

Assessment Period 2017-2022

Criteria 5.3: Student Participation and Activities

5.3.2 Average number of sports and cultural events/competitions in which students of the Institution participated during last five years (organized by the institution/other institutions).

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S/N	CONTENT
I	Report of Sports Events

CAMPUS

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31.03.2021

Declaration

This college has been conducting college sports and games every year. But due to the Covid '19 pandemic we were not able to conduct college sports and games in the college campus during 2020-21. It was compensated by online cultural competitions and yoga practice during the same year.



PRINCIPAL

Dr. K. K. John
Principal
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SPORTS DAY 19-20

REPORT

The Annual athletic meet of Saintgits College of Applied Sciences was conducted on 20th February, 2020. The ceremony was inaugurated by Prof. Mini Punnoose, Director, Saintgits Institution of Computer Applications. The occasion was blessed with the presence of other dignified personalities like, Prof M. C Joseph (Principal), Dr K. K John (HOD BA Corporate Economics) and Asst. Prof. Ambiliy Merin Kuruvilla (HOD Computer Applications). The events began at 9:45am. The individual champions, men and women, were Edwin Alex John(E4) of Emerald house and Jesona Maria Philip(T2) of Sapphire house, respectively. Sapphire house emerged as the overall champions with an aggregate of 138 points. Emerald house bagged firstv runner-up position with a total of 102 points.



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EVENTS

Cricket	800M (Women)	Discus Throw (Men)
Football	1500M (Men)	Discus Throw (Women)
Basketball	1500M (Women)	Javelin Throw (Men)
Volleyball (men)	10km Walking (Men)	Javelin Throw Women (Sports)
Throwball (women)	5km Walking (Women)	4*200M Relay (Men)
Badminton Doubles (Men)	Long Jump (Women)	4*200M Relay (Women)
Badminton Doubles (Women)	long Jump (Men)	100m(Men)
100M (Men)	400m(Women)	100m(Women)
100M (Women)	High Jump (Men)	Discuss Throw (Men)
200M (Men)	Long Jump (Men)	Discuss Throw (Women)
200M (Women)	Long Jump (Women)	Shot Put (Men)
400M (Women)	Shot Put (Men)	Shot Put (Women)
800M (Men)	Shot Put (Women)	Javelin (men)
800m(Women)	100*4 Relay (Mixed)	Javelin (Women)
100*4 Relay (Men)		

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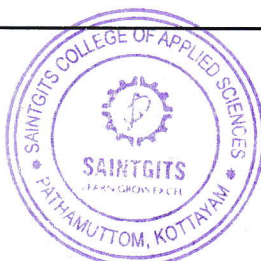
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SPORTS DAY 19-20

PARTICIPANTS' LIST

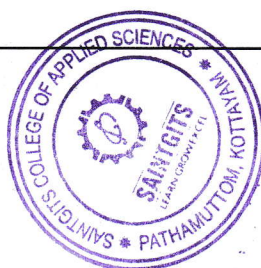
Cricket (Men)(Sports)	Abhishek Aniol
	Chris George
	Eben
	Jithu
	Joel Johny
	Akhil P
	Kiran Simon
	Karthik
	Jeswin James
	Akhil P Anil
	Adarsh M
	Aaquib
	Roshan Manoj
	Shan Thomas
	Aadam M
	Ajil K
	Joel John
	Kevin
	Aswin



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	Jerin
	Johns
Football(Sports)	Stalin
	Vaishak Babu
	Amal Anil
	Alan Thomas
	Sagar M Varghese
	Jagan Philip Jacob
	Sujin Mathews
	Erric Mathew
	Jassim Nazar
	Donal Babu
	Alen K Jacob
	Alen J
	Abhishek Anl
	Chris George
	Nikhil George
	Pranav Ks
	Sooraj John
	Akhil P
	Kiran Simon
	Karthik
	Jeswin James
	Akhil P Anil



