

ACHIEVEMENTS OF PUNJAB POLICE WEIGHT LIFTING TEAM

1994

SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-CALCUTTA

| | |
|------------------------|---------------------|
| 1.ASI.Sandeep Kumar | Ist in 59 Kg Weight |
| 2.ASI.Onkar Singh | Ist in 64 Kg Weight |
| 3.CT.Harpreetpal Singh | Ist in 91 Kg Weight |
| 4.CT.Harpreet Singh | 2nd in 71 Kg Weight |

JUNIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-PATIALA

| | |
|------------------------|---------------------|
| 1.CT.Harpreet Singh | Ist in 71 Kg Weight |
| 2.CT.Manjit Singh | 3rd in 83 Kg Weight |
| 3.CT.Harpreetpal Singh | Ist in 91 Kg Weight |
| 4.CT.Balwinder Singh | Ist in 76 Kg Weight |

JUNIOR PUNJAB STATE WEIGHT LIFTING CHAMPIONSHIP-PATIALA

| | |
|----------------------|---------------------|
| 1.HC.Harpreet Singh | Ist in 99 Kg Weight |
| 2.CT.Gursharan Singh | Ist in 70 Kg Weight |
| 3.CT.Manjit Singh | 2nd in 83 Kg Weight |
| 4.CT.Manwar Singh | 2nd in 54 Kg Weight |
| 5.CT.Malkit Chand | 4th in 59 Kg Weight |
| 6.ASI.Sandeep Kumar | Ist in 59 Kg Weight |

1995

XLIV ALL INDIA POLICE GAMES-JALANDHAR

| | |
|------------------------|--------------------------------|
| 1.HC.Rajiv Kumar | Ist in 54 KG Weight |
| 2.HC.Manwar Singh | 2nd in 54 KG Weight |
| 3.ASI Sandep Kumar | Ist in 59 KG Weight |
| 4.HC.Malkit Chand | 3rd in 59 KG Weight |
| 5.HC.Sanjiv Kumar | Ist in 64 KG Weight |
| 6.CT.Lakhbir Lal | 3rd in 64 KG Weight |
| 7.HC.Gursharan Singh | Ist in 70 KG Weight |
| 8.CT.Tilak Raj | 2nd in 70 KG Weight |
| 9.HC.Harpreetpal Singh | Ist in 76 KG Weight |
| 10.CT.Balwinder Singh | 2nd in 76 KG Weight |
| 12.CT.Arjun Singh | 2nd in 83 KG Weight |
| 13.CT.Manjit Singh | 3rd in 83 KG Weight |
| 14.CT.Shavinder Dev | Ist in 91 KG Weight |
| 15.CT.Harpreet Singh | 2nd in 91 KG Weight |
| 16.CT.Amarjit Singh | Ist in 99 KG Weight |
| 17.CT.Salinder Singh | 2nd in 99 KG Weight |
| 18.CT.Amarjit Singh | Ist in 108 KG Weight |
| 19.CT.Manjit Singh | 2nd in 108 KG Weight |
| 20.SI.Dalbir Singh | Ist in +108 KG Weight (N.M.R.) |
| 21.CT.Rajinder Singh | 2nd in +108 KG Weight |

Note:-Punjan Police Weight Lifting Team Won the Overall
Championship with 158 Points

7TH SOUTH ASIAN FEDERATION GAMES-CHENNAI

- 1.SI.Dalbir Singh Ist in +108 KG Weight
- 2.ASI.Sandeep Kumar Ist in 64 KG Weight

1996

XLV ALL INDIA POLICE GAMES-NEW DELHI

- 1.CT.Tarsem Singh 2nd in 54 KG Weight
- 2.CT.Manwar Singh 4th in 54 KG Weight
- 3.CT.Rajiv Kumar Ist in 59 KG Weight
- 4.ASI.Sandeep Kumar Ist in 64 KG Weight (N.M.R.)
- 5.CT.Malkit Chand 2nd in 64 KG Weight
- 6.HC.Gursharan Singh 2nd in 70 KG Weight
- 7.SPO.Sher Khan 4th in 70 KG Weight
- 8.SPO.Jaspal Singh 2nd in 86 KG Weight
- 9.CT.Rajesh Kumar 4th in 86 KG Weight
- 10.CT.Jagdish Kumar Ist in 83 KG Weight (N.M.R.)
- 11.CT.Arjun Singh 2nd in 83 KG Weight
- 12.HC.Shavinder Dev Ist in 91 KG Weight (N.M.R.)
- 13.CT.Harpreetpal Singh 2nd in 91 KG Weight (N.M.R.)
- 14.HC.Kulwinder Singh Ist in 99 KG Weight (N.M.R.)
- 15.HC.Manjit Singh 2nd in 99 KG Weight (N.M.R.)
- 16.CT.Kulwant Singh Ist in 108 KG Weight
- 17.CT.Rajinder Singh 2nd in 108 KG Weight
- 18.SI.Dalbir Singh Ist in +108 KG Weight
- 19.CT.Balbir Kumar 2nd in +108 KG Weight

Note:-Punjab Police Weight Lifting Team Won the Overall Championship
Weight-Lifting

1997

SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-CHENNAI

- 1.CT.Jasbir Singh 3rd in 59 KG Weight
- 2.ASI.Sandeep Kumar Ist in 64 KG Weight (N.M.R.)
- 3.HC.Harpreetpal Singh 2nd in 91 KG Weight
- 4.CT.Amarjit Singh 4th in 97 KG Weight
- 5.HC.Manjit Singh 3rd in 108 KG Weight
- 6.SI.Dalbir Singh Ist in +108 KG Weight (N.M.R.)

Note:-SI.Dalbir Singh of Punjab Police was Declared the
Beat Weight Lifter of the Championship

4TH NATIONAL GAMES-BANGALORE

- 1.SI.Dalbir Singh Ist in Snatch with Lifting Weight 163 Kg
& created 8 National Records.He Lifted 162.5
+185 Kg,Total Weight 347.5 Kg.
- 2.ASI.Sandeep Kumar 2nd & created 3 National Records,two in Jerk &
One in Total Weight.He Lifted total Weight in
Snatch 122.5 Kg.in Jerk 160 Kg total 282.5Kg.
- 3.HC.Manjit Singh 3rd By Lifting total Weight 300 Kg.
- 4.C-II Harpreetpal Singh 3rd By Lifting total Weight 267.5 Kg.

SENIOR NATIONAL POWER LIFTING CHAMPIONSHIP

| | |
|----------------------|---------------------------------|
| 1.CT.Rajinder Kumar | Participation in 56 Kg Weight |
| 2.CT.Ramesh Kumar | Participation in 67.5 Kg Weight |
| 3.CT.Inderjit Singh | Participation in 75 Kg Weight |
| 4.CT.Parvinder Singh | Participation in 82.5 Kg Weight |
| 5.CT.Sandeep Kalia | Participation in 90 Kg Weight |
| 6.CT.Bhupinder Singh | 3rd in 100 Kg Weight |

SILVER DRAGON INTERNATIONAL CHAMPIONSHIP-CARDIF(U.K.)

| | |
|-------------------|---------------------|
| 1.HC.Jasbir Singh | Ist in 59 Kg Weight |
|-------------------|---------------------|

46TH ALL INDIA POLICE GAMES-DELHI

| | |
|-------------------------|---|
| 1.CT.Manwar Singh | Ist in 54 Kg Weight (Created 2 AIPG Record) |
| 2.CT.Tarsem Singh | 2nd in 54 Kg Weight |
| 3.C-II Rajiv Kumar | 3rd in 59 Kg Weight |
| 4.CT.Sanjiv Joshan | 4th in 59 Kg Weight |
| 5.ASI.Sandeep Kumar | Ist in 64 Kg Weight |
| 6.CT.Harjap Singh | 3rd in 64 Kg Weight |
| 7.CT.Jaswinder Singh | Ist in 70 Kg Weight (Created New Record in Snatch) |
| 8.CT.Nazar Singh | 2nd in 70 Kg Weight |
| 9.HC.Jagdish Kumar | 2nd in 83 Kg Weight |
| 10.CT.Jatinderpal Singh | 3rd in 83 Kg Weight |
| 11.CT.Sarabjit Singh | Ist in 91 Kg Weight |
| 12.C-II Davinder Singh | 3rd in 91 Kg Weight |
| 13.CT.Manjit Singh | 2nd in 99 Kg Weight |
| 14.CT.Amarjit Singh | 3rd in 99 Kg Weight |
| 15.HC.Manjit Singh | Ist in 108Kg Weight (Created 8 AIPG Record) |
| 16.CT.Amarjit Singh | 2nd in 108Kg Weight (Created 3 AIPG Record) |
| 17.SI.Dalbir Singh | Ist in +108Kg Weight (Created 5 AIPG Record, and also Created 5 National Records) |
| 18.C-II Rajinder Singh | 2nd in +108Kg Weight |

Punjab Police Weight Lifting Team Won the overall Championship With 157 Points.

