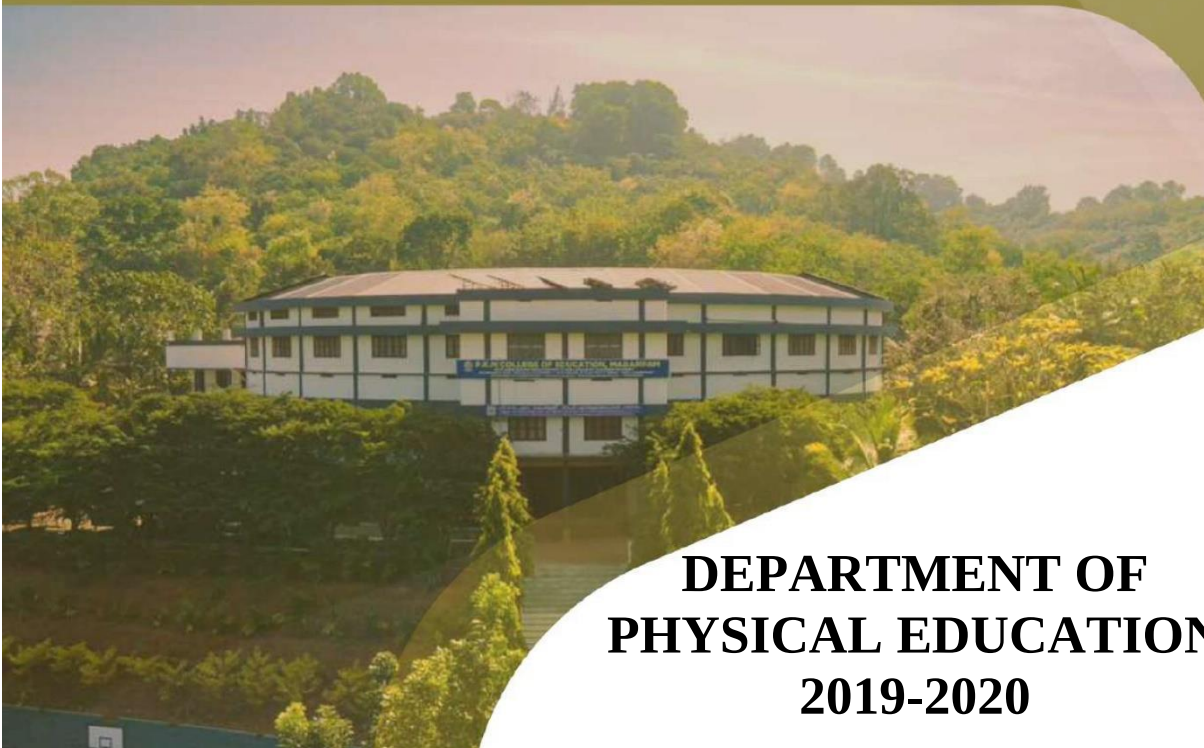




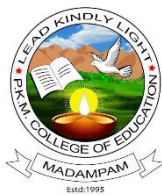
P.K.M COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P O, KANNUR – 670631
(Govt. Aided Teacher Education Institution affiliated to Kannur University)
Recognized by NCTE and included under UGC 2(f) & 12B category
Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

PROGRAMME OF ACTION



**DEPARTMENT OF
PHYSICAL EDUCATION
2019-2020**



PKM COLLEGE OF EDUCATION, MADAMPAM

Accredited by NAAC with A grade (second cycle 4point scale)

RUSA 2.0 beneficiary UGC 2(f) 12B category

CONSOLIDATED REPORT

JUNE 2019 – JUNE 2020

REPORT

ON

KANNUR UNIVERSITY LEVEL

INTER B.ED COLLEGE

ATHLETIC MEET 2020

HELD AT KANNUR UNIVERSITY SPORTS COMPLEX

MANGATTUPARAMBA

ON 28TH FEBRUARY 2020

ATHLETES FROM P.K.M. COLLEGE

Sl. No.	Name	Optional Subject	Event
1.	Ragesh T	1 st year Mathematics	200M, 400M, 4 x 100m Relay
2.	Ashish Saseendran	1 st year Physical Science	400m, Long Jump, Relay
3.	Johns Biju	1 st year English	100m, long jump, High jump, Relay
4.	Nidhin Jose	2 nd year Physical Science	Shot Put, Discus Throw, Javelin Throw
5.	Tomson Sabu	1 st year Social Science	High jump, shot put, relay
6.	Reji P George	2 nd year Social Science	Javelin Throw
7.	Bisna Narikkodan	2 nd year Malayalam	100m, 200m, Javelin, 4 x 100m relay
8.	Shyna N Raju	2 nd year Physical Science	Shot Put, Long Jump
9.	Alan Mariya John	1 st year Physical Science	100m, 200m, relay
10.	Sivakeerthana Dinesh	1 st year Natural Science	Shot Put, Discus Throw, Javelin Throw
11.	Jishna Kariyil	2 nd year Mathematics	3 Km Walking
12.	Sneha P Sebastian	2 nd year Mathematics	Long Jump, Relay
13.	Arsha M	1 st year Mathematics	800m, 3Km walking
14.	Renjini N.V.	2 nd year Social Science	4 x 100m relay
15.	Sayona Jose	1 st year Malayalam	800m

Kannur University Inter B.Ed college Athletic meet for the year 2020 was held at Kannur University Complex, Mangattuparamba on 28th February 2020. The meet was organized by Keyi Sahib Training College, Thaliparamba. The events were separate for boys and girls. Fifteen colleges participated in the athlete meet sending a total of 370 athletes. The participants and second year students of our college reached there at 8.30 am accompanied by Dr. Sinoj Joseph, Assistant Professor in Physical Education.

The first event was the throw events started at 9 am. Our athletes, Reji P George, Nidhin Jose, Bisna Narikkodan and Sivakeerthana Dinesh participated in throw events and Nidhin Jose won first prize in Shot Put.



The opening ceremony started at 9.15 am and was inaugurated by Dr. Ajaya Kumar, G.V. Raja sports award winner and University Syndicate Member. All athletes assembled in the ground for the ceremony. The chief guest along with the officials hosted the flag. The inauguration ceremony was very precise.



