



St. Mary's College

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PLAYMAKERS

The pulse of Our Campus



2026



Calicut University
B Zone Football
Championship

Playmakers: March 2026, St. Mary's College, Puthanangadi.



PLAYMAKERS

COLLEGE SPORTS MAGAZINE



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Play Makers The Pulse Of Our Campus

EDITOR'S NOTE

Dear Sports Enthusiasts,

We are thrilled to bring you this edition of our magazine, dedicated

to celebrating the spirit, dedication, and triumphs that define our college's sports culture. From the adrenaline of the field to the strategic brilliance of the court, this magazine captures the essence of what it means to be a part of our vibrant athletic community.

Sports are not just about competition—they are about teamwork, resilience, and pushing boundaries. Through these pages, we aim to honour the athletes, coaches, and supporters who give their all, inspiring us with their passion and determination.

This edition features highlights from unforgettable matches, inspiring player profiles, expert insights, and behind-the-scenes stories that will give you a closer look at the heart of our sports culture.

A big shout out to every athlete who wore our college colours with pride and to the contributors who made this magazine possible. Your hard work fuels our collective love for sports and keeps our campus spirit alive. We hope this magazine brings you closer to the action and reminds you of the unifying power of sports. Whether you're an athlete, a fan, or simply someone who appreciates the energy of competition, this is for you.

Keep the spirit alive, and let's keep cheering for our college's continued success on and off the field

With pride and passion,

- The College Sports Magazine Team



**Dr. Fr Denny
Cholappallil
(Principal)**



**Fr. Chacko
Kochuparambil
(Vice-Principal)**



**Shameem Babu
(Assistant Professor)**



**Prasanth Menon
(Assistant Professor)**



**Shijil Prasad CP
(Assistant Professor)**



**Abdul Navas KT
(Assistant Professor)**



PHYSICAL EDUCATION **TEACHER'S NOTE**

It gives me immense pride and happiness to present *Playmakers*, our college sports magazine that celebrates the spirit, strength, and sportsmanship of our students. This magazine is not just a collection of reports and photographs; it is a reflection of dedication, discipline, teamwork, and the unstoppable energy that define our campus playgrounds.

Sports play a vital role in shaping character. They teach us leadership, resilience, time management, and the ability to rise after every fall. Every practice session under the sun, every drop of sweat on the field, and every

cheer from teammates contribute to building not only stronger athletes but also stronger individuals. True victory lies not merely in winning medals, but in learning the values of fairness, respect, and perseverance.

This year, our students have shown remarkable enthusiasm and commitment in various athletic events and tournaments. Their passion and determination have elevated the sporting culture of our college to greater heights. I sincerely appreciate the efforts of our athletes, team captains, volunteers, and organizers who worked tirelessly behind the scenes to make every event a grand success.

I also extend my gratitude to the management, principal, and staff members for their constant support in promoting sports and physical education. Without collective effort, such achievements would not be possible.

May *Playmakers* continue to inspire every student to step onto the field with confidence, courage, and commitment. Let us remember — champions are not born in the spotlight; they are made through hard work, discipline, and belief.

Wishing all our students continued success both on and off the field.

- PHYSICAL EDUCATION TEACHER
ST MARY'S COLLEGE PUTHANANGADI

The Power of Sports: Building Strength, Character, and Unity

Sports have always been an integral part of human civilization, reflecting the values of discipline, teamwork, and perseverance. From the earliest Olympic Games of ancient Greece to the modern-day international tournaments, sports continue to shape societies, inspire individuals, and unite people across cultural and national boundaries. They are not just a form of physical activity but a celebration of human potential — a perfect blend of body, mind, and spirit.

At its core, sports promote physical fitness and well-being. In an era dominated by sedentary lifestyles and digital distractions, engaging in sports provides an essential outlet for maintaining health. The joy of movement and the satisfaction of achieving a goal create a positive impact that extends to all areas of life. Sports also serve as a powerful tool for character development. They teach individuals to accept victories with humility and defeats with grace. Every athlete learns that success comes through hard work, patience, and persistence. Discipline, time management, and focus — qualities essential in sports — are equally vital in academics and personal life. The experience of playing in a team encourages cooperation, communication, and leadership. These life skills prepare students to face real-world challenges with confidence and resilience.

Moreover, sports have a unique power to unite people. Whether it is a school competition or an international event like the FIFA World Cup or the Olympics, sports transcend barriers of language, religion, and nationality.



They create a sense of belonging and collective pride. In schools and colleges, sports complement academic learning by promoting holistic development. They instill ethical values such as honesty, fair play, and respect for others. Institutions that encourage sports alongside academics produce well-rounded individuals who are not only intellectually capable but also emotionally balanced and socially responsible.

In conclusion, sports are much more than physical competition — they are a way of life. They teach us to strive for excellence, embrace teamwork, and maintain balance in our lives. As Nelson Mandela once said, *“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does.”* Through sports, we discover not only our strength but also our shared humanity.

-Abdul Navas KT



ST.MARY'S COLLEGE PUTHANANGADI ANNUAL SPORTS DAY



Sportiva

2k26

14th February 2026

14th February 2026

2026

Unveiling the Spirit of Champions – The Grand Launch of SPORTIVA 2K26



St. Mary's College, Puthanangadi marked a vibrant and memorable chapter in its sporting calendar with the grand Name Revealing Ceremony of its Annual Sports and Games Meet, officially titled **SPORTIVA 2K26**. The much-awaited event was conducted with great enthusiasm and participation, setting the tone for a dynamic year of athletic excellence.

The ceremony was graced by the presence of renowned freestyle football star Wonder Naju as the Chief Guest. His arrival filled the campus with excitement, and students gathered in large numbers to witness and celebrate the moment. Known for his extraordinary ball control, creativity, and inspiring journey in the world of freestyle football, Wonder Naju brought energy and motivation to the occasion.

The program began with a warm welcome extended to the dignitaries, staff members, and students. The formal proceedings reflected the college's commitment to nurturing sportsmanship and holistic development. The highlight of the ceremony was the official unveiling of the name **SPORTIVA 2K26**, which was

revealed amidst applause and cheers, symbolizing strength, unity, and competitive spirit.

In his keynote address, Wonder Naju inspired students with his life experiences, emphasizing the importance of discipline, dedication, and passion in achieving success. He encouraged the young athletes to pursue their dreams fearlessly and to view sports not just as competition, but as a platform for character building and self-discovery. His interaction with students created an atmosphere of motivation and positivity across the campus.

