



## Holy Cross College (Autonomous) Nagercoil – 629 004

Affiliated to Manonmaniam Sundaranar University, Tirunelveli  
Nationally Accredited with A+ Grade (CGPA 3.35) by NAAC IV Cycle  
An ISO 9001:2015 Certified Institution

SSR  
2019-2020  
to  
2023-2024

**5.3.3 The institution conducts/organizes following activities: Sports, Cultural Competitions /events, Technical fest/Academic fest, any other events through Active clubs and forums**

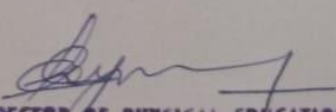
### Annual Sports Day Report

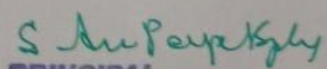
Prior to the sports day, intramural sports competitions were conducted to our college students to enhance the spirit of sportsmanship. It is a sport for everyone. So our institution encouraged the students to participate in sports of their interest. Department of physical Education conducted the sports event from 2<sup>nd</sup> to 18<sup>th</sup> March, 2022.

Games like chess, Basketball, Badminton, Table Tennis, Volleyball and Ball Badminton and Athletics like 100,200, shot put, Discus throw, Long Jump, High jump and 4x100mts Relay were conducted. Department wise, matches were conducted. The department that secured the highest point was awarded the "Overall championship Trophy". A student who won the maximum points in the athletic event was selected as college champion.

Sports Day was celebrated on 19<sup>th</sup> April 2022. It was started with a prayer song. Ms. Brilya, Assistant Professor of English (S. F) delivered the welcome address. Dr. Sr. Anne Perpet Sophy, the principal gave the felicitations. Mr. J. David Daniel, District Sports and youth welfare officer, Kanyakumari District., the chief guest of the day, in his speech emphasized on the importance of sports in life. He actively participated in the entire ceremony and distributed the prizes for the prize winners.

Individual champion trophy was awarded to Miss. C. HARISHMA of I B. A English and the Over All championship trophy was bagged by Department of English. The cultural programme gave an insight in to the students talents. The programme came to an end with the vote of thanks, followed by National Anthem.

  
DIRECTOR OF PHYSICAL EDUCATION  
HOLY CROSS COLLEGE  
NAGERCOIL

  
PRINCIPAL  
Holy Cross College  
(Autonomous)  
Nagercoil - 629 004.

## Sports Day Competitions

(2021 – 2022)

Department of Physical Education is conducting **Intramural Sports Competitions** for our college students in the following games / athletic events from 2<sup>nd</sup> to 18<sup>th</sup> March, 2022.

S.No.	Game	No. of participant from each department	Date & Time
1	Chess	any number	2 <sup>nd</sup> , 3 <sup>rd</sup> , 7 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> & 11 <sup>th</sup> March, 2022 (2.30 pm - 3.15 pm)
2	Basketball	12	2 <sup>nd</sup> & 3 <sup>rd</sup> , March, 2022 (2.30 pm - 3.15 pm)
3	Badminton	4	2 <sup>nd</sup> , 3 <sup>rd</sup> & 7 <sup>th</sup> , March, 2022 (2.30 pm - 3.15 pm)
4	Table Tennis	4	9 <sup>th</sup> , 10 <sup>th</sup> & 11 <sup>th</sup> , March, 2022 (2.30 pm - 3.15 pm)
5	Volleyball	12	9 <sup>th</sup> , 10 <sup>th</sup> & 11 <sup>th</sup> , March, 2022 (2.30 pm - 3.15 pm)
6	Ball Badminton	8	14 <sup>th</sup> & 15 <sup>th</sup> , March, 2022 (2.30 pm - 3.15 pm)

S.No.	Athletic Events	No. of participant from each department	Date & Time
1	100 mt.run Shot put Discus throw	any number	16 <sup>th</sup> , March, 2022 (2.30 pm - 3.15 pm)
2	200 mt.run Long Jump High Jump	any number	17 <sup>th</sup> , March, 2022 (2.30 pm - 3.15 pm)
3	4 x 100 mt.Relay	6	18 <sup>th</sup> , March, 2022 (2.30 pm - 3.15 pm)

**Note :**

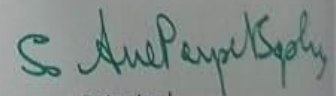
- ❖ Matches will be conducted department wise.
- ❖ The departments which are interested in taking part in **Intramural sports competitions** are requested to fill the **Entry Form** and send the same to Physical Education e-mail id ([sports@holycrossngl.edu.in](mailto:sports@holycrossngl.edu.in)) on or before 26<sup>th</sup> February 2022.
- ❖ Chess players should bring their own chess board.
- ❖ The department which secures the maximum points will be eligible for winning the "Over all Championship trophy".
- ❖ The student who will win the maximum points in the athletic events will be considered as college champion.
- ❖ Points allotted are:

I Place - 5 points

II Place - 3 points

III Place - 1 point

For further details please approach Dr.J.Christy Celine Mary , the Director of Physical Education.



Principal

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BADMINTON



**BASKET BALL**



**CHESS**



DISCS THROW



HIGH JUMP



42C, Thangam St, Thollavilai, Nagercoil, Tamil Nadu 629002,

India

Latitude  
8.1549285°

Longitude  
77.4157901°

Local 01:54:00 PM  
GMT 08:24:00 AM

Altitude - 59.8 meters  
Friday, 18-03-2022

Note : Intramural sports competitions

**LONG JUMP**





**RUNNING**



**SHOTPUT**



42C, Thangam St, Thollavilai, Nagercoil, Tamil Nadu 629002, India

Latitude	Longitude
8.154926666666666°	77.416655°
Local 01:37:26 PM	Altitude 48.6 meters
GMT 08:07:26 AM	Thursday, 17-03-2022

