

5.3.1. DVV Clarifications

2018-19

Sl.No.	Name	Event
1.	Sakthivel N.	Weight lifting

2019-20

Sl.No.	Name	Event
1.	K.Sivasakthi	Weight lifting
2.	K.Sivasakthi	Hammer Throw
3.	K.Sivasakthi	Power Lifting
4.	K.Sivasakthi	Power Lifting
5.	R.Thirumalai Deepa	Tackwondo
6.	R.Thirumalai Deepa	Tackwondo

2021-22

Sl.No.	Name	Event
1.	Hyder Hussian	Long Jump
2.	K.Sivasakthi	Weight lifting
3.	Harish Ram M	High Jump
4.	Varmaraj B	High Jump
5.	R.Obed	Discus Throw
6.	Nithin G	4×100mts R
7.	V.Jothi murugan	4×100mts R



2022-23

Sl.No.	Name	Event
1.	K.Sivasakthi	Weight lifting
2.	K.Maha	Pole-vault
3.	G.Santhiya	Hammer Throw
4.	M.Muthukumar	Discus Throw
5.	M.Harish Ram	Pole-vault
6.	M.Harish Ram	High Jump
7.	B.Varmaraj	High Jump
8.	D.Obed	Discus Throw
9.	G.Nithin	400m Run
10.	Jothimurugan	4 100m Relay
11.	M.Muthukumar	Discus Throw
12.	M.Sathya Jothi	High Jump
13.	M.Karthiga	Power lifting & Weight lifting
14.	K.Maha	Weight lifting
15.	P.Mahadevi	Weight lifting
16.	A.Sekar	Weight lifting
17.	M.Muthukumar	Discus Throw, MUTA Athletic
18.	M.Sathiya Jothi	High Jump, MUTA Athletic
19.	M.Harish Ram	High Jump, MUTA Athletic
20.	Sekar A	Weight Lifting
21.	Sekar A	Weight Lifting



2018-19 Certificates

Mannaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT


No : MSU 741

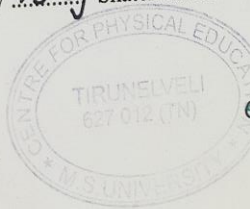
2018-2019

This is to certify that SAK THIVEL N S/o or D/o
represented Thiruvalluvar College Vicramasingapuram
in the Inter Collegiate Weightlifting Tournament / Competition
held at DMNS College, P. Kallikulam from 01.10.2018 to
and secured First position

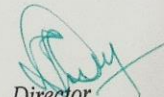
a) Time / Distance / Height (if applicable)

b) Weight Category 73 kg Snatch 103 Jerk 135


Organising Secretary
Date 01.10.2018





Convener


Director
Centre for Physical Education



2019-20 Certificates

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.




CERTIFICATE OF MERIT No : MSU 952
2019-2020

This is to certify that SIVA SAKTHI . K S/o or D/o M. Kaidondan
represented Thiruvalluvar College Papanasam
in the Inter Collegiate Weight Lifting Tournament / Competition
held at TDMNS College, T. Kallikulam on 24.09.19 to -
and secured First position.

a) Time / Distance / Height (if applicable)

b) Weight Category 78.7kg Snatch 35kg Jerk 45kg Total: 80kg

Organising Secretary [Signature] Date 24/09/19


[Signature] Convener
[Signature] Director
Centre for Physical Education



Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.

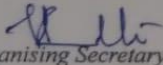


CERTIFICATE OF MERIT
2019-2020


No: MSU 1129

This is to certify that SIVASAKTHI. K S/o or D/o
represented THIRUVALLUVAR College PAPANASAM
in the Inter Collegiate ATHLETIC MEET Tournament / Competition
held at ANNA STADIUM, TIRUNELVELI from 11-12-19 to 13-12-19
and secured SECOND position in HAMMER THROW

- a) ~~Time~~ / Distance / Height 18.70m (if applicable)
- b) Weight Category Snatch Jerk


Organising Secretary
Date 12.12.2019




Convener


Director
Centre for Physical Education



No. MSU/2019-20/16/010

For representing a University in the Inter-University Competition in one of the recognised Games/Sports



MANONMANIAM SUNDARANAR UNIVERSITY

(Re-Accredited with A Grade by NAAC 3rd Cycle)

TIRUNELVELI, TAMILNADU

Certified to a meritorious Sportsman / Sportswoman for employment to a class III / Class IV Post / Service under the State / Central Government



Dr. C. DURAI

Director
Centre for Physical Education
Manonmaniam Sundaranar University
Tirunelveli, Tamilnadu - 627012.
sports@msuniv.ac.in; drcd@msuniv.ac
09865429632

Certified that Shri / Smt / Kumari SIVASAKTHI . K

Son / daughter / wife of Shri KAIKONDAN . M
residence of 30 E, SOUTH KOOTTAI STREET, URKAD, AMBAI TALUK, TIRUNELVELI

Student of THIRUVALLUVAR COLLEGE, PAPANASAM - 627425

represented the Manonmaniam Sundaranar University in the game / event / weight class of WEIGHT LIFTING in the ALL INDIA Inter-University Tournament / Athletic Meet /

Competition held at MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI - 012

from 28.12.2019 to 30.12.2019 in the academic year 2019-2020

The position obtained by the team / individual in the above said Tournament / Athletic Meet /

Competition was PARTICIPATED

The Certificate is being issued on the basis of records available in the office of Officer in overall charge of Sports in the **MANONMANIAM SUNDARANAR UNIVERSITY.**

Seal :



Signature :

Name :

Designation :

Name of the University :

Address :

[Signature]

Dr. C. DURAI

DIRECTOR
Centre for Physical Education

Manonmaniam Sundaranar University

Abishekapatti, Tirunelveli - 627 012
Tamilnadu.

Place : Tirunelveli-12.

Date : 12.10.2020

Note : The certificate will be valid only when signed personally by Dean / Director or other Officer in overall charge of sports in the Manonmaniam Sundaranar University.





TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Recognised by Sports Development Authority of Tamil Nadu | Recognised by Tamil Nadu Olympic Association



21st SUB JUNIOR STATE POWERLIFTING CHAMPIONSHIP 2020 (MEN & WOMEN)

DATE : 18th to 20th DECEMBER 2020

Venue : G.V. MAHAL, PALLIPALAYAM, NAMAKKAL DISTRICT

Certificate of Merit

Certificate No.: _____ 154 _____

Name : _____ **K.Sivasakthi** _____

Gender : _____ Female _____

Date of Birth : _____ 28.03.2002 _____

District : _____ Tirunelveli _____

Category : _____ +84Kg _____

Body Weight : _____ 92 _____

Squat : _____ 75 _____


Bench Press : _____ 35 _____

Dead Lift : _____ 80 _____

Total : _____ 190 _____

Place **THIRD**


Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association





TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
• Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



3rd South Tamilnadu Benchpress Championships 2020 (Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : _____ 172 _____

Name : _____ **K.SIVASAKTHI** _____

Gender : _____ **WOMEN** _____

Date of Birth : _____ **28-03-2002** _____

District : _____ **TIRUNELVELI** _____

Category : _____ **SUBJUNIOR-84+KG** _____

Body Weight : _____ **88.000** _____

Bench Press : _____ **35** _____

Place

FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



9th TAMILNADU STATE SUB-JUNIOR, JUNIOR, SENIOR
TAEKWONDO POOMSAE CHAMPIONSHIP 2019-2020
5th TAMILNADU STATE CADET TAEKWONDO POOMSAE
CHAMPIONSHIP 2019-2020
(Sub-Junior, Cadet, Junior, Senior - Boys and Girls)

Organised by
RANIPET DISTRICT TAEKWONDO ASSOCIATION
Promoted by :
TAMILNADU TAEKWONDO ASSOCIATION
Affiliated to : TAEKWONDO FEDERATION OF INDIA

Certificate of Merit

Certify No. TN/Se/PM-037/2019-20.

THIRUMALAI DEEPA R

This is to certify that the above player of
TIRUNELVELI District has been awarded **SILVER**
medal in the Poomsae **SENIOR GROUP FEMALE** Division
in the Championship held on 14 to 16th February 2020
at Ambari Vidhya Mandir CBSE School,
Kavanoor Road, Arakkonam, Ranipet Dist.

S. SENTHIL KUMAR

Organising Chairman
Ranipet District Taekwondo Association
Correspondent Ambari Vidya Mandir CBSE School

A.C. NEHRU, M.A., B.L.

Organising President
Ranipet District
Taekwondo Association

Shri. S. VIJAY

President
Tamilnadu Taekwondo Association

S. KUMARAVEL

Secretary
Ranipet District Taekwondo Association

H. BALASUBRAMANI

General Secretary
Tamilnadu Taekwondo Association



TAMILNADU STATE TAEKWONDO CHAMPIONSHIP 2020 - 2021



(Pee Wee, Sub-Junior, Cadet, Junior, Senior - Boys & Girls)

ORGANISED BY :

TIRUNELVELI TAEKWONDO ASSOCIATION

PROMOTED BY:

TAMILNADU TAEKWONDO ASSOCIATION

AFFILIATED TO : TAEKWONDO FEDERATION OF INDIA

Certificate of Merit

THIRUMALAIDEEPA R

*This is to certify that the above named player of
TIRUNELVELI District has won SILVER medal in the
POOMSAE – SENIOR UNDER 30 –TEAM GIRLS
Division in the 10th Tamil Nadu State Senior Taekwondo
Championship held on 26th to 28th February 2021. at
V.O.C Multi Purpose Indoor Stadium, Tirunelveli Dist.*

A.C. NEHRU, M.A., B.L.

