



P.K.M COLLEGE OF EDUCATION

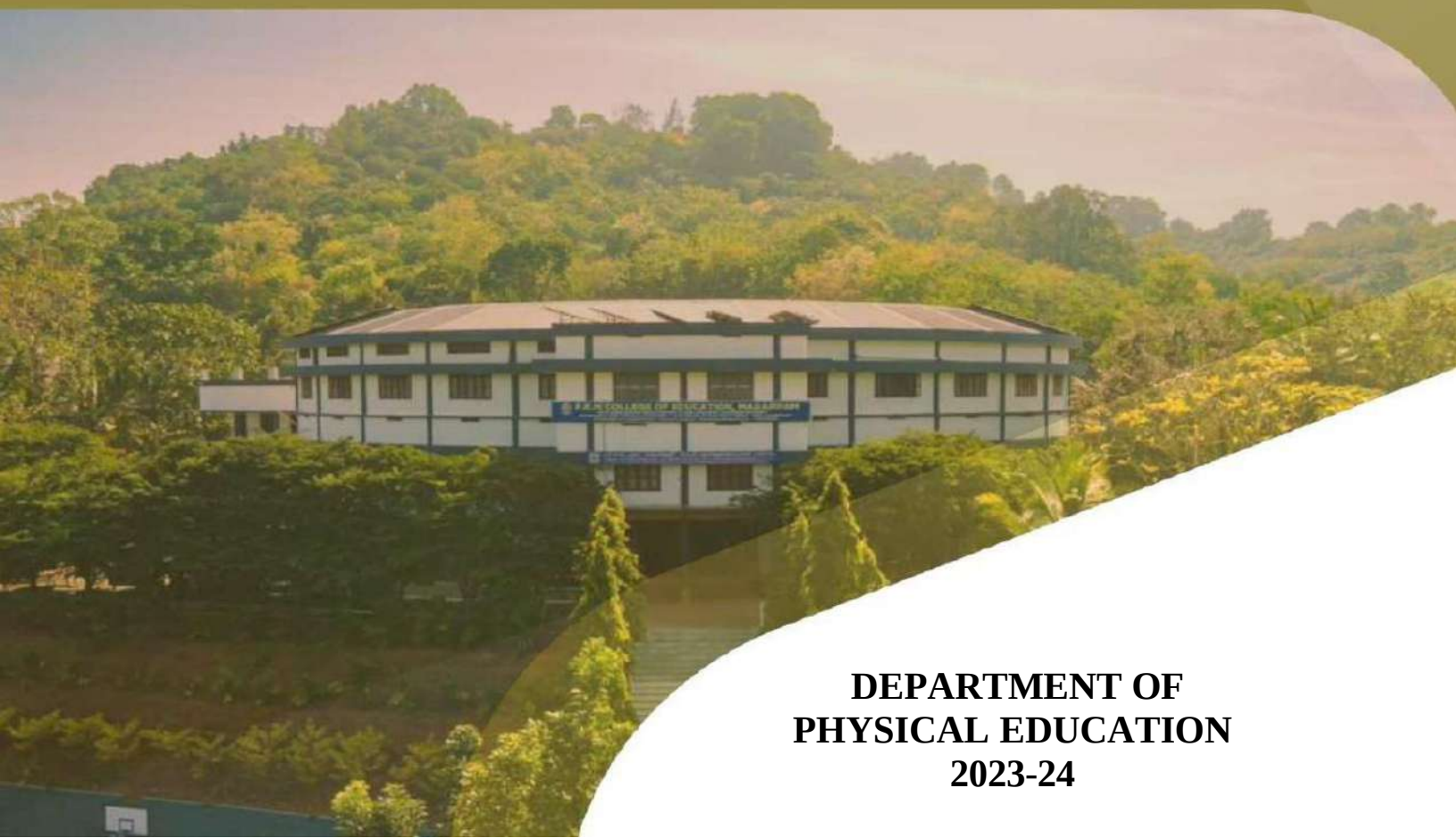
MADAMPAM, KAITHAPRAM P.O, KANNUR – 670631

(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
2023-24**



PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

ATHLETIC SPORTS MEET 2024-2025

REPORT



On 15-03-2024 PKM College of Education Madampam Organized Annual Sports Meet at Maryland High School Madampam . Scheduled to commence at 8:00 AM, the event unfolded with a burst of energy and enthusiasm that resonated throughout the day until its conclusion at 12:45 PM. The events like 400m Men started at 8.00AM first then other 10 events has taken place & finally the last item is Relay (women) around 12 am has taken. After the events validatory session was occurred at inside the auditorium of Maryland High School. At first the session started with the prayer of Archana (2nd year Student teacher) then welcome speech by Gokulnath PP (General caption 2024

), Presidential Address Rev. Father Philip Ramachanatt (Local Manager of PKM College of Education Madambam) Validatory Address by Brother Biju MP (Manager of Marigiri English Medium School and Principal of Marigiri ITI), Facilitation by Sabin Sir (GHSS Irikorr Physical education), Ms. Neethu Chandran (Raajeev Memorial Teacher education Physical education Faculty & Ms.Libi KR (Crescent Bed college Physical education Faculty) and Vote thanks by Dr. Sinoj Joesph (Assistant Professor of Physical Education department in PKM College Madampam.). After this session there was a prize distribution for individual champions for Men & Women For Men the champion is Gokulnath PP.(1st year mathematics student teacher)& for women the champion is Zia R.(2nd year mathematics student teacher), then prize distributions for the winners participated in various events. Finally prize distribution for relay (Women) winners 1st prize for team DELTA 2nd prize for team CHARLIE and 3rd prize for team ALPHA .after that the announcement and trophies for overall points for each Team the 1st is CHARLIE (47 points)2nd is DELTA (40 points)and the 3rd is BRAVO (18 points). At last the annual sports meet 2024 conducted by PKM college Of Education Madampam ended with the National Anthem around 12.45PM.

ATHLETIC SPORTS MEET 2024-2025

Programme Chart

Date : 15th MARCH 2024

Time : 12.15 PM

- Prayer : Archana
(2nd year student teacher)
- Welcome Speech : Gokulnath.PP
(General Caption)
- Presidential Address : Rev Fr. Philip Ramachanttu
(Local manager PKM college of Education)
- Validatory session : Brother. Biju M.P
(Manager of Marigiri English Medium School ,
Principal of Marigiri ITI)
- Facilitation : Sibin Sir (GHSS.IRIKOOR)
- Ms. Neethu Chandran
(Raajeev Memorial Teacher education Physical education Faculty)
- Ms.Libi KR
(Crescent Bed college Physical education Faculty)
- Vote of thanks : Dr. Sinoj Joseph
(Asst. Professor In physical Education)

ATHLETIC SPORTS MEET 2024-2025

DUTY LIST 2022-2024 batch

Welcome speech	- Harikishor K.V
Announcement	- Jyothis Cyriac Devika Arsha v Sahala Yasmin
Certificate writing	- Linnet Treesa Mathew Anitta Roy
Points Recording	- Adithya Raj.T.K Blessy joy Chaithanya ck
Medal Arrangements	- Christy Mariya joy Archana K.N
Photography	-Akshay Sukumaran
Report	- Anagha.K Aparna Pradeep P.V

PKM COLLEGE OF EDUCATION MADAMPAM

Annual sports Meet 2024

Time Table

EVENTS	Time
400 m Men	8.00 AM
400 m women	8.10 AM
1500 m walking women	8. 20 AM
Long jump (Men & women)	8.30 AM
200 m Heats (Men & women)	8.45 AM
Shot put (Men& women)	9. 00 AM
100 M Heats (Men& women)	9. 20 AM
200 M Final (Men& women)	9.30 AM
INAUGURAL SESSION	9. 45 AM
100 M Final (Men & women)	10. 15 AM
Competition for Teachers Or Minor Games	10. 20 AM
Relay (women)	10. 45 AM

