

**ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**REPORT 2025-26**

**DEPARTMENT ACTIVITIES**

**TERESIAN CENTENARY ALL KERALA (W) BASKETBALL TOURNAMENT,  
VETERANS MATCH & 'STARWALKS**

The Department of Physical Education and Sports Alumnae jointly organized the *Teresian Centenary All Kerala (W) Basketball Tournament* on the 9th, 10th, and 11th of June. As part of the final day's festivities, a spirited fun run titled '**Starwalks**' was held for all Sports Alumnae, beginning at the Arts Block and concluding at the Science Block – symbolizing a walk down memory lane and a celebration of enduring athletic spirit.

A fabulous **Veterans' Display Match** was also held, showcasing the remarkable skills and passion of our seasoned alumnae athletes, inspiring the younger generation with their energy and sportsmanship.

The tournament witnessed participation from six of Kerala's top women's college basketball teams. **Assumption College** emerged victorious, clinching the championship title, while **S.H. College, Chalakudy** secured the runners-up position.

The event was a grand tribute to women in sports, fostering camaraderie and highlighting a century of excellence and empowerment at Teresian.



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




**TERESIAN CENTENARY ALL KERALA  
INTER-COLLEGIATE (W)  
BASKETBALL TOURNAMENT, VETERANS MATCH  
& 'STARWALKS' 2025**

**ON JUNE  
9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup>  
2025**





**Organized by  
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS ALUMNAE**



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

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NIRF Ranking 46 (2024) | KIRF Ranking 3 (2024) | www.teresas.ac.in



**DEPARTMENT OF PHYSICAL EDUCATION  
&  
SPORTS ALUMNAE**

*Celebrating a Century of Sporting Excellence!*

WEDNESDAY  
**JUNE 11 2025**  
2:00 PM TO 6:00 PM

*We would be honoured by your esteemed presence  
for our events as we celebrate our glorious era of sports.  
Come, be a part of the festivities  
and share in the Joy and Excitement.*

**Highlights of the Day's Events**

- 'StarWalks' from Arts Block to Science Block by our past and present trailblazing sports women.
- Basketball Matches (Finals & Veterans')
- Formal Function
- Prize Distribution & Award Ceremony
- High Tea

*Organized By,  
Department of Physical Education & Sports Alumnae*





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



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





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



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



## OLYMPIC DAY RALLY 2025

Twenty students and faculty members of the department participated in the Olympic Day Rally organized by the Kerala Olympic Association, held from the Gandhi Statue to High Court Junction on 23rd June.



## LEADERSHIP SELECTION 2025–26

The Department of Physical Education elected its leadership for the academic year 2025–26 through a voting process held in July.



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

DEPARTMENT OF PHYSICAL EDUCATION



### CONGRATULATIONS SPORTS CORE TEAM 2025-26



**HRIDYA M S**  
SPORTS SECRETARY



**JOSLIN MARIYA P V**  
I UG REPRESENTATIVE



**AJANYA SIVAJI**  
II UG  
REPRESENTATIVE



**ANJALI RAJESH**



**PHILOMINA JOSNA A J**

3RD UG REPRESENTATIVES



**SREERANJINI S S**  
I PG REPRESENTATIVE



**MEENAKSHI U**



**AYISHA ALMAS P A**

II PG REPRESENTATIVES



## **INDEPENDENCE DAY CELEBRATION**

On 15th August 2025, the College celebrated Independence Day with patriotic fervor. The Department of Physical Education actively participated by preparing and arranging the flag for the ceremony, contributing to the smooth conduct of the event.