Vice President

Tirunelveli Taekwondo Association

K. NAGOR MEERAN

Organising President

Tirunelveli Taekwondo Association

M. KARTHICK

Organising Secretary

Tirunelveli Taekwondo Association

H. BALASUBRAMANI

General Secretary

Tamil Nadu Taekwondo Association



2021-22 Certificates

TAMILNADU STATE TAEKWONDO CHAMPIONSHIP 2020 - 2021



(Pee Wee, Sub-Junior, Cadet, Junior, Senior - Boys & Girls)

ORGANISED BY :

TIRUNELVELI TAEKWONDO ASSOCIATION

PROMOTED BY :

TAMILNADU TAEKWONDO ASSOCIATION

AFFILIATED TO : TAEKWONDO FEDERATION OF INDIA

Certificate of Merit

M.ELAKIYA

*This is to certify that the above named player of
Tirunelveli District has won **SILVER** medal in the
SENIOR – GIRLS - KYORUGI - UNDER 53 Kg Weight
Category in the 33th Tamil Nadu State Senior Taekwondo
Championship held on 26th to 28th February 2021. at
V.O.C Multi Purpose Indoor Stadium, Tirunelveli Dist.*

A.C. NEHRU, M.A., B.L.,

Vice President

Tamilnadu Taekwondo Association

K. NAGOOR MEERAN

Organising President

Tirunelveli Taekwondo Association

M. KARTHICK

Organising Secretary

Tirunelveli Taekwondo Association

H. BALASUBRAMANI

General Secretary

Tamilnadu Taekwondo Association





TAMILNADU PARALYMPIC SPORTS ASSOCIATION

(Reg No. 04/2014)

Recognised by PARALYMPIC COMMITTEE OF INDIA

16th STATE SENIOR PARA ATHLETIC CHAMPIONSHIP - 2021

Certificate of Merit

This is to certify that HYDER HUSSAIN
of THIRUNELVELLI District secured II Place in the LONG JUMP under F-36
class with a performance of 2.47 mt in the 16th STATE PARA ATHLETIC CHAMPIONSHIP-2021.
Organized by TAMILNADU PARALYMPIC SPORTS ASSOCIATION at Jawaharlal Nehru Stadium, Coimbatore
from 14th to 16th February 2021.

ER. R. CHANDRASEKAR
President
TPSA

B. KIRUBAKARAJARA
Vice-President
Organizing Chairman

S.N. UDHEYAKUMAR
Vice-President
Organizing Secretary

Dr. C. ANANDAJOTHI
General Secretary
TPSA



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

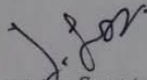
No : MSU 179

2021-2022

This is to certify that SIVA SAKTHI. K S/o or D/o KAIKONDAN
represented THIRUVALLUVAR COLLEGE - PAPANASAM
in the inter-collegiate WEIGHT LIFTING (WOMEN) Tournament / Competition
held at T.D.M.N.S. COLLEGE - T. KALLIKULAM on/from 07.12.2021 to ..
and secured FIRST position.

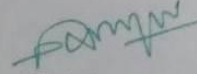
a) Time / Distance / Height (if applicable)

b) Weight Category +87kg Snatch 40kg Jerk 55kg


Organising Secretary


Convener




Director
Centre for Physical Education





TAMILNADU PARALYMPIC SPORTS ASSOCIATION

(Reg No. 04/2014)

Recognised by PARALYMPIC COMMITTEE OF INDIA

16th STATE SENIOR PARA ATHLETIC CHAMPIONSHIP - 2021

Certificate of Merit

This is to certify that HYDER HUSSAIN
of THIRUNELVELI District secured I Place in the 100 mts under T-36
class with a performance of 22.8 in the 16th STATE PARA ATHLETIC CHAMPIONSHIP-2021.
Organized by TAMILNADU PARALYMPIC SPORTS ASSOCIATION at Jawaharlal Nehru Stadium, Coimbatore
from 14th to 16th February 2021.

ER. R. CHANDRASEKAR
President
TPSA

B. KIRUBAKARAJARA
Vice-President
Organizing Chairman

S.N. UDHEYAKUMAR
Vice-President
Organizing Secretary

Dr. C. ANANDAJOTHI
General Secretary
TPSA



TAMILNADU PARALYMPIC SPORTS ASSOCIATION

(Reg No. 04/2014)

Recognised by PARALYMPIC COMMITTEE OF INDIA

16th STATE SENIOR PARA ATHLETIC CHAMPIONSHIP - 2021

Certificate of Merit

This is to certify that HYDER HUSSAIN
of THIRUNELVELLI District secured II Place in the LONG JUMP under T-36
class with a performance of 2.47 mts in the 16th STATE PARA ATHLETIC CHAMPIONSHIP-2021.
Organized by TAMILNADU PARALYMPIC SPORTS ASSOCIATION at Jawaharlal Nehru Stadium, Coimbatore
from 14th to 16th February 2021.

ER. R. CHANDRASEKAR
President
TPSA

B. KIRUBAKARAJARA
Vice-President
Organizing Chairman

S.N. UDHEYAKUMAR
Vice-President
Organizing Secretary

Dr. C. ANANDAJOTHI
General Secretary
TPSA



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

(Affiliated to the Tamilnadu Athletic Association)

Cer.No. : 215



This Certificate is issued to Mr / ~~Mrs~~ **HARISH RAM M**

for Securing I / II / III Place with Performance of **1.50 m** in **High Jump** Representing

Thiruvalluvar college Club / School / College / under **20** Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at **Anna Stadium, Palayankottai.**

Organized by **Nellai District Athletic Association** for the Year 2022


VICE - PRESIDENT
NDA


PRINCIPAL
THIRUVALLUVAR COLLEGE ORGANISING SECRETARY
NDA



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

(Affiliated to the Tamilnadu Athletic Association)

Cer.No. : 214



This Certificate is issued to Mr / Mrs. **YARMARAJ B**

for Securing I / II / III Place with Performance of **1.55m** in **High Jump** Representing **Thiruvalluvar College** Club / School / College / under **20** Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at **Anna Stadium, Palayankottai**.

Organized by **Nellai District Athletic Association** for the Year 2022



J. Madhavan
VICE - PRESIDENT



PRINCIPAL
THIRUVALLUVAR COLLEGE ORGANISING SECRETARY



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

(Affiliated to the Tamilnadu Athletic Association)

Cer.No. : 029




This Certificate is issued to Mr / Mrs.....R. OBED.....
for Securing I / II / III[✓] Place with Performance of 23.54..... in DISCUS THROW Representing
.....THIRUVALLUVAR COLLEGE.....Club / School / College /under.....18..... Boys / Girls / Men /
Women Category at the District Level Athletic Championship held at **Anna Stadium, Palayankottai.**

Organized by Nellore District Athletic Association for the Year 2022


VICE - PRESIDENT




PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM 627 425
ORGANISING SECRETARY



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 308

(Affiliated to the Tamilnadu Athletic Association)



This Certificate is issued to Mr / Mrs Nithin . G

for Securing I / II / III Place with Performance of 51.74 in 4x100mts (R) Representing

Thiruvallur Club / School / College / under 20 Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022



S. Madhu
VICE - PRESIDENT

[Signature]
PRINCIPAL

[Signature]
ORGANISING SECRETARY



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 311

(Affiliated to the Tamilnadu Athletic Association)

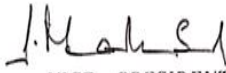


This Certificate is issued to Mr / ~~Ms~~ V. Jothi Murugan


for Securing I / II / III Place with Performance of 51.74 in 4x100m R Representing
THIRUVALLUVAR Club / School / College / under 20 Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022


VICE - PRESIDENT
NDA




PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM 627 425
ORGANISING SECRETARY
NDA



2022-23 Certificates

Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 1007

2022-2023

This is to certify that MAHA K S/o or D/o
represented THIRUVALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate POLE VAULT Tournament / Competition
held at ANNA STADIUM, PALAYANKOTTAI on/from 19.12.2022 to 20.12.2022
and secured THIRD position.

- a) Time / Distance / Height 1:30.13 (if applicable)
b) Weight Category Snatch Jerk



Organising Secretary

Dr.D. Jim Reeves Silent Night
Convener

Dr.S.Arumugam
Director
Centre for Physical Education



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 1377

2022-2023

This is to certify that SANTHIVA S S/o or D/o
represented Thiruvalluvar College, Papanasam
in the inter-collegiate Hammer Throw Tournament / Competition
held at Anna Stadium, Palayamkottai on/from 19.12.2022 to 20.12.2022
and secured Third position.

a) Time / Distance / Height 20.70m (if applicable)

b) Weight Category Snatch Jerk



Organising Secretary

Dr.D. Jim Reeves Silent Night
Convener

Dr.S.Arumugam
Director
Centre for Physical Education



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 1009

2022-2023

This is to certify that MUTHUKUMAR M S/o or D/o
represented THIRUVALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate DISCUS THROW Tournament / Competition
held at ANNA STADIUM, PALAYANKOTTAI on/from 19.12.2022 to 20.12.2022
and secured SECOND position.

