



Shailendra and Tushar Won Gold and Silver Medals Respectively

Why in News?

- Bhopal's powerlifters Shailendra Sevatia and Tushar Kadam won gold and silver medals by performing brilliantly in the Senior Asian Powerlifting Competition held in Coimbatore from June 17 to 21, 2022.

Key Points

- In the 74 kg weight class of the competition, Shailendra Sevatia won the squat event with 280 kg. , 185 kg in benchpress and 275 kg in deadlift. Thus, he lifted a total weight of 740 kg to give the country a gold medal.
- Similarly, 66 kg of the competition. In the weight category, Bhopal's power lifter Tushar Kadam won 240 kg in squat, 155 kg in bench press. and 230 kg in the deadskit event, thus making a total of 625 kg. Won silver medal for the country by lifting weights.

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