

Results
Men

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INTER-MINISTRY(MEN & WOMEN) POWERLIFTING CHAMPIONSHIP-2024-25
DATED 3 TO 6 DECEMBER 2024 HELD AT NETAJI NAGAR, DELHI.

66KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	ABHIJEET KR MAHATO	LABOUR & EMPL.	427.5
2	AVINASH KUMAR	DEFENCE	340
3	PARVEEN KUMAR	CABINET SECTT.	335

74KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	PRAVEEN TOMAR	DEFENCE	600
2	PARV RANA	MEA	562.5
3	INDERJEET	DEFENCE	450

83KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	BALBIR TAMTA	CULTURE	697.5
2	ANAND S MANDIA	HEALTH	600
3	AJIT SINGH	COMMUNICATION	487.5

93KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SUNNY GULIA	HEALTH	717.5
2	PAWAN KUMAR	DEFENCE	375
3	OMVIR SINGH	DEFENCE	340

105KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	JIWAN SINGH	HEALTH	680
2	DEVENDER	COMMUNICATION	597.5
3	PRINCE AMBAWATA	CWC	445

120KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	RATAN SINGH RANA	HEALTH	700
2	RAJESH KUMAR	DEFENCE	700
3	SHAILENDRA SINGH	MSME	630

TEAM CHAMPIONSHIP-2024-25

1. HEALTH
2. DEFENCE
3. COMMUNICATION

STRONGMEN OF INTER-MINISTRY-2024-25

1. BALBIR TAMTA, CULTURE

Kahlu

(MAHESH PRASAD)

CONVENER (WEIGHTLIFTING,POWERLIFTING & BEST PHYSIQUE



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Women

**INTER-MINISTRY POWERLIFTING CHAMPIONSHIP-2024-25
DATED 3 TO 6 DECEMBER 2024 HELD AT NETAJI NAGAR, DELHI.**

47KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	PREETI	HEALTH	182.5
2	ANKITA KUMARI	CABINET SECTT.	175

52KG CLASS

S.NO	NAME	MINISTRY	TOTAL
2	POOJA SHARMA	DEFENCE	210
3	MUSKAN VERMA	MEA	195
3	BAWNA PUSHOLA	HEALTH	167.5

57KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	VIVANJEET KAUR	HEALTH	265
2	SAKSHI SINGHAL	TOURISUM	167.5
3	PAYAL DASGUPTA	CABINET SECTT.	167.5

63KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	AKSHITA BHAT	RAJYA SABHA	292.5
2	SIMRAN	CABINET SECTT	262.5
3	NEETU SURI	DEFENCE	175

69KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	PRABHA CHAMOLI	CABINET SECTT	225
2	AASTHA	FINANCE	220

76KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	RAJNI MALIK	CULTURE	305
2	SAKSHI BAKSHI	CABINET SECTT	237.5
3	ANJALI	TOURISUM	192.5

84KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SONIKA KHATAR	DOPPW	267.5
2	ANJANA	RAILWAY	

+84KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SUNITI KHATRI	HEALTH	270
2	PRIYANKA SHARMA	HEALTH	182.5
3	P REWATI	RAILWAY	140

