



St. Mary's College

PLAYMAKERS



The Pulse of Our Campus



COACH'S CORNER:
INSPIRING FUTURE
FOOTBALL STARS IN
MALAPPURAM

TRAINING &
FITNESS ARTICLES

INTRAMURAL COMPETITIONS
ELITE FOOTBALLERS
INTERCOLLEGIATE CHAMPIONSHIPS
TEACHERS CONTRIBUTIONS

ARTICLES

EXCLUSIVE
INTERVIEW
INSIDE THE MIND
OF KERALA PLAYER

Playmakers: The Pulse of Our Campus



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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 shoutout 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

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PURPOSE OF THE MAGAZINE

The College Sports Magazine is a dedicated platform to celebrate, document, and promote the dynamic sports culture of our institution. Our purpose is to:

- ❖ **Inspire and Motivate:** Highlight the dedication, passion, and achievements of our athletes to inspire students to embrace sports and fitness as part of their lives.
- ❖ **Showcase Talent:** Provide a platform for our athletes, coaches, and teams to share their journeys, accomplishments, and behind-the-scenes moments with the wider college community.
- ❖ **Build Community Spirit:** Foster a sense of unity and pride among students, faculty, and alumni by celebrating our collective sports heritage.
- ❖ **Promote Awareness:** Inform readers about the significance of sports in personal development, teamwork, and building resilience.
- ❖ **Document History:** Capture and preserve the memorable moments, milestones, and triumphs of our college's sports teams for future generations

FULL-TIME

FC LEVERKUSAN 0

AALANGAM FC 1



SPL SEASON 5



BLITZ FC



SPORTING FC



AALANGAM FC



ITTIHAD FC



ASTON VILLA



FALCON FC



FC LAVERKUSAN



RUSSIAN FC

St mary's sports & Alega union smc

SPL



TEAM MANAGERS



MUHEES



SHAFEED



SREYAS



SHIBILI



RAMSHIK



SHAHID



HIFAS



VISHNU

TEAM CAPTAINS



FADIL



AKMAR



SANDEEP



NIDHUL



ASHIF



CHRISTAN



ANSIL



AFSAL

SPL





Champion's Moments

ETIHAD FC TRIUMPHS IN SPL SEASON 5 FINAL



**Aalangan FC Finishes as
SPL Season 5 Runners-up**

Aalangan FC showcased a remarkable performance in the highly competitive Season 5 of the St. Mary's Premier League (SPL), securing the runners-up position after a hard-fought final. The final match witnessed intense gameplay, with Aalangan FC displaying commendable teamwork and tactical prowess. However, their opponents managed to capitalize on key moments, leading to a decisive 2-goal defeat. standout performer for Aalangan FC was their captain, Navaneesh I.P, whose exceptional skills and leadership In a thrilling conclusion to Season 5 of the St. Mary's Premier League (SPL), Etihad FC emerged victorious, securing the championship title with a commanding 2-goal victory in the final match. The intense clash saw Etihad FC dominating the field with strategic play and relentless determination. Team captain Christan played a pivotal role in the team's success, not only leading the squad with exceptional skill but also scoring the first goal of the

final, setting the stage for their triumph. His stellar defensive performance throughout the tournament earned him the prestigious title of **Best Defender** of the tournament, which earned him the prestigious 'Best Player of the Tournament' award.

His consistent performances throughout the league played a crucial role in the team's journey to the finals. Though the championship title eluded them this season, Aalangan FC's spirited run and unwavering commitment have won them immense respect among fans and fellow competitors. With this strong foundation, Aalangan FC looks ahead to future tournaments with renewed determination, aiming to claim the championship title in the coming seasons. tournament also witnessed a spectacular display of goalkeeping by Irshad from Etihad FC, who was honored as the **Best Goalkeeper** of SPL Season 5. His remarkable saves and unwavering focus between the posts were instrumental in securing his team's victory.

With this emphatic win, Etihad FC has cemented its reputation as a powerhouse in college football. The team's exceptional performance throughout the season will be remembered as one of the most dominant displays in SPL history.





NAVANEES IP CROWNED BEST PLAYER OF SPL SEASON 5

Navanees IP, a talented second-year History student, has been named the Best Player of SPL Season 5. His exceptional performances throughout the tournament showcased his skill, dedication, and sportsmanship, making him a standout performer.

Navanees played a crucial role in his team's success, displaying remarkable consistency, strategic gameplay, and an unyielding passion for the sport. His ability to turn the game in his team's favor with decisive moves and outstanding performances earned him this well deserved recognition. The entire St. Mary's College sports fraternity congratulates Navanees on this remarkable achievement and wishes him continued success in his sporting journey.

CRISTAN SHINES AS BEST DEFENDER IN THE TOURNAMENT



The football arena witnessed an outstanding performance by Cristian, a third-year Economics student, as he was honored with the title of Best Defender in the recently concluded tournament. Despite missing the first round due to health issues, Cristian's return in the second round marked a turning point for Ettihad FC. His presence strengthened the team's defense, making them more resilient and organized. With his sharp defensive tactics and strategic gameplay, Cristian played a crucial role in leading the team towards the final.

Adding to his stellar performance, Cristian also scored a vital goal in the final match, further demonstrating his all-round capabilities on the field. His ability to read the game and coordinate the defense was instrumental in the team's qualitative performance throughout the tournament. His captaincy and dedication were evident in every match he played, inspiring his teammates and reinforcing Ettihad FC's dominance in the tournament. Cristian's achievement as the Best Defender is a testament to his hard work, resilience, and passion for the game.

IRSHAD SHINES AS THE BEST GOALKEEPER OF SPL SEASON 5



In a spectacular display of skill and determination, Irshad has been crowned the Best Goalkeeper of SPL Season 5. His outstanding performance throughout the tournament was a key factor in his team's defensive success, as he did not concede a single goal in the entire competition.

From the very first match, Irshad showcased his exceptional reflexes, quick decision-making, and commanding presence in the goal. His ability to anticipate the opponent's moves and make crucial saves under pressure set him apart as an extraordinary goalkeeper. His clean sheet record speaks volumes about his consistency and composure on the field.

Coaches and football enthusiasts alike have praised Irshad's performance, highlighting his unwavering focus and dedication. His contributions played a vital role in his team's success, giving them the confidence to pushforward without worrying about their defense. Irshad's achievement in SPL Season 5 not only cements his reputation as an elite goalkeeper but also serves as an inspiration for aspiring players in our college and beyond. His hard work and perseverance have set a benchmark for excellence in goalkeeping, proving that dedication and passion lead to remarkable success.

The entire college community celebrates Irshad's well-deserved recognition and looks forward to witnessing more of his brilliance in the coming seasons. Congratulations to Irshad on this incredible feat!

FAIS EMERGES AS THE TOP SCORER



Adding to the thrilling moments of SPL Season 5, Fais from 2nd Year B.Com Cooperation has been named the Top Scorer of the tournament. With an impressive tally of four goals, Fais displayed remarkable attacking prowess and played a crucial role in his team's offensive success. From the group stages to the final moments of the tournament, Fais proved to be a relentless striker, capitalizing on every scoring opportunity with precision and confidence. His agility, sharp finishing, and ability to outmaneuver defenders made him a constant threat to opposing teams. His incredible goal-scoring ability was instrumental in driving his team

forward, earning him well-deserved recognition as the leading

of the season. Coaches and fans have lauded his technical skills and composure in front of goal, marking him as one of the most promising forwards in college football. Fais's dedication and commitment to excellence serve as a motivation for aspiring footballers in our college. His success in SPL Season 5 is a testament to his hard work, talent, and passion for the sport. The college community extends its heartfelt congratulations to Fais for his outstanding performance and wishes him continued success in future tournaments!

MOHAMMED NISHAN NAMED THE MOST VALUABLE PLAYER OF SPL

Another standout performer in SPL Season 5, Mohammed Nishan, a 2nd Year B.Com Cooperation student, has been honored as the Most Valuable Player of the tournament. Playing in the left wing-back position, Nishan exhibited a perfect blend of defensive resilience and attacking flair, making him an indispensable asset to his team.

Throughout the tournament, Nishan's versatility and work ethic stood out, as he tirelessly contributed both in defense and attack. His speed, tactical awareness, and exceptional ball control enabled him to shut down opposition wingers while also creating key opportunities for his team's forwards. His ability to transition seamlessly between defense and attack played a crucial role in his team's overall performance. Coaches

and fans have widely praised Nishan's leadership on the field, his unwavering determination, and his ability to inspire teammates with his relentless energy. His recognition as the Most Valuable Player is a testament to his immense contribution and impact on the tournament.

