

ACHIEVEMENTS OF PUNJAB POLICE BODY BUILDING TEAM

1994

NORTH INDIA BODY BUILDING CHAMPIONSHIP-CHANDIGARH

1.HC.Manjit Singh	Ist in Light Weight
2.CT Bihari Lal	Ist in Bantam Weight
3.CT.Gurvail Singh	Ist in Wealter Weight
4.CT.Vipan Kumar	3rd in Light Heavy Weight
5.CT.Kapil Tiwari	4th in Middle Heavy Weight

SENIOR PUNJAB STATE BODY BUILDING CHAMPIONSHIP-HOSHIARPUR

1.HC.Manjit Singh	Ist in Light Weight
2.CT Bihari Lal	Ist in Bantam Weight
3.CT.Gurvail Singh	Ist in Wealter Weight
4.CT.Vipan Kumar	2nd in Light Heavy Weight
5.CT.Kapil Tiwari	2nd in Middle Heavy Weight

33RD SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP-

1.HC.Manjit Singh	Ist in Light Weight
2.CT Bihari Lal	3rd in Bantam Weight

Note :-HC.Manjit Singh was declared best Body Builder of India

JUNIOR ASIAN BODY BUILDING CHAMPIONSHIP-MALAYSIA

1.HC.Manjit Singh	Ist in Light Weight
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6TH ALL INDIA INTER STATE BODY BUILDING CHAMPIONSHIP-CHANDIGARH

1.HC.Manjit Singh	3rd in 65-70 Kg Weight
2.HC Bihari Lal	Ist in 60-65 Kg Weight
3.CT.Gurvail Singh	3rd in 70-75 Kg Weight
4.HC.Dalip Singh	Ist in 90 Kg Weight

Note:-Punjab Police Body Building Team Won the Championship

BODY GROW CLASSIC BODY BUILDING CHAMPIONSHIP-JALANDHAR

1.HC.Manjit Singh	Ist in 80 Kg Weight
2.CT.Gurvail Singh	2nd in 80 Kg Weight
3.CT.Lakhbir Singh	3rd in 80 Kg Weight
4.HC.Dalip Singh	Ist in 90 Kg Weight
5.CT.Jagdish Singh	2nd in 90 Kg Weight
6.CT.Gurcharan Singh	3rd in 99 Kg Weight

35TH SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP- CHANDIGARH

1.HC.Bihari Lal	2nd in 60-65 Kg Weight
2.HC.Manjit Singh	5th in 65-75 Kg Weight
3.HC.Dalip Singh	4th in 90 kg Weight

## Body Building

1997

### 24TH SENIOR PUNJAB STATE BODY BUILDING CHAMPIONSHIP-FEROZEPUR

1.CT.Daljit Singh	Ist in 60 Kg Weight
2.CT.Sushil Kumar	3rd in 60 Kg Weight
3.CT.Parvesh Kumar	Ist in 65 Kg Weight
4.HC.Behari Lal	Ist in 70 Kg Weight
5.CT.Vikas Sareen	2nd in 70 Kg Weight
6.CT.Surinder Kumar	3rd in 70 Kg Weight
7.CT.Naveen Joshi	Ist in 75 Kg Weight
8.CT.Gurvail Singh	2nd in 75 Kg Weight
9.CT.Sukhraj Singh	3rd in 75 Kg Weight
10.CT.Jagdish Kumar	Ist in 80 Kg Weight
11.CT.Lakhbir Singh	2nd in 80 Kg Weight
12.CT.Manpreet Singh	Ist in 85 Kg Weight
13.HC.Vipan Kumar	3rd in 85 Kg Weight
14.ASI.Dalip Singh	Ist in 90 Kg Weight
15.CT.Daljit Singh	2nd in 90 Kg Weight

Note:-ASI.Dalip Singh was Declared "Mr.Punjab"  
in the abovesaid Championship.

### 36TH SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP-CALCUTTA

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1.HC.Manjit Singh	3rd in 80-85 Kg Weight
2.ASI.Dalip Singh	3rd in above 90Kg Weight

Note :-ASI.Dalip Singh was declared the most improve Body  
Builder of year 1997 in india and Best Poser.

### OPEN "Mr.PUNJAB"STATE CHAMPIONSHIP-KAPURTHALA

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1.CT.Dalip Kumar	Ist in 65 Kg Weight
2.CT.Surinder Kumar	Ist in 75 Kg Weight
3.CT.Paramjit Singh	2nd in 75 Kg Weight
4.CT.Narinder Singh	Ist in 77 Kg Weight
5.CT.Gurcharan Singh	2nd in 77 Kg Weight
6.CT.Gurpal Singh	3rd in 77 Kg Weight

Note:-CT.Narinder Singh was adjudged "Mr.Punjab"  
in the abovesaid Championship.

### 2ND MINARTH CLASSIC BODY BUILDING CHAMPIONSHIP-AMRITSAR

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1.HC Manjit Singh	2nd in open Weight
2.HC Bihari Lal	4th in Open Weight
3.CT Daljit Singh	5th in open Weight
4.CT Lakhbir Singh	6th in open Weight
5.CT Jagdish Kumar	7th in open Weight
6.CT Narinder Singh	8th in open Weight
7.CT Gurvail Singh	9th in open Weight
8.CT Vikas Sareen	10th in open Weight
9.CT Parvesh Kumar	11th in open Weight

### NORTH INDIA BODY BUILDING CHAMPIONSHIP-SAHARANPUR

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1.CT Daljit Singh	Ist in -60Kg Weight
2.CT Parvesh Kumar	Ist in -70Kg Weight

- |                     |                     |
|---------------------|---------------------|
| 3.CT Lakhbir Singh  | Ist in -75Kg Weight |
| 4.CT Gurvail Singh  | 2nd in -75Kg Weight |
| 5.CT Naveen Joshi   | Ist in -80Kg Weight |
| 6.CT Jagdish Kumar  | 2nd in -80Kg Weight |
| 7.HC Manjit Singh   | Ist in -85Kg Weight |
| 8.CT Narinder Singh | Ist in -90Kg Weight |
| 9.CT Kapil Tiwari   | 2nd in +90Kg weight |

Note:- HC Manjit Singh Won the Mr.North India Tittle  
Punjab Won the Championship.

