

**University of Jammu Organizes Inter-Collegiate Football (Men), and Powerlifting (Women) Tournaments 2025-26**

The Directorate of Sports and Physical Education, University of Jammu, organized the Inter-Collegiate Football (Men) and Powerlifting (Women), Tournaments for the session 2025-26. The competitions witnessed spirited participation, exceptional performances, and exemplary sportsmanship from student-athletes representing various affiliated colleges under the University of Jammu.

**Football Men's Section,**

The Inter-Collegiate Football (Men) Tournament continued to showcase remarkable energy, coordination, and teamwork on the University Football Ground. The following matches were played today:

1. GDC Udampur defeated GDC Marh by 4-0.
2. GDC Kathua registered a 5-3 win over GMC Kathua in an exciting high-scoring encounter.
3. MIET Jammu edged past GDC Poonch with a narrow 2-1 victory.
4. PG Department, University of Jammu outplayed GDC Rajouri by 2-0 to seal their berth in the next round.

The **Semi-finals, Finals, and Third Place** matches are scheduled to be played tomorrow, promising another thrilling day of football action and intense competition among the top-performing teams.

The football matches were efficiently officiated by **Sh. Rahul Sharma, Sh. Dheeraj Menia, Sh. Dil Bahadur, Sh. Kartik, Sh. Shivam Gupta, Sh. Ramesh Chander, and Sh. Gagan Kumar**, who ensured smooth conduct, fair play, and adherence to the rules and regulations of the game.

The tournament is being conducted under the overall supervision of **Dr. Daud Iqbal Baba**, Director, Directorate of Sports and Physical Education, University of Jammu and his dedicated team have been instrumental in ensuring the smooth and efficient conduct of the event, with strong emphasis on discipline, fair play, and organizational excellence.

# **Inter-Collegiate Powerlifting (Women) Championship 2025–26 Concludes at University of Jammu**

The Directorate of Sports and Physical Education, University of Jammu, successfully concluded the Inter-Collegiate Powerlifting (Women) Championship 2025–26 at the Gymnasium Hall, University of Jammu. The final day witnessed intense competition and remarkable displays of strength, determination, and sportsmanship by the participating athletes from various affiliated colleges.

The overall Championship title was clinched by the **Post Graduate Department, University of Jammu**, with a total of **17 points**.

The championship reflected the University’s ongoing commitment to promoting physical fitness, discipline, and a culture of healthy competition among its students. The event was conducted under the overall supervision of **Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu**, whose able guidance and dedicated team ensured the smooth and efficient conduct of the championship.

<b>RESULTS (WOMEN)</b>																	
47Kg below																	
MEDAL	Name	College	Bd.Wt	Squat				Bench Press				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	MEHAK JAM	GCW PRADE	46	20	25	32.5	32.5	20	22.5	27.5	22.5	55	60	65	65	120	1
52 Kg																	
PL	Name	College	Bd.Wt	Squat				Bench Press				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	PREETI SHA	JU	52	30	35	40	35	20	22.5	25	22.5	60	70	75	70	127.5	1
SILVER	KASHISH VE	GDC SAMBA	48.2	25	30	42.5	30	20	20	25	20	52.5	62.5	65	65	115	2
BRONZE	MEENAKSHI	JU	49.1	25	30	30	30	22.5	25	27.5	27.5	50	62.5	62.5	50	107.5	3
57 Kg																	
PL	Name	College	Bd.Wt	Squat				Bench Press				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	PRIYA KUMA	JU	55.7	77.5	82.5	87.5	87.5	42.5	45	0	45	80	85	95	95	227.5	1
SILVER	RIYA MEHRA	GCW PARAD	54.9	75	85	85	85	30	35	40	35	85	90	95	95	215	2
BRONZE	SUHANI DEV	GDC BISHNA	53.4	20	25	30	30	20	22.5	25	25	30	40	42.5	42.5	97.5	3
63 Kg																	
PL	Name	College	Bd.Wt	Squat				Bench Press				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	UPASANA	JU	57.1	60	65	70	70	40	40	45	40	80	87.5	92.5	87.5	197.5	1
SILVER	ANJELI	JU	61.3	30	40	50	40	40	45	45	45	80	80	X	80	165	2
BRONZE	SONIA THAK	GDC BISHNA	57.5	20	25	30	30	22.5	25	27.5	27.5	50	55	70	70	127.5	3
69 Kg																	
PL	Name	College	Bd.Wt	Squat				Bench Press				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	CHANDANI S	MIET	65.4	85	100	100	100	35	37.5	42.5	37.5	92	105	112	112.5	250	1
SILVER	SWATI SHAR	GDC SAMBA	66.6	40	60	65	65	32.5	37.5	42.5	42.5	82.5	110	125	110	217.5	2
BRONZE	DIKSHA	GDC SAMBA	67.1	30	40	45	40	25	27.5	27.5	25	52.5	65	X	52.5	117.5	3

76Kg																	
PL	Name	College	Bd.Wt	Squat				Bench Press				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	INDU BHAU	JU	69.9	40	45	50	50	35	35	35	0	X	X	X		D	NONE
84 KG																	
PL	Name	College	Bd.Wt	Squat				BenchPress				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	KAUSHIKI SH	GCW PARAD	83.1	70	75	80	80	40	42.5	42.5	40	70	80	90	90	210	1
ABOVE 84 KG																	
PL	Name	College	Bd.Wt	Squat				BenchPress				Deadlift				Total	Place
				1	2	3	Best	1	2	3	Best	1	2	3	Best		
GOLD	Tamana DeviGi	C BISHNAI	89.9	30	30	35	35	30	32.5	35	32.5	55	60	70	70	137.5	1

