

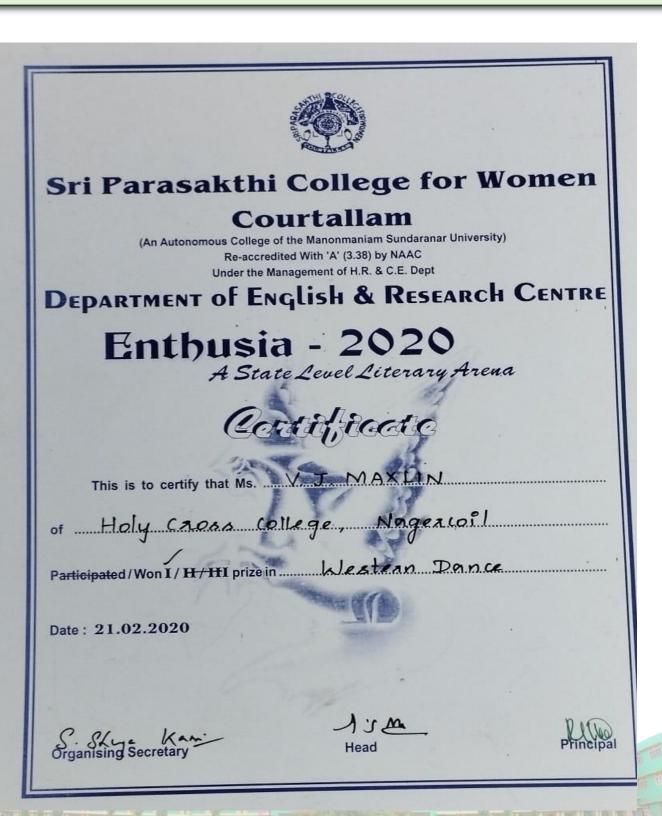
Holy Cross College (Autonomous)

Nagercoil-629004

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Nationally Accredited with A+ Grade (CGPA 3.35) by NAAC IV Cycle
An ISO 9001:2015 Certified Institution

SSR 2019-2020 to 2023-2024

5.3.1 Number of awards/medals for outstanding performance in sports/cultural activities at university/state/national/international level events during the last five years



भारताय भारात्तालन सघ

Indian Weightlifting Federation

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



To Whomsoever it may concern:

This is to certify that Ms. RAMASUNDARA PANDI AROCKIYA ALISH represented INDIA in 76 kg weight category during 2019 Commonwealth Junior (Men & Women) Weightlifting Championships held at Apia, Samoa from 6-15 July 2019.

She stood second (2nd) in 76 kg category with a total of 188 kgs. Her overall result is as under:-

Snatch 79 kgs Clean & Jerk 109 kgs Total 188 kgs

Her date of birth registered with us is 05.11.2000.

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

For Indian Weightliffing Federation,

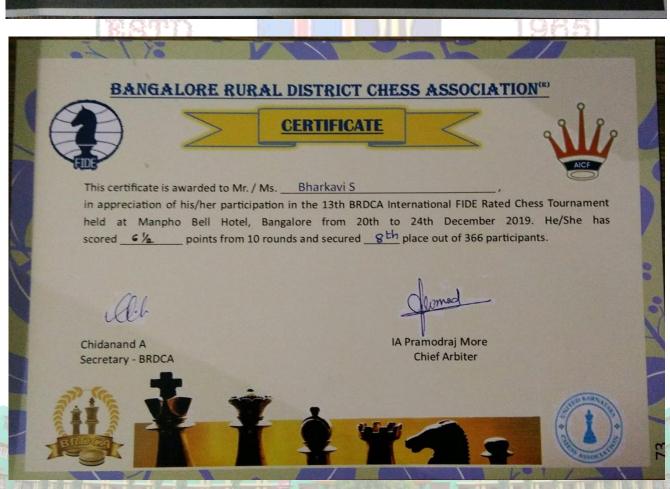
etary General

Date: 23 July 2019 Place: New Delhi









Fed Cup Jr./Tiruvannamalai-2019/112

Wederation of Middle





MERIT CERTIFICATE

This is to certify that GRA	CENA G MI	ERLY	
representing TAMIL NAD	U Sec	ыred FIRST	Place
_{in} GIRLS HIGH JUMP	Performance	1.78m NN	/R*)in
17 th Federation Cup Nation	ıal Junior At	bletics Champ	ionships
Organised by Tamil N	adu Athl	etics Assoc	iation
at Tiruvannamalai (TN) Date of birth given by	from 24 ^{nh} t 4 him/her	o 26 th Septemb Ls 23/05/	per 2019 2000

PRESIDENT

(Adille J. Sumariwalla)

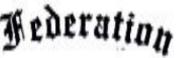
SECRETARY

(C.K. Valson)

National Ir/GUNTUR-2019/374

Willetics Rederation of Andre

(Adille J. Sumariwalla)





MERIT CERTIFICATE

This is to certify that GRACENA G MERL	Υ
representing TAMIL NADU Secured S	ECOND Place in
HIGH JUMP (Performance	1.74m)
in the age group of GIRLS U/20 YEARS	
35th National Junior Athletics Ch	
Organised by Andhra Pradesh Athletic	s Association
at Vijaywada (AP) from 2" to 6" N	ovember 2019.
Date of Birth given by him/her is 23/0	05/2000
Muanwalla	H
PRESIDENT	SECRETARY



