



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

2018 - 19

SACRED HEART

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 1 st to 4 th) | |
|---------------------------------------------------------------|-------------------|
| SH College Thevara | 1-2-19 4.30 pm |
| KE College Mannanam | 1-2-19 4.30 pm |
| BPC College Piravom | 1-2-19 6.30 pm |
| Christ College Irinjalakuda | 3-2-19 4.30 pm |
| St. Stephen College Pathanapuram | 2-2-19 4.30 pm |
| CMS College Kottayam | 3-2-19 5.30 pm |
| St. George College Aruvithura | 2-2-19 6.30 pm |
| MA College Kothamangalam | 2-2-19 6.30 pm |
| 4-2-19 5.30 pm | |

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

- Teams should report 30 minutes before the scheduled matches.
- Decision of the tournament committee 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 beginning of the tournament of the following year.

Dr. K.A. Raju **Prof. Sandeep Sunny**
General Convener *Joint Convener*
 HoD Asst. Professor
 Dept. of Physical Education 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 Basketball, 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 | 9-1-19 4.30 pm |
| Nirmaia College Muvattupuzha | 9-1-19 4.30 pm |
| ZG College Calicut | 9-1-19 6.30 pm |
| SN College Alathoor | 10-1-19 3.30 pm |
| Farook College Calicut | 9-1-19 5.30 pm |
| Mar Ivanious College Mavelikkara | 9-1-19 4.30 pm |
| BAM College Thuruthikkad | 9-1-19 7.30 pm |
| Christ College Irinjalakuda | 10-1-19 4.30 pm |
| 11-1-2019 4.30 pm | |

| BASKETBALL MEN | |
|------------------------------------|--------------------|
| SB College Changanassery | 10-1-19 5.30 pm |
| Cochin University College Kochi | 11-1-19 4.30 pm |
| Sahardaya College Irinjalakuda | 10-1-19 4.30 pm |
| KE College Mannanam | 11-1-19 4.30 pm |
| Marian College Kuttikkanam | 10-1-19 3.30 pm |
| Christ College Irinjalakuda | 11-1-19 5.30 pm |
| BMC College Choody | 10-1-19 6.30 pm |
| SH College Thevara | 10-1-19 6.30 pm |
| 12-1-19 5.30 pm | |

| BASKETBALL WOMEN | |
|-----------------------------------|--------------------|
| Alphonsa College Pala | 12-1-19 7.30 am |
| Sahardaya College Irinjalakuda | 12-1-19 4.30 pm |
| St. Xavier College Aluva | 12-1-19 8.30 am |
| St. Joseph College Aleppy | 12-1-19 8.30 am |

| BALL BADMINTON MEN | |
|------------------------------|---------------------|
| SN College Malakkara | 12-1-19 9.30 am |
| DB College Thalayaparambu | 12-1-19 2.30 pm |
| KG College Pattipody | 12-1-19 10.30 am |
| NSS College Changanassery | 12-1-19 10.30 am |







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.







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.





