



# Atria Institute of Technology

(Affiliated to Visvesvaraya Technological University)  
Anand Nagar, Hebbal, Bangalore – 560024.

## Department of Physical Education & Sports

04.09.2023

To,

The Principal  
Atria Institute of Technology  
Bangalore

Respected Madam,

### **Sub: Detailed Report of AIT Inter Department Power Lifting Competition.**


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Sports Department had organized **AIT Inter Department Power Lifting Competition** for Men and Women to celebrate National Sports Day in our College Campus on Tuesday, 29<sup>th</sup> August 2023. Total 86 students from various departments had participated in the event.

ISE Department won the overall Team Championship Trophy with 36points. Rajesha H N became the Strongest Men and Lakshitha became the Strongest Women in the event. This event was registered under FIT India Scheme and got approved by Department of Youth Affairs & Sports, Government of India.

Event Brouchre, Banner Copy, Event Photographs has been enclosed for further correspondence and oblige.

Thanking You,

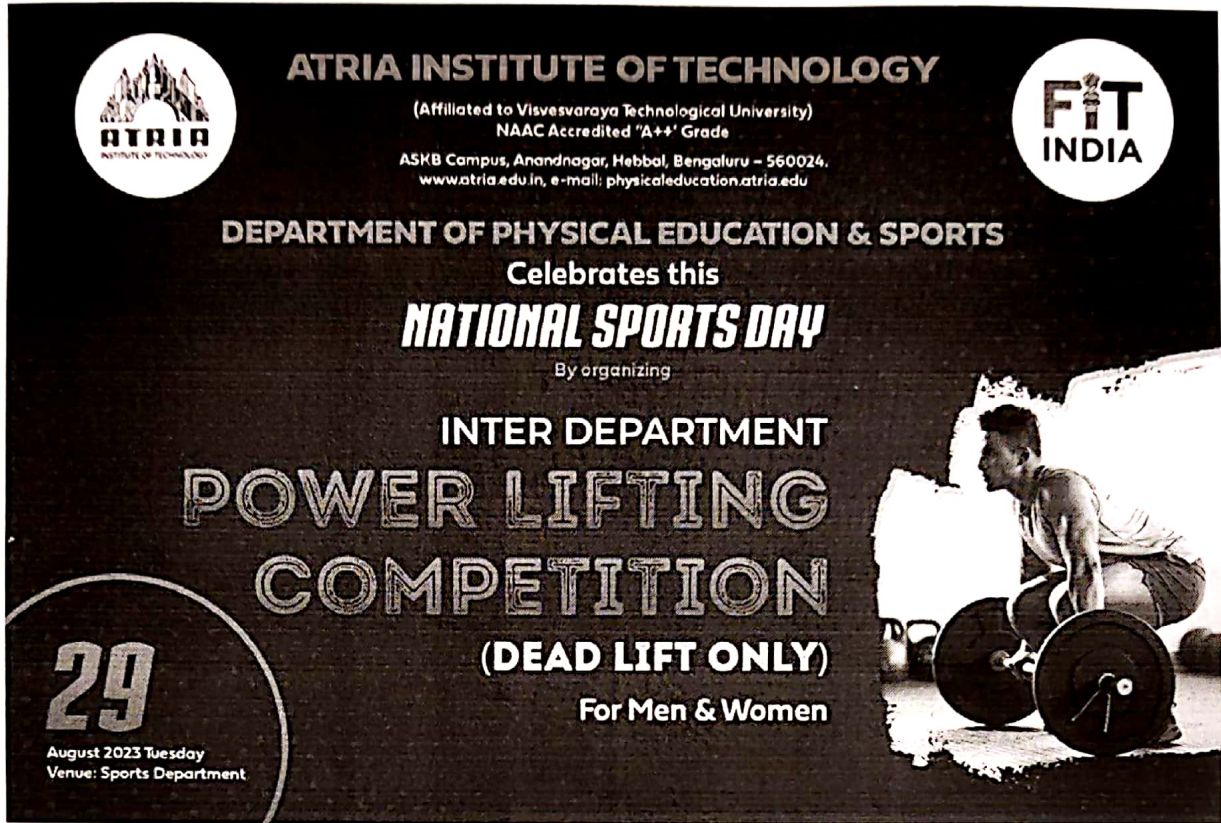
  
Principal  
Atria Institute of Technology  
Anandanagar, Bengaluru-24

Yours faithfully

  
ATRIA INSTITUTE OF  
TECHNOLOGY

Dept. of Physical Education & Sports

**Event Banner:**




**ATRIA INSTITUTE OF TECHNOLOGY**  
(Affiliated to Visvesvaraya Technological University)  
NAAC Accredited "A++" Grade  
ASKB Campus, Anandanagar, Hebbal, Bengaluru - 560024.  
www.atria.edu.in, e-mail: physicaleducation.atria.edu

