

| <b>YEAR</b> | <b>NAME OF THE STUDENTS</b> | <b>CLASS</b>  | <b>GAME</b>         | <b>ACHIEVEMENTS</b>   |
|-------------|-----------------------------|---------------|---------------------|---|
| 1980-81     | <b>Mr.BASAVARAJ</b>         | <b>I MSW</b>  | <b>WRESTLING</b>    | <ul style="list-style-type: none"> <li>• In the sporting history of Roshni Nilaya, participated and won second position in District Level Wrestling Competition on January 1980.</li> <li>• Participated and won Best Player Awarded in District Level Kabaddi Tournament.</li> </ul> |
| 1981-82     | <b>Mr.BASAVARAJ</b>         | <b>II MSW</b> | <b>WRESTLING</b>    | <ul style="list-style-type: none"> <li>• Participated and won Best Wrestler at State Level Wrestling Competition.</li> <li>• Participated and won Best Catcher Awarded District Level Kabaddi Tournament.</li> </ul>  |
| 1982-83     | <b>Ms.SUDHA MUTHAPPA</b>    | <b>I BA</b>   | <b>TABLE TENNIS</b> | Represented Mangalore University Table Tennis Team in Inter University Table Tennis Competition.  |
|             | <b>Ms. SHOBHA PONNAPPA</b>  | <b>I BA</b>   | <b>HOCKEY</b>       | Represented Mangalore University Hockey Team in All India Inter University Hockey Tournament.   |
|             | <b>Ms. EPHIPHANIA REGO</b>  | <b>I BA</b>   | <b>HOCKEY</b>       | Represented Mangalore university Hockey Team in All India Inter University Hockey Tournament.   |
| 1983-84     | <b>Mr .SUDHAKAR RAI</b>     | <b>I MSW</b>  | <b>KABADDI</b>      | Represented Mangalore University Kabaddi Team in South Zone Inter University Tournament.  |
|             |                             |               | <b>ATHLETICS</b>    | Represented Mangalore university in Shot Put event in All India Inter University Athletics Competition.   |
|             | <b>Ms. THARA CHENGAPPA</b>  | <b>II BA</b>  | <b>HOCKEY</b>       | Represented Mangalore University Hockey Team in All India Inter University Hockey Tournament.   |
|             | <b>Ms. SHOBHA PONNAPPA</b>  | <b>II BA</b>  | <b>HOCKEY</b>       | Represented Mangalore University Hockey Team in All India Inter University Hockey Tournament.   |
|             | <b>Ms.SUDHA MUTHAPPA</b>    | <b>II BA</b>  | <b>TABLE TENNIS</b> | Represented and Captain of Mangalore University Table Tennis Team in Inter University Table Tennis Competition.   |

|         |                            |               |                       |  |
|---------|----------------------------|---------------|-----------------------|--|
| 1984-85 | <b>Mr .SUDHAKAR RAI</b>    | <b>II MSW</b> | <b>KABADDI</b>        | Represented Mangalore University Kabaddi Team in South Zone Inter University Tournament.                       |
|         |                            |               | <b>ATHLETICS</b>      | Represented Mangalore university in Shot Put event in All India Inter University Athletics Competition.        |
|         | <b>Mr. DHARMAPAL GOWDA</b> | <b>I MSW</b>  | <b>WEIGHT LIFTING</b> | In the sporting history of Roshni Nilaya, Represented Men’s team in District level Weight Lifting competition. |

|         |                              |              |                   |   |
|---------|------------------------------|--------------|-------------------|---|
| 1987-88 | <b>Ms JANET</b>              | <b>I BA</b>  | <b>VOLLEYBALL</b> | Represented Roshni Nilaya at the District Level Volleyball Tournament.  |
|         | <b>Mr. PAUL MASACARENHAS</b> | <b>I MSW</b> | <b>ATHLETICS</b>  | <ul style="list-style-type: none"> <li>• In the sporting history of Roshni Nilaya, participation in Mangalore University in Inter collegiate 20Km Walk Race Athletics competition.</li> <li>• Winner of 20Km Walk Race at Mangalore University Intercollegiate Athletics Competition.</li> <li>• Represented Walk Race in Mangalore University Team in Inter University Athletics Competition.</li> </ul> |

