

CO-OPERATIVE ARTS AND SCIENCE COLLEGE MADAYI

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2021-22

The year 2021-22 was a memorable year which witnessed great performance from the part of the students of our college in various competitions and tournaments. The overall summary of the events and activities of the year is elaborated below.

ACHIEVEMENTS

Achievements- National Level

All India Inter University Tug of War Championship Men - First	111 BBA	SIBIN VARGHESE
National Womens Equipped Benchpress (Powerlifting) Championship (Sub Jr 76 Kg) - Fifth	11 BA HISTORY	AISWARYA K M
Kerla State Junior Weightlifting Championship - 102kg- First	1 BA HISTORY	MUHAMMED ANSHAD C
Kerla State Junior Weightlifting Championship - 87 kg- Second	11 BA HISTORY	ANJANA BABU P
Kerla State Junior Powerlifting Championship - 84 kg- Third	11 BA HISTORY	AISWARYA K M
Kerla State Junior Tug of War Championship- Third	1 BA HISTORY	NANDANA R

KERALA STATE WEIGHTLIFTING ASSOCIATION
 (Affiliated to Indian Weightlifting Federation, Kerala State Sports Council & Kerala Olympic Association)

Certificate of Merit- 2021-'22

Awarded to: Ashwina Kaper P.S.
 Represented: Kannur District

Competed in: 16th Youth (Sub-Junior) Boys & Girls,
 49th Junior Men & 33rd Women ✓
 Senior Interclub (Men & Women)

Held at: NEWMAN COLLEGE, INDOOR STADIUM, THODUPUZHA
 On: 12th, 13th & 14th November 2021
 and had won Second place.

Actual Body Weight: 85.200 Kgs... Competed in 87.00 Kgs... Category.
 With a performance of Snatch: 25.00 Kgs., Clean & Jerk: 35.00 Kgs and Total: 60.00 Kgs

Registered DATE OF BIRTH with us is: 04-06-2004

[Signature]
 K. SREENATH
 President

[Signature]
 K.L. JOSEPH
 Observer, KSSC

[Signature]
 BALAKRISHNAN G.
 Hon. Secretary

THIS CERTIFICATE OF MERRIT / DIPLOMA IS VALID AS PER THE DATE OF BIRTH MENTIONED IN THIS CERTIFICATE

KERALA STATE WEIGHTLIFTING ASSOCIATION
 (Affiliated to Indian Weightlifting Federation, Kerala State Sports Council & Kerala Olympic Association)

Certificate of Merit- 2021-'22

Awarded to: Muhammed Anshad
 Represented: Kannur District

Competed in: 16th Youth (Sub-Junior) Boys & Girls. ✓
 49th Junior Men & 33rd Women
 Senior Interclub (Men & Women)

Held at: NEWMAN COLLEGE, INDOOR STADIUM, THODUPUZHA
 On: 12th, 13th & 14th November 2021
 and had won First place.

Actual Body Weight: 96.100 Kgs... Competed in 100.00 Kgs... Category.
 With a performance of Snatch: 47.00 Kgs., Clean & Jerk: 87.00 Kgs and Total: 134.00 Kgs

Registered DATE OF BIRTH with us is: 31st May 2004

[Signature]
 K. SREENATH
 President

[Signature]
 K.L. JOSEPH
 Observer, KSSC

[Signature]
 BALAKRISHNAN G.
 Hon. Secretary

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POWERLIFTING INDIA
 POWERLIFTING INDIA

Recognized by : Ministry of Youth Affairs and Sports, Govt. of India
 Affiliated to : International Powerlifting Federation & Asian Powerlifting Federation
 Registered under Registration of Societies Act, West Bengal

Certificate of Honour

No:114/12285/2021

[Signature]
 RAJESH TIWARI
 President
 Powerlifting India

[Signature]
 P J JOSEPH (Arjuna)
 Secretary General
 Powerlifting India

This is to certify that **AISWARYA K M** representing **Kerala** has secured **Fifth** place in the **76kg - Sub Junior** in the National Women's Equipped Bench Press Championship 2021 held at Madgaon, Goa from 16-11-2021 to 20-11-2021

Bench Press[PL] : 30.0 Kg [5] **Date of Birth : 03-May-2003**
Body Weight : 75.80 Kg

Players Represented University in Inter University Championships

A total number of 15 students represented University in various events in the Inter-University Tournaments. The list of Students is given below.

