



Euphrasia Training College for Women

(Affiliated to University of Calicut)

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5.3.2 Average number of sports and cultural events organized at the institution during the last five years

Year	2022-20	2021-20	2020-20	2019-20	2018-20	Total
	23	22	21	20	19	
Number of sports and cultural events organized	11	6	8	8	8	41

2022-2023

The institution gives prime importance to the physical health of students. Euphrasia Training College for Women has conducted a sports day 'Lakshya 2k23' on 13th January 2023. 100 meter race, 4*100 meter relay, shot put, tug of war etc. are the main events and some other minor games were included in the sports day program of this academic year. Jeevan Pauly was the chief guest of the day. On that day the presidential address was done by our principal, Oath taking was done by our sports captain Aparna K.V. Our physical education teacher Suresh sir gave inspiration, motivation and confidence through his powerful words. With the strong support of the sports committee smooth functioning of a sports day was ensured. The members of the team include Principal, IQAC coordinator, Physical Education Trainer, Sports Captain and others, as the representative of students.

sports committee



Principal
Euphrasia Training College For Women
Kattoor

The detail reports of the day

100 meter Race Report

The 100 meter race has been organized in the college premises with the accurate instruction of the physical education teacher and with the support of faculties of the college and alumni association. Students from each group participated actively. In this item the first, second and third position was shared Mariya Johny (English option), Blessy (commerce option) and Annmariya Gibby (physical science option) respectively



400*100 meter Relay

400*100 meter relay was organized in the college premises and different groups of students actively participated in the relay. Yellow house, blue house and red house got the first, second and third position respectively.



Shot Put

Physical education teacher gave instructions on how to throw the shot put and other rules and regulations regarding the specific event. Students from each group actively participated in this particular item. Johney from the English option got the first position by her excellent performance.




Principal
Euphrasia Training College For Women
Kattoor



Tug of war

The main group item of the day was Tug of War. It was conducted on the college grounds. A healthy competition was seen on the part of the students. The first, second and third position was shared by yellow, green and red house respectively



Individual champion

Blessy from commerce option got the award of individual championship. Her sincere performance in the total events make her the star of the day.



[Signature]
Principal
Euphrasia Training College For Women
Kattor

Closing ceremony

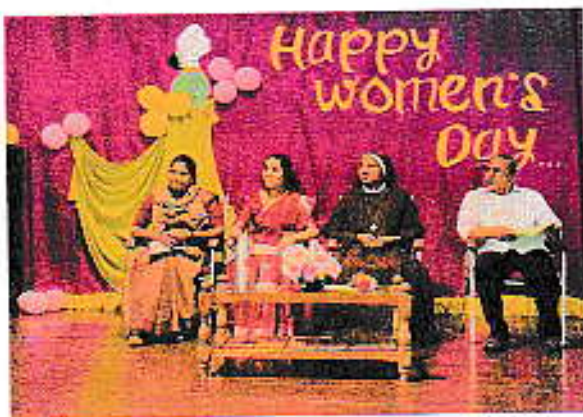


The sports meet ended with the flag lowering and the sports captain gave back the flag to principal for the next year. The day ended with the National Anthem.

CULTURAL EVENTS OF 2022-2023

Womens day

Euphrasia Training college for Women, Kattoor, commemorated International Women's Day, on 8th march 2022 with a series of events and activities aimed at honouring the achievements of women, promoting gender equality, and fostering a culture of inclusivity and empowerment on campus.



College day

On 04th June 2022, Euphrasia Training College for Women, Kattoor, celebrated its annual College Day, a joyous occasion that brought together students, faculty, staff, alumni, and



Adarsh
Principal
Euphrasia Training College For Women
Kattoor

esteemed guests to commemorate the achievements and successes of the academic year. The College Day celebration served as a testament to the collective efforts and accomplishments of the college community, highlighting the spirit of excellence, empowerment, and sisterhood that defines Euphrasia Training College for Women, Kattoor.



