

No. 6-15/2022-WL&Sports

Government of India
Ministry of Communications
Department of Posts,
(Welfare & Sports Section)

Dak Bhawan, Sansad Marg
New Delhi-110001.
Dated: 5 .09.2022

To

All Heads of Postal Circles.

Subject: 36th All India Postal Weightlifting, Powerlifting & Best Physique Tournament (2022-2023) – Circulation of final results – regarding.

Sir/Madam,

I am directed to invite your attention towards the decision taken in the 2nd Postal Sports Board Meeting vide Para-45 in regard to circulate the Departmental records in various sports events and also be displayed on the departmental Web site.

1. The 36th All India Postal Weightlifting, Powerlifting & Best Physique Tournament 2022-23 was organized at by Rajasthan Circle at Sawai Man Singh Stadium , Sawai Man Singh Stadium, Jaipur for a total 4 days w.e.f. 26.07.2022 to 29.07.2022.
2. The day-to-day details of Organizing the event by Rajasthan Circle are as under:-

Sl. No.	Dates	Events
1	26.07.2022	Inaugural Function and Weight Lifting Tournament
2	27.07.2022	Weight Lifting & Power Lifting Tournament
3	28.07.2022	Power Lifting Tournament continues and Best Physique Tournament or Cultural event for Participants
4	08.10.2021	Dak Shree (Best Physique) and Valedictory function

3. A total of 16 Teams consisting 148 participants participated in the Tournament and are as follows:-

Sl. No.	Name of Circle	Sl. No.	Name of Circle
1	Andhra Pradesh	9	Madhya Pradesh
2	Assam	10	Maharastra
3	Bihar	11	Odisha
4	Delhi	12	Rajasthan
5	Gujrat	13	Tamilnadu

6	Haryana	14	Telangana
7	Karnataka	15	Uttar Pradesh
8	Kerala	16	West Bengal

4. The results of Weight Lifting Competition are as under:-

55 KG Category

Position	Name	Circle	Weight
1 st	Rakesh Kumar	Rajasthan	140 Kg
2 nd	N. Laxman Naik	Telangana	97 Kg
3 rd	Sanjay Mayekar	Maharastra	90 Kg

61 KG Category

Position	Name	Circle	Weight
1 st	Mihir Soni	A.P.	205 Kg
2 nd	V. Srinivasan	Tamilnadu	175 Kg
3 rd	Arun A.K.	Kerala	152 Kg

67 KG Category

Position	Name	Circle	Weight
1 st	Amit Sharma	Rajasthan	231 Kg
2 nd	Y. Shiv Kumar	A.P.	220 Kg
3 rd	M. Rajan	Tamilnadu	218 Kg

73 KG Category

Position	Name	Circle	Weight
1 st	G. Kumar	A. P.	240 Kg
2 nd	Bapuji Biswal	Odisha	225 Kg
3 rd	S. Manikandan	Tamilnadu	212 Kg.

81 KG Category

Position	Name	Circle	Weight
1 st	Kapil Singh Rathore	Rajasthan	269
2 nd	R. Siva Kesava Yadav	Telangana	239
3 rd	B. Rajesh Kanna	Tamilnadu	186

89 KG Category

Position	Name	Circle	Weight
1 st	Bharat K.S.	Karnataka	226
2 nd	N. Natesan	Tamilnadu	217
3 rd	Kameshwar Naik	Odisha	208

96 KG Category

Position	Name	Circle	Weight
1 st	Biswajit Pratihari	Odisha	237
2 nd	G. Nagaraju	Telangana	225
3 rd	C. Denial	Tamilnadu	150

102 KG Category

Position	Name	Circle	Weight
1 st	Amit Kumar Sharma	U.P.	255
2 nd	Sourabh Mehta	Rajasthan	200
3 rd	Tushar Mune	Maharastra	156

109 KG Category

Position	Name	Circle	Weight
1 st	Lalit Kumar Patel	U.P.	163
2 nd	Hans Raj Kiradu	Rajasthan	142
3 rd	K. Ramulu	Telangana	105

+109 KG Category

Position	Name	Circle	Weight
1 st	Sibaram Sahu	Odisha	280
2 nd	Bhagwan Singh Shekhawat	Rajasthan	272
3 rd	Firoz Yunus Khan	U.P.	210

5. The results of Power Lifting competitions are as under:-

59 KG Category

Position	Name	Circle	Weight
1 st	Rajesh Sukarware	M.P.	610
2 nd	S. S. Thombre	Maharastra	385
3 rd	N. Laxman Naik	Telangana	290

