



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 5 Student Support and Progression

### 5.3 - Student Participation and Activities

Metric No. 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 last five years

List and Links to  
E-copies of Certificates/Awards: 2021-2022

Submitted to



National Assessment and Accreditation Council



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Year	Name of the award/medal	Team/ Individual	Level of competition (University/ State/National/ International)	Nature of competition (Sports/ Cultural)	Name of the student(s)
2021-2022	FIRST - KHELO INDIA Women's South League Championship(Under 60kg)	Individual	National	Sports	ANJALY ROSE VARGHESE
2021-2022	PARTICIPATION - Senior Wushu Championship 2021	Individual	National	Sports	ANJALY ROSE VARGHESE
2021-2022	PARTICIPATION - Senior Wushu Championship 2022 (participation)	Individual	National	Sports	ANJALY ROSE VARGHESE
2021-2022	FIRST - Wushu Senior (men and Women) Championship(Under 60kg)	Individual	University	Sports	ANJALY ROSE VARGHESE
2021-2022	FOURTH - Kerala State Classic Bench Press Championship Under 74 kg	Individual	State	Sports	AIDEN BENOY
2021-2022	SECOND - Power Lifting Championship Sub-Junior Under 74 kg	Individual	University	Sports	AIDEN BENOY
2021-2022	SEVENTH - Classic Powerlifting Championship (76 KG Jr)	Individual	State	Sports	NAYANA SANTHOSH
2021-2022	PARTICIPATION - Wrestling Men Championship	Individual	National	Sports	SHAHID E.B
2021-2022	SECOND - Senior Men Wrestling Championship (under 82 kg)	Individual	State	Sports	SHAHID E.B
2021-2022	THIRD - Judo Men Championship-(Under 90 kg)	Individual	University	Sports	SHAHID E.B
2021-2022	FIRST - Wrestling Men Championship	Individual	University	Sports	SHAHID E.B





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Year	Name of the award/medal	Team/Individual	Level of competition (University/State/National/International)	Nature of competition (Sports/Cultural)	Name of the student(s)
2021-2022	PARTICIPATION - Junior Men Wrestling Championship (under 65kg)	Individual	State	Sports	MOHAMMED ARSHID A
2021-2022	Wrestling Men Championship-(70 kg) Second	Individual	University	Sports	MOHAMMED ARSHID A
2021-2022	SECOND - Olympic Games (67 Category)	Individual	University	Sports	MOHAMMED ARSHID A
2021-2022	THIRD - M G University Youth Festival Duffmuttu	Team	University	Cultural	SAMEER KN, MOHAMMED KAIF K.A, IRFAN IBRAHIM, ASHBIN K.A, NOUFAL K.N, NASEEB N, AJMAL KHAN
2021-2022	A GRADE - M G University Youth Festival Classical Music (F)	Individual	University	Cultural	MANJULA S.BHAT
2021-2022	A GRADE - M G University Youth Festival Stringed Instrument Western Style	Individual	University	Cultural	RADHIKA RANI
2021-2022	A GRADE - M G University Youth Festival -Light Music (M)	Individual	University	Cultural	ASWIN P.PANIKKAR
2021-2022	A GRADE - M G University Youth Festival - Other Forms of Classical Dance	Individual	University	Cultural	ADHEENA N.SHIBU





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*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



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**31ST SENIOR NATIONAL WUSHU CHAMPIONSHIP-2022**

**ORGANISED BY :**  
WUSHU ASSOCIATION OF J&K

**RECOGNIZED BY :**  
MINISTRY OF YOUTH AFFAIRS AND SPORTS (GOVT. OF INDIA)  
& SPORTS AUTHORITY OF INDIA

**UNDER AUSPICES OF :**  
WUSHU ASSOCIATION OF INDIA

*Certificate of Participation*

SI. No. P- 362

This is to certify that Mr/ Miss ANJALI ROSE VARGHESE s/o, D/o VARGHESE XAVIER  
Born on 20-02-2002 of KERALA who has participated as a Player / Coach / Manager in the  
31th Senior National Wushu Championship (Men & Women ) held at Indoor Sports Complex Srinagar (J&K) From 28th October to  
2rd November 2022. Organized By Wushu Association of Jammu And Kashmir (J&K) under the aegis of Wushu Association of India.  
He/ She participated in Taolu / Sanda BELOW 60 KG WOMEN Event / Weight Category.

