

ALAPPUZHA

Affiliated to the University of Kerala Reaccredited by NAAC with A+ grade



CRITERION: 5

Student Support and Progression

5.3.1

Number of Sports and Cultural Programmes

List of Students'
 Achievements - Year wise



Declaration

This is to declare that following are the students' achievements in the field of Sports and Cultural competitions/contests/events from the academic year 2018-19 to 2022-23.

Prof. (Dr.) PREMA K.H PRINCIPAL PEN 467693 S D COLLEGE ALAPPUZHA 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 year.

SUMMARY SHEET

Year	Sports and Cultural
2022-23	93
2021-22	84
2020-21	37
2019-20	60
2018-19	59
Total	333

2022-23

Year	Name of the award/ medal	Team / Indivi dual	Championship name	University/Stat e/National/ International	Spor ts/ Cult ural	Name of the student	Class
2022 -23	Gold medal in Rowing	Team	Senior/Srinagar/2 0 th to 26 th June 2022	National	Spor ts	Adithya.A	2 nd BA History
2022 -23	Silver medal in Rowing	Team	Senior Nationals/Pune/Fe b 20 th to 26 th 2023	National	Spor ts	Adithya.A	2 nd BA History
2022 -23	Gold medal in Powerli fting	Indivi dual	Junior /Hyderabad/5 th to 10 th July 2022	National	Spor ts	Abhijith. S	2 nd BA Eng. Literatu
2022 -23	Silver Medal in Athletic s(4 x100m)	Indivi dual	SZ Junior/Gundur/9 th to 11 th Sep 2022	National	Spor ts	Joy K.Simon	1 st BA Hindi





2022	Silver	Indivi	Junior/Assam/11 th	National	Spor	Joy	1 st BA
-23	Medal in Athletic s(4	dual	to 15 th Nov 2022		ts	K.Simon	Hindi
2022	x100m) Gold in	Team	Senior/Srinagar/2	National	Spor	Arjun Das	1st
-23	Rowing	Team	0 th to 26 th June 2022	Ivational	ts	Aljuli Das	Econo mics
2022	Gold in Dragon Boat(D 20 Mix- 200 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Tinu Antony	2 nd Bcom
2022 -23	Gold in Dragon Boat(D 20 Mix- 200 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Sanjay Krishnan	1st BA Hindi
2022 -23	Bronze in Dragon Boat(D 20 Men- 200 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Sanjay Krishna	1st BA Hindi
2022	Bronze in Dragon Boat(D 20 mix -500 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Sanjay Krishna	1st BA Hindi
2022 -23	Gold in Dragon Boat(D 20 Mix- 200 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Jerin Sebastain	1st BA History
2022 -23	Bronze in Dragon Boat(D 20 Mix- 500 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Jerin Sebastain	1st BA History





2022 -23	Bronze in Dragon Boat(D 20 Men-200 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Jerin Sebastain	1st BA History
2022 -23	Gold in Dragon Boat(D 20 Mix- 200 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Aswin Sudheesh	1st BA History
2022 -23	Bronze in Dragon Boat(D 20 Mix- 500 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Aswin Sudheesh	1st BA History
2022 -23	Bronze in Dragon Boat(D 20 Men- 200 m)	Team	Senior Nationals/Karnata ka/23 rd to 26 th Feb 2023	National	Spor ts	Aswin Sudheesh	1st BA History
2022 -23	Silver in Rowing	Team	Senior Nationals/Pune/Fe b 20 th to 26 th 2023	National	Spor ts	Anupama. T.K	3rd Econo mics
2022 -23	Gold in Athletic s(200 m)	Indivi dual	Calicut University/20 th to 23 rd October 2022	State	Spor ts	Joy K Simon	1st BA Hindi
2022 -23	Bronze in Athletic s(100 m)	Indivi dual	Calicut University/20 th to 23 rd October 2022	State	Spor ts	Joy K Simon	1st BA Hindi
2022 -23	Silver in Athletic s(4 X100 m)	Indivi dual	Calicut University/20 th to 23 rd October 2022	State	Spor ts	Joy K Simon	1st BA Hindi
2022 -23	Bronze in Powerli	Indivi dual	Sub jr/Kanichukulanga ra/13 th March	State	Spor ts	Abhirami A	1st BSc Botany





	fting	×	2023				
2022 -23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 st to 7 th March 2023	Inter University	Spor ts	Arya D Nair	3 rd BA English
2022 -23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 st to 7 th March 2023	Inter University	Spor ts	Anupama T K	3 rd BA Econo mics
2022 -23	Silver in Rowing	Team	All India Inter University/Punjab University/1 st to 7 th March 2023	Inter University	Spor ts	Adithya A	2nd BA History
2022 -23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 st to 7 th March 2023	Inter University	Spor	Adinath.T.	1 st BA Com.E nglish
2022 -23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 st to 7 th March 2023	Inter University	Sports	Arjun Das	1st BA Econo mics
2022 -23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 st to 7 th March 2023	Inter University	Spor ts	Akshay Sudheesh	1st BA Econo mics
2022 -23	Silver in Athletic s(4 x100 m Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Suraj. V.S	1 st BA Hindi
2022 -23	Silver in Athletic s(4 x100 m	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Aswin.P.A sok	2 nd BA Econo mics





2022 -23	Silver in Athletic s(4 x100 m Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Abu Thahir	2 nd BA Hindi
2022 -23	Bronze in Athletic s-Pole vault	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Sooraj Venugopal	1 st BA Eng
2022 -23	Bronze in Athletic s-Long jump	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Tibin Mathew	2 nd BA History
2022 -23	Silver in Athletic s-10000 metre	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Badushah	1 st BA Malaya lam
2022 -23	Gold in Athletic s-100 metre	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Sreeleksh mi.R	2 nd BA Econo mics
2022 -23	Gold in Athletic s-100 metre hurdles	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Sreeleksh mi.R	2 nd BA Econo mics
2022 -23	Bronze in Athletic s-4 X100 mtr relay	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Sreeleksh mi.R	2 nd BA Econo mics
2022 -23	Bronze in Athletic s-4 X100 mixed relay	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Sreeleksh mi.R	2 nd BA Econo mics





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2022 -23	Silver in Athletic s(4 x100 m Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Joy.K.Sim on	1 st BA Hindi
2022 -23	Bronze in Athletic s-100 metre	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Joy.K.Sim on	1 st BA Hindi
2022 -23	Silver in Athletic s-200 metre	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Joy.K.Sim on	1 st BA Hindi
2022 -23	Gold in Athletic s-1500 metre	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Christaphe r. T	1 st MA Eng
2022 -23	Silver in Athletic s- 800 metre	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Christaphe r. T	1 st MA Eng
2022 -23	Bronze in Athletic s- Javelin	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Anoop Venukutta n	3 rd BA Malaya lam
2022 -23	Bronze in Athletic s(4 x400 mixed Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	JithinRaj.P .D.	3 rd BA Comm. Eng
2022 -23	Silver in Athletic s- Hamme r throw	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Samuel Anand	1 st Bsc Maths





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2022 -23	Silver in Athletic s- 110 hurdles	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Nithin Joseph	2 nd BA History
2022 -23	Bronze in Athletic s-4 X100 mtr relay	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Gopika Ganeshan	1 st Bsc Botony
2022 -23	Bronze in Athletic s-4 X100 mtr relay	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Shiya Joseph John	1 st BA Malaya lam
2022 -23	Bronze in Athletic s(4 x400 mixed Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Anugrah.G .Joseph	1st Bsc Botony
2022 -23	Gold in Taekwo ndo	Indivi dual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 th Dec 2022	University	Spor ts	Adityan.U	3 rd Bcom
2022 -23	Bronze in Taekwo ndo	Indivi dual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 th Dec 2022	University	Spor ts	Rubin.R.B oby	3 rd Bcom
2022 -23	Bronze in Taekwo ndo	Indivi dual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 th Dec 2022	University	Spor ts	Sethu Lakshmi	1 st Bsc Botony
2022 -23	Silver in Taekwo ndo	Indivi dual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 th Dec 2022	University	Spor ts	Sameera Shameer	2 nd Bsc Microb iology

