



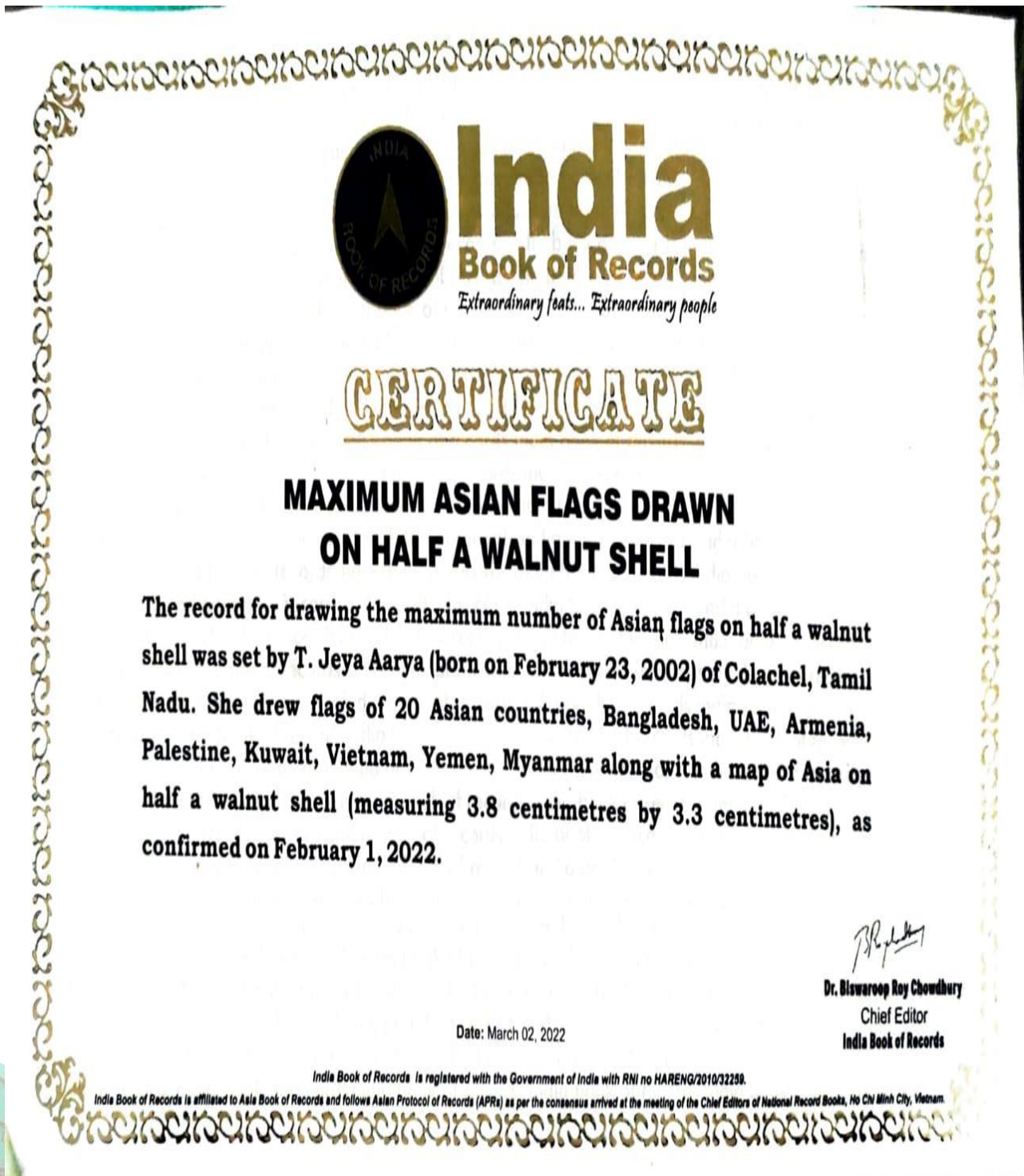
Holy Cross College (Autonomous)

Nagercoil - 629 004

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



भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



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

President
Sahdev Yadav
Mob.: +918120621444

To Whomsoever it may concern:

This is to certify that Ms. RAMASUNDARA PANDI AROCKIYA ALISH represented INDIA in 76 kg weight category during 2021 Commonwealth Senior (Men & Women) Weightlifting Championships [Qualification Event for 2022 Commonwealth Games-2022] held at TASHKENT, UZBEKISTAN from 2-18 December 2021.

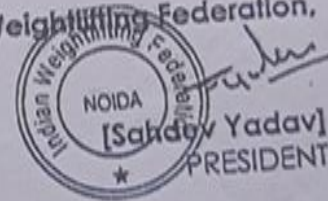
She stood third (3rd) in 76 kg category with a total of 214 kgs. Her overall result is as under:-

Snatch	91 kgs
Clean & Jerk	123 kgs
Total	214 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 Weightlifting Federation,



Date: 7 February 2022
Place: NOIDA

C-2/18, Sector-31, Noida, Uttar Pradesh-201301 (India)
Ph. No.: 0120-4541605
Email: iwif2008@gmail.com Website: www.iwif.in

Nelco
Do...Dare...Win !!





INTERNATIONAL
WEIGHTLIFTING
FEDERATION

01 IWF/WEIGHTLIFTING

02 NEWS AND MEDIA

03 EVENTS

04 RESULTS

05 ANTI-DOPING

76 KG WOMEN

Rank:	Name:	Nation:	Born:	B.weight:	Group:	Snatch:	Cl&Jerk:	Total:
1	LEE Min Ji	KOR	Jun 25, 1999	75.70	A	105	139	244
2	ROGERS Martha Ann	USA	Aug 23, 1995	75.50	A	107	136	243
3	SOTIEVA Iana	RWF	Jun 26, 2002	75.50	A	112	130	242
4	NASCIMENTO AMARO Laura	BRA	Oct 27, 2000	75.70	A	108	132	240
5	KIM Suhyeon	KOR	Feb 06, 1995	75.50	A	105	134	239
6	LAYLOR Maya Celeste	CAN	Jul 04, 1995	75.60	A	99	130	229
7	YADAV Punam	IND	Jul 09, 1995	75.20	A	98	122	220
8	UCAN Dilara	TUR	Apr 15, 2002	72.90	A	96	120	216
9	RAMASUNDARA PANDI Arockiya Alish	IND	Nov 05, 2000	75.40	A	91	123	214
10	LIADI Taiwo	NGR	Jun 14, 2002	74.80	B	95	115	210
11	HARRISON LORENZI Isabel	AUS	Jan 20, 1999	72.20	A	93	108	201
12	RONDZIKOVA Nina	SVK	Jan 22, 1995	71.30	B	88	107	195

2021 IWF World Championships


TOTAL RESULTS - WOMEN 76 kg

IWF

			BEST SNATCH	BEST C&J	TOTAL
1	LEE Min Ji (KOR)	GOLD	105	139	244
2	ROGERS Martha Ann (USA)	SILVER	107	136	243
3	SOTIEVA Iana (RWF)	BRONZE	112	130	242
4	NASCIMENTO AMARO Laura (BRA)		108	132	240
5	KIM Suhyeon (KOR)		105	134	239
6	LAYLOR Maya Celeste (CAN)		99	130	229
7	YADAV Punam (IND)		98	122	220
8	UCAN Dilara (TUR)		96	120	216
9	RAMASUNDARA PANDI A. (IND)		91	123	214
10	LIADI Taiwo (NGR)		95	115	210
11	HARRISON LORENZI I. (AUS)		93	108	201
12	RONDZIKOVA Nina (SVK)		88	107	195

IWF.SPORT IWF.SPORT

SR/36-WOMEN/292



भारतीय भारोत्तोलन संघ
Indian Weightlifting Federation

DIPLOMA

Awarded to
R.Arockiya Alish
from
Tamil Nadu

Participated in **36th Women Senior National Weightlifting Championships - 2020-2021**


Hold at **Sports Authority of India, NS NIS, Patiala from 9-13 August 2021**

Category **76 kg (Women)** Snatch **87 KG**
Clean & Jerk **113 KG**
Total **200 KG**

