

**ST. TERESA'S COLLEGE, ERNAKULAM**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**REPORT 2023-24**

**DEPARTMENT ACTIVITIES**

**This Year the department organised several activities through online and offline**

**ST.TERESA'S COLLEGE ERNAKULAM**  
**SUMMER COACHING CAMP -2023**

Department of Physical Education St Teresa's College, Ernakulam hosted a Summer Coaching camp for boys and girls above 6 years from 03.04.23 to 31.05.23.



The camp was conducted for Basketball. We had 19 students for basketball camp.



The Camp started with a silent prayer and welcome by Dr Thomas K M Faculty of Phy Edu. The timing for the camp was from 7.30 am to 10.30am. The camp was coached by Sri. Joseph K.B. The registration fee for basketball 3000. All the members of the camp were actively participated and very enthusiastic for learning the sport. The camp concluded on 31 May 2023 with a closing ceremony.



Motivating prizes were given for the players and coaches. Smt. Nisha Philip HOD of Phy.Edu thanked all the participants, parents and coaches and also to the management and principal who extended all the support and motivation given to the department.

# YOGA WORKSHOP

Date: 15<sup>th</sup> june to 20<sup>th</sup> june

Location: Gym plaza

## Introduction:

A 4 Day Yoga Workshop organized exclusively for 3<sup>rd</sup> year students by Ms. Nisha Philip, the Head of the Physical Education Department. The workshop aimed to introduce students to the physical and mental benefits of yoga, providing them with valuable tools for managing the demands of academic life.



## Workshop Objectives:

The primary objectives of the workshop were as follows:

To familiarize 3<sup>rd</sup> year students with the fundamentals of yoga and its relevance to their academic and personal lives.

To teach 3<sup>rd</sup> year students basic yoga postures, breathing techniques, and mindfulness practices.

To promote overall physical and mental well-being among the participants.



### Interactive sessions:

The interactive nature of the workshop made it a dynamic and engaging experience for all participants, promoting active learning, collaboration, and a deeper connection to the practice of yoga.

### Group Practice:

The group yoga sessions provided an opportunity for participants to practice together, creating a sense of unity and collective progress. This communal practice allowed for real-time feedback and adjustments, contributing to a more profound understanding of the asanas.



### Outcomes and Feedback:

The 4-Day Yoga Workshop received positive feedback from the 3<sup>rd</sup> year students. They reported experiencing reduced stress levels, increased physical flexibility, and enhanced mental clarity. Many expressed a desire to continue practicing yoga as a means of improving their overall well-being and academic performance



### Conclusion:

The 4-Day Yoga Workshop, exclusively organized for 3<sup>rd</sup> year students by Ms. Nisha Philip, the Head of the Physical Education Department, was a valuable initiative that effectively introduced students to the numerous benefits of yoga. It equipped them with practical skills to integrate yoga into their daily lives, promoting better physical and mental health while navigating the rigors of academia.

JUNE 21 2023,  
INTERNATIONAL YOGA DAY

On 21st June 2023 the physical education department of St Teresa's Collage in collaboration with NCC Navy Wing, NCC Army Wing and NSS unit 41 organized a Yoga demonstration at gym plaza at 7:30 am.



The day begins with a speech from Mrs. Nisha Philip, HOD of Physical Department and Dr. Thomas who acknowledge about significance of yoga and how it connects body, breath and mind.



The students performed surya namaskaram and 5 asanas. Then the occasion was followed by a vote of thanks from Ms. Resmin Bai.



Date: June 23rd, 2023

## INTERNATIONAL OLYMPIC DAY - "SHOOT THE GOAL" COMPETITION

### Introduction:

June 23rd is celebrated worldwide as International Olympic Day, commemorating the founding of the International Olympic Committee (IOC). In honor of this significant day, an event titled "Shoot The Goal" competition was organized. The event aimed to promote physical activity, sportsmanship, and the spirit of the Olympics. Dr. Nisha Vikraman, a respected figure in the field of sports, inaugurated the event and demonstrated her exceptional skills by scoring three consecutive goals in the competition.

### Participants:

The "Shoot The Goal" competition witnessed active participation from both teachers and students across all departments within the institution.

Approximately 60 students and teachers attended the event, showcasing their enthusiasm for sports and the Olympic spirit.