- a) Time / Distance / Height 3.20.36.00 (if applicable)
b) Weight Category Snatch Jerk



[Signature]
Organising Secretary

[Signature]
Dr.D. Jim Reeves Silent Night
Convener

[Signature]
Dr.S.Arumugam
Director
Centre for Physical Education



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No : MSU 1014

2022-2023

This is to certify that HARISH RAM M S/o or D/o
represented Thiruvalluvar College, Papanasam
in the inter-collegiate Pole Vault Tournament / Competition
held at Anna Stadium, Palayamkottai on/from 19.12.2022 to 20.12.2022
and secured First position.

- a) Time / Distance / Height 3.00 M (if applicable)
b) Weight Category Snatch Jerk



[Signature]
Organising Secretary

[Signature]
Dr.D. Jim Reeves Silent Night
Convener

[Signature]
Dr.S.Arumugam
Director
Centre for Physical Education



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 309

(Affiliated to the Tamilnadu Athletic Association)




This Certificate is issued to Mr / Mrs HARISH RAM. M


for Securing I / II / III Place with Performance of 51.74 in 4x100m R Representing
THIRUVALLUVAR Club / School / College / under 20 Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022


VICE - PRESIDENT
NDAA




ORGANISING SECRETARY
NDAA



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 310

(Affiliated to the Tamilnadu Athletic Association)




This Certificate is issued to Mr / Mrs VARMARAJ B

for Securing I / II / III Place with Performance of 51.74 in 4 x 100m R Representing


THIRUVALLUVAR Club / School / College / under 20 Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022


VICE - PRESIDENT
NDAA




ORGANISING SECRETARY
NDAA



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 029

(Affiliated to the Tamil Nadu Athletic Association)



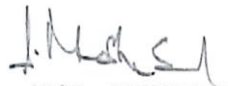
This Certificate is issued to Mr / Mrs **R. OBED**

for Securing I / II / IIIrd Place with Performance of **23.54** in **DISCUS THROW** Representing


THIRUVALLUVAR COLLEGE Club / School / College / under **18** Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022


VICE - PRESIDENT
NDAA




ORGANISING SECRETARY
NDAA



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 308

(Affiliated to the Tamil Nadu Athletic Association)



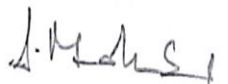
This Certificate is issued to Mr / Mrs Nithin . G

for Securing I / II / III Place with Performance of 51.74 in 4x100m (CP) Representing

Thiruvalluvar Club / School / College / under 20 Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022


VICE - PRESIDENT
NDAA




ORGANISING SECRETARY
NDAA



NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 311

(Affiliated to the Tamilnadu Athletic Association)



This Certificate is issued to Mr / Mrs. **V. Jothi Murugan**

for Securing I / II / III Place with Performance of **51.74** in **4x100m R** Representing
THIRUVALLUVAR Club / School / College / under **20** Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at **Anna Stadium, Palayankottai.**

Organized by Nellore District Athletic Association for the Year 2022

J. Mahesh
VICE - PRESIDENT
NDAA



Dr. R. S. Srinivasan
ORGANISING SECRETARY
NDAA



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 1009

2022-2023

This is to certify that MUTHUKUMAR M S/o or D/o
represented THIRUVALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate DISCUS THROW Tournament / Competition
held at ANNA STADIUM, PALAYAMKOTTAI on/from 19.12.2022 to 20.12.2022
and secured SECOND position.

- a) Time / Distance / Height 3.20.36.00 (if applicable)
b) Weight Category Snatch Jerk



[Signature]
Organising Secretary

[Signature]
Dr.D. Jim Reeves Silent Night
Convener

[Signature]
Dr.S.Arumugam
Director
Centre for Physical Education





STUDY STRUGGLE

JOBS - EDUCATION FOR ALL

STUDENTS FEDERATION OF INDIA
DEMOCRATIC YOUTH FEDERATION OF INDIA

"FREEDOM 75" - UPHOLD THE FREEDOM

This is to certify that Mr./Ms. P. Sathya Sathya, Thiruvalluvar College
Papanasam
who has won 15th place Participated in the Mini Marathon run organized
by SFI, DYFI Tirunelveli District Committees on the occasion of 75 Years of
Indian Independence.

E. SANJAI
Dist. Secretary,
SFI



Dr. S. RAMAGURU
Ex. Dean,
TVMCH

C. SRIRAM
Dist. Secretary,
DYFI



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 835

2022-2023

This is to certify that **MAHA.K.** ~~is~~ D/o Kalaimani.A.
represented Thiruvalluvar college, Papanasam
in the inter-collegiate Weight lifting Tournament / Competition
held at T.O.M.N.S. college, T.Kallikulam from 29.11.2022
and secured Third position.

a) Time / Distance / Height (if applicable)



Organising Secretary

Weight Category 49 kg Snatch 22 kg Jerk 38 kg - 60 kg.

Dr.D. Jim Reeves Silent Night

Convener



Dr.S.Arumugam

Director

Centre for Physical Education





TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Which is affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation | Registered user registration of Society's Act



14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit

Certificate No.

36

Name

M.KARTHIGA

Gender

FEMALE

Date of Birth

04-05-2005

District

TIRUNELVELI

Division

UNEQUIPPED

Category

84+KG-SUB JUNIOR

Body Weight

92.30


Bench Press


37.50

PLACE

SECOND




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association





TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : D. Maha Devi

Gender : Women

Date of Birth : _____

GYM : Thiruvalluvar College

Category : 57 kg

Body Weight : 52.500 kg

Squat 45 Bench Press 25 Deadlift 57.5

Total 127.5



Place: First

K.S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 811

2022-2023

This is to certify that **SEKAR. A.** S/o or D/o **AATHI MDOLAM**
represented **THIRUVALLUVAR COLLEGE, PAPANASAM**
in the inter-collegiate **Weight Lifting** Tournament / Competition
held at **T.D.M.N.S. College, T. Kallikulam** on/from **28.11.2022** to **—**
and secured **SECOND** position.

a) Time / Distance / Height (if applicable)

b) Weight Category **61 kg**. Snatch **65 kgs**. Jerk **85 kgs = 150 kgs**.



J. J. J.
Organising Secretary

Dr. D. Jim Reeves
Dr.D. Jim Reeves Silent Night
Convener



Dr. S. Arumugam
Dr.S.Arumugam
Director
Centre for Physical Education





TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023 Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : M. Karthiga

Gender : Women

Date of Birth : _____

GYM : Thiruvalluvar College

Category : +63 Kg

Body Weight : 89.750 Kg

Squat 75 Bench Press 37.5 Deadlift 85

Total 197.5



Place: Third

K.S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION





TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023
Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumano Mandapam- Kollidaikurichi

Certificate of Merit

Name : M. Muthu Kumar

Gender : Men

Date of Birth : _____

GYM : Thiruvalluvar College

Category : 83 kg

Body Weight : 77.000 Kg

Squat 145 Bench Press 75 Deadlift 180

Total 400



Place: Third

K. S. Srinivasan
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION





MUTA

MADURAI KAMARAJ, MANONMANIAM SUNDARANAR,
MOTHER TERESA & ALAGAPPA UNIVERSITY TEACHER'S ASSOCIATION



MUTA 25th General Conference "SAVE HIGHER EDUCATION"

GOLDEN JUBILEE YEAR (1972 - 2022)

Merit Certificate

This is to certify that Mr/ Miss M. MUTHU.KUMAR
of Thiruvalluvar College, Papanasam
has secured I / II / III Prize in Discus Throw, MUTA Athletic Competition
which held on 14 & 15 Oct 2022 as part of the MUTA 25th General Conference to be held on
7 & 8 January 2023 at Madurai.

Dr. C. Radhakrishnan
President

Dr. M. Nagarajan
General Secretary

Dr. R. Heiz Dawson
President, MUTA Zone III

Dr. P. Sivagnanam
Secretary, MUTA Zone III



PRINCIPAL
THIRUVALLUVAR COLLEGE

Scanned with OKEN Scanner





MUTA

MADURAI KAMARAJ, MANONMANIAM SUNDRAMAN,
MOTHER TERESA & ALAGAPPA UNIVERSITY TEACHER'S ASSOCIATION

MUTA 25th General Conference
"SAVE HIGHER EDUCATION"

GOLDEN JUBILEE YEAR (1972 - 2022)



Merit Certificate

This is to certify that ~~Mr~~/ Miss *M. SATHYA Jothi*
of *Thiruvalluvar College, Papanasam*
has secured $\text{I} / \text{II} / \text{III}$ Prize in *High Jump, MUTA Athletics* Competition
which held on *14 & 15 Oct 2022* as part of the MUTA 25th General Conference to be held on
7 & 8 January 2023 at Madurai.