Place **II SECOND**

DATE OF BIRTH REGISTERED WITH US IS **05.11.2009**

[Birendra Prasad Baishya], M.P.
President



[Bander Yadav]
Secretary General

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

SR/IS/4-WOMEN/099



भारतीय भारोत्तोलन संघ
Indian Weightlifting Federation

DIPLOMA

Awarded to

R. Arockiya Alish

from

Tamil Nadu

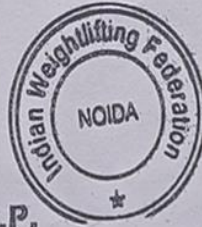
Participated in **4th Women Inter-State Senior National
Weightlifting Championships - 2020-2021**

Hold at **Sports Authority of India, NS NIS, Patiala
from 9-13 August 2021**

Category	76 kg (Women)	Snatch	87 KG
		Clean & Jerk	113 KG
Place	I FIRST	Total	200 KG

DATE OF BIRTH REGISTERED WITH US IS **05.11.2000**

[Birendra Prasad Baishya], M.P.
President



[Sahdev Yadav]
Secretary General

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

LICENSED TO: ATHLETICS FEDERATION OF INDIA

Page 20 of 25

60th National Open Athletics Championships 2021

J.N. Stadium, Hanamkonda, Warangal

23-06-2022

9/15/21 - 9/19/21

15-19 September 2021 (Telangana)

Event # 34 WOMENS 20km Race Walk

NR:PRIYANKA GOSWAMI RANCHI 1:28.45 13/02/2021

% MR:BHAWANA JAT RANCHI 1:38.30 2019

1	SONAL SUKHWAL	485	28/01/98	RAJASTHAN	1:42:15.00
2	RAVINA .	391	21/05/97	RAILWAYS	1:44:17.00
3	RAYAL .	650	05/05/99	UTTRAKHAND	1:48:12.00
4	BANDANA PATEL	627	16/08/98	UTTAR PRADESH	1:51:45.00
5	PRITI CHOUHAN	620	08/09/99	UTTAR PRADESH	2:09:23.00
	RAMANDEEP KAUR	353	30/04/99	PUNJAB	DNS
	PRIYANKA PATEL	628	09/05/98	UTTAR PRADESH	DNF
	BHAWANA JAT	407	01/03/96	RAILWAYS	DNF

Event # 35 WOMENS 35km Race Walk

1	RAMANDEEP KAUR	353	30/04/99	PUNJAB	3:15:17.00
2	SONAL SUKHWAL	485	28/01/98	RAJASTHAN	3:18:35.00
3	PRIYANKA PATEL	628	09/05/98	UTTAR PRADESH	3:27:56.00
4	MANJU RANI	359	22/03/99	PUNJAB	3:32:57.00
5	SHAMEEMA KHATOON	623	08/06/97	UTTAR PRADESH	3:34:28.00
6	RANI YADAV	431	31/07/90	RAILWAYS	4:35:57.00
	RAVINA .	391	21/05/97	RAILWAYS	DNS

Event # 36 WOMENS High Jump

NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012

% MR:SAHANA KUMARI CHENNAI 1.84 2012

1	SWAPNA BARMAN	398	29/10/96	RAILWAYS	1.78m
2	GRACENA G MERLY	567	23/05/00	TAMIL NADU	1.76m
3	REKHA .	197	24/01/99	HARYANA	1.76m
4	ANGEL P DEVASIA	417	06/12/94	RAILWAYS	1.74m
5	ATHIRA SOMARAJ	118	26/10/98	ALL INDIA POLICE	1.71m
6	ABHINAYA S SHETTY	425	16/06/99	RAILWAYS	1.68m
7	SANGEETHA N. P	112	14/02/97	ALL INDIA POLICE	1.65m
7	ATHIRA K S	105	28/05/96	ALL INDIA POLICE	1.65m
9	G.GIJI GEORGE STEPHEN	568	30/12/00	TAMIL NADU	1.65m
10	ROSHNA AUGUSTINE	270	31/03/03	KERALA	1.65m
11	SINCHANA M S	253	28/02/03	KARNATAKA	1.55m
12	SHITAL PINJARE	319	11/06/97	MAHARASHTRA	1.55m
	SEEMA KUMARI	625	26/08/04	UTTAR PRADESH	NM
	HELAN SAJI	281	04/04/00	KERALA	NM



MERIT CERTIFICATE

This is to certify that **GRACENA G MERLY**
representing **TAMIL NADU** Secured **SECOND** Place
in **WOMEN HIGH JUMP** (Performance **1.76m**) in

60th National Open Athletics Championships
Organised by **Telangana Athletics Association**
at J.N. Stadium, Hanamkonda, Warangal (Telangana) from
15th to 19th September 2021.

PRESIDENT
(Adille J. Sumariwalla)

SECRETARY
(Ravinder Chaudhry)



Association of Indian Universities

AIU HOUSE, 16 COMRADE INDRAJIT GUPTA MARG (KOTLA MARG), NEW DELHI 110002



CERTIFICATE OF MERIT

AD 25089

This is to certify that Gracena G Merly
 Mother's Name - Father's Name Glistus J
 represented Manonmaniam Sundaranar University Tirunelveli, Tamilnadu
 in the All India Inter-University Athletics (W) Tournament
 held at KIT Deemed to be University from 21-02-2022 to 24-02-2022
 and Secured First position.

- a) Time/ Distance/Height High Jump
(if applicable)
- b) Weight Category X

Organising Secretary [Signature]
 Date 04.05.2022

[Signature]
 Dr. Baljit Singh Sekhon
 Joint Secretary (YA & Sports)
 Association of Indian Universities
 AIU House, 16, Indrajit Gupta Marg,
 New Delhi-110002

[Signature]
 Secretary General

1st Indian Open Jumps Competition 2022

March 01, 2022.

01/03/2022

1/2/22 - 1/2/22

Trivandrum, Kerala

Event # 4 MENS Pole Vault

& NR:S. SIVA JALAHALLI 5.30 19/09/2018

1	AVNEESH KUMAR	173	01/07/01	UTTAR PRADESH	4.90m
2	A.GNANA A. GNANA SONE	160	02/03/01	TAMIL NADU	4.70m
3	SAKTHI MAHENDRAN R	163	13/09/03	TAMIL NADU	4.50m
4	AKSHAY M	146	22/05/03	KERALA	4.40m
5	ARUN VENKAT	170	12/11/00	TAMIL NADU	4.40m
6	PORKO K	162	31/05/02	TAMIL NADU	4.30m
6	AJAY KUMAR	133	08/12/03	HARYANA	4.30m
8	GANESHPRIYAN N	166	18/01/02	TAMIL NADU	4.30m
	ANKIT KUMAR YADAV	175	01/02/04	UTTAR PRADESH	DNS
	ANAND MANOJ	148	07/11/03	KERALA	NM
	ANOOP CB	141	02/03/90	KERALA	DNS
	ANUJ .	132	19/05/95	HARYANA	NM

Event # 5 WOMENS High Jump

& NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012

1	ABHINAYA S SHETTY	102	16/06/99	KARNATAKA	1.82m
2	GRACENA MERLY	125	23/05/00	TAMIL NADU	1.77m
3	ANGEL P DEVASIA	104	06/12/94	KERALA	1.74m
4	KEVINAA ASHWINE ANNAVI	121	23/03/02	TAMIL NADU	1.74m
5	ATHIRA SOMARAJ	115	26/10/98	KERALA	1.71m
6	SAMIKSHA UPRIKAR	117	25/07/99	MAHARASHTRA	1.65m