### Event Highlights:

Inauguration: Dr. Nisha Vikraman, from the department of , inaugurated the event. Her participation added prestige to the occasion. During the inauguration, Dr. Vikraman showcased her remarkable skills by scoring three goals in a row, inspiring participants and setting the tone for the competition.



### Competition:

The "Shoot The Goal" competition featured enthusiastic participation from students and teachers who displayed their soccer skills. The competition not only encouraged healthy competition but also served as a reminder of the values associated with the Olympic Games.

### Community Engagement:

The event brought together members from various departments, fostering a sense of unity and sportsmanship within the institution. It provided an

opportunity for participants to interact and bond over their shared passion for sports.

## **INTERDEPARTMENTAL BADMINTON COMPETITION FOR TEACHERS&NON TEACHING STAFF**

Date: July 17th to August 9th, 2023

Categories: Below 35, Below 45, Above 45

Singles and Doubles Events

### Introduction:

An exhilarating Interdepartmental Badminton Competition for teachers was organized, spanning from July 17th to August 9th, [Year]. The event aimed to promote physical fitness, camaraderie, and healthy competition among the teaching staff within the institution. The competition saw an impressive turnout, with over 150 teachers participating in various categories.

### Participants:

More than 150 enthusiastic teachers from different departments actively took part in this competition. Their dedication and sportsmanship were evident throughout the duration of the event.



### Competition Structure:

The Interdepartmental Badminton Competition was divided into three age-based categories to ensure fair and competitive matches:



**Below 35 Category:** This category was tailored for teachers below the age of 35, promoting friendly competition among the younger teaching staff.

**Below 45 Category:** Teachers aged below 45 years engaged in this category, showcasing their badminton skills and agility.

**Above 45 Category:** The above-45 category provided a platform for senior teachers to participate, emphasizing the importance of physical activity at all ages.

Each category featured both singles and doubles events, allowing for a wider range of participation and fostering teamwork among the teachers.



### Highlights:

Throughout the competition, participants displayed exceptional badminton skills, determination, and sportsmanship. The matches were keenly contested, showcasing the talent and competitive spirit of the teaching staff.



Badminton competition conducted for Non Teaching staff from 17th July to Aug 9th. Conducted for both Men And Women.



## **TRAINING SESSION ON PHYSICAL LITERACY**

Physical Literacy Training Session for Hostel Students

Date: July 31st, 2023

Time: 6:00 PM

Location: Elizium

### Introduction:

On July 31st, 2023, the Department of Physical Education conducted a comprehensive training session on physical literacy for the hostel students. The session was led by Dr. Aju. T.G, Assistant Professor at Maharaja's College Ernakulam. The primary objective of this training was to educate and inspire hostel students towards a more active and health-conscious lifestyle.

### Participants:

The training session witnessed active participation from a diverse group of more than 50 hostel students. Their eagerness to learn and improve their physical literacy was commendable.



### Training Session Highlights:

Dr. Aju. T.G, an expert in the field of physical education, conducted an enlightening and engaging session on physical literacy. The training covered various aspects, including:

Understanding Physical Literacy: Dr. Aju. T.G provided a comprehensive explanation of what physical literacy entails, emphasizing its importance in leading a healthy and active life.

Practical Demonstrations: The training session included practical demonstrations of physical activities and exercises that contribute to the development of physical literacy. Students actively participated in these demonstrations to gain hands-on experience.

Interactive Discussions: Dr. Aju. T.G encouraged interactive discussions to address questions and concerns from the students. This facilitated a deeper understanding of the concept of physical literacy.



# TUG OF WAR COMPETITION FOR STUDENTS

Date: August 21st, 2023

Time: 11:30 AM

Location: Gym Plaza



## Introduction:

On August 21st, 2023, an exciting and competitive tug of war competition was organized by the department for the students. The event took place at Gym Plaza and saw active participation from various departments within the institution. This competition not only encouraged teamwork and physical fitness but also fostered a spirit of healthy competition among the students.

## Participants:

A total of 9 teams, representing different departments, enthusiastically participated in the tug of war competition. The event brought together students from various academic backgrounds, promoting unity and camaraderie.



### Competition Highlights:

The tug of war competition featured intense rounds of battles between the participating teams. The spirited matches showcased the strength, determination, and teamwork of the students. Notably, the event witnessed two standout performances:



**1st Prize - Department of Sociology:** The Department of Sociology emerged as the champions of the competition, displaying exceptional teamwork and determination. Their victory was a testament to their coordination and physical prowess.

