



# GOA UNIVERSITY

Sports Section  
Taleigao Plateau Goa 403 206  
Tel: 8669609018/8669609075.

## REPORT OF INTER COLEGIATE POWERLIFTING CHAMPIONSHIP 2022-2023

Game/Sport organised	<b>Power Lifting (Men)</b>
Venue	Jubilee Hall, Goa University
Date of competition	23 <sup>th</sup> & 24 <sup>th</sup> August 2022
Number of teams Registered	34
Number of colleges participated	34
Number of team's withdrawal	0
Winner	<b>Govind Ramnath Kare College of Law, Margao</b>
Runner	<b>St. Xavier's College, Mapusa</b>
Third	<b>Dnyanprassarak Mandal's College and Research Center, Assagao</b>



## **Overall observation**

### **KARE COLLEGE OF LAW WINS INTER COLLEGIATE POWER LIFTING CHAMPIONSHIP 2022-23.**

Govind Ramnath Kare College of Law, Margao won the Inter Collegiate Power Lifting Men's Championship 2022-23 held from 25<sup>th</sup> to 27<sup>th</sup> August, 2022, organized by Goa University at Jubilee hall, Taleigao Plateau. St. Xavier's College, Mapusa claimed the Runners up position and Dnyanprassarak Mandal's College and Research Center, Assagao finished third.

Shivan Mohite of S.R.I.E.I.T, Shiroda won 'Strongest Man of Goa University' Title. Sourabh Raikar had a body weight of 72.40 Kgs and his total performance in Squats, Bench Press and Dead Lift was 615 Kgs.

Chief Guest for the presentation ceremony Lt. Aniket Kerkar, College Director of Physical Education and Sports, Ganapat Parsekar College of Education, Arambol and Guest of Honour Mr. Dayanand Harmalkar, Coach, Sports Authority of Goa and Mr. Mahesh Kavlekar, Coach, Sports Authority of Goa graced the occasion and presented trophies to the winners.

## **EVENT WISE RESULTS**

### **Upto and including 59 kgs:**

1<sup>st</sup> Rajat Gadekar [445kg (190kg +75kg+190kg)] D.M.C.R, Assagao; 2<sup>nd</sup> Alton Almeida [370kg (140kg +75kg+155kg)]; 3<sup>rd</sup> Avishkar Haldankar [360kg (130kgs +90kg+140kg)] G.E.C, Farmagudi

### **Upto and including 66 Kgs:**

1<sup>st</sup> Sohan Naik [555kg (200kgs +115kg+240kg)] St. Xavier's College, Mapusa; 2<sup>nd</sup> Gitesh Kambli [460kg (185kg +85kg+190kg)] D.M.C.R, Assagao; 3<sup>rd</sup> Ram Naik [450kg (160kg +100kg+190kg)] Kare College of Law, Margao

### **Upto and including 74kgs**

1<sup>st</sup> Shivam Mohite [615kg (245kg +110kg+260kg)] S.R.I.E.I.T, Shiroda; 2<sup>nd</sup> Purnanand Dessai [430kg (135kg +85kg+210kg)] Govt. College, Quepem; 3<sup>rd</sup> Astle D'Souza [425kg (160kg +80kg+185kg)] C.E.S College, Cuncolim.

### **Upto and including 83 kgs**

1<sup>st</sup> Mohammad Kabeer Khan [547kg (190kg +107kg+250kg)] St. Xavier's College, Mapusa; 2<sup>nd</sup> Tanay Dessai [521kg (210kg +96kg+215kg)] Narayan Zantye College, Bicholim; 3<sup>rd</sup> Darren Coutinho [508kg (195kg +113kg+200kg)] Shree Damodar College, Margao

### **Upto and including 93 kgs**

1<sup>st</sup> Tejas Parsekar [512kg (210kg +86kg+216kg)] Govt. College, Quepem; 2<sup>nd</sup> Gautam Naik [505kg (170kg +110kg+225kg)] Fr. Agnel College, Pilar; 3<sup>rd</sup> Nandkishor Dessai [460kg (175kg +75kg+210kg)] G.E.C, Farmagudi

### **Upto and including 105kgs**

1<sup>st</sup> Atul Kumar [482kg (180kg +107kg+195kg)] Kare College of Law, Margao; 2<sup>nd</sup> Vedank Dessai [465kg (175kg +80kg+210kg)] Shree Damodar College, Margao; 3<sup>rd</sup> Aryan Satardekar [465kg (180kg +90kg+195kg)] D.M.C.R. Assagao

**Upto and including 120kgs**

1<sup>st</sup> Shivam Gurav [517kg (220kg +102kg+195kg)] Kare College of Law, Margao; 2<sup>nd</sup> Abhishek Parab [508kg (200kg +98kg+210kg)] Sridora Caculo College, Mapusa; 3<sup>rd</sup> Vernon Braganza [395kg (140kg +75kg+180kg)] G.V.M.'s G.G.P.R. College, Farmagudi

**Above 120 kgs**

1<sup>st</sup> Anish Chodankar [312kg (100kg +60kg+152kg)] Sridora Caculo College, Mapusa; 2<sup>nd</sup> Manish Warang [290kg (100kg +60kg+130kg)] D.M.C.R. Assagao; 3<sup>rd</sup> Shane Marquis [280kg (80kg +60kg+140kg)] D.B.C, Panjim

**Protest/In-discipline if any**

Report submitted by: \_\_\_\_\_

Asst. Sports Officer-II

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Asst. Director of Physical Education and Sports





Shivan Mohite of S.R.I.E.I.T, Shiroda - 'Iron Man of Goa University



Winner: Dnyanprassarak Mandal's College and Research Center, Assagao





Runner's-Up: G. R. Kare College of Law, Margao