



MADRAS CHRISTIAN COLLEGE

She Leads

Milestones in Sports



‘In hoc signo vinces.’
with this on your
banner, you will win!



**"TO BE SUCCESSFUL,
YOU NEED RESULTS,
NOT EXCUSES."**

Deepika Kumari
(ARCHERY)

D r.R .S hophana

Associate Physical Directress

Based in Chennai, an accomplished professional in physical education with over 16 years of experience, she holds a Ph.D. in Physical Education, specialising in Aerobics and Yoga, along with degrees in Yoga and Commerce. Her expertise spans organizing and conducting sports events, particularly for women, and leading theoretical and practical classes in Yoga, Health fitness and Sports psychology. Currently an Assistant Professor and Associate Physical Directress at Madras Christian College, She trains students for National and University tournaments, enabling them to achieve success in a wide range of sports, including Chess, Ball Badminton, Volleyball, Kho-Kho, Athletics, Swimming, Shooting, Basketball, Badminton, and Table tennis across various levels of competition. Under her guidance, students have consistently excelled and earned recognition in these disciplines. And has represented Tamil Nadu in Athletics and Kho-Kho at various National and University levels. Shophana.R has also published a book titled Yoga & Aerobics - An Experimental Fact and presented several International and National papers. She excels in leadership, student engagement, and promoting physical fitness across college campus.

shophana@mcc.edu.in





**FORGInG NEW FRONtIERs:
THE SPORTS JOURNEY OF
WOMEN STUDENTS**

ATHLETICS

**AKSCHIDA S
III BBA (SFS)**

BRONZE MEDAL - 100MTS HURDLES

37th Tamilnadu Inter-District Athletics Competition
Namakkal, September 2023

GOLD MEDAL - 100MTS HURDLES

Chennai District, 2023

BRONZE MEDAL - 100MTS HURDLES

State, 2023

BRONZE MEDAL - 4 × 400MTS RELAY

AL Mudhaliar Meet

BRONZE MEDAL - 100MTS HURDLES

AL Mudhaliar Meet

GOLD MEDAL - 100MTS HURDLES

CM Trophy

GOLD MEDAL - 100MTS HURDLES

37th Tamilnadu State Junior Athletic
Championship, July 2024
New Meet Record - 14.13 Seconds

SILVER MEDAL - 100MTS HURDLES

National Athletics Competition,
Bihar, September 2024

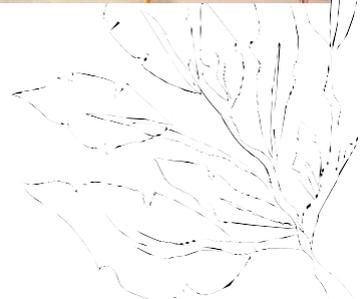
GOLD MEDAL - 100MTS HURDLES

CM Trophy, - State Level

SILVER MEDAL - 100MTS HURDLES

AL Mudhaliar Meet (2024)

**SELECTED FOR ALL INDIA LEVEL ATHLETIC
COMPETITION**



Akschida

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SHOOTING

EZHILARASIS III BSC VISUAL COMMUNICATION (SFS)

GOLD MEDAL - 10M PISTOL WOMEN (T4) INDIVIDUAL*,
National Selection Trial 3 & 4

BRONZE MEDAL - 10M PISTOL YOUTH MIXED TEAM
20th KSS Pistol Bhopal 2022

GOLD MEDAL - 25M PISTOL (NR) CHAMPIONSHIP JUNIOR WOMEN
INDIVIDUAL
47th TNSSCC Rifle/pistol, Trichy, 2022

GOLD MEDAL - 25M PISTOL (NR) CHAMPIONSHIP
WOMEN INDIVIDUAL
47th TNSSCC Rifle/pistol, Trichy, 2022

GOLD MEDAL - SPORTS PISTOL (NR) CHAMPIONSHIP
25M WOMEN INDIVIDUAL INDIVIDUAL*
13th South Zone Shooting Championship Pistol Event, Thiruvananthapuram Kerala, 2022

BRONZE MEDAL - 10M PISTOL WOMEN (ISSF) NATIONAL CHAMPIONSHIP TEAM*
65th National Shooting Championship Pistol, Bhopal Madhya Pradesh, 2022

GOLD MEDAL - 10M PISTOL WOMEN
3rd Khelo India University Games Up

GOLD MEDAL - 10 MTS AND 25 MTS,
Inter Zone Madras University 2024
Selected to Represent All India 2024



