



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. 5.3.2

Average number of sports and cultural programs in which students of the Institution participated during last five years

Student Participation in Sports and Cultural Programmes
during: 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

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Year 3 (2021-22)

DATE OF THE EVENT/ ACTIVITY (DD/MM/YYYY)	NAME OF THE ACTIVITY	NAME OF THE ORGANISING INSTITUTION	NAME OF THE STUDENT PARTICIPATED
20/08/2022	Inter Collegiate Cricket tournament	MG University, Kottayam	JIBIN ISSAC, SAHAL PA, AMAL MOHAN, RAJKIRAN K, KEVIN GEORGE, JOSEPH WDWIN, AVINASH PETER
29/07/2021	Intercollegiate Elocution and slogan writing competition	Department of Zoology, The Cochin College	A,S Ibrahim Hussain, Nandana Madhusoodanan, Sharon Karmal, Athira P.S, Anna Sebastian, Pavithra P, Vinayak R
06/11/2021	Online Inter Collegiate Essay competition	Department of Malayalam and Library, The Cochin College	Ms. Shiya Thomas
21/02/2022	Extempore Speech Competition	Department of Malayalam and Library, The Cochin College	Mr. Eashwar S. Aiyar
10/07/2021	Inter Collegiate Essay Writing Competition	Department of Malayalam and Library, The Cochin College	Ms. Anakha N.S.
04/11/2021	Online Speech Competition	Department of Malayalam and Library, The Cochin College	Ms. Nandana T.R.





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05/09/2021	Poster Making Competition	Library, The Cochin College	Ms. Mohammed Faraz
12-07-2021	ESSAY COMPETITION: POPULATION IN INDIA	The Cochin College - Kochi-02	ANAGHA N S, ABHIRAM P R, VRINDHA R PAI, SISIRA VENUGOPAL, SHAHANAS P N, ANANDHU K P, MOHAMMED SHAH
01-09-2022	Onam celebration- ADI SAKKE 2021- POKALAMALSARAM	The Cochin College - Kochi-02	ADARSH, ANJANA, ANAKHA, ANJALY, REKHA, MALAVIKA, ANU JOSE, TREASA, JOYAL, NOYAL, RAHUL, SALMAN, SANOJ, FARHAN, FATHIMA, FASEELA
26-03-2022	Tetralingual Quiz	Departments of Languages and Library The Cochin College	Amrith, Fazia, Shahanas P, Fathima, Dalmiya, Sreevidhya
6/06/2021	Inter University Inter Collegiate Photo Competition	Bharat Matha College -Thrikkakara	Devika Devanath





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5-01-2022	Cochin College Talent Fest- YUVA SANGAMAM 2021- Classical Dance Competition	Cultural Club Cochin College	Adheena N Shibu, Arya Rajan, Ambily C S, Neethu R, REVATHY, Lakshmi J, ANAKHA, ANJALY, RAHUL, RUTHIK, NIKHIL, ANAMIN, PRAVEEN, SANJAY, MIRSHEEN, SHAHUL, GANESH, JOYAL, RADHIKA RANI, MANJULA S BHATT, ASWIN PANIKAR, REKHA RAJ, RAHUL K P, REVATHI, ANEETA JJI, ASHNA P S, RAKHI RAJ
27/11/2022 to 30/11/2022	FIRST - KHELO INDIA Women's South League Championship (Under 60kg)	KHELO INDIA Women's South League South Zone	ANJALY ROSE VARGHESE
28/10/2022 to 02/11/2022	31st Senior Wushu Championship, Participation	Wushu Association of INDIA	ANJALY ROSE VARGHESE
01/10/2022	PARTICIPATION - 31st Ernakulam District Senior (men and Women) Championship (Under 60kg)	Ernakulam Wushu Association	ANJALY ROSE VARGHESE





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03/10/2022	FIRST - 31st Kerala State Senior (men and Women) Championship (Under 60kg)	Kerala State Senior (men and Women) Wushu Championship	ANJALY ROSE VARGHESE
01/11/2021 to 03/11/2021	FOURTH - Kerala State Classic Bench Press Championship Under 74 kg	Kerala State Powerlifting Association	AIDEN BENOY
17/10/2021	SECOND - Power Lifting Championship Sub-Junior Under 74 kg	Ernakulam District Powerlifting Association	AIDEN BENOY
11/03/2022 to 13/03/2022	SEVENTH - Classic Powerlifting Championship (76 KG Jr)	Kerala State Powerlifting Association	NAYANA SANTHOSH
18/04/2022	PARTICIPATION - All India Inter University Wrestling Men Championship	School of Physical Education and Sports Science Mahatma Gandhi University Kottayam	SHAHID E.B
05/10/2021 to 07/10/2021	SECOND - 68th Kerala State Senior Men and 23rd senior women Wrestling Championship (under 82 kg)	Kerala State Wrestling Association	SHAHID E.B