BHUPENDER SINGH BAJWA  
President  
Wushu Association of India

JATINDER SINGH  
General Secretary  
Wushu Association of India

VIJAY SARAF  
President  
Wushu Association of J&K

BHAVNEET  
General Secretary  
Wushu Association of J&K

Kuldip Handoo (Organising Secretary)  
Organising Secretary  
31st Senior National Wushu  
Championship 2022





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**31<sup>st</sup> KERALA STATE SENIOR (MEN & WOMAN)  
WUSHU CHAMPIONSHIP 2022**

Organised By : KERALA WUSHU ADHOC COMMITTEE








Affiliated to : Wushu Association of India (WAI)  
Member : Kerala State Sports Council Kerala Olympic Association  
Recognized by: Ministry of youth affairs & sports (Govt of India)

**CERTIFICATE OF MERIT / PARTICIPATION**

NO. M76/KW/SR.WC/2022 Date of Birth.. 20/02/2002

This is to certify that ANJALI ROSE VARGHESE of ERNAKULAM  
S/o. / D/o. VARGHESE XAVIER  
has participated as a Sanshou Plyer / Taolu Player / Coach / Manager / Judge / Official in the KERALA  
STATE SENIOR (MEN & WOMAN) WUSHU CHAMPIONSHIP 2022 held at VK Krishnamenon Indoor Stadium,  
Kozhikode on 03 October 2022 and Secured FIRST  
Place in Taolu Sanshou in..... Event / 60 Kg.

  
**P. JHONSON**  
 Member - Adhoc Committee  
 Exicutive Member (WAI)

  
**P. T. AGUSTINE**  
MEMBER  
**P T. AGUSTIN** STATE SPORTS COUNCIL  
 Obsrver  
 Kerala State Sports Council

  
**Dr. Arif CP**  
 Convenor  
 Adhoc Committee (KW)







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## ERNAKULAM DISTRICT POWERLIFTING CHAMPIONSHIP

PHOTO


No: \_\_\_\_\_



Certificate of Honour

This is to Certify that AIDEN BENNY .....  
 of COCHIN GYM ..... has  
 secured Sub-Junior..... 1<sup>st</sup> ..... Place, Junior..... \_\_\_\_\_ Place,  
 Senior..... \_\_\_\_\_ Place, and Masters..... \_\_\_\_\_ Place in the 74...kg,  
 Weight Class at the Ernakulam District Powerlifting Championship held at  
RSC KADAVANTHRA ..... on 17.10.2021


WEIGHT LIFTED	
Squat.....	<u>100</u> ...kg
Bench Press.....	<u>70</u> ...kg
Dead Lift.....	<u>140</u> ...kg
Total.....	<u>310</u> ...kg
* STATE RECORD	



**President**


92-124

**ZACHARIA KATTICAREN**  
OBSERVER  
ERNAKULAM DISTRICT SPORTS COUNCIL



**Hony. Secretary**

**ERNAKULAM DISTRICT POWER LIFTING ASSOCIATION**







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MC-SM/GR/10/21/026



**Kerala State Wrestling Association**  
Reg. No: 1392/90  
(Affiliated to Wrestling Federation of India)

**68<sup>th</sup> Kerala State Senior Men &  
23<sup>rd</sup> Senior Women  
Wrestling Championships 2021-22**  
V K Krishna Menon Indoor Stadium, Kozhikode  
5<sup>th</sup> to 7<sup>th</sup> October, 2021

**Merit Certificate**

NAME	:	SHAHID E B	 
S/o	:	BASHEER E Y	
DATE OF BIRTH	:	31/03/2000	
DISTRICT	:	ERNAKULAM	
CATEGORY	:	GRECO-ROMAN 82 KG	
POSITION	:	SECOND	

  
**V.N. Prasood**  
President

  
**Hamza K.**  
Secretary (In-charge)





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*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
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Sl. No. 1911



## Mahatma Gandhi University

Kottayam, Kerala.