**FIT INDIA**

**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**  
Celebrates this  
**NATIONAL SPORTS DAY**  
By organizing  
**INTER DEPARTMENT  
POWER LIFTING  
COMPETITION  
(DEAD LIFT ONLY)**  
For Men & Women

**29**  
August 2023 Tuesday  
Venue: Sports Department



  
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Atria Institute of Technology  
Anandanagar, Bengaluru-24

Event Brochure:



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NAAC Accredited 'A++' Grade

ASKB Campus, Anandnagar, Hebbal, Bengaluru - 560024.  
www.atria.edu.in, e-mail: physicaleducation.atria.edu

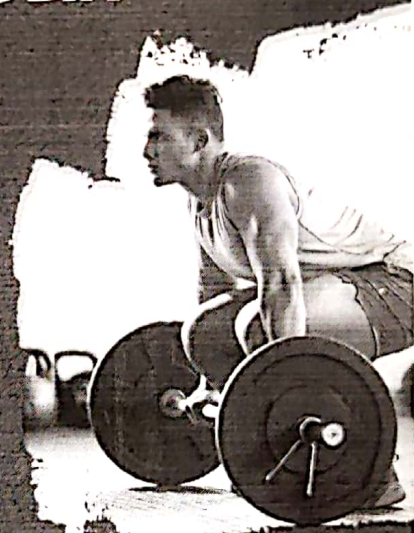


DEPARTMENT OF PHYSICAL EDUCATION & SPORTS  
Celebrates this

# NATIONAL SPORTS DAY

By organizing

## INTER DEPARTMENT POWER LIFTING COMPETITION (DEAD LIFT ONLY) For Men & Women



### Competition Weight Categories

- Men: 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+
- Women: 47 kg, 52 kg, 57 kg, 63 kg, 69 kg, 76 kg, 84 kg, 84 kg+

### ₹ 2000 CASH AWARD

for Strongest Men and Strongest Women of AIT

Over all team

### CHAMPIONSHIP ROLLING TROPHY

will be awarded for the Best Performing Department.

For more details Contact:

Mr. Ponnappa S S,  
Physical Education Director, AIT - 9632830273

# 29

August 2023 Tuesday  
Venue: Sports Department

  
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Anandanagar, Bengaluru-24



# FIT INDIA SCHOOL WEEK 2022

Is Organised By



## Atria Institute of Technology

*(Signature)*  
Principal

Atria Institute of Technology  
Anandanagar, Bengaluru-24

#FitIndiaSchoolWee

#AmritMahotsav



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Anand Nagar, Hebbal, Bangalore – 560024.

## Department of Physical Education & Sports

**AIT Inter Department Power Lifting Competition for Men and Women  
on Tuesday, 29<sup>th</sup> August 2023 to celebrate the National Sports Day in our  
College Campus.**

### RESULTS

#### Men Category:

##### Weight Category: Up to 59 Kg

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Rajesha H N	MBA	2 <sup>nd</sup>	58.96	160 kg	I
02	Aman Aiyappa	ISE	4 <sup>th</sup>	57.60	155 kg	II
03	Bharath L	CSE	6 <sup>th</sup>	54.40	130 kg	III

##### Weight Category: Up to 66 Kg

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Punith Gowda K S	ISE	2 <sup>nd</sup>	62.04	150 kg	I
02	Md. Uwaies	M E	4 <sup>th</sup>	61.80	145 kg	II
03	Sahil	B. Sci	2 <sup>nd</sup>	61.20	140kg	III

##### Weight Category: Up to 74 Kg

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Santosh	MBA	2 <sup>nd</sup>	66.50	165 kg	I
02	P Pavan	B. Sci	1 <sup>st</sup>	70.22	160 kg	II
03	Sumanth S H	CSE	2 <sup>nd</sup>	67.92	100 kg	III

  
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**Weight Category: Up to 83 Kg**

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Kalver	ECE	2 <sup>nd</sup>	82.10	170 kg	I
02	Kedarnath Kini	ISE	4 <sup>th</sup>	74.20	150 kg	II
03	Abdul Baasith	ISE	2 <sup>nd</sup>	78.68	140 kg	III

**Weight Category: Up to 93 Kg**

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Suprith K M	MCA	2 <sup>nd</sup>	90.74	190 kg	I
02	Punith R B	CSE	4 <sup>th</sup>	85.9	170 kg	II
03	Dhruv Kumar Sahu	ISE	4 <sup>th</sup>	85.6	160 kg	III

**Weight Category: Above -120 Kg**

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Daivak	ISE	4 <sup>th</sup>	127.80	160 kg	I

**Strongest Men:** Rajesha H. N. of MBA Dept. lifted 160kg with the Body Weight of 58.96 kg and won the Strongest Men of AIT Title along with cash prize of Rs.2000/-

