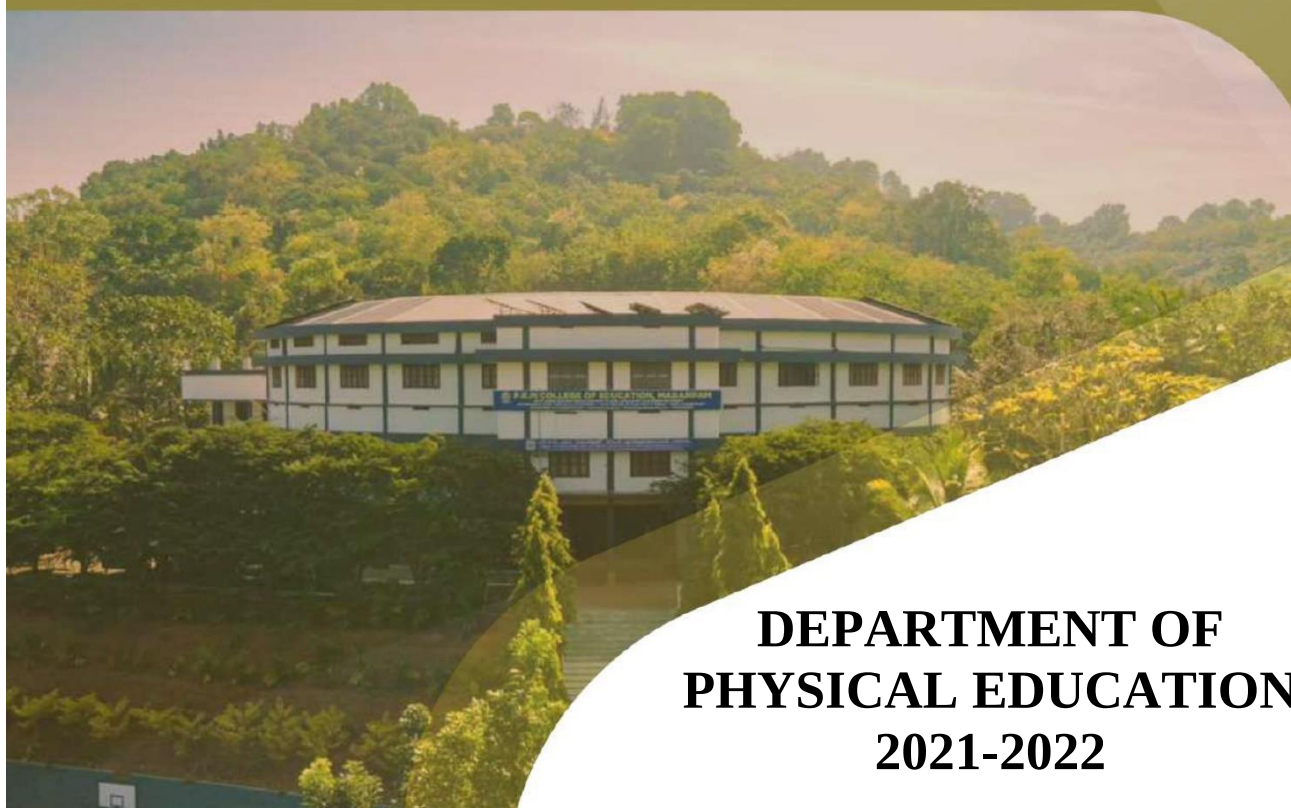




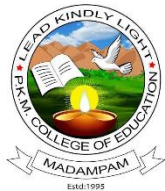
P.K.M COLLEGE OF EDUCATION

MADAMPAM, KATHAPRAM 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
2021-2022**



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 2021 – JUNE 2022

Health awareness class

02/12-2021

02/12-2021 A Health awareness class in association with health fitness and sports club and Bhoomitra sena club of PKM Collage of Education was held on 2nd December 2021 in observance with world Aids Day. Dr. Jomol Joy, faculty in charge of Bhoomitrasena delivered welcome speech. The presidential address was given by Dr. Jessy N C, Principal PKM Collage. the technical session was given by Mr. Sasindran Health Inspector, CHC Kootumukham. Dr. Sasindran highlighted the importance of being hygienic and mentally healthy, therefore it is vital to practice daily exercise and include nutritious food in the diet, the session concluded with the vote of thanks by Anad Ravi, Department of Physical Science.

ലോക എയ്ഡ് ദിനത്തോടനുബന്ധിച്ച് 2021 ഡിസംബർ 2-ന് പി.കെ.എം College ഓഫ് എഡ്യൂക്കേഷന്റെ ഹെൽത്ത് ഫിറ്റ്നസ് ആൻഡ് സ്പോർട്സ് ക്ലബിന്റേയും ഭൂമിത്ര സേന ക്ലബിന്റേയും സഹകരണത്തോടെ ആരോഗ്യ അവബോധ ക്ലാസ് സംഘടിപ്പിച്ചു. ഭൂമിത്രസേനയുടെ ചുമതലയുള്ള ഫാക്കൽറ്റി ഡോ.ജോമോൾ ജോയ് സ്വാഗതം പറഞ്ഞു. പി.കെ.എം College പ്രിൻസിപ്പൽ ഡോ. ജെസ്സി എൻ സി അധ്യക്ഷ പ്രസംഗം നടത്തി. കൂട്ടുമുഖം സിഎച്ച്സി ഹെൽത്ത് ഇൻസ്പെക്ടർ ശശീന്ദ്രൻ ടെക്നിക്കൽ സെഷൻ നടത്തി. ശുചിത്വവും മാനസികാരോഗ്യവും പാലിക്കേണ്ടതിന്റെ പ്രാധാന്യം ഡോ. ശശീന്ദ്രൻ എടുത്തുപറഞ്ഞു, അതിനാൽ ദൈനംദിന വ്യായാമവും പോഷകസമൃദ്ധമായ ഭക്ഷണം ഭക്ഷണത്തിൽ ഉൾപ്പെടുത്തേണ്ടതും അത്യന്താപേക്ഷിതമാണ്, ഫിസിക്കൽ സയൻസ് വിഭാഗം ആനന്ദ് രവിയുടെ നന്ദി പ്രകാശനത്തോടെ സെഷൻ സമാപിച്ചു.











Handing out Jerseys

Jersey distribution ceremony was held on 17th February 2022, at P.K.M. College of Education Madampam. Dr. Jessy N C Principal, P.K.M. College of Education, Fr. Philip Ramachanattu Local Manager, P.K.M. College of Education, Dr. Fr. Sinoj Joesph, Assistant Professor Department of Physical Education, P.K.M. College of Education and Mrs. Praseena (Coach) were participated in the program. The program was started at 3.15 pm at College auditorium by a welcome speech by Dr. Fr. Sinoj Joesph. Fr. Philip Ramachanattu and Dr. Jessy N C distributed the jerseys for the players in the P. K. M Sports Academy. Fr. Philip Ramachanattu interacted with the players in the academy and talked about the importance of health in daily life.

Photo Gallery



AIDS DAY OBSERVANCE 2021

Day 1 01-12-2021

PKM Collage of Education in association with Bhoomitrasena club, Health and Sports club of the collage observed world Aids Day on 1st December 2021. This program focused and throw light on the topic “End Inequalities End Aids” theme for world aids day 2021.

Jisna Augustin, Department of Mathematics, welcomed everyone to the program. Dr. Jessy N C principal PKM Collage of education, delivered the presidential address and inaugurated the session. Dr Jessy N C summoning the students to be a socially responsible teachers in consideration with the social needs in the context of covid 19 pandemic and new challenges. The session concluded with the vote of thanks by Vaishakh k, Department of Physical Science. After this inaugural session, students, teachers and staffs of PKM collage line up in the form of red ribbon which symbolizes aids day.

Photo Gallery









DAY 02/12-2021

A Health awareness class in association with health fitness and sports club and Bhoomitra sena club of PKM Collage of Education was held on 2nd December 2021 in observance with world Aids Day.

Dr. Jomol Joy, faculty in charge of Bhoomitrasena delivered welcome speech. The presidential address was given by Dr. Jessy N C, Principal PKM Collage. the technical session was given by Mr. Sasindran Health Inspector, CHC Kootumukham. Dr. Sasindran highlighted the importance of being hygienic and mentally healthy, therefore it is vital to practice daily exercise and include nutritious food in the diet, the session concluded with the vote of thanks by Anad Ravi, Department of Physical Science.

