

CROSSLAND COLLEGE BRAHMAVAR

5.3.1 Number of awards/ medals for outstanding performance in sports/ cultural activities at university / state / national / international level during the year 2018- 19.

Year	Sl. No.	Name of the award/ medal	Team / Individual	University/State/National/ International	Sports/ Cultural	Name of the student
2018-19	1	First	Individual	State	Sports	Pradyumna Holla K.S.
2018-19	2	First	Individual	State	Sports	Pradyumna Holla K.S.
2018-19	3	First	Individual	University	Sports	Pradyumna Holla K.S.
2018-19	4	Participation	Individual	State	Sports	Pradyumna Holla K.S.
2018-19	5	Third	Team	University	Sports	Sandeep S
2018-19	6	Participation	Individual	National(Inter University)	Sports	Pradyumna Holla K.S.

PRINCIPAL
CROSSLAND COLLEGE
BRAHMAVAR - 57

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MANGALORE



UNIVERSITY

Certificate of Merit

Sl. No 002573

This is to certify that Mr/Miss *PRADYUMNA HOLLA K.S*
of *CROSSLAND COLLEGE, BRAHMAVAR* was a member of the
Mangalore University *POWERLIFTING (MEN)* team which participated in the South Zone /
South West Zone / Inter Zone / All India Inter University Tournament / Competition
held at *UNIVERSITY OF CALICUT, KERALA* during the year *2018-19*
Achievements *PARTICIPATED*


Date: 10.05.2019
Mangala Gangothri - 574 199
Karnataka State, India


B.S.
Director of Physical Education
Director of Physical Education
Mangalore University

