



# **DON BOSCO ARTS AND SCIENCE COLLEGE**

Angadikadavu P.O., Kannur Dt., Kerala - 670 706

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## **DEPARTMENTAL ANNUAL EVALUATION REPORT 2018 – 19**

### **DEPARTMENT OF PHYSICAL EDUCATION**

#### **CONTENTS**

1. Achievements and Accomplishments of the Department
2. Areas of concern in the Department
3. Suggestions and Recommendations for the Next Year

#### **SUMMARY**

The Department of Physical Education, Don Bosco arts and Science College is promoting Physical Education and sports on par with regular academics. Our college has well recognized the value of sports and physical activities as a means of developing personality promoting social harmony and discipline. The department provides ample opportunity to the students to utilize their leisure time with physical activities to reduce their stress in their day-to-day education system. We believe in all round development of Students and hence, apart from our success stories in the field of education, the University provides encouragement and support to sports in a big way. With this Unconditional support, the physical education department went on to bring glory to the Don Bosco arts and Science College in several disciplines of sports. Sports & Games activities in the University Campus were very much active and alive during the year 2018-2019. Our college is made a land mark in the Kannur University sports filed.

## **ACHIEVEMENTS**

### **Academic Field: -**

- 67 students secured grace mark by winning inter collegiate championship.
- 11 students are participated in All India inter university championship.
- Albin Philip BBA 2nd year student selected Kerala Yoga team and participated national yoga championship held at Chennai.
- 18 students are participated Kerala state senior tug of war championship.
- Amal Saju and Amala C V B.Com computer application students are selected in to Kerala team for national tug of war championship .
- 10 students are participated Kerala state Yoga championship.
- Albin Philip BBA 2<sup>nd</sup> year student won bronze medal in Kerala state yoga championship.
- All students will get grace mark in PSC and some other government competitive examinations.

### **Intercollege Games (Team Championship)**

No	Event	Position
1	Tug Of War (Men)	II
2	Tug Of War (Women)	II
3	Badminton	III
4	Ball Badminton	III
5	Yoga( Men)	III
6	Yoga (Women )	III
7	Gymnastics (Men)	III
8	Gymnastics (Women)	III
9	Basketball (Men)	IV
10	Volley Ball Women	IV

**College games Festival (Inter Departmental): -**

Conducted four inter department tournaments

- Football
- Basket Ball
- Badminton
- Tug of war



**College Sports Meet (Inter Departmental) :**

- Our college athletics **Palaestra meet** conducted successfully.
- Palaestra inaugurated by national athlete Mr. Nishand prasanna .
- 34 events are conducted.
- BSc Mathematics And BCA won the overall championship.

**Individual Champions-Men**

				
Abin Babu A. - BBA (2017-20)	Akhil Emmanuel- B.Sc (2016-19)	Christo James- BA Eng. (2016-19)	Adarsh A.T. - BCA (2017-20)	Alex Shaju - BCA (2017-20)

**Individual Champions-Women**

	
Ajal George MCom Fin (18-21)	Christy Joy BSc Maths (18-21)

## Palaestra – 24-01-2019 and 25-01-2019

SI No	Name of event	Name of Participants	SI No	Name of event	Name of Participants
1	100 Meters Women	Neenu Paul	21	4X100 Mtrs. Relay Men	Alan Sunny Chacko
		Marykutty V Mathew			Christo James
		Jubit Joseph			Edwin Alex Savio
2	100 Meters Men	Abin Babu A			Ajin Baby
		Bestin James			Martin Joseph
		Muhammed Shafeel			Akarsh Pradeep
3	400 Meters Women	Ann Maria			Bestin James
		Aleena Denny			Aswin Tom
		Jyothika George			Abin Babu A
4	400 Meters Men	Sharon Sunny			Christo John T
		Ebin Jose			Muhammed Shafeel
		Albin Joseph			Renjith U S
5	800 Meters Women	Princy E. P.	22	10000 Meters	Dhananjayan M
		Anju Sebastian			Rince K V
		Anaina Maniyath			Amal Raj M.
6	800 Meters Men	Christo James	23	Shot Put Men	Sreedin K. C.
		Melbin Joseph			Eshan James
		Albin Joseph			Alex Shaju
7	1500 Meters Women	Tonisha Tomy	24	Shot Put Women	Ajal George
		Sherlin Varghese			Seena George
		Anju v Mathew			Jyothika George
8	1500 Meters Men	Akhil Emmanuel	25	Javelin Throw Men	Christo James
		Sharon Sunny			Mebin Mathew
		Ebin Jose			Shen Shaji
9	3000 Meters	Jisna Mathew	26	Javelin Throw Women	Ajal George
		Lidiya Jacob			Aneena Raj
		Christy Joy			Nithya ED
10	5000 Meters Women	Jisna Mathew	27	4x400 Meters Relay Women	Gladies Shaji
		Nambian Sneha Dhayandhan			Annaliya Anto
		Julia Chacko			Anchumol Mathew