SL NO	NAME	CLASS	EVENT
1	ANUSREE C	II MA HISTORY	KHO-KHO, CROSS COUNTRY
2	ANJITHA M V	II BA MALAYLAM	KHO-KHO
3	MIDHUNA K	I BSC MATHS	KHO-KHO
4	SYSHADEVI K	I BCOM	KHO-KHO
5	SWATHI M	III BCOM	KHO-KHO
6	ASWATHI C	I MCOM	KHO-KHO
7	AKSHAY V	III BA HISTORY	KHO-KHO
8	SOURAV V V	II MCOM	KHO-KHO
9	VIMAL DASV	II BA ENGLISH	KHO-KHO
10	PRANAV P	III BBA	KHO-KHO
11	ADHARSH M V	III BCOM	KHO-KHO
12	SIBIN VARGHESE	III BBA	TUG OF WAR
13	VISHNUPRIYA BAIJU	III BSC MATHS	CROSS COUNTRY
14	KANNAN	I BA MALAYALAM	CROSS COUNTRY
15	JAYADIL JAYASENAN	III BBA	TAEKWONDO



Kannan- 1 BA Malayalam , Anusree C - 2 MA History, Vishnupriya Baiju- 3 Bsc Maths

ACHIVEMENTS - STATE LEVEL

Sl No	Name of Player	Class	Event	Position
1	Muhammed Anshad C	I BA HISTORY	Weight Lifting	first
2	Anjana Babu P	II BA HISTORY	Weight Lifting	second
3	Muhammed Shahzad	I BBA	Weight Lifting	second
5	Nandana M	1 BA History	Tug of War	Third
6	Aiswarya K M	II BA HISTORY	powerlifting	First

- 10 Players of our College have participated in the Kerala State Kho-Kho Championship.
- 8 Players of our College have participated in the Kerala State Tug of War Championship.
- 4 Players of our College have participated in the Kerala State Junior Weightlifting Championship

ACHIVEMENTS – UNIVERSITY LEVEL

TEAM ACHIVEMENTS UNIVERSITY LEVEL

SL NO	EVENT	POSITION
1	Kho-Kho (Women)	First
2	Weight Lifting (Men)	First
3	Cross Country (Women)	First
4	Kho-Kho (Men)	Second
5	Cross Country (Men)	Third
6	Tug of War (Women)	Fourth



Kho Kho Women -Champions



Kho Kho Men - Runners



Weight Lifting Men – Champions



Cross Country Women – Champions



Cross Country Men -Third



1. Tug of War Women -Fourth

INDIVIDUAL ACHIEVEMENTS -UNIVERSITY LEVEL

SI No	Name	Class	Event	Position
1	Usamath M P	I MCom	Weight Lifting	first
2	Muhammed shad T P	I BBA	Weight Lifting	first
3	Muhammed minaz	I MCom	Weight Lifting	second
4	Muhammed shareef P P	I1 BBA	Weight Lifting	second
5	Muhammed Shahzad	I BBA	Weight Lifting	second
6	Muhammed Anshad C	I BA HISTORY	Weight Lifting	second
7	Muhammed shamal	I BA HISTORY	Weight Lifting	Third
8	Aiswarya K M	II BA HISTORY	Weight Lifting	Third
9	Anjana Babu P	II BA HISTORY	Weight Lifting	Third
10	Vishnupriya Baiju :	III BSC MATHS	10000 mtr	second
11	Midhuna K	I BSC MATHS	1500mtr,5000mtr	third
12	Anjitha M V	IIBA MALAYALAM	800mtr	Second
13	Amitha Krishnan k	II BA HISTORY	Tripple Jump	third
14	Jayadil Jayasenan	III BBA	Taekwondo	Forst
15	Anaswar M	III BBA	Taekwondo	Third
16	Arunima Unnikrishnan	III BCOM	Taekwondo	Second
17	Midhuna K, Anjitha M V, AmithakrishnanP & Anjali K V		4x400mtr relay	third



