



Tamilnadu State Level Invitational Open Karate Championship - B.Hemnath, 2<sup>nd</sup> Place





South India Level Open Karate Championship - B.Hemnath, 2<sup>nd</sup> Place





**TNASA-19th Tamilnadu State Silambam Athletes, Coach, Referee & Jury Training Workshop – A.Jagan**





Tamilnadu State Bodybuilding Association (2nd Sai Classic) - K.P.Bharani Dharann, 1st (below 65kg)





Tamilnadu State Bodybuilding Association (2nd Sai Classic) - V.Madhavan, 1st (below 60kg)





South India Bench Press Championship - R.Bala, 2<sup>nd</sup> Place





South India Bench Championship - S.Shanjai, 1<sup>st</sup> Place





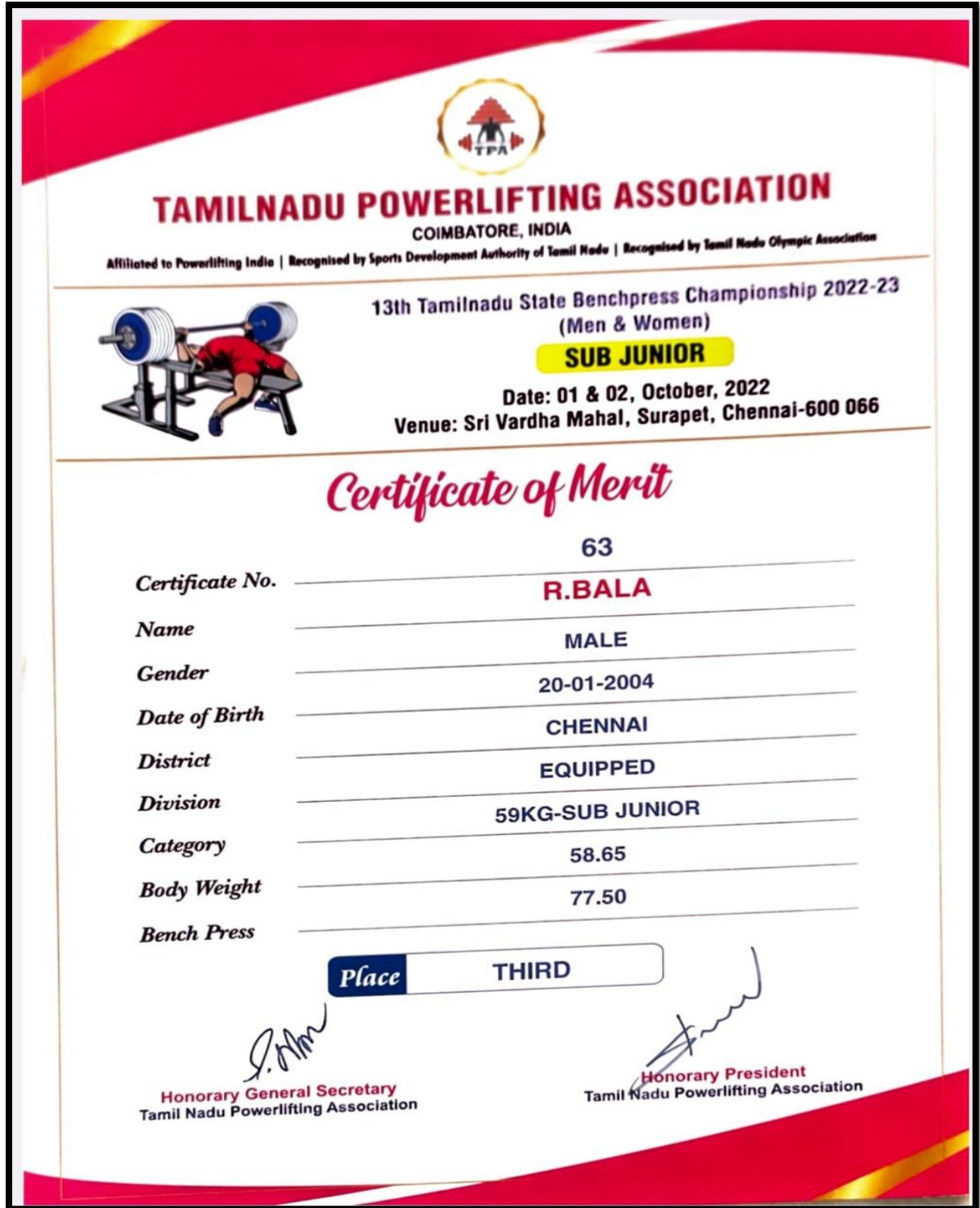
South India Bench Championship – R.Bala, 3<sup>rd</sup> Place







