

CO-OPERATIVE ARTS AND SCIENCE COLLEGE MADAYI
DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2023-24

The Physical Education Department is committed to fostering physical fitness, sportsmanship, and wellness among students through a variety of programs and initiatives. Our mission is to encourage active lifestyles and holistic development among our students.

The year 2023-24 was a memorable year that witnessed great performances from the students of our college in various competitions and tournaments.

Below is a detailed summary of the events and activities of the year.

FACILITIES AND INFRASTRUCTURE

- Outdoor Stadium
 - 200 mtr track
 - Football field
 - Kabaddi Court



- Kho Kho Court



- Volleyball Court



Fitness Center with Gym Equipments



- Weightlifting Equipments



- Gantry for Tug of War Training



- Cricket Mat and Kit



- Badminton Court
- Table tennis Board

ACHIEVEMENTS

ACHIEVEMENTS - National Level

- Aleena T S of 1st year MCom won **Gold Medal in the Senior National Tug of War Championship 2022-23** held in Haryana from 28 to 31 October 2022.



- Aleena T S of 1st year MCom won two Gold Medals (Outdoor and Beach categories) in the **All India Inter University Tug of War Championship 2022-23** held at AMET University Chennai from April 3rd to 5th, 2023.




**PLAYERS REPRESENTED UNIVERSITY IN ALL INDIA AND SOUTH ZONE INTER
UNIVERSITY CHAMPIONSHIPS.**

A total of 15 students from our college represented Kannur University in various All India And South Zone Inter-University Tournaments held in the academic year 2022-2023

SL NO	NAME	CLASS	INTER UNIVERSITY TOURNAMENT	DATE OF TOURNAMENT	VENUE
1	ANJITHA M V	IIIBA MALAYLAM	ALL INDIA INTER-UNIVERSITY CROSS COUNTRY CHAMPIONSHIP-WOMEN	12 February 2023	AIU & Presidency University Bengaluru
2	MIDHUNA K	11 BSC MATHS	SOUTHZONE INTER UNIVERITY WOMEN KHO-KHO CHAMPIONSHIP-WOMEN	23-26 January 2023	AIU & Alliance University Bengaluru
3	SYSHADEVI K	II BCOM			
4	SHAYANA P	11BA MALAYALAM			
	ANJITHA M V	IIIBA MALAYLAM			
5	NANDHANA T P	11 BA ENGLISH	SOUTHZONE INTER UNIVERITY WOMEN KHO-KHO CHAMPIONSHIP -MEN	9-12 January 2023	AIU & Jawaharlal Nehru Technical University Kakkina
6	VIMAL DAS V	111 BA ENGLISH			
7	VISHNU V V	111 BCom			
8	ABHINAV C	111 BBA			
	VAISHNAV P	111 BA MAL			
9	ARJUN DAS	1 BA MALAYALAM			
10	SUBIN RAJ	1 BA MALAYALAM			
11	MUHAMMED MINAZ	11 MCOM	ALL INDIA INTER UNIVERITY TUG OF WAR CHAMPIONSHIP-MEN	14-17 January 2023	AIU & Jagannath University, Jaipur
12	ALEENA T C	1 MCOM	ALL INDIA INTER UNIVERITY TUG OF WAR CHAMPIONSHIP-WOMEN	3-5 April 2023	AIU & AMET University, Chennai
13	GOKUL A	1 BA HISTORY	ALL INDIA INTER UNIVERITY POWER LIFTING CHAMPIONSHIP-MEN	21-24 FEBRUARY 2023	AIU & Guru Kashi University, Bathinda
14	GOKUL A	1 BA HISTORY	ALL INDIA INTER UNIVERITY WEIGHTLIFTING CHAMPIONSHIP-MEN	15-18 MARCH 2023	AIU & Chandigrh University, Punjab
	SAYAND P V	1 BA HISTORY			
15	USAMATH M P	11 MCOM			

CO-OPERATIVE ARTS & SCIENCE COLLEGE, MADAYI
DEPARTMENT OF PHYSICAL EDUCATION


SELECTED TO KANNUR UNIVERSITY WEIGHTLIFTING TEAM FOR THE ALL INDIA INTER UNIVERSITY CHAMPIONSHIP AT CHANDIGRAH UNIVERSITY MOHALI.



