



GOA UNIVERSITY

Sports Section
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REPORT OF INTER COLEGIATE POWERLIFTING CHAMPIONSHIP 2022-2023

Game/Sport organised	Power Lifting (Women)
Venue	Jubilee Hall, Goa University
Date of competition	12 th to 14 th September, 2023,
Number of teams Registered	29
Number of colleges participated	29
Number of team's withdrawal	0
Winner	V.M. Salgaonkar College of Law, Miramar and Don Bosco College, Panjim
Third	P.E. S's Ravi S. Naik College of Arts& Science, Farmagudi Nirmala Institute of Education, Altinho; Goa College of Architecture,Altinho; Parvatibai Chowgule College of Arts & Science, Margao; Carmel College for Women, Nuvem; GVM's Gopal Govind Poy Raiturcar College of Commerce and Economics, Farmagudi.



Overall observation

V.M. SALGAONKAR COLLEGE OF LAW AND DON BOSCO COLLEGE WINS 1ST GOA UNIVERSITY'S INTER COLLEGIATE POWERLIFTING WOMEN CHAMPIONSHIP 2023-24.

V.M. Salgaonkar College of Law, Miramar and Don Bosco College, Panjim were the joint winner at the 1st Inter Collegiate Power Lifting Women's Championship 2023-24 held from 12th to 14th September, 2023, organized by Goa University at Jubilee hall, Taleigao Plateau. Third position was shared between six colleges that are P.E.S's Ravi S. Naik College of Arts & Science, Farmagudi; Nirmala Institute of Education, Altinho; Goa College of Architecture, Altinho; Parvatibai Chowgule College of Arts & Science, Margao; Carmel College for Women, Nuvem; and GVM's Gopal Govind Poy Raiturcar College of Commerce and Economics, Farmagudi.

Prof. Vishnu S. Nadkarni, Registrar, Goa University inaugurated and declared the championship open.

Aivanna J.A. Dmello of Parvatibai Chowgule College of Arts & Science, Margao won 'Strongest Women of Goa University' Title. Aivanna D'Mello had a body weight of 59.1 Kg and his total performance in Squats, Bench Press and Dead Lift was 327.5 Kg.

Chief Guest for the presentation ceremony Dr. Ashok M. Chodankar, Controller of Examination, Goa University along with Mr. Balachandra B. Jadar, Asst. Director of Physical Education and Sports, Goa University graced the occasion and presented trophies to the winners.

EVENT WISE RESULTS

Upto and including 47 Kg:

1st Swati Naik [217.5Kg (75 Kg + 37.5 Kg +105 Kg)] P.E.S. R.N.S College, Farmagudi; 2nd Aditi Fadte [200 Kg (67.5Kg +40Kg+92.5Kg)] P.G. Goa University; 3rd Vaibhavi Ugadekar [195 Kg (72.5Kgs +30Kg+ 92.5Kg)] Dhempe College, Miramar.

Upto and including 52 Kg:

1st Sweta Pashupatihal [232.5Kg (82.5Kgs +37.5Kg+112.5Kg)] Nirmala Institute of Education, Altinho; 2nd Lakshada Shirodkar [230Kg (82.5Kg +42.5Kg+105Kg)] Kare College of Law, Margao; 3rd Disha D. Gawas [225Kg (77.5Kg +37.5Kg+110Kg)] St. Xavier's College, Mapusa.

Upto and including 57 Kg

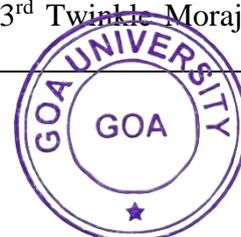
1st Shradha Kambli [252.5Kg (95Kg +40Kg+117.5Kg)] G.C. Architecture, Altinho; 2nd Dielle Almeida [235Kg (80Kg +35Kg+120Kg)] St. Xavier's College, Mapusa; 3rd Diksha Chawdhari [220Kg (77.5Kg +37.5Kg+105Kg)] Don Bosco College, Panjim.

Upto and including 63 Kg

1st Aivanna J.A. Dmello [327.5Kg (122.5Kg +60Kg+145Kg)] Parvatibai Chowgule College, Margao; 2nd Snela M. Almeida [255Kg (90Kg +50Kg+115Kg)] St Xavier's College, Mapusa; 3rd Kate Fernandes [255Kg (95Kg +45Kg+115Kg)] Kare College of Law, Margao

Upto and including 69Kg

1st Tishea Fernandes [292.5Kg (122.5Kg +50Kg+120Kg)] Carmel College, Nuvem; 2nd Joviette Moniz [255Kg (90Kg +37.5Kg+127.5Kg)] G.C. Home Science, Panjim; 3rd Twinkle Morajkar [240Kg (85Kg +40Kg+115Kg)] St. Xavier's College, Mapusa



Upto and including 76Kg

1st Alma Soreng [290 Kg (110Kg +52.5Kg+127.5Kg)] GVM's College, Farmagudi; 2nd Shannia Gracias [242.5Kg (82.5Kg +47.5Kg+112.5Kg)] P.G. Goa University; 3rd Ishwari Vernekar [235Kg (95Kg +30Kg+110Kg)] V.M.S. College of Law, Miramar

Upto and including 84 Kg

1st Tanuja Kunkolkar [270 Kg (112.5 Kg +35 Kg+122.5 Kg)] Don Bosco Colleg, Panjim; 2nd Janise Dias [265Kg (100 Kg +45Kg+120Kg)] Shree Damodar College, Margao; 3rd Anupretti Raj [257.5Kg (112.5Kg +32.5Kg+112.5Kg)] Rosary College, Navelim

Above 84 Kg

1st Iram Khatri [315Kg (130Kg +60Kg+125Kg)] V.M.S. College of Law, Miramar; 2nd Siya Narvekar [300Kg (115Kg +60Kg+125Kg)] Govt. College, Quepem; 3rd Shravni Ubale [287.5Kg (117.5Kg +45Kg+125Kg)] D.B.C.E, Fatorda.

Protest/In-discipline if any

Report submitted by: 
Asst. Sports Officer-I

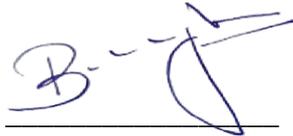

Asst. Director of Physical Education and Sports





Photo 1: - V.M. Salgaonkar College of Law, Miramar and Don Bosco College, Panjim – Joint Winners



Photo 2: - Aivanna J.A. Dmello of Parvatibai Chowgule College of Arts & Science, Margao winner of 'Strongest Women of Goa University' Title.



Photo 3: - Glimpses



Photo 4: - Glimpses