PHOTOGRAPHS AND BROCHURES OF SPORTS ACTIVITIES & COMPETITIONS-2018-19

ANNUAL ATHLETIC MEET FOR STUDENTS AND STAFF & INTER DEPARTMENT GAMES (13/02/2019)

Department of Physical Education conducted the College Annual Athletic Meet on 13th February 2019. Annual sports meet is an inter-department event. Various sports events for students, teaching staff and non-teaching staff were held.

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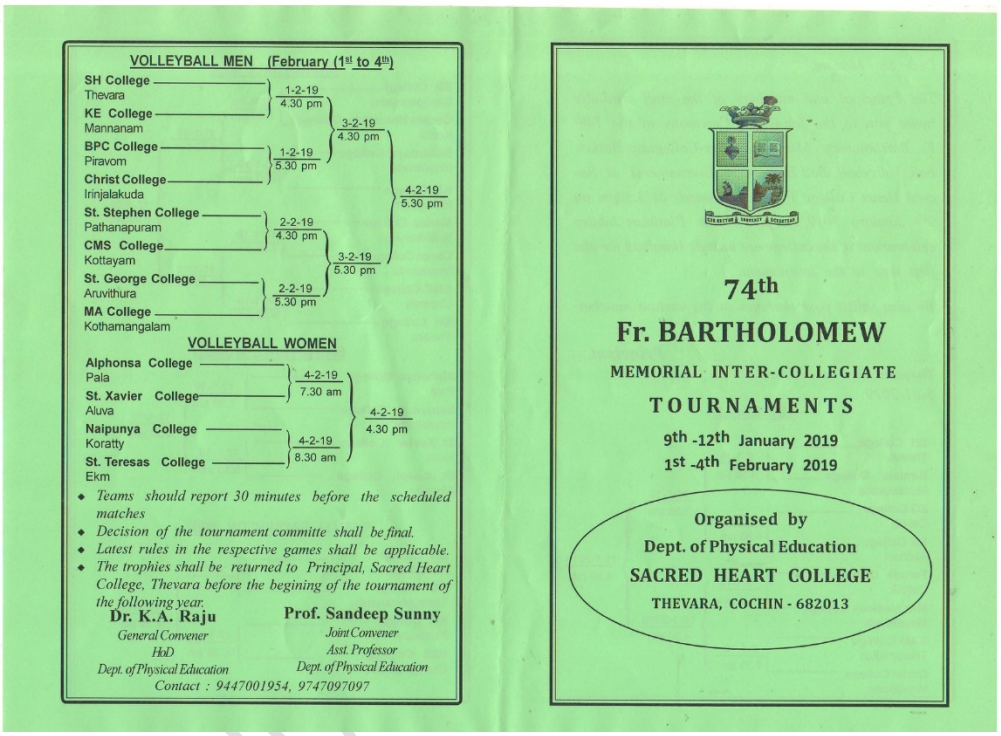
INTERCOLLEGIATE BLIND CRICKET TOURNAMENT (29/01/2019)

Department of Physical Education in association with State Blind Association conducted Blind Cricket Tournament on 29th January 2019. This sports event was an intercollegiate blind cricket tournament, which was organized as an extension activity of the Dept. of Physical Education.

74TH FR. BARTHOLOMEW MEMORIAL INTERCOLLEGIATE TOURNAMENTS (9-12 JANUARY & 1-4 FEBRUARY 2019)

Department of Physical Education conducted 74th Fr. Bartholomew Memorial inter-collegiate tournaments at Sacred Heart College in two phases. The first phase was conducted on 9-12 January 2019 and the second phase on 1-4 February 2019. This is one of the oldest old annual sports event in the state of Kerala and is being conducted without any break since its inception in 1945. As part of this event Basketball (Men), Basketball (Women), Volleyball (Men), Volleyball (women) and Ball Badminton (Men) tournaments were conducted. The General convener of this event was K.A Raju, HoD, Department of Physical Education and the Joint convener was Prof. Sandeep Sunny.



VOLLEYBALL MEN (February (1st to 4th))

SH College, Thevara — KE College, Mannanam — 1-2-19, 4.30 pm
BPC College, Piravom — Christ College, Irinjalakuda — 1-2-19, 5.30 pm
3-2-19, 4.30 pm
St. Stephen College, Pathanapuram — CMS College, Kottayam — 2-2-19, 4.30 pm
St. George College, Aruvithura — MA College, Kothamangalam — 2-2-19, 5.30 pm
3-2-19, 5.30 pm
4-2-19, 5.30 pm

VOLLEYBALL WOMEN

Alphonsa College, Pala — St. Xavier College, Aluva — 4-2-19, 7.30 am
Naipunya College, Koratty — St. Teresas College, Ekm — 4-2-19, 8.30 am
4-2-19, 4.30 pm

- Teams should report 30 minutes before the scheduled matches
- Decision of the tournament committe shall be final.
- Latest rules in the respective games shall be applicable.
- The trophies shall be returned to Principal, Sacred Heart College, Thevara before the begining of the tournament of the following year.