P.K.M COLLEGE OF EDUCATION, MADAMPAM

ANNUAL SPORTS MEET 2023-24

Participant List

100m Women

Alpha

1. Kavya K.
2. Dhanya C.
3. Sreethu Babu
4. Jyothis Thomas

Bravo

1. Aleena Antony ~~Jyothika K.V~~ Aleena Antony
2. Isabel Sunny

Charlie

1. Dilna Chandran
2. Pooja O.
3. Jyothika P.
4. Sona K.

Delta

1. Anjana Jayaraj
2. Vaishna A.V.
3. Sajisha M.V.
4. Zia R.

Walking Men

Charlie

1. Gokul Nath P.P.
2. Nijil Sans

Delta

1. Aswin Baburaj

Walking Women

Alpha

1. Vijisha Vijayakumar
2. Anjana Suresh
3. Amiya Mariat Shaju
4. Sarika K.R.

Bravo

1. Anuree Anil
2. Pretty George
3. Alphonsa Joseph

Charlie

1. Aneetta Biju
2. Dilna Chandran
3. Sona K.
4. Navina Joseph

Delta

1. Thejaswi M.S.
2. Ann Christy James
3. Aswathy T.
4. Surya M.T.K

Shot Put Women

Alpha

1. Vijisha Vijayakumar
2. Anjana Suresh
3. Amiya Mariat Shaju
4. Leena Thomas

Bravo

1. Aleena Antony
2. Niveditha K.V.
3. Anusree Anil
4. Sanly N.P.

Charlie

1. Shahiya Banu k.
2. Mithuna C Nair
3. Aswathi Damodaran
4. Anu Maria Jacob

Delta

1. Zia R.
2. Ann Christy James
3. Josna Jose
4. Surya M.T.K.

Shot Put Men

Bravo

1. Amal Tomy
2. Nirmal John

Charlie

1. Gokul Nath P.P
2. Nijil Sans
3. Harikishor K.V.

Delta

1. Aswin Baburaj
2. Akhil C.K.
3. Akshay Sukumaran

Long Jump Men

Bravo

1. Amal Tomy
2. Vishnu Krishnan

Charlie

1. Gokul Nath P P
2. Nijil Sans

Delta

1. Aswin Baburaj

Long Jump Women

Alpha

1. Sreethu M
2. Dhanya C

Bravo

1. Aleena Antony
2. Niveditha K V
3. Pretty George

Charlie

1. Aneetta Biju
2. Jyothika P
3. Dilna Chandran

Delta

1. Sajisha M V
2. Zia R
3. Aiswarya M

400m Men

Bravo

1. Vishnu Krishnan

Charlie

1. Gokul Nath P P
2. Nijil Sans

Delta

1. Aswin Baburaj

400m Women

Alpha

1. Kavya K.
2. Jyothis Thomas

Bravo

1. Pretty George

Charlie

1. Aneetta Biju
2. Pooja O
3. Navina Joseph

Delta

1. Anjana Jayaraj
2. Vaishna A V
3. Thejaswi M S
4. Aiswarya M

200m Men

Bravo

1. Vishnu Krishnan

Charlie

1. Gokul Nath P.P
2. Nijil Sans

Delta

1. Aswin Baburaj

200m Women

Alpha

1. Anjana Suresh
2. Kavya K.
3. Amiya Mariat Shaju
4. Jyoyhis Thomas

Bravo

1. Princy P.
2. Niveditha K.V.
3. *Ezabel Sunny.*

Charlie

1. Pooja O.
2. Mithuna C Nair
3. Navina Joseph
4. Sona K.

Delta

1. Anjana Jayaraj
2. Vaishna A.V.
3. Sajisha M.V.
4. Thejaswi M.S.

100m Men

Bravo

1. Amal Tomy
2. Vishnu Krishnan

Charlie

1. Gokul Nath P.P.
2. Nijil Sans

Delta

1. Aswin Baburaj

ANNUAL SPORTS MEET 2023-24

Result Sheet

No	Name of the students	Event	Position	POINTS			
				ALPHA	BRAVO	CHARLIE	DELTA
1	Gokul Neth PP	400m MEN	I st			5	
	Vishnu Krishnan	400m MEN	II nd		3		
	Niji Sans	400m MEN	III rd			1	
2	Jyothis Thomas	400m WOMEN	I st	5			
	Anjana Jayaraj	" "	II nd				3
	Aneetha BVU	" "	III rd			1	
3	Aneetha BVU	1500m walking	I st			5	
	Vuisha Vuyetkumar	" "	II nd	3			
	Ann christy James	" "	III rd				1
4	Gokul Neth PP	Long Jump MEN	I st			5	
	Niji Sans	" "	II nd			3	
	Aswin Baburaj	" "	III rd				1
5	Zia R	Long Jump women	I st				5
	Sadisha MV	" "	II nd				3
	Niveditha KV	" "	III rd		1		
6	Zia R	Shot Put women	I st				5
	Niveditha KV	" "	II nd		3		
	Josna Jose	" "	III rd				1
7	ANAL TONY	Shot Put MEN	I st		5		
	Akhi CE	" "	II nd				3
	Akshay Sukumaran	" "	III rd				1
8	Zia R	Shot Put women	I st				
	Nived						
Total Points				8	12	20	23

ANNUAL SPORTS MEET 2023-24

Result Sheet

No	Name of the students	Event	Position	POINTS			
				Alpha	Brown	Charlie	Della
8.	Gokul Nath P.P	200m Men	1 st			5	
	Vishnu Krishnan	"	11 nd		3		
	Nijil Sans	"	111 rd			1	
9.	Pooja O.	200m Women	1 st			5	
	Jyothis Thomas	"	11 nd	3			
	Sajisha M.V	"	111 rd				1
10.	Zia R.	100 m Women	1 st				5
	Pooja O.	"	11 nd			3	
	Anjana Jayaraj	"	111 rd				1
11	Gokul Nath P.P	200m Men	1 st			5	
	Vishnu Krishnan	"	11 nd		3		
	Nijil Sans	"	111 rd			1	







Kannur University Inter B.Ed Badminton Championship 2023 - 2024 REPORT

Event Objectives:

The Kannur University Inter B.Ed Badminton Championship for Men and Women, held on January 27, 2024, at Sir Syed Indoor Stadium, Thaliparamba, was organized with the following objectives:

1. **Promotion of Sportsmanship:** The primary objective of the event was to promote sportsmanship and foster a healthy competitive spirit among the B.Ed colleges in the Kannur University region.
2. **Physical Fitness and Well-being:** Encouraging students to engage in regular physical activity and promote overall well-being through participation in badminton matches.
3. **Camaraderie and Collaboration:** To provide a platform for students from different B.Ed colleges to interact, collaborate, and build camaraderie through the shared passion for badminton.

Preparation and Training:

PKM College of Education Madambam, being a consistent performer, prepared rigorously for the tournament. The teams for both boys and girls underwent dedicated training sessions, held every day in the morning and evening, aligning with the objective of skill development and physical fitness.



Participants:

Men's Category:

1. Gokul Nath P.P
2. Ashwin Baburaj
3. Nijil Sans
4. Vishnu Krishnan
5. Arun Jaimon

Girls Category:

1. Zia R
2. Divya K.S
3. Anjana Jayaraj
4. Jyothis Thomas
5. Pooja O

Execution:

On the event day, the Inter B.Ed College Badminton registration commenced promptly at 9 AM, and PKM College of Education Madambam arrived at Sir Syed Indoor Stadium on time. The inaugural session began at 10 AM, with Dr. Raghuman from KE Sahib College and Dr. Sinoj Joseph, Head of Physical Education at PKM College of Education Madambam, delivering opening remarks.