The ceremony concluded on a high note, leaving behind a wave of excitement and anticipation for the upcoming Annual Sports and Games Meet. The grand launch of **SPORTIVA 2K26** not only unveiled a name but also ignited the true spirit of sportsmanship within the college community, promising a season filled with energy, teamwork, and memorable achievements.



**WONDER NAJU FROM THE
FREESTYLE SHOW**

SPORTIVA 2K26: A Day Where Passion Met Performance

The Annual Sports Meet of St. Mary's College, Puthanangadi, titled SPORTIVA 2K26, was conducted with great enthusiasm and competitive spirit on 6th February 2026 at the college ground. The one-day event commenced at 8:00 AM and concluded successfully at 5:30 PM, marking a memorable



celebration of sportsmanship, unity, and youthful energy.

The programme was formally inaugurated by Smt. K. Valsala, *Assistant Sub-Inspector of Police, Malappuram*, whose presence added dignity and inspiration to the occasion. In her inaugural address, she highlighted the importance of discipline, perseverance, and physical fitness in shaping responsible citizens.

The highlight of the opening ceremony was the Olympic Oath, solemnly administered by Muhammed Ajmal, the *General Captain*, reaffirming the commitment of the participants to fair play and true sportsmanship. The march past and opening events set a vibrant tone for the day.

Nearly 250 students actively participated in various track and field events, showcasing remarkable talent, dedication, and competitive zeal. The college ground echoed with cheers as students competed with determination and mutual respect.

At the end of the thrilling contests, Fathima Bahja of *BA English* emerged as the Individual Champion in the Women's Category, while Muhammed Murshid secured the Individual Championship in the Men's Category with outstanding performances.

SPORTIVA 2K26 concluded with a sense of pride and fulfillment, reinforcing the institution's commitment to holistic education through sports. The event truly stood as a testament to teamwork, discipline, and the indomitable spirit of St. Mary's College.



**FROM FLAG HOSTING
CEREMONY OF SPORTIVA 2K26
(FLAG HOSTED BY ASSISTANT
SUBINSPECTOR K.VALSALA**

SPORTIVA 2K26





Sprint King of SPORTIVA 2K26 – Muhammed Murshid C's Golden Run

The Annual Athletic Meet SPORTIVA 2K26 at St. Mary's College, Puthanangadi witnessed an extraordinary display of speed, strength, and sporting spirit as Muhammed Murshid C of 6th Semester B.Com Finance emerged as the Individual Champion in the Men's Category. His remarkable performance on the track turned the college ground into a stage of thrilling moments and roaring applause.

Murshid showcased exceptional sprinting ability by securing valuable

points in the 100m, 200m, and 400m races, proving his versatility across short and extended sprint distances. His explosive start in the 100m dash, powerful acceleration in the 200m, and sustained endurance in the 400m reflected months of disciplined training and unwavering determination.

Not limiting his brilliance to individual events, Murshid also played a pivotal role in the 4x100m and 4x200m relay teams, demonstrating outstanding teamwork and coordination. His speed during crucial relay legs significantly boosted his team's performance, contributing to the overall championship tally.

Murshid's achievement at SPORTIVA 2K26 is not merely a personal milestone but an inspiration to fellow athletes. His dedication, consistency, and competitive spirit embody the true essence of sportsmanship. By clinching the Individual Championship title, he etched his name into the proud sporting history of the college, setting a benchmark for future champions to follow.



MUHAMMED MURSHID C
(6TH SEMESTER B COM FINANCE
WITH Dr.Fr DENNY CHOLAPPALLIL
(PRINCIPAL OF ST MARY'S COLLEGE
PUTHANANGADI

MUHAMMED
MURSHID C;
FROM 100 M
MEN FINAL





Golden Sprint, Soaring Leap – Fathima Bahja’s Glorious Reign at SPORTIVA 2K26

The Annual Athletic Meet **SPORTIVA 2K26** of St. Mary's College, Puthanangadi witnessed an extraordinary display of talent, determination, and sporting excellence as Fathima Bahja of 6th Semester BA English emerged as the Individual Champion in the Women’s Category. Her remarkable performance throughout the meet etched her name in golden letters in the sporting history of the college.

From the very first event, Bahja demonstrated her athletic supremacy. On the track, she showcased exceptional speed and rhythm in the 100m and 200m races, sprinting past her competitors with confidence and composure. Her explosive start, powerful strides, and strong finish reflected months of disciplined training and unwavering dedication.

Beyond the track, Bahja proved her versatility in the field event, securing valuable points in the Long Jump. With perfect coordination, balance, and technique, she soared through the air, marking impressive distances that significantly boosted her overall tally. Her leadership and team spirit were equally commendable in the relay events. As a key member of the 4x100m and 4x200m relay teams, she played a crucial role in guiding her

team to success. Her seamless baton exchanges and electrifying pace energized the crowd and inspired her teammates to perform at their best. Fathima Bahja’s all-round excellence, consistency across multiple events, and unwavering sportsmanship truly defined the spirit of **SPORTIVA 2K26**. Her achievement stands not only as a personal milestone but also as a proud moment for the Department of BA English and the entire college community.



FATHIMA BAHJA (6 TH SEM BA ENGLISH) WITH DR. FR DENNY COLAP- PALLIL(PRINCIPAL OF ST MARY’S COLL- EGE PUTHANANGADI)



FATHIMA BAHJA ; FROM 100M WOMEN’S FINAL



SPORTS MEET RESULT REPORT

Track Events Highlights

In the sprint events, Muhammed Murshid C (3rd Year BCom Finance) dominated the track by securing First Place in 100m, 200m, and 400m Men, proving his exceptional speed and endurance. Ajmal Sadath P (BA English) secured Second Place in 100m Men, while Shafi K (BSc Psychology) performed consistently by securing Second Place in both 200m and 400m Men.

In the women's sprint category, Fathima Bahja (3rd Year BA English) showcased remarkable talent by winning First Place in 100m and 200m Women. In the 400m Women category, Krishnapriya (MA Economics) secured First Place with an impressive performance. Middle and long-distance events were equally thrilling. Vimal (BA History) emerged as a long-distance champion by securing First Place in 800m, 1500m, and 5000m Men. Swafa Abdul Gafoor (BCom Finance) dominated the women's long-distance category, winning 800m and 1500m Women. In the 3000m Walk Women event, Fathima Hanan secured First Place with great stamina and rhythm.

Field Events Highlights

The field events demonstrated strength and technique. In Long Jump Men, Muhammed Basim (BCom CA) secured First Place, while Fathima Bahja once again proved her versatility by winning Long Jump Women.

Muhammed Irshan (BCom CA) secured First Place in Triple Jump Men, while Karthika VP (BCom Finance) won First Place in Triple Jump Women.

