

THIRUTHANGAL NADAR COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

Fitness Club

EVENTS & PROGRAMME 2024-25

BODYBUILDING & POWERLIFTING TOURNAMENT

VENUE: Indoor Auditorium

DATE: 19.08.2024

Introduction:

The Fitness Club, under the guidance of the Physical Education Department, successfully conducted the *Bodybuilding & Powerlifting Tournament* on [insert date]. The event, designed to showcase strength, endurance, and muscular development, drew a large number of participants and spectators. The highlight of the tournament was the presence of the distinguished chief guest, Mr. N. DhanushKodi, a renowned bodybuilding champion and powerlifting expert, whose guidance and experience were invaluable to the success of the event.

Objective of the Program:

The main objectives of the *Bodybuilding & Powerlifting Tournament* were to:

- Promote the significance of strength training, bodybuilding, and powerlifting in maintaining physical fitness.
- Provide a competitive platform for students and fitness enthusiasts to showcase their strength and athleticism.
- Encourage participants to develop discipline, dedication, and consistency through strength training and fitness.
- Highlight the importance of mental resilience in competitive sports, particularly bodybuilding and powerlifting.

Chief Guest – Mr. N. DhanushKodi:

Mr. N. DhanushKodi is a prominent figure in the world of bodybuilding and powerlifting. With years of experience, he has competed in and won several prestigious championships in both bodybuilding and powerlifting, and is widely respected for his technical knowledge, training methods, and contributions to the fitness community.

Event Highlights:

1. Opening Ceremony:

- The event commenced with an opening ceremony where the participants were introduced and the rules and regulations of the tournament were explained. The chief guest, Mr. DhanushKodi, was welcomed warmly, and his address set the tone for the event.

2. Bodybuilding Competition:

- The bodybuilding segment featured multiple categories based on weight classes. Contestants displayed their physique and strength, with a panel of judges evaluating them based on muscle definition, symmetry, and overall presentation.
- Each participant had the opportunity to perform compulsory poses as well as individual routines, showcasing their muscular development and posing skills.

3. Power lifting Tournament:

- The power lifting competition consisted of the three primary lifts: the squat, bench press, and deadlift. Athletes performed each lift to the best of their ability, with the maximum weight lifted determining the winners in each category.
- Competitors showcased remarkable feats of strength, with several athletes breaking personal records and impressing the audience with their power.

Conclusion:

The *Bodybuilding & Powerlifting Tournament* was a huge success, attracting a lot of enthusiasm and participation. It provided a platform for athletes to display their strength and physique, while also promoting the values of dedication, discipline, and perseverance. The presence of Mr. N. DhanushKodi as the chief guest was truly inspiring, and his expert guidance added a wealth of knowledge to the event.

On behalf of the Physical Education Department, we extend our heartfelt thanks to Mr. DhanushKodi for his valuable presence and contributions, and to all the participants for their outstanding performances. We also appreciate the support of the organizing team and volunteers who made this event possible.

We look forward to hosting more such events in the future to encourage fitness and healthy competition within our community.