1998

SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-JAMSHEDPUR

| | |
|--------------------|---|
| 1.SI.Dalbir Singh | 1st in +105 Kg Wt & Declared Best Weight Lifter of the Meet & also created 2 National Records |
| 2.ASI.Manjit Singh | 1st in 105 Kg Weight |

COMMON WEALTH WIGHT LIFTINF CHAMPIONSHIP- AUSTRALIA

| | |
|-------------------|----------------------|
| 1.SI.Dalbir Singh | 2nd in 108 Kg Weight |
|-------------------|----------------------|

47TH ALL INDIA POLICE GAMES-MADHUBAN

WEIGHT-LIFTING

1.HC.Jasbir Singh Ist in 62 Kg Weight
2.ASI.Sandeep Kumar Ist in 69 Kg Weight
3.HC.Tilak Raj Ist in 77 Kg Weight
4.ASI.Manjit Singh Ist in -105 Kg Weight
5.SI.Dalbir Singh Ist in +105 Kg Weight
6.CT.Jarnail Singh 2nd in 69 Kg Weight
7.C-II Rajinder Singh 2nd in +105 Kg Weight
8.CT.Nirjit Singh 3rd in 77 Kg Weight
9.CT.Sherpartap Singh Ist in 94 Kg Weight
10.C-II Rajiv Kumar 2nd in 62 Kg Weight
11.CT.Aamarjit Singh 3rd in -105 Kg Weight
12.CT.Jatinderpal Singh 3rd in 85 Kg Weight

1999

NATIONAL GAMES-IMPHAL(MANIPUR)

1.SI.Dalbir Singh Ist in +105 Kg Weight (NGR)
2.ASI.Manjit Singh 2nd in 105 Kg Weight
3.HC.Jasbir Singh Participation

SENIOR NATIONAL CHAMPIONSHIP-BANGALORE 16.TO 20 JUNE

1.Inspr.Dalbir Singh 3 Gold Medals in +105 Kg Wt
and created 3 NNR in Snatch 170 kg
Jerk 195 kg Total 365 Kg Wt
2.ASI.Sandeep Kumar 3 Gold Medals in 69 Kg Wt and Created
NNR Snatch 130 Kg and Jerk 162.5 Kg
Total 292.5 Kg Wt
3.ASI.Manjit Singh 1 Gold Medal and 2 Silver Medals in 105 Kg Wt
Snatch 140 Kg and Jerk 182.5 Kg Total 322.5 Kg Wt
4.HC.Jasbir Singh 3 Bronze Medals in 62 Kg Weight Snatch 110 Kg
Jerk 150 Kg Total 260 Kg Wt
5.C-II Rajinder Singh 3 Bronze Medals in +105 Kg Wt Snatch 145 Kg
Jerk 170 Kg Totl 315 Kg Wt
6.C-II Tilak Raj Participation in 77 Kg Wt
7.CT.Sandeep Singh Participation in 94 Kg Wt

INTER STATE CHAMPIONSHIP-BANGALORE

1.C-II Rajinder Singh Ist in +105 Kg Wt and Won Gold Medal Snatch 145 Kg
Jerk 170 Kg Total 315 Kg Wt
2.C-II Balbir Kumar 2nd in 77 Kg Wt Snatch 140 Kg and Jerk 167.5 Kg
Total

12TH ASIAN SENIOR CHAMPIONSHIP-WUHAM (CHINA)26 AUG.TO 5 SEP.

1.Inspr.Dalbir Singh 3 Silver Medal in +105 Kg Wt
in Snatch 165 kg
Jerk 197.5kg Total 362 Kg Wt
2.ASI.Sandeep Kumar 5th in 69 Kg Wt and

Snatch 127 Kg and Jerk 160 Kg
Total 287.5 Kg Wt

S.A.F.GAME KATHMANDU(NEPAL) 26 TO 30 SEP.

- 1.Inspr.Dalbir Singh Ist in +105 Kg
Snatch 162.5 Kg
Clean & Jark 192.5 Kg
Total Weight 355 Kg
- 2.ASI. Sandeep Kumar Ist in 69 Kg
Snatch 125 Kg
Clean & Jark 157.5 Kg
Total Weight 282.5 Kg
- 3.ASI.Manjit Singh Ist in 105 Kg
Snatch 145 Kg
Clean & Jark 180 Kg
Total Weight 325 Kg

48TH ALL INDIA POLICE GAMES-JALANDHAR 26TH TO 30TH OCT 1999.

- 1.CT.Vicky Batta 2nd in 56 Kg Weight
Snatch 105 Kg Clean & Jerk 130 Kg Total 235 Kg
- 2.CT.Manwar Singh 5th in 56 Kg Weight
Snatch 100 Kg Clean & Jerk 120 Kg Total 220 Kg
- 3.HC. Jasbir Singh Ist in 62 Kg Weight
Snatch 117.5 Kg Clean & Jerk 147.5 Kg Total 256 Kg
(NMR) (NMR) (NMR)
- 4.C-II.Rajiv Kumar 5th in 62 Kg Weight
Snatch 100 Kg Clean & Jerk 125 Kg Total 225 Kg
- 5.ASI.Sandeep Kumar Ist in 69 Kg Weight
Snatch 125 Kg Clean & Jerk 157.5 Kg Total 282.5 Kg
(NMR)
- 5.CT.Gurcharan Singh 2nd in 62 Kg Weight
Snatch 120 Kg Clean & Jerk 145 Kg Total 265 Kg
- 5.C-II Tilak Raj 3rd in 77 Kg Weigh
Snatch 122.5 Kg Clean & Jerk 152.5 Kg Total 275 Kg
- 6.C-II.Nirjit Singh 5th in 77 Kg Weight
Snatch 115 Kg Clean & Jerk 150 Kg Total 265 Kg
- 7.CT.Jatinder Singh 2nd in -85 Kg Weight
Snatch 125 Kg Clean & Jerk 155 Kg Total 280 Kg
- 8.C-II Harpreet Pal Singh Ist in 94 Kg Weigh
Snatch 145 Kg Clean & Jerk 162.5 Kg Total 307.5 Kg
(NMR) (NMR)
- 9.CT.Davinder Singh 2nd in 94 Kg Weight
Snatch 135 Kg Clean & Jerk 165 Kg Total 300 Kg
(NMR)
- 10.ASI.Manjit Singh Ist in 105 Kg Weight
Snatch 142.5 Kg Clean & Jerk 185 Kg Total 327.5 Kg
- 11.SPO.Gurmit Singh 2nd in 105 Kg Weight
Snatch 130 Kg Clean & Jerk 165 Kg Total 295 Kg
- 12.Inspr.Dalbir Singh Ist in +105 Kg Weight
Snatch 170 Kg Clean & Jerk 200.5 Kg Total 370 Kg
(NMR) (NMR) (NMR)
- 13.C-II.Rajinder Singh 2nd in +105 Kg Weight

