



# **SANATANA DHARMA COLLEGE**

## **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**



# SANATANA DHARMA COLLEGE

## ALAPPUZHA

### 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 457693  
SD COLLEGE ALAPPUZHA

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# SANATANA DHARMA COLLEGE

## ALAPPUZHA

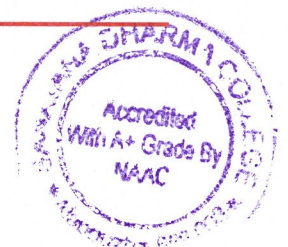
5.3.1 Number of awards/medals for outstanding performance in sports/cultural activities at university/state/national / international level (award for a team event should be counted as one) during the year.

### 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 / Individual	Championship name	University/State/National/ International	Sports/ Cultural	Name of the student	Class
2022-23	Gold medal in Rowing	Team	Senior/Srinagar/20 <sup>th</sup> to 26 <sup>th</sup> June 2022	National	Sports	Adithya.A	2 <sup>nd</sup> BA History
2022-23	Silver medal in Rowing	Team	Senior Nationals/Pune/Feb 20 <sup>th</sup> to 26 <sup>th</sup> 2023	National	Sports	Adithya.A	2 <sup>nd</sup> BA History
2022-23	Gold medal in Powerlifting	Individual	Junior /Hyderabad/5 <sup>th</sup> to 10 <sup>th</sup> July 2022	National	Sports	Abhijith. S	2 <sup>nd</sup> BA Eng. Literature
2022-23	Silver Medal in Athletics(4x100m)	Individual	SZ Junior/Gundur/9 <sup>th</sup> to 11 <sup>th</sup> Sep 2022	National	Sports	Joy K.Simon	1 <sup>st</sup> BA Hindi





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2022-23	Silver Medal in Athletics(4 x100m)	Individual	Junior/Assam/11 <sup>th</sup> to 15 <sup>th</sup> Nov 2022	National	Sports	Joy K.Simon	1 <sup>st</sup> BA Hindi
2022-23	Gold in Rowing	Team	Senior/Srinagar/20 <sup>th</sup> to 26 <sup>th</sup> June 2022	National	Sports	Arjun Das	1st Economics
2022-23	Gold in Dragon Boat(D 20 Mix-200 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Tinu Antony	2 <sup>nd</sup> Bcom
2022-23	Gold in Dragon Boat(D 20 Mix-200 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Sanjay Krishnan	1st BA Hindi
2022-23	Bronze in Dragon Boat(D 20 Men-200 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Sanjay Krishna	1st BA Hindi
2022-23	Bronze in Dragon Boat(D 20 mix -500 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Sanjay Krishna	1st BA Hindi
2022-23	Gold in Dragon Boat(D 20 Mix-200 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Jerin Sebastain	1st BA History
2022-23	Bronze in Dragon Boat(D 20 Mix-500 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Jerin Sebastain	1st BA History

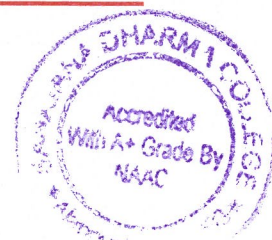




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2022-23	Bronze in Dragon Boat(D 20 Men-200 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Jerin Sebastain	1st BA History
2022-23	Gold in Dragon Boat(D 20 Mix-200 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Aswin Sudheesh	1st BA History
2022-23	Bronze in Dragon Boat(D 20 Mix-500 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Aswin Sudheesh	1st BA History
2022-23	Bronze in Dragon Boat(D 20 Men-200 m)	Team	Senior Nationals/Karnataka/23 <sup>rd</sup> to 26 <sup>th</sup> Feb 2023	National	Sports	Aswin Sudheesh	1st BA History
2022-23	Silver in Rowing	Team	Senior Nationals/Pune/Feb 20 <sup>th</sup> to 26 <sup>th</sup> 2023	National	Sports	Anupama. T.K	3rd Economics
2022-23	Gold in Athletics(200 m)	Individual	Calicut University/20 <sup>th</sup> to 23 <sup>rd</sup> October 2022	State	Sports	Joy K Simon	1st BA Hindi
2022-23	Bronze in Athletics(100 m)	Individual	Calicut University/20 <sup>th</sup> to 23 <sup>rd</sup> October 2022	State	Sports	Joy K Simon	1st BA Hindi
2022-23	Silver in Athletics(4 X100 m)	Individual	Calicut University/20 <sup>th</sup> to 23 <sup>rd</sup> October 2022	State	Sports	Joy K Simon	1st BA Hindi
2022-23	Bronze in Powerli	Individual	Sub jr/Kanichukulangara/13 <sup>th</sup> March	State	Sports	Abhirami A	1st BSc Botany

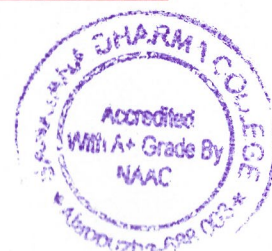




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

	fting		2023				
2022-23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 <sup>st</sup> to 7 <sup>th</sup> March 2023	Inter University	Sports	Arya D Nair	3 <sup>rd</sup> BA English
2022-23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 <sup>st</sup> to 7 <sup>th</sup> March 2023	Inter University	Sports	Anupama T K	3 <sup>rd</sup> BA Economics
2022-23	Silver in Rowing	Team	All India Inter University/Punjab University/1 <sup>st</sup> to 7 <sup>th</sup> March 2023	Inter University	Sports	Adithya A	2nd BA History
2022-23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 <sup>st</sup> to 7 <sup>th</sup> March 2023	Inter University	Sports	Adinath.T. J	1 <sup>st</sup> BA Com.E nglish
2022-23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 <sup>st</sup> to 7 <sup>th</sup> March 2023	Inter University	Sports	Arjun Das	1st BA Economics
2022-23	Bronze in Rowing	Team	All India Inter University/Punjab University/1 <sup>st</sup> to 7 <sup>th</sup> March 2023	Inter University	Sports	Akshay Sudheesh	1st BA Economics
2022-23	Silver in Athletics(4 x100 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Suraj. V.S	1 <sup>st</sup> BA Hindi
2022-23	Silver in Athletics(4 x100 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Aswin.P.A sok	2 <sup>nd</sup> BA Economics

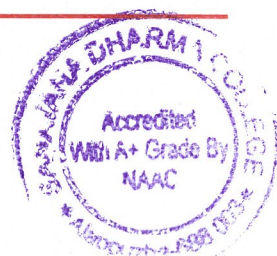




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2022-23	Silver in Athletics(4 x100 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Abu Thahir	2 <sup>nd</sup> BA Hindi
2022-23	Bronze in Athletics-Pole vault	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Sooraj Venugopal	1 <sup>st</sup> BA Eng
2022-23	Bronze in Athletics-Long jump	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Tibin Mathew	2 <sup>nd</sup> BA History
2022-23	Silver in Athletics-10000 metre	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Badushah	1 <sup>st</sup> BA Malayalam
2022-23	Gold in Athletics-100 metre	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Sreelekshmi.R	2 <sup>nd</sup> BA Economics
2022-23	Gold in Athletics-100 metre hurdles	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Sreelekshmi.R	2 <sup>nd</sup> BA Economics
2022-23	Bronze in Athletics-4 X100 mtr relay	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Sreelekshmi.R	2 <sup>nd</sup> BA Economics
2022-23	Bronze in Athletics-4 X100 mixed relay	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Sreelekshmi.R	2 <sup>nd</sup> BA Economics

