



# **ST. GREGORIOS COLLEGE KOTTARAKARA**

**Department of Physical Education**



## **DEPARTMENT OF PHYSICAL EDUCATION**

### **VISION & MISSION**

#### **Vision**

To be a source of Physical, Mental, Emotional and Social wellbeing of the students' performance towards excellence through physical education.

#### **Mission**

To provide sports and games facility by promoting better health

To achieve high performance

To provide recreation

#### **Departmental Details**

Physical Education programme help the students for overall development by improving motor abilities, so that they can adopt healthy and physically active life styles.

Department organize various intramural and extra murals programme which help the students for overcoming mental stress, readiness and physical active personalities.

#### **Outsource activities**

Department of Physical Education takes effort to provide our infrastructure facilities to other Association

- 1) Kollam Rural Police athletic meet – Volleyball tournament
- 2) District Ball badminton selection trials
- 3) Ground facility providing for Vijaya's College of Nursing, Kottarakara athletic meet conducted from last 8 years

### **Kollam Rural Police Sports Meet – Volleyball Tournament 2017-18**

Department of physical education, St. Gregorios College, Kottarakara conducted Kollam Rural Police Sports Meet – Volleyball Tournament in connection with the Kollam Rural Police Sports meet. Three teams participated Kottarakara sub division, Kottarakara and Punalur sub division were participated in the tournament. The tournament was inaugurated by Mr. Anil Kumar, DYSP, administration Kollam rural. Kottarakara sub division with their all-round performance emerged winners; Punalur sub division became the runners up. The trophies were jointly distributed by chief guest Mr. Ashokan ASP, Kollam Rural and Dr. Suman Alexander, Principal, St. Gregorios College, Kottarakara. Prof. Thomas P George HOD Physical Education, delivered the vote of thanks.



### Venue of district-level selection trials and coaching camps

External sports agencies and associations have always been welcomed at the institution to conduct sports championships, camps and trials. The Kollam District Ball Badminton Association has conducted selection trials and coaching camps at the college. The Volleyball association also regularly conducts selection trials in the college court.

### Venue of Sports Meets of neighboring institutions

The neighboring institution of the college, the Vijaya School of Nursing, Kottarakara, conducts an annual sports meet. As they lack the requisite facilities and infrastructure at their respective institution, the venue of the sports meet has customarily been the college court.



## Activities

University Championship  
Home Tournaments  
District Championship  
All India Intercollegiate Tournaments  
Inter University Championship  
Inter Department Tournaments  
Interdepartmental Competitions  
ALL Kerala Inter-Collegiate Tournaments  
Coaching camps  
Annual Athletic Meet  
Fitness Programmes

## Home Tournaments

- ❖ University of Kerala Inter-Collegiate Basketball Women Tournament (HH Moran Mar Baselios Marthoma Mathews II Birth Centenary Memorial Ever Rolling Trophy)
- ❖ Jijo T George Memorial Ever Rolling Trophy in Cricket Tournament
- ❖ J Sreeram Memorial Ever Rolling Trophy in Volleyball Tournament

## Awards & Endowments

Awards are given to sports persons every year

- ❖ Prof. K. S. Mathew Endowment Scholarship
- ❖ Prof. K. T. Annamma Endowment Scholarship
- ❖ PTA Cash Awards for best Athletes
- ❖ PTA Sponsored Trophies for the best performers
- ❖ Outstanding sports person award
- ❖ Best Player award
- ❖ Best organizer
- ❖ Best Sports Men
- ❖ Best Sports Women
- ❖ Individual Men Champion in Annual Athletic Meet
- ❖ Individual Women Champion in Annual Athletic Meet

### **Coaching for PSC physical efficiency test**

Many of our students attempt the recruitment examinations to various posts conducted by the Kerala Public Service Commission. Students with a background in sports seek opportunities in sectors that require physical efficiency such as the posts of constable, sub inspector in Kerala police, as Beat Forest officer, officers in the fire force, army, etc. The Department of Physical Education steps in at this juncture to provide coaching every year for those students who pass the qualifying exam and await the physical efficiency test. In the last five years, numerous students have benefitted from this programme and twelve of our former students who attended the coaching has been able to pass the physical efficiency test and get employment in various governmental sectors. The list and details of the students who have passed the physical test are as follows:



Sl. No	Name	Course	Year	Department
1	VISHNU V	B Com	2013	Kerala Police
2	LAL KRISHNA V	M. Com	2014	Kerala Police
3	VISHNU K	B. A	2014	Kerala Police
4	HAFIS MUHAMMAD M A	B. A	2017	Kerala Police
5.	ASWIN SASIDHARAN	B. A	2017	Police
6.	NAHAS	B. A	2017	Kerala Police
7.	SREERAJ	MSc	2017	Beat Forest Officer
8.	JESNO KUNJACHAN	MSc	2019	Kerala Police-2020
9.	ABHINAND S PRASAD	B. A	2019	Kerala Police-2020
10	AROMAL AJAYAN	B. A	2017	Indian Army

## FEATURES AND FACILITIES

### 1. PLAYING GROUNDS

The college has spacious playing grounds for major games like Volleyball, Kabaddi, Ball Badminton, Cricket practice ground, jumping Pit, Indoor court Sevens Football ground Shuttle Badminton and a Basketball court of national standard etc.

#### **Football Field [Sevens]/ Cricket Practice Ground**



## 2. INDOOR FACILITIES

With the assistance of Ministry of youth affairs & sports, Government of India, the department established a Table Tennis Indoor games like Caroms, chess etc. are also promotional during leisure hours.

Table Tennis



Carroms & Chess



## 3. MULTI-GYM AND FITNESS CENTRE

The college, in turn the department has always given prime preference and priority to a holistic approach for the overall development of its wards, -both the physical and mental so that the department established a 12 stationed multi gym cum fitness center during the academic year 2006-2007. It provides an opportunity for the students to realize the need of a healthy body to pursue a meaningful life. Now scores of students of the institution practice regularly in the

morning and evening sessions in the Gym- a special and exclusive programme which has been wholeheartedly embraced by the sports-loving members of the institution. Even the members of the teaching community too are enthusiastic to avail this newly introduced facility by the Department. It is noteworthy to mention the merit of Aneesh. K (2007-2008) a ward of the department, who won the best physique award (Mr. Kerala University 2007-2008) and a creditable 7th position in all India inter-university training and patronage extended by the department.



Aneesh. K (Mr. Kerala University 2006-2008)





## Basketball Court

The court was constructed according to the national standard in 2015. The court is situated right in the center of the college, overlooked by all the four blocks. Ample provisions have been left for raising the court to the international standard. The singular location of the court allows a simultaneous spectatorship of a thousand from the blocks on either side of the court. Considered one of the best basketball courts in the University of Kerala, it has served as the venue of the University Women's Basketball Tournament in 2016.



## COURTS

The sports court of the college is located next to the science block, which is a U-shaped building with three floors. The unique shape and architecture of the building helps accommodate around thousand spectators simultaneously. The court is divided into three, comprising of a kabaddi court, a volleyball court and a ball badminton court. Every year, the college court is the venue of tournaments conducted by the University of Kerala.



Kabaddi Court



Ball Badminton Court

## Volleyball Court



## Sports Policy & Programme

The discussion in the sports committee meetings suggested formulating ways to enhance students discipline in the campus. It is suggested that sports and games related activities are avenues which can invariably contribute to enhance student discipline in the campus. So, it is felt that the sports related extra activities are to be given adequate/equal attention to that of curricular activities. Presently the physical education department is managing the whole sports and games related activities in our college.

### **PROGRAMMES**

#### 1. SELECTION PROCEDURE

Students admitted on the basis of the sports quota reservation constitute the core of the various college teams. Through interactions and surveys the department locates interested and suitable students and encourages them to take part in various sports and games activities. After a period of close

observation and scrutiny selections are conducted and various teams are formed, followed by special training and coaching camps by the experts in the respective fields.