Talents day

Talents are meant to be shared. Thus, to showcase the talents of the students a talent day was organized on 21 October 2022, entitled "VAIBHAV 2K22". Students participated in various programs such as poem recitation, Sopana Sangeetham, Elocutions, Dance, Fashion show, Kadhaprasangam, etc. The program was a great triumph as it reflected different sorts of talents hidden among students. Alumnae Association rendered their service to this particular event and also ensured grant support to whole events will be taken part by them.



Asheela
Principal
Euphrasia Training College For Women
Kattoor



Kerala piravi

Kerala piravi day organised in our college on 1st November 2022. The official name was 'Kairali 2K22'. Malayali Manka, skit, group song etc. were the special programs of the day. Kerala Piravi, the day commemorating the birth of the Indian state of Kerala, and Manushya Changala, which translates to 'Humanity Day', were celebrated with great fervor at Euphrasia Training College on that day.



Ashale
Principal

Euphrasia Training College For Women
Kattoor

Christmas day celebration

Christmas day celebration was conducted on 21st December 2022. Christmas day message and cake cutting ceremony was done by Rev.Fr. Vincent Parayil, Vicar, St. Mary's church, Kattoor. Later, everyone exchanged gifts with their Christmas friends and the celebration ended with cultural extravaganza.



Republic day

Euphrasia Training College celebrated Republic Day with great fervour and patriotism on 26th January 2023. The event was marked by a series of activities that highlighted the significance of the day and instilled a sense of national pride among students, faculty, and staff.




Principal
Euphrasia Training College For Women
Kattoor



World poetry day

Euphrasia College, Kattoor, celebrated World Poetry Day on March 21, 2023, with a series of engaging and enlightening events. The celebration aimed to honour the art of poetry, promote the reading, writing, and teaching of poetry, and recognize its unique ability to capture the creative spirit of the human mind.



Independence day

On August 15, 2023, Euphrasia Training College commemorated India's 77th Independence Day with a grand celebration marked by a spirited march past competition. The event was a testament to the students' patriotism and their commitment to honouring the nation's rich history and legacy. The Independence Day celebrations began with the hoisting of the national flag by the Principal, followed by the singing of the national anthem, filling the



A. Lakshmi

Principal

Euphrasia Training College For Women

Kattoor - 680 101

campus with a sense of pride and unity. The Principal delivered a poignant speech, reflecting on the sacrifices of the freedom fighters and the importance of upholding the values of democracy, justice, and liberty.



Onam celebration

Euphrasia Training College for Women celebrated Onam on 24th August 2023. The celebrations begin with a pookalam competition. Principal, Dr.C. Salimkumar sir delivered Onam message to us during the inaugural ceremony and there were group songs, Malayali Manga and Thiruvathira performances for making the day more colorful.



Dr. C. Salimkumar

Principal
Euphrasia Training College For Women
Kattoor



Arts day

Arts Day at Euphrasia Training College for Women, Kattoor, a vibrant and culturally enriching event showcasing the creative talents and artistic endeavours of students across various disciplines, was held on 18th march 2022. The Arts Day celebration served as a platform to recognize and celebrate the diversity of artistic expression within the college community, fostering a spirit of creativity, collaboration, and appreciation for the arts.




Principal
Euphrasia Training College For Women
Kattoor

2021-2022

Sports Day Report

The institution celebrated the sports day of two batches commonly. The batches were 2021-2022 and 2022-2023. It was conducted on 4th february 2022. The official name of sports meet of this academic year was Lakshya 2K23. For the smooth conduct of the sports students were divided into four groups, red, yellow, green and blue.. Flag hosting, march past and all other formal programs are done in the scheduled time. Necessary guidelines are given by the physical education teacher Suresh sir. Major events included in the sports day competitions were 100 meter race, 4*100 meter relay, shotput and tug of war.



