

Department of Physical Education

ACTIVITY REPORT - 2021-22

Yoga day Celebration – 21/06/2021

New online yoga certificate course was inaugurated by Sri. K R Sambashivan, President, Thrissur District Sports Council and our principal Dr. Sr. Asha presided over the session. Welcome speech by Dr. Stalin Raphel, Felicitated by Thushara Philip. Divya Sam, General Captain delivered the vote of thanks.



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Calicut University Inter-Zone Basketball women championship 23-24/7/2021

Department of Physical Education, St.Joseph's College (Autonomous), Irinjalakuda hosted the Calicut University Inter Collegiate Basketball Championship. Around 8 colleges (96 students) participated in the championship. Principal, Dr. Sr. Asha Theres inaugurated the championship. Shri. P.J Sunny, Senior Vice President, Kerala Basketball Association was the chief guest of the closing ceremony.



RESULT

Position	Name of College
First	St.Joseph's College, Irinjalakuda
Second	GCPE, Calicut
Third	Providence College, Calicut
Fourth	Christ College, Irinjalakuda


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Calicut University Inter-Zone Volleyball women championship 23-24/7/2021

Department of Physical Education, St.Joseph's College (Autonomous), Irinjalakuda hosted the Calicut University Inter Collegiate Volleyball Championship. Around 7 colleges (84 students) participated in the championship. Principal Dr.Sr.Asha Theres inaugurated the championship. Shri.Thomas Kaliankara, President, Thrissur District Volleyball Association was the chief guest of the closing ceremony.



RESULT

Position	Name of College
First	St.Joseph's College, Irinjalakuda
Second	St.Marys College, Sulthan Bathery
Third	Naipunya College, Karukutty
Fourth	CPE, Calicut University


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Calicut University Inter-Zone Football women championship 29-30/7/2021

Department of Physical Education, St.Joseph's College (Autonomous), Irinjalakuda hosted the Calicut University Inter Collegiate Football Championship. Around 6 colleges (120 students) participated in the championship. Principal Dr.Sr.Asha Theres inaugurated the championship. Shri.Davis Mookan, Secretary, Thrissur District Football Association was the chief guest of the closing ceremony.



RESULT

Position	Name of College
First	St.Joseph's College, Irinjalakuda
Second	Carmel College, Mala
Third	Don Bosco College, Mannuthy
Fourth	St.Joseph's College, Devagiri


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National sports day celebration – 29/8/2021

National sports day celebrated through an online programme. Our alumni, Ms. Sruthy M, International volleyball player inaugurated and delivered a motivational speech. Dr. Stalin Raphael and Ms. Thushara Philip also spoke in this Google meet – held on 29/8/2021



D- Zone Fixture Meeting

D Zone fixture meeting was organized by the Department of Physical Education, St. Joseph's College Irinjalakuda on 18/11/2021. Dr. Stalin Raphael, Head of the Department delivered the welcome speech, Principal Inaugurated the meeting and D-Zone Convenor Dr. Bindhu presided the meeting. Association representative, Dr. Haridayal and Dr. Paul T Chacko felicitated. After the meeting we conducted a Body Composition Analyser check for all the faculties who were present in the meeting.




FIT FOR LIFE –UNVEILING LOGO - 25/11/2021



Fit India Movement – Department of Physical Education started a mass movement to improve the health of the students – FIT 4 LIFE – The logo was unveiled by Dr. Sakeer Hussain V P, Department of Physical Education, Calicut University on 25/11/2021. Fit 4 life focuses on the health and wellness of the students.

FIT 4 LIFE Mass Fitness Movement - Programme flag off by Dr. Sakeer Hussain V P, Department of Physical Education, Calicut University.





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Calicut University Basketball coaching camp December 2021

Department of Physical Education, St. Joseph's College (Autonomous), Irinjalakuda hosted the Calicut University Basketball Coaching camp for the South Zone Inter University championship held at MG University, Kottayam. 16 students from various colleges of Calicut University have participated in the coaching camp. Mr. P.C Antony was the coach of Calicut University team. Ms.Thushara Philip was the manager of the team.




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Kerala State Basketball Senior Coaching camp for national championship November 2021

Department of Physical Education, St.Joseph's College (Autonomous), Irinjalakuda hosted the Kerala senior Basketball team Coaching camp for the South Zone senior national championship held at Chennai. 16 players from various districts of Kerala participated in the coaching camp. Mr. P.C Antony was the coach of Kerala team. The team included many international players.