### SCHOOL OF PHYSICAL EDUCATION & SPORTS SCIENCES

# Certificate

This is to certify that..... **SHAHID E B** .....

representing..... **COCHIN COLLEGE, KOCHI** .....

participated in the Inter-Collegiate (Inter-Zone)..... **WRESTLING(M)** .....

.....(Men/Women) Tournament for the year..... **2021-22** .....held at

**C M S COLLEGE, KOTTAYAM** .....

and secured..... **FIRST** .....place in..... **92 KG CATEGORY** .....

Performance..... **—** .....



*M. Menon*

Director

*[Signature]*

Pro-Vice-Chancellor

Place : Kottayam  
Date : 18/04/2022



*Mrudula Menon*  
Mrudula Menon V.  
Principal-in-Charge  
The Cochin College



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PC (U20) FS/01/22/050



**Kerala State Wrestling Association**  
Reg. No: 1392/90  
(Affiliated to Wrestling Federation of India)

**43rd Kerala State Junior Men &  
24th Junior Women  
Wrestling Championships 2021-22**  
Kannur  
7<sup>th</sup> to 9<sup>th</sup> January, 2022

**Certificate of Participation**

NAME	: MOHAMED ARSHID A	
S/o	: ANZAR S	
DATE OF BIRTH	: 24/03/2003	
DISTRICT	: ERNAKULAM	
CATEGORY	: FREESTYLE - 65 KG	



**V.N. Prasood**  
President



**Hamza K.**  
Secretary (In-charge)





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SI. No. 1900



**Mahatma Gandhi University**  
Kottayam, Kerala.

**SCHOOL OF PHYSICAL EDUCATION  
& SPORTS SCIENCES**

*Certificate*

This is to certify that..... **MOHAMMED ARSHAD** .....

representing..... **COCHIN COLLEGE, KOCHI** ..... has

participated in the Inter-Collegiate (Inter-Zone)..... **WRESTLING(M)** .....

.....(Men/Women) Tournament for the year..... **2021-22** .....held at

..... **C M S COLLEGE, KOTTAYAM** .....

and secured..... **SECOND** .....place in..... **70 KG CATEGORY** .....

Performance..... **—** .....



Place : Kottayam  
Date : 18/04/2022

*M. Menon*  
Director

*[Signature]*  
Pro-Vice-Chancellor








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## 1<sup>ST</sup> ERNAKULAM DISTRICT OLYMPIC GAMES - 2022

Under the auspice of the Kerala Olympic Association



# Certificate of Merit

0953



1/1

This is to certify that Mr./Ms. *Muhammed Arshid*.....

has secured.....*Second*.....place in.....*Greco Roman Wrestling 67 kg Category*.....competitions

