

**5.3.2 Average number of sports and cultural programs in which
students of the Institution participated during**

2020-21

(organised by the institution/other institutions)



**C.S.I. VELLORE DIOCESE
VOORHEES COLLEGE, VELLORE**

1/A, Officer's Line, Vellore - 632 001. India

Phone : 0416 - 2220317 Fax No.: 0416-2220318 E-mail : voorhees1898@gmail.com web:www.voorheescollege.edu.in

Third Place - Bronze - Hammer Throw - 34th Tamilnadu Junior and senior open athletic championship, organised by Virudhunagar District Athletic Association (22nd to 24th jan 2021)

M. Malik OF B.COM PLACED THIRD

*Principal -in- Charge,
VOORHEES COLLEGE,
VELLORE - 632 001.*



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Gold Medal - - Power Lifting Competition - 7th Senior State level Power Lifting Competition, Namkkal



TAMILNADU POWERLIFTING ASSOCIATION

COIMBATORE, INDIA

Affiliated to Powerlifting India | Recognised by Sports Development Authority of Tamil Nadu | Recognised by Tamil Nadu Olympic Association



**21st SUB JUNIOR STATE POWERLIFTING CHAMPIONSHIP 2020
(MEN & WOMEN)**
DATE : 18th to 20th DECEMBER 2020
Venue : G.V. MAHAL, PALLIPALAYAM, NAMAKKAL DISTRICT

Certificate of Merit

Certificate No.:	70
Name	B.Harish
Gender	Male
Date of Birth	18.01.2003
District	Vellore
Category	83KG
Body Weight	81.95
Squat	250
Bench Press	112.5
Dead Lift	250
Total	612.5

Place FIRST


Honorary General Secretary
Tamil Nadu Powerlifting Association


Honorary President
Tamil Nadu Powerlifting Association



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6th Position - Body Building - 49th Junior Body Building Competition

(27th & 28th Feb 2021)