The matches commenced according to the fixed fixture, with PKM College of Education showcasing commendable performance, aligning with the objectives of promoting sportsmanship and skill development, especially in the female category.

Results:

In the Men's Category, Kayi Sahib Training College emerged as the champions, achieving the objective of institutional pride. In the Women's Category, Kannur Salafi B.Ed College secured the championship, promoting collaboration and camaraderie among participating colleges.





Conclusion:

The closing event saw the felicitation of winners and participants by key personalities, including Dr. Sinoj Joseph, Dr. K. Abdul Rahman, Dr. K. Bina, Dr. Sharafa Naufeena, Afla Teacher, and others. The Inter B.Ed College Badminton Championship was a resounding success, achieving its objectives and contributing to the holistic development of students in the participating institutions. Congratulations to all for their dedication and sportsmanship.





PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

Kannur University Intercollegiate Basketball Tournament (Men-Women) 2023



Objectives

- Organize Kannur University Intercollegiate Men's and Women's Basketball Tournament 2023.
- Emphasize organizational skills for student teachers.
- Highlight the importance of sports in teaching and student life.

Planning

PKM College of Education, Madampam has been selected as the venue for Kannur University Intercollegiate Men's and Women's Basketball Tournament for the year 2023-2024. Head of Sports Department Dr. Sinoj Joseph was selected as the tournament coordinator and decided to hold the tournament on 30th and 31st of October 2023. Ashwin Baburaj and Gokul were appointed as student coordinators. Then committees

like Registration, Refreshment, Documentation etc. were formed and all the students were assigned for volunteer duty.

Execution

Day 1

Registration for the women's teams started at 9 AM of 30th of October. Sharp at 9:30, the official inauguration program began. The Tournament Coordinator, Dr. Sinoj Joseph, welcomed everyone and delivered a speech. Then Principal Dr. Jessy N. C assumed the title of president and officially inaugurated the tournament. After that, the heads of the sports departments from various colleges, who came to participate in the tournament, addressed the ceremony. The inaugural function concluded at

10 AM with a vote of thanks by the student coordinator, Ashwin Baburaj.

The women's team competition started at exactly 10:30 AM. The women's basketball tournament was registered by Govt: Brennan College; Nehru College; Krishna Menon Memorial Women's College; Chinmaya College; Don Bosco College; and S.E.S College.

In the first match, Govt: Brennan College and Nehru College competed and Govt: Brennan College won by 22 - 18 points. The first match ended at 11.30. Secondly at 11.30 Chinmaya College and Krishna Menon Memorial Women's College competed and Krishna Menon Memorial Women's College won by 0 - 37 points. This match was concluded at 12.00 p.m. Thirdly, at 12.15, Don Bosco College and Govt: Brennan College competed and ended with the victory of Don Bosco College at 12.40 with a score of 20 - 3 points. Fourth at 12.50 SES College and Krishna Menon Memorial Women's College competed and ended with SES College humbled by 15 - 10 points at 1.30. Registration for the men's teams started at exactly 1 pm..and then went into a lunch break of 45 minutes.

After the break, the games resumed at exactly 2.15. Then fifthly at 2.15 the match between Govt. Brennan College and SES College started and SES College won by 0 - 17 points at 2.30. Sixth at 2.36 the match between Don Bosco College and Krishna Menon Memorial Women's College started and by 3.17 it was 9 - 21 points. Krishna Menon Memorial College for Women and passed.

Later the games had to be stopped due to rain and the games were resumed after the rain. In the semi-final match that followed, Krishna Menon Memorial Women's College and Govt. Brennan College competed and Krishna Menon Memorial Women's College won by 18 - 3 points. Then in the final match, a fierce match was witnessed between Don Bosco College and SES College and SES College won the Kannur University Intercollegiate Basketball Tournament 2023 women's section with a score of 23 - 50 points.

In the Kannur University Intercollegiate Basketball Tournament 2023-2024, SES College bagged first position, Don Bosco College second position and Krishna Menon Memorial Women's College third position.

Dr. Anoop (Assistant Director Physical Education, Kannur University) distributed the prizes to the winners.



Then the matches continued. Then the first match in the men's category started at 3.30. In the men's basketball competition, Mary Mata Arts and Science College, Brennan College, SES College, Nehru Arts and Science College, St. Joseph's College, Nirmalagiri College, Donbosco College, Government College Kasaragod were registered. , Gurudev College.

In the first match, Mary Mata College and Brennan College met and Mary Mata College won by 15-09 points. Then in the match between St. Joseph's College and Government College, Kasaragod, St. Joseph's College was leading on the basis of 57-30 points. Later the competition was between Nirmalagiri College and Nehru College. Nehru College won the match with 07-67 points. Then SES College and Gurudev College competed and SES College won on the basis of 23-06 points. Then in the match between Mary Mata College and Donbosco College, Donbosco College was ahead with the rate of 13-46 points.



Day 2

4 games were played on 31/10/2023, the second day of Kannur University Intercollegiate Basketball Tournament 2023-24. The semi-final and final of the men's category were held on that day. St Joseph's College, SES College, Nehru College and Donbos Co College are the teams that are eligible to play in the semi finals.

The match started at exactly 7.30. For the first time in the semi-final, St. Joseph's College and Nehru College competed and Nehru College won by 11-64 points. Later the competition was between SES College and Donbosco College. Donbosco College won with 52-76 points. Then there was the losers final match between St. Joseph's College and SES College. SES College won the match with 36-53 points. In the final match, Nehru College and Donbosco College met and Nehru College won by 93-38 points and became the winner of the men's category. The match ended with exactly 1.30

overs.

In the Kannur University Intercollegiate Men's Basketball Competition, Nehru College won first place, Donbosco College second place and SES College third place.

In the closing ceremony held in the afternoon, Dr Jo Joseph (Deputy Director Department of Physical Education Kannur University), Dr. Sister Jessie NC (Principal PKM College) and Dr. Wilson VA (Associate Professor School of Physical Education Kannur University) presented the prize. Praveen Mathew (Assistant Physical Education Matai College), P. Raghunath (Assistant Professor, St. Pius Ten College, Rajapuram) and spoke to convey their greetings.

Officials headed by Vinod Kumar Aramana (Vice President Kasargod Basketball Association) conducted the tournament. College Chairperson Anita Biju adjourned the closing ceremony by thanking everyone.

Conclusion

Kannur University Intercollegiate Basketball Tournament 2023-24 was organized very well. All the participating colleges showed their best performance. All the teams competed with good spirit and enthusiasm. Therefore, even the spectators were excited about the competition. By conducting such a tournament, we got an opportunity to improve the organizational excellence as teachers and students and to highlight the importance of the sports sector.







PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

REPORT OF WORKSHOP ON SELF DEFENCE

Asadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of progressive Independent India. As part of NCTE's effort to increase the outreach of the second phase of Azadi Ka Amrit Mahotsav and as per the directive of the Ministry of Education, all Teacher Education Institutions have been directed to conduct programs and events till August 2023. P.K.M. College of Education, Madampam actively take part in this mission by organizing several programmes to increase the spread of the second phase of Azadi Ka Amrit Mahotsav.