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SWIMMING

RAKSHANA G.R.
III BBA (SFS)



TOP 10 - ALL INDIA INTER
University Nationals, 2022

GOLD MEDAL [3] - NATIONAL LEVEL
Sport Festival, VIT Chennai

GOLD MEDAL [2] - TAMIL NADU
State Level Inter College

BRONZE [2] - KHELO INDIA WOMEN'S DAY
Swimming Competition

II POSITION - INTER ZONE
Madras University

SILVER & BRONZE MEDAL - CM TROPHY
Honoured With - 15 Lakhs Cash

Rakshana

SILAMBAM & KARATE

THEJASWINIA
III BSC PHYSICAL EDUCATION (SFS)



SILAMBAM

III POSITION - WORLD SILAMBAM
Sports Association, Chennai, October 2024

I POSITION - DOUBLE STICK
International Open Silambam Championship
Dubai, November 2024

KARATE

III POSITION - KATA & I POSITION - KUMITE
International Karate Championship, Dubai

I POSITION - KATA & III POSITION - KUMITE
National Open karate championship, West Bengal, December
2024

III POSITION - SOUTH INDIAN LEVEL KARATE CHAMPIONSHIP
Dindigul, May 2024

III POSITION - Kumite
National Karate Championship, Kerala

ine
jaswini



KARATE

MEENA LAKSHMI TAMILSELVAM III BA POLITICAL SCIENCE (AIDED)



BEST KARATE PLAYER
STATE MARTIAL ARTS ASSOCIATION, CHENNAI PLANETARIUM, 2013

PARTICIPATION - KUMITE,
TALKOTARA INDOOR STADIUM, NEW DELHI, INDIA 2015

BUDDHA BODHI AWARD - KARNATAKA
STATE GOVERNMENT, 2016

ACHIEVEMENT - KUMITE
National and State Level Championship
Awarded by the Honourable Chief Minister &
Deputy Chief Minister of Tamilnadu
Dr. MGR Centenary Celebration
YMCA - Chennai, September 2018

AMMA AWARD
4th Annual South India 2019

AMMA AWARD
Awarded by Sports Minister of Tamilnadu, 2016

REPRESENTATION
8th Commonwealth Karate Championship for India

BLACK BELT - IDAN JAPAN

Participation - 39th Tamilnadu State Karate Championship
Chennai February 2023

I & II Position - Under 21 and Senior Female Kumite Consecutively

Representation - Tamilnadu, All India Karate Championship,
Karate India Organization, Dehradun, Uttarakhand February 2023

KARATE

MEENA LAKSHMI TAMILSELVAM III BA POLITICAL SCIENCE (AIDED)



AMMA AWARD
4th Annual South India 2019

REPRESENTATION
8th Commonwealth Karate Championship for India

BLACK BELT - IIDAN JAPAN

Participation - 39th Tamilnadu State Karate Championship
Chennai February 2023

I & II Position - Under 21 and Senior Female Kumite Consecutively

Representation - Tamilnadu, All India Karate Championship,
Karate India Organization, Dehradun, Uttarakhand February 2023

Participation - Tamilnadu Shito-ryu Karate Championship 2023

I & II Position [2] - Senior Female Kumite and Under 21 Kumite

Representation - Tamilnadu, 26th Shito-ryu Karate Do National Championship,
Mysore, 2023

KARATE



Silver Medal - under 21Female Kumite

WINNER - Tamilnadu, the South Indian
Karate Championship, Kerala

I POSITION - in under 21 Kumite and 3rd place in Senior Female
Kumite

RepresentATION - India, World ShitoRyu Championships,
Jakarta Indonesia
September 2023

III POSITION - in Under 21Kumite

RepresentATION - South zone, Interzone Championships,
Delhi, November 2023

MeenaLaksh
mi

KARATE



Silver Medal - under 21Female Kumite

WINNER - Tamilnadu, the South Indian
Karate Championship, Kerala

II POSITION - in under 21 Kumite and 3rd place in Senior Female
Kumite

Representation - India, World ShitoRyu Championships,
Jakarta Indonesia
September 2023

III POSITION - in Under 21Kumite

Representation - South zone, Interzone Championships,
Delhi, November 2023

MeenaLaksh
mi

**"IF YOU FOCUS
ON YOUR GOALS
AND NEVER GIVE
UP, NOTHING CAN
STOP YOU."**

Vinh Phat
(WRESTLING)

20

20

22

22





BASKETBALL

IV POSITION - B ZONE

Madras University

Selected for Inter Zone

Varsha R., III BSC Chemistry (Aided)

