



**DEPARTMENT OF PHYSICAL EDUCATION
ST. XAVIER'S COLLEGE, THUMBA**

PHONE : (0471) 2705254 ST.XAVIER'S COLLEGE P.O., TRIVANDRUM-695586

No:

Date:29/11/2016

To

The Principal
St.Xavier's College

Respected Fr.,

I am here by submitting report of the activities and performance of the Department for the year 2016-17.

Special Coaching camps for Football, Volleyball, Handball, Kabaddi, Basketball, Softball, Baseball, Cycling, Athletics, Boxing, Best Physique, Power lifting and Weight Lifting, Taek Won Do and Cricket were started from 27th June, 2016. Along with this the sports quota selection trials also conducted.

The following coaches from various organizations provided assistance in conducting the coaching camps.

- | | | |
|-------------------------|-------------------------|---------------|
| 1. Sri.Alex | - (Football) | - from KSEB |
| 2. Sri.Babu | - (Cricket) | - from KCA |
| 3. Sri.Pious Mathew | - (Volleyball) | - from SAI |
| 4. Sri.Chandralal | - (Boxing) | - from SAI |
| 5. Smt.Usha | - (Kabaddi) | - from SAI |
| 6. Sri.Jayaram | - (Softball & Baseball) | - old student |
| 7. Sri.Ansalam Benedict | - (Handball) | - from SAI |

The following teams participated in the **Inter National events**

1. Volleyball (Women)
2. Boxing (Women)

The following teams participated in the **National events**

1. Volleyball (Women)
2. Boxing (Women)
3. Cricket (Men)
4. Handball (Women)
5. Kabaddi (Women)

The following teams participated in the **State events**

1. Volleyball (Women)
2. Boxing (Women)
3. Cricket (Women)
4. Handball (Women)
5. Kabaddi (Women)
6. Athletics (Men & Women)
7. Best Physique (Men)

The Following teams participated in the **University Events**

- | | |
|-----------------------|---------|
| 1. Football | (Men) |
| 2. Football | (Women) |
| 3. Cricket | (Men) |
| 4. Kabaddi | (Men) |
| 5. Kabaddi | (Women) |
| 6. Athletics | (Women) |
| 7. Athletics | (Men) |
| 8. Taek Won Do | (Men) |
| 9. Softball | (Men) |
| 10. Baseball | (Men) |
| 11. Best Physique | (Men) |
| 12. Shuttle Badminton | (Men) |
| 13. Volleyball | (Women) |

14. Handball	(Women)
15. Boxing	(Women)
16. Power Lifting & Weight lifting	(Women)
17. Hockey	(Men)
18. Kho-Kho	(Women)

The performance of our **college teams:-**

1. **Football (Men):-**

- (a) George Joseph Memorial Championship held at TKM Engg. College - Winners
- (b) Bishop Mathew Kavukattu Memorial Championship held at St.Alocious College, Edathua - Third
- (c) Marthoma College Football Tournament held at Marthoma College, Thiruvalla - Semi Finalist
- (d) Donbosco Bicentenary Memorial Football Tournament - winners
- (f) All Kerala Indian Express Football tournament held at Mallapuram - came up to 2nd round
- (g) Kerala University Inter Collegiate Football Tournament held at Trivandrum - 4th position
- (h) Irinjalakkuda Christ College All India Football tournament - Semi Finalist

2. **Cricket (Men):-**

- (a) Kerala University Inter Collegiate tournament held at St.Xavier's College, Thumba - Winners

3. **Baseball (Men):-**

- (a) Kerala University Inter Collegiate tournament held at CET, Thiruvananthapuram - Third

4. **Volleyball (Women):-**

- (a) Kerala University Intercollegiate tournament held at MSM College, Kayamkulam - Winners
- (b) All Kerala Uzhavoor St.Steephans College Volleyball tournament - Semi finalist

5. **Handball (Women) :-**

- (a) Kerala University Inter Collegiate Championship held at LNCPE, Thiruvananthapuram - Third

6. **Power Lifting & Weight Lifting (Women):-**

- (a) Kerala University Inter Collegiate Championship held at LNCPE, Thiruvananthapuram - Winners

7. **Best Physique (Men):-**

- (a) Kerala University Inter Collegiate Championship (Individual) held at St.Cyrils College, Adoor - Third

8. **Boxing (Women):-**

- (a) Kerala University Inter Collegiate Championship held at LNCPE, Thiruvananthapuram - First

9. **Kabaddi (Men):-**

- (a) Kerala University Inter Collegiate Championship held at Govt.College, Kariyavattom - Came up to semi final

10. **Kabaddi (Women):-**

- (a) Kerala University Inter Collegiate Championship held at NSS College, Karamana - 3rd

11. **Athletics (Men & Women):-**

- (a) Kerala University Inter Collegiate Championship held at GV Raja Stadium, Thiruvananthapuram - Participated & got medals

12. **Taek Won Do(Men):-**

- (a) Kerala University Inter Collegiate Championship - Participated
held at LNCPE, Kariyavattom.

13. **Softball (Men):-**

- (a) Kerala University Inter Collegiate Championship - Came up to
held at NSS College, Nilamel 2nd round

14. **Chess (Men):-**

- (a) Kerala University Inter Collegiate Championship - Participated

15. **Softball (Men):-**

- (a) Kerala University Inter Collegiate Championship - Participated
held at NSS College, Nilamel

16. **Shuttle Badminton(Men):-**

- (a) Kerala University Inter Collegiate Championship - Participated
held at CET, Thiruvananthapuram.

17. **Kho-Kho (Women):-**

- (a) Kerala University Inter Collegiate Championship - Came up to
held at St.Johns College, Anchal semi final

18. **Hockey (Men)-**

- (a)Kerala University Inter Collegiate Championship - Participated
held at CET, Thiruvananthapuram

The Department conducted the following **inter department tournaments**.

(a) **Cricket (Men):**

Held on 6th, 7th, 8th & 9th MARCH 2017

Dept. of HISTORY - Winners

(b) **Football (Men):**

Held on 10TH, 13TH, 14TH & 15TH March 2017

Dept of Mathematics - Winners

(c) **The 51st St.Xavier's Annual Athletic Meet (Men & Women):**

Held on 17/3/2017.

Dept. of Commerce. - Overall Champions

Our staff members who love sports were actively participated in the Inter Class competitions and in the 51st St.Xavier's Annual Athletic Meet. We the department and the students are sincerely thankful to the Management, Principal and staff members (Teaching & Non-Teaching) for their encouragement and support.



Lt.(Dr.)George Thomas
Associate Professor & Head