



SPORTS SECTION

Tel: 8669609018/8669609075

Email: sports@unigoa.ac.in

PRESS NOTE

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

V.M. SALGAOCAR COLLEGE OF LAW, MIRAMAR WINS INTER COLLEGIATE POWERLIFTING WOMEN CHAMPIONSHIP.

V.M. Salgaocar College of Law, Miramar won the Inter Collegiate Powerlifting Women Championship 2025-2026, organized by Goa University at Silver Jubilee Hall, Goa University Campus. Runners-Up position was jointly won by Parvatibai Chowgule College of Arts & Science, Margao & Don Bosco College, Panjim.

Rajashree Pednekar from Dempo Charities Trust's Srinivassa Sinai Dempo College of Commerce. & Economics. Cujira, Bambolim won the 'Strongest Women' title 2025-2026.

Chief Guest for the presentation ceremony was prof. Sunder Dhuri, Registrar, Goa University and Guest of Honor Dr. K.S. Rao, Assist. Prof. V.M Salgaocar college of Law & 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.

New Records: total 3 records were broken.

- 1. Upto & including 57 Kgs:** Rajashree Pednekar, S.S. Dempo College with total performance of 307.5 kgs.
- 2. Upto & including 84 Kgs:** Sakshi Haldakar from V. M Salgaocar College of Law with a performance of 342.5 kgs
- 3. Above 84 kgs:** Iram Khatri from V.M Salgaocar College of law with a performance of 370 Kgs.

The Results:

Upto & including 47 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Pushpa Vishwakarma	Don Bosco, Panjim	222.5	80	32.5	110
Silver	Saakshi Kinlekar	Rosary College	210	75	35	100
Bronze	Blazia Rebello	Rosary College	197.5	70	27.5	100

Upto & including 52 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Khushi Nambiar	Shree Damodar	252.5	90	45	117.5
Silver	Gauri Shetgaonkar	St. Xavier's College	250	80	40	130
Bronze	Blesszendra Carvalho	G.C. Quepem	247.5	97.5	37.5	112.5

Upto & including 57 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Rajashree Pednekar	S.S. Dempo College	307.5	117.5	47.5	142.5
Silver	Lakshada Shirodkar	G.R. Kare College	275	115	50	110
Bronze	Elita Coelho	St. Xavier's College	210	77.5	42.5	90

Upto & including 63 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Siya Naik	P.E.S. Pharmacy	292.5	110	47.5	135
Silver	Eva Fernandes	P. Chowgule College	262.5	95	50	117.5
Bronze	Simran Sawant	Vidya Prabodhini	242.5	80	37.5	125

Upto & including 69 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Tishea Fernandes	P. Chowgule college	280	117.5	55	107.5
Silver	Vaishnavi Girap	M.E.S. College	255	90	40	125
Bronze	Joyce Martins	Agnel Institute	245	80	45	120

Upto & including 76 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Durva Salgaonkar	Vidya Prabodhini	290	117.5	47.5	125
Silver	Priti Kalmankar	V. M. Salgaocar	275	105	42.5	127.5
Bronze	Nilaya Dessai	Shree Damodar	270	95	45	130

Upto & including 84 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Sakshi Haldankar	V. M Salgaocar Law	342.5	127.5	60	155
Silver	Joviette Moniz	Don Bosco Panjim	307.5	110	47.5	150
Bronze	Anushka Naik	G. College Quepem	275	100	55	120

Above 84 Kgs:

Place	Name	College	Total	Squats	Bench Press	Deadlift
Gold	Iram Khatri	V.M. Salgaocar Law	370	180	60	130
Silver	Anfleia Pereira	Rosary College	300	110	60	130
Bronze	Arya Narvekar	V.M.S Hospitality	270	110	40	120


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

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