JUNIOR ASIAN/SENIOR MASTER'S CHAMPIONSHIP-SEOUL

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|--------------------|-----------------------|
| 1.HC.Lakhbir Singh | 3rd in wealter Weight |
|--------------------|-----------------------|

1998

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36TH JUNIOR NATIONAL CHAMPIONSHIP-AMRITSAR

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|---------------------|---------------------|
| 1.CT.Daljit Singh   | 1st in -65Kg Weight |
| 2.HC.Lakhbir Singh  | 1st in -75Kg Weight |
| 3.CT.Rajesh Sharma  | 2nd in -75Kg Weight |
| 4.CT.Surinder Kumar | 6th in +75Kg Weight |

SENIOR STATE CHAMPIONSHIP-JALANDHAR

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- |                       |                           |
|-----------------------|---------------------------|
| 1.CT.Daljit Singh     | 1st in -65Kg Weight       |
| 2.HC.Bihari Lal       | Ist in 65 kg Wweight      |
| 3.CT.Babu Ram         | 3rd in 65 Kg Weight       |
| 4.C-II Parvesh Kumar  | Ist in 70 kg Weight       |
| 5.CT.Gurvail Singh    | 2nd in 70 Kg Weight       |
| 6.CT.Naveen Joshi     | 3rd in 70 Kg Weight       |
| 7.HC Lakhbir Singh    | Ist in 75 Kg Weight       |
| 8.CTJagdish Singh     | 2nd in 75 Kg Weight       |
| 9.CT.Surinder Kumar   | 3rd in 75 Kg Weight       |
| 10.HC.Manjit Singh    | Ist in 80 Kg Weight       |
| 11.CT.Gurcharan Singh | Ist in 85 Kg Weight       |
| 12.CT.Narinder Singh  | 2nd in 85 kg Weight       |
| 13.ASI.Dalip Singh    | Ist in Above 90 kg Weight |

Note :-C-II Parvesh Kumar Declared Mr.Punjab

35TH SENIOR NATIONAL CHAMPIONSHIP-HYDERABAD

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|----------------------|---------------------------|
| 1.CT.Daljit Singh    | 2nd in -65Kg Weight       |
| 2.HC.Bihari Lal      | Participation             |
| 3.C-II Parvesh Kumar | 5th in 70 kg Weight       |
| 4.HC Lakhbir Singh   | 4th in 75 Kg Weight       |
| 5.CT.Gurvail Singh   | Participation             |
| 6.HC.Manjit Singh    | 3rd in 80 Kg Weight       |
| 7.CT.Gurcharan Singh | Participation             |
| 8.CT.Jagdish Kumar   | Participation             |
| 9.ASI.Dalip Singh    | Ist in Above 90 kg Weight |
| 10.CT.Narinder Singh | 6th in Above 90 Kg Weight |

ALL INDIA INTER STATE CHAMPIONSHIP-HYDERABAD

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|-------------------|---------------------|
| 1.CT.Daljit Singh | Ist in -65Kg Weight |
| 2.HC.Bihari Lal   | 3rd in 70 Kg Weight |

3.C-II Parvesh Kumar	Ist in 70 kg Weight
4.HC Lakhbir Singh	2th in 75 Kg Weight
5.CT.Gurvail Singh	Participation
6.HC.Manjit Singh	Ist in 80 Kg Weight
7.CT.Gurcharan Singh	4th in 80 Kg Weight
8.CT.Jagdish Kumar	Ist in 85 Kg Weight
9.ASI.Dalip Singh	Ist in Above 90 kg Weight
10.CT.Narinder Singh	3rd in Above 90 Kg Weight

ALL INDIA INVITATION BODY BUILDING CHAMPIONSHIP PALGHAT(KERLA)  
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1.C-II.Parvesh Kumar	5th in 70 Kg Weight
2.HC.Manjit Singh	2nd in 70 Kg Weight
3.HC.Lakhbir Singhar	5th in 70 Kg Weight

1999  
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SR.MR.NORTH INDIA CLASSIC BODY BULDING CHAMPIONSHIP-UTTAR PARDESH  
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1. C-II.Daljit Singh	Ist in 60 to 65 Kg Weight
2.HC.Behari Lal	2nd in 65 to 70 Kg Weight
3.C-II.Parvesh Kumar	Ist in 70 to 75 Kg Weight
4.HC.Lakhvir Singh	Ist in 75 to 80 Kg Weight
5.ASI.Manjit Singh	Ist in 80 to 85 Kg Weight
6.ASI.Dalip Singh	Ist in above 85 Kg Weight

ASI.Manjit Singh Won the Title of Sr.Mr.North India Classic-1999

SR.ALL INDIA INTER STATE BODY BUILDING CHAMPIONSHIP-KARNATAKA  
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1. C-II.Daljit Singh	Ist in 60 to 65 Kg Weight
2.HC.Behari Lal	2nd in 65 to 70 Kg Weight
3.C-II.Parvesh Kumar	Ist in 70 to 75 Kg Weight
4.HC.Lakhvir Singh	Ist in 75 to 80 Kg Weight
5.ASI.Manjit Singh	Ist in 80 to 85 Kg Weight
6.ASI.Dalip Singh	Ist in above 85 Kg Weight

SR.MR.INDIA NATIONAL CHAMPIONSHIP-KARNATAKA  
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1. C-II.Daljit Singh	4th in 60 to 65 Kg Weight
2.HC.Behari Lal	4th in 65 to 70 Kg Weight
3.C-II.Parvesh Kumar	3rd in 70 to 75 Kg Weight
4.HC.Lakhvir Singh	2nd in 75 to 80 Kg Weight
5.ASI.Manjit Singh	Ist in 80 to 85 Kg Weight
6.ASI.Dalip Singh	4th in above 85 Kg Weight

