



SPORTS CLUB
SREE NARAYANA COLLEGE
SIVAGIRI, VARKALA

Report 2019-2020

club coordinator: Sri. Praveen R, Assistant Professor, Department of Physical Education

Members : Dr. Babitha G S, Assistant Professor, Department of Zoology

: Sri. Shyam S N, Assistant Professor, Department of Economics

: Sri .Jyothish, Assistant Professor, Department of Physics

Total club members: 31 students

The Sports club conducted various club activities this academic year. Its First meeting was held in the college seminar hall on 10th August 2019. In it the students self-introduced themselves, and Sri Sarath B.S (IInd Mathematics) was elected as the sports club secretary.

A meeting was conducted on 1st January 2020, in the college seminar hall in connection with conducting of Annual Sports meet and was decided to be conducted on 16th & 17th January 2020. All competitions were conducted department wise.

The intramural competitions 2019-20 was started on 16th January 2020. Cricket(M), Football(M), Volleyball(M), Kabaddi(M), Throwball(W) , Shuttle Badminton (M&W), and Chess (M&W), were conducted. Principal Prof. A Joly inaugurated the competitions.

B.com Finance, from the Department of Commerce became the winner of the Cricket tournament. The Department of Economics was the Runner up followed by Malayalam Department as the second runner up.

The Department of Physics was the winner of the Football Tournament followed by B.Com Finance(Dept. Of Commerce) as its Runner up.

The winner of the Inter Department Volleyball tournament was the Department of Economics. The Runner up was the Department of Malayalam.

The Department of Malayalam won the Inter department Throwball (Women) tournament and the Department of Chemistry was the Runner up.

The Inter department Kabaddi tournament was won by the Department of Malayalam. The runner up was the Department of Bcom(HM).

The Department of Geology won the Shuttle Badminton (Men) tournament and the Dept. Of Economics was the Runner up.

The Shuttle Badminton (Women) tournament was won by the Dept. Of Zoology, and its Runner up was the Dept. Of Economics.

The Department of Bcom(HM) won the chess(M) tournament. The Department of zoology became the Runner up.

The Departments of Zoology and Geology are the jointly became the winners of chess(w). Department of Malayalam got the second runner up trophy.

A meeting was conducted on 20th January 2020 in the college seminar hall in connection with the conduction of Annual Athletic meet and was decided to be conducted on 29th and 30th January 2020.

The Annual Athletic Meet of our college was held as decided on 29th and 30th January 2020 in the College ground. Prof. A.Joly ,SN College Varkala declared the meet open and received the salute from the March-Past group. ***Department of Economics*** received the *best March-Past Trophy* and they also positioned top on the point table and bagged the *champions trophy* in the Annual Sports and Athletic Meets. Department of physics bagged runner up trophy and Department of Geology bagged the third runner up trophy in the meet. The Chief Guest during the closing ceremony of the Meet was Sri.Syam.M.G (Sub Inspector of Police, Varkala) and he distributed the prizes to the winners.



Welcome speech by Sreejith S, Asst. Professor, Department of Physical Education



Presidential address by Praveen R, HOD, Department of Physical Education



Inaugural Address By Principal Prof.A Joly



flag Hoisting By Principal Prof.A Joly



March Past By Students



Oath taking by students



100m dash

Another meeting was held on 25th February 2020, at the seminar hall in connection with the Fit India Campaign. A walkathon “sweat n Fit” was conducted on 4th march 2020. Principal Dr. K C Preetha flagged off the function. Dr.G.S Babitha IQAC Coordinator, Sri. Sanalkumar HOD, Dept of Malayalam and other staff and students attended the programme.

With the onset of the Covid 19 pandemic , the other activity of the Sports club was as follows. It organized a one day National Webinar on the topic “ Prevention Of Lifestyle Diseases For Defeating Covid-19” on 29th August 2020. Dr.A Shersha, Associate Professor(Rtd.) and Founder President National Wellness Association was the resource person who handled the first session and Kannan R Ramesh Psycho Counsellor, NSIM handled the second session effectively. The webinar was inaugurated by Dr. K.C Preetha ,Principal, S.N College ,Varkala. Sri. Praveen R, HOD, Department of Physical Education, delivered the welcome speech. Sri.Aji. S.R.M (Executive member, S.N Trust), Dr. Joly.A (Former Principal, HOD, Department of Chemistry), Dr.Babitha.G.S (Coordinator, IQAC) and Sri.Sivakumar(Vice-President, PTA) delivered the felicitation. Dr.Biju.C (Asst. Prof, Department of Botany) proposed the vote of thanks and Smt. Sreeranjini S C (Asst. Prof, Dept.of Economics) was its moderator.

Speaker 1
Dr.A Shersha
Founder President
National Wellness Association
& Associate Professor(Rtd)



Speaker 2
Kannan R Ramesh
Psycho Counsellor, NSIM



SREE NARAYANA COLLEGE
SIVAGIRI, VARKALA
(Affiliated to Kerala University)
Reaccredited with B grade by NAAC)



NATIONAL WEBINAR
on 22-09-2020 at 2pm

TOPIC 1 : PREVENTION OF LIFESTYLE DISEASES FOR DEFEATING COVID-19
TOPIC 2 : IMPORTANCE OF MENTAL WELLNESS FOR THE PREVENTION OF COVID-19 & LIFE STYLE DISEASES

Organized by
DEPARTMENT OF PHYSICAL EDUCATION
in association with IQAC & SPORTS CLUB

Programme schedule
Welcome: **Sri.Praveen.R**
(Coordinator & Head, Dept. of Physical Education)

Inaugural address: **Dr. K.C Preetha** (Principal)

