



MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

Affiliated to the University of Madras | An ISO 9001:2015 certified Institution
Mogappair West, Chennai-600 037

AQAR
2023-24

5.3 STUDENT PARTICIPATION AND ACTIVITIES

5.3.3.1 SPORTS AND CULTURAL EVENTS / COMPETITIONS

SPORTS

MAR GREGORIOS PREMIER LEAGUE (MGPL)

Mar Gregorios College Department of Physical Education organized Mar Gregorios Premier League (MGPL) Tennis ball Cricket Tournament on 22nd January 2024 and it was inaugurated by Rev. Fr Mathew Pallikunnel.

MAR GREGORIOS COLLEGE OF ARTS & SCIENCE
Approved by Govt. of TamilNadu
Affiliated to the University of Madras
An ISO 9001:2015 Certified Institution
(Managed by the Malankara Syrian Catholic Trust)

In order to inculcate Drug Awareness and physical fitness among the Students Community.

DEPARTMENT OF PHYSICAL EDUCATION
Organizes
"INTRAMURAL CRICKET TOURNAMENT"

MAR GREGORIOS PREMIER LEAGUE
Tennis ball Cricket Tournament

MGPL
Organizer
Dr. T.C. Nallarasu
Director Of Physical Education

VENUE
MGC
PLAY
GROUND

JAN
22 - 25
2024

Dr. G. Gayathry
Vice Principal-Shift I

Dr. S. Shalini Maher
Vice Principal-Shift II

Dr. R. Srikanth
Principal

Rev. Fr. Mathew Pallikunnel
Secretary

BLOCK NO.8, COLLEGE ROAD, MOGAPPAIR WEST, CHENNAI-37.

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,
Principal
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TENNIS BALL CRICKET TOURNAMENT

Mar Gregorios College Premier League Tennis ball Cricket Tournament held on 29th January 2024 in the final match between Rev.Fr . K. C .George.S.J. Vs. Dr.P.Prakasam Rev. Fr.K.C.George S.J. team won the match. 3rd place Dr.K.Mohandoss team &4th place Dr.R.Venugopal team Best Batsman awarded to Pradeep 1st MSW ,Best Bowler awarded to Hari Prasad 1st Bcom and Best All rounder awarded to Lok pradeep 3rd Bcom (CS). Physical Director Dr Christopher Nallarasu for organizing the MGPL match successfully.Special appreciation to NSS volunteers and MSW students for performing street play to create drug awareness among the students



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27th ANNUAL SPORTS DAY

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27th ANNUAL SPORTS DAY
At 09:00 am on 16th March 2024 in the College Premises

Chief Guest

Dr.S.Priyadarshini M.B.B.S
Inter-National Athlete
World School Games
(Triple Jump- Silver medalist)

8.30 am: Inauguration 9.00 am: Sports Events
11.30 am: Prize Distribution

LET YOUR LIGHT SHINE

Dr.R.Srikanth Dr.T.C.Nallarasu Rev.Fr.Mathew Pallikunnel
Principal Director of Physical Education Secretary

Block No.8,College Road,Mogappair West,Chennai-37.
mail@mgcchennai.ac.in 044 26930978 www.mgcchennai.ac.in

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

DEPARTMENT OF PHYSICAL EDUCATION

27th Annual Sports Day

16th March 2024

ORDER OF EVENT

- | | |
|-----------|--|
| 9:00 a.m | - March Past |
| 9:10 a.m | - Flag Hoisting. Rev.Fr.Mathew Pallikunnel |
| 9:15 a.m | - Opening ceremony |
| 9:20a.m | - 800 mts (Boys) Final |
| 9:30 a.m | - 200 mts (Boys) Final |
| 9:45 a.m | - Discuss Throw (Girls) Final |
| 10:00 a.m | - 4 * 100 mts Relay (Boys & Girls) Final |
| 10:30 a.m | - 4 * 200 mts Mixed Relay Final |
| 11:00 a.m | - Chief Guest Arrival |
| 11:30 a.m | - Prize Distribution |

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MAR GREGORIOS COLLEGE

27TH SPORTS DAY CELEBRATION 2023-2024

SHIFT-I

STAFF IN CHARGE

I YEAR	Mr. A.Selva Kumar Mrs. D.Mythily
II YEAR	Dr.B.Harishwaran Mrs.Preethi Anilkumar
III YEAR	Mr.A.Bharath Kumar Mrs.J.Janani

STUDENTS SECRETARY

Sports Secretary	- N.Indhumathi	-III B.COM(CS)
Asst Sports Secretary	- S.Kamesh	- II BBA

SPORTS CAPTAIN

I YEAR	1) G.Draavid mugesh	- I Bcom
	2) V.Kavitha sree	- I Bcom
II YEAR	1) M.Muthu Kumaran	- I BBA
	2) B.Nisha	- I Bcom
III YEAR	1) D.Vijay	- III BBA
	2) M.Kavitha	-III Bcom(cs)

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MAR GREGORIOS COLLEGE 27TH SPORTS DAY CELEBRATION 2024 2024 SHIFT-II

STAFF IN CHARGE

I YEAR

MR.NITHYANANDHAN

MS.RESHMA MARY RANJITH

II YEAR

DR.M.ARUNAGIRI

MS.C.DHANALAKSHMI

III YEAR

MR.A.SAHAYA NIXON

MS.J.MERCY

STUDENTS SECRETARY

SportsSecretary - HARISH KARTHICK.M

IIIBBA

Asst Sports Secretary - LURTH NATHAN D

II BSC (CS)

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SPORTS CAPTAIN

I YEAR

P.CHANDRU I BCOM (CA)

N.ILAKKIYA I BCOM (CA)

II YEAR

V.VISHAL II BCOM (CA)

S.JAYAROOBHA II BBA

III YEAR

P.DHANUSH III BCOM (G)

M.BABY SHALINI III BCOM (G)

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DR.PRIYADARSHINI SURESH

GRADUATE FORM MADRAS MEDICAL COLLEGE, CHENNAI

ACHIEVEMENTS:-

- ❖ Bronze medal in Triple Jump at the Asian Junior Athletics Championship (Gifu, Japan) in the year 2018.
- ❖ Gold medal in Triple Jump at SAF Junior Athletics Championship (Colombo, Srilanka) in the year 2018.
- ❖ Silver medal in Triple Jump at World School Games (Trabzon,Turkey) in the year 2016.
- ❖ Silver medal in Triple Jump at World School Athletics Championship (Wuhan,China) in the year 2015.
- ❖ Represented the country in Triple Jump at World Junior Athletics Championship (Finland, Tampere) in the year 2018.
- ❖ 15 times National Gold Medalist in Junior Athletics Championship between 2011-2018 in the events 100 (m) Hurdles, Long Jump and Triple Jump.
- ❖ 19 times Gold/ Silver Medalist at State Junior Athletics Championship between 2011-2018 in the events 100 (m) Hurdles, Long Jump and Triple Jump.

