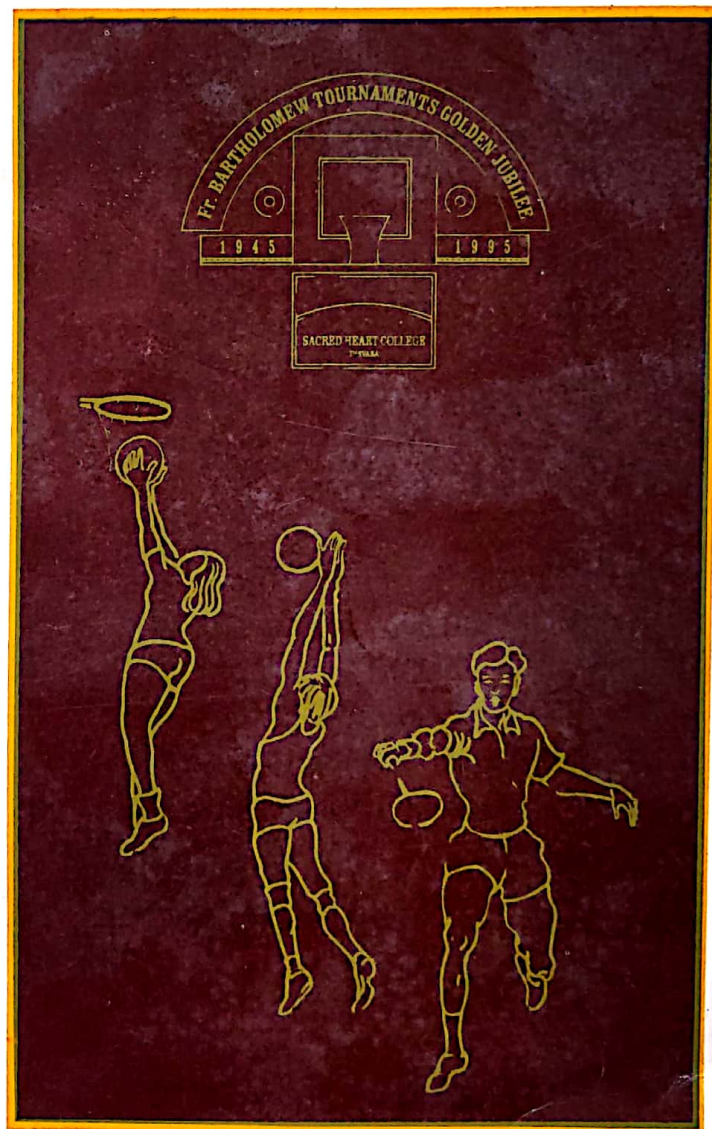


GOLDEN JUBILEE  
Fr. BARTHOLOMEW TOURNAMENTS  
( 1 9 4 5 - 1 9 9 5 )  
S O U V E N I R



SACRED HEART COLLEGE, THEVARA

*With Best Compliments of*



**A**n Exclusive showroom with the largest collection of wedding sarees, silk sarees, and dress materials for women.



**A** Unique showroom for men with branded readymades textiles and accessories,

**and**

**Yet another added attraction**



**An exclusive treasure island for children  
A mini world for all children garments.**



**PARTHAS**

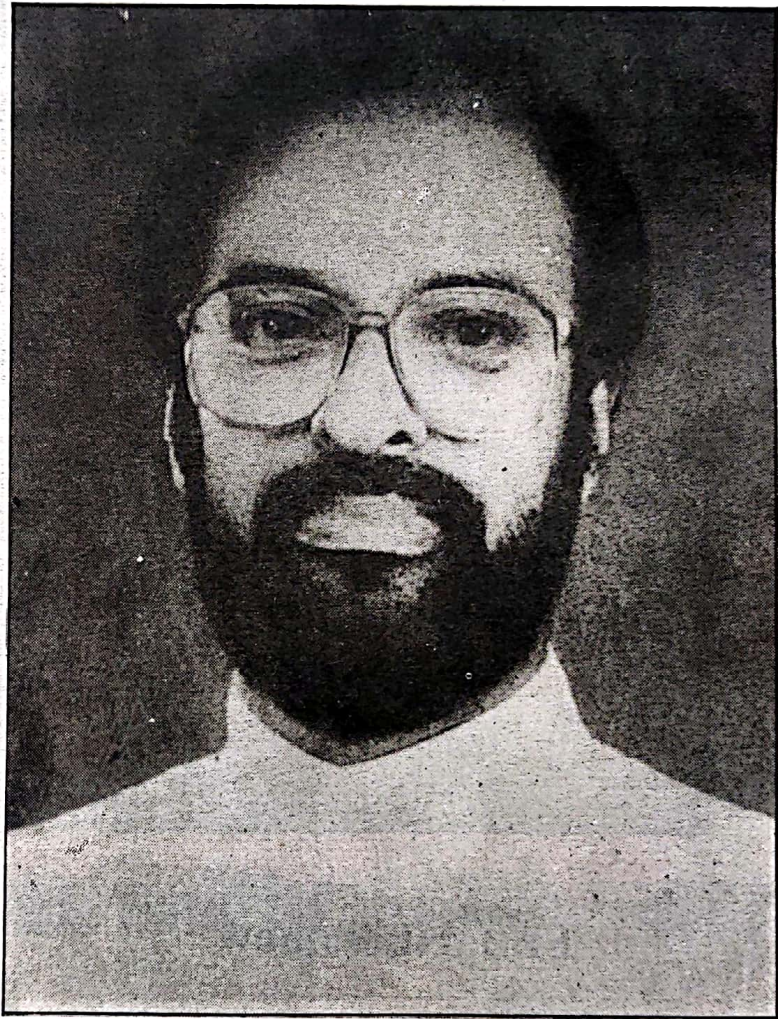
**C O C H I N**

**M.G. Road, Ernakulam Ph: 373699, 355699**

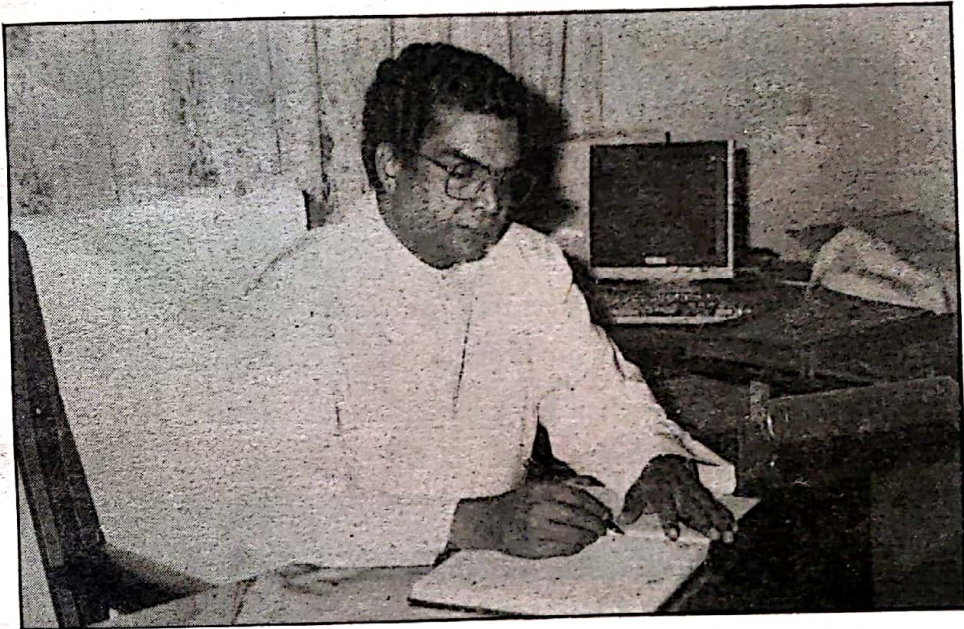
**Founder : Sri.K.Lakshmanana Reddiar**



**Fr. Bartholomew**



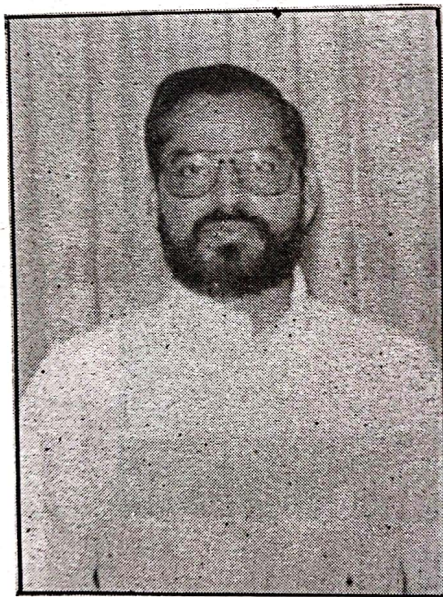
**Rev. Fr. Austin Mulerickal CMI**  
**Manager**



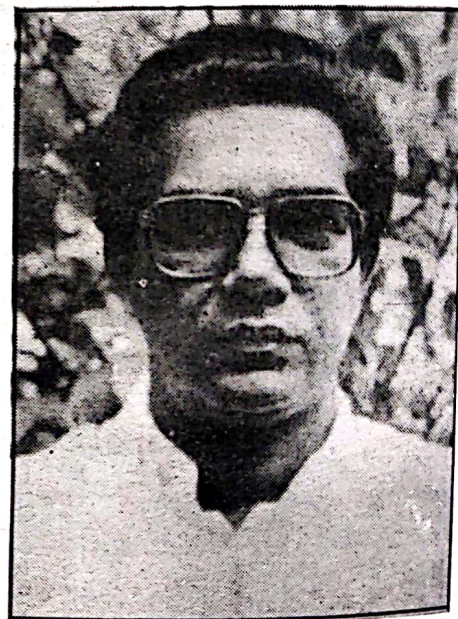
**Rev. Dr. Jose Kuriedath CMI**  
**Principal**



**Rev. Fr. Aquinas CMI**  
Former Principal & Manager,  
Treasurer of the Tournament.

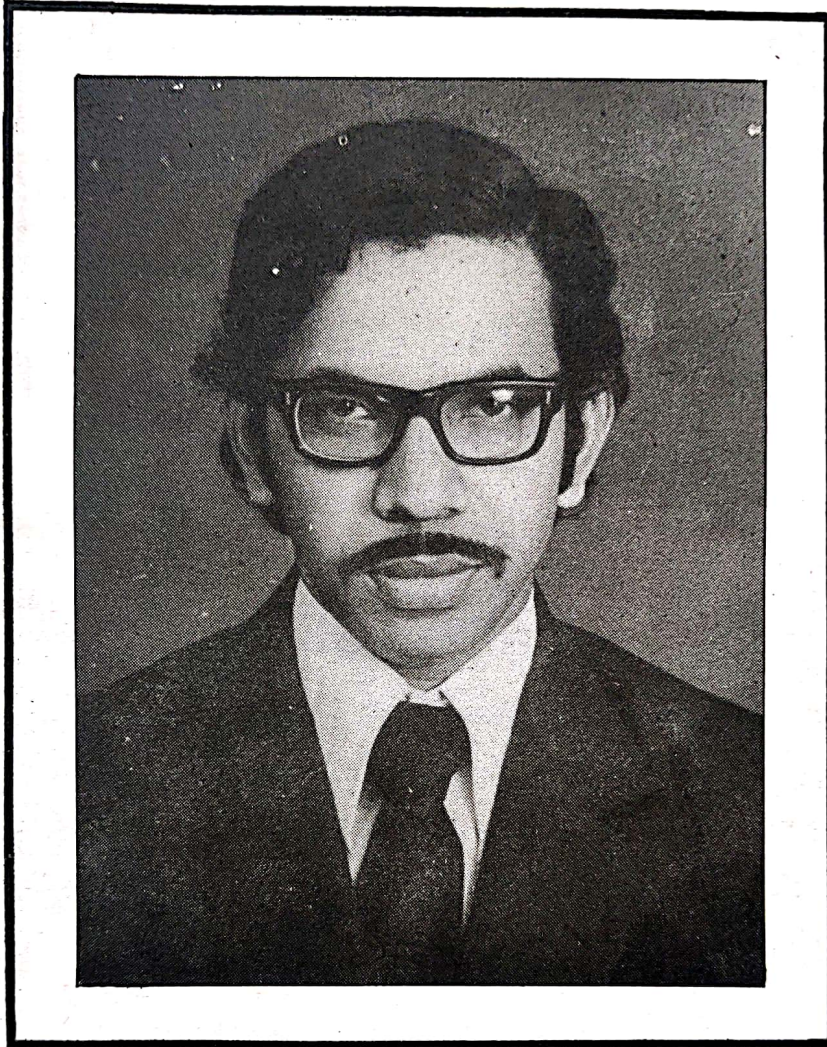


**Rv. Dr. George Peter Pittappillil CMI**  
Vice-Principal



**Rv. Fr. Jose Thottathil CMI**  
Bursar

# IN EVERLOVING MEMORY OF



**PROF. P.J. JOSEPH (1947-1996)**

*He had played the game so well  
When the Great Scorer called him.  
His innings are etched eternally  
On the scoreboard of our memories.*



**A.C. SHANMUKHADAS**  
MINISTER FOR HEALTH & SPORTS  
GOVERNMENT OF KERALA



Thiruvananthapuram  
Date : 5-12-1996

## MESSAGE

I am extremely happy to know that Sacred Heart College, Thevara is bringing out a souvenir in connection with the Golden Jubilee Celebrations of Fr. Bartholomew Tournaments.

I wish the souvenir all success.

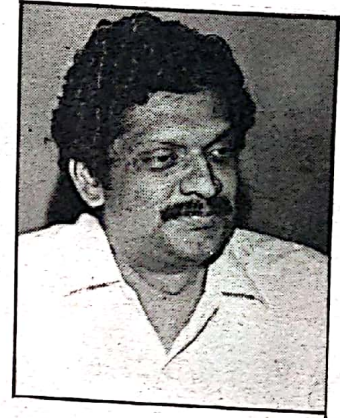
(A.C. Shanmukhadas)





P.J. JOSEPH

MINISTER FOR EDUCATION AND WORKS



Thiruvananthapuram  
Jan 2, 1997

## MESSAGE

As a former student of Sacred Heart College, Thevara, I look back to those days when Fr. Bartholomew Tournaments were conducted on a grand festival scale. It is very heartening to learn that this tradition has continued unbroken to its Golden Jubilee. On this occasion, I congratulate the Management and the Physical Education Department of the institution and wish the commemorative souvenir all success.

*MJ*

(P.J. Joseph)

# Mahatma Gandhi University

Prof. (Dr.) V.N. RAJASEKHARAN PILLAI  
VICE - CHANCELLOR  
PRIYADARSHINI HILLS  
KOTTAYAM - 686 560  
KERALA STATE  
S. INDIA



December 13, 1996

No. VC.806/342/96

## MESSAGE

It gives me immense pleasure to note that the Sacred Heart College, Thevara, in its Golden Jubilee Year has one more Jubilee event to celebrate, namely the Golden Jubilee of Fr. Bartholomew Tournaments. It is undoubtedly a tremendous achievement to have successfully conducted tournaments in Basketball, Volleyball and Ball Badminton without break for fifty years. It is a fitting tribute to Fr. Bartholomew who did yeomen service to the cause of education and youth. On this occasion, I would like to record my appreciation for the efforts taken by the college for the development of sports in our country.

We have tremendous talent in the field of sports in Kerala and I specially congratulate Sacred Heart College for producing an array of talented national sportsmen of great repute. This Golden Jubilee Festival of games, drawing participants from the neighbouring states too, above all, will provide an occasion to remind us that when we strive for excellence using all our resources of talent and unified effort we can win pride of place. The proposed health Club with multigym and other sports infrastructure will certainly encourage and stimulate more and more people to participate in games, athletics and sports and enhance their capabilities. This provision of sports facilities, resources and support will create a fine environment for sports here. Further the students should develop a zeal for excellence and strive for designated goal with single-minded determination.

I wish the college every success in their sports endeavours to produce finest sports persons.

*V.N. Rajasekharan Pillai*

(V.N. Rajasekharan Pillai)

# EDITORIAL

One year may seem too long a period of gestation for a souvenir. We can only adapt a Romantic maxim in our defence and remind our readers that a souvenir is emotions recollected in tranquility, though in our case, tranquility has always been something to dream of.

The Golden Jubilee of Fr. Bartholomew Tournaments, in a sense, was only a starting line in the history of the physical education of our institution. Our present obsession is a Health Club with Multigym facilities that will energise not only our students, but also the public with a dynamic concept of Body Care.

In this sense, this souvenir is a bridge between past and future. It is an authentic record of a grand historical moment in the unbroken tradition of Fr. Bartholomew Tournaments; at the same time, it optimistically proposes projects that would revolutionise our physical fitness awareness in the immediate future.

Working within the reality of a shoestring budget, we have not been able to realize many of our editorial dreams. Even for our modest accomplishment, we are deeply indebted to many individuals and institutions. We thank the Management of our College for their warm support and encouragement; all our well-wishers who helped us generously with advertisements; all our colleagues who whole-heartedly co-operated in the editing work; Mr. Kuriakose Jose, for his sincere involvement in our publishing endeavour; Mr. Abu Thomas of Printart Offset for his patient and painstaking printing work; Gopi Mangalath, Ajith Kumar and Raghu of KPB for art work and layout; Pradeep, Abhilash & Johnny of Softline Computer Services for their laborious and meticulous DTP work; and many more, whose list would exceed the limited space of this editorial.

Prof. C.S. Jayaram  
Chief Editor



## EDITORIAL BOARD

*Prof. C.S. Jayaram*

*Dr. Tom Varghese*

*Prof. T.T. Joseph*

*Mr. Sibi Zacharias*

*Mr. C.S. Francis*

*Mr. K.A. Raju*

*Mr. V.S. Sebastian*

*Prof. Peter Thomman*

# FR. BARTHOLOMEW TOURNAMENTS: A HISTORY

**S**acred Heart College, Thevara, a premier institution of higher learning in the Mahatma Gandhi University, Kottayam, celebrated the Golden Jubilee of its establishment in 1994-95. Close on its heels, the college stepped into yet another Golden Jubilee in 1995-96 - that of the famous Bartholomew Tournaments which have won wide popularity throughout South India as the only tournament that can claim an unbroken history of fifty years.

## THE BEGINNINGS

The Fr. Bartholomew Tournaments began in 1945, one year after the establishment of the College. The Sacred Heart College had from the very beginning established a tradition of imparting an all-round education to the youth. Obviously physical education plays a vital role in the integral development of a student. Hence the College spared no effort to provide all facilities and encouragement for the promotion of sports and games among the students. The starting of Fr. Bartholomew Tournaments was a major step in this direction. The tournaments consisted of matches in basketball, Volleyball and Ball Badminton. It was named after Rev. Fr. Bartholomew, the then Prior General of the Carmelites of Mary Immaculate (CMI), the largest indigenous Catholic religious order of men, who started the College on the eve of India's independence. The first institution of higher education by the CMIs, the College, then affiliated to the Madras University, attracted teams even from outside the State like Loyola College, Madras,

Rev. Dr. Jose Kuriadath  
Principal  
S.H. College, Thevara

Madras Christian College, St. Joseph's College, Tiruppathur, St. Joseph's College, Trichy, and Pachayyappa's College, Madras and others.

## THE GOLDEN JUBILEE

The tournaments have always been a festival for the people in and around the city of Cochin. After half a century of tournaments without interruption, in the year of the Golden Jubilee, the College prepared for the public a superfestival of games. A golden Jubilee Committee and several sub-committees worked day and night for the success of the celebrations under the leadership of Rev. Fr. Austin Mulerickal, manager, Rev. Dr. Jose Kuriadath, Principal, and Prof. Peter Thomman and Sri. K.A. Raju of Physical Education Department.