Snatch 132.5 Kg Clean & Jerk 175 Kg Total 307.5 Kg

SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-KALYAN MAHARASTRA

1.Inspr.Dalbir Sinhg Ist in +105 Kg Weihgt Snatch 165 Kg Jerk 200 Kg
Total 365 Kg
2.HC.Jasbir Singh 2nd in 62 Kg Weight Snatch 115 Kg Jerk 145 Tota;
260 Kg
3.CT.Harpreetpal Singh Ist in Snatch 148 Kg in 94 Kg Weight NMR
4.CT.Vicky Batta 3rd in Inter State 56 Kg Weight Snatch 105 Kg
Jerk 125 Kg Total 230 Kg
5.CT.Gurcharan Singh 3rd in Inter State in 69 Kg Weight Snatch 122.5
Kg Jerk 147.5 Kg Total 270 Kg

2000

ASIAN CHAMPIONSHIP-JAPAN-2TH TO 6TH MAY

1.HC Jasbir Singh 6th in 62 Kg Weight Santch 120 Kg Jerk 147 Kg
Total 267 Kg

2001

WEIGHT-LIFTING

SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-VISHAKAPATNAM FROM 17TH TO 21TH

JAN.-2001

1.Inspr.Dalbir Sinhg 3 Gold Medal+105 Kg Weihgt Snatch 160 Kg Jerk
192.5 Kg Total 362.5 Kg
2.SI.Sandeep Kumar 2 Bronze Medal in 69 Kg Weight Snatch 120 Kg Jerk
152.5 Kg Totl 272.5 Kg
3.C-II Gurcharan Singh 3 Gold Medal & One Silver Medal in 69 Kg Weight
Snatch 122.5 Kg Jerk 155 Kg Total 270.5 Kg Weight
4.ASI.Manjit Singh 3Gold Medal in 105 Kg Weight Snatch 145 Kg Jerk
185 Tota; 330 Kg
5.HC.Jasbir Singh 4th in 62 Kg Weight Snatch 112.5 Kg Jerk 147.5 Kg
Total 260 Kg
6.C-II Sarabjit Singh 4th in 64 Kg Weight Snatch 105 Kg Jerk 170 Kg
Total 297.5 Kg
7.C-II Balbir Kumar 6th in +105 Kg Weight Snatch 132.5 Kg Jerk 175 Kg
8.CT.Narinder Singh 3rd in 77 Kg Weight Snatch 135 Kg Jerk 155 Kg
Total 290 Kg
9.C-II Sherpertap Singh Participation in 94 Kg Weight Snatch 135 Kg Jerk
160 Kg Total 295 Kg
10.C-II Govind Singh Participation in 85 Kg
11.CT.Vikey Batta 6th in 56 Kg Weight Snatch 107.5 Kg Jerk 127.5 Kg
Total

235 Kg Weight
 12.CT.Gurmeet Singh 7th in +105 Kg Weight Snatch 140 Kg Jerk 162.5 Kg
 Total 302.5 Kg

SENIOR PUNJAB WEIGHT LIFTING CHAMPIONSHIP-KHOJEWAL FROM 11TH TO 12TH FEB.-2001

- 1.C-II Sarabjit Singh Ist in 94 Kg Weight
- 2.CT. Balbir Kumar Ist in +105 Kg Weight
- 3.CT. Chandendeep Singh Ist in 69 Kg Weight
- 4.CT. Vicky Batta Ist in 62 Kg Weight
- 5.CT. Nazar Singh 2nd in 77 Kg Weight
- 6.CT. Amarjit Kumar Ist in 85 Kg Weight
- 7.CT. Amarjit Singh Ist in 105 Kg Weight

31TH NATIONAL GAMES-PUNJAB from 19th Nov. to Ist Dec.

- 1.CT.Vikey Batta 2nd in 56 Kg Weight Snatch 110 Kg Jerk 130 Kg
 Total 240 Kg Weight
- 2.HC.gurcharan Singh 4th in 569Kg Weight Snatch 125 Kg Jerk 152.5 Kg
 Total 277.5 Kg weight
- 3.C-II Sherpartap Singh Ist in 94 Kg Weight Snatch 142.5 Kg Jerk 175 Kg
 Total 317.5 Kg Weight
- 4.CT.Gurmit Singh Participation in 105 Kg Weight
- 5.Inspr.Dalbir Singh Ist in +105 Kg Weight Snatch 157.5 Kg Jerk 180 Kg
 Total 337.5 Kg Weight
- 6.C-II Rajinder Singh Participation in +105 Kg Weight

2002

WEIGHT-LIFTING

SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-BHALAI FROM 17TH TO 20TH MARCH-2002

- 1.Inspr.Dalbir Singh Ist in+105 Kg Weihgt Snatch 155 Kg Jerk 190 Kg
 Total 245 Kg
- 2.ASI.Manjit Singh 2nd in 105 Kg Weight Snatch 145 Kg Jerk 182.5
 Total 327.5 Kg & 2nd in inter state
- 3.C-II Balbir Kumar 3rd in +105 Kg Snatch by lifting 145 Kg & 6th in
 inter state Snatch 145 Kg Jerk 175 Kg Total 320 Kg
- 4.CT.Narinder Singh 3rd in 77 Kg Weight Snatch 135 Kg Jerk 155 Kg
 Total 290 Kg & 3rd in National
- 5.C-II Sherpertap Singh Participation in 94 Kg Weight Snatch 130 Kg Jerk
 170 Kg Total 300 Kg

6.C-II Govind Singh 3rd in 85 Kg Snatch 130 Kg Jerk 167.5 Kg Total 297.5Kg

7.CT.Vikey Batta Participation

8.CT.Gurmeet Singh Ist in 105 Kg Weight Snatch 150 Kg 3rd in inter state Snatch 150Kg Jerk 170 Kg Total 320 Kg

9.CT.Chanderdeep Singh 3rd in 62 Kg Weight Snatch 112.5 Kg Jerk 140 Kg Total 252.5 Kg & Gold Medal in inter state.

ALL INDIA POLICE GAMES-BHIWANI-2002 FOR 7TH TO 10TH NOV.2002

1.SI.Vicky Batta Ist in 56 Kg Weihgt Snatch 107 Kg Jerk 137.5 Kg Total 245 Kg Weight

2.ASI.Gurcharan Singh Ist in 69 Kg Weihgt Snatch 127.5Kg Jerk 155 Kg Total 282.5 Kg Weight

3.CT.Narinder Singh Ist in 77 Kg Weihgt Snatch 137.5Kg Jerk 157.5 Kg Total 295 Kg Weight

4.HC.Gurmit Singh Ist in 105 Kg Weihgt Snatch 147.5Kg Jerk 180 Kg Total 327.5 KgWeight

5.HC.Balbir Kumar Ist in+105 Kg Weihgt Snatch 142.5Kg Jerk 180 Kg Total 322.5 Kg Weight

6.HC.Chandandeeep 3rd in 62 Kg Weihgt Snatch 115.5Kg Jerk 135 Kg Total 250 Kg Weight

7.CT.Gobind Singh 3rd in 85 Kg Weihgt Snatch 127.5Kg Jerk 155 .5 Kg Total 283 Kg Weight

8.ASI.Manjit Singh 3rd in 105 Kg Weihgt Snatch 137.5Kg Jerk 175 .5 Kg Total 313 Kg Weight

9.HC.Jaskaran Kaur 3rd in 53 Kg Weihgt Snatch 55 .5Kg Jerk 70 Kg Total 125 Kg Weight

NORTHEN INDIA CHAMPIONSHIP-NONDA(UP)FROM 23TH TO 25 NOV.2002

1.HC.Balbir Kumar 2nd in +105 Kg Weight Snatch 147.5 Kg Jerk 180 Kg Total 327.5 Kg Weight

2.HC.Chandandeeep Singh Ist in 62 Kg Weihgt Snatch 112.5 Kg Jerk 137 .5 Kg Total 250 Kg Weight

3.HC.Gurmit Singh Ist in 105 Kg Weihgt Snatch 150 Kg Jerk 180 Kg Total 330 Kg Weight

4.CT.Gurpreet Singh 3rd in 105 Kg Weihgt Snatch 147.5 Kg Jerk 175 Kg

Total 322.5 Kg Weight

5.G.Munivel

Ist in 56 Kg Weihgt Snatch 100 Kg Jerk 132 .5 Kg
Total 232.5 Kg Weight

Weight Lifting

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2003

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SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-LUCKNOW-2003 FROM 5TH TO 9TH MARCH-2003.