In throwing events, Basil (BCom CA) secured First Place in Javelin Throw Men, and Jishma Raj (BCom Finance) claimed First Place in Discus Throw Women. Munavar Nifal (BCA) showed exceptional strength by winning both Shotput Men and Discus Throw Men under the BCA department.

Jahana Sherin (BSc Psychology) secured First Place in Javelin Throw Women, adding pride to the Psychology department. Fathima Sana P (BCom CA) achieved First Place in Shotput Women.

Department-wise Performance

The Commerce Department dominated the meet with the highest number of top finishes across track and field events. The English and History departments also delivered outstanding performances, particularly in sprint and long-distance events. BCA and Psychology departments made their mark in throwing and middle-distance events, showing balanced participation across categories.

A SPIRITED JOURNEY ON THE FIELD: ST. MARY'S COLLEGE AT THE CALICUT UNIVERSITY ZONAL FOOTBALL CHAMPIONSHIP

Football is not merely a game for the students of St. Mary's College, Puthanangadi—it is a passion that unites hearts, builds resilience, and inspires dreams. This year, the college football team took part in the Calicut University Zonal Football Championship held at Duxford College, Kalikavu, representing the institution with pride, sportsmanship, and unyielding energy.

Under the able guidance of Coach Mr. Shijil Prasad, and with the strong managerial support of Mr. Abdul

attack. Leading the charge was Faiz, whose remarkable performance left spectators in awe. Displaying clinical finishing and unmatched agility, Faiz netted an incredible four goals, driving the team forward with his tireless energy. Supporting him was Fadil, who contributed two brilliant goals, sealing the team's emphatic 6–0 victory.

The first match was not just a win—it was a statement of intent. The players' teamwork, discipline, and strategic play reflected the countless hours of training and dedication they had



Navas and Mr. Shameem Babu, the St. Mary's squad entered the tournament with confidence and determination. Each player carried the hopes of the college community, ready to exhibit their skill and commitment on the grand stage of university-level football. The tournament began with a thrilling opening match between St. Mary's College, Puthanangadi and MSTM College, Poopalam. Right from the whistle, the St. Mary's team took control of the game with fluid passes, tactical precision, and unbreakable coordination. The match soon turned into a showcase of dominance as St. Mary's unleashed a relentless offensive

invested under their coach's guidance. The defense stood firm, the midfield dictated the rhythm of the game, and the forwards executed each opportunity with precision. It was a proud moment for St. Mary's College, as the team advanced to the next round with spirits high and heads held even higher.

The second encounter, however, tested the team's resilience and mental strength. Facing CPA College, Puthanathani, a well-balanced and experienced side, St. Mary's players knew they were up against a formidable opponent. The match began with intensity on both ends, as



From left:- fadil, Ashif, Amjad, Vipin, Nishan, Navinesh, Faiz, Sinan, Christan (c), Arshad (gk), Murshid

each side fought hard for control. The St. Mary's defense worked tirelessly to contain CPA's attacking advances, while the midfielders sought to create openings and maintain possession.

Despite several promising chances and a few close attempts on goal, fortune did not favor St. Mary's in the second match. CPA College managed to find the net once, capitalizing on a rare defensive lapse. Though St. Mary's mounted a strong comeback effort, the equalizer remained elusive, and the game concluded with a narrow 1-0 loss.

Even in defeat, the St. Mary's team displayed remarkable sportsmanship and composure. Their determination and unity throughout the match won the admiration of both spectators and opponents. The players' unwavering commitment, despite the result, stood as a testament to the true spirit of college sports—where every challenge is an opportunity to learn, grow, and evolve.

Coach Mr. Shijil Prasad expressed pride in his team's performance, praising their dedication and discipline both on and off the field. The managerial duo, Mr. Abdul Navas and Mr. Shameem Babu, also played a crucial role in ensuring smooth coordination and morale support throughout the tournament. Their collective effort created an environment that nurtured confidence

and teamwork among the players. Though the journey ended sooner than hoped, the experience left a lasting impression on every member of the team. The participation in the Calicut University Zonal Championship strengthened their resolve to aim higher and train harder for future competitions. For St. Mary's College, Puthanangadi, this campaign was more than just about scores—it was about teamwork, perseverance, and the unbreakable spirit of youth.

The college community extends heartfelt congratulations to the football team for representing St. Mary's with dignity and pride. Their spirited participation continues to inspire others, proving that true victory lies not only in winning but in giving one's best with passion and integrity.



Good clearance of ashif (defensive midfielder) and Nishan (left wing back) from MSTM College Poopalam and St. Mary's College puthanangadi Match





Turf Football: The Beating Heart of Malabar's Sports Culture

In the vibrant land of Malabar, where football runs through the veins of the people, a new wave has redefined how the game is played and celebrated — turf football. From bustling towns like Malappuram and Kozhikode to smaller villages, floodlit green turfs have become the new playgrounds of passion, friendship, and fitness.

The Rise of Turf Culture

Over the past decade, the number of artificial turf grounds in the Malabar region has grown rapidly. What began as a space for youth to play after school or work has turned into a full-fledged sporting trend. Turfs are now social hubs where players of all ages come together, especially at night, to enjoy the thrill of football in compact formats like 5s, 6s, 7s, 9s, and even 3s. Each format offers its own flavor:

5s Football: Fast-paced and intense, often played in small turfs. Encourages quick passing, skill, and agility.

3s Format: Street-style football emphasizing dribbling, creativity, and reflexes.

6s and 7s Football: The most common in Malabar, these formats balance skill and teamwork — perfect for competitive local tournaments.

9s Football: A slightly larger version offering a mix of traditional and turf-style play.

The Positive Impact

Turf football has revolutionized grassroots sports participation in Kerala. With limited open grounds and unpredictable weather, artificial turfs offer a reliable and accessible alternative. Players can book slots online, form teams, and engage in matches at any time of day — even past midnight.

1. Promoting Fitness and Health: Regular turf matches help improve

cardiovascular health, stamina, coordination, and muscle strength.

It has become a fitness substitute for gyms for many youth in Malabar.

2. Community and Friendship: The turf is more than a field; it's a community space. Friend circles, office teams, and college groups bond over weekly matches. The sense of brotherhood and teamwork keeps the spirit of the sport alive.

3. Nurturing Talent: Short-format turf games sharpen reflexes and ball control, essential for young players. Many budding footballers use turfs for daily practice, improving their skills and exposure.

4. Boosting Local Economy: The rise of turf grounds has opened new avenues — from turf maintenance and coaching to local tournaments and sports gear businesses. Even tourism sees a touch of football when fans visit Malabar for turf tournaments.

