

# P.K.M. COLLEGE OF EDUCATION

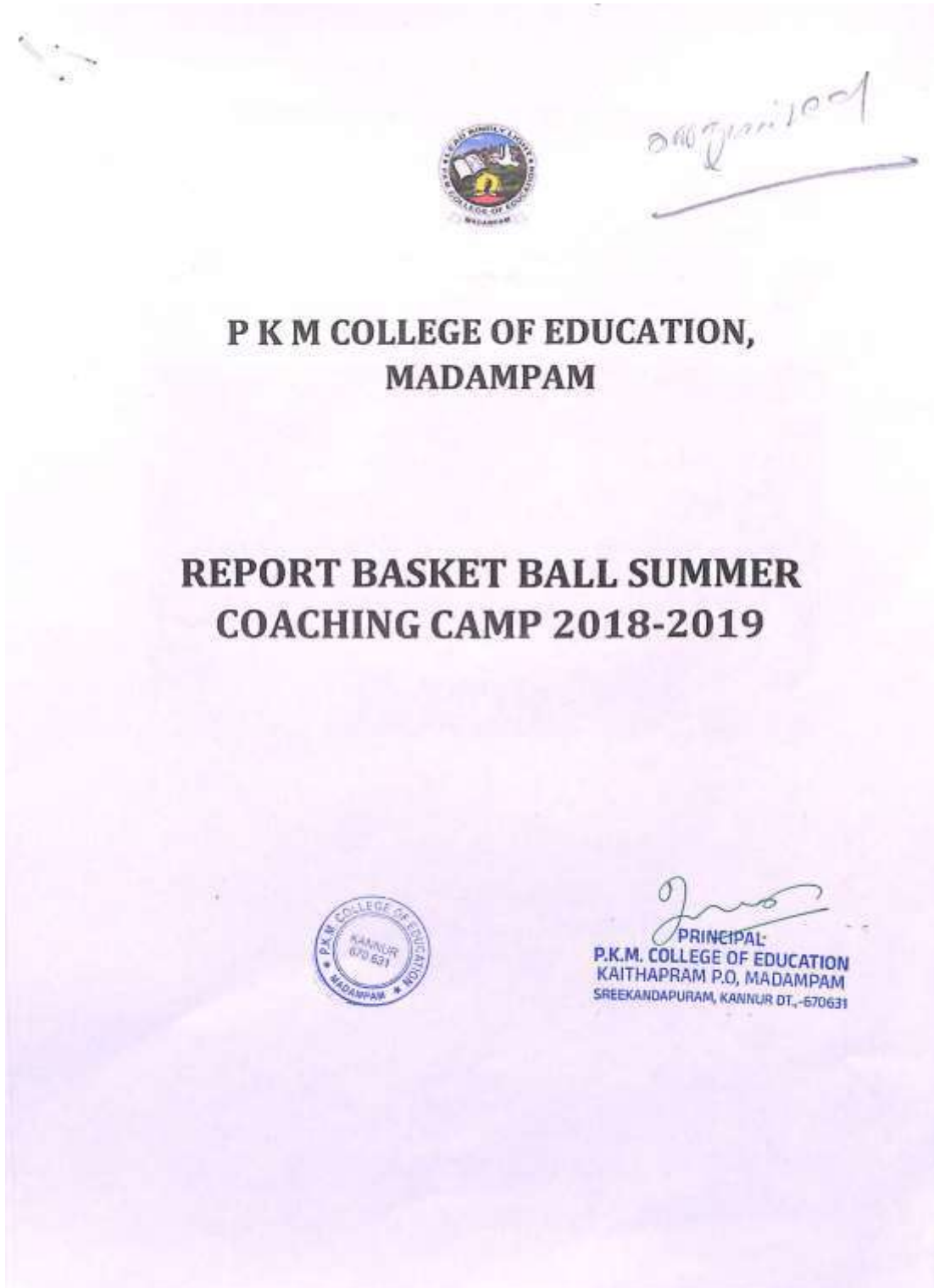
MADAMPAM, KAITHAPRAM P. O., KANNUR – 670 631  
(Govt. Aided Teacher Education Institution affiliated to Kannur University)  
Recognized by NCTE included under UGC 2(f) & 12(B) category  
Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

**5.3.2: Average number of sports and cultural events organized at the institution during the last five years**

## **SPORTS EVENTS ORGANIZED- 2018-19**



**Name of the Programme: Basket Ball Summer Coaching Camp**



## BASKET BALL SUMMER COACHING CAMP

A one month summer coaching camp was organized by P. K. M sports academy in the 26/4/ 2019. 10 students including boys and girls were given intensive coaching on basket ball skills and physical fitness by a professional coach from morning 6.30am to 9.30am. At the end of the coaching students were awarded with certificates and trophies as a token of acknowledgement and appreciation. College principal Dr Jessie N C distributed the certificates in the closing ceremony



  
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✓ Name of the Programme: International Yoga

*2018-19 organized*

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International


**YOGA**

day

**2018-19 batch**

21 June 2018  
@P. K. M. College of Education





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## INTERNATIONAL DAY OF YOGA - REPORT

**International Day of Yoga**, or commonly and unofficially referred to as **Yoga Day**, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in Bharat or India . The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.

As part of this day P K M college of education celebrated yoga day on June 21<sup>st</sup>, 2018 marking the importance of yoga in daily life.

### INAUGURAL SESSION



The inaugural session was started at 2.45 pm. The warm welcome speech was delivered by Dr Sholy Joseph (Principle in charge). The precedential address was delivered by Fr Sinoj Karuplackil, coordinator of health

and fitness club of P K M college of education. The international yoga day celebration was inaugurated by Mr. Mukundan M, yoga practitioner by lighting the lamp with blessings of Lord Almighty.



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## SEMINAR SESSION

The seminar session was handled by Mr Mukundan M. This session commenced at 3. 15pm. The seminar session was about the importance of yoga in daily life. It threw light on living a healthy life through yoga. He explained the meaning of yoga and seven levels of human beings such as body, breath, mind, memory, intelligence, ego soul. He stressed the importance of mind which controls the other six levels of human being. Tension free mind and disease free mind can be achieved through the practice of yoga.



## PRACTICAL SESSION

The students of P K M College of Education made an active participation in practical session. The resource person taught the important yoga asanas to the students to add in their daily routines. The session started with a few minutes warm up followed by standing pose yoga asanas and sitting pose yoga asanas. The session was then winded by a 12 minutes meditation. The vocal expression for vote of thangs was delived by student representative Ms Riya Mary Thomas.



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Tel: 0460 2230929, Fax: 04602 232449

### INTERNATIONAL YOGA DAY

2018-19

The following students participated in the International Yoga Day held on 21/06/2018

SI NO	NAME OF THE STUDENT
1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
7.	REVATHI PARAMESWARAN
8.	BISNA NARIKKODAN
9.	GOKULA E
10.	HARITHAMOL P P
11.	NIMISHA A
12.	SRUTHI C K
13.	THULASI M B
14.	THUSHARA K.K
15.	ANUMOL MATHEW
16.	AYONA VINCENT
17.	HARSHA A.T
18.	JISHNA KARIYIL
19.	MEENU STEPHEN
20.	MERITA STEPHEN
21.	NIMITHA JOSE
22.	RAJINA P P
23.	SNEHA P SEBASTIAN
24.	SOUPARNIKA J

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



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Tel: 0460 2230929, Fax: 04602 232449

25	ANJALI A K
26	ANJALI C K
27	JAHIRA K
28	MAHIMA K
29	NEETHU MADHUSOODANAN K V
30	PRIYANKA THALIYIL
31	RAMYASREE M V
32	RISHANA K M P
33	ABIA JOSE
34	ANJUSHA M
35	APARNA FRANCIS
36	ATHIRA K
37	JOSLY JOSE
38	NIDHIN JOSE
39	RIYA ROSE MATHEW
40	SARIKA CHACKO
41	SHYNA N RAJU
42	SONIA CYRIAC
43	SREYA JOSEPH
44	ATHIRA P.K
45	JASMINE THOMAS
46	REJI P. GEORGE
47	REMYA RAGHAVAN
48	RENJINI N V
49	RISINAT



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

**Name of the Programme: Table Tennis Championship**



organized

### INTER B ED COLLEGE TABLE TENNIS CHAMPIONSHIP 2018-19

The Kannur University Inter B.Ed College Table Tennis Championship for the year 2018-2019 was conducted at PKM College of Education, Madampam on 21 January 2019 in the College Auditorium. There were participants from different colleges functioning under Kannur University. Competitions took place in full swing in both men and women categories. The registration began at 9:00 am at the College entrance. Seven colleges registered for the tournament. Among them, there were seven teams in the men's category and four teams in the women's category.

The inaugural session began at 12:30 pm in the College Auditorium. The session began with a prayer by Ms. Anjana. K. C. The gathering was welcomed by the General Captain of PKM College of Education. The function was presided over by Dr.(Fr) Luke Poothrukayil, the Bursar and Local Manager of PKM College of Education. It was followed by a musical treat by Ms. NeethuMadhusoodhanan. Rev. Fr. ShinuKanichukuzhiyil CST, the Principal of Little Flower School, Kottur officially inaugurated the function. Dr. Jessy N C, the Principal of P.K.M College of Education delivered the Principal's Address. The function was felicitated by Dr. Abdul Rahman, the Associate Professor, Keyi Sahib Training College, Taliparamba. The inaugural session came to an end with the vote of thanks proposed by Mr. Nidhin Jose, the College Union Chairman. The meeting dispersed at 1:15 pm for lunch.

The competitions were conducted in two tables. The first match in table one was in the women's category. In table two, the match was in the men's category. From P K M College of Education Madampam, Reji. P. George, Jinu. A. M, and Aksh K took part in the competitions in men's category. Ms.Riya Mary Thomas, Ms. Aparna Francis, and Ms. AmrudhaSiby took part in the competitions in women's category. At the end of the competition, in the men's category, Malabar B.Ed College, Peravoor and Keyi Sahib Training College, Taliparamba won the third position, Government Brennen College of Teacher Education, Thalassery won the second position and Kannur University Teacher Education Centre, Kasargod won the first position. In the women's category, PKM College of Education, Madampam and Malabar B.Ed College, Peravoor won the third position, Government Brennen College of Teacher Education, Thalassery won the second position and Keyi Sahib Training College, Taliparamba won the first position.

The closing ceremony began at 3:00 pm with a prayer by Ms. GibyBabu. The gathering was welcomed by Jinu A.M, the Student Coordinator of the Table Tennis Championship. The



  
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function was presided over by Dr. Jessie N.C, the Principal of P.K.M College of Education. The chief guest of the function was Mrs. RojaTomy, the National Basketball Player. She gave the special address and distributed the prizes to the winners. Dr. P.J. Joseph, the Associate Professor of Kannur University Teacher Education Centre, Kasargod felicitated the function. Ms. Jasmine Joseph, the Associate Professor of Government Brennen College of Teacher Education, Thalassery also felicitated the function. The ceremony came to an end with the vote of thanks proposed by Dr.(Fr) Sinoj Joseph, the Organizing Secretary of the Championship.



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Tel: 0460 2230929, Fax: 04602 232449

## INTER BED TABLE TENNIS CHAMPIONSHIP

2018-19

The following students participated in the Inter Bed Table Tennis Championship held on 21/01/2019

SI NO	NAME OF THE STUDENT
1.	Johns Biju
2.	Jomal Jose
3.	Tomson Sabu
4.	Shebin K Raju
5.	Abin Jose
6.	Anumol Mathew
7.	Saritha Narayanan
8.	Harsha A.T
9.	Anjusha M
10	Nimitha Jose



  
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Dr.Sinoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education  
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**Name of the Programme: Annual Sports Meet**



  
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organized by PKM

### REPORT OF THE ANNUAL SPORTS MEET 2019

On 7<sup>th</sup> February 2019, P K M College of education, Madampam conducted Annual sports meet for the academic year 2019-20 at Maryland's high school ground. The events commenced at 8.00 am, starting with marathon for both boys and girls from PKM College of education to Maryland high school ground. Later by 8.45 am short put competition was conducted for both boys and girls simultaneously. Followed by short put competition long jump was conducted for girls first and later to boys. Then throw items like javelin throw and discus throw were conducted.


By 10.15 am official inauguration function was started with the march past by four houses Nile, Tigris, Okavango and Volga. The four houses were led by the leaders with flags and the chief guest of the day Prof Preju Paul received the salute.



*March past and receiving the salute.*

The programme was officially begun with the prayer song, sung by Neethu Madhussodhanan. The welcome speech was given by Shyna N Raju and the presidential address was given by Nithin Jose, Chairman college union. The solo song was sung by Anjana K C of first year B.Ed student teacher from English optional. Inauguration was done by Prof Preju Paul, Assistant Prof in physical education department, SES College, sreekandapuram. And felicitations were given by Rev Dr Luke puthrukayyil, local manager of our college and Dr Sr Jessy NC, Principal, PKM College of education.



  
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*Inaugural function and prize distribution by the guest*

Prize distributions for marathon winners were distributed by Sri Manoj K J, the army officer and the basket ball player. Oath taking ceremony was leaded by the general captain Bisna Narikkodan. Finally the official programme came to an end with the vote of thanks by Reji P George.



*Oath taking by general captain Bisna narikkodan and vote of thanks by Reji p George.*

After the inauguration ceremony rest of the events were conducted as per the schedule. 100 mtr heats for boys and girls, 200mtr heats for boys and girls, 200mtr walking was also conducted. In the middle of the events a friendly competition was conducted for teachers and non teaching staffs. It made the crowd more energetic. Ball passing was conducted for the lady staffs of the college and 100mtr walking too. For gent's staff short put competition was conducted and the medals were distributed. Throughout the day announcements of the results were done by the official committee team members and honouring the winners with medals



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Tel: 0460 2230929, Fax: 04602 232449

### ANNUAL SPORTS MEET

2018-19


The following students participated in the Annual Sports Meet held on 07/02/2019

SI NO	NAME OF THE STUDENT
1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
7.	REVATHI PARAMESWARAN
8.	BISNA NARIKKODAN
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38	NIDHIN JOSE
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40	SARIKA CHACKO
41	SHYNA N RAJU
42	SONIA CYRIAC
43	SREYA JOSEPH
44	ATHIRA P.K
45	JASMINE THOMAS
46	REJI P. GEORGE
47	REMYA RAGHAVAN
48	RENJINI N V
49	RISINA T.
50	SUJINA T V
51	JOFIA JOSE
52	JOHNS BIJU
53	JOMAL JOSE
54	MRIDULA B.P.

  
Dr. Siroj Joseph  
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Madampam-670631

  
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55	RAHUL K.
56	RASIKA K.P.
57	SIONA JACOB
58	SRUTHI RAMESH
59	AKHILA E.K
60	LAYA K. BABY
61	SAYONA JOSE
62	SNETHA K.
63	VISHNU P. S
64	AMBILI JOSEPH
65	ANGELIN STEPHEN
66	ANJALI VARGHESE
67	ANJU VARGHESE
68	ARSHA M.
69	RAGESH T.
70	RIBISHA E.
71	YAMUNA M.M
72	AMRUTHA K.
73	ANITHA P.
74	ANUHRIDYA. O.
75	BENCY SCARIA
76	DRISHYA V. V.
77	HARITHA P.C.
78	JAIN JAMES
79	JISHNA C. H.
80	SHAHANAS K.
81	SIVAKEERTHANA DINESH
82	ABIN JOSE
83	ALAN MARIA JOHN
84	ANJUSHA KURIAN

  
Dr. S. Pradeep Joseph  
Assistant Professor in Physical Education  
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85	ARUSHI CYRIL
86	ASHISH SASEENDRAN
87	ASHLY KURIAKOSE
88	ATHIRA C.K.
89	BIJILA K.K.
90	SWATHI C.V.
91	SWEETYMOL SHAJI
92	VINAYA P.P.
93	AKHILA P.V
94	ANJU A
95	ATHIRA V. K.
96	MEGANA K. K.
97	SANOOJA P.P
98	TOMSON SABU

Dr. Srooj Joseph  
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**Name of the Programme: National Player Visit at PKM Sports Academy**

*organized*

**NATIONAL PLAYERS VISIT AT P. K. M SPORTS ACADEMY**

On 26<sup>th</sup> April 2019 three National Basketball players Leelama Thomas (Former Indian International Basketball player, Indian Captain), Jiji Thomas (Former University Player), and Jessy Thomas (Former University player) visited P. K. M Sports Academy and interacted with the players sharing their experience and providing directions regarding a career in basketball. The presence of well known professional players was itself a motivation for the young emerging players. In addition they gifted Jerseys for the players of the academy which further motivated them.



*[Signature]*  
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## NATIONAL PLAYERS VISIT AT P. K. M SPORTS ACADEMY

2018-19

The following students participated in the national players visit at P. K. M sports academy held on 26/04/2019

SI NO	NAME OF THE STUDENT
1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
7.	REVATHI PARAMESWARAN
8.	BISNA NARIKKODAN
9.	GOKULA E
10	HARITHAMOL P P
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12	SRUTHI C K

PRINCIPAL

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Dr.Sinoj Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631

**Name of the Programme: Inauguration of PKM Sports Academy**

**K.M. COLLEGE OF EDUCATION**

K.M. College of Education, a government Aided College is a Christian Minority Educational institution, managed by the Knanaya Catholic Community, Arch Diocese of Kottayam. The College is established in 1995 as a self – financing institution and was converted to an Aided college in 1997. It is affiliated to the Kannur University, recognized by NCTE, included under UGC 2(f) and 12 B category, re-accredited by NAAC at 'A' grade in the second cycle and is a RUSA 2.0 beneficiary institution, offering two year B.Ed programme in six subjects – English, Malayalam, Mathematics, Natural Science, Physical Science and Social Science. The College campus, which is spread over five acres of pollution-free and natural environment comprises well-equipped infrastructure and modern facilities for the all-round development of its students. The College is stepping into its Silver Jubilee from June 2019.

**Sports Academy**

M. Sports Academy is a special and new project established in July 2018 by P.K.M. College of Education, Madampam. The vision of this Academy is to identify, nurture and promote players using the best possible resonance & platform. And the mission of the Academy is to touch skies in representative sports and work towards constructing an environment which not only initiates a player's passion but also motivates him /her to nurture sports abilities. This Academy mainly caters to children from grade four to eight categories. Boys and girls are admitted in the academy, and specially appointed coaches train them. Physical Education helps to develop a child's mental, moral & social qualities, arouses his/her awareness of environment and develops alertness, vigour of mind, resourcefulness, discipline, co-operation, the spirit of respect, sympathy and respect towards others qualities that are essential for a happy and well-adjusted life in a free and democratic society.




