Report on Sports Activities 2021-2022

Sports and games and fitness activities instill the qualities of leading a healthy life among the young students. It is beyond winning prizes. With this view, the college takes many initiatives to make the habit. Such activities are initiated by the Department of Physical Education; NCC and NSS also do their bit.

Adarsh R secured third position in 50mtr  Back Stroke,100mtr Backstroke and 200mtr Backstroke in the M G University Inter Collegiate Aquatic Championship held at M.A College Kothamangalam. Football team and Kabadi team participated in the Inter Collegiate Championship. Students participated in the Chess Tournament. The Inter House Football Tournament was inaugurated by Dr. Gimson D Parambil, Vice Principal, Red House and Blue house secured first and second prizes respectively.

International Yoga Day was celebrated on 21 June 2021. Football, cricket and volleyball practice regularly held in the college ground. As part of Asthra 2022, Intercollegiate Three's Football and Tug of War Competitions were held. The College gymnasium was open to all interested students to practice during morning and evening.

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