ASI.Manjit Singh Won the Tital of Mr.India-1999

4TH MR.NORTH INDIA CLASSIC BODY BUILDING CHAMPIONSHIP-AMRITSAR  
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1.HC Lakhbir Singh	Ist 75 to 80 Kg Weight
2.C-II Parvesh Kumar	2nd 70 to 75 Kg Weight
3.HC. Behari Lal	3rd 65 to 70 Kg Weight

JR.MR.PUNJAB BODY BUILDING CHAMPIONSHIP-PATIALA  
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1.CT.Manjit Singh	2nd in 70-75 Kg Weight
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2.CT.Rakesh Kumar 4th in 70-75 Kg Weight  
3.CT.Gurminder Singh 3rd in 75 Kg Above Weight

SR.STATE SUDHIR CHOPRA MEMORIAL CHAMPIONSHIP-PATIALA

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1.HC.Behari Lal Ist in Below 65 Kg Weight  
5.CT.Parvesh Kumar Ist in 65 -75 Kg Weight  
3.HC.Lakhbir Singh Ist in 75-85 Kg Weight  
4.CT.Narinder Singh 2nd in above 85 Kg Weight  
5.CT.Jagdish Singh 4th in above 85 Kg Weight

SENIOR NORTH INDIA CHAMPIONSHIP-DELHI

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1.CT.Rakesh Sharma 3rd in 70-75 Kg Weight  
2.CT.Narinder Singh Ist in 90 Kg Weight

JUNIOR NORTH INDIA CHAMPIONSHIP-DELHI

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1.CT.Manjit Singh 3rd in 70-75 Kg Weight

2000

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SENIOR NATIONAL CHAMPIONSHIP-GUJRAT

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1.Ct.Parvesh Kumar 5th in 70-75 Kg Weight  
2.HC.Lakhbir Singh 6th in 75-80 Kg Weight  
3.ASI.Manjit Singh 4th in 80-85 Kg Weight  
4.Ct.Narinder Singh 2nd in 90 Kg Weight Above

SENIOR ALL INDIA INTER STATE CHAMPIONSHIP-GUJRAT

-----  
1.Ct.Parvesh Kumar 3th in 70-75 Kg Weight  
2.HC.Lakhbir Singh 3th in 75-80 Kg Weight  
3.ASI.Manjit Singh 2th in 80-85 Kg Weight  
4.Ct.Narinder Singh 2nd in 90 Kg Weight Above

NORTH INDIA CLASSICTATE CHAMPIONSHIP-AMROHA(U.P.)

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1.Hc.Behari Lal Ist in 65-70 Kg Weight  
2.HC.Lakhbir Singh Ist in 75-80 Kg Weight  
3.Ct.Rakesh Kumar 2th in 75-80 Kg Weight  
4.Ct.Narinder Singh 3rd in 85 Kg Weight Above

SENIOR MR.PUNJAB CHAMPIONSHIP-JALANDHAR

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1.Hc.Behari Lal Ist in 65-70 Kg Weight  
2.Ct.Manjit Singh 3rd in 65-70 Kg Weight  
3.Ct.Rakesh Kumar Ist in 75-80 Kg Weight  
4.Ct.Parvesh Kumar 2th in 75-80 Kg Weight  
5.HC.Lakhbir Singh Ist in 85-85 Kg Weight  
6.Ct.Jagdish Kumar 3rd in 85-90 Kg Weight  
7.Ct.Narinder Singh Ist in 90 Kg Above Weight

MINAITH CLASSIC CHAMPIONSHIP-AMRITSAR-2000 22th Oct.

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1.ASI.Manjit Singh 2nd  
2.HC.Lakhbir Singh 3rd

3.HC.Behari Lal 4th  
4.C-II Daljit Singh 8th

ALL INDIA FEDERATION CUP-2000 BANARAS FROM 3RD TO 5TH NOV.

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1.C-II Daljit Singh 5th in 60 Kg Weight  
2.HC.Behari Lal 2nd in 65-70 Kg Weight  
3.HC.Lakhwinder Singh 2nd in 80-85 Kg Weight  
4.ASI.Manjit Singh 1st in 85-90 Kg Weight  
5.CT.Narinder Singh 3rd in Above 90 Kg Weight

2001

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PREM CHANDCLASSIC OPEN BODY BUILDING CHAMPIONSHIP-LUDHIANA ON 18TH MARCH-2001.

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1.ASI.Manjit Singh 1st  
2.HC.Behari Lal 7th  
3.C-II Parvesh Kumr 2nd  
4.C-II Daljit Singh 3rd  
5.CT.Rakesh Kumar 6th

SENIOR STATE CHAMPIONSHIP-LUDHIANA ON 18TH MARCH-2001

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1.ASI.Manjit Singh 1st in 85-90 Kg Weight  
2.HC.Behari Lal 2nd in 65-70 Kg Weight  
3.C-II Daljit Singh 1st in 60-65 Kg Weight  
4.C-II Parvesh Kumar 1st in 70-75 Kg Weight  
5.CT.Manjit Singh 1st in 75-80 Kg Weight  
6.CT.Rakesh Sharma 1st in 80-85 Kg Weight  
7.CT.Jagdish Kumar 2nd in 80-85 Kg Weight  
8.CT.Narinder Singh 2nd in 90 Kg Oveb Weight

SENIOR NATIONAL MR.INDIA CHAMPIONSHIP-KERALA FROM 23TH TO 25TH MARCH-2001

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1.CT.Daljit Singh 7th in 60 to 65 Kg Weight  
2.HC.Behari Lal 7th in 65 to 70 Kg Weight  
3.C-II Parvesh Kumar 4th in 70 to 75 Kg Weight  
4.ASI.Manjit Singh 2nd in 80 to 85 Kg Weight  
5.CT.Narinder Singh 4th in Above 90 Kg Weight

