

S. Kula Women's College Nambol

**5.3.3 Average number of sports and cultural activities/events in which students of the Institution**

**participated during last five years (organised by the institution/other institutions)**

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the student participated
	<b>2015-2016</b>	
	<b>Sports</b>	
<b>16 to 18 Dec. 2015</b>	<b>34th National Senior Kyoreign Taekwondo Championship</b>	Kh. Sanatombi Devi
13-15 Oct, 2015	All India Sai Regional Judo Tournament/Gold medal	Moni Nameirakpam
17-21 March, 2016	All India Inter University (W) Taekwondo /Bronze Medal	1. Kh. Sanatombi Devi 2. Th. Basanti Devi (3rd position) 3. W. Ronibala Devi
26-29 March, 2016	National Bench Press Powerlifting Championship/Silver medal	K. Humeshwori Devi
29-31 March, 2016	Federation Cup National Power lifting Championship/Silver Medal	K. Humeshwori Devi
8-10 April, 2016	East Zone Power Lifting Championship/Gold Medal	K. Humeshwori Devi
8-10 April, 2016	East Zone Bench Press Power Lifting Championship/Gold Medal	K. Humeshwori Devi

**Cultural/Literary**

<b>18-22 April, 2016</b>	<b>College Week cum Social Fresher's Meet 2016</b>	
	Sports Meet	Kh. Susana
		Sh. Seema Devi
		H. Geetarani Devi
		A. Babita Devi
		A. Roni Devi
		Aditi Thangjam
		Akoijam Erika Devi
		Anjubala Yumnam
		Babina Sanasam
		Evangeline Pukhrabam
		H. Geetarani Devi
		H. Sunanda Sharma

	K. Sofiya Devi
	Kh. Susana
	Khaidem Nirmala Devi
	Khoisnam Angeles White
	Kongkham Bidya Chanu
	Konica Chongtham
	L. Belona Devi
	L. Monika
	Laishram Monika Devi
	Laishram Premika Chanu
	Leichombam Priyabati Devi
	Lengen Sylvia Hatneithem
	Likmabam Belona Devi
	Loitongbam Lalleima Chanu
	M. Reshmi
	Maisnam Parbati Devi
	N. Hosana Wijunamai
	N. Ibeneya
	N. Mangaleima
	N. Roshni Devi
	Naorem Bidyalaxmi Chanu
	Naorem Premika Devi
	O. Meneka Devi
	Pangambam Priyadarshini Devi
	Paonam Sheibya Chanu
	Pinkythoi Toijam
	Poireinganbi Thokchom
	R.K. Dolly Devi
	Rabina Hawaibam
	Saikhom Babli Chanu
	Saikhom Monica Chanu
	Saikhom Pusparani Devi
	Sangeeta Nameirakpam
	Sarnalist Yanglem
	Sh. Seema Devi
	Shoraisham Susma
	Sony Loukham
	Suranda Khaidem
	Sushma Wangkhem
	T. Bedabati Devi
	Takhellambam Asharani Devi
	Th. Joshila Devi

		Thingbaijam Usharani Devi
		Thoudam Nganthoi Devi
		Thounaojam Basanti Devi
		Veineichong Haokip
		Wahengbam Ritasana Devi
	Literary Meet	Aditi Thangjam
		Evangeline Pukhrambam
		L. Monika Devi
		Maibam Elizabeth Devi
		Maisnam Bijeta Devi
		Maisnam Monika Devi
		N. Mangaleima
		N. Sophia Devi
		Paonam Sheibya Chanu
		Pukhrambam Priya Devi
		Sangeeta Nameirakpam
		Th. Joshila Devi
		Thangjam Pusparani Devi
		Thokchom Suchitra Devi
		Thounaojam Trisilla Devi
		Naorem Bidyalaxmi Chanu
	Cultural events	Aditi Thangjam
		Hidangmayum Sunanda Sharma
		Khoisnam Angeles White
		Kongkham Bidya Chanu
		Laishram Monika Devi
		Laishram Premika Chanu
		Leichombam Priyabati Devi
		Loitongbam Lalleima Chanu
		N. Hosana Wijunamai
		N. Mangaleima
		Naorem Premika Devi
		Paonam Sheibya Chanu
		Rabina Hawaibam
		Saikhom Babli Chanu
		Saikhom Monica Chanu
		Saikhom Pusparani Devi
		Sangeeta Nameirakpam
		Sarnalist Yanglem
		Shoraisham Susma

**5.3.3 Average number of sports and cultural activities/events in which students of the Institution participated during last five years**

<b>Date of event/activity (DD-MM-YYYY)</b>	<b>Name of the event/activity</b>	<b>Name of the student participated</b>
	<b>2016-2017</b>	
	<b>SPORTS</b>	
04-08-2017	N. Surendra Singh Memorial Manipur University Inter College Weight Lifting (W) Tournament	1. Mongaiching Singsit - Gold Medal 2. K. Humeshwori Devi - Gold Medal 3. Priya Laishram - Silver Medal 4. L. Pushparani Devi - Gold Medal
3-6 Oct, 2016	All India Inter University Judo (W) Tournament/Bronze Medal	Moni Nameirakpam
03-11-2016	State Level Power Lifting Championship	K. Humeshwori Devi - 1st Position
10-11-2016	N. Surendra Singh Memorial M.U. Inter College Power Lifting M/W Tournament, 2016	1. Kh. Rebina Devi - 2nd Position 2. K. Humeshwori Devi - 2nd Position 3. Sangeeta Nameirakpam - 1st Position 4. T. Asharani Devi - 2nd Position 5. S. Sonia Chanu - 1st Position 6. P. Nganchoi Devi - 1st Position 7. L. Pushparani Devi - 1st Position
23rd Nov, 2016	4th State Level Power Lifting Championship/Gold Medal	K. Humeshwori Devi
18-02-2017 to 19-02-2017	35th National Senior Kyorū M/W Taewondo Championship	Kh. Sanatombi Devi - Bronze Medal
23-26 Feb, 2017	All India Inter University Power Lifting Tournament/Silver Medal	K. Humeshwori Devi
21-24 March, 2017	National Dead Lift Power Lifting Championship/Silver Medal	Laimayum Pushparani