കണ്ണൂർ യൂണിവേഴ്സിറ്റി അത് ലറ്റിക് മീറ്റിൽ 10,000 മീറ്റർ മത്സരത്തിൽ രണ്ടാം സ്ഥാനം നേടിയ വിഷ്ണുപ്രിയ ബൈജു (111 BSc Maths) 8:25 am

കണ്ണൂർ യൂണിവേഴ്സിറ്റി ഇന്റർ കോളേജിയേറ്റ് അത്ലറ്റിക്സ് മീറ്റിൽ 1500 മീറ്ററിൽ മൂന്നാം സ്ഥാനം നേടിയ



വിമുന

കണ്ണൂർ യൂണിവേഴ്സിറ്റി ഇന്റർ കോളേജിയേറ്റ് അത്ലറ്റിക്സ് മീറ്റിൽ 5000 മീറ്ററിൽ മൂന്നാം സ്ഥാനം നേടിയ



വിമുന

കണ്ണൂർ യൂണിവേഴ്സിറ്റി ഇന്റർ കോളേജിയേറ്റ് അത്ലറ്റിക്സ് മീറ്റിൽ 800 മീറ്ററിൽ രണ്ടാം സ്ഥാനം നേടിയ



അഞ്ജിത

കണ്ണൂർ യൂണിവേഴ്സിറ്റി ഇന്റർ കോളേജിയേറ്റ് അത്ലറ്റിക്സ് മീറ്റിൽ ട്രിപ്പിൾ ജമ്പിൽ മൂന്നാം സ്ഥാനം നേടിയ



അമിത കുഷ്ണൻ

കണ്ണൂർ യൂണിവേഴ്സിറ്റി ഇന്റർ കോളേജിയേറ്റ് അത്ലറ്റിക്സ് മീറ്റിൽ 800 മീറ്ററിൽ രണ്ടാം സ്ഥാനം നേടിയ



അഞ്ജിത

അത്ലറ്റിക്സ്



ACHIEVEMENTS IN DISTRICT CHAMPIONSHIPS

SI No	Event	Position
1	Kho-Kho (Men)	Second 8 players participated in the State championship
2	Kho-Kho (Women)	First 8players participated in the State championship
3	Tug of War Women)	First
4	Tug of War (Men)	Second
5	Athletics (Men & Women)	Midhuna Bhargavan- 800 Mtr-11 3000 mtr- 111
6	Weightlifting (Men & Women)	8 Gold and 4 Silver



PARTICIPATION IN TOURNAMENTS

During the year 2021-22, the College participated in various tournaments.

PARTICIPATION - INTER COLLEGIATE CHAMPIONSHIPS

SL NO	EVENT
1	Cross Country (Men & Women)
2	Badminton (Men)
3	Football (Men)
4	Kho-Kho (Men&Women)
5	Athletics (Men&Women)
6	Weightlifting (Men&Women)
7	Powerliting(Men&Women)
8	Tug of War (Men&Women)
9	Taekwondo
10	Best Physique



PARTICIPATION -DISTRICT CHAMPIONSHIP

SL NO	EVENT
1	Kho-Kho (Men&Women)
5	Athletics (Men&Women)
6	Weightlifting (Men&Women)
7	Tug of War (Men& Jr.Women)

COACHING CAMPS ORGANIZED

1. Coaching Camp-University Level

College has organised 32 days coaching camp for University Tug of War team and 10 days camp for Kho Kho women team for the AIU Championship during 2021-22

2. Coaching Camp-College Level

SL NO	EVENT
1	Cross Country (Men & Women)
2	Badminton (Men)
3	Football (Men)
4	Kho-Kho (Men&Women)
5	Athletics (Men&Women)
6	Weightlifting (Men&Women)
7	Powerliting(Men&Women)
8	Tug of War (Men&Women)
9	Taekwondo

TOURNAMENTS ORGANIZED

Organizing matches in a college not only promotes sports and athleticism but also enriches the college experience, builds community spirit, and enhances the institution's overall profile and reputation.

