

ALL INDIA CIVIL SERVICE WEIGHTLIFTING CHAMPIONSHIP 2019
HELD AT RAIPUR FROM 28-01-2019 TO 01-02-2019.

MENS-RESULT

CATEGORY 56KG:

RANK	Name	UNIT	Bd. Wt	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	RAKESH KUMAR	RSB JAIPUR	55.00	74.00	85.00	159.0	28
2	DHARMENDRA GAUR	RSB KANPUR	55.43	50.0	60.0	110.0	25
3	S.JAYPAL	RSB CHENNAI	54.91	49.0	55.0	104.0	23
4	MANI CHOUDHARY	RSB INDORE	53.27	40.0	50.0	90.0	22
0	PRADEEP KUMAR SAHOO	RSB BHUBANESWAR	55.00	ELIMINATED		0.0	0

CATEGORY 62 KG:

RANK	Name	STATE NAME	Bd. Wt	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	K. GOWRI BABU	RSB HYDERABAD	61.20	92.0	115.00	207.0	28
2	SANDEEP RAMTEKE	CHHATTISGARH	57.66	73.0	93.00	166.0	25
3	NARENDR KUMAR	RSB INDORE	60.83	70.0	95.00	165.0	23
4	K.JANIKRISHANAN	PUDUCHHERRY	60.34	68.0	91.00	159.0	22
5	TULESH KUMAR BAGHEL	CHHATTISGARH	61.90	60.0	87.00	147.0	21
6	DHANRAJ	RSB INDORE	60.87	61	72	133.0	20
7	LALIT	DELHI	61.60	60	73	133.0	19
8	RAJESH KUMAR	HARYANA	58.39	40	50	90.0	18
9	V.KANAGARAJ	PUDUCHERY	58.72	ELIMINATE		0.0	
10	PARAMESHWARAN NAIR	KERALA	61.80	ELIMINATE		0.0	
11	HANUMANTHE GOWDAK	KARNATAKA	58.73	NOT PARTICIPATE		0.0	

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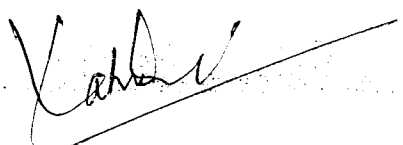
Kulbhusan Malhotra
Secretary, CCSDB
Department of Sports & Training
Lt. Nayak

CATEGORY 69 KG:

RANK	Name	STATE NAME	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	AMIT SHARMA	RSB JAIPUR	96.0	120.0	216.0	28
2	K.VINODH	PUDUCHERRY	95.0	112.0	207.0	25
3	A.GUNASEE LAN	RSB CHENNAI	91.0	110.0	201.0	23
4	KHUHSAL SINGH	CCSCSB DELHI	77.0	92.0	169.0	22
5	K.KRISHNAMURTHY	PUDUCHERRY	73.0	85.0	158.0	20
6	M.TAMIL SELVAN	CHENNI	73.0	85.0	158.0	21
7	N.P.RAJA	RSB MUMBAI	65.0	80.0	145.0	18
8	T.ARVMUGHAM	KERALA	65.0	80.0	145.0	19
9	ASHISH SADIWALA	GUJRAT	45.0	55.0	100.0	17
10	MOHHAMAD YOUSUF	TELENGANA	45.0	50.0	95.0	16
11	ARUN KUMAR	HARYANA	40.0	40.0	80.0	15
12	MRITUNJAY KUMAR	RSB KANPUR	60.0		ELIMINET	

CATEGORY 77 KG:

RANK	Name	STATE NAME	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	KAPIL SINGH RATHORE	RSB JAIPUR	117.0	156.0	273.0	28
2	RAJESH MITTAL	RAJSTHAN	125.0	147.0	272.0	25
3	R. SIVA KESAVA YADAV	RSBHYPDRABAD	105.0	132.0	237.0	24
4	SANDEEP KUMAR	CCSCSB DELHI	99.0	120.0	219.0	23
5	SUSHIL KUMAR	HARIYANA	80.0	110.0	190.0	22
6	KAUSHLENDRA SINGH	UTTAR PRADESH	87.0	90.0	177.0	21
7	KAILASH S. SHINDE	RSB MUMBAI	70.0	95.0	165.0	20
8	RAJENDRA SINGH SHAH	MADHYA PRADESH	66.0	91.0	157.0	19
9	D.P. CHAUDHRI	RSB MUMBAI	66.0	90.0	156.0	18
10	JAISON P.F	KERLA	60.0	60.0	120.0	17
11	AHMAD ALI	UTTAR PRADESH	40.0	55.00	95.0	16
12	KANNAN V.	KERLA	40.0	55.00	95.0	15
13	VIJAY SHANKAR SINGH	RSB KANPUR	40.0	50.00	90.0	14
14	P. NARSING RAO	TELANGANA	30.0		ELIMINATE	0



