

ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

DEPARTMENT OF PHYSICAL EDUCATION

REPORT 2025-26

DEPARTMENT ACTIVITIES

YOGA TRAINING WORKSHOP

- ❖ Four Day Yoga Training Workshop for N.S.S, N.C.C (AIR & NAVY) & Sports students.

Date : 17,18,19 & 20 June
Time : 01:00 – 02:00 PM
Inaugurated by :
Participation : 60

CAMPUS FITNESS-DRIVE

Physical education department conducted fitness drive for students & recorded the data. The tests are :

- Height
- Weight
- Sit Ups
- Sit & Reach
- 4*10 m Shuttle Run

Date : 09-12,15&16 July
Time : 09:00 -11:30 AM
Inaugurated by :
Participation : Department wise







INTERNATIONAL DAY OF YOGA

- ❖ Department of Physical Education celebrated **JUNE 21st International day of Yoga** with display of Suryanamaskara & various Asanas at Gym Plaza . The programme was Inaugurated by principal Dr.Alphonsa Vijaya Joseph . In association with NSS & NCC units .

Date : June 21st
Time : 08:30-09:30 AM
Inaugurated by : Dr.Alphonsa Vijaya Joseph (Principal)

NIRF 41st RANK 2023

NCC

ST. TERESA'S COLLEGE

NATIONAL SERVICE SCHEME

100

ST. TERESA'S COLLEGE(AUTONOMOUS), ERNAKULAM
DEPARTMENT OF PHYSICAL EDUCATION
NCC(ARMY&NAVY)&NSS UNIT-41

Jointly celebrate
INTERNATIONAL YOGA DAY
Yoga for Self and Society
on
21st JUNE ,2024

VENUE:GYM PLAZA **TIME:7.45 AM**



WORLD ANTI-DRUG DAY

❖ Department of Physical Education, History & Sociology organised an awareness program and rally **on June 26 th World Anti-Drug Day.** Principal Dr. Alphonsa Vijaya Joseph inaugurated the event. Kerala Police Excise Department CI Freddy Fernandez was the chief guest.

- ❖ Date : June 26th
- ❖ Time : 09:30-10:30 AM
- ❖ Inaugurated by : Dr. Alphonsa Vijaya Joseph,Principal STC
- ❖ Participation : 150





**RHYTHM & RELAX ZUMBA ,AEROBICS & YOGA TRAINING –
GENERAL FITNESS DRIVE FOR STUDENTS :**

❖ Department of Physical Education conducting RHYTHM & RELAX Zumba,Aerobics & Yoga Training for Students.

- 3 Months Free Fitness Training Programme for Holistic Wellbeing.
- Starts on 06/08/2024
- Time : 01:00 – 02:00 PM

❖ Date : 06/08/2024 Onwards

❖ Time : 01:00-02:00 PM

❖ Inaugurated by : Ms.Nisha Philip, HOD Dept.of Phy.Edn.

❖ Participation : 60

St. Teresa's College (Autonomous), Ernakulam
Department of Physical Education

Conducting
RHYTHM AND RELAX
Zumba / Aerobics & Yoga Training

- 3 Months Free Fitness program for holistic wellbeing
- Starts on 06/08/2024
- Time :1 -2 pm
- Limited seats Only

" Push Your Limit and Get Stronger "

For more details
9747451727

LEADERSHIP SELECTION 2024-25

- ❖ The Physical Education Department elected leadership for the 2024-25 academic year through voting.

- ❖ Date : 18/07/2024
- ❖ Time : 01.00 PM
- ❖ Inaugurated by : Dr.Thomas K.M,Senior Associate Professor,Dept.of Phy.Edn.
- ❖ Participation : 50





OLYMPIC DAY CELEBRATION-SHOOTOUT CHALLENGE-2024

- ❖ Physical Education & History Department jointly organized Football Shootout Challenge for students and staff on the first day of 2024 Paris Olympics.

