



SPORTS AND FITNESS CLUB

MORNING STAR HOME SCIENCE COLLEGE

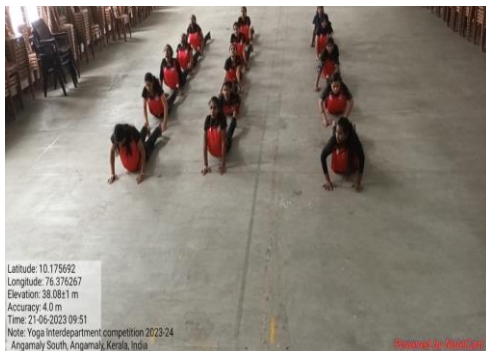
Angamaly South PO,683573 (Affiliated to MG University, Kottayam)

Reaccredited by NAAC with A++

Annual Report 2023-24

INTRAMURAL COMPETITIONS

Sports And Fitness Club organized various competitions this year. The details are as follows:- **Interdepartmental yoga competition** held on June 21 , 2023 at college auditorium . 72 students from various departments participated in the mass yoga display competition. The first position is secured by the Department of Commerce followed by the Department of Vocational Course (B.Voc), and Department of Home Science. **Interdepartmental Indoor Tug of war Competition** held on 10-08-2023, Venue Multipurpose court. 80 Students from various departments participated in the event. The First Position was secured By the Department of Zoology Followed by the Department of Home Science and the Department of Commerce. The prizes for champions were distributed by Dr.Sr.Gisha M Joseph, Department of Hindi .





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Interdepartmental chess Competition was held at 1st B.Sc FCS class room at

12:15pm from 17-01-2024 to 19-01-2024. 22 students from various departments participated in the event. The first position was secured by the Department of English followed by the Department of Commerce and Chemistry. The individual medal winners were- first position by Athira Vijayan (2nd M.Sc Chemistry), 2nd position by Ann Mary Mattekkat (3rd B.A English), and 3rd position by Agnes Jose (3rd B.A English) . The prizes were distributed to the team champions and individual winners .



Interdepartmental arm-wrestling Competition conducted from 30-01-2024 to 31-

01-2024 at arm wrestling arena in front of weight training hall. 87 students participated in the event. The first position was secured by the Department of Economics followed by the Department of Commerce and Chemistry .



Interdepartmental badminton Competition conducted from 19-01-2024 to 24-01-2024 at

badminton court . 72 students from various departments participated in the event . The first position was secured by the Department of Physics followed by the Department of Commerce and Chemistry . The prizes were distributed by Sr.Lissy A.V - H.A Morning Star College Office .





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Interdepartmental caroms Competition held from February 12th to 13th, 2024 at Nazareth block. 20 students from various departments participated in the competition. The first position was secured by the Department of Chemistry followed by the Department of Economics, and Department of English.

Annual Athletic Meet, Mass display and March past were organized on 15th February 2024, at college ground in various track and field events. March past, Mass display and staff competitions conducted on the same day at various times. 616 students participated in various athletic, march past and mass display events. With a score of 168 points, the Department of Commerce secured the overall champions trophy and the runner-up trophy was secured by the Department of Economics with a score of 107 points. The individual champion of the meet was Navami and Anitta Pollachan with a score of 18 points. Dr.Sr Shemi George - Principal and various department teachers of Morning Star college distributed the prizes for individual and team winners.