## Cultural/Literary

19-24 April, 2017	Annual College Week cum Social Fresher's Meet 2017	
	Sports Meet	Zenithka Chanam
		Yurembam Respa Devi
		Wangkhem Ronibala Devi
		W. Hosana
		Tina Naorem
		Thoudam Seiyanka Devi
		Thokchom Malemnganbi Chanu
		Thokchom Joshila Devi
		Sorokhaibam Bhanu Devi
		SK. Achinglu
		Sarangthem Priyanka Devi
		Sapam Miranda Devi
		Sangeeta Nameirakpam
		Sanatombi Moirangthem
		Samulailatpam Dibiya Devi
		Sagolsem Yaiphabi Chanu
		Ronita Sagolsem
		Ronika Longjam
		Robina Naorem
		Ritasana Chongtham Devi
		Reona Nongthombam
		Rajkumari Pushparani
		R.K. Priyabai
		R.K. Kherodasana Devi
		Pukhrambam Debika Devi
		Phuritshabam Helena Devi
		Panthoi Irengbam
		Oinam Priyanka Devi
		Nirmala Oinam
		Ningthoujam Sanatombi Devi
		Ningthoujam Joshi Devi

Ngangom Soni Chanu
Ngangbam Jibanlata Devi
N. Mangalleima
N. Bidyarani Devi
MS. Lungailinlu Kamei
Moni Mameirakpam
Moirangthem Yuniky Chanu
Moirangthem Roshni Devi
Maisnam Rinapati Devi
M. Pratima Devi
Lukram Inakhumbi Devi
Lovely Namram
Leitanthem Monita Devi
Leichombam Shakhensana Chanu
Leichombam Malatombi Devi
Laishram Prity Devi
Laishram Narmada Devi
Laishram Monika Devi
Lairikyengbam Bindiya Devi
L. Roma Devi
L. Pushparani Devi
L. Premika Chanu
Kshetrimayum Gitanjali Devi
Konjengbam Puspa Devi
Kongkham Bidyaluxmi Devi
Khwairakpam Mediya Devi
Khundrakpam Daisy
Khoisnam Susana Devi
Khoinaijam Anju Devi
Khangjakpam Bijeta Devi
Kh. Rebina Devi
Kh. Mediya
Keisham Gunija Chanu
Karnika Nameirakpam
Kabrabam Jessica Devi
K. Taibanganbi Devi
K. Keronica Chanu

	Irungbam Preety Devi
	Haobijam Geetarani Devi
	Hanjabam Purnima Devi
	Evangeline Pukhrambam
	Chongtham Naobicha Devi
	Brinda Nongthombam
	Asem Roni Devi
	Alena Yangoijam
	Aditi Thangjam
Literary Meet	Aditi Thangjam
	Aheibam Anjana Devi
	Aheibam Christina Devi
	Brinda Nongthombam
	Easther Moirangthem
	Evangeline Pukhrambam
	Geetanjali Pukhrambam
	Haobijam Geetarani Devi
	Laimayum Pushparani Devi
	Laishram Nirupama Devi
	Laishram Premila Devi
	Loktongbam Alina Devi
	Lourembam Robita Devi
	Maibam Babina Devi
	Maisnam Monika Devi
	Merina Pukhrambam
	Nandeibam Monika Chanu
	Naorem Ranjana Devi
	Naorem Roshita Devi
	Nongmaithem Mangalleima
	Oinam Priyanka
	Panthoi Irengbam
	Saikhom Babli Chanu
	Sanasam Sarda Devi
	Subita Maibam
	Thokchom Bidyarani Devi
	Wahengbam Nandarani Devi
	Yaiphabi Laishram

Cultural events	Aribam Jharna Chanu
	Chingshubam Anupama Devi
	Deepika Rajkumari
	Elam Urmila Chanu
	Hanglem Usharani Devi
	Kshetrimayum Sujata Devi
	L. Monika Devi
	Laishram Kamala Devi
	Laishram Premila Devi
	Laishram Ratanmala Devi
	Laishram Salina Devi
	Loktongbam Alina Devi
	Longjam Daya Devi
	Longjam Khambi Devi,
	Lourembam Debeshwori Devi
	M. Bijeta Devi
	Maibam Babina Devi
	Maisnam Rinapati Devi
	Nameirakpam Sangita Devi
	Nameirakpam Urmila Devi
	Nandeibam Monika Chanu
	Nongmaithem Mangalleima
	Oinam Soniya Devi
	Paonam Sheibya
	Rojita Leichombam
	Shally Heigrujam
	Th. Cindy Shimray
	Th. Joshila Devi



**5.3.3 Average number of sports and cultural activities/events in which students of the Institution participated during last five years (organised by the institution/other institutions)**

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the student participated
	<b>2017-2018</b>	
	<b>SPORTS</b>	
27-30 July, 2017	24th Men & Women National Strength Lifting and Incline Bench press Championship/Gold Medal	Laimayum Pushparani
04-08-2017	N. Surendra Singh Memorial Manipur University Inter College Power Lifting (W) Tournament	1. Mongaiching Singsit - Gold Medal 2. K. Humeshwori Devi - Gold Medal 3. Priya Laishram - Silver Medal 4. L. Pushparani Devi - Gold Medal
04-01-2018 to 07-01-2018	25th Man/Women National Strength Lifting & Incline Bench Press Championship	L. Pushparani Devi - Gold Medal
05-02-2018 to 06-02-2018	All India Inter University Power Lifting Tournament	K. Humeshwori Devi - Silver Medal
16-18 Feb, 2018	Federation Cup Men & Women Powerlifting Championship, 2017-18/Silver Medal	K. Humeshwori Devi
7-10 April, 2018	6th International Strength Lifting and Incline Bench press Championship/Gold Medal	Laimayum Pushparani
1-6, May, 2018	Senior Women Asian Powerlifting Championship/Fourth Place	K. Humeshwori Devi

**Cultural/Literary**

2-7 April, 2018	Annual College Week cum Social Fresher's Meet 2018	
	Sports Meet	Kiyam Nonika Devi Anamika Thokchom Angeles White Khoisnam Bhony Kshetrimayum Brinda Nongthombam

