



# ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the

4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



## 7.3 INSTITUTIONAL DISTINCTIVENESS

**Beyond the game...**

**SPORTS ACTIVITIES ORGANIZED BY THE COLLEGE**

## SPORTS ACTIVITIES ORGANIZED BY THE COLLEGE

Alphonsa College has long stood as a beacon of athletic vigour, fostering a dynamic sports culture that thrives on competition, camaraderie, and the relentless pursuit of excellence. Our vibrant sporting ethos comes alive through a diverse array of events that celebrate the spirit of athleticism at every level. From nurturing budding talents in youth meets to showcasing seasoned prowess at university and district levels, we curate a robust sports calendar that not only hones skills but also instills a sense of unity and shared achievement. Our spirited commitment to athleticism extends beyond our campus, embracing a broader social responsibility that includes organizing sporting events for students from other institutions. Our wide-ranging sports agenda not only spotlights the athletic dexterity within Alphonsa College but also fosters an inclusive atmosphere, inviting participation across the educational spectrum. This inclusive approach strengthens the social fabric, encouraging a collective elevation of talent and sportsmanship. This report will not only chart the diverse sports activities we've proudly hosted but will also reflect our dedication to societal enrichment through the universal language of sports.

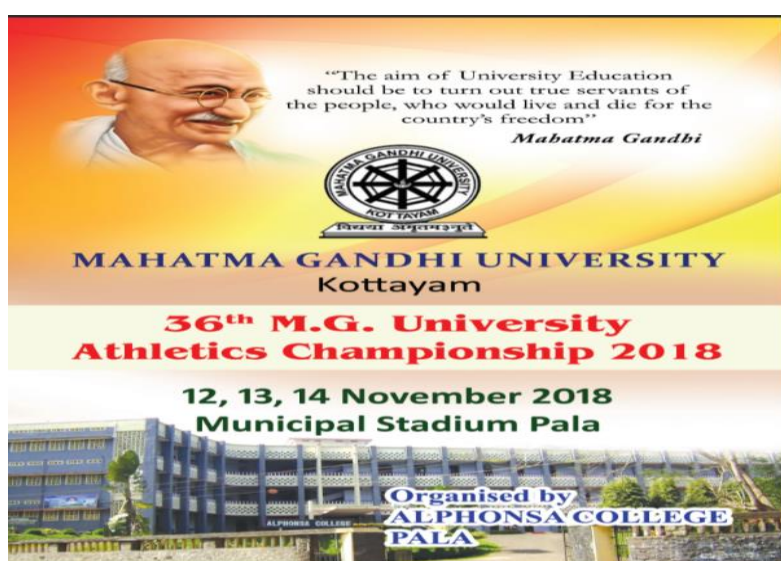
### 1. Sports activities / Competitions organised at the institution level

<b>Activity</b>	<b>Level</b>	<b>Participants</b>
Athletics	University Level	756
Annual Sports Meet	College Level	1100
Volleyball	University Level	250
Volleyball	State Level	200
Basketball	College Level	15
Netball	College Level	15
Cross Country	College Level	15
Swimming	College Level	20
Weightlifting	College Level	12

Powerlifting	College Level	15
Kho-Kho	College Level	15

## 2. MG University Athletic Championship

The college was the main organiser of 36th MG University Athletic Championship, held on 12,13, 14 November 2018. It was a grand event with the participation of 756 sportspersons from various colleges in MG University.




The Vice Chancellor and the Members of the Organizing Committee have great pleasure to invite you to witness the 36<sup>th</sup> Mahatma Gandhi University Inter Collegiate Athletics Championship to be held at Municipal Stadium, Pala  
**On 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> Nov. 2018**

**Adv. P.K HARIKUMAR**  
Member, Syndicate – M.G University  
Will inaugurate the Championship  
**at 10.00 am on 13<sup>th</sup> November 2018**

**Sri. Kuriakose Padavan Vice Chairman**  
Municipal Council Pala  
Will deliver the Keynote Address

**Rev. Dr. Sr. Gigimol M.G**  
Principal, Alphonsa College, Pala  
Will preside over the Function

**Valedictory Function on 14<sup>th</sup> November 2018 at 4.00 pm**

**Prof. Tomichan Joseph**  
Member, Syndicate, M.G University  
Will be the Chief guest & distribute the Prizes

**Dr. A. JOSE**, Member Syndicate, M.G University  
Will deliver the Keynote Address

**Rev. Fr. JOSE JOSEPH**, Bursar, Alphonsa College Pala  
Will preside over the function  
**at 4.00 pm on 14<sup>th</sup> November 2018**

**Dr.Thankachan Mathew**  
H.O.D, Physical Education, Alphonsa College

**Dr. Binu George Varghese**  
Director of Physical Education M.G University

*Organised by  
Alphonsa College, Pala*

### 3. Annual Sports Meet- SPARDHA 2019

The Annual Sports Meet for the Academic Year 2018-19 was held on February 12<sup>th</sup> 2019 in the college ground. The day began with the march past by various subject associations. Rev. Dr. Sr. Reegenamma Joseph, the Vice Principal of the college received the salute accompanied by the senior teachers Ms. Annie Mathew, Ms. Lyssamma Thomas and Dr. Mary Senterla P.S and the Union Members. She hoisted the flag, thereby flagging off the events of the day. The day ended with the tug of war competition. The students participated in the events with great vigour, energy and spirit. The Department of Economics emerged as the champions for the day. The Department of Physics became the first runner up followed by the Departments of Sports Nutrition & Physiotherapy and the Department of Fashion Technology.

