



Alphonsa College Thiruvambady

Sports and Games Report 2020-21



Preface

There is a famous proverb— “All work and no play make Jack a dull boy”.

Games and sports are important for success in every walks of our life. Games and sports include all outdoor and indoor games and also athletics. In ancient Greece sports and games formed the principal part of their education. In the advanced countries of the present day incorporates Physical Education in their school and college curriculum.

Games and sports may be of various kinds. Apart from school or college sports, boys and girls may practise races, jumps, discuss throw and javelin throw and thus pass their leisure time in useful activities. They may also play various games like football, cricket, hockey, volleyball, basketball, badminton etc. These annual sports foster competitive spirit and sportsmanship. It is an important part of a student’s life. Sometimes inter class tournaments are held in relation with football, hockey, cricket, tennis, cycling, volleyball, badminton etc. These games foster team spirit among the participants and make them disciplined. The importance of games and sports can never be minimized.

Objectives of Sports and Games

- First of all, they are good exercises and help to build fine, physique for the boys and girls.
- They make them mentally alert and physically strong. Further, good health is one of the most important benefits of games and sports.
- Students learn to cope with difficult situations. By displaying their feats before many spectators, they can overcome their nervousness.
- Games and sports are good diversions and give them energy to learn their lessons well.
- It gives the necessary break from the everyday monotonous life.

- Games and sports help building a sense of cooperation and team-spirit in an
- individual.
- Sports like cricket, football, etc. are won by the collective efforts of all the members of the team which will definitely build team work.

For these reasons, every civilized nation values the importance of games and sports and spends large sum of money on improving the standard of games and sports among its players and athletes. Keeping all these facts in the mind Alphonsa College Thiruvambady always works to improve its sports and games wing.

Sports and Games Committee

- | | |
|------------------------------|---------------------|
| • Rev. Fr. Shenish Augustine | Convenor |
| • Mr. Bernad Jose | Co-ordinator |
| • Mr. Deon Bablu Thomas | |
| • Mr. Robin George | |
| • Ms. Sneha Mathew | |
| • Ms. Feji Manual | |
| • Mr. Dipin Sarju | |

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Khelna 2020 sports quiz

08/05/2020



The Sports and Games committee of ACT organized online quiz competition on May 08, 2020. Khelna 2020 Sports Quiz was a virtual online quiz competition through Google Forms. It was based on the current events in sports and games.

The Link of the Sports quiz programme was shared through whatsapp. More than Hundred and fifty participants had attended the quiz. The idea behind this quiz was to promote games and sports. The participants who secured more than 50 percent, had received e-certificates.

