



## SPORTS SECTION

Tel: 8669609018/8669609075

Email: [sports@unigoa.ac.in](mailto:sports@unigoa.ac.in)

### 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	Sanskarsunkalekar	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**