



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: 2023-2024

Submitted to



National Assessment and Accreditation Council



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KOCHI - 682 002

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Website: www.thecochincollege.edu.in

email: email@thecochincollege.edu.in

Contents

1 Online Malayalam Literary Quiz	30
2 Poster Designing Competition	32
3 Inter Departmental PUBG Tournament	34
4 Mehndi Fest	36
5 The Cochin College Heist - Treasure Hunt	38
6 Malayalam Essay Competition	40
7 Tongue Twister Competition	42
8 Poetry Recitation Competition	44
9 PES E-Football Competition	45
10 Identifying Eminent Personalities in Literature Competition	47
11 Tongue Twister Competition	49
12 KMEA Super Cup 2K24 Football Tournament	50
13 World Wetlands Day Photo Collage Competition	51
14 ENIGMAS 2K23-24	52
15 Peppersav-VII	54
16 Track The Quotes" Competition	56
17 Essay Writing Competition	58
18 TECZA Inter University Fest	59
19 "Ishq" Valentine's Day Celebration - Couple Treasure Hunt	60
20 Carol Competition	61
21 Onam Celebrations	62
22 Kerala Ganamalsaram	63
23 Inter Collegiate Inter Zone Football Tournament	64
24 Inter Collegiate North Zone Cricket Tournament	65
25 Ethnic Day Celebration at The Cochin College	66
26 Poetry Recitation Competition - Regional Language Week Celebration	67
27 Valentine's Day Celebration at Cochin College	68
28 Christmas Celebration at The Cochin College	70





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KOCHI - 682 002

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Website: www.thecochincollege.edu.in

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29 Football Fest at The Cochin College	71
30 Gala De Fort Kochi - 7's Inter Collegiate Football Tournament	72
31 Inter Departmental Penalty Shootout competition	73
32 National Sub Junior and Junior Classic Powerlifting Championship 2024	74
33 National Women's Classic Bench Press Championship 2023	76
34 Kerala State Classic Junior Powerlifting Championship 2024	77
35 Kerala State Classic Sub Junior Bench Press Championship 2023	79
36 Kerala State Sub Junior and Junior Women's Equipped Powerlifting Championship 2024	80
37 Inter-Collegiate Powerlifting (W) Tournament 2023-2024	82
38 Kerala State Classic Sub Junior Powerlifting Championship 2023	83
39 All India Inter-University Best Physique Championship	85
40 Inter-Collegiate (Inter Zone) Best Physique Tournament	87
41 5th K.A.P.A. Mr. Ernakulam Body Building & Physique Championship	89
42 ASMITA-KHELO INDIA	90
43 Kerala State Weightlifting Championship 2023-24	92
44 Kerala State Weightlifting Championship 2023-24	94
45 Inter-Collegiate Weightlifting Tournament 2023-2024	96
46 Inter University Tournament/Competition.	97
47 1st South India Under-23 Wrestling Championships - 2024	98
48 70th Kerala State Senior Men & 25th Senior Women Wrestling Championships 2023-2024	99
49 Inter-Collegiate (Inter Zone) Wrestling Tournament 2023-2024	101
50 Inter-Collegiate (Inter Zone) Weightlifting Tournament 2023-2024	103
51 22nd Kerala State Senior Baseball Championship 2023-2024	104
52 22nd Kerala State Junior Baseball Championship 2023-2024	106
53 28th Kerala State Junior Softball Championship 2023-2024	107
54 27th Junior Softball Championship 2023-2024	108
55 28th Ernakulam District Senior Softball Championship 2023-2024	109
56 10th Ernakulam District Senior Throwball Championship 2023-2024	110
57 PRO 15 Karnataka State Championships 2023	111





THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: www.thecochincollege.edu.in

email: email@thecochincollege.edu.in

58 Mr. Ernakulam 2023-24	112
59 Ernakulam District Bench Press Championship 2023	113
60 5th Ernakulam District U23 Wrestling Championship 2023-24	114
61 Mr. Ernakulam Physique Alliance 2023	115
62 16th South Zone Senior Throwball Championship	116
63 Mahatma Gandhi University Youth Festival 2024	118
64 Mahatma Gandhi University Youth Festival 2024	119
65 Mahatma Gandhi University Youth Festival 2024 - Duffmuttu Competition	120
66 Mahatma Gandhi University Youth Festival 2024 -Kolkkali Competition	121
67 Mahatma Gandhi University Youth Festival 2024 -Thiruvathira Competition	122
68 Mahatma Gandhi University Youth Festival 2024 -Oppana Competition	123
69 Mahatma Gandhi University Youth Festival 2024 - One Act Play Competition	125
70 Mahatma Gandhi University Youth Festival 2024 - Skit Competition	127
71 33rd Junior Throwball Championship	128





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KOCHI - 682 002

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Year 1 (2023-24)

DATE OF THE EVENT/ ACTIVITY (DD/MM/YYYY)	NAME OF THE ACTIVITY	NAME OF THE ORGANISING INSTITUTION	NAME OF THE STUDENT PARTICIPATED
03/11/2023	Regional Language Week Celebration - Online Literature Quiz Competition - FIRST PRIZE	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	ATHULYA SHAJI
03/07/2023	POSTER DESIGNING COMPETITION	The Cochin College NSS Unit -51	ASHNA ALI, KOCHU THRESSYA TITUS, HANOC PATRIC, FANIA JAISON, NIYA SAMSON, ALAN ISSAV, RAHUL S, SRUTHY SEBASTIAN
22/08/2023	Inter Departmental Fest - PUBG Tournament	The Cochin College, Kochi-02	ASWINI, ARUNDHATHI, AFRIN VAISHNAV, ANJITHA, ABDUL RAHMAN, DEVADATHAN S, ADARSH, MELWIN
18/08/2023	INTER DEPARTMENTAL MEHANDI FEST	The Cochin College, Kochi-02	INSHA PRAVEEN





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22/08/2023	The Cochin College HEISI Championship	The Cochin College, Kochi-02	ANJITHA MOHANDAS, ASWINI SURESH, AFRIN HANEEFA, ARUNDHATHI K M, ABDUL RAHMAN M.T, VAISHNAV D. NAIK
06/11/2023	Malayalam Week Celebration - MALAYALAM-ESSAY COMPETITION- FIRST PRIZE	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	ATHULYA SHAJI
10/11/2023	Malayalam Week Celebration MALAYALAM- TONGUE TWISTER- FIRST PRIZE	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	ANCIYA PAUL
09/11/2023	Malayalam Week Celebration MALAYALAM RECITATION- FIRST PRIZE	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	ANASWARA RIDHIYA
11/08/2023- 12/08/2023	Inter Departmental Fest - PES Tournament	The Cochin College, Kochi-02	IZHAQ A.I, SHIFAS





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07/11/2023	Regional Language Week Celebration - Malayalam ELOCUTION- FIRST PRIZE	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	NIHALA V.A
08/11/2023	Malayalam Week Celebration -PERSONALITY IDENTIFICATION- FIRST PRIZE	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	ATHULYA SHAJI
05/03/2024- 06/03/2024	KMEA Super Cup 2K24 Football Tournament	KMEA Engineering College Aluva	NIKHIL ANTONY, SAMUAL RAPHEL, ANAS K.S, MOHAMMED FARHAN, RUDRAKSH RAJ, MOHAMMED FARHAN A.H, AMITH IMMANUEEL, MUHAMMED KAIF K.A, ARSHANATH SIVADAS P.S, BEVAN XAVIOR, MUHAMMED RAIHAN





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02/02/2024	PHOTO COLLAGE COMPETITION	DEPT OF BOTANY, BIOCHEMISTRY AND BIOTECHNOLOGY, THE COCHIN COLLEGE, KOCHI-02	FRANCIS SAVIO, MUHSINA MOHAMMED, NIRANJANA PV, HANNAN ASLAM, CHRISTA ROSE ELIZABETH, ARSHA PRAKASH, ARJUN S.
14-02-2024	ENIGMAS 2023-2024 POSTER DESIGN	Department Of Physics, The Cochin College, Kochi-02	RAHUL M, LIYA ELIZEBATH
14-02-2024	ENIGMAS 2023-2024 POEM WRITING COMPETITION	Department Of Physics, The Cochin College, Kochi-02	LANA LEANUS
12-02-2024	ENIGMAS 2023-2024 RIDDLE SOLVING	Department Of Physics, The Cochin College, Kochi-02	JUBINA, NAZEERA BEEVI
12-02-2024	ENIGMAS 2023-2024 PUZZLE	Department Of Physics, The Cochin College, Kochi-02	KEERTHANA MS, NIVEDYA RAJ





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14/02/2024	CARTOON COMPETITION	Department of Physics, The Cochin College, Kochi-02	Lakshmi P H
12-02-2024	ENIGMAS 2023-2024 MOBILE PHOTOGRAPHY	Department Of Physics, The Cochin College, Kochi-02	DHANYA RAJ, SREELAKSHMI A.B
12-02-2024	ENIGMAS 2023-2024 LOGIC QUIZ	Department Of Physics, The Cochin College, Kochi-02	DHANYA RAJ, SHERIN P.S
14-02-2024	ENIGMAS 2023-2024 PROGRAMMING COMPETITION	Department Of Physics, The Cochin College, Kochi-02	SREELAKSHMI A.B, SHERIN P.S





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15/02/2023- 16/02/2023	Kalanjali- College Youth Festival	The Cochin College	FASEELA A.H, SHANA PARVEEN, SHAHANA HARIS, SAJILA A, SIMNA SIYAD, NOURIN RAFEEQUE, FARSANA K.N, ASHNA PAVITHRAN, RISWANA K.A, AFIYA FATHIMA P.Y, Anagha S Nair, Sumi P N, Yashin Xavier, Athu E S, APARNA SATHEESH, NEHLA JENNAH, JALEEL, DEVANUNNI SASI, AKHIL RIZWIN, NIKHIL ANTONY NANDANA K.A





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15/02/2024	PEPPER SAV VI -Food Fest	Department Of Commerce, The Cochin College, Kochi-02	ADHEENA N SHIBU, ARJUN K.S, HARINANDANA K.A, MANIKANDAN ANIL, MRIDULA P.M, FADIYA M.F, HANNA MARIA, CHANDRIKA R, FARHANA SUDHEER, MUNAS T.H, NOORA M.S, SIDHARTH UNNIKRISHNAN, ANJALI M, MOHAMMED IJAS P.E, VEDAVATHI S. MALLYA, SREERAM VINEETH KUMAR, B. MALLYA, SHAHANAS K.H, SWATHY PRADEEP





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30/06/2023	Reading Week Celebration Track The Quotes - Malayalam & English Literature	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	SACHIN E.S, LANA LEANUS, ATHULYA SHAJI, NANDANA K.A, C.S PRABHA, MOHAMMED FARHAN, MEERA MENON
06/11/2023	Regional Language Week Celebration - Malayalam Essay Writing Competition	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	ATHULYA SHAJI
19/01/2024	TECZA Inter University Fest -Group Dance	Dept. Of B.C.A, The Cochin College - Kochi	NIKHIL ANTONY NANDANA K.A, Ayush Vijay, Brighly, Ashik, Bincy Manuel, Stiny
18/01/2024	TECZA Inter University Fest, Valorant Trumble -Shooter Game	The Cochin College, Kochi-02	Arjun P.V, Jyothika, Afras, Milna Shibu, Fathima Mizna, Aravind
19/01/2024	TECZA Inter University Fest- Mock Murder -Puzzle Solving Game	The Cochin College, Kochi-02	NISHA, PRIYA, RINU SANDRA, MARIYA, ALNA, ANJALY