Date : July 26th
Time : 10:00-11:30 AM
Inaugurated by : Dr. Alphonsa Vijaya Joseph, Principal STC
Participation : 200



ST. TERESA'S COLLEGE (AUTONOMOUS)
 ERNAKULAM
 COLLEGE WITH POTENTIAL FOR EXCELLENCE
 RE-ACCREDITED BY NAAC
 WITH A++ CGPA 3.57 IN FOURTH CYCLE



**THE FRENCH DEPARTMENT
 & THE PHYSICAL EDUCATION
 DEPARTMENT
 ARE ORGANISING**



**SHOOTOUT
 COMPETITION
 WITH PRIZE**

**ON THE OCCASION OF THE OLYMPIC
 GAMES OPENING**

**10
 rps/shoot**



**26.07.2024 - 1 PM
 VENUE: IN FRONT OF ART BLOCK
 AND CENTRAL BLOCK**



<p>TERESIAN IEDC</p>	<p>3 GOOD HEALTH AND WELL-BEING</p>	<p>4 QUALITY EDUCATION</p>
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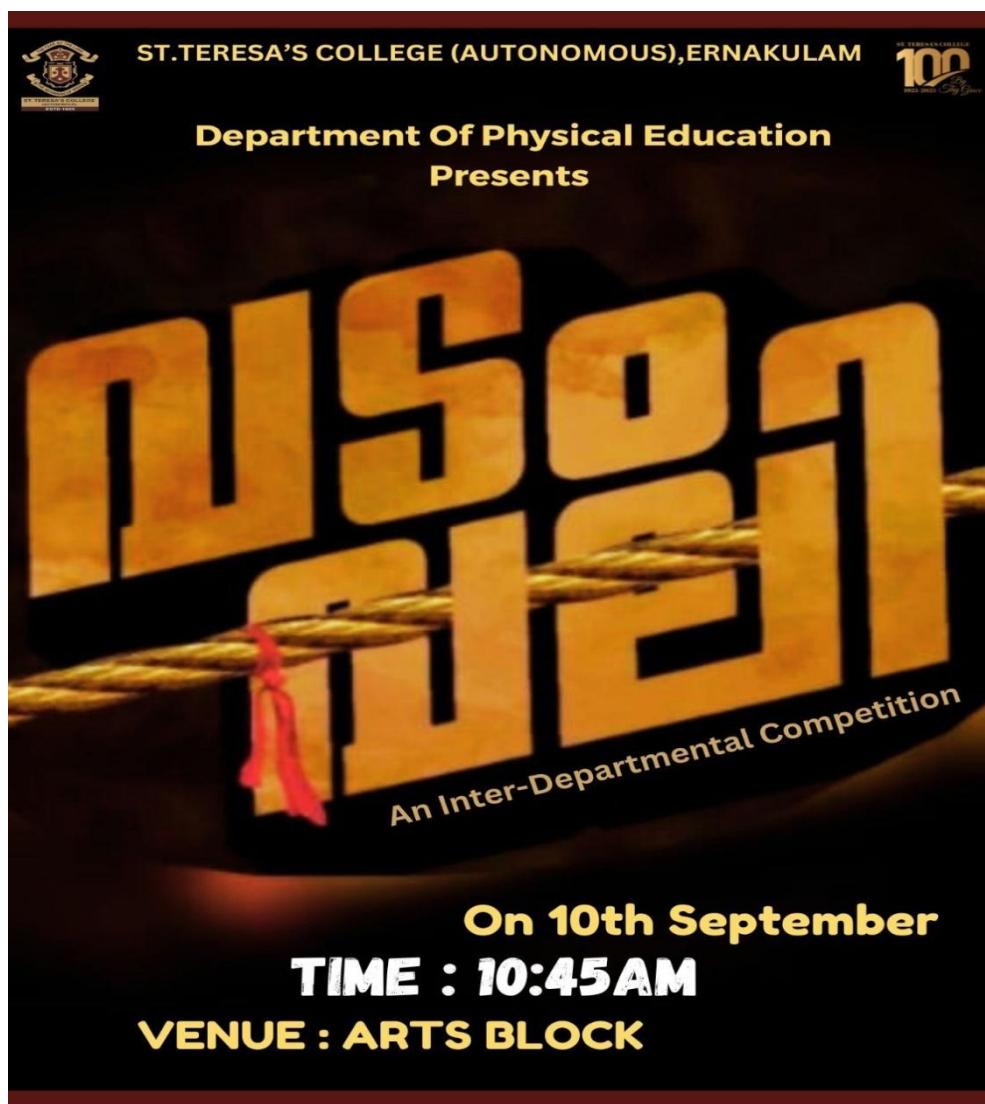
INTER-DEPARTMENTAL COMPETITIONS 2024

□ Department of Physical Education organised an Inter-Departmental competitions for all students.