Photo Gallery





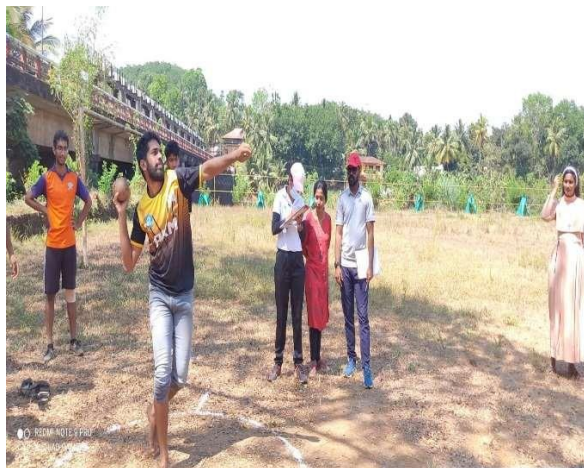




Report – Annual Sports Meet 2021-2022

Annual sport meet of P.K.M. College of Education was conducted on 5th March 2022, at Maryland high school ground. The program started at 9:00 am with the first event 100 M running race by girls. The competition was among four groups named Kanchenjunga, Mount Blanc, Himalaya and Everest. The individual events included 100 M boys, 100 M girls, shuttle relay boys , shuttle relay girls , standing long jump girls ,shot put boys , shot put girls , javelin throw boys and walking girls. The group events include relay boys and relay girls. The students actively participated in all the events. Team Kanchenjunga banded the prize and Mount Blanc was the runner-up. Emil Thangachan from first year Natural Science won individual championship boys and Anjana Chandran from physical science won individual championship girls. The coach Sibi sir, Safvan KP, Rannatte Mathew ,Josmi Jose rendered their support in errorless execution of events. The sports event officially met its conclusion with a formal function where Fr. Sinoj Joseph, Fr. Philip Ramachanattu, and Dr. Veena Appukuttan, Coach Sibi spoke about the programme and it culminated by 1:00pm.

Photo Gallery





INTERNATIONAL YOGA DAY CELEBRATION JUNE 21

COMPETITION REPORT

Yoga is India's gift to the world. It is practised by people from all walks of life and is the most trusted way to keep one's health in check. This year the International yoga day has much more important. Because the world is going through a dark situation, so yoga can be a light in this pandemic situation. The COVID-19 pandemic is not just impacting the physical state but has lasting impacts on mental health as well. The theme of World Yoga Day 2021 is 'Yoga for wellbeing'. According to the UN, yoga has been used worldwide during the COVID-19 pandemic as a means of staying healthy and combating social isolation and depression. Besides this, yoga plays an important role in the psychosocial care and rehabilitation of COVID-19 patients in quarantine and competition yoga can also help the students who are suffering from many mental and physical problems because of online classes. In this context, as a part of the celebration of International Yoga Day, June 21, 2021, Crescent B.Ed college Madayipara conducted an online inter B.Ed. yoga performance competition.



**CRESCENT B Ed
COLLEGE**
Madayipara, Payangadi
Affiliated to Kannur University

International Yoga Day

June 21

On this occasion we conduct
**Online Inter B Ed
Yogasana Performance
Competition**

Send your yogic posture
performance video to the convenor
before 4 pm on 21 June 2021

9447343306
mvsshimoj@gmail.com
darsankuttanapril1st@gmail.com

**CASH AWARD AND
CERTIFICATE FOR THE
FIRST 3 PLACES**

Student coordinator Darsan Sankar Convenor Ranjit K Principal Dr. Joseph Kacharayil



**CRESCENT B Ed
COLLEGE**
Madayipara, Payangadi
Affiliated to Kannur University

ONLINE INTER B ED YOGASANA PERFORMANCE COMPETITION WINNERS

1st Prize
Swetha Sujith
KUTEC DHARMASALA



2nd Prize
Anit Susan
KEYISAHIB TRAINING COLLEGE TALIPARAMBA



3rd Prize
Aswathi NV
PKM TRAINING COLLEGE MADAMPAM



Congratulations

Principal
Dr. Joseph Kacharayil

The participant has to record a video of the performing Asana or yogic posture. Each participant has to perform three asanas from their given list. The winner was selected according to the video sent by the participants. A total of seven student teachers are participating in this competition from PKM College of Education Madampam. Aswathi N V, Ashly Thomas and Saranya L., from the department of Physical Science, and Athira

Anand A, Kavya V, Mariza Markose and Lumitha Bai B, from the Department of Natural Science, are the participants from the college. In which student-teacher Aswathi N V, from the department of physical Science secured 3rd prize in competition. She also got a cash prize.

REPORT

KANNUR UNIVERSITY INTER B.Ed. COLLEGE BADMINTON

CHAMPIONSHIP (02-02-22)

Rajeev Memorial College of Teacher Education, Kavumpadi has organised Kannur university inter Bed college Badminton championship on 2nd February 2022 at Indoor Stadium Koothuparamba. The inauguration ceremony was started by 9.45 at the indoor stadium. The programme was inaugurated by Dr. Abdul Rahman, Keyi Sahib Training college Taliparamba. The inauguration was followed by Aerobic dance.

The college badminton team was consisting of Arun Shaji, Alex Baby, Anand Ravi, Haibin Mathew, Vaishakh K, Hrishikesh Babu, Kavya T, Anulakshmi P, Anjana Chandran, Ahana Thomas, Saranya L, Aswathi.

The singles were played opposing Rajeev memorial college of teacher education Mattannur in which Rajeev memorial college of teacher education Mattannur won. Doubles of boys was against Rajeev memorial college of teacher education Mattannur in which PKM college of Education won then against KUTEC Mananthavady in which KUTEC Mananthavady won.

The women singles and doubles of P. K. M. College of Education Madampam, was opposing to Rajeev Memorial College of Teacher Education, Mattannur in which Rajeev memorial College of Teacher Education Mattannur won. When the match ends Keyi Sahib Training College Taliparamba, became the champions. 13 women team and 12 men teams were participated in Kannur University inter B.Ed. college badminton championship.





Kannur University Inter B. Ed Collegiate **Men Volleyball Competition 2021-2022**

Kannur University Inter B. Ed Collegiate Men's Volleyball competition was hosted by PKM College of Education, Madampam on 26th February 2022 at P K M College of Education. Kannur University Teacher education centre (KUTEC) Dharmashala, PKM college of Education Madampam, Keyi Sahib Training college Thaliparamba ,Malabar B Ed Training college Peravoor ,Rajeev Memorial college of Teacher Education Thillenkeri were the five institutions participated in the competition. The competition were began around 10 am. The initial set consisted of three matches . They were Malabar vs Keyi Sahib, Rajeev Memorial vs KUTEC, PKM vs KUTEC respectively. After the post noon break second set of match began at 2.30 pm. It consisted of two matches. They were KUTEC vs Keyi Sahib , Malabar vs PKM respectively. A total of thirty players fiercely claimed the ground which culminated in PKM college of education raising the trophy, with Malabar B.Ed Training college and Kannur University Teacher education centre taking the first and second runners-up spot respectively. Midhun from KUTEC bagged the best attacker award and Nithin from Malabar B Ed training college secured best playmaker award. Apart from this the best Player award was given to Hrishikesh Babu from PKM college of Education for his exceptional performance. The award ceremony witnessed Dr. Fr. Sinoj Joseph delivering welcoming address and Dr. Sr. Jessy N C, Principal of P K M College of Education giving the presidential address. Subsequently, the prizes were together awarded to winners by Mr. Martin Mathew (National basketball player) and Dr. Sr. Jessy N C. The competition came to an end around 4.00 pm.

PHOTO GALLERY





REPORT ON KANNUR UNIVERSITY **INTER BEd. THROWBALL COMPETITION**

Physical Education encourages psychomotor learning by using a play and movement exploration setting to promote health and physical fitness. It also teaches nutrition, healthy habits, and individuality of needs. Physical education is an integral part of B.Ed. Curriculum. As part of Kannur University Inter B.Ed. Sports Competitions 2021-2022, Inter B.Ed Throwball Competition for Girls was held at Keyi Sahib Training College Thaliparamba on 08/03/2022. By 10.30 am, the formal opening of the programme was started by strictly following the covid protocols. Dr. Abdul Rahman, Associate Professor of Keyi Sahib Training College, Thaliparamba welcomed everyone and explained the rules and regulations of the game. There were 8 teams (Govt. Brennen College Thalassery, KUTEC Kasargod, Sainaba Memorial Training College Kasargod, KUTEC Dharmasala, PKM College of Teacher Education Madampam, Rajeev Memorial Training College Thillankeri, KUTEC Mananthavadi, and Keyi Sahib Training College Thaliparamba) for the Competition. PKM College actively participated in the Competition which included 11 student teachers (Anu Philip, Kavya V, Anulakshmi P, Aswathi, Maneesha P, Anumol A M, Anusree K P, Saranya L, Haritha P V, Rosha B Roy, Dariya Baby).

PKM Team competed with Sainaba Memorial College, Kasargod in the first match.

PKM won the game and qualified for the Semi Finals. The Semi Final took place with KUTEC Kasargod. An outstanding performance of PKM College resulted in qualifying for the Finals with Keyi Sahib College, Thaliparamba. Hence, the Competition ended by crowning the championship label to PKM College of Teacher Education, Madampam. First Runner Up and Second Runner Up of the competition was Keyi Sahib Training College, Thaliparamba and KUTEC, Dharmasala respectively.

By 3.30 pm, Concluding ceremony and prize distribution started. Dr.Abdul Rahman, Associate professor in Physical education of Keyi Sahib Training College delivered the welcome address. Dr. Sinoj Joseph, Assistant Professor in Physical education of PKM College delivered the presidential address. After the function, prize distribution was held. The day ended with a Photo Session of PKM College of Teacher Education, Madampam.

Photo Gallery





Kannur University Inter Collegiate Men and Women Basketball Tournament 2021-2023

Kannur University Inter-Collegiate Women's and Men's Basketball Tournament was hosted by P K M College of Education, Madampam on 18th December 2021 at P K M College of Education and on 19th December at Marygiri Indoor Stadium respectively.