The college community takes great pride in Nishan's achievement and congratulates him on this well-earned accolade. His remarkable performance in SPL Season 5 will undoubtedly serve as motivation for future generations of footballers. We look forward to seeing him continue to shine in the coming seasons!

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SPL SEASON 5



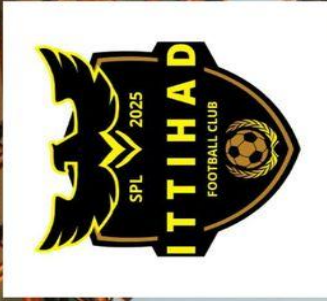
BLITZ FC



SPORTING FC



AALANGAM FC



ITTIHAD FC



ASTON VILLA



FALCON FC



FC LAVERKUSAN



RUSSIAN FC

St mary's sports & Alegria union smc







MAN OF THE MATCHES



Calicut University B-zone Championship 2024-2025





Chasing Glory: Our College Team Shines in Calicut University Inter-Collegiate Football Tournament"

The football team of St. Mary's College, Puthanangadi, showcased remarkable skill and determination in the B-Zone Football Tournament held at Duxford College, Nilambur. Competing against some of the toughest teams in the zone, our players displayed excellent teamwork and resilience throughout the tournament.

St. Mary's College kicked off their campaign with a dominant performance in the first round, securing a well-earned victory that set the tone for their journey. The second round saw another spirited display as the team battled fiercely to overcome their opponents and advance to the third round.

However, despite their relentless effort and commendable performance, our team faced a tough challenge in the third round and bowed out of the tournament. The match was a hard-fought contest, with our players giving their best until the final whistle. Though the tournament run ended in the third round, the team's performance was a testament to their dedication, skill, and sportsmanship.

The players, guided by their coach and supported by enthusiastic fans, have gained valuable experience and



motivation to come back stronger in future tournaments. Their journey in this competition has been an inspiration for the entire college, proving that perseverance and teamwork are the key to success in sports.

We extend our heartfelt congratulations to the team for their outstanding effort and look forward to even greater achievements in the coming seasons. St. Mary's College will continue to strive for excellence and make its mark in the football arena!



St Mary's College Players Arshad (goal keeper), Asif (defensive midfielder), Christan (center back), Akmar Naseef (left midfielder), Fadil (striker), Vipin (right wing back) And Anas(left wing back)



(St Mary's College Volleyball Team)

Valor and Controversy: St. Mary's Volleyball Team Shines Despite Unjust Defeat

The roar of the crowd, the thundering spikes, and the relentless pursuit of victory – the Calicut University Intercollegiate Volleyball Tournament, held on October 21, 2024, at the VVC Volleyball Court in Valiyora, Vengara, witnessed a display of exceptional talent and unwavering spirit from St. Mary's College Puthanangadi's volleyball team. Under the astute captaincy of Mohammed Rimshad CP, a sixth-semester BBA student, our team embarked on a journey that showcased their dedication and skill, leaving an indelible mark on the tournament.

From the first serve, it was evident that St. Mary's was a force to be reckoned with. The team's synergy, built through countless hours of rigorous practice, was palpable. Each player contributed their unique strengths, creating a formidable unit that dominated the court. Rimshad's leadership was instrumental, providing strategic direction and unwavering encouragement that galvanized the team. The precision of their serves, the power of their spikes, and the agility of their defense were a testament to their hard work and commitment.

The journey to the semi-finals was nothing short of spectacular. Our team's performance throughout the preliminary rounds and quarter-finals was marked by decisive victories, demonstrating their superior technique and tactical acumen. The players moved with a fluidity and precision that captivated the audience,

earning them admiration and respect from fellow competitors and spectators alike. However, the semi-final round brought with it a series of challenges that ultimately derailed our team's quest for the championship. Despite their valiant efforts, the players faced numerous officiating problems, including questionable calls and inconsistencies that significantly impacted the flow of the game. These contentious decisions created an atmosphere of frustration and disillusionment, ultimately contributing to our team's narrow defeat.

While the loss was undoubtedly disheartening, it does not diminish the remarkable achievements of our volleyball team. They displayed exceptional sportsmanship and resilience in the face of adversity, proving their mettle as true champions. The dedication, skill, and passion exhibited by each player were a source of immense pride for St. Mary's College.

The tournament underscored the importance of fair play and impartial officiating in competitive sports. It also highlighted the extraordinary talent and spirit of our volleyball team, who, despite the challenges, delivered a performance that will be remembered for its brilliance and determination.

We extend our heartfelt congratulations to Mohammed Rimshad CP and the entire team for their outstanding performance. Their dedication, skill, and unwavering spirit have brought honor to St. Mary's College. We look forward to their continued success in future competitions, and we are confident that they will continue to inspire us with their passion for the sport. The experience gained at this tournament will serve as a valuable lesson, fueling their drive to achieve even greater heights.



FROM CLASSROOM TO CHAMPIONSHIP: FITNESS TIPS FOR STUDENT-ATHLETES

As student-athletes, balancing academics with rigorous training schedules can be challenging, but staying fit and injury-free is essential for long-term success both on and off the field. Here are expert tips on fitness, injury prevention, and endurance building to help you achieve peak performance while staying healthy.

1. Warm-Up Properly

Why it's important: A proper warm-up prepares your body for physical exertion, increases blood flow to muscles, and reduces the risk of injury.

How to do it:

- Start with 5-10 minutes of light cardio, such as jogging or cycling, to get your heart rate up.
- Follow it with dynamic stretches, such as leg swings, arm circles, and torso twists, to activate the muscles you'll be using during your workout.

2. Build a Balanced Strength Training Routine

Why it's important: Strength training helps build muscle, increase power, and reduce the risk of injuries.

How to do it:

- Focus on compound movements that target multiple muscle groups, such as squats, deadlifts, push-ups, and pull-ups.
- Include both upper and lower body exercises to maintain muscle balance and prevent imbalances that can lead to injury.
- Train 2-3 times a week, allowing 48 hours of rest between sessions for muscle recovery.

3. Focus on Mobility and Flexibility

- **Why it's important:** Improving mobility and flexibility can increase your range of motion and prevent muscle tightness, which can lead to injury.

How to do it:

- Incorporate static stretching after training to improve flexibility, holding each stretch for 20-30 seconds.
- Include foam rolling in your routine to release tension in muscles and fascia.
- Yoga or Pilates can be an excellent way to enhance flexibility and improve body awareness.

4. Proper Nutrition for Performance

Why it's important: Fueling your body with the right nutrients supports energy levels, muscle recovery, and overall athletic performance.

How to do it:

- Consume a balanced diet that includes complex carbohydrates (whole grains, vegetables), lean proteins (chicken, tofu, beans), and healthy fats (avocados, nuts, olive oil).
- Stay hydrated by drinking water throughout the day, especially before, during, and after training.
- For recovery, consider having a post-workout snack that combines protein and carbohydrates, such as a protein shake with a banana or a chicken sandwich.

5. Prioritize Rest and Recovery

Why it's important: Rest is essential for muscle repair and preventing burnout. Overtraining without adequate recovery can lead to fatigue and increased injury risk.

How to do it:

- Ensure you're getting enough sleep—7-9 hours per night is ideal for optimal recovery.
- Take 1-2 rest days per week from intense training to allow your muscles to recover.
- Include active recovery sessions like light walking, swimming, or yoga to maintain blood flow without



overloading your body.

6. Injury Prevention: Listen to Your Body

Why it's important: Preventing injuries is key to maintaining consistent performance over time.

How to do it:

- Pay attention to any aches, pains, or signs of discomfort. Early signs of injury, such as swelling, pain, or limited movement, should not be ignored.
- Use proper form when performing exercises or during competition to reduce the risk of strains or sprains.
- Cross-train to give your body variety and prevent overuse injuries. For example, if you're a runner, try swimming or cycling to give your joints a break.

7. Building Endurance for Peak Performance

Why it's important: Endurance is key for sustained performance during games or competitions. It allows athletes to maintain high intensity throughout the duration of their sport.

How to do it:

- Interval training: Alternating between high-intensity bursts of exercise and low-intensity recovery periods will help build cardiovascular fitness and muscular endurance.
- Longer aerobic sessions: Incorporating longer, steady-state cardio sessions (e.g., running, cycling) into your weekly routine helps develop the endurance necessary for longer athletic events.
- Aim to gradually increase the duration and intensity of your endurance sessions, but always listen to your body to avoid overtraining.