USAMATH
(2nd M-COM)



GOKUL
(1st BA History)



SAYANTH
(1st BA History)

Congratulations

CO-OPERATIVE ARTS & SCIENCE COLLEGE, MADAYI
DEPARTMENT OF PHYSICAL EDUCATION

PLAYERS SELECTED TO KANNUR UNIVERSITY KHO- KHO WOMEN TEAM 2022-23



MIDHUNA K
(2ND BSC MATHS)



ANJITHA M V
(3RD BA MALAYALAM)



SYSHADEVI K
(2ND BCOM)



SHAYANA P
(2ND BA MALAYALAM)



NANDANA T P
(2ND BA ENGLISH)

Congratulations

ACHIVEMENTS - STATE LEVEL

The students of our college showcased outstanding skill and commitment in numerous state-level championships throughout the academic year 2023-24.

- **1 Player participated in the Kerala State Kho-Kho Championship.**



- 6 Players of our College have participated in the Kerala State Tug of War Championship.

KERALA STATE TUG OF WAR ASSOCIATION
 (Reg. No. ER 621/99)
 Affiliated to Tug of War Federation of India & Kerala Olympic Association
 Recognised by Kerala State Sports Council
 Ambalayan, Kuttikkattukara, Udoyamandal P.O., Pin. 683 501
 Email: keralastatetugofwarassociation@gmail.com

MORNING STAR COLLEGE ERANAKULAM
24.06.2023

No. KSTWA676/2023

PARTICIPATION CERTIFICATE

Name: **ANANYA K**

Date of birth: **06-09-2004** Event: **WOMEN - 500 KG**

Father's Name: **NARAYANAN K**

District: **KANNUR**

24th Day Of June

Dr. Jose Padinjil Chinnathal
Chairman
Kerala State Sports Council

JOSEPH VAZHACKAN EX. M.L.A. President
 MUHAMMED RASHEED Udg. Secretary
 R. RAMANATHAN Hon. Secretary

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MORNING STAR COLLEGE ERANAKULAM
24.06.2023

No. KSTWA674/2023

PARTICIPATION CERTIFICATE

Name: **HARITHA K**

Date of birth: **29-06-2002** Event: **WOMEN - 500 KG**

Father's Name: **SHAJI K**

District: **KANNUR**

24th Day Of June

Dr. Jose Padinjil Chinnathal
Chairman
Kerala State Sports Council

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 MUHAMMED RASHEED Udg. Secretary
 R. RAMANATHAN Hon. Secretary

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MORNING STAR COLLEGE ERANAKULAM
24.06.2023

No. KSTWA671/2023

PARTICIPATION CERTIFICATE

Name: **LAKSHMIPRIYA A V**

Date of birth: **31-05-2003** Event: **WOMEN - 500 KG**

Father's Name: **NARAYANAN V K**

District: **KANNUR**

24th Day Of June

Dr. Jose Padinjil Chinnathal
Chairman
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MORNING STAR COLLEGE ERANAKULAM
24.06.2023

No. KSTWA672/2023

PARTICIPATION CERTIFICATE

Name: **MALAVIKA C**

Date of birth: **03-06-2003** Event: **WOMEN - 500 KG**

Father's Name: **MANOHARAN C**

District: **KANNUR**

24th Day Of June

Dr. Jose Padinjil Chinnathal
Chairman
Kerala State Sports Council

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 MUHAMMED RASHEED Udg. Secretary
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 Email: keralastatetugofwarassociation@gmail.com

MORNING STAR COLLEGE ERANAKULAM
24.06.2023

No. KSTWA673/2023

PARTICIPATION CERTIFICATE

Name: **NANDHANA R**

Date of birth: **23-07-2003** Event: **WOMEN - 500 KG**

Father's Name: **SANTHOSH M**

District: **KANNUR**

24th Day Of June

Dr. Jose Padinjil Chinnathal
Chairman
Kerala State Sports Council

JOSEPH VAZHACKAN EX. M.L.A. President
 MUHAMMED RASHEED Udg. Secretary
 R. RAMANATHAN Hon. Secretary

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 Email: keralastatetugofwarassociation@gmail.com

KERALA STATE 29 TH SENIOR TUG OF WAR CHAMPIONSHIP 2022-23
 POLICE CAMP MUTTIKUTTAGARA, PALAKKAD
 ON 17.07.2022

No. KSTWA411/2022

PARTICIPATION CERTIFICATE

Name: **RISHIKA M**

Date of birth: **21-09-2003** Event: **WOMEN - 500 KG**

Father's Name: **BALAKRISHNAN A V**

District: **KANNUR**

17th day of July

Dr. Jose Padinjil Chinnathal
Chairman
Kerala State Sports Council

JOSEPH VAZHACKAN EX. M.L.A. President
 TELIN K THAMBY Udg. Secretary
 R. RAMANATHAN Hon. Secretary

ACHIVEMENTS – UNIVERSITY LEVEL

As a result of participating in various inter-collegiate tournaments under Kannur University, we have achieved several notable accomplishments. The most notable among them is winning the Inter-Collegiate Weightlifting Championship for the second consecutive time. Additionally, we secured the Runner-up positions in both the Inter-Collegiate Kho-Kho tournaments for men and women.