ALL INDIA FEDERATION CUP-VARANASI FROM 23TH TO 25 DECEMBER-2001

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1.CT-II Daljit Singh 1st in 60 to 65 Kg Weight  
2.CT.Heera Lal 4th in 65 to 70 Kg Weight  
3.CT.Rakesh Kumar 5th in 75 to 80 Kg Weight  
4.CT.Manjit Singh 5th in 80 to 85 Kg Weight  
5.CT.Jagdish Singh 5th in 85 to 90 Kg Weight  
6.CT.Narinder Singh 5th in Above 90 Kg Weight  
7.CT.Jagjit Singh 6th in Above 90 Kg Weight

PREM CHAND CLASSIC OPEN PUNJAB CHAMPIONSHIP-TANDA HOSHIARPUR FROM 18 NOV.2001

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1.CT-II Daljit Singh 1st in 60 to 65 Kg Weight  
2.HC.Behari Lal 1st in 65 to 70 Kg Weight

MINARTH CLASSIC OPEN CHAMPIONSHIP-AMRITSAR FROM 19TH DEC.2001.

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1.CT-II Daljit Singh                   Ist in 60 to 65 Kg Weight  
2.CT.Rakesh Kumar                    3rd in 75 to 80 Kg Weight  
3.CT.Jagdish Singh                   4th in 85 to 90 Kg Weight  
Body Building  
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2002  
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MASTER INDIA (40+AGE) CHAMPIONSHIP-JAIPUR FROM 5TH TO 7TH

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1.Behari Lal                            2nd in Above 70 Kg Weight

SENIOR STATE CHAMPIONSHIP-MALERKOTLA FROM 27TH JAN.2002.

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1.CT-II Daljit Singh                   Ist in 60 to 65 Kg Weight  
2.HC.Behari Lal                       Ist in 65 to 70 Kg Weight  
3.CT.Heera Lal                         Ist in 70 to 75 Kg Weight  
4.CT.Gurmail Singh                    2nd in 75 to 80 Kg Weight  
5.CT.Rakesh Kumar                     Ist in 80 to 85 Kg Weight  
6.CT.Manjit Singh                      2nd in 80 to 85 Kg Weight  
7.CT.Jagdish Kumar                    Ist in 85 to 90 Kg Weight  
8.HC.Lakhbir Singh                    2nd in 85 to 90 Kg Weight  
9.CT.Narinder Singh                   Ist in Above 90 Kg Weight  
10.CT.Jagjit Singh                     3rd in Above 90 Kg Weight

SENIOR STATE CHAMPIONSHIP-MALERKOTLA FROM 10TH MARCH.2002.

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1.C-II Dljit Singh                     Ist in 60 to 65 Kg Weight  
2.CT.Hera Lal                          2nd in 65 to 75 Kg Weight  
3.HC.Behari Lal                        3rd in 65 to 75 Kg Weight  
4.CT.Rakesh Kumar                     Ist in 75 to 85 Kg Weight  
5.CT.Manjit Singh                      3rd in 75 to 85 Kg Weight  
6.CT.Jagdish Kumar                    Ist in 85 Above Kg Weight  
7.CT.Narinder Singh                    3rd in 85 Above Kg Weight

SENIOR NATIOANL CHAMPIONSHIP-CALCUTTA FROM 22TH TO 25TH MARCH-2002.

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1.HC.Dljit Singh                       3rd in 60 to 65 Kg Weight  
2.CT.Jagdish Kumar                    4th in Above 90 Kg Weight  
3.CT.Narinder Singh                    6th in Open Weight

2ND COMMONWEALTH GAME -CALCUTTA FORM 5TH TO 8TH APRIL-2002

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1.HC.Dljit Singh                       Team Secured second Postion

BABA FARID CLASSIC CHAMPIONSHIP-FARIDKOT ON 21TH SEP.-2002

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1.HC.Daljit Singh                      Ist in 65 Kg Weight  
2.CT.Som Raj                           Ist in 85 Kg Weight  
3.HC.Bihari Lal                        Ist in 75 Kg Weight  
4.CT.Jagjit Singh                      Ist in 85 Kg Weight  
5.CT.Hira Lal                          2nd in 75 Kg Weight  
6.CT.Narinder Singh                    3rd in 85 Kg Weight  
7.CT.Manjit Singh (Jr)                 2nd in 85 Kg Weight

NORTH INDIA CHAMPIONSHIP-RAJSHTHAN FORM 12TH TO 13TH OCT.-2002

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1.HC.Daljit Singh	Ist in 65 Kg Weight
2.CT.Som Raj	2nd in 80 Kg Weight
3.HC.Bihari Lal	Ist in 75 Kg Weight
4.CT.Jagjit Singh	Ist in 90 Kg Weight

MINARTH CLASSIC CHAMPIONSHIP-AMRITSAR FROM ON 28TH OCT.-2002

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1.HC.Daljit Singh	Ist in Open Weight
2.CT.Som Raj	5th in Open Weight
3.HC.Bihari Lal	2nd in Open Weight
4.CT.Jagjit Singh	4th in Open Weight
5.CT.Hira Lal	3rd in Open Weight
6.CT.Narinder Singh	11th in Open Weight
7.CT.Jagdish	15th in Open Weight

BODY GROW CLASSIC COMPATION -PHAGWARA ON 24TH NOV.-2002

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1.HC.Daljit Singh	Ist in 65 Kg Weight
2.CT.Som Raj	2nd in 85 Kg Weight
3.HC.Bihari Lal	Ist in 75 Kg Weight
4.CT.Jagjit Singh	Ist in +85 Kg Weight
5.CT.Pravesh kumar	Ist in 85 Kg Weight
6.CT.Narinder Singh	2nd in 85 Kg Weight
7.CT.Jagdish Kumar	3rd in 85 Kg Weight