On 21/06/2023 , Wednesday PKM College of Education conducted a workshop on self-defence for the first year stu-



dent teachers as an initiative and part of the Jan Bhagidari activities . The concept of Jan Bhagidari (people's participation) implies the role of the collective in implementing policies. Harnessing the power of the people has been the central aspect of implementing the PM Modi-led government's policies in India. PM Modi has shown the benefits of tapping into this power by motivating the masses to do their bit, to check when something is going wrong, flag issues to the government during the implementation of policies and motivate others to aid governance. Jan Bhagidari is incomplete without the continuous process of Jan Samwad (dialogue with the people). The essence of true participative governance rests on holding regular interactions with the people to understand ground realities, followed by policy papers based on the analysis of the issues with suggestive measures to tackle them. This is ideally followed by feedback from the people and beneficiaries based on which the policy is then implemented. Prime Minister Narendra Modi said the coming five years of his second term have to be years of 'Jan Bhagidari' (people's participation) and 'Jan Chetna' (people's awareness), and should further enhance India's position at the world stage.

Self-defense is of paramount importance for several reasons. Here are some key reasons highlighting the significance of self-defense: The primary objective of self-defense is to ensure personal safety and protection. By learning self-defense techniques and strategies, individuals gain the skills and confidence necessary to defend themselves in potentially dan-





gerous situations. Self-defense empowers individuals to safeguard their well-being and respond effectively to physical threats. Self-defense today is crucial to all irrespective of the gender as mob attacks and other scenarios have come into the picture. Self-Defense is the method by which one can protect oneself with one's own strength. It involves various techniques but the first step towards it is Fitness. Learning self-defense through fitness is of prime importance as there are tremendous power imbalance and unsafety where we live today. This also tends to break the stereotype about women. As a matter of fact, Self defense is needed by both the two genders in this time where mob attacks are a common thing. It also helps in cases of gender violence as there are many that go unreported. This is making learning self-defense imperative day by day.

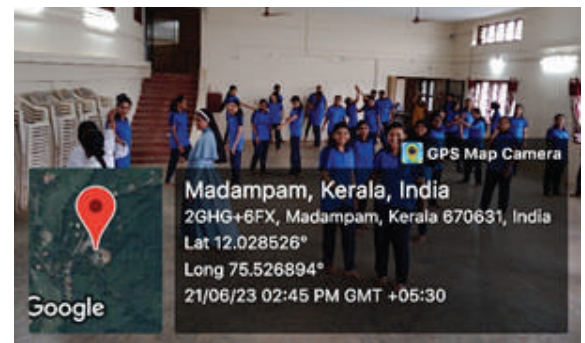
Self-defense is important today because of the increasing crime rate against women in India. This includes rape, sexual assaults, molestation, kidnapping, and murder. The list of gruesome crimes in India are endless and this is towards both the gender. Other brutal crimes such as acid attacks, groping and eve-teasing are captured in the newspapers time and again. In fact, there are many that are not captured as well. This has made learning Self-Defense for Women more than important. Being cautious is key too which is taught in this defense form as criminals select the targets who are unaware of their surroundings. Self-defense for women makes them aware, cautious and equipped in times of danger against these criminals. This can also mitigate the count of crimes against women.

The workshop began at 1.30 P.M at college auditorium Dr. Sinoj Joseph, Assistant professor in Physical Education introduced the resource person Santhosh Mathew, a Karate and self-defense trainer with more than 35 years of experience with all the required qualifications and police permit for organizing martial arts classes. He do conduct Karate training/ self-defense programs in different educational institutions of repute in Kan-

nur district. Apart from my vast experience in Karate, he have been promoted to the rank of National Level Karate Judge/Referee and was given the 2017 Best Karate Instructor award. He was a 4th Dan Black Belt holder from ASAI Shotokan, Japan (One of the best Karate Institutions in the world) and 6th Dan Black Belt from Karate Budokan, Australia. At present, he was privileged to hold the position of the South Indian Regional Director of ASAI Shotokan, Japan. As Karate is an integral part of personality development Self-defense this workshop thereby contribute towards building up self-esteem, confidence, and integrity among the teacher trainees who are moulding our future generation. The practical session was very needy and effective for the today's world. He demonstrated various defensive techniques in karate with the assistance of his four students. The students energetically participated and learned the new defensive techniques in highly enthusiastic way. The technique he used is really beneficial especially for the women. The simple and effective techniques that rescue us from the dangerous situations. After the practical session in the valedictory session Asadi ka Amrit coordinator Adithya Raj welcomed the dignitaries and the audience then Presidential address was made by the college principal Dr. Jessy N.C and Felicitation was given by Dr. Sinoj Joseph faculty in charge of Aza-di Ka Amrit committee, Key note address was given by the resource person Santhosh Mathew after that, a certificate of honour, was given to Santhosh Mathew by college principal then student representative Fr Amal Tomy delivered the vote of thanks.

Self-defense is of paramount importance for several reasons. While self-defense primarily focuses on protection, it also emphasizes empathy and conflict resolution skills. Many self-defense programs teach individuals to assess situations and use non-violent methods to defuse a summary,

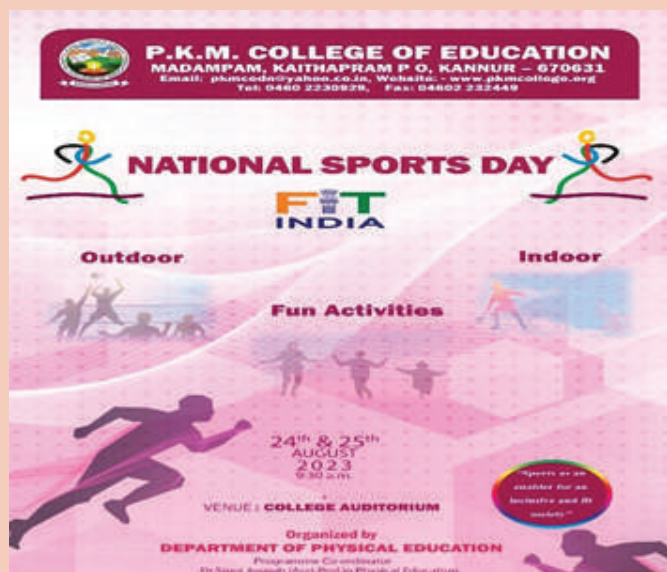
self-defense is essential for personal safety, empowerment, and confidence. It contributes to physical fitness, mental resilience, and the ability to navigate potentially dangerous situations. By learning self-defense, individuals gain the skills and mindset necessary to protect themselves and promote a safer and more secure environment. So these type of programmes are highly beneficial for the student teacher. .





PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

REPORT OF National Sports Day – FIT INDIA



Fit India was launched on August 29, 2019, by the Honourable Prime Minister with a view to making fitness an integral part of our daily lives. It was initiated with the intention of making changes in the lifestyle of every human being through physical activities. India celebrates National Sports Day on 29th August every year. The day commemorates the birth anniversary of Major Dhyan Chand, the great hockey player. While we are about to celebrate the day PKM College of Education, Madampam jointly celebrated National Sports Day to spread the aim of the Fit India Movement along with Onam celebrations on 24-08- 2023. Under the guidance of Dr. Sinoj Joseph, Head of the Department of Physical Education, PKM College, the program began at 1:30 pm at the college ground. Students who were divided into Four groups (Roger Federer, Usain Bolt, Mary Kom, and Neeraj Chopra) competed against one another.

At 1:48 p.m., the Lemon and Spoon Race was held. The competition started with four groups containing 8 each. Usain Bolt bagged first place, Neeraj Chopra took second place and Roger Federer took third place at the end of the game. After the lemon and spoon race,

a variety cricket game was conducted. Everyone's enthusiasm and cooperation made this match great. Neeraj Chopra won first place and Roger Federer and Usain Bolt took second place.

