



WELCOME

SPORTS POLICY OF THE COLLEGE

The main objectives of the college sports policy is to include SPORTS as an important part of the overall curriculum offered by the college to its pupils.

College sports policy

- a) To promote an awareness
- b) To encourage sports culture
- c) To develop the concepts of fair play, honest competition and sportsmanship
- d) To develop student's self-esteem and self-confidence



Infrastructure Facilities

Indoor

- I. An indoor stadium for Badminton , table tennis , Chess , Carrom
- II. gymnasium

Outdoor

- I. A full-sized open ground for games such as cricket, football , Throw ball , Athletics track & field
- II. A separate area for Kho-Kho , Kabaddi , Hand ball , foot ball
- III. Volleyball court and Badminton court.

EXPERT COACHING

NACCAS uses its expert coaches/trainers to coach and prepare students for the events on campus.

SPORTS COMMITTEE

A sports committee for Nanjil Catholic college of Arts & Science is hereby constituted for the implementation of the policy and the overall development of sports.

The competition of the Governing council would be as follows:

S.No	Name	Designation
1.	Dr. A. Meenakshi Sundararajan (principal)	Chairman
2.	Mr. Y.R.Dhesa Bendhu	Convener
3.	Mrs. Sanitha	Co-Convener
4.	Dr.R.Rooban Raja Sekar	Member

5.	Dr. Lucas K.B	Member
6.	Mr. Abilash Sam Paulstein K.C	Member
7.	Mr. Jenit Hanson G	Member
8.	Dr. Alwin T	Member
9.	Dr. Antony Dominic Christopher S	Member
10	Mr. V.Viju	Member
11.	Mrs. Vincy V	Member
12.	Mrs. Abila R	Member
13.	Mrs. Amutha Rani C	Member
14.	Dr. Adlin Jeba	Member

IDENTIFYING THE STUDENTS FOR COLLEGE TEAM AND UNIVERSITY

- I. Students with athletic and sports abilities are first identified in the admission from when they come for admission.
- II. Expert coaching is readily available for the selected students on all working days.
- III. Exceptional players from the college team are given an opportunity to go for the university selection trial.
- IV. All are to be expected punctual.
- V. Equal opportunity should be provided to boys & girls.

RULES WE FOLLOW AFTER ORGANIZING THE TEAM

The college strictly adheres to Manonmaniam Sundaranar University.

DEPARTMENT TEAM

Sports, Games and Athletics of the Department in the college are active year-round and students are encouraged to participate in the numerous Intramural and Extramural sporting activities.

INTRAMURAL SPORTS 2017-2022

From the academic year 2017-2022, the sports committee decided to conduct sports events in the college for all the students by dividing them into seven houses.

LIST OF SPORTS AND GAMES 2017-2022

- **BADMINTON**
- **FOOTBALL**
- **KHO-KHO**
- **CRICKET (MEN)**
- **CHESS**
- **TABLE TENNIS**
- **KABADDI**
- **HAND BALL**
- **VOLLEY BALL**

ANNUAL ATHLETICS MEET

EVENT FOR MEN :

Races : 100, 200, 400, 800, 1500, 5000 & 10000 Meters

Relay Races : 4x400 Meters & 4x100 Meters

Hurdles : 110 and 400 Meters

Jumps : Long jump, High jump & Triple jump

Throws : Shot, Discus and Javelin

EVENT FOR WOMEN :

Relay Races : 4 x 100 Meters & 4 x 400 Meters

Races : 100, 200, 400, 800, 1500, 5000

Hurdles : 100 Meters & 400 Meters

Jumps : Long jump, High jump & Triple jump

Throws : Shot, Discus, Javelin

RULES AND REGULATIONS OF SPORTS & GAMES

- I. Any sort of profanity or obscenity in any form will lead to immediate disqualification.
- II. Any misbehaviour on part of the participants will reflect on their college.
- III. Anything that can be perceived as being offensive to any national and or religious sentiments, gender, caste, race etc will lead to immediate disqualification.

BUDGET ALLOCATION 2017 - 2022

Sl.No	Date & Year	Amount
1.	2017 – 2018	Rs. 1,05,713
2.	2018 – 2019	Rs. 18,128
3.	2020 – 2021	Rs. 1,05,647
4.	2021 – 2022	Rs. 28,830



ACHIVEMENTS IN SPORTS AND GAMES

I. COLLEGE LEVEL

II. INTERCOLLEGIATE PARTICIPANTS

III. UNIVERSITY BLUE

IV. DISTRICT LEVEL WINNERS LIST

V. STATE-LEVEL WINNERS LIST

VI. NATIONAL LEVEL WINNERS LIST

INTRAMURAL COMPETITION 2017-2022

NACCAS from the academic year 2017-2022 has been continuously conducting intramural sports meet. The students from the college has been separated into groups. Individuals who has scored more points in athletics will be given separate points and candidates those who receive the highest points receive the individual championship, and the team that receive the highest points receive the overall championship. During 2020-2021 due to covid could not be conducted the intramural sports and games.



