



# KERALA STATE AMATEUR BOXING ASSOCIATION

Affiliated to  
BOXING FEDERATION OF INDIA  
KERALA STATE SPORTS COUNCIL  
& KERALA OLYMPIC ASSOCIATION



No. **6028**

## Certificate of MERIT



This is to certify that Mr. HARIF KHAN N.S.

representing KOLLAM District participated in the

**55<sup>th</sup> Senior Men Kerala State Boxing Championships - 2022 - 23**

held at **Sreepadam Indoor Stadium, Attingal, Thiruvananthapuram**

on **02 - 04 December 2022**

& secured First / ~~Second~~ / ~~Third~~ / ~~Fourth~~ / ~~Fifth~~ / ~~Sixth~~ place in 51 kg. weight category

and his Date of Birth is 20-04-2002

  
Capt. Christopher D'Costa  
Vice President

  
OBSERVER  
ANIL A. JOHNSON  
Member  
Kerala Sports Council, Trivandrum

  
Dr. C.B. RAJE  
Hony. Secretary

KUIC/ 2019 - 2020

No : 15521



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

*This is to certify that Sri.* ANANTHU S

*was a member of the* MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

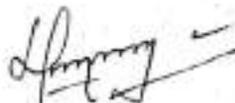
*team which secured* THIRD *Place in the Kerala University Inter Collegiate* INTER-ZONE

KABADDI (MEN) TOURNAMENT *held at* SN COLLEGE, KOLLAM

*from* 14-11-2019 *to* 15-11-2019 *for the year* 2019 - 2020.

Thiruvananthapuram

Date : 17/06/2020

  
DIRECTOR

KUIC/ 2019 - 2020

No : 13589



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. ADERSH.V.J

has represented MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM and secured

THIRD Place in the 69KG Weight Category in the Kerala University Inter Collegiate (Inter zone)

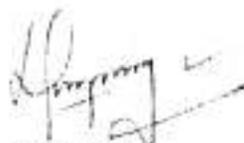
BOXING (MEN) CHAMPIONSHIP held at SREE PADAM STADIUM, ATTINGAL

from 23-11-2019 to 24-11-2019 for the year 2019 - 2020.

Thiruvananthapuram

Date : 09/12/2019



  
DIRECTOR

UNIVERSITY OF KERALA  
No: 10253



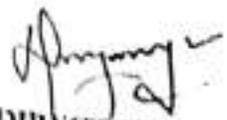
# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

*This is to certify that Sri. SHIBIN D*

*has represented* **MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM** *and secured*  
**SILVER** *Place in the* **60KG** *Weight Category in the Kerala University Inter Collegiate (Inter zone)*  
**BOXING (MFT) CHAMPIONSHIP** *held at* **SREEPADAM STADIUM ATTINGAL**  
*from 24-11-2018 to 25-11-2018 for the year 2018 - 2019.*

Thiruvananthapuram  
Date: 25/11/2018



  
DIRECTOR



# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

This is to certify that Sri. PRASIDH.P.S  
was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM  
team which secured THIRD Place in the Kerala University Inter Collegiate INTER-ZONE  
KABADDI (MEN) TOURNAMENT held at SN COLLEGE, KOLLAM  
from 14-11-2019 to 15-11-2019 for the year 2019 - 2020.

Thiruvananthapuram  
Date: 17/11/2020



*[Signature]*  
DIRECTOR

KUIC/2019 - 2020

No: 15525



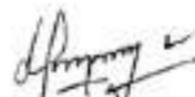
DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. NITHINRAJ R  
was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM  
team which secured THIRD Place in the Kerala University Inter Collegiate INTER-ZONE  
KABADDI (MEN) TOURNAMENT held at SN COLLEGE, KOLLAM  
from 14-11-2019 to 15-11-2019 for the year 2019 - 2020.

Thiruvananthapuram

Date : 17/06/2020



  
DIRECTOR

KUTC/ 2019 - 2020

No : 15518

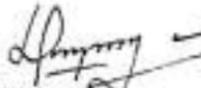


# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

This is to certify that Sri. AJITH KUMAR.A  
was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM  
team which secured THIRD Place in the Kerala University Inter Collegiate INTER-ZONE  
KABADDI (MEN) TOURNAMENT held at SN COLLEGE, KOLLAM  
from 14-11-2019 to 15-11-2019 for the year 2019 - 2020.

Thiruvananthapuram  
Date : 17/06/2020



  
DIRECTOR

KUIC/2019 - 2020

No : 13369



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. KAILASNATH R

was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

team which secured THIRD Place in the Kerala University Inter Collegiate INTER-ZONE

CHESS (MEN) CHAMPIONSHIP held at BISHOP MOORE COLLEGE, MAVELIKARA

from 03-10-2019 to 05-10-2019 for the year 2019 - 2020.

