

**S.D.M. LAW COLLEGE & CENTRE FOR POST GRADUATE STUDIES AND
RESEARCH IN LAW, MANGALORE-575003**



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



**ACHIEVEMENTS AND PARTICIPATION IN KARNATAKA STATE LAW UNIVERSITY
INTER COLLEGIATE TOURNAMENTS**

2019-20

THE FORCE BEHIND THE SUCCESS



Dr. Tharanath,
BA.(Law) LL.M Ph.D, NET.
Principal / Director



S.D.M LAW COLLEGE, MANGALORE

Dept of Physical Education and Sports

Hearty Congratulations

Ms. Nisha - 1st year BA., LL.B



**Secured Second Place
in Asian Continental
Rope Skipping Championship
held on 20th & 21st July 2019
at Thailand**

Ms. Flarvisha Manteiro

1st year BA., LL.B



**Secured Silver Medal in
High Jump at Karnataka State
Inter District Junior
Athletic Championship
held from 23rd to 25th August 2019
at Udupi**

Principal, Staff & Students

ACHIEVEMENTS

VOLLEYBALL-MEN

College Volleyball men team has secured THIRD PLACE with the following players in K.S.L.U. Inter Collegiate tournament conducted by Govt Law college, Hassan on 18th and 19th Sep 2019.



Thrijesh,Dileep,Nishank,AnanthaPadmanabha,Laxman,Prabhav,Rameez,Rahul,Sheldon and Ajay

CHESS- WOMEN

College Chess Women team has secured FIRST PLACE with the following players in K.S.L.U. Inter Collegiate Chess tournament conducted by VaikuntaBaliga College of law,Udupi on 30th and 31st August 2019.



Shalon(Captain), Glancia,Pavithra and Swathi Baliga

CHESS- MEN

College Chess Women team has secured **THIRD PLACE** with the following players in K.S.L.U. Inter Collegiate Chess tournament conducted by VaikuntaBaliga College of law,Udupi on 30th and 31st August 2019.



Druva(Captain),Dighanth,Snigdh,Prakash,Shishir

VOLLEYBALL

College Volleyball Women team has secured **FIRST PLACE** with the following players in K.S.L.U. Inter Collegiate tournament conducted by R V College of law,Bangaluru on.



Krithika(Captain),VasudaRao,Yashaswini,Adithi,Harshitha,Sanjana,Thripthi and Arya Santhosh

TENNICOIT

CollegeTennikpitWomen team has secured **FIRST PLACE** with the following players in K.S.L.U. Inter Collegiate tournament conducted bySheshadripuram Law college,Bangaluru on 12th and 13th March 2020 .



Pallikumari(Captain),Madhura Shenoy,Swasthi Shetty, Anushree and Bhoomika

KABADDI

College Kabaddi men team has secured **SECOND PLACE** with the following players in K.S.L.U. Inter Collegiate tournament conducted by BLDE Law college,Jamakhandi on 7th and 8th November 2019 .



Thrijesh(Captain),Dilip,Laxman,AbdulKhader,Mohd,Haneen,Ashlesh,Pawan Kumar,Hrithik,Chirag Shetty and Mohd,Shihad

CRICKET

College Cricket men team has lost in Pre-Quarter Finals with the following players in K.S.L.U. Inter Collegiate tournament Held at Chitradurga



KishanG(Captain),Shreyas,Rakesh,Monish,Sanath,Laxman,Rabiy,Rashid,Thrijesh,Mrinal,Thashi,Sheldon,Adithya,Musthafa and Nirmal

TABLE TENNIS

College Table Tennis women team has secured FOURTH PLACE with the following players in K.S.L.U. Inter Collegiate tournament Organised by SJRC Bangaluru .



Aryashree(Captain),Vasuda Rao,Thanima and Rincy

TABLE TENNIS

College Table Tennis men team has lost in Second Round with the following players in K.S.L.U. Inter Collegiate tournament Organised by SJRC Bangaluru .