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE DEPARTMENT OF PHYSICAL EDUCATION 27 th Annual Sports Day 16 th March 2024 Committee List	
Jury of Honour & Appeal	: Rev.Fr.Mathew Pullikunnel Dr.R.Srikanth Dr.G.Gayathry Dr.S.Shalini Maher Mr.R.Chandra Sekar
Manager	: Dr.T.C.Christopher Nallarasu
Announcer	: Mrs.C.Navukarasi Gomathy
Judges	Dr.C.Devaraj Mr.S.Ranganathan Mr.K.Raja velu Dr.K.Ashwini
Records	Dr.B.Hemalatha Mrs.Lena Thomas Ms.C.Maria Glory Ms.P.S.Athiramol
Marshal	Dr.D.Jemila Mr.R.Leonard Solomon Mr.Rajkumar Mrs.C.Dhanalakshmi Mrs.R.Anitha
Refreshment	Ms.K.Philomina Mr.Arunprasath Ms.Malathi Mr.M.Parthiban
First Aid	: Dr.A.Kannaki
Stage Arrangement	Mr.V.Senthil Murugan Mr.Gokul Boominath Mr.Kranthi
Voluntary In-Charge	: Dr.C.Mahendrann
MC	
Staff	: Mrs.C.Navukarasi Gomathy & Dr.A.Ashmi
Photography	

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Name : Priyadarshini Suresh
D.O.B: 13/08/1999
College: Madras Medical College, Chennai
Year &
Course : II-year, MBBS
Sport: Athletics-Triple Jump
Coach: Antony Yaich

Achievements

- Bronze medal at Asian Junior Athletics Championship(Gifu,Japan) - 2018
- Gold medal at SAF Junior Athletics Championship(Colombo,Srilanka) - 2018
- Silver medal at World School Games (Trabzon, Turkey)-2016
- Silver medal at World School Athletics Championships (Wuhan, China)-2015
- Represented the country at World junior Athletics Championship(Finland, Tampere)-2018
- Finished 6th at Asian Junior Athletics Championships (Ho-Chi- Min City Vietnam, 2016)
- 15 times National Gold medallist in junior Athletics (2011-18)
- 19 times Gold/Silver medallist at State junior Athletics championship(2011-2018)
- Winner of 20 lakhs cash award from late honourable chief minister Selvi Dr.J.Jayalalitha
- Two times recipient of Chacha Nehru Sports Award from CBSE for outstanding achievement in Athletics for the years 2012 &2013.
- Personal Best : Triple jump -13.07 m

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Achievements for the year 2011

Meet	Category	Date and place	Event	Position
26 th T.N Junior Inter District Athletics Championship	Under-14	22.07.2011 to 24.07.2011 Sivakasi	Triathlon	Second
23 rd South Zone Junior Athletics Championship	Under -14	19.08.2011 to 21.08.2011 Hyderabad	Triathlon	Third
25 th T.N State Junior Athletics Championship	Under-14	14.10.2011 to 16.10.2011 Chennai	Triathlon Long jump	First First
27 th National Junior Athletics Championship	Under -14	01.11.2011 to 04.11.2011 Ranchi	Triathlon	First

Achievements for the year 2012

Meet	Category	Date and place	Event	Position
27 th T.N Junior Inter District Athletics Championship	Under-14	20.07.2012 to 22.07.2012 Krishnagiri	Long jump	First
			Triathlon	First
24 rd South Zone Junior Athletics Championship	Under -14	20.08.2012 to 22.08.2012 Kochi	Long jump	First
			Triathlon	First
24 th National Inter-Zone Junior Athletics Championship	Under-14	22.09.2012 to 24.09.2012 Punc	Triathlon (New Meet Record) Long jump	First First
26 th T.N State Junior Athletics Championship	Under -14	05.10.2012 to 07.10.2012 Coimbatore	Triathlon	First
			Long jump	Second

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Achievements for the year 2013

Meet	Category	Date and place	Event	Position
29 th National Junior Athletics Championship	Under-16	03.12.2013 to 07.12.2013 Bangalore	Long jump	First
			100(m) Hurdles	First
25 th National Interzonal Athletics Championship	Under -16	22.09.2013 to 24.09.2013 Kochi	100(m) Hurdles	First
			Pentathlon	First
25 th South Zone Junior Athletics Championship	Under -16	21-08-2013 to 23-08-2013 Madurai	100(m) Hurdles	Second
			Pentathlon	First
28 th Tamilnadu Interdistrict Junior Athletics Championship	Under-16	02.08.2013 to 04.08.2013 Thiruvannamalai	Long jump	First
			100(m) Hurdles	First
27 th Tamilnadu State junior Athletics Championship	Under-16	22.11.2013 to 24.11.2013 Karaikudi	Long jump	First
			100(m) Hurdles	First
18 th CBSE National Athletics Championship	Under -16	19.12.2013 to 22.12.2013	Long jump	First
			100(m) Hurdles	First Best Athlete Award

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Achievements for the year 2014