Chaobisana Mongjam
Chingtham Rojisana Devi
Deepika Rajkumari
Dineshpriya Tongbram
Elam Urmila Chanu
Geetanjali Pukhrambam
Grace Yumnam
Gurumayum Roshita Devi
H. Sangita Devi
Huidrom Nirmala Devi
Jelliam Laithangbam
Joysana Chanu Yelam
K. Balami Chanu
K. Tabanganbi
Kangjam Merinashree Devi
Kangjam Tonibala
Keisham Juneta Chanu
Keziah Golmei
Khwairakpam Mediya Devi
Kongkham Sonia Devi
Konsam Keronica Chanu
L. Pushparani Devi
Lairikyengbam Nonibala Devi
Laishram Narmada Devi
Laishram Sushmadutt
Lakshmi Salam
Leichombam Jaya Devi
Leishangthem Ramva Chanu
Loitongbam Lalleima Chanu
M. Mirnalini Devi
Maibam Luxmi Devi
Maibam Pratima Devi
Maibam Umabati Chanu
Mona Lukram
Mongngaiching Singisit
Monika Khundrakpam
Monika Yumnam
N. Adaphro
Nalini Thokchom
Nameirakpam Seironica Chanu
Naorem Sushma Devi
Ngangom Soni Chanu
Ningthoujam Sanatombi Devi
Ningthoujam Valencia Chanu
Nirvana Leishangthem

	O. Priyanka Devi
	Preetika Thokchom
	Preety Irungbam
	Priya Laishram
	Pukhrambam Bidya Devi
	Rajkumari Pushparani
	S.K. Achinglu
	Sanjota Hawaibam
	Sariya Thounaojam
	Shagolsem Pinky Devi
	Sinam Jenny Devi
	Soibam Luxmi Devi
	Sophiya Sagolsem
	Thangjam Rojita Devi
	Thokchom Priya Devi
	Victoria Salam
	Y. Saya
Literary Meet	Andafro
	Anjuman
	Arambam Simran Devi
	Dayaluxmi Mongjam
	Grace Yumnam
	Hemabati Nameirakpam
	Irungbam Preety
	Jessica Kabrabam
	Keisham Juneta Chanu
	Khaidem Sundari Devi
	Leimapokpam Meena Devi
	M. Abem
	M. Mrinalini
	Merina K.
	Moirangthem Bebika Devi
	Nameirakpam Seironica Chanu
	Naorem Anjali Devi
	Nirvana Leishangthem
	Nongmaithem Debarani Devi
	Nongthombam Maleiya Devi
	Oinam Bandana Devi
	Ph. Didiya
	Priya Laishram
	Sangeeta Nameirakpam
	Serona
	T. Premabati
	Taibanganbi
	Thokchom Goldy devi

		Wahengbam Malemnganbi Chanu
		Yelam Bimoti Devi
Cultural events		Anjuman
		Aribam Ratika Devi
		Bhony Kshetrimayum
		Huidrom Binarani Devi
		Kabuichung Golmei
		Kongkham Sonia Devi
		L. Saiemom
		L. Susma
		Lairenjam Saiemom
		Laishram Bindiya Devi
		Laishram Prity Devi
		Laishram Romita Devi
		Leishangthem Ramva Chanu
		Longjam Priya Devi
		Moirangthem Albina Devi
		N. Mangalei
		Naorem Sushma
		Nongthombam Pusparani Devi
		Priya Wangkhem
		Ramva Leishangthem
		Romila Shagolshem
		Saikhom Monica Chanu
		Sanatombi Moirangthem
		Sanjota Hawaibam
		Taorem Mayabati Devi
		Thounaojam Soniya Devi
18th -20th November 2017	Inter-college Youth Festival	S. SOPHIYA
		NG. SONI
		T. ALICE
		Y. RANJANA
		K. KERONICA
		KH. MEDIYA
		H. HARIPYARI
		M. LUXMI
		L. SAEIMOM CHANU
		W. PRIYA

**5.3.3 Average number of sports and cultural activities/events in which students of the Institution participated during last five years (organised by the institution/other institutions)**

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the student participated
	<b>2018-2019</b>	
	<b>SPORTS</b>	
<b>13-Oct-18</b>	N Surendra Singh Memorial Manipur University Inter College Weight Lifting, Power lifting (M/W) and Best Physique (M) Tournament, 2018-19	<b>L. Pushparani Devi, Grace Yumnam, L. Priya Devi, Mongraiching Singsit, K. Humeshwori Devi</b>
<b>27-29 Nov,2018</b>	<b>All India Inter University Weight Lifting Tournament</b>	<b>L. Pushparani Devi, Grace Yumnam, L. Priya Devi, Mongraiching Singsit, K. Humeshwori Devi</b>
<b>28 Jan-1 Feb, 2019</b>	<b>All India InterUniversity Boxing Championship (51 kg)</b>	<b>Grace Yumnam</b>
<b>17-23 Feb, 2019</b>	<b>All India Inter University Power Lifting Tournament</b>	<b>L. Pushparani Devi, Grace Yumnam, L. Priya Devi, Mongraiching Singsit, K. Humeshwori Devi</b>

**Cultural/Literary**

22-27 April, 2019	Annual College Week cum Social Fresher's Meet 2019	All students
	Sports Meet	Akham Yaiphabi Khumancha
		Anupama Khundrakpam
		Chingshubam Anupama Devi
		Chongtham Babina Devi
		Elizabeth Irom
	Cultural events	Jelliam Laithangbam
	Annual Freshers Meet	Kangjam Merinashree Devi
		Kayenpaibam Taibanganbi
		Keisham Juneta Chanu
		Khangembam Rebina Devi
		Khinalini Chingakhm
		Khwairakpam Mediya Devi
		Kiyam Balami Chanu
		Konjengbam Sonia
		Konthoujam Keniya Devi
		Laimayum Pushparani Devi
		Laishangbam Nikita Devi
		Laishram Sushmadutt