## INAUGURATION OF P.K.M. SPORTS ACADEMY

*Organized by*



**P.K.M College Of Education  
Madampam, Kannur**  
on  
**20<sup>th</sup> February 2019**  
**Wednesday**

**PRINCIPAL**  
P. K. M. COLLEGE OF EDUCATION  
KATHAPRAM P.O., MADAMPAM  
SREEBHANDAPURAM, KANNUR DISTRICT

*Presidential address*  
**Marthoma Pandarasseril**  
Director of P.K.M. College Of  
Education Madampam

*Inauguration*  
**P. T. Joseph**  
(Director, Dept Physical Educa-  
tion, Kannur University)




Physical education is essential as it plays an important part in the development of a person and proves helpful for better physical, mental, and spiritual life.

Physical activities are crucial for the holistic development of people. Physical education as an important part of education and development has started getting due attention in the contemporary world. Like all good institutions, P.K.M. College of Education, Madampam is also giving sufficient weightage to physical education as an essential component of the teacher education programme.

Physical education is an essential part of healthy living for people of all ages. It is especially important for those going to school. It teaches the students to take care of their health and their life. We are happy to inform you that our school has started a Sports Academy to promote school students to maintain a balance between their education and related sports activities.

Dr. (Sr) Jessy N C

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

  
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### Objectives

- To provide the best training from experienced coaches, and to instil the value of sportsmanship in an athlete.
- Integrating sports psychology into the training and competition of individual players and teams.
- To provide leadership and healthy role models.
- To promote and accelerate the development of sports in India
- Development of desirable social behaviour
- Worthy use of leisure time

### Programme

- Presidential address : Mar. Joseph Pandarasseril  
(Manager P.K.M. College of Education)
- Inauguration : P.T. Joseph (Director, Dept. of physical education, Kannur University)

Blessed with the presence of

- Rev. Fr. Jose Nedungattu (Pro Manager, P.K.M. College of Education, Madampam)
- Dr. (Fr) Luke Puthrakkayil (Local Manager, P.K.M. College of Education, Madampam)
- Dr. Wilson V K (Syndicate Member, Kannur University)
- Mr. Preju K Paul (Basketball State Referee, SES College, Sreekanthapuram)
- Mr. P. Raghunath (Kerala Basketball Association, Executive Member)
- Mr. Sunil K (Kerala Basketball Association, Joint Secretary)
- Mr. Binoy K (Headmaster, Maryland High School, Madampam)
- Fr. Bibin Kandoth (Malabar Social Service Society, Secretary)

Physical Education Teachers and coaches of various schools and colleges,  
Staff of P.K.M. College of Education, Madampam

### Highlights

- Honouring physical Education Teachers and coaches
- Releasing the by-law of the Academy
- Distribution of sports kit



organized

### REPORT ON INAUGURATION OF SPORTS ACADEMY

PKM Sports academy is a special and new project established in July 2018 by PKM College of education, madampam. The vision of this academy is to identify, nurture and promote players using the best possible resonance and platform. This academy mainly concentrates on children from grade four to eight categories. Boys and girls are admitted in the academy and specially appointed coaches train them.

Inauguration of PKM Sports academy organized by PKM College of education madampam, kannur was held at 20<sup>th</sup> February 2019, Wednesday. The function was blessed with presence of Mar Joseph Pandarasseril and other dignitaries.



*Official inauguration of the PKM Sports academy.*

By 3.00 pm the official inauguration of the sports academy took place. Dr Sr Jessy N C, principal of PKM College of education welcomed all the dignitaries. The presidential address was given Mar Joseph Panadarasseril, manager PKM college of Education. Dr P T Joseph, Director, Department of physical education, kannur university officially inaugurated the function. Haritha P of malayalam optional sung the melodious song. Benedictory speech was given by the pro manager Rev Fr Jose Nedungattu. Later Mr Sunny James, Retd PET



*[Signature]*  
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cherupishpa HS Chandanakampara and NIS basket ball coach shared his experiences with all.




The gathering was blessed with the presence of Rev Fr Jose Nedungattu, promanager, PKM College of education ,madampam ,Dr Wilson V A ,Syndicate member kannur university, Fr bibin kandoth , secretary, Malabar social science society, Mr P Regunath, executive member ,kerala basket ball association, Mr Binoy K ,Head master, Maryland high school ,madampam.

The releasing of the bylaw of PKM College of education was conducted by Dr Wilson V A by handing it over to the principal Dr Jessy N C.



The main highlight of the programme was the honouring physical education teachers, coaches of various schools and colleges. Mr sunny Joseph was honoured by Mar Joseph Pandarasseril, M P Reghunath was honoured by Rev Fr Jose Nedungattu, Mr Saji Augustine and Mr Biju Augustine was honoured by Dr Wilson V A .Robit Mathew was honoured by Dr Sr Jessy N C and Roja Tomy was honoured by Fr Bibin kandoth and lastly shelbin shelbu was honoured by Binoy k.

  
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After the honouring ceremony, distribution of the new jersey to the students were given by Fr Bibin kandoth, Secretary of MASS



Then the prizes of dry bouquet completion results were announced and the prizes were distributed by Mar Joseph Pandarasseril. Lastly the vote of thanks was given by Dr Sinoj Joseph.



All the teachers, staff, student teachers cooperated well together for the success of the function. Comparing of the gathering was done by Jinu A M and Merita Stephen.



  
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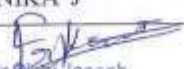
Tel: 0460 2230929, Fax: 04602 232449

## INAUGURATION OF SPORTS ACADEMY

2018-19

The following students participated in the Inauguration of Sports Academy held on 20/02/2019

SI NO	NAME OF THE STUDENT
1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
7.	REVATHI PARAMESWARAN
8.	BISNA NARIKKODAN
9.	GOKULA E
10.	HARITHAMOL PP
11.	NIMISHA A
12.	SRUTHI C K
13.	THULASI M B
14.	THUSHARA K.K
15.	ANUMOL MATHEW
16.	AYONA VINCENT
17.	HARSHA A.T
18.	JISHNA KARIYIL
19.	MEENU STEPHEN
20.	MERITA STEPHEN
21.	NIMITHA JOSE
22.	RAJINA PP
23.	SNEHA P SEBASTIAN
24.	SOUPARNIKA J

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

  
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Tel: 0460 2230929, Fax: 04602 232449

25	ANJALI A K
26	ANJALI C K
27	JAHIRA K
28	MAHIMA K
29	NEETHU MADHUSOODANAN K V
30	PRIYANKA THALIYIL
31	RAMYASREE M V
32	RISHANA K M P
33	ABIA JOSE
34	ANJUSHA M
35	APARNA FRANCIS
36	ATHIRA K
37	JOSLY JOSE
38	NIDHIN JOSE
39	RIYA ROSE MATHEW
40	SARIKA CHACKO
41	SHYNA N RAJU
42	SONIA CYRIAC
43	SREYA JOSEPH
44	ATHIRA P.K
45	JASMINE THOMAS
46	REJI P. GEORGE
47	REMYA RAGHAVAN
48	RENJINI N V
49	RISINA T.
50	SUJINA T V
51	JOFLA JOSE
52	JOHNS BLJU
53	JOMAL JOSE
54	MRIDULA B.P.

Dr. Sinoj Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631

  
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Tel: 0460 2230929, Fax: 04602 232449

55	RAHUL K.
56	RASIKA K.P.
57	SIONA JACOB
58	SRUTHI RAMESH
59	AKHILA E.K
60	LAYA K. BABY
61	SAYONA JOSE
62	SNETHA K.
63	VISHNU P. S
64	AMBILI JOSEPH
65	ANGELIN STEPHEN
66	ANJALI VARGHESE
67	ANJU VARGHESE
68	ARSHA M.
69	RAGESH T.
70	RIBISHA E.
71	YAMUNA M.M
72	AMRUTHA K.
73	ANITHA P.
74	ANUHRIDYA. O.
75	BENCY SCARIA
76	DRISHYA V. V.
77	HARITHA P.C.
78	JAIN JAMES
79	JISHNA C. H.
80	SHAHANAS K.
81	SIVAKEERTHANA DINESH
82	ABIN JOSE
83	ALAN MARIA JOHN
84	ANJUSHA KURIAN

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

  
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Tel: 0460 2230929, Fax: 04602 232449

85	ARUSHI CYRIL
86	ASHISH SASEENDRAN
87	ASHLY KURIAKOSE
88	ATHIRA C.K.
89	BIJILA K.K.
90	SWATHI C.V.
91	SWEETYMOL SHAJI
92	VINAYA P.P.
93	AKHILA P.V
94	ANJU A
95	ATHIRA V. K.
96	MEGANA K. K.
97	SANOOJA P.P
98	TOMSON SABU

Dr. Sifoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education  
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**5.3.2: Average number of sports and cultural events organized at the institution during the last five years**

## **SPORTS EVENTS ORGANIZED- 2019-20**



**Name of the Programme: International Yoga Day Observance**

*2019-20 organized*



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*organization outreach f*

**International Yoga day observance**

June 21, 2019-06-21



**Report**

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

At 10.50 am, students assembled in the church hall and one of the concerned teacher, Fr. Arun presented the welcome note. Ms. Deepthi then addressed the students, gave a basic introduction



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about what is Yoga in actual. It is a conscious action which results in both mental and physical well being. She preferred on interactive class to make students more comfortable through out the session.

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

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

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

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

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

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

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

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



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### Teachers Participated in Yoga

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



### After noon session.

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

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

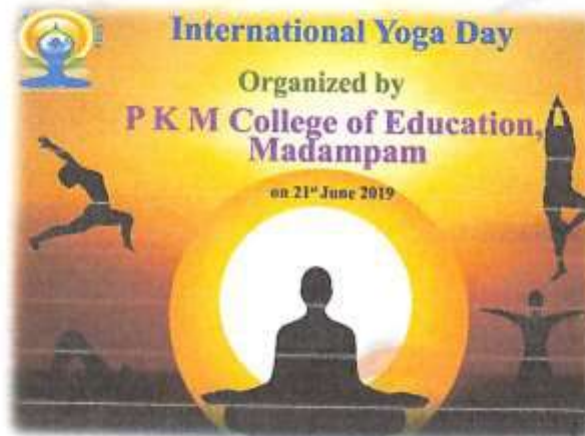
After the official session of the class, Ms. Deepthi addressed the student teachers. She continued her class in an interactive way. More explanation about the book – 'Yoga Sutra – Ashtanga yoga' is done. The 8 different steps of Ashtanga Yoga;


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



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



  
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## INTERNATIONAL YOGA DAY

2019-20

The following students participated in the International Yoga day held on 21/06/2019

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1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
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19.	MEENU STEPHEN
20.	MERITA STEPHEN
21.	NIMITHA JOSE
22.	RAJINA P P
23.	SNEHA P. SEBASTIAN
24.	SOUPARNIKA J



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





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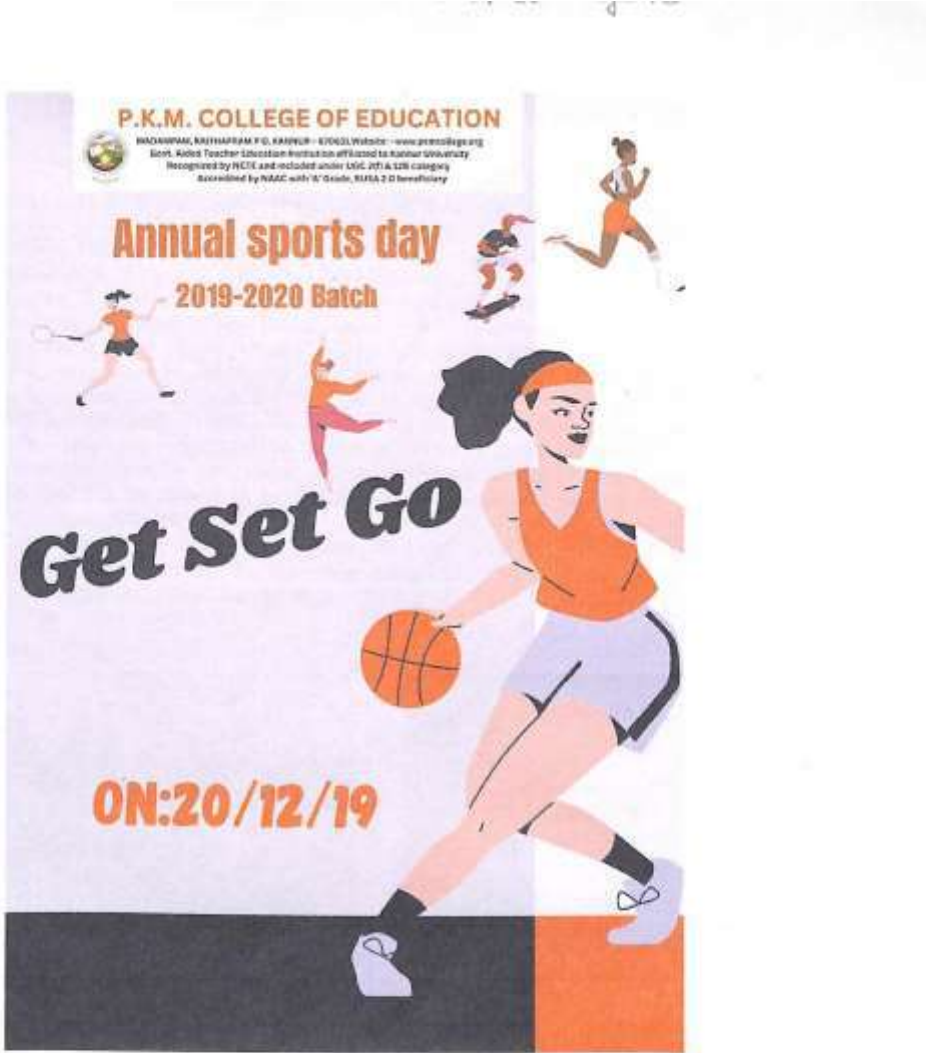
25	ANJALI A K
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40	SARIKA CHACKO
41	SHYNA N RAJU
42	SONIA CYRIAC
43	SREYA JOSEPH
44	ATHIRA P.K
45	JASMINE THOMAS
46	REJI P. GEORGE



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

Name of the Programme: Annual Sports Day




*[Signature]*  
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organized

## REPORT OF ANNUAL SPORTS DAY - GET SET GO 2K19

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



  
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## Name of the Programme: Fit India Movement

### FIT INDIA MOVEMENT

August 29, 2019

### REPORT

### PKM COLLEGE OF EDUCATION, MADAMPAM

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

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

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



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function.



A handwritten signature in black ink, appearing to be a stylized name.

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## ANNUAL SPORTS MEET

2019-20

The following students participated in the Annual sports meet held on 20/12/2019

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1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
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20.	MERITA STEPHEN
21.	NIMITHA JOSE
22.	RAJINA P P
23.	SNEHA P SEBASTIAN
24.	SOUPARNIKA J



  
PRINCIPAL

P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
TREKANDAPURAM, KANNUR DT., -670631

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

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Tel: 0460 2230929, Fax: 04602 232449

25	ANJALI A K
26	ANJALI C K
27	JAHIRA K
28	MAHIMA K
29	NEETHU MADHUSOODANAN K V
30	PRIYANKA THALIYIL
31	RAMYASREE M V
32	RISHANA K M P
33	ABIA JOSE
34	ANJUSHA M
35	APARNA FRANCIS
36	ATHIRA K
37	JOSLY JOSE
38	NIDHIN JOSE
39	RIYA ROSE MATHEW
40	SARIKA CHACKO
41	SHYNA N RAJU
42	SONIA CYRIAC
43	SREYA JOSEPH
44	ATHIRA P.K
45	JASMINE THOMAS
46	REJI P. GEORGE
47	REMYA RAGHAVAN
48	RENJINI N V
49	RISINA T.
50	SUJINA T V
51	JOFIA JOSE
52	JOHNS BIJU
53	JOMAL JOSE
54	MRIDULA B.P.

  
Dr. Sijo Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631



  
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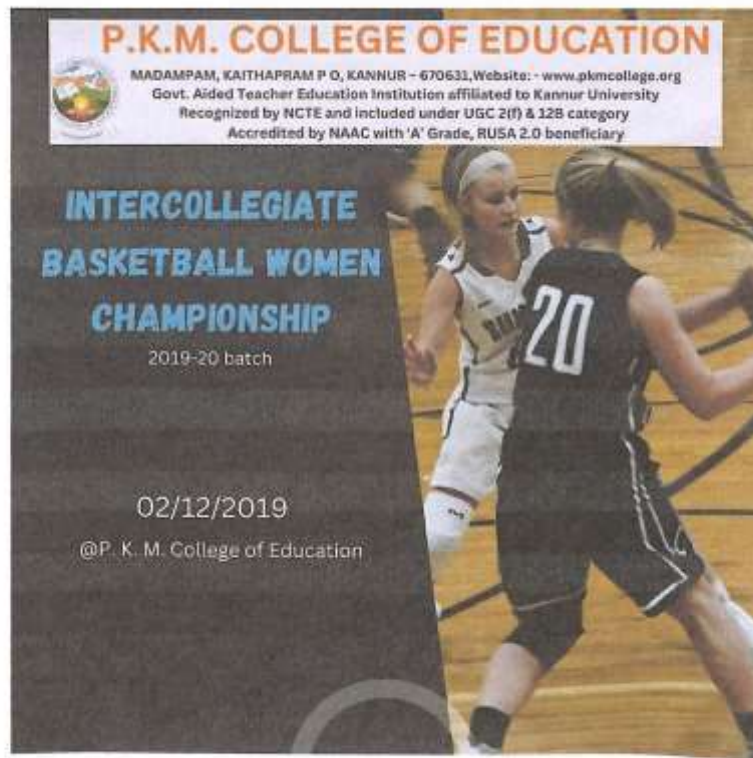
85	ARUSHI CYRIL
86	ASHISH SASEENDRAN

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

**Name of the Programme: Intercollegiate Basketball Women Championship**



*[Signature]*  
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*organized*

### **Report of Kannur University Intercollegiate Basketball Women's championship 2019-20**

Kannur university Basket ball Inter collegiate championship for Women of the academic year 2019-20 was held on 2<sup>nd</sup> December 2019 at PKM College of Education, Madampam. The participants of the Championship were SEM College, Srikandapuram, SN College Kannur, and KLM Women's College Pullikkunnu.

. In the first round, SES College won the game which was played between SES College and KMM Women's college. The semi-final was played between KMM College and SN College in which SN College won the game. The final game was played by the SN College Kannur and SES College. SN College won the final game and bagged the trophy.


