



SPORTS AND FITNESS CLUB

MORNING STAR HOME SCIENCE COLLEGE

Angamaly South P.O., 683573 (Affiliated to Mahatma Gandhi University, Kottayam and
Reaccredited by NAAC with A grade)

Annual Report 2020-2021

SPORTS AND FITNESS CLUB REPORT 2020-21

The aim of the club is to promote sports and fitness in Morning Star Home Science College, under the supervision of department of physical education. The club organized various kinds of online activities in the academic year 2020-21. The details of the events are mentioned below.



20 days Fitness Challenge “Stay Home , Stay Safe & Be Fit”

Sports and fitness club conducted a 20 days fitness challenge “stay home, stay safe & be fit for the public from 6th July to 25th July , 2020 . 94 participants were registered through the link from all around the world.



INTER DEPARTMENTAL COMPETITIONS 2020-21

1. Inter departmental online quiz competition

Inter departmental quiz competition conducted for students. 150 students from different departments participated in the same. First position secured by the Department of Chemistry with the Score of 4270 , 2nd Position – Department of English with the Score of 2720 and 3rd



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Position secured by the Department of Physics with the Score of 2530.

2. Inter departmental yoga competition

115 Students of different departments participated in the inter departmental yoga competition conducted by the Department of

Physical Education through YouTube. The first position secured by Dept. of Chemistry, followed by Dept. of Economics & Dept. of English secured 2nd and 3rd position.

Link:

<https://www.youtube.com/watch?v=sCkKQtqiJMw>



3. Inter departmental fitness competition

Inter departmental fitness competition conducted for students in different departments of Morning Star College from 6th July to 25th July, 2020. 154 participants were registered through the link <https://forms.gle/RQ3cqV7t37z8Gki77>.

4. Inter departmental aerobics competition

Inter departmental aerobics competition conducted on 10th August, 2020 for students in different departments of Morning Star College .

