GOA UNIVERSITY

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

REPORT OF INTER COLEGIATE POWERLIFTING CHAMPIONSHIP 2022-2023

Game/Sport organised	**Power Lifting (Men)**
Venue	Jubilee Hall, Goa University
Date of competition	09th to 11th August 2023
Number of teams Registered	34
Number of colleges participated	34
Number of team's withdrawal	0
Winner	**St. Xavier's College, Mapusa**
Runner-up	**Shree Damodar College of Commerce and Economics, Margao**
Runner-up	**Sridora Caculo College of Commerce and Management Studies.**
Strongest Man	**Sohan Naik of St. Xavier's College, Mapusa**

Overall observation

ST. XAVIER'S COLLEGE WINS INTER COLLEGIATE POWER LIFTING MEN CHAMPIONSHIP 2023-24.

St. Xavier's College, Mapusa won the Inter Collegiate Power Lifting Men's Championship 2023-24 held from 9 th to 11 th August, 2023, organized by Goa University at Jubilee hall, Taleigao Plateau. Runner's Up position was shared between VVM's Shree Damodar College of Commerce and Economics, Margao and Sridora Caculo College of Commerce & Management Sudies.

Sohan Naik of St. Xavier's College, Mapusa won 'Strongest Man of Goa University' Title. Sohan Naik had a body weight of 64.80 Kg and his total performance in Squats, Bench Press and Dead Lift was 595 Kg.

Chief Guest for the presentation ceremony Shri Sachin Sambhaji, Officiating Deputy Registrar (Admin.), 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 59 Kg:
1st : Rajat Gadekar [545Kg (225 Kg +95 Kg +225 Kg)] D.M.C.R, Assagao; 2nd : : Alton Almeida [422Kg (155Kg +87Kg+180Kg)] Shree Damodar College, Margao; 3rd Mayuresh Kurlapkar [372.5Kg (135Kgs +72.5Kg+165Kg)] D.M.C.R, Assagao.

Upto and including 66 Kg:
1st Sohan Naik [595Kg (220Kgs +120Kg+255Kg)] St. Xavier's College, Mapusa; 2nd: Kayden Fernandes [500Kg (190Kg +120Kg+190Kg)] Rosary College, Navelim; 3rd Mayuresh Govekar [452.5Kg (172.5Kg +97.5Kg+182.5Kg)] A.I.T.D, Assagao.

Upto and including 74 Kg
1st : Darren Coutinho [557.5 Kg (220 Kg +122.5 Kg+215 Kg)] Shree Damodar College, Margao;
2nd : Jesuesly Rodrigues [525Kg (200 Kg +90Kg+235Kg)] Rosary College, Navelim; 3rd:
Vinaykumar Kushwaha [485Kg (190Kg +95Kg+200Kg)] Vidya Prabodhini College, Porvari.

Upto and including 83 Kg
1st : Bhasker Gain [680Kg (270Kg +130Kg+280Kg)] D.B.C.E, Fatorda; 2nd : Brad Beck [487.5Kg (170Kg +97.5Kg+220Kg)] St. Xavier's College, Mapusa; 3rd: Manthan Dessai [475Kg (170Kg +80Kg+225Kg)] Govt. College, Quepem.

Upto and including 93 Kg
1st : Tanay Dessai [580Kg (250Kg +100Kg+230Kg)] Narayan Zantye College, Bicholim; 2nd : Juel Sarkar [570Kg (215Kg +130Kg+225Kg)] S.S.A's Govt. College, Pernem; 3rd: Aryan Satardekar [520Kg (190Kg +102.5Kg+227.5Kg)] D.M.C.R. Assagao

Upto and including 105Kg
1st Rudresh Kamat [562.5Kg (210Kg +130Kg+225.5Kg)] PES R. & T. B College of Pharmacy, Ponda; 2nd : Abhishek Parab [545Kg (217.5Kg +102.5Kg+225Kg)] Sridora Caculo College, Mapusa; 3rd: Mohak Dhuri [520Kg (185Kg +110Kg+225Kg)] St. Xavier's College, Mapusa

Upto and including 120Kg
1st : Vaibhav Pai [602.5 Kg (250Kg +137.5Kg+215Kg)] A.I.T.D, Assagao; 2nd : Saish S. Shetkar [480Kg (180Kg +90Kg+210Kg)] St. Xavier's College, Mapusa; 3rd: Yash Gad [385Kg (135Kg +60Kg+190Kg)] D.M.C.R. Assagao

Above 120 Kg
1st : Anish Chodankar [385Kg (142.5Kg +67.5Kg+175Kg)] Sridora Caculo College, Mapusa; 2nd : Harshvardhan Dessai [382.5Kg (142.5Kg +70Kg+170Kg)] G. R. Kare College of Law, Margao; 3rd: Vernon Braganza [370Kg (120Kg +70Kg+180Kg)] GVM's GGPR College of Commerce & Economics Ponda

Protest/In-discipline if any

Report submitted by: _____
                        Asst. Sports Officer-I

_____
Asst. Director of Physical Education and Sports

Photo 1: St. Xavier's College, Mapusa - Winners

Photo 2: D.M's College and Research Center, Assagao and Shree Damodar College of Commerce and Economics, Margao- Joint Runners Up

Photo 3: Sohan Naik of St. Xavier's College, Mapusa winners of 'Strongest Man of Goa University' Title