Thiruvananthapuram

Date : 12/11/2019



  
DIRECTOR



# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

This is to certify that Sri. SARAN RAJ R G  
was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM  
team which secured THIRD Place in the Kerala University Inter Collegiate INTER-ZONE  
CHESS (MEN) CHAMPIONSHIP held at BISHOP MOORE COLLEGE, MAVELIKARA  
from 03-10-2019 to 05-10-2019 for the year 2019 - 2020.

Thiruvananthapuram  
Date : 12/11/2019



  
DIRECTOR

KUIC/2019 - 2020

No: 13716



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

*This is to certify that Kum. KRISHNAPRIYA.J*

member of MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM has secured

THIRD Place in 100 M HURDLES in the Kerala University Inter Collegiate (Inter zone)  
ATHLETICS (WOMEN) CHAMPIONSHIP held at UNIVERSITY STADIUM, THIRUVANANTHAPURAM

from 12-12-2019 to 14-12-2019 for the year 2019 - 2020.

Performance : 20.14 SEC.

Thiruvananthapuram

Date : 13/12/2019



  
DIRECTOR

KL/IC/ 2018 - 2019

No : 10254



**DEPARTMENT OF PHYSICAL EDUCATION**  
**UNIVERSITY OF KERALA**  
**Certificate**

*This is to certify that Sri. AMALRAJ*

*has represented* MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM *and secured*

THIRD *Place in the* 49KG *Weight Category in the Kerala University Inter Collegiate (Inter zone)*

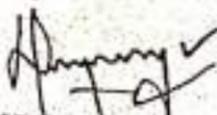
BOXING (MEN) CHAMPIONSHIP *held at* SREEPADAM STADIUM ATTINGAL

*from* 24-11-2018 *to* 25-11-2018 *for the year* 2018 - 2019

Thiruvananthapuram

Date : 25/11/2018



  
DIRECTOR



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

*This is to certify that Sri. ADITH . R*

*was a member of the*

MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

*team which secured SECOND Place in the Kerala University Inter Collegiate*

INTER ZONE

HOCKEY(MEN) TOURNAMENT

*held at*

NEW HOCKEY STADIUM AASHRAMAM KOLLAM

*from 27-10-2022 to 28-10-2022 for the year 2022-2023.*

Thiruvananthapuram

Date : 08-11-2022

  
DIRECTOR



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. MUHAMMED K H

was a member of the

MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

team which secured SECOND Place in the Kerala University Inter Collegiate

INTER ZONE

HOCKEY(MEN) TOURNAMENT

held at

NEW HOCKEY STADIUM AASHRAMAM KOLLAM

from 27-10-2022 to 28-10-2022 for the year 2022-2023.

Thiruvananthapuram

Date : 08-11-2022

  
DIRECTOR



**DEPARTMENT OF PHYSICAL EDUCATION**  
**UNIVERSITY OF KERALA**  
**Certificate**

*This is to certify that Sri. JOMON SHAJI*  
*was a member of the* MANNAM MEMORIAL NSS COLLEGE, KOTTAYAM  
*team which secured SECOND Place in the Kerala University Inter Collegiate* INTER ZONE  
*HOCKEY(MEN) TOURNAMENT held at* NEW HOCKEY STADIUM AASHRAMAM KOLLAM  
*from 27-10-2022 to 28-10-2022 for the year 2022-2023.*

Thiruvananthapuram  
Date : 08-11-2022

DIR. P. E.  
UNIVERSITY OF KERALA



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

*This is to certify that Sri.* ALBIN KUNJU MON

*was a member of the*

MANNAM M MORIAL NSS COLLEGE, KOTTIYAM

*team which secured SECOND Place in the Kerala University Inter Collegiate*

INTER ZONE

HOCKEY (MEN) TOURNAMENT

*held at*

NEW HOCKEY STADIUM AASHIRAMAM KOLLAM

*from* 27-10-2022 to 28-10-2022 *for the year* 2022-2023.

Guruvamthapuram

Date: 08-11-2022

DIRECTOR



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. ALAN SONY  
was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM  
team which secured SECOND Place in the Kerala University Inter Collegiate INTER ZONE  
HOCKEY(MEN) TOURNAMENT held at NEW HOCKEY STADIUM AASHRAMAM KOLLAM  
from 27-10-2022 to 28-10-2022 for the year 2022-2023.

Thiruvananthapuram  
Date : 08-11-2022



DIRECTOR  
*[Signature]*

KIUC 2022-2023

No. 5263



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. SHAMIL A I

was a member of the

MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

team which secured SECOND Place in the Kerala University Inter Collegiate

INTER ZONE

HOCKEY(MEN) TOURNAMENT

held at

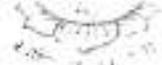
NEW HOCKEY STADIUM AASHRAMAM KOLLAM

from 27-10-2022 to 28-10-2022 for the year 2022-2023.