Date : on various days
Time : 10:00-11:30 AM
Inaugurated by : Dr. Alphonsa Vijaya Joseph, Principal STC
Participation : 200

EVENTS :

1. Dodge ball
2. Tug of War







TAEKWONDO TRAINING PROGRAM 2024-25

- On September 27, the department organised a free Taekwondo training program for the students at the college indoor stadium.







TERESIAN CENTENARY MARATHON -2024

- ❖ Department of Physical Education acted as Technical Committee in association with Ernakulam District Athletics Association & successfully completed .

Date : 06th October
Time : 05:30-08:00 AM
Inaugurated by : Honourable High Court Justice Shri.Gopinath T
Olympian Sini Jose
Shri.G Punkuzhali IPS (IG Coastal Police)
Commandore Upal Kundu (Chief of Staff, Naval
Base Kochi)
Participation : 2000

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

**TERESIAN CENTENARY
MARATHON**

We run for you!

**OPEN
TO ALL**

Caring for the Elderly

Fund Raising for
Karunya Nikethan
Home for the Destitute

Marathon Categories:
1. Centenary Run : 10 km
2. Teresian Run : 5 km
3. Fun Run : 3 km

06 October 2024

St. Teresa's College, Main Block

For Enquiry Contact:
9633972475
9633727760

Register Now

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1924-2024
The Grace



TERESIAN MEDIA CENTRE
ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM



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ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

M.G UNIVERSITY NORTH ZONE SHUTTLE BADMINTON CHAMPIONSHIP 2024-25

Our college successfully hosted the **M.G University North Zone Shuttle Badminton Championship** on **29th October 2024** at the College Indoor Stadium. The event saw active participation from over **18 college teams** from across the region, making it a highly competitive and exciting tournament.

Event Highlights:

- **Date:** October 29th, 2024
- **Venue:** College Indoor Stadium
- **Participation:** Over 18 college teams
- **Achievement:** Our college emerged as the **Overall Champions** of the championship

The tournament showcased impressive performances by the teams, and our college's exceptional skills and teamwork secured the coveted **Overall Championship** title, marking a significant achievement for our athletes.



TEACHING STAFF BADMINTON TOURNAMENT 2024-25

- ❖ Physical Education Department organized a Badminton Tournament for the Teaching Faculties of the College on November 05 & 06 at the College Indoor Stadium.

SINGLES BELOW 35

- WINNER: DRISHYA P.P
- RUNNER UP: ARUNIMA J.R } BHARATANATYAM

SINGLES ABOVE 35

- ELIZABETH PAUL (COMPUTER APPLICATIONS)
- LINDA THERESE LUIZ (SOCIOLOGY)

DOUBLES

- WINNERS: LINDA THERESE LUIZ & ELIZABETH ABRAHAM (SOCIOLOGY)
- RUNNERS: DRISHYA P P & ARUNIMA J.R (BHARATANATYAM)







BEST PRACTICE OF THE DEPARTMENT

“The St. Teresa's School team won the Fr. Antony Kaithara Memorial All-Kerala Interschool Basketball Tournament 2024. The tournament was hosted by Sacred Heart School, Changanassery.”



INTER-COLLEGIATE SOAPY FOOTBALL COMPETITION

The department organized an inter-collegiate Soapy Football competition in front of the Arts Block campus. Over 15 teams participated, making it a successful event. The winners were St. Paul's College, Kalamassery, and the runners-up were Cochin College, Kochi.









UDAAN CENTENARY ANNUAL ATHLETICS MEET 2024-25

Our department organized the Annual Athletics Meet on February 18th. The Chief Guest was Olympian Lijo David Thottan. The event commenced with a welcome speech by Ms. Nisha Philip, Head of Department. This was followed by the Presidential Address delivered by Rev. Sr. Tessa CSST, Director of STC. Dr. Alphonsa Vijaya Joseph, Principal, presented the keynote address. The Oath was taken by Mary Athulya Anil, Sports Secretary. The event concluded with a vote of thanks from Dr. Thomas K. M.