Mohammed Monish(Captain),Tarun,AkashN,Sunil

FOOTBALL

College Football men team has secured **FOURTH PLACE** with the following players in K.S.L.U. Inter Collegiate tournament Organised JSS Law college, Mysuru.



MohdRayeef(Captain),Sujan,Afeef,Munash,Abdullah,Shivachandran,SheldonTharun Shetty, Abhiram,Jishnu,Mrinal,Thashi,PrinceHarshith

THROW BALL

College Throwball Women team has secured **SECOND PLACE** with the following players in K.S.L.U. Inter Collegiate tournament conducted by Sheshadripuram Law college, Bangalore on 12th and 13th March 2020 .



Sushma(Captain),Lakshmita,Yashaswini,MadhuraShenoy,,Sanjana,Thrupthi,Sushmitha,Vinyashree,Bhoomika,Anushree,Pal likumari and Swasthi Shetty

SHUTTLE BADMINTON-(WOMEN)

College Badminton Women team has secured **FIRST PLACE** with the following players in K.S.L.U. Inter Collegiate tournament conducted at on 12th and 13th March 2020 .



NishaMachamma(Captain),Madhura Shenoy and Nimna

SHUTTLE BADMINTON

College Badminton men team has lost in first round with the following players in K.S.L.U. Inter Collegiate tournament conducted at on 12th and 13th March 2020 .



Mr.Sujan V Ullal, Mr.VarunMr.Sanketh, Mr.Kiran Kumar and Mr. Antony

INTER CLASS COMPETITIONS
ANNUAL SPORTS MEET – 2019-20

The college Annual sports meet was held on February 24th 2020 at Mangala stadium, Mangalore. Sri. **SRI. Bharath kumar Jain, Former Physical Director, SDM College of Business Management, Mangaluru** inaugurated the Sports Meet. **Dr. Tharanath**, Principal, Presided over the programme.



Speech by the Chief Guest



March Past



March Past



Faculty



Flag Hoisting



Oath Taking



Assembled for Marchpast

ANNUAL SPORTS MEET – 2019-20
LIST OF THE PRIZE WINNERS
(MEN SECTION)
Date of the Competition 24/02/2020

<u>Event</u>	<u>Name of the Athlete</u>	<u>Class</u>	<u>Place Secured</u>
100 mts	Ashish P Suvarna	2nd BBA.LLB	Gold
	Prathush	3 rd BA.LLB	Silver
	Harshith S	2nd BA.LLB	Bronze
200 mts	Ashish P Suvarna	2nd BBA.LLB	Gold
	Vishnu	1 st BA.LLB	Silver
	AfeefAhammed Ali	3 rd BA.LLB	Bronze
400 mts	Vishnu	1 st BA.LLB	Gold
	Abdulla Kurical Shareef	4 th BBA	Silver
	AfeefAhammed Ali	3 rd BA.LLB	Bronze
800 mts	NithinCuvello	3years Final	Gold
	Harshanth		Silver
	AthulKhadirShamun	3 rd BBA.LLB	Bronze
1500 mts	NithinCuvello	3years Final	Gold

	AntoJohnny	2nd BA.LLB	Silver
	Athul Babu K	1st BBA.LLB	Bronze
Long Jump	Harshith S	2nd BA.LLB	Gold
	Kushal	1st BA.LLB	Silver
	Prathush	3rd BA.LLB	Bronze
Shot Put	Adithya Rao	4th BBA	Gold
	Sanketh Kamath	4th BBA	Silver
	Pradeep N	4th BA. LLB	Bronze
Discuss throw	Pradeep N	4th BA. LLB	Gold
	SujanUllal	4th BBA	Silver
	Sreewin K V	4th BA. LLB	Bronze
Triple Jump	NithinCuvello	3years Final	Gold
	Kushal	1st BA.LLB	Silver
	Prathush	3rd BA.LLB	Bronze
High Jump	Clinton Cardoza	5th BA.LLB	Gold
	NithinCuvello	3years Final	Silver
	Anil	4th BBA	Bronze
4x100mts Relay	1. 2 3. 4.	2nd Year BA,LLB (B-Section)	Gold
	1. 2. 3 4.	3rd Year BA,LLB (B-Section)	Silver
	1. 2. 3. 4.	2nd Year BBA,LLB	Bronze