**2nd Prize - Department of Bharatanatyam:** The Department of Bharatanatyam demonstrated remarkable spirit and effort, securing the 2nd prize in the competition. Their performance showcased their dedication and competitive spirit.

### Prize Distribution:

The prize distribution ceremony was a highlight of the event. Principal Dr. Alphosa Vijaya Ma'am graced the occasion and presented the cash prizes to the

winning teams. Her presence added prestige to the event and motivated the students to excel in both sports and academics.



### Conclusion:

The Tug of War Competition held on August 21st, 2023, was a resounding success, thanks to the active participation of the students and the competitive spirit displayed by the departments. It not only promoted physical fitness and teamwork but also fostered a sense of pride and achievement among the students.

We extend our congratulations to the Department of Sociology for securing the 1st prize and the Department of Bharatanatyam for achieving the 2nd prize. Special thanks to Principal Dr. Alphosa Vijaya Ma'am for her support and encouragement.



# Health Awareness Class for Tribal People in Wayanad Kottathara Panchayath

## Introduction:

The Department of Physical Education undertook a significant initiative to promote health awareness among the tribal communities in the Wayanad Kottathara Panchayath from September 7th to 8th, 2023. This endeavor aimed to improve the overall health and fitness levels of the tribal population by providing informative sessions and engaging activities.



## Participants:

The program successfully engaged a total of 9 students and 2 teachers who dedicated their time and efforts to educate and motivate the tribal people.

## Activities:

The event encompassed a range of health-related and fitness-related classes, facilitated by both teachers and students. The classes included:



**Health Education Workshops:** Informative sessions covering various aspects of health, including nutrition, hygiene, and disease prevention, were conducted by the teachers. These workshops aimed to enhance the awareness of healthy living among the tribal population.

**Fitness Training:** Practical fitness sessions, including exercises and physical activities, were conducted by the students. These activities encouraged the participants to adopt an active lifestyle and improve their physical fitness



Community Engagement: One of the highlights of the program was the active participation of tribal people. Their enthusiasm and willingness to learn and adapt to healthier habits were truly inspiring. Over the three days, the community actively engaged with the classes and activities.



### Gifts for the Community:

As a gesture of goodwill and to motivate the participants further, more than 100 gifts were distributed to the tribal people. These gifts aimed to reward their active participation and encourage them to continue their journey towards better health



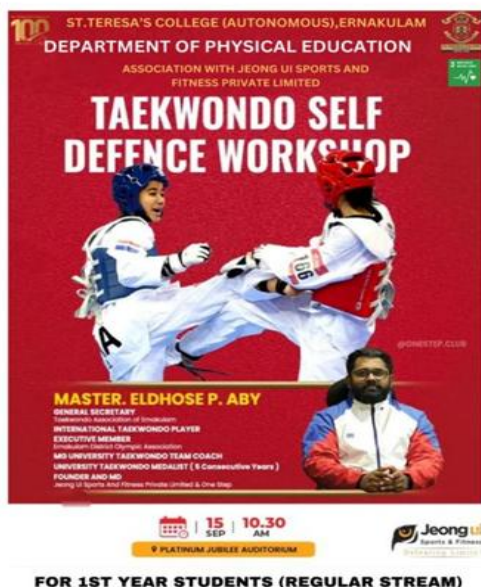
## SELF DEFENCE WORKSHOP

Self-Defense Workshop for 1st DC Regular Students

Date: September 15th, 2023

Time: 10:30 AM

Location: Platinum Jubilee Auditorium



### Introduction:

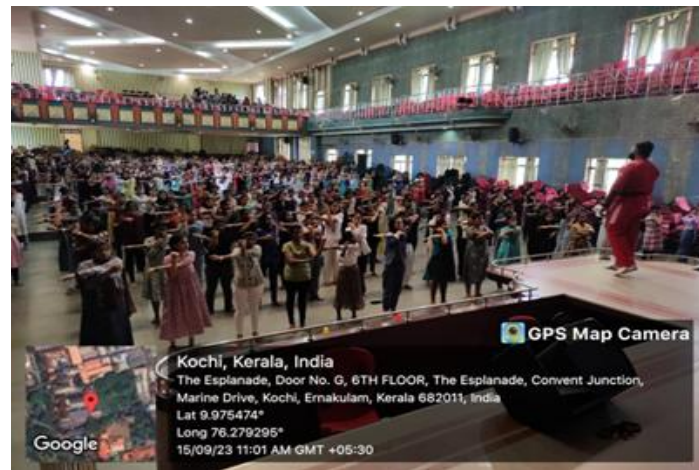
On September 15th, 2023, a highly informative and engaging self-defense workshop was conducted for the 1st DC regular students. The workshop, held at the prestigious Platinum Jubilee Auditorium, was led by Master Eldhose P Aby, the General Secretary of the Taekwondo Association of Ernakulam. The event aimed to empower students with essential self-defense skills and strategies.