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18/04/2022	THIRD - Judo Men Championship (Under 90 kg)	School of Physical Education and Sports Science Mahatma Gandhi University Kottayam	SHAHID E.B
07/01/2022 to 09/01/2022	PARTICIPATION - 43rd Kerala State Junior Men and 24th Junior Women Wrestling Championship (under 65kg)	Kerala State Wrestling Association	MOHAMMED ARSHID A
18/04/2022	Wrestling Men Championship (70 kg) Second	School of Physical Education and Sports Science Mahatma Gandhi University Kottayam	MOHAMMED ARSHID A
16/01/2022	SECOND - Olympic Games (67 Category)	1st Ernakulam District Olympic Games -2022	MOHAMMED ARSHID A
01/05/2022 to 05/05/2022	THIRD - M G University Youth Festival- THE WAKE UP CALL 2022 Duffmuttu	M G UNIVERSITY, KOTTAYAM	SAMEER KN, MOHAMMED KAIF K.A, IRFAN IBRAHIM, ASHBIN K.A, NOUFAL K.N, NASEEB N, AJMAL KHAN





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01/05/2022 to 05/05/2022	A GRADE - M G University Youth Festival- THE WAKE UP CALL 2022 Classical Music (F)	M G UNIVERSITY, KOTTAYAM	MANJULA S.BHAT
01/05/2022 to 05/05/2022	A GRADE - M G University Youth Festival- THE WAKE UP CALL 2022 Stringed Instrument Western Style	M G UNIVERSITY, KOTTAYAM	RADHIKA RANI
01/05/2022 to 05/05/2022	A GRADE - M G University Youth Festival -THE WAKE UP CALL 2022 Light Music (M)	M G UNIVERSITY, KOTTAYAM	ASWIN P.PANIKKAR
01/05/2022 to 05/05/2022	A GRADE - M G University Youth Festival - THE WAKE UP CALL 2022 Other Forms of Classical Dance	M G UNIVERSITY, KOTTAYAM	ADHEENA N.SHIBU





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1 Inter Collegiate Cricket tournament

- Event: Inter Collegiate Cricket tournament
- Date: 20th August 2022
- Organizer: MG University in Kottayam

On August 20, 2022, MG University in Kottayam hosted an exciting Inter-Collegiate Cricket Tournament. The event brought together cricket enthusiasts and players from various colleges, showcasing their talent and competitive spirit. Among the notable participants were Jibin Issac, Sahal PA, Amal Mohan, Rajkiran K, Kevin George, Joseph Edwin, and Avinash Peter, each contributing significantly to their teams. The tournament featured several matches, highlighting impressive performances and sportsmanship from all players. The atmosphere was lively, with enthusiastic support from students and faculty members. The event not only provided an opportunity for players to demonstrate their skills but also fostered a sense of community and camaraderie among the participants. Overall, the Inter-Collegiate Cricket Tournament was a success, celebrated for its organization and the high level of competition. The players, including Jibin Issac and his teammates, displayed great cricketing prowess, making the event memorable for everyone involved.





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2 Intercollegiate Elocution and slogan writing competition

- Event: Intercollegiate Elocution and slogan writing competition
- Date: 29th July 2021
- Venue: The Cochin College
- Organizer: Department of Zoology

On July 29, 2021, the Department of Zoology at The Cochin College hosted an engaging Intercollegiate Elocution and Slogan Writing Competition. The event drew participants from various colleges, showcasing their eloquence and creativity. The competition featured a diverse array of speakers and writers, including A.S. Ibrahim Hussain, Nandana Madhusoodanan, Sharon Karmal, Athira P.S., Anna Sebastian, Pavithra P, and Vinayak R. Each participant presented their elocution skills and creative slogans on a range of topics, demonstrating their ability to articulate ideas effectively and craft impactful messages. The event provided a valuable platform for students to express their thoughts and engage in intellectual discourse. The judges were impressed by the high quality of presentations and the innovative approaches taken by the participants. The competition not only highlighted individual talents but also fostered a spirit of healthy competition and creativity among the students. Overall, the Intercollegiate Elocution and Slogan Writing Competition was a successful and well-organized event, contributing to the academic and creative development of the participating students.

Program Report
Care for stripes
July 29th 2021

Sl No	
1	Name of the Program: Care for stripes
2	Online/Offline: Online
3	Date: July 29, 2021
4	Time: Full Day
5	Organized by: Department of Zoology
6	Resource person/persons: Nil
7	Coordinator/coordinator: Dr. Manj V. Subramanian, Dr. Shreya N R, Dr. Vinodh Kumar T V
8	Organizing Committee: Department of Zoology
9	Financial Assistance: Nil
10	No of students participated: 20
11	No of Faculty Participated: Nil
12	Public Participation (if any): Nil
13	Description of the program: "Care for stripes" International Tiger day celebration, July 29 th 2021 as intercollegiate Elocution and slogan writing competition was conducted.





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3 Online Inter Collegiate Essay competition

- Event: Online Inter Collegiate Essay competition
- Date: 6th November 2021
- Venue: The Cochin College
- Organizer: Department of Malayalam and Library

On November 6, 2021, the Department of Malayalam and Library at The Cochin College conducted an Online Inter Collegiate Essay Competition. The event was a notable success, providing a digital platform for students from various colleges to showcase their writing skills and critical thinking. Ms. Shiya Thomas was the standout participant in this competition. Her essay, distinguished by its clarity, depth, and originality, captured the attention of the judges. The online format allowed for a broad participation base, enabling students to contribute from the safety and convenience of their homes. The competition encouraged students to engage with contemporary issues and express their viewpoints through well-structured essays. The Department of Malayalam and Library managed the event efficiently, ensuring smooth execution and fair evaluation of submissions. Overall, the Online Inter Collegiate Essay Competition proved to be a valuable opportunity for students to develop and demonstrate their writing prowess in a challenging and rewarding environment.





