

BSES Powerlifting Competition 7/12/2021

Introduction

The Student Council of Sports and Exercise Science held its first Powerlifting Competition for students of D.Y. Patil University on December 7th, 2021. The event took place at Tendulkar Middlesex Academy Gym, Navi Mumbai, from 10 a.m. to 5 p.m. The referees were Mr. Sagar Gawankar, Mr. Ajay Gawade and Mr. Soutrik Kar.

Objectives

- Gain experience for conducting a competitive event.
- Awareness of powerlifting and its relation with exercise science.

Content

The event started off with a welcome speech to the referees and participants by the host, Siddhant Gadge, followed by the power lifts in the order - Squats, Bench Press and Deadlift. 24 participants from different weight categories showed immense strength by performing all three lifts. One of the referees Mr. Sagar Gawankar also performed the benchpress like a true champion which also lifted the motivation at a new level among the participants. Also, the event witnessed a guest lifter, Mr. Aditya Sandu, who performed record lifts of the day.

A team of volunteers as loaders played a crucial role in smooth running of the event. Winners and referees were felicitated at the end of the event.

Referees shared their thoughts about the Raw Powerlifting and the event concluded with a thank you note by the host.

Outcomes

- The organizing team gained experience of conducting a highly competitive event under time constraints and overall management.
- The participants were able to compete in their respective categories and win prizes.

Attendance

SR. No.	Participants present	SR. No.	Participants Present	SR. No.	Name	SR. No.	Name	SR. No.	Name	SR. No.	Name
1	Ajit patil	22	Ronie Biswas	1	Aayush	1	Mr. Ashish Kumar	1	Aafra Batey	1	Prashant Patil
2	Sarthak Pawar	23	Sakib Mulani	2	Darshan	2	Mr. Sagar Gawankar	2	Gandhar Gurav	2	Gaurav Patil
3	Harshit Poojary	24	Yathart Joshi	3	Arjun	3	Mr. Ajay Gawade	3	Daniel	3	Chinmay Jadhav
4	Chris Anto			4	Meet	4	Mr. Soutrik Kar	4	Aditya Sandu	4	Hitesh Narvekar
5	Rahul Chauhan			5	Urvi			5	Omkar Zori	5	Jaydeep
6	Narendraprasad Bhogale			6	Suchit			6	Jaini Gutka	6	Subham Shetty
7	Jaini			7	Karvi			7	Siddhant Gadge	7	Soham Veer
8	Unnati Satre			8	Pranay 1st Year			8	Tishtar Coyaji	8	Shubham Thorat
9	Valbhav Pant			9	Onkar Bhosale			9	Divyansh Dwivedi	9	Hardik Buddhe
10	Aditya Vyas			10	Siddhant Honrao					10	Chinmay Jadhav
11	Honnesh Kamana			11	Bijal					11	Gaurav Patil
12	Rudra			12	Milind					12	Kevin Peter
13	Yash Patil									13	Gaurav Tambe
14	Karvi										
15	Vikrant Kawade										
16	Gaurav Balbudhe										
17	Aaron Aranjo										
18	Prodip Deb										
19	Omkar										
20	Amritpal Singh										
21	Pranay Mankar										
										All Total	58