Sports Awareness Quiz (Responses) ☆ @

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148	09/05/2020 16:41:08	ajuuu006@gmail.com	35 / 50	Abhirami M.P	Department Of Physical	F C Barcelona	US OPEN	Rohit Sharma	Novak
149	09/05/2020 17:37:48	abhinavr28@gmail.com	30 / 50	R Abhinav	Gcpe, Easthill, Calicut	Real Madrid	US OPEN	JaspritBumrah	Novak
150	09/05/2020 17:45:08	sandra2001sabu@gmail.com	30 / 50	Sandra Sabu	Vimala College, Thrissur	F C Barcelona	US OPEN	ShikharDhawan	Raffie I
151	09/05/2020 19:05:26	nithinrajanvolley@gmail.com	50 / 50	Nithin Rajan	Government college of pl	F C Barcelona	US OPEN	ShikharDhawan	Novak
152	09/05/2020 19:31:43	shifnaccharian@gmail.com	30 / 50	Shifna c cherian	Kelakm	F C Barcelona	Wimbledon	ShikharDhawan	Novak
153	09/05/2020 20:20:07	saleenamajeed45@gmail.com	15 / 50	Mubashira	Kodenchery	Real Madrid	Australian Open	JaspritBumrah	Domini
154	09/05/2020 21:08:32	alexrossarioantony@gmail.com	40 / 50	Alex Rossario Antony	Alphonsa college Thiruv	F C Barcelona	US OPEN	ShikharDhawan	Novak
155	10/05/2020 11:53:03	nikhitessmathew@gmail.com	0 / 50	Nikhi Tess Mathew	Alphonsa College Thiruv	Manchester United	French Open	ViratKohli	Domini
156	11/05/2020 11:10:23	jssmathew67@gmail.com	20 / 50	Athulya Jiss	IJEMS	F C Barcelona	Wimbledon	ShikharDhawan	Raffie I
157	11/05/2020 12:13:24	nehasebastian90@gmail.com	30 / 50	Neha Sebastian	Alphonsa College Thiruv	F C Barcelona	US OPEN	JaspritBumrah	Novak
158	11/05/2020 15:15:46	nehasebastian90@gmail.com	35 / 50	Neha Sebastian	Alphonsa College Thiruv	F C Barcelona	US OPEN	JaspritBumrah	Novak
159	11/05/2020 16:56:23	iqbalkmd96@gmail.com	35 / 50	MUHAMMED IQBAL T V	Gurukulam psc centre, m	Manchester United	French Open	ShikharDhawan	Novak
160	12/05/2020 23:06:11	safwanpk31@gmail.com	35 / 50	AMALA JHON K	GCPE KOZHIKKODE	F C Barcelona	US OPEN	ShikharDhawan	Novak
161	14/05/2020 22:19:50	soniyajohn6789@gmail.com	40 / 50	Sonia John	Holy Family high school	F C Barcelona	US OPEN	ShikharDhawan	Roger
162	15/05/2020 23:13:33	soniyajohn6789@gmail.com	25 / 50	Sonia John	Holy Family padathukadi	F C Barcelona	French Open	JaspritBumrah	Roger
163	15/05/2020 23:17:21	soniyajohn6789@gmail.com	25 / 50	Sonia John	Holy Family padathukadi	F C Barcelona	French Open	JaspritBumrah	Roger
164	15/05/2020 23:23:06	soniyajohn6789@gmail.com	25 / 50	Sonija John	Holy Family high school	F C Barcelona	French Open	JaspritBumrah	Roger

Push up Challenge

28/08/2020



The sports and games committee of ACT organized the Push up Challenge for the students of ACT. Five of our students participated in the Push up Challenge. The Challenge was set with the aim to get fit, have fun and support mental health.

In this challenge the student would take 30 push ups in One minute. The students sent us the 1 minute video of the challenge. And finally, Anit Joseph of III Semester B. Com. CA won the competition.

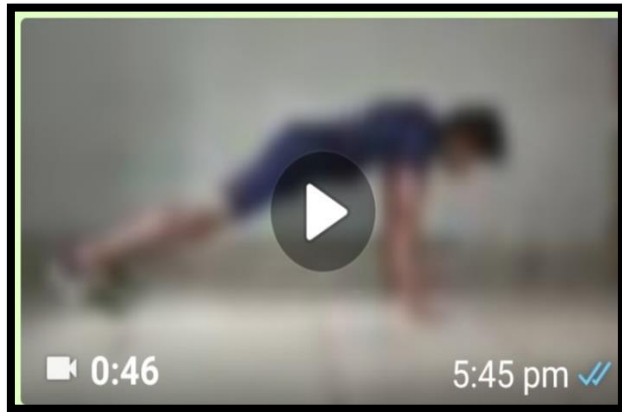
Participant List

- | | |
|---------------|----------------|
| 1. Anit Shaji | IV Sem Finance |
| 2. Eldose | IV Sem BBA |

3. Amal Ninachen VI Sem BBA

4. Shyam VI Sem B.Sc.

5. Ebin Biju IV Sem BBA



Alphonsa Premier League Season 1

13/02/2021



Alphonsa Premier League Season I football match was hosted by the Department of Physical Education on 13th February 2021. The Kick off began at 1.30 p.m. and the venue was Brazuca Turf Thiruvambady.