Meet	Category	Date and place	Event	Position
30 th National Junior Athletics Championship	Under-16	26.10.2014 to 30.10.2014 Vijayawada	Long jump	First
			100(m) Hurdles	First
60 th National School Games	Under -17	19.01.2015 to 23.01.2015 Ranchi	Long jump	First
			Triple jump	First
26 th South Zone Junior Athletics Championship	Under-16	13.10.2014 to 14.10.2014 Hyderabad	Long jump	First
			100(m) Hurdles (New Meet Record)	First
29 th Tamilnadu Interdistrict Championship	Under-16	05.07.2014 to 07.07.2014 Erode	Long jump	First
			100(m) Hurdles	First
28 th Tamilnadu state junior Athletics Championship	Under -16	29.09.2014 to 01.10.2014 Tanjore	Long jump	First
			100(m) Hurdles	Second
Republic Day Sports (School State)	Under -17	03.12.2014 to 05.12.2014 Madurai	Long jump (New Meet Record)	First
			100(m) Hurdles	First
			Triple jump	First
87 th Senior State Athletics Championship	Women	23.05.2014 to 23.05.2014 Coimbatore	Long jump	Third
State Games for Chief Minister's Trophy in Athletics	Women	11.11.2014 to 13.11.2014	Long jump	First

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Achievements for the year 2015

Meet	Category	Date and Place	Event	Position
National youth Athletics Championship	Under-18	16.04.2015 to 18.04.2015 Goa	Long jump Triple jump	First Second
ISF World School Athletics Championship	Under-18	29.06.2015 to 03.07.2015 Wuhan,P.R. China	Triple jump	Second
31 st National Junior Athletics Championship	Under-18	Nov 2015 Ranchi	Triple jump 100(m) Hurdles	Second Third
61 st National School Games	Under-19	Jan 2015 Kozhikode	100(m) Hurdles Triple jump	Second Third

Achievements for the year 2016

Meet	Category	Date and Place	Event	Position
Federation cup national junior athletics championship	Under-20	04-05-2016 to 06-05-2016 Benguluru	Triple jump	First
National Youth Athletics championship	Under-18	28-05-2016 to 30-05-2016 Kozhikode	Triple jump	First
Asian junior athletics championship	Under-20	June 2016 Ho-Chi- Min City Vietnam	Triple jump	Sixth
World School Games	Under-18	July 2016 Trabzon, Turkey	Triple jump	Second

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Achievements for the year 2018

Meet	Category	Date & Place	Event	Position
Federation cup national junior athletics championship	Under-20	20 th -22 nd April 2018, Coimbatore	Triple jump	First
SAF junior athletics championship	Under-20	5 th & 6 th May 2018 Colombo Srilanka	Triple jump	First
Asian junior athletics championship	Under-20	7 th -10 th June 2018 Gifu Japan	Triple jump	Third
World junior athletics championship	Under-20	10 th -15 th July 2018, Tampere Finland	Triple jump	Nineteenth



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1. ATHLETICS

- N.Priyadharshini – I Mcom secured Gold Medal in Discusthrow & Silver Medal in Shotput in the Chief Minister Trophy, Thiruvallur District Athletic Meet the award function held at Ambedkar Law College, Thiruvallur on 24th June 2023.
- Mar Gregorios Athletic team won winner in the Treasure Hunt marathon organized by Chennai Runners & Creater Chennai police held at Anna nagar on 25th June 2023 (Say no to drugs).
- Mar Gregorios Athletic team participated in the Thiruvallur District. Athletic meet held at SDAT Groun, Thiruvallur on 25th & 26th August 2023.
- The following Athletes won
Yosepu – II Bcom – Shotput Silver
B.Nisha – II Bcom – Discussthrow – Bronze
N. Priyadharshini – I Mcom – Shotput – Gold
S. Saron – I Bcom – 1500mts – Silver
- N. Priyadharshini – I Mcom secured Gold Medal in shotput in the state level Athletic meet held at Avadi on 2nd September 2023.

2. ATHLETICS

- Mar Gregorios College Athletic Team Participated in the APL (Amity Global Business School) Athletic Meet held at Nehru Stadium on 13th October 2023
R. Mohammed Rafiullah – III Bcom(A&F)
Javelin Throw – Bronze
4*100mts Relay – IV Place
- Mar Gregorios Athletic Team Participated in the Annai Violet College Athletic Meet held at Nehru Stadium on 7th February 2024.
N. Priyadharshini – I M.com Discus throw – Silver
K. Vigneshwaran – II BBA (Shift II) Javelin Throw - Bronze

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BEST PHYSIQUE (BODY BUILDING)

- M.Muthukumaran - II BBA Secured Bronze Medal in Best Physique in the University of Madras Competition held on 25th November 2023.
- A. Sethuraman – III BBA secured Bronze Medal in South India Body building competition held at Chennai on 5th November 2023.
- M.Muthukumaran – II BBA secured Gold Medal in Chennai District Best Physique Competition held at Rayapuram on 8th October 2023.

BOXING

S. Kamesh – II BBA Secured Gold Medal in National Boxing Competition organized by students all games Federation of India held at Jamu Kashmir on 22nd June 2023.

G.S. Sujay Babdu – III Bcom secured Gold Medal in the YMCA College block memorial Boxing Competition held on 28th August 2023.

CHESS 2023-2024

- M.Harish Karthick III BBA (Shift II) Secured Gold Medal in the International open FIDE rated Chess Tournament held at Sivakasi from 21st July to 25th July 2023 with cash award Rs.16,000/-
- M.Harish Karthick – III BBA (Shift II) Secured Bronze Medal (106 Players Participated) in the BCA & LSCA Tamil Nadu State level Chess tournament held at Nehru Stadium on 30th July 2023.
- M.Harish Karthick – III BBA (Shift II) Secured VI place in the Loyola College Bertram tournament held on 25th August 2023 (45 Players Participated).

M.Harish Karthick – III BBA (Shift II) Secured Gold Medal in Chess in the 7th Edition of BBCF Fide raoid chess tournament held at Savitha College on 4th Feb 2024 with Rs.7500 cash award.