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|---------|-------------------------|----------------|-------------------|---|
| 1989-90 | <b>Ms. SHREELATHA</b>   | <b>III BA</b>  | <b>VOLLEYBALL</b> | Participated in Mangalore University Volleyball Coaching Camp Organised by Dept. of Physical Education, Mangalore university. |
|         | <b>Ms. SHRIRANJITHA</b> | <b>III BSW</b> |                   |   |

|         |                      |              |                   |  |
|---------|----------------------|--------------|-------------------|--|
| 1990-91 | <b>Ms. SANGEETHA</b> | <b>II BA</b> | <b>VOLLEYBALL</b> | Participated in District level Volleyball Tournament.            |
|         | <b>Ms. SONIA</b>     |              |                   | Participated in Inter District Volleyball Tournament. at Raichur |
|         | <b>Ms. VANITHA</b>   |              |                   | Participated in District level Volleyball Tournament.            |
|         | <b>Ms. SHAILAJA</b>  | <b>II BA</b> | <b>BASKETBALL</b> | Participated in Inter District Basketball Tournament at Raichur. |
|         | <b>Ms. MUTHAMMA</b>  | <b>I BA</b>  |                   |  |

|         |                      |               |                   |   |
|---------|----------------------|---------------|-------------------|---|
| 1991-92 | <b>Ms. SONIA</b>     | <b>III BA</b> | <b>VOLLEYBALL</b> | Participated in District Level Volleyball Tournament. |
|         | <b>Ms BHARATHI</b>   |               |                   |   |
|         | <b>Ms. SANGEETHA</b> |               |                   |   |

|         |                            |               |                                      |   |
|---------|----------------------------|---------------|--------------------------------------|---|
| 1992-93 | <b>Ms. MUTHAMMA</b>        | <b>III BA</b> | <b>BASKETBALL</b>                    | Participated in State Level Women's Festival Basketball Tournament.   |
|         | <b>Ms. CAUVERIAMMA</b>     |               |                                      |   |
|         | <b>Ms. PRIYA NORONHA</b>   |               |                                      |   |
|         | <b>Ms. INDIRA V.V</b>      |               |                                      |   |
| 1992-93 | <b>Ms. ARCHANA DEVI</b>    | <b>I MSW</b>  | <b>VOLLEYBALL</b>                    | <ul style="list-style-type: none"> <li>• Represented Mangalore university team in Inter University Volleyball Tournament.</li> <li>• Represented Mangalore University in State Level Women's Festival Volleyball Tournament</li> <li>• Participated in District level Volleyball Tournament.</li> </ul>     |
|         | <b>Ms. REETH GANAPATHI</b> | <b>I BA</b>   | <b>VOLLEYBALL &amp; TABLE TENNIS</b> | <ul style="list-style-type: none"> <li>• Represented Mangalore University in State Level Women's Festival Table Tennis Competition.</li> <li>• Participated in District Level Volleyball Tournament.</li> <li>• Placed Second in 'District Dasara sports Meet' doubles Table Tennis Competition.</li> </ul> |

|         |                             |             |                          |  |
|---------|-----------------------------|-------------|--------------------------|--|
| 1992-93 | <b>Ms. POORNIMA</b>         | <b>I BA</b> | <b>VOLLEYBALL</b>        | Participated in District level Volleyball Tournament.  |
|         | <b>Ms. JANET M. PINTO</b>   |             |                          |  |
|         | <b>Ms. PREETH GANAPATHI</b> | <b>I BA</b> | <b>TABLE TENNIS</b>      | <ul style="list-style-type: none"> <li>• Placed Second in District Level Doubles Table Tennis Competition.</li> <li>• Represented Mangalore University in State Level Women's Festival Table Tennis Competition.</li> </ul>      |
|         | <b>Ms. LIM FEEI FEEI</b>    | <b>I BA</b> | <b>SHUTTLE BADMINTON</b> | In the sporting history of Roshni Nilaya, Participated in State Level Shuttle Badminton Tournament secured First place in singles Represented Mangalore University in State Level Women's Festival Shuttle Badminton Tournament. |

