

REPORT REGARDING THE ACTIVITIES OF THE
DEPARTMENT OF PHYSICAL EDUCATION

2015 June to Feb 6th 2016

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 7th rank among 175 colleges in M.G University for the Overall Achievements in sports for the year 2014-15

DEPARTMENT ACTIVITIES

This Year the department organized several activities including aerobics, district coaching camps and M.G University competitions

Organised Yoga Display on June 21st 2015 at Gym Plaza





Organized Practice Match in Volleyball between Sports Volleyball Academy,Piravam in August 5th



Organized Practice Match in Volleyball between St Xavier's College,Aluva in August 13th



Department organized Aerobics class taken for the students and teachers from August 8th onwards



Conducted Ernakulam District Volleyball coaching Camp for the year 2015-16 in our Indoor Volleyball court



Inauguration done by International Volleyball Player and Senior Assistant Traffic Manager, Cochin Port trust Sri.Raj Vinod





DISTRICT TEAM WITH THE DIGNITARIES

Conducted TROP activity at Matha Nagar Public School on 28th December and SRV school on 6th January,2016







Organised 88th Annual Sports Day on 5th February









PRIDE OF OUR COLLEGE

INTERNATIONAL LEVEL

Chelsia Johnson of II DC Sociology represented **INDIA** in the International baseball Championship held at Korea on August 20-25th, 2015



CHELSIA JOHNSON AT KOREA

NATIONAL LEVEL.

- ❖ Anisha Shaji-II DC Literature,Cicily Ancy C A-II DC Sociology,&Saranya K C –II DC Economics represented Kerala State and secured Second Position in the Federation Softball Championship held at Punjab on June 13th to 15th June
- ❖ Saranya K C of II Economics Participated in the South Zone National Softball championship held at Pondichery.on August 3-10th
- ❖ Sruthy K.P of II B.Com,Agna Anto III DC Economics&Sinimol P S –III B Com &Ashna Roy of I DC History participated in All India Ranking Tournament held at Hyderabad on August 13th to 18th



Agna in action

- ❖ Ashna Roy I DC History Represented Kerala State and secured Third position in Singles and Team Championship in the Southzone Interstate Championship held at Pondichery from 31/9/2015 to 03/10/2015
- ❖ Srythi K.P- II DC B.Com Represented Kerala State and secured First position in Doubles and Second in Team Championship in the Southzone Interstate Championship held at Pondichery from 31/9/2015 to 03/10/2015



- ❖ Snehamol K. B of II DC History represented Kerala State in the Junior National Handball Championship held at Punjab from October 28th to November 2nd.



SNEHAMOL IN GREEN BOX

- ❖ Sethulakshmi A.B of II DC History represented Kerala State in the Senior National Kabaddi Championship held at Hyderabad from November 25th to 29th.
- ❖ Sinimol P.S III B.Com, Sruthi K.P of II B.Com , Ashna Roy I DC History & Agna Anto of III Economics were the Pre Quarter finalist in the Malayala Manorama All India Ranking tournament held at Ernakulam from 19th to 23rd of November



SINIMOL P.S, ASHNA ROY & AGNA ANTO

- ❖ Ashna Roy I DC History Participated in the Junior Nationals Badminton Championship held at Jaipur from 30th Nov to 6th December ,2015
- ❖ Ashna Roy I DC History & Sruthi K.P of II B.Com were the Quarter finalist in the All India Senior Ranking tournament held at Bareilly,Lucknow from 25th to 30th December
- ❖ Sinimol P.S III B.Com & Agna Anto of III Economics were the Quarter finalist in the All India Senior Ranking tournament held at Bareilly,Lucknow from 25th to 30th December
- ❖ Chesia Johnson of II Sociology and Saranya K.C of II Economics represented Kerala State in the Senior National Throw ball Championship held at Kota,Rajasthan from December 28th to 31st



- ❖ Mary Akshaya A.J of III Sociology,Chelsia Johnson ,Cicily Ancy C.A of II Sociology ,Saranya K.C of II Economics and Anisha Shaji of II Literature represented Kerala state in the Senior National Baseball Championship held at Karnataka from January 28th to 31st



- ❖ Mary Akshaya-III Sociology ,Chelsia Johnson,Cicily Ancy C.A,Remyamol P.R of II Sociology ,Saranya K.C of II Economics,Anisha Shaji of II literature,Swathi M.R of II History,Indu m.S of III History Anusree T.A of I B.Com ,Sona C of III Com Application Won the first position in the Senior National Pessa pello Championship held at Kochi on February 13th,14th