### Inauguration:

The session was inaugurated by the esteemed Principal, Dr. Alphosa Vijaya Joseph. Her presence added significance to the event and emphasized the institution's commitment to the safety and well-being of its students.

### Participants:

The workshop witnessed an impressive turnout, with more than 300 enthusiastic students participating in the event. Their active involvement and eagerness to learn were commendable.



### Workshop Highlights:

Master Eldhose P Aby, an expert in the field of Taekwondo, delivered an engaging and informative session that covered a wide range of self-defense techniques and strategies. The workshop included:

Self-Defense Demonstrations: Master Eldhose P Aby demonstrated various self-defense techniques, including strikes, blocks, and escape maneuvers. His expertise and guidance were invaluable in helping students understand and practice these essential skills.

Interactive Sessions: The workshop encouraged active participation from the students. They were given the opportunity to practice the techniques under the guidance of Master Eldhose, ensuring that they gained practical experience.



### Conclusion:

The Self-Defense Workshop conducted on September 15th, 2023, was a tremendous success. It provided students with valuable knowledge and skills to protect themselves and build their self-confidence. Master Eldhose P Aby's expertise and the active participation of over 300 students contributed to the workshop's effectiveness.

## **Annual Sports Meet 2023 Report**

**St. Teresa's College (Autonomous), Ernakulam**

*Conducted by the Department of Physical Education and Student Union*

The Annual Sports Meet 2023 at St. Teresa's College, Ernakulam, held on November 3rd at the Maharajas College Ground, was a vibrant celebration of athleticism and sportsmanship. Organized by the Department of Physical Education in collaboration with the Student Union, the event provided an arena for students and faculty to exhibit their sporting prowess and camaraderie.

### **Inauguration and Special Appearance:**

The event commenced with great fervor as it was inaugurated by the esteemed Principal, Dr. Alphonsa Vijaya Joseph, whose insightful address emphasized the holistic development that sports offer to individuals.

Adding a delightful twist, the sports meet received a visit from the movie team of "Rajani," featuring renowned personalities Kalidas Jayaram, Namitha Pramod, and Aswin K Kumar. Their interaction with the students added a touch

of excitement, as they shared experiences and promoted their upcoming movie, engaging the attendees.





### **Schedule of Events:**

The meticulously planned schedule ensured a seamless flow of activities:

- **March Past**
- **Flag Hosting** by Dr. Alphonsa Vijaya Joseph, Principal
- **Prayer**
- **Welcome Speech** by Dr. Thomas K M, Senior Faculty, Department of Physical Education
- **Inauguration and Inaugural Address** by Dr. Alphonsa Vijaya Joseph, Principal

- **Oath Taking** by Meenakshi U, Senior Sports Secretary
- **Vote of Thanks** by Mary Athulya Anil, Junior Sports Secretary



### **Events and Winners:**

The competitions encompassed a range of events for both students and teaching staff, fostering inclusivity and active participation.



### **Student Events:**

- 100m
- 200m
- 400m Walk
- High Jump
- Long Jump
- Shot Put
- 4x100m Relay
- Tug of War

The third-year students emerged as champions, showcasing exceptional skills and determination across various disciplines.



### **Faculty Events:**

#### **Below 45 Years:**

- 50m
- 400m Walk
- Shot Put
- 4x100m Relay

#### **Above 45 Years:**

- 50m
- 400m Walk
- Shot Put
- Tug of War (Common Game)



### **Closing Ceremony:**

In the closing ceremony, Principal Dr. Alphonsa Vijaya Joseph presided over the prize distribution, acknowledging the outstanding performances and spirit displayed by the participants. Chairperson Nikitha Nair delivered a warm welcome address, and Miss A R Resmin Bai from the Department of Physical Education extended the vote of thanks, expressing gratitude to all involved in making the event a success.