TEAM CHAMPIONSHIP-2024-25

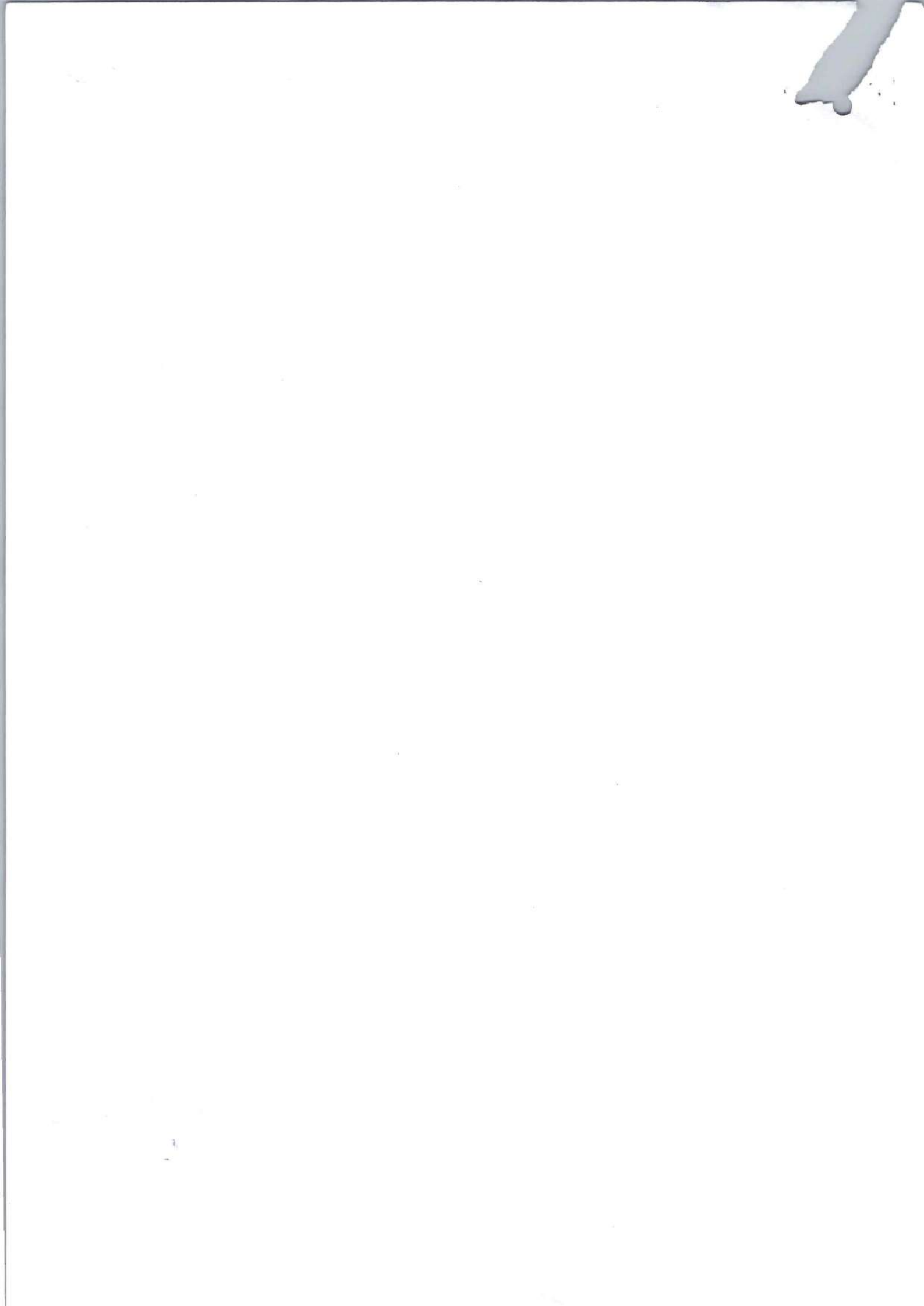
STRONGMEN OF INTER-MINISTRY-2024-25

1. DEFENCE
2. HEALTH
3. TOURISUM

1. AKSHITA BHAT, RAJYA SABHA

(MAHESH PRASAD)

CONVENER (WEIGHTLIFTING,POWERLIFTING & BEST PHYSIQUE)



Men

(3)

**INTER-MINISTRY(MEN & WOMEN) BENCH PRESS CHAMPIONSHIP-2023-24
DATED 3 TO 6 DECEMBER 2024 HELD AT NETAJI NAGAR, DELHI.**

66KG CLASS

S.NO	NAME	MINISTRY	BENCH PRESS
1	ABHIJEET KR MAHATO	LABOUR & EMP	122.5
2	PARVEEN	CABINET SECTT	97.5
2	TUHI RAM	CABINET SECTT	92.5

