

5.3.1 Number of awards/medals for outstanding performance in sports/cultural activities at University/state/national / international level (award for a team event should be counted as one) during the year

<u>S.no</u>	Year	Name of the award/ medal	Team / Individual	University/State/National/ International	Sports/ Cultural	Name of the student	
<b>SPORTS</b>							
1	2022-2023	Tamilnadu State Level Invitational Open Karate Championship	Individual	State	Sports	B.Hemnath	2nd
2		South India Level Open Karate Championship	Individual	State	Sports	B.Hemnath	2nd
3		Tnasa-19th Tamilnadu State Silambam Athletes, Coach, Referee & Jury Training Workshop	Individual	State	Sports	A.Jagan	Workshop
4		75th Independence Relay	Individual	State	Sports	R.Vasanth	1st
5		Tamilnadu State Bodybuilding Association (2nd Sai Classic)	Individual	State	Sports	K.P.Bharani Dharann	1st (below 65kg)
6		Tamilnadu State Bodybuilding Association (2nd Sai Classic)	Individual	State	Sports	V.Madhavan	1st (below 60kg)
7		South India Bench Press Championship	Individual	State	Sports	R.Bala	2nd
8		South India Bench Press Championship	Individual	State	Sports	S.Shanjai	1st
9		South India Power lifting Championship	Individual	State	Sports	R.Bala	3rd
10		Tamilnadu State Bench Press Championship (Equipped)	Individual	State	Sports	R.Bala	3rd
11		Tamilnadu State Bench Press Championship (Unequipped)	Individual	State	Sports	R.Bala	1st
12		Chennai District Silambam Competition	Individual	District	Sports	S.Santhosh Kumar	1st
13		Chennai District Silambam Competition	Individual	District	Sports	A.Jagan	1st
14		Chennai District Power lifting Association	Individual	District	Sports	M.Mari Selvakumar	3rd Place
15		Chennai District Power lifting Association	Individual	District	Sports	S.Shanjai	3rd Place
16		Chennai District Power lifting Championship	Individual	District	Sports	R.Bala	1st
17		Chennai District Power lifting Championship	Individual	District	Sports	Aravindhan	3rd
<b>CULTURAL</b>							
<b>NIL</b>							

  
 20/10/23  
 Principal  
 THIRUTHANGAL NAGAR COLLEGE  
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