ANNUAL SPORTS MEET – 2019-20
LIST OF THE PRIZE WINNERS
(WOMEN SECTION)

Date of the Competition 24/02/2020

<u>Event</u>	<u>Name of the Athlete</u>	<u>Class</u>	<u>Place Secured</u>
100 mts	Nisha	1st BA.LLB	Gold
	Pallavi	3years Final	Silver
	Niveditha	1st BA.LLB	Bronze
200 mts	Flarvisha	1st BA.LLB	Gold
	Apeksha	2nd BBA.LLB	Silver
	Sharanya	1st BBA.LLB	Bronze
400 mts	Pallavi	3years Final	Gold
	Geethanjali	5th BA.LLB	Silver
	Ashwini D Souza	2nd year LL.B	Bronze
800 mts	Aryashree	3rd BBA.LLB	Gold
	Pallavi	3years Final	Silver
	Rakshitha	3rd BA.LLB	Bronze
1500 mts	3rd BA.LLB	4(5) A	Gold
	Carol	1st year LL.B	Silver
	Deepashree	2nd BA.LLB	Bronze
Cricket Ball Throw	Rashmi	4thBBA	Gold
	Nisha Machamma	5th BA.LLB	Silver
	Nisha	1st BA.LLB	Bronze
Long Jump	Flarvisha	1st BA.LLB	Gold
	Sushana	2nd BBA.LLB	Silver
	Aryashree	3rd BBA.LLB	Bronze
Shot Put	Sowbhagya	2nd year LL.B	Gold
	NimnaThangamma	1st BBA	Silver
	Nisha Machamma	5th BA.LLB	Bronze
Discuss throw	Prakrithi	1st BBA.LLB	Gold

	Sushana	2nd BBA.LLB	Silver
	Nisha Machamma	5 th BA.LLB	Bronze
Triple Jump	Sushana	2nd BBA.LLB	Gold
	Shreelakshmi	5 th BA.LLB	Silver
	Ashwini D Souza	2 nd year LL.B	Bronze
High Jump	Flarvisha	1 st BA.LLB	
	Apeksha	2nd BBA.LLB	
	Raihana	3years Final	
4x100mts Relay	1. 2. 3. 4.	1 st Year BA.LLB (A-Section)	Gold
	1. 2. 3. 4.	3 rd Year BA.LLB	Silver
	1. 2. 3. 4.	2 nd Year BBA.LLB	Bronze

PRIZE WINNERS IN INTER CLASS SPORTS AND GAMES 2019-20
MEN SECTION

SL. NO	NAME OF THE EVENT	WINNERS	RUNNERS	Date of the Competition
1	Chess	Nanda Gopal -2 nd year BA,.LLB-A Sec	Druva-1 st year BA,.LLB- A Sec	26/07/2019
2	Football	3 rd year BBA,.LLB	4 th year BBA,.LLB	14/07/2019
3	Cricket	2 nd year BA,.LLB	1 st year BA,.LLB	08/08/2020

WOMEN SECTION

SL. NO	NAME OF THE EVENT	WINNERS	RUNNERS	Date of the Competition
1	Chess	Pavithra-2 nd year BA,.LLB	SwathiBaliga-3 rd year BBA,.LLB	26/07/2019
2	Throw ball	2 nd year BBA,.LLB	1 st year BBA,.LLB	06/11/2019






