



# **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  
2022-2023**



# **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***

# PKM COLLEGE OF EDUCATION, MADAMPAM



## REPORT

### AIDS AWARENESS LOGO DISPLAY

On November 1, 2022, at 12:30 pm, Health and fitness club's meeting committee chaired by Dr. Fr. Sinoj Joseph met at General Hall. Sir selected three student coordinators and allocated duties for the next day related to World AIDS Day.

On December 1, 2022, morning, we gathered at the college entrance for distributing the AIDS Logo ribbons to the students, teachers and other non-teaching staff corresponding to the instructions given by Dr Fr Sinoj Joseph. We provided these awareness ribbons during the morning time for teachers, non-teaching staff and students of PKM College of Education, Madampam.

As part of WORLD AIDS Day, the Health and Fitness club committee of PKM College of Education, Madampam conducted and made an AIDS logo display together with teachers, non-teaching staff and students to show and spread support for people living with and affected by HIV and to remember those who lost their lives to AIDS at 4.00 pm. All the students, teachers and non-teaching staff joined together and participated to spread this message during that time.





Madampam, Kerala, India  
Taliparamba - Iritty Rd, Madampam, Kerala 670631, India  
01/12/22 09:16 AM

 GPS Map Camera



# **PKM COLLEGE OF EDUCATION, MADAMPAM**

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## **REPORT**

Inter B. Ed college  
**Badminton**  
Championship 2023



**MARCH 15**

Venue : Sir Syed college Indoor stadium,  
Taliparamba

The Kannur University Level Inter B.Ed College.Badminton Championship 2023 was held at the Sir Syed College, Thaliparamba on 15<sup>th</sup> March 2023. The competition was hosted by the Keyi Sahib Training College. 12 Teams of student teachers from Kannur, Kasaragod and Wayanad teacher education institutes took part in the competition. 8 student teachers represented P. K. M College of

Education in the competition in men's and women's categories. Ms. Divya K S, Ms. Anjana Chandran, Ms. Aleene James, were in the women's team and Fr. Amal tomy, Mr. Anand Ravi, Mr. Harikishor K V, Mr. Vaishakh K were in the Men's team. The competition began around 10:30 am. The initial set consisted of 3 matches. P.K.M college directly qualified for the semi finals in men. After the noon break, the semi final match of men was between P K M College of Education and Mahatma College of Education, Nileshwar. P K M college became the 2<sup>nd</sup> runners up in men's. Both teams of P. K. M College successfully participated in the competition.

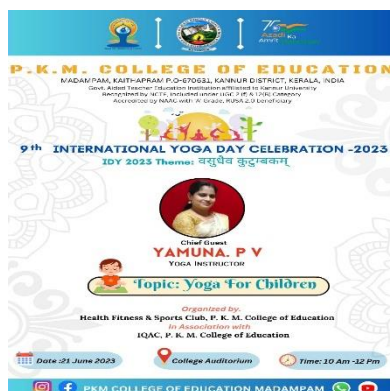




## P.K.M COLLEGE OF EDUCATION, MADAMPAM

### 9TH INTERNATIONAL YOGA DAY CELEBRATION

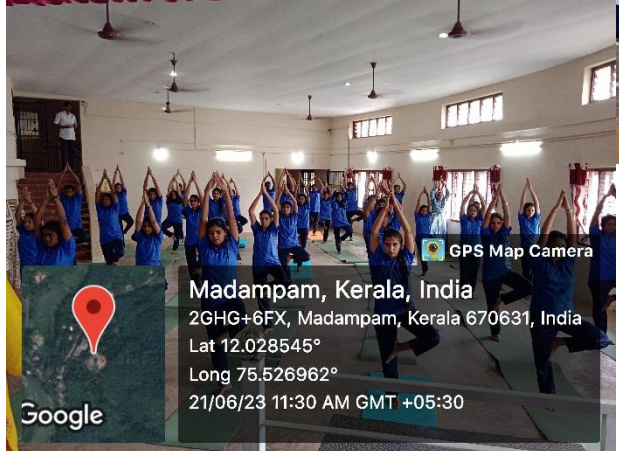
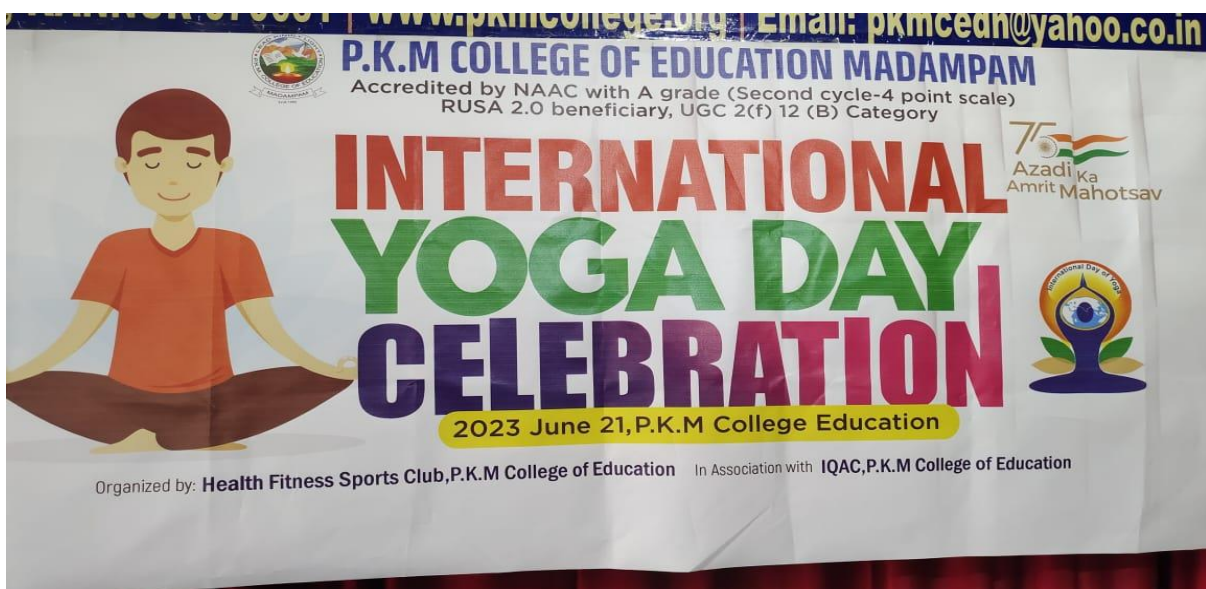
#### REPORT 2023

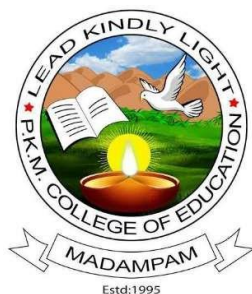


International Yoga Day, celebrated annually on June 21st, holds great significance. Yoga Day is celebrated worldwide to raise awareness about the benefits of yoga and to encourage people to adopt yoga as a way of life. This day was first proposed by the Indian Prime Minister, Narendra Modi, during his speech at the United Nations General Assembly in 2014. Since then, it has been celebrated annually on June 21st, the summer solstice, which is the longest day of the year in the Northern Hemisphere. The purpose of this day is to promote health and well-being, to foster intercultural dialogue, and to promote peace and harmony among people from different cultures and backgrounds.

As part of the Yoga day observance P.K.M College of Education Health fitness and Sports club in association with IQAC conducted a yoga awareness class for first year student teachers on 21/06/2023, Wednesday at College auditorium . The class was based on the topic *Yoga For Children*. The programme starts at 10am Dr. Sinoj Joseph , Assistant professor in Physical Education introduced the resource person the yoga instructor Yamuna P.V after that she carryon the class . The class was really beneficial she talks about the importance of yoga and mainly focussed on how as a teacher we can impart this principles of yoga and how to encourage our students to incorporate the yoga to their daily routine. In that talk the resource person talk about the theme of the 9<sup>th</sup> international Yoga Day , “Yoga For Vasudhaiva Kutumbakam” i e. Yoga for the welfare of all in the form of 'One World-One Family'.It emphasises the spirit of Yoga, which unites and takes everyone along. Further she talks about various asanas and after that a practical session on various asanas takes place. All student teachers actively participated in this practical session. Later as a outcome of that P.K.M college of Education decided to incorporate this yoga in our daily college routine.

Finally in the valedictory session second year student teacher Vyshak K , said the welcome speech and College Principal Dr.Sr. Jessy NC made the presidential address and key note talk was given by the resource person Yamuna P.V, Dr. Sinoj Joseph given the Felicitation and General caption Harikishor KV delivered the Vote of thanks . And the session which came to an end by 12.30. Overall, International Yoga Day plays a vital role in promoting physical and mental well-being, fostering spiritual growth, spreading awareness, and cultivating peace and harmony. It serves as a global platform to highlight the transformative power of yoga and its potential to create a healthier and more balanced world. The theoretical aswell as the practical session was highly useful for the student teachers.





P. K. M COLLEGE OF TEACHER EDUCATION, MADAMPAM

## HEALTH AND FITNESS TRAINING PROGRAMME REPORT

A Health and Fitness Training Programme was conducted for the student teachers of P K M College of Teacher Education under the combined efforts of the Physical Education Department and Fitness Club on 9<sup>th</sup> November. A coordination committee comprising Harikishor K V (General Captain PKM), Zia R (Dept of Mathematics), Akhil C K (Dept of Malayalam) and Aiswarya K (Chairperson PKM) was formed for the smooth functioning of the programme. The programme which commenced at 9.30am in the general hall was welcomed by Aiswarya K (Chairperson), Dr Sis Jessie N C (Principal, PKM College) introduced the resource person for the student teachers.

Renowned Zumba Instructor and Wellness coach Mr Sreejith K handled the training session. With the incorporation of different forms of Zumba such as the Afro style Sreejith brought out the importance of exercise and its mental benefits. In the beginning of the session he reiterated how physical fitness and knowledge about basic exercises influence teaching methods and overall wellbeing of the society. Later on the whole class showed their whole hearted involvement in the session with their smooth and energetic dance steps.