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2022 -23	Gold in Powelif ting - 105 kg categor y	Indivi dual	Kerala University powerlifting championship,Uni versity Indoor Stadium,Tvm/6 th &7 th Jan 2023	University	Spor ts	Abhijith.S	2 nd BA English Literatu re
2022 -23	Gold in Powerli fting - 59 kg categor y	Indivi dual	Kerala University powerlifting championship,Uni versity Indoor Stadium,Tvm/6 th &7 th Jan 2023	University	Spor ts	Ananthakri shnan.R	3 rd Bsc Microb iology
2022 -23	Silver in Powerli fting - 83 kg categor y	Indivi dual	Kerala University powerlifting championship,Uni versity Indoor Stadium,Tvm/6 th &7 th Jan 2023	University	Spor ts	Asif Haris	1 st BA Malaya lam
2022 -23	Gold in Powelif ting - 47 kg categor y	Indivi dual	Kerala University powerlifting championship,Uni versity Indoor Stadium,Tvm/6 th &7 th Jan 2023	University	Spor ts	Abhirami	1 st Bsc Botony
2022 -23	Bronze in Powerli fting- 59 kg categor y	Indivi dual	Kerala University powerlifting championship,Uni versity Indoor Stadium,Tvm/6 th &7 th Jan 2023	University	Spor ts	Ananthakri shnan.R	2 nd BA Eng
2022 -23	Gold in Powelif ting- 83 kg categor y	Indivi dual	Kerala University powerlifting championship,Uni versity Indoor Stadium,Tvm/6 th &7 th Jan 2023	University	Spor ts	Aali Imran	2 nd BA English
2022 -23	Bronze in Athletic s-4 X100 mtr relay	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Lavanya R	2nd Bcom





2022 -23	Bronze in Athletic s-4 X400 mixed relay	Indivi dual	Athletic Meet, GV Raja Stadium, TVM/De c 7 th to 9 th 2022	University	Spor ts	Lavanya R	2nd Bcom
2022	Powerli fting	Indivi dual	All India Inter University/GKU	Inter University	Spor ts	Abhijith S	2nd BA Eng. Literatu re
2022	Bronze in Athletic s- Tripple Jump	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Suraj. V.S	1 st BA Hindi
2022 -23	Bronze in Athletic s(4 x400 m Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Nithin Joseph	2 nd BA History
2022 -23	Bronze in Athletic s(4 x400 m Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Christaphe r. T	1 st MA Eng
2022 -23	Bronze in Athletic s(4 x400 m Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	Anugrah.G .Joseph	1st Bsc Botony
2022 -23	Bronze Medal in Powerli fting	Indivi dual	Junior Nationals /Tamilnadu	Nationals	Spor ts	Abhirami A	1st Bsc Botony
2022 -23	Silver in Athletic s(200 m)	Indivi dual	Inter District /Calicut University	State	Spor ts	Joy K Simon	1st BA Hindi
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Gautham Krishna	1 st BA Malaya lam





2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor	Ashir Mether	1st English
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Mohamme d Yasin	2nd Econo mics
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Adithyan A	1st Botony
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Mahin F	1st Year Hindi
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Rijo Raj	1st Bcom
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Damian Kuriakose	1 st Year English
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Johny George	1 st Year Malaya lam
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Praise T Nelson	1 st Year History
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Eric Thomas Vannian	3rd Bcom
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Ebin A	3 rd BA Malaya lam
2022 -23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Spor ts	Nelson Sebastain	2 nd Year Malaya lam
2022 -23	Bronze in Powelif ting	Indivi dual	Junior Nationals /Tamilnadu	National	Spor ts	Amal jith S	1st Bcom
2022 -23	Bronze in Athletic s(4 x400 m Relay)	Indivi dual	Kerala University Athletic Meet,GV Raja Stadium,TVM/De c 7 th to 9 th 2022	University	Spor ts	JithinRaj.P .D.	3 rd BA Comm. Eng
2022 -23	Health Mission - Govt of Kerala	Team	Quiz Competition	State Level	Cult ural	Aiswarya Nair and Akhil Raj R	1 st MSc Zoolog y





2022	Acade	Indivi	Vidhyarthi	Kerala State	Othe	Devi	3 rd B
- 23	mic	dual	Prathibha	Government	rs	sivaraj	Com
	Excelle		Puraskaram				
	nce						
2022	Award	T 1' '	3 P 11 .1 '	Y 1 G	0.1	- .	ard =
2022	Acade mic	Indivi dual	Vidhyarthi Prathibha	Kerala State	Othe	Raja	3 rd B
- 23	Excelle	duai	Puraskaram	Government	rs	Shenoy U	Com
	nce		Puraskaram				
1,1	Award						
2022	Third	Indivi	Photography	St Theresas	Othe	Krishna V	1 st M.
- 23	Positio	dual	Thotography	College	rs	Gopal	Com
	n			Conego	10	Gopui	Com
2022	India	Indivi		National	Cult	Adithya	1 st BA
- 23	book of	dual			ural-	Rajesh	Econo
	records				Man		mics
					dala		
					Art		
2022	Keralot	Indivi		University	Othe	Vishnu V	1 st B
-23	savam	dual			rs	Nair	Com
2022	Second	Grou	Agar Art	National	Othe	Ahalya	1 st BSc
-23	Positio	p			rs	Prasannan	Mirobi
2022	n	_					ology
2022	First	Team	Quiz Competition	College	Cult	Vishnu V	1 st BA
-23	Positio				ural	Nair	Malaya
2022	n C1	Y., 1::	O-i- Ctiti-	C 11	C 1	77 ' 1	lam 1 st BA
-23	Second Positio	Indivi dual	Quiz Competition	College	Cult	Krishna	200
-23	n	duai			ural	Raj S.	Malaya
2022	First	Indivi	Quiz Competition	College	Cult	Shenoy Krishna	lam 1 st BA
-23	Positio	dual	Quiz Compendon	College	ural	Raj S.	Malaya
23	n	auui			urai	Shenoy	lam
2022	Second	Indivi	Quiz Competition	College	Cult	Vishnu V	1 st BA
-23	Positio	dual	Quiz Competition	2011080	ural	Nair	Malaya
	n	3441				- 19944	lam

2021-22

Yea	Name of	Team /	Championsh	University/State/	Sport	Name of the	Class
r	the	Indivi	ip name	National/	s/	student	
	award/	dual		International	Cult		
	medal				ural		
202	Gold	Indivi	Asian Power	International	Sport	Abhijith S	1 st BA
1-	Medal in	dual	Lifting		S		English
22	Powerlift		Championsh				Literatur
	ing		ip held at				e
			Turkey from				
			23 rd to 30 th				
			December				





			2021				1
		- /					
202	C-11:	Т	T'/	NT.41	0 .	4 D.V.	and DA
202	Gold in	Team	Junior/ Pune/ 8 th to	Nationals	Sport	Arya D Nair	2 nd BA
22	Rowing		12 th		S		Eng. Literatur
22			Dec.2021				
202	Bronze	Team	Junior/	State	Sport	Aneeta	e 1 st BA
1 -	in Rugby	Tourn	Calicut	State	sport	Yesudas	Malayal
22	III Trugo y				"	Tobudus	am
202	Bronze	Team	Junior/	State	Sport	Aneeta	1 st BA
1 -	in Rugby		Thrissur		s	Yesudas	Malayal
22							am
202	Silver in	Indivi	Junior/Calic	State	Sport	Ananthakris	2 nd BSc
1-	Powerlift	dual	ut		S	hnan R	Microbi
22	ing						ology
202	Gold in	Team	All India	Inter University	Sport	Arya D Nair	2nd BA
1-	Rowing		Inter		S		English
22	Q'1 ·		University		_		
202	Silver in	Team	All India	Inter University	Sport	Arya D Nair	2nd BA
1- 22	Rowing		Inter		S		English
202	Gold in	Team	University All India	Inter University	Cmost	Amumama T	2nd BA
1-	Rowing	Team	Inter	inter University	Sport	Anupama T K	Economi Economi
22	Rowing		University		8	K	cs
202	Silver in	Team	All India	Inter University	Sport	Anupama T	2nd BA
1-	Rowing	104111	Inter	micr omversity	Sport	K	Economi
22			University				cs
202	Silver in	Team	All India	Inter University	Sport	Adithya A	1st BA
1-	Rowing		Inter		s	,	History
22			University		7,17,		
202	Bronze	Team	All India	Inter University	Sport	Abin Saj	2nd BA
1-	in		Inter		S		English
22	Rowing		University				
202	Bronze	Team	All India	Inter University	Sport	Siva	3rd BA
1-	in		Inter		S	Satheesh	English
22	Rowing	TD.	University		-		
202	Silver in	Team	All India	Inter University	Sport	Nithin	2nd BA
1- 22	Canoein		Inter		S	Nagesh	History
202	g C4 200 Silver in	Team	University All India	Inter University	Sport	Nithin	2nd BA
1-	Canoein	Icalli	Inter	inter Oniversity	Sport	Nagesh	History
22	g C4 500		University		8	Magesii	1115tol y
202	Silver in	Team	All India	Inter University	Sport	Nithin	2nd BA
1-	Canoein	100111	Inter	- Inter Om versity	Sport	Nagesh	History
22	g c2 200		University				
	0						