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18/01/2024	TECZA Inter University Fest Capture The Flag	The Cochin College, Kochi-02	SREELAKSHMAN, BEVIN BENET, STINY, NIHAL, BHARATH KRISHNA
14/02/2024	ISHQ- Valentines Day Celebration -Couple Treasure Hunt	The Cochin College, Kochi-02	SHAHABAS T.S, MUHASSINA MOIDU, KEVIN PETERS, MARIYA T.V
23/12/2023	CAROL COMPETITION	The Cochin College, Kochi-02	NIKHIL, NANDHANA, ATHULYA, KRISHNAPRIYA, PRAVEEN, JUNAID





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23/08/2023	Onam celebration- Pookalam Malsaram	The Cochin College, Kochi-02	AZAR V.J, NASARUDDIN S, NAVOMI MANUAL, SURYA RAMDAS, MEENAKSHI M, AFRIN P.J, KALYANI M.R, AFREETH, MOHAMMED AMEEN, ADITHYA T.R, SAFA HAJIRA, MEGHNA P, ROSHAN K. RASHEED, AZHEEM B., VAISHNAVI, MANU MOHAN, RAHUL, SEBASTIAN MATHEW, ATHIRA





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23/08/2023	Onam celebration - Vadam Vali	The Cochin College, Kochi-02	NAVANEETH MENON, IRFAN MALIK, MUHAMMED ALTHAF, SHAHABAS K.H, JABIR, JASIM MOHAMMED ARSHID, AIDEN BINOY, HARI KRISHNAN, HANOCH PATRIC, NAVEEN, MUHAMMED SAHIL, DEVADATHAN, BHARATH KRISHNA, NIHAL K.H, AADIL SALEEM
01/11/2023	Keraleeyam - Kerala Ganam	The Cochin College, Kochi-02	AZAR V.J, SURYA Ramdas, AFRIN P.J, ARAVINDH Shenoy, MEERA MENON, PRATHIBA M.N, FARHAN AKTHAR





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14/10/2023	Inter Collegiate Inter Zone Football Tournament	MG University, Kottayam	NIKHIL ANTONY, MOHAMMED FARHAN M.H, AMITH IMMANUEL, SAMUEL RAPHEL, MUHAMMED KAIF K.A, ARSHANATH SIVADAS P.S, BEVAN XAVIER, CLIFORD V.F, ABDUL RAHMAN K.S, SIVASANKAR, SAFDHAR K.S, RUDRAKSH RAJ, NIKHIL GOPALAKRISHNAN, YASIR C.S, VIVEK





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11/12/2023 - 13/12/2023	Inter Collegiate North Zone Cricket Tournament	MG University, Kottayam	Vignesh D.S, Devadathan S, Safwan P.A, Mohamed Alwariz, Sanjay K.S, Nihal K.H, Irfan Malik R, Abhijith T.A, Navaneeth Menon K.M, Vinayak R, Akhil Raj M.S, Shaham T.C, Samuel Roy, Salman K.S, Alan T. Anas
01/11/2023	Kerala Maran - Malayali Manka Competition	The Cochin College, Kochi-02	Devanunni Sasi, Jyothilakshmi P.R, ARJUN PATEL, THRISHNA
09/11/2023	Poetry Recitation Competition	Dept. Of Malayalam & Library, The Cochin College, Kochi-02	Anaswara Ridhiya





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14/02/2024	Love Letter Writing Competition	The Cochin College, Kochi-02	APARNA SATHEESH, MOHAMMED IJAS, LAKSHMI SUBASH, ROSHAN R, SREELAKSHMI G, JYOTHILAKSHMI P.R
23/12/2023	Margamkali Competition	The Cochin College, Kochi-02	Mariya Cletus, Mary Aleena, Kochuthresiya T, Aparna Gopinath, Athira V, Gayathri Sudheer, Nandana M.V, Shehasadi, Shehanas N.V
14/08/2023	The Cochin College Football Fest 5s Tournament	The Cochin College, Kochi-02	GARRISON KEVIN, RUDRAKSH RAJ, ARJUN C.S, YASIR, JITHIN A
26/12/2023	7's Inter Collegiate Flood Light Football Tournament	The Cochin College, Kochi-02	ARUN RAVI, PREJITH M MENON, FRANCIS ADRASH, ANTONY RINE K.R, JELSON JOSEPH, JITHIN A, FAIREEZ P.M





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24/10/2023	Cochin College Inter Department Penalty Shootout	The Cochin College, Kochi-02	NIYAS M.J, SIRAJUDHEEN, BIJITH KAVITHA, FRANCIS ADRASH, JITHIN, ASLAM T.K, AKIN BABU P.S
22/11/2023 - 26/11/2023	National Sub Junior & Junior Classic Powerlifting Championship 2024 (47kg) Fourth	Powerlifting India	NAILA NAJOOB
08/03/2024 - 10/03/2024	NATIONAL WOMEN'S CLASSIC BENCH PRESS CHAMPIONSHIP (W) 47kg Fourth	Powerlifting India	NAILA NAJOOB
08/03/2024- 10/03/2024	Kerala State Classic Jr. Powerlifting Championship (W) 47kg First	Kerala State Powerlifting Association	NAILA NAJOOB
16/10/2023- 17/10/2023	Kerala State Classic Sub Junior Bench Press Championship (W) 47kg First	Kerala State Powerlifting Association	NAILA NAJOOB





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17/05/2024- 19/05/2024	Kerala State Classic Sub Jr. & Jr. Womens Equipped Powerlifting Championship (W) 47kg Second	Kerala State Powerlifting Association	NAILA NAJOOB
22/09/2023- 24/09/2023	Kerala State Classic Sub Jr. Powerlifting Championship (W) 47kg Second	Kerala State Powerlifting Association	NAILA NAJOOB
15/04/2024	Inter Collegiate Powerlifting Tournament (W) - Second	Kerala State Powerlifting Association	NAILA NAJOOB
15/04/2024	All India Inter University Best Physique (M)	School of Physical Education & Sports Science Mahatma Gandhi University Kottayam	ATHUL PRADEEP
15/04/2024	Inter Collegiate Best Physique (M) - 70kg - First	School of Physical Education & Sports Science Mahatma Gandhi University Kottayam	ATHUL PRADEEP





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20/01/2024	5th K.A.P.A. Mr. Ernakulam BodyBuilding & Physique Championship 2024 (Junior 70Kg) - SECOND	Ernakulam Athlete Physique Alliance	ATHUL PRADEEP
2023-24	Asmitha- Khelo India Khelo (W) 71 kg	Kerala State Sports Council	AKHILA A
29/03/2024- 30/03/2024	Kerala State Weightlifting Championship (Jr) 71 kg Third	Kerala State Sports Council	AKHILA A
29/03/2024- 30/03/2024	Kerala State Weightlifting Championship (Sr) 71 kg Third	Kerala State Sports Council	AKHILA A
15/04/2024	Inter Collegiate (Inter-Zone) Weightlifting Tournament (W) 71kg - First	School of Physical Education & Sports Science Mahatma Gandhi University Kottayam	AKHILA A





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15/04/2024	Member of Inter University Weightlifting Championship (W)	School of Physical Education & Sports Science Mahatma Gandhi University Kottayam	AKHILA A
28/06/2024 - 29/06/2024	1st South Indian Wrestling Championship (Under 23) Second	Tamilnadu Amateur Wrestling Association	MOHAMMED ARSHID A
13/11/2023- 15/11/2023	70th Kerala State Senior Men & 25th Senior Wrestling Championship - SECOND	Kerala State Wrestling Association	MOHAMMED ARSHID A
15/04/2024	Inter Collegiate (Inter-Zone) Weightlifting Championship (74kg) Third	School of Physical Education & Sports Science Mahatma Gandhi University Kottayam	MOHAMMED ARSHID A





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04/01/2023- 06/01/2023	Inter Collegiate (Inter-Zone) Weightlifting Championship (Under 67kg) - Third	School of Physical Education & Sports Science Mahatma Gandhi University Kottayam	MOHAMMED ARSHID A
04/11/2023- 06/11/2024	22nd Kerala State Senior Baseball Championship 2023-24 - Runner Up	Ernakulam District Baseball Association	SREYA SOLAMAN
23/10/2023- 24/10/2023	22nd Kerala State Junior Baseball Championship 2023-24 (Participation)	Kozhikode District Baseball Association	SREYA SOLAMAN
03/09/2023	28th Kerala State Junior Softball Championship For Boys & Girls 2023-24 (Participation)	Thrissur District Baseball Association	SREYA SOLAMAN
12/11/2023	27th Ernakulam District Junior Softball Championship - First	Ernakulam District Softball Association	SREYA SOLAMAN
12/09/2023	28th Ernakulam District Senior Softball Championship - Third	Ernakulam District Softball Association	SREYA SOLAMAN





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22/11/2023	10th Ernakulam District Senior Throwball Championship 2023-24 - Second Runner Up	Thrissur District Baseball Association	SREYA SOLAMAN
19/08/2023- 20/11/2023	PRO15 - Karnataka State Under 75 Junior Squat, Benchpress and Deadlift CHAMPIONSHIP - FIRST	Professional PRO RAW Organization	AANSAL K.ANTONY
19/08/2023- 20/11/2023	PRO15 - Karnataka State Under 75 Junior Bench Press CHAMPIONSHIP - FIRST	Professional PRO RAW Organization	AANSAL K.ANTONY
19/08/2023- 20/11/2023	PRO15 - Karnataka State Under 75 Junior Deadlift CHAMPIONSHIP - SECOND	Professional PRO RAW Organization	AANSAL K.ANTONY
19/08/2023- 20/11/2023	PRO15 - Karnataka State Under 75 Junior Benchpress and Deadlift CHAMPIONSHIP - FIRST	Professional PRO RAW Organization	AANSAL K.ANTONY





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DATE OF THE EVENT/ ACTIVITY (DD/MM/YYYY)	NAME OF THE ACTIVITY	NAME OF THE ORGANISING INSTITUTION	NAME OF THE STUDENT PARTICIPATED
19/08/2023- 20/11/2023	PRO15 - Karnataka State Under 75 Junior Squat CHAMPIONSHIP - FIRST	Professional PRO RAW Organization	AANSAL K.ANTONY
05/01/2024	46th MR. ERNAKULAM BODYBUILDING CHAMPIONSHIP (Under 75 Jr) THIRD	Body Building Association of Ernakulam District	ARUN E.A
17/09/2023	Ernakulam District Powerlifting Championship (Jr) 59kg - First	Ernakulam District Powerlifting Association	NIHAS N.S
23/09/2023	U.23 State Wrestling Championship - THIRD	Kerala State Wrestling Association	SANDHYA SHYAM
5th Ernakulam District U.23 Wrestling Championship - FIRST	Ernakulam District Wrestling Association	SANDHYA SHYAM	