ALL INDIA INTERUNIVERSITY

- ❖ Agna Anto III DC Economics, Sinimol P S –III B Com, Sruthy K.P of II B.Com & Ashna of I DC History represented M.G University in The South Zone Interuniversity Badminton Championship held at SRM University Chennai on October 5th to 7th
- ❖ Ann Stanya Louis of III Literature and Christeena Louis of II Chemistry represented M.G University in the All India Interuniversity Cycling Championship held at Punjab from Nov 21st to 28th



- ❖ Aswathy T.K of III Economics, Sethulakshmi and Snehamol K.B of II DC History representd M.G University and won the 4th Position in the South Zone All India Interuniversity Handball Championship held at Chennai from January 3rd to 5th
- ❖ Sivangi Raj of II Com English was the Member of M.G University Team and won the South Zone Interuniversity Table Tennis Championship held at Velloor, Andra Pradesh from Jan 26th to 31st



- ❖ Mary Akshaya-III Sociology ,Chelsia Johnson,Cicily Ancy C.A,Remyamol P.R of II Sociology –Selected to represent M.G University in the All India Interuniversity Baseball Championship for the year 2015-16

- ❖ Mary Akshaya-III Sociology ,Chelsia Johnson ,Remyamol P.R of II Sociology –Selected to represent M.G University in the All India Interuniversity Softball Championship for the year 2015-16
- ❖ Sreya Dhananjay of II Economics and Cynda Persy of I communicative English Selected to represent M.G University in the All India Interuniversity Tennis Championship for the year 2015-16
- ❖ Aswathy T.K of III Economics and Sethulakshmi A.B of II History Selected to represent M.G University in the All India Interuniversity Kabaddi Championship for the year 2015-16
- ❖ Riyana Sreedharan of III maths Selected to represent M.G University in the All India Interuniversity Yoga Championship for the year 2015-16

STATE LEVEL

- ❖ Shehamol K B and Sethulakshmi A B of II DC History participated in the Kerala State Handball Championship held at Trivandrum on June 10th to 14th
- ❖ Saranya K C of II Economics won the Kerala State Throw Ball championship held at Trissur on 25th to 26th July
- ❖ Sruthy K.P of II B.Com, won women Doubles and mixed doubles, All Kerala Junior Ranking Tournament held at Ottappalam on August 7-10th



- ❖ Agna Anto III DC Economics –winner in Singles and second in Mixed Doubles & Sinimol P S –III B Com participated in All Kerala Junior Ranking Tournament held at Ottappalam on August 7-10th



Sruthy&Agna

- ❖ Cinda Percy of I DC Com.English secured Third position in the All Kerala Senior Ranking Tournament held at Trivandrum on August 21st -23rd
- ❖ 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
- ❖ Agna Anto III DC Economics-Winner in Mixed Double and Runner up in Single in the Senior State Badminton Championship held at Trissur from 16th to 20 September, 2015



- ❖ Sruthi K.P-II B Com -Winner in Women Double&Team Championship and Runner up in Mixed Doubles in the Senior State Badminton Championship held at Trissur from 16th to 20 September, 2015



Team Championship



Doubles

- ❖ Sinymol P.S-III B Com & Ashna Roy of I DC History –Runner Up in Women Double in the Senior State Badminton Championship held at Trissur from 16th to 20 September, 2015



- ❖ Ashna Roy of I DC History –Runner Up in Team Championship in the Senior State Badminton Championship held at Trissur from 16th to 20 September, 2015
- ❖ Ashna Roy of I DC History –Winner in Single (U-19) & Winner In Mixed Doubles and Team Championship in the Junior State Badminton Championship held at Kollam from 2nd -6th September, 2015



Ashna -Single s Trophy



Mixed Doubles

- ❖ Anisha Shaji of II English,Cicily Ancy C.A,Chelsia Johnson &Remyamol of II Sociology and Saranya of II Economics won the **Second position** in the Kerala State Senior Softball Cahmpionship held at Trissur on Sep 19th to 22nd



SOFTBALL ERNAKULAM DISTRICT TEAM

- ❖ Sruthi K.P of II DC B.Com -Winner in Women Doubles and Runner up in Mixed Doubles event in the Senior State Badminton championship held at thrissur from 16/9/2015 to 20/9/2015
- ❖ Ashana Roy of I DC History -winner in Junior Doubles and Runner up in women doubles in Rama Varma Union All Kerala Badminton tournament held at kottayam from 13th to 15 th November 2015



ASHNA ROY WITH HER MEDALS

- ❖ Sruthi K.P of II B.Com -Winner in Women Doubles event in Rama Varrma Union All Kerala Badminton tournament held at kottayam from 13th to 15 th November 2015



SRUTHI K.P WITH MEDAL

- ❖ Aparna Vijayan ,Aiswarya Velayudhan of III Economics,Aparna M of I PG Botany,Krishnendu T U of I Diploma Indu M S and Swathi M.R Of II History participated in the Senior sate Volleyball champion ship held at Kuttiady from December 11th to 18th

