# TRINITY COLLEGE FOR WOMEN NAMAKKAL SPORTS CERTIFICATES 2017-2018

Regd. No. 20

NAMAKKAL DISTRICT

WEIGHT LIFTING ASSOCIATION

(Affiliated to Tamilnadu Weight Lifting Association and Sports Davidsment Authority)

Regd. No. 26/1983

(Affiliated to Tamilnadu Weight Lifting Association and Sports Development Authority of Namakkal) REGD OFFICE:8/5 MAIN ROAD, VENNADUR, RASIPURAM-TK, NAMAKKAL-DT 636505

## NAMAKKAL DISTRICT WEIGHT LIFTING COMPETITION

#### CERTIFICATE OF MERIT

School / College / Gym		OLD MEDAL / SIL <del>VER M</del> EDAL / B	RON <del>ZE</del> MEDAL
WEIGHT CATEGORY:	63	BODY WEIGHT: 71.1	
CATEGORY: YOUTH/J		OSITION: T	***************************************
DATE: 17.09.2017	VENUE :	IDV Higher Secondary School, Tiruchengøde,	Namakkal District
F00		m. ming Mind and	Pull
Dist. President Rtn.Er.J.VASUDEVAN	es describes carstagas	Dist. Secretary  M.Mai Gnanam  Tiruchengode Naminity College for Women (Arts & Science),  Principal,  Principal,	Treasurer Rtm.Er.NPS.MOHAN anesh

Regd. No. 26/19

NAMAKKAL DISTRICT.

WEIGHT LIFTING ASSOCIATION

(Affiliated to Tamilnadu Weight Lifting Association and Sports Development Authority of Namakkal) Regd. No. 26/1983 (Affiliated to Tamilnadu Weight Lifting Association and Sports Development Authority of Namakkal) REGD OFFICE: 8/5 MAIN ROAD, VENNADUR, RASIPURAM-TK, NAMAKKAL-DT 636505 NAMAKKAL DISTRICT WEIGHT LIFTING COMPETITION CERTIFICATE OF MERIT K. DHARANI NAME: School/College/Gym Name: TRINITY COLLEGE OF WOMEN has secured GOLD MEDAL / SILVER MEDAL / BRONZE MEDAL BODY WEIGHT: 69 WEIGHT CATEGORY: CATEGORY: YOUTH/JUNIOR/SENHOR POSITION: VENUE: MDV Higher Secondary School, Tiruchengode, Namakkal District DATE: 17.09.2017 Principal Lists Science Dist. Secretary

M. Mai Gnanam

Sponsored New Hall Store OPTICS, Tiruchengode, Namakkal (Dt) Prop. Rtn.PHF. S. Jaiganesh Dist. President Rtn.Er.NPS.MOHAN Rtn.Er.J.VASUDEVAN

Regd. No. 26/

NAMAKKAL DISTRICT

WEIGHT LIFTING ASSOCIATION

Weight Meight Miles Association and Sports Davidonment Authority of Namakkal) " BE FIT"

Regd. No. 26/1983

(Affiliated to Tamilnadu Weight Lifting Association and Sports Development Authority of Namakkal) REGD OFFICE:8/5 MAIN ROAD, VENNADUR, RASIPURAM-TK, NAMAKKAL-DT 636505

## NAMAKKAL DISTRICT WEIGHT LIFTING COMPETITION

#### **CERTIFICATE OF MERIT**

NAME :	C.K	EERTHANA	-		
School / College / Gym	Name: TRIA	ITTY COLLE	GIE FOR	NOME	<b>~</b>
	has secured (	GOL <del>D M</del> EDAL /	SILVER MEI	OAL / BRO	O <del>NZE M</del> EDAL
WEIGHT CATEGORY:	<b>5</b> 3	BODY V	WEIGHT:	52.8	
CATEGORY: YOUTH/J		OSITION :	正		Supported to the control of the cont
DATE: 17.09.2017	VENUE :^	ADV Higher Second	ary School, Tirud	chengode, Na	makkal District
400		M. hung	arlus la		2.64
Dist. President	RAINBOW OPTICS	Dist. Secretary	Principal	Arts & Sciencel	Treasurer
Rtn.Er.J.VASUDEVAN		M.Mai Gnanam	College for Women	37 002.	Rtn.Er.NPS.MOHAN
Sponsored by	RAINBOW OPTICS	, Tiruchengode, Nama	ity Deplement P	lf. S. Jaigane	sh

Regd. No. 26/19

NAMAKKAL DISTRICT

WEIGHT LIFTING ASSOCIATION

(Affiliated to Tamilnadu Weight Lifting Association and Sports Development Authority of Namakkal) " BE FIT"

REGD OFFICE:8/5 MAIN ROAD, VENNADUR, RASIPURAM-TK, NAMAKKAL-DT 636505

Regd. No. 26/1983

## NAMAKKAL DISTRICT WEIGHT LIFTING COMPETITION

#### CERTIFICATE OF MERIT

NAME :	7.5	ON GODI			
School / College / Gym N	lame: 7220	VITY CO	LLEGIE O	FHOM	DEN
	has secured	I GO <del>LD NIE</del> DAL	/ SILVER MED	AL / BRO	<del>NZE </del> MEDAL
WEIGHT CATEGORY:	90	BODY	Y WEIGHT:	86.2	
CATEGORY: YOUTH/JUI	NIOR/S <del>eni</del> or	POSITION :	7	-	2.015
DATE: 17.09.2017	VENUE :	MDV Higher Seco	ndary School, Tiruc	hengode, Nai	makkal District
FO		· · · · · · · · · · · · · · · · · · ·	Malow	cioncel	2.66
Dist. President		Dist. Secretary	Principal interpretation of the principal interpretation of th	26 200.	Treasurer Rtn.Er.NPS.MOHAN
Rtn.Er.J.VASUDEVAN Sponsored by: F	AINBOW OPTIO	m.mai Ghanam 35, Tiruchengode, Nama	kkal (Dollege for Man.PH	F. S. Jaiganes	hui.ei.nrs.munan sh



(RE-ACCREDITED BY NAAC WITH 'A' GRADE)
Periyar Palkalai Nagar, Salem - 636 011.



Periyar Palkalai Nagar, Salem - 636 011.
INTER - COLLEGIATE TOURNAMENTS 2017 - 2018
CERTIFICATE OF MERIT
This is to certify that
S/O / D/O K. VELLUMUDIDAN 8
V. KALALYARASI Course I BA ENGLISH)
OF TRINITI COLLEGE FOR WOMENS
was a member of Power LIFTING (84K9)
(Men / Women) Team who have won as Winners / Runners / Third position in the
Periyar University Inter - Collegiate POWER LIET.I.N.G. (8.4.K.3.) Tournament
for the year 2017 - 2018 held at MUTHAY AMMAL COLLEGE OF ARTS
SCIENCE, RASIDURAM from Ob. 10: 2017 to
Director of Physical Education  Registrar  Vice - Chancellor
PERIYAR UNIVERSITY  Ollege for Women (Arts & Sciente).  College for Women (Arts & Sciente).  College for Women (Arts & Sciente).



(RE-ACCREDITED BY NAAC WITH 'A' GRADE)

Periyar Palkalai Nagar, Salem - 636 011.



INTER - COLLEGIATE TOURNAMENTS 2017 - 2018

## CERTIFICATE OF MERIT

# TRINITY COLLEGE FOR WOMEN NAMAKKAL SPORTS CERTIFICATES 2018-2019



Date

# NAMAKKAL DISTRICT SILAMBAM SPORTS ASSOCIATION TAMILNADU SILAMBAM SPORTS ASSOCIATION (Reg.No: 18/18)

Affiliated By: Tamilnadu Silambam Sports Association

## **DISTRICT LEVEL SILAMBAM COMPETITION - 2018**



Name : S.SOBANA. PRIVA:

Institution : BHARATHA. MATHA. S.L.AMBAM.

Category : SUB JUNIOR / SENIOR Age: 18

Place / Secured : FIRST / SECOND / THIRD / PARTICIPATION

Venue : SELVAM EDUCATIONAL INSTITUTIONS, NAMAKKAL.

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(9). 2720 (5) orj VIJI @ VIJAYAKUMAR

STATE JOIN SECRETARY,
DISTRICT PRESIDENT, NAMAKKAL SILAMBAM SPORTS ASSOCIATION

Principal, this & Scient

M. KARTHIKEYA

STATE TOURNMENT DIRECTOR, DISTRICT SECRETARY, NAMAKKAL SILAMBAM SPORTS ASSOCIATION



## TAMILNADU SILAMBAM STICK FENCING SPORTS ASSOCIATION

Affiliated To: Indian Stick Fencing Silambam Sports Federation (Reg.No: 18/18)
Organised By:

NAMAKKAL DISTRICT SILAMBAM STICK FENCING SPORTS ASSOCIATION STATE LEVEL SILAMBAM COMPETITION - 2018



Institution/District: NAMAKKAL

Category/Weight: 62-68

Place: SECOND

Venue: KURINJI SENIOR SECONDARY SCHOOL, KAVETTIPATTY, NAMAKKAL.

Date: 01-09-2018 & 02-09-2018 SUNDAY

Principal Arts & Science In Trinity College for Women Arts & Science

TAMILNADU SILAMBAM (STICK FENCING) SPORTS ASSOCIATION

TAMILNADU SILAMBAM (STICK FENCING) SPORTS ASSOCIATION

STATE WORKING PRESIDENT
TANILINADU SILAMBAN (STICK FENÇING) SPORTS ASSOCIATIO

STATE TREASURER
TAMILHADU SILAMBAM (STICK FENCING) SPORTS ASSOCIATION

DISTRICT SECRETARY

AMAKKAL DISTRICT SILAMBAM SPORTS ASSOCIATION



REACCREDITED NAAC A GRADE - STATE UNIVERSITY - NIRF RANK 90

Salem - 636 011, Tamil Nadu, India



INTER - COLLEGIATE TOURNAMENTS 20/8 - 20/9

CERTIFICATE OF MERIT
This is to certify that
SHO / DIOKVELMURUGAN
V. KALA Course D B.A. ENGLISH
OF TRINITY COLLEGE OF BRTS & SCIENCE,
NAMAKKALwas a member of POWER LIFTING (84 Kg)
( <del>Men</del> / Women) Team who have won as Winners / Runners / Third position in the
Periyar University Inter - Collegiate .P.P.W.E.RLI.F.71.M.G
for the year 2018 - 2019 held at MUTHAYAMMAL MEMORIAL COLLEGE OF
ARTS 2 SCIENCE, RASIPURAM from Ol. 10. 18 to
Director of Physical Education Physical P
PERIYAR UNIVERSITY



REACCREDITED NAAC A GRADE - STATE UNIVERSITY - NIRF RANK 90

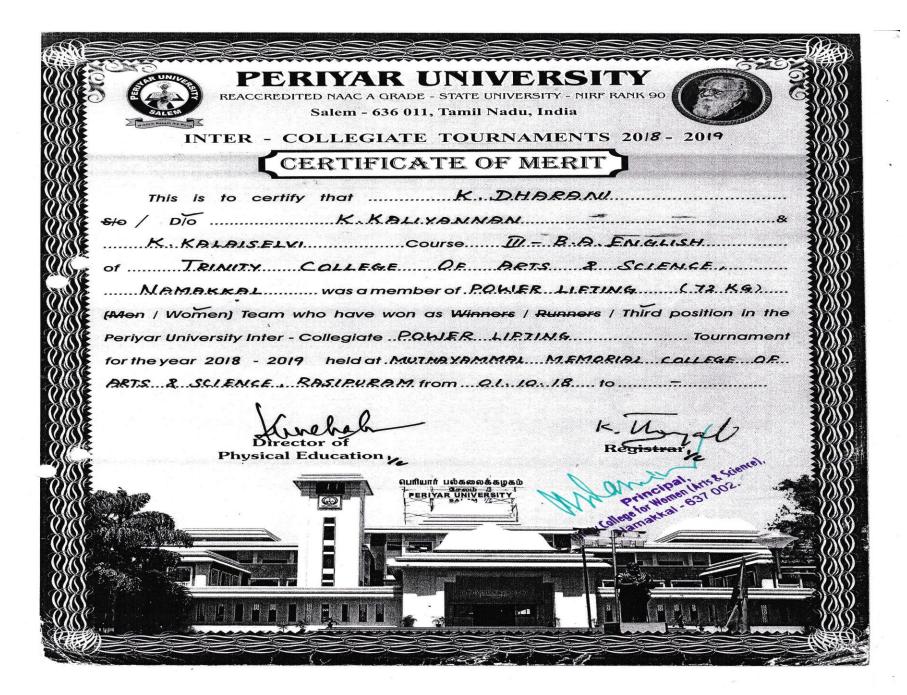
Salem - 636 011, Tamil Nadu, India



#### INTER - COLLEGIATE TOURNAMENTS 2018- 2019

## CERTIFICATE OF MERIT

This is to certify that
S/O / D/O
K. PODNKOD)Course
of TRINITY COLLEGE FOR WOMEN
NAMAKKALwas a member of POWER LIFTING (.52 KG)
(Men / Women) Team who have won as Winners / Runners / Third position in the
Periyar University Inter - Collegiate POWER LIFTING
for the year 2018 - 2019 held at MUTHAYAMMAL MEMORIAL COLLEGE
OF ARTS & SCIENCE, RASIPURAM from 01.10.2018.to
Director of Physical Education Registrar
Physical Education  Outfluint Libason & Supation Period Constitution of the Constituti







REACCREDITED NAAC A GRADE - STATE UNIVERSITY - NIRF RANK 90

Salem - 636 011, Tamil Nadu, India



INTER - COLLEGIATE TOURNAMENTS 2018 - 2019

## CERTIFICATE OF MERIT





## NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION

(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal) Namakkal District Weightlifting Championship - 2018 - 2019 Boys/ Girls/ Men / Women