B. HARISH OF VOORHEES COLLEGE PLACED IN SIXTH POSITION

*Principal -in- Charge,
VOORHEES COLLEGE,
VELLORE - 632 001.*

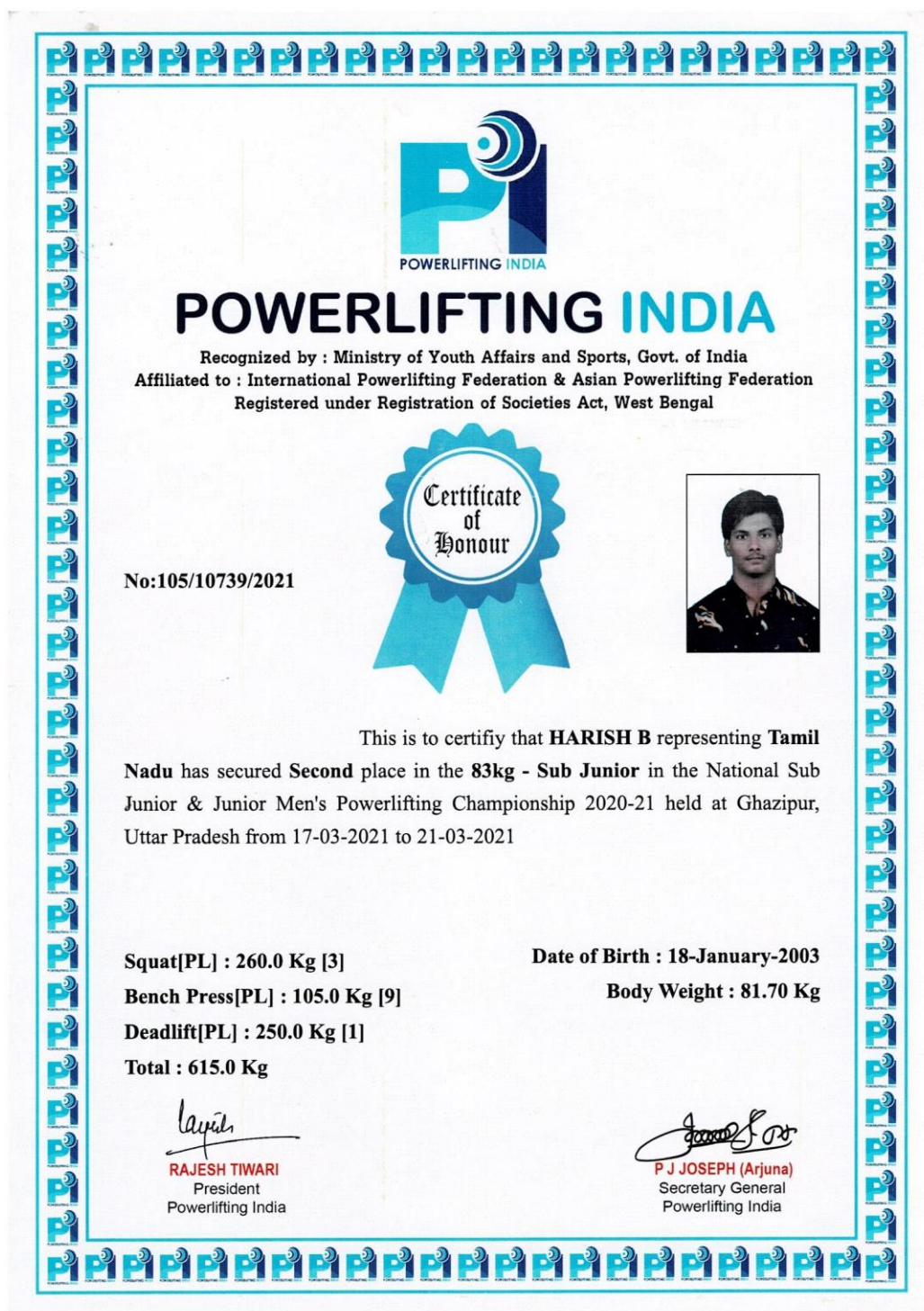


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Bronze medal -Power Lifting (Men) Sub Junior- All India Power Lifting (Men) Sub Junior Championship, Kanha Haweli Ghazipur Uttar Pradesh





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**Gold medal -- Dead Lift (Record) - All India Power Lifting (Men) Sub Junior
Championship, Kanhahaweli Ghazipur Uttarpradesh**

B. HARISH OF VOORHEES COLLEGE MADE RECORD

*Principal -in- Charge,
VOORHEES COLLEGE,
VELLORE - 632 001.*



C.S.I. VELLORE DIOCESE VOORHEES COLLEGE, VELLORE

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Silver - Overall Championship- All India Power Lifting (Men) Sub Junior Championship, Kanhahaweli Ghazipur Uttarpradesh

Powerlifting India
National Sub Junior & Junior Men's Powerlifting Championship 2020-21
Ghazipur, Uttar Pradesh - 17-03-2021 to 21-03-2021
Detailed Results

