

### DEPARTMENT OF PHYSICAL EDUCATION

#### Annual Report : 2011-12

#### Sports & Games Achievement

University College Thiruvananthapuram has achieved its highest achievement in the academic year 2011-12. We have won four Kerala University Inter Collegiate Championships. Two teams secured Runner Up Position and one team secured Third Position. In Men section our College has won the Overall Championship in Sports and Games in the Academic Year 2011-12. 54 students represented Kerala University in All India Inter Collegiate Tournaments. In Men Section our College has maximum number of students represented Kerala University in All India Inter Collegiate Tournaments. One student has won Gold Medal and five students have won Bronze Medals. Our college has made to participate 28 teams in Kerala University Inter Collegiate Tournaments and five teams in other tournaments in National and State Level.

#### TEAM ACHIEVEMENTS

##### 1. Football

Kerala University Champions and SAI- LNCPE All India Champions

##### 2. Hand Ball

Kerala University Champions - Fifth year in succession

##### 3. Ball Badminton

Kerala University Champions - Second year in succession

##### 4. Boxing

Kerala University Champions - Second year in succession

##### 5. Water Polo

Kerala University Runner Up

##### 6. Wrestling

Kerala University Runner Up

##### 7. Hockey

Thiruvananthapuram District League Runner Up

**8. Athletics**

Kerala University Athletics Men Team Championship Third Position

**INDIVIDUAL ALL INDIA LEVEL ACHIEVEMENTS**

1. Varghese V. A (2nd B A Economics)

Gold Medal in All India Inter University Athletics

2. Hema Yogesh (2nd B A Economics)

Gold Medal in Junior National Boxing Championship

3. Mukesh (1st B A Politics)

Silver Medal in All India Inter University Taekwondo

4. Anandu A. R (2nd B A History)

Bronze Medal in Junior National Water Polo Championship

5. Nitheesh Antony (3rd B A History)

Bronze Medal in All India Inter University Athletics

6. Arun M. B (1st B A Sanskrit)

Bronze Medal in All India Inter University Water Polo

7. Sreeraj M. S (1st B A Politics)

Bronze Medal in All India Inter University Water Polo

8. Praveen (1st B A Sanskrit)

Bronze Medal in All India Inter University Water Polo

9. Chinju Jayan (2nd B A Hindi)

Bronze Medal in All India Inter University Cycling

10. Siva Prasad S (2nd M A History)

Participated in Senior National Senior Handball Tournament

11. Saly Vishwanath (1st B A English)

Participated in Under – 19 National Cricket Tournament

12. Arun M. B (1st B A Sanskrit)

Participated in Senior National Water polo Championship

13. Praveen (1st B A Sanskrit)

Participated in Senior National Water polo Championship

### FOOT BALL

Ramees ( 3rd B A Arabic), Sherif A (1st B A Arabic), Grinto K. Anto (3rd B A Economics), Lijo S (1st B A History), Nirmal Kunjumon (3rd B A Economics), Stebin Peter (3rd B A Economics), Vishak Sukumaran (1st M A Philosophy), Kiran B. R (2nd B A English), Vishnu V. S (3rd B Sc Botany), Paul Victor (1st B A Economics), Hari Baizon (1st B A History), Yesudas T (1st B A Philosophy), Badusha (1st B A Arabic), Balu (1st B A History), Francis S (1st B A History), Finu Favas (1st B A Economics), Mohammed Aneesh (1st B A Philosophy)

Winners of Kerala University Inter collegiate Tournament and SAI-LNCPE All India Inter Collegiate Tournament. Six students represented Kerala University in the All India Inter University Championship held at Punjab- Stebin Peter, Lijo, Francis, Hari Baizon, Finu Favas and Muhammed Aneesh.

Women Team got Fourth Position in Kerala University Inter collegiate Tournament. Two students represented Kerala University in the South Zone All India Inter University Championship - Reshma S (1st B A Politics) and Reshmi Mohan (3rd B A History) and Somaja (3rd B A History) was selected to Kerala University Team.

