



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

**HEALTH CLUB
ANNUAL REPORT
2019-2020**

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT (2019-'20)

The Department of Physical Education organized the 26th Msgr. Augustine Maveli Memorial All Kerala Inter Collegiate Volleyball tournament and 26th Rev. Sr. Redempta Memorial All Kerala Intercollegiate Basketball tournaments. **Smt. Mary Femy Luiz, International Volleyball player inagurated** the championships. **Adv. P V Sreenijan**, President ,Ernakulam District Sports Council distributed prizes to the Volleyball tournament Winners and **Shri Rana Jos Thaliyath** Executive . Member of Ernakulam District Basketball Association, and nominee to kerala Basketball Association , give away the prizes to the winners in Basketball .

In Basketball tournament, Assumption College were the winners, defeating St Joseph's College in the finals, and in Volleyball, St Josephs's College, Irinjalakuda, Won Msgr. Augustine Maveli Memorial Volleyball trophy defeating St. Xavier's ,College Aluva.



. **Smt. Mary Femy Luiz, International Volleyball player inagurated** the championships.







Adv. P V Sreenijan,President ,Ernakulam District Sports Council distributed prizes to the Volleyball tournament Winners



Basketball Team



Secured 3rd place in the M.G. University Intercollegiate Basketball Championship held at SPESS, Kottayam on 17th November 2019.

Runners in the Ernakulam District Basketball championship held at Regional Sports Center, Kadavanthra on 23rd- 27th October 2019.

Our Basketball team participated in the Golden Jubilee memorial 20th All Kerala Intercollegiate Basketball tournament organized by Assumption college, Changanaserry on 19th -22nd August 2019.

Athiradas K represented M G University in the South –West Zone Basketball Championship held at Chennai, Madras 26th -30th November 2019.

Ammu Unni, Lakshmi K Lalu, Sandra T S, Abhika Jayaraj and Ayrin Jaison represented Ernakulam District in the Senior State Basketball championship held at Chenganoore from 3rd to 9th December 2019.

VOLLEYBALL TEAM



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

➤ **Secured 3rd place in** the M.G. University Intercollegiate Volleyball Championship held at Changanaserry on **3rd and 4th** of October 2019.

➤ **Winners** in the Ernakulam District Senior Volleyball championship held at Thiruvaniyoor from 21st to 24th of November 2019.

➤ **Winners** in the Ernakulam District Youth Volleyball championship held at Neduvanoor from 21st to 24th of November 2019.

➤ Runners up in the 26th Msgr. Augustine Maveli Memorial All Kerala Inter collegiate Volleyball Championship held in our college on 10th – 13th February 2020.

➤ **Participated** in the Fr Bartholomew memorial All Kerala Inter collegiate Volleyball championship held at S H College, Thevara from 16th - 18th of February 2020.

➤ **Sona S Kumar, Harsha Hareesh K K , Varsha M, Rajasree C R and Anagha P K** represented Ernakulam District for the Senior South Zone championship held at Murikkaserry, Idukki from 29th November 2019- 4th December 2019 and secured 4th position and qualified to super zone championship .

➤ **Suramya S, Harsha Hareesh K K , Varsha M, Rajasree C R and Anagha P K** represented Ernakulam District for the Senior Super Zone championship held at Karimkunnam, Idukki from 11th - 15th December 2019. .

➤ **Jisha K S and Varnna M S** represented M G University in the South –West Zone Volleyball Championship held at Chennai from 6th -10th of December 2019 and Secured 2nd place , they were also qualified to participate for the All India Inter university Volleyball Championship held at Kurushethra, on 16th – 20th December 2019.



- **Jisha K S** represented Kerala for the Khelo India Volleyball championship held at Gwahatti, Assam and won the championship under the captaincy of Jisha from 14th to 20th January 2020.
- **Jisha K S** and **Varnna M S** represented M G University for the 1st Khela India University Games in Volleyball championship held at Bhubaneswar, Odisha from 17th to 22nd February 2020.

INTERNATIONAL YOGA DAY

- **International Yoga day** observed on 21st of June 2019. Our sports students involved in the demonstration of various Asanas and Yoga .

ATHLETICS TEAM



- Our college Athletics team won the **Winners trophy** in the 63rd Ernakulam District Athletics championship held at Maharaja's College Stadium, Ernakulam on 2nd - 4th August 2019.

KABADDI TEAM



- College Kabaddi team participated in the M G university Kabaddi championship held at St. Joseph's Academy of Higher Education and Research , Moolamattom on 17th and 18th of September 2019.
- Our kabaddi team secured runnersup trophy in the Ernakulam District Kabaddi championship held at Eloor, Pathalam on 1st February 2020.
- **Steeva Shaji** from 1st Dc Malayalm got selection to participate in the Junior state Kabaddi championship held at Kasargode from 31st January 2020 -2nd February 2020.

CHESS TEAM



➤ College Chess team participated in the M G University Intercollegiate Chess championship held at S H College, Thevara, on 17th and 18th of November 2019, and secured 5th place.