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Kerala State Basketball junior coaching camp for national championship

December 2021

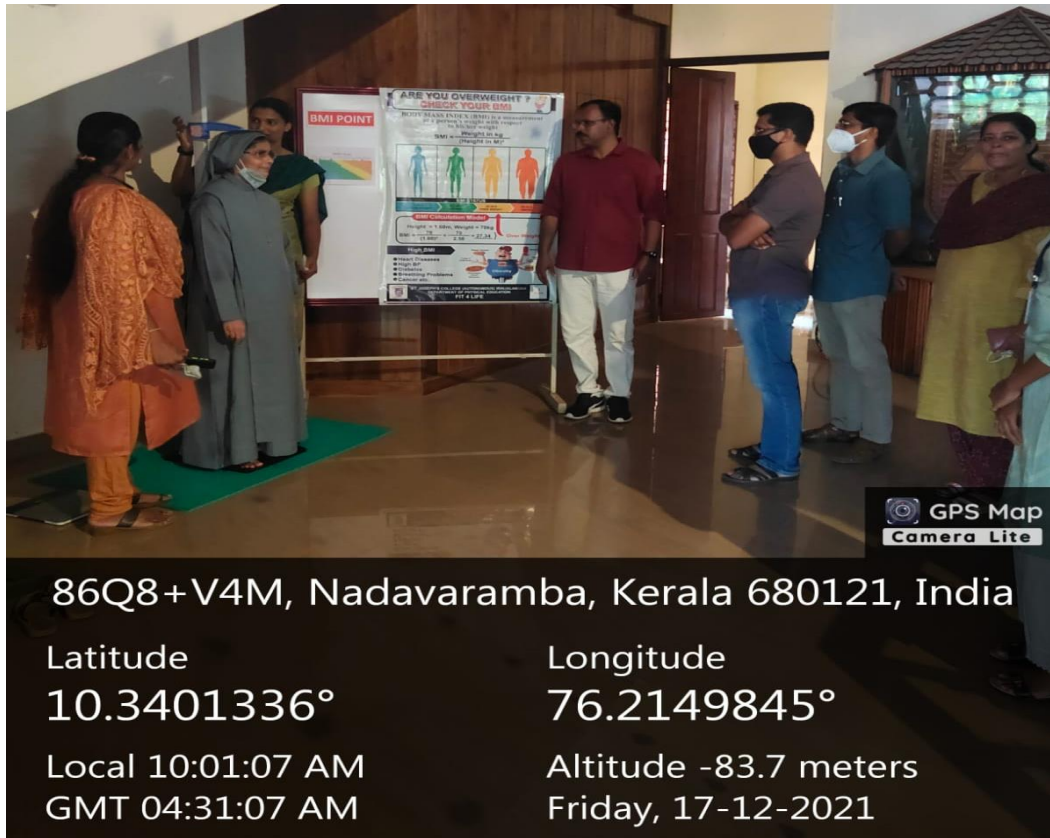
Department of Physical Education, St.Joseph's College (Autonomous), Irinjalakuda hosted the Kerala Junior Basketball team coaching camp for the junior national championship held at Indore, Madhya Pradesh. 16 players from various districts of Kerala participated in the coaching camp. Mr.Premkumar was the coach of Kerala team.



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Opening of BMI Point – 17-12-2021

Department of Physical education installed a BMI Point in the main Block. Principal Dr. Sr. Asha inaugurated the BMI point. Users can check the BMI on their own. This is a Self-operating unit.



Reception to the Meritorious Achievers –Merit Day - 09-03-2022

The outstanding achievers of physical education department, our alumni and International Volleyball player Deepika Baburaj(AIR 4, CA), Powerlifting Asian Junior Championship - International Medalists- Strong women of Asia and Gold medalist –Aneesha M, Silver Medalist Anjali S, Bronze Medalist Seeya Metilda Baiju were recognized in the event. Dr.Stalin Raphel, who was concurred with the license of International Sports Psychologist was also honoured. Chief Guest of the function was Sri. M.A. Ugin Morely, Syndicate member.



Grant inauguration of the new Sports and Health infrastructure facilities-

Grant inauguration of the new Sports and Health infrastructure facilities- Tennis /Basketball Synthetic Court, Open Gym and Adventure Park. Inaugurated by Dr. R Bindhu, Hon. Minister for Higher Education and Social Justice, Govt. of Kerala and V Abdurahiman, Hon Minister for Sports.

Officially launched football Academy in collaboration with Kerala United F C.



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Summer coaching camp 2021-2022

Karate Summer Camp has organized by the department of Physical Education. Children from the age of 8 to 18 years were participated in this program. Both girls and boys were allowed to participate in the summer camp. Aim of this camp is to build self-defense techniques and improve their confidence level. 26 students participated in the program. The karate classes were taken By Ashkar Basheer. The camp conducted in the month of April and May.



A handwritten signature in blue ink, which appears to read "Stalin".

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