



STELLA MATUTINA COLLEGE OF EDUCATION (AUTONOMOUS)

Re-Accredited (4th Cycle) by NAAC at 'A' Grade

Ashok Nagar, Chennai – 600 083

| Tel.: (+91) 44-24894262 | Email : smcedn@gmail.com, info@smcedn.edu.in | Web : smcedn.edu.in |

5.3.2 Report of the Sports and Cultural events / competitions organised by the institution

Introduction Day

Program Name: Introduction Day

Date: 13.10.2023

Theme: "Empowering Creativity, Building Confidence."

No. of students involved: 198

Stella Matutina College of Education hosted an engaging Introduction Day program for its 1st-year B.Ed. students on October 13. The students, organized into groups, showcased their talents within a brief 2-minute window as per instructions. With enthusiasm and creativity, each team, consisting of 50 members, presented entertaining group performances such as singing and dancing, while individual events featured diverse talents like silambam, news reading, singing, dance, and martial arts. Coordinated by their mentors, the student teachers demonstrated remarkable efforts, overcoming stage fear and boosting their confidence. The event successfully provided a platform for the students to express themselves creatively and marked a vibrant start to their academic journey.

Outcome of the Program

The program enhanced student teachers' confidence, creativity, and teamwork, fostering a positive atmosphere for their academic and personal growth.

"Empowering Creativity, Building Confidence."





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Wildlife week Celebration

Program Name: Wildlife Week Celebration

Date and time: 20.10.2023

Theme: "Celebrating Nature, Inspiring Action"

No. of students involved: 184

The college celebrated Wildlife Week with fervor, aiming to raise awareness about wildlife conservation and ecological preservation. Throughout the week, various activities engaged students in understanding the importance of preserving natural ecosystems. A "Cooking Without Fire" competition showcased culinary creativity, promoting sustainable food practices. A debate on youths' role as guardians or adversaries of nature sparked passionate discussions on habitat destruction and poaching. Additionally, a singing competition celebrated nature-inspired melodies, further connecting students to the beauty of the natural world. The valedictory ceremony, graced by wildlife conservation expert Master Duraipandian, saw the gifting of 200 plant saplings, symbolizing a commitment to environmental stewardship. The week-long celebration left a lasting impression, fostering a sense of responsibility towards wildlife and nature conservation.

Outcome of the Program

The program inspired students to embrace environmental stewardship, fostering awareness and commitment to wildlife conservation through engaging activities and discussions.

"Celebrating Nature, Inspiring Action"





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Annual Citizenship Camp

Program Name: Annual Citizenship Camp Cultural Events

Date and time: 07.11.2023,08.11.2023 & 09.11.2023

Theme: “Empowering Voices, Building Unity”

No. of students involved: 200

The Annual Citizenship Camp at our college spanned three days, from November 7th to 9th, 2023, and featured a series of cultural events that involved 200 students. Day 1 kicked off with a vibrant cultural program judged by alumni Ms. Rashmika and Ms. Anne. Each house presented compelling performances addressing social issues, with Preeti House emerging as the winner. Day 2 continued with a diverse showcase of cultural performances, judged by Sr. Patricia and Ms. Mohana Priya. Shanti House took the top spot, highlighting themes of transgender and visually impaired children. On Day 3, the Camp Song Competition and Bridal Makeup Contest were held, where Preeti House excelled in singing, and Shanti House won the makeup contest. The camp concluded with a grand campfire event, where Reverend Sister Dr. Ruby Alangara Mary officially opened the campfire, and the college president, Ms. Soumiya Ravichandran, summarized the event. Dr. Joseph Catherine, our principal, crowned Preeti House as the overall champions, with Shanti and Nirmal following closely. The camp ended on a high note with student teachers celebrating their unity through dance and cultural performances, leaving behind cherished memories.

Outcome of the Program

The program fostered unity, creativity, and social awareness among students, culminating in a celebration of talent and unforgettable memories.

“Empowering Voices, Building Unity”





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Throw Ball Match

Program Name: Throw Ball Match

Date and time: 08.11.2023

Theme: Strengthening Bonds Through Sport

No. of students involved: 44

Stella Matutina College of Education conducted a vibrant and spectacular throwball match on 8th November, 2023. The weather was miraculously fine that day. Match took place around 2:30 pm. The match was between Nirmal and Preethi house. The introduction of rules and regulations which has to follow were instructed to the players. The players were introduced to the Secretary, Rev. Dr.Sr. Ruby Alangara Mary. Nirmal house won the toss and Preethi house choose a side to start the match. The match began, as Nimal house started the match with their first service. First match was won by the Nirmal house who proudly secured their place in finals. The second match was between Shanthi house and Jothi house, in which Shanthi house won the math. Everyone student teachers along with the staff members were excited for the final match. Ten minutes break were given to the players. The players of both the teams assembled for final match Shanthi house won the toss. The match was a roller coaster experience for the student teachers. Finally, Shanthi won the match and Nirmal held the second place.

