



POWERLIFTING INDIA

Affiliated to: International Powerlifting Federation
Affiliated to: Asian Powerlifting Federation
Affiliated to: Commonwealth Powerlifting Federation



No:177/20023/2023



This is to certify that **GANESH** representing **Karnataka** has secured **Second** place in the **59kg - Master 2** in the National Men's Equipped Bench Press Championship 2022-23 held at Aurangabad, Maharashtra from 15-01-2023 to 20-01-2023

Bench Press[PL] : 90.0 Kg [2]

Date of Birth : 01-February-1968

Body Weight : 57.80 Kg

SATHISH KUMAR
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
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:113/11892/2021



This is to certify that **GANESH GANESH** representing **Karnataka** has secured **Second** place in the **59kg - Master 2** 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] : 97.5 Kg [2]

Date of Birth : 01-February-1968

Body Weight : 58.65 Kg

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



POWERLIFTING INDIA

Recognized by : Ministry of Youth Affairs and Sports, Govt. of India
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Registered under Registration of Societies Act, West Bengal



No:35//2019



This is to certify that **GANESH** representing
Karnataka has secured **First** place in the **59kg - Master 2** in the National
Classic Men's Benchpress Championship 2019 held at New Delhi, India from
23-11-2019 to 27-11-2019

Bench Press[PL] : 92.5 Kg [1]

Date of Birth : 01-February-1968

Body Weight : 57.70 Kg

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India

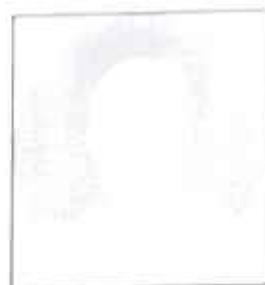


POWERLIFTING INDIA

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:31//2019



This is to certify that **GANESH GANESH**
representing **Karnataka** has secured **First place** in the **59kg - Master 2** in the
National Equipped Men's Benchpress Championship 2019 held at New Delhi,
New Delhi from 23-11-2019 to 27-11-2019

Bench Press[PL] : 102.5 Kg [I]

Date of Birth : 01-February-1968

Body Weight : 57.80 Kg

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



POWERLIFTING INDIA

(Formerly Indian Powerlifting Federation)

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 : 8303/2018

This is to certify that **GANESH** of **KARNATAKA**

has secured **THIRD** place in the **59 kg.** weight class at the National Master 2 (M2) Men Equipped Benchpress Championship held at Babrao Sanas Sports Ground, Sanasbag, Pune from 14th to 18th November, 2018.

BENCH PRESS : 97.5 Kg

DATE OF BIRTH : 01.02.1968

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



POWERLIFTING INDIA

(Formerly Indian Powerlifting Federation)

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 : 1405/2018



This is to certify that **GANESH THOKKOTTU** of **KARNATAKA**
has secured **FIRST** place in the **59 kg.** weight class at the National Master 2
Men Equipped Benchpress Championship held at Guru Nanak Higher
Secondary School, Ranchi from 16th to 18th March 2018.

BENCH PRESS 95 Kg

DATE OF BIRTH : 01.06.1968

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India

INDIAN POWERLIFTING FEDERATION

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&
Indian Olympic Association



Certificate of Honour

This is to certify that Sri/Ms. Ganesh Thokkottu
of Karnataka has secured Second
Place in the Master-1, 59 Kg. weight class at the
National Bench Press Powerlifting Championships
held at Coimbatore, TN during 12th to 15th Jan 2017.

☆ **NATIONAL RECORD** ☆

Body Weight 57.4 Kg
KILOGRAMS LIFTED
Bench Press 102.5 Kg
Date of Birth

PRESIDENT
(I.P.F.)

HONY. GENL. SECRETARY
(I.P.F.)

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 **Ganesh**
of **Shakthi Bharath, Thokottu**
has secured **First** place in **59** Kg. weight class
at the Karnataka State **Master 2** Powerlifting
Championships held at **Town Hall, Kumta**
from **03/03/2023** to **05/03/2023**

Performance :

Squat **100.0** Kgs.
B/Press **87.5** Kgs.
D/Lift **120.0** Kgs.
Total **307.5** Kgs.

Date of Birth **01.02.1968**

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 **Ganesh**
of **Shakthi Bharath, Mangalore**
has secured **Second** place in **59** Kg. weight class
at the Karnataka State **Master 2** Powerlifting
Championships held at **NIE College Auditorium, Mysore**
from **10/06/2022** to **12/06/2022**

Performance :

Squat **100.0** Kgs.
B/Press **90.0** Kgs.
D/Lift **110.0** Kgs.
Total **300.0** Kgs.

Date of Birth **02-01-1968**

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 **Ganesh**
of **Shakthi Bharath Vyayam Shala, Mangalore**
has secured **First** place in **59** Kg. weight class
at the Karnataka State **Master- II BenchPress** Powerlifting
Championships held at **Shri Shivayogi Mandira, Davangere**
from **08/10/2022** to **09/10/2022**

Performance :

Squat Kgs.