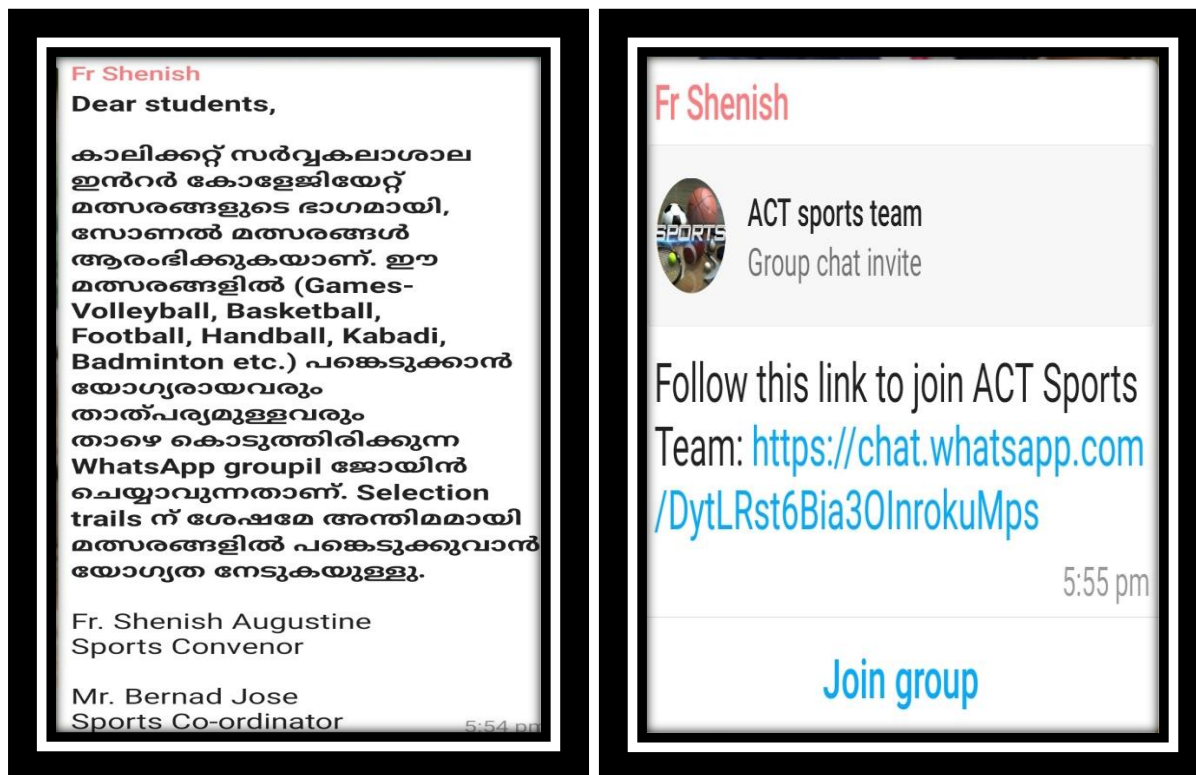
The Premier League was Inaugurated by the Principal of ACT, Dr. Chacko K. V. by kicking the football. There were Eight teams to participate in the Alphonsa Premier League Season I. Almost 56 students from our college participated in this mega premier league.

Due to the Covid-19 issues teams strictly followed the instructions and guideliness pronounced by the Government of Kerala. The winners were Team Kopp. The Matches were really an exciting and mesmerizing.



Practice Sessions of Volleyball, Handball & Kabaddi teams

28/02/2021 onwards



The Department of Physical Education informed the students to start their practice sessions, since the University of Calicut has informed that the University games would begin soon. Thereafter the students are pooled to a single whatsapp group and shortlisted them in different games.

The teams were asked to get prepared for their Inter Zone matches. Thus teams for Kabadi, Volleyball and handball started their practice sessions. Dr. Chacko K. V., the Principal of ACT, Fr. Shenish Augustine, Sports and Convenor and Mr. Bernad Jose, Sports and Games Co-ordinator gave the players necessary instructions and guidelines. Due to Covid 19 issues, the students are asked to follow the guidelines and instructions pronounced by the Government of Kerala in connection with Covid -19.

Participants List

1. Nimil Thomas	VI Sem BBA
2. Akhil Johnson	IV Sem Finance
3. Noel Tom	IV Sem BA
4. Jespin Emmanuel	IV Sem BA
5. George Joseph Ignatius	IV Sem BA
6. Akhil Abraham	I Sem BBA
7. Anil Baby	IV Sem Finance
8. Alen Jose	VI Sem BBA
9. Roshan Benny	IV Sem BA
10.Kailas Nath	VI Sem BBA
11.Abhilash Benny	VI Sem BBA
12.Shyam	VI Sem B.Sc.
13.Sidharth Manoj	IV Sem B. Com
14.Arjun Babu	IV Sem B. Com
15.Niranjan	IV Sem B. Com
16.Irshad	IV Sem B. Com
17.Haripreed M.	IV Sem B. Com
18.Ajith	IV Sem B. Com
19.Athul	IV Sem B. Com
20.Abhinav K.	IV Sem B. Com
21.Albin Joby	VI Sem BA
22.Bibin Benny	IV Sem B. Com. Finance
23.Edwin John	IV Sem B.Sc.
24.Justin Jacob	IV Sem BBA
25.Gopi Krishna	IV Sem BBA
26.Vishal Biju	IV Sem BA
27.Abhinand Manoj	VI Sem BA
28.Ebin Antony	I Sem BBA