CERTIFICATE OF MERIT

AA Nº 015434

This is to certify that	HARSHNI.T	
Mother's NameRosE	LyFather's Name	набагуан
was a member of the MA	SIMINADAMAD	
which was Winner in the	All India Inter-UniversityWEISH	itlieting (81 kg)
Tournament held at	Tirunelveli-627012 Sual Clea	-Raig. to 3012Raig -Ch - 815 leg In A Junic - 111 kg
Date3ODEC2019	Joint Recrotery (YA & Sports) Association of Indian Universit Anti-House, 16, Indian Couple Mary.	Secretary General

w Daily-110002



CERTIFICATE OF MERIT

AA Nº 015433

his is to certify that AROCKIYA. ALISH. R.	This is to certify that
other's NameLURTHUMARYFather's Name.RAMASUNDARAPANDI	Mother's NameL
as a member of the MANONMANIAM University	
hich was Winner in the All India Inter-University WEIGHTLIETING. (76.kg)	which was Winner
ournament held at	
Snatch - 80 kg Clean & Ferk - 121 kg	Com is
Samuel Clean Ayerk - 121 kg	June
3 O DEC 2019 Joint Secretary (TAS Sports)	3 O DEC 2019
Association of Indian Covers' Secretary General	Date

SSOCIATION OF Indian University GUPTA MARG (KOTLA MARG), NEW DELJHI 170002

CERTIFICATE OF MERIT

43

	AD Nº 0:	1864
This is to certify that	RACENA. G. MERLY	
Mother's Name E. GIFTIN VEON	AMERLYher's Name J. GLISTUS	
in the All India Inter-University	PARANR University TIRUNELY ELI Alpletics Tourname	
held at Alva's Education Foundation for	rom Dd. 01. 2020 to 06. 01. 2020	
a) Time/Distance/Height	p [1. 77 mha]	
b) Weight Category	Dr. Baljit Singh Sekhon Joint Secretary (YA. 8 Sports)	·
Organising Secretary Date	Association of Indian Universities AIU Hause, 18, Indian Gupta Marg, New Delhi-110002 Secretary Gen	eral

Reg.No.HR/013/2014/00779

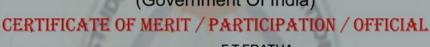
Sr.No:-SOAI/No 1/14/DD/

1ST STUDENTS OLYMPIC NATIONAL EVENTS 2019/20

Organized By :- Students Olympic Association, India

Affiliated To :- Students Olympic Council, Asia

Recongnized By :- International students Olympic Committe
Recongnized By :- Nehru Yuva Kendra Sangathan
(Government Of India)



This is to Certify that Mr. /Ms. F.T.FRATHA

represented by TAMIL NADU State, Discipline Events of ARCHERY

Position 1st in age group U-14 / 17 / 19 / 21 / 25 / 35 has Participated is

1ST STUDENTS OLYMPIC NATIONAL EVENTS 2019/20

Held at Lovely Professional University, Jalandhar, Punjab From 31 January 2020 to 02 February under the students Olympic Association









भारतीय भारोत्तोलन संघ Indian Weightlifting Federation

DIPLOWA

Awarded to

T. Dharshini

from

Tamil Nadu

Participated in 35th Women Senior National Weightlifting

Championships - 2019-2020

Heta at Kolkata, West Bengal from

2-7 February 2020

Category 81 kg (Women) Snatch

85 KG

CEECOND | CEE

DATE OF BIRTH REGISTERED WITH US IS

31.12.1998

[Birendra Prasad Baishya], W.P. President [Sahdev Vadav] Secretary General

This DIPLOMA is valid as per Date of Birth mentioned on this Certificate

SR/35-WOMEN/263



भारतीय भारोत्तोलन संघ Indian Weightlifting Federation

DIPLOMA

Awarded to

R. Arockiya Alish

from

Tamil Nadu

Participated in 35th Women Senior National Weightlifting

Championships - 2019-2020

Heed at

Kolkata, West Bengal from

2-7 February 2020

Category

76 kg (Women)

Snatch

89 KG

Clean & Jera

118 KG

Place

I FIRST

Total

207 KG

DATE OF BIRTH REGISTERED WITH US IS

5.11.2000

[Birendra Prasad Baishya], M.P.

