

# गोंय विद्यापीठ

ताळगांव पठार,

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(Accredited by NAAC)

## Goa University

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### SPORTS SECTION

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### PRESS NOTE

## **DON BOSCO COLLEGE WINS GOA UNIVERSITY'S INTER COLLEGIATE POWERLIFTING WOMEN CHAMPIONSHIP 2024-25.**

Don Bosco College, Panjim wins Goa University's Inter Collegiate Power Lifting Women's Championship 2024-25 held from 10<sup>th</sup> to 12<sup>th</sup> December, 2024, organized by Goa University at Jubilee hall, Taleigao Plateau. Second position was shared between VVM's Shree Damodar College of Commerce & Economics, Margao and V.M. Salgaocar College of Law, Miramar.

Ms. Swati Naik from Don Bosco College, Panjim won 'Strongest Women of Goa University' Title. Swati Naik had a body weight of 47.00 Kgs and her total performance in Squats, Bench Press and Dead Lift was 255 Kgs.

Chief Guest for the presentation ceremony Mr. Prasad Naik, Assit. Engineer in Goa University Engineering & Technical division 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 47 Kg:**

1<sup>st</sup> Swati Naik [total-255 kgs, (102Kg + 42.5 Kg +110 Kg)]BW-47.00]- Don Bosco College, Panjim.

2<sup>nd</sup> Pushpa Vishwakarma [total-215 kgs, (77.5Kg + 32.5 Kg +105 Kg) BW-40.3]-Vidya Prabodhini college, Porvorim.

3<sup>rd</sup> Sara Prinson [Total- 215 Kgs, (72.5Kg + 32.5 Kg +110 Kg) BW-47.00]-Dhempe College, Miramar.

#### **Upto and including 52 Kg:**

1<sup>st</sup> Lakshada Shirodkar [total-262.5 kgs, (97.5Kg + 45 Kg +120 Kg) BW- 50.7]-G.R. Kare College of Law, Margao.

2<sup>nd</sup> Kushi Nambiar [total-210 kgs, (75Kg + 35 Kg +100 Kg) BW-50.9]-Shree Damodar College, Margao.

3<sup>rd</sup> Shweta Basbire [total-202.5, (80Kg + 40 Kg +82.5 Kg)BW-51.6]-Don Bosco College, Panjim.

#### **Upto and including 57 Kg**

1<sup>st</sup> Olfi Furtardo [total-242.5 kgs, (82.5Kg + 45 Kg +115 Kg) BW-55.4]-C.E.S College, Cuncolim.

2<sup>nd</sup> Gratel Fernandes [total-225 kgs, (85Kg + 40 Kg +100 Kg) BW-55.9]-Rosary College, Navelim.

3<sup>rd</sup> Eva Fernandes [total-215 kgs, (80Kg + 37.5 Kg +97.5 Kg) BW-56.0] P.Chowgule College, Margao.

#### **Upto and including 63 Kg**

1<sup>st</sup> Agnes Fernandes [total-300 kgs, (120Kg + 45 Kg +35 Kg) BW-62.8]-Don Bosco College, Panjim.

2<sup>nd</sup> Rajashree Pednekar [total-260, (92.5Kg + 45 Kg +122.5 Kg) BW-60.1]-S.S. Dempo College, Cujira.

3<sup>rd</sup> Kalpita Naik [total-222.5, (87.5Kg + 40 Kg +95 Kg) BW-57.3]-Rosary College, Navelim.

#### **Upto and including 69Kg**

1<sup>st</sup> Snela Almeida [total-292.5 kgs, (115Kg + 57.5 Kg +120 Kg) BW-64.5]-St. Xavier's College, Mapusa.

2<sup>nd</sup> Tishea Fernandes [total-260 kgs, (107.5Kg + 50 Kg +102.5 Kg) BW-68.5]-Carmel College, Nuvem.

3<sup>rd</sup> Swena Dias [Total-255 kgs, (90Kg + 32.5 Kg +132.5Kg)BW-68.9]-Dhempe College, Miramar.

#### **Upto and including 76Kg**

1<sup>st</sup> Alma Soreng [327.5 Kg, (130Kg + 55 Kg +42.5 Kg) BW-75.2]-GVM's College, Farmagudi;

2<sup>nd</sup> Durva Salgaonkar [total-255 kgs, (100Kg + 40 Kg +115 Kg) BW-74.4]-Vidya Prabodhini College, Porvorim.

3<sup>rd</sup> Jade Pereira [total-227.5 kgs, (85Kg + 37.5 Kg +105 Kg) BW-75.6]-St. Joseph Vaz College.

#### **Upto and including 84 Kg**

1<sup>st</sup> Senalda Gonsalves [total -300 kgs, (110Kg + 55 Kg +135 Kg) BW-77.5]-Shree Damodar College, Margao.

2<sup>nd</sup> Priti Kalmankar [Total-255 kgs, (90Kg + 37.5 Kg +127.5 Kg) BW-78.7]-V.M. Salgaocar College of Law.

3<sup>rd</sup> Sankrita Naik [Total-252.5 kgs, (90Kg + 42.5 Kg +120 Kg) BW-83.9]-Ganpat Parsekar College, Harmal.

### Above 84 Kg

1<sup>st</sup> Iram Khatri [total-360 Kg, (160Kg + 65 Kg +135 Kg) BW-89.2]- V.M.S. College of Law, Miramar.

2<sup>nd</sup> Shravani Ubale [total-290 kgs, (115Kg + 50 Kg +125 Kg) BW-94.4]-Don Bosco College Engineering, Fatorda.

3<sup>rd</sup> Bhuvneshwari Barigheid [total-280 kgs, (120Kg + 40Kg +120Kg) BW-100.5]- Vidya Prabodhini College, Porvorim.



Date: 13/12/2024

(Mr. Balachandra B. Jadar)  
Asst. Director of Phy. Edn. & Sports,  
Goa University



ICC 2024-25 Powerlifting Women Winners Don Bosco College



**ICC 2024-25 Powerlifting Women joint Runners Up VMS Law**



**ICC 2024-25 Powerlifting Women joint Runners Up Shree Damodar College**



**ICC 2024-25 Powerlifting Women Iron Women Winners Swati of Don Bosco College**