Outcome of the Throw ball Match

A throw ball match fosters teamwork, enhances agility and coordination, and promotes communication, strategic thinking, and sportsmanship among players.

Strengthening Bonds Through Sport





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Diwali celebration

Program Name: Diwali celebration.

Date and time: 10.11.2023

Theme: Illuminate Tradition, Inspire Unity

No. of students involved: 08

On November 10th, our college celebrated Diwali with great enthusiasm, organized by the college management. All student teachers and staff arrived in traditional sarees and salwars, adding to the festive spirit. The celebration began with a special assembly where Cultural Secretary Vivetha shared the significance of Diwali, emphasizing its role in bringing new hopes, dreams, and moments of joy. Following this, the college president, Sowmiya, symbolically lit candles for the four house captains, representing the light of Diwali. The event concluded with a powerful mime performance by our student teachers which delivered a meaningful social message about the awareness of Diwali. The celebration was a beautiful blend of tradition, culture, and social consciousness.

Outcome of the Program

The program fostered unity, creativity, and social awareness among students, culminating in a celebration of talent and unforgettable memories.

Illuminate Tradition, Inspire Unity





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Carrom and Chess Competition

Program Name: Carrom and Chess Competition

Date and time: 15.11.2023

Theme: Cognitive Challenge in Sharpening Minds

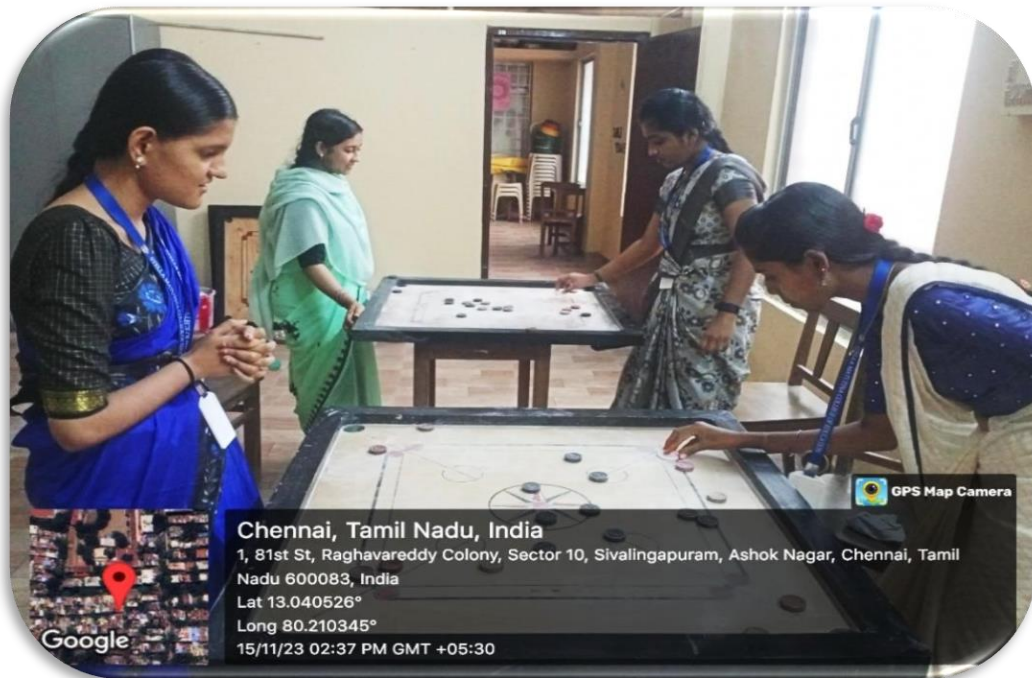
No. of students involved: 16

Stella Matutina College of Education conducted indoor games like Chess and Carrom on 15th November, 2023. The Carrom and Chess matches were conducted simultaneously. The first match in Carrom was between Jothi versus Nirmal and Shanthi versus Preethi. In which, Jothi and Preethi won their matches respectively. It was a quick match where the players completed their match within ten minutes. The final match was a nail-biting match as the players took more than twenty minutes. The players from both the teams were tough to compete with. Jothi was the winner and Preethi was the runner. The Chess match took quite a long time to conclude. The first match was between Jothi versus Nirmal and Shanthi versus Preethi, in which Nirmal and Shanthi secured their places in finals by their extraordinary Chess playing skills. The final match drew all the audiences and fellow competitors and never let anyone to take their eyes off from the chess board. The Shanthi team was caught on a tight spot when Nirmal house locked the latter with a check-mate. Shanthi team accepted that there is no chance to move a single coin and ended the match.