|         |                             |               |                                   |  |
|---------|-----------------------------|---------------|-----------------------------------|--|
| 1993-94 | <b>Ms. POORNIMA</b>         | <b>II BA</b>  | <b>VOLLEYBALL</b>                 | Represented Mangalore University team in Inter University Volleyball Tournament.   |
|         | <b>Ms. PREETH GANAPATHI</b> |               |                                   |  |
|         | <b>Ms. REETH GANAPATHI</b>  | <b>II BA</b>  | <b>TABLE TENNIS</b>               | Participated and secured Second Place in YMCA Table Tennis Competition.  |
| 1994-95 | <b>Ms. PREETH GANAPATHI</b> | <b>III BA</b> | <b>TABLE TENNIS</b>               | <ul style="list-style-type: none"> <li>• Represented Mangalore university team in Inter University Table Tennis Competition.</li> <li>• Placed Second in Mangalore University Inter collegiate Table Tennis Competition.</li> <li>• Placed Second in Doubles Table Tennis Tournament in women's festival Competition.</li> </ul>   |
|         | <b>Ms. REETH GANAPATHI</b>  |               |                                   | <ul style="list-style-type: none"> <li>• Represented Mangalore university team in Inter University Table Tennis Competition.</li> <li>• Placed Second in Mangalore University Inter-collegiate Table Tennis Competition.</li> <li>• Winner in Singles Table Tennis Tournament in Women's Festival Competition.</li> <li>• Placed Second in Doubles Table Tennis Tournament in Women's Festival Competition.</li> </ul> |
| 1995-96 | <b>Ms. LIM FEEI FEEI</b>    | <b>I MSW</b>  | <b>SHUTTLE BADMINTON</b>          | <ul style="list-style-type: none"> <li>• Winner in 'District Dasara Sports Meet' Shuttle Badminton Tournament.</li> <li>• Participated in State Level Shuttle Badminton Tournament held at Mysore.</li> <li>• Winner Taluk level shuttle badminton women's festival Competition.</li> </ul>  |
|         | <b>Ms DECHAMMA</b>          | <b>I BA</b>   | <b>VOLLEYBALL &amp; TENNICOIT</b> | <ul style="list-style-type: none"> <li>• Participated in State level Volleyball Tournament held at Mysore</li> <li>• Runners up in 'District Dasara sports Meet' Tennicoit Tournament.</li> <li>• Runners up in District level Tennicoit Tournament.</li> <li>• Winner in Singles Taluk level Tennicoit Tournament.</li> </ul>   |
|         | <b>MS SHAILAJA</b>          |               | <b>VOLLEYBALL</b>                 | Participated in State Level Volleyball Tournament held at Mysore.  |

|         |                         |              |                   |  |
|---------|-------------------------|--------------|-------------------|--|
| 1996-97 | <b>Ms. MARGARET V</b>   | <b>I BSW</b> | <b>BASKETBALL</b> | Represented Mangalore University Basketball Team in Inter University Basketball competition.   |
|         | <b>Ms. RANCY DSILVA</b> | <b>I BSW</b> | <b>ATHLETICS</b>  | <ul style="list-style-type: none"> <li>• Winner of High Jump in Taluk level Athletics women's sports meet.</li> <li>• Participated in state level Athletics sports meet held at chitradurgha.</li> <li>• Won third place in High Jump in Dasara sports meet at Mangala Stadium.</li> </ul> |

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|---------|-----------------------------|----------------|-----------------------------------|---|
| 1998-99 | <b>Ms. TRIPHI THAMMAIAH</b> | <b>I BA</b>    | <b>BASKETBALL</b>                 | Represented Mangalore University Basketball team in Inter University Basketball Tournament.   |
|         | <b>Ms. SAPNA J</b>          |                |                                   |   |
|         | <b>Ms. RANCY DSILVA</b>     | <b>III BSW</b> | <b>VOLLEYBALL &amp; ATHLETICS</b> | <ul style="list-style-type: none"> <li>• Represented Mangalore University Volleyball Team in Inter University Volleyball Tournament.</li> <li>• Participated in state level volleyball Tournament.</li> <li>• Participated in state level Dasara sports meet at Mysore won Fourth place in High Jump.</li> <li>• Winner, Gold medal in High Jump in Taluk level Athletics Women's Sports Meet.</li> <li>• Winner, Gold medal in High Jump in Taluk level Dasara Sports Meet.</li> </ul> |
|         | <b>Mr. SANTHOSH KAMATH</b>  | <b>I BA</b>    | <b>ATHLETICS</b>                  | Secured Bronze medal in High Jump in Taluk level Dasara sports meet.  |