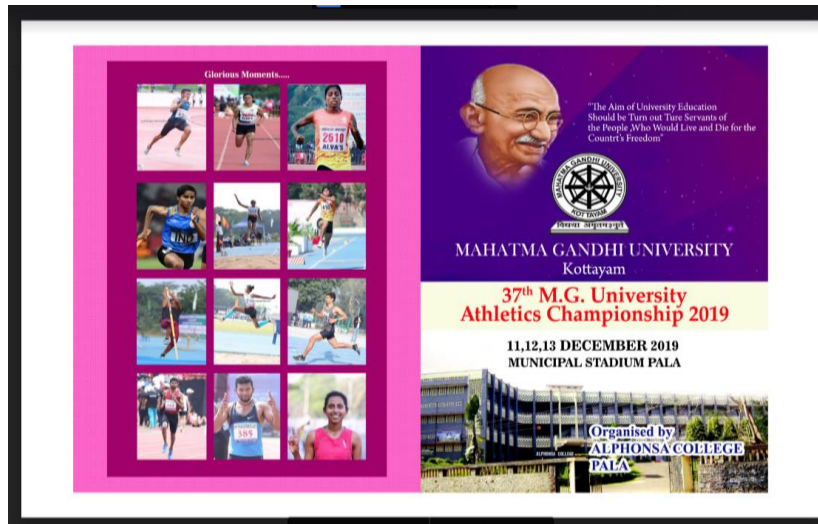


#### 4. Sports Activities / Competitions organised at the Institution level during the academic year 2019-20

Activity	Level	Participants
Athletics	University Level	700
Annual Sports Meet	College Level	1100
Volleyball	University Level	250
Volleyball	State Level	100
Basketball	College Level	15
Netball	College Level	15
Cross Country	College Level	12
Swimming	College Level	18
Weight Lifting	College Level	12
Power Lifting	College Level	15
Kho-Kho	College Level	15

#### 5. MG University Athletic Championship

37th MG University Athletic Championship was organised by Alphonsa College on 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> December 2019. The inauguration was graced by the dignitaries Shri Mani C Kappen, Shri Kuriakose Padavan etc. It was a grand event with the participation of around 700 sportspersons from 98 colleges in MG University.



### CRITERION 7.3

#### 6. Kottayam District Basketball Tournament

The college hosted Kottayam District Basketball Tournament in our indoor basketball court. The tournament was inaugurated by H.E Mar. Jacob Murikken.



#### 7. Annual Sports Day 2020

The Annual Sports Meet for the Academic Year 2019-20 was held on 4<sup>th</sup> February 2020 in the college ground to give a chance for youth to enhance their physical and social skills. The day began with the march past of various departments. College Principal Rev.Dr.Sr.Therese Madukkakkuzhy received the salute accompanied by the senior teacher Ms.Vimala Emmanuel, HOD of Mathematics and Union members. Principal hoisted the flag, thereby flagging off the events of the day. Students participated in various events with great vigour, energy and spirit. The Department of Economics emerged as the champions for the day. The Department of Physics became the first runner up followed by the Departments of Mathematics.

CRITERION 7.3





**CRITERION 7.3**

**8. 38th MG University Athletic Championship**

The College was the chief organiser of 38th MG University Athletic Championship held on 12th, 13th and 14th August 2020 at Pala. It was a grand success with the participation of around 600 sportspersons from 98 colleges in MG University.



**9. College Annual Sports Day**

The day began with the march past of various departments. College Principal received the salute accompanied by the senior teachers and Union members. Principal hoisted the flag, thereby flagging off the events of the day. Students participated in various events with great vigour, energy and spirit.



### 10. Medical Seminar For Sports Students

The Department of Physical Education organized Medical seminar for the Sports students on 17th March 2021 in association with S.H Hospital Chakkampuzha.



### 11. 39th MG University Athletic Championship

Alphonsa College organized 39<sup>th</sup> Mahatma Gandhi University Athletics Championship 2021-22 on 16<sup>th</sup> 17<sup>th</sup> and 18<sup>th</sup> of December 2021 at Pala Municipal Synthetic Stadium. About 800 Athletes from 98 colleges, affiliated to MG University, participated in the Championship.



## 12. Annual Sports Day 2021-22

College annual sports meet was held on 14<sup>th</sup> March 2022 and the meet was inaugurated by our Principal Dr.Sr. Regeenamma Joseph, by hoisting the flag. The sports meet began with the march past of all departments. The Principal along with Dr Sr Sherly Joseph, Vice Principals and the Bursar received the salute. The students actively participated in the championship with great vigor and spirit. The Department of B Voc Sports Nutrition and Physiotherapy emerged as the champions and the departments of B Com and English became the first and second runners up respectively.



**CRITERION 7.3**

**13. Kids Athletics Day**

An Athletic Day was organized for the kids on 7th May 2022.



**14. 40<sup>th</sup> MG University Athletic Championship**

Alphonsa College organized 40<sup>th</sup> Mahatma Gandhi University Athletics Championship 2022-23 from 3rd December to 5th December 2022 at Pala Municipal Synthetic Stadium. About 800 Athletes from 98 colleges, affiliated to MG University, participated in the Championship.



**CRITERION 7.3**

**15. 40th MG University Intercollegiate Volleyball Women Championship**

The College hosted 40th MG University Intercollegiate Volleyball Women Championship held on 25th and 26th November 2022.



**16. Kottayam District Athletic Meet**

The College was the major organiser of the Kottayam District Athletic meet held at Pala.



**CRITERION 7.3**

**17. Kottayam District Kids Athletic Meet**

Alphonsa College hosted the Kottayam District Kids Athletic Meet held on 5th January 2023.



**18. Annual Sports Day**

The Annual Sports Day of the college was conducted on 17th March 2023. Principal Rev Dr Sr Regeenamma Joseph inaugurated the meet.



