



SPORTS COUNCIL



CHRIST COLLEGE

PULIYANAMALA, KATTAPPANA

Approved by UGC and Affiliated to MG University, Kottayam (3521/1/14/Ac A VII)
A Minority Institution Managed By CMI Fathers

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DEPARTMENT OF PHYSICAL EDUCATION CHRIST COLLEGE PULIYANMALA.

2014-2015

About the College:- Christ College at Puliyannala is yet another landmark in the history of St. Joseph's Province of the Carmelites of Mary Immaculate. {CMS}.

The College is a center for higher education, situated on the Cardamom Hills of Puliyannala, Idukki.

The College founded in 2014, is run by the Carmel Vidya Peet Trust, affiliated to Mahatma Gandhi University, Kottayam, Kerala.

The College had a noble beginning at Charara Arcade, Kottayam in 2014 with - three (3) courses, { B. Com Finance & Taxation, B. Com Computer Application, and B.A Economics } 84 students and 08 full time academic faculty.

Vision:- We are the Blessed Ones of God, gifted with manifold talents and abilities. We aim at reaching Excellence in learning, through diligence and Service-Service of Humanity for the glory of God and for the well being of all.

Christ is the light that enlightens our thoughts, words and deeds so that we may bring the light of God to each and every one around us.

Mission:- Inspired by and carrying the legacy of the founders of the CMS religious congregation, St. Basilose Elias Charara. We are committed to the mission

that calls for Service to all. Days on which you have not rendered any good to others will not be counted among the days of your life".

Department of Physical Education.

The Importance of Physical education in the modern world grows apace with times. It is necessary to maintain healthy body regulating digestive health, Promoting Physiological well being, reducing surgical risks and Strengthening the immune System. Physical Education is very much needed in the modern inactive world where people hardly find any time for themselves.

It is essential to develop a student mentally and Physically fit. We have heard that "A healthy mind lives in a healthy Body". The goal of PE is to help students to develop healthy habits which will serve them long. In the contemporary world gone technology - Energy, things become easy; adults spend their whole day in air cooled offices and find no time for Exercises. Christ College offers games and Yoga Practice on a regular Basis.

The Management give Importance to the overall development of each student. Department of Physical Education and YOGA focus on the formation of a healthy body and healthy mind so that students can be the sole

Society. The Department hope fully expects the Presence of God almighty in all our efforts and the Support of the Management and PTA in the up-coming Events.

ACADEMIC YEAR 2014-2015

Christ College Puliyannamala started its classes officially on 24th July 2014 Wednesday, Seeking the blessings Lord Almighty with the celebration of Holy Mass at Abraham Chapel.

Christ College officially inaugurated by Shri Thomas Chandy, Honourable Chief Minister of Kerala on 25th August 2014 at Bhattappan.

Sports Club Inauguration 2014-2015.

On 24th March 2015, we conducted the Inauguration of Sports Club and first sports meet at Carmel CMI Public School Ground, Puliyannamala. Shri. O. J. Mathew inaugurated the function. Fr. Robins Gummurathil CMI received the March Past Salute. Jins Jose was selected as Sports Day's Champion and Mevin Rose Mabu was selected as Sports Girls Champion.

Robin G. Soorattom P.O. Coor JST was selected as the Sports Coordinator.


Coordinator

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FR. DR. ALEX J. J. CMI
PRINCIPAL

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Idukki Dist. Kerala - 685515

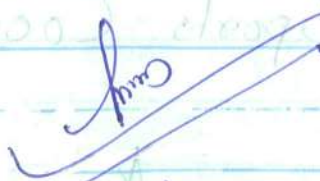
ACADEMIC YEAR - 2015-2016

Sports Competition Inauguration 2015-2016

The Sports Competition was Inaugurated on 7th December 2015 at St. George HSS Battappana. The function was Inaugurated by Adu. Manoj M. Thomas, Municipal Councilor Battappana and Fr. Joseph Mathew Nedumparambil CMI at 10.00 am; The Competitions started with the Colourful event - the Marchpast. There were about 15 Competitive items in which almost all the Students participated, to accelerate the Competitive Spirit; Our Principal also accompanied the Students in the Competitions. The Care and Support of our Teachers under the Convener Fr. Jenty Mukhel CMI contributed to the Success.