**Sub Junior / Junior / Senior** 

**Certificate of Merit** 

This is to certify that Selvan / Sel	viV.MENAKA
of	has secured
in the	weight class at the Namakkal District Weightlifting Championship
held at	heel. Thiruchangedu on of 10.2018
Body Weight: 81kg	
Performance	
	Clean & Jerk: 50 Kg Total: 25 Kg
(J. Vasudevan)  President  Sponspored by: RAINROW OPTICS. Timpho	Mithus Polis
(J. Vasudevan) (ollege for Works) 637 OUL	(M. Mai Gnanam) (N.P.S. Mohan)
President Itinity Namakk  Sponspored by: RAINBOW OPTICS, Tiruche	Hony. Secretary  Treasurer  RAWBO



## NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION C

(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal)
Namakkal District Weightlifting Championship - 20 18 - 20 19
Boys/ Girls/ Men / Women



Sub Junior / Junior / Senior

**Certificate of Merit** 

This is to certify that Selvan / Selvi	k.JEE	KITHA		
of	has	secured	.TI	place
in the 49k9 wei	ght class at the <b>Nan</b>	nakkal District W	eightlifting Champ	ionship
held atlnax.tBaysH.rsecschool.	Thisuchange	oclu on	tla&@1.8	
Body Weight: 49kg				
Performance				
Two Hand Snatch: 30 Kg Clean	& Jerk : 40	_Kg T	otal : 70	Kg <sup>/</sup>
Sage Mulan sciencel	d. Alemajo	7	?nl f	
(J. Vasudevan)  President  Sponspored by: RAINBOW OPTICS, Tiruchengode, 1	Mai Gnanam)		(N.P.S. Mohan)	
President Trinity College to Ho	ony. Secretary	agusa éun en	Treasurer	
Sponspored by: RAINBOW OPTICS, Tinichengode, 1	Namakkal (Dt). Prop: S. Ja	aiganesh RAÎNBOU		

## NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION



(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal)
Namakkal District Weightlifting Championship - 20 - 20 Boys/ Girls/ Men / Women



lub Junior / Junior / Senior

## **Certificate of Merit**

S. No. 2.2:

This is to certify that Selvan / Selvi	
f	d Firest place
the weight class at the Namakkal I	District Weightlifting Championship
eld at	ontallanda.s.2.salk
Body Weight:	
<sup>2</sup> erformance	
Two Hand Snatch: 211 Kg / Clean & Jerk: 110 Kg	Total: 74 Kg
(J. Vasudevan)  President  Sponspored by: KAINNOW OPTICS, Tiruchengode, Namakkal (Dt). Prop: S. Jaiganesh	med
(J. Vasudevan) Princer (M. Mai Gnanam)	(N.P.S. Mohan)
President Hony. Secretary  Sponsored by Winty OPTICS Timphonoods Namelded (Dt). Prop. S. Jaigenesh	RAÎNBOI



# NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION (-

(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal)
Namakkal District Weightlifting Championship - 2018 - 2019
Boys/ Girls/ Men / Women



**Sub Junior / Junior / Senior** 

## **Certificate of Merit**

S. No. -

This is	to certify that Selvan /	SelviS.	MATHLYA		
of	TRINITY		has secured		place
in the	49kg	weight class at t	he <b>Namakkal Dis</b> ti	rict Weightliftin	g Championship
held at(nov.t	BoysHrsec	school. Thiruc	hangodu on ;	07:10:24	218
Body Weight:			•		
Performance					
Two Hand Snatch:_	25Kg	Clean & Jerk :	3 6 Kg	Total:	55Kg
Econo	Delal and	/ W.W.L.		Pine	
(J. Vasudevan) President	Principal, Principal, Arts & Trinity College for Women (Arts & Trinity Col	Science (M. Mai Gnanam) 2. Hony. Secretary		(N:P.S.) Treas	THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAM

## NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION

(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal)
Namakkal District Weightlifting Championship - 20 18 - 20 19
Boys/ Girls/ Men / Women



Sub Junior / Junior / Senior

**Certificate of Merit** 

of TRINITY	at S <del>elva</del> n / Selvi <b>D.</b> รมมค. ค.ม.ค.ม.ค.ม.ค.ม.ค.ม.ค.ม.ค.ม.ค.ม.ค.ม
n the87.1kg	weight class at the Namakkal District Weightlifting Championshi
neld atGov.EB.ny.BH.x	Sec. School TIRUCHENGORE ON 07-10-2018
Body Weight: 87	
Body Weight: 87  Performance  Two Hand Snatch: 25	Kg / Clean & Jerk : 34 Kg Total : 59 Kg
Performance Two Hand Snatch: 2.5	
Performance Two Hand Snatch: 2.5	Kg Clean & Jerk: 34 Kg Total: 59 Kg  mcipal hris & Sciencel.  Wormen (hris & Sciencel.  Wormen (



# NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION

(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal)
Namakkal District Weightlifting Championship - 20 18 - 20 19
Boys/ Girls/ Men / Women



Sub Junior / Junior / Senior

**Certificate of Merit** 

	This is to certify that-Se	elvan / Selvi K. KIRUTHIKA	
of	TRINITY	has secure	d SECOND place
in the	71.Kg	weight class at the Namakkal	District Weightlifting Championship
held at	Govt. Boys. Hr. Sac	School - TIRUCHENGODE	on0719-2018
Body W	eight : 71		
Perform	mance .		
Two Ha	nd Snatch: 31 Kg	Clean & Jerk : 20 Kg	Total: 61 Kg
(	Free Molaris	Mine & Sciencel M. Many	P.ml-f
<b>(</b> J	J. Vasudevan)  President  Sponspored by: RAINBOW OP:	(M. Mai Gnanam) Hony. Secretary	(N.P.S. Mohan) Treasurer
	Sponspored by : RAINBOW OF	FICS, Tiruchengode, Namakkal (Dt). Prop : S. Jaiganesh	RAINBOUA

## NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION

(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal)
Namakkal District Weightlifting Championship - 20 (8 - 20 19
Boys/ Girls/ Men / Women



Sub Junior / Junior / Senior

**Certificate of Merit** 

This is to certify	y that <del>Selva</del> n / Selvi	k. Dharani	
of	RINITY	has secured	place
in the	<.aู weight	class at the Namakkal Distr	rict Weightlifting Championship
held at brow. + Boys	Hr. sec. school	Thiruchangadu on	810.5QLFQ
Body Weight: 71kg		•	
Performance	<b>,</b>	ľ	
Two Hand Snatch: 30	Kg Clean & J		Total: 75 Kg
Samo M	Principal, 15 & Scientel W.  Principal, 15 & Scientel W.  Principal, 16 & Scientel W.  Principal, 16 & Scientel W.  Principal, 16 & Scientel W.  Hony.  BOTICS, Tiruchengode, Name	v	Doll
(J. Vasudevan)	Principal Arts & 30. (M. Ma	i Gnanam)	(NAP.S.Mohan)
President Sponspored by: WANN	Hony.  BOW OPTICS, Tiruchengode, Nam.	Secretary  akkal (Dt). Prop: S. Jaiganesh	Treasurer

## NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION

(Affilated to Tamilnadu Amatuer Weightlifting Assn and SDAT Namakkal)
Namakkal District Weightlifting Championship - 20 18 - 20 19
Boys/ Girls/ Men / Women

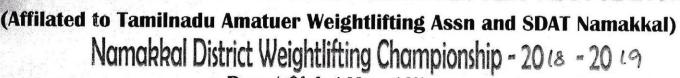


Sub Junior / Junior / Senior

**Certificate of Merit** 

This is to certify that Selvar	A / Selvi R. GNANA PRIYA
of TRINITY	has securedT.H.I.R.D
in the	weight class at the Namakkal District Weightlifting Championship
held at Gavt Bays Hr Sec S.	harl - TIRNEH On
Body Weight: 45kg Performance	
Two Hand Snatch: 26 Kg	Clean & Jerk: 20 Kg Total: 40 Kg
(J. Vasudevan)  President  President	(M. Mai Gnanam)  Hony. Secretary  Treasurer  A Tiruchengode, Namakkal (Dt). Prop: S. Jaiganesh  RAINBOLD  RAINBOLD
Sponspored by : RALBOW OPTICS	, Tiruchengode, Namakkal (Dt). Prop: S. Jaiganesh

# NAMAKKAL DISTRICT AMATUER WEIGHTLIFTING ASSOCIATION



Boys/ Girls/ Men / Women

Sub Junior / Junior / Senior

**Certificate of Merit** 

This is	to certify that <del>S</del> elvar	7 / Selvi	H.A	
of	TRINITY	has secure	ed p	lace
in the	45kg	weight class at the Namakkal	District Weightlifting Champions	
held at	boys Hr BRO	school: Thiruchangodu	on0.1: 10. 2012	****
Body Weight: 45				
Performance				
Two Hand Snatch:_	25 Kg	Clean & Jerk: Kg	Total: 55 K	ζg
(Trace)	MA Good	e Science). M. Manage	Porkf	
(J. Vasudevan) President	Principal Manen (A)	(M. Mai Gnanam)  Hony. Secretary  Tiruchengode Namakkal (Dt). Pron : S. Jaiganoch	(N.P.S. Mohan) Treasurer	
Sponspored l	by · RAMBONO PTICS	Tiruchengode Namakkal (Dt) Dron : & Jaisanak	RAINBOID	1

## Salem district power lifting association



Affiliated to Tamil Nadu Power Lifting Association Recognised by Indian Power Lifting Federation Ministry of Youth Affairs and Sports Government of India

Organised by SRI ANJANEYA POWER GYM-

## THE SELVED STREET

•	Account and the second and the second second			
This is to certify that	Vemena	fa		
ofShri zpaney	2 Pawer g	<u>u</u> m		has secured
	place in			
class at the	•••••	Power	Lifting / B	ench Press /
Dead Lift (Men / Women) C	hampionships	held at	Susan M	ahal
on141418				
**	DISTRICT RE	CORD *		14
Body Weight : #0	kg	Squat	120	kg
Date of Birth :		Bench Press	45	kg
		Dead Lift	110	kg
A COLUMN TO THE PARTY OF THE PA		Total	275	kg
Dorch		TO SON	Cilian STONY	Courses
D.Parameswaran, M.A., LLB, M.Phil, Ph.D., DET, DEE, CLIS	( A)	THIS	cioner of M.	Nepoleon, B.Com.,
President	Chief Rej	feree T	of the	Secretary

## SALEM DISTRICT POWER LIFTING ASSOCIATION



Affiliated to Tamil Nadu Power Lifting Association Recognised by Indian Power Lifting Federation Ministry of Youth Affairs and Sports Government of India

Organised by

SRI ANSANEYA POWER GYM

## RECALLE OSMERIC

This is to certify that.	Deshive	erim		
ofShri	Januella Ecome	ત્ર ક્રિયેષ્ણ	A STATE OF THE STA	has secured
		· · · · · · · · · · · · · · · · · · ·	Lifting / Be	ench Press /
Dead Lift (Men / Wo		hips held at\$ 11.18	Susan r	nahaJ
	• DISTRICT	RECORD *		
Body Weight :	85 kg/	Squat :	80	* kg
Date of Birth :		Bench Press :	25	kg
		encel Dead Lift :	90	kg
	on saliers	. Total :	195	kg
Scores	Waring Walles In St. Chief	A M	w.	Designan
D.Parameswaran,	Trinity Me	D. Kr.	M.N	Nepoleon, B.Com., Secretary

## SALEM DISTRICT POWER LIFTING ASSOCIATION



Affiliated to Tamil Nadu Power Lifting Association Recognised by Indian Power Lifting Federation Ministry of Youth Affairs and Sports Government of India

Organised by SRI ANJANEYA POWER GYM

## GERANEIGATE OF MERIT

M.Nepoleon, B.Com.,

Secretary

This is to certify that G. Sumifice	7
of shri unyaneya power gu	has secured
class at the	he
Dead Lift (Men / Women) Championships h	held at Susan Mahal
on14.14.18	
* DISTRICT REC	CORD *
Body Weight : 75 kg 7	Squat : 60 kg
Date of Birth :	Bench Press : 30 kg
	Dead Lift : 80 kg
On all 152 Stienten	Total : 170 kg
Principal in a Stenesh	

D.Parameswaran,

M.A., LLB, M.Phil, Ph.D., DET, DEE, CLIS

## SALEM DISTRICT POWER LIFTING ASSOCIATION



Affiliated to Tamil Nadu Power Lifting Association Recognised by Indian Power Lifting Federation Ministry of Youth Affairs and Sports Government of India

Organised by

**SRI ANJANEYA POWER GYM** 

## GERAIIE GRAIE OF MIERRY

This is to certify that	
of Sri Anjaneya po	wes fym has secured
Finst place	in theKg weight
class at the Junion	
Dead Lift (Men / Women) Championsh	
on	
• DISTRICT	RECORD *
Body Weight : 70.00 kg	Squat : 95 kg
Date of Birth :	Bench Press :kg
nd.	Dead Lift : 120 kg
And all 15 Call	Total : 245 kg
D.Parameswaran,  I.A., LLB, M.Phil, Ph.D., DET, DEE, CLISTIMITY College Tracket of Chief	
Det "see la wa!	M. Deir Sey
D.Parameswaran,	M.Nepoleon, B.Com.
President  Chief	Referee Secretary





## Southern Railway Institute,

Podanur, Coimbatore - 641 023.