The Annual Sports Meet 2023 at St. Teresa's College showcased not only athletic talent but also the importance of teamwork, discipline, and holistic growth through sports activities.

# ASTA 'SMASH SYMPHONY' BADMINTON TOURNAMENT-2023

Date: March 16, 2023

Location: Play To Win Badminton Academy, Girinagar-Kadavanthara

On March 16th, 2023, an exciting and competitive Badminton Tournament was organized by the department for the Sports Alumni's . The event took place at Play To Win Badminton Academy, Girinagar-Kadavanthara and saw active participation from Alumni's . This competition not only encouraged teamwork and physical fitness but also fostered a spirit of healthy competition among the Alumni's .

Ms.Aparna Balan, International Badminton Player & Mr.R Mohanacgandran, former Indian Badminton Team Coach was the Chief Guests . Principal Dr.Alphonsa Vijaya Joseph, Vice Principal Rev.Sr.Dr.Suchitha, HOD Ms.Nisha Philip, senior faculty Dr.Thomas K M, Ms.M Mrudula-ASTA Secretary was present for the event . More than 100 Alumni's participated in three Categories .

## Competition Structure:

Badminton Competition was divided into three age-based categories to ensure fair and competitive matches:

- 1.Below 40 Category :
- 2.Below 60 Category:
- 3.Above 60 Category :





International, National, All India Inter-University, State, Inter-collegiate &  
District level

## **PRIDE OF OUR COLLEGE**

### **INTERNATIONAL LEVEL**

- Pavithra Naveen 1<sup>st</sup> B A English Literature; - Represented **INDIA** in the International Infosys Challenge Badminton tournament on Oct 24<sup>th</sup> to 29<sup>th</sup> at Bangalore.



- Divya R Balasubramanian of III BA Economics Represented **INDIA** in the International Infosys Challenge Badminton tournament on Oct 24<sup>th</sup> to 29<sup>th</sup> at Bangalore. And also represented **INDIA** in the International Badminton Tournament on 31 October - 05 November held at Raipur



## NATIONAL LEVEL

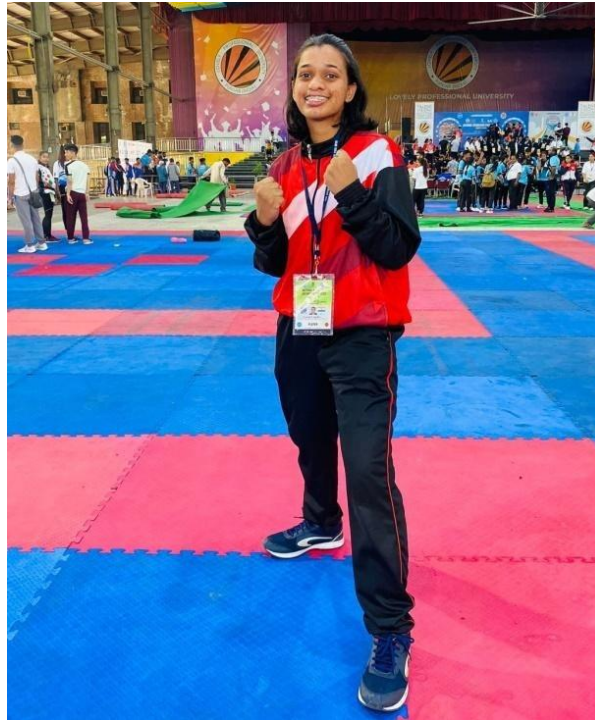
- Philomina Josna A J of I B A Economics won the silver medal in the Khelo-India National Wushu Championship held at Tamil Nadu from November 27 to 29<sup>th</sup>



- Anagha P S from 1<sup>st</sup> B.Com and Sreelekha from 1<sup>st</sup> Sociology secured Third Position in the Senior National Ball Badminton Championship on 4<sup>th</sup> Jan to 12<sup>th</sup> held at Maharastra.and also represented Kerala State for the Junior National Championship held at Bihar from March 10-14<sup>th</sup>



- Lakshmi Gayathri K of III B A.Communicative English represented Kerala State in the National Kick Boxing Championship held at Jalandhar Punjab, from July 1<sup>st</sup> to 5<sup>th</sup>



- Philomina Josna A J of I B A Economics represented Kerala State in the Junior National Wushu Championship held at Bihar from August 6<sup>th</sup> – 9<sup>th</sup>.



