



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


DR. SURJEET SINGH

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 HODs/Directors/Coordinators of various Departments/Campuses/ Centers are hereby informed to kindly nominate the power lifter of their respective Departments/Campuses (Men & Women) as per enclosed weight category. The nomination shall be submit to the office of the undersigned by or before 12th March 2025.

Coordinator

 Physical Education & Sports

No.F(Nomination-Power-Lifting)DPE&S/KU/25

Dated:- 04-03-2025

Copy to the:-

- All Heads/Directors/Coordinator of various Departments/Campuses/Centres for information and necessary action.
- S.S to Vice-Chancellor for kind information of the Hon'ble Vice-Chancellor;
- Assistant Directors for information and necessary action.
- P.S. to Registrar for 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



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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

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