S E S College, Sreekandapuram; Krishna Menon Women's College, Pallikunnu; School of Physical Education and Sports Science, Mangattuparambu; and Don Bosco Arts and Science College, Angadikadavu were the four educational institutions participated in the women's basketball tournament. A total of thirty-five players fiercely claimed the ground which culminated in S E S College raising the trophy, with Krishna Menon Women's College and School of Physical Education taking the first and second runners-up spot respectively. The award ceremony witnessed Dr. Fr. Sinoj Joseph delivering welcoming address and Dr. Sr. Jessy N C, Principal of P K M College of Education giving the presidential address. Subsequently, the prizes were together awarded to winners by District Sports Counsellor Nicholas M and Dr. Sr. Jessy N C.

S E S College, Sreekandapuram; Nehru Arts and Science College, Kanhangad; St. Pius College, Rajapuram; Devmatha Arts and Science College, Paisagiri; Don Bosco Arts and Science College, Angadikadavu; School of Physical Education and Sports Science, Mangattuparambu; and People's Arts and Science College, Mungadu participated in the men's basketball tournament at Marygiri indoor stadium. Seventy-

two boys ferociously fought through the game that saw Nehru Arts and Science College, Kanhangad emerging as the champions. School of Physical Education and Sports Science and Don Bosco Arts and Science College, Angadikadavu rose to claim the first and second runners-up position respectively. The award ceremony saw Dr. Fr. Sinoj Joseph delivering welcoming address and Fr. Philip Ramachanatt, Local Manager of P K M College of Education, Madampam giving the presidential address. Later the prizes were distributed together by Fr. Philip Ramachanatt and Br. Biju Madam Cst to the winners. The tournament came to an end around 08:30 pm.

Photo Gallery







Report on Kannur
University Inter B.Ed.
Athletic Meet 2021-22

Kannur university 7th Inter B.Ed. Athletic Meet held at Kannur University synthetic stadium, Mangattuparamba. on 03-03-2022. The athletic meet is organized by crescent B.Ed college Madayipara. The inaugural session started at 9.30 am. The chief guest of the inaugural ceremony was Dr. K P Manoj, Director of Physical Education, Department of physical education Mangatuparamba.

The college got second runner up in men category. Emil Thakachan got first prize in javelin throw, discuss throw and shotput and become the individual champion in the athletic meet. In 5 km walk race Haibin Mathew got the third position and Alex baby received 4th position. Total eight student participated in the athletic meet, they are Alex Baby, Alex Jose, Haibin Mathew, Sayooj V V, Jomal Joy, Hrishikesh Babu, Emil Thankachan and Arun Shaji.

Keyi Sahib training college, Taliparamba, won the overall championship and Kannur university teacher education centre, kasargod came in second position in overall championship. The closing ceremony begins at around 4.00 pm. the chief guest of closing ceremony was sri E K Abdul Hameed Haji, Director NMDS, Payangadi.

Photo Gallery





REPORT ON KANNUR UNIVERSITY **INTER BEd. TABLE TENNIS COMPETITION**

Physical Education helps to develop a strong commitment to health and physical fitness. Also, develops student's competence and confidence to take part in wide range of physical activities. Physical Education is an integral part in BEd. curriculum. As part of Kannur University Inter BEd. Sports Competitions 2021-2022, Inter BEd. Table Tennis Competition was held at Keyi Sahib Training College Thaliparamba on 11/02/2022. By 11 am, the formal opening of the programme was started with strictly following the covid protocols. Dr. Abdul Rahiman, Associate professor in Physical Education of Keyi Sahib Training College welcomed everyone and explained the rules and regulations. There were 6 team of boys and 4 team of girls for the competition. PKM College also actively participated in there with team of boys (Arun, Haibin, Alex, Vishnu, Hrishikesh) and team of girls (Kavya, Mariza, Maneesha, Akhila, Anagha).

PKM Boys team competed with KUTEC Dharmasala in the first match. They won the game and qualified for the finals. The final match was between Keyi Sahib Training College Thaliparamba and PKM College of Education Madampam. An outstanding performance of PKM College resulted in crowning the championship label. PKM girls team competed with Govt. Brennen College of Teacher Education Thalassery. PKM won the third place in Inter BEd Girls Table Tennis Competition.

By 4 pm, Concluding ceremony and prize distribution started. Dr. Abdul Rahiman, Associate professor in Physical Education of Keyi Sahib Training College delivered the welcome address. Dr. Sinoj Joseph Assistant professor in Physical Education of PKM College delivered the presidential address. After that prize distributed to the winners. Kannur University Inter BEd. Table Tennis Competition 2021-2022, in boys - first place won by PKM College of Education Madampam, second place by Keyi Sahib Training College Thaliparamba and third place shared by Malabar BEd. College Peravoor and KUTEC Dharmasala; in girls – first place by Keyi Sahib Training College Thaliparamba, Second by Govt. Brennen College Thalassery, and third shared by PKM College of Education Madampam & KUTEC Dharmasala.







REPORT

INTERHOUSE MEN AND WOMEN BADMINTON CHAMPIONSHIP 2021-22

P. K. M. College of Education, Madampam organised Men's and Women's interhouse Badminton Championship at Marygiri indoor stadium on 19th February 2022, as part of sports day. The competition started at 8 am with a welcome address by Dr.Fr. Sinoj Joseph, Head of Physical Education. Sixteen students participated in the event representing the four houses Himalayas, Everest, Kangchenjunga and Mont Blanc. The match was held under the guidance of Badminton Coach Prajil. In the men's category, Mont Blanc came first, Kanchenjunga second and Everest third. In the women's category, Mont Blanc came first, the Himalayas second and Everest third. The competition ended at 12pm with a vote of thanks by Dr. Fr. Sinoj Joseph.







Report

Post Covid fitness training program

Physical activities and exercise not only maintain physical and psychological health but also help our body to respond to the negative consequences. Zumba is a dance fitness program that boost heart health. Department of physical education and health fitness club of P. K. M. College of education, Madampam organized Post COVID fitness training program at St. Thomas UP school, Perikkalloor, Wayanad on 7th march 2022. The programme started at 9:30am with a welcome address by school manager Fr. Mathew. The program was headed by Fr. Sinoj Joseph and collectively directed by Mariza Markose, Maneesha P, Ahana Thomas, Sayooj V V and Hrishikesh Babu, student representative of P. K. M. College of education, Madampam under the guidance of Zumba trainer Sreejith K, Assistant professor, School of physical education and sports science Kannur university. The program targeted the students from LKG to 7th standard and it witnessed an active participation of parents and teachers. School principal, Staff , PTA and student representatives addressed the concluding session.







P.K.M. COLLEGE OF EDUCATION **MADAMPAM, KATHAPRAM P O, KANNUR – 670631**

Accredited by NAAC with 'A' Grade (Second Cycle - 4 Point scale),

RUSA 2.0 Beneficiary, UGC 2(f) 12(B)

Email: pkmcedn@yahoo.co.in, Website: - www.pkmcollege.org

Tel: 0460 2230929, Fax: 04602 232449



GENERAL FITNESS **TRAINING PROGRAMME**



VENUE:
ST. THOMAS UP
SCHOOL,
PERIKKALLOOR

07
MARCH
2022
9:30 a.m.

Organized by
DEPARTMENT OF PHYSICAL EDUCATION
&
HEALTH FITNESS CLUB



Awareness class on stretching exercise

Place : P. K. M. College of Education Madampam

Date:23/02/2022

Time.11.45 to 12.45 pm

An awareness class on the importance of stretching exercise was conducted on 23rd February 2022 at P.K.M. College of Education Madampam. The class was taken by sports trainer Mr Martin. Rv. Father Dr. Sinoj Joseph welcomed the trainer officially. The class was started at 11:45 a.m. The class contained both theoretical and practical sessions. The student teachers coopered actively and sincerely to the class. Mr. Martin gave an overview about stretching exercises and how stretching exercises help human beings to overcome laziness and many more physical problems. After the theoretical session a practical section was also conducted. The trainer displayed some exercises and the student teachers were asked to follow those stretching exercises. Instructions and suggestions to attain physical fitness were given by the trainer. Rv. Father Dr. Sinoj Joseph, Physical educator PKM College of education proposed vote of thanks. The class was ended at 12:45 PM



REPORT

On 26-11-2021 under the leadership of Janamytri Residence Association, four students of PKM Sports Academy were awarded Trophy by the Honorable MLA Sajeew Joesph. The venue of the award ceremony was at the PKM Collage of Education Madampam.

