



DR MAJIZIYA BHANU ABDUL MAJEED

Entrepreneur, Powerlifter, Arm Wrestler, Dental Surgeon

INTRO

Dr.Majiziya Bhanu, a World Champion powerlifter from Kerala, India, is shattering stereotypes in the world of strength sports. Not only is she a highly decorated athlete, but she also challenges societal expectations by competing while wearing a hijab. Bhanu's journey, from a young girl who harbored a passion for strength to a world champion, is an inspiring story of dedication, resilience, and the unwavering pursuit of one's dreams.

Born and raised in a middle-class Muslim family in Orkkatteri to Abdul Majeed, a businessman, and Razia Majeed, a housewife.

Her academic journey began at Iringal Islamic Academy and continued at the Government Vocational Higher Secondary School. Driven by her passion for both academics and athletics, Majiziya also pursued a degree in dentistry (BDS) at Mahe Institute of Dental Sciences.

Her dedication and perseverance have not only propelled her to the pinnacle of powerlifting on the global stage but have also made her a role model for aspiring athletes in India and beyond.





HONORS & AWARDS

Majiziya's awards span various levels of competition, showcasing her versatility and prowess across multiple disciplines within strength sports. She has consistently demonstrated her elite capabilities at the international level by securing medals in some of the most prestigious powerlifting and arm wrestling championships worldwide.

Her victories not only bring pride to her nation but also symbolize breaking stereotypes and empowering women in sports.

In addition to her international successes, Majiziya has dominated national and state competitions, earning numerous gold medals and titles that affirm her dominance in powerlifting and arm wrestling in India.

Her awards reflect her relentless hunt for excellence and her ability to inspire others with her journey.

INTERNATIONAL LEVEL

- Silver Medal, Asian Powerlifting Championship (May 2017)
- Silver Medal, Asian Classic Powerlifting Championship (Deadlift, December 2017)
- Gold Medal, Powerlifting World Cup (December 2018)
- Gold Medal, World Deadlift Championship (December 2018)
- Best Lifter Award, Powerlifting World Cup (December 2018)
- Gold Medal, Powerlifting World Cup (December 2019)
- 6th Rank, World Arm Wrestling Championship (October 2018)
- Best Lifter Award, World Powerlifting Association's World Cup (2020)





NATIONAL AND STATE LEVEL

- Gold Medal, National Unequipped Powerlifting Championship (March 2017)
- Gold Medal, National Arm Wrestling Championship (May 2018)
- Gold Medal, Kerala State Arm Wrestling Championship (April 2018)
- Gold Medal, All Kerala Interclub Powerlifting Championship (December 2017)
- Gold Medal, Kerala State Powerlifting Championship (August 2017)
- Gold Medal, Kerala State Unequipped Powerlifting Championship (February 2017)
- Strong Woman of Kerala 2017 (February 2017, July 2017)
- Gold Medal, Women's Model Physique (Miss Kerala Fitness and Fashion 2018)
- Gold Medal, Kerala State Bench Press Championship (February 2018)
- Best Lifter of the Year 2018 (Alappuzha, Kerala)





**42ND NATIONAL ARM WRESTLING
CHAMPIONSHIP 09-14 MAY, 2018, LUCKNOW.**



DIPLOMA

INDIAN ARMWRESTLING FEDERATION AWARDS

For Winning

First

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55 Kg. Women





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INDIAN POWERLIFTING FEDERATION

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
& Indian Olympic Association



Certificate of Honour

This is to certify that Sri/ Ms. Majiziya Bhanu
of Kerala has secured Second Place
in the Open 52Kg. weight class at
the Classic National Powerlifting Championships
held at Jammu during 21st March to 24th March 2017

★ **NATIONAL RECORD** ★

Body Weight.....51.....Kg

KILOGRAMS LIFTED

Squat.....100.....Kg

Bench Press.....55.....Kg

Dead Lift.....135.....Kg

04-09 DECEMBER 2017 ALAPPUZHA, KERALA - INDIA

ORGANIZED BY : ASIAN POWERLIFTING FEDERATION



EDUCATION

Majiziya Bhanu's educational journey reflects her dedication not only to her athletic career but also to her academic pursuits.

Hailing from Orkkatteri, Vadakara, in Kozhikode district, Kerala, Majiziya didn't let her athletic dreams overshadow her academic aspirations. She meticulously balanced the demands of rigorous training and competition schedules with her academic commitments. This juggling act speaks volumes about her exceptional time management skills and unwavering commitment to personal growth.

HIGHER EDUCATION

Determined to pursue a professional career, Majiziya enrolled at the Mahe Institute of Dental Sciences to study dentistry. She successfully graduated with a Bachelor of Dental Surgery (BDS) degree. Despite the rigorous demands of her dental studies, she managed to excel academically while simultaneously achieving remarkable success in powerlifting and arm wrestling.

