

## ***REPORT OF THE DEPARTMENT OF PHYSICAL EDUCATION 2016-17***

The vision of the department of physical education is the development and promotion of sports activities for health, educational and social benefits of student community. Sports and games form an integral part of a healthy lifestyle and the department helps students to nurture better human relations through sports and games and to enjoy a perfect balance between sports performance standards and healthy life. The department imbibe discipline, leadership qualities, courage and the sense of belongings through sports activities.

The Department Of Physical Education proudly present this year's report because the college team could perform much better in the University, State and National level than last year. College Football, Cricket, Shuttle badminton, wrestling (Men & Women), Kabaddi (Men & Women) and athletics teams participated in the inter-collegiate tournaments.

### **Performance in University level**

#### **WRESTLING**

College wrestling team-Men and Women participated in the Kerala University intercollegiate championship held at Sreepadam stadium, Attingal, Trivandrum on 15-16 February 2017. Women team comprises 11 players and men team have 10 players, Women team became champions in the tournament bagging 5 gold, 2 silver and 2 bronze.



**Championship trophy in the Kerala university intercollegiate wrestling tournament was raised by the college team by securing the championship in women**





**HarishmaRadhakrishnan, Krisnnapriya L, Jisha Thomas, Suryagayathri J, Devooty R.S, secured gold medal in the Kerala university intercollegiate Wrestling championship.**





Ansu K. Anil and aswathy K.V. secured silver medal



- Arya V. and Vrinda Chandran secured bronze medal in the Kerala university intercollegiate Wrestling championship.

**Men wrestling team** comprises 13 players and the team became **first runner up** in the tournament bagging 2 gold, 3 silver and 4 bronze.



**Runners up position**



## Kerala University intercollegiate wrestling Championship



*Competition in progress*



**Rahul Raj and Vishnu Ssecured gold medal**



**Nibu Thomas, Sandeep I, and Rahul R. secured silver medal**





Aneesh Soman, Rahal R. Nair, Akhil Narayanan and Denny John secured bronze medal



MALAYALA MANORAMA  
DAILY 18.2.2017



## **Winners with Principal Dr. Achamma Alex**



**MEN TEAM**



**WOMEN TEAM**





**പെൺ കുരുത്ത**

മലബാർ റബ്ബർ വെട്ടാൻ, ഏതാ  
മലബാറിലായിരുന്നു കണ്ടെത്താ-  
നിടയായതും, അതിനുശേഷവും,  
കുടുംബത്തോടൊത്ത് കേരളത്തിൽ എത്തി-  
ച്ചെത്താൻ 'പാൽ' പ്ലാനിലായി-  
ക്കൂടെ തങ്ങളുടെയും കുടുംബത്തിൽ  
പ്രവേശിക്കാൻ തയ്യാറായിരുന്നു. എന്നാ-  
ൽ, ൧൯൪൮-ൽ കേരളത്തിൽ വന്നു-  
ത്തുടങ്ങിയ ഹിന്ദി ഭാഷയിൽ അക്കാദമിക്ക്

നവീന പ്രവർത്തികൾ ആരംഭിക്കാൻ തയ്യാറായിട്ടുള്ളതായി വർത്തമാനം.

[illegible]

പഞ്ചസാരയെക്കൂടി ഉപയോഗിച്ച് വെള്ളത്തിൽ നന്നായി നേർത്താണ് ഇതിനെ പഴുപ്പിച്ചെടുക്കുന്നത്.

പ്രതിപക്ഷത്തിന് കോളേജിലെ പാർട്ടി ജനങ്ങൾ നൽകേണ്ടതുണ്ട്. ഇത് പ്രതിപക്ഷം ഉപയോഗിക്കുന്നതിനായി ഉപയോഗിക്കേണ്ടതുണ്ട്.

അവർക്ക് ഇതുവരെ ഒരു പുരസ്കാരം ലഭിച്ചിട്ടില്ല.

