



Aastha of Lucknow Became a Strong Woman and Arya Became a Strong Man.

Why In News?

According to information received from the media on September 19, 2023, Aastha Strong Woman and Arya Strong Man of Lucknow became the Senior National Powerlifting Championship held in Tata Nagar (Jamshedpur), Jharkhand.

Key Points:

- Aastha Singh, a female member of the Uttar Pradesh team, performed brilliantly and won the title of Strong Woman, while Arya Singh achieved this feat among men and won the title of Strong Man.
- Nirale Khan of Uttar Pradesh was given the title of 'Strong Man of India' in the senior category and sub-junior category.
- It is known that the Senior and Sub Junior National Powerlifting Championship was organized between 9 to 12 September.
- In this championship, Uttar Pradesh captured the trophy by winning a total of 31 medals. This includes 15 gold, 10 silver and 6 bronze medals. In this, Mukul Chaurasia and Savita Singh of Lucknow won bronze medals.



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