At the end of the training session Anusha V (Dept of Physical Science) and Fr Amal Tommy (Dept of Social Science) shared their feedback experience. The energy packed training session came to an end with the vote of thanks delivered by Harikishor K V (General Captain).





## P.K.M COLLEGE OF EDUCATION, MADAMPAM REPORT CONGRATULATORY MEETING PROGRAMME (2022-2023)



Congratulatory meeting programme for Alen Dev was conducted on 1st December 2022 at 9.30AM by P K M College Of Education, Madampam. The programme was behalf of his achievement to get into the Kerala Sub Junior Basketball team. The programme was begun with a prayer song by Mis Sreethu M. Dr Sinoj Joseph delivered the welcome adress. The presidential adress was given by Dr Prasanth Mathew. Basketball coach Praseena, Rev Fr Philip Ramachanatt and Muncipal councilor of ward 15 Sreemathi Meena Saji was also invited to the programme.

Rev Fr Philip Ramachanatt honoured Master Alen Dev and congratulated for his victory followed by honouring Basketball coach praseena by Dr Prasanth Mathew. Then municipal councilor Sreemathi Meena Saji addressed a felicitation for the programme. The headmaster of Meri Land School Binoy also addressed the felicitation for the programme.

At the end of the programme vote of thanks was proposed by Mr Harikishor K V. The programme came to an end at 10.30 AM.



Madampam, Kerala, India

Taliparamba - Iritty Rd, Madampam, Kerala 670631, India

01/12/22 09:46 AM





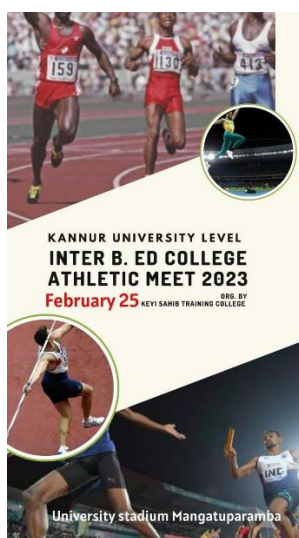


# **PKM COLLEGE OF EDUCATION, MADAMPAM**

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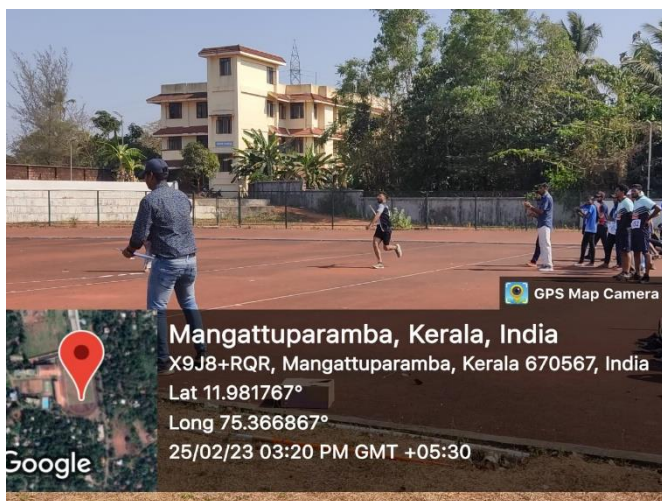
RUSA 2.0 beneficiary UGC 2(f)12B category

## **REPORT**



The 7<sup>th</sup> Kannur University Level Inter B.Ed College Athletic Meet 2023 was held at the university stadium Mangatuparamba on 25<sup>th</sup> February 2023. The athletic meet was hosted by the defending champions Keyi Sahib Training College. The inaugural session started at 9.30am and was inaugurated by Dr K V Anoop (Kannur University Physical Education Dept Asst Director) which was followed by the march past. Almost 300 student teachers from Kannur, Kasaragod and Wayanad teacher education institutes took part in the Athletic Meet. 17 student teachers represented P. K. M College of Education in the athletic meet which had 22 events. All the student teachers of P. K. M took part in their respective events and successfully completed it.

Emil Thankachan became the men's individual champion by bagging first place in discus throw, shot put and javelin throw. Amal Tomy secured first position in high jump and second position in 100M dash and long jump. With a total of 28 points P. K. M College of teacher education became the runners up in the men's overall championship. The valedictory session came to an end by 5.30pm.



**KANNUR UNIVERSITY LEVEL  
INTER B. Ed COLLEGE ATHLETIC MEET 2022-23  
ENTRY FORM (WOMEN)**

Name of the College:

| Sl. No. | Name              | 1     | 2     | 3     | 4     | 5            | 6         | 7         | 8        | 9            | 10            | 11           |
|---------|-------------------|-------|-------|-------|-------|--------------|-----------|-----------|----------|--------------|---------------|--------------|
|         |                   | 100 M | 200 M | 400 M | 800 M | 3 KM Walking | Long Jump | High Jump | Shot Put | Discus throw | Javelin Throw | 4X100M Relay |
| 1       | ANAGHA CHANDRAN M |       |       |       | ✓     |              |           |           |          |              |               |              |
| 2       | ANJANA CHANDRAN   | ✓     | ✓     |       |       |              |           |           |          |              |               |              |
| 3       | MANEESHA P        |       |       |       |       | ✓            |           |           |          |              |               |              |
| 4       | ZIA R             |       |       |       |       |              | ✓         | ✓         |          |              |               |              |
| 5       | SREETHU M         |       |       |       |       |              | ✓         |           |          | ✓            | ✓             |              |
| 6       | DIVYA K S         |       |       |       |       |              |           |           | ✓        | ✓            |               |              |
| 7       | RESHMA S          |       |       |       |       |              |           |           |          |              | ✓             |              |
| 8       | ALEENA JAMES      |       |       |       |       | ✓            |           |           |          |              |               |              |
| 9       | JOSNA JOSE        |       |       |       |       |              |           |           | ✓        |              |               |              |
| 10      | JISNA AUGUSTINE   |       |       | ✓     |       |              |           |           |          |              |               |              |
| 11      | PRAJINA DAS K P   | ✓     | ✓     |       |       |              |           |           |          |              |               |              |
|         |                   |       |       |       |       |              |           |           |          |              |               |              |
|         |                   |       |       |       |       |              |           |           |          |              |               |              |
|         |                   |       |       |       |       |              |           |           |          |              |               |              |

NB: College can send two entries in each event  
One athlete can participate in three events and one relay

Note: Entries can send via e-mail to : [kerahman@gmail.com](mailto:kerahman@gmail.com) or whatsapp to 9496432624 on or before 22<sup>th</sup> February 2023

- For further information: Please feel free to contact Dr. K. Abdul Rahiman (Associate Prof. & Org. Secretary- 9496432624 (Cell)

  
Dr. Sinoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670831

INTER B. Ed COLLEGE ATHLETIC MEET 2022-23

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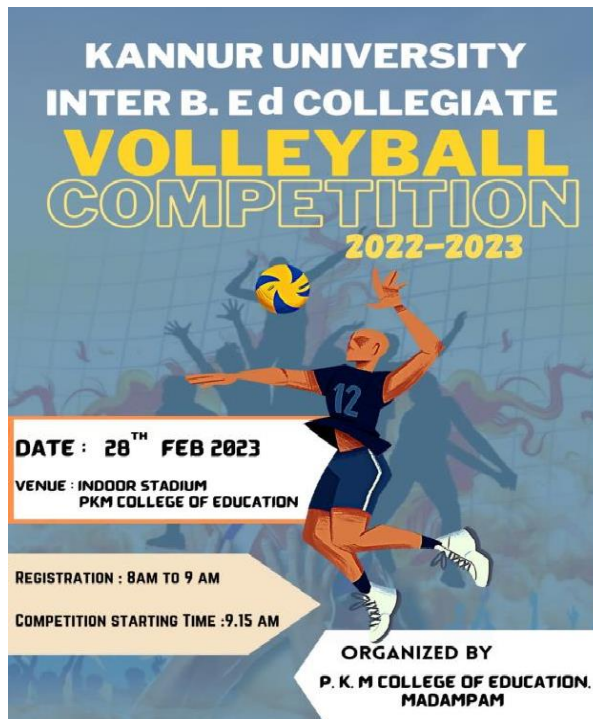
Dr. Sinoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631

# Kannur University Inter B.Ed Collegiate Men Volleyball Competition 2022-23

Kannur University Inter B. Ed Collegiate Men's Volleyball competition was hosted by PKM College of Education, Madampam on 28th February 2023 at P K M College of Education.

Kannur University Teacher education centre (KUTEC) Dharmasala, KUTEC Mananthavady, KUTEC Kasaragod, PKM college of Education Madampam, Keyi Sahib Training college Taliparamba, Malabar B Ed Training college Peravoor, Rajeev Memorial college of Teacher Education Thillankeri and Crescent BEd College Pazhayangadi were the eight institutions participated in the competition. The competition began around 10 am. Mr. Prajil, Mr. Dijil and Mr. Aswanth were the officials for the matches. The initial set consisted of 4 matches. They were Malabar vs crescent, KUTEC Mananthavady vs KUTEC Kasaragod, KUTEC Dharmasala vs Keyi sahib training college, PKM vs Rajeev memorial training college respectively. Malabar training college, KUTEC Mananthavady, KUTEC Dharmasala and P.K.M college qualified for the semi finals. Malabar training college won the first semi final match between KUTEC Dharmasala and Malabar training college. The second semi final match was between P.K.M College of education and KUTEC Manthavady. P.K.M College of education won the match and qualified for the finals. After the noon break, the looser's final match between KUTEC Dharmashala and KUTEC Mananthavady started at 2.45 p.m. Both teams gave their best performance and KUTEC Dharmasala was the winner of the match. A total of 48 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, Dharmasala taking the first and second runners-up spot respectively. Savad from KUTEC Dharmasala bagged the best player award and Sijan Lal from Malabar B Ed training college secured best defender award. Fr. Amal Tomy from PKM College of education Madampam secured best attacker award. Habeeb Rahman from KUTEC Mananthavady bagged best promising player award. Apart from this the best All-rounder award was given to Hrishikesh Babu from PKM college of Education for his exceptional performance. The valedictory session 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 distributed to the winners by Fr. Stephen Kolakkattukudi (Vicar, Kotturvayal church) Biju Puthusseri (ward member), Dr. sr. Jessy N.C (Principal P.K.M College of education Madampam). Dr. Prashanth Mathew (vice principal, P.K.M College), Rahul Raveendran (Asst. Professor in Physical education, KUTEC Mananthavady), Aiswarya K (Chairperson, PKM College) gave the felicitation address. The programme came to an end at 5.20 p.m with the vote of thanks delivered by Vaishak. K, Student teacher P.K.M College.