Giving a clarion call to the epoch-making event, the College conducted a Torch Rally around the city of Cochin on 14th December 1995 led by Mr. C.C. Jacob, a former student of the College and an international footballer. Sri P.M. Sayeed, the Hon'ble Minister of State for Information and Broadcasting inaugurated the nine days' jubilee games at Sacred Heart floodlit stadium at a colourful function at 6.30 P.M. on Wednesday 3rd January 1996. Sri. Wilson Cherian and Smt. Shiny Wilson graced the occasion as guests of honour. Sri. K.M. Mani, the Hon'ble Minister for Revenue, was the Chief Guest on 11th January 1996, the final day. Justice K. Narayana Kurup unveiled the Golden Jubilee Emblem.

## SHAPERS OF THE PAST

It is only fitting that we look back

and remember with gratitude all those who dedicated themselves over the years for the successful organization of the Bartholomew Tournaments during the last half a century. Prof. P.P. Pothan who was the first physical director of the college laid the foundations for the tournaments in 1945. Late Prof. P.P. Devassy Palokaran served the department from 1947 to '57 and nurtured the tournaments during its infancy. He was the chairman of the Basket Ball Federation of India and was widely acknowledged as an authority on basket ball. It was Prof. M.K. Abraham, himself an old student of the college and a member of the state basketball team, who helped the tournaments grow to its present stature during his 37 years of dedicated service. He joined the department in 1957 and retired in 1993. And now under the dynamic leadership of Prof. Peter Thomman, ably assisted by Sri K.A. Raju, the Tournaments have completed fifty years and are entering a new phase of its growth.

#### TOWARDS THE TWENTY FIRST CENTURY

On the occasion of the Golden Jubilee the College has

given shape to plans for launching a couple of projects for the promotion of sports in the city of Cochin. The most important among them is the idea of a health club with multigym which is slowly being implemented; it is hoped, the College will be able to inaugurate the project soon and dedicate it to the youth and the public of Cochin city. Another major project that has already been launched in the construction of a 400 MB standard cinder track.

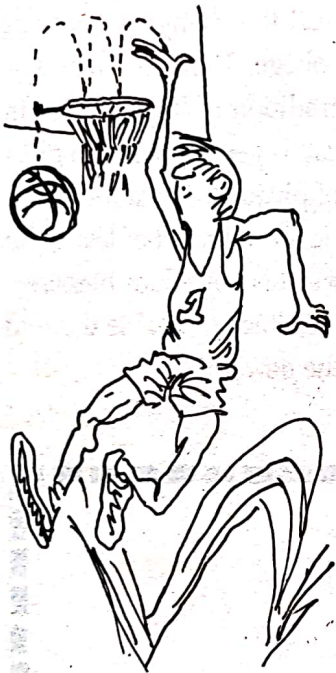
It is hoped that in the coming years not only the Bartholomew Tournaments will grow into a national event but the Department of Physical Education of the college itself will spread its wings into a variety of programmes in order to meet the changing needs of the times. Sacred Heart College, Thevara which has laid the foundation for a tradition of high quality in sports and games in the State is getting ready to meet the challenges in the field of physical education in the twentyfirst century. May the Sacred heart of Jesus, the Patron of the college, shower his abundant blessings on the department and the College to enable them to rise up to the demands of the new area.

*With best compliments from:*



**HEMANTH P. NARAYANAN**  
**SINGAPORE**

# BASKET BALL CHANGED THE FACE OF THEVARA



**XAVIER SEBASTIAN**  
Executive Director  
Lisie Hospital

**I** was recently in Chicago (USA) for a month. The National Basket-Ball Association tournament was in progress where most of the States in the USA participated. This tournament is considered the blue-ribbon of Basketball and Millions watch the matches which sometimes conclude only at midnight. Chicago-Bulls, the world renowned team with the legendary figure Michael Jordon, has been the winner of this tournament this year.

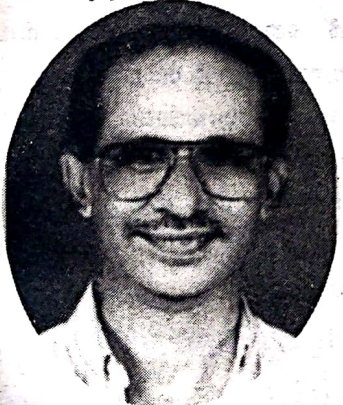
A few decades ago, Chicago city, which is the second largest of the cities in the US was branded as a city of gangsters and terrorists. The whole complexion of the city changed with the advent of Chicago Bulls and they transformed the status of the city to that of a dignified one. In short, a few basket ball players like Michael Jordon, Rodman, Pipien, Steeve Kerr, Tony Koch, Luke Langley are the heroes of millions of Americans and Chicago is now looked upon as the city of Sportsmen. The stadium owned by the Chicago Bulls, which accomodates over 25000 people is a standing monument of the city. Their coach, Phil Jackson, is considered as the highest paid coach in the world. A few years back when Michael Jordon announced his retirement from active basket ball, the whole-nation was plunged in grief but within 2 years of his retirement, he was forced to return to the active games.

There is a similarity between Chicago City and Thevara. S.H. College, started in the year 1944, did not possess much of a reputation in the beginning. But for the Basket ball team, the College lagged behind in many respects. In the first year of the College itself, the game basket ball occupied a prominent place and this is demonstrated by the fact that the basket ball court was constructed right in front of the College at the entrance. This is now standing as a fitting tribute to the game of basket ball. In the second year of the College, a tournament was started to perpetuate the memory of Fr. Bertholomew, the Prior General of the C.M.I. Congregation, and the tournament is conducted every year without fail. The Golden Jubilee of this tournament was conducted recently. I happened to be a member of the basket ball team in the 3rd and 4th year of the college. I feel proud that I was also invited amongst others to celebrate the golden jobilee of the tournament.

I am sure Fr. Bartholomew Tournament of Thevara College will continue to figure as the major Basket ball event in South India in the years to come and before too long, the College authorities will put up an indoor stadium for this game.

I wish the college and the tournament all Success.

# ഒരു തിരിഞ്ഞുനോട്ടം



Prof. M.K.. ABRAHAM  
School of Medical Edn.,  
M.G. University  
Rtd. Head Phy. Edn Dept,  
S.H. College,

വിശാലമായ മൈതാനത്തിന്റേയും പുരാതനവും, പവിത്രവുമായ തിരുഹൃദയാശ്രമ ദേവാലയത്തിന്റേയും മദ്ധ്യത്തിൽ ഉയർന്ന ശിരസ്സോടെ, നിവർന്ന നട്ടെല്ലോടെ പ്രൗഢഗംഭീരമായി നിലകൊള്ളുന്ന സേക്രട്ട് ഹാർട്ട് കോളേജ് വിദ്യാർത്ഥികളുടെ കായികവും കലാപരവും, വിദ്യാഭ്യാസപരവും ആയ കഴിവുകളുടെ വിളനിലമായി പ്രശോഭിക്കുന്ന സ്ഥാപനം. പ്രഗൽഭരായ കായികതാരങ്ങളെ വളർത്തിയെടുക്കുന്ന ഈറ്റില്ലമെന്ന് വിശേഷിപ്പിക്കപ്പെടുന്ന ഈ കലാക്ഷേത്രത്തിൽ എന്റെ കലാലയജീവിതം ആരംഭിക്കുവാൻ സാധിച്ചത് ഒരു ഭാഗ്യമായി ഞാൻ കരുതുന്നു. ഇവിടത്തെ ആദ്യത്തെ ഫിസിക്കൽ എജ്യൂക്കേഷൻ പ്രൊഫസറായിരുന്ന പി.പി. പോത്തൻ സാർ, മാനേജ്മെന്റിൽ നിന്ന് ലഭിച്ച നിസ്തുലമായ സഹകരണത്തോടെ ഈ സംരംഭത്തിന് ആത്മാർത്ഥമായ തുടക്കം കുറിച്ചു. പോത്തൻ സാർ അടിത്തറ പാകിയ ആ പരിശീലനക്കളരിയെ വളർത്തി വലുതാക്കുവാൻ അദ്ദേഹത്തിന്റെ പിൻഗാമിയായിരുന്ന പി.പി. ദേവസ്സി സാരും അർപ്പണബോധത്തോടെ പ്രവർത്തിച്ചുകൊണ്ടിരിക്കുമ്പോഴാണ് ഞാൻ ഈ കലാലയത്തിൽ എത്തുന്നത്.

സ്കൂൾ തലത്തിൽ സാധാരണ കളിക്കാരനായ എനെന്ന ദേവസ്സി സാറിന്റെ ശിക്ഷണവും, പ്രോത്സാഹനവും വളർത്തി എന്നത് നന്ദിയോടെ തന്നെ സ്മരിക്കുന്നു. അദ്ദേഹത്തിൽ നിന്ന് ലഭിച്ച പരിശീലനത്തിന്റെ ചുവട് പിടിച്ചു ഞാൻ ഉയരുകയായിരുന്നു. യൂണിവേഴ്സിറ്റി ടീമിലും, സ്റ്റേറ്റ് ടീമിലും കളിക്കുവാനും അനേകം ട്രോഫികൾ നേടുവാനും ദൈവാനുഗ്രഹത്താൽ ഞങ്ങളുടെ ടീമിന് സാധിച്ചപ്പോൾ ദേവസ്സി സാരും അന്നത്തെ മാനേജർ ആയിരുന്ന ഷാബ്രോർ അച്ചനും, പ്രിൻസിപ്പാൾ ആയിരുന്ന തിയോഡിഷസ് അച്ചനും ഞങ്ങൾക്ക് തന്ന അഭിനന്ദനം, അംഗീകാരം, വളരെ വിലപ്പെട്ടതായിരുന്നു.

കായികരംഗത്തുള്ള പേരും, പ്രശസ്തിയുമാണ് ഈ സ്ഥാപനത്തെ ആദ്യകാലങ്ങളിൽ വിഖ്യാതമാക്കിയത് എന്ന് പറഞ്ഞാൽ അത് അതിശയോക്തിയല്ല. മദ്രാസ് യൂണിവേഴ്സിറ്റിയുടെ കീഴിലായിരുന്നപ്പോഴും, കേരള യൂണിവേഴ്സിറ്റിയിലേക്ക് പഠിച്ച് നട്ടെല്ലും സംസ്ഥാനതലത്തിൽ ഒന്നാംകിട ബാസ്ക്കറ്റ് ബോൾ ടീമുകളെ അവതരിപ്പിക്കുവാൻ ഈ കോളേജിന് സാധിച്ചിട്ടുണ്ട്. പാലാ ടി.എസ്. ജോസഫ്, ഇന്ത്യൻ താരം സി.എ. വർഗ്ഗീസ് മിണി, ജേക്കബ്, ബെൻ, കെ.എസ്. ജോസഫ്, ജോർജ്ജ് തുടങ്ങിയവരും ചേർന്ന് ഒരു ടീമായി ദേവസ്സി സാറിന്റെ ശിക്ഷണത്തിലും, പ്രോത്സാഹനത്തിലും മുന്നോട്ട് പോയപ്പോൾ മിക്കപ്പോഴും ജയം ഞങ്ങളുടെ കൂടെയായിരുന്നു.

നാല് വർഷത്തെ പഠനം പൂർത്തിയാക്കി ഈ കോളേജിനോട് വിട പറഞ്ഞുവെങ്കിലും ഒരു ചെറിയ ഇടവേളയ്ക്ക് ശേഷം ഇവിടത്തെ അദ്ധ്യാപകനായി 1957-ൽ ഞാൻ ജോലിയിൽ പ്രവേശിച്ചു. ഈ സ്ഥാപനവുമായി അഭേദ്യ ബന്ധമുണ്ടായിരുന്ന പരേതനായ മുൻ മാനേജർ ബ. മലേഷ്വരന്റെ ആഗ്രഹ പ്രകാരമാണ് ചങ്ങനാശ്ശേരി എസ്.ബി. കോളേജിൽ ജോലി നോക്കിയിരുന്ന ഞാൻ ഇവിടെ വരാൻ ഇടയായത്.

എന്റെ ഔദ്യോഗിക ജീവിതത്തിലേക്ക് തിരിഞ്ഞ് നോക്കുമ്പോൾ ഏറെ സംതൃപ്തിയും അഭിമാനവും തോന്നുന്നു. ഈ കലാലയത്തിന്റെ 1-ാം ജന്മദിനാഘോഷത്തിന് ശേഷം അതായത് 1946-ൽ സി.എം.എ. സഭയുടെ അന്നത്തെ പ്രിയോർ ജനറലായിരുന്ന ബഹുമാനപ്പെട്ട ബർത്തലോമിയോ അച്ചന്റെ സ്മരണയ്ക്കായി ആരംഭിച്ച ബർത്തലോമിയോ ടൂർണ്ണമെന്റ് തേവര നാട്ടിൽ മാത്രമല്ല, കൊച്ചി നഗരത്തിലും ഒരു ഉത്സവമായിരുന്നു. മദ്രാസിലെ ലയോള കോളേജ്, മദ്രാസ് ക്യൂസ്ത്യൻ കോളേജ്, തിരുപ്പത്തൂർ സെക്രഡ്

ഹാർട്ട് കോളേജ്, ട്രിപ്പി സെന്റ്. ജോസഫ്സ് കോളേജ് തുടങ്ങി കേരളത്തിന് പുറത്തുള്ള കലാലയ പ്രതിഭകളും ഈ മത്സരത്തിൽ പങ്കെടുത്തിരുന്നു. ദൈവാനുഗ്രഹവും മാനേജ്മെന്റിന്റെ നിർലോഭമായ സഹകരണവും സഹപ്രവർത്തകരുടെ അർപ്പണ മനോഭാവവും ഒത്തുചേർന്നപ്പോൾ ഈ ടൂർണ്ണമെന്റിനെ കേരളത്തിന്റെ ഏറ്റവും വലിയ ഒരു ടൂർണ്ണമെന്റ് ആക്കി ഉയർത്താൻ സാധിച്ചു എന്നത് അഭിമാനത്തോടെതന്നെ ഞാൻ സ്മരിക്കുന്നു. അന്നും സമർത്ഥരായ കളിക്കാർ ഉൾപ്പെട്ടിരുന്ന ബോസ്കോറ്റ് ബോൾ ടൂർണ്ണമെന്റ് ആയിരുന്നു ഏറ്റവും ശ്രദ്ധ പിടിച്ചുപറ്റിയതെങ്കിലും വോളി ബോൾ, ബോൾ ബാറ്റ്മിൻടൻ എന്നിവയിലും ധാരാളം ടീമുകൾ പങ്കെടുത്തിരുന്നു. 1976 മുതൽ വനിതാ വിഭാഗത്തിൽ മത്സരം ഏർപ്പെടുത്തിയപ്പോൾ അത് വർണ്ണപ്പെട്ടിട്ടാർന്ന ഒരു ഉത്സവം പോലെ കൂട്ടികളിലും, നാട്ടുകാരിലും ആവേശമുളവാക്കി.

പിന്നിലേക്ക് തിരിഞ്ഞ് നോക്കുമ്പോൾ എന്റെ കളിക്കാരെക്കുറിച്ച് നല്ല ഓർമ്മകൾ മാത്രമേയുള്ളൂ. നല്ല അച്ചടക്കമുള്ള വിദ്യാർത്ഥികൾ, എന്നോട് സ്നേഹബഹുമാനമുള്ള കൂട്ടികൾ - അവരൊക്കെ ഈ സ്ഥാപനത്തിന്റെ കായിക വളർച്ചയിലെ അമൂല്യ നിധികളായിരുന്നു. വളരെയേറെ കായിക താരങ്ങളെ വളർത്തിയെടുക്കുവാൻ ഈ സ്ഥാപനത്തിന് കഴിഞ്ഞത് അവരുടെ അർപ്പണ മനോഭാവമായിരുന്നു. അവരുടെ ഓരോരുത്തരുടേയും പേരുകൾ എടുത്തു പറയുന്നില്ലെങ്കിലും അവരെക്കുറിച്ചുള്ള ഓർമ്മകൾ എന്നും പച്ചയായി തന്നെ നിലക്കുന്നു. ഇന്ത്യൻ ടീം താരങ്ങളായ സി.ഐ. വർഗ്ഗീസ്, സി.സി. ജേക്കബ്, അബ്ദുൾ മജീദ്, പോൾ ജോർജ്ജ്, ഷെല്ലി ജോസഫ്, ബിബിൻ ജോസഫ്, വെഞ്ചെസ്ലോസ്, അലക്സ്, ജിജി അബ്രഹാം, അനിൽ. ബി എന്നിവരെ പ്രത്യേകം സ്മരിക്കുന്നു.

ആദ്യകാല പ്രിൻസിപ്പളായിരുന്ന ബ. സാലസ് അച്ചൻ മുതൽ 93-ൽ ഈ കലാലയത്തോട് വിട പറയുമ്പോൾ ഉണ്ടായിരുന്ന ഫാദർ വർഗ്ഗീസ് പാലമറ്റം വരെയുള്ള പ്രിൻസിപ്പൽമാരിൽ നിന്നും, മലേഷ്യൻ അച്ചൻ തുടങ്ങിയ സ്ഥാപനാധികാരികളിൽ നിന്നും ലഭിച്ച പ്രോത്സാഹനവും, നിർലോഭമായ സഹായ സഹകരണവും വളരെ കൃതജ്ഞതയോടെ സ്മരിക്കുന്നു. ഇത്തരമുള്ള ഈ ടൂർണ്ണമെന്റിന്റെ വിജയകരമായ നടത്തിപ്പിനു വേണ്ടി അങ്ങേയറ്റം ആത്മാർത്ഥതയോടെ എന്നോട് സഹകരിച്ച എന്റെ പ്രിയപ്പെട്ട സഹപ്രവർത്തകരെ ഞാനോർക്കുന്നു. ഇക്കണോമിക്സ് വിഭാഗം മേധാവിയായിരുന്ന പ്രൊ. കെ.സി. ജേക്കബ് നമ്മളിൽ നിന്ന് വേർപിരിഞ്ഞുവെങ്കിലും അദ്ദേഹത്തിന്റെ നിസ്തുല സേവനങ്ങളുടെ ഓർമ്മ എന്നും നിലനിൽക്കും. കോമൺസ് വിഭാഗം മേധാവി പ്രൊ. പി.എം. ജോസഫ്, ഫിസിക്സ് വിഭാഗത്തിലെ പ്രൊഫ. പി.എം. ജോസഫ്, പ്രൊഫ. പി.എം.

ശങ്കുണ്ണി, മാത്സ് പ്രൊ. പി.ഒ. ദേവസ്സി, സുവോളജി പ്രൊ. കെ.എസ്. ഫ്രാൻസിസ്, ഫാ. സക്കറിയാസ്, ഫാ. ജോസഫ് കൈമല തുടങ്ങി അനേകം വ്യക്തികൾ ഈ സംരംഭത്തിന്റെ ആരംഭം മുതൽ അവസാനം വരെ എന്തു സഹായവും ചെയ്യാൻ സദാ സന്നദ്ധരായിരുന്നു എന്നത് പ്രത്യേകം പ്രസ്താവ്യമാണ്. വിവിധ കോർട്ടുകളിൽ വിവിധ മത്സരങ്ങൾ നടന്നിട്ടും അവയുടെ ഒഫീഷ്യൽസിനുവേണ്ടി അധികം ബുദ്ധിപ്പേടണ്ടി വന്നില്ല എന്നതും കൃതജ്ഞതയോടെ ഓർത്തുപോവുന്നു. എം.എസ് ജേക്കബ് വർക്കി, സി.എസ് എബ്രഹാം, ചെറിയാൻ തോമസ്, സി. തോമസ്, പ്രകാശ്, കെ.പി. പോൾസൺ, പി.ഒ. ജോണി, തെബാസ്കോ ക്ലബ്ബ് എന്നിവർ ബോസ്കോറ്റ് ബോളിലും-ലും, ഭുവനദാസ്, എം.എസ്. ജോസഫ്, സാമുവൽ എം.ടി. എന്നിവർ വോളിയിലും സ്വന്തം ഉത്തരവാദിത്വമെന്നപോലെ ആത്മാർത്ഥമായി സഹായിച്ചിരുന്നു.