Thiruvananthapuram

Date : 08-11-2022

DIRECTOR



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

*This is to certify that Sri. ANIL SANKAR*

*was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM*

*team which secured SECOND Place in the Kerala University Inter Collegiate INTER ZONE*

*HOCKEY(MEN) TOURNAMENT held at NEW HOCKEY STADIUM AASHRAMAM KOLLAM*

*from 27-10-2022 to 28-10-2022 for the year 2022-2023.*

Thiruvananthapuram

Date : 08-11-2022

DIRECTOR

KUIC 2022-2023

No. 5274



# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

This is to certify that Sri. SRAVAN S

was a member of the

MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

team which secured SECOND Place in the Kerala University Inter Collegiate

INTER ZONE

HOCKEY (MEN) TOURNAMENT

held at

NEW HOCKEY STADIUM AASHRAMAM KOLLAM

from 27-10-2022 to 28-10-2022 for the year 2022-2023.

Thiruvananthapuram

Date: 08-11-2022



*Lekshya*  
Principal DIRECTOR  
M.M.N.S.S.COLLEGE  
KOTTIYAM



# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

This is to certify that Sri. RINSHAD N

was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

team which secured SECOND Place in the Kerala University Inter Collegiate INTER ZONE

HOCKEY(MEN) TOURNAMENT held at NEW HOCKEY STADIUM AASHRAMAM KOLLAM

from 27-10-2022 to 28-10-2022 for the year 2022-2023.

Thiruvananthapuram

Date: 08-11-2022



Principal  
M.M.N.S.S. COLLEGE,  
KOTTIYAM

DIRECTOR

KUIC/ 2022-2023

No : 8266



# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

*This is to certify that Sri. HARIFKHAN.N.S*

*member of MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM has secured*

*SECOND Place in FLY WEIGHT 48-51KG in the Kerala University Inter Collegiate (Inter zone)*

*BOXING(MEN) CHAMPIONSHIP held at*

*from 10-12-2022 to 11-12-2022 for the year 2022-2023.*

Thiruvananthapuram

Date : 07-06-2023

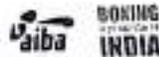


*S. Ja. Ki*  
DIRECTOR



# KERALA STATE AMATEUR BOXING ASSOCIATION

Affiliated to BOXING FEDERATION OF INDIA  
KERALA STATE SPORTS COUNCIL  
& KERALA OLYMPIC ASSOCIATION



No. 3101

## Certificate of MERIT



This is to certify that Mr. VINAYAK.G  
representing KOTTAYAM District participated in the

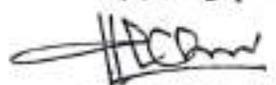
### Youth Men

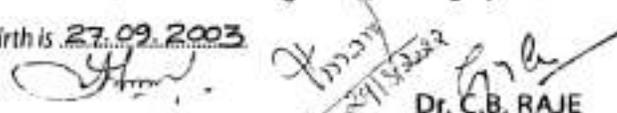
Kerala State Boxing Championships - 2021 - 22 held at Sreepadam Indoor Stadium,

Attingal, Thiruvananthapuram on 15 - 17 October 2021 & secured

~~First~~ / ~~Second~~ / ~~Third~~ / ~~Fourth~~ / ~~Fifth~~ / ~~Sixth~~ place in 57Kg weight category and

his Date of Birth is 27.09.2003

  
Capt Christopher D'Costa

  
Dr. C.B. RAJE





KUIC/ 2022-2023  
No : 5171

# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate



This is to certify that Sri. AKHIL.V

member of MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM has secured

THIRD Place in 100M BUTTFLY in the Kerala University Inter Collegiate (Inter zone)  
AQUATICS(MEN) CHAMPIONSHIP held at L.N.C.P.E, KARIAVATTOM, THIRUVANANTHAPURAM

from 01-11-2022 to 03-11-2022 for the year 2022-2023.

Performance : 01:11.99 Sec

Thiruvananthapuram  
Date : 02-11-2022



  
DIRECTOR



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

*This is to certify that Sri.* SAIDALI S

*was a member of the* MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

*team which secured SECOND Place in the Kerala University Inter Collegiate* INTER ZONE

*HOCKEY(MEN) TOURNAMENT* held at NEW HOCKEY STADIUM AASHRAMAM KOLLAM

*from* 27-10-2022 *to* 28-10-2022 *for the year* 2022-2023.

Thiruvananthapuram

Date : 08-11-2022

  
DIRECTOR



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. NIKHIL NOUSHAD

was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

team which secured SECOND Place in the Kerala University Inter Collegiate INTER ZONE

HOCKEY(MEN) TOURNAMENT held at NEW HOCKEY STADIUM AASHRAMAM KOLLAM

from 27-10-2022 to 28-10-2022 for the year 2022-2023.