Sama Saji, IBCA (SFS)

Mega Abilash, IBSC Chemistry (Aided)

Arya B R., III BSC Physics (Aided)

BADMINTON
II POSITION - INTER ZONE
Madras University
Siva Jothi S., I Geography (SFS)



CHESS

RUNNER UP - B ZONE

9th Ranking - Inter Zone

Madras University

Abinaya A., IBCom (SFS)



TABLE TENNIS
III POSITION - B ZONE
Madras University
*Teebhasree A. & Sri Lakshmi R.,
IIBCom (SFS)*



YOGA
PARTICIPATION
All India Level YOGA competition, Bhuvanewar
N Pirajadakshini, IBSC Mathematics (Aided)



**"THE MOST POWERFUL
WEAPON IN SPORTS IS
THE MIND—TRAIN IT,
AND SUCCESS WILL
FOLLOW."**

Haikarvali
(CHESS)

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23

23





TABLE TENNIS

III POSITION - B ZONE

Madras University

Afsha A., IMSC Statistics (AIDED)

Gayathri Manu, IBBA (SFS)

Sharanya Chakravathy, IBSC Physics (SFS)

Sri Lakshmi R., IIBCom (SFS)

ATHLETICS

BRONZE MEDAL - 4x400MTS RELAY,
AL Mudhaliar Meet

BRONZE MEDAL - 100 MTS HURDLES,
AL Mudhaliar Meet

Harini P., IIBBA Economics (Aided)

Vaishali G., IBBA (SFS)

Akschida S., IBBA (SFS)

Shasmitha K., IIBSC Physical Education (SFS)



BOXING
PARTICIPATION
All India Boxing Tournament 2023
Pragathi S, III BSC Physical Education (SFS)



FOOTBALL
III POSITION - INTER ZONE
Madras University, December 2023
Angel Hannah George, IBA Political Science (Aided)
Anna Joyson, IMA Communication (SFS)

PEN CAKSLAT
BRONZE MEDAL
Khelo India (Asmitha) Women's Pencak Silat
Sakthi Aiswarya P., IBA Political Science (Aided)
Sandhya P., IBA Political Science (Aided)





ATHLETICS

SILVER MEDAL - 3000MTS AND 1500MTS

TNPESU, Chengalpattu District Athletics Competition

Vaishali G, IBBA (SFS)

SILAMBAM

GOLD & SILVER MEDAL

All India National Championship, Goa 2023

Rakshana C., IBCOM A&F (SFS)



THROW BALL

III POSITION

Inter Collegiate Staff Tournament
Sri Ramachandra Medical College, Chennai



*Dr. Ansuman Rabboni, Dr. G Maheshwari, Ms. Kreema a Davey,
Dr. Fanny Grace, Ms. Angaline B, Dr. Rachel Jacob, Dr. Rakhi Yadav,
Dr. Shirmila Stanley, Ms. Jasmine Smilkha Leslie*

**"DON'T LET ANYONE
TELL YOU THAT YOU
ARE WEAK BECAUSE
YOU ARE A GIRL.
BELIEVE IN YOURSELF."**

Smiti Madhara

(CRICKET)

20

20

24

24



BUCK TOURNAMENT, YMCA



BASKETBALL

WINNER

Inter Collegiate Buck Tournament, YMCA

Boomika G., IBA Political Science (Aided)

Keerthana E., ICom General (Aided)

Nevahniaa S., ICom General (Aided)

Shalini K., IBCA (SFS)

Kalaiarasi T., IMA Philosophy (Aided)

Hema Sri N., IMA Philosophy (Aided)

Gercial D., IBSC Physical Education (SFS)

Prasanna Allen, IBA Political Science (Aided)

Elgiva Paul, IBSC Physical Education (SFS)

Banibha Wankhar, IBSC Physical Education (SFS)





ATHLETICS

Kanchipuram District Athletics Tournament, August 2024

GOLD MEDAL - 3000MTS & 1500MTS

New Meet Record - 5:59 Seconds
Vaishali G., IIBBA (SFS)

BRONZE MEDAL - 1500MTS

Jenifer A T., IBCom (SFS)

BRONZE MEDAL - 400MTS

Kiruthikhaa S., IBCA (SFS)

SILVER MEDAL - 100MTS

Shasmitha K., III Physical Education (SFS)



ARCHERY

II POSITION

4th RGBI Federation Cup National Archery Championship 2024

Sakthi Aiswarya P., II BA Political Science (Aided)

