

SUMMARY OF POWERLIFTING & STRENGTHLIFTING WORKSHOPS

SESSION 2015 - 16

A one day **workshop** was organised on 18 September, 2015 in DDU Government P.G. College campus by Powerlifting Association, Sitapur. The workshop aimed at enhancing the interest of students towards powerlifting.

This workshop was attended by more than 75 students from various faculties.

SESSION 2016 - 17

A three day **workshop** was organized from 17 to 19 October, 2016 in DDU Government P.G. College campus by Strengthlifting Association, Sitapur. The workshop aimed at offering the basic knowledge of rules and regulations about Strengthlifting.

The workshop was attended by more than 150 students from various faculties. The workshop was a great success.

SESSION 2017 - 18

A three day **workshop** was organised from 11 to 13 October, 2017 in DDU Government P.G. College campus by Powerlifting Association, Sitapur. The workshop aimed at offering the basic knowledge of rules and regulations about powerlifting.

The workshop was attended by more than 125 students from various faculties. The workshop was a great success.



Principal

प्राचार्य

श्री. व. उ. रा. ग. अ. सा. म. हा.
सितापुर