

Manisha Education Trust's
SMT. JANAKIBAI RAMA SALVI COLLEGE
OF ARTS, COMMERCE & SCIENCE
NAAC ACCREDITED 'B' GRADE
(Affiliated to University of Mumbai)

Manisha Nagar, Kalwa (W), Thane - 400605. Tel: 7718029844
E-Mail : sjrscollge@yahoo.co.in Website : www.sjrscollge.org

5.3.1 Number of awards/medals for outstanding performance in sports/cultural activities at University/state/national / international level (award for a team event should be counted as one) during the last five years

Year	Name of the award/ medal	Team / Individual	University / State / National / International	Sports / Cultural	Name of the student
2018-19	Certification Of Merit	Individual	Asian Power lifting Federation	Sports(Power lifting)	Sahil Mangesh Utekar
2019-20	Certification Of Merit	Individual	Asian Power lifting Federation	Sports(Power lifting)	Sahil Mangesh Utekar
2020-21	Certification Of Merit	Individual	Asian Power lifting Federation	Sports(Power lifting)	Sahil Mangesh Utekar
2021-22	Certification Of Merit	Individual	Asian Power lifting Federation	Sports(Power lifting)	Sahil Mangesh Utekar
2021-22	Bronze Medal	Individual	University	Sports(Wrestling)	Sarika Sambhaji Bhadkamkar
2022-23	Bronze Medal	Individual	State	Sports(Wrestling)	Sarika Sambhaji Bhadkamkar




PRINCIPAL

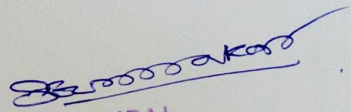
Smt. Janakibai Rama Salvi Degree College
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Manisha Nagar, Kalwa (W), Thane - 400 605.



**Maharashtra state championship
2021
Sub-Junior female
#goldmedalist**

 Dianant
Water Analysis





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ASIAN POWERLIFTING FEDERATION


AFFILIATED TO: INTERNATIONAL POWERLIFTING FEDERATION

CERTIFICATE

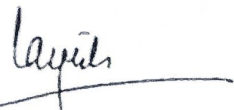
No:1005/2021

This is to certify that
SAHIL MANGESH UTEKAR
of the nation
INDIA
has secured **FIRST** Place
in **66KG - OPEN**
in the
**ASIAN MEN'S EQUIPPED
POWERLIFTING CHAMPIONSHIPS**
held at : **ISTANBUL, TURKEY**
during **24 - 30 DECEMBER 2021**

SQUAT[PL] : 285.0 KG [1]
BENCH PRESS[PL] : 160.0 KG [1]
DEADLIFT[PL] : 252.5 KG [1]
TOTAL : 697.5 KG


Farshid Soltani
President - APF




Rajesh Tiwari
Secretary General - APF

PRINCIPAL

Smt. Janakibai Rama Salvi Degree College
Faculty of Arts, Commerce & Science
Manisha Nagar, Kalwa (W), Thane - 400 095.

Association of Indian Universities

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



CERTIFICATE OF MERIT

AD N^o 019415

This is to certify that Utekar Sahil

Mother's Name Sunita Father's Name Mangesh

represented University of Mumbai University Mumbai

in the All India Inter-University Powerlifting (Men) Tournament

held at K.C.College, Mumbai from 27.01.2020 to 31.01.2020

and Secured First position.

a) Time/Distance/Height
(if applicable)

b) Weight Category 66 Kg

Organising Secretary Amberali

Date 31.01.2020



[Signature]
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of Arts, Commerce & Science
Secretary General
Manisha Nagar, Kalwa (W), Thane - 400 605.



POWERLIFTING INDIA

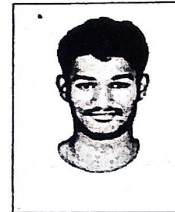
POWERLIFTING INDIA

(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 : 8214/2018

This is to certify that **SAHIL UTEKAR** of **MAHARASHTRA**

has secured **FIRST** place in the **66 kg.** weight class at the National Junior Men Equipped Benchpress Championship held at Babrao Sanas Sports Ground, Sanasbag, Pune from 14th to 18th November, 2018.


BENCH PRESS : 147.5 Kg

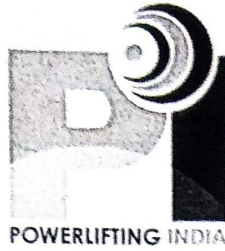
DATE OF BIRTH : 27.10.1996


RAJESH TIWARI
President
Powerlifting India


PRINCIPAL
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P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



POWERLIFTING INDIA

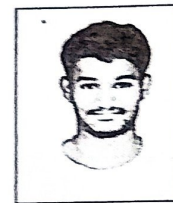
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No : 8050/2018

This is to certify that **SAHIL UTEKAR** of **MAHARASHTRA**

has secured **THIRD** place in the **66 kg.** weight class at the Junior National Men Equipped Powerlifting Championship held at Rink Hall, Patiala, Punjab from 21st to 25th October, 2018.