## PHOTO GALLERY







# **PKM COLLEGE OF EDUCATION, MADAMPAM**

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RUSA 2.0 beneficiary UGC 2(f)12B category

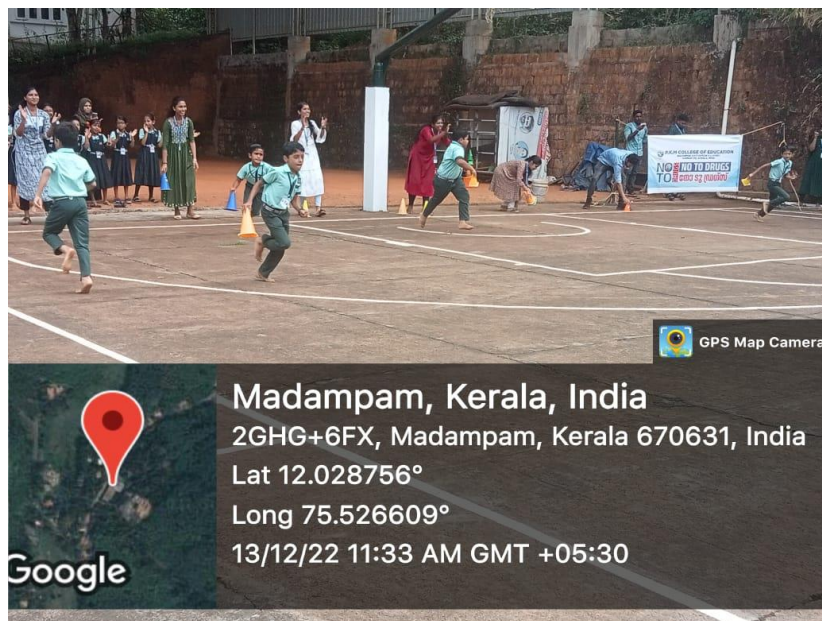
## **REPORT**

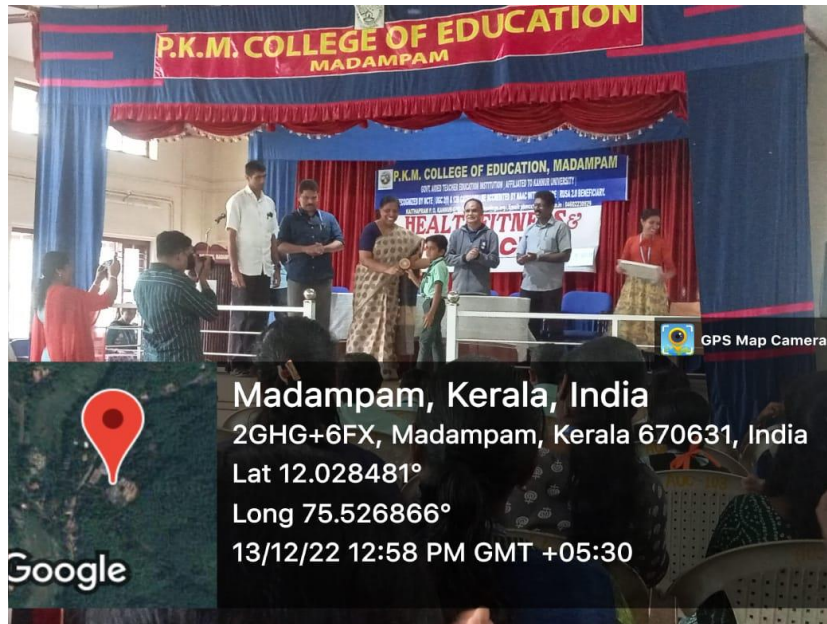
### **HEALTH AND FITNESS CLUB – KIDS FEST**

Under the joint leadership of P. K. M College of education and the Health and Fitness Club a kids fest was organized in the college with the participation of the students of St. Thomas LP Schools Kootur Vayil, on December 13, 2022. Dr Jeccy NC (Principal, P.K.M College of Education) inaugurated the function which was welcomed by Dr Sinoj Joseph (Assistant Prof P.K.M College). St. Thomas LP Schools Kootur Vayi Manager, Fr Stephen Kulakattukuzhi greeted the gathering. The program officially began with the students of St. Thomas LP Schools taking part in the goal challenge.

At this time when the whole world is in the excitement of the World Cup football, with the aim of inculcating the taste in the field of sports among the growing generation, suggestions were given to increase the sports ability of children and various sports competitions were organized along with it. Potato race (Boys and Girls), One legged race (Boys and Girls) and Rolling ball (Boys and Girls) were the games which was conducted. Aythan VG, Mohammad Aman V.P. Sivada Rameshan, Josemi Maria Joy. Aythan VG, Razeen. Josemi Maria Joy, Sivada Rameshan. Jain Joseph, Mohammad Aman V.P. Shikalakshmi, Anshiga Rajesh respectively won first and second prize.

In the valedictory function Dr Jeccy NC (Principal, P.K.M College of Education) delivered the presidential address. While Dr Sinoj Joseph (Assistant Prof P.K.M College) welcomed the gathering, P.K.M College vice principal Dr Prasanth Mathew, St. Thomas LP Schools Kootur Vayi Manager, Fr Stephen Kulakattukuzhi, St. Thomas LP Schools Kootur Vayi teacher, Bobby sir delivered the blessing note. For the students who secured first and second prize in the kids fest, Dr Jeccy NC (Principal, P.K.M College of Education) , P.K.M College vice principal Dr Prasanth Mathew and St. Thomas LP Schools Kootur Vayi Manager, Fr Stephen Kulakattukuzhi gave away the prizes. The program came to an end with Harikishor K V (General Captain, P.K.M College) delivering the vote of thanks.







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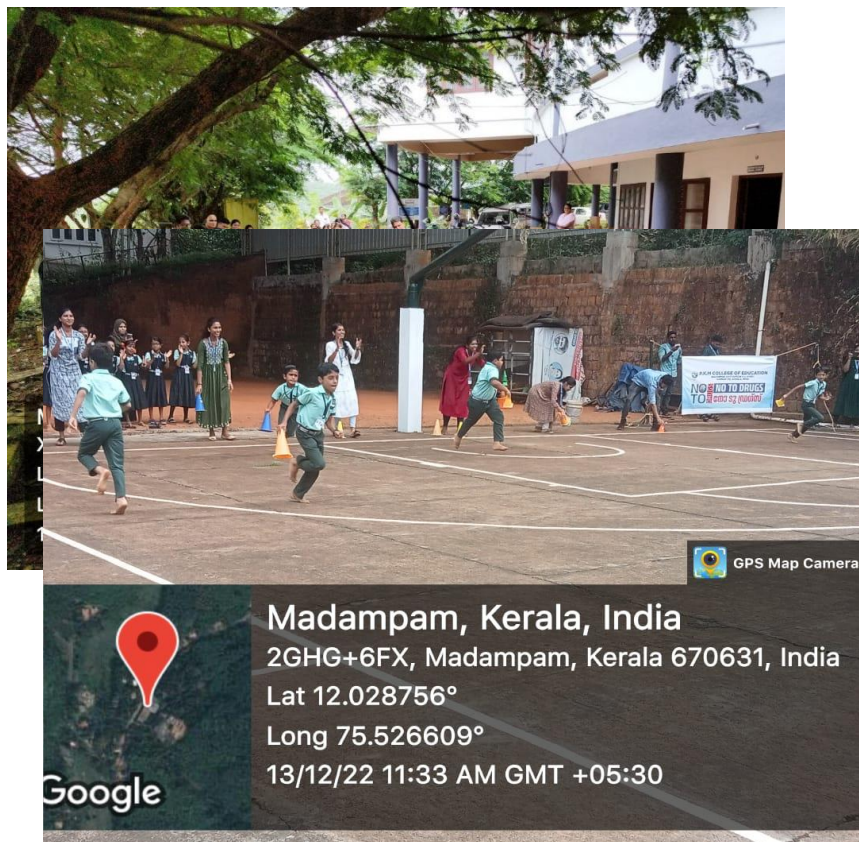
## റിപ്പോർട്ട് - ഹെൽത്ത് ആൻഡ് ഫിറ്റ്നസ് ക്ലബ്- കിസ്സ് ഫെസ്റ്റ്

ഹെൽത്ത് ആൻഡ് ഫിറ്റ്നസ് ക്ലബിന്റെ നേതൃത്വത്തിൽ 2022 ഡിസംബർ 13ന് മടമ്പം പി. കെ.എം. കോളേജിൽ സെന്റ് തോമസ് എഎൽപി സ്കൂൾ കോട്ടൂർ വയലിലെ വിദ്യാർത്ഥികളുടെ പങ്കാളിത്തത്തോടെ കിസ്സ് ഫെസ്റ്റ് സംഘടിപ്പിക്കപ്പെട്ടു. ഫിസിക്കൽ എഡ്യൂക്കേഷൻ അസിസ്റ്റന്റ് പ്രൊഫസർ ഡോ. സിനോജ് ജോസഫ് സ്വാഗതം ആശംസിച്ച പരിപാടി, കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ജെസ്സി എൻ. സി.ഉദ്ഘാടനം ചെയ്തു. സെന്റ് തോമസ് എഎൽപി സ്കൂൾ കോട്ടൂർവയൽ മാനേജർ സ്റ്റീഫൻ കുളക്കാട്ടുകുഴി അച്ഛൻ ആശംസകൾ നേർന്ന ചടങ്ങിന് കോട്ടൂർ വയൽ സെന്റ് തോമസ് എഎൽപി സ്കൂളിലെ വിദ്യാർത്ഥികൾ ഗോൾ ചലഞ്ചിൽ പങ്കെടുത്തു കൊണ്ട് ഔപചാരികമായ തുടക്കം കുറിച്ചു.