International, National, All India Inter-University, State, Inter-collegiate
& District level - 2024-25

THE PRIDES OF OUR COLLEGE

INTERNATIONAL

- Ms.Aiswarya P K of I st Integrated M.A Economics selected to represent INDIA in the 13 th AsianNetball Championship.



- AMANDA MARIYA ROCHA Ist year B.COM has been selected to represent INDIA in the U-18 Women Basketball team for the FIBA Exposure International Basketball Championship to be held at DUBAI from November 09-15.



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Affiliated to Mahatma Gandhi University, Kottayam
Re-Accredited by NAAC with A++ Grade in Fourth Cycle
NIRF Ranking 46 (2024) | www.teresas.ac.in



Congratulations

We are immensely proud to announce that **Amanda Mariya Rocha** of 1st year B. Com. has been selected to represent **INDIA** in the **U-18 women Basketball Team** for the FIBA Exposure International Basketball Championship to be held at DUBAI from Nov 9-15

This remarkable achievement is a testament to her dedication, hard work, and unwavering commitment.

Department of Physical Education

- Diya Arun of Ist PG MCM participated in CM Trophy India International Challenge , Raipur from 12th to 17th November 2024.



NATIONAL LEVEL

- Ms.Philomina Josna A.J of II nd year B.A Economics secured Gold medal in the KHELO INDIA 2024-25 Women's Wushu League Championship held at Shri. Gouri Kalayan Mandap, BVV Sangha Engineering College Campus, Vidyagiri, Bagalkot Karnataka on June 10-13.



- Ms.Philomina Josna A.J of II nd year B.A Economics represented Kerala State & secured Silver medal in the Senior National Kickboxing Championship held at Goa on July 24-28, 2024.



- Ms.Amanda Maria Rocha of 1st year B.Com (Regular) is selected to the Under 18 INDIAN Girls Basketball Camp for the preparation for the 3×3 U18 WORLD CUP 2024 to be held in Debrecen, Hungary from 26th to 30th August, 2024.



- Hussna Kareem of Ist year B.Com (SF) won the 5th prize in the KHELO INDIA SOUTH ZONE Yoga & Qualified for the Nationals in Karnataka.

By Thy Grace
Empowering Women through Action

खेल से ही है पहचान

Hussna League (South)

College of Engineering and Technology, Tholurpatti Thiruchirappalli, Tamil Nadu

August 1, 2024

Hearty Congratulations

Hussna Kareem of
1st year B. Com (SF) won the **5th prize** in the **Khelo India South Zone**. Qualified for the Nationals in Karnataka.

St. Teresa's College (Autonomous), Ernakulam
Park Avenue Road, Pin - 682011, Kerala, India.
www.teresas.ac.in

- Amanda Maria Rocha, I st B.Com selected for the U-18 INDIAN Basketball camp held at Chennai, Tamilnadu .



➤ Khelo India South Zone Yoga 2024-25

Ms.Hussna Kareem of B.Com (SF) this year qualified for the National championship in Karnataka after winning the fifth prize in Khelo India South Zone Yoga.



By Thy Grace

Empowering Women through Action



खेल से ही है पहचान

Hussna Kareem (South)

College of Engineering and Technology, Tholurpatti Thiruvananthapuram, Kerala, India

August 1, 2024

Hearty Congratulations

Hussna Kareem of
1st year B. Com (SF) won the **5th
prize** in the **Khelo India South
Zone**. Qualified for the Nationals in
Karnataka.

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ALL INDIA INTER-UNIVERSITY

- Happy and proud moment to Our College and the Department of Physical Education. Anaswara L S of 2nd Year Integrated M A Economics secured the Bronze Medal for MG University in the All India Interuniversity Taekwondo Women (Above 75 KG) Championship held at Panjab
Congratulations to Anaswara





- Ms.Hussna Kareem of First B.Com ACCA (SF) has been selected for the All India Inter-University Championship held at KIIT, Bhubaneswar , Orissa .

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By Thy Grace

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1923-2023
By Thy Grace



Hearty Congratulations

Hussna Kareem of
1st B.Com. -ACCA(SF) has been selected
for the All India Inter University
Championship which will be held on
KIIT, BHUBANESWAR, ORISSA

Department of Physical Education

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- Ms. Olivia T. Xavier represented M.G. University in Table Tennis at the All India Inter-University competition.