## INTERNATIONAL DAY OF YOGA 2025

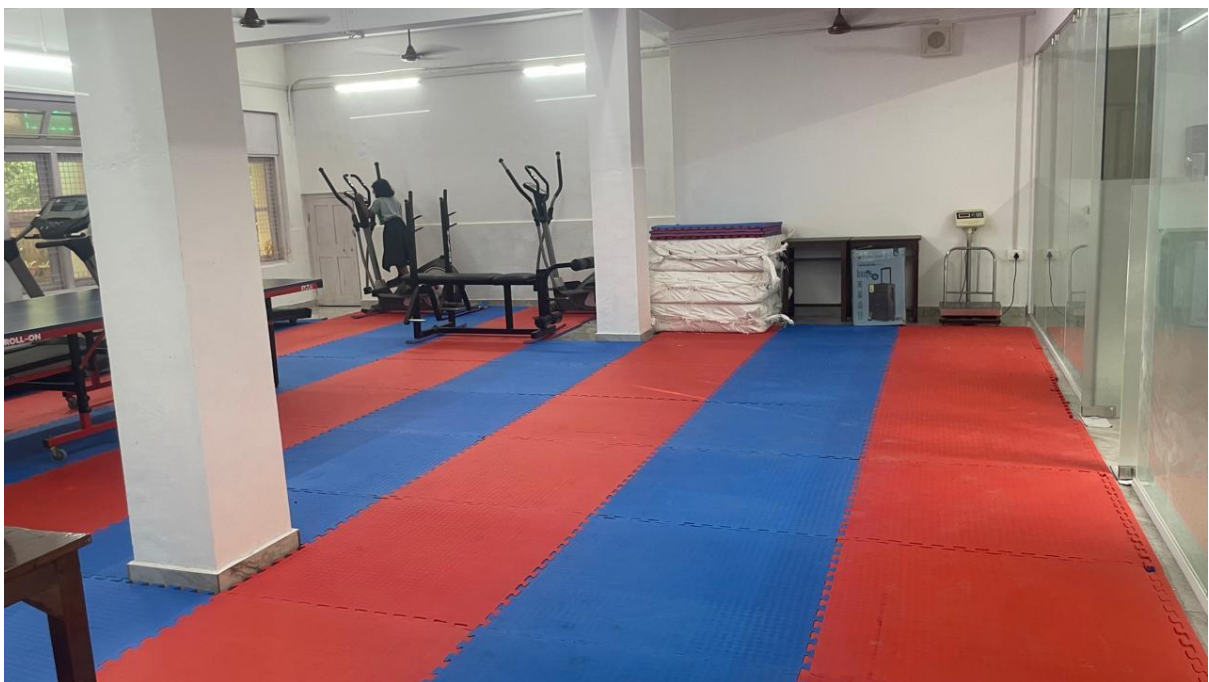
The Department of Physical Education celebrated the International Day of Yoga on June 21st at the Gym Plaza with a display of *Surya Namaskara* and various *Asanas*. The programme was inaugurated by Dr. Anu Joseph, Principal, and was graced by the presence of the Vice Principal.





## **BLESSING OF NEW DEPARTMENT AND GYM**

On 20th August 2025, the Department of Physical Education organized the blessing of the new Department and Gym at the Arts Block (E Block). The facility is equipped with modern fitness machines to enhance health and wellness activities for students and staff.



## Honour Parade

The Department of Physical Education, St. Teresa's College (Autonomous), Ernakulam, was delighted to celebrate and honour the remarkable achievements of its students at the national and state levels during the academic year.

A Felicitation Ceremony was organized on August 19, 2025, at 10:40 a.m. in the Arts Block Campus to recognize and congratulate the winners. The event reflected the department's continued commitment to fostering excellence in sports and promoting a vibrant sporting culture on campus.







## **Student Achievements;**

### **Pavithra Naveen (III B.A. English Literature)**

Won the YONEX-SUNRISE John Nissi Memorial Kerala State Senior Women's Singles Championship 2025.

### **Diya Arun (II M.Com)**

Won the YONEX-SUNRISE John Nissi Memorial Kerala State Senior Mixed Doubles Championship 2025.

### **Hussna Kareem (II B.Com ACCA)**

Secured 4th Position in the WFFYSI National Yogasana Sports Championship.

### **Ayisha Almass P.A (II M.Sc. Food Science and Nutrition)**

Secured 9th Position in the WFFYSI National Yogasana Sports Championship.