1. UNIVERSITY INTER-COLLEGIATE TOURNAMENTS

SI No	Event	Date	Remarks
1	Kho-Kho Men	6 th & 7 th January 2022	Chief guest: Dr. Anoop KV, Asst. Director, DPE, Kannur University
2	Kho-Kho Women	6 th & 7 th January 2022	Chief guest: Sri. Dr. G Premkumar, Principal, Cas College Madayi
3	Weight Lifting Men	20 th January 2022	Chief guest: Sri.M.K.Rajan, Manager, CAS College, MAdayi
4	Tug of War Men	15 th February 2022	Chief guest: R Ramanathan, Joint Secretary, Tug of War Federation of India
5	Tug of War Women	15 th February 2022	Chief guest: Dr. Manoj K P, Director, DPE, Kannur University

1. KANNUR UNIVERSITY INTER COLLEGIATE KHO KHO MEN AND WOMEN CHAMPIONSHIP

Academic Year : **2021-2022**
Date(s) on which programme conducted : 6-7 January 2022
Collaborating agency inside or out side the institution : Kannur University
No.of Students of the institution participated in the programme : 24

Department of Physical Education, Co-operative Arts and Science College Madayi organized Kannur University Inter Collegiate Kho -Kho Men and Women Championship on 6-7 January 2022. Men and Women team from 24 Colleges were participated. Principal Dr. G Premkumar inaugurated the Tournament. Sri. M K Rajan, Manager of the College distributed prizes to the winners.

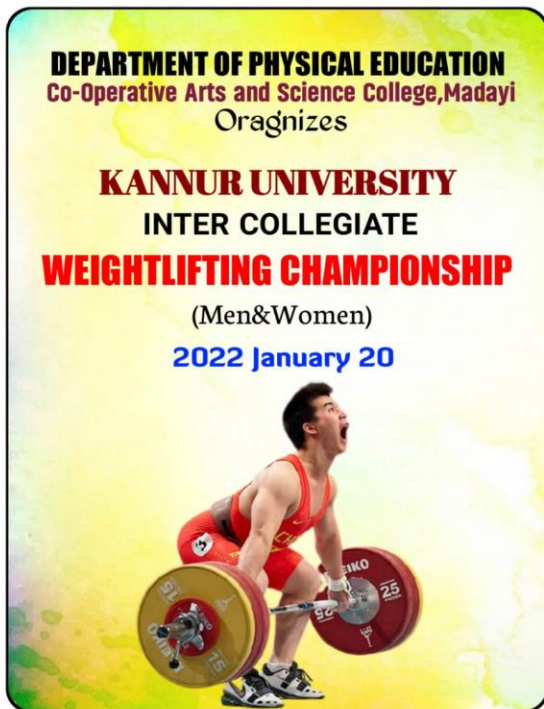


2. KANNUR UNIVERSITY INTER COLLEGIATE WEIGHT LIFTING MEN AND WOMEN CHAMPIONSHIP

Academic Year : **2021-2022**
 Date(s) on which programme conducted : **20 January 2022**
 Collaborating agency inside or out side the institution : **Kannur University**
 No.of Students of the institution participated in the programme : **18**

The Department of Physical Education's organization of the Kannur University Inter-Collegiate Weightlifting Men's and Women's Championship on January 20, 2022, was undoubtedly a prestigious event. It brought together men's and women's teams from an impressive 24 colleges, showcasing strength, skill, and determination in weightlifting. The tournament was inaugurated

by Sri Anoop K V, Assistant Director of the Department of Physical Education at Kannur University. Sri. M K Rajan, Manager of the College distributed prizes to the winners.



