DEPARTMENT OF PHYSICAL EDUCATION

ST. STEPHEN'S COLLEGE, PATHANAPURAM, KOLLAM

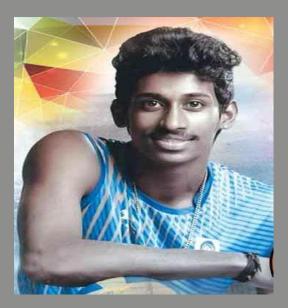
ANNUAL REPORT 2020-21

<u>OUR COLLEGE IS ONE OF THE BEST SPORTS CENTRE IN INDIA BECAUSE WE</u> <u>MADE TWO INTERNATIONAL PLAYERS</u>

OUR INDIAN INTERNATIONAL PLAYERS



SHIJAS MUHAMMED 1996-1998



AJITH LAL C 2015-2017

FACILITIES AVAILABLE 2020-21

FACILITIES AVAILABLE FOR THE STUDENTS

OUT DOOR FACILITIES

- 200 Mts Track
- Football play field
- Cricket play field
- Volleyball court (2 Nos)
- Shuttle badminton court

INDOOR FACILITIES

- Table Tennis board
- Badminton court
- Multi Gym
- Chess
- Caroms
- Yoga / Aerobic Dance

FACILITIES AVAILABLE FOR THE PUBLIC

- 200 Mts Track
- Football play field
- Cricket play field
- Volleyball court (2 Nos)

ACHIEVEMENTS IN STATE / UNIVERSITY LEVEL

| Sl. No. | NAME OF PARTICIPANT | LEVEL OF PARTICIPATION | ACHIEVEMENT/ MEDAL | SPORTS/ GAMES | DEPARTMENT |
|---------|--------------------------------|---------------------------|-----------------------|------------------|-------------|
| 1 | ROLI PATHEK | Intercollegiate | First Place | Volleyball | English |
| 2 | MUTHU EKAKIA | Intercollegiate | First Place | Volleyball | B.Com |
| 3 | ARYA S | Intercollegiate | First Place | Volleyball | Economics |
| 4 | SHYNO SAIMON | Intercollegiate | First Place | Volleyball | B.Com |
| 5 | ARCHANA DHAMRAJ KELKONDA | Intercollegiate | First Place | Volleyball | B.Com |
| 6 | GURU PARIMALA | Intercollegiate | First Place | Volleyball | B.Com |
| 7 | ANNU DEVI | Intercollegiate | First Place | Volleyball | English |
| 8 | LAVANYA MAHAJAN | Intercollegiate | First Place | Volleyball | English |
| 9 | NANDANA V | Intercollegiate | First Place | Volleyball | Mathematics |
| 10 | BEENA VARGHESE | Intercollegiate | First Place | Volleyball | Economics |
| 11 | NAMITHA.M.S | Intercollegiate | First Place | Volleyball | Economics |
| 12 | PULLARI ANANYA SREE | Intercollegiate | First Place | Volleyball | B.Com |
| 13 | ATHUL BABU P B | Intercollegiate | Second place | Volleyball | B.Com |
| 14 | AKSHAY M | Intercollegiate | Second place | Volleyball | Economics |
| 15 | BIBIN BINOY | Intercollegiate | Second place | Volleyball | Botany |
| 16 | AKHIL KUMAR. A.S | Intercollegiate | Second place | Volleyball | English |
| 17 | SUHAIB S | Intercollegiate | Second place | Volleyball | Economics |
| 18 | PRANAV V V | Intercollegiate | Second place | Volleyball | Economics |
| 19 | BIBIN BOVAS | Intercollegiate | Second place | Volleyball | B.Com |
| 20 | AJITH S | Intercollegiate | Second place | Volleyball | Economics |
| 21 | AMAL K | Intercollegiate | Second place | Volleyball | Economics |
| 22 | RAHUL RAJ N | Intercollegiate | Second place | Volleyball | English |
| 23 | THANSEER S | Intercollegiate | Second place | Volleyball | Economics |
| 24 | SIBIN SUNNY | Intercollegiate | Second place | Volleyball | Economics |

NATIONAL WEBINAR SERIES ON INFLUENCE OF PROPER EXERCISE IN THE PREVENTION OF PATHOGENIC DISEASES

<u>Through Google meet on 11th and 17th February 2021</u>

Department of Physical Education organized a National level webinar series on "Influence of Proper Exercise in the Prevention of Pathogenic Diseases" the programme was held on 11th and 17th February 2021. The focal theme of the webinar was life style diseases, important of exercise and diet habits etc.