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|-----------|-----------------------------|--------------|-------------------|--|
| 1999-2000 | <b>Ms. TRIPHI THAMMAIAH</b> | <b>II BA</b> | <b>BASKETBALL</b> | Represented Mangalore University Basketball Team in Inter University Basketball competition Held at Anantpur University. |
|           | <b>Ms. GANE RAJENDRAN</b>   | <b>I BA</b>  |                   |  |

|         |                             |               |                   |  |
|---------|-----------------------------|---------------|-------------------|--|
| 2000-01 | <b>Ms. TRIPHI THAMMAIAH</b> | <b>III BA</b> | <b>BASKETBALL</b> | Represented Mangalore University Basketball Team in Inter University Basketball competition Held at Anantpur University. |
|         | <b>Ms. GANE RAJENDRAN</b>   | <b>II BA</b>  |                   |  |
|         | <b>Ms. SHEWTHA GOWDA</b>    | <b>I BA</b>   |                   |  |
|         | <b>Ms. MILAN M</b>          |               |                   |  |

|         |                   |              |                  |  |
|---------|-------------------|--------------|------------------|--|
| 2002-03 | <b>Mr. ASHWIN</b> | <b>I MSW</b> | <b>ATHLETICS</b> | Winner, Gold medal in Pole Vault Event in Mangalore University Inter collegiate Athletics competition at Mahaveer College Moodbidri. |
|---------|-------------------|--------------|------------------|--|

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|---------|-----------------------------|---------------|-------------------------------------|---|
| 2003-04 | <b>Mr. ASHWIN</b>           | <b>II MSW</b> | <b>ATHLETICS</b>                    | <ul style="list-style-type: none"> <li>• Silver medal in Pole Vault Event, Mangalore University Inter collegiate Athletics competition at Mahaveer College Moodbidri.</li> <li>• Silver medal in Pole Vault Event, Udupi &amp; Kodagu Athletics competition in pole vault event.</li> </ul>   |
|         | <b>Ms. SONALI FERNANDES</b> | <b>I BSW</b>  | <b>POWERLIFTING &amp; ATHLETICS</b> | <ul style="list-style-type: none"> <li>• Gold Medal of Mangalore University Inter collegiate Power lifting competition at SDM CBM College Mangalore.</li> <li>• Set a new record in Bench Press and Dead lift/ in 90 kgs Category.</li> <li>• Secured Silver Medal in Shot-put Udupi &amp; Kodagu Athletics competition.</li> </ul> |
|         | <b>Ms. PREMA CUTINHA</b>    | <b>I BA</b>   | <b>BEACH KABADDI</b>                | Participated for National level Beach Kabbadi competition, Held at Andhra Pradesh.  |
|         | <b>Ms. AMRITHA BANGARA</b>  |               |                                     |   |

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|---------|--------------------------|--------------|---------------------|--|
|         | <b>Ms. DIYA MALAN</b>    | <b>II BA</b> | <b>POWERLIFTING</b> | Won Bronze Medal in Junior State Power lifting championship.   |
| 2004-05 | <b>Ms. PREEMA DSOUZA</b> | <b>II BA</b> | <b>POWERLIFTING</b> | <p>Participated in South India Power lifting competition and Secured Bronze Medal in South India Junior Power lifting championship at alleppey Kerala state.</p> <ul style="list-style-type: none"> <li>• Represented Mangalore University Team in All India Inter University Power lifting competition Held at Visakhapatnam.</li> <li>• Participated and Secured Bronze Medal in Bench Press in State Power lifting Competition held at Town hall Mangalore.</li> <li>• Participated and Secured Bronze Medal in Karnataka State level Senior Power lifting Competition held at Kundapur</li> <li>• Participated and Secured Gold Medal Junior State Power lifting championship held at Town hall Mangalore.</li> <li>• Participated and Secured Bronze Medal in Senior State Power lifting championship held at Ullal, Mangalore.</li> <li>• Participated and Secured Bronze Medal in Mangalore University Inter Collegiate Power lifting Competition held at St.Mary's College Shirva.</li> <li>• Participated and secured Bronze Medal in Bench Press in District Power lifting Competition held at Mahaveer College Moodbidri, Mangalore.</li> </ul> |