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|----------------------------------|----------------------------------------------------------------------------|
| 1.SI.Vicky Batta                 | Ist in 56 Kg Weihgt Snatch 115 Kg Jerk 137.5 Kg Total<br>252.5 Kg Weight   |
| 2.SI.Inspr.Dalbir Singh<br>Total | Ist in +1005 Kg Weihgt Snatch 155 Kg Jerk 182. 5 Kg<br>337.5 Kg Weight     |
| 3.CT.Gurpreet Singh<br>Total     | Ist in 105 Kg Weihgt Snatch 150 Kg Jerk 180.5 Kg<br>330 Kg Weight          |
| 4.CT.G.Munviltta                 | Ist in 56 Kg Weihgt Snatch 110 Kg Jerk 132.5 Kg Total<br>247.5 Kg Weight   |
| 5.ASI.Gurcharan Singh            | 2nd in 69 Kg Weihgt Snatch 132.5 Kg Jerk 160 Kg Total<br>292.5 Kg Weight   |
| 6.SI.Sandeep Kumar               | Ist in 69 Kg Weihgt Snatch 127.5 Kg Jerk 160.Kg Total<br>Total 287.5       |
| 7.HC.Balbir Kumar                | 4th in+105 Kg Weihgt Snatch 145Kg Jerk 170 Kg Total<br>Total 315 Kg Weight |
| 8.HC.Chander depp Singh          | 3rd in 62 Kg Weihgt Snatch 115 Kg Jerk 145 Kg Total<br>260 Kg Weight       |
| 9.HC.Manwar Singh                | Participation in 56 Kg Weight                                              |
| 10.HC.Gurmit Singh               | Participation in 105 Kg Weight                                             |
| 11.HC.Narinder Singh             | Participation in 77 Kg Weight                                              |
| 12.CT.Kulwinder Singh            | Participation in 945 Kg Weight                                             |
| 13.CT.Balwinder kumar            | Participation in 85 Kg Weight                                              |
| 14.CT.Harpreet Singh             | Participation in 75 Kg Weight                                              |

SENIOR NATIONAL POWER LIFTING CHAMPIONSHIP-DELHI FROM 25TH TO 29 AUG.2003

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|                   |                                                                                    |
|-------------------|------------------------------------------------------------------------------------|
| 1.CT.Ramesh kumar | 2nd in Squet 260 kg Banch Press 172.5 Kg Dead lift<br>275 kg Total 707.5 Kg Weight |
| 2.CT.Hussan Lal   | 3rd in Squet 275 kg Banch Press 167.5 Kg Dead lift                                 |

260 kg Total 702.5 Kg Weight

2004

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SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-DELHI-2004 FROM 14TH TO 18TH JAN-2004.

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- 1.SI.Vicky Batta  
Total Ist in 56 Kg Weight Snatch 117.5 kg Jerk 137.5 Kg  
255 Kg Weight.He also NMR in Snatch 117.5 Kg Wt.
- 2.HC.Gurmit Singh 2nd in 105 Kg Weight Snatch 150 kg Jerk 175 Kg Total  
325 Kg Weight.He also Gold Medal in Snatch 150 Kg Wt.
- 3.ASI.Gurcharan Singh 3rd in 69 Kg Weight Snatch 132.5 kg Jerk 155 Kg Total  
287.5 Kg Weight.Silver Medal in Snatch 132.5 Kg Wt.
- 4.HC.Chandeeep Singh  
Clean Ist in Kg Weight Inter State Snatch 115 Kg Wt  
& Jerk 140 Kg Wt.Total 255 Kg Wt.He Also Bronze in  
Snatch and Clean & Jerk in National.
- 5.SI.Manjit Singh  
Jerk 3rd in 105 Kg Weight in Inter State Snatch 140 kg  
175 Kg Total 315 Kg Wt.He Also Bronze Medal in Jerk  
in National.
- 6.CT.Laljit Singh  
Jerk 3rd in 94 Kg Weight in inter State.Snatch 135 kg  
175.5 Kg Total 312.5 Kg Wt.Bronze Medal in National.
- 7.CT.Sandeep  
162.5 6th in 77 Kg Weight Snatch 125 Kg Wt.Clean & Jerk  
Kg Weight Total 287.5 Kg Wt.
- 8.CT.Harpreet Singh 7th in 77Kg Weight Snatch 130 kg Jerk 157.5 Kg Total  
287.5 Kg Weight.
- 9.HC.Balbir Kumar 6th in +105 Kg Wt.Snatch 137.5 kg Jerk 175 Kg Total  
312.5 Kg Weight.
- 10.CT.Kulwinder Singh Participation in National.  
255 Kg Weight.He also NMR in Snatch 117.5 Kg Wt.

ALL INDIA POLICE GAMES-BHOPAL FROM 12TH TO 16TH MARCH-2004

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- 1.ASI.Vicky Batta Ist in 56 Kg Weight Snatch 115 kg Jerk 127.5 Kg  
Total 242.5 Kg Weight
- 2.HC.Manwar Singh Partiicipation
- 3.HC.Chandandeeep Singh Ist in 62 Kg Weight Snatch 117.5 kg Jerk 142.5 Kg  
Total 260 Kg Weight
- 4.CT.Ajit Singh 4th in 62 Kg Weight Snatch 105 kg Jerk 135 Kg Total

|                              |                                                                                       |
|------------------------------|---------------------------------------------------------------------------------------|
| 5.ASI.Gurcharan Singh        | 240 Kg Weight<br>Ist in 69 Kg Weight Snatch 130 kg Jerk 160 Kg Total<br>290 Kg Weight |
| 6.SI.Sandeep Kumar<br>Total  | 2nd in 69 Kg Weight Snatch 120 kg Jerk 145.5 Kg<br>265 Kg Weight                      |
| 7.CT.Sandeep<br>Total        | 2nd in 77 Kg Weight Snatch 130 kg Jerk 162.5 Kg<br>292.5 Kg Weight                    |
| 8.CT.Harpreet Singh<br>Total | 3rd in 77 Kg Weight Snatch 127.5 kg Jerk 132.5 Kg<br>290 Kg Weight                    |
| 9.HC.Gobind Singh<br>Total   | 2nd in 85 Kg Weight Snatch 137.5 kg Jerk 165 Kg<br>302.5 Kg Weight                    |
| 10.CT.Balwinder Kumar        | 3rd in 85 Kg Weight Snatch 140 kg Jerk 160 Kg Total<br>300 Kg Weight                  |
| 11.CT.Laljit Singh<br>Total  | 2nd in 94 Kg Weight Snatch 135 kg Jerk 187.5 Kg<br>322.5 Kg Weight                    |
| 12.CT.Rakesh Kumar<br>Total  | 4th in 94 Kg Weight Snatch 135 kg Jerk 172.5 Kg<br>307.5 Kg Weight                    |
| 13.SI.Manjit Singh<br>Total  | 2nd in 105 Kg Weight Snatch 145 kg Jerk 177.5 Kg<br>322.5 Kg Weight                   |
| 14.HC.Gurmit Singh<br>Total  | 3rd in 105 Kg Weight Snatch 147.5 kg Jerk 165 Kg<br>312.5 Kg Weight                   |
| 15.HC.Balbir Kumar<br>Total  | 3rd in +105 Kg Weight Snatch 135 kg Jerk 172.5 Kg<br>307.5 Kg Weight                  |
| 16.CT.Gurmit Singh<br>Total  | 6th in +105 Kg Weight Snatch 130 kg Jerk 155 Kg<br>285 Kg Weight                      |
| 17.L/HC.Jaskaran Kaur        | 3rd in 58 Kg Weight Snatch                                                            |