### **Report of the Concluding Ceremony**

Kannur University Intercollegiate Women's Basketball Championship Concluding ceremony was held on 02-12-2019 at 4.p.m. The Principal Dr. Sr. Jessy was the President of the function at the closing ceremony. Trophies for the winners were awarded during the function. Dr. Prashanth Mathew, the Vice-Principal of the College awarded the trophy to the Second Runner up team i.e. KMM Women's College. The First runner up team of SES College was honored by Dr. AK. Ajaykumar, the Syndicate member of Kannur University. Dr. Sr. Jessy, the Principal of the College awarded the trophy to SN College, Kannur who won the championship.

Sanika of SES College, Anju MJ of SN College and Amrudha of KMM Women's College were selected as the Best Player, Top Scorer and Promising Player of the Championship respectively.

Mr. Ajaykumar of the Kannur University Syndicate member spoke words of appreciation in the concluding ceremony, while Bista Narikkedan, the Student representative delivered the Welcome Speech. Dr. Sinoj Joseph, the Asst. Professor of the department of Physical Education spoke words of gratitude.



  
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### KANNUR UNIVERSITY INTER COLLEGIATE BASKETBALL WOMENS CHAMPIONSHIP

2019-20

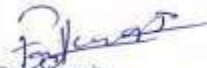
The following students participated in the KANNUR UNIVERSITY INTER COLLEGIATE BASKETBALL WOMENS CHAMPIONSHIP held on 02/12/2019

SI NO	NAME OF THE STUDENT
1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
7.	REVATHI PARAMESWARAN
8.	BISNA NARIKKODAN
9.	GOKULA E
10	HARITHAMOL P P



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

**Name of the Programme: Honouring of Students Participated in Jimmy George Memorial Marathon**

*organized*  
**HONORING OF STUDENTS PARTICIPATED IN JIMMY GEORGE MEMORIAL MARATHON**

P. K. M College of Education in association with its sports academy honored 30 students who participated in the Jimmy George Memorial Marathon organized at Peravoor on 6<sup>th</sup> January



2020. Principal Dr Jessy N C honored the students by gifting trophies.



*Jessy N C*  
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Name of the Programme: Kannur University Inter B.Ed. Volleyball Championship

# REPORT

organized

## On

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

**Held at PKM College of Education, Madampam**

**ON 25, 26 FEBRUARY 2020**




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

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



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



position.



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

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



*[Signature]*  
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**SREEKANDAPURAM, KANNUR DT.,-670631**

### **PKM Team Members(Men)**

- 1: Nidhin Jose (2<sup>nd</sup> year, Physical Science)
- 2: Reji P George (2<sup>nd</sup> year, Social science)
- 3: Ragesh T(1<sup>st</sup> year, Mathematics)
- 4: Johns Biju(1<sup>st</sup> year, English)
- 5: Tomson Sabu(1<sup>st</sup> year, Social Science )
- 6: Rahul V( 1<sup>st</sup> year, English)
- 7: Ashish Saseendran(1<sup>st</sup> year, Physical Science )
- 8: Jomal Jose(1<sup>st</sup> year, English)
- 9: Vishnu P.S(1<sup>st</sup> year, Malayalam )



  
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Tel: 0460 2230929, Fax: 04602 232449

### KANNUR UNIVERSITY INTER BED VOLLEYBALL

2019-20

The following students participated in the Kannur university inter BEd volleyball championship held on 25,26/02/2020

SI NO	NAME OF THE STUDENT
1.	Nithin Jose
2.	Reji P George
3.	Ragesh T
4.	Johns Biju
5.	Rahul K
6.	Ashish Saseendran
7.	Jomal Jose
8.	Vishnu P.S
9.	Bisna Narikkodan
10	Thushara K.K
11	Amrutha Siby
12	Ayana Vincent
13	Sneha P Sebastian
14	Jishna Kariyil
15	Sruthi C.K
16	Soniya Cyriac
17	Arsha M
18	Anju Varghees
19	Angelin Stephen
20	Anitha P



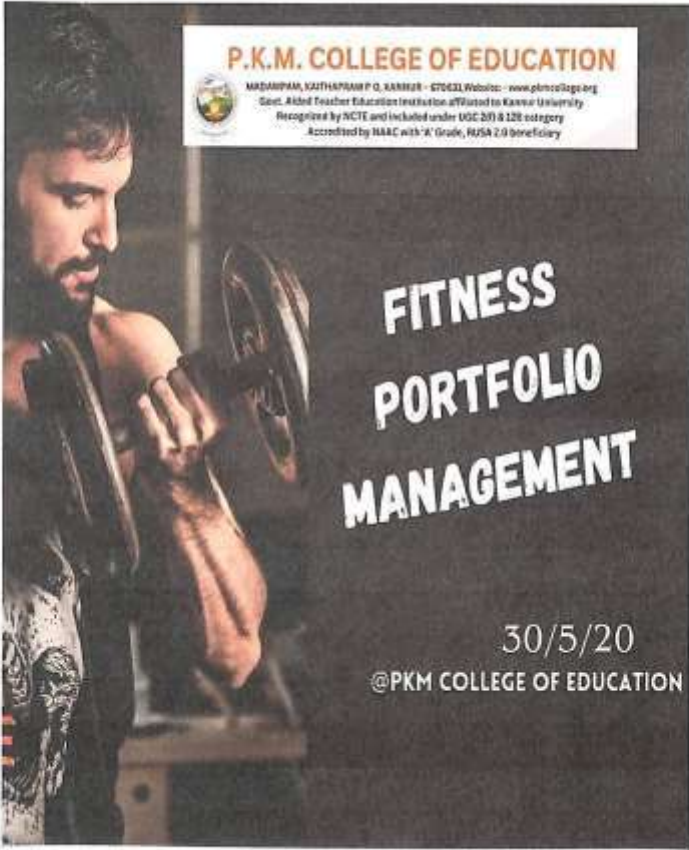
  
PRINCIPAL

P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

  
Dr. Sima Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631

**Name of the Programme: Fitness Portfolio Management**



*[Signature]*  
**PRINCIPAL**  
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## Webinar Report

### Fitness Protfolio Management

30-05-2020

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

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

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

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

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

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



  
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**Name of the Programme: One Day Webinar on Fitness Portfolios Management**

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

SILVER JUBILEE YEAR 2019-2020

**ONE DAY WEBINAR ON**

**FITNESS PORTFOLIO MANAGEMENT**

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

**Dr. Jessy D.C**  
Principal

**Dr. Prasad Babu**  
Vice Principal

**Dr. Sinej Joseph**  
Asst Prof/In  
Physical Education

**RESOURCE PERSON**

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

*Free Registration*

*Registration link:*  
<https://forms.gle/BCWegKIAYTgC5vtP6>

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SREEKANDAPURAM, KANNUR DT.,-670631

പി.കെ.എം. കോളേജ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡിപ്പാർട്ട് മെന്റിൻറെ അഭിമുഖത്തു് എങ്കിലും നാഷണൽ ലെവൽ വെബിനാർ സംഘടിപ്പിച്ചു. ഫിസിക്കൽ എഡ്യൂക്കേഷൻ കോളിജോ മെന്റിൻറെ ഓണലൈൻ എന്ന രീതിയിൽ മത്സരങ്ങൾ നടന്നു. പി.കെ.എം. ഗവൺമെന്റ് കോളേജിലെ അസി. പ്രൊഫർ ഡോ. കെ.വി. അനൂപ് ക്യാമ്പസ് തലിച്ച് വെബിനാർ ഉദ്ദേശ്യം ചെയ്തു. 150 മറ്റും പേർ സംബന്ധിച്ചു. പ്രിൻസിപ്പൽ സി. ഡോ. ജെസി എൻ.സി. റെവന്യൂ പ്രിൻസിപ്പൽ ഡോ. പ്രശാന്ത് മായ്യ, ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡോ. വി. രാമ. സിന്റോജ് അസോസിയറ്റ് എൻ്റർ നെന്റർ നൽകി.



*[Signature]*  
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### WEBINAR ON FITNESS PORTFOLIO MANAGEMENT

2019-20

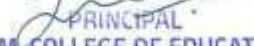
The following students participated in the WEBINAR ON FITNESS PORTFOLIO MANAGEMENT held on 30/05/2020

SI NO	NAME OF THE STUDENT
1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
7.	REVATHI PARAMESWARAN
8.	BISNA NARIKKODAN
9.	GOKULA E
10	HARITHAMOL P P
11	NIMISHA A
12	SRUTHI C K
13	THULASI M B
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15	ANUMOL MATHEW
16	AYONA VINCENT
17	HARSHA A.T
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Dr. Sinoj Joseph

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88	ATHIRA C.K.
89	BIJILA K.K.
90	SWATHI C.V.
91	SWEETYMOL SHAJI
92	VINAYA P.P.
93	AKHILA P.V
94	ANJU A
95	ATHIRA V. K.
96	ANJU VARGHESE
97	ARSHA M.
98	RAGESH T.



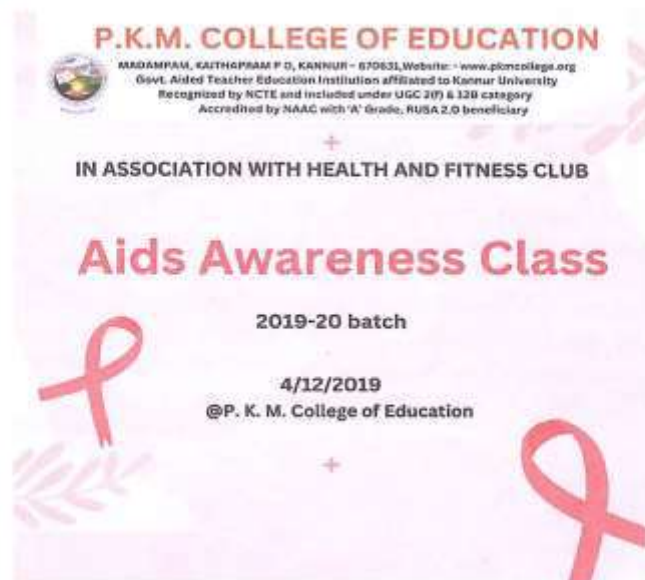
  
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SREEKANDAPURAM, KANNUR DT., -670631



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

Name of the Programme: Aids Awareness Class



  
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organized

### Report on the AIDS Awareness Class

An AIDS Awareness Class was held on 4 December 2019 from 2.30 pm onwards at PKM College of Education. It was organized under the leadership of Health and Fitness Club, PKM College of Education, Madampam. The program was presided by the Principal of PKM College of Education Dr. Sr. Jessy NC and the Aids Awareness Class was given by Dr. Alosius Joseph, Director of Mattanur Grace Hospital. He opined that there is no such need for people to be in panic and distance the AIDS patients from the public. He spoke to the teachers on topics like how to face the challenges of health issues among the students. He had an interactive session and discussion with the Teacher trainees. Dr. Sinoj Joseph, the Assistant Professor of the department of Physical Education delivered the welcome speech and Bency Scaria , the Student Coordinator of Health and Fitness Club rendered the vote of th



  
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Name of the Programme: international Sports Day



  
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## NATIONAL SPORTS DAY CELEBRATION

August 29, 2019

### REPORT

#### PKM COLLEGE OF EDUCATION, MADAMPAM

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

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

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

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

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



  
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## NATIONAL SPORTS DAY

2019-20

The following students participated in the National sports day held on 29/08/2019

SI NO	NAME OF THE STUDENT
1.	AKHILA JOHN
2.	AMRUDHA SIBY
3.	ANJANA K.C
4.	ARYA PREMARAJ P. K
5.	GIBY BABU
6.	MEENU T C
7.	REVATHI PARAMESWARAN
8.	BISNA NARIKKODAN
9.	GOKULA E
10.	HARITHAMOL P P
11.	NIMISHA A
12.	SRUTHI C K
13.	THULASI M B
14.	THUSHARA K.K
15.	ANUMOL MATHEW
16.	AYONA VINCENT
17.	HARSHA A.T
18.	JISHNA KARIYIL
19.	MEENU STEPHEN
20.	MERITA STEPHEN
21.	NIMITHA JOSE
22.	RAJINA P P
23.	SNEHA P SEBASTIAN
24.	SOUPARNIKA J



Dr. Sinoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education  
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25	ANJALI A K
26	ANJALI C K
27	JAHIRA K
28	MAHIMA K
29	NEETHU MADHUSOODANAN K V
30	PRIYANKA THALIYIL
31	RAMYASREE M V
32	RISHANA K M P
33	ABIA JOSE
34	ANJUSHA M
35	APARNA FRANCIS
36	ATHIRA K
37	JOSLY JOSE
38	NIDHIN JOSE
39	RIYAROSE MATHEW
40	SARIKA CHACKO
41	SHYNA N RAJU
42	SONIA CYRIAC
43	SREYA JOSEPH
44	ATHIRA P.K
45	JASMINE THOMAS
46	REJI P. GEORGE
47	REMYA RAGHAVAN
48	RENJINI N V
49	RISINA T.
50	SUJINA T V
51	JOFIA JOSE
52	JOHNS BIJU
53	JOMAL JOSE
54	MRIDULA B.P.

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76	DRISHYA V. V.
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78	JAIN JAMES
79	JISHNA C. H.
80	SHAHANAS K.
81	SIVAKEERTHANA DINESH
82	ABIN JOSE
83	ALAN MARIA JOHN
84	ANJUSHA KURIAN

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Assistant Professor in Physical Education  
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**5.3.2: Average number of sports and cultural events organized at the institution during the last five years**

## **SPORTS EVENTS ORGANIZED- 2020-21**




**Name of the Programme: International Yoga Day Workshop**

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**INTERNATIONAL YOGA DAY  
WORKSHOP**  
2021-22 batch

Via Zoom meeting



**21/06/2020**  
@P. K. M. College of Education



  
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Under the able leadership of the department of Physical Education of PKM College of Education, Madampam, International Yoga day was celebrated in the College. A National level Webinar was held on the topic "Yoga and Physical Fitness". Yogi KP Mohandas who is the current Director of Shanthi Yoga International Training Center led the session on the above said topic and Dr. Uday Shankar, the Director of Physical Education at Govt. Arts and Science College, Tamilnadu inaugurated the event and delivered an inaugural talk. Dr. Jessy NC, the Principal of the College presided over the function while Dr. Sinoj Joseph, Asst. Professor of Physical Education Dept delivered the welcome speech and General Captain Rakesh T gave the vote of thanks.

The slide presentation of Sir Uday Shankar and the session by Yogi KP Mohandas were indeed beneficial and remarkable. The event went on almost for an hour in which there were nearly sixty participants. All the staff and students of the college participated in this Yoga day celebration and in the associated webinar event with joy and a lot of enthusiasm.



  
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## International Yoga Day

21.06.2020 - Webinar @Zoom

### Programme

- Welcome : Dr.Sinoj Joseph  
(Asst.Prof in Physical Education)
- Presidential Address : Dr.Jessy N C (Principal)
- Inauguration : Dr.Udayashankar
- Resource Person : Yogacharya K P Mohandas
- Vote of thanks : Ragesh T



  
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## International Yoga Day - 21-06-2020



Welcome Speech  
Dr.Sinoj Joseph



Presidential Address  
Dr.Jessy N C



Inauguration  
Dr.Udayashankar



Vote of thanks  
Ragesh T



Resource Person  
K P Mohandas



  
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**Name of the Programme: National Level Webinar**

**RESOURCE PERSON** **P.K.M COLLEGE OF EDUCATION**  
MADAMPAM, KANNUR, KERALA

IN ASSOCIATION WITH  
**SANTHIYOGA INTERNATIONAL**  
TRAINING CENTRE  
PRESENTS

**NATIONAL LEVEL WEBINAR**  
Topic: Yoga & Physical Fitness  
**INAUGURATION**

Yoga at Home & Yoga with Family

**DR. UDHAYA SANKAR**  
Director of Physical Education in Govt. Arts & Science College, Mettur, Salem, Tamilnadu.  
Yoga Master, Head Coach for Indian Special Olympics - Basket Ball Team, Former National Gymnast.

**Presidential Address**  
**Dr. Jessy N.C**  
Principal, P.K.M College

**WELCOME SPEECH**  
**Dr. Sinoj Joseph**  
Assistant Prof. in Physical Education  
P.K.M College.

**Vote of Thanks**  
**Ragesh T**  
General Captain, P.K.M College

**21<sup>st</sup> JUNE 2020**  
**SUNDAY**  
**3.00 PM TO 4.00 PM**

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**SREEKANDAPURAM, KANNUR DT.,-670631**

# യോഗ ദിനാചരണം

പയ്യമ്പൂർ • മടമ്പം പി.കെ.എം. കോളേജ് ഓഫ് എജ്യൂക്കേഷൻ കായിക വിദ്യാഭ്യാസ വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ യോഗ ദിനാചരണം നടത്തി.

ദേശീയതല വെബിനാർ തമിഴ്നാട് ഗവ. ആർട്സ് സയൻസ് കോളേജ് ഫിസിക്കൽ എജ്യൂക്കേഷൻ ഡയറക്ടർ ഡോ. ഉദയശങ്കർ ഉദ്ഘാടനം ചെയ്തു.

ശാന്തി യോഗ ഇന്റർനാഷണൽ ട്രെയിനിങ് സെന്റർ ഡയറക്ടർ കെ.പി.മോഹൻദാസ് ക്ലാസ് നയിച്ചു.

പ്രിൻസിപ്പൽ ഡോ. എൻ. സി.ജെസി അധ്യക്ഷത വഹിച്ചു. അധ്യാപകരായ ഡോ. സിനോജ് ജോസഫ്, ടി.രാമേശ് എന്നിവർ


പ്രസംഗിച്ചു.

പയ്യമ്പൂർ • അലക്സാണ്ടർ സത്യൻ സ്കാൾ വായനശാലയുടെ നേതൃത്വത്തിൽ യോഗാദിനാചരണം വായനശാല പ്രസിഡന്റ് എം.ബാലന്റെ അധ്യക്ഷതയിൽ താലൂക്ക് ലൈബ്രറി കൗൺസിൽ ജോയിന്റ് സെക്രട്ടറി ഇ.കെ.അജിത്ത് കുമാർ ഉദ്ഘാടനം ചെയ്തു.

യോഗാ അധ്യാപകൻ എം. മുക്തൻ കൊച്ചും യോഗാദിന സന്ദേശം നൽകി.

വായനശാല സെക്രട്ടറി ജോണി മാത്യു, വായനശാല വൈസ് പ്രസിഡന്റ് എം.വി.സുനിൽ കുമാർ എന്നിവർ പ്രസംഗിച്ചു.