Event # 6 WOMENS Long Jump

& NR:ANJU B. GEORGE ATHENS 6.83 27/08/2004

1	ANCY SOJAN E	105	01/03/01	KERALA	6.51m
	6.20, 6.29, 6.23, 6.28, 6.51, FOUL				
2	NAYANA JAMES	107	18/10/95	KERALA	6.35m
	FOUL, 6.23, 6.26, FOUL, 6.18, 6.35				
3	POOJA SAINI	119	10/10/99	RAJASTHAN	6.12m
	5.83, 6.07, FOUL, 6.00, 6.09, 6.12				
4	MANISHA MEREL	118	05/07/01	ODISHA	5.85m
5	REMYA RAJAN	112	03/07/96	KERALA	5.56m
6	DALIYA PARVIN	129	11/06/02	WEST BENGAL	5.50m
7	ALPHY LUCKOSE	109	28/06/98	KERALA	5.39m
	R. PUNITHA	126	13/04/00	TAMIL NADU	DNS
	SANDRA BABU	103	03/07/01	KERALA	DNS

25th National Fed. Cup Senior Athletics Competition							
CH Muhammed Koya Stadium, Calicut							
2-6 April 2022							
DETAILED RESULTS							
RESULTS OF PRELIMS Heat 2							
1	ARATHI R	179	AKLF105232	21/05/01	KERALA		58.75
2	ANU R	178	AKLF109588	20/04/93	KERALA		59.27
3	BHATERI ..	130	AHRF134095	20/05/96	HARYANA		1:02.08
4	PRAJNA K	149	AKAF105712	25/07/01	KARNATAKA		1:03.67
5	MADHU .	611	AHRF104419	03/01/99	HARYANA		1:06.90
Event # 28 WOMENS 3000m Steeplechase							
@ NR:LAITA BABAR RIO DE JANEIRO 9:19.76 13/08/2016							
% MR:LALITA BABAR NEW DELHI 9:27.09 2016							
1	KOMAL CHANDRAKA JAGADALE	191	AMHF102070	26/01/99	MAHARASHTRA		9:47.86
2	RICHA BHADAURIYA	242	AUPF130729	28/01/97	UTTAR PRADESH		10:14.53
3	G MAHESHWARI .	238	ATSF103439	18/08/00	TELANGANA		10:47.30
4	SUSMITA TIGGA	206	AODF106490	25/12/03	ODISHA		11:23.10
5	BHAGYASHREE LAHANU NAVALE	118	AGJF107583	20/12/01	GUJARAT		11:42.51
6	GAYATHRI. G	168	AKLF109614	26/09/00	KERALA		12:14.35
	SRUTHI M S	173	AKLF102951	20/07/96	KERALA		DNF
	CHHAVI YADAV	189	AUPF101980	15/08/92	MADHYA PRADESH		DNF
Event # 29 WOMENS High Jump							
@ NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012							
% MR:BOBBY ALOYSIUS HYDERABAD 1.89 2003							
1	ABHINAYA SHETTY	159	AKAF102865	16/06/99	KARNATAKA		1.83m
2	GRACENA MERLY	227	ATNF106185	23/05/00	TAMIL NADU		1.83m
3	KEVINAA ASHWINE ANNAVI	222	ATNF102202	23/03/02	TAMIL NADU		1.71m
4	RUBINA YADAV	138	AHRF102511	14/01/01	HARYANA		1.71m
5	SALIHA K. H.	171	AKLF108412	14/09/02	KERALA		1.68m
6	ANGEL P DEVASIA	165	AKLF102440	06/12/94	KERALA		1.68m
7	GIJI STEPHEN	235	ATNF103705	30/12/00	TAMIL NADU		1.68m
8	SAMIKSHA UPRIKAR	200	AMHF124856	25/07/99	MAHARASHTRA		1.65m
Event # 30 WOMENS Pole Vault							
@ NR:V.S. SUREKHA NEW DELHI 4.15 04/11/2014							
% MR:KRISHNA RACHAN PATIALA 4.06 2019							
1	ROSY MEENA PAULRAJ	230	ATNF118643	28/10/97	TAMIL NADU		4.00m
2	BARANICA ELANGOVAN	225	ATNF122081	03/02/97	TAMIL NADU		3.90m
3	POOJA .	124	AHRF109221	09/05/01	HARYANA		3.80m
4	DIVYA MOHAN	176	AKLF108535	28/07/99	KERALA		3.70m
5	VANSHIKA GHANGHAS	131	AHRF104075	08/10/05	HARYANA		3.50m
6	RESHMA RAVEENDRAN	181	AKLF108311	20/02/96	KERALA		3.50m
7	SINDHUSHREE G	148	AKAF103486	23/10/00	KARNATAKA		3.50m
8	PUSHPARANI CHANDRAMUTHU	224	ATNF122562	29/12/01	TAMIL NADU		3.30m
	PREETHIKA ANANDHAN	221	ATNF141540	06/06/98	TAMIL NADU		NM
Event # 31 WOMENS Long Jump							
@ NR:ANJU B. GEORGE ATHENS 6.83 27/08/2004							
% MR:ANJU B. GEORGE CHENNAI 6.59 2002							



TAMILNADU ATHLETIC ASSOCIATION

(Affiliated to the Athletic Federation of India)

Registered with Tamilnadu Society Act

No. 81, Jawaharlal Nehru Stadium, Periamet, Chennai - 600 003. Phone: 2536 0203,
Fax: 2536 0203, E-mail: tamilnaduathletic.asso@gmail.com

W.I. Davaram I.P.S

President
Mob: 9842710210

C. Latha

Secretary
Mob: 9840701169

27.01.2023

CERTIFICATE

I hereby certify that National Athlete **Ms. Gracena G. Merly**, represented Tamilnadu in the following meets. The merit participate certificate has not yet been received from the Athletic Federation of India.

1. 25th National Federation Cup Senior Athletics Championship at Calicut from 02nd to 06th April, 2022 and she secured Silver medal in High Jump.
2. 36th National Games at Gujarat from 30th Sep to 05th Oct 2022 and she secured Bronze Medal in High Jump.
3. 61st National Inter State Senior Athletics Championships at Chennai from 10th to 14th June, 2022 and she secured Gold Medal in High Jump.

I am issuing this certificate after verifying the authentic records of the meet concerned.




C. LATHA
Secretary, TNAA.





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No. 81, Jawaharlal Nehru Stadium, Periamet, Chennai - 600 003. Phone: 2536 0203,
Fax: 2536 0203, E-mail: tamilnaduathletic.asso@gmail.com

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Mob: 9842710210

C. Latha

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C. LATHA
Secretary, TNAA.





Government of India
Ministry of Youth Affairs and Sports



75
Azadi Ka
Amrit Mahotsav



KIUG2021/W/A/1224

CERTIFICATE OF MERIT

This is to certify that Mr./Ms. GRACENA MERLY
representing MANONMANIAM SUNDARANAR UNIVERSITY has secured the FIRST
position in ATHLETICS in HIGH JUMP event in the

*Khelo India University Games 2021, held in Bengaluru
from 24th April to 3rd May 2022*

Chairperson
Games Technical Conduct Committee
Sports Authority of India

Secretary General
Association of Indian Universities

Commissioner
Department of Youth Empowerment and
Sports, Government of Karnataka.