[Signature]
Dr. C. Radhakrishnan
President

[Signature]
Dr. M. Nagarajan
General Secretary

[Signature]
Dr. R. Hetz Dawson
President, MUTA Zone III

[Signature]
Dr. P. Sivagnanam
Secretary, MUTA Zone III



PRINCIPAL
THIRUVALLUVAR COLLEGE





MUTA

**MADURAI KAMARAJ, MANONMANIAM SUNDARANAR,
MOTHER TERESA & ALAGAPPA UNIVERSITY TEACHER'S ASSOCIATION**

**MUTA 25th General Conference
"SAVE HIGHER EDUCATION"**

GOLDEN JUBILEE YEAR (1972 - 2022)



Merit Certificate

This is to certify that Mr/ Miss M. HARISH RAM
of Thiruvalluvar college, Papanasam
has secured I / II / III Prize in Hight Jump, MUTA Athletic Competition
which held on 14 & 15 Oct 2022 as part of the MUTA 25th General Conference to be held on
7 & 8 January 2023 at Madurai.


Dr. C. Radhakrishnan
President


Dr. M. Nagarajan
General Secretary



Dr. R. Heiz Dawson
President, MUTA Zone III


Dr. P. Sivagnanam
Secretary, MUTA Zone III

PRINCIPAL



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No: MSU 811

2022-2023

This is to certify that SEKAR. A. S/o of AATHIMDOLAM
represented THIRUVALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate Weight Lifting Tournament / Competition
held at T.D.M.N.S. College, T.Kallikulam on/from 28-11-2022 to -
and secured SECOND position.

- a) Time / Distance / Height (if applicable)
- b) Weight Category 61kg. Snatch 65kgs. Jerk 85kgs = 150kgs.

J. Jagan
Organising Secretary

Dr. D. Jim Reeves
Dr.D. Jim Reeves Silent Night
Convener



Dr. S. Arumugam
Dr.S.Arumugam
Director
Centre for Physical Education



Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No : MSU 811

2022-2023


This is to certify that SEKAR. A. S/o or D/o A.ATHIMDOLAM
represented THIRUVALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate Weight Lifting Tournament / Competition
held at T.D.M.N.S. College, T. Kallikulam on/from 28.11.2022 to —
and secured SECOND position.

- a) Time / Distance / Height (if applicable)
b) Weight Category 61kg Snatch 65kgs Jerk 85kgs 150kgs





PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM 627 425


Organising Secretary


Dr.D. Jim Reeves Silent Night
Convener




Dr.S.Arumugam
Director
Centre for Physical Education





Thiruvalluvar College

திருவள்ளூர் கல்லூரி

(Affiliated to Manonmaniam Sundaranar University)

Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

**5.3.1 Number of sports and cultural events / Competitions
in which students of the institution participated year wise
during last five years**

2016-17

**M.S.UNIVERSITY INTERCOLLEGIATE BALL BADMINTON
TOURNAMENT - RUNNERS**

Sl.No.	Name	Class
01.	R.Karthick	III B.Com
02.	M.Aiyeerathan	I B.Com
03.	N.Raja	I B.Sc. (CS)
04.	A.Mahalingam @ Mathan	II B.Com
05.	S.Chandra Kumar	I B.Sc. (CS)
06.	R.Mari Selvam	I B.Sc. (CS)
07.	J.Sudhan Venkatesan	I B.Sc.(CS)
08.	S.Subbiah @ Lakshmanan	II B.A Tamil

**M.S.UNIVERSITY INTERCOLLEGIATE
CHAMPIONSHIP – GOLD**

WEIGHT LIFTING



**PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425**



Thiruvalluvar College

திருவள்ளூர் கல்லூரி

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Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

Sl.No.	Name	Class
01.	M.Priyanka	III B.Sc. Chemistry
02.	R.Mukila	III B.Com (G)
03.	S.Maruthavalli	II BA History
04.	S.Shenbagavalli	II BA History
05.	N.Sakthivel	I BA History

M.S.UNIVERSITY INTERCOLLEGIATE CROSS COUNTRY CHAMPIONSHIP - RUNNERS

Sl.No.	Name	Class
01.	P.Suresh	III BA History
02.	K.Selvaraj	III BA History
03.	Antony Cruz	III BA History
04.	N.Raja	I B.Sc. (CS)
05.	I. Prakash	III B.Com (CA)

M.S.UNIVERSITY INTERCOLLEGIATE ATHLETIC MEET - MEDALISTS

Sl.No.	Name	Class	Events	Medal
01.	A.Sangeetha	II B.Com	5000m Run	Silver
02.	S.Subha	II B.Sc. Maths	5000m Run	Silver

INTER UNIVERSITY - REPRESENTATION



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

திருவள்ளூர் கல்லூரி

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Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

Sl.No.	Name	Class	GAME
01.	A.Sangeetha	II B.Com	KHO-KHO
02.	S.Subha	II B.Sc. Maths	KHO-KHO
03.	R.Karthick	III B.Com	TAEKWONDO
04.	M.Aiyeerathan	I B.Com	BALL BADMINTON
05.	S.Shenbagavalli	II BA History	BALL BADMINTON

**TAMILNADU STATE LEVEL WEIGHT LIFTING CHAMPIONSHIPS -
MEDLISTS**

Sl.No.	Name	Class	Medal
01.	M.Priyanka	III B.Sc. Chemistry	SILVER
02.	R. Mukila	III B.Com (G)	SILVER
03.	S.Maruthavalli	II BA History	SILVER
04.	S.Shenbagavalli	II BA History	SILVER



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Thiruvalluvar College
திருவள்ளூர் கல்லூரி
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Papanasam-627425, Vickramasingapuram
Tirunelveli-Dt, Tamil Nadu

2017-18

M.S.UNIVERSITY INTERCOLLEGIATE WEIGHT LIFTING CHAMPIONSHIP -Medalists

Sl.No.	Name	Class	Medal
01.	S.Maruthavalli	III BA History	GOLD
02.	S.Shenbagavalli	II IBA History	GOLD
03.	N.Sakthivel	II BA History	GOLD

M.S.UNIVERSITY INTERCOLLEGIATE ATHLETIC MEET - MEDALISTS

Sl.No.	Name	Class
01.	S.Maruthavalli – Gold – JT, Silver - Heptathlon	III BA History
02.	P.Esai Selvi – Bronze – 400Hurdles	II BA History
03.	K.Durga Devi – Silver – 10,000mts Run, Bronze – 5000mts Run	II B.Com
04.	L.Sankar – Gold – Pole Vault	I B.Com (G)

INTER UNIVERSITY REPRESENTATION

Sl.No.	Name	Class
01.	M.Aiyeerathan- (BALL BADMINTON)	I B.Com




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Thiruvalluvar College

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Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

**TAMILNADU STATE LEVEL WEIGHT LIFTING CHAMPIONSHIPS –
MEDALISTS**

Sl.No.	Name	Class	Medal
01.	S.Shenbagavalli	III BA History	Bronze
02.	P.Esai Selvi	II BA History	Bronze



PRINCIPAL
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Thiruvalluvar College

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Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

2018-19

**M.S.UNIVERSITY INTERCOLLEGIATE CROSS COUNTRY
CHAMPIONSHIP – Over ALL 4th**

Sl.No.	Name	Class
01.	K.Durga Devi	III B.Com
02.	M.Indira Gandhi	I BA Tamil
03.	R.Thirumalai deepa	I B.Sc. (CS)
04.	R.Gayathri	I BA History
05.	K.Parvathy	II B.Com

**M.S.UNIVERSITY INTERCOLLEGIATE WEIGHT LIFTING
CHAMPIONSHIP-Medalists**

Sl.No.	Name	Class	Medal
01.	P.Esai Selvi	III BA History	GOLD
02.	N.Sakthivel	III BA History	GOLD

M.S.UNIVERSITY INTERCOLLEGIATE ATHLETIC MEET - MEDALISTS

Sl.No.	Name	Class	Event	Medal
01.	L.Sankar	II B.Com (G)	POLE VAULT	GOLD
02.	K.Durga Devi	III B.Com	21Kms Half Marathon	SILVER

INTER UNIVERSITY REPRESENTATION



**PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425**



Thiruvalluvar College

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Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

Sl.No.	Name	Class	Game
01.	M.Aiyeerathan	III B.Com	Ball Badminton
02.	M.Sakthivel	III BA History	Weight Lifting

**TAMILNADU STATE LEVEL WEIGHT LIFTING CHAMPIONSHIPS –
MEDALISTS**

Sl.No.	Name	Class	Medal
01.	M.Sakthivel	III BA History	Bronze with Cash Award Rs.5000/-
02.	P.Esai Selvi	III BA History	Bronze



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

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Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

2019-20

M.S.UNIVERSITY INTERCOLLEGIATE WEIGHT LIFTING CHAMPIONSHIP – Medalists

Sl.No.	Name	Class	Medal
01.	N.Sakthivel	I BA Tamil	GOLD
02.	R.Iyyadurai	II BA History	GOLD
03.	K.SivaSakthi	I BA History	GOLD