S.A.F GAMES-ISLAMABAD FORM IST TO 4TH APRIL-2004

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|                   |                                                                           |
|-------------------|---------------------------------------------------------------------------|
| 1.ASI.Vicky Batta | Ist in 56 Kg Wt Snatch 115 Kg C & Jark 137.5 Kg<br>Total 252.5 Kg Weight. |
|-------------------|---------------------------------------------------------------------------|

SENIOR ASIAN WEIGHT-LIFTING CHAMPIONSHIP-OZAKISTAN FORM 7TH TO 11TH APRIL-2004

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|                   |                                                                                 |
|-------------------|---------------------------------------------------------------------------------|
| 1.HC.Gurmit Singh | Partiicption in 105 Kg Snatch 142.5 Kg C & Jerk<br>175 Kg Total 317.5 Kg Weight |
|-------------------|---------------------------------------------------------------------------------|

SENIOR NATIONAL WEIGHT LIFTING CHAMPIONSHIP-DELHI-2004 FROM 14TH TO 18TH JAN-2004.

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|                           |                                                                                                       |
|---------------------------|-------------------------------------------------------------------------------------------------------|
| 1.SI.Vicky Batta<br>Total | Ist in 56 Kg Weight Snatch 117.5 kg Jerk 137.5 Kg<br>255 Kg Weight.He also NMR in Snatch 117.5 Kg Wt. |
|---------------------------|-------------------------------------------------------------------------------------------------------|

- 2.HC.Gurmit Singh                      2nd in 105 Kg Weight Snatch 150 kg Jerk 175 Kg Total  
325 Kg Weight.He also Gold Medal in Snatch 150 Kg Wt.
- 3.ASI.Gurcharan Singh                3rd in 69 Kg Weight Snatch 132.5 kg Jerk 155 Kg Total  
287.5 Kg Weight.Silver Medal in Snatch 132.5 Kg Wt.
- 4.HC.Chandeeep Singh  
Clean                                      Ist in      Kg Weight Inter State Snatch 115 Kg Wt  
& Jerk 140 Kg Wt.Total 255 Kg Wt.He Also Bronze in  
Snatch and Clean & Jerk in National.
- 5.SI.Manjit Singh  
Jerk                                      3rd in 105 Kg Weight in Inter State Snatch 140 kg  
175 Kg Total 315 Kg Wt.He Also Bronze Medal in Jerk  
in  
National.
- 6.CT.Laljit Singh  
Jerk                                      3rd in 94 Kg Weight in inter State.Snatch 135 kg  
175.5 Kg Total 312.5 Kg Wt.Bronze Medal in National.
- 7.CT.Sandeep  
162.5                                      6th in 77 Kg Weight Snatch 125 Kg Wt.Clean & Jerk  
Kg Weight Total 287.5 Kg Wt.
- 8.CT.Harpreet Singh                7th in 77Kg Weight Snatch 130 kg Jerk 157.5 Kg Total  
287.5 Kg Weight.
- 9.HC.Balbir Kumar                    6th in +105 Kg Wt.Snatch 137.5 kg Jerk 175 Kg Total  
312.5 Kg Weight.
- 10.CT.Kulwinder Singh              Participation in National.  
255 Kg Weight.He also NMR in Snatch 117.5 Kg Wt.

All India Police Games-Bhopal From 12th to 16th March-2004                      Ist  
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S.A.F GAMES-ISLAMABAD FORM IST TO 4TH APRIL-2004  
-----

- 1.ASI.Vicky Batta                      Ist in 56 Kg Wt Snatch 115 Kg C & Jark 137.5 Kg  
Total 252.5 Kg Weight.

SENIOR ASIAN WEIGHT-LIFTING CHAMPIONSHIP-OZAKISTAN FORM 7TH TO 11TH APRIL-2004  
-----

- 1.HC.Gurmit Singh                      Partiiption in 105 Kg Snatch 142.5 Kg C & Jerk  
175 Kg Total 317.5 Kg Weight

ALL INDIA POLICE GAMES-JALANDHAR FROM 5TH TO 9TH OCT.-2004  
-----

- 1.C-II.Vicky Batta                      Ist in 56 Kg Weight  
2.C-II.Gurcharan Singh              Ist in 69 Kg Weight  
3.CT.Sandeep Singh                    Ist in 77 Kg Weight  
4.HC.Gurmit Singh                      Ist in 105 Kg Weight  
5.CT.Ajit Singh                        2nd in 62 Kg Weight  
6.CT.Balwinder Kumar                2nd in 85 Kg Weight  
7.CT.Laljit Singh                       2nd in 94 Kg Weight

|                         |                                 |
|-------------------------|---------------------------------|
| 8.CT.Gurmeet Singh      | 2nd in +105 Kg Weight           |
| 9.CT.Harpreet Singh     | 3rd in 77 Kg Weight             |
| 10.CT.Rakesh Kumar      | 3rd in 94 Kg Weight             |
| 11.C-II.Kulwinder Singh | 3rd in 105 Kg Weight            |
| 12.L/HC.Jaskaran Kaur   | 3rd in 58 Kg Weight             |
| 13.C-II.Sandeep Kumar   | 4th in 69 Kg Weight             |
| 14.HC.Manwar Singh      | Partiicpation in 56 Kg Weight   |
| 15.C-II.Gursharan Singh | Partiicpation in 85 Kg Weight   |
| 16.C-II.Rajinder Singh  | Partiicpation in +105 Kg Weight |
| 17.HC.Gurnam Singh      | Coach                           |
| 18.C-II.Jaswant Singh   | Asstt.Coach                     |

Team Championship with 212 Ponts.

#### WEIGHT LIFTING

=====

2005

=====

Senior National Weight Lifting Championship held at Guwahati from 16.02.05 to 20.02.05.

=====

|                       |                                                                             |
|-----------------------|-----------------------------------------------------------------------------|
| 1. C-II.Vickt Batta   | 1st in 56 Kg.Weight,Snatch 115 Kg & C & J 137.5 Kg,Total 252.05 Kg. Weight. |
| 2. CT.Sandeep         | 3rd in 77 Kg.Weight,Snatch 120 Kg & C & J 160 Kg Total 280.00 Kg Weight.    |
| 3. HC.Gurmit Singh    | Participation(2nd in Snatch 145 Kg Weight)                                  |
| 4. CT.Kulwinder Singh | Participation                                                               |
| 5. HC.Gurnam Singh    | As a Coach.                                                                 |

