

# **PHYSICAL EDUCATION**

**2014-15**

# **DEPARTMENT OF PHYSICAL EDUCATION**

## **REPORT-2014-15**

### **SPORTS QUOTA ADMISSION**

50 applicants were there for the sports quota admission and 19 of them were admitted under sports quota during the year.

### **OPEN COURSE**

36 students opted “Physical, Health and Lifeskill Education” as the open course and all of them have passed the programme in good grade.

### **BRAZUKA PREDICTION COMPETITION**

Department has organized a prediction competition in connection with the World cup Football tournament held in Brazil. Around 1000 numbers including staff and students participated in the contest and an LED TV was given as the first prize.

### **SHOOTOUT COMPETITION**

In connection with the world cup football championship, the department also organized a penalty shoot-out competition for the staff and students of the college. Smt. Nirmala Jimmy , President of the District Panchayath, Kottayam was the Guest of Honour. The programme was widely covered in all the medias.

### **HEALTH AND FITNESS CARD**

The department has implemented a Health and Fitness card for the staff and students of the college. By which Body weight, Height, Weight, Blood pressure, Pulse rate and BMI can be assessed.

### **UGC-SPONSORED NATIONAL SEMINAR**

A UGC sponsored national seminar was organized on “Modern Trends in Sports Psychology” on 25<sup>th</sup>, 26<sup>th</sup> February 2015 in association with Sports Psychology Association of India. Smt. Padmini Thomas, President of the Kerala State Sports Council inaugurated the seminar

and Dr. Binu George Varghese, Prof. Sunny Thomas, Smt. Sinimol Paulose and Sri.Ajith Participated in the seminar as guests of Honours in various sessions.

Following persons participated in the seminar as Resource persons

Prof. NS Mann(Punjab)	( President- SPAI)
Prof. ML Kamlesh(Patiala)	(Former principal of LNCPE,Tvm)
Dr.Dileep Dureha(Varanasy)	(Secretary- SPAI)
Dr. Anil Ramachandran(Kannur)	(SPAI-Exe.Member)
Dr.K. Sureshkutty(Kannur)	(SPESS, Kannur)

### **ARJUNA-DRONA CRICKET MATCH**

Arjuna-Drona match is a Cricket match between staff and students of the college and it is organized as a joint venture of the Department of Physical Education and the College Men's Forum.

### **MASTERS TROPHY**

Last year onwards, we started an Intercollegiate Cricket tournament for the College staff members. Six teams participated in the tournament this year and SH College, Thevara were the champions and Govt.College, Nattakon secured the Runners up trophy.

### **BASELIUS TROPHY**

Baselius Trophy All Kerala Intercollegiate tournaments in Basketball(M&W), Football and Volleyball , were conducted in a successful manner from 25<sup>th</sup> to 29<sup>th</sup> August 2014. More than 30 teams from different parts of Kerala took part in the tournament.

Results of the tournament.

#### **Basketball (M)**

Winners:SH College, Thevara

Runners up: Marian College, Kuttikkanam

#### **Basketball (W)**

Winners:Assumption College, Chngry

Runners up: Alphonsa College, Pala

## **Football**

Winners: MD College, Pazhanji

Runners up:SN College, Kannur

## **Volleyball**

Winners:St.Thomas College, Pala

Runners up:St.George College, Aruvithara

## **FOOTBALL**

Department of Physical Education organized the MG University Interzone Football tournament and our college Football team secured the Runners up trophy in the championship. Eight of our players were selected to the MG University team and this was a record in the history of the college.

Following are the players selected to the University team

1. Salman K :D1 Bot
2. Rahul Muraly :D2 Eco
3. Reneesh PC :D1 Mal
4. Sanju G :D2 Eco
5. Dibin MD :D1 Pol
6. Nahas PA :D1 Pol
7. Muhammad Rashid :D1 V.BCom
8. Mousoof Naizan :D1 Mal

Consecutively for the second time, Our College got the opportunity to captained the MG University team(Muhammad Rashid)

## **South Zone and All India Interuniversity Football Championship**

MG University Football team with 8 of our players secured third position in the South Zone interuniversity Football Championship held at Calicut University and qualified for the All India Championship at Gwalior. All India championship was held from 24<sup>th</sup> December 2014 to 3<sup>rd</sup> January 2015 and our team reached into the Quarterfinal stage of the tournament.

Dr.Biju Thomas, Head, Department of Physical Education was the Manager of the team in all the three championships.

## **SHUTTLE BADMINTON**

College Shuttle badminton team secured second position in the Southzone intercollegiate Shuttle badminton championship and finished third in the Interzone tournament held at Ernakulam.

Following players represented the college

1. Jithin Jacob Punnoose :D3 Com
2. Rebeen M Khan :D2 Com
3. Unni Varghese :M2 Phy

## **LAWN TENNIS**

College Lawntennis (W) team secured Third position in the MG University championship held at Ernakulam. Leema Mano (D1 VBCom) and JyothyLakshmi represented the college and Jyothy Lakshmi (D2 Maths) also get selected into the MG University team.

## **SWIMMING**

Anu Raju (D1 Mal) bagged two silver medals in the Mg University Intercollegiate swimming championship held at LNCPE, Thiruvananthapuram.

## **TAEKWONDO**

Amal KV (D1 Mal) stood second in the MG University Taekwondo Intercollegiate.

## **ROLLERSKATING**

Kiran CP (D2 Maths) secured two medals in the Rollerskating National Championship.

## **BEST PHYSIQUE**

Athul Nath (D2 Maths) was the Runner-up in the District Best Physique championship.

## **ANNUAL SPORTS MEET**

Annual Sports meet of the college was conducted on 20<sup>th</sup> and 21<sup>st</sup> January 2015, in a colourful manner. Kum. Shruthy Bala, Famous Malayalam Actress, inaugurated the meet . Lot of students participated in the sports meet with high spirit and enthusiasm.

Sanju G(D2 Eco) and Jyothy Lakshmi Pai (D3 Maths) secured the individual championships in the Annual Sports meet.

## **CONCLUSION**

Our department stood 7<sup>th</sup> in the overall ranking of the colleges affiliated to the MG University. Department of Physical Education is extremely thankful to the outgoing Principal Prof.Jacob Kurian Onattu, for his sincere co-operation and support given to the department for the last 7 years.