After the inauguration ceremony each event took place properly in time. Due to bad weather conditions, the march past was cancelled in the event. The throw events completed before the lunch break. In long jump Johns Biju won first and Ragesh T won second position. In 200m race Ragesh won second and Ashish Saseendran won third position in 400m race. Johns Biju and Bisna Narikkodan won second position in 100 mtr race for boys and girls respectively. Before the lunch break Tomson Sabu won first and Johns Biju won third position in High Jump. At 12.30pm we had the lunch break.





After the lunch break the events began at 2.30 pm with the long jump for girls. Our athletes Shyna and Sneha participated well in the event. Jishna and Arsha actively participated in 3Km Walking for girls. The most interesting event 4 x 100m Relay was the last event in the meet. By about 4.30 pm the relay started. Our boy's team won second position in relay. With the relay of boys and girls the athletic meet for the year 2020 came to an end.





The champions of P.K.M. College of Education are:

Sl.No.	NAME	EVENT	PRIZE
1	Johns Biju	Long Jump	First
		100m Race	Second
		High Jump	Third
		4 x 100m Relay	Second
2	Ragesh T	Long Jump	Second
		400m Race	Second
		200m Race	Second
		4 x 100m Relay	Second
3	Ashish Saseendran	400m Race	Third
		4 x 100m Relay	Second
4	Nidhin Jose	Shotput	First
5	Tomson Sabu	High Jump	First
		4 x 100m Relay	Second
6	Bisna Narikkodan	100m Race	Second





The closing ceremony started at 4.45 pm. The chief guest was Dr. V.A. Wilson, University Syndicate Member. The overall champions of the Athletic Meet 2020 were Kannur University Teacher Education Centre, Kasargod with 70 points. The runners up were Keyi Sahib Training College, Taliparamba and the Second runners up were P.K.M. College of Education, Madampam with 38 points. In men category, Kannur University Teacher Education Centre, Kasargod won First position with 35 point, P.K.M. College of Education, Madampam won second position with 35 points and Mahatma College, Nileswar won third position. The individual champions were Gokul S. of KUTEC Kasargod and Shigina Jose of Keyi Sahib Training College, Taliparamba.



The chief guest distributed the prizes for the winners. The Athletic meet came to an end at 5pm with the National Anthem.



**REPORT OF
KANNUR UNIVERSITY INTER B.Ed
BADMINTON TOURNAMENT 2019-2020**

**CONDUCTED BY
GOVERNMENT BRENNANA COLLEGE OF TEACHER
EDUCATION, THALASSERY
ON 10th FEBRUARY 2020**

P.K.M COLLEGE OF EDUCATION
BADMINTON TEAM MEMBERS

BOYS TEAM

NAME	DEPARTMENT
REJI .P. GEORGE	SOCIAL SCIENCE(IV th SEMESTER)
TOMSON SABU	SOCIAL SCIENCE(2 nd SEMESTER)
RAHUL . K	ENGLISH (2 nd SEMESTER)
JOHNS BIJU	ENGLISH (2 nd SEMESTER)
RAGESH . T	MATHEMATICS (2 nd SEMESTER)
NIDHIN JOSE	PHYSICAL SCIENCE (4 th SEMESTER)

GIRLS TEAM

NAME	DEPARTMENT
RISHANA K.M.P	NATURAL SCIENCE (IV th SEMESTER)
THUSHARA K.K	MALAYALAM (IV th SEMESTER)
THARA SHAJI	ENGLISH (IV th SEMESTER)
NIMISHA . A	MALAYALAM (IV th SEMESTER)
JISHNA C.H	(II nd SEMESTER)
GIBY BABU	ENGLISH (IV th SEMESTER)

REPORT ON KANNUR UNIVERSITY INTER B.Ed BADMINTON TOURNAMENT 2019

Sports is an essential element of education. Physical training and exercises help to inculcate discipline. Thus P.K.M College of Education gives due importance to sports. It has always strived to create 'a complete teacher' who has both interest and capability in sports. The students participated in the Kannur University Inter B.Ed Badminton Tournament and received First Runner Up position in the boys category and Second Runner Up position in the girl's category.

Kannur University Inter B.Ed Badminton Tournament was conducted by Government Brennan College of Teacher Education, Thalassery at Kannur University Mangattuparamba Campus on 10th February 2020. The tournament began with an inaugural function at 10.00 am. Dr. Anil, Head of Physical Education Department of Kannur University inaugurated the event.

The first set of matches (pool A and B) for girls began at 10.30 am. Every set of match included two singles and a double. In the first match, PKM Girls team played against Rajeev Gandhi Memorial B.Ed College, Mattannur and came out victoriously by winning 2 singles. For their second match they gained victory over *Kannur University Teacher Education Centre, Dharmasala* and moved to semi finals. The semi finals match was against *Kannur University,*

Mananthavady Campus. PKM won the first singles but the other moved to finals by winning a and the doubles match. PKM team thus bagged the second runners up position.

Doubles specialists
Tomson Sabu and Fr. Reji P
George's chemistry on the court

proved very crucial in all the matches. After the victory in the Pool matches the boys' team moved to the semi finals where they played against the host team, Government Brennan College, Thalassery and came out victoriously. After an easy win in the semi finals the boy moved to finals and played against Malabar College, Peravoor. Both the teams played really well and PKM Boy' bagged the First Runner Up position. Closing ceremony began at 8.00 pm. The winners were awarded during this function



team
team
singles
Girls'

PHOTO GALLERY







FIT INDIA MOVEMENT

August 29, 2019

REPORT

PKM COLLEGE OF EDUCATION, MADAMPAM

Prime Minister Narendra Modi launched the Fit India Movement on 29 August at the Indira Gandhi Indoor (IGI) Stadium in New Delhi, to mark National Sports Day. The 'movement' could encourage greater participation in sports and a focus on fitness in the lives of nearly 134 crore Indians. Every year on 29 August, India celebrates National Sports Day in memory of the legendary hockey player and Olympian Major Dhyan Chand who was born on this day 114 years ago.

PKM College of Education, Madampam celebrating its Silver Jubilee in 2019-20 has always been exceptional in sports in Kannur University. The college too marked the beginning of the Fit India Movement in a fitting manner that underscored its commitment to forming a generation of teachers devoted to moulding fit and healthy pupils.

The Fit India Movement was initiated in the college under the leadership of the college Health and Fitness Club and the Department of Physical Education on 29th August at 12.30 pm in the presence of all the first year student teachers as well as the teaching and non-teaching staff. The gathering at the college entrance was addressed by Dr. Sr. Jessy N C. Principal, PKM College of Education and Dr. Sinoj Joseph, Assistant Professor, Department of Physical Education. Both the speakers stressed on the need of physical fitness in the formation of a wholesome personality and lauded the Government of India for this noble initiative. Dr. Sr. Jessy NC flagged off the Fit India Movement at the college winding up the function.

