

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 InterNational Yoga Day in association with College Health Club on 21st 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,(2nd runner up in Chess, Kabaddi and Boxing).We secured Gold, Silver and Bronze medal in Boxing, a Silver medal in Best physique Competition and a bronze medal in athletics too. The Department of physical Education conducted Open Course classes “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 25/7/2019
2	FOOTBALL	11/09/2019 to 22/10/2019
3	KABADDI	18/09/2019 to 22/10/2020
4	ATHLETICS	26/11/2019 to 11/10/2020



Cricket Coaching Camp

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	SNCOLLEGE,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
11	WRESTLING (MEN)	SREEPADAM STADIUM, ATTINGAL
12	BADMINTON(MEN)	ST MARY'S BADMINTON COURT,THIRUVALLA
13	NET BALL(MEN)	LNCPE,KARYAVATTOM



Chess Team

Kerala Univesity Intercollegiate 2nd Runner -up



ANANDAKRISHNAN.H

Silver Medalist in Kerala University Inter collegiate Championship.



College Kabaddi Team

Kerala University Intercollegiate 2nd Runner –up



AMAL RAJ

Boxing GOLD medalist in Kerala University Inter Collegiate competitions



ADARSH.V.J

Boxing Bronze medalist in Kerala Uty Inter Collegiate competitions



SHIBIN . B

Boxing Bronze medalist in Kerala Uty Inter Collegiate competitions

ACHIEVEMENTS

KERALA UNIVERSITY REPRESENTATION

SL NO	NAME	DEPARTMENT	EVENT	LEVEL
1	GOPIKARAN.I.S	II PHYSICS	CHESS	REPRESENTED UNIVERSITY OF KERALA
2	PRASIDH.P.S	III PHYSICS	KABADDI	REPRESENTED UNIVERSITY OF KERALA
3	AMAL RAJ	II ENGLISH	BOXING	REPRESENTED UNIVERSITY OF

			KERALA
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ACHIEVEMENTS IN INTERCOLLEGIATE LEVEL

SL NO	NAME	DEPARTMENT	EVENT	POSITION
1	SYAM.G.CHANDRAN	III PHYSICS	CHESS	THIRD
2	SARAN RAJ R.G	III PHYSICS	CHESS	THIRD
3	KAILASNATH.R	II PHYSICS	CHESS	THIRD
4	SARAN BABU	I BCom	CHESS	THIRD
5	ANANDAKRISHNAN.H	II ZOOLOGY	BEST PHYSIQUE	SILVER
6	AMAL RAJ	II ENGLISH	BOXING	GOLD
7	ANANTHU.S	I MSc PHYSICS	BOXING	BRONZE
8	ADERSH V.J	II BCom	BOXING	BRONZE
9	SHIBIN.B	II ENGLISH	BOXING	BRONZE
10	KRISHNAPRIYA.J	I BCom	ATHLETICS	BRONZE
11	ABHIJITH.P	III PHYSICS	KABADDI	THIRD
12	ADERSH.V.J	II B Com	KABADDI	THIRD
13	AJITH KUMAR.A	III ECONOMICS	KABADDI	THIRD
14	AKHIL.A	III ENGLISH	KABADDI	THIRD
15	AMAL.A.S	II ECONOMICS	KABADDI	THIRD
16	ANANTHU.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



College Wrestling Team



College Cricket Team



Cricket team participated in T20 KCPL Tournament



College Football team –Runner up in Don Bosco Football Championship



College Athletics Team (Men)



College Athletics Team (Women)

INTER HOUSE MATCHES CONDUCTED

INDOOR GAMES

SL.NO	EVENT	CATEGORY
1	CHESS	BOYS & GIRLS
2	SHUTTLE BADMINTON	BOYS & GIRLS
3	TABLE TENNIS	BOYS & GIRLS
4	CARROMS	GIRLS

OUT DOOR GAMES

SL.NO	EVENT	CATEGORY
1	CRICKET	BOYS
2	FOOT BALL	BOYS
3	THROW BALL	GIRLS
4	KABADDI	BOYS

ANNUAL ATHLETIC MEET EVENTS

SL NO	EVENTS	CATEGORY
1	100 MTS	BOYS & GIRLS
2	200 MTS	BOYS & GIRLS
3	400 MTS	BOYS & GIRLS
4	800 MTS	BOYS
5	LONG JUMP	BOYS & GIRLS
6	SHOT PUT	BOYS & GIRLS

7	DISCUSS THROW	BOYS & GIRLS
8	JAVELIN THROW	BOYS & GIRLS
9	4x 100 MTS RELAY	BOYS & GIRLS

INDOOR GAMES CHAMPIONS

1.BLUE HOUSE 81 POINTS

2,VIOLET HOUSE 66 POINTS

3.RED HOUSE 35 POINTS

OUTDOOR GAMES CHAMPIONS

1.WHITE HOUSE 27 POINTS

2.BLUE HOUSE 25 POINTS

3.VIOLET HOUSE 24 POINTS

ANNUAL ATHLETIC MEET CHAMPIONS

1.WHITE HOUSE 89 POINTS

2.BLUE HOUSE & VIOLET HOUSE 71 POINTS

3.GREEN HOUSE 35 POINTS

OVER ALL CHAMPIONS

1.BLUE HOUSE 177 POINTS

2.VIOLET HOUSE 161 POINTS

3.WHITE HOUSE 128 POINTS

BEST PLAYERS OF THE TOURNAMENTS

CRICKET - NIJIL.U (VIOLET)

FOOTBALL - ABIN ROY (WHITE)

VOLLEY BALL - ADITHYAN (RED)

KABADDI - AKHIL (ORANGE)

THROW BALL - DELLA (GREEN)

SHUTTLE BADMINTON (MEN)- AJAY(RED)

SHUTTLE BADMINTON (WOMEN) – GANGA(BLUE)

TABLE TENNIS (MEN) - ANANTHU.S (GREEN)

TABLE TENNIS (WOMEN) – GOURI (VIOLET)

CARROMS - GANGA & RINCY (BLUE)

ATHLETICS

INDIVIDUAL CHAMPION (MEN) - ANANDHU PRASAD (VIOLET)

INDIVIDUAL CHAMPION (WOMEN) -KRISHNAPRIYA.J(BLUE)

HOD

DEPT OF PHYSICAL EDUCATION