2. DISTRICT CHAMPIONSHIP

Sl No	Event	Date
1	Kannur Dist Tug of War Senior Championship	1 March 2022
2	Kannur Dist Sub Junior Tug of War Championship	24 October 2021

KANNUR DISTRICT SUB JUNIOR TUG OF WAR CHAMPIONSHIP

Kannur Dist Sub Junior Tug of War Championship	October 2021
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KANNUR DISTRICT SENIOR TUG OF WAR CHAMPIONSHIP

Kannur Dist Tug of War Senior Championship	1 March 2022
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INTER- DEPARTMENTAL TOURNAMENTS ORGANIED

Intramural competitions in colleges contribute significantly to the physical, social, and emotional development of students. They promote a healthy campus lifestyle, foster community spirit, and provide valuable learning and leadership opportunities.

Inter Departmental Chess Men & Women Championship

Academic Year	:	2021-2022
Date(s) on which programme conducted	:	15 & 18 October 2021
Collaborating agency inside or out side the institution	:	Nil
Number of Students participated in the programme	:	45

Department of Physical Education organized Inter- departmental Chess championship on 15 and 18 October 2021. Boys and Girls teams from 6 departments were participated in the championship. Principal Dr. G Premkumar Inaugurated the Tournament. Sri Johny M V, HOD Dpt of History distributed the prizes to the winners.



Inter Departmental Football Men Championship

Academic Year : **2021-2022**
Date(s) on which programme conducted : 10 January 2022
Collaborating agency inside or out side the institution : Nil

Department of Physical Education organized a 7- A Side Inter- departmental Football championship on 10th January 2022. Boys teams from 6 departments were participated in the championship. Dr. G Premkumar, Principal distributed the prizes to the winners.



Inter Departmental Cricket Men Championship

Academic Year : **2021-2022**
Date(s) on which programme conducted : 17-19 January 2022
Collaborating agency inside or out side the institution : Nil

Department of Physical Education organized Inter- departmental Cricket championship from 17 to 19 January 2022. Boys teams from 6 departments were participated in the championship. Principal Dr. G Premkumar Inaugurated the Tournament. Sri Johny M V, HOD, Department of History distributed the prizes to the winners.

Result

1. English
- 11.BCom
- 111.Malayalam



Inter Departmental Tug of War Championship

Academic Year	:	2021-2022
Date(s) on which programme conducted	:	24 January 2022
Collaborating agency inside or outside the institution	:	Nil

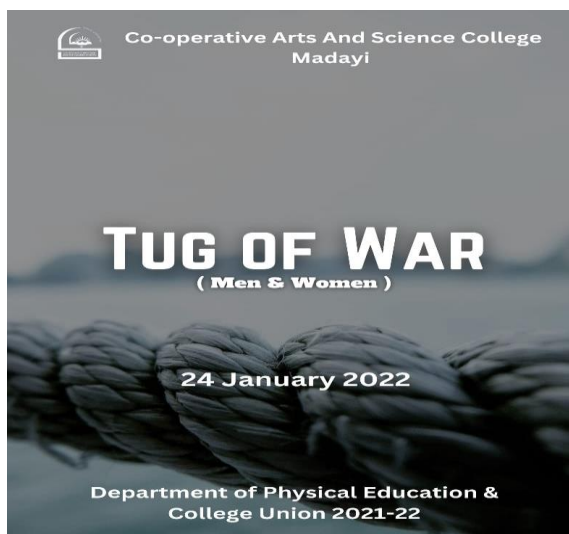
Department of Physical Education organized Inter- departmental Tug of War championship on 24th January 2022. Men and Women teams from 6 departments were participated in the championship. Dr Rajasree K R, HOD, Dept of Commerce inaugurated the Tournament. Principal Smt E S Latha distributed the prizes to the winners.

Result- Men

1. Bcom
2. BBA
3. History

Result -Women

1. BCom
2. BBA
3. History





ANNUAL ATHLETIC MEET 2021-2022

Academic Year	:	2021-2022
Date(s) on which programme conducted	:	24 February 2022
Collaborating agency inside or out side the institution	:	Nil

A brief Report on programme:

Department of Physical Education organized Annual Athletic Meet 24th February 2022. Students from 6 departments were participated in the Athletic Meet. Sri. M K Rajan, Manager of the College inaugurated the Tournament. Principal Dr G Premkumar distributed the prizes to the winners.

Result (overall Championship)

1.History

11. BBA

111.English