President

[Sahdev Yadav] Secretary General

This DIPLOMA is valid as per Date of Birth mentioned on this Certificate



1ST KHELO INDIA UNIVERSITY GAMES - WEIGHTLIFTING

KIIT - BHUBANESWAR - ODISHA



24/2/2020 to 1/3/2020

SENIOR WOMEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
		1	138	SAKSHI PRAKASH MASKE	23.03.2001	SPPU-
45 kg	TOTAL	2	133	KOMAL KOHAR	24.07.2002	MDUR-
		3	126	PRERANA KISHOR SONAWANE	22.03.2000	KBCN-
		1	164	PRIYADARSHINI THURAM	03.03.2000	MU-KRN
49 kg	TOTAL	2	148	CHETANA DEEPAK GHOJAGE	05.08.1996	SPPU-
		3	138	AKILA P	16.01.2001	MSU-
		1	172	GAURI PANDEY	15.06.1998	VBSPU-
55 kg	TOTAL	2	162	PRAMILA KRISANI	09.01.1996	BU-ORS
		3	157	ABHIRAMI P MATHEW	21.03.2000	UOC-
		1	175	YUMNAM KHOMDONBI CHANU	01.04.1997	LPU-PUN
59 kg	TOTAL	2	160	SNEHA	20.12.1999	MDUR-
		3	155	VENNELA DHANA LAXMI	28.11.2001	ANU-AP
		1	167	SHIVANI SANJAY MORE	02.12.1999	UOM-
64 kg	TOTAL	2	164	KOMAL KHAN	23.03.2001	CCSU-
		3	152	MONIKA	10.03.1995	PU-PUN
		1	191	HARJINDER KAUR	14.10.1996	PUP-
71 kg	TOTAL	2	181	NIKEETA VALMIK KALE	22.07.2000	SPPU-
		3	180	SNEHA M S	25.02.1996	UOC-
		1	200	AROCKIYA ALISH R	05.11.2000	MSU-
76 kg	TOTAL	2	181	RAKHI	11.10.1996	PU-PUN
		3	171	SWATHI KISHOR	09.02.1998	UOC-
		1	190	DHARSHINI T	31.12.1998	MSU-
81 kg	TOTAL	2	172	MAYURI RAMCHANDRA DEVARE	28.02.1999	SU-MHR
		3	168	THATITHURI SATYA JYOTHI	30.08.1998	ANU-AP
		1	184	MONU	11.11.1996	PUP-
87 kg	TOTAL	2	166	MADDU OOHA SAI	18.02.1997	ANU-AP
		3	160	BANITA GHADEI	15.05.1999	BU-ORS
		1	187	ANNMARIYA M T	21.08.1998	UOC-
+87 kg	TOTAL	2	174	MEHAK SHARMA	01.04.1995	LPU-PUN
		3	152	AMRUTHA K JAYAN	27.04.1998	UOC-

Generator of Juda Manage of Seath Afford and Spens	INC	DESHA	india	
	Certifi	eate of Me	rit	
This is to cert	ify that Mr./Ms.	AROCKIYA ALISH R		
representing	MSU TN	has secured the	FIRST	position
527	HTLIFTING	WOMEN (76 Kg)	_event in the
	Khelo India	Games held in Odi	isha from	
		hruary to 1° March 2020.		
		À/-		0
A A	4	17 mg		1892
10	neral access	Secretary General	Ch	tef Executive Officer University Games, Odisha 2020



7:29AM

TAMILNADU ATHLETIC ASSOCIATION



MERIT CERTIFICATE

This is to certify that	31 RACENA G	i. MERLY	
representing ST. dog	EPH'S SPORTS	ACADEMY Secured	FIRST place
in High Jump	performance	ACADEMY Secured 1.76 MT NMR in the age group	p of WOMEN in
		Organised by Trichy District Athletic	
on 22 nd and 23 rd June, 2019 at Anna S	tadium, Trichy.		
Date of Birth given by hir	n/her is	······································	
	fate,		
,200	C. LATHA	M PANAGUPP ANGAY ANG	D am
W.I. DAVARAM, I.P.S. President, TNAA	Secretary, TNAA	M.RAMASUBRAMANI, I.P.S., President, TDAA	D. RAJU Secretary, TDAA
RATT			19881
1 57:7% 1 1			1.798.14.11
LICENSED TO: Ma	arudhu Athletics		Page 1 of 1
1	4thTAMILNADII INTED 1	DISTRICT JUNIOR ATHLETIC CHAMPI	•
·			31-08-19
	Organised by:	KANCHIPURAM ATHLETIC ASSO	7-20414

8/30/19 - 1/9/19

Event # 75 GIRLS 20 High Jump **FINALS** Place Name Bib Age/Grade Team Mark Wind # 34TH TAMILNADU INTER: M SANGEETHA CHENNAI 1.68 2003 . GRACENA G/MERI 1659 20 KANCHIPURAM DIS 1.76m . AMY ELIZABETH 1 501 20 CHENNAI DISTRICT 1.40m . P.RUBINA SWEETI 531 20 CHENNAI DISTRICI 1.40m . KEERTHANA .P 518 20 CHENNAI DISTRICT 1.35m . PAVITHRA 789 20 COIMBATORE DIST 1.30m

Venue: J.N. STADIUM, CHENNAL

LICENSED TO: Marudhu Athletics Page 1 of 1 33rd TAMILNADU STATE JUNIOR CPEN ATHLETIC CHAMPIONSHIP 06-10-19 Organised by: ERODE District Athletic Ass 9:31PM 6/10/19 - 8/10/19 Venue:Bannariamman Institute,Sathi Event # 76 WOMENS 20 High Jump **FINALS** Place Name Bib Age/Grade Team Mark Wind # 33RD OPEN JUNIOR: . GRACENA G MERLY KANCHIPURAM DISTRICT 1.76 2019 GRACENA G.MERI 2723 '05/20St JOSEPH S SPORT'S 1.65m

1.50m

1.45m



TAMILNADU STUDENT GAMES ASSOCIATION 9th STATE LEVEL OPEN ARCHERY CHAMPIONSHIP - 2019

Organized by : VIVEKA CULTURAL EDUCATION & SPORTS DEVELOPMENT TRUST



. D.HEMALATHA

. A.MADHUMITHA 2140 '09/20SDAT

Affiliated Recognized by Member

2144 '12/2(SDAT

Student Games Federation, India World Student Games Federation

International Sports Council (ISC), United (ESA), FIEP-CANADA

Recognized by : International Olympic Committee (ICO)



