

ST. TERESA'S COLLEGE, ERNAKULAM
DEPARTMENT OF PHYSICAL EDUCATION
REPORT 2022-23

DEPARTMENT ACTIVITIES

This Year the department organised several activities through online and offline

- Department conducted summer coaching camp in Basketball for boys and girls at Gym Plaza during April and May.



- Department conducted a summer coaching camp in Badminton for boys and girls at Indoor Stadium during April and May.



- Yoga classes were conducted for NCC, NSS, Sports and all 3rd year degree students during June 13th to 20th.



- International Yoga day was celebrated by conducting a mass display for students and teachers on June 21st.



- Department conducted a workshop on “How to become a licensed fitness Trainer” on 1st July 2022.


ST. TERESA'S COLLEGE(AUTONOMOUS), ERNAKULAM.

DEPARTMENT OF PHYSICAL EDUCATION

Organise a workshop
on

**HOW TO BECOME AN INTERNATIONALLY
LICENSED FITNESS TRAINER**

RESOURCE PERSON



Dr. Sajith Kumar
Founder & CEO, Fit & Met
Fitness Academy

1st July, Friday, 2022
7:00-8:00 pm

Meeting ID: 862 0578 0850
Passcode: 12345

Join Zoom Meeting
https://us02web.zoom.us/j/86205780850?pwd=hoz72DlU6KT07z_HScQSMF0UksZS5Y

- Interdepartmental Badminton competition conducted for Teachers from 13th to 26th July.





- Interdepartmental Badminton competition conducted for Non-Teaching Staff from 13th to 26th July.



- Interdepartmental Badminton competition conducted for Students from 13th to 26th February.



- Department organised the MG University Intercollegiate Yoga Championship on October 10th.



- Conducted run for Unity in connection with the birthday celebration of Sardar Vallabhai Patel.



- Department celebrated Christmas.



- Campus Fitness Drive and 1 Million Goal was organised in connection with the Anti-Narcotic awareness program on February 1.



- Inter School Basketball Championship was organised by the department on February 17th.



PRIDE OF OUR COLLEGE

INTERNATIONAL LEVEL

- Divya R Balasubramanian IInd BA Economics; - Represented India in the International Infosys Foundation Tournament held at Bangalore from 11th to 16th October 2022.



NATIONAL LEVEL

- Mary Taniya from 3rd DC Chemistry represented Kerala State in WUSHU in the 36th National games held at Ahmedabad, Gujarat from 29 September to 12 October 2022.



- Divya K J of 2nd DC Bcom represented Kerala State in wrestling in the Senior National Indian Style Wrestling Championship held at Hyderabad from January 6th to



8th.

- Divya. R. Balasubramanian secured gold medal in the AAI National level Badminton tournament held at Guwahati from 2nd to 5th July 2022.



ALL INDIA INTERUNIVERSITY LEVEL

- Rebecca Martin of 3rd DC Physics represented MG university in the all India inter university Basketball championship held at Haryana. Jan 30th Feb 3rd 2023



- Divya R Balasubramanian of 2nd DC Economics represented M.G University in the South Zone Inter University Badminton Championship held at Jain University Bangalore from 21st -24th November.



- Vindhya Augustine of 1st DC Botany represented MG University for the All India Inter University Ball Badminton Championship held at Chennai from January 27th to 31st.



- Nirupama Chandran of 1st DC History represented MG University for the All India Inter University Ball Badminton Championship held at Chennai from January 27th to 31st.



- Fiza Zehara K F of 1st DC Zoology represented MG University in the All India Inter University roller skating championship held at Andhra Pradesh from 16th to 19th February 2023.



- Meenu Siby of 1st MA Literature selected to represent MG University for the All India Inter University Table Tennis Championship.



- Theertha C G of 2nd DC Economics selected to represent MG University for the All India Inter University Chess.



UNIVERSITY LEVEL

- Our College Badminton team secured Second Position in the MG University intercollegiate championship held at S H College, Thevara from 27th to 29th October.



- Our College Basketball team secured Second Position in the MG University intercollegiate championship held at Assumption College, Changanacherry from 10th to 11th November 2022.



- Our College Yoga team secured third Position in the MG University intercollegiate championship held at St. Teresa's College, Ernakulam on 10th October.



- Our College Table Tennis team secured third Position in the MG University intercollegiate championship held at B K College, Amalagiri on October 25.



Congratulations



Secured 3rd position
M.G. University Inter- Collegiate
Table Tennis Championship .

*Meenu Siby - 1st MA Literature
got selection to represent M.G. University in the All India
inter university Table Tennis championship .*

- Our College Taekwondo Team secured third Position in the MG University intercollegiate championship held at MES College, Marampilly from 20th and 21st October.



- Our College Ball Badminton team secured Fourth Position in the MG University intercollegiate championship held at Catholicate College, Pathanamthitta from 11th and 12th January.



- Our College Football Team secured Fourth Position in the MG University intercollegiate championship held at M A College, Kothamangalam from 19th and 20th October.



