

## **GOVERNMENT COLLEGE KARIAVATTOM**

### **DEPARTMENT OF PHYSICAL EDUCATION- ACTIVITY REPORT 2023-2024**

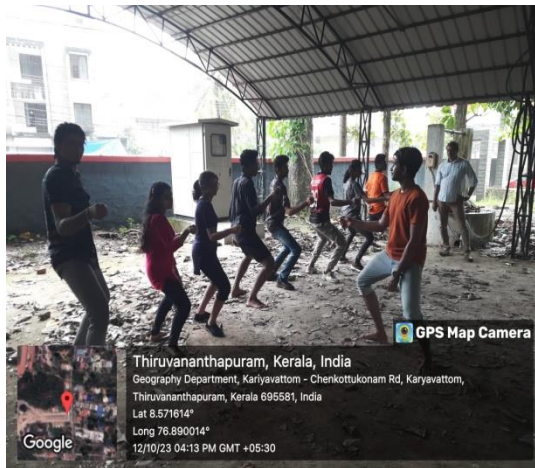
Physical Education block of government college Kariavattom located near the main entrance of the college. A Fitness centre with wide variety of equipments and a Table tennis playing facility is included in the Physical education block. The Department of Physical Education has always been keen in providing opportunity for the all round development of students of our Institution. The department has been providing coaching camps in different games/sports so as to have an improvement in their cognitive learning skills. Practice matches were arranged so as to prepare the teams for various intercollegiate Championships so as to acquire positions in multiple Inter collegiate Tournaments. The department holds responsibility in providing adequate playing kits and uniforms for the participants of these Tournaments. College provide opportunities for the students to participate in Kerala University inter college tournaments, state and district level Tournaments etc.

The Department of Physical Education organized various coaching camps in different games/sports. Coaching camps are conducted prior to the Inter collegiate competitions in a view to prepare the students to achieve good result in the competition. Special care was taken for the fitness and skill development of participants. Coaching camps conducted during the year 2023-24 are as given below.

#### **Coaching Camps conducted during the year 2023-24**

SI No	Event	Category	Funding Authority
1	FOOTBALL	MEN	COLLEGIATE EDUCATION (Plan fund)
2	KHO- KHO	MEN	COLLEGIATE EDUCATION (Plan fund)
3	CRICKET	MEN	COLLEGIATE EDUCATION (Plan fund)
4	FENCING	MEN	COLLEGIATE EDUCATION (Plan fund)
5	FENCING	WOMEN	COLLEGIATE EDUCATION (Plan fund)
6	CHESS	MEN	COLLEGIATE EDUCATION (Plan fund)
7	CHESS	WOMEN	COLLEGIATE EDUCATION (Plan fund)
8	SWIMMING	MEN	COLLEGIATE EDUCATION (Plan fund)
9	ROLL BALL	MEN	COLLEGIATE EDUCATION (Plan fund)
10	FLAG FOOTBALL	MEN	COLLEGIATE EDUCATION (Plan fund)

Photos from various coaching camps

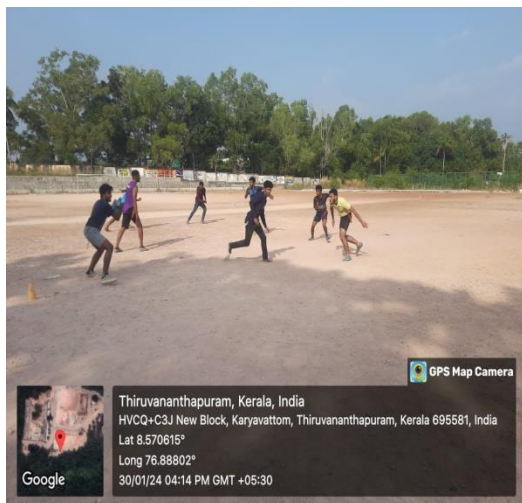












Students of this institution participated and acquired positions in various tournaments which include National/Kerala University Inter collegiate / state level/District level competitions etc during the academic year 2023-2024.

Students from this institution represented the college and participated in the following games/sports as shown below.

