

Maraimattanam Sundararaj
Abisekapatti, Tirunelveli - 627 012.
University



CERTIFICATE OF MERIT

No : MSU 948

2018-2019

This is to certify that DURGA DEVI . K S/o or D/o
represented Thiruvalluvar College Papanasam
in the Inter Collegiate CROSS COUNTRY RACE Tournament / Competition
held at M.S. Umiyon Sity, Abishekapatti, from 29.09.2018 to
and secured 7th position Team championships - Fourth place
a) Time / Distance / Height 45:39.61 (if applicable)
b) Weight Category Snatch Jerk

Organising Secretary

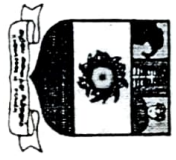
Date 22.09.2018

Convener



Director
Centre for Physical Education

சுற்றுமன்றம்
Abisekapatthi, Tirunelveli - 627 012.
சுந்தரநாதர்
University



CERTIFICATE OF MERIT

No : MSU 949

2018-2019

This is to certify that INDIRA GRANDHE M.S/o or D/o
represented Thiruvallavar Arts & Science College Papanasam
in the Inter Collegiate CROSS COUNTRY race Tournament / Competition
held at M.S. UNIVARSIITY, ABISEKAPATTI from 22.01.2018 to
and secured 34th position Team Championship - fourth place
a) Time / Distance / Height 58:43.9 Sec.(if applicable)
b) Weight Category Snatch Jerk

Organising Secretary
Date 22.01.2018

Convener



Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.




CERTIFICATE OF MERIT

No : MSU 950

2018-2019

This is to certify that THIRUMALADEEPA R. S/o or D/o
represented Thiruvalluvar Arts and Science College Papanasam
in the Inter Collegiate CROSS COUNTRY RACE Tournament / Competition
held at M.S. University, Abisekapatti from 22.09.2018 to
and secured 48th position Team Championship - fourth place

- a) Time / Distance / Height 58 : 28 : 14.54 (if applicable)
- b) Weight Category Snatch Jerk


Organising Secretary
Date 22.09.2018


Convenor




Director
Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT
2018-2019

No : MSU 951

This is to certify that GIYATHRI R S/o or D/o
represented Thiruvalluvar Arts and Science College Papanasam
in the Inter Collegiate Cross Country race Tournament / Competition
held at M.S. University, Abisekapatti from 22.09.2018 to
and secured 27th position Team Championship - Fourth place

- a) Time / Distance / Height 51:57.4 Sec. (if applicable)
- b) Weight Category Snatch Jerk


Organising Secretary

Date 22.09.2018


Convener




Director

Centre for Physical Education

Saranathan
 Sundarar
 University
 Abisekapatthi, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

2018-2019

No: MSU 947

This is to certify that **PARVATHA K** S/o or D/o
 represented **Thiruvalluvar** College **Papanasam**
 in the Inter Collegiate **Cross Country Race** Tournament / Competition
 held at **M.S. Uniyas, Aboishekapatti** from **22.09.2018**
 and secured **15th** position **Team Championship - Fourth place**

- a) Time / Distance / Height **48:17.0 Sec**(if applicable)
- b) Weight Category Snatch Jerk

Organising Secretary
 Date **22.09.2018**

[Signature]

Convenor



Centre for Physical Education

Director

Maniamaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT
2018-2019

No : MSU 1002

This is to certify that ESAI SELVI P S/o or D/o
represented Thiruvalluvar College Vicramasingapuram
in the Inter Collegiate Weightlifting Tournament / Competition
held at TDMKS College, P. Kallikulam from 01.10.2018 to
and secured first position

a) Time / Distance / Height (if applicable)

b) Weight Category 45 kg Snatch 31 Jerk 52

Organising Secretary

Date 01.10.2018

Convener



Director

Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

No : MSU 741

2018-2019

This is to certify that SAK THIVEL N S/o or D/o
represented Thiruvalluvar College Vicramasingapuram
in the Inter Collegiate Weightlifting Tournament / Competition
held at DOMNS College, P. Kallikulam from 01.10.2018 to
and secured First position

a) Time / Distance / Height (if applicable)

b) Weight Category 73 kg Snatch 103 Jerk 135

Organising Secretary

Date 01.10.2018

Convener



Director

Centre for Physical Education

Mannaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.




