



ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA
REACCREDITED BY NAAC WITH A GRADE (CGPA 3.33)
ISO 9001-2015 CERTIFIED

DEPARTMENT OF PHYSICAL EDUCATION
ANNUAL REPORT
2021-2022

DEPARTMENT OF PHYSICAL EDUCATION

REPORT (2021-2022)

BASKETBALL TEAM



Our College Basketball team **Secured 2nd place** in the M.G. University Intercollegiate Basketball Championship held at Assumption College Changanaserry on 12th and 13th of December 2021.

Participated in the Ernakulam District Basketball championship held at Regional Sports Center, Kadavanthraon 4th-7th of November 2021.

VOLLEYBALL TEAM



- Our college Volleyball team Secured **3rd place** in the M G University Inter collegiate Volleyball Championship held at Assumption College, Changanaserry on 27th and 28th of November 2021.
 - **Winners** in the Ernakulam District Senior Volley ball Championship held at Pappan memorial Indoor Stadium, Varapuzha from 1st -3rd December 2021.
 - **Winners** in the 1st Ernakulam District Olympics Volleyball Championship held at Kaitharam on 11th and 12th of January 2022.

ATHLETICS TEAM



Our college Athletics team won the Winnerstrophy in the 65th Ernakulam District Athletics championship held at Maharaja's College Stadium, Ernakulam on 26th-28th of November 2021.

KABADDI TEAM



- College Kabaddi team participated in the M G university Kabaddi Championship held at BCM College Kottayamon 6th and 7th of December 2021.

YOGA TEAM



- College Yoga team participated in the M G University Yoga championship held at B K College, Amalagiri , Kottayam on 17th and 18th of November 2021.
- **The team consist of following players from various departments**

Krishna Priya (III Dc Commerce)

Lakshmi Priya (III Dc Commerce)

Arya Magline(III Dc Commerce)

Bhadra S(III Dc Commerce (CA)

Nourin S A (IDc English)

Jincy V J (IDc English)



- **Arya Maglin,III B.Com** got selection to the M G university Yoga team and participated in the All India Inter University Yoga championship held at KIIT University, Bhubaneswar, Odisha from 20th -24th December 2021.

SWIMMING TEAM

- College Swimming team participated in the M G university Swimming championship held at M A College Kothamangalam on 8th and 9th of December 2021.



- Lakshmi K(III Dc Zoology) got second place in
- 50 mts Back Stroke
- 100 mts Back Stroke
- 200mts Back Stroke



- Bhadra S (III Dc)B.com SF(CA)got 3rd place in 200 mts IndividualMedlay.



Athiradas P K got selection to the M G University Basketball team, and Secured 4th place in the South- West Zone Basketball Championship held at Changanaserry on 27th -31st of December 2021.



Jisha K S represented M G University in the South –West Zone Volleyball Championship held at Chennai from 13th -16th of November 2021 and Secured 4th place , they were also qualified to participate for the All India

Inter University Volleyball Championship held at Bhubaneswar, Odisha, and secured 3rd place..



Arya V V National Volleyball player was the member of Kerala team participated in the 47th Junior National Volleyball championship held at Burdwan, West Bengal from 25.12.2021-30.12.2021 and team secured 4th place.



AnaghaRajan participated in the Ernakulam District Youth Volleyball Championship held at Moopathadomon 22nd -26th December 2021.



Anupama Biju secured Silver medal in Discus Throw and Bronze medal in Hammer Throw in the 1st Ernakulam District Olympics Athletic Meet held at Fact ground Eloor on 13th January 2022.

Sona Shaji and Ann Mary Paul participated in the M G University Taekwondo Championship held at Bharath Mata College, Thrikkakara on 24th February 2022.

INTERNATIONAL YOGA DAY

- **International Yoga day** observed on 21st of June 2021. Department of Physical Education associated with NCC organized a Webinar on Yoga for Stress Management and Life Style Disorders, Mrs. Chethana Badekar, Director, Yogachethana College of Yoga and Research Center, Mangalore, were the Resource person for the same.

INTERDEPARTMENTAL COMPETITIONS WERE CONDUCTED

IN THE FOLLOWING EVENTS:

- 1. Carroms (Singles)**
- 2. Carroms (Doubles)**
- 3. Table Tennis (Singles)**
- 4. Table Tennis (Doubles)**
- 5. Badminton (Singles)**
- 6. Badminton (Doubles)**
- 7. Throwball**
- 8. Chess**

TECHNICAL OFFICIAL

Dr. Cicily Pearly Alex , Head of the Department of Physical Education participated as **Key Technical official** for the conduct of 60th National Open Athletics championship 2021 at Warangal, Telengana.