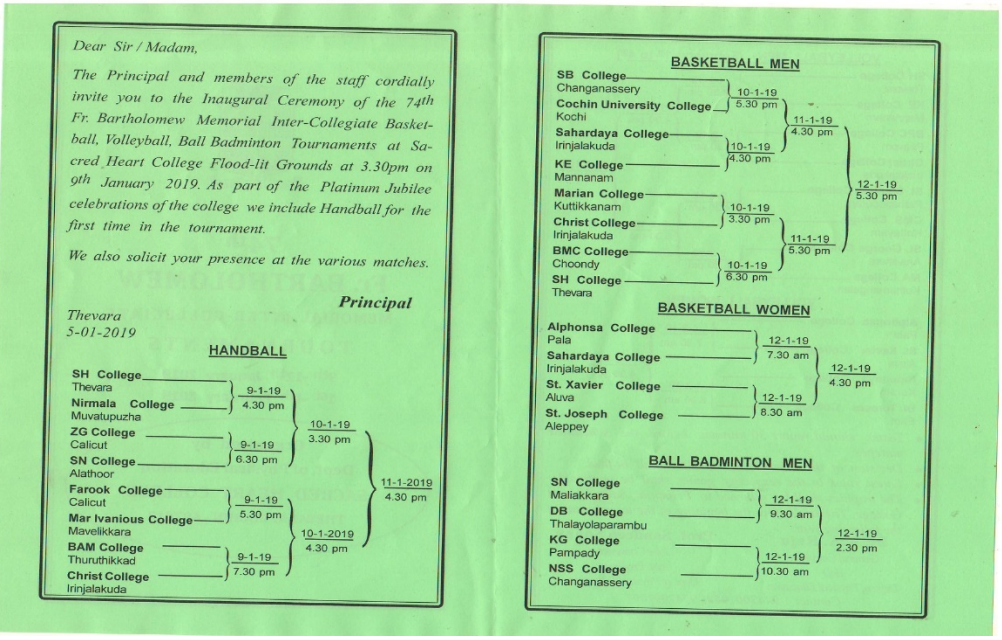
Dr. K.A. Raju
General Convener
HoD
Dept. of Physical Education

Prof. Sandeep Sunny
Joint Convener
Asst. Professor
Dept. of Physical Education

Contact : 9447001954, 9747097097

74th
Fr. BARTHOLOMEW
MEMORIAL INTER-COLLEGIATE
TOURNAMENTS
9th -12th January 2019
1st -4th February 2019

Organised by
Dept. of Physical Education
SACRED HEART COLLEGE
THEVARA, COCHIN - 682013



Dear Sir / Madam,

The Principal and members of the staff cordially invite you to the Inaugural Ceremony of the 74th Fr. Bartholomew Memorial Inter-Collegiate Basket-ball, Volleyball, Ball Badminton Tournaments at Sacred Heart College Flood-lit Grounds at 3.30pm on 9th January 2019. As part of the Platinum Jubilee celebrations of the college we include Handball for the first time in the tournament.

We also solicit your presence at the various matches.

Principal

Thevara
5-01-2019

HANDBALL

SH College, Thevara — Nirmala College, Muvatupuzha — 9-1-19, 4.30 pm
ZG College, Calicut — SN College, Alathoor — 9-1-19, 6.30 pm
10-1-19, 3.30 pm
Farook College, Calicut — Mar Ivanious College, Mavelikkara — 9-1-19, 5.30 pm
BAM College, Thuruthikkad — Christ College, Irinjalakuda — 9-1-19, 7.30 pm
10-1-2019, 4.30 pm
11-1-2019, 4.30 pm

BASKETBALL MEN

SB College, Changanassery — Cochin University College, Kochi — 10-1-19, 5.30 pm
Sahardaya College, Irinjalakuda — KE College, Mannanam — 10-1-19, 4.30 pm
11-1-19, 4.30 pm
Marian College, Kuttikkanam — Christ College, Irinjalakuda — 10-1-19, 3.30 pm
BMC College, Choondy — SH College, Thevara — 10-1-19, 8.30 pm
11-1-19, 5.30 pm
12-1-19, 5.30 pm

BASKETBALL WOMEN

Alphonsa College, Pala — Sahardaya College, Irinjalakuda — 12-1-19, 7.30 am
St. Xavier College, Aluva — St. Joseph College, Aleppey — 12-1-19, 8.30 am
12-1-19, 4.30 pm

BALL BADMINTON MEN

SN College, Maliakkara — DB College, Thalayolaparambu — 12-1-19, 9.30 am
KG College, Pampady — NSS College, Changanassery — 12-1-19, 10.30 am
12-1-19, 2.30 pm

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HEARTIANS

ST. STEPHEN'S
PATHANAPURAM

AWARENESS PROGRAMME ON WORLD HEART DAY (29/09/2018)

World Heart Day was observed by Department of Physical Education in association with the Dept. of Cariology, Medical Trust Hospital, Ernakulam on 29th September 2019. As part of this programme, a talk, Zumba fitness programme and 'Run for Your Heart" running competition were organized. An exhibition on "A Healthy Diet for a Healthy Heart" was also held.

WORLD HEART DAY
ZUMBA
MEDICAL TRUST HO
WORLD HEART DAY CELEBRA
29th September 2018
MAKE YOUR
PROMISE

ZUMBA
MEDICAL TRUST HOSPITAL
WORLD HEART DAY CELEBRATIONS

MY HEART,

Heart

SH STRIDERS – PHYSICAL FITNESS PROGRAMME (18/09/2018)

Department of Physical Education conducted a physical fitness programme "SH STRIDERS" on 18th September 2018. Students and staff participated in this sport event.

HALF MARATHON RUN (18/09/2018)

Department of Physical Education conducted a Half Marathon Run in Sacred Heart College Campus on 18th September 2018. The Heartian community participated in the event to promote the awareness of keeping physical fitness for a healthy body and healthy mind.

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