



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

SI. No	Name of the Student	Name of the Event	University / State / National/ International
2023-2024			
1	K. Faheemah	Drawing Competition	State
2	A. Michael Ceionaa	Solo Song	National
3	Agnes Princy A, Jershia G, Ayshma S, Anisha Rani A, Ashika B, Reeba Jomon, Reshma R, Swani V C	Election - Varsity Show	National
4	Mary Snow Sherin M, Ashika B, Agnes Princy A, Jershia G, Ayshma S, Anisha Rani A, Asanu Viji X	Conscientization - Street Play	National
5	Agnes Princy A, Jershia G, Ansi.T, Anisha Rani A, Ashika B, Reeba Jomon, Swani V C	Dance	National
6	Mary Snow Sherin.M, Ashika Shafrin N, Asanu Viji X, Jani J, Asma Jerositta M	Mime	National
7	Rebecca Jesumarian	1 st Meghalaya International Open Grandmasters Chess Tournament 2023	International
8	Rebecca Jesumarian	Common Wealth Chess Championship 2023-2024	International
9	M. Abinaya	34th South Zone Junior Athletics Championship -Triple Jump	National
10	M. Abinaya	34th South zone Junior Athletics Championship -Long Jump	National

NAAC V Cycle Self Study Report (SSR)

11	N. Gomathy	36th Men & 32 nd Women Senior National Atya Patya Championship	National
12	Rebecca Jesumarian	21 st National Team Chess Championship 2023-24 for Women	National
13	M. Abinaya	State Level Chief Minister's Athletic Competition -Long Jump	State
14	C Harishma	37th Tamilnadu Inter District Junior Athletic Championship -1500M	State
15	C Harishma	37th Tamilnadu Inter District Junior Athletic Championship -3000M	State
16	M. Abinaya	37th Tamilnadu Inter District Junior Athletic Championship -Long Jump	State
17	M. Abinaya	37th Tamilnadu Inter District Junior Athletic Championship -Triple Jump	State
18	S. Anisha	37th Tamilnadu Inter District Junior Athletic Championship -Midlay Relay	State
19	R. Ramya	Inter District 5km. Mini Marathon Run	State
20	R. Ramya	Inter District 5km. Marathon Run	State
21	C. Anisha	3 rd Tamilnadu South Zone Taekwondo Championship - Poomsae	State
22	N. Gomathy, B.G. Gokula S.Muthu Mari	20 th Men & Women Senior State Atya Patya Championship	State
23	R. Ramya	State Level Marathon 2024	State
24	C Harishma	State Level Marathon Competition	State
25	S. Anisha	State Level Marathon Competition	State
26	R. Ramya	State Level Mini Marathon Competition (15KM)	State
27	Holy Cross College - A. Ambro Amalavarshini, E. Haruna, Diya Chandana	M.S University Inter-Collegiate Table Tennis Tournament	University

NAAC V Cycle Self Study Report (SSR)

28	R. Ramya	M.S University Inter-Collegiate Cross Country Competition	University
29	N. Gomathy	36th Men and 32nd Women Senior National Atya Patya Championship	State
30	M. Abinaya	5 th Tamilnadu State Youth Athletic Championship - Long Jump	State
31	M. Abinaya	5 th Tamilnadu State Youth Athletic Championship - Triple Jump	State
2022-2023			
1	T. Jeya Aarya	Fashion Illustration	National
2	Dhamini D. S	Photography	National
3	Beneyca M	Singing	National
4	Hena, Tiffia Weslin, Mary Winnarasi, Berdhiny Shelja, Maria Tina, Ahana Berlin, Mini Abisha	Group Dance	National
5	Ahana Berlin, Tiffia Weslin, Mary Winnarasi, Maria Tina	Sound Party	National
6	N. Gomathy	Single Hand Decoration Style	State
7	Lavina Peter Maria and Team	Grand Dance Fest	State
8	Asanuviji X, Epsiba B, Vismaya K.K, Angel M, Namatha G	Street Play	National
9	T. Jeya Aarya	Drawing	State
10	Gracena G Merly	Athletics - High Jump	National
11	M. Abinaya	36th Tamilnadu Inter District Junior Athletic Championship - Triple Jump	State
12	N. Gomathy	16th Boys and Girls Junior State Atya Patya Championship	State
13	T. Sowmiya	Weightlifting - Junior	State
14	T. Sowmiya	Weightlifting - Senior	State

NAAC V Cycle Self Study Report (SSR)