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1. CRICKET

- Mar Gregorios College Cricket team secured winners in the Chief Minister Trophy , Thiruvallur District Cricket tournament.the award function held at Ambedkar Law College, Thiruvallur on 24th June 2023.
- The following cricket players of our college were selected from Thiruvallur District to participate in the Chief Minister Trophy, Tamilnadu state Cricket tournament held at Chennai on 12th July 2023 and secured runners with cash award Dinesh Antony – II Mcom, David – II Mcom, Athique Rahman – III Bcom(CS), Sanjay Vasan – III BBA and Mohammed Zebhi - II BBA were the Participants.
- Mar Gregorios Cricket team secured winners in the YMCA College Buck memorial cricket tournament held from 28th August 2023 to 1st September 2023 winners – MGC, Runners, Tamilnadu sports university III Place -AM Jain College & IV Place – YMCA College of Physical Education.
- U. Ganesh Karthikeyan - III BBA selected for NCA (National Cricket Academy) main team which is under taken by BCCCI India. In this selection matches has scored 159 runs, 84 runs and 103 runs respectively.

2. CRICKET

Department of Physical Education organized MGPL (Mar Gregorios Premium League) Tennisball Cricket Tournament held from 22nd to 29th January 2024. In the final match

- between Rev.Fr.K.C.George S.J. Vs Dr.P.Prakasam, Rev.Fr.K.C.George S.J. Team won the match 3rd place Dr.K.Mohandass team and IV Place Dr.R.Venugopal team.
- Pradeep – I MSW – Best Batsman
- Hariprasad – I Bcom – Best Bowler
- Lok Pradeep – III BCA – Best all Rounder

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KARATE

- N.Sarath Kumar – III BCA(Shift II) Secured Gold Medal in the South Asian Karate Championship held at New Delhi on 6th and 7th Jan 2024 and he is selected to participate in world Karate Championship which is held at Norway.
- S.Sivaraj – I Bcom secured Gold Medal in Karate in the National Karate Championship held at Thiruvandrum Kerala on 21st Jan 2024.

KICK BOXING

- J.Agastheeswaran – III BBA secured Silver Medal in world Kick Boxing Championship held at Indonesia.

POWER LIFTING

- University of Madras Power lifting competition held at Kumara Rani Muthaiah College, Adayar on 25th Nov 2023.
- V. Sathish – III BCA – 66kg Category – Bronze
- G.S.Sujay Babu – III Bcom – 120kg Category – Silver
- N. Priyadharshini – I Mcom – 69kg Category – Bronze
- D. Elakkiya - II Bcom – 52kg Category – Silver
- B.Nisha – II Bcom – 63kg - Silver

ATHLETIC

- Mar Gregorios Athletic Team won in the Treasure Hunt Marathon Race organized by Chennai Runners and Greater Chennai Police held at Annanagar.

Thiruvallur District Athletic Meet

- G. Yosepu – II Bcom – Shotput - Silver
- B. Nisha – II Bcom – Discuss Throw – Bronze
- N. Priyadharshini – I Mcom – Discuss Throw – Gold
- S. Saron – I Bcom – 1500mts – Silver



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- Chief Minister Trophy Thiruvallur District Meet N.Priyadarshini secured Gold Medal in Discussthrow.
- R.Mohammed Rafiullah - III Bcom (A&F) secured Bronze Medal Javelin Throw in the APL Athletic meet.
- K.Vigneshwaran – II BBA shift II secured Bronze Medal in Javelin throw in the Annai Violet meet.

BEST PHYSIQUE

- A. Sethuraman – III BBA secured Bronze Medal in South India Body Building Competition.
- M.Muthukumaran – II BBA secured Bronze Medal in the University of Madras Competition.

BOXING

- S. Kamesh – II BBA secured Gold Medal in National Boxing Competition held at Jammu Kashmir.
- G.S. Sujaybabu – III Bcom secured Gold Medal in the YMCA College Buck Memorial Boxing Competition

CHESS

- M. Harish Karthick – III BBA shift II Participated in many competitions.
- He secured Gold Medal in inter national open FIDE Rated Chess Tournament with cash award Rs.16000.
- Secured Gold Medal in 7th Edition of BBCF File Rapid Chess tournament with Rs.7500 cash award
- Secured Bronze Medal in Tamilnadu State Level Chess Tournament

CRICKET

Mar Gregorios College team participated in various tournament.

YMCA College Buck Memorial Tournament – Winner

Dhanush Ahmed College Tournament – Runner

University of Madras “B” Zone Tournament – Entered Q/Final

Chief Minister Trophy Thiruvallur District – Winner

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A. Athique Rahman – III Bcom(CS), u.Ganesh Karthikeyan – III BBA, Gably – II MSW and Dhanush – III Bcom(shift II) played well.

Department of Physical Education organized MGPL (Mar Gregorios Premier League Tennis ball cricket tournament, Rev.Fr.K.C.George S.J.

Team secured winners.

Pradeep – I MSW – Best Batsman Award

Hariprasad – I Bcom – Best Bowler

Lokpradeep – III BCS – Best All Rounder

SPONSORED MEMBERS

- Rotary Club – S. Indhumathi – III Bcom(CS) - Rs. 18000/-
- Mr.Anand – S. Kamesh – II BBA – Rs.18000/-
- Mr.B.J. Benjamin (Go Sports) – MGPL winner Cup.
- Mr. Suresh – Dough Bar

KARATE

- N. Sarath Kumar – III BCA shift II secured Gold Medal in the South Asian Karate Championship held at New Delhi, and he is selected to participate in the world karate championship to be held at Norway

KICK BOXING

- J. Agastheeswaran – III BBA secured Silver Medal in the world Kick Boxing Championship held at Indonesia.

POWER LIFTING

- In University of Madras Power lifting held at Kumara Rani Meena Muthaiah College, Adayar.
- V. Sathish – III BCA - 66kg Category – Silver

G.S. Sujaybabu – III Bcom – 120kg Category – Silver

- N. Priyadharshini – I Mcom – 69kg Category – Silver

D. Elakkiya – II Bcom – 52kg – Bronze

B. Nisha – II Bcom – 63kg - Bronze

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BEST PHYSIQUE (BODY BUILDING)

Mar Gregorios College 27th Annual Sports Day Celebration Power lifting and Best physique (Body Building) Competition held on 5th March 2024 .(59 Boys Students and 11 Girls Students participated)



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KABADDI

Mar Gregorios College 27th Annual Sports Day Celebration Kabaddi match held on 6th March 2024 Winners - Shift II -II year Runners -Shift I- I year.