M.S.UNIVERSITY INTERCOLLEGIATE SWIMMING CHAMPIONSHIP- Medalist

Sl.No.	Name	Class	Medal
01.	N.Sakthivel	I BA Tamil	SILVER

M.S.UNIVERSITY INTERCOLLEGIATE ATHLETIC MEET - MEDALISTS

Sl.No.	Name	Class	Events	Medal
01.	L.Sankar	III B.Com (G)	Polevault	GOLD
02.	K.SivaSakthi	I BA History	Hammer Throw	SILVER
03.	K.Muthulakshmi	II BA Tamil	High Jump	SILVER

DISTRICT LEVEL WEIGHT LIFTING CHAMPIONSHIPS – MEDALISTS



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PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

திருவள்ளூர் கல்லூரி

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Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

Sl.No.	Name	Class	Medal
01.	K.SivaSakthi	I BA History	Gold
02.	M.Elakiya	II BA Tamil	Gold
03.	M.IndiraGandhi	II BA Tamil	Gold
04.	S.Bharathi	II B.Sc. Chem	Gold
05.	R.Thirumalai Deepa	II B.Sc. (CS)	Gold
06.	Divya Lakshmi	III B.SC. (CS)	Gold

TAMILNADU STATE LEVEL TAEK WONDO CHAMPIONSHIPS – MEDALISTS

Sl.No.	Name	Class	Medal
01.	M.Elakiya	II BA Tamil	Gold
02.	R.Thirumalai Deepa	II B.Sc.(CS)	Gold

TAMILNADU SOUTHERN STATE LEVEL POWER LIFTING CHAMPIONSHIPS – MEDALISTS

Sl.No.	Name	Class	Medal
01.	K.SivaSakthi	I BA History	Gold
02.	M.Elakiya	II BA Tamil	Gold
03.	M.IndiraGandhi	II BA Tamil	Gold
04.	S.Bharathi	II B.Sc. Chem	Gold
05.	Siva Bharathi	II B.Sc. Chem	Gold

INTER UNIVERSITY REPRESENTATION

Sl.No.	Name	Class	Game
01.	K.SivaSakthi	I BA History	Weight Lifting

2020-21



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College
திருவள்ளுவர் கல்லூரி
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Papanasam-627425, Vickramasingapuram
Tirunelveli-Dt, Tamil Nadu

DISTRICT LEVEL ATHLETIC MEET - MEDALISTS:-

Sl.No.	Name	Events	Class	Medal
01	B.Malathi	200mts & Long Jump	II BA History	Silver
02	A.Anto Raja	1500mts Run	I BA History	Silver
03	A.Marimuthu	200mts Run	II B.Com(G)	Bronze

TAMILNADU STATE LEVEL TAEK WONDO CHAMPIONSHIP – MEDALISTS

Sl.No.	Name	Class	Medal
01.	M.Elakiya	III BA Tamil	SILVER
02.	R.Thirumalai Deepa	III B.Sc.(CS)	SILVER

TAMILNADU STATE LEVEL POWER LIFTING CHAMPIONSHIPS – MEDALIST

Sl.No.	Name	Class	Medal
01.	K.SivaSakthi	II BA History	Gold




PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

திருவள்ளூர் கல்லூரி

(Affiliated to Manonmaniam Sundaranar University)

Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

**TAMILNADU STATE PARA ATHLETIC CHAMPIONSHIP –
MEDALIST**

Sl.No.	Name	Class	Events	Medal
01.	Hyder Hussain	III BA History	100mtsRun	Gold



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College
திருவள்ளூர் கல்லூரி
(Affiliated to Manonmaniam Sundaranar University)
Papanasam-627425, Vickramasingapuram
Tirunelveli-Dt, Tamil Nadu

2021-22

MS UNIVERSITY INTERCOLLEGIATE ATHLETIC MEET - Medalists

SL.NO.	NAME	CLASS	EVENT	POSITION
01.	M.HARISHRAM	I B.COM	POLEVAULT	SILVER
02.	B.VARMARAJ	I B.COM(SF-II)	POLEVAULT	BRONZE
03.	S.SIVA	III B.COM(SF-I)	5000m RACE WALKING	BRONZE

MS UNIVERSITY INTERCOLLEGIATE WEIGHT LIFTING- Medalists

SL.NO.	NAME	CLASS	POSITION
01.	G.THETCHINAMOORTHY	III B.COM(SF-I)	BRONZE
02.	R.ULAGANATHAN	III B.COM(SF-II)	BRONZE
03.	K.SIVA SAKTHI	III BA HISTORY	GOLD

MS UNIVERSITY INTERCOLLEGIATE CROSS COUNTRY 4th POSITION IN OVER -ALL CHAMPIOSHIP CUP

SL.NO.	NAME	CLASS
01.	A.ANTO RAJ	II BA. HISTORY
02.	M.LAKSHMANAN	III BA HISTORY
03.	S.SIVA	III B.COM(SF-I)
04.	M.GANESH KUMAR	II B.COM(SF-I)
05.	S.ESAKKI RAJA	III BA ENGLISH




PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

திருவள்ளூர் கல்லூரி

(Affiliated to Manonmaniam Sundaranar University)

Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

DISTRICT LEVEL ATHLETIC MEET:-

SL.NO.	NAME	CLASS	EVENT	POSITION
01.	M.HARISHRAM	I B.COM	POLEVAULT	SILVER
02.	B.VARMARAJ	I B.COM(SF- II)	POLEVAULT & HIGH JUMP	BRONZE
03.	A.ANTO RAJ	II BA HISTORY	5000m RUN	BRONZE
04.	M.MUTHUKUMAR	II B.COM(SF- II)	DISCUS THROW	SILVER
05.	S.ESAKKI RAJA	III BA ENGLISH	HIGH JUMP	SILVER
06.	A.P.JERIN	II B.COM(SF- II)	HIGH JUMP	SILVER
07.	K.SIVASAKTHI	III BA HISTORY	HAMMER THROW	BRONZE

STATE LEVEL TOURNAMENTS- Medalists

SL.NO.	NAME	CLASS	EVENT	POSITION
01.	K.SIVA SAKTHI	III BA HISTORY	WEIGHT LIFTING	SILVER
02.	K.SIVA SAKTHI	III BA HISTORY	POWER LIFTING	SILVER



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

திருவள்ளூர் கல்லூரி

(Affiliated to Manonmaniam Sundaranar University)

Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

2022-23

M.S.UNIVERSITY INTERCOLLEGIATE WEIGHT LIFTING CHAMPIONSHIP –

Sl.No.	Name	Class	Medal
01.	K.Maha	III BA Tamil	Bronze
02.	R.Pon Vani Sri	I BA Tamil	Silver
03.	G.Santhiya	I B.Com	Silver
04.	S.Santhiya	I BA History	Bronze
05.	A.Sekar	II B.Sc. (CS)	Silver

M.S.UNIVERSITY INTERCOLLEGIATE ATHLETIC MEET - MEDALISTS

Sl.No.	Name	Class	Event	Medal
01.	K.Maha	III BA Tamil	Polevault	Bronze
02.	G.Santhiya	II BA History	Hammer Throw	Bronze
03.	M.Muthukumar	III B.Com(S-II)	Discus Throw	Silver
04.	M.Harish Ram	II B.Com	PoleVault	Gold



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

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(Affiliated to Manonmaniam Sundaranar University)

Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

TIRUNELVELI DISTRICT LEVEL ATHLETIC MEET – MEDALISTS

Sl.No	Name	Class	Event	Medal
01.	M.Harish Ram	II B.Com	High Jump	Silver
02.	B.Varmaraj	II B.Com (S-I)	High Jump	Bronze
03.	Obed	I B.Com(S-I)	Discus Throw	Bronze
04.	G.Nithin	III B.Com(S-II)	400m Run	Silver
05.	Jothi Murugan	II B.Com	4 x 100 m Relay	Bronze
06.	M.Muthukumar	III B.Com(S-II)	Discus Throw(MU TA)	Silver
07.	M.Sathya Jothi	III BA History	High Jump(MUT A)	Bronze

DISTRICT LEVEL POWER LIFTING & WEIGHT LIFTING CHAMPIONSHIPS – MEDALISTS

Sl.No.	Name	Class	Medal
01.	K.Maha	III BA Tamil	Gold
02.	P.Mahadevi	II BA Tamil	Gold



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

திருவள்ளூர் கல்லூரி

(Affiliated to Manonmaniam Sundaranar University)

Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

03.	S.Santhiya	I BA History	Gold
04.	G.Santhiya	I B.Com	Silver
05.	M.Karthiga	I BA History	Bronze
06.	S.Subha	I B.Com(S-II)	Bronze
07.	M.Muthukumar	III B.Com (S-II)	Silver
08.	A.Sekar (Tenkasi District)	II B.Sc. (CS)	Bronze(CM)
Stongest Women Cup – K.Maha, III BA Tamil (POWER LIFTING)			
OVER ALL CHAMPIONSHIP CUP- WOMEN(POWER LIFTING)			
Best Lifter Award - A.Sekar, II B.Sc. (CS) (Tenkasi District)			

CHIEF MINISTER TROPHY DIVISIONAL LEVEL WEIGHT LIFTINGCHAMPIONSHIPS – MEDALISTS

Sl.No.	Name	Class	Medal
01.	K.Maha	III BA Tamil	Gold(CM Trophy)
02.	P.Mahadevi	II BA Tamil	Silver(CM)
03.	S.Santhiya	I B.A. History	Bronze(CM)
04.	A.Sekar	II B.Sc. (CS)	Bronze(CM)



