



# 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: 2022-2023

Submitted to



National Assessment and Accreditation Council



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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)
2022-2023	THIRD - Women's Classic Powerlifting Championship (84 kg Junior)	Individual	State	Sports	NAYANA SANTHOSH
2022-2023	THIRD - Classic Bench Press Championship (Jr) - 66 kg	Individual	State	Sports	NIHAS N.S
2022-2023	SECOND - Bench Press Championship (Jr)	Individual	University	Sports	NIHAS N.S
2022-2023	FIRST - Wrestling (M) Championship 92 kg	Individual	University	Sports	ALAN ANTONY
2022-2023	FIRST - Junior Men Wrestling Championship (under 20)	Individual	State	Sports	MOHAMMED ARSHID A
2022-2023	SECOND - Senior Men Wrestling Championship	Individual	State	Sports	MOHAMMED ARSHID A
2022-2023	THIRD - Senior Indian style Men Wrestling Championship (under 65 kg)	Individual	State	Sports	MOHAMMED ARSHID A
2022-2023	SECOND - Under 23 Men Wrestling Championship	Individual	State	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Wrestling Championship (65 kg)	Individual	University	Sports	MOHAMMED ARSHID A





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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)
2022-2023	FIRST - Wrestling Championship (Under 23 Category)	Individual	University	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Senior Men Wrestling Championship (67 kg)	Individual	University	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Wrestling Championship (Under 20 Category)	Individual	University	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Senior (Men and Women) Wushu Championship 2022	Individual	National	Sports	ANJALY ROSE VARGHESE
2022-2023	Bodybuilding and Physique Championship (Sub Junior)	Individual	National	Sports	HARIKRISHNAM M.B
2022-2023	A GRADE - M G University Youth Festival - Oppana	Team	University	Cultural	FASEELA AH, SHANA PARVEEN, SHAHANA HARIS, SAJILA A, SIMNA SIYAD, NOURIN RAFEEQUE, FARSANA K.N, ASHNA PAVITHRAN, RISWANA K.A, AFIYA FATHIMA P.Y
2022-2023	A GRADE - M G University Youth Festival - Mohiniyattam	Individual	University	Cultural	MEGHANA P.V
2022-2023	A GRADE - M G University Youth Festival - Bharatanatyam	Individual	University	Cultural	ARYA RAJAN





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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)
2022-2023	A GRADE - M G University Youth Festival - Aneka Classical Music	Individual	University	Cultural	VEDAVATHI S, MALLYA