March Past winners - 1st Place- 4th Year BBA,LL.B





2nd Place-1st year BA,.LLB- “A” Section


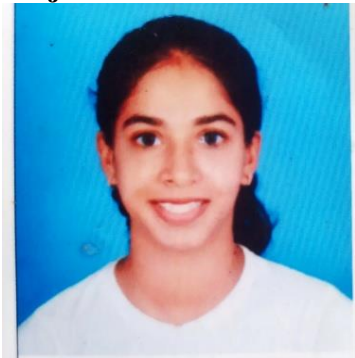

3rd Place-2nd year BBA,.LLB

**UNIVERSITY REPRESENTATIVES IN VARIOUS SPORTS AND GAMES IN THE YEAR
2019-20**

1.	Thrijesh- 2nd year BA,LLB 	Represented Karnataka state Law university in Volley Ball
2	Dilip Kumar-2nd year BA,LLB 	Represented Karnataka state Law university in Volleyball
3	Mohammed Rameez-3rd year BBA,LLB 	Represented Karnataka state Law university in Volleyball
4	Yashaswini-2nd year BA,LLB 	Represented Karnataka state Law university in Volleyball
5	Flarvisha Monteiro—Ist year BALLB 	Represented Karnataka State Law University in Athletics
6	Pawan Kumar-Ist year LLB	Represented Karnataka State Law

		University in Athletics
7	Mohammad Haneen - IstyearBA LLB 	Represented Karnataka State Law University in Badminton
8	Sujan V Ullal - 4th year BBA LLB 	Represented Karnataka State Law University in Badminton
9	Varun B H-1st year LLB 	Represented Karnataka State Law University in Badminton
10	Nisha Machamma- 5th year BA,LLB 	Represented Karnataka State Law University in Badminton
11	NimnaThangamma -1st year BBA,LLB	Represented Karnataka State Law University in Badminton

		
12	Kishan G-2nd year BA,LLB 	Represented Karnataka State Law University in Cricket
13	Mohammed Rayeef- 2nd year LLB 	Represented Karnataka State Law University in Football
14	Jishnu-5th year BA,LLB 	Represented Karnataka State Law University in Football
15	Mohammed Kurical Shareef-4th year BBA,LLB 	Represented Karnataka State Law University in Football
16	Swathi Baliga-5th year BBA,LLB 	Represented Karnataka State Law University in Badminton

		
17	Sanjana R Naik 	Represented Karnataka State Law University in Wrestling
18	Shalon Jonne Pais 	Represented Karnataka State Law University in Chess

Individual Champions in Annual Sports Meet in Men section is--

1.Mr. Nithin Cuvello (Final Year 3 Years LLB)

Individual Champion in Annual Sports Meet – Women section

1.Ms. Flarvisha(First Year B.A.,LL.B)

Sports Quiz on National Sports day on 29th August

1. During heavy exercise the supply of blood increases towards-----
 - A. Skin
 - B. Heart
 - C. **Skeletal Muscles**
 - D. Brain
2. What is the percentage of muscles in the body?
 - A. 60%
 - B. 80%
 - C. **40%**
 - D. 100%
3. Incase of sprain, the immidiate treatment recommended is-----
 - A. **Cryotherapy**
 - B. Heat Therapy
 - C. Hydrotherapy
 - D. None of the above
4. The following treatment is applied in case of excess bleeding----
 - A. RICE therapy
 - B. Electrotherapy
 - C. Massage
 - D. **Tourniquet**
5. Who is called the Father of Sports Madicine?