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15. Competitions-- based on Malayala Basha Varacharanam – Inter-Collegiate

Essay Competition- 06/11/2021, 5:00 pm



Number of Participants – 18*





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4 Extempore Speech Competition

- Event: Extempore Speech Competition
- Date: 21st February 2022
- Venue: The Cochin College
- Organizer: Department of Malayalam and Library

On February 21, 2022, the Department of Malayalam and Library at The Cochin College hosted an Extempore Speech Competition, offering students a dynamic platform to showcase their spontaneous speaking skills. The competition was marked by a high level of enthusiasm and eloquence. Mr. Eashwar S. Aiyar emerged as a prominent participant, demonstrating exceptional oratory skills and the ability to think on his feet. His speech was noted for its coherence, engaging delivery, and insightful content, which impressed both the audience and the judges. The event was conducted smoothly, with participants given topics on the spot, challenging them to deliver well-structured speeches under time constraints. This format tested their quick thinking, creativity, and public speaking abilities. The Extempore Speech Competition was a successful endeavor, fostering a competitive yet supportive environment that encouraged students to enhance their verbal communication and presentation skills.





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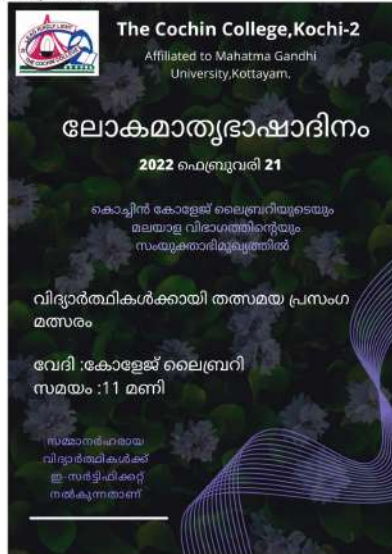
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16.Competition-- based on International Mother Language Day Celebration-

Extempore Speech Competition – 21/02/2022, 11:00am



Number of Participants – 16*



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



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5 Inter Collegiate Essay Writing Competition

- Event: Inter Collegiate Essay Writing Competition
- Date: 10th July 2021
- Venue: The Cochin College
- Organizer: Department of Malayalam and Library

On July 10, 2021, The Cochin College's Department of Malayalam and Library organized an Inter Collegiate Essay Writing Competition, which attracted a wide range of participants from various institutions. The competition aimed to highlight and reward exceptional essay-writing skills among students. Ms. Anakha N.S. was a notable participant in this event, showcasing remarkable writing prowess. Her essay stood out for its clarity, analytical depth, and engaging narrative, reflecting a high level of research and creativity. Her ability to articulate complex ideas in a coherent and compelling manner earned her recognition. The competition provided an excellent platform for students to explore and express their thoughts on relevant topics, fostering academic growth and intellectual exchange. The Department of Malayalam and Library efficiently managed the event, ensuring a smooth and fair evaluation process. Overall, the Inter Collegiate Essay Writing Competition was a significant success, contributing to the academic enrichment of participants and encouraging a culture of academic excellence.





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12. Competition-- based on Commemoration of Vaikkom Muhammad Basheer and Intercollegiate Essay Writing Competition- 10/07/2021

The Cochin College, Kochi - 2
Affiliated to M.G. University

ബഷീർ അനുസ്മരണം - 2021

കൊച്ചിൻ കൊളേജ് ലൈബ്രറിയുടെ ആഭിമുഖ്യത്തിൽ
ഇന്റർകോളേജിയേറ്റ് തലത്തിൽ വിദ്യാർത്ഥികൾക്കായി ഉപന്യാസമത്സരം

വിഷയം:
ബഷീർ കൃതികളിലൂടെ

ചോദ്യങ്ങൾ അയക്കേണ്ട ഇ-മെയിൽ :
basheeromacclibrary@gmail.com
അനുസ്മരണ തീയതി: 10/07/21

സമാനപദമായ ചോദ്യങ്ങൾക്ക് ഇ-സർട്ടിഫിക്കറ്റ് നൽകുന്നതായിരിക്കും.



Number of Participants – 18*





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6 Online Speech Competition

- Event: Online Speech Competition
- Date: 4th November 2021
- Venue: The Cochin College
- Organizer: Department of Malayalam and Library

On November 4, 2021, The Cochin College's Department of Malayalam and Library hosted an Online Speech Competition, providing a virtual platform for students to demonstrate their oratory skills. The event was designed to foster public speaking abilities and offer students a chance to engage in intellectual discourse from the comfort of their homes. Ms. Nandana T.R. was a standout participant in this competition. Her speech was distinguished by its engaging delivery, persuasive arguments, and well-researched content. Despite the challenges of the online format, she effectively utilized digital tools to enhance her presentation, capturing the attention of both the judges and the audience. The online format allowed for broad participation and facilitated a seamless experience for all involved. The competition was conducted with efficiency, and the Department of Malayalam and Library ensured a fair and comprehensive evaluation of all entries. The Online Speech Competition was a resounding success, highlighting the adaptability and talent of students while promoting effective communication in a digital era.