74KG CLASS

S.NO	NAME	MINISTRY	BENCH PRESS
1	PRAVEEN TOMER	DEFENCE	137,5
2	PYARE LAL	COMMUNICATION	120
3	PARVEEN	CABINET SECTT	112.5

83KG CLASS

S.NO	NAME	MINISTRY	BENCH PRESS
1	ANAND S MANDIA	HEALTH	170
2	BALBIR TAMTA	CULTURE	157.5
2	NARENDER	DEFENCE	142.5

93KG CLASS

S.NO	NAME	MINISTRY	BENCH PRESS
1	SUNNY GULIA	HEALTH	190
2	PAWAN KUMAR	DEFENCE	115
3	LOKESH KUMAR	HEALTH	90

105KG CLASS

S.NO	NAME	MINISTRY	BENCH PRESS
1	DEVENDER KUMAR	COMMUNICATION	157.5
2	SANDEEP	CVC	130
3	PRINCE AMBAWATA	CWC	105

120KG CLASS

S.NO	NAME	MINISTRY	BENCH PRESS
1	RAJESH KUMAR	DEFENCE	170
1	RATTAN SINGH RANA	HEALTH	160
2	CHETAN KAPOOR	DEFENCE	150

TEAM CHAMPIONSHIP-2024-25

1. DEFENCE
2. HEALTH
3. CABINET SECTT

BEST LIFTER OF INTER-MINISTRY-2024-25

1. SUNNY GULIA, HEALTH

Kohli

(MAHESH PRASAD)

CONVENER (WEIGHTLIFTING,POWERLIFTING & BEST PHYSIQUE)



Women

(4)

INTER-MINISTRY(MEN & WOMEN) BENCH PRESS CHAMPIONSHIP-2023-24

DATED 26 TO 29 DECEMBER 2023 HELD AT NETAJI NAGAR, DELHI.

3 6

47KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	PREETI	HEALTH	32.5
2	ANKITA KUMARI	CABINET SECTT.	30

52KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	BHAWANA PUSHOLA	HEALTH	37.5
2	MUSKAN VERMA	MEA	32.5
3	PUSHPA	CABINET SECTT.	30

57KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	VIVANJEET KAUR	HEALTH	50
2	PAYAL DAS GUPTA	CABINET SECTT	35
3	SAKSHI SINGHAL	TOURISUM	27.5

63KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	AKSHITA BHAT	RAJYA SABHA	60
2	SIMRAN	CABINET SECTT.	50
3	SEEMA YADAV	HEALTH	35

69KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	PRABHA CHAMOLI	CABINET SECTT	50

76KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	RAJNI MALIK	CULTURE	67.5
2	SAKSHI BAKSHI	CABINET SECTT	47.5
3	ANJALI	TOURISUM	45

84KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SONIKA KHATAR	PPW	67.5

+84KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	PRIYANKA SHARMA	HEALTH	35
2	P REWATI	RAILWAY	25