Dr. Baljit Singh Sekhon
Joint Secretary (YA & Sports)
Association of Indian Universities
AIU House, 16, Indrajit Gupta Marg,
New Delhi-110002



Indian Grand Prix -3							
21-May-22							
Bhubaneswar, Odisha							
COMPLETE RESULTS							
Event # 11 WOMENS 5000m Run							
& WC Q. MARK: 15:10.00							
#NR:P.SREEDHARAN GUANGZHOU 15:15.89 26/11/2010							
1	SANJIVANI BABURAO JADHAV	132	AMHF127597	12/07/96	MAHARASHTRA		15:56.74
2	KAVITA YADAV	194	AUPF102534	08/11/98	UTTAR PRADESH		16:38.05
3	ARATI PATIL	139	AMHF102371	26/03/97	MAHARASHTRA		18:29.26
	ALKA SHARMA	165	ARJF144825	28/03/98	RAJASTHAN		DNS
Event # 12 WOMENS 100m Hurdles							
& WC Q. MARK: 12.84							
# NR:JYOTI YARRAJI LIMASSOL 13.23 10/05/2022							
1	KANIMOZHI C	169	ATNF102327	08/11/97	TAMIL NADU	+0.8m/s	14.09
2	S. SRIRESHMA	168	ATNF106864	04/05/01	TAMIL NADU	+0.8m/s	14.60
3	PRIYA SABHAJEET GUPTA	133	AMHF103277	23/05/04	MAHARASHTRA	+0.8m/s	15.38
Event # 13 WOMENS High Jump							
& WC Q. MARK: 1.96							
# NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012							
1	GRACENA MERLY	173	ATNF106185	23/05/00	TAMIL NADU		1.75m
2	RUBINA YADAV	111	AHRF102511	14/01/01	HARYANA		1.75m
	ABHINAYA S SHETTY	120	AKAF102865	16/06/99	KARNATAKA		DNS
Event # 14 WOMENS Triple Jump							
& WC Q. MARK: 14.32							
# NR:MAYOOKHA JOHNY KOBE 14.11 09/07/2011							
1	MALLALA ANUSHA	101	AAPF128959	10/07/02	ANDHRA PRADESH	+0.0m/s	12.90m
12.57, 11.44, 12.58, 12.62, 12.90, 12.73							
2	POORVA HITESH SAWANT	140	AMHF103265	23/01/03	MAHARASHTRA	-1.3m/s	12.60m
X, X, X, 12.60, 12.26, 12.57							
3	SHARVARI AVINAS PARULEKAR	138	AMHF104867	20/03/02	MAHARASHTRA	+1.5m/s	12.26m
X, 12.20, 12.05, 12.26, X, 12.24							
4	AISHWARYA R	175	ATNF102260	03/01/00	TAMIL NADU	+0.0m/s	12.23m
5	POURNIMA MARNE	136	AMHF133011	07/04/99	MAHARASHTRA	+1.5m/s	11.41m
	COLESHIYA J	170	ATNF134137	24/11/02	TAMIL NADU		DNS
	AMANDA. P	174	ATNF125428	16/09/03	TAMIL NADU		DNS
Event # 15 WOMENS Shot Put							
& WC Q. MARK: 18.50							
# NR:MANPREET KAUR KOLKATA 17.96 16/09/2015							
1	MANPREET KAUR	109	AHRF103645	06/07/90	HARYANA		16.81m
X, 13.57, X, 16.62, 16.81, X							
2	ABHA KHATUA	135	AWBF102852	09/07/95	MAHARASHTRA		16.60m
16.18, 16.24, 15.95, 16.60, 16.32, X							
3	KACHNAR CHAUDHARY	162	ARJF102170	17/05/99	RAJASTHAN		14.99m
13.21, 13.88, 14.14, 14.26, 14.99, 14.84							
4	NIVETHA T	121	AKAF143610	27/02/97	KARNATAKA		13.10m
5	PRITY CHAKRABORTY	206	AWBF106011	30/03/02	WEST BENGAL		12.92m
6	SHILPA .	118	AKAF123990	01/06/02	KARNATAKA		12.00m
7	AGRATA MAHESH MELKUNDE	137	AMHF122956	18/01/03	MAHARASHTRA		11.10m
	SHARMILA M	172	ATNF106094	30/09/03	TAMIL NADU		DNS



TAMILNADU ATHLETIC ASSOCIATION

(Affiliated to the Athletic Federation of India)

Registered with Tamilnadu Society Act

No. 81, Jawaharlal Nehru Stadium, Periamet, Chennai - 600 003. Phone: 2536 0203,
Fax: 2536 0203, E-mail: tamilnaduathletic.asso@gmail.com

W.I. Davaram I.P.S.
President
Mob: 9842710210

C. Latha
Secretary
Mob: 9840701169

27.01.2023


CERTIFICATE

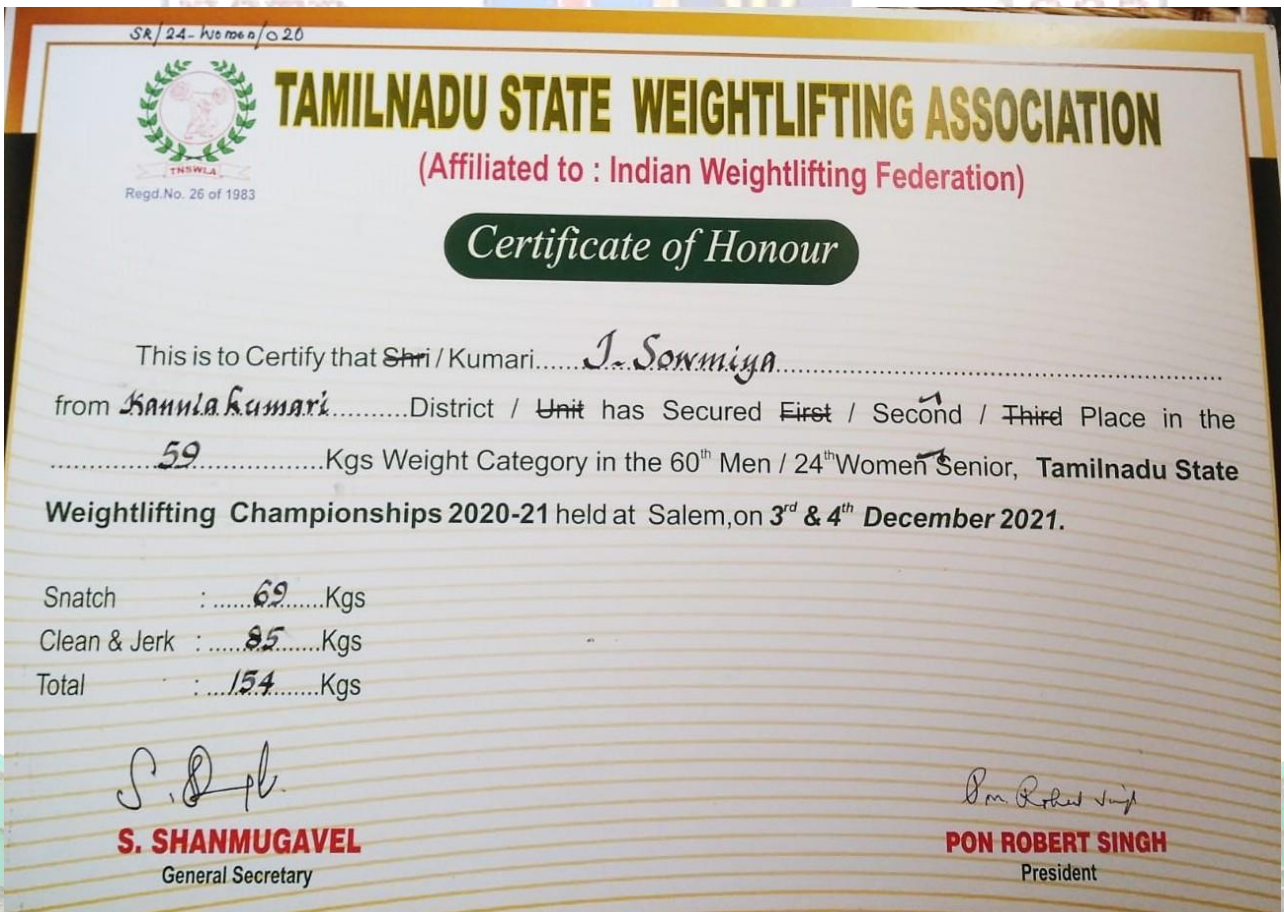
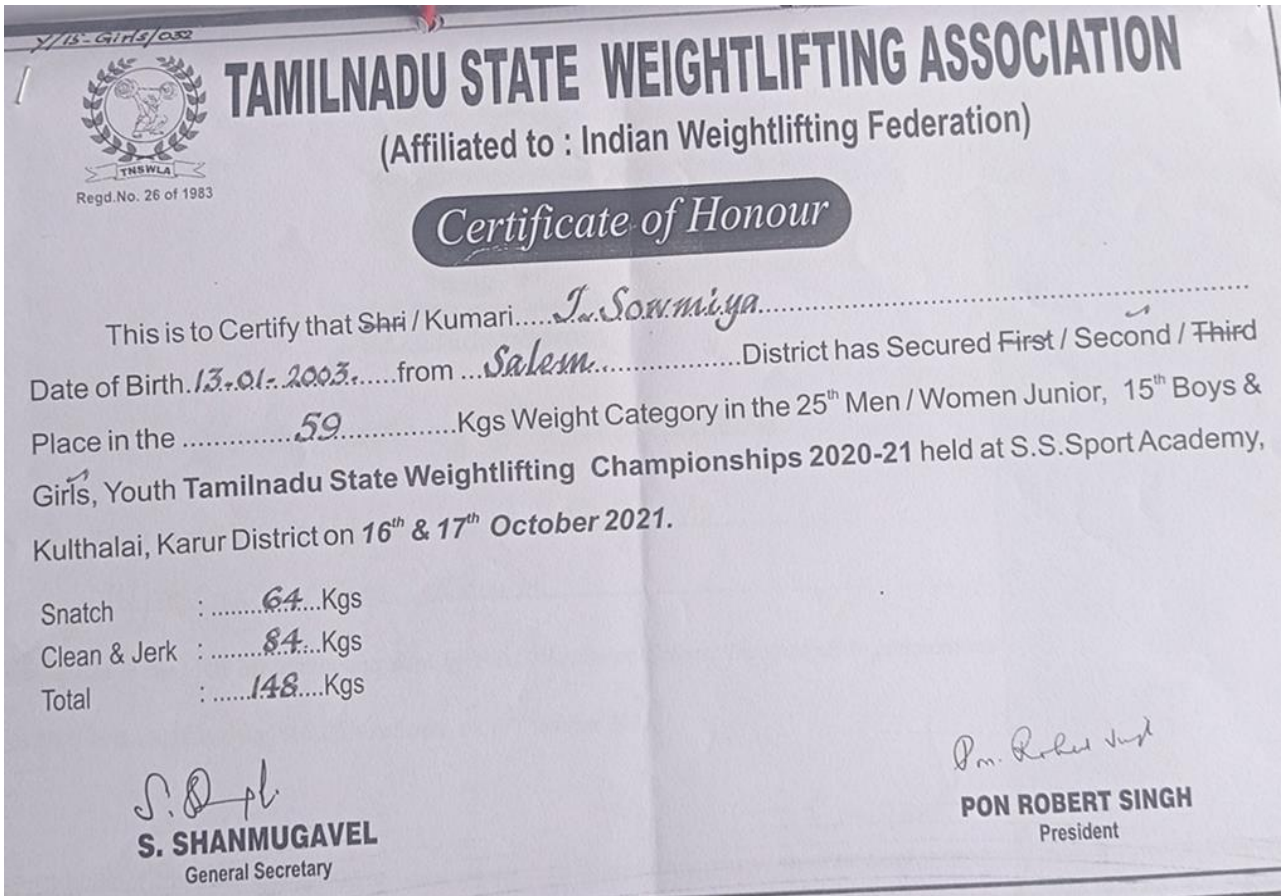
I hereby certify that National Athlete **Ms. Gracena G. Merly**, represented Tamilnadu in the following meets. The merit participate certificate has not yet been received from the Athletic Federation of India.