11	5000 Meters Men	Akhil Emmanuel			Megha a
		Amal Raj M.			Aparna Catherine
		Jibin Chacko			Anitta Thomas
12	High Jump Women	Pooja Krishnan			Alby Benny
		Ashely George			Treesa Mathew
		Aleena M Joy			
13	High Jump Men	Francis Viyon Vinoy		28	4x400 Meters Relay Men
		Abin Babu A			Ashik P. Rajan
		Jobin Joseph			Benet Thomas
14	Triple Jump Women	Nambiar Sneha Dayanandan			Joyal George
		Mishel George			Alan Johns
		Delna Jomy			Joel Johny
15	Triple Jump Men	Austin Joseph			Shen Shaji
		Francis Viyon Vinoy			Amal John
		Aswin Tom			Anandu E S
16	Discuss Throw Women	Dona Johnson			Adarsh A T
		Aneena Raj			Jobin Joseph
		Nithya ED			Akhil Emmanuel
17	Discuss Throw Men	Alan Raju		29	200 Meters Women
		Aswanth K			Marykutty V Mathew
		Tomin Thomas			Mariya Devasia
18	Hammer Throw Women	T. Anagha Chandran		30	200 Meters Men
					Adarsh AT
					Aswin Tom
		Gopika Sunil		31	3 KM Walking
		Seena George			Anjali K. Mathew
19	Hammer Throw Men	Shabin K. Shaji			Christy Joy
		Jelvin Cheriyan		32	Long Jump Women
		Alex Shaju			Asha Varghese
20	4X100 Mtrs. Relay	Neenu Paul		33	Long Jump Men
		Ann Maria			Anju Sebastian
		Princy E. P.			Merlin Mathew
		Alweena George			Adarsh A T
		Angel Mary Joseph			Rishimon babu
		Aleena Denny	34	5 KM Walking	Amal John
		Anju Sebastian			Jins Mathew
					Ashik P. Rajan
					Digil Shibu

		Ashely George	
		Mariya Joseph	
		Roja Rose Thomas	
		Christy Joy	
		Nidhina Joseph	

### **Infrastructure Development:**

Our college dedicated their time and effort for the development of the sports infrastructure of the college. Football ground and volleyball court. With help of grader machine and vibrate roller make the ground level best. Special thanks to Biju sir and Rojus sir for they sacrifice day and night for college ground works.

### **Intercollegiate Yoga Championship:**

This year Department has organized Kannur University intercollegiate Yoga championship its second time Don Bosco Arts and Science college conducting a intercollegiate championship and made its a one of the best Yoga championship conducted in the history of Kannur university

11 colleges are participated in the championship. Our college Principal Rv.Fr.Dr.Frncis Karakat inaugurated the championship.

We are thanking each and everyone who have helped us to complete this year successfully. Special thanks to,Rojus,Sajin Sir Irine Miss, Cibell sir Praveen sir Nirmal sir , Remya miss and all the union members.

Signature

Name of Secretary: NITHIN KUTTAN P K

Principal



## INTER DEPARTMENTAL COMPETITIONS



### **BADMINTON**



## TUG OF WAR



## FOOTBALL





## INTER COLLEGE COMPETITIONS

### ATHLETICS




### YOGA COMPETITION



## UNIVERSITY SAMPLE CERTIFICATES

### TUG OF WAR

**Association of Indian Universities**  
AIU HOUSE, 16 COMRADE INDRAJIT GUPTA MARG (KOTLA MARG), NEW DELHI 110002



**CERTIFICATE OF MERIT**

AC N<sup>o</sup> 014672

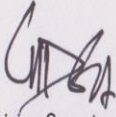
This is to certify that Alan Augustine

Mother's Name Beena Father's Name Augustine

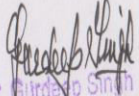
was a member of the Kannur University Kerala Team

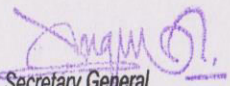
which secured **Third Position** in the All India Inter-University Tug of war (m) 640kg  
(C.O.D)

Tournament held at KIT Deemed University from 26.12.18 to 29.12.18

  
Organising Secretary

Date 29.12.18

  
Dr. Burdasp Singh  
Joint Secretary (S)  
Association of Indian Universities  
AIU House, 16, Indrajit Gupta Marg,  
New Delhi-110002

