



# GOA UNIVERSITY

Sports Section  
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## REPORT OF INTER COLEGIATE POWERLIFTING CHAMPIONSHIP 2022-2023

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



## **Overall observation**

### **V.M. SALGAONKAR COLLEGE OF LAW AND DON BOSCO COLLEGE WINS 1<sup>ST</sup> 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 12<sup>th</sup> to 14<sup>th</sup> 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:**

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

#### **Upto and including 52 Kg:**

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

#### **Upto and including 57 Kg**

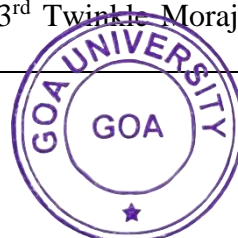
1<sup>st</sup> Shradha Kambli [252.5Kg (95Kg +40Kg+117.5Kg)] G.C. Architecture, Altinho; 2<sup>nd</sup> Dielle Almeida [235Kg (80Kg +35Kg+120Kg)] St. Xavier's College, Mapusa; 3<sup>rd</sup> Diksha Chawdhari [220Kg (77.5Kg +37.5Kg+105Kg)] Don Bosco College, Panjim.

#### **Upto and including 63 Kg**

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

#### **Upto and including 69Kg**

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



**Upto and including 76Kg**

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

**Upto and including 84 Kg**

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

**Above 84 Kg**

1<sup>st</sup> Iram Khatri [315Kg (130Kg +60Kg+125Kg)] V.M.S. College of Law, Miramar; 2<sup>nd</sup> Siya Narvekar [300Kg (115Kg +60Kg+125Kg)] Govt. College, Quepem; 3<sup>rd</sup> 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

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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