Race

100 meter race and 4*100 meter relay was conducted in our college as part of sports of this academic year. 100 meter was the first item of the day. So energetic performance was seen.. Before starting the event, the physical education teacher provided necessary guidelines. The performance of the students was excellent. All students were mutually motivated. Some minor injuries happened during the event, but students recovered soon and participated in all the events



A. Babu

Principal

Euphrasia Training College For Women
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Shot Put

Number of participants in this event was high when compared to other events. Necessary guidelines were provided by the faculty at the time needed.



Tug of war

Each house captain gave more inspiration to the team members. Good spirit and positive attitude were seen in this item.



Closing ceremony



H. Lakshmi

Principal
Euphrasia Training College For Women
Kattoor



The sports meet ended with the flag lowering and co ordinators gave back the flag to principal for the next year .The day ended with the National Anthem

Individual champion

Blessy N J from commerce option got the award of individual championship. Her sincere performance in the total events make her the star of the day.




Principal
Euphrasia Training College For Women
Kattoor

CULTURAL EVENTS 2021- 2022

Talents day

The institution conducted talents for this students for identify the innate talents of the entire students. Every students presented their talents



Principal
Euphrasia Training College For Women
Kattoor

FESTIVALS AND CELEBRATIONS

Due to Covid – 19 restrictions some celebrations were arranged in the online mode. Onam was celebrated on 18th August 2021. Aims and competitions were conducted on the day. Christmas was celebrated on 23rd December 2021. Competitions such as crib and card making were conducted. Carol song competitions color to the event.



COMMUNITY LIVING CAMP

Usually the community living camp is a four-day residential program. As per the university direction, in the wake of Covid 19 pandemic, this year we conducted a four-day non-residential camp from 2021 December 20 to 23. The camp 'ARAVAM 2K21' was inaugurated by Dr. O.S Asha, principal SNM Training College, Moothakunnam. The institution conducted Camp by combining two batches like 2021-2022 and 2020-2021



A. Asha
Principal
Euphrasia Training College For Women
Kattoor



Fine arts day

College conducted fine arts day of this academic year The official name of the program was Virtuoso '2K22'. Thiruvathira, poem recitation, skit, oppana, kathaprasangam, etc were the special program of the day .



H. Lakshmi
Principal

Euphrasia Training College For Women
Kattoor



UNION INAUGURATION

Euphrasia Training College for Women, Kattoor, witnessed the culmination of democratic processes and the dawn of a new era in student governance with the much-awaited inauguration of the college union, on 08th march 2022. This highly anticipated ceremony marked the formal installation of elected student representatives into key leadership positions, embodying the spirit of participatory democracy and collective action.



A. S. K. R.

Principal
Euphrasia Training College For Women
Kattoor

2020-2021 Sports Day

The institution celebrated the sports day of this academic year on 4th February 2022. The major events included in this academic year was 100 meter race, 4*100 meter relay, shot put, tug of war, Javelin Throw and also include some minor games.. Necessary actions had taken to make the day the most memorable one. Teachers also participated in some events to encourage the students.



Description of the program

100 meter race

All necessary arrangements were done on the part of the institution to make the most wonderful one. Many students participated in this item.



A. Lakshmi

Principal
Euphrasia Training College For Women
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4*100 meter relay

Teacher assigned some duties to the students. General instructions and special instructions were provided by the teacher each time. Responsible students did their duty well. A healthy competition was seen in this event.

