

6-16/2023-WI&Sp
Government of India
Ministry of Communications
Department of Posts,
(Welfare & Sports Section)

Dak Bhawan, Sansad Marg
New Delhi – 110001

Dated: 01-07-2024

To,

All Heads of Postal Circles.

Subject: 37th All India Postal Weightlifting, Powerlifting and Best Physique Tournament (2023-2024) - Circulation of Final Result – regarding.

Sir/Madam,

I am directed to invite your attention towards the decision taken in the 21st Postal Sports Board's meeting regarding circulation of results of various sports events and the departmental records to be displayed on the Departmental Website.

2. 37th All India Postal Weightlifting, Powerlifting and Best Physique Tournament (2023-2024) was held at Shri Shiv Chhatrapati Sports Complex, Mahalunge, Balewadi, Pune, Maharashtra Circle from 30.01.2024 to 02.02.2024.
3. The opening ceremony was inaugurated by Maj. Gen. Shri M.K. Khan, Additional DG, APS on 30.01.2024. The Guest of Honour were Sh. Kiran Bhagat, Runner-up of Maharashtra Kesari and Dr. C.P. Chaudhary, Additional Director, CGHS Pune.
4. Shri K.K. Sharma, CPMG, Maharashtra Circle was the Chief guest of the Closing Ceremony on 02.02.2024. The Guest of Honour were Shri. Amol Buchade, Wrestler & Maharashtra Kesari along with Shri. Yashodhan Wanpe, Commissioner, Pune Customs and Dr. Rahul Patil, IRS, Dy. FA and CAO, Central Railway, Pune.
5. The day-to-day details of organizing the event by Maharashtra Circle are as under: -

Sl. No.	Dates	Events
1	30.01.2024	Inaugural Function and Weight Lifting Tournament
2	31.01.2024	Weight Lifting & Power Lifting Tournament
3	01.02.2024	Power Lifting Tournament
4	02.02.2024	Best Physique Tournament & Dak Shree (Best Physique) and Valedictory function

6. A total of 15 Teams from various Postal Circles consisting 145 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	Chhattisgarh	10	Maharashtra
3	Bihar	11	Rajasthan
4	Delhi	12	Tamil Nadu
5	Karnataka	13	Telangana
6	Haryana	14	Uttar Pradesh
7	Odisha	15	West Bengal
8	Kerala		

7. The results of competitions organized are as under:-

1. Weight Lifting:

Sl. No	Weight Category	Position	Name	Circle
1	55Kg	1 st	Pradeep Kumar Sahoo	Odisha
		2 nd	Rakesh Kumar	Uttar Pradesh
		3 rd	N. Laxman Naik	Telangana
2	61Kg	1 st	Suman Das	West Bengal
		2 nd	K. Gowri Babu	Andhra Pradesh
		3 rd	Arun AK	Kerala
3	67Kg	1 st	Y. Shiva Kumar	Telangana
		2 nd	Mihir Soni	Rajasthan
		3 rd	M. Yellaiah	Andhra Pradesh
4	73Kg	1 st	Abhishek Patil	Maharashtra
		2 nd	G. Kumar	Andhra Pradesh
		3 rd	Bapuji Kumar Biswal	Odisha
5	81Kg	1 st	R. Sivakesava Yadav	Telangana
		2 nd	Amit Sharma	Rajasthan
		3 rd	Kameswar Nayak	Odisha

6	89Kg	1 st	Kapilsingh Rathore	Rajasthan
		2 nd	Ghanshyam Desai	Maharashtra
		3 rd	P. Natesan	Tamil Nadu
7	96Kg	1 st	G. Nagraju	Telangana
		2 nd	Rajbir Dhaka	Haryana
		3 rd	Ram Dayal Choudhary	Rajasthan
8	102Kg	1 st	Amit Kumar Sharma	Uttar Pradesh
		2 nd	Tushar Mune	Maharashtra
		3 rd	-	-
9	109Kg	1 st	Akshay Walke	Maharashtra
		2 nd	G P Aneeshkumar	Tamil Nadu
		3 rd	Sourabh Mehta	Rajasthan
10	+109Kg	1 st	Bhagwan Singh Shekhawat	Rajasthan
		2 nd	Sibaram Sahu	Odisha
		3 rd	Firoz Younus Khan	Uttar Pradesh