1. 25th National Federation Cup Senior Athletics Championship at Calicut from 02nd to 06th April, 2022 and she secured Silver medal in High Jump.
2. 36th National Games at Gujarat from 30th Sep to 05th Oct 2022 and she secured Bronze Medal in High Jump.
3. 61st National Inter State Senior Athletics Championships at Chennai from 10th to 14th June, 2022 and she secured Gold Medal in High Jump.

I am issuing this certificate after verifying the authentic records of the meet concerned.




C. LATHA
Secretary, TNAA.

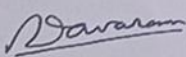


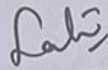
TAMILNADU ATHLETIC ASSOCIATION

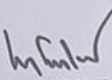


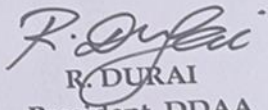
MERIT CERTIFICATE

This is to certify that HARISHMA
representing KANYAKUMARI DAA secured SECOND place
in 1500m performance 5:17.3 in the age group of U18 GIRLS in
35th Tamilnadu Inter District Junior Athletic Championship Organised by Dindigul District Athletic Association at NPR College, Natham, Dindigul from 08th to 11th December, 2021.
Date of Birth given by him/her is


W.I. DAVARAM, I.P.S.
President, TNAA


C. LATHA
Secretary, TNAA


M. SIVAKUMAR
Secretary, DDAA

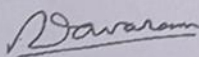

R. DURAI
President, DDAA

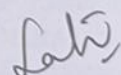
TAMILNADU ATHLETIC ASSOCIATION



MERIT CERTIFICATE

This is to certify that GIRACENA G. MERLY
representing ATHLETIC FOUNDATION secured FIRST place
in HIGH JUMP performance 1.81m (NMR) in the age group of WOMEN in
94th Tamilnadu State Senior Athletic Championships Organised by Coimbatore District Athletic Association at Nehru Stadium, Coimbatore from 13th to 15th May, 2022.


W.I. DAVARAM, I.P.S.
President, TNAA


C. LATHA
Secretary, TNAA





TAMILNADU STRENGTH
BUILDING ASSOCIATION

Regn Under Societies Act XXVII of 1975
STATE LEVEL STRENGTH BUILDING COMPETITION - 2021 - 22

MERIT CERTIFICATE

THIS CERTIFICATE IS PRESENTED TO :

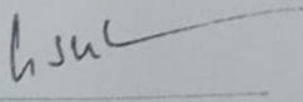
R. AROCKIYA ALISH (FIRST PLACE)


for representing _____ competed in the
90 kgs. weight class, and successfully participated in
the 13th STATE LEVEL STRENGTH BUILDING CHAMPIONSHIP
for SENIOR/ MASTER - MEN/WOMEN held on 15 MAY 2022,
Sunday at Aringar Anna Stadium, Nagercoil, Kanyakumari district,
Tamilnadu.

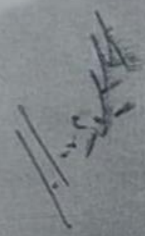
PRESS BEHIND NECK: 60 Kgs

BICEP CURL : 40 Kgs

TOTAL : 100 Kgs


K.SENTHILKUMARAN
PRESIDENT


T. KANNAN
GENERAL SECRETARY


H.SARAVANA SUBBIAH
CHIEF REFEREE

Manonmaniam Sundaranar University

Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 164

2021-2022

This is to certify that PRIYA THARSHINI K S/o D/o E. KADARKARAI
 represented HOLY CROSS COLLEGE, NAGERCOIL
 in the inter-collegiate WEIGHT LIFTING Tournament / Competiti
 held at T.D.M.N.S. COLLEGE, KALLIKULOM from 07.12.2021 to
 and secured FIRST position.

a) Time / Distance / Height (if applicable)