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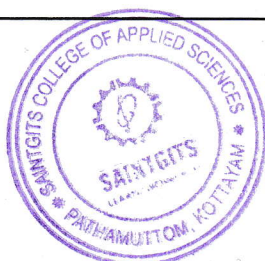
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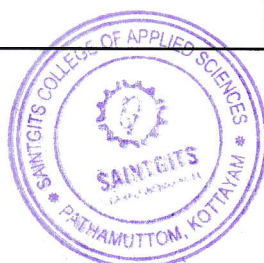
Basketball (Men)(Sports)	Adarsh M
	Akshay B
	Kevin George Eapen
	Shibin Mathew
	Joel Tom
	Abin Kuruvilla
	S Harikrishnan
	Bimal K. Krishna
	Nikhil Rajeev
	Jeevan Varghese
	Alen Abraham
	Prilby Biju
	Sujin Mathews
	Akash P Raj
	Jithin Thomas John
	Abin Antony
	Sreerag H
	Philip Sunny
	Erric Mathew
	Navarag Krishnan
	Jojo R
Volleyball (Men)(Sports)	Abin Sunny
	Amal Anil
	Alan Thomas



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	Christy Jose
	Jagan Philip Jacob
	Ajin Alexander
	Denny Chacko Dinson
	Vaishak Babu
	Philip Sunny
	Alen K Jacob
	Abin K
	Aaquib
	Aben Baby
	Albert Lukose
	Roshan
	Shihabudheen
	Dalin
	Ephrim
	Melvin Biju
	Ajil Kcrah
	Kevin Joel
Throwball (Women)(Sports)	Maria
	Juby B
	Swetha Susan John
	Nikita Roy Joseph
	Anjali Viswanath
	Reshma Kunjumon



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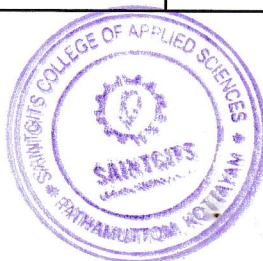
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	Ankitha Mariam Mani
	Veena V
	Ansaba R B
	Jesona Maria
	Liba Biju
	Angela Mariam Thomas
	Sreelakshmi M
	Liya Susan
	Reenu
	Teena
	Parvathy
	Joyal
	Aksa Alen
	Parvathy T
Badminton Doubles (Men)(Sports)	Jebin Abin
	Ajil Korah
	Amith George
	Sanjay Alex
Badminton Doubles (Women)(Sports)	Twinkle Tony
	Reshma Marium
	Sona
	Hanna
100m Men(Sports)	Amit George Oommen
	Rodeasten Abraham



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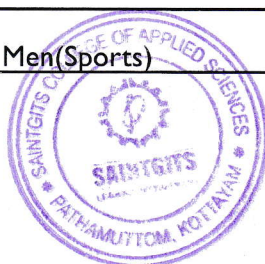
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	Edwin Alex John
	Shine Daison
	Leonard Mathews
	Kevin Geo Varghese
	Jithin George
	Rohith R
	Nikole Naushad
	Manu Manoj
100m Women(Sports)	Jesona Maria Philip
	Jiksa Elsa Thomas
	Ahna Varghese
	Liba Ann Biju
	Maria Eapen
200m Men(Sports)	Rodeasten Abraham
	Edwin Alex John
	Nevil John
	Shine Daison
200m Women(Sports)	Jesona Maria Philip
	Jiksa Elsa Thomas
	Liba Ann Biju
400m Women(Sports)	Jesona Maria Philip
	Ahna Varghese
	Liba Ann Biju
800m Men(Sports)	Edwin Alex John