CERTIFICATE OF MERIT / PARTICIPATION

Organizing Secretary
Mr. S.ATHISAYARAJ M.A., M.P.Ed.,

Zonal Secretary
Mr. S.J.ALAGESARAJA
TNSGA

State Secretary
Mr. M.ASHOKKUMAR M.B.A.
TNSGA



TAMILNADU STATE WEIGHTLIFTING CHAMPIONSHIPS

SENIOR / INTER DISTRICT / JUNIOR / SUB-JUNIOR / MEN / WOMEN

Certificate of Honour

This is to certify that	Show / SmtPRINA	THAR SHINI . K.	
of KANYAKUMARI			has
secured FIRST	place in the	59 Kgs. Weig	ht category in the
above Championships	held at Appai. Heeka	College of Engg	Vellare on 14215 Dec-1
Body Weight	Kgs.		
KILOGRAMS LIFTED :			
Two Hands Snatch	65 Kgs.	14.7	
Two Hands Clean & Jerk	96 Kgs.		
Total	161 Vac		

Genl. Secretary

Tamil Nadu State Weightlifting Association





TAMILNADU STATE WEIGHTLIFTING CHAMPIONSHIPS

SENIOR / INTER DISTRICT / SUNIOR / SUB-JUNIOR / MEN / WOMEN

Certificate of Honour

This is to certify that Strip / Smt. THANIDA. T.

of KANYA KUMARI has

secured FIRST place in the 64 Kgs. Weight category in the

above Championships held at Annai Herra Collye of Engg., Vellers on 14x15. Dec-19

Body Weight......Kgs.

KILOGRAMS LIFTED :

Two Hands Snatch. 6.7 Kgs.
Two Hands Clean & Jerk. 8.0 Kgs.
Total. /4.7 Kgs.

Genl. Secretary

President,

Tamil Nadu State Weightlifting Association

	TAMILNADU STATE	業
WEIGH	HTLIFTING CHAMPIONSHIP	S
SENIOR /HNTER	R DISTRICT / JUNIOR / YOUTH / MEN / WOMEN / BOYS	3 / GIRLS
TINSWLA] 3	Certificate of Honour	
This is to certify that	Short / Smt. AROKIYA ALISH R.	
of KANYAKUMARI		has
secured. FIRST	place in the76 Kgs. Weigh	ht category in the
	held at Annai Mina College of Engg, Yells	
KILOGRAMS LIFTED :		
Two Hands Snatch	91 Kgs.	
Two Hands Clean & Jerk		
Total		
Genl. Secretary		President
/	Tamil Nadu State Weightlifting Association	



TAMILNADU STATE WEIGHTLIFTING CHAMPIONSHIPS SENIOR / INTER DISTRICT / JUNIOR / SUB JUNIOR / MEN / WOMEN

Certificate of Honour

This is to certify that	Show / SmtAKIL	A:P	
of KANIYAKUMARI			
secured Second	place in the.	49 Kgs. Weigh	ht category in the
above Championships	held at. Annai. Hee	ra College of Engg.,.)	lellora an lyx15-Dec-19
Body Weight	Kgs.		
KILOGRAMS LIFTED :			
Two Hands Snatch	59 Kgs.		
Two Hands Clean & Jerk	82 Kgr		
Tatal	141		

Genl. Secretary

Tamil Nadu State Weightlifting Association



TAMILNADU STATE WEIGHTLIFTING CHAMPIONSHIPS

SENIOR / INTER-DISTRICT / JUNIOR / YOUTH / MEN / WOMEN / BOYS / GIRLS

Certificate of Honour

of KANYAKUMARI		has
secured. FIRST place in th		
above Championships held at. Annai. !	gina College of Engg. V	lellore on 4+15 Dec'19
Body WeightKgs.		
KILOGRAMS LIFTED :	\$	
	*	
Two Hands Snatch	•	
Two Hands Snatch	•	
KILOGRAMS LIFTED : .95 Kgs. Two Hands Snatch .95 Kgs. Two Hands Clean & Jerk /13 Kgs. Total .208 Kgs.		Q



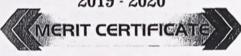
THE CHARTES



Tamil Nadu State Weightlifting Association



SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU STATE LEVEL INTER UNIVERSITY COMPETITIONS 2019 - 2020



018

This is to certi	fy that Thiru / Selv	i. T. D	HARSIHINI .	
represented	M.S.	University	Tirundreli	
in the Tamilnadu St	ate Level Inter - Un	iversity Weightlifting	Championship (Men & W	Vomen) 2019 - 2020
organized by Man	onmaniam Sundara	anar University, Tirun	elveli, Tamilnadu on Jar	nuary 24, 2020 and
secured Firet	position under	Pur 76kg Weight Ca	tegory.	
Snatch To Jerk	95 Total 16.	5 kg		
1 2		B_1121.		Jose !