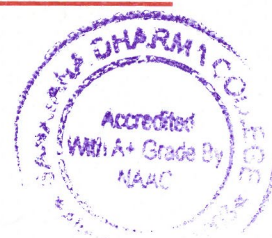




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2022-23	Silver in Athletics(4 x100 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Joy.K.Simon	1 <sup>st</sup> BA Hindi
2022-23	Bronze in Athletics-100 metre	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Joy.K.Simon	1 <sup>st</sup> BA Hindi
2022-23	Silver in Athletics-200 metre	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Joy.K.Simon	1 <sup>st</sup> BA Hindi
2022-23	Gold in Athletics-1500 metre	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Christaphe r. T	1 <sup>st</sup> MA Eng
2022-23	Silver in Athletics- 800 metre	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Christaphe r. T	1 <sup>st</sup> MA Eng
2022-23	Bronze in Athletics- Javelin	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Anoop Venukuttan	3 <sup>rd</sup> BA Malayalam
2022-23	Bronze in Athletics(4 x400 mixed Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	JithinRaj.P .D.	3 <sup>rd</sup> BA Comm. Eng
2022-23	Silver in Athletics- Hammer throw	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Samuel Anand	1 <sup>st</sup> Bsc Maths



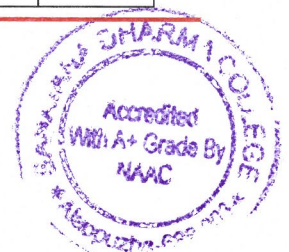




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2022-23	Silver in Athletics- 110 hurdles	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Nithin Joseph	2 <sup>nd</sup> BA History
2022-23	Bronze in Athletics-4 X100 mtr relay	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Gopika Ganeshan	1 <sup>st</sup> Bsc Botony
2022-23	Bronze in Athletics-4 X100 mtr relay	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Shiya Joseph John	1 <sup>st</sup> BA Malaya lam
2022-23	Bronze in Athletics(4 x400 mixed Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Anugrah.G .Joseph	1st Bsc Botony
2022-23	Gold in Taekwondo	Individual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 <sup>th</sup> Dec 2022	University	Sports	Adityan.U	3 <sup>rd</sup> Bcom
2022-23	Bronze in Taekwondo	Individual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 <sup>th</sup> Dec 2022	University	Sports	Rubin.R.Boby	3 <sup>rd</sup> Bcom
2022-23	Bronze in Taekwondo	Individual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 <sup>th</sup> Dec 2022	University	Sports	Sethu Lakshmi	1 <sup>st</sup> Bsc Botony
2022-23	Silver in Taekwondo	Individual	Kerala University Taekwondo ChampionshipLN CPE,Tvm/18 <sup>th</sup> Dec 2022	University	Sports	Sameera Shameer	2 <sup>nd</sup> Bsc Microbiology

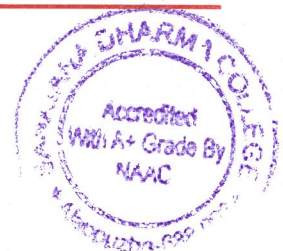




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2022-23	Gold in Powelifting - 105 kg category	Individual	Kerala University powerlifting championship, University Indoor Stadium, Tvm/6 <sup>th</sup> & 7 <sup>th</sup> Jan 2023	University	Sports	Abhijith.S	2 <sup>nd</sup> BA English Literature
2022-23	Gold in Powerlifting - 59 kg category	Individual	Kerala University powerlifting championship, University Indoor Stadium, Tvm/6 <sup>th</sup> & 7 <sup>th</sup> Jan 2023	University	Sports	Ananthakrishnan.R	3 <sup>rd</sup> Bsc Microbiology
2022-23	Silver in Powerlifting - 83 kg category	Individual	Kerala University powerlifting championship, University Indoor Stadium, Tvm/6 <sup>th</sup> & 7 <sup>th</sup> Jan 2023	University	Sports	Asif Haris	1 <sup>st</sup> BA Malayalam
2022-23	Gold in Powelifting - 47 kg category	Individual	Kerala University powerlifting championship, University Indoor Stadium, Tvm/6 <sup>th</sup> & 7 <sup>th</sup> Jan 2023	University	Sports	Abhirami	1 <sup>st</sup> Bsc Botony
2022-23	Bronze in Powerlifting- 59 kg category	Individual	Kerala University powerlifting championship, University Indoor Stadium, Tvm/6 <sup>th</sup> & 7 <sup>th</sup> Jan 2023	University	Sports	Ananthakrishnan.R	2 <sup>nd</sup> BA Eng
2022-23	Gold in Powelifting- 83 kg category	Individual	Kerala University powerlifting championship, University Indoor Stadium, Tvm/6 <sup>th</sup> & 7 <sup>th</sup> Jan 2023	University	Sports	Aali Imran	2 <sup>nd</sup> BA English
2022-23	Bronze in Athletics-4 X100 mtr relay	Individual	Kerala University Athletic Meet, GV Raja Stadium, TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Lavanya R	2nd Bcom





# SANATANA DHARMA COLLEGE

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2022-23	Bronze in Athletics-4 X400 mixed relay	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Lavanya R	2nd Bcom
2022-23	Powerlifting	Individual	All India Inter University/GKU	Inter University	Sports	Abhijith S	2nd BA Eng. Literature
2022-23	Bronze in Athletics-Triple Jump	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Suraj. V.S	1 <sup>st</sup> BA Hindi
2022-23	Bronze in Athletics(4 x400 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Nithin Joseph	2 <sup>nd</sup> BA History
2022-23	Bronze in Athletics(4 x400 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Christaphe r. T	1 <sup>st</sup> MA Eng
2022-23	Bronze in Athletics(4 x400 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	Anugrah.G .Joseph	1st Bsc Botony
2022-23	Bronze Medal in Powerlifting	Individual	Junior Nationals /Tamilnadu	Nationals	Sports	Abhirami A	1st Bsc Botony
2022-23	Silver in Athletics(200 m)	Individual	Inter District /Calicut University	State	Sports	Joy K Simon	1st BA Hindi
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Gautham Krishna	1 <sup>st</sup> BA Malaya lam