Around 2:30 p.m., the next game, the basketball free throw, took place. All groups shared the score evenly. The fourth competition, water bottle filling, took place at three o'clock. Roger Federer was crowned first, Usain Bolt second, and Mary Kom third. After the competitions of students, teachers and staff of PKM College also took part in games and proved that age is just a number. At around 4:30 pm, Dr. Jessy N.C., principal, of PKM College congratulated everyone and the event came to an end.



On the second day, 25th August, at 8.30 am, the matches as part of National Sports Day resumed. The event started with badminton. First was the boys' singles match. In the competition of three teams, Roger Federer won first place, Usain Bolt won second place and Mary Kom won third place. Girls competed as doubles by parting into 4 teams. Roger Federer won first place, Usain Bolt second, and Neeraj Chopra third. The match ended at 10.00 am.

PKM College of Education is a college that promotes sports in a positive way. Each Sports item ensured the students' strength in various games. It helped students to showcase their excellence, and it made students aware of the need to maintain themselves physically fit.





PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

KANNUR UNIVERSITY

INTER B.Ed. ATHLETIC MEET 2024

REPORT



The Inter BEd Athletic Meet at Kannur University Mangattuparamb Athletic Stadium, conducted on February 5, 2024, was an exhilarating event that showcased the athletic prowess and sportsmanship of students from Kannur University. The grandeur of the day was accentuated by the esteemed presence of Dr. Anil Ramachandran (head School of physical education and sports Sciences Kannur University), who inaugurated the event, and Dr. Sinoj Joseph (assistant professor of physical education, PKM College of Education Madampam), both of whom were felicitated during the inaugural ceremony.

Athletic Competitions:

The day unfolded with a series of thrilling track and field events, showcasing the physical prowess and competitive spirit of the Inter BEd participants. Athletes displayed exceptional skill, determination, and team spirit,

it, making the event a true celebration of athleticism and healthy competition. The first event that was held on the track was the 800 m race for men and Vishnu Krishnan of PKM College of Education Madampam secured 3rd position. Amal Tommy of PKM College of Education bagged first positions in shot put and high jump, he also secured third position in the long jump. Gokul Nath PP secured first place in all three events (100 m, 200 m and 400 m) and became the individual champion. It was a remarkable achievement for both him and PKM College of Education Madampam. Boys team won the first position in (4*100m relay) participants are Amal Tomy, Gokulnath PP, Vishnu Krishnan, Nijil Sans. It's a testament to their hard work and dedication to excel in sports.

PKM College of Education's Triumph:

Among the participating institutions, PKM College of Education, Madampam, emerged as the 1st runner-up, showcasing their dedication and skill in various athletic disciplines. The college's outstanding performance was met with cheers and applause, solidifying their position as a force to be reckoned with in the realm of sports. Trophies and medals were awarded to recognize outstanding achievements in



various categories, creating a sense of pride and accomplishment among the participants. Final Medal Tally of Kannur University level Inter B. Ed College Athletic Meet
2023/24 :

MEN CATEGORY

First position : KUTEC MANANTHAVADY with 41 points(4 Gold, 6 Silver, 2 Bronze) Second position : PKM COLLEGE MADAMPAM with 37 points (6 Gold,2 Bronze).Third position : Crescent B. Ed College Payangadi and Salafi B.Ed College with 6 points (1 Gold and 1 bronze each)

WOMEN CATEGORY

First position: Government Brennan College of Teacher Education Thalassery with 33 points (5 Gold, 1 Silver)

Second position: KUTEC MANANTHAVADY with 20 points (2 Gold, 3 Silver,1 Bronze). Third position: Rajeev Memorial B.Ed College with 13 points (1 Gold, 2 Silver, 1 bronze)

Best Individual Athlete

Men: Gokul Nath (PKM COLLEGE MADAMPAM)

Women: Aswathi M V (Government Brennan college of teacher education Thalassery)

Names of the students of PKM College of Education who had participated for the Inter B.Ed.Athletic Meet :

Boys

Amal Tomy
Akhil CK
Gokul Nath PP
Aswin Baburaj
Arun Jaimon
Vishnu Krishan
Nijil Sans

Girls

Zia R
Sreethu M
Jyothis Thomas
Pooja O
Aneeta Biju
Sandra Louis
Sneha M
Sajisha MV

The Inter BEd Athletic Meet at Mangattuparamb was not only a celebration of athletic excellence but also a platform for acknowledging the contributions of esteemed educators. Dr. Anil Ramachandran's inauguration and the felicitation of Dr. Sinoj Joseph added a distinguished touch to the event. The success of PKM College of Education underscored the commitment of BEd students to both academic and athletic pursuits, making the day a memorable and inspiring experience for all.

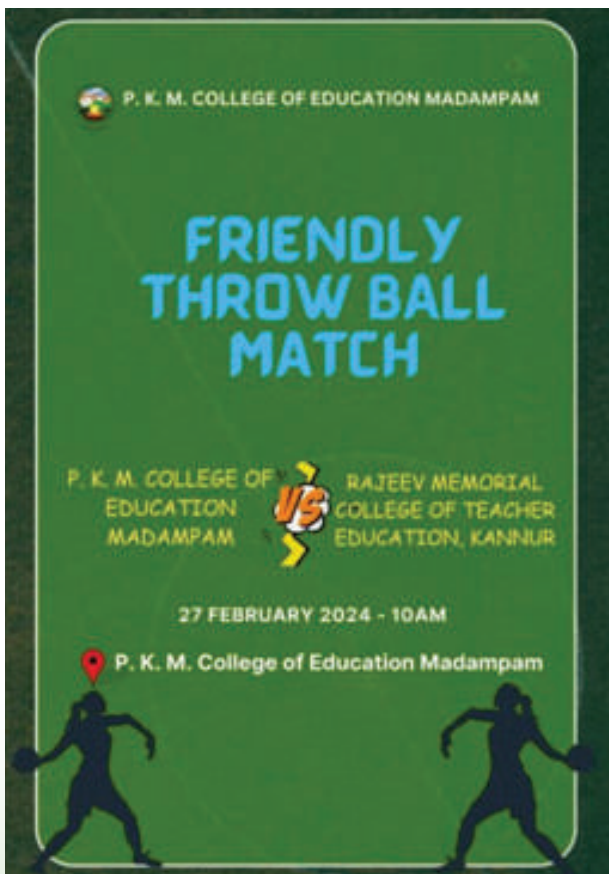






PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

PKM COLLEGE OF EDUCATION,MADAMPAM 2024 FRIENDLY THROWBALL MATCH REPORT

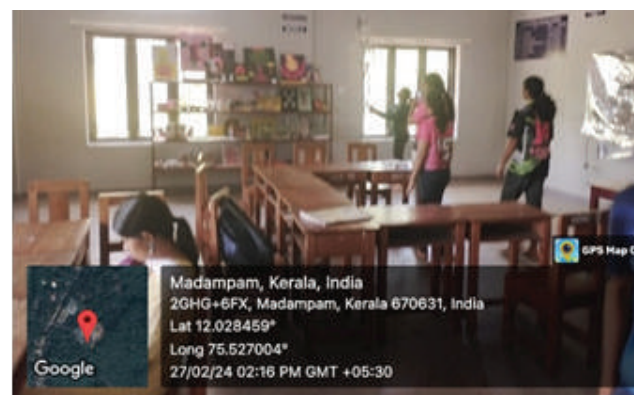


On February 28, 2024 PKM college of teacher education hosted a friendly throwball match, welcoming participants from Pkm college and Rajeev Memorial College of teacher education. The event commenced with an inauguration by Dr Veena appukkuttan (HOD of the social science department pkm college) emphasizing the values of sportsmanship and friendship. Sinoj joseph (HOD of the physical education department pkm college) extended a warm welcome to all participants, emphasizing the spirit of friendly competition and mutual respect. The physical education teacher from Rajeev Memorial College of teacher education offered a felicitation speech expressing their gratitude for the invitation and highlighting the importance of friendly matches. The matches commencing promptly at 10:30 AM, both teams displayed exemplary performances across 5 intense matches. Each college showcased their skills and sportsmanship, captivating the audience with their dedication and talent in throwball.