CERTIFICATE OF MERIT
2018-2019

No : MSU 1339

This is to certify that SANKAR . L S/o or D/o
represented THIRUVALLUVAR College PAPANASAM.....
in the Inter Collegiate Athletic Tournament / Competition
held at Anna Stadium Tirunelveli..... from 24.10.2018 to 26.10.2018.....
and secured First..... position in Pole vault (Men)

- a) Time / Distance / Height 3.50 mts (if applicable)
- b) Weight Category ----- Snatch ----- Jerk -----


Organising Secretary
Date 25.10.2018


Convenor



Director
Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT
2018-2019

No : MSU 1393

This is to certify that DURGA DEVI . K S/o or D/o
represented THIRUVALLUVAR College PAPANASAM
in the Inter Collegiate Athletic Tournament / Competition
held at Anna Stadium, Tirunelveli from 24.10.2018 to 26.10.2018.
and secured Second position in Half Marathon (Women)

- a) Time / Distance / Height 1:14:11 Sec (if applicable)
b) Weight Category Snatch Jerk


Organising Secretary

Date 24.10.2018


Convener




Director

Centre for Physical Education

Tirunelveli District Power Lifting Championship

Date 28.10.18



நெல்லை மாவட்ட அளவிலான

வலு தூக்கும் போட்டி

நெல்லை, அக்.29-
நெல்லை மாவட்ட அளவி-
லான வலு தூக்கும் போட்டி-
பாளையங்கோட்டை வ.உ.சி.
உள் விளையாட்டு அரங்கத்-
தில் நேற்று நடந்தது. தொடக்க
நிகழ்ச்சிக்கு மாவட்ட வலு
தூக்கும் சங்க தலைவர் வி.
பி.துரை தலைமை தாங்கி-
னார். பாஸ்கப்பிரமணியன்,
சுரேஷ் ஆபிரகாம், கண்ணன்,
சோமசுந்தரம் ஆகியோர் முன்-
னிலை வகித்தனர். நெல்லை

மாவட்ட வலு தூக்கும் சங்க
சீனியர் துணை தலைவர்
ஜி.மகராஜன் போட்டியை
தொடங்கி வைத்தார். இதில்
150-க்கும் மேற்பட்ட
வீரர்-விராங்கனைகள் கலந்து
கொண்டனர். நடுவர்களாக
பேட்டை இந்து கல்லூரி முதல்
வர் சுப்பிரமணியன், வளர்மதி
பி.முத்தையா ஆகியோர்
செயல்பட்டனர்.

ஆண்கள் பிரிவில் நெல்லை
டவுன் அட்லஸ் உடற்பயிற்சி
கழகம் 60 புள்ளிகள் பெற்று
முதலிடத்தையும், சேரன்மா
தேவி டாக்டர் சிவந்தி ஆதித்

தனார் உடற்பயிற்சி கழகம் 46
புள்ளிகள் பெற்று 2-வது
இடத்தையும், பேட்டை
ஆம்ஸ்டாங் உடற்பயிற்சி கழ-
கம் 45 புள்ளிகள் பெற்று
3-வது இடத்தையும் பிடித்-
தன. பெண்கள் பிரிவில் பாப
நாசம் திருவள்ளுவர் கல்லூரி
60 புள்ளிகள் பெற்று முதலி-
டத்தை பிடித்தது.

நேற்று இரவில் பரிசளிப்பு
விழா நடந்தது. வெற்றி பெற்ற
வீரர்-விராங்கனைகளுக்கு
தமிழ்நாடு வலு தூக்கும் சங்க
துணை தலைவர் ராமகிருஷ்
ணன், நெல்லை மாவட்ட

வலு தூக்கும் சங்க துணை
தலைவர் ரெட்டியார்பட்டி
நாராயணன் ஆகியோர் பரிசு
வழங்கினர். முடிவில்
நெல்லை மாவட்ட வலு
தூக்கும் சங்க செயலாளர் உத-
யகுமார் நன்றி கூறினார்.