Outcome of the program:

Carrom and chess competitions boost strategic thinking, problem-solving, and concentration, improving hand-eye coordination, fine motor skills, and critical thinking.

Cognitive Challenge in Sharpening Minds





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World Fisheries day

Program Name: World Fisheries day

Date and time: 21.11.2023

Theme: Vibrant Celebration of Fisheries and Culture

No. of students involved: 05

On November 21st, 2023, the World Fisheries Day event, co-hosted by the Fisherman Community and Stella Matutina College, showcased a range of activities aimed at raising awareness and celebrating cultural diversity. Dr. Sheela's opening speech highlighted the crucial role of fishermen in global food security. The event featured an energetic Zumba session led by Ms. Sudha, engaging both the Fisherman Community and college members in fitness and camaraderie. Stella Matutina College student teachers delivered a moving Bharatanatyam performance set to a devotional Jesus song, celebrating cultural and artistic expression. The festivities concluded with a vibrant Western dance performance, bringing joy and unity to all attendees. This collaborative event emphasized sustainable fisheries practices and fostered a sense of community engagement.

Outcome of the program:

The program successfully highlighted sustainable fisheries, promoted fitness and cultural diversity, and fostered community engagement and joy through diverse performances.

Vibrant Celebration of Fisheries and Culture





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Presentation Feast Day Celebration

Program Name: Presentation Feast Day Celebration

Date and time: 22.11.2023

Theme: Spiritual Reflection and Community Unity

No. of students involved: 196

The celebration of the Feast of the Presentation of Mary on November 21st deeply resonated with attendees, blending spiritual reflection, cultural expression, and community unity. The event honored the Presentation Sisters' origins and their significant global contributions to education. A reverent prayer service set a reflective tone, fostering a deeper connection to the Presentation Sisters' mission. Student teachers delivered a graceful dance performance depicting the Presentation of Mother Mary, highlighting both artistic and spiritual elements. The event included insightful talks about the feast's significance and the congregation's history, enhancing participants' understanding and appreciation. The celebration emphasized gratitude and connection, leaving attendees enriched with spiritual insights and a strengthened sense of community. Overall, it was a meaningful tribute to Mother Mary and her legacy.

Outcome of the program:

The program deepened spiritual understanding, honored Mother Mary through dance, and strengthened community ties, enhancing appreciation for the Presentation Sisters.

Spiritual Reflection and Community Unity





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Carrom and Chess Competition

Program Name: Carrom and Chess Competition

Date and time: 15.11.2023

Theme: Cognitive Challenge in Sharpening Minds

No. of students involved: 16

Stella Matutina College of Education conducted indoor games like Chess and Carrom on 15th November, 2023. The Carrom and Chess matches were conducted simultaneously. The first match in Carrom was between Jothi versus Nirmal and Shanthi versus Preethi. In which, Jothi and Preethi won their matches respectively. It was a quick match where the players completed their match within ten minutes. The final match was a nail-biting match as the players took more than twenty minutes. The players from both the teams were tough to compete with. Jothi was the winner and Preethi was the runner. The Chess match took quite a long time to conclude. The first match was between Jothi versus Nirmal and Shanthi versus Preethi, in which Nirmal and Shanthi secured their places in finals by their extraordinary Chess playing skills. The final match drew all the audiences and fellow competitors and never let anyone to take their eyes off from the chess board. The Shanthi team was caught on a tight spot when Nirmal house locked the latter with a check-mate. Shanthi team accepted that there is no chance to move a single coin and ended the match.

Outcome of the program:

Carrom and chess competitions boost strategic thinking, problem-solving, and concentration, improving hand-eye coordination, fine motor skills, and critical thinking.

Cognitive Challenge in Sharpening Minds





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Shot-put Throw, Disc Throw and Javelin Throw Competition

Program Name: Shot-put Throw, Disc Throw and Javelin Throw Competition

Date and time: 23.11.2023

Theme: "Showcasing Talents, Celebrating Women's Strength"

No. of students involved: 72

On November 23, 2023, the Department of Physical Education at Stella Matutina College of Education held a competitive sports event featuring Shot Put, Discus, and Javelin throws. The competition intensified as participants aimed to surpass each other's performances. The winners were:

- **Shot Put:** Kalaivani (Jothi house), Ashwini (Shanthi house), Maria Sharon Sanjana (Preethi house)
- **Discus:** Maria Sharon Sanjana (Preethi house), Sandhiya (Shanthi house), Ashwini (Shanthi house)
- **Javelin:** Bency (Jothi house), Maria Sharon Sanjana (Preethi house), Reshma (Nirmal house)

This event provided a valuable platform for married women to showcase their talents in both sports and cultural activities, highlighting their diverse skills and abilities.