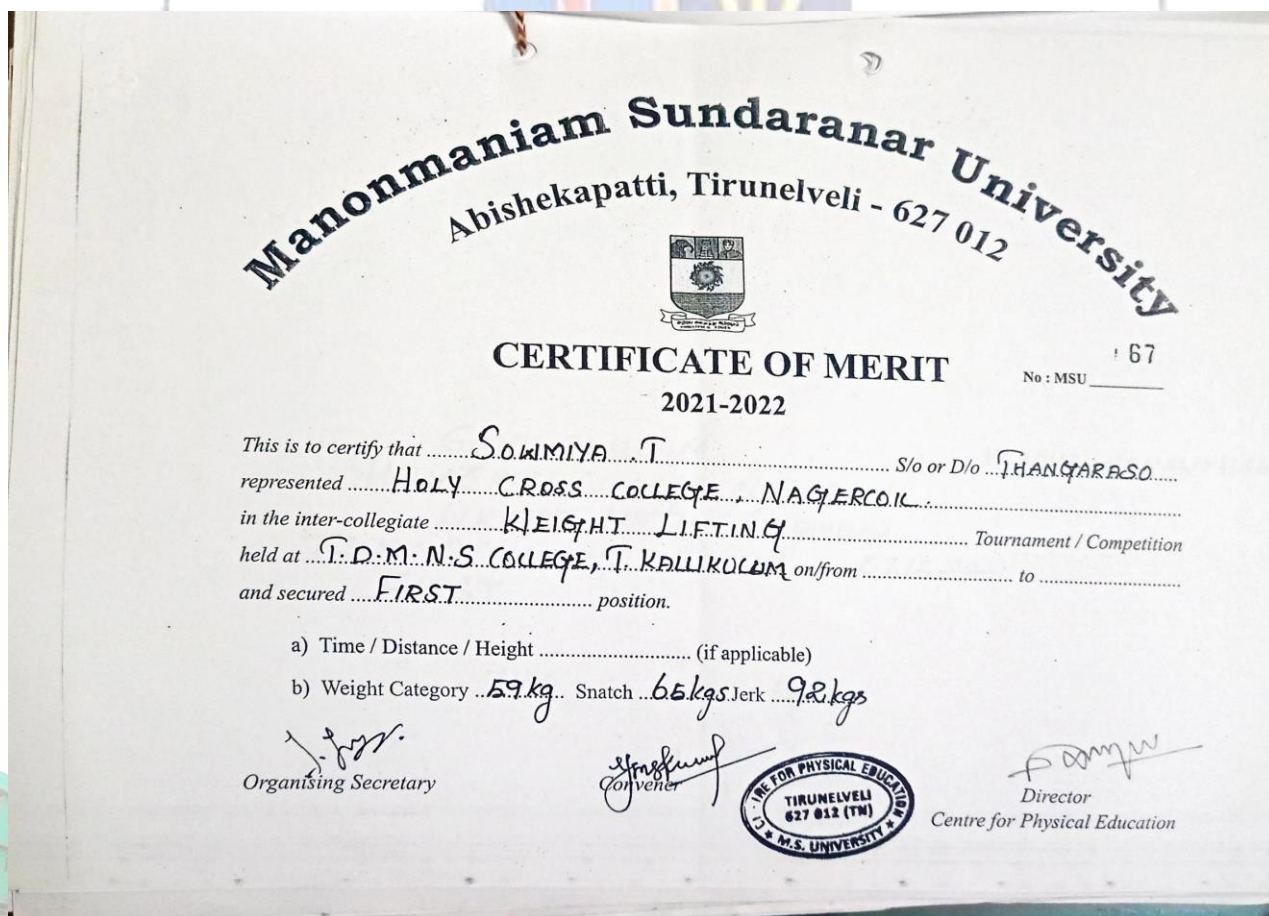
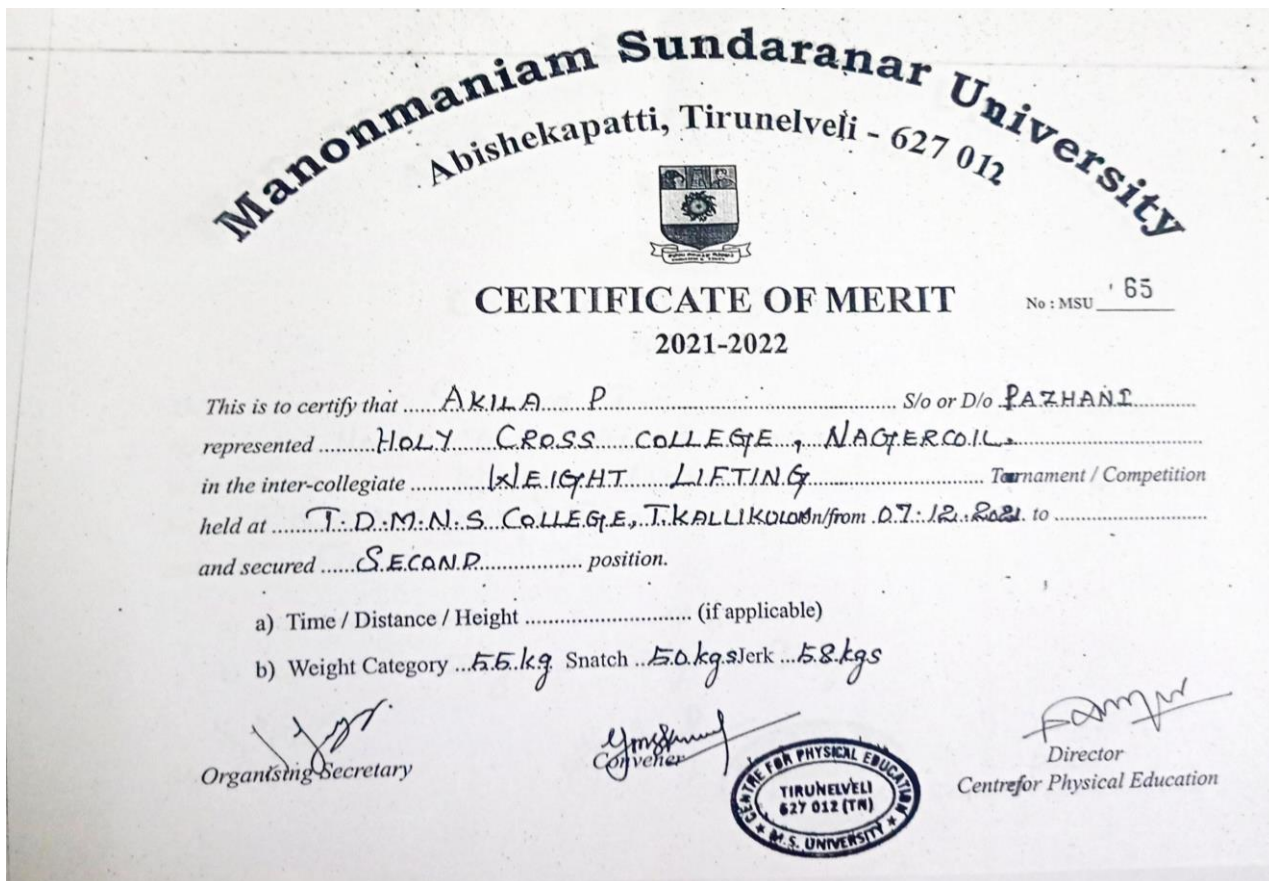
b) Weight Category 55 kg Snatch 65 kgs Jerk 92 kgs

Organising Secretary

Convener



Director
Centre for Physical Educat



Manonmaniam Sundaranar University

Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

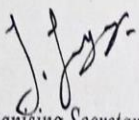
No : MSU 73

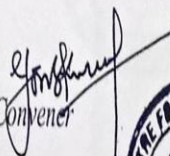
2021-2022

This is to certify that GOPI SREE.M S/o or D/o N. MURUGANANTHAM
represented HOLY CROSS COLLEGE, NAGERCOIL
in the inter-collegiate WRIGHT-LIFTING (WOMEN) Tournament / Competition
held at T.D.M.N.S. COLLEGE, T. KALLIKULAM on/from 07.12.2021 to ..
and secured FIRST position.

