



SPORTS SECTION

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PRESS NOTE

GOA UNIVERSITY INTER COLLEGIATE POWERLIFTING (MEN) CHAMPIONSHIPS 2025-26.

GOVERNMENT COLLEGE OF ARTS, SCIENCE & COMMERCE, QUEPEM & PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE, MARGAO JOINTLY WINS INTER COLLEGIATE POWERLIFTING MEN CHAMPIONSHIP.

Government College of Arts, Science & Commerce, Quepem and Parvatibai Chowgule College of Arts & Science, Margao jointly won the Inter Collegiate Powerlifting Men Championship 2025-2026, organized by Goa University at Silver Jubilee Hall, Goa University Campus. Third place was won by Padre Conceicao College of Engineering, Verna.

Arif karadi from Fr. Agnel College of Arts & Commerce, Pilar won the 'Strongest Men' title 2025-2026.

Chief Guest for the presentation ceremony Dr. Manoj Hede, College Director of Physical Education & Sports, Govind Ramnath Kare College of Law, Margao along with Mr. Balachandra B. Jadar, Asst. Director of Physical Education and Sports, Goa University graced the occasion and presented trophies to the winners.

The Results:

Upto & including 59 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|--------------------|--------------------|-------|--------|-------------|----------|
| Gold | Jesus Joseph | G.C Quepem | 430 | 155 | 65 | 210 |
| Silver | Artur Da Costa | S. Damodar | 430 | 190 | 67.5 | 172.5 |
| Bronze | Sanskar kunkalekar | P.G.Goa University | 415 | 145 | 70 | 200 |

Upto & including 66 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|----------------|----------------------|-------|--------|-------------|----------|
| Gold | Arif Karadi | Fr. Agnel College | 520 | 200 | 100 | 220 |
| Silver | Ashton Pereira | G.E.C. farmagudi | 445 | 167.5 | 87.5 | 190 |
| Bronze | Brendon Sawant | St. Xavier's College | 440 | 140 | 90 | 210 |

Upto & including 74 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|----------------------|----------------------|-------|--------|-------------|----------|
| Gold | Devesh Gaonkar | G.C. Quepem | 525 | 195 | 102.5 | 227.5 |
| Silver | Rohit Gop | P.G. Goa University | 525 | 187.5 | 102.5 | 235 |
| Bronze | Ronaldinho Fernandes | St. Xavier's College | 497.5 | 180 | 107.5 | 210 |

Upto & including 83 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|-------------------|----------------------|-------|--------|-------------|----------|
| Gold | Risbern Fernandes | P.C.C.E, Verna | 577.5 | 200 | 115 | 262.5 |
| Silver | Vedant Morje | St. Xavier's College | 555 | 220 | 115 | 220 |
| Bronze | Swayam Naik | V.M Salgaocar Law | 545 | 235 | 90 | 220 |

Upto & including 93 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|------------------|-------------------|-------|--------|-------------|----------|
| Gold | Marc Souza | V.M Salgaocar law | 580 | 215 | 100 | 265 |
| Silver | Cezan Thammnaine | P.C.C.E Verna | 535 | 190 | 115 | 230 |
| Bronze | Sparsh kole | S. Caculo | 497.5 | 180 | 107.5 | 210 |

Upto & including 105 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|------------------|------------------|-------|--------|-------------|----------|
| Gold | Astle D'Souza | G.R. Kare law | 507.5 | 167.5 | 105 | 235 |
| Silver | Khushal Khairnar | V.M. Hospitality | 505 | 180 | 120 | 205 |
| Bronze | Sujay Volvoikar | G.E.C Farmagudi | 420 | 155 | 90 | 175 |

Upto & including 120 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|---------------|---------------------|-------|--------|-------------|----------|
| Gold | Pushpraj Naik | P. Chowgule College | 580 | 240 | 100 | 240 |
| Silver | Sairaj Patil | Goa Dental College | 545 | 215 | 110 | 220 |
| Bronze | Shanoy Lemos | Rosary College | 430 | 170 | 90 | 170 |

Above 120 Kgs:

| Place | Name | College | Total | Squats | Bench Press | Deadlift |
|--------|------------------|---------------------|-------|--------|-------------|----------|
| Gold | Melysunn Reeves | P. Chowgule College | 525 | 215 | 110 | 200 |
| Silver | Saish Shetye | St. Xavier's Mapusa | 512.5 | 185 | 90 | 237.5 |
| Bronze | Shubhankar Desai | Agnel Institute | 512.5 | 195 | 87.5 | 230 |

(Mr. Balachandra B. Jadar)**Date:16/01/2026**

**Asst. Director of Phy. Edn. & Sports,
Goa University**