



# POWERLIFTING INDIA

Affiliated to: International Powerlifting Federation

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No:194/22752/2023

This is to certify that **ANUGRAHA MARY A.S** representing **Kerala** has secured **Seventh place** in the **52kg - Sub Junior** in the National Sub Junior & Junior Women's Classic Powerlifting Championship 2023 held at Ranchi, Jharkhand from 06-06-2023 to 11-06-2023

**Squat[PL]** : 90.0 Kg [8]

**Date of Birth :** 13-June-2006

**Bench Press[PL]** : 47.5 Kg [7]

**Body Weight :** 50.64 Kg

**Deadlift[PL]** : 110.0 Kg [10]

**Total** : 247.5 Kg

**SATHISH KUMAR**  
President  
Powerlifting India

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