



POWERLIFTING INDIA

Affiliated to : International Powerlifting Federation
Affiliated to : Asian Powerlifting Federation
Affiliated to : Commonwealth Powerlifting Federation

F4/446/PI/2022

07.03.2023

CHIEF PATRON

Sri. K. C. SINGH BABA

PATRONS :

Sri. MOHAN SANKER
Sri. PRAKASH MEHTA
Sri. SADANAND SHETTY

CHAIRMAN (Non-Executive)

Sri. RAJESH TIWARI

PRESIDENT :

Sri. SATHISH KUMAR

VICE PRESIDENTS :

Sri. KEWAL SINGH PATHANIA
Sri. PURAN SINGH
Sri. INDERJEET SINGH
Sri. D. S. MALHI
Sri. VINOD SAHU
Sri. KAILASH SHARMA
Sri. KANAILAL DEY

SECRETARY GENERAL :

Sri. P. J. JOSEPH (Arjuna)

SECRETARY :

Sri. NARESH DHAWAN

TREASURER :

Sri. KRISHNA SAHU

JOINT SECRETARIES :

Sri. SAJEEVAN BHASKARAN (Arjuna)
Sri. FAYYAZ AHMED

CHAMPIONSHIP SECRETARY :

Sri. AJITH S. NAIR

EXECUTIVE MEMBERS :

Sri. SANJAY SARDESAI
Sri. S. NAGARAJAN
Sri. NAGARAJ. M
Sri. ANUJ TIWARI
Ms. RAKSHA MAHARAO

ZONAL SECRETARIES :

Sri. GOPAL KRISHAN (N)
Sri. S. KOTESHWAR RAO (S)
Sri. C. SWAIN (E)
Sri. SACHIN MATHANE (W)

The Secretary

Dear Sir,

**National Sub Junior & Junior (Men & Women)
Equipped Powerlifting Championship 2023
From 12 – 17 May 2023 at Courtallam, Tenkasi, Tamil Nadu**

Courtallam in Tenkasi District of Tamil Nadu, the beautiful tourist destination of Tamil Nadu will host the National Sub Junior & Junior (Men & Women) Equipped Powerlifting Championship 2023 during 12 – 17 May 2023. The venue will be Kalaivanar Arangam, Courtallam, Tenkasi District, Tamil Nadu – 627802.

The organizers will be providing free food and accommodation. Besides rooms ranging from Rs. 500/- to Rs. 5000/- are also available.

Train is available from Egmore Station of Chennai. Also train is available from Kollam Station in Kerala and the nearest Airport is Trivandrum in Kerala, which is 110 Km away from Courtallam.

The Indian team for World Sub Junior & Junior (Men & Women) Powerlifting Championship 2023 to be held in Cluj – Napaco city of Romania will be selected from this national meet.

Points to Remember :

1. The following shall be the different age categories for competitions.
 - a. Sub Junior – 12 to 18 Years, 2005 to 2011
 - b. Junior – 19 to 23 years, 2000 to 2004

**Certified as
TRUE COPY**


Principal
Ramniranjan Jhunjhunwala College,
Ghatkopar (W), Mumbai-400086.



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

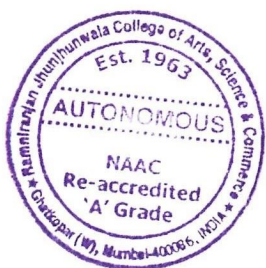
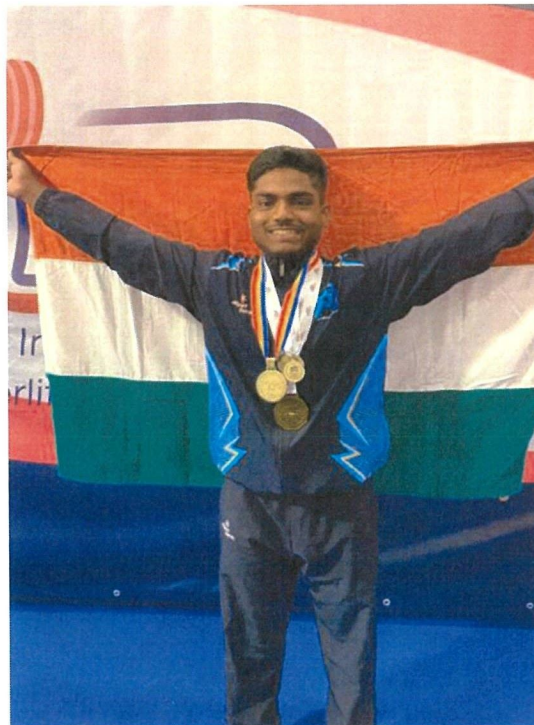
Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

MR. VENKATESH KONAR WON THE FIRST PLACE AT THE WORLD MEN'S JUNIORS AND SUB-JUNIORS EQUIPPED CHAMPIONSHIPS BY @POWERLIFTINGINTL IN CLUJ NAPOCA, ROMANIA



PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

2019: Star College Status by DBT

2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

2013 & 2014: 'Jagar Jaanivancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

2018: Autonomous Status by University Grants Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)

INTERNATIONAL POWERLIFTING FEDERATION



Affiliated to General Association of International Sports Federations and International World Games Association

CERTIFICATE

This is to certify that

Konar Venkatesh

of the Nation

India

has participated at the

*World Men's Juniors and Sub-Juniors Equipped
Championships*

Certified as
TRUE COPY


Principal

held in *Cluj Napoca/Romania* Ramniranjan Jhunjhunwala College,
Ghatkopar (W), Mumbai-400086.

from *24 August - 03 September 2023*

as *Athlete*

has achieved *1st place*

in the category *-66kg*

with *707.5kg*

Gaston Parage

President IPF

Robert Keller

Secretary General IPF