Outcome of the Events

These events enhance physical fitness, particularly in building strength, agility, and coordination. Mentally, participants gain focus, determination, and the ability to perform under pressure.

"Showcasing Talents, Celebrating Women's Strength"





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Track events and a Kho-Kho match

Program Name Track events and a Kho-Kho match

Date and time: 14.12.2023

Theme: "Energizing Minds Through Physical Challenges"

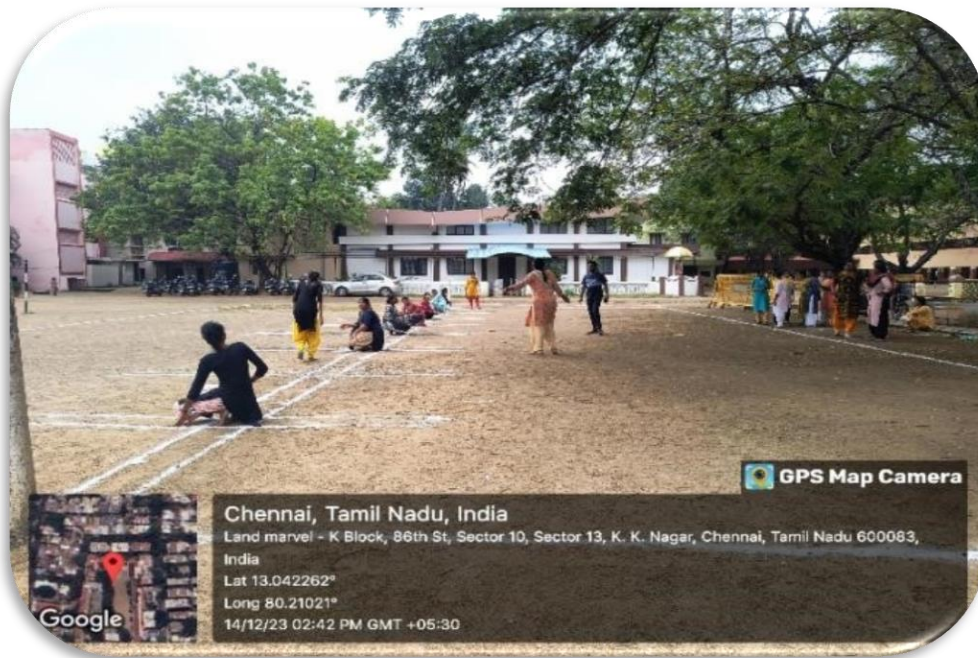
No. of students involved: 56

On December 14, 2023, the Department of Physical Science at Stella Matutina College of Education hosted an energetic day of track events and a Kho-Kho match, attended by Dr. Jain Shanthini, Dean of Student Affairs. The event featured enthusiastic participation in relays like the 4x100 meters, 100 meters dash, and entertaining activities such as the Three-Legged Relay, Tunnel Ball, and Head Balancing. Simultaneously, the much-anticipated Kho-Kho match took place, with Jyothi House clinching victory and Nirmal House as runners-up. These events promoted teamwork, speed, and agility, while also boosting cardiovascular fitness, coordination, and quick decision-making skills. The day emphasized the competitive spirit and sportsmanship, underscoring the value of collaboration and perseverance.

Outcome of the program:

The session enhanced teamwork, speed, agility, and sportsmanship, promoting cardiovascular fitness, coordination, quick decision-making, and collaboration.

"Energizing Minds Through Physical Challenges"







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Christmas celebration

Program Name	: Christmas celebration
Date and time	: 23.12.2023
Event	: Nativity play and Carols
Theme	: "Spreading Christmas Joy and Unity"
No. of students involved:	172

On December 23rd, Stella Matutina College of Education joyously celebrated Christmas, honoring the birth of Jesus Christ. The event was filled with festive activities, including carol singing, lively dancing, and a captivating Nativity Play. Student teachers brought the story to life, portraying characters such as Mother Mary, Joseph, shepherds, angels, and the three kings, with a student narrating the tale. The depiction of the three kings following the star was particularly enchanting, adding a magical touch to the performance. After the play, the celebrations continued with spirited dances that spread Christmas cheer throughout the college. A special appearance by Santa Claus delighted everyone, adding to the festive atmosphere and making the celebration truly memorable.

