

SPORTS & GAMES

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 co-ordinated Women's day celebrations in association with women's cell. Aerobic Dance training were given to both students and lady teachers. In association with yoga club, department conducted morning session yoga training class for students of various classes. There is a well built gymnasium and intramural and extramural activities are organised for the students in order to exhibit the talents.

The activities of the department for the year 2018-19

ACHIEVEMENTS

NAME	EVENT	LEVEL	POSITION
GOPIKA RANI.S	CHESS	INTER UNIVERSITY	PARTICIPATION
		INTER COLLEGIATE	SILVER MEDAL
ANANTHU.S	BOXING	INTER COLLEGIATE	BRONZE MEDAL
AMAL RAJ	BOXING	STATE CHAMPIONSHIP	GOLD MEDAL
		INTER COLLEGIATE	BRONZE MEDAL
SHIBIN.B	BOXING	STATE CHAMPIONSHIP	SILVER
		INTER COLLEGIATE	SILVER

INTER COLLEGIATE TOURNAMENT PARTICIPATION

SL.NO	EVENTS	VENUE
1	CROSS COUNTRY RACE (Men)	D B COLLEGE, SASTHAMCOTTAH
2	KABADDI (Men)	S N COLLEGE, CHENGANOOR
3	BEST PHYSIQUE (Men)	St.CYRILS COLLEGE, ADOOR
4	ATHELETICS (Men)	D P E , UTY. OF KERALA
5	BOXING (Men)	St.XAVIERS COLLEGE, THUMBA

College Boxing Team



College Cricket Team

MM NSS COLLEGE

KOTTIYAM

INTER COLLEGE CRICKET TOURNAMENT
CHRISTIAN COLLEGE, CHENGANNUR

RUNNERS UP





College Athletics Team



INTER HOUSE TOURNAMENTS

SL. NO	DATE	EVENTS	WINNER	RUNNER UP
1	11-03-2019	CRICKET (MEN)	RED	VIOLET

2	12-03-2019	VOLLEY BALL(MEN)	RED	ORANGE
3	12-03-2019	THROW BALL (WOMEN)	WHITE	VIOLET
4	13-03-2019	FOOT BALL (MEN)	GREEN	ORANGE
5	20-03-2019	KABADDI (MEN)	VIOLET	GREEN
6	12-03-2019	CHESS (MEN &WOMEN)	GREEN	VIOLET
7	12-03-2019	SHUTTLE BADMINTON.	MEN'S Doubles WOMEN'S Singles MEN'S Doubles	VIOLET WHITE VIOLET ORANGE VIOLET ORANGE
8	12-03-2019	TABLE TENNIS.	MEN'S Singles WOMEN'S Singles MEN'S Doubles	BLUE WHITE RED VIOLET BLUE VIOLET
9	27-03-2019	ATHLETICS (MEN &WOMEN)	ORANGE	BLUE









Annual Athletic Meet















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 com
6	BADMINTON (WOMEN)	GOURIPRIYA	B com
7	CHESS	GOPIKA RANI	PHYSICS
8	THROWBALL	GANGA	PHYSICS
9	TABLE TENNIS	ANANTHU S	PHYSICS

COACHING CAMP CONDUCTED TO THE TEAMS



SL. NO	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