HONORING OF STUDENTS PARTICIPATED IN JIMMY GEORGE



MEMORIAL MARATHON

P. K. M College of Education in association with its sports academy honored 30 students who participated in the Jimmy George Memorial Marathon organized at Peravoor on 6th January 2020. Principal Dr Jessy N C honored the students by gifting trophies.



NATIONAL SPORTS DAY CELEBRATION

August 29, 2019

REPORT

PKM COLLEGE OF EDUCATION, MADAMPAM

The Health and Fitness Club and the Physical Education Department of P K M College of Education, Madampam in association with St. Thomas L. P School Kottoorvayal celebrated the National Sports Day on 29th August in a fruitful fashion.

Every year on 29 August, India celebrates National Sports Day in memory of the legendary hockey player and Olympian Major Dhyan Chand who was born on that day 114 years ago. The members of the college Health and Fitness Club under the leadership of Dr. Sinoj Joseph reached the venue of the National Sports Day Celebration, St. Thomas LP School Kotturvayal at 2.00 pm.

The student teachers prepared the track for the competitions in the school ground using colourful cones that caught the attention of the kids. The competitions were held for boys and girls by grouping the kids into two clusters: standard 1&2 and standard 3&4. Competitions like 50 meter Race, One Leg Hopping, Relay etc. were conducted. Students in groups of 6 to 8 participated in the heats and later the winners competed in the finals.

The formal function at 3.10 pm at the school hall with a prayer song by the children. Mr. Cyriac Lukose, teacher St. Thomas LP School welcomed the gathering. Mr. Benny K U, Head Master, St. Thomas LP School presided over the function and stressed the importance of inculcating healthy physical habits in children in his presidential address. Mr. Ragesh K, Convener of the Health and Fitness Club graced the function with a melodious song that energised the kids. Dr. St. Jessy NC. Principal PK M College of Education delivered the Key Note Address and inaugurated the function. She interacted with the kids through a fable and encouraged them to be more proactive in sports.

The valedictory function followed suit and the winners of the competitions were felicitated. The kids who secured first, second and third positions were awarded study tools such as pencils, sharpeners and erasers. The prizes were distributed by the dignitaries as well as representatives of student teachers including Miss Anitha K of Natural Science Department who is an alumnus of the school.



State Level Inter Collegiate
Fitness and Health Promotion Training Programme

Organized by **St. Pius X College and P K M College of Education, Madampam**
(Dept. Of Physical Education) on 28th Sept. 2019 at Rajapuram

Report

P.K.M College of Education, Madampam, to provide an intense training on Fitness and Health, organised a one-day workshop on 28 September 2019 at St. Pius X College Campus, Rajapuram. The event was basically designed as a part of 'Fit India Campaign' to provide a unique and exciting opportunity to learn and practice physical fitness for effective academic performance. Around hundred students from various colleges along with teaching and non-teaching staff participated in the workshop. The workshop was organized jointly by Department of Physical Education, P.K.M College of Education, Madampam and St. Pius X College Campus, Rajapuram.

The program officially started at 10 a.m. Our college Manager His Excellency Mar Joseph Pandarasseriyil inaugurated the ceremony with a delightful speech. Dr. Asha Chacko (Principal, St. Pius X College Campus, Rajapuram) delivered presidential address. Dr. Sr. Jessy N.C (Principal, P.K.M College of Education, Madampam) and Fr. George Puthuparambil delivered Felicitations. Dr. Fr. Sinoj Joseph offered a vote of thanks and this concluded the inauguration ceremony.

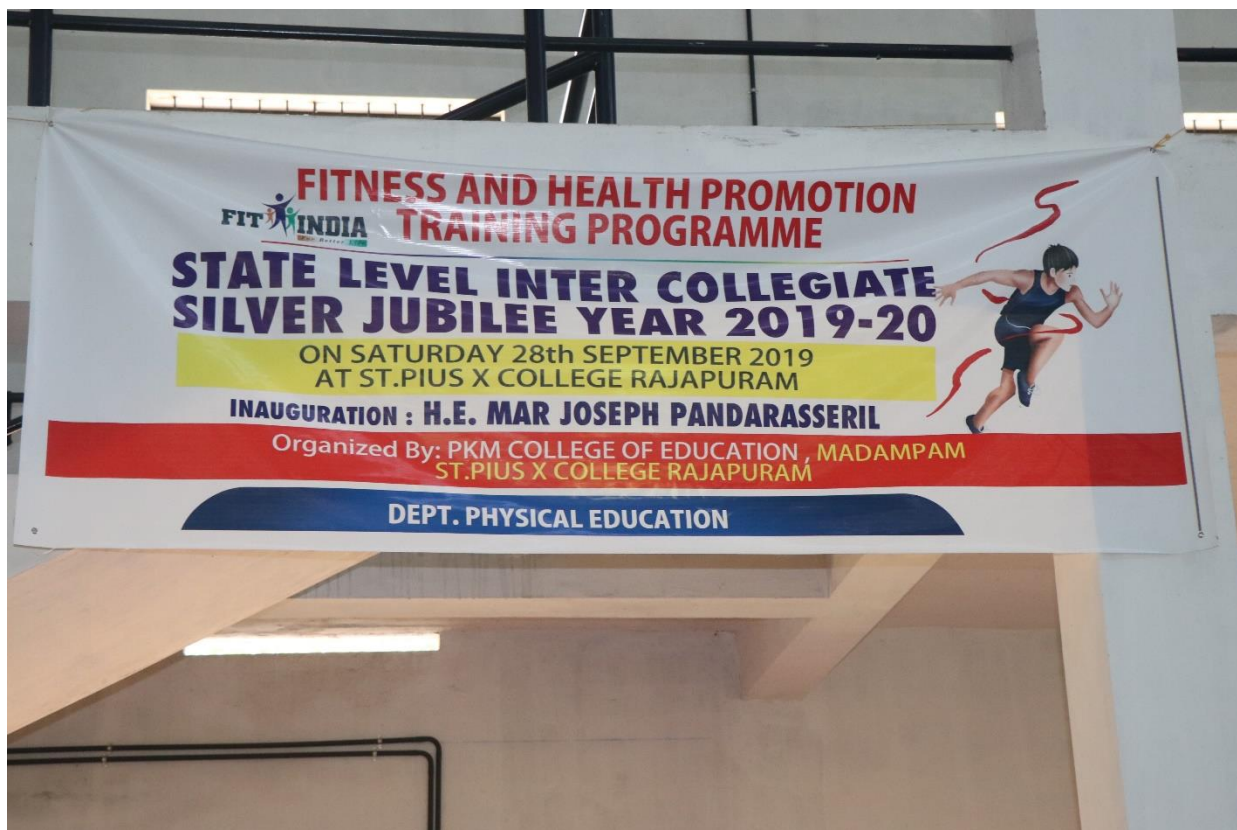
After that the technical session started and it was handled by Dr. Anoop K.V (HOD of Dept. of Physical Education, Govt. College, Manjeswaram). He dealt with Positive Health - Tense and Challenges. The session was made innovative and informative by demonstrating various *yogasanas* and physical exercises practically to students.

