

Date: 16/10/2019

Report on 20th VTU Single Zone Intercollegiate Weight Lifting(M & W) & Best Physique Competition 2019-20

The **Visvesvaraya Technological** University 20th VTU Single Zone Intercollegiate Weight Lifting for both Men & Women & Best Physique(M) Competition 2019-20 has been held at Sri Sairam College of Engineering, Bengaluru on 14th & 15th October 2019 .

The Program was inaugurated by the Chief Guest **Sri Chikkaranga Swamy** , **Physical Education Director, SICM, Bengaluru, Sri. Dr Rajesh Y H, Director of Physical Education. VTU, Belagavi & Guest of Honour Mr Saravanan R, VTU Bengaluru South Zone Regional Director.** Sri Patel K, Trustee, Sri Sairam College of Engineering Special Invitees Dr Sangaappa, Prof KSIT & Dr Prakash, Prof BIT were present in the program. Vote of thanks was proposed by Mr Manjunatha K N, Physical Education Director, Sri Sairam College of Engineering.

Weight lifting- both Men & Women, Best Physique aspiring Students under various weight categories 47 VTU affiliated Karnataka Engineering Colleges have participated in this event and made it a grand success.

Dr Arun Kumar R, Management Representative, Sri Sairam College of Engineering, welcomed the gathering and **Dr.B Shadaksharappa**, Principal, Sri Sairam College of Engineering, presided over the function and addressed the participants. During his presidential address, he quoted that India need to achieve more in the Weight lifting Arena in Olympics and he wished every participant present to work hard for our country's dream come true. He also expressed his gratitude to the CEO of Sri Sairam College of Engineering **Sri. Sai Prakash LeoMuthu** for encouraging the institution to achieve more in the field of sports.

During the Weight lifting event for women Students of **Sri Sairam College of Engineering, Bengaluru won 3 medals**

- ❖ **Swathi G N won Silver under up to 45kg category**
- ❖ **Chetana G won Bronze under up to 64kg category**
- ❖ **Kummetha Saileela Won Bronze under up to 81kg category**

The results of the events are as follows:

➤ **Title Best Physique Competition (M) 2019-20**

Title	Name of the Title Winner	Participant College
Mr VTU 2019	Prathviraj	KLE, Belagavi
Best Poser-2019	Prthviraj P Hegde	NMAMIT, Udupi
Most Muscular-2019	Rupesh Chavan	JCE, Bangalore

➤ **Best Physique Overall Champion Men:-**

Title	College Name
Winners	NMAMIT, Udupi
Runners	KLE, Belagavi

Officials from Karnataka State Weight Lifting Association, Bangalore & Karnataka Amateur Body Building Association (KABBA) were present as judges for Best Physique Competition

➤ **Weight Lifting Overall Champion Men:-**

Title	College Name
Winners	NMAMIT, Udupi
Runners	YIT, Mangalore

Title for Men Best Lifter- Nischal R R, NMAMIT.

➤ **Weight Lifting Overall Champion Women**

Title	College Name
Winners	KSSEM, Bangalore
Runners	GAT, Bangalore

Title for Women Best Lifter-Deeksha P, SCE, Mangalore.

Officials and Participants have appreciated the Institution and its Management for encouraging the students for participating in Weight Lifting Men & Women & Best Physique event and making the exemplary arrangements for the success of the event.

Physical Education Director

PRINCIPAL