



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

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No:

Date:25/03/2018

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 2018-19.

The departmental activities started from June 2018. Special Coaching camps for Football, Volleyball, Handball, Kabaddi, Basketball, Softball, Baseball, Cycling, Chess, Athletics, Boxing, Best Physique, Power lifting and Weight Lifting, Taek Won Do and Cricket were started from 27th June, 2018. Along with the coaching camp, sports quota selection trials were also conducted. This year we took total 16 students in sports quota from various disciplines (Football, Volleyball, Cricket, Handball, Boxing, Kabaddi) as per university norms. 6 additional seats are allotted by the University in Volleyball, and Boxing (women) who came under Kerala State Operation Olympiad Scheme. The following coaches/experts from various organizations provided assistance in conducting the coaching camps.

- | | | |
|-------------------------|-------------------------|---------------|
| 1. Sri.Alex | - (Football) | - from KSEB |
| 2. Sri.Aneesh | - (Cricket) | - from KCA |
| 3. Sri. Abhijith | - (Cricket) | - Old Student |
| 4. Sri.Pious Mathew | - (Volleyball) | - from SAI |
| 5. Dr. Sadananthan | - (Volleyball) | - from LNCPE |
| 6. Sri.Manoj | - (Boxing) | - from KSC |
| 7. Smt.Usha | - (Kabaddi) | - from SAI |
| 8. Sri.Jayaram | - (Softball & Baseball) | - old student |
| 9. Sri.Ansalam Benedict | - (Handball) | - SAI (rtd.) |

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

1. Volleyball (Women)
2. Boxing (Women)
3. Athletics (Men)

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

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

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

1. Football (Men)
2. Volleyball (Women)
3. Boxing (Men & Women)
4. Handball (Women)
5. Kabaddi (Women)
6. Athletics (Men & Women)
7. Athletics (Men)
8. Cross Country Race (men)

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

- | | |
|----------------------|---------|
| 1. Football | (Men) |
| 2. Football | (Women) |
| 3. Cricket | (Men) |
| 4. Kabaddi | (Women) |
| 5. Athletics | (Women) |
| 6. Athletics | (Men) |
| 7. Chess | (Men) |
| 8. Softball | (Men) |
| 9. Shuttle Badminton | (Men) |
| 10. Volleyball | (Women) |
| 11. Handball | (Women) |
| 12. Handball | (Women) |
| 13. Boxing | (Women) |
| 14. Boxing | (Men) |
| 15. Power Lifting | (Women) |
| 16. Weight lifting | (Men) |
| 17. Hockey | (Men) |

18. Kho-Kho (Women)

19. Basketball (Women)

The performance of our college teams:-

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate South Zone Football Tournament held at Trivandrum	Winners
2	Kerala University Inter Collegiate Inter Zone Football Tournament held at Trivandrum	Runners
3	All Kerala Indian Express Football Goal tournament held at Maharajas College Ground, Eranakulam.	Came up to 2 nd round
4	TKM Engg. College George Joseph Memorial All Kerala Inter Collegiate Football Championship held at TKM Engineering College, Kollam	Winners

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

Sl. No.	Event / Game	Position
1	Kerala University Inter Collegiate tournament held at LNCPE, Kariyavattom	Came up to 3 rd round

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

Sl.No.	Event / Game	Position
1	Kerala University Intercollegiate tournament held at LNCPE, Kariyavattom	Winners
2	30 th Sr.Goretti memorial All Kerala Inter Collegiate Volleyball Tournament at St.Steihen's College, Uzhavoor, Kottayam	Semi finalist

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at All Saints College, Thiruvananthapuram	Winners
2	All Kerala Inter Collegiate Handball Championship, held at All Saints College, Thiruvananthapuram	Winners
3	2 nd Mar Ivanious College All India Inter Collegiate Handball Tournament at Mar Ivanious College of Arts and Science, Mavelikara	Winners

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at University Stadium, Thiruvananthapuram	Participated

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at St.Cyrils College, Adoor	Runners

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at Sree Padam Indoor Stadium, Attingal	Overall Champions (M & W)
2	Kerala University Inter Collegiate Championship held at Sree Padam Indoor Stadium, Attingal	Winners

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at Sree Padam Indoor Stadium, Attingal	Participated and got medals

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at SN College for Women, Kollam	Came up to semi final

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at GV Raja Stadium, Thiruvananthapuram	Participated & got medals with New records
2	Kerala State	Participated & got medals

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at University Stadium, Thiruvananthapuram	Came up to the 3 rd round

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at Mannaniya College, Pangodu	Participated

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at Toss Academy, Manacadu, TVPM	Participated

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

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at Hockey Stadium, Kollam	Participated in the selection trials

15. **Kho – Kho (Women) :-**

Sl.No.	Event / Game	Position
1	Kerala University Inter Collegiate Championship held at University Stadium, TVPM	Participated in the selection trials

Number of Students participated in Inter National, National, Inter University, State, University and District championships:-

Inter National	National	Inter University	State	University	District
2	7	26	23	152	23

★ Details attached

Number of students participated in different events / games - Inter National, National, Inter University, State, University and District level championships:-

Game/ Sport	Level of participation											
	Inter National		National		Inter University		State		University		District	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
Athletics	1		1		2		3		4	1	3	1
Football			1		5				20		2	
Cricket									18			
Kabaddi						1		12	13			2
Basketball									13			
Chess									2			
Softball									16			
Volleyball				1	6			1	13			1
Kho – Kho									2			
Handball				2		5		1	14	16		2
Boxing		1		2	6	1		7	10	2	2	10
Weight Lifting										7		
Hockey									1			
TOTAL	1	1	2	5	19	7	3	21	126	26	7	16

★ Details attached

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

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

Held on 17th, 18th & 21st JAN 2019

History Department - Winners

Mathematics Department - Runners

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

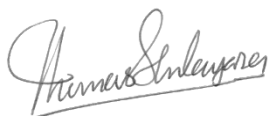
Held on 22nd, 23rd & 25th JAN 2019

BMMC - Winners

Chemistry Department - Runners

Our staff members who love sports actively participated in the Inter Class competitions. We the department and the students are sincerely thankful to the Management, Principal and staff members (Teaching & Non-Teaching) for their encouragement and support.

In the 5th semester the department took the open course (Health & Fitness) theory paper for 51 students allotted by the college committee. Ninety five percentage of the students attended regularly. Of these 51, 7 got 100% and 44 got 99% marks in the internal examination conducted by the department. During the theory class, the department also conducted practical classes for First Aid . The students reported they have done the university exam well. We, the Department of Physical Education extend our sincere thanks to Our Principal, Fr.VY.Dassappan SJ for all the help and support .



Dr. George Thomas

H.O.D, Dept. of Physical Education