- Vyshnavi S Pillai from 1DC BSc Computer Application represented Kerala State in the 66<sup>th</sup> National Shooting Championship held at New Delhi and Qualified for Open trails in 10m Air Rifle in Youth Women. On 15<sup>th</sup> Nov to 2<sup>nd</sup> December



- Diya Samson of 2<sup>nd</sup> B Voc Software Development represented Kerala State in the 66<sup>th</sup> National Shooting Championship held at New Delhi 15<sup>th</sup> Nov to 2<sup>nd</sup> December



- Merin Martin of 1<sup>st</sup> Zoology represented Kerala State in the Senior National Roller Skating Championship held at Chennai from December 18<sup>th</sup> -25<sup>th</sup>



## ALL INDIA INTERUNIVERSITY LEVEL

- Anjali P, and Joana K Sales from 1<sup>st</sup> Integrated M A Economics represented M G University in the South zone Inter University Taekwondo Championship held at Rajasthan



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Anjali P

Joana K Sales

- Divya R Balasubramaniyan of 3<sup>rd</sup> BA Economics and Pavithra Naveen 1<sup>st</sup> B A English Literature represented M G University in the South Zone Inter University Badminton Championship on Jan 1<sup>st</sup> to 6<sup>th</sup> held at Belgavi



- Rabecca Martin of 1<sup>st</sup> Integrated M A Economics represented M G University in the South Zone Inter University Basketball Championship held at Bangalore on December 28<sup>th</sup> to 31<sup>th</sup>



- Devapriya S from 1<sup>st</sup> Psychology represented M G University in the South zone inter university KHO-KHO championship on 26<sup>th</sup> December to 30<sup>th</sup> held at Chennai



- Theertha C G of III BA Economics selected to represent M G University in the All India Inter University Chess Championship.



- Neha Mariya Melvin from 2<sup>nd</sup> BSc Com Application selected to represent M G University in the All India Inter university Yoga championship.



- Fiza Zehara K F from 2<sup>nd</sup> DC Zoology and Merin Martin from 1<sup>st</sup> DC Zoology selected to represent M G University in the All India Inter University Roller Sports Championship.



- Nirupama Chandran of 2<sup>nd</sup> BA History ,Vindhya Augustine of II BSc Botany ,Anagha P S from 1<sup>st</sup> B.Com and Sreelekha from 1<sup>st</sup> Sociology selected to represent M G University in the All India Inter University Ballbadminton Championship.



- Helen Kuriakose of second year B.com & Fiza Zehara K F of second year Zoology participated in All India Interuniversity Roll ball championship held at

## UNIVERSITY LEVEL

- Our College Taekwondo team won the overall championship in women category in the M.G University Intercollegiate Taekwondo Championship held at K.G College Pampady, on Sep 29<sup>th</sup>



- Our College Badminton team secured First Position in the M.G University Intercollegiate Badminton Championship held at S B College, Changanassery on November 8<sup>th</sup> and 9<sup>th</sup>.



- Our College Ball Badminton team secured First Position in the M.G University Intercollegiate Ball Badminton Championship held at Catholicate College, Pathanamthitta on March 4<sup>th</sup> & 5<sup>th</sup>



- Our College Yoga team secured second Position in the M.G University Intercollegiate Yoga Championship held at B K College Amalagiri, Kottayam on Sept 13<sup>th</sup>



- Our College Table Tennis team secured third Position in the MG University intercollegiate Table Tennis Championship held at Mar Thoma College for Women, Perumbavoor on 11<sup>th</sup> Oct 2023



- Our College Basketball team secured third Position in the M.G University Intercollegiate Basketball Championship held at SPESS Kottayam on November 13<sup>th</sup> & 14<sup>th</sup>.



- Our College Rollball team secured third Position in the M.G University Intercollegiate Rollball Championship held at Assumption College, Changanassery on March 18<sup>th</sup> & 19<sup>th</sup>



- Our College Chess team secured 4<sup>th</sup> Position in the M G University Intercollegiate Chess Championship held at Sacred Heart College Thevara on 23<sup>rd</sup> and 24<sup>th</sup> jan 2023



- Our College Fencing, Football, Kho Kho, Weightlifting, & Athletics team participated in the M.G University Intercollegiate Championships
- Ameena Safar of 1<sup>st</sup> BSc Physics, & Athira C of 1<sup>st</sup> MSc Food Science & Raniya Rafeek of 1<sup>st</sup> BCA CT ISM secured 3<sup>rd</sup> Position in the M.G University Intercollegiate Wrestling Championship held at CMS kottayam.