The programme was hosted through Google meet online platform. On the first day of the series (11th February 2021 at 7.00 pm IST), The function was begun with prayer song of **Ms.Namitha M S** (III ^{td} Year Economics), **Dr. K.P. Laladhas**, Principal of the College presided over the function and delivered presidential address. The programme was formally inaugurated by **Mr. Chitharesh Natesan Mr. India**, **Mr. Asia and Mr. Universe. Fr. Dr. N. J. Koshy**, Governing body Member, Asst. Professor, Department of mathematics, delivered the felicitation. **Fr. Dr. Roy John**, Head of the Department of Botany, delivered the welcome speech. **Dr. Shersha**, (Former Associate Professor & HoD, Department of Physical Education, TKM arts and Science College, Kollam) was the resource person who handled the session effectively. On 17th February 2021, we had a lecture by **Dr. Fraijo S C**, Assistant Professor and HoD, Department of Physical Education, Gvt. College Thalassery, Kannur.

National level webinar series focuses on how to relieve stress caused by the biological disaster and the resource person vividly described the various physical activities to improve the mental and physical strength of the people. He also emphasised the importance of physical exercises to improve the immunity of our body in order to fight against the novel virus, Lifestyle diseases, and diet habits etc. A discussion session also arranged in the last part of each day webinar programmes. Students, research scholars and teachers were actively participated in the discussion session and the whole webinar was indeed informative. The Feedback form was provided in the Google Meet chat box and certificates were issued to those who filled the feedback form successfully. **Ms. Chinju Merin Abraham** (Assistant Professor in Botany) compere the programme and **Dr. Subin Raj S S** (Assistant Professor and HoD Department of physical Education) extended concluding remarks and vote of thanks to all participants. A total 68 participants were actively engaged in the session.

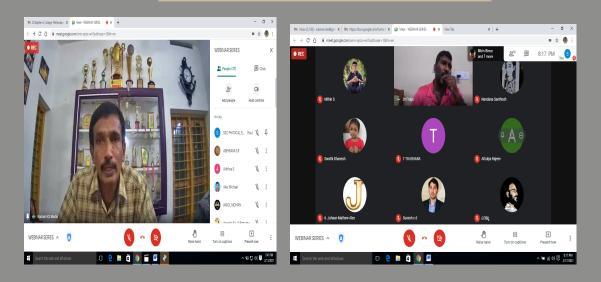


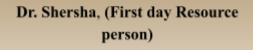
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meet.google.com/wmi-qnzx-wri?authuser=1&hl=er ■ ☆ 🦚 : • REC WEBINAR SERIES × E Chat People (49) sneha Malu * : Sneha Suresh * : soubhagya sachu \$: Sreelekshmi M S * : SUKANYA S * : 👰 Sunesh c d * : T THUSHARA \$: unwanted account S. : 📮 🚥 Laladhas K P Raise hand EE Turn on captions * 🔇 🝙 💽 WEBINAR SERIES A ÷ 🗢 🗧 🚍 🖨 🍯 🚞 ・ ED 印 印 2/11/20 Search the web and W

> Dr. K.P. Laladhas, Principal of the College presided over the function and delivered presidential address



Inaugurated By Mr. Chitharesh Natesan Mr. India, Mr. Asian and Mr. Universe





Dr. Fraijo S C, (Second day Resource person)

THIS YEAR WE MADE NEW HISTORY AT UNIVERSITY OF KERALA

BOTH MEN & WOMEN TEAM BAGGED WINNERS MEDAL



Kerala university women volleyball championship Organised by NSS College, Nilamel 2020-21

Runner Up 2020-21

Kerala university men volleyball championship Organised by NSS College, Nilamel 2020-21

PLACEMENT DETAILS OF 2020-21

PLACEMENT DETAILS OF 2020-21

1. Akshay A (Mathematics 2018-201)

https://drive.google.com/drive/folders/1ovqcXcli8K-iDIEdQcHzGEmVXy8GltxT?usp=sharing

2. RAHUL R (Physics 2017-20)

https://drive.google.com/file/d/1TuTt48 EpCVr UYfOiZUH7kG9hD3 JRW/view?usp=sharing

MAJOR ACHIEVEMENT OF THE DEPARTMENT

- Volleyball women Kerala University intercollegiate winner
- Volleyball men Kerala University intercollegiate Runner up
- Organised two days webinar

BEHIND THIS SUCCESS TWO EMINENT COACHES WORKED, THEY ARE



Mr. BIJU MATHEW Men Volleyball Coach (Rtd) KSSC



Mr. JEWEL S. R Women Volleyball Coach SAI

Dr. SUBIN RAJ S S

Assistant Professor and Head

Department of Physical Education