- A. Pierre de Coubertin
 - B. **Herodicus**
 - C. Dr.J C Kennedy
 - D. Guru Dutt Sondhi
6. A well trained muscle fibre in a resting state is-----
- A. **Loose and Flexible**
 - B. Taut and rigid
 - C. Flaccid and tensionless
 - D. Long and thin
7. How many hours before the competition should athletes have Carbohydrate-loading?
- A. 2 – 4 hours
 - B. **3 - 6 hours**
 - C. 4 – 5 hours
 - D. 7 – 10 hours
8. Who of the following category of athletes genrally resort to blood doping?
- A. Swimmers
 - B. Football players
 - C. Gymnasts
 - D. **Endurance Athletes**
9. Muscular strength is improved with a maximum of 3 days per week training with 8 to 10 exercises for major muscle groups with-----
- A. 2 – 5 repetitions
 - B. 7 – 10 repetitions
 - C. **12 – 15 repetitions**
 - D. 8 – 10 repetitions
10. Commonly called Aerobic Capacity Training, the Cardiovascular Endurance training should be done 3 – 5 days a week for lasting over 20 minutes at an intensity ranging from -----
- A. **60 – 90% of maximal heart rate**
 - B. 10 – 30% of maximal heart rate
 - C. 50 – 80% of maximal heart rate
 - D. 40 – 70 % of maximal heart rate
11. Systematic weight training may lead to tramendous development in-----
- A. Aerobic Power
 - B. Strength- Endurance
 - C. Reaction time
 - D. **Muscular Strength**
12. The only way to build muscles and lean body mass is to engage in-----
- A. Circuit training
 - B. Weight training
 - C. Fartlek training
 - D. **Strength training**
13. The most important factor in sprinting races are-----
- A. Athletics’ Heart
 - B. **Kind and Quality of muscle fiber**
 - C. Aerobic power
 - D. Muscle power
14. The first Asian Games were held in-----
- A. **India**
 - B. China
 - C. Thailand
 - D. Japan
15. Olympiad refers to-----
- A. Olympic medal
 - B. Olympics
 - C. **Period between two Olympics**
 - D. Place in Greece
16. National game of India is-----
- A. **Hockey**
 - B. Kho-Kho
 - C. Cricket

- D. Kabaddi
17. Who was the first person to receive “Rajiv Gandhi Khel Rathna” Award?
A. Sachin Tendulkar
B. Leander Peas
C. Marry Kom
D. **Viswanathan Anand**
18. The Olympic Motto ‘Fortius’ means-----
A. **Stronger**
B. Faster
C. Higher
D. Non of the above
19. In which Sports dislocation of players shoulder are most frequent?
A. **Judo**
B. Karate
C. Boxing
D. Soccer
20. Incomplete fracture of a long bone is technically called-----
A. Impacted fracture
B. Stress fracture
C. **Green stick**
D. Oblique fracture

FALICITATION TO SPECIAL ACHIEVERS

1.Nisha (Rope skipping)- 2nd B.A.,LLb

Represented India and secured Second place in Asian Continental Rope skipping Championship held at Thailand

2.Bhoomika H Kumar-(Karate)- 5th B.A.,LLb

Secured 1st place in Individual kumite Black Belt category in 37th Budokan Do India National karate championship 2019.She also Secured Female Grand Champion in 31st Inter Dojo Karate Championship 2020.

3.Flarvisha Montero- (Athletics)) - 2nd B.A.,LLb

Secured Second place in High jump in state Junior Athletic meet 2021 and Secured Fourth place in 18th National Federation Cup JUNIOR UNDER 20 Athletics Championship 2021, held at Bhopal, Madhya Pradesh and selected for Khelo India Competition.She is also qualified for 36th junior Nationals Athletics championship 2021 to be held at Assam.

45. Late Shailesh Memorial Trophy for Best Out going sports person 2019-20
Shalon Pais 5th Year B.A.,LLB

1. Secured 4th place in National Fide Rated Womens Championship, held at Sangli 2017.
2. Secured 3rd place in state under 19 championship.
3. Secured 10th place in All India open Fide Rated chess championship, held at Manipal.
4. Secured 1st place in Eaden Open Floodlight , conducted by Eaden club foundation 2017.
5. Secured 2nd place in Eaden Open Floodlight , conducted by Eaden club foundation 2016.
6. Represented Karnataka State Law University 3 times at South Zone Inter University tournament.
7. As a captain Represented college team for 05 years and secured Championship.

