

ACTIVITY REPORT - 2019-20

1. 21-/06/2019 - International Yoga day Celebration –in collaboration with NSS

In association with International yoga day celebrations we have conducted a workshop on Yoga in collaboration with NSS in the Indoor stadium. 80 students participated and Mr. Vinu, expert on Yoga delivered classes to the students which included practical sessions.



2-07-2019 - Fresher's Day Celebration

Fresher's Day celebration to invite new comers to the Sports family. Dr. Stalin HOD, gave instructions and also share vision and mission of our department and college to the students. Coaches gave instructions and wished a new winning year to students.



16-08-19 – Flood relief to wayanad

Department of Physical education collected groceries from students and teachers and hand over to principal.



29-08-2019 - National Sports Day Special Programme - Sports exhibition

In connection with National Sports day we Organized a sports exhibition at Indoor stadium. Principal Dr.Sr. Isabel Inaugurated the exhibition. Along with it to develop sports awareness, we arranged a mobile quiz for Faculties, staff and students.



22-08-2019 to 04-09-2019 Aerobics demonstration and teaching

Aerobics is also one of our health development activity it is a massive movement to health . aerobics workshop for whole college. It extended two weeks and whole college studnts learned 14 steps and after this work shop every day we play a music for three minutes and whole college follow the beats and did aerobics



6-09-2019 - Onam celebrations -



14/10/2020 – 23/10/2020 Intramural competitions

Intramural competitions starts on **14/10/2020** we organise Shuttle badminton, Throwball, Carroms, chess and Tug of war.



26-10-2019 - Inter collegiate basketball championship

Inter collegiate Basketball Championship was conducted by our college at St. Joseph's College Indoor Stadium, Our Principal Dr. Sr. Isabel inaugurated the Championship and 10 Colleges from Calicut University participated in this championship. In the closing ceremony, Dr. Sakeer Hussain V.P, Director, Department of Physical Education, University of Calicut distributed the trophies to the winners and also declared the Calicut University Basketball team.



7-10-2019 - Fit India Movement Inauguration -

To develop health culture among students we initiate various programme with PM's Fit India Movement. Calicu University Registrar Dr. P.L. Joshi Inaugurate the Programme. Dr. Sakeer Husain V.P gave wishes to the health development activities.



04-11-2019 - Fitness cycle installation

In related with health development activities we installed 3 fitness cycles to various spots to the college. Sr. Rose Bastion inaugurated the fitness cycle installation.



20 -01 – 2020 - Annual Sports Day – SPIRITUS' 20



20-01-20 - Exhibition match with Faculty and students



10-02-2020 Special Recognition to G.V Raja Awardee P C Thulasi

In this special function we gave special recognition and memento to our alumnae Mrs. P.C Thulasi G.V Raja State Award winner. Memento given by Kerala State Sports Council Vice President Mr. O.K Vineesh. And also gave recognition to our coaches Mr. P.C Antony, Mr. Sanjay Baliga and Ms. Najumunisa



10-02-2020 - Sports Merit Day

College gave Awards and trophies to all sports students who get International, National and State level achievements in sports



06-03-2020 - Send-off Programme

We organized a send-off function to our outgoing sports students. Our students also did cultural programmes in this function