TEAM CHAMPIONSHIP-2024-25

1. HEALTH
2. CABINET SECTT.
3. RAILWAY

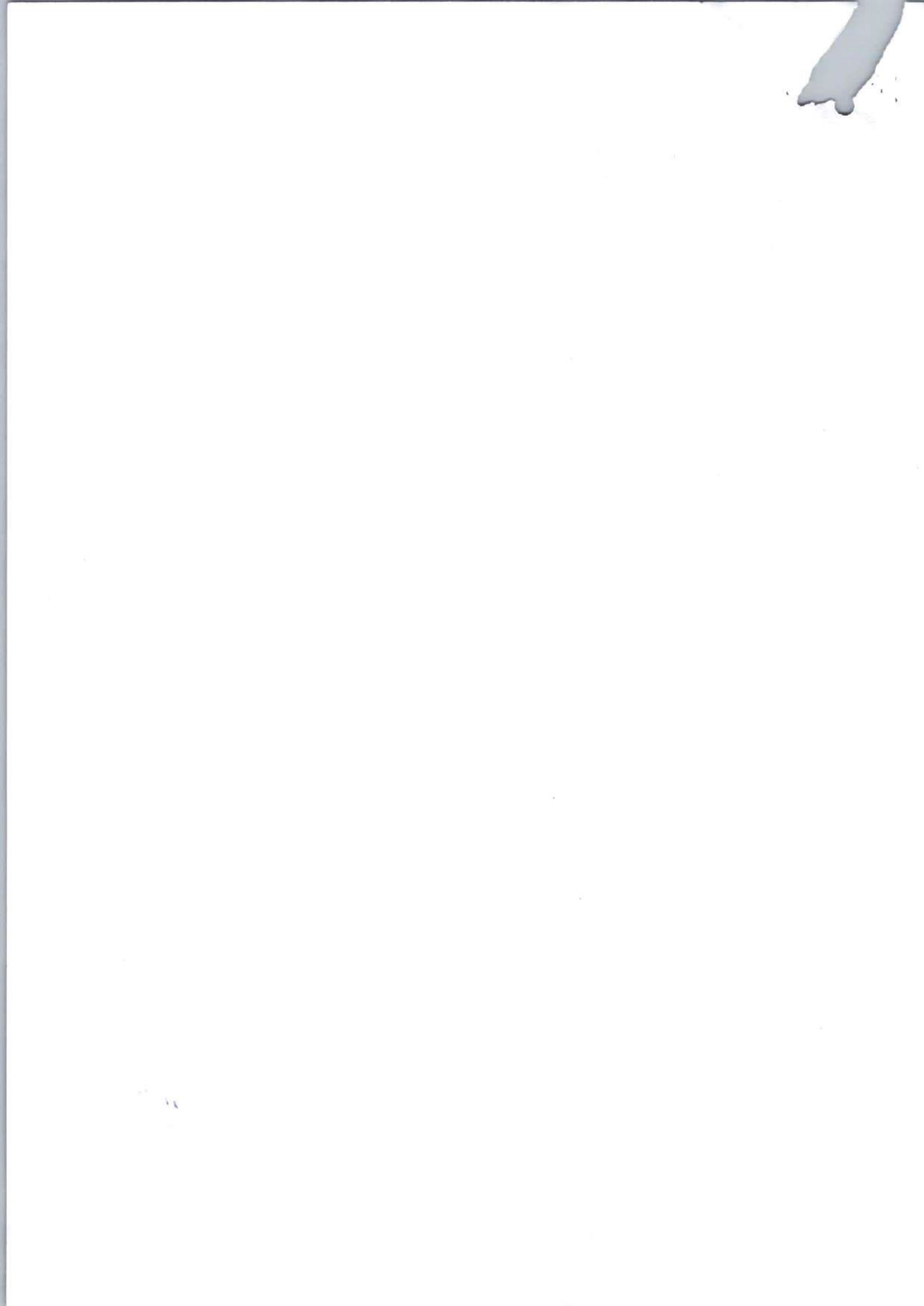
BEST LIFTER OF INTER-MINISTRY-2024-25

1. AKSHITA BHAT, RAJYA SABHA

(Handwritten Signature)

(MAHESH PRASAD)

CONVENER (WEIGHTLIFTING,POWERLIFTING & BEST PHYSIQUE)



MEN

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**INTER-MINISTRY(MEN & WOMEN)WEIGHTLIFTING CHAMPIONSHIP-2024-25
DATED 3 TO 6 DECEMBER 2024 HELD AT NETAJI NAGAR, DELHI.**

61KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	AJAY	I&B	167
2	TUHI RAM	CABINET SECTT	110
3	PARVEEN KUMAR	CABINET SECTT.	104

73KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	LALIT	RAILWAY	170
2	RAVINDER KUMAR	CABINET SECTT	125
3	PARVEEN	CABINET SECTT	120

81KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SANDEEP KUMAR	TOURISUM	185
2	SUBHOD RAWAT	RAILWAY	162
3	SACHIN KAUSHIK	CABINET SECTT.	125

89KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	RAJENDER SINGH	DEFENCE	145
2	OM VIR SINGH	DEFENCE	128
3	ROHIT RAJ	CABINET SECTT.	115

96KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	DEEPAK MALIK	CABINET SECTT	155
2	RAHUL SHARMA	DEFENCE	142
3	PAWAN KUMAR	DEFENCE	127

102KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SHEEL KUMAR	DEFENCE	160
2	JAIDEEP	CABINET SECTT	105
3	RAJESH KUMAR	DEFENCE	75