Thiruvananthapuram

Date : 08-11-2022

DIRECTOR



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF KERALA  
Certificate

This is to certify that Sri. ADITHYAN R  
was a member of the MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM  
team which secured SECOND Place in the Kerala University Inter Collegiate INTER ZONE  
HOCKEY (MEN) TOURNAMENT held at NEW HOCKEY STADIUM AASHRAMAM KOLLAM  
from 27-10-2022 to 28-10-2022 for the year 2022-2023.

Thiruvananthapuram  
Date: 08-11-2022

DIRECTOR



SZIU 2018 - 2019

No 10549

# UNIVERSITY OF KERALA

## DEPARTMENT OF PHYSICAL EDUCATION

### Certificate

This is to certify that Kum. GOPIKA RANI, S

of MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

was a member of

UNIVERSITY OF KERALA

*team which participated in the*

*South Zone Inter University*

CHESS (WOMEN) TOURNAMENT

organized by

VEL TECH UNIVERSITY, CHENNAI

from 13/10/2018 to 16/10/2018 for the year 2018 - 2019.

Position : PARTICIPATION

DIRECTOR

Thiruvananthapuram

Date : 25/05/2019

VICE CHANCELLOR



SZIU/ 2019 - 2020

No : 13862

# UNIVERSITY OF KERALA

## DEPARTMENT OF PHYSICAL EDUCATION

### Certificate

This is to certify that Kum. GOPIKA RANI. S

MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

was a member of UNIVERSITY OF KERALA team which participated in the

South Zone Inter University CHESS (WOMEN) TOURNAMENT

organized by ACHARYA NAGARJUNA UNIVERSITY, ANDHRA PRADESH

from 22/11/2019 to 25/11/2019 for the year 2019 - 2020.

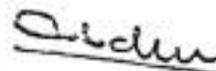
Position : PARTICIPATION



  
DIRECTOR

Thiruvananthapuram

Date : 20/01/2020



VICE CHANCELLOR



# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

This is to certify that Sri. ANANTHU S

has represented MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM and secured

THIRD Place in the 75KG Weight Category in the Kerala University Inter Collegiate (Inter zone)

BOXING (MEN) CHAMPIONSHIP held at SREEPADAM STADIUM ATTINGAL

from 24-11-2018 to 25-11-2018 for the year 2018 - 2019.

Thiruvananthapuram

Date : 25/11/2018



  
DIRECTOR



ABU 2019 - 2020

No. 14701

# UNIVERSITY OF KERALA DEPARTMENT OF PHYSICAL EDUCATION Certificate

This is to certify that Sri. AMALRAJ

of MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

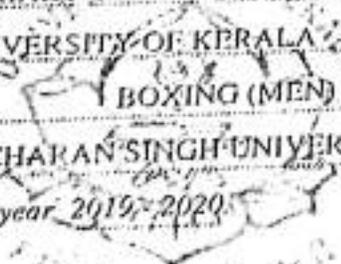
was a member of UNIVERSITY OF KERALA team which participated in the

All India Inter University BOXING (MEN) CHAMPIONSHIP

organized by CH. CHARAN SINGH UNIVERSITY, MEERUT

from 26/12/2019 to 02/01/2020 for the year 2019-2020

Position : PARTICIPATION



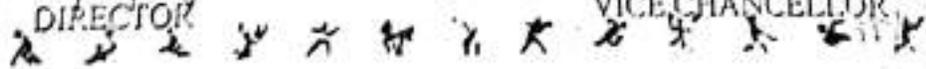
*[Signature]*  
DIRECTOR

*[Signature]*

VICE CHANCELLOR

Thiruvananthapuram

Date : 12/02/2020



© 2018 - 2019  
: 10.2.13



# DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF KERALA Certificate

This is to certify that Sri. SHIBIN. B

has represented MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM and secured

SECOND Place in the 60KG Weight Category in the Kerala University Inter Collegiate (Inter zone)

BOXING (MEN) CHAMPIONSHIP held at SREEPADAM STADIUM ATTINGAL

from 24-11-2018 to 25-11-2018 for the year 2018 - 2019.

Thiruvananthapuram  
Date : 25/11/2018



  
DIRECTOR

## MM NSS COLLEGE KOTTIYAM

### DEPARTMENT OF PHYSICAL EDUCATION

#### Annual Report 2022-2023

The college sports activities had yet another very successful year. In a season of hope, the college sports had its moments of joy, giving a fair indication of a bright future. Department of physical Education in association with PG Department of Physics and IQAC conducted International Yoga On 21<sup>st</sup> June 2022. The theme for this year's yoga day was "Yoga & Stress Relief". Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. The resource person was Ms. Archana .She consented and agreed to conduct the session for the students of our college. Instructor started the session with a prayer and explained how yoga embodies unity of mind and body. She performed Suryanamaskar and explained the benefits of it.