Facility Visit

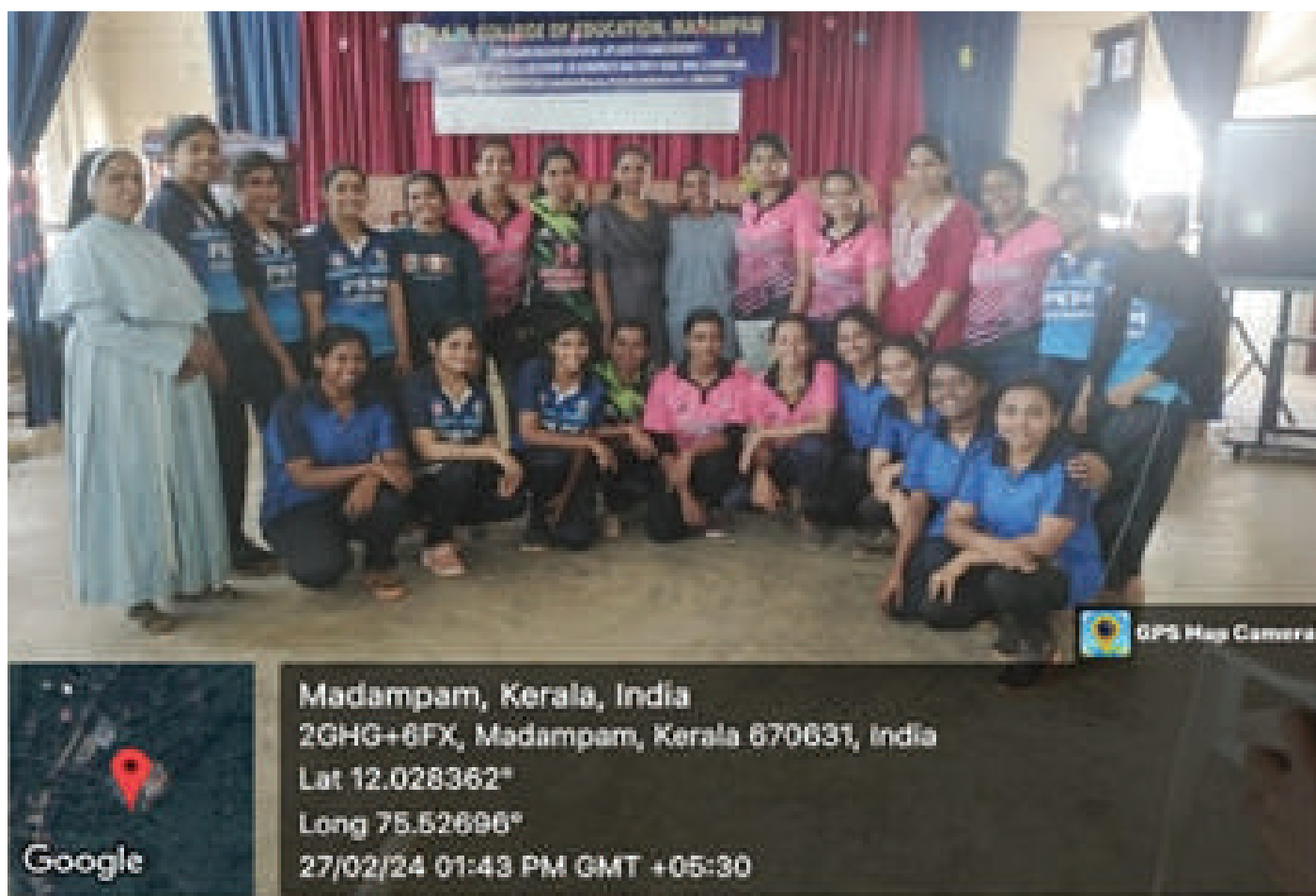
Following the friendly throwball match, participants from Rajeev Memorial College of teacher education were given a visit of the facilities at PKM College of Education. Led by faculty members and student guides, the visitors explored various academic buildings, sports facilities, and recreational areas within the college campus. It included the visit to classrooms, Laboratories, library facilities, and administrative offices, providing an overview of the academic infrastructure available at PKM college. Additionally, participants had the opportunity to observe the well equipped sports facilities, including indoor and outdoor courts, open gym. Throughout the visit, the faculty members and student guides provided insights into the college's Academy programmes extra-curricular activities and support services available to students. The visit aimed to showcase the comprehensive educational environment and the resources offered at PKM College of Education, fostering collaboration and exchange of Ideas between the two institutions.



Cultural Exchange Program

After the facility visit participants from Rajeev Memorial College engaged in a cultural exchange program at the peace forum corner. The programme featured various performances and the presentations aimed at promoting cultural understanding and fostering peace. One of the highlights of the event was collaborative performance of song by students from both Institutions. Through music, participants celebrated diversity and Unity, sending a powerful message of harmony and cooperation.

Friendly throwball match between the pkm college and Rajeev Memorial College served as a valuable opportunity for the students to enhance their Sporting skills and knowledge. Despite Pkm college emerging Victorious in all matches, the significance of the event extended far beyond the scoreboard. Participating in the matches allowed players to familiarise themselves with the playing environment, including the court layout, dimensions and surface conditions. This first hand experience is crucial for players to adapt and perform optimally in future competitions. The friendly match was more than just a competition; it was a platform for holistic development and growth. By participating in the match, players gained valuable insights into the complexities of the game, developed essential life skills, and created lasting friendships.





PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

INTER B.ED COLLEGE TUG OF WAR CHAMPIONSHIP REPORT



Objectives

Increase fitness: tug of war competition is a competition that requires strength and cooperation. It helps improve muscle strength, endurance and coordination.

Build Teamwork: The team must work as one to win the fitness competition. It helps build communication, trust and mutual respect.

Develop sportsmanship: tug of war competition is competitive and challenging. It encourages sportsmanship and strives for success.

Fun and celebration: tug of war competition is a great way to enjoy and celebrate. It helps bring people in the community together and promotes a healthy lifestyle.

Planning

Inter BE.D College Tug of War Championship has been decided to be held this

year on February 01, 2024 at Sum Outdoor Stadium under the auspices of Sum Training College. PKM College of Education registered Inter B Ed College Tug of War Championship and selected teams in boys category and girls category are started training under the leadership of Biju sir. Training was conducted every day in the morning and evening.

Execution

On 01/02/2024 Inter BE.d College Tug of War Championship registration started at 9:30 AM sharp and PKM College of Education Madampam reached Sum Outdoor Stadium on time.

Participants

Male category :

Amal
Akhil C K
Nirmal
Gokul Nath P P
Aswin Baburaj
Nijil Sans
Vishnu Krishnan
Arun Jaimon

Female Category :

Zia R
Divya K S
Anjana Jayaraj
Jyothis Thomas
Aleena Antony
Sisira V
Shahiya Bhanu
Nandana Das
Archana P V



The inaugural session started at exactly ten o'clock and VM Abdul Aziz Haji, Chairman of Some College of Teacher Education inaugurated the session and spoke. PKM College of Education Madambam, Head of Physical Education department Dr. Sinoj Joseph addressed the felicitation . After the necessary instructions, the match started as per the fixed fixture. PKM College of Education performed well in male and female category.