### HAND BALL

Vipin Jo (1st B A Malayalam), Rakesh R (1st B Sc Mathematics), Nazeem A. N (2nd B A English), Syam Thomas (1st B A English), Siva Prasad S (2nd M A History), Sudhi S (3rd B A Malayalam), Renjith S. L (2nd B A English), Deepu C. S (1st B A Politics), Rajeev S. R (2nd M A Philosophy), Jagadheesh (1st B A Hindi), Vyshak S (2nd B Sc Chemistry), Kannan S (2nd B A English)

Winners of Kerala University Inter Collegiate Tournament consecutively for the fifth time. Seven Students represented Kerala University in the South Zone All India Inter University Championship - Rakesh R, Nazeem A N Shiva Prasad, Anoopkumar D U, Ranjith S L, Rajeev S R and Kannan S.

Women Team got Fourth Position in Kerala University Inter collegiate Tournament. Two

students represented Kerala University in the South Zone All India Inter University Championship - Ashwathy U (2nd M A English) and Somaja (3rd B A History).

### **BALL BADMINTON**

Sajin R. M (2nd B A Sanskrit), Anshad B. S (3rd B Sc Botani), Akhil Sharath C (1st B A Malayalam), Akhil Kumar A (3rd B Sc Botani), Nikhil D. S (1st B A Economics), Sanal S. R (1st B A English), Anathu A. L (2nd B Sc Physics), Anu Prasad N. T (3rd B Sc Physics)

Winners of Kerala University Inter Collegiate Tournament consecutively for the second time. Four Students represented Kerala University in the South Zone All India Inter University Championship - Anu Prasad N T, Nikhil D S, Sanal S. R & Akhil Kumar A.

Women Team participated in Kerala University Inter Collegiate Tournament. Two students represented Kerala University in the South Zone All India Inter University Championship – Shainy S (1st M Sc Chemistry) and Raji A (1st M A History).

### **BOXING**

Hema Yogesh (2nd B A Economics), Ambadi (1st B Sc Geology), Sijin M. S (3rd B A Politics), Sandeep (2nd B A History), Sanooj (3rd B Sc Geography)

Winners of Kerala University Inter collegiate Tournament consecutively for the second time. Three Students represented Kerala University in the All India Inter University Championship- Sijin M.S, Sanooj and Hema Yogesh.

### **WATER POLO**

Vishnu R (3rd B A Sanskrit), Sreeraj M. S (1st B A Politics), Santhosh J. B (3rd B Sc Zoology), Maneesh M (2nd B A Hindi), Mahesh Kumar B (1st B Sc Geography), Praveen G. K (1st B A Sanskrit), Anandhu A. R (2nd B A History), Anvar Sadath S (1st B A Islamic History), Rahul Krishnan K (1st B A Sanskrit), Akhil V (1st B Sc Physics), Arun M. B (1st B A Sanskrit)

Runner Up of Kerala University Inter collegiate Tournament. Three Students represented Kerala University in the All India Inter University Championship and won Bronze Medal- Arun M. B, Praveen and Sreerag M. S.

**WRESTLING:** Runner Up of Kerala University Inter Collegiate Tournament. Three Students represented Kerala University in the All India Inter University Championship - John Philip (1st B A Philosophy) Suji Samuel (1st B Sc Zoology) and Arun Dev (1st B A English). John Philip and Suji Samuel participated in the Senior National Wrestling Championship.

**HOCKEY:** Runner Up of Thiruvananthapuram District Hockey League and Fourth Position in the Kerala University Inter collegiate Tournament. Two students represented Kerala University in the South Zone All India Inter University Championship – Manu M. S (3rd B A Politics) and George J. V (1st B A Philosophy).