## Coimbatore Weight Lifting Association

Jointly conducting

## TAMILNADU STATE WEIGHT LIFTING COMPETITION 2018 - 19

"23<sup>rd</sup> Junior Tamilnadu State and 13<sup>th</sup> Sub-Junior Tamilnadu State Competition" (Men & Women)

## PARTICIPATION CERTIFICATE

	HALLON CENTILL	CALL
This is to certify that Selvan / Selvi	1 MENAKA	
DOB 18. 04. 2000 Competitor of	of Salem	Participated in the
☐ 23 <sup>rd</sup> Junior Tamilnadu State / ☐ 13 <sup>th</sup> S	Sub Junior Tamilnadu State	Weight Lifting Competition 2018-19
held on 18. 11. 2018 at Railway	Community Centre, Podan	ur, Coimbatore - 641 023.
	alila	Science)
District Secretary	Organizing Secretary College for Namark Southern Railway Institute, Podanur, Coimbatore	District President
Coimbatore District Weight Lifting Association	Southern Railway Institute,	Coimbatore District Weight Lifting Association
Coimbatore	Podanur, Coimbatore	Coimbatore

## TAMILNADU POWERLIFTING ASSOCIATION

#### AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



Certificate of Merit / Participation

This is to Certi	ify that	MENAKA .	<b>v</b>	
of	ALEM	ha	s secured _	FIRST
place in the	BUB JUNIOR	2 84 Kg.	Weight Clas	ss Men / Women
Tamilnadu Sta	te Powerliftin	g / Bench Press /	Dead Lift	(Equipped /
Unequipped) C	hampionship h	eld atCH	ENNAT	
on 8 2 9				
KILOGRAMS LII	FTED	Boo	ly Weight	77.800 Kg.
Squat	130 Kg.		1	
Bench Press	45 Kg.		and and	, and a second
Dead Lift		( m)	S AS CAN	
TOTAL	295 Kg.	Maria	E Made Son Maria	
Jaar		will diese	Litto i kies ciene	1.4000
Chairman .		President		Gonl Secretary

## TAMILNADU POWERLIFTING ASSOCIATION

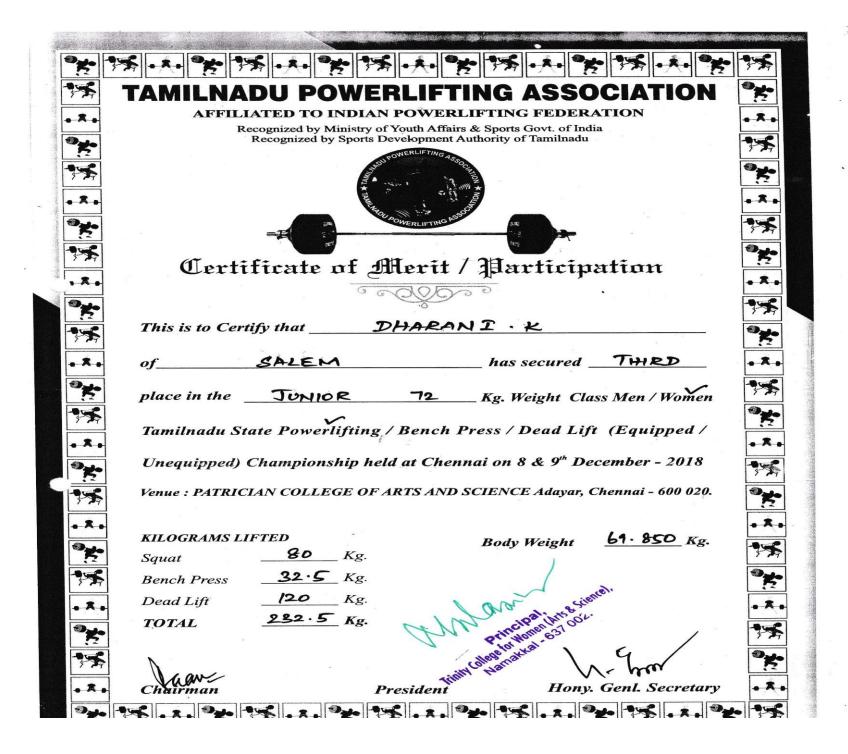
#### AFFILIATED TO INDIAN POWERLIFTING FEDERATION

-0-22-6

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



			-
This is to Certify	that MENA	ka · V	
ofSAL	EM	has securedFIRST	-
place in the <u>Evi</u>	3 JUNIOR BL	Kg. Weight Class Men / W	omen 3
Tamilnadu State	Powerlifting / Bench	Press / Dead Lift (Equipp	ed/
	mpionship held at		
on 8 4 9°	H - DEC - 2018	<b>5</b>	7 2
KILOGRAMS LIFTE		Body Weight 77.80	⊇ Kg.
Squat	Kg.	<b>)</b>	3 24
Bench Press	Kg.	- Silverico.	
Dead Lift	120 Kg.	Pring in our	
TOTAL	120 Kg.	Litthous es	-0
\		Miller Callers for Horizon (1975)	-7-
Law	- 5.13	Mil.	6661
Chairman	President	Honv. Genl. Sec	retary #



## TAMILNADU POWERLIFTING ASSOCIATION

AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



## Certificate of Merit / Participation

his is to Certify that	DHAR	ANI · K	
sale	EM	has secured	SECOND
lace in the JUNIO	R 72	Kg. Weight C	lass Men / Women
amilnadu State Pow	verlifting / Bench	h Press / Dead L	ft (Equipped /
nequipped) Champio	onship held at Ch	ennai on 8 & 9 <sup>th</sup> D	ecember - 2018
nue : PATRICIAN COL	LEGE OF ARTS AN	D SCIENCE Adayar,	Chennai - 600 020.
nue : PATRICIAN COL	LEGE OF ARTS AN	D SCIENCE Adayar,	
ue : PATRICIAN COL OGRAMS LIFTED		D SCIENCE Adayar,  Body Weight	Chennai - 600 020.
aue : PATRICIAN COL LOGRAMS LIFTED	Kg.		
oue : PATRICIAN COL OGRAMS LIFTED		Body Weight	69 · 850 Kg.
oue: PATRICIAN COL	Kg. Kg.	Body Weight	69 · 850 Kg.
nue: PATRICIAN COL	Kg. Kg. o Kg.	Body Weight	69 · 850 Kg.
LOGRAMS LIFTED  uat  nch Press  ead Lift  120	Kg. Kg. o Kg.	Body Weight	69 · 850 Kg.
LOGRAMS LIFTED  uat  nch Press  and Lift  120	Kg. Kg. o Kg.		69 · 850 Kg.

#### AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



## Certificate of Merit / Participation

This is to Certify thatSUM [	THRA . S				
ofSALEM	has secured THIRD				
place in the SUB TUNIOR 8.	4 Kg. Weight Class Men / Women				
Tamilnadu State Powerlifting / Bench Press / Dead Lift (Equipped /					
Unequipped) Championship held at	CHENNAZ.				
on 8 4 9th - DEC - 2018					
KILOGRAMS LIFTED	Body Weight 81.200 Kg.				
SquatKg.					
Bench Press <b>30</b> Kg.					
Dead Lift Kg.	ignie!				
TOTAL 180 Kg.	Marine Isa Ikrae San				
Jam-	Hony. Genl. Secretary				
Chairman President	Hony. Genl. Secretary				

AFFILIATED TO INDIAN POWERLIFTING FEDERATION

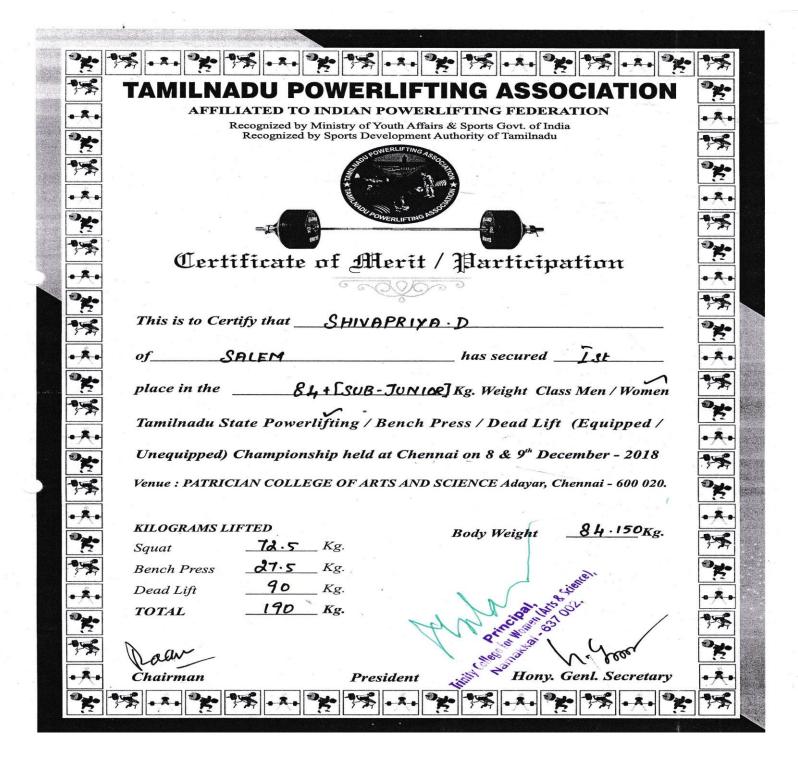
Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



## Certificate of Merit / Participation

This is to Certify that _	BUMITHRA	
ofSALEM	has	secured THIRD
place in the SVB To	UNIOR 84 Kg. W	Veight Class Men / Women
Tamilnadu State Powe	rlifting / Bench Press /	Dead Lift (Equipped /
Unequipped) Champion	nship held atCHE	TAMA
on 8 & 9th -		, (
KILOGRAMS LIFTED	n - 1	Weight _81.200 Kg.
Squat	Va	
Bench Press	Kg.	Treited Lies Stiene
Dead Lift 85	Kg.	alikis of.
TOTAL 85	Kg.	treination of the state
	Miles	Tattal
Jam -	5. BL - HING W.	1. Jean
Chairman	President	Hony. Genl. Secretary

President





AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



Certificate of Merit / Participation

has secured	8ECOND
42 Kg. Weight Cla	ss Men / Women
nch Press / Dead Lif	t (Equipped /
Chennai on 8 & 9 <sup>th</sup> De	cember - 2018
AND SCIENCE Adayar,	Chennai - 600 020.
Body Weight	43.000 Kg.
. **	1
	Science 1.
/	
	nch Press / Dead Lif Chennai on 8 & 9 <sup>th</sup> De AND SCIENCE Adayar, 0

#### **TAMILNADU POWERLIFTING ASSOCIATION**

AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



Certificate of Merit / Participation

This is to Co	ertify that GNA	ANA PRIYA	. R
of	SALEM	has s	secured SECOND
place in the	SUB JUNIOR	43 Kg. We	eight Class Men/Women
Tamilnadu S	State Powerlifting /	Bench Press / D	ead Lift (Equipped /
Unequipped	) Championship held	at Chennai on 8	& 9th December - 2018
Venue : PATRI	CIAN COLLEGE OF AR	TS AND SCIENCE	Adayar, Chennai - 600 020.
KILOGRAMS I	LIFTED	Body W	Veight 43.000 Kg.
Squat	Kg.		
Bench Press	Kg.		ante.
Dead Lift	Kg.		C Section 2
TOTAL		Las	Direips Line 637 00
		(MI)	6. 4.7.
		Las	and at the
Naan	5.0	3 Luty Trient	Strate of Store

# TRINITY COLLEGE FOR WOMEN NAMAKKAL SPORTS CERTIFICATES 2019-2020



# **TAMILNADU STATE** WEIGHTLIFTING CHAMPIONSHIPS

SENIOR / INTER DISTRICT / JUNIOR / YENTH / MEN / WOMEN / BOYS / GIRLS

#### Certificate of Honour

This is to certify that Shri / Smt. V. 1	ENAKA
of SALEM	has
secured THIRD place in the	81 Kgs. Weight category in the
above Championships held at Jawaharla!	
Body WeightKgs.	
KILOGRAMS LIFTED :	
Two Hands Snatch	/
Two Hands Clean & Jerk	
Total	
	Mal and and

Genl. Secretary

Tamil Nadu State Weightlifting Association

President







39<sup>TH</sup> MEN & 26<sup>TH</sup> WOMEN JUNIOR WEIGHTLIFTIING CHAMPIONSHIPS 2018 - 19

# Certificate of Honour

175

This is to certify that Selvan / Selvi V. M.E.N.A.G.A.	
of NAMAKKAL has secured FIRST place	
in the	
39th Men & 26th Women Junior WeightLifting Championships.	
at COIMBATORE on 20th JANUARY 2019	
Performance  When the state of	
Two Hand Snatch	
DN2 Lee	
(S.D.PONNSELAN) (D.NAVARAJ BULGANIN DANIEL	
President Hony. Secretary	-40
amilnadu Amateur Weightlifting Association Date: 20/01/2019 Tamilnadu Amateur Weightlifting Associat	ior



13<sup>TH</sup> YOUTH BOYS & GIRLS WEIGHTLIFTIING CHAMPIONSHIPS 2018 - 19

# Certificate of Honour

162

This is to certify that Selvan / Selvi P.:: SHJ	VA PRIYA
of	ed
in the	Weight Class at the
13th Youth Boys & Girls WeightLifting	Championships.
at CO!MBATORE	OM JANUARY 2019
Body Weight:81.200	
Performance Mile & Science!	
Two Hand Snatch2.7 Kg Work Lean & Jerk30	Kg Total 5 7 Kg
W College for Arkal	DNESLL
(S.D.PONNSEELAN)	(D.NAVARAJ BULGANIN DANIEL)
President	Hony. Secretary
emilinadu Amateur Weightlifting Association Date · 20/01/2019	Tamilnadu Amatour Woightlifting Association



#### TAMILNADU AMATEUR WEIGHTLIFTING ASSOCIATION

39<sup>TH</sup> MEN & 26<sup>TH</sup> WOMEN JUNIOR WEIGHTLIFTIING CHAMPIONSHIPS 2018 - 19

### Certificate of Honour

179

This is to certify that Selvan	/ SelviD.: S.H.I.V.	AP.RIYA
ofNAMAKKAL	has secured	SECOND place
in the87.kg		Weight Class at the
39th Men & 26th Women	Junior WeightLifts	ing Championships.
at COIMBATORE	on20	* JANUARY 2019
Body Weight :8/. 200		
Performance	My Sciencel.	
Two Hand Spatch 27 Kg	Principal 18 Science 30	Kg Total57 Kg
allo Vilie	ge for kal -	DNIZ
(S.D.PONNSEELAN)		(D.NAVARAJ BULGANIN DANIEL)
President	4 A 2 4	Hony. Secretary
Tamilnadu Amateur Weightlifting Association	Date : 20/01/2019	Tamilnadu Amateur Weightlifting Association



13<sup>TH</sup> YOUTH BOYS & GIRLS WEIGHTLIFTIING CHAMPIONSHIPS 2018 - 19

# Certificate of Honour

159

$T^{\prime}$	his is to certify that Selvan /	SelviSS	W.M.I.T.	4RA
of	NAMAKKAL	has secure	dF.	T.P.S.T place
	in the		We	eight Class at the
	13th Youth Boys & Gi	rls WeightLifting	Champ	ionships.
,	at	on2.0	" JAM	(VA.RY 2019
	Body Weight:80,600	Mona Sciencel		
T	wo Hand Spatch	incipal hirs & scients incipal hirs & scients or work and a Jerk35	Kg	Total <u>6.7</u> Kg
	Trinity College Nam	arkal -		N 1- 1-2
-	(S.D.PONNSEELAN)		(D.NAV	ARAJ BULGANIN DANIEL)
	President	- 1 - 1 -		Hony. Secretary
amilı	nadu Amateur Weightlifting Association	Date: 20/01/2019	Tamilnadu	Amateur Weightlifting Association



### SPORTS DEVELOPMENT AUTHORITY OF TAMILNADU NAMAKKAL UNIT

# CHIEF MINISTER TROPHY

District Level Competition 2018 - 2019

# CERTIFICATE OF MERIT

Name

TRINITY COLLEGE FOR WOMEN. Institution/Club:

WEIGHT LIFTING - +15 KG CATE GORY Game/Event

Place RUNNER-UP/FIRST/SECOND/THIRD

Venue District Sports Complex, Namakkal, Paavai Engg. College, Paachal, Namakkal

Date 29.01.2019 & 30.01.2019

Trinity College for Women (Arts & Science). Nawakkal - 637 002.