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



Thiruvalluvar College

திருவள்ளுவர் கல்லூரி

(Affiliated to Manonmaniam Sundaranar University)

Papanasam-627425, Vickramasingapuram

Tirunelveli-Dt, Tamil Nadu

TIRUNELVELI & TENKASI DIVISIONAL LEVEL WEIGHT LIFTING CHAMPIONSHIPS – MEDALISTS

Sl.No.	Name	Class	Medal
01.	A.Sekar	II B.Sc. (CS)	Bronze
Best Lifter Award			

TAMILNADU STATE LEVEL POWER LIFTING CHAMPIONSHIP – MEDALISTS

Sl.No.	Name	Class	Medal
01.	K.Maha	III BA Tamil	Bronze
02.	P.Mahadevi	II BA Tamil	Bronze
03.	R.Pon Vani Sri	I BA Tamil	Silver
04.	G.Santhiya	I B.Com	Silver
05.	M.Karthiga	I BA History	Silver



PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425

Maraimattam Sundararaj
Abisekapatti, Tirunelveli - 627 012.
University



CERTIFICATE OF MERIT

2018-2019

No : MSU 948

This is to certify that DURGA DEVI . K S/o or D/o
represented Thiruvalluvar College Papanasam
in the Inter Collegiate CROSS COUNTRY RACE Tournament / Competition
held at M.S. Umiyon Sity, Abisekapatti, from 29.09.2018 to
and secured 7th position Team championships - Fourth place
a) Time / Distance / Height 45:39.61 (if applicable)
b) Weight Category Snatch Jerk

Organising Secretary

Date 22.09.2018

Convener



Director
Centre for Physical Education

சுற்றுமாரிம்மன்
Abisekapatthi, Tirunelveli - 627 012.
Sundararamar
University



CERTIFICATE OF MERIT

No : MSU 949

2018-2019

This is to certify that INDIRA GRANDHE M.S/o or D/o
represented Thiruvallavar Arts & Science College Papanasam
in the Inter Collegiate CROSS COUNTRY race Tournament / Competition
held at M.S. UNIVARSIITY, ABISEKAPATTI from 22.01.2018 to
and secured 34th position Team Championship - fourth place
a) Time / Distance / Height 58:43.9 Sec.(if applicable)
b) Weight Category Snatch Jerk

Organising Secretary
Date 22.01.2018

Convener



Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

No : MSU 950

2018-2019

This is to certify that THIRUMALADEEPA R. S/o or D/o
represented Thiruvalluvar Arts and Science College Papanasam
in the Inter Collegiate CROSS COUNTRY RACE Tournament / Competition
held at M.S. University, Abisekapatti from 22.09.2018 to
and secured 48th position Team Championship - fourth place

- a) Time / Distance / Height 58 : 28 : 14.54 (if applicable)
- b) Weight Category Snatch Jerk


Organising Secretary

Date 22.09.2018


Convenor




Director

Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT
2018-2019

No : MSU 951

This is to certify that GIYATHRI R S/o or D/o
represented Thiruvalluvar Arts and Science College Papanasam
in the Inter Collegiate Cross Country race Tournament / Competition
held at M.S. University, Abisekapatti from 22.09.2018 to
and secured 27th position Team Championship - Fourth place

- a) Time / Distance / Height 51:57.4 Sec. (if applicable)
- b) Weight Category Snatch Jerk


Organising Secretary

Date 22.09.2018


Convener




Director

Centre for Physical Education

சுந்தரம்மாநிலம்
Abisekapatti, Tirumelveli - 627 012.
சுந்தரம்மாநிலம்
Sundararamar
University



CERTIFICATE OF MERIT

2018-2019

No: MSU 947

This is to certify that PARVATHI K S/o or D/o
represented Thiruvalluvar College Papanasam
in the Inter Collegiate CROSS COUNTRY RACE Tournament / Competition
held at M.S. Uniyar, Aboishekapatti from 22.09.2018
and secured 15th position Team Championship - Fourth place

- a) Time / Distance / Height 48:17:0 Sec (if applicable)
- b) Weight Category Snatch Jerk

Organising Secretary
Date 22.09.2018

Convener



Director
Centre for Physical Education

Maniamaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT
2018-2019

No : MSU 1002

This is to certify that ESAI SELVI P S/o or D/o
represented Thiruvalluvar College Vicramasingapuram
in the Inter Collegiate Weightlifting Tournament / Competition
held at TDMKS College, P. Kallikulam from 01.10.2018 to
and secured first position

a) Time / Distance / Height (if applicable)

b) Weight Category 45 kg Snatch 31 Jerk 52

Organising Secretary

Date 01.10.2018

Convener



Director

Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

No : MSU 741

2018-2019

This is to certify that SAK THIVEL N S/o or D/o
represented Thiruvalluvar College Vicramasingapuram
in the Inter Collegiate Weightlifting Tournament / Competition
held at DOMNS College, P. Kallikulam from 01.10.2018 to
and secured First position

a) Time / Distance / Height (if applicable)

b) Weight Category 73 kg Snatch 103 Jerk 135

Organising Secretary

Date 01.10.2018

Convener



Director

Centre for Physical Education

Mannaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.




CERTIFICATE OF MERIT
2018-2019

No : MSU 1339

This is to certify that SANKAR . L S/o or D/o
represented THIRUVALLUVAR College PAPANASAM.....
in the Inter Collegiate Athletic Tournament / Competition
held at Anna Stadium Tirunelveli..... from 24.10.2018 to 26.10.2018.....
and secured First..... position in Pole vault (Men)

- a) Time / Distance / Height 3.50 mts (if applicable)
- b) Weight Category ----- Snatch ----- Jerk -----


Organising Secretary
Date 25.10.2018


Convener



Director
Centre for Physical Education

Manonmaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT
2018-2019

No : MSU 1393

This is to certify that DURGA DEVI . K S/o or D/o
represented THIRUVALLUVAR College PAPANASAM
in the Inter Collegiate Athletic Tournament / Competition
held at Anna Stadium, Tirunelveli from 24.10.2018 to 26.10.2018.
and secured Second position in Half Marathon (Women)

- a) Time / Distance / Height 1:14:11 Sec (if applicable)
b) Weight Category Snatch Jerk


Organising Secretary

Date 24.10.2018


Convener




Director

Centre for Physical Education

Tirunelveli District Power Lifting Championship

Date 28.10.18



நெல்லை மாவட்ட அளவிலாள

வலு தூக்கும் போட்டி

நெல்லை, அக்.29-
நெல்லை மாவட்ட அளவிலாள
லான வலு தூக்கும் போட்டி
பாளையங்கோட்டை வ.உ.சி.
உள் விளையாட்டு அரங்கத்
தில் நேற்று நடந்தது. தொடக்க
நிகழ்ச்சிக்கு மாவட்ட வலு
தூக்கும் சங்க தலைவர் வி.
பி.துரை தலைமை தாங்கி
னார். பாஸ்கப்பிரமணியன்,
சுரேஷ் ஆபிரகாம், கண்ணன்,
சோமசுந்தரம் ஆகியோர் முன்
னிலை வகித்தனர். நெல்லை

மாவட்ட வலு தூக்கும் சங்க
சீனியர் துணை தலைவர்
ஜி.மகராஜன் போட்டியை
தொடங்கி வைத்தார். இதில்
150-க்கும் மேற்பட்ட
வீரர்-விராங்கனைகள் கலந்து
கொண்டனர். நடுவர்களாக
பேட்டை இந்து கல்லூரி முதல்
வர் சுப்பிரமணியன், வளர்மதி
பி.முத்தையா ஆகியோர்
செயல்பட்டனர்.
ஆண்கள் பிரிவில் நெல்லை
டவுன் அட்லஸ் உடற்பயிற்சி
கழகம் 60 புள்ளிகள் பெற்று
முதலிடத்தையும், சேரன்மா
தேவி டாக்டர் சிவந்தி ஆதித்

தனார் உடற்பயிற்சி கழகம் 46
புள்ளிகள் பெற்று 2-வது
இடத்தையும், பேட்டை
ஆம்ஸ்டாங் உடற்பயிற்சி கழ
கம் 45 புள்ளிகள் பெற்று
3-வது இடத்தையும் பிடித்
தன. பெண்கள் பிரிவில் பாப
நாசம் திருவள்ளுவர் கல்லூரி
60 புள்ளிகள் பெற்று முதலி
டத்தை பிடித்தது.
நேற்று இரவில் பரிசளிப்பு
விழா நடந்தது. வெற்றி பெற்ற
வீரர்-விராங்கனைகளுக்கு
தமிழ்நாடு வலு தூக்கும் சங்க
துணை தலைவர் ராமகிருஷ்
ணன், நெல்லை மாவட்ட
வலு தூக்கும் சங்க துணை
தலைவர் ரெட்டியார்பட்டி
நாராயணன் ஆகியோர் பரிசு
வழங்கினர். முடிவில்
நெல்லை மாவட்ட வலு
தூக்கும் சங்க செயலாளர் உத
யகுமார் நன்றி கூறினார்.