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|---------|-----------------------------|-------------------|---------------------|---|
| 2004-05 | <b>Ms. SONALI FERNANDES</b> | <b>II<br/>BSW</b> | <b>POWERLIFTING</b> | <p>Participated in South India Power lifting competition and Secured Silver Medal in South India Junior Power lifting championship at alleppey Kerala State.</p> <ul style="list-style-type: none"> <li>• Participated in Junior National Power lifting championship at Darjeeling.</li> <li>• Participated in Junior National Power lifting championship at Lucknow.</li> <li>• Participated and Secured Fourth Position National level Power lifting competition held at Rajasthan.</li> <li>• Represented Mangalore University team in All India Inter University Power lifting competition Held at Visakhapatnam.</li> <li>• Participated and winner of Bench Press in State Power lifting Competition held at Town hall Mangalore.</li> <li>• Participated and Secured Gold Medal in State Power lifting championship held at Ullal, Mangalore.</li> <li>• Participated and Secured Gold Medal and created two New records in Junior State Power lifting championship held at Town hall Mangalore.</li> <li>• Participated and Secured Silver Medal in Karnataka state level senior Power lifting competition held at Kundapur</li> <li>• Participated and Secured Gold Medal in Bench Press in district Power lifting competition held at Mangalore.</li> <li>• Participated and Secured Silver Medal in Bench Press in district Power lifting competition held at Mahaveer College Moodbidri, Mangalore.</li> <li>• Participated and Secured Silver Medal in Mangalore University Inter Collegiate Weightlifting competition held at St.Mary's College Shirva.</li> <li>• Participated and Secured Gold Medal and created New record in Mangalore University Inter Collegiate Power lifting. competition held at St.Mary's College Shirva</li> <li>• Participated and Secured Bronze Medal in shot put in Dasara Taluk level Athletics competition.</li> </ul> |
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|         | <b>Ms. SHREE VIDYA</b>      | <b>II BA</b>   | <b>TABLE TENNIS</b> | Represented Mangalore University Table Tennis Team in Inter University Table Tennis Competition.  |
| 2005-06 | <b>Ms. SONALI FERNANDES</b> | <b>III BSW</b> | <b>POWERLIFTING</b> | <ul style="list-style-type: none"> <li>• Selected for Asia Power lifting Championship and Secured Gold Medal Asia Power lifting Championship held at Kerala state.</li> <li>• Participated and Secured Silver Medal in South India Junior level Power lifting competition held at Maharashtra.</li> <li>• Represented Mangalore University Power lifting team in All India Inter University Power lifting competition Held at Cochin and Secured Silver Medal.</li> <li>• Secured Gold Medal &amp; Bronze Medal in Junior National Power lifting championship.</li> <li>• Participated and Secured Gold Medal &amp; Silver Medal in Senior State Power lifting Championship.</li> <li>• Participated in Senior Federation Championship National Level Power lifting Championship.</li> <li>• Secured Silver Medal in Junior level and Gold Medal in Senior level Power lifting championship.</li> <li>• Participated and Secured Gold Medal in Bench Press State Power lifting competition held at Town hall Mangalore.</li> <li>• Participated and Secured Gold Medal and created New record in Mangalore University Inter Collegiate Power lifting competition held at St.Mary's College Shirva.</li> <li>• Participated and winner of District Power lifting competition held at Town hall Mangalore.</li> </ul> |

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|-------------------|----------------------------|--|--|---|
| 2006-07           | <b>Ms. SHANTHI D'SOUZA</b> | <b>I MSW</b>   | <b>WEIGHT LIFTING</b>                    | Secured Silver medal in Mangalore University Inter Collegiate weightlifting Competition held at G.F.GC Uppinangady.   |
| 2007-08           | <b>Mr ALLEN</b>            | <b>I MSW</b>   | <b>ATHLETICS</b>                         | Secured Silver Medal in Shot Put in District Dasara Sports Meet.  |
| 2008-09           | <b>Ms KAVERAMMA</b>        | <b>III BSW</b>   | <b>SHUTTLE BADMINTON</b>                 | Represented Mangalore University Shuttle Badminton Team in Inter University Shuttle Badminton Competition.  |
| 2014-15           | <b>Ms DHANYASHREE</b>      | <b>I BA</b>  | <b>KARATE</b>                            | Participated and won Gold Medal in state level and All India Karate Championship.   |
| 2015-16           | <b>Dr. FLOSSY RAYAPPAN</b> |  | <b>PhD<br/>in<br/>Physical Education</b> | Has been Awarded the Degree of Doctor of Philosophy in Physical Education 14 <sup>th</sup> December 2015 at Tamilnadu Physical Education & Sports University, Chennai.<br><b>“Isolated and Combined Effect of Yogic and Pranayama Practices on Selected Physiological, Psychological, Immunological Variables among HIV Infected Persons”</b> |
|                   | <b>MS SANGEETHA</b>        | <b>I MSW</b>   | <b>YOGASANA</b>                          | Represented Mangalore University Yogasana Team in All India Inter University Yogasana Competition.  |
|                   | <b>Ms DIVYA BHARATHI</b>   | <b>II BA</b>   |  |   |
|                   | <b>Ms DHANYASHREE</b>      |  |  |   |
| <b>Ms SHURTHI</b> | <b>I MSC-<br/>COUS</b>     | <ul style="list-style-type: none"> <li>Represented Mangalore University team in All India Inter University Yogasana Competition.</li> <li>Secured Individual championship in Mangalore university intercollegiate Yogasana competition.</li> </ul> |  |   |
| 2016-17           | <b>Ms DIVYA BHARATHI</b>   | <b>III BA</b>  | <b>YOGASANA</b>                          | Represented Mangalore University team in All India Inter University Yogasana Competition at Chaudhary Ranbhir Singh University, Jind Haryana.   |
|                   | <b>Ms DHANYASHREE</b>      |  |  |   |