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14. Competition-- based on Malayala Basha Varacharanam - Online

Speech Competition – 04/11/2021, 5:00 pm



Number of Participants – 11*



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



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7 Poster Making Competition

- Event: Online Speech Competition
- Date: 5th September 2021
- Venue: The Cochin College
- Organizer: Department of Library

On September 5, 2021, The Cochin College's Library hosted a vibrant Poster Making Competition that allowed students to showcase their creativity and artistic skills. The event was designed to encourage artistic expression and engage students in visual storytelling. Ms. Mohammed Faraz emerged as a prominent participant in this competition. Her poster was noted for its striking design, innovative use of colors, and effective communication of the chosen theme. Her work not only demonstrated artistic talent but also conveyed a powerful message, making a significant impact on both the judges and fellow participants. The competition, held within the library premises, provided a conducive environment for creativity and focused attention. The event was well-organized, with the Library ensuring that all submissions were evaluated fairly and thoroughly. Overall, the Poster Making Competition was a successful event, celebrating student creativity and providing a platform for artistic expression.





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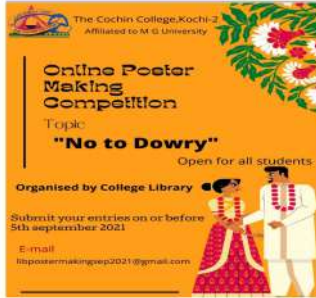
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13. Competition-- based on the topic *No To Dowry Online Poster Making*

05/09/2021



Number of Participants – 12*





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8 ESSAY COMPETITION POPULATION IN INDIA

- Event: ESSAY COMPETITION POPULATION IN INDIA
- Date: 12th July 2021
- Venue: The Cochin College
- Organizer: The Cochin College

On July 12, 2021, The Cochin College, Kochi-02, conducted an insightful Essay Competition focused on the theme "Population in India." This event aimed to encourage students to explore and articulate their perspectives on one of the most significant issues affecting the country. The competition featured several notable participants, including Anagha N.S., Abhiram P.R., Vrindha R. Pai, Sisira Venugopal, Shahanas P.N., Anandhu K.P., and Mohammed Shah. Each participant presented well-researched essays, showcasing their understanding of the demographic challenges and implications associated with India's growing population. The essays were evaluated on criteria such as depth of analysis, clarity of expression, and originality of ideas. The competition provided a valuable platform for students to engage with a critical issue, fostering a deeper understanding of socio-economic dynamics. Overall, the Essay Competition was a success, highlighting the students' ability to address complex topics and contribute meaningfully to important discussions.





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The Cochin College Kochi
Presents
Essay Competitions
In Connection with
**World Population
Day 2021**
Topic : Population in India
Library Hall @1 pm 12th July





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9 Onam celebration- ADI SAKKE 2021- POKALAMALSARAM

- Event: Onam celebration- ADI SAKKE 2021- POKALAMALSARAM
- Date: 1st September 2022
- Venue: The Cochin College
- Organizer: The Cochin College

On September 1, 2022, The Cochin College, Kochi-02, celebrated Onam with great enthusiasm through the event "ADI SAKKE 2021 - POKALAMALSARAM." This cultural celebration highlighted the rich traditions and vibrant spirit of the Onam festival, bringing together students for a day of festive activities and communal joy. The celebration featured a grand display of traditional Onam festivities, including the creation of intricate floral designs known as 'Pookalam' and various cultural performances. Key participants in the event included Adarsh, Anjana, Anakha, Anjaly, Rekha, Malavika, Anu Jose, Treasa, Joyal, Noyal, Rahul, Salman, Sanoj, Farhan, Fathima, and Faseela. Each participant contributed to the event with enthusiasm and creativity, adding to the festive atmosphere. The event was well-received, showcasing the college's commitment to preserving and celebrating cultural heritage. It provided a platform for students to engage in traditional practices, fostering a sense of community and cultural pride among the participants. Overall, the Onam celebration was a vibrant and successful event, reflecting the cultural richness of Onam and the collaborative spirit of The Cochin College community.





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The Cochin College Presents

അടിസക്കേ

2021

Onam
Celebration
September 1

പൂക്കള മത്സരം



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



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10 Tetrilingual Quiz

- Event: Tetrilingual Quiz
- Date: 26th March 2022
- Venue: The Cochin College
- Organizer: Departments of Languages and Library

On March 26, 2022, The Cochin College hosted a stimulating Tetrilingual Quiz organized by the Departments of Languages and Library. This unique event was designed to challenge participants' knowledge across four different languages, promoting linguistic diversity and intellectual engagement. The quiz featured a diverse group of participants including Amrith, Fazia, Shahanas P., Fathima, Dalmiya, and Sreevidhya. The event tested their proficiency and understanding in multiple languages, covering various topics from literature and grammar to current affairs and cultural trivia. The Tetrilingual Quiz was a resounding success, highlighting the participants' multilingual capabilities and their ability to think critically in different linguistic contexts. The competition fostered a deeper appreciation for linguistic diversity and encouraged students to expand their linguistic skills beyond their native languages. The Departments of Languages and Library ensured the event ran smoothly, providing an enriching experience for all involved. Overall, the quiz not only showcased the participants' linguistic talents but also reinforced the importance of multilingualism in a globalized world.





