



ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA
REACCREDITED BY NAAC WITH A GRADE (CGPA 3.33)

DEPARTMENT OF PHYSICAL EDUCATION
ANNUAL REPORT
2018-2019

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The Department of Physical Education organized the **25th** Msgr. Augustine Maveli Memorial All Kerala Inter Collegiate Volleyball tournament and **25th** Rev. Sr. Redempta Memorial All Kerala Intercollegiate Basketball tournaments. **Smt. Shiji Kurian, International Volleyball player from Southern Railways inaugurated** the championships. **Shri Abduk Nassar K**, Vice –president of PTA distributed prizes to the Volleyball tournament Winners and **Adv.K A Salim**, Senior Vice president of Ernakulam District Basketball Association , , give away the prizes to the winners in Basketball Matches.

In Basketball tournament, Our team were the winners, defeating Alphonsa College in the finals, and in Volleyball, Alphonsa College, Pala, Won Msgr. Augustine Maveli Memorial Volleyball trophy defeating St. Xavier's ,College Aluva.

Basketball Team

- **Participated** in the Golden Jubilee Inter collegiate Volleyball championship held at St. Joseph;s College, Irinjalakuda on 12th to 14th of August 2018.
- **Secured 3rd place in** the M.G. University Intercollegiate Basketball Championship held at Assumption College, Changanaserry on 9th & 10th of October 2018.
- **Runners** in the Ernakulam District Basketball championship held at Don Bosco Vennala on 6th - 11th of November 2018.

- **Participated** in the Fr Bartholmew memorial All Kerala Inter collegiate Basketball championship held at S H College, Thevara from 1st -4th of February 2019.
- **Winners** in the 2nd Dr. Seena Augustine Memorial South India Inter Collegiate Basketball championship held at Bharath Matha College Thrikkakara from 2nd to 5th February 2019.
- **Winners** in the 25th Rev. Dr . Sr. Redempta memorial All Kerala Inter collegiate Basketball tournament organized by our college on 12th & 13th of February 2019.

Kavitha Kumaran represented M G University in the South –West Zone Basketball Championship held at Chennai, Madras 26th -30th November 2018.

Harsha Joy , Kavitha Kumaran, Arya Mathew , Fathima Sumeera P and Ammu Unni represented Ernakulam District in the Senior State Basketball championship held at Athirampuzha, Kottayam from 3rd to 9th December 2018, and secured **3rd place**.

VOLLEYBALL TEAM

Our college Volleyball team participated in various All Kerala inter collegiate tournaments.

- Participated in the Golden Jubilee Inter collegiate Volleyball championship held at St. Joseph's College, Irinjalakuda on 12th to 14th of August 2018.

- Secured **fourth** place in the M G University Inter collegiate Volleyball Championship held at Ernakulam on **3rd and 4th** of October 2018.
- **Participated** in the Fr Bartholomew memorial All Kerala Inter collegiate Volleyball championship held at S H College, Thevara from 1st -4th of February 2019.
- **Winners** in the Ernakulam District Youth Volleyball championship held at Pallikkara, Ambalamughal from 21st to 24th of November 2018.
- Our college Volleyball team has participated in the Senior State Zonal competition at St. Joseph's College , Irinjalakuda on 15th and 16th of December 2018.
- Our college Volleyball team has participated in the Youth State Volleyball championship held at Kasargode from 22nd to 28th of December 2018.
-  **Jisha K S** represented M G University in the South –West Zone Volleyball Championship held at Andrapradesh from 24th -25th of October 2018 and were the **Winners** they also secured 2nd place in the All **India Inter University** Volleyball Championship held at Rajasthan.

- **Jisha K S** represented Kerala for the Khelo India Volleyball championship held at Pune from 14th to 20th January 2019 and secured second place.
- **Swathykrishna T** were the member of the Kerala team for the Junior National Volleyball championship held at Punjab.
- **Sona S Kumar, SwathiKrishna T, Adithya K and Aleena Thomas** have participated in the Junior State Volleyball Championship held at Kollam from 12th to 14th of December 2018 and were the winners.
- **Sona S Kumar** participated in the Senior state Volleyball Championship held at Kozhikode represented Thrissur district from 21st to 25th of December 2018.
- **Varnna M S, Jisha K S, Arya S Nair, Devika K C and Varsha M,** represented Ernakulam District in the Youth State Volleyball Championship held at Kasargode from 21^s to 26th of December 2018.

NETBALL TEAM

- College Netball team secured 3rd place in the M G university Netball championship held at UC College Aluva on 7th and 8th of February 2019.
- ✚ Arya Mathew from III Dc Economics got selection to the M G university Netball team to participate in the All India Inter university championship from 25th -28th of February 2019 at Madras.

Athletics Team

- Our college Athletics team won the **Runners Trophy** in the 62nd Ernakulam District Athletics championship held at Maharaja's College Stadium, Ernakulam on 19th -20th August 2018.

CHESS TEAM

- College Chess team participated in the M G university Chess championship held at B K College, Amalagiri on 26th and 27th of September 2018.
- **The team consist of following players from various departments**

Athira Roy (II Dc Commerce Self)

Swetha Sebi (I Dc Physics)

,Sangeetha Lakshmi (I Dc Economics)

Alfa Pierara (II M A English)

Liya Eugene (I Dc Malayalam)

Swathi Sudharsan (II D c Communicative English).

INTERNATIONAL YOGA DAY

- **International Yoga day** observed on 21st of June 2018. Our sports students involved in the demonstration of various Asanas and Yoga .

SWIMMING TEAM

- Our Swimming team participated in the M G university Swimming championship held at M A College Kothamangalam on 9th and 10th of September 2018.
- Agna Williams (I Dc Commerce Self Finance) got 5th place in 50 Mts and 100 Mts, freestyle competition.
- Amiya Mary Johnson(I Dc English) got 6th place in 50 Mts and 100 Mts Freestyle competition.
- Liya j Padayattil (I Dc Commerce Self Finance) got 5th in 200 Mts and 400 mts Free style competition.

BADMINTON TEAM

- College Badminton team participated in the M G University Badminton championship held at Bharath Matha College,Thrikkakara on 16th of September 2018.

Following are the players participated for the Badminton championship

- Varsha K (II Dc English Lit)
- Varsha A K(I Dc Economics)
- Alfa Pierara(II M A English)

- Neha Francy(II M A English)

The following Inter departmental competitions for the Students and Staff were organized

✚ Chess for Students

✚ Carroms Singles and Doubles for Students and Teachers

✚ Table Tennis for Students and Staff

✚ Throw ball for students

ANNUAL SPORTS DAY

Annual Sports day was conducted on 19th of February 2019 . Sr Principal Formally inaugurated the Sports day. Various events were conducted for Students , Teaching and Non-teaching.

TECHNICAL OFFICIAL

Dr. Cicily Pearly Alex , Head of the Department of Physical Education participated as **Technical official** for the conduct of National Inter District Junior Athletic Meet (NIDJAM 2018) held at Thirupathi, Andrapradesh from 1st to 3rd of December 2018.