

THE CHAMPIONS

RSET Physical Education & Sports News Letter

AN OVERVIEW : RSET SPORTS

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Sports and Games is the integral part of Rajagirians total educational programme. The Physical Education Department at RSET is committed in providing students with a worthwhile and enjoyable learning environment while providing the necessary knowledge and tools to adhere to a lifetime of activity and better health.

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to: Recognize the physical and mental

benefits of increased activity. Determine factors involved with development, fitness levels and training strategies. Students will be exposed to a variety of physical activities providing them the opportunity to: Empower themselves by setting and working toward realistic individual goals. Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.



CHAVARA CUP –INTER RAJAGIRI BASKETBALL TOURNAMENT

In loving memory of St.Kuriakose Chavara, every year RSET Physical Education Department organizes an inter-rajagiri basketball tournament called CHAVARA EVEROLLING TROPHY in the month of October. The teams are RSET, RCASM, RCSS & SIENNA BHAVAN.

Results:

Winners : RSET

Runners up : Sienna Bhavan



RAJAGIRI TROPHY



An All Kerala invitational inter collegiate basketball tournament, it attracts entries from 20 colleges in the state.

This year we organized the tournament from 18th Mar to 21th Mar 2013. FISAT, Angamaly secured the Winner's Trophy and RSET secured the Runners up position.

ANNUAL ATHLETIC MEET



Every year we organize Annual Sports Meet

in the month of March. The meet is on House wise Competitions. The meet began with the opening march past. It was led by Aryans House followed by Mugals House who were in turn followed by Rajputs House followed by Spartans House and last Vikings House. Days of practice for the march past had brought us to perfection. The solemn oath taking ceremony led by Sports secretary Amrutha Prabhu. The overall Winners of 2013-14 was ARYANS.



RSET TEAMS @ M G UNIVERSITY INTER COLLEGIATE TOURNAMENTS 2013-2014

TEAM	VENUE	NO OF STUDENTS PARTICIPATED	PERFORMANCE
BADMINTON (MEN)	ST.PETERS COLLEGE,KOLENCHERY	6	PRE QUARTER FINALS
BASKETBALL (MEN)	S.H COLLEGE,THEVARA	12	2 nd ROUND
CRICKET (MEN)	BHARATA MATHA COLLEGE ,THRIKKAKARA	16	3 rd ROUND
CHESS(MEN&WOMEN)	MAHARAJAS COLLEGE,ERNAKULAM	6	WINNERS
FENCING (MEN)	MAHARAJAS COLLEGE,ERNAKULAM	4	4 TH PLACE
FOOTBALL(MEN)	MA COLLEGE,KOTHAMANGALAM	18	QUARTER FINALS
TABLE TENNIS (MEN)	CHINMAYA VIDHYAPEEDAM,ERNAKULAM	6	3 RD POSITION
TABLE TENNIS (WOMEN)	CHINMAYA VIDHYAPEEDAM	4	4 TH POSITION
VOLLEYBALL (MEN)	SH COLLEGE ,THEVARA	12	2 ND ROUND

RSET TEAMS PARTICIPATED OTHER INTER COLLEGIATE TOURNAMENTS 2013-2014

TEAM	VENUE	NO OF STUDENTS PARTICIPATED	PERFORMANCE
Basketball [Men]	St.Josephs Trophy All Kerala Inter Collegiate Basketball Tournament at St.Josephs College of Engg.&Technology,Pala	12	2 nd place
	FISAT Trophy All Kerala Inter-Engg.Basketball Tournament at FISAT,Angamali.	12	4 th Place
	AmalJothi Trophy All Kerala Inter-Collegiate Basketball Tournament at AmalJothi College of Engg.,Kanjirapally	12	Participation
Basketball [Women]	Rajagiri Trophy All Kerala Inter-Collegiate Basketball Tournament at Rajagiri School of Engg.,Kakkanad.	12	2 nd place
Cricket [Men]	International College Premier League 20-20 Cricket Tournament at Jain University,Bangalore	18	Participation
	St.Josephs Trophy All Kerala Inter-Collegiate Cricket Tournament at St.Josephs College of Engg.,Pala.	16	Participation
Volleyball [Men]	SaintGits Trophy All Kerala Inter-Collegiate Volleyball Tournament at Saintgits College of Engg. Kottayam	12	4 th place
Football [Men]	St.Josephs Trophy All Kerala Inter Collegiate Football Tournament at St.Josephs College of Engg.&Technology,Pala	18	2 nd place
	SNG Cup All Kerala Inter-Engineering Tournament at SNGCE,Kadayeruppu.	18	Participation

RSET Students Who Represented M G University



Mr. Tharun Saji represented Mahatma Gandhi University Basketball Team for the South Zone Inter University Basketball Championships .



Ms. Stephy Caroline Stanley represented M.G University Table Tennis women team for the All India inter University Table Tennis Championship.



Mr. Abin Paul represented Mahatma Gandhi University Basketball Team for the South Zone Inter University Basketball Championships .

RSET Teams 2013 - 2014