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points
53kg - Sub Junior																			
1	UDAIVEER GURJAR	24-05-2005	MP	5	52.90	165.0	175.0	X	165.0 [2]	90.0	97.5	102.5	102.5 [1]	140.0	150.0	157.5	157.5 [7]	425.0	12
2	SANJAY M	15-05-2004	PUD	3	51.80	150.0	160.0	167.5	167.5 [1]	82.5	90.0	92.5	92.5 [2]	140.0	150.0	160.0	150.0 [9]	410.0	9
3	MOHAMMED RABBANI	27-07-2004	TEL	8	50.24	140.0	140.0	152.5	152.5 [3]	60.0	70.0	75.0	70.0 [7]	150.0	160.0	175.0	175.0 [1]	397.5	8
4	SHIVAM	01-06-2002	HAR	6	52.75	160.0	160.0	150.0	150.0 [6]	70.0	75.0	80.0	75.0 [5]	160.0	165.0	172.5	172.5 [2]	397.5	7
5	PRAVIN MARU	11-08-2002	RAJ	15	52.65	145.0	152.5	160.0	152.5 [4]	65.0	72.5	77.5	72.5 [6]	150.0	165.0	170.0	165.0 [4]	390.0	6
6	RAMANDEEP SINGH	15-11-2003	PUN	11	51.54	130.0	140.0	145.0	145.0 [8]	60.0	62.5	67.5	62.5 [9]	147.5	157.5	157.5	157.5 [5]	365.0	5
7	SIDHI GANESH	06-01-2003	DEL	2	46.50	130.0	132.5	132.5	130.0 [9]	80.0	90.0	92.5	80.0 [4]	162.5	152.5	155.0	152.5 [8]	362.5	4
8	ANURAG MAURYA	25-09-2002	UP	14	52.40	140.0	110.0	115.0	115.0 [10]	60.0	65.0	70.0	65.0 [8]	140.0	152.5	157.5	157.5 [6]	337.5	3
9	TREDEEV SONANI	10-02-2003	CHT	1	53.00	140.0	140.0	110.0	110.0 [11]	60.0	70.0	70.0	60.0 [10]	120.0	135.0	140.0	135.0 [10]	305.0	2
10	IRIKHOMBA ELANGBAM	03-12-2003	MAN	12	51.70	70.0	70.0	90.0	90.0 [12]	35.0	40.0	45.0	40.0 [13]	80.0	82.5	100.0	100.0 [11]	230.0	1
11	JEEL PATEL	11-11-2002	GUJ	10	49.90	80.0	85.0	90.0	85.0 [13]	40.0	45.0	60.0	45.0 [11]	80.0	90.0	100.0	90.0 [12]	220.0	1
12	THOKCHOM MALEMNGANBA	24-06-2004	MAN	13	40.00	60.0	60.0	75.0	60.0 [14]	35.0	40.0	40.0	40.0 [12]	70.0	75.0	80.0	80.0 [13]	180.0	1
-	DARUN M	29-07-2007	PUD	4	52.60	130.0	140.0	147.5	147.5 [7]	80.0	85.0	85.0	85.0 [3]	160.0	160.0	160.0	-	-	-
-	M BHARAT YADAV	14-03-2004	TEL	7	51.75	140.0	160.0	150.0	150.0 [5]	80.0	80.0	80.0	-	160.0	167.5	170.0	170.0 [3]	-	-
59kg - Sub Junior																			
1	DHRUV RAJ KURE	02-06-2002	MP	41	56.32	192.5	192.5	192.5	192.5 [2]	110.0	112.5	117.5	117.5 [1]	215.0	220.0	225.0	220.0 [1]	630.0	12
2	P BHARATH KUMAR	08-03-2002	AP	37	58.74	190.0	200.0	210.5	210.5 [1]	105.0	112.5	117.5	112.5 [2]	190.0	202.5	210.0	202.5 [3]	525.5	9
3	KULDEEP	19-02-2005	HAR	42	58.54	186.0	186.0	185.0	185.0 [3]	80.0	85.0	90.0	85.0 [7]	195.0	205.0	212.5	205.0 [2]	475.0	8
4	ANANDAR RANGA	18-01-2002	RAJ	49	58.20	172.5	172.5	175.0	175.0 [6]	100.0	107.5	110.0	107.5 [3]	182.5	187.5	192.5	182.5 [6]	465.0	7
5	ANANDAKRISHNAN R	25-01-2002	KER	39	55.14	160.0	172.5	180.0	180.0 [4]	85.0	97.5	102.5	97.5 [6]	165.0	177.5	190.0	177.5 [7]	455.0	6
6	VINAY SONI	20-11-2003	RAJ	50	57.85	175.0	175.0	177.5	177.5 [5]	75.0	80.0	85.0	80.0 [8]	180.0	190.0	200.0	190.0 [5]	447.5	5
7	V ROHAN SAI	30-03-2002	TEL	44	58.48	160.0	162.5	165.0	165.0 [8]	75.0	80.0	82.5	75.0 [10]	200.0	207.5	210.0	200.0 [4]	440.0	4
8	VISHAL T	26-10-2002	PUD	36	56.00	150.0	160.0	170.0	170.0 [7]	85.0	95.0	100.0	100.0 [4]	145.0	155.0	165.0	165.0 [10]	435.0	3
9	MANAN SHARMA	23-08-2002	HAR	43	58.12	135.0	142.5	147.5	142.5 [10]	100.0	102.5	X	100.0 [5]	160.0	167.5	170.0	167.5 [9]	410.0	2
10	PRATEEK BHALLA	06-10-2002	DEL	38	59.00	140.0	160.0	160.0	140.0 [11]	70.0	80.0	82.5	80.0 [9]	150.0	165.0	170.0	170.0 [8]	390.0	1
11	PRATHAMESH BHALEKAR	06-08-2002	MAH	45	58.70	150.0	160.0	165.0	165.0 [9]	55.0	62.5	65.0	62.5 [13]	150.0	160.0	170.0	160.0 [11]	387.5	1