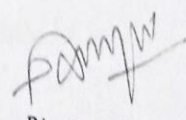
a) Time / Distance / Height (if applicable)

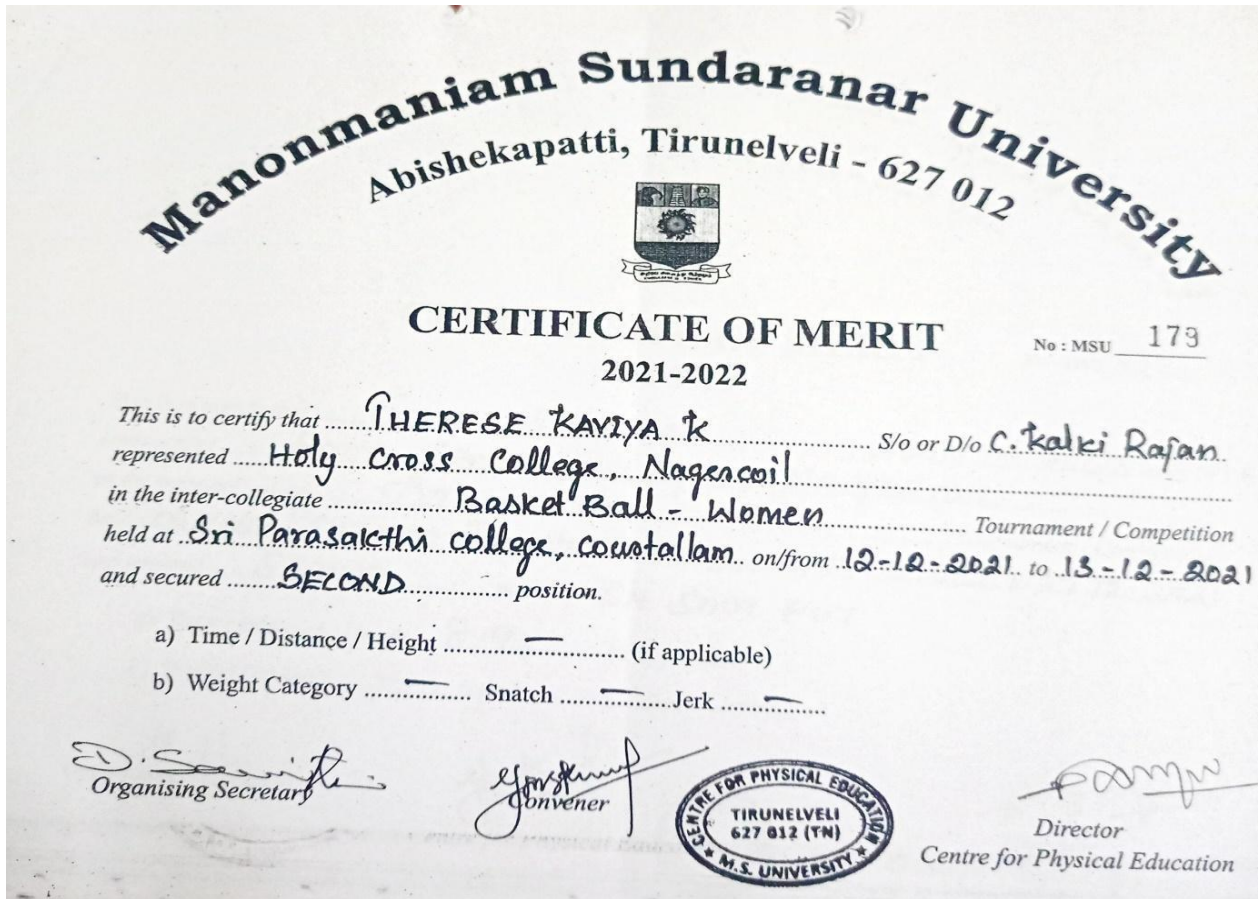
b) Weight Category 71kg Snatch 42kg Jerk 50kg

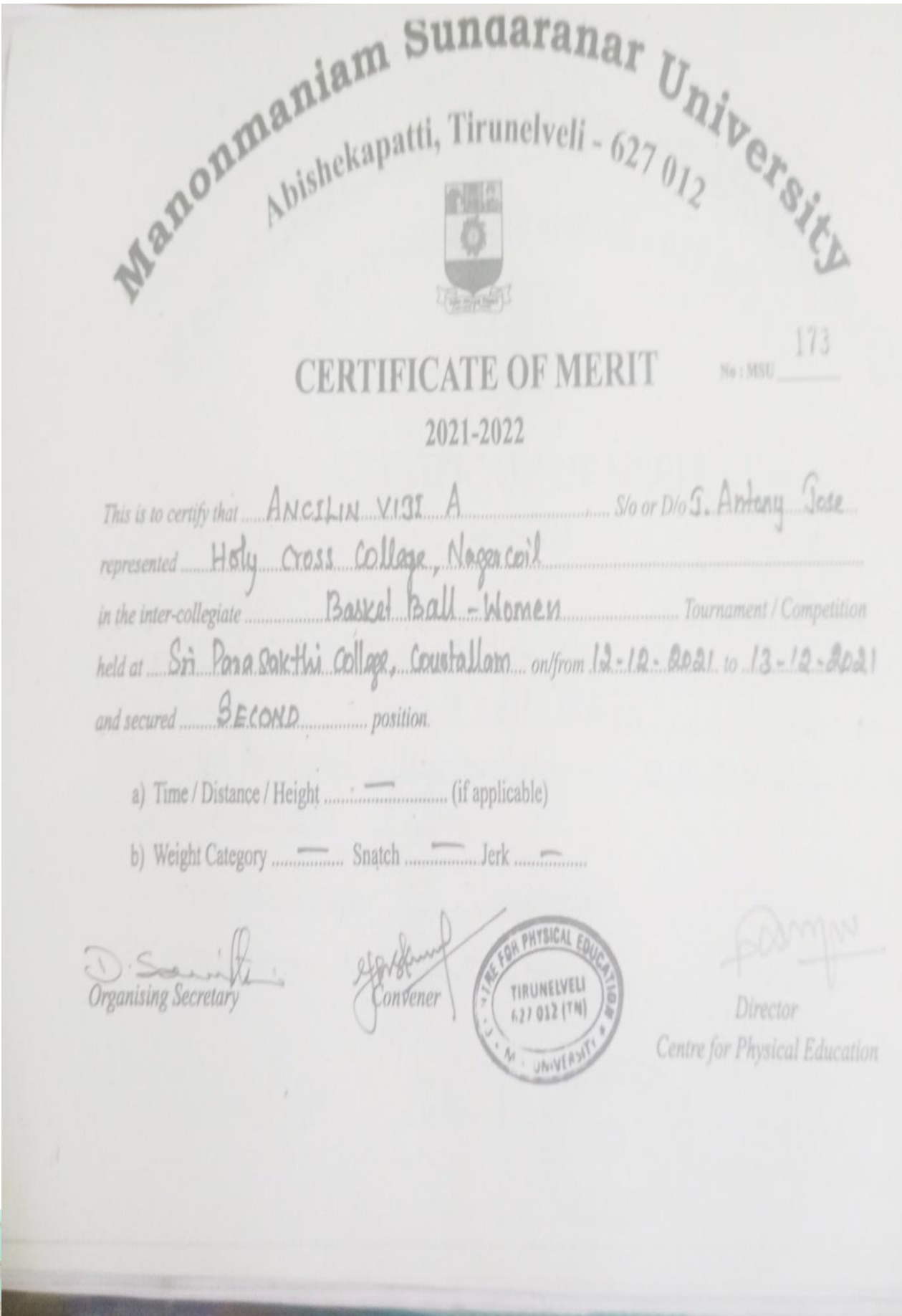

Organising Secretary


Convener




Director
Centre for Physical Education





Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT
2021-2022

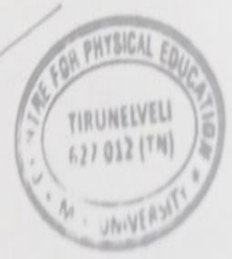
No. MSU 173

This is to certify that ANCILIN VIJI A S/o or D/o S. Antony Jose
represented Holy Cross College, Nagercoil
in the inter-collegiate Basket Ball - Women Tournament / Competition
held at Sri Para Sakthi College, Coimbatore on/from 12-12-2021 to 13-12-2021
and secured SECOND position.