Sandhiya P., IIBA Political Science (Aided)





TAEKWONDO

1 POSITION

Chengalpattu District Taekwondo Championship
Chennai, July 2024

GOLD MEDAL

Senior Female Category - 3rd National Open Kyorugi Taekwondo
Champions, June 2024
Sindhya Rani S., IIBSC Physical Education (SFS)



ARCHERY

GOLD MEDAL

Indian Bow Valvil Oori Open Archery Competition
Harini, IBA Political Science (Aided)



INTER ZONE MADRAS UNIVERSITY



BADMINTON

III POSITION - B ZONE

Sivajothi S, III BSC Geography (SFS)
Huda, II BBA (SFS)

Ananya S, IBA Political Science (Aided)
Dharshini D., IBCom (SFS)

III POSITION - INTERZONE

Ananya S, IBA Political Science (Aided)
Dharshini D., IBCom (SFS)

TABLE TENNIS
RUNNER UP - INTER ZONE
Madras University
Yuvalakshmi N., IBCom (Aided)



CHESS

III POSITION - INTER ZONE

Abinaya A., III BCom (SFS)

INTER ZONE MADRAS UNIVERSITY



BASKETBALL

RUNNER UP - B ZONE III

POSITION - INTER ZONE

Madras University

5 Selected - Inter Zone

Kalaiarasi T., IMA Philosophy (Aided)

Hema Sri N., IMA Philosophy (Aided)

Gercial D., IBSC Physical Education (SFS)

Keerthana E., IMCom (Aided)

Nevahnia S., IBCom (SFS)



INTER ZONE MADRAS UNIVERSITY

SWIMMING

SILVER MEDAL - 100M BACKSTROKE

BRONZE MEDAL - 400MTS FREESTYLE

SDAT Swimming Pool Velachery, September 2024

Selected to represent All India

Sai Shreya, IMA Economics (Aided)

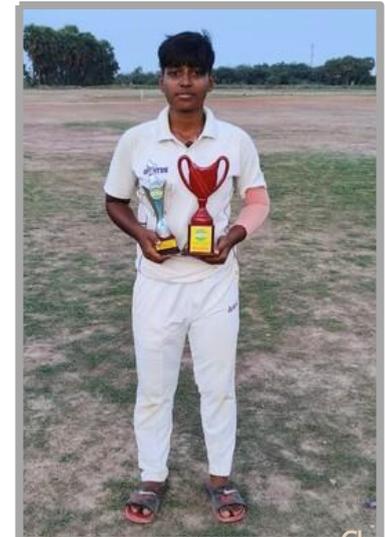


SHOOTING

GOLD MEDAL - 10 MTS & 25 MTS

Selected to represent All India

Ezhilarasi S, III BSC Visual Communication (SFS)



CRICKET

Selected to represent Inter Zone

Divya S, III BSC Physical Education (SFS)



CM TROPHY, SEPTEMBER 2024



ATHLETICS

V POSITION - 1500MTS

Vaishali, IBBA (SFS)



CARROM

III POSITION

Varshini S, IBSC Physical Education (SFS)



ATHLETICS

BRONZE MEDAL - 400MTS

Kiruthikhaa S, IBCA (SFS)



CRICKET - RUNNER UP

IIIBSC Physical Education (SFS) - Divya S, Leema J K, Shahin M, Pavithra K, Mirdula S, Shylaja V, Shalom E J, Nivetha A; IBSC Physical Education (SFS) - Varshini S, Yashini K, Ilakkiya K; IBBA (SFS) - Angelina K



CM TROPHY, SEPTEMBER 2024



SWIMMING

GOLD MEDAL - 400MTS FREESTYLE

BRONZE MEDAL - 200MTS BACKSTROKE

Selected for State

Sai Shreya, IMA Economics (Aided)

SILAMBAM

GOLD MEDAL - DISTRICT LEVEL

GOLD MEDAL - STATE LEVEL

AWARDED - 1LAKH CASH

Magathi S, III Bsc Physical Education (SFS)



TABLE TENNIS

RUNNER UP

IIT INTERCOLLEGIATE TOURNAMENT IIT CAMPUS CHENNAI, SEPTEMBER 2024

BASKETBALL III POSITION



Hema Sri N., IMA Philosophy (Aided)
Kalaiarasi T., IMA Philosophy (Aided)
Gercial D., IBSC Physical Education (SFS)
Keerthana E., IMCom (Aided)
Banibha Wankhar, IBSC Physical Education (SFS)
Daria, IBA Journalism (SFS)
Shalini K., IBCA (SFS)
Nevahniaa S., IBCom (SFS)