15	M. Abinaya	4th Tamilnadu State Youth Athletic Championship - Triple Jump	State
16	M. Abinaya	4th Tamilnadu State Youth Athletic Championship - Long Jump	State
17	S.Jain Reny, J. Jacksha Mol, R. Dharshini, C. Cathrin Ajufa, S. Asan Harsha, J. Jerisha, E. Arockiya Anisha, S. Ancil Cruz, M.Mathija, M. Rabina Malini, I.Shaniya Mirsha, N.Gomathy	Inter-collegiate Football Tournament	University
18	T. Sowmiya	Inter-collegiate Weightlifting	University
19	R. Ramya	Inter-collegiate - 400 M	University
20	R. Ramya	Inter-collegiate - 800M	University
21	M. Abinaya	Inter-collegiate - Long Jump	University
22	M. Abinaya	Inter-collegiate - Triple Jump	University
23	C. Harishma	Inter-collegiate - 1500M	University
24	C. Harishma	Inter-collegiate - 800M	University
25	M. Gopi Sree	Inter-collegiate - Shot Put	University
26	R. Jeyarunisha	Inter-collegiate - Hammer Throw	University
27	K. Antony Clatcia, K. Therese Kaviya, R.Ramya, C.Harishma,	Inter-collegiate - 4x400M Relay	University
28	K. Antony Clatcia, C.Harishma, K. Therese Kaviya, R.Ramya	Inter-collegiate - 4x100M Relay	University
2021-2022			
1	T. Jeya Aarya	Drawing	National
2	R. Arockiya Alish	2021 Commonwealth Senior (Men & Women) Weightlifting Championship (76Kg Category)	International
3	R. Arockiya Alish	2021 IWF World Championships - Weightlifting (76Kg Category)	International

NAAC V Cycle Self Study Report (SSR)

4	R. Arockiya Alish	36th Women Senior National Weightlifting Championships - 2020-2021 (76Kg Category)	National
5	R. Arockiya Alish	4th Women Inter-state Senior National Weightlifting Championships - 2020- 2021 (76Kg Category)	National
6	Gracena G. Merly	60th National Open Athletics Championships 2021 - High Jump	National
7	Gracena G. Merly	All India Inter-universtiy Athletics - High Jump	National
8	Gracena G. Merly	1st Indian Open Jumps Competition 2022 - High Jump	National
9	Gracena G. Merly	25th National Fed. Cup Senior Athletics Competition - High Jump	National
10	Gracena G. Merly	Khelo Indian University Games 2021 - High Jump	National
11	Gracena G. Merly	High Jump	National
12	Gracena G. Merly	61st National Inter State Senior Athletics Championships - High Jump	National
13	Gracena G. Merly	93rd Tamilnadu State Senior Athletic Championship - High Jump	State
14	T. Sowmiya	25th Men/ Women Junior - Weightlifting (59 Kg Category)	State
15	T. Sowmiya	Tamilnadu State Weightlifting Championships 2020-21 (59 Kg Category)	State
16	C. Harishma	35th Tamilnadu Inter District Junior Athletic Championship - 1500 Mt.	State
17	Gracena G. Merly	94th Tamilnadu State Senior Athletic Championships - High Jump	State
18	T. Sowmiya	13th State Level Strength Buliding Championship - Weight Class (56 Kg)	State
19	K. Priyadharshini	13th State Level Strength Buliding Championship - Weight Class (60 Kg)	State

NAAC V Cycle Self Study Report (SSR)

20	R. Arockiya Alish	13th State Level Strength Buliding Championship - Weight Class (90 Kg)	State
21	K. Priyadharshini	Inter-collegiate Weightlifting Tournament (55 kg B.W.C)	University
22	P. Akila	Inter-collegiate Weightlifting Tournament (55 kg B.W.C)	University
23	T. Sowmiya	Inter-collegiate Weightlifting Tournament (59 kg B.W.C)	University
24	M. Gopisree	Inter-collegiate Weightlifting Tournament (71 kg B.W.C)	University
25	K. Therese Kaviya, K. Antony Clatcia, A. Ancilin Viji. K. Gayathiri, N.D. Nathiya, A. Ajitha, E. Vinisha, Mistika, D. Harishma, D. Ashni Reshma	Inter-collegiate Basket Ball Women Tournament	University
26	Gracena G. Merly	Inter-collegiate 31st Athletics Competition - High Jump	University
27	M. Gopisree	Inter-collegiate 31st Athletics Competition - Shot Put	University
28	C. Harishma	Inter-collegiate 31st Athletics Competition - 800M	University
29	C. Harishma	Inter-collegiate 31st Athletics Competition - 1500M	University
2020-2021			
1	Gracena G. Merly	24th Federation Cup National Senior Athletics Championships - High Jump	National
2	Gracena G. Merly	34th Tamilnadu State Junior and Senior Open Athletic Championship - High Jump	State
2019-2020			
1	V.J Maxlin and Team	Enthusia - 2020 - Western Dance	State
2	R. Arockiya Alish	2019 Commonwealth Junior (Men & Women) Weightlifting Championships (76 Kg)	International

NAAC V Cycle Self Study Report (SSR)