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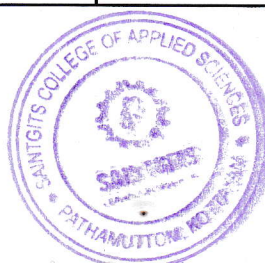
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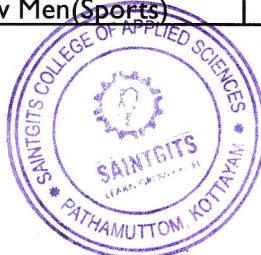
	Rohith R
	Thomas Ninan
	Nikole Naushad
800m Women(Sports)	Jesona Maria Philip
	Maria Mathew
	Joel Elizabeth John
1500m Men(Sports)	Edwin Alex John
	Allwin M Mathew
	Rohith R
	Aromal Raveendran
1500m Women(Sports)	Maria Mathew
	Jesona Maria Philip
	Joel Elizabeth John
10km Walking Men(Sports)	Rohith R
	Abhishek Anil
	Nikole Naushad
	Shine Daison
	Leonard Mathews
	Kevin Geo Varghese
	Jithin George
5km Walking Women(Sports)	Jiksa Elsa Thomas
	Anil Gayathri
	Sneha Sara
Long Jump Men(Sports)	Amit George Oommen



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	Manu Manoj
	Aromal Raveendran
	Rodeasten Abraham
	Dhanis Thomas
Long Jump Women(Sports)	Annu Sigy
	Maria Eapen
	Jiksa Elsa Thomas
	Swathy Sudhakaran
	Oleevie Mariam Thomas
	Rinsa Merin
Shot Put Men(Sports)	Nikhil Viju
	Albin Abraham
	Shine Daison
	Leonard Mathews
	Kevin Geo Varghese
	Jithin George
	Nikhil Jacob
Shot Put Women(Sports)	Ida Ann Jogi
	Stacy Elsa John
	Siera Sunu
	Swathy Sudhakaran
	Oleevie Mariam Thomas
	Sneha Sara Mathew
Discus Throw Men(Sports)	Nikhil Viju



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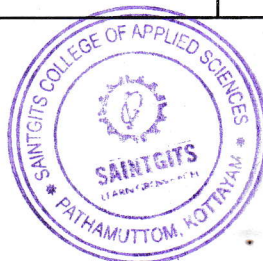
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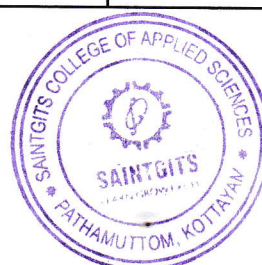
	Albin Abraham
	Shine Daison
	Leonard Mathews
	Nevil John
	Jithin George
	Nikhil Jacob
Discus Throw Women(Sports)	Jiksa Elsa Thomas
	Stacy Elsa John
	Grace Susan Chacko
	Liba Ann Biju
Javelin Throw Men(Sports)	Nikhil Viju
	Albin Abraham
	Shine Daison
	Leonard Mathews
	Kevin Geo Varghese
	Jithin George
	Nikhil Jacob
	Manu Manoj
	Rodeasten Abraham
	Amit George Oommen
Javelin Throw Women(Sports)	Jiksa Elsa Thomas
	Stacy Elsa John
	Maria Eapen
	Swathy Sudhakaran



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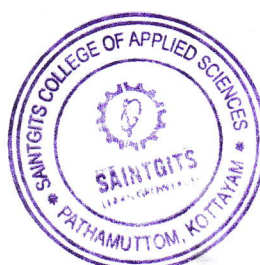
	Oleevie Mariam Thomas
	A Prathiksha
	Meenu E M
4*200m Relay Men(Sports)	Dhanis Thomas
	Aromal Raveendran
	Kashinath S
	Edwin Alex John
	Nevil John
	Nikole
	Shuaib Ansari
	Sandeep V
	Amit George Oommen
	Rodeasten Abraham
	Abhishek Anil
	Rohith R
	Allwin Mathew
	Sreekuttan Shibu
	Rohan Thomas
	Richy Varghese
4*200m Relay Women(Sports)	Grace Susan Chacko
	Swathy Sudhakaran
	Jesona Maria Philip
	Jiksa Elsa Thomas
	Ahna Varghese




