# MAR GREGORIOS COLLEGE OF LAW

# ANNUAL SPORTS REPORT 2022-23

A vital component of the entire educational system is physical education. It assists in achieving holistic development, which is the ultimate goal of education. On February 24, 2023, the much-anticipated Annual Sports Day was held on the ground of Mar Ivanios College, Nalanchira. There was a lot of enthusiasm, energy, and a playful vibe to the morning. The proceedings of this auspicious day commenced with the act of lighting the torch by the Principal.

Sports and games are quite important in a student's life. For a student to succeed in competitive exams, they must study diligently. But in order to appreciate life's health and vitality, one should also engage in sports and games. A student should engage in sports and activities in addition to academic study. We get exhausted when we work or study by ourselves. We are no longer capable of performing any task.

Playing sports relieves our mental fatigue. Without sports, education is not complete. It aims to succeed at every turn and bring honors to the college. The assistance of the teachers helps us to keep getting better at sports. It's one of the biggest extracurricular programs, providing a wealth of opportunities for all students and staff. These competitions also provide a respite from the mundane responsibilities of everyday life and revitalize them.

Our college participants in the following sports (football, cricket, basketball, men's and women's divisions), chess, table tennis, athletics, boxing, men's and women's divisions, and taekwondo) begin practice sessions early in the semester and put in a lot of effort to turn their sweat into trophies and increase our college's reputation.

The following events have been organized for the inter-class sports tournaments for students:

1. CRICKET
2. VOLLEYBALL
3. TABLE TENNIS
4. CHESS
5. ATHLETICS
6. BASKETBALL

**THE FOLLOWING ARE WINNERS OF SPORTS DAY 2K23**

**I. 4’S Football (boys)**

1. 10th sem – Anto and team

2. 6th sem – Richu and team

**II. 4’s Football (girls)**

1. 6th sem - Gayathri and team

2. 8th sem – Prakrithy and team

**III. County Cricket (girls)**

1. 8th sem – BBA

2. 8th sem – BA

**IV. Basketball (boys)**

1. 10th sem – Rahul and team

2. 8th sem – Rohith and team

**V. Basketball (girls)**

1. 10th sem – Varsha and team

2. 3rd sem – Athira and team

**VI. Volleyball (boys)**

1. 10th sem – Aromal ad team

2. 10th sem – Samuel and team

3. 4th sem – Abidas and team

**VII. Football (boys**)

1. 8th sem – Alraj and team

2. 1stsem – Alan and team

**VIII. Cricket (boys)**

1. 10th sem BA & BCom – Mathew and team

2. 10th sem BBA – Gautham and team

**IX. Athletics (individual champion boys)**

Rahul S. Arumugam – 10thsem BCom

1st position 100, 200 and long jump

Indraja S. – 1stsem

1st position 100 and longjump

**XI. Chess**

1. Sai – 10$^{th}$ sem BCom

2. Asbin – 10$^{th}$ sem Bcom

# REMARKABLE CONTRIBUTION BY OUR STUDENT

Our student Abai Thambi participated in 32nd Senior National Wushu Championship organised by All Maharashtra Wushu Association under the auspices of Wushu Association of India representing Kerala State, conducted at Shree Chhatrapati Shivaji sports complex pune, Maharashtra from 26/06/2023 to 02/07/2023 Won 1 Gold Medal in the event Taolu Single - Short weapon - Taijijian and 1 Gold Medal in the event Taolu Single - Bare hand - Taijiquan in the 32nd Kerala Senior State Wushu Championship conducted at V K Krishna Menon Indoor Stadium, Kozhikode.

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