The list students, who got admission in various sports academy are,

1. Nayana Anna Saji- G V Raja, Thiruvananthapuram
2. Niya Jose- G V Raja, Thiruvananthapuram
3. Gopika K K – Sports Division Kannur
4. Sneha Reshy- Sports Division Kannur

Photo Gallery





P. K. M. COLLEGE OF EDUCATION

Accredited by NACC with 'A' Grade/Affiliated to Kannur University / approved by NCTE

Madampam, Kaithapram, Kannur - 670631

National Sports Day Celebration

29th August 2021
SUNDAY 11.00 AM



Inauguration



Dr. P. T. Joseph

Former Director of
Physical Education and HoD,
Kannur University

Felicitation



Dr. Rekha Jose

Physical Education Teacher
GHSS Chittariparamba

Presidential address



Dr. Jessy N. C

Principal

P. K. M. College college of education

*Department of Physical
Education*



PKM COLLEGE OF EDUCATION

Accredited by NAAC with 'A' Grade| Affiliated to Kannur University| Approved by NCTE

Madampam, Kaithapram, Kannur-670631

August 29th

NATIONAL SPORTS DAY CELEBRATION

College prayer:

Welcome speech : **Dr. Sinoj Joseph**
(Assistant Professor in Physical Education, P K M
College of Education, Madampam)

Presidential address : **Dr. Jessy N C**
(Principal, P K M College of Education, Madampam)

Inauguration : **P T Joseph**
(Former Director of Physical Education,
Kannur University and HoD)

Felicitation : **Dr. Rekha Jose**
(Physical Education Teacher, GHSS Chittariparamba)

Felicitation : **Vishnu Prathap M** (Student Council secretary)

Vote of thanks : **Kavya V** (Sports Coordinator)



റിപ്പോർട്ട്

ദേശീയ കായികദിനാഘോഷ പരിപാടി

29/08/21

പി കെ എം കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ, ഫിസിക്കൽ എഡ്യൂക്കേഷൻ വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ ദേശീയ കായികദിനാഘോഷ പരിപാടി സംഘടിപ്പിച്ചു. 2021 ഓഗസ്റ്റ് 29 ന് സൂമിൽ നടന്ന പരിപാടി കൃത്യം 11.00 ന് ആരംഭിച്ചു. പ്രാർത്ഥനയോടുകൂടി ആരംഭിച്ച പരിപാടിയിൽ സ്വാഗത പ്രഭാഷണം നടത്തിയത് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ വിഭാഗം മേധാവി (പി കെ എം കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ) ഡോ സിനോജ് ജോസഫാണ്. പി കെ എം കോളേജ് പ്രിൻസിപ്പൽ ഡോ ജെസ്സി എൻ സി പരിപാടിയുടെ അധ്യക്ഷ സ്ഥാനം വഹിച്ചു. ഒളിമ്പിക്സിന്റെ നിറവിൽ ഇന്ത്യകൈവരിച്ച നേട്ടങ്ങളെ മുൻ നിർത്തിക്കൊണ്ട് ഓരോ കായികദിനവും നമ്മളിൽ ഏൽപ്പിക്കുന്ന ഉത്തരവാദിത്വം എത്രത്തോളമാണെന്നുള്ള ബോധമാണ് അധ്യക്ഷ പ്രാസംഗിക നൽകിയത്. ഹോക്കി ഇതിഹാസം ധ്യാൻചന്ദിന്റെ ജന്മദിനമാണ് നാം ദേശീയ കായിക ദിനമായി കൊണ്ടാടുന്നത്. പരിപാടി ഉദ്ഘാടനം ചെയ്ത് സംസാരിച്ചത് പി.ടി.ജോസഫ് സാറാണ്. (ഫോർമർ ഡയറക്ടർ ഓഫ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ആൻഡ് എച്ച്.ഓ.ഡി. കണ്ണൂർ യൂണിവേഴ്സിറ്റി). കായികദിനം ഒരു ദിവസത്തെ പരിപാടിയായി ഒരുക്കാതെ അതിന്റെ മൂല്യവും പ്രാധാന്യവും കൂടുതൽ ആളുകളിലേക്ക് പകർന്നു നൽകുകയാണ് ചെയ്യേണ്ടതെന്ന സന്ദേശമാണ് ഉദ്ഘാടകൻ നൽകിയത്. കായികം എന്നത് ഒരു വിനോദം മാത്രമല്ല അതിലൂടെ ശരീരത്തിന്റെ പ്രതിരോധ ശേഷി കൂട്ടാനും അതുവഴി ജീവിതശൈലി രോഗങ്ങളെ അകറ്റി നിർത്താനും സാധിക്കുമെന്നും അദ്ദേഹം നമ്മെ ഓർമ്മിപ്പിച്ചു.

ഡോ രേഖ ജോസ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ടീച്ചർ ജി.എച്ച്.എസ്.എസ് ചിറ്റാരിപറമ്പ് , ആശംസ അർപ്പിച്ചു സംസാരിച്ചു. ഭാവി അധ്യാപകർ എന്ന നിലയിൽ കുട്ടികളിൽ കായിക മനോഭാവം വളർത്തേണ്ടതിന്റെ ആവശ്യകതയെ പറ്റിയാണ് ടീച്ചർ പറഞ്ഞത്. ഈ കാലഘട്ടത്തിൽ ആരോഗ്യസംരക്ഷണത്തിനായി ചെയ്യാനുള്ള ചെറിയ വ്യായാമ രീതികളെപ്പറ്റി ബോധവാന്മാരാക്കി. സ്റ്റുഡന്റ് കൗൺസിൽ സെക്രട്ടറി വിഷ്ണു പ്രതാപ് ആശംസ അർപ്പിച്ചു സംസാരിച്ചു. പാഠ്യപദ്ധതിയിൽ കായിക വിദ്യാഭ്യാസത്തിനുള്ള പ്രാധാന്യത്തെക്കുറിച്ച് ആശംസ പ്രഭാഷണം നടത്തിയ വിഷണു പറഞ്ഞുവെച്ചു. കായിക ദിനാചരണത്തിന്റെ ഭാഗമായി ഇംഗ്ലീഷ് വിഭാഗത്തിന്റെ പ്രസിദ്ധീകരണമായ "വിക്ടറി" (എ പെടഗോഗ ലിറ്റററി പബ്ലിക്കേഷൻ ബൈ സ്റ്റുഡന്റ്സ് ഓഫ് ഡിപ്പാർട്ട്മെന്റ് ഓഫ് ഇംഗ്ലീഷ്) പ്രിൻസിപ്പൽ ഡോ ജെസ്സി എൻ സി പ്രകാശനം ചെയ്തു. ഇംഗ്ലീഷ് സാഹിത്യം ഏറ്റവും മികച്ച രീതിയിൽ കായിക പ്രവർത്തനത്തിലൂടെ എങ്ങനെ വിദ്യാർത്ഥികളിൽ എത്തുമെന്നതിനുള്ള മാതൃകയായിട്ടാണ് ഇംഗ്ലീഷ്

വിഭാഗത്തിന്റേ ഈ പ്രസിദ്ധീകരണം. ഇതു ടോക്യോ ഒളിമ്പിക്സിൽ പങ്കെടുത്ത എല്ലാവർക്കുമുള്ള ആദരസൂചകമായി സമർപ്പിച്ചു. കായികപ്രാധാന്യത്തെ മുൻനിർത്തി കുട്ടികളിൽ ആവേശം നിറക്കുന്ന രീതിയിലുള്ള രണ്ട് മത്സരങ്ങൾ സംഘടിപ്പിച്ചിരുന്നു. ഫോട്ടോ കൊളാഷ് മത്സരവും ക്വിസ് മത്സരവും. വിദ്യാർത്ഥികളുടെ മികച്ച പങ്കാളിത്തം പരിപാടിയുടെ വിജയത്തിന് കാരണമായി. ഫിസിക്കൽ എഡ്യൂക്കേഷൻ മേധാവി മത്സര വിജയികളെ പ്രഖ്യാപിച്ചു. പി.കെ.എം.കോളേജ് ഓഫ് എഡ്ജ്യൂക്കേഷൻ സ്റ്റുഡൻ്റ്സ് കൗൺസിൽ സ്പോർട്സ് സെക്രട്ടറി കാവ്യയുടെ ഔദ്യോഗിക നന്ദി പ്രകാശനത്തോടെ ദേശീയ കായിക ദിനാഘോഷ പരിപാടിക്ക് സമാപനം കുറിച്ചു.