202 1- 22	Silver in Canoein g C4 500	Team	All India Inter University	Inter University	Sport s	Anandhu K S	1st BA Malayal
202 1- 22	Bronze in Canoein g C4 1000	Team	All India Inter University	Inter University	Sport s	Vipin V	am 2nd BSc Maths
202 1- 22	Silver in Canoein g	Team	All India Inter University	Inter University	Sport s	Jithin Thomas	3rd BA History
202 1- 22	Gold in Powerlift ing	Indivi dual	Central Stadium,Tv m/19th Feb2022	University Inter Collegiate	Sport s	Girishankar U	3rd BA History
202 1- 22	Silver in Canoein g C4 500	Team	All India Inter University	Inter University	Sport s	Vipin V	2nd BSc Maths
202 1- 22	Silver in Canoein g C2 200	Team	All India Inter University	Inter University	Sport s	Vipin V	2nd BSc Maths
202 1- 22	Silver in Canoein g C1 500	Team	All India Inter University	Inter University	Sport s	Vipin V	2nd BSc Maths
202 1- 22	Bronze medal in Dragon Boat	Team	All India Inter University	Inter University	Sport s	Jishnu L S	1st BA Hindi
202 1- 22	Bronze medal in Dragon Boat	Team	All India Inter University	Inter University	Sport s	Amal V S	3rd BA History
202 1- 22	Gold in Powerlift ing	Indivi dual	Sub Junior	State	Sport s	Aali Imran	1st BA English
202 1- 22	Silver in Kayakin g	Team	All India Inter University	Inter University	Sport s	Nikhitha S	2nd BCom
202 1- 22	Bronze medal in Dragon Boat	Team	All India Inter University	Inter University	Sport s	Nikhitha S	2nd BCom
202 1- 22	SILVER in Powerlift ing	Indivi dual	Sub Junior /Kerala State	State	Sport s	Aali Imran	1st English
202 1- 22	Silver in Canoein g C4 200	Team	All India Inter University	Inter University	Sport s	Vipin V	2nd BSc Maths





202	Silver in	Team	All India	Inter University	Sport	Anandhu K	1st BA
1-	Canoein		Inter		S	S	Malayal
22	g C4 200		University				am
202	Bronze	Indivi	SN College,	University Inter	Sport	Arjun K R	2 nd BSc
1-	in	dual	Kollam /6th	Collegiate	s		
22	Weightli	1.7	Dec 2021				
	fting	(1) I I - (1)					
202	Bronze	Indivi	SN College,	University Inter	Sport	Nahasudhee	1st BSc
1-	in	dual	Kollam /6th	Collegiate	S	n	Botany
22	Weightli		Dec 2021	l conseguino			Bottany
	fting						
202	Bronze	Indivi	SN College,	University Inter	Sport	Amal	3 rd BSc
1-	in	dual	Kollam /6 th	Collegiate	S	Kumar D	Chemistr
22	Weightli	duui	Dec 2021	Conograte	8	Kumar D	y
	fting		2021				,
202	Silver in	Team	YMCA,Tvm	University Inter	Sport	Aswani.R	1st BSc
1-	Table	100111	/ 29 th Nov	Collegiate	S	715Walli.IC	Physics
22	Tennis		2021	Conegiate	3		Thysics
202	Silver in	Team	YMCA,Tvm	University Inter	Sport	Reenu Baiju	2 nd Msc
1-	Table	Tourn	/ 29 th Nov	Collegiate	s	Recha Daija	Zoology
22	Tennis		2021	Conegiate	3		Zoology
202	Silver in	Team	YMCA,Tvm	University Inter	Sport	Mridula	1 st Bcom
1-	Table	Tourn	/ 29 th Nov	Collegiate	sport	Gireesh	1 BCom
22	Tennis		2021	Conegiate	3	Gircesii	
202	Silver in	Team	YMCA,Tvm	University Inter	Sport	Rosemary P	3 rd BA
1-	Table	Tourn	/ 29 th Nov	Collegiate	s	J	Com.En
22	Tennis		2021	Coneglate	3	J	glish
202	Silver in	Team	YMCA,Tvm	University Inter	Sport	Seyed	3 rd
1-	Table	Tourn	/ 29 th Nov	Collegiate	Sport	Yasmin. N	BCom
22	Tennis		2021	Coneglate	3	rasiiiii. N	BCom
202	Bronze	Indivi	GV Raja	University Inter	Sport	Tibin	1st BA
1-	in	dual	Stadium, TV	Collegiate Collegiate	sport	Mathew	History
22	Athletics	uuai	M/Dec 16th	Conegiate	8	Maniew	History
22	-Long		to 18th 2021				
	Jump		10 1611 2021				
202	Gold in	Indivi	GV Raja	University Inter	Sport	Sreelekshmi	1 st BA
1-	Athletics	dual	Stadium, TV	Collegiate	Sport	.R	Economi
22	-Tripple	dual	M/Dec 16th	Concgiate	8	.10	
22	Jump		to 18th 2021		6 2 3 -		cs
202	Silver in	Indivi	GV Raja	University Inter	Sport	Sreelekshmi	1 st BA
1-	Athletics	dual	Stadium, TV	Collegiate	sport	.R	
22	- 100 m	uuai	M/Dec 16th	Conegiate	5	л.	Economi
22	hurdles	5-17:	to 18th 2021				cs
202	Silver in	Indivi	GV Raja	University Inter	Sport	Sreehari	2nd BA
1-	Athletics	dual	Stadium, TV	Collegiate	_	Siccitati	
22	- 110 m	uual	M/Dec 16th	Conegiate	S		Malayal
22	hurdles		to 18th 2021				am
	nuiules		10 1011 2021				





202 1- 22	Gold in Athletics -Pole Vault	Indivi dual	GV Raja Stadium,TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sport s	Akash.C.Bo se	3rd BA Malayal am
202 1- 22	Silver in Athletics - 4 x100 m relay	Team	GV Raja Stadium,TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sport s	Akash.C.Bo se	3 rd BA Malayal am
202 1- 22	Bronze in Athletics -Pole Vault	Indivi dual	GV Raja Stadium,TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sport	Anoop Venukuttan	2 nd BA Malayal am
202 1- 22	Silver in Athletics - 4 x100 m relay	Team	GV Raja Stadium,TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sport s	Toney Thomas	3 rd Bsc Microbi ology
202 1- 22	Silver in Athletics - 4 x100 m relay	Team	GV Raja Stadium,TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sport s	Suriya Krishna	2 nd Bcom
202 1- 22	Gold in Taekwon do	Indivi dual	LNCPE,Tv m/16 th Feb 2022	University Inter Collegiate	Sport s	Adityan.U	2 nd Bcom
202 1- 22	Silver in Taekwon do		LNCPE,Tv m/16 th Feb 2022	University Inter Collegiate	Sport s	Rubin.R.Bo by	2 nd Bom
202 1- 22	Bronze in Taekwon do	Indivi dual	LNCPE,Tv m/16 th Feb 2022	University Inter Collegiate	Sport	Joseph Michael	2 nd Bsc Maths
202 1- 22	2 Silver Medals in Taekwon do	Indivi dual	LNCPE,Tv m/16 th Feb 2022	University Inter Collegiate	Sport s	Abhijith Jibi	2 nd BA Economi cs
202 1- 22	2 Bronze Medals in Taekwon do	Indivi dual	LNCPE,Tv m/16 th Feb 2022	University Inter Collegiate	Sport s	Sameera Shameer	1 st year Microbi ology
202 1- 22	Gold in Powerlift ing	Indivi dual	Central Stadium,Tv m/19th Feb2022	University Inter Collegiate	Sport s	Abhijith.S	1 st BA English Literatur e
202 1- 22	Gold in Powerlift ing	Indivi dual	Central Stadium,Tv m/19th Feb2022	University Inter Collegiate	Sport s	Ananthakris hnan.R	2 nd Microbi ology