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ကျေးဇူးတင်စွာ ဖြေဆိုပါသည်။

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புதிதாக வந்திருக்கிற சாலைகள்  
புதுபுது வந்திருக்கிற சாலைகள்

தமிழக அரசு, தலைநகர் புதிதாகத் துவக்கப்பட்டிருக்கிறது என்று அறிவித்து, பின்புள்ளவாசிக்கு இல்லாத பிள்ளைகளுக்குப் படிப்புத் திட்டம், உதவிகள், அருகாமையில் உள்ள பள்ளிகளில் தங்கிப் படிக்க உதவியளிக்கும் திட்டம், அரசுக்குப் பின்புள்ளவாசிக்கு இல்லாத பிள்ளைகளுக்குப் படிப்புத் திட்டம், உதவிகள், அருகாமையில் உள்ள பள்ளிகளில் தங்கிப் படிக்க உதவியளிக்கும் திட்டம், அரசுக்குப் பின்புள்ளவாசிக்கு இல்லாத பிள்ளைகளுக்குப் படிப்புத் திட்டம், உதவிகள், அருகாமையில் உள்ள பள்ளிகளில் தங்கிப் படிக்க உதவியளிக்கும் திட்டம்.

செ. வெளியீடு இலக்கு  
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# JUDO

## (WOMEN)

College Judo team-Men and Women participated in the Kerala University intercollegiate championship held at Bishop Moore College, Mavelikkara, on 15-16 February 2017. Women team comprises 7 players and men team have 5 players, Women team became runners up in the tournament bagging 1 gold, 2 silver and 2 bronze.



**College Judo team (Women) secured the runners up position in the Kerala university intercollegiate tournament.**

**HarishmaRadhakrishnan** of DC II Histoty secured **gold** medal, **Suryagayathri J** of DC II Histoty, **Thushara S** DC I English secured **silver** medal, **Jisha Thomas** of DC I English, **Ansu K.** **Anil** of DC I Chemistry secured **bronze** medal in the Kerala university intercollegiate Judo championship





# JUDO

## (MEN)

College men Judo team have 5 players and team became second runners up in the tournament bagging 1 gold, 1 silver and 2 bronze.



**College Judo team (Men) secured the second runners up position in the Kerala university intercollegiate tournament.**

**Sandeep I** DC II English secured gold **Rahul S.** DC II Economics secured silver **Aneesh Soman** and **Rahul Raj** of DC I Histoty secured bronze medal in the Kerala university intercollegiate Judo championship.



## KABADDI

### (WOMEN)

College Kabaddi team-Women participated in the Kerala University intercollegiate championship held at NSS Women's College, Karamana, Trivandrum on 15-16 February 2017. Women team comprises 11 players. **Harishma Radhakrishnan** of DC II Histoty selected to represent Kerala University .



#### **Kabaddi (women) team with Principal Dr. Achamma Alex**

The team played semi finals and lost. Then the match for third position was held and the team lost against LNCPE.







## **KABADDI**

### **(MEN)**

College Kabaddi team-men participated in the Kerala University intercollegiate championship held at on 15-16 February 2017. Men team comprises 12 players.



The team played exceptionally well in the tournament but unfortunately one of our player got injured during the game and we were forced to quit.





## **CROSS COUNTRY**

### **WOMEN**

College Cross country team-Women participated in the Kerala University intercollegiate championship held at Mar Ivanious College, Mavelikkara on 15-16 February 2017. Women team comprises 6 players. For women, the race is 6 kms and men it is 12 kms.



**Preethi C.P finishing the race**



## **CRICKET**

### **MEN**

College cricket team participated in the inter-collegiate tournament at D B College Sasthamcottah and reached the semi-final round.



## Performance in State level

### Wrestling-Kerala State Junior wrestling championship.

College women wrestling team raised the trophy for the winners in the Kerala State Junior wrestling championship.



**Suryagayathri J** of DC II Histoty, **Krishnapriya** DC I English, **Devooty R.** of DC I Histoty and secured gold medal in Kerala state Junior wrestling championship.

**HarishmaRadhakrishnan** and **Aswathy K.V.** of DC II Histoty and **Ansu K. Anil** of DC I Chemistry, secured **bronze medal** in Kerala state Junior wrestling championship.





**Vishnu S** of DC I Economics secured **gold medal** in Kerala state Junior wrestling championship.

**Rahul R.**DC I Economics bagged **bronze medal**



**Rahul Rand Vishnu S**



# Kerala State Senior wrestling championship.

College women wrestling team were the runners in the Kerala state senior wrestling championship.