PKM College of Education Madampam

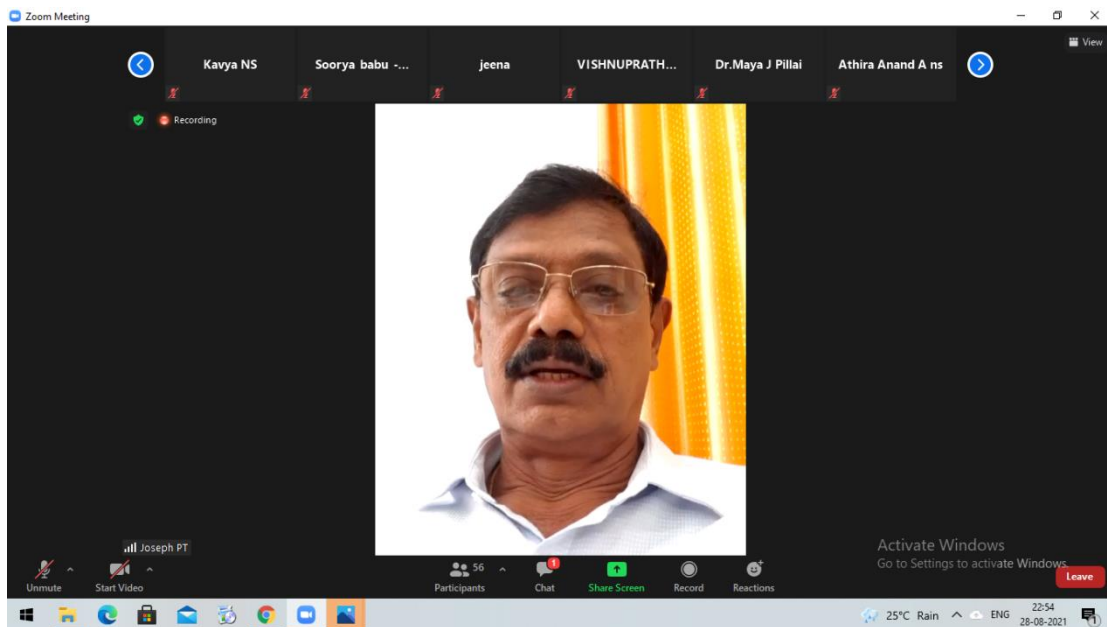
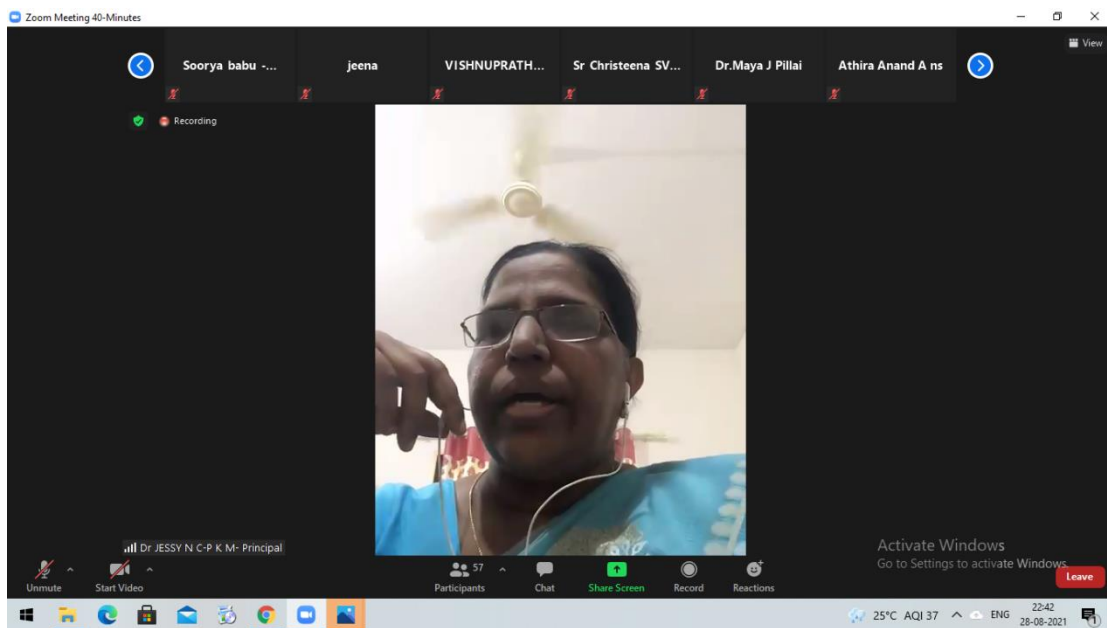
Department of Physical Education

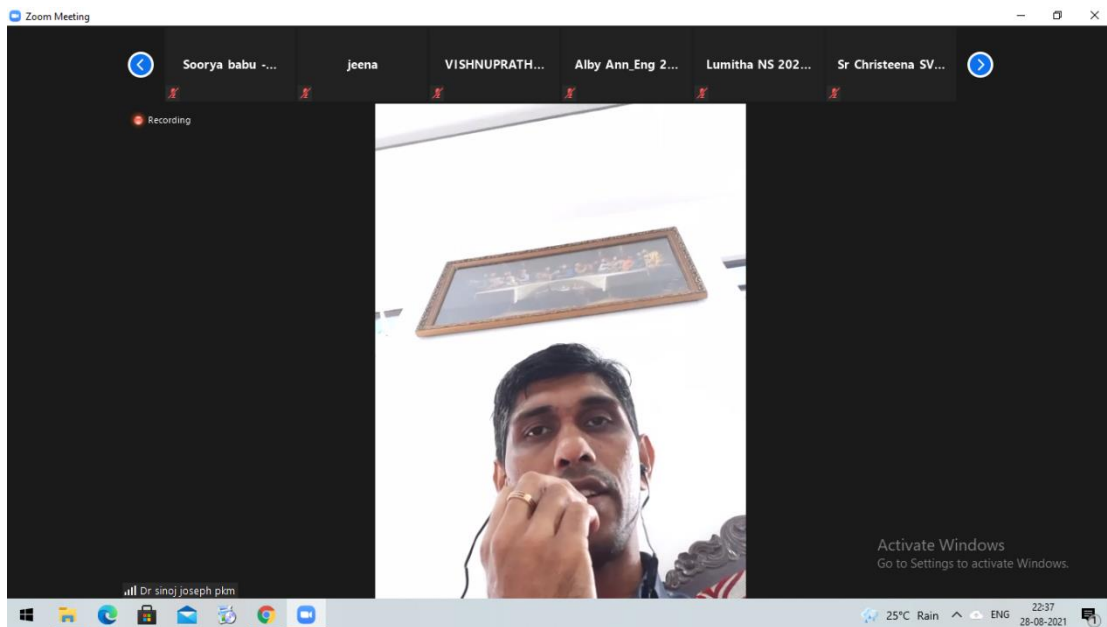
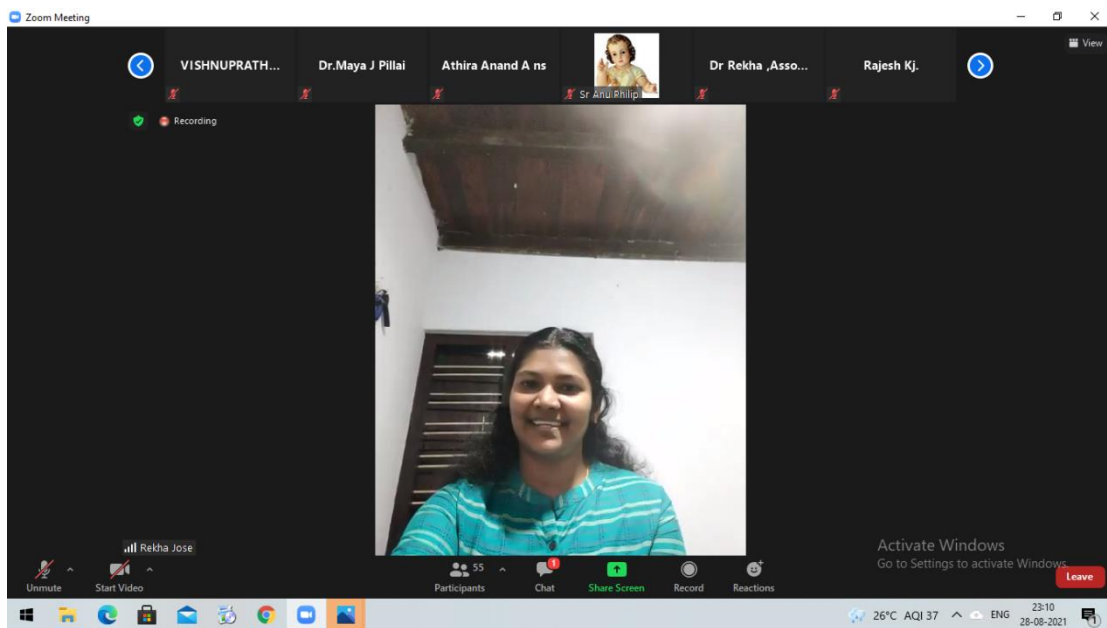
National sports day celebration (August 29)- Report