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Ashir Mether	1st English
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Mohammed Yasin	2nd Economics
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Adithyan A	1st Botony
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Mahin F	1st Year Hindi
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Rijo Raj	1st Bcom
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Damian Kuriakose	1 <sup>st</sup> Year English
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Johny George	1 <sup>st</sup> Year Malaya lam
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Praise T Nelson	1 <sup>st</sup> Year History
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Eric Thomas Vannian	3rd Bcom
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Ebin A	3 <sup>rd</sup> BA Malaya lam
2022-23	Bronze in Rugby	Team	Intercollegiate/Tv m	University	Sports	Nelson Sebastain	2 <sup>nd</sup> Year Malaya lam
2022-23	Bronze in Powelifting	Individual	Junior Nationals /Tamilnadu	National	Sports	Amal jith S	1st Bcom
2022-23	Bronze in Athletics(4 x400 m Relay)	Individual	Kerala University Athletic Meet,GV Raja Stadium,TVM/Dec 7 <sup>th</sup> to 9 <sup>th</sup> 2022	University	Sports	JithinRaj.P .D.	3 <sup>rd</sup> BA Comm. Eng
2022-23	Health Mission - Govt of Kerala	Team	Quiz Competition	State Level	Cultural	Aiswarya Nair and Akhil Raj R	1 <sup>st</sup> MSc Zoolog y



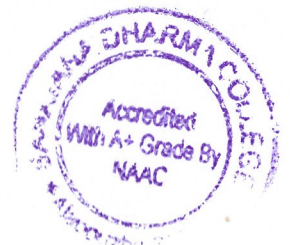


# SANATANA DHARMA COLLEGE ALAPPUZHA

2022-23	Academic Excellence Award	Individual	Vidhyarthi Prathibha Puraskaram	Kerala State Government	Others	Devi sivaraj	3 <sup>rd</sup> B Com
2022-23	Academic Excellence Award	Individual	Vidhyarthi Prathibha Puraskaram	Kerala State Government	Others	Raja Shenoy U	3 <sup>rd</sup> B Com
2022-23	Third Position	Individual	Photography	St Therasas College	Others	Krishna V Gopal	1 <sup>st</sup> M. Com
2022-23	India book of records	Individual		National	Cultural-Man dala Art	Adithya Rajesh	1 <sup>st</sup> BA Economics
2022-23	Keralot savam	Individual		University	Others	Vishnu V Nair	1 <sup>st</sup> B Com
2022-23	Second Position	Group	Agar Art	National	Others	Ahalya Prasannan	1 <sup>st</sup> BSc Microbiology
2022-23	First Position	Team	Quiz Competition	College	Cultural	Vishnu V Nair	1 <sup>st</sup> BA Malaya lam
2022-23	Second Position	Individual	Quiz Competition	College	Cultural	Krishna Raj S. Shenoy	1 <sup>st</sup> BA Malaya lam
2022-23	First Position	Individual	Quiz Competition	College	Cultural	Krishna Raj S. Shenoy	1 <sup>st</sup> BA Malaya lam
2022-23	Second Position	Individual	Quiz Competition	College	Cultural	Vishnu V Nair	1 <sup>st</sup> BA Malaya lam

### 2021-22

Year	Name of the award/ medal	Team / Individual	Championsh ip name	University/State/ National/ International	Sports/ Cultural	Name of the student	Class
2021-22	Gold Medal in Powerlifting	Individual	Asian Power Lifting Championsh ip held at Turkey from 23 <sup>rd</sup> to 30 <sup>th</sup> December	International	Sports	Abhijith S	1 <sup>st</sup> BA English Literature

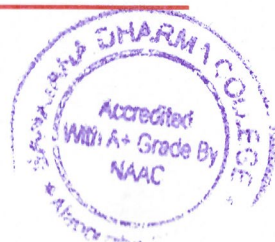




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

			2021				
2021-22	Gold in Rowing	Team	Junior/Pune/ 8 <sup>th</sup> to 12 <sup>th</sup> Dec.2021	Nationals	Sports	Arya D Nair	2 <sup>nd</sup> BA Eng. Literature
2021-22	Bronze in Rugby	Team	Junior/Calicut	State	Sports	Aneeta Yesudas	1 <sup>st</sup> BA Malayalam
2021-22	Bronze in Rugby	Team	Junior/Thrissur	State	Sports	Aneeta Yesudas	1 <sup>st</sup> BA Malayalam
2021-22	Silver in Powerlifting	Individual	Junior/Calicut	State	Sports	Ananthakrishnan R	2 <sup>nd</sup> BSc Microbiology
2021-22	Gold in Rowing	Team	All India Inter University	Inter University	Sports	Arya D Nair	2nd BA English
2021-22	Silver in Rowing	Team	All India Inter University	Inter University	Sports	Arya D Nair	2nd BA English
2021-22	Gold in Rowing	Team	All India Inter University	Inter University	Sports	Anupama TK	2nd BA Economics
2021-22	Silver in Rowing	Team	All India Inter University	Inter University	Sports	Anupama TK	2nd BA Economics
2021-22	Silver in Rowing	Team	All India Inter University	Inter University	Sports	Adithya A	1st BA History
2021-22	Bronze in Rowing	Team	All India Inter University	Inter University	Sports	Abin Saj	2nd BA English
2021-22	Bronze in Rowing	Team	All India Inter University	Inter University	Sports	Siva Satheesh	3rd BA English
2021-22	Silver in Canoeing C4 200	Team	All India Inter University	Inter University	Sports	Nithin Nagesh	2nd BA History
2021-22	Silver in Canoeing C4 500	Team	All India Inter University	Inter University	Sports	Nithin Nagesh	2nd BA History
2021-22	Silver in Canoeing c2 200	Team	All India Inter University	Inter University	Sports	Nithin Nagesh	2nd BA History

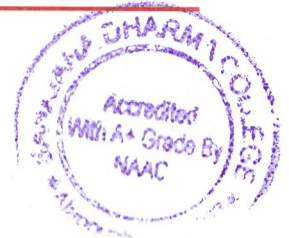




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2021-22	Silver in Canoeing C4 500	Team	All India Inter University	Inter University	Sports	Anandhu K S	1st BA Malayalam
2021-22	Bronze in Canoeing C4 1000	Team	All India Inter University	Inter University	Sports	Vipin V	2nd BSc Maths
2021-22	Silver in Canoeing	Team	All India Inter University	Inter University	Sports	Jithin Thomas	3rd BA History
2021-22	Gold in Powerlifting	Individual	Central Stadium, Tv m/19th Feb2022	University Inter Collegiate	Sports	Girishankar U	3rd BA History
2021-22	Silver in Canoeing C4 500	Team	All India Inter University	Inter University	Sports	Vipin V	2nd BSc Maths
2021-22	Silver in Canoeing C2 200	Team	All India Inter University	Inter University	Sports	Vipin V	2nd BSc Maths
2021-22	Silver in Canoeing C1 500	Team	All India Inter University	Inter University	Sports	Vipin V	2nd BSc Maths
2021-22	Bronze medal in Dragon Boat	Team	All India Inter University	Inter University	Sports	Jishnu L S	1st BA Hindi
2021-22	Bronze medal in Dragon Boat	Team	All India Inter University	Inter University	Sports	Amal V S	3rd BA History
2021-22	Gold in Powerlifting	Individual	Sub Junior	State	Sports	Aali Imran	1st BA English
2021-22	Silver in Kayaking	Team	All India Inter University	Inter University	Sports	Nikhitha S	2nd BCom
2021-22	Bronze medal in Dragon Boat	Team	All India Inter University	Inter University	Sports	Nikhitha S	2nd BCom
2021-22	SILVER in Powerlifting	Individual	Sub Junior /Kerala State	State	Sports	Aali Imran	1st English
2021-22	Silver in Canoeing C4 200	Team	All India Inter University	Inter University	Sports	Vipin V	2nd BSc Maths