Mangalore, India - 574 199

RESULTS OF MANGALORE UNIVERSITY INTER - COLLEGIATE SPORTS COMPETITIONS 2018-19

Game/Event	Venue	Category	Winners	Runners	3rd place	4th Place	5th Place	6th Place	7th Place	8th Place
Athletics	Alva's M'bidri	Men	Alvas M'bidri	ACPE, Moodbidri	SDM,Ujire	Milagret,Kaitanpura				
		Women	Alvas M'bidri	SDM Ujire	ACPE Moodbidri	DR NSAM FGC Nitte				
Badminton	Canara College,M'lore	Men	Alvas M'bidri	SDM Ujire	St Aloysius, M'lore	ACPE Moodbidri	PPC Udupi	MU Campus Konaje	SBC Karkala	St.Philomena, Puttur
		Women	St Aloysius, M'lore	Dr.G.S.GWFGC,Udipi	SDM Ujire	B.B.Hegde Kundapura	SDMCBM,Mangalore	SSW, Roshni Nilaya	Besant Women's, M'lore	
Bali Badminton	Bhandarkar's Kundapura	Men	Alvas M'bidri	GFGC Vamadapadavu	Bhandarkar's Kundapura	BB Hegde, Kundapura	MPM GFGC,Karkala	UPMC, Manipal	FMKMC, Madikeri	Cauvery Coll, Virajpete
	SBC, Karkala	Women	Alvas M'bidri	SBC, Karkala	SVS Baniwal	SDM,Ujire	GFGC, Sullia	GFGC, Vamadapadavu	MPM GFGC, Karkala	GFGC, Pungskatte
Basketball	Dr.NSAM, Nitte	Men	Dr.NSAM, Nitte	Cauvery Coll,Gonikopp	St.Aloysius Malore	Cauvery Cole,Virajpet	MU Campus ,Konaje	St.Annes Virajpet	SPC ,Puttur	SSW Rosh Nilay,M'lore
	SSW, M'lore	Women	Alvas M'bidri	NSAMFGC,Nitte	MU Campus	St Anne's Coll,Virajpet	St Agnes College	St.Aloysias, M'lore	ACPE Moodbidri	SSW Rosh Nilay,M'lore
Best Phy.	St. Mary's, Shirva	Men	Alvas M'bidri	KVSMC, Katapady	SDMCBM,Mangalore	St. Mary's, Shirva				
Chess	GFGC,He'ri	Men	PPEC Udupi	S.D.M. Ujire	Dr.B B Hegde,Kundapura	Bhandarkar's Kundapura				
		Women	PPEC Udupi	Dr.B B Hegde,Kundapura	Sharda Coll,Basur	St.Aloy. M'lore				
Cricket	Umi Evening Col.M'lore	Men(MZ)	St.Philomena, Puttur	St. Aloy. M'lore	MU Campus	FMKMC, Madikeri				
	SMS Brahmavar	Men(UZ)	Alva's Moodbidri	SMS Brahmavar	Bhandarkar's Kundapura	SBC Karkala				
	SMS Brahmavar	Men(UZ)	Alva's Moodbidri	SMS Brahmavar	St. Aloy. M'lore	St.Philomena, Puttur				
	St. Aloy. M'lore	Women	G.F.G.C.W. Ajjarakada	SDMC, Ujire	St. Aloy. M'lore	SMS Brahmavar				
Cross Country	GFGC Haleyangadi	Men	Alvas Moodbidri	SDM Ujire	ACPE Moodbidri	Sri Ramakunja FGC Puttur				
		Women	Alvas Moodbidri	SDM Ujire	KSS Subramanya	DRNSAM FGC Nitte				
Football	SDMCBM,M'lore	Men(MZ)	St.Aloysius,M'lore	Meredian Ullal	FMKMC Madikeri	MU Campus				
	SDMCBM,M'lore	Men(UZ)	Meredian Ullal	St.Aloysius,M'lore	Alvas M'bidri	B.B.Hegde Kundapura				
	MPMC, Manipal	Men(UZ)	Alvas Moodbidri	B.B.Hegde Kundapura	PPC Udupi	SDPT,Kateel				
	ACPE, Moodbidri	Women	St.Aloysius,M'lore	Canara M'lore	SDM Ujire	ACPE, Moodbidri				
Handball	PPC,Udupi	Men	SDM Ujire	Alvas Moodbidri	MU CAMPUS	GFGC Vamadapadavu	ppc udupi	PPEC UDUPI	ACPE Moodbidri	Govindadasa College
	PPC,Udupi	Women	St. Aloysius Malore	Alvas Moodbidri	Dr.NSAM, Nitte	ACPE Moodbidri	St.Agnes College	PPC Udupi	St.Ann's College	MU Campus,Konaje
Hockey	FGC, Murad	Men	Cauvery Coll.Gonikopp	St.Aloy. M'lore	FMKMC, Madikeri	FGC,Muradu				
	Cauvery Coll, Gonikoppal	Women	FMKMC Madikeri	ACPE M'bidri	Alva's, M'bidri	Dr. NSAM Fr Gr Nitte				
Kabaddi	KSS Subramanya	Men(M.Z.)	SDM Ujire	MU Campus	St.Aloy. M'lore	NMC,Sullia				
	GFGC Thenkanidiyoor	Men(U.Z.)	Alvas M'bidri	GFGC Thenkanidiyoor	GFGC, Hiriadka	Bhandarkar's Kundapura				
	GFGC Thenkanidiyoor	Men(UZ)	SDMC Ujire	Alvas M'bidri	GFGC Thenkanidiyoor	MU Campus				
	Vijaya College,Mulki	Women	Alvas M'bidri	SDMC Ujire	ACPE, Moodbidri	GFGC Carstreet	Vidyaashmi FGC	Vijaya Coll,Mulki	GFGC Vamadapadavu	MU Campus
Kho Kho	GFGC,Vamadapadavu	Men	Alvas, M'bidri	ACPE M'bidri	MU Campus	GFGC, Vamadapadavu	GFGC, Carstreet	MPMGFGC, Karkala	GFGC Puttur, Hdekal	SMS Coll, Brahmavara
	GFGC(W), Puttur	Women	Alvas, M'bidri	ACPE M'bidri	SDM Coll. Ujire	GFGC, Vamadapadavu	GFGC Jidekall puttur	S.R.F.G.C Ramakunja	VC Puttur	GFGC (W) Puttur
Powerlifting	SRSMNGFGC,Barkur	Men	Alvas, M'bidri	SRSMNGFGC, Barkur	St.Aloysius ,Mangalore	Crossland College				
		Women	Alvas M'bidri	SDM Ujire	ACPE M'bidri	GFGC Ajjarakada				


 Director of Physical Education
 Mangalore University
 Mangalore, Kerala - 574 002


MANGALORE UNIVERSITY
Accredited with NAAC with 'A' Grade
DEPARTMENT OF PHYSICAL EDUCATION

Dr. Kishore Kumar C.K.
Director

Mangalagangothri- 574 199
DK Dist., Karnataka State
Phone: 0824-2287 265 (O)
0824-2287 204 (O)
Date: 25.03.2019

No. MU/DPE/ 1660 /2018-19

To:

Principal,
Crossland College
P.B.No.7, Brahmavar - 576 213
Udupi Dist

Dear Sir,

We are proud to state that Mangalore University has been conducting various activities towards the overall development of its students in the fields of sports, research and cultural activities. The Department of Physical Education in addition to providing a conducive training atmosphere to the sports persons, also felicitates the distinguished sportspersons every year. This year also a program to honour the proud sportspersons of our University who have brought laurels to our university in the Inter-University, National and International competitions has been scheduled on the 08th April 2019, at 2.00 PM. at Mangala Auditorium, Mangalagangothri. Prize winners are requested to report at 1.30 P.M. Lunch will be arranged for all the Invitees, Prize Winners, Physical Education Directors & Coaches of Mangalore University.