2. COACHING CAMPS

Coaching Camps are a feature every year to enhance the overall improvement of the team's performance.

3. FRIENDLY MATCHES

In order to provide match experience prior to the inter and intramural competitions, the department organizes friendly matches with good standing in collaboration with various sports agencies.

4. INTERCOLLEGIATE TOURNAMENTS

Every year the department organizes intercollegiate competitions of various disciplines.

5. ANNUAL SPORTS AND INTRAMURAL GAMES COMPETITIONS

The annual sports meet and games is a landmark event academic year. The students are categorized as various houses under various academic departments and the events instilled a festive mood and competitive spirit among the participants and other students. Winners are rewarded with the trophies and merit certificates.

## Goals

To ensure better participation of students and staff in the sports and games related activities

To provide organized training and practices for various college teams

To create a better sports environment that may stimulate a disciplined campus setting.



## ENDOWMENTS

In order to honor and commemorate the services rendered by the retired teachers- Prof: K.S. Mathew and Prof: K.T. Annamma the department offers scholarship for meritorious students every year. The Parent Teachers Association, the management and also the teaching community often come forward with cash awards and assistance to the talented and deserving students.

Separates files are maintained to record the activities of the department.



Award winners with principal and Manager of College



Annual Meeting and Award Distribution

## University Championship

Other great achievement is our Ball Badminton (Men) team has won in the Kerala university inter college Ball Badminton Championship 2018-19 held at St.Gregorios College, Kottarakara on 21<sup>st</sup> and 22<sup>nd</sup> November 2018. Three players in our college team Vivek V R (II DC B.com), Asif Nazar (I DC Physics) and Anand M B (I DC B.com) got selected in the Kerala University Ball badminton (Men) team. They participated in All India Inter University Ball Badminton Championship held at SRM University, Chennai from 11<sup>th</sup> December to 15<sup>th</sup> December 2018. The team played well and entered in the Quarter Final.



## Kerala University Ball Badminton players.



The following are the players of the college Ball badminton team-  
Champion of the Kerala university Ball Badminton tournament 2018-19

1. VIVEK V R - II DC B.COM
2. SHIBIN ANTONY - I DC POLITICS
3. ANAND M B - I DC B.COM
4. ASIF NAZAR - I DC PHYSICS
5. ANIL JAMES - I DC B.COM
6. ADARSH BABU - III DC B.COM
7. JOEL JOHNSON - II B.COM
8. ANANDHU KRISHNAN A S - I DC ENGLISH
9. ANANDHU KRISHNAN R - I DC MATHS
10. NAFEES SAIF - III DC ENGLISH



MANAGER / COACH - PROF. THOMAS P GEORGE  
(HOD, DEPARTMENT OF PHYSICAL EDUCATION)



## **Kerala University Inter Collegiate Basketball (women)**

### **Tournament - 2016-17**

In 2016, the department hosted and sponsored the University of Kerala Inter Collegiate Women's Basketball Tournament. The tournament is now known by the name of our founder manager of the **H H Moran Mar Baselious Marthoma Mathews II**



**Birth centenary Memorial Ever Rolling Trophy.** The Kerala University Basketball (women) Championship 2016-2017 conducted by the physical education. and hosted by St.Gregorios College, Kottarakkara on 2nd and 3rd December 2016. 12 college teams participated in the tournament. The tournament was Ingaured by Dr. Josekutty, principal St.Gregorios College, Kottarakara. Prof. Thomas P George, HOD physical Education Department



The inaugural match between St.Gregorios college kottarakkara and St. xviars college Thumba. The tournament was well attended, colorful and all this teams were involved in a very spirited competition. St.Johns college, Anchal and St.Joseph's college, Alappuzha reached the finals. The players were introduced by Dr.Shaji K, syndicate member, University of Kerala. St.John's college, Anchal with their all-round performance emperor winners. St.Joseph's college, Alappuzha become this runner up. Bishop moore college, Mavelikkara secured Third place and St.Gregorios college secured fourth place. Anuja from St.John's college Anchal become this best player of the tournament.







The trophies were jointly distributed by chief guest Dr.K.K. venu, Director of physical, Education, University of Kerala and Dr.Josekutty, Principal, St.Gregorios college, Kottarakkara. Prof. Thomas P George, HOD Department of physical Education delivered the vote of thanks followed by the National Anthem.



## **HOISTED THE KERALA UNIVERSITY BALL BADMINTON (MEN) TOURNAMENT 2018-19**

The Kerala University Ball Badminton (Men) Championship 2018-19 conducted by the Department of Physical Education and hosted by St. Gregorios College Kottarakara on 21<sup>st</sup> November and 22<sup>nd</sup> November 2018. The college team participated in the tournament. The tournament was inaugurated by Dr. Suman Alexander, Principal St. Gregorios college Kottarakara. Prof. Thomas P George, HOD Department of Physical Education, the General Convener delivered the Welcome Speech. Mr. Gee Varghese Ninan, former Senate member, University of Kerala and Dr. Jean Jose, convener IQAC gave the felicitations.

The tournament was well attended and all the teams were involved in a very spirited competition. St. Gregorios College .Kottarakara and MG college Thiruvananthapuram reached the finals.

The players were introduced by Mr. Anfil Varghese, former Star of India winner, Kerala University Captain and former Captain of our Ball Badminton team. St. Gregorios College, Kottarakara with their all-round performance emerged winners .MG College, Thiruvananthapuram become the runner up NSS College, Dhanavachapuram secured third place and NSS college Nilamel became





the Fourth place. Vivek V R, II DC B.com become the best player of the tournament. The trophies were jointly distributed by Chief Guest Mr. Gopakumar, Secretary Kerala State Ball Badminton Association and Dr. Suman Alexander (Principal, St.Gregorios College, Kottarakara). Prof Thomas P George HOD Department of Physical Education delivered the vote of thanks. In the Kerala University selection trials following the tournament our players Vivek VR, II DC B.COM, Anand MB, I DC B. Com and Asif Nazar. I DC Physics were selected to the University of Kerala Ball Badminton team.



### **Star Participation**

St.Gregorios College Ball Badminton team is the only team from Kerala to participated in the Founders Birthday Trophy 2018 organized by SRM IST, Chennai from 21<sup>st</sup> to 24<sup>th</sup> August 2018.

#### **All India Inter Collegiate participation 2018-19**

<b>Sl. No.</b>	<b>Tournament</b>	<b>Event</b>	<b>Category</b>	<b>Achievement</b>
1	Founders Birthday SRM IST Trophy, Chennai	Ball Badminton	Men	Participated and Semifinalist



**Our Ball Badminton players in All India Inter University Championship held at SRM University, Chennai**



# Annual Athletic Meet

An athletic meet is conducted every year by the Department of Physical Education with the hearty participation of students from all departments and sports persons from the physical education department. On the inaugural day, students, dressed in departmental uniforms and carrying the respectively colored flags of their departments participate in a spectacular and disciplined march past. Teachers as well as non-teaching staff also participate in the march. The chief guest who inaugurates the program is usually a sports figure or an influential person with aptitude in athletics, sports and related fields and is able to inspire the students to do their best. The department which conducted the best march past is declared and awarded with a trophy. At the inaugural function, awards are distributed to the best organizer, players representing national, state and university teams, the teams that won championships, and the best players in different sports disciplines.

After the march past and the awards distribution, athletic events commence. Interdepartmental games competitions are launched from the next day onwards.

The games are highly competitive and well organized by the students themselves. Former students of the college also help out in organizing the tournaments and individual competitions. Indoor games such as the chess and caroms tournaments are also arranged.

For individual events, both medals and certificates are awarded to the students who secure the first and second positions. For team events, the first and second positions are awarded with individual medals only. The student or team that secures the third position in individual and team events respectively are provided with certificates. Individual male and female champions of the meet gets trophies. The department which gets the overall championship is awarded with the rolling trophy. The overall runner-up, the second runner-up are also presented trophies.