P. Esai Selvi Receiving "Strong Women Award"
III BA History

Manommaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



No : MSU 912

CERTIFICATE OF MERIT

2019-2020

This is to certify that SAKTHIVEL. N. S/o or D/o K. Natarajan
 represented Thiru Valluvar College Papanasam
 in the Inter Collegiate Weight Lifting Tournament / Competition
 held at TAMMS College, T. K. Li. Kulam from 23.09.19 to —
 and secured First position.

a) Time / Distance / Height (if applicable)

b) Weight Category 61kg.. Snatch 92kg Jerk 115kg Total: 207kg



Organising Secretary
 Date 23.09.19



U K
 Convener

[Signature]
 Director

Centre for Physical Education

Manomaniam Sundaranar University
Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

No: MSU 910

2019-2020

This is to certify that IYYA DURAI R. S/o or D/o M. Ramasamy
represented Thiruvalluvar College Papanam
in the Inter Collegiate Weight Lifting Tournament / Competition
held at T.DMNS College, T.Kallikulam on 23.09.19 to
and secured First position.

a) Time / Distance / Height (if applicable)

b) Weight Category 55kg Snatch 70kg Jerk 90kg



[Signature]
Director

[Signature]
Convener

[Signature]
Organising Secretary
Date 23.09.19

Centre for Physical Education

Manommaniam Sundaranar University

Abisekapatti, Tirunelveli - 627 012.



CERTIFICATE OF MERIT

2019-2020

No : MSU 952

This is to certify that SIVA SAKTHI . K S/o or D/o M. Kaidandan
represented Thiruvalluvar College Papanasam
in the Inter Collegiate Weight Lifting Tournament / Competition
held at T.D.M.Ns College, T.Kallikulam on 24.09.19 to -
and secured FIRST position.

a) Time / Distance / Height (if applicable)

b) Weight Category 78.7kg Snatch Jerk



[Signature]
Organising Secretary
Date 24/09/19



[Signature]
Convener

[Signature]
Director

Centre for Physical Education



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
• Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



**3rd South Tamilnadu Benchpress Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)**

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 172

Name : K.SIVASAKTHI

Gender : WOMEN

Date of Birth : 28-03-2002

District : TIRUNELVELI

Category : SUBJUNIOR-84+KG

Body Weight : 88.000

Bench Press : 35



Place FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
• Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



3rd South Tamilnadu Benchpress Championships 2020 (Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 166

Name : M.ELAKIYA

Gender : WOMEN

Date of Birth : 29-07-2001

District : TIRUNELVELI

Category : JUNIOR-52KG

Body Weight : 51.600

Bench Press : 25



Honorary General Secretary
Tamil Nadu Powerlifting Association

Place

FIRST

Honorary President

Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
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3rd South Tamilnadu Deadlift Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 152

Name : S.BHARATHI

Gender : WOMEN

Date of Birth : 27-09-2000

District : TIRUNELVELI

Category : JUNIOR-47KG

Body Weight : 46.3

Deadlift : 50



Place

FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
• Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



3rd South Tamilnadu Deadlift Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : _____ 163 _____

Name : _____ K.SIVASAKTHI _____

Gender : _____ WOMEN _____

Date of Birth : _____ 28-03-2002 _____

District : _____ TIRUNELVELI _____

Category : _____ SUB JUNIOR-84+KG _____

Body Weight : _____ 88 _____

Deadlift : _____ 100 _____



Place

FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
• Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



3rd South Tamilnadu Deadlift Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : _____ 155 _____

Name : _____ **M.ELAKIYA** _____

Gender : _____ **WOMEN** _____

Date of Birth : _____ **29-07-2001** _____

District : _____ **TIRUNELVELI** _____

Category : _____ **JUNIOR-52KG** _____

Body Weight : _____ **51.6** _____

Deadlift : _____ **80** _____



Honorary General Secretary
Tamil Nadu Powerlifting Association

Place

FIRST

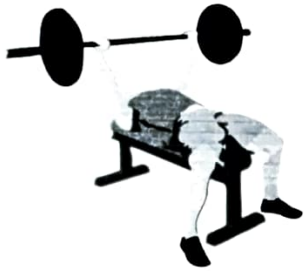
Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
• Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



3rd South Tamilnadu Benchpress Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : _____ 164 _____

Name : _____ **S.BHARATHI** _____

Gender : _____ **WOMEN** _____

Date of Birth : _____ **27-09-2000** _____

District : _____ **TIRUNELVELI** _____

Category : _____ **JUNIOR-47KG** _____

Body Weight : _____ **46.300** _____


Bench Press : _____ **20** _____

Place

FIRST


Honorary General Secretary
Tamil Nadu Powerlifting Association



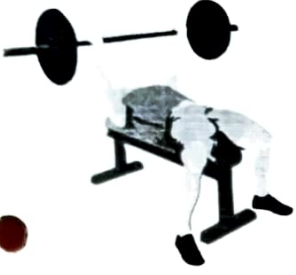

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India • Recognised by Sports Development Authority of Tamilnadu • Recognised by Tamilnadu Olympic Association
• Recognised by Ministry of HRD, Dept. of Youth Affairs and Sports • Recognised by Under the Society's Act.



3rd South Tamilnadu Benchpress Championships 2020
(Sub Junior, Junior, Senior & Masters) (Men & Women)

Date : 02.02.2020

Venue : V.O.C. Indoor Stadium, Palayamkottai

Certificate of Merit

Certificate No. : 171

Name : C.SIVA PARVATHI

Gender : WOMEN

Date of Birth : 21-05-2001

District : TIRUNELVELI

Category : JUNIOR-84KG

Body Weight : 80.800

Bench Press : 30



Place

FIRST

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Which is affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation | Registered user registration of Society's Act



14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit


Certificate No.	41
Name	K.MAHA
Gender	FEMALE
Date of Birth	16-10-2003
District	TIRUNELVELI
Division	UNEQUIPPED
Category	47KG-JUNIOR
Body Weight	46.70
Bench Press	32.50

PLACE

THIRD




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association



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Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit

Certificate No.	33
Name	R.PONVANI SRI
Gender	FEMALE
Date of Birth	16-01-2005
District	TIRUNELVELI
Division	UNEQUIPPED
Category	84KG-SUB JUNIOR
Body Weight	78.20
Bench Press	32.50



PLACE

SECOND

Honorary General Secretary
Tamil Nadu Powerlifting Association

Honorary President
Tamil Nadu Powerlifting Association



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Date : 11th & 12, March 2023

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Tirunelveli-627 002

Certificate Of Merit

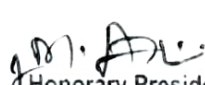
Certificate No.	58
Name	G.SANTHIYA
Gender	FEMALE
Date of Birth	19-06-2004
District	TIRUNELVELI
Division	UNEQUIPPED
Category	84+KG-JUNIOR
Body Weight	84.50
Bench Press	40.00

PLACE

SECOND




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *S. Santhya*

Gender : *Women*

Date of Birth :

GYM : *Thiruvallur College*

Category : *52 kg*

Body Weight : *51.000 kg*

Squat **52.5** Bench Press **27.5** Deadlift **82.5**

Total **162.5**



Place: *First*

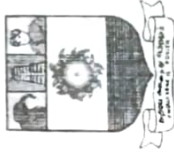
K.S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION

Manomaniyam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No : MSU 811

2022-2023

This is to certify that SEKAR. A. S/o of Dr. AATHIMDOLAM
represented THIRUKALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate Weight Lifting Tournament / Competition
held at T.D.M.N.S. College, T.Kallikulam. on from 28.11.2022 to
and secured SECOND position.

- a) Time / Distance / Height (if applicable)
b) Weight Category 61.Kg.. Snatch 65.Kg.. Jerk 85.Kg = 150 Kgs..