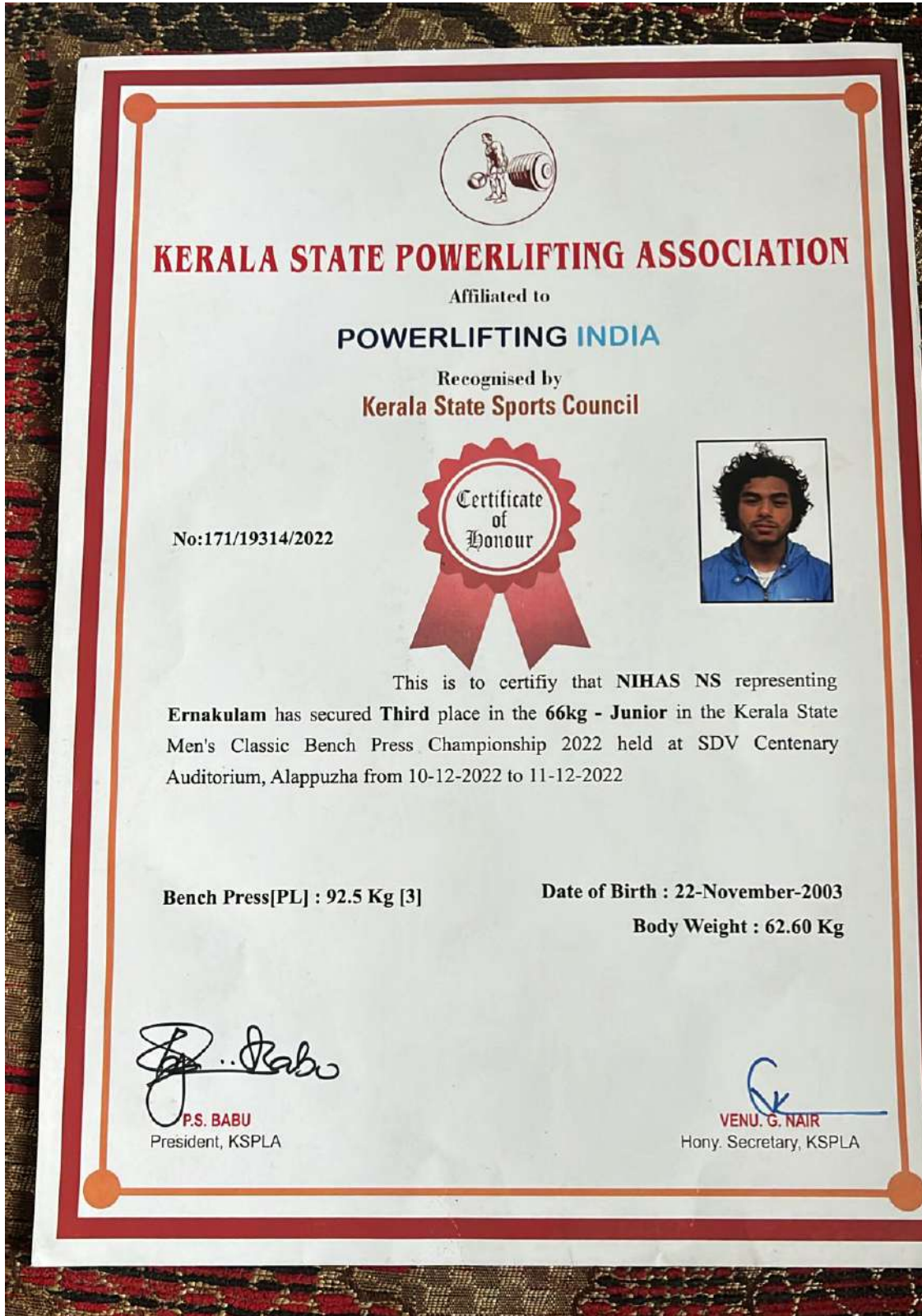
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Mrudula Menon V.  
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MC-M&W/GR/02/23/013

## Kerala State Wrestling Association

Reg. No: 1392/90

(Affiliated to Wrestling Federation of India)

### 44<sup>th</sup> Kerala State Junior (U20) Men & 25<sup>th</sup> Junior Women

Wrestling Championships 2022-2023

Mundayad Indoor Stadium, Kannur

18<sup>th</sup> & 19<sup>th</sup> February, 2023

### Merit Certificate

NAME : MOHAMED ARSHID A

S/o : ANZAR S

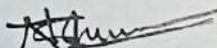
DATE OF BIRTH : 24/03/2003

DISTRICT : ERNAKULAM

CATEGORY : 67 KG GRECO-ROMAN

POSITION : FIRST



  
Nishamuddin. M  
President

  
SHINITH K.  
OBSERVER  
KERALA STATE SPORTS COUNCIL

  
B. Rajasekharan Nair  
Secretary







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MC-M&W/GR/11/22/013

## Kerala State Wrestling Association

Reg. No: 1392/90

(Affiliated to Wrestling Federation of India)

**69th Kerala State Senior Men & Women**  
**Wrestling Championships 2022-2023**  
 Central Stadium, Thiruvananthapuram  
 26<sup>th</sup> to 27<sup>th</sup> November, 2022

### Merit Certificate

**NAME** : MOHAMED ARSHID A

**S/o** : ANZAR S

**DATE OF BIRTH** : 24/03/2003

**DISTRICT** : ERNAKULAM

**CATEGORY** : GRECO-ROMAN - 67KG

**POSITION** : SECOND



**Nishamuddin. M**  
President

**B. Rajasekharan Nair**  
Secretary

1/1





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**KERALA STATE  
INDIAN STYLE WRESTLING ASSOCIATION**  
(Affiliated to Indian Style Wrestling Association of India, Kerala State Sports Council)  
Co Bank Tower, Golden Jubilee Road, Cochin-682 017

**58<sup>th</sup> KERALA STATE  
SENIOR INDIAN STYLE WRESTLING CHAMPIONSHIP 2022-23  
FOR MEN & WOMEN**

**MERIT CERTIFICATE**

No.: 011

1/1

Name: MOHAMED ARSHID. A.

Date of Birth: 24.03.2003

Category: 65kg.

