



# 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)

## Report 2021-22

### INTERDEPARTMENTAL SPORTS COMPETITIONS

- Interdepartmental Badminton - organized by sports and fitness club from 1<sup>st</sup> to 7<sup>th</sup> September, 2021 at college badminton court in morning and evening after regular class. The competition was organized in a series of singles – doubles – singles – doubles – singles, 80 students from different departments participated in the event. The first position was secured by the Department of Home Science followed by commerce and chemistry.
- Inter departmental Tug of War – From 22<sup>nd</sup> to 30<sup>th</sup> September, 2021 club organized tug of war competition for college students. 80 students from 8 departments participated in the event. The first position was secured by the Department of Economics followed by the Department of Home Science and the Department of Zoology.



### DAYS OBSERVED

- **International Yoga Day - Yoga Pose Challenge-** On 21st June , 2021 in connection with international yoga day celebration sports and fitness club organized a yoga pose challenge for our college students and public . Around 50 participants participated in the event online.



# 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)

**National sports day - International Workshop on Aerobics** - On the occasion of National Sports Day, the club organized an International Workshop on Aerobics - 29th August, 2021. The workshop was conducted on the Google Meet platform. More than 100 participants participated in the one-day workshop and the resource person was International Certified Fitness Trainer Ms. Nabaweesi Gloria Love from Uganda.



- **International Olympic day - I #CHEER 4 INDIA** Posters depicting the Indian Olympic team - Cheer up India in connection with International Olympic Day are displayed at the College campus.