**INTERNATIONAL Yoga Day**  
Yoga & Stress Relief Technologies  
Ms. Archana  
Date: 21-06-2022  
Time: 10:00 AM  
Venue: Seminar Hall

**PROGRAMME**

Acharyasmaranam & Prayer	: Krtisnapriya PHYSICS
Welcome	: Dr. Sathesh S Nair PHYSICS
Inauguration	: Dr. Sathesh T. N PHYSICS
Felicitation	: Dr. Nishore Ram COORDINATOR ICAE, HOD ENGLISH
Yoga & Stress Relief techniques (Ms Archana)	
Vote of thanks	: Dr. Vithal Kumar HOD PHYSICAL EDUCATION

*All are cordially invited.*  
PH DEPARTMENT OF PHYSICS DEPARTMENT OF PHYSICAL EDUCATION  
ICAE



Our College hockey team bagged silver medal in the Kerala University Intercollegiate Hockey Championship held at SN College Kollam on 27<sup>th</sup> and 28<sup>th</sup> November 2022. Six of our players got selected in the Kerala university team to participate in the South Zone Hockey Championship held at Bengaluru.





Our College hockey team bagged silver medal in the Kerala University Intercollegiate Hockey Championship held at SN College Kollam on 27<sup>th</sup> and 28<sup>th</sup> November 2022. Six of our players got selected in the Kerala university team to participate in the South Zone Hockey Championship held at Bengaluru.





The following students are selected to the Hockey team of University of Kerala, they are Jomon Shaji of Economics, Saidali of B.com, Adith R of Economics, Nikhil Noushad of English, Shamil A P of Economics and Alan Sony of English respectively.

Akhil S of 1<sup>st</sup> year B.com Student Bagged Bronze Medal in butterfly Stroke in the Kerala University Inter collegiate Swimming championship held at LNCPE, Karivattom , Trivandrum on 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> November 2022.





One of our Kabaddi player Sarath of 1<sup>st</sup> year economics got selected in the inter zone Kabbaddi Championship held at Sreepadam Stadium on 10<sup>th</sup> November 2022.



Our Football the team participated in the Kerala University foot ball tournament held at S N College Kollam on 26<sup>th</sup> October and 3<sup>rd</sup> November 2022.



Department also conducted a five aside tournament for boys and Shoot out for girls in connection with FIFA International Football Tournament 2022, in our football ground.





Harifkhan



Vinayak

College Athletic team participated in the Kerala University Inter collegiate Athletic Championship held at University Stadium on 7<sup>th</sup>,8<sup>th</sup> and 9<sup>th</sup> December 2022.



Our Boxing team participated in the Kerala University Inter collegiate Boxing Championship held at G V Raja Sports School on 10<sup>th</sup> and 11<sup>th</sup> December 2022. Harifkhan N S of III DC B.Com Bagged



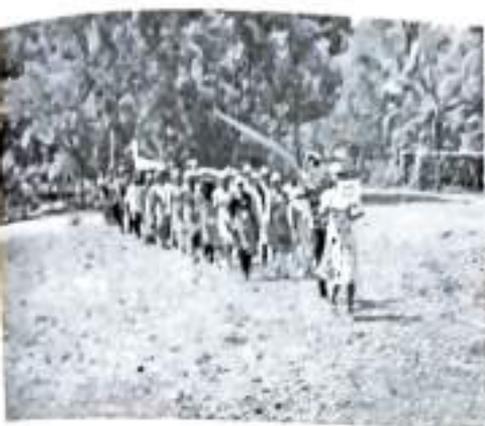
Silver Medal in 51 kg Category and Vinayak G of I DC Zoology bagged bronze medal In 49 kg category respectively



Our cricket team participated in the Kerala University Inter collegiate cricket Championship held at DB College Shastamkotta on 20<sup>th</sup> January 2023.