  
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## RESULTS

### Women Category:

#### Weight Category: Up to 47 Kg

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Hema R	ISE	2 <sup>nd</sup>	37.72	50 kg	I
02	Akshatha	ISE	2 <sup>nd</sup>	43.28	50 kg	II
03	Namratha	ISE	2 <sup>nd</sup>	44.52	50 kg	III

#### Weight Category: Up to 52 Kg

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Lakshmi	MCA	4 <sup>th</sup>	49.50	70 kg	I
02	Hima	ECE	2 <sup>nd</sup>	47.44	50 kg	II
03	Yashaswini	ISE	2 <sup>nd</sup>	46.70	45 kg	III

#### Weight Category: Up to 57 Kg

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Lakshitha	CSE	2 <sup>nd</sup>	56.52	80 kg	I
02	Ananya	ISE	2 <sup>nd</sup>	42.40	35 kg	II

#### Weight Category: Up to 63 Kg

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Aishwarya R T	MCA	2 <sup>nd</sup>	60.44	85 kg	I
02	N Deepthi Singh	MCA	2 <sup>nd</sup>	57.46	75 kg	II
03	Madhushree	Civil	2 <sup>nd</sup>	59.14	50 kg	III

  
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**Weight Category: Up to 69 Kg**

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	K A Chandana	Civil	2 <sup>nd</sup>	65.90	90 kg	I
02	Geethanjali	ECE	2 <sup>nd</sup>	66.30	70 kg	II

**Weight Category: Up to 76 Kg**

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Laharika Prasanth	M E	2 <sup>nd</sup>	72.24	90 kg	I

**Weight Category: Up to 84 Kg**

Sl.	Name	Dept.	Sem.	Bd. Weight	Max Weight Lifted	Position
01	Bindu	ISE	2 <sup>nd</sup>	78.42	80 kg	I

**Strongest Women:** Lakshitha of CSE Dept. lifted 80kg with the Body Weight of 56.52 kg and won the Strongest Women of AIT Title along with cash prize of Rs.2000/-

  
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Anand Nagar, Hebbal, Bangalore - 560024

AIT Inter Department Powerlifting Competition

29th August 2023

Overall Team Championship - Points Table

Category	ISE	MCA	ECE	CSE	MBA	ME	Civil	B.Sci
<b>MEN</b>								
Upto 59kg	3			1	5			
Upto 66kg	5					3		1
Upto 74kg				1	5			3
Upto 83kg	4		5					
Upto 93kg	1	5		3				
Above 120kg	5							
<b>WOMEN</b>								
Upto 47kg	9							
Upto 52kg	1	5	3					
Upto 57kg	3			5				
Upto 63kg		8					1	
Upto 69kg			3				5	
Upto 76kg						5		
Upto 84kg	5							
	36	18	11	10	10	8	6	4

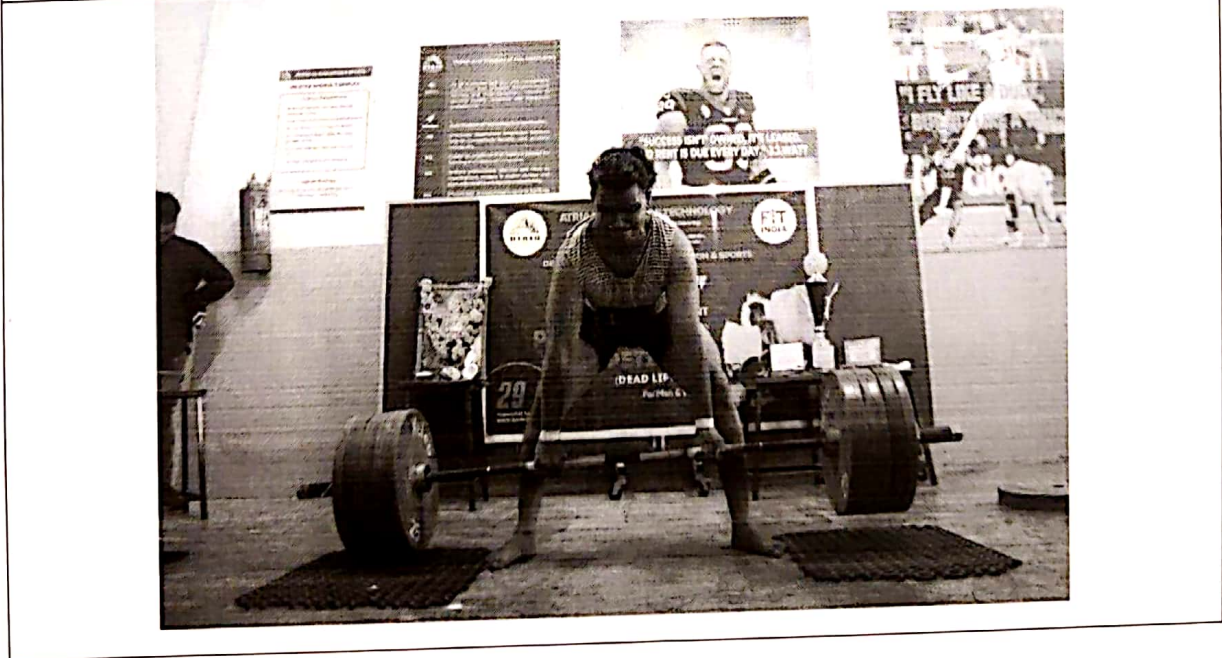
ISE Dept won the Overall Team Championship Rolling Trophy