Kulbhushan Malhotra
 Secretary, CCSCSB
 Department of Sports
 Lok Nayak Bhawan, Noida

CATEGORY 85 KG:

RANK	Name	STATE NAME	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	RAMESH S. KOTKAR	RSB MUMBAI	95.0	131.00	226.0	28
2	KAMESHWAR NAYAK	RSB BHUBNESHWAR	96.0	120.00	216.0	25
3	SUNDER SARANG	CHHATTISGARH	95.0	120.00	215.0	23
4	P. BALAMURUGAN	PUDUCHERRY	91.0	112.00	203.0	22
5	RAJENDRA SINGH	CCSCSB DELHI	90.0	110.00	200.0	21
6	PARMANAND YADAV	CHHATTISGARH	90.0	100.00	190.0	20
7	K. GOWTHAMAN	CHENNAI	80.0	100.00	180.0	19
8	SACHIN BORSE	MAHARASTRA	72.0	90.00	162.0	18
9	GAURAV CHAUHAN	CCSCSB DELHI	70.0	80.00	150.0	17
10	SOLOMAN C.D.	KERALA	65.0	80.00	145.0	16
11	NISHAD N.	KERALA	60.0	80.00	140.0	15
12	NEERAJ SINGH MALIK	HARIYANA	50.0	60.00	110.0	14
13	UDAY PRATAP SINGH	MADHYA PRADESH	40.0	60.00	100.0	13
14	RAJU NAG	RSB KOLKATA	65.0	0.00	65.0	12
15	SATISH KR. VARMA	RSB JAIPUR	30.0	30.00	60.0	ELIMINATE

CATEGORY 94 KG:

RANK	Name	STATE NAME	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	RAJABIR DHAKA	RSB FARIDABAD	110.0	135.0	245.0	28
2	G.P. ANEESH KUMAR	RSB CHENNAI	103.0	120.0	223.0	25
3	KANHAIYA LAL	CHHATTISGARH	92.0	107.0	199.0	23
4	ALBERT FRANK	RSB INODRE	90.0	106.0	196.0	22
5	DURJAN SINGH NETAM	CHHATTISGARH	75.0	105.0	180.0	21
6	SUJIT SAMADDAR	RSB KOLKATA	80.0	90.0	170.0	20
7	SURESH	CCSCB DELHI	80.0	90.0	170.0	19
8	NTIN SHARMA	MADHYA PRADESH	60.0	80.0	140.0	18
9	JOGESH KUMAR	HARYANA	75.0	60.0	135.0	17
10	MANOJ RAJPUR	MADHYA PRADESH	40.0	50.0	90.0	16
11	JAYAKUMAR R	KERALA	40.0	45.0	85.0	15
12	MOHAN B NAIKAR	KARNATAKA	0.0	30.0	ELIMINATE	

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Lok Nayak Bhawan, New Delhi

CATEGORY 105KG:

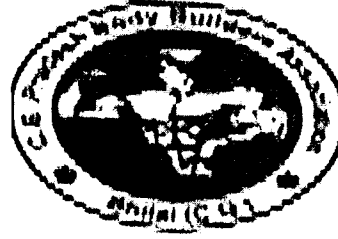
RANK	Name	STATE NAME	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	SOURABH METHA	RSB JAIPUR	110.0	136.00	246.0	28
2	P.ESAKKIMUTHU	RSB CHENNAI	103.0	135.00	238.0	25
3	BHAGWAN SINGH SHEKHAWAT	RSB JAIPUR	106.0	122.00	228.0	23
4	TEJA SHINGH SAHU	CHHATTISGARH	97.0	130.00	227.0	22
5	PURAN CHAND	NCT DELHI	92.0	105.00	197.0	21
6	MOHD. RAIS	UTTRAPRADESH	85.0	108.00	193.0	20
7	AJAY KUMAR	UTTRAPRADESH	40.0	50.00	90.0	19
8	VASUDEV R. AYKRE	KARNATAKA	30.0	40.00	70.0	18
9	SANJAY KUMAR	HARYANA	0.0	60.00	60.0	