## **INTERDEPARTMENTAL COMPETITION**

### **TUG OF WAR COMPETITION (MEN)**

The Department of Physical Education of St.Gregorios College conducted an inter department tug of war competition in 2018 in association with College Union. Dr. Suman Alexander Principal St.Gregorios College who inaugurated the event. Eight department participated in the competition. The winner was the department of Physics. The first runner up was the department of B.com and second runner up was Department of English. The event was a great success.





### **BASKETBALL FREE THROW COMPETITION (MEN AND WOMEN)**

The Department of Physical Education of St.Gregorios College, Kottarakara also conducted a free throw competition in Basketball for both Boys and Girls on 7<sup>th</sup> February 2019.it was inaugurated by the Principal Dr.Suman Alexander. Eight department participated in the event. The Department of English was the winner and The Department Botany was the runner up for the boy's competition. Among Girls Group the Department of Politics stood first. the runner up was The Department of Mathematics. The Principal Dr. Suman Alexander and Head of the Department of Physical Education jointly distributed the prizes and greeted the winners. Participation and achievements in local tournaments of various sports bodies is a regular commendable feature of the sports and games activities of the college.



## International Level Participant

Sl. No.	Name	Class	Year	Event	Achievements
1.	Jerin Joy	S6 Commerce	2018-19	Catch Ball	Represented Indian Senior Catch Ball Team 2018. First place Indo-Nepal International Catch Ball Match



ജെറിൻ ജോയിക്ക് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ അധ്യാപകൻ പ്രഫ. തോമസ്.പി.ജോർജ്ജ് കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് പ്രിൻസിപ്പൽ ഡോ.സുജിത് അലക്സാണ്ടർ എന്നിവർക്ക് ചുറ്റും

### ജെറിൻ ജോയിക്ക് ആദരം

കൊട്ടാരക്കര • നെപ്പാളിൽ നടന്ന ക്യാച്ചബോൾ ഫാഷ്യൻഷിപ്പിൽ ജെറീൻ ജോയിക്ക് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ അധ്യാപകൻ പ്രഫ. തോമസ്.പി.ജോർജ്ജ് കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജിലെ മുൻ വർഷ വിദ്യാർത്ഥിയായ ജെറിൻ ജോയി ആദരം ചെയ്തു.



## National Level Participation

Sl. No.	Name	Course	Year	Event	Achievements
1.	Jerin Roy 	S6 Commerce	2018-19	Catch Ball	National Catch Ball – First place
2.	Naveen K. S 	S6 Commerce	2018-19	Catch Ball	National Catch Ball – First place
3.	Vivek. V. R	S6 Commerce	2017-2020	Ball Badminton	Junior National –Third- 2017 Senior National- 2017, 2019
4.	Mohammed Basith	S6 Commerce	2017-2018	Kick Boxing	Silver Medal All India Rural Games - 2018
5.	Asif Nazar	S1 Physics	2018-2019	Ball Badminton	Second Place National Junior Ball Badminton 2018
6.	Sanju Jacob	S4 Zoology	2016-17	Basket Ball	Participation in NCC National Games
7.	Sarath Mohan	S2 Physics	2018-2019	Shooting Ball	Participation in National Championship



## All India Inter University Participation

Sl. No.	Name	Class	Year	Event
1.	Sachin. P	S4 Botany	2016-17	Cricket
2.	Vivek. V. R	S6 Commerce	2017-18 2018-19 2019-2020	Ball Badminton
3	Asif Nazar	S4 Physics	2018-19 2019-20	Ball Badminton
4.	Anand. M. B	S4 Commerce	2018-19	Ball Badminton



Our Ball Badminton players in All India Inter University Championship held at SRM University, Chennai

## State Level Achievements, Representation and Participation

<b>Sl. No.</b>	<b>Name</b>	<b>Class</b>	<b>Year</b>	<b>Event</b>	<b>Achievements</b>
1.	Jerin Roy	B. Com	2018	Catch Ball	Represented Kerala Team First place – National Championship-2018
2.	Naveen K. S	B. Com	2018	Catch Ball	Represented Kerala Team First place – National Championship-2018
3.	Vivek. V. R	B. Com	2017	Ball Badminton	Represented Kerala Team-63 <sup>rd</sup> Senior National Championship-2017. First place-49 <sup>th</sup> State Junior Championship-2017 Second Place 63 <sup>rd</sup> State Senior Championship-2017
4.	Mohammed Basith	B. Com	2017 2018	Volley Ball Kick Boxing	Participation in Kerala Youth Volley Ball-2017 Represented Kerala Kick Boxing Team- 2018
5.	Asif Nazar	B.Sc Physics	2018	Ball Badminton	Represented Kerala Ball Badminton team 2018- Second Place State Junior Championship 2018
6.	Nafeer. N	BA Political Science	2016	Volley Ball	Second place State Youth Volley Ball-2016
7.	Anoop. P. S	BA English	2016	Volley Ball	Second place State Youth Volley Ball-2016
8.	Sanju Jacob	B. Sc Zoology	2016	Basket Ball	Participation in NCC National Games, Kerala and Lakshadweep
9.	Merlin Abraham	B. Sc Physics	2018	Boxing	Third Place-Kerala Boxing-2018
10.	Sarath Mohan	B. Sc Physics	2018	Shooting Ball	Participation in National Championship-2018
11.	Arun Kumar S	English	2019	Karate	Participation Kerala State Karate Championship 2019

**ST. GREGORIOS COLLEGE, KOTTARAKARA**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**GREGORIAN STARS AND LUMINARIES**

SL.NO	NAME	COURSE AND YEAR OF STUDY	ACHIEVEMENTS
1	Jerin Roy 	B. Com 2016-18	Indo-Nepal International Catch Ball Series 2018-2019 - First Place. All India Catch ball 2018 - First Place. Member -Indian senior Catch ball Team.
2	Vivek V.R 	B. Com 2017-19	Captain - Kerala Junior Ball Badminton. 'Star Of India' Winner-2014 Junior National-Third Place-2017. Senior National-2017,2019
3	Naveen K S 	B. Com 2016-18	All India Catchball-2018-First place -Member Kerala Team-2018
4	Asif Nazar 	Physics 2018-20	National Junior Ball Badminton 2018-Second Place. State Junior 2018 second place. All India Inter University 2018,2019



5	<p>Mohammed Basith</p> 	<p>B. Com 2015-17</p>	<p>All India Rural Games-2018.kick Boxing- Silver medal, Kerala University Wushu 2017 -Third Place, Kerala State Youth volleyball 2016- sixth place</p>
6	<p>Nafeer N</p> 	<p>Politics 2014-16</p>	<p>State youth volleyball-2016, Kerala University NZ Volleyball 2015-16</p>
7	<p>Anoop P S</p> 	<p>English 2015-17</p>	<p>State Youth Volleyball 2016-second place- Kerala University NZ Volleyball2016-17</p>
8	<p>Sachin P S</p> 	<p>Botany 2015-17</p>	<p>South Zone Kerala under 23 Cricket 2017-All Indian S.Z Inter University Cricket-2017</p>
9	<p>Tobin C Johnson</p> 	<p>M.Com 2015-16</p>	<p>Kerala University Boxing-2015- Third Place</p>

10	Merlin Abraham 	Physics 2016-18	State Boxing- 2018 -Second Place
11	Anand M B 	B. Com 2018-20	All India Inter.Uty-Ball Badminton-2018
12	Sanju Jacob 	Zoology 2016-18	Basketball - NCC National Games 2016
13	Sarath Mohan 	Physics 2018-20	National Shooting Ball 2018
14	Arun S Kumar 	English 2019	Second place DC, Kerala State Karate Championship 2019

**All Kerala Inter Collegiate and District Championship**  
**2014-2016**

Sl. No.	Tournament	Category	Achievements
1	Kollam District Ball Badminton	Women	Winner
2	TKM Trophy All Kerala IC Basketball	Women	Runner up
3	Kollam District Ball Badminton	Men	Runner up
4	TKM Trophy All Kerala IC Volleyball	Men	II Runner up