(CT. PERIAKARUPPAN)

C. T. Comme Design

District Sports & Youth Welfare Officer Namakkal District Unit



# SPORTS DEVELOPMENT AUTHORITY OF TAMILNADU



SALEM DISTRICT UNIT.

# CHIEF MINISTER'S TROPHY

**DISTRICT LEVEL COMPETITIONS 2018-2019** 



Trinity College for Women (Arts & Science),
Namakkal - 637 002.

K. DHARANI Vame

SALEM - DISTRICT Institution / Club

WEIGHT LIFTING Game / Event

WINNERS / RUNNERS

FIRST / SECOND / THIRD

Place

Venue

MAHATMA GANDHI STADIUM, SALEM

Date: 05-02-2019 & 06-02-2019

R.P. RAVICHANDRAN

District Sports & Youth Welfare Officer, Salem District Unit, Salem.



Serial No. : 304

# SOUTH INDIA WEIGHTLIFTING CHAMPIONSHIPS

2018-19

SENIOR / JUNIOR / YOUTH / MEN & WOMEN / BOYS & GIRLS

This is to certify that Shri / Kumari
ofT.A.M.L.NADU has secured
the
Nehru Arts and Science College, Nehru Gardens, T.M. Palayam , Coimbatore. Tamilnadu State.
from 15.02.2019 - 17.02.2019
Body Weight
Two Hands Clean & Jerk:
Total : 100 Kgs. West Golden
Date of Birth: 18:04:2000
PRESIDENT HONY. GENERAL SECRETARY
SOUTH INDIA WEIGHTLIFTING ASSOCIATION

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&
Indian Olympic Association



This is to certify that Sri/Ms. V. Menaka				
of			1SI— Place	
in the Un E				
Tunior National	l Pe	owerlifting	Championships	
held at Tamshed pur	durin	g31:03:19.t	0.05.042019	
MATI	ONA	L RECORD	\$	
Body Weight77.8 Kg.			Silente),	
KILOGRAMS LIFTED		1 0.	The ites with the soil.	
Squat Kg.		Men	Crir Worten 637	
Bench Press Kg.	(1)	\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \	Sene la Akal	
Dead Lift Kg.	VII	· inity C	Ham - Colored	
Total	F	PRESIDENT	HONY. GENL. SECRETARY	
Date of Birth		(I.P.F.)	(I.P.F.)	

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation &

**Indian Olympic Association** 



This is to certify that SriMs. V. Memaka				
of	has secured2	and Place		
in the Eq. u		Kg. weight class at the		
Junio 4. Nationa		,		
held at Tam Shed pull during 31.03.19 to 05.04 2019				
A NATIONAL RECORD				
Body Weight 77.71 Kg.		HONY, GENL, SECRETARY		
KILOGRAMS LIFTED	211	Cipal his Out		
Squat Kg.	an	bri Mour es.		
Bench Press Kg.		Collegenakk		
Dead LiftKg.	Zinn,	to James)		
Total 302.5 Kg.	PRESIDENT	HONY. GENL. SECRETARY		

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation

Indian Olympic Association



This is to certify that Sri/Ms. Shiua Priya
of T.N. has secured LSt. Place
in the Sub. In . 84 Kg. weight class at the
National Bench Press Powerlifting Championships
held at Jamshed burn during 31.03.19 to 05.04 20,9
NATIONAL RECORD TO
Body Weight 75.900 Kg.  KILOGRAMS LIFTED  Bench Press 50 Kg.  Date of Birth (I.P.F.)



# TAMILNADU STRENGTH BUILDING ASSOCIATION

STATE LEVEL STRENGTH BUILDING COMPETITION - 2019

# Merit Certificate

This is to certify the	at <del>Mr</del> ./Mrs./ <del>Ms</del> . <sup>y</sup> .	. HEPAKA	
representing			mpeted in the
82.5kg weig			
and won the	FIRST		place in the
12TH STATE LEVI	EL STRENGTH E	BUILDING CHA	AMPIONSHIP
for Men / Women	Master held on	28 April 2019	9, Sunday at
∠nna Stadium Ti	ruchirappalli.		, 1
Press behind neck	35 Kgs.	stength	Building
Bicep Curl	Kgs.	TN CHE	SBA P
Total	:Kgs.		* nous
Lim	Jan 1	Prin Hories	Stagener.
President	General Secret	ary chese Hamakh	Treasurer
			•



# TAMILNADU STRENGTH BUILDING ASSOCIATION

#### STATE LEVEL STRENGTH BUILDING COMPETITION - 2019

# Merit Certificate

representing	that Mr./Mrs./Ms D.SHIVA SALEM eight class, recording a to	has competed in the
and won the		place in the
12TH STATE LE	VEL STRENGTH BUILD	NG CHAMPIONSHIP
for Men / Wome	n / Master held on <b>28 Ap</b>	oril 2019, Sunday at
Anna Stadium	Tiruchirappalli.	
Press behind ne	ck :22.5Kgs.	angth Buildi
Bicep Curl	2.5Kgs.	TNSBA PS CHENNAI)
Total	47.5 Kgs.	Silve1 * nollage
/1/m	A A A	Treasurer
President	General Secretary	Treasurer



# CBR SPORTS FESTIVAL - 2019



Organised By: CBR ACADEMY OF SPORTS & EDUCATION, KETHANAKONDA, KRISHNA DIST.,521456, A.P.

# ALL INDIA CLUB LEVEL JUNIOR & SENIOR FOR MEN & WOMEN WEIGHTLIFTING GRAND PRIX - 2019



This is to certify that Mr./Kum 19. Menaka	
Sto. K. Manurugan is represented from	om Tamil Nadu
has Secured 2nd Place +69 (wor	www)kg category in Junior / Senior
In the field of "SNATCH" Competitions. Held or	1 8 <sup>th</sup> to 11 <sup>th</sup> May, 2019
at CBR Academy of Sports & Education, Ketha	nakonda, Vijayawada.
Best Snatch: 45 Kgs	**
Communicipal (Arts & Science)	
CBR Prasad  Chairman, CBR Sports Festival - 2019  Tinity College for Women 637 002.	C. Manoj Raj Convenor, CBR Sports Festival - 2019



# CBR SPORTS FESTIVAL - 2019



# ALL INDIA CLUB LEVEL JUNIOR & SENIOR FOR MEN & WOMEN WEIGHTLIFTING GRAND PRIX - 2019



This is to certify that Mr./Kum
S/o is represented from
has Secured <u>து</u> Place <u>சி(ய்றைய</u> ) kg category in Junior / Senior
In the field of "CLEAN & JERK" Competitions. Held on 8th to 11th May, 2019 at CBR Academy of Sports & Education, Kethanakonda, Vijayawada.
Best Snatch: 53 Kgs
CBR Prasad  Chairman, CBR Sports Festival - 2019  Sponsored By: MALATHI MEMORIAL CHARITABLE TRUST, HYDERABAD
Chairman, CBR Sports Festival - 2019  Trinity College for Wolling 637 002  Convenor, CBR Sports Festival - 2019
Sponsored By: MALATHI MEMORIAL CHARITABLE TRUST, HYDERABAD



# CBR SPORTS FESTIVAL - 2019

90

Organised By: CBR ACADEMY OF SPORTS & EDUCATION, KETHANAKONDA, KRISHNA DIST.,521456, A.P.

# ALL INDIA CLUB LEVEL JUNIOR & SENIOR FOR MEN & WOMEN WEIGHTLIFTING GRAND PRIX - 2019



This is to	certify that Mr./KumMenaka	
S/o	is represented from 7.N	
-	has Secured _3 <sup>vd</sup> Place <u>69<sup>†</sup>(Women)</u> kg_category in Junior / Se	enior
lı at	n the field of "CLEAN & JERK" Competitions. Held on 8th to 11th May, 2019  CBR Academy of Sports & Education, Kethanakonda, Vijayawada.	ķi
Best Snatch		
Ch	CBR Prasad  Principal  Principal  Principal  C. Manoj kaj  C. Manoj kaj  Convenor, CBR Sports Festival - 2019  Sponsored By: MALATHIME MICHAEL CHARITARIE TRUST LIVER DARGE.	
	Convenor, CBR Sports Festival - 2019  Sponsored By: MALATHIME MANAGEMENT CHARITABLE TRUST LIVER AREA  SPONSORED CHARITABLE C	

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation &

**Indian Olympic Association** 



This is to certify that Sfi/Ms	S. SUMITHRA	
of	has securedZu?	ol Place
in the		. Kg. weight class at the
SubJR:Nationa	l Powerlifting	Championships
held at	during. <b>96:.96:2019</b> .t	0.99:062019
☆ NATI	ONAL RECORD	a- +
Body Weight Kg.	rlyn 1. 11	Women (Arts & Crience). Wal - 637 OC.
KILOGRAMS LIFTED	My Son	cipal (Arts &
Squat	1 noge for	Moi: 631
Bench Press 3.0 Kg.	Mama	K F D 112
Dead Lift 9.0 Kg.		Cars 1 - 1
Total 202.5	PRESIDENT	HONY GENI SECRETARY

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&
Indian Olympic Association



This is to certify that Sfi/MsSUMIT.HRA.S	
This is to certify that Study South L. C. A. K.A. S.	
of	
in the	
Sub. JR U/E National Powerlifting Championships	
held at .TATA NAGARduring.06/06/2019to.09.106.1	
NATIONAL RECORD	
Body Weight 84:100 Kg.  KILOGRAMS LIFTED  Squat	
KILOGRAMS LIFTED	
Squat	
Bench Press	
Dead Lift85 Kg.	
Total	

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation &

**Indian Olympic Association** 



This is to certify that Spi/Ms	SHIVA PRIY	A: D
ofT.:	has securedIn	d Place
in the84		Kg. weight class at the
SubIR National	Powerlifting	Championships
held at		
NATIO	ONAL RECORD	
Body Weight	War 1	Cipal Arts & Science 1. Women (Arts & Science 1. World 637 002.
KILOGRAMS LIFTED	My de	Cipalints & Sco
Squat	V Also But	Momen 637 00
Bench Press Kg.	A A College Maria	L b li
Dead Lift Kg.	The state of	Kerstell
Total		HONY. GENL. SECRETARY
Date of Birth	(I.P.F.)	(I.P.F.)

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation

**Indian Olympic Association** 



This is to certify that Sfi/MsS.H.I.V.AP.R.I.Y.A	
of	gtPlace
in the84	. Kg. weight class at the
Sub JR USE. National Powerlifting	Championships
held at	
Body Weight	Principal Arts & Stience !.  Principal Arts & Stience !.  Parmanen B37 002.
KILOGRAMS LIFTED	Principal Mrs 637 002
Squat	Land to D-12
Total Kg. PRESIDENT  Date of Birth 16 02 12 m22  Control Kg. PRESIDENT  (I.P.F.)	HONY. GENL. SECRETARY (I.P.F.)

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation & Indian Olympic Association



This is to certify that Sri/Ms N. MENAKA			
of	ired III 9rd	Place	
in the	Kg. weight cl	ass at the	
SENIOR National Por	werlifting Champion	nships	
held at PALAMPUR H.P. during	06:08:19 to 10:08	:20 19	
NATIONAL	RECORD 🏠/		
Body Weight 79.800 Kg.	Trinity College for Women 12 637 002.	<b>A</b> .	
KILOGRAMS LIFTED	1 Amilias Scien	Cere	
Squat Kg.	My Principal 37 00%.		
Bench Press Kg. Kg.	Many College for Man . 631		
Dead Lift	Trinni Mar		
Total	ESIDENT HONY. GENL. SE	CRETARY	
Date of Birth 18/4/2000	(I.P.F.)		

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation &

**Indian Olympic Association** 



This is to certify that Sri/Ms	MENAKA	•••••
of		-sad Place
in the U.E. 84		Kg. weight class at the
SENIORNational	Powerlifting	Championships
held at PALAMPUR H.P. du	ring. 0.6.10.8.119. to	10/09 2019
MATION	AL RECORD	\$
Body Weight Bo: Soo Kg.	. \	Principal lins & Sciencel.  Principal Lins & Sciencel.  Namakkal - 637 00%.
KILOGRAMS LIFTED	MM	Cincipal Arts & 30.
Squat 120 Kg.	0)	rac for Moure 63
Bench Press Kg.	Trinity Co	Mamaki
Dead Lift 1.20 Kg.	Course	10.D-115
Total	PRESIDENT	HONY. GENL. SECRETARY
Date of Birth 18. 04.2000	(I.P.F.)	(I.P.F.)



