

DEPORTES 2K17

SPORTS DAY

Students of Christ Academy Institute for Advanced studies conducted their first sports day DEPORTES on 4th March 2017. Vinay Kumar S the Sports secretary under his coordination conducted sports day on March.

The students along with teacher were divided into groups {Red Team and Blue Team}

Red Team was called "SKY HAWK"

Blue Team was called "UNITED HUB"

On March 4th 2017 student council along with the members and students welcomed the chief guest Rev.Fr.Lijo and Rev.Fr. Viju along with Rev. Fr. Joice and Rev. Fr. Antony.

The event started with a welcome speech by Vinay Kumar faculty and Yashaswini student followed by oath talking of the student council members Rev. Fr. Viju administered the oath and inaugurated the "Sports Meet".

The students actively participated in many sports events 100 meters, 400 meters and 800 meters running race high jump, short put and many other games. The event became more interesting by including fun games for teachers and students like Balloon blasting, egg catching, around the world etc.

The students after the event prizes for the winners and all round trophy for the best team was given. The event concluded with a vote of thanks by Vinay kumar S sports secretary.



CHRIST ACADEMY

Institute for Advanced Studies

(Degree College affiliated to Bangalore University)

INVITATION

Respected Sir/Madam,

On behalf of all the degree students and sports faculty as the Sports Secretary, I would like to cordially invite you to be a part of our premier sports day themed "DEPORTES". It will be held at the Christ Academy ground this Saturday on 4TH of March 2017, at 8:35am, we would look forward to your arrival at our sports day. To help us make it a grand success.



Vinay Kumar.S

(Sports Secretary)

SCHEDULE

For the day.

- 8:35 Assembling in ground.
- 8:45 Chief guest arrival.
- 8:55 Welcome speech.
- 9:05 Flag hosting followed by college anthem.
- 9:10 Taking Oath.
- 9:15 Chief guest speech and declaring the sports meet open.
- 9:20 Start of sports events.
- 11:00 Fun games
- 11:20 Prize distribution.
- 11:45 Closing ceremony.
- 12:00 National anthem.

Chief-guest :

Fr. Lijo. (CMI)

Principal

Christ Academy (CBSE) school



EVENTS

For the day.

S.NO	EVENTS	CATEGORY
1	100MTS	BOYS
2	100MTS	GIRLS
3	200MTS	BOYS
4	200MTS	GIRLS
5	800MTS	BOYS
6	400MTS	GIRLS
7	LONG JUMP	BOYS AND GIRLS
8	SHORT PUT	BOYS AND GIRLS
9	70MTS	FEMALE TEACHERS
10	100MTS	MALE TEACHERS
11	SHORT PUT	MALE AND FEMALE TEACHERS
12	4*100 RELAY	BOYS AND GIRLS
13	FUN GAMES	ALL





Report on Annual Sports Day – Deportes 2017

Venue: Christ Academy Institute for Advanced Studies

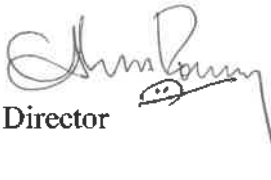
Date: 09/09/2017

Christ Academy Institute for Advanced Studies and Christ Academy Institute of Law organised the Sports Meet on 9th September, 2017. The objective is to develop in the students a spirit of sportsmanship, discipline, integrity and teamwork. It was an opportunity to showcase their sporting talents.

Mr. Rahul Christon Pinto, a member of the Karnataka Cricket team, was our Chief Guest. The program was graced by the presence of Rev. Fr. Antony, Director, Christ Academy Institute for Advanced Studies, Rev. Fr. Benni, Director and Rev. Fr. Vincent, Vice Principal Junior College. Led by Vinay Kumar, Sports Secretary, and Shishir Das, Associate Sports Secretary, the competing groups - Apollo, Nemesis, Venus and Zeus, marched along with the School band. The official function began with a prayer song and a welcome address by Yashashwini.

Rev. Fr. Antony felicitated Mr. Rahul Christon Pinto, our Chief Guest, with a shawl and memento. This was followed by the hoisting of the flag by Mr. Pinto. Mr. Vinay Kumar took the oath on behalf of the entire student fraternity. The sports meet was then officially inaugurated and declared open by our Chief Guest and Reverend fathers with the release of balloons. Mr. Rahul Christon Pinto addressed the students and inspired them to be proactive and determined to excel. This was followed by the commencement of the sports events. There were track and field events, and games. The individual championship was bagged by Ajay Sagar from among the boys, and Meghana from among the girls. Points for the different individual and group events were added to their respective groups. The overall champion was Venus, with 102 points, followed by Zeus with 97 points. The program concluded with the valedictory ceremony and the vote of thanks delivered by Shishir Das. Fr. Antony gave a word of inspiration, advising all students and staff to excel in every facet of life.