FEDERATION CUP-BHILAI FROM 13TH TO 15TH DEC.-2002

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1.HC.Daljit Singh	Ist in 65 Kg Weight
2.CT.Som Raj	3rd in 80 Kg Weight
3.HC.Bihari Lal	2nd in 75 Kg Weight
4.CT.Parvesh kumar	6th in 80 Kg Weight
5.CT.Narinder Singh	2nd in +90 Kg Weight

MASTER NATIONAL CHAMPIONSHIP-BHILAI FORM 13 TO 15TH DEC.-2002

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1.HC.Bihari Lal	2nd in +70 Kg Weight
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2003

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BODY BUILDING  
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NATIONAL CHAMPIONSHIP SIHV SHANKAR SHREE-BOMBAY FROM 3RD TO 4TH JAN-2003

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1.HC.Daljit Singh	Ist in 65 Kg Weight
2.HC.Bihari Lal	Ist in 70 Kg Weight

MISTER PUNJAB CHAMPIONSHIP-FEROZPUR ON 12TH JAN.-2003

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1.HC.Daljit Singh	Ist in 65 Kg Weight
2.CT.Som Raj	Ist in 75 Kg Weight
3.HC.Bihari Lal	Ist in 70 Kg Weight
4.CT.Jagjit Singh	Ist in +90 Kg Weight
5.CT.Hira Lal	2nd in 70 Kg Weight
6.CT.Narinder Singh	2nd in +90 Kg Weight
7.CT.Manjit Singh (Jr)	6nd in 80 Kg Weight
8.CT.Parvesh Kumar	Ist in 80 Kg Weight



9.CT.Rakesh kumar 2nd in 80 Kg Weight  
10.HC.Lakhbir Singh 2nd in 85 Kg Weight  
11.CT.Jagdish kumar 2nd in 90 Kg Weight

GOLDEN CLASSIC BODY BUILDING CHAMPIONSHIP-FEROZPUR ON 12TH JAN.-2003

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1.HC.Daljit Singh 1st in Open Weight  
2.CT.Parvesh Kumar 2nd in Open Weight  
3.HC.Bihari Lal 3rd in Open Weight  
4.CT.Jagjit Singh 4th in Open Weight  
5.CT.Hira Lal 5th in Open Weight  
6.CT.Narinder Singh 8th in Open Weight  
7.CT.Rakesh Kumar 9th in Open Weight

NATIONAL BODY BUILDING CHAMPIONSHIP-KARNATKA FORM 24TH TO 26TH JAN.2003

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1.HC.Daljit Singh 1st in 65 Kg Weight  
2.CT.Parvesh Kumar 6th in 75 Kg Weight  
3.CT.Narinder Singh 5th in +90 Kg Weight

4TH SOUTH ASIAN BODY BUILDING CHAMPIONSHIP-GOIA FROM 27TH FRB.TO 2ND MARCH-2003

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1.HC.Daljit Singh 1st in 65 Kg Weight

NATIONAL BODY BUILDING CHAMPIONSHIP-KARNATKA FORM 24TH TO 26TH JAN.2003

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1.HC.Daljit Singh 1st in 65 Kg Weight

4TH SOUTH ASIAN BODY BUILDING CHAMPIONSHIP-GOIA FROM 27TH FRB.TO 2ND MARCH-2003

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1.HC.Daljit Singh 1st in 65 Kg Weight

SENIOR ASIAN BODY BUILDING CHAPIONSHIP-KAZAKHSTAN FROM 25th TO 29th SEP.2003

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1.HC.Daljit Singh 6th in Below 60 Kg Weight  
2.HC.Parvesh Kumar 7th in 70 Kg Weight

ALL INDIA FEDREATION CUP-BUBNESHWAR-2003 FROM 30TH TO 31ST DEC.

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1.HC.Daljit Singh 1st in 65 Kg Wt.  
2.HC.Parvesh Kumar 1st in 75 Kg Wt.  
3.HC.Bihari Lal 3rd in 70 Kg Wt.  
4.C-II.Jagjit Singh 2nd in +90 Kg Wt.  
5.CT.Rakesh Kumar 4th in 85 Kg Wt.

MASTER NATIONAL BODY BUILDING CHAMPIONSHIPO-BHUBNESHWAR(ORRISA)  
FROM 30TH TO 31ST DEC.2003.

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1.HC.Bihari Lal 1st in 70 Kg Wt.

2004

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SENIOR NOTRH INDIA BODY BUILDING CHAMPIONSHIP-2004-CHANDIGARH HELD ON 1.02.04

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1.HC.Daljit Singh 1st in 60-65 Kg Wt.  
2.HC.Parvesh Kumar 1st in 70-75 Kg Wt.  
3.HC.Bihari Lal 3rd in 65-70 Kg Wt.

4.C-II.Jagjit Singh 1st in +90 Kg Wt.  
5.HC.Narinder Singh 1st in 85-90 Kg Wt.  
6.CT.Anil Raj 4th in 80-85 Kg Wt.

SENIOR NATIONAL CHAMPIONSHIP-JALANDHAR FROM 27TH TO 28TH MARCH-2004

1.HC.Daljit Singh 4th in 60-65 Kg Wt  
2.HC.Parvesh Kumar 3rd in 65-70 Kg Wt

5TH SOUTH ASIAN CHAMPIONSHIP HELD AT COLOMBO(SRILANKA) FROM 20-08-04 TO 21-08-04.

1.CT.Daljit Singh 1st in 65 Kg Weight  
2.C-II..Parvesh Kumar 1st in 70 Kg Weight  
3.C-II.Bihari Lal 4th in 75 Kg Weight

FEDERATION CUP-BHILAI FROM 12-12-04 TO 14-12-04.