P. Esai Selvi Receiving "Strong Women Award"
III BA History

Manommaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



No : MSU 912

CERTIFICATE OF MERIT

2019-2020

This is to certify that SAKTHIVEL. N. S/o or D/o K. Natarajan
 represented Thiru Valluvar College Papanasam
 in the Inter Collegiate Weight Lifting Tournament / Competition
 held at TAMMS College, T. K. Li. Kulam from 23.09.19 to —
 and secured First position.

a) Time / Distance / Height (if applicable)

b) Weight Category 61kg.. Snatch 92kg Jerk 115kg Total: 207 kg



Organising Secretary
 Date 23.09.19



U K
 Convener

[Signature]
 Director

Centre for Physical Education

Manommaniam Sundaranar University
 Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

No: MSU 910

2019-2020

This is to certify that IYYA DURAI R. S/o or D/o M. Ramasamy
 represented Thiruvalluvar College Papanam
 in the Inter Collegiate Weight Lifting Tournament / Competition
 held at T.DMNS College, T.Kallikulam on 23.09.19 to -
 and secured First position.

a) Time / Distance / Height (if applicable)

b) Weight Category 55kg Snatch 70kg Jerk 90kg



[Signature]
 Organising Secretary
 Date 23.09.19



[Signature]
 Convener

[Signature]
 Director

Centre for Physical Education

Manommaniam Sundaranar University

Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

2019-2020

No : MSU 952

This is to certify that SIVA SAKTHI . K S/o or D/o M. Kaidandan
 represented Thiruvalluvar College Papanasam
 in the Inter Collegiate Weight Lifting Tournament / Competition
 held at T.D.M.Ns College, T.Kallikulam on 24.09.19 to
 and secured First position.

a) Time / Distance / Height (if applicable)

b) Weight Category 78.7kg Snatch Jerk



[Signature]
 Organising Secretary
 Date 24.09.19



[Signature]
 Convener

[Signature]
 Director

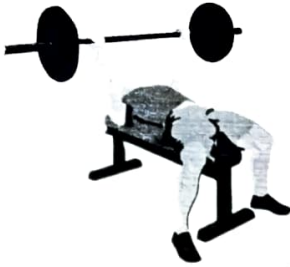
Centre for Physical Education



TAMILNADU 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.



**3rd South Tamilnadu Benchpress Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)**

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 172

Name : K.SIVASAKTHI

Gender : WOMEN

Date of Birth : 28-03-2002

District : TIRUNELVELI

Category : SUBJUNIOR-84+KG

Body Weight : 88.000

Bench Press : 35



Place **FIRST**

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

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3rd South Tamilnadu Benchpress Championships 2020 (Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 166

Name : M.ELAKIYA

Gender : WOMEN

Date of Birth : 29-07-2001

District : TIRUNELVELI

Category : JUNIOR-52KG

Body Weight : 51.600

Bench Press : 25



Place

FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

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3rd South Tamilnadu Deadlift Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 152

Name : S.BHARATHI

Gender : WOMEN

Date of Birth : 27-09-2000

District : TIRUNELVELI

Category : JUNIOR-47KG


Body Weight : 46.3

Deadlift : 50



Honorary General Secretary
Tamil Nadu Powerlifting Association

Place FIRST


Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU 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.



3rd South Tamilnadu Deadlift Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : _____ 163 _____

Name : _____ K.SIVASAKTHI _____

Gender : _____ WOMEN _____

Date of Birth : _____ 28-03-2002 _____

District : _____ TIRUNELVELI _____

Category : _____ SUB JUNIOR-84+KG _____

Body Weight : _____ 88 _____

Deadlift : _____ 100 _____



Place

FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

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3rd South Tamilnadu Deadlift Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : _____ 155 _____

Name : _____ **M.ELAKIYA** _____

Gender : _____ **WOMEN** _____

Date of Birth : _____ **29-07-2001** _____

District : _____ **TIRUNELVELI** _____

Category : _____ **JUNIOR-52KG** _____

Body Weight : _____ **51.6** _____

Deadlift : _____ **80** _____



Honorary General Secretary
Tamil Nadu Powerlifting Association

Place

FIRST

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU 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.