After lunch, the second session began and it was a Zumba dance section. It was led by Prof. Sreejith (Assistant Professor, Dept of Physical Education, Kannur University Campus, Mangattuparamba). Here students enjoyed a lot by dancing intensely to the rhythm of rock music.

This was followed by a valedictory session where Fr. Dino Kumbanattu delivered Presidential Address. Some students gave a brief evaluation on the workshop. The certificates were then distributed to students. After a photo session, the event concluded with National Anthem.









REPORT OF ANNUAL SPORTS DAY - GET SET GO 2K19

PKM College of education conducted the 2019 sports day at 20th December 2019, in the name GET SET GO. The day started with marathon from college to Madampam ground, at 7.55am. Fifteen students were participated in this. At 8am 100 meter heats for girls were conducted in the ground. Later long jump for girls and then for boys was conducted. After that also 200 meter heats for girls and then for boys and 200 meter walk for girls and then for boys was conducted. Some remaining games was conducted after the inauguration. It starts with shot put. Shot put for girls and followed by boys were conducted. Later javelin throw for girls and for boys done separately. After that the remaining finals that for 100 meter and 200 meter for both boys and girls and 400 meter for boys were conducted. Later discuss throw for girls and high jump for boys conducted at the same time at different place. Finally the most enthusiastic relay competition was conducted. All the races were ends at 1pm finally a small meeting held, and the staff advisor and physical education head Fr. Sinoj Joseph announced the final results, Ragesh T and Sivakeerthana Dineesh was selected as the individual champions. Also the team position was announced. Team Nile at the first position, Occovango, Volga, and Tigris in second, third and fourth position respectively. After the lunch break all are gathered at the Indore stadium and conducted a tug of war as a friendly match. Team Occovango was the winners for the tug of war. Finally annual sports day GET SET GO ended at 4pm.



REPORT ON

KANNUR UNIVERSITY INTER B.ED CHESS

CHAMPIONSHIP 2019-2020

HELD AT KUTEC DHARMASALA CAMPUS

MANGATTUPARAMBA

ON 20th FEBRUARY 2020

PKM chess team members:

- (1)Anumol Mathew (2nd yr Mathematics)
- (2)Nidhin Jose(2nd yr Physical Science)
- (3)Nimitha Jose(2nd yr Mathematic)
- (4) Ragesh T(1st yr Mathematics)
- (5) Sanooja PP(1st yr Social Science)
- (6)Shivakeerthana Dineesh(1st yr Naturalscience)

Kannur university inter BE.d chess championship for the year 2019 -2020 was held at KUTEC Dharmasala campus,mangattuparamba on 20th february 2020.The nature of the event was combined (boys or girls or both). Eight colleges namely PKM college of education (madampam), Keyi Sahib training college(Thaliparamba), KUTEC(Mananthavady),KUTEC (Kasargod), KUTEC(dharmasala), Malabar B.E.d Training college(peravoor), GBCTE(Thalasseri), JAYBEES kuttur participated in the

tournament . All team members were asked to play four matches. The tournament was a much anticipated championship as it was organized with a view to develop a composite chess culture between student teachers.

We, the PKM team members

(1) Anumol Mathew (2nd yr Mathematics)

(2) Nidhin Jose (2nd yr Physical Science)

(3) Nimitha Jose (2nd yr Mathematic)

(4) Ragesh T (1st yr Mathematics)

(5) Sanooja PP (1st yr Social Science)

(6) Shivakeerthana Dineesh (1st yr Natural science) were accompanied by Dr. Sinoj Joseph (Ass. prof. in physical education, madampam).

The inaugural ceremony started at 10 AM with welcome speech by Mrs. Sunitha KB (Asst. prof. in physical education KUTEC Dharmasala), presidential address by Dr. Prasida (course Director, KUTEC Dharmasala), inaugural address by Dr. Anil Ramachandran (HOD, SPE&SS Kannur University), Felicitation by Dr. Abdhul Rahman (Asso. prof, Keyi Sahib college) and Dr. Sinoj Joseph (Asst. Prof. in physical Education, madampam) and vote of thanks by Mrs. Shanamol B (Chairperson, B.E.d students Association)

Three matches were conducted before lunch break. The 1st match was against Keyi Sahib training college and we won the match with score 4-0. The second match was played against GBCTE Thalasseri and we won the match with score 3-1. The third match was against KUTEC Dharmasala. The match was a draw with a score 2-2. The fourth match was held after lunch at 2:15 PM with KUTEC Kasargod. This match was also a draw placing KUTEC Dharmasala as champions, We the PKM team as runners up and Malabar B.E.d training college in the third position.

Valedictory ceremony started around 4 PM. One of our team member, Anumol Mathew won second board prize. The tournament ended at 5 PM with the prize distribution by Dr. VA Wilson (Member syndicate, Kannur University).

Expense: Nill



REPORT

On

**KANNUR UNIVERSITY INTER BE.D
VOLLEYBALL CHAMPIONSHIP 2019-20**

Held at PKM College of Education, Madampam

ON 25, 26 FEBRUARY 2020

Kannur university inter BE.d volleyball championship for the year 2019-20 was held at PKM college of Education, Madampam on 25th and 26th february 2020. Eight colleges namely, PKM college of Education Madampam, GBCTE Thalassery, Mahatma Nileswar, KUTEC kasargod, KUTEC Mananthavady, Malabar BE.d Training college Peravoor, Keyi Sahib Training college and zainab Memorial Training College were there for men category and six colleges namely, PKM college of Education Madampam, GBCTE Thalassery, KUTEC Dharmasala, Malabar BE.d Training college Peravoor, KUTEC Mananthavady and Keyi Sahib Training college were there for the women category.

