



DIRECTORATE OF PHYSICAL EDUCATION & SPORTS

UNIVERSITY OF KASHMIR

(NAAC ACCREDITED GRADE "A ++")

HAZRATBAL SRINAGAR, KASHMIR- 190006

Email:directorsports@uok.edu.in

No.F(IC-WL (M&W)) DPE&S/KU/25

Dated: - 03-11-2025

List of the Participants having won medals in Inter-College WEIGHT LIFTING CHAMPIONSHIP - 2025, held at University of Kashmir on 16-10-2025.

(MEN)

(WOMEN)

S. No	Name of the Participant	College	Weight category	Cert. No.	S. No	Name of the Participant	College	Weight category	Cert. No.
1.	Haroon Rashid	G.D.C Beerwah	60kg	2201	1.	Rahila jan	G.D.C Shopian	48kg	2228
2.	Danish Qayoom	G.D.C Beerwah	60kg	2202	2.	Rasika Bashir	Women's College Zakura	53kg	2182
3.	Faisal Rafiq	G.D.C Shopian	60kg	2203	3.	Zeenat Rashid Mir	Postgraduate, UOK	58kg	2206
4.	Umair Manzoor	G.D.C Pampore	65kg	2197	4.	Iflah Riyaz	Women's College Zakura	58kg	2188
5.	Faizan Bilal	G.D.C Shopian	65kg	2196	5.	Innarrat Tariq	Women's College Zakura	69kg	2189
6.	Fuzail Bashir	Islamia College,Sgr.	65kg	2195	6.	Sareer Firdous	Women's College Zakura	69kg	2186
7.	Farzan Rashid	Islamia College,Sgr.	71kg	2200	7.	Asiya Nabi	Women's College Zakura	69kg	2185
8.	Mofeed Ali	G.D.C Pampore	71kg	2199	8.	Mir Aleefa Arshad	Women's College Zakura	86kg	2187
9.	Shahid Khan	G.D.C Shopian	71kg	2198	9.	Iqrah Rashid	G.D.C Shopian	+86kg	2190
10.	Majid Ashraf	Postgraduate, UOK	79kg	2191					
11.	Aqib Rehman	Postgraduate, UOK	79kg	2192					
12.	Mudsair Abdullah	Postgraduate, UOK	79kg	2193					

Signature

S. No	Name of the Participant	College	Weight category	Cert. No.
13.	Tahir Majid	G.D.C Beerwah	88kg	2207
14.	Saqib Rasool	Postgraduate, UOK	88kg	2194
15.	Saqib Ahmed Chirag	G.D.C D.H Pora Kulgam	94kg	2204
16.	Yamin Mushtaq	G.D.C Shopian	102kg	2205


Sports Assistant


Assistant Director


Coordinator
DPE&S