

## DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



Govt. Degree College Pampore  
گورنمنٹ ڈگری کالج پانپور (کشمیر)  
Tulbagh, Pampore - 192121 - (Distt. Pulwama)- Kashmir  
Cell: 9419022133, Web: [gdcpampore.com](http://gdcpampore.com) Email: [principalgdcpampore@gmail.com](mailto:principalgdcpampore@gmail.com)



### REPORT ON PARTICIPATION IN INTER-COLLEGE WEIGHT LIFTING COMPETITION 2025-26

Under the able guidance of Worthy Principal Prof. Samina Yasvi the Department of Physical Education and Sports participated in the intercollege weight lifting competition (M/W) 2025-26 being organized by the Directorate of physical Education and Sports ,University of Kashmir on 16<sup>th</sup> of october 2025 . The event witnessed enthusiastic participation from over different colleges of Kashmir division. two students/weight lifting players of our college namely Umair Manzoor and mufeed Ali both the students of of B.A 3rd semester represented our college in the said competition, showcased their strength and athletic performance and brought laurels to the college by winning Bronze and Silver medals in the weight category of 63kg and 69 kg respectively. . Both the players were awarded with certificates and medals by the Director, Dr. Surjeet Singh Bali ,Directorate of Physical Education and Sports. The whole college faculty especially the Worthy Principal praised and congratulated the students for their great achievement .





Mrs. Sakeena Bashir  
PTI



Prof. Samina Yasvi  
PRINCIPAL