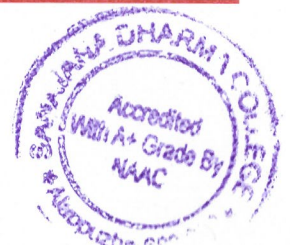




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2021-22	Silver in Canoeing C4 200	Team	All India Inter University	Inter University	Sports	Anandhu K S	1st BA Malayalam
2021-22	Bronze in Weightlifting	Individual	SN College, Kollam /6 <sup>th</sup> Dec 2021	University Inter Collegiate	Sports	Arjun K R	2 <sup>nd</sup> BSc
2021-22	Bronze in Weightlifting	Individual	SN College, Kollam /6 <sup>th</sup> Dec 2021	University Inter Collegiate	Sports	Nahasudheen	1 <sup>st</sup> BSc Botany
2021-22	Bronze in Weightlifting	Individual	SN College, Kollam /6 <sup>th</sup> Dec 2021	University Inter Collegiate	Sports	Amal Kumar D	3 <sup>rd</sup> BSc Chemistry
2021-22	Silver in Table Tennis	Team	YMCA, Tvm / 29 <sup>th</sup> Nov 2021	University Inter Collegiate	Sports	Aswani.R	1st BSc Physics
2021-22	Silver in Table Tennis	Team	YMCA, Tvm / 29 <sup>th</sup> Nov 2021	University Inter Collegiate	Sports	Reenu Baiju	2 <sup>nd</sup> Msc Zoology
2021-22	Silver in Table Tennis	Team	YMCA, Tvm / 29 <sup>th</sup> Nov 2021	University Inter Collegiate	Sports	Mridula Gireesh	1 <sup>st</sup> Bcom
2021-22	Silver in Table Tennis	Team	YMCA, Tvm / 29 <sup>th</sup> Nov 2021	University Inter Collegiate	Sports	Rosemary P J	3 <sup>rd</sup> BA Com.English
2021-22	Silver in Table Tennis	Team	YMCA, Tvm / 29 <sup>th</sup> Nov 2021	University Inter Collegiate	Sports	Sayed Yasmin. N	3 <sup>rd</sup> BCom
2021-22	Bronze in Athletics -Long Jump	Individual	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Tibin Mathew	1st BA History
2021-22	Gold in Athletics -Tripple Jump	Individual	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Sreelekshmi .R	1 <sup>st</sup> BA Economics
2021-22	Silver in Athletics - 100 m hurdles	Individual	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Sreelekshmi .R	1 <sup>st</sup> BA Economics
2021-22	Silver in Athletics - 110 m hurdles	Individual	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Sreehari	2nd BA Malayalam



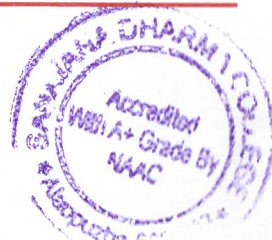




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2021-22	Gold in Athletics - Pole Vault	Individual	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Akash.C.Boose	3rd BA Malayalam
2021-22	Silver in Athletics - 4 x100 m relay	Team	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Akash.C.Boose	3rd BA Malayalam
2021-22	Bronze in Athletics - Pole Vault	Individual	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Anoop Venukuttan	2nd BA Malayalam
2021-22	Silver in Athletics - 4 x100 m relay	Team	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Toney Thomas	3rd Bsc Microbiology
2021-22	Silver in Athletics - 4 x100 m relay	Team	GV Raja Stadium, TV M/Dec 16th to 18th 2021	University Inter Collegiate	Sports	Suriya Krishna	2nd Bcom
2021-22	Gold in Taekwondo	Individual	LNCPE, Tv m/16th Feb 2022	University Inter Collegiate	Sports	Adityan.U	2nd Bcom
2021-22	Silver in Taekwondo		LNCPE, Tv m/16th Feb 2022	University Inter Collegiate	Sports	Rubin.R.Booby	2nd Bom
2021-22	Bronze in Taekwondo	Individual	LNCPE, Tv m/16th Feb 2022	University Inter Collegiate	Sports	Joseph Michael	2nd Bsc Maths
2021-22	2 Silver Medals in Taekwondo	Individual	LNCPE, Tv m/16th Feb 2022	University Inter Collegiate	Sports	Abhijith Jibi	2nd BA Economics
2021-22	2 Bronze Medals in Taekwondo	Individual	LNCPE, Tv m/16th Feb 2022	University Inter Collegiate	Sports	Sameera Shameer	1st year Microbiology
2021-22	Gold in Powerlifting	Individual	Central Stadium, Tv m/19th Feb 2022	University Inter Collegiate	Sports	Abhijith.S	1st BA English Literature
2021-22	Gold in Powerlifting	Individual	Central Stadium, Tv m/19th Feb 2022	University Inter Collegiate	Sports	Ananthakrishnan.R	2nd Microbiology





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2021-22	Silver in Powerlifting	Individual	Central Stadium, Tv m/19th Feb2022	University Inter Collegiate	Sports	Nahasudden	3 <sup>rd</sup> Bsc Chemistry
2021-22	Silver in Powerlifting	Individual	Central Stadium, Tv m/19th Feb2022	University Inter Collegiate	Sports	Ananthakrishnan.R	1 <sup>st</sup> BA English
2021-22	Silver in Powerlifting	Individual	Central Stadium, Tv m/19th Feb2022	University Inter Collegiate	Sports	Aali Imran	1 <sup>st</sup> BA English
2021-22	Gold in Powerlifting	Individual	Sub Junior/Rajasthan	Nationals	Sports	Abhijith S	1 <sup>st</sup> BA English
2021-22	SILVER in Powerlifting	Individual	Junior/State	State	Sports	Aali Imran	1st English
2021-22	Bronze in Weight lifting	Individual	Senior Men	State	Sports	Arjun K R	2 <sup>nd</sup> Bsc Chemistry
2021-22	Gold in Powerlifting	Individual	Sub Junior	State	Sports	Aali Imran	1st Eng
2021-22	Bronze in Dragon Boat D20 WOMEN 200 m	Individual	Senior/Himachal	Nationals	Sports	Tinu Antony	1 <sup>st</sup> Bcom
2021-22	Bronze in Dragon Boat D10 WOMEN 200 m	Individual	Junior/Himachal	Nationals	Sports	Tinu Antony	1 <sup>st</sup> Bcom
2021-22	Bronze in Dragon Boat D10 WOMEN 500 m	Individual	Junior/Himachal	Nationals	Sports	Tinu Antony	1 <sup>st</sup> Bcom
2021-	First place in	Team	Drama Festival	University Level	Cultural	Meenakshi Parvathy	3 <sup>rd</sup> BSc Botany