ലോകം മുഴുവൻ ലോകകപ്പ് ഫുട്ബോളിന്റെ ആവേശത്തിൽ ആയിരിക്കുന്ന ഈ കാലത്ത് വളർന്നു വരുന്ന തലമുറയിലും കായിക മേഖലയോടുള്ള അഭിരുചി വളർത്തിയെടുക്കുക എന്ന ലക്ഷ്യത്തെ മുൻനിർത്തി കുട്ടികളുടെ കായിക ക്ഷമത വർദ്ധിപ്പിക്കാൻ നിർദ്ദേശങ്ങൾ നൽകുകയും അതോടൊപ്പം വിവിധ കായിക മത്സരങ്ങൾ സംഘടിപ്പിക്കപ്പെടുകയും ചെയ്തു. പൊട്ടറോ റേസ് (ആൺ,പെൺ) വൺ ലെഗ് റേസ് (ആൺ, പെൺ ) റോളിങ് ബോൾ (ആൺ,പെൺ) എന്നീ മത്സരങ്ങളിൽ യഥാക്രമം എയ്‌മൻ വിജി, മുഹമ്മദ് അമാൻ വി. പി., ശിവദ രമേശൻ, ജോഷി മരിയ ജോയ്, എയ്‌മൻ വിജി, റസീൻ,ജോഷി മരിയ ജോയ്,ശിവദ രമേശൻ, ജെയിൻ ജോസഫ്, മുഹമ്മദ് അമാൻ വി. പി.,ശിവലക്ഷ്മി,അൻഷിഗ രജീഷ് കെ. എന്നിവർ ഒന്നും രണ്ടും സ്ഥാനം നേടി വിജയികളായി.

കോളേജ് പ്രിൻസിപ്പാൾ ഡോ. ജെസ്സി എൻ.സി. യുടെ അധ്യക്ഷതയിൽ ചേർന്ന സമാപന സമ്മേളനത്തിൽ ഫിസിക്കൽ എഡ്യൂക്കേഷൻ അസിസ്റ്റന്റ്

പ്രൊഫസർ ഡോ. സിനോജ് ജോസഫ് സ്വാഗതം ആശംസിച്ചു. പി.കെ.എം. കോളേജ് വൈസ് പ്രിൻസിപ്പാൾ ഡോ. പ്രശാന്ത് മാത്യു, സെന്റ് തോമസ് എഎൽപി സ്കൂൾ കോട്ടൂർവയലിലെ മാനേജർ ഫാദർ സ്റ്റീഫൻ കുളക്കാട്ടുകുഴി, സെന്റ് തോമസ് എഎൽപി സ്കൂൾ കോട്ടൂർവയിലെ അധ്യാപകൻ ശ്രീ. ബോബി എന്നിവർ പരിപാടിക്ക് ആശംസകൾ നേർന്നുകൊണ്ട് സംസാരിച്ചു. കിസ്റ്റ് ഫെസ്റ്റിന്റെ ഭാഗമായി നടന്ന കായിക മത്സരങ്ങളിൽ വിജയികളായവർക്ക് പ്രിൻസിപ്പാൾ ഡോ. ജെസ്സി എൻ. സി., വൈസ് പ്രിൻസിപ്പാൾ ഡോ. പ്രശാന്ത് മാത്യു, സെന്റ് തോമസ് എഎൽപി സ്കൂൾ മാനേജർ ഫാദർ സ്റ്റീഫൻ കുളക്കാട്ടുകുഴി എന്നിവർ സമ്മാനം നൽകി. കോളേജ് യൂണിയൻ ജനറൽ ക്യാപ്റ്റൻ ഹരികിഷോർ കെ. വി. യുടെ നന്ദി പ്രകാശനത്തോടെ കിസ്റ്റ് ഫെസ്റ്റിനു സമാപനമായി







# P.K.M College of Education, Madampam

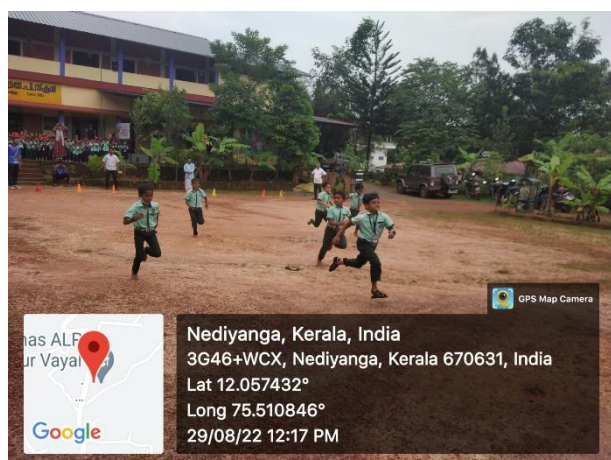
## REPORT

### National Sports Day Celebration 2022

To mark the significance of National Sports day, P.K.M College of Education, Madampam has organised several activities including an out-reach programme, a webinar, an article writing competition to inculcate the feeling of sportsmanship among the student teachers.

#### Out-reach Programme

As a part of celebrating National Sports Day, P.K.M College of Education, Madampam has organised an out-reach programme at A.L.P.S Kotturvayal on 29<sup>th</sup> August 2022. Twelve student teachers of P.K.M College including Ms. Ahana Thomas, Ms. Maneesha P, Ms. Anagha Chandran, Ms. Vismaya E M, Ms. Elsitta Jose, Mr. Vysakh K, Mr. Emil Thankachan, Mr. Hrishikesh Babu, Mr.Jishnu T P, Mr.Anand Ravi, Mr.Alex Jose and Mr.Jomal Joy along with the staff coordinator, Dr.Sinoj Joseph, have visited the school and conducted various activities for the school students as a part of the out-reach programme. The programme began at 12.00 p.m by conducting 100 m race for both boys and girls of fourth standard. The race was followed by a small practical class on minor exercises and aerobic dance. Mr.Alex Jose, student teacher of P.K.M. College of Education, demonstrated simple exercises to the students and made them to do it. The practical class on aerobic exercise was led by Ms. Maneesha P, Ms. Ahana Thomas, Ms. Elsitta and Ms. Vismaya. It was followed by the formal session which began with the welcoming address by Mr.Hrishikesh Babu, student coordinator. The session was chaired by Mr.Benny K, Head Master of A.L.P.S Kotturvayal. Rev.Fr.Stephen Kolakkattukuzhiyil, school manager, formally inaugurated the function. The next event in the session was to distribute prizes to the winners of 100-meter race. The programme came to an end at 1.00 p.m with the vote of thanks expressed by Dr. Sinoj Joseph, Head of the Department of Physical Education, P.K.M College of education.



## **Article Writing Competition**

PKM College of Education, Madampam has Conducted a webinar as a part of National sports day celebration on 30/08/2022 which was organized by Health fitness and sports club. The programme started at 7.00 pm through google meet. The programme was monitored by Manjusha, student teacher of Mathematics optional. The programme began with the welcome speech of Dr. Sinoj Joseph, Assistant professor in physical education. Dr. Jessy NC, principal of PKM college of education delivered the presidential address. The programme was inaugurated by T V Arunachalam, Department of physical education, Concord Arts and Science College, Muttannor. T V Arunachalam explained the life history of Dhyan Chand, the magician of hockey and his ability of superb ball control. Vaishak K, the student coordinator, delivered the vote of thanks. The programme was ended at 8.00 pm.

## Webinar

PKM College of Education, Madampam has Conducted a webinar as a part of National sports day celebration on 30/08/2022 which was organized by Health fitness and sports club. The programme started at 7.00 pm through google meet. The programme was monitored by Manjusha, student teacher of Mathematics optional. The programme began with the welcome speech of Dr. Sinoj Joseph, Assistant professor in physical education. Dr. Jessy NC, principal of PKM college of education delivered the presidential address. The programme was inaugurated by T V Arunachalam, Department of physical education, Concord Arts and Science College, Muttannor. T V Arunachalam explained the life history of Dhyan Chand, the magician of hockey and his ability of superb ball control. Vaishak K, the student coordinator, delivered the vote of thanks. The programme was ended at 8.00 pm.

