



# CERTIFICATE

— OF APPRECIATION —

THIS CERTIFICATE IS PROUDLY PRESENTED TO

*Rahul Menon*

AIC No: 84

From

Barnala, Punjab

has accepted & successfully completed

*November Nirvana Challenge*

30 Days Challenge of Cycling Or Running Or Both  
by Cycling 400 Kms

FROM 01 TO 30 NOV 2023



**NOVEMBER**  
Cycle & Run Wellness Challenge

**VIRTUAL**  
Events

*FPSNalli*  
FATEH PAL SINGH  
EVENT COORDINATOR

*Krishan Kumar*  
KRISHAN KUMAR  
EVENT ORGANISER