	Leihaothabam Shachibala Devi
	Leishangthem Ramva Chanu
	Liya Yengkokpam
	Maisnam Birbala Devi
	Maisnam Gangarani Devi
	Maisnam Mirnalini Devi
	Mangallei Ningthoujam
	Moirangthem Elizabeth Devi
	Nalini Thokchom
	Nameirakpam Seirowna Chanu
	Naorem Sushma Devi
	Ngangom Soni Chanu
	Ningthoujam Valencia Chanu
	Nongthombam Pushparani Devi
	Oinam Graffseles Devi
	Oinam Omita Devi
	Oinam Priyanka Devi
	Priya Laishram
	Sushma Khuraijam
	Tanya Kongbrailatpam
	Thounaojam Anjelika Devi
	Wahengbam Nandarani Chanu
Literary Meet	Mangallei Ningthoujam
	Chingakham Sophiya Devi
	Galaxy Kongbrailatpam
	Kipu Laishram
	Laishram Sushmadutt
	Liya Yengkokpam
	Mangallei Ningthoujam
	Nameirakpam Seirowna Chanu
	Naorem Sushma Devi
	Oinam Graffseles Devi
	Shamurilakpam Pushparani Devi
	Tanya Kongbrailatpam
Cultural Meet	Anupama Khundrakpam
	Chingakham Sophiya Devi
	Chingshubam Anupama Devi
	Galaxy Kongbrailatpam
	Grace Yumnam
	Huirem Kalpana Devi
	Keziah Golmei Kabui
	Konthoujam Keniya Devi
	Laishram Roshni Devi

		Laishram Sushmadutt
		Leihaothabam Shachibala Devi
		Liya Yengkokpam
		Najma Begum
		Nameirakpam Malemnganbi Chanu
		Naorem Sushma Devi
		Ningombam Terina Chanu
		Shamurilakpam Pushparani Devi
		Sushma Khuraijam
		Tanya Kongbrailatpam
		Thounaojam Anjelika Devi
		Thounaojam Geetasana
		Warepam Surjabala Chanu
28-Nov-18	1st Annual Pass out Fashion Show (Bvoc Fashion Technology) <b>Nuja Jarei Jagoi'</b>	Ratanmala Laishram Bidya Kongkham Maibam Mona Devi Sougrakpam Seema Devi Sangeeta Nameirakpam Selena Salam W. Lata N. Chanu Shreela Oinam Memcha Devi Nongmaithem Helen Devi
18-Dec-18	All India Radio Quiz programme	Kh. Mediya Devi Ng. Jibanlata

**5.3.3 Average number of sports and cultural activities/events in which students of the Institution participated during last five years (organised by the institution/other institutions)**

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the student participated
	<b>2019-2020</b>	
	<b>SPORTS</b>	
20-24 Dec, 2019	<b>All India InterUniversity Boxing Championship (48kg)</b>	<b>Grace Yumnam</b>
23-25 Oct. 2019	Inter-college Youth Festival	CHINGAKHAM SOPHIYA DEVI
		BHONY KSHETRIMAYUM
		WAHENGBAM MALEMNGANBI CHANU
		THOUNAOJAM GEETASANA
		YUMNAM BHARTI
		OINAM JULIA DEVI
		THOKCHOM PINKY DEVI
		WAREPAM SURJABALA CHANU





Inter-college Youth Festival, Oct 2019

CHINGAKHAM DEVI	SOPHIYA	BSc 2 <sup>nd</sup> Sem
BHONY KSHETRIMAYUM		BBT 4 <sup>th</sup> Sem
WAHENGBAM MALEMNGANBI CHANU		BBT 4 <sup>th</sup> Sem
THOUNAOJAM GEETASANA		BSc 2 <sup>nd</sup> Sem
YUMNAM BHARTI		BSc 4 <sup>th</sup> Sem
OINAM JULIA DEVI		BSc 6 <sup>th</sup> Sem
THOKCHOM PINKY DEVI		BSc 4 <sup>th</sup> Sem
WAREPAM CHANU	SURJABALA	BSc 2 <sup>nd</sup> Sem



Certificate No. :

1586

**MANIPUR UNIVERSITY**  
Canchipur : Imphal



## Representation Certificate

Name : *Kansan Humeswari Devi*  
Father's Name : *(L) Kansam Apabi Singh*  
Mother's Name : *Kansam Mema Devi*  
Designation : *Student* Height: *5'* Weight : *64 kg*  
Identification Mark : .....  
Institution : *S. Kula Women's College*  
Date of Birth : *06-10-1995*  
Name of the Tournament : *All India Inter University*  
*Wt. Lifting (w) Tournament 2018*  
*2019*  
Period of the Tournament : *Nov. 27* to *29-11-2018*  
Venue of the Tournament : *Acharya Nagarjuna Devi*  
Position Secured : *Participate*

Secretary  
Manipur University Sports Committee

*Ch. Yashwanth*  
Dean of Students' Welfare  
Manipur University

DEAN  
STUDENTS WELFARE  
Manipur University



Certificate No :

1585

# MANIPUR UNIVERSITY

Canchipur : Imphal

## Representation Certificate



Name : *Kousam Humeshwori Devi*  
 Father's Name : *(L) Kousam Apabi Singh*  
 Mother's Name : *Kousam Menna Devi*  
 Designation : *Student* Height: *5'* Weight : *59 kg*  
 Identification Mark : .....  
 Institution : *S. Kula Women's College*  
 Date of Birth : *06-10-1995*  
 Name of the Tournament : *All India Inter University*  
*Power Lifting (W) Tournament 2018 - 2019*  
 Period of the Tournament : *17-02-2019 to 23-02-2019*  
 Venue of the Tournament : *University of Calicut*  
 Position Secured : *Participation*

Secretary *[Signature]*  
 Manipur University Sports Committee

*[Signature]*  
 Dean of Students' Welfare  
 Manipur University

DEAN  
 STUDENTS WELFARE  
 Manipur University

RECEIVED  
 2019



Annual College Week cum Social Fresher's Meet 2019



# MANIPUR UNIVERSITY

Canchipur : Imphal

Certificate No.: .....

0140



## Representation Certificate

Name : *Kousam Humeshwari Devi*  
 Father's Name : *(L) Kousam Apabi Singh*  
 Mother's Name : *Kousam Mema Devi*  
 Designation : *Student* Height : ..... Weight : *63 kg*  
 Identification Mark : .....  
 Institution : *J Kula Women's College*  
 Date of Birth : *06 - 10 - 1995*  
 Name of the Tournament : *All India Inter-University weightlifting (w) Championship 2017-18.*  
 Period of the Tournament : *20-12-2017* to *23-12-2017*  
 Venue of the Tournament : *Chandigarh University, Mohali*  
 Position Secured : *Participation*

Secretary  
 Manipur University Sports Committee  
  


*A. Johantson*  
 Dean of Students' Welfare  
 Manipur University



# 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 : 538/2018

This is to certify that **KONSAM HUMESHWORI DEVI** of **MANIPUR** has secured **SECOND** place in the **57 kg.** weight class at the Federation Cup Men & Women Powerlifting Championship 2017 – 18 held at Amarnath Yatri Niwas, Jammu from 16th to 18th February 2018.