### OUTDOOR GAMES CHAMPIONS

**WHITE HOUSE**

**20 POINTS**

**VIOLET HOUSE**

**20 POINTS**

BLUE HOUSE	05 POINTS
GREEN HOUSE	05 POINTS
ORANGE HOUSE	0 POINTS
RED HOUSE	0 POINTS

OVER ALL CHAMPIONS	
WHITE HOUSE	152 POINTS
ORANGE HOUSE	127 POINTS
GREEN HOUSE	94 POINTS
BLUE HOUSE	87 POINTS
VIOLET HOUSE	85 POINTS
RED HOUSE	22 POINTS



HOD

Department of Physical Education

  
 PRINCIPAL  
 M. M. NSS COLLEGE  
 KOTTIYAM

Dr. T. VRINDA KUMARI  
 ASSOCIATE PROFESSOR AND HOD  
 Department of Physical Education  
 MMNSS College  
 Kottiyam

Annual Athletic Meet



Chess Team



PRINCIPAL  
DR. J. W. COLLINS  
ROTTEN

W. J. W. W. W.  
VIRGINIA STATE  
1950

## DEPARTMENT OF PHYSICAL EDUCATION

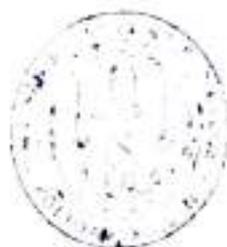
MM NSS COLLEGE, KOTTIYAM

ANNUAL REPORT 2019-2020

Department of physical Education provided ample opportunities to the students to participate in various sports and health related activities , by organizing intramurals and extramurals. This year Department celebrated Inter National Yoga Day in associations with College Health Club on 21<sup>st</sup> June 2019. For selecting the college teams for inter collegiate competitions, Football,cricket,kabaddi and athletics, Coaching camps were conducted in the month of June itself. Coaching camps includes Conditioning, Jim work out, skill practice and practice matches with other colleges. This year our college participated in 13 events in the intercollegiate level. Boys as well as girls actively participated in different competitions conducted by University of Kerala. Our college bagged 3 team championship in kerala university,(2<sup>nd</sup> runner up in chess, kabaddi and Boxing). We secured Gold,silver and bronze medal in Boxing, a siver medal in Best physique Competition and a bronze medal in athletics too.The Department of physical Education conducted Open Course classess "Health and Fitness Education" for the fifth semester Degree students from June to November 2019. 49 Students appeared the University level examination.

### COACHING CAMP CONDUCTED INSIDE THE CAMPUS

SL.NO	EVENT	DATE
1	CRICKET	26/06/2019 to 25/07/2019
2	FOOTBALL	11/09/2019 to 22/10/2019
3	KABADDI	18/09/2019 to 22/10/2019
4	ATHLETICS	26/11/2019 to 11/12/2019





INTERNATIONAL YOGA DAY CELEBRATION 2019-2020

COACHING CAMP CONDUCTED INSIDE THE CAMPUS

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1	CRICKET	26/06/2019 to 25/7/2019
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3	KABADDI	18/09/2019 to 22/10/2020
4	ATHLETICS	26/11/2019 to 11/10/2020





PARTICIPATION IN INTERCOLLEGIATE COMPETITIONS

SL NO	EVENT	VENUE
1	CHESS (MEN)	BISHOP MORE COLLEGE,MAVELIKKARA
2	CHESS (WOMEN)	BISHOP MORE COLLEGE,MAVELIKKARA
3	CRICKET (MEN)	ASHRAMAM GROUND
4	FOOTBALL (MEN)	TKM ENGINEERING COLLEGE,KOLLAM
5	KABADDI (MEN) SOUTH ZONE	SN COLLEGE,CHERTHALA
6	KABADDI (MEN) INTER ZONE	SN COLLEGE, KOLLAM.
7	BOXING (MEN)	SREEPADAM STADIUM, ATTINGAL
8	BEST PHYSIQUE	ST.SYRILS COLLEGE, ADOOR
9	ATHLETICS (MEN)	UNIVERSITY STADIUM, TVM
10	ATHLETICS (WOMEN)	UNIVERSITY STADIUM, TVM



14	AKHILA	III ENGLISH	KABADDI	THIRD
15	AMAL.A.S	II ECONOMICS	KABADDI	THIRD
16	ANANTH.U.S	I MSc PHYSICS	KABADDI	THIRD
17	BHARATH KUMAR M.S	II ECONOMICS	KABADDI	THIRD
18	JISHNU.S	III ECONOMICS	KABADDI	THIRD
19	NIDHUN.M	II ZOOLOGY	KABADDI	THIRD
20	NITHIN RAJ.R	III ECONOMICS	KABADDI	THIRD
21	PRASIDH P.S	III PHYSICS	KABADDI	THIRD
22	SIDDHI.S	II ENGLISH	KABADDI	THIRD



CHESS TEAM - 2<sup>nd</sup> RUNNERUP



*S.I*  
Principal  
M.M.N.S.S. COLLEGE  
KOTTIYAM



**COLLEGE CRICKET TEAM**



**COLLEGE FOOTBALL TEAM**



# DEPARTMENT OF PHYSICAL EDUCATION M M NSS COLLEGE KOTTAYAM

## REPORT 2018-19

The Physical Education department is pleased to present its annual report to the year 2018-19. Department of Physical Education provided all the facilities to the students for improving their talents and the development of Sports and Games. This year department organized a wide variety of activities for our students. Apart from the regular activities, department coordinated Women's day celebrations in association with women's cell. Aerobic dance training were given to both students and teachers. The Department of Physical Education conducted Open Course "Health and Fitness Education" for the fifth semester Degree Students from June to November 2018.