The Drawbacks

Despite its popularity, turf football has some concerns:

Injury Risks: The artificial surface can sometimes cause knee and ankle injuries if players aren't careful or properly equipped.

Cost Factor: Turf bookings are not cheap, making it less accessible for economically weaker groups.

Neglect of Open Grounds: The growing turf culture sometimes leads to a decline in maintaining traditional playgrounds and school fields.

A Balanced Game Plan

The turf revolution in Malabar represents how sport evolves with society. It's a blend of tradition and



Mr. Shameem Babu
BCA Department

modernity — where the love for football meets changing lifestyles. To make it sustainable, promoting safety practices, affordable access, and a balance between turf and open-ground football is essential.

Turf football has become a symbol of Malabar's passion, energy, and unity. It keeps the football flame burning bright, inspiring the next generation to chase their dreams — under floodlights, on green turf, and in the heart of every Keralite who loves the game.

Beyond the Scoreboard: A Journey of Team Spirit.

St. Mary's College, Puthanangadi actively participated in the B Zone Cricket Championship conducted by GEMS Arts and Science College, Ramapuram on 15 November 2025. The tournament commenced at 9:00 AM and witnessed enthusiastic participation from several colleges across the zone, creating an atmosphere of healthy competition, sportsmanship, and athletic excellence.



A contingent of 16 talented players represented St. Mary's College in the championship. The team entered the tournament with high spirits and strong determination, reflecting the systematic training and disciplined preparation provided by the Department of Physical Education. Throughout the event, the players

demonstrated commendable teamwork, commitment, and respect for the spirit of the game. In the opening match, St. Mary's College faced the host team, GEMS Arts and Science College, Ramapuram. The match proved to be a closely contested encounter, with both teams exhibiting effective bowling attacks and strategic batting performances. The St. Mary's players showed resilience and skill on the field, putting in a sincere and spirited effort to challenge the opposition. Despite their determined

performance and coordinated play, St. Mary's College was unable to secure a victory and lost the match to the host team. The college takes pride in the dedication and sportsmanlike conduct exhibited by the team and remains committed to nurturing athletic talent and encouraging active participation in intercollegiate sports events.

STAFF CORNER

St. Mary's Staff Team Shines at Intercollegiate Football Tournament

The staff football team of St. Mary's College, Puthanangadi, proudly represented the institution at the Intercollegiate Staff Football Tournament held on 31st October 2025



at EMEA College, Kondotty. The tournament witnessed an impressive participation of 16 teams from various colleges, making it a vibrant and competitive sporting event. The staff football team of St. Mary's College, Puthanangadi, proudly represented the institution at the Intercollegiate Staff Football Tournament held on 31st October 2025 at EMEA College, Kondotty. The tournament witnessed an impressive participation of 16 teams from various colleges, making it a vibrant and competitive sporting event. From the very first match, the St. Mary's team displayed exceptional teamwork, coordination, and passion for the game. Their spirited performance and sportsmanship earned the admiration of both players and spectators alike. With each round, the team showed remarkable skill and determination, advancing confidently through the early stages of the tournament.

In the quarter-final match, St. Mary's College faced a strong opponent — Farook College, Kozhikode. The game was intense and fast-paced, with both teams giving their best on the field. Despite a valiant effort and several close scoring opportunities, St. Mary's narrowly lost the match with a 2–1 scoreline.

Though the journey ended in the quarter-finals, the team's dedication and enthusiasm stood out as a true reflection of the college's sporting spirit. Their participation not only showcased physical fitness and teamwork but also strengthened camaraderie among the staff members. The college community extends heartfelt appreciation to all the players for their commitment and performance. The St. Mary's staff football team has indeed set a fine example of how passion for sports continues to thrive beyond the classroom.

From Setback to Silver Finish: St. Mary's Staff Cricket Team's Spirited Run at Mannarkkad

The intercollegiate staff cricket tournament hosted by MES Kalladi College, Mannarkkad, turned into a memorable campaign for the staff team of St. Mary's College, Puthanangadi. Featuring eight teams and conducted in a league-cum-knockout format, the tournament showcased not just competitive cricket, but also resilience, teamwork, and sportsman spirit among participating institutions.

The matches began with group-stage encounters, and St. Mary's College opened their campaign with high hopes. In their first group match,

St. Mary's won the toss and opted to bowl. The bowlers put in a disciplined performance, restricting the opposition to a modest total of 113 runs.

However, cricket often

proves unpredictable. Despite a steady start, the batting unit struggled to build momentum, and wickets fell at regular intervals. Ultimately, St. Mary's College fell short of the target and lost the match to Polytechnic College, Tirur, marking a disappointing start to the tournament. What followed, however, was a remarkable turnaround. The entry of the astonishing batsman Mr. Prasanth Menon into the squad proved to be a turning point. His presence brought renewed confidence and stability to the team. In the second group match, St. Mary's College faced

Blossom College, Kondotty. Displaying improved coordination and determination, the team dominated the match with a balanced performance in both batting and bowling. The victory not only revived their campaign but also set the tone for the matches ahead. With consistent performances and a positive net run rate, St. Mary's College emerged as group champions, securing a well-earned spot in the semi-finals. The semi-final clash against Safi College, Vazhayur, was intense and competitive. St. Mary's College delivered one of their best



performances of the tournament, winning the match by a high margin in terms of run rate. The

victory reflected the team's growth, adaptability, and collective effort, and it paved the way for a prestigious entry into the finals. The final match saw St. Mary's College locking horns with Ayurveda College, Kottakkal. The atmosphere was charged with excitement, as both teams displayed excellent sportsmanship and competitive spirit. Chasing the target, Ayurveda College secured victory, and St. Mary's College finished as runners-up, losing the final by six wickets. Though the trophy narrowly slipped away, the journey of the St. Mary's -

College staff team was truly commendable. Rising from an initial defeat to reach the finals demonstrated resilience, unity, and a never-give-up attitude. The tournament not only strengthened intercollegiate bonds but also highlighted the importance of sports in promoting teamwork, leadership, and healthy competition among staff members.

The performance at Mannarkkad will be remembered as a proud chapter in the sporting history of St. Mary's College—an inspiring story of comeback, commitment, and cricketing passion.



The Man Who Led from the Front

The victory in the intercollegiate staff cricket tournament was not just a triumph of skill, but a celebration of leadership and inspiration. At the heart of this success stood our beloved Principal, Dr. Fr. Denny Cholappallil, whose presence transformed the team's spirit and confidence.

His words of encouragement energized the entire squad, while his calm composure brought balance in crucial moments. As a bowler, he impressed everyone with his control, accuracy, and match awareness, proving that passion for sports knows no position or title.