- Ann Mariya Jaison from 2nd Bsc.Psychology won the 3rd position in the M.G University Inter - Collegiate Powerlifting Championship organised by Morning Star Home Science College , Angamaly on 13th January 2024.



- Himapriya M of 3 rd BCA(CTISM) secured 3 rd position in Kunitae in the M.G University Intercollegiate Karate Championship held at Kottayam



- Fiza Zehara K F from 2<sup>nd</sup> DC Zoology secured 1 gold ,1 silver,and 1 bronze., and Merin Martin from 1<sup>st</sup> DC Zoology secured 2 gold and 1 silver in the M G University Intercollegiate Roller Sports held at New Man College Thodupuzha,.



Fiza Zehara



Merin Martin

## STATE LEVEL

- Divya R Balasubramanian secured 3<sup>rd</sup> position in mixed doubles event in the Kerala State Senior Badminton Championship held at Ottapalam on July 23<sup>rd</sup> – 30<sup>th</sup>.



- Diya Samson I B.Voc SWD Secured 3 silver medal in Shooting in the Kerala State Shooting Championship held at Cherthala on July 23<sup>rd</sup> – 27<sup>th</sup>



- Lakshmi Lohithakshan of 2<sup>nd</sup> BA English Literature secured 2<sup>nd</sup> position in long jump in the Kerala state Junior Athletics championship held at Kozhikode on Sep 30<sup>th</sup>



- Philomina Josna A J of I BA Economics won the gold medal in the Kerala State Wushu Championship held at Kottayam on 23<sup>rd</sup> July ,2023



- Adithya Unnikrishnan 3<sup>rd</sup> B.com Tax won the 3<sup>rd</sup> position in 1st Kerala state Quazaq Kures Championship in 52 weight category held at St.Paul's college, Kalamasserry on Sept 16<sup>th</sup>.



- Merin Martin, 1<sup>st</sup> BSc Zoology secured 1 gold ,2 silver and 2 Bronze in the Kerala State Roller Skating Championship held at Palakkad on Oct 26<sup>th</sup> to 30<sup>th</sup>



- Anagha P S from 1<sup>st</sup> Bcom , Arsha Rajeeesh from 1<sup>st</sup> BSc Chemistry and Sreelekha V M from 1<sup>st</sup> Sociology secured 1<sup>st</sup> position in the Kerala State Junior Ball Badminton Championship held at Chottanikkara on Nov 10<sup>th</sup> to 12<sup>th</sup>.



- Ameena Safar K, 1<sup>st</sup> BSc Physics secured 3<sup>rd</sup> position in the 70<sup>th</sup> Senior State Wrestling Championship held at Calicut on Nov 15<sup>th</sup>.



## DISTRICT LEVEL

- Ayisha Almass P A of II PG Diploma Clinical Nutrition and Dietetics secured 1<sup>st</sup> prize in the Artistic Pair Yoga event and also secured 3<sup>rd</sup> prize in the yogasana in the district yoga championship on July 22<sup>nd</sup>.



- M Priya from 3<sup>rd</sup> B.com Captial Market secured 2<sup>nd</sup> position in Taekwondo Championship held at GHSS School Kadayirup on July 30<sup>th</sup>.



- Elisabeth Libiya from Bcom secured 1<sup>st</sup> position in Taekwondo Championship held at GHSS School Kadayirup on July 30<sup>th</sup>.



- Nimisha K S from II PG Diploma Classical Nutrition and Dietetics secured 3<sup>rd</sup> prize in the Ernakulam district yoga championship in Senior B Category on Oct 14<sup>th</sup>.



- Our college Kho-Kho team secured 3<sup>rd</sup> position in the Ernakulam District Kho-Kho Championship held on Nov 12<sup>th</sup>.



## **TEACHERS ACHIEVEMENTS**

- Mrs Nisha Philip secured First Position in women's Singles in the Teachers Badminton Tournament held at S B College Changanassery on January 18<sup>th</sup>



- Dr Thomas K M got First in Kerala State Masters Handball Championship held at Ernakulam