CATEGORY +105KG:

RANK	Name	STATE NAME	MAXI SNATCH	MAXI JERK	TOTAL	Points
1	BHUVENESHWER VYAS	RAJASTHAN	125.0	160.00	285.0	28
2	JANAK LAL TARAM	CHHATTISGARH	92.0	121.00	213.0	25
3	SHEEL KUMAR GAUTAM	CCSBCSB DELHI	75.0	97.00	172.0	23
4	RAVINDR KODY	MASHY PRDESH	76.0	90.00	166.0	22
5	DHARAMBIR SHARMA	HARYANA	60.0	70.00	130.0	21
6	VIPIN SHYAM VV	KERLA	60.0	60.00	120.0	20
7	SANSHRAJ KIRADOO	RSB JAIPUR	62.0	50.00	112.0	
8	SANJIV KUMAR SINGH	RSB KANPUR	0.0	40.00	40.0	

Mahesh
 SIGNATURE
 CONVENER
 (MAHESH PRASAD FROM -DELHI)

Kulbhusan Malhotra
 Secretary, CCSCSB
 Department of Personnel & Training
 Lok Nayak Bhawan, New Delhi



**All India Civil Services Best Physique Body Building
Championship-2018-1919**

Date :- 1st february-2019

Venue :- Science College, Raipur (C.G.)

FINAL RESULTS

55 KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	SANTOSH S. THOMBRE	M. H	4	55	1st
2	PARESH MHATRE	M. H	12	55	2nd
3	ALOK DIWEDI	CG	10	55	3rd
4	MITHU DAS	KOLKATA	6	55	4 TH
5	SHIBU .K. C	JUDCIARY	2	55	5 TH

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FINAL RESULTS

+100KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	RATAN SINGH RANA	DELHI	115	+100	1st
2	SACHIN	IRRIGATION DEPARTMENT	112	+100	2nd
3	AMIT	DELHI	111	+100	3rd
4	BHAGWAN SINGH SHEKHAWAT	POSTEL	110	+100	4 TH
5	BRIJENDRA MANI PANDEY	INCOME DEPARTMENT	114	+100	5 TH

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FINAL RESULTS

100KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	A.DINESH	POSTEL	107	100	1st
2	PRASHANT	C.S	101	100	2nd
3	DEEPAK SHARMA	DELHI	103	100	3rd
4	SURENDRA BAIRAVA	NCT DELHI	102	100	4 TH
5	ABHIMANYU KUMAR	DELHI	104	100	5 TH

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92

FINAL RESULTS

100KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	A.DINESH	POSTEL	107	100	1st
2	PRASHANT	C.S	101	100	2nd
3	DEEPAK SHARMA	DELHI	103	100	3rd
4	SURENDRA BAIKAVA	NCT DELHI	102	100	4 TH
5	ABHIMANYU KUMAR	DELHI	104	100	5 TH

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FINAL RESULTS

90KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	SUHAS M KHAMKAR	M.H	100	90	1st
2	KIRAN V. MULMULE	POSTEL	96	90	2nd
3	AYON MAJUMDAR	KOLKOTA	93	90	3rd
4	ANAND S MANDIA	DELHI	97	90	4 TH
5	PRASHANT CHAUBEY	M.P	95	90	5 TH

Kohli

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FINAL RESULTS

85KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	SHIBABRATA DAS GUPTA	RSB KOLKOTA	94	85	1st
2	SUNIL KUMAR V	DELHI	85	85	2nd
3	MOHINSH BAKERYWALA	CENTRAL GST	90	85	3rd
4	JANMEJYA MOHANTI	POSTAL	88	85	4 TH
5	UMESH PUROHIT	JAIPUR	86	85	5 TH

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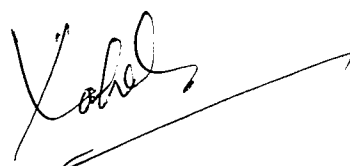
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FINAL RESULTS

80KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	BISHWAJIT PRATHARI	BHUNESHWAR	75	80	1st
2	SUNIL MAGDUM	POSTEL	74	80	2nd
3	SURESH	HARAYANA	72	80	3rd
4	RAJENDRA SINGH MADHWAL	DELHI	79	80	4 TH
5	KULDEEP SINGH	HARAYANA	73	80	5 TH