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ATHLETICS

Mar Gregorios College 27th Annual Sports Day Celebration 10,000 mts race held on 7th March 2024 (20 Students participated) Joshua 2nd Bcom (Shift II)-Gold, Dencil Mark Anthony 1st Bsc CS(Shift II)-Silver and Yeshwant 2nd Bsc CS(Shift II)-Bronze



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CRICKET

Mar Gregorios College 27th Annual Sports Day Celebration Cricket match held on 8th March 2024 Finals match between Shift- 1 3rd year. Vs Shift -1 1st year 3rd year won the match Ganesh Karthikeyan 3rd BBA Scored 132 runs not out & pradeep 1st MSW Scored 43 runs and took 4 wickets



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ATHLETICS

1,500 mts race Joshua II B.Com Shift II -Gold ,Vigneshwaran II BBA Shift II -Silver & Abimanue II B.Com AF -Bronze. 800 mts (Girls) Baby Shalini III B.Com (Shift II) Gold ,Abirami II B.Com AF -Silver and Shalini I Bcom -Bronze.Hearty congratulations to the winners.



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Mar Gregorios College Of Arts And Science 27th Annual Sports Day 2023-2024 Sports Day Results Boys

1) Chess

Winners

Harish Karthik – III BBA – Shift 2

Runners

Gowtham Sidhart – I BCS – Shift 1

2) Badminton

Winners – Shift 2 II Years

- 1) D.Naveen – BCA
- 2) Vishal Venkateshan – BCOM.CA

Runners – Shift 2 III Year

- 1) S. Kevin kumar – BBA
- 2) G. Hariharan – BCOM

3) Volley Ball

Winners – Shift 1- I Year

Captain- R.Thirumal BCOM.CS

Runners – Shift -2 – I Year

Captain – K.Dhtchina Moorthy Bsc.cs

4) Kabaddi

Winners – Shift – 2 II Year

Captain- K.Vigneshwaran – BBA

Runners – Shift – 1 I Year

Captain- Sarthosh R shift 2 I year

5) Football

Winners Shift 2 III Year

Captain Philip B shift 2 III year

Runners Shift -2 II Year

Captain – P.Joshuva Ben Anderson P shift 4 II year

6) Cricket

Winners – Shift 1 – III Year

Captain – A.Athique Rahuman – Bcom.cs shift

Runners – Shift – 1 I Year

Captain – S.Mohammed Zakeer – Bcom.cs

Girls

7) Chess

Winners Shift 1 II Years

M.K.Rishika Shree – Bcom

Runners Shift – 1 I Year

C. Gopika – I Bcom.cs

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8) Badminton

Winners Shift 1 III Year

V.Rajeshree- Bcom.A&F

M.Baby Shalini – Bcom

Runners Shift – 1 II Year

S.Lakshmi- BES

J.Livya Hazal- BA.Eng

9) Throw Ball

Winners Shift 1 I Year

Captain S.Shalini BCOM

Runners Shift – 2 III Years

Captain – Sri kanniga – Bcom

Boys

10) Power Lifting

59Kg Category

Johnson Michael Thomas – II Bcom.cs

66 Kg Category

V.Sathish Kumar – III BCA

74Kg Category

A.Abishek Kumar – II BCOM Shift-1

83Kg Category

G.Hariharan – III Bcom – Shift 2

93Kg Category

G.Yosppu – II Bcom – Shift 1, *short put II*

120Kg Category

S.Sujay Babu – III Bcom, *Discus throw I, short put I*

11) Best Physique

60Kg Category

Johnson Michael Thomas – II Bcom.cs, *power lifting 59kg I*

65Kg Category

S.Hariharan – II BBA, *power lifting 59kg II*

70Kg Category

M.Muthu Kumaran – II BBA, *power lifting 66kg II*

90Kg Category

Sethu Raman – III BBA

Girls

12) Power Lifting

50Kg Category

M. Kavitha – III Bcs, *Javelin throw II, 400 mt II*

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8) Badminton

Winners Shift 1 III Year

V.Rajeshree- Bcom.A&F
M.Baby Shalini – Bcom

Runners Shift – 1 II Year

S.Lakshmi- BES
J.Livya Hazal- BA.Eng

9) Throw Ball

Winners Shift 1 I Year

Captain S.Shalini BCOM

Runners Shift – 2 III Years

Captain – Sri kanniga – Bcom

Boys

10) Power Lifting

59Kg Category

Johnson Michael Thomas – II Bcom.cs

66 Kg Category

V.Sathish Kumar – III BCA

74Kg Category

A.Abishek Kumar – II BCOM Shift-1

83Kg Category

G.Hariharan – III Bcom – Shift 2

93Kg Category

G.Yosppu – II Bcom – Shift 1, *short put II*

120Kg Category

S.Sujay Babu – III Bcom, *Discuss throw I, short put I*

11) Best Physique

60Kg Category

Johnson Michael Thomas – II Bcom.cs, *power lifting 59 kg I*

65Kg Category

S.Hariharan – II BBA, *power lifting 59 kg II*

70Kg Category

M.Muthu Kumaran – II BBA, *power lifting 66 kg II*

90Kg Category

Sethu Raman – III BBA

Girls

12) Power Lifting

50Kg Category

M. Kavitha – III Bcs, *Javelin Throw II, 450 mt II*

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60kg Category

S.Indhumathi – III B.com,cs I
D.Elakiya – II BCOM II

65Kg Category

B.Nisha – II BCOM

70kg Category

N.Priya Dharshini – I MCOM I
A.Meena – I BCS II

Athletics Boys

13)

