



**4.1.2 - The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre**



**GOVERNMENT COLLEGE  
NEDUMANGAD**

**THIRUVANANTHAPURAM, KERALA- 695541**  
*Under Government of Kerala*

**GOVERNMENT COLLEGE NEDUMANGAD**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**Achievements in Games and Sports (2023-2024)**



The Department of Physical Education is well equipped with a wide variety of sports equipment and a full-fledged Gymnasium. The department is keen in providing opportunity for the students to participate in Physical activities. College provides opportunities for the students to participate in National level, Kerala University inter college tournaments, State level and District level Tournaments.




As part of preparing students to participate in various competition, the Department of Physical Education organized various coaching camps in different games/sports. Most of the coaching camps are conducted prior to the Inter collegiate competitions in a view to prepare the students to achieve good result in the competition. Coaching camps were conducted in events like Softball (M), Kho-Kho (M), Kho-Kho (W), American Flag Football (M), Rugby (M), Rugby (W), Tug of War (M), Baseball (M), Boxing (M). Taekwondo (M&W) & Aquatics. Practice matches were arranged as part of the coaching camps for physical, psychological and competition specific preparations for the college team members to participate in tournaments. The department provided adequate playing kits and sports uniforms/wears required for participating in tournaments. Large number of students had participated in team selection process, intramural competitions etc. The department held the responsibility of creating awareness about health and fitness and as a result of this, a large number of students (Men and Women) are participating in various activities of the department.






<b>PARTICIPATION IN NATIONAL CHAMPIONSHIPS</b>			
<b>Sl. No.</b>	<b>Name</b>	<b>Game</b>	<b>Championship</b>
1	JANYA K.C.	TAEKWONDO	Junior Nationals
2	NITHIN R	KHO KHO	Junior Nationals
3	KEERTHANA C.	KABADDI	Junior Nationals

**LIST OF STUDENTS PARTICIPATED IN INTER UNIVERSITY TOURNAMENT 2023-24**

Sl.No.	Name	Event	Class	Photo
1	SREEHARI V B	BASEBALL THE ASSAM ROYAL GLOBAL UNIVERSITY	1st BA HISTORY	
2	BALAJI J L	CRICKET	1st MA MAL	
3	KEERTHANA C	KABADDI ALAGAPPA UNIVERSITY	3rd BA MALAYALAM	
4	ABHIRAMI M	KABADDI ALAGAPPA UNIVERSITY	3rd BA MALAYALAM	
5	ADITHYA A	KABADDI ALAGAPPA UNIVERSITY	3rd BA HISTORY	
6	ANUMOL JOSEPH	KABADDI ALAGAPPA UNIVERSITY	3rd BA ECONOMICS	
7	JIMSHA P.V	KABADDI ALAGAPPA UNIVERSITY	3rd BA ECONOMICS	
8	NAVYA A U	KABADDI ALAGAPPA UNIVERSITY	3rd BA MALAYALAM	
9	VASANTHA KUMAR S.K	KHO KHO CALICUT UNIVERSITY	1st B COM	
10	ARUN S	KHO KHO CALICUT UNIVERSITY	1st B COM	

11	NITHIN R	KHO KHO JR. NATIONALS DELHI	1st BA HISTORY	
12	GOURI SUNDARAN S	KHO KHO CENTRAL UNIVERSITY OF TAMILNADU	1st PCA	
13	AKASH B	RUGBY CHANDIGARH UNIVERSITY	1st M COM	
14	SIYAM BAIJU	RUGBY CHANDIGARH UNIVERSITY RUGBY	1st MA MAL	
15	JIMSHA P.V	RUGBY CHANDIGARH UNIVERSITY	3rd BA ECONOMICS	
16	ARJUN RAJ R I	SOFTBALL	1st BA HISTORY	
17	ASWHINI T V	TAEKWONDO	3rd BA HISTORY	
18	JANYA K.C	TAEKWONDO JAGADISHPRASAD JHABARMAL TIBREWALA UNIVERSITY, RAJASTHAN	2nd BA HISTORY	
19	VISHNU V NAIR	TUG OF WAR ARUNACHAL PRADESH	2nd BA HISTORY	
20	SHAJEER S	WRESTLING CHANDIGARH UNIVERSITY	2nd BA ECONOMICS	

				
21	NIJANANDA A.R	AQUATICS SRM CHENNAI	3rd PCA	
22	SREEHARI V B	SOFTBASEBALL	3rd BA HISTORY	

LIST OF STUDENTS SECURED MEDALS IN INTER COLLEGIATE TOURNAMENT 2023-24					
1	ASWHINI T V	TAEKWONDO	2nd BA History	SILVER	
2	JANYA K C	TAEKWONDO	2nd BA History	GOLD	
3	AFSAL NIZAMUDEEN N	TAEKWONDO	2nd BA HISTORY	BRONZE	
4	SHAJEER S	WRESTLING	2nd BA ECONOMICS	GOLD	
5	NIJANANDA A.R	AQUATICS	3rd PCA	GOLD	