Conclusion

Government Brennan College of Teacher Education and Crescent College of Teacher Education Madaipara became the champions in the Inter B. Ed College Tug of War Championship.

Chakkarakal: In the Inter B Ed tug of war Competition held at SUM Outdoor Stadium under the auspices of SUM Training College, Crescent College of Teacher Education became champions in the men's category and Government Brennan College of Teacher Education became the champions in the women's category. Nileswarem Mahatma College also positioned the second position in the male category. In the women's category, Crescent College of Teacher Education Madaipara positioned the second position and Mahatma College Nileswarem and Mananthavadi Teacher Education Center positioned the third position.



PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

Kannur University Inter B.Ed Volleyball Tournament (Boys) 2024 REPORT

Objectives

- To conduct Kannur University Inter B.Ed college(boys)tournament 2023-24
- To create a leadership quality and to foster an organisation skill among the student teachers.
- To make an awareness on the importance and significance of sports and games in the field of teaching

Planning

P K M College of Education Madampam has decided to host Kannur University Inter B.Ed college Volleyball tournament (boys) on Monday, 19th February ,2024 at PKM College indoor stadium. The event commenced promptly at 9.30 AM, drawing participation from enthusiastic students from different B.Ed colleges affiliated to Kannur University. The Head of Physical Education department Dr. Fr.Sinoj Joseph serving as the staff co-ordinator, while Jyothis Thomas is taking on the role of student co-ordinator. Various volunteers have been assigned to different duties such as registration, refreshment, document etc to ensure the smooth running of the event.

Execution

The programme commenced promptly at 9 AM, with Dr. Fr.Sinoj Joseph(Physical Education HOD, Programme coordinator) extending a warm welcome to the participants in his capacity as the coordinator. The event held at PKM College ground which witnessed enthusiastic participation from various teams marking the beginning of a day filled with sportsmanship and camaraderie. All participants registered eagerly, marking the beginning of the event displaying a high level of excitement and anticipation. The atmosphere was charged with energy as team geared up for the upcoming matches, showcasing their determination and readiness to compete.



Totally there were 6 teams to play. And the first match showcased Crescent B. Ed College Madayippara and B.Ed college Dharmasala with Crescent emerging victorious after an intense competition. In the second match, Rajeev Memorial College of Teacher Education competed against Keyi Sahib, with Keyi Sahib securing a win, further intensifying the competitive spirit of the event. Next was semi final. In the first semi final match witnessed Crescent and PKM battling it out on the field, with Crescent securing a decisive victory showcasing their exceptional skill and teamwork. In the second semi final Malabar B.Ed college Peravoor and Keyi Sahib training college clashed, resulting in Malabar B. Ed training college emerging victorious after a closely contested match, highlighting their resilience and determination.

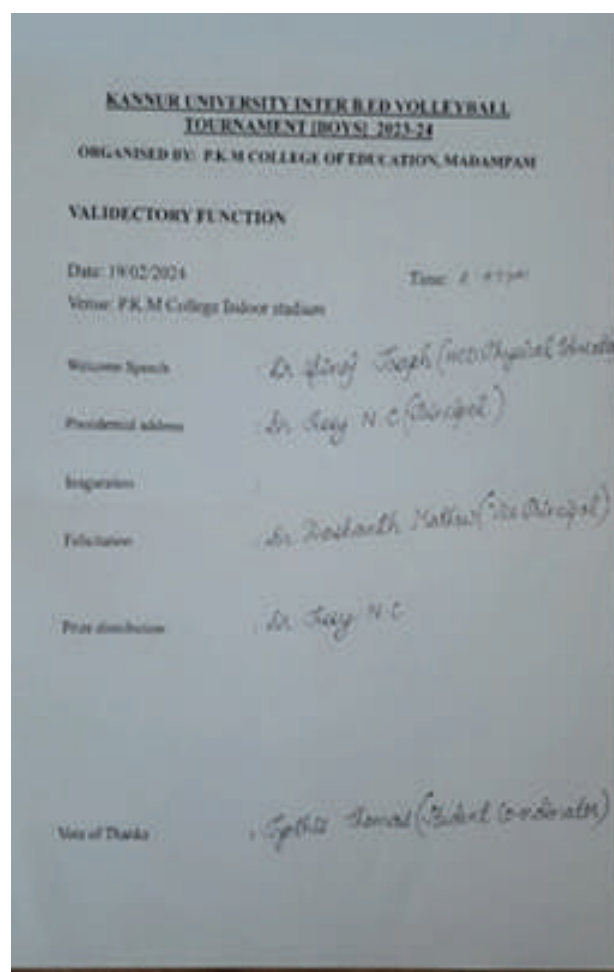


The final match was conducted after lunch break which was upto 2.00 pm. The culminating event of the sports tournament was the highly anticipated final match between Malabar B Ed training college and Crescent Madayippara. Both teams, Malabar and Crescent played very well and finally Malabar training college acquired the first position in the match after a hard-fought battle. Also Fr. Amal Tomy (PKM College) was selected as the star of the tournament, Abhijith from Malabar training college awarded for best attacker and Gokul (Crescent B.Ed college) awarded for best emerging player.

Validictory Function

Following the exhilarating final match between Malabar training college and Crescent college of Bed the sports tournament concluded with a grand prize giving ceremony. PKM College principal Dr Jessy N C delivered a poignant presidential address commenting the dedication and sportsmanship exhibited by all teams through the tournament. Dr. Fr. Sinoj, HOD of Physical Education Department, renowned for his dedication to the promotion of sports gave felicitation speech to encourage and motivate each and every participants. Dr Prasanth Mathew, Vice principal of PKM College, also gave felicitation speech to participants. The programme officially concluded with the vote of thanks given by Jyothis Thomas.

Programme sheet





Principal Dr Jessy N C PKM College of Education



Malabar B.Ed training college won 1st prize in Kannur university B.Ed college(boys)Volleyball tournament.



3rd prize shared by PKM College of Education & Keyi Sahib Training college Karimbam Madampam.



‘Star of the tournament’ awarded to Fr. Amal Tomy



Best attacker of the match Abhijith (Malabar B.Ed college)
and Best emerging player . .
Gokul (Crescent B.Ed college Madayippara)

Conclusion

The tournament enabled the students at PKM college to achieve our objectives and impart valuable lessons to all participants. Through the organization of the tournament individuals honed their organisational skills, co-ordination, and execution. Furthermore the tournament underscored the significance of sports in the field of teaching, highlighting its pivotal role in holistic development.

KANNUR UNIVERSITY INTER B.Ed VOLLEYBALL CHAMPIONSHIP(MEN)

FEBRUARY 19, 2024

P.K.M. COLLEGE OF EDUCATION MADAMEAM

DUTY LIST

- GENERAL CO-ORDINATOR: JYOTHIS THOMAS
- REGISTRATION: ANNCHRISTY JAMES, PRETTY GEORGE, ANUSREE ANIL
- ANNOUNCEMENT AND SCORE BOARD: JYOTHIS THOMAS, ANJANA JAYARAJ
- FIRST AID: DILNA, VIJISHA, SAJISHA
- PHOTOS, VIDEOS AND REPORT: ANASWARA, AMIYA, NIKHILA
- BROCHURE: ANUSREE ANIL, PRETTY GEORGE
- REFRESHMENT: SANDRA, SHAHIYA BANU, ARCHANA
- NEWS REPORT: SONA, THEJASWI