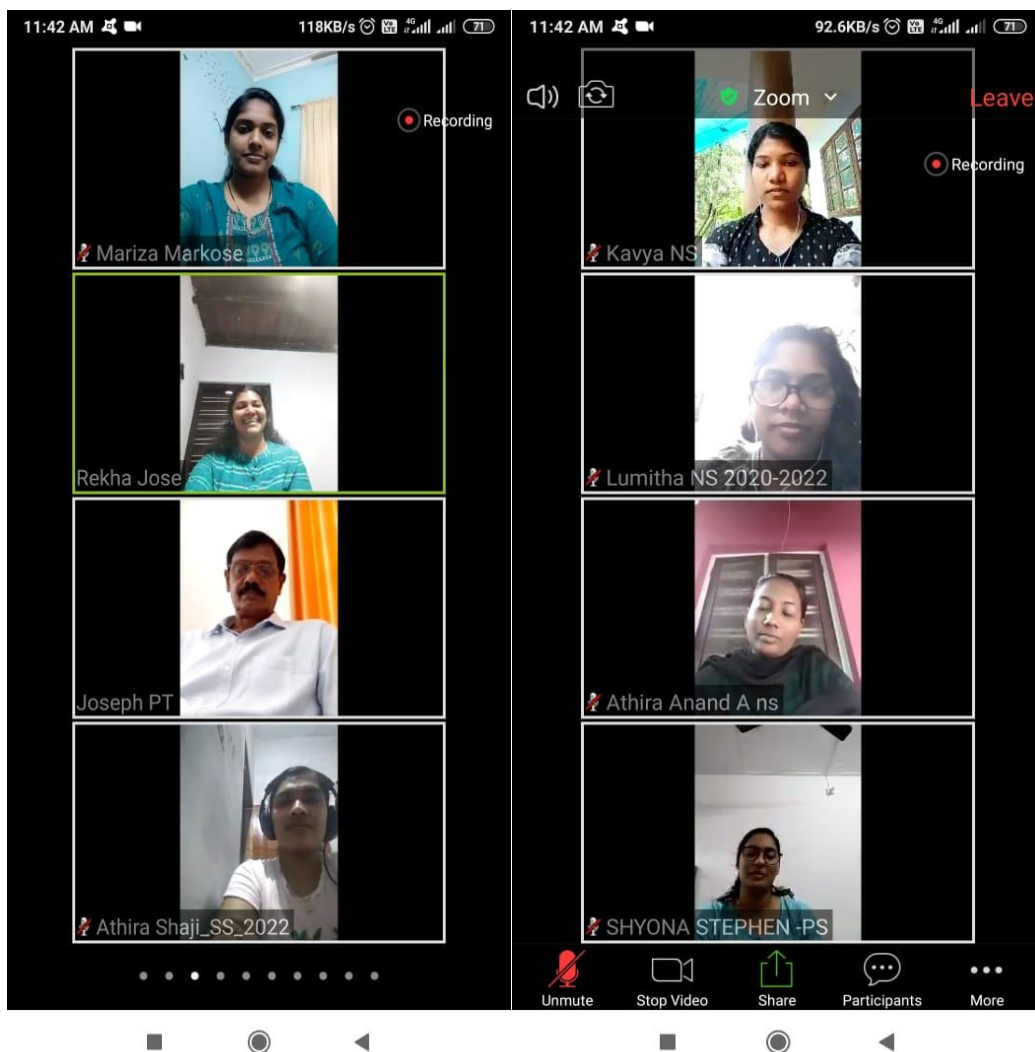
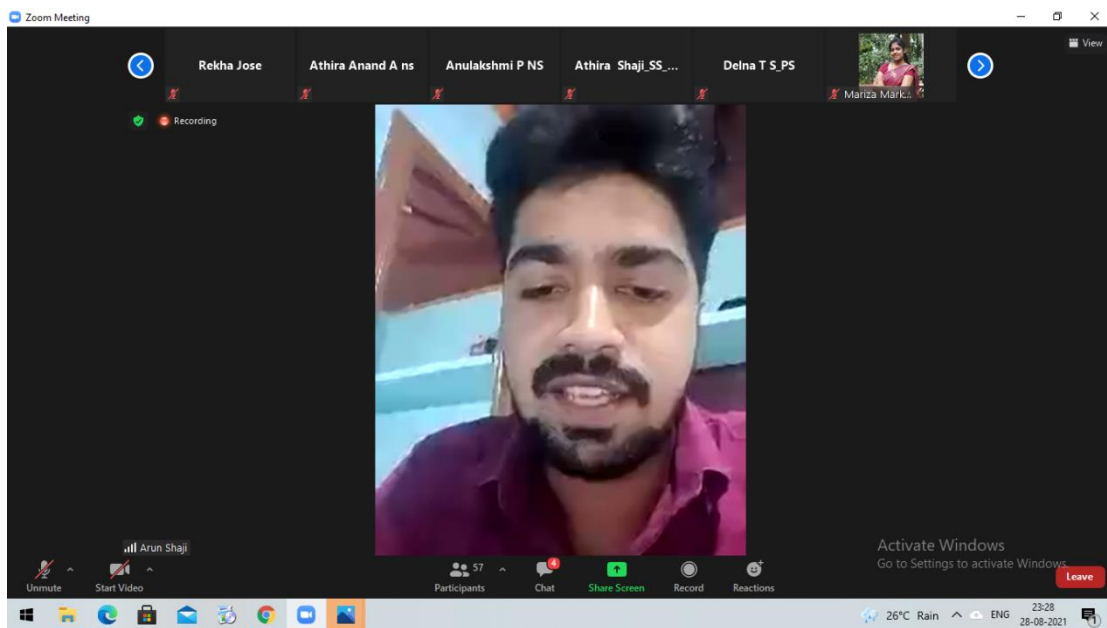
National sports day was celebrated by PKM College of education on August 29th at 11:00 am through Zoom under the leadership of Department of Physical education. The programme was initiated by the prayer. The gathering was welcomed by Dr Sinoj Joseph, HOD of Physical education. Dr Jessy N C, Principal of PKM college of education delivered the presidential address.

Birth anniversary of famous hockey player Dhyan Chand is celebrated as National sports day. The session was inaugurated by Dr P T Joseph (Former director of physical education and HOD of kannur university). He spoke about the importance of sports and its position in a human life. He also spoke about the effects that are caused by reduced physical exercise in one's life. He also recommended to include physical activities as a part of one's life. The session was felicitated by Dr Rekha Jose, physical education teacher, GHSS Chittariparamba and Vishnu prathap M, Secretary of student council PKM college of education. DR Rekha jose mainly focused on the diseases that are seen in women due to the reduced physical exercises in them. She also recommended to do physical activities like skipping, aerobics and zumba thereby its possible to get rid of diseases like osteoporosis, breast cancer.

Followed by the celebration, Dr Jessy NC, principal of PKM college released the publication named "Victory" a pedago literary publication by students of Department of English. It is a publication on learning the English language and literature through sports and is a tribute to the recently concluded Tokyo 2020 olympic games. A quiz competition and a photo collage competition was conducted as part of this programme. Results of these two programmes were declared by Dr Sinoj Joseph. The session was concluded by the vote of thanks delivered by Kavya V, Sports coordinator of PKM college of education.







11:43 AM 129KB/s Zoom Leave Recording

Litty Sunder ENG-2022

Jeena Sajith

Delna T S_PS

Krishna Priya

Unmute Stop Video Share Participants More

11:44 AM 142KB/s Recording

Krishna Priya

Arun Shaji

Joseph PT

SHYONA STEPHEN -PS



P. K. M. COLLEGE OF EDUCATION, MADAMPAM

DEPARTMENT OF PHYSICAL EDUCATION

SPORTS MEET (08/10/2021)- REPORT

Sports Day was organized by the Department of Physical Education under the auspices of PKM College. The competition was organized on Friday, October 8, 2021 in two sections. The competition was organized into four groups: Everest, Mount Blanc, Himalayas and Kanchenjunga. The first section started at 10 am.

The first section featured throw ball, one leg hopping, shuttle relay and 50m running. In the second section, finals of shuttle relay and throw ball and badminton matches were organized.

In the exciting throw ball competition, the Everest team took first place, Mount Blanc second place and Kanchenjunga third place. In the girl's badminton (doubles) competition, Mount Blanc, Everest, Himalaya & Kanchenjunga teams finished 1st, 2nd and 3rd respectively.

In the boys's badminton (singles) competition, Hibin Mathew, Arun Shaji, Alex Baby & Sayooj VV finished 1st, 2nd and 3rd respectively.

In the girls's shuttle relay, Sreya Ramesh Babu, Kavya V and Aditya V and in the boys's shuttle relay, Sayooj VV, Arun Shaji and Haibin Mathew bagged 1st, 2nd and 3rd positions respectively.

Athulya C, Jeena Sajith and Aswathi won the girls's one leg hopping competition while Arun Shaji, Vishnu Pratap M and Fr. Toby S. Abraham also finished 1st, 2nd and 3rd in boys's one leg hopping competition respectively.

In the girls's 50 m race, Kavya V, Shreya Ramesh Babu and Athulya C bagged the first, second and third place respectively.

And in the boys's 50 m race Arun Shaji, Haibin Mathew, Sayooj v v bagged first, second third place respectively.



P. K. M.'S GOOD LUCK TO THE TOKYO OLYMPICS

P.K. M College of Education, Madambam organized a program on 30/07/2021 to wish the best to Tokyo Olympics under the auspices of Department of Physical Education. Hon'ble College Principal Dr Jessy N C gave introductory speech in the meeting. She shared with the students the importance and necessity of competitions like Olympics as student teachers. Then the Head of Physical Education Department, Dr Sinoj Joseph, gave instructions to the students regarding the program. Students lined at the entrance steps with balloons in full compliance with the Covid regulations. Dr Sinoj Joseph congratulated the Tokyo Olympics contestants. Then Principal Dr Jessy NC inaugurated by flying the balloon. Each student released balloons and conveyed greetings. The program ended at 4.30 pm.



TREKKING PROGRAMME AT RANIPURAM



Physical education department and health and fitness club of P. K. M College of Education, Madampam jointly organized a trekking programme at Ranipuram, known as Kerala's Ooty on 26th March 2022. A party consisting of 44 student teachers and 2 teachers under the leadership of physical education head Fr Sinoj Joseph started at 6 in the morning from the college and reached there by 10.30am. Ranipuram is situated 1049 meters from the sea level and the top point is 5 Km away from the base. The student teachers walked 10Km up and down and finished the trekking by 1.30pm. On the way back the team visited Chuttadu Beach near Payyannur and reached the college by 9 pm.