Powerlift dual Stadium, Tv m/19th Feb2022 Powerlift dual modular modul	202	G:1 ·	т 1	G . 1	TT : '4 T 4	I a .	N. 1 11	Lard D
22 ing	202	Silver in	Indivi	Central	University Inter	Sport	Nahasudden	3 rd Bsc
Silver in Indivi Central Stadium, Tv m/19th Feb2022 Silver in Indivi Central Stadium, Tv m/19th Feb2022 Silver in Indivi Sub Junior/Rajas Sing Silver in Indivi Sub Junior/State State Sport Silver in Silver in			duai	,	Conegiate	S		
Description Powerlift Po	22	ing		personal control property.				y
Powerlift dual Stadium, Tv m/19th Feb2022	202	Silver in	Indivi		University Inter	Sport	Ananthakris	1 st R A
22 ing				THE STATE OF THE S		-	111 11 10 10 10 10 10 10 10 10 10 10 10	
Feb2022 Cotata			Guui	,	Conegiate	3	man.x	Lingiisii
Silver in Powerlift dual Stadium, Tv m/19th Feb2022 Powerlift dual Stadium, Tv m/19th Feb2022 Powerlift dual Junior/Rajas tan Powerlift ing Powerlift		8						
Powerlift ing Indivi Sub Nationals Sport Abhijith State Sport Adhijith State Sport State Sport State Sport State Sport State Sport State Sport State State Sport State State State Sport State	202	Silver in	Indivi	Central	University Inter	Sport	Aali Imran	1 st BA
22 ing	1-	Powerlift	dual	Stadium,Tv		-		English
Description Color	22	ing		m/19th				
Powerlift ing								
222 ing tan Junior/State State Sport Aali Imran 1st English 22 Powerlift ing 202 Bronze Indivi dual State Sport Arjun K R State Sport State Sport Arjun K R State Sport State Sport Arjun K R State Sport State State Sport State State State Sport State		1 7000000000000000000000000000000000000	The second second second	Activity addresses	Nationals	Sport	Abhijith S	
SILVER Indivi I			dual	_		S		English
1- in Powerlift ing			- 41 1					
202 Bronze Indivi Indi				Junior/State	State	_	Aali Imran	
Ing	_		dual			S		English
Senior Men State Sport Sport Sport State Sport Sport State State Sport State State Sport State State Sport State State State Sport State	22							
1- in Weight lifting lift	202		Indivi	Senior Men	State	Sport	Ariun K D	2nd Boo
202 Gold in Indivi Sub Junior State Sport				Schiol Men	State	_	Aljuli K K	
lifting			duai			3		
State Sport Sport State Sport Sport State Sport State Sport Sport Sport Sport Sport Sport Spor								,
1- Powerlift dual	202		Indivi	Sub Junior	State	Sport	Aali Imran	1st Eng
Dragon Boat Dragon Dragon Boat Dragon Dragon	1-	Powerlift	dual					
1- in	22	ing						
Dragon Boat D20 WOME N 200 m		Bronze			Nationals	Sport	Tinu Antony	1 st
Boat D20 WOME N 200 m 202 Bronze Indivi dual chal 202 Dragon Boat D10 WOME N 200 m 202 Bronze Indivi dual chal 203 Bronze Indivi dual chal 204 Bronze Indivi dual chal 205 Bronze Indivi dual chal 206 Bronze Indivi dual chal 207 Dragon Boat D10 WOME N 500 m 208 Bronze Indivi dual chal 209 Bronze Indivi dual chal 200 Bronze Indivi dual chal 200 Bronze Indivi dual chal 201 Bronze Indivi dual chal 202 Bronze Indivi dual chal 203 Bronze Indivi dual chal 204 Bronze Indivi dual chal 205 Bronze Indivi dual chal 206 Bronze Indivi dual chal 207 Bronze Indivi dual chal 208 Bronze Indivi dual chal 209 Bronze Indivi dual chal 200 Bronze Indivi dual chal 200 Bronze Indivi dual chal 200 Bronze Indivi dual chal 201 Bronze Indivi dual chal 202 Bronze Indivi dual chal 203 Bronze Indivi dual chal 204 Bronze Indivi dual chal 205 Bronze Indivi dual chal 206 Bronze Indivi dual chal 207 Bronze Indivi dual chal 208 Bronze Indivi dual chal 208 Bronze Indivi dual chal 209 Bronze Indivi dual chal 200 Bronze Indivi dual chal 200 Bronze Indivi dual chal 201 Bronze Indivi dual chal 202 Bronze Indivi dual chal 203 Bronze Indivi dual chal 204 Bronze Indivi dual chal 205 Bronze Indivi dual chal 206 Bronze Indivi dual chal 207 Bronze Indivi dual chal 208 Bronze Indivi dual chal 208 Bronze Indivi dual chal 209 Bronze Indivi dual chal 200 Bronze Indivi dual chal 200 Bronze Indivi dual chal 201 Bronze Indivi dual chal 202 Bronze Indivi dual chal 203 Bronze Indivi dual chal 204 Bronze Indivi dual chal 205 Bronze Indivi dual chal 206 Bronze Indivi dual chal 207 Bronze Indivi dual chal 208 Bronze Indivi dual chal 208 Bronze Indivi dual chal 208 Bronze Indivi dual chal 209 Bronze Indivi dual chal 200 Bronze Indivi dual chal 200 Bronze Indivi dual chal 201 Bronze Indivi dual chal 202 Bronze Indivi dual chal 203 Bronze Indivi dual chal 204 Bronze Indivi dual chal	1		dual	chal		S		Bcom
D20 WOME N 200 m Indivi chal Dragon Boat D10 WOME N 200 m Dragon Boat D10 WOME N 500 m University Level Cult Meenakshi 3 rd BSc	22							
WOME N 200 m 202 Bronze Indivi dual chal 22 Dragon Boat D10 WOME N 200 m 202 Bronze Indivi dual 203 Bronze Indivi dual 204 Bronze Indivi dual 205 Dragon Boat D10 WOME N 200 m 206 Bronze Indivi dual 207 Dragon Boat D10 WOME N 500 m 208 Bronze Indivi dual 209 Dragon Boat D10 WOME N 500 m 209 Dragon Boat D10 WOME N 500 m 200 First Team Drama University Level Cult Meenakshi 3 rd BSc								
N 200 m Indivi or chal Nationals Sport or chal Sport								
Dragon Boat D10 WOME Nationals Sport Tinu Antony State State								
1- in	202		Indivi	Junior/Hima	Nationals	Sport	Tinu Antony	1st Room
Dragon Boat D10 WOME N 200 m	3-100000000				1 1411011415	_	Ima / mony	1 DCOIII
Boat D10 WOME N 200 m 202 Bronze Indivi Junior/Hima chal Sport Tinu Antony 1st Bcom Boat D10 WOME N 500 m 202 First Team Drama University Level Cult Meenakshi 3rd BSc			duui	Citat		3		
D10 WOME N 200 m 202 Bronze Indivi dual chal D10 WOME D10 WOME N 500 m D10 WOME N								
N 200 m N 200 m Dragon Boat D10 WOME N 500 m Drama Drama University Level University Level Dragon Boat D10 WOME N 500 m Drama University Level								
202 Bronze Indivi dual Junior/Hima chal Nationals Sport Tinu Antony 1st Bcom		WOME						
1- in Dragon Boat D10 WOME N 500 m 202 First Team Drama University Level Cult Meenakshi 3 rd BSc		N 200 m						
22 Dragon Boat D10 WOME N 500 m 202 First Team Drama University Level Cult Meenakshi 3 rd BSc					Nationals	Sport	Tinu Antony	1 -
Boat D10 WOME N 500 m University Level Cult Meenakshi 3 rd BSc	-		dual	chal		S		Bcom
D10 WOME N 500 m D10 WOME Control N 500 m University Level Cult Meenakshi 3 rd BSc	22	_						
WOME N 500 m University Level Cult Meenakshi 3 rd BSc								
N 500 m 202 First Team Drama University Level Cult Meenakshi 3 rd BSc								
202 First Team Drama University Level Cult Meenakshi 3 rd BSc			1.0					
	202		Team	Drama	University Level	Cult	Meenakshi	3rd BSc
	1-	place in	Touli	Festival	Chivolony Devel	ural	Parvathy	Botany