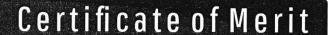
#### NAMAKKAL DISTRICT

# 5th WEIGHT LIFTING CHAMPIONSHIP-2019 **SENIOR - MEN / WOMAN**

ORGANISED BY: VATTHIYAR GYM, PALLIPALAYAM

Namakkal District Weight - Lifting Association

(Affiliated to Tamilnadu State Weight - Lifting Association)



C. O.		
6		
This is to certify that $\underline{\hspace{1.5cm}\mathcal{V}.}$	MENAKA	
Representing <u>Olympic Giv</u>	M R. P. M. has secured	<u>I</u>
place in the Namakkal Dist	rict Weight lifting Championship	held at Sengunthar
Sri Om. Kaliamman Thirumaa	na Mandapam Pallipalayam held	on 18th August 2019.
Body Weight &I K-GP	SNATCH	50kgs
	SNATCH  CLEAN & JERK	58 KGS
	Printing 1 002 TOTAL	KGS
N.he -ux	Principal Arts & Sche CLEAN & JERK TOTAL  Chief Pefroe	6. Ausen
	Ciliei Keilee	President
Namakkal Dist. Weight - Lifting Associa	ation	Namakkal Dist Weight - Lifting Association



# NAMAKKAL DISTRICT

5th WEIGHT LIFTING CHAMPIONSHIP-2019

#### **SENIOR - MEN / WOMAN**

ORGANISED BY: VATTHIYAR GYM, PALLIPALAYAM

Namakkal District Weight - Lifting Association

(Affiliated to Tamilnadu State Weight - Lifting Association)



# Certificate of Merit

This is to certify that D. SHIVA PRIVA	
Representing Olympic Gryn, P.P.M. has secured	
place in the Namakkal District Weight lifting Championship	held at Sengunthar
Sri Om. Kaliamman Thirumaana Mandapam Pallipalayam held	on 18th August 2019.
Body Weight 76 KG SNATCH	KGS KGS
CLEAN & JERK TOTAL	<u>37</u> KGS KGS
When - of Maringipal Harts & Science).	n. Luyeny
Secretary  Namakkal Dist Weight Lifting Association 637 Ochief Refree	President
Transaction Prof. London Filtring Markey	Namakkal Dist. Weight - Lifting Association



#### PERIYAR UNIVERSITY

NAAC A GRADE - STATE UNIVERSITY - NIRF RANK 68 Salem - 636 011, Tamil Nadu, India



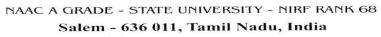
INTER - COLLEGIATE TOURNAMENTS 2019 - 2010

#### CERTIFICATE OF MERIT

This is to certify that V. MENAKA  S/o / D/o	
Of TRINITY COLLEGE FOR WOMEN  NAMAKKAL was a member of POWER LIFTING RUNNERS [Men / Women] Team who have won as Winners / Runners / Third position in the Periyar University Inter - Collegiate POWER LIFTING Tournament for the year 2019 - 2020 held at PERIYAR UNIVERSITY.  SALEM from 1.4.09.19 to  Physical Education Registrar	This is to certify that
ofTRINITY COLLEGE FOR WOMEN  NAMAKKAL was a member of POWER LIFTING  RUNNERS  (Men / Women) Team who have won as Winners / Remners / Third position in the  Periyar University Inter - Collegiate	SIO / DIO K. YEL MURUGAN.
MAMAKKAL was a member of Power Lifting  (Men / Women) Team who have won as Winners / Runners / Third position in the  Periyar University Inter - Collegiate Power Lifting Tournament  for the year 2019 - 2020 held at PERIYAR UNIVERSITY.  SALEM from 14.09.19 to  Physical Education  Registrar	V. KALACourse
(Men / Women) Team who have won as Winners / Runners / Third position in the Periyar University Inter - Collegiate	of TRINITY COLLEGE FOR WOMEN
Periyar University Inter - Collegiate	NAMAKKAL was a member of POWER LIFTING
for the year 2019 - 2020 held at PERLY OR LONINERS ITY.  SALEM from 1.4.09.19 to  Director of Physical Education Registrar	(Men / Women) Team who have won as Winners / Runners / Third position in the
SALEM from 1.4.09.19 to Physical Education Registrar	Periyar University Inter - Collegiate PowER LIFTING Tournament
Director of Physical Education Registrar	for the year 2019 - 2020 held at PERIYAR UNIVERSITY.
Director of Physical Education Registrar	SALEM from 14.09.19 to -
PERIVAR UNIVERSITY  SALVE TO THE PERIVAR DE LA COLLEGIO DE LA COLL	Director of Physical Education Registrar
	PERIVAR UNIVERSITY  PERIVAR UNIVERSITY  Minute Des Lines 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1



#### PERIYAR UNIVERSITY





INTER - COLLEGIATE TOURNAMENTS 2019 - 2020

#### CERTIFICATE OF MERIT

CLARKE EL EVALE DA AVALAGA E
This is to certify that
S/O / D/O K. V.ELMURUKAN
V KALA Course III BA (Fng)
of TRINITY COLLEGE OF PRIS & SCIENCE,
Namakkal was a member of WEIGHT LIFTING (81kg)
( <del>Men</del> / Women) Team who have won as Winners / <del>Runners</del> / Third position in the
Periyar University Inter - CollegiateWEIGHT. LIFTING Tournament
for the year 2019 - 2020 held atPERLYAR UNIVERSITY
SALEM from 14.09,2019 to
Director of Physical Education Registrar
Physical Education  Sufflunt usus so be so



#### PERIYAR UNIVERSITY

NAAC A GRADE - STATE UNIVERSITY - NIRF RANK 68 Salem - 636 011, Tamil Nadu, India



INTER - COLLEGIATE TOURNAMENTS 2019 - 2020

# CERTIFICATE OF MERIT



40<sup>TH</sup> MEN & 27<sup>TH</sup> WOMEN JUNIOR WEIGHTLIFTIING CHAMPIONSHIPS 2019

#### Certificate of Honour

23

This is to certify that Selvan / SelviV.: M	ENAKA	
of	dF.18.S.T	place
in the87kg	Weight Class	at the
40th Men & 27th Women Junior WeightLa	ifting Championships	
at PATTUKK OTTAL on	29th SEP.	2019
Performance  Performance  Principal (hris & Stiente)  Principal (hris & Stiente)		
Performance Principal (Arson 2).  Two Hand Snatch	Kg Total/./	Kg
	DNIAD	
(S.D.PONSELAN)	(D.NAVARAJ BULGANII	DANIEL)
President	Hony. Secretary	,
amilnadu Amateur Weightlifting Association Date: 29/09/2019	Tamilnadu Amateur Weightliftin	a Association



14<sup>TH</sup> YOUTH BOYS & GIRLS WEIGHTLIFTIING CHAMPIONSHIPS 2019

# Certificate of Honour

• 199

This is to certify that Selvan / SelviD.:.S.I.	VA PRIYA
of	d
in the	Weight Class at the
14th Youth Boys & Girls WeightLifting	Championships.
at PATTUKKOTTAI on	29th SEP. 2019
Body Weight :	
Performance	
Two Hand Snatch 28 Kg Clean & Jerk 37	. Kg Total6.5 Kg
My Miles & Science	DN2 2ca
(S.D.PONSEELAN) Principen (AT) 002.	(D.NAVARAJ BULGANIN DANIEL)
President amilnadu Amateur Weightlifting Association Na Date:29/09/20.15	Hony. Secretary
amilnadu Amateur Weightlifting Association NaDate:	Tamilnadu Amateur Weightlifting Association



40<sup>TH</sup> MEN & 27<sup>TH</sup> WOMEN JUNIOR WEIGHTLIFTIING CHAMPIONSHIPS 2019

# Certificate of Honour

237

This is to certify that Selvan / Selvi	IVA PRIYA	
of	edSE.CO.N.D place	
in the		
40 <sup>th</sup> Men & 27 <sup>th</sup> Women Junior WeightL		
at PATTUKKOTTAI on	29th SEP. 2019	
Body Weight :  Performance		
Two Hand Snatch 28 Kg Principal Arts & Jerk 37	Kg Total 6.5 Kg	
Performance Two Hand Snatch 28 Kg Principal Arts & Science)  Two Hand Snatch 28 Kg Principal Arts & Science)  Trimity College for Works and Sold Principal Arts & Science)  Trimity College for Works and Sold Principal Arts & Science)	DNL	
(S.D.PONSEELAN)	(D.NAVARAJ BULGANIN DANIEL)	
President	Hony. Secretary	
Tamilnadu Amateur Weightlifting Association Date: .2.9./.o.q/20./.9	Tamilnadu Amateur Weightlifting Association	



#### SALEM DISTRICT WEIGHT LIFTING CHAMPIONSHIP

SENIOR - MEN / WOMEN - 2019

ORGANISED BY: KATTUR SWAMY VIVEKANANDA TRUST GYM

Salem District Weight - Lifting Association

( Affiliated to Tamilnadu State Weight - Lifting Association)

# Certificate of Merit / Participation

This is to certify that Sri. D. SHIVA PRI	176	
Representing Anjaneya Gym, Edapadi	has secured I - First	place
in the Salem District Weight Lifting	g Championship held	d at
Sri Balamurugan Thirumana Mahal Kattur, Sale	m held on 13th October	2019.
Body Weight 76-kg.	SNATCH 32 -	KGS
Body Weight 70-17.	CLEAN & JERK40~	KGS
My Minal , & Sciencel	TOTAL 72 -	KGS
College for Women (Arts & Sciente)  Secretary  College for Women (Arts & Sciente)  Namakkal - 637 002  Cheif Refree	2. Daibage	r,
Secretary Cheif Refree Salem Dist. Weight - Lifting Association	<b>President</b> Salem Dist. Weight - Lifting As	ssociation



#### SALEM DISTRICT WEIGHT LIFTING CHAMPIONSHIP

SENIOR - MEN / WOMEN - 2019

ORGANISED BY: KATTUR SWAMY VIVEKANANDA TRUST GYM

Salem District Weight - Lifting Association

(Affiliated to Tamilnadu State Weight - Lifting Association)

#### Certificate of Merit / Participation

This is to certify that Sri. K. KIRUTHIN	< A
Representing Anjaneye Gym, Edappads	has secured <u>U - Se eond</u> place
	<b>g Championship</b> held at
Sri Balamurugan Thirumana Mahal Kattur, Sale	m held on 13th October 2019.
Body Weight 71-kg.	SNATCH 30- KGS CLEAN & JERK 40- KGS
Secretary Trinity College for Women (Arts & Skienke).  Secretary Namakkal - 637 002. W. 1  Cheif Refree  Salem Dist, Weight - Lifting Association	TOTAL 70- KGS
Secretary Trinity College Namakkal Cheif Refree Salem Dist, Weight - Lifting Association	President Salem Dist, Weight - Lifting Association



COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
 Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



#### 11" TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2019

MEN & WOMEN (Equipped & Unequipped)
(Sub Junior, Junior, Senior and Masters)

Date: 20.10.2019 - Sunday

Venue: Sree Lakshmi Palace Thirumana Mandapam, Mettupalayam, Coimbatore District

Certificate of Merit

Certificate	Na .	420
cerminate	NO. :	

Name : V. WENAKA

Gender : WOMEN

Date of Birth : 18.04.2000

District : SALEM

Division : UNEQUIPPED

Category : 84KG-JUNIOR

Body Weight: 81.200

Bench Press : 62.5

Place

FIRST

Honorary President
Tamil Nadu Powerlifting Association

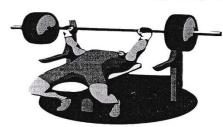
College to Mouse USI OO's.

Honorary General Secretary
Tamil Nadu Powerlifting Association



COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
 Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



#### 11" TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2019

MEN & WOMEN (Equipped & Unequipped)
(Sub Junior, Junior, Senior and Masters)

Date: 20.10.2019 - Sunday

Venue: Sree Lakshmi Palace Thirumana Mandapam, Mettupalayam,
Coimbatore District

Certificate of Merit

Certificate No.	422	
Name	V.MENAKA	
Gender	WOMEN	
Date of Birth	18.04.2000	
District	SALEM	
Division	UNEQUIPPED	/
Category	84KG-SENIOR	
Body Weight	91 200	
Bench Press	62.5  Place  FIRST  Trinity College for Women (Arts & 5)  Namakkal - 637 002	cience
Detteri 17633	Print Women (All 002)	L-
	Place FIRST Trinity College Namakka	

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation

**Indian Olympic Association** 



This is to certify that Sri/Ms. SHNA PRIYA
of TAMILNADU has secured First (1st) Place
in the 84kg (Junior) unez Kg. weight class at the
Tast/West/South/Mach Zone Powerlifting Championships
held at Adyar, Chennai during 18th to 25th act 2019.
NATIONAL RECORD \$
Body Weight 75.000 Kg.  KILOGRAMS LIFTED  Squat 80 Kg.  Bench Press 40 Kg.
Squat
Bench Press 40 Kg.
Dead Lift
Total

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&

**Indian Olympic Association** 



The SHING DRIVE
This is to certify that SriMs. SHIVA PRIYA
of TAMILNADO has secured first (1st) Place
in the 84 kg (Sub-Jr) uneq Kg. weight class at the
Took/Whose/South/Moren Zone Powerlifting Championships
held at Adycor, Chennai during 18th to 20th oct 2012
NATIONAL RECORD 🏠
Body Weight #5.000 Kg.  KILOGRAMS LIFTED  Squat 80 Kg.  Bench Press 40 Kg.  Dead Lift 10 Kg.  PRESIDENT ORGANISING SECRETARY
KILOGRAMS LIFTED WAS STIEMED
Squat
Bench Press
Dead Lift
Total
Date of Birth

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&
Indian Olympic Association



#### Certificate of Honour

This is to certify that Sri/Ms\KIRVIHIKA
of TAMIL NADU has secured FIRST (75+) Place
in the 63 Kg, (Sub -52.) une Kg. weight class at the
East/West/South/North Zone DeadLift Championship
held at Adyon, chemal during 18th Oct to 20th - Oct 2019
NATIONAL RECORD

Body Weight. 61 - 800 Kg.