2. Power Lifting:

Sl. No	Weight Category	Position	Name	Circle
1	59Kg	1 st	Rajesh Shukraware	Madhya Pradesh
		2 nd	Basanta Melka	Odisha
		3 rd	Santosh Thombare	Maharashtra
2	66Kg	1 st	Mihir Soni	Rajasthan
		2 nd	Upendra Kumar	Bihar
		3 rd	K. Stephen	Telangana
3	74Kg	1 st	S. Thamizharasan	Tamil Nadu
		2 nd	Shailendra Sevatiya	Madhya Pradesh
		3 rd	Abhishek Patil	Maharashtra
4	83Kg	1 st	B. Govindasamy	Tamil Nadu
		2 nd	Anil Kumar	Madhya Pradesh
		3 rd	Clemondraj A	Maharashtra
5	93Kg	1 st	Devendra	Delhi
		2 nd	Sandeep Keshwa	Haryana
		3 rd	Shyandip Shaw	Chhattisgarh
6	105Kg	1 st	Melvin Vicent	Kerala
		2 nd	G P Aneesh Kumar	Tamil Nadu
		3 rd	V. Sai Lalith Kumar	Chhattisgarh

7	120Kg	1 st	C. Rupesh	Tamil Nadu
		2 nd	Hansraj Kiradu	Rajasthan
		3 rd	Abhishek Ghosh	Bihar
8	+120Kg	1 st	Badha Sumeet	Telangana
		2 nd	A. Dinesh	Tamil Nadu
		3 rd	C H Mahesh	Andhra Pradesh

3. Best Physique:

Sl. No	Weight Category	Position	Name	Circle
1	55Kg	1 st	S. Krishnarao	Odisha
		2 nd	Arun K P	Kerala
		3 rd	Guru Deepak	Karnataka
2	60Kg	1 st	Santosh Thombre	Maharashtra
		2 nd	Rajesh Shukraware	Madhya Pradesh
		3 rd	Rahul Meena	Rajasthan
3	65Kg	1 st	Vaddi Shrikant	Odisha
		2 nd	Ganesh Jadhav	Maharashtra
		3 rd	Keshaw Armo	Chhattisgarh
4	70Kg	1 st	V S Sandeep	Tamil Nadu
		2 nd	Sandeep Nar	Maharashtra
		3 rd	Kumar Gaurav	Delhi
5	75Kg	1 st	Sunil Magdum	Maharashtra
		2 nd	Janmejay Mohanty	Odisha
		3 rd	Rajkumar M I	Tamil Nadu
6	80Kg	1 st	M Manikandan	Tamil Nadu
		2 nd	V C Shaikh	Maharashtra
		3 rd	Ravi Kumar V	Karnataka
7	85Kg	1 st	Bishwajit Pratihari	Odisha
		2 nd	Ganesh Kumar	Uttar Pradesh
		3 rd	Arun	Delhi
8	90Kg	1 st	Ashutosh Saha	Maharashtra
		2 nd	Kandiboyin Ashish	Andhra Pradesh
		3 rd	Manjeet	Delhi

9	100Kg	1 st	Shreejith S Nair	Kerala
		2 nd	Kiran Mulmule	Maharashtra
		3 rd	A Satishkumar Yadav	Telangana
10	+100Kg	1 st	A Dinesh	Tamil Nadu
		2 nd	Melvin Vincent	Kerala
		3 rd	Tushar Mune	Maharashtra

8. Prizes were awarded in the following categories to the below-mentioned participants:

Weight Lifting

Best Lifter :- Y.Shiva Kumar (Telangana Circle)
 Champion :- Uttar Pradesh Circle
 Runner up :- Maharashtra Circle

Power Lifting

Best Lifter :- S.Thamizharasan (Tamil Nadu)
 Champion :- Tamil Nadu Circle
 Runner up :- Telangana Circle

Best Physique

Dak Shree :- Ashutosh Saha (Maharashtra Circle)
 Champion :- Maharashtra Circle
 Runner up :- Odisha Circle

Best Circle of the Tournament

Tamil Nadu Postal Circle

9. This issues with approval of the competent authority.

Sunita

Sunita
 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 Ahmed Kidwai 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.**"