



SPORTS AND FITNESS CLUB

MORNING STAR HOME SCIENCE COLLEGE

Angamaly South PO, 683573(Affiliated to Mahatma Gandhi University, Kottayam)

Reaccredited by NAAC with A++

Annual Report 2022-2023

The Sports and Fitness Club organized several competitions this year, showcasing the talents and abilities of students from various departments. The Interdepartmental Yoga Competition took place on June 10, 2022, at the Mother Terracotta Hall, with 64 participants. The Department of Commerce emerged as the winners, followed by the Department of Home Science and the Department of Zoology. Devika M J from the Department of Home Science was crowned the Individual Champion, with Aneesha K J from the same department as the Runner Up. Adithya S from the Department of Economics and Lintu Shaju from the Department of Commerce shared the Third Position.



Next, the Interdepartmental Cricket Competition spanned from August 10 to August 17, 2022, at the college ground. With 80 participants, the Department of Chemistry claimed the First Position, while the Department of Economics and the Department of Commerce secured the Second and Third Positions, respectively.





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Another exciting event was the Interdepartmental Arm Wrestling Championship held on November 22, 2022, at the Mother Terracotta Hall, featuring weight categories of 45kg, 50kg, 55kg, 65kg, and above 65kg. The Department of Commerce emerged as the winners, followed by the Department of Zoology and the Department of Home Science.



In December, the Interdepartmental Kho-Kho competition took place at the college Kho-Kho court, with 120 participants engaged in a knockout tournament. Once again, the Department of Commerce triumphed as the winners, with the Department of Zoology and the Department of Home Science securing the second and third positions, respectively.



Time: 12-05-2022 16:05
Note: Morning Star Home Science College Angamaly
Interdepartmental kho-kho competition 2022

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The year concluded with the annual athletic meet on March 14, 2023, at the college ground, featuring various track and field events. With a remarkable score of 113 points, the Department of Economics claimed the overall champions trophy, while the Department of Home Science secured the runner-up trophy with a score of 77 points. These competitions showcased the passion and dedication of the students in the pursuit of sports and fitness excellence.

