

## CROSSLAND COLLEGE BRAHMAVAR

5.3.1 Number of awards/ medals for outstanding performance in sports/ cultural activities at university / state / national / international level during the year 2020- 21.

Year	Sl. No.	Name of the award/ medal	Team / Individual	University/State/National/ International	Sports/ Cultural	Name of the student
2020-21	1	First	Individual	State	Sports	Ranjitha G
2020-21	2	First	Individual	State	Sports	Sharath Kumar
2020-21	3	Third	Individual	State	Sports	Ranjitha G
2020-21	4	First	Individual	State	Sports	Sharath Kumar

  
PRINCIPAL  
CROSSLAND COLLEGE  
BRAHMAVAR - 576 71

# 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 ..... **Ranjitha** .....  
of ..... **Balanjaneya Gym, Mangalore** .....  
has secured..... **First** ..... place in ..... **93** ..... Kg. weight class  
at the Karnataka State ..... **Junior** ..... Powerlifting  
Championships held at ..... **Gurunarasimha Openair Auditorium, Saligrama** .....  
from ..... **26/02/2021** ..... to ..... **28/02/2021** .....

### Performance :

Squat ..... **250.0** ..... Kgs.  
B/Press ..... **152.5** ..... Kgs.  
D/Lift ..... **265.0** ..... Kgs.  
Total ..... **667.5** ..... Kgs.

Date of Birth ..... **09.07.1999** .....

Records ..... .....

  
Meet Director

  
Hon. Secretary

  
President

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## Certificate of Merit

This is to certify that ..... **Sharath Kumar** .....  
of ..... **Veeramaruthi, Saligrama** .....  
has secured..... **First** ..... place in ..... **74** ..... Kg. weight class  
at the Karnataka State ..... **Junior** ..... Powerlifting  
Championships held at ..... **Gurunarasimha Open Air Auditorium, Saligrama** .....  
from ..... **26/02/2021** ..... to ..... **28/02/2021** .....

### Performance :

Squat ..... **217.5** ..... Kgs.  
B/Press ..... **132.0** ..... Kgs.  
D/Lift ..... **207.5** ..... Kgs.  
Total ..... **557.5** ..... Kgs.

Date of Birth ..... **31.01.2001** .....

Records ..... .....

  
Meet Director

  
Hon. Secretary

  
President

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## Certificate of Merit

This is to certify that ..... Sharath Kumar .....  
of ..... Veeramaruthi Gym, Saligrama .....  
has secured ..... First ..... place in ..... 74 ..... Kg. weight class  
at the Karnataka State ..... Junior BenchPress ..... Powerlifting  
Championships held at ..... Kuvempu Kannada Bhavana, Davangere .....  
from ..... 10/04/2021 ..... to ..... 11/04/2021 .....

### Performance :

Squat ..... Kgs.  
B/Press ..... 135 ..... Kgs.  
D/Lift ..... Kgs.  
Total ..... 135 ..... Kgs.

Date of Birth ..... 31.01.2001 .....

Records .....  
.....

Meet Director

Hon. Secretary

President

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## Certificate of Merit

This is to certify that ..... Ranjith G. .....  
of ..... Balanjaneya Gym, Mangalore .....  
has secured ..... Third ..... place in ..... 93 ..... Kg. weight class  
at the Karnataka State ..... Junior BenchPress ..... Powerlifting  
Championships held at ..... Kuvempu Kannada Bhavana, Davangere .....  
from ..... 10/04/2021 ..... to ..... 11/04/2021 .....

### Performance :

Squat ..... Kgs.  
B/Press ..... 130 ..... Kgs.  
D/Lift ..... Kgs.  
Total ..... 130 ..... Kgs.

Date of Birth ..... 09.07.1999 .....

Records .....

Meet Director

Hon. Secretary

President