Position: THIRD

District: ERNAKULAM

Held at Fort Kochi Beach, Ernakulam on 10th December 2023

  
**Shahin Pallikkandy**  
President

  
Kerala State Indian Style Wrestling Association

  
**M.M. Saleem**  
Hon. Secretary






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MC-M&W/GR/08/22/013

## Kerala State Wrestling Association

Reg. No: 1392/90  
(Affiliated to Wrestling Federation of India)

**4th Kerala State U23 Men & Women  
Wrestling Championships 2022-2023**  
Marthoma Jubilee Auditorium, Kottarakkara, Kollam  
9<sup>th</sup> to 10<sup>th</sup> August, 2022

### Merit Certificate

NAME : MOHAMED ARSHID.A  
S/o : ANZAR.S  
DATE OF BIRTH : 24/03/2003  
DISTRICT : ERNAKULAM  
CATEGORY : GRECO-ROMAN 67 KG  
POSITION : SECOND



Nishamuddin. M  
President

B. Rajasekharan Nair  
Secretary





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Sl. No. 1065



## Mahatma Gandhi University

Kottayam, Kerala.

### SCHOOL OF PHYSICAL EDUCATION & SPORTS SCIENCES

## Certificate

This is to certify that **MOHAMED ARSHID A** representing **COCHIN COLLEGE, KOCHI** has participated in the Inter-Collegiate (Inter Zone) **WRESTLING (M)** Tournament for the year, 2022 – 2023 held at **C M S COLLEGE, KOTTAYAM** and secured **FIRST** place in **-65 KG.**



Place : Kottayam

Date : 12.04.2023

  
Director

  
Pro-Vice Chancellor





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ERNAKULAM DISTRICT  
WRESTLING ASSOCIATION

## ERNAKULAM DISTRICT WRESTLING ASSOCIATION

Reg.No. EKM/TC/296/2021

Affiliated to Kerala State Wrestling Association  
Ernakulam District Sports Council &  
Ernakulam Olympic Association

### CERTIFICATE

Merit & Participation





<b>Awarded To</b>	: MOHAMED ARSHID · A
<b>S/o , D/o</b>	: ANZAR · S
<b>Date of Birth</b>	: 24 · 03 · 2003
<b>Style</b>	: GR
<b>Weight Category</b>	: 67 KG
<b>Age Category</b>	: U · 23
<b>Position</b>	: FIRST
<b>Representing</b>	: CWA
<b>Date of Competition</b>	: 28 · 07 · 2022
<b>Venue</b>	: ST JOHN DE BRITTO SCHOOL



Denny Thomas  
President



Shabul Farid K M  
Observer  
Ernakulam District Sports Council



Sibin Charlie  
Secretary





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**ERNAKULAM DISTRICT  
WRESTLING ASSOCIATION**

## ERNAKULAM DISTRICT WRESTLING ASSOCIATION

Reg.No. EKM/TC/296/2021

Affiliated to Kerala **State** Wrestling Association  
Ernakulam District Sports council &  
Ernakulam **Olympic** Association

**CERTIFICATE**  
 Merit & Participation





<b>Awarded To</b>	: MOHAMED ARSHID A
<b>S/o, D/o</b>	: ANZAR S
<b>Date of Birth</b>	: 24.03.2003
<b>Style</b>	: GIR
<b>Weight Category</b>	: 67 kg
<b>Age Category</b>	: SENIOR
<b>Position</b>	: FIRST
<b>Representing</b>	: CWA
<b>Date of Competition</b>	: 30.10.2022
<b>Venue</b>	: PATTALAM GROUND, FORTKOCHI

PRESIDENT  
ERNAKULAM DISTRICT  
WRESTLING ASSOCIATION

Denny Thomas

President

Observer

Shahul Hassan K M

Ernakulam District Sports Council

1/1

SECRETARY  
ERNAKULAM DISTRICT  
WRESTLING ASSOCIATION

Sibu Charlie

Secretary





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Reg.No. EKM/TC/296/2021

Affiliated to Kerala State Wrestling Association  
Ernakulam District Sports Council &  
Ernakulam Olympic Association

**CERTIFICATE**

Merit & Participation

<b>Awarded To</b>	: MOHAMED ARSHID . A	
<b>S/o, D/o</b>	: ANZAR . S	
<b>Date of Birth</b>	: 24 . 03 . 2003	
<b>Style</b>	: GIR	
<b>Weight Category</b>	: 67 KG	
<b>Age Category</b>	: U - 20	
<b>Position</b>	: FIRST	
<b>Representing</b>	: CWA	
<b>Date of Competition</b>	: 11 . 02 . 2023	
<b>Venue</b>	: VELI PALLATH RAMAN GROUND	