held in connection with the *Ernakulam District Olympic Games - 2022*

Dated this the 16<sup>th</sup> day of January 2022

Binoy Joseph  
Chairman  
Ernakulam District Olympic Games

Anil Kumar P.  
Chairman  
District Games Technical Committee

C.K. Sanil  
General Convenor  
Ernakulam District Olympic Games





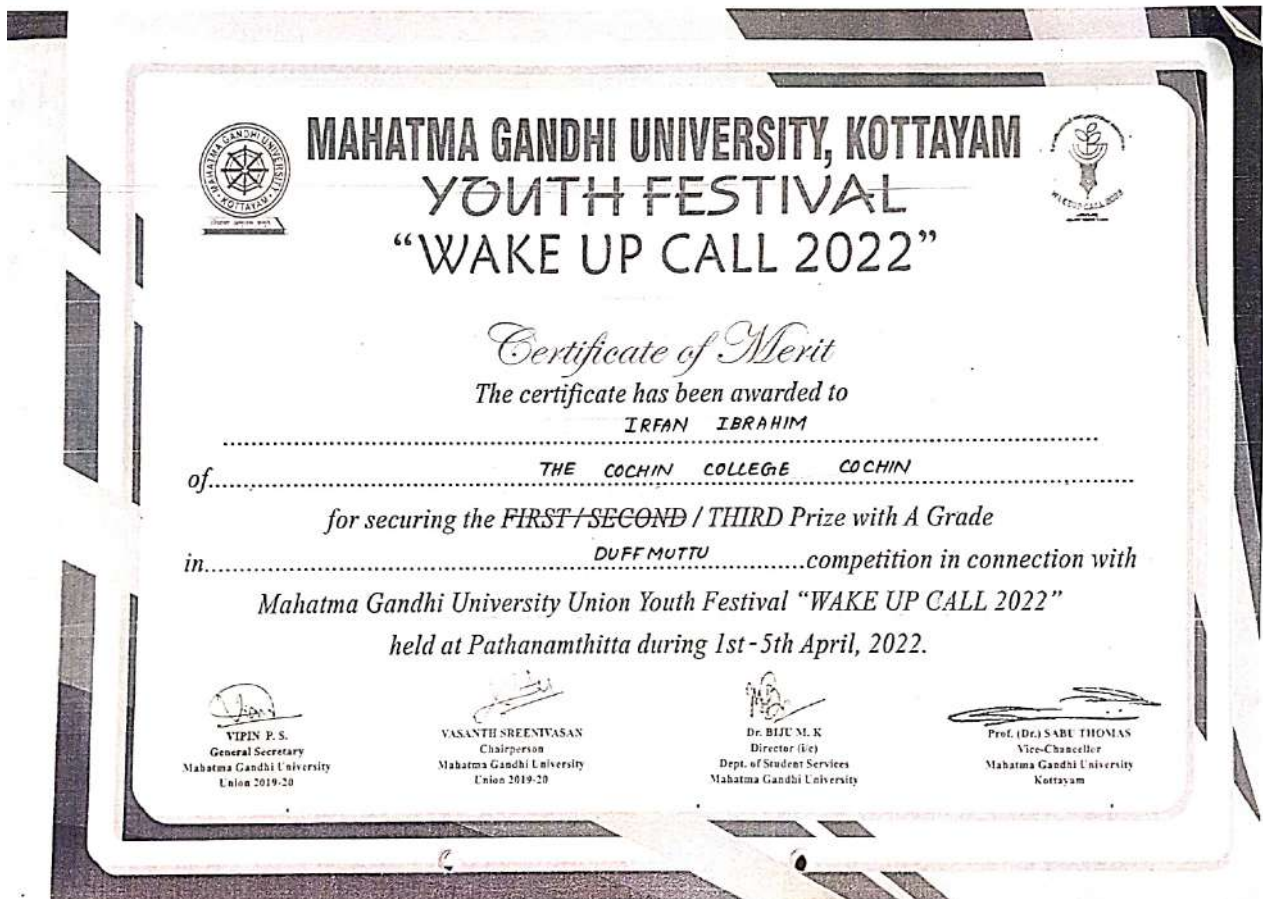
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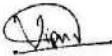
## MAHATMA GANDHI UNIVERSITY, KOTTAYAM YOUTH FESTIVAL "WAKE UP CALL 2022"



### *Certificate of Merit*

The certificate has been awarded to  
**ASWIN . P. PANICKER**

of.....**THE COCHIN COLLEGE, COCHIN**.....  
for securing the **FIRST/SECOND/THIRD** Prize with **A Grade**  
in.....**LIGHT MUSIC (INDIAN) MALE**.....competition in connection with  
**Mahatma Gandhi University Union Youth Festival "WAKE UP CALL 2022"**  
held at Pathanamthitta during 1st - 5th April, 2022.