- ❖ Greena Joseph of II DC Literature Got Second Position in the Junior Section in the Kerala State Yoga Championship held at Kollam on January 9th
- ❖ Aparna Vijayan of III Economics, Aparna M of I PG Botany, Jincy P of III Sociology, Indu M S and Swathi M.R Of II History participated in the Youth State Volleyball championship held at Moolamattom from January 13th to 16th

M.G UNIVERSITY LEVEL

- ❖ College Basketball team got fourth position in the M.G University Intercollegiate Basketball championship held at U C College, Aluva on September 7th & 8th
- ❖ College Table Tennis Team won the Second position in the M.G University Intercollegiate Table Tennis Championship held at Govt. Engineering College, Idukki on September 15th



Table Tennis Team

- ❖ College Badminton Team won the First Position in the M.G University Intercollegiate Badminton Championship held at Mar Thoma College, Thiruvalla on September 25th to 26th



College Badminton Team

- ❖ College Kabaddi Team won the Second position in the M.G University Intercollegiate Kabaddi Championship held at BCM College, Kottayam on October 13th to 14th



- ❖ College Cycling Team won the Second Position in the M.G University Intercollegiate Cycling Championship held at S.D College, Kanjirappally on October 31st



- ♣ Ann Stanya Louis –III Literature and Christina Louis –II Chemistry bagged the Individual Champions on the Cycling Championship



Ann Stanya &Christeena

- ❖ College Handball Team won the Second Position in the M.G University Intercollegiate Handball Championship held at Marthoma Colleg, Thiruvalla on October 31st



HANDBALL TEAM IN ACTION

Our College Baseball team won the M.G University Intercollegiate Baseball Championship held at Kottayam on January 19th



- ❖ College Volleyball team won the 4th Position in the M.G University Intercollegiate Volleyball Championship held at St.Thomas College,Kozhanchery on January 21st &22nd

DISTRICT LEVEL

- ❖ Amritha T M of II DC won the first position in Ernakulam District Judo Championship held at Kalamassery on August 2nd week.
- ❖ College Softball team won the District Senior Softball championship held at Fort Kochi on Sep 7th
- ❖ College Volleyball team participated in the Ernakulam Youth District Volleyball Championship held at Koonammav on Nov.1st
- ❖ College Yoga Team won the Second position in the the Ernakulam Senior District Yoga Championship held at Kaloor on Nov.21st
- ❖ College Volleyball team won the Ernakulam Senior District Volleyball Championship held at Kothamangalam on Nov.22nd





- ❖ College Baseball Team won the Ernakulam District Baseball championship held at Parade Ground ,Fort Kochi on Jan 6th 2016



ERNAKULAM DISTRICT BASEBALL WINNERS

TOURNAMENTS ATTENDED

- ❖ College Volleyball team participated in the Assumption tournament on 18th August 2015
- ❖ College Volleyball team entered in to the Semi Finals of Sr.Goretti memorial All Kerala Intercollegiate Volleyball championship organized by st Stephens College ,Uzhavoor on January 6th to 7th 2016



FACULTY ACHIEVEMENTS

● **Dr Thomas K.M**

- Attended Refresher Course in Physical Education and Yoga At Ninittal from July 3rd to August 3rd
- Acted as the Technical official for the Ernakulam District Athletic Championship held at Maharajas Ground on September 28th to 30th
- Acted as the team Manager for the M.G university Men & Women Badminton Team for the All india Inter university championships held at Chennai and Gwalior on October 5th -7th & 14th -21st
- Attended paper valuation Camp at Maharaja's College, Ernakulam from December 13th to 18th
- Attended National Seminar on Mind ,Body & Spirit Yoga Perspectives for Human integration conducted by Maharaja's College, Ernakulam on Jan 7th & 8th 2016
- Selector for the M.G University Baseball Championship held at Kottayam on 19th January 2016

● **Smt.Nisha Philip**

- Attended Refresher Course in Womens Studies At Kerala University from October 1st to 21st
- Acted as the Technical official for the Ernakulam District Athletic Championship held at Maharajas Ground on September 28th to 30th

- Acted as the Technical official for the Kerala State Athletic Championship held at Maharajas Ground on November 8th to 10th
- Attended National seminar on Dimensions of Research Perspectives and Innovation conducted by St.Terasas College,Home Science Dept on Nov 25th
- Attended National Seminar on Mind ,Body &Spirit Yoga Perspectives for Human integration conducted by Maharaja's College,Ernakulam on Jan 7th &8th 2016
- Attended paper valuation Camp at Maharajas College,Ernakulam from December 13th to 18th
- Selector for the M.G University Softball Championship held at Kottayam on 3rd to 5th March 2016
-