1.HC.Narinder Singh 2nd in +90 Kg Weight  
2.C-II.Bhari Lal 1st in 70 Kg Weight (Master)  
3.C-II.Pravesh Kumar 2nd in 75 Kg Weight  
4.CT.Som Raj 5th in 85 Kg Weight  
5.CT.Rakesh Kumar 2nd in 90 Kg Weight

BODY BUILDING

2005

SENIOR STATE CHAMPIONSHIP HELD AT KAPURTHALA ON 27.02.2005.

1. CT.Heera Lal 2nd in 70 Kg Weight.  
2. C-II.Bhiari Lal 1st in 70 Kg Weight.  
3. C-II.Parvesh Kumar 1st in 75 Kg Weight.  
4. CT.Som Raj 1st in 80 Kg Weight.  
( Overall Mr.Punjab-2005)  
5. CT.Rakesh Kumar 1st in 85 Kg Weight.  
6. CT.Manjit Singh 4th in 85 Kg Weight.  
7. HC.Narinder Singh 1st in 90 Kg Weight.

INDIAN CLASSICAL OPEN CHAMPIONSHIP HELD AT MUMBAI FROM 6TH TO 8TH FEB.2005.

1. C-II.Parvesh Kumar 5th in Open Weight.  
2. C-II.Bihari Lal Participation.

OPEN PUNJAB CHAMPIONSHIP HELD AT JALANDHAR ON 20.02.05.

1. C-II.Bihari Lal 1st in 70 Kg Weight.  
2. CT.Heera Lal 2nd in 70 Kg Weight.  
3. C-II.Parvesh Kumar 1st in 80 Kg Weight.  
4. CT.Som Raj 2nd in 80 Kg Weight.  
5. ASI.Jagjit Singh 1st in 80 + Kg Weight.  
6. HC.Narinder Singh 2nd in 80 + Kg Weight.  
7. CT.Rakesh Kumar 3rd in 80 + Kg Weight.

SENIOR STRENGTH BUILDING CHAMPIONSHIP HELD AT CHENNAI FROM

FEB.2005.

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1. C-II.Kapil Tiwari                      1st in Open Weight.

Body Grow Classic State Championship held at Jalandhar  
on 30.10.05

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1. C-II.Daljit Singh                      1st in below 70 Kg Weight  
2. C-II.Bihari Lal                        2nd in below 70 Kg Weight  
3. C-II.Parvesh Kumar                    1st in 70-80 Kg Weight  
4. Ct.Heera Lal                            2nd in 70-80 Kg Weight  
5. HC.Narinder Singh                    1st in 80 Kg above Weight

North India Championship held at Amritsar from 12.11.05  
to 13.11.05.

=====  
1. Ct.Heera Lal                            1st in 65-70 Kg Weight  
2. C-II.Bihari Lal                        2nd in 65-70 Kg Weight  
3. C-II.Parvesh Kumar                    1st in 70-75 Kg Weight  
4. Ct.Rakesh Sharma                      1st in 80-85 Kg Weight  
5. HC.Narinder Singh                    1st in 85-90 Kg Weight  
6. Ct.Jagdish Kumar                      3rd in 90 Kg above Weight

Minarth Classic Open State Championship held at Amritsar  
from 12.11.05 to 13.11.05 (Open Weight Category)

=====  
1. C-II.Parvesh Kumar                    1st in Open Weight  
2. Ct.Herra Lal                            3rd in Open Weight

8th Sr.Asian Strength Building Championship held at Tamilnadu  
from 12.11.05 to 14.11.05.

=====  
1. C-II.Kapil Tiwari                      1st in 90-100 Kg Weight

All India Federation cup held at Mumbai from  
19.12.05 to 20.12.05.

=====  
1. C-II.Daljit Singh                      1st in 65 Kg Weight  
2. Ct.Herra Lal                            1st in 70 Kg Weight  
3. C-II.Parvesh Kumar                    1st in 75 Kg Weight  
4. Ct.Rakesh Sharma                      5th in 85 Kg Weight  
5. HC.Narinder Singh                    2nd in 90 Kg Weight  
6. Ct.Jagdish Kumar                      3rd in 90 Kg Weight  
7. ASI.Jagjit Singh                       1st in 90+ Kg Weight  
8. C-II.Bihari Lal                        1st in 70 Kg Weight (Master)

2006

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Senior State Championship held at Mandi Gobindgarh  
on 26.02.2006.

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1. C-II.Daljit Singh                      1st in 60-65 Kg Weight.

- |                       |                            |
|-----------------------|----------------------------|
| 2. C-II.Parvesh Kumar | 1st in 70-75 Kg Weight.    |
| 3. Ct.Herra Lal       | 1st in 65-70 Kg Weight.    |
| 4. Ct.Rakesh Kumar    | 1st in 80-85 Kg Weight.    |
| 5. HC.Narinder Singh  | 1st in 85-90 Kg Weight.    |
| 6. ASI.Jagjit Singh   | 1st in above 90 Kg Weight. |
| 7. Ct.Jagdish Kumar   | 2nd in 85-90 Kg Weight.    |
| 8. Ct.Manjit Singh    | 3rd in above 90 Kg Weight. |
| 9. Ct.Som Raj         | 3rd in 80-85 Kg Weight.    |
| 10. C-II.Bihari Lal   | 2nd in 65-70 Kg Weight.    |

International Strength Lying Championship held at West Bengal  
from 23.02.2006 to 28.02.2006

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- |                      |                         |
|----------------------|-------------------------|
| 1. C-II.Kapil Tiwari | 2nd in 90-100 Kg Weight |
|----------------------|-------------------------|

#### Body Building

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Senior National Championship held at Darjling(West Bengal)  
from 16.03.2006 to 20.03.2006

- =====
- |                       |                         |
|-----------------------|-------------------------|
| 1. ASI.Jagjit Singh   | 4th in +90 Kg Weight    |
| 2. C-II.Daljit Singh  | 1st in 60-65 Kg Weight. |
| 3. C-II.Parvesh Kumar | 2nd in 70-75 Kg Weight. |

#### Body Building

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North India Classic Championship held at Nainital (Uttranchal)  
from 27.04.06 to 29.04.06

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- |                      |                    |
|----------------------|--------------------|
| 1. Ct. Parvesh Kumar | 4th in Open Weight |
| 2. ASI Jagjit Singh  | 6th in Open Weight |
| 3. Ct. Daljit Singh  | 7th in Open Weight |
| 4. Ct. Bihari Lal    | 8th in Open Weight |

#### Body Building

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Punjab Classic Body Building (Open Weight) held at Jalandhar  
on 27.05.06

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- |                     |                    |
|---------------------|--------------------|
| 1. ASI Jagjit Singh | 1st in Open Weight |
|---------------------|--------------------|

#### Body Building

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Baba Farid Classic Open State Championship held at Faridkot  
on 23.09.06

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- |                     |                     |
|---------------------|---------------------|
| 1. ASI Jagjit Singh | 1st in Above 80 Kg. |
|---------------------|---------------------|

2. Ct Bihari Lal 1st in 55-70 Kg.
3. Ct Som Raj 1st in 70-80 Kg.
4. Ct Jagdish Kumar 2nd in Above 80 Kg.

Over All

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1. ASI Jagjit Singh 1st in Open Wt.
2. Ct. Jagdish Kumar 2nd in Open Wt.
3. Ct. Bihari Lal 3rd in Open Wt.
4. Ct. Som Raj 4th in Open Wt.

Body Building

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Senior National Strength Building Championship held  
at Kanya Kumari (Nagar Coil) from 21.09.06 to 24.09.06

1. C-II Kapil Tiwari 1st in 90-100 Kg Weight

Body Building

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Senior North India Body Building Championship held at Jammu  
on 12.11.2006

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1. Ct.Som Raj 2nd in 75-80 Kg Weight
2. Ct.Jagdish Kumar 1st in 85-90 Kg Weight
3. HC.Narinder Singh 1st in above 90 Kg Weight

Body Building

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7th Federation Cup held at Kolkata from 16.12.06 to  
17.12.06

=====

1. ASI Jagjit Singh 1st in 90 Kg Weight
2. HC Narinder Singh 2nd in 85-90 Kg Weight
3. Ct Jagdish Kumar 1st in 85-90 Kg Weight
4. Ct Rakesh Kumar 2nd in 80-85 Kg Weight
5. Ct Parvesh Kumar 3rd in 70-75 Kg Weight
6. Ct Hira Lal 1st in 65-70 Kg Weight
7. Ct Bihari Lal 3rd in 65-70 Kg Weight
8. Ct Daljit Singh 1st in 60-65 Kg Weight

Master Group Above 40 Years. age

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1. Ct Bihari Lal 1st in Open Weight

All India Federation Cup Strength Building held at Goa  
from 20.02.2007 to 21.02.2007.

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1. C-II.Kapil Tiwari 1st in 90-100 Kg Weight

Body Building

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Senior Open World Strength Building held at Chennai  
from 29.07.2007 to 31.07.2007

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1. C-II Kapil Tiwari                    1st in 90-100 Kg Weight

Body Building

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Senior All India Federation Cup Body Building Championship  
held at Tamilnadu from 19.12.07 to 23.12.07

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1. ASI Jagjit Singh                    3rd in 90-100 Kg Weight  
2. HC Daljit Singh                    1st in 60-65 Kg Weight  
3. HC Parvesh Kumar                   1st in 70-75 Kg Weight  
4. Ct. Hira Lal                        1st in 65-70 Kg Weight  
5. Ct. Jagdish Kumar                   1st in 85-90 Kg Weight  
6. HC Narinder Singh                   2nd in 85-90 Kg Weight  
7. Ct. Rakesh Sharma                   2nd in 75-80 Kg Weight

Sr. Master (Above 45 Years) National Championship

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1. HC Bihari Lal                        1st in Open Weight

2008

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Body Building

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Sr. Mr. Punjab Body Building Championship at Mansa  
on 09.03.2008.

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1. HC Daljit Singh                    1st in 60-65 Kg Weight  
2. Ct. Heera Lal                        1st in 65-70 Kg Weight & Overall  
3. HC Parvesh Kumar                   1st in 70-75 Kg Weight  
4. HC Bihari Lal                        2nd in 70-75 Kg Weight  
5. Ct. Jagdish Kumar                   1st in 85-90 Kg Weight  
6. Ct. Onkar Singh                     3rd in 85-90 Kg Weight  
7. HC Narinder Singh                   1st in 90-100 Kg Weight  
8. ASI Jagjit Singh                    1st in 100+ Kg Weight

Sr. State Minarth Classic Body Building Championship  
held at Amritsar on 16.03.2008.

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1. HC Parvesh Kumar                    1st in Open Weight  
2. HC Daljit Singh                      2nd in Open Weight

48th Senior National Body Building Championship  
held at Aurangabad from 20.06.2008 to 22.06.2008

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1. ASI Jagjit Singh                    3rd in 100+ Kg Weight

- |                      |                        |
|----------------------|------------------------|
| 2. Ct. Jagdish Kumar | 3rd in 85-90 Kg Weight |
| 3. HC Daljit Singh   | 5th in 60-65 Kg Weight |
| 4. HC Parvesh Kumar  | 5th in 75-80 Kg Weight |
| 5. HC Narinder Singh | Participation          |
| 6. Ct. Heera Lal     | Participation          |

Senior Asian Body Building & Fitness Championship  
held at Hongkong from 16.07.08 to 22.07.08

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- |                    |                    |
|--------------------|--------------------|
| 1. HC Daljit Singh | 3rd in Open Weight |
|--------------------|--------------------|

Body Building

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1st Asian Beach Games-2008 held at Bali (Indonesia)  
from 16.10.08 to 22.10.08

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- |                    |              |
|--------------------|--------------|
| 1. HC Daljit Singh | 3rd in 60 Kg |
|--------------------|--------------|