The championship started with men category at indoor stadium, PKM college of Education, Madampam on 25th february 2020. The first match was between Keyi Sahib Training college and KUTEC Mananthavady at 9:30AM. The match ended at 10:25 AM making KUTEC Mananthavady as winners with score (21-25), (25-19), (12-15). The second match was between Mahatma Nileswar and KUTEC Kasargod at 10:30 AM. The match ended at 11:10 AM making Mahatma Nileswar as winners with score (25-18), (25-15). The third match was between GBCTE Thalassery and Malabar Training college at 11:20 Am. The match ended at 11:45 AM making GBCTE as winners with score (25-15), (25-9). The fourth match was between PKM college of Education, madampam and zainab Memorial Training college at 11:15 AM. The match ended at 12:30PM making PKM college as winners with score (25-5), (25-18).



Semi-finals for the four gaining teams were held after one hour of lunch break. The first match was between KUTEC Mananthavady and GBCTE Thalassery at 1:30PM. The match ended at 1:55 PM leading GBCTE to the finals with score(9-25)(12-25). The second match was between PKM college of Education, Madampam and Mahatma Nileswar at 2:00PM. The match ended at 2:30 PM leading PKM to the finals with score (25-20), (25-12). The other two teams namely Mahatma Nileswar and KUTEC mananthavady were the selected for the second runners up



position.



Finals for the men category was held in the following day on 26th february 2020. The final match was at 2:40PM between GBCTE Thalassery and PKM college of Education, Madampam.

The match ended at 4PM making GBCTE as champions and thus bagging PKM college of Education towards the runners up position.

PKM Team Members(Men)

1: Nidhin Jose (2nd year, Physical
Science) 2: Reji P George (2nd year, Social
science) 3: Ragesh T (1st year,
Mathematics) 4: Johns Biju (1st year,
English)



5: Tomson Sabu (1st year, Social Science
) 6: Rahul V (1st year, English)
7: Ashish Saseendran (1st year, Physical Science
) 8: Jomal Jose (1st year, English)
9: Vishnu P.S (1st year, Malayalam)



Volleyball championship for women was on 26th february 2020. The first match was between Keyi Sahib Training College and KUTEC Dharmasala at 9:50AM. The match ended at 10:15 AM, with KUTEC Dharmasala winning the game with score (15-7), (3-15), (12-15). The second match was between Malabar training college and KUTEC Kasargod at 10:25AM. The match ended at 10:45AM with Malabar Training college winning the game with score (15-11), (15-10).



The first semi-finals was conducted between PKM college of Education, Madampam and KUTEC Dharmasala at 10:55 A.M. The match ended at 11:50AM, leading KUTEC Dharmasala to play the finals. The second match was between Malabar Training College and GBCTE Thalassery at

12:00PM. The match ended at 12:30 PM leading GBCTE towards the final. The remaining two teams namely, PKM college of Education and Malabar BE.d training college thus bagged into the third position.



PKM Team Members(women)

2018-20 Batch	2019-2021 Batch
1:Bisna Narikkodan(Malayalam) 2:Thushara KK(Malayalam) 3:Amrutha Siby(English) 4:Ayona Vincent(Mathematics) 5:Sneha P Sebastian(Mathematics) 6:Jishna Kariyil(Mathematics) 7:Sruthi CK(Malayalam) 8:Soniya Syriac(Physical Science)	9: Arsha. M(Mathematics) 10: Anju vargheese(Mathematics) 11:Angelin Stephen(Mathematics) 12:Anitha P(Natural Science) 13:Ashly Kuriakose(Physical Science)

The finals for women was conducted at 1:00PM. The match was between GBCTE Thalassery and KUTEC Dharmasala. The match ended at 1:30PM taking GBCTE to the first position as champions and KUTEC Dharmasala as runners up.





The valedictory function was conducted at 4:15PM. Dr.Fr.Sinoj Joseph(Asst.Prof.of PKM College of Education, Madampam) introduced the chief guest and delivered the welcome address. Presidential Address was done by Dr.Jessy N.C(Principle PKM College of Education, Madampam) and Inagural Address by Dr.Ajayakumar(University Syndicate Member). Felicitation was done by Fr.Luke, Puthrukayil(Local Manager, PKM College of Education, Madampam).Prize distribution was done by Dr.Ajayakumar, Dr Jessy NC, Shobarajan sir, and Fr.Luke puthrukayil. Best Player in men category was awarded to Rahul V (PKM college of Education, Madampam) and Best player in women category was awarded to Eldha Elizabeth (Malabar BE.d Training college, peravoor).



The valedictory function ended with vote of thanks by Ragesh T(General Caption, PKM college of Education).

KANNUR UNIVERSITY INTER BEd TABLE TENNIS CHAMPIONSHIP REPORT

Sports tournaments are great source of inspiration for amateur players. Table tennis is one such exciting game. This year, Kannur university inter BEd table tennis tournament was hosted by Keyi Sahib Training College, Taliparambaon 13th January 2020. More than 10 colleges contested in the tournament. It was a very exciting event with remarkable performances and skills showed by participants.

The program officially started at 9.30 a.m in the college auditorium. Prof. Abdul Rahman (HOD, Dept of Physical Education,Keyi Sahib Training College, Taliparamba) presided over the function and Dr. Ashraf T.P (Principal, Keyi Sahib Training College, Taliparamba) inaugurated the tournament by showcasing his incredible strokes in table tennis with one of the participants. All the team were divided into two pools and the competition then commenced.



P.K.M College of Education, Madampam also participated in the tournament. We had two

teams, one, from the boys' side and the other from the girls' side consisting of trained, skilled and experienced players. The players of the girls' team were Anitha P, Sayona Jose, Aparna Francis, Amrudha Siby and Jain James and Boys' team included Thomson Sabu, Johns Biju, Ragesh T, Ashish Sasheedran and Fr. Reji P George.

Girls' team first played against Crescent BEd College, Madayippara and won the semifinals and finals against Govt. Brennen College of Teacher Education, Thalassery and Keyi Sahib Training College, Taliparamba. Boys' team first played against Dr. Ambedkar College of Education, Kasargod. They won the semifinals against Kannur university Teacher Education Centre, Kannur. The team had to face a tough game against skilled and trained players of Keyi Sahib Training College, Taliparamba and lost the game to win the first runners up trophy with slight variation in the points.