**ATHLETICS:** Third Position in the Men Team Championship. Two Students represented Kerala University in the All India Inter University Championship – Nitheesh Antony (3rd B A History) and Varghese V. A (2nd B A Economics). Nitheesh Antony won Bronze Medal in 200 Meter race. Aranya (2nd B A Malayalam) won third position in Kerala University Inter Collegiate Cross Country and selected to Kerala University team.

**CYCLING:** Chinju Jayan (2nd B A Hindi) represented Kerala University in the South Zone All India Inter University Championship and won Bronze Medal.

**SWIMMING:** Two Students represented Kerala University in the All India Inter University Championship – Rahul Krishna (1st B A Sanskrit) and Jessymol (3rd B A History).

**CRICKET:** Three Students represented Kerala University in the All India Inter University Championship – Muhammed Shanu (3rd B A Malayalam), Lal Krishna (1st B A Politics) and Amina (1st M A Politics). Muhammed Shanu and Vishnu Das M (3rd B A Economics) represented Kerala in the Under -22 South Zone and North Zone respectively. Saly Vishwanath represented Kerala in the Under – 19 National Cricket Tournament.

**VOLLEY BALL:** Vipin Jo (1st B A Malayalam) represented Kerala University in the South Zone All India Inter University Championship.

**JUDO:** John Philip (1st B A Philosophy) was selected to Kerala University Team.

**KABBADI;** Sajin S (3rd B Sc Geography) represented Kerala University in the South Zone All India Inter University Championship.

**SOFT BALL:** Rakesh R (1st B Sc Mathes) represented Kerala University in the South Zone All India Inter University Championship.

**CHESS:** Arjun K E (2nd B A Politics) was selected to Kerala University Team.

**TAEKWONDO:** Mukesh U (1st B A Economics) represented Kerala University in the All India Inter University Championship.

**FENCING:** Four Students represented Kerala University in the All India Inter University Championship – Arun S. Nair (2nd B Sc Geology), Anil M (2nd B Sc Geology), Sanju R. S (2nd B Sc Geology) and Arun Kumar S (2nd B Sc Zoology). Arun S. Nair and Sanju R. S participated in the Senior National and Anil M and Arun Kumar S participated in the Junior National Fencing Championship.

## SPORTS CLUB

Sports Club is functioning in the college Under the Department of Physical education as an Extension Activity for the Degree students the Choice Based Credit and Semester system. Sports Club give full support to the day to day activities of the Department. It played an

important role for organizing College Annual athletic Meet and other Inter Department Tournaments.

### **OPEN COURSE OFFERED**

Department of Physical Education offers Open Course in HEALTH AND FITNESS EDUCATION to the Degree students under the Choice Based Credit and Semester system. The course is intended to provide learning experiences to students to realize the importance of Physical fitness, health and wellbeing.

### **PARTICIPATION IN OTHER TOURNAMENTS**

Apart from the Kerala University Inter Collegiate Tournament, College Teams have participated in the following other tournaments

#### 1. Football

The New Indian Express Football Tournament held at Ernakulam

#### 2. Football

Mar Thoma Trophy Football Tournament held at Tiruvalla

#### 3. Football

SAI – LNCPE All India Football Tournament held at Kariavattom, Tvpm

#### 4 Hockey

Thiruvananthapuram District Senior League Championship held at Poojappura

### **ORGANIZED ANNUAL ATHLETIC MEET**

Department of physical Education organized College Annual Athletic meet on 11th January 2011. It was organized after a long gap of ten years. College Union and Sports Club have co-operated very well for the smooth conduct of the meet. Our Principal Dr. Premlal was the Chief Guest for the Inaugural function. More than One Thousand and Five Hundred students participated in the colorful March Past. Various running, throwing and jumping events were organized and there were a massive participation of students in all the events. College Teachers cooperated very well for the smooth conduct of the events. Geography Department became the Overall Champions with 37 points. Mathematics Department was the Runner Up with 36 points and English was in Third Position with 35 points. Bharath Chandran (1st B Sc Chemistry) and Hema Yogesh (2nd B A Economics) were the Individual Champions in Men and

Women sections respectively.