

Sports & Extra-curricular Activities

Dr A. K. Hafiz

Achievements in Sports

State, National and International Level



- **2019:** GOLD Medal with 3 National Records in the 120kg Class Open category at the National Classic Powerlifting Championship held at Idukki, Kerala, 26-30, September 2019.

GOLD Medal with 3 National Records in the 120 kg class M1 category at the National Sub-junior and Masters Powerlifting Championship held at Gudiyattam (Tamil Nadu) 27-31, May 2019.

- **2018:** National Champion (Gold Medal) in the Open Category in the 120kg Class at the National Benchpress Powerlifting Championship 2018, held at Ranchi, Jharkhand (March 16-18, 2018).
- **2017:** One Gold Medal (Bench Press), Three Silver Medals (Squat, Deadlift and Total) in the 120kg Class Open Category at Asian Classic Powerlifting Championship, held at Alleppey (Kerala), India (December 04-09, 2017).

Gold Medal in the +120kg Class at the East India Powerlifting Championship (Men & Women) 2017 held at Howrah, West Bengal (October 22-24, 2017).

- **2016:** Two Gold and One Silver Medal in the Master I and Open categories in the 120kg Class at Subrata Classic International Powerlifting Championship 2016, held at Jamshedpur, (December 27-30, 2016).

National Champion (Gold Medals) in the Open and Master I category in the 120kg Class at the National Benchpress Powerlifting Championship 2016, held at Rait, Himachal Pradesh (March 26-31, 2016).

- **2015:** National Champion (Gold Medal and New National Record of 230kg) in the 120kg Class and Highest Lifter of the Championship and Best Lifter in the Masters Category and Third Best Lifter Over all categories of the Championship in the National Bench

Press Powerlifting Championship, held at JRD Tata Sports Complex, Jamshedpur (March 04-07, 2015).

Silver Medal in the 120 kg Class **Unequipped Category** at the **41st Senior National Powerlifting Championship 2015** held at **Kashipur, Uttarakhand (September 08-13, 2015)**. **New National Record of 285 kg Squat** in the 120kg **Unequipped Category**.

- **2014**: **Gold Medal** in the 120 kg **Unequipped Category** at the **40th Senior National Powerlifting Championship 2014** held at **Margao, Goa (Sept. 16-21, 2014)**.

One Gold and One Silver Medal at **National Benchpress Powerlifting Championship**, held at Jammu (February 20-23, 2014)

Strong Man of Bengal award at the Bengal State Powerlifting Championships, Dec 2014.

- **2013**: **National Champion (Gold Medal and National Record of 225kg)** and **Highest Lifter of the Championship** in the **National Bench Press Powerlifting Championship**, held at Jamshedpur (February 22-26, 2013).

Two Gold, One Silver and Two Bronze Medals at **Senior National Powerlifting Championship**, held at Mangalore (August 2013).

- **2012**: **Gold Medal and Highest Lifter of the Tournament** in the **Bengal Bench Press and Powerlifting Championship 2012**, held at Siliguri (February 11-12, 2012).

- **2011**: **Bronze medal** at the **National Bench Press Powerlifting Championships 2011**, held at Jammu (March 12-13, 2011).

Eastern India Champion (Gold Medal) and **Highest Lifter of the tournament** in the **Eastern India Powerlifting Championship 2011**, held at Kolkata (February 11-13, 2011).

Gold Medal and Highest Lifter of the Tournament in the **Bengal Bench Press Powerlifting Championship 2011** held at Kolkata (January 30, 2011).

- **2010**: **Gold Medal and Strong Man Award** achieved in **West Bengal State Bench Press Powerlifting Championship 2010** held at Kolkata (January 14, 2010).
- **2009**: **Represented India** at the **IV Asian Bench Press Powerlifting Championship 2009** held at Chandigarh (August 18-22, 2009). Achieved **Fifth** position in Asia.
- **2008**: **Bronze Medal** at the **National Bench Press Powerlifting Championship 2008** held at Navi Mumbai (February 22-24, 2008).
Silver Medal at the **Delhi State Bench Press Powerlifting Championship 2008** held at Netaji Nagar, Delhi (February 10, 2008)
- **2007**: **Gold Medal** in the 100Kg Category at the **Open Delhi State Powerlifting Championship 2007** held at Wazirpur, Delhi (July 14-15, 2007).

University, College and School Level

- **2005**: **Best Powerlifter Award (Jawaharlal Nehru University Champion)** at **JNU Annual Powerlifting Championship 2005**. **Gold Medal** in heavy weight category.
Strong Man of JNU (Best Bench Press Award) at **JNU Annual Bench Press Powerlifting Championship 2005**. **Gold Medal** in heavy weight category.
Gold Medal in the heavy weight category at **JNU Annual Weightlifting Championship 2005**.
Gold Medal in heavy weight category at **JNU Annual Best Physique Competition 2005**.
Silver Medal in **Shot Put Throw** at **JNU Annual Athletics**.
- **2004**: **Mr JNU Award (Best Physique)** at **JNU Annual Best Physique Competition 2004**. **Gold Medal** in heavy weight category.
Best Powerlifter Award (Jawaharlal Nehru University Champion) at **JNU Annual Powerlifting Championship 2004**. **Gold Medal** in heavy weight category.

Strong Man of JNU (Best Bench Press Award) at JNU Annual Bench Press Powerlifting Championship 2004.
Gold Medal in heavy weight category.