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DATE OF THE EVENT/ ACTIVITY (DD/MM/YYYY)	NAME OF THE ACTIVITY	NAME OF THE ORGANISING INSTITUTION	NAME OF THE STUDENT PARTICIPATED
25/02/2023	Ernakulam District Physique Alliance Sub Junior - Under 55kg - THIRD	Ernakulam District Physique Alliance	AJAY A.S
20/01/2024	5th K.A.P.A Mr. Ernakulam Bodybuilding & Physique Championship - FIFTH	Ernakulam Athlete Physique Alliance	AJAY A.S
20/01/2024	Mr. Ernakulam Bodybuilding & Physique Championship Sub Junior - Under 60kg - SECOND	Ernakulam Athlete Physique Alliance	AJAY A.S
02/08/2024- 04/08/2024	16th South Zone Senior Throwball Championship	Suvarna Karnataka Throwball Association, affiliated with the Throwball Federation of India	SUHAIL SHAHEER
26/02/2024- 03/03/2024	University Youth Festival Mappilapattu - First	Mahatma Gandhi University Kottayam	FARIS FAIZAL





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26/02/2024- 03/03/2024	M G University Youth Festival Classical Music - A Grade	Mahatma Gandhi University Kottayam	VEDAVATHI S.MALLYA
26/02/2024- 03/03/2024	M G University Youth Festival Duffmattu - First	Mahatma Gandhi University Kottayam	SAFDHAR K.S, AJOHN FERNANDEZ, IRFAN IBRAHIM, MUHAMMED RAMSHAD, MUHAMMED KAIF K.A, MUHAMMED YASIN, ADHIL TANVEER, AZHAR JAMAN C.S, ABDUL RAHMAN K.S, AMRITESH N.G





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DATE OF THE EVENT/ ACTIVITY (DD/MM/YYYY)	NAME OF THE ACTIVITY	NAME OF THE ORGANISING INSTITUTION	NAME OF THE STUDENT PARTICIPATED
26/02/2024- 03/03/2024	M G University Youth Festival Kolkali - A Grade	Mahatma Gandhi University Kottayam	MOHAMMED RAMZI, SHAHABAS K.H, SAAD SANSEEN ABDULSALAM, FAYAS FAIZAL, MUHAMMED SAFWAN C.R, MOHAMMED IJAS P.E, GAUTHAM DAS T, AZHAR ZAMEEN, MUHAMMED ALTHAF V.S, NIHAD S.H, ZAMEEL C.A
26/02/2024- 03/03/2024	M G University Youth Festival Thiruvathira - A Grade	Mahatma Gandhi University Kottayam	Anjali M, Devika Krishna, Kalyani V.Menon, Ganga Sudheer V, Gayathri Sudheer V, Kochuthressya Titus, Adithya K, Avani K.S, Sreelakshmi G, Krishnapriya P, Akshara S.M





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DATE OF THE EVENT/ ACTIVITY (DD/MM/YYYY)	NAME OF THE ACTIVITY	NAME OF THE ORGANISING INSTITUTION	NAME OF THE STUDENT PARTICIPATED
26/02/2024- 03/03/2024	M G University Youth Festival Oppana - A Grade	Mahatma Gandhi University Kottayam	AMALA K.N, ASHNA PAVITHRAN, FATHIMA NASRIN, SAJILA A, ROSHNA K.J, SHAHANA HARIS, GAYATHRY PRASANTH, NAJIHA JOOBI, ALFIYA MAJEED, RIDHA T.M, FIDHA FATHIMA, ROSNA ROY, ASNA P.S, SIMNA SIYAD
26/02/2024- 03/03/2024	M G University Youth Festival Skit - A Grade	Mahatma Gandhi University Kottayam	APARNA SATHEESH, NEHLA JENNAH JALEEL, DEVANUNNI SASI, AKHIL RIZWIN, NIKHIL ANTONY NANDANA K.A





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DATE OF THE EVENT/ ACTIVITY (DD/MM/YYYY)	NAME OF THE ACTIVITY	NAME OF THE ORGANISING INSTITUTION	NAME OF THE STUDENT PARTICIPATED
26/02/2024- 03/03/2024	M G University Youth Festival One Act Play - A Grade	Mahatma Gandhi University Kottayam	NIKHIL ANTONY NANDANA K.A, AKHIL RISWIN, DEVADATHAN, APARNA SATHEESH, HUSAIN P.N, NEHLA JENNAH JALEEL, DEVANUNNI SASI
12/05/2023 - 14/05/2023	33rd Junior Throwball Championship	Coimbatore, Tamil Nadu	Suhail Shaheer





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1 Online Malayalam Literary Quiz

- Event: Online Malayalam Literary Quiz
- Date: November 3, 2023
- Time: 12:30 PM
- Organizer: The Department of Malayalam and Library, The Cochin College

As part of the Regional Language Week Celebration, The Cochin College conducted an Online Malayalam Literary Quiz on November 3, 2023, at 12:30 PM. The event saw participation from 32 students. Ms. Athulya Shaji, a BSc Zoology student, won First Prize in the quiz.





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The Cochin College, Kochi-2
Affiliated to Mahatma Gandhi University, Kottayam

മലയാള ഭാഷാവാരാചരണം 2023

മലയാള ഭാഷാവാരാചരണത്തോടനുബന്ധിച്ച് കൊച്ചിൻ കോളേജ് ലൈബ്രറിയുടെയും മലയാള വിഭാഗത്തിന്റെയും നാഷണൽ സർവ്വീസ് സ്കീമിന്റെയും സംയുക്താഭിമുഖ്യത്തിൽ കോളേജ് തലത്തിൽ വിദ്യാർത്ഥികൾക്കായി വിവിധ മത്സരയിനങ്ങൾ നടത്തുന്നു.

മത്സരയിനങ്ങൾ

1.പ്രശ്നോത്തരി	- നവംബർ 3 വെള്ളി സമയം 12.30 pm
2.ഉപന്യാസം	- നവംബർ 6 തിങ്കൾ സമയം 12.45 pm
3.പ്രസംഗം	- നവംബർ 7 ചൊവ്വാഴ്ച സമയം 12.45
4.വ്യക്തികളെ തിരിച്ചറിയൽ	- നവംബർ 8 ബുധൻ സമയം 11 am to 1 pm
5.കവിതാപാരായണം	- നവംബർ 9 വ്യാഴം സമയം 12.45 pm
6.നാക്കുളുക്കി	- നവംബർ 10 വെള്ളി സമയം 12.40 pm

വേദി- ലൈബ്രറി ഹാൾ

Number of Participants – 32*



THE COCHIN COLLEGE
KOCHI-2
(Affiliated to M.G. University)
Accredited with B+ Grade by NAAC



Certificate

This is to certify that Ms ATHULYA SHAI, BSC Zoology, The Cochin College, Kochi has won First Prize in Online Sahithya Prashnothari in connection with **Malayalabhasha Varacharanam** conducted by the College Library and the Department of Malayalam & NSS, The Cochin College, Kochi -2 from 3 November 2023 to 10 November 2023.


 Ms Jeena Jayan
College Librarian


 Dr. Reshimon P. R.
HoD, Department of Malayalam





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2 Poster Designing Competition

- Event: Poster Designing Competition
- Date: July 3, 2023
- Time: 1:00 PM - 1:30 PM
- Organizer: NSS Unit-51, The Cochin College

On July 3, 2023, NSS Unit-51 of The Cochin College organized a Poster Designing Competition centered around the theme "Say No to Drugs." The competition aimed to engage students in creatively conveying the anti-drug message. Ashna Ali Rahul S And Kochu Thressya Titus won prizes





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THE COCHIN COLLEGE
KOCHI-02
NSS UNIT -51

Organises

POSTER DESIGNING COMPETITION

Theme: "SAY NO TO DRUGS "

3 JULY 2023
1.00-1.30 PM

ROOM NO.36



THE COCHIN COLLEGE
KOCHI-02
NSS UNIT-51

Prize distribution of Poster design Competition

1st Aishna A1
 2nd Ishai S
 3rd Kochu Thresya Titus



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



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3 Inter Departmental PUBG Tournament

- Event: Inter Departmental PUBG Tournament
- Date: August 22, 2023
- Time: 2:30 PM
- Organizer: The Cochin College, Kochi-02

The Cochin College organized an Inter Departmental Fest on August 22, 2023, featuring a PUBG Tournament as one of its main events. The competition saw active participation from various departments, showcasing teamwork and strategy. The BA English team emerged as the Runners-Up in the tournament, demonstrating their gaming skills and team coordination. Participants included Aswini, Arundhathi, Afrin Vaishnav, Anjitha, Abdul Rahman, Devadathan S, Adarsh, and Melwin, who contributed significantly to the team's success. The event was a great opportunity for students to engage in a competitive yet fun environment, highlighting the spirit of inter-departmental camaraderie at The Cochin College.





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COCHIN COLLEGE
INTER DEPARTMENT FEST
PUBG TOURNAMENT
BA ENGLISH
RUNNERS UP





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4 Mehndi Fest

- Event: Inter Departmental Mehndi Fest
- Date: August 18, 2023
- Time: 2:30 PM
- Organizer: The Cochin College, Kochi-02

The Cochin College organized a Inter Departmental Mehndi Fest on August 18, 2023, featuring a Mehndi competition as the main event. The competition began at 2 PM and was accompanied by various entertainment programs. The event celebrated the cultural art of Mehndi, with participants showcasing their creativity. Insha from the B.A. English department won the first prize for her outstanding design. The Mehndi Fest was a vibrant event, reflecting the rich traditions and artistic skills of the students.





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COCHIN COLLEGE
MEHNDI FEST Date
 18-8-2023

മെഹന്ദി രാവിലേക്ക് സ്വാഗതം...

Mehandi competition, Time -2 PM

And another entertainment programs

Dress code = ethnic Venue - Main ground

Price , 1st , 2nd , 3rd

COCHIN COLLEGE
Mehandi Fest
FIRST PRIZE



Insha
(B.A.ENGLISH)

SFI BA.ENGLISH DEPARTMENT COMMITTEE



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



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5 The Cochin College Heist - Treasure Hunt

- Event: The Cochin College Heist - Treasure Hunt
- Date: August 22, 2023
- Time: 2:30 PM
- Organizer: The Cochin College, Kochi-02

The Cochin College organized a thrilling Treasure Hunt event titled "The Cochin College Heist" on August 22, 2023. The event saw enthusiastic participation from various departments, with teams competing to solve clues and complete the heist. First Place secured BCom Taxation. The team emerged victorious, showcasing their teamwork and problem-solving skills. The event was a huge success, adding excitement and energy to the inter-departmental fest at The Cochin College.





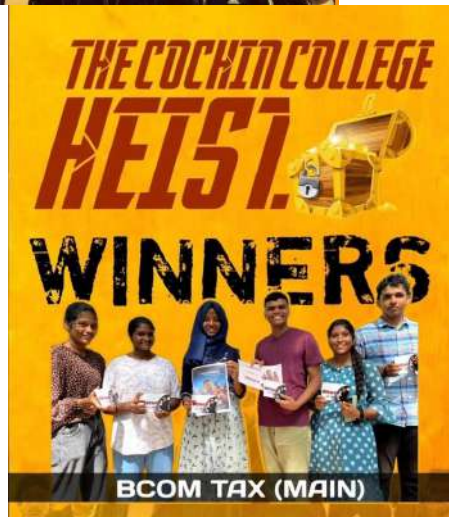
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6 Malayalam Essay Competition

- Event: Malayalam Essay Competition
- Date: November 6, 2023
- Time: 12:45 PM
- Organizer: The Department of Malayalam and Library, The Cochin College

As part of the Regional Language Week Celebration, The Cochin College conducted a Malayalam Essay Competition on November 6, 2023. The competition saw the participation of eight students who showcased their writing skills in Malayalam. Ms. Athulya Shaji from the BSc Zoology department secured the first prize for her essay. The competition successfully encouraged students to express their thoughts in Malayalam, contributing to the promotion of the regional language.