**2016-2017**

Sl. No	Tournament	Category	Achievements
1	TKM Trophy All Kerala IC Volleyball	Men	Runner Up
2	TKM Trophy All Kerala IC Basketball	Women	Runner Up
3	Kollam District Ball Badminton	Men	Runner Up
4	Kollam District Ball Badminton	Women	Runner Up



## **2017-2018**

Sl. No	Tournaments	Category	Achievements
1	TKM Trophy All Kerala IC Cricket	Men	Winners
2	Kollam District Ball Badminton	Men	Winners
3	TKM Trophy All Kerala IC Volleyball	Men	Runner Up
4	TKM Trophy All Kerala IC Basketball	Women	Runner Up

## **2018-2019**

Sl. No	Tournaments	Category	Achievements
1	TKM Trophy All Kerala IC Volleyball	Men	Winners
2	TKM Trophy All Kerala IC Basketball	Women	Runner Up
3	Kollam District Ball Badminton	Men	Winners
4	Kollam District Ball Badminton	Women	Runner Up

## **2019-2020**

Sl No	Tournaments	Category	Achievements
1	TKM Trophy All Kerala IC Basketball	Women	Runner Up
2	TKM Trophy All Kerala IC Volleyball	Men	2 <sup>nd</sup> Runner Up
3	TKM Trophy All Kerala IC Basketball	Men	2 <sup>nd</sup> Runner Up



Winners Kollam District Ball Badminton (Women) Championship 2015-16



Runner up TKM Trophy All Kerala Inter Collegiate Basketball Championship 2015-16



Runner up Kollam District Ball Badminton Championship 2015-16



TKM Trophy All Kerala Intercollegiate Men Championship 2015-16



TKM Trophy All Kerala Intercollegiate Men Championship 2016-17





Runner up TKM Trophy All Kerala Intercollegiate Basketball (Women) Championship 2016-17



Runner up Kollam District Ball Badminton Men Championship 2016-17



Runner up Kollam District Ball Badminton Women championship 2016-17





Winners TKM Trophy All Kerala Intercollegiate Cricket Championship 2017-18



Winners Kollam District Ball Badminton Men Championship 2017-18



Runner up TKM Trophy All Kerala Intercollegiate Volleyball Men Championship 2017-18



Runner up TKM Trophy All Kerala Intercollegiate Basketball Women Championship 2017-18



Winners TKM Trophy All Kerala Intercollegiate Volleyball Championship 2018-19



Runner up TKM Trophy All Kerala Intercollegiate Basketball Women Championship 2018-19





Winners Kollam District Ball Badminton Men Championship 2018-19



Runner up Kollam District Ball Badminton Women Championship 2018-19



Runner up TKM Trophy All Kerala Intercollegiate Basketball Women Championship 2019-20





Second Runner up TKM Trophy All Kerala Intercollegiate Volleyball Men Championship 2019-20



Second Runners up TKM Trophy All KERALA Intercollegiate Basketball Championship 2019



Winners Kerala University Intercollegiate Ball Badminton Men Championship 2018-19





Runner up Kerala University Intercollegiate Ball Badminton Men Championship 2019-20



Fourth place Kerala University Intercollegiate Basketball Men Championship 2018-19



**KERALA UNIVERSITY CHAMPIONSHIPS AND PARTICIPATION**  
**2015-2016**

<b>SL.NO</b>	<b>TOURNAMENTS</b>	<b>CATEGORY</b>	<b>ACHIEVEMENT</b>
1	BALL BADMINTON	MEN	5 <sup>TH</sup> PLACE
2	NORTH ZONE VOLLEYBALL	MEN	3 <sup>RD</sup> PLACE
3	NORTH ZONE FOOTBALL	MEN	PARTCIPATION
4	NORTH ZONE CRICKET	MEN	PARTCIPATION
5	NORTH ZONE BADMINTON	MEN	PARTCIPATION
6	KABADDI	MEN	PARTCIPATION
7	ATHLETIC MEET	MEN	PARTCIPATION
8	BODYBUILDING	MEN	PARTCIPATION

**2016-2017**

<b>SL.NO</b>	<b>TOURNAMENTS</b>	<b>CATEGORY</b>	<b>ACHIEVEMENTS</b>
1	BALL BADMINTON	MEN	5 <sup>TH</sup> PLACE
2	BALL BADMINTON	WOMEN	PARTCIPATION
3	BASKETBALL	MEN	PARTCIPATION
4	BASKETBALL	WOMEN	PARTCIPATION
5	NORTH ZONE FOOTBALL	MEN	PARTCIPATION
6	NORTHZONE KABADDI	MEN	PARTCIPATION
7	NORTHZONE CRICKET	MEN	PARTCIPATION
8	NORTHZONE BADMINTON	MEN	PARTCIPATION
9	NORTHZONE VOLLEYBALL	MEN	4 <sup>TH</sup> PLACE
10	ATHLETIC MEET	MEN	PARTCIPATION

### **2017-2018**

<b>SL. NO</b>	<b>TOURNAMENTS</b>	<b>CATEGORY</b>	<b>ACHIEVEMENTS</b>
1	NORTH ZONE VOLLEYBALL	MEN	3 <sup>RD</sup> PLACE
2	BALL BADMINTON	MEN	4 <sup>TH</sup> PLACE
3	BASKETBALL	MEN	PARTCIPATION
4	BASKETBALL	WOMEN	PARTCIPATION
5	ATHLETIC MEET	MEN	PARTCIPATION
6	ATHLETIC MEET	WOMEN	PARTCIPATION
7	NORTH ZONE KABADDI	MEN	PARTCIPATION
8	NORTH ZONE CRICKET	MEN	PARTCIPATION
9	NORTH ZONE BADMINTON	MEN	PARTCIPATION
10	VOLLEYBALL	WOMEN	PARTCIPATION

### **2018-2019**

<b>SL. NO</b>	<b>TOURNAMENTS</b>	<b>CATEGORY</b>	<b>ACHIEVEMENTS</b>
1	BALL BADMINTON	MEN	WINNERS
2	BASKETBALL	MEN	4 <sup>TH</sup> PLACE
3	NORTHZONE VOLLEYBALL	MEN	4 <sup>TH</sup> PLACE
4	BALL BADMINTON	WOMEN	PARTICIPATION
5	ATHLETIC MEET	MEN	PARTICIPATION
6	ATHLETIC MEET	WOMEN	PARTICIPATION
7	NORTH ZONE KABADDI	MEN	FINAL
8	NORTH ZONE CRICKET	MEN	FINAL
9	NORTH ZONE FOOTBALL	MEN	PARTICIPATION
10	VOLLEYBALL	WOMEN	PARTICIPATION
11	JUDO	MEN	PARTICIPATION

**2019-2020**

<b>SL. NO</b>	<b>TOURNAMENTS</b>	<b>CATEGORY</b>	<b>ACHIEVEMENTS</b>
1	BALL BADMINTON	MEN	RUNNER UP
2	BALL BADMINTON	WOMEN	FINAL
3	BASKETBALL	MEN	5 <sup>TH</sup> PLACE
4	BASKETBALL	WOMEN	PARTIPATION
5	NORTH ZONE VOLLEYBALL	MEN	4 <sup>TH</sup> PLACE
6	VOLLEYBALL	WOMEN	PARTICIPATION
7	NORTH ZONE CRICKET	MEN	FINAL
8	NORTH ZONE FOOTBALL	MEN	FINAL