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FINAL RESULTS

75KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	MANOJ KUMAR	HARAYANA	68	75	1st
2	SATISH KUMAR	DELHI	64	75	2nd
3	AMIT KADIAN	DELHI	57	75	3rd
4	KALEEL RAHMAN M	AGS	59	75	4 TH
5	SANJAY M AMBERKAR	MUMBAI	69	75	5 TH

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Lok Nayak Bhawan, New Delhi

FINAL RESULTS

70KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	T.R SHAJI	REVENUE	34	70	1st
2	SOMEN KUMAR DEY	POSTEL	33	70	2nd
3	D.VIVEK	POSTEL	42	70	3rd
4	DHARMENDRA KUMAR	PWD	37	70	4 TH
5	SURESH JOSHI	U.K ORDINANCE	38	70	5 TH



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FINAL RESULTS

65KG.WEIGHT CATEGORY



SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	SHRIKANT BORSARE	M.H ORDINANCE	32	65	1st
2	RAHUL KUMAR	U. K ORDINANCE	26	65	2nd
3	MAHIPAL GULIA	CS, DELHI	29	65	3rd
4	TUSHAL GHANSHYAM MANDAVI	GOV M.H	27	65	4 TH
5	ARUL MURGAN. P	RSP CHENNANI	28	65	5 TH

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FINAL RESULTS

60KG.WEIGHT CATEGORY

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	KAKKALA SHRINIVASA	RSB PUNE	22	60	1st
2	JOYDEB ROY	RSB INDORE	14	60	2nd
3	SUBRATA SANTRA	ORDINANCE FACTORY	13	60	3rd
4	VADDI SHRIKANTH	RSB BHUNESHWR	18	60	4 TH
5	ROHIT SINGH THAKUR	ORDINANCE DEHRADHUN	21	60	5 TH

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Lok Nayak Centre, New Delhi

FINAL RESULTS**55 KG.WEIGHT CATEGORY**

SL. NO.	NAME	UNIT	TRUNK NO	WEIGHT CATEGORY	PLACE
1	SANTOSH S. THOMBRE	M.H	4	55	1st
2	PARESH MHATRE	M.H	12	55	2nd
3	ALOK DIWEDI	CG	10	55	3rd
4	MITHU DAS	KOLKATA	6	55	4 TH
5	SHIBU . K . C	JUDCIARY	2	55	5 TH

Kulbhusan Malhotra

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Lok Nayak Bhawan, New Delhi

ALL INDIA CIVIL SERVICE POWERLIFTING CHAMPIONSHIP 2019

HELD AT RAIPUR FROM 28-01-2019 TO 01-02-2019.

101

MENS-RESULT

59KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCH PRESS	DEADLIFT	Total	Points
1	CHEM RAM JAT	RSB MUMBAI, MAHARATRA	58.80	180.0	122.5	185.0	487.5	12
2	ALOK DIVEDI	CHHATTISGARH	58.10	165.0	122.5	185.0	472.5	9
3	UPENDRA KUMAR	RSB PATNA, U.P.	59.00	190.0	107.5	170.0	467.5	8
4	SHOBHARAM MEENA	RSB INDORE,	58.30	165.0	90.0	195.0	450.0	7
5	SATISH PATADE	MAHARASTRA	57.80	167.5	105.0	165.0	437.5	6
6	SANJAY BILLORE	RSB INDORE, MADHYA PRADESH	59.00	165.0	102.5	170.0	437.5	5
7	T DURAI RAJ	RSB CHENNAI, TAMILNADU	58.40	150.0	100.0	185.0	435.0	4
8	SANDESH S EVALEKAR	MAHARASTRA	55.80	165.0	80.0	185.0	430.0	3
9	RAJESH KUMAR	HARYANA	57.80	140.0	85.0	135.0	360.0	2
10	ANIL KUMAR	CCESB DELHI	58.80	105.0	105.0	110.0	320.0	1
11	RAMESH M.KAVALEKAR	KARNATAKA	58.70	90.0	80.0	120.0	290.0	1
0	DILEEP SHARMA	MADHYA PRADESH	58.30	150.0	132.5	0.0	0.0	0
0	HANUMATHE GOWDA K	KARNATAKA	57.60	0.0	0.0	0.0	0.0	0

66KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCH PRESS	DEADLIFT	Total	Points
1	DEVENDRA SINGH DIWAN	MADHYA PRADESH	65.90	242.5	145.0	215.0	602.5	12
2	ANIL KUMAR	RSB AHMEDDABAD,	64.90	225.0	137.5	225.0	587.5	9
3	K STEPHEN	RSB.HYDERABAD	65.90	232.5	112.5	225.0	570.0	8
4	T ARUMUGHAM	KERALA	66.00	205.0	95.0	200.0	500.0	7
5	GAURAV	RSB.AHAMEDABAD, GUJARAT	65.00	180.0	110.0	205.0	495.0	6
6	ELUMALAI N	RSB CHENNAI, TAMILNADU	65.90	200.0	87.5	190.0	477.5	5
7	KAMLESH G.LAD	MAHARASTRA	63.00	185.0	82.5	197.5	465.0	4
8	CHAUDHARI BHUSAN LILASHAR	RSB INDORE, MADHYA PRADESH	66.00	180.0	100.0	185.0	465.0	3
9	RAJENDRA D.CHAUHAN	RSB MUMBAI, MAHARASTRA	66.00	190.0	112.5	160.0	462.5	2
10	A.P.SADIWALA	GUJRAT	63.70	120.0	67.5	130.0	317.5	1
11	JITENDRA PATEL	CHHATTISGARH	66.00	90.0	87.5	140.0	317.5	1
12	KAUSHAL KUMAR	CCESB DELHI	65.00	120.0	85.0	110.0	315.0	1
13	D RAJA SEKHAR	TELANGANA	65.20	90.0	55.0	70.0	215.0	1
0	I A KHAN	RSB KANPUR, UTTAR PRADESH	59.60	0.0	0.0	0.0	0.0	0



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Secretary, CCSCSB
Department of Personnel & Training
Lok Nayak Bhawan, New Delhi

74KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCH PRESS	DEADLIFT	Total	Points
1	SHAILANDRA SEVETIYA	RSB INDORE MADHYA PRADESH	73.50	270.0	165.0	255.0	690.0	12
2	S TANDELU	RSB INDORE MADHYA PRADESH	73.90	260.0	185.0	225.0	670.0	9
3	NARENDER MALIK	HARIYANA	72.30	245.0	157.5	245.0	647.5	8
4	MANOJ BHIKAJI CHAUDHRI	MAHARASTRA	71.60	240.0	180.0	207.5	627.5	7
5	D.ELAYARAJA	RSB CHENNAI TAMILNADU	74.00	270.0	142.5	210.0	622.5	6
6	PRASEEP N KUSHWAHA	RSB MUMBAI MAHARASTRA	73.80	220.0	105.0	200.0	525.0	5
7	KISHOR KUMAR KELKAR	CHHATTISGARH	72.10	200.0	90.0	210.0	500.0	4
8	PYARELAL	CCSCSB DELHI	73.27	170.0	130.0	170.0	470.0	3
9	AMIT KUMARPATHK	BIHAR	70.00	145.0	120.0	202.5	467.5	2
10	C.SANDEEP KUMAR	TELANGANA	73.70	170.0	80.0	190.0	440.0	1
11	K.N.CHANDRANGATHAN	RSB KOCHI KERALA	69.70	165.0	80.0	165.0	410.0	1
12	P RAJU	RSB.HYDERABAD, A.P.	72.80	150.0	70.0	165.0	385.0	1
13	AMAR SINGH	RSB KANPUR, U.P.	69.50	120.0	90.0	130.0	340.0	1
14	BALAI HALDER	RSB KOLKATTA	69.60	130.0	80.0	130.0	340.0	1
15	NASHKAR TANDON	CHHATTISGARH	74.00	130.0	85.0	120.0	335.0	1
16	JITEN K.CHAVDA	GUJARAT	73.40	110.0	80.0	130.0	320.0	1
17	K SUBHASH	TELANGANA	74.10	90.0	70.0	120.0	280.0	1
18	LATHISH K.V	KERALA	73.20	100.0	50.0	120.0	270.0	1
19	DHARMENDRA KUMAR SINGH	UTTARPRADESH	71.00	70.0	70.0	100.0	240.0	1
20	KANAK SINGH PARMAR	GUJARAT	74.00	70.0	65.0	90.0	225.0	1
0	VIJAY KUMAR JAISWAL	RSB KANPUR	68.00	0.0	0.0	0.0	0.0	0
0	KAPIL SINGH RATHORE	RAJASTHAN	74.00	0.0	0.0	0.0	0.0	0
0	NAVEEN KUMAR	NCT DELHI	72.14	0.0	0.0	0.0	0.0	0