These accomplishments stood as a testimony to the dedication, discipline, and perseverance of our students, as well as the department's ongoing efforts to nurture sporting talents alongside academic excellence.

## **Inter-Departmental Tug of War Competition**

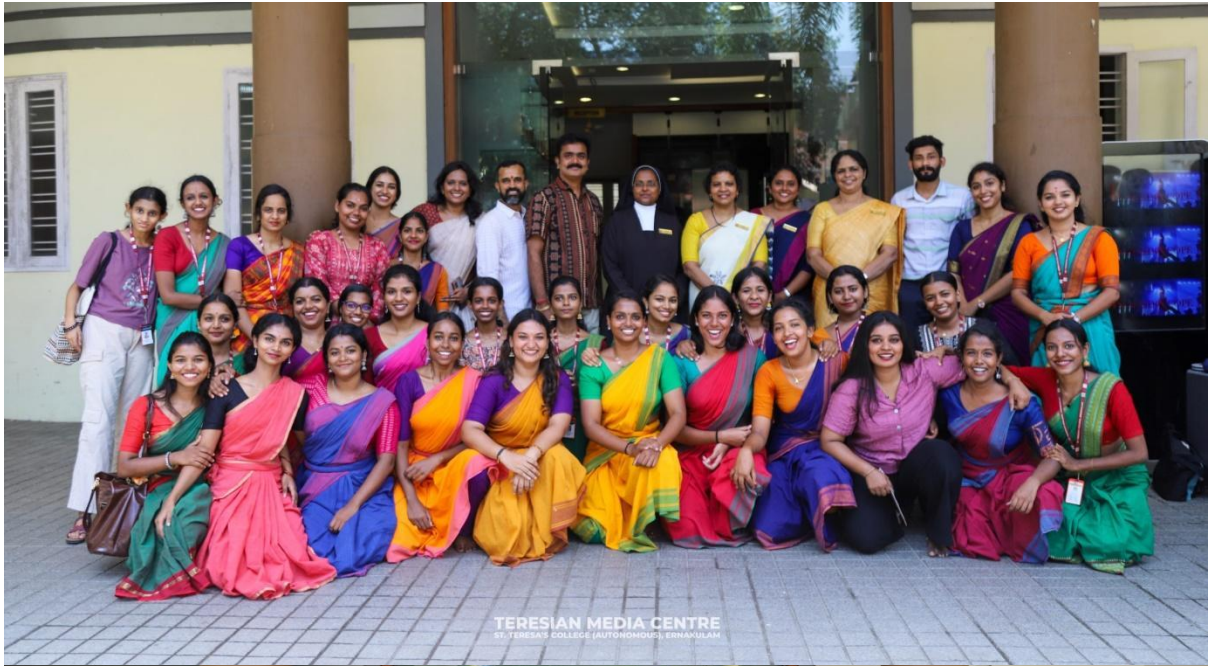
The Department of Physical Education organized an **Inter-Departmental Tug of War Competition** for students on **20th August 2025**. A total of **six teams** participated in the spirited event, showcasing their strength, teamwork, and sportsmanship.

The finals were graced by the presence of **Principal Dr. Anu Joseph**, **Vice Principal Dr. Sr. Suchitha CSST**, and **Senior Administrator Dr. Sajimol Augustine**, who witnessed the thrilling contest and encouraged the participants.

In the championship, the **Department of Bharatanatyam** emerged as the winners, securing the **First Place**, while the **Department of Physics** claimed the **Second Place**.

The Department of Physical Education expressed that such competitions not only promote physical fitness but also foster unity, discipline, and camaraderie among students.





TERESIAN MEDIA CENTRE  
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TERESIAN MEDIA CENTRE  
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# VIHA – The Annual Sports Day







The department organized an Annual Sports Day and Soapy Competition on 26th March 2026. The programme was inaugurated by Rev. Sr. Tessa CSST. The Second years won the overall trophy.