The valedictory session began after the whole competitions. Dr. Ashraf T.P (Principal, Keyi Sahib Training College, Taliparamba) officially spoke during the function and congratulated all the participants and winners of the tournament program. In girls' championship, the tournament was won by P.K.M College of Education, Madampam. The first runners up were Keyi Sahib Training College, Taliparamba and the second runners up trophy were shared by Govt. Brennen College of Teacher Education, Thalassery and Kannur University Teacher Education Centre, Kannur.

In boys' championship, the tournament was won by Keyi Sahib Training College, Taliparamba. The first runners up were P.K.M College of Education, Madampam and the second runners up trophy were shared by Kannur university Teacher Education Centre, Kannur and Govt. Brennen College of Teacher Education, Thalassery. The winners were awarded with an ever-rolling trophy with participation certificate and the program concluded with National Anthem.

Webinar Report

Fitness Portfolio Management

30-05-2020

The Dept of Physical Education, of PKM College of Education, Madampam organized One day Webinar on 30.5.2020 at 11 am on the topic "Fitness Portfolio Management."

Dr. Sinoj Joseph, was the Co- ordinator of this Webinar.

As we are going through the difficult period of Covid19, lock down and stress, the Dept of Physical education, of PKM College, Madampam thought of conducting this online program which would be beneficial to everyone. Dr. Sinoj Joseph welcomed everyone to the Webinar. Dr. Jessy NC, the Principal of PKM College of Education inaugurated the session. This program was made possible only with her effort and guidance.

The resource person of the web seminar was none but Dr. Anoop KV who enlightened the participants on the topic "Fitness Portfolio Management."

Dr. Anoop is the Asst.Professor of Physical Education, GPM Govt.college, Manjeshwar. He is an eminent personality with wide knowledge. He conducts several seminars and courses in and outside Kerala and he is a perfect Guide too. He is an expert in the area of Fitness Management. Dr...Prasad Mathew, the head of the Dept of Physical Science and the Vice Principal of PKM College of Education expressed words of gratitude at the end of the session.

All staff and students of PKM College of Education and staff and students of various other colleges also participated in this Webinar. We had almost 200 participants joining us in the Webinar. It was a great success. It's a real credit to the department of Physical Education of PKM College of Education, Madampam.



P.K.M COLLEGE OF EDUCATION

MADAMPAM, KANNUR, KERALA



SILVER JUBILEE YEAR 2019-2020

ONE DAY WEBINAR ON

FITNESS PORTFOLIO MANAGEMENT

TIME : 11 AM - 12 PM ON 30/05/2020



Dr. Jessy N C
Principal



Dr. Prasanth Mathew
Vice Principal



Dr Sinoj Joseph
Asst.Prof.in
Physical Education

RESOURCE PERSON



DR. ANOOP K. V
Assistant professor of Physical Education
GPM Government College, Manjeshwar

Free Registration

Registration link:

<https://forms.gle/BCWegKiAYTgC5riP6>

Dr. Jessy N C
Principal

Dr. Prasanth Mathew
Vice Principal

Dr Sinoj Joseph
Asst.Prof.in
Physical Education

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പി. കെ. എം കോളജ് ഫിസിക്സ് എഡ്യൂക്കേഷൻ ഡിപ്പാർട്ട് മെന്റിന്റെ ആഭിമുഖ്യത്തിൽ ഏകദിന നാഷണൽ ലെവൽ വെബിനാർ സംഘടിപ്പിച്ചു. ഫിറ്റ്നസ് ഫോർട്ടോ ഫോളിയോ മാനേജ്മെന്റ് എന്ന വീഷയത്തിൽ മഞ്ചേശ്വരം ജി.പി.എം ഗവൺമെന്റ് കോളജിലെ അസി. പ്രൊഫസർ ഡോ. കെ.വി അനൂപ് കളാസ് നയിച്ച് സെമിനാർ ഉദ്ഘാടനം ചെയ്തു. 150 ഓളം പേർ സംബന്ധിച്ചു. പ്രിൻസിപ്പൽ സി. ഡോ. ജെസി എൻ.സി, വൈസ് പ്രിൻസിപ്പൽ ഡോ. പ്രശാന്ത് മാത്യു, ഫിസിക്സ് എഡ്യൂക്കേഷൻ മേധാവി റവ. ഡോ. സിനോജ് ജോസഫ് എന്നിവർ നേതൃത്വം നൽകി.



REPORT ON

KANNUR UNIVERSITY INTER-COLLEGIATE
TABLE TENNIS TOURNAMENT 2019-2020

HELD AT M. M. KNOWLEDGE COLLEGE,
KARAKKUNDU ON 6TH AND 7TH DECEMBER 2019

PKM TABLE TENNIS TEAM MEMBERS:

- (1) Amrudha Siby (2nd year, English)
- (2) Anitha P (1st year, Natural Science)
- (3) Sayona Jose (1st year, Malayalam)
- (4) Siyona Jacob (1st year, English)

REPORT ON KANNUR UNIVERSITY INTER COLLEGIATE TABLE TENNIS TOURNAMENT 2019

Along with studies, it's always important to have a bit of sports and competitions in college life.

Kannur University Inter Collegiate Table Tennis tournament for the year 2019- 2020 was held at M.M. Knowledge College, Karakkundu on 6th and 7th December 2019. A total of twenty four teams in which sixteen boys' team and eight girls' team intertwined within four tables gave testimony that hard work pay off.

The tournament began with the inaugural function at 10:00 AM and was inaugurated by Dr. Anil, Physical Education Department head, Kannur University. The tournament was a much anticipated championship as it was organized with a view to develop a more mentally alert youth as Table Tennis offers great mind- body stimulation.

We, the PKM team members

(1) Amrudha Siby (2nd year, English)

(2) Anitha P (1st year, Natural Science)

(3) Sayona Jose (1st year, Malayalam)

(4) Siyona Jacob (1st year, English) were accompanied by Dr.Sinoj Joseph, assistant professor in physical Education, PKM College of Education Madampam.



The first match was for the girl's team and PKM College met the first game with Keyi Sahib Training College, Thaliparamba. The match was in best of three and we defeated Keyi Sahib College by gaining the first three games itself and entered to the Semi- Finals. In Semifinals, Mary Matha Arts and Science College, Mananthavady, defeated us in which only Amrudha Siby won the game. Next, In the afternoon session we defeated Government Brennan College, Thalassery in the losers final and PKM team bagged the third position in the Kannur University Inter Collegiate Table Tennis Tournament 2019.