Tamilnadu State Bench Press Championship (Equipped) – R.Bala, 3<sup>rd</sup> Place





Tamilnadu State Bench Press Championship (Equipped) – R.Bala, 1<sup>st</sup> Place





Tamilnadu State Bench Press Championship (Unequipped) – R.Bala, 1<sup>st</sup> Place



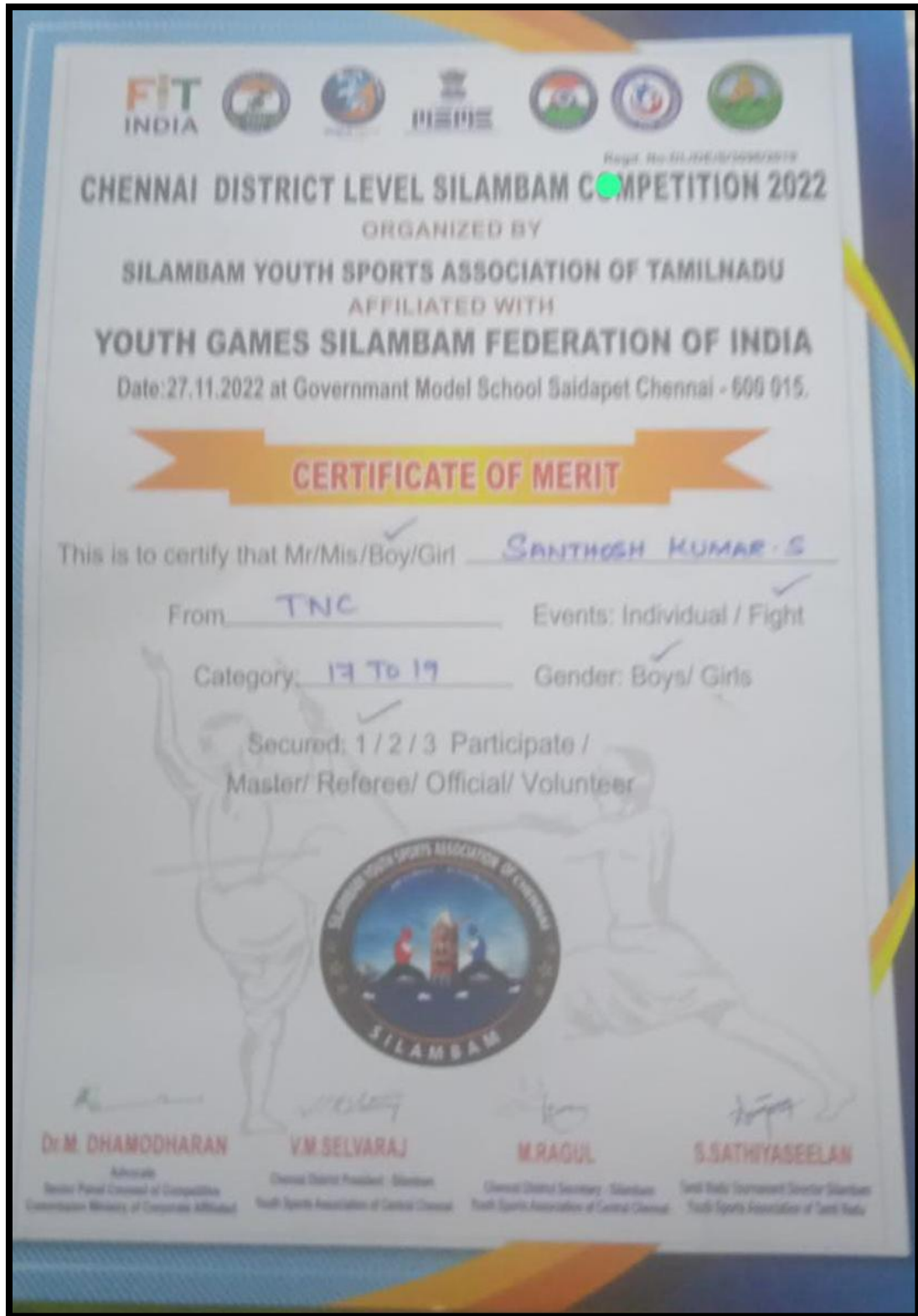


Chennai District Silambam Competition (equioood) – A.Jagan, 1<sup>st</sup> Place



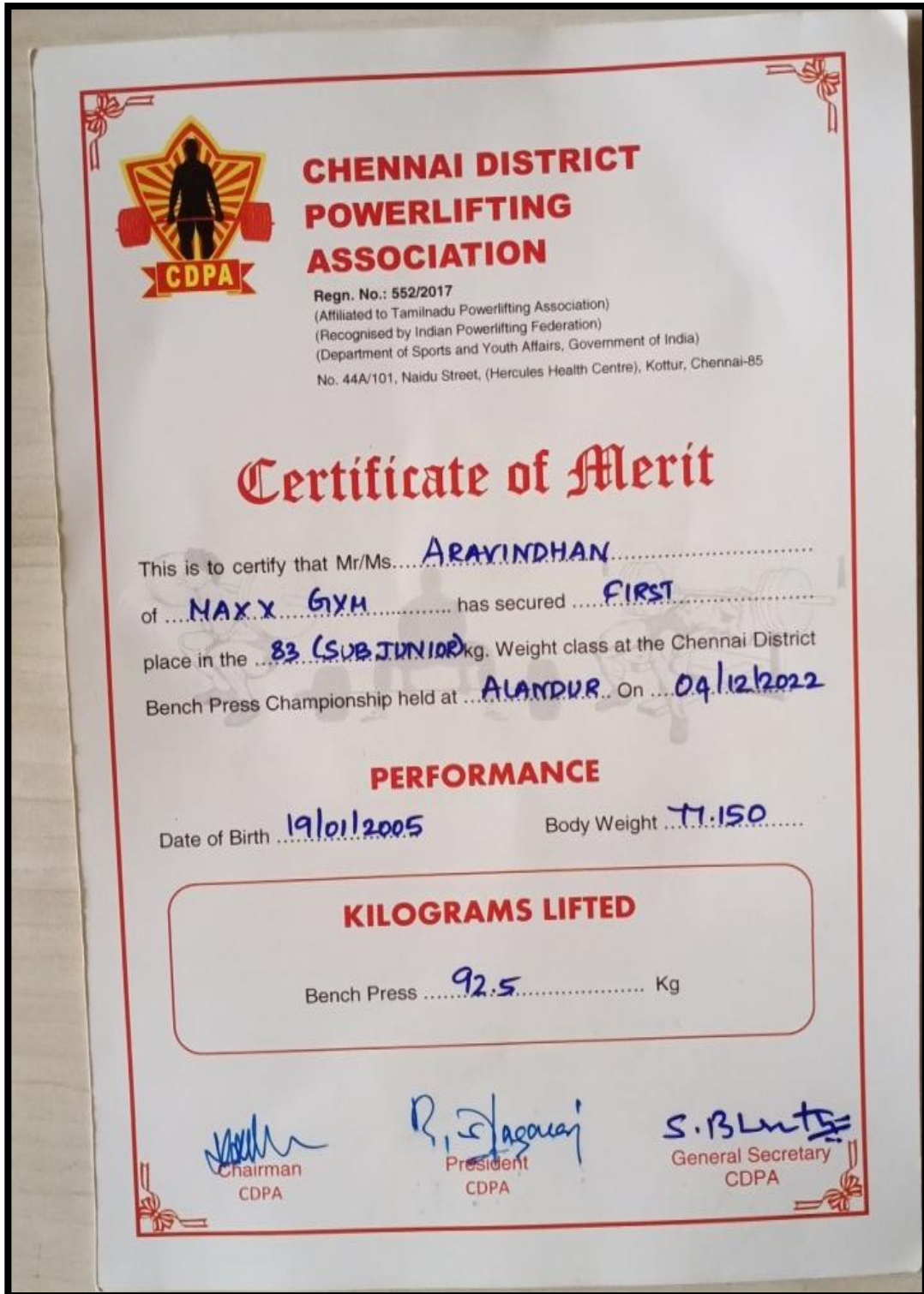


Chennai District Silambam Competition – S.Santhosh Kumar, 1<sup>st</sup> Place





Chennai District Power lifting Championship- Aravindhan, 3<sup>rd</sup> Place





Chennai District Power lifting Championship- Shanjai, 3<sup>rd</sup> Place





Chennai District Power lifting Championship- R.Bala, 1<sup>st</sup> Place



**TAMILNADU POWERLIFTING ASSOCIATION**  
COIMBATORE, INDIA  
Affiliated to Powerlifting India | Recognised by Sports Development Authority of Tamil Nadu | Recognised by Tamil Nadu Olympic Association



