

## **21<sup>ST</sup> RGUHS SPORTS MEET 2023 – WEIGHT LIFTING AND BEST PHYSIQUE**

### **SPORTS REPORT**

- Basic Details: 21st and 22nd of December, 10am to 5pm, Laxmi memorial college of Physiotherapy.
- Player performance: outstanding performances by Mr Irayya B H

### **INTRODUCTION:**

In the Weight lifting competition conducted by RGUHS university on 21st and 22nd of December at Laxmi Memorial College of Physiotherapy, Mangalore a student of Alva's Homoeopathic Medical College participated for the category in 61kg weight lifting singles division and has bagged the gold medal for the same with an outstanding performance through persistent efforts and determination.

A weightlifting event holds profound significance for an individual, serving as a testament to their strength, discipline, and dedication. It symbolizes personal growth, mental resilience, and the pursuit of excellence. The challenges faced and milestones achieved contribute to a sense of accomplishment, fostering both physical and mental well-being.

### **MATCH SUMMARY:**

The competition which was conducted consisted a total of 4 participants and out of these 4, Irayya B H, the student of AHMC bagged the gold medal by lifting snatch 55kg and clean and jerk of 63kg with a total weight of 118kg.

## **PLAYER ANALYSIS:**

There was a tough tie breaking competition during the final lift in between the lifters. With great skills and consistent practice our college student won the competition.

Mr Irayya B H is the first student to participate in the weight lifting competition and in the first attempt itself was able to win.

## **QUOTES:**

The player was well trained and appreciated by his coaches, Mr Dilip, Ped of AIET and Mr Avinash S, Ped of RGUHS AEF.

Coaches are very happy with the performance of the student.

## **STATISTICS:**

For the player a total of 3 attempts were given:

- 1st attempt snatch 53kg and clean and jerk of 58kg with a total weight of 111kg.
- 2nd attempt snatch 55kg and clean and jerk of 63kg with a total weight of 118kg.
- 3rd attempt failed

## **CONCLUSION:**

Winning of gold medal in this sport for our college is a great milestone as this is a great feat achieved by the participant and has created an inspirational performance and we can hope for more medals in this sport in upcoming years for our college.

**Photos:**