**KERALA UNIVERSITY NORTH ZONE REPRESENTATION  
TO INTER ZONE VOLLEY BALL SELECTION**

**2015-16**

<b>Sl. No</b>	<b>NAME</b>	<b>COURSE</b>
1	ANAS A	Politics
2	NAFEER N	Politics
3	ANZAR A	Politics
4	HAFIS MUHAMMED	Politics
5	ANOOP P S	English
6	SREERAJ R S	MSc. Physics
7	JAISON P JAMES	Commerce
8	ASWIN SASIDHARAN	Politics
9	JAMEER A	Politics
10	MUHAMMED BASITH	Commerce

**2016-17**

<b>Sl. No</b>	<b>NAME</b>	<b>COURSE</b>
1	HAFIS MUHAMMED MA	Politics
2	ASWIN SASIDHARAN	Politics
3	ANZAR N	Politics
4	SREERAJ R S	MSc. Physics
5	ANOOP P S	English
6	MUHAMMED BASITH	Commerce
7	JAISON P JAMES	Politics
8	DEEPAK MOHAN	Politics
9	A I RASHID	Botany
10	THANSEER Y	English

**2017-18**

<b>Sl. No</b>	<b>NAME</b>	<b>COURSE</b>
1	ANOOP P S	English
2	MUHAMMED BASITH	Commerce
3	AL RASHID	Botany
4	DEEPAK MOHAN	Commerce
5	THANSEER Y	English
6	ASHARAF S	Mathematics
7	LITTOMON	English
8	SHINE V LUKE	Commerce
9	AJU BENJAMINE	Commerce
10	ABHILASH ALEXANDER	Commerce

**2018-19**

<b>Sl. No</b>	<b>NAME</b>	<b>COURSE</b>
1	NIKHIL RAJ	Commerce
2	DEEPAK MOHAN	Commerce
3	NAVAF N	English
4	ASHARAF	Mathematics
5	JIBIN JOY	Politics
6	AL-RASHID	Botany
7	THANSEER Y	English

**2019-20**

<b>Sl. No</b>	<b>NAME</b>	<b>COURSE</b>
1	NAVAF N	English
2	PRINCE PONNACHAN	English
3	JIBIN JOY	Politics
4	ASHARAF S	Mathematics
5	SADIK S	English

**SPORTS ENDOWEMENT SCHOLARSHIP AND PTA CASH  
AWARDS**

**2015-2016**

<b>Sl. No</b>	<b>Awards</b>	<b>Name</b>	<b>Course</b>
1	Prof. K.S Mathew Endowment Scholarship	JENY S	S <sub>2</sub> Commerce
2	Prof. K.T. Annamma Endowment Scholarship	SANJU JACOB	S <sub>2</sub> Zoology
3	PTA Cash Award	NAFEEN N	S <sub>6</sub> Politics
4	PTA Cash Award	ANOOP P. S	S <sub>2</sub> English
5	PTA Cash Award	TOBIN C JOHNSON	S <sub>1</sub> M. Com

**2016-2017**

<b>Sl. No</b>	<b>Awards</b>	<b>Name</b>	<b>Course</b>
1	Prof. K.S Mathew Endowment Scholarship	SACHIN P. S	S <sub>4</sub> Botany
2	Prof. K.T. Annamma Endowment Scholarship	SANJU JACOB	S <sub>4</sub> Zoology
3	PTA Cash Award	MOHAMMED BASITH	S <sub>4</sub> Commerce
4	PTA Cash Award	SACHIN P. S	S <sub>4</sub> Botany



### **2017-2018**

<b>Sl. No</b>	<b>Awards</b>	<b>Name</b>	<b>Course</b>
1	Prof. K.S Mathew Endowment Scholarship	SACHIN P. S	S <sub>6</sub> Botany
2	Prof. K.T. Annamma Endowment Scholarship	SANJU JACOB	S <sub>6</sub> Zoology
3	PTA Cash Award	VIVEK V. R	S <sub>2</sub> Commerce
4	PTA Cash Award	MOHAMMED BASITH	S <sub>6</sub> Commerce
5	PTA Cash Award	SACHIN P. S	S <sub>6</sub> Botany

### **2018-2019**

<b>Sl. No</b>	<b>Awards</b>	<b>Name</b>	<b>Course</b>
1	Prof. K.S Mathew Endowment Scholarship	JERIN ROY	S <sub>6</sub> Commerce
2	Prof. K.T. Annamma Endowment Scholarship	VIVEK V. R	S <sub>4</sub> Commerce
3	PTA Cash Award	JERIN ROY	S <sub>6</sub> Commerce
4	PTA Cash Award	VIVEK V. R	S <sub>6</sub> Commerce
5	PTA Cash Award	ANAND	S <sub>2</sub> Commerce
6	PTA Cash Award	ASIF NAZAR	S <sub>2</sub> Physics

## **2019-2020**

<b>Sl. No</b>	<b>Awards</b>	<b>Name</b>	<b>Course</b>
1	Prof. K.S Mathew Endowment Scholarship	VIVEK V. R	S <sub>6</sub> Commerce
2	Prof. K.T. Annamma Endowment Scholarship	KAVYA PRABHAKARAN	S <sub>6</sub> Botany
3	PTA Cash Award	ASIF NAZAR	S <sub>4</sub> Physics
4	PTA Cash Award	ABHIRAMI UDAYAN	S <sub>4</sub> Politics

## **DEPARTMENTAL AWARDS**

**2016 – 2017**

<b>Sl. No</b>	<b>Name</b>	<b>Class</b>	<b>Award</b>
1	Thomas Thankachan	S6 English	Best Organizer
2	Mohammed Basith	S4 B.com	Best All Rounder
3	Varunlal Moorthy	S6 Commerce	Best Player
4	Sreedevi C K	S4 Commerce	Best Women Athlete
5	Vishak V S	S4 Politics	Best Basketball player
6	Anoop P S	S4 English	Best Volleyball Player

## 2017-2018

<b>Sl. No</b>	<b>Name</b>	<b>Class</b>	<b>Award</b>
1	Vivek V R	S2 Commerce	Best Achievement
2	Mohammed Basith	S6 Commerce	Best All Rounder
3	Sachin B S	S6 Botany	Best Player
4	Sanju Jacob	S4 Zoology	Best Women Athlete
5	Vishak V S	S4 Politics	Best Basketball Player
6	Deepak Mohan	S4 Commerce	Best Volleyball Player

## 2018-2019

<b>Sl. No</b>	<b>Name</b>	<b>Class</b>	<b>Award</b>
1	Jerin Roy	S6 Commerce	Best Achievement
2	Vivek V R	S4 Commerce	Best Outstanding Player
3	Vishak V S	S6 Politics	Best All Rounder
4	Abhirami Udayan	S2 Politics	Best Women Athlete
5	Asif Nazar	S2 Physics	University Player Award
6	Anand M B	S2 Commerce	University Player Award
7	Nafees S Saif	S6 English	Best Organizer



**DEPARTMENTAL AWARDS**  
**OVERALL TROPHIES AND BEST MARCH PAST AWARD**  
**2015-2016**

<b>Sl. No</b>	<b>Department</b>	<b>Awards / Trophy</b>
1	B. Com	Best March Past Trophy
2	Politics	Overall Champion Trophy
3	B. Com	Overall Runner Up Trophy
4	Mathematics	Overall 2 <sup>nd</sup> Runner Up Trophy

**2016-2017**

<b>Sl. No</b>	<b>Department</b>	<b>Awards / Trophy</b>
1	English	Best March Past Trophy
2	B. Com	Overall Champion Trophy
3	English	Overall Runner Up Trophy
4	Physics	Overall 2 <sup>nd</sup> Runner Up Trophy

**2017-2018**

<b>Sl. No</b>	<b>Department</b>	<b>Awards / Trophy</b>
1	Zoology	Best March Past Trophy
2	Politics	Overall Champion Trophy
3	B. Com	Overall Runner Up Trophy
4	English	Overall 2 <sup>nd</sup> Runner Up Trophy

### **2018-2019**

<b>Sl. No</b>	<b>Department</b>	<b>Awards / Trophy</b>
1	Chemistry	Best March Past Trophy
2	English	Overall Champion Trophy
3	Politics	Overall Runner Up Trophy
4	Botany	Overall 2 <sup>nd</sup> Runner Up Trophy