TEAM CHAMPIONSHIP-2024-25

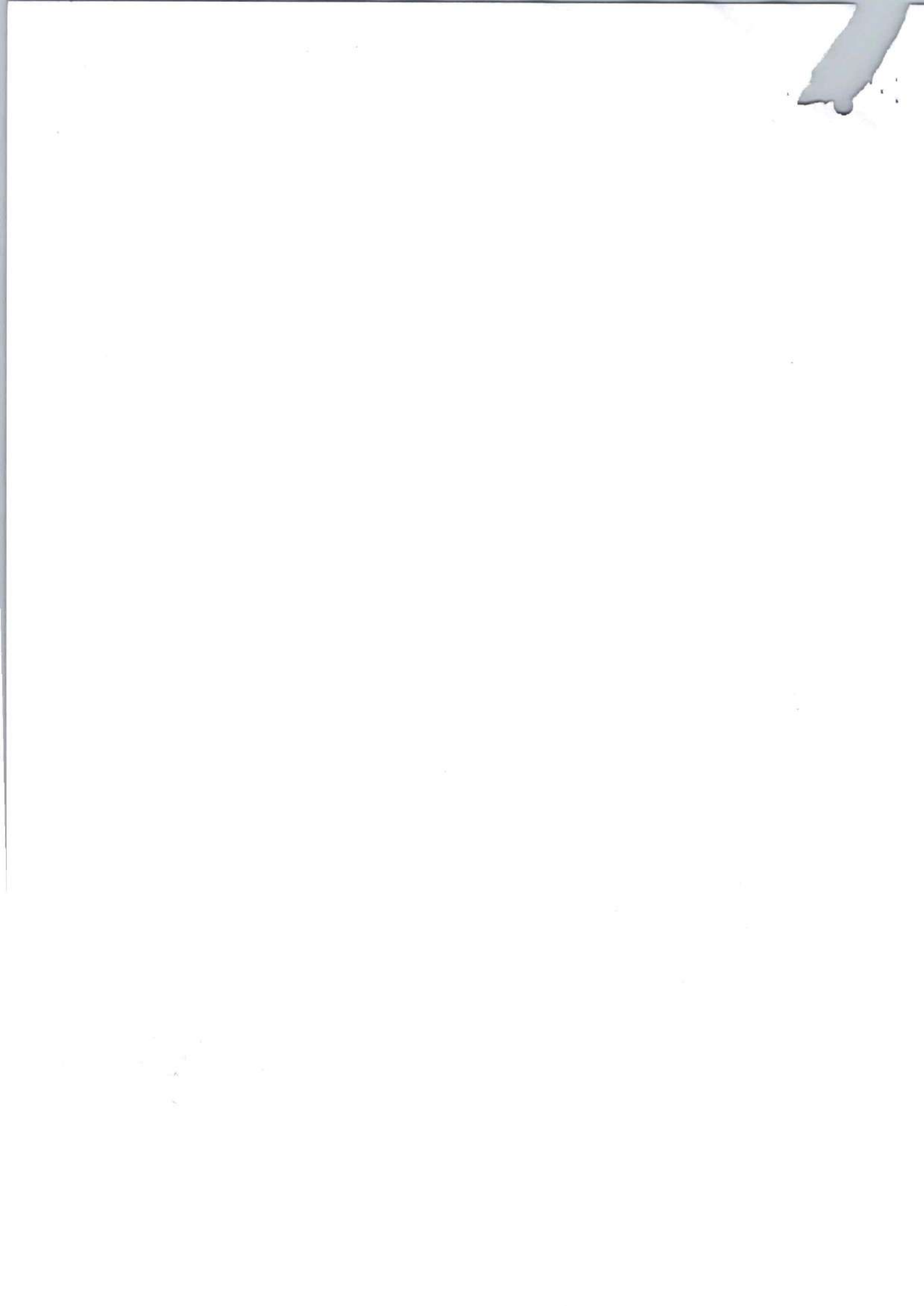
1. CABINET SECTT.
2. DEFENCE
3. RAILWAY

BEST LIFTER OF INTER-MINISTRY-2024-25

1. AJAY , I&B


(MAHESH PRASAD)

CONVENER (WEIGHTLIFTING,POWERLIFTING & BEST PHYSIQUE)



klomen

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INTER-MINISTRY(MEN & WOMEN)WEIGHTLIFTING CHAMPIONSHIP-2023-24
DATED 28 TO 29 DECEMBER 2023 HELD AT NETAJI NAGAR, DELHI.

