



# ***NIRMALA ARTS AND SCIENCE COLLEGE***

(Affiliated to Mahatma Gandhi University, Kottayam)

## **SPORTS, HEALTH AND YOGA CLUB**

### **Cut Post Football Tournament**

Date	:	22nd August 2019	
Chief Guest	:	-	
Events Organized	:	<b><i>Sl. No</i></b>	<b><i>Event</i></b>
		1.	Cut Post Football Tournament
Person in Charge	:	Deepu G	

#### **Brief Report**

On August 22nd, the Sport health and Yoga club in association with Department of English held a cut post football match as part of a fundraising effort of initiative of old age home. The event was a success, with the B.Com Tax final years emerging as the proud winners. The fund raised was given to the old age Sougyasadan Old Age Home, chethikode. This campaign raise awareness about issues related to old age.

#### ***Programme Brochure & Images***





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## **SPORTS, HEALTH AND YOGA CLUB**

### **ANNUAL SPORTS MEET 2020**

Date	:	<i>24<sup>th</sup> January 2020</i>	
Chief Guest	:	-	
Events Organized	:	<b><i>Sl. No</i></b>	<b><i>Event</i></b>
		2.	<i>Badminton (Boys and Girls – Doubles)</i>
		3.	<i>Cricket</i>
		4.	<i>Football</i>
		5.	<i>100m</i>
		6.	<i>200m</i>
		7.	<i>400m</i>
		8.	<i>Relay 4x100</i>
		9.	<i>Discus throw</i>
		10.	<i>Javelin throw</i>
		11.	<i>Shot put</i>
Person in Charge	:	<i>Deepu G</i>	

#### **Brief Report**

Nirmala Arts and Science College celebrated Sports Day on 24th January 2020. Prior to the sports day first and second round of various games (Cricket, Football, and Badminton) were conducted during Jan 20 to 23. The sports day was conducted successfully with the support and guidance of Manager Sri George Kuriakose, Dean Prof. Daisy NO, Principal Dr. Geetha CA and Vice Principal Dr. Murali E. The sports Day was coordinated by Physical Education Instructor Desmond Tudu, Sports in charge Assistant Professor Deepu.G, Sports conveners Akash Roy (B. Com Finance & Taxation). The sports day was celebrated by students zestfully and after fierce competition the Department of Commerce won the Overall Sports Championship Trophy.



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### Results

Name	Department	Rank	Point
<b>400 meters race [girls]</b>			
Pooja	2 <sup>nd</sup> B.com Tax	1	5
Vidhya	3 <sup>rd</sup> BA	2	3
C.D karthika	3 <sup>rd</sup> BA	3	1
<b>400 meters race [boys]</b>			
Eldose M Biju	2 <sup>nd</sup> B.com tax	1	5
Akash Roy	2 <sup>nd</sup> B.com tax	2	3
<b>100 meters race [boys]</b>			
Eldose M Biju	2 <sup>nd</sup> B.com tax	1	5
Chris Augustine	3 <sup>rd</sup> B.com tax	2	3
Aakash Roy	2 <sup>nd</sup> B.com tax	3	1
<b>100 meters race [girls]</b>			
Anagha	2 <sup>nd</sup> B.com tax	1	5
Anuja	1 <sup>st</sup> BBA	2	3
Aswathy Santhosh	3 <sup>rd</sup> BCA	3	1
<b>200 meters race [boys]</b>			
Eldose	2 <sup>nd</sup> tax	1	5
Akash	2 <sup>nd</sup> tax	2	3
Basil	Tax	3	1
<b>200 meters race [girls]</b>			
Anagha	2 <sup>nd</sup> B.com tax	1	5
Aswathy	3 <sup>rd</sup> BCA	2	3
Pooja	2 <sup>nd</sup> tax	3	1
<b>800 meters race [boys]</b>			
Eldose	B.com CA	1	5
Amal babu	B.com CA	2	3
Sachin	B.com Tax	3	1
<b>1500 meters race [boys]</b>			
Jewel	CA	1	5
Eldho	CA	2	3
aaghosh	BA	3	1
<b>Discus throw [girls]</b>			
Vandhana	2 <sup>nd</sup> BA	1	5
Surya	2 <sup>nd</sup> B.com tax	2	3
Reshmi priya	1 <sup>st</sup> BSC psy	3	1
<b>Discus throw [boys]</b>			
Adarsh babu	3 <sup>rd</sup> B.com tax	1	5
Sanjo Antony	3 <sup>rd</sup> B.com tax	2	3
Melvin raju	3 <sup>rd</sup> B.com tax	3	1
<b>Shot put [girls]</b>			
Ashia	3 <sup>rd</sup> B.com CA	1	5
Reshmi Priya	1 <sup>st</sup> BSC psy	2	3
Surya	2 <sup>nd</sup> B.com tax	3	1
<b>Shot-put [boys]</b>			
Akash Roy	2 <sup>nd</sup> B.com tax	1	5
Vishnu	2 <sup>nd</sup> B.com tax	2	3
Aadarsh	3 <sup>rd</sup> B.com tax	3	1



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### **Major Achievements**

#### **1. Physique and Weightlifting**

Mahesh Kumar K S (English Department) represented Mahathma Gandhi University in the All-India interuniversity Best Physique Men championship for the year 2019-2020 held at Chandigarh University, Chandigarh. Mahesh Kumar K S (English Department) won Best Physique Men First place in 70kg category in inter zone at Mahathma Gandhi University for the year 2019-2020.



#### **2. Football**

On 30/09/2019 Nirmala Arts and Science College had a football match with MA College Kothamangalam. The college football team of Nirmala Arts and Science College Mulanthuruthy reached the Pool Finals against MA College kothamangalam in 2017 at Mahatma Gandhi university championship





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### **3. Football**

The college football team of Nirmala Arts and Science College Mulanthuruthy secured the First position in Kaal Pandhu event organized as a part of JABAGADADASH 2.0 at Chinmaya Viswavidyapeeth on 4<sup>th</sup> October 2019.

### **4. Cricket**

The Nirmala Arts and Science College at Newman College Thodupuzha for a Cricket Match.