  
Secretary General



## INTER UNIVERSITY COMPETITIONS

### BALL BADMINTON

No: 2314



**Kannur University**  
**Department of Physical Education**  
*Kannur, Kerala, India*  
**Certificate of Merit**



Certified that

**AKHIL P. P**

*Don Bosco Arts And Science College, Angadikadavu*

*was a member of the Kannur University Ball Badminton (Men) Team*

*which participated in the South / All India Inter University tournament*

*for the academic year 2018-2019*

*organised by the Association Of Indian Universities*

*under the auspices of SRM University, Chennai*

*from 12-December-2018 to 16-December-2018*



*Date* *16-12-2018*

*Director of Physical Education* *Vice-Chancellor*

**SOFTBALL**

No: 2152



**Kannur University**  
**Department of Physical Education**  
*Kannur, Kerala, India*  
**Certificate of Merit**



Certified that

**SHEN SHAJI**

*Don Bosco Arts And Science College, Angadikadavu*

*was a member of the Kannur University Softball (Men) Team*

*which participated in the South / All India Inter University tournament*

*for the academic year 2018-2019*

*organised by the Association Of Indian Universities*

*under the auspices of Swami Ramanand University, Nanded*

*from 31-October-2018 to 04-November-2018*



04-11-2018

*Date*

*Director of Physical Education*

*Vice-Chancellor*



## TUG OF WAR WOMEN

No: 2403



# Kannur University Department of Physical Education

*Kannur, Kerala, India*

## Certificate of Merit



Certified that

*Amala C.V*

*Don Bosco Arts And Science College, Angadikadavu*

*was a member of the Kannur University Tug of war (Women) Team  
which participated in the South / All India Inter University tournament  
for the academic year 2018-2019*

*organised by the Association Of Indian Universities*

*under the auspices of KIIT University, Bhubaneswar*

*from 26-December-2018 to 29-December-2018*



29-12-2018

*Date*

*Director of Physical Education*

*Vice-Chancellor*

## TUG OF WAR MEN

No: 2398



# Kannur University Department of Physical Education

*Kannur, Kerala, India*

## Certificate of Merit



Certified that

Abhiraj M

Don Bosco Arts And Science College, Angadikadavu

was a member of the Kannur University Tug of war (Men) Team

which participated in the South / All India Inter University tournament

for the academic year 2018-2019

organised by the Association Of Indian Universities

under the auspices of KIIT University, Bhubaneswar

from 26-December-2018 to 29-December-2018



29-12-2018

Date

Director of Physical Education

Vice-Chancellor

**JUDO MEN**

No: 4212



**Kannur University**  
**Department of Physical Education**  
*Kannur, Kerala, India*  
**Certificate of Merit**



Certified that

**SHAN P SHAJU**

Don Bosco Arts And Science College, Angadikadavu

has won third place in 73 Kg category

In the Kannur University InterCollegiate (Inter-zone)

Judo (Men)

Championship for the academic year 2018-2019

Conducted on 14-February-2019

Performance:



Date

14-02-2019

Director of Physical Education

Vice-Chancellor



**JUDO WOMEN**

No: 4167



**Kannur University**  
**Department of Physical Education**

*Kannur, Kerala, India*

**Certificate of Merit**



Certified that

**ALVEENA GEORGE**

Don Bosco Arts And Science College, Angadikadavu

has won third place in 44 Kg Category

In the Kannur University InterCollegiate (Inter-zone)

Judo (Women)

Championship for the academic year 2018-2019

Conducted on 14-February-2019

Performance :



Date

14-02-2019

Director of Physical Education

Vice-Chancellor



SWIMMING MEN

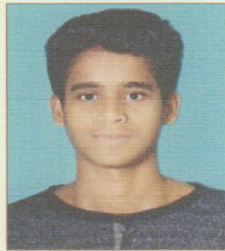


No: 5297

**Kannur University**  
**Department of Physical Education**

*Kannur, Kerala, India*

**Certificate of Merit**



Certified that

**ADARSH AJI**

Don Bosco Arts And Science College, Angadikadavu

was a member of the Swimming (Men) 4 x 100 Mts Medley Relay

that won third place

In the Kannur University InterCollegiate (Inter-zone)

Championship for the academic year 2018-2019

Conducted on 29-September-2018

Director of Physical Education

Vice-Chancellor



01-10-2018

# TAEKWANDO

No: 5005



## Kannur University Department of Physical Education

*Kannur, Kerala, India*

### Certificate of Merit



Certified that

ANJALY K MATHEW

Don Bosco Arts And Science College, Angadikadavu

has won third place in Under 53 Category

In the Kannur University InterCollegiate (Inter-zone)

Taekwondo(Women)

Championship for the academic year 2018-2019

Conducted from 01-February-2019 to 02-February-2019

Performance :



Date

02-02-2019

Director of Physical Education

Vice - Chancellor



## WRESTLING

No: 4370



**Kannur University**  
**Department of Physical Education**  
*Kannur, Kerala, India*  
**Certificate of Merit**



Certified that

**ANN MARIYA JOSEPH**  
Don Bosco Arts And Science College, Angadikadavu  
has won first place in 76 Kg Category  
In the Kannur University InterCollegiate (Inter-zone)  
Wrestling (Women)  
Championship for the academic year 2018-2019  
Conducted on 20-October-2018



Performance :

Date

20-10-2018

Director of Physical Education

Vice-Chancellor

## WEIGHT LIFTING

No: 4283



**Kannur University**  
**Department of Physical Education**  
*Kannur, Kerala, India*  
**Certificate of Merit**



Certified that

SAHADIYA

Don Bosco Arts And Science College, Angadikadavu

has won third place in 87 Kg Category

In the Kannur University InterCollegiate (Inter-zone)

Weight lifting (Women)

Championship for the academic year 2018-2019

Conducted on 06-November-2018



Performance :

Date

06-11-2018

Director of Physical Education

Vice-Chancellor



## DISTRICT YOGA CHAMPIOSHIP



PALAESTRA