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83KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCH PRESS	DEADLIFT	Total	Points
1	BALBIR KUMAR TAMTA	CCSCSB DELHI	79.00	275.0	162.5	290.0	727.5	12
2	CHILE MAHESH	RSB MUMBAI	81.60	275.0	155.0	230.0	660.0	9
3	MAN SINGH	RSB INDORE	81.40	245.0	135.0	222.5	602.5	8
4	RANJIT DATTATRYA SHINGATE	MAHARASTRA	79.90	232.5	130.0	230.0	592.5	7
5	ANAND S MANDIA	CCSCSB DELHI	82.20	200.0	155.0	215.0	570.0	6
6	PARTHA SARTHI PAUL	RSB INDORE	80.90	235.0	110.0	195.0	540.0	5
7	RAM CHANDRA GAWAEE	MAHARASTRA	80.45	180.0	112.5	210.0	502.5	4
8	SHANKAR PRATAP SINGH	UTTAR PARDESH	81.30	185.0	102.5	205.0	492.5	3
9	KARIBASAVARAJU B N	KARNATAKA	80.50	160.0	100.0	190.0	450.0	2
10	GOVINDAPPA M.R	KARNATAKA	80.30	160.0	105.0	170.0	435.0	1
11	MOHD.YAQR	NCT DELHI	81.00	110.0	115.0	145.0	370.0	1
12	SANTOSH KUMAR MISHRA	NCT DELHI	82.30	110.0	65.0	140.0	315.0	1
13	SANTOSM APPA SAKATE	RSB MUMBAI	82.30	110.0	80.0	110.0	300.0	1
14	R RAVINDER	TELANGANA	78.75	60.0	70.0	100.0	230.0	1
0	R SHIVAJI NAIK	RSB.HYDERABAD	81.05	240.0	130.0	0.0	0.0	0

Kulbhushan Malhotra

93KG CATEGORY:

Rank	Name	Unit	Bd. Wt	SQUAT	BENCH PRESS	DEADLIFT	Total	Points
1	D./INDER ISNGH	PUNJAB	91.80	305.0	180.0	255.0	740.0	12
2	ALOK RAJ	BIHAR	92.60	280.0	205.0	235.0	720.0	9
3	VASHUDAV SARWAT	RAJESH.	91.30	282.5	180.0	252.5	715.0	8
4	JIWAN SINGH	CCSCSB DELHI	89.90	300.0	120.0	280.0	700.0	7
5	SANJAY KUMAR	HARYANA	93.00	285.0	140.0	270.0	695.0	6
6	SANTHOSH.W.PAYER	MAHARASTRA	84.90	215.0	160.0	210.0	585.0	5
7	RAJUSH KAUMAR SINGH	RSB RANC.	89.20	240.0	150.0	190.0	580.0	4
8	SUBODH KAUMAR RAI	BIHAR	88.60	205.0	142.5	225.0	572.5	3
9	ASHOK AKUMAR BHADAURIYA	U.P.	91.60	192.5	105.0	197.5	495.0	2
10	MAHAMMED HADEEBUR RAHMAN	KARN.	88.50	200.0	95.0	170.0	465.0	1
11	JOSEPH MATHEW.A	KERALA	89.80	130.0	80.0	150.0	360.0	1
12	TAPAN ULHAS WORLIKAR	RSB MUM.	91.60	150.0	60.0	150.0	360.0	1
13	SHEK MOHD. SHOEB.M	GUJARAT	92.20	135.0	80.0	140.0	355.0	1
14	MD. IBRAHIM	TELANG.	91.50	100.0	90.0	150.0	340.0	1
15	SADANAND SINGH	RSB KAN.	88.90	120.0	80.0	120.0	320.0	1
16	RAJESH KUMAR DIXIT	RSB KAN.	93.00	100.0	60.0	110.0	270.0	1
17	MRITUNJAY	U.P.	85.10	90.0	65.0	110.0	265.0	1
18	NEERAJ KUMAR VERMA	RSB KAN.	83.10	100.0	60.0	100.0	260.0	1
19	C.S.SHAJU	KERALA	84.60	70.0	50.0	90.0	210.0	1

105KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUART	BRENCH PRESS	DEADLIFT	Total	Points
1	SANDEEP AWARI	MAHARASHTR	101.70	360.0	220.0	320.0	900.0	12
2	VIKASH KUMAR	BIHAR	104.30	310.0	190.0	250.0	750.0	9
3	SUIL V.JADHAV	RSB-MUM.	101.00	280.0	170.0	237.5	687.5	8
4	RATTAN SINGH RANA	C.S.DELHI	99.10	270.0	150.0	260.0	680.0	7
5	BHUPENDRA SONI	RSB-INDOR	99.50	250.0	150.0	210.0	610.0	6
6	PURAN CHAND	NCT-DELHI	96.00	200.0	140.0	200.0	540.0	5
7	SAHA SABIL	KARNATKA	105.00	120.0	90.0	200.0	410.0	4
8	MANOJ KUMAR DUBEY	U.P.	102.20	100.0	110.0	150.0	360.0	3
9	SANJAY KUMAR	HARYANA	100.50	50.0	0.0	0.0	50.0	2
10	AJAY KUMAR	U.P.	96.60	0.0	0.0	0.0	0.0	0
11	ANAND PRAKASH YADAV	RSB-KAN.	97.30	0.0	0.0	0.0	0.0	0
12	R.VASHANT KUMAR	TELANGANA	97.60	0.0	0.0	0.0	0.0	0



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120KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCH PRESS	DEADLIFT	Total	Points
1	DEBI PRASAD	RSB RANCHI	119.20	280.0	220.0	270.0	770.0	12
2	DEVESH SHARMA	CCSCSB DELHI	105.30	280.0	177.5	285.0	742.5	9
3	ESAKKI MUTHU@VINO TH	RSB CHENNAI	107.00	295.0	147.5	260.0	702.5	8
4	RAVINDAR KODY	MADHYA PRADESH	105.81	180.0	130.0	190.0	500.0	7
5	SANTOSH KUMAR DUBAY	BIHAR	111.20	125.0	120.0	150.0	395.0	6
6	C. RANJIT KUMAR	TELANGANA	114.90	110.0	60.0	130.0	300.0	5
7	SULTAN BABA	KARNATAKA	114.60	90.0	80.0	120.0	290.0	4
8	SHAREEF KHAN	MADHYA PRADESH	108.90	70.0	50.0	100.0	220.0	3
0	HANSHRAJ KIRADOO	RSB JAIPUR	110.60	0.0	0.0	0.0	0.0	0
0	DHARAMBIR SHARMA	HARAYANA	116.40	50.0	0.0	0.0	0.0	0

+120KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCH PRESS	DEADLIFT	Total	Points
1	AJAY DHAMEJA	RAJASTHAN	149.40	355.0	210.0	275.0	840.0	12
2	ABINASH KUMAR SINGH	BIHAR	126.20	297.5	200.0	262.5	760.0	9
3	BHUVENESWAR VYAS	RAJASTHAN	126.90	290.0	170.0	280.0	740.0	8
4	S HARI BABU	A.P	126.40	240.0	130.0	200.0	570.0	7
5	I UTHAYA KUMAR	RSB CHENNAI	140.00	300.0	100.0	150.0	550.0	6
6	BACHU M.R	KERALA	122.00	150.0	100.0	150.0	400.0	5
7	SANJIV KUMAR SINGH	RSB KANPUR	124.80	50.0	40.0	70.0	160.0	4



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WOMENS-RESULT

47KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCHPRESS	DEADLIFT	Total	Points
1	POOJA NAYAK	CHHATTISGARH	45.50	100.0	57.5	95.0	252.5	12
2	SAKSHI SINGHAL	CCSCSB DELHI	46.90	65.0	25.0	75.0	165.0	9

52KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCHPRESS	DEADLIFT	Total	Points
1	KUMARI MANJU	CHHATTISGARH	51.50	155.0	55.0	185.0	395.0	12
2	ANKITA ASHOK MAYEKAL	MAHARASTRA	50.50	102.5	47.5	102.5	252.5	9
3	LAXMI	M.P	50.50	40.0	20.0	67.5	127.5	8

57KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCHPRESS	DEADLIFT	Total	Points
1	SUDHA KUMARI	BIHAR	55.00	140.0	97.5	132.5	370.0	12
2	SHRUTI KESHAV TARE	MAHARASTRA	55.00	112.5	60.0	87.5	260.0	9
3	S.GUNAVATHI	PUDUCHEERY	53.70	105.0	45.0	92.5	242.5	8
4	ANNU CHANDRABHASH	CHHATTISHGARH	56.00	80.0	35.0	90.0	205.0	7

63KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCHPRESS	DEADLIFT	Total	Points
1	NIRUPA SALAM	CHHATTISHGARH	60.00	100.0	37.5	105.0	242.5	12
2	PRITI RANI	BIHAR	63.00	97.5	35.0	90.0	222.5	9
3	ISHA	CCSCSB DELHI	63.00	82.5	42.5	95.0	220.0	8
4	RACHNA	HARYANA	60.30	50.0	47.5	105.0	202.5	7
5	SANDHYA DHURVA	M.P	61.90	62.5	32.5	82.5	177.5	6
6	ANJANA SAGAR	CCSCSB DELHI	61.30	67.5	30.0	77.5	175.0	5
7	KALYANI LAXMAN PATIL	MAHARASTRA	57.50	57.5	30.0	60.0	147.5	4
0	SONU	HARYANA	61.20	0.0	0.0	0.0	0.0	0

72KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCHPRESS	DEADLIFT	Total	Points
1	D SUGANDHI	PUDUCHEERY	70.90	157.5	62.5	125.0	345.0	12
2	S NITHYA	TELEGANA	72.00	145.0	55.0	140.0	340.0	9
3	SUNITA BHAGAT	CHHATTISHGARH	71.40	145.0	55.0	125.0	325.0	8
4	MEENAKSHI SHARMA	HARYAN	69.20	100.0	47.5	115.0	262.5	7
5	RENU	CCSCSB DELHI	65.40	87.5	30.0	115.0	232.5	6
6	RUKMANI BHAGAT	M.P	68.30	92.5	45.0	95.0	232.5	5
7	SHIVKANYA GUPTA	M.P	70.80	75.0	50.0	105.0	230.0	4

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Lok Sabha

84KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCHPRESS	DEADLIFT	Total	Points
1	BHAKTI AJIT AMBRE	MAHARASTRA	82.10	210.0	135.0	180.0	525.0	12
2	KU.ANITA SHINDE	CHHATTISHGARH	79.00	140.0	70.0	140.0	350.0	9
3	NARESHWARI	M.P	79.30	95.0	40.0	122.5	257.5	8
4	SONIKA KHATTAR	CCSCSB DELHI	76.00	80.0	57.5	100.0	237.5	7
0	KANNU KHURANA	CCSCSB DELHI	74.90	0.0	0.0	0.0	0.0	0

84+KG CATEGORY:

RANK	Name	Unit	Bd. Wt	SQUAT	BENCHPRESS	DEADLIFT	Total	Points
1	G SURIYAPREBHA	PONDYCHERRY	84.10	160.0	75.0	152.5	387.5	12
2	K.NAGA SIREESHA	ANDHARPRADESH	84.80	145.0	70.0	135.0	350.0	9
3	KUMARI CHHAYARANI SHIWANE	CHHATTISHGARH	84.50	160.0	50.0	130.0	340.0	8
4	GAYATRI TOMAR	M.P	87.20	105.0	60.0	120.0	285.0	7
5	SMITA KUMARI	BIHAR	89.10	50.0	27.5	85.0	162.5	6
6	SUCHITA GORAKHNATH DHAMALE	MAHARASTRA	87.30	65.0	30.0	62.5	157.5	5



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TEAM CHAMPIONSHIP

MEN

WINNER	RSB INDORE	42 POINTS
1ST RUNNER UP	CCSCSB DELHI	41 POINTS
2ND RUNNER UP	MAHARASTRA	37 POINTS

WOMEN

WINNER	CHHATTISGARH	53 POINTS
1ST RUNNER UP	MAHARASTRA	39 POINTS
2ND RUNNER UP	CCSCSB DELHI	35 POINTS

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Yashit

STRONG MAN : SANDEEP AWARI - MAHARASTRA - 654.02 PTS.

STRONG WOMAN : BHAKTI AJIT AMBRE - MAHARASTRA - 615.83PTS.