22	Drama		I		Г	T	
22	Festival						
202 1- 22	First place in Drama Festival	Team	Drama Festival	University Level	Cult ural	Sreeniranjan a Prasad	3 rd BSc Botany
202 1- 22	Second Position in Elocutio n Competit ion	Indivi dual	Elocution Competition	National Level	Cult ural	Saranya J	2 nd BSc Botany
202 1- 22	Second Position in Kerala Universit y Youth festival	Indivi dual	Kathakali	University Level	Cult ural	Nandana V	1 st BSc Chemistr y
202 1- 22	Third position in Kerala Universit y Youth festival	Indivi dual	Kerala Natanam	University Level	Cult ural	Nandana V	2 nd BSc Chemistr y
202 1- 22	Group Comman der, NCC Headqua rters, Kollam	Indivi dual	outstanding Cadet	State level	Cult ural	Libin Monichan	2 nd BA Economi cs
202 1- 22	All Kerala Intergrou p competet ion for RDC	Team	Second position in Group Dance	State level	Cult ural	Libin Monichan	3 rd BA Economi cs
202 1- 22	All India Trekking Expediti on Begaum Trek	Indivi dual	Trekking	State level	Cult ural	Subin B	3 rd BA Economi cs
202 1- 202 2	Poster Making Competit ion	Indivi dual	Poster Making	Statelevel	Cult ural	Chanchal RK	1 st BSc Microbi ology





202 1- 202 2 2 202 1-	First position in Photogra phy Contest Universit y of	Indivi dual	Photography Contest Drama Festival	University	Cult ural Cult ural	Sarayu B Sivasankar	1 st BSc Physics 2 nd BSc Physics
202	Kerala - First position in Drama Festival						
202 1- 202 2	Quiz Copmetit ion	Indivi dual	Quiz	Statelevel	Cult ural	Lekshmi Rajesh	3 rd BSc Microbi ology
202 1- 22	Best NSS Voluntee r	Indivi dual	NSS Volunteer	University	Cult ural	Muhammed Kaif A	3 rd B Com
202 1- 22	Best NSS Voluntee r	Indivi dual	NSS Volunteer	University	Cult ural	Gopikrishna n K	3 rd B Com
202 1- 22	Best NSS Voluntee r	Indivi dual	NSS Volunteer	University	Cult ural	Athira V	2 nd B Com
202 1- 22	Universit y of Kerala - Drama Festival	Indivi dual	Best Actor	University	Cult ural	Rithudev K.A	2 nd BA English
202 1- 22	Chief Minister Student Merit Award	Indivi dual		State	Othe rs	Jishna S	3 rd B Com
202 1- 22	Chief Minister Student Merit Award	Indivi dual		State	Othe rs	Radhika Das	3 rd B Com
202 1- 22	Chief Minister Student Merit	Indivi dual		State	Othe rs	Krishna V Gopal	2 nd B Com





	Award					
202 1- 22	Chief Minister Student Merit Award	Indivi dual	State	Othe rs	Sulfath Sakkeer	3 rd B Com
202 1- 22	Chief Minister Student Merit Award	Indivi dual	State	Othe	Revathy S	3 rd B Com

2020-21

				2020-21			
Ye ar	Name of the award/medal	Team / Indivi dual	Champions hip name	University/State /National/ International	Sport s/ Cultu ral	Name of the student	Class
20 20- 21	Gold in Powerliftin	Indivi dual	Junior/Kan nur/Jan 29 th to 31 st 2021	State	Sport s	Ananthakri shnan R	2 nd BA Eng. Literatu re
20 20- 21	Gold in Powerliftin g	Indivi dual	Junior/Kan nur/Jan 29 th to 31 st 2021	State	Sport s	Nahasudhe en.R	2 nd Bsc Chemist ry
20 20- 21	Silver in Weight Lifting(55k g)	Indivi dual	SN College for Women, Kollam/5 th &6 th August 2021 Central	University Inter Collegiate	Sport s	Arjun K R	1 st BSc Botany
20 20- 21	Bronze Medal in Powerliftin g(59 kg)	Indivi dual	Stadium,Tv m/13th & 14th April 2021	University Inter Collegiate	Sport s	Arjun K R	1 st BSc Botany
20 20- 21	Gold in Weightliftin g(89kg)	Indivi dual	SN College for Women, Kollam/5 th &6 th August 2021	University Inter Collegiate	Sport s	Ananthakri shna. K.S	1 st BA Eng





			Central				
20 20- 21	Silver in Powerliftin g (83 kg)	Indivi dual	Stadium,Tv m/13th & 14th April 2021	University Inter Collegiate	Sport s	Ananthakri shna. K.S	1 st BA Eng
20 20- 21	Silver in Chess	Team	University Stadium,Tv m/4 th &5 th Aug 2021	University Inter Collegiate	Sport s	Akshay.P.M adhu	3 rd Microbi ology
20 20- 21	Silver in Chess	Team	University Stadium,Tv m/4 th &5 th Aug 2021	University Inter Collegiate	Sport s	Naveen.G.S henoy	3 rd Bsc Chemist ry
20 20- 21	Silver in Chess	Team	University Stadium,Tv m/4 th &5 th Aug 2021	University Inter Collegiate	Sport s	Adwaith.A	2 nd Microbi ology
20 20- 21	Silver in Chess	Team	University Stadium,Tv m/4 th &5 th Aug 2021	University Inter Collegiate	Sport s	Sujith.S	1 st Microbi ology
20 20- 21	Gold in Athletics- 100 m	Indivi dual	GV Raja Stadium,T VM/Aug 17 th &18 th 2021	University Inter Collegiate	Sport s	Vijay Nikson	1 st BA Malayal am
20 20- 21	Gold in Athletics- 200 m	Indivi dual	GV Raja Stadium,T VM/Aug 17 th &18 th 2021	University Inter Collegiate	Sport s	Vijay Nikson	1 st BA Malayal am
20 20- 21	Gold in Athletics- Pole Vault	Indivi dual	GV Raja Stadium,T VM/Aug 17 th &18 th 2021	University Inter Collegiate	Sport s	Akash.C.B	2 nd BA Malayal am
20 20- 21	Gold in Athletics- 400 m	Indivi dual	GV Raja Stadium,T VM/Aug 17 th &18 th 2021	University Inter Collegiate	Sport s	JithinRaj.P. D.	1 st BA Comm. Eng





20 20- 21	Bronze in Taekwondo	Indivi dual	University Campus, Tvm/13 th &14 th April 2021	University Inter Collegiate	Sport s	Rubin.R.Bo by	1 st Bom
20 20- 21	Silver in Taekwondo	Indivi dual	University Campus, Tvm/13 th &14 th April 2021	University Inter Collegiate	Sport s	Joseph Michael	1 st Bsc Maths
20 20- 21	Silver in Taekwondo	Indivi dual	University Campus, Tvm/13 th &14 th April 2021	University Inter Collegiate	Sport s	Abhijith Jibi	1 st BA Econom ics
20 20- 21	Bronze in Athletics- Decathlon	Indivi dual	GV Raja Stadium,T VM/Aug 17 th &18 th 2021	University Inter Collegiate	Sport s	Krishnajith H	1 st Microbi ology
20 20- 21	Gold in Weightliftin g (61 kg)	Indivi dual	SN College for Women, Kollam/5 th &6 th August 2021	University Inter Collegiate	Sport s	Ananthakri shnan.R	1 st Microbi ology
20 20- 21	Bronze in Weightliftin g (73 kg)	Indivi dual	SN College for Women, Kollam/5 th &6 th August 2021	University Inter Collegiate	Sport s	Nahasudhe en.R	2 nd Bsc Chemist ry
20 20- 21	Silver in Powerliftin g (74 kg)	Indivi dual	Stadium,Tv m/13th & 14th April 2021	University Inter Collegiate	Sport s	Nahasudhe en.R	2 nd Bsc Chemist ry
20 20- 21	Silver in Chess	Team	University Stadium,Tv m/4 th &5 th Aug 2021	University Inter Collegiate	Sport s	Arun Thirugunan	3 rd Microbi ology
20 20- 21	Silver in Chess	Team	University Stadium,Tv m/4 th &5 th Aug 2021	University Inter Collegiate	Sport s	Devananda n. T	2 nd Bsc Chemist ry
20 20- 21	Gold in Weightliftin g (109 kg)	Indivi dual	SN College for Women, Kollam/5 th &6 th August	University Inter Collegiate	Sport s	Durgadath. P.V	1 st MA Eng