**P. K. M College of Education Madampam**  
Accredited by NAAC with 'A' Grade(second cycle -4 point scale )  
RUSA 2.0 Beneficiary, UGC2(f) & 12 (B)

**NATIONAL SPORTS DAY CELEBRATION 2022**  
ORGANISED BY  
HEALTH FITNESS AND SPORTS CLUB

**WEBINAR**

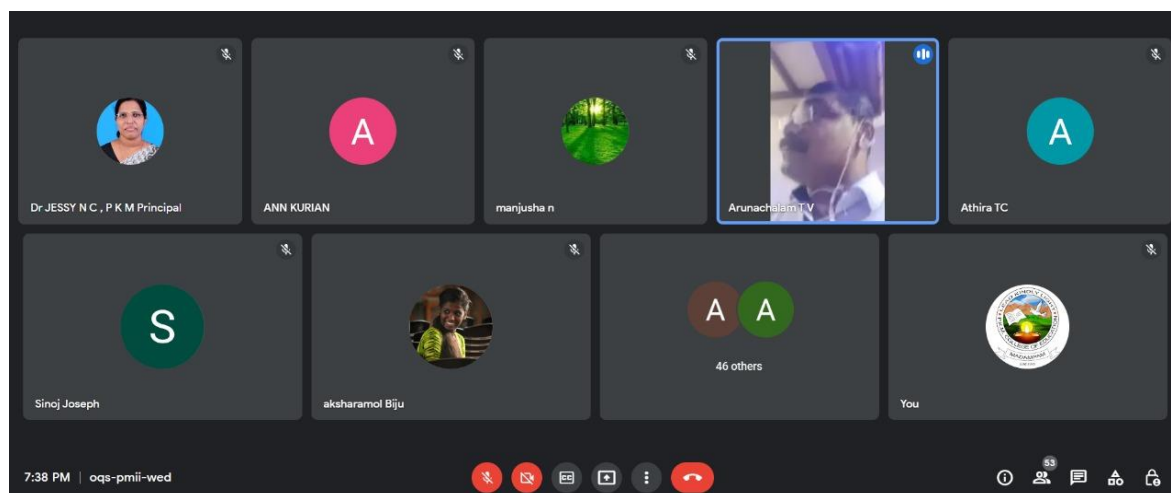
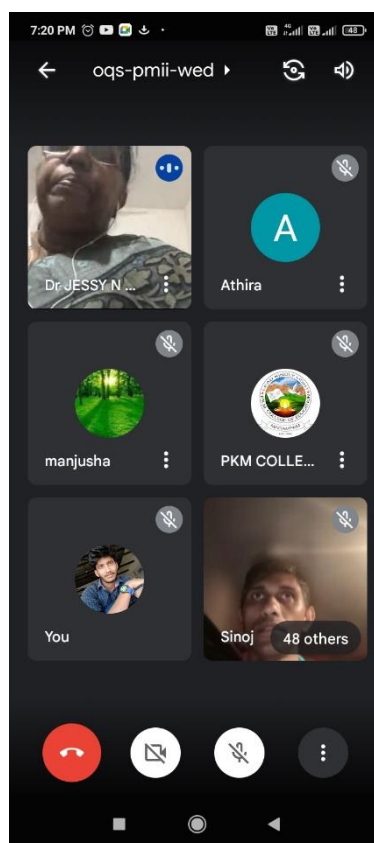
**T. V ARUNACHALAM**  
Indian - International Referee  
Department of Physical Education  
Concord Arts And Science College, Muttannur

DATE : 30/08/22  
TIME : 7.00 PM To 8.00PM

To join the meeting on Google Meet, click this link:  
<https://meet.google.com/ovq-qmii-wed>

**Google Meet**

P K M COLLEGE OF EDUCATION MADAMPAM





## P.K.M. COLLEGE OF EDUCATION

Madampam, Kaithapram P.O, Kannur, Kerala

(Govt. Aided Teacher Education Institution affiliated to Kannur university)

Recognized by NCTE, UGC 2(f) & 12B category, Accredited by NAAC with 'A' Grade,  
RUSA 2.0 beneficiary

### REPORT

### REINFORCING SPORTING CULTURE AT P.K.M

#### **Reinforcing Sporting Culture at PKM**

and

#### **Inauguration of Anti Human Trafficking Club**



#### **Mr Arun Johnson**

Former Indian Navy Kabaddi Player

Founder of  
Midline Academy Mumbai  
&  
Piller Events Dubai

30<sup>th</sup> March 2023

At College Auditorium

**CHIEF GUEST**

#### **Presidential Address**



**Dr Jessy N.C**  
Principal  
PKM College

#### **Felicitation Address**



**Dr Prasanth Mathew**  
Vice Principal  
PKM College

#### **Welcome Speech**



**Dr Sinoj Joseph**  
Asst. Prof in  
Physical Education

#### **Vote of Thanks**



**Ms Aishwarya K**  
Chairperson  
College Union

Organized by

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

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, RUSA 2.0 beneficiary



On March 30, 2023, a joint initiative was undertaken by the Health and Fitness Club and the IQAC of the P.K.M. College of Education, Madampam, to honour the student teachers who achieved success in the field of sports for the academic year 2022–2023. The programme, entitled "Reinforcing sporting culture at P.K.M." commenced with prayer at 11:30 a.m. in the college general hall. The welcome address was given by Dr. Sinoj Joseph, assistant professor of physical education, who expressed his views about the initiative and congratulated the sports champions. Dr. Jessy N.C., principal of P.K.M. College of Education, praised in her presidential address the efforts of the college's sports department and the students teachers who succeed in sports. The programme was inaugurated by Mr. Arun Johnson, Former Indian Navy Kabaddi player and founder of Midline Academy in Mumbai and Piller Events in Dubai. In his address, he shared the challenges he faced during his journey, how to overcome it, and the importance of sports in education. He motivated and congratulated the students teachers. After that, the student teacher Zia R. of the Department of Education-Mathematics, who participated in the All India Inter-University Softball Championship organised by Punjab University, was honoured by the chief guest, Arun Johnson. General Captain of the Academic Year 2022–23, Mr. HariKishor K.V. apprised the list of student- teachers who participated and succeeded in the Kannur University Inter-B.Ed. Athletic Meet and Games. Felicitation was proposed by Dr. Prasanth Mathew, vice principal of PKM College. College Union chairperson, Miss Aiswarya K, expressed her vote of thanks for the programme. The programme came to an end by 12:30 p.m.





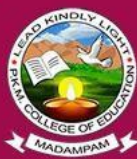
# Report

## 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 boosts 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 7<sup>th</sup> 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 7<sup>th</sup> 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](mailto:pkmcedn@yahoo.co.in), Website: - [www.pkmcollege.org](http://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**





# PKM COLLEGE OF EDUCATION, MADAMPAM

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

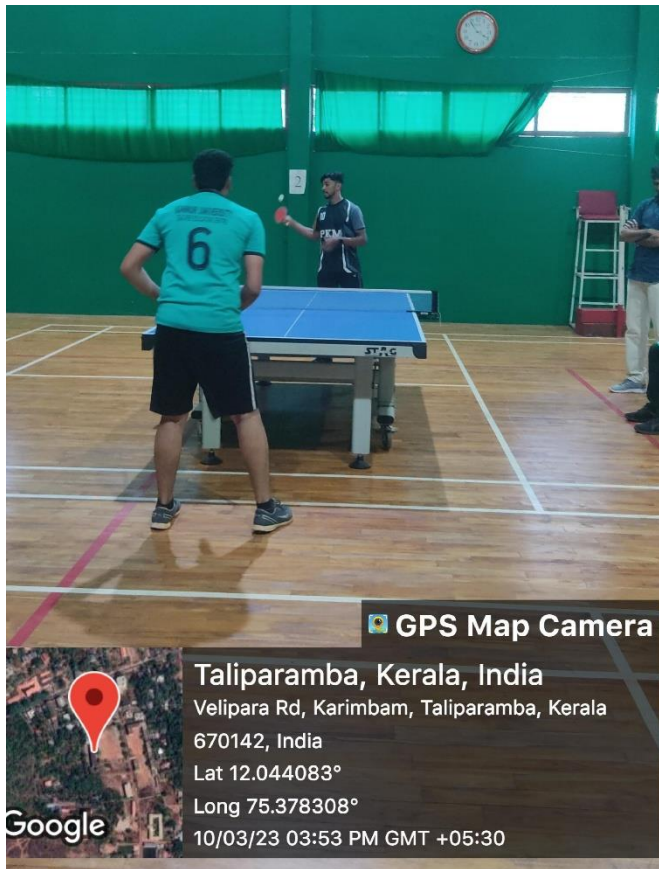
RUSA 2.0 beneficiary UGC 2(f)12B category

## REPORT



The 7<sup>th</sup> Kannur University Level Inter B.Ed College Table Tennis Competition 2023 was held at the Keyi Sahib training College, Thaliparamba on 10<sup>th</sup> March 2023. The competition was hosted by the Keyi Sahib Training College. 7 Teams of student teachers from Kannur, Kasaragod and Wayanad teacher education institutes took part in the competition. Kannur University Teacher education centre (KUTEC) Dharmasala, KUTEC Mananthavady, KUTEC Kasaragod, Govt Brennan College of Teacher Education, PKM college of Education Madampam, Keyi Sahib Training college Taliparamba ,Malabar B Ed Training college Peravoor , were the seven institutions

participated in the competition. 10 student teachers represented P. K. M College of Education in the competition in men's and women's categories. Maneesha, Anagha Chandran, Sreelakshmi V P, Chaithanya C K, Tincy Thomas were in the women's team and Amal tomy, Hrishikesh, Anand Ravi, Harikishor K V, Alex Jose were in the Men's team. The competition began around 11 am. The initial set consisted of 3 matches . P.K.M college directly qualified for the semi finals in both men and women. The semi final match of women's was between P.K.M College of education and Keyi Sahib Training College. P.K.M College of education became the 2<sup>nd</sup> runners up in women's . After the noon break, the semi final match of men was between P K M College of Education and KUTEC Dharmasala. P K M college became the 2<sup>nd</sup> runners up in men's. Both teams of P. K. M College successfully participated in the competition and became 2<sup>nd</sup> runners up in both Men's and Women's.





## **REPORT**

### **DEPORTES – Annual Athletic Meet 2022-23**

Deports, annual athletic meet 2022-23 of P. K. M. College of Education, Madampam was conducted at the school ground of Marygiri English Medium School, Podikkalam on 10<sup>th</sup> February 2023, under the leadership of Dr. Sinoj Joseph, assistant professor in physical education, P. K. M. College of Education. The programme began at 08:00 am with track events followed by inaugural ceremony and athletic jumping event and throw events; and concluded with closing ceremony at 02:00 pm.