ഒരു ഫുട്ബോൾ കളിക്കാരൻ എന്ന നിലയിലും ഒരു നല്ല അത്ലറ്റ് എന്ന നിലയിലും ഈ കലാലയത്തിൽ തന്നെ മികവ് തെളിയിച്ച പീറ്റർ തൊമ്മൻ 1974-ൽ ഇവിടെ അദ്ധ്യാപകനായി ജോലിയിൽ പ്രവേശിച്ചതോടെ ഈ രംഗത്തെ പ്രവർത്തനങ്ങൾക്ക് കൂടുതൽ ഊർജ്ജസ്വലത കൈവന്നു. ഈ കോളേജിന്റെ ടെന്റങ്ങൾക്കും വിജയങ്ങൾക്കും പിന്നിൽ അദ്ദേഹത്തിന്റെ അർപ്പണ മനോഭാവവും നിസാർത്ഥമായ സേവന മനസ്ഥിതിയും കരുത്തുറ്റ ശക്തി തന്നെയായിരുന്നു. ഒരു അദ്ധ്യാപകനെന്ന നിലയിൽ എന്നോട് കാണിച്ച സ്നേഹ ബഹുമാനാദരവുകളെ സഹപ്രവർത്തകനെന്ന നിലയിൽ പ്രകടിപ്പിച്ച കൂട്ടുത്തരവാദിത്വത്തെ എത്ര പ്രശംസിച്ചാലും അധികമാവില്ല. അദ്ദേഹത്തിന്റെ ആത്മാർത്ഥതയ്ക്ക് കിട്ടിയ അംഗീകാരമാണ് ആൾ ഇന്ത്യ ഫുട്ബോൾ ഫെഡറേഷൻ നാഷണൽ റഫറി എന്ന സ്ഥാനം. കളിക്കാരുടെ പരിശ്രമത്തോടൊപ്പം പീറ്റർ തൊമ്മന്റെ അത്യദ്ധ്യാനവും അന്നത്തെ പ്രിൻസിപ്പൽ പാലമറ്റത്തിന്റെ പ്രോത്സാഹനവും സർവ്വോപരി ദൈവാനുഗ്രഹവും ഒത്തുചേർന്നപ്പോൾ ഞാൻ ജോലിയിൽ നിന്ന് പിരിഞ്ഞുപോന്ന വർഷം അതായത് 1993-ൽ ടെന്നീസ്, ബോസ്കോറ്റ് ബോൾ, ടേബിൾ ടെന്നീസ് എന്നീ മുന്നിനങ്ങളിൽ യൂണിവേഴ്സിറ്റി ചാമ്പ്യൻഷിപ്പ് നേടി ഒരു ഹാട്രിക്ക് വിജയം കരസ്ഥമാക്കാൻ സാധിച്ചു എന്നത് ഇപ്പോഴും വളരെ സംതൃപ്തി നൽകുന്നു.

എനിക്ക് അറിവിന്റെ വെളിച്ചം പകർന്ന ഈ സരസാത് ക്ഷേത്രത്തിന്റെ മുമ്പിൽ, എന്റെ കഴിവുകളെ കണ്ടെത്തി വളർത്തി വലുതാക്കിയ എന്റെ ഗുരുജനങ്ങളുടെ മുമ്പിൽ എന്ന് ഞാനാക്കി ഉയർത്തിയ ഈ ആശ്രമത്തിന്റെ മുമ്പിൽ സർവ്വോപരി എന്ന്കുറിച്ചുള്ള പദ്ധതി അനുസരിച്ചവഴി നടത്തി ഓരോ നിമിഷവും നയിക്കുകയും, സംരക്ഷിക്കുകയും ശക്തിപ്പെടുത്തുകയും ചെയ്ത ദൈവത്തിനുമുമ്പിൽ വിനയാനിതനായി ഞാൻ നിലകൊള്ളുന്നു.



# TESTING PHYSICAL FITNESS

One of the major aims of contemporary societies is "The quality of life". This is coupled with the increasing standard of living, making the public more health-conscious. Today in India, considerable enthusiasm and interest is shown by the public to develop, as well as to maintain physical fitness. The media, especially the electronic media with the help of advancement in Information Technology and Telecommunication has played a vital role in popularising Physical Fitness.

During the last two decades, a great deal of evidence has been reported in medical literature supporting the value of regular vigorous exercise for health promotion. Researches indicate that many diseases are overly manifested as a result of the chronic disease process that begin at Childhood.

Physical Fitness are of two types :-

- (1) Skill - Related Physical Fitness.
- (2) Health - Related Physical Fitness.

Skill-Related Physical Fitness includes those components mainly related to Motor Fitness such as Speed, Strength, Muscular Endurance, Agility, Flexibility etc.

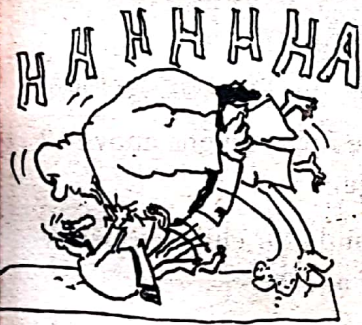
In this context, Motor Fitness should be explained. It is just the limited ability of an individual to do general movement, with emphasis mainly on doing vigorous physical activity, such as those related to various branches of armed forces, and does not include those aspects related to doing fine aesthetic movements as in Rythmic Gymnastics, Synchronised Swimming etc.

Health-Related Physical Fitness preserves the sound functioning of the body over extended period of time into adult life. Health-Related-Physical Fitness is defined by three general components:

1. Function.
2. Body Composition (Leanness / Fatness) and
3. Abdominal and Low back musculo-skeletal function.

The essential characteristics of Health-Related Physical-Fitness is that exercise has a positive influence on these three components and that an adequate level of development is necessary for health.

There are many batteries to test fitness and most of them are having norms constructed in accordance to the standards of developed countries, which cannot be used in an under-developed country like India, as



Dr. K.P. Manoj  
Lecturer in Physical Education  
Sree Narayana College  
Cherthala, Kerala

a lot of difference exists in the climatic conditions, food habits, anatomical and physiological makeup, apart from the wide gap in socio-economic levels.

The Youth Fitness Test (YFT), which was the traditional fitness battery, had a dramatic departure from the area of fitness testing, because many experts have questioned the wisdom of using Motor Fitness tests to evaluate Physical Fitness. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) developed a Health Related Physical Fitness Test (HRPFT). It represents a major innovation in fitness testing. This test was developed in response to both the growing dissatisfaction with traditional Motor Fitness Batteries and growing body of evidence supporting the value of regular, vigorous exercise for health promotion. The recent trends in Youth Fitness Testing show the wider use of Health Related Physical Fitness Test in major public schools and other institutions of the world.

The Asian Youth Health Related Fitness Test has been proposed by the Regional Board of International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD). To promote awareness of Health Related Fitness and for the development of norms, large number of school children were tested in Japan, Shanghai City (China) and Hong Kong between 1990 and 1992. Results indicated the implementation of the new test had met with acceptance and approval from all the countries, as was ascertained from the fact that many countries namely the United States of America, Canada, almost all West European countries, Australia, Japan, Singapore, Hong Kong and China (only in

Shanghai City) organise Health Related Physical Fitness Testing program for school children. But the saddest part of Health Related Physical Fitness in India is that, we still do not have standardised norms either for adults or youths, or for children, constructed from a sample taken from Indian population.

The ICHPER.SD Asia Health Related Physical Fitness Test consists of the following :-

1. Endurance Run - To test Cardio-respiratory function.
  - half mile run for children below 12 years of age.
  - One mile run for everyone above 12 years of age.
2. Timed Flexed Knee Sit Ups - To test abdominal musculo-skeletal function:
  - One minute for everyone above 12 years of age.
  - Thirty seconds for children below 12 years of age.
3. Pull Ups - To test upper body Strength & Endurance :
  - Pull ups for boys above 12 years of age.
  - Modified pull ups for girls, women, boys below 12 yrs of age and those who cannot perform one pull up.
4. Sit & Reach Test - To test low back Hamstring musculo-skeletal function.
5. Body Composition - To test Leanness / Fatness
  - Sum of triceps and calf skinfolds, being measured using a skinfold Caliper.

# LONG- LASTING LESSONS FROM PLAY FIELD

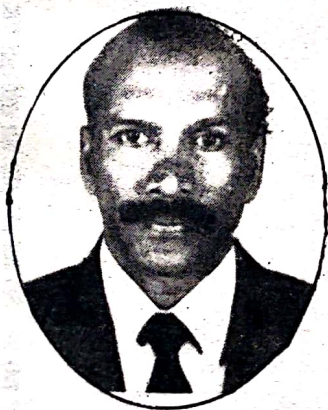
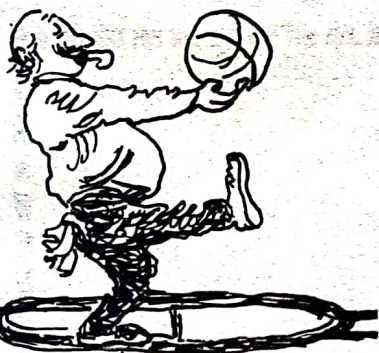
**B**oys in their teens love play more than serious work. They play games of all types just for recreation. But soon the competitive spirit helps them to improve their skills and achieve glory for themselves. It is this sense of achievement that provides the necessary objective for them upto a stage. But when they come under a teacher or a trainer and play in groups for an institution or club their objective undergoes a gradual transformation. The emphasis is now not so much on recreation or personal glory, but on the glory of the club or institution of which they are members. They forget themselves to a considerable measure and become selfless individuals worthy of respect and love of others. Infact, this is a great lesson that a player learns and this makes him a respectable member of the society in which he lives.

As years pass by, more lessons of lasting importance for life are learnt by him, not that he is taught them, but that he learns them unconsciously in the course of the training. The guiding hands of the teacher or the trainer are necessary at every stage to drive those lessons home and see that they become a regular habit and a way of life. For instance, in the early stages, a player has to face more number of defeats than victories, but each defeat eggs him on to strive his best to achieve suc-

cess. He learns the lesson unconsciously that failure is the stepping stone to success. As he grows older and older, he develops a frame of mind which enables him to realise the ordeals of life and face them with equanimity. It is this maturity of mind that makes him a full man and gives him strength to face the trials of life. What a great lesson and that through games!

Again a player learns gradually that his individual powers are of no value but that the co-operative effort of all his colleagues leads his team to success. This spirit of co-operation becomes an asset to society. Another feature that we notice in a sportsman is that he is trained to admit the superiority of his opponent and to congratulate him on his success. We rarely find this noble trait among others. Will the politicians emulate the sportsmen for the good of the country? Sportsmen in general are calm and composed and display a spirit of camaraderie which is always pleasing to watch.

The greatest of all the lessons learnt by sportsmen is the sense of discipline, so badly needed for any achievement in life. They are trained to obey the leader and to accept the verdict of the authorities with unquestionable obedience. They are ready to submit themselves to any kind of discipline and in the long run this quality in them becomes natural and al-



Prof. PETER THOMMAN  
Head, Dept. of Phy. Education

most spontaneous at every stage. This high sense of discipline leads them on to develop a devotion to duty which ultimately contributes to the good of the nation. In this sense, a real sportsman is a national asset. Example is Edison Arantes De Nassimeto, i.e. Pele of Brasil.

Apart from the moral values learnt through games, the sportsmen are invariably led to a higher plane where they are readily receptive to the spiritual values of sports. This may sound strange to many but it is a fact borne out of experience. Players come across strange and inexplicable happenings in the course of the game. A mighty team goes down to ordinary team of no repute. When a ball hits the crossbar and goes out, the attacking team is disappointed. But if the ball hits the bar or the goal post and enters the goal, the team is jubilant. When the ball hits his own player and enters the goal, this

self goal demoralises the team. In the above circumstances players calmly admit that chance or luck plays a prominent part in deciding the match. This admission leads to the acceptance of the great truth that in spite of all their best efforts, there is a Supreme Being to decide the issue. So they turn to him for success. They develop a faith in him and enter the field in a prayerful mood. Here is the opportunity for the teacher or the trainer to instil in the minds of the players the great lesson : "Do your duty and leave the rest to God". Religious instruction in class rooms may fail to produce this awareness but the play field provides the players with opportunities to develop this most essential spiritual virtue unconsciously without any effort. In the end, these players face the trials of life with absolute faith in God, a high sense of discipline and an unfailing devotion to duty. What more do we want for the integrity of a nation ?

*With best compliments from :*



**AN OLD STUDENT**

# PHYSICAL FITNESS - A FUNDAMENTAL RIGHT

Physical fitness is a universally accepted and realised terminology. However there is no universally accepted and concrete definition of Physical fitness as it simply cannot be adequately defined. Lamb (1978 P. 6) states that physical fitness is the capacity to meet the present and potential physical challenges of life with success. The present concept of physical fitness is not only freedom from disease, but also enough strength, agility, flexibility, endurance and skills to meet the demands of daily life, and sufficient reserve to withstand stress and strain.

Every human being is aware of the need and importance of physical fitness - We write and discuss much about physical fitness through both the print and electronic media. Though people are fully aware of the inevitability of having the minimum required health related physical fitness, many people are not seriously and actively involved in procuring and maintaining physical fitness. In developing countries like India, people are scared of physical fitness only during their middle age or even at a later stage when they become slaves of heart disease or some other healthrelated problems.

Every one is striving for total



**PROF. JOSE JAMES**  
Director, Physical Education  
Mahatma Gandhi University  
Kottayam, India  
Secretary General,  
Indian Association of Sports  
Management

fitness. But this is an ideal that one has ever reached. It is a combination of physical, intellectual, social and spiritual fitness - each of these strengthens and supports the other. All components of the human organism are reciprocally interrelated - each affects and is affected by others. The ideal state is not a total fitness but also fitness for living and fitness to under stress. The ability of an individual to function properly depends upon the physical, mental, emotional, social and spiritual components of fitness, all of which are related to each other and are mutually independent. The basic organic ingredients of physical fitness includes muscular power, endurance, strength, flexibility, cardiovascular fitness and neuro - muscular coordination.

True and vigorous exercise as a way of life is essential for all human beings from birth to old age. The use of physical activity to improve and maintain physical fitness was in existence from the very beginning of human existence, a practice usually associated with preparing man to fight, not only in times of war but in peace also. Biologically the fundamental efficiency of an organism increases when it is used and decreases when it is not used. Regular

and systematic exercise must be a part of daily life as eating and sleeping, to activate the muscles which constitute half of the body mass. Fitness can enhance the joy and quality of living.

The growing awareness of psychosomatic illnesses, the increasing acceptance of exercise as an antidepressant, and the emphasis on the concept that good health is more than freedom from disease, are bringing the physical educator and physician closer and closer together. Physical activity is one of the means by which emotional and physical health are improved; and prescribed exercise is being used for both preventive and therapeutic treatment for many diseases. Freedom from diseases, nutritional food and adequate medical care are the pre-requisites for good health and physical fitness.

Though most of us are aware of the need and importance of physical fitness and much is discussed about it in the country, very few people are conscious about developing physical fitness in a systematic manner. Olympics after olympics we cry, without a firm basis, that we could not get a medal. Neglecting the vast majority, we care only for those who excel. We are interested only in those who could win a medal in their national completion. We never "catch them young" nor give mass physical fitness programme for our youth.

In India we have rich sports tradi-

tion and culture. Our people are aware of the need and importance of sports programmes from time immemorial. We have sufficient manpower and human resources. We have potential, talent and expertise in Physical Education. Physical Education has developed as a major discipline in many of our universities. However, in spite of all these developments, we lack in the proper management of physical education and sports programmes in our country. The scarcity of finance, of course, is a universal phenomenon. We do not plan and implement our programmes in the desired manner.

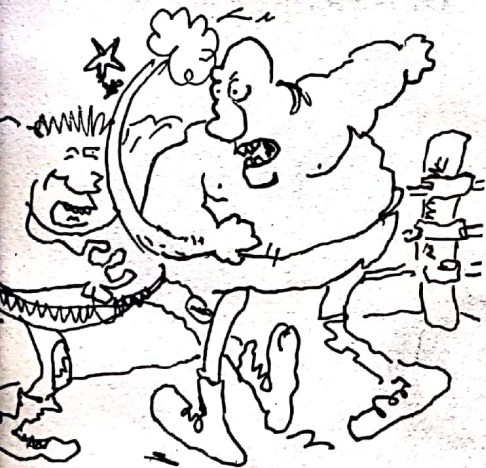
The nucleus of our sports development programmes shall be the educational institutions, the pivotal point of implementation of any programme, shall be mass participation in physical education and sports programmes. In order to achieve this objective physical fitness should be made a "FUNDAMENTAL RIGHT" of all citizens of our great country.

#### References :

1. Bucher C.a. "Management of Physical Education & Athletics" Time Mirror / Mostly College Publishing.
2. Dheer S & Kamal R. "Organisation and Administration of Physical Education" Friends Publication, Delhi 1991.



# SPORTS, THE BEST MEDICINE FOR RELAXATION



**SIBI ZACHARIAS**  
Department of Politics  
S.H. College, Thevara

"Ah, what is more blessed than to put care aside, when the mind lays down its burden, and spent with distant travel, we come home again and rest on the couch we longed for," wrote Catullus, the great Roman poet, several thousand years ago.

The hustle and bustle of modern civilization and the frenzied pace of scientific discoveries are too much for human beings. Only very few can rest and relax these days. Many call these times "the age of anxiety".

Millions of people today suffer from excess tension, a disease more common than the so called common cold. It is the rare person who is calm. In one way or another, hypertension probably afflicts more people and is more destructive than even cancer or cardiac trouble. Diseases like insomnia, Cardiac Thoubla and stomach ulcer are caused by tension. But just as tension can make us sick, relaxation can make us well. Medical authorities have cited relaxation as an aid to heart cure.

For the modern man of this highly sophisticated world, sports can be one of the best ways of relaxation. Worries and

fears cause tensions. By playing or watching cricket, football or any other game, we can divert our mind from tensions and recharge the energy cells of our body and mind. Even the reading of sports news can give relaxation.

All human beings have natural tendencies like aggression and self expression. Sports and games provide the necessary outlet for the satisfaction of these tendencies. Thus the mind and body become calm, fresh and healthy. The former American President, Eisenhower, when under the pressure of being Chief Executive, used golfing as a means of relaxation. Another American President John. F. Kennedy played football for relaxation. The executives of modern times participate in yoga and other sports and games as an effective device of tension management.

Researchers in the field of psychosomatic medicine have documented the close connection between emotional and physical health. Mass participation in sports and games is the best practical medicine to check the unusual growth rate of health problems, both mental and physical, of modern societies.