### The activities of the department for the year 2018-19

#### ACHIEVEMENTS

NAME	EVENT	LEVEL	POSITION
SOPHIA P. S	Chess	INTER UNIVERSITY	PARTICIPATION
		INTER COLLEGIATE	SILVER MEDAL
ANAYI U. S	Chess	INTER COLLEGIATE	BRONZE MEDAL
ABHI P. C	Chess	STATE CHAMPIONSHIP	GOLD MEDAL
		INTER COLLEGIATE	BRONZE MEDAL
SABIN S	Chess	STATE CHAMPIONSHIP	SILVER
		INTER COLLEGIATE	SILVER

#### INTER COLLEGIATE TOURNAMENT PARTICIPATION

Sl. No.	EVENTS	VENUE
1	Chess (Country) Male	S. P. COLLEGE, SASTHAMKUTTAH
2	Carrom (Men)	S. P. COLLEGE, THE NGANJER
3	Billiards (Men)	S. CHARLES COLLEGE, KILLOM
4	Pool (Men)	P. P. L. T. OF MIRAALA
5	Board (Men)	S. LAURENCE COLLEGE, THE BESA
6	Chess (Men & Women)	MANNARA COLLEGE, PAMBADE

#### INTER HOUSE TOURNAMENTS

Sl. No.	DATE	EVENTS	WINNER	RUNNER UP
1	11-25 2018	TABLET (MEN)	RED	VIOLET
2	12-25 2018	VOLLEY BALL (MEN)	RED	ORANGE
3	12-25 2018	TABLET (WOMEN)	WHITE	VIOLET
4	12-25	VOLLEY BALL (MEN)	GREEN	ORANGE



	2019			
5	20-03-2019	KABADDI (MEN)	VIOLET	GREEN
6	12-03-2019	CHESS (MEN & WOMEN)	GREEN	VIOLET
7	12-03-2019	SHUTTLE MEN'S Doubles BADMINTON WOMEN'S Singles MEN'S Doubles	VIOLET WHITE VIOLET	ORANGE VIOLET ORANGE
8	12-03-2019	MEN'S Singles TABLE TENNIS WOMEN'S Singles MEN'S Doubles	BLUE WHITE RED	VIOLET BLUE VIOLET
9	27-03-2019	ATHLETICS (MEN & WOMEN)		

#### BEST PLAYERS OF INTER HOUSE TOURNAMENTS

SL. NO	EVENT	NAME	DEPARTMENT
1	CRICKET	JISHNU S PARIMAL	ENGLISH
2	FOOT BALL	NIJIL	PHYSICS
3	VOLLEY BALL	NIYANTHU	CHEMISTRY
4	KABADDI	PRASIDH	PHYSICS
5	BADMINTON	VAISHNAV	B come
6	BADMINTON (WOMEN)	GOURIPRIYA	B come
7	CHESS	GOPIKA RANI	PHYSICS
8	THROWBALL	GANGA	PHYSICS
9	TABLE TENNIS	ANANTHU S	PHYSICS

#### COACHING CAMP CONDUCTED TO THE TEAMS

S L N O	DATE	EVENTS	NO. OF PLAYERS
1	11-10-2018 to 26-10-2018	KABADDI	12
2	03-10-2018 to 26-10-2018	CRICKET	18

The Trophies, Medals and Certificates to the winners in inter house tournaments and Athletics were issued in connection with the College Day on 28-03-2019.

  
Principal  
M.M.N.S.S. COLLEGE  
KOTTIYAM



18/11/2022

Time: 2.00pm  
Venue: Foot-Ball Court**FIVE ASIDE FOOTBALL TOURNAMENT**

As a part of FIFA WORLD CUP 2022 Dept. of physical education organised a five aside football tournament for our students on 18<sup>th</sup> November 2022. The tournament was inaugurated by our principal Dr. Patheesh E.N

There were four teams like Brazil, Argentina, Portugal and Germany. Brazil won the tournament and Argentina was the first runner up.