A special thanks to all the Sports Faculty, who with their untiring efforts made this program a great success. A memorable day indeed!


Director


Sports Coordinator


Physical Education Director





CHRIST ACADEMY
AFFILIATED TO BANGALORE UNIVERSITY BENGALURU - 83
INSTITUTE FOR ADVANCED STUDIES

Deportes

The sports carnival

Annual Sports Meet 2017

we cordially invite you on 9th September, 2017

— Chief Guest —

Rahul Criston Pinto

V.C of KSCA under 19 team

Rev. Fr. Benni CMI
Manager

Rev. Fr. Joice CMI
Principal (Junior College)

Rev. Fr. Lijo CMI
Administrator

Rev. Fr. Antony CMI,
Director (Christ Academy
Institute for Advanced Studies)

Rev. Fr. Vincent CMI,
Vice Principal (Junior College)

Rev. Fr. Davis CMI
Principal (Law College)



Handwritten signature in blue ink.





Report on Annual Sports Day, Deportes – 2018

Venue : Christ Academy Institute for Advance Studies - 29. 09. 18

The annual sports meet of Christ Academy Institute for Advanced Studies was held on 29th September 2018. The chief guest for the day was MS Usha Rani, an International Kabbadi player. The day started off by welcoming all the dignitaries which include Rev Father Antony (Director CAIAS) , Rev Father Davis (Principal CAIAL) , Rev Father Lijo (Principal CBSE school), Rev Father Benny(Director). It was followed by a prayer song and flag hoisting. A sports day is incomplete without March Past. The students were divided into four groups based on their departments viz. Management(red), Arts and Science(grey), Commerce(blue) and Law(black) and their marching was judged on the basis of their coordination, strength, and synchronization. The first place was acquired by Commerce team and the second place by Management .As soon as the march past got over the torch was lit by the chief guest and it was handedover to sports secretary Shishir Das(National level football player) who ran and passed the torch to Sai Sagar(National Volleyball player) and from him to LakshmiPriya(National Badminton player) followed by Vinay Kumar (National Hockey player) and Ruchitha (National Volleyball player). The chief guest then shared her views on sports and its importance. It was succeeded by oath taking of the sports secretary along with the other captains. The chief guest was honoured with a memento and was asked to give away the prizes for the winners of shotput and discuss throw. It was followed by the college anthem and track events like Long jump, 800m, 400m, 200m and 100m and relay for both

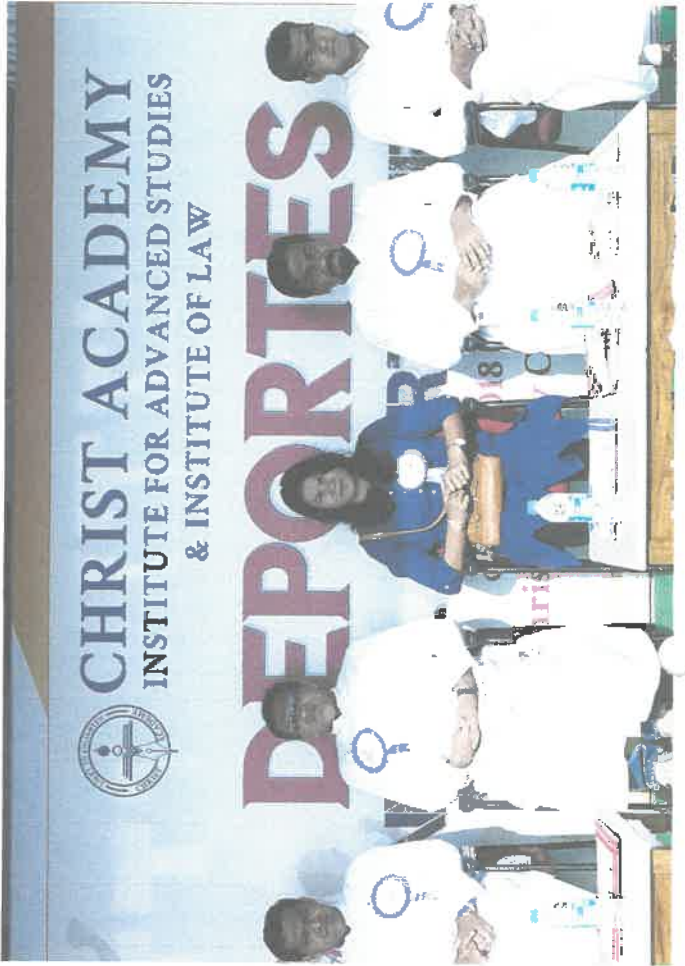
boys and girls were held. Apart from this some fun games for teachers as well as students were also conducted. As the events were going on the announcing team, health team, prize distribution team, and sound system team performed their duties in an efficient manner. The day came to a close with the announcement of overall winners. Department of Commerce acquired the first place and the second place was bagged by the department of Arts and Science. The individual champions were R.Bindushree. (Management) , and Joe Mathew(BA) who was also awarded the Fastest Runner. Prizes for various events like Football, Volleyball, Basketball, Khokho, Kabbadi, Slowcycle race and Badminton were also distributed. Overall the event was a grand success and thanks are due to the sports faculty and all the teachers and students whose active participation made it an eventful day.


