

SUB - JR. MEN**RECORD – INCLINE BENCH PRESS****NATIONAL STRENGTHLIFTING CHAMPIONSHIPS**

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
52.0	Navin Kumar	Haryana	87.5	18/03/2021	Coochbehar
60.0	Debasish Das	W.B	102.5	05/01/2018	Washim, Maha
68.0	Sandeep Kumar	Delhi	110.0	18/03/2021	Coochbehar
76.0	Sony Dhanraj Dilip Bhai	Gujrat	120.0	01/01/2022	Alwar, Rajasthan
85.0	Priyanshu Das	C.G	117.5	01/01/2022	Alwar, Rajasthan
95.0	Vishnu Jadan	Rajasthan	110.0	01/01/2022	Alwar, Rajasthan
105.0	Vinay	Haryana	130.0	07./01/2018	Washim, Maha
115.0	Deepak Chaudhury	U.P.	130.0	07/01/2018	Washim, Maha
+ 115.0	Harsh Attri	Haryana	120.0	02/01/2022	Alwar, Rajasthan

SUB - JR. MEN**RECORD – TWO HANDS CURLING****NATIONAL STRENGTHLIFTING CHAMPIONSHIPS**

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
52.0	M.Jeevanandham	T.N	50.0	18/03/2021	Coochbehar
60.0	Lucky Patel	M.P	57.5	05/01/2018	Washim, Maha
68.0	Vikrant Talan	U.P.	55.0	24/01/2015	Phagwara, Punjab
76.0	Abhay	Haryana	67.5	28/07/2023	Udaypur,Rajasthan
85.0	Shamser Singh	Punjab	62.5	29/07/2017	Guwahati, Assam
95.0	Vishnu Jadan	Rajasthan	57.5	02/01/2022	Alwar, Rajasthan
105.0	Vinay	Haryana	67.5	07/01/2018	Washim, Maha
115.0	Deepeak Chaudhury	U.P.	65.0	07/01/2018	Washim, Maha
+ 115.0	Harsh Attri	Haryana	55.0	03/01/2022	Alwar, Rajasthan

SUB - JR. MEN
RECORD – HACK LIFT
NATIONAL STRENGTHLIFTING CHAMPIONSHIPS

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
52.0	Patel Vinay Satish Bhat	Gujrat	210.0	01/01/2022	Alwar, Rajasthan
60.0	Sandeep Keshwani	M.P	222.5	18/03/2021	Coochbehar
68.0	Vikrant	U.P.	255.0	24/01/2015	Phagwara, Punjab
76.0	Abhay	Haryana	250.0	28/07/2023	Udaypur,Rajasthan
85.0	Darshan J.Patel	Gujrat	255.0	02/01/2022	Alwar, Rajasthan
95.0	Shaan Sharma	Gujarat	265.0	28/07/2023	Udaypur,Rajasthan
105.0	Vinay	Haryana	270.0	07/01/2018	Washim, Maha
115.0	Mohan Siwach	Haryana	270.0	31/03/2019	Phagwara, Punjab
+ 115.0	Harsh Attri	Haryana	240.0	03/01/2022	Alwar, Rajasthan

SUB - JR. MEN
RECORD – HIGHEST TOTAL (TWO HANDS CURLING+HACKLIFT)
NATIONAL STRENGTHLIFTING CHAMPIONSHIPS

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
52.0	Patel Vinay Satish Bhat	Gujrat	505.0	01/01/2022	Alwar, Rajasthan
60.0	Sandeep Kesharwani	M.P	547.5	18/03/2021	Coochbehar
68.0	Gaurav Saini	Haryana	550.0	18/03/2021	Coochbehar
76.0	Abhay	Haryana	615.0	28/07/2023	Udaypur,Rajasthan
85.0	Darshan J.Patel	Gujarat	630.0	02/01/2022	Alwar, Rajasthan
95.0	Shaan Sharma	Gujarat	622.5	28/07/2023	Udaypur,Rajasthan
105.0	Pranav Mishra	U.P.	490.0	03/01/2022	Alwar, Rajasthan
115.0	Harsh Attri	Haryana	515.0	20/03/2021	Coochbehar
+ 115.0	Harsh Attri	Haryana	565.0	03/01/2022	Alwar, Rajasthan

SUB – JR. WOMEN

RECORD – INCLINE BENCH PRESS

NATIONAL STRENGTHLIFTING CHAMPIONSHIPS

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
46.0	Kirti Gautam	Haryana	47.5	02/01/2022	Alwar, Rajasthan
52.0	Maya Roy	W.B.	45.0	29/07/2023	Udaypur, Rajasthan
58.0	Kavita	Haryana	55.0	07/01/2018	Washim, Maha
65.0	Kavita	Haryana	52.5	27/12/2015	Dalli, Rajahara, C.G
72.0	Falguni Das	W.B.	67.5	20/03/2021	Coochbehar, W.B.
80.0	Madhuri Rathee	Haryana	55.0	31/03/2019	Phagwara, Punjab
+ 80.0	Susmita Das	W.B	42.5	30/07/2017	Guwahati, Assam

SUB - JR. WOMEN

RECORD – TWO HANDS CURLING

NATIONAL STRENGTHLIFTING CHAMPIONSHIPS

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
46.0	Kirti Gautam	Haryana	30.0	02/01/2022	Alwar, Rajasthan
52.0	Durga	C.G.	32.5	26/12/2015	Dalli, Rajahara, C.G
58.0	Anshika	Haryana	32.5	27/12/2015	Dalli, Rajahara, C.G
65.0	Rimpi Biswas	W.B	27.5	30/07/2017	Guwahati, Assam
72.0	Kritika Raj	Bihar	32.5	30/07/2023	Udaypur, Rajasthan
80.0	Madhuri Rathee	Haryana	32.5	31/03/2019	Phagwara, Punjab
+ 80.0	Susmita Das	W.B	22.5	30/07/2017	Guwahati, Assam

SUB - JR. WOMEN

RECORD – HACK LIFT

NATIONAL STRENGTHLIFTING CHAMPIONSHIPS

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
46.0	Anjana Singh	C.G	137.5	26/12/2015	Dalli, Rajahara,C.G
52.0	Durga	C.G	147.5	26/12/2015	Dalli, Rajahara,C.G
58.0	Anshika	Haryana	145.0	27/12/2015	Dalli, Rajahara,C.G
65.0	Mannat Prajapati	Gujarat	125.0	30/07/2023	Udaypur,Rajasthan
72.0	Kritika Raj	Bihar	130.0	30/07/2023	Udaypur,Rajasthan
80.0	Priyanka Chanda	Rajasthan	120.0	30/07/2023	Udaypur,Rajasthan
+ 80.0	Susmita Das	W.B	85.0	30/07/2017	Guwahati, Assam

SUB - JR. WOMEN

RECORD – HIGHEST TOTAL (Two Hands Curling + Hacklift)

NATIONAL STRENGTHLIFTING CHAMPIONSHIPS

Class Men Kg.	Name	State	Created Record Kg.	Date	Place
46.0	S.Gopika	T.N.	282.5	28/07/2023	Udaypur,Rajasthan
52.0	Khushi Rathore	Rajasthan	285.0	28/07/2023	Udaypur,Rajasthan
58.0	Malika Kanwar	Rajasthan	285.0	28/07/2023	Udaypur,Rajasthan
65.0	Mannat Prajapati	Gujarat	285.0	28/07/2023	Udaypur,Rajasthan
72.0	Kritika Raj	Bihar	312.5	30/07/2023	Udaypur,Rajasthan
80.0	Priyanka Chanda	Rajasthan	280.0	30/07/2023	Udaypur,Rajasthan
+ 80.0	Atashi Biswas	Tripura	200.0	03/01/2022	Alwar, Rajasthan

RECORD
Jr. Men National Strength Lifting Championships
INCLINE BENCH PRESS

Class-Kg	Name	State	Created Record (Kg)	Date	Place
52	Pichurle Rankesh.G	Gujarat	95	01/01/22	Alwar, Rajasthan
60	Harish Kumar	Chhattisgarh	110.0	22/9/11	Rajhara , C.G.
68	Aman Kanojiya	M. P.	120.0	25/12/15	Dalli, Rajahara,C.G
76	G. Satish	Tamil Nadu	120.0	06/01/2018	Washim, Maha
85	Pawan Kr Kumawat	Rajasthan	130.0	26/12/15	Dalli, Rajahara,C.G
95	Arun Chaudhary	Delhi	157.5	29/07/2023	Udaypur,Rajasthan
105	Vinay Deswal	Haryana	172.5	31/03/2019	Phagwara, Punjab
115	Shiva	Delhi	135.0	03/01/2022	Alwar, Rajasthan
+115	Dhanuk Mansotra	J & K	160.0`	31/03/2019	Phagwara, Punjab

RECORD
Two Hands Curling
Jr. Men National Strength Lifting Championships

Class-Kg	Name	State	Created Record (Kg)	Date	Place
52	Rankesh Pichurle	Gujarat	55.0	01/01/2022	Alwar, Rajasthan
60	Naveen	Haryana	60.0	01/01/2022	Alwar, Rajasthan
68	Yogesh Mahor	Rajasthan	60.0	23/9/11	Rajhara , C.G.
76	G. Satish	Tamil Nadu	60.0	29/07/2017	Guwahati, Assam
85	Joshep Sharma	Sikkim	72.5	02/01/2022	Alwar, Rajasthan
95	Nutan	Haryana	72.5	30/03/2019	Phagwara, Punjab
105	Vinay Deswal	Haryana	80.0	31/03/2019	Phagwara, Punjab
115	Supriya Saha	W.B.	72.5	30/07/2023	Udaypur,Rajasthan
+115	Dhanuk Mansotra	J & K	80.0	31/03.2019	Phagwara, Punjab

RECORD

Hack Lift Record

Jr. Men National Strength Lifting Championships

Class-Kg	Name	State	Created Record (Kg)	Date	Place
52	Naveen	Haryana	220.0	01/01/2022	Alwar, Rajasthan
60	Goutam	C.G.	245.0	25/12/15	Dalli, Rajahara,C.G
68	Neel Amrit Tripathi	Jharkhand	257.5	27/07/2023	Udaypur,Rajasthan
76	Vikrant Talan	U.P.	302.5	29/07/2017	Guwahati, Assam
85	Darshan Patel	Gujarat	262.5	29/07/2023	Udaypur,Rajasthan
95	Ayush Kumar	Jharkhand	280.0	29/07/2023	Udaypur,Rajasthan
105	Vinay Deswal	Haryana	302.5	31/03/2019	Phagwara, Punjab
115	Supriya Saha	W.B.	280.0	30/07/2023	Udaypur,Rajasthan
+115	Rashpal Singh	Punjab	300.0	26/01/15	Phagwara, Punjab

RECORD

Highest Total Record - (THC + Hacklift)

Jr. Men National Strength Lifting Championship

Class-Kg	Name	State	Created Record (Kg)	Date	Place
52	Pichurle Rankesh.G.	Gujrat	532.5	01/01/2022	Alwar, Rajasthan
60	Nitin	Delhi	522.5	18/03/2021	Coochbehar
68	Neel Amrit Tripathi	Jharkhand	595.0	27/07/2023	Udaypur,Rajasthan
76	Tulshi Bhat	Gujarat	705.0	01/01/2022	Alwar, Rajasthan
85	Darshan Patel	Gujarat	630.0	02/01/2022	Alwar, Rajasthan
95	Piyush Suthar	Rajasthan	640.0	29/07/2023	Udaypur,Rajasthan
105	K.Hrithik Sanjay	T.N.	600.0	20/03/2021	Coochbehar
115	Supriya Saha	W.B.	687.5	30/07/2023	Udaypur,Rajasthan
+115	Prayash.S.Dubey	Maharastra	555.0	30/07/2023	Udaypur,Rajasthan

RECORD

Incline Bench Press Record **Jr. Women National Strength Lifting Championships**

Class- Kg	Name	State	Created Record (Kg)	Date	Place
46	Neera	C.G.	55.0	10/6/07	Bandel - W.B.
52	Poonam Dalal	Haryana	60.0	30/03/2019	Phagwara, Punjab
58	KU Ruhini	Chhattisgarh	65.0	23/9/11	Rajhara , C.G.
65	Prerna Rane	Chhattisgarh	70.0	25/9/11	Rajhara , C.G.
72	Pushpa Rani Debi	Manipur	65.0	25/12/12	Hardoi, U.P.
80	Madhuri Rathee	Haryana	55.0	31/03/2019	Phagwara, Punjab
+80	Manali Ahlawat	Haryana	50.0	31/03/2019	Phagwara, Punjab

RECORD

Two Hands Curling Record **Jr. Women National Strength Lifting Championships**

Class- Kg	Name	State	Created Record (Kg)	Date	Place
46	Soma Tarafder	W.B.	35.0	30/5/08	Nagpur
52	Poonam Dalal	Haryana	37.5	30/03/2019	Phagwara, Punjab
58	KU Rahini	Chhattisgarh	37.5	23/9/11	Rajhara , C.G.
65	Chesta Makan	Delhi	40.0	02/01/2022	Alwar, Rajasthan
72	Priyanka Sahu	C.G	37.5	26/12/15	Dalli, Rajahara,C.G
80	Madhuri Rathee	Haryana	32.5	31/03/2019	Phagwara, Punjab
+80	Sheetal Deshmukh	Maharastra	30.0	1/6/08	Nagpur

RECORD
Hacklift Record
Jr. Women National Strength Lifting Championships

Class-Kg	Name	State	Created Record (Kg)	Date	Place
46	Anjana Singh	C.G	152.5	30/03/2019	Phagwara, Punjab
52	Durga	C.G	147.5	26/12/15	Dalli, Rajahara, C.G
58	KU Rahini	Chhattisgarh	157.5	23/9/11	Rajhara , C.G.
65	Rishika Raj	Bihar	160.0	28/07/2023	Udaypur, Rajasthan
72	Reshma. R	Tamil Nadu	162.5	31/03/2019	Phagwara, Punjab
80	Aakansha Meghwani	Rajasthan	135.0	20/03/2021	Coochbehar
+80	Sheetal Deshmukh	Maharastra	150.0	1/6/08	Nagpur

RECORD
Highest Total (T.H.C. + Hacklift)
Jr. Women National Strength Lifting Championships

Class (Kg)	Name	State	Record Created (Kg)	Date	Place
46	S.Gopika	T.N.	282.5	28/07/2023	Udaypur, Rajasthan
52	Rinki Choudhary	Rajasthan	260.0	19/03/2021	Coochbehar
58	Shrijana Subba	Sikkim	312.5	02/01/2022	Alwar, Rajasthan
65	Rishika Raj	Bihar	347.5	28/07/2023	Udaypur, Rajasthan
72	Muskan Das	Sikkim	262.5	20/03/2021	Coochbehar
80	Aakansha Meghwani	Rajasthan	325.0	20/03/2021	Coochbehar
+80	Yashika Sharma	M.P.	342.5	03/01/2022	Alwar, Rajasthan

Sr. Men
Record – Incline Bench Press
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
52	Rankesh Pichurle	Gujarat	95.0	01.01.22	Alwar, Rajasthan
60	R.Murugan	Tamilnadu	120.0	24.02.06	Kalyani W.B.
68	Kumar Pal	Haryana	130.0	18.03.21	Coochbehar
76	Pawan Kr. Kumawat	Rajasthan	137.5	05.05.22	Jabalpur, M.P.
85	Rudra Narayan Sahoo	Odisha	147.5	29/07/2023	Udaypur, Rajasthan
95	Kuldeep Singh yadav	Haryana	170.00	08.08.15	Narnual, Haryana
105	Devendra Singh Shekhawat	Rajasthan	175.0	28.12.19	Udaipur, Rajasthan
115	Vikram Singh Phogat	Haryana	180.0	31.03.19	Phagwara, Punjab
+115	Vikram Singh Phogat	Haryana	207.5	08.05.22	Jabalpur, M.P.

Sr. Men
Record – Two Hands Curling
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
52	Rankesh Pichurle	Gujarat	55.0	01.01.2022	Alwar, Rajasthan
60	R. Murugan	T.N	60.0	24.02.06	Kalyani, W.B.
68	R. Yuvaraj	Tamil Nadu	65.0	18.03.2021	Coochbehar
76	Rahul Sharma	Delhi	72.5	02.01.2022	Alwar, Rajasthan
85	Rahul Sharma	Delhi	80.0	29/07/2023	Udaypur, Rajasthan
95	Yashlohiya	Haryana	77.5	27.12.19	Udaipur, Rajasthan
105	Satender	Haryana	82.50	09.08.15	Narnual, Haryana
115	Vinay Deshwal	Haryana	80.0	08.05.2022	Jabalpur, M.P.
+115	Dhanuk Mansotra	J & K	80.0	31.03.19	Phagwara, Punjab

Sr.Men
Record – Hacklift
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
52	Rankesh Pichurle	Gujarat	220.0	01.01.22	Alwar, Rajasthan
60	R. Murugan	T.N	252.5	24.11.06	Rajara, Chhattishgarh
68	Tanuj Kaushik	Delhi	260.0	18.03.21	Coochbehar
76	Rahul Sharma	Delhi	325.0	01.01.22	Alwar, Rajasthan
85	Rahul Sharma	Delhi	310.0	28/07/2023	Udaypur, Rajasthan
95	Debang Shah	Gujarat	300.0	27.09.18	Hardoi, U.P.
105	Vinay Deswal	Haryana	325.0	19.03.21	Coochbehar
115	Vinay Deshwal	Haryana	322.5	08.05.22	Jabalpur, M.P.
+115	Rashpal Singh	Punjab	300.0	26.01.15	Phagwara Punjab

Sr. Men
Record – Highest Total (Two Hands Curling + Hack Lift)
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
52	G.Rankesh Pichurle	Gujarat	532.5	01.01.22	Alwar, Rajasthan
60	Dinesh Javre	Gujarat	562.5	01.01.22	Alwar, Rajasthan
68	Neel Amrit Tripathi	Jharkhand	595.0	27/07/2023	Udaypur, Rajasthan
76	Rahul Sharma	Delhi	777.5	02.01.22	Alwar, Rajasthan
85	Kuldeep	Haryana	675.0	27.12.19	Udaipur, Rajasthan
95	Yashlohiya	Haryana	702.5	27.12.19	Udaipur, Rajasthan
105	Vinay Deswal	Haryana	795.0	20.03.21	Coochbehar
115	Vinay Deshwal	Haryana	792.5	08.05.22	Jabalpur, M.P.
+115	Mausam Thakar	Gujarat	650.0	28.12.19	Udaipur, Rajasthan

Sr.Women
Record – Incline Bench Press
National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
46	Poonam Dalal	Haryana	60.0	19.03.21	Coochbehar
52	Savita Kumari	Delhi	67.5	19.03.21	Coochbehar
58	Usha	Haryana	70.0	08.06.13	Loharu, Haryana
65	Shesta Makhan	Delhi	67.5	03.01.22	Alwar, Rajasthan
72.	L.Pushpa Rani Devi	Manipur	72.5	24.03.11	Jammu, J & K
80	Suman Rani	Haryana	65.0	30/07/2023	Udaypur, Rajasthan
+80	Edu Tshering Bhutia	Sikkim	72.5	28.09.18	Hardoi, U.P.

Sr.Women
Record – Two Hands Curling
National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
46	Poonam Dalal	Haryana	35.0	19.03.21	Coochbehar
52	Poonam Dalal	Haryana	37.5	30.03.19	Phagwara, Punjab
58	Usha	Haryana	40.0	08.06.13	Loharu, Haryana
65	Krishna Kumari	Haryana	42.5	30/07/2023	Udaypur, Rajasthan
72	Neelam Singh	Haryana	45.0	08.05.22	Jabalpur, M.P.
80	Jogmaya Mallik	W.B.	35.0	28.02.09	Jammu, J & K
+80	Riya Upadhyay	Gujarat	42.5	30/07/2023	Udaypur, Rajasthan

Sr.Women

Record – Hacklift

National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
46	Manju	Chhattisgarh	160.0	26.12.15	Dalli, Jajhara, C.G
52	Manju	Chhattisgarh	165.0	27.09.18	Hardoi, U.P.
58	Krishna Kumari	Haryana	170.0	08.05.22	Jabalpur, M.P.
65	Krishna Kumari	Haryana	180.0	30/07/23	Udaypur,Rajasthan
72	Neelam Singh	Haryana	200.0	08.05.22	Jabalpur, M.P.
80	Anjani	Haryana	160.0	08.05.22	Jabalpur, M.P.
+80	Riya Upadhyay	Gujarat	175.0	30/07/23	Udaypur,Rajasthan

Sr. Women

Record – Highest Total (Two Hands Curling + Hack Lift)

National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
46	Poonam Dalal	Haryana	292.5	19.03.21	Coochbehar
52	Mahak Yadav	Rajasthan	312.5	07.05.22	Jabalpur, M.P.
58	Krishna Kumari	Haryana	397.5	08.05.22	Jabalpur, M.P.
65	Krishna Kumari	Haryana	430.0	30/07/23	Udaypur,Rajasthan
72	Neelam Singh	Haryana	405.0	03.01.22	Alwar, Rajasthan
80	Anjani	Haryana	372.5	08.05.22	Jabalpur, M.P.
+80	Riya Upadhyay	Gujarat	415.0	30/07/23	Udaypur,Rajasthan

Master Men
Record – Incline Bench Press
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
60	Lal Singh	Haryana	100.0	01.01.22	Alwar, Rajasthan
68	Rajesh Rana	Gujarat	120.0	26.09.18	Hardoi, U.P.
76	Rajesh Rana	Gujarat	117.5	27.12.19	Udaipur, Rajasthan
85	Vikram Rajpurohit	Haryana	140.0	29/07/23	Udaypur, Rajasthan
95	Biswajit Saha	W.B.	160.0	08.05.22	Jabalpur, M.P.
+95	Parveen Solanki	Delhi	160.0	28.12.19	Udaipur, Rajasthan

Master Men
Record – Two Hands Curling
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
60	Lal Singh	Haryana	50.0	01.01.22	Alwar, Rajasthan
68	B.Yuvraj	T.N.	62.5	27/07/23	Udaypur, Rajasthan
76	Jagadish Rangrej	Gujarat	65.0	17.12.04	Thiruvallur T.N
85	Vikram Rajpurohit	Haryana	67.5	29/07/23	Udaypur, Rajasthan
95	Naresh Kumar	Haryana	77.5	29/07/23	Udaypur, Rajasthan
+95	Naresh Kumar	Haryana	75.0	02.01.22	Alwar, Rajasthan

Master Men
Record – Hacklift
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
60	Lal Singh	Haryana	185.0	27/07/23	Udaypur,Rajasthan
68	Rajesh Rana	Gujarat	220.0	26.09.18	Hardoi, U.P.
76	Mukesh Kumar	Rajasthan	235.0	01.01.22	Alwar, Rajasthan
85	Manish Rana	Gujarat	260.0	27.12.19	Udaipur, Rajasthan
95	Naresh Kr. Goyal	Rajasthan	275.0	29/07/23	Udaypur,Rajasthan
+95	Naresh Kr. Goyal	Rajasthan	235.0	08.05.22	Jabalpur, M.P.