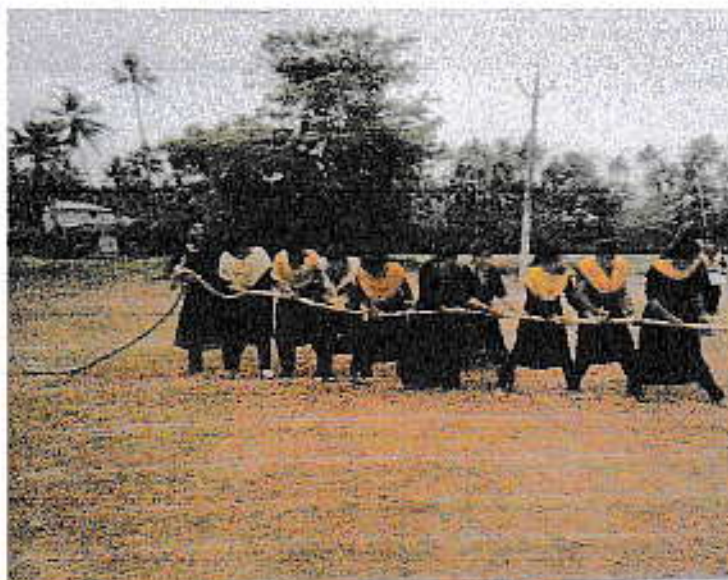
Shot Put

More students participated in this special item. A crowd participation from the part of students made it a grand success.



Tug of war

Students were aggressively participating, but kept discipline well. House captains of each group gave necessary instructions and suggestions. Members of each group obeyed the instructions and so a healthy competition was seen.



Alsh
Principal
Euphrasia Training College For Women
Kattoor

Javelin Throw

Javelin Throw was the last event of this sports meet. Suresh sir guided all the participants.



The sports meet ended with the flag lowering and co ordinators gave back the flag to principal for the next year. The day ended with the National Anthem



Individual champion

Sneha Andrews from commerce option got the championship award for her excellent performance in different events.



S. Suresh

Principal

Euphrasia Training College For Women

Kattoor



Overall championship

Blue house got the overall championship prize . They encouraged other team members also.



Abbe
Principal
Euphrasia Training College For Women
Kattoor

CULTURAL EVENTS OF 2020-2021

TALENTS DAY

Because of the pandemic situation, the first program was celebrated online mode. We celebrated Talents day on 9th December 2020. Varieties of programs were presented through online. All students of this academic year participated in different programs individually and group. The entire program was really a planned one, so it was successful.

ONAM CELEBRATION

Onam celebration also conducted through online mode. Principal gave onam wishes and planned some program also. It was celebrated on 18th August 2021.

FINE ARTS DAY

Fine arts day was conducted at our college with lots of items. Different dance forms, recitation, skit, fancy dress etc were included in the arts day programs. Fine arts day was inaugurated by Sri. Jojo Jose (Hridayam Film Fame. po.) on 8th March 2022. On 18th March 2022 we conducted final day of arts day. Margam kali, Thiruvathira, and Drama was enacted the day.

COLLEGE DAY

College day was conducted in the institution with varieties of programs. Students also shared their experience and feelings regarding college days on that day.

COMMUNITY LIVING CAMP

Euphrasia Training College for Women conducted a four day non-residential camp on 2021 December 20 to 23 at college because of the pandemic situation. The included junior students also. Magazine of our college was published in the second day of camp. It was done by the Chief guest Sippy Pallipuram sir (story writer). After noon session was started with 'Nathamayam' by our music sir Krishnaraj. R. after that puppetry show was conducted on option wise. The third day of camp campus beautification and food preparation was done. Teachers and students actively participated both of them. After noon session planned minor games, our Physical education teacher Suresh sir held the game. The fourth day of the camp was a Christmas day celebration. After noon session camp evaluation was conducted, students shared their experience about the camp. It was the the ending session of the camp.



A. Babu

Principal
Euphrasia Training College For Women
Kadoor





CHRISTMAS DAY CELEBRATION

Euphrasia Training College for Women conducted Christmas celebration on 23rd December 2021 along with the camp. The fourth day of the camp was celebrated as Christmas day. Rev. Dr. Vimala CMC Provincial superior was the chief guest of the day, she gave the Christmas message to students and talk about women empowerment. Gift exchange and cake cutting was done at this session.



Ragolsavam

The ragolsavam event at Euphrasia Training College Kattoor, held on 29th February 2020, celebrated cultural diversity and creativity among students through various art competitions, traditional performances, and interactive workshops.