Sl. No	Games /sports	Category
1	FOOTBALL	MEN
2	KHO – KHO	MEN
3	FENCING	MEN
4	FENCING	WOMEN
5	AQUATICS	MEN
6	SQUASH RACKETS	MEN
7	WRESTLING	MEN
8	WRESTLING	WOMEN
9	POWERLIFTING	WOMEN
10	BADMINTON	MEN
11	CRICKET	MEN
12	WUSHU SANSHU	MEN
13	WUSHU TAOLU	MEN
14	ATHLETICS	MEN
15	CYCLING	MEN
16	CHESS	MEN
17	ROLL BALL	MEN
18	CHESS	WOMEN

#### OUTSTANDING ACHIEVEMENT- NATIONAL LEVEL POSITON/ PARTICIPATION

SL NO	NAME	CLASS	Photo	Team represented	EVENT	Name of the Tournament	Position
1	RUHUNU KRISHNA	I BSc Bio Technology		KERALA	Swimming	National Games	FIFTH
2	RUHUNU KRISHNA	I BSc Bio Technology		Kerala University	Swimming(1500 M Freestyle)	All India Inter university	Silver

3	RUHUNU KRISHNA	I BSc Bio Technology		Kerala University	Swimming(800 M Freestyle)	All India Inter university	Bronze
4	RUHUNU KRISHNA	I BSc Bio Technology		Kerala University	Swimming(400 M Freestyle)	All India Inter university	BRONZE
5	RUHUNU KRISHNA	I BSc Bio Technology		Kerala University	Swimming(1500M Freestyle)	Khelo India university games	GOLD
6	RUHUNU KRISHNA	I BSc Bio Technology		Kerala University	Swimming 400 M Freestyle	Khelo India university games	SILVER
7	ATHERVA ASOK PATIL	I BSc Computer science		Kerala	Cycling Team sprint	Khelo India Youth games	GOLD
9	ATHERVA ASOK PATIL	I BSc Computer science		Kerala	Cycling Individual sprint	Khelo India Youth games	Silver
10	ATHERVA ASOK PATIL	I BSc Computer science		Kerala	Cycling Kerin race	Khelo India Youth games	Silver
11	KARTHIK IYYAPPAN	I BSc Bio Technology		Kerala University	Swimming	All India Inter University	Participation
12	SHEETHAL PARVATHY	I BSc Computer science		Kerala University	Wrestling	South west zone Inter University	Participation
13	ATHERVA ASOK PATIL	I BSc Computer science		Kerala University	Cycling	South west zone Inter University	Participation

### TEAM ACHIEVEMENT IN KERALA UNIVERSITY INTER COLLEGIATE COMPETITIONS-2023-24

Sl No	Name of the Tournament	Game/ event	Position
1	KERALA UNIVERSITY INTER COLLEGIATE	SQUASH MEN TEAM	SECOND
2	KERALA UNIVERSITY INTER COLLEGIATE	TABLE TENNIS MEN TEAM	THIRD
3	KERALA UNIVERSITY INTER COLLEGIATE	FENCING MEN EPEE TEAM	SECOND
4	KERALA UNIVERSITY INTER COLLEGIATE	FENCING MEN SABRE TEAM	SECOND
5	KERALA UNIVERSITY INTER COLLEGIATE	FENCING MEN FOIL TEAM	THIRD
6	KERALA UNIVERSITY INTER COLLEGIATE	POWERLIFTING WOMEN	THIRD
7	KERALA UNIVERSITY INTER COLLEGIATE	CYCLING MEN	THIRD
8	KERALA UNIVERSITY INTER COLLEGIATE	SWIMMING MEN	FOURTH
9	KERALA UNIVERSITY INTER COLLEGIATE	CHESS MEN	FOURTH