# DEPARTMENT OF PHYSICAL EDUCATION



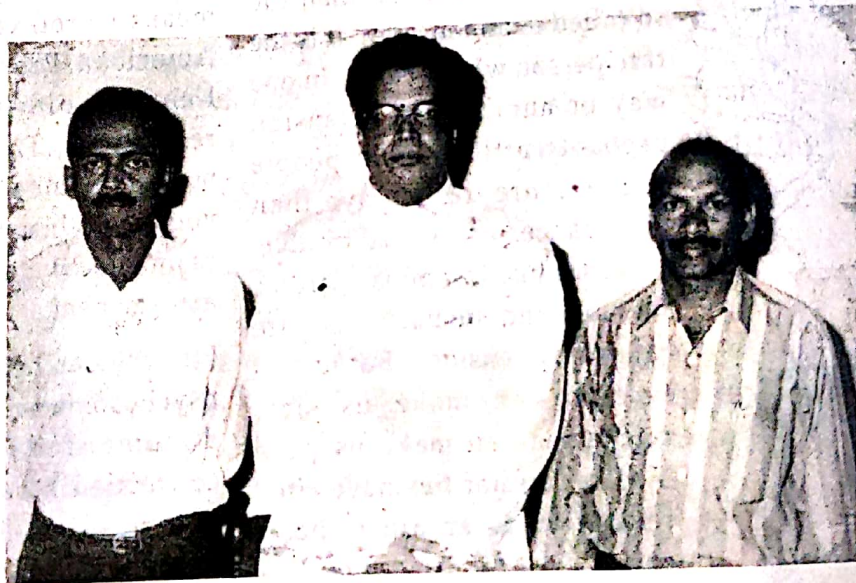
**Sri.P.P.Pothen**  
1944-'47



**Sri.P.P.Devassy**  
1947-'57



**Prof.M.K.Abraham**  
1957-'93



**Sri.K.A.Raju, Rev.Dr.Jose Kuriedath (Principal), Prof.Peter Thomman**





# DEPARTMENT OF PHYSICAL EDUCATION

**I**t is a commonly accepted fact that physical education plays a vital role in the all-round development of a student. Sports and games have attained an unprecedented interest among the youth, thanks to the encouragement from various sources and scope for better placement in public and private enterprises. Sacred Heart College has a tradition of catering to these needs of the students and it has a glorious history of 50 years of dedicated involvement and efficient teamwork.

The Department of Physical Education was headed in different periods of its long history by some very dedicated and extremely efficient teachers who maintained high standards of moral integrity, discipline and sustained interest. It is worthwhile to remember them individually.

Prof. P.P. Pothen was the first physical director of the college. He joined the college in 1944 and served the department till '47. It was during his tenure that the Bartholomew Tournaments began. As we celebrated the Golden Jubilee of the Bartholomew Tournaments this year, the department salutes Prof. Pothen and remembers him with gratitude.

Chairman of the Basketball Federation of India (Technical committee). He was widely acknowledged as an authority on basketball. The high award in Basketball for women is instituted in his name. Students during his tenure won laurels for the college. Some outstanding sports-personalities were, C.I. Varghese, who was a member of the Indian Basketball team, Ibrahim and C.C. Jacob of the Indian Football team and Varghese Abraham, who represented the university in Athletics, Football and Tennis. Mr. Venchaslavus became "Indian All star" in Ball Badminton.

Prof. M.K. Abraham, himself an old student of the college and a member of the state Basketball team, put in 37 glorious years of dedicated service. He joined the department in 1957 and retired in 1993. It was during his tenure that the college won recognition and acclaim in various disciplines. C.C. Jacob became a member of the Indian Football team. Athmaram represented the state. E.P. Peter represented the university in Volleyball, Athletics and Ball Badminton. Anil. B was a member of the Indian Volleyball team. Abdul Majeed, Paul George, Bipin Joseph, Shelly Joseph and Gigi Abraham were members of the Indian Youth Basketball team. Prof. M.K. Abraham is at present the co-



Prof. P.P. Pothen Palokaran of

Prof. Peter Thomman, the present head of the department, joined service in 1974. He is an old student as well. He was a gold medalist in 800 mts race in the Indo-Ceylon athletics meet in 1969. He attended a Refresher Course of FIFA at Bangalore. As a national referee in football he has officiated in many national and international matches and proved his mettle. He is an AAFI qualified official. Some of the very talented sportspersons in the recent history of the college are Thomas Mathew, Captain of the Ranji Trophy Cricket team, Mahadevan, Ranji player, Balakrishnan and Thomas Chacko, both State and University players in Tennis, and the following in Volleyball : Yousaf K.I. (State); Abdul Shameer (Captain of the University Team), Sebastian George (Captain of the University Team), who played for the State and the University, and Anil.B, of the present Indian Team. Mention should also be made of two outstanding players in Table Tennis for women, Vidya Visal and Sandhya Visal, who represented the State and the University and won numerous prizes.

In 1993-94 and 95-96, our college won the 3rd place, in the overall championship of the M.G. University. This year we hope to move up to the 1st place and become the overall champions.

At present the college has some very good teams who keep the torch of glory burning bright: teams in Basketball, Volleyball, Weightlifting, Powerlifting, Yoga, Shuttle Badminton, Ball Badminton, Wrestling, Judo, Cycling, and Tennis. Inspired by the memory of their predecessors they march forward.

Prof. Peter Thomman is ably assisted by Sri K.A. Raju who joined the college in 1994. As a student he represented the M.G. University in basketball. He served K.E. College Mannanam for three years before joining his alma mater. Besides his M.P.Ed. and M.Phil., Sri Raju has a DSS also.

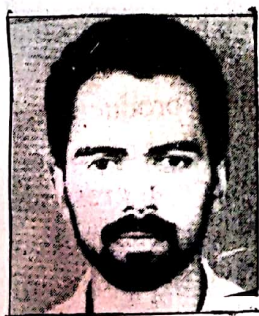
Thus a talented team of teachers and students keep the S.H. flag fluttering, hopeful of a still brighter future.

*"When the Great Scorer comes  
To write against your name  
He writes not that you won or lost  
But how you played your game"*

SPOR  
MAN



# SPORTS INJURY MANAGEMENT



**MR. K. A. RAJU**  
Lecturer in Physical  
Education  
S.H. College, Thevara

**W**ith the increase in the intensity of competitive performance as well as in the number of participants, there is a quantitative increase in the acute sports injuries. Injuries occurring to the athletes or players have to be approached from an entirely different angle, as he/she has to be brought back to the pre-injury state as early as possible by preserving his/her performance potentials. The earlier and the more effective the immediate injury management, the shorter and speedy will be the period of recovery to normalcy.

Specific diagnosis and spot evaluation is required for the immediate injury management and first aid facilities.

## Inspection & Evaluation

**Brief history :** Whether the injury is a fresh one or a recurrent one.

**Analyse and identify:**

nature of the skill involved in the injury;

muscular strain in the segment...  
(kinesiological analysis)

the probable precipitating exciting factors.

the operative mechanics of traumatic sequence.

**Observe and recognise :**

The presence of vital signs ..  
breathing, blood circulation,

consciousness;

the position and alignment of the injured segment with adjacent parts;

the size, shape and the contour of the injured part;

the nature of the injury, open skin or closed skin damage.

the areas of injury at the primary site and secondary sites of import.

Minimise any action that would aggravate the damage. The universal formula for the injury management is RICE:

.. Rest

.. Ice cold

.. Compression

.. Elevation

## Recent Innovations :

Judicious cutaneous cold analgesic spraying techniques in combination with cryo-kinetics;

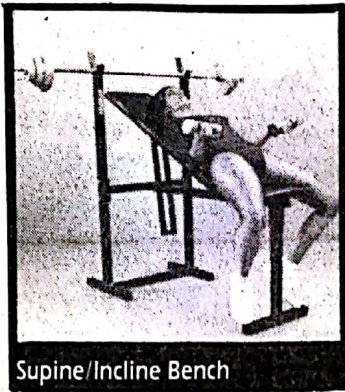
use of dia-pulse, non-heat generating, proprioceptive promoting pain relieving gadget.

use of vacuum cups at selected skin areas based on the segmental distribution of spinal nerves on the skin surfaces;

passive relaxation by manipulative manoeuvres and active antagonistic muscle contraction.

**Caution :** Avoid any type of massage.

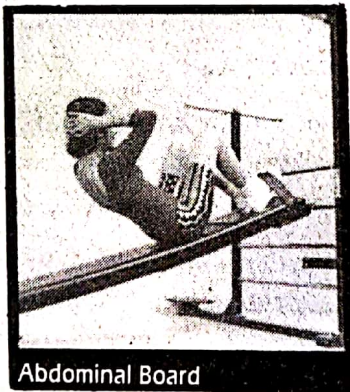
# P R O F I T



Supine/Incline Bench



Stepper



Abdominal Board

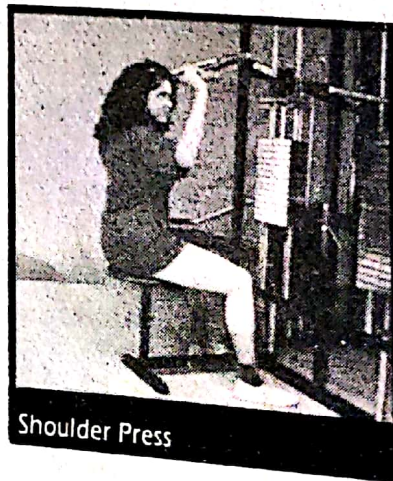


Lateral Pull-down

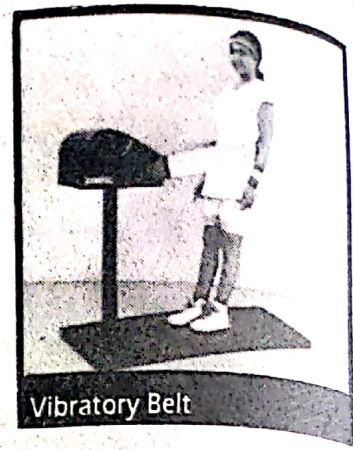
'PROFIT' stands for 'PROMOTE FITNESS'. It is a unique and ambitious project, the core concern of which is the establishment of a Health Club with Multigym facilities. Sauna and Steam Bath, and training in Yoga are other equally important features of this project. It also envisages international football and cricket courts including Standard 400 Mtrs. Cinder Track, the construction of which has already begun. A separate jogging track will also be constructed for the special benefit of aged people looking for fresh air and traffic-free moments of relaxation. It is our sincere wish that besides the students of our institution, the larger public in and around the city should also be beneficiaries of the project, and membership rules will be framed with this broader view in mind.

As you know, a fully equipped Multigym entails an awesome budget, which cannot materialise without your generous patronage. The aim of 'Profit' is to facilitate the pooling of such resources, while at the same time giving the donors some value for their money. You may sponsor any equipment of the Multigym either in your name or in memory of any one dear to you, so that it will be perpetuated by being inscribed on the equipment.

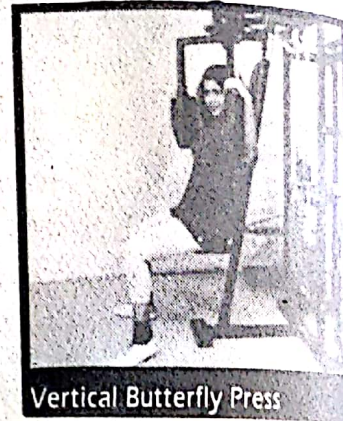
The success of this project rests entirely on your earnest support. 'Promote Fitness' and revolutionise the concept of Body Care. 'Promote Fitness' and "Profit" by it too.



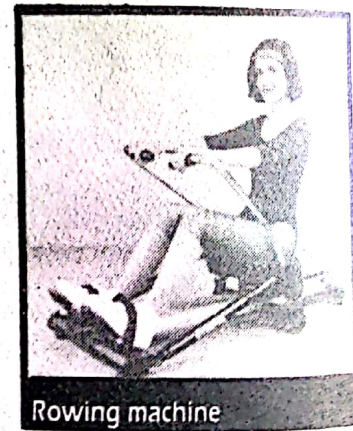
Shoulder Press



Vibratory Belt



Vertical Butterfly Press



Rowing machine



Leg Extension

# A REPORT OF THE TOURNAMENTS

The Golden Jubilee Celebrations of Fr. Bartholomew Torunaments began with a Torch Rally on 14th Dec, 1995. The colourful rally commenced from Karikkamuri. Rev. Fr. Sebastian Poonolly, Vicar General, lighted the torch and City Police Commissioner, T.P. Sen kumar I.P.S, flagged off. Accompanied by hundreds of students on cycle, the torch reached the campus when our former student and International Footballer, C.C. Jacob received it. In the function that followed, our Manager, Rev. Fr. Austin Mularickal, our Principal, staff and students were present. Prof. T.T. Joseph welcomed the gathering, and our Staff Secretary, Prof. K.C. George, College Union Chairman Rakesh Rajan and College Office suptdnt M.O. Augustine felicitated. Mr. Sibi Zacharias, Secretary of the Tournaments, proposed vote of thanks.

The Golden Jubilee Tournaments were inaugurated by Sri. P.M. Syed, Union Minister for Information and Broadcasting on January 3rd, 1996. The colourful function was graced by the presence of Olympian Shiny Wilson and Sri. Wilson Cherian who were the Guests of Honour. Fr. Principal delivered the welcome address. Prof. K.V. Thomas, M.P, Dominic Presentation M.L.A and C.K. Gopalan, Corporation Councillor and Wilson Cherian spoke on the occasion. Mementos were presented to all the V.I.P's on the dais. Vote of Thanks was proposed by Prof. Joseph John.

The inaugural match was Men's Basket Ball in which S.H. Thevara College defeated S.D. College, Alleppey. The details of other matches of the Tournaments are given below :

Date	Match	Teams participated	Winners	Guests of Honour
4-1-96	Basket Ball (W)	Assumption, Changanacherry VS St. Xavier's, Aluva	Assumption College	Smt. Beena Philip, W/o. Sri. Philip Mathew, Malayala Manorama.
4-1-96	Volley Ball (W)	St. Xavier's, Aluva VS K.E. College, Mannanam	St. Xavier's Aluva	Sr. Joseph Dominic Commissioner of Customs & Central Excise
4-1-96	Volley Ball (M)	St. Thomas, Palai VS St. Stephen's, Uzhavoor	St. Stephen's Uzhavoor	Sr. Joseph Dominic Commissioner of Customs & Central Excise
4-1-96	Ball Badminton (M)	S.H. Thevara VS Aquinas, Edacochi	S.H. Thevara	Anil.B, Our former student and present International in Volley Ball
4-1-96	Ball Badminton	Cochin College VS St. Stephen's, Uzhavoor	Cochin College	Anil.B, Our former student and present International in Volley Ball
5-1-96	Ball Badminton (M - Semi.)	Scared Heart, Thiruppathur VS S.H. Thevara	Sacred Heart Thriuppathur	Rev. Fr. Aquinas, our former Principal and Manager
5-1-96	Ball Badminton (M - Semi.)	N.S.S. Changanacherry VS Cochin College	N.S.S., Changanacherry	Rev. Fr. Aquinas, our former Principal and Manager
5-1-96	Volley Ball (W)	Assumption, Changanacherry VS Alphonsa, Palai	Assumption Changanacherry	Prof. P.O. Devassy, Retd. Head of the Dept. of Mathematics, S.H. College.

5-1-96	Volley Ball (M)	S.H. Thevara VS S.N. Nattika	S.H.Thevara	Prof. P.O. Devassy, Retd. Head of the Dept. of Mathematics, S.H. College.
5-1-96	Basket Ball (M)	U.C. Aluva VS Baselius, Kottayam	U.C. Aluva	Mr. G.V. Thomas, Managing Director, India Tech Pvt. Ltd.
6-1-96	Ball Badminton (M) Final	Sacred Heart Thiruppathur VS N.S.S Changanacherry	Sacred Heart Thiruppathur	Prof. M.K.Abraham, Retd. Head of the Dept. of Physical Education, S.H. College.
6-1-96	Basket Ball (W) Quarter- Final	St. Teresa's Ernakulam VS Vimala, Trichur	St.Teresa's, Ernakulam	Commodore K.M. Thomas
6-1-96	Volley Ball (M)	St. Thomas, Kozhenchery VS St.Paul's Kalamassery	St.Thomas Kozhencherry	Sri. Ananthakrishnan, P.T.A Secretary
7-1-96	Basket Ball (M)	Mar Ivanios, TVM VS Scott Christian, Nagercoil	Mar Ivanios TVM	Sri. Joseph Varghese, Managing Director, Elanjickal Group.
7-1-96	Basket Ball (M)	Sree Kerala Varma, Trichur VS S.H. Thevara	Sree Kerala Varma, Trichur	Sr. V.C. Antony, Managing Director, Bhagheeratha Engineering.
7-1-96	Volley Ball (M) Q.F	Sacred Heart, Thiruppathur VS S.H.Thevara	Sacred Heart Thiruppathur	Sri. Geevarghese Chacko, National Referee in Volley Ball & Secretary, Pathanamthitta Sports Council
7-1-96	Volley Ball (M) Q.F	St. Thomas, Palai VS St. Stephen's, Uzhavoor	Walk Over to St, Stephen's Uzhavoor	
8-1-96	Basket Ball (M) Q.F	St.Joseph's Trichi VS U.C. Aluva	St.Joseph's Trichi	Sri. K. Jayaraman, Divisional Manager Bharat Petroleum
8-1-96	Volley Ball (M)	Jamal Muhammad VS St. Thomas, Kozhenchery	St. Thomas Kozhenchery	Sri. Sunny Joseph, former student and University and State player in Volley Ball, Preventive Officer, Cochin Customs.
8-1-96	Volley Ball (M)	St.George's, Aruvithara VS St. Joseph's Trichi	St. George's, Aruvithara	Sri. Sunny Joseph, former student and University and State player in Volley Ball, Preventive Officer, Cochin Customs.
9-1-96	Basket Ball (M) S.F	St. Joseph's, Trichi VS Mar Ivanios, TVM	St. Joseph's Trichi	Sri K.P. George, General Manager, Rubber Mark.
9-1-96	Basket Ball (W) S.F	Assumption, Changanacherry VS St. Joseph's, Alleppy	Assumption Changanacherry	Sri. T.J. Jose, Manager, S.B.I, Perumanoor

9-1-96	Volley Ball (M) S.F	S.H. Thiruppathur VS St. Stephen's, Uzhavoor	Sacred Heart Thiruppathur	Sri. Jose Joseph Kuruvinnakunnel
9-1-96	Volley Ball (M) S.F	St.George's ; Aruvithara VS St.Thomas, Kozhenchery	St.George's Aruvithara	Sri M.S. Joseph, Veteran Athelete and Volley Baller.
10-1-96	Basket Ball (W) S.F	St. Teresa's Ernakulam VS Providence, Calicut	St. Teresa's Ernakulam	Dr. Venugopal.K.C, President, Kerala Paediatric Association and Executive Member, Rajiv Gandhi Indoor Stadium
10-1-96	Basket Ball (M) S.F	Sree Kerala Varma, Trichur VS S.B. Changancherry	Sree Kerala Varma, Trichur	Sri. Anto David, Veteran Badminton Player and Senior Suptdnt of Cochin Customs
10-1-96	Volley Ball (M) Final	Sacred Heart, Thiruppathur VS St. George's Aruvithara	Sacred Heart Thiruppathur	Sri. P.N. Prasannakumar Corporation Councillor, and former President, Journalists' Association.
10-1-96	Volley Ball (W) Final	Assumption, Changanacherry VS St. Xavier's, Aluva	Assumption Changanacherry	Sri. P.N. Prasannakumar Corporation Councillor, and former President, Journalists' Association
11-1-96	Basket Ball (W) Final	Assumption, Changanacherry VS St. Teresa's, Ernakulam	Assumption Changanacherry	Sri. A.J. Antony, General Manager, Cochin Shipyard.
11-1-96	Basket Ball (M) Final	St. Joseph's, Trichi VS Sree Kerala Varma, Trichur	St. Joseph's Trichi	Sri. Ajay.V.George, former student and Managing Director, Star Homes.

