



VISAKHA GOVT. DEGREE COLLEGE for WOMEN
EVENT ORGANIZED REPORT
(2016-2017)

Title of the Activity	40th VISAKHA DISTRICT LEVEL POWERLIFTING & BENCH PRESS CHAMPIONSHIP FOR MEN& WOMEN
Date of Activity Organized	30-11-2016
Name of Department	DEPARTMENT OF PHYSICAL EDUCATION
Chairman	Dr. JOHN CORNELIUS, PRINCIPAL, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM
Co-ordinator	Dr. V. SANDHYA RANI, LECTURER IN PHYSICAL EDUCATION,
No.of Participants	43
Programme Report	Registrar Andhra University addressed the gathering along with HOD of AU Dept of PE and or principal. 30 men and 13 women participated and our college won a gold medal, 2 silver medals and 4 bronze medals.
winners	V.Devi J. Neela Veni
Objective of the Activity	POWERLIFTING IS A STRENGTH SPORT THAT CONSISTS OF THREE ATTEMPTS AT MAXIMAL WEIGHT ON THREE LIFTS POWERLIFTING HAS BEEN A PARALYMPIC SPORT

Outcome of the Activity	ONE OF THE PRIMARY GOALS FOR POWERLIFTERS IS TO REDUCE THE RANGE OF MOTION ON THE BENCH PRESS AS MUCH AS POSSIBLE.
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PHOTO GALLERY



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PRINCIPAL
Visakha Govt. Degree College (W)
VISAKHAPATNAM - 20

Circular - 6

28-11-16

Our college is organising
assisted level power lifting & Bench press
Championship for men & women in our
college on 30-11-16. Interested students
are requested to report to physical Director
today evening.

V. Sankararam
Physical Director

V. Sathul
Principal

P. Venkataleshwar I B.Sc

K. Pooja - II B.LM

B. Bhavani III BA

P. Vijaya II B.Sc

H. Hyma III BA

K. Sankar - II B.LM

K. Sankar - II BA

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