



## First IPS Officer to Win Gold at Commonwealth Powerlifting

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In an extraordinary accomplishment, **IPS officer Anita Roy**, the **Senior Superintendent of Police (SSP) in Puducherry**, has become the first IPS officer to **secure a gold medal** at the **Commonwealth International Classic Bench Press Competition, 2024**.

### ▪ About:

- The championships took place in **Sun City, South Africa** in **October 2024**.
- It is **organised by the Commonwealth Powerlifting Federation** and is **affiliated with the International Powerlifting Federation**.
- Its **aim is to foster and promote high-quality, drug-free powerlifting events** at the Commonwealth International level.

### ▪ The International Powerlifting Federation (IPF):

- It is the global governing body for the sport of powerlifting. **Established in 1972**, the IPF includes **member federations from over 100 countries**.
- It is officially recognized by the [General Association of International Sports Federations](#).

**Read More:** [Formation of Powerlifting Association in Palamu](#)

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