

CROSSLAND COLLEGE BRAHMAVAR

5.3.2 Number of sports and cultural programs in which students of the Institution participated during the year 2020-21



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 : 378/SI/2020

This is to certify that **RANJITH** of **Karnataka** has secured **SECOND** place in the **105 Kg - Senior** in the South India Sub Junior, Junior and Senior Men & Women Powerlifting Championship held at Lal Bahadur Indoor Stadium, Hyderabad from 2nd to 5th January 2020.

Squat : 240 Kg
Benchpress : 150 Kg

Dead lift : 250 Kg
Total : 640 Kg

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



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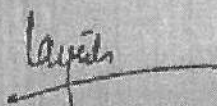



No:105/10725/2021

This is to certify that **SHARATH KUMAR K** representing Karnataka has secured Eleventh place in the 74kg - Junior in the National Sub Junior & Junior Men's Powerlifting Championship 2020-21 held at Ghazipur, Uttar Pradesh from 17-03-2021 to 21-03-2021

Squat[PL] : 215.0 Kg [11]
Bench Press[PL] : 132.5 Kg [9]
Deadlift[PL] : 190.0 Kg [13]
Total : 537.5 Kg

Date of Birth : 31-January-2001
Body Weight : 72.51 Kg


RAJESH TIWARI
President
Powerlifting India


P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



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No:105/10817/2021

This is to certify that **RANJITH A** representing Karnataka has secured Eleventh place in the 93kg - Junior in the National Sub Junior & Junior Men's Powerlifting Championship 2020-21 held at Ghazipur, Uttar Pradesh from 17-03-2021 to 21-03-2021

Squat[PL] : 265.0 Kg [14]

Bench Press[PL] : 145.0 Kg [16]

Deadlift[PL] : 265.0 Kg [6]

Total : 675.0 Kg

Date of Birth : 09-July-1999

Body Weight : 86.40 Kg

RAJESH TIWARI
President
Powerlifting India

P. J. JOSEPH (Arjuna)
Secretary General
Powerlifting India



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No:113/11951/2021

This is to certify that **SHARATH KUMAR K** representing **Karnataka** has secured **Nineth** place in the **74kg - Junior** in the **National Men's Equipped Bench Press Championship 2021** held at **Madgaon, Goa** from **16-11-2021 to 20-11-2021**

Bench Press[PL] : 130.0 Kg [9]

Date of Birth : 31-January-2001

Body Weight : 73.30 Kg


RAJESH TIWARI
President


P J JOSEPH (Arjuna)
Secretary General



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No:29/243/2019

This is to certify that **RANJITHA G** representing **Karnataka** has secured **Fifth** place in the **83kg - Junior** in the National Men Classic Powerlifting Championship 2019 held at Idukki, Kerala from 26-09-2019 to 30-09-2019

Squat[PL] : 187.5 Kg [5] Bench Press[PL] : 115.0 Kg [8] Deadlift[PL] : 235.0 Kg [3]
Total : 537.5 Kg

Date of Birth : 07-June-1999

Body Weight : 83.00 Kg

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India

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
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Meet Director


Hon. Secretary


President

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 **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

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 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

KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to : Powerlifting India, Alappuzha, Kerala State.
(Former Indian Powerlifting Federation, Jamshedpur)

Recognized 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 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

MANGALORE UNIVERSITY

ELIGIBILITY PROFORMA FOR INTER COLLEGIATE TOURNAMENTS

Name of the tournament- TRADITIONAL GAMES

Section- Men. Name of the Physical Director / Manager – BIJU JACOB.K.

Name of the : SMS College Brahmavar.

Name of the participating College: **CROSSLAND COLLEGE, BRAHMAVAR**

Organising College:

YEAR-2020-21

SL No.	Full Name	Fathers Name	Mother's name	Date of birth	Date & year of passing qualifying examination for first admission to college		Present class	Name of the present course	Duration of the course	Date & Year of first admission to		Number of years of previous participation while pursuing		Remarks
					Name of Exam	Date & Year				Univ.	Present Course	Graduate courses	PG courses	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.	NAVANEETH	GOPALA	GOWRI	11.06.01	PUC	2019	II	BCom	III	2019	2019	-	-	-
2	AJAY	ACHUTHA	SUMATHI	26.12.01	PUC	2019	II	BCom	III	2019	2019	-	-	-

Certified that the above particulars are true as per records of the College.

Certified that the above players are not employed on full time basis.

Date: 20.02.2021

Seal of the College:



Signature of the Physical Education Director

Biju Jacob

Signature of the Principal

PRINCIPAL
CROSSLAND COLLEGE
BRAHMAVAR - 576 213





MANGALORE UNIVERSITY

ELIGIBILITY PROFORMA FOR INTER COLLEGIATE TOURNAMENTS

Name of the tournament- ATHLETICS Section- Men. Name of the Physical Director / Manager – BIJU JACOB.K.
 Name of the : Dr.G SHANKAR GWFGC Ajjarkadu, Udupi. Name of the participating College: **CROSSLAND COLLEGE,BRAHMAVAR**
 OrganisingCollege:

YEAR-2020-21

SL No.	Full Name	Fathers Name	Mother's name	Date of birth	Date & year of passing qualifying examination for first admission to college		Present class	Name of the present course	Duration of the course	Date & Year of first admission to		Number of years of previous participation while pursuing		Remarks
					Name of Exam	Date & Year				Univ.	Present Course	Graduate courses	PG courses	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.	RANJITHA G	GOPALA	JAYANTHI	09.07.99	PUC	2017	II	BA	III	2017	2019	-	-	-
2	AJAY	ACHUTHA	SUMATHI	26.12.01	PUC	2019	II	BCom	III	2019	2019	-	-	-

Certified that the above particulars are true as per records of the College.
 Certified that the above players are not employed on full time basis.

Date:26.02.2021



Biju Jacob
 Signature of the Physical Education Director,
 Physical Education Director
 CROSSLAND COLLEGE
 BRAHMAVAR - 576 213



[Signature]
 Signature of the Principal
 PRINCIPAL
 CROSSLAND COLLEGE
 BRAHMAVAR - 576 213