8. Mental Fitness and Focus

Why it's important: Mental strength is as critical as physical strength for athletes. Staying focused, motivated, and positive can make the difference between a good performance and a great one.

How to do it:

- Practice visualization techniques, where you mentally rehearse successful performance scenarios before events.
- Set specific, achievable goals and track progress. Celebrate small victories along the way to stay motivated.
- Incorporate mindfulness techniques such as meditation or deep breathing exercises to improve focus and reduce stress during training and competition.

9. Cross-Training for Varied Performance

Why it's important: Cross-training helps improve overall fitness while minimizing the risk of injury and preventing monotony in training.

How to do it:

- For example, a runner might cross-train by doing strength training, swimming, or cycling. This reduces the impact on the joints and works different muscle groups.
- Engage in activities that challenge different physical skills, such as agility drills, balance exercises, or even dance classes.

10. Track Your Progress

Why it's important: Tracking your progress helps you stay focused and motivated, while also giving you insight into areas that need improvement.

How to do it:

- Keep a training log or use fitness apps to record your workouts, nutrition, and recovery.
- Regularly assess your performance by taking fitness tests (e.g., running time, strength measurements) to gauge improvement.

- Shijil Prasad CP

BATTLE 25

ANNUAL ATHLETIC MEET



AJMAL HASHIR



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.smcp.ac.in, 04933 258704, 9497442978



ALLEGRA UNION

ST MARYS COLLEGE PUTHANAGADI

ANNUAL ATHLETIC MEET 2025: A SPECTACLE OF SPORTING EXCELLENCE

The **College Athletic Meet** is a celebration of sportsmanship, teamwork, and determination. It brings together students from various disciplines to showcase their athletic talents, foster a spirit of healthy competition, and promote physical fitness. The event is not just about winning medals but also about pushing personal limits, building camaraderie, and embracing the true essence of sports. From track and field events to team sports, the meet serves as a platform for young athletes to shine and inspire. With enthusiastic participation and electrifying performances, the College Athletic Meet remains one of the most awaited events of the academic year, creating memories that last a lifetime. The much-anticipated **Annual Athletic Meet 2025** of St. Mary's College, Puthanangadi, unfolded with great enthusiasm and competitive spirit on **February 3rd and 4th, 2025** at the **college ground**. The event was inaugurated by **Ajmal Hashir**, a proud alumnus of the college and a distinguished Kerala player. His presence served as an inspiration to the budding athletes, encouraging them to strive for excellence.

The first day of the meet commenced with the **jumping events** from **9:00 AM to 12:30 PM**, where 59 competitors showcased their agility and technique. The event was executed with precision, ensuring a fair and competitive environment. Following the event, participants were treated to refreshments, and the winners were felicitated by the **college principal** with awards and accolades.

Later in the day, from **2:00 PM to 4:30 PM**, the focus shifted to the **throwing events**, which witnessed an overwhelming participation of **393 athletes**. The events included **javelin throw, shot put, and discus throw**, in both men's and women's categories. The competition was intense, displaying the power and skill of the student-athletes. The victors were honored with prizes and appreciation, recognizing their dedication and hard work.

The second day was dedicated to **track events**, where **314 athletes** competed fiercely in a series of races, including **100m, 200m, 400m, 800m, 1500m, 3000m, 1500m walk, 5000m, and 3000m walk**.

The thrilling races kept the spectators on the edge of their seats, cheering for their favorite athletes.

The event concluded with the distribution of awards by the **college principal**, recognizing the perseverance and talent of the winners. The Annual Athletic Meet 2025 was not just a competition but a celebration of sportsmanship, dedication, and the unwavering spirit of the student-athletes. It reinforced the importance of physical fitness



and camaraderie, leaving behind memories of exhilarating performances and inspiring achievements.

With yet another successful edition, the college looks forward to fostering more champions in the years to come!



The **Annual Athletic Meet** of St. Mary's College witnessed outstanding performances from our talented athletes, showcasing their dedication and competitive spirit. This year's **individual champions** are:

- 🏆 **Fadil** (3rd Year BCA) – A powerhouse of talent, dominating in 100 mtr, 200 mtr, and 400 mtr men race.
- 🏆 **Navaneesh IP** (2nd Year History) – Demonstrated exceptional skill and endurance, excelling in 800 mtr, 1500 mtr, and 3000 mtr men race.
- 🏆 **Fathima Bahja** (2nd Year English) – Proved her mettle in short-distance events like 100 mtr, 200 mtr and long jump women with remarkable speed and agility



Fadil with Fr. Denny Cholappalil (Principal of the College)

In a dazzling display of speed, strength, and determination, **Fathima Bahja**, a 4th-semester English student, emerged as the **Women's Individual Champion** at the **St. Mary's College Annual Athletic Meet**. Her spectacular performance on the track and field made her an undisputed star of the event.

Fathima dominated the sprinting events, clinching **gold in both the 100m and 200m women's races**, showcasing her explosive speed and endurance. She further cemented her champion status by excelling in the **long jump**, where her agility and technique secured her the **first-place finish**.

Her relentless dedication and passion for athletics were evident in every event she participated in, inspiring fellow athletes and setting a high standard for future competitors. Fathima's victories reflect not just her physical abilities but also her unwavering determination and competitive spirit.

FADIL: SPRINTING SENSATION AND BACK-TO-BACK CHAMPION

Fadil, a **6th-semester BCA student**, has once again proven his dominance on the track, securing the **Individual Champion** title at the **St. Mary's College Annual Athletic Meet** for the second consecutive year. A true speedster, he showcased his brilliance in the **100m, 200m, and 400m** events, leaving his competitors behind with remarkable pace and endurance.

Adding to his stellar performance, Fadil played a crucial role in the **4x100m and 4x200m relay teams**, securing victory and further cementing his legacy as a top-tier athlete. His relentless dedication, consistency, and passion for athletics have set a new benchmark for aspiring runners.

With back-to-back titles and an impressive medal tally, Fadil stands as an inspiration to his peers, proving that hard work and perseverance pave the way to greatness. His achievements are a testament to his unwavering spirit and love for the sport.



Fathima Baha with Fr. Denny Cholappalil (Principal of the College)

With her name etched in the college's sporting history, Fathima Bahja stands as a true icon of perseverance and excellence. Her triumphs at the meet are a testament to the power of hard work and self-belief.

Highlight Moments





ST. MARY'S MINI MARATHON 2025: RACING FOR GLORY ON NATIONAL SPORTS DAY



In celebration of **National Sports Day**, the **Department of Physical Education**, **St. Mary's College, Puthanangadi**, organized an exhilarating **Mini Marathon** on **August 29**. The event aimed to promote fitness, endurance, and the true spirit of sportsmanship among students. With an enthusiastic turnout, **25 students** participated in the competition, demonstrating remarkable

determination and athleticism. The marathon route covered a challenging stretch from **St. Mary's College to Angadipuram and back**, with the **starting and finishing point remaining the same**. The participants exhibited immense grit, pushing their limits to complete the race successfully. After an intense and competitive run, the **top three winners** emerged victorious:

Navaneesh (3rd Semester, History) – Secured the first position with an outstanding performance.

Sudarsanan (1st Semester, BBA) – Finished strong to claim second place.

Ashif (5th Semester, Economics) – Earned third place with a commendable effort.

The winners were honored in a prize distribution ceremony, where **Fr. Denny Cholappallil, Principal of St. Mary's College**, presented the awards, encouraging students to embrace sports as a way of life.

The event was a grand success, igniting a passion for athletics and fostering a spirit of healthy competition. St. Mary's College continues to uphold its legacy of nurturing young talents, making the Mini Marathon an unforgettable sporting milestone.



 **NATIONAL SPORTS DAY** 

India celebrates National Sports Day annually on August 29th to honor the birth anniversary of hockey legend Major Dhyani Chand, recognizing his contributions to the sport and promoting the importance of sports and physical activity.

STAFF SQUAD STUNS THE FIELD – ST. MARY'S COLLEGE FINISHES AS CRICKET RUNNERS-UP



From Left, Prashanth, Rajesh, Siyavudheen, Muhammed Rafi, Yadu Krishna, Sibin Joseph, Antony, Saith Sreedharan, Shameem Babu, Abdul Navas, Fr.Denny Cholappalil, Sankaran, Abhinand And Shijil Prasad.

