

## **ANNUAL REPORT OF THE DEPARTMENT OF PHYSICAL EDUCATION** **(2015-16)**

The activities of the Department of Physical Education was carried out under the guidance and supervision of Sports Council of our College. The main aim of the Department of Physical Education is to impart training to the students in the field of sports and to create awareness in Health and fitnesses. Various programmes were arranged to the students in this regard.

### **Sports Council Members**

- |                      |   |
|----------------------|---|
| 1. President         | - A.H. Badrudeen, Principal   |
| 2. Secretary         | - Dr.A. Baiju, Head of the Department of Physical Education                                 |
| 3. Members           | - Sri. Dilshad Bin Ashraf, Department of Psychology<br>Smt. R. Suma, Department of Commerce |
| 4. General Captain   | - Sajad.S, III TTM  |
| Association captains | - Jabarsha, III TTM<br>Sreejith.S.J, III B.Com<br>Midhulal.B.S, III B.Sc<br>Ajmal, III BA   |

Training in Athletics, Volleyball, Softball, Cricket, Shuttlebadminton, Chess and Kabaddi were given before and after the regular classes and even in holidays. Volleyball, Athletics, Chess, and Cricketteams of our College participated in various Inter Collegiate tournaments in different Colleges under the University of Kerala.

### **Camps conducted**

Sl.No	Event	Category	
		M	W
1	Cricket	✓	
2	Volleyball	✓	
3	Chess	✓	
4	Athletics	✓	✓

### **Inter Collegiate Tournaments Participated**

Sl.No	Games	Zone	Selection
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			<b>M</b>	<b>W</b>
1	Cricket	South	✓	
2	Volleyball	South	✓	
3	Chess	Inter Zone	✓	
4	Athletics	Inter Zone	✓	✓
5	Volleyball Inter Collegiate	All Kerala	✓	

College Annual sports meet was held on 9<sup>th</sup> and 10<sup>th</sup> March 2016 in the College Stadium. Dr. A. Baiju, Head of the Department of Physical Education welcomed the gatherings. Sri.A.H. Badrudeen, Principal of our College inaugurated the meet. After the inaugural address Principal hoisted the flag.



**Flag hoisting by the Principal**



**March past**

Sports club secretary, Sajad. S, III TTM took the oath and it was followed by vote of thanks. After a thrilling competition TTM Association with 208 points bagged the overall championship followed by B.Com with 156 points.

### **Overall Championship**

Position	Association
I	TTM
II	B.Com
III	BA



**Oath taking****assembling the Athletes**

Individual championship in Men & women section were bagged by Thoufeek H of III TTM and SameeraBeevi of I BA respectively

**Individual Champion**

Sl.No	Name	Class	Category	
			M	W
1	Thoufeek	III TTM	✓	
2	SameeraBeevi	I BA		✓

In the Cross Country Championship, ShefinShahar of I TTM took the gold and Subin.SS of III B.Com bagged silver. In the keenlycontested Best Physique competitions, the title of strong man of the College went to Subin. SS of III B.Com MuhammedShafi and Thoufeek.N came second and third respectively.

Dr. A. Baiju, HOD of the Department of Physical Education attended the 59<sup>th</sup> Kerala School Athletic Championship as an official, held at Kozhikode from 5<sup>th</sup> to 8<sup>th</sup> December 2015.

**Cross Country Men-Individual**

Sl.No	Name	Class
1	ShefinShahar	I TTM
2	Subin.S	III B.Com
3	Thoufeek.H	III TTM

### Cross Country Team

Position	Association
I	TTM
II	B.Com
III	BA



*Cross Country Championship- Flag off Mass run- promotion of National Games*







*Sports meet 2015-16*



*Tug-of-war*



*Witnessing the sports meet*



*Inauguration of Inter Association Cricket championship*

*College Cricket Team*

**Best Physique (Mr. Mannaniya)**



Position	Name	Class
I	Subin.S.S	III B.Com
II	MuhammedS hafi	III TTM
III	Thoufeek.H	III TTM

*Best Physique Competition*

**Number of students selected to the Southzone Team**

Sl.No	Game	Number of students
1	Volleyball	3

**Students Selected to the South Zone Volleyball team**

Sl.No	Name	Class
1	Muhammed Althaf	II BA
2	Noufal. N	II B.Sc
3	Shefin Shahr	I TTM

**Inter Association Competition conducted**

Sl.No	Events	Section	
		M	W
1	Athletics	✓	✓
2	Cross Country	✓	
3	Best Physique (Mr. Mannaniya)		
4	Chess	✓	✓
5	Carroms	✓	✓
6	Shuttle Badminton	✓	✓
7	Softball	✓	
8	Volleyball	✓	
9	Tug-of-war	✓	✓
10	Football	✓	
11	Cricket	✓	✓
12	Throwball	✓	