Dr. C. Durai
Organizing Secretary
Manonmaniam Sundaranar University

Dr. S. Santhosh Baboo Registrar Manonmaniam Sundaranar University

Member Secretary,
Sports Development Authority of Tamilnadu









SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU STATE LEVEL INTER UNIVERSITY COMPETITIONS

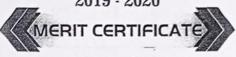
	2019 - 2020 MERIT CERTIFICATE	015
	M.S. University. Th	
organized by Manonmania	Inter - University Weightlifting Champion m Sundaranar University, Tirunelveli, Talion under	
Snatch 70 Jerk 100 Dr. C. Ourai Organizing Secretary		runcipal Secretary I Member Secretary,
Manonmaniam Sundaranar University	Manonmanlam Sundaranar University	Sports Development Authority of Tamilnadu







SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU STATE LEVEL INTER UNIVERSITY COMPETITIONS 2019 - 2020



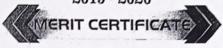
	MERIT CERT	TIFICATE	000
This is to certify that Ta	iiru≱ / Selvi K	PRIVA THARSHI	VJ
representedM.	5. University.	Timenelveli	
in the Tamilnadu State Level	Inter - University Weightli	fting Championship (Me	en & Women) 2019 - 2020
organized by Manonmanian	n Sundaranar University,	Tirunelveli, Tamilnadu	on January 24, 2020 and
secured Second position	on under <u>59 kg</u> Weig	ght Category.	
Snatch bo Jerk 87	otal 147 kg.		- 1
- rath	0	(4)	Last.
Dr. C. Durai	Dr. S. Santhos		Principal Secretary
Organizing Secretary	Registra	er ·	Member Secretary,







SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU STATE LEVEL INTER UNIVERSITY COMPETITIONS 2019 - 2020



	MERIT CERTIFICATE	008
This is to certify that	Thiru / Selvi. T. THONIJO	
represented N	1.5. University. Tirunel	vali
organized by Manonmanis	el Inter - University Weightlifting Championsh am Sundaranar University, Tirunelveli, Tamil tion under <u>64 kg</u> Weight Category.	
Snatch bo Jerk 65	Dr. S. Santhosh Baboo	projection Socretary (
Organizing Secretary anonmaniam Sundaranar University	Registrar Manonmanlam Sundaranar University	Member Secretary, Sports Development Authority of Tamilnadu
★* • ∱• *	** **	AT X T







SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU STATE LEVEL INTER UNIVERSITY COMPETITIONS 2019 - 2020



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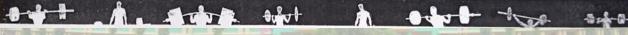
This is to certify that Thiru	/ Selvi. P. AKILA	
representedM.5	S. University, Tirunel	veli.
	er - University Weightlifting Champions	
organized by Manonmaniam S	Sundaranar University, Tirunelveli, Tam	ilnadu on January 24, 2020 and
secured <u>FIRST</u> position	under 49 Kg Weight Category.	
Snatch 55 Jerk 70 Total	al <u>125 kg</u> .	
M. W.	Dur.	سليعيم

Dr. C. Durai Organizing Secretary Manonmaniam Sundaranar University

Dr. S. Santhosh Baboo Registrar

- Manonmaniam Sundaranar University

Principal Secretary !



Manon Sundaranar University Abisekapatti, Tirunelveli - 627 012 013
CERTIFICATE OF MERIT No: MSU 933
2019-2020
This is to certify that Malar S S/0 or D/0 R Siva sami represented Holy Cross College Nagercail in the Inter Collegiate Weight Sifting Tournament / Competition held at TDMN3 College T. College T. College Seam 24.09.19
and secured hird position.
a) Time / Distance / Height (if applicable)
b) Weight Category 4.51cg. Snatch 25.kg. Jerk 35.kg Total: 60kg
Organising Secretary Date 24, 109/19. TIRUNELVELI 627 012 (TN) Convener Director Centre for Physical Education

Manon Sundaranar University Abisekapatti, Tirunelveli - 627 012 Propinsional Control of the Cont
CERTIFICATE OF MERIT No: MSU 934
2019-2020
This is to certify that AKILA. P. S/o or D/o A. Pazhani represented toly Cross College Nagercoi in the Inter Collegiate Deight Libting Tournament / Competition held at TDMNS College T. Kallikulam from 24.09.19 to and secured to the position.
a) Time / Distance / Height
Organishing Secretary Date .2.4.109.19. Date .2.4.109.19. Organishing Secretary ANN Convener Convener Centre for Physical Education

Manoniam Sundaranar University Tirunelveli - 627 012 en in international de la companya della co
CERTIFICATE OF MERIT No: MSU938
2019-2020
This is to certify that MINISHA. T. S/O or D/O A. Thonara
11 1
represented Toly Moss College Nagles Col.
in the Inter Collegiate weight Lifting Tournament / Competition
represented Holy Cross College Nagarcoil in the Inter Collegiate Weight Lifting Tournament / Competition held at TDMNS College, T. Kallikulam from 24.09.19 to
held at 1911115 Solley, 1. Politi not out 1911 1911 19
and securedposition.
a) Time / Distance / Height (if applicable)
b) Weight Category . S. L. Snatch 3.1. kg. Jerk 41. kg. Tokal: 72 kg
CHOCKET TO PHYSICAL FOUND M. M.
Organising Secretary Date 24 109 10 Director Convener Director
Date 24 109 10 Centre for Physical Education
M. CHANGE STOP

	1
niam Sundaranar	1
Manonmaniam Sundaranar University States of the Sundaranar University of t	
CERTIFICATE OF MERIT No: MSU 940	
This is to certify that RIVA THARSHINI. K. S/o or D/o Kadar karaiyandi represented Holy Cross College College Competition held at T.D.M.N.S. College, T. Kalliku an from 24.09.19 to and secured FIST position.	
a) Time / Distance / Height (if applicable)	
Organising Secretary Date 24.09.19. Date 24.09.19. Director Centre for Physical Education	

