



Commonwealth Power Lifting Competition

Why In News?

Recently, Kriti Raj Singh of Patna district of Bihar has brought laurels to Bihar and the country by winning six gold medals in the Sub-Junior Commonwealth Power Lifting Competition held in New Zealand.

Key Points

- Kriti won the Under **18 57 kg**. Won the victory in three events of the weight category. Kriti won one gold each in Row Band Press and Equate Bench Press and **95 kg** in Hole Power Lifting. Captured four gold medals by lifting weights.
- Earlier in July, Kriti had won **three bronze** medals in the National Sub-Junior Power Lifting Competition held in Hyderabad.
- Kriti Raj Singh, a resident of Bada Hasanpur village in Khusrupur block of Patna district, is a first-year physical education student from Rani Laxmibai Physical Education College in Guwahati. His father Lalan Singh Yadav is an ordinary farmer.
- Kriti Raj said that she started taking interest in sports since school time. It sought help from many big leaders to move forward but there was only assurance everywhere. IPS Pankaj Raj helped him with Rs 1 lakh.

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