Outcome of the program:

The session fostered festive joy, creativity, and community spirit, enhancing cultural engagement and spreading cheer through performances and celebrations.

"Spreading Christmas Joy and Unity"





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Pongal celebration

Program Name : Pongal Celebration
Date and time : 11.01.2024
Theme : 'தை பிறந்தால் வழி பிறக்கும்'
No. of students involved: 300

On January 11th, Stella Matutina College of Education celebrated Pongal, embodying the spirit of the adage 'தை பிறந்தால் வழி பிறக்கும்'. The Tamil department meticulously orchestrated the event, transforming the venue with vibrant decorations and setting up the traditional burner and vessel. Rev Dr Sr Ruby Alangara Mary ceremoniously ignited the burner, signaling the start of the festivities. Student teachers, joined by faculty, performed the kummi dance to lively folk tunes as they prepared Pongal. The celebration featured cultural performances, including Karagam, oilaattam, thappattam dances, a skit highlighting the struggles of farmers, and a game emphasizing the festival's importance. The distribution of Pongal fostered a sense of camaraderie, and the day concluded with a collective dance, symbolizing unity and shared joy. This vibrant celebration honored tradition, unity, and gratitude, truly capturing the essence of Pongal.

Outcome of the program:

The session fostered cultural awareness, unity, and gratitude, deepening participants' appreciation of Pongal's traditions and the importance of community.

'தை பிறந்தால் வழி பிறக்கும்'





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National Girl Child Day

Program Name : National Girl Child Day
Date and time : 24.01.2024
Theme : "Empower, Educate, Elevate Girls"
No. of students involved: 302

Stella Matutina College of Education, dedicated to empowering women since 1961, continues its mission of shaping confident, responsible, and future-ready educators. On January 24th, 2024, the college celebrated National Girl Child Day with great enthusiasm. The event aimed to raise awareness about the significance of valuing and nurturing the girl child in every household and society at large. The program featured a powerful mime performance, highlighting the importance of this day and the role of women in building a progressive society. With the participation of 302 students, the event reinforced the college's commitment to empowering women and creating a brighter future for the next generation.

Outcome of the program:

The session heightened awareness of the girl child's importance, fostering commitment to gender equality and the empowerment of women.

"Empower, Educate, Elevate Girls"