Director

Christ Academy Institute for Advanced Studies
Christ Nagar, Hullahalli,
Sakkalwara P.O., Begur Koppa Road,
BANGALORE - 560 083.




Physical Education Director







CHRIST ACADEMY

INSTITUTE FOR ADVANCED STUDIES

Sports Day – 2019- 20

The annual sports meet of Christ Academy Institute of Advanced Studies was held on 12th 2019. The chief guest, for the day, was renowned football player, A. Jestes Antony, who represented the nation in the 1996 Asia Cup. The proceedings of the day began with a warm welcome extended to dignitaries, which included Rev Fr Anthony (CMI), Rev Dr Fr Joice (CMI), Dr Rev Fr Davis (CMI), Rev Fr viju (CMI), Rev Fr Praveen (CMI), Rev Rev Fr Davis (CMI) and Rev Fr Arun (CMI). The chief guest was guided to the dais accompanied by the school band. This was followed by a pious prayer song that ennobled the assembled audience.

The students who were divided into groups of four colors, Green, Blue, White and Red, began the ceremonial group march past. The march past competition was won by the Blue Team for their endurance, coordination and rigor. The flag-hoisting and lighting of the torch were observed by the honorable fathers and the chief guest. These events were succeeded by the Oath-taking of the sports secretary along with other team captains. The Oath-taking was preceded by an introductory address for the chief guest, who later delivered his speech on the virtues of passion, practice and the observance of endearing relationships.

The chief guest was also felicitated and presented with a memento as a gesture of admiration. He was also asked to distribute the prizes for the winners of the group competitions, which were Football, Kabadi, Cricket, Basketball, Volley Ball, Table Tennis, Throw Ball and Badminton etc. But the most surprising of all events was the unexpected display of free skills by the revered chief guest, Mr. Jestes Anthony,

intended as a generous surprise for the gathered audience. The sports meet began soon after the inaugural feat was performed by the chief guest. It was marked by the release of balloons into the bright sky.

The worries of an impending shower, due to an overcast sky, were soon dispelled by the advent of the hot morning sun and the track field events gradually commenced. The track events, such as 800m, Cycling (3KM), 400m, 100m, 200m, 3KM Walking, 3KM Running and 4X100 M Relay, were conducted along with the field events, such as Javelin throw, Discuss Throw, Long Jump, Shot Put and Tug of War, etc. The events were conducted separately for both boys and girls.

