

REPORT REGARDING THE ACTIVITIES OF THE
DEPARTMENT OF PHYSICAL EDUCATION

2017 June to February 2018

This year also 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 .**First time In the history of St Teresas college by winning the Gold Medal in an International Championship this year.**Our College came **8th** rank among 225 colleges in M.G University for the Overall Achievements in sports for the year 2016-17

DEPARTMENT ACTIVITIES

This Year the department organized several activities

1. Department organised **World Yoga Day** on 21st June in connection with world yoga Day Celebration
2. Conducted **Volleyball and Handball camp** for the school children for 21 days from 02-08-17 onwards
3. To improve the fitness awareness of the students ,we conducted **Zumba fitness training programme** for the college students at Gym Plaza on August 23rd
4. As a part of **World Cup Football U-19** Sports Students participated in the one million goal programme organised by Kerala sports council on 27th of September
5. Sports Students participated in the **Welcome theme song programme** related to Under 17 World cup Football organised by SHEE MEEDIA on 27th and 28th September

6. The department organised M.G University Women Badminton coaching camp on 5 to 9th of November
7. The department organised M.G University Men Badminton coaching camp from 20th Nov. To December 3rd.
8. Organised **North Zone men volleyball match** at our Indoor stadium On 22nd of November
9. We conducted **89th College Annual Sports Day** on 7th February 2018. Chief Guest of the Day was Prof Sunny Thomas, Dhronacharya Awardee and National Shooting Coach .Rev Sr Christabelle , Provincial and Manager presided over the function. Conducted it in a Colourfull manner. Dr Sajimol Augustine , Principal , lowered the flag at the end of the programme.

PRIDE OF OUR COLLEGE

INTERNATIONAL LEVEL

- ❖ Elizabeth Saumya.T.M of 3rd DC Physics Represented **India** and secured **Gold Medal** in the Inter National Teakwondo Championship held at Goa on 27th & 28th January 2018
- ❖ Ashna Roy 3rd DC History Represented **India** in the International Challenge Badminton championship held at Mumbai from November 29th to December 3rd.2017
- ❖ Ashna Roy 3rd DC History Represented **India** in the International open Super series Badminton championship held at Delhi from January 30th to February 4th.2017

NATIONAL LEVEL

- ❖ Anupama Renjith of II DC Littrature represented Kerala State and won the third position in the Senior National Kabaddie Championship held at Trichy from July 4th to 12.

- ❖ Ashna Roy secured **first position** in the All India senior Ranking Badminton championship held at Sikkim 15th to 20th August .
- ❖ Ashna Roy secured **second position** in the All India senior Ranking Badminton championship held at Pune from 1st to 6th .October
- ❖ Ashna Roy represented kerala state in the senior national championship held at Nagapur from 2nd to 8th.November
- ❖ **Nazrine .C.J** of 1st DC Maths got **third position** in the **NationalGames of the deaf Badminton championship** held at Ranchi from 1st to 6th December
- ❖ Ashna Roy secured **first position** in the All India senior Ranking Badminton championship held at Sikkim 4th to 9th.December
- ❖ Aswathi M.S of 1st DC Economics secured **third position** in the junior National Volleyball Championship held at Culcutta west Bengal.from December 25th to 30th
- ❖ Sarga.K.S of 1st DC Economics secured **First position** in the Youth National Volleyball Championship held at Madhyapradesh from january 2nd to 7th..
- ❖ Kavya .K Vidhyadharan of 3rd DC Litrature represented Kerala state in the National Fistball Championship held at Alua kerala from january 26th to 28th
- ❖ Anupama Renjith of 2nd DC Litrature ,Anusree T.A of 3rd DC B.com ,Aparna Sankar 2nd DC B.Voc Food Prosessing Represented Kerala state in the Senior National Kabaddi Championship held at Jaipur.from 8th to 12th February.
- ❖ Ashna Roy represented won the **third position** in the All India senior Ranking championship held at Banglore from 7th to 11th Feruary.

