

# Department of Physical Education

## Activity Report 2019-20

The year's activities of the Department of Physical Education commenced with a coaching camp in chess intended for both boys and girls from 13<sup>th</sup> August 2019 and the team selected took part in the Kerala University Inter Collegiate Chess Championship held at Bishop Moore College, Mavelikkara from 3<sup>rd</sup> and 4<sup>th</sup> October 2019. The team had been positioned eleventh in the Championship. Training session to the cricket men team started from 17<sup>th</sup> September 2019 during evening hours from 3pm to 5.30pm. Fourteen players attended the training session and the team took part in the South zone Inter-Collegiate Cricket Championship held at LNCPE, Trivandrum on 8<sup>th</sup> October 2019. Another activity was the simultaneous training in Kabaddi and Volleyball given to the boys' team. Members of the Volleyball team were given accommodation inside the campus and training was given by Mr. Arshid, a former Kerala and Bharathiyar University player and a state youth volleyball team member. The team performed well in the Kerala University Intercollegiate and senior District volleyball championship and the team reached up to the semifinal level in this championship.



**Volleyball team**



**Chess team**

The activities of Department of Physical Education is properly coordinated and controlled by the College Sports Club constituted by Principal as President and Head of the Department of

Physical Education as Secretary, three staff from teaching community, Sportsclub secretary and four Association captains from among students.

SI No	MEMBERS	DESIGNATION
1	PRINCIPAL	PRESIDENT
2	HOD PHYSICAL EDUCATION	SECRETARY
3	SRI. ASEEM J	MEMBER
4	DR. DILSHAD BIN ASHREF	MEMBER
5	AFSAL N	SPORTS CLUB SECRETARY
6	SHAMSHEER (BA)	MEMBER
7	THOLHATH (BSC)	MEMBER
8	ADINAN(TTM)	MEMBER
9	RAMEES(BCOM)	MEMBER

#### Camps conducted

Sl.No	Event	Male	Female
1	Chess	✓	✓
2	Cricket	✓	
3	Volleyball	✓	
4	Kabaddi	✓	
5	Fencing	✓	✓
6	Net ball	✓	✓

The much-awaited Annual Sports Meet of the College was held on 12<sup>th</sup> and 13<sup>th</sup> November 2019 which they welcomed with excitement and executed in a frolicsome atmosphere. The programme began with the welcome address of the Head of the Department of Physical Education, Dr.Baiju.A.Dr.P.Nazeer,Principal of our College presided over and emphasized the importance of sports in one's life. The Chief Guest Sri. Ajayan.J, Sub-Inspector of Police took the salute of the impressive March past of the four associations proudly led by Association Captains (Shamsheer,(BA), Tholhath (B.Sc), Adinan (TTM) and Ramees (B.Com) respectively.

The students involved themselves into the spirit of the occasion in an awesome way with the oath being administered by Afsal.N, Sports Club Secretary of the College and the ceremony

concluded with his vote of thanks. The award for the best march past team trophy was awarded to BA Association and the runnerup trophy was shared by bothBSc and BCom Associations.

### **Events conducted with results**

Sl.No	Events	Category		I	II	III
1	100M/200,400 ,800,1500	M		Rameez.S, III B.Com	MuhammedNoufal, I BA	Anshad, II TTM
			W	Vishnupriya.G.S III B.COM	Shabina.S, II B.Sc	Ajmi.S, II BA
2	Long jump	M		Anwar,S, I BA	Safwan, II BA	Tholhath, II B.Sc
			W	Akshara.G, II B.Com	Ajmi.S, II BA	Shibina.A.S, II B.Sc
3	High jump	M		Afsal.N, II TTM	Anwar.S, I BA	Asif.S, III B.Com
			W	Shabna.S, II B.Sc	Rahina.M.S, II B.Sc Vishnupriya.G.S, III B.Com	AfnaSalim, I BA FathimaRafeela, III BA
4	Shotput	M		Anshad.R, II TTM	Ansif.H, III B.Com	Noufal.S, III B.Sc
			W	Bushra.B.Shajahan, II B.Sc	Shabina.S.S, II B.Com	Archa Dev. S, II TTM
5	Discuss throw	M		Ansif.S, III B.Com	Muh.Shabin.S, III B.Com	Afsal.A, II BA
			W	Hancy. N, III BA	Bushra. B.Shajahan, II B.Sc	Aswathy.A, II B.Com
6	Javalin throw	M		Benzer, III B.Com	Muh.Shabin, III B.Com	Ansif.H, III B.Com
			W	Hansi, III BA	Shabana, II B.Sc	Bushra.B.ShajahanIIB.Sc
7	Hammer throw	M		Afsal.T, II BA	Shabin, III B.Com	Shinoj, II B.Com
			W	Shabina.S.S, II B.Com	Shabana.S, II B.Sc	Abimol, II TTM





## HEALTH AND FITNESS EDUCATION -OPEN COURSE

An open course in Health and Fitness Education for the 5th semester students was conducted by the Department of Physical Education from the month of September 2019. There were 53 students attended the course. The purpose of the course was to make aware about health and its importance in the day to day life.