#### **Inaugural Ceremony**

The inaugural ceremony of the Deportes began at 11:00 am on the school ground of Marygiri English Medium School with the beckoning of the grace of God with a holy prayer by Archana K V, student-teacher mathematics optional. The programme convenor of athletic meet 2022-23, Dr. Sinoj Joseph, delivered the welcome address remarking the importance of health and fitness in the current scenario. It was followed by the display of march past by four houses of the college namely – Alpha, Bravo, Charlie and Delta. Dr. Jessy N C, principal of the college, delivered the presidential address acknowledging the changing lifestyle and the reduced significance of fitness workout by current generation. Uplifting the mood of the programme, Ansuha K, student-teacher sang a melodious Malayalam song that showered an energetic vibe to the occasion.

The programme was formally inaugurated by Dr. Joe Joseph, deputy director and director i/e Directorate of Physical Education of Kannur University. He mentioned how health is interconnected with life and forms the foundational stone of every being. The Olympic torch was lighted by him and the torch relay concluded in heralding the flame that symbolises unity and eternity. It was followed by the flag hoisting ceremony under the leadership of Dr. Reji Zakariya, principal of Marigiri English Medium School, Podikkalam who prompted student-teachers to enjoy the sunshine as they celebrate rain in their life to give the message of all good things require hard work. Dr. Prashanth Mathew delivered the felicitation reminding student-teachers that in the modern generation teachers would be less

anticipated for cognitive guidance rather they would only require the mentoring of skills which makes the events like annual athletic meet more important. Cyriac Abraham, PTA President, wished the well being of students in the felicitation speech and it was followed by oath taking ceremony lead by Harikishor K V, student-teacher, mathematics optional. The programmed concluded with the proposal of vote of thanks by Harikishor K V, general captain, college union.

### **March Past and Olympic Torch Relay**

The march past was led by Arsha Vadavathy, student-teacher, English optional as the scout leader. the vent consisted of the march past of four houses namely Alpha, Bravo, Charlie and Delta which are led by the house captains Akshay G, Christy Philip, Ziya R and Harikishor K V respectively. The parade saluted the dais and it was received by Dr. Joe Joseph, the guest of honour, Dr. Jessy N C, Dr. Prashant Mathew, the principal and vice principal of the college along with DR. Reji Zakariya, the principal of the school.

The Olympic torch relay consisted of student-teachers who have bagged accolades and glory in the field of athletics and games namely Amal Tomy, Vaishakh K, Emil Thankachen, Anjana Chandran, Ziya R and Harikishor K V. The torch was received by Dr. Sinoj Joseph, assistant professor in physical education of the college. It represented the eternal flame of the spirit of sportsmanship.

### **Aerobic Dance**

The inaugural ceremony was followed by a mesmerising aerobic dance performance by a team lead by Ahana Thomas and Maneesh P, student-teachers of physical science optional. The group consisted of 13 student-teachers of first- and second-year batches; and rhythmically grooved to the songs of 'we run for the dream' and 'la la la (Brazil)'.

### **Athletic Events**

The athletic events of annual athletic meet 2022—23 consisted of track events, jumping event and throw events. The track events included 100 m, 200 m, 400 m 800 m and 1500 m races along with 4 x 100 m relay, 1000 m walk and march past. The jumping event consisted of long jump and throw events included shot put, discuss throw and javelin throw.

## Victory Ceremony

The announcements of the winners of every event were followed by the victory ceremony in which the first, second and third prize winners were honoured with a medal and certificate by eminent personalities.

| Sl. No. | Events            | Name of the winners |                     |                     |
|---------|-------------------|---------------------|---------------------|---------------------|
|         |                   | <i>First prize</i>  | <i>Second prize</i> | <i>Third prize</i>  |
| 1.      | 100m (W)          | Prajina Das K P     | Jisna Augustin      | Anjana Chandran     |
| 2.      | 100m (M)          | Amal Tomy           | Akhil C K           | Anand Ravi          |
| 3.      | 200m (W)          | Anjana Chandran     | Ziya R              | Sreethu M           |
| 4.      | 200m (M)          | Akhil C K           | Anand Ravi          | Alex Jose           |
| 5.      | 400m (W)          | Jisna Augustin      | Anagha Chandran     | Maneesha P          |
| 6.      | 400m (M)          | Akhil C K           | Amal Tomy           | Jomal Joy           |
| 7.      | 800m (M)          | Akhil C K           | Jyothis Cyriac      | Alex Jose           |
| 8.      | 1000m walk (W)    | Maneesha P          | Christy Philip      | Aleena James        |
| 9.      | 1500 (M)          | Akhil C K           | Alex Jose           | Akshay G            |
| 10.     | Shotput (W)       | Sr. Josna Jose      | Divya K S           | Prajina Das K P     |
| 11.     | Shotput (M)       | Amal Tomy           | Emil Thankachan     | Akhil C K           |
| 12.     | Javelin Throw (W) | Sreethu M           | Reshma P            | Linet Treesa Mathew |
| 13.     | Javelin Throw (M) | Emil Thankachan     | Amal Tomy           | Jomal Joy           |
| 14.     | Long Jump (W)     | Ziya R              | Sreethu R           | Prajina Das K P     |
| 15.     | Long Jump (W)     | Amal Tomy           | Akhil C K           | Jomal Joy           |
| 16.     | Discuss Throw (M) | Amal Tomy           | Emil Thankachan     | Akhil C K           |

The championship trophy was clinched by team Bravo while team Delta and team Alpha came in second and third place respectively. Men's individual champion was declared as Akhil C K and women's individual champion was announced as Sreethu M.

## **Closing Ceremony**

The curtains of the programme came down at 02:00 pm and Dr. Sinoj Joseph, assistant professor in physical education of the college, thanked and appreciated the generosity of the school in providing the athletic ground for the annual meet and all the participants, winners and the various committee members for making the programme a success.

## Inaugural Ceremony



## March Past And Oath Taking Ceremony



## Lighting Lamp



## Events

### Track Events



### Throw Events





## Jumping Pit



## Victory Ceremony





# P.K.M. COLLEGE OF EDUCATION, MADAMPAM

Kaithapram P.O, Kannur, Kerala

(Govt. Aided Teacher Education Institution affiliated to Kannur university) Recognized by NCTE, UGC 2(f) & 12B category, Accredited by NAAC with 'A' Grade, RUSA 2.0 beneficiary

## SPORTS EXCELLENCE FEST

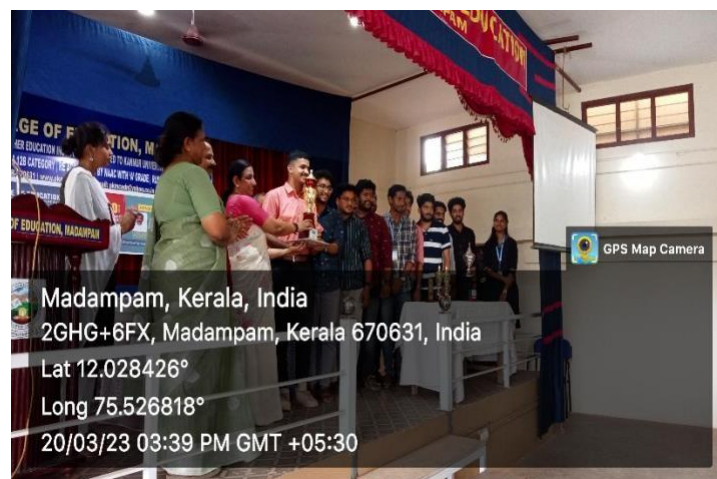
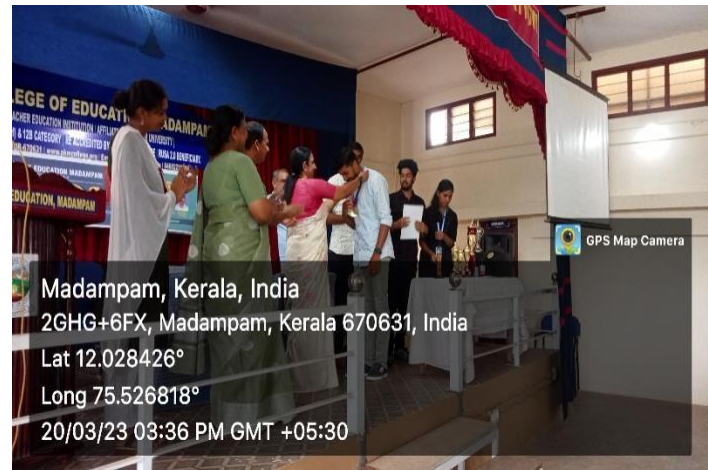
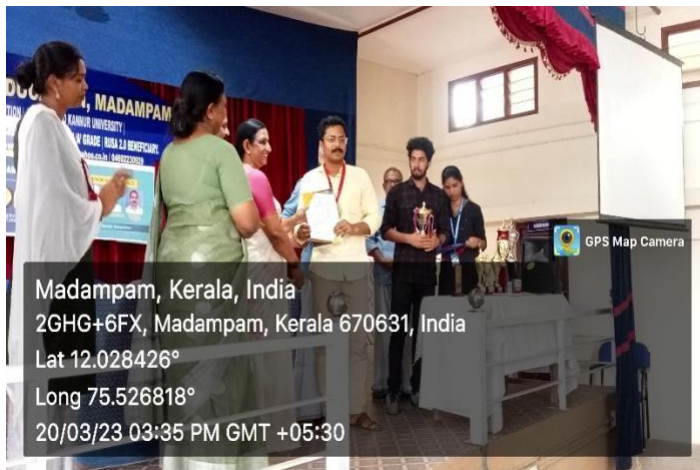
### REPORT