Manamamiam Sundaranar University Tirunelveli - 627012 ever
CERTIFICATE OF MERIT No: MSU 944
2019-2020
This is to certify that Thanija. S/o or D/o M. Thasaiyan represented to ly Cross College Magercoil in the Inter Collegiate Weight Libting Tournament / Competition held at TDMNS Gollege, T. Kallikulam from 24.09.19 to and secured first position.
a) Time / Distance / Height

Centre for Physical Education

Manonmaniam Sundaranar University Abisekapatti, Tirunelveli - 627 012 012 012 CERTIFICATE OF MERIT No: MSU_ 948 2019-2020 This is to certify that ROCKIYA LISH. R. S/o or D/o represented Holy Cross College Nagacoil in the Inter Collegiate Weight Lifting Tournament / Competition held at TDMNs College, T. Kallikulam from 24.09.19 to and secured Jint position. a) Time / Distance / Height (if applicable) b) Weight Category ... 16. kg. Snatch . 8.5. lay Jerk . 1.09. lcg.

Sundaranar University Tirunelveli - 627 012 Propies
CERTIFICATE OF MERIT No: MSU 954
2019-2020
This is to certify that OHARSHINI Tournament / Competition The Inter Collegiate Weight Lifting Tournament / Competition The Inter College Tournament / Competition Tournament / Competition
a) Time / Distance / Height (if applicable)
b) Weight Category 8.1.14 Snatch 101 leg. Jerk 1.1.25 lcg Total: 226 lcg
Organising Decretary From PHYSICAL EDUCATION Convener Date 24. 9.19 Date 24. 9.19 Convener Centre for Physical Education

Manonmaniam Sundaranar University Abisekapatti, Tirunelveli - 627 012 Propinsi

CERTIFICATE OF MERIT

No:MSU_1370

2019-2020

This is to certify that MALAR.S	
represented HOLY CROSS	College NAGERIAL
in the Inter Collegiate	T
held at ANNA STADIUM, I IRUNELVELT	from 11-12-19 to 13-12-19
and securedTHIRD position. IN 400m	ts

- b) Weight Category Snatch Jerk

Organising Secretary
Date 1.2:12.2019



Convener



CERTIFICATE OF MERIT 2019-2020

No: MSU 1379

This is to certify that JISHAR S/o or D/o

represented HOLY CROSS College NAGERCOIL

in the Inter Collegiate ATI-ILETIC MEET Tournament / Competition

held at ANNO STADIUM TIRVNELYELI from 11-12-19 to 13-12-19

and secured SECOND position. IN 400 mts

- a) Time / Distance / Height ...l.: 0.5:48sec(if applicable)
- b) Weight Category Snatch Jerk

Organising Secretary
Date .12.12.2019



M. Convener



CERTIFICATE OF MERIT

No:MSU_175

2019-2020

This is to certify that ANCILIN VIJI. A	Shor Do J. ANTONY JOS
represented HOLY CROSS	College NAGERCOIL
in the Inter Collegiate A THLETIC MEET	Tournamout / Commetition
held at NNNA STADIUM, TRUNELVELT	from 11-12-2019to 13-12-2019
and secured THIRD position. N TRIPLE	TUMP
a) Time / Distance / Height . 9.78 mts (if applicable)
b) Weight Category Snatch Jerk	
	\wedge

Organising Secretary
Date 11. 12.2019



Convener



CERTIFICATE OF MERIT 2019-2020

No: MSU____

This is to certify that	GRACENA G	MERLY	S/o or D/o
· Halv	PACC	Co	llege NAGERCOLL
. 1 T. Callesiate	ATHIETIC	MEET	
hold of ANNA STA	DIUM TIRUNELY	ELI fro	m 11-12-2019 to 13-12-2019
and secured FIRST	position. I N	HIGHJ	CUMP (NMR)

- b) Weight Category Snatch Jerk Jerk

Organising Secretary
Date 11.12.19

TIRUNELVELI 627 012 (TN) U.M. Convener



CERTIFICATE OF MERIT 2019-2020

No : MSU 1206

This is to certify that GNANA JENISHA. S Stoor Do S. S. CRUZ

represented HOLY CROSS College NAGERCOIL

in the Inter Collegiate AIHLETIC MEET Tournament / Competition

held at ANNA STADIUM TIRUNEL NELT from 11 = 12 = 2019 to 13 = 12 = 2019

and secured FIRST position IN JAVELIN THROW

- a) Time / Distance / Height 31. 28 mb (if applicable)
- b) Weight Category Snatch Jerk

Organising Secretary
Date 11, 12, 2019



Convener



CERTIFICATE OF MERIT

725 No: MSU____

2019-2020

This is to certify that P. ANJALATCH!	Sto or DIO G. PACHALYAPPAN
represented NoLY CROSS	College NAGERCOIL
in the Inter Collegiate WOMEN'S FOOT 8 ALL	
held at ST. JOHN'S COLLEGE, PALAYAMKOSSI	Al from 11.09.2019 to 11.09.2019
and securedWINNER position.	
a) Time / Distance / Height (if appli	cable)
Castch Jork	