B/Press **92.5** Kgs.

D/Lift Kgs.

Total **92.5** Kgs.

Date of Birth **02-01-1968**

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 **Ganesh**
of **Shakthi Bharath, Thokkottu**
has secured **First** place in **59** Kg. weight class
at the Karnataka State **Master - II Bench Press** Powerlifting
Championships held at **Kuvempu Kannada Bhavana, Davangere**
from **10/04/2021** to **11/04/2021**

Performance :

Squat Kgs.

Date of Birth **01.02.1968**

B/Press **92.5** Kgs.

Records

D/Lift Kgs.

Total **92.5** Kgs.

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 **Ganesh**
of **Shakthi Bharath, Thokottu**
has secured..... **First** place in ... **59** Kg. weight class
at the Karnataka State **Master II** Powerlifting
Championships held at **Gurunarasimha Openair Auditorium, Saligrama**
from **26/02/2021** to **28/02/2021**

Performance :

Squat **100.0** Kgs.
B/Press **90.0** Kgs.
D/Lift **120.0** Kgs.
Total **310.0** Kgs.

Date of Birth **01.02.1968**

Records

Meet Director

Hon. Secretary

President

KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to: Powerlifting India, Alappuzha, Kerala State. S.No. 33-76/77

Recognised by : Dept. of Youth Services & Sports, Govt. of Karnataka
AMBIKA NIVAS, K.C. ROAD, KUDROLI, MANAGALORE - 575 003.



Certificate of Merit

This is to certify that **Ganesh**
of **Shakthi Bharath, Thokottu**
has secured **Second** place in **59** Kg. weight class
at the **Karnataka State** **Master 2** Powerlifting
Championships held at **Junior College, Kundapur**
from **10/05/2019** to **12/05/2019**

Performance :

Squat **90.0** Kgs.
B/Press **90.0** Kgs.
D/Lift **110.0** Kgs.
Total **290.0** Kgs.

Date of Birth

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 **Ganesh**
of **Shakthi Bharath, Thokottu**
has secured **First** place in **59** Kg. weight class
at the Karnataka State **Master II Bench Press** Powerlifting
Championships held at **Sri Gokarnanatha Temple Hall, Kudrolli, Mangalore**
from **08/11/2019** to **09/11/2019**

Performance :

Squat Kgs.
B/Press **97.5** Kgs.
D/Lift Kgs.
Total Kgs.

Date of Birth

Records

Meet Director

Hon. Secretary

President

KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to : Indian Powerlifting Federation, Jamshedpur
Recognised by : Dept. of Youth Services & Sports, Govt. of Karnataka
AMBIKA NIVAS, K.C. ROAD, KUDROLI, MANAGALORE - 575 003.



Certificate of Merit

This is to certify that **Ganesh Thokottu**
of **Shakti Bharath Vyayam Shala, Mangalore**
has secured **First** place in **59** Kg. weight class
at the Karnataka State **Master I Benchpress** Powerlifting
Championships held at **KGS Club, Bengaluru**
from **09/02/2018** to **10/02/2018**

Performance :

Squat Kgs.
B/Press **97.5** Kgs.
D/Lift Kgs.
Total Kgs.

Date of Birth **1968**
Records
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Meet Director


Hon. Secretary


President

KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to : Indian Powerlifting Federation, Jamshedpur
Recognised by : Dept. of Youth Services & Sports, Govt. of Karnataka
AMBIKA NIVAS, K.C. ROAD, KUDROLI, MANAGALORE - 575 003.



Certificate of Merit

This is to certify that **Ganesh**
of **Shakthi Bharath, Mangalore**
has secured **Second** place in **59** Kg. weight class
at the **Karnataka State** **Master II Bench Press** Powerlifting
Championships held at **Kannada Bhavan, Hubli**
from **07/09/2018** to **09/09/2018**

Performance :

Squat Kgs.
87.5
B/Press Kgs.
D/Lift Kgs.
Total Kgs.

Date of Birth **01-02-1968**

Records


Meet Director


Hon. Secretary


President

KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to : Indian Powerlifting Federation, Jamshedpur
Recognised by : Dept. of Youth Services & Sports, Govt. of Karnataka
AMBIKA NIVAS, K.C. ROAD, KUDROLI, MANAGALORE - 575 003.



Certificate of Merit

This is to certify that **Ganesh**
of **Shakthi Bharath Vyam Shala, Thokottu**
has secured **Second** place in **59** Kg. weight class
at the Karnataka State **Master II** Powerlifting
Championships held at **Kinnigoli, Mangalore**
from **03/11/2017** to **05/11/2017**

Performance :

Squat **100.0** Kgs.
95.0
B/Press Kgs.
120.0
D/Lift Kgs.
115.0
Total Kgs.

Date of Birth

Records


Meet Director


Hon. Secretary


President