#### WEIGHT LIFTING

~~~~~

54th All India Police Games-2005 held at New Delhi from 19.12.2005 to 23.12.2005.

=====

| | |
|------------------------|------------------------|
| 1. ASI.Vicky Batta | 1st in 56 Kg.Weight. |
| 2. Ct.Ajit Singh | 4th in 62 Kg.Weight. |
| 3. SI.Sandeep Kumar | 3rd in 69 Kg.Weight. |
| 4. ASI.Gurcharan Singh | 1st in 77 Kg.Weight. |
| 5. Ct.Harpreet Singh | 3rd in 85 Kg.Weight. |
| 6. Ct.Balwinder Kumar | 4th in 85 Kg.Weight. |
| 7. Ct.Laljit Singh | 2nd in 94 Kg.Weight. |
| 8. Ct.Gobind Singh | 3rd in 94 Kg.Weight. |
| 9. Ct.Gurpreet Singh | 2nd in 105 Kg.Weight. |
| 10. Ct.Kulwinder Singh | 5th in 105 Kg.Weight. |
| 11. Ct.Sarabjit | 2nd in +105 Kg.Weight. |
| 12. Ct.Gurmeet Singh | 5th in +105 Kg.Weight. |
| 13. Ct.Surjit Singh | 6th in 69 Kg Weight. |
| 14. Ct.Manwar Singh | Participation |
| 15. Ct.Sandeep Singh | 3rd in 77 Kg.Weight. |
| 16. ASI.Gurnam Singh | As a Coach. |
| 17. Ct.Jaswant Singh | As a A/Coach. |

Team secured 2nd Position with 199 Points.

Senior National Weight Lifting Championship held at Yamunangar
(Haryana) from 25.12.05 to 29.12.05.

- =====
- | | |
|------------------------|--|
| 1. ASI.Vicky Batta | 3rd in 56 Kg Weight. |
| 2. ASI.Gurcharan Singh | 3rd in 77 Kg Weight. 2nd in Snatch. |
| 3. Ct.Sandeep | Participation |
| 4. Ct.Balwinder Kumar | 3rd in Inter State. |
| 5. Ct.Laljit Singh | Participation |
| 6. Ct.Kulwinder Singh | 2nd in 105 Kg Weight. 3rd in Snatch & 2nd in Clean & Jerk. 2nd in Inter State. |
| 7. Ct.Harpreet Singh | Participation |
| 8. Ct.Sarabjit Singh | 2nd in Inter State. |
| 9. Ct.Balbir Kumar | Participation |
| 10. Ct.Jaswant Singh | As a Coach. |
| 11. ASI.Gurnam Singh | As a Manager. |

Weight Lifting

=====

2006

Federation Cup held at Udaypur (Rajasthan)
from 12.02.06 to 26.02.06

-
- | | |
|-------------------|------------------------|
| 1. Ct. Hussan Lal | 2ns in 82.5 Kg. Weight |
|-------------------|------------------------|

16th Commonwealth Games held at Melbourne (Australia)
from 17.03.06 to 26.03.06

-
- | | |
|--------------------|---------------------|
| 1. ASI Vicky Batta | 2nd in 56 Kg Weight |
|--------------------|---------------------|

Senior Asian Power Lifting Championship held at South Korea
from 01.05.06 to 05.05.06

-
- | | |
|-------------------|------------------------|
| 1. Ct. Hussan Lal | 3rd in 82.5 Kg. Weight |
|-------------------|------------------------|

55th All India Police Games-2006 held at Jalandhar
from 09.10.2006 to 13.10.2006.

- =====
- | | |
|------------------------|----------------------|
| 1. ASI.Vicky Batta | 1st in 56 Kg.Weight. |
| 2. Ct. Gurpal Singh | 3rd in 56 Kg.Weight. |
| 3. Ct.Ajit Singh | 2nd in 62 Kg.Weight. |
| 4. Ct.Manwar Singh | Participation |
| 5. SI.Sandeep Kumar | Participation |
| 6. ASI.Gurcharan Singh | 1st in 77 Kg.Weight. |
| 7. Ct. Sandeep | 2nd in 77 Kg.Weight. |
| 8. Ct.Harpreet Singh | 1st in 85 Kg.Weight. |
| 9. Ct.Balwinder Kumar | 3rd in 85 Kg.Weight. |
| 10. Ct.Laljit Singh | Participation |
| 11. Ct.Gobind Singh | Participation |

- | | |
|-----------------------|------------------------|
| 12. Ct.Gurmit Singh | 1st in 105 Kg.Weight. |
| 13. Ct.Rakesh Kumar | 2nd in 105 Kg.Weight. |
| 14. Ct.Sarabjit Kanda | 1st in +105 Kg.Weight. |
| 15. Ct.Gurpreet Singh | 3rd in +105 Kg.Weight. |
| 16. SI.Gurnam Singh | As a Coach. |
| 17. HC Arjun Singh | As a A/Coach. |
| 18. Ct.Jaswant Singh | As a A/Coach. |

Team secured 1st Position with 205 Points.

Weight Lifting

Senior National Weight Lifting Championship held
at Vishakhapatnam from 10.12.06 to 14.12.06

- | | |
|------------------------|----------------------------|
| 1. Ct. Sarabjit Kanda | 1st in 105 Kg.Weight (NMR) |
| 2. ASI Gurcharan Singh | 1st in 77 Kg.Weight |
| 3. Ct. Gurmeet Singh | 2nd in 105 Kg.Weight |
| 4. Ct. Balwinder Kumar | 1st in 94 Kg.Weight |
| 5. ASI Vicky Batta | 3rd in 56 Kg.Weight |
| 6. Ct. Harpreet Singh | Participation |
| 7. Ct. Gurpreet Singh | Participation |
| 8. Ct. Gурpal Singh | Participation |
| 9. Ct. Manjit Kumar | Participation |
| 10. SI Gurnam Singh | Team 2nd (As a Coach) |

Team secured 2nd Position

Weight Lifting

33rd National Games-2007 held at Guwahati
from 09.02.2007 to 18.02.2007.

- | | |
|------------------------|------------------------------|
| 1. CT Sarabjit | 1st in +105 Kg. Weight (NMR) |
| 2. ASI Gurcharan Singh | 1st in 77 Kg. Weight |
| 3. CT Gurmeet Singh | 1st in 105 Kg. Weight |
| 4. ASI Vicky Batta | 2nd in 56 Kg. Weight |
| 5. CT Balwinder Kumar | 4th in 94 Kg. Weight |

Weight Lifting

Senior Asia Championship held at Taian City (China) from
22.04.07 to 27.04.07

- | | |
|----------------|---------------|
| 1. CT Sarabjit | Participation |
|----------------|---------------|

Weight Lifting

~~~~~

World Weight Lifting Championship held at Thailand from  
16.09.07 to 26.09.07

~~~~~

1. Ct. Sarabjit Participation & Created New National
Record by lifting Weight 206 Kg in Clean &
Jerk

Weight Lifting

56th All India Police Games-2007 held at New Delhi
from 22.11.07 to 26.11.07

~~~~~

- |                        |                       |
|------------------------|-----------------------|
| 1. Ct. Manjit Kumar    | 1st in 62 Kg Weight   |
| 2. ASI Gurcharan Singh | 1st in 77 Kg Weight   |
| 3. Ct. Sarabjit        | 1st in +105 Kg Weight |
| 4. Ct. Gurpal Singh    | 2nd in 56 Kg Weight   |
| 5. C-II Sandeep        | 2nd in 77 Kg Weight   |
| 6. HC Gobind Singh     | 2nd in 94 Kg Weight   |
| 7. HC Gurmit Singh     | 2nd in 105 Kg Weight  |
| 8. C-II Gurpreet Singh | 3rd in 105 Kg Weight  |
| 9. Ct. Surjit Singh    | Participation         |
| 10. Ct. Harpreet Singh | Participation         |
| 11. Ct. Laljit Singh   | Participation         |
| 12. Ct. Gurmeet Singh  | Participation         |
| 13. HC Manwar Singh    | Participation         |
| 14. Ct. Ajit Singh     | Participation         |
| 15. SI Gurnam Singh    | Coach                 |
| 16. SI Sandeep Kumar   | Asstt. Coach          |