[Signature]
Dr.D. Jim Reeves Silent Night

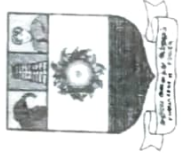
Organising Secretary

Convener

Dr.S.Arumugam

Director
Centre for Physical Education

Manommaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

2022-2023

No : MSU 1007

This is to certify that **MAHA K** S/o or D/o
represented **THIRUVALLUVAR COLLEGE, PAPANASAM**
in the inter-collegiate **POLE VAULT** Tournament / Competition
held at **ANNA STADIUM, PALAYAMKOTTAI** on/from **19.12.2022** to **20.12.2022**
and secured **T.H.I.R.D** position.

a) Time / Distance / Height **1:30M** (if applicable)

b) Weight Category Snatch Jerk



Dr.D. Jim Reeves Silent Night

Convenor

Dr.S.Arumugam
Director
Centre for Physical Education

Manommaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



No : MSU 1377

CERTIFICATE OF MERIT
2022-2023

This is to certify that SANTHIYA S S/o or D/o
represented Thiruvalluvar College, Papanasam
in the inter-collegiate Hammer Throw Tournament / Competition
held at Anna Stadium, Palayamkottai on/from 19.12.2022 to 20.12.2022
and secured Third position.

a) Time / Distance / Height 20.70.m... (if applicable)

b) Weight Category Snatch Jerk



[Handwritten signature]

Dr.D. Jim Reeves Silent Night

Convener

Dr.S.Arumugam

Director
Centre for Physical Education

Organising Secretary

Manommaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

2022-2023

No : MSU 1009

This is to certify that MUTHUKUMAR.M S/o or D/o
represented THIRUVALLUVAR COLLEGE, PAPANASAM
in the inter-collegiate P.S.C.U.S. THIRUV. Tournament / Competition
held at ANNA STADIUM, PALAYANKOTTAI on/from 19.12.2022 to 20.12.2022
and secured SECOND position.

a) Time / Distance / Height 32:36.M (if applicable)

b) Weight Category --- Snatch --- Jerk ---



Signature

Dr.D. Jim Reeves Silent Night

Convener

Signature

Dr.S.Arumugam

Director
Centre for Physical Education

Manommaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



No : MSU 1014

CERTIFICATE OF MERIT
2022-2023

This is to certify that **HARISH RAM M** S/o or D/o
represented **Thiruvalluvar College, Papanasam**
in the inter-collegiate **Pole Vault** Tournament / Competition
held at **Anna Stadium, Palayamkottai** on/from **19.12.2022** to **20.12.2022**
and secured **First** position.

a) Time / Distance / Height **3.00 M** (if applicable)

b) Weight Category Snatch Jerk



[Signature]

Dr.D. Jim Reeves Silent Night

Convener

[Signature]

Dr.S.Arumugam

Director
Centre for Physical Education

NELLAI DISTRICT ATHLETIC ASSOCIATION

(Affiliated to the Tamilnadu Athletic Association)

Reg. No. : 55 / 2019

Cer.No. : 309



This Certificate is issued to Mr / Mrs.....**HARISH RAM. M.**.....

for Securing I / II / III ✓ Place with Performance of **51.74**..... in **4x100m R**..... Representing

.....**THIRUVALLUVAR**..... Club / School / College / under **20**..... Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

J. M. S.
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

(Affiliated to the Tamilnadu Athletic Association)

Reg. No. : 55 / 2019

Cer.No. : 310



This Certificate is issued to Mr / Mrs **VARMARAJ B**.....
for Securing I / II / III Place with Performance of **51.74**..... in **4x100m R**..... Representing
THIRUVALLUVAR..... Club / School / College / under **20**..... Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

J. N. S. I.
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 029

(Affiliated to the Tamilnadu Athletic Association)



This Certificate is issued to Mr / ~~Mrs~~ **R. OBEJ**.....

for Securing I / II / III rd Place with Performance of **23.54**..... in **DISCUS THROW** Representing

.....**THIRUVALLUVAR**.....**COLLEGE**.....Club / School / College / under...**18**..... Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

J. Madan
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

(Affiliated to the Tamilnadu Athletic Association)

Reg. No. : 55 / 2019

Cer.No. : 308



This Certificate is issued to Mr / Mrs **Nithin . G** ✓
for Securing I / II / III Place with Performance of **51.74** ✓ in **4x100m (relay)** ✓ Representing
Thiru Valluvar Club / School / College / under **20** ✓ Boys / Girls / Men /

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by **Nellai District Athletic Association** for the Year **2022**

J. Madhusri
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA

NELLAI DISTRICT ATHLETIC ASSOCIATION

Reg. No. : 55 / 2019

Cer.No. : 311

(Affiliated to the Tamilnadu Athletic Association)



This Certificate is issued to Mr / ~~Mrs~~ **V. Jothi Murugan**

for Securing I / II / III [✓] Place with Performance of **51.74** in **4x100m R** Representing

THIRUVALLUR Club / School / College / under **20** Boys / Girls / Men ✓

Women Category at the District Level Athletic Championship held at Anna Stadium, Palayankottai.

Organized by Nellore District Athletic Association for the Year 2022

J. Mahalingam
VICE - PRESIDENT
NDAA



[Signature]
ORGANISING SECRETARY
NDAA



STUDY STRUGGLE

JOBS - EDUCATION FOR ALL

**STUDENTS FEDERATION OF INDIA
DEMOCRATIC YOUTH FEDERATION OF INDIA**

"FREEDOM 75" - UPHOLD THE FREEDOM

*This is to certify that Mr./Ms. B. Sathya Jothi of Thiruvalluvar College Papanamam who has won15th Place Participated in the **Mini Marathon** run organized by **SFI, DYFI** Tirunelveli District Committees on the occasion of 75 Years of **Indian Independence**.*

E. SANJAI
Dist. Secretary,
SFI



Dr. S. RAMAGURU
Ex. Dean,
TVMCH

C. SRIRAM
Dist. Secretary,
DYFI



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *D. Maha Devi*

Gender : *Women*

Date of Birth :

GYM : *Thiruvalluvar College*

Category : *57 kg*

Body Weight : *52.500 kg*

Squat **45** Bench Press **25** Deadlift **57.5**

Total **127.5**



Place: *First*

K. S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION

Manonmaniam Sundaranar University
Abishekkapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

2022-2023

No : MSU 835

This is to certify that MAHA . K . ~~SSR~~ D/o Kalai mani . A .
represented Thiruvalluvar college, Papanasam
in the inter-collegiate Weight lifting Tournament / Competition
held at T . B . M . S . college, Tirukukkulam from 29 . 11 . 2022
and secured Third position.

a) Time / Distance / Height (if applicable)
Weight Category 49 kg Snatch 22 kg Jerk 38 kg - 60 kg .



Organising Secretary

Dr.D. Jim Reeves Silent Night

Convener



Dr.S.Arumugam

Director

Centre for Physical Education

Manonmaniam Sundaranar University
Abishekapatti, Tirunelveli - 627 012



CERTIFICATE OF MERIT

No : MSU 855

2022-2023

This is to certify that **SANTHINA. G.** *She or D/o Charesan. C.*
represented **Thiruvalluvar college Papanasam**
in the inter-collegiate **Wrestling** *Tournament / Competition*
held at **T. D. M. N. S. college T. Kalkulam** *on from 29/11/2022 to*
and secured **Second** *position.*

- a) Time / Distance / Height (if applicable)
b) Weight Category **87 kg** Snatch **30 kg** Jerk **36 kg** - **66 kg**



Organising Secretary

Dr. D. Jim Reeves Silent Night

Convenor



Centre for Physical Education

Dr. S. Arumugam

Director



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *M. Karthiga*

Gender : *Women*

Date of Birth :

GYM : *Thiruvalluvar College*

Category : *+63 kg*

Body Weight : *89.750 kg*

Squat **75** Bench Press **37.5** Deadlift **85**



Place: *Third*

K. S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023 Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : M. Subha

Gender : Women

Date of Birth : _____

GYM : Thiruvalluvar College.

Category : 63 kg

Body Weight : 62.500 kg

Squat 45 Bench Press 25 Deadlift 55

Total 125



Place: Third

K. S. Suresh Kumar
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President
TIRUNELVELI POWERLIFTING ASSOCIATION



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023 Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *M. Muthu Kumar*

Gender : *Men*

Date of Birth : _____

GYM : *Thiruvalluvar College*

Category : *83 kg*

Body Weight : *77.000 kg*

Squat *145* Bench Press *75* Deadlift *180*

Total *400*



Place: *Third*

K. S. Sundaram
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION



TIRUNELVELI POWERLIFTING ASSOCIATION

Tirunelveli District, Tamil Nadu

Affiliated to Powerlifting Tamil Nadu Recognised by Sports Development Authority of Tamil Nadu
Recognised by Tamil Nadu Olympic Association

Tirunelveli District, Powerlifting & Bench Press Championships 2023

Senior & Masters (Men & Women)

Date: 11.02.2023

Venue: Peruratchi Thirumana Mandapam- Kallidaikurichi

Certificate of Merit

Name : *M. Maha*

Gender : *Women*

Date of Birth :

GYM : *Thiruvalluvar College*

Category : *47 Kg*

Body Weight : *46.000 Kg*

Squat **55** Bench Press **30** Deadlift **75**

Total **160**



Place: *First*

K. S. Suresh Kumar
General Secretary

TIRUNELVELI POWERLIFTING ASSOCIATION

[Signature]
President

TIRUNELVELI POWERLIFTING ASSOCIATION



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Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit

46

Certificate No.

P.MAHA DEVI

Name

FEMALE

Gender

10-10-2004

Date of Birth

TIRUNELVELI

District

UNEQUIPPED

Division

57KG-JUNIOR

Category

53.70

Body Weight


30.00

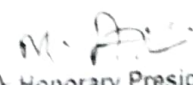
Bench Press

PLACE

THIRD




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association



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14th TAMILNADU STATE EQUIPPED & CLASSIC BENCHPRESS CHAMPIONSHIP 2022-23

Date : 11th & 12, March 2023

Venue: VOC Indoor Auditorium, Palayamkottai
Tirunelveli-627 002

Certificate Of Merit


Certificate No.	36
Name	M.KARTHIGA
Gender	FEMALE
Date of Birth	04-05-2005
District	TIRUNELVELI
Division	UNEQUIPPED
Category	84+KG-SUB JUNIOR
Body Weight	92.30
Bench Press	37.50

PLACE

SECOND




Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association