



NOTICE

Sub: Selection trials for All India Inter University Power Lifting Championship (M/W) 2024-25.

This is for the information of all the students of IUST that the Directorate of Physical Education and Sports intends to participate in All India Inter University Power Lifting Championship (M/W) 2024-25 to be organized by University of Kashmir. The participation in the said event is subject to approval by the Competent Authority. In this regard, all the interested students (M/W) are informed to report to Dr. Mubashir Hussain Malik (Assistant Director) in the University Gym / Health Club on 25-02-2025 at 11:00 am sharp for selection trials in the following events:

- Squats, Bench Press and Deadlift.

Weight Category (in KG)								Gender
59	66	74	83	93	105	120	120+	Male
47	52	57	63	69	76	84	84+	Female

Note: - The notice shall not be circulated to the departments physically and shall be available on the university website only.

Sd/-

(Dr. Hilal Ahmad Rather)
Assistant Director
Physical Education & Sports

No: IUST/DPE&S/ Notice/25/46

Dated: 24-02-2025