**SQUAT 142.5Kg BENCH PRESS 85.0 Kg DEAD LIFT 147.5Kg TOTAL 375.0 Kg**

DATE OF BIRTH : 06.01.95

**RAJESH TIWARI**  
President  
Powerlifting India

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

# Association of Indian Universities

AIU HOUSE, 16 COMRADE INDRAJIT GUPTA MARG (KOTLA MARG), NEW DELHI 110002



## CERTIFICATE OF MERIT

AD N<sup>o</sup> 015056

This is to certify that K. Himeshwari Devi  
Mother's Name K. (O.) Mama Devi Father's Name K. Apabi Singh  
represented Manipur University University  
in the All India Inter-University Powers Lifting Tournament  
held at Punjab University from 05-02-18 to 06-02-18  
and Secured Second position.

a) Time/Distance/Height  
(if applicable)

b) Weight Category -57 kg

[Signature]  
Organising Secretary

Date 07-02-18

[Signature]  
Secretary General  
Association of Indian Universities  
All India House, 16 Comrade Indrajit Gupta Marg  
New Delhi 110002

[Signature]  
Secretary General



# MANIPUR UNIVERSITY

Canchipur : Imphal

Certificate No.: .....

0140



## Representation Certificate

Name : *Kousam Humeshwari Devi*  
 Father's Name : *(L) Kousam Apabi Singh*  
 Mother's Name : *Kousam Memma Devi*  
 Designation : *Student* Height : ..... Weight : *63 kg*  
 Identification Mark : .....  
 Institution : *J Kula Women's College*  
 Date of Birth : *06 - 10 - 1995*  
 Name of the Tournament : *All India Inter-University weightlifting (w) Championship 2017-18.*  
 Period of the Tournament : *20-12-2017* to *23-12-2017*  
 Venue of the Tournament : *Chandigarh University, Mohali*  
 Position Secured : *Participation*

Secretary  
 Manipur University Sports Committee  
  


*A. Jaisankar*  
 Dean of Students' Welfare  
 Manipur University





# 6<sup>th</sup> International Strengthlifting & Incline Benchpress Championships-2018

This is to certify that

.....LAIMAYUM PUSHPA RANI DEVI.....

of INDIA..... Participated As a Player / Official /Coach/ Manager in

6th International Strengthlifting & Incline Bench-Press Championship-2018

at Bali, Indonesia From 7th to 10th April 2018 Men, Women & Masters Categories.

He/ She has Secured.....2<sup>nd</sup>.....Place in + 80.0 Kg. Body Weight Class.

His/ Her Body Weight .....88.0.....Kg.

### Created Record

Performance

Incline Bench Press	..... <u>35</u> .....	+	..... <u>40</u> .....	Kg.	..... <u>75</u> .....	Kg.
Two Hands Curling	..... <u>20</u> .....	+	..... <u>22.5</u> .....	Kg.	..... <u>42.5</u> .....	Kg.
Hack Lift	..... <u>95</u> .....	+	..... <u>105</u> .....	Kg.	..... <u>200</u> .....	Kg.
					Total..... <u>317.5</u> .....	Kg.

Babul Bikas Patronbis  
Gen. Secretary (WSF)

Uj. Secretary

Dr. Shrikant Warankar  
Gen. Secretary (ASF)

Organized by :

Recognized by :

Member of :

Which is also Affiliated to:



Merit Certificate

# 24th

## Men & Women

### National Strengthlifting & Incline Bench Press Championships-2017



This is to Certify that Sri/Smt. L. PUSPARANI DEVI  
 Representative of MANIPUR  
 has participated as player/ Official/Couch/Manager/Referee in the 24th Sub. Jr., Jr., Sr., Master Physically Challenged Blind Men & Women National Strengthlifting & Incline Bench Press Championships 2017, held on 27th-30th July 2017. Jointly Organised by Assam Sports Association & Assam Strengthlifting Association, at the Venue RGB Sports Complex, Guwahati, Assam.

He / She secured 1st Place in +80 Kg. body weight class.  
 His/Her Body Weight 84.4 Kg.



#### Created Record

Incline Bench Press	<u>32.5</u> + <u>35.0</u>	= <u>67.5</u>	Kg.	→	..... Kg.
Two Hands Curling	<u>17.5</u> + <u>20.0</u>	= <u>37.5</u>	Kg.	→	..... Kg.
Hack Lift	<u>90.0</u> + <u>100.0</u>	= <u>190.0</u>	Kg.	→	..... Kg.
		<b>Total =</b>	<b>295</b>	<b>Kg.</b>	

*Kailash Sarma*

Er. Kailash Sarma  
Secretary Gen. Org. Committee

*Babul Bikas Patranabis*

Babul Bikas Patranabis  
General Secretary, I.S.L.F.

*President*

President - I.S.L.F.



#### Indian Strengthlifting Federation

Regd. No. S/58529

Affiliated with World Strengthlifting Federation

Khamarpara Roy Main Road, P.O. Bansbera,

Dist. Hooghly, W.B. Pin-712502

Mobile : 0091 9433276742.

E-mail : babulbikas\_patranabis@rediffmail.com

Website : isfindia.net

# Certificate

# 24<sup>th</sup>

## Men & Women

### National Strengthlifting & Incline Bench Press Championships-2017



Certificate

This is to Certify that Sri/Smt. **L. PUSHPARANI DEVI**  
 Representative of **MANIPUR**  
 has participated as player/ Official/Coach/Manager/Referee in the 24th Sub. Jr., Jr., Sr., Master Physically Challenged Blind Men & Women National Strengthlifting & Incline Bench Press Championships 2017, held on 27th-30th July 2017. Jointly Organised by Assam Sports Association & Assam Strengthlifting Association, at the Venue RGB Sports Complex, Guwahati, Assam.

He / She secured **1st** Place in **+72** Kg. body weight class.  
 His/Her Body Weight **84.400** Kg.



Incline Bench Press	32.5 + 35 = 67.5	Kg.	Created Record	..... Kg
Two Hands Curling	17.5 + 20 = 37.5	Kg.	..... Kg.	..... Kg.
Hack Lift	90 + 100 = 190	Kg.	..... Kg.	..... Kg.
Total =		295	Kg.	