P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KATHAPRAM P O, KANNUR – 670631

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Tel: 0460 2230929, Fax: 04602 232449

INTERNATIONAL YOGA DAY



Proudly Inviting you for the Workshop on

REVIVAL OF WELLNESS THROUGH YOGA

21st JUNE 2021

MONDAY, 9:00 a.m.

Programme

Session - I

Inaugural Session

Prayer

Welcome

Presidential Address

Felicitation

Vote of Thanks

Session - II

Technical Session



Resource Person



Dr. P. ANBALAGAN

Professor

Department of Physical Education
Bharathiar University
Coimbatore.

Welcome Speech



Dr. Sinoj Joseph

Asst. Prof. Physical Education
P K M College of Education

Presidential Address



Dr. Jessy N C

Principal
P K M College of Education

Felicitation



P J Joseph

Asst. Prf. Physical Education
KUTEC Kasargod

Department of Physical Education

PKM College of Education Madampam

Department of Physical Education

അന്താരാഷ്ട്ര യോഗദിനം 2021

വർക്ക്ഷോപ്പ് ,റിപ്പോർട്ട് (21/06/2021)

ജൂൺ 21 അന്താരാഷ്ട്ര യോഗ ദിനാചരണത്തിന്റെ ഭാഗമായി പി കെ എം കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ,ഫിസിക്കൽ എഡ്യൂക്കേഷൻ വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ വർക്ക്ഷോപ്പ് നടത്തി. യോഗയിലൂടെ പുത്തനുണർവിന്റെ പുനരുജ്ജീവനം 'എന്ന ആശയത്തെ മുൻനിർത്തി സംഘടിപ്പിച്ച വർക്ക്ഷോപ്പ് കൃത്യം ഒൻപതിന് സൂം ആപ്പ് വഴിയാണ് സംഘടിപ്പിച്ചത്. പ്രാർത്ഥനയോടുകൂടി ആരംഭിച്ച പരിപാടിയിൽ സ്വാഗത പ്രഭാഷണം നടത്തിയത് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ വിഭാഗം മേധാവി (പി കെ എം കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ) ഡോ.സിനോജ് ജോസഫാണ്. കായിക വിഭാഗത്തിന്റെ അധ്യാപകൻ കൂടിയായ അദ്ദേഹം യോഗാ ദിനത്തിന്റെ പ്രാധാന്യത്തെ കുറിച്ച് സംസാരിച്ചു. പി കെ എം കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ജെസ്സി എൻ .സി പരിപാടിയുടെ അധ്യക്ഷസ്ഥാനം അലങ്കരിച്ച് സംസാരിച്ചു. പരിപാടിയിൽ ആശംസ അർപ്പിച്ച് സംസാരിച്ചത് കെയുടിഇസി കാസർകോഡിലെ ഫിസിക്കൽ എഡ്യൂക്കേഷൻ അസോസിയേറ്റ് പ്രൊഫസർ പി.ജെ ജോസഫ് ആണ്. ഈ വർഷത്തെ (2021) യോഗ ദിനത്തിന്റെ തീം എന്നത് ' യോഗ ഫോർ വെൽ ബീയിംഗ് ' ആണെന്ന് പറഞ്ഞു കൊണ്ടാണ് ജോസഫ് സർ സംസാരം ആരംഭിച്ചത്. കൂടാതെ നമ്മുടെ മനസ്സിനും ശരീരത്തിനും ആവശ്യമായ വികാരങ്ങൾ,അച്ചടക്കം,വിനയം, ശാന്തത,സമാധാനം,കാര്യപ്രാപ്തി ,നല്ല ആരോഗ്യം എന്നിവ പ്രാപ്തമാക്കാൻ നിത്യേനയുള്ള യോഗ അഭ്യാസത്തിലൂടെ സാധിക്കുമെന്നും അദ്ദേഹം പറയുകയുണ്ടായി. ഇതിനോടൊപ്പം എല്ലാവരും കടന്നു പോകുന്ന കോവിഡ് പ്രതിസന്ധി ഘട്ടത്തിൽ നിരവധിപേർ ഐസൊലേഷനിലും, ക്വാറന്റൈനിലും ആണെന്നും അതിൽ നിരവധിപേർ മാനസികമായി പല ബുദ്ധിമുട്ടുകളും അനുഭവിക്കുന്നു. അത്തരം ബുദ്ധിമുട്ടുകളിൽ നിന്നുള്ള മോചനമാണ് യോഗ എന്നും അദ്ദേഹം കൂട്ടിച്ചേർത്തു. ഭാരതീയർ യൂണിവേഴ്സിറ്റി കോയമ്പത്തൂരിലെ ഫിസിക്കൽ എഡ്യൂക്കേഷൻ വിഭാഗം മേധാവി ഡോ. അൻപളകൻ ആണ് പരിപാടിയുടെ റിസോഴ്സ് പേഴ്സൺ. യോഗ നിത്യജീവിതത്തിൽ പ്രാവർത്തികമാക്കേണ്ടതിന്റെ ആവശ്യകതയെപ്പറ്റിയും യോഗയുടെ വിവിധ വശങ്ങളെ പറ്റിയും വ്യക്തമായി അദ്ദേഹം സംസാരിക്കുകയുണ്ടായി. യോഗയിൽ യമം, നിയമം ,ആസനം, പ്രാണായാമം ,പ്രത്യാഹാരം, ധാരണ, ധ്യാനം, സമാധി എന്നിങ്ങനെ എട്ട് ഘടകങ്ങൾ ഉണ്ടെന്ന് പറഞ്ഞാണ് അദ്ദേഹം സംസാരിച്ചു തുടങ്ങിയത്. മനുഷ്യന് ശാരീരികവും മാനസികവും ആത്മീയവുമായ ഉന്നതിയിലേക്ക് നയിക്കുന്ന യോഗ നിത്യേന നമ്മുടെ ജീവിതചര്യ ആകണം എന്നും അദ്ദേഹം കൂട്ടിച്ചേർത്തു. യോഗ അഭ്യസിക്കുന്നതിലൂടെ മനസ്സിലെ എല്ലാ സമ്മർദ്ദങ്ങളും

ഇല്ലാതാകുമെന്നും അദ്ദേഹം പറഞ്ഞു. എല്ലാ അധ്യാപകരും യോഗ അഭ്യസിക്കേണ്ടതിന്റെ മഹത്വം അദ്ദേഹം എടുത്തുപറയുകയുണ്ടായി. കോവിഡ് എന്ന മഹാമാരി മൂലം പലരും മരണത്തിനിടയാകുന്നു. നമ്മുടെ നാഡീവ്യൂഹങ്ങളുടെ ശരിയായ അഭ്യാസ ക്രമം പാലിക്കാത്തതാണ് ഇത്തരം മാരികൾ വരുമ്പോൾ അതിനെ ചെറുക്കാൻ നമ്മുടെ ശരീരത്തിന് കഴിയാത്തതെന്നും അതിനാൽ നമ്മുടെ ഓരോരുത്തരുടെയും ഉത്തരവാദിത്വമാണ് ഇത്തരം പല അഭ്യാസ ക്രമങ്ങളും അണുവിട ചലിക്കാതെ ശരിയായ ക്രമത്തിൽ പാലിക്കുക എന്നു പറഞ്ഞുകൊണ്ടാണ് അൻപളകൻ സർ സംസാരം അവസാനിപ്പിച്ചത്. പികെഎം കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ സ്റ്റുഡൻസ് കൗൺസിൽ സ്പോർട്സ് സെക്രട്ടറി കാവ്യയുടെ ഔദ്യോഗിക നന്ദി പ്രകാശനത്തോടെ അന്താരാഷ്ട്ര യോഗ ദിന വർക്ക്ഷോപ്പിന് സമാപനം കുറിച്ചു.

PKM College of Education Madampam

Department of Physical Education

International Yoga Day Celebration (June 21) -Report

Revival of Wellness through Yoga -One day Workshop

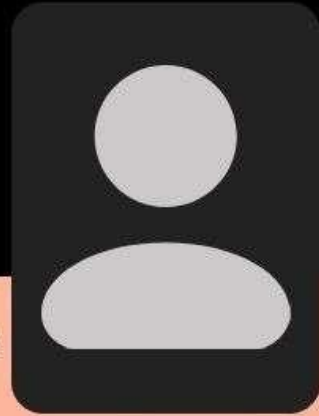
The International yoga day celebrated at PKM college of education Madampam with the theme of "*Revival of the wellness through yoga*" on 21st June at 9:00 am in Zoom under the leadership of department of Physical education. Program started with the prayer. Dr Sinoj Joseph, head of Physical education department welcomed the event. And he talked about the importance of yoga. The event was presided over by Dr.Sr. Jessy N C, principal of PKM college of education. Then Mr.P J Joseph (Assistant professor- Physical education, KUTEC Kasargod) delivered felicitation for this event.He started by saying that the theme of this year (2021) yoga day was 'Yoga for wellbeing'.He also said that daily yoga practice can enable our mind and body to have the necessary emotions, discipline, humility, calmness, peace, efficiency and good health. He added that many people are in isolation and quarantine during Covid crisis that everyone is going through and most of them are suffering from mental illness and yoga is the way to get rid of it.

