



DIRECTORATE OF PHYSICAL EDUCATION & SPORTS
UNIVERSITY OF KASHMIR, HAZRATBAL, SRINAGAR-06.
(NAAC ACCREDITED GRADE A+)

DR. SURJEET SINGH

Greetings,

The Directorate of Physical Education and Sports, University of Kashmir, Hazratbal, Srinagar, welcomes all participating universities to Kashmir, the land of saints and heaven on earth. The Directorate is all geared up to conduct All India Inter-University (Men & Women) Power Lifting Championship for the calendar year 2024-25, w.e.f March 17 to 20, 2025, in a grand success manner. The instructions on this account, are hereby, notified for information of all participating Universities for its utmost adherence:

- 1. Reporting of Teams:** All teams must report to the University of Kashmir, Srinagar at least one day before the competition commences. Late arrivals, if any, must notify the organizing committee in advance.
- 2. Accommodation:** Unfurnished accommodation will be provided at university hostels on a first-come, first-served basis. Teams are required to submit a refundable security deposit amounting to Rs.3000 at check-in. Beddings will be available on rental basis only if participating universities make advance requests.
- 3. Weather:** The weather in Kashmir during March remains cold to moderately chilly, with temperatures ranging between 5°C and 20°C. Participating Universities are advised to carry warm clothing along with.
- 4. Managers' Meeting:** A mandatory Managers' Meeting will be held one day before the competition. The meeting will cover rules, schedules, and other important event details.
- 5. Rules:** The championship will follow International Powerlifting Federation (IPF) and as adopted by Association of Indian Universities (AIU) regulations. Weight categories and lifting techniques will adhere to standard powerlifting norms.
- 6. Organizing Committee Rights:** The Organizing Committee reserves the right to modify the schedule, venue, if necessary. The decisions of the organizing authorities will be final and binding. Any dispute will be resolved by the jury and technical committee subject to submission of protest application half an hour post culmination of competition along with deposition of fee amounting to Rs 2000.
- 8. Discipline:** Participants must maintain discipline and decorum on campus and during the championship. Any misconduct, violence, or violations will result in strict disciplinary action, including disqualification.
- 9. Officiating:** Qualified referees and officials appointed by organizing committee will oversee the event. Decisions made by referees and the technical jury will be final and cannot be challenged in any court of law.
- 10. University Flag:** Each university must bring their official university flag for the inaugural and closing ceremonies.
- 11. Eligibility Proforma in Dadriplets:** Eligibility details must be submitted using the AIU-prescribed Dadriplets format. The list should be verified and signed by the concerned university authorities.
- 12. Identity Cards of Players:** All players must carry their University ID cards and Aadhar cards for verification. Players without proper identification will not be allowed to compete.

DIRECTORATE OF PHYSICAL EDUCATION & SPORTS,
UNIVERSITY OF KASHMIR, HAZRATBAL MAIN CAMPUS SRINAGAR-190006 UT J & K.
Email: directorsports@uok.edu.in



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13. Liquor and Smoking-Free Campus: The University of Kashmir is a strictly liquor and smoking-free campus. Any violation in this regard will lead to immediate disqualification and disciplinary action.

14. Last Date for Detailed Entries: The last date for receipt of detailed entries is February 26, 2025 as per format attached herewith as annexure A

15. How to Reach the University of Kashmir, Hazratbal, Srinagar.

By Air: The nearest airport is Sheikh Ul-Alam International Airport, Srinagar (SXR), approximately 25 km from the university. Regular flights operate from major cities like Delhi, Mumbai, Bangalore, and Chandigarh. From the airport, participants can hire taxis, cabs, or auto-rickshaws to reach the university.

By Train: The nearest railway station is Jammu Tawi Railway Station, located 270 km from Srinagar. From Jammu, participants can take a bus or taxi to Srinagar. The journey takes approximately 6-7 hours via NH44.

By Road: Srinagar is well-connected by road via NH44. Regular JKSTC buses, taxis, and private cabs operate from Jammu, Delhi, and other nearby cities. Deluxe and Volvo buses are also available from Jammu, Chandigarh, and Delhi.

How to Reach University of Kashmir from Dal Gate/TRC, Srinagar

Distance: The distance from Dal Gate/TRC is approximately 8 kms and takes around 15-20 minutes to University of Kashmir, Hazratbal, Srinagar. Taxi, cab, auto-rickshaw, and public buses are readily available from Dal Gate Taxi Stand and frequently operate on the Dal Gate–Hazratbal route.

16. Official WhatsApp Group; All participating universities must join our official WhatsApp group by scanning the QR code provided below. The group will serve as the official communication platform for updates and announcements.

17. For any assistance, call Dr. Harbinder Singh on 9419400301 or check departmental website. <https://dpe.uok.edu.in>

All India InterUniversityPower
Lifting Championship 2024-25.
WhatsApp group



NO.F(Invtation/PL/M/W)KU/25/02

Date: - 18-02-2025

Lawrence
Directorate of Physical Education and Sports

Surjeet Singh
Director

Copy to

- ✓ Dr. Baljeet Singh Seikho Joint Secretary Association of India Universities
- ✓ Dean Academic Affairs /Dean Research/Dean College Development Council/ DSW/University Of Kashmir
- ✓ All Head/ Directors/ Coordinators/Incharges of Various Campuses/ Departments / Research Centers/ Institutes
- ✓ Chief Proctor University of Kashmir
- ✓ SS to HVC for kind information of the HVC
- ✓ PA to Registrar for information to Registrar
- ✓ All concerned

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All India Inter – University Power Lifting (Men & Women Championship 2024-25)
Detailed Entry Form (Men)

1. Name of the Participating University:
2. Name of the Manager:
3. Name of the Coach:

S.No.	Name of the Player	Weight Category
1.		59 KG
2.		66 KG
3.		74 KG
4.		83 KG
5.		93 KG
6.		105 KG
7.		120 KG
8.		120+ KG

Director
Physical Education & Sports

Place



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All India Inter – University Power Lifting (Men & Women Championship 2024-25)
Detailed Entry Form (Women)

1. Name of the Participating University:
2. Name of the Manager:
3. Name of the Coach:

S.No	Name of the Player	Weight Category
1.		47 KG
2.		52 KG
3.		57 KG
4.		63 KG
5.		69 KG
6.		76 KG
7.		84 KG
8.		84+ KG

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