Noble Women's College, Manjeri, recently hosted an exhilarating Intercollegiate Staff Cricket Tournament, bringing together four dynamic teams in a league-cum-knockout format. Among the spirited competitors, St. Mary's College, Puthanangadi, showcased remarkable skill and determination, securing the prestigious runner-up position. The grand finale witnessed an intense showdown between MES Mampad College and St. Mary's College. Winning the toss, St. Mary's College opted to bat first, aiming to set a challenging target. With a powerful display of batting prowess, the team posted an impressive total of 108 runs in just six overs. Their aggressive strokes and strategic play kept the spectators on the edge of their seats, promising a thrilling contest. However, the chase turned out to be a tough battle. MES Mampad College, with a well-structured game plan, managed to secure victory by eight wickets. Despite the setback, the St. Mary's College team displayed exemplary sportsmanship and resilience throughout the tournament, earning admiration from all. The tournament was a testament to the passion and teamwork of

Prashanth from the Commerce Department is making waves in the ongoing cricket tournament with his outstanding performances. His remarkable skills and consistency on the field have been a game-changer, earning admiration from teammates and opponents alike. With his stellar batting and all-round contribution, he continues to be a key player in the tournament's thrilling moments!



Prasanth Sir: Master of the Classroom & Cricket Field



ST. MARY'S COLLEGE



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INTERCOLLEGIATE STAFF CRICKET TOURNAMENT 2025

23RD FEBRUARY

ICST SEASON 1





Beyond the Classroom! St. Mary's College Conducts Staff Sports Extravaganza

On February 24, 2025, St. Mary's College, Puthanangadi, organized an electrifying Inter-Collegiate Cricket Tournament, showcasing the finest cricketing talents from various institutions. The tournament followed a knockout format with each match played in an intense 8-over-per-side setting, making every game a thrilling contest of skill, strategy, and teamwork.

A total of eight teams participated, bringing together young cricketers from prestigious colleges across the region. The competing teams included MES Kalladi College, Mannarkkad; Polytechnic College, Kottakkal; Nasra College, Thirurkkad; MSTM College, Poopalam; Priyadarshini College, Malappuram; Safi College, Vazhayoor; Noble.

Women's College, Manjeri; and the host team, St. Mary's College, Puthanangadi. The tournament saw high-energy performances, spectacular batting displays, and impressive bowling spells that kept the audience engaged throughout the day.

As the competition progressed, each team fought fiercely for a spot in the finals. After several closely contested matches, Safi College, Vazhayoor, and St. Mary's College, Puthanangadi, emerged as the two finalists, setting the stage for a grand showdown. The final match was nothing short of a cricketing spectacle, filled with breathtaking moments and edge-of-the-seat action.

Batting first, Safi College, Vazhayoor, put up a challenging total, displaying resilience and determination. However, the St. Mary's College team, fueled by home-ground support and an unwavering spirit, chased down the target with remarkable composure. Their all-round performance, coupled with strategic batting and disciplined bowling, led them to a well-deserved victory. With this triumph, St. Mary's College, Puthanangadi, claimed the championship title, adding yet another glorious chapter to the institution's sporting legacy.

The tournament not only celebrated cricketing excellence but also fostered camaraderie and sportsmanship among the participating colleges. The event concluded with a grand prize distribution ceremony, where the champions and runners-up were honored for their outstanding performances. The victorious St. Mary's College team lifted the prestigious trophy, while Safi College, Vazhayoor, was applauded for their spirited run to the finals.

The success of the Inter-Collegiate Cricket Tournament stands as a testament to the vibrant sports culture at St. Mary's College, Puthanangadi. With such initiatives, the college continues to encourage young athletes, providing them with a platform to showcase their talent and passion for the game. This thrilling tournament will be remembered as a milestone event, inspiring many more such competitions in the years to come.



DOMINANCE CONTINUES -ST. MARY'S COLLEGE STAFF LIFTS ANOTHER CRICKET TROPHY

St. Mary's College, Puthanangadi, once again proved its dominance in cricket by securing the championship title in the Inter-Collegiate Staff Cricket Tournament hosted by the college. The tournament, featuring eight competitive teams, followed an exciting 8-over knockout format, delivering thrilling moments and intense battles on the field. The St. Mary's College team showcased exceptional teamwork and skill throughout the tournament. Opening batsmen Shijil Prasad and Prashanth from the Commerce Department played a crucial role in setting the stage for their victories. In the first match, Prashanth couldn't fully display his batting prowess, but with outstanding performances from Shijil, Yadhu, Nipin, and others, the team managed to post an impressive total of over 100 runs, securing a strong win.

However, it was in the second match and the grand finale that Prashanth truly stole the spotlight. His astonishing batting display saw him single-handedly score over 100 runs, leaving the opponents stunned and the spectators in awe. His aggressive strokes, well-timed shots, and unshakable confidence powered St. Mary's College to a glorious victory in the final.

The tournament was efficiently managed under the supervision of Abdul Navas, ensuring smooth coordination and a competitive spirit among the teams. Led by captain Shijil, the St. Mary's College team displayed remarkable sportsmanship and determination. Prashanth's stellar performance earned him multiple accolades, including **Man of the Match, Best Batsman, and Best Player of the Tournament**—a testament to his all-round excellence. With this historic win, St. Mary's College continues to set new benchmarks in sports, inspiring both staff and students to embrace athletics with passion and dedication.

PRASHANTH SIR: THE UNDISPUTED CHAMPION OF THE TOURNAMENT!



grace and confidence. His presence on the field not only strengthened the team but also elevated the level of competition in the tournament.

FR. DENNY CHOLAPPALLIL: LEADING FROM THE FRONT – ON AND OFF THE FIELD!

A great leader not only inspires in the classroom but also leads by example in every aspect of life. Principal Fr. Denny Cholappallil of St. Mary's College, Puthanangadi, proved this true as he stepped onto the cricket field, displaying his unwavering passion for the game. As a key player for the St. Mary's College staff team, he demonstrated remarkable enthusiasm, dedication, and sportsmanship, inspiring both his team and the entire college community.

Known for his visionary leadership in academics and administration,

In the world of cricket, talent and determination define greatness, and Prashanth Sir from the Commerce Department of St. Mary's College, Puthanangadi, has proven to be a true cricketing sensation. His exceptional performance throughout the Inter-Collegiate Staff Cricket Tournament has earned him the prestigious titles of Best Batsman, Man of the Series, Best Player in the Final, and Top Scorer of the Tournament—a rare feat that highlights his sheer dominance on the field. From the very first match, Prashanth Sir displayed his remarkable cricketing skills, captivating spectators with his flawless batting technique and fearless approach. Though he had a slow start in the opening game, his resilience and sportsmanship never wavered. As the tournament progressed, he unleashed his full potential, delivering breathtaking performances that left opponents in awe. His most unforgettable moments came in the second match and the grand finale, where he played with unparalleled precision and power. Scoring over 100 runs individually, he single-handedly led St. Mary's College to a resounding victory, securing the championship title in style. His aggressive strokes, strategic placements, and impeccable timing made him an unstoppable force, proving his ability to handle



HIGHLIGHTS MOMENTS

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St Mary's College Puthanangadi

Playmakers 24 March 2025



St Mary's College Puthanangadi

St Mary's College Puthanangadi

UPCOMING GOALS



As we continue to celebrate and promote the vibrant sports culture of our college, we have set the following goals to elevate the impact of our magazine:

Expand Coverage: Include a wider range of sports, from mainstream games to lesser-known activities, ensuring every athlete and team gets the recognition they deserve.

Interactive Content: Incorporate engaging content like quizzes, polls, and audience-submitted stories to increase reader involvement and create a sense of community.

Alumni Features: Spotlight successful alumni athletes who can inspire current students and share how their college sports journey shaped their future.

Digital Integration: Launch an online version of the magazine to reach a broader audience, including alumni and supporters who cannot access the print edition.

Workshops and Insights: Collaborate with coaches and sports experts to provide training tips, mental wellness advice, and skill-building techniques for budding athletes.

Sustainability in Sports: Promote awareness of eco-friendly practices in sports and encourage sustainable initiatives during events and tournaments.

Increased Student Participation: Encourage more students to contribute articles, photography, and artwork to the magazine, fostering a greater sense of ownership and creativity.

Special Editions: Plan themed issues that highlight specific topics, such as women in sports, the role of technology in athletics, or the history of sports at our college.