TEAM MEDAL	
KABADDI (WOMEN)	GOLD
KHO KHO (MEN)	SILVER

Sl. NO	NAME	CLASS	GAME	TYPE OF TOURNAMENT	ACHIEVEMENT
1	VISHNU V NAIR	II BA HISTORY	TUG OF WAR	FEDERATION CUP @ ARUNACHAL PRADESH	GOLD
				SENIOR NATIONALS @ ARUNACHAL PRADESH	SILVER
2	ASWHINI T V	III BA HISTORY	TAEKWONDO	SENIOR STATE @ IDUKKI	GOLD
3	JANYA K C	II BA HISTORY	TAEKWONDO	SENIOR STATE @ IDUKKI	SILVER
4	ADITHYA A	III BA HISTORY	KABADDI	SENIOR STATE @ IDUKKI	BRONZE
5	ABHIRAMI M	3rd BA MALAYALAM	KABADDI	SENIOR STATE @ IDUKKI	BRONZE
				JUNIOR STATE @ IDUKKI	GOLD
6	KEERTHANA C	3rd BA MALAYALAM	KABADDI	SENIOR STATE @ IDUKKI	BRONZE
				JUNIOR STATE @ IDUKKI	GOLD
				JUNIOR NATIONALS	PARTICIPATION
7	NITHIN R	I BA HISTORY	KHO KHO	JUNIOR STATE @ PALAKKAD	GOLD
				JUNIOR NATIONALS @ DELHI	PARTICIPATION
8	SREEHARI V B	I BA HISTORY	SOFTBALL	SENIOR STATE @ KASARGODE	PARTICIPATION

9	ARJUN RAJ R I	I BA HISTORY	SOFTBALL	SENIOR STATE @ KASARGODE	PARTICIPATION
10	SREEHARI V B	I BA HISTORY	BASEBALL	SENIOR STATE @ FORT KOCHI, ERNAKULAM	PARTICIPATION
11	SHIVA R P	I BSC. MATHS	BASEBALL	SENIOR STATE @ FORT KOCHI, ERNAKULAM	PARTICIPATION
12	SHAJEER S	II ECONOMICS	WRESTLING	UNDER 23	SILVER
13	AKASH B	I MCOM	RUGBY	SENIOR STATE @ TRIVANDRUM	BRONZE
14	ABHIJITH D	I MA HISTORY	RUGBY	SENIOR STATE @ TRIVANDRUM	BRONZE

### **Health Club**

The Health Club at Government College Nedumangad has successfully raised awareness on various health issues and engaged students and staff in activities promoting physical and mental well-being. The club remains committed to its mission of fostering a healthy campus community and looks forward to continuing its efforts in the coming academic years.

### **Sports Club**

The Sports Club of Government College Nedumangad is dedicated to promoting physical fitness, sportsmanship, and overall well-being among students. Through a wide range of sports activities, the club encourages students to engage in physical exercise, fosters a competitive spirit, and helps in developing leadership and teamwork skills. The sports club of our college is very active and regularly conducts inter-department tournaments in various games and sports. Its members have a key role in promoting sports in our campus. The student members of this club organize various tournaments under the guidance of that Department of Physical Education. The Annual Sports Meet was conducted on the 18th, 19th, 20th and 22nd March 2024. The principal, Prof. (Dr.) Sheela Kumari L inaugurated the Annual Sports meet. The students participated in the tournament with true sportsmanship and enthusiasm to win the matches. Competitions were conducted in Cricket (Men and Women), Football (Men and Women), Tug of War (Men and Women), Shuttle Badminton (Men and Women), Kabaddi (Men), Volleyball (Men), Carroms (Men and Women) and Shotput (Men and Women). The Sports Club at Government College Nedumangad has successfully engaged students in a variety of sports activities, contributing to their physical fitness, mental well-being, and overall personality development. Through regular events, competitions, and fitness initiatives, the club has fostered a sense of community and encouraged a balanced lifestyle among students. The Sports Club looks forward to expanding its efforts in the upcoming years and continues to inspire students to embrace sports as an essential part of their academic journey.

Yoga



Cricket Practising Net





Gymnasium



































### **CULTURAL ACTIVITIES REPORT 2023-2024**

We are giving due importance in conducting various celebrations, cultural and sports activities every year in our college that aims at the all round development of students. We celebrated 'Onam', the traditional festival of Kerala on : 23-08-2024 with great enthusiasm and participation. Teachers and students organised several cultural events like thiruvathirakkali, pulikali and with a grand feast. Christmas celebration was conducted on 23-12-2023. Arts festival was conducted from 26th February 2023 to 1st March 2023. Rangoli was conducted on 26th February 2023. Film Festival was conducted in our college on 26-09-2023.

Notable Cultural programs during this year

1. Union and Arts Club Inauguration
2. Arts fest
3. Onam fest
4. Christmas fest



5. Deepavali fest
6. Film fest
7. Mahanavami & Vijayadashami
8. Food fest
9. Mehendi Fest
10. Rangoli
11. Ramzan fest
12. Keralapiravidinam
13. Holi Celebration















***Vanchippattu***





**Group Song**







**Oppana**

