



St. Mary's College (Autonomous)
Reaccredited with 'A+' Grade by NAAC (Cycle IV)
Thoothukudi



Criterion: V - Student Support and Progression
5.3 - Student Participation and Activities
Year: 2018-2023



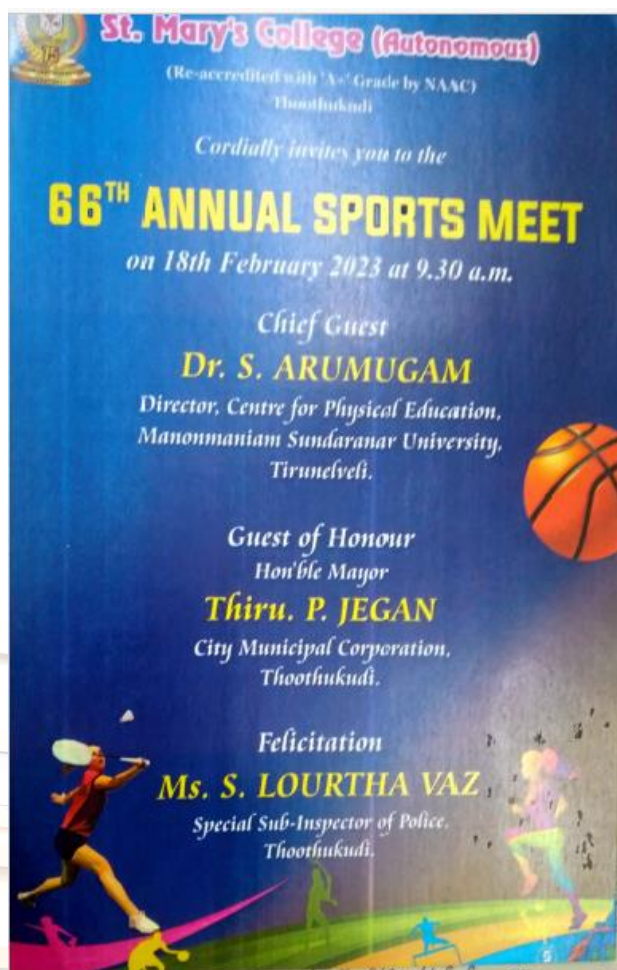
5.3.3 The institution conducts / organizes following activities:

- 1. Sports competitions/events**
- 2. Cultural competitions/events**
- 3. Technical fest/Academic fest**
- 4. Any other events through Active clubs and forums**

Sports Competitions / Events **2022 - 23**

Annual Sports Meet

The 66th Annual Sports Meet was held on 18th February 2023 with great zeal and excitement. The Chief guests were Thiru P.Jegan, Mayor, City Municipal Corporation, Thoothukudi and Ms. S. Lourdha Vaz, Special Sub-Inspector of Police, Thoothukudi. Inter-departmental games were organised. Department of English won the overall Team Championship and the Department of MHRM bagged the overall shield for athletic events. On the eve of sports meet, different cultural events like Aerobics, Kondathattam, Sila aattam and Kazhiyal were performed by the students. Various interesting games were conducted for the staff and students.



Rhythmic Sports Drill



Overall Championship

INTRAMURALS

The intramural tournaments among the departments of our college form an integral phase of physical education and the results of the same are as follows:

1. Basket ball

Winners - Department of Maths

Runners - Department of English

2. Volley ball

Winners - Department of Economics

Runners - Department of History

3. Hand ball

Winners - Department of History

Runner - Department of English

4. Kho – Kho

- Winners - Department of Commerce(reg)
- Runners - Department of History
5. Kabaddi
- Winners - Department of Commerce(reg)
- Runners - Department of History
6. Ball badminton
- Winners - Department of Computer Science
- Runners - Department of English
7. Badminton (Singles)
- Winners - Department of Computer Science
- Runners - Department of Maths
8. Badminton (Doubles)
- Winners - Department of Maths
- Runners - Department of English
9. Table Tennis (Singles)
- Winners - Department of Physics
- Runners - Department of History
10. Table Tennis (Doubles)
- Winners - Department of English
- Runners - Department of Physics
- Chess
- Winners - Department of English
- Runner - Department of Computer Science

The individual championship goes to

1. Antony Thanga Sathana I M.H.R.M

2. Muthu Selvi

III B. Com (SSC)

3. S Gayathiri

I B.Com (SSC)

The overall championship for team games goes to the Department of English

The overall championship for athletics goes to the Department of MHRM



Intramural Tournaments

Holistic Yoga 2022

21st June, 2022 at 8.30 a.m. in the indoor stadium “Holistic Yoga 2022” was organized. Nearly participants took part in the event and did yoga, to celebrate the International Yoga Day. An online quiz was also conducted on 21st June, 2022 from 9.00 a.m. to 7.00 p.m. to commemorate the International Yoga Day. The Yoga team, NCC, Sports and NSS units of St. Mary’s College (Autonomous), Thoothukudi organized “Yoga for All” through zoom platform. Over 55 participants participated and performed several asanas. The prize winners of the Poster Making Competition and Video Making Competition were announced on 21st June, 2022.

Poster making competition and Video competitions were conducted and the results were announced on Yoga Day. Prize winners for poster presentation are: Vesta Serapha, II B.A English, Fathima Beevi.M, I B. Sc. Chemistry, Anitha Ansara. A, II BSc Mathematics and Prizewinners for video making competition are Deepa. K, II B.Com, Jefina Gomez, II B.Sc. Zoology and Preethi Paikaray, II B.Com.

Kho – Kho Tournament

Our institution organised Inter Collegiate Kho- Kho women tournament from 6th January to 8th January 2023 in our college Ground by Rev. Fr. Amalan Thamiyan, Financial Administrator, St. Thomas Matric Hr. Sec. School, Thoothukudi. The tournament was inaugurated by Fr. Amalan Thamiyan. The prizes were distributed by Dr. Aumugam Director for Centre for Physical Education M. S. University Thirunelveli.



Kho – Kho Tournament – 08.03.2023



Dynamic moment



Lina Rose
Principal
 St. Mary's College (Autonomous)
 Thoothukudi-628 001.