Recognition and Rewards: Establish a platform to honour outstanding athletes, teams, and contributors who make significant

contributions to the sports community.

Strengthen College Spirit: Use the magazine to further unite students, faculty, and alumni by emphasizing the pride and sportsmanship that define our college.



COACH'S CORNER: INSPIRING FUTURE FOOTBALL STARS IN MALAPPURAM

In this edition of Coach's Corner, we have the privilege of speaking with Mr. Shijil Prasad, the passionate football coach at St. Mary's College Puthanangadi, located in the heart of Malappuram district. Coach Shijil Prasad has been a driving force behind the success of our football team, nurturing local talent and helping them achieve their dreams both on and off the field.

Q: What motivated you to pursue a career in football coaching?

A: Growing up in Malappuram, football was not just a sport but a community passion. After playing football through my school and college years, I realized that I wanted to stay involved with the game. Coaching was a natural progression, as it allowed me to combine my love for football with my desire to inspire the next generation.

Q: How do you approach coaching at [Your College Name]?

A: The approach is holistic. I focus not only on developing technical skills but also on building discipline, mental strength, and teamwork. Football is a reflection of life, and I believe instilling good habits and values will help these students become better athletes and individuals.

Q: Malappuram has a strong football culture. How does that affect your coaching style?

A: The football culture here is one of the strongest in Kerala, and it truly motivates me to bring out the best in my players. The enthusiasm and energy of the students here are unmatched, and that's something that I channel into every training session. It's also important to stay connected with local clubs and experts to ensure our players have access to the best opportunities.

Q: Can you share a proud moment from your coaching career?

A: One of my proudest moments was when we won the [specific tournament] last year. The team had worked incredibly hard, and seeing their dedication pay off was truly special. The entire college came together to celebrate, and that sense of unity was a proud moment for all of us.

Q: What message would you like to share with aspiring footballers in Malappuram?

A: My message is simple: Keep working hard, stay focused, and never give up. Football is not just about physical skills; it's about your mentality, your ability to bounce back from setbacks, and your love for the game. Keep dreaming, and keep pushing yourself to new heights.

Motivational Message

"To all the young footballers in Malappuram—remember that success is earned through hard work and persistence. Don't be afraid to fail, because each failure is a lesson that brings you closer to your goal. Stay committed, and the game will always reward you." Athletes of all levels know that performance isn't just about the hours spent training; it's also about taking care of your body through proper injury prevention, effective recovery strategies, and a balanced nutrition plan. Whether you're preparing for a



a major competition or just aiming to improve, these elements play a crucial role in keeping you at the top of your game. Below is an in-depth guide on how to optimize your training regimen with these essential components.

1. Injury Prevention: Keeping Your Body Safe

Injury prevention should be a priority in every athlete's routine. The risk of injury increases when you push your body without proper care and precautions, but with the right strategies, many injuries can be avoided.

Warm-Up Properly:

Before engaging in any intense physical activity, take time to warm up. A proper warm-up increases blood flow to the muscles, enhances flexibility, and prepares your body for the demands of the sport. Aim for 5–10 minutes of light cardio (like jogging or cycling) followed by dynamic stretching (leg swings, arm circles, lunges).

Strengthen Your Muscles and Joints:

Weak muscles and joints are more prone to injury. Incorporating strength training into your routine helps build a solid foundation, enhancing overall muscle endurance and joint stability. Focus on core strength and balancing exercises, as a strong core is essential for maintaining proper posture and form during physical activity.

Cross-Training:

Engage in different forms of exercise to avoid overuse injuries. For example, if you're a runner, try cycling or swimming to reduce the repetitive impact on your joints. Cross-training improves overall fitness while providing your muscles with rest from your primary sport.

Use Proper Technique:

Improper technique during training or competition is a leading cause of injury. Work with a coach or trainer to ensure your form is correct, whether it's for running, lifting weights, or performing sport-specific skills. It's better to focus on quality over quantity, particularly when learning new movements.

Wear Proper Equipment:

The right footwear and protective gear are essential for injury prevention. Choose shoes that offer adequate support and cushioning for your sport, and wear appropriate gear like knee pads, mouthguards, or shin guards when necessary.

2. Recovery: Let Your Body Heal and Grow

Recovery is just as important as training. It allows the body to repair itself, build strength, and prepare for the next round of



Shameem Babu
Assistant Professor

of physical exertion. Here are key recovery tips for athletes:

Rest and Sleep:

Sleep is when your body undergoes the majority of its healing and regeneration. Aim for 7–9 hours of quality sleep per night. Poor or insufficient sleep can hinder muscle recovery, impair cognitive function, and decrease performance. Also, ensure you schedule rest days in your training plan to allow your muscles to recover fully.

Active Recovery:

Engage in low-intensity activities on your rest days, such as light walking, yoga, or swimming. These activities help maintain circulation and flexibility while giving your muscles a break from strenuous work.

Stretch and Foam Roll:

After workouts, dedicate time to stretching and foam rolling to release muscle tightness and increase flexibility. Focus on key muscle groups such as the quads, hamstrings, calves, and lower back. Foam rolling helps break down muscle knots and improves blood flow, which aids in faster recovery.

Ice, Heat, and Compression:

Ice baths or cold packs can help reduce inflammation and ease muscle soreness after intense physical activity. On the other hand

, heat therapy (like warm baths or heat packs) is useful for relaxing tight muscles. Compression garments also help reduce swelling and improve circulation, speeding up recovery.

Hydrate and Replenish:

After any physical activity, it's crucial to rehydrate and restore electrolytes lost during exercise. Consider drinking water, or sports drinks, or consuming electrolyte-rich foods like bananas, coconut water, or leafy greens.

3. Nutrition: Fuelling Your Body for Performance

Proper nutrition is essential for optimal performance, recovery, and injury prevention. Your body requires different nutrients to maintain energy levels, repair tissues, and stay strong. Here are some guidelines to help athletes make the best food choices:

Carbohydrates for Energy:

Carbohydrates are the body's primary energy source, especially for high-intensity exercise. Whole grains, fruits, vegetables, and legumes should form the foundation of your diet. Aim to consume a balanced portion of carbs before a workout to fuel your body and replenish glycogen stores afterward for recovery.

Protein for Muscle Repair:

Protein plays a crucial role in muscle repair and recovery. Aim for 1.2–2.0 grams of protein per kilogram of body weight daily, depending on your activity level. Good sources of protein include lean meats, fish, eggs, dairy products, legumes, and plant-based options like tofu and quinoa.

Healthy Fats for Endurance:

While carbohydrates and proteins are often prioritized in athletic diets, healthy fats are essential for endurance and overall health. Include sources of unsaturated fats like avocados, olive oil, nuts, and fatty fish in your diet to support brain function, reduce inflammation, and provide long-lasting energy.

Vitamins and Minerals for Performance:

Vitamins and minerals are key for overall health, muscle function, and immune support. Ensure you're getting enough calcium, magnesium, and vitamin D for strong bones, as well as antioxidants like vitamin C and E to fight inflammation and oxidative stress.

Hydration is Key:

Proper hydration is crucial for muscle function, thermoregulation, and overall performance. Aim to drink water consistently throughout the day, and increase your fluid intake during and after exercise. If you're training for longer periods or in hot climates, consider consuming electrolyte-rich drinks to replenish lost sodium



, potassium, and magnesium.

Meal Timing:

Consider eating a balanced meal 2–3 hours before training or competition to fuel your body. Afterward, aim to eat a recovery meal containing protein and carbohydrates within 30–60 minutes to kick start the muscle repair process. Recovery smoothies with protein powder, fruits, and greens can also be a quick, convenient option.