Team secured 2nd position

~~~~~

Weight Lifting

=====

Senior National Weight Lifting Championship held at Bhubneshwar
from 19.12.07 to 23.12.07

- | | |
|----------------------|-------------------------------------|
| 1. HC Sarabjit Singh | 1st in 105 Kg Weight |
| 2. HC Gurmeet Singh | 2nd in 105 Kg Weight |
| 3. Ct. Sandeep | 2nd in 77 Kg Weight |
| 4. Ct. Gurmeet Singh | 3rd in +105 Kg Weight |
| | 1st in +105 Kg Weight (Inter State) |
| 5. HC Gobind Singh | 3rd in 94 Kg Weight (Inter State) |
| 6. Ct. Manjit Kumar | 3rd in 62 Kg Weight |
| 7. SI Gurnam Singh | Team 3rd as a Coach |
| 8. SI Sandeep Kumar | Inter State Team 1st as a Coach |

2008

Power Lifting

Federation Cup Power Lifting Championship held at Jamshedpur
from 02.04.08 to 04.04.08

-
- | | |
|---------------------|---|
| 1. Ct. Ramesh Kumar | 2nd in 75 Kg Weight with Total Weight 647.5 Kg |
| 2. Ct. Hussan Lal | 3rd in 82.5 Kg Weight with Total Weight 625 Kg |

Power Lifting

Senior National Power Lifting Championship held at Chandigarh
from 12.08.09 to 17.08.09

-
- | | |
|---------------------|---|
| 1. Ct. Ramesh Kumar | 3rd in 75 Kg Weight 2nd in Inter State |
|---------------------|---|

Weight Lifting

Senior National Wtlifting Championship held at Udaypur
(Rajasthan) from 21.02.2010 to 25.02.2010

-
- | | |
|-------------------------|---|
| 1. SI Gursharan Singh | Participation (Represent Pb. State) |
| 2. ASI Sarabjit | 1st in +105 Kg Weight (Represent AIPSCB) |
| 3. HC Gurmeet Singh | 3rd in +105 Kg Weight (Represent Jharkhand) |
| 4. HC Harpreet Singh | Participation (Represent AIPSCB) |
| 5. HC Gobind Singh | Participation (Represent J&K) |
| 6. C-II Gurpreet Singh | Participation (Represent Pb. State) |
| 7. Ct. Manjit Singh | Participation (Represent Jharkhand) |
| 8. Ct. Rakesh Kumar | Participation (Represent J&K) |
| 9. Ct. Laljit Singh | Participation (Represent AIPSCB) |
| 10. Ct. Gurmeet Singh | Participation (Represent Chandigarh) |
| 11. L/Ct. Paramjit Kaur | Participation (Represent Pb. State) |
| 12. SI Sandeep Kumar | As a Coach (Represent Pb. State) |

Punjab State Team secured 1st position in Inter State

58th All India Police Games-2009 held at Pune (Maharashtra)
from 06.04.2010 to 10.04.2010

-
- | | |
|-----------------------|-----------------------|
| 1. ASI Sarabjit | 1st in +105 Kg Weight |
| 2. Ct. Manjit Singh | 2nd in 85 Kg Weight |
| 3. SI Gurcharan Singh | 3rd in 77 Kg Weight |
| 4. HC Gobind Singh | 3rd in 94 Kg Weight |
| 5. HC Gurmeet Singh | 3rd in 105 Kg Weight |

| | |
|-----------------------|----------------------------|
| 6. Ct. Gurpal Singh | Participation |
| 7. Ct. Manjit Kumar | Participation |
| 8. Ct. Ajit Singh | Participation |
| 9. Ct. Sandeep | Participation |
| 10. HC Harpreet Singh | Participation |
| 11. Ct. Laljit Singh | Participation |
| 12. Ct. Rakesh Kumar | Participation |
| 13. Ct. Gurmeet Singh | Participation |
| 14. SI Gurnam Singh | Team 3rd as a Coach |
| 15. SI Sandeep Kumar | Team 3rd as a Asstt. Coach |

Weightlifting

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Senior National Championship held Bangalore  
from 23.03.11 to 27.03.11

~~~~~

| | |
|---------------------|----------------------|
| 1. HC Gurmeet Singh | 1st in 105 Kg Weight |
| | 1st in Inter State |
| 2. Ct. Manjit Singh | 3rd in 94 Kg Weight |
| | 2nd in Inter State |

Power Lifting

~~~~~

Para Powerlifting & Athletic Championship held at  
Bangalore from 26.03.12 to 29.03.12

~~~~~

| | |
|------------------------|----------------------|
| 1. Ct. Parwinder Singh | 1st in Javelin Throw |
| | 3rd in Shot Put |

Federation Cup Powerlifting Championship held at
Rait (H.P.) from 28.03.12 to 01.04.12

~~~~~

|                           |                       |
|---------------------------|-----------------------|
| 1. Ct. Bhupinderjit Singh | 1st in +120 Kg Weight |
|---------------------------|-----------------------|

#### Weightlifting

~~~~~

SAF Weightlifting Men & Women Championship held at
Nepalgunj from 23.03.12 to 24.03.12

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|                       |                     |
|-----------------------|---------------------|
| 1. L/Ct. Rajwant Kaur | 2nd in 63 Kg Weight |
|-----------------------|---------------------|

Senior Asian Weightlifting Men & Women Championship  
held at Korea from 22.04.12 to 30.04.12

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| | |
|-----------------------|---------------|
| 1. L/Ct. Rajwant Kaur | Participation |
|-----------------------|---------------|

Commonwealth Weightlifting Championship held at
Apia (Samoa) from 22.05.12 to 26.05.12

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|                       |                     |
|-----------------------|---------------------|
| 1. L/Ct. Rajwant Kaur | 1st in 63 Kg Weight |
|-----------------------|---------------------|

#### Powerlifting

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Senior National W/L Championship held at Modhinagar
(U.P.) from 06.01.13 to 10.01.13

- ~~~~~
- | | |
|-------------------------|----------------------|
| 1. L/Ct. Amandeep Kaur | 3rd in 48 Kg Weight |
| 2. L/Ct. Meena Kumari | 1st in 58 Kg Weight |
| 3. L/Ct. Kulbir Kaur | 2nd in 75 Kg Weight |
| 4. L/Ct. Manpreet Kaur | 1st in +75 Kg Weight |
| 5. L/Ct. Amanpreet Kaur | 3rd in +75 Kg Weight |

Federation Cup National P/L Championship held
at Jamshedpur (Jharkhand) from 10.04.13 to 14.04.13

- ~~~~~
- | | |
|--------------------|---------------------|
| 1. HC Ramesh Kumar | 2nd in 74 Kg Weight |
|--------------------|---------------------|

Weightlifting

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62nd All India Police Wrestling Cluster-2013  
held at Ranchi (Jharkhand) from 09.12.2013 to 13.12.2013

- 
- |                         |                            |
|-------------------------|----------------------------|
| 1. Ct. Sukhwinder Singh | 1st in 56 Kg Weight        |
| 2. Ct. Lakhbir Singh    | Participation 56 Kg Weight |
| 3. HC Rajiv Kumar       | Participation 62 Kg Weight |
| 4. Ct. Dharam Singh     | 3rd in 69 Kg Weight        |
| 5. Ct. Amandeep Singh   | 1st in 77 Kg Weight        |
| 6. Ct. Manjit Kumar     | Participation 77 Kg Weight |
| 7. ASI Gobind Singh     | Participation 85 Kg Weight |
| 8. Ct. Amolak Singh     | 1st in 105 Kg Weight       |
| 9. Ct. Jarnail Singh    | 3rd in 105 Kg Weight       |

### Women

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- | | |
|-------------------------|-----------------------------|
| 1. L/Ct. Bhupinder Kaur | Participation 48 Kg Weight |
| 2. L/Ct. Amandeep Kaur | 1st in 53 Kg Weight |
| 3. L/Ct. Meena Kumari | 1st in 63 Kg Weight |
| 4. L/Ct. Paramjit Kaur | 3rd in 69 Kg Weight |
| 5. L/Ct. Pardeep Kaur | 1st in 75 Kg Weight |
| 6. L/Ct. Balbir Kaur | 2nd in 75 Kg Weight |
| 7. L/Ct. Manpreet Kaur | 3rd in +75 Kg Weight |
| 8. L/Ct. Amanpreet Kaur | Participation +75 Kg Weight |

