

# Co-operative Arts and Science College, Madayi

## Department of Physical Education

### ANNUAL REPORT 2019-20

The overall summary of the events and activities of the year 2019-20 is below.

#### ACHIVEMENTS

#### ACHIVEMENTS - National Level

- **Renju P A (II BA Malayalam)** bagged Silver medal in the All India Inter university Tug of War (Women) Championship.
- **Sibin Varghese (I BBA)** Secured Fourth place in the All India Inter university Tug of War (Mixed Category) Championship.
- **Saranya K (III BA Malayalam) and Renju P A (II BA Malayalam)** represented Kerala State in the Ek-Bharath-Sresht Bharath Tug of War Championship held at Nanded, Maharashtra and bagged Gold Medal.
- **Akshay V (I BA History)** represented Kerala team in the Junior National Kho Kho Championship HELD at Maharashtra.





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

A total number of **14** students from our college represented the University in various events in the Inter-University Tournaments.

Sl No	Name of Student	Class	Event
1.	AKHILESH K V	I MCOM	Chess
2	ABHIRAMI M	III BBA	Kho-Kho
3	SREESHNA C V	III BA ENGLISH	Kho-Kho
4	ARSHA BALAN P	II BA MALAYALAM	Kho-Kho
5	JOSHNA E V	III BA ENGLISH	Kho-Kho
6	RAMYA V P	II BSCMATHS	Kho-Kho
7	ASWATHI C	II BBA	Kho-Kho
8	RENJU P A	II BA MALAYALAM	Tug of War
10	SIBIN VARGHESE	IBBA	Tug of War
11	SOURAV V V	III BCOM	Kho-Kho
12	ABIRAJ N	III BSC MATHS	Kho-Kho
13	SANDEEP K	III BA HISTORY	Kho-Kho
14	AKSHAY V	I BA HISTORY	Kho-Kho



### ACHIVEMENTS - STATE LEVEL

21 students (-Kho-Kho-14 players, Taekwondo-3 players and Athletics-4) of our college participated in the State Championships.

### ACHIVEMENTS – UNIVERSITY LEVEL

#### TEAM ACHIEVEMENTS - UNIVERSITY LEVEL

SL NO	EVENT	POSITION
1	Kho-Kho (Men)	First
2	Kho-Kho (Women)	First
3	Taekwondo (Men)	Second
4	Tug of War (Women)	Third
4	Athletics Women	Third





**University Inter Collegiate Kho-Kho Men Women Champions**



**University Taekwondo Men Runners**



**University Tug of War Women Third**

**INDIVIDUAL ACHIEVEMENTS -University level**

<b>Sl No</b>	<b>Name of Student</b>	<b>Class</b>	<b>Event</b>
1	RENJU P A	II BA MALAYALAM	ATHLETICS - DISCUSSTHROW-FIRST
2	DHEERAJ	I BA HISTORY	ATHLETICS -20 KM WALKING-FIRST
3	ATHIRA T C	III BBA	ATHLETICS- SHOTPUT - THIRD
4	ARSHA BALAN P	II BA MALAYALAM	ATHLETICS- HIGH JUMP- THIRD
5	DILNA BABU	II BA HISTORY	ATHLETICS- 400 MTR HURDLES- THIRD
6	JAYADIL JAYASENAN	I BBA	TAEKWONDO- FIRST
7	ANASWAR M	I BBA	TAEKWONDO- SECOND
8	HISHAM MOIDEEN	III BCOM	TAEKWONDO- THIRD
9	MUHAMMED MINAZ	II BCOM	WEIGHTLIFTING Second
10	SHAHANAD BHAYAN	II BBA	WEIGHTLIFTING Second
11	MUHAMMED SHAREEF P P	I BA ENGLISH	WEIGHTLIFTING Second
12	RENJU P A	II BA MALAYALAM	WEIGHTLIFTING -SECOND
13	ATHIRA T C	III BBA	WEIGHTLIFTING -THIRD
14	Arsha Balan P, Dilna Babu, Joshna EV		4X 100 MTR RELAY-Third





Reshmi P R, Dilna Babu, Joshna E V, Arsha Balan 3rd in 4x100 mtr Relay



Athira T C - 3 BBA- 3 rd in Shotput

പരിമിതികളെ മറികടന്ന് കണ്ണൂർ യൂണിവേഴ്സിറ്റി അത്ലറ്റിക് മീറ്റിൽ തിളക്കമാർന്ന വിജയം നേടിയ മാടായി കോളേജിലെ കുട്ടികൾക്ക് അഭിനന്ദനങ്ങൾ

