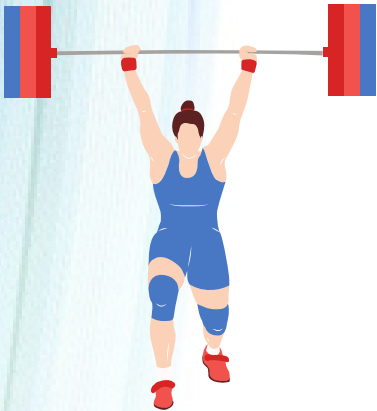




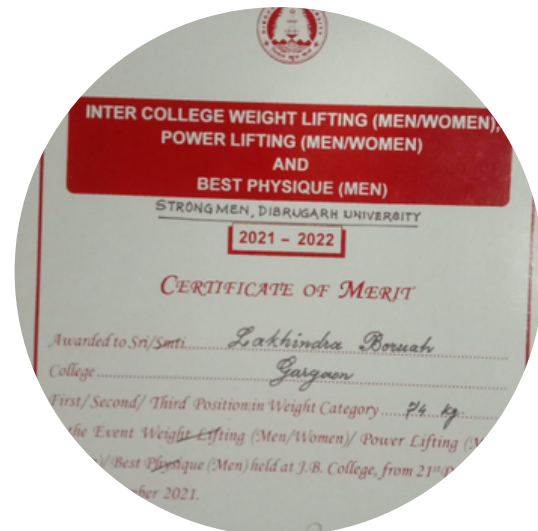
গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE
NAAC accredited with 'B' Grade

**REPORT ON
WEIGHT LIFTING AND POWER LIFTING**





The provision of Weightlifting and Powerlifting at college are two main strength training for students that improvise the quality of their life. The college has a well-equipped gymnasium that facilitates all the required tools and techniques for weightlifting and powerlifting. Annually during college week, the college organizes competitions in weightlifting and powerlifting at different weight categories. A very significant number of students both boys and girls participated in the competitions. In addition to this students of the college won different awards at the state and national level. Mr Lakhindra Boruah won the title of Strongmen of Dibrugarh University in the session 2021-22.



MR. LAKHINDRA BORUAH

STRONGMEN OF DIBRUGARH UNIVERSITY

2021-22



Weightlifting Competition Boys

61 kg Category

1st

Shyamol Rajkonwar

2nd

Abisekh Sahu

3rd

Yuvaraj Gogoi



67 kg Category

1st

Madhurjya Gogoi

2nd

Naruttam Dutta

3rd

Manash Konwar



73 kg Category

1st

Abhijit Bakalial

2nd

Polash Konwar

3rd

Bidyut Buragohain





Weightlifting Competition Boys

96 kg Category

1st

Mridupaban Chetia

2nd

Kaushik Gogoi

3rd

Ankur Gogoi



81 kg Category

1st

Hariprashanna Moran

BEST BOYS' WEIGHTLIFTER OF GARGAON COLLEGE



Mr. Shyamol Rajkonwar
Department of Physics



Weightlifting Competition Girl's

49 kg Category

1st

Prachi Boruah

2nd

Puja Dutta

BEST GIRLS' WEIGHTLIFTER OF GARGAON COLLEGE



VIDEO LINK



Miss Prachi Boruah
Department of Economics





Powerlifting Competition Boys'

53 kg Category

1st

Akash Das

2nd

Baghmin Phukan

3rd

Jyotishman Buragohain

59 kg Category

1st

Shyamol Rajkonwar

2nd

Rupam Gam

3rd

Sahid Hussain

66 kg Category

1st

Arindam Dowarah

2nd

Abhijit Dutta

3rd

Sadique Ishlam Borah



Powerlifting Competition Boys'

74 kg Category

1st

Ispit Phukan

2nd

Mrinmoy Rajkonwar

3rd

Mousam Mohan

83 kg Category

1st

Hariprasanna Moran

2nd

Mridupaban Chetia

93 kg Category

1st

Kaushik Gogoi

2nd

Dhan Hazarika

3rd

Chiranjit Baruah

STRONGMAN OF GARGAON COLLEGE



Shyamal Rajkonwar
Department of Physics



Powerlifting Competition Girls'

47 kg Category

1st

Prachi Boruah

2nd

Rafiza Moran

52 kg Category

1st

Puja Dutta

2nd

Mayuri Bhattacharya

63 kg Category

1st

Smriti Konwar

2nd

Anima Das

3rd

Lijashree Deoghoria

69 kg Category

1st

Kuki Mahanta

2nd

Pari Gogoi



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STRONG WOMAN OF GARGAON COLLEGE



Puja Dutta
Department of Zoology