



Affiliated to General Association of International Sports Federations and International World Games Association

CERTIFICATE

This is to certify that

Jose Jwala

of the Nation

India

has participated at the

World Juniors & Sub-Juniors Women's Championships

held in *Potchefstroom/South Africa*

from *03 - 08 September 2018*

as *Athlete*

has achieved *7th place*

in the category *-57kg*

with *302.5kg*

Gaston Parage

President IPF

Robert Keller

Secretary General IPF

ASIAN POWERLIFTING FEDERATION

Recognized by:

International Powerlifting Federation
& World Games Federation



Certificate

This is to certify that

JWALA JOSE L
OF
INDIA

has participated in the

**ASIAN CLASSIC POWERLIFTING CHAMPIONSHIP HELD AT
ULAANBAATAR, MONGOLIA FROM 4TH TO 8TH OF DECEMBER 2018**

as **COMPETITOR**

and Secured **THIRD** Place in **SUB JUNIOR 57 Kg B.Wt. Class**

Squat : 110 Kg
Bench : 47.5 Kg

Dead lift : 125 Kg
Total : 282.5 Kg

Farshid Soltani
President - APF

Rajesh Tiwari
General Secretary - APF



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 : 7105/2018

This is to certify that **JWALA JOSE** of **KERALA**

has secured **FIRST** place in the **57 kg.** weight class at the National Sub Junior Women Classic (Unequipped) Powerlifting Championship held at K.D.Singh Babu Stadium, Lucknow, Uttar Pradesh from 26th to 30th September, 2018.

SQUAT 97.5 Kg BENCH PRESS 40 Kg DEADLIFT 120 Kg TOTAL 257.5 Kg

DATE OF BIRTH : 17.01.2000

RAJESH TIWARI
President
Powerlifting India

P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



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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 : 6149/2018



This is to certify that **JWALA JOSE L** of **KERALA**

has secured **SECOND** place in the **57 kg.** weight class at the Sub Junior Boys & Girls National Powerlifting Championship 2018 held at GMRIT College Auditorium, Srikakulam, Andhra Pradesh from 21st to 25th June 2018.

SQUAT 142.5Kg BENCH PRESS 45.0 Kg DEAD LIFT 127.5Kg TOTAL 315.0 Kg

DATE OF BIRTH : 17.01.00

RAJESH TIWARI
President

P J JOSEPH (Arjuna)
Secretary General

STATE RUGBY CHAMPIONSHIP 2017-2018



STATE RUGBY 2018-2019



NATIONAL RUGBY CHAMPIOSHIP 2019-2020



KERALA STATE NETBALL CHAMPIONSHIP 2017-2018

Sl. No: KNA/SSC/2017-18


37 **KERALA NETBALL ASSOCIATION**
(Affiliated by Netball Federation of India & Kerala Olympic Association Recognized by Kerala State Sports Council)
netballkerala@gmail.com

 **KERALA STATE SENIOR NETBALL CHAMPIONSHIP 2017-18**
(MEN/WOMEN)
Mar Augen HS, Kodanadu, Eranakulam 2017 September 29, 30



Certificate of Merit

Name of the Player : Praseetha PJ

Name of the Father/ Guardian : Prasanna S

District : Trivandrum

Division Senior : Men/Women Date of Birth: 07-06-1997

Rank-Winner / Runnerup / IIIrd Place


Dr. PT. Sainudeen
President
Kerala Netball Association


Observer Kerala
State Sports Council


Thanuja Nujum
Hony. Secretary
Kerala Netball Association

Eranakulam
30.09.2017

P. MOHAN DAS
Observer
Kerala State Sports Council



AIIU/ 2018 - 2019

No : 12212

UNIVERSITY OF KERALA
DEPARTMENT OF PHYSICAL EDUCATION
Certificate

This is to certify that Kum. JWALA JOSE L

of ALL SAINT'S COLLEGE, THIRUVANANTHAPURAM

was a member of UNIVERSITY OF KERALA team which participated in the
All India Inter University POWER LIFTING (WOMEN) CHAMPIONSHIP

organized by CALICUT UNIVERSITY, KERALA

from 17/02/2019 to 18/02/2019 for the year 2018 - 2019.

Position : PARTICIPATION

Thiruvananthapuram

Date : 30/05/2019




DIRECTOR


VICE CHANCELLOR



KUIC/2018 - 2019

No : 11710



DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF KERALA
Certificate

This is to certify that Kum. JWALA JOSE L

has represented ALL SAINT'S COLLEGE, THIRUVANANTHAPURAM *and secured*
FIRST Place in the 57KG Weight Category in the Kerala University Inter Collegiate (Inter zone)
POWER LIFTING (WOMEN) CHAMPIONSHIP held at CENTRAL STADIUM, THIRUVANANTHAPURAM
from 01-12-2018 *to* 02-12-2018 *for the year* 2018 - 2019.

Thiruvananthapuram
Date : 07/06/2019



DIRECTOR