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Department of Languages and
Library the Cochin College

Presents

Tetrilingual Quiz Competition

March 26 ,1.30 pm
@Library Hall



Tetrilingual Quiz March 2022

Form responses 1

B	C	D
ress	Score	Name, Class and Departr
4738@thecoch	8 / 20	Nandana TR, BA English
304@thecochi	8 / 20	Rajasree R , B.com financ
979@thecochi	6 / 20	Ajith Shaji, 2nd BA ENGLI
nib5516@thec	7 / 20	Sreelakshmi.B 1 b.com m
15152@thecoc	6 / 20	Muhsina K H . Eng dept.
anwar5254@th	9 / 20	Ameersha anwar , ba ecc
1399@thecoch	12 / 20	N Amrutha , 3 BA English
a5049@thecoc	8 / 20	Anaj , Bsc physics,
ara5026@thec	11 / 20	FATHIMA DILARA
5@thecochincc	8 / 20	ARJUN, 22, English
argaret5046@t	11 / 20	Dalmiya Margaret, 2nd ye
37@thecochinc	10 / 20	Sona K S , BCom Finance
5934@thecoch	8 / 20	Adeena PA ,BA ENGLISH
zus5040@the	12 / 20	Farza Falrooz /Second ye
15515@thecoc	11 / 20	Sreevidhya. B First Year E
h5511@thecoc	4 / 20	Riya Prakash,Bsc Zoolog
rasheed4760@	12 / 20	SHAHANAS P RASHEED,





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11 Tetrilingual Quiz

- Event: Tetrilingual Quiz
- Date: 26th March 2022
- Venue: The Cochin College
- Organizer: Departments of Languages and Library

On June 6, 2021, Bharat Matha College, Thrikkakara, hosted an Inter University Inter Collegiate Photo Competition that provided a platform for students to exhibit their photographic talents. The competition drew participants from various institutions, highlighting the diverse perspectives and creativity of young photographers. Among the notable participants was Devika Devanath, who stood out for her exceptional photographic skills. Her submission was praised for its composition, originality, and the effective use of visual elements to convey a compelling narrative. Her work not only demonstrated technical proficiency but also a deep understanding of artistic expression through photography. The competition was well-organized, with a focus on encouraging artistic expression and providing constructive feedback to participants. It successfully showcased the creative abilities of students and fostered a sense of appreciation for the art of photography. Overall, the Inter University Inter Collegiate Photo Competition was a significant event, celebrating the artistic achievements of students and contributing to the cultural enrichment of the academic community.





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12 Cochin College Talent Fest- YUVA SANGAMAM 2021- Classical Dance Competition

- Event: Cochin College Talent Fest- YUVA SANGAMAM 2021- Classical Dance Competition
- Date: 5th January 2022
- Venue: The Cochin College
- Organizer: Cultural club

On January 5, 2022, the Cultural Club of Cochin College organized the YUVA SANGAMAM 2021 Talent Fest, featuring a Classical Dance Competition. This event provided a vibrant platform for students to showcase their skills in traditional dance forms, reflecting the rich cultural heritage and artistic talents of the participants. The competition saw enthusiastic performances from a diverse group of students, including Adheena N. Shibu, Arya Rajan, Ambily C.S., Neethu R., Revathy, Lakshmi J., Anakha, Anjaly Rahul, Ruthik, Nikhil, Anamin, Praveen, Sanjay, Mirsheen, Shahul, Ganesh, Joyal, Radhika Rani, Manjula S. Bhatt, Aswin Panikkar, Rekha Raj, Rahul K.P., Revathi, Aneeta Jiji, Ashna P.S., and Rakhi Raj. Each participant brought their unique style and interpretation to the stage, contributing to a rich and diverse display of classical dance. The event was well-received, with performances praised for their technical proficiency, grace, and adherence to traditional dance forms. The Cultural Club ensured a well-organized and engaging competition, providing a platform for students to express their artistic talents and celebrate cultural traditions. Overall, the Classical Dance Competition was a highlight of the YUVA SANGAMAM 2021 Talent Fest, showcasing the depth of talent within the Cochin College community and reinforcing the importance of cultural expression in student life.





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The Cochin College Kochi Cultural Club

Presents

Yuva sangamam 2021





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13 KHELO INDIA Women's South League Championship(Under 60kg)

- Event: KHELO INDIA Women's South League Championship(Under 60kg)
- Date: 27th October to 30th November 2022
- Organizer: KHELO INDIA Women's South League South Zone
- Achievement : First prize

From October 27 to November 30, 2022, the KHELO INDIA Women's South League Championship was held, featuring top athletes from the South Zone. The championship focused on various weight categories, including the Under 60kg division, where Anjaly Rose Varghese achieved remarkable success. Anjaly Rose Varghese secured the first place in the Under 60kg category, demonstrating exceptional skill, determination, and athleticism throughout the competition. Her performance was a testament to her rigorous training and dedication, setting a high standard in the league. The KHELO INDIA Women's South League Championship provided a competitive platform for athletes to showcase their talents and compete at a high level. Anjaly's victory highlighted her prowess and contributed to the overall success of the event. Overall, the championship was a significant achievement for Anjaly Rose Varghese and a proud moment for her supporters. Her first-place finish reflects her outstanding abilities and sets a promising precedent for future competitions.