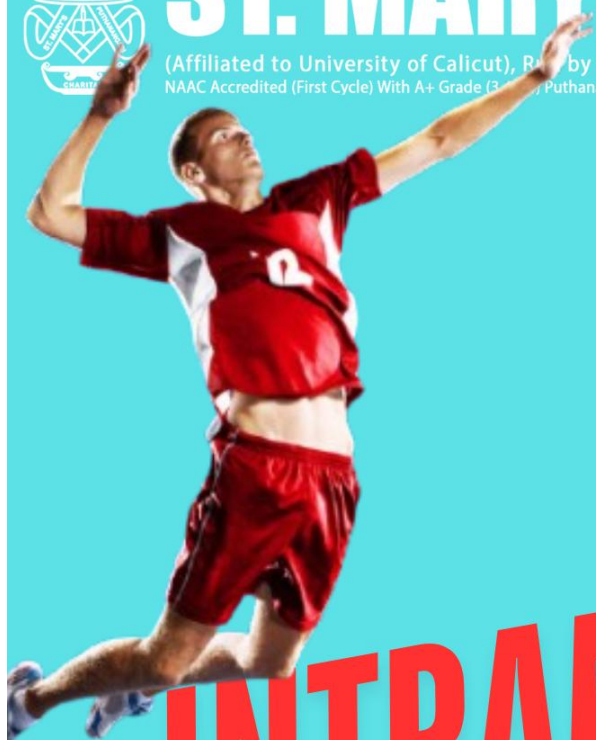
To be a successful athlete, it's essential to view your training routine as a holistic process. Injury prevention, recovery, and nutrition are interconnected, and all are critical to reaching peak performance. By focusing on proper warm-ups, recovery strategies, and fuelling your body with the right foods, you ensure that you can not only improve your athletic abilities but also keep your body healthy for the long term.



ST. MARY'S COLLEGE



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INTRAMURAL COMPETITIONS 2024-2025



GOALS & GLORY: A RECAP OF THE FOOTBALL BATTLE



The campus football ground at St. Mary's College, Puthanangadi, witnessed an electrifying showdown on December 3, 2024, as the much-anticipated Intramural Football Championship unfolded. Four teams, representing different academic years, locked horns in a spirited contest, displaying skill, teamwork, and a relentless passion for the game.

The tournament featured intense matches, with each team striving to secure the coveted championship title. After a series of gripping encounters, the third-year students emerged victorious, showcasing remarkable strategy and cohesion throughout the tournament. Their journey to the top was marked by resilience and a strong attacking play that kept their opponents on edge.

The second-year team, who fought valiantly till the final whistle, secured the runners-up position. Their commendable performance and sportsmanship were widely appreciated, proving that they are a formidable force in the college football circuit. The championship was more than just a competition; it was a celebration of sportsmanship and camaraderie among students. The enthusiastic support from the audience added to the energy of the event, making it a memorable experience for both players and spectators.

With such a thrilling edition of the Intramural Football Championship, the expectations are high for the next tournament, promising another season of outstanding football action. Congratulations to the winners and all participating teams for their commendable efforts on the field.

Football, known as soccer in some countries, is a globally loved sport played between two teams of eleven players each. The objective is to score goals by kicking the ball into the opponent's net while following rules that restrict the use of hands, except for goalkeepers. The game is played on a rectangular field with goalposts at each end.

With origins dating back centuries, modern football was officially codified in England in 1863. It has since grown into the most popular sport worldwide, with major tournaments like the FIFA World Cup and club competitions such as the UEFA Champions League. Football is cherished for its simplicity, teamwork, skill, and the passion it ignites among players and fans alike.

INTRAMURAL CRICKET CHAMPIONSHIP 2024: A THRILLING SHOWDOWN



The much-awaited **Intramural Cricket Championship** of St. Mary's College, Puthanangadi, was held on **16th December 2024**, witnessing an electrifying battle between four competitive teams. The event was a spectacular display of sportsmanship, teamwork, and raw cricketing talent, captivating the enthusiastic crowd throughout the tournament.

The championship saw intense clashes between the teams, with each match bringing moments of excitement and breathtaking performances. After a series of gripping encounters, the **Third-Year students emerged as the champions**, showcasing their experience and strategic play. The **First-Year students**, proving their mettle with commendable skills and determination, finished as the **runners-up** of the tournament.

The final match was a nail-biting contest, with both teams giving their best on the field. The Third-Year squad demonstrated exceptional batting prowess and solid bowling tactics to clinch the title. The First-Year team, despite their inexperience, displayed remarkable resilience and put up a tough fight, earning the admiration of spectators and fellow players alike.

The tournament concluded with a grand felicitation ceremony, where the winners were awarded the championship trophy, and outstanding players were recognized for their stellar performances. The event not



only fostered a spirit of healthy competition but also strengthened camaraderie among students, reinforcing the significance of sports in holistic development.

The **Intramural Cricket Championship 2024** was undoubtedly a resounding success, leaving behind unforgettable memories and setting the stage for even more thrilling tournaments in the future.

SPIKE & STRIVE: THE INTRAMURAL VOLLEYBALL SHOWDOWN



The much-anticipated **Intramural Volleyball Championship 2024** was held on **December 31, 2024**, at St. Mary's College, Puthanangadi. The tournament witnessed exhilarating matches as four teams battled fiercely for the prestigious title.

The competition was intense, with teams comprising students from various academic years displaying exceptional skill, teamwork, and sportsmanship. After a series of gripping matches, the **Third-Year Students** emerged as the **champions**, showcasing remarkable coordination and resilience throughout the tournament.

The runners-up position was secured by a combined group featuring students from **BCA First Year, Second Year, Third Year, and PG classes**. Their teamwork and determination were commendable, making the final match a thrilling contest that kept spectators on the edge of their seats.

The championship not only fostered a spirit of healthy competition but also strengthened camaraderie among students. The event concluded with a prize distribution ceremony, where the winners and runners-up were felicitated by the college authorities.

The **Intramural Volleyball Championship 2024** was a grand success, leaving behind memories of exciting rallies, powerful

spikes, and outstanding performances. It truly highlighted the passion for sports among the students of St. Mary's College and set the stage for more such exhilarating tournaments in the future.



Volleyball is a fast-paced team sport that involves two teams of six players each, separated by a net. The objective is to send the ball over the net and land it in the opponent's court while preventing them from doing the same.

The game was invented in 1895 by William G. Morgan and has since evolved into a globally popular sport played at various levels, from school competitions to the Olympics. Variants like beach volleyball have also gained immense popularity. Volleyball emphasizes teamwork, agility, and strategy, making it an exciting and engaging sport for players and spectators alike.

A THRILLING BATTLE OF AGILITY AND TEAMWORK



The Intramural Dodgeball Championship 2025, held on 24th January, was a spectacular showcase of skill, strategy, and sportsmanship at St. Mary's College, Puthanangadi. With four formidable teams competing, the tournament delivered an electrifying experience for both players and spectators alike.

The competition was fierce as each team displayed remarkable agility, coordination, and determination to outlast their opponents. After several gripping matches, the third-year students emerged victorious, claiming the championship title with their outstanding teamwork and relentless spirit. Their journey to the top was marked by strategic gameplay and excellent coordination, making them worthy winners of the tournament.

The runners-up position was secured by a combined group featuring students from BCA First Year, Second Year, Third Year, and PG classes. This diverse team showcased commendable resilience and adaptability, proving that unity and collaboration can lead to impressive results. Meanwhile, the second-year students also put forth an incredible effort, finishing as the second runners-up of the championship. Their enthusiasm and competitive edge made a significant impact throughout the tournament, earning them well-deserved recognition.

The tournament not only highlighted the athletic prowess of the participants but also fostered a spirit of camaraderie and teamwork among students. The enthusiastic cheers from the audience and the intense on-court action made the event a truly unforgettable experience. As the dust settles on this year's championship, anticipation already builds for the next edition, promising more thrilling moments and spirited competition. Congratulations to all the teams for their participation and sportsmanship. The 2025 Intramural Dodgeball Championship was indeed a resounding success, reinforcing the vibrant sports culture at St. Mary's College.

Dodgeball is a fast-paced team sport where players aim to eliminate opponents by hitting them with a ball while avoiding being hit themselves. Typically played with two teams, the game begins with a rush to grab the balls placed at the center. Players throw the balls at their opponents while dodging incoming throws. If a player is hit and the ball is not caught, they are out. However, catching a thrown ball can bring an eliminated teammate back into the game.



BATTLE-25 Unveiled: A Power-Packed Kickoff to the Athletic Season

St. Mary's College, Puthanangadi, witnessed an electrifying start to its annual athletic meet with the grand name-revealing ceremony of **BATTLE-25**, organized by the Department of Physical Education. The event, held on **January 31**, was nothing short of spectacular, setting the stage for an action-packed sports season ahead.

The highlight of the event was a **thrilling flash mob** performed by over **20 energetic students** in the college courtyard. Dressed in vibrant sports costumes and wielding various sporting equipment, the performers captivated the audience with their synchronized moves, exuding the spirit of competition and teamwork. The electrifying performance not only entertained but also ignited a wave of enthusiasm among students, setting the perfect tone for the upcoming athletic extravaganza.

BATTLE-25 is more than just a name; it represents the **determination, grit, and sportsmanship** that define the athletes of St. Mary's College.