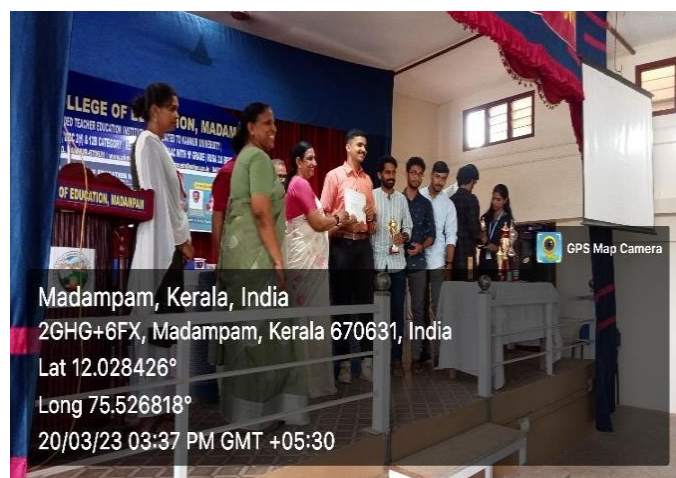
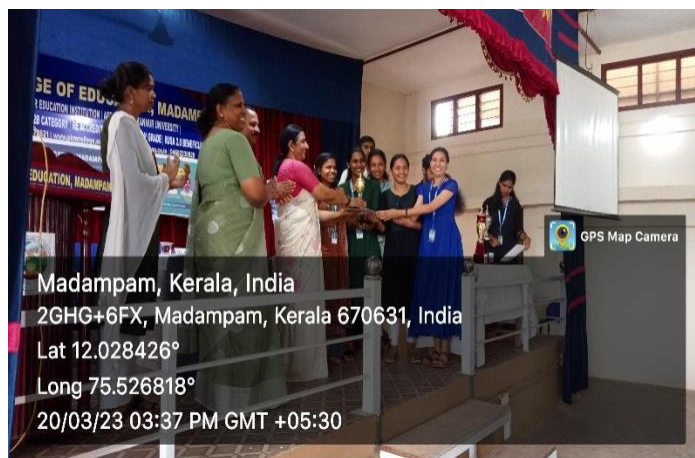
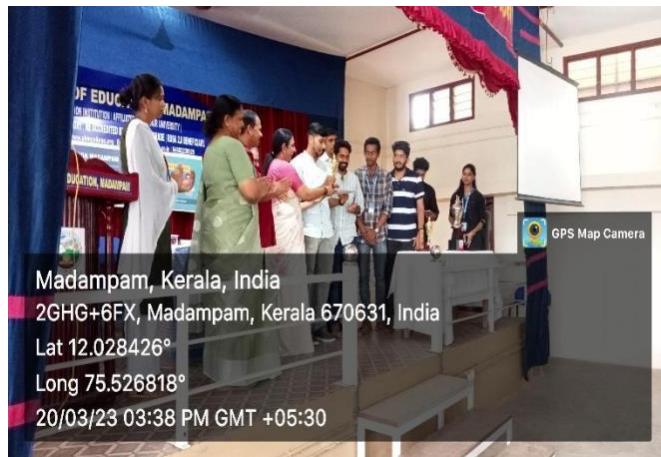


Excellence Fest, named "ACCOLADE," was conducted on March 20, 2023, to appreciate the student teachers who qualified for the NET, SET, KTET, and GATE exams. As part of Excellence Fest, the P.K.M. College of Education venerated student teachers who achieved success in the field of sports for the years 2022–23 in the college auditorium on Monday in the afternoon.

P.T.A. President Sri. Cyriac Abraham delivered the presidential address for the sports excellence festival. It was followed by the inaugural address proposed by the municipal

chairperson, Sreekandapuram Dr.K.V. Philomina. She inaugurated the programme with her valuable words and also honoured the winners. The program's opening remarks were given by Dr. Jessy N.C., principal of the P.K.M. College of Education. In the Kannur University Inter Bed College athletic meet, individual champion Emil Thankachan, who won first place in javelin throw, shot put, and discus throw; Amal Tomy, who won first place in high jump and long jump; and second place in the 100-metre dash; and male runners-up in the athletic meet; winners of the Kannur University Inter Bed College games—volleyball competition men, table tennis competition men, and badminton championship men—were also felicitated. P.T.A. executive member Sri Ravi K. and College Union chairperson Miss Aiswarya K. expressed felicitation for the sports excellence fest. Dr. Veena Appukuttan, Head of the Department of Social Science and P.T.A. Secretary, proposed the vote of thanks. The programme included teachers, non-teaching staff, parents, and first- and second-year student teachers. The programme came to an end at 4:30 p.m. with the National Anthem.





# **PKM COLLEGE OF EDUCATION, MADAMPAM POST COVID ONE DAY PHYSICAL FITNESS TRAINING PROGRAMME REPORT**

15/07/2022

Friday

PKM College of Education, Madampam and Health, fitness and sports club organized a post COVID physical fitness training programme on 15/07/2022 Friday. The morning section started with the warm up section by physical science student Vaishakh K at sharp 9:30. Students are ready for the Zoomba section after the warm up exercise. The resource person Mr. Sreejith K was arrived at 10:00 clock and the inaugural section begins. It started with the prayer song of the social science student Anusree KP. Jomal Joy, social science student gave the inaugural address. Physical education professor Fr. Dr. Sinoj Joseph goes through the presidential address and hands over the stage to our resource person.

Sreejith sir started with a small awareness section about the importance and merits of exercise, mainly walking. Then he started the interesting Zoomba section. The entire student teachers danced in a very happy mood and each section went very well. All students danced energetically throughout the section. The interesting thing about this programme is not only students but some teachers also participated in the Zoomba.

At 11:20 the group had a break and after that the students formed a circle and the dance continued. Then the Zoomba section ended up with the melodious song 'Pavizha Mazha Yee' and the group prepared their body to an end. After that the vote of thanks section started and the principal Dr. Sr. Jessy NC who couldn't attend the morning section had a talk. And after that Jessy Miss handed over the certificates to Sreejith sir and to the programme coordinators, Jomal Joy and Anumol AN. And the programme ended up with the thankful speech of Anumol.





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

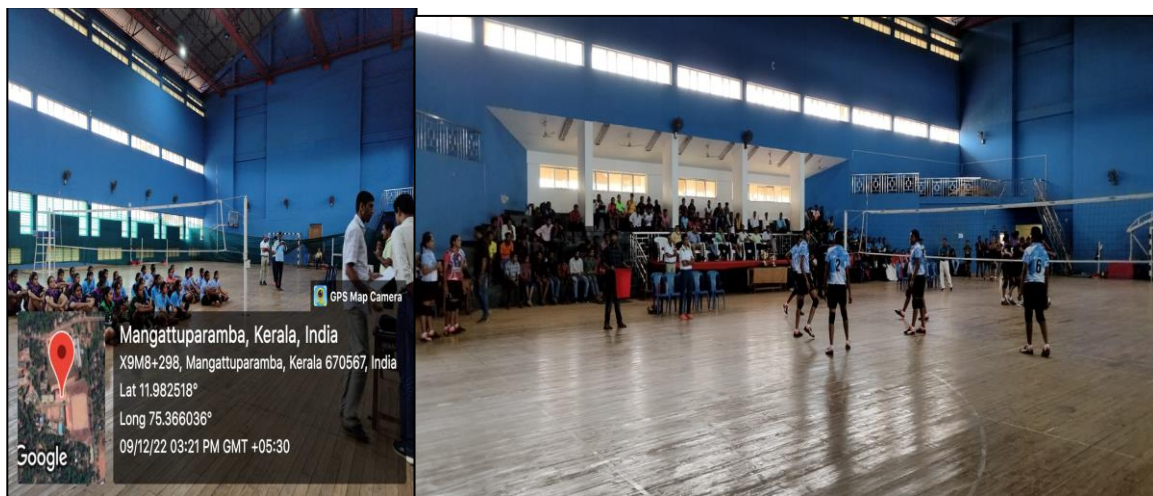
## **REPORT**

### **INTER COLLEGE WOMEN'S VOLLEYBALL COMPETITION 2022**

P.K.M college of education Madampam organized the inter-college women's volleyball competition on 9th Dec 2022 at Mangattuparamba indoor stadium . The program began with an inauguration session at 10 am. The inaugural session started with a prayer by student teacher Divya. Introductory speech was given by Dr. Sinoj Joseph, Assistant professor in physical education, P.K.M college. The presidential address was delivered by the Kannur University physical education director in charge Mr. Jo Joseph. The program was inaugurated by the syndicate member M C Raju, assistant professor of physical education at Kasargod college. Mr. Arunachalam, international referee, delivered the felicitation speech. PKM college union general captain Mr. Harikishor proposed vote of thanks and the inaugural session came to an end by 10 45 am.

The competition started after the inaugural session. The 4 colleges participated in the competition are Govt Brennen College, Payyannur college, Krishna Menon memorial government women's college, and Nirmalagiri college. The tournament was controlled by the state panel referee Akhil.K.Sreedhar and second referee was Mr. Prajil. First set of players was introduced by Dr. Wilson.V.A previous syndicate member and the Assistant professor in physical education, accompanied by Dr. Fr Sinoj Joseph, Mr. T.V Arunachalam, and Mr. MC Raju. After the warm-up First set of competitions started between GBC and payyannur College; Payyannur college was the winner. After the refreshment, the second set of competition conducted

between KMMGWC and Nirmalagiri College ;KMMGWC was the winner. The loser's final began at 11 am between Nirmalagiri and GBC ;Nirmalagiri became victorious thereby securing 3rd position in the inter college women's volleyball championship. Thereafter open selection for the Kannur university volleyball team occurred. After the open selection final competition between Payyannur college and KMM college was conducted. The finalist players' names were introduced by the Research coordinator professor. Anil RamaChandran, the head of the department of the school of physical education and earlier assistant professor in physical education at PKM college of education madampam. In a spectacular five set match, the KMMGWC Became the champion of women's volleyball and Payyannur college become the first runner-up. The competition came to an end at 3: 45. pm. Prizes were given to the winners and published the list of players who have been selected to the University volleyball team. Vote of thanks was proposed by Fr. Dr. Sinoj Joseph, assistant professor in physical education at PKM College. The program came to an end by 4 .15 pm.