*Kailash*  
**Er. Kailash Sarma**  
 Secretary Gen. Org. Committee

*Babul Bikas*  
**Babul Bikas Patranabis**  
 General Secretary, I.S.L.F.

*President*  
 President - I.S.L.F.



**Indian Strengthlifting Federation**

Regd. No. S/58529

Affiliated with World Strengthlifting Federation

Khamarpara Roy Main Road, P.O. Bansbera,

Dist. Hooghly, W.B. Pin-712502

Mobile : 0091 9433276742,

E-mail : babulbikas\_patranabis@rediffmail.com

Website : islfindia.net



# 6<sup>th</sup> International Strengthlifting & Incline Benchpress Championships-2018

This is to certify that

*Kaimayum Puskasani Dewi*

of *India* Participated As a Player / Official /Coach/ Manager in

6th International Strengthlifting & Incline Bench-Press Championship-2018

at Bali, Indonesia From 7th to 10th April 2018 Men, Women & Masters Categories.

He/ She has Secured *First* Place in *+90* Kg. Body Weight Class.

His/ Her Body Weight *39.0* Kg.

### Created Record

Performance

Incline Bench Press *35.0* + *4.0* Kg. *35.0* Kg.

Two Hands Curling ..... + ..... Kg. .... Kg.

Hack Lift ..... + ..... Kg. .... Kg.

Total *50.0* Kg.

*Babul Bikas*

Babul Bikas Patronbis  
Gen. Secretary (WSF)

*Dr. Shrikant*

Org. Secretary

*Dr. Shrikant*

Dr. Shrikant Warankar  
Gen. Secretary (ASF)

Organized by

Organized by:

Member of:

Which is also Affiliated to:



Merit Certificate

# 25th

## Men & Women

### National Strengthlifting & Incline Bench Press Championships-2017-18



This is to Certify that Sri/Smt. Laimayum Pashparani Devi  
Representative of Manipur  
has participated as player/ Official/Coach/Manager/Referee in the 25th Sub. Jr., Jr.,  
Blind Sr., Master Federation Cup, Physically Challenged Men & Women National  
Strengthlifting & Incline Bench Press Championships 2017-18, held on 4th - 7th  
January 2018. Organised by Maharashtra Strengthlifting Association,  
at the Venue District Sports Complex, Washim, Maharashtra.

He / She secured 2nd Place in +80 Kg. body weight class.  
His/Her Body Weight 86.7 Kg.



Incline Bench Press	<u>30</u>	+	<u>35</u>	=	<u>65</u>	Kg.	Created Record	..... Kg
Two Hands Curling	<u>15</u>	+	<u>20</u>	=	<u>35</u>	Kg.		..... Kg.
Hack Lift	<u>90</u>	+	<u>95</u>	=	<u>185</u>	Kg.		..... Kg.
						Total =	<u>285</u>	Kg.

# Certificate

D. B. Das  
**Dinabandhu Das**  
Chief Judge

B. B. Patranobis  
**Babul Bikas Patranobis**  
General Secretary, I.S.L.F.

S. V. Kar  
**Vinayak Prakashrao Jawal Kar**  
Secretary Gen. Org. Committee



**Indian Strengthlifting Federation**

Regd. No. S/58529  
Affiliated with World Strengthlifting Federation  
Khamarpara Roy Main Road, P.O. Bansberia,  
Dist. Hooghly, W.B. Pin-712502  
Mobile : 0091 9433276742,  
E-mail : babulbikas\_patranobis@rediffmail.com  
Website : islindia.net

# 25th

# Men & Women

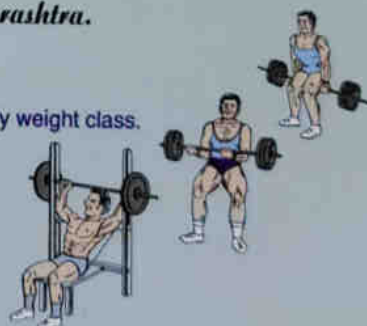
## National Strengthlifting & Incline Bench Press Championships-2017-18



# Certificate

This is to Certify that Sri/Smt. Lajmayum Rishparani Devi  
 Representative of Mamapur  
 has participated as player/ Official/Coach/Manager/Referee in the 25th Sub. Jr., Jr.,  
 Blind Sr., Master Federation Cup, Physically Challenged Men & Women National  
 Strengthlifting & Incline Bench Press Championships 2017-18, held on 4th - 7th  
 January 2018. Organised by Maharashtra Strengthlifting Association,  
 at the Venue District Sports Complex, Washim, Maharashtra.

He / She secured 2nd Place in +80 Kg. body weight class.  
 His/Her Body Weight 86.7 Kg.



	<b>Created Record</b>				
Incline Bench Press	<u>30</u>	+	<u>35</u>	= <u>65</u> Kg.	..... Kg.
Two Hands Curling	<u>15</u>	+	<u>20</u>	= <u>35</u> Kg.	..... Kg.
Hack Lift	<u>90</u>	+	<u>95</u>	= <u>185</u> Kg.	..... Kg.
	Total = <u>285</u> Kg.				