Power Lifting

National Deadlift Powerlifting Championship
held at Jamshedpur from 20.03.14 to 23.03.14

- ~~~~~
- | | |
|--------------------------|----------------------|
| 1. HC Bhupinderjit Singh | 1st in 160 Kg Weight |
|--------------------------|----------------------|

Fazza Disabled International Championship
held at Dubai in the year 2014

- ~~~~~
- | | |
|-----------------------|---------------|
| 1. HC Parvinder Singh | Participation |
|-----------------------|---------------|

Chandigarh State Powerlifting Championship
held at Chandigarh on 16.02.2014

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1. HC Ramesh Kumar 1st in 74 Kg Weight

Senior National Bench Press P/L Championship  
held at Jammu from 20.02.2014 to 23.02.2014  
~~~~~

1. HC Ramesh Kumar 3rd in 74 Kg Weight

Weightlifting

20th Commonwealth Games held at Glasgow (U.K.) from
23.07.14 to 04.08.14

1. L/HC Meena Kumari Participation
2. SI Sandeep Kumar As a Coach

Weightlifting

63rd All India Police Wrestling Cluster-2014
held at New Delhi from 01.03.2015 to 05.03.2015

Men

1. Ct. Sukhwinder Singh 1st in 56 Kg Weight
2. Ct. Amandeep Singh 2nd in 77 Kg Weight
3. Ct. Gurpreet Singh 3rd in 62 Kg Weight
4. HC Gural Singh 2nd in 62 Kg Weight
5. HC Laljit Singh 3rd in 94 Kg Weight
6. HC Gurpreet Singh 1st in +105 Kg Weight
7. Ct. Gurinder Singh 2nd in +105 Kg Weight
8. Insp Sandeep Kumar As a Coach
9. Insp Manjit Singh As a Coach
10. ASI Sarabjit Singh Acupressure/Manager

Punjab Police Men Team secured overall 2nd Position

Women

1. L/Ct. Amandeep Kaur 2nd in 53 Kg Weight
2. L/Ct. Navdeep Kaur 2nd in 58 Kg Weight
3. L/Ct. Amandeep Kaur 1st in 63 Kg Weight
4. L/Ct. Deepika Handa 2nd in 69 Kg Weight
5. L/Ct. Paramjit Kaur Participation
6. L/Ct. Pardeep Kaur 1st in 75 Kg Weight
7. L/Ct. Kulbir Kaur 2nd in 75 Kg Weight
8. L/Ct. Manpreet Kaur 1st in +75 Kg Weight
9. L/Ct. Jasbir Kaur Participation

Punjab Police Women Team secured overall 2nd Position

Power Lifting

National Para Powerlifting Championship held
at New Delhi from 14.03.2015 to 15.03.2015.

1. HC Parwinder Singh 1st in 145 Kg Weight

Power Lifting

~~~~~

Senior National Power Lifting Championship held at Kashipur  
(Uttarakhand) from 08.09.2015 to 13.09.2015

- 1. L/ASI Meena Kumari Participation

**64<sup>TH</sup> ALL INDIA POLICE WRESTLING CULSTER-2015 AT MADHUBAN  
FROM 7<sup>TH</sup> TO 11<sup>TH</sup> DECEMBER- 2015**

**WEIGHT LIFTING (MEN)**

|             |                                  |        |
|-------------|----------------------------------|--------|
| 1. 56 KG.   | CT LAKHBIR SINGH NO. 521/LDH     | BRONZE |
| 2. 62 KG.   | CT SUKHWINDER SINGH NO. 111/SBSN | GOLD   |
| 3. 69 KG.   | CT DHARAM SINGH NO. 2718/JAL     | BRONZE |
| 4. 105 KG.  | CT LALJIT SINGH NO. 3-CDO/44     | GOLD   |
|             | CT JARNIAL SINGH NO. 1669/JAL    | SILVER |
| 5. +105 KG. | HC GURPREET SINGH NO. 2-CDO/64   | SILVER |
|             | CT GURINDER SINGH NO. 2460/LDH   | BRONZE |

**TEAM CHAMPIONSHIP**

**WINNER PUNJAB POLICE**

**WEIGHT LIFTING (WOMEN)**

|            |                               |        |
|------------|-------------------------------|--------|
| 1. 53 KG.  | CT AMANDEEP KAUR NO. 26/JAL   | GOLD   |
| 2. 58 KG.  | CT NAVDEEP KAUR NO. 4-IRB/530 | GOLD   |
| 3. 63 KG.  | CT AMANDEEP KAUR NO. 2541/SGR | GOLD   |
| 4. 69 KG.  | HC RAJWANT KAUR NO. 1579/TT   | GOLD   |
| 5. 75 KG.  | CT DEEPIKA HANDA NO. 614/SGR  | BRONZE |
| 6. +75 KG. | CT PARDEEP KAUR NO.1663/TT    | GOLD   |
|            | CT JASBIR KAUR NO. 2575/JAL   | SILVER |

**TEAM CHAMPIONSHIP**

**WINNER PUNJAB POLICE**

**SENIOR NATIONAL WEIGHT LIFTING (MEN & WOMEN) CHAMPIONSHIP-2015 & INTER STTAE CHAMPIONSHIP-2015 (MEN) AT PATIALA FROM 25<sup>TH</sup> TO 29<sup>TH</sup> DECEMBER- 2015**

**WEIGHT LIFTING (MEN)**

|             |                     |                     |
|-------------|---------------------|---------------------|
| 1. 62 KG    | CT SUKHWINDER SINGH | PARTICIPATION       |
| 2. 62 KG    | HC GURPAL SINGH     | PARTICIPATION       |
| 3. 69 KG    | CT DHARAM SINGH     | PARTICIPATION       |
| 4. 105 KG   | HC LALJIT SINGH     | SILVER              |
| 5. 105 KG.  | CT JARNAIL SINGH    | SILVER (INER STATE) |
| 6. +105 KG. | CT GURINDER SINGH   | PARTICIPATION       |

**WEIGHT LIFTING (WOMEN)**

|            |                  |               |
|------------|------------------|---------------|
| 1. 53 KG.  | CT AMANDEEP KAUR | PARTICIPATION |
| 2. 58 KG.  | CT NAVDEEP KAUR  | BRONZE        |
| 3. 58 KG.  | CT AMANDEEP KAUR | PARTICIPATION |
| 4. 69 KG.  | HC RAJWANT KAUR  | BRONZE        |
| 5. 75 KG.  | CT DIPIKA HANDA  | PARTICIPATION |
| 6. +75 KG. | CT JASBIR KAUR   | BRONZE        |
| 7. +75 KG. | CT PARDEEP KAUR  | PARTICIPATION |
| 8. +75 KG. | CT KULBIR KAUR   | PARTICIPATION |

**SAF WEIGHT LIFTING (MEN & WOMEN) CHAMPIONSHIP AT GUWAHATI  
FROM 06<sup>TH</sup> TO 16<sup>TH</sup> FEBRUARY- 2016**

Insp Sandeep Kumar

Participation with India Team as  
Coach

**SHAHEED BHAGAT SINGH GAMES WEIGHT LIFTING (MEN & WOMEN)  
CHAMPIONSHIP AT PATIALA FROM 14.02.2016 TO 16.02.2016**

1. Ct Sukhwinder Singh Gold Medal

**POWER LIFTING**

**Northern India Power Lifting Championship held at Jammu from 20.03.2016 to  
21.03.2016**

1. L/ASI Meena Kumari 2nd

**Federation Cup Power Lifting Championship held at Riat (HP) from 26.03.2016 to  
31.03.2016**

1. HC Bhupinder Singh 1<sup>st</sup>  
2. L/ASI Meena Kumari Participation  
3. HC Hussan Lal Participation  
4. HC Ramesh Kumar Participation