



KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to : Powerlifting India, Alappuzha, Kerala State.

(Former Indian Powerlifting Federation, Jamshedpur)

Recognised by: Department of Youth Empowerment & Sports, Govt. of Karnataka
AMBIKA NIVAS, K.C. ROAD, KUDROLI, MANGALURU - 575 003. KARNATAKA STATE

Certificate of Merit

This is to certify that **Varuna**
of **New Hercules gym, Kundapura**
has secured **First** place in **83** Kg. weight class
at the Karnataka State **Sub Junior Classic Bench Press** Powerlifting
Championships held at **Townhall, Mangalore**
from **29-09-2023** to **01-10-2023**

Performance :

Squat Kgs.

B/Press **100.0** Kgs.

D/Lift Kgs.

Total Kgs.

Date of Birth

Records


Meet Director


Hon. Secretary


Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201


President