Both Anitha P and Sayona Jose played for the Kannur university team selection, but unfortunately both of them were not selected.





Around 6:45 PM, the concluding ceremony began. Mary Matha Arts and Science College, Mananthavady, came up as the champions in girls and boys match.

S.N.College, Kannur and PKM College of Education, Madampam came up with 2nd and 3rd positions in the girls match. The tournament ended with the prize distribution by various eminent personalities.

**REPORT ON
TREKKING TO RAANIPURAM
HILLS**

FIT INDIA MOVEMENT

FITNESS CLUB

Of

**P.K.M COLLEGE OF EDUCATION
MADAMPAM**

TREKKING TO RANIPURAM HILLS.

Fit India Movement is a new fitness revolution in the country. It is launched not only to increase the awareness among the mass but also to encourage people to start or increase physical activity and sports in their everyday live. Our Prime Minister Narendra Modi has **launched Fit India Movement on the occasion of National Sports Day i.e. 29th August 2019.**

On 3rd March 2020, Tuesday as part of Fit India Movement , Fitness club and Physical Education department of P.K.M College of Education jointly has organized one day trekking to Raaanipuram, Kasargode for the 2019-2020 batch. **Ranipuram** is a hill station and a tourist centre in the Indian state of Kerala. Situated in the Vellarikundu taluk, Kasargod District, **Ranipuram** mountain peak rises to 1022 metres above the sea level. **Ranipuram** is adjacent to Kottancheri-Talakaveri mountain range. On 3rd March 2020, morning students had reported at 7.30 a.m at college entrance as they were told . By 8 a.m bus has left the college by taking 30 students , Dr. Fr. Sinoj Joseph (Associate Professor department head of Physical education), Joshy Mathew ,and Sr.Raisy Philip (administrative staffs). On the way, ten students joined the trip from Sreekandapuram and Thaliparamba. Bus had stopped at Pariyaram for breakfast . In bus students were enjoying by singing and dancing. On the way, trek team had their refreshment from Dr. Fr. Sinoj's home at Rajapuram. Around 12.15 p.m , travelling 115 kilometers trek team had reached the base point of Raanipuram . Students were gathered together and guidelines were given by Dr. Fr Sinoj Joseph and guide. Guide said "You should walk through the forest without making loud noise, should not prick plants, everyone should be responsible for their belongings , should not leave plastic waste in forest and do not climb on the rocks, for any help you can contact our officers at the hill ”.



Around 12.40 pm trek team started to trek .On the way students took photographs and enjoyed deep woods and trekking trails . The climate was a mixture of sunny and cold. Trek team reached the top of the hill by 2.pm. Everyone had their lunch on the top of Raanipuram hills , they were also enjoying the beauty of nature . Around 3 pm trek team started to return to the base point .



On the way back , trek team had their tea from Sr. Raisy Philip's home at Kallar and dinner from Dr. Fr Sinoj Joseph's home . At 6.30 p.m trek team had started their way back to college.



At the end of the day each and every student had enjoyed a lot.

Webinar Report

Fitness Protofolio Management

30-05-2020

Organized by Physical Education Department Programme

Welcome Speech	: Dr. Sinoj Joseph (coordinator& Asst.Prof.in Physical Education)
Presidential address	: Dr. Jessy N C
Inauguration & Resource Person	: Dr. Anoop K V (Asst. Prof in Physical Education)
Vote of Thanks	: Dr. Prasanth Mathew (Vice Principal & Asst. Prof in Physical Science)

International Yoga day observance

June 21, 2019-06-21

Report

On 21st June 2019, Friday, P.K.M college of Education, Madampam had observed the International Yoga day in a memorable way. The head of Physical Education department, Dr.Sinoj Joseph initiated the event and under his guidance, college had conducted an informative Yoga class for the students of Little Flower School, Kottoor, Sreekandapuram. The class was handled by Ms. Deepthi, Vice President of Yoga Association, Kannur. About hundreds of students and few concerned teachers attended the class in which basic information about Yoga, few Yoga poses and need for Yoga in our day life are well explained.

At 10.50 am, students assembled in the church hall and one of the concerned teacher Fr. Arun presented the welcome note. Ms.Deepthi then addressed the students, gave a basic introduction about what is Yoga in actual. It is a conscious action which results in both mental and physical well being. She preferred on interactive class to make students more comfortable through out the session.

Few Yoga procedures which is actually a part of our daily life is then explained well to the students. The need for a daily bath and healthy good is mentioned. She further talked about the importance of pattern of diet in on's life. Early dinner, avoiding unnatural food and the concept of 'Mitahara' is briefed. In addition, the practice of 'early rise and early to bed' is advised.

In a nutshell, few basic Yoga measures are explained to the students in a simple language like;

- ❖ Proper cleaning
- ❖ Proper diet
- ❖ Proper exercise
- ❖ Proper relaxation

Later, the concept of 'asana' is introduced to the students. The Pranayama, the shavasana, Bakti Yoga, Karma Yoga are mentioned to them

By 11:30 am, the actual demonstration class of various asana occurred. She gave a proper few of each asana before asking the students to do the same. At first, the 'Surya Namaskar and its 12 different asanas (Positions) are demonstrated. Students are asked to repeat the Surya Namaskar few more times a head.

Later, the other Asanas like Padhahastarana (feet touching by hand pose), Pranamasana are explained. In addition to the standing asanas, plenty of sitting asanas are introduced to the students like Paschimotasana, half twist posture

Several relaxation poses like Vajrasana, its benefit in daily life, Tadasana, its involvement in early digestion of food are explained each asanas are repeated rhythmically to make students more flexible.

At 12:40 pm, the class came to an end. P K M College students representative- Regi P George presented vote of thanks at end.



Teachers Participated in Yoga

P.K.M College also celebrated international Yoga day colorfully Dr. Sinoj Joseph, Assistant Professor, Dept. of Physical education coordinated the programme. All the members of PKM family whole heartedly welcomed in the programme.



After noon session.