UNIVERSITY REPRESENTATIVES IN VARIOUS SPORTS AND GAMES IN THE YEAR 2019-20

1.	Thrijesh- 2nd year BA,LLB	Represented Karnataka state Law university in Volley Ball
2	Dilip Kumar-2nd year BA,LLB	Represented Karnataka state Law university in Volleyball
3	Mohammed Rameez-3rd year BBA,LLB	Represented Karnataka state Law university in Volleyball
4	Yashaswini-2nd year BA,LLB	Represented Karnataka state Law university in Volleyball
5	Flarvisha Monteiro—IstyearBALLB	Represented Karnataka State Law University in Athletics
6	Pawan Kumar-Istyear LLB	Represented Karnataka State Law University in Kabaddi
7	Mohammad Haneen - IstyearBA LLB	Represented Karnataka State Law University in Kabaddi
8	Sujan V Ullal - 4th year BBA LLB	Represented Karnataka State Law University in Badminton
9	Varun B H-1st year LLB	Represented Karnataka State Law University in Badminton
10	Nisha Machamma- 5th year BA,LLB	Represented Karnataka State Law University in Badminton

11	NimnaThangamma -1 st year BBA,LLB	Represented Karnataka State Law University in Badminton
12	Kishan G-2 nd year BA,LLB	Represented Karnataka State Law University in Cricket
13	Mohammed Rayeef- 2 nd year LLB	Represented Karnataka State Law University in Football
14	Jishnu-5 th year BA,LLB	Represented Karnataka State Law University in Football
15	Mohammed Kurical Shareef-4 th year BBA,LLB	Represented Karnataka State Law University in Football
16	Swathi Baliga-5th year BBA,LLB	Represented Karnataka State Law University in Chess
17	Sanjana R Naik	Represented Karnataka State Law University in Wrestling
18	Shalon Jonne Pais	Represented Karnataka State Law University in Chess

Individual Champions in Annual Sports Meet in Men section is--

1.Mr. Nithin Cuvello (Final Year 3 Years LLB)

Individual Champion in Annual Sports Meet – Women section

1.Ms. Flarvisha (First Year B.A.,LL.B)

PRIZE WINNERS IN INTER CLASS SPORTS AND GAMES 2019-20
MEN SECTION

SL. NO	NAME OF THE EVENT	WINNERS	RUNNERS
1	Chess	Shrivathsa Bhat 3(3)	Nanda Gopal -2 nd year BA,LLB-A Sec
2	Football	3 rd year BBA,LLB	4 th year BBA,LLB
3	Cricket	2 nd year BA,LLB	1 st year BA,LLB

WOMEN SECTION

SL. NO	NAME OF THE EVENT	WINNERS	RUNNERS
1	Chess	Pavithra-2 nd year BA,LLB	SwathiBaliga-3 rd year BBA,LLB
2	Throw ball	2 nd year BBA,LLB	1 st year BBA,LLB

4x100mts Relay		1 st Year BA.LLB (A-Section)	Gold
----------------	--	--	------

(WOMEN)			
	.	3rdYear BA.LLB	Silver
		2ndYear BBA.LLB	Bronze

4x100mts Relay (MEN)		2nd Year BA,LLB (B-Section)	Gold
		3rd Year BA,LLB (B-Section)	Silver
		2nd Year BBA,LLB	Bronze

March Past winners - 1st Place- 4th Year BBA,LL.B

2nd Place-1st year BA,.LLB- “A” Section

3rd Place-2nd year BBA,.LLB

.....

SPORTS ACHIEVEMENTS

2019-20

S.D.M LAW COLLEGE, MANGALORE

Dept of Physical Education and Sports

Hearty Congratulations

Ms. Nisha - 1st year BA., LL.B



Secured Second Place in Asian Continental Rope Skipping Championship held on 20th & 21st July 2019 at Thailand

Ms. Flarvisha Manteiro
1st year BA., LL.B



Secured Silver Medal in High Jump at Karnataka State Inter District Junior Athletic Championship held from 23rd to 25th August 2019 at Udupi

Principal, Staff & Students

VOLLEYBALL RUNNERS



Held at: Govt Law College, Hassan on 18th and 19th Sep 2019.
Thrijesh, Dileep, Nishank, AnanthaPadmanabha, Laxman, Prabhav, Rameez, Rahul, Sheldon and Ajay