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14 31st Senior Wushu Championship, Participation)

- Event: 31st Senior Wushu Championship, Participation
- Date: 28th October to 2nd November 2022
- Organizer: Wushu Association of INDIA

From October 28 to November 2, 2022, the 31st Senior Wushu Championship was held by the Wushu Association of India, bringing together top athletes from across the country to compete in this prestigious event. Anjaly Rose Varghese participated in the championship, representing her skills in Wushu, a traditional Chinese martial art known for its dynamic and graceful movements. Anjaly's participation in the championship was notable for her dedication and preparation. The event provided a significant platform for her to showcase her abilities against formidable competitors, contributing to her growth and experience in the sport. The championship was a well-organized event that highlighted the talents of senior Wushu practitioners, and Anjaly's involvement underscored her commitment to excellence in martial arts. Her participation added to the competitive spirit of the event and reflected her continuous effort to excel in Wushu. Overall, the 31st Senior Wushu Championship was a valuable experience for Anjaly Rose Varghese, providing her with an opportunity to compete at a high level and further her achievements in the sport.





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15 31st Ernakulam District Senior (men and Women) Championship(Under 60kg)

- Event: 31st Ernakulam District Senior (men and Women) Championship(Under 60kg)
- Date: 1st October 2022
- Organizer:Wushu Association of INDIA

On October 1, 2022, the Ernakulam Wushu Association hosted the 31st Ernakulam District Senior Championship, featuring competitions across various weight categories. Anjaly Rose Varghese participated in the Under 60kg division, representing her skill and dedication in the sport of Wushu. Anjaly's participation in this championship highlighted her ongoing commitment to excellence in martial arts. The event provided a platform for her to compete with other skilled athletes and demonstrate her abilities in a high-stakes environment. The championship was well-organized, with a focus on showcasing the talent and hard work of the participants. Anjaly's involvement was a testament to her rigorous training and competitive spirit, contributing to the overall success and competitive atmosphere of the event. Overall, Anjaly Rose Varghese's participation in the 31st Ernakulam District Senior Championship underscored her achievements and her dedication to advancing in the sport of Wushu.





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16 31st Kerala State Senior (men and Women) Championship(Under 60kg)

- Event: 31st Kerala State Senior (men and Women) Championship(Under 60kg)
- Date: 3rd October 2022
- Organizer: Kerala State Senior(men and Women) Wushu Championship
- Achievement : First prize

On October 3, 2022, Anjaly Rose Varghese achieved first place in the Under 60kg category at the 31st Kerala State Senior Wushu Championship. Organized by the Kerala State Wushu Association, the event showcased top Wushu talent from across the state. Anjaly's victory highlights her exceptional skill and dedication in the sport, marking a significant accomplishment in her athletic career.





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17 Kerala State Classic Bench Press Championship Under 74 kg

- Event: Kerala State Classic Bench Press Championship Under 74 kg
- Date: 1st November to 3rd November 2021
- Organizer: Kerala State Powerlifting Association
- Achievement :Fourth prize

From November 1 to 3, 2021, Aiden Benoy competed in the Kerala State Classic Bench Press Championship in the Under 74kg category. The event, organized by the Kerala State Powerlifting Association, featured top powerlifters from across the state. Aiden secured a fourth-place finish, demonstrating notable strength and technique in bench pressing.





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18 Kerala State Classic Bench Press Championship Under 74 kg

- Event: Power Lifting Championship Sub-Junior (Under 74kg)
- Date: October 17, 2021
- Organizer: Ernakulam District Powerlifting Association
- Achievement: Second Place

On October 17, 2021, Aiden Benoy secured second place in the Sub-Junior Under 74kg category at the Power Lifting Championship, organized by the Ernakulam District Powerlifting Association. This achievement underscores Aiden's strength and skill in powerlifting.





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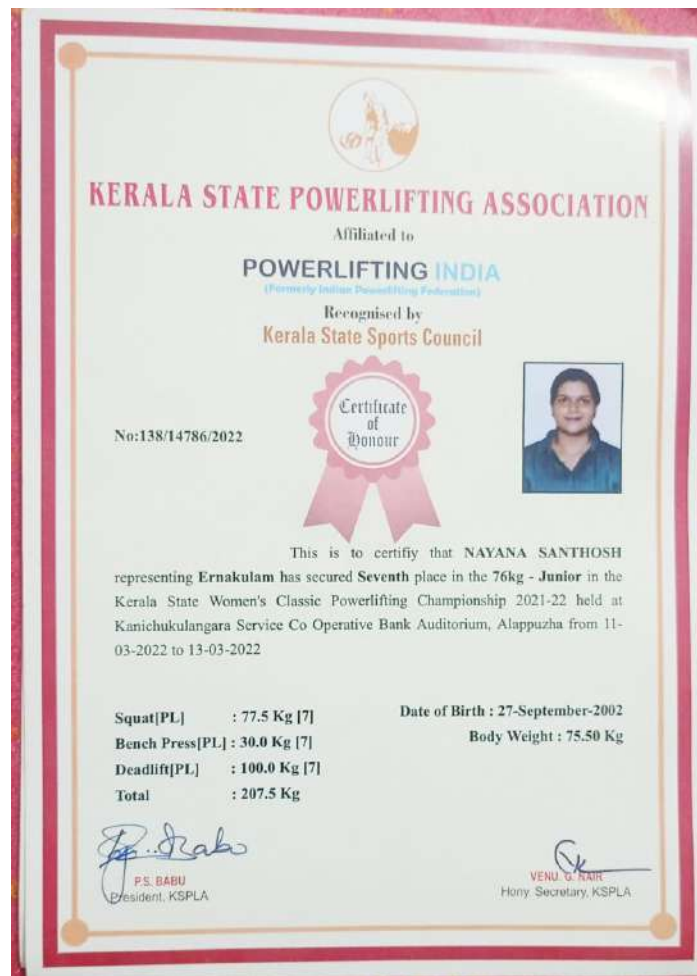
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19 Classic Powerlifting Championship (76 kg Junior)