  
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**യോഗ  
വെബിനാർ 21ന്**

പയ്യമ്പുര. മടമ്പം പി.  
കെ.എം കോളജ് ഓഫ് എ  
ജ്യൂക്കേഷനിൽ ഫിസിക്കൽ  
എജ്യൂക്കേഷൻ വകുപ്പിന്റെ  
അഭിമുഖ്യത്തിൽ ഇന്റർനാ  
ഷണൽ യോഗ ദിനത്തോട  
നുബന്ധിച്ച് യോഗ ആൻഡ്  
ഫിസിക്കൽ ഫിറ്റ്നസ് എന്ന  
വിഷയത്തെ ആസ്പദമാ  
ക്കി നാഷണൽ ലെവൽ വെ  
ബിനാർ 21നു നടക്കും. ശാ  
ന്തിയോഗ ഇന്റർനാഷണൽ  
ടെയ്നിങ് സെന്റർ ഡയറക്ടർ  
യോഗാപാത്യ കെ.പി മോ  
ഹൻദാസ് ക്ലാസ് നയിക്കും.  
തമിഴ്നാട് ഗവ. ആർട്സ് സ  
യൻസ് കോളജ് ഫിസിക്കൽ  
എജ്യൂക്കേഷൻ ഡയറക്ടർ  
ഡോ ഉദയഗൗർ ചടങ്ങു ഉ  
ദ്ഘാടനം ചെയ്യും.



  
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### INTERNATIONAL YOGA DAY

2020-21

The following students participated in the National level quiz held on 21/06/2020

SI NO	NAME OF THE STUDENT
1.	JOFIA JOSE
2.	JOHNS BIJU
3.	JOMAL JOSE
4.	MRIDULA B.P.
5.	RAHUL K.
6.	RASIKA K.P.
7.	SIONA JACOB
8.	SRUTHI RAMESH
9.	AKHILA E.K
10	LAYA K. BABY
11	SAYONA JOSE
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Tel: 0460 2230929, Fax: 04602 232449

41	SWEETYMOL SHAJI
42	VINAYA P.P.
43	AKHILA P.V
44	ANJU A
45	ATHIRA V. K.
46	MEGANA K. K.
47	SANOOJA P.P
48	TOMSON SABU
49	ELIZABETH GEORGE
50	ALBY ANN STEPHEN



  
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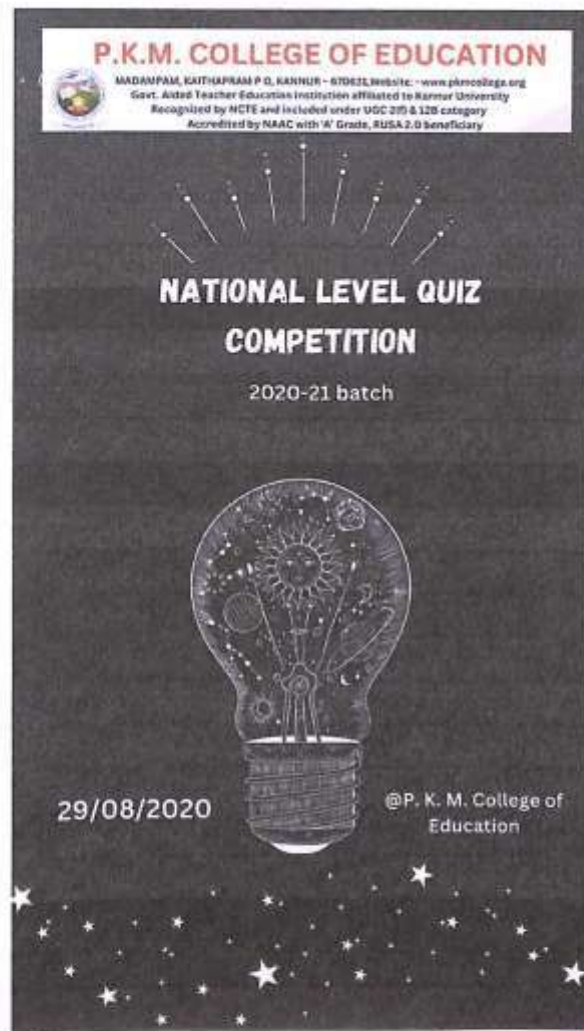
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SREEKANDAPURAM, KANNUR DT.,-670631



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

**Name of the Programme: National Level Quiz Competition**

2020-21 organized.




*[Signature]*  
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### **\*A Report on the National Level Quiz Competition\***

As a part of the National Sports Day celebration, the Physical Education department of PKM College of Education conducted an online National Level Quiz competition on 29th of August, 2020. The quiz started at 10 am and about 71 students participated in the online quiz through Google forms. The students were expected to answer 25 questions in 10 minutes. The competition was conducted for students of standard 8th, 9th and 10th. The prize money for the first position was one thousand and one rupees. For the second position was seven hundred and fifty one rupees and the third position was five hundred and one rupees. The first position was secured by Ateef of standard 10 from MHS School. The second position was secured by Jeswin Jose of standard 10 from Flowerit English Medium School, Ulikkal. The third position was conquered by Jafsaad of standard 9 from GHSS School, Irikkur. The winners will receive the cash prize on 9th of September at PKM College of Education from the college principal Dr. Sr. Jessy N.C



  
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Tel: 0460 2230929, Fax: 04602 232449

### NATIONAL LEVEL QUIZ COMPETITION

2020-21

The following students participated in the National level quiz held on 29/08/2020

SI NO	NAME OF THE STUDENT
1.	JOFIA JOSE
2.	JOHNS BIJU
3.	JOMAL JOSE
4.	MRIDULA B.P.
5.	RAHUL K.
6.	RASIKA K.P.
7.	SIONA JACOB
8.	SRUTHI RAMESH
9.	AKHILA E.K
10	LAYA K. BABY
11	SAYONA JOSE
12	SNETHA K.
13	VISHNU P. S
14	AMBILI JOSEPH
15	ANGELIN STEPHEN
16	ANJALI VARGHESE
17	ANJU VARGHESE
18	ARSHA M.

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



  
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Tel: 0460 2230929, Fax: 04602 232449

19	RAGESH T.
20	RIBISHA E.
21	YAMUNA M.M
22	AMRUTHA K.
23	ANITHA P.
24	ANUHRIDYA. O.
25	BENCY SCARIA
26	DRISHYA V. V.
27	HARITHA P.C.
28	JAIN JAMES
29	JISHNA C. H.
30	SHAHANAS K.
31	SIVAKEERTHANA DINESH
32	ABIN JOSE
33	ALAN MARIA JOHN
34	ANJUSHA KURIAN
35	ARUSHI CYRIL.
36	ASHISH SASEENDRAN
37	ASHLY KURIAKOSE
38	ATHIRA C.K.
39	BIJILA K.K.
40	SWATHI C.V.



Dr. Sreejoseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631

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organized

**സ്പോർട്സ് അക്കാഡമി കുട്ടികളെ അനുമോദിച്ചു**

കായിക മേഖലയ്ക്ക് പുത്തൻ കാഴ്ചപ്പാടുകൾ നൽകി കായിക മേഖലയോട് താല്പര്യമുള്ള നല്ല കുട്ടികളെ വളർത്തിക്കൊണ്ടു വരുക എന്ന ലക്ഷ്യത്തോടെ പ്രവർത്തിക്കുന്ന പി കെ എം സ്പോർട്സ് അക്കാഡമിയിൽ നിന്നും ജി വി രാജ സ്പോർട്സ് സ്കൂളിലേക്കും സ്പോർട്സ് ഡിവിഷനിലേക്കും സെലക്ഷൻ ലഭിച്ച കുട്ടികളെ പി കെ എം കോളേജ് അനുമോദിച്ചു. 14-10-2020 ൽ കോളേജ് ഓഡിറ്റോറിയത്തിൽ കോളേജ് പ്രിൻസിപ്പാൾ ഡോ ജെസ്സി എൻ സി അദ്ധ്യക്ഷത വഹിച്ച യോഗം കോളേജ് മാനേജർ അഭി ജോസഫ് പണ്ടാരശ്ശേരിൽ പിതാവ് ഉദ്ഘാടനം ചെയ്തു. കുട്ടികൾക്ക് പരിശീലനം നൽകാവുന്ന പുതിയ കളി കളിക്കുറിച്ചു കേരള സ്റ്റേറ്റ് ബഗ് ഓഫ് വാർ വൈസ് പ്രസിഡന്റ് ഉം രാജപുരം കോളേജിലെ കായികാധ്യാപകനുമായ രഗു നാഥ് സാറും കായിക ലോകത്തിന്റെ പുത്തൻ കാഴ്ചപ്പാടുകളെക്കുറിച്ചും എങ്ങനെ ഒരു നല്ല കളിക്കാരനാവാനും വിജയം കൈവരിക്കാനും സാധിക്കും എന്നും ഇന്റർനാഷണൽ വോളി ബോൾ റഫറിയും സ്കൂൾ ഗെയിംസ് ഫെഡറേഷൻ ഓഫ് ഇന്ത്യയുടെ ടെക്നിക്കൽ റഫറിയുമായ ടി വി അരുണാചലം സാർ നടത്തിയ മോട്ടിവേഷണൽ ടോക്കും യോഗത്തിന് വളരെയധികം പ്രയോജനമകമായിരുന്നു. കോളേജ് ലോക്കൽ മാനേജർ ഫാ ലൂക്ക് പുതുക്കയിൽ. മേരിലാൻഡ് സ്കൂൾ ഹെഡ് മാസ്റ്റർ ബിനോയ് സാർ മാടായി കോളേജ് അസിസ്റ്റന്റ് പ്രൊഫസ്സർ പ്രവീൺ മാത്യു സാർ തുടങ്ങിയവർ ആശംസകളർപ്പിച്ചു സംസാരിച്ചു. വ്യക്തത നട്ടുകൊണ്ട് അടുത്ത അക്കാഡമിയുടെ പ്രവർത്തനങ്ങൾക്കു ഇന്ന് കോളേജ് തുടക്കം കുറിക്കുകയും ചെയ്തു. സ്പോർട്സ് അക്കാഡമിയിൽ നിന്നും സെലക്ഷൻ ലഭിച്ച ഗോപിക കെ കെ, നയന അന്നസജി, നിയ ജോസ് എന്നീ കുട്ടികൾക്ക് അഭി ജോസഫ് പണ്ടാരശ്ശേരിൽ പിതാവ് പുരസ്കാരങ്ങൾ നൽകി അനുമോദിച്ചു. യോഗത്തിനു ഡോ സിനോജ് ജോസഫ് സ്വാഗതവും സിക്രിട്ടീന എസ് വി എം നന്ദിയും പറഞ്ഞു.



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### **The Sports Academy commended the children**

PKM College commends the students who have been selected for the GV Raja Sports School and Sports Division from the PKM Sports Academy, which aims to nurture good children interested in sports by giving them new perspectives on sports. The meeting was inaugurated by the College Manager Mar Joseph Pandarasseril on 14-10-2020 at the College Auditorium presided over by the College Principal Dr. Jesse NC. Raghu Nath Sir, Vice President, Kerala State Tug of War and a sports teacher at Rajapuram College, talks about new games . The motivational talk by TV Arunachalam Sir, International Volleyball Referee and Technical Referee of the School Games Federation of India on the new perspectives of the sports world and how to become a good player and achieve success was also very helpful for the meeting.. College Local Manager V.Rev.Fr. Luke Poothrukayil . Maryland School Headmaster Binoy Sir Madai College Assistant Professor Praveen Mathew Sir spoke on the occasion. The college today started the activities of the next academy by planting tree saplings. Gopika KK, Nayana Anna Saji and Niya Jose, who were selected from the sports academy, were felicitated by their at Mar Joseph Pandarasseril. Dr. Sinoj Joseph welcomed the gathering and Sr. christeena SVM thanked them.




  
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# സ്പോർട്സ് അക്കാഡമി കുട്ടികളെ ആദരിച്ചു

Posted On 15 Oct 2020 By: Chief Editor



മടമ്പം: കായിക മേഖലയ്ക്ക് പുത്തൻ കാഴ്ചപ്പാടുകൾ നൽകി താൽപര്യമുള്ള നല്ല കുട്ടികളെ വളർത്തിക്കൊണ്ടുവരിക എന്ന ലക്ഷ്യത്തോടെ പ്രവർത്തിക്കുന്ന പി.കെ.എം. സ്പോർട്സ് അക്കാഡമിയിൽനിന്നും ജി വി രാജ സ്പോർട്സ് സ്കൂളിലേക്കും സ്പോർട്സ് ഡിവിഷനിലേക്കും സെലക്ഷൻ ലഭിച്ച കുട്ടികളെ പി.കെ.എം. കോളജ് അനുഭവദിച്ച്. കോളജ് ഓഡിറ്റോറിയത്തിൽ പ്രിൻസിപ്പൽ ഡോ. ജെസി എൻ സി. അധ്യക്ഷത വഹിച്ച യോഗം കോളജ് മാനേജർ മാർ ജോസഫ് പണ്ടാരശ്ശേരിൽ ഉദ്ഘാടനം ചെയ്തു. കേരള സ്റ്റേറ്റ് ഓഫ് വാർ വൈസ് പ്രസിഡന്റും രാജപുരം കോളജിലെ കായികാധ്യാപകനുമായ രഘുനാഥ്. ഇന്റർനാഷണൽ വോളിബോൾ റഫറിയും സ്കൂൾ ഗെയിംസ് ഫെഡറേഷൻ ഓഫ് ഇന്ത്യയുടെ ടെക്നിക്കൽ റഫറിയുമായ ടി.വി. അരുണാചലം എന്നിവർ ക്ലാസ്



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### HONOURING SPORTS ACADEMY STUDENTS

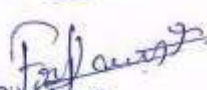
2020-21

The following students participated in the National level quiz held on 14/10/2021

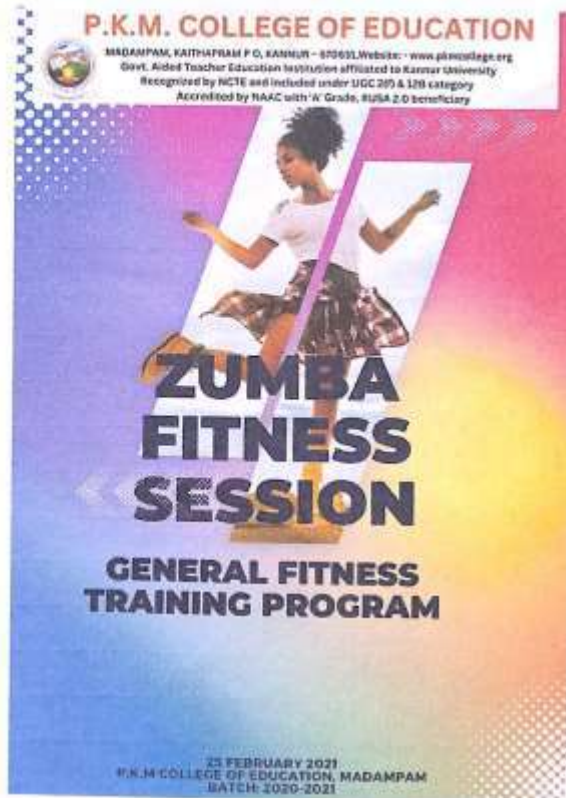
SI NO	NAME OF THE STUDENT
1.	JOFIA JOSE
2.	JOHNS BIJU
3.	JOMAL JOSE
4.	MRIDULA B.P.
5.	RAHUL K.
6.	RASIKA K.P.
7.	SIONA JACOB
8.	SRUTHI RAMESH
9.	AKHILA E.K
10	LAYA K. BABY
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12	SNETHA K.



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

Name of the Programme: Zumba Fitness Session



  
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organize

**REPORT ON GENERAL FITNESS TRAINING PROGRAMME**

PKM College of Education, Madampam organized a Zumba fitness session for General fitness Training programme, under the department of Physical Education for the B.Ed. batch 2020-22 on 25<sup>th</sup> February 2021. Physical fitness is a significant requirement for a healthy individual.

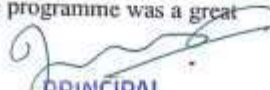
The programme was conducted at 2.00 pm and it was initiated with the introductory speech by Dr. Shinoj Joseph, Head of the Department of Physical Education in PKM College. He welcomed the chief guests of the day, Mr. Sreejith K, Assistant Professor at School of Physical Education and certified Zumba instructor. Along with him, Mrs. Divya Sebastian was also invited.

The session started smoothly thereafter under the guidance of Mr. Sreejith K. All the students took voluntary participation in the Zumba session. The Programme was undoubtedly very lively and interactive. Various musical genres from Spanish, Punjabi and Malayalam languages were played.

The session met its end by 3.30 pm. Thereafter many student representatives actively came forward and shared their first Zumba experience. The success of the event was quite evident from their words. Both Mr. Sreejith and Mrs. Divya Sebastian shared their experience Zumba instructions as well.

Session marked its official conclusion after the delivering of vote of thanks by Dr. Shinoj Joseph, HOD of Physical Education Department. All together the programme was a great endeavor.



  
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ജനറൽ ഫിറ്റ്നസ് ട്രെയിനിങ് പ്രോഗ്രാം - റിപ്പോർട്ട്

പി കെ എം കോളേജ് ഓഫ് Education ഡിപ്പാർട്ട്മെന്റ് ഓഫ് ഫിസിക്കൽ എജ്യൂക്കേഷൻ ഭാഗമായി 25-2-2021, 2 മണിക്ക് GENERAL FITNESS TRAINING PROGRAMME സംഘടിപ്പിച്ചു. ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡിപ്പാർട്ട്മെന്റ് മേധാവി Dr. സിനോജ് ജോസഫ്, സൂന്യാ ഇൻസ്ട്രക്ടർ Mr. ശ്രീജിത്ത് K. ദിവ്യ സെബാസ്റ്റ്യൻ എന്നിവരെ വിദ്യാർത്ഥികൾക്കായി പരിചയപ്പെടുത്തി. കണ്ണൂർ യൂണിവേഴ്സിറ്റി ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡിപ്പാർട്ട്മെന്റ് അസിസ്റ്റന്റ് പ്രൊഫൊസർ Mr. ശ്രീജിത്ത് . K ആണ് സൂന്യാ സെഷൻ നേതൃത്വം നൽകിയത്. തുടക്കം തന്നെ ഏറെ വ്യത്യസ്ത നിറഞ്ഞതായിരുന്നു. കുട്ടികളുടെ പൂർണ്ണ പങ്കാളിത്തം ഉണ്ടായിരുന്ന പരിപാടി വളരെ ആവേശകരമായിരുന്നു. കുട്ടികളുടെ ആവേശം ചോർന്നു പോകാതെ തന്നെ പരിപാടി നീട്ടി കൊണ്ടു പോകാൻ കോർഡിനേറ്റർമാർക്കു സാധിച്ചു. പരിപാടിയുടെ അവസാനം വിദ്യാർത്ഥികളും, സൂന്യാ ഇൻസ്ട്രക്ടർസ് ആയ Mr. ശ്രീജിത്തും ദിവ്യയും അനുഭവങ്ങൾ പങ്കുവെച്ചു. പരിപാടിക്ക് നന്ദി അർപ്പിച്ചത് ഡിപ്പാർട്ട്മെന്റ് മേധാവി Dr. സിനോജ് ജോസഫ് ആയിരുന്നു. ആവേശകരമായ പരിപാടി വൈകുന്നേരം 4:30 യോട് കൂടി അവസാനിച്ചു.



