

REPORT REGARDING THE ACTIVITIES OF THE
DEPARTMENT OF PHYSICAL EDUCATION

2016 June to February 2017

The Department of Physical education brings many laurels to the college by winning medals at International, National, All India Interuniversity, State and M.G University level for various sports and games .Our College came 5th rank among 175 colleges in M.G University for the Overall Achievements in sports for the year 2015-16

DEPARTMENT ACTIVITIES

This Year the department organized several activities including district &state volleyball coaching camps and M.G University competitions

Organized Yoga Display on June 21st at Gym Plaza

Organised M.G University Intercollegiate Volleyball Championship at Indoor court on Nov 17th to 18th



Organised Ernakulum District Youth Volleyball team Coaching Camp at Our College Indoor Court

Organised Kerala State Youth Volleyball team Coaching Camp at Our College Indoor Court for the National volleyball Championship

PRIDE OF OUR COLLEGE

INTERNATIONAL LEVEL

Ashana Roy of II DC History Represented India and won the Silver medal in the International Open challenge badminton tournament held at Behrin from Oct 26th to 30th



Ashna in Black Dress

NATIONAL LEVEL

- ❖ Saranya K C of III DC Economics represented Kerala State and won the Second in the Federation Softball Championship held at Panjab from June 16-21
- ❖ Sruthy K.P of III B.Com, Ashna Roy II DC History participated in All India Senior Ranking Tournament held at Hyderabad on July 5th to 10th
- ❖ Sruthy K.P of III B.Com, Ashna Roy II DC History participated in All India Senior Ranking Tournament held at Pune on August 1-6th
- ❖ Anusree T A of III B.Com participated in the Jr.National Softball Championship held at Punjab on 6-9 August

- ❖ Saranya K C of III DC Economics&Chelsia Johnson of III Sociology represented Kerala State and won the Second in the South Zone National Throwball Championship held at Trissur from Sep 17th to 19th
- ❖ Saranya K.C of III Economicssecured Second in the Sr.National Softball Championship held at Andra Pradesh on 3-6 October

ALL INDIA INTERUNIVERSITY

- ❖ Cynda Persy of II DC Com English, Sruthy K.P of III B.Com & Ashna of II DC History represented M.G University in The South Zone Interuniversity Badminton Championship held at Sivakasi on October 4th to 8th
- ❖ Ann Stanya Louis of I MA Literature and Christeena Louis of III Chemistry represented M.G University in the All India Interuniversity Cycling Championship held at Punjab from Nov 14 to 18th
- ❖ Aswathy T.K of I Diploma ,Chrisbel Benny of I DC Physics,Anupama Renjith Of I DC Literature and Sethulakshmi A.B of III History represented M.G University in the South Zone All India Interuniversity Kabaddi Championship held at Coimbatore from Dece 14 to 17th
- ❖ Aswathy T.K of I Diploma, Snehamol K.B of III DC History representd M.G University in the South Zone All India Interuniversity Handball Championship held at Periyar University from December 26th to 29th
- ❖ Sreya Dhananjay of III Economics and Cynda Persy of II communicative English represented M.G University in the All India Interuniversity Tennis Championship held at Chennai fromDec 14th to 18th
- ❖ Sivangi Raj of III Com English Represented M.G University and won the Fourth position in the South Zone Interuniversity Table Tennis Championship held at Earode from Dec 31st to Jan 2nd

- ❖ Saranya K.C of III Economics,Anusree T.A of II B.Com,Chelsia Johnson of III Sociology Selected to represent M.G University in the All India Interuniversity Baseball Championship for the year 2016-17
- ❖ Saranya K.C of III Economics,Anisha shaji of III Literature,Cicily Ancy C.A &Chelsia Johnson of III Sociology represented M.G University and won the First position in the All india Interuniversity Softball Championship held at U.Ccollege Aluva.



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STATE LEVEL

- ❖ Anusree T A of II B.Com secured Second position in the Kerala State Jr.Softball Championship held at Kollam on July 15th to 17th
- ❖ Cynda Persy participated in the , All Kerala Junior Ranking Tournament held at Trivandrum on August 3-7
- ❖ Cynda Persy participated in the , All Kerala Junior Ranking Tournament held at Palakkad on August 19-21