### **2019-2020**

<b>Sl. No</b>	<b>Department</b>	<b>Awards / Trophy</b>
1	B. Com	Best March Past Trophy
2	Politics	Overall Champion Trophy
3	English	Overall Runner Up Trophy
4	B. Com	Overall 2 <sup>nd</sup> Runner Up Trophy

### **ANNUAL ATHLETIC MEET INDIVIDUAL CHAMPIONS**

<b>Year</b>	<b>Name</b>	<b>Class</b>	<b>Category</b>
2015-16	Nafeer. N Sanju Jacob	S6 Politics S2 Zoology	Men Women
2016-17	Varun Lal Bhagya Ajith	S6 B. Com S4 English	Men Women
2017-18	Ajmal Sha Sreedevi. C. K	S2 Politics S6 B. Com	Men Women
2018-19	Ajmal Sha Sreedevi. C. K	S4 Politics S6 English	Men Women
2019-2020	Ajmal Sha Abhirami Udayan	S6 Politics S4 Politics	Men Women

Players of the college Basketball team won the **4<sup>th</sup>** place in the Kerala University Inter College Basketball championship held during the year 2018-19.



The following are the players of the college volley ball team which won the **4<sup>th</sup>** place in the Kerala University North Zone Inter collegiate volleyball Championship 2018-19 conducted by SN College, Cherthala.





## College Teams 2014-15



**Volleyball**



**Ball Badminton (Women)**



**Football**



**Ball Badminton (men)**



**Badminton**



**Kabaddi**



## College Teams 2015-16



**Basketball (men)**



**Volleyball (Men)**



**Kabbadi**



**Basketball Women**



**Ball Badminton(men)**



**Volleyball (Men) Team**



## College Teams 2016-17



**Basketball (Women) Team**



**Basketball (Men) team**



**Cricket Team**



**Volleyball (Women) Team**



**Ball Badminton (men)**



**Ball Badminton (Women) Team**



**Kabaddi team**



## College Teams 2017-18



**Basketball (men)**



**Cricket Team**



**Football**



**Basketball (Women)**



**Kabaddi Men**



**Volleyball (Men)**



**Ball badminton {women}**



**Ball badminton men**



## College Teams 2018-19



**Basketball (Men)**



**Ball Badminton (Men)**



**Kabaddi (Men)**



**Volleyball (Men)**



**Football Team (Men)**



**Cricket Team (Men)**



**Athletic Team**





**Catch Ball (Men)**



**Basketball (Women)**



**Ball Badminton (Women)**



**Volleyball (Women)**



## College Teams 2019-20



**Athletic**



**Ball Badminton Men**



**Basketball (Men)**



**Ball Badminton Women**



**Basketball (Women)**





**Football**



**Cricket Team**



**Volleyball Women**



**Kabaddi**



**Volleyball Men**



**Ball Badminton Players Receiving Awards from Kollam District Sports Council**



**Volleyball players introduced by Cyril C Vellor in the North Zone Inter Collegiate Tournament Held at St. Cyril's Adoor**





**Ball Badminton Women Team at MG College, Thiruvananthapuram**



**Basketball Team Practice Session**



**Basketball League Championship, Kollam**



**Football Practice Session**











## **Annual college sports Award Winners**



**Annual Athletic meet- Overall Champion**



**Annual Athletic meet- Runner-up**





## **2015 - 2016**

Here below is given the 52<sup>nd</sup> Annual Athletic Meet total result

1. Shot put (Men)

- I. Varun Lal Murthy (Commerce)
- II. Vineeth M R (Mathematics)
- III. Alan John Sony (Commerce)

2. Shot Put (women)

- I. Sanju Jacob (Zoology)
- II. Riya (Mathematics)
- III. Ancy K Thomas (Mathematics)

3. Discus Throw (Men)

- I. Nafeer
- II. Anoop P S (English)
- III. Ebin Benny Thomas (Physics)

4. Discus Throw (Women)

- I. Ancy K Thomas (Mathematics)
- II. Aswathy K Thomas (English)
- III. Archana (Commerce)

5. 100 Mts (Men)

- I. Jithin Babu (Politics)
- II. Linu Onnonny (Commerce)
- III. Nafeer N (Politics)

6. 50 Mts (Women)

- I. Arundhete (Politics)
- II. Jintu Jonson (Commerce)
- III. Ashly K Mathew (Commerce)

7. 100 Mts (Women)

- I. Jiji Jose (Mathematics)
- II. Ashly S Mathew (Commerce)
- III. Arundhete (Politics)

8. Long Jump (Men)

- I. Nafeer N (Politics)
- II. Jithin Babu (Politics)
- III. Anoop P S (English)

9. Long Jump (Women)

- I. Sanju Jacob (Zoology)
- II. Jintu Johnson (Commerce)
- III. Sree Devi C K (Commerce)





### 10. High Jump (Men)

- I. Nafeer N (Politics)
- II. Vineeth M.R (Mathematics)
- III. Anoop P S (English)

### 11. Javelin Throw (Men)

- I. Anoop P S (English)
- II. Aswin Sasidharan (Politics)
- III. Ashiq Koshy Alex (Physics)



## **GAMES COMPETITION**

### 1. Volleyball (Men)

- I. Department of Politics
- II. Department of Commerce
- III. Department of Physics

### 2. Kabaddi (men)

- I. Department of English
- II. Department of Chemistry
- III. Department of Politics

### 3. Cricket (Men)

- I. Department of Botany
- II. Department of English
- III. Department of Politics

### 4. Basketball (Men)

- I. Department of Commerce
- II. Department of Mathematics
- III. Department of Politics

### 5. Basketball (Women)

- I. Department of Mathematics
- II. Department of Commerce
- III. Department of Politics

### 6. Ball Badminton (Women Doubles)

- I. Department of Commerce
- II. Department of Politics
- III. Department of English



**NAFEER N**  
Individual Champion (Men)



**SANJU JACOB**  
Individual Champion (Women)

## **2016 - 2017**

Here below is given the 54<sup>th</sup> Annual Athletic

Meet total result

Best March Past Team

**Department Of English**

1. Shot put (Men)

- I. Aswin Sasidharan (Politics)
- II. Dhanoop Joy (Politics)
- III. Varun lal Moorthy (commerce)

2. Shot Put (women)

- I. Bhagya Ajith (English)
- II. Ancy jacob (Commerce)
- III. Jinsamol (Commerce)

3. Discus Throw (Men)

- I. Varun Lal moorthy (Commerce)
- II. Arun kumar (English)
- III. Abhinand S.P (English)

4. Discus Throw (Women)

- I. Sruthy shaji (Physics)
- II. Aswathy k Thomas (English)
- III. Jinsa mol (Mathematics)

5. 100 Mts (Men)

- I. Shebin Sam (Politics)
- II. Mohammed Jabir (English)
- III. Abhinand S.P (English)

6. 50 Mts (Women)

- I. Sreedevi C.K (Commerce)
- II. Aswathy Krishna (Physics)
- III. Jisha S (Mathematics)

7. 100 Mts (Women)

- I. Jisha S (Mathematics)
- II. Sreedevi C.K (Commerce)
- III. Wimisk Gopal (Politics)

8. Long Jump (Men)

- I. Ajmal Sha (Politics)
- II. Vishak P (Politics)
- III. Sharath (Physics)

9. Long Jump (Women)

- I. Jisha S (Mathematics)
- II. Sree Devi C K (Commerce)
- III. Reshma (Physics)