- **The team consist of following players from various departments**

Athira Roy (III Dc Commerce Self)

Liya Eugene (II Dc Malayalam)

Swathi Sudharsan (III D c Communicative English).

Sruthy Sabu(I Dc Communicative English)

Amiya Mary Johnson (II Dc English Lit)

- **Athira P Roy**, III B.com selected to the M G university team for the South zone championship held at Thirupathy, AndhraPradesh from 20th -24th November 2019.

SWIMMING TEAM



- College Swimming team participated in the M G university Swimming championship held at M A College Kothamangalam on 9th and 10th of October 2019.
- Agna Williams (II Dc Commerce Self Finance) got 3rd place in 4x100 Mts FreeStyle Relay and 4x100Mts Medley Relay.

- Amiya Mary Johnson(I Dc English) got 3rd place in 4x100 Mts FreeStyle Relay and 4x100Mts Medley Relay.
- Liya J Padayattil (I Dc Commerce Self Finance) got 3rd place in 4x100 Mts FreeStyle Relay and 4x100Mts Medley Relay.
- Lakshmi k (I Dc Zoology) got 3rd place in 4x100 Mts FreeStyle Relay and 4x100Mts Medley Relay.

BADMINTON TEAM

- College Badminton team participated in the M G University Badminton championship Organized by St. Teresa's College at Play to win Badminton Academy, Girinagar, Kadavanthra on 18th of October 2019.

Following are the players participated for the Badminton championship

- Varsha M (III Dc English Lit)
- Harsha Hareesh K K (III Dc English Lit)
- Varsha A K(II Dc Economics)

INTER DEPARTMENTAL CHESS COMPETITION

- **Interdepartmental Chess Competition** was conducted during the first week of September 2019 (3rd -7th)
- The following are the results of the same.

1	ATHIRA ROY	III BCOM SELF
2	SRUTHY SABU	I BA COMM ENG
3	SWATHI SUDHARSAN	II BA COMM ENG
4	SANGEETHA LAKSHMI	II BA ECONOMICS
5	LIYA	I B A MALAYALAM

INTERDEPARTMENTAL CARROMS COMPETITION

- **Interdepartmental Carroms Doubles Competition** was conducted during the first week of August 2019 .

The Result is as follows.

I	ANJANA K S & JENCY JOSEPH	II BA ENG LIT
II	ALAI & ANEETA ANTONY	II BA COMM ENG
III	ADIRA MUHARAM C H & B ALANTINA	II BA COMM ENG

INTERDEPARTMENTAL ARM WRESTLING COMPETITION

- **Interdepartmental Arm wrestling Competition** (according to the weight category) was conducted during the first week of July 2019 .

The Result is as follows.

WEIGHT CATERGORY(40-45 KG)

I	ANJANA KS	II BA ENG LIT
II	ANEETA ANTONY	II BA COMM ENG

WEIGHT CATERGORY(45-50 KG)

I	ANNA JOY P	II BA ENG LIT
II	ALEENA C ALIAS	II BA ENG LIT
III	FIYA ASHRAF	III BA MALAYALAM

WEIGHT CATEGORY(55-60KG)

I	ZANIYA MOSES	II BA COMM ENG
II	ADIRA MUHARAM C H	II BA COMM ENG
III	NANCYANTONY	II BA ENG LIT

WEIGHT CATEGORY(60-70KG)

I	ATHULYA E S	II BA COMM ENG
II	ANN MARIA	II BA COMM ENG

INTER DEPARTMENTAL TABLE TENNIS (SINGLES)COMPETETION 2019-20

1	I	AMIYA MARY JOHNSON	II BA ENG LIT
2	II	ALEENA C ALIAS	II BA ENG LIT
3	III	SANTA	II BA ENG LIT


INTER DEPARTMENTAL TABLE TENNIS (DOUBLES)COMPETETION 2019-20

AMIYA MARY JOHNSON & SANTA JOSEPH			
1	I		II BA ENG LIT
2	II	ALEENA C ALIAS & JENCY JOSEPH	II BA ENG LIT
3	III	UNNIMAYA S & SREELAKSHMI REGU	II BA ENG LIT

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 Kerala State Senior State Athletics Championship held at Calicut from 14.07.2019 -16.07.2019.

- ✚ **Dr. Cicily Pearly Alex** , Head of the Department of Physical Education participated as **Technical Delegate** for the conduct of 17th Federation cup Junior National Athletics championship 2019 at Thiruvannamali, Tamilnadu , from 23rd to 26th September 2019.
- ✚ **Dr. Cicily Pearly Alex** , Head of the Department of Physical Education participated as **Technical official** for the conduct of National Inter District Juniur Athletics Meet 2019 at Thirupathy ,Andrapradesh from 21st to 27th November 2019.
- ✚ **Dr. Cicily Pearly Alex** , Head of the Department of Physical Education participated as **Technical official** for the conduct of 1st Khelo India University Games 2020 at Bhubaneswar, Odisha from 26th February to 2nd March 2020.

HEALTH CLUB

Many of the teaching staff and students besides the sports persons are using the facilities available in the health club regularly.

PRINCIPAL