### INDIVIDUAL ACHIEVEMENT- Kerala University Inter collegiate Tournaments 2023-24

SL NO	NAME	CLASS	GAME/EVENT	POSITION
1	RUHUNU KRISHNA	I BSc Bio Technology	400M freestyle	Gold
2	KARTHIK IYYAPPAN	I BSc Bio Technology	50M Breast stroke	Gold
3	RUHUNU KRISHNA	I BSc Bio Technology	400M freestyle	Gold
4	KARTHIK IYYAPPAN	I BSc Bio Technology	100M Breast stroke	Gold
5	RUHUNU KRISHNA	I BSc Bio Technology	400M freestyle	Gold
6	GOWRI NAIR	III BSc Geograpy	Powerlifting (W) 84 plus KG	GOLD
7	SHEETHAL PARVATHY	I BSc Computer Science	Wrestling	GOLD
8	KARTHIK IYYAPPAN	I BSc Bio Technology	200M Breast stroke	SILVER
9	PRANAV R SUBIN	II BSc Bio Technology	WRESTLING U 57	SILVER
10	ATHERVA ASOK PATIL	I BSc Computer Science	Cycling Kevin race	SILVER
11	ANAKHA A S	III BSc Bio Chemistry	Powerlifting (W) 63 KG	SILVER
12	VAISHNAV R D	I BSc Computer Science	Tavalu QUAINSHU	SILVER
13	ATHERVA ASOK PATIL	I BSc Computer Science	Cycling Scratch race	SILVER
14	ARIF NAVAS	III BSc Industrial Chemistry	FENCING EPEE(individual	Bronze
15	ADHARSH.V.R	III BSc Industrial Chemistry	FENCING EPEE(individual	Bronze
16	ROHIN SHAJI	I BSc Geography	Taekwondo U 68	BRONZE
17	VAISHNAV RD	I BSc Computer Science	Taekwondo 80 KG	BRONZE
18	JEYA HARI	III BSc Indu Chemistry	WRESTLING U 54	BRONZE
19	PRINCE IMMANUEL	II BSc Computer Science	Tavalu Nanquan	BRONZE
20	HAREESH HEMANTH	II BSc Computer Science	Tavalu GUNSHU	BRONZE



21	AIWIN C BAIJU	II BSc Computer Science	Tavalu QUIANSHU	BRONZE
22	ROHIN SHAJI	I BSc Geography	Tavalu Traditional event	BRONZE

## **CELEBRATION OF INTERNATIONAL DAY OF YOGA**

Yoga is a Physical, mental and Spiritual practice. Yoga means the unity with inner being. The unity comes after dissolving the duality of mind and matter in to the supreme reality. It is a science by which individual approaches the truth. Yoga is a method by which one obtain control of one's latent powers. It is the means to reach complete self realization. Yoga achieve this by turning their thoughts inward away from the objective world. Yoga is a re-education of one's mental process along with the physical.

International Yoga day Celebrated at Govt college Kariavattom on 21st June 2023 to create awareness among students. This was a great opportunity for the students to bring harmony, confidence and peace among students. Vice Principal of the college Dr Tina Elizabeth Mathew inaugurated the programme. In the inaugural speech he explained about the importance of Yoga in the modern Society. .Senior Yoga professional Cinji P Thomas took yoga class effectively according to International Yoga Protocol .Staff and students actively participated in the programme.Department of Physical Education Govt. College Kariavattom organized this programme in a befitting manner.





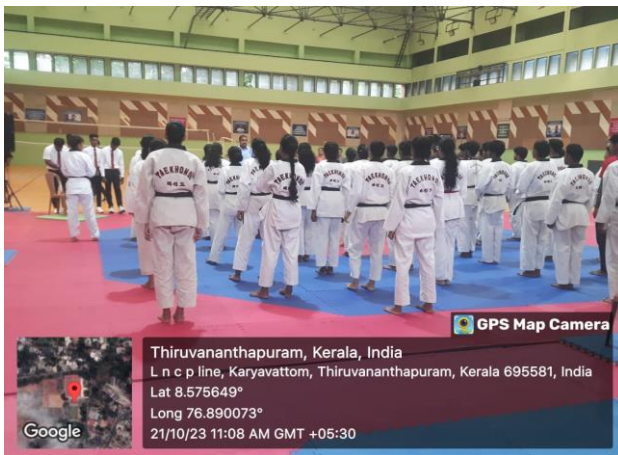
## Kerala University Inter Collegiate Taekwondo Champion Ship

Department of Physical Education Government College Kariavattom has organized Kerala university Inter Collegiate Taekwondo Men & women Championship 2023-24. The Tournament was



conducted in a befitting manner on 21/10/2024. Venue of the Tournament was Lekshmi bai National College of Physical Education Kariavattom. Various college teams both Men and Women from different colleges in the Kerala University participated in the Tournament. The tournament was inaugurated by Prof. Dr Razeena KI, HOD Physical education Iqbal College Thiruvananthapuram. Shri Balagopal (coach & technical official) explained in detailed about the competition rules to the participants Dr A. Mohammed Shafeek HOD Physical Education delivered vote of thanks.