KILOGRAMS LIFTED

DeadLift 105 Kg.

Total Kg.

Date of Birth 30 - 04 - 2001

Principal, 18 Sciencel.

Walnut College for Women (Arts & Sciencel.

Namakkal - 637 002.

PRÈSIDENT (I.P.F.) ORGANISING SECRETARY
East / West / South / North Zone
(I.P.F.)

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&
Indian Olympic Association



## Certificate of Honour

This is to certify that Sri/MsK. KIRUTHIKA	
of TAMILNADU has secured Second (2"	d)Place
in the 63 kg. (Sub-Jr) unes Kg. weigh	ht class at the
Test/West/South/Meth Zone Powerlifting Cham	pionships
held at Adyar, Chemai during 18th to 20th c	oct 2019.
NATIONAL RECORD	
Body Weight 61.800 Kg. KILOGRAMS LIFTED	·iencel
KILOGRAMS LIFTED IN SIDELLINES	

(I.P.F.)

ORGANISING SECRETARY

East / West / South / North Zone

(I.P.F.)

Total 197.5 Kg.

Date of Birth 30.07.2001

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&

Indian Olympic Association



## Certificate of Honour

This is to certify that Sri/MsS. DIVYA
of TAMIL NADU has secured SECOND (Ind) Place
in the .6.3kg., (Sub-Jan.) uneq Kg. weight class at the
East/Hest/South/Horth Zone DeadLift Championship
held at Adyan, Chennal during 18th - Oct to 20th . Oct 2019
NATIONAL RECORD

Body Weight... 60 - 600 Kg.

KILOGRAMS LIFTED

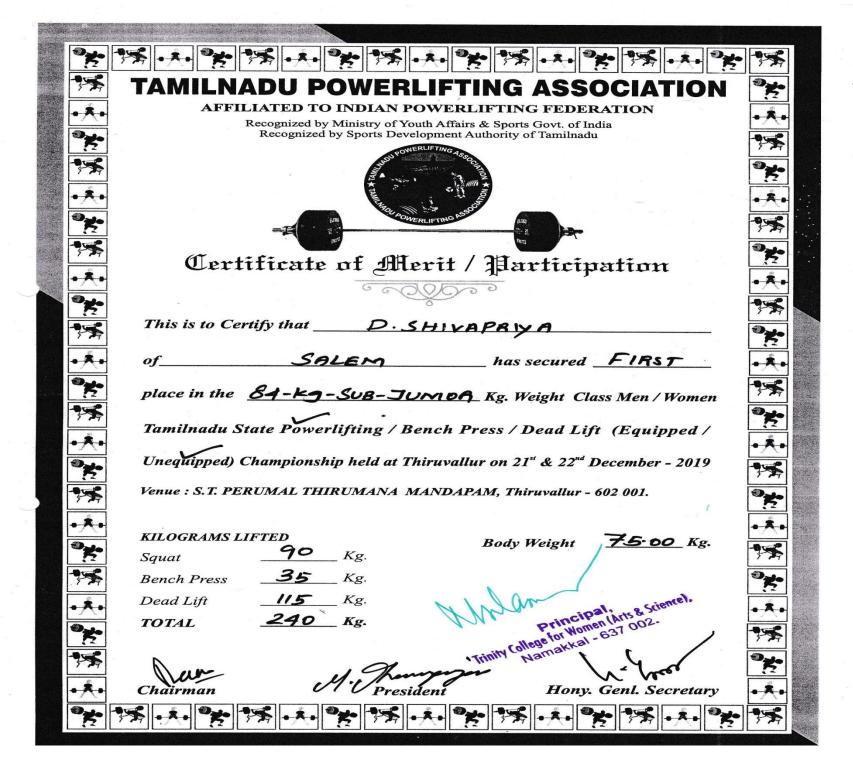
DeadLift 80 Kg.

Total Kg.

PRESIDENT ORGANISING SECRET

(I.P.F.) East / West / South / North

ORGANISING SECRETARY
East / West / South / North Zone
(I.P.F.)



#### AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



This is to Certify that K. KIRUTT-IKB

of SALEM has secured FIRST

place in the JUNIOR - 63 Kg. Weight Class Men/Women

Tamilnadu State Powerlifting / Bench Press / Dead Lift (Equipped / Unequipped) Championship held at Thiruvallur on 21st & 22nd December - 2019

Venue: S.T. PERUMAL THIRUMANA MANDAPAM, Thiruvallur - 602 001.

KILOGRAMS LIFTED Body Weight 62.250 Kg.

 KILOGRAMS LIFTED

 Squat
 72.5
 Kg.

 Bench Press
 27.5
 Kg.

 Dead Lift
 10.5
 Kg.

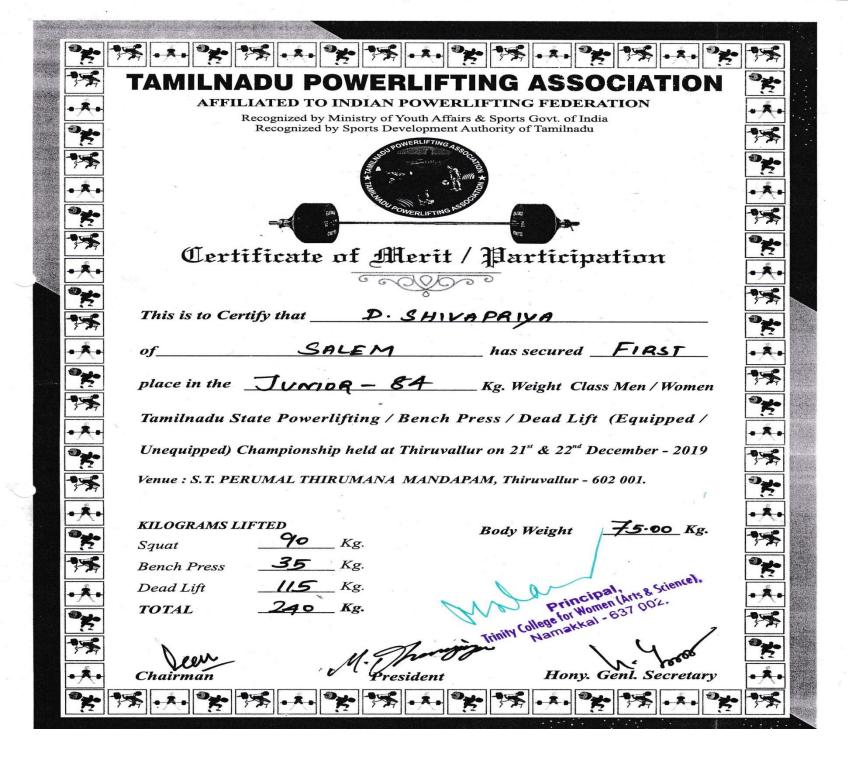
 TOTAL
 20.5
 Kg.

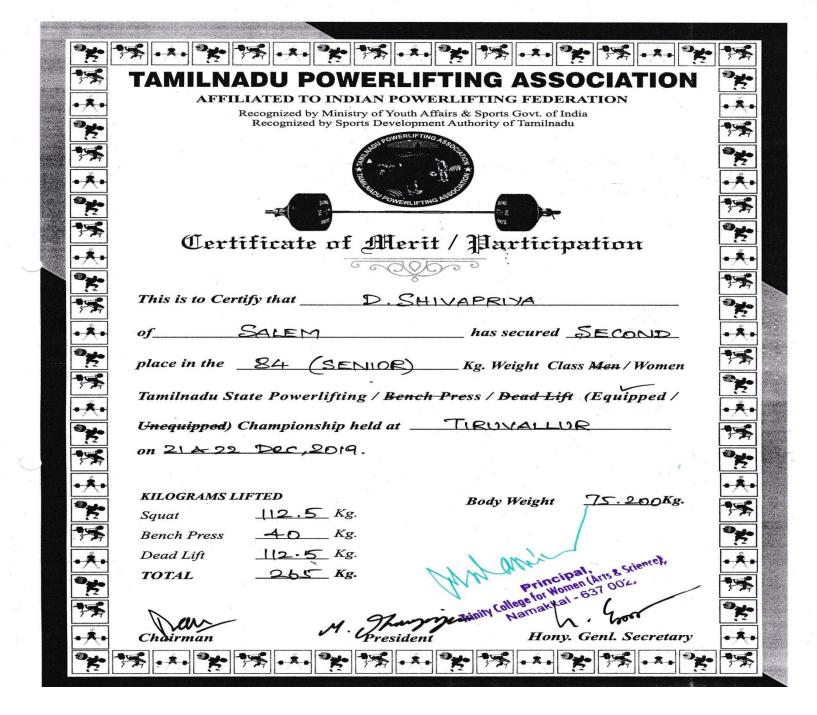
Principal,
Principal,
Arts & Science),
Trinity College for Women (Arts & Science),
Namakkal - 637 002.

Chairman

M. President

Hony. Genl. Secretary





#### AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



Certificate of Merit / Participation

This is to Cert	ify that K.	ROTHIKA	
ofS	ALEM	has secured SECOND	
place in the	72 (SENIOR)	Kg. Weight Class Men / Women	
Tamilnadu Sta	ite Powerlifting / Bench	Press / Dead Lift (Equipped /	
Unequipped) (	Championship held at	TIRUVALLUR	
on 21 2 22	Dec, 2019		
KILOGRAMS LI Squat	FTED	Body Weight 63.400 Kg.	
Bench Press	27.5 Kg.		
Dead Lift	112.5 Kg.	· War	
TOTAL	230 Kg.	Principal, (Arts & Science),	
lew	W. Thomps	Principal (Arts & Science).  Principal (Arts	
Chairman	resident	Hony. Gent. Secretary	

#### AFFILIATED TO INDIAN POWERLIFTING FEDERATION

Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



Certificate of Merit / Participation

		~QQ00000
This is to C	Sertify thatS	. DHIVYA
of	SALEM	has secured SECOND
place in the	63kg-3UB-	IUNIOR Kg. Weight Class Men / Women
	A	Bench Press / Dead Lift (Equipped /
Unequipped)	Championship held a	at Thiruvallur on 21st & 22nd December - 2019
Venue : S.T. PI	ERUMAL THIRUMANA	A MANDAPAM, Thiruvallur - 602 001.
KILOGRAMS I	AFTED	Ball William Land
Squat	42.5 Kg.	Body Weight 60.700 Kg.
Bench Press	32.5 Kg.	
Dead Lift	100 Kg.	/
TOTAL	175 Kg.	Principal Arts & Science I.  Principal Arts & Science I.
N and	.,9	Trinity College for Wome 637 002

Hony. Genl. Secretary

Chairman

#### AFFILIATED TO INDIAN POWERLIFTING FEDERATION

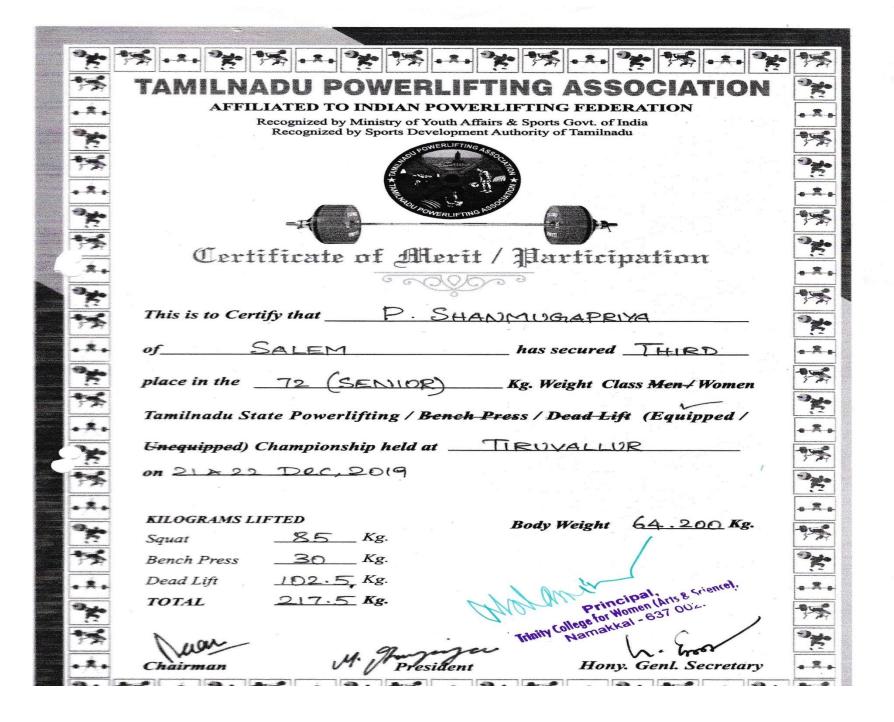
Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu



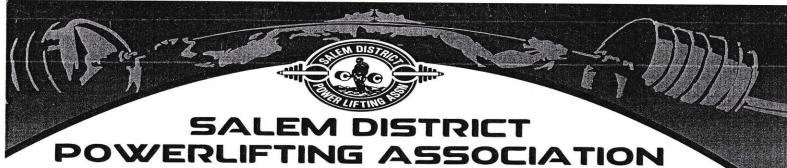
Certificate of Merit / Participation

This is to Certify th	nat S. Du	V YA	
ofSAL	EM	has secured	THIRD
place in the	3 (SEMIDE)	Kg. Weight Cla	ss Men/Women
Tamilnadu State P	owerlifting / <del>Benc</del> l	h Press / <del>Dead Lif</del> i	Equipped /
Unequipped) Cham	pionship held at	TIROVALL	0R
on 21 & 22 Do	c, 2019		
		**	
KILOGRAMS LIFTED		Body Weight	Al took
Squat _5	O Kg.		61.600 Kg.
Bench Press 3	OKg.		
Dead Lift	) ( Kg.	100	Science).
TOTAL 13	Kg.	Mam Princi	men (Arts & 2).
Nelson -	y Thur	Marinei Principal Principa	Good
Chairman	President	Hony.	Genl. Secretary
8 0 24 008	material because the same and the same and the same transfer of		

#### AFFILIATED TO INDL Recognized by Ministry of Youth Affairs & Sports Govt. of India Recognized by Sports Development Authority of Tamilnadu Certificate of Merit / Participation P. SHANMUGIAPRIVE This is to Certify that has secured SECOND place in the JUNIOR - 72 Kg. Weight Class Men / Women Tamilnadu State Powerlifting / Bench Press / Dead Lift (Equipped / . 2 . Unequipped) Championship held at Thiruvallur on 21st & 22nd December - 2019 Venue: S.T. PERUMAL THIRUMANA MANDAPAM, Thiruvallur - 602 001. KILOGRAMS LIFTED 63-800 Kg. **Body Weight** Kg. Squat Trinity College for Women (Arts & Science) Kg. Bench Press Kg. Dead Lift TOTAL Chairman Hony. Genl. Secretary



# TRINITY COLLEGE FOR WOMEN NAMAKKAL SPORTS CERTIFICATES 2020-2021



(Affiliated to Tamilnadu Power Lifting Association) 39, Perumal Street, Dadagapatti, Salem - 636 006.