03/10/06

49KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	POOJA SHARMA	DEFENCE	80
2	PREETI	HEALTH	50
3	ANKITA KUMARI	CABINET SECTT	40

55KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SAKSHI SINGHAL	TOURISUM	55
2	VIVANJEET KAUR	HEALTH	55
3	PUSHPA	CABINET SECTT	50

59KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	KAVITA KUMARI	FINANCE	103
2	DIVYA SATIJA	FINANCE	65
3	DEEPIKA	TOURISUM	39

64KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	AKSHITA BHAT	RAJYA SABHA	93
2	SEEMA YADAV	HEALTH	50
3	NEETU SURI	DEFENCE	42

71KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	LALITA TAMANA	FINANCE	68
2	ANJALI	TOURISUM	63
3	SUNITA	COMMUNICATION	40

87KG CLASS

S.NO	NAME	MINISTRY	TOTAL
1	SUNITI KHATRI	HEALTH	69
2	PRIYANKA SHARMA	HEALTH	45
3	PREETI	COMMUNICATION	43

TEAM CHAMPIONSHIP-2024-25

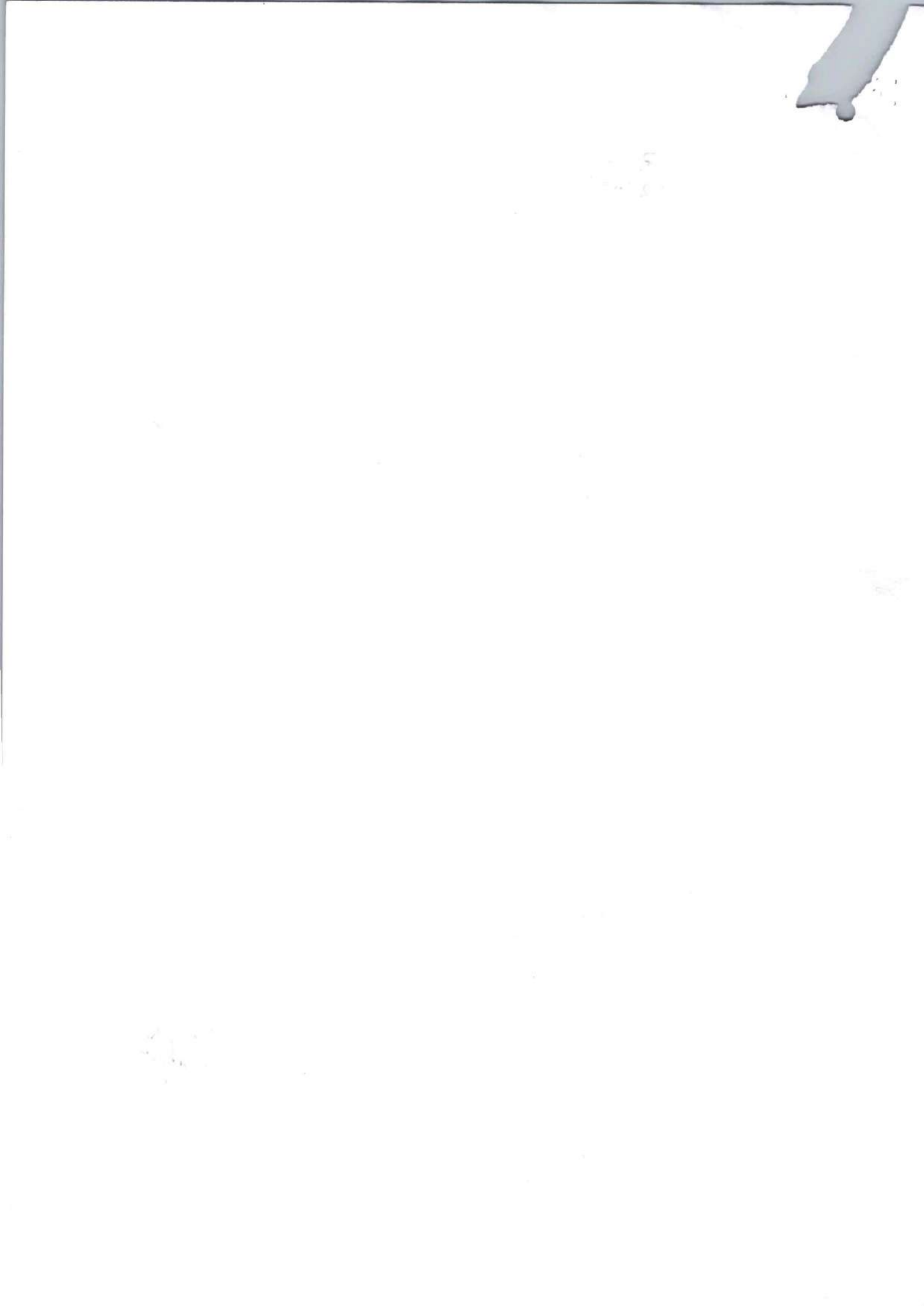
1. HEALTH
2. FINANCE
3. TOURISUM

BEST LIFTER OF INTER-MINISTRY-2024-25

1. KAVITA KUMARI, FINANCE

K. Prasad
(MAMESH PRASAD)

CONVENER (WEIGHTLIFTING,POWERLIFTING & BEST PHYSIQUE)



MCH.

(9)

INTER-MINISTRY BEST – PHYSIQUE CHAMPIONSHIP-2024-25
DATED 9 DECEMBER 2024 HELD AT CSOI VINAY MARG, DELHI.