|         |                              |             |                 |  |
|---------|------------------------------|-------------|-----------------|--|
| 2017-18 | <b>Ms. PANCHAMI SHENOY K</b> | <b>I BA</b> | <b>CHESS</b>    | <ul style="list-style-type: none"> <li>• Represented Mangalore University team in South Zone Inter-University Chess championship held at Chennai</li> <li>• Participated in National Level Open FIDE Rating Rapid Chess Tournament held at Kaup Udupi secured Fourth Place.</li> </ul>   |
|         | <b>Mr. ASHWIN MALLYA K</b>   | <b>I BA</b> | <b>KARATE</b>   | <ul style="list-style-type: none"> <li>• Participated and Secured <b>BRONZE MEDAL</b> in 10th Western National level open Karate Championship, Organised by Western Institute of Martial Arts at Town Hall Mangalore.</li> <li>• Participated and Secured <b>BRONZE MEDAL</b> in Kumite and Kata in Dan category Karnataka and Kerala open Karate Championship, Organised by Kamal Martial Arts Academy (INDIA) at K.P.T Mangalore.</li> </ul> |
|         | <b>Ms. MERULA JOY PINTO</b>  | <b>I BA</b> | <b>SWIMMING</b> | Secured Four <b>Bronze Medals</b> in 50mts free styles, Backstroke, Butterfly and 100mts free style in Mangalore University Inter Collegiate Aquatics competition.   |

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|---------|------------------------------------|---------------|--------------------------|--|
| 2018-19 | <b>Ms. PANCHAMI SHENOY K</b>       | <b>II BA</b>  | <b>CHESS</b>             | Represented Mangalore University team in South Zone Inter-University Chess championship held at Vel Tech Chennai.  |
|         | <b>Ms. MONISHA</b>                 | <b>I BSW</b>  | <b>SHUTTLE BADMINTON</b> | Has been Participated in Mangalore University Shuttle badminton Coaching Camp Organised by Dept. of Physical Education, Mangalore University.                            |
|         | <b>Ms. MERULA JOY PINTO</b>        | <b>II BA</b>  | <b>SWIMMING</b>          | Secured <b>5-Gold, 2-Silver Medals</b> in Mangalore University Inter Collegiate Aquatics competition   |
|         | <b>Ms. GWENNETH C.PICARDO</b>      | <b>I BA</b>   |                          | Secured <b>2- Gold, 1- Silver Medals</b> in Mangalore University Inter Collegiate Aquatics competition   |
|         | <b>Ms. DSOUZA DONNA SHARON</b>     |               |                          | Secured <b>1- Gold, 1 Silver Medals</b> in Mangalore University Inter Collegiate Aquatics competition.   |
|         | <b>Ms. CAROL S FERNANDES</b>       |               |                          | Secured <b>1- Gold, 1- Silver Medals</b> in Mangalore University Inter Collegiate Aquatics competition.  |
|         | <b>Ms. ANUSHKA R BHAGATH</b>       |               |                          | Secured <b>1-Gold Medal</b> in Mangalore University Inter Collegiate Aquatics competition.   |
|         | <b>Ms. FABIOLA CHRISMA LASRADO</b> | <b>I BA</b>   | <b>WEIGHT LIFTING</b>    | Secured <b>Bronze Medal</b> in Mangalore University Inter collegiate Weightlifting Competition, held at St Mary's College Shirva 75+ category.                           |
|         | <b>Ms FIONA A MIRANDA</b>          | <b>III BA</b> | <b>WRESTLING</b>         | In the sporting History of Roshni Nilaya First Time Women Wrestler <b>Secured Fourth Place</b>   |
|         | <b>Mr. SUPREETH</b>                | <b>I BSW</b>  | <b>ATHLETICS</b>         | Secured <b>2- Gold &amp; 1- Silver Medals</b> in Athletics competition organised by Amateur Athletics Association Udupi District.  |
|         | <b>Ms. PRIYA DHARSHINI</b>         | <b>III BA</b> | <b>WEIGHT LIFTING</b>    | Secured <b>Silver Medal</b> in Power lifting competition organised by Kreedha Bharathi & Dakshina Kannada Power lifting Association. At N.G.O Hall Hampankatta Mangalore |
|         | <b>Ms. LOREEN NORONHA</b>          | <b>I BA</b>   | <b>CRICKET</b>           | Represented Mangalore University South Zone Inter-University Cricket women Team. First women Cricket Player of Roshni Nilaya.  |
|         | <b>Ms .ROYALA DAVID FERNANDES</b>  | <b>II BA</b>  | <b>POWERLIFTING</b>      | Participated State Level Power lifting competition held at Badravathi Karnataka.   |

