

## Report on Power-lifting Competition

A Power-lifting Competition was organized on 26th and 27th March 2025 at **KG Reddy College of Engineering**. The event brought together enthusiastic participants who showcased their strength, determination, and competitive spirit. The competition aimed to promote physical fitness, discipline, and sportsmanship among students.

### **Venue & Date:**

- Date: 26th & 27th March 2025
- Venue: KG Reddy college of Engineering
- Time: 10:00 am – 4:00 pm

### **Description:**

The two-day event featured standard power-lifting categories, including **dead-lift**. Participants competed under proper supervision and followed official guidelines. The atmosphere was energetic, with students, faculty, and organizers contributing to the smooth execution of the event.

Special recognition was given to outstanding performers, and the competition highlighted the importance of strength training as a key component of holistic development.

### **Objectives:**

- To encourage students to participate in strength-based sporting events.
- To promote physical fitness, endurance, and overall well-being.
- To develop discipline, confidence, and a competitive spirit among participants.
- To identify and appreciate talented athletes in the field of power-lifting.

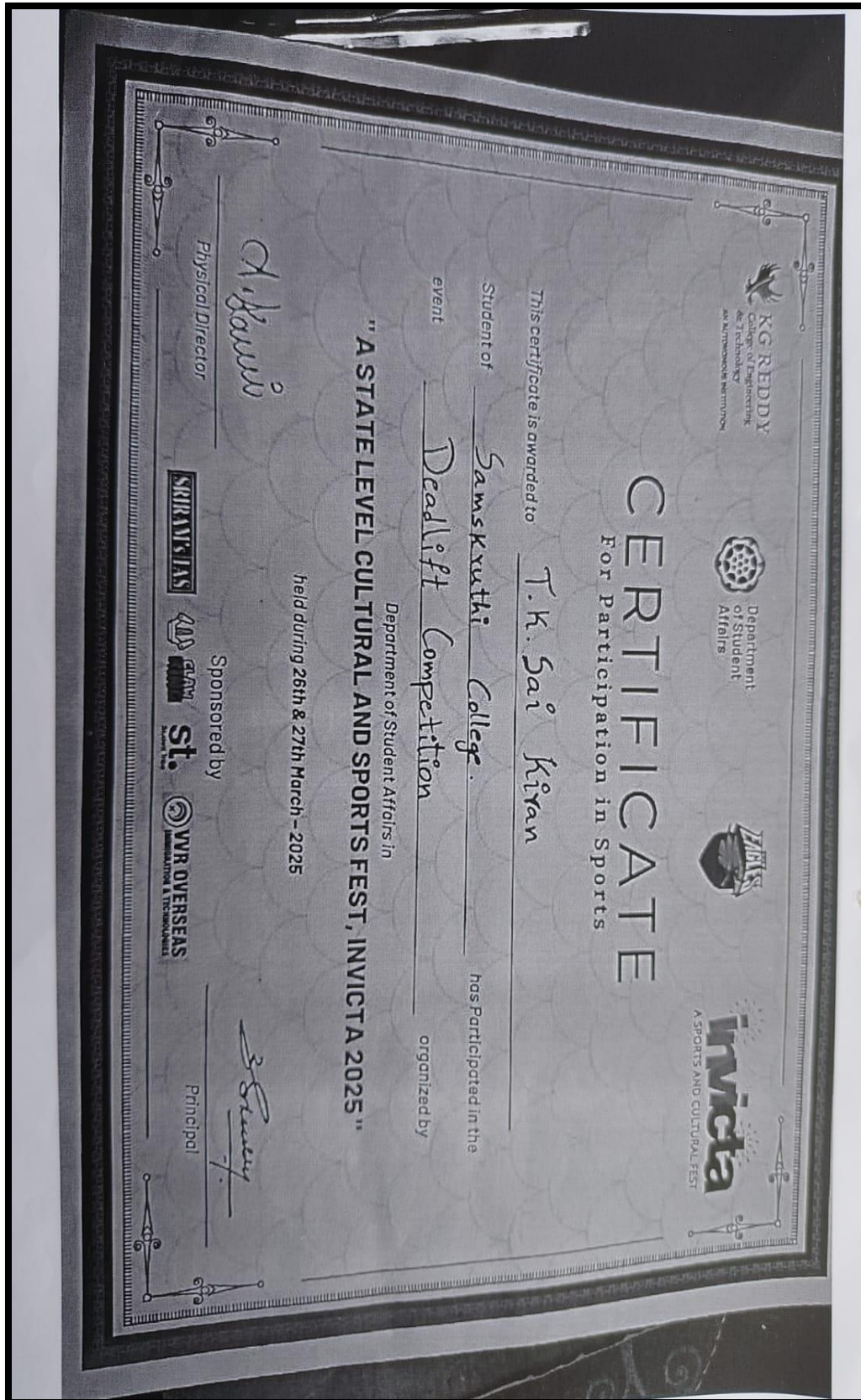
### **Conclusion:**

The Power-lifting Competition 2025 at KG Reddy College of Engineering was a successful and impactful event, achieving its objective of motivating students towards sports and physical fitness.