The event aims to foster a culture of **healthy competition, discipline, and camaraderie**, encouraging students to push their limits and strive for excellence.

With the unveiling of **BATTLE-25**, the countdown to the most-awaited sporting spectacle of the year has officially begun. As anticipation builds, the campus is buzzing with excitement, and athletes are gearing up to showcase their skills on the field. Let the battle for glory commence.



Kicking Goals, Chasing Dreams: An Interview With Hashir



1. Could you start by sharing your football journey with us? How did you first get into the sport and what motivated you to pursue it seriously?

Ans- Growing up in Kerala, Especially in Malappuram, football was more than just a sport. I was introduced to this game at a young age by my father who was a former football player. In childhood days we play football inside our home then it shifted to the front yard. Eventually it shifted to the ground. The football journey begins from my home.

2. Representing Kerala in 2020 must have been a defining moment in your career. How did you feel when you were first selected to play for the Kerala team?

Ans- To be honest, I was on an emotional rollercoaster for a while. I felt happy, excited, and relieved all at the same time. I had worked so hard for this moment, and to finally achieve it was an incredible feeling. I remember calling my family, friends and my coach to share the news, and they were all thrilled for me.

3. What was the process like for making it to the Kerala team? Can you walk us through your preparation and the steps that led to your selection?

Ans- The process of making it to the Kerala team began with initial trials, which were held at various districts across the state. I had to register myself for the trials, and I was required to provide my personal and football-related details. As part of the selection process, we had to undergo physical and technical tests. These tests assessed our speed, agility, endurance, and technical skills, such as dribbling, passing, and shooting.

I had to push myself to my limits, both physically and mentally. The selection process taught me several valuable lessons. I learned the importance of perseverance, hard work, and dedication. I also learned the value of teamwork, communication, and adaptability. These lessons have stayed with me and have helped me grow both as a footballer and as a person.

4. Can you describe your typical training routine leading up to the 2020 Kerala team season? What kind of physical and mental preparation did it involve?

Ans- My typical training routine leading up to the 2020 Kerala team season was intense and structured. It involved a combination of physical training, technical drills, tactical sessions such as strength training, plyometrics, cardio, flexibility training, and mental conditioning exercises including visualization techniques, positive self talk, meditation etc. I would also pay close attention to my nutrition and recovery to

ensure that I was performing at my best.

5. How did you balance college academics and football training during that period? Did you face any challenges in managing both?

Ans- Balancing college academics and football training was one of the biggest challenges I faced during that period. However, I was determined to excel in both areas, and I developed a few strategies to manage my time effectively. I had a great support system that helped me balance my academics and football training. My family, friends, My coach Anees sir, my tutor Navas sir, HOD Balachandran SIR And Principal Denny sir were all very understanding and supportive. They would often remind me of my priorities and help me stay focused.

6. In terms of football, what were some of the key skills or techniques you focused on during your training with Kerala in 2020?

Ans- On the technical side, I worked extensively on dribbling, improving my ball control and ability to take on defenders in one-on-one situations. Passing was another crucial area, ensuring accuracy and quick decision-making in different game scenarios. Additionally, shooting was a major focus, refining my finishing skills to be more clinical in front of goal.

From a tactical perspective, I concentrated on positioning, making sure I was in the right areas to receive the ball and support my teammates. Marking was another vital skill, particularly in defensive situations, where staying close to opponents and anticipating their movements was key. Lastly, we emphasized pressing, learning how to apply pressure on the opposition effectively to regain possession quickly and disrupt their play.

7. Looking back at the 2020 season, what would you say was your proudest achievement or most memorable moment during your time with the Kerala team?

Ans- Looking back at the 2020 season with Kerala, I'd say my proudest achievement was consistently delivering strong performances on the field. While I have a specific match that stands out which was the final match. I scored a goal for Kerala in the final match. I'm proud of my dedication and hard work throughout the season.

8. How did your college football experiences prepare you for the level of competition with the Kerala team? Were there specific moments or coaches at the college level who played a significant role in your development?

Ans- One coach who played a significant role in my development was our college team's head coach ANEES SIR. He was an experienced coach who had played and coached at various levels. He taught me the importance of discipline, hard work, and dedication. He also helped me develop my technical skills, particularly my dribbling and passing.

Another significant moment was when our college team won the inter-university championship. It was an incredible feeling, and it taught me the value of teamwork, perseverance, and sacrifice.

9. What was the atmosphere like within the Kerala team? How did you connect with

your teammates and foster a strong sense of unity on the field?

Ans- The atmosphere within the Kerala team was one of unity. We fostered this environment through team bonding, open communication, strong leadership, team traditions, and mutual respect. These factors helped us build a strong team dynamic that served us well on the field.

10. How did playing for the Kerala team impact your overall footballing perspective and goals for the future?

Ans- Playing for the Kerala team had a profound impact on my overall footballing perspective and goals for the future. My time with Kerala helped me clarify my goals for the future. I realized that I wanted to continue playing at a high level, while also exploring opportunities to give back to the community and develop the next generation of player. I hope to share my knowledge and experience with younger players through coaching.

11. Now that you've had a chance to reflect, what advice would you give to young athletes in college who hope to follow in your footsteps and represent Kerala one day?

Ans- Firstly set your objective with clear plan. put more effort to improve your skill fitness and knowledge. And be disciplined what we doing. Respect your coaches. Manage you academics and Sports very effectively. Always stay positive and self motivated. always remind yourself of your goals.

12. What's next for you after your football career with the Kerala team? Are you planning to continue playing professionally, or are you considering other roles in football, such as coaching or mentoring?

Ans- As I look to the future, I'm excited to explore various

opportunity that will allow me to stay involved in football. Now a days we have plenty opportunity to stay with football. We can continue to play professionally as long as we can. Also having career with coaching, administration, sports management etc.. I'm very excited to explore various paths and contribute to the beautiful game.

13. Finally, how do you see the future of football in Kerala, and what role do you think college players will play in its development?

Ans- The future of football in Kerala is bright, and college players will play a vital role in shaping its development. With their passion, dedication, and leadership, footballers. College football will play a crucial role in identifying and developing young talent in Kerala. provides a competitive platform for players to showcase their skills, gain experience, and prepare for professional careers.



Mental Health Resources for Athletes: A Crucial Element for Success



ABDUL NAVAS KT
ASSISTANT PROFESSOR

Athletes often face intense physical and psychological pressures, whether in training, competition, or managing the public expectations surrounding them. In the pursuit of greatness, mental health can sometimes be overlooked. However, mental well-being is just as crucial as physical fitness for an athlete's overall success. Fortunately, numerous resources are available to help athletes maintain mental health and address any challenges they may face along the way.

Understanding the Mental Health Struggles of Athletes Athletes are at risk for various mental health issues, including anxiety, depression, stress, and burnout. The competitive nature of sports can create immense pressure, while injuries and long hours of training can lead to physical and emotional exhaustion.

While many athletes face challenges related to performance anxiety or self-doubt, these struggles can be further intensified by unrealistic expectations, body image concerns, and fear of failure. As such, understanding the mental health needs of athletes is critical for fostering an environment that promotes not only physical health but emotional resilience as well. Available Mental Health Resources for Athletes

Sports Psychologists and Mental Health Professionals Sports psychologists specialize in helping athletes manage stress, anxiety, and performance pressure. They offer counselling, cognitive-behavioural therapy (CBT), and techniques such as mindfulness to enhance focus, reduce anxiety, and improve overall mental well-being. Many universities and sports teams provide access to licensed sports psychologists to ensure that

athletes have the support they need when facing mental health struggles. Coaching and Team Support Coaches are often the first line of defines for recognizing mental health concerns in their athletes.

An understanding and compassionate coach can help athletes express their struggles, whether related to performance or personal matters. Building a supportive team culture that encourages openness can make it easier for athletes to seek help without the fear of judgment. Team building exercises that promote trust and camaraderie can also positively impact mental health.

Employee Assistance Programs (EAPs) Many collegiate and professional sports programs offer Employee Assistance Programs (EAPs) that provide confidential counselling services for athletes. These services are often available 24/7 and cover a wide range of issues such as stress, personal life problems, and even financial troubles, all of which can affect an athlete's

mental well-being.