EXTRACURRICULAR INTERESTS

Majiziya's interest in sports began during her college years when she initially took up boxing. This passion soon shifted to powerlifting, where she discovered her true calling. Her ability to juggle a challenging academic curriculum with a demanding sports career is a testament to her dedication and resilience.



EMPOWERMENT

Majiziya aims to integrate her academic knowledge with her passion for sports by setting up a multi-disciplinary academy. This academy will focus on martial arts, powerlifting, arm-wrestling, and bodybuilding, with a special emphasis on empowering girls and women.

Her goal is to create a space where young athletes can pursue their dreams while receiving a holistic education, combining physical training with academic and personal development.

Majiziya Bhanu's educational journey is a shining example of how one can achieve excellence in multiple fields through hard work and determination. Her story is an inspiration to many, showing that with the right balance and perseverance, it is possible to excel both academically and athletically.





CURRENT POSITION

Majiziya Bhanu is a certified dentist and continues to compete in powerlifting and arm wrestling at national and international levels.

Majiziya blends her medical expertise with her athletic pursuits. As a certified dentist, she applies the same dedication and precision in her dental practice as in her rigorous training and competition routines.

Her role as a dentist is not just a profession but evidence of her commitment to serving her community and maintaining a balanced career.

CERTIFIED DENTIST

Majiziya practices dentistry, providing essential dental care and services to her patients. Her education from the Mahe Institute of Dental Sciences has equipped her with vast knowledge and skills in dental surgery.

She is known for her careful attention to detail, compassionate patient care, and strong ethical approach to her practice. Balancing her demanding career in dentistry with her training schedule showcases her remarkable time management and dedication.



ATHLETIC ACHIEVEMENTS

In addition to her dental career, Majiziya continues to compete in powerlifting and arm wrestling at national and international levels. She has achieved significant milestones, including winning gold medals and earning the title of the strongest woman in Kerala multiple times.

Her participation in competitions while wearing a hijab has made her a symbol of empowerment and perseverance, inspiring many young women to pursue their dreams despite societal and cultural barriers.

COMMUNITY ENGAGEMENT AND ADVOCACY

Majiziya is actively involved in community engagement and advocacy, promoting fitness, health, and empowerment among women. She aims to set up a multi-disciplinary academy focusing on martial arts, powerlifting, arm wrestling, and bodybuilding, emphasizing empowering girls and women.

This academy will provide a platform for young athletes to receive holistic training and education, encouraging them to pursue their passions and excel in their chosen fields.

FUTURE ASPIRATIONS

Looking ahead, Majiziya plans to expand her influence and contributions in the medical field and sports. She envisions a future where she can continue to break barriers and set new standards of excellence for herself and future generations.

Her dedication to her dual careers as a dentist and an athlete underscores her belief in the power of hard work, resilience, and unwavering commitment to one's goals.

Majiziya Bhanu's current position as a certified dentist and a competitive athlete exemplifies her versatility and determination. Her ability to excel in both arenas highlights her exceptional skills and dedication, making her an inspiring figure for many.



PREVIOUS POSITION

Majiziya Bhanu's journey to becoming a celebrated powerlifter and arm wrestler started with a surprising detour. Unlike many in her field, she wasn't immediately drawn to weights.

Instead, her college years were filled with the thrill of boxing, the fast-paced world of jabs and footwork. This early foray into athletics wasn't just a hobby; it laid the groundwork for her future successes. In the ring, Majiziya honed her resilience, pushing herself to her limits and learning to bounce back from setbacks.

She also developed exceptional hand-eye coordination and the kind of core strength that would become crucial assets in powerlifting and arm wrestling. This initial phase of her athletic career wasn't just about punches and footwork but about building the foundation for a champion.



EARLY ATHLETIC INTERESTS

Majiziya Bhanu's foray into the world of sports began with boxing, a discipline that captured her interest during her college years. Driven by a passion for the sport, she immersed herself in rigorous training and dedicated countless hours to improving her skills.

However, despite her enthusiasm and dedication, she faced significant challenges that tested her resolve.

While her journey in boxing was marked by challenges, it also laid a strong foundation for her future endeavors in sports. Majiziya's experience in overcoming adversity and pushing the boundaries of what was possible for women in sports inspired her to explore other athletic pursuits.

This led her to discover powerlifting, where she eventually achieved remarkable success, becoming a World Champion powerlifter.

TRANSITION TO POWERLIFTING

In 2016, Majiziya Bhanu made a significant shift in her athletic journey, transitioning from boxing to powerlifting after attending a boxing class in college. This pivotal moment redirected her focus towards a sport that emphasizes maximal strength across three main lifts: the squat, bench press, and deadlift.

Powerlifting proved to be an ideal fit for Majiziya's capabilities, complementing her natural strength and competitive drive. Majiziya's new direction in powerlifting allowed her to harness her physical prowess in a rewarding way. She embraced the sport's challenges and opportunities, setting her sights on achieving excellence.

Her competitive spirit, combined with her dedication to rigorous training and technique refinement, propelled her to the forefront of the powerlifting community.