- ❖ Aswathy T K of III Economics and Sethulakshmi A B of II History Participated in the Kerala State Senior Kabaddi championship held at Kollam from September 3rd to 7th
- ❖ Anisha Shaji of III English, Saranya of III Economics won the Second position in the Kerala State Senior Softball Championship held at Kasarcode on Sep 9th -11
- ❖ Sruthi K.P-III B Com -Winner in Mixed Doubles & Team Championship and Runner up in Doubles in the Kerala Senior State Badminton Championship held at Wayanad from 16th to 20 September, 2016
- ❖ Ashna Roy of II History -Winner in singles in the Kerala Senior State Badminton Championship held at Wayanad from 16th to 20 September
- ❖ Cicily Ancy C.A, Chelsia Johnson & Remyamol of III Sociology and Anusree T A of III B.Com won the **Third position** in the Kerala State Senior Baseball Championship held at Kasarcode December 10th & 11th.
- ❖ Chelsia Johnson of III Sociology won the First position in the Kerala State Senior Throwball Championship held at Kasarcode on Dec 7-9
- ❖ Anusree T A of I Botany, Anagha M.D and Krishnendu T U of I Diploma got Third in the Senior state Volleyball championship held at Angamali from December 10th to 18th
- ❖ Greena Joseph of III DC Literature Got Second Position, Riyana Sreedharan of I MSc Maths got Third, Billa Bose of II MA Sociology and Silpa Jose of I DC Physics Participated in the Kerala State Yoga Championship held at Palakkad on December 14th

M.G UNIVERSITY LEVEL

- ❖ College Badminton Team won the First Position in the M.G University Intercollegiate Badminton Championship held at MA College,Kothamangalam on September 19th to 20th
- ❖ College Cycling Team won the Second Position in the M.G University Intercollegiate Cycling Championship held at S.D College,Kanjirappally on October 31st
- ❖ Our College Baseball team won the Third position in the M.G University Intercollegiate Baseball Championship held at U.C College,Aluva on Oct 31st to Nov 2nd



- ❖ College Tennis team won the 1st Position in the M.G University Intercollegiate Tennis Championship held at M.G University ,Kottayam on Nov 8th
- ❖ College Volleyball team won the 3rd Position in the M.G University Intercollegiate Volleyball Championship held at St.teresas college Ernakulum on Nov 17th -18th



- ❖ College Handball Team won the fourth Position in the M.G University Intercollegiate Handball Championship held at Assumption College,Changanassery on Nov 19th to 20th
- ❖ College Kabaddi Team won the Second position in the M.G University Intercollegiate Kabaddi Championship held at BCM College,Kottayam on Nov 21-22



Kabaddi team

- ❖ College Table Tennis Team won the Second position in the M.G University Intercollegiate Table Tennis Championship held at B.K College Amlagiri on Nov 26th
- ❖ College Softball team won the 2nd Position in the M.G University Intercollegiate Softball Championship held at M.G University ,Kottayam on January 5th to 6th
- ❖ College Yoga team won th 1st Position in the M.G University Intercollegiate Yoga Championship held at B.K College Amalagiri February 17th



- ❖ Yoga Team

DISTRICT LEVEL

- ❖ College kabaddi Team won the Junior District Labadie Championship held at Paravoor on Nov 6th
- ❖ College Yoga Team won the First position in the the Ernakulam Senior District Yoga Championship held at SNDP hall Kalmassery on Nov.21st

TOURNAMENTS ATTENDED

- ❖ College Volleyball team won the second in the Sr.Treesa Mary Memorial Volleyball Tournament held at Assumption College Changanassery on Sep 5th to 8th

- ❖ College volleyball team participated in the Sr.Goretti memorial Volleyball championship held at St.Stephens college Uzhavoor on January 17th &18th
- ❖ College volleyball team participated in the Msgr.Augustine Maveli Memorial Volleyball championship held at St.Xeviers College Aluva on January 23&24th



FACULTY ACHIEVEMENTS

- **DR THOMAS K.M**

Acted as the Team Manager for the M.G University Badminton team for the South Zone All India Interuniversity Badminton Cahmpionship held at Sivakasi from Oct 4th to 8th

Selection committee member for the Hand ball,Lawn tennis Intercollegiate championship held at Assumpion college Changanassery

As a resourse person in the Lecture Series conducted by St teresas College,Staffs on January 10th

Member of the PSC Forest Test at PSC Office

- **SMT NISHA PHILIP**

Acted as the Technical Official for the Kerala State Senior Athletics Championship held at Trivandrum on 3rd and 4th June

Acted as the Technical Official for the the CBSE cluster XI Athletics Championship held at Ernakulum on 26th & 27th Nov

Acted as the Team Manager for the M.G University Kabaddi team for the South Zone All India Interuniversity Kabaddi Championship held at Coimbatore from Dec 14th to 17th

