

## **DEPARTMENT OF PHYSICAL EDUCATION**

The Department of Physical Education has always been keen in providing opportunity for the all round development of students of our Institution. This includes specific plans for creating awareness about health and fitness and as a result of this, a large number of students (Male as well as Female) took part in various activities of the department.

The department provided coaching camps in different games/sports like Softball, Baseball, Kho-Kho, Wrestling, Power lifting, Rugby and Taekwondo so as to improve the game specific skills of our students. These camps helped our students achieve great heights at the Intercollegiate, State and District Championships.

The department has organized the Intercollegiate Gymnastics Championship 2018-19 and played a major role in the activities of the Department of Physical Education , University of Kerala.

The department expresses sincere thanks to our Principal, Dr Mini I, for her valuable support and guidance. The department is also thankful to teaching and non teaching staff of our college, College union and

students of this institution for their help and support rendered to the department.

Achievements made by the students of our institution

Students who represented Kerala State in the Senior National Championship 2018-19 and won medals for Kerala

AKHILA S S of 3r Year Commerce Secured

Bronze Medal at the

Senior National Kho-Kho Championship 2019

College Team achievement at the Kerala University

Intercollegiate Sports Competition 2018-19

Team	Position
KHO-KHO(WOMEN)	SECOND
TAEKWONDO ( WOMEN)	SECOND
KHO-KHO(MEN)	THIRD

RUGBY	THIRD
TABLE TENNIS	THIRD

Students who represented Kerala State in the Senior National Championship 2018-19

No	Name	YEAR	Department	Event
1	AKHILA S S	III	COMMERCE	KHO-KHO
2	MUHAMMED SHANU KHAN	III	BA MALAYALAM	RUGBY

Students who represented Kerala University in the

All India Inter University Championship 2018-19

No	Name	YEAR	Department	Event
1	MONCY V	II	BA Malayalam	Weight Lifting
2	MUHAMMED MUHSIN	III	BSC Maths	Judo
3	Akhila S S	III	Commerce	Kho-Kho
4	Anuja B R	I	Economics	Kho-Kho
5	Sheeba J	III	History	Kho-Kho
6	Renjith S	I	History	Kho-Kho
7	Vivek S S	I	Malayalam	Kho-Kho
8	Adarsh S	III	Economics	Softball
9	Adarsh S	III	Economics	Baseball
10	Muhammed Shanukhan	III	BA Malayalam	Rugby
11	Nandhagopan K S	III	Economics	Rugby and Baseball

12	Vishnu V K	III	PCA	Netball
13	Anjitha R	III	Economics	Taekwondo
14	Majina kumaran C P	III	Malayalam	Taekwondo
15	Nayana Sudharsan	III	B com	Taekwondo
16	Nandhagopan K S	III	Economics	Baseball

## **Individual Medalist at the Kerala University Inter Collegiate championship 2018-19**

No	Name	YEAR	Department	Event	Category	Position
1	MONCY V	II	BA MALAYALAM	WEIGHT LIFTING	67 KG	FIRST
2	MUHAMMED MUHSIN	III	BSC MATHS	JUDO	U-100 KG	FIRST
3	ANJITHA R	III	ECONOMICS	TAEKWONDO	U-49	FIRST
4	MAJINA KUMARAN CP	III	MALAYALAM	TAEKWONDO	U-62	FIRST
5	NAYANA SUDHARSAN	III	B Com	TAEKWONDO	U-73	FIRST
6	ANJALI P	I	HISTORY	TAEKWONDO	U-57	SECOND
7	RESHMA R S	I	BSC MATHS	WRESTLING	76 KG	SECOND
8	MUHAMMED MUHSIN	III	BSC MATHS	GRECOROMAN WRESTLING	130 KG	SECOND

9	AKHILA S R	I	COMMERCE	POWER LIFTING	84 + KG	SECOND
10	AISWARYA U	III	HISTORY	TAEKWONDO	U-53	THIRD
11	AJINA N R	I	BSC MATHS	WRESTLING	57 KG	THIRD
12	AL-AMEEN	I	PCA	GRECOROMAN WRESTLING	130 KG	THIRD
13	MONCY V	II	BA MALAYALAM	FREESTYLE WRESTLING	97 KG	THIRD
14	MUHAMMED SHANU KHAN	III	BA MALAYALAM	JUDO	BELOW 90	THIRD
15	HAREESH H N	I	BA HISTORY	SWIMMING	1500 FREE STYLE	THIRD
16	HAREESH H N	I	BA HISTORY	SWIMMING	800 FREE STYLE	THIRD
17	HAREESH H N	I	BA HISTORY	SWIMMING	200 BUTTER FLY	THIRD
18	HAREESH H N	I	BA HISTORY	SWIMMING	800 FREE STYLE	THIRD
19	JEENA THOMAS	II	BSC MATHS	SWIMMING	800 FREE STYLE	THIRD

## **Individual Medalist at the District Championships**

1	AKHILA S R	I	COMMERCE	POWER LIFTING	84 + KG	FIRST
2	AJINA N R	I	BSC MATHS	POWER LIFTING	U- 57	THIRD
3	RESHMA R S	I	BSC MATHS	POWER LIFTING	U -72	SECOND
4	ANJITHA R	III	ECONOMICS	TAEKWONDO	U-49	SECOND
5	MAJINA KUMARAN CP	III	MALAYALAM	TAEKWONDO	U-62	FIRST

6	NAYANA SUDHARSAN	III	B Com	TAEKWONDO	U-67	FIRST
7	AISWARYA U	III	HISTORY	TAEKWONDO	U-53	THIRD
8	ANJALI P	I	HISTORY	TAEKWONDO	U-57	SECOND