The Department of Physical Education

Report 2016-17

The Department of Physical Education

Mary Matha Arts and Science College,

Mananthavady

Dr Maria Martin Joseph

Head, Dept of Physical Education

The Department of Physical Education

Report 2016-17

**Annual Sports Day**

Annual Sport Day was held on 27 January 2017 in our College stadium. Rev Fr Chandy Punakkatu (manager, Mary Matha Arts and Science College, Mananthavady) was the chief guest of the occasion. He received the salute and hoisted the flag . The inaugural function was presided over by our principal Dr. Savio James V. NCC unit of our college led the march past. Aditian General Captain II B Sc Zoology took the oath on behalf of the participant. Ku.Nimya George II B Sc Mathematics in women session and Mr Sarath E R III B com in Men Session became Individual Champions

**Physical Education**

Man consists of three basic factors -- physical, mental and spiritual. It is widely recognized that a sound mind exists in a sound body. Sports is also a cultural activity; it can enrich society and promote friendship among nations when it is practiced fairly. Sports is an activity which offers opportunity for self knowledge, self expression, self fulfillment, personal achievement, social interaction, enjoyment, good health and well being of the individual.

**General Objectives**

1. All-round development of the personality
2. Physically, Mentally, Emotionally, Socially, and Spiritually well balanced individual
3. Sport participation should make interaction with other student studying in various Colleges and University
4. work according to the Need of the student

**Specific Objectives**

1. Make a fine tuned individual
2. Make high level performers
3. Stress on the individual needs
4. Participation in sports makes satisfaction
5. main thrust is given on recreation and relaxation

**UGC Infrastructure Project: (Applied)**

1. Multipurpose Indoor stadium

**Students’ Achievements**

Our students have performed very well in University, Inter-University, district and state level sports and games competitions. Systematic and rigorous training is given to students with a view to constantly improving performance levels. Students are encouraged to participate in and learn new items. Many students have gone on to do well in items they had never tried before coming to the college.

**1. Winners in the Kannur University Inter Collegiate Table Tennis championship 2016-17, both in the Men and women session**

**Men Team**

Denil Tom Paul, Albin Baby, Vishnu V, Ajay C Shibu, Sushob C B

**WomenTeam**

Jasmin Sunny, .Dency Dev, Amrutha V S, Liya Paulose, Aleesha Thomas

Following students selected to the Kannur University Table Tennis Men and Women Team represented the University for the South Zone Inter University Championship held at SRM University, Chennai and Anna University Coimbatore respectively. **Denil Tom Paul, Albin Baby,Vishnu V(Men). Jasmin Sunny, Dency Dev(Women)**

**2. Winners in the Kannur University Inter Collegiate Yoga championship 2016-17, both in the Men and women session**

**Men Team**

Noel Jose, Muhammad Ejas, Arun M S, Jibil K Jolly, Cyril Chacko, Neeraj M

**WomenTeam**

Amala Maria Augustine, Swathi Mohana, Surya Rajan, Riya Johnson, Aswathi Krishnedu, Alena Benny

Following students selected to the Kannur University Yoga Team and represented the University for the All India Inter University Championship to be held at Kurukshetra University, Kurukshetra. 16, to 19 March 2017)

Noel Jose, Muhammad Ejas, Arun M S, Jibil K Jolly, Cyril Chacko**,**  **( Men)**

Amala Maria Augustine, Swathi Mohana, Surya Rajan, Riya Johnson, Aswathi Krishnedu, Alena Benny, **(Women)**

**2. Runner up in the Kannur University Inter Collegiate Judo championship 2016-17, in the Men session and Third Place in Women session**

**Team Members:** (Men) Jayasoory K S , Jakson K B, Albin Binoy, Axcel Vikas Jose, Shamnaj M U , Ajay C raj, Albin Mathew, Abinesh N S

**Team Members:** (Women) Anu Babu, Jewel Benny, Ann Maria John, Tania C Mathew, Anupama Joseph, Athira Jose, Sidhya V Nair, Ramseena T

**3. Winners in the Kannur University Inter Collegiate Archery championship 2016-17, in the Men Session**

AnandP B, Anil Kumar A, Vishnu R, Shivasankaran P A, Amardas K G

**Anand P B,** Anil Kumar A, Vishnu R selected to the Kannur University Archery Team and represented the University for the All India Inter University Championship held at Krishna University, Machilipattanam, Andra.

**4. Runner up in the Kannur University Inter Collegiate Chess championship 2016-17, both in the Men and women session**

**Men Team**

Akash Thomas, Sreeharilal P S, Aji Thomas, Arun Joseph, Jithin C T, Aswin Prasad

**WomenTeam**

**Archana Joseph, Asmila N K, Athira V C, Jency K B, Jithya E S, Arya Mohan**

**Arun Joseph (Men) and Archana Joseph, Ashmila N K (women)** selected to the Kannur University Chess Team and represented the University for the South Zone Inter University Championship held at University ,.