International, National, All India Inter-University, State, Inter-collegiate & District level – 2025-26

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

DEPARTMENT OF PHYSICAL EDUCATION

International

**WORLD FITNESS FEDERATION OF YOGASANA SPORTS  
INTERNATIONAL CHAMPIONSHIP**



  
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Department of Physical Education  
**Hearty Congratulations**


We are immensely proud to celebrate the stellar achievements of our students at the  
**World Fitness Federation Yogasana Sports  
International Championship held in Malaysia.**

**Ms. Ayisha Almass P. A**  
from 2nd M.Sc. Food Science and Nutrition, dazzled with  
her exceptional performance to claim the  
**Gold Medal,** and

**Ms. Hussna Kareem**  
of 2nd B.Com (Self-Financing) showcased remarkable skill and earned the  
**Bronze Medal.**

Their triumphs stand as a shining testament to their unwavering dedication,  
discipline, and passion for excellence.



The Department of Physical Education is proud to announce the remarkable achievements of Ms. Ayisha Almass P. A. of II M.Sc. Food Science and Nutrition, who secured the Gold Medal, and Ms. Hussna Kareem of II B.Com (Self-Financing), who earned the Bronze Medal at the World Fitness Federation Yogasana Sports International Championship held in Malaysia.

# **WFFYSI NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2025**

**Hussna Kareem (II B.Com ACCA)**

Secured 4th Position in the WFFYSI National Yogasana Sports Championship.

# **WFFYSI NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2025**

**Ayisha Almass P.A (II M.Sc. Food Science and Nutrition)**

Secured 9th Position in the WFFYSI National Yogasana Sports Championship.

**INDIA-THAILAND INTERNATIONAL BALL BADMINTON TEST  
SERIES 2025-26 THAILAND, BALL BADMINTON FEDERATION OF  
INDIA**



Ms. Sreelekha V. M., a third-year B.A. Sociology student of St. Teresa's College, has been selected to represent India in the Indo–Thailand International Ball Badminton Test Series 2025–26 held at Bangkok, Thailand, from 11th to 15th March 2026.

National

## **KHELO INDIA BASKETBALL 2025 WINNERS: M.G UNIVERSITY**



In the Khelo India 2025 competitions, M.G University secured the championship title in the Women's Basketball Tournament. The Department of Physical Education, St. Teresa's College (Autonomous), Ernakulam, proudly announces that Ms. Aiswarya P. K. and Ms. Ardra Xavier, both from II Integrated M.A. Economics, were members of the M.G University team that achieved this remarkable victory in the Khelo India 2025 Championship.

## **KHELO INDIA BADMINTON 2026**

The M.G. University Women's Badminton Team has been selected to participate in the Khelo India Badminton Championship 2026.

## ALL INDIA INTER-UNIVERSITY BADMINTON



The M.G. University Women's Badminton Team qualified & successfully participated in the All India Inter-University Badminton Championship held at PES University, Bengaluru on 11-01-2026 to 14-01-2026.

## ALL INDIA INTER-UNIVERSITY SKATING



Our college student, Ms. Devika Girish, secured two Silver medals in the 10 km Elimination and 500 m Race at the All India Inter-University Roller Skating Championship held at Bhopal, Madhya Pradesh, from 23rd to 25th January 2026.

## SOUTH INDIA INTER-UNIVERSITY BADMINTON



The M.G. University Women’s Badminton Team qualified for and successfully participated in the All India Inter-University Badminton Championship held at PES University, Bengaluru, from 11th to 14th January 2026.

## **KHELO INDIA SOUTH ZONE KICKBOXING CHAMPIONSHIP**



The Department of Physical Education is proud to announce that Ms. Philomina Josna of III B.A. Economics secured the Gold Medal and Ms. Volga Rose Chukkiriyan of II B.Com (SF) secured the Bronze Medal in the Khelo India South Zone Kickboxing Championship held at the Koramangala Indoor Stadium, Bengaluru.