2019-20

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| <b>Ms. MERULA JOY PINTO</b>        | <b>III BA</b> | <b>SWIMMING</b>   | Secured <b>1- Gold, 3 Silver, 2 Bronze Medals</b> in Mangalore University Inter Collegiate Aquatics competition.   |
| <b>Ms. CAROL S FERNANDES</b>       | <b>II BA</b>  |   | Secured <b>3 Silver Medals</b> in Mangalore University Inter Collegiate Aquatics competition.  |
| <b>Ms. ANUSHKA R BHAGATH</b>       | <b>II BA</b>  |   | Secured <b>2 Silver Medals</b> in Mangalore University Inter Collegiate Aquatics competition.  |
| <b>Ms. PEARL FERNANDES</b>         | <b>I MSW</b>  |   | Secured <b>1- Bronze Medals</b> in Mangalore University Inter Collegiate Aquatics competition.   |
| <b>Ms. FABIOLA CHRISMA LASRADO</b> | <b>II BA</b>  | <b>MYUTHAI,<br/>WRESTLING<br/>POWER LIFTING<br/>&amp;<br/>WEIGHTLIFTING</b> | <ul style="list-style-type: none"> <li>• Participated &amp; secured Gold Medal National Level Myuthai competition held at Chennai.</li> <li>• Participated State Level Power lifting competition held at Badravathi Karnataka, on 12<sup>th</sup> 13<sup>th</sup> &amp; 14<sup>th</sup> July 2019.</li> <li>• Won Gold Medal in both freestyle and Greco roman in District level and Dasara sports wrestling event, on 17<sup>th</sup>, September 2019 at Mangala Stadium, Mangalore.</li> <li>• Secured <b>Silver Medal</b> in Mangalore University Inter collegiate Weightlifting Competition, on 12<sup>th</sup>, March 2020 held at S.D.M College Ujire 75+ category.</li> </ul>                           |
| <b>Mr. OWIN LANCY D'SOUZA</b>      | <b>II BA</b>  | <b>WRESTLING<br/>&amp;<br/>BEST<br/>PHYSIQUE</b>                            | <ul style="list-style-type: none"> <li>• Participated State level Wrestling Competition held at Mysore.</li> <li>• Won Gold Medal in both freestyle and Greco roman in District level and Dasara sports event at Mangala Stadium, Mangalore.</li> <li>• Won Gold Medal in Greco roman and Silver Medal in Freestyle in division level at Mangala Stadium, Mangalore.</li> <li>• Secured <b>Silver Medal</b> in Mangalore University Inter-Collegiate.</li> <li>• Wrestling competition held at G.F.G College Carstreet</li> <li>• Mangalore</li> <li>• Secured <b>Silver Medal</b> in Mangalore University Inter-Collegiate <b>BEST PHYSIQUE</b> competition, held at G.F.G.C Haleangadi Mangalore.</li> </ul> |