Organised by SDPL A MAHATMA GANDHI GIYM



#### CERTIFICATE OF HONOUR



his is to certify that	V:MENAKA	
У Т. С.	Gym has secured	FIRST place
	Kg. weight class Men / Wom	
ientor / Master (+40, 1	+50, +60) / District Power	lifting Championship
	RA KALYANA M	
a 12 :01: 2.020		

#### **PERFORMANCE**

.....Kgs. SQUAT Kgs. **BENCH PRESS DEAD LIFT** 390 Kgs

OUTSTANDING PERFORMANCE .....

\* NEW RECORD

resident **Chief Referee** 

TOTAL





#### TAMILNADU AMATEUR WEIGHTLIFTING ASSOCIATION

70<sup>™</sup> MEN & 34<sup>™</sup> WOMEN SENIOR WEIGHTLIFTIING CHAMPIONSHIPS 2020

### Certificate of Honour

291

Tamilnadu Amateur Weightlifting Association

This is to certify that Selvan / Selvi	MENAKA
of	d place
in the87 kg	Weight Class at the
70 <sup>th</sup> Men & 34 <sup>th</sup> Women Senior WeightLift	
at THOOTHUKUPI on 2	9 Th FEBRUARY 2020
Performance	
Two Hand Snatch5.8 Kg Clean & Jerk7.5	Kg Total / 3.3 Kg
(S.D.PONSEELAN)  Trinity College for Women (Arts & Science), Namarkal - 637 002.	
(S.D.PONSEELAN) Trinity College for Women (ATS) Namakkal - 637 002.	(D.NAVARAJ BULGANIN DANIEL)
President .	Hony. Secretary
Tamilnadu Amateur Weightlifting Association Date: 29/02/2020	Tamilnadu Amateur Weightlifting Association

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation

**Indian Olympic Association** 



This is to certify that Sri/Ms\$	hanning aprily	ya. P
of Tamil Madu has	securedI	- 🖈
in the63	Csub-Juw	. Kg. weight class at the
Renclpress National	Powerlifting	Championships
held atLellidur	ing.13.532ato	o1.6.03.2a20
<b>☆</b> NATION	AL RECORD	The little of th
Body Weight63.50 Kg.		Mortification of the state of t
KILOGRAMS LIFTED		My Still House 63.
SquatKg.		MAN SELECTION
Bench Press		Hall Har.
Dead Lift Kg.		C49-12
Total 32-5 Kg.	PRESIDENT	HONY. GENL. SECRETARY

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation

**Indian Olympic Association** 



This is to certify that Sri/Ms of Tanil Nadu has		riya . P St Place
in the Sub-Ir	6.3	Kg. weight class at the
National Bench Press	Powerlifting	7 Championships
held at Oelhi du	ring 13/03/20	to16[03/2020
NATION	NAL RECORE	o Stiencell
Body Weight 63:00 Kg.	M Derive	HONY CENT SECRETARY
KILOGRAMS LIFTED	PRESMENT Harrak	C. 01/2
Bench Press	PRESIDENT	HONY. GENL. SECRETARY
Date of Birth	(I.P.F.)	(I.P.F.)

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation

Indian Olympic Association



This is to certify that Sri/Ms. Shiakeuya: D.
of
in the
Benchpues National Powerlifting Championships
held at
NATIONAL RECORD TO
Body Weight
Squat Kg.
Bench Press
Dead Lift Kg.
Total 42.5 Kg. PRESIDENT HONY. GENL. SECRETARY

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation

**Indian Olympic Association** 



This is to certify that Sri/Ms	SHIVA PR	-14 <del>4</del>
	as secured	181- Place
in the Subfusion	84	. Kg. weight class at the
Borch Prov National	Powerlifting	Championships
		0 16 14 Mark 2020,
MATIO	NAL RECORD	ST (ignation)
Body Weight Kg. KILOGRAMS LIFTED		Timit Called for Horner 18 2 Files.
Squat Kg.		W College Marke
Bench Press Kg.		Times 1 - O 110
Dead LiftKg.		
Total Kg.	PRESIDENT (I.P.F.)	HONY. GENL. SECRETARY (I.P.F.)

Recognised by:

Ministry of Youth Affairs & Sports, Govt. of India, New Delhi International & Asian Powerlifting Federation & Indian Olympic Association



This is to certify that Sri/MsS		AP.
Place in the	Ir) 63 Kg	weight class at the
National Deadlift	Powerlifting Champion	ships
held at Delhi	From 13.03.2000to	6 . 02 . 20.20
	NAL RECORD	7
Body Weight 61-7 Kg		Aire Hall and State Color.
KILOGRAMS LIFTED		A ME OV
Dead LiftKg		Mincipal Maria
Date of Birth 23 10 2001	Me	O'LO TO
	81	Collegation
	C-P-14	M P
	HONY. GENL. SECRETARY	PRESIDENT
	(I. P. F.)	(I. P. F.)



COIMBATORE, INDIA

Affiliated to Powerlifting India | Recognised by Sports Development Authority of Tamil Nadu | Recognised by Tamil Nadu Olympic Association



## 37<sup>th</sup> JUNIOR STATE POWERLIFTING CHAMPIONSHIP 2020 (MEN & WOMEN)

DATE: 18th to 20th DECEMBER 2020

Venue: G.V. MAHAL, PALLIPALAYAM, NAMAKKAL DISTRICT

#### Certificate of Alerit

Certificate No	o.:	
Name	:V.Menaka	
Gender	:Female	
Date of Birth	18.04.2000	
District	:Salem	
Category	+84Kg	
0 0	84.1	
	/	
•	90	- sient
Dead Lift	130 Arcipality	2005.
Total	410	
101111	90  130 410  Place FIRST	

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



COIMBATORE, INDIA

Affiliated to Powerlifting India | Recognised by Sports Development Authority of Tamil Nadu | Recognised by Tamil Nadu Olympic Association



#### 47th SENIOR STATE POWERLIFTING CHAMPIONSHIP 2020 (MEN & WOMEN)

DATE: 18th to 20th DECEMBER 2020 Venue: G.V. MAHAL, PALLIPALAYAM, NAMAKKAL DISTRICT

#### Certificate of Merit

Certificate No.:		381	
Name :		V.Menaka	
Gender :		Female	
Date of Birth :		18.04.2000	
District : _		Salem	
Category : .		0.417.0	
Body Weight : _			
		400	1
Dead Lift : _		130	
		440	
	Place	FIRST	Mai

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President Tamil Nadu Powerlifting Association

## TRINITY COLLEGE FOR WOMEN, NAMAKKAL SPORTS CERTIFICATES

2021-2022



COIMBATORE, INDIA

• Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association • Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



## 38<sup>th</sup> Junior Powerlifting Championships 2021-2022

Date 17<sup>th</sup> to 19<sup>th</sup> September 2021 Venue
KPR INSTITUTE OF ENGINEERING AND TECHNOLOGY
Avinashi-Coimbatore Road, Arasur, Coimbatore-641 407.

#### Certificate of Merit

Certificate No.	: 135,
Name	V MENAKA
Gender	: WOMEN
Date of Birth	18.04.2000
District	: SALEM
Category	: 76KG-JUNIOR
Body Weight	74.450
Squat	207.5
Bench Press	85.0
Dead Lift	150.0 \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
Total	442.5 Printomen 637 000
	85.0  150.0  442.5  Place  FIRST  Place  Resident Street S

General Secretary
Tamil Nadu Powerlifting Association

Tamil Nadu Powerlifting Association



COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
 • Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



#### 48<sup>th</sup> Senior State Powerlifting Championships 2021-2022

Date 17<sup>th</sup> to 19<sup>th</sup> September 2021

Venue
KPR INSTITUTE OF ENGINEERING AND TECHNOLOGY
Avinashi-Coimbatore Road, Arasur, Coimbatore-641 407.

#### Certificate of Merit

Certificate No. :	80	
Name :	V MENAKA	<i>t</i>
Gender :	WOMEN	
Date of Birth :	18.04.2000	
District :	SALEM	
	76KG-SENIOR	
	74.450	
Bench Press :	85.0	
Dead Lift :	150.0 Municipal	into
Total :	442.5	e.s.,
	207.5  85.0  150.0  442.5  Place  FIRST  Finity Called For Wall And The Principal And Andrew Manner And Andrew Manner Man	

General Secretary
Tamil Nagu Powerlifting Association

President
Tamil Nadu Powerlifting Association



COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilinadu • Recognised by Tamilinadu Olympic Association • Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



CHAMPIONSHIP

48" Senior State Powerlifting Championships 2021-2022

Date 17" to 19" September 2021

KPR INSTITUTE OF ENGINEERING AND TECHNOLOGY Avinashi-Coimbatore Road, Arasur, Coimbatore-641 407.

#### Certificate of Merit

Certificate No.

76

Name

**P SHANMUGAPRIYA** 

Gender

WOMEN

Date of Birth

23.12.2001

District

SALEM

Category

69KG-SENIOR

**Body Weight** 

66.500

Squat

130.0

**Bench Press** 

45.0

117.5

Dead Lift

Total

292.5

Place

THIRD

General Secretary Tamil Nadu Powerlifting Associate

President

Tamil Nadu Powerlifting Association

Principal,

Trinity College for Women (Arts & Science), Namakkal - 637 002.



COIMBATORE, INDIA

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38th Junior Powerlifting Championships 2021-2022

Date 17" to 19" September 2021

KPR INSTITUTE OF ENGINEERING AND TECHNOLOGY Avinashi-Coimbatore Road, Arasut, Coimbatore-641 407.

Certificate of Marit

Certificate No.

127

Name

PSHANMUGAPRIYA

Gender

WOMEN

Date of Birth

23.12.2001

District

SALEM

Category

69KG-JUNIOR

66.500

**Body Weight** 

130.0

Squat

**Bench Press** 

45.0

Dead Lift

117.5

292.5

Total

Place

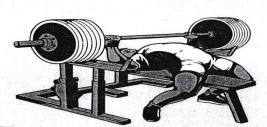
THIRD

President Principal, Tamil Nadu Powerlifting Association Trinity College for Women (Arts & Science), Namakkal - 637 002.



COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
 Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



#### 12th TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2021-2022

Date 9<sup>th</sup> to 10<sup>th</sup> October 2021

Venue SRI BHAVANI KALYANA MAHAL

Medavakkam Main Road, Kovilambakkam, Chennai-129.

#### Certificate of Merit

Certificate No.	173	
Name	V.MENAKA	
Gender	WOMEN	
Date of Birth	18.04.2000	
District	SALEM	
Category	76KG-JUNIOR	
Body Weight	75.700	
Bench Press	100.0 Whiteipalities	05.
	Place FIRST Trimy College for Warnakkal - 537 Of	

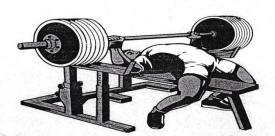
General Secretary
Tamil Nadu Powerlifting Association

Tamil Nadu Powerlifting Association



COIMBATORE, INDIA

• Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association • Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



#### 12<sup>th</sup> TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2021-2022

Date 9<sup>th</sup> to 10<sup>th</sup> October 2021 Venue

SRI BHAVANI KALYANA MAHAL Medavakkam Main Road, Kovilambakkam, Chennai-129.

#### Certificate of Merit

Certificate No.:		185	
Name :		V.MENAKA	
Gender :		WOMEN	
Date of Birth :		18.04.2000	
District :		SALEM	
Category :		76KG-SENIOR	
Body Weight :		75.700	once)
Bench Press :		100.0	WW Stincipality & Science
	Place	FIRST	Who Maripal Ans & Science ).  Fring College for Women 637 002.

General Secretary
Tamil Nadu Powerlifting Association

Tamil Nadu Powerlifting Association

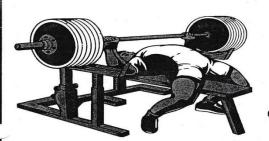






COIMBATORE, INDIA

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 Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



#### 12th TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2021-2022

UNEQUIPPED

Date
9<sup>th</sup> to 10<sup>th</sup>
October 2021

Venue

SRI BHAVANI KALYANA MAHAL Medavakkam Main Road, Kovilambakkam, Chennai-129.

#### Certificate of Merit

Certificate No.:	491	
Name :	MENAKA	
Gender :	WOMEN	
Date of Birth :	18.04.2000	
<b>া</b> টারনের্ডে স্থ	SALEM	
Cattegory 8	76KG - JUNIOR	
Body Weight :	75.100	
Bench Press :	80KG	



General Secretary
Tamil Nadu Powerlifting Association

College for Market Tamil Nadu

**FIRST** 

President
Tamil Nadu Powerlifting Association





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12" TAMILNADU CHAMPION

HPRESS 1.2022

Date

9" to 10" October 2021

SRI BHAVERI KALYANA MAHAL Medavakkam Main Road, Kovilambakkam, Chennai-129.