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National Voters Day

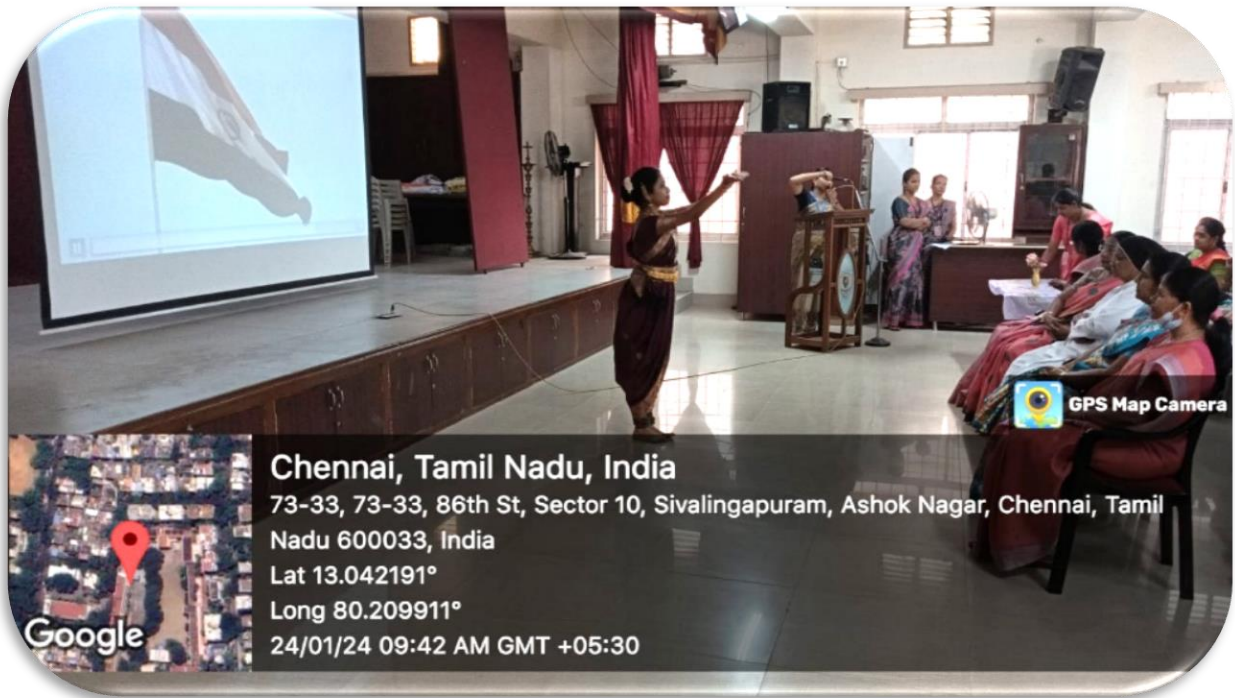
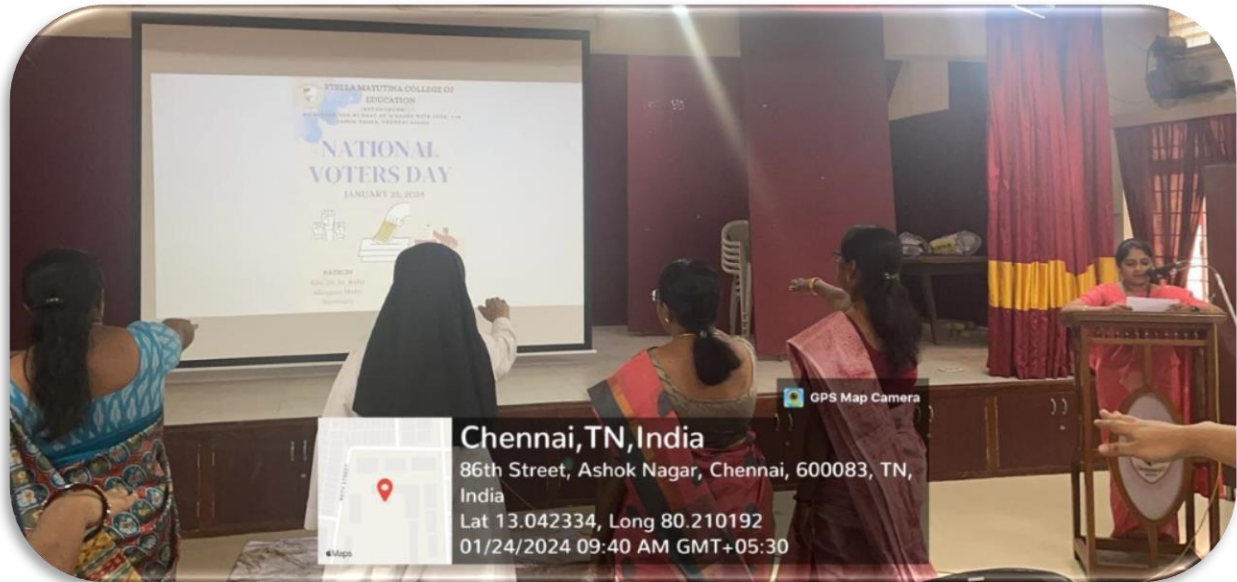
Program Name : National Voters Day
Date and time : 24.01.2024
Theme : "Nothing Like Voting, I Vote for Sure"
No. of students involved: 302

On January 24th, 2024, Stella Matutina College of Education observed National Voters Day with a pledge ceremony, reaffirming the commitment of its students and faculty to the democratic process. The event aimed to instill a sense of responsibility among the youth, emphasizing the importance of voting as both a right and a duty. The pledge, led by the principal, urged participants to actively participate in elections, choose leaders wisely, and uphold the values of democracy. The theme, "Nothing Like Voting, I Vote for Sure," was at the heart of the ceremony, inspiring students to be vigilant and informed voters. This initiative underscored the college's dedication to fostering responsible citizens who will shape the future of the nation.

Outcome of the program:

The pledge heightened students' awareness and commitment to voting, reinforcing their role in democracy and encouraging informed electoral participation.

"Nothing Like Voting, I Vote for Sure"





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Talent Day

Program Name : Talent Day
Date and time : 14.03.2024
Theme : "Showcasing Talent and Tradition"
No. of students involved: 190

On March 14th, 2024, Stella Matutina College of Education hosted an engaging Talent Day at Lourdes Hall, involving 190 students. The event featured a vibrant array of student talents, starting with off-stage displays including cooking without fire, intricate mehndi designs, exquisite card making, and colorful rangoli creations, each reflecting themes of health, nature, and creative expression.

