

## **PHYSICAL EDUCATION DEPARTMENT REPORT 2024-25**

### **Annual Athletic Meet**

Annual Athletic Meet of the year 2024-25 was conducted on 13<sup>th</sup> 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 21<sup>st</sup> 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 23<sup>rd</sup> 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 28<sup>th</sup> and 29<sup>th</sup> 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 17<sup>th</sup> January 2025 to 26<sup>th</sup> 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.

