



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

NAAC accredited with 'B' Grade

REPORT ON GYMNASIUM 2022 – 2023



Garhgaon, Assam, India

Balighat Tiniali, Near SBI ATM, 785685 St

Movie, Balighaat, Garhgaon, Assam 785

Lat 26.926645°

Long 94.741497°

24/01/23 08:36 PM



Brief Description of the Event

In the dynamic world of college powerlifting and weightlifting championships, student-athletes display their strength and skill. Weightlifting highlights the graceful movements of the snatch and clean and jerk, while powerlifting incorporates the squat, bench press, and deadlift. Competitors aim to lift the heaviest loads in their respective weight classes. College campuses utilize these tournaments not only to test physical abilities but also to foster camaraderie among players.

To succeed in these physically demanding strength sports, one must embody dedication, discipline, and technique. During Gargaon College Sports Week, held from January 23 to 28, 2023, an inspiring showcase of Powerlifting and Weightlifting competitions unfolded. The event featured the impressive talents of both boys and girls across various categories on January 24, 2023 (Tuesday). The competition also presented the captivating spectacle of **Mr. Man's Physique & Mr. Gargaon** among the boys.

The event commenced with a formal inauguration by Dr. Sabyasachi Mahanta, the esteemed Principal of Gargaon College. A distinguished panel of judges, including the highly regarded National Players in Powerlifting and Bodybuilding from Assam, Mr. Ananta Handique, and Mr. Jayanta Rajkonwar, added a touch of prestige to the competition.

A total of Sixteen girls and Eighteen boys actively participated in the Powerlifting and Weightlifting competition, while Seven boys showcased their prowess in the Mr. Man Physique & Mr. Gargaon competition. As the competition unfolded, the participants exhibited exceptional skill and determination, and the victors among them emerged to claim well-deserved recognition.



List of Participants Girls (Powerlifting and Weightlifting)

Sl. No.	Name of the participants	Category
1	Shyamolima Saikia	84 kg
2	Barakha Borboruah	76 kg
3	Liza Rshmi Phukan	76 kg
4	Rashmi Phukan	76 kg
5	Shruti Konwar	63 kg
6	Barbie Konwar	60 kg
7	Prashi Baruah	57 kg
8	Sabrina Haque	52 kg
9	Ruhiza Moran	52 kg
10	Niharani Chetia	52 kg
11	Kakumoni Hatimuria	52 kg
12	Sangeeta Konwar	52 kg
13	Jyotirmoni Arandhara	47 kg
14	Arfina Mahmuda Rahman	47 kg
15	Gitashri Tamuli	47 kg
16	Gayatri Gogoi	47 kg

List of Participants Boys (Powerlifting)

Sl. No.	Name of the participants	Category
1	Nupur Rayan Gogoi	120 kg
2	Janardan Dewari	105 kg
3	Hari Prashanna Moran	77 kg
4	Dimpal Mohan	77 kg
5	Shyamal Rajkonwar	62 kg
6	Animesh Buragohain	62 kg



List of Participants Boys (Weightlifting)

Sl. No.	Name of the participants	Category
1	Diganta Das	93 kg
2	Dhun Hazarika	93 kg
3	Hari Prashanna Moran	83 kg
4	Mausam Mohan	74 kg
5	Pritam Singh	74 kg
6	Anindya Pritom Dowarah	74 kg
7	Dimpal Mohan	66 kg
8	Rahul Borah	66 kg
9	Shyamal Raj Konwar	59 kg
10	Animesh Buragohain	53 kg
11	Wasik Jahan	53 kg
12	Sadikuar Ahmed	53 kg

List of Participants Man Physique & Mr. Gargaon

Sl. No.	Name of the participants
1	Bakhistha Chetia
2	Sadik Islam Bora
3	Rajkumar Sharma
4	Shaad Ahmed
5	Mausam Mohan
6	Rupam Gam
7	Pachurjya Gogoi



Results (Powerlifting Girls)

Category 84 kg

Sl. No.	Name of the participants	Result
1	Shyamolima Saikia	1st Gold

Category 76 kg

Sl. No.	Name of the participants	Result
1	Barakha Borboruah	1st Gold
2	Liza Rashmi Phukan	2nd Silver

Category 63 kg

Sl. No.	Name of the participants	Result
1	Shruti Konwar	1st Gold

Category 60 kg

Sl. No.	Name of the participants	Result
1	Barbie Konwar	1st Gold

Category 57 kg

Sl. No.	Name of the participants	Result
1	Prashi Baruah	1st Gold

Category 52 kg

Sl. No.	Name of the participants	Result
1	Ruhiza Moran	1st Gold
2	Niharani Chetia	2nd Silver
3	Kakumoni Hatimuria	3rd Bronze



Results (Weightlifting Girls)

Sl. No.	Name of the participants	Result
1	Prashi Baruah	1st Gold
2	Shyamolima Saikia	2nd Silver
3	Barakha Borboruah	3rd Bronze

BEST LIFTER OF GIRLS' STRONG GIRL OF GARGAON COLLEGE



Miss Prachi Boruah
Department of Economics



Results (Powerlifting Boys)

Category 150 kg

Sl. No.	Name of the participants	Result
1	Nupur Rayan Gogoi	1st Gold

Category 105 kg

Sl. No.	Name of the participants	Result
1	Janardan Dewari	1st Gold

Category 93 kg

Sl. No.	Name of the participants	Result
1	Diganta Das	1st Gold
2	Dhun Hazarika	2nd Silver

Category 83 kg

Sl. No.	Name of the participants	Result
1	Hari Prashanna Moran	1st Gold

Category 74 kg

Sl. No.	Name of the participants	Result
1	Mausam Mohan	1st Gold
2	Pritom Singh	2nd Silver
3	Anindya Pritom Dowarah	3rd Bronze

Category 59 kg

Sl. No.	Name of the participants	Result
1	Shyamal Raj Konwar	1st Gold



Category 53 kg

Sl. No.	Name of the participants	Result
1	Animesh Buragohain	1st Gold
2	Wasik Jahan	2nd Silver
3	Sadikuar Ahmed	3rd Bronze

Results (Weightlifting Boys)

Category 77 kg

Sl. No.	Name of the participants	Result
1	Hari Prashanna Moran	1st Gold
2	Dimpal Mohan	2nd Silver

Category 62 kg

Sl. No.	Name of the participants	Result
1	Shyamal Raj Konwar	1st Gold
2	Animesh Buragohain	2nd Silver

Results (Man Physique)

Sl. No.	Name of the participants	Result
1	Bakhista Chetia	1st Gold
2	Sadik Islam Bora	2nd Silver
3	Rajkumar Sharma	3rd Bronze
4	Shaad Ahmed	4th



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**BEST LIFTER
STRONG MAN OF GARGAON COLLEGE**



Mr. Shyamal Rajkonwar
Department of Physics

**MR MAN PHYSIQUE
MR GARGAON**



Mr. Bakhista Chetia
Department of Botany



PHOTOGRAPHS OF THE EVENT



Video Link
Mr Gargaon Competition



CERTIFICATES OF WINNERS