60KG CLASS

S.NO	NAME	MINISTRY
1	ROHIT YADAV	FINANCE
2	NIRMAL	RAILWAY

65KG CLASS

S.NO	NAME	MINISTRY
1	DEEPAK TOPPO	DEFENCE
2	ABHIJEET	LABOUR & EMP
3	SURENDER SHARMA	CULTURE

70KG CLASS

S.NO	NAME	MINISTRY
1	NARESH	FINANCE
2	LALIT	RAILWAY
3	SANJEEV KUMAR	FINANCE

75KG CLASS

S.NO	NAME	MINISTRY
1	MAHIPAL SINGH	TRIBAL AFFAIRS
2	BHUPENDER TYAGI	DEFENCE
3	ASHOK KUMAR	FINANCE

80KG CLASS

S.NO	NAME	MINISTRY
1	BADAL KUMAR	STATICES
2	AJAY	COMMUNICATION

85KG CLASS

S.NO	NAME	MINISTRY
1	BHUPENDER SINGH	DEFENCE
2	RAJINDER KUMAR	HEALTH

90KG CLASS

S.NO	NAME	MINISTRY
1	CHITRESH	FINANCE
2	JITENDER KUMAR	DEFENCE

100KG CLASS

S.NO	NAME	MINISTRY
1	DEEPAK SEHRAWT	UPSE

+100KG CLASS

S.NO	NAME	MINISTRY
1	SUNITH JADHAV	FINANCE



+40 AGE CATEGORY

S.NO	NAME	MINISTRY
1	BHUPINDER TYAGI	DEFENCE
2	SANJEEV KUMAR	FINANCE
3	NARESH	FINANCE

+50 AGE CATAGORY

S.NO	NAME	MINISTRY
1	ASHOK KUMAR	FINANCE
2	SURENDER SHARMA	CULTURE
3	RAJENDER KUMAR	HEALTH

TEAM CHAMPIONSHIP-2024-25

1. FINANCE
2. DEFENCE
3. RAILWAY

BEST LIFTER OF INTER-MINISTRY-2024-25

1. CHETRESH, FINANCE



(MAHESH PRASAD)

CONVENER (WEIGHTLIFTING,POWERLIFTING & BEST PHYSIQUE)

