

Bench Press Competition

"Life is like a Bench Press, to experience success you must push hard"

The teacher in charge for the Bench Press competition was:

- Prof S.Nagi

The animators of the event were:

- Anurag Kakoti Nath
- Rittika Singha

The competition started at around 10 AM on 3rd day of college week i.e 6/04/22. It was held in the open area, front of Vice Principal's office with a total of 51 participants (41 boys and 10 girls), out of which 12 were selected as winners. Each participant had to weigh-in prior to the start of the event. Each Participants got 3 lifts, out of which the best lift of the 3 was counted as their weight lifted.



Few stills from the auditions of the Bench Press competition

The event went on for about hours, ending at 1 PM. The winners were announced right after the event was over.

The list of the winners is given below:

Benchpress Competition winners (Men):-

Under 60 category

1st- William Warjri 🏆

2nd- Mebanshan Suna 🥈

3rd- Ranjan Kumar 🥉

Under 70 category

1st- Anurag K Nath 🏆

2nd- Mervyn Warlarpih 🥈

3rd-Leroy Vincent Kharchandy 🥉

Above 70 category

1st- Da-Aibiang Marngar 🏆

2nd- Isaia 🥈

3rd- Anish Sharma 🥉

Benchpress Competition winners(Girls):-

1st- Marbashisha Nongsteng 🏆

2nd- Emisha Khasati 🥈

3rd- Batshisha Marleane Tariang 🥉