In this regard, I request you to send the below mentioned Sportsperson along with the Physical Education Director of your College who has also strived towards the best performance displayed by the Sportsperson, Here is the list of the student and Physical Education Director of your institution who would be felicitated on the above said date:

Name of the Sports Persons and Physical Education Director

Mr. Biju Jacob. K, Physical Education Director

Sl. No.	Name of Students	Event	Position	Cash Prize
01.	Pradyumna Holla K S (120kg category)	Power Lifting Squat: 302.5	Inter Collegiate NMR.	1,000.00

Hoping for an Optimistic reply.

Thanking you,

To Mr. Biju Jacob

[Signature]
28/3/19

Yours sincerely,

[Signature]
Director of Physical Education
Mangalore University
Mangalagangothri, D.K. - 574 199

GOVERNMENT OF KARNATAKA
Department Of Collegiate Education



**Smt. RUKMINI SHEDTHI MEMORIAL NATIONAL
GOVERNMENT FIRST GRADE COLLEGE, BARKUR.**

*Mangalore University Level Inter Collegiate
Men Throw Ball Tournament-2019*

Certificate of Merit

*This is to Certify that.....Sandeep.....S.....of
.....Crossland College.....has Secured.....Third.....
Place / participated in the Throw Ball Tournament for men organized by our college
on 06-03-2019.*

Ashwini A.
Smt. Jayabharathi. A
CONVENOR

V. Vasanthraj Shetty. K
Prof. Vasanthraj Shetty. K
PRINCIPAL

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MANGALORE UNIVERSITY

Accredited by NAAC with 'A' Grade

MANGALAGANGOTHRI - 574 199

Certificate of Merit

is is to certify that MR. PRADYUMNA HOLLA K S of
Crossland College, Brahmavara has secured First place in
Mangalore University Inter-collegiate Power Lifting (120 kg)
ornament / Competition held at S.R.S.M.N.G.F.G.C. Bankur
30 January 2019 Performance: 302.5 + 110 + 250 = 662.5
(NMR)


Convener
MUIC Competition


Director of Physical Education
Mangalore University

VISION
To Evolve as a National Centre of Advanced Studies and to Cultivate Quality Human Resource
MISSION
To Provide Excellent Academic, Physical, Administrative, Infrastructural and Moral ambience.
To Promote Quality and Excellence in Teaching Learning and Research.
To Preserve and promote uniqueness and novelty of regional languages, folklore, art and culture.
To Contribute towards building a socially sensitive, humane, inclusive society.
To Cultivate critical thinking that can spark creativity and innovation.



Gamatics

STEPP Karnataka 2018

This Certificate is presented to

PRADYUMNA HOLLA

*In recognition of his/her excellence, efforts and achievements in sports and
winning the award*

TOP SPORTS TALENT OF KARNATAKA 2018

Congratulations on your achievements!



NSR
CEL

KHEL.
FOUNDATION

Shantala S Patil
Director, Gamatics India Pvt Ltd.

KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to : Indian Powerlifting Federation, Jamshedpur
Recognised by : Dept. of Youth Services & Sports, Govt. of Karnataka
AMBIKA NIVAS, K.C. ROAD, KUDROLI, MANAGALORE - 575 003.



Certificate of Merit

This is to certify that **Pradyumna Holla**
of **Body Zone, Kota**
has secured **First** place in **105** Kg. weight class
at the Karnataka State **Junior** Powerlifting
Championships held at **Kannada Bhavan, Hubli**
from **07/09/2018** to **09/09/2018**

Performance :

Squat **250.0** Kgs.
B/Press **140.0** Kgs.
D/Lift **250.0** Kgs.
Total **640.0** Kgs.


Date of Birth **19-06-1998**

Records

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Meet Director


Hon. Secretary


President

KARNATAKA POWERLIFTING ASSOCIATION (R)

Affiliated to : Indian Powerlifting Federation, Jamshedpur
Recognised by : Dept. of Youth Services & Sports, Govt. of Karnataka
AMBIKA NIVAS, K.C. ROAD, KUDROLI, MANAGALORE - 575 003.



Certificate of Merit

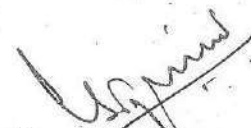
This is to certify that **K S Pradyumna Holla**
of **Body Zone, Kola**
has secured **First** place in **105** Kg. weight class
at the Karnataka State **Junior Bench Press** Powerlifting
Championships held at **Kannada Bhavan, Hubli**
from **07/09/2018** to **09/09/2018**

Performance :

Squat Kgs.
B/Press **140.0** Kgs.
D/Lift Kgs.
Total Kgs.

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Records


Meet Director


Hon. Secretary


President