

## **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<sup>th</sup> to 11<sup>th</sup> 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 Studies.

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:**

1<sup>st</sup> Rajat Gadekar [545Kg (225 Kg +95 Kg +225 Kg)] D.M.C.R, Assagao; 2<sup>nd</sup> Alton Almeida [422Kg (155Kg +87Kg+180Kg)] Shree Damodar College, Margao; 3<sup>rd</sup> Mayuresh Kurlapkar [372.5Kg (135Kgs +72.5Kg+165Kg)] D.M.C.R, Assagao.

#### **Upto and including 66 Kg:**

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

#### **Upto and including 74 Kg**

1<sup>st</sup> Darren Coutinho [557.5 Kg (220 Kg +122.5 Kg+215 Kg)] Shree Damodar College, Margao; 2<sup>nd</sup> Jesusly Rodrigues [525Kg (200 Kg +90Kg+235Kg)] Rosary College, Navelim; 3<sup>rd</sup> Vinaykumar Kushwaha [485Kg (190Kg +95Kg+200Kg)] Vidya Prabodhini College, Porvari.

#### **Upto and including 83 Kg**

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

**Upto and including 93 Kg**

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

**Upto and including 105Kg**

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

**Upto and including 120Kg**

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

**Above 120 Kg**

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