The Tournaments took on a gala festival dimension with the Raffles, conducted at the end of each day's matches. The chief sponsor of the raffles was Swiss Time House, Ernakulam . Pyary Products also sponsored a few gifts.

Another exciting sidelight of the Tournaments was the Sports Quiz conducted on 9-1-96 by Prof. T.T.Joseph, of the English Dept. A unique feature of the quiz was the distribution of cash awards for every individual answer. Among the eleven colleges that participated, Maharaj's College, Ernakulam, received the championship prize money and St. Alberts College, Ernakulam came up second.

On 11-1-96, the college witnessed a rare get-together of renowned sports personalities who were all our former students, and in whose honour the function was organised. Rev. Fr. Austin Mularikal presided over the function and gave away mementos and trophies. Sri Prince Chandy handed over Prof.M.K. Abraham Endowment Trophies to the Principal. Some of the eminent sports persons who attended were C.I.Varghese, C.C. Jacob, Abdul Majeed, Anil.B, A.R. Azim, Venchalavus and Vidya Vishal.

11th Jan. 1996. marked the Valedictory day of the Tournaments. Sri. K.M. Mani, Minister for Revenue and Law and our former student, was the Chief Guest and gave away team trophies. Justice K. Narayana Kurup, another former student of our college, unveiled the the plaque bearing the Golden Jubilee emblem. The

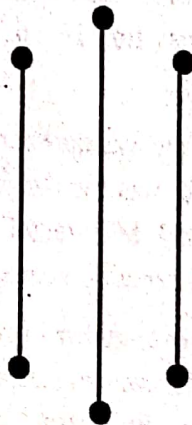
valedictory function was presided over by very Rev. Dr. Thomas Mampra. Sri K.V. Thomas M.P, Sri Johnson.K.George, former student and R.D.O, Sri M.P. Kurian, Sri. C.K. Gopalan, Corporation Councillor and Rev. Fr. Charles Koroth, Headmaster, S.H.High School, were present on the dais and distributed individual medals and certificates.

A ganamela, conducted by Sangeetha Sadan, marked a musical finale to the whole Golden Jubilee Celebrations. In order to perpetuate the thrilling memories of the tournaments, a memento in the form of a sleek and very useful leather folder was presented to each and every member of the teaching and administration staff of this college.

This report will be grossly incomplete without a word of thanks to the innumerable individuals and institutions who worked for the grand success of the Tournaments. I thank all our patrons for their timely advice and encouragement. I also express my deep gratitude to all our sponsors whose generosity made possible the smooth conducting of the Tournaments. The Management of our institution has always been very warmly supportive of all our endeavours and I am grateful to them for their unconditional backing of all the Golden Jubilee activities. I cannot forget the wide coverage given to our Tournaments by the media, and I sincerely thank the press reporters, Doordarsan, Siti Cable and other agencies for their whole-hearted cooperation. I am also thankful to all the various local clubs and institutions who extended their help to us at all stages of the Tournaments. Above all, I dedicate the whole success of the tournament to the adorable Heart of Jesus, the real patron of the college and all that it stands for.

PROF. PETER THOMMAN  
General Convenor

*With best compliments from:*

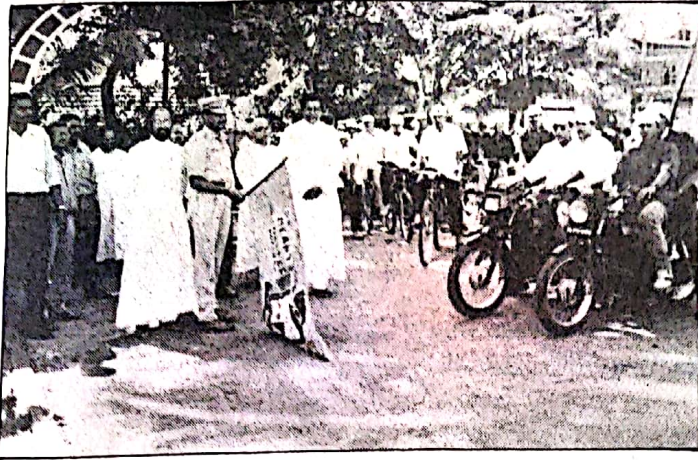


**C BLUES SPORTS**

BROADWAY, ERNAKULAM - 682 031



# TORCH RALLY



Flag off by T.P. Senkumar,  
City Police Commissioner

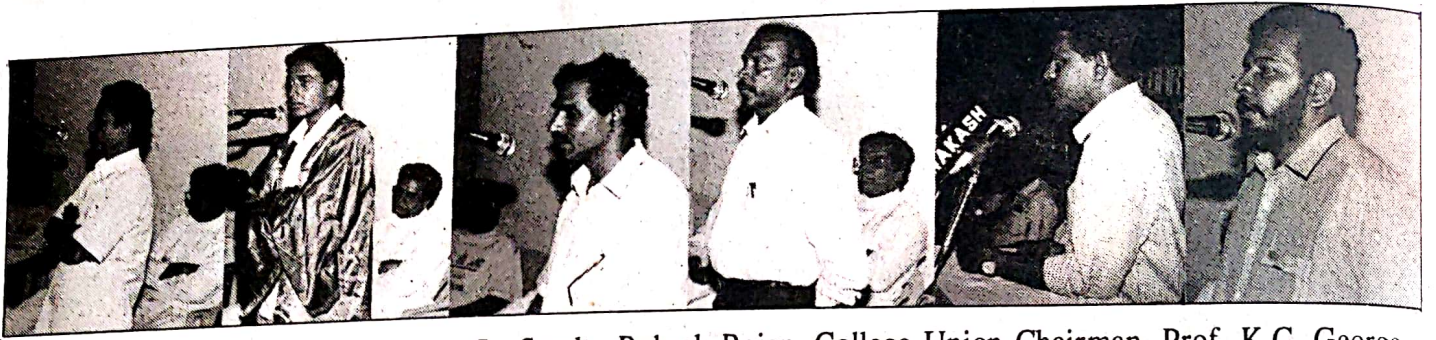


Prof. T.T. Joseph welcomes the gathering

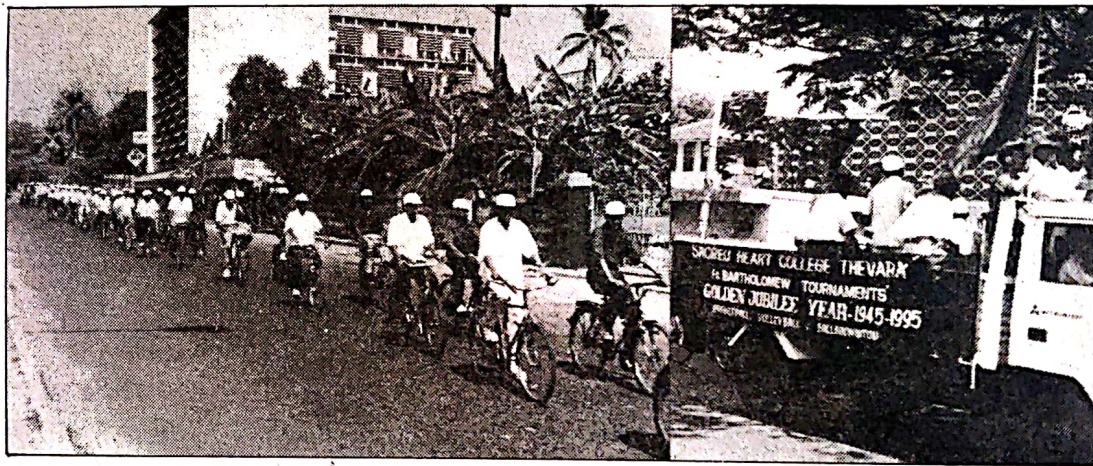


Principal Presides





**FELICITATIONS : M.O. Augustine, Sr. Supdt., Rakesh Rajan, College Union Chairman, Prof. K.C. George, Prof. Peter Thomman, General Convener, Prof. Joseph John, Vote of Thanks : Sibi Zacharias**



**A view of the rally**



**Entering the college**



**Torch Rally**  
Lighted by Rev. Fr. Sebastian Poonoly, Vicar General



P.M. Syed, Union Minister for Information and Broadcasting, garlanded by Rev. Fr. Austin Mularickal, our Manager



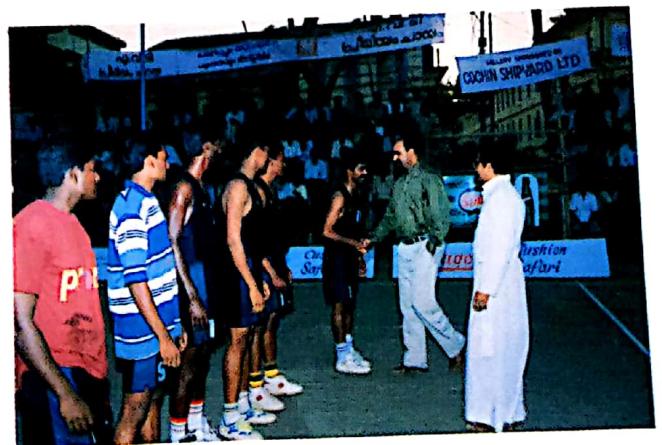
C.C. Jacob, International Footballer and our former student in the concluding ceremony of the Torch Rally



A view of the Inaugural Dais



Olympian Shiny Wilson and Wilson Cherian being honoured on the Inaugural Day.



Joseph Varghese, M.D., Elenjickal Group, Chief Guest, Basket Ball, Quarter Final



**Minister K.M. Mani, Chief Guest, being received on Valedictory Day**



**A view of the Dais during the Basket Ball finals.**



**Justice K. Narayana Kurup, our former student and member of Ball Badminton Team, unveils the plaque bearing the tournament emblem.**



**Very Rev. Dr. Thomas Mampra, Prior General, Justice K. Narayana Kurup and Ajay V. George, Star Homes watching Basket Ball finals.**



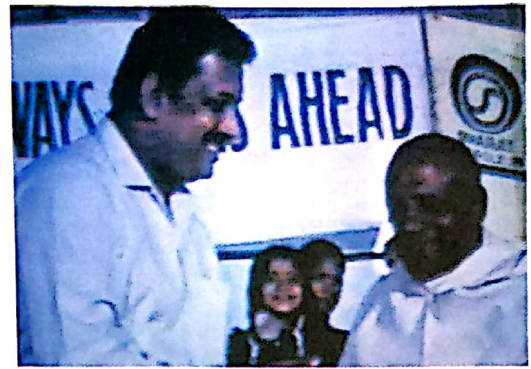
**A.J. Antony General Manager, Cochin Shipyard, meeting the players of Women's Basket Ball finals.**



**Winners of the Basket Ball (W), Assumption College with Minister K.M. Mani and other Guests of Honour**



**Joseph Dominic, Commissioner of Customs & Central Excise, shaking hands with the players of Women's Volley Ball Inaugural match.**



**G.V. Thomas, M.D. India Tech Pvt. Ltd. Chief Guest, Basket Ball (M) Pre-Quarter Final**



**Dr. Venugopal K.C. Meeting the players of women's Basket Ball Semi Final**



**Anto David, Supdt. of Customs Guest of Honour, Basket Ball (M) Semi Final**



**K. Jayaraman, Divisional Manager, Bharat Petroleum, Chief Guest, Basket Ball (M) Quarter Final**



**V.C. Antony, M.D. Bhageeratha Engineering, Guest of Honour, Basket Ball (M), Quarter Final**



**Mrs. Beena Philip inaugurates the Women's Basket Ball Tournament.**



**Commodore K.M. Thomas, Chief Guest, watching the Women's Basket Ball**



**P.N. Prasanna Kumar**  
Ex-President, Journalist Association and Corporation Councillor  
Guest of Honour, Volley Ball (M) Final



**C.I. Varghese**  
Our former student and International Basket Ball Player,  
honoured by our Manager



**T.J. Jose**  
Manager, State Bank of India, Perumanoor  
Guest of Honour, Basket Ball (W) Semi Final



**Prince Chandy**  
Supdt. of Customs hands over M.K. Abraham  
Endowment Trophy to Principal



**Musical Finale to the Tournaments  
Ganamela by Sangeetha Sadan**



**Sports Alumni Get - together**



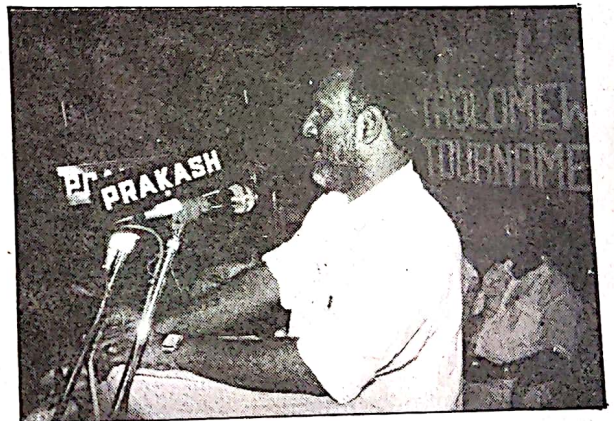
**Wilson Cherian, Guest of Honour,  
on the inaugural day**



**K. Koshy, M.D., Jayem's Enterprises,  
as Guest of Honour, Women's Volley Ball**



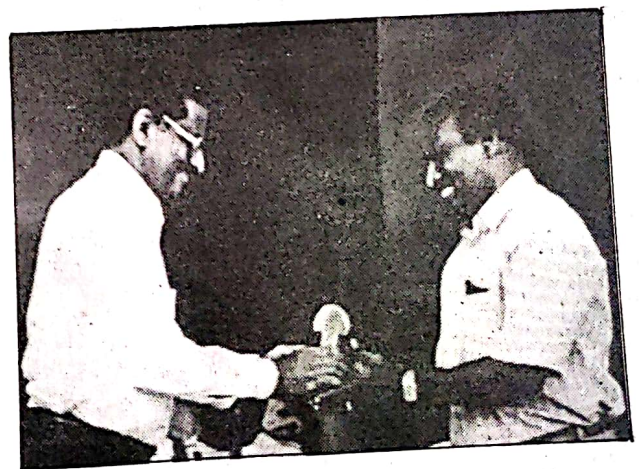
**K.P. George, General Manager, Rubber Mark,  
Chief Guest, Men's Basket Ball**



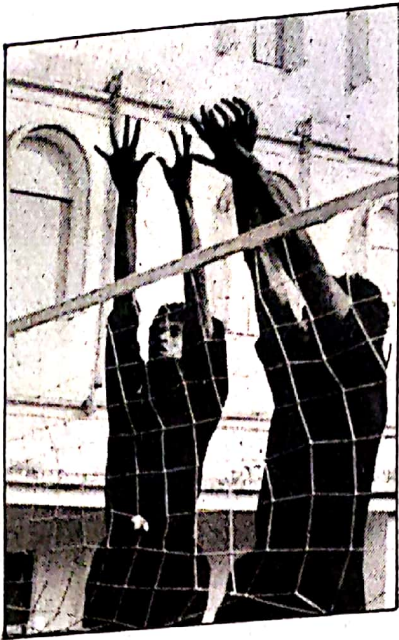
**Our M.L.A., Dominic Presentation,  
Felicitates**



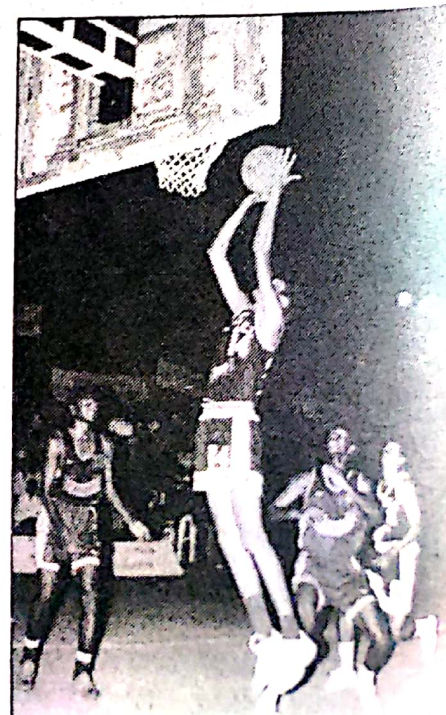
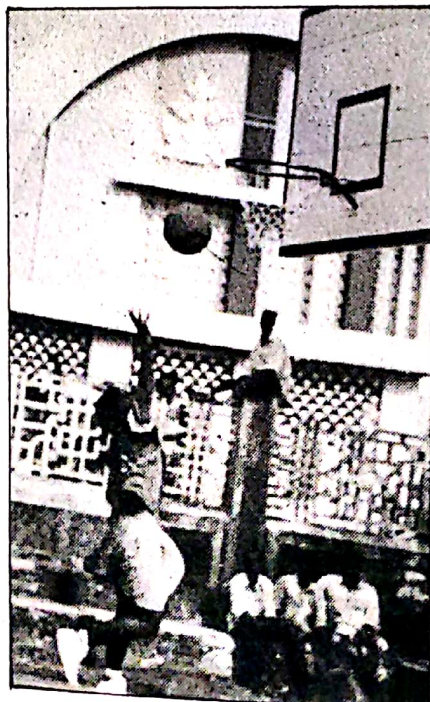
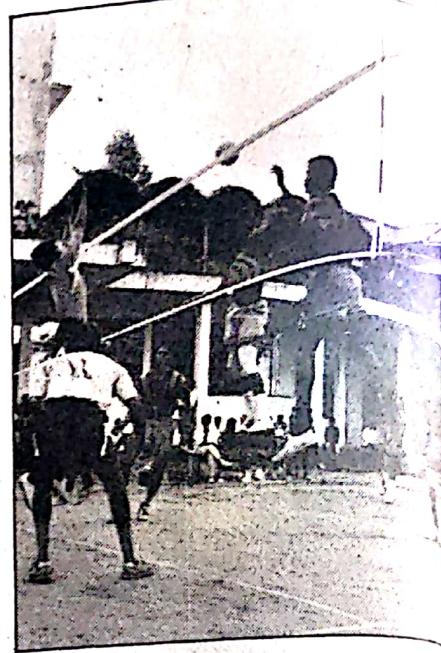
**Jose Joseph Kuruvinakunnel,  
Chief Guest, Men's Volley Ball**



**Chief Guest, M.S. Joseph, Veteran Volley  
Baller and Athlete, being honoured**



# PLAYERS IN ACTION





# HONOURING OF SPORTS ALUMINI



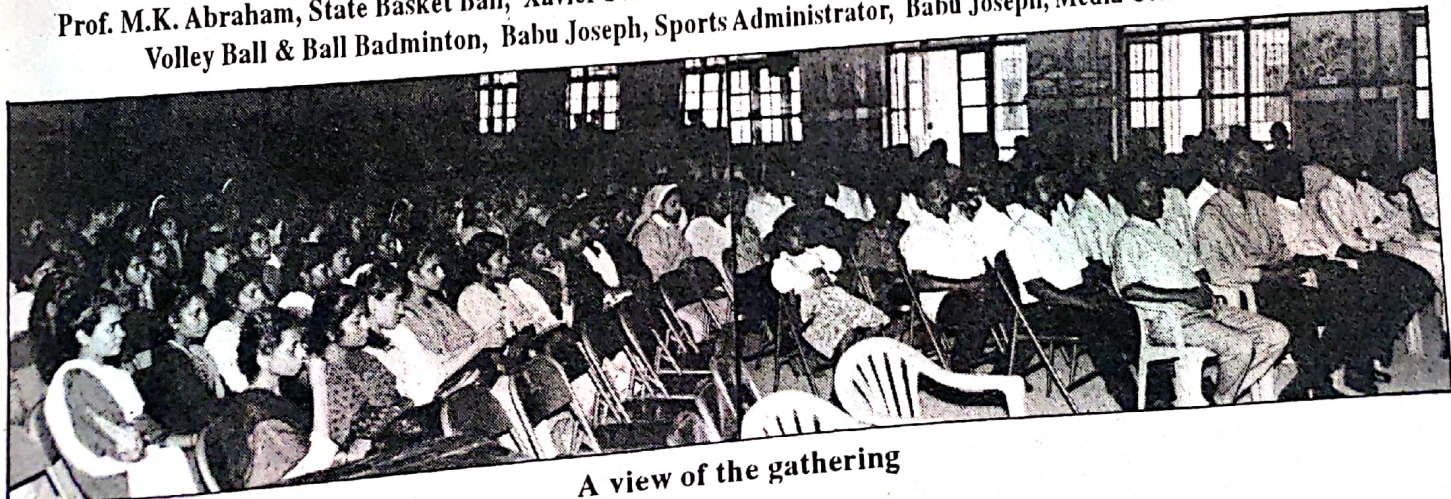
C.C. Jacob, International Foot Ball, Abdul Majeed, Indian Basket Ball, A.R. Azeem, Snooker National Champion, B. Anil, present International Volley Ball Player,