*D. B. Das*

**Dinabandhu Das**  
Chief Judge

*Babul Bikas Patranabis*

**Babul Bikas Patranabis**  
General Secretary, I.S.L.F.

*Vinayak Prakashrao Jawal Kar*

**Vinayak Prakashrao Jawal Kar**  
Secretary Gen. Org. Committee



**Indian Strengthlifting Federation**

Regd. No. 9/58529

Affiliated with World Strengthlifting Federation

Khamarpara Roy Main Road, P.O. Bansberia,

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Mobile : 0091 9433276742,

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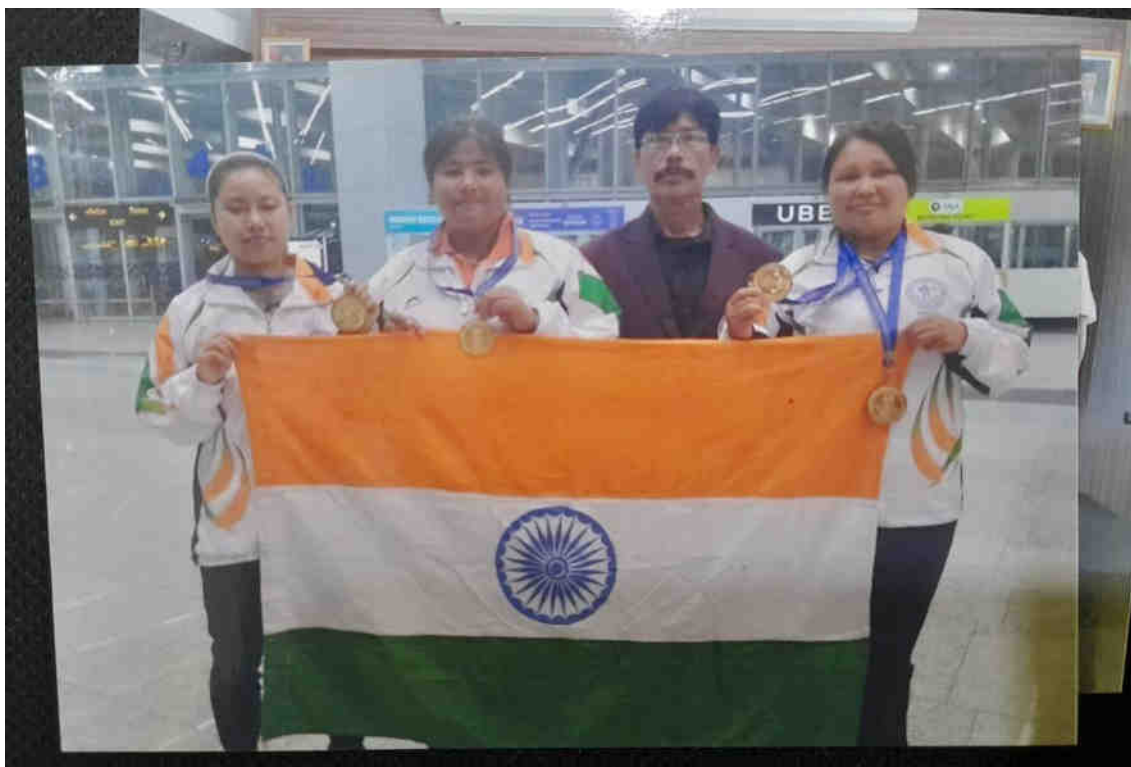
Website : islindia.net



**Laimayum Pushparani, Gold Medal**  
**24th Men & Women National Strength Lifting and Incline Bench press Championship/Gold Medal**  
**2017-18**



**L. Pushparani Devi - Silver Medal**  
**25th Man/Women National Strength Lifting & Incline Bench Press Championship 2017-18**



**Laimayum Pushparani, Gold Medal**  
**6th International Strength Lifting and Incline Bench press Championship/Gold Medal 2017-18**



**Laimayum Pushparani, Gold Medalist with the Indian Team mates**



Felicitated the three Medalist from Manipur, Thoudam Bidyarani, Laishram Pushparani and Laimayum Pushparani Devi who together claimed 5 golds and 1 silver for India in a recently concluded International Strength Lifting Championship which was held at Bali, Indonesia from April 7 to 10



**Felicitations of Gold Medalist L. Pusparani Devi by the Hon'ble Minister, Th. Biswajit Singh**



ꯀꯪꯂꯩ ꯁ꯭ꯂꯩꯂꯩ ꯁ꯭ꯂꯩꯂꯩ ꯁ꯭ꯂꯩꯂꯩ

**N. SURENDRA SINGH MEMORIAL MANIPUR UNIVERSITY  
INTER COLLEGE WEIGHTLIFTING, POWERLIFTING (M&W) AND  
BODY PHYSIQUE (M)  
TOURNAMENT 2017**

Under the Auspices of  
University Sports Committee  
Canchipur

Organised by:  
Nambol Women's College,  
Nambol

Held on 17, M





Annual College Week cum Social Fresher's Meet 2018

# Association of Indian Universities

AIU HOUSE, 16 COMRADE INDRAJIT GUPTA MARG (KOTLA MARG), NEW DELHI 110002



## CERTIFICATE OF MERIT

AD No 012765

This is to certify that ..... Mani Nameisakpam .....  
Mother's Name ..... Smt. Pinesani N. ..... Father's Name ..... Sh. Inao Nameisakpam .....  
represented ..... Manipur ..... University .....  
in the All India Inter-University ..... Judo (Women) 2016-17 ..... Tournament  
held at ..... Kumksheta Uni, Kumksheta ..... from ..... 3-11-16 ..... to ..... 5-11-16 .....  
and Secured ..... Third ..... position.

- a) Time/Distance/Height .....  .....  
(if applicable)  
b) Weight Category ..... 57 Kg .....

[Signature]  
Organising Secretary

Date ..... 6-11-2016 .....  
[Signature]

[Signature]  
Deputy Secretary,  
(Sports Division)  
Association of Indian Universities

[Signature]  
Secretary General

# THE 4<sup>th</sup> STATE LEVEL POWERLIFTING CHAMPIONSHIP, 2016-17

Squat	110	Kgs
Bench Press	70	Kgs
Dead lift	150	Kgs
Total	330	Kgs



Organised by:-  
ALL MANIPUR POWERLIFTING ASSOCIATION  
Regd. No. 5151 of 1984

## Certificate of Merit / Participation

This is to certify that Shri/Smt/Km. K. HOMESHWORI  
of E. L. B. B. T. C. has secured 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> position in the  
SENIOR 87. kg. Category/ participated as a Competitor/ Technical official in the 4<sup>th</sup>  
State Level Powerlifting Championship 2016-17 held on Wednesday, the 23<sup>rd</sup>  
November, 2016 at SAI - SAG Hall, Khuman Lampak Sports Complex, Imphal.

Imphal  
the 23<sup>rd</sup> November, 2016

*Mg. Thoiba Singh*  
NG THOIBA SINGH

General Secretary  
ALL MANIPUR POWERLIFTING ASSOCIATION

*N. Kumar Meitei*  
N. KUMAR MEITEI

President  
ALL MANIPUR POWERLIFTING ASSOCIATION

# Association of Indian Universities

AIU HOUSE, 16 COMRADE INDRAJIT GUPTA MARG (KOTLA MARG), NEW DELHI 110002



## CERTIFICATE OF MERIT

AD No 013273

This is to certify that ..... K. HUMESH KIDRI DEVI .....

