



POWER LIFTING ASSOCIATION CHHATTISGARH
Address :- 88/04 Railway colony, Durg (C.G.) 491001
Affiliated to - World Power Lifting of India

Certificate of Merit

ESTD - 2020

This is Certified That Mr. / Miss Mr. Touhid Raja Date of Birth.....
of Bilaspur has Secured 1st Place in the 62 kg.
Weight class at the Champa Chhattisgarh State Power Lifting Championships 2022
Sub Junior / Junior / Senior / Master 1,2,3, / Male / Femal From 27/8/2022 to 28/8/2022

Body Weight.....61.....kg.
Kilograms Lifted
Bench Press.....90.....kg.
Dead Lifts.....90.....kg.
Total.....90.....kg.

[Signature]
President
(P.L.A.C.G.)

[Signature]
General Secretary
(P.L.A.C.G.)

[Signature]
Organiza President
(P.L.A.C.G.)

[Signature]
Treasure
(P.L.A.C.G.)

POWER LIFTING ASSOCIATION CHHATTISGARH

Address :- 88/04 Railway colony, Durg (C.G.) 491004
Affiliated to - World Power Lifting of India



ESTD - 2020


Certificate of Merit

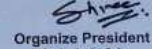


Certified That Mr. / M/s. MUHAMMAD TAUHID P.P.A. Date of Birth 19.02.2003
of ILASPUR has Secured 2nd Place in the 62 kg.
weight class at the PHILAI Chhattisgarh State Power Lifting Championship 2022
Sub Junior / Junior / Senior / Master 1,2,3, / Male / Female From 05.11.2022 to 06.11.2022

Body Weight 60.75 kg.
Kilograms Lifted
Bench Press 90 kg.
Dead Lifts 90 kg.
Total 90 kg.


President
(P.L.A.C.G.)


General Secretary
(P.L.A.C.G.)


Organize President
(P.L.A.C.G.)


Treasure
(P.L.A.C.G.)





CHHATTISGARH PRADESH STRENGTH LIFTING ASSOCIATION

Affiliated Unit Of Indian Strength Lifting Federation
Sub Junior, junior, senior, master, handicap & inclined Bench Press
Men & Women State Level Strength Lifting Championship.

Certificate Of Merit

This is To Certify That Mr./M^{rs} MD. TOUHID RAZA Date Of Birth 08/13/02/2003
Of Bilashpur Unit/district Strength Lifting Has Participated in State Level Strength Lifting
Championship Held On 27/01/23 To 29/01/23 Strength Lifting Association At BALOD District
Strength Lifting Association

He/she Has Secured 1st Place In 68 Kg Body Weight Class
His/her Weight Is 68 Kg

Performance

Inclined bench press 80 kg. 90 kg. 95 kg. 105 kg
Two hands curling kg kg kg kg
Hack lift kg kg kg kg

IDENT
S.L.A.

Hur
GEN. SECRETARY
C.P.S.L.A.

KH
ORGANIZED BY
C.P.S.L.A.

Kojest
CHIEF JUDGE
C.P.S.L.A.