66 KG Category

Position	Name	Circle	Weight
1 st	Upendra Kumar	Bihar	537.5
2 nd	Mihir Soni	A.P.	522
3 rd	Pramod V. V.	Kerala	450

74 KG Category

Position	Name	Circle	Weight
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1 st	Shailandra Sevetia	M.P.	750
2 nd	B. Govindasamly	Tamilnadu	692.5
3 rd	M. Chandrashekhar	Telangana	497

83 KG Category

Position	Name	Circle	Weight
1 st	S. Thaniznarasan	Tamilnadu	767.5
2 nd	Anil Kumar	Gujrat	655
3 rd	J. Chandra Shekher	Telangana	565

93 KG Category

Position	Name	Circle	Weight
1 st	R. Shivaji Naik	Telangana	615
2 nd	Sandeep Kumar	Haryana	585
3 rd	T. Dharmarajan	Tamilnadu	572.5

105 KG Category

Position	Name	Circle	Weight
1 st	Melvin Vincent	Kerala	620
2 nd	S. Koteswara Rao	A.P.	590
3 rd	G.S. Burushotnaman	Tamilnadu	515

120 KG Category

Position	Name	Circle	Weight
1 st	Bhagwan Singh Shekhawat	Rajasthan	662
2 nd	C. Rupesh	Tamilnadu	570
3 rd	K. Ganesh Kini	Karnataka	395

+120 KG Category

Position	Name	Circle	Weight
1 st	Dipangkar Maral	Assam	615
2 nd	Ch. Mahesh	A.P.	535
3 rd	K. Ram Mohan Rao	Telangana	340

6. The results of Best Physique competition are as under:-

55 KG Category

Position	Name	Circle
1 st	S. Krishnarao	Odisha
2 nd	Arun K P	Kerala
3 rd	Rajesh Sukraware	M.P.

60 KG Category

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Position	Name	Circle
1 st	Santosh Thomhre	Maharastra
2 nd	Rahul Meena	Rajasthan

65 KG Category

Position	Name	Circle
1 st	Mahipal Gulia	Delhi
2 nd	Ganesh Jadhav	Maharastra
3 rd	Mihir Soni	A.P.

70 KG Category

Position	Name	Circle
1 st	Veddi Srikanth	Odisha
2 nd	Sandeep Singh	Rajasthan
3 rd	Abhilash Pawar	Maharastra

75 KG Category

Position	Name	Circle
1 st	M. R. Rajkumar	Tamilnadu
2 nd	J. D. Prabhu	Maharastra
3 rd	Nagaraja M	Karnataka

80 KG Category

Position	Name	Circle
1 st	Janmejay Mohanty	Odisha
2 nd	M. Manikandan	Tamilnadu
3 rd	Arun Khatri	Delhi

85 KG Category

Position	Name	Circle
1 st	Wasim	Maharastra
2 nd	Manjeet	Delhi
3 rd	Ganesh Kumar	U.P.

90 KG Category

Position	Name	Circle
1 st	Rashmi Ranjan Sahoo	Odisha
2 nd	Kiran	Maharastra

100 KG Category

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Position	Name	Circle
1 st	Biswajit Pratihari	Odisha
2 nd	Ratan Kumar Paul	West Bengal
3 rd	Tushar	Maharastra

+100 KG Category

Position	Name	Circle
1 st	A. Dinesh	Tamilnadu
2 nd	Swayam Sidhan Harichandan	Odisha
3 rd	Ajay Kumar	Delhi

Weight Lifting

Best Weight Lifter : Sh. Kapil Singh Rathore

Champion	Rajasthan
Runner-up	Telangana

Power Lifting

Best Power Lifter : Sh.Shailendra Sevetia,

Champion	Tamilnadu
Runner-up	Telangana

Best Physique

Dak Shree 2022-23 : Sh. Rashmi Ranjan Sahoo

Champion	Odisha
Runner-up	Maharastra

Best Circle of the Tournament : Odisha Circle

This has been issued with approval of the competent authority.

(Daisy Barla)
 Director (Welfare & Sports)

Copy to:

- (i). Army Postal Service, 1 CBPO, New Delhi.
- (ii). CGM, Business Development Directorate
- (iii). CGM, Postal Life Insurance Directorate.
- (iv). Rafi AhmedKidwai National Postal Academy.
- (v). All Postal Training Centers

- (Saharanpur/Vadodara/Mysore/Madurai/Darbhanga/Guwahati.
- (vi). Secretary, Postal Services Board.
 - (vii). The General Manager, CEPT, Mysore with the request for uploading on the Website of India Post under caption Employee Corner and sub heading Awards and Championships.