Dr. Fr. Denny's dual role as an inspiring leader and a dependable team player became the driving force behind our championship win. His involvement reminded us that true leadership is about participation, unity, and belief. This memorable victory will always be associated with his unwavering support and sporting spirit.

The Silent Strength Behind Our Success

Every victorious team stands on the shoulders of a dedicated support system, and for us, that pillar was Abdul Navas, our team manager. Calm, committed, and ever-reliable, he worked tirelessly behind the scenes to ensure that the team could focus solely on the game.

From planning and coordination to timely guidance and moral support, Abdul Navas handled every responsibility with remarkable efficiency. His constant presence, attention to detail, and understanding of the team's needs created a smooth and disciplined environment throughout the tournament.

Abdul Navas's dedication and quiet leadership played a vital role in our championship journey, making him the silent strength behind our memorable intercollegiate staff cricket tournament victory.





When Educators Turned Cricketers: The Story of MCL Season 2

The much-anticipated MCL Season 2, an Intercollegiate Staff Cricket Tournament, was successfully organized by St. Mary's College, Puthanangadi on 14th February 2026. The tournament brought together staff members from various colleges with the aim of strengthening intercollegiate relationships through sports and promoting a spirit of unity and healthy competition. The event witnessed enthusiastic participation from eight teams, making it one of the most vibrant and engaging staff sporting events of the academic year. The tournament was conducted in a league-cum-knockout format, ensuring both fairness and excitement. In the league stage, teams were grouped and competed in round-robin matches, giving each team the opportunity to showcase their skills and strategies. The matches were marked by disciplined bowling, powerful batting performances, and energetic fielding efforts. Despite being staff members balancing professional responsibilities, the players displayed remarkable athleticism and dedication, drawing admiration from spectators and fellow

participants alike. The competitive yet friendly atmosphere added to the charm of the tournament, as colleagues transformed into determined competitors on the field. As the league rounds progressed, the intensity of the competition

steadily increased. Teams fought hard to secure their positions in the knockout stage, and several matches went down to the final overs, keeping the excitement alive throughout the day. The knockout rounds further heightened the spirit of competition, with teams carefully planning their strategies and executing them with precision.

The grand finale featured a thrilling contest between MES Mampad College and the host team, St. Mary's College, Puthanangadi. Both teams entered the final with confidence and strong performances behind them. The match was intensely competitive, with impressive batting partnerships and crucial bowling spells shaping the course of the game. The crowd witnessed moments of tension, excitement, and applause as boundaries were struck and wickets fell at decisive intervals. Ultimately, MES Mampad College emerged victorious, demonstrating consistency, teamwork, and composure under pressure to claim the MCL Season 2 title.

Beyond the results, MCL Season 2 stood as a celebration of camaraderie,

sportsmanship, and institutional bonding. The tournament successfully created a platform for staff members to interact beyond academic settings, strengthening mutual respect and collaboration among institutions. The smooth conduct of the event reflected the meticulous planning and commitment of the organizing committee. MCL Season 2 will undoubtedly be remembered as a remarkable sporting occasion that blended competition with fellowship, leaving behind lasting memories and setting a promising benchmark for future editions.



ST MARY'S COLLEGE STAFF TEAM;
From Left FR. Denny Cholappallil (Principal) Sajith, Harilal, Abdul Musabir, Prasanth Menon, Abdul Navas(Manager Of The Team), Nipin Kuriyan, Rajesh, Yadu Krishnan, Baburaj, Shameem Babu, Abhinand, Shijil, Muhammed Anees And Vargees

Whether stabilizing the innings after early setbacks or accelerating the scoring rate when needed, his batting reflected maturity, confidence, and tactical awareness. Equally impressive was his contribution with the ball. Demonstrating remarkable control and match awareness, Prasanth claimed 6 vital wickets during the tournament. His timely breakthroughs often shifted the momentum in favor of St. Mary's College, restricting opponents and creating opportunities for victory. His ability to perform in both batting and bowling departments made him a true asset to the team. Beyond statistics, what distinguished Prasanth Menon was his leadership presence on the field, calm demeanor, and unwavering determination. He inspired teammates through his work ethic and competitive spirit, embodying the essence of sportsmanship throughout the tournament.

His well-deserved recognition as MVP and Man of the Series stands as a proud moment for St. Mary's College Puthanangadi. Prasanth Menon's remarkable performance will undoubtedly be remembered as one of the defining highlights of MCL Season 2.



The Architect of Brilliance – Prasanth Menon Shines as MVP of MCL Season 2

In a tournament filled with remarkable performances and intense competition, Prasanth Menon from St. Mary's College, Puthanangadi emerged as the undeniable star of MCL Season 2, earning the prestigious titles of Most Valuable Player and Man of the Series. His outstanding all-round performance played a pivotal role in guiding his team to the finals of the eight-team league-cum-knockout tournament. Across five thrilling matches, Prasanth showcased exceptional consistency and composure with the bat. Accumulating an impressive total of 158 runs, he anchored the innings at crucial moments and delivered impactful knocks under pressure.



MES Mampad Crowned Champions – A Thrilling Triumph in MCL Season 2

MCL Season 2 concluded with electrifying excitement as MES College, Mampad emerged as the proud champions of the prestigious intercollegiate staff cricket tournament. Organized by St. Mary's College, Puthanangadi, the tournament brought together eight competitive teams in a thrilling league-cum-knockout format that kept spectators engaged from start to finish.

The tournament began with league matches where all eight teams battled fiercely to secure a spot in the knockout stage. Each match showcased remarkable teamwork, strategic gameplay, and sporting spirit among the participating colleges. As the competition progressed, the intensity heightened, and the best-performing teams advanced to the semifinals.

The grand finale witnessed a gripping clash between the host team, St. Mary's College Puthanangadi, and the formidable MES College Mampad. Both teams displayed exceptional skill and determination, making the final a nail-biting encounter. The players demonstrated impressive batting performances, disciplined bowling spells, and sharp fielding efforts, reflecting the true spirit of competitive cricket.

In the decisive moments of the match, MES College Mampad held their nerve and executed their strategies with

precision, ultimately securing victory and lifting the MCL Season 2 trophy. Their consistent performance throughout the tournament and strong team coordination played a crucial role in their championship win.

The victory of MES College Mampad stands as a testament to their dedication, unity, and sporting excellence. MCL Season 2 not only celebrated competitive cricket but also strengthened intercollegiate camaraderie and sportsmanship, leaving behind lasting memories for players and spectators alike.