1. A. Allen Issac Raj - II BCA (shift-2)

400 meters: Silver

100 meters: Gold, 400x200 meter Relay II, 4x400 meter Relay

2. Ashwin - I BBA (shift -1)

400 meters: Gold

100 meters: Silver, 4x200 meter Relay I

3. Joshua- II B.Com (shift-2)

1,500 meters, 5,000 meters, 10,000 meters: Gold, 4x400 meter Relay III

5. Vignesh Waran.k - II BBA (s-2)

Javelin throw: Gold

1500 meters: Silver

6. Mohammad Rafiullah.R - III B.com (A&F) shift -1

Javelin throw: Silver

Shot put: Bronze

Discus Throw - III

Girls

14)

1. Baby Shalini - III B.com Shift -2

1500m, 400 meters: Gold - 800 meters: Gold, 4x200 M Relay II

2. N. Priyadharshini - I M.com (shift-1) -

Shot put, discus throw, javelin throw: All Gold

3. V. Kavitha Sree - I B.com (shift -1)

100 meters: Silver 200 mts, 4x200 M Relay III

4. R. Priyadharshini - III B.com CS - (Shift-2)

100 meters: Gold 200 mts - I 4x200 M Relay II

5. A. Meena - I B.com CS-(shift -1)

Javelin throw - bronze -Shot put - Silve

15)Man of The Series Cricket

U.Ganesh Karthikeyan – III BBA

16)Best Cricketer 2023-2024

A.Athique Rahuman- III BCOM.CS

17)Best Chess Player

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M.Harish Karthick – III BBA Shift 23

18) Best Weight Lifter

S.Indhumathi – III Bcom.cs

19) Mr. Gregorian - (Body Builder)

A. Sethu Raman- III BBA

20) Individual Championship (Boys)

P. Joshuva – II BCOM Shift 2

21) Individual Championship [Girls]

N. Priya Dharshini – I Mcom

22) March Past – Winners X

23) Over All Championship – 132 Winner Sh-II III years



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Managed by the Malankara Syrian Catholic Trust
The Management, Principal, Staff & Students
cordially invite you to
MGC FIESTA 2024
An Intra College Cultural Extravaganza

CHIEF GUEST
Dr. Parveen Sultana M.A., M.Phil., Ph.D.,
PROFESSOR IN JUSTICE BASHIR AHAMED
WOMEN'S COLLEGE
TAMIL ORATOR, EDUCATIONALIST, MOTIVATIONAL
SPEAKER AND A WELL-KNOWN DEBATER

FRIDAY | 1st MARCH | 09.30 am

Dr. S. Nalini
Convenor, Shift I
Dr. G. Gayathry
Vice Principal, Shift I

Ms. C. Dhanalakshmi
Convenor, Shift II
Dr. S. Shalini Maher
Vice Principal, Shift II

Dr. R. Srikanth
Principal

Rev. Fr. Mathew Pallikunnel
Secretary

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PROGRAM SCHEDULE

DATE: 01/03/24

VENUE:

College

Premises

TIME : 9.30 am

MC Incharge: Mr. R. Leonard Solomon

TIME	EVENTS
SESSION I	
9.30 am	Prayer Song followed by Tamilthai Vazhthu & College Anthem by College Choir
9.45 am	Lighting of Kuthuvilakku <ul style="list-style-type: none">• Chief Guest –Dr. Parveen Sultana• Secretary – Rev. Fr. Mathew Pallikunnel• Principal – Dr. R. Srikanth• Vice Principals – Dr. G. Gayathry – Shift I Dr. S. Shalini Maher – Shift II• Cultural Convenors – Prof. Dr. Nalini – Shift I Prof. C. Dhanalakshmi – Shift II• Cultural Coordinators – Mr. Kevin Nash (III B.Com-CS) Shift I Ms. Priyadharshini (III BCOM-CS) Shift II
9.50 am	Welcome Dance – Ms. Priyanka, I BCA
9.54 am	Welcome Address – Mr. Kevin Nash, Cultural Coordinator – Shift I
9.57 am	Blessings – Rev Fr Mathew Pallikunnel, Secretary
10.00 am	Principals Message – Dr. R. Srikanth
10.04 am	Honoring of Chief Guest by Secretary & Principal
10.06 am	Chief Guest Introduction – Dr.C. Devaraj, Assistant Professor, Department of Tamil, Shift I
10.10 am	Chief Guest Address
SESSION II	
STUDENTS MC: Mr. Kevin Nash III BSC-CS Mr. Mohammed Afrid II B.Sc (CS) Ms. R. Priyadharshini III BCOM-CS Ms. M. Varsha II BCA	
11.06 am	Host performance – light music
11.13 am	MGC SIZZLERS performance
11.20 am	Group Dance Boys – Shift I
11.40 am	Group Dance Girls – Shift I
12.00 pm	Group Dance Boys – Shift II
12.20 pm	Group Dance Girls – Shift II
12.40 pm	Host performance – Girls Dance
12.45 pm	MGC DAZZLERS performance
12.50 pm	Valedictory
1.40 pm	Vote of Thanks – Ms. R. Priyadharshini, Cultural Coordinator, Shift II
1.45 pm	National Anthem

