

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2024-25

Department of Physical Education has played a very remarkable role in all-round development of the college students. As a part of new KTU Syllabus “Health & Wellness” Course was included in the Curriculum for first year students for which 1 credit was awarded. Internal assessment based on their performance was calculated out of total 50 marks (Seminar- 10 marks, Assignment -10 marks, Attendance 10 marks and Physical Fitness test 20 marks). Three Departments were allotted in the 1st semester and other three departments were allotted in the second semester for the course. Students had a good experience in Physical fitness test and taking seminar with the help of digital class room (PPT presentation). The physical fitness included ‘V sit & reach test, Push-ups, Curl Ups and 2km Run /walk test. After taking the test the students could assess their fitness level and they were given an awareness program on the importance of being fit and healthy.

Under the guidance of Department International Yoga day was celebrated. The Department also organized Intramural competitions on year basis in Cricket, Football, Table Tennis, Shuttle Badminton (Men & women), Chess(Men & women), handball(Men & women), volleyball, basketball (Men & women), kho- kho (Men & women) to encourage Sports participation. Football and Cricket league tournaments were also conducted. Conducted many friendly matches against different team in Cricket, Volleyball, Basketball and football to improve the techniques and tactics of the team. Conducted All Kerala Intercollegiate Sarang Dev football flood light tournament under the guidance of Physical Education Department, in which Engineering colleges in and around Kerala participated. Our college has talented students who got great achievements in sports and games at State, National and International level. As a motivation to the players, jersey and shots were distributed to the team members of all teams which participated in the intercollegiate tournament for which fund was received from PD fund and also from the sponsorship from Alumini and other sources.

We had very intense and regular coaching camps in the game of Football, Cricket, Badminton, Table Tennis, Karate, Handball, Volleyball, Basketball, Chess, Kho-Kho, Sepakthakraw. Our college team participated in the inter-collegiate tournaments and added feathers to the cap of the college by giving their best performance. Coaching camp was conducted with the help of coaches in football, chess, Volleyball, Karate, Kho- Kho and financial

assistance of Rs 14000/- was received for this purpose. Our college men team participated in KTU zonal tournament in Cricket, football, Chess, Handball, Volleyball, Basketball, Shuttle badminton, Table tennis, Kho- Kho, Kabaddi and showed their level best in all the tournaments. Our girl's teams represented our college for zonal and inter zone tournaments in the games like Shuttle badminton, Volleyball, Basketball, Table Tennis, Karate, Handball, Kho- Kho. All of our college team performed remarkably well. Our Women Kho-Kho and Handball teams emerged as the runners up in KTU Inter zone tournament and some of our students were selected for participating in the Inter university competitions representing the KTU.

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ACHIEVEMENTS IN THE YEAR 2024-25

TEAM ACHIEVEMENT

1	Hand Ball (W)	Inter Zone Runners up
2	Kho – Kho (W)	Inter Zone & E Zone Runners Up
3	Hand Ball (M)	Interzone Participation
4	Cricket (M)	E Zone Participation & Selection for players in Inter zone
5	Table Tennis (W)	E Zone Participation
6	Table Tennis (M)	E Zone Participation
7	Volley ball (M)	E Zone Participation & Selection for players in Inter zone
8	Football	E Zone Participation
9	Karate (M)	Inter zone Participation, Individual Medal
10.	Karate (W)	Inter zone Participation
11	Kho – Kho (M)	E Zone Participation & Selection for players in Inter zone
12	Basketball (M)	E Zone Participation & Selection for players in Inter zone
13	Basketball (W)	E Zone Fourth & Selection for players in Inter zone
14	Tug of war (W)	Inter zone Selection Trials
15	Volley ball (W)	E Zone Fourth & Selection for players in Inter zone & Inter University team
16	Shuttle badminton(M)	E Zone Participation & Selection for players in Inter zone
17	Shuttle badminton(W)	E Zone Participation
18	Chess (M)	E Zone Participation
19	Kabaddi (M)	E Zone Semifinalist & Selection for players in Inter zone
20	Lawn tennis(W)	Inter University selection
21	Sepak takraw(M)	Interzone Participation

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ACHIEVEMENTS IN THE YEAR 2024-25

INDIVIDUAL ACHIEVEMENT

SL. N O	NAME	EVENT	CLASS	ACHIEVEMENT
1	VIPIN DAS	THROWBALL	S8 IT	Winner Indo- Nepal International Test Series
2	JAYASREE KANAGALAKSHMI A P	HANDBALL	S7 EEE	South zone Inter University Participation
3	FATHIMA RINSHA K	HANDBALL	S8 EEE	South zone Inter University Participation
4	DEVI KRISHNA T	HANDBALL	S4 IT	South zone Inter University Participation
5	ATHUL KRISHNA P	HANDBALL	S8 ECE	South zone Inter University Participation
6	VISMAYA K T	KHO - KHO	S7 CE	South zone Inter University Participation
7	ANILA S	KHO- KHO	S6 IT	South zone Inter University Participation
8	SRADHA K S	KHO - KHO	S4 IT	South zone Inter University Participation
9	ADELINE ANTO	LAWN TENNIS	S5 EEE	All India Inter University Participation
10	APARNA V SHENOY	VOLLEYBAL L	S4 ECE	South Zone Interuniversity Participation
11	ADWAITH ASHOK	ARM WRESTLING	S4 ME	State level Arm Wrestling Championship 1.Gold in Youth Category right arm . 2. Silver in Youth Category left arm 3. Bronze in Senior Category Right arm

