



## **MES ASMABI SPORTS ACADEMY**

An Outreach Initiative

2018-23

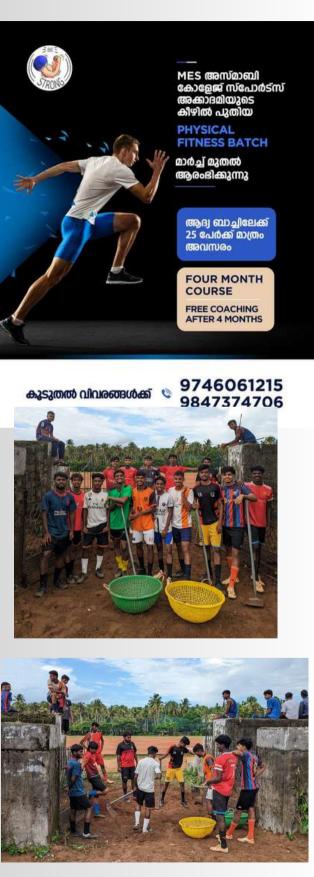
# FITNESS PROGRAMME FOR UNIFORMED FORCES

MES Asmabi college Sports Academy has initiated a physical fitness programme to train individuals who are aspiring for uniformed forces such as Agniveer (Army, Navy, Air Force), Police, Excise, Forest, Fire Force that test physical fitness.









Green Practices are also incorporated in the fitness programme to meet SDGs

### **FITNESS PROGRAMME FOR UNIFORMED FORCES - OUTCOME**



Under the Fitness Outreach Programme more than 40 candidates cleared physical test of various Uniformed Forces.

#### ATHLETICS OUTREACH PROGRAMME **Open** for all age categories

The Sports Academy of the college has trained students of neighbouring educational institutions for athletics. The students have secured remarkable achievements in District level and State level athletics Meet.





**MES ACADEMY Jersey Distribution** 

Ekan Yasir Sheikh who was one among the students in athletics outreach programme secured **BRONZE** Medal in Kerala State Junior Athletic Meet.

He secured GOLD in 2000 m Race in Thrissur District Athletic Meet



റ്റർ ഓടാനിറങ്ങിയത്. സ്വർ ണനേട്ടത്തോടെയായിരു കോളേജിലെ കായികാധ്യാ ന്നു മടക്കം.

#### **ATHLETICS OUTREACH PROGRAMME** Achievements



Ekan Yasir (U-16) 2000 m - FIR8T



Shiva Theertha (U-16) 2000 m - THIRD



Tharuni Nanda (U-18) Midley Relay - SECOND 800 m Race - THIRD



Anamika (U-18) Midley Relay - SECOND 800 m Race - SECOND



Sreenanda (U-18) Midley Relay - SECOND 200 m Race - SECOND 100 m Race - SECOND



Avantika (U-18) Midley Relay - SECOND 400 m Race - THIRD



Sreenandha PB (U-16) Anamika PS (U-16) 100m8200m Silver



800m - Silver



Tharuni Nandha M8 (U-16) 2000m -Gold

**Thrissur District Amateur Athletic Meet-22** 



The MES Sports Academy team (Ajali, Athira, Akshay, and Parthasarathy) came in second place in the Men Women's 100 meter x Relay Thrissar the at Athletics District Junior Championship.



Adithyan (U-14) Long Jump - THIRD CBSE MEET



Avantika 400 m Race- FIRST Block Level Keralolsavam 2023



Akshay OP 800 m Race - THIRD Thrissur Senior Athletic Championship



### M E S Sports Academy



## **JAVELIN THROW TRAINING- MAY 2023**

Javelin throw training is imparted by Sports Academy of the college to enhance physical fitness in our students.