ALL INDIA INTERUNIVERSITY

- ❖ Sarga K S of 1st DC Economics secured **First position** in the All India Interuniversity **Volleyball** Championship held at Kannur from October 20-30

- ❖ Ashna Roy 3rd DC History&Cerine Treesa of 1st DC Physics represented M.G University in the South Zone interuniversity **Badminton** championship held at Eluru Anthra Pradesh from November 12th to 15th.
- ❖ Nirupa Mary Jacob of II DC B Com (SF) represented M.G University in the South Zone interuniversity **Table Tennis** championship held at SRM University ,Chennai from December 27th to 30th .
- ❖ Cynda Persy of III DC Com English represented M.G University in the South Zone interuniversity **Tennis** championship held at Visakapattanam from January 2-8
- ❖ Christabell Benny of II DC Physics and Varsha K V of I DC Sociology represented M.G University in the South Zone interuniversity **Kabaddi** championship held at Bangalore from November 16-20

STATE LEVEL

- ❖ Kavya .K Vidhyadharan of III rd DC Litratione secured first position in the Kerala State Sr.Softball Championship held at Kozhikode from september 8th to 10th.
- ❖ Nirupa Mary Jacob IInd DC B.Com participated in the , Kerala state sr.Table Tennis Tournament held at Ernakulum from November 23rd to 29th.
- ❖ Ragin Maria of Ist DC FD secured third position in the Kerala state sr.Table Tennis Tournament held at Ernakulum from November 23rd to 29th.
- ❖ Kavya .K Vidhyadharan of III rd DC Litratione secured first position in the Kerala State Sr.Baseball Championship held at Trivandrum from December 7th to 8th.
- ❖ Anusree T.A of IIIrd B.Com,Anupama Renjith of II DC Literature,Denila Davis, I DC Cloud Computing ,Aparna Sankar II DC B.Voc Food Processing and Anupama .A of III DC History Participated inthe keralolsavam state Championship held at Trivandrum from December 13 th to 15th.
- ❖ Aswathi.M S of I DC Economics Secured third position in the Jr.state volleyball championshipheld at wyanadu from December 16th to 19th.

- ❖ Anusree T.A of IIIrd B.Com,Anupama Renjith of II DC Literature,Denila Davis, I DC Cloud Computing ,Aparna Sankar II DC B.Voc Food Processing and Anupama .A of III DC History secured second position in the sr. state Kabaddi Championship held at Ettumanoor from December 29th to 30th.
- ❖ Our vollyball team participated in the Youth state volleyball championship held at Kozhikode from 23rd to 26th december.
- ❖ Mary silpa Francis of 2nd DC Physics got 1st position in the Kerala Sr.State Yoga championship held at Trissure.
- ❖ Riyana of 2ndMSc Maths and Anushka P III Com English Participated in the Kerala Sr.State Yoga championship held at Trissure.

M.G UNIVERSITY LEVEL

- ❖ College Volleyball team won the 3rd Position in the M.G University Intercollegiate **Volleyball** Championship held at Alphonsa college Palai from september 18th & 19th .
- ❖ College Table Tennis Team won the Second position in the M.G University Intercollegiate **Table Tennis** Championship held at ST.Pauls College Kalamassery on September 28th.
- ❖ College Kabaddi Team won the Third position in the M.G University Intercollegiate **Kabaddi** Championship held at CMS College,Kottayam on Nov 2nd &3rd
- ❖ College Badminton Team won the Second Position in the M.G University Intercollegiate **Badminton** Championship held at ST.Thomas College,Palai on November 3rd &4th.
- ❖ College Cycling Team won the First Position in the M.G University Intercollegiate **Cycling** Championship held at FACT,Kalamasery on November 4th.
- ❖ College Tennis team won the 4th Position in the M.G University Intercollegiate **Tennis** Championship held at M.G University ,Kottayam on December 1st.
- ❖ **TOURNAMENTS ATTENDED**

- ❖ College Volleyball team participated in the in the Sr.Treesa Mary Memorial Volleyball Tournament held at Assumption College Changanassery from 28th to 29th of Augst.
- ❖ College volleyball team participated in the ST.Joseph College Volleyball championship held at St.joseph college Irinjalakuda from Augst 24th to 25th.
- ❖ College volleyball team participated in the Karunya Volleyball championship held at Karunya University Coimbatore from 25th to 28th september.
- ❖ College volleyball team participated in the Msgr.Augustine Maveli Memorial Volleyball championship held at St.Xeviers College Aluva from 27th to 28th November.

FACULTY ACHIEVEMENTS

Smt.Nisha Philip

- ❖ Smt.Nisha Philip acted as the team Manager for the South Zone Interuniversity Badminton Championship held at Andra Pradesh
- ❖ Team Manager for various Intercollegiate Championships
- ❖ Selector of the M.G University Fencing team for the All India FeInteruniversity Fencing Championship

Dr Thomas K.M

- ❖ Dr Thomas K M acted as the team Manager for the South Zone Interuniversity Men Badminton Championship held at Andra Pradesh
- ❖ Team Manager for various Intercollegiate Championships