29.Vivek A P

I Sem BBA

30.Don Ruby

VI Sem BA

31.Albin Binu

I Sem B. Com. CA

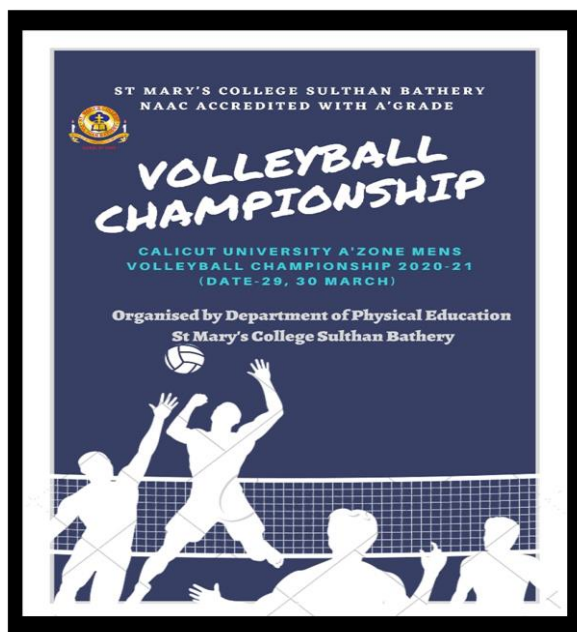
32.Harshal Pawar

I Sem BBA



Participated in the A- Zone Volleyball competition held at St. Mary's College, Sultan Bathery

29/03/2021



The Department of Physical Education sent their volleyball team to participate in A- ZoneMen's Volleyball Championship hosted by the University of Calicut at St. mary's College Sulthan Bathery.

The game was organised by the Department of Physical Education, St. Mary's College, Sulthan Bathery. Nine Students from our college participated in the match.

Mr. Bernad Jose accompanied them to support and give necessary aid through out their matches.The match was held on 29 March 2021. Our team reached quarter final and then lost against SN Chelannur College.

Participant List

- | | |
|---------------------------|----------------|
| 1. Nimil Thomas | VI Sem BBA |
| 2. Akhil Johnson | IV Sem Finance |
| 3. Noel Tom | IV Sem BA |
| 4. Jespin Emmanuel | IV Sem BA |
| 5. George Joseph Ignatius | IV Sem BA |
| 6. Akhil Abraham | I Sem BBA |
| 7. Anil Baby | IV Sem Finance |
| 8. Alen Jose | VI Sem BBA |
| 9. Roshan Benny | IV Sem BA |



Participated in the Inter- Zone Handball competition held at Sahrdaya College, Kodakara

16/04/2021



The Department of Physical Education sent their handball team to participate in Inter- Zone Men's Handball Championship hosted by the University of Calicut at Sahrdaya College of Advanced Studies Kodakara, Thrissur.

The game was organised by the Department of Physical Education, Sahrdaya College of Advanced Studies Kodakara, Thrissur. Eleven Students from our college participated in the match. Mr. Githin V. G. accompanied them to support and give necessary aid through out their matches. The match was held on 16 April 2021.

Participant List

- | | |
|-------------------|------------------------|
| 1. Bibin Benny | IV Sem B. Com. Finance |
| 2. Albin Joby | VI Sem BA |
| 3. Edwin John | IV Sem B.Sc. |
| 4. Justin Jacob | IV Sem BBA |
| 5. Gopi Krishna | IV Sem BBA |
| 6. Vishal Biju | IV Sem BA |
| 7. Abhinand Manoj | VI Sem BA |
| 8. Ebin Antony | I Sem BBA |
| 9. Vivek A P | I Sem BBA |
| 10. Don Ruby | VI Sem BA |
| 11. Albin Binu | I Sem B. Com. CA |