  
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Tel: 0460 2230929, Fax: 04602 232449

### GENERAL FITNESS TRAINING PROGRAMME


2020-21

The following students participated in the General Fitness Training Programme held on 25/02/2021

SI NO	NAME OF THE STUDENT
1.	JOFIA JOSE
2.	JOHNS BIJU
3.	JOMAL JOSE
4.	MRIDULA B.P.
5.	RAHUL K.
6.	RASIKA K.P.
7.	SIONA JACOB
8.	SRUTHI RAMESH
9.	AKHILA E.K
10	LAYA K. BABY
11	SAYONA JOSE
12	SNETHA K.
13	VISHNU P. S
14	AMBILI JOSEPH
15	ANGELIN STEPHEN
16	ANJALI VARGHESE
17	ANJU VARGHESE

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



  
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Tel: 0460 2230929, Fax: 04602 232449

18	ARSHA M.
19	RAGESH T.
20	RIBISHA E.
21	YAMUNA M.M
22	AMRUTHA K.
23	ANITHA P.
24	ANUHRIDYA. O.
25	BENCY SCARIA
26	DRISHYA V. V.
27	HARITHA P.C.
28	JAIN JAMES
29	JISHNA C. H.
30	SHAHANAS K.
31	SIVAKEERTHANA DINESH
32	ABIN JOSE
33	ALAN MARIA JOHN
34	ANJUSHA KURIAN
35	ARUSHI CYRIL
36	ASHISH SASEENDRAN
37	ASHLY KURIAKOSE
38	ATHIRA C.K.
39	BIJLA K.K.

  
Dr. S. Ines Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631



  
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Tel: 0460 2230929, Fax: 04602 232449

40	SWATHI C.V.
41	SWEETYMOL SHAJI
42	VINAYA P.P.
43	AKHILA P.V
44	ANJU A
45	ATHIRA V. K.
46	MEGANA K. K.
47	SANOOJA P.P
48	TOMSON SABU
49	ELIZABETH GEORGE
50	ALBY ANN STEPHEN
51	ALEX BABY
52	ARUN SHAJI
53	DIVYASHREE ARAVIND
54	KRISHNA PRIYA K.
55	LITTY SUNDER
56	RAJINA M P
57	SANDRA MARYA SHAJI
58	ADITHYA V
59	ANJALI R.
60	ANUSREE K.C.
61	APARNA U.
62	ARCHANA K.C
63	ATHULYA C.
64	NIVYA JOSEPH
65	SOORYA BABU

Dr. Sinoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education  
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66	ANUSREE M.
67	ARCHANA MADHUSOODANAN
68	ASWATHI
69	JESMI GEORGE
70	JISNA BABY
71	MANEESHA BABU
72	SANDHRA BIJU
73	TOBY S. ABRAHAM
74	ANULAKSHMI P.
75	ATHIRA ANAND A.
76	JEENA SAJITH M
77	KAVYA V.
78	LUMITHA BAI B
79	M. ANU MARIYA
80	MARIA BABY
81	MARIZA MARKOSE
82	ANAGHA K.K
83	ANUSREE K
84	ASHLY THOMAS
85	ASWATHI N.V
86	AYANA K
87	DELNA T S
88	SARANYA L.
89	SAYOOJ V V
90	SHYONA STEPHEN
91	ANASWARA K
92	ANU PHILIP
93	ASHA N
94	ATHIRA SHAJI

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



  
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**5.3.2: Average number of sports and cultural events organized at the institution during the last five years**

## **SPORTS EVENTS ORGANIZED- 2021-22**




**Name of the Programme: International Yoga Day Celebration**

2021-22 organized


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**INTERNATIONAL YOGA DAY  
CELEBRATION**  
2021-22 batch

Inter BE'd Yoga performance competition



21/06/2021  
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*[Signature]*  
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04/06/2021

## INTERNATIONAL YOGA DAY CELEBRATION JUNE 21

### COMPETITION REPORT

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



  
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2021-22 Organized

## INTERNATIONAL YOGA DAY



Organized

Proudly Inviting you for the Workshop on  
**REVIVAL OF WELLNESS THROUGH YOGA**



21<sup>st</sup> JUNE 2021  
MONDAY, 9:00 a.m.

**Programme**

**Session - I**  
**Inaugural Session**

- Prayer
- Welcome
- Presidential Address
- Felicitation
- Vote of Thanks

**Session - II**  
**Technical Session**



**Resource Person**



**Dr. P. ANBALAGAN**  
Professor  
Department of Physical Education  
Bharathiar University  
Coimbatore.

**Welcome Speech**



**Dr.Sinoj Joseph**  
Asst.Prof. Physical Education  
P K M College of Education

**Presidential Address**



**Dr.Jessy N C**  
Principal  
P K M College of Education

**Felicitation**



**P J Joseph**  
Asst.Pr.f. Physical Education  
KUTEC Kasargod



**Department of Physical Education**

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**PKM College of Education Madampam**  
**Department of Physical Education**

**അന്താരാഷ്ട്ര യോഗദിനം 2021**  
**വർക്ക്ഷോപ്പ്,റിപ്പോർട്ട് (21/06/2021)**

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



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



  
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**PKM College of Education Madampam**  
**Department of Physical Education**

**International Yoga Day Celebration (June 21) -Report**  
**Revival of Wellness through Yoga -One day Workshop**

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

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



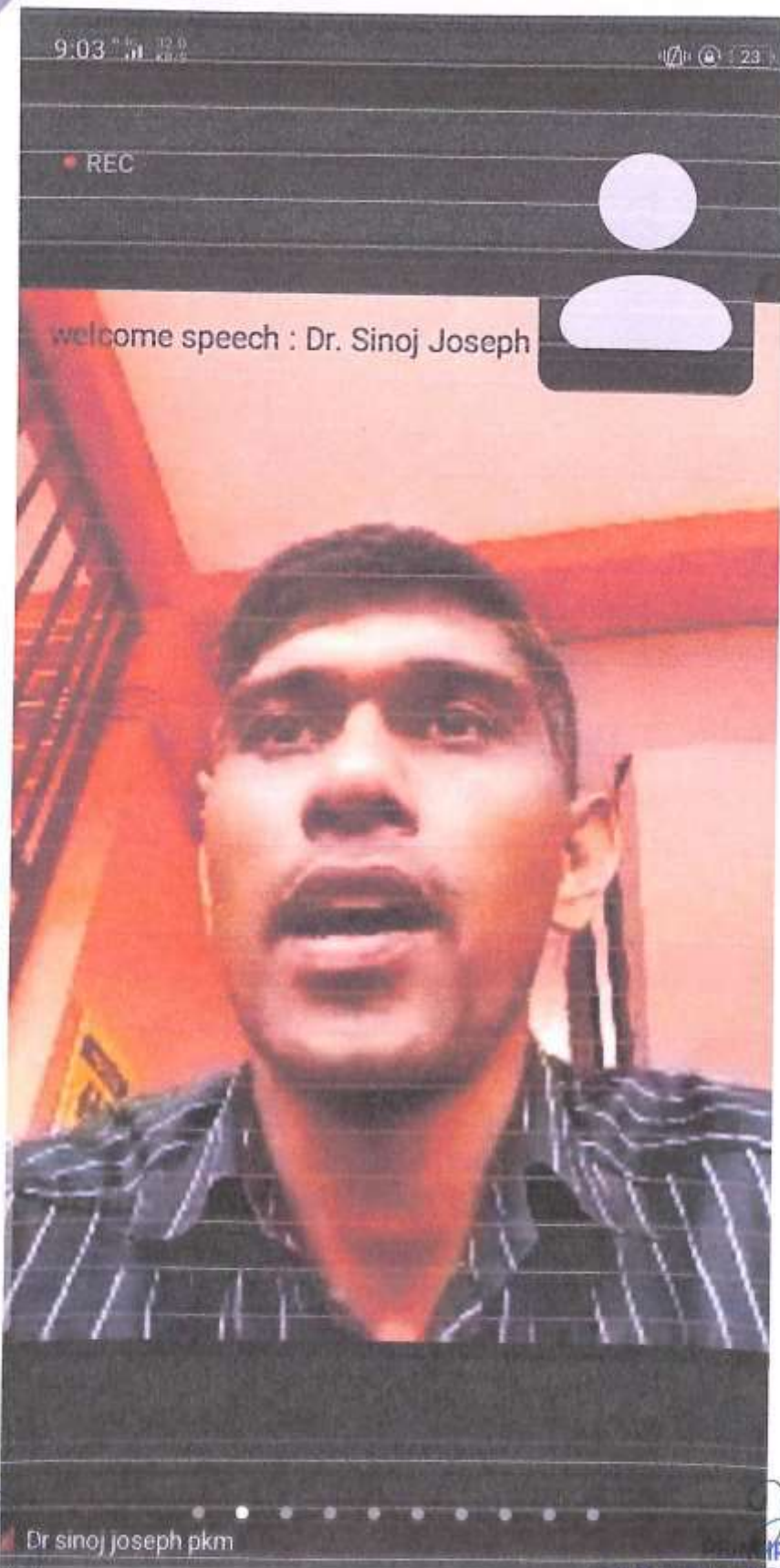
  
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practicing yoga, all the stress in the mind will be removed and yoga should be our daily routine that leads man to physical, mental, spiritual upliftment. He highlighted the significance of the need for all teachers to practice yoga. Anbalagan Sir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

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

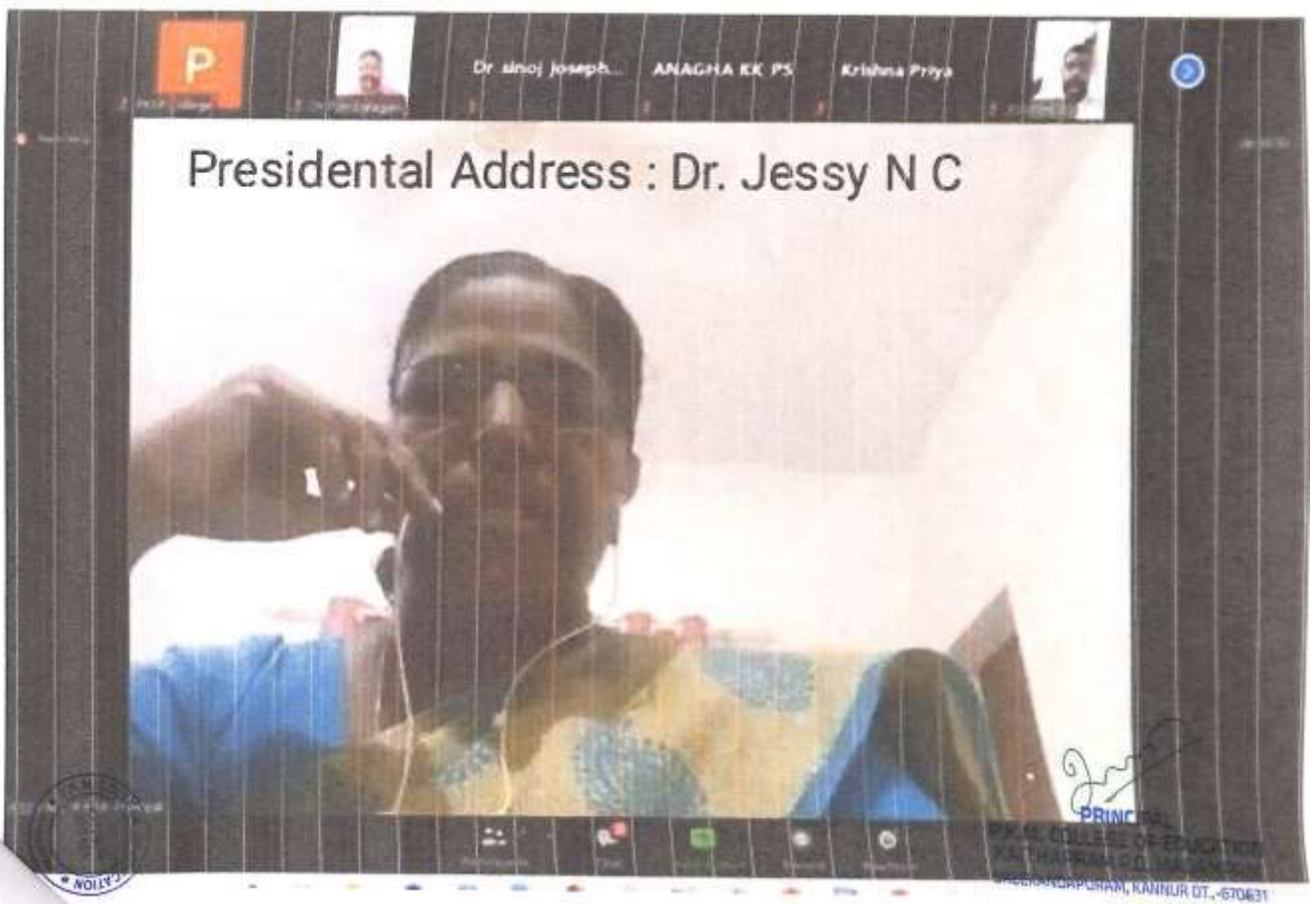


  
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Felicitation : P J Joseph



  
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Resource Person : Dr. P Anbalagan



  
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Vote Of Thanks

# Kavya NS



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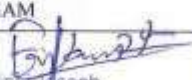
Tel: 0460 2230929, Fax: 04602 232449

## INTERNATIONAL YOGA DAY COMPITION


2021-22

The following students participated in the programme on 21/06/2021

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
6.	LITTY SUNDER
7.	RAJINA M P
8.	SANDRA MARYA SHAJI
9.	ADITHYA V
10	ANJALI R.
11	ANUSREE K.C.
12	APARNA U.
13	ARCHANA K.C
14	ATHULYA C.
15	NIVYA JOSEPH
16	SOORYA BABU
17	ANUSREE M.
18	ARCHANA MADHUSOODANAN
19	ASWATHI
20	JESMI GEORGE
21	JISNA BABY
22	MANEESHA BABU
23	SANDHRA BIJU
24	TOBY S. ABRAHAM

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



  
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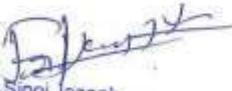
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25	ANULAKSHMI P.
26	ATHIRA ANAND A.
27	JEENA SAJITH M
28	KAVYA V.
29	LUMITHA BAI B
30	M. ANU MARIYA
31	MARIA BABY
32	MARIZA MARKOSE
33	ANAGHA K. K
34	ANUSREE K
35	ASHLY THOMAS
36	ASWATHI N. V
37	AYANA K
38	DELNAT S
39	SARANYA L
40	SAYOOJ V V
41	SHYONA STEPHEN
42	ANASWARA K
43	ANU PHILIP
44	ASHA N
45	ATHIRA SHAJI
46	HAIBIN MATHEW
47	JUVAIRIYA M.N.



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

Name of the Programme: PKM's Good Luck to the Tokyo Olympics



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

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



  
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### P. K. M GOOD LUCK TO TOKYO OLYMPICS

2021-22

The following students participated in the programme on 30/7/2021

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
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Dr. Sinoj Joseph

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45	ATHIRA SHAJI
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47	JUVAIRIYA M.N.
48	MUKTHA SASINDRAN
49	SREYA REMESH BABU



  
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Dr. Sinoj Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631

**Name of the Programme: National Sports Day Celebration**


organized



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Madampam, Kaithapram, Kannur - 670631


**National Sports Day Celebration**  
29th August 2021  
SUNDAY 11.00 AM

*Inauguration*




**Dr. P. T. Joseph**  
Former Director of  
Physical Education and IIO,  
Kannur University

*Felicitatation*




**Dr. Rekha Jose**  
Physical Education Teacher  
GHSS Chittariparamba

*Presidential address*



**Dr. Jessy N. C**  
Principal  
P. K. M. College college of education

*Department of Physical Education*



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Madampam, Kaithapram, Kannur-670631

### August 29th

## NATIONAL SPORTS DAY CELEBRATION

College prayer:

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

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

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

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

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

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



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## റിപ്പോർട്ട് ദേശീയ കായികദിനാഘോഷ പരിപാടി

29/08/21

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



  
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പ്രതിരോധ ശേഷി കൂട്ടാനും അതുവഴി ജീവിതശൈലി രോഗങ്ങളെ അകറ്റി നിർത്താനും സാധിക്കുമെന്നും അദ്ദേഹം നമ്മെ ഓർമ്മിപ്പിച്ചു.