- Event: Classic Powerlifting Championship (76 kg Junior)
- Date: 11th March to 13th March 2022
- Organizer: Kerala State Powerlifting Association
- Achievement: Seventh Place

From March 11 to 13, 2022, Nayana Santhosh competed in the 76 kg Junior category at the Classic Powerlifting Championship, organized by the Kerala State Powerlifting Association. Nayana earned seventh place, showcasing her strength and dedication in powerlifting.





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20 All India Inter University Wrestling Men Championship

- Event: All India Inter University Wrestling Men Championship
- Date: 18th April 2022
- Venue : Mahatma Gandhi University, Kottayam
- Organizer: School of Physical Education and Sports Science
- Achievement: Seventh Place

On April 18, 2022, Shahid E.B. participated in the All India Inter University Wrestling Men Championship, hosted by the School of Physical Education and Sports Science at Mahatma Gandhi University, Kottayam. This event provided Shahid with an opportunity to compete at a national level in wrestling.





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21 68th Kerala State Senior Wrestling Championship

- Event: 68th Kerala State Senior Wrestling Championship
- Date: 5th October to 7th October 2021
- Organizer: Kerala State Wrestling Association
- Achievement: Second Place

From October 5 to 7, 2021, Shahid E.B. secured second place in the Under 82 kg category at the 68th Kerala State Senior Wrestling Championship. The event, organized by the Kerala State Wrestling Association, featured top wrestlers from across the state. Shahid's achievement highlights his skill and competitive spirit in the sport.





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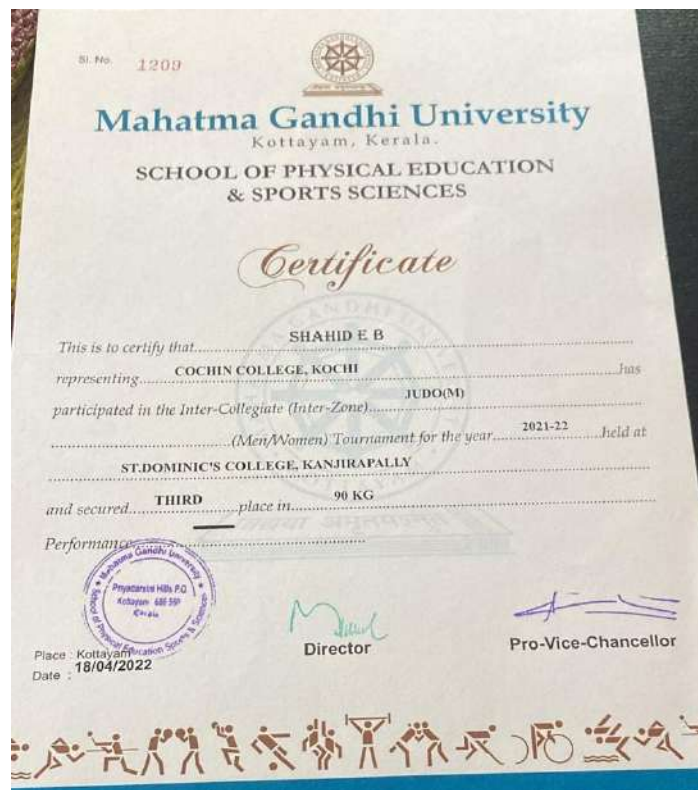
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22 Judo Men Championship (Under 90 kg)

- Event: Judo Men Championship (Under 90 kg)
- Date: 18th April 2022
- Venue : Mahatma Gandhi University, Kottayam
- Organizer: School of Physical Education and Sports Science
- Achievement: Third Place

On April 18, 2022, Shahid E.B. earned third place in the Under 90 kg category at the Judo Men Championship, organized by the School of Physical Education and Sports Science at Mahatma Gandhi University, Kottayam. This result highlights Shahid's skill and performance in judo.





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23 43rd Kerala State Junior Wrestling Championship

- Event: 43rd Kerala State Junior Wrestling Championship
- Date: 7th January to 9th January 2022
- Organizer: Kerala State Wrestling Association

From January 7 to 9, 2022, Mohammed Arshid A participated in the Under 65 kg category at the 43rd Kerala State Junior Men and 24th Junior Women Wrestling Championship. The event, organized by the Kerala State Wrestling Association, provided a platform for junior wrestlers to compete at a high level and demonstrate their skills.





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24 Wrestling Men Championship (Under 70 kg)

- Event: Wrestling Men Championship (Under 70 kg)
- Date: 18th April 2022
- Venue : Mahatma Gandhi University, Kottayam
- Organizer: School of Physical Education and Sports Science
- Achievement: Second Place

On April 18, 2022, Mohammed Arshid A achieved second place in the Under 70 kg category at the Wrestling Men Championship. The event, organized by the School of Physical Education and Sports Science at Mahatma Gandhi University, Kottayam, highlighted Mohammed's competitive skills and dedication in wrestling.