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

22	Drama Festival						
2021-22	First place in Drama Festival	Team	Drama Festival	University Level	Cultural	Sreeniranjana Prasad	3 <sup>rd</sup> BSc Botany
2021-22	Second Position in Elocution Competition	Individual	Elocution Competition	National Level	Cultural	Saranya J	2 <sup>nd</sup> BSc Botany
2021-22	Second Position in Kerala University Youth festival	Individual	Kathakali	University Level	Cultural	Nandana V	1 <sup>st</sup> BSc Chemistry
2021-22	Third position in Kerala University Youth festival	Individual	Kerala Natanam	University Level	Cultural	Nandana V	2 <sup>nd</sup> BSc Chemistry
2021-22	Group Commander, NCC Headquarters, Kollam	Individual	outstanding Cadet	State level	Cultural	Libin Monichan	2 <sup>nd</sup> BA Economics
2021-22	All Kerala Intergroup competition for RDC	Team	Second position in Group Dance	State level	Cultural	Libin Monichan	3 <sup>rd</sup> BA Economics
2021-22	All India Trekking Expedition Begaum Trek	Individual	Trekking	State level	Cultural	Subin B	3 <sup>rd</sup> BA Economics
2021-2022	Poster Making Competition	Individual	Poster Making	Statelevel	Cultural	Chanchal RK	1 <sup>st</sup> BSc Microbiology

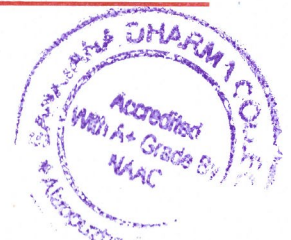




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2021-2022	First position in Photography Contest	Individual	Photography Contest		Cultural	Sarayu B	1 <sup>st</sup> BSc Physics
2021-2022	University of Kerala - First position in Drama Festival	Team	Drama Festival	University	Cultural	Sivasankar K	2 <sup>nd</sup> BSc Physics
2021-2022	Quiz Competition	Individual	Quiz	Statelevel	Cultural	Lekshmi Rajesh	3 <sup>rd</sup> BSc Microbiology
2021-22	Best NSS Volunteer	Individual	NSS Volunteer	University	Cultural	Muhammed Kaif A	3 <sup>rd</sup> B Com
2021-22	Best NSS Volunteer	Individual	NSS Volunteer	University	Cultural	Gopikrishna n K	3 <sup>rd</sup> B Com
2021-22	Best NSS Volunteer	Individual	NSS Volunteer	University	Cultural	Athira V	2 <sup>nd</sup> B Com
2021-22	University of Kerala - Drama Festival	Individual	Best Actor	University	Cultural	Rithudev K.A	2 <sup>nd</sup> BA English
2021-22	Chief Minister Student Merit Award	Individual		State	Others	Jishna S	3 <sup>rd</sup> B Com
2021-22	Chief Minister Student Merit Award	Individual		State	Others	Radhika Das	3 <sup>rd</sup> B Com
2021-22	Chief Minister Student Merit Award	Individual		State	Others	Krishna V Gopal	2 <sup>nd</sup> B Com



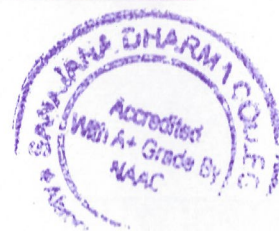


# SANATANA DHARMA COLLEGE ALAPPUZHA

	Award						
2021-22	Chief Minister Student Merit Award	Individual		State	Others	Sulfath Sakkeer	3 <sup>rd</sup> B Com
2021-22	Chief Minister Student Merit Award	Individual		State	Others	Revathy S	3 <sup>rd</sup> B Com

## 2020-21

Year	Name of the award/medal	Team / Individual	Championship name	University/State /National/ International	Sports/ Cultural	Name of the student	Class
2020-21	Gold in Powerlifting	Individual	Junior/Kannur/Jan 29 <sup>th</sup> to 31 <sup>st</sup> 2021	State	Sports	Ananthakrishnan R	2 <sup>nd</sup> BA Eng. Literature
2020-21	Gold in Powerlifting	Individual	Junior/Kannur/Jan 29 <sup>th</sup> to 31 <sup>st</sup> 2021	State	Sports	Nahasudhean.R	2 <sup>nd</sup> Bsc Chemistry
2020-21	Silver in Weight Lifting(55kg)	Individual	SN College for Women, Kollam/5 <sup>th</sup> & 6 <sup>th</sup> August 2021 Central	University Inter Collegiate	Sports	Arjun K R	1 <sup>st</sup> BSc Botany
2020-21	Bronze Medal in Powerlifting(59 kg)	Individual	Stadium, Tv m/13th & 14th April 2021	University Inter Collegiate	Sports	Arjun K R	1 <sup>st</sup> BSc Botany
2020-21	Gold in Weightlifting(89kg)	Individual	SN College for Women, Kollam/5 <sup>th</sup> & 6 <sup>th</sup> August 2021	University Inter Collegiate	Sports	Ananthakrishna. K.S	1 <sup>st</sup> BA Eng





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

			Central				
20-20-21	Silver in Powerlifting (83 kg)	Individual	Stadium, Tv m/13th & 14th April 2021	University Inter Collegiate	Sports	Ananthakrishna. K.S	1 <sup>st</sup> BA Eng
20-20-21	Silver in Chess	Team	University Stadium, Tv m/4 <sup>th</sup> & 5 <sup>th</sup> Aug 2021	University Inter Collegiate	Sports	Akshay.P.M adhu	3 <sup>rd</sup> Microbiology
20-20-21	Silver in Chess	Team	University Stadium, Tv m/4 <sup>th</sup> & 5 <sup>th</sup> Aug 2021	University Inter Collegiate	Sports	Naveen.G.S henoy	3 <sup>rd</sup> Bsc Chemistry
20-20-21	Silver in Chess	Team	University Stadium, Tv m/4 <sup>th</sup> & 5 <sup>th</sup> Aug 2021	University Inter Collegiate	Sports	Adwaith.A	2 <sup>nd</sup> Microbiology
20-20-21	Silver in Chess	Team	University Stadium, Tv m/4 <sup>th</sup> & 5 <sup>th</sup> Aug 2021	University Inter Collegiate	Sports	Sujith.S	1 <sup>st</sup> Microbiology
20-20-21	Gold in Athletics- 100 m	Individual	GV Raja Stadium, T VM/Aug 17 <sup>th</sup> & 18 <sup>th</sup> 2021	University Inter Collegiate	Sports	Vijay Nikson	1 <sup>st</sup> BA Malayalam
20-20-21	Gold in Athletics- 200 m	Individual	GV Raja Stadium, T VM/Aug 17 <sup>th</sup> & 18 <sup>th</sup> 2021	University Inter Collegiate	Sports	Vijay Nikson	1 <sup>st</sup> BA Malayalam
20-20-21	Gold in Athletics- Pole Vault	Individual	GV Raja Stadium, T VM/Aug 17 <sup>th</sup> & 18 <sup>th</sup> 2021	University Inter Collegiate	Sports	Akash.C. Bose	2 <sup>nd</sup> BA Malayalam
20-20-21	Gold in Athletics- 400 m	Individual	GV Raja Stadium, T VM/Aug 17 <sup>th</sup> & 18 <sup>th</sup> 2021	University Inter Collegiate	Sports	JithinRaj.P. D.	1 <sup>st</sup> BA Comm. Eng