INITIAL COMPETITIONS AND TRAINING

Majiziya Bhanu's entry into powerlifting was marked by rigorous training and a series of local competitions that laid the foundation for her illustrious career. Her journey began with dedicated training sessions, where she honed her strength and technique under the guidance of experienced coaches.

Her debut at the Kozhikode District Powerlifting Championship in July 2016, where she demonstrated her potential and commitment to the sport. Participating in early competitions such as the Kozhikode District Powerlifting Championship gave an invaluable experience and exposure.

Each event refined her technique, identified areas for improvement, and understood the nuances of competitive powerlifting. These experiences were crucial in building her mental and physical resilience, essential traits for any athlete aiming for the top.

BREAKTHROUGH AND RECOGNITION

By 2017, Majiziya Bhanu's dedication to powerlifting began to pay off significantly. Her rigorous training and unwavering commitment to the sport led her to participate in numerous state and national competitions, where she quickly made a name for herself in the powerlifting community.

Her standout performances didn't go unnoticed. Majiziya's exceptional strength and skill earned her recognition as a formidable competitor. One of her most notable achievements during this time was being named the strongest woman in Kerala by the Kerala State Powerlifting Association.

Her consistent performance and dedication laid a strong foundation for her journey ahead. Each competition she entered and excelled in served as a stepping stone, building her reputation and setting the stage for her future international achievements.

INSPIRATION AND MOTIVATION

Majiziya Bhanu's decision to pursue powerlifting was driven by her desire to challenge societal norms and inspire women globally. The sight of Muslim women competing in hijabs deeply moved her, reinforcing her determination to embrace powerlifting wholeheartedly.

By choosing to compete while wearing a hijab, Majiziya made a bold statement about her identity and beliefs, highlighting her commitment to both her sport and her faith. This choice not only set her apart in competitions but also served as a powerful message of empowerment and representation.

Her journey challenged stereotypes and encouraged women, especially from her community, to pursue their dreams with confidence and pride, demonstrating that athletic excellence and cultural identity can coexist harmoniously. Thus making her an idol for many



SUPPORT AND MENTORSHIP

Throughout her early powerlifting career, Majiziya Bhanu received unwavering support and encouragement from her family and mentors.

Her then-fiancé (now husband), Nour Ahmad Kohan Alizaey, played a pivotal role in her journey. He showed her the vast possibilities that lay ahead and inspired her to pursue her passion with determination and confidence.

In addition to Nour, Majiziya's family and mentors provided a solid foundation of support. They understood the unique challenges she faced as a Muslim woman in a traditionally male-dominated sport and stood by her as she broke stereotypes and barriers.

Their collective support played an instrumental role in her success, helping her to stay motivated and resilient through the ups and downs of her athletic career.

CONTINUED GROWTH AND DEVELOPMENT

Majiziya Bhanu's journey from boxing to powerlifting is a testament to her relentless pursuit of excellence and her ability to adapt and overcome challenges. Each competition and training session played a crucial role in her growth and development.

These formative years were not just about honing her physical abilities but also about building a mindset geared towards resilience and determination. Majiziya's transition from boxing to powerlifting wasn't merely a change in sport; it was a significant shift that required her to adapt to different techniques, training regimens, and competitive environments.

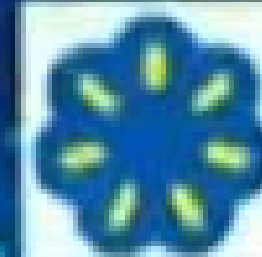
Her success stands as a powerful message to aspiring athletes, particularly women, about the importance of perseverance and the strength found in embracing one's unique identity and journey.



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Majiziya Bhanu has shattered stereotypes and broken barriers by competing in powerlifting and arm wrestling while wearing a hijab. Majiziya's decision to compete while wearing a hijab is a powerful statement of her identity and beliefs, demonstrating that traditional attire is no barrier to achieving excellence in sports.

Looking to the future, Majiziya plans to establish a multi-disciplinary academy that will offer training in martial arts, powerlifting, arm wrestling, and bodybuilding. This academy will place special emphasis on empowering girls and women, providing them with the skills, confidence, and support needed to succeed in these sports.

By creating this inclusive space, Majiziya aims to foster a new generation of female athletes who can carry forward her legacy of breaking barriers and achieving greatness. Her initiative is set to provide opportunities for girls and women to thrive in a supportive and encouraging environment, ultimately contributing to a more inclusive and empowered community.

Through this endeavor, Majiziya Bhanu continues to inspire and uplift, championing the cause of women's empowerment and setting a remarkable example for others to follow.

CONCLUSION

In a world where representation matters, Majiziya Bhanu's accomplishments serve as a beacon of hope and possibility. She embodies the spirit of perseverance and the belief that with hard work and dedication, any obstacle can be overcome.

Her legacy will continue to inspire and motivate, proving that barriers are meant to be broken and that true strength lies in staying true to oneself while striving for greatness. Majiziya's story is not just about sports; it's about the power of the human spirit to transcend boundaries and inspire change.