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The Cochin College, Kochi-2
Affiliated to Mahatma Gandhi University, Kottayam

മലയാള ഭാഷാവാരാചരണം 2023

മലയാള ഭാഷാവാരാചരണത്തോടനുബന്ധിച്ച് കൊച്ചിൻ കോളേജ് ലൈബ്രറിയുടെയും മലയാള വിഭാഗത്തിന്റെയും നാഷണൽ സർവ്വീസ് സ്കീമിന്റെയും സഹായകതാഭിമുഖ്യത്തിൽ കോളേജ് തലത്തിൽ വിദ്യാർത്ഥികൾക്കായി വിവിധ മത്സരയിനങ്ങൾ നടത്തുന്നു.

മത്സരയിനങ്ങൾ

1.പ്രശ്നോത്തരി	- നവംബർ 3 വെള്ളി സമയം 12.30 pm
2.ഉപന്യാസം	- നവംബർ 6 തിങ്കൾ സമയം 12.45 pm
3.പ്രസംഗം	- നവംബർ 7 ചൊവ്വാഴ്ച സമയം 12.45
4.വ്യക്തികളെ തിരിച്ചറിയൽ	- നവംബർ 8 ബുധൻ സമയം 11 am to 1 pm
5.കവിതാപാരായണം	- നവംബർ 9 വ്യാഴം സമയം 12.45 pm
6.നാട്യോത്സവം	- നവംബർ 10 വെള്ളി സമയം 12.40 pm

വേദി- ലൈബ്രറി ഹാൾ



Number of Participants – 8*



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



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7 Tongue Twister Competition

- Event: Tongue Twister Competition
- Date: November 10, 2023
- Time: 12:45 PM
- Organizer: The Department of Malayalam and Library, The Cochin College

As part of the Regional Language Week Celebration, The Cochin College organized a Tongue Twister Competition on November 10, 2023. The event was engaging and fun, with 12 participants showcasing their linguistic agility. Ms. An-ciya Paul from the MSc Mathematics department won the first prize for her impressive performance. The competition added a lively and interactive element to the language week celebrations, promoting interest in Malayalam language activities among students.





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8 Poetry Recitation Competition

- Event: Poetry Recitation Competition
- Date: November 3-10, 2023
- Time: 12:45 PM
- Organizer: The Department of Malayalam and Library, The Cochin College

The Cochin College conducted a Kavithaprayanam (Poetry Recitation) Competition from November 3 to 10, 2023, as part of the Malayalabhasha Varacharanam celebrations. The competition aimed to encourage students to express themselves through Malayalam poetry. Ms. Anaswara Ridhya from the 1st BA Economics class secured the first prize for her outstanding poetry recitation. The competition was a significant part of the language week, highlighting the students' appreciation and love for Malayalam literature.





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9 PES E-Football Competition

- Event: PES E-Football Competition
- Date: August 11, 2023
- Organizer: The Cochin College

As part of the Inter Department Fest at The Cochin College, a PES (Pro Evolution Soccer) competition was held, drawing enthusiastic participation from students across various departments. Shifas from the 3rd Year BBA class won the first prize, demonstrating exceptional skill and strategy in the game. Izhaq from the 3rd Year BA English class secured the Runners-Up position. The competition was a highlight of the fest, fostering a spirit of friendly rivalry and engagement among the students.





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COCHIN COLLEGE

PES TOURNAMENT

SLOT BOOKING DATE AUG 11 - 12

FOR BOOKING AND FURTHER

DETAILS -

ADHININ : 9526723396

COCHIN COLLEGE
INTER DEPARTMENT FEST
PES COMPETITION

FOOTBALL™
2023



1st PRIZE **SHIFAS**
(3rd YEAR BBA)

THE COCHIN COLLEGE

COCHIN COLLEGE
INTER DEPARTMENT FEST
PES COMPETITION

FOOTBALL™
2023



RUNNERS UP **IZHAQ**
(3rd BA ENGLISH)

THE COCHIN COLLEGE



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



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10 Identifying Eminent Personalities in Literature Competition

- Event: Identifying Eminent Personalities in Literature Competition
- Date: November 8, 2023
- Time: 11:00 AM to 1:00 PM
- Organizer: The Department of Malayalam and Library, The Cochin College

As part of the Regional Language Week Celebration, The Cochin College organized a competition focused on Identifying Eminent Personalities in Literature on November 8, 2023. The event saw the participation of 35 students, who tested their knowledge of literary figures. Ms. Athulya Shaji from the IIIrd BSc Zoology department won the first prize, demonstrating her keen understanding of literary personalities. The competition was a valuable educational activity that encouraged students to engage more deeply with literature.





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27. Competition-- in connection with Regional Language Week Celebration - Malayalam Speech – 07/11/2023, 12:45 pm



The Cochin College, Kochi-2
Affiliated to Mahatma Gandhi University, Kottayam

മലയാള ഭാഷാവാരാചരണം 2023

മലയാള ഭാഷാവാരാചരണത്തോടനുബന്ധിച്ച് കൊച്ചിൻ കോളേജ് ലൈബ്രറിയുടെയും മലയാള വിഭാഗത്തിന്റെയും നാഷണൽ സർവ്വീസ് സ്കീമിന്റെയും സംയുക്താഭിമുഖ്യത്തിൽ കോളേജ് തലത്തിൽ വിദ്യാർത്ഥികൾക്കായി വിവിധ മത്സരയിനങ്ങൾ നടത്തുന്നു.

മത്സരയിനങ്ങൾ

1.പ്രശ്നോത്തരി	- നവംബർ 3 വെള്ളി സമയം 12.30 pm
2.ഉപന്യാസം	- നവംബർ 6 തിങ്കൾ സമയം 12.45 pm
3.പ്രസംഗം	- നവംബർ 7 ചൊവ്വാഴ്ച സമയം 12.45
4.വ്യക്തികളെ തിരിച്ചറിയൽ	- നവംബർ 8 ബുധൻ സമയം 11 am to 1 pm
5.കവിതാപാരായണം	- നവംബർ 9 വ്യാഴം സമയം 12.45 pm
6.നാക്കുളുക്കി	- നവംബർ 10 വെള്ളി സമയം 12.40 pm

വേദി- ലൈബ്രറി ഹാൾ

Number of Participants – 8*



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Certificate

This is to certify that Ms NIHALA V A, BSC Zoology, The Cochin College, Kochi has won First Prize in *Prasangamatsaram* in connection with *Malayalabhasha Varacharanam* conducted by the College Library and the Department of Malayalam & NSS, The Cochin College, Kochi -2 from 3 November 2023 to 10 November 2023.


 Ms Jeena Jayan
College Librarian


 Dr Reshimon P. R.
HoD, Department of Malayalam




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



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11 Tongue Twister Competition

- Event: Tongue Twister Competition
- Date: November 10, 2023
- Time: 12:45 PM
- Organizer: The Department of Malayalam and Library, The Cochin College

As part of the Regional Language Week Celebration, The Cochin College organized a Tongue Twister Competition on November 10, 2023. The event was engaging and fun, with 12 participants showcasing their linguistic agility. Ms. An-ciya Paul from the MSc Mathematics department won the first prize for her impressive performance. The competition added a lively and interactive element to the language week celebrations, promoting interest in Malayalam language activities among students.



Number of Participants – 35*



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 The Cochin College



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12 KMEA Super Cup 2K24 Football Tournament

- Event: KMEA Super Cup 2K24 Football Tournament
- Date: March 5th and 6th, 2024
- Organizer: KMEA

The Cochin College football team participated in the KMEA Super Cup 2K24 Football Tournament held on March 5th and 6th, 2024. The team competed with great enthusiasm and sportsmanship, representing the college in this prestigious event.





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13 World Wetlands Day Photo Collage Competition

- Event: World Wetlands Day Photo Collage Competition
- Date: February 2, 2024
- Organizer: Departments of Botany, Biochemistry and Biotechnology, The Cochin College, Kochi-2

In celebration of World Wetlands Day on February 2, 2024, The Cochin College's Departments of Botany, Biochemistry, and Biotechnology organized a Photo Collage Competition. The competition focused on the theme "Wetlands and Human Wellbeing." The competition aimed to raise awareness about the importance of wetlands and their role in supporting human wellbeing through creative visual expression.





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14 ENIGMAS 2K23-24

- Event: ENIGMAS 2K23-24
- Date: February 13-19, 2024
- Organizer: Department of Physics, The Cochin College

ENIGMAS 2K23-24 is a week-long celebration of creativity organized by the sophomores of the Department of Physics at The Cochin College. The event will kick off on February 13, 2024, and will feature a series of competitions like Photography Competition, Solve the Riddle, Cartoon Competition, Design the Poster, Poetry Competition, Logic Quiz, Daily Puzzles, Programming Competition are designed to challenge and inspire students.





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15 Peppersav-VII

- Event: Peppersav-VII
- Date: February 15, 2024
- Organizer: Department of Commerce and Entrepreneurship Development Club, The Cochin College, Kochi

The Cochin College's Post Graduate and Research Department of Commerce, in collaboration with the Entrepreneurship Development Club, organized the seventh edition of Peppersav on February 15, 2024. This culinary event, known as Peppersav-VII, showcased a variety of homemade traditional and ethnic foods prepared by students. The event provided an opportunity for attendees to relish the authentic tastes and culinary delights crafted by the students, celebrating the diversity of food culture and entrepreneurship among the college community. Peppersav-VII was a delightful experience that engaged both participants and visitors in a unique and flavorful celebration.





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16 Track The Quotes” Competition

- Event: Track The Quotes” Competition
- Date: June 30, 2023
- Organizer: Library, The Cochin College

As part of the Reading Week Celebration 2023, The Cochin College held a ”Track The Quotes” competition on June 30, 2023. Participants identified quotes from Malayalam and English literature. Both staff and students participated in the competition, which aimed to enhance literary appreciation and knowledge.





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The Cochin College, Kochi-2
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READING WEEK CELEBRATION - 2023

Organised by College Library & Malayalam Department

"TRACK THE QUOTES"

Date : 30.06.2023, Friday
 Venue: Library
 Time: 12:45 PM

Scan the QR code in the library notice board and participate in the competition.

The Competition is in both Malayalam and English.
The competition will be for staff and students.

Number of Participants – 40*



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17 Essay Writing Competition

- Event: Essay Writing Competition
- Date: November 3-10, 2023
- Organizer: Department of Malayalam and Library, The Cochin College

Ms. Athulya Shaji, a BSc Zoology student at The Cochin College, won the First Prize in the Upanyasa msatsaram (essay competition) competition held as part of Malayalabhasha Varacharanam from November 3 to 10, 2023. The event was organized by the College Library, Department of Malayalam, and NSS to celebrate and promote the Malayalam language.