**ALL KERALA OPEN PRIZE MONEY RANKING TABLE TENNIS  
TOURNAMENT 27TH, 28TH & 29TH JUNE 2025MENT  
ACHIEVEMENTS**



Maria Ciciliy Joshy, A First Year B.A. English Literature Student,  
Secured The Gold Medal In Doubles And Silver Medal In Singles At The All  
Kerala Open Prize Money Ranking Table Tennis Tournament Held On 27th,  
28th & 29th June 2025.

**ERNAKULAM DISTRICT YOGASANA CHAMPIONSHIP 2025**



**HUSSNA KAREEM, a student of B.Com (SF), secured Gold Medals in both Individual and Artistic Categories at the 10th Yogasana Championship, held on July 27, and organized by the Yoga Association of Ernakulam District, affiliated with the Ernakulam District Sports Council.**

**YONEX-SUNRISE JOHN NISSI MEMORIAL KERALA STATE  
SENIOR WOMEN'S SINGLES CHAMPIONSHIP 2025**

**Pavithra Naveen (III B.A. English Literature)**

Won the YONEX-SUNRISE John Nissi Memorial Kerala State Senior  
Women's Singles Championship 2025.

**YONEX-SUNRISE JOHN NISSI MEMORIAL KERALA STATE  
SENIOR WOMEN'S SINGLES CHAMPIONSHIP 2025**



**Diya Arun (II M.Com)**

Won the YONEX-SUNRISE John Nissi Memorial Kerala State Senior Mixed  
Doubles Championship 2025.

**ALL KERALA INTER-COLLEGIATE CHESS TOURNAMENT**



**Ann Joseph (1st M.Sc Chemistry)**

Won the fourth position in the All Kerala Inter-Collegiate Chess Tournament held at S H College, Thevara.

**ALL KERALA INTER-COLLEGIATE CHESS TOURNAMENT**



**Ms.K R Varsha (III B.Sc Botony)**

Ms.K R Varsha Won the second position in the All Kerala Inter-Collegiate Chess Tournament held at S H College, Thevara.

**M.G UNIVERSITY INTERCOLLEGIATE FENCING**



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Department of Physical Education

# Hearty Congratulations



Our College Fencing Team secured the  
**Overall Fourth Position with Five Silver Medals**

in the M.G. University Intercollegiate Fencing Championship  
held at Chinmaya College, Tripunithura.

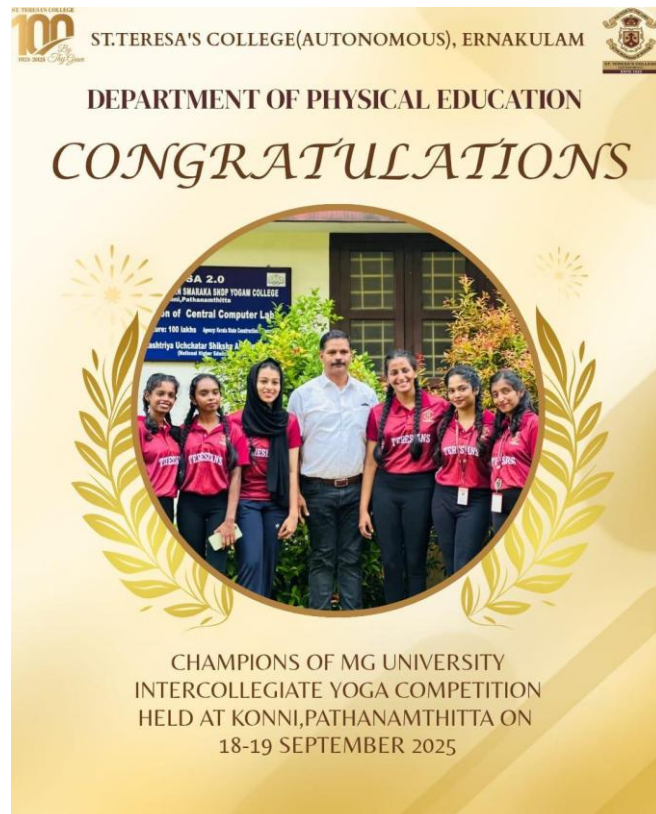
We are also proud to announce that Ms. Joffenna Jimson of III B.Sc. Chemistry has  
been selected to represent M.G.  
University at the All India Inter-University Fencing Championship.