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	Stacy Elsa John
	Meenu Em
	Rinsa Merin
	Maria Eapen
	Liba Ann Biju
	Oleevie Mariam Thomas
	Sneha Sara Mathew




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SPORTS DAY 18-19

REPORT

The college sports day was conducted on 22nd February 2019. The ceremony was inaugurated by Lt. Col John Jacob and the occasion was blessed by the presence of other dignified personalities like, Prof M. C Joseph (Principal), Dr K. K John (HOD BA Corporate Economics) and Asst. Prof. Ambiliy Merin Kuruvilla (HOD Computer Sciences). The sports day started at 9:45 am with all the young and vibrant athletes on track. Manu Manoj (B2) from Ruby house was selected as the individual champion- boys. Haritha Haridas of Sapphire house was selected as the individual champion- girls. Sapphire house won the overall championship with 144 points. Emerald house became the first runners-up with 100 points.



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EVENTS

100m(Men)
100m(Women)
Discuss Throw (Men)
Discuss Throw (Women)
Shot Put (Men)
Shot Put (Women)
Javelin (men)
Javelin (Women)
Long Jump (Women)
Long Jump (Men)
400m(Women)
100*4 Relay (Men)
100*4 Relay (Mixed)
800m(Women)
High Jump (Men)



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SPORTS DAY 18-19

PARTICIPANTS' LIST

100m(Men)(Sports)	Ahamed Jubair
	Tijin Samuel
	Edwin Alex John
100m(Women)(Sports)	Sherin Elizabeth Mathew
	Jiksa Elsa Thomas
	Ahna Varghese
	Parvathy Menon
Discuss Throw (Men)(Sports)	Hari Krishina
	Dhanis Thomas
	Albin Mathew
	Goodwin Thomas
	Noel Jacob
	Alen C Mathew
	Kevin Geo
	Rodstean Abraham
	Shyil
	Manu Manoj
	Stephin Mathew
	Sachin Geo
	Nevil John
Discuss Throw (Women)(Sports)	Ansa

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	Sneha Sara
	Grace
	Haritha
	Stacy
	Maria John
	Ankitha C
	Vani
	Sherin
	Remya
Shot Put (Men)(Sports)	Abin Abraham
	Dhanis
	Dinu
	Thomas
	Goodwin
	Anan
	Kevin
	Noel
	Shyl
	Johan
	Manu
	Davis
	Nevil
Shot Put (Women)(Sports)	Sreenath
	Varsha Mary
	Alviya Babu
	Haritha



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	Jiksa
	Ankitha
	Maryia Sara
	Staisy
Javelin (Men)(Sports)	S Harikrishnan
	Muhammed Ejas
	Albin Abraham
	Dinu Philip
	Thomas Jacob
	Goodwin Thomas
	Christy B Thomas
	Kevin Geo
	Shyol Dev
	Manu Manoj
	Nevil Abraham
	Philip Sunny
	Nevil John
	Tony Thankachan
Javelin (Women)(Sports)	Meera
	Maria
	Haritha
	Alviya
	Grace
	Jiksa Elsa Thomas
	Ankitha Chinnu Mathew
	Stacy



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	Achash
Long Jump (Women)(Sports)	Sneha Sara
	Jiksa
	Haritha
	Maria
	Ankitha
	Sherin
Long Jump (Men)(Sports)	Abin Abraham
	Edwin
	Dhanis
	Kashinath
	Anandhu
	Rodstean
	Christy Thomas
	Amit George
	Shyil Dev
	Manu Manoj
	Blesson Varghese
	Albin
	Harikrishinan
	Badhusa R
400m(Women)(Sports)	Mohammed Shahas
	Jeswin
	Haritha Haridas
	Sherin Elizabeth Mathew
	Aleena Thomas