13th Tamilnadu State Benchpress Championship 2022-23  
(Men & Women)  
**SUB JUNIOR**  
Date: 01 & 02, October, 2022  
Venue: Sri Vardha Mahal, Surapet, Chennai-600 066

*Certificate of Merit*

|                 |                 |
|-----------------|-----------------|
| Certificate No. | 76              |
| Name            | <b>R.BALA</b>   |
| Gender          | MALE            |
| Date of Birth   | 20-01-2004      |
| District        | CHENNAI         |
| Division        | CLASSIC         |
| Category        | 59KG-SUB JUNIOR |
| Body Weight     | 58.65           |
| Bench Press     | 77.50           |

**Place** FIRST

  
Honorary General Secretary  
Tamil Nadu Powerlifting Association

  
Honorary President  
Tamil Nadu Powerlifting Association





National Youth Games Championship 2023 (Athletic Event), R.Yuvaraja, Gold Medal

**NATIONAL YOUTH SPORTS & EDUCATION FEDERATION, INDIA**  
MEMBER OF THE ASSOCIATION FOR INTERNATIONAL SPORTS ALL (TAFISA)  
APPROVED BY : MSME GOVT.OF INDIA  
RECOGNIZED BY: INTERNATIONAL OLYMPIC COMMITTEE(IOC,WHO,ICSSPE & UNESCO)

**INDIA 11<sup>TH</sup> NATIONAL YOUTH GAMES CHAMPIONSHIP 2023**

## Participation / Merit Certificate

This is to certify that Mr/Ms. R. YUVARAJA  
son / daughter S. RAJENDRAN  
represented by THIRUTHANGAL NADAR COLLEGE  
participation as player in the 11<sup>TH</sup>NATIONAL YOUTH GAMES CHAMPIONSHIP 2023  
and bagged Gold / Silver / Bronze Position in the  
game ATHLETIC Event 1500 mts  
age Category 19 Weight 60 Kg. Category held at  
Rajasthan Sports University, Jaipur, India On Date 23 to 25 Feb.2023  
Organized By- **NATIONAL YOUTH SPORTS & EDUCATION FEDERATION, INDIA**

*Mr. Hemant Pawar*  
Mr. Hemant Pawar  
President  
(NYSEF, INDIA)

*Mr. Rajendra Mandle*  
Mr. Rajendra Mandle  
Vice President  
(NYSEF, INDIA)

*Mr. Amol Sathe*  
Mr. Amol Sathe  
General Secretary  
(NYSEF, INDIA)

Website: <http://www.nationalysaef.com>