Best Weightlifter Award (Jawaharlal Nehru University Champion) at JNU Annual Weightlifting Championship 2004.
Gold Medal in heavy weight category.

- **2003: Mr JNU Award (Best Physique) at JNU Annual Best Physique Competition 2003.**
Gold Medal in heavy weight category.

Best Powerlifter Award (Jawaharlal Nehru University Champion) at JNU Annual Powerlifting Championship 2003.
Gold Medal in heavy weight category.

Strong Man of JNU (Best Bench Press Award) at JNU Annual Bench Press Powerlifting Championship 2003.
Gold Medal in heavy weight category.

Best Weightlifter Award (Jawaharlal Nehru University Champion) at JNU Annual Weightlifting Championship 2003.
Gold Medal in heavy weight category.

Silver Medal in Cricket at JNU Inter-School Cricket Tournament, 2003.

Bronze Medal in 4x400m Relay at JNU Annual Athletics, 2003.

Bronze Medal in Discus Throw at JNU Annual Athletics, 2003.

- **2002: Best Powerlifter Award (Jawaharlal Nehru University Champion) at JNU Annual Powerlifting Championship 2002.**
Gold Medal in heavy weight category.

Strong Man of JNU (Best Bench Press Award) at JNU Annual Bench Press Powerlifting Championship 2002.
Gold Medal in heavy weight category.

Best Weightlifter Award (Jawaharlal Nehru University Champion) at JNU Annual Weightlifting Championship 2002.
Gold Medal in heavy weight category.

Gold Medal in the heavy weight category at JNU Annual Best Physique Competition 2002.

- **2001: Strong Man of JNU (Best Bench Press Award) at JNU Annual Bench Press Powerlifting Championship 2001.**
Gold Medal in heavy weight category.

Best Weightlifter Award (Jawaharlal Nehru University Champion) at JNU Annual Weightlifting Championship 2001.
Gold Medal in heavy weight category.

Gold Medal in the heavy weight category at JNU Annual Best Physique Competition 2001.
- **2000: Strong Man of JNU (Best Bench Press Award) at JNU Annual Bench Press Powerlifting Championship 2000.**
Gold Medal in heavy weight category.

Gold Medal in heavy weight category at JNU Annual Powerlifting Championship 2000.

Gold Medal in the heavy weight category at JNU Annual Best Physique Competition 2000.
- **1999: Gold Medal in heavy weight category at JNU Annual Powerlifting Championship 1999.**

Gold Medal in the heavy weight category at JNU Annual Best Physique Competition 1999.

Silver Medal in heavy weight category at JNU Annual Bench Press Powerlifting Championship 1999.
- **1998: Gold Medal in middle weight category at JNU Annual Powerlifting Championship 1998.**
- **Arm-wrestling Champion** at Inter-College level at Kolkata (1993 – 1996).
- **Gold Medals in Shot Put, Discus Throws and 4x100m Relay** at Annual Athletics Meet 1995, Presidency College, Kolkata.
- **Bronze Medals in Shot Put and 400m Sprint** at Annual Athletics Meet 1994, Presidency College, Kolkata.
- **Silver Medal in Discus Throw** event at Annual Athletics Meet 1993, Presidency College, Kolkata.

- **Bronze Medals in Shot Put, Discus and Javelin Throws at Annual Athletics 1991 of St. James' School, Kolkata.**
- **Gold Medal in Inter-House Cricket Tournament 1989, Saifee Hall Public School, Kolkata.**
- **Award for Best Batting Average in Qutbi Shield Cricket Tournament 1988, Kolkata.**
- **Weightlifting & Powerlifting Club Convenor, JNU (2001-2005).**
- **Founder member and Captain of Cricket Team of School of Physical Sciences, JNU (1998 – 2005).**
- **Sports Convenor (1997-99), Jawaharlal Nehru University, New Delhi.**
- **Games Secretary (1994-95), Presidency College, Calcutta.**
- **Member, Presidency College Cricket team (1992-95).**
- **Member, Presidency College Football Team (1993-95).**
- **Represented Presidency College at Inter-Government College Athletics Meet, 1995.**
- **Member, St. James' School Cricket Team (1990-91).**
- **Prefect and House Captain, St. James' School, Kolkata (1991-92).**
- **Captain, Saifee Hall Public School Cricket Team, 1988-90.**
- **Prefect and House Captain, Saifee Hall Public School, Kolkata (1989-90).**

MEMBERSHIP OF SPORTS BODIES / NGOs

- **Member and Player, Indian Powerlifting Federation.**
- **Vice-President and Player, West Bengal State Powerlifting Association.**
- **Former member (2006-2008), Delhi State Powerlifting Association.**
- **Joint-Secretary, Netaji Gym, Delhi.**

POSTS HELD

- **Referee, Inter-Ministry / Inter-Colony Powerlifting Championship 2013.**
- **Referee, Delhi University Powerlifting Championship 2013.**
- **Organizing Secretary, Open Delhi Benchpress Championship, 2013.**
- **Judge, Sports Quota Trials in Weightlifting, Powerlifting and Body-Building, JMI (2010-2011).**
- **Election Commissioner, JNUSU Elections 2004 (October 07-14).**
- **President, Mahanadi Hostel (2003-05).**
- **President, Sabarmati Hostel (2000-01).**
- **Convenor, School of Physical Sciences, JNU (1997-1999).**
- **Hostel Committee Member (1998-99) and Mess Secretary (1997-98), Narmada Hostel, JNU.**