  
**VIPIN P.S.**  
General Secretary  
Mahatma Gandhi University  
Union 2019-20

  
**VASANTH SREENIVASAN**  
Chairperson  
Mahatma Gandhi University  
Union 2019-20

  
**Dr. BIJI M.K.**  
Director (i.e.)  
Dept. of Student Services  
Mahatma Gandhi University

**Prof. (Dr.) SABU THOMAS**  
Vice-Chancellor  
Mahatma Gandhi University  
Kottayam





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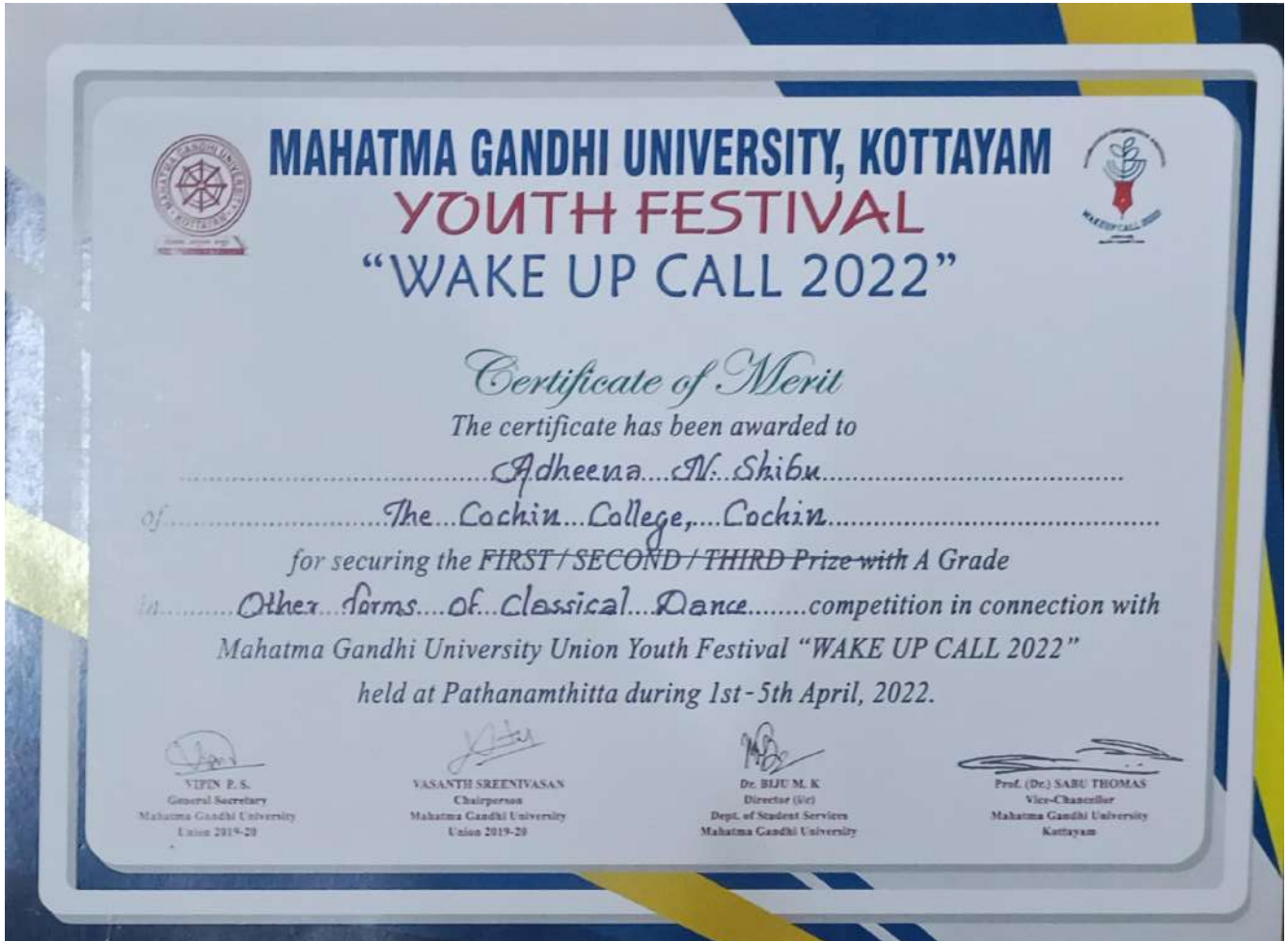
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