### Number of students attended

Sl.No.	Class	Girls	Boys	Total
1	BA	4	7	11
2	BSC	0	5	5
3	BCOM	12	11	23
4	TTM	1	13	14
TOTAL				53

## MANNANIYA COLLEGE TEAMS IN THE INTER COLLEGIATE TOURNAMENTS

Sl.No	TEAMS	MEN	WOMEN	POSITION	
				men	women
1	CHESS	*		11	
2	CRICKET	*		NIL	NIL
3	VOLLEYBALL	*		NIL	NIL
4	ATHLETICS	*	*	NIL	NIL
5	FENCING(Team)	*	*	II&III	2 Thirds

## INTER ASSOCIATION COMPETITIONS CONDUCTED

Sl.No	EVENTS	singles	doubles	category	
				men	women
1	chess	*		*	*
2	Carroms	*	*	*	*
3	Shuttle badminton	*	*	*	*
4	Kabbadi			*	
5	Volleyball			*	
6	Throwball				*
7	Football			*	
8	Cricket			*	*
9	Best physique			*	
10	Tug of war			*	*

## MFL(Mannaniya Football League)2019-20

Mannaniya Football League was held on 2<sup>nd</sup> and 3<sup>rd</sup> March 2020. The Championship was inaugurated by Dr. MS Noufal, Head of the Department of Malayalam. Dr. Baiju A, Head of the Department of Physical Education welcomed the gathering and Afsal N Secretary of Sports Club proposed vote of thanks. Earlier on 24<sup>th</sup> February auction for players for the four teams (Ramboos FC, Titans FC, Millionaires FC, Devils United) were held. Dr. MS Noufal inaugurated the function

## TEAMS

### TITANS FC

**Manager** Sahal III BA

**Captain** Ramees III BCom

#### Members

AlthafPrabhathAkbarsha Arshad

Aslam Sha Aslam

Jithinjith, Asif

Shahin Arun Rinash,AjasAmalSivam, Ansif, Muhammed

### Millionners FC

Manager Adinan III TTM

Captain Asif Jan III TTM

#### Members

AlAmeen,Rahul Afsal,Vivek

Noufa,IAnanthuSajir, Akhil

Haris, Aman

Aravind, Anand

### RAMBOS FC

**Manager** Shahin III BA

**Captain** Sajid III BA

#### Members

ShamsheerFaisa

Bharath,Anas

### Devils United

Manager Abhijith III BA

Captain Chandru III TTM

#### Members

Sanabir, Sibin

Arunraj, Ansil,





Noufal, Aromal, Sajid

In the thrilling Competition Titans FC won the Championship with 5 points followed by Devils United with 4 points and Millioners FC reached third position with 3 points

## MVL ( Mannaniya Volley League) 2019-2020

Mannaniya Volley League (MVL), the pioneer Volley League Championship in the college history was held on 4<sup>th</sup> and 5<sup>th</sup> march 2020. The event was inaugurated by Dr. P Naseer , Principal of our college on 4<sup>th</sup> March 2020. Dr. Baiju A ,Head of the Department of Physical Education, proposed welcome address and Afsal N , Sports club secretary, proposed vote of thanks.

Earlier on 25<sup>th</sup> February 2020 the auction for players were conducted. The function was inaugurated by Dr. P Naseer, Principal of our college. Players for the four teams (Volley Demon, Challenge Volley, Smashers and Spikers Volley) were selected from the auction.

### Teams

#### Volley Demon

**Manager..**Sanabir III TTM

**Captain....**Anshad III TTM

#### Members

Ramees, Shamsheer  
Shah Aromal, Chandru, Aslam Althaf, Amal Sivam, Sreerag, Asif

Asif jan, Ramees, Akber sha

#### Smashers

#### Challenge Volley

**Manager** Sibin III TTM

**Captain** Benzer III TTM

#### Members

Anas, Mohammed

Asif, Sanoosi

#### Spikers Volley

**Manager**SahalllBCom**Manager** Adinanlll TTM

**Captain** PrabhathllBCom**Captain** Anwar IBA

**Members**

**Members**

Sreesanth,AbhimanueShabin,Deepu,Noufal,Sajad

Vivek, Amal,Haris Ansif,

MahammedShah,Shahin, Arun Raj

Mohemmed, NoufalAnandu,Rinash, Afnan , Aman

In the most awaited and thrilling competition Challenge Volley won the championship with six points followedby Volley Demon with 4 points and Spikers Volley with 3 points



## BEST PHYSIQUE COMPETITION (MR. MANNANIYA 2019- 2020)

Mr. Mannaniya competition (Strong Man of Mannaniya) of the college was held on 28th January 2020.The event was inaugurated byDr.P Naseer ,Principal of our college.Dr MS Noufal. Head of the department of Malayalam felicitated the function and earlier Dr Baiju A Head of the department of Physical Education welcomed the gathering.In the most thrilling and wistful competition Muflih of third Bcom crowned with the Strong Man title followed by Jamanshad of





II Bcom and TharunSurendren of II TTM scored the Bronze medal.

