



Commonwealth Power Lifting Competition

Why In News?

Recently, **Muskan Sheikh of Shivpuri district** of Madhya Pradesh has brought glory to Madhya Pradesh and the country by winning four gold medals in the Sub-Junior Commonwealth Power Lifting Competition held in New Zealand.

Key Points

- Muskan lifted **105 kg in ascot lifting, 57.5 kg in bench press and 120 kg in dead lifting** and after topping all three categories, she also got gold medal for total weight count.
- 18-year-old Muskaan Sheikh, a resident of Majhera, a small village in Shivpuri district, has been preparing for powerlifting since 2016. Earlier, Muskaan had tried her luck in hand ball but after facing a problem with the preparations in the village, she got inclined towards weight lifting.
- Muskan participated in the stage handball competition for the first time in 2016. After this, she has played nationals in the year 2017-18-19. Her father Dara Mohammad runs a poultry farm business.

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