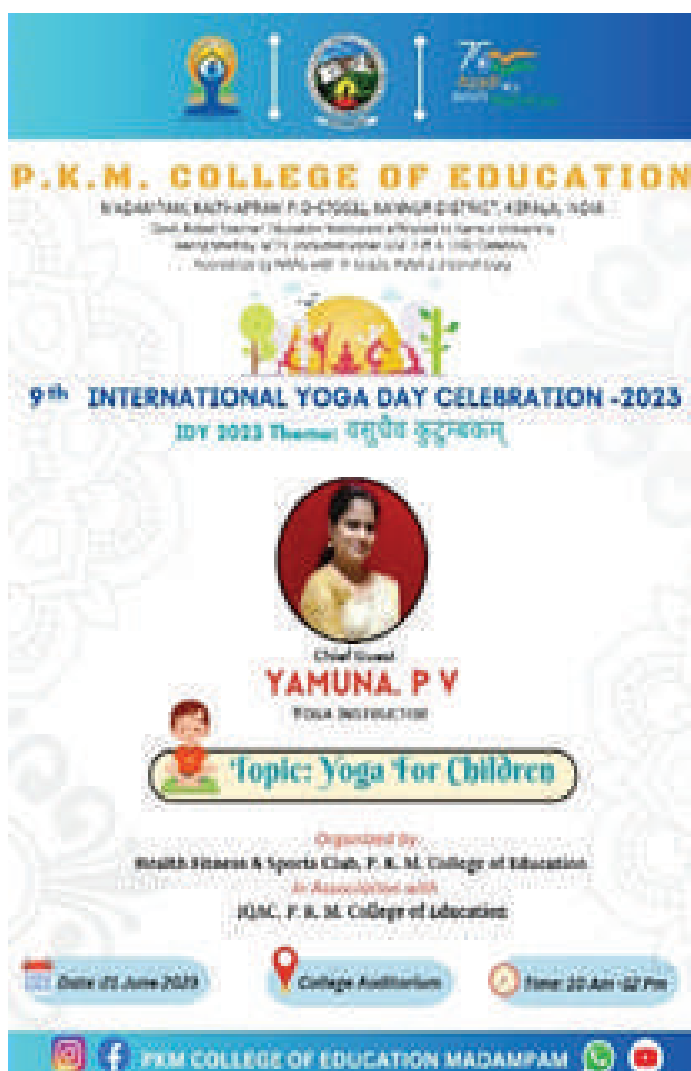


PKM COLLEGE OF EDUCATION
MADAMPAM KAITHAPRAM P.O 670631 KANNUR DISTRICT ,KERALA ,INDIA
(Govt. Aided Teacher Education Institution Affiliated to Kannur University)
Recognized by NCTE, included under UGC 2(f) &12B Category
Accredited by NAAC with 'A' Grade ,RUSA 2.0 beneficiary

9TH INTERNATIONAL YOGA DAY CELEBRATION REPORT 2023

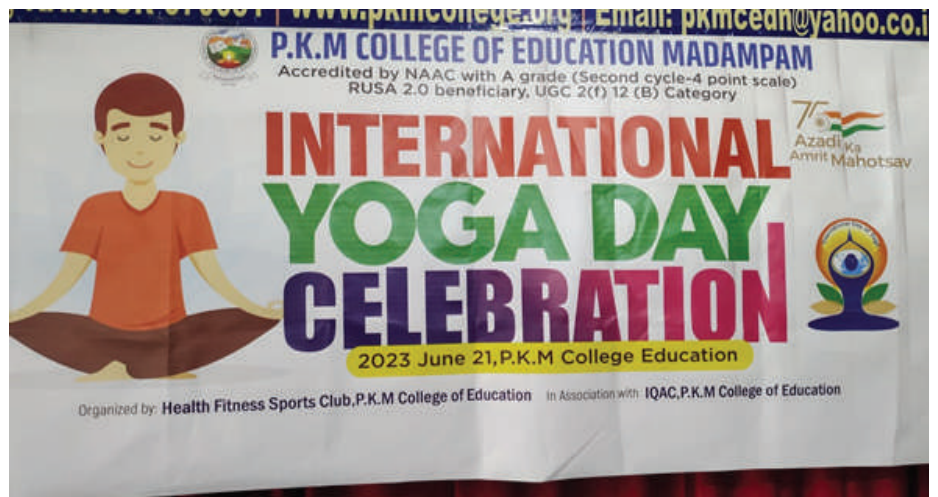
International Yoga Day, celebrated annually on June 21st, holds great significance. Yoga Day is celebrated worldwide to raise awareness about the benefits of yoga and to encourage people to adopt yoga as a way of life. This day was first proposed by the Indian Prime Minister, Narendra Modi, during his 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 9th 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 out-



come 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 as well as the practical session was highly useful for the student teachers.





P.K.M. College of Education, Madampam

Report on Kannur University Inter B.Ed Chess Championship 2023 – 2024

Objectives

- To increase students attention.
- To enhance decision making capacity.
- To increase memory power.
- To develop creativity.
- To improve problem solving skills.
- To develop better planning skills in students.
- To build competitive intelligence.

Planning

It has been decided to hold the Inter BE.D. College Chess Tournament, which will be held on March 16, 2024, at Govt. Brennan B.Ed. College. PKM College of Education, which is a top performer every year, has registered for the Inter B Ed College Chess Championship, selected the top performers, and started the necessary training.



Execution

16/03/2024 Registration for the inter-B.Ed Chess Championship started at 9 a.m. sharp at the Govt. Brennan Campus under Kannur University. Around six colleges

participated in the tournament. PKM College students also participated in the competition. Dr. Kanchana, Government Brennan BE College Principal, welcomed the meeting. Dr. Madhusudanan, Head of Physical Education at MECF College Peringathur, inaugurated and spoke. Aziz M., Sr. Superintendent, addressed the gathering.



The match started at 10 a.m. PKM College faced Brennan Bed College in the first round. Salafi B.Ed. College and Crescent B.Ed. College competed in subsequent rounds. The teaching students of PKM College performed well in the championship.

Competitors

1. Gokulnath P.P
2. Vishnu Krishnan
3. Nijil Sans
4. Jyothika P

Malabar B.A. Training College Peravoor won the championship. All teams performed well.







P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P O, KANNUR – 670631, Website: - www.pkmcollege.org

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

Kannur University Inter College Fencing Championship

Kannur University Inter College Fencing Championship was held on 07/12/2023 at Thalassery sai Center .pkm college students participated.

The matches started at exactly 10 am. Gokul Nath PP, a 1st year BEd student, bagged a bronze medal in the Eppee and Foil individual event. First-year students Gokul, Arun, Nijil, and Vishnu won the bronze medal in the eppee foil team category. The matches ended at 4 pm.





P.K.M COLLEGE OF EDUCATION MADAMPAM
KAITIAPPAN PO, KANNUR-670631. WEBSITE- WWW.PKMCOLLEGE.ORG GOVT. AIDED TEACHER
EDUCATION INSTITUTION AFFILIATED TO KANNUR UNIVERSITY. RECOGNIZED BY ICTE AND INCLUDED
UNDER UGC 2(F) & 12B CATEGORY. ACCREDITED BY NAAC WITH 'A' GRADE, RUSA 2.0 BENEFICIARY

Congratulations TO THE WINNERS



GOKULNATH

1ST YEAR B.ED
EPPE-INDIVIDUAL-
BRONZE
FOIL-INDIVIDUAL-BRONZE



ARUN JAIMON, GOKULNATH, NIJIL SANS, VISHNU KRISHNAN

1ST YEAR B.ED
EPPE-TEAM-BRONZE
FOIL TEAM-BRONZE

UNION ANEKHA 2023-24



GPS Map Camera

Thalassery, Kerala, India

Overburry's Folly Rd, Palissery, Thalassery, Kerala 670104, India

Lat 11.750406°

Long 75.484984°

07/12/23 01:52 PM GMT +05:30

Google