Organising Secretary

Date 13:09.2019

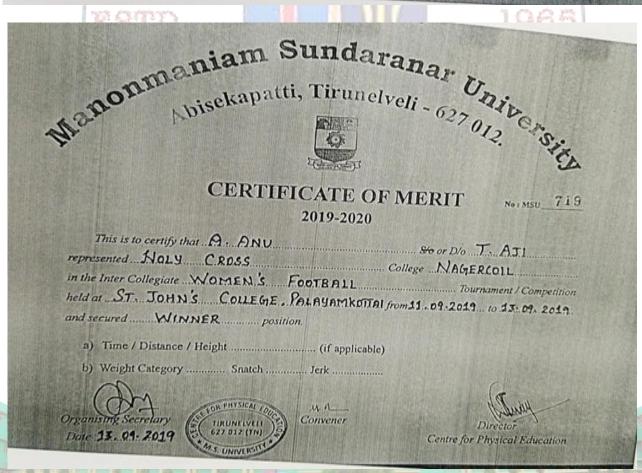


Convener









som Sunda-
non a sisekapatti, Tirunelyak U.
Abisekapatti, Tirenelveli. 627 012 Crong
2010 2020 No: MSU_716
This is to certify that S. Shibila John represented Holy Cross in the Inter Collegies Marroil
in the Inter Collegiate Women's football held at St. John's College Ralayonkoltai from 11.09.2019 to 13.09.2019 and secured WINNER position.
a) Time / Distance / Height (if applicable) b) Weight Category Snatch Jerk
Organising Secretary Date 13:09.2019. Date 13:09.2019. Convener Convener Convener Centre for Physical Education
[ESTB _ 1965]

Manon Sundaranar Unite Sundaranar Unite

CERTIFICATE OF MERIT 2019-2020

No: MSU_ 143

This is to certify that	SAMINI . R	
represented Hol	y cross	
in the Inter Collegiate	BASKET BALL	
held at .SRI PARASAET	H COLLEGE FOR WOR	NEN from 19.09.2019 10. 21.09.2019
and secured POURTA	position.	

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk





Convener

Centre for Physical Education

Manamiam Sundaranar University of Stransfer of Sundaranar University of Stransfer of Sundaranar University of Sundaranar

CERTIFICATE OF MERIT 2019-2020

No: MSU_

This is to ce	ertify that	LIBINA	V	S/o or D/o .VEDHA SUND
represented	HOW	LROSS		
in the Inter Colle	egiate	BASKET	BALL	
held at .SP1	PARASAKT	HCOLLEGIE	PoR	. WOMEN from .19 .09 .2019 to .21 .09
and secured	Fourth	ро	sition.	

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk

Organising Secretary

Date



M N Convener

Centre for Physical Edu

Mallommaniam Sundaranar University Abisekapatti, Tirunelveli - 627012.

CERTIFICATE OF MERIT 2019-2020

146 is MSU_146

This is to certify that DEEPTHIA CARA D. S/o or D/o DILLIANS
represented HOLY CROSS College NAGARCON in the Inter Collegiate BASKET BALL Tournament / Competition held at SRI PARASRETHI COLLEGE FOR WONEN from 19:09:2019 to 21:09:2019 and secured FOURTH position.

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk

Organising Secretary



Convener



CERTIFICATE OF MERIT 2019-2020

No: MSU_145

This is to certify that	RUBIKA . N	S/o or D/oNAGARAJAN	in.
represented	CROSS		
in the Inter Collegiate	BASKET BALL		FZ
held at SRI PARASALT	HI COLLEGIE FOR W	12MEN from .19:09:2019 10 .21:09:2019	
and securedFoxRIH	position.		

- a) Time / Distance / Height :..... (if applicable)
- b) Weight Category Snatch Jerk



M .W Convener

Centre for Physical Education

Man Sundaranar Unite Abisekapatti, Tirunelveli - 627 012 er

CERTIFICATE OF MERIT 2019-2020

No: MSU_144

This is to certify that	SUM1 : M	S/o or D/oMURUGIESAN
		CollegeNAGAR.COIL
in the Inter Collegiate	BASKET BA	Tournament / Competition
held at .St. PARASAKTHI.	COIIEGE FO	R. WOMEN from 19.09:2019 10.21:09:2019
and secured FOURTH	position.	

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk



M 1 Convener



CERTIFICATE OF MERIT 2019-2020

No: MSU_143

This is to certify that SAMTHIYA . K	
representedHOLY CROSS	College NAGGARCOIL
in the Inter Collegiate	
held at SR. PARASANTHI CRIJEGE FOR WOMEN	from 19:09 - 2019 to 21:09 - 2019
and secured FOR RT.H position.	

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk



M ♠____ Convener

Centre for Physical Education

Manonmaniam Sundaranar United Sundaranar United

CERTIFICATE OF MERIT 2019-2020

No:MSU_142

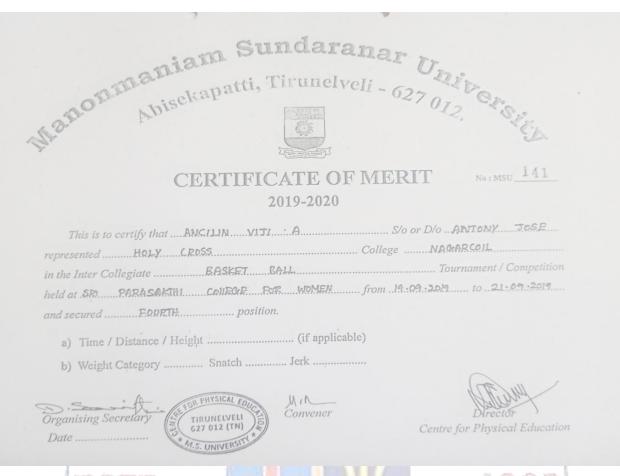
This is to certify that ASHNI RESHMA.	D. S/o or D/o .PANNIS ANIONY
represented HOLY CROSS	College NAGTARCAIL
in the Inter Collegiate	
held at .SRI PARASAKTHI COUFFIE FOR	WPMEN from 19:09:2019 to 21:09:2019
and secured FOURTH position.	

