

**ALL INDIA CIVIL SERVICE WEIGHTLIFTING, POWERLIFTING AND BEST PHYSIQUE
CHAMPIONSHIP-2023-24
HELD AT RAJA BAZAAR, NEW DELHI FROM 18TH TO 22ND MARCH 2024
RESULT**

WEIGHTLIFTING(MEN)

55KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	AJAY	CCSC&SB	53.900	85	91	166
2	PRADEEP KUMAR SAHOO	RSB BHUBANSWAR	54.800	71	90	161
3	RAKESH KUMAR	RSB KANPUR	53.600	68	80	148
4	VIKAS KUMAR	RSB MUMBAI	54.500	61	76	137
5	HANUMANTHE GOWDA	KARNATAKA	54.600	60	75	135
6	N LAXMAN NAIK	RSB HYDERBAD	54.200	50	71	121
7	SOORAJ RAHTERE	CG	54.200	50	58	108
8	DEEPAK D GOVHANKAR	RSB MUMBAI	54.800	48	48	96
9	HARI KISHOR	UP	50.800	30	42	72
10	SURESHA NAIKA	KARNATAKA	51.600	30	38	68
11	SHIBU K C	KERALA	55.00	00	00	

61KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	GIRDHARI LAL SAINI	RAJASTHAN	60.800	85	103	188
2	NARENDRA KUMAR	RSB INDORE	61.00	78	106	184
3	LALIT	CCSC&SB	61.00	75	99	174
4	JITENDER KUMAR	RSB KANPUR	59.600	80	90	170
5	SUHIT KUMAR	HARYANA	61.00	76	90	166
6	KRISHNA MURTHY K	PUDUCHERRY	60.900	65	80	145
7	V KANAGARAJ	PUDUCHERRY	58.900	60	80	140
8	PRANAB DAS	ASSAM	60.400	60	75	135
9	PARVEEN KUMAR	CCSC&SB	61.00	40	63	103
10	S JAYA PAL	RSB CHENNAI	56.400	40	55	95
11	THLTHKU NAGESHWAR RAO	RSB HYDERBAD	59.600	40	50	90
12	A K LOHIA	CCSC&SB	61.00	30	40	70

67 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	MUTHYALA VELLAYYA	RSB HYDERBAD	65.400	88	113	201
2	NAWAB SINGH	RSB KANPUR	66.700	89	108	197
3	A GUNASEE LAN	RSB CHENNAI	65.600	88	100	195
4	SHINDE KAILAS SHYAM	RSB MUMBAI	66.100	74	90	164
5	K JANI KRISHNAN	PUDUCHERRY	66.900	64	80	144
6	SRI TUSHAR GUPTA	RSB KANPUR	65.500	58	68	126
7	DHIRENDRA SINGH GARBYAL	RSB MUMBAI	64.400	55	65	120
8	RAHUL MEENA	RSB JAIPUR	64.400	50	63	113
9	ARUN KUMAR	HARYANA	64.700	40	50	90
10	YUVARAJA S	PUDUCHERRY	61.300	30	40	70
11	BABUDAS T	RSB KERALA	65.400	45	00	

Kashyap

Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training,
Lok Nayak Bhawan, New Delhi

Sujit

73 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	ABHISHEKH PATIL	RSB MUMBAI	72.800	110	145	255
2	BAPUJI KUMAR BISWAL	ODISHA	72.800	98	117	215
3	MUKESH SAHU	RSB KANPUR	71.900	93	116	209
4	AJAY BHASKAR TAYADA	RSB MUMBAI	69.900	70	90	160
5	CH. BHUSHAN LKADHAR	RSB INDORE	67.600	40	60	100
6	TEJAS S PACHCHIGAR	GUJRAT	71.800	40	57	97
7	VIKAS SHARMA	RAJASTHAN	73.00	42	50	92
8	PARMOD AHLAWAT	HARYANA	73.00	35	40	75
9	SHRI KRISHAN	HARYANA	70.400	30	40	70

81 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	AMIT SHARMA	RSB JAIPUR	76.300	96	120	216
2	RAJESH MITTAL	RAJASTHAN	76.600	100	115	215
3	KANESWAR NAYAK	RSB BHUBANSWAR	80.600	91	118	209
4	P BALAMURGAN	PUDUCHERRY	75.100	90	116	206
5	RADHA KRISNAN R	KERALA	79.900	87	103	190
6	SANDEEP KUMAR	CCSC&SB	75.700	86	100	186
7	SANGRAM SINGH SHEKHAWAT	RSB JAIPUR	78.200	85	95	180
8	KAUSHLENDRA SINGH	UP	76.300	75	95	170
9	AJAY PAL	UP	81.00	67	93	160
10	RAJENDER SINGH	CCSC&SB	77.700	70	85	155
11	UMESH SHARMA	MP	75.300	70	80	150
12	B RAJESH KANNAN	RSB CHENNAI	78.00	60	80	140
13	SOLOMON C D	KERALA	77.500	60	80	140
14	VAJAI SHANKAR SINGH	RSB KANPUR	76.400	63	75	138
15	PRADEEP KR YADAV	RSB KANPUR	77.500	60	75	135
16	AMIT P SAHU	GUJRAT	80.100	53	68	121
17	ANWESH S	RSB HYDERBAD	74.600	50	60	110
18						
19	RADHEY SHYAM SEN	MP	75.300	25	35	60
20	GOVERDHAN	RAJASTHAN	75.400	00	00	
21	VIJAY KUMAR	HARYANA	78.100	00	00	
22	NARESH KUMAR	NCT DELHI	79.100	00	00	