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Mahatma Gandhi University
Kottayam, Kerala.

**SCHOOL OF PHYSICAL EDUCATION
& SPORTS SCIENCES**

Certificate

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

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

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

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

..... **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




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



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25 Olympic Games (67 Category)

- Event: Olympic Games (67 Category)
- Date: 16th January 2022
- Organizer: 1st Ernakulam District Olympic Games -2022
- Achievement: Second Place

On January 16, 2022, Mohammed Arshid A secured second place in the 67 kg category at the inaugural Ernakulam District Olympic Games. The event, organized by the Ernakulam District, showcased local talent and competitive spirit in various Olympic disciplines. Mohammed's performance highlighted his skill and dedication in the sport.





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26 M G University Youth Festival - Duffmuttu Competition

- Event: M G University Youth Festival - Duffmuttu Competition
- Date: 1st May to 5th May 2022
- Organizer: M G UNIVERSITY, KOTTAYAM
- Achievement: Third Place

From May 1 to 5, 2022, the M G University Youth Festival, "The Wake Up Call 2022," at M G UNIVERSITY, KOTTAYAM featured a Duffmuttu competition where a team of participants secured third place. The team, including Sameer KN, Mohammed Kaif K.A, Irfan Ibrahim, Ashbin K.A, Noufal K.N, Naseeb N, and Ajmal Khan, showcased their talent and enthusiasm in this traditional and rhythmic competition, highlighting their performance and teamwork.





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27 M G University Youth Festival - Classical Music (F)

- Event: M G University Youth Festival - Classical Music (F)
- Date: 1st May to 5th May 2022
- Organizer: M G UNIVERSITY, KOTTAYAM
- Achievement: A Grade

During the M G University Youth Festival, "The Wake Up Call 2022," held from May 1 to 5, 2022, Manjula S. Bhat achieved an A Grade in the Classical Music (Female) category. The event, organized by M G University, Kottayam, celebrated exceptional talent in classical music. Manjula's performance was recognized for its excellence and skill, reflecting her dedication and talent in the field.





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28 M G University Youth Festival - Stringed Instrument (Western Style)

- Event: M G University Youth Festival - Stringed Instrument (Western Style)
- Date: 1st May to 5th May 2022
- Organizer: M G UNIVERSITY, KOTTAYAM
- Achievement: A Grade

From May 1 to 5, 2022, Radhika Rani earned an A Grade in the Stringed Instrument (Western Style) category at the M G University Youth Festival, "The Wake Up Call 2022." Organized by M G University, Kottayam, the festival showcased exceptional talent in various artistic disciplines. Radhika's outstanding performance on the stringed instrument highlighted her skill and dedication in Western-style music.





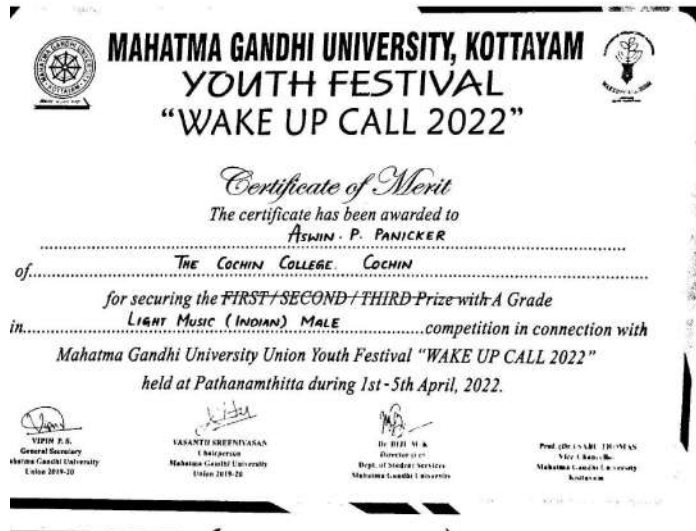
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Mendula Menon V.
Mrudula Menon V.
Principal-in-Charge
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29 M G University Youth Festival - Light Music (Male)

- Event: M G University Youth Festival - Light Music (Male)
- Date: 1st May to 5th May 2022
- Organizer: M G UNIVERSITY, KOTTAYAM
- Achievement: A Grade

During the M G University Youth Festival, "The Wake Up Call 2022," held from May 1 to 5, 2022, Aswin P. Panikkar received an A Grade in the Light Music (Male) category. The festival, organized by M G University, Kottayam, recognized his exceptional performance in light music, showcasing his talent and dedication to the genre.





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30 M G University Youth Festival - Other Forms of Classical Dance

- Event: M G University Youth Festival - Other Forms of Classical Dance
- Date: 1st May to 5th May 2022
- Organizer: M G UNIVERSITY, KOTTAYAM
- Achievement: A Grade

From May 1 to 5, 2022, Adheena N. Shibu was awarded an A Grade in the Other Forms of Classical Dance category at the M G University Youth Festival, "The Wake Up Call 2022." The event, hosted by M G University, Kottayam, highlighted her exceptional talent and dedication to classical dance, showcasing her skills in various classical dance forms.