1. Renju PA- Gold -Discuss Throw
2. Dheeraj P. K- Gold - 20 km walking
3. Arsha Balan P - Bronz - High Jump
4. Dilna Babu - Bronz - 400 Mtr Hurdles
5. Alhira TC - Bronz\_Shotput
6. 4x100 Relay Team ( Joshna EV, Rashmi PR, Arsha Balan P,Dilna Babu ) - Bronz



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## ACHIEVEMENTS IN DISTRICT CHAMPIONSHIPS

SL.NO	EVENT	POSITION
1	Kho-Kho(Men)	Second Place
2	Kho-Kho(women)	First Place.
3	Athletics (Women)	3 gold and 3 Silver medal
4	Athletics (Men)	1 Gold, 1 Silver
5	Weight lifting(Men)	2 Gold, 2 Silver
6	Weightlifting (Women)	1 Gold, 1 Silver

## PARTICIPATION IN TOURNAMENTS

### PARTICIPATION - INTER COLLEGIATE CHAMPIONSHIPS

During the year 2019-20, the college participated 14 events in Boys section and 6 events in the Girls section in the Kannur University Inter-Collegiate Championship.

SI No	Event	Category
1	Tug of War	Men and Women
2	Athletics	Men and Women
3	Chess	Men
4	Kho Kho	Men and Women
5	Cross Country	Men and Women
6	Football	Men
7	Judo	Men
8	Powerlifting	Men
9	Weightlifting	Men and Women
10	Taekwondo	Men and Women
11	Cricket	Men
12	Wrestling	Men
13	Boxing	Men
14	Judo	Men
15	Kalarippayattu	Men

## PARTICIPATION -DISTRICT CHAMPIONSHIP

The College also participated in 4 District Championships

Sl No	Event	Category
1	Kho-Kho, ,	Men and Women
2	Weight Lifting	Men and Women
3	Athletics	Men and Women
4	Tug of War	Men and Women

- Around 150 students participated in various sports events in the year 2019-20.

## COACHING CAMPS ORGANIZED

### 1. KERALA STATE SENIOR TUG OF WAR TEAM CAMP

The college hosted a 10-day coaching camp for the Kerala State tug of war team in preparation for the National Championship.





## 2. COACHING CAMPS-COLLEGE LEVEL

- The Dept. of Physical Education organized Coaching camps for 11 events.

SI No	Event	Category	No. of days
1.	Tug of War	Men and Women	30
2.	Athletics	Men and Women	60
3.	Chess	Men	14
4.	Kho Kho	Men and Women	40
5.	Cross Country	Men and Women	20
6.	Football	Men	15
7.	Powerlifting	Men	30
8.	Weightlifting	Men and Women	50
9.	Taekwondo	Men and Women	14
10.	Cricket	Men	21
11.	Wrestling	Men	10

## 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

SL.NO	EVENT	Date
1	Kannur University Kho Kho Championship	24,25 &27 September 2019
2	Kannur University Weightlifting Women Championship	07 February 2020
3	District Senior Tug of War Championship	24 ugust 2019

## A. KANNUR UNIVERSITY INTER COLLEGIATE KHO-KHO MEN AND WOMEN CHAMPIONSHIP

Name of the Programme/Event	KANNUR UNIVERSITY INTER COLLEGIATE KHO-KHO MEN AND WOMEN CHAMPIONSHIP
Date	24,25&27 September 2019
Description of the Programme	The Department of Physical Education at Co-operative Arts and Science College Madayi organized the Kannur University Inter-Collegiate Kho Kho Men's and Women's Championship at our college from 24th to 27th September 2019. Teams from 12 colleges participated in both categories. The college's Men's and Women's teams emerged as champions. The tournament was inaugurated by Sri M K Rajan, Manager of the college, and prizes were distributed to the winners by Sri Raghunath P, Member of the Academic Council of Kannur University.
Organizer	Department of Physical Education
Number of Participants	24
Position Secured	MEN-FIRST WOMEN -FIRST