Melbin J Permatam was selected as Sports Boy's Champion and Jency Thomas (II P.A Eng.) was selected as Sports Girls Champion.

Fr. Jose II P.O. Com SST was selected as the Sports Coordinator.


Co-ordinator


FR. DR. J. LUIS CMI

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ACADEMIC YEAR - 2016-2017.


Sports Competition Inauguration, 2016-2017.

The Sports Competition was Inaugurated on 29th August 2016 at Christ College Puliyanmala. The function was Inaugurated by Shri Georgekutty M.V. Headmaster, St. Thomas S.S. Kottayam. The Competitions - Track & Field, Games, Volley Ball and Cricket started at 11.00 am with the colourful event - the March past. There were about 18 Competitive Items {100m, 200m, 400m Race, Boys and Girls Separated, Thread needle Running Race for Girls, Balloon Breaking, Volley Ball, Cricket, Ball Throw, Water Balloon, Relay, 5th-5th, Tag-of-war - (Separate) Lemon & Spoon running race} in which almost all the students participated.

Arav Mathew was Selected as Sports Boy's Champion and Brecha James was Selected as Sports Girls Champion.

Sajith G.S. {I.P. Com CA} was Selected as the Sports Coordinator.


Co-ordinator


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Academic Year 2014-2018.

Sports Competition Inauguration 2014-2018.

Arnold Mathew IBA English was selected as sports club Co-ordinator. As part of Onam Celebrations, the college Union decided to have different varieties of sports & games, and also decided that the sports club inauguration will be the same day. As per this decision the sports competition was inaugurated on 6th September 2014 at 9.30am at College Auditorium by P.M Thomas Headmaster St. Jerome's L.P.S. Vellayambady. The Sports & Games Competitions are conducted on dated 06, 07 and 08 of the September 2014. The Competition of Cultural Events such as Thiruvalliam, Pookkalam, Chakkilattam, Arm Wrestling are started on 6th September 2014 at 11.00am. The Sports and games held on 06 and 07 of the September 2014 in which almost all the students participated.

Noel Ope Johnson was selected as Boy's Champion and Bilhuna Binu was selected as Girls Champion.

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Academic Year - 2018-2019

Thomas Kutty Antony - II MA English was Selected as Sports Co-ordinator.

The Sports Council of Christ College consists of Rev. Fr. Alex Louis, CMI - Principal, Rev. Fr. Banthos Chempakalankal, CMI - HOD Dept. of Management, Rev. Fr. Anoop Thiruthimattom CMI - Bursar, Mr. P. V. Devasis and Ms. Shamiy George - Sports Directors and Mr. Thomas Kutty - Antony Sports Co-ordinator. 75 Boys and 45 girls are having Practice in different games, like Kabaddi, Football, Kho-Kho, Volley Ball, Cricket and different track events Under the Supervision of Mr. Akhil P Varghese { Dept. of Economics } Mr. Bobby Varghese { Coach }, Ms Jagadeeswarar A; and Ms. Sujamamol P T and Mr. Akhil Varghese { Coach - Football } Along with Sports and games Practice Students are provided with 'YOGA' Training.

'Yogacharyas' Mr. P. V. Devasis gives training in different yoga Postures, Shikha, Suryanamaskar and Pranayama.

Dated 08.08.2018, P. V. Devasis - Sports Director had attended the Annual Fixture Meeting 2018-2019, held at School of Chemical Science, Mahatma Gandhi University and also Participated in the two day Workshop on "A Paradigm Shift in the Indian University Sports - Introduction of new Generation Sports" held at Marican College, Buttilkannam from 21.08.2019 to 22.08.2019

Sports Competition Inauguration - 2018-2019.

The Sports Competition of College was inaugurated on 04-07-2018 by Mr. P. J. Joseph Ramesh Govt. H.S. Varghese.

Competitions in College

A Seven's football Competition for boys and a Penalty Shoot Out Competition for girls held on 04-07-2018. A Quiz Competition about football, was held on 5th July 2018, also held a football Prediction Stagers on 6th July 2018. The last two Competitions were held for boys and girls and all these Competitions are conducted along with the "World Cup Football".