ഡോ രേഖ ജോസ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ടീച്ചർ ജി.എച്ച്.എസ്.എസ് ചിറ്റാരിപറമ്പ് , ആശംസ അർപ്പിച്ചു സംസാരിച്ചു. ഭാവി അധ്യാപകർ എന്ന നിലയിൽ കുട്ടികളിൽ കായിക മനോഭാവം വളർത്തേണ്ടതിന്റെ ആവശ്യകതയെ പറ്റിയാണ് ടീച്ചർ പറഞ്ഞത്. ഈ കാലഘട്ടത്തിൽ ആരോഗ്യസംരക്ഷണത്തിനായി ചെയ്യാനുള്ള ചെറിയ വ്യായാമ രീതികളെപ്പറ്റി ബോധവാന്മാരാക്കി. സ്റ്റുഡന്റ് കൗൺസിൽ സെക്രട്ടറി വിഷ്ണു പ്രതാപ് ആശംസ അർപ്പിച്ചു സംസാരിച്ചു. പാഠ്യപദ്ധതിയിൽ കായിക വിദ്യാഭ്യാസത്തിനുള്ള പ്രാധാന്യത്തെക്കുറിച്ച് ആശംസ പ്രഭാഷണം നടത്തിയ വിഷണു പറഞ്ഞുവെച്ചു കായിക ദിനാചരണത്തിന്റെ ഭാഗമായി ഇംഗ്ലീഷ് വിഭാഗത്തിന്റെ പ്രസിദ്ധീകരണമായ "വിക്റ്ററി" (എ പെടഗോഗ ലിറ്റററി പബ്ലിക്കേഷൻ ബൈ സ്റ്റുഡന്റ്സ് ഓഫ് ഡിപ്പാർട്ട്മെന്റ് ഓഫ് ഇംഗ്ലീഷ്, പ്രിസിപ്പൽ ഡോ ജെസ്സി എൻ സി പ്രകാശനം ചെയ്ത ഇംഗ്ലീഷ് സാഹിത്യം ഏറ്റവും മികച്ച രീതിയിൽ കായിക പ്രവർത്തനത്തിലൂടെ എങ്ങനെ വിദ്യാർത്ഥികളിൽ എത്തുമെന്നതിനുള്ള മാതൃകയായിട്ടാണ് ഇംഗ്ലീഷ് വിഭാഗത്തിന്റെ ഈ പ്രസിദ്ധീകരണം. ഇതു ടോക്യോ ഒളിമ്പിക്സിൽ പങ്കെടുത്ത എല്ലാവർക്കുമുള്ള ആദരസൂചകമായി സമർപ്പിച്ചു. കായികപ്രാധാന്യത്തെ മുൻനിർത്തി കുട്ടികളിൽ ആവേശം നിറക്കുന്ന രീതിയിലുള്ള രണ്ട് മത്സരങ്ങൾ സംഘടിപ്പിച്ചിരുന്നു. ഫോട്ടോ കൊളാഷ് മത്സരവും ക്വിസ് മത്സരവും. വിദ്യാർത്ഥികളുടെ മികച്ച പങ്കാളിത്തം പരിപാടിയുടെ വിജയത്തിന് കാരണമായി. ഫിസിക്കൽ എഡ്യൂക്കേഷൻ മേധാവി മത്സര വിജയികളെ പ്രഖ്യാപിച്ചു. പി.കെ.എം.കോളേജ് ഓഫ് എഡ്ജ്യൂക്കേഷൻ സ്റ്റുഡന്റ്സ് കൗൺസിൽ സ്പോർട്സ് സെക്രട്ടറി കാവ്യയുടെ ഔദ്യോഗിക നന്ദി പ്രകാശനത്തോടെ ദേശീയ കായിക ദിനാഘോഷ പരിപാടിക്ക് സമാപനം കുറിച്ചു.



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**PKM College of Education Madampam**  
**Department of Physical Education**

**National sports day celebration (August 29)- Report**

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

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



  
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recommended to do physical activities like skipping, aerobics and zumba thereby its possible to get rid of diseases like osteoporosis, breast cancer.

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



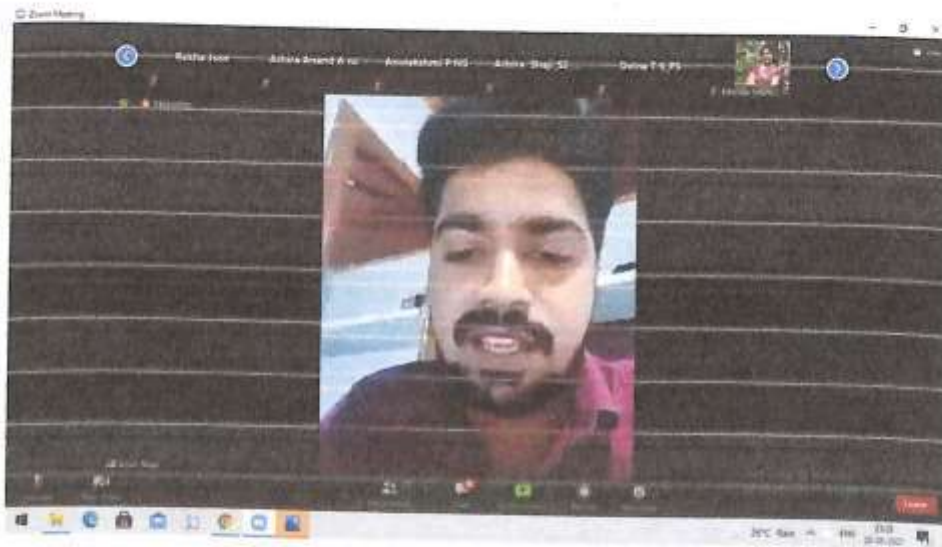
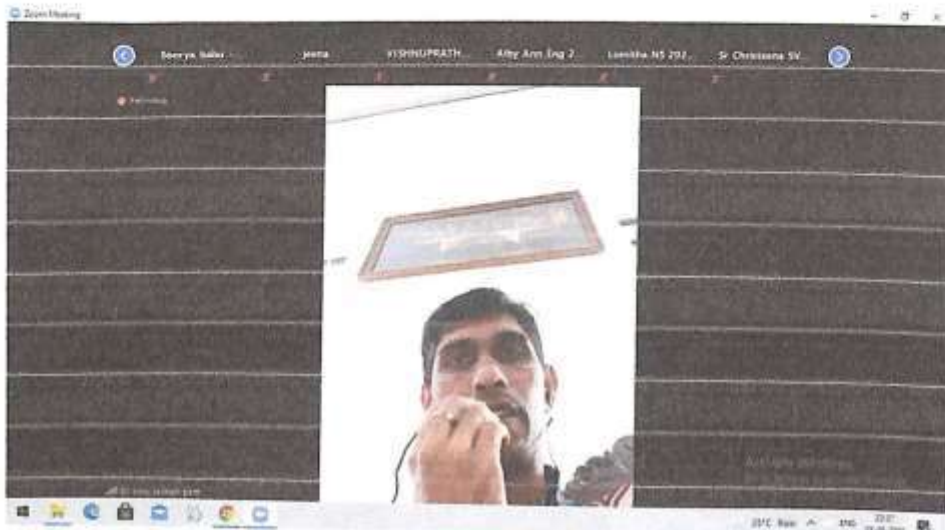
  
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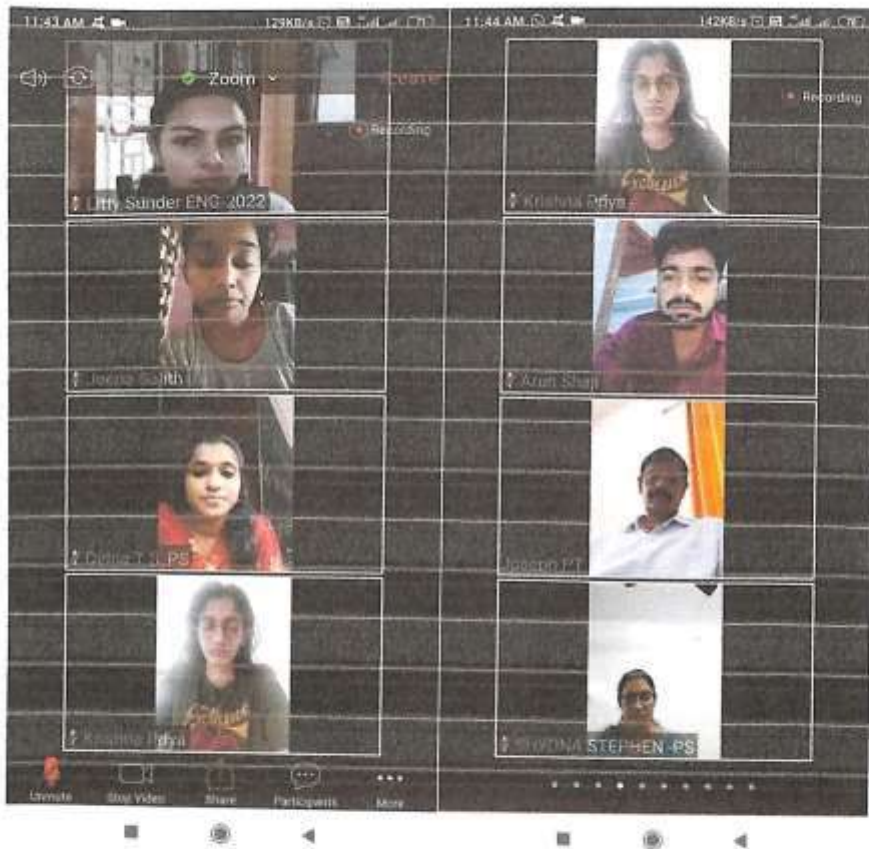
  
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E-mail: [pkmcedn@yahoo.co.in](mailto:pkmcedn@yahoo.co.in), Website: - [www.pkmcollege.org](http://www.pkmcollege.org)

Tel: 0460 2230929, Fax: 04602 232449


## NATIONAL SPORTS DAY CELEBRATION


2021-22

The following students participated in the programme on 29/08/2021

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
6.	LITTY SUNDER
7.	RAJINA M P
8.	SANDRA MARYA SHAJI
9.	ADITHYA V
10.	ANJALI R.
11.	ANUSREE K.C.
12.	APARNA U.
13.	ARCHANA K.C
14.	ATHULYA C.
15.	NIVYA JOSEPH
16.	SOORYA BABU
17.	ANUSREE M.
18.	ARCHANA MADHUSOODANAN
19.	ASWATHI
20.	JESMI GEORGE
21.	JISNA BABY
22.	MANEESHA BABU
23.	SANDHRA BIJU
24.	TOBY S. ABRAHAM



  
Dr. Sinoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education  
Madampam-870631

  
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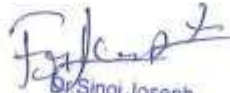


25	ANULAKSHMI P.
26	ATHIRA ANAND A.
27	JEENA SAJITH M
28	KAVYA V.
29	LUMITHA BAI B
30	M. ANU MARIYA
31	MARIA BABY
32	MARIZA MARKOSE
33	ANAGHA K K
34	ANUSREE K
35	ASHLY THOMAS
36	ASWATHI N V
37	AYANA K
38	DELNAT S
39	SARANYA L
40	SAYOOJ V V
41	SHYONA STEPHEN
42	ANASWARA K
43	ANU PHILIP
44	ASHA N
45	ATHIRA SHAJI
46	HAIBIN MATHEW
47	JUVAIRIYA M.N.
48	SREYA REMESH BABU



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

## Name of the Programme: Sports Meet

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

#### DEPARTMENT OF PHYSICAL EDUCATION

#### SPORTS MEET (08/10/2021)- REPORT

*organized*

Sports Day was organized by the Department of Physical Education under the auspices of PKM College. The competition was organized on Friday, October 8, 2021 in two sections. The competition was organized into four groups: Everest, Mount Blanc, Himalayas and Kanchenjunga. The first section started at 10 am. The first section featured throw ball, one leg hopping, shuttle relay and 50m running. In the second section, finals of shuttle relay and throw ball and badminton matches were organized.

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

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

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

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

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

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



  
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Tel: 0460 2230929, Fax: 04602 232449.

### SPORTS MEET

2021-22

The following students participated in the programme on 08/10/2021

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHINA PRIYA K.
6.	LITTY SUNDER
7.	RAJINA M P
8.	SANDRA MARYASHAJI
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17.	ANUSREE M.
18.	ARCHANA MADHUSOODANAN
19.	ASWATHI
20.	JESMI GEORGE
21.	JISNA BABY
22.	MANEESHA BABU
23.	SANDHRA BIJU
24.	TOBY S. ABRAHAM



Dr. Sinoj Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631

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50	VISHNUPRATHAP M.
51	AMITHA GEORGE
52	ANUSREE K.
53	ASWATHI V.



*Signature of Sreekanth Sreekanth*

Sreekanth Sreekanth  
Assistant Professor in Physical Education  
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*Signature of Principal*

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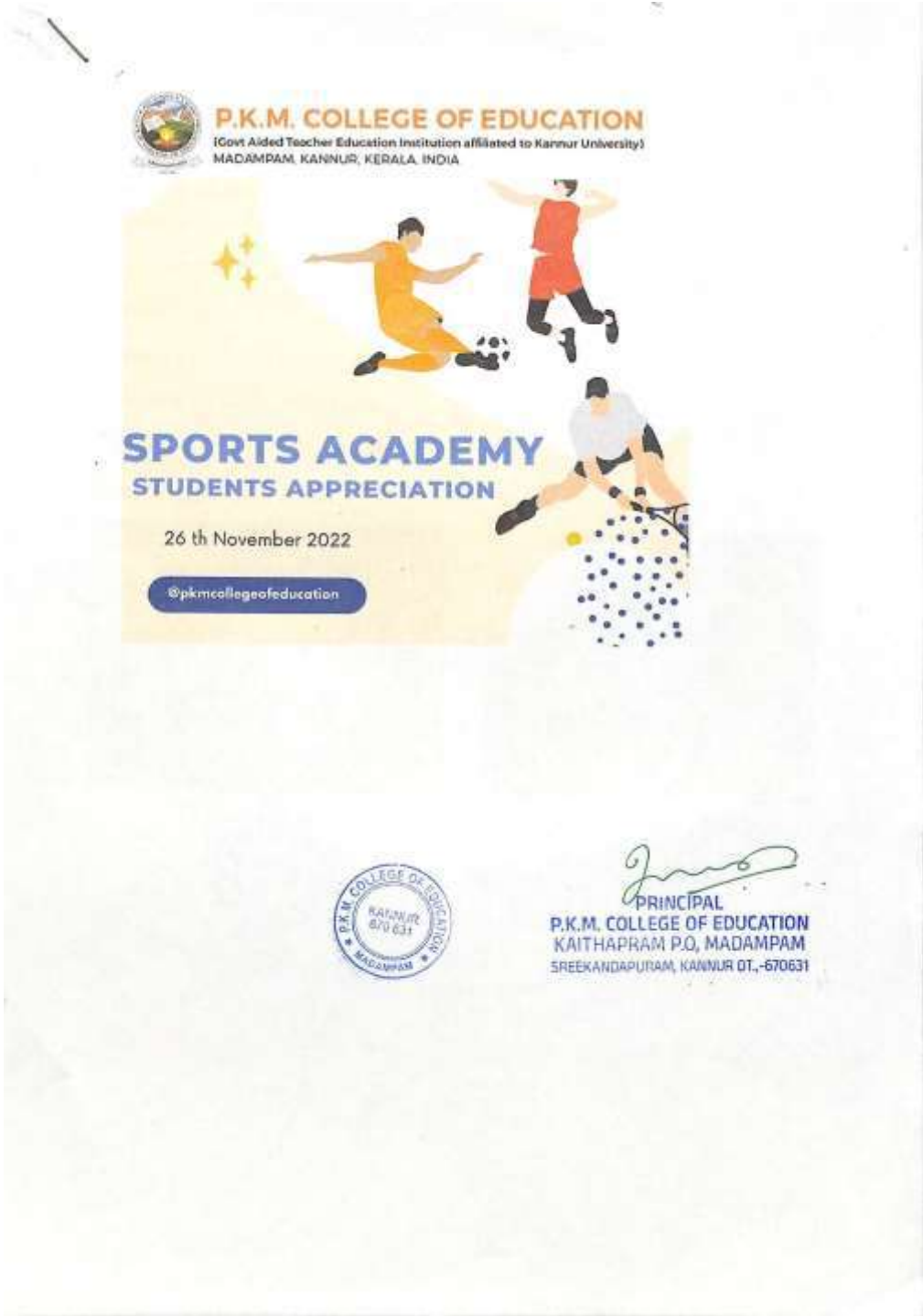
  
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Assistant Professor in Physical Education  
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Madampam-670631

Name of the Programme: Sports Academy



organized

## REPORT

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

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

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

### Photo Gallery



  
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## HONOURING SPORTS ACADEMY STUDENTS

2021-22

The following students participated in HONOURING SPORTS ACADEMY STUDENTS on 26/11/2021

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
6.	LITTY SUNDER
7.	RAJINA M P
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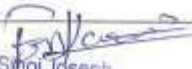
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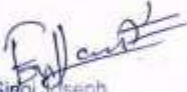
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**Name of the Programme: International Aids Day**

2021-22 / Organized

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DECEMBER 1ST, 2021

**INTERNATIONAL AIDS DAY**

**OBSERVANCE**

The greatest weapon against AIDS is knowledge, compassion, and unity.

Let's come together to raise awareness, educate, and support those affected by HIV/AIDS.

HEALTH AND FITNESS CLUB



*[Signature]*  
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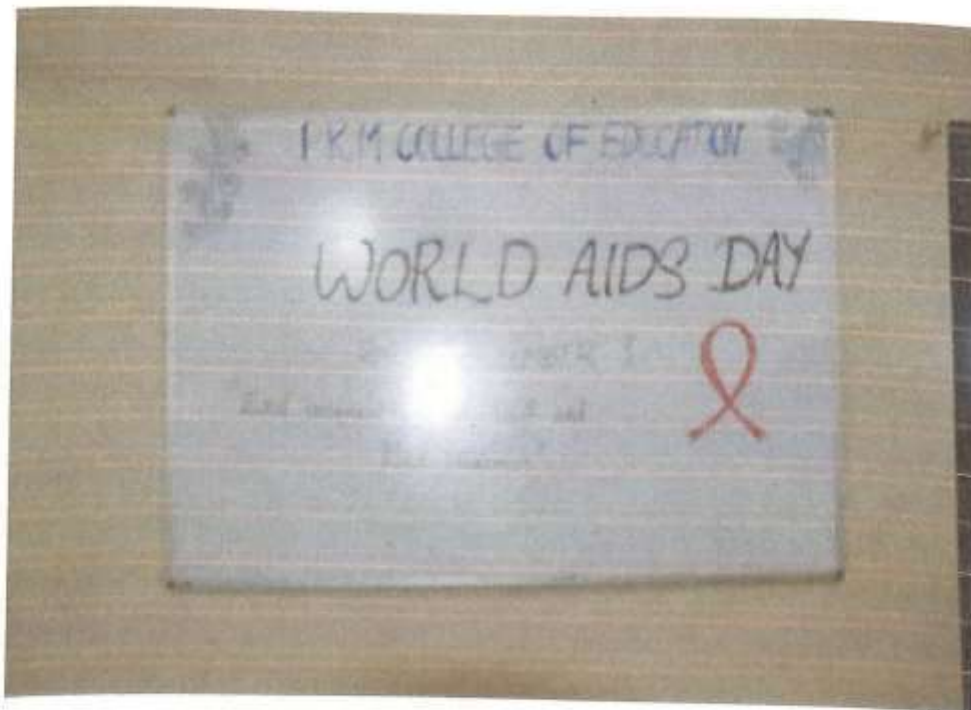
## AIDS DAY OBSERVANCE 2021

### Day 1 01-12-2021

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

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

### Photo Gallery

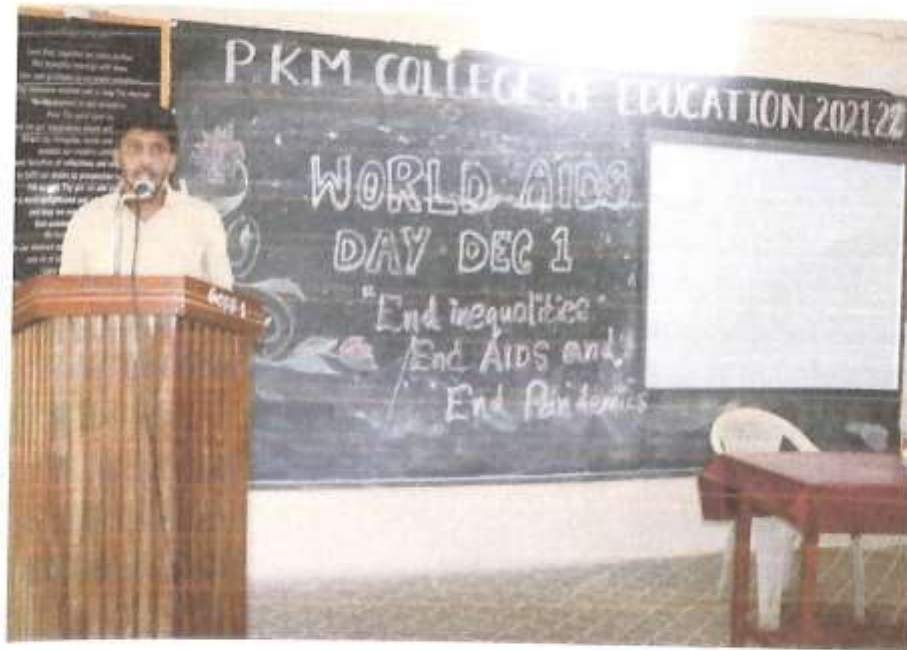


  
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A handwritten signature in blue ink, appearing to be "J. M. S.", written over the printed name.