MCL 2026

MCL Season 2 (Master's Cricket League) was not merely a cricket tournament; it was a powerful platform that celebrated unity, leadership, and sporting excellence among educators. Organized by St. Mary's College, Puthanangadi, the event highlighted the importance of sports beyond student participation by actively engaging staff members in competitive athletics. Another remarkable aspect was the spirit of intercollegiate camaraderie it fostered. The tournament brought together faculty members from different institutions, strengthening professional bonds through healthy competition. It demonstrated that sports can break institutional boundaries and create lasting friendships. MCL Season 2 also served as a model of work-life balance and holistic development. By stepping onto the cricket field, teachers and staff members set a strong example for students — proving that passion for sports and commitment to fitness can continue alongside academic responsibilities.



Master of Swing and Spin – Mr. Vargees Clinches Best Bowler Title

MCL Season 2 witnessed many outstanding performances, but it was Mr. Vargees who carved a special place for himself with his exceptional bowling brilliance. Representing St. Mary's College, Puthanangadi, he was rightfully honored with the **Best Bowler of the Tournament** award for his consistent and match-winning spells throughout the competition.

Hustle

The Heartbeat of Fitness and Sports Motivation In the world of sports and fitness, talent may open the door, but hustle keeps you in the game. Hustle is the relentless drive to push beyond limits, the determination to train when no one is watching, and the courage to rise after every fall. It is not just about winning medals or trophies—it is about building strength, discipline, and character. Hustle Begins Where Comfort Ends Every athlete faces pain, fatigue, and moments of doubt. What separates champions from the rest is their willingness to hustle through these challenges. Hustle means waking up early for training, repeating drills until perfection, and staying focused on goals even when progress feels slow. Fitness is not achieved overnight; it is the result of consistent effort and daily

With remarkable control, sharp accuracy, and intelligent variations, Mr. Vargees troubled even the strongest batting line-ups in the eight-team league-cum-knockout tournament. His ability to maintain a disciplined line and length under pressure made him a dependable strike bowler for his team. Time and again, he provided crucial breakthroughs at decisive moments, shifting the momentum in favor of his side.

What made his performance truly special was not just the wickets he claimed, but the confidence and stability he brought to the bowling unit. His calm approach, strategic thinking, and unwavering focus reflected his deep understanding of the game.

Mr. Vargees' recognition as the Best Bowler stands as a proud achievement and a testament to his dedication, skill, and competitive spirit. His contribution remains one of the standout highlights of MCL Season 2, inspiring both teammates and spectators alike.

commitment. For example, Cristiano Ronaldo is known not only for his talent but also for his intense training discipline. His success is built on

years of hustle—extra practice sessions, strict fitness routines, and mental toughness. Hustle Builds Mental Strength Physical strength alone is not enough in sports. Hustle develops mental resilience—the ability to stay motivated, overcome failure, and keep moving forward. Every workout, every practice session, and every drop of sweat strengthens both the body and the mind. Legendary athletes like Kobe Bryant followed the “Mamba Mentality,” which focused on constant improvement, hard work, and never giving up.



His hustle inspired millions to push beyond their limits. Hustle Turns Dreams into Reality Many successful athletes started with limited resources but achieved greatness through determination and hard work. Milkha Singh, known as the “Flying Sikh,” overcame hardships and became one of India’s greatest runners through relentless hustle and dedication. Similarly, P. V. Sindhu became a world champion through years of disciplined training, early morning practice, and unwavering focus. Hustle in Everyday Fitness Hustle is not only for professional athletes. Anyone can apply hustle in their fitness journey. It means choosing exercise over excuses, consistency over comfort, and discipline over distraction. Even small daily efforts—jogging, stretching, or strength training—build long-term fitness and confidence. Hustle Defines the Champion Within Hustle is the fuel that drives success in sports and fitness. It teaches discipline, builds resilience, and transforms ordinary individuals into extraordinary achievers. Talent may give you an advantage, but hustle ensures progress and growth. In the end, hustle is not about being the best in the world—it is about being better than you were yesterday.

- YADU KRISHANAN
Assistant professor

MCL-2 Highlights





KNOWLEDGE SECTION

“Science Behind Success in Sports”

Sports is not just about physical strength or talent. Behind every successful athlete, there is science, discipline, planning, and mental strength. Understanding the basics of sports science can help students improve performance and prevent injuries.

Importance of Physical Fitness

Physical fitness is the foundation of every sport. It includes:

Strength – Helps in powerful movements like jumping and sprinting.

Endurance – Needed for long-duration games like football and cricket.

Speed – Important in athletics and team sports.

Flexibility – Prevents muscle injuries.

Coordination & Balance – Essential for accuracy and control.

Regular training improves cardiovascular health, muscle power, and stamina.

Role of Warm-Up and Cool-Down

Many students ignore warm-up and cool-down sessions. But they are very important.

Warm-Up:

Increases blood flow to muscles

Reduces risk of injury

Improves flexibility

Cool-Down:

Gradually brings heart rate to normal

Reduces muscle soreness

Helps faster recovery

A proper warm-up should last at least 10–15 minutes.

Nutrition for Athletes

“Food is Fuel.” Without proper nutrition, performance decreases.

Carbohydrates – Main energy source

Proteins – Muscle repair and growth

Fats – Long-term energy

Vitamins & Minerals – Body regulation

Water – Prevents dehydration

Balanced meals before and after

matches are essential.

Mental Strength in Sports

Mental fitness is as important as physical fitness.

Confidence improves performance

Focus increases accuracy

Positive thinking reduces pressure

Goal setting motivates athletes

Many international athletes practice meditation and visualization

techniques to stay calm under pressure.

Injury Prevention and Safety

Safety should always come first.

Use proper sports equipment

Wear suitable shoes

Follow rules of the game

Avoid overtraining

Importance of Team Spirit

In games like football, volleyball, and cricket, teamwork decides success.

Respect, communication, and cooperation create a winning team culture.

As seen in global tournaments like the Olympic Games and the FIFA World Cup, discipline and unity are the keys to championship victories.

Common sports injuries include sprains, strains, and muscle tears. Early treatment prevents serious damage.

Sports build not only strong bodies but also strong minds and character.

Discipline, dedication, proper training, and positive attitude lead to success.

Every student should actively participate in sports for a healthy and balanced college life.

MOVE OR REST? THE TRUTH ABOUT EXERCISING DURING PERIODS

Menstruation is a natural biological process that has long been surrounded by social taboos and misconceptions. Among the most common beliefs is that women should refrain from physical activity during this time due to discomfort and fatigue. However, contemporary scientific evidence suggests that appropriate physical exercise during menstruation can provide both physiological and psychological benefits. This article explores the relationship between menstruation and exercise, highlighting the effects, recommendations, and considerations for maintaining physical activity during the menstrual phase.