Body Building

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62th World Men Body Building Amateur Championship  
held at Manama, Kingdom of Bahrain from 03.11.08 to  
07.11.08

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- |                 |               |
|-----------------|---------------|
| 1. Ct. Hira Lal | Participation |
|-----------------|---------------|

Body Building

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Punjab State Body Building Championship held at  
Ludhiana on 25.01.2009

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- |                       |     |
|-----------------------|-----|
| 1. Ct. Davinder Singh | 3rd |
|-----------------------|-----|

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Senior National Body Building & Fitness Championship  
held at Kolkata from 03.04.09 to 05.04.09

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- |                      |                        |
|----------------------|------------------------|
| 1. HC Daljit Singh   | 1st in 55-60 Kg Weight |
| 2. Ct. Heera Lal     | Participation          |
| 3. HC Parvesh Kumar  | Participation          |
| 4. HC Bihari Lal     | Participation          |
| 5. HC Narinder Singh | Participation          |
| 6. Ct. Som Raj       | Participation          |

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Senior South Asia Body Building Championship  
held at Varanasi from 09.04.09 to 12.04.09

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- |                    |               |
|--------------------|---------------|
| 1. HC Daljit Singh | Participation |
|--------------------|---------------|

2010

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Senior State Championship held at Mohali (Punjab)  
on 10.01.2010

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- |                     |                         |
|---------------------|-------------------------|
| 1. Ct. Charan Mohan | 1st in 85-90 Kg Weight  |
| 2. Ct. Onkar Singh  | 1st in 90-100 Kg Weight |

Body Building

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North India Championship held at Ludhiana  
from 20.03.10 to 21.03.10

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- |                       |                        |
|-----------------------|------------------------|
| 1. Ct. Davinder Singh | 5th in 85-90 Kg Weight |
|-----------------------|------------------------|

Body Building

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Senior National Championship held at Guwahati (Assam)  
from 07.05.2010 to 09.05.2010

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- |                    |                     |
|--------------------|---------------------|
| 1. HC Daljit Singh | 2nd in 60 Kg Weight |
|--------------------|---------------------|

Body Building

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Sr.South Asian Championship held at Kathmadnu (Nepal)  
from 17.06.2010 to 20.06.2010.

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- |                    |                     |
|--------------------|---------------------|
| 1. HC.Daljit Singh | 2nd in 60 Kg Weight |
|--------------------|---------------------|

Body Building

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65th Men's World Body Building Championship  
held at Mumbai from 04.11.11 to 07.11.11

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|---------------------|------------------------|
| 1. HC Hira Lal      | 1st in 60-65 Kg Weight |
| 2. HC Parvesh Kumar | Participation          |

Federation Cup held at Nanital from 04.02.2012  
to 05.02.2012

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- |                      |                         |
|----------------------|-------------------------|
| 1. HC Narinder Singh | 1st in 90-100 Kg Weight |
| 2. Ct. Som Raj       | 2nd in 70-75 Kg Weight  |
| 3. Ct. Charan Mohan  | 2nd in 100+ Kg Weight   |
| 4. HC Jagdish Kumar  | 3rd in 85-90 Kg Weight  |
| 5. HC Bihari Lal     | 4th in 65-70 Kg Weight  |
| 6. Ct. Onkar Singh   | 4th in 90-100 Kg Weight |



Senior National Championship held at Pune  
from 18.04.12 to 20.04.12

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- |                      |                         |
|----------------------|-------------------------|
| 1. HC Hira Lal       | 1st in 60-65 Kg Weight  |
| 2. HC Parvesh Kumar  | 1st in 65-70 Kg Weight  |
| 3. HC Narinder Singh | 4th in 90-100 Kg Weight |
| 4. Ct. Charan Mohan  | Participation           |

46th Senior Asian Championship held at Taskhant  
(Uzbekistan) from 30.05.12 to 03.06.12

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- |                     |                        |
|---------------------|------------------------|
| 1. HC Parvesh Kumar | 3rd in 65-70 Kg Weight |
|---------------------|------------------------|

Federation Cup held at Jalandhar (Punjab)  
on 10.03.13

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- |                     |                                   |
|---------------------|-----------------------------------|
| 1. HC Bihari Lal    | 1st in 65-70 Kg Weight (40 Above) |
| 2. Ct. Charan Mohan | 3rd in above 100 Kg Weight        |

Federation Cup held at Mumbai from 20.02.14  
to 22.02.14

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- |                      |                         |
|----------------------|-------------------------|
| 1. HC Hira Lal       | 1st in 60-65 Kg Weight  |
| 2. SI Manjit Singh   | 2nd in 85-90 Kg Weight  |
| 3. HC Jagdish Kumar  | 2nd in 90-100 Kg Weight |
| 4. HC Narinder Singh | 3rd in 100 Kg Above     |
| 5. ASI Daljit Singh  | Participation           |
| 6. HC Som Raj        | Participation           |
| 7. Ct. Charan Mohan  | Participation           |
| 8. Ct. Onkar Singh   | Participation           |

All India Open Weight Category Classic Championship  
held at Pune on 02.02.2014

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|----------------------|------------------------|
| 1. HC Hira Lal       | 2nd in 60-65 Kg Weight |
| 2. SI Manjit Singh   | Participation          |
| 3. HC Som Raj        | Participation          |
| 4. HC Narinder Singh | 3rd in 100 Kg Above    |

### Body Building

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Amature Arnold Classic World Body Building Championship  
held at USA from 27.02.2014 to 01.03.2014

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|----------------------|------------------------|
| 1. HC Hira Lal       | 2nd in 65-70 Kg Weight |
| 2. HC Narinder Singh | Participation          |

54th Senior National Body Building Championship  
held at Aurangabad from 21.05.2014 to 23.05.2014

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- |                |                        |
|----------------|------------------------|
| 1. HC Hira Lal | 2nd in 65-70 Kg Weight |
|----------------|------------------------|