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18 TECZA Inter University Fest

- Event: TECZA Inter University Fest
- Date: January 18th and 19th, 2024
- Organizer: Department of Computer Application, The Cochin College

TECZA, an Inter University Fest organized by The Cochin College's Department of Computer Application, took place on January 18-19, 2024. The event included competitions like Capture The Flag, Valorant Rumble, Mock Murder, Group Dance, and Web Designing, with prizes ranging from Rs. 4000 to Rs. 10,000. The fest was a great success, attracting enthusiastic participation and showcasing student talent.





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19 "Ishq" Valentine's Day Celebration - Couple Treasure Hunt

- Event: "Ishq" Valentine's Day Celebration - Couple Treasure Hunt
- Date: February 14, 2024
- Time: 11:00 AM
- Organizer: The Cochin College union

As part of the Valentine's Day celebration titled "Ishq," the Cochin College Union organized a Couple Treasure Hunt on February 14, 2024. The event, designed to be fun and engaging, invited couples to participate in a creative and adventurous treasure hunt on the college campus. This activity fostered teamwork and added excitement to the celebration, making it a memorable Valentine's Day for all involved.





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20 Carol Competition

- Event: Carol Competition
- Date: December 23, 2023
- Time: 11:00 AM
- Organizer: The Cochin College union

The Cochin College organized a Carol Competition on December 23, 2023, as part of its Christmas celebrations. The event spread festive cheer among students and staff, marking the holiday season with joyful music and performances.





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21 Onam Celebrations

- Event: Onam Celebrations
- Date: August 23, 2023
- Organizer: The Cochin College

Onam was celebrated with great enthusiasm at The Cochin College on August 23, 2023. The festivities included a Pookkalam competition, showcasing beautiful floral designs, and a Vadamvali competition, where teams competed in a traditional tug of war, adding excitement and joy to the celebration.





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22 Kerala Ganamalsaram

- Event: Kerala Ganamalsaram
- Date: 01 November 2023
- Organizer: The Cochin College

The Cochin College Union has organized Kerala Ganamalsaram on 01 November 2023. The main objective of the Kerala Ganamalsaram competition was to encourage participants to showcase their original compositions and creativity, helping them to gain recognition, exposure, and valuable feedback from music industry professionals. The competition aimed to promote the musical heritage and cultural diversity of Kerala, encouraging participants to incorporate traditional elements in their compositions.





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23 Inter Collegiate Inter Zone Football Tournament

- Event: Inter Collegiate Inter Zone Football Tournament
- Date: 14th October 2023
- Organizer: Mahatma Gandhi University

The football team from The Cochin College actively participated in the Inter Collegiate Inter Zone Football Tournament organized by Mahatma Gandhi University on 14th October 2023. The team represented the college with great enthusiasm and dedication, showcasing their skills and sportsmanship on the field. Competing against various other colleges, the team demonstrated their commitment to the sport and upheld the spirit of competition. Their participation in this prestigious tournament highlights The Cochin College's encouragement of physical education and team spirit among its students.





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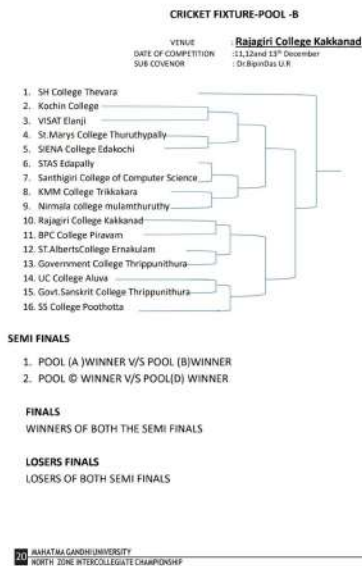
Website: www.thecochincollege.edu.in

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24 Inter Collegiate North Zone Cricket Tournament

- Event: Inter Collegiate North Zone Cricket Tournament
- Date: 11th to 13th December 2023.
- Organizer: Mahatma Gandhi University

The Cochin College’s cricket team participated in the Inter Collegiate North Zone Cricket Tournament organized by Mahatma Gandhi University from 11th to 13th December 2023. The team showcased their talent and dedication throughout the tournament, competing against several other colleges in the region. Their performance on the field was commendable, reflecting the hard work and preparation they had put into the event. Participation in such a competitive tournament highlights the college’s commitment to nurturing sports talent and encouraging students to actively engage in extracurricular activities. The team’s involvement in this prestigious tournament adds to the college’s legacy of promoting excellence in sports.





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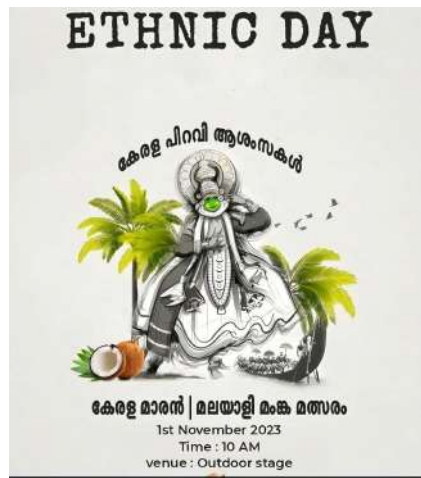
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25 Ethnic Day Celebration at The Cochin College

- Event: Ethnic Day Celebration at The Cochin College
- Date: 1st November 2023
- Organizer: The Cochin College

The Cochin College celebrated Ethnic Day on 1st November 2023, with the theme "Kerala Maran — Malayali Manka Malsaram." The event started at 10:00 AM on the outdoor stage, featuring students and staff dressed in traditional Kerala attire. Various cultural performances and competitions showcased Kerala's rich heritage, making it a colorful and joyful celebration of the state's culture.





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26 Poetry Recitation Competition - Regional Language Week Celebration

- Event: Poetry Recitation Competition
- Date: 9th November 2023
- Time: 12.45 Pm
- Organizer: College Library and the Department of Malayalam, in collaboration with the NSS unit

As part of the Regional Language Week Celebration at The Cochin College, a Poetry Recitation competition was held on 9th November 2023 at 12:45 PM. The event saw enthusiastic participation from 12 students. The competition highlighted the richness of regional language and literature. Ms. Anaswara Ridhya, a 1st-year BA Economics student, won the first prize in the Kavithaprayayanam competition, showcasing her exceptional talent. The event was organized by the College Library and the Department of Malayalam, in collaboration with the NSS unit.

Number of Participants – 12*



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27 Valentine's Day Celebration at Cochin College

- Event: Love Letter Writing Competition
- Date: 15 February 2023
- Organizer: Cochin College Union

Cochin College hosted a vibrant Valentine's Day celebration on 15th February 2023, starting at 12:00 PM. The event, themed "Ninakkayi," featured a variety of fun and engaging activities including a Love Letter Competition, Truth or Dare, Pickup Line Contest, Open Proposal, Song Dedication (by a band), and a Photo Frame activity. The celebration provided students with a platform to express creativity and affection in a lively and inclusive environment.





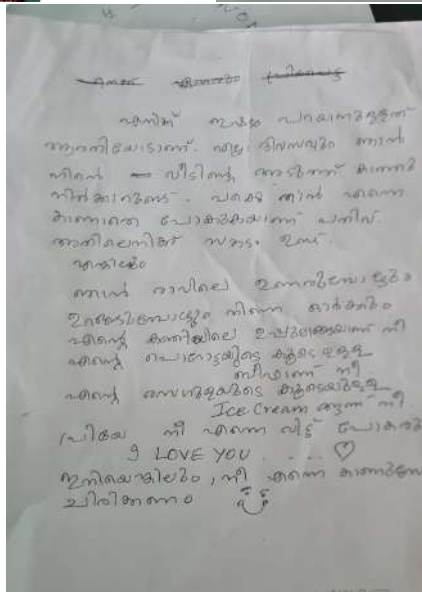
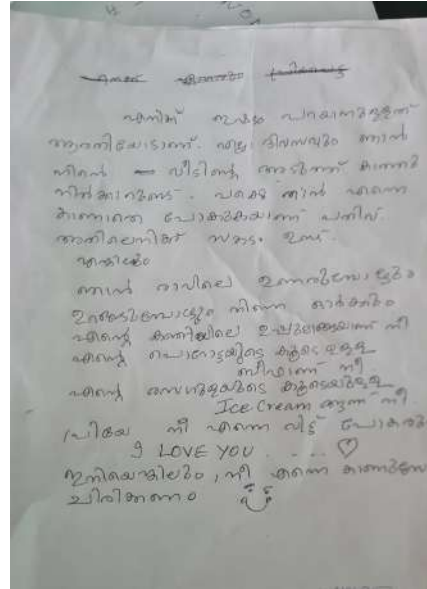
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28 Christmas Celebration at The Cochin College

- Event: Margamkali Competition
- Date: 23rd December 2023
- Organizer: Cochin College Union

On 23rd December 2023, The Cochin College will be celebrating Christmas with a Carol Singing Competition and a Margam Kali Competition. These events will bring together students and staff to showcase their talents and celebrate the festive season in a spirit of unity and joy. The dress code for the day is red and white, adding a vibrant touch to the celebrations.





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29 Football Fest at The Cochin College

- Event: Football Fest
- Date: 6th and 17th of August 2023.
- Organizer: Cochin College Union

The Cochin College organized a Football Fest on the 16th and 17th of August 2023. The event featured a 5-a-side (5s) department tournament, held at the Basketball Ground on campus. The fest aimed to bring together students from different departments to compete in a friendly and competitive environment. The registration for the event was open until the 14th of August, with students eagerly signing up to showcase their football skills. The event was a great success, fostering teamwork and sportsmanship among the participants.





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30 Gala De Fort Kochi - 7's Inter Collegiate Football Tournament

- Event: 7's Inter Collegiate Football Tournament
- Date: December 26th to 28th, 2023.

The Cochin College will be participating in the Gala De Fort Kochi 7's Inter Collegiate Floodlight Football Tournament scheduled from December 26th to 28th, 2023. The event will take place at the FIFA Ground, Veli Fort Kochi, and features teams from several renowned colleges including S.H. College Thevara, Maharajas College, and St. Albert's College, among others. The tournament will also include a celebrity football match, adding to the excitement. This event promises to be a thrilling display of collegiate football talent under the floodlights.





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31 Inter Departmental Penalty Shootout competition

- Event: Inter Departmental Penalty Shootout competition
- Date: 24th October 2023.

The Cochin College organized an Inter-Departmental Penalty Shootout competition on 24th October 2023. The event witnessed enthusiastic participation from various departments, showcasing their football skills in a competitive yet spirited environment. The BCA Department emerged victorious, demonstrating exceptional talent and teamwork, and secured the winning title in this exciting competition.





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32 National Sub Junior and Junior Classic Powerlifting Championship 2024

- Event: National Sub Junior & Junior Classic Powerlifting Championship 2024
- Date: June 6, 2024, to June 9, 2024
- Organizer: Sri Ganganagar, Rajasthan
- Participant: Naila Najooob, representing Kerala
- Achievement: Sixth Place

Naila Najooob, of The Cochin College representing Kerala, participated in the National Sub Junior & Junior Classic Powerlifting Championship 2024, held from June 6 to June 9, 2024, in Sri Ganganagar, Rajasthan. Competing in the 47 kg Junior category, Naila secured the sixth place with a total lift of 220 kg, which included a 70 kg squat, a 42.5 kg bench press, and a 107.5 kg deadlift. Her performance highlighted her strength and dedication in the field of powerlifting.