**VARUN LAL MOORTHY**  
Individual Champion (Men)



**BHAGYA AJITH**  
Individual Champion (Women)

10. Javelin Throw (Women)  
I. Sree Devi C K (Commerce)  
II. Bhagya Ajith (English)  
III. Reshma (Politics)

11. Javelin Throw (Men)  
I. Ajmal Sha (Politics)  
II. Adith Rajan (English)  
III. Vipin (Politics)

## **GAMES COMPETITION**

1. Volleyball (Men)  
I. Department of Commerce  
II. Department of Politics  
III. Department of Physics
2. Kabaddi (men)  
I. Department of Physics  
II. Department of Botany  
III. Department of English
3. Cricket (Men)  
I. Department of English  
II. Department of Physics  
III. Department of Commerce
4. Basketball (Men)  
I. Department of Commerce  
II. Department of Politics  
III. Department of Physics
5. Football (Men)  
I. Department of Politics  
II. Department of Physics  
III. Department of Commerce
6. Carroms Singles (Men)  
I. Akshay Krishna SP (Chemistry)  
II. Alan T Alex (B. Com)  
III. Anoop (English)
7. Carroms Singles (Women)  
I. Anjana Udayan (Zoology)  
II. Vyshnavu Arun (English)
8. Carroms Doubles (Men)  
I. Chemistry  
II. Maths  
III. Commerce
9. Chess (Women)  
I. Athira VL (Physics)  
II. Shaima J Shaji (Zoology)



## **2017 - 2018**

Here below is given the 54<sup>th</sup> Annual Athletic Meet total result

1. Shot put (Men)

- I. Reny Mamachan (Physics)
- II. Anoop P.S (English)
- III. Ebin Benny Thomas (Physics)

2. Shot Put (women)

- I. Bhagya Ajith (English)
- II. Reshma Thomas (Physics)
- III. Aswathy K Thomas (English)

3. Discus Throw (Men)

- I. Ajmal Sha (Politics)
- II. Azhar Sha (English)
- III. Abhinand S.P(English)

4. Discus Throw (Women)

- I. Jinsa Mol (Mathematics)
- II. Sreedevi C. K (Commerce)
- III. Amily B Babu (Physics)

5. 100 Mts (Men)

- I. Ajmal Sha (Politics)
- II. Mohammed Jabir (English)
- III. Abhinand S.P(English)

6. 50 Mts (Women)

- I. Sreedevi C.K (Commerce)
- II. Aswathy Krishna (Physics)

7. 100 Mts (Women)

- I. Jisha S (Maths)
- II. Sreedevi C.K (Commerce)
- III. Wimisk Gopal (Politics)

8. Long Jump (Men)

- I. Ajmal Sha (Politics)
- II. Vishak P (Politics)
- III. Sharath (Physics)

9. Long Jump (Women)

- I. Jisha S (Maths)
- II. Sree Devi C K (Commerce)
- III. Reshma (Physics)

10. Javelin Throw (Women)

- I. -- Sree Devi C K (Commerce)
- II. -- Bhagya Ajith (English)
- III. -- Reshma (Politics)



**SREEDEVI C K**  
Individual Champion (Women)

## 11. Javelin Throw (Men)

- I. Ajmal Sha (Politics)
- II. Adith Rajan (English)
- III. Vipin (Politics)

# **GAMES COMPETITION**

## 1. Volleyball (Men)

- I. Department of Commerce
- II. Department of English
- III. Department of Physics

## 2. Kabaddi (men)

- I. Department of English
- II. Department of Commerce
- III. Department of Politics

## 3. Cricket (Men)

- I. Department of Politics
- II. Department of English
- III. Department of Botany

## 4. Basketball (Men)

- I. Department of Commerce
- II. Department of Politics
- III. Department of Physics

## 5. Football (Men)

- I. Department of Politics
- II. Department of Physics
- III. Department of Commerce

## 6. Carroms Singles (Men)

- I. Abhin Vijay (II DC, Zoology)
- II. Vivek V. R (I DC B. Com)

## 7. Carroms Singles (Women)

- I. Soumya S.S (B.Com)
- II. Anena Zeen (Botany)

## 8. Carroms Doubles (Men)

- I. Ajmal & Vinu (Physics)
- II. Mridul M.S & Sachin P.S (Botany)

## 9. Chess (Women)

- I. Aiswarya Santosh (Botany)
- II. Varna V (English)

## 2018 - 2019

Here below is given the 55th Annual Athletic Meet total result

### 1. Shot put (Men)

- I. Ajmal Sha (Politics)
- II. Arun S Kumar (English)
- III. Anil Kumar (English)



### 2. Shot put (Women)

- I. Bhagya Ajith (English)
- II. Ancy Jacob (Commerce)
- III. Abhirami Udayan (Politics)



### 3. Discus Throw (Men)

- I. Ajmal Sha (Politics)
- II. Arun S Kumar (English)
- III. Prince Ponnachan (English)

### 4. Discus Throw (Women)

- I. Bhagya Ajith (English)
- II. Emily (Physics)
- III. Daniya Jose (Physics)



### 5. 100Mts (Men)

- I. Ajmal Sha (Politics)
- II. Kiran Chandh S (English)
- III. Abhinandh S.P (English)





6. 50Mts (Women)

- I. Athulya S Raju (English)
- II. Aswathy Krishna (Physics)
- III. Jisha S (Maths)

7. 100Mts (Women)

- I. Jisha S (Maths)
- II. Athulya S Raju (English)
- III. Abhirami (Politics)

8. Long Jump (Men)

- I. Ajmal Sha (Politics)
- II. Vishak P (Politics)
- III. Sharath (Physics)

9. Long Jump (Women)

- I. Jisha S (Maths)
- II. Febina (English)
- III. Abhirami (Politics)

10. Javelin Throw (Women)

- I. Bhagya Ajith (English)
- II. Abhirami (Politics)
- III. Arathy G Nath (Botany)

11. Javelin Throw (Men)

- I. Ajmal Sha (Politics)
- II. Adith Rajan (English)
- III. Vipin (Politics)



Department of English  
55th Annual Athletic Meet champions 2019-20



## **GAMES COMPETITION**

### 1. Volleyball (Men)

- I. Department of English
- II. Department of Commerce
- III. Department of Politics



### 2. Kabaddi (Men)

- I. Department of Botany
- II. Department of Politics
- III. Department of Maths



### 3. Cricket (Men)

- I. Department of Botany
- II. Department of English
- III. Department of Commerce



### 4. Basketball (Men)

- I. Department of Politics
- II. Department of English
- III. Department of Commerce



### 5. Football (Men)

- i. Department of Zoology



## **INDIVIDUAL CHAMPIONS SPORTS MEET 2018-19**



**BHAGHYA AJITH**  
**III DC ENGLISH**



**AJMALSHA**  
**II DC POLITICS**

## **2019 - 2020**

**Here below is given the 56th Annual Athletic Meet total result**

### **1. SHOT PUT [Men]**

- i. ANIL KUMAR – [English]
- ii. AJMAL SHAH – [Politics]
- iii. ASIF NAZAR - [Physics]

### **2. SHOT PUT [Women]**

- i. ANJU S – [Politics]
- ii. ABIRAMI - [Politics]
- iii. SHIMA SALIM - [Chemistry]

### **3. DISCUS THROW [Men]**

- i. ARUN S – [English]
- ii. AJMAL SHAH – [Politics]
- iii. NOUFAL NISSAR- [Zoology]



4. DISCUS THROW [Women]

- i. ANJU S – [Politics]
- ii. MERLIN - [Commerce]
- iii. SNEHA - [Mathematics]

5. 50 Mtr [Women]

- i. ABHIRAMI UDHAYAN – [Politics]
- ii. GREESHMA JOSEPH - [Commerce]
- iii. AKSA VINOD - [Politics]

6. 100 Mtr [Women]

- i. ABHIRAMI UDHAYAN – [Politics]
- ii. ATHIRA J - [English]
- iii. BLESSY MOL - [Commerce]
- iv. ARCHANA VINOD - [English]

7. JAVELIN THROW [Women]

- i. ANJU S – [Politics]
- ii. SANJITHA - [Politics]
- iii. ANCY - [Commerce]