**5**.Best Physique . Mohammad Sherjil won I Place in 80 K G

Our college teams won prizes in Kannur University intercollegiate Table Tennis, Yoga, Judo, Athletics, wrestling, Body Building. Participated in Tug off War, Chess, Cricket, boxing etc. in district and university level competitions.

The college received very good support from the local community and media. Thus the objective of sports was not only achieved amongst the students but also within the larger community as a whole.

**Eligible Student for Grace Mark**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sl | Name | Class | Position/Status | Event | % of Grace Mark |
| 1 | Denil Tom Paul | III B Com | I place (Team Championship)  University Team Member | Table Tennis | 10 |
| 2 | Albin Baby | III B Com | I place (Team Championship)  University Team Member | Table Tennis | 10 |
| 3 | Jasmin Sunny | III Maths | I place (Team Championship)  University Team Member | Table Tennis | 10 |
| 4 | Dency Dev | I M Sc | I place (Team Championship)  University Team Member | Table Tennis | 10 |
| 5 | Vishnu V | II B Com | I place (Team Championship)  University Team Member | Table Tennis | 10 |
| 6 | Ajay C Shibu | I B Com | I place (Team Championship) | Table Tennis | 6 |
| 7 | Sushob C B | II B Com | I place (Team Championship) | Table Tennis | 6 |
| 8 | Aleesha Thomas | III Physics | I place (Team Championship) | Table Tennis | 6 |
| 9 | Liya Paulose | II English | I place (Team Championship) | Table Tennis | 6 |
| 10 | Amrutha V S | III Physics | I place (Team Championship) | Table Tennis | 6 |
| 11 | Arun M S | I Zoology | I place (Team Championship)  University Team Member | Yoga | 10 |
| 12 | Ehjas Aslam | IIIB Sc Mathematics | I place (Team Championship)  University Team Member | Yoga | 10 |
| 13 | Jibil K Jolly | II B Com | I place (Team Championship)  University Team Member | Yoga | 10 |
| 14 | Cyril Chacko | I Com Sci | I place (Team Championship)  University Team Member | Yoga | 10 |
| 15 | Noel Joseph | III B Com | I place (Team Championship)  University Team Member | Yoga | 10 |
| 16 | Neeraj M | III Chemistry | I place (Team Championship) | Yoga | 6 |
| 17 | Riya Johnson | II English | I place (Team Championship)  University Team Member | Yoga | 10 |
| 18 | Aswathi Krishnendudas | II B Sc Maths | I place (Team Championship)  University Team Member | Yoga | 10 |
| 19 | Amala Mary Augustine | III Chemistry | I place (Team Championship)  University Team Member | Yoga | 10 |
| 20 | Surya Rajan | III B A English | I place (Team Championship)  University Team Member | Yoga | 10 |
| 21 | Swathy Mohan | III Chemistry | I place (Team Championship)  University Team Member | Yoga | 10 |
| 22 | Aleena Benny | II English | I place (Team Championship)  University Team Member | Yoga | 10 |
| 23 | Arun Joseph | II Physics | II place (Team Championship)  University Team Member | Chess | 9 |
| 24 | Akash Thomas | III Maths | II place (Team Championship) | Chess | 4 |
| 25 | Sreeharilal | III Maths | II place (Team Championship) | Chess | 4 |
| 26 | Aji Thomas | III Chemistry | II place (Team Championship) | Chess | 4 |
| 27 | Jithin C T | II Maths | II place (Team Championship) | Chess | 4 |
| 28 | Aswin Prasad | I English | II place (Team Championship) | Chess | 4 |
| 29 | Archana Joseph | III Maths | II place (Team Championship)  University Team Member | Chess | 9 |
| 30 | Asmila N K | II Com Sci | II place (Team Championship)  University Team Member | Chess | 9 |
| 31 | Athira V C | II Com Sci | II place (Team Championship) | Chess | 4 |
| 32 | Jency K B | I Physics | II place (Team Championship) | Chess | 4 |
| 33 | Jithya E S | III Physics | II place (Team Championship) | Chess | 4 |
| 34 | Arya Mohan | III B Com | II place (Team Championship) | Chess | 4 |
| 35 | Anand P B | II English | I place (Team Championship)  University Team Member | Archery | 10 |
| 36 | Anil kumar A | II English | I place (Team Championship) | Archery | 6 |
| 37 | Vishnu R | II BCom | I place (Team Championship) | Archery | 6 |
| 38 | Shivasankaras P A | II English | I place (Team Championship) | Archery | 6 |
| 39 | Amardas K G | III Maths | I place (Team Championship) | Archery | 6 |
| 40 | Mohammed Sherjil | III B Sc Physics | I Place in Best Physique | Best Physique | 6 |
| 41 | Albin Binoy | III Maths | III Place in wrestling  III Place in Judo | Wrestling  Judo | 3 |
| 42 | Noufal V | I Zoology | III Place in wrestling | Wrestling | 2 |
|  |  |  |  |  |  |
| 43 | Shamnaj M U | I Maths | II Place in Wrestling  II Place in Judo | Wrestling  Judo | 5 |
| 44 | Jakson K B | III English | III Place in Judo | Judo | 2 |
|  |  |  |  |  |  |
| 45 | Jayasoorya K S | II B Sc Chemistry | II Place Judo  III Place Wresling | Judo Wresling | 5 |
| 46 | Abhinesh N S | IIIMathematics | III Place Judo | Judo | 2 |
| 47 | Axcel Vikas Jose | I B A English | I Place in Judo | Judo | 6 |
| 48 | Ajay Raj C | I B Sc Maths | III Place in Judo | Judo | 2 |
| 49 | Ann Maria John | I B Sc Maths | I Place in Judo | Judo | 6 |
| 50 | Ramseena T | II B A English | III Place in Judo | Judo | 2 |
| 51 | Jewel Benny | I BSc Physics | II Place in Judo | Judo | 4 |
| 52 | Taniya C mathew | I B Sc Maths | III Place in Judo | Judo | 2 |
| 53 | Anupama Joseph | II B Sc Computer Science | II Place in Judo | Judo | 4 |
| 54 | Athira Jose | I B A English | III Place in Judo | Judo | 2 |
| 55 | Sindya V Nair | I B Sc Maths | III Place in Judo | Judo | 2 |
|  |  |  |  |  |  |