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points
3	K ABHISHEK	10-03-2003	AP	66	65.60	145.0	155.0	155.0	145.0 [6]	85.0	92.5	105.0	92.5 [6]	185.0	200.0	200.0	185.0 [4]	422.5	8
4	KARAN KARAN	28-01-2003	CHN	72	62.80	160.0	170.0	180.0	160.0 [5]	80.0	87.5	92.5	92.5 [5]	150.0	165.0	170.0	150.0 [8]	402.5	7
5	KUNAL JADAV	21-03-2002	GUJ	69	62.80	140.0	150.0	150.0	140.0 [7]	70.0	75.0	80.0	75.0 [10]	150.0	160.0	170.0	170.0 [5]	385.0	6
6	AASHIS MOURYA	22-09-2002	CHT	65	65.64	130.0	130.0	130.0	130.0 [9]	70.0	82.5	85.0	82.5 [8]	160.0	170.0	172.5	170.0 [7]	382.5	5
7	ANURAG PANDEY	22-06-2003	WB	71	64.00	130.0	140.0	140.0	130.0 [8]	70.0	77.5	80.0	80.0 [9]	140.0	150.0	170.0	170.0 [6]	380.0	4
8	FARDIN SIDI	01-12-2004	GUJ	67	63.50	80.0	90.0	100.0	90.0 [11]	45.0	52.5	52.5	45.0 [11]	90.0	110.0	120.0	110.0 [9]	245.0	3
-	PRADEEP GAUR	01-02-2005	MP	68	63.92	110.0	120.0	125.0	125.0 [10]	105.0	105.0	110.0	105.0 [4]	140.0	140.0	140.0	-	-	-
-	GURSHAIR SINGH	19-02-2002	PUN	73	65.80	162.5	172.5	180.0	162.5 [4]	87.5	87.5	87.5	-	190.0	190.0	197.5	-	-	-
-	DINESH S.A	10-03-2002	TN	75	65.80	197.5	197.5	197.5	197.5 [3]	112.5	120.0	122.5	120.0 [2]	205.0	205.0	205.0	-	-	-
-	K VISHNU VARDHAN	04-05-2002	AP	70	64.00	180.0	180.0	180.0	-	85.0	85.0	90.0	85.0 [7]	190.0	190.0	195.0	190.0 [3]	-	-
74kg - Sub Junior																			
1	SHAH M AGARWAL	17-11-2003	UP	116	73.30	210.0	230.0	237.5	237.5 [1]	115.0	125.0	127.5	125.0 [4]	225.0	235.0	240.0	235.0 [2]	597.5	12
2	VISHNU JOSHI	18-07-2002	RAJ	118	72.60	200.0	212.5	222.5	222.5 [3]	120.0	127.5	135.0	127.5 [3]	210.0	230.0	250.0	230.0 [3]	580.0	9
3	NAHASUDHEEN R	05-04-2002	KER	105	72.20	210.0	222.5	232.5	222.5 [2]	110.0	122.5	127.5	127.5 [2]	180.0	190.0	200.0	200.0 [7]	550.0	8
4	SATHEESH D	10-04-2002	TN	113	69.30	180.0	195.0	205.0	195.0 [5]	110.0	120.0	122.5	120.0 [5]	210.0	210.0	235.0	210.0 [5]	525.0	7
5	BIKRAM PATRO	28-09-2002	MP	107	71.60	155.0	170.0	172.5	172.5 [8]	120.0	120.0	125.0	120.0 [6]	190.0	200.0	212.5	212.5 [4]	505.0	6
6	DILJEET SINGH	28-09-2004	PUN	114	73.46	175.0	177.5	185.0	185.0 [7]	120.0	125.0	130.0	130.0 [1]	185.0	185.0	185.0	185.0 [11]	500.0	5
7	SUMEET KALYANKAR	23-03-2002	MAH	112	72.50	175.0	185.0	200.0	200.0 [4]	80.0	92.5	92.5	92.5 [13]	180.0	200.0	200.0	180.0 [14]	472.5	4
8	TUSHAR	08-01-2003	DEL	109	73.16	130.0	145.0	155.0	155.0 [10]	100.0	105.0	107.5	105.0 [11]	190.0	202.5	210.0	210.0 [6]	470.0	3