**3rd South Tamilnadu Benchpress Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)**

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : _____ 164 _____

Name : _____ **S.BHARATHI** _____

Gender : _____ **WOMEN** _____

Date of Birth : _____ **27-09-2000** _____

District : _____ **TIRUNELVELI** _____

Category : _____ **JUNIOR-47KG** _____

Body Weight : _____ **46.300** _____


Bench Press : _____ **20** _____

Place

FIRST


Honorary General Secretary
Tamil Nadu Powerlifting Association



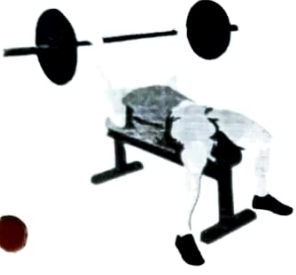

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

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3rd South Tamilnadu Benchpress Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 171

Name : C.SIVA PARVATHI

Gender : WOMEN

Date of Birth : 21-05-2001

District : TIRUNELVELI

Category : JUNIOR-84KG

Body Weight : 80.800

Bench Press : 30



Place

FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Which is affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation | Registered user registration of Society's Act



14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit


Certificate No.	41
Name	K.MAHA
Gender	FEMALE
Date of Birth	16-10-2003
District	TIRUNELVELI
Division	UNEQUIPPED
Category	47KG-JUNIOR
Body Weight	46.70
Bench Press	32.50

PLACE

THIRD




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Which is affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation | Registered user registration of Society's Act



14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit

Certificate No.	33
Name	R.PONVANI SRI
Gender	FEMALE
Date of Birth	16-01-2005
District	TIRUNELVELI
Division	UNEQUIPPED
Category	84KG-SUB JUNIOR
Body Weight	78.20
Bench Press	32.50

PLACE

SECOND



Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Which is affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation | Registered user registration of Society's Act



14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002


Certificate Of Merit

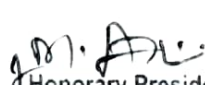
Certificate No.	58
Name	G.SANTHIYA
Gender	FEMALE
Date of Birth	19-06-2004
District	TIRUNELVELI
Division	UNEQUIPPED
Category	84+KG-JUNIOR
Body Weight	84.50
Bench Press	40.00

PLACE

SECOND




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

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

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *S. Santhya*

Gender : *Women*

Date of Birth :

GYM : *Thiruvallur College*

Category : *52 kg*

Body Weight : *51.000 kg*

Squat **52.5** Bench Press **27.5** Deadlift **82.5**

Total **162.5**



Place: *First*

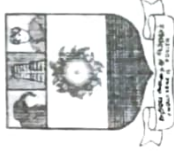
K.S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION

Manomaniyam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No : MSU 811

2022-2023

This is to certify that SEKAR. A. S/o of Dr. AATHIMDOLAM
represented THIRUKALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate Weight Lifting Tournament / Competition
held at T.D.M.N.S. College, T. Kallikulam. on from 28.11.2022 to
and secured SECOND position.

- a) Time / Distance / Height (if applicable)
b) Weight Category 61.Kg.. Snatch 65.Kg.. Jerk 85.Kg = 150 Kgs..



[Signature]
Dr. D. Jim Reeves Silent Night

Organising Secretary

Convener

Dr. S. Arumugam

Director
Centre for Physical Education

Manommaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

2022-2023

No : MSU 1007

This is to certify that **MAHA K** S/o or D/o
represented **THIRUVALLUVAR COLLEGE, PAPANASAM**
in the inter-collegiate **POLE VAULT** Tournament / Competition
held at **ANNA STADIUM, PALAYAMKOTTAI** on/from **19.12.2022** to **20.12.2022**
and secured **T.H.I.R.D** position.

a) Time / Distance / Height **1:30.00** (if applicable)

b) Weight Category Snatch Jerk



Dr.D. Jim Reeves Silent Night

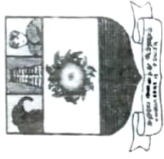
Convenor

Dr.S.Arumugam

Director

Centre for Physical Education

Manomaniyam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



No : MSU 1377

CERTIFICATE OF MERIT
2022-2023

This is to certify that SANTHIYA S S/o or D/o
represented Thiruvalluvar College, Papanasam
in the inter-collegiate Hammer Throw Tournament / Competition
held at Anna Stadium, Palayamkottai on/from 19.12.2022 to 20.12.2022
and secured Third position.