CHESS WINNERS



Held at: VaikuntaBaliga College of law,Udupi on 30th and 31st August 2019.
Shalon (Captain), Glancia,Pavithra and Swathi Baliga

CHESS THIRD PLACE



Held at: VaikuntaBaliga College of law,Udupi on 30th and 31st August 2019.
Druva (Captain), Dighanth, Snigdha, Prakash, Shishir

**VOLLEYBALL
WINNERS**



Held at: R V College of law,Bangaluru
Krithika(Captain),VasudaRao,Yashaswini,Adithi,Harshitha,Sanjana,Thripthi and Arya Santhosh

**TENNIKOIT
WINNERS**



Held at: Sheshadripuram Law college,Bangaluru on 12th and 13th March 2020 .
Pallikumari(Captain),Madhura Shenoy,Swasthi Shetty, Anushree and Bhoomika

KABADDI RUNNERS



Held at: BLDE Law college, Jamakhandi on 7th and 8th November 2019
Thrijesh(Captain),Dilip,Laxman,AbdulKhader,Mohd,Haneen,Ashlesh,Pawan Kumar,Hrithik,Chirag Shetty and
Mohd,Shihad

THROW BALL RUNNERS



Held at: Sheshadripuram Law college,Bangaluru on 12th and 13th March 2020 .
Sushma(Captain),Lakshmita,Yashaswini,MadhuraShenoy.,Sanjana,Thrupthi,Sushmitha,Vinyashree,Bhoomika,Anushree
Pallikumari and Swasthi Shetty

BADMINTON WINNERS



Held on 12th and 13th March 2020 .
NishaMachamma (Captain), Madhura Shenoy and Nimna

2021-22
CHESS
THIRD PLACE



Held at : KPES., Law College Dharwad on 5th July 2022
Druva(Captain),Srirama, Sahithya Chowta,Dale Lester D'Souza and Gurunath

TENNIKOIT
WINNERS



Held at : CBR National Law College ,Shivamogga on 7th & 8th September 2022 .Sanjana,
Bhagyashree, Yashaswini,Shravya,

FOOTBALL WINNERS



BMS College of Law, Bengaluru on 16th & 17th September 2022.
Abdul Kurikal Shareef (Captain), Afeef, Prince, Sheldon, Abhiram, Harikrishnan, Pratham, Rahul Shetty, Mazin, Anto Johny, Mohd. Afrid, Vyshnav, Akshay, Ananth and Prashant

THROW BALL WINNERS



CBR National Law College ,Shivamogga on 7th & 8th September 2022 .
Lakshmitha(Captain), Sanjana, Bhagyashree, Yashaswini, Shravya, Janya, Rakshitha, Thasyashree, Thrupthi, Prakruthi & Chaitanya.

BADMINTON RUNNERS



Held at: St'Josephs College of Law, Bengaluru on 10th and 11th August 2022
Mr.Varun P.H, Mr.Sathvik Sharma, Mr.Seldon Tauro, Mr.Mohd.Haneen & Mr.SushanthMs.Nisha, Ms.Nimna
Thangamma and Ms.Dhruvi Patel.

2022-23

**BASKET BALL
RUNNERS**



Held at : Kristu Jayanthi college of Law, Bangaluru on 21st December 2022
Inchara (Captain), Sanjana Naik, Nimna Thangamma, Simsa, Thripathi, Shravya and Dhruvi

**TENNICOIT
THIRD PLACE**



Held at : Vunki Sannarudrappa Law college, Ballari on 7th March 2023
Yashaswini (Captain), Shravya, Prathika and Anusha

**TABLE TENNIS
 RUNNERS**



Held at: B V Bellad law college, Belgavi on 25th July 2023
Bhagyashree (Captain), Thanvitha and Deepthi

**THROW BALL
 RUNNERS**



Vunki Sannarudrappa Law college, Ballari on 7th March 2023
 Thrupthi (Captain), Yashaswini, Sanjana, Bhagyashree, Shravya, Rakshitha, Prakruthi, Rishika, Yashaswini,
 Joshwitha, Anusha, Prathika and Nisha