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COMMITTEE MEMBERS LIST

Committee Name	Committee members	Responsibilities	Incharge
Prayer Song		To train the students Choir for the program. The number of stanzas should not exceed more than two. Uniformity in Dress code is preferable. To ensure a day before the number of mikes and the position of the singers. Choir to be present on the stage 15 minutes before the beginning of the program.	Ms. E. Felicit Beneta Ms. T. Sarah Jeba Jency
Documentation & Report Committee	Dr. T. Indumathi Ms. R. Umamaheswari	To write a report briefing the events, get it signed from the principal and file it. To collect the soft copies of the house lists, program schedule, invitation, events list, rules and regulations, prize list and the photographs from the cultural committee and to send it to the documentation@mgcchennai.ac.in , mgcwebsitechennai@gmail.com , jqac@mgcchennai.ac.in , Copy to the Convenors and Vice Principals of both the Shifts with in 3 days of completion of the event.	Ms. C. Dhanalakshmi Dr. S.Nalini
Finance	Dr. C. Devaraj	Analyse the budget given by various committees and prepare the overall budget. Amount collection & Distribution to Various Committees	Dr. T. Prema
Designing and Printing Invitation and Certificate	Mr. D. Selvaraj Ms .R. Anitha	To design the Invitation, Certificates and Banner and to print the same. To handover the Certificates to the Certificate Committee	Ms. T. Papitha
MC Coordinator	Ms. S. Deepa	To Choose the Students for the Master of Ceremony and train them to anchor the events. Official part to be done by the staff.	Ms. C. Navukkarasi Gomathy
Reception Committee	Ms. P. Gabriyala Gladys Ms.A. Malathi	To arrange the materials needed at the reception desks. Rangoli at the entrance and for the decoration of kuthuvilakku. To be present to invite the Chief Guest at the entrance,	Ms. S. Nandhini
Stage Decoration	Mr. M. Parthiban Dr. R. Murugan Mr.D. Gokul Boominath Mr. M.Nithyanandan	Complete Responsibilities of stage (including Air coolers) Purchasing decorative items for back drop & stage Files with agenda for the dignitaries Backdrop (CAPTIONS ONLY) podium, water bottles, Hall decoration To set Flowerpots on the pathway staircases and front view of the stage Chairs to be ar[ranged for VIPS To purchase the required items, Banner to be placed at the entrance. (Note: Please make use of the NSS &NCC Students)	Dr. B. Harishwaran Mr. A. Sahaya Nixon
Mike Incharge		Mikes should be checked on the previous day. Ensure the adequate number of cordless mikes is there. Required music for the program. (CDs of TAMIZHTHAI VAAZHTHU, NATIONAL ANTHEM to be tested and kept ready)	Mr. M.Sri Kumar


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Seating Arrangements	Dr. M. C. Elumalai Dr.A.Selvakumar Dr. A.Kamalakkanan	To arrange the seats with placards, table with cover, flower vase and water bottles in the stage. To arrange the chairs, keep the placards for boys and girls for all the departments separately. (Note: Please make use of the NSS &NCC Students)	Dr. A. Kannaki Mr .D.Lakshmanan
Photography & Video	DEPARTMENT OF VISUAL COMMUNICATION	To depute the students for shift I & shift II(separate teams) for covering the off-stage and on-stage events. Ensure the dispensing of the photos to the documentation committee in the immediate following working day.	Bro John Thomas.G
Event Co-Ordinators	SHIFT-I Ms. W. Sharmila Ms.T. Saranya Ms. Preethi Anilkumar	To help in coordinating the events, inviting the judges and submitting the judgement sheets to the certificate committee on the day of Fiesta'24. Also to ensure the judges to countersign if overwriting occurs.	Ms. C. Dhanalakshmi Dr. S.Nalini
	SHIFT-II Mr. V. Senthil Murugan Ms. Reshma Mary Ranjith		
Audio Track	Ms. J.Mercy Aswini Ms.P.C. Akhila (Lab)	To keep the audio tracks as per the order of the programme after the approval from the audition committee.	Ms. P. Lavanya Devi Mr.S.Ranjithumar(L ab)
Hospitality Committee	Ms.C.Sujdha Ms. V. Rajalakshmi	To receive the chief guests, arrange and provide the refreshments and to pack and send the Memento with them.	Ms. G. Pradha
Purchase Committee	Mr.G.ArunPrasath Mr.A. P. Sebastian	To purchase the Chief guest memento, trophies for the individual championships, Overall Championships for Shift I and Shift II separately, winners and runners based on the list provided by the Cultural Committees of both the Shifts. To handover the trophies to the Certificate Committee.	Mr. A. Jerome Robinson
Media Committee		To get the source from the documentation committee and Visual Communication and to publish the happening in the local classifieds.	Dr. D. Jemila
Certificate Committee	Ms. Arokia Princey Ms. R. Vasuki Ms. K. Rajalakshmi	To Collect the name lists of the prize winners from the Event Coordinators and the Cultural Committee and to distribute the prizes to the winners.	Ms. R. Selvi Ms. C. S. Annaline
	Dr. Rajalakshmi Saravanan Ms. S. Anitha		
Audition Committee	Mrs. T.N.Rekha Dr. D. Jemila Marshall Mr. S. Ranganathan	To audit the rehearsal and approve the onstage events and its audio.	Dr. T.Prema Ms. K. Subhashini
Score Card Committee	Ms. N. Vaishali	To get the Judgement sheets from the Certificate Committee and finalize the Individual Champions and Overall Championships and inform the same to the Certificate Committee.	Ms. V. Savithri Ms. K. Subhashini
Refreshment	Mrs. Maxin Mrs. S.Gokila Ms. S. Gayathri	Ordering Snacks, Distribution of snacks to staff and Judges (During both On-Stage and Off-Stage Events on). Providing snacks and lunch for Visual Communication students who will be covering all the events.	Mrs. K. Philomina
Discipline	Head of the Departments	To maintain the discipline of the students till the end of the program.	Deans &Members of Discipline



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MGC FIESTA '24

MGC FIESTA '24, the Cultural fest was celebrated on 1st of March at MGC College premises. Vice Principal Dr.R.Gayathry of Shift I and Dr.Shalini Maher of Shift II, Convenors, Prof.Dr.S.Nalini and Prof. C.Dhanalakshmi organized the event. Prof.Dr.Devaraj introduced the Chief guest, Dr.Prof.Parveen Sulthana, the Educationalist, speaker and Professor of Justice Basheer Ahamed Women's College. Secretary, Rev.Fr.Mathew Pallikunnel presided over the function. Quotes from the bible and Parables highlighted his valedictory address. Principal, Dr.Srikanth emphasized the realm of teamwork and participation. The Celebration appreciated Cultural differences. The Tamil Orator, Prof Dr.Parveen Sulthana, delivered an Inspirational speech insisting the need for mindfulness for student's tremendous career growth. The Overwhelming crowd cheered the speakers. Cultural events of all four houses staged with the theme, tribute to celebrities. Participant's enthusiastic performances were evaluated and appreciated. The Juries announced the prize winners. Regards and gratitude were conveyed to the entire team including Faculty, Students, supporting Staff for their tireless efforts. The event concluded with a successful tone.