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**DAY 02/12-2021**

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

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

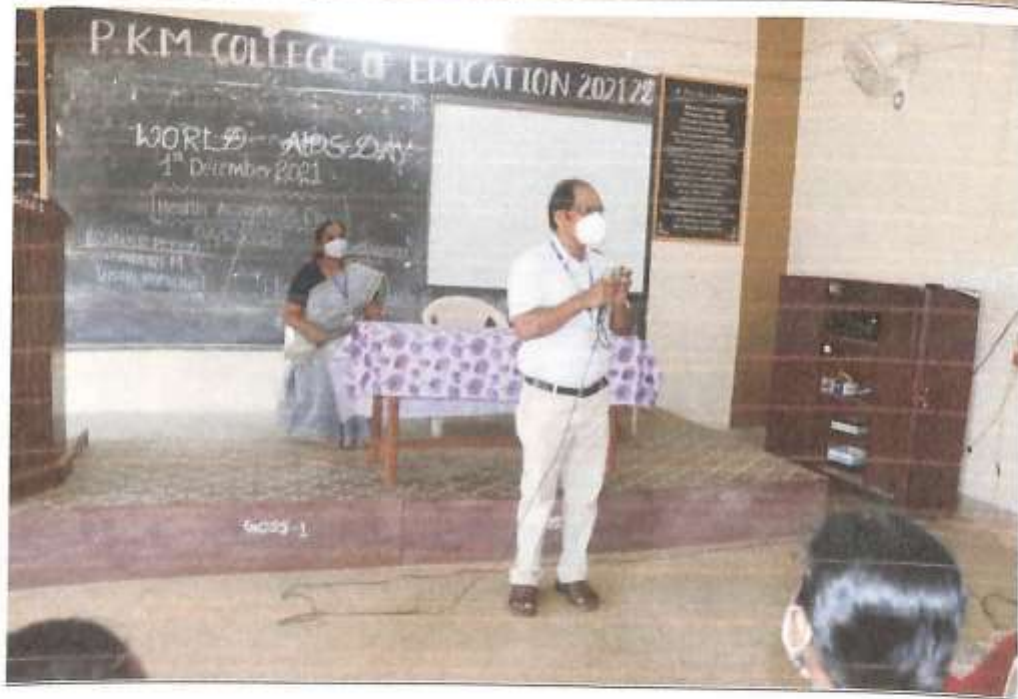


  
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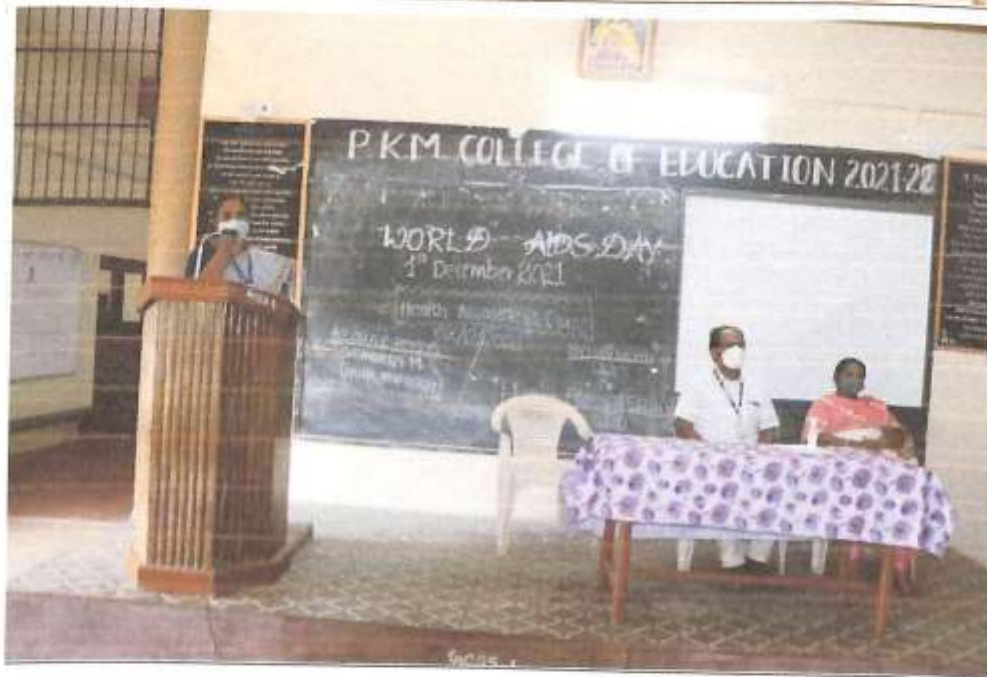
**Photo Gallery**



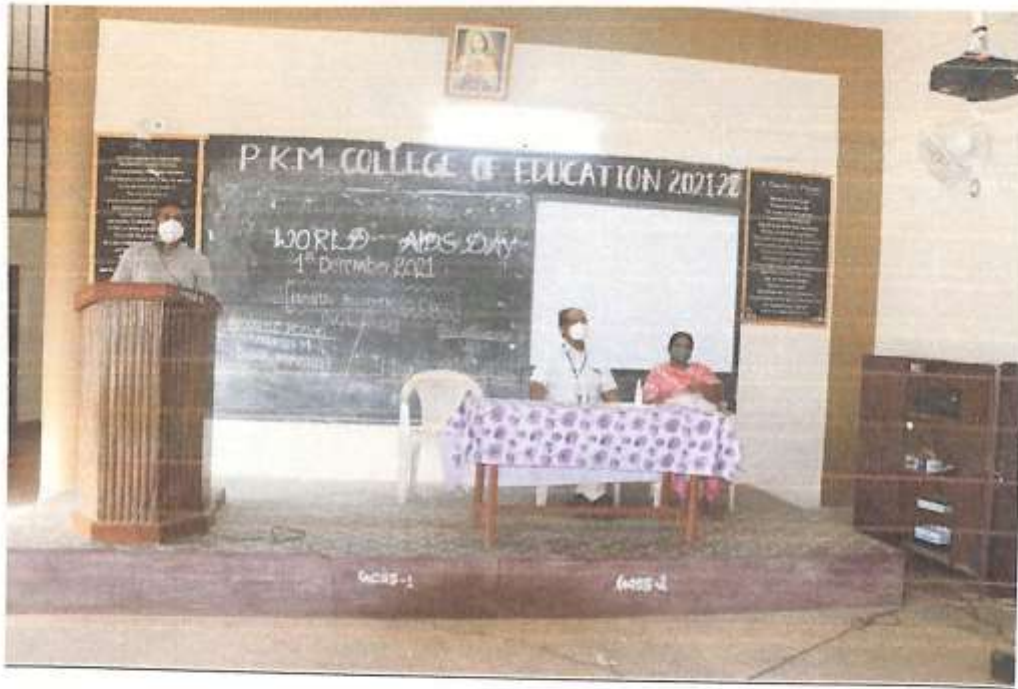
  
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## AIDS DAY OBSERVENCE

2021-22

The following students participated in the programme on 1,2/12/2021

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## HEALTH AWARENESS CLASS



**ON : 2/12/2021**  
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*[Signature]*  
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## Health awareness class

02/12-2021

*organized*

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

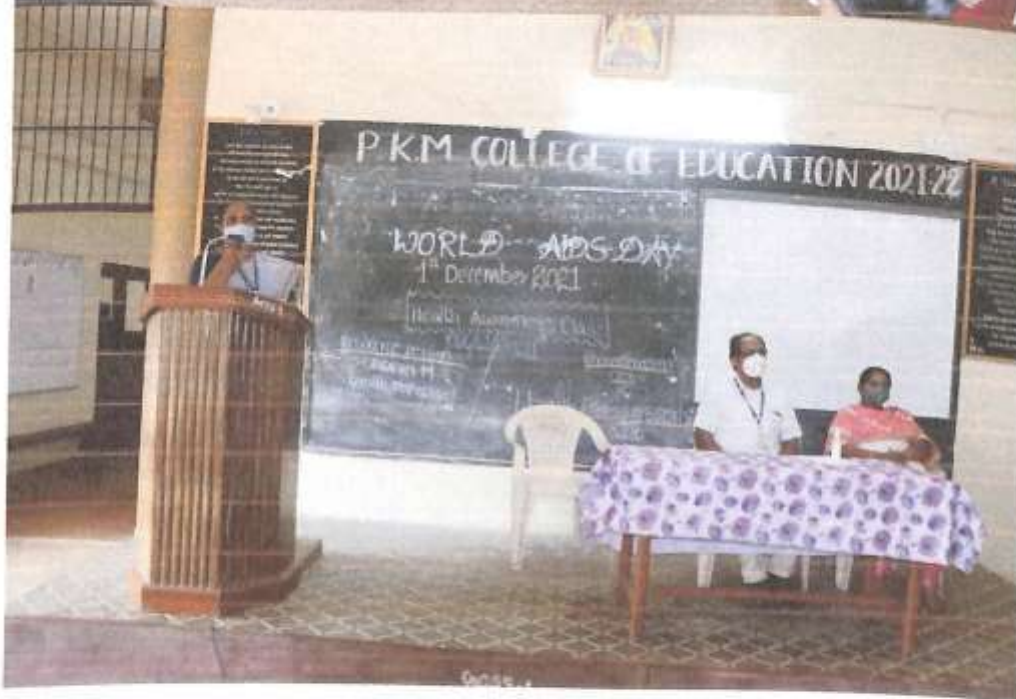
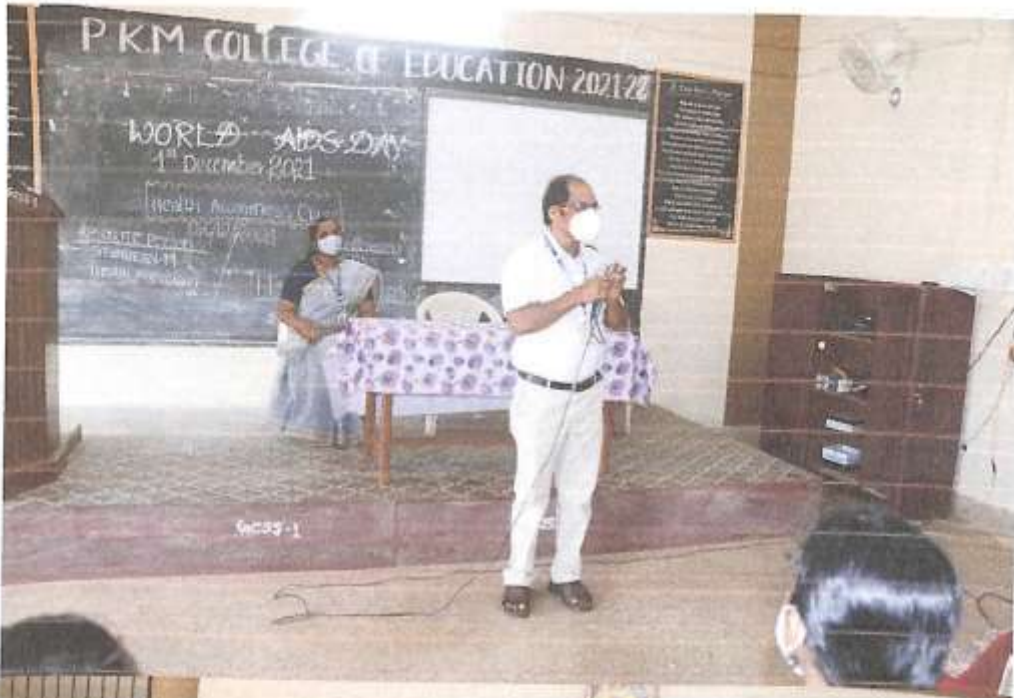
ലോക എയ്ഡ് ദിനത്തോടനുബന്ധിച്ച് 2021 ഡിസംബർ 2-ന് പി.കെ.എം College ഓഫ് എഡ്യൂക്കേഷന്റെ ഹെൽത്ത് ഫിറ്റ്നസ് ആൻഡ് സ്പോർട്സ് ക്ലബിന്റേയും ഭൂമിത്ര സേന ക്ലബിന്റേയും സഹകരണത്തോടെ ആരോഗ്യ അവബോധ ക്ലാസ് സംഘടിപ്പിച്ചു. ഭൂമിത്രസേനയുടെ ചുമതലയുള്ള ഫാക്കൽറ്റി ഡോ.ജോമോൾ ജോയ് സ്വാഗതം പറഞ്ഞു. പി.കെ.എം College പ്രിൻസിപ്പൽ ഡോ.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



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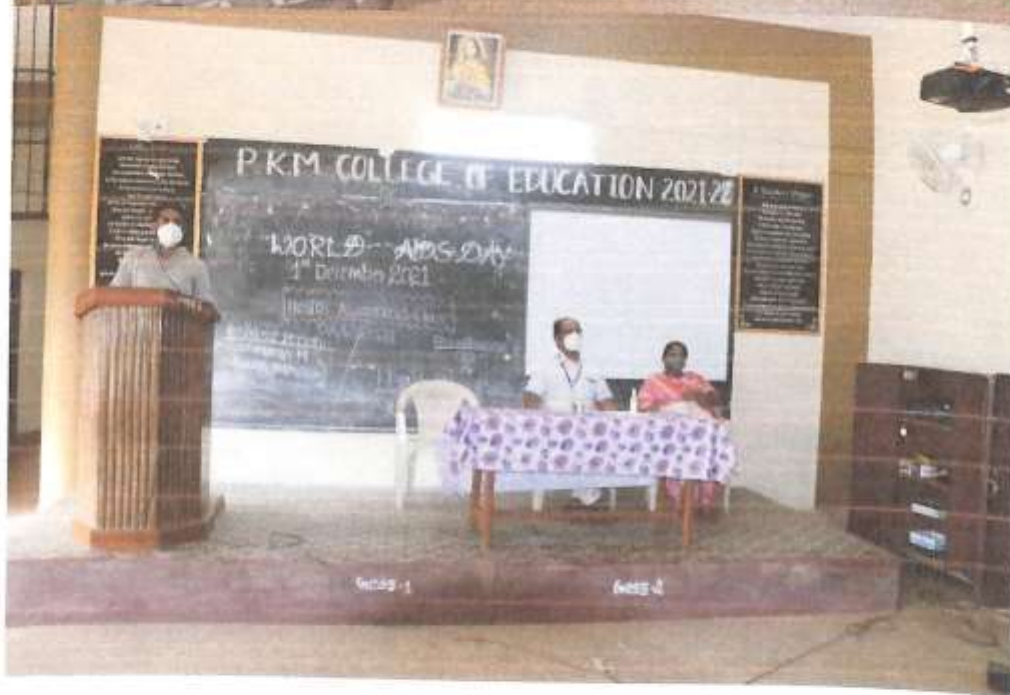
  
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Tel: 0460 2230929, Fax: 04602 232449

## HEALTH AWARENESS CLASS


2021-22

The following students participated in HEALTH AWARENESS CLASS on 02/12/2021

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
6.	LITTY SUNDER
7.	RAJINA M P
8.	SANDRA MARYA SHAJI
9.	ADITHYA V
10.	ANJALI R.
11.	ANUSREE K.C.
12.	APARNA U.
13.	ARCHANA K.C
14.	ATHULYA C.
15.	NIVYA JOSEPH
16.	SOORYA BABU
17.	ANUSREE M.
18.	ARCHANA MADHUSOODANAN
19.	ASWATHI
20.	JESMI GEORGE
21.	JISNA BABY
22.	MANEESHA BABU
23.	SANDHRA BIJU
24.	TOBY S. ABRAHAM

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



  
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26	ATHIRA ANAND A.
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29	LUMITHA BAI B
30	M. ANU MARIYA
31	MARIA BABY
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33	ANAGHA K .K
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35	ASHLY THOMAS
36	ASWATHI N .V
37	AYANA K
38	DELNA T S
39	SARANYA L
40	SAYOOJ V V
41	SHYONA STEPHEN
42	ANASWARA K
43	ANU PHILIP
44	ASHA N
45	ATHIRA SHAJI
46	HAIBIN MATHEW



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

EXHIBIT - 06 ORGANIZED

**P.K.M. COLLEGE OF EDUCATION**  
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**INTER COLLEGIATE  
 MEN & WOMEN  
 BASKETBALL  
 TOURNAMENT**

**18-19 DECEMBER 2021**

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

**BATCH 2021-2022**




*[Handwritten Signature]*  
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*organized & outreach outreach*

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

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

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

S E S College, Sreekandapuram; Nehru Arts and Science College, Kanhangad; St.Pius College, Rajapuram; Devmatha Arts and Science College, Paisagiri; Don Bosco Arts and Science College, Angadikadavu; School of Physical Education and Sports Science, Mangattuparambu; and People's Arts and Science College, Mungadu participated in the men's basketball tournament at Marygiri indoor stadium. Seventy-two boys ferociously fought through the game that saw Nehru Arts and Science College, Kanhangad emerging as the champions. School of Physical Education and Sports Science and Don Bosco Arts and Science College, Angadikadavu rose to claim the first and second runners-up position respectively. The award ceremony saw Dr. Fr. Sinoj Joseph delivering welcoming address and Fr. Philip Ramachanatt, Local Manager of P K M College of Education, Madampam giving the presidential address. Later the prizes were distributed together by Fr. Philip Ramachanatt and Br. Biju Madam Cst to the winners. The tournament came to an end around 08:30 pm.