TEAM ACHIEVEMENTS - UNIVERSITY LEVEL

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



INDIVIDUAL ACHIEVEMENTS -University level

SI No	Name	Class	Event	Position
1	Usamath M P	I1 MCom	Weight Lifting	first
2	Sayand P V	I BA HISTORY	Weight Lifting Body Building	First Second
3	Gokul C	I BA HISTORY	Weight Lifting Power lifting Body Building	First First Third
4	Muhammed Anshad C	1 BA HISTORY	Weight Lifting Powerlifting	First Third
5	Muhammed Nihal P M	1 BBA	Weight Lifting	second
6	Muhammed shamal M P	I1 BA HISTORY	Weight Lifting	second
7	Muhammed shareef P P	I11 BBA	Weight Lifting	Second
8	Muhammed Shahzad T P	I1 BBA	Weight Lifting Powerlifting	Third Second
9	Adil Abdul Jaleel	111 BA HISTORY	Weight Lifting	Third
10	Aiswarya K M	II1BA HISTORY	Weight Lifting	Second
11	Anjana Babu P	III BA HISTORY	Weight Lifting	Third
12	Amitha Krishnan k	III BA HISTORY	High Jump	third
13	Nandhana R	11 HIS	Weight Lifting	First
14	Malavika C	11 BBA	Weight Lifting	Second
15	Haritha K	11 ENG	Weight Lifting	Third
16	Gaya K K	1 Malayalam	Weight Lifting	Second
17	Jishnu P	111 BA Malayalam	Athletics 400 mtr	Second



ACHIEVEMENTS IN DISTRICT CHAMPIONSHIPS

During the academic year 2023-24, our college excelled in several district championships, showcasing our commitment to sports excellence and competitive spirit.

SI No	Event	Position
1	Kho-Kho (Men)	Second
2	Kho-Kho (Women)	Second
3	Tug of War Women)	First
4	Tug of War (Men)	Second

PARTICIPATION IN TOURNAMENTS

Participating in various tournaments enriches the college experience, contributes to excellence in sports performance and student development, and enhances the overall profile and spirit of the institution.

PARTICIPATION - Inter Collegiate Championships

During the year 2022-23, the college participated in the following Inter-collegiate tournaments under Kannur University.

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)
8	Tug of War (Men&Women)
9	Judo Men
10	Best Physique
11	Cricket Men
12	Wrestling Men




CO-OPERATIVE ARTS & SCIENCE COLLEGE, MADAYI
 DEPARTMENT OF PHYSICAL EDUCATION

കണ്ണൂർ സർവ്വകലാശാല ഇന്റർ-കോളിജിയറ്റ് വെയ്റ്റ് ലിഫ്റ്റിംഗ് ചാമ്പ്യൻഷിപ്പിൽ തുടർച്ചയായി രണ്ടാം വർഷവും മാടായി കോളേജ് ഫോട്ടോയായി



Congratulations



PARTICIPATION -DISTRICT CHAMPIONSHIP

During the year 2022-23, the college participated in the following District inter- club Championships

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

COACHING CAMPS ORGANIZED

1. Coaching Camp-University Level

The college organized a 7-day coaching camp for the University Kho-Kho Men's team in preparation for the South Zone Inter University Championship during 2022-23.

2. Coaching Camp-College Level

The sports coaching camps aims to prepare athletes both physically and mentally for upcoming matches, ensuring they are well-equipped to perform at their best while embodying the principles of sportsmanship and teamwork.