Peer Support Networks Peer support can be incredibly valuable in the athletic world. Athletes who have gone through similar challenges may be able to provide unique guidance and encouragement. Many universities and sports organizations set

up peer mentorship programs, where more experienced athletes guide those facing mental health challenges. These peer groups allow athletes to share experiences, validate each other's feelings and build strong bonds in a safe space. Online Mental Health Resources Digital platforms are becoming an increasingly popular way for athletes to access mental health resources.

Apps such as Calm, Headspace, and Mood fit offer guided meditation, stress-relieving exercises, and mindfulness tools that athletes can use at their convenience. Online therapy options, including virtual sessions with therapists or counsellors, are also a growing trend, making mental health services more accessible to athletes who may feel overwhelmed by in-person appointments.

Support from Family and Friends Loved ones can play an important role in an athlete's mental health journey. A strong support network, including family members and close friends, provides an emotional cushion and a sense of belonging. They can offer encouragement during difficult moments and help the athlete reconnect with their passion for the sport, which can serve as a powerful antidote to feelings of burnout or depression.

Mindfulness and Stress Management Programs

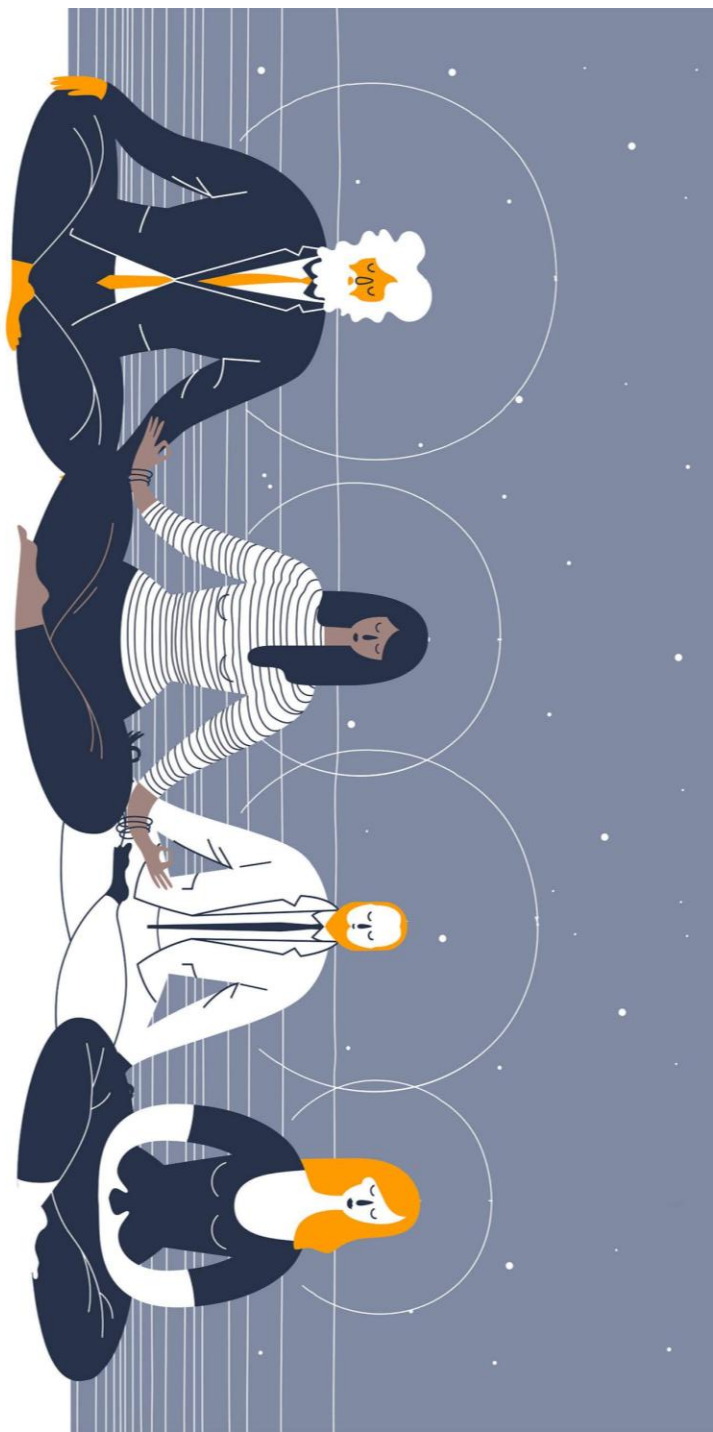
Many sports organizations now implement mindfulness and stress management programs to help athletes cope with the mental strains of their profession. Practices such as yoga, guided breathing, and meditation can help athletes reduce stress and gain clarity in high-pressure situations. These programs teach athletes to center their thoughts and emotions, enhancing both mental and physical performance.

Creating a Mental Health-Friendly Sports Culture

A shift toward prioritizing mental health in sports is necessary to foster a culture of well-being. Athletes should feel that seeking help is a sign of strength, not weakness. Coaches, athletic directors, and administrators should encourage an open dialogue about mental health and provide the necessary resources. Additionally, educational programs on mental health should be incorporated into training and professional development for athletes and staff alike.

As mental health awareness continues to grow, more organizations are taking a proactive approach to support athletes. Implementing accessible resources, reducing the stigma surrounding mental health issues, and prioritizing well-being are essential for creating an environment where athletes can thrive both mentally and physically.

Mental health is an integral aspect of an athlete's overall success. By promoting a holistic approach that includes mental well-being as part of



training and recovery, athletes can achieve their peak performance while maintaining a healthy and balanced lifestyle. With the right resources, support systems, and education in place, athletes can continue to excel in their respective fields without compromising their mental health.

HISTORICAL HIGHLIGHTS



AJMAL HASHER
KERALA FOOTBALL
PLAYER, 2020



MOHAMMED AFSAL
KERAL FOOTBALL PLAYER,
2020



SHAMNAS
KSEB FOOTBALL
PLAYER, 2022



AJAY P
UNIVERSITY
ATHLET, 2022



SURYA
NATIONAL PLAYER
KALARIPAYATTU, 2020



FASIL
KERAL PREMIER LEAGUE
PLAYER, 2023



MOHAMMED SANJID
UNIVERSITY PLAYER,
2023

FUN AND ENGAGING SECTION

In what year was St. Mary's College, Puthanangadi, established?

- a) 1965
- b) 1975
- c) 1980
- d) 1997

Answer:

Which sport is particularly popular at St. Mary's College in Puthanangadi?

- a) Football
- b) Cricket
- c) badminton
- d) Basketball

Answer:

St. Mary's College Puthanangadi is located in which district of Kerala?

- a) Thrissur
- b) Malappuram
- c) Kozhikode
- d) Ernakulam

Answer:

Which local sports club often collaborates with St. Mary's College for sporting events in Malappuram?

- a) Malappuram Football Club
- b) Puthanangadi Sports Club
- c) Kerala State Athletic Association
- d) Inter Milan

Answer:

In which year did the college secure NACC A+?

- a) 2023
- b) 2024
- c) 2022
- d) 2025

Answer:



ACKNOWLEDGMENT

We would like to express our sincere gratitude to everyone who has supported and contributed to the successful completion of this sports magazine. This magazine is a testament to the spirit of sportsmanship, dedication, and community that thrives at St. Mary's College, Puthanangadi.

First and foremost, we thank the athletes and sports teams for their exceptional performances and relentless efforts, which have been the inspiration behind this publication. Your passion for sports and commitment to excellence continue to make our college proud.

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Our appreciation goes to the administration and faculty members of St. Mary's College for their unwavering support in promoting sports and extracurricular activities. Your belief in the importance of a well-rounded education and the development of athletic talent has made this magazine a reality.

We are deeply grateful to our sponsors and partners, whose contributions have helped us bring this project to life. Your support is vital to sustaining and growing the sports programs at St. Mary's College.

We also wish to acknowledge the alumni of St. Mary's College for their continuous engagement and contribution to the college's sporting culture. Your involvement helps keep the spirit of our sports teams alive.

Lastly, we extend our thanks to the editorial team, designers, and contributors, whose tireless work, creativity, and dedication have made this magazine a reflection of the passion and energy that define our sports community.

We are confident that with continued support, the sports culture at St. Mary's College will reach even greater heights, and this magazine will continue to serve as a platform to celebrate the achievements and aspirations of our athletes.



"SUCCESS IS NO ACCIDENT. IT IS HARD WORK, PERSEVERANCE,
LEARNING, STUDYING, SACRIFICE, AND MOST OF ALL,
LOVE OF WHAT YOU ARE DOING OR LEARNING TO DO."

- PELÉ



ST. MARY'S COLLEGE



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