89 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	KAPIL SINGH RATHORE	RSB JAIPUR	84.800	125	164	289
2	FAJARU NASIK C V	KERLA	87.400	101	140	241
3	KAPIL MATHUR	NCT DELHI	81.700	92	118	210
4	P NATESAN	RSB CHENNAI	88.200	85	118	203
5	SUDHISH KR SINGH	UP	87.100	90	101	191
6	HARPREET SINGH	HARYANA	85.100	86	100	186
7	APPASAHEB ZANSE	MAHARASTRA	81.300	83	100	183
8	RAJ KUMAR	UP	87.300	67	81	148
9	YASHWANT KISHORE SRIVASTAVA	RSB KANPUR	87.600	61	82	143
10	GAURAV CHAUHAN	CCSC&SB	87.900	65	75	140
11	PRITAM S DKHENDAR	GUJRAT	84.300	60	80	140

Kash

Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

[Signature]

12	NITIN SHARMA	MP	82.00	50	75	125
13	TEJ PRAKASH	RAJASTHAN	83.400	45	60	105

96 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	B ANUSH BABU	AP	94.900	111	150	261
2	NEERAJ KUMAR SAINI	HARYANA	93.500	100	126	226
3	C NIRMAL RAJ	RSB CHENNAI	94.700	100	125	225
4	RAM DAYAL	RSB JAIPUR	89.600	88	107	195
5	SURIYA M	RSB MUMBAI	94.100	90	105	195
6	SUMIT GOYAL	HARYANA	90.600	70	85	155
7	SYED YAWAR NAQUI HUSAIN	UP	92.00	60	80	140
8	MAHENDRA KR TIKAM	CG	91.400	40	50	90
9	DEEPAK MALIK	CCSC&SB	93.900			
10	SURESH DAGAR	CCSC&SB	91.700			
11	SHANKAR PUROHIT	RAJASTHAN	96.00			
12	C DHANIEL	RSB CHENNAI	89.900			

102 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	KRISHNA KUMAR C R	RSB MUMBAI	101.100	118	155	273
2	GHANSHYAM S DESAI	RSB MUMBAI	96.400	111	130	241
3	AMIT SHARMA	RSB KANPUR	99.500	110	130	240
4	NANDHU ANANDAN	KERALA	98.100	78	103	181
5	SHEEL KUMAR GAUTAM	CCSC&SB	96.100	74	100	174
6	AJAY KUMAR	UP	96.500			

109 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	AKSHAY HARIBA WALKE	RSB MUMBAI	108.600	115	147	262
2	G P ANEESH KUMAR	RSB MUMBAI	108.800	115	146	261
3	T T V L SRIKAR	AP	109.00	102	142	244
4	FIROZ YUNUS KHAN	RSB KANPUR	107.900	106	137	243
5	ABHILASH RAVEENDRAN	KERALA	104.500	40	50	90
6	VED PRAKASH	RSB INDORE	104.600			

+109 (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C&J	TOTAL
1	CHAITANYA RAJENDRA	RSB HYDERBAD	125.500	117	152	269
2	SIBARAM SAHU	RSB BHUBANSWAR	120.200	124	143	267
3	BHAGWAN SINGH SHEKHAWAT	RSB JAIPUR	116.900	115	130	245
4	BHUVNESHVAR VYAS	RAJASTHAN	133.500	101	114	215
5	SOURABH MEHTA	RSB JAIPUR	111.200			

Kashyap

Sujit Kumar Mishra
Secretary, CCSCSB
 Department of Personnel and Training
 Lok Nayak Bhawan, New Delhi

TEAM CHAMPIONSHIP-2023-24

1. RSB MUMBAI
2. RSB KANPUR

BEST LIFTER-2023-24

1. KAPIL SINGH RATHORE, RSB JAIPUR



(MAHESH PRASAD)

CONVENER(WEIGHTLIFTING/POWERLIFTING/BEST PHYSIQUE)



Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

**ALL INDIA CIVIL SERVICE WEIGHTLIFTING ,POWERLIFTING AND BEST
PHYSIQUE CHAMPIONSHIP-2023-24
HELD AT RAJA BAZAAR, NEW DELHI FROM 18TH TO 22ND MARCH 2024**

RESULT

WEIGHTLIFTING(WOMEN)

49KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	RAJMANI RAJWADE	CG	49.00	32	47	77
2	PREETI	CCSC&SB	48.00	25	33	58
3	POOJA SHARMA	CCSC&SB	48.900	26	30	56

55KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	B MANASA	AP	49.700	29	40	69
2	DIVYA SATIJA	CCSC&SB	52.400	30	35	65
3	BHAVANA B KOLI	RSB MUMBAI	52.00	23	25	48

59KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	KAVITA	CCSC&SB	58.900	54	68	122
2	ANITA	PUNJAB	56.400	35	50	85
3	S GUNAVATHI	RSB MUMBAI	58.700	36	48	84
4	ASHA	NCT DELHI	58.500	21	25	46

64KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	AKSHITA BHAT	CCSC&SB	63.00	43	56	99
2	PREETI	HARYANA	64.00	40	53	93
3	SUNITA KAG	MP	61.700	35	40	75
4	SREEDEVI NALIVELUGULA	AP	64.00	30	36	66
5	LALITA TAMANG	CCSC&SB	63.900	30	35	65
6	TAJ KAUR	RAJASTHAN	61.300	28	34	62

71KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	MANJU	HARYANA	68.400	50	60	110
2	MADDU SAI SWATHI	AP	68.500	40	48	88
3	AASHIYA HUSAN	UP	67.800	25	41	66
4	SAKSHI BAKSHI	CCSC&SB	71.00	30	35	65



Sujit Kumar Mishra
Secretary, CCSC&SB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi



76KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	KHUSHBU YADAV	RSB KANPUR	74.500	38	48	86
2	RITU	RSB CHANDIGARH	75.900	35	44	79
3	YASHODHA J	KARNATAKA	71.600	25	35	60
4	SHAIK SURYA FATHIMA	AP	72.900	25	34	59
5	MEENAKSHI SHARMA	HARYANA	73.600	63	-----	
6	RAJNI MALIK	CSSC&SB	73.300	22	-----	

81KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	NARESHWARI DHURWEY	MP	80.800	42	45	87
2	D SARALA DEVI	AP	76.900	30	40	70
3	PRIYANKA	RSB MUMBAI	77.500	26	33	59
4	MAYA DEVI BISHNOI	RAJASTHAN	78.900	22	---	

87KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	SIMI JOSEPH	KERALA	86.500	55	66	121
2	GUDIWADA DEVI	AP	85.100	35	48	83
3	SUNITI KHATRI	CCSC&SB	82.800	35	45	80

+87KG (CLASS)

PLACE	NAME	STATE	B.WEIGHT	SNATCH	C & J	TOTAL
1	P VARA LAKSHMI PALIVELA	AP	94.200	42	55	97
2	SAMTA DHIMAN	HARYANA	89.800	27	45	72
3	PALLAVI	KARNATAKA	90.00	20	25	45

TEAM CHAMPIONSHIP-2023-24

1. CCSC&SB DELHI
2. ANDHRA PRADESH

BEST LIFTER-2023-24

1. KAVITA , CCSC&SB


(MAHESH PRASAD)

CONVENER(WEIGHTLIFTING/POWERLIFTING/BEST PHYSIQUE)



Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

ALL INDIA CIVIL SERVICE WEIGHTLIFTING ,POWERLIFTING AND BEST PHYSIQUE CHAMPIONSHIP-2023-24
HELD AT RAJA BAZAAR, NEW DELHI FROM 18TH TO 22ND MARCH 2024

RESULT

POWERLIFTING (MEN)

59KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	RAJESH SHUKRUBE	RSB INDORE	55.700	227.5	137.5	215	580
2	VIRENDRA KR KUL	RSB INDORE	59.00	202.5	115	230	547.5
3	T DURAI RAJ	RSB CHENNAI	58.600	142.5	97.5	172.5	412.5
4	DILEEP SHARMA	MP	58.600	132.5	105	167.5	405
5	BASANTA NELAKA	ODDISA	58.600	140	90	162.5	392.5
6	T NAGESHWAR RAU	RSB HYDRABAD	58.500	145	60	160	365
7	PATEL ROHAN KUMAR	GUJRAT	57.00	100	85	160	345
8	ARUN M	KERALA	57.00	100	60	140	300
9	TUHI RAM	CCSC&SB	59.00	90	75	120	285
10	ANAND PRAKASH	UP	56.300	75	45	110	230

66KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	GAUTAM KUMAR	CG	65.600	242.5	132.5	250	625
2	DEVENDRA SINGH DIWAN	MP	65.700	255	145	200	600
3	NAVEEN KUMAR	NCT DELHI	66.00	190	150	182.5	522.5
4	PRANAYA KUMAR	UP	66.00	197.5	112.5	205	515
5	T V MAHESWARA RAO	RSB MUMBAI	65.800	180	125	205	475
6	SHYJEESH N V	KERALA	65.600	170	82.5	195	442.5





Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

7	K PUVIARASAN	RSB MUMBAI	65.300	172.5	87.5	150	410
8	CH BHUSHAN ULADHAR	RSB INDORE	65.600	155	82.5	150	387.5
9	PATEL KRUNAL JERAM BHAI	GUJRAT	65.600	120	90	175	385
10	ABHIJEET KR MAHATO	CCSC&SB	64.100				

74KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	THAMIZ HARASAN S	RSB CHENNAI	73.500	320	142.5	270	732.5
2	S THILAKCHARAN	RSB CHENNAI	73.800	265	127.5	250	642.5
3	ANIL KUMAR	RSB INDORE	73.900	240	152.5	225	617.5
4	PRADEEP KUSHWAHA	RSB MUMBAI	74.00	235	135	230	600
5	PARV RANA	CCSC&SB	73.800	217.5	115	250	582.5
6	PRAVEEN TOMAR	CCSC&SB	74.00	227.5	140	215	582.5
7	SUJITH M	KERALA	72.100	220	110	220	550
8	NIKHIL	NCT DELHI	72.700	170	117.5	207.5	495
9	VASUDEV DNATHAM	RSB MUMBAI	72.700	200	100	190	490
10	SHIV GOPAL PANDEY	RSB INDORE	73.900	180	92.5	190	462.5
11	AMIT KR PATHAK	BIHAR	66.500	155	102.5	200	457.5
12	ASHISH SHARMA	RAJASTHAN	73.600	155	105	192.5	452.5
13	DEEPAK	MP	72.600	160	97.5	155	412.5
14	SAYAN DUTTA	RSB KOLKATTA	74.00	140	105	165	410
15	DHEERAJ	HARYANA	69.700	100	85	145	330
16	SONU KR SINGH	GUJRAT	73.100	90	90	150	330
17	AMAR SINGH	RSB KANPUR	73.200	100	85	120	305
18	DEVA RAN CHOUHARY	RAJASTHAN	73.100				

Kabir

Sujit

Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

83KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	DILEEP PATEL	CG	74.200	260	165	275	700
2	B GOVINDASAMY	RSB CHENNAI	78.300	275	140	282.5	697.5
3	NARENDER	HARYANA	79.800	225	145	210	580
4	CLEMOND RAJA	RSB MUMBAI	80.800	235	130	205	570
5	ANAND S MANDIA	CCSC&SB	82.200	190	165	215	570
6	RAKESH KUMAR	NCT DELHI	78.300	240	110	200	550
7	AJUMAL MONA	KERALA	81.200	190	120	240	550
8	ROHIT BHURIYA	MP	81.800	200	120	190	510
9	BHARAT KUMAR	GUJRAT	77.900	140	80	170	390
10	SOMESHWAR	MUMBAI	75.200	60	60	70	190
11	GOVERDHAN	RAJASTHAN	75.400				
12	MAHESH M CHILA	RSB MUMBAI	82.800				

93KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	VASHUDAV SARSWAT	RAJASTHAN	93.00	290	195	247.5	732.5
2	SUNNY GULIA	CCSC&SB	90.700	267.5	175	267.5	710
3	MOHIT KUMAR	PUNJAB	87.700	267.5	172.5	265	705
4	BHABARNAB SAIKIA	ASSAM	88.400	290	160	245	695
5	RAVI PAL	MP	91.600	265	150	275	690
6	A MAHENDRAN	PUDUCHERRY	90.00	277.5	150	250	677.5
7	BHUPENDRA SONI	RSB INDORE	92.400	257.5	140	240	637.5
8	TARUN TOMAR	HARYANA	90.700	215	132.5	240	587.5
9	SANDEEP KESHWA	RSB FARIDABAD	87.600	235	130	220	585
10	MURALI KRISHAN	KERALA	83.200	200	125	242.5	567.5



Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

11	ASHOK KUMAR	HARYANA	88.400	200	125	242.5	567.5
12	SHANKAR P S	UP	87.100	185	120	215	520
13	PURUSHOTAM SAHU	CG	86.900	150	97.5	175	422.5
14	AJAY KR MAHAPATRA	RSB BHUBANSWAR	91.100	140	90	160	390
15	SUMITH TAKSANDE	MAHARASTRA	83.800	115	107.5	160	382.5
16	C DHANIEL	RSB CHENNAI	89.900	160	60	160	380
17	B PRAVEEN	RSB MUMBAI	83.200	125	85	160	370
18	SANDEEP KUMAR	RSB HYDERBAD	84.600	135	65	170	370
19	SATISH KR VERMA	RAJASTHAN	83.200	60	60	100	220
20	PARVEEN	NCT DELHI	88.00				
21	PARDEEP	RSB HYDERBAD	92.200				
22	SUDISH KR SINGH	UP	86.900				

105KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	VED PRAKASH	RSB INDORE	102.600	280	200	280	740
2	SUNIL JADHAV	RSB MUMBAI	104.400	285	190	255	740
3	JIWAN SINGH BISHT	CCSC&SB	93.700	310	140	265	715
4	ALOK RAJ	BIHAR	97.400	285	185	210	680
5	MOHIT SOLANKI	NCT DELHI	102.600	235	155	220	610
6	NIDIGATTU J PRASAD	AP	101.700	180	140	225	545
7	ASHOK KR BHADOURIYA	UP	94.200	210	130	200	540
8	SURESH KR MISHRA	RSB INDORE	95.600	150	100	150	400
9	PARTH SOMA VAGHELA	GUJRAT	95.700	140	80	140	360
10	MILIND	MAHARASTRA	98.500	135	60	145	340
11	JOGESH SINGH PARMAR	CG	99.900	100	50	100	250

Sujit Kumar Mishra
Secretary, CCSCSB
 Department of Personnel and Training
 Lok Nayak Bhawan, New Delhi

12	PURAN CHAND	NCT DELHI	97.600				
13	CHRISTOPHER ROBERT	KERALA	98.500				
14	ANIL KUMAR	HARYANA	96.400				
15	DURGST CHAUHAN	MP	104.00				

120KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	RATTAN SINGH RANA	CCSC&SB	108.400	275	150	275	700
2	C RUPESH	RSB CHENNAI	117.500	270	160	265	695
3	VIKASH KUMAR	BIHAR	111.800	292.5	170	230	692.5
4	INDERJEET SINGH	PUNJAB	105.800	270	160	255	685
5	VICKRAM SINGH CHAUHAN	RAJASTHAN	105.100	260	185	225	670
6	ABDUL SAMEE KHAN	MP	105.200	250	165	255	670
7	SANDEEP KUMAR	RAJASTHAN	112.00	270	145	215	630
8	HANUMANT	MAHARASTRA	107.400	220	155	180	555
9	MANISH MISHRA	UP	106.100				
10	SANJAY KUMAR	HARYANA	105.100				
11	NISHANT MANN	NCT DELHI	111.00				
12	AMIT MANN	NCT DELHI	109.00				

Kalsh

Sujit

Sujit Kumar Mishra
Secretary, CCSCSB
 Department of Personnel and Training
 Lok Nayak Bhawan, New Delhi

+120KG CLASS


S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	BHIM SONKAR	MP	141.500	320	170	270	760
2	A DINESH	RSB CHENNAI	120.100	250	165	250	665
3	C H MAHESH	RSB HYDERBAD	120.100	255	142.5	247.5	645
4	ABHISHEK GHOSH	RSB PATNA	120.100	240	160	215	615
5	BHUVNESWAR VYAS	RAJASTHAN	133.500				
6	M R BACHU	KERALA	121.00				

TEAM CHAMPIONSHIP-2023-24

1. RSB INDORE
2. RSB CHENNAI

STRONGMEN OF AICS -2023-24

1. THAMIZ HARASAN , RSB CHENNAI


(MAHESH PRASAD)
CONVENER(WEIGHTLIFTING/POWERLIFTING/BEST PHYSIQUE)


Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

ALL INDIA CIVIL SERVICE WEIGHTLIFTING ,POWERLIFTING AND BEST PHYSIQUE CHAMPIONSHIP-2023-24
HELD AT RAJA BAZAAR, NEW DELHI FROM 18TH TO 22ND MARCH 2024

RESULT

POWERLIFTING (WOMEN)

47KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B. PRESS	DEADLIFT	TOTAL
1	PREETI	CCSC&SB	47.00	62.5	35	92.5	190
2	KACHROLA MITABEN	GUJRAT	45.800	50	35	85	170

52KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	B MANASA	AP	50.500	77.5	37.5	115	230
2	MANISHA	NCT DELHI	52.00	92.5	45	92.5	230
3	RAJMINI RAJWADE	CG	50.400	85	30	105	220
4	HIRAL MAHENDRA TANDEL	GUJRAT	49.500	70	35	95	200
5	MAHIMA KASHYAP	PUNJAB	50.400	67.5	35	90	192.5
6	BHAVANA B KOLI	RSB MUMBAI	51.500	65	30	90	185
7	DEVKI	CCSC&SB	51.700	67.5	25	90	182.5
8	LAVANYAL	KARNATAKA	52.00				

Kashyap


Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

57KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	PUPREKHA DAS	ASSAM	56.500	140	57.5	120	317.5
2	PRIYA GOLA	CCSC&SB	56.700	107.5	47.5	135	290
3	RAJNEET KAUR	PUNJAB	55.800	95	60	120	275
4	INDIRA L	KERALA	56.900	105	45	120	270
5	NIDHI	HARYANA	56.200	77.5	52.5	132.5	262.5
6	MEGHA PRAGWESH PANDEY	GUJRAT	53.100	100	45	95	240
7	POOJA MALVIYA	MP	57.00	70	35	100	205
8	SRIDEVI K N	KARNATAKA	54.00	70	35	90	195
9	GAUTAM RANI	UTTARA KHAND	53.800	37.5	27.5	77.5	142.5
10	SOOFIA SULTAN	MP	53.800	30	30	50	110
11	ER VARSHA MANIK RAO	MAHARASTRA	55.900	90			
12	SHWETA PRAJAPATI	UP	55.700				

63KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	SUDHA KUMARI	BIHAR	63.00	185	122.5	157.5	465
2	SUNITA KAG	MP	61.400	110	57.5	117.5	285
3	AKSHITA BHAT	CCSC&SB	62.900	120	60	105	285
4	HARDEEP KAUR	PUNJAB	62.200	100	55	120	275
5	NAGARATHNA G	KARNATAKA	60.900	95	40	120	255
6	POONAM RANI VERMA	CG	62.300	95	47.5	112.5	255
7	TAJ KAUR	RAJASTHAN	61.700	85	52.5	100	237.5
8	KRUPAL VIJAY KR MAHANT	GUJRAT	60.700	67.5	45	115	227.5
9	ASHA	NCT DELHI	58.00	62.5	27.5	80	170
10	MEENA KUMARI	UP	61.600				





Sujit Kumar Mishra
 Secretary, CCSCSB
 Department of Personnel and Training
 Lok Nayak Bhawan, New Delhi

69KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	NEHA DUNIWAL	RAJASTHAN	68.800	162.5	82.5	150	395
2	KAVITA DEVI	UTTARAKHAND	66.300	110	77.5	155	342.5
3	NALIVELUGULA SREEDEVI	AP	63.500	115	50	120	285
4	CHETANA BAHRI	CCSC&SB	67.400	60	37.5	87.5	185
5	MAOOU SAI SWATHI	AP	69.00	70	25	80	175
6	DIMPLE KASANA	HIMACHAL PRADESH	65.300				
7	AASHIYA HUSSAIN	UP	68.00				

76KG CLASS

PLACE	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	MEENAKSHI SHARMA	HARYANA	73.700	170	67.5	135	372.5
2	SARITA SONKAR	MP	75.100	120	65	120	305
3	PUSPA S GADADI	KARNATAKA	71.500	105	60	120	285
4	SUSHMA SHARMA	PUNJAB	73.300	95	45	125	265
5	JAYA LAKSHMI PILLAI	GUJARAT	75.200	82.5	45	117.5	245
6	MANJU GUPTA	HARYANA	75.00	75	45	105	225
7	SAHAI K SURVA FATHIMA	AP	73.400	70	27.5	90	187.5
8	RENUKA NIGAM	MP	71.500	50	40	90	180
9	RAJNI MALIK	CCSC&SB	73.00				




Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

84KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	NARESHWARI DHURWEY	MP	81.100	155	70	157.5	382.5
2	S NITHYA	TELANGANA	83.500	160	70	147.5	377.5
3	PRIYANKA	RSB MUMBAI	78.00	125	55	105	285
4	DEEPA N	KARNATAKA	76.900	102.5	47.5	105	255
5	SARALA DEVI	AP	77.200	80	35	95	210
6	NEELAM SHUKLA	MAHARASTRA	77.00	25	25	60	110
7	MAYA DEVI BISHNOI	RAJASTHAN	78.300				

+84KG CLASS

S.NO	NAME	STATE	B.WEIGHT	SQUAT	B.PRESS	DEADLIFT	TOTAL
1	ASHA RANI	HARYANA	88.00	135	55	150	345
2	SUNITI KHATRI	CCSC&SB	84.500	112.5	42.5	130	285
3	P VARA LAKSHMI PALIVELA	AP	94.900	100	40	122.5	262.5
4	PALLAVI	KARNATAKA	90.500	100	52.5	107.5	260
5	PRIYANKA SHARMA	CCSC&SB	96.300	65	35	90	190
6	GUDIWADA DEVI	AP	85.00	50	37.5	80	167.5

TEAM CHAMPIONSHIP-2023-24

1. CCSC&SB
2. ANDHRA PRADESH

STRONG WOMEN OF AICS -2023-24

1. SUDHA KUMARI, BIHAR


(MAHESH PRASAD)

CONVENER(WEIGHT/LIFTING/POWERLIFTING/BEST PHYSIQUE)



Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

**ALL INDIA CIVIL SERVICE WEIGHTLIFTING ,POWERLIFTING AND BEST
PHYSIQUE CHAMPIONSHIP-2023-24
HELD AT RAJA BAZAAR, NEW DELHI FROM 18TH TO 22ND MARCH 2024**
RESULT
BEST PHYSIQUE

55KG (CLASS)

S.NO	NAME	STATE
1	RAHUL KUMAR	NCT DELHI
2	S KRISHNA RAO	RSB BHUBANSWAR
3	SHIBU K C	KERLA
4	BHAGWAN MOHAN TARAPURE	RSB MUMBAI
5	HANUNANTHE GOWDAK	KARNATAKA
6	RAJENDERA PRASAD MAURYA	UP