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**Event Photographs:**



*P. P. P.*  
**ATRIA INSTITUTE OF  
TECHNOLOGY**

Dept. of Physical Education & Sports

*M. Anand*  
**Principal**  
Atria Institute of Technology  
Anandanagar, Bengaluru-24



  
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**Principal**

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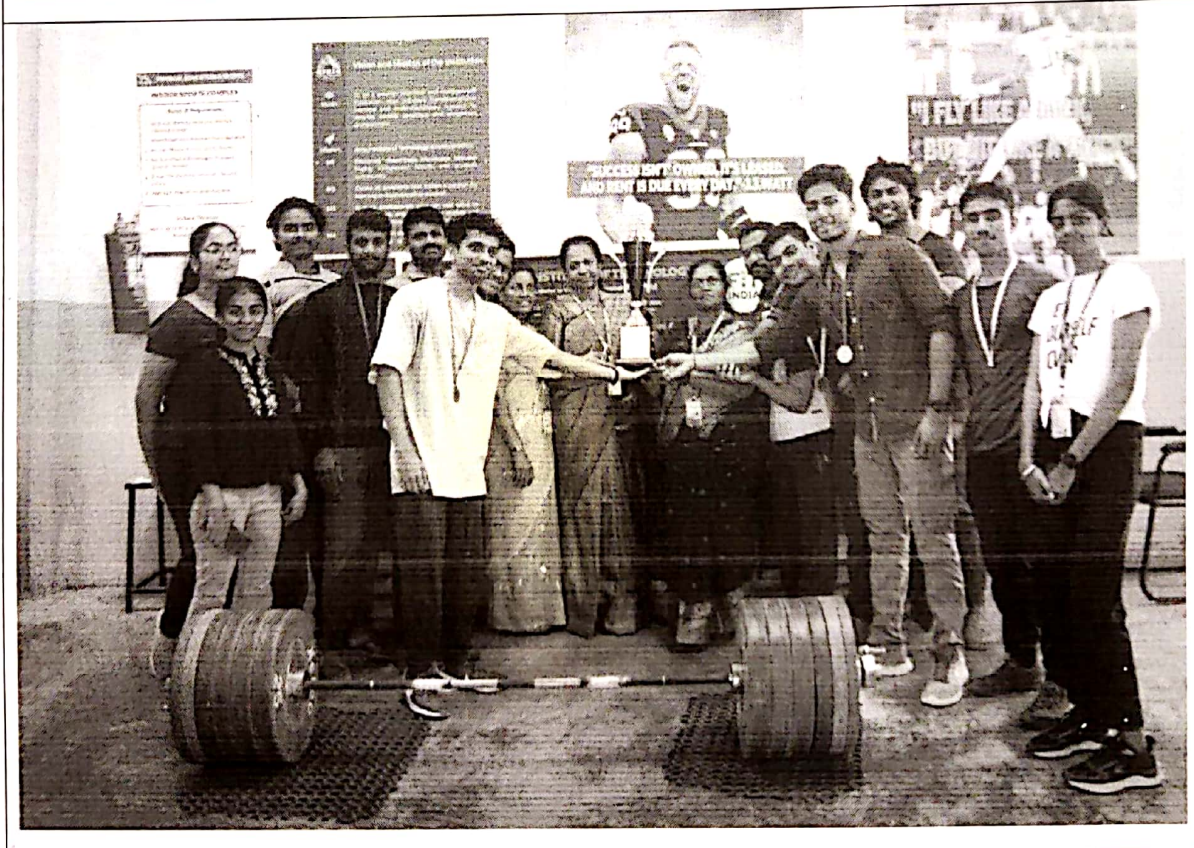
ing and collaborative research.  
 re professionals who can add value to  
 lizations, engage in higher studies and  
 e innovative entrepreneurial activities.  
 do best in class infrastructure to facilitate  
 riental learning in cutting edge  
 ologies.



*Pppp*  
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*Principals*  
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 Anandanagar, Bengaluru-2<sup>nd</sup>