



4.1.2 The Institution has adequate facilities for cultural activities, yoga, games (Indoor, Outdoor) and sports. (Gymnasium, yoga centre, auditorium, etc.)

## Activity Report of Sports and Games

2017 - 18

SACRED HEART

**PHOTOGRAPHS AND BROCHURES OF SPORTS ACTIVITIES & COMPETITIONS  
2017-18**

**74<sup>TH</sup> FR. BARTHOLOMEW MEMORIAL INTER-COLLEGIATE TOURNAMENTS**

**(16/3/2018 – 18/3/2018)**

Department of Physical Education conducted 74<sup>th</sup> Fr. Bartholomew Memorial inter-collegiate tournaments at Sacred Heart College. As part of this event Basketball (Men), Basketball (Women) and Ball Badminton (Men) tournaments were conducted.



**74<sup>th</sup>**

**Fr. BARTHOLOMEW  
MEMORIAL INTER-COLLEGIATE  
TOURNAMENTS  
16<sup>th</sup> -18<sup>th</sup> March 2018**

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

## ANNUAL ATHLETIC MEET FOR STUDENTS AND STAFF & INTER DEPARTMENT GAMES (11/2/2018)

Department of Physical Education conducted Annual Athletic Meet on 11<sup>th</sup> February 2018. Annual sports meet is an inter-department event. Various sports events for students, teaching staff and nonteaching staff were held.





## ALL INDIA SENIOR INTER STATE JU-JITSU TOURNAMENT

(03/02/2018)

Ju-Jitsu Association of India (The national authority for Ju-Jitsu in India) organized the National Ju-Jitsu Championship 2018 for Seniors, Juniors and Aspirants in association with Sacred Heart College on 3<sup>rd</sup> February 2018. Ju-Jitsu is Martial Arts Game. This was the first all India senior tournament hosted by Sacred Heart College. Olympian Mercy Kuttan inaugurated the event in the presence of Mr. Suresh Gopi, Ju-Jitsu All India Association President, Fr. Prasant Palakkappillil (Principal) Mr. Roy Muthoot (Patron of Ju-Jitsu).





## CLASS ON FIRST AID (04/12/2017)

Department of Physical Education, in association with Rotary Club, VPS Lakeshore and Kerala Police (Kochi City) conducted "Samaritan-A First Aid Class" on 04<sup>th</sup> December 2017. This was an awareness class provided for our students to learn first aid and saving a life and how to act in emergency. Students found the session effective and useful.







## ALL KERALA INTER COLLEGIATE FUTSAL TOURNAMENT (24/11/2017)

Department of Physical Education hosted All Kerala inter-collegiate Futsal tournament at Sacred Heart College on 24<sup>th</sup> October 2017. The programme began with the principal welcoming the Chief guest I.M. Vijayan and the esteemed gathering. He emphasised on the significance of sports. Around 12 teams from various colleges signed up for the sports event and SH college bagged the prize. General convener of this event was K.A Raju, HoD, Department of Physical Education and the Joint convener, Prof. Sandeep Sunny.









## ALL KERALA INTER COLLEGIATE KABADDI TOURNAMENT (22/09/2017)

Department of Physical Education conducted All Kerala Inter collegiate Kabaddi tournament at Sacred Heart College on 22<sup>nd</sup> September 2017. Six teams participated in Kabaddi sports event. The General convener of this event was Dr. K.A Raju, HoD, Department of Physical Education and the Joint convener, Sandeep Sunny. Students from various colleges participated in the sports event. SH College emerged champions of the tournament.





## HEARTIATHELON (22/09/2017)

Department of Physical Education conducted Heartiathelon inter-collegiate tournament at Sacred Heart College on 22<sup>nd</sup> September 2017. As part of this event, Kabaddi and Handball was conducted, with 6 teams participating in Kabaddi and 8 teams in Handball. General convener of this event was Dr. K.A Raju, HoD, Department of Physical Education and the Joint convener, Prof. Sandeep Sunny. Students from various colleges participated in the sports event. SH College bagged prizes for both events.