a) Time / Distance / Height 20.70.m... (if applicable)

b) Weight Category Snatch Jerk



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Dr.D. Jim Reeves Silent Night

Convener

Dr.S.Arumugam

Director

Centre for Physical Education

[Handwritten signature]

Organising Secretary

Manommaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



No : MSU 1009

CERTIFICATE OF MERIT

2022-2023

This is to certify that MUTHUKUMAR.M S/o or D/o
represented THIRUVALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate P.S.C.U.S. THIRUV. Tournament / Competition
held at ANNA STADIUM, PALAYANKOTTAI on/from 19.12.2022 to 20.12.2022
and secured SECOND position.

a) Time / Distance / Height 32:36.00 (if applicable)

b) Weight Category 57 Snatch 7 Jerk 7



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Dr.D. Jim Reeves Silent Night

Convener

[Handwritten signature]

Dr.S.Arumugam

Director
Centre for Physical Education

Manommaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



No : MSU 1014

CERTIFICATE OF MERIT
2022-2023

This is to certify that **HARISH RAM M** S/o or D/o
represented **Thiruvalluvar College, Papanasam**
in the inter-collegiate **Pole Vault** Tournament / Competition
held at **Anna Stadium, Palayamkottai** on/from **19.12.2022** to **20.12.2022**
and secured **First** position.

a) Time / Distance / Height **3.00 M**..... (if applicable)

b) Weight Category Snatch Jerk



[Signature]
Organising Secretary

Dr.D. Jim Reeves Silent Night
Convener

[Signature]
Dr.S.Arumugam
Director
Centre for Physical Education

NELLAI DISTRICT ATHLETIC ASSOCIATION

(Affiliated to the Tamilnadu Athletic Association)

Reg. No. : 55 / 2019

Cer.No. : 309



This Certificate is issued to Mr / Mrs..... **HARISH RAM. M.**.....

for Securing I / II / III ✓ Place with Performance of **51.74**..... in **4x100m R**..... Representing

..... **THIRUVALLUVAR**..... Club / School / College / under **20**..... Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

J. M. S.
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

(Affiliated to the Tamilnadu Athletic Association)

Reg. No. : 55 / 2019

Cer.No. : 310



This Certificate is issued to Mr / Mrs **VARMARAJ B**

for Securing I / II / III Place with Performance of **51.74** in **4x100m R** Representing

THIRUVALLUVAR Club / School / College / under **20** Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

VICE - PRESIDENT
NDAA



ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 029

(Affiliated to the Tamilnadu Athletic Association)



This Certificate is issued to Mr / ~~Mrs~~ **R. OBEJ**.....

for Securing I / II / III ² Place with Performance of **23.54**..... in **DISCUS THROW** Representing

.....**THIRUVALLUVAR**.....**COLLEGE**.....Club / School / College / under...**18**..... Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

J. Madan
VICE - PRESIDENT
NDAA



ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

(Affiliated to the Tamilnadu Athletic Association)

Reg. No. : 55 / 2019

Cer.No. : 308



This Certificate is issued to Mr / Mrs **Nithin . G** ✓
for Securing I / II / III Place with Performance of **51.74** ✓ in **4x100m (relay)** ✓ Representing
Thiru Valluvar Club / School / College / under **20** ✓ Boys / Girls / Men ✓

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

J. Madhusri
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 311

(Affiliated to the Tamilnadu Athletic Association)



This Certificate is issued to Mr / ~~Mrs~~ **V. Jothi Murugan**

for Securing I / II / III [✓] Place with Performance of **51.74** in **4x100m R** Representing

THIRUVALLUR Club / School / College / under **20** Boys / Girls / Men ✓

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022

J. Maheswari
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA



STUDY STRUGGLE

JOBS - EDUCATION FOR ALL

**STUDENTS FEDERATION OF INDIA
DEMOCRATIC YOUTH FEDERATION OF INDIA**

"FREEDOM 75" - UPHOLD THE FREEDOM

*This is to certify that Mr./Ms. B. Sathya Jothi of Thiruvalluvar College Papanasam who has won15th Place Participated in the **Mini Marathon** run organized by **SFI, DYFI** Tirunelveli District Committees on the occasion of 75 Years of **Indian Independence**.*