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

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





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2021							
20-20-21	Gold in Powerlifting (120 kg)	Individual	Stadium, Tvm/13th & 14th April 2021	University Inter Collegiate	Sports	Durgadath. P.V	3 <sup>rd</sup> BSc Physics
20-20-21	Gold in Powerlifting (105 kg)	Individual	Stadium, Tvm/13th & 14th April 2021	University Inter Collegiate	Sports	Ananthu.S	1 <sup>st</sup> Microbiology
20-20-21	Gold in Powerlifting (59 kg)	Individual	Stadium, Tvm/13th & 14th April 2021	University Inter Collegiate	Sports	Yedukrishnan.V	1 <sup>st</sup> Microbiology
20-20-21	Gold in Powerlifting (66 kg)	Individual	Stadium, Tvm/13th & 14th April 2021	University Inter Collegiate	Sports	Akash.T.O	1 <sup>st</sup> MA Eng
20-20-21	Silver in Table Tennis	Team	YMCA, Tvm/13 <sup>th</sup> & 14 <sup>th</sup> April 2021	University Inter Collegiate	Sports	Rosemary.P.J	2 <sup>nd</sup> Bsc Chemistry
20-20-21	Silver in Table Tennis	Team	YMCA, Tvm/13th & 14th April 2021	University Inter Collegiate	Sports	Hazni Jayaprakash	1 <sup>st</sup> MA Eng
20-20-21	Silver in Table Tennis	Team	YMCA, Tvm/13th & 14th April 2021	University Inter Collegiate	Sports	Aswani.R	1st Msc Zoology
20-20-21	Silver in Table Tennis	Team	YMCA, Tvm/13th & 14th April 2021	University Inter Collegiate	Sports	Mridula Gireesh	2 <sup>nd</sup> BA Com. English
20-20-21	Silver in Athletics	Team	YMCA, Tvm/13th & 14th April 2021	State/4x100m Relay/Calicut	Sports	Soorya Krishna J	3 <sup>rd</sup> Bcom
20-20-21	Second Prize in Oral Presentation	Individual	Oral Presentation Competition	State Level	Cultural	Saranya J	2 <sup>nd</sup> Bsc Botany







# SANATANA DHARMA COLLEGE

## ALAPPUZHA

20-20-21	Second Prize in Oral Presentation	Individual	Oral Presentation Competition	National	Cultural	Jaseena T	3 <sup>rd</sup> BSc Microbiology
20-20-21	Certificate of Excellence	Individual	Quiz Contest	University Inter Collegiate	Academic	Sreehari M	1 <sup>st</sup> BSc Physics
20-20-21	E-Quiz on Hiroshima and Nagasaki	Individual	Quiz Contest	University Inter Collegiate	Academic	Sreehari M	2 <sup>nd</sup> BSc Physics
20-20-21	Online Quiz on Science in Everyday Life	Individual		State Level	Academic	Subhalakshmi M	3 <sup>rd</sup> BSc Physics

### 2019-20

Year	Name of the award/ medal	Team / Individual	Championship name	University/State/National/International	Sports/Cultural	Name of the student	Class
2019-2020	Silver in Rugby	Team	Women/Chandigarh-Rugby	National	Sports	Krishna Madhu	Hindi
2019-2020	Bronze in Weightlifting	Individual	Junior/ Ernakulam Weight Lifting	State	Sports	Giri Shankar U	3 <sup>rd</sup> BSc Maths
2019-2020	Silver in Powerlifting	Individual	Subjunior/Kozhikode - Power Lifting	State	Sports	Nahasudheen R	2 <sup>nd</sup> BSc Physics
2019-2020	Gold in Powerlifting	Individual	Junior/Kozhikode - Power Lifting	State	Sports	Yedu Krishnan	1 <sup>st</sup> Bsc Zoology
2019-2020	Gold in Powerlifting	Individual	Senior/Kozhikode - Power Lifting	State	Sports	Yedu Krishnan	3 <sup>rd</sup> Bsc Zoology
2019-2020	Bronze in Powerlifting	Individual	Junior/Kozhikode - Power Lifting	State	Sports	Sulfeeker S	3 <sup>rd</sup> Bcom
2019-2020	Bronze in Powerlifting	Individual	Men/Wayanad - Power Lifting	State	Sports	Sulfeeker S	3 <sup>rd</sup> Bcom

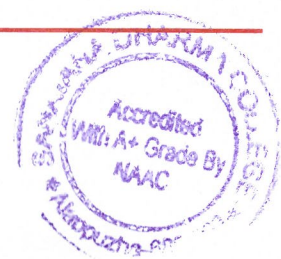




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2019-20	Silver in Powerlifting	Individual	Junior/Kozhikode - Power Lifting	State	Sports	Arun Jacob	2 <sup>nd</sup> Comm.En g
2019-20	Bronze in Powerlifting	Individual	Men/Wayanad - Power Lifting	State	Sports	Sreerag M B	3 <sup>rd</sup> BCom
2019-20	Bronze in Dragon boat (1000 m)	Team	All India I/U/Udaipur -T.B.R Tournament	Inter University	Sports	Jithin Thomas	1 <sup>st</sup> BA History
2019-20	Bronze in Dragon boat (200 m)	Team	All India I/U/Udaipur -T.B.R Tournament	Inter University	Sports	Jithin Thomas	1 <sup>st</sup> BA History
2019-20	Bronze in Dragon boat (1000 m)	Team	All India I/U/Udaipur -T.B.R Tournament	Inter University	Sports	Ananthu Shaji	2 <sup>nd</sup> BA Hindi
2019-20	Bronze in Dragon boat (200 m)	Team	All India I/U/Udaipur -T.B.R Tournament	Inter University	Sports	Ananthu Shaji	2 <sup>nd</sup> BA Hindi
2019-20	Bronze in Kayaking (200 m)	Team	All India I/U/Udaipur	Inter University	Sports	Ananthu Shaji	2 <sup>nd</sup> BA Hindi
2019-20	Bronze in Dragon boat (1000 m)	Team	All India I/U/Udaipur	Inter University	Sports	Amal V S	2 <sup>nd</sup> BA History
2019-20	Bronze in Dragon boat (200 m)	Team	All India I/U/Udaipur	Inter University	Sports	Amal V S	2 <sup>nd</sup> BA History
2019-20	Bronze in Dragon boat (1000 m)	Team	All India I/U/Udaipur	Inter University	Sports	Antony Michael	2 <sup>nd</sup> BA History
2019-20	Bronze in Dragon boat (200 m)	Team	Inter University	Inter University	Sports	Antony Michael	2 <sup>nd</sup> BA History
2019-20	Bronze in Kayaking (200 m)	Team	All India I/U/Udaipur	Inter University	Sports	Antony Michael	2 <sup>nd</sup> BA History
2019-20	Bronze in Dragon boat (1000 m)	Team	All India I/U/Udaipur	Inter University	Sports	Nikhil Antony	2 <sup>nd</sup> BA History