Certificate of Merit

Certificate No.:

Name

Gender

Date of Birth

District

Category

**Body Weight** 

Bench Press

490

PSHANMUGAPRIYA

WOMEN

23.12.2001

SALEM

69KG - JUNIOR

65.200

40KG

Place

FOURTH

incipal,

Finity College for Women (Arts & Science), Namakkal - 637 002.

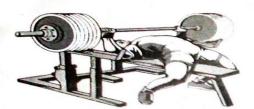
General Secretary Tamil Nadu Powerlifting Association

President Tamil Nadu Powerlifting Association



COIMBATORE, INDIA

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12" TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2021-2022

EQUIPPED

9° to 10° October 2021

SRI BHAVANI KALYANA MAHAL Medavakkam Main Road, Kovilambakkam, Chennai-129.

## Certificate of Merit

Certificate No.:	172	
Name	P.SHANUMUGAPRIYA	
Gender	WOMEN	
Date of Birth :	23.12.2001	
District :	SALEM	
Category :	69KG-JUNIOR	
Body Weight :	64.800	
Bench Press :	45.0	

Place

SECOND

General Secretary Tamil Nadu Powerlifting Association Principal,

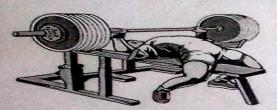
President Tamil Nadu Powerlifting Association

Trinity College for Women (Arts & Science), Namakkal - 637 002



COIMBATORE, INDIA

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 Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



## 12th TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2021-2022

EQUIPPED

Date 9" to 10" October 2021

SRI BHAVANI KALYANA MAHAL Medavakkam Main Road, Kovilambakkam, Chennai-129.

## Certificate of Merit

Certificate No.:	184	
Name .	SHANMUGAPRIYA	

Gender : WOMEN

Date of Birth : 23.12.2001

District : SALEM

Category : 69KG-SENIOR

Body Weight : 64.800

Place

SECOND

General Secretary
Tamal Nadu Powerlifting Association

Bench Press

Principal,

Tamil Nadu Powerlifting Association

Trinity College for Women (Arts & Science), Namakkai - 637 002.



COIMBATORE, INDIA



12" TAMILNADU STATE BENCHPRESS CHAMPIONSHIPS 2021-2022

October 2021 Medavakkam Main Road, Kovilambakkam, Chennal-129.

## Certificate of Merit

Certificate No.:

Name:

Gender

Date of Birth

District

Category

Body Weight

Bench Press

511

PSHANMUGAPRIYA

WOMEN

23.12.2001

SALEM

69KG - SENIOR

65.200

37.5KG

Place

THIRD

General Secretary Trinity Cellege for Women (Arts & Science), President Namakkal - 637 002 Powering Association

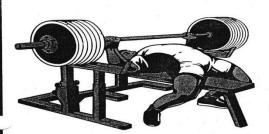






COIMBATORE, INDIA

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### 12th TAMILNADU STATE BENCHPRESS **CHAMPIONSHIPS 2021-2022** UNEQUIPPED

Date 9th to 10th October 2021 Venue

SRI BHAVANI KALYANA MAHAL Medavakkam Main Road, Kovilambakkam, Chennai-129.

# Certificate of Merit

Certificate No.:	512	
	MENAKA	
Gender :	WOMEN	
Date of Birth :	18.04.2000	
ा क्र <del>ांसिका । । । । । । । । । । । । । । । । । । ।</del>	SALEM	e 1 22 8 2
Cattegory ::	74KG - SENIOR	
Body Weight :	75.100	
Bench Press	80KG	

FIRST



Tamil Nadu Powerlifting Association

Tamil Nadu Powerlifting Association



## 



# POWERLIFTING INDIA

Recognized by: Ministry of Youth Affairs and Sports, Govt. of India Affiliated to: International Powerlifting Federation & Asian Powerlifting Federation Registered under Registration of Societies Act, West Bengal

No:116/12470/2021

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2





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D

This is to certifiy that MENAKA V representing Tamil Nadu has secured Second place in the 76kg - Open in the National Women's Equipped Bench Press Championship 2021 held at Madgaon, Goa from 16-11-2021 to 20-11-2021

Bench Press[PL] : 107.5 Kg [2]

Date of Birth: 18-April-2000

Body Weight: 74.75 Kg

RAJESH TIWARI President Powerlifting India Principal,

P J JOSEPH (Arjuna) Secretary General Powerlifting India

# 



# POWERLIFTING INDIA

Recognized by: Ministry of Youth Affairs and Sports, Govt. of India Affiliated to: International Powerlifting Federation & Asian Powerlifting Federation Registered under Registration of Societies Act, West Bengal

No:114/12273/2021





3) 3) 3)

This is to certify that MENAKA V representing Tamil Nadu has secured Second place in the 76kg - Junior in the National Women's Equipped Bench Press Championship 2021 held at Madgaon, Goa from 16-11-2021 to 20-11-2021

Bench Press[PL] : 100.0 Kg [2]

Date of Birth: 18-April-2000

Body Weight: 75.00 Kg

RAJESH TIWARI
President
Powerlifting India

Www. Arincipal (Aris & Stience).

Trinity College for Women (37 002.

Namakkal - 637 002.

. D. 1832 D. 1

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



Recognized by: Ministry of Youth Affairs and Sports, Govt. of India Affiliated to: International Powerlifting Federation & Asian Powerlifting Federation Registered under Registration of Societies Act, West Bengal

No:118/13165/2021

**?** 

**1** 

100

2

P

**P** 





This is to certify that MENAKA V representing Tamil Nadu has secured Second place in the 76kg - Junior in the National Women's Classic Bench Press Championship 2021 held at Madgaon, Goa from 16-11-2021 to 20-11-2021

Bench Press[PL]: 80.0 Kg [2]

Date of Birth: 18-April-2000

Body Weight: 75.25 Kg

RAJESH TIWARI President Powerlifting India Trinity College for Women (Arts & Science)

P J JOSEPH (Arjuna)

Secretary General Powerlifting India



# POWERLIFTING INDIA

Recognized by: Ministry of Youth Affairs and Sports, Govt. of India Affiliated to: International Powerlifting Federation & Asian Powerlifting Federation Registered under Registration of Societies Act, West Bengal

No:120/13480/2021

**3** 





This is to certify that MENAKA V representing Tamil Nadu has secured Forth place in the 76kg - Open in the National Women's Classic Bench Press Championship 2021 held at Madgaon, Goa from 16-11-2021 to 20-11-2021

Bench Press[PL]: 80.0 Kg [4]

Date of Birth: 18-April-2000

Body Weight: 74.60 Kg

RAJESH TIWARI President

Powerlifting India

Principal (Arts & Crimice)

Trinity College for Women (Arts & Crimice)

Namakkal - 637 002

P J JOSEPH (Arjuna) Secretary General Powerlifting India



# TAMILNADU AMATEUR WEIGHTLIFTING ASSOCIATION

41<sup>ST</sup> MEN & 28<sup>TH</sup> WOMEN JUNIOR WEIGHTLIFTIING CHAMPIONSHIPS 2020 - 21

# Certificate of Honour

This is to certify that Selvan / SelviV.: MENAKA				
ofSALEM has secured FIRST place				
in the 8.7:000 KG	Weight Class at the			
41 <sup>st</sup> Men & 28 <sup>th</sup> Women Junior WeightLifting Championships.				
at SALEM	DI. 2021 2021			
Performance				
Two Hand Snatch 5ΩΩΩ Kg Clean & Jerk 65.:00	Ω. Kg Total .\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\			
(S.D.PONSELAN)  Principal,  Pr	(D.NAVARAJ BULGANIN DANIEL)			
Tamilnadu Amateur Weightlifting Association Date: (2.5.01-8.08)	Hony. Secretary Tamilnadu Amateur Weightlifting Association			

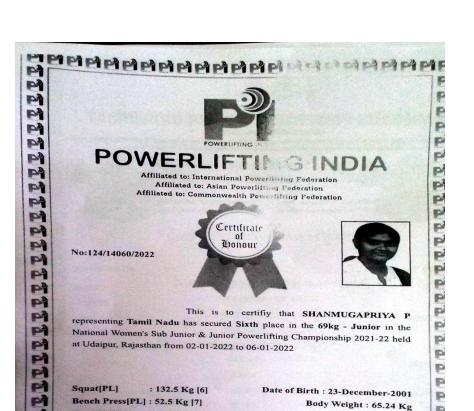


# TAMILNADU AMATEUR WEIGHTLIFTING ASSOCIATION

41<sup>ST</sup> MEN & 28<sup>TH</sup> WOMEN JUNIOR WEIGHTLIFTIING CHAMPIONSHIPS 2020 - 21

# Certificate of Honour

This is to certify that Selvan / Selvi S. DHIV.Y	Α
ofNAMAKKAL has secure	ed .THIRD place
in the .7.1:.000.KG	Weight Class at the
41st Men & 28th Women Junior WeightL	ifting Championships.
at SALEM	-ol
Performance	
Two Hand Snatch A. COOKg Clean & Jerk	™ Kg Total ∄4
Jan Man	
(S.D.PONSELAN)  Principal,  (S.D.PONSELAN)  President  Principal,  (S.D.PONSELAN)  Jrinity (ollege for Women (Arts & Science),  Namakkal - 637 002,	(D.NAVARAJ BULGANIN DANIEL)
140	Hony. Secretary
Tamilnadu Amateur Weightlifting Association Date: 03.01.2021	Tamilnadu Amateur Weightlifting Association



Principal,
Trinity College for Women (Arts & Science),
Namakkal - 637 002.

: 117.5 Kg [6]

: 302.5 Kg

Deadlift[PL]

layer

RAJESH TIWARI

Powerlifting India

Total

P

P

P

P

P

P

JOSEPH (Arjuna) Secretary General Powerlifting India



Recognized by: Ministry of Youth Affairs and Sports, Govt. of India Affiliated to: International Powerlifting Federation & Asian Powerlifting Federation Registered under Registration of Societies Act, West Bengal

No:104/10559/2021





This is to certify that MENAKA V representing Tamil Nadu has secured Eighth place in the 84+Kg - Open in the National Senior Women's Equipped Powerlifting Championship 2020-21 held at Coimbatore, Tamil Nadu from 17-02-2021 to 21-02-2021

Squat[PL]: 200.0 Kg [6]

Benchpress[PL]: 95.0 Kg [7]

Dead Lift[PL]: 140.0 Kg [10]

Total[PL]: 435.0 Kg

Called Individual Co. 2 Colored

P J JOSEPH (Ariuna) Secretary General Powerlifting India

Date of Birth: 18-April-2000

Body Weight: 85.00 Kg

President

Powerlifting India



COMBATORE, INDIA

filling India - Recognised by Sports Development Authority of Taminadu - Recognised by Taminadu Clynique Association ecognised by Ministry of HRD, Dept of Youth Affairs and Sports - Recognised by Under the Society's Ast



### 3" Tamilnadu State Classic (Unequipped) **Powerlifting Championship 2022**

Date

19" to 20" MARCH 2072

SRI BALAMURUGAN THIRUMANA MAHAL Asian Highway 43, Amanikondalampatty, Seelanaichenpatti, Salem-636 010.

# Certificate of Merit

CERTIFICATE NO

397

NAME

S.DHIVYA

GENDER

DATE OF BIRTH

WOMEN

04.03.2002

DISTRICT

SALEM

CATEGORY

63KG-JUNIOR

BODY WEIGHT

61.100

SQUAT

70

BENCH PRESS

DEAD LIFT

40

115

TOTAL

225

FIFTH

General Secretary
Tamil Radio Powerlifting Association

President

Tamil Nadu Powerlifting Association Trinity College for Women (Arts & Science), Namakkal - 637 002.



COIMBATORE, INDIA

Affiliated to Powerlithing India - Recognised by Sports Development Authority of Tamilnadu: Recognised by Taminadu Dlymox Association
 Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports - Recognised by Under the Society's Act



3" Tamilnadu State Classic (Unequipped) **Powerlifting Championship 2022** 

19" to 20" MARCH 2022 SRI BALAMURUGAN THIRUMANA MAHAL Asian Highway 43, Amanikondalampatty. Seelanoickenpatti, Salem-636 010.

Certificate of Merit

CERTIFICATE NO.

TOTAL

P.SHANMUGAPRIYA NAME

WOMEN GENDER

23.12.2001 DATE OF BIRTH

SALEM DISTRICT

69KG-SENIOR CATEGORY 65.200

**BODY WEIGHT** 85

SQUAT 40 BENCH PRESS

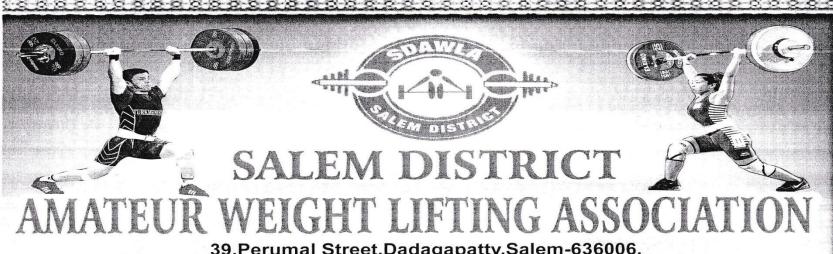
115 DEAD LIFT 240

FIFTH

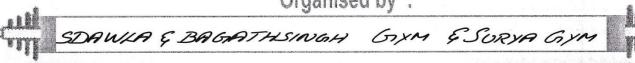
President

Tamil Nadu Powerlifting Association

Principal, Trinity College for Women (Arts & Science),



39, Perumal Street, Dadagapatty, Salem-636006. (Affiliated To Tamilnadu Amateur Weight Lifting Association) Organised by:



# CERTIFICATE OF HONOUR

This is to Certify That Selvan / Selvi	V. MENAKA
of	Gym Has Seeured FIRST
Place In The + 84	KgWeight CategoryForMen /Women
In Sub Junior / Junior / Senior Dist	rict Weight Lifting Championship
Held A. SRIBALAMURUGANTA	WIRUMANA MANON 07.03.2021

## PERFORMANCE