SQUAT 260.0Kg BENCH PRESS 147.5Kg DEAD LIFT 252.5Kg TOTAL 660.0 Kg

DATE OF BIRTH : 27.10.1996

RAJESH TIWARI
President
Powerlifting India

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No : 20/ 261/2019

This is to certify that **SAHIL UTEKAR** of **MAHARASHTRA**
has secured **BEST LIFTER** in the Junior National Men Powerlifting
Championship 2019 held at Municipal Town Hall, Alappuzha, Kerala from
17th to 20th June 2019.



Rajesh Tiwari
RAJESH TIWARI
President
Powerlifting India

Smt. Janakibai Rama Salvi
PRINCIPAL
Smt. Janakibai Rama Salvi Degree College
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P J Joseph
P J JOSEPH (Arjuna)
Secretary General
Powerlifting India



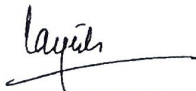
POWERLIFTING INDIA

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No : 20/ 261/2019

This is to certify that **SAHIL UTEKAR** of **MAHARASHTRA**
has secured **BEST LIFTER** in the Junior National Men Powerlifting
Championship 2019 held at Municipal Town Hall, Alappuzha, Kerala from
17th to 20th June 2019.


RAJESH TIWARI
President
Powerlifting India



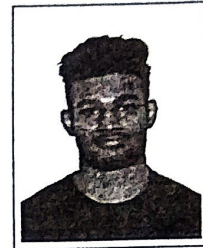

PRINCIPAL P J JOSEPH (Arjuna)
Secretary General
Powerlifting India
Smt. Janakibai Rama Salvi Degree College
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No: IS/103/10345/2021

This is to certify that **SAHIL UTEKAR** representing **Maharashtra** has secured **First place** in the **66kg** in the National Senior Men's Equipped Powerlifting Championship 2020-21 (INTERSTATE) held at Coimbatore, Tamil Nadu from 17-02-2021 to 21-02-2021

Squat[PL] : 282.5 Kg

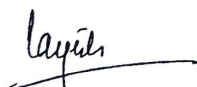
Benchpress[PL] : 157.5 Kg

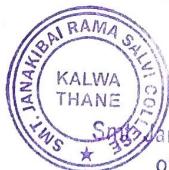
Dead Lift[PL] : 252.5 Kg


Total[PL] : 692.5 Kg

Date of Birth : 27-October-1996

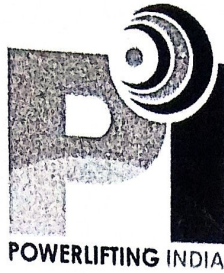
Body Weight : 65.10 Kg


RAJESH TIWARI
President
Powerlifting India




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P J JOSEPH (Arjuna)
Secretary General
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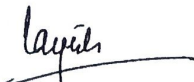


No : 23/IS/5


This is to certify that **SAHIL UTEKAR** of **Maharashtra**
has secured **SECOND** place in the **66 kg.** weight class at the Senior
National Men & Women Interstate Powerlifting Championship held at
Coochbehar, West Bengal from 20th to 24th August 2019.

SQUAT 280 Kg BENCH PRESS 155 Kg DEAD LIFT 262.5 Kg TOTAL 697.5 Kg

DATE OF BIRTH : 27-10-1996


RAJESH TIWARI
President
Powerlifting India




P J JOSEPH (Arjuna)
Secretary General
Powerlifting India

PRINCIPAL
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of Arts, Commerce & Science

Maharashtra, Kalwa (W) Thane - 400 605



POWERLIFTING INDIA

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No : 10161/2019

This is to certify that **SAHIL UTEKAR** of **MAHARASHTRA**
has secured **FIRST** place in the **66 kg.** weight class at the Men & Women
Federation Cup Powerlifting Championship held at Khudiram Anushilan
Kendra, Kolkata from 31st January to 3rd February, 2019.

SQUAT 270.0Kg BENCH PRESS 152.5Kg DEAD LIFT 265.0Kg TOTAL 687.5 Kg

DATE OF BIRTH : 27.10.1996

Rajesh Tiwari
RAJESH TIWARI
President
Powerlifting India



[Signature]
PRINCIPAL
Smt. Janakibai Rama Salvi Degree College
of Arts, Commerce & Science
Mansarovar, Kalwa Thane, Mumbai - 400 099

[Signature]
P J JOSEPH (Arjuna)
Secretary General
Powerlifting India