Felicitations:
Sri.Aji. S.R.M (Executive member, S.N Trust)
Dr. Joly.A (Former Principal, Head, Chemistry)
Dr.Babitha.G.S (Coordinator, IQAC)
Sri.Sivakumar (Vice-President, PTA)

Invited Talk
:Dr.A Shersha (Fonder president National Wellness Association & Associate Professor(Rtd))
:Sri.Kannan R Ramesh(Psycho Counsellor, NSIM)

Vote of Thanks : **Sri.Syam Raj R** (Asst. Prof, Dept.of Economics)

Moderator : **Smt. Sreeranjini S C** (Asst. Prof, Dept.of Economics)

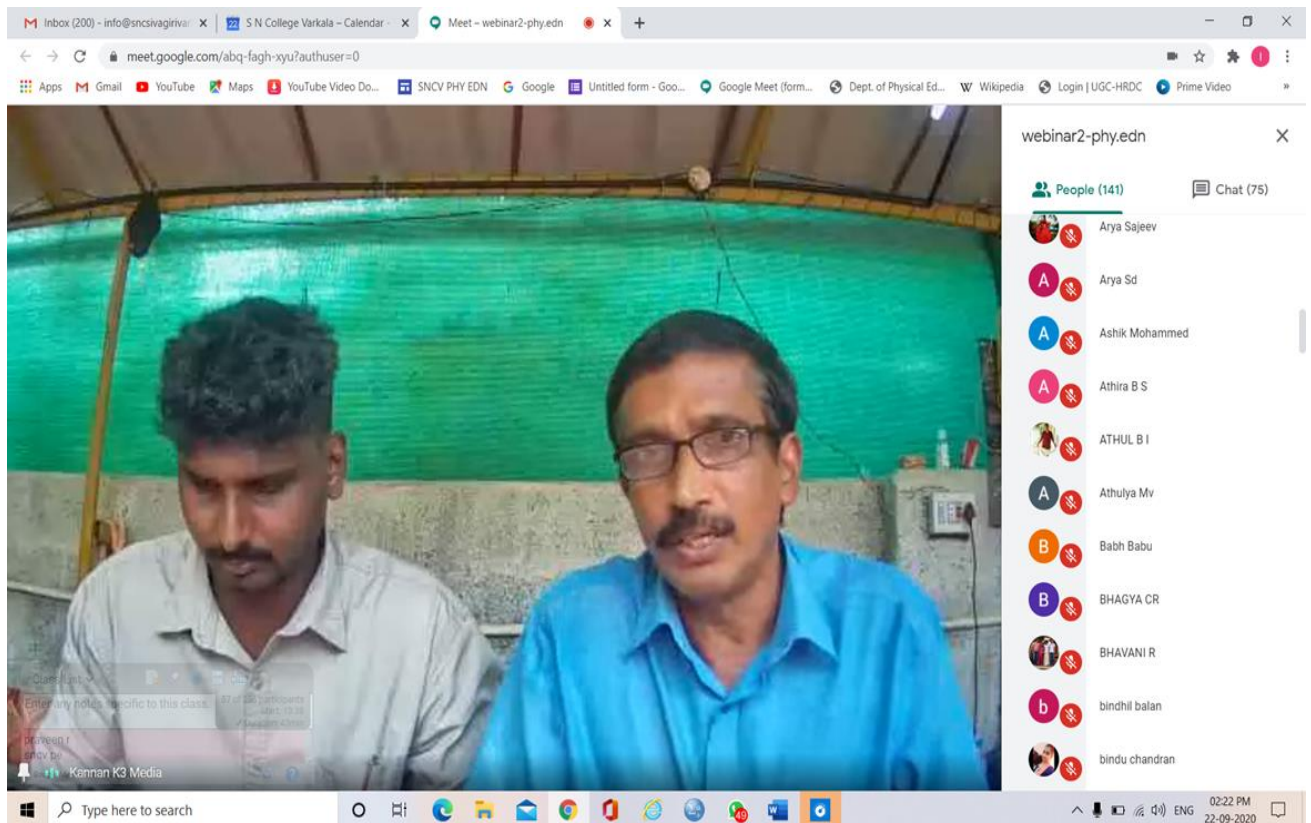
Platform : Google Meet
For registration [Click here](#)
For joining WhatsApp group [Click here](#) or scan QR code



E-certificate will be issued

Organizing committee
Patron : **Sri.VELLAPPALLY NATESAN**
Principal : **Dr. K.C Preetha**
Coordinator : **Sri.Praveen.R**(HOD, Dept. of Physical Education)
Members – Sports Club

BROCHURE



The screenshot shows a Google Meet interface during a webinar. Two participants are visible in the main video area. On the right, a list of 141 participants is shown, including names like Arya Sajeev, Arya Sd, Ashik Mohammed, Athira B S, ATHUL B I, Athulya Mv, Babh Babu, BHAGYA CR, BHAVANI R, bindhil balan, and bindu chandran. The bottom of the screen shows a Windows taskbar with the time 02:22 PM on 22-09-2020.

RESOURCE PERSONS HANDLING THE CLASS

The webinar was conducted on Google Meet platform. More than 450 people registered for the webinar and it was attended by around 240 people. The webinar focused on how to prevent life style diseases and how to improve mental wellness through physical activities. The resource person vividly described the various physical activities to improve the mental and physical strength of the people. He also emphasised the importance of physical exercises to improve the immunity of our body in order to fight against the novel virus. There was a question and answer session after the presentation. The participants actively engaged in the session and the whole webinar was indeed informative. The Feedback form was provided in the Google Meet chat box and Certificates were issued to those who filled the feedback form successfully. Thus the webinar turned out to be a successful one.

Varkala



Praveen R

Club Coordinator