- Ms. Vyshnavi S. Pillai represented M.G. University in rifle shooting at the All India Inter-University Championship 2024-25, held at Punjab University, Chandigarh, on 16th January.



Association of Indian Universities: Celebrating 100 Years of Excellence
**ALL INDIA INTER UNIVERSITY SHOOTING(AIR RIFLE & AIR PISTOL)
Championship 2024-25 (M&W)**



AIR RIFLE & AIR PISTOL SHOOTING (10 Mtrs.)

From 8th January to 18th January, 2025

Venue: Shooting Range Phase-VI, S.A.S Nagar Mohali (Punjab)

&

AIR RIFLE & AIR PISTOL SHOOTING (25 Mtrs.)

From 8th January to 18th January, 2025

Venue: Patiala Ki Rao Shooting Range, Sector 25, Patiala

Organized by

**Directorate of Sports
Panjab University, Chandigarh**



SOUTH ZONE INTER-UNIVERSITY BASKETBALL
CHAMPIONSHIP 2024-25

Ms. Aiswarya P.K. and Ms. Amanda Mariya Rocha won the silver medal for M.G. University in the South Zone Inter-University Basketball Championship 2024-25. The event was organized by M.G. University and hosted by Assumption College, Changanacherry..

STATE LEVEL

- Ms.Pavithra Naveen of II nd year B.A English Literature is won the Women's Singles Title in the K.P.S Menon Memmorial Kerala State Senior Ranking Tournament at Ottapalam on June 18.



- Kerala Senior State Shuttle Badminton Championship on July 20-23, 2024 held at V.K.N Menon INDOOR stadium Thrissur.



ST.TERESA'S COLLEGE(AUTONOMOUS),ERNAKULAM



Dept. of Physical Education

CONGRATULATIONS

All Kerala Senior State Badminton Championship-Winners



Pavithra Naveen

B.A English Literature (I IDC)
(Gold in Singles & Doubles)



Meenakshi Vinu

Bsc.Computer Application (IDC)
(Gold, Silver & Bronze in Doubles, Mixed Doubles
& Singles)



Archana Varghese

M.Com (IPG)
(Silver in Doubles)



Nanda Ghosh

Communicative English (IDC)
(2 Silver & Bronze in
Doubles & Mixed Doubles)



Diya Arun

M.Com (IPG)
(Bronze in Doubles)

1. Ms. Meenakshi Vinu, I st year B.Sc Computer Application (Hons.)

- Gold - Under 19 Mixed doubles
- Silver - Under 19 Girls doubles
- Bronze - Senior Mixed doubles



2. Ms. Pavithra Naveen of II nd year B.A English Literature.

- Gold – Singles
- Gold – Doubles
- Gold – Mixed Doubles



3. Ms. Nandaghosh of I st year B.A English Literature

- Bronze – Junior Doubles
- Bronze – Senior Doubles



4. Ms. Diya Varghese of I st year M.Com
➤ Bronze – Women’s Doubles





- Ms.Sreelekha V M, Ms.Anagha P.S & Ms.Arsha Rajesh Represented Ernakulam District secured I st position in the Kerala State Ball Badminton Championship held at Kollam .

- Ms.Hussna Kareem, Ist Year B.Com secured I st position in Senior GirlsCategory in the Kerala State Yoga Championship held at Kalady & selected to represent Kerala State for the National Championship which will be held on Jharkand .



INTER-COLLEGIATE LEVEL
M.G UNIVERSITY INTER-COLLEGIATE FOOTBALL

- Our college team successfully participated in M.G University Intercollegiate Football Championship held at SPESS Kottayam.



M.G UNIVERSITY INTER-COLLEGIATE YOGA

- Our college team won the II nd position in the Yoga Championship held at Morning Star Home Science College, Angamaly .
- Hussna Kareem has been selected to represent M.G. University in the All India Inter-University Championship 2024-25.



“BY THY GRACE”



Department of Physical Education

Hearty Congratulations



**Our College Yoga Team won the
Second Position in the M G
University Intercollegiate Yoga
Championship held at Morning
star College, Angamaly.**

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M.G UNIVERSITY INTER-COLLEGIATE FENCING

- Our college team successfully participated in M.G University Inter-collegiate Fencing Championship held at B.K College Amalagiri, Kottayam.