The program began with off-stage events at 10 AM, followed by solo dance and singing competitions at 11:30 AM. After a hearty lunch, the stage came alive with energetic group dances and harmonious group singing, showcasing students' creativity and passion. Second-year students efficiently managed the venues, ensuring smooth execution. The day concluded on a high note, celebrating diverse skills and artistic expressions, with performances emphasizing traditional Indian dance forms, fashion parade, and the importance of caring for nature, thereby fostering camaraderie and creative excellence among participants.

Outcome of the program:

The program celebrated diverse talents and creative expressions, fostering camaraderie and showcasing skills in art, dance, and cultural themes.

“Showcasing Talent and Tradition”





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Talent Day

Program Name : Performing Art Forms in Pedagogy
Date and time : 15.03.2024
Theme : "Creativity Meets Pedagogy: Inspiring Innovation"
No. of students involved: 190

Talent Day commenced at 10 AM, spotlighting performing arts related to pedagogy subjects and captivating the audience with diverse expressions. The event showcased drama, singing, puppetry, and dance performances, each illustrating unique facets of teaching methodologies. Pedagogy staff, as esteemed judges, evaluated the performances with their expertise.

Highlights included a spellbinding puppetry act from the English department, which demonstrated exceptional storytelling skills, and a captivating drama performance from the Mathematics department, creatively integrating mathematical concepts through dance villupatu. These displays of talent not only entertained but also highlighted the significance of innovative teaching methods.

Talent Day served as a platform to celebrate pedagogical creativity and excellence, inspiring both students and educators. This creative event provided an opportunity for student-teachers to think imaginatively about incorporating arts into their teaching processes, preparing them to engage more effectively with today's students.

Outcome of the program:

The session showcased innovative teaching methods through artistic performances, inspiring student-teachers to creatively incorporate arts into their educational practices.

"Creativity Meets Pedagogy: Inspiring Innovation"





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College Day

Program Name : College Day
Date and time : 24.04.2023
Theme : "Cultural Fusion: Tradition and Innovation"
No. of students involved: 55

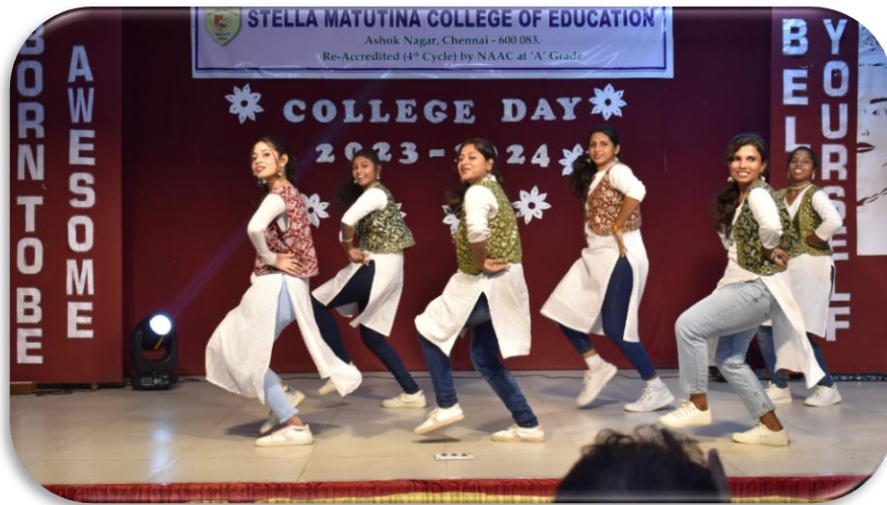
The College Day celebration featured a diverse array of cultural performances, starting with a soul-stirring Bharatanatyam invocation dance that honored tradition and spirituality. The event progressed to contemporary themes with an English drama, "The Princess' New Clothes," offering a poignant critique of societal norms. This was followed by a powerful women empowerment folk dance, symbolizing resilience and unity.

A dynamic fusion dance showcased a blend of diverse genres and styles, captivating the audience with its energy. A Tamil drama, envisioning a robot as a teacher, explored the intersection of technology and education, sparking thought and imagination. The celebration concluded with a heartfelt devotional dance, uplifting spirits and leaving a lasting impression of harmony and unity within the college community.

Outcome of the program:

The celebration showcased diverse cultural expressions, blending tradition and modernity, inspiring unity, resilience, and creative thinking among the college community.