Physiological Changes During Menstruation

The menstrual cycle is regulated by fluctuations in hormones such as estrogen and progesterone. During menstruation, both of these hormones reach their lowest levels, often resulting in symptoms such as abdominal cramps, fatigue, irritability, and reduced energy. These physiological changes may discourage physical activity; however, engaging in exercise can actually alleviate several of these symptoms. Physical activity enhances blood circulation, increases endorphin production, and helps regulate mood and energy levels.

Scientific Perspective on Exercise During Menstruation

Research in the field of sports medicine and women's health indicates that exercise can be beneficial during menstruation. Endorphins released during physical activity act as natural pain relievers and mood stabilizers, helping to reduce menstrual



discomfort and premenstrual syndrome (PMS) symptoms. Moderate aerobic exercises such as walking, cycling, or swimming improve oxygen flow and reduce fatigue. Yoga and stretching exercises, on the other hand, promote relaxation, flexibility, and relief from muscle tension.

It is essential to understand that exercise intensity should be adapted to the individual's condition and comfort level. High-intensity workouts may not be suitable for everyone during menstruation. Listening to the body's signals and choosing moderate forms of exercise is recommended to ensure both comfort and effectiveness.

When Rest Becomes Necessary

While exercise offers many advantages, rest also plays a vital role in menstrual health. Individuals experiencing severe cramps, heavy bleeding, or dizziness should avoid strenuous activities and allow adequate recovery time. Overexertion during this phase can lead to increased fatigue and dehydration. Maintaining proper hydration, consuming a balanced diet rich in iron, magnesium, and complex carbohydrates, and ensuring adequate rest are essential components of

menstrual wellness. The balance between movement and rest must be individualized based on one's physical and mental state.



Addressing Social and Cultural Perceptions

Despite growing awareness, menstrual health remains a subject of stigma in many societies. Myths that discourage women from engaging in physical activity during menstruation persist. Educational interventions and open discussions are necessary to dispel such misconceptions. Recognizing menstruation as a normal physiological process rather than a condition requiring isolation or inactivity is essential in promoting gender equality and holistic well-being.

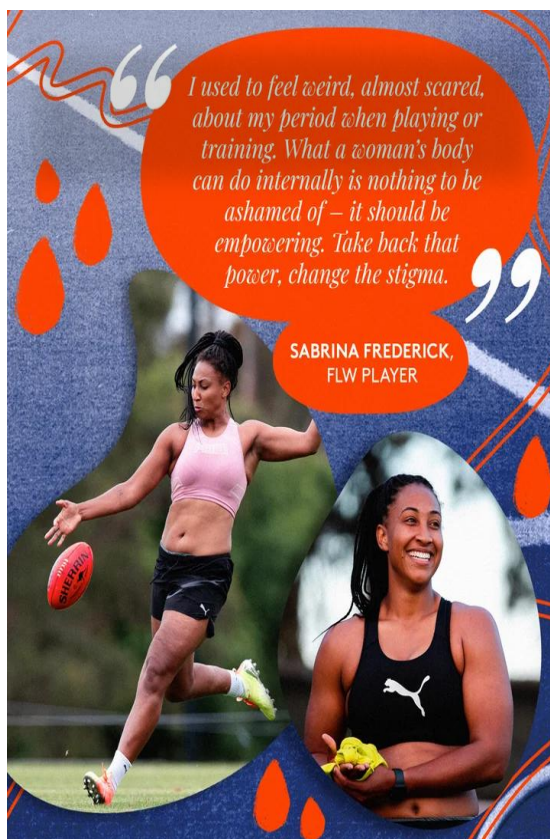
Exercise during menstruation should not be viewed as harmful or inappropriate. On the contrary, evidence supports that moderate physical activity contributes positively to both physical comfort and emotional stability. The key lies in understanding individual differences and adapting exercise routines to one's needs and tolerance levels. Encouraging women to remain active during menstruation fosters self-awareness, confidence, and

empowerment.

Menstruation, rather than being a barrier to movement, can be a period of self-care and mindful physical engagement. Through proper education, awareness, and supportive environments, the misconception that menstruation limits physical capability can be effectively challenged.

- By shijil prasad cp

Your period doesn't make you weaker; it proves your body's incredible strength and resilience. By tuning into your cycle, you can harness its phases to fuel your training, not derail it. Don't let shame or discomfort keep you on the sidelines. Embrace this natural part of being a female athlete and use this knowledge to your advantage. True champions listen to their bodies and compete with pride.



Rising Strong: Munavar Nifal's Remarkable Sporting Journey

Munavar Nifal, a first-year BCA student of St. Mary's College, Puthanangadi, has emerged as one of the most promising sportspersons of the academic year 2025–26, earning widespread recognition through his outstanding achievements in strength sports and athletics. His dedication, discipline, and relentless pursuit of excellence have brought pride and honor to the institution. At the Thrissur District Bench Press Championship 2025–26, Munavar Nifal delivered an exceptional performance in the Sub Junior Men category, securing Gold Medals in both Classic and Equipped Bench Press events.



His dominant display of strength and technique earned him not only the top podium position but also the prestigious Best Lifter and Strong Man Award in the 18-Age Category, highlighting his superior physical conditioning and competitive spirit.

Continuing his impressive run at the state level, Munavar represented his district at the Kerala State Bench Press Championship 2025. Competing across Classic and Equipped Bench Press events under the Junior Men category, he achieved a Silver Medal, successfully standing out among athletes from Sub Junior, Junior, Senior, and Masters categories across Kerala. This accomplishment reflects his ability to compete with consistency and confidence on larger platforms.

In addition to his achievements in powerlifting, Munavar also demonstrated his versatility in track and field events. At the Intercollegiate Shot Put Competition, he secured a commendable fourth position, proving his all-round athletic ability and willingness to challenge himself across disciplines.

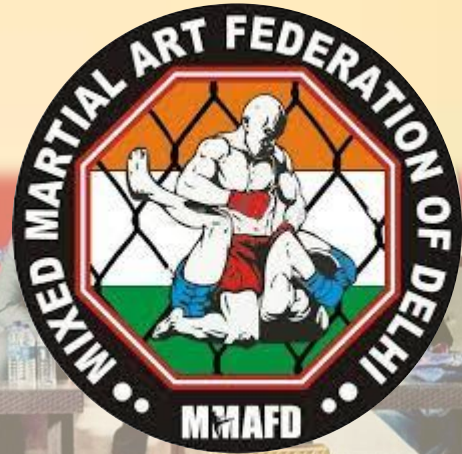
Munavar Nifal's achievements during the academic year serve as a source of inspiration for fellow students, emphasizing the importance of balancing academics with sports. His journey reflects the values of perseverance, commitment, and excellence encouraged by St. Mary's College, and he stands as a shining example of young talent nurtured through dedication and hard work.