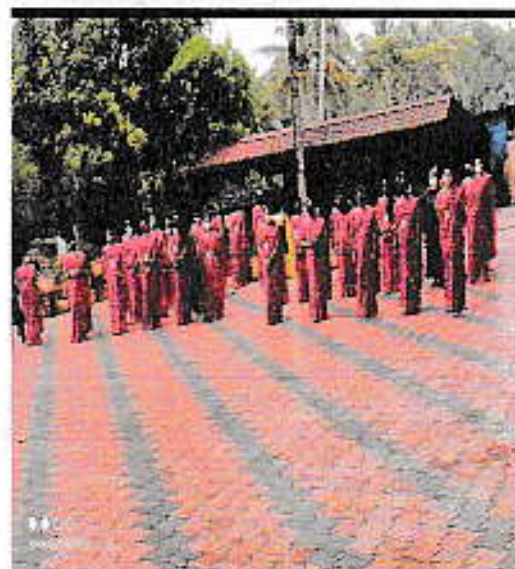


Hoke
Principal
Euphrasia Training College For Women
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2019-2020

Euphrasia training college for women celebrated the sports day of this academic year on 26th February 2021. Formal activities were done at stipulated time. The major events included in this academic year was 100 meter race, 4*100 meter relay, shot put, tug of war and some other minor games. Precautions were taken to organize the sports day programs, in a befitting manner.




Principal
Euphrasia Training College For Women
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Description of the program

100 meter race

Necessary arrangements were made from the part of the institution to make the day more successful. Students from each house participated well.



4*100 meter relay

Teacher guided the students and they were given responsibility for making the event a grand success. They did their duty well. A healthy competition was seen in this event.



A. Lakshmi
Principal
Euphrasia Training College For Women
Kattoor

Shot Put

A crowd participation was seen in this item. Students from each house participated well and made it a grand success.



Tug of war

Each house captain encouraged their team well. It is the last item of the day. So, each team gives special attention to avoid their loopholes. After a tight competition red, green, blue shared the first, second and third position.

Closing ceremony



Ahala C
Principal
Euphrasia Training College For Women
Kattoor

The sports meet ended with the flag lowering and general Captain gave back the flag to principal for the next year .The day ended with the National Anthem

Individual champion

Lasitha from social science option got the championship award for her excellent performance in different events .



Over all Championship

Redhouse was selected as the overall champion. Their performance and team spirit really an encouragement to all other team members



A. R. K.

Principal

Funhrasia Training College For Women

Mylapore

CULTURAL EVENTS OF 2019-2020

The institution conducted Talents day, Onam ,Christmas day, Fine arts day and College day in this academic year .All were planned and arranged in well defined manner .Duties and responsibilities were given to students and allotted teachers to guide and manage them. All faculties of our college got some assigned duties to manage the program. Fine arts charge was given to Mrs.Reshma P M Assistant Professor in Physical Education.Her guidance and suggestions make the programme excellent .

Talents day

Talents day conducted our college with varieties of programs

ONAM CELEBRATION

3rd September 2019 college conducted the Onam celebration.Previous Teachers Miss Ramya and Raji participated as guests of the program. onapattu competition and another music competition was conducted as part of it .



Kerala Piravi

1st November 2019 college celebrated kerala piravi with lots of programs. Organized sadhya in the college .All teachers ,non teaching staff participated in this program

CHRISTMAS DAY CELEBRATION

20th December 2019 college celebrated Christmas day. The official name of the program was NOEL-2019.Cake cutting, christmas message ,gift exchange, some programs etc was done as part of the day.



B. Lakshmi

Principal

Euphrasia Training College For Women
Kattoor

FINE ARTS DAY

College union and fine arts day inauguration was conducted at our college on 26th february 2020. Dr. N P Vijayakrishnan and cine artists Saran jointly inaugurated the function. Spalsh 2K21 was the official name of the programme.



