



St. Edmund's College
Laitumkhrach, Shillong – 793003,
Meghalaya, India
EDBLAZON 2022



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Website: <http://sec.edu.in>

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|-----------------------------------|--------------------------------|
| 1. Name of the Activity: | Power lifting |
| 2. Date: | 17 th February 2023 |
| 3. Venue | College GYM |
| 4. Duration (in hrs) | 6 Hr |
| 5. Name of the Incharge (Teacher) | Sir. Sajid Nagi |
| 6. Name of the Incharge (Student) | Abhinanda Das, Amitesh Nath |

7. Brief Report

The competition started around 9 AM and went till 3 PM. There were around 44 participants (both men and women). At first there were the weighing in of all participants. There were four categories for boys and one open class category for girls. We had three judges (one of them was our gym in-charge Sir. Aditya. The winners were announced shortly after the end of the competition.

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| 8 Geotagged Photos only 4-5 | No |
| 9 Brochure (if any) | No |
| 10 Any Social media activities | URL |
| 11 Participants | |

Teacher In-Charge & Signature

Sir. Sajid Nagi

Prof Sumit Deb
IQAC COORDINATOR
St. Edmund's College
Shillong - Meghalaya

(Principal)