E. SANJAI
Dist. Secretary,
SFI



Dr. S. RAMAGURU
Ex. Dean,
TVMCH

C. SRIRAM
Dist. Secretary,
DYFI



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

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

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *D. Maha Devi*

Gender : *Women*

Date of Birth :

GYM : *Thiruvalluvar College*

Category : *57 kg*

Body Weight : *52.500 kg*

Squat **45** Bench Press **25** Deadlift **57.5**

Total **127.5**



Place: *First*

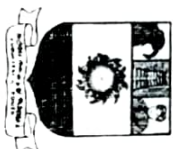
K. S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION

Manonmaniam Sundaranar University
Abishekkapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

2022-2023

No : MSU _____ 835

This is to certify that MAHA . K . ~~SSR~~ D/o Kalai mani . A .
represented Thiruvalluvar college, Papanasam
in the inter-collegiate Weight lifting
held at T . B . N . S . college, Tirukukkulam from 29 . 11 . 2022
and secured Third position.

a) Time / Distance / Height (if applicable)

Weight Category 49 kg Snatch 22 kg Jerk 38 kg - 60 kg .



Organising Secretary

Dr.D. Jim Reeves Silent Night

Convener



Dr.S.Arumugam

Director

Centre for Physical Education

Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 855

2022-2023

This is to certify that **SANTHINA. G.** *She or D/o Charesan. C.*
represented **Thiruvalluvar college Papanasam**.....
in the inter-collegiate **Wrestling**..... Tournament / Competition
held at **T. D. M. N. S. college T. Kalkulam** on from **29/11/2022** to
and secured **Second**..... position.

a) Time / Distance / Height (if applicable)

b) Weight Category **87 kg**.... Snatch **30 kg**.... Jerk **36 kg**.... - **66 kg**



Organising Secretary

Dr. D. Jim Reeves Silent Night

Convener



Centre for Physical Education

Dr. S. Arumugam

Director



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

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

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *M. Karthiga*

Gender : *Women*

Date of Birth :

GYM : *Thiruvalluvar College*

Category : *+63 kg*

Body Weight : *89.750 kg*

Squat **75** Bench Press **37.5** Deadlift **85**

Total **197.5**



Place: *Third*

K. S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President
TIRUNELVELI POWERLIFTING ASSOCIATION



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

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

Tirunelveli District, Powerlifting & Bench Press Championships 2023 Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : M. Subha

Gender : Women

Date of Birth : _____

GYM : Thiruvalluvar College.

Category : 63 kg

Body Weight : 62.500 kg

Squat 45 Bench Press 25 Deadlift 55

Total 125



Place: Third

K. S. Suresh Kumar
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

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

Tirunelveli District, Powerlifting & Bench Press Championships 2023 Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *M. Muthu Kumar*

Gender : *Men*

Date of Birth : _____

GYM : *Thiruvalluvar College*

Category : *83 kg*

Body Weight : *77.000 kg*

Squat *145* Bench Press *75* Deadlift *180*

Total *400*



Place: *Third*

K. S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

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

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *M. Maha*

Gender : *Women*

Date of Birth :

GYM : *Thiruvalluvar College*

Category : *47 Kg*

Body Weight : *46.000 Kg*

Squat **55** Bench Press **30** Deadlift **75**

Total **160**



Place: *First*

K. S. Suresh Kumar
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Which is affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation | Registered user registration of Society's Act



14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit

46

Certificate No.

P.MAHA DEVI

Name

FEMALE

Gender

10-10-2004

Date of Birth

TIRUNELVELI

District

UNEQUIPPED

Division

57KG-JUNIOR

Category

53.70

Body Weight


30.00

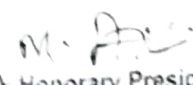
Bench Press

PLACE

THIRD




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Which is affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation | Registered under registration of Society's Act



14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit


Certificate No.	36
Name	M.KARTHIGA
Gender	FEMALE
Date of Birth	04-05-2005
District	TIRUNELVELI
Division	UNEQUIPPED
Category	84+KG-SUB JUNIOR
Body Weight	92.30
Bench Press	37.50

PLACE

SECOND




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association