Mother's Name K. D. MEMA DEVI ..... Father's Name K. APABI SINGH .....

represented ..... MANIPUR ..... University MANIPUR .....

in the All India Inter-University ..... POWER LIFTING ..... Tournament

held at PANJAB UNIVERSITY - CHD from 23-02-17 to 26-02-17 .....

and Secured SECOND ..... position.

a) Time/Distance/Height .....  
(if applicable)

b) Weight Category 57KG .....

[Signature]  
Organising Secretary

Date 26-02-17

[Signature]  
Secretary

ASSOCIATION OF INDIAN UNIVERSITIES  
Aiu House, 16 Comrade Indrajit Gupta Marg (Kotla Marg), New Delhi 110002

[Signature]  
Secretary General

OFFICE OF THE PRINCIPAL  
**S. KULA WOMEN'S COLLEGE, NAMBOL**  
(AFFILIATED TO MANIPUR UNIVERSITY)

**CERTIFICATE OF MERIT**

No. SKW- 6/79-2008

This is to certify that

Smt/Km. *Laimayum Pushparani Devi*, D/o. *L. Tombapu Sharma* of  
*Langpok Maning Leikai* of this College has participate in the Literary  
Meet, 2017 in the Event of *Monologue* and was placed in *3rd Position*.

She bears a good moral character.



Teacher-in-charge

Principal,  
S. Kula Women's College,  
Nambol, Manipur.

Principal  
S. Kula Women's College  
Nambol, Manipur

OFFICE OF THE PRINCIPAL  
**S. KULA WOMEN'S COLLEGE, NAMBOL**  
(AFFILIATED TO MANIPUR UNIVERSITY)

**CERTIFICATE OF MERIT**

No. SKW- 5/19-2002(S)/17

This is to certify that

*Smt/Km. L. Pushparani Devi, D/o. L. Tombapu Sharma of Langpok,  
Nambol of this College has participate in the Annual Sports Meet, 2017  
in the Event of Javelin Throw Competition and was placed in 2nd position.*

She bears a good moral character.



Teacher-in-charge  
Sports In-Charge  
S. Kula Women's College  
Nambol Manipur

Principal,  
S. Kula Women's College,  
Nambol, Manipur.  
Principal  
S. Kula Women's College  
Nambol, Manipur



# 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 ~~She~~/Ms. L. PUSHPARANI  
of MANIPUR has secured THIRD  
Place in the JUNIOR +84.00 Kg. weight class at the  
National Bench Press Powerlifting Championships  
held at JAMMU during 21<sup>ST</sup> MARCH to 24<sup>TH</sup> MARCH, 2017


★ NATIONAL RECORD ★


Body Weight 85.30 Kg.

KILOGRAMS LIFTED

Bench Press 30.00 Kg.

Date of Birth .....

  
7. PRESIDENT  
(I.P.F.)

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

# 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. L. Pushparani  
of Manipur has secured Second  
Place in the Junior +84 Kg. weight class at the

### National Deadlift Powerlifting Championships

held at Imphal From 21<sup>st</sup> Mar to 26<sup>th</sup> Mar 2017

★ NATIONAL RECORD ★

Body Weight.....Kg  
KILOGRAMS LIFTED  
Dead Lift.....80.....Kg  
Date of Birth.....

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

B. Khuntia  
P. PRESIDENT  
(I. P. F.)





1. Kh. Rebina Devi - 2nd Position
2. K. Humeshwori Devi - 2nd Position
3. Sangeeta Nameirakpam - 1st Position
4. T. Asharani Devi - 2nd Position
5. S. Sonia Chanu - 1st Position
6. P. Nganthoi Devi - 1st Position
7. L. Pushparani Devi - 1st Position

**N. Surendra Singh Memorial M.U. Inter College Power Lifting M/W Tournament, 2016-17**







Annual College Week cum Social Fresher's Meet 2017



# ALL INDIA SAI INTER REGIONAL JUDO TOURNAMENT 2015-16

ORGANIZED BY

UDHAV DAS MEHTA (BHAI II) SPORTS AUTHORITY OF INDIA CENTRAL REGIONAL CENTRE, BHOPAL

**\* CERTIFICATE \***

This is to certify that Shri / Ku. MONI N. from SAINER IMPHAL  
participated in ALL INDIA SAI INTER REGIONAL JUDO TOURNAMENT held at UDHAV DAS  
MEHTA (BHAI II) CENTRAL REGIONAL CENTRE, BHOPAL from 13<sup>th</sup> to 15<sup>th</sup> October, 2015  
and secured FIRST position in Youth/Jr. 52 kg. category.

  
(ROQUE DIAS)  
REGIONAL DIRECTOR



# 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. HUMESHWORI KONSAM  
of MANIPUR has secured SECOND  
Place in the SR 57 Kg. weight class at the  
National Bench Press Powerlifting Championships  
held at RAIT during 26-03 to 29-03-2016

☆ NATIONAL RECORD ☆

Body Weight 56 Kg

KILOGRAMS LIFTED

Bench Press 90 Kg

Date of Birth 03-03-1990

PRESIDENT  
(I.P.F.)

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

# 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 *✓* Mr. KONSAM HUMESHWORI  
of MANIPUR has secured SECOND Place  
in the 57 Kg. weight class at  
the FEDERATION CUP National Powerlifting Championships  
held at RAIT. (H.P) during 29-08 to 31-08 2016

### ★ NATIONAL RECORD ★

Body Weight 56.500 Kg

#### KILOGRAMS LIFTED

Squat 162.5 Kg

Bench Press 90 Kg

Dead Lift 160 Kg

Total 412.5 Kg

Date of Birth 08-08-90

PRESIDENT  
(I. P. F.)

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

# 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. K. HUMESHWORI DEVI

of MANIPUR has secured FIRST

Place in the 57 Kg. weight class at the  
EAST-CONE

National Bench Press Powerlifting Championships

held at KATRAS, DHANBAD during 08-04 to 10-04 20 16

☆ NATIONAL RECORD ☆


Body Weight 55 Kg

KILOGRAMS LIFTED

Bench Press 90 Kg

Date of Birth 08-03-90

PRESIDENT  
(I.P.F.)

  
HONRY GENL SECRETARY  
(I.P.F.)



**K. Humeshwori Devi, Gold Medal  
East Zone Power Lifting Championship 2015-16**



**K. Humeshwori Devi- Silver Medal; All India Inter University Power Lifting Tournament 2015-16**





Annual College Week cum Social Fresher's Meet 2016