Venchaslavus, Indian All Star in Ball Badminton, Vidya Vishal, State and University Table Tennis, C.J. Thomas, Mister Civil Service, K. Gokulan, International Referee in Hand Ball & National Referee in Foot Ball

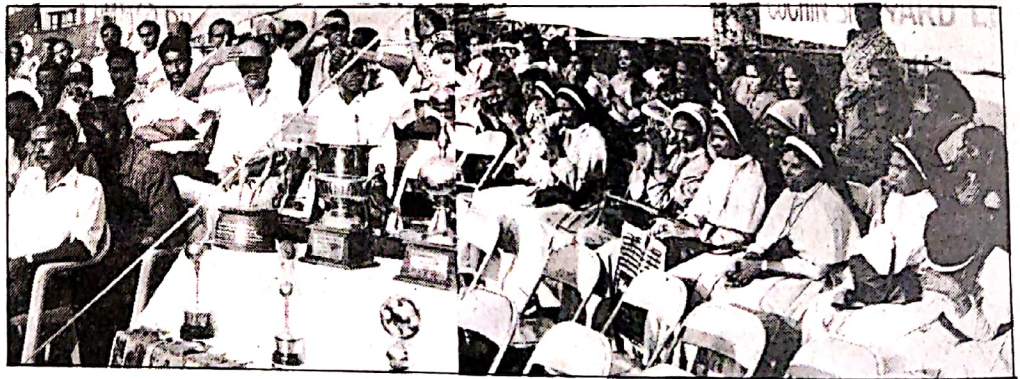
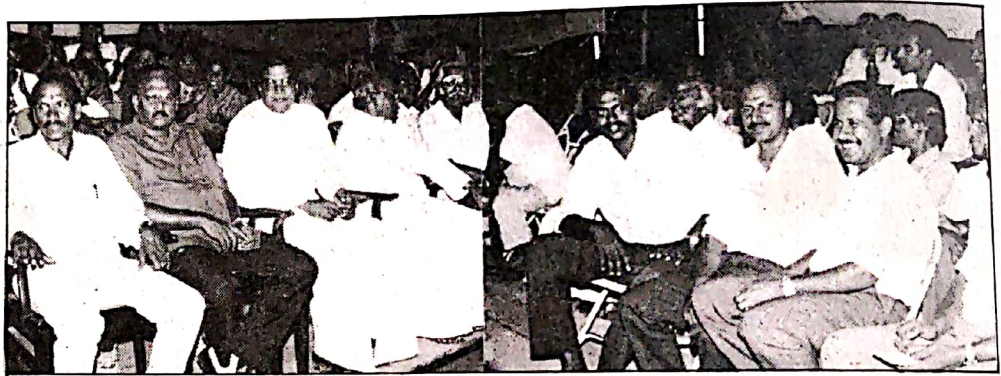


Prof. M.K. Abraham, State Basket Ball, Xavier Sebastian, State Foot Ball & Basket Ball, Prof. T.S. Joseph, Basket Ball, Volley Ball & Ball Badminton, Babu Joseph, Sports Administrator, Babu Joseph, Media Communication

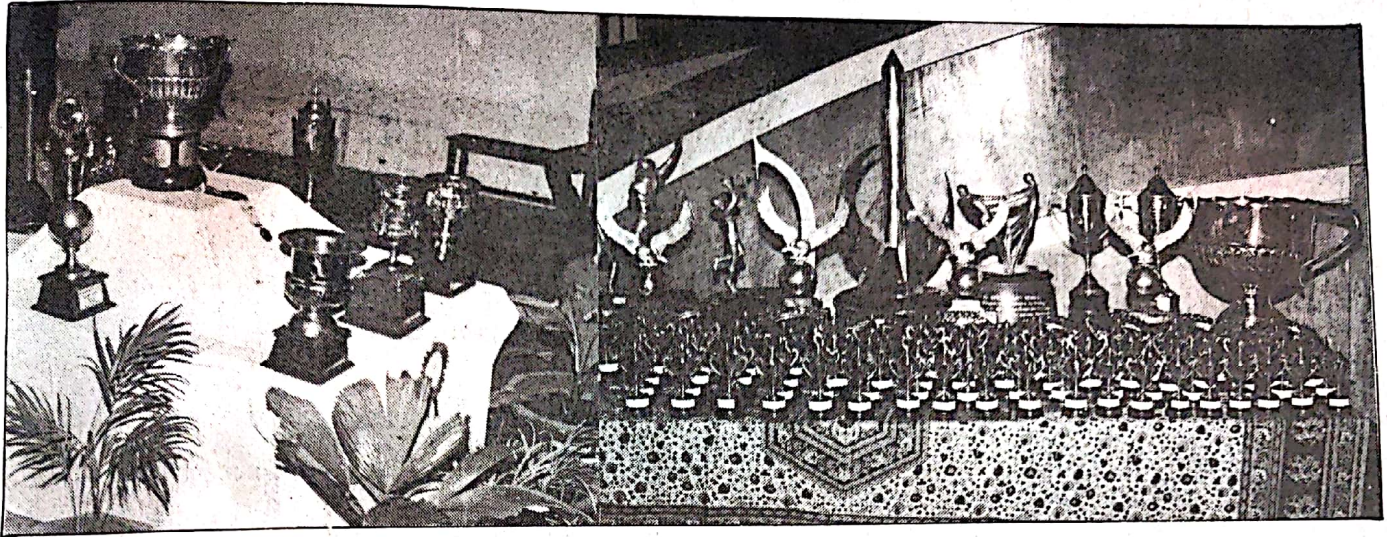


A view of the gathering

# ENSEMBLE OF ENTHUSIASTS ON THE FINAL DAY

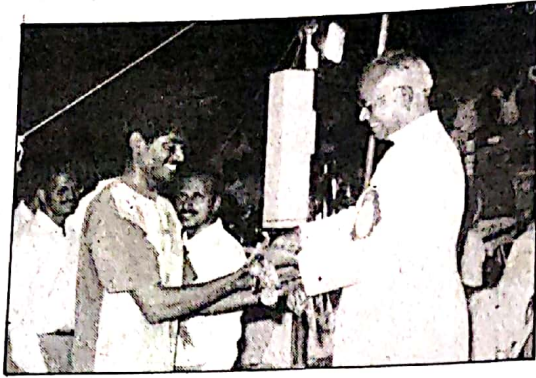


# TROPHIES



- |    |                                      |   |  |
|----|--------------------------------------|---|--|
| 1  | Basketball (Men)<br>(Winners)        | - | Fr.Bartholomew Trophy<br>Donated by Staff of S.H. College  |
| 2  | Basketball (Men)<br>(Runners up)     | - | Fr. Bartholomew Trophy<br>Donated by Staff of S.H. College   |
| 3  | Volley Ball (Men)<br>(Winners)       | - | Fr. Bartholomew Trophy<br>Donated by S.T. Reddiar & Sons   |
| 4  | Volley Ball (Men)<br>(Runners up)    | - | Fr. Bartholomew Trophy<br>Donated by Mrs. Rosamma Jacob in memory of<br>Prof. K.C.Jacob Head of Dept. of Economics       |
| 5  | Basket Ball (Women)<br>(Winners)     | - | Fr. Victorian Trophy<br>Donated by S.H.College   |
| 6  | Basket Ball (Women)<br>(Runners up)  | - | Fr. Victorian Trophy<br>Donated by Dr. Rosamma Vincent in memory of<br>Dr. Vincent Scaria                                |
| 7  | Volley Ball (Women)<br>(Winners)     | - | Fr. Melesius Trophy<br>Donated by Prof. M.K.Abraham Retired Prof. &<br>Head, Dept of Physicial Education S.H. College    |
| 8  | Volley Ball (Women)<br>(Runners up)  | - | Fr. Melesius Trophy<br>Donated by Prof. K.J. Joseph in memory of<br>Mrs.Catherine Joseph                                 |
| 9  | Ball Badminton (Men)<br>(Winners)    | - | Fr. Peter Thomas Trophy<br>Donated by Staff of S.H. College  |
| 10 | Ball Badminton (Men)<br>(Runners up) | - | Fr. Peter Thomas Trophy<br>Donated by Prof. Maya Joseph in memory of<br>Prof.V.K. Joseph, Dept. of Zoology, S.H. College |

# DISTRIBUTION OF CERTIFICATES BY



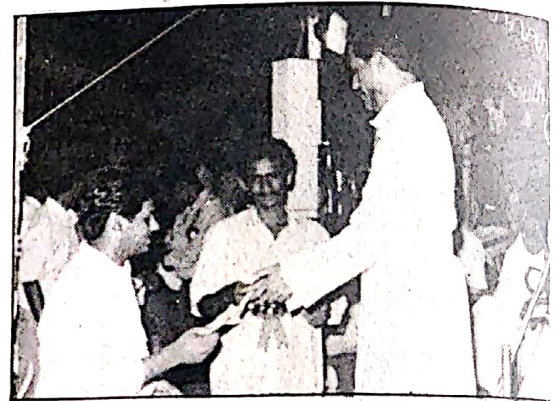
**Rev. Dr. Thomas Mampra**



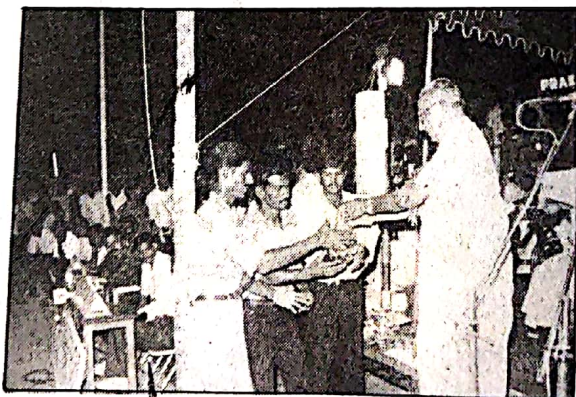
**Prof. K.V. Thomas, M.P.**



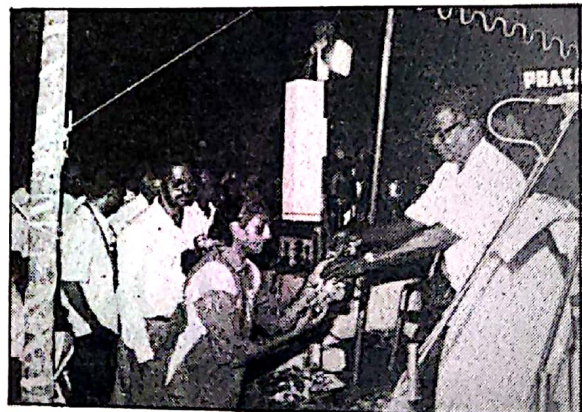
**Johnson K. George, R.D.O.**



**Rev. Fr. Charles Koroth  
Head Master, S.H. High School**



**M.P. Kurian, Patron K.B.A.**



**C.K. Gopalan, Corporation Councillor**

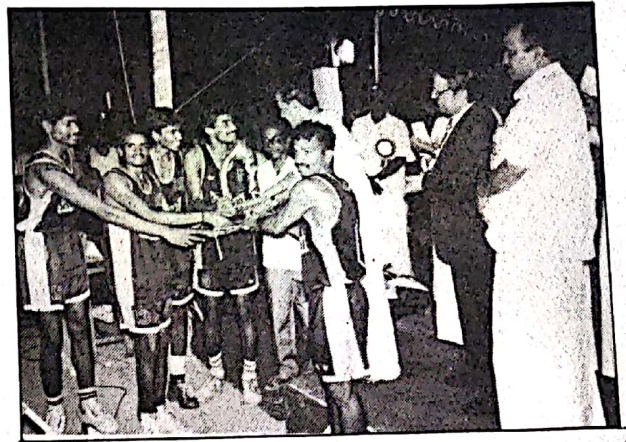


**Prof. M.K. Abraham  
Ex-Head of the Department, Physical Education,  
S.H. College, Thevara**

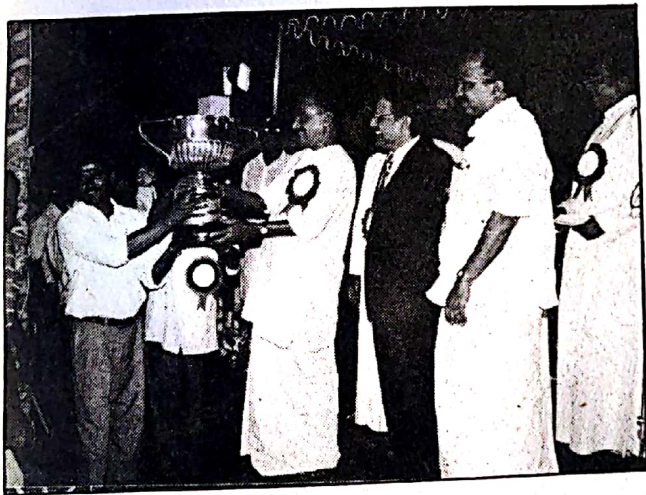
# WINNERS OF THE TROPHIES



Assumption College, Changanacherry  
Basket Ball (Women)



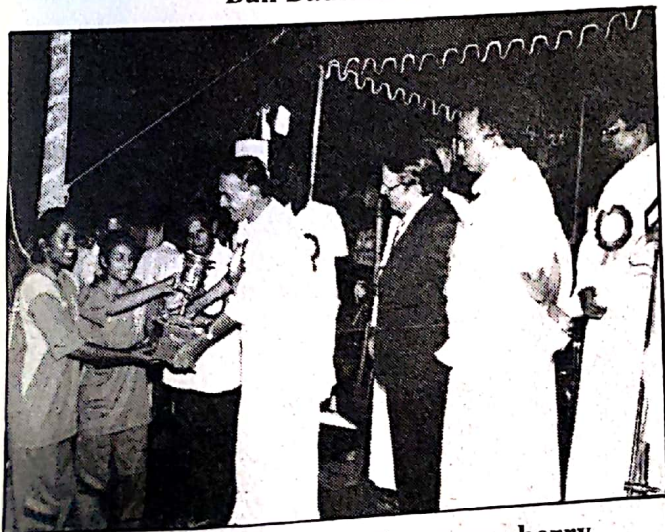
St. Joseph's College, Trichi  
Basket Ball (Men)



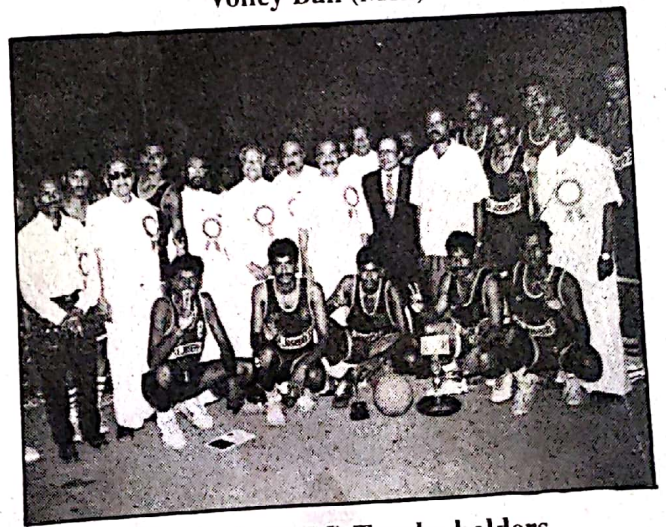
Sacred Heart College, Thiruppathur  
Ball Badminton



Sacred Heart College, Thiruppathur  
Volley Ball (Men)



Assumption College, Changanacherry  
Volley Ball (Women)



Basket Ball (M) Trophy holders  
with Guest of Honour

# RUNNERS-UP



**St. Theresa's College, Ernakulam  
Basket Ball (Women)**



**Sree Kerala Varma College, Trichur  
Basket Ball (Men)**



**N.S.S. College, Changanacherry  
Ball Badminton**



**St. George's College, Aruvithara  
Volley Ball (Men)**



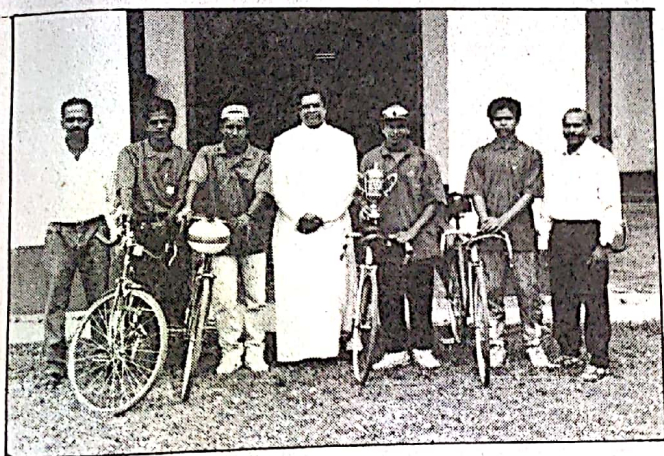
**St. Xavier's College, Aluva  
Volley Ball (Women)**