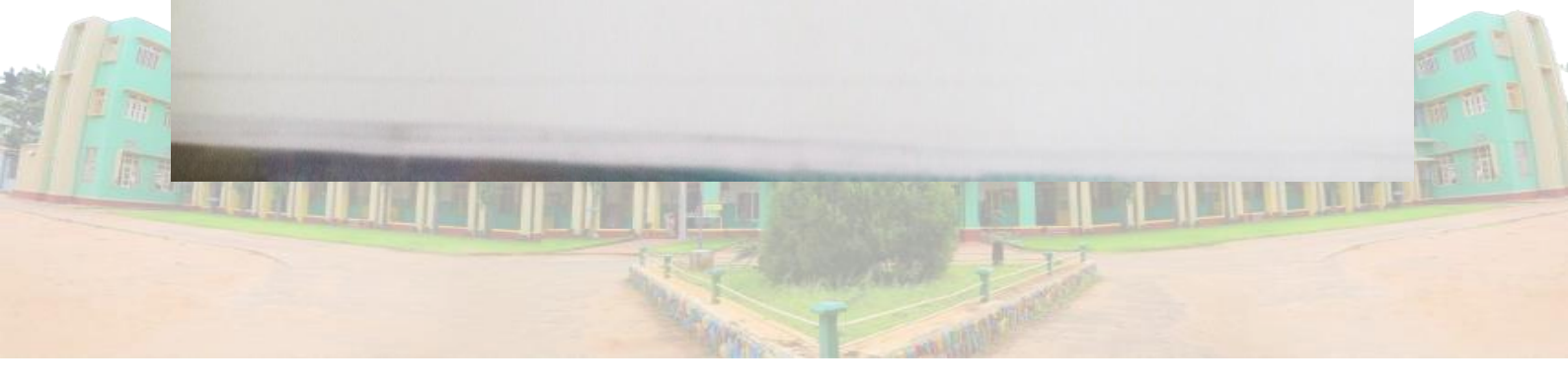
- a) Time / Distance / Height (if applicable)
- b) Weight Category Snatch Jerk

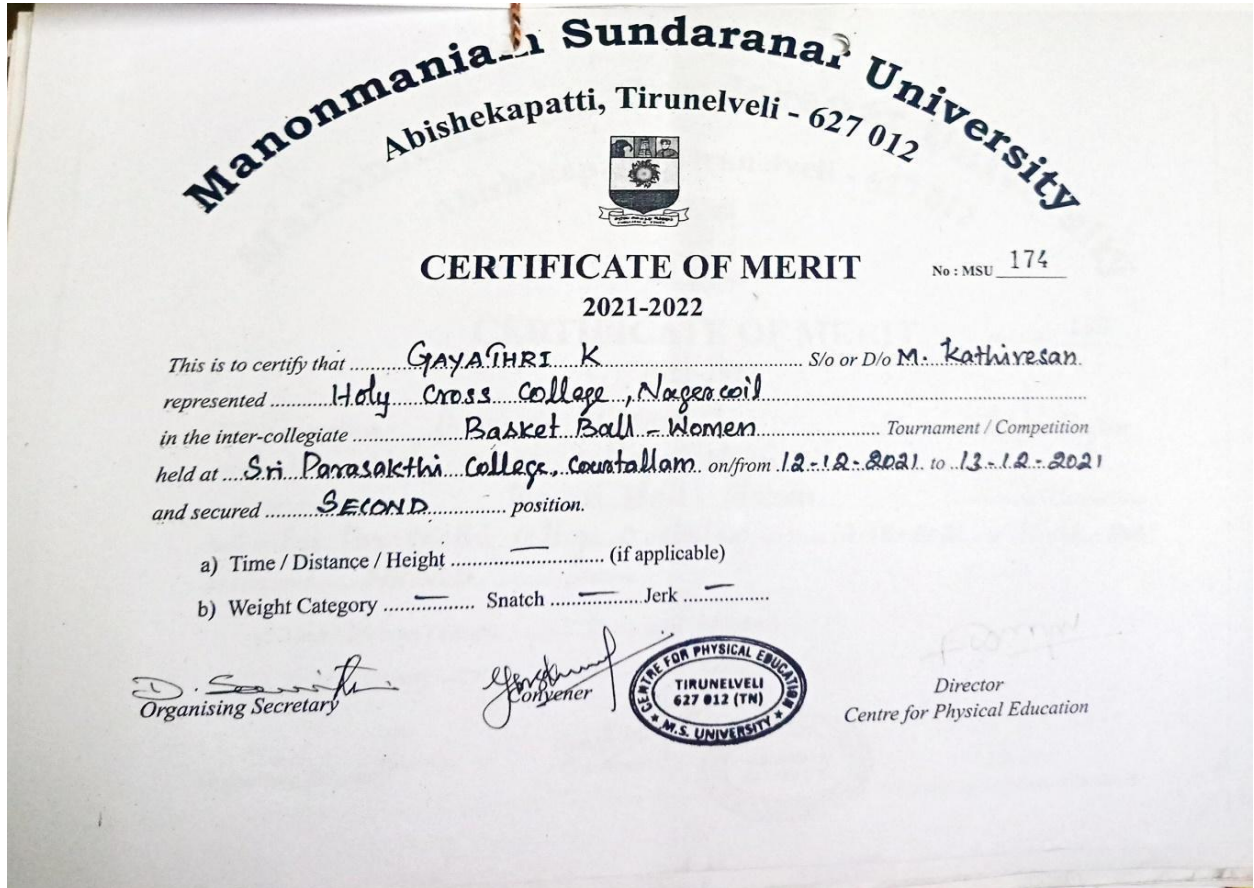
D. Sankar
Organising Secretary

S. Sankar
Convener



Aditya
Director
Centre for Physical Education





Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No : MSU 175

2021-2022

This is to certify that AGITHA. A S/o or D/o S. Ayyasami
represented Holy Cross college, Nagercoil
in the inter-collegiate Basket Ball - Women Tournament / Competition
held at Sri Parasalethi College, Courtallam on/from 12-12-2021 to 13-12-2021
and secured SECOND position.

a) Time / Distance / Height (if applicable)

b) Weight Category Snatch Jerk

D. Sankar
Organising Secretary

S. Sankar
Convener



A. M. W.
Director
Centre for Physical Education

Manonmaniam Sundaranar University

Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

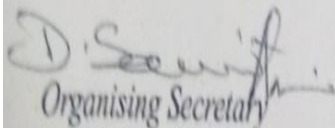
No : MSU 181

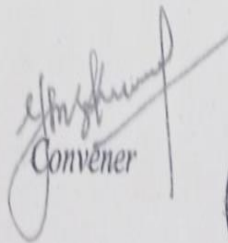
2021-2022

This is to certify that VINISHA . E S/o or D/o D. Elavarasan
represented Holy Cross College, Nagercoil
in the inter-collegiate Basket Ball - Women Tournament / Competition
held at Sri Parasakthi College, Guntallam on/from 12.12.2021 to 13.12.2021
and secured SECOND position.

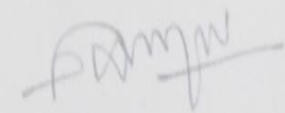
a) Time / Distance / Height (if applicable)

b) Weight Category Snatch Jerk


Organising Secretary


Convener




Director
Centre for Physical Education

Manonmaniam Sundaranar University

Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No : MSU 382

2021-2022

This is to certify that GRACENA G MERLY S/o or D/o GILISTUS
represented HOLY CROSS COLLEGE, NAGERCOIL
in the inter-collegiate 31st ATHLETICS Tournament / Competition
held at ANNA STADIUM, NELLAP on/from 17.12.2021 to 19.12.2021
and secured FIRST position. 2N HIGH JUMP


a) Time / Distance / Height 1.80mts NMR (if applicable)

b) Weight Category Snatch Jerk


Organising Secretary


Convener




Director
Centre for Physical Education



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT
2021-2022

No : MSU 185

This is to certify that HARISHMA C S/o or D/o CHIDAMBARA DHAS
represented HOLY CROSS COLLEGE, NAGERCOIL
in the inter-collegiate ATHLETICS Tournament / Competition
held at ANNA STADIUM, PALAYAMKOTTAI on/from 17.12.2021 to 19.12.2021
and secured FIRST position. IN 1500 M

- a) Time / Distance / Height 5:08:50 (if applicable)
- b) Weight Category Snatch Jerk

[Signature]
Organising Secretary

[Signature]
Convener



[Signature]
Director
Centre for Physical Education