60KG (CLASS)

S.NO	NAME	STATE
1	SAMBHAJI S SHELKE	RSB MUMBAI
2	GANESH JADHAV	RSB MUMBAI
3	MITHU DAS	RSB KOLKATA
4	SANJAY	RSB INDORE
5	M VINAY AGAMOORTHY	PUDUCHERRY
6	SHUBHAM BHAR	RSB KANPUR
7	DHARMENDRA GAUR	RSB KANPUR
8	RAHHEESH A K	KERALA
9	ASIF ALI	UP
10	SUJEET NATH GOSWAMI	RSB KANPUR

65KG(CLASS)

S.NO	NAME	STATE
1	MANGESH G BET	RSB MUMBAI
2	VADDI SRIKANTH	RSB BHUBANSWAR
3	SHRI KANT BORSARE	RSB MUMBAI
4	KUMAR GORAV	CCSC&SB
5	DEEPAK KUMAR	HARYANA
6	RAHUL KUMAR	UTTRAKHAND
7	PRINCE LAL P C	KERLA
8	YOGESH KUMAR	DELHI
9	RINOJ M	KERALA
10	PATEL KRUNAL BHAI JERAMBHAI	GUJRAT

70KG (CLASS)

S.NO	NAME	STATE
1	SURESH JOSHI	RSB UTTRAKHAND
2	ARUN SHOKEEN	NCT DELHI
3	RAJEEV SHARMA	UTTAR PRADESH

Kandh

EM

Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

4	JITENDRA PANDHARI NATH	MAHARASTRA
5	SANDEEP	NCT DELHI
6	RAKESH KUMAR	HARYANA
7	P ARULMURGAN	RSB CHENNAI
8	RAVI YADAV	RSB INDORE
9	R ANANDRAJ	RSB CHENNAI
10	RAVI PRAKASH SINGH	UP
11	VISHAL RANA (ABSANT)	NCT DELHI

75KG (CLASS)

S.NO	NAME	STATE
1	RAO BILAL	CCSC&SB
2	V S SANDEEP	RSB CHENNAI
3	SUNIL BAJI RAO MAGDUM	RSB MUMBAI
4	MAHIPAL SINGH KHOKHAR	CCSC&SB
5	ARUN KUMAR	NCT DELHI
6	MANOJ KUMAR	HARYANA
7	ANMEJAYA MOHANTY	RSB BHUBANSWAR
8	AMRENDRA SHUKLA	UP
9	SONU KUMAR SINGH	GUJRAT
10	ASHISH SHUKLA	RAJASTHAN

80KG(CLASS)

S.NO	NAME	STATE
1	SHALINDER YADAV	RSB MUMBAI
2	BISHWAJIT PRATIHARI	RSB BHUBANSWAR
3	ANAS KHAN	WEST BENGAL
4	RAJENDRA SINGH MADHWAL	CCSC&SB
5	RAJEEV SINGH NEGI	CCSC&SB
6	UMESH	NCT DELHI
7	LOKESH KUMAR	NCT DELHI
8	BHARAT KR D MAKWANA	GUJRAT
9	SASI KUMAR K	KERALA
10	PRASHANTH KRISHNAN U	KERALA
11	K JAI GANESH MANI	RSB CHANNAI
12	VISHAL KANOJIA	RSB INDORE
13	SURESH KUMAR	HARYANA
14	MANOJ KUMAR	BIHAR
15	RAJEEV PAL	UP
16	ASHOK KR GOSWAMI	BIHAR
17	JITENDER	HARYANA
18	VIJAY SHANKAR SINGH (AB)	RSB KANPUR

Kashyap

Sujit
Sujit Kumar Mishra
Secretary, CCSCSB
 Department of Personnel and Training
 Lok Nayak Bhawan, New Delhi

85 KG(CLASS)

S.NO	NAME	STATE
1	SAGAR K KATURDE	RSB MUMBAI
2	SANDEEP KUMAR	HARYANA
3	AASHISH MAAN	CCSC&SB
4	ROHIT SHARMA	NCT DELHI
5	SUMIT Y TAKSANDE	MAHARASTRA
6	S VEERA BABU	PUDUCHERRY
7	UJAS BHAI G PARIKH	RSB AHMEDABAD
8	MUKESH KAARE	MP
9	NISHAD N	KERALA
10	M MANI KANDAN	RSB CHENNAI
11	RAJESH KR SHARMA	HARYANA
12	AJAY KUMAR	BIHAR
13	HANFEE MAHEFUZALI M	RSB HYDERABAD

90KG (CLASS)

S.NO	NAME	STATE
1	ASHUTOSH SAHA	RSB MUMBAI
2	SHRI SHIBABRATA	RSB KOLKATA
3	PRITAM SINGH D KHENGAR	GUJRAT
4	ANAND S MANDIA	CCSC&SB
5	VISHAL M NANGARE	MAHARASHTRA
6	SANEER M S	KERALA
7	MOHNISH BAKERY WALA	RSB AHMEDABAD
8	JITEN K CHAVDA	GUJRAT