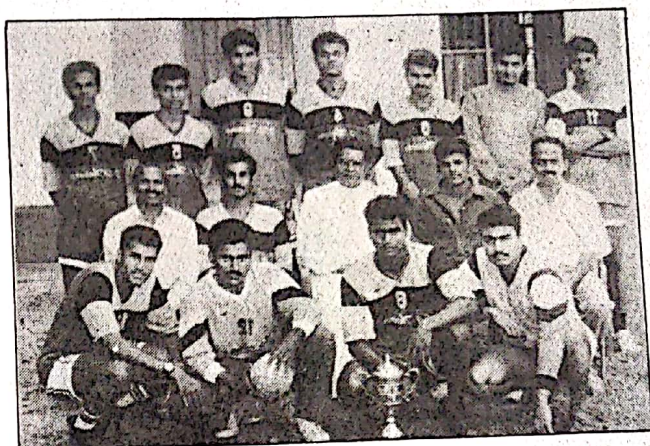
**Lowering of Flag**

# LAURELS FOR OUR COLLEGE TEAM

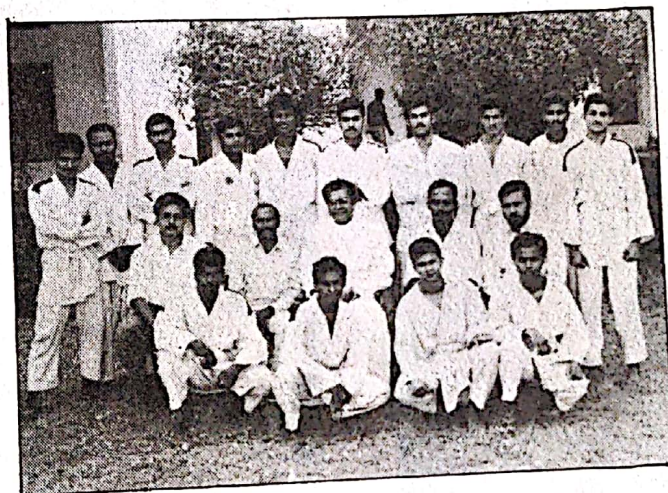
## M.G. UNIVERSITY CHAMPIONS



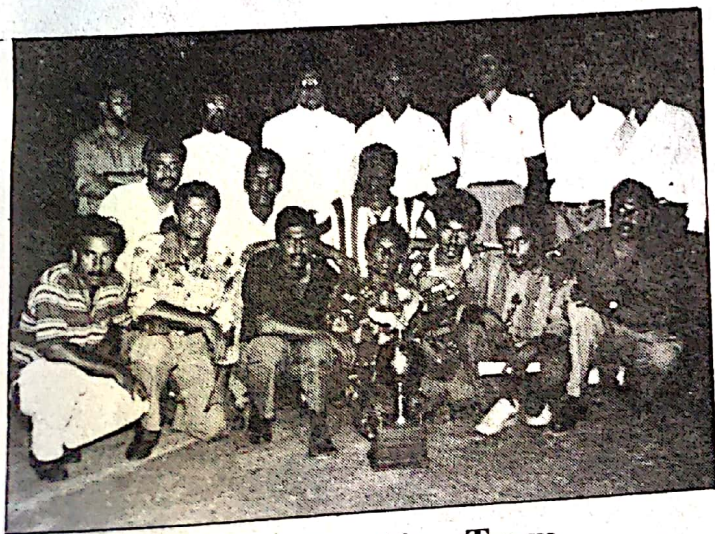
**S.H. Cycling Team**



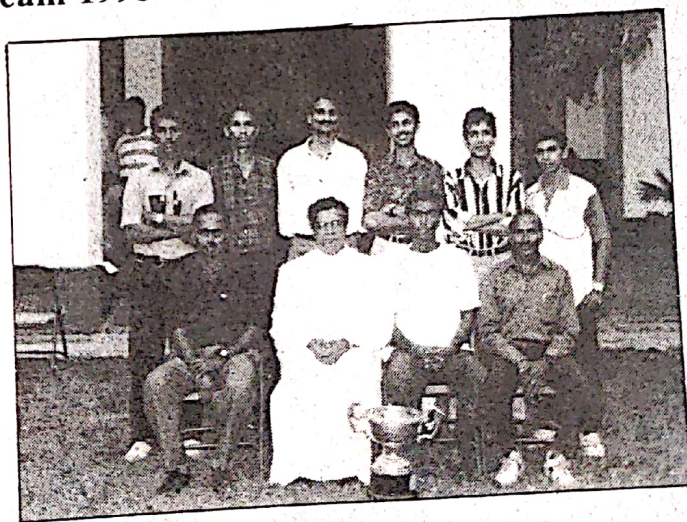
**S.H. Hand Ball Team**



**College Judo Team 1995-'96**



**S.H. Wrestling Team**



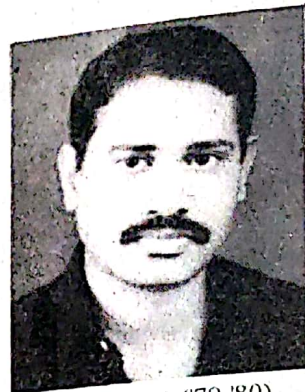
**S.H. Shuttle Badminton Team**



Paul Joe Kanatt ('77-'79)  
Uni. Basketball



George Shean ('69-'77)  
Uni. Basketball



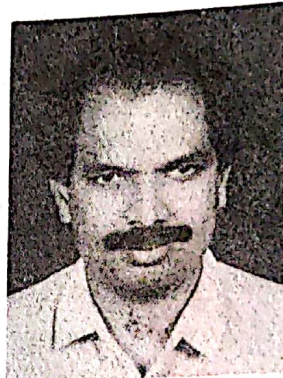
C.M. Samuel ('79-'80)  
St. & Uni. Basketball



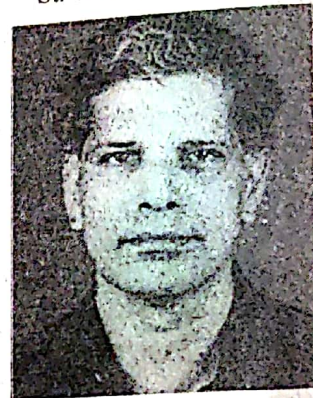
K.A. Rahim ('75-'80)  
Basketball



Dr. Laser Chandy  
Table Tennis



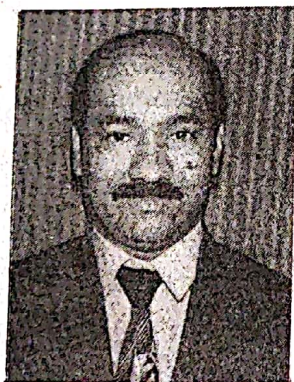
Gregory Thomas  
St. & Uni. Basketball



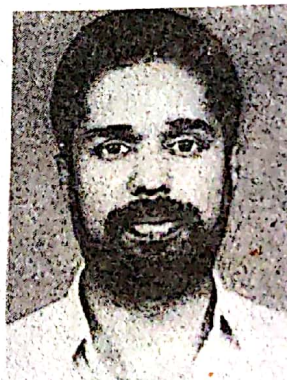
P.S. Viswanathan  
Basketball



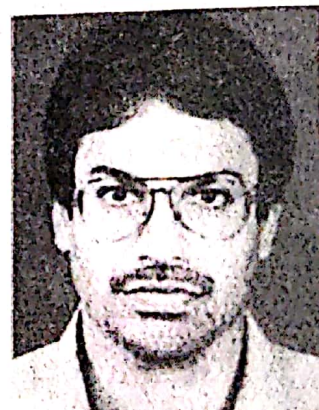
Babu Joseph  
Cricket



P.L. Prakash James  
Basketball



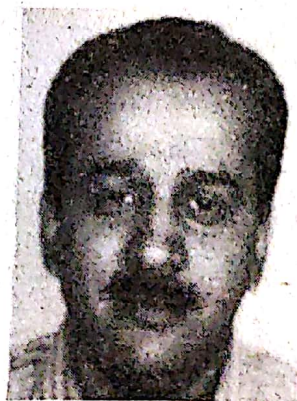
Suresh P.E. ('77-'82)  
Football



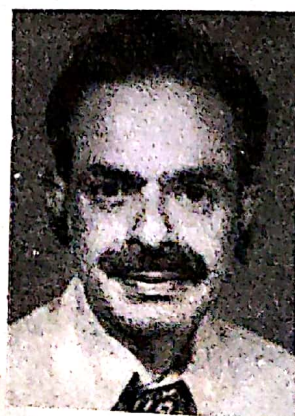
S.A. Saleem  
Table Tennis



Mohanchandran C.S.  
('82-'89) Uni. Kabaddi - Kho-Kho



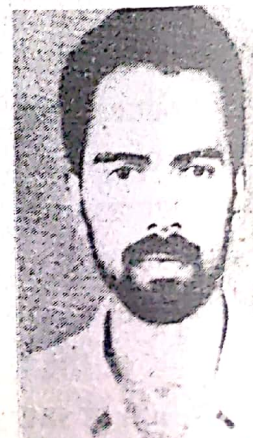
C.S. Sivanandan ('75-'82)  
Uni. Football



John Panikulam ('59-'61)  
Ball Badminton



Sandhya Vishal ('92-'95)  
St. & Uni Table Tennis



K.A. Raju ('77-'82)  
Uni. Basketball

\* Exclusions are regretted. Photos could be published of only those who responded to our call



**GOLDEN JUBILEE**  
**FR. BARTHOLOMEW TOURNAMENTS - 1996**

**Chief Patron**

V. Rev. Dr. Thomas Mampra CMI.  
Prior General

**Patrons**

Rev. Dr. Mathias Mundadan CMI,  
Provincial  
Sri K.K. Somasundaram Panickar,  
Mayor Of Cochin  
Prof. K.V. Thomas M.P.  
Sri. P.C. Thomas M.P.  
Sri Dominic Presentation M.L.A,  
Sri Joseph Thomas IAS,  
G.C.D.A Chairman  
Dr. K.M.Abraham IAS,  
Dist. Collector

Sri. V.J. Kurian IAS, M.D, C.I.A.A  
Sri T.P. Senkumar IPS  
City Police Commissioner  
Sri Philip Mathew,  
M/s Malayala Manorama  
Sri M.P. Kurian, Patron. K.B.A.  
Sri V.C. Antony M.D  
Bhagheeratha Engg. Co.Ltd.  
Prof. M.K. Abraham,  
Sports Medicine, M.G.University

**ADVISORY COMMITTEE**

Rev. Dr. Jose Kuriedath, Principal, President (Ex-Officio)  
Rev. Dr. George Peter Pittappillil, Vice Principal  
Rev. Fr. Jose Thottathil, Bursar  
Prof. M.P. Jose, Dept. of English  
Prof. K.A. Augusty, Dept. of Oriental Languages  
Prof. I.D. Michael, Dept. of Economics  
Prof. K.J. Jose, Dept. of Commerce  
Rev. Fr. T.M. John, Dept. of Mathematics  
Prof. M.A. Kurian, Dept of Physics  
Prof. V.A. Joseph, Dept. of Chemistry  
Prof. Kurien Joseph, Dept. of Botany  
Prof. K.E. Thomas, Dept. of Zoology  
Prof. Peter Thomman,. Dept. of Physical Education  
Mr. Abe George, Librarian  
Prof. P.J. Cyriac, Staff Advisor  
Prof. P.J. Joseph, Staff Representative  
Prof. K.C. George, Staff Representative & Staff Secretary  
Sri. M.O. Augustine, Office Suptdnt

## TECHNICAL COMMITTEE

Prof. Peter Thomman  
Mr. K.A. Raju  
Mr. Sibi Zacharias  
Mr. John Philipose  
Mr. P.J. Sunny  
Mr. John Cashmir  
Mr. Thomas Mathew  
Prof. Tony Daniel  
Prof. K.J. Paul  
Prof. Edwin Joseph  
Prof. Maya Joseph  
Prof. V.K. Joseph  
Prof. Sulekha. N  
Prof. Madhusudhanan Nair  
Prof. Joseph Sebastian  
Prof. Mathew Sebastian  
Prof. J.F. Josekutty  
Prof. Rosiline Jose  
Mr. P.P. Jose  
Mr. M.S. Jpseph  
Mr. Samuel M.T.  
Mr. A.K. Radhakrishnan  
Mr. Thampikutty Iype  
Mr. Thomas Mathew  
Mr. Vencheslavus  
Mr. Babu Joseph  
Mr. Sunny Joseph  
Mr. P.V. Paul

Mr. P.J. Thomas  
Mr. Antony Stephen  
Mr. Michael P.C.  
Dr. Paulose Chacko  
Dr. Lazer Chandy  
Dr. P. Ramakrishnan  
Dr. Venugopal K.C.  
Dr. Rosamma Vincent

## SUB COMMITTEES

**Appeal Committee**  
Prof. P.J. Cyriac, Staff advisor  
Prof. K.C. George, Staff secretary  
Prof. Peter Thomman  
Mr. K.A. Raju  
Mr. Sibi Zacharias  
**Programme Committee**  
Convener : Prof. Joseph John  
Secretary : Prof. M.T. Mathew  
**Finance Committee**  
Convener : Prof. V.A. Joseph  
Secretary : Prof. P.M. Joseph  
**Publicity Committee**  
Convener : Prof. K.A. Augusty  
Secretary : Dr. Joy P. Joseph  
**Reception Committee**  
Convener : Prof. K.E. Thomas  
Secretary : Mr. George Francis

**Transport & Accommodation**  
Convener : Prof. M.P. Jose  
Secretary : Prof. V.J. Dominic  
**Court & Equipment**  
Convener : Prof. K.J. Jose  
Secretary : Prof. P.K. George  
**Light & Sound**  
Convener : Prof. M.A. Kurian  
Secretary : Prof. V.M. George  
**Refreshment Committee**  
Convener : Prof. I.D. Michael  
Secretary : Mr. Joseph T. Moolayi  
**Volunteers and Security :**  
Convener : Prof. Kurian Joseph  
Secretary : Prof. A.M. Chacko  
**Medical Committee**  
Convener : Dr. Joseph Jose  
Secretary : Prof. M.S. Francis  
**Entertainment Committee**  
Convener : Prof. K.X. Joseph  
Secretary : Prof. W.T. Paul  
**Prizes and Mementos**  
Convener : Prof. C.S. Jayaram  
Secretary : Prof. Varghese Paul

## ORGANISING COMMITTEE

President  
Rev. Fr. Austin Mulerickal CMI  
Manager  
Chairman  
Rev. Dr. Jose Kuriedath CMI,  
Principal  
Vice Chairman  
Rev. Dr. George Peter CMI,  
Vice Principal  
General Convener  
Prof. Peter Thomman  
Convener  
Sri. K.A. Raju  
Secretary  
Sri. Sibi Zacharias  
Treasurer  
Rev. Fr. Aquinas CMI

### MEMBERS

1. Prof. P.M. Sebastian  
2. Prof. C. Marydas  
3. Prof. M. Thomaskutty Mukkadan  
4. Mr. A. John Francis  
5. Mr. Thomas Thiruthanathy  
6. Mr. P.J. Philip

7. Rev. Sr. O.J. Rosily  
8. Mr. K. M. Johnson  
9. Prof. P.R. Muraleedharan  
10. Prof. K.C. George  
11. Mr. K.G. Narayanan  
12. Dr. K.K. Paulose  
13. Mr. Mathew Jose  
14. Mr. Kuriakose Alexander  
15. Rev. Fr. P.D. Joseph  
16. Prof. K.C. Abraham  
17. Rev. Fr. A.J. Saviance  
18. Mr. T.O. Alphonse Ligori,  
19. Dr. K.V. Raju  
20. Mr. P.E. Cherian  
21. Mr. V.T. Jose  
22. Rev. Fr. Gilson John  
23. Mr. Madhusudanan Nair  
24. Mr. Thomachan K.T.  
25. Mr. R.K. Varghese  
26. Mr. Benny Varghese  
27. Mr. Sibi K.I.  
28. Prof. Alphonse John  
29. Prof. K.S. Antony  
30. Rev. Dr. Varghese P. P.  
31. Mr. T.S. Sojan

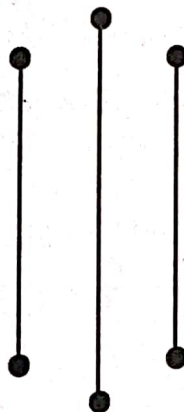
32. Mr. T.P. Thomas  
33. Mr. Stanly Chazhoor  
34. Mr. M.M. Dominic  
35. Mr. Johnson John  
36. Mr. Mathew Jose K  
37. Prof. Jose Joseph, M.Sc.  
38. Mr. Joy Mathew  
39. Mr. Cyriac Antony  
40. W.T. Paul  
41. Mr. Jose P. Joseph  
42. Mr. M.P. Sebastian  
43. Mr. P.J. Jose  
44. Prof. A. Varadarajan  
45. Mr. George Philip  
46. Mr. Jolly Lukose  
47. Dr. T.I. Palson  
48. Mr. Georgekutty Joseph  
49. Mr. Sibi Mathew  
50. Dr. Reji Philip  
51. Dr. P.M. Joseph  
52. Prof. K.J. Thomas Jacob  
52. Prof. P. Babu Jose  
53. Prof. P.J. Kuruvachan  
54. Prof. P.J. Joseph.  
55. Rev. Sr. Aleyamma Zacharia

- 56. Mr. Jose K.B
- 57. Mr. Thommachan Xavier
- 58. Mr. V.S. Sebastian
- 59. Dr. M. George
- 60. Prof. T.J. Joseph
- 61. Mr. George Joseph
- 62. Mr. Jacob Varghese
- 63. Mr. Joy Zachariah
- 64. Dr. C.M. Joy
- 65. Prof. C.D. Johny
- 66. Mr. Samson Davis Padayatty
- 67. Dr. P.A. Sebastian
- 68. Mr. M.K. Raju
- 69. Dr. Philip Mathew
- 70. Dr. John Joseph
- 71. DR. P.C. Sebastain
- 72. Dr. T.J James
- 73. Mr. K.I. Augusty.
- 74. Mr. M.X. Xavier.
- 75. Mr. P.J. George.
- 76. Mr. V.T. John
- 77. Mr. V.A. Jose.
- 78. Mr. P.J. John
- 79. Mr. A.L. Thomas
- 80. Mr. Joseph John.
- 81. Mr. R. Anandakumar.
- 82. Mr. P.V. Chacko.
- 83. Mr. P.D. Johnson
- 84. Mr. John T.J.
- 85. Mr. Thomas K.V.

- 86. Mr. George Thaddeus.
- 87. Mr. K. Paul Sebastian.
- 88. Mr. C.V. Joy.
- 89. Mr. A.C. John.
- 90. Mr. K.T. Joseph
- 91. Mr. M.F. George.
- 92. Rev. Sr. V.V. Laisamma.
- 93. Rev. Sr. Celine Jacob
- 94. Rev. Sr. M.A. Mariakutty
- 95. Rev. Sr. Marykutty Joseph
- 96. Mr. Jose Mathew Kanatt.
- 97. Mr. Ramdev Sharma
- 98. Mr. Kuriakose K.J.
- 99. Mr. T.C. George.
- 100. Mr. Joseph A.J.
- 101. Mr. K.L. Antony
- 102. Mr. P.J. Varghese
- 103. Mr. P.P. Varghese
- 104. Mr. Saju A.J.
- 105. Mr. E.M. Cleetus.
- 106. Mr. P.V. John.
- 107. Mr. Poulouse P.L.
- 108. Mr. A.J. Joseph
- 109. Mr. A.J. John
- 110. Mr. K.P. Joseph
- 111. Mr. P.J. Thomas
- 112. Mr. P.O. Thomas
- 113. Mr. Joshy J. Kanatt.
- 114. Mr. M.V. Sebastain
- 115. Mr. P.M. Joseph

- 116. Mr. O.O. Varghese
- 117. Mr. Mathew Uthuppu
- 118. Mr. Thomas Varghese
- 119. Mr. P.A. Mathew
- 120. Mr. K.J. Antony
- 121. Mr. Jose Mathew.
- 122. Mr. K.T.Rajan
- 123. Mr. Justin Augustine
- 124. Mr. Netra Bahadur Chetri
- 125. Mr. V.O. Joseph
- 126. Mr. C.A. Raphael
- 127. Mr. A.V. Lonan
- 128. Mr. A.P. Devassy
- 129. Mr. Varghese M.A
- 130. Smt. Philomina V.G
- 131. Smt. Philo A.V
- 132. Mr. Jude T.V
- 133. Mr. Varghese T.
- 134. Mr. Paul K.A
- 135. Mr. S.V. Johnson
- 136. Mr. K.J. Joseph
- 137. Mr. Reji Joseph
- 138. Mr. Davis K.T
- 139. Mr. Kuriyakose K.J
- 140. Mr. A.D. Jose
- 141. Mr. T.A. Babu
- 142. Mr. Paulose Joseph

*With best compliments from :*



**SACRED HEART COLLEGE CANTEEN**  
THEVARA

# TRACK AND FIELD COLLEGE RECORDS

## MEN

Events	Records	Name	Year
100 M Dash	11.0 Sec.	George John	1966
100 M Race	23.7 Sec.	Joseph Sebastian & C.V. Mathew	
400 M Race	53.0 Sec.	C.V. Mathew	
800 M Race	2 M 4.5 Sec.	A.V. Pappachan	
1500 M Race	4 M 24.0 Sec.	P.H. Mohammed Sheriff	1988
5000 M Race	16 M 51 Sec.	K.J. Joseph	1968
10000 M Race	35M 50.4 Sec.	P.H. Mohammed Sheriff	1988
Long Jump	6.97 M	Davis C.T	1979
High Jump	17.5 M	E.P.Peter	
Triple Jump	13.50 M	Davis C.T	1979
Pole-Vault	3.52 M	V.P Joseph	1969
Shot-Put	10.58 M	Mathew Joseph	1977
Discus Throw	29.31 M	Thomas T.J	1979
Hammer Throw	31.28 M	Paul Jose	
Javelin Throw	49.60 M	Paul Kuriakose	1978
110 M Hurdles	16.9 Sec.	C.L. Varghese	
400 M Hurdles	1 M 2 Sec.	C.V. Mathew	

## WOMEN

100 M Dash	14.4 Sec.	Legi John	1986
200 M Race	29.8 Sec.	Legi John	1985
400 M Race	1 M 13 Sec.	Legi John	1985
Long Jump	4.17 M	Rajam C.N	1980
High Jump	1.32 M	Shirly Thomas	1979
Shot-Put	8.34 M	Constantina Meyn	1980
Discus Throw	21.15 M	Constantina Meyn	1980
Javelin Throw	25.40 M	Rita Fuller	1978



# OUR SPONSORS

STAR HOMES

PARAGON

COCHIN SHIPYARD

BHARATH PETROLEUM

M/S MALAYALA MANORAMA

SOUTH INDIAN BANK

ELENJICKAL GROUP

C.T.O.C. COCHIN - 3

A.V. THOMAS

P.T.A., S.H. COLLEGE, THEVARA

PYARY PRODUCTS

STATE BANK OF INDIA. (PERUMANOOR)

SYNTHITES, EKM

INDIA TECH. PVT. LTD.