## MEDAL WINNERS IN SENIOR CHAMPIONSHIP 2016-17

**Krishna priya** DC I English ,**Devooty R.** of DC I Histoty and secured **gold medal** in Kerala state Senior wrestling championship.

**Suryagayathri J** and **Aswathy K.V.** of DC II Histoty secured **silver medal** ,**HarishmaRadhakrishnan** of DC II Histotysecured **bronze medal** in the championshi



## MEN



### MEDAL WINNERS IN SENIOR CHAMPIONSHIP 2016-17

**Sandeep I** DC II English, **Vishnu S** of DC I Economics, **Anandhu Sasi** of DC IIIBCom, **Rahul R. Nair** DC III Maths and **Rahul S.** DC II Economics bagged **bronze medals** in Kerala state **Senior** wrestling championship

# Performance in National level

## All India Inter University level

### Wrestling

**HarishmaRadhakrishnan, Suryagayathri J, Devooty R.S, Krisnnapriya L, Jisha Thomas** represented Kerala University as **members of the university wrestling team** which participated in the inter university Wrestling championship at **ChoudharyDevilal university Sirsa, Hariyana**



KERALA UNIVERSITY WOMEN  
WRESTLING TEAM AT SIRSA, HARIYANA



Competing in the Inter University Championship





**Rahul Raj and Vishnu S** represented Kerala University as **members of the university wrestling team** which participated in the inter university Wrestling championship at **ChoudharyDevilal university Sirsa, Hariyana**



**Krishna priya**DC I English, **Devooty R.S** of DC I Histoty participated in the National senior wrestling championship (47kgand 65kg category) held at **Bhopal.**

## KABADDI



**HarishmaRadhakrishnan** of DC II Histoty represented Kerala University as **member of the university Kabaddi team** which participated in the inter university Kabaddi championship at **Avinashlingam university Coimbatore.**



# Golden Jubilee Trophy Inter-collegiate Cricket tournament

The college celebrated its golden jubilee in the year 2014 and then the department of physical education start organizing an Invitation tournament in Cricket named Golden Jubilee Trophy Inter-collegiate Cricket tournament. This year we had organized the tournament from 6-13 March 2017 in which 10 college teams from Kerala and Gandhiji universities were participated. In this season our college became the winners.





## ATHLETIC MEET 2016-17

The athletic meet of the academic year 2016-17 was held on 27 October 2017 with great pop and show. The well-disciplined march past of the four houses gave a wonderful start to this year's sports day events. The students were divided into four houses namely Red, Blue, Green and Yellow.





The chief guest of the day Dr. **Sherly Philip**, Chief Physician ESI Hospital Chengannur, Former National Long jumper hoisted the flag and addressed the gathering. She declared the meet open and the house captains took the oath that they will adhere strictly to the rules and regulations of the games and that they will uphold the virtue of sports man spirit.





The audience watched every event holding their breath as unmatched power of energy of the athletes took hold of them.







The much awaited event was 4x400 mts relay which left the audience spell bound.







The champions of the meet were honoured.

**Anoop R III DC Economics crowned the men's individual title**



ANOOP R.

**Preethi C P of III DC Mathematics became women's individual champion.**





## Green house won the overall championship





Blue house won first prize in march past.



All the events came to an end by 4.30 pm. The wholehearted cooperation of the staff, both teaching and non-teaching especially sports secretary Sreeraj and students of the sports club helped a lot in conducting this meet successfully.



## Prof M.D. JOHN Memmorial Inter collegiate shuttle badminton championship for staff (men) 2016-17

Department of physical education in association with the staff association of the college successfully organized Prof M.D. JOHN Memmorial Inter collegiate shuttle badminton championship for staff (Men) on March 2017. **17 teams from Kerala and Gandhiji Universities participated in the tournament.**



College shuttle badminton team members volunteered their service for the smooth conduct of the event. It was a good experience for them as they were managed the matches as well.







Winners were awarded a cash prize of Rs. 5000/- and trophies where as runners up with Rs. 3000/- and trophies.

In the valedictory function Principal Dr. Achamma Alex congratulated the winners and distributed the prizes



**St. Dominic's College Kanjirappally were the winners and St John's College Anchal were runners up.**



