



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



NOTICE

Sub: Weight Categories for Inter-College Power Lifting (Men & Women) & Weight Lifting Competitions (Men & Women) 2025-26.

In continuation of the notice No.F(Inter-College-PL-WL -DPE&S)KU/25 dated 08-10-2025, the weight categories for Inter College Power Lifting (Men & Women) and Inter College Weight Lifting competitions (Men & Women) are as follows:

Weight Category			
Power-Lifting Competition		Weight-Lifting Competition	
Men	Women	Men	Women
59kg	47kg	60kg	48kg
66kg	52kg	65kg	53kg
74kg	57kg	71kg	58kg
83kg	63kg	79kg	63kg
93kg	69kg	88kg	69kg
105kg	76kg	94kg	77kg
120kg	84kg	110kg	86kg
+120kg	+84kg	+110kg	+86kg

Note: Kindly nominate 01 Power Lifter each (Men & Women) & 01 Weight Lifter each (Men & Women) of their respective colleges, adhering to the specified weight categories for the said events.


Coordinator

 **Physical Education & Sports**

No.F(Inter-College-PL-WL -DPE&S)KU/25/02
Dated:-10-10-2025

Copy to the:-

- Nodal Principal, College of Education M.A Road, Sgr with the request to circulate the said letter among all affiliated College of the University of Kashmir.
- S.S to Hon'ble Vice-Chancellor for kind information of the Hon'ble Vice-Chancellor.
- Assistant Directors for information and necessary action.
- P.S. to Registrar for kind information of the Registrar.
- File.

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