

# NATIONAL SPORTS DAY

29<sup>th</sup> August 2022

DEPARTMENT OF B. P. E.

The national sports day celebrations were started on 26th August, Friday. BPE department students performed a flash mob in front of the auditorium at 12:00PM as a gesture to announce the upcoming sports day celebrations.

The whole 29th of August was filled with programs consisting of Sports rally in the morning at 7:30AM. Dr. Jolly Andrews CMI delivered the felicitation speech. Manager Jacob Njerinjampilly presided over the function and flag off was performed by police commissioner.

## BROCHURE



The brochure features a vibrant illustration of athletes in various sports: a weightlifter, a boxer, a badminton player, and an archer. The background is a bright yellow-green gradient. The Christ College logo is in the top right corner.

**CHRIST**  
COLLEGE (AUTONOMOUS)  
TRINJALAKUDA, KERALA

# "NATIONAL SPORTS DAY CELEBRATION"

Organized by Department of B.P.E.  
on 29<sup>th</sup> August 2022

*"Unite through Sports"*

Program:

7:30 a.m. : **Sports Rally**

9:30 a.m. : **Inauguration of Sports Fun Fare**

**Faculty fitness challenge**   **Arm Wrestling**

**Live Quiz & Challenges**   **Dare : Make me laugh**

**Sports Exhibition**   **Minor Games**

2:45 p.m. : **Wellness Dance**

Entry Fees - ₹ 10

*Mark your presence*  
In between 9.30 a.m. to 5.30 p.m.

# PHOTOS



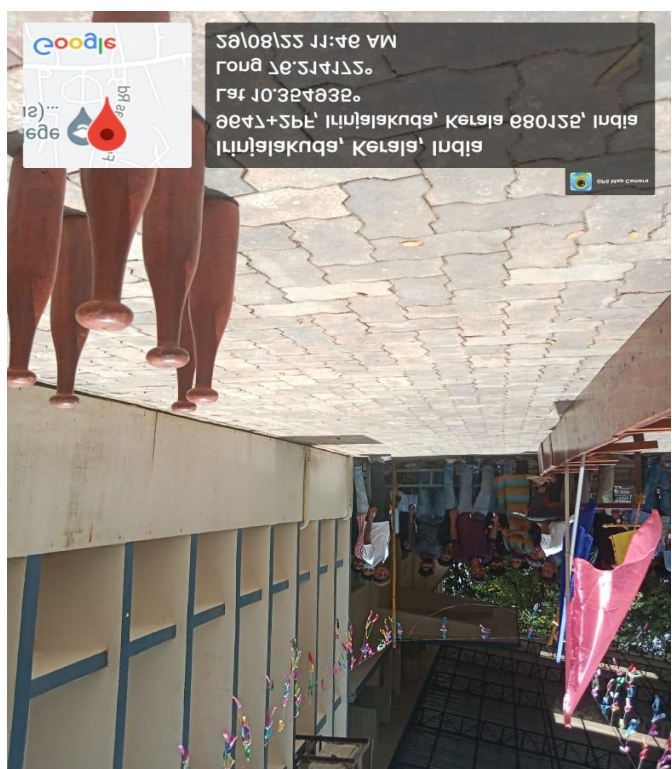


The carnival consisted of two parts, the first being minor games which was designed outside the auditorium namely

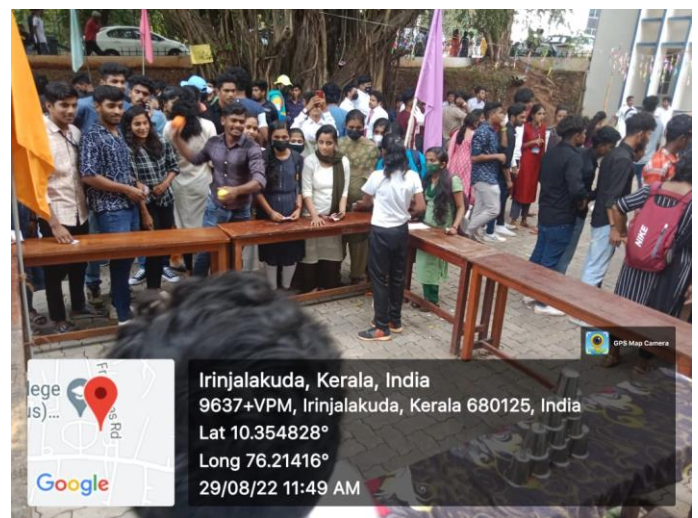
1. Glass pyramid
2. Make me laugh
3. Balloon blow
4. Glass throw
5. Kangaroo jump
6. Indian club Bowling
7. Heading challenge
8. Ring throw
9. Basketball throw
10. Football target
11. Arm wrestling
12. BMI Checking station











The students themselves were the officials for these minor games. They provided the participants with necessary explanations along with demonstration on how to successfully play each game. Ticket counter was placed nearby to the entrance to the auditorium where students can purchase tickets. The cost was rupees 10 for 8 games. Arm wrestling, BMI, make me laugh counters had special entries and heading challenge was free for all.

Inside the auditorium there was exhibition on:

1. Equipment section (Different type of balls, footwear and costumes)
2. Apparatus section (Hand grip dynamometer, Spirometer, Stadiometer)
3. Live display of various sports disciplines (Gymnastics, Judo, Taekwondo, Wrestling, Boxing)





Irinjalakuda, Kerala, India  
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Long 76.214129°  
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At the same time, a group of students also visited all the departments of the college to give fitness challenges for faculties of this institution.



9647+995, Irinjalakuda, Kerala 680125, India  
 29 Aug 2022 11:01 am  
 overcast clouds 29.0 °C



9647+48F, Christ College Road, Irinjalakuda, Kerala 680125, India  
 29 Aug 2022 10:36 am  
 overcast clouds 29.0 °C



9647+48F, Christ College Road, Irinjalakuda, Kerala 680125, India  
 29 Aug 2022 11:25 am  
 overcast clouds 30.0 °C



9647+CCW, Irinjalakuda, Kerala 680125, India  
 29 Aug 2022 12:00 pm  
 overcast clouds 30.0 °C

The programs witnessed a wide student support throughout the program. BPE students also performed a mass wellness dance in front of the auditorium which also received media coverage.





The programs ended at 5:00 PM. It was the wholehearted efforts of BPE students that made the program a grand success. They also decorated the whole venue beautifully, giving it a sports theme.