  
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**Photo Gallery**



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Koottumugham, Kerala, India  
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 Long 75.523789°  
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Koottumugham, Kerala, India  
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 19/12/21 07:54 PM



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**SREEKANDAPURAM, KANNUR DT., -670631**



Koottumugham, Kerala, India  
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 Long 75.523914°  
 19/12/21 07:38 PM



Koottumugham, Kerala, India  
 2GXF+9MR, Koottumugham, Kerala 670631, India  
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 Long 75.52373°  
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## KANNUR UNIVERSITY INTER COLLEGIATE WOMEN & MEN BASKET BALL CHAMPIONSHIP

2021-22

The following students participated in the programme on 18,19 /12/2021

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
6.	LITTY SUNDER
7.	RAJINA M P
8.	SANDRA MARYA SHAJI
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15	NIVYA JOSEPH
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18	ARCHANA MADHUSOODANAN
19	ASWATHI
20	JESMI GEORGE
21	JISNA BABY
22	MANEESHA BABU
23	SANDHRA BIJU

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



  
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Tel: 0460 2230929, Fax: 04602 232449

24	TOBY S. ABRAHAM
25	ANULAKSHMI P.
26	ATHIRA ANANDA.
27	JEENA SAJITHM
28	KAVYA V.
29	LUMITHA BAI B
30	M. ANU MARIYA
31	MARIA BABY
32	MARIZA MARKOSE
33	ANAGHA K .K
34	ANUSREE K
35	ASHLY THOMAS
36	ASWATHI N .V
37	AYANA K
38	DELNA T S
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45	ATHIRA SHAJI

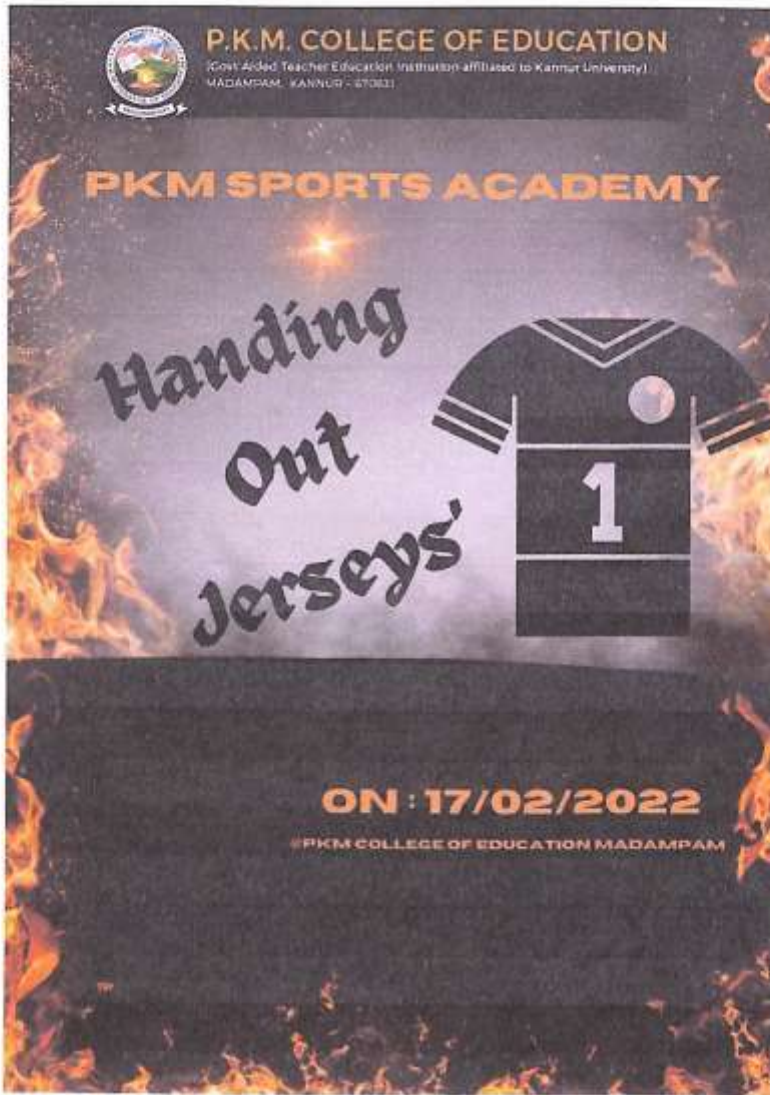
  
Dr. Sajej Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631



  
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organized

### Handing out Jerseys

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

### Photo Gallery



  
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Tel: 0460 2230929, Fax: 04602 232449

## HANDING OUT JERSEY

2021-22

The following students participated in the programme on 17/02/2022

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
6.	LITTY SUNDER
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20	JESMI GEORGE
21	JISNA BABY
22	MANEESHA BABU
23	SANDHRA BIJU
24	TOBY S. ABRAHAM

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



Principal  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
TREKANDAPURAM, KANNUR DT.,-670631



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43	ANU PHILIP
44	ASHA N
45	ATHIRA SHAJI
46	HAIBIN MATHEW
47	JUVAIRIYA M.N.

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



  
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2022-23

organized

## REPORT

### INTERHOUSE MEN AND WOMEN BADMINTON CHAMPIONSHIP 2021-22

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



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Participants



  
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## INTER HOUSE MEN AND WOMAN BATMINDON CHAMPIONSHIP


2021-22

The following students participated in the programme on 19/02/2022

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3.	ARUN SHAJI
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24 TOBY S. ABRAHAM



  
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KASHEEMONDAPURAM, KANNUR DT.,-670631  
SREEKANDAPURAM, KANNUR DT.,-670631

  
Dr. Sinoj Joseph  
Assistant Professor in Physical Education  
P.K.M. College of Education  
Madampam-670631

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**2021-2022 BATCH**

**AWARENESS  
CLASS ON  
STRETCHING  
EXERCISE**



**ON : 23/02/2022**

PKM COLLEGE OF EDUCATION MADAMPAM



**PRINCIPAL**

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KAITHAPRAM P.O., MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631**

### Awareness class on stretching exercise

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

Date:23/02/2022

Time.11.45 to 12.45 pm

*organized*

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



  
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Tel: 0460 2230929, Fax: 04602 232449

### AWARENESS CLASS ON STRETCHING

2021-22

The following students participated in the programme on 23/2/2022

SI NO	NAME OF THE STUDENT
1.	ALBY ANN STEPHEN
2.	ALEX BABY
3.	ARUN SHAJI
4.	DIVYASHREE ARAVIND
5.	KRISHNA PRIYA K.
6.	LITTY SUNDER
7.	RAJINA M P
8.	SANDRA MARYASHAJI
9.	ADITHYA V
10.	ANJALI R.
11.	ANUSREE K.C.
12.	APARNA U.
13.	ARCHANA K.C
14.	ATHULYA C.
15.	NIVYA JOSEPH
16.	SOORYA BABU
17.	ANUSREE M.
18.	ARCHANA MADHUSOODANAN
19.	ASWATHI
20.	JESMI GEORGE
21.	JISNA BABY
22.	MANEESHA BABU
23.	SANDHRA BIJU
24.	TOBY S. ABRAHAM

  
Dr. J. Joseph

Assistant Professor - Physical Education  
PKM College of Education  
Madampam-670631



  
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25	ANULAKSHMI P.
26	ATHIRA ANANDA.
27	JEENA SAJITH M
28	KAVYA V.
29	LUMITHA BAI B
30	M. ANU MARIYA
31	MARIA BABY
32	MARIZA MARKOSE
33	ANAGHA K. K
34	ANUSREE K
35	ASHLY THOMAS
36	ASWATHI N. V
37	AYANA K
38	DELNA T S
39	SARANYA L
40	SAYOOJ V V
41	SHYONA STEPHEN
42	ANASWARA K
43	ANU PHILIP
44	ASHA N
45	ATHIRA SHAJI
46	HAIBIN MATHEW
47	JUVAIRIYA M.N.



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

  
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organization

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

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



  
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PHOTO GALLERY



  
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# ANNUAL SPORTS MEET

2021-22 batch



05 MARCH 2022

@ P. K. M. COLLEGE OF EDUCATION



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KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

## Report – Annual Sports Meet 2021-2022

*organized*

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

### Photo Gallery



*[Signature]*  
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**5.3.2: Average number of sports and cultural events  
organized at the institution during the last five years**

## **SPORTS EVENTS ORGANIZED- 2022-23**



## Name of the Programme: Post Covid One Day Physical Fitness Training Programme

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.



*J. Sreejith*  
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Tel: 0460 2230929, Fax: 04602 232449

## PHYSICAL FITNESS TRAINING PROGRAMME


2022-23

The following students participated in the programme on 15/07/2022

SI NO	NAME OF THE STUDENT
1.	Anagha V.J.
2.	Arsha V.
3.	Christy Mariya Joy
4.	Devika K.K.
5.	Josna Jose
6.	Jyothis Cyriac
7.	Aiswarya K.
8.	Akhil C.K.
9.	Aleena James
10	Anagha P.K.
11	Anjitha A.
12	Haseena C.M.
13	Jomol K.J.
14	Mariya Baby
15	Reshma S.
16	Akhila V.
17	Akshay G.
18	Anu Maria Jacob
19	Archana K.N.
20	Chaithanya C.K.
21	Harikishor K.V.
22	Jobina Jose
23	Liya
24	Snehadas D.S.

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



  
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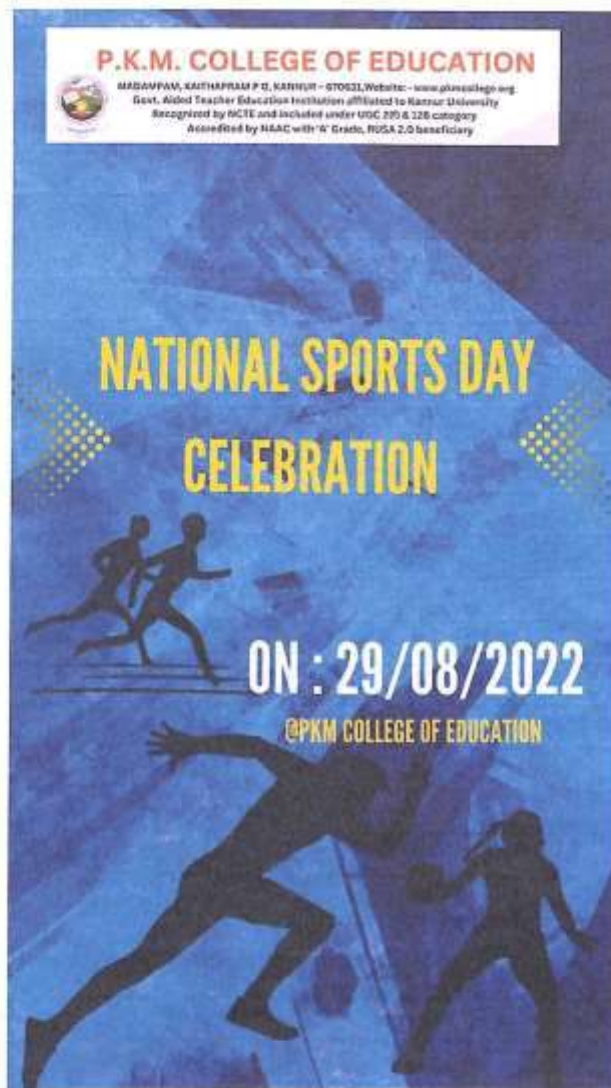
25	Zia R.
26	Aiswarya P.V.
27	Anju M.J.
28	Blessy Joy
29	Hariprasad N.
30	Linet Treesa Mathew
31	Sahala Yasmin K.
32	Sheethal C.
33	Sreelakshmi V.P.
34	Akshay Sukumaran
35	Anitta Roy
36	Anju T. Mathew
37	Ann Maria Raju
38	Anusha V.
39	Christy Philip
40	Divya K.S.
41	Drishya P.P.
42	Adithya Raj T.K.
43	Amal Tomy
44	Anagha K.
45	Anju V.
46	Aparna Pradeep P.V.
47	Nirmal John
48	Vrindha M.O.
49	Sreethu M.

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



  
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**Name of the Programme: National Sports Day Celebration**



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## P.K.M College of Education, Madampam

### REPORT

### National Sports Day Celebration 2022

*outreach &  
organized*

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.



*[Signature]*  
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### 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.

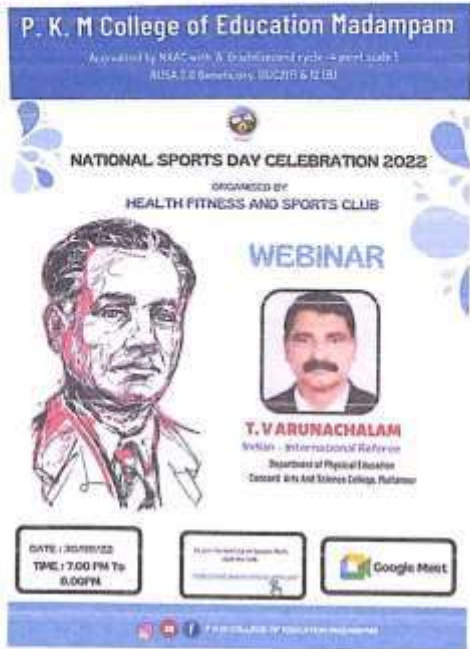
### Webinar

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



*Jessy NC*  
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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.



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## NATIONAL SPORTS DAY

2022-23

The following students participated in the programme on 29/8/2022

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1.	Anagha V.J.
2.	Arsha V.
3.	Christy Mariya Joy
4.	Devika K.K.
5.	Josna Jose
6.	Jyothis Cyriac
7.	Aiswarya K.
8.	Akhil C.K.
9.	Aleena James
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Dr. Siboj Joseph  
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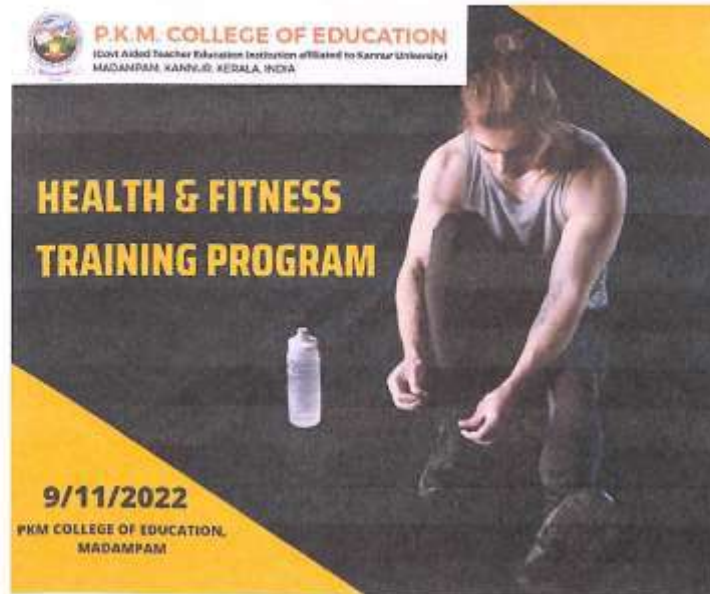
25	Zia R.
26	Aiswarya P.V.
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30	Linet Treesa Mathew
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**Name of the Programme: Health & Fitness Training Programme**



  
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P. K. M COLLEGE OF TEACHER EDUCATION, MADAMPAM

organized

## 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 Jessy 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).



  
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29	Hariprasad N.
30	Linet Treesa Mathew
31	Sahala Yasmin K.
32	Sheethal C.
33	Sreelakshmi V.P.
34	Akshay Sukumaran
35	Anitta Roy
36	Anju T. Mathew
37	Ann Maria Raju
38	Anusha V.
39	Christy Philip
40	Divya K.S.
41	Drishya P.P.
42	Adithya Raj T.K.
43	Amal Tomy
44	Anagha K.
45	Anju V.
46	Aparna Pradeep P.V.
47	Nirmal John
48	Vrindha M.O.

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



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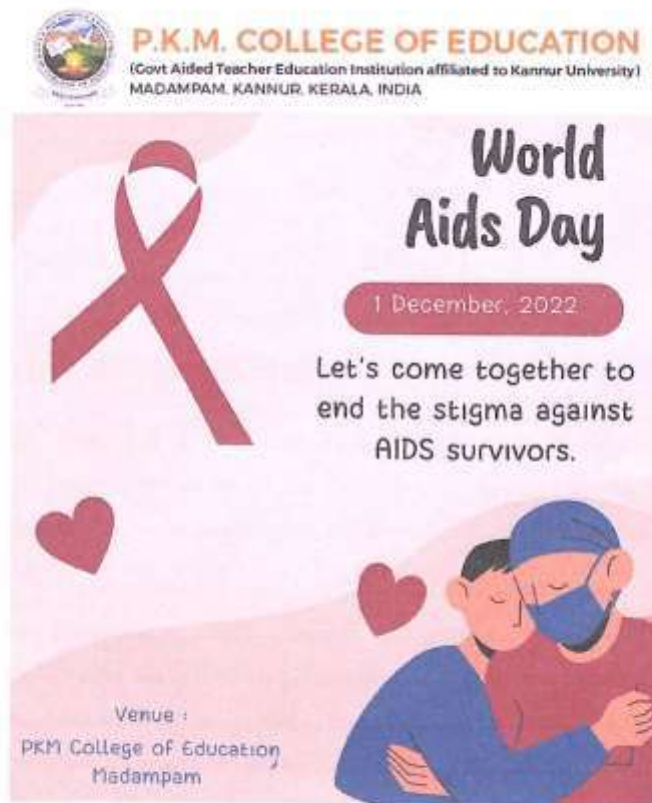
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**Name of the Programme: World Aids Day**



  
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## PKM COLLEGE OF EDUCATION, MADAMPAM



### REPORT

*organized*

#### 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.



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Tel: