

Body Building

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2000

SENIOR NATIONAL CHAMPIONSHIP-GUJRAT

- | | |
|---------------------|---------------------------|
| 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.)

- | | |
|---------------------|---------------------------|
| 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

- | | |
|---------------------|---------------------------|
| 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.

- | | |
|---------------------|-----|
| 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.

- | | |
|-----------------------|---------------------------|
| 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 | Ist in 85-90 Kg Weight |
| 5.CT.Narinder Singh | 3rd in Above 90 Kg Weight |

2001

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

1.ASI.Manjit Singh Ist
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

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

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

1.CT-II Daljit Singh Ist 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

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

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

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

2002

MASTER INDIA (40+AGE) CHAMPIONSHIP-JAIPUR FROM 5TH TO 7TH

1.Behari Lal 2nd in Above 70 Kg Weight

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

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

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

1.C-II Dljit Singh 1st 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 1st in 75 to 85 Kg Weight
5.CT.Manjit Singh 3rd in 75 to 85 Kg Weight
6.CT.Jagdish Kumar 1st 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.

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

1.HC.Dljit Singh Team Secured second Postion

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

1.HC.Daljtit Singh 1st in 65 Kg Weight
2.CT.Som Raj 1st in 85 Kg Weight
3.HC.Bihari Lal 1st in 75 Kg Weight
4.CT.Jagjit Singh 1st 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

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

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

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

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

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

2003

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

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

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)	6th 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

1.HC.Daljit Singh	Ist 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

1.HC.Daljit Singh	Ist 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-GOA FROM 27TH FEB.TO 2ND MARCH-2003

1.HC.Daljit Singh	Ist in 65 Kg Weight
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NATIONAL BODY BUILDING CHAMPIONSHIP-KARNATKA FORM 24TH TO 26TH JAN.2003

1.HC.Daljit Singh	Ist in 65 Kg Weight
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4TH SOUTH ASIAN BODY BUILDING CHAMPIONSHIP-GOA FROM 27TH FEB.TO 2ND MARCH-2003

1.HC.Daljit Singh	Ist in 65 Kg Weight
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SENIOR ASIAN BODY BUILDING CHAMPIONSHIP-KAZAKHSTAN FROM 25th TO 29th SEP.2003

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

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

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 CHAMPIONSHIP-BHUBNESHWAR(ORRISA)
FROM 30TH TO 31ST DEC.2003.

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

2004

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

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

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.

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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.

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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.

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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)

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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.

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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.

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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

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

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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

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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

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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

Body Building

62<sup>nd</sup> World Men Body Building Amateur Championship held at Manama, Kingdom of Bahrain from 03.11.08 to 07.11.08

- 1. Ct. Hira Lal              Participation

Punjab State Body Building Championship held at Ludhiana on 25.01.2009

- 1. Ct. Davinder Singh      3rd