PRESIDENT  
ERNAKULAM DISTRICT  
WRESTLING ASSOCIATION  
Denny Thomas

President

Shahid Jameed K M

Observer

Ernakulam District Sports Council

SECRETARY  
ERNAKULAM DISTRICT  
WRESTLING ASSOCIATION  
Sibu Charlie

Secretary

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Mrudula Menon V.  
Principal-in-Charge  
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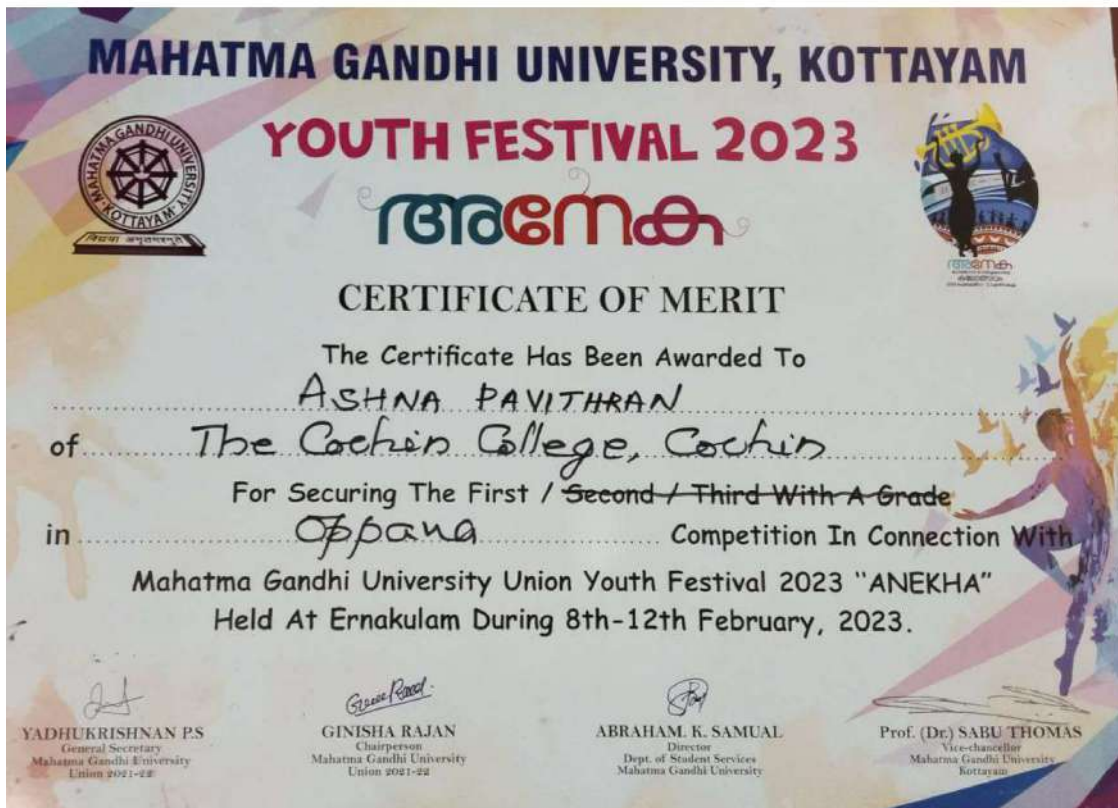
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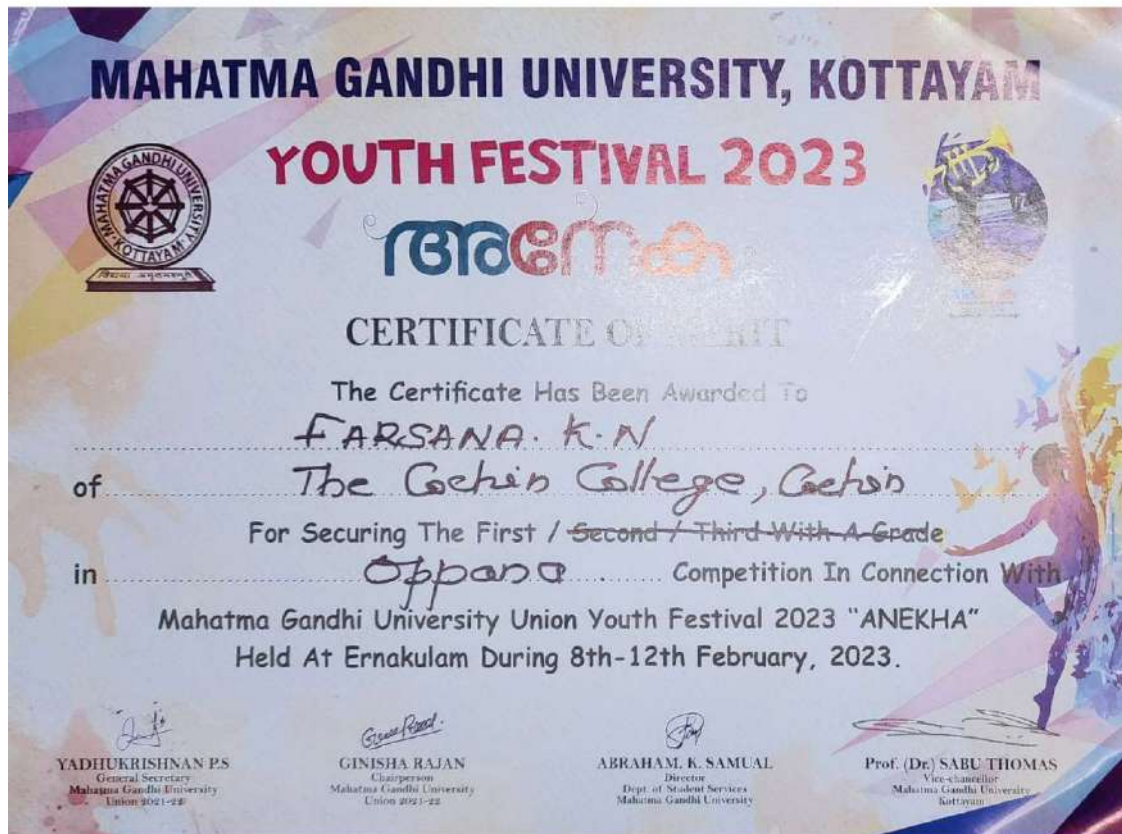
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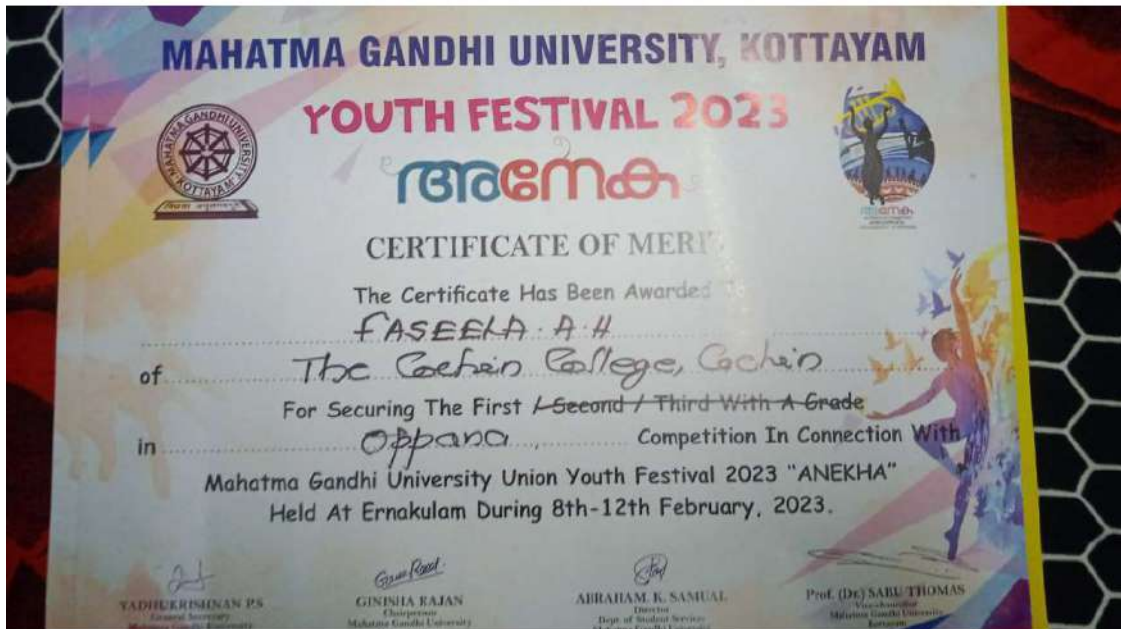
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