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33 National Women's Classic Bench Press Championship 2023

- Event: National Women's Classic Bench Press Championship 2023
- Date: November 22, 2023, to November 26, 2023
- Venue: Bengaluru, Karnataka
- Participant: Naila Najoob, representing Kerala
- Achievement: Fourth Place

Naila Najoob of The Cochin College, representing Kerala, participated in the National Women's Classic Bench Press Championship 2023, held from November 22 to November 26, 2023, in Bengaluru, Karnataka. Competing in the 47 kg Sub Junior category, Naila secured the fourth place with a bench press of 40 kg. Her impressive performance highlights her dedication and potential in the sport of powerlifting.





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34 Kerala State Classic Junior Powerlifting Championship 2024

- Event : Kerala State Classic Junior Powerlifting Championship 2024
- Date: March 8, 2024, to March 10, 2024
- Venue: Town Hall, Alappuzha
- Participant: Naila Najooob, representing Ernakulam
- Achievement: first Place

Naila Najooob of The Cochin College, representing Ernakulam, showcased an outstanding performance at the Kerala State Classic Junior Powerlifting Championship 2024, held at Town Hall, Alappuzha, from March 8 to March 10, 2024. Competing in the 47 kg weight category, Naila secured the first place with a total lift of 220 kg, comprising 70 kg in Squat, 45 kg in Bench Press, and 105 kg in Deadlift. Her remarkable achievement highlights her dedication and strength in the field of powerlifting, bringing pride to her representation of Ernakulam.





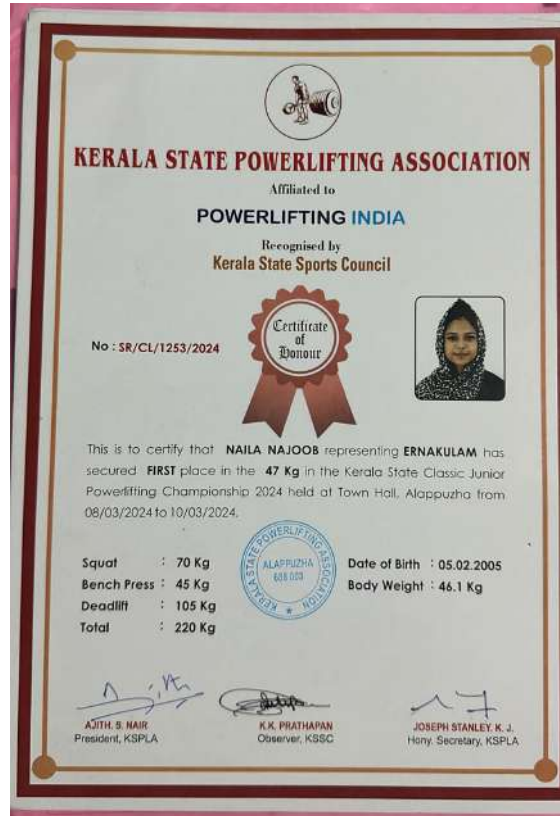
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35 Kerala State Classic Sub Junior Bench Press Championship 2023

- Event : Kerala State Classic Sub Junior Bench Press Championship 2023
- Date: March 8, 2024, to March 10, 2024
- Venue: V.K.N. Menon Indoor Stadium, Thrissur
- Participant: Naila NajooB, representing Ernakulam
- Achievement: First Place

Naila NajooB, representing Ernakulam, achieved a remarkable victory at the Kerala State Classic Sub Junior Bench Press Championship 2023. Held at V.K.N. Menon Indoor Stadium in Thrissur on October 16-17, 2023, Naila secured first place in the 47 kg weight category with a bench press of 42.5 kg. Her outstanding performance highlights her dedication and skill in powerlifting, bringing pride to her district and setting a high standard in the sport.





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36 Kerala State Sub Junior and Junior Women's Equipped Powerlifting Championship 2024

- Event : Kerala State Sub Junior and Junior Women's Equipped Powerlifting Championship 2024
- Date: May 17-19, 2024
- Venue: University College, Thiruvananthapuram
- Participant: Naila Najooob, The Cochin College, Kochi
- Achievement: Second Place

Naila Najooob of The Cochin College, representing Ernakulam, secured second place in the 47 kg - Junior category at the Kerala State Sub Junior & Junior Women's Equipped Powerlifting Championship 2024. The event took place from May 17 to May 19, 2024, at University College, Thiruvananthapuram. Naila's impressive performance included a squat of 90 kg, a bench press of 40 kg, and a deadlift of 110 kg, for a total of 240 kg. Her dedication and hard work earned her a well-deserved recognition in this highly competitive event.





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37 Inter-Collegiate Powerlifting (W) Tournament 2023-2024

- Event : Inter-Collegiate Powerlifting (W) Tournament 2023-2024
- Date: April 15, 2024
- Venue: M.S.H.S College, Angamaly
- Participant: Naila NajooB, The Cochin College, Kochi
- Achievement: Second Place

Naila NajooB, representing The Cochin College, Kochi, participated in the Inter-Collegiate Powerlifting (W) Tournament for the year 2023-2024, held at M.S.H.S College, Angamaly. Competing in the 47 kg weight category, Naila showcased outstanding strength and skill, securing the second place in this prestigious tournament. Her achievement is a testament to her dedication and the support provided by The Cochin College in nurturing talented athletes.





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38 Kerala State Classic Sub Junior Powerlifting Championship 2023

- Event : Kerala State Classic Sub Junior Powerlifting Championship 2023
- Date: September 22-24, 2023
- Venue: Indoor Stadium, Mundayad, Kannur
- Participant: Naila Najooob, representing Ernakulam
- Achievement: Second place

Naila Najooob, representing Ernakulam, participated in the Kerala State Classic Sub Junior Powerlifting Championship 2023, held at the Indoor Stadium, Mundayad, Kannur, from September 22 to 24, 2023. Competing in the 47 kg weight category, Naila showcased her exceptional strength and dedication, securing the second place with a total lift of 212.5 kg. Her performance included a squat of 67.5 kg, a bench press of 40 kg, and a deadlift of 105 kg. This achievement reflects her hard work and commitment to excelling in the sport of powerlifting.





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39 All India Inter-University Best Physique Championship

- Event : All India Inter-University Best Physique Championship
- Venue: Indoor Stadium, Mundayad, Kannur
- Date: April 15,2024
- Participant: Athul Pradeep C
- Institution: The Cochin College, Kochi
- Achievement: Participation

Athul Pradeep C, representing The Cochin College, Kochi, participated in the All India Inter-University Best Physique (Men's) Championship for the academic year 2023-2024. The event was held at the University of Calicut, where Athul showcased his exceptional physique and talent, representing Mahatma Gandhi University. His participation in this prestigious championship reflects his dedication and hard work in the field of physical education and sports.





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40 Inter-Collegiate (Inter Zone) Best Physique Tournament

- Event : Inter-Collegiate (Inter Zone) Best Physique Tournament
- Venue: St. Albert's College, Ernakulam
- Date: April 15,2024
- Participant: Athul Pradeep C
- Institution: The Cochin College, Kochi
- Achievement: First place

Athul Pradeep C, representing The Cochin College, Kochi, participated in the Inter-Collegiate (Inter Zone) Best Physique Tournament for the academic year 2023-2024. The event was held at St. Albert's College, Ernakulam, where Athul competed in the -70 KG category. Demonstrating exceptional physical fitness and preparation, Athul secured the first place in this category, bringing honor and recognition to The Cochin College. His achievement highlights the dedication and hard work invested in his training and preparation for this prestigious event.





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41 5th K.A.P.A. Mr. Ernakulam Body Building & Physique Championship

- Event : Mr. Ernakulam Body Building & Physique Championship
- Venue: Girinagar Community Hall, Kadavantra, Ernakulam
- Date: 20th January 2024
- Participant: Athul Pradeep C
- Institution: The Cochin College, Kochi
- Achievement: Second place

Athul Pradeep C, representing Ernakulam, participated in the 5th K.A.P.A. Mr. Ernakulam Body Building & Physique Championship held on 20th January 2024 at Girinagar Community Hall, Kadavantra, Ernakulam. Competing in the Junior 70 KG category, Athul displayed remarkable physical prowess and was awarded the second place in this prestigious event. His achievement reflects his dedication and hard work in the field of bodybuilding and physique development.





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42 ASMITA-KHELO INDIA

- Event : WEIGTLIFTING CHAMPIONSHIP
- Venue: Christ College , Iranjalakkuda
- Date: March 5 ,2023
- Participant:Akhila A
- Institution: The Cochin College, Kochi
- Achievement: Participation

Akhila A, representing her college, participated in the Thrissur District Championship in the 71 KG category. Competing against various skilled athletes, Akhila displayed remarkable strength and determination, securing second place in this prestigious event. Her performance in the championship highlights her dedication to physical fitness and sports excellence.





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43 Kerala State Weightlifting Championship 2023-24

- Event :Kerala State Weightlifting Championship 2023-24
- Venue: V K N Menon Indoor Stadium, Thrissur
- Date: 29th & 30th March 2024
- Participant:Akhila A
- Institution: The Cochin College, Kochi
- Achievement: Third Place

Akhila A from Ernakulam participated in the Kerala State Weightlifting Championship 2023-24, held at the V K N Menon Indoor Stadium in Thrissur. Competing in the 71 KG category, Akhila secured third place with a total lift of 108 KG (48 KG in Snatch and 60 KG in Clean & Jerk). Her performance demonstrates her strength and commitment to the sport of weightlifting.





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SL.NO. 138

**KERALA STATE WEIGHTLIFTING
CHAMPIONSHIP 2023 - 24**

18th Youth Boys & Girls, 51st Junior Men & 35th Junior Women,
67th Senior Men, 37th Senior Women

Organized by KERALA STATE SPORTS COUNCIL

CERTIFICATE OF MERIT

Awarded to
AKHILA A

From
ERNAKULAM

Participated during Kerala State Youth (Boys & Girls)
Junior & Senior (Men & Women)
Weightlifting Championships 2023-2024 held at
V K N Menon indoor Stadium Thrissur from
29th & 30th March 2024

Category	71 kg	Snatch	48 kg
Position	THIRD	Clean & Jerk	60 kg
Section:	Youth/Junior/Senior	Total	108 kg
Date of birth	19/09/2005		

A Sreekumar
(Member of Standing Committee KSSC)
Chairman

K R SAMBASIVAN
(Member KSSC)
Convenor

T T JAMES
Coordinator





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44 Kerala State Weightlifting Championship 2023-24

- Event : Kerala State Weightlifting Championship 2023-24
- Venue: V K N Menon Indoor Stadium, Thrissur
- Date: 29th & 30th March 2024
- Participant: Akhila A
- Institution: The Cochin College, Kochi
- Achievement: Third Place

Akhila A from Ernakulam participated in the Kerala State Weightlifting Championship 2023-24, held at V K N Menon Indoor Stadium, Thrissur. Competing in the 71 KG category, she secured third place with a total lift of 108 KG (48 KG in Snatch and 60 KG in Clean & Jerk). This achievement highlights her dedication and prowess in the sport of weightlifting.