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2019-20	Bronze in Dragon boat (200 m)	Team	All India I/U/Udaipur	Inter University	Sports	Nikhil Antony	1 <sup>st</sup> BA History
2019-20	Bronze in Weight Lifting	Individual	KUIC/IZ/ Kollam	Inter Collegiate	Sports	Akash T O	2 <sup>nd</sup> BA History
2019-20	Gold in Weight Lifting	Individual	KUIC/IZ/ Kollam	Inter Collegiate	Sports	Giri Shankar U	3 <sup>rd</sup> Bsc Maths
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Adithya S	3 <sup>rd</sup> BA Malayalam
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Anupama P	2 <sup>nd</sup> BA Hindi
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Aparna Omanakuttan	2 <sup>nd</sup> BCom
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Arya Nair A	1 <sup>st</sup> Mcom
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Fathima K H	3 <sup>rd</sup> BA
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Gadha Biju	2 <sup>nd</sup> BCom
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Hazni Jayaprakash	3 <sup>rd</sup> BSC Maths
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Karishma T T	3 <sup>rd</sup> BA English
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Mridula Gireesh	1 <sup>st</sup> BA English
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Nazrin Noushad	3 <sup>rd</sup> Bsc Physics
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Parvathy V	1 <sup>st</sup> MSC Physics
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Praveena K P	3 <sup>rd</sup> BA English
2019-20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegiate	Sports	Rose Mary P G	3 <sup>rd</sup> Bcom





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

20 19- 20	Bronze in Cricket	Team	KUIC/IZ/ Alappuzha	Inter Collegia te	Sports	Sandra Santhosh Kumar	1 <sup>st</sup> BA History
20 19- 20	Bronze in Cricket		KUIC/IZ/ Alappuzha	Inter Collegia te	Sports	Sreedeepta S	3 <sup>rd</sup> Bsc Botany
20 19- 20	Gold in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Akash T O	2 <sup>nd</sup> BA History
20 19- 20	Gold in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Ananthakris hna K S	2 <sup>nd</sup> BA Malayala m
20 19- 20	Silver in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Ananthu S	2nd BA English
20 19- 20	Silver in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Avinesh V	3 <sup>rd</sup> BA English
20 19- 20	Gold in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Durga Dath P V	2nd BSC Botany
20 19- 20	Silver in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Shibin A	1st BA History
20 19- 20	Gold in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Sreerag M B	3 <sup>rd</sup> Bcom
20 19- 20	Gold in Power Lifting	Indivi dual	KUICIZ/ Tvm	Inter Collegia te	Sports	Yedu Krishnan V	2 <sup>nd</sup> BSC zoology
20 19- 20	Gold medal in Powerlift ing	Indivi dual	World University Power Lifting Championship/Spai n	Internati onal	Sports	Aneeta Joseph	2 <sup>nd</sup> MSC Chemistry
20 19- 20	Gold medal in Powerlift ing	Indivi dual	Senior/Alappuzha	National	Sports	Aneeta Joseph	3 <sup>rd</sup> MSC Chemistry
20 19- 20	Best Lifter in Powerlift ing	Indivi dual	Senior/Alappuzha	National	Sports	Aneeta Joseph	3 <sup>rd</sup> MSC Chemistry
20 19- 20	MBIFL - Campus Literary Quiz Competit ion	Team	Quiz Competition	INternat ional Level	Cultura l	Sruthy S	2 <sup>nd</sup> BSc Chemistry





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2019-20	MBIFL - Campus Literary Quiz Competition	Team	Quiz Competition	International Level	Cultural	Sneha Anil	1 <sup>st</sup> BSc Chemistry
2019-20	Second position in Intercollegiate Quiz Competition	Team	Intercollegiate Quiz Competition	State Level	Cultural	Sruthy S	2 <sup>nd</sup> BSc Chemistry
2019-20	Second position in Intercollegiate Quiz Competition	Team	Intercollegiate Quiz Competition	State Level	Cultural	Sneha Anil	1 <sup>st</sup> BSc Chemistry
2019-20	BIOBIZ - Oral Presentation of Business Idea	Individual	Oral Presentation	Statelevel	Cultural	Seba Syam	3 <sup>rd</sup> BSc Microbiology
2019-20	YIP-KDISC	Team	YIP - Innovative Idea	Statelevel	Cultural	Seba Syam & Aveline Feyona Faber	2 <sup>nd</sup> BSc Microbiology
2019-20	Navakeralam - Yuvakeralam:	Individual	Project Presentation	Statelevel	Cultural	Seba Syam	1 <sup>st</sup> BSc Microbiology
2019-20	First Position in Quiz Competition	Individual	Quiz Competition	Intercollegiate	Cultural	Sreenath S	3 <sup>rd</sup> BSc Physics
2019-20	First Position in Intercollegiate Cricket	Individual	Quiz Competition	Intercollegiate	Cultural	Sreenath S	3 <sup>rd</sup> BSc Physics





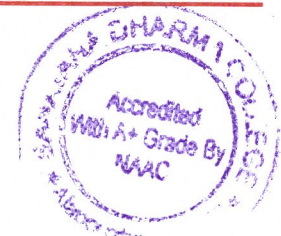
# SANATANA DHARMA COLLEGE

## ALAPPUZHA

	World Cup Quiz Competition						
2019-2020	Third Position in Quiz Competition - BPCL Encon Club, Cochin	Individual	Quiz Competition	Intercollegiate	Cultural	Sreehari m	1 <sup>st</sup> BSc Physics
2019-2020	First Position in Quiz Competition InterCollegiate	Individual	Quiz Competition	Intercollegiate	Cultural	Sreehari m	3 <sup>rd</sup> BSc Physics

### 2018-19

Year	Name of the award/medal	Team / Individual	Championship name	University/State/National/International	Sports/Cultural	Name of the student	Class
2018-19	Silver in Powerlifting	Individual	All India Powerlifting Championship	National	Sports	Rahul Saji	2 <sup>nd</sup> BA English
2018-19	Gold in Powerlifting	Individual	All India Powerlifting Championship	Inter University	Sports	Aneeta Joseph	1 <sup>st</sup> MSc Chemistry
2018-19	Silver in Cricket	Team	South Zone Cricket Championship	Inter University	Sports	Arya Nair A	3 <sup>rd</sup> Bcom
2018-19	Silver in Cricket	Team	South Zone Cricket Championship	Inter University	Sports	Aiswarya T S	3 <sup>rd</sup> Zoology
2018-19	Silver in Rowing	Team	All India Rowing Championship	Inter University	Sports	Akhil Rajesh	1 <sup>st</sup> BA Economics
2018-19	Silver in Rowing	Team	All India Rowing	Inter University	Sports	Nikhil Rajesh	1 <sup>st</sup> BA Economics