M.G UNIVERSITY INTER-COLLEGIATE TAEKWONDO

- Our college Taekwondo team bagged the Overall Championship with 2 Gold, 3 Silver & 3 Bronze, held at Rajagiri College of Applied Sciences Kakanadu. Anaswara LS and Anjana Arundev were selected for South Zone



“BY THY GRACE”

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1925-2025
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Department of Physical Education

Hearty Congratulations



Our College Taekwondo Team bagged the Overall Championship in the M G University Intercollegiate Taekwondo Championship, held at Rajagiri College of Applied Sciences, Rajagiri with 2 Gold, 3 Silver and 3 Bronze

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M.G UNIVERSITY INTER-COLLEGIATE BASKETBALL

- Our college team secured 3rd position in M.G University Basketball Intercollegiate Championship held at Assumption College, Changanassery, Kottayam on 15th and 16th November.




M.G UNIVERSITY NORTH ZONE INTER-COLLEGIATE
BADMINTON

- Our college Badminton team bagged the Overall North Zone Badminton Championship, held at St.Teresa's College (Autonomous) Ernakulam.



M.G UNIVERSITY INTER-COLLEGIATE BADMINTON

- Our college team won the M.G. University Badminton Intercollegiate Title at RCSS Kalamassery, Ernakulam, held on November 16th and 17th.



By Thy Grace

ST. TERESA'S COLLEGE
1925 2025
By Thy Grace

Hearty Congratulations
Our College Badminton Team won
1st position in the MG University Inter
Collegiate Badminton Championship
held at RCSS, Kalamassery

Department of Physical Education

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M.G UNIVERSITY INERCOLLEGIATE BASKETBALL 3 ON 3 CHAMPIONSHIP

- ❖ Our college secured third place in the M.G. University Basketball 3-on-3 Championship held at Alphonsa College, Pala, Kottayam.





M.G UNIVERSITY INTERCOLLEGIATE TABLE TENNIS

➤ Our college team secured second position in M.G University Intercollegiate Table Tennis Championship. Held on 30 November & 01 December 2024 at B.K College, Amalagiri.



M.G UNIVERSITY INTER-COLLEGIATE POWER LIFTING

Our college team successfully participated in the M.G University Intercollegiate Powerlifting Championship, held on December 12th and 13th, 2024, at MSHS College, Angamali.



M.G UNIVERSITY INTERCOLLEGIATE CHESS

Our college team secured third position in the M.G. University Intercollegiate Chess Championship, held on December 14th and 15th, 2024, at SH College, Thevara.



M.G UNIVERSITY INTERCOLLEGIATE KHO KHO

Our college team successfully participated in the M.G. University Intercollegiate Kho Kho Championship, held on December 18th and 19th, 2024, at St. Mary's College, Manarkad.



M.G UNIVERSITY INTERCOLLEGIATE WRESTLING

- Our college team successfully participated in the M.G. University Intercollegiate Wrestling Championship, held on December 18th and 19th, 2024, at CMS College, Kottayam.



Raniya Rafeeq R and Athira C secured Silver and Bronze medals, respectively, in the championship.



M.G UNIVERSITY INTERCOLLEGIATE TUG OF WAR

Our College Tug of War team successfully participated in M.G University Inter-collegiate Tug of War Championship held at Al Ameen College, Edathala.

M.G UNIVERSITY INTERCOLLEGIATE BALL BADMINTON

Our College Ball Badminton team bagged Overall Championship in M.G University Inter-collegiate Ball Badminton Championship held at S N M College, Maliankara.



M.G UNIVERSITY INTERCOLLEGIATE HANDBALL

Our College Handball team secured Fourth position in the M.G University Inter-collegiate Handball Championship held at S H College, Thevara.



M.G UNIVERSITY INTERCOLLEGIATE ROLL BALL

Our College Roll Ball team bagged Overall Championship in M.G University Inter-collegiate Roll Ball Championship held at Assumption College, Changanacherry.