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk





Convener Convener





This is to certify that BARIT SANAI DHANA 8 S/o or D/o BENEDICT
represented HOLY CROSS College NAGRARCOIL
in the Inter Collegiate BASKET BALL Tournament / Competition
held at SRI PARASAKTHI COLLEGE FOR WOMEN from 19:09:2019 to 21:09:2017
and secured FOURTH position.

a) Time / Distance / Height (if applicable)

b) Weight Category Snatch Jerk





M-N_ Convener



Manonmaniam Sundaranar United
CERTIFICATE OF MERIT No.: MSU 133
2019-2020
This is to certify that ANEETA P S/o or D/o PETER
represented HOLY CROSS College NAGARCOLL
in the Inter Collegiate
held at SR PARASAKTHI COILEGE FOR WOMEN from 19:09:2019 to 21:09:2019
and secured
a) Time / Distance / Height (if applicable)
b) Weight Category Snatch Jerk
Organising Secretary Date Date Division For Physical Education Convener Convener Convener Convener Convener

Mananiam Sundaranar Unite National Mananiam Sundaranar Unite National Mananiam Sundaranar Unite National Nation

CERTIFICATE OF MERIT 2019-2020

This is to certify that ANCY ASMITHA . S	Store Die STI UVAT ANTONY S
represented HOLY CROSS	
in the Inter Collegiate BALL BADMINTON	
held at SRI PARASAKTHI COLLEGE FOR WOME	N from .19.:09:2019 to .21:09:2019
and secured	
a) Time / Distance / Height (if applicable	e)
b) Weight Category Snatch Jerk	
E FOR PHYSICAL FOUL	(m)
TIRUNELVELI 627 012 (TN)	(Strong

Organising Secretary Date



Manon Sundaranar United Abisekapatti, Tirunelveli - 627 012 eron

CERTIFICATE OF MERIT

No: MSU 362

2019-2020

This is to certify that ASMEYA: M S/o or D/o MURUGIESAN: I represented HOLY CROSS College NAGERCOIL in the Inter Collegiate BALL BADMINTON Tournament / Competition held at SRI PARASAKTHI COLLEGE FOR WOMEN/rom 19:09:2019. to 21:09:2019. and secured FIRST position.
a) Time / Distance / Height
Date Centre for Physical Education

RATE

1985

Manonmaniam Sundaranar United Abisekapatti, Tirunelveli - 627012, erore

CERTIFICATE OF MERIT 2019-2020

No: MSU 364

This is to certify that NISHITHA C S/o or D/o CYRIL AMALADHAS
represented HOLY CROSS College NAGERCOIL
in the Inter Collegiate BALL BADMINTON Tournament / Competition
held at SRI PARASAKTHI COLLEGE FOR WOMEN from 19:09:2019 to 21:09:2019
and secured FIRST position.

a) Time / Distance / Height (if applicable)

b) Weight Category Snatch Jerk

Organising Secretary
Date



M. M._ Convener

Mananiam Sundaranar United States Abisekapatti, Tirunelveli - 627 012. Contra C

CERTIFICATE OF MERIT 2019-2020

No: MSU_771

This is to certi	fy that ANGIEL	CHANDRIKA J	S/o or D/	JESU F	RETHINAM.M
	11-111 00				

represented HOLY CROSS College NAGERCOTL
in the Inter Collegiate BALL BADMINTON Tournament / Competition
held at SRI_PARASAKTHI_COLLEGE_FOR_WOMEN from 19:09:2019 to 21:09:2019
and secured FIRST position.

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk

Organising Secretary

Date



Convener

Director Centre for Physical Education

ESTE 1965

Manonmaniam Sundaranar Uniterial Abisekapatti, Tirunelveli - 627 012 erste

CERTIFICATE OF MERIT 2019-2020

No: MSU_ 770

This is to certify that JENISHA LILLY & S/o or D/o KENNEDI. N-I represented HOLY CROSS College NAGERCOIL in the Inter Collegiate BALL BADMINTON Tournament / Competition held at SRI PARASAKTHI COLLEGE FOR WOMEN from 19.09:2019 to 21.09:2019 and secured FIRST position.

- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk

Convener

CERTIFICATE OF MERIT 2019-2020 This is to certify that MALAR: S. S/O or D/O. SINASAMI. R. represented HOLY. CROSS. College Magascoci. in the Inter Collegiate BALL BADMINTON. Tournament / Competition held at Sxi. Parakalstia. Gollege day. International from 19.09:2019. to 21.9.2019. to 21.9.2019. a) Time / Distance / Height (if applicable) b) Weight Category Snatch Jerk Organising Secretary Convener Office of Physical Education And Convener Centre for Physical Education



Manonmaniam Sundaranar United Abisekapatti, Tirunelveli - 627 012. Crop.
CERTIFICATE OF MERIT 2019-2020
This is to certify that BERCIYA S Sto or Dio STEPHEN M represented HOLY CROSS College NAGERCOIL in the Inter Collegiate BALL BADMINTON Tournament / Competition hold at SRI PARASAKTHI COLLEGE FOR WOMEN from 19-09-2019, to 21-09-2019 and secured FIRST position.
a) Time / Distance / Height (if applicable) b) Weight Category Snatch Jerk
 Dave Convener Director Convener Centre for Physical Education