			2021				
20 20- 21	Gold in Power lifting (120 kg)	Indivi dual	Stadium,Tv m/13th & 14th April 2021	University Inter Collegiate	Sport s	Durgadath. P.V	3 rd BSc Physics
20 20- 21	Gold in Powerliftin g(105 kg)	Indivi dual	Stadium,Tv m/13th & 14th April 2021	University Inter Collegiate	Sport s	Ananthu.S	1 st Microbi ology
20 20- 21	Gold in Powerliftin g(59 kg)	Indivi dual	Stadium,Tv m/13th & 14th April 2021	University Inter Collegiate	Sport s	Yedukrishn an.V	1 st Microbi ology
20 20- 21	Gold in Powerliftin g(66 kg)	Indivi dual	Stadium,Tv m/13th & 14th April 2021	University Inter Collegiate	Sport s	Akash.T.O	1 st MA Eng
20 20- 21	Silver in Table Tennis	Team	YMCA, Tvm/13 th &14 th April 2021	University Inter Collegiate	Sport s	Rosemary.P	2 nd Bsc Chemist ry
20 20- 21	Silver in Table Tennis	Team	YMCA, Tvm/13th &14th April 2021	University Inter Collegiate	Sport s	Hazni Jayaprakas h	1 st MA Eng
20 20- 21	Silver in Table Tennis	Team	YMCA, Tvm/13th &14th April 2021	University Inter Collegiate	Sport s	Aswani.R	1st Msc Zoology
20 20- 21	Silver in Table Tennis	Team	YMCA, Tvm/13th &14th April 2021	University Inter Collegiate	Sport s	Mridula Gireesh	2 nd BA Com.En glish
20 20- 21	Silver in Athletics	Team	YMCA, Tvm/13th &14th April 2021	State/4x100m Relay/Calicut	Sport s	Soorya Krishna J	3 rd Bcom
20 20- 21	Second Prize in Oral Presentation	Indivi dual	Oral Presentatio n Competitio	State Level	Cultu ral	Saranya J	2 nd Bsc Botany





ALAPPUZHA

20 20- 20 21	Second Prize in Oral Presentation	Indivi dual	Oral Presentatio n Competitio n	National	Cultu ral	Jaseena T	3 rd BSc Microbi ology
20 20- 21	Certificate of Excellence	Indivi dual	Quiz Contest	University Inter Collegiate	Acad emic	Sreehari M	1 st BSc Physics
20 20- 21	E -Quiz on Hiroshima and Nagazaki	Indivi dual	Quiz Contest	University Inter Collegiate	Acad emic	Sreehari M	2 nd BSc Physics
20 20- 21	Online Quiz on Science in Everyday Life	Indivi dual		State Level	Acad emic	Subhalaksh mi M	3 rd BSc Physics

2019-20

Ye	Name of the award/ medal	Team / Indivi dual	Championship name	Univers ity/State /Nation al/ Internat ional	Sports/ Cultur al	Name of the student	Class
20 19- 20	Silver in Rugby	Team	Women/Chandigarh -Rugby	National	Sports	Krishna Madhu	Hindi
20 19- 20	Bronze in Weightlif ting	Indivi dual	Junior/ Ernakulam Weight Lifting	State	Sports	Giri Shankar U	3 rd BSc Maths
20 19- 20	Silver in Powerlift ing	Indivi dual	Subjunior/Kozhikod e - Power Lifting	State	Sports	Nahasudhee n R	2 nd BSc Physics
20 19- 20	Gold in Powerlift ing	Indivi dual	Junior/Kozhikode - Power Lifting	State	Sports	Yedu Krishnan	1 st Bsc Zoology
20 19- 20	Gold in Powerlift ing	Indivi dual	Senior/Kozhikode - Power Lifting	State	Sports	Yedu Krishnan	3 rd Bsc Zoology
20 19- 20	Bronze in Powerlift ing	Indivi dual	Junior/Kozhikode - Power Lifting	State	Sports	Sulfeeker S	3 rd Bcom
20 19- 20	Bronze in Powerlift ing	Indivi dual	Men/Wayanad - Power Lifting	State	Sports	Sulfeeker S	3 rd Bcom





			_		_		
20	Silver in	Indivi	Junior/Kozhikode -	State	Sports	Arun Jacob	2 nd
19-	Powerlift	dual	Power Lifting				Comm.En
20	ing						g
20	Bronze in	Indivi	Men/Wayanad -	State	Sports	Sreerag M	3rdd
19-	Powerlift	dual	Power Lifting			В .	BCom
20	ing						
20	Bronze in	Team	All India	Inter	Sports	Jithin	1 st BA
19-	Dragon		I/U/Udaipur -T.B.R	Universi		Thomas	History
20	boat		Tournament	ty			
	(1000 m)				2.30		
20	Bronze in	Team	All India	Inter	Sports	Jithin	1 st BA
19-	Dragon	1 1 - 1 - 1	I/U/Udaipur -T.B.R	Universi		Thomas	History
20	boat (200		Tournament	ty			
	m)						
20	Bronze in	Team	All India	Inter	Sports	Ananthu	2 nd BA
19-	Dragon		I/U/Udaipur -T.B.R	Universi	1	Shaji	Hindi
20	boat		Tournament	ty			
	(1000 m)			"			
20	Bronze in	Team	All India	Inter	Sports	Ananthu	2 nd BA
19-	Dragon		I/U/Udaipur -T.B.R	Universi	Sports	Shaji	Hindi
20	boat (200		Tournament	ty		Shaji	
	m)			,			
20	Bronze in	Team	All India	Inter	Sports	Ananthu	2 nd BA
19-	Kayaking		I/U/Udaipur	Universi	perso	Shaji	Hindi
20	(200 m)		2 of Gampai	ty		Silagi	1111101
20	Bronze in	Team	All India	Inter	Sports	Amal V S	2 nd BA
19-	Dragon		I/U/Udaipur	Universi	Sperie	1 111101 7 15	History
20	boat		17 O7 O Garipai	ty			
	(1000 m)			1 9			
20	Bronze in	Team	All India	Inter	Sports	Amal V S	2 nd BA
19-	Dragon	100111	I/U/Udaipur	Universi	Брого	Times V B	History
20	boat (200		17 O7 Oddipai	ty			Instory
20	m)			159			
20	Bronze in	Team	All India	Inter	Sports	Antony	2 nd BA
19-	Dragon	Tourn	I/U/Udaipur	Universi	Sports	Michael	History
20	boat		1/ C/ Cdaipai	ty		Wilchael	THISTOTY
20	(1000 m)			1.9			
20	Bronze in	Team	Inter University	Inter	Sports	Antony	2 nd BA
19-	Dragon	Todili	into Oniversity	Universi	Sports	Michael	History
20	boat (200			ty		Wilchael	Thistory
20	m)	- 1		ty			
20	Bronze in	Team	All India	Inter	Sports	Antony	2 nd BA
19-	Kayaking	Team	I/U/Udaipur	Universi	Sports	Michael	History
20	(200 m)		1/O/Odaipui			Wilchael	Thistory
20	Bronze in	Team	All India	Inter	Sports	Nikhil	2 nd BA
19-	Dragon	Icalli	I/U/Udaipur	Universi	Sports	Antony	History
20	boat		1/ O/ Odaipui		7	Allony	Illstory
20	(1000 m)			ty			
	(1000 111)	L			L		





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20	Bronze in	Team	All India	Inter	Sports	Nikhil	1 st BA
19-	Dragon		I/U/Udaipur	Universi		Antony	History
20	boat (200			ty			
	m)						and a
20	Bronze in	Indivi	KUIC/IZ/ Kollam	Inter	Sports	Akash T O	2 nd BA
19-	Weight	dual		Collegia			History
20	Lifting			te			
20	Gold in	Indivi	KUIC/IZ/ Kollam	Inter	Sports	Giri	3 rd Bsc
19-	Weight	dual		Collegia		Shankar U	Maths
20	Lifting			te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Adithya S	3 rd BA
19-	Cricket		Alappuzha	Collegia			Malayala
20				te			m
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Anupama P	2 nd BA
19-	Cricket		Alappuzha	Collegia			Hindi
20				te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Aparna	2 nd BCom
19-	Cricket		Alappuzha	Collegia		Omanakutta	
20				te	7,01	n	
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Arya Nair A	1 st Mcom
19-	Cricket		Alappuzha	Collegia			
20				te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Fathima K	3 rd BA
19-	Cricket		Alappuzha	Collegia		H	
20				te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Gadha Biju	2 nd BCom
19-	Cricket		Alappuzha	Collegia			
20				te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Hazni	3 rd BSC
19-	Cricket		Alappuzha	Collegia		Jayaprakash	Maths
20				te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Karishma T	3 rd BA
19-	Cricket	-	Alappuzha	Collegia		T	English
20			**	te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Mridula	1 st BA
19-	Cricket		Alappuzha	Collegia		Gireesh	English
20		3 % 74.0		te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Nazrin	3 rd Bsc
19-	Cricket		Alappuzha	Collegia	-	Noushad	Physics
20			11	te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Parvathy V	1 st MSC
19-	Cricket		Alappuzha	Collegia			Physics
20				te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Praveena K	3 rd BA
19-	Cricket		Alappuzha	Collegia	1	P	English
20			FF	te			
20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Rose Mary	3 rd Bcom
19-	Cricket		Alappuzha	Collegia	1	PG	
20			FF	te			