8. LONG JUMP [Women]

- i. ABHIRAMI UDHAYAN – [Politics]
- ii. ALEENA - [Politics]
- iii. ANJU S - [Politics]

9. 100 Mtr [Men]

- i. AJMAL SHAH – [Politics]
- ii. IRSHAD S - [Politics]
- iii. SUBIN REJI - [Commerce]

10. 200 Mtr [Men]

- i. IRSHAD S - [Politics]
- ii. VINOD - [Commerce]
- iii. SUBIN REJI - [Commerce]

11. JAVELIN THROW [Men]

- i. AJMAL SHAH – [Politics]
- ii. HARI - [English]
- iii. JEEVAN - [English]

12. LONG JUMP [Men]

- i. AKASH KRISHNAN G. V – [Politics]
- ii. VINOD - [Commerce]
- iii. NAVAF - [English]

13. CRICKET [Men]

- i. FIRST PLACE - IRSHAD S &TEAM [English]
- ii. SECOND PLACE - ASIF NAZAR &TEAM [Physics]
- iii. THIRD PLACE - SHEFEEK S [BOTANY]

14. BASKETBALL [Men]

- i. FIRST PLACE - ANIL KUMAR &TEAM [English]
- ii. SECOND PLACE - IRSHAD S &TEAM [Politics]
- iii. THIRD PLACE - IRFAN & TEAM [Commerce]

15. VOLLEYBALL [Men]

- i. FIRST PLACE - NAVAF NOUSHAD &TEAM [English]
- ii. SECOND PLACE - NIKHIL RAJ &TEAM [Commerce]
- iii. THIRD PLACE - ASHARAF S [Mathematics]

16. KABADDI [Men]

- i. FIRST PLACE - SHEFEEK S &TEAM [Botany]
- ii. SECOND PLACE - ARUN RAJ &TEAM [Politics]
- iii. THIRD PLACE - AJESH A [Zoology]

## 17. FOOTBALL [Men]

- |      |              |                                |
|------|--------------|--------------------------------|
| i.   | FIRST PLACE  | - ABINAV S RAJ &TEAM [English] |
| ii.  | SECOND PLACE | - AJESH A [Zoology]            |
| iii. | THIRD PLACE  | - IRSHAD S [Politics]          |

### **TKM Engineering College Honors Prof. Thomas P George**

Honoring prof. Thomas P George, HOD & Associate Professor, Department of Physical Education of SG College Kottarakkara, by DR A Shershah during our 50<sup>th</sup> Kutty Krishnan Memorial All Kerala Inter Collegiate Volleyball Tournament. Thomas sir retired this year, He was part of our Volleyball Tournament for the last 26 years. He performed as a player, team manager, also official for TKM Trophy. TKM appreciate his valuable service. Also, thanks to Dr. Shershah sir who is a real mentor and advisor for all the sports activities of our college.



Honoring prof. Thomas P George, HOD & Associate Professor, Department of Physical Education of SG College Kottarakkara [2018-19]



## Department of Physical Education of SG College Kottarakara





കൊട്ടാരക്കര • കൊളളിൽ നടന്ന ഓൾ കോള ഇന്റർ കൊളളി ജീയറ്റ് വോളിയോൾ ടൂർണമെന്റിൽ വിജയികളായ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ടീം.

## സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ഫൈനലിൽ

കൊട്ടാരക്കര • കേരള യൂണിവേഴ്സിറ്റി ഇന്റർ കൊളളി ജീയറ്റ് ബോൾ ബാഡ്മിന്റൻ (ആൺ) ചാംപ്യൻഷിപ്പിൽ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജും തിരുവനന്തപുരം എംജി കോളജും ഫൈനലിൽ. സെന്റ് ഗ്രിഗോറിയോസ് കോളജ്, തിരുവനന്തപുരം യൂണിവേഴ്സിറ്റി കോളജിനെ യും എംജി കോളജ്, നിലമേൽ എൻഎസ്എസ് കോളജിനെ യും സെമിഫൈനലിൽ തോൽപ്പിച്ചു.

## കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ജേതാക്കൾ

കൊട്ടാരക്കര • കേരള യൂണിവേഴ്സിറ്റി ഇന്റർ കൊളളി ജീയറ്റ് ബോൾ ബാഡ്മിന്റൻ (മെൻ) ചാംപ്യൻഷിപ്പിൽ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ജേതാക്കൾ. ഫൈനലിൽ തിരുവനന്തപുരം എംജി കോളജിനെ (35-17, 35-32) തോൽപ്പിച്ചു. ചെങ്കന്നയിൽ നടക്കുന്ന ഓൾ ഇന്ത്യാ ഇന്റർ യൂണിവേഴ്സിറ്റി ചാംപ്യൻഷിപ്പിൽ പങ്കെടുക്കാം. ഗ്രിഗോറിയോസ് കോളജ് പ്രിൻസിപ്പൽ ഡോ. സുരേഷ് അലക്സാണ്ടർ, അസോസിറൈഷൻ സെക്രട്ടറി ഗോപകുമാർ, കൺവീനർ പ്രഫ. തോമസ് പി. ജോർജ്ജ് എന്നിവർ സമ്മാനദാനം നടത്തി.

## ചിത്രശാലകം



കേരള റവർവകലാശാല ഇന്റർ കൊളളി ജീയറ്റ് ബോൾ ബാഡ്മിന്റൻ (മെൻ) ചാംപ്യൻഷിപ്പിൽ ജേതാക്കളായ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ടീം.

## ബോൾ ബാഡ്മിന്റൻ ചാംപ്യൻഷിപ്പ് 13നും 14നും

കൊട്ടാരക്കര • സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ബോൾബന്റ് യൂണിവി ആപ്പോഷനുള്ള ചാംപ്യൻഷിപ്പിൽ കേരള യൂണിവേഴ്സിറ്റി ബോൾ ബാഡ്മിന്റൻ (മെൻ) ചാംപ്യൻഷിപ്പ് 13നും 14നും കോളജ് ഗ്രൗണ്ടിൽ നടക്കും.

വിവിധ കോളജുകളിൽ നിന്നായി 200ലേറെ കായികതാരങ്ങൾ പങ്കെടുക്കും. ചെങ്കന്നയിൽ നടക്കുന്ന ഓൾ ഇന്ത്യാ ഇന്റർ യൂണിവേഴ്സിറ്റി ചാംപ്യൻഷിപ്പിൽ പങ്കെടുക്കുന്ന കേരള യൂണിവേഴ്സിറ്റി ടീമിനെ തിരഞ്ഞെടുക്കും.

## ചിത്രശാലകം



കേരള റവർവകലാശാല ഇന്റർ കൊളളി ജീയറ്റ് ബോൾ ബാഡ്മിന്റൻ (മെൻ) ചാംപ്യൻഷിപ്പിൽ ജേതാക്കളായ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ടീം.



ഇന്റർ കൊളളി ജീയറ്റ് ബോൾ ബാഡ്മിന്റൻ ചാംപ്യൻഷിപ്പിൽ ജേതാക്കളായ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ടീം.

## പുരുഷന്മാരിൽ

## ഗോൾഡൻ ജൂബിലി അത്ലറ്റിക് മീറ്റ് ഇന്ന്

കൊട്ടാരക്കര • സെന്റ് ഗ്രിഗോറിയോസ് കോളജിൽ ഗോൾഡൻ ജൂബിലി അത്ലറ്റിക് മീറ്റ് ഇന്ന് രാവ്യ നടക്കും. കോളജിലെ പുരുഷ വിദ്യാർത്ഥിയും ശിക്കർ താരവുമായ വി. ഫി. ജോർജ്ജ് ഉദ്ഘാടനം.



കേരള റവർവകലാശാല ഇന്റർ കൊളളി ജീയറ്റ് ബോൾ ബാഡ്മിന്റൻ (മെൻ) ചാംപ്യൻഷിപ്പിൽ ജേതാക്കളായ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് ടീം.