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100*4 Relay (Men)(Sports)	Edwin Alex John
	Alen Devasia
	Rahul Raj
	Abel Mammen
	Amit George
	Rodstean Abraham
	Akash Deepu
	Amal Aji
	Abishek Thomas
	Manu Manoj
	Nevil John
	Sarath KS
100*4 Relay (Mixed)(Sports)	Jiksa Elsa Thomas
	Christy Thomas
	Sanju AV
	Haritha Haridas
	Edwin Alex John
	Rahul Raj
	Sneha Sara Santhosh
	Ansa Kuriakose
	Noel Jacob
	Sherin Elizabeth Mathew
	Binsa Sara Shibu
800m(Women)(Sports)	Sherin Elizabeth Mathew
	Ansa Kuriakose



	Ankitha Chinnu Mathew
High Jump (Men)(Sports)	John
	Dinu
	Amith
	Thomas

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SPORTS DAY 17-18

REPORT

The 12th Annual athletic meet of Saintgits College of Applied Sciences was conducted on 21st February, 2018. The events began at 9:15am. The sports day was inaugurated by Prof. Mini Punnoose, Director, Saintgits Institute of Computer Applications. Sagar M Varghese(S2B) from Topaz house was selected as the individual champion- boys. Anusha Anna Mijesh of Sapphire house was selected as the individual champion- girls. Emerald house won the overall championship with a total of 136 points. Topaz bagged first runner-up with 114 points.



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EVENTS

100m (W)
200m (M)
100*4 Relay (M)
Javelin (M)
javelin (W)
Discuss throw
Discuss throw (W)
Shotput (M)
Shotput (W)
Long Jump (M)
Long Jump (W)
Standing Board jump
1500m (M)
Chess
High Jump
Triple Jump



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SPORTS DAY 17-18

PARTICIPANTS' LIST

100m (W)(Sports)	Kevin
	Gigin
	Anusha
	Tania
	Parvathy
	Aleena
	Sherin
	Haritha
200m (M)(Sports)	Sujin
	Sachin Mathew
	Alen Devasiya
100*4 Relay (M)(Sports)	Shine
	Alan
	Sagar
	Sujin
	Gigin
	Alen Devasiya
	Tony
	Badhusha
	Sachin Mathew



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	Praise
	Chris
	Steve
Javelin (M)(Sports)	Amal Suresh
	Jenny Jose
	Joyal Biji
	Denni J
	Sachin Mathew
	Sharon
	Shine
	Sujin
Javelin (W)(Sports)	Meenakshi
	Prathiksha
	Anusha
	Haritha
	Grara
	Kessia
	Tania Reji
	Ligimol
Discuss Throw (Sports)	Ashiq U
	Sreehari
	Goodwin
	Aryan
	Sharon
	Sachin Mathew



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	Anand
	Gopi
Discuss Throw (W)(Sports)	Meenakshi
	Prathiksha
	Anusha Anna
	Haritha
	Grara
	Kezia
	Ligimol
	Tania Reji
Shotput (M)(Sports)	Abin Thoms
	Ashiq U
	Goodwin
	Sreehari
	Harshan
	Anand
	Boby
Shotput (W)(Sports)	Prathiksha
	Yashmi
	Unnimaya
	Gopika
	Kezia
	Samitha
	Grara
	Tania Reji



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	Gigin
	Joyal
	Dennis
	Praise
	Sachin Mathew
	Anand
	Sujin
Long Jump (W)(Sports)	Anumol
	Aswathy
	Anusha
	Haritha
	Merlin
	Ankitha
	Tania
Standing Board Jump (Sports)	Anjumol
	Anusha
	Haritha
	Ankitha
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	Ligimol
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	Bini Sara Cherian
	Devavinayak G
	Govind K. J
	Irene Ann George
	Gicin V.Koshy
High Jump (Sports)	Harish Cm
	Ihjas Ibrahim
	Sachin Mathew
	Joffy Johnson
	Thomas George
	Tomin J
	Peelianickal
Triple Jump (Sports)	Sachin Mathew
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