20	Bronze in	Team	KUIC/IZ/	Inter	Sports	Sandra	1 st BA
19-	Cricket		Alappuzha	Collegia	•	Santhosh	History
20				te		Kumar	
20	Bronze in		KUIC/IZ/	Inter	Sports	Sreedeepa S	3 rd Bsc
19-	Cricket		Alappuzha	Collegia	Sports	Breedeepa B	Botany
20	CHOROL		Тифригли	te			Botany
20	Gold in	Indivi	KUICIZ/ Tvm	Inter	Sports	Akash T O	2 nd BA
19-	Power	dual	KUICIZ/ I VIII	Collegia	Sports	Akasii I U	
		uuai		_			History
20	Lifting	Indivi	KI HOLZ/T	te	G .	A 41 1 1	2 nd BA
20	Gold in		KUICIZ/ Tvm	Inter	Sports	Ananthakris	
19-	Power	dual		Collegia		hna K S	Malayala
20	Lifting	- 41 1		te			m
20	Silver in	Indivi	KUICIZ/ Tvm	Inter	Sports	Ananthu S	2nd BA
19-	Power	dual		Collegia			English
20	Lifting			te			
20	Silver in	Indivi	KUICIZ/ Tvm	Inter	Sports	Avinesh V	3 rd BA
19-	Power	dual		Collegia			English
20	Lifting			te			
20	Gold in	Indivi	KUICIZ/ Tvm	Inter	Sports	Durga Dath	2nd BSC
19-	Power	dual		Collegia		PV	Botany
20	Lifting			te			
20	Silver in	Indivi	KUICIZ/ Tvm	Inter	Sports	Shibin A	1st BA
19-	Power	dual		Collegia	Sperie		History
20	Lifting			te	5 1 2 1		1110101
20	Gold in	Indivi	KUICIZ/ Tvm	Inter	Sports	Sreerag M	3 rd Bcom
19-	Power	dual	ROTOIZ# TVIII	Collegia	Sports	B	3 Beom
20	Lifting	duui		te		В	
20	Gold in	Indivi	KUICIZ/ Tvm	Inter	Sports	Yedu	2 nd BSC
19-	Power	dual	KOICIZ/ I VIII	Collegia	Sports	Krishnan V	zoology
20	Lifting	uuai		te		Ki isiliali v	Zoology
20	Gold	Indivi	World University	Internati	Concerto	Amasta	2 nd MSC
19-	medal in	dual			Sports	Aneeta	
		duai	Power Lifting	onal		Joseph	Chemistry
20	Powerlift		Championship/Spai				
-	ing	* 1' '	n		~		- rd
20	Gold	Indivi	Senior/Alappuzha	National	Sports	Aneeta	3 rd MSC
19-	medal in	dual				Joseph	Chemistry
20	Powerlift						
	ing						
20	Best	Indivi	Senior/Alappuzha	National	Sports	Aneeta	3 rd MSC
19-	Lifter in	dual				Joseph	Chemistry
20	Powerlift						
	ing						
20	MBIFL -	Team	Quiz Competition	INternat	Cultura	Sruthy S	2 nd BSc
19-	Campus			ional	1		Chemistry
20	Literary			Level			
	Quiz						
	Competit						
	ion						
			1	1			





20 19- 20	MBIFL - Campus Literary Quiz	Team	Quiz Competition	INternat ional Level	Cultura 1	Sneha Anil	1 st BSc Chemistry
	Competit						
20 19- 20	Second position in Intercolle giate Quiz Competit ion	Team	Intercollegiate Quiz Competition	State Level	Cultura 1	Sruthy S	2 nd BSc Chemistry
20 19- 20	Second position in Intercolle giate Quiz Competit ion	Team	Intercollegiate Quiz Competition	State Level	Cultura 1	Sneha Anil	1 st BSc Chemistry
20 19 - 20 20	BIOBIZ - Oral Presentati on of Business Idea	Indivi dual	Oral Presentation	Statelev	Cultura 1	Seba Syam	3 rd BSc Microbiol ogy
20 19 - 20 20	YIP- KDISC	Team	YIP - Innovative Idea	Statelev el	Cultura 1	Seba Syam &Aveline Feyona Faber	2 nd BSc Microbiol ogy
20 19 - 20 20	Navakera lam – Yuvakera lam:	Indivi dual	Project Presentation	Statelev el	Cultura 1	Seba Syam	1 st BSc Microbiol ogy
20 19 - 20 20	First Position in Quiz Competit ion	Indivi dual	Quiz Competition	Intercoll egiate	Cultura 1	Sreenath S	3 rd BSc Physics
20 19 - 20 20	First Position in Intercolle giate Cricket	Indivi dual	Quiz Competition	Intercoll egiate	Cultura 1	Sreenath S	3 rd BSc Physics





ALAPPUZHA

	World Cup Quiz Competit						
	ion						
20	Third	Indivi	Quiz Competition	Intercoll	Cultura	Sreehari m	1 st BSc
19	Position	dual		egiate	1		Physics
-	in Quiz						
20	Competit						
20	ion -						
	BPCL						
	Encon						
	Club,						
	Cochin						
20	First	Indivi	Quiz Competition	Intercoll	Cultura	Sreehari m	3 rd BSc
19	Position	dual		egiate	1		Physics
-	in Quiz						
20	Competit						
20	ion						
	InterColl egiate						

2018-19

Yea r	Name of the award/ medal	Team / Indivi dual	Champions hip name	University/State/ National/ International	Sport s/ Cultu ral	Name of the student	Class
201 8- 19	Silver in Powerlif ting	Individ ual	All India Powerlifting Championsh ip	National	Sport s	Rahul Saji	2 nd BA English
201 8- 19	Gold in Powerlif ting	Individ ual	All India Powerlifting Championsh ip	Inter University	Sport s	Aneeta Joseph	1 st MSC Chemistr y
201 8- 19	Silver in Cricket	Team	South Zone Cricket Championsh ip	Inter University	Sport s	Arya Nair A	3rd Bcom
201 8- 19	Silver in Cricket	Team	South Zone Cricket Championsh ip	Inter University	Sport s	Aiswarya T S	3 rd Zoology
201 8- 19	Silver in Rowing	Team	All India Rowing Championsh ip	Inter University	Sport s	Akhil Rajesh	1st BA Economi cs
201 8-	Silver in Rowing	Team	All India Rowing	Inter University	Sport s	Nikhil Rajesh	1st BA Economi





19			Championsh ip				cs
201 8- 19	Silver in Kayakin g K2 200	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport s	Amal Ali A	1st BA Malayal am
201 8- 19	Silver in Kayakin g K4 200	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport	Amal Ali A	1st BA Malayal am
201 8- 19	Bronze in Canoein g	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport s	Sunil C S	2nd BA Malayal am
201 8- 19	Bronze in Canoein g C4 200	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport s	Akhil B	1st BA Hindi
201 8- 19	Bronze in Canoein g C4 500	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport s	Akhil B	1st BA Hindi
201 8- 19	Gold in Kayakin g K4 200	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport s	Ashly M K	3 rd History
201 8- 19	Gold in Kayakin g K4 500	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport s	Ashly M K	1 st History
201 8- 19	Gold in Kayakin g K4 1000	Team	All India Kayaking/ca noeing Championsh ip	Inter University	Sport s	Ashly M K	1st History
201 8- 19	Bronze in Weightli fting	Individ ual	South India Junior National Power lifting Championsh ip	National	Sport s	Avinesh V	2 nd BA English





201 8- 19	Silver in Weightli fting	Individ ual	All India Powerlifting Championsh ip	Inter University	Sport s	Rahul saji	2 nd BA English
201 8- 19	Silver in Weightli fting	Individ ual	South India Junior National Power lifting Championsh ip	National	Sport s	Yedu Krishnan V	1st Bsc Zoology
201 8- 19	Gold in Athletic s (Pole Vault)	Individ ual	KUICIZ - Pole vault	University Inter Collegiate	Sport s	Vishnu B	2nd BA Malayal am
201 8- 19	Bronze in Athletic s (110 HURDL ES)	Individ ual	KUICIZ- Hurdles	University Inter Collegiate	Sport s	Francis Joseph	1 st Bsc Chemistr y
201 8- 19	Silver in Athletic s (Pole Vault)	Individ ual	KUICIZ- Pole vault	University Inter Collegiate	Sport s	Akhil Aniyan A T	1st BA English
201 8- 19	Bronze in Athletic s (Javelin Throw))	Individ ual	KUICIZ - Javelin Throw	University Inter Collegiate	Sport s	Akhil Aniyan A T	1st BA English
201 8- 19	Gold in Powerlif ting	Individ ual	Kerala university Inter Collegiate Power Lifting championshi p under 47kg Category	University Inter Collegiate	Sport s	Aneeta Joseph	1 st MSC Chemistr y
201 8- 19	Silver in Powerlif ting	Individ ual	Kerala university Inter Collegiate Power Lifting championshi p under	University Inter Collegiate	Sport s	Anusree Udayakum ar	3rd BA Com.En glish