"Cultural Fusion: Tradition and Innovation"







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Annual Sports Day report 2023-2024

“Victory is in the Quality of Competition and not the Final Score” Said by Mike Marshall

A delightful afternoon unfolds as we gather to celebrate the culmination of sportsmanship and resilience during the Annual Sports Event of 2023-2024. Today is not just about victories embedded in time but a profound acknowledgment of the enduring spirit of good sportsmanship that resonates throughout a lifetime. With contagious enthusiasm, our student teachers eagerly embraced the various sports events, marking a journey that goes beyond mere triumphs. As the morning stars of Stella Matutina, student teachers participated wholeheartedly, exemplifying not only displaying their skill but also their unwavering support for one another in moments of challenge. In alignment with the ethos of the Fit India Movement, our college initiated a Run and Walk activity around the college grounds on 12th October 2023. This event aimed to kindle the importance of health and fitness in the minds of our young participants, fostering a holistic approach to well-being.

The heart of our sports day lay in the interhouse competitions, designed to instill both competitiveness and true sportsmanship among our student teachers. From major games like Throw Ball, where Shanthi House emerged victorious on 8th November 2023, to the intense clash of Kho-Kho on 14th December 2023, with Jothi House claiming the top spot, every event was a showcase of talent and teamwork. On the 24th of November 2023, the badminton competition unfolded, and it was Shanthi House that emerged victorious, showcasing their expertise on the court. Nirmal House, displaying commendable skill and sportsmanship, secured the position of the runner-up in this thrilling badminton encounter.

In the realm of minor games, events such as Head Balancing Relay, Tunnel Ball Relay, Sack Race, and the thrilling 4x100 meters relay unfolded on 14th December 2023. These moments provided a platform for students to exhibit not just their physical skills but also their coordination and team spirit. Indoor games such as Carrom and Chess, held on 15th November 2023, and field events like Shotput, Discuss, Javelin, and the thrilling 100 meters dash on 23rd November 2023, added layers of excitement to our sports extravaganza. These events, eagerly anticipated, allowed our student teachers to shine and showcase their diverse

abilities. As we approach the highly anticipated climax on the 21st of December, today's Sports Day began with a resonant prayer song, a warm welcome address, and an impressive March Past. The oath-taking ceremony, accompanied by captivating mass drills from each house— Jothi House captivatingly showcased their skills with lezium, Nirmal House presented an engaging display with hoops, Shanthi House added vibrancy with Kolaatam, and Reethi House brought enchantment with their performance featuring wands. Each house contributed to the festivities with unique and delightful elements, making the Sports Day a truly memorable occasion. The day unfolded with a visual delight, showcasing beautiful formations and carefully coordinated tactical march pasts. The report reading session, an integral part of the event, was interwoven with inspirational quotes, serving as a reminder that victory may fade, but acts of good sportsmanship endure a lifetime. This magnificent day will proceed with the presidential address, an eagerly awaited prize distribution ceremony, a heartfelt vote of thanks, and will conclude with the resonating notes of our national anthem.

As we reflect on the triumphs and lessons learned, let us carry the spirit of sportsmanship, Unity and team spirit beyond this day, echoing the sentiments that "Victory is remembered for at most two decades, but an act of good sportsmanship is remembered for a lifetime."

Catherine
Principal
Stella Matutina College
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Ashok Nagar,
Chennai-600 083

STELLA MATUTINA COLLEGE OF EDUCATION

Annual Sports Day 2023 – 2024

Chief Guest – Dr. Mrs. Ezhisai Vallabi

21.12.2023



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STELLA MATUTINA COLLEGE OF EDUCATION (AUTONOMOUS)

Re-Accredited (4th Cycle) by NAAC at 'A' Grade

Ashok Nagar, Chennai – 600 083

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SPORTS DAY EVENTS – 2023 HOUSE POINTS

FIELD EVENTS	HOUSE POINTS			
	PREETHI	JOTHI	NIRMAL	SHANTHI
SHOTPUT	1	5		3
DISCUS	5			3+1
JAVELIN	3	5	1	
TOTAL	9	10	1	7

MAJOR GAMES	HOUSE POINTS			
	PREETHI	JOTHI	NIRMAL	SHANTHI
CARROM	3	5		
CHESS			5	3
BADMINTON			3	5
KHO-KHO		5	3	
THROWBALL			3	5
TOTAL	3	10	14	13

RELAYS	HOUSE POINTS			
	PREETHI	JOTHI	NIRMAL	SHANTHI
100 METERS	5	3	1	
4*100 METERS		5	3	1
SACK RELAY		3	5	1
HEAD BALANCING RELAY	3		5	1
TUNNEL BALL RELAY		1	3	5
THREE-LEGGED RELAY	3		1	5
TOTAL	11	12	18	13
OVERALL TOTAL	23	32	33	33

OVERALL CHAMPIONSHIP – SHANTHI HOUSE

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