



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

DR. SURJEET SINGH

No.F(Power-Lifting-Trials)DPE&S/KU/25
Dated:- 03-03-2025

NOTICE

The trials for selection of University of Kashmir Power Lifting team (Men/Women) for participation in upcoming All India Inter University Power Lifting Championship 2025 (Men/Women), shall be held from 13th March 2025 (Women) & 14th March 2025 (Men) at 11:00 am onwards.

All Principals of affiliated colleges of University of Kashmir are hereby informed to kindly nominate 01 Power Lifter each (Men & Women) of their respective Colleges as per enclosed weight category for the said trials. Besides, the players must be in proper kit.

Coordinator

Physical Education & Sports

Copy to the:-

- Director, Colleges of Higher Education Deptt. for kind information.
- Nodal Principal, College of Education, M.A Road, Sgr with the request to circulate the said circular among all affiliated College of the University of Kashmir.
- S.S to Vice-Chancellor for kind information of the Hon'ble Vice-Chancellor;
- Assistant Directors for information and necessary action.
- In charge Health Centre with the request to depute medical team along with first aid on the event day.
- P.S. to Registrar for information of the Registrar;
- I/C Store keeper /Head Groundsman/Physiotherapist for information and necessary action.
- File.

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



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Weight Category All India Inter University Power Lifting Championship (Men & Women)

Men	Women
59kgs	47kgs
66kgs	52kgs
74kgs	57kgs
83kgs	63kgs
93kgs	69kgs
105kgs	76kgs
120kgs	84kgs
120+kgs	84+ kgs

Surjeet Singh
Coordinator