First prize: KRISHNA MENON MEMORIAL WOMENS COLLEAGE.



Second prize: PAYYANNUR COLLEAGE

**PKM COLLEGE OF EDUCATION MADAMPAM**



**Yodhav**

**“A Goal against drug addiction”**

**REPORT**

**Of**

**Goal Challenge**



**PKM COLLEGE OF EDUCATION, MADAMPAM**

Accredited by NAAC with A grade (second cycle 4 point scale )  
RUSA 2.0 beneficiary UGC 2(f) I2B category

# യോദ്ധാവ്

**"ലഹരിക്കെതിരെ ഒരു ഗോൾ "**

## **GOAL CHALLENGE**

On 13/12/2022, 10.00 am

Venue: College Courtyard

***Inaguration: Dr. Sr. Jessy N.C***



*(Principal, P.K.M College of Education, Madampam)*



The anti-drug action committee Yodhav organised a “goal challenge” on December 13, 2022, with the slogan “A goal against drug addiction.” Dr. Sr. Jessy. N.C took the initiative to inaugurate the goal challenge by attempting to take a goal. Every teachers, non-teaching staff, and student – teachers took part in the anti-drug campaign by scoring goals under Dr. Fr.Sinoj Joseph’s direction, who is the coordinator of

yodhav. Then came St. Thomas L. P School Kotoor Vayal pupils and instructors took part in the goal challenge. Dr. Sr. Jessie N. C. Principal of PKM College, Madampam, Dr. Fr. Sinoj Joseph, Director of Yodhav and Head of Physical Education, Mr. Bobby, Teacher of St. Thomas L.P School Kottoor Vayal, and Fr. Stephen Kulakattukuzhi, Manager of St. Thomas L. P School Kotoor Vayal spoke during the event. Then Yodhav committee member Chaithanya. C. K delivered the vote of thanks.







Mangattuparamba, Kerala, India  
X9M8+298, Mangattuparamba, Kerala 670567, India  
Lat 11.982518°  
Long 75.366036°  
13/12/22 11:15 AM GMT +05:30

GPS Map Camera



P.K.M.COLLEGE OF TEACHER  
EDUCATION,  
MADAMPAM

ഹൈന്ദവ ആത്മീയ ചിന്ത  
പ്രതിപാദനം  
വിദ്യാഭ്യാസം

പി.കെ.എം.കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ മടംപം 2022- 24 ബാൽക്കൺ  
ഓഫ് വർഷ അധ്യാപക വിദ്യാർത്ഥികൾക്ക് വേണ്ടി ഫിസിക്സ്  
എഡ്യൂക്കേഷൻ വിഭാഗത്തിന്റെയും, ഹൈന്ദവ ആത്മീയ ചിന്ത  
പ്രതിപാദനം സംയുക്തമായിട്ടുള്ള ശാരീരിക മത്സര വർദ്ധിപ്പിക്കുന്നതിനും  
പരിശീലന പരിപാടി 2002 നവംബർ 9 ന് രാവിലെ 9: 30 ന് കോളേജ്  
ഓഡിറ്റോറിയത്തിൽ വരുമ്പോൾ.

മലയാള വിഭാഗം അധ്യാപക വിദ്യാർത്ഥി ഐശ്വര്യ കെ. സാഗതം  
ആശംസി പരിപാടിയിൽ കോളേജ് പ്രിൻസിപ്പാൾ ഡോ. സിദ്ദിഖ്  
എൻ.സി. വിദ്യാർത്ഥികൾക്ക് വേണ്ടി റിസോഴ്സ്, പേപ്പറുകൾ പരിശോധിക്കും.  
മാധ്യമം കെ.സി. സി. എഡ്യൂക്കേഷൻ കോളേജിലെ അസിസ്റ്റ്  
പ്രിൻസിപ്പാൾ ഐ. ശ്രീജി കെ. ആന്റണി കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ

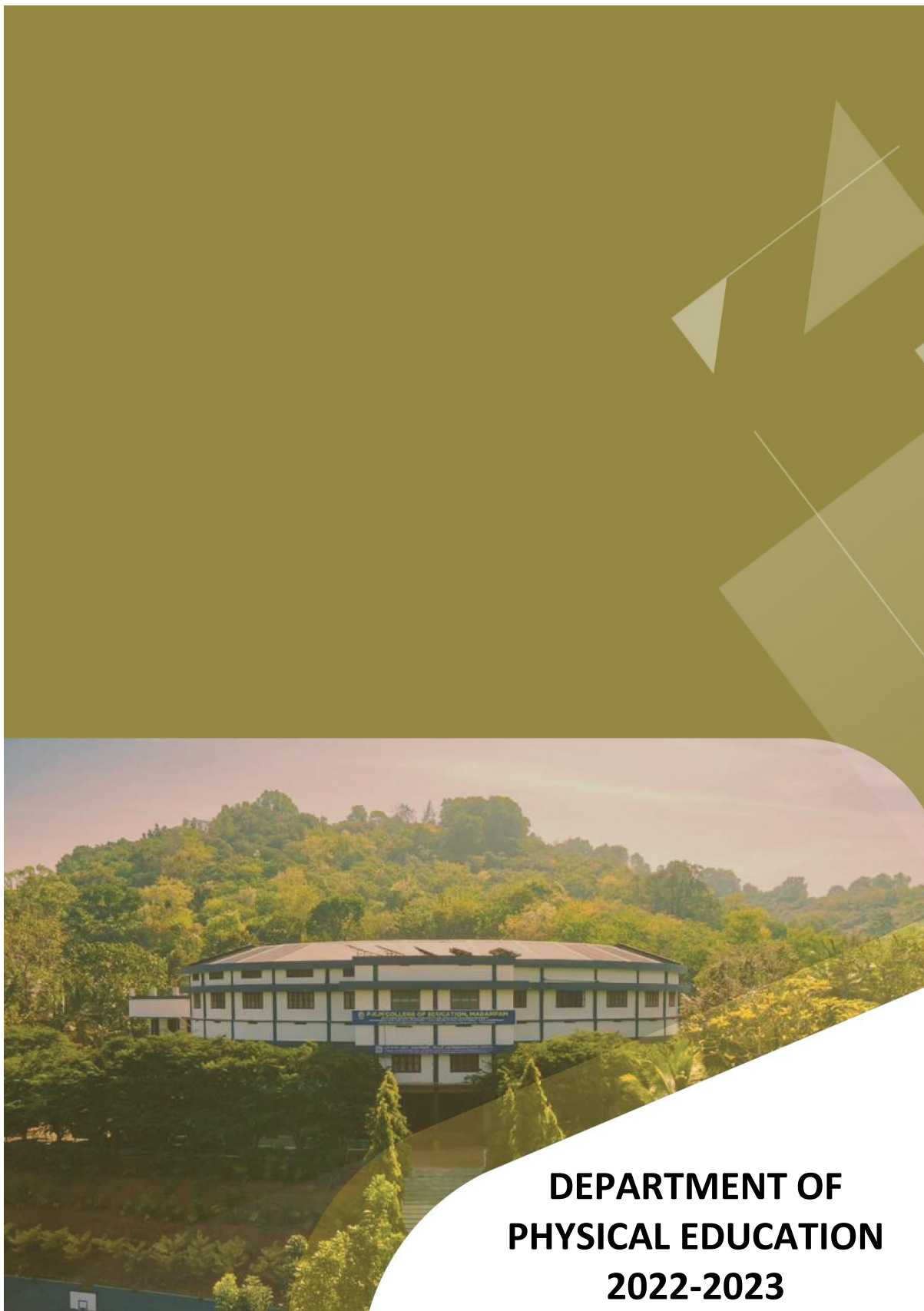
സൂര്യൻ വർദ്ധിപ്പിക്കുന്ന ഭാഗമായ ആത്മീയ ചിന്ത മുതലായ  
അവതരിപ്പിക്കുക വർദ്ധിപ്പിക്കുന്ന പദ്ധതികൾ അനുവദിക്കും  
നേടാൻ കഴിയും ആരാഗ്വഹണമായ ഗുണങ്ങൾ അതിൽ നിന്ന് കാര്യങ്ങൾ  
ചെയ്യാൻ കിട്ടും ഊർജ്ജം മുതലായ കാര്യങ്ങളെക്കുറിച്ച്  
വിദ്യാർത്ഥികളിൽ അഭിരുചി ഉണ്ടാക്കും ശ്രീജി സാറിന് കഴിയും.  
വിദ്യാർത്ഥികളുടെ സജീവ പങ്കാളിത്തം പരിപാടി പൂർത്തിയാക്കി.

പരിപാടിയുടെ സമാപനത്തിൽ അധ്യാപക വിദ്യാർത്ഥികളായ അനുഷ്ഠി,

ഫാദർ അമൽ ടോമി എപ്പിസ്കോപ്പസ് തന്റെ അനുഭവം മുൻനിർത്തി അഭിപ്രായങ്ങൾ പങ്കുവെക്കുകയും, പട്ടണത്തിൽ വിഷയത്തിൽ ഉപസംഗമം ഉണ്ടാകുമ്പോൾ വിദ്യാർത്ഥികൾ ചോദ്യങ്ങൾ ഉയർത്തുകയും ചെയ്തു.

ഗണിതശാസ്ത്രവിഭാഗം അയ്യാപകവിദ്യാർത്ഥിഹരികിഷോർകെ. വി.യുടെ ന്റിഷ്കാശനേടാടെപരിപാടിസമാപിഠു.





**DEPARTMENT OF  
PHYSICAL EDUCATION  
2022-2023**