



St. Aloysius Degree College
Assessed & Accredited by NAAC
Permanently Affiliated to Bengaluru North University
A Unit Run by Archdiocesan Board of Education (ABE)
Recognised by UGC U/S 2(f) of UGC Act 1956, New Delhi

SI.No.	Name of the Program Conducted with the MOU Institution Mont Fort (2022-2023)	Proofs
1	Conducted tricollege sports competitions	Write up
2	Counselors Exchange sessions to counsel our students	Write up

The activities with Mont Fort Conducted tricollege sports competitions and Counselors Exchange sessions to counsel our students



MONT FORT COLLEGE

The Xavier Board Networking and Academic Collaborations saw three prominent colleges in Bangalore, namely St. Aloysius Degree College, Monfort College, and St. Vincent Palloti College, unite for the "Tri-College Sports and Games Competitions." This initiative, spearheaded by St. Vincent Palloti College with support from the other two institutions, aimed to foster camaraderie and healthy competition among students.

The inaugural event, held at Montfort College on September 1st, 2022, marked the beginning of intercollegiate matches under the Xavier Board's Memorandum of Understanding (MoU). Dr. Sr. Teresa, Secretary General of the Xavier Board, graced the occasion as the chief guest. She emphasized the significance of collaboration among Xavier Board members to fortify Catholic Higher Education in India and urged students to embrace sportsmanship and fair play.

The Principals of the participating colleges, along with Montfort College's Director, cheered on their students during the competitions. Football and indoor shuttlecock were successfully completed, while



throwball and volleyball matches took place at St. Vincent Palloti College on September 12th, 2022.

The Valedictory Ceremony witnessed Rev. Fr. Valerian Charles Fernandes, SAC, Provincial of ABVM Province, Bangalore, as the chief guest. Fr. Charles commended the Tri-College for organizing the sports events, emphasizing the

importance of sports beyond competition. He highlighted its role in fostering fun, physical activity, teamwork, and personal development among students.

The sports competitions aimed to provide students with a platform to showcase their talents, self-confidence, patience, and sportsmanship. Participation in sports, as emphasized by Fr. Charles, not only boosts self-esteem and confidence but also motivates students to excel academically and enhances their social skills. Furthermore, it instills valuable lessons in goal setting and perseverance through practice.

In conclusion, the Tri-College Sports and Games Competitions served as an avenue for holistic student development, promoting not just physical prowess but also character-building values essential for their academic and personal growth.