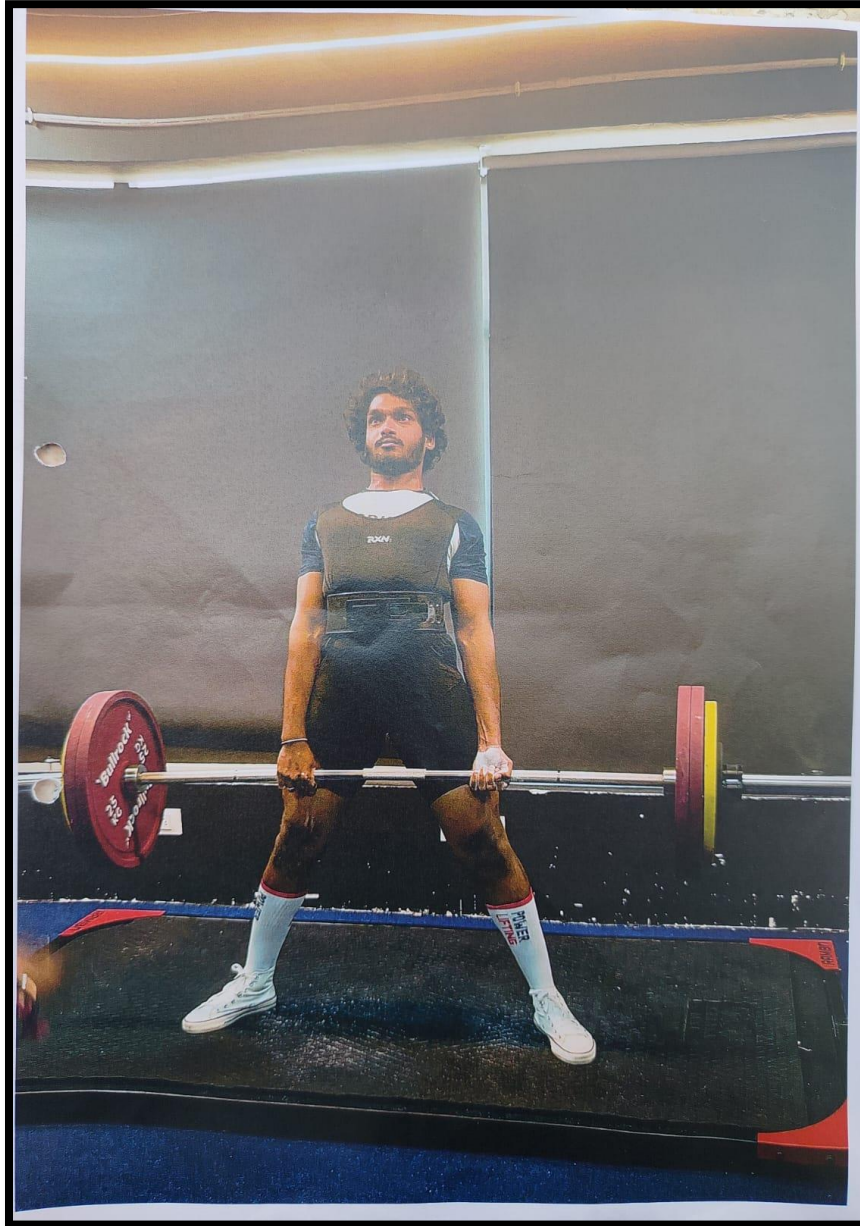
A **Participation Certificate** was awarded to **T.K. Sai Kiran**, acknowledging his involvement and efforts in the competition.

The event concluded with appreciation for all participants and organizers, setting a positive example for future sports activities.

CERTIFICATION OF T.K.SAI KIRAN



POWER LIFTING BY T.K.SAI KIRAN



Report by : Mr.M.Saidhulu  
Physical Director Of Smsk  
SAMSKRUTI COLLEGE OF ENGINEERING AND TECHNOLOGY

CO- CO-ORDINATOR

CO-ORDINATOR

PRINCIPAL