Master Men
Record – Highest Total (Two Hands Curling + Hack Lift)
National Strengthlifting Championships

Class Men (Kg)	Name	State	Created Record (Kg)	Date	Place
60	Lal Singh	Haryana	460.0	27/07/2023	Udaypur,Rajasthan
68	Rajesh Rana	Gujarat	527.5	18.03.21	Coochbehar
76	Mukesh Kumar	Rajasthan	590.0	01.01.22	Alwar, Rajasthan
85	Manish Rana	Gujarat	622.5	19.03.21	Coochbehar
95	Naresh Kr. Goyal	Rajasthan	615.0	29/07/2023	Udaypur,Rajasthan
+95	Sumit Mukherjee	W.B.	570.0	30/07/2023	Udaypur,Rajasthan

Master Women
Record – Incline Bench Press
National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
58	Reshma Bhutia	Sikkim	47.5	02.01.22	Alwar, Rajasthan
65	B.Amudha Suganthi	T.N.	62.5	08.05.22	Jabalpur, M.P.
72	Sarita Saini	Rajasthan	45.0	30/07/23	Udaypur, Rajasthan
80	Rekha Sarkar	W.B.	50.0	20.03.21	Coochbehar
+80	Yogesh Choudhary	Haryana	70.0	20.03.21	Coochbehar

Master Women
Record – Two Hands Curling
National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
58	Kajal Das	Tripura	32.5	28.12.19	Udaipur, Rajasthan
65	B.Amudha Suganthi	T.N.	37.5	08.05.22	Jabalpur, M.P.
72	Bishnu Maya Limboo	Sikkim	32.5	28.12.19	Udaipur, Rajasthan
80	Rekha Sarkar	W.B.	30.0	20.03.21	Coochbehar
+80	Yogesh Choudhary	Haryana	40.0	20.03.21	Coochbehar

Master Women
Record – Hack Lift
National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
58	Sangita Parmar	Gujarat	100.0	27/07/23	Udaypur, Rajasthan
65	B.Amudha Suganthi	T.N.	170.0	08.05.22	Jabalpur, M.P.
72	Varsha Rajpurohit	Haryana	142.5	30/07/23	Udaypur, Rajasthan
80	Varsha Rajpurohit	Haryana	100.0	08.05.22	Jabalpur, M.P.
+80	Yogesh Choudhary	Haryana	167.5	20.03.21	Coochbehar

Master Women
Record – Highest Total (Two Hands Curling + Hack Lift)
National Strengthlifting Championships

Class Women (Kg)	Name	State	Created Record (Kg)	Date	Place
58	Sangita Parmar	Gujarat	237.5	28/07/23	Udaypur, Rajasthan
65	B.Amudha Suganthi	T.N.	407.5	08.05.22	Jabalpur, M.P.
72	Varsha Rajpurohit	Haryana	342.5	30/07/23	Udaypur, Rajasthan
80	Varsha Rajpurohit	Haryana	235.0	08.05.22	Jabalpur, M.P.
+80	Yogesh Choudhary	Haryana	405.0	20.03.21	Coochbehar

Sr. Physically Challenged Men
Record – Incline Bench Press

National Incline Bench Press Championships

Class Sr. Men Handicapped (Kg)	Name	State	Created Record (Kg)	Date	Place
52	S. Gopi	Tamil Nadu	85.0	28.07.17	Guwahati, Assam
60	Devanand Yadav	C.G	122.54	05/01/18	Washim, Maha
68	Md. Gouse B.K	Karnataka	115.0	29.03.19	Phagwara, Punjab
76	Dharamveer Singh	C.G	132.5	06/01/18	Washim, Maha
85	Karibasappa. G	Karnataka	102.5	27.12.19	Udaipur, Rajasthan
+85	Mohd Nadeem	Punjab	150.0	07/01/18	Washim, Maha

Sr. Physically Challenged Women
Record – Incline Bench Press

National Incline Bench Press Championships

Class Sr. Women Handicapped (Kg.)	Name	Unit	Created Record (Kg)	Date	Place
52	Bismilla. B. Mulla	Karnata	27.5	30.03.2019	Phagwara, Punjab
58	Deo Kunwar Thakur	C.G	27.5	24/09/2011	Dalli, Rajhara, C.G