

# भारतीय भारोत्तोलन संघ Indian Weightlifting Federation

Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,  
Commonwealth Weightlifting Federation and Indian Olympic Association  
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India



Regd. No. 5-4286/21.11.1980

President  
**B.P. Baishya, M.P.**  
Mob. 09868181789

Treasurer  
**Naresh Sharma**  
Mob. 09312608734

Secretary General  
**Sahdev Yadav**  
Mob. 08130621444

## To Whomsoever it may concern:

This is to certify that Ms. Manalisha Sonowal represented INDIA in 48 kgs weight category during 2013 Asian Junior Cup held at Pyongyang, DPR Korea from 11 - 18 September 2013.

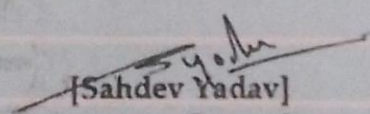
She stood third (3<sup>rd</sup>) in this category with a total of 158 kgs. Her overall result is as under:-

Snatch	67 kgs
Clean & Jerk	81 kgs
Total	158 kgs

Her date of birth registered with us is 01.01.1995.

This letter is being given on the basis of record available in the office of Indian Weightlifting Federation.

For Indian Weightlifting Federation,

  
[Sahdev Yadav]  
Secretary General

Date: 20 September 2013

Place: New Delhi

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## To Whomsoever it may concern:

This is to certify that Ms. Manalisha Sonowal represented INDIA in 48 kg weight category during 2013 Commonwealth Junior (Women) Weightlifting Championships held at Penang, Malaysia from 24-30 November 2013.

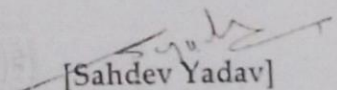
She stood first (1<sup>st</sup>) in this category with a total of 147 kg. Her overall result is as under:-

Snatch	65 kg
Clean & Jerk	82 kg
Total	147 kg

Her date of birth registered with us is 01.01.1995.

This letter is being given on the basis of record available in the office of Indian Weightlifting Federation.

For Indian Weightlifting Federation,

  
[Sahdev Yadav]  
Secretary General

Date: 3 Dec 2013  
Place: New Delhi