BADMINTON RUNNERS



S J M Law College, Chitradurga on 3rd and 4th July 2023
 Ms.Nisha (Captain), Ms.Nimna Thangamma and Bindushree

2023-24

**BASKET BALL
RUNNERS**



Held at : Ramaiah college of Law, Bengaluru on 10th and 11th January 2024
Sanjana R Naik, NimnaThangamma T N, B.SimsaGanapathy, Harshitha, Tripthi K, Shravya,
Dhruvi V Patel

**CHESS-MEN
WINNERS**



Held at : BLDE Law College, Jamakhandi on 27th June 2024
Gurunath (Captain), Dhruv, Rahul , Thushar and Mohd Sahik

KABADDI RUNNERS



Held at : Government Law College, Hassan on 13th February 2024.
Shravya, Limitha K, Sanjana Shetty, Archana Dency, Hithakshi, Manvitha K, Shreya Madhusudhan, Satvika J,
Aishwarya M, Shrinidhi, Shri Raksha, Raksha B

VOLLEYBALL THIRD PLACE



Held at : Saraswathi Law College, Chitradurga on 6th August 2024
Harshitha (Captain), Sanjana, Bhagyashree, Varsha Raja, Renita, Shamma, Mahima and Wilma

**TABLE TENNIS
WINNERS**



Held at : Seshadripuram Law College, Bengaluru on 13th June 2024
Bhagyashree (Captain), Prashasthi Shetty and Pramayi Jai

**FOOTBALL
RUNNERS**



Held at: J S S Law College, Mysore on 22nd and 23rd February 2024
Abhiram, Mohammed Afrid, Vyshnav , Akshay, Harikrishnan, Pratham, Rahul, Prabesh , Dhruv, Manvith, Emmanuel
Judy, Tushar R, Ananth J Menon, Prashanth, A P Yatin Chengappa

THROW BALL RUNNERS



VBCL Udupi, on 6th March 2024

Sanjana R Naik, Bhagyashree B.K, Shravya, Rakshitha D, Rishika K, Yashaswini. Nisha, Preethi Dixit, Kalpitha L, Nisha, NimnaThangamma T N, Lisha Remediasqueira

BADMINTON RUNNERS



SDM Law College, Mangaluru on 5th and 6th July 2024
 Ms.Nisha (Captain) , Ms.Nimna Thangamma and Bindushree

ATHLETICS CHAMPIONS



Held at: R N Shetty stadium, Dharwad on 25th and 26th July 2024

Achievements

- 1. Arjun D K** -Shotput (Gold Medal), Discuss Throw (Gold Medal)
- 2. Dhruv Rajesh Nayak** -High Jump (Silver), 100Mts (Bronze Medal, 4x100Mts Relay (Gold)
- 3. Mohammad Shahad** -200 Mts (Silver Medal), 4x100Mts Relay (Gold Medal)
- 4. Aadithyan Mathew** -400 Mts (Silver Medal), 4x100Mts Relay (Gold Medal)
- 5. Pratham Shetty** -4x100Mts Relay (Gold Medal)

ATHLETICS CHAMPIONS



Held at: R N Shetty stadium, Dharwad on 25th and 26th July 2024

Achievements

- 1. **Flarvisha Velisha Monteiro**-High Jump (Gold Medal with New Meet Record)
Long Jump (Gold Medal), 4x100Mts Relay (Gold Medal with New Meet Record)
- 2. **Bindushree S**-1500 Mts (Gold), 800Mts (Gold) 4x100Mts Relay (Gold with New Meet Record)
- 3. **Prashasthi Shetty**-400 Mts (Gold).4x100Mts relay (Gold Medal with New Meet Record)
- 4. **Nisha** -100 Mts (Bronze Medal), 4x100Mts Relay (Gold Medal with New Meet Record)
- 5. **Sathwika J**-4x100Mts Relay (Gold Medal with New Meet Record)