2017 – 2018 Sports & Games participants men list

Sl.No	Event	State Level	District Level	Inter College
1.	Foot Ball	-	-	17
2.	Badminton	-	-	6
3.	Hand Ball	-	-	12
4.	Hockey	-	-	15
5.	Cricket	-	-	15
6.	Athletics	4	6	5
	Total	4	6	70

2017- 2018 Sports & Games Participants women list

Sl.No	Event	State level	District level	Inter College
1.	Kho-Kho	-	-	16
2.	Badminton	-	-	5
3.	Foot Ball	-	-	15
4.	Ball Badminton	-	-	9
5.	Athletics	-	4	4
	Total		4	49

2018-2019 Sports & Games Participant boys list

Sl.No	Event	Inter College	District Level	State Level
1.	Hand Ball	-	13	4
2.	Weight Lifting	2	-	-
3.	Foot Ball	16	-	-
4.	Badminton	4	-	-
5.	Hand Ball	13	-	-
6.	Table Tennis	4	-	-
7.	Swimming	4	-	-
8.	Cricket	16	-	-
9.	Foot Ball	-	14	-
10.	Athletics	4	4	2
	Total	63	31	6

2018- 2019 Sports & Games Participants women list

Sl.No	Event	Inter College	District Level	State Level
1.	Hand Ball	13	-	-
2.	Ball Badminton	8	-	-
3.	Cricket	-	22	-
4.	Kho-Kho	13	-	-
5.	Athletics	6	5	-
	Total	40	27	

2019-2020 Sports & Games Participant boys list

Sl.No	Event	Inter College	District Level	State Level
1.	Cricket	15	16	-
2.	Chess	4	-	-
3.	Cross country	5	-	-
4.	Hand Ball	11	15	-
5.	Badminton	5	-	-
6.	Foot Ball	18	14	-
7.	Volley Ball	10	12	-
8.	Swimming	3	-	-
9.	Hand Ball	-	11	-
10.	Athletics	9	4	-
	Total	80	72	

2019 – 2020 Sports & Games participants women list

Sl.No	Event	Inter college	District Level	State level
1.	Badminton	4	-	-
2.	Hand ball	13	15	-
3.	Foot Ball	14	-	-
4.	Cross country	5	-	-
5.	Athletics	12	5	-
	Total	48	20	

2021-2022 Sports & Games Participant boys list

Sl.NO	Events	Inter College	District Level	State Level
1	Kho-kho	13	14	-
2	Kho-kho	-	12	-
3	kabaddi	11	-	-
4	swimming	7	-	-
5	Table Tennis	3	-	-
6	Athletics	10	10	-
7	Hand Ball	14	14	-
	Total	58	50	

2021-2022 Sports & Games Participant women list

SL.NO	Events	Inter College	District Level	State Level
1	Kho-kho	13	12	-
2	Kho-kho	-	12	-
3	Hand Ball	14	14	-
4	Athletics	5	7	1
	Total	32	45	1

State level Achievements students list

Event Name	Men & Women	Position	No.of Participants
Hand ball	men	II	4

State level Athletic Achievements students list

Event Name	Men & Women	Position	No.of Participants
Triple Jump	Men	II	1

National level games Achievements of our students

Event	Men & Women	Position	No.of Participants
Volley Ball	Men	I	2
Beach Tennis	Women	Participated	4

National level Athletic Achievements of our students

Event	Men & Women	Position	No.of Participants
Triple Jump	Men	II	1

II. UNIVERSITY BLUE

SL. NO	NAME	DEPARTMENT	YEAR
1	Merciya Mabel. M	Phy Edu	2019-20
2	Jesholin shalini. M	Phy Edu	2019-20
3	Nishanth J.M	Phy Edu	2019-20
4	Muhammed Shamil. M	Maths	2021-22
5	Godlin S.Raj	Phy Edu	2021-22

University blue represents university teams. The University selects top performers from the college by conducting a selection trial in the university. After the selection trial, the player from the college will be allowed to play for the University.

SDAT Kanniyakumari District level athletics competition was held on 26th & 27th August 2017 and our students got many prizes

R.U.Manju	Shot put	Gold medal
Aushal Doni	Triple Jump & High Jump	Silver medal
S.Athira	Discuss Throw & Shot put	Silver medal
Aswin	400 mts & 800 mts	Bronze medal
Anusha Sam S.S	200 mts	Bronze medal



Thank You