Competitions in all events in taekwondo Men and women category conducted successfully. Team selection trials for the Kerala University Men & Women team also conducted along with the competition. Closing ceremony and prize distributions were held at 4.30 pm. Chief guest of the function was Dr Razia K. I. (Director In charge Department of Physical Education University of Kerala). She distributed prizes for the winners.





#### Intramural Tournaments 2023-24

Department of physical education conducted various Intramural competition with the help and support of College Union and sports club of the college. Various intra mural competitions for the year 2023-24, are organized at the month of march 2024. The purpose of the tournaments are to provide opportunity for the large number of students to participate various sports activities of the college. The Sports club also assist the department to circulate various information received from the department of Physical education regarding Kerala University Sports calendar, team selection, coaching camps etc. The following are the Intramural competitions organized during the year 2023-24.

1. Cricket Men
2. Table tennis Men
3. Table tennis women
4. Volley ball Men
5. Chess Men
6. Chess Women
7. Badminton Men
8. Badminton Women
9. Football Men



## **INTRAMURAL CRICKET MEN**

Intramural Cricket Men Tournament was organized during the month of march 2024. Department of Physics and Computer application defeated department of statistics in the finals. Department of Computer science secured third Position

Results of Intramural Cricket

SI No	Name of the Department	Position
1	Physics and Computer Application	Winner
2	Statistics	Runner Up
3	Computer Science	Third

## **INTRAMURAL CHESS MEN AND WOMEN**

Chess Men and Women championship for the year 2023-24 conducted for both men and women during the last week of March 2024. Students of all seven department participated in the Tournament.

Results of Chess (Men Tournament)

Winner – Department of Statistics (Ajay Gopan & Aiwin C Baiju)

Runner up – Dept. of Chemistry & Industrial Chemistry(Midhun and Vaishak)

Third - BSc Computer Science (Sudhiraj S.S & Muhsin)

Results of Badminton (Women Tournament)

Winner – Dept of Statistics Statistics (Haripriya & Parvathy)

Runner up – Dept of Bio Technology (Meena & Hudha)

Third - Dept of Chemistry & Industrial Chemistry(Dalia Heric & Nandhana P)

## **INTRAMURAL BADMINTON MEN AND WOMEN**

Intramural championship in the game Badminton conducted in a (Knock out basis) at the college badminton court in both men and women category during the last week of March 2024

Results of Badminton (Men Tournament)

Winner – Department of Statistics

Runner up – Department of Geography

Third - Department of Chemistry and Industrial Chemistry

Results of Badminton (Women Tournament)

Winner – Department of Bio technology

Runner up – Department of Computer Science

Third - Department of Physics and Computer Application

### **INTRAMURAL TABLE TENNIS MEN AND WOMEN**

Inter department competition in Table tennis conducted using Indoor facilities of our college for both Men and Women in a Knock out basis. Results of the Tournaments are as shown below.

Results of Table Tennis (Men)

Winner – Aswin III BSc Chemistry and Industrial Chemistry

Runner up – AjayGopan I BSc Statistics

Third - Harisudhan K B Chemistry and Industrial Chemistry

Results of Table tennis (Women) Tournament

Winner – Nandana.P III BSc Chemistry and Industrial Chemistry

Runner up – Sheethal Parvathy I BSc Computer Science

### **INTRAMURAL VOLLEYBALL MEN**

Intramural Volleyball Men Tournament was conducted at our college Volleyball during the month of March 2024. Students from all Departments participated in this tournament. Results of the competition are as shown below.

SI No	Name of the Department	Position
1	Statistics	Winner
2	Chemistry and Industrial Chemistry	Runner Up
3	Physics and Computer Application	Third

## INTRAMURAL FOOTBALL MEN

Department of Chemistry and Industrial Chemistry became the champions in the game football by defeating department of Statistics in the finals. Third place was secured by department of Geography.

Sl No	Name of the Department	Position
1	Chemistry and Industrial Chemistry	Winner
2	Statistics	Runner Up
3	Geography	Third