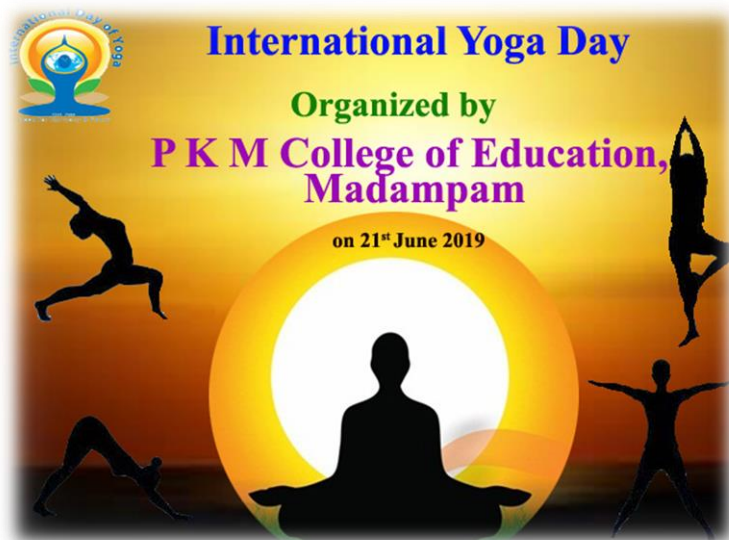
During the afternoon session, Ms. Deepthi handled Yoga classes for the students of P.K.M College of Education, Madampam. At sharp 2:15 pm, students assembled in the college auditorium for the class. Ms. Giby Babu performed prayer. Dr. Sinoj Joseph presented the welcome speech by mentioning the relevance of the day in short words. College Principal Dr. Jessie N.C honoured the presidential address. She further talked about the importance of Yoga in today's life style, the involvement of government in familiarising the concept of Yoga to the public institutions and the actual motive behind Yoga.

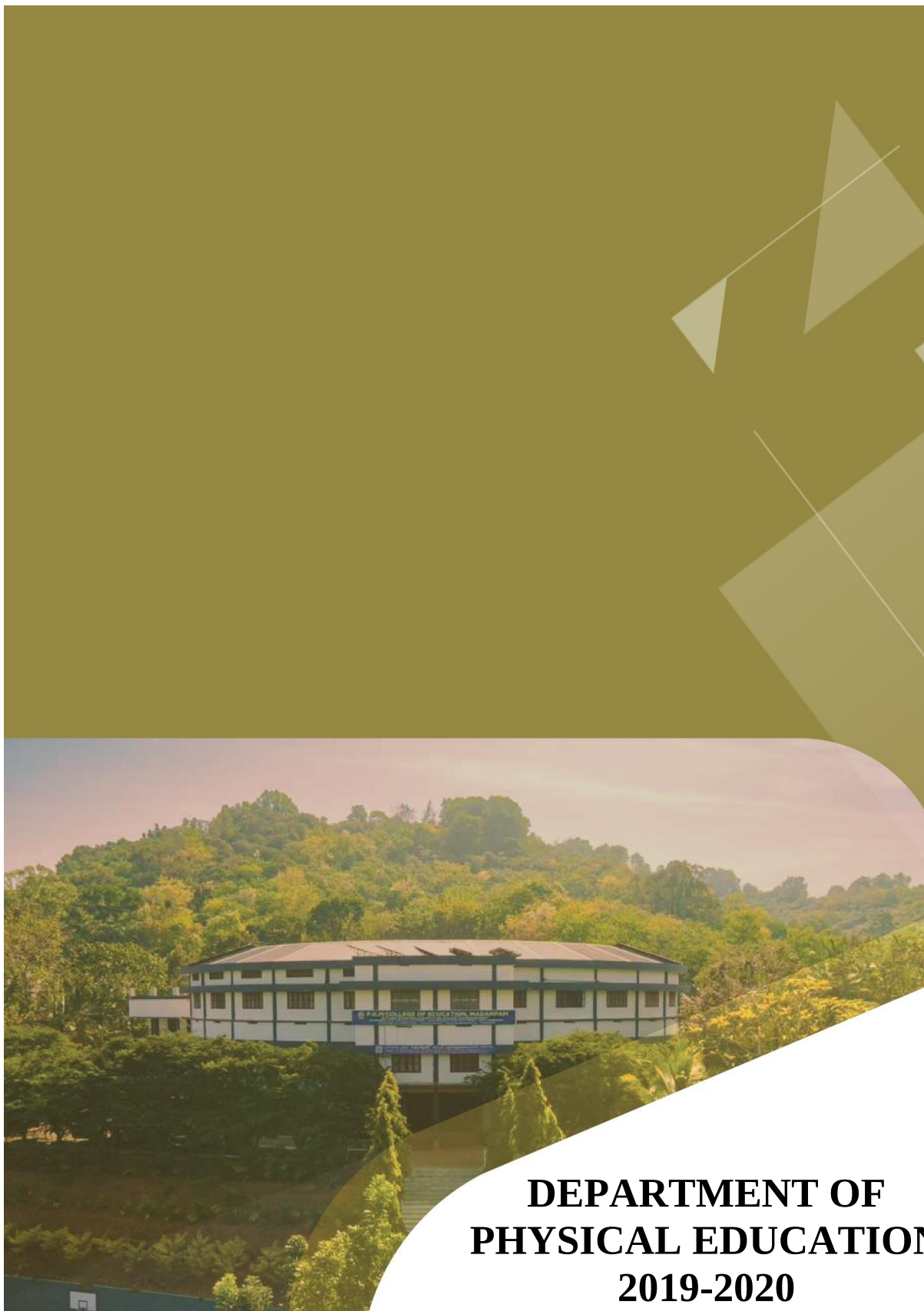
Former college Union General captain ms Bisna Narikkodan presented vote of thanks.

After the official session of the class, Ms.Deepthi addressed the student teachers. She continued her class in an interactive way. More explanation about the book – ‘ Yoga Sutra – Ashtanga yoga’ is done. The 8 different steps of Ashtanga Yoga;

Yaman, Niyama, Asana, Pranayama, Pratyahara, Pharana, Dhyana and the final Samadhi. She provided information regarding the history of Yoga, its origin, relevance with modern culture, difference between Ashtanga Yoga and hata Yoga, some yoga tips to boost concentration and intelligence of students, the comcept of ‘Mitahara’, the routine of yogic food, yogic theory, Yoga nidra.

At 3:20 pm, Demonstration class for different asanas began. Various standing poses, sitting poses, relaxation poses, its benefits are well explained. As a final note, she shared her own personal experiences in this field, some interesting tips to enhance peace of mind.





**DEPARTMENT OF
PHYSICAL EDUCATION
2019-2020**