CHESS I POSITION

TABLE TENNIS IV POSITION



AL MUDHALIAR ATHLETIC MEET 2024

BRONZE MEDAL – HAMMER THROW
Honey Priya vathani I MA Pub Admin (AIDED)



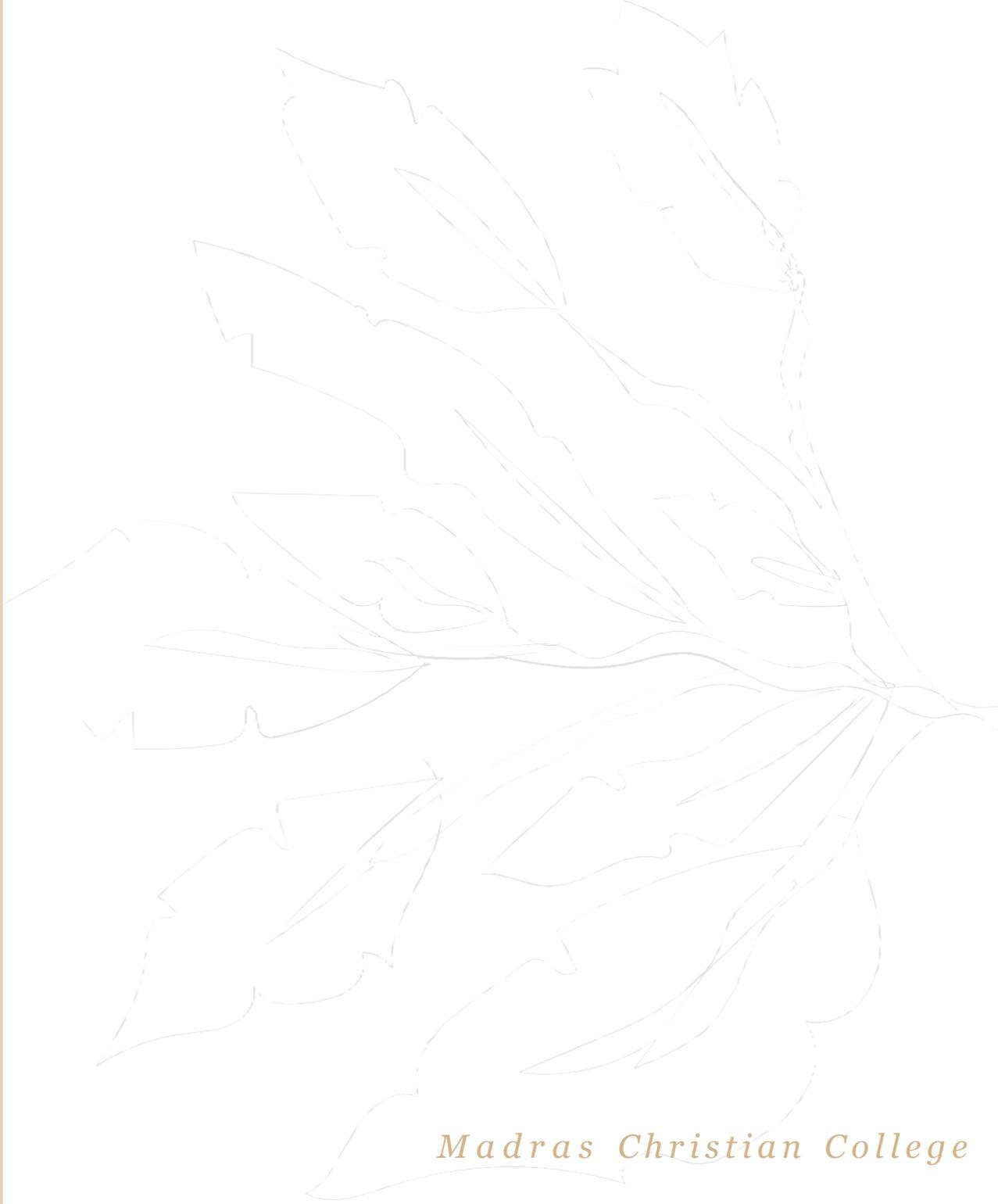
Bronze MEDAL - Half Marathon
Vaishali – I BBA



**"DREAM BIG, WORK
HARD, STAY FOCUSED,
AND SURROUND
YOURSELF WITH GOOD
PEOPLE."**

P.T.Usa

(TRACK & FIELD)



Madras Christian College