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SL/NO. 157

**KERALA STATE WEIGHTLIFTING
CHAMPIONSHIP 2023 - 24**

18th Youth Boys & Girls, 51st Junior Men & 35th Junior Women,
67th Senior Men, 37th Senior Women

organised by KERALA STATE SPORTS COUNCIL

CERTIFICATE OF MERIT

Awarded to
AKHILA A

From
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Participated during Kerala State Youth (Boys & Girls)
Junior & Senior (Men & Women)
Weightlifting Championships 2023-2024 held at
V K N Menon indoor Stadium Thrissur from
29th & 30th March 2024

Category <u>71 kg</u>	Snatch <u>48 kg</u>
Position <u>THIRD</u>	Clean & Jerk <u>60 kg</u>
Section: <u>Youth/Junior/Senior</u>	Total <u>108 kg</u>
Date of birth <u>19/09/2005</u>	

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45 Inter-Collegiate Weightlifting Tournament 2023-2024

- Event :Inter-Collegiate Weightlifting Tournament 2023-2024
- Venue: Newman College, Thodupuzha
- Date: 15th April 2024
- Participant:Akhila A
- Institution: The Cochin College, Kochi
- Achievement: First Place

Akhila A, representing The Cochin College, Kochi, participated in the Inter-Collegiate (Inter Zone) Weightlifting Tournament for the year 2023-2024, held at Newman College, Thodupuzha. Competing in the -71 KG category, Akhila secured the first place, demonstrating exceptional strength and skill in the event.





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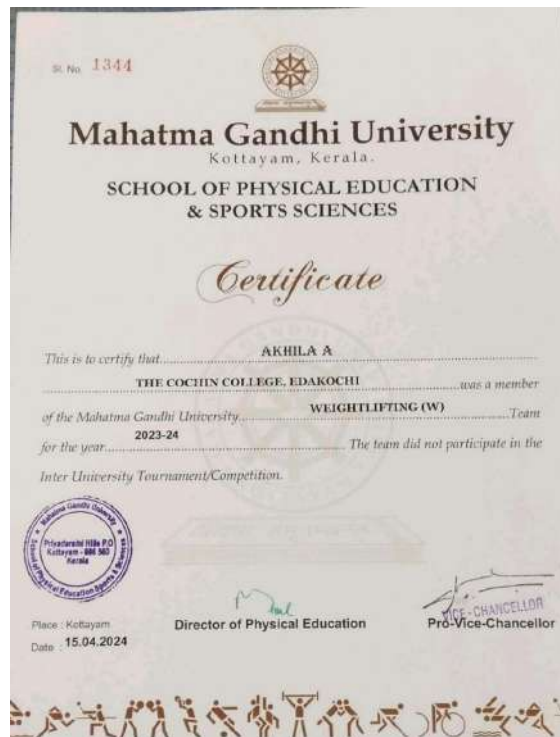
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46 Inter University Tournament/Competition.

- Event :Mahatma Gandhi University Weightlifting Team
- Status: The team did not participate in the Inter University Tournament/Competition.

Akhila A from The Cochin College, Edakochi, was a member of the Mahatma Gandhi University Weightlifting (W) Team for the year 2023-24. Unfortunately, the team did not participate in the Inter University Tournament/Competition for that year.





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47 1st South India Under-23 Wrestling Championships - 2024

- Event :1st South India Under-23 Wrestling Championships - 2024
- Venue: Johindra Sports Academy, Meitur Dam, Salem District, Tamil Nadu
- Date: 28-29 June 2024
- Participant:Akhila A
- Institution: The Cochin College, Kochi
- Achievement: Second Place

Mohamed Arshid A, representing Kerala, participated in the 1st South India Under-23 Wrestling Championships held on 28-29 June 2024 at Johindra Sports Academy, Salem, Tamil Nadu. Competing in the 63 kg weight category in the Greco-Roman style, Mohamed Arshid secured the Silver medal.





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48 70th Kerala State Senior Men & 25th Senior Women Wrestling Championships 2023-2024

- Event :70th Kerala State Senior Men & 25th Senior Women Wrestling Championships 2023-2024
- Venue: V.K. Krishna Menon Indoor Stadium, Kozhikode
- Date: 13th to 15th November 2023
- Participant: Mohammed Arshid A
- Institution: The Cochin College, Kochi
- Achievement: Second Place

Mohammed Arshid A from Ernakulam participated in the 70th Kerala State Senior Men & 25th Senior Women Wrestling Championships held at V.K. Krishna Menon Indoor Stadium, Kozhikode, from 13th to 15th November 2023. Competing in the 63 kg Greco-Roman category, he secured the second place, demonstrating commendable skill and determination.





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49 Inter-Collegiate (Inter Zone) Wrestling Tournament 2023-2024

- Event :Inter-Collegiate (Inter Zone) Wrestling Tournament 2023-2024
- Venue: CMS College, Kottayam
- Date: 15th April 2024
- Participant: Mohammed Arshid A
- Institution: The Cochin College, Kochi
- Achievement: Third Place

Mohamed Arshid A represented The Cochin College, Kochi, in the Inter-Collegiate (Inter Zone) Wrestling Tournament for the year 2023-2024, held at CMS College, Kottayam. Competing in the 74 kg weight category, he secured the third place, showcasing his wrestling abilities and bringing pride to his institution.





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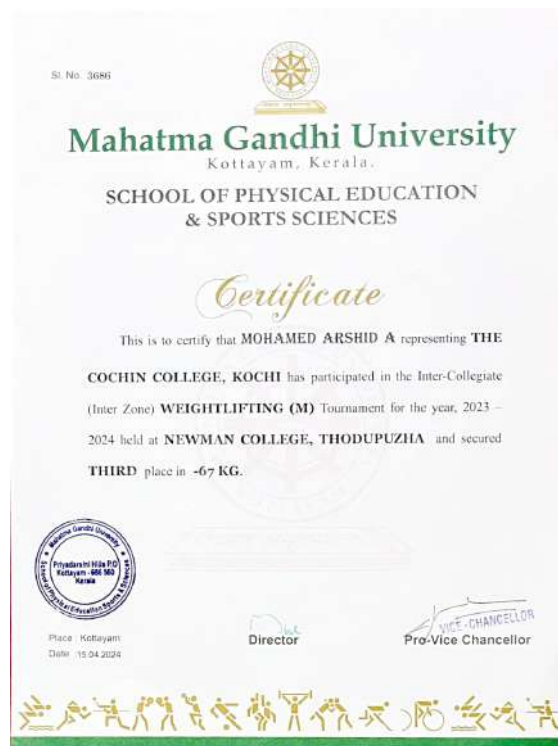
Website: www.thecochincollege.edu.in

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50 Inter-Collegiate (Inter Zone) Weightlifting Tournament 2023-2024

- Event :Inter-Collegiate (Inter Zone) Weightlifting Tournament 2023-2024 Championships 2023-2024
- Venue:Newman College, Thodupuzha
- Date: 15th April 2024
- Participant:Mohammed Arshid A
- Institution: The Cochin College, Kochi
- Achievement: Third Place

Mohamed Arshid A represented The Cochin College, Kochi, in the Inter-Collegiate (Inter Zone) Weightlifting Tournament for the year 2023-2024, held at Newman College, Thodupuzha. Competing in the 67 kg weight category, he secured the third place, demonstrating his strength and skill in weightlifting, and earning recognition for his college.





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51 22nd Kerala State Senior Baseball Championship 2023-2024

- Event :22nd Kerala State Senior Baseball Championship 2023-2024
- Venue: Parade Ground, Fort Kochi, Ernakulam
- Date: 4th, 5th, and 6th November 2023
- Participant:Sreya Solaman
- Institution: Ernakulam District
- Achievement:Runner-Up

Sreya Solaman of The Cochin College, participated in the 22nd Kerala State Senior Baseball Championship 2023-2024, held at the Parade Ground, Fort Kochi, Ernakulam. Competing in the female category, Sreya represented the Ernakulam District and secured the Runner-Up position, showcasing her exceptional skills and dedication to the sport of baseball.





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52 22nd Kerala State Junior Baseball Championship 2023-2024

- Event :22nd Kerala State Junior Baseball Championship 2023-2024
- Venue:Farook HSS Ground, Kozhikode
- Date:23rd and 24th October 2023
- Participant:Sreya Solaman
- Institution: Ernakulam District
- Achievement:Participation

Sreya Solaman of The Cochin College, participated in the 22nd Kerala State Junior Baseball Championship 2023-2024, held at the Farook HSS Ground in Kozhikode. Representing Ernakulam District in the female category, she demonstrated commendable effort and dedication, earning a certificate of participation in this competitive event.





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53 28th Kerala State Junior Softball Championship 2023-2024

- Event :28th Kerala State Junior Softball Championship 2023-2024
- Venue: Don Bosco School, Mannuthy, Thrissur
- Date:31st August to 3rd September 2023
- Participant:Sreya Solaman
- Institution: Ernakulam District
- Achievement:Participation

Sreya Solaman of The Cochin College, represented the Ernakulam District in the 28th Kerala State Junior Softball Championship for Boys and Girls, held at Don Bosco School, Mannuthy, Thrissur, from 31st August to 3rd September 2023. She participated as a dedicated member of her district's team, showcasing her skills and sportsmanship in this competitive event.





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54 27th Junior Softball Championship 2023-2024

- Event :27th Junior Softball Championship 2023-2024
- Venue: Marth Mariyam Public School, Kothamangalam
- Date:19th August 2023
- Participant:Sreya Solaman
- Institution: Ther Cochin College and Heartians
- Achievement:Winner

Sreya Solaman of The Cochin College, participated in the 27th Junior Softball Championship 2023-2024, organized by the Ernakulam District Softball Association. The event was held on 19th August 2023 at Marth Mariyam Public School, Kothamangalam. Competing in the Junior Female category, Sreya Solaman emerged as the winner, showcasing her exceptional skills and contributing to her team's success.





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55 28th Ernakulam District Senior Softball Championship 2023-2024

- Event :28th Ernakulam District Senior Softball Championship 2023-2024
- Venue: Parade Ground, Fort Kochi
- Date:12th September 2023
- Participant:Sreya Solaman
- Institution: Ther Cochin College and Heartians
- Achievement:Third Place

Sreya Solaman of The Cochin College, participated in the 28th Ernakulam District Senior Softball Championship 2023-2024, organized by the Ernakulam District Softball Association. The event was held on 12th September 2023 at Parade Ground, Fort Kochi. Competing in the Senior Women's category, Sreya secured third place, showcasing her talent and contributing significantly to her team's performance.





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56 10th Ernakulam District Senior Throwball Championship 2023-2024

- Event :10th Ernakulam District Senior Throwball Championship 2023-2024
- Venue: Kuruwa Ground, Mattancherry
- Date:22nd November 2023
- Participant:Sreya Solaman
- Institution: Ther Cochin College and Heartians
- Achievement:Second Runner Up

Sreya Solaman of The Cochin College, participated in the 10th Ernakulam District Senior Throwball Championship 2023-2024, organized by the Ernakulam District Throwball Association. The event took place on 22nd November 2023 at Kuruwa Ground, Mattancherry. Competing in the Senior Women's category, Sreya secured the position of Second Runner Up, demonstrating commendable skill and sportsmanship in the tournament.