INDEPENDENCE DAY

Independence Day was celebrated in deserving dignified manner with colour march past. The principal hoisted the flag and delivered the Day message. Later, competitions in quiz and patriotic songs were conducted.



Abak C
Principal
Euphrasia Training College For Women
Kattoor



Camp

Euphrasia Training College for Women organized a two day camp on 18th and 19th february 2021. The official name of the camp was "CASTRA 2021". The co-ordinator formed different committees and assigned duties. All the students cooperate in all activities and make it wonderful. Day first include awareness class and a poster making competition and the second day conducted puppetry making and presentation from each option. The awareness class handled by Thrissur District Rural special Branch Intelligence officer Mr. Faisal sir. The concept of his speech was about cyber crimes and cyber activities. After that poster making was conducted based on the current pandemic situation. Puppetry making of second day was interesting. Students got the opportunity to make different types of puppetry and arranged a presentation.

Reports of the Sports Day

2018-2019

Euphrasia Training college for Women was conducted on Sports Day on 23rd January 2019. Our principal Chandrabose Sir inaugurated the official function. Flag hoisting, march past and all other formal programs were done in the scheduled time. Necessary instructions and guidance were given by the physical education teacher Suresh Sir. Major events included in the sports day competitions were 100 meter race, 4*100 meter relay and shotput.



Ashe
Principal
Euphrasia Training College For Women
Kattoor

100 meter Race

Volunteers from each group arranged the ground with necessary needs and wants. Students from each group participated in this particular event with high spirit and enthusiasm.



4*100 meter relay

Students participated in this item after getting the special instruction from the physical education teacher. More energetic performance was seen in this particular item. Participated and non-participated are equally motivated and support their team well.



Aske
Principal
Euphrasia Training College For Women
Kattoor

Shot Put

Most of the students try to participate in this special item well. Suresh sir gave the necessary instruction and guidance .



The sports meet ended with the flag lowering and the general Captain gave back the flag to principal for the next year .The day ended with the National Anthem All events done with utmost quiet and disciplined manner.