3	S. Bharkavi	1st Courtalam Saaral International FIDE Rating Chess Tournament - 2019	International
4	S. Bharkavi	5th International FIDE Rated Open Chess Tournament - 2019	International
5	S. Bharkavi	2nd International FIDE Rated Open Chess Tournament	International
6	S. Bharkavi	13th BRDCA International FIDE Rated Chess Tournament	International
7	Gracena G. Merly	17th Federation Cup National Junior Athletics Championships - High Jump	National
8	Gracena G. Merly	35th National Junior Athletics Championships - High Jump	National
9	T. Dharshini	All India Inter-University - Weightlifting (81 Kg)	National
10	R. Arockiya Alish	All India Inter-University - Weightlifting (76 Kg)	National
11	Gracena G. Merly	All India Inter-University Athletics Tournament - High Jump	National
12	F.T. Fratha	1st Students Olympic National Events 2019-20 - Archery	National
13	T. Dharshini	35th Women Senior National Weightlifting Championships - 2019-2020 (81 Kg Category)	National
14	R. Arockiya Alish	35th Women Senior National Weightlifting Championships - 2019-2020 (76 Kg Category)	National
15	T. Dharshini	1st Khelo India University Games - Weightlifting (81 Category)	National
16	R. Arockiya Alish	1st Khelo India University Games - Weightlifting (76 Kg Category)	National
17	P. Akila	1st Khelo India University Games - Weightlifting (49 Kg Category)	National
18	Gracena G. Merly	92nd Tamilnadu State Senior Athletic Championships - High Jump	State

NAAC V Cycle Self Study Report (SSR)

19	Gracena G. Merly	34th Tamilnadu Inter Distric Junior Athletic Championship - High Jump	State
20	Gracena G. Merly	33rd Tamilnadu State Junior Open Atheltic Championship - High Jump	State
21	F.T. Fratha	9th State Level Open Archery Championship - 2019 - Archery	State
22	K. Priyatharshini	Tamilnadu State Weightlifting Championships (59 Kg Category)	State
23	T. Thanija	Tamilnadu State Weightlifting Championships (64 Kg Category)	State
24	R. Arockiya Alish	Tamilnadu State Weightlifting Championships (76 Kg Category)	State
25	P. Akila	Tamilnadu State Weightlifting Championships (49 Kg Category)	State
26	T. Dharshini	Tamilnadu State Weightlifting Championships (81 Kg Category)	State
27	T. Dharshini	State Level Inter University Competitions 2019-2020 - Weightlifting (76 Kg Category)	State
28	R. Arockiya Alish	State Level Inter University Competitions 2019-2020 - Weightlifting (76 Kg Category)	State
29	K. Priyatharshini	State Level Inter University Competitions 2019-2020 - Weightlifting (59 Kg Category)	State
30	T. Thanija	State Level Inter University Competitions 2019-2020 - Weightlifting (64 Kg Category)	State
31	P. Akila	State Level Inter University Competitions 2019-2020 - Weightlifting (49 Kg Category)	State
32	S. Malar	Inter Collegiate Weightlifting Competition (45 Kg Category)	University
33	P. Akila	Inter Collegiate Weightlifting Competition (49 Kg Category)	University
34	T. Minisha	Inter Collegiate Weightlifting Competition (55 Kg Category)	University

NAAC V Cycle Self Study Report (SSR)

35	K. Priyatharshini	Inter Collegiate Weightlifting Competition (59 Kg Category)	University
36	T. Thanija	Inter Collegiate Weightlifting Competition (64 Kg Category)	University
37	R. Arockiya Alish	Inter Collegiate Weightlifting Competition (76 Kg Category)	University
38	T. Dharshini	Inter Collegiate Weightlifting Competition (81 Kg Category)	University
39	S. Malar	Inter Collegiate Athletic Meet - 400M	University
40	R. Jisha	Inter Collegiate Athletic Meet - 400M	University
41	A. Ancilin Viji	Inter Collegiate Athletic Meet – Triple Jump	University
42	Gracena G. Merly	Inter Collegiate Athletic Meet – High Jump	University
43	S. Gnana Jenisha	Inter Collegiate Athletic Meet – Javelin Throw	University
44	P. Anjalatchi, Delphin R, Abitha Mol A.M, Jisha R, S, Anu A, Shibila John S, Anusca T, A.L. Arul Shajina, Suvitha, Sangeetha R, Pratheeba P, Prathi Jen A, Ashika C, Sowmiya K	Inter Collegiate Women's Football Tournament	University
45	Samini. R, Libina. V, Deepthiza Cara. D, Rubika. N, Sumi. M, Santhiya. K, Ashni Resma. D, Ancilin Viji. A, Barit Sahai Dhana. B, Aneeta. P	Inter Collegiate Basketball Tournament	University
46	Ancy Asmitha. S, Asmeya. M, Nishitha. C, Angel Chandrika. J, Jenisha Lilly. K, Malar. S, Sumi. J, Berciya. S	Inter Collegiate Ball Badminton Tourna	University
47	S. Malar and Team	District Volleyball Championship	District

