



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the

4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



7.3 INSTITUTIONAL DISTINCTIVENESS

Beyond the game...

**STUDENTS WHO REPRESENTED INDIA IN
INTERNATIONAL COMPETITIONS**

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OLYMPIANS

1. PADMA SHRI SHINY K ABRAHAM



Shiny K Abraham represented India in the 1984 Los Angeles, 1988 Seoul, 1992 Barcelona, 1996 in Atlanta Olympics. Shiny was awarded the Arjuna Award in 1985, Birla Award in 1996 and Padma Shri in 1998. She is the first Indian Women athlete to reach the semi-finals in Olympics in women's 800m.



2. PREEJA SREEDHARAN



Preeja Sreedharan is the Indian athlete to represent India in 10000m in Olympics. She qualified for the Beijing Olympics in June 2008. She won Gold medal in the 10,000 metres event and Silver medal in 5000 metres at the Guangzhou Asian Games 2010. She holds Indian national record for both 5000 and 10,000 metres as on 18.10.2020. Preeja Sreedharan was conferred with the Arjuna Award, India's second highest sporting honour by the central government in 2011.



3. Sini Jose



Sini Jose represented India in the Beijing Olympics (2008) in the 4 x 400 metres relay, *while she was a regular student of Alphonsa College*. She won the gold medal at the 2010 Commonwealth Games and 2010 Asian Games in 4x400 m relay event. She represented India in the 2007 Amman, 2009, 2010 Guangzhou Asian Games, and 2010 Delhi Commonwealth Games in the 4x400 m relay.



ARJUNA AWARDEES

1. PADMINI THOMAS



Padmini Thomas won silver in the 4×100 m relay and bronze in the 400 metres at the 1982 Asian Games held in New Delhi. She is the laureate of the Arjuna Award. Later, she headed the Kerala State Sports Council.



Asian games winners with the Prime Minister Sri Rajeev Gandhi

2. Olympian Shiny K Abraham



Shiny K Abraham represented India in the 1984 Los Angeles, 1988 Seoul, 1992 Barcelona, 1996 in Atlanta Olympics. Shiny was awarded the Arjuna Award in 1985.



Olympian Shiny K Abraham receiving Padma Shri award from the President of India Dr. KR Narayanan

3. Olympian Preeja Sreedharan



Preeja Sreedharan is the Indian athlete to represent India in 10000m in Olympics. She qualified for the Beijing Olympics in June 2008.. Preeja Sreedharan was conferred with the Arjuna Award, India's second highest sporting honour by the central government in 2011.



Olympian Preeja Sreedharan receiving Arjuna Award from the President of India, Smt Prathibha Patil

ALPHONSIENS SPORTS STARS WHO REPRESENTED INDIA

1. ALEYKUTTY JOSEPH



Aleykutty Joseph represented India in the Asian Games Volleyball in 1980, held in Hong Kong.

2. JASMINE GEORGE



Jasmine George represented India in the Junior Asian Volleyball Championships in 1991, held in Bangkok.

3. SUMI CYRIAC



There was a time when Sumi Cyriac was hailed as India's Golden Girl in the pool who won 22 Gold medal for the country. She won a gold medal at the 1999 South Asian Federation (SAF) Games in Nepal, and two more at the 2004 SAF Games in Islamabad. All three titles were won in SAF record times.

4. SONY CYRIAC



Sony Cyriac represented India in the Aquatics Junior Commonwealth Games in 2004, held in Sydney.

CRITERION 7.3

5. RESMI BOSE



Resmi Bose represented India in athletics at the 2004 Commonwealth Games, held in Sydney.

6. ANJU ALEX



Anju Alex represented India in athletics at the 2000 International Invitation Meet, held in Maldives.

CRITERION 7.3

7. DAISY THOMAS



Daisy Thomas represented India in Volleyball at the 2007 Youth Championship, held in Bangkok.

8. JISHY JOSEPH



Jishy Joseph represented India in Cross country at the 2000 World Cross country Championship, held in Portugal.

9. VIJILA A



Vijila A represented India in Athletics at the 2004 Junior Asian Athletics Championship, held in Malaysia.

10. BIJIMOL K S



Bijimol K S represented India in Athletics at the 1992 Junior Asian Track & Field Championship, held in Beijing.

11. ASHA SEBASTIAN



Asha Sebastian represented India in Athletics at the 1993 Junior Asian Track & Field Championship, held in New Delhi.

12. AJITHA MADHAVAN



Ajitha Madhavan represented India in Athletics at the 1993 Junior Asian Track & Field Championship, held in New Delhi.

13. SREEDEVI P.R



Sreedevi P.R represented India in the World University Volleyball Championships in 1993, held in Edmund.

14. ANISHA K VIJAYAN



Anisha K Vijayan represented India in Athletics at the 2006 SAF games, held in Colombo.

15. KEERTHANA B



Keerthana B represented India in Softball at the 2023 Junior Asia Cup Softball Championship, held in China.