



DISCIPLINE: Weightlifting

Event: +109kg

Date of Birth: 01/10/1995

Hometown: Khanna, Punjab

Training Base: NS NIS Patiala

Coach: Vijay Sharma

Background: (Few background points about the athlete)

Gurdeep started Weightlifting from Khanna district of Punjab in the year 2010. His father who is a farmer, pushed him into Weightlifting primarily to keep his son active and not just spend all day doing nothing.

His first coach in khanna recognised Gurdeep as a prospect in the sport and recommended Indian team Head Coach Mr. Vijay Sharma to induct him in the National camp.

Gurdeep joined the Indian National Camp in the year 2015 and a person who merely started the sport to keep him busy is the top talent in Weightlifting for India in Heavy weight category.

Achievement:

- 1. 2021 Commonwealth Senior Championship Bronze Medalist**
- 2. 2017 Commonwealth Championship Bronze Medalist**

Key Government Interventions:

April 2022 30 days Shilaru High altitude training, 2017 Commonwealth championship camp in USA & Melbourne, 2018 CWG Melbourne camp

Equipment Support:No

Foreign/ Support Staff:

Vijay Sharma: Head Coach

Sandip Kumar: Coach

Pramod Sharma: Coach

A.P. Dathan: Coach

Vijay Rohilla: Coach

Anil Kumar: Coach

S Sathish Kumar: Coach

Nogender Singh: Coach

Hariyali Barot: Physiotherapist

Amit Sahu: Physiotherapist

Ramakrishna Bansiwal: Masseur
Lovepreet Kaur: Masseuse
Kala Singh: Masseur

Days in National Coaching Camp: 9 Months

Funding:

ACTC	TOPS	OPA
25,63,336	NA	NA