# SACRED HEART COLLEGE (AUTONOMOUS) KOCHI, KERALA – 682013

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### **Criterion IV: Infrastructure and Learning Resources**

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

# 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 13<sup>th</sup> February 2019. Annual sports meet is an inter-department event. Various sports events for students, teaching staff and non-teaching staff were held.











INTERCOLLEGIATE BLIND CRICKET TOURNAMENT (29/01/2019)

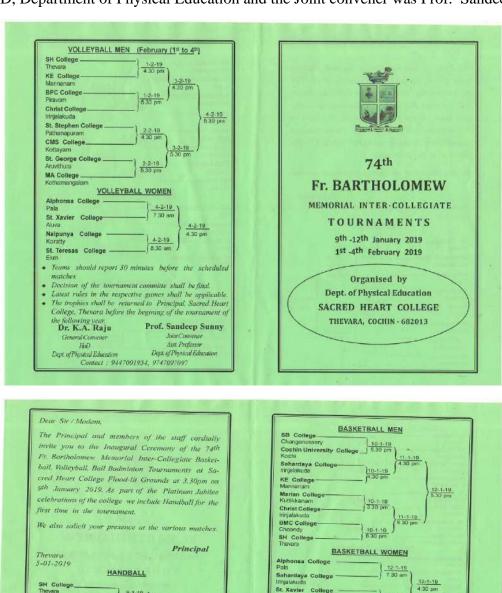
Department of Physical Education in association with State Blind Association conducted Blind Cricket Tournament on 29<sup>th</sup> January 2019. This sports event was an intercollegiate blind cricket tournament, which was organized as an extension activity of the Dept. of Physical Education.





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

Department of Physical Education conducted 74<sup>th</sup> 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.



St. Joseph College

SN College Maliakkara

DB College

NSS College

BALL BADMINTON MEN

ZG Colle Calicut SN Colle Alathoor

Farook Colle Calcut

Christ College Irinjalakuda

Mar Ivanious Col Mavelikkara BAM College Thuruthikkad











#### 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 29<sup>th</sup> 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 18<sup>th</sup> 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 18<sup>th</sup> September 2018. The Heartian community participated in the event to promote the awareness of keeping physical fitness for a healthy body and healthy mind.