9	JYOTITADITYA DAS	12-06-2002	WB	111	69.42	150.0	160.0	180.0	160.0 [9]	105.0	110.0	117.5	110.0 [8]	175.0	185.0	192.5	185.0 [10]	455.0	2
10	LOGESWARAN M	18-02-2002	PUD	102	68.90	170.0	180.0	190.0	190.0 [6]	80.0	87.5	95.0	87.5 [14]	160.0	170.0	180.0	170.0 [15]	447.5	1
11	GAURAV PAGARE	07-01-2002	GUJ	110	73.10	120.0	135.0	142.5	135.0 [12]	100.0	105.0	107.5	105.0 [10]	160.0	175.0	182.5	182.5 [12]	422.5	1
12	FANINDRA KUMAR DHURVE	19-11-2004	CHT	101	71.04	130.0	145.0	155.0	130.0 [13]	80.0	80.0	87.5	87.5 [15]	170.0	190.0	200.0	190.0 [8]	407.5	1
13	TENSUBAM JESTIN	01-05-2004	MAN	115	71.43	100.0	130.0	160.0	130.0 [14]	80.0	95.0	105.0	95.0 [12]	160.0	180.0	180.0	180.0 [13]	405.0	1
14	AAKASH V	18-02-2003	PUD	103	72.32	140.0	150.0	150.0	140.0 [11]	55.0	60.0	65.0	60.0 [17]	140.0	155.0	155.0	140.0 [17]	340.0	1
15	SHAHNAVAZ JUNEJA	23-11-2002	GUJ	106	68.60	85.0	92.5	95.0	92.5 [15]	55.0	60.0	62.5	60.0 [16]	135.0	147.5	152.5	147.5 [16]	300.0	1
16	JAI PRAKASH MOURYA	27-02-2005	CHT	119	68.43	80.0	95.0	95.0	80.0 [16]	50.0	50.0	55.0	50.0 [18]	100.0	110.0	125.0	125.0 [18]	255.0	1
-	ASHWAR KUMAR THAKUR	20-02-2002	MP	108	73.34	220.0	220.0	220.0	-	X	X	X	-	245.0	X	X	-	-	-
-	P VAMSHI KRISHNA	14-01-2003	AP	104	73.00	220.0	220.0	220.0	-	110.0	110.0	117.5	110.0 [9]	220.0	235.0	244.0	235.0 [1]	-	-
-	MONU CHAUDHARY	26-04-2003	UP	117	73.56	190.0	190.0	190.0	-	115.0	115.0	127.5	115.0 [7]	190.0	190.0	190.0	190.0 [9]	-	-
83kg - Sub Junior																			
1	SIMON MASIH	04-03-2002	CHN	155	82.56	250.0	280.0	294.0	280.0 [1]	190.0	205.0	207.5	207.5 [1]	210.0	235.0	242.5	235.0 [3]	722.5	12
2	HARISH B	18-01-2003	TN	159	81.70	250.0	260.0	270.0	260.0 [3]	105.0	112.5	112.5	105.0 [9]	250.0	260.0	260.0	250.0 [1]	615.0	9
3	SAMPATH	22-04-2002	KAR	166	80.90	210.0	225.0	232.5	225.0 [6]	130.0	143.5	145.0	145.0 [3]	220.0	225.0	225.0	220.0 [4]	590.0	8
4	SAURABH S	01-01-2005	UP	163	80.90	225.0	225.0	235.0	225.0 [5]	130.0	142.5	150.0	150.0 [2]	190.0	200.0	215.0	200.0 [9]	575.0	7
5	RAM MANOHAR BHAGAT	15-06-2002	MAH	158	83.00	210.0	217.5	222.5	217.5 [7]	115.0	115.0	117.5	117.5 [5]	200.0	205.0	205.0	200.0 [10]	535.0	6
6	MUHAMMED MUBEEN	17-04-2003	KER	150	81.20	180.0	200.0	220.0	200.0 [10]	105.0	115.0	120.0	115.0 [7]	185.0	205.0	215.0	215.0 [5]	530.0	5
7	RITVIK SHARMA	11-08-2002	JK	154	81.54	185.0	190.0	192.5	190.0 [12]	125.0	130.0	132.5	130.0 [4]	195.0	202.5	210.0	202.5 [8]	522.5	4