Prof. Dr. Anbalagan, department of Physical education, from Bharathiar university Coimbatore was the resource person of the event. He spoke clearly about the need for yoga to be practiced in daily life and the various aspects of yoga. He started by saying that there are eight elements in yoga namely *Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, and Samadhi*. He added that by

practicing yoga, all the stress in the mind will be removed and yoga should be our daily routine that leads man to physical, mental, spiritual upliftment. He highlighted the significance of the need for all teachers to practice yoga. Anbalagan Sir concluded the workshop session by saying that our body is not able to resist such changes when it comes to the proper exercise of our nervous system and therefore it is the responsibility of each and everyone of us to follow these various exercises in the correct order without fail.

Atlast Kavya (student council, sports Secretary, PKM college of education) concluded this session with vote of thanks.

REC



welcome speech : Dr. Sinoj Joseph





Dr. Anoj Joseph...

ANAGHA KK PS

Krishna Priya



Presidential Address : Dr. Jessy N C



JESSY N C - PETA Animal

Participants

Chat

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Reactions

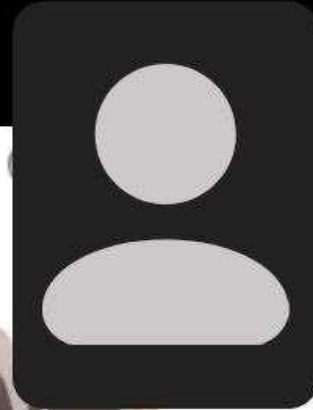


Zoom ▾

Leave

• REC

Felicitation : P J Joseph



Unmute



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Participants



More

Resource Person : Dr. P Anbalagan



Vote Of Thanks

Kavya NS

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13





രാവിലെ കൃതം 6 മണി ൽ കോളേജിൽ നിന്ന് യാത്ര ആരംഭിച്ച് 4. ശേഷം 8.30 ന് രാജപുരം സിനോജ് സാനിറ്റേഷൻ വസതിയിൽ നിന്ന് 4 പാതയ്ക്ക് ഏകദേശം 10.30 ന് റാണിപുരം എത്തി.

കേരളയിലെ കാസർഗോഡ് ജില്ലയിലെ പനമി പഞ്ചായത്തിൽ സ്ഥിതി ചെയ്യുന്ന 4W വിനോദസഞ്ചാര കേന്ദ്രമാണ് റാണിപുരം. മാടമുഖല എസ്. അറിയെ റിപ്പോർട്ട് ഈ ലം 1970-കളിൽ കോയ്മ കേരളം ഓരോ രൂപത കോടോളം കുടുംബത്തിൽ നിന്ന് കുടിയേറ്റത്തിനുവേണ്ടി വാങ്ങുകയായിരുന്നു. കുടിയേറ്റക്കാർ ഈ ലഭിച്ച് പരിശുദ്ധനിയമിപ്പാൻ യ്ക്കായി റാണിപുരം എസ്. പേരു കൊടുത്തിട്ടുണ്ട്.



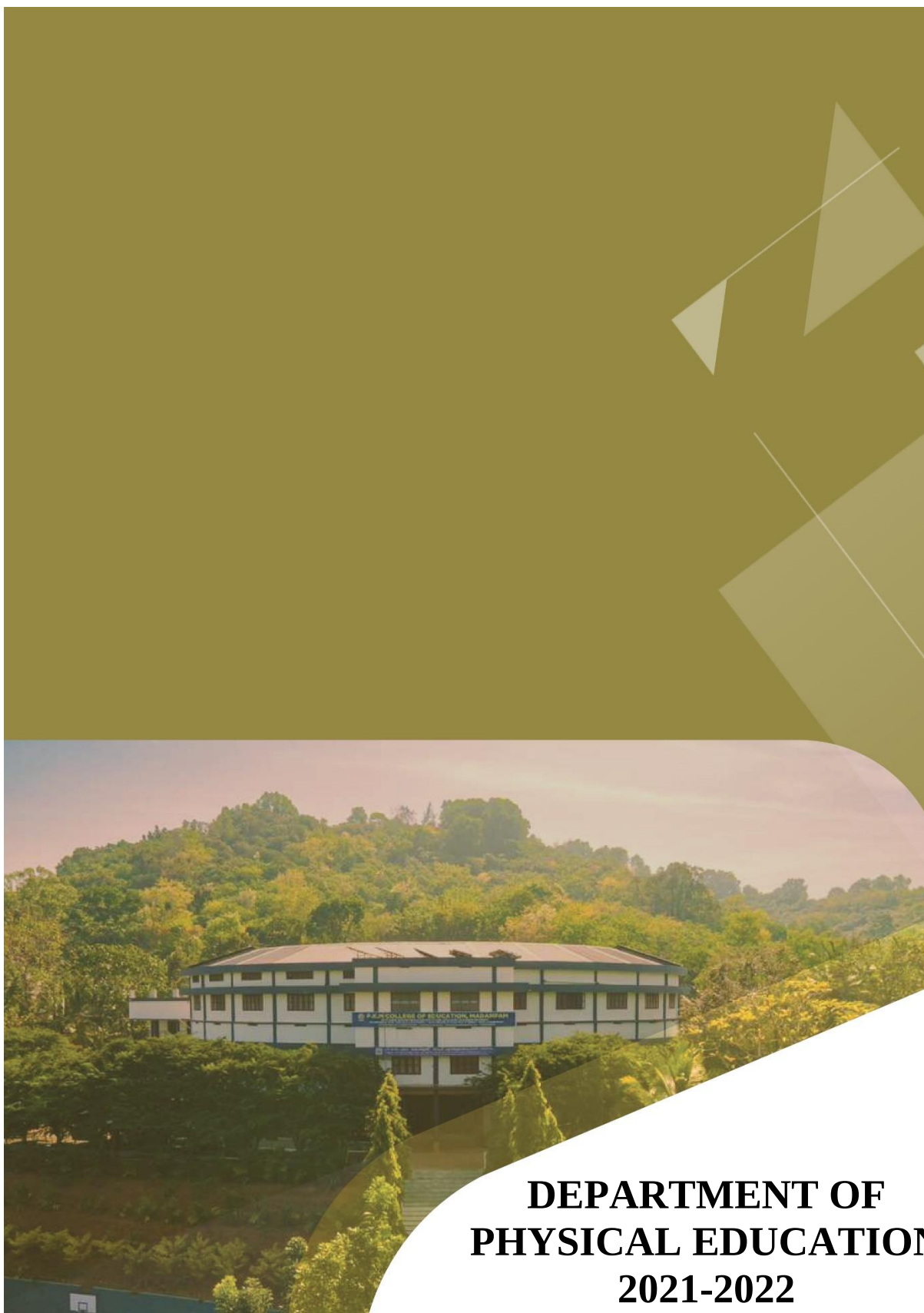
കൂർഗ്ഗ് മലനിരകളിൽ കടൽനിരയിൽ നിന്ന് 1048 മീറ്റർ ഉയരത്തിലായി ആണ് റാണിപുരം
 കൊടുമുടിയിലെ 4W. കാഷ്വേർ 48 കിലോമീറ്റർ കിഴക്കായി പാണശ്ശൂർ
 റോഡിൽ പനശിയിൽ നിന്നും പിരിയുന്ന വഴിയിൽ ഒന്നു കിലോമീറ്റർ അകലെയാണ് റാണിപുരം ഓട്
 പാത. മലമുകളിലേയ്ക്കും തിരികെയും അഞ്ചു കിലോമീറ്റർ ദൂരം
 ഓട് പാതയുണ്ട്. യാത്രാബുദ്ധിമുട്ടേറിയ മൂവ് കുറ്റികൾ ഒഴികെ മേവാവരും ഹിൽ
 ഓട് പാതയിൽ എത്തി. മലമുകളിലേയ്ക്കും തിരികെയും അഞ്ചു കിലോമീറ്റർ ദൂരം ഓട്
 പാതയാണു്.



10.30 ആരംഭിച്ച് കൂടുതൽ 1.30 ഓട് പാതയിലായി. 2.30 ന് സിനോജ് സാറിന്റെ ഭവനത്തിൽ
 ഉദ്ദേശം താറാടിയിരുന്ന്. ഭരണാനുമതിയും അധിക വിഭാഗത്തിലായ മരീസയുടെ
 വിജ്ഞാപനം കൂടുതൽ 4.30 ന് മടങ്ങി. യാത്രാമേയ്

പ Wൂരിനും പഴയേടി ും ഇടയില് ിരിെച 4W പുതിയേടി കേലാരെ ചൂ ങ് ബീ ് സൢശി 4. അവിടുെ തിേിനിറ കാടി മരേൾ ധാരാളം പ ികളുടെ സേ തം കൂടിയാണ്. 6 മണിയോടെ ബീ ിൽ എെി 30 മിനുോളം ബീ ിൽ ചിലവഴി േശഷം കൃതം 7 മണി ്യാ4തരിരി ്9 മണിയോടുകൂടി ബസ് േകോളേജ് േോ ിൽഎെി.

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**DEPARTMENT OF
PHYSICAL EDUCATION
2021-2022**