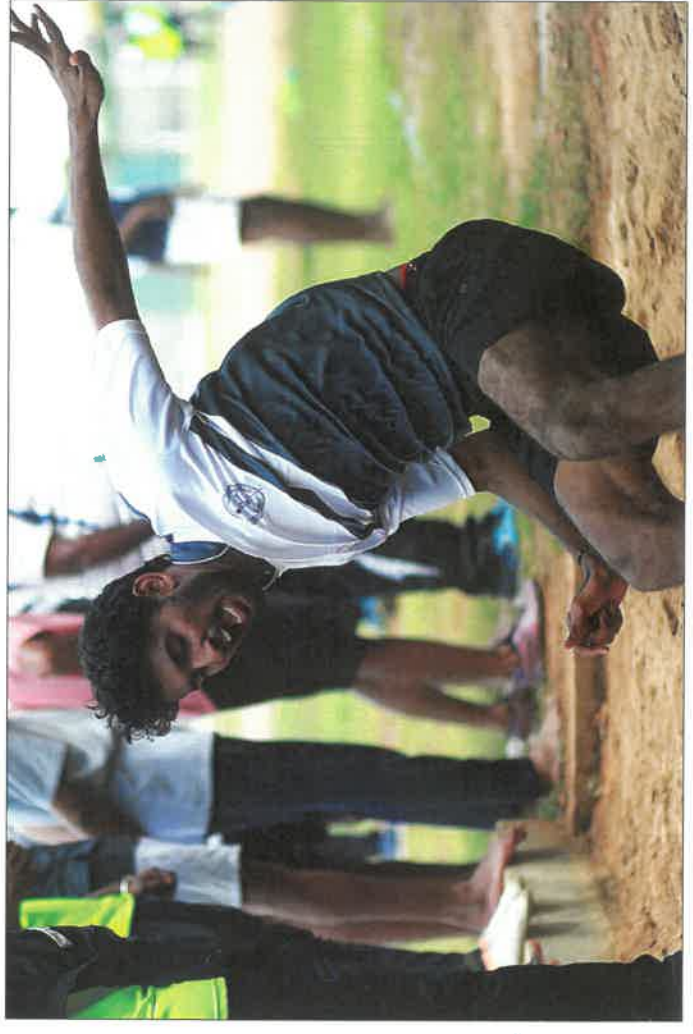
Along with these aforementioned events, fun and engaging events were also arranged for the teachers, such as 100M race and 150M walking competition, for both male and female staff members. The smooth and efficient functioning of the sports was guaranteed through the enabling and valuable presence of the results committee, health and first aid committee, prize distribution team, announcing team and sound-system team.

The day finally came to a close with the ultimate announcement of all the winners. The White team bagged the first position and the second place was acquired by the Green Team. The fastest runner was awarded to Basil of II Bcom (H), who also received the Best Athlete Award for Boys. In a similar fashion, the fastest runner and the best athlete prize for the Girls were awarded to Rose Mary of I B com. The series of events drew to a conclusion with the rousing national anthem and the crowd dispersed, feeling both elated but also eagerly awaiting the next sports meet.


Physical Director


Director














CHRIST ACADEMY

INSTITUTE FOR ADVANCED STUDIES

Name of the Event: Online Yoga Competition

The event was exclusively organised for the students in the month of December 2020 with an objective to keep them physically fit during this pandemic by performing yoga as a competition which can also be made their routine. In this regard, a mail consisting of the details pertaining to the competition was sent to all UG & PG students of CAIAS. The students were very much interested in participating, and the format of the event was to perform any three different yoga asanas and one round of Surya Namaskara for evaluation purpose. The event was judge by Mrs Neelamma Mam, who is our Yoga Instructor of Christ Academy. Out of the students participated, the winners from the Boys category and Girls category were shortlisted by the judge.


Dr. Fr. Babu Paul CMI
Principal, CAIAS


Fr. Antony Davis CMI
Vice Principal, CAIAS


Fr. Viju Kolamkanny CMI
Administrator



Yoga COMPETITION

December 2020

Yoga is the journey of the self, through the self, to the self.

Leg balance

*Garudasana
Natarajasana*

Suryanamaskara

Back bending

*Chakarasana
Laghu vajrasana*

Own choice

Sirissasana

Front bending

*Paschimottanasana
Hastapadasana*

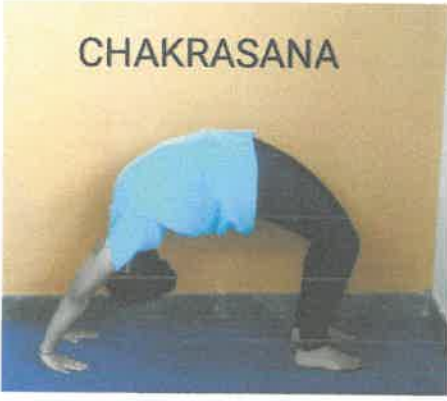
Hand balance

*Bakasana
Mayurasana*

Rules:

1. Proper yoga costume.
2. Use Yoga mat.
3. The asanas must be clear in the video.

CHAKRASANA



BAKASANA



NATARAJASANA



Chakrasana