MUNAVAR NIFAL
FIRST YEAR BCA

Fearless and Focused: Rinsha Sherin's Triumph in National MMA

St. Mary's College, Puthanangadi proudly celebrates the outstanding achievement of Rinsha Sherin, an M.A. English student, who secured victory at the National Level MMA (Mixed Martial Arts) Competition in the Under 60 kg category. Her success stands as a shining example of how passion, perseverance, and discipline can lead to excellence both inside and outside the classroom.

Rinsha's journey into the challenging arena of mixed martial arts has been marked by years of dedicated training, self-belief, and mental strength. MMA demands mastery over multiple fighting techniques, intense physical conditioning, and sharp tactical awareness. Rinsha displayed all these qualities with confidence and composure, overcoming strong competitors from across the nation to earn her place among the best. Balancing postgraduate studies in English literature with the physically and mentally exhausting training.



schedule of MMA is no easy task. Yet, Rinsha managed this balance with remarkable determination. Her academic background has helped shape her focus, patience, and analytical thinking—qualities that translated effectively into her performance in the ring. She has become a true role model for students who aspire to excel in both academics and sports.

Rinsha Sherin's achievement is also a significant milestone for women's participation in combat sports. By stepping into a traditionally male-dominated field and succeeding at the national level, she has broken barriers and inspired many young women to pursue their sporting dreams without hesitation.

This proud moment brings honour to **St. Mary's College, Puthanangadi**, and reflects the institution's encouragement of holistic development. The college community extends heartfelt congratulations to Rinsha Sherin and looks forward to witnessing her future successes at higher levels of competition.



Rinsha Sherin
M.A. English

Run for the Spirit of Sports: St. Mary's Mini Marathon Inspires Fitness and Unity

To commemorate National Sports Day, the Department of Physical Education at St. Mary's College, Puthanangadi, organized an energetic and inspiring Mini Marathon on August 27, 2025. The event, held on the college campus, celebrated the legacy of Major Dhyan Chand, the hockey legend whose contributions to Indian sports continue to inspire generations. The morning air was filled with excitement as participants gathered at 7:00 a.m. for the much-awaited run. The event officially began



(Teachers with mini marathon participants)

at 7:30 a.m., when the Principal of St. Mary's College inaugurated the marathon with an encouraging address and blew the starting whistle. Eleven spirited students took part in the race, embodying the true essence of sportsmanship, determination, and endurance.

The marathon route tested the participants' stamina and willpower, but their enthusiasm never waned. After a thrilling contest, Navaneesh I.P. from 5th History crossed the finish line first, claiming the first prize. Mohammed Murshid from 5th B.Com Finance followed closely to win the second prize, while Ajmal from 5th B.A. English secured the third position with an impressive performance.

The event served as a reminder of the vital role that physical activity plays in promoting health, discipline, and unity. The Physical Education Department expressed heartfelt gratitude to the college management, staff, and students for their wholehearted support and participation, making the Mini

Marathon a memorable tribute to the spirit of sports and fitness.



Click From Mini Marathon. From Left Muhammed Murshid (B Com Finance, Muhammed Ajmal Sadath (Ba English), Navinesh (Ba History)

HISTORICAL *Highlights*



FASIL
KERALA PREMIER LEAGUE
PLAYER, 2023



MOHAMMEDSANJID
UNIVERSITY TAEKWONDO
PLAYER, 2023



NASIK NP
NATIONAL ARMWRESTLING
PLAYER 2024



MOHAMMED MUHIZUDEEN
STATE LEVEL BODY BUILDER
2024



RINSHA SHERIN
NATIONAL LEVEL MMA PLAYER
2025



MUNAVAR NIFAL
STATE LEVEL ATHLET
2025

Upcoming Goals

The St. Mary's College Sports Field is not just a place for games — it is the heart of our athletic spirit and community energy. Moving forward, the field has exciting **upcoming goals** that reflect our passion for health, teamwork, and excellence. These goals include:

Enhancing Athletic Training:

We aim to support all student-athletes by improving the training environment. The sports field will host regular fitness programs, skill-development drills, and coaching sessions for various sports — empowering students of all levels to reach their personal best.

Promoting Inter-College Competitions:

Our field will soon become a hub for friendly rivalries and spirited competition. We plan to host more inter-college football, athletics, and sports meets that encourage healthy competition and strengthen relationships with other institutions.

Encouraging Student Participation:

A major goal is to increase participation from all students — whether beginners or seasoned players. The sports field will organize open days, fun games, and mixed-team tournaments where everyone can enjoy physical activity and make new friends.

Upgrading Facilities:

We are committed to making the sports field safer and more modern. Upcoming improvements include better lighting, marked tracks, upgraded goalposts, and seating for spectators, making the field welcoming for both players and the college community.

Building Team Spirit and Leadership:

Beyond sports, the field will be a place for leadership, collaboration, and college pride. Through team practices, student-led events, and coaching interactions, students will grow not only as athletes but as leaders.



Acknowledgment

With immense gratitude and pride, we present this edition of our College Sports Magazine. This publication is the result of collective effort, dedication, and unwavering support from many individuals who believe in the power of sports and teamwork.

We express our sincere thanks to the Management and Principal of St. Mary's College, Puthanangadi for their constant encouragement and for providing the facilities and opportunities that nurture sporting excellence in our campus.

Our heartfelt appreciation goes to the Physical Education Department for their tireless efforts in organizing events, guiding athletes, and inspiring students to strive for excellence both on and off the field. Their commitment and leadership have been the backbone of our sporting achievements.

We also extend our gratitude to all coaches, staff members, and volunteers who worked behind the scenes to make every event a grand success. Special thanks to our talented student-athletes whose passion, discipline, and sportsmanship continue to bring pride and honor to our institution.

Finally, we acknowledge the magazine editorial team and contributors who dedicated their time and creativity to make this publication meaningful and inspiring.

This magazine stands as a celebration of teamwork, perseverance, and the true spirit of sports.



ST. MARY'S COLLEGE



(Affiliated to University of Calicut), Run by the Congregation of the Sons of the Immaculate Conception (CFIC)
NAAC Accredited (First Cycle) With A+ Grade (3.45/4) Puthanangadi, Angadippuram, info@stmaryscollege.info, www.smcpc.ac.in, 04933 258704, 9497442978

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life.

And that is why I succeed."

-Michael Jordan