Our college Fencing team secured the overall fourth position with five silver medals in the M.G. University Intercollegiate Fencing Championship held at Chinmaya College, Tripunithura, on 15th September 2025. We are also proud to announce that Ms. Jofenna Jimson of III B.Sc Chemistry has been selected to represent M.G. University at the All India Inter-University Fencing Championship.

**M.G UNIVERSITY INTERCOLLEGIATE YOGA**



എംജി സർവകലാശാല യോഗ ചാമ്പ്യൻഷിപ്പിൽ ഒന്നാം സ്ഥാനം നേടിയ സെന്റ് തെരേസാസ് കോളജ് ടീം. ഡയറക്ടർ സിസ്റ്റർ ട്രിസിയ സിസ്റ്റർ ഡോ. അനു ജോസഫ്, കായിക വിഭാഗം അധ്യാപകർ ഡോ. കെ.എം.തോമസ്, ശ്രീമതി നിഷ ഫിലിപ്പ് എന്നിവർ സമീപം.



Our college team won the M.G. University Yoga Intercollegiate Title at SAS SNDP Yogam College, Konni held on 18<sup>th</sup> & 19<sup>th</sup> September.

## M.G UNIVERSITY INTERCOLLEGIATE WRESTLING



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Department of Physical Education  
**Hearty Congratulations**



"We are immensely proud to announce that our Wrestling Team has made us proud at the M.G. University Intercollegiate Wrestling Championship held at Maharaja's College, Ernakulam, by securing **One Silver and Two Bronze Medals!**"

Our Medal Winners

- 1 Snoha Maria Benoy - 55 kg
- 2 Raniya Rafeeq R - 50 kgh
- 3 Ayisha Namiya N - 53 kg



Our college Wrestling team excelled in the M.G. University Intercollegiate Wrestling Championship held at Maharaja's College, Ernakulam, on 8th October 2025, by securing one silver and two bronze medals.

## M.G UNIVERSITY NORTH ZONE INTERCOLLEGIATE BADMINTON

Our college hosted and emerged as the champions in the M.G. University North Zone Intercollegiate Badminton (Women) Championship held at the College Indoor Stadium on 13th and 14th October 2025.


**M.G UNIVERSITY INTERCOLLEGIATE TABLE TENNIS**



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

**DEPARTMENT OF PHYSICAL  
EDUCATION**

**CONGRATULATIONS**



**COLLEGE TABLE TENNIS TEAM SECURED  
SECOND POSITION IN THE MG UNIVERSITY  
INTERCOLLEGIATE TABLE TENNIS  
CHAMPIONSHIP HELD AT MAR THOMA  
COLLEGE, PERUMBAVOOR**