			84kg Category				
201 8- 19	Gold in Powerlif ting	Individ ual	Kerala university Inter Collegiate Power Lifting championshi p under 66kg category	University Inter Collegiate	Sport s	Rahul Saji	2nd BA Com.En glish
201 8- 19	Bronze in Powerlif ting	Individ ual	Kerala university Inter Collegiate Power Lifting championshi p under 93kg Category	University Inter Collegiate	Sport	Sreerag M B	2 nd Bcom
201 8- 19	Silver in Powerlif ting	Individ ual	: Kerala university Inter Collegiate Power Lifting championshi p under 74kg Category	University Inter Collegiate	Sport s	Ananthakr ishna K S	1 st BA Malayal am
201 8- 19	Silver in Powerlif ting	Individ ual	Kerala university Inter Collegiate Power Lifting championshi p under 59kg Category	University Inter Collegiate	Sport s	Yedu Krishnan V	1st Bsc Zoology





201 8- 19	Gold in Powerlif ting	Individ ual	Kerala university Inter	University Inter Collegiate	Sport s	Akash T O	2nd BA History
			Collegiate		× 1, 11		
			Power Lifting				
			championshi				
			p under				
			59kg				
201	Gold in	Individ	Category Kerala	University Inter	Sport	Girishnaka	2nd BSC
8-	Weightli	ual	university	Collegiate	sport	r U	Maths
19	fting		Inter	comegawo .			IVIGUID
			Collegiate				
			Weight				
			Lifting championshi				
			p under				
			73kg				
			Category				
201 8-	Gold in	Individ	: Kerala	University Inter	Sport	AnanthaK	1st BA
19	Weightli fting	ual	university Inter	Collegiate	S	rishna K S	Malayal am
17	Time		Collegiate				am
			Weight				
			Lifting				
			Lifting championshi				
			p under				
			93kg				
			Category				
201	Bronze	Team	KUICIZ-	University Inter	Sport	Gia Anna	3 rd
8-	in Table Tennis		Table tennis	Collegiate	S	George	Bcom
201	Bronze	Team	KUICIZ/	University Inter	Sport	Sree	1 st
8-	in Table	100111	Tvm - Table	Collegiate	s	Lekshmi	Physics
19	Tennis		tennis			Udayan	
201	Bronze	Team	KUICIZ/	University Inter	Sport	Arya Nair	2 nd
8- 19	in Table Tennis		Tvm - Table tennis	Collegiate	S	A	Bcom
201	Bronze	Team	KUICIZ/	University Inter	Sport	C Aarcha	3 rd
8-	in Table	- vuiii	Tvm - Table	Collegiate	Sport	Manoj	Com.En
19	Tennis	2712 117	tennis				g 1 st
201	Gold in	Team	Junior/Alap	State	Sport	Yedu	-
8-	Powerlif		puzha -		S	Krishna V	Zoology
19	ting		Power Lifting				
201	Bronze	Team	KUICIZ/	University Inter	Sport	Ananthu	3 rd
8-	in		Tvm -	Collegiate	S	S	Com.En





19	Powerlif		Power	1	T		g
	ting		Lifting				8
201	Silver in	Team	KUICIZ/	University Inter	Sport	Adithya S	1 st Mal
8-	Cricket	10011	Tvm -	Collegiate	S	7 Idilinya 5	1 IVIGI
19			Cricket	Conegiate			
201	Silver in	Team	KUICIZ/	University Inter	Sport	Aiswarya	1 st
8-	Cricket		Tvm -	Collegiate	S	TS	Zoology
19		-7:57	Cricket	8			
201	Silver in	Team	KUICIZ/	University Inter	Sport	Anitha	3 rd
8-	Cricket	1 1	Tvm -	Collegiate	S	Krishnan	Economi
19			Cricket				cs
201	Silver in	Team	KUICIZ/	University Inter	Sport	Arya Nair	1 st Bcom
8-	Cricket		Tvm -	Collegiate	S	A	
19			Cricket				
201	Silver in	Team	KUICIZ/	University Inter	Sport	Gayathri	3 rd Eng
8-	Cricket		Tvm -	Collegiate	S	KS	
19			Cricket				
201	Silver in	Team	KUICIZ/	University Inter	Sport	Hazni	1 st
8-	Cricket		Tvm -	Collegiate	S	Jayaprakas	Maths
19			Cricket			h	
201	Silver in	Team	KUICIZ/	University Inter	Sport	Likhitha	2 nd Eng
8-	Cricket		Tvm -	Collegiate	S	K Babu	
19			Cricket				
201	Silver in	Team	KUICIZ/	University Inter	Sport	Nasrin	3 rd
8-	Cricket		Tvm -	Collegiate	S	Noushad	Physics
19			Cricket				
201	Silver in	Team	KUICIZ/	University Inter	Sport	Nihitha K	3 rd Eng
8-	Cricket		Tvm -	Collegiate	S	M	
19	a:: :		Cricket				at
201	Silver in	Team	KUICIZ/	University Inter	Sport	Pranitha P	1st Bcom
8-	Cricket		Tvm -	Collegiate	S	Pai	
19	0.1	m	Cricket		-		et –
201	Silver in	Team	KUICIZ/	University Inter	Sport	Praveena	1 st Eng
8- 19	Cricket		Tvm -	Collegiate	S	K P	
	Silver in	Тоот	Cricket KUICIZ/	T.T::4 T4	G	D : .	2rd
201 8-	Cricket	Team		University Inter	Sport	Rajeswari)
19	Cricket		Tvm - Cricket	Collegiate	S	Raju	Zoology
201	Cilvon in	Тоомо	KUICIZ/	I Indianamita Intan	Const	D - : :	ard F
8-	Silver in Cricket	Team	Tvm -	University Inter	Sport	Rajeswari	3 rd Eng
19	CHICKEL		Cricket	Collegiate	S	S	
201	Silver in	Team	KUICIZ/	University Inter	Sport	Rose	1 st Bcom
8-	Cricket	Icalli	Tvm -	Collegiate	1 -	Mary P J	1 DCOIII
19	CHEKET		Cricket	Conegiate	S	IVIALY F J	
201	Silver in	Team	KUICIZ/	University Inter	Sport	Sree	3 rd
8-	Cricket	Tealli	Tvm -	Collegiate	sport	Lakshmi	Physics
19	CHICKOL		Cricket	Conograte	3	Udayan	Tilysics
1)			CHERCI			Ouayan	





201	Bronze	Individ	Junior/Kasar	State	Sport	Girishanka	1 st
8-	in	ual	gode -		S	r U	Maths
19	Weightli		weight				
	fting		Lifting				
201	Silver in	Individ	Junior/Alap	State	Sport	Avinesh V	1st Eng
8-	Powerlif	ual -	puzha -		s		
19	ting		Power				
			Lifting				
201	Silver in	Individ	Junior/Kann	State	Sport	Avinesh V	3 rd Eng
8-	Powerlif	ual	ur - Power		s		
19	ting		Lifting				
201	Bronze	Individ	Junior/Alap	State	Sport	Sreerag M	1st Bcom
8-	in	ual	puzha -		s	В	
19	Powerlif		Power				
	ting		Lifting				
201	Silver in	Individ	senior/Kann	State	Sport	Arun	3 rd
8-	Powerlif	ual	ur - Power		s	Jacob	Com.En
19	ting		Lifting				g
201	Silver in	Team	senior/Kozh	State	Sport	Krishna	3 rd Hindi
8-	Rugby		okode -		s	Madhu	
19			Rugby				
201	State	Individ	Intercollegia	State Level	Cultu	Abhishek	3 rd
8-	Level	ual	te Energy		ral	R Nath	Physics
19	Econ	1	QUEST -				
	Club		2019				
	Competi						
	tion						
201	Face	Individ	InterCollegi	State Level	Cultu	Seba	3 rd
8-	painting	ual	ate		ral	Syam	Microbi
19			Competition				ology