LINK INDIA

COIR BOARD

COCONUT DEVELOPMENT BOARD

THE RUBBER BOARD

BHAGEERATHA ENGG.

COCHIN STOCK EXCHANGE.

KINI & COMPANY, PVT. LTD.

SWISS TIME HOUSE

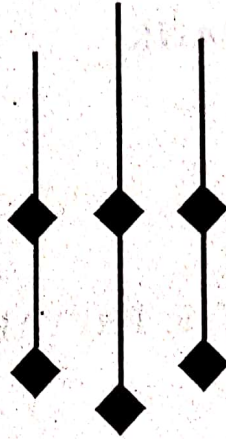
RUBBER MARK

CATHOLIC SYRIAN BANK

ALUKKA'S JEWELLERY

EASTERN CURRY POWDER

*With Best compliments from :*



# **PODUVAL ENGINEERS**

**XXXIX/3518, M.G. ROAD**

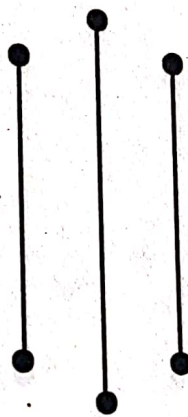
**RAVIPURAM**

**COCHIN - 682 016**

**PHONE : OFF. 361769 RES. 351995**

*Authorised Stockists and Service Centre for  
L & T Switchgear Products,  
Authorised Dealers and  
Service Centre for Bosch Power Tools*

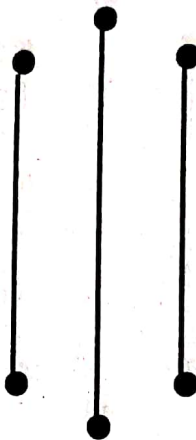
*With best compliments from :*



**CEAT LIMITED**

**P.B.NO. 1755  
M.G. ROAD, ERNAKULAM  
COCHIN - 682 016**

*With best compliments from :*



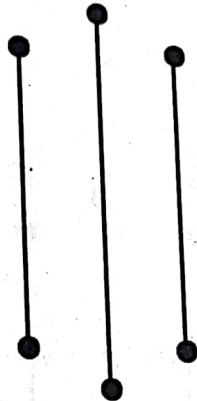
**T.J. THOMAS**

(Former University Athlete)

TECHNO COMBINES  
CHITTOOR ROAD, ERNAKULAM



*With best compliments from :*



# J.K. XEROX SERVICES

Dealers in Plain Paper Copier Spares, Consumables and  
Servicing of Photo Copiers, Fax, Laser Printers

OPP. MERCY ESTATE, M.G. ROAD, RAVIPURAM,  
COCHIN - 682 015

PHONE : 365008 RES. 310968, 318385

*With best compliments from :*



**A WELL WISHER**

*With best compliments from :*



**K.A. GEE**

(Former University Foot Ball Player)

KALARICKAL AGENCIES  
THOPPUMPADY, COCHIN - 682 005

*With best compliments from :*



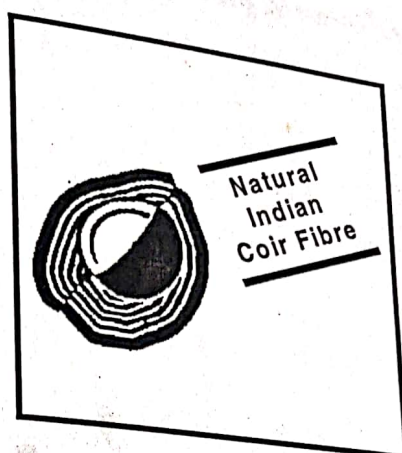
**MAKERS OF**

**MALABAR ASBESTOES SHEETS AND  
ARTZ SANITARY WARES**

**MALABAR BUILDING PRODUCTS LTD.**

**IIND FLOOR, KANNANKERI ESTATE  
SHANMUGHAM ROAD, COCHIN - 31**

**PHONE : 369838**



# COIRRET

rets green husk fibre into golden fibre in 72 hours

# PITHPLUS

converts the problematic coir pith into an organic manure within 30 days.

For your requirements please contact :

The Director RDTE, CCRI,  
Kalavoor, Alleppey.  
Ph. 258094, 258415.

(Designs/Drawings of Motorised Ratts for Spinning Coir Yarn  
Semi-Automatic loom for weaving Coir Mattings are available.)

*With best compliments from ;*



**ANJIPARAMBIL DRYCLEANERS**

**NEAR FEDERAL BANK,  
MANAROMA JUNCTION**

**BRANCH. VALANJAMABALAM  
PHONE : 317570**

With best compliments from :



**NAVBHARAT KURIES & TRADING CORPN.**

**KARUVELIPPADY, COCHIN - 682 005**

*With best compliments from :*



**GLORY & COMPANY**

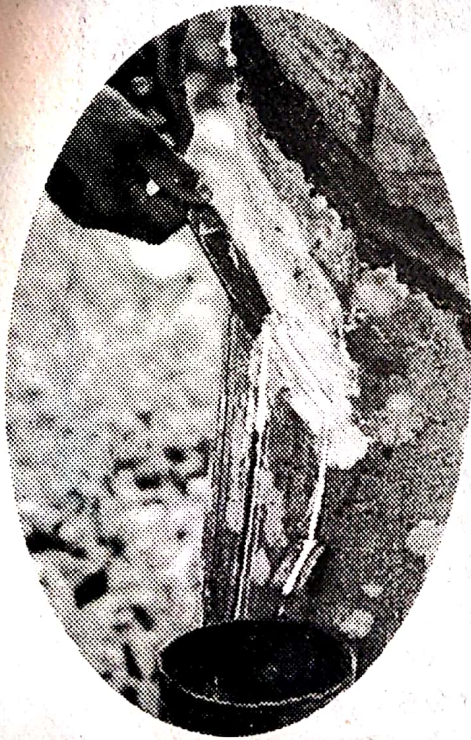
**SHANMUGHAM ROAD, COCHIN - 31**



# RubberMark

*The largest supplier of Natural Rubber*

## Tapping resources, accelerating growth



**THE KERALA STATE CO-OPERATIVE RUBBER MARKETING FEDERATION LIMITED**

P.B. No. 15, Gandhi Nagar, Kochi - 682 020.

Phone: 314790, 314921, 319849, 312827, 311765, President: 312730, Managing Director: 317087  
Grams, "RUBBERMARK" Telex: 0885 - 6377 MARF IN. Fax: (91-484) 312827

ASP/ KOCHI/0019/95

**NO DISCOUNT NO PRICE CUT**  
**OFFERS PRICES ROUND THE YEAR**

  
**Jean Shack**

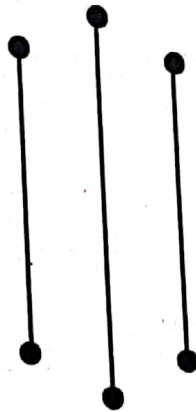
**CASUALS**  
**THE BUDGET SHOP**  
FOR  
**MEN & BOYS**

Opp: JEAN SHACK, 1st FLOOR, D.H. ROAD,  
JOS JUNCTION, ERNAKULAM, COCHIN-16.  
TEL: 373750, 361250

**OFFICE WEAR SHIRTS Rs. 95 - 250**  
**CASUAL WEAR SHIRTS Rs. 80 - 195**  
**TERI. COT. TROUSERS Rs. 175 - 350**  
**BOYS WEAR SHIRTS Rs. 75 - 195**  
**COTTON BAGGIES Rs. 150 - 290**  
**JEANS (BOY'S) Rs. 195 - 375**  
**JEANS (MEN'S) Rs. 350 - 550**  
**T. SHIRTS Rs. 50 - 250**

**THE NEWLY RENOVATED SHOWROOM OF JEAN SHACK**

*With best compliments from:*



**AN OLD STUDENT**

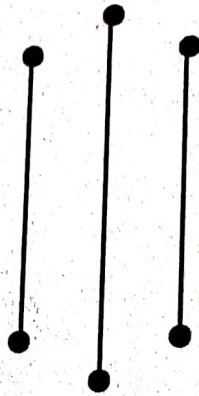
*With best compliments from:*



**M/S. CLASSIC SPORTS**

RAJIV GANDHI INDOOR STADIUM  
KADAVANTHRA, COCHIN - 682 020

*With best compliments from :*



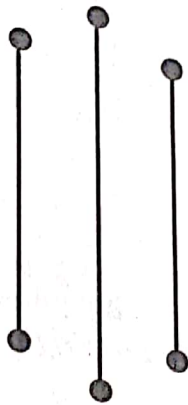
**AN OLD STUDENT**

*With best compliments from :*



**PEEJAY RUBBER INDUSTRIES LIMITED,  
ERNAKULAM  
MANUFACTURERS OF BUTYL TUBES AND  
CURING BAGS**

*With best compliments from:*



**FOTEX**  
VIDEOS & PHOTOS  
THEVARA, COCHIN  
PHONE : 316761

*For Quality leather chappals:*

**STEP INTO STEPTOE  
STEP OUT IN STYLE**

**STEPTOE FOOT WEAR**  
M.G. ROAD, ERNAKULAM  
PHONE : 365103

*Where you get what you want - to your satisfaction Services, as  
shipagents, Chartering Brokers :-*

## **M. BHASKAR - KINI & COMPANY PVT. LTD.**

**SHIPAGENTS, CHARTERING BROKERS, FREIGHT FORWARDERS  
COORDINATION OFFICE :-**

**EAST COAST INDIA**

**MADRAS**

**Fax : 9144 511204**

**Telex : 41 6356 KINS IN**

**Phone : 44 512007**

**Cable L "LIGHT SHIP"**

**WEST COAST INDIA**

**COCHIN**

**91 484 668004**

**885 6556 KINS IN**

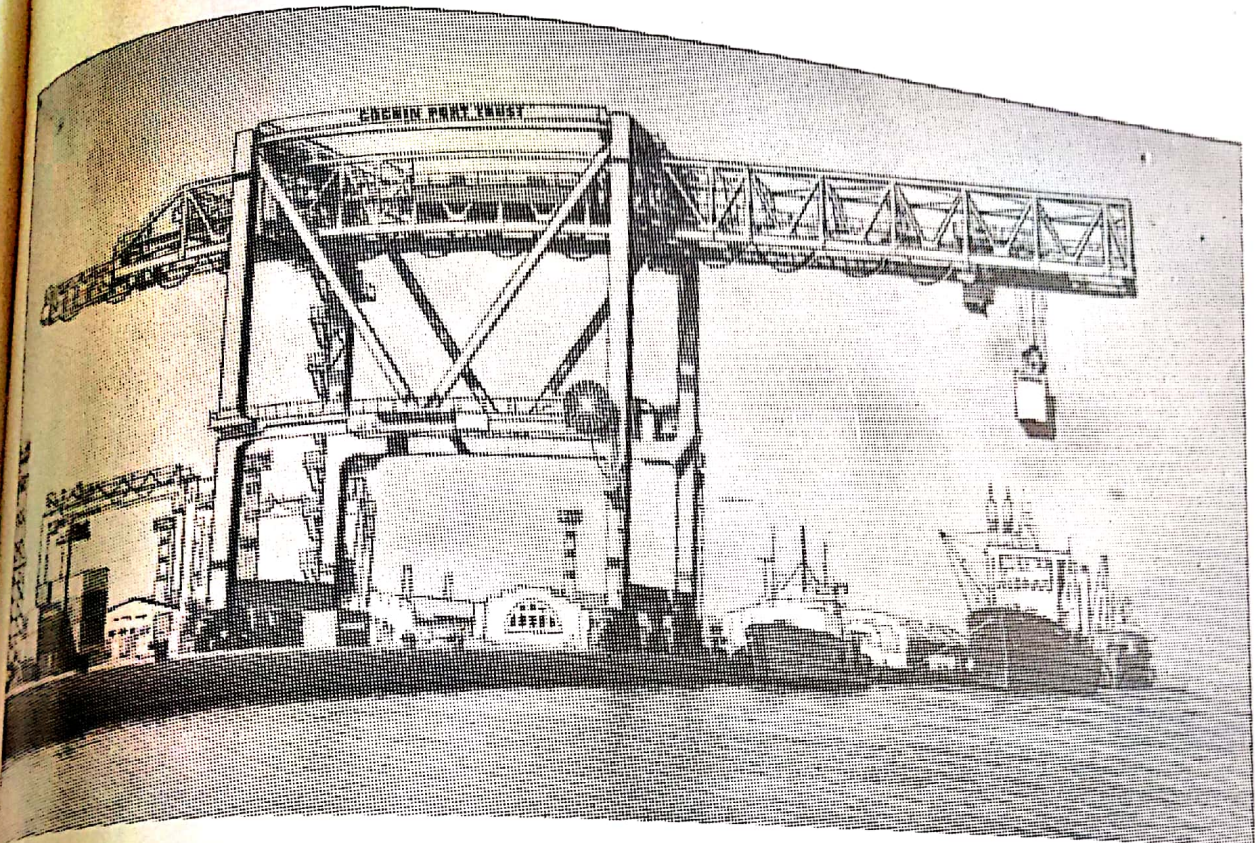
**484 666535, 666326**

**"KINSHIP" / "TRUSTEE"**

**ROUND THE CLOCK CONTACT FAX / PHONE : 91 484 311509**

**P-I-C : KINI-**

**"BIMCO" MEMBERS**



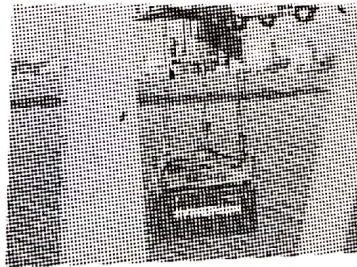
# FROM NOW ON, WE'LL TAKE ON THE WORLD.

*Announcing the inauguration of the Rajiv Gandhi Container Terminal of the Cochin Port.*

Through the centuries, trade and commerce has changed, evolved, and grown. And so have centres of trade.

Cochin has transformed itself from an ancient trading post of yore to a modern cogwheel of commerce. And Cochin Port has kept pace, right with the times.

Cochin Port now takes another big leap forward



in technology upgradation. Inaugurating a container terminal facility that will boost the trade levels in the hinterland, through exports and imports.

Now with handling capacity increased by over 200%, Cochin Port can offer ships the shortest turnaround time.

As for every importer and exporter, in India and the world over, there are two big advantages Cochin Port can provide: proximity to the major shipping routes, and the technological might to take on the world.



**COCHIN PORT TRUST**

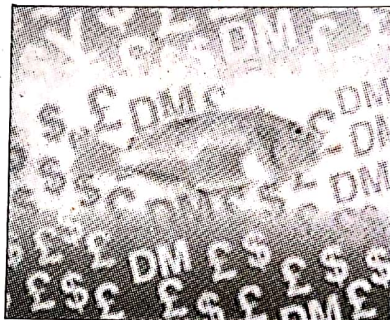
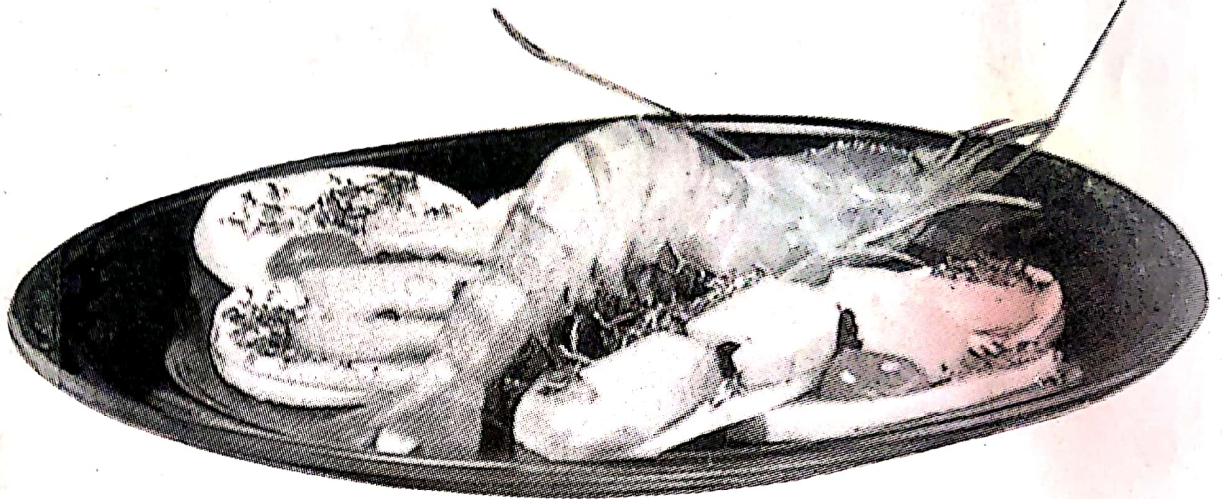
Willington Island, Cochin - 682 009  
Ph: 668200, 666418 Telex: 0885-6203  
Fax: 0484-668163.

B R I D G I N G T H E W O R L D



Mudra.CPT.812

For many they're just a kind of tasty seafood...



**... SOME SEE A  
FORTUNE IN  
THEM.**

*Yes.* To see a fortune in seafood, all it takes is an eye for the future. And also a nose for profits. Small wonder, far-sighted entrepreneurs are taking to the wealth underwater in a big way. And netting hefty profits. There's nothing to stop you from joining in. So, get in touch with **MPEDA**. From helping with project reports to identifying potential overseas markets, **MPEDA** offers everything you need in services. Come. Together, we can open a new world in profitable association.



**THE MARINE PRODUCTS EXPORT  
DEVELOPMENT AUTHORITY**

(Ministry of Commerce, Govt. of India)

MPEDA House, Panampilly Nagar, Cochin-682 036. Tel: 311979 (8 lines)  
Fax: 91-484-31336, 312832. Cable: MARINE Telex: 0885-6288 MPDA IN