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| 2019-20 | <b>Mr. MOHAMMED AMEEN SHAHIM</b>         | <b>II BA</b>     | <b>TAEKWONDO</b>     | <ul style="list-style-type: none"> <li>• Won Silver Medal in 37<sup>th</sup> State Sub Junior &amp; Senior Taekwondo Kyrougi Championship-2019 on 24<sup>th</sup>, and 25<sup>th</sup>, August 2019 at Decathlon Anubhava, Bangalore.</li> <li>• Participated State level Taekwondo Kyrougi Competition held at Mysore on 22<sup>nd</sup> October 2019.</li> <li>• Participated state level Power Lifting Competition held at Sri Gokarnatheshwara Temple Kudroli Mangalore, on 08<sup>th</sup> &amp; 09<sup>th</sup> November 2019.</li> <li>• He is also selected to take part in the state level Olympics Taekwondo Games which held at Shivamogga be held in the month of January 2020.</li> </ul> |
|         | <b>Ms. LAVITA SNEHAL D'SOUZA</b>         | <b>I BA</b>      | <b>WEIGHTLIFTING</b> | Secured <b>Bronze Medal</b> in Mangalore University Inter collegiate Weightlifting Competition, on 12 <sup>th</sup> , March 2020 held at S.D.M College Ujire.  |
|         | <b>Mr. MEKALA LAZARUS DAVID REGINOLD</b> | <b>I BA</b>      | <b>SOFTBALL</b>      | Represented Mangalore University All India Inter-University softball Team. First Softball Player of Roshni Nilaya.   |
|         | <b>Ms. MANDARA N. S</b>                  | <b>I BA</b>      | <b>SOFTBALL</b>      | Participated in Mangalore University softball Coaching Camp Organised by Dept. of Physical Education, Mangalore university   |
|         | <b>Ms. SWATHI SHETTY</b>                 | <b>I MSC-CFS</b> | <b>KARATE</b>        | <ul style="list-style-type: none"> <li>• Participated and won <b>Gold Medal</b> in National level open Karate Championship held at SHORIN RYU Karate Association (R) Moodbidri Mangalore.</li> <li>• Participated and won <b>Gold Medal</b> in Karnataka State level open Karate Championship held at GOSHIN RYU Karate Do-Association of Karnataka (R) Mangalore.</li> </ul>  |

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| 2019-20 | <b>Ms. SHRADDHA S NAIK</b>            | <b>I MSC-<br/>COUS</b> | <b>POWER LIFTING<br/><br/>BODYBUILDING<br/><br/>&amp;<br/>SPORTS MODEL</b> | <ul style="list-style-type: none"> <li>• Participated and won <b>Gold Medal</b> in junior State Level Power lifting competition Organised by Karnataka State Power lifting Association.</li> <li>• Participated and won <b>Silver Medal</b> in junior category &amp; <b>Bronze Medal</b> in senior category in Karnataka State Level Bench press competition held at Mangalore, Karnataka on 9<sup>th</sup> November 2019 Organised by Karnataka State Power lifting Association.</li> <li>• Participated and won <b>Bronze Medal</b> in ‘<b>Ashok Classic</b>’ Body Building Championship-2019, at Ramadurga, on 24<sup>th</sup> January 2020, Organised by Indian Body Builders Federation.</li> <li>• Participated and won <b>silver medal</b> won <b>bronze medal</b> in Model Physique in South India Body Building &amp; Championship-2020, at Kannur, on 16<sup>th</sup> February 2020.</li> </ul> |
|         | <b>Ms .ROYALA DAVID<br/>FERNANDES</b> | <b>III BA</b>          | <b>BODYBUILDING<br/><br/>&amp;<br/>SPORTS MODEL</b>                        | <ul style="list-style-type: none"> <li>• Won <b>Gold Medal</b> women Figure &amp; <b>Silver Medal</b> Sports Model in State Body Building &amp; Fitness Championship-2019 at Jayanth Convention Center, Bangalore Karnataka.</li> <li>• Won <b>Bronze Medal</b> women Figure &amp; <b>Fifth Place</b> Sports Model in National Bodybuilding &amp; Fitness. Championship-2019at Gokulam Park Kaloor, Kochi Kerala.</li> <li>• Won <b>Gold Medal</b> Sports Model in <b>Asia Pacific Championships- 2019</b> Body Building Competition at Bangalore Karnataka, India.</li> <li>• She has been selected to take part in the <b>MR/MS UNIVERSE</b> to be held in <b>THAILAND</b> Representing India.</li> </ul>   |

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| <b>Mr. MANOJ.B</b> | <b>I MSW</b> | <b>BALL<br/>BADMINTON</b> | <ul style="list-style-type: none"><li>• Participated in Youth National level Ball Badminton Competition held at Bihar India, on 26<sup>th</sup> January 2020.</li><li>• Participated and won <b>Gold Medal</b> State Junior Ball Badminton League Championship on 18<sup>th</sup> &amp; 19<sup>th</sup> September 2019.</li><li>• Participated and won <b>Silver Medal</b> State Senior Ball Badminton League Championship on 18<sup>th</sup> &amp; 19<sup>th</sup> January 2020.</li><li>• Participated and won <b>Gold Medal</b> State level Ball Badminton Championship on 14<sup>th</sup> &amp; 15<sup>th</sup> September 2019.</li></ul> |
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