## 2. UNIVERSITY WEIGHTLIFTING WOMEN CHAMPIONSHIP

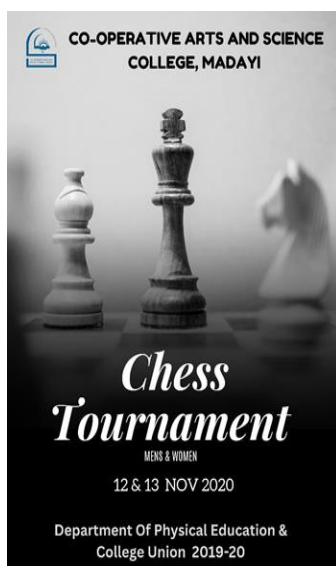


## INTER DEPARTMENTAL TOURNAMENTS

### 1. INTER -DEPARTMENTAL CHESS CHAMPIONSHIP

Name of the Programme/Event	INTER -DEPARTMENTAL CHESS CHAMPIONSHIP
Date	12th and 13th November 2019
Description of the Programme	The Department of Physical Education successfully organized the Inter-Departmental Chess Championship on 12th and 13th November 2019 at our college. The championship saw enthusiastic participation from both boys' and girls' teams representing 6 departments. Dr. N Padmanabhan, Principal of the college distribute the prizes to the winners.
Organizer	Department of Physical Education
Number of Participants	48





## 2. INTER- DEPARTMENTAL FOOTBALL MEN CHAMPIONSHIP

Name of the Programme/Event	INTER- DEPARTMENTAL FOOTBALL MEN CHAMPIONSHIP
Date	8 January 2020
Description of the Programme	Department of Physical Education organized 5's inter-departmental Football championship on 08th January 2020. Boys teams from 6 departments were participated in the championship
Organizer	Department of Physical Education
Number of Participants	72
Position Secured	1.History 11. BCom 111. Malayalam



### 3. INTER DEPARTMENTAL TUG OF WAR CHAMPIONSHIP

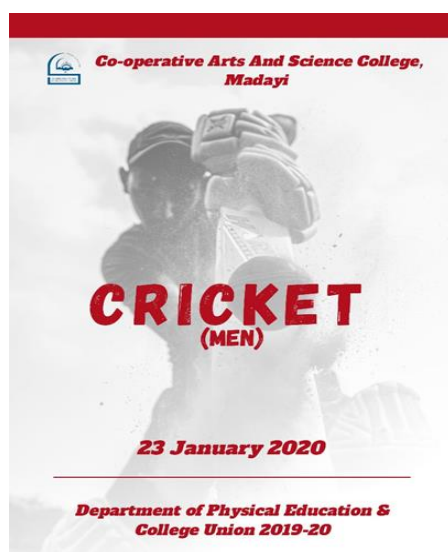
Name of the Programme/Event	INTER DEPARTMENTAL TUG OF WAR CHAMPIONSHIP	
Date	16th January 2020	
Description of the Programme	Department of Physical Education organized Inter- Departmental Tug of War championship on 16th January 2020. Men and Women teams from 6 departments were participated in the championship. Our Principal Dr. N Padmanabhan distributed the prizes to the winners.	
Organizer	Department of Physical Education	
Number of Participants	108	
Position Secured	<b>Result- Men</b> 1. BCom 1. History 2. Maths	<b>Result -Women</b> 1. Malayalam 2. History 3. BBA



### 4. INTER DEPARTMENTAL CRICKET MEN CHAMPIONSHIP

Name of the Programme/Event	INTER DEPARTMENTAL CRICKET MEN CHAMPIONSHIP	
Date	23 January 2020	
Description of the Programme	Department of Physical Education organized Inter- departmental Cricket championship on 23 January 2020. Boys teams from 6 departments were participated in the championship. Sri Praveen	

	Mathew, being the HOD of Physical Education, distributing the prizes
Organizer	Department of Physical Education
Number of Participants	74
Position Secured	1. Mathematics 11. Malayalam 111. English



## 5. ANNUAL ATHLETIC MEET 2019-2020

Name of the Programme/Event	ANNUAL ATHLETIC MEET 2019-2020
Date	February 11, 2020
Description of the Programme	The Annual Athletic Meet organized by the Department of Physical Education on February 11, 2020, was a vibrant event. The participation of students from six departments in various athletic events likely made it a day filled with energy and sportsmanship. Dr. N Padmanabhan, the Principal, inaugurating the tournament. The distribution of prizes by Sri Johny M V, Associate Professor from the Department of



	History, would have been a moment of recognition and celebration for the winners.
Organizer	Department of Physical Education
Number of Participants	187
Position Secured	Result (overall Championship) 1. History 11. BCom 111. Malayalam