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

SHIFT-I & SHIFT II

CULTURAL EVENTS-FIESTA`24

General Rules & Regulations

- EACH EVENT SHOULD NOT EXCEED THE GIVEN TIME LIMIT.
- FOR GROUP DANCE BOYS AND GIRLS SHOULD PERFORM SEPARATELY.
- NO VULGARITY IN DRESSES, MOVEMENTS AND SONGS
- INDECENT GESTURE ON STAGE IS STRICTLY PROHIBITED.
- USING OF FIRE AND OTHER DANGEROUS WEAPONS ARE STRICTLY PROHIBITED.
- OUTSIDERS IN ANY FORM IS STRICTLY PROHIBITED (CHOREOGRAPHY, MAKE-UP, ETC.)
- LAST MINUTE CHANGES IN THE PARTICIPANTS' LIST IS NOT ALLOWED.
- JUDGES' DECISION IS FINAL.

ON- STAGE EVENTS -RULES

1. LIGHT MUSIC (16/2/2024)

- Time 5+2minutes (5 min- Singing/ 2 mins - Instrument Arrangements)
- One team per house
- 7 members per team
- Students should bring their own Instruments. (Do not use Karaoke, recorded music.)
- Judgement Criteria (SONG SELECTION, RYTHYM, VOICE,MUSIC, COORDINATION)
- Judges decision is final

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2. ADAPTUNE (16/2/2024)

- Two Individuals per team
- Two team per house (1 girls team and 1 boys team)
- Timing :- maximum 4 minutes.
- Music will be continuously played in random.
- Participants should dance according to the music played.
- Judgement Criteria (Timing, Coordination, choreography, movements, grace, costume)

3. GROUP DANCE (1/3/2024)

- Theme: TRIBUTE
- TRIBUTE must be given to a person not a group.
- Time 4+1 minutes
- Two team per house (1 girls team and 1 boys team)
- 5 to 8 members per team (Minimum 5 members should participate)
- Sound track must be brought in pen drive and should be submitted on or before 9th February 2024 to the audition committee incharge.
- Properties can be used. However the use of fire, weapons etc are strictly prohibited
- Vulgarity in any sort will lead to immediate disqualification. (Dress, songs, Movements)
- Judgement Criteria (CHOREOGRAPHY, COSTUME, COORDINATION, EXPRESSIONS, GRACE, THEME, AUDIENCE IMPACT, CREATIVITY, SONG FAMILIARITY, OVERALL IMPACT)
- Judges decision is final

OFF STAGE EVENTS DATE: 13/2/2024 Day- 1 RANGOLI - SAND A CARPET

- Two teams per house (Preferrably girls one team and boys one team)
- Five members per team
- Theme: Sand a Carpet
- The Rangoli must resemble a floor carpet
- Duration - 1hour
- The Participants should bring their own materials
- Lights and lamp should not be used.
- Judgment Criteria (Effectiveness of Design, Creativity, Overall Presentation, Color combination, stick to the theme)
- Eco-friendly materials must be used
- Usage of Plastic must be avoided
- Judges Decision is Final.

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2. MINIATURE MODEL ART

Date : 15/2/2024

- Two Individuals per team
- Two team per house (1 girls team and 1 boys team)
- Duration - 1hour
- The model must be miniature version of the original
- Furnished or ready materials will not be accepted
- Judgement criteria (Visual Impact, craftsmanship, Creativity, Usage of material, Overall Presentation)
- Eco-friendly materials must be used. Eg: pop sticks, any form of clay, wax, chopsticks, cardboards, papers, quilts, etc.,
- Usage of Plastic waste must be avoided
- Judges Decision is Final

SOLO SINGING

Date : 16/2/2024

- 2 Individual participants per house
- Time 3+2 minutes
- Karaoke must be brought in pen drive and should be submitted before the day of event to the respective incharge staff.
- Vulgarity in lyrics will lead to immediate disqualification.
- Judgement criteria (Vocal quality, Song selection, Diction, Rhythm, Overall performance)
- Judges decision is final

BACKDROP DÉCOR

Date : 14/2/2024

- Six members per team
- Two team per House(1 team boys and 1team girls)
- Must have a theme.

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EVENT LIST

DATE	NAME OF THE EVENT	Time	VENUE
12/02/2024	SOLO SINGING	10.00am to 11.00am	MAR IVANIOUS HALL
12/02/2024	LIGHT MUSIC	12.30 pm to 1.30 pm	MAR IVANIOUS HALL
12/02/2024	ADAPTUNE	11.30 am to 12.30 pm	MAR IVANIOUS HALL
13/02/2024	MINIATURE ART	11.30 am to 12.30 pm	KCGSJ HALL
15/02/2024	BACKDROP DECOR	11.30 am to 1.00 pm	MAR IVANIOUS HALL AND KCGSJ HALL
16/02/2024	RANGOLI	11.30 am to 12.30 pm	MGC GROUND
1/03/2024	GROUP DANCE	-	OPEN AIR

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JUDGES LIST - SHIFT I

1	SOLO SINGING	12/02/2024	10.00am to 11.00am	MAR IVANIOS HALL	PROF.S.SHANTHA PROF.R.LEONARD SOLOMAN PROF. M. SUDHA
2	ADAPTUNE	12/02/2024	11.00 am to 12.00 pm	MAR IVANIOS HALL	DR.C. DEVARAJ PROF. VAISHALI DR.S.FABBIYOLA
3	LIGHT MUSIC	12/02/2024	12.00 pm to 1.00 pm	MAR IVANIOS HALL	BRO.G.JOHN THOMAS DR.D.JEMILA MARSHAL PROF.S.JAMES BENEDICT FELIX
4	MINIATURE ART	13/02/2024	11.30 am to 12.30 pm	KCGSJ HALL	PROF.T.BALACHANDAR DR.B.HEMALATHA DR.A.KANNAKI
5	MINIATURE ART	15/02/2024	11.30 am to 1.00 pm	MAR IVANIOS HALL KCGSJ HALL	PROF. PRADHA PROF. T. N. REKHA PROF.W. SHARMILA
6	RANGOLI	16/02/2024	11.30 am to 12.30 pm	MGC GROUND	DR.T. PREMA PROF.R.SELVI PROF. P. LAVANYA DEVI

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