100KG (CLASS)

S.NO	NAME	STATE
1	R KARTI KESHWAR	RSB CHENNAI
2	DEEPAK KUMAR YADAV	HARYANA
3	SURENDER BAIRWA	NCT DELHI
4	KIRAN B MULMULE	RSB MUMBAI
5	SACHIN (AB)	HARYANA

+100KG (CLASS)

S.NO	NAME	STATE
1	DEEPAK SEHRAWAT	CCSC&SB
2	A DINESH	RSB CHENNAI
3	AMIT MANN	NCT DELHI
4	JOGESH SINGH PARMAR	CG
5	KRISHAN KUMAR	HARYANA
6	BHVENDRA MANI PANDEY	UP
7	G P ANEESH KUMAR	RSB CHENNAI

Katkar


Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

MASTER AGE 40+

S.NO	NAME	STATE
1	RAJEEV PAL	UTTAR PRADESH
2	RAJENDRA SINGH MADWAL	CCSC&SB
3	YOGESH BABU RAO DETHE	RSB MUMBAI
4	ASIF ALI	UP
5	AMEEN AHMED ANSARI	MP
6	SUJEET NATH GOSWAMI	RSB KANPUR
7	JITEN K CHAVDA	GUJRAT
8	AJAY KUMAR	BIHAR
9	ASHOK KUMAR GOSWAMI	BIHAR
10	VIVEK ANA ND GAUTAM	HARYANA
11	SURESH	HARYANA
12	HANUMANTHE GOWDA K	KARNATAKA
13	SANJAY	INDORE
14	T B BIJU	KERALA
15	DEEPAK	DELHI

MASTER AGE 50+

S.NO	NAME	STATE
1	SANJAY KAND NAGAONKAR	RSB MUMBAI
2	RAJEEV SINGH NEGI	CCSC&SB
3	SANTOSH S THOMBRE	RSB MUMBAI
4	C MOHD BASHEER	COCHIN
5	MAHENDRA KR TEKAM	CG
6	MUKESH KUMAR	NCT DELHI
7	MILIND P PADHYA	MAHARASTRA
8	RAKESH KUMAR (AB)	KANPUR

TEAM CHAMPIONSHIP-2023-24

1. RSB MUMBAI
2. NCT DELHI

MR. AICS -2023-24

1.SAGAR K KATURDE, RSB MUMBAI


(MAHESH PRASAD)
CONVENER(WEIGHTLIFTING/POWERLIFTING/BEST PHYSIQUE)


Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi

**ALL INDIA CIVIL SERVICE WEIGHTLIFTING ,POWERLIFTING AND BEST
PHYSIQUE CHAMPIONSHIP-2023-24
HELD AT RAJA BAZAAR, NEW DELHI FROM 18TH TO 22ND MARCH 2024**

TEAM CHAMPIONSHIP WEIGHTLIFTING (MEN)

S.NO	TEAM	COACH	MANAGER
1	RSB MUMBAI	SANTOSH THOMBRE	SURYAKANT SALEM
2	RSB KANPUR	PAWAN KR DWIVEDI	MAYANK KUMAR

TEAM CHAMPIONSHIP WEIGHTLIFTING (WOMEN)

S.NO	TEAM	COACH	MANAGER
1	CCSCSB, DELHI	SAKSHI SINGHAL	PAWAN KUMAR
2	ANDHRA PRADESH	P PARVATHI VARALAKSHMI	P PARVATHI VARALAKSHMI

TEAM CHAMPIONSHIP POWERLIFTING (MEN)

S.NO	TEAM	COACH	MANAGER
1	RSB INDORE	MAN SINGH PARASTE	S. TENDELU
2	RSB CHENNAI	G ELANGO VAN	G ELANGO VAN

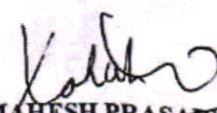
TEAM CHAMPIONSHIP POWERLIFTING (WOMEN)

S.NO	TEAM	COACH	MANAGER
1	CCSCSB, DELHI	DEVENDER KUMAR	MAHESH PRASAD
2	ANDHRA PRADESH	P PARVATHI VARALAKSHMI	P PARVATHI VARALAKSHMI

TEAM CHAMPIONSHIP BEST PHYSIQUE

S.NO	TEAM	COACH	MANAGER
1	RSB MUMBAI	PARMANAND G THAKUR	VIJAY G ZAGADE
2	NCT DELHI	MANOJ	MANOJ


Sujit Kumar Mishra
Secretary, CCSCSB
Department of Personnel and Training
Lok Nayak Bhawan, New Delhi


(MAHESH PRASAD)
CONVENER (WEIGHTLIFTING/POWERLIFTING/BEST PHYSIQUE)