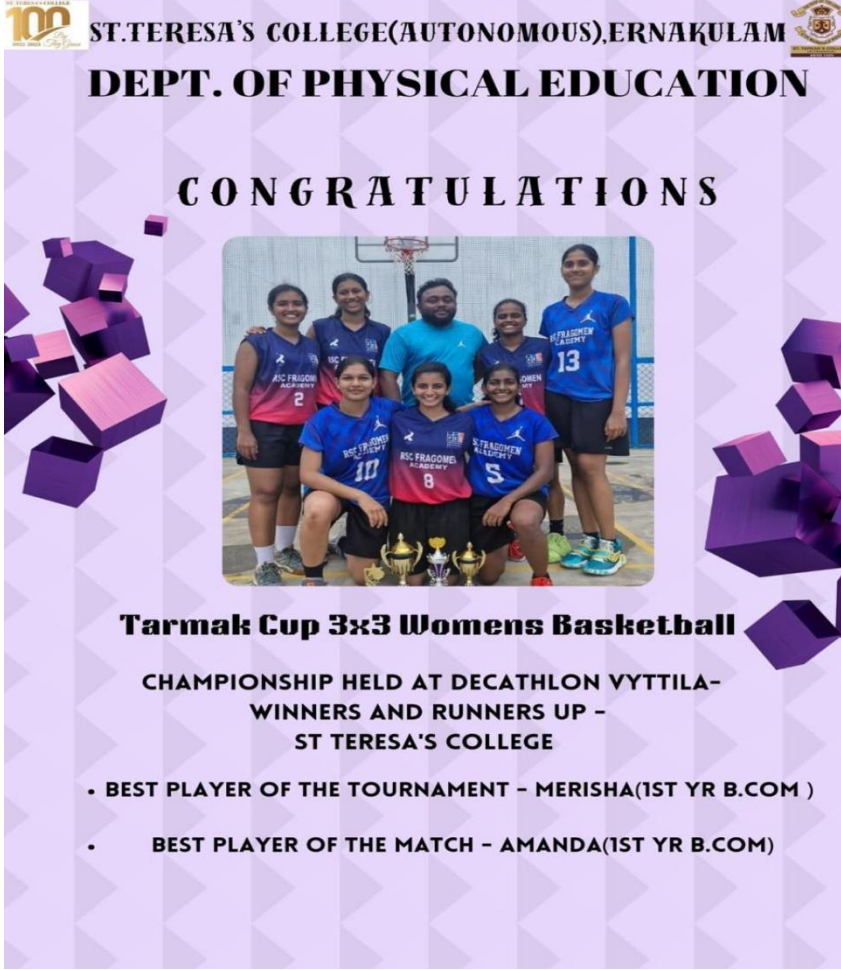


DISTRICT LEVEL

- Tarmac Cup 3*3 Women' Basketball Winners & Runners. Championship held at Decathlon Vyttila

Best player of the Tournament : Meriza Luiz (Ist Year B.Com)

Best player of the match : Amanda Mariya Rocha (Ist Year B.Com)



ST.TERESA'S COLLEGE(AUTONOMOUS),ERNAKULAM

DEPT. OF PHYSICAL EDUCATION

C O N G R A T U L A T I O N S

Tarmac Cup 3x3 Womens Basketball

**CHAMPIONSHIP HELD AT DECATHLON VYTTLA-
WINNERS AND RUNNERS UP -
ST TERESA'S COLLEGE**

- **BEST PLAYER OF THE TOURNAMENT - MERISHA(1ST YR B.COM)**
- **BEST PLAYER OF THE MATCH - AMANDA(1ST YR B.COM)**

- At the Patanjali Ernakulam District Yogasana Championship held on Sunday, August 25, 2024

- Hussna Kareem, Ist Year B.Com won the Ist prize.
- Ayisha Almass P.A, Ist Year M.Sc Food Science & Nutrition secured the II nd prize.

By Thy Grace

ST. TERESA'S COLLEGE
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YOGASANA

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Reg No: EKM/TC/32

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Hearty Congratulations

In the Pathanjali Ernakulam
District Yogasana Championship
held on Sunday, August 25, 2024,
Hussna Kareem, 1st-year B.Com
won the 1st prize and **Ayisha**
Almass PA, 1st-year MSc. Food
Science and Nutrition secured
the 2nd prize.

St. Teresa's College (Autonomous), Ernakulam
Park Avenue Road, Pin - 682011, Kerala, India.
www.teresas.ac.in

- Our college club team secured second position in the Ernakulam District Senior Ball Badminton Championship held at HMYHSS Koduvallikadu, Ernakulam on 16th November.