- Our College Chess team secured Fourth Position in the MG University intercollegiate championship held at Catholicate College, Pathanamthitta from 15th and 16th December.



- Our College Swimming Team secured Fourth Position in the MG University intercollegiate championship held at M A College, Kothamangalam from 16th and 17th November.

100

Congratulations



Fourth position in 4* 100 mts freestyle relay
And 4* 100 mts medlay relay in the
M G University Swimming Championship
at M A College, Kothamangalam

- Our College Handball Team secured Fourth Position in the MG University intercollegiate championship held at S H College, Thevara from 18th to 19th January.



INDIVIDUAL POSITION AT MG UNIVERSITY LEVEL

For Karate,

- Sreemuthulakshmi M of 3rd DC B A French, Devi S Kumar of 2nd DC Bcom, Anjala Mary of 1st DC Bsc Psychology secured 3rd position in team Katta.



- Ardasree P B of 3rd DC History secured 3rd position in Kumitae.



- Ashwitha Susan Elias of 2nd DC Msc. Food Science and Nutrition secured 1st position in MG University Intercollegiate Weightlifting and also secured 1st position in Powerlifting.



- Divya K J of 2nd DC Bcom secured 2nd position in MG University Intercollegiate Wrestling.



- Fiza Zehara K F of 1st DC Zoology secured 3 Gold medals in MG University Intercollegiate Roller skating Championship.

PARTICIPATION

Our College Team participated in the following games in the MG University Intercollegiate Championship for the year 2022-23

- Cycling
- Kabaddi
- Athletics
- Tug of War



Cycling Team

Tug of War Team



STATE LEVEL

- Our College Badminton Team secured 3rd position in the College Games held at R S C, Kadavanthra from 4th to 6th June 2022.



- Fiza Raffic of 2nd BA Economics represented Ernakulam District and secured first in 4x100mts relay in 66th Kerala State Junior Athletics Championship 2022.



- Lakshmi Lohithakshan of 1s BA English represented Ernakulam District in the 66th Kerala State Junior Athletics Championship 2022.



- Amala Roy of 3rd Bcom Capital Marketing got 3rd position in the Kerala state Senior Taekwondo championship held in Kalamasserry from June 28th to



29th.

- P S Saffah of 3rd Bcom Capital Marketing got 3rd position in the Kerala state Senior Taekwondo championship held in Kalamasserry from June 28th to 29th.



- Fiza Zehara K F of 1st DC Zoology secured second in the Kerala State Roller skating Championship.

- Rabecca Martin of III DC Physics and Ann Mary Saji of I DC Economics represented Ernakulam district and won the second position in the Kerala State Senior Basketball Championship held at Chalakudy on 25th to 30th August ,2022.



- M Priya of II DC B Com SF represented Ernakulam District in the Kerala State Senior Teakwondo Championship held at Kalamassery from 28th to 29th June ,2022.



- P S Saffa of III DC B Com SF, Ardrasree P B of III DC History, Adheena.J.B & Athulya .T of III DC Economics represented Ernakulam District in the Senior State Tug of War Championship held at Palakkad from 16th to 17th July.

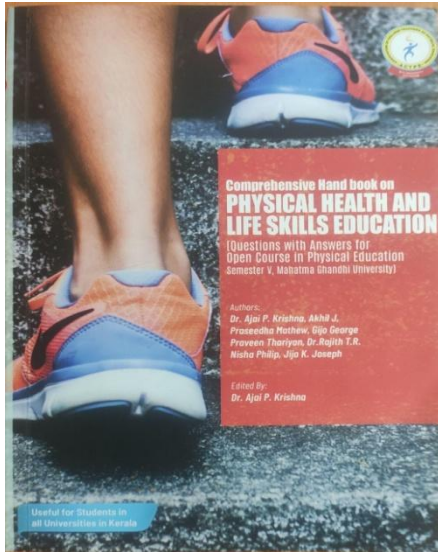
FACULTY ACHIEVEMENTS

NISHA PHILIP Department of Physical Education secured first position in women's singles and mixed doubles in Table Tennis in the MG University Physical Education Teachers Championship held at SD College Kanjirappally.



PUBLICATION OF BOOKS

NISHA PHILIP of Department of Physical Education co-authored the book “Comprehensive Hand book on PHYSICAL HEALTH AND LIFE SKILLS EDUCATION” for semester V Mahatma Gandhi University.



PAPER PUBLICATIONS

Mrs.Nisha Philip

Published a paper in a peer reviewed research journal of Aquinas Multidisciplinary Research volume VI

ISSN -2395-7751

NEW INITIATIVES BY DEPARTMENT

- Summer coaching in Basketball and Badminton started in April and May
- Badminton Competition for teachers and non-teaching staff
- Campus fitness drive started

COLLABORATIONS AND MOU

MOU with St. Teresa's College, Ernakulam with St. Joseph's College for women, Allapuzha made on 14th may 2022.