A. Lakshmi

Principal

Euphrasia Training College For Women

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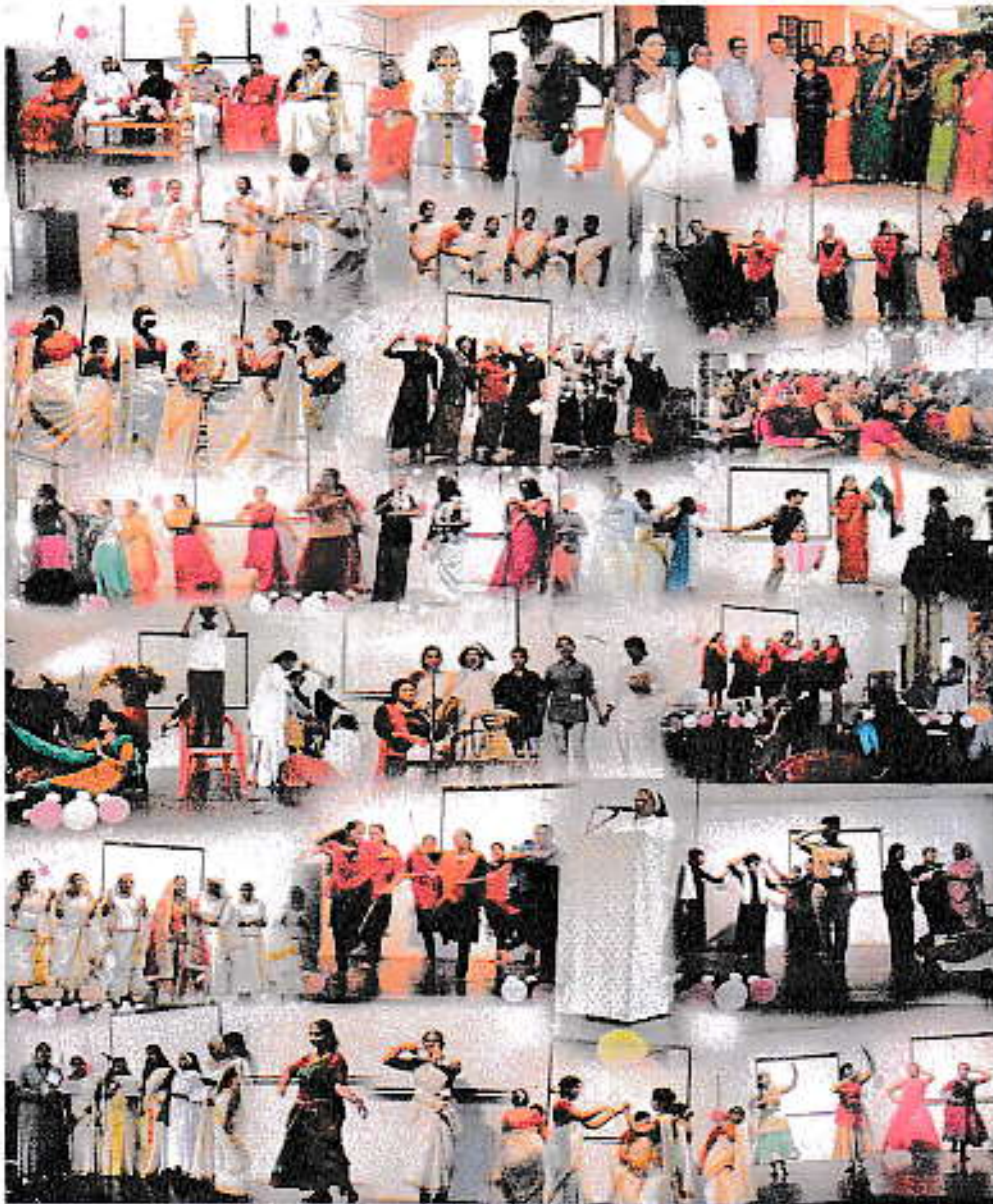
CULTURAL EVENTS OF 2018-2019

TALENTS DAY

Talents of this academic year conducted with lots of program. The main of this was to reduce fear among students.

FINE ARTS DAY

The institution conducted Fine arts day inauguration on 19 th March 2019. Sri. Asokhan Charuvil and Master Lasvin jointly inaugurated the function. After that arts day competition was started. 2 day competition was conducted in this academic year .




Principal
Euphrasia Training College For Women
Kuttuvayalil

Onam celebration

3rd September 2019 college conducted the Onam celebration. Previous Teachers Miss Ramya and Raji participated as guests of the program. Onapattu competition and another music competition was conducted as part of it.



CHRISTMAS DAY CELEBRATION

20th December 2019 college celebrated Christmas day. Cake cutting, Christmas message, gift exchange, some programs etc was done as part of the day.



Principal
Euphrasia Training College For Women
Kattoor



COLLEGE DAY

College conducted our college for this batch of students with some programs .College day and farewell day arranged commonly in a single day .



A. S. K. e
Principal
Euphrasia Training College For Women
Kattoor

COMMUNITY LIVING CAMP

Euphrasia Training College for Women organized a four day camp from 17th December 2018 to 20th December 2018. The main aim of the camp was to inculcate the value of cooperation among the students. The official name of the camp was Gesebto 2K18. Two classes, waste material competition, cooking competition, cleaning the campus, pleasure trip ect were organized as part of the camp. The First classes arranged on 'Learning disabilities and intervention strategy' and the second one was about 'How to mould future generation' by Mr. Yugesh Thomas a Pro Life activist.



cooking competition



A. Lakshmi
Principal
Euphrasia Training College For Women
Kattoor

How to mould future generation



[Handwritten Signature]
Principal
Euphrasia Training College For Women
Kattoor