### **Kerala University Intercollegiate Fencing Championship (Men & Women)19-20**

Kerala University Intercollegiate Fencing Championship for Men and Women for the year(2019-20) was held at Mannaniya College,Pangode on 10<sup>th</sup> December 2019. In the opening ceremony on Ad. S. Radhakrishnan, the first Indian Fencing coach and the former Indian Fencing player, participated in the International Fencing Championship held at Usbaskistan, was the Chief Guest. He inaugurated the function. Earlier Dr. Baiju.A, HOD of Physical Education invited the gathering Dr. P. Nazeer, Principal of our College presided over the function. Dr. Biju Kumar, president of Trivandrum District Fencing Association and Head of the Department of Physical Education, TVM, NSS College. Felicitated the function Dr. M.S. Noufal, Head of the Department of Malayalam proposed vote of thanks. 92 students from 12 colleges under University of Kerala took part in the championship.

In the team championship Mannaniya College Men team bagged one silver in foil category and bronze in the Epee category. In women section our team secured bronze medal in Epee and foil category.

In the Valedictory function Adv. S. Radhakrishnan, the former Indian International Fencing Player and the coach in fencing, sports authority of India (SAI) was the Chief Guest and had given out the prizes to the winners. The trophies were sponsored by the teaching and Non-teaching staff of our College. Dr.Baiju.A, Head of the Department of Physical Education proposed vote of thanks.

### **RESULTS**

position	MEN		WOMEN	
	EPEE	FOIL	EPEE	FOIL
I	Govt.Arts,TVPM	Govt.Arts,TVPM	Govt Women's,TVPM	GovtWomen's,TVPM
II	VTMNSS, TVPM	Mannaniya College	VTMNSS, TVPM	VTMNSS, TVPM

III	MannaniyaCollege SNC, Chengannur	VTMNSS,colg,TVPM Govt.Colg,Karyvtm	MannaniyaCollege, Gov.Col,Karyavattom	MannaniyaCollege, SNC, Chengannur
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## TRAINING TO THE ORPHANAGE SCHOOL STUDENTS

Department of Physical Education offered training in athletics, Volleyball and football to the orphanage school students during evening hours after their regular classes and even in holidays. The department personals, trained students and the service of trained personals are also utilized for this purpose.



### PERFORMANCE AT A GLANCE -NATIONAL MEDAL WINNER

SI NO	YEAR	NAME	CLASS	GAME	POSITION	ORGANISED BY
1	2019-20	SREESANTH P NAIR	B.Com TTM	VOLLEYBALL (STUDENT OLYMPIC NATIONAL GAMES)	GOLD	POORNIMA UNIVERSITY, JAIPUR RAJASTHAN

SI NO	YEAR	NAME	CLASS	GAME	CATEGORY	POSITION/ PARTICIPATION
1.	2019-20	JITHINJITH.T	BA	FENCING	JUNIOR STATE	BRONZE
2.	2019-20	ANWAR S	BA	VOLLEYBALL	SENIOR STATE	PARTICIPATION

### STATE CHAMPIONSHIP- MEDAL WINNERS

#### MANNANIYA COLLEGE TEAMS AT INTER COLLEGIATE LEVAL COMPETITIONS

SI No	year	Game	Zone	Position	Organised by
1	2019-20	FENCING- FOIL(MEN)	SINGLE ZONE	RUNNER UP	MANNANIYA COLLEGE OF ARTS AND SCIENCE, PANGODE, TRIVANDRUM
2	2019-20	FENCING- EPEE(MEN)	SINGLE ZONE	FIRST RUNNER UP	MANNANIYA COLLEGE OF ARTS AND SCIENCE, PANGODE, TRIVANDRUM
3	2019-20	FENCING- FOIL(WOMEN)	SINGLE ZONE	FIRST RUNNER UP	MANNANIYA COLLEGE OF ARTS AND SCIENCE, PANGODE, TRIVANDRUM
4	2019-20	FENCING- EPEE(WOMEN)	SINGLE ZONE	FIRST RUNNER UP	MANNANIYA COLLEGE OF ARTS AND SCIENCE, PANGODE, TRIVANDRUM