*Principals*  
18/11/2022

Dr. Vrinda Kumari T

Dr. T. V. N. AKUMARI  
ASSOC. PROFESSOR AND HOD  
Department of Physical Education  
K. J. Somaiya Institute of Technology  
Mumbai

*Principal*  
M.M.S.S. COLLEGE  
KOTTIYAM

# FIVE ASIDE FOOTBALL TOURNAMENT



<u>BRAZIL</u>	<u>ARGENTINA</u>	<u>PORTUGAL</u>	<u>GERMANY</u>
1. Vidhan	Ajas	Vivek	Nadhirsha
2. Abijith	Nabeel	Jeevan	Akash
3. Sooraj	Rinshad	Akash	Althaf Mohammed
4. Athul	Stavan	Midhun	Adithyan
5. Alameen	Vishnu	Ananthu	Renjith
6. Sreejith	Allen	Krishnavyas	Jalgal
7. Vishnu	Gokul	Aromal	Akash M. Varghese
8. Benedic	Karthik	Jayakand	Akarsh. H
9. Sannith	Jayakanth	Anurag	Adarsh. S
10. Vignesh	Ajas	Navaneeth Krishna S	Vijesh. M
11. Abhinav	Akshay. K. S	Abijith. M	Ahiraam. A. P

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## NOTICE

Dear Sir / Madam,

With great pleasure we inform you that the College Annual Athletic Meet 2018-19 will be held on Wednesday, 27<sup>th</sup> March 2019, 10 am at College Ground.

On this occasion we request your presence and participation for the successful conduct of the Meet.



Dr .S. Geetha  
HOD  
Dept. of Physical Education



Sri . Ananthu . S  
Secretary Sports Club



Dr. G. Girija Devi  
Principal

Dear Sir / Madam,

With great pleasure we inform you that the College Annual Athletic Meet 2019-2020 will be held on Friday, 28<sup>th</sup> of February 2020, 8 am at College ground. On this occasion, we request your presence and participation for the successful conduct of the Meet.

Dr .S. Geetha  
HOD  
Dept. of Physical Education

Mr..Jayakrishnan.R  
Secretary,Sports Club

Dr.T.S.Sujatha  
Principal

MM NSS COLLEGE KOTTIYAM  
DEPARTMENT OF PHYSICAL EDUCATION  
INTER HOUSE SPORTS AND GAMES TOURNAMENTS 2021-2022

INVITATION

Dear Sir / Madam,

With great pleasure we inform you that the College Annual Athletic Meet 2021-22 will be held on Monday, 14<sup>th</sup> of March 2022, 10 am at College ground.

On this occasion we request your presence and participation for the successful conduct of the Meet.

*Vrinda Kumar*  
11/3/2022  
Dr. Vrinda Kumar T

*Krishnaprasad*  
11/3/22  
Mr. Nair G Krishnaprasad

*Satheesh*  
Dr. Satheesh E N

HOD

Dept. of Physical Education

**Dr. T. VRINDA KUMARI**  
ASSOCIATE PROFESSOR AND HOD  
Department of Physical Education  
MMNSS College  
Kottiyam

club  
Sports Convener

Principal

**Dr. Satheesh E.N**  
Principal  
M.M. N.S.S. COLLEGE  
KOTTIYAM

To  
The Principal  
M M N S S College  
Kottiyam, Kollam  
Respected Sir,

Sub: Sanction for conducting Annual Athletic Meet 2022-2023 and purchase of Items

The principal and members of the council decided to conduct annual athletic meet on March 9<sup>th</sup> 2023. For the smooth conduct of the meet, the following items are to be purchased. So I request you to kindly grant permission for the same.

List of items

1. Trophies
2. certificates and Banner
3. First Aid
4. Medicines
5. Lime Powder (Janatha cem)
6. Pandal & Mike set
7. Cap for Officials
8. Stationary Items
9. Refreshment Items

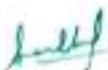
Thanking you

Yours faithfully

Dr. Vrinda Kumari. T

Kottiyam

2-03-2023

  
Principal  
M.M.N.S.S. COLLEGE  
KOTTIYAM

K.U.C/ 2020 - 2021

No : 17281



**DEPARTMENT OF PHYSICAL EDUCATION**  
**UNIVERSITY OF KERALA**  
**Certificate**

*This is to certify that Sri. SHIBIN. B*

*has represented* MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM *and secured*

**THIRD** *Place in the* **60KG** *Weight Category in the Kerala University Inter Collegiate (Inter zone)*

**BOXING (MEN) CHAMPIONSHIP** *held at* **GV RAJA SPORTS SCHOOL, MYLAM, TVM**

*from* 12-08-2021 *to* 13-08-2021 *for the year* 2020 - 2021.

Thiruvananthapuram

Date : 07/09/2021



  
DIRECTOR



# MIM NSS COLLEGE

KOTTIYAM

DEPARTMENT OF PHYSICAL EDUCATION

## Certificate

This is to certify that *Mr. M. Anjali. S. Babu.*

*I* *DC* *physics*

has won the *X II HT* place in *Shotput (Girls)* in the

*College Annual Athletic Meet* held on *14.03.2022*

Kottiyam

Date : *14.03.2022*

HOD

Dept. of Physical Education

MIM NSS COLLEGE  
KOTTIYAM