

PHYSICAL EDUCATION DEPARTMENT REPORT 2024-25

Annual Athletic Meet

Annual Athletic Meet of the year 2024-25 was conducted on 13th January 2025 . Principal, Dr. Letha p cheriyan inaugurated the meet at 9.45 am. Various Track and Field Events were conducted. Closing ceremony was at 3.30 pm. Principal give away the prizes during the closing ceremony. Athulya P of Yellow House has won the Individual Championship. Blue House won the Trophy for overall Runner-up with 24 points and Champion house of Annual Athletic meet 2024-25 was Yellow House with 41 points. Inter House Tug of War competition was conducted and Yellow House won the competition.

Tournaments

Table Tennis , Carrom board, Badminton and Chess Tournaments were organized for students and Badminton Tournament for staff members was organized.

Yoga

In Association with NSS and NCC unit of the college Inter National Yoga Day celebrations were conducted on 21st June 2024 at college auditorium. Ms. Ajithanath G was the resource person.

30 days Fitness Challenge Programme

To ensure the development of physical fitness of students ,30 days fitness challenge was conducted in association with Health and wellness club.

Mar Thoma Trophy Basketball Tournament

Mar Thoma Trophy Basketball Tournament 2024-25 was held on 23rd January 2025. Principal Dr. Letha P cheriyan inaugurated the tournament. Perubavoor Muncipal chairman Mr. Paul Pathikkal has given away the prizes.

Mar Thoma Trophy Football Tournament

Mar Thoma Trophy Football Tournament for girls was held on 28th and 29th November 2024 January in association with Sportshood, perumbavoor. Principal Dr. Letha P cheriyan inaugurated the tournament. Perubavoor Muncipal chairman Mr. Paul Pathikkal has given away the prizes.

Mar Thoma Cup Cricket Tournament

Mar Thoma Cup Cricket Tournament 2024-25 was held from 17th January 2025 to 26th January 2025 in association with Pace cricket academy, perumbavoor.

Achievements

1. College Table Tennis team has won the Championship in the M G University inter collegiate Table Tennis Tournament 2024-25. Team members were Ankitha k, Jyothika Hemanth, Anekha K, Aparana Kishore and Saranya M B.
2. Ankitha k, Jyothika Hemanth and Anekha K were selected to M.G. University Table Tennis Team 2024-25 and participated in the South Zone Inter University Table Tennis Championship held at AMIT University , Chennai.
3. Cricket Team won the Runner up trophy in the MG university Inter collegiate Cricket Tournament 2024-25 held at St Pauls College , Kalamassery.
4. Namitha K R, Athulya P, Aparna Kishore and Rejitha K L were selected to MG University Cricket Team 2024-2025.
5. Anekha K and Ankitha k has won the Bronze medal in the Kerala State Table Tennis Championship 2024 held at Thrissur.
6. Anekha K has won the Bronze medal in the mixed doubles the Kerala State Table Tennis Championship 2024 held at Thrissur.