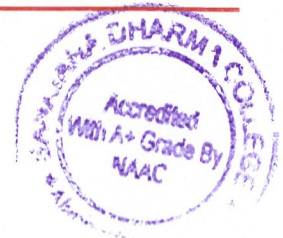




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

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 s	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 <sup>rd</sup> 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 <sup>st</sup> 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 <sup>nd</sup> BA English

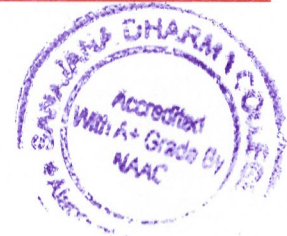




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2018-19	Silver in Weightlifting	Individual	All India Powerlifting Championship	Inter University	Sports	Rahul saji	2 <sup>nd</sup> BA English
2018-19	Silver in Weightlifting	Individual	South India Junior National Powerlifting Championship	National	Sports	Yedu Krishnan V	1st Bsc Zoology
2018-19	Gold in Athletics (Pole Vault)	Individual	KUICIZ - Pole vault	University Inter Collegiate	Sports	Vishnu B	2nd BA Malayalam
2018-19	Bronze in Athletics (110 HURDLES)	Individual	KUICIZ- Hurdles	University Inter Collegiate	Sports	Francis Joseph	1 <sup>st</sup> Bsc Chemistry
2018-19	Silver in Athletics (Pole Vault)	Individual	KUICIZ- Pole vault	University Inter Collegiate	Sports	Akhil Aniyant AT	1st BA English
2018-19	Bronze in Athletics (Javelin Throw))	Individual	KUICIZ - Javelin Throw	University Inter Collegiate	Sports	Akhil Aniyant AT	1st BA English
2018-19	Gold in Powerlifting	Individual	Kerala university Inter Collegiate Power Lifting championship under 47kg Category	University Inter Collegiate	Sports	Aneeta Joseph	1 <sup>st</sup> MSC Chemistry
2018-19	Silver in Powerlifting	Individual	Kerala university Inter Collegiate Power Lifting championship under	University Inter Collegiate	Sports	Anusree Udayakumar	3rd BA Com.En glish



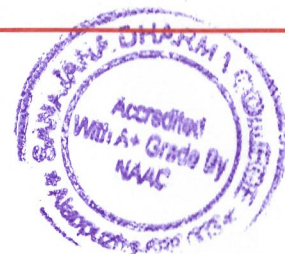




# SANATANA DHARMA COLLEGE

## ALAPPUZHA

			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 s	Sreerag M B	2 <sup>nd</sup> 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 <sup>st</sup> 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





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

2018-19	Gold in Powerlifting	Individual	Kerala university Inter Collegiate Power Lifting championship under 59kg Category	University Inter Collegiate	Sports	Akash T O	2nd BA History
2018-19	Gold in Weightlifting	Individual	Kerala university Inter Collegiate Weight Lifting championship under 73kg Category	University Inter Collegiate	Sports	Girishnaker U	2nd BSC Maths
2018-19	Gold in Weightlifting	Individual	: Kerala university Inter Collegiate Weight Lifting championship under 93kg Category	University Inter Collegiate	Sports	AnanthaKrishna K S	1st BA Malayalam
2018-19	Bronze in Table Tennis	Team	KUICIZ- Table tennis	University Inter Collegiate	Sports	Gia Anna George	3 <sup>rd</sup> Bcom
2018-19	Bronze in Table Tennis	Team	KUICIZ/ Tvm - Table tennis	University Inter Collegiate	Sports	Sree Lekshmi Udayan	1 <sup>st</sup> Physics
2018-19	Bronze in Table Tennis	Team	KUICIZ/ Tvm - Table tennis	University Inter Collegiate	Sports	Arya Nair A	2 <sup>nd</sup> Bcom
2018-19	Bronze in Table Tennis	Team	KUICIZ/ Tvm - Table tennis	University Inter Collegiate	Sports	C Aarcha Manoj	3 <sup>rd</sup> Com.En g
2018-19	Gold in Powerlifting	Team	Junior/Alappuzha - Power Lifting	State	Sports	Yedu Krishna V	1 <sup>st</sup> Zoology
2018-	Bronze in	Team	KUICIZ/ Tvm -	University Inter Collegiate	Sports	Ananthu S	3 <sup>rd</sup> Com.En





# SANATANA DHARMA COLLEGE

## ALAPPUZHA

19	Powerlifting		Power Lifting				g
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Adithya S	1 <sup>st</sup> Mal
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Aiswarya T S	1 <sup>st</sup> Zoology
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Anitha Krishnan	3 <sup>rd</sup> Economics
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Arya Nair A	1 <sup>st</sup> Bcom
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Gayathri K S	3 <sup>rd</sup> Eng
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Hazni Jayaprakash	1 <sup>st</sup> Maths
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Likhitha K Babu	2 <sup>nd</sup> Eng
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Nasrin Noushad	3 <sup>rd</sup> Physics
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Nihitha K M	3 <sup>rd</sup> Eng
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Pranitha P Pai	1 <sup>st</sup> Bcom
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Praveena K P	1 <sup>st</sup> Eng
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Rajeswari Raju	3 <sup>rd</sup> Zoology
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Rajeswari S	3 <sup>rd</sup> Eng
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Rose Mary P J	1 <sup>st</sup> Bcom
2018-19	Silver in Cricket	Team	KUICIZ/ Tvm - Cricket	University Inter Collegiate	Sports	Sree Lakshmi Udayan	3 <sup>rd</sup> Physics





# SANATANA DHARMA COLLEGE ALAPPUZHA

2018-19	Bronze in Weightlifting	Individual	Junior/Kasargode - weight Lifting	State	Sports	Girishankar U	1 <sup>st</sup> Maths
2018-19	Silver in Powerlifting	Individual	Junior/Alappuzha - Power Lifting	State	Sports	Avinesh V	1 <sup>st</sup> Eng
2018-19	Silver in Powerlifting	Individual	Junior/Kannur - Power Lifting	State	Sports	Avinesh V	3 <sup>rd</sup> Eng
2018-19	Bronze in Powerlifting	Individual	Junior/Alappuzha - Power Lifting	State	Sports	Sreerag MB	1 <sup>st</sup> Bcom
2018-19	Silver in Powerlifting	Individual	senior/Kannur - Power Lifting	State	Sports	Arun Jacob	3 <sup>rd</sup> Com.Eng
2018-19	Silver in Rugby	Team	senior/Kozhikode - Rugby	State	Sports	Krishna Madhu	3 <sup>rd</sup> Hindi
2018-19	State Level Econ Club Competition	Individual	Intercollegiate Energy QUEST - 2019	State Level	Cultural	Abhishek R Nath	3 <sup>rd</sup> Physics
2018-19	Face painting	Individual	InterCollegiate Competition	State Level	Cultural	Seba Syam	3 <sup>rd</sup> Microbiology