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57 PRO15 Karnataka State Championships 2023

- Event : PRO15 Karnataka State Championships 2023
- Venue: PRO International Gym, Bengaluru
- Date: August 19-20, 2023
- Participant: August 19-20, 2023
- Institution: Ther Cochin College and Heartians
- Achievement: Third Placer

Anson K Antony of The Cochin College, participated in the PRO15 Karnataka State Championships held on August 19-20, 2023, at PRO International Gym, Bengaluru. Competing in the Junior category with a weight of 75 Kg, Anson showcased exceptional strength and determination. He achieved a Squat of 140 Kg, a Bench Press of 100 Kg, and a Deadlift of 170 Kg, with a combined total of 400 Kg. His performance earned him the 3rd place in the competition.





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58 Mr. Ernakulam 2023-24

- Event : Mr. Ernakulam 2023-24
- Venue: PRO International Gym, Bengaluru
- Date: 5th January 2024
- Participant: Arun E.A
- Institution: The Cochin College
- Achievement: Third Place

Arun E.A of The Cochin College, participated in the Mr. Ernakulam 2023-24 competition held at St. Albert's College, Ernakulam, on 5th January 2024. Competing in the Junior category with a bodyweight of 75 Kg, Arun secured the Third Prize. The event was organized by the Body Builders Association of Ernakulam District (BBAED), and this achievement highlights Arun's dedication and performance in the bodybuilding and sports model physique field.





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59 Ernakulam District Bench Press Championship 2023

- Event : Ernakulam District Bench Press Championship 2023
- Venue: Kumarakam
- Date:17th September 2023
- Participant:Nihasa N s
- Institution: Ther Cochin College
- Achievement:Third Place

Nihasa N.S of The Cochin College . participated in the Ernakulam District Bench Press Championship 2023 held on 17th September 2023 at Kumarakam. Competing in the 59 kg weight class in the Junior category, Nihasa secured First Place with a bench press weight of 87.5 kg. This achievement demonstrates Nihasa's strength and dedication in the sport of powerlifting.





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60 5th Ernakulam District U23 Wrestling Championship 2023-24

- Event : 5th Ernakulam District U23 Wrestling Championship 2023-24
- Venue: Ernakulam
- Date:17th September 2023
- Participant:Sandhya Shyam
- Institution: Ther Cochin College
- Achievement:First Place

Sandhya Shyam of The Cochin College . participated in the5th Ernakulam District U23 Wrestling Championship 2023-24 and secured First Place.secured First Place





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61 Mr. Ernakulam Physique Alliance 2023

- Event : Mr. Ernakulam Physique Alliance 2023
- Venue: Ernakulam Town Hall.
- Date: February 25, 2023
- Participant: Sandhya Shyam
- Institution: Ther Cochin College
- Achievement: Third Place

Ajay A.S., representing the Ernakulam District, participated in the Mr. Ernakulam Physique Alliance 2023 competition held on February 25, 2023, at Ernakulam Town Hall. Competing in the Sub-Junior 55 kg category, Ajay secured the third place in his class. This achievement highlights his dedication and skill in the field of bodybuilding, contributing to his growing accolades in physique competitions. The event was organized by the Ernakulam Physique Alliance and recognized Ajay's commendable performance with a certificate of merit.





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62 16th South Zone Senior Throwball Championship

- Event :16th South Zone Senior Throwball Championship
- Date:August 2nd to August 4th, 2024.
- Participant:Suhail Shaheer
- Institution: Ther Cochin College
- Achievement:Participation

Suhail Shaheer, a BBA student at The Cochin College, participated in the 16th South Zone Senior Throwball Championship held from August 2nd to August 4th, 2024. The event was organized by the Suvarna Karnataka Throwball Association and was affiliated with the Throwball Federation of India. Suhail's involvement in this prestigious championship highlights his dedication to the sport and his commitment to representing his institution at a high level. The event provided an excellent platform for Suhail to showcase his skills and compete with top players from the South Zone.





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63 Mahatma Gandhi University Youth Festival 2024

- Event :Mappilappattu Copmpetition
- Venue: Kottayam
- Date:February 26th to March 3rd, 2024
- Participant:Faris Faizal
- Institution: Ther Cochin College
- Achievement:First Place

Faris Faizal, a student of The Cochin College, Kochi, successfully secured a First position with an A grade in the Mappilappattu competition at the Mahatma Gandhi University Youth Festival 2024. The festival, themed "We, The People of India," was held at Kottayam from February 26th to March 3rd, 2024. This achievement highlights Faris Faizal's talent and dedication to cultural activities, bringing honor to both himself and his college. The recognition at such a prestigious event reflects the vibrant cultural environment fostered at The Cochin College.





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64 Mahatma Gandhi University Youth Festival 2024

- Event :Classical Music (Vocal) competition.
- Venue: Kottayam
- Date:February 26th to March 3rd, 2024
- Participant:Vedavathi S.Mallya
- Institution: Ther Cochin College
- Achievement: A grade

Vedavathi S.Mallya, a student from The Cochin College, Kochi, earned a commendable achievement at the Mahatma Gandhi University Youth Festival 2024 by securing the First position with an A grade in the Classical Music (Vocal) competition. The festival, themed "We, The People of India," was held in Kottayam from February 26th to March 3rd, 2024. This accomplishment reflects the exceptional musical talent and dedication of Verdhayath M. Alaya, as well as the supportive and nurturing environment provided by The Cochin College, encouraging students to excel in cultural activities.





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65 Mahatma Gandhi University Youth Festival 2024 - Duffmuttu Competition

- Event: Mahatma Gandhi University Youth Festival 2024 - Duffmuttu Competition
- Venue: Kottayam
- Date: February 26th to March 3rd, 2024
- Participants: Safdhar K.S, Ajohn Fernandez, Irfan Ibrahim, Muhammed Ramshad, Muhammed Kaif K.A, Muhammed Yasin, Adhil Tanveer, Azhar Jaman C.S, Abdul Rahman K.S, Amrithesh N.G.
- Institution: The Cochin College
- Achievement: First Position with A Grade

The team from The Cochin College, Kochi, participated in the Duffmuttu competition at the Mahatma Gandhi University Youth Festival 2024, held in Kottayam from 26th February to 3rd March 2024. The team secured the First position with an A grade, showcasing their excellent performance and bringing honor to the college.





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66 Mahatma Gandhi University Youth Festival 2024 -Kolkkali Competition

- Event: Mahatma Gandhi University Youth Festival 2024 - Kolkkali Competition
- Venue: Kottayam
- Date: February 26th to March 3rd, 2024
- Participants: Mohammed Ramzi K.A, Shahabas K.H, Saad Sanseen Abdulsalam, Fayas Faizal, Muhammed Safwan C.R, Mohammed Ijas P.E, Gautham Das T, Azhar Zameen, Muhammed Althaf V.S, Nihad S.H, Zameel C.A.
- Institution: The Cochin College
- Achievement: A Grade

The team from The Cochin College, Kochi, participated in the Kolkkali competition at the Mahatma Gandhi University Youth Festival 2024, held in Kottayam from 26th February to 3rd March 2024. The team delivered an outstanding performance and secured an A grade, demonstrating their skill and teamwork.





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67 Mahatma Gandhi University Youth Festival 2024 -Thiruvathira Competition

- Event: Mahatma Gandhi University Youth Festival 2024 - Thiruvathira Competition
- Venue: Kottayam
- Date: February 26th to March 3rd, 2024
- Participants: Anjali M, Devika Krishna, Kalyani V. Menon, Ganga Sudheer V, Gayathri Sudheer V, Kochuthressya Titus, Adithya K, Avani K.S, Sreelakshmi G, Krishnapriya P, Akshara S.M.
- Institution: The Cochin College
- Achievement: A Grade

The team from The Cochin College, Kochi, participated in the Thiruvathira competition at the Mahatma Gandhi University Youth Festival 2024, held in Kottayam from 26th February to 3rd March 2024. The group delivered a remarkable performance, securing an A grade, reflecting their dedication and coordination in this traditional dance form.





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68 Mahatma Gandhi University Youth Festival 2024 -Oppana Competition

- Event: Mahatma Gandhi University Youth Festival 2024 - Oppana
- Venue: Kottayam
- Date: February 26th to March 3rd, 2024
- Participants: Amala K.N, Ashna Pavithran, Fathima Nasrin, Sajila A, Roshna K.J, Shahana Haris, Gayathry Prasanth, Najiha Joobi, Alfya Majeed, Ridha T.M, Fidha Fathima, Rosna Roy, Asna P.S, Simna Siyad
- Institution: The Cochin College
- Achievement: A Grade

The Oppana team from The Cochin College, Kochi, participated in the Mahatma Gandhi University Youth Festival 2024, held in Kottayam from 26th February to 3rd March 2024. Competing against other talented groups, the team delivered an outstanding performance and secured an A grade. This achievement reflects their hard work, coordination, and dedication to this traditional art form.





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69 Mahatma Gandhi University Youth Festival 2024 - One Act Play Competition

- Event: Mahatma Gandhi University Youth Festival 2024 - One Act Play Competition
- Venue: Kottayam
- Date: February 26th to March 3rd, 2024
- Participants: Nikhil Antony, Nandana K.A, Akhil Riswin, Devadathan, Aparna Satheesh, Husain P.N, Nehla Jenah Jaleel, Devanunni Sasi
- Institution: The Cochin College
- Achievement: A Grade

The team from The Cochin College, Kochi, participated in the One Act Play competition at the Mahatma Gandhi University Youth Festival 2024, held in Kottayam from 26th February to 3rd March 2024. The team delivered a remarkable performance, earning them an A grade. This achievement highlights their collective talent, dedication, and commitment to the art of theater.





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70 Mahatma Gandhi University Youth Festival 2024 - Skit Competition

- event: Mahatma Gandhi University Youth Festival 2024 - Skit Competition
- Venue: Kottayam
- Date: February 26th to March 3rd, 2024
- Participants: Aparna Satheesh, Nehla Jennah Jaleel, Devanunni Sasi, Akhil Rizwin, Nikhil Antony, Nandana K.A
- Institution: The Cochin College
- Achievement: A Grade

The team from The Cochin College, Kochi, showcased their theatrical talents in the Skit competition at the Mahatma Gandhi University Youth Festival 2024, held in Kottayam from 26th February to 3rd March 2024. Their performance earned them a commendable Third position with an A grade, reflecting their creativity, teamwork, and dedication to the performing arts.





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71 33rd Junior Throwball Championship

- Event: 33rd Junior Throwball Championship
- Venue: Championship held in Coimbatore, Tamil Nadu
- Participants: Suhail Shaheer
- Institution: The Cochin College
- Achievement: Selected as Throwball Kerala Team Captain

Suhail Shaheer, a 1st-year BBA student at The Cochin College, has been selected as the captain of the Kerala team for the 33rd Junior Throwball Championship held in Coimbatore, Tamil Nadu. Suhail's leadership and exceptional skills in throwball led his team to victory, bringing pride to the college. His selection as captain is a testament to his dedication, hard work, and talent in the sport.