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	Cricket Men

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
1	University Inter-Collegiate Cross Country Men and Women Championship	21&22 November 2022
2	University Inter-Collegiate Swimming Men and Women Championship	9 th December 2022
3	University Inter-Collegiate Weightlifting Men & Women Championship	12 th January 2023

KANNUR UNIVERSITY INTER COLLEGIATE CROSS COUNTRY MEN AND WOMEN CHAMPIONSHIP

The Department of Physical Education at Co-operative Arts and Science College Madayi organized the Kannur University Inter-Collegiate Cross-Country Men's and Women's Championship on November 21, 2022. Teams from 12 affiliated colleges of Kannur University participated in the event. Dr. Joe Joseph, Deputy Director of Physical Education at Kannur University, inaugurated the tournament. Our girls' team secured 3rd position and boys team secured fourth position in the Championship. Sri. Anoop K V, Assistant Director of Physical Education at Kannur University, distributed prizes to the winners.



KANNUR UNIVERSITY INTER COLLEGIATE WEIGHTLIFTING MEN AND WOMEN CHAMPIONSHIP

Department of Physical Education, Co-operative Arts and Science College Madayi organized Kannur University Inter Collegiate Weightlifting Men and Women Championship on 12th January 2022. Men and Women team from affiliated colleges in Kannur University were participated. Sri. Sri Raghunath P, Academic Council Member, Kannur University inaugurated the Tournament and Sri. Anoop K V, Asst. Director of Physical Education distributed prizes to the winners.

Position Secured : Boys -Champions, Girls -4th

2. DISTRICT CHAMPIONSHIPS

SI No	Event	Date
1	District Tug of War Senior Championship	9 July 2022

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 Tug of War Championship

Academic Year	:	2022-2023
Date(s) on which programme conducted	:	15 September 2022
Collaborating agency inside or outside the institution	:	Nil
Number of Students participated in the programme	:	120

Department of Physical Education organized Inter-Departmental Tug of War championship on 15th September 2022. Men and Women teams from 6 departments were participated in the championship. Smt R Rajasree, IQAC Co-Ordinator Inaugurated the Tournament. Principal Smt E S Latha distributed the prizes to the winners.

Result- Men

1. Malayalam
11. Management Studies
111. History

Result -Women

1. Commerce
11. Management Studies
111. Commerce



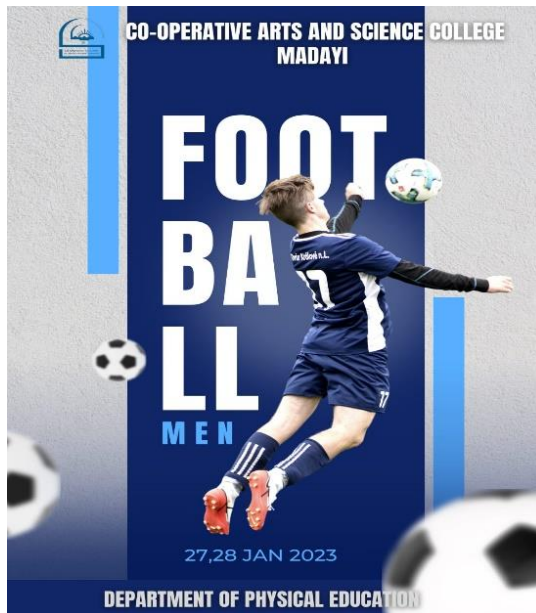
Inter Departmental Football Men Championship

Academic Year	:	2022-2023
Date(s) on which programme conducted	:	27 & 28 January 2023
Collaborating agency inside or out side the institution	:	Nil
Number of Students participated in the programme	:	72

Department of Physical Education organized 7-a side Inter- departmental Football championship from 27th and 28th January 2023. Boys teams from 6 departments were participated in the championship. Smt. E S Latha, Principal, distributed the prizes to the winners.

Result

1. History
11. BBA
111. BCom



Annual Athletic Meet 2022-2023

Academic Year	:	2022-2023
Date(s) on which programme conducted	:	2 March 2023
Collaborating agency inside or out side the institution	:	Nil
Beneficiaries	:	Students of the college
Number of Students participated in the programme	:

A brief Report on programme:

Department of Physical Education organized Annual Athletic Meet 2nd March 2023. Students from 6 departments were participated in the Athletic Meet. Smt E S Lath, Principal of the college Inaugurated the Tournament. Sm.t Rajasree K, IQAC Co-Ordinator distributed the prizes to the winners.

Result (overall Championship)

1.BCom

11. History

111. BBA





Future Goals

- Enhance student engagement through new sports initiatives and intramural leagues.
- Expand community outreach programs to promote health and fitness beyond campus boundaries.
- Secure additional funding to upgrade facilities and equipment.