**Hosted the Following Events for the year 2016-17**

1. **Kannur University Inter Collegiate Yogasana Champioship 2016-17 (Date 10/01/117)**

2. **Kannur University Inter Collegiate A Zone Cricket 2016-17 ( date 2 to 14 February 2017)**

3. **Kannur University Table Tennis Coaching Camp 2016-17**

Venue: Mary Matha Arts and Science College Auditorium, Mananthavady

Date : 22 to 26 December 2016

**4. Kannur University Yoga Coaching Camp 2016-17**

Venue: Mary Matha Arts and Science College Auditorium, Mananthavady

Date : 1 to 10 March 2017

Future Development

a) 400 Mtr Track (Plan and estimate )

b) Indoor Stadium (Plan and estimate )

c) Swimming Pool

**Income and Expenditure for the 2016-17**

|  |  |  |  |
| --- | --- | --- | --- |
| **Income** | | **Expenditur** | |
| P D Account | 00.00 | Wayanad Dt Judo | 3200.00 |
| Sports fee(Regular) |  | Tug of War | 3600.00 |
| Sports fee (Self financing) |  | Badminton | 5000.00 |
| 749x100 | 74900.00 | Chess | 9120.00 |
| Fund from SWF | 35000.00 | Hanball Selection | 450.00 |
|  |  | Yogasana | 9900.00 |
|  |  | Wrestling/Cricket Selection | 6200.00 |
|  |  | Table Tennis | 4500.00 |
|  |  | Archery | 8800.00 |
|  |  | Weight Lifting &Body | 1800.00 |
|  |  | PKKM Football | 1700.00 |
|  |  | Cricket (M) | 5600.00 |
|  |  | Judo | 11700.00 |
|  |  | Kalarippayattu | 2000.00 |
| Total of T A , D A |  |  | **73570.00** |
|  |  | Jersey (Apprx)\* | 20000.00 |
|  |  | Sports goods (Apprx)\* | 20000.00 |
| **TOTAL** |  |  | **113570.00** |

**\*Bill not cleared**

**Budget proposal for the year 2016-17**

|  |  |  |  |
| --- | --- | --- | --- |
| **Income** | | **Expenditur** | |
| P D Account | 00.00 |  |  |
| Sports fee(Regular) | 60000.00 |  |  |
| Sports fee (Self financing) | 20000.00 |  |  |
| Fund from SWF | 40000.00 |  |  |
|  |  | Jersey and sports goods | 48000.00 |
|  |  | Students participants | 70000.00 |
|  |  | Registration fees | 2000.00 |
|  |  |  |  |
| **TOTAL** | **120000.00** |  | **120000.00** |

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**PROFESSIONAL DEVELOPMENT ACTIVITIES FOR THE YEAR 2016-17**

1. Attended the meeting of the Board of studies of Physical Education at Kannur University

2. Additional Chief Superintendent for examinations of Kannur University

3. Research Guide of Kannur University

4. Conducted coaching Camp for and Team Manager of the Yoga Team of Kannur University

5. Conducted coaching Camp for the Table Tennis (Men & Women) Team of Kannur University

6. Convener of Kannur University Inter Collegiate Yoga and Cricket (A Zone) championship