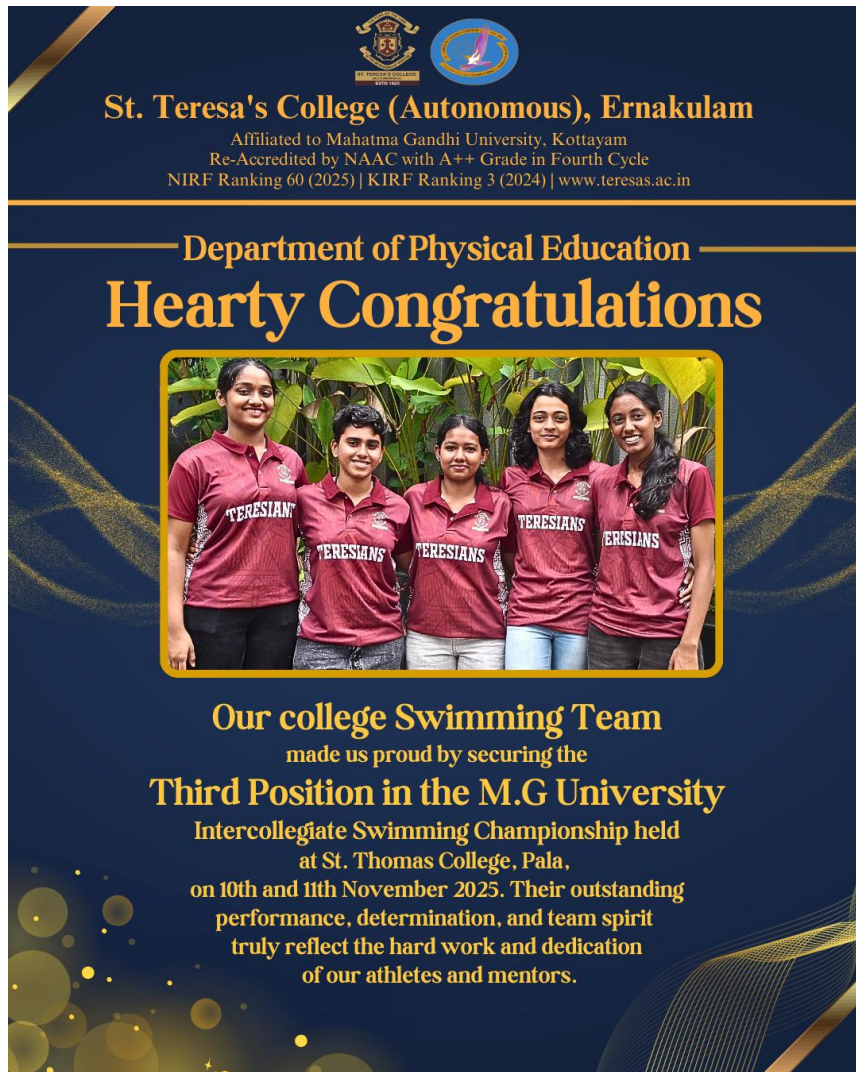
Our college Table Tennis team secured the second position in the M.G. University Intercollegiate Table Tennis Championship held at Mar Thoma College for Women, Perumbavoor, on 18th October 2025. We are happy to announce that Ms. Reenu Baiju of I MCM and Ms. Olivia T. Xavier of III B.A. English Literature have been selected to represent M.G. University in the All India Inter-University Championship.

## M.G UNIVERSITY INTERCOLLEGIATE BASKETBALL




Our college Basketball team secured the third position in the M.G. University Intercollegiate Basketball Championship held at Rajagiri College of Social Sciences (RCSS), Kalamassery, on 6th and 7th November 2025. We are happy to announce that Ms. Ardra Xavier of II Int.M.A Economics has been selected to represent M.G. University in the All India Inter-University Championship.

# M.G UNIVERSITY INTERCOLLEGIATE SWIMMING



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— Department of Physical Education —  
**Hearty Congratulations**





**Our college Swimming Team**  
made us proud by securing the  
**Third Position in the M.G. University**  
Intercollegiate Swimming Championship held  
at St. Thomas College, Pala,  
on 10th and 11th November 2025. Their outstanding  
performance, determination, and team spirit  
truly reflect the hard work and dedication  
of our athletes and mentors.

Our college Swimming team secured the third position in the M.G. University Intercollegiate Swimming Championship held at St. Thomas College, Pala, on 10th and 11th November 2025.


# M.G UNIVERSITY INTERCOLLEGIATE BADMINTON



   
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Department of Physical Education  
**Hearty Congratulations**



Our college Badminton Team triumphantly secured the  
**Second Position at the**  
**M.G. University Intercollegiate Badminton Championship**  
held at RCSS College, Kalamassery  
on the 15th and 16th of November 2025.  
With unstoppable energy, razor-sharp skill,  
and an unbreakable fighting spirit, they dominated the court  
and delivered a performance that echoed excellence –  
bringing immense honour and pride to our institution.

Our college Badminton team secured the second position in the M.G. University Intercollegiate Badminton Championship held at RCSS College, Kalamassery on 15th and 16th November 2025.

**M.G UNIVERSITY INTERCOLLEGIATE FOOTBALL**



Our college Football team successfully participated in the M.G. University Intercollegiate Football Championship held at SPESS, M.G University Kottayam on 06th to 08th December 2025.

**M.G UNIVERSITY INTERCOLLEGIATE BALL BADMINTON**




Our college Ball Badminton team secured the second position in the M.G. University Intercollegiate Ball Badminton Championship held at Assumption College, Changanacherry on 10th and 11th December 2025.

## **FACE-OFF CHESS TOURNAMENT 2025**



Our college students participated in the Chess FACE-OFF Open Chess Tournament held at Mar Athanasius College (Autonomous), Kothamangalam on 18th December 2025. Ms. Denny P. Anandan secured the second position, and Ms. K. R. Varsha secured the third position in the tournament.


## **M.G UNIVERSITY INTERCOLLEGIATE ROLLER SKATING**

  
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**Department of Physical Education**

## Hearty Congratulations



**M.G UNIVERSITY INTERCOLLEGIATE ROLLER SKATING**

*Ms. Devika Girish*  
*secured One Gold & Two Silver medals in the*  
**M.G. University Intercollegiate Roller Skating Championship**  
held at ASIADS International Speed Skating Track Perumbavoor  
organised by Newmans College, Thodupuzha on 10th January 2026.  
Her achievement stands as a radiant testament to unwavering dedication, disciplined  
training, and true sporting excellence.

Our college student, Ms. Devika Girish, secured one Gold medal and two Silver medals in the M.G. University Intercollegiate Roller Skating Championship held at the ASIADS International Speed Skating Track, Perumbavoor, on 10th January 2026. The championship was organized by Newman's College, Thodupuzha.

**M.G UNIVERSITY INTERCOLLEGIATE ARM WRESTLING**



Our college student Ms. Fathima Zehra, a 1st year CND student, secured a Silver medal in the 80kg category at the M.G. University Intercollegiate Arm Wrestling Championship held at Nirmala College, Muvattupuzha on 5-6 February 2026.

**M.G UNIVERSITY INTERCOLLEGIATE CHESS**



Our college Chess team secured the M.G University Intercollegiate Chess Title for the year 2025-26, held at Nirmala College, Muvattupuzha on 16-17 February 2026.

## M.G UNIVERSITY INTERCOLLEGIATE BASKETBALL 3\*3



Our college Basketball 3x3 team secured the Third Position in the M.G. University Intercollegiate Basketball 3x3 Championship held at Assumption College, Changanacherry, on 18th and 19th February 2026.

## M.G. UNIVERSITY INTERCOLLEGIATE POWER LIFTING



Our college student, Ms. Ameya Sneha Smithy of First year B.A Economics, secured Silver medal in 55 kg at the M.G. University Intercollegiate Power Lifting Championship held at the S S V College, Valayanchirangara, on 21st February 2026.

## M.G UNIVERSITY INTERCOLLEGIATE TAEKWONDO



Our college Taekwondo team secured the second position in the M.G. University Intercollegiate Taekwondo Championship held at St.Pauls College, Kalamassery on 23<sup>rd</sup> & 24th February 2026.

## DISTRICT LEVEL



Our college student, Ms. Ameya Sneha Smithy, a First Year B.A. Economics student, secured the Silver Medal in the 57 kg category at the Ernakulam District Classic Powerlifting Championship held at Anglo Indian School, Vaduthala, on 28th March 2026.

## FACULTY ACHIEVEMENTS



Dr. Thomas K. M. secured the second position in the State-level Masters Handball Championship held at Wayanad.



Ms. Nisha Philip was selected by M.G. University and appointed as the Team Manager of the Women's Badminton Team for the South India Inter-University Badminton Championship, in which the team secured the Second Runner-up position and qualified for the All India Inter-University Badminton Championship 2026.