The Sports and Games Competitions are conducted on dated 13 & 15 of the September 2018 at College Ground. There were about 18 Competitive Items in which almost all the Students Participated.

Roshan Thomas was Selected as Boy's Champion and Resmol Varghese was Selected as Girls Champion.

INTERCOLLEGIATE TOURNAMENTS

1. Volley Ball, Foot Ball and Kabaddi

College was participated the M.G. University Intercollegiate Volley Ball Tournament held on 14-09-2018 at K.E. College Mannanam. On 15/09/2018 at Marthoma College Thiruvalla, the M.G. University Intercollegiate Foot Ball Tournament was organised and college


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Dated 03-10-2018 the intercollegiate Kabbadi tournament was arranged at government College Mattakom and the college kabbadi team also participated in that competition.

KABADY CAMP - 2018-2019.

As per the decision of Management and sports club a three days kabbadi camp was conducted on 27th December 2018 to 29th December 2018. Under the supervision of Mr. Sam Thomas Parakkal Anakkara Principal Rev. Fr. Alex Louis CMI inaugurated the camp on 27th December at 8:30 am. Mr. Boby Varghese (Physical Trainer) Mr. P.V. Devasia, Mrs. Shamily George [Faculty Co-ordinators], Mr. Thomaskutty Antony (IInd MA English) Mr. Noel Johnson (I BGA) were assist the camp programmes.


Co-Ordinator


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Academic Year - 2019-2020

Sports Competition Inauguration

The Sports Competition was Inaugurated on 11th July {Thursday} 2019 by Mr. Jay. B. Jose St. Thomas H.B Sottayam, District Commissioner of Scout & Guide College Principal Rev. Don. Alex Louis CSI Presided over the Meeting. As Part of the inauguration, a Badminton Competition was held in the College Ground. The Programme Coordinator Mrs. Kwidala B. Joseph, Sports Co-ordinators Mr. P. V. Devasia and Mrs. Shamily George, Organized the function. Mr. Bobby Varghese Physical Trainer, Mr Noel Spe Johnson, Students Co-ordinator for Sports and Games were Assist the function and Competitions.

As Part of the Sports Club Inauguration the Sports & Games Competitions are conducted on 10, 11 and 12 of the October 2019.

Abin Mathew was Selected as Boy's Champion and Nova Babu was Selected as Girls Champion.

Regional Meeting

Mrs. Bobby Varghese {Physical Trainer} was Participated the M G University, Department of Physical Education Regional Meeting Conducted on 29/04/19 at School of Chemical Sciences, Mahatma Gandhi University Sottayam.

INTERCOLLEGIATE TOURNAMENTS.

College was Participated the M G university Intercollegiate Volley Ball Tournament Held on

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24-09-2019 at HOLY CROSS College Puttady, the M G University Inter Collegiate KABBADI tournament was organised and College Kabbadi team was participated in it. Dated 25/9/2019 the Inter collegial Football tournament was arranged at Marlboro College Piruvella and the College Football team also participated in that competition. On 26-02-2020 the Inter collegial TUG OF WAR tournament was organised at K G College Pampady by M G University and the College Tug of War team was participated in it.

KABBADI MAT

On 2019 August, College was collected 200 numbers of Interlock Kabbadi Mat for the better practice and physical fitness of players.

KABBADI CAMP

Dated 9th, 12th, 13th, 14th and 15th of September 2019, a Kabbadi Camp was organised under the leadership of Mr. Sam Thomas. Pranjol Analskera.

The excellent suggestions and hardwork from the College Principal Rev. Dr. Alex Louis CSI, the camp was very interested and useful for the participants.

Work Out and Practice.

All Members of the Sports Club, practicing every day at 3.30pm to 5.30pm for the events such as Kabbadi, Football, Volleyball, Cricket, Tug of War and table tennis.

This makes students in the development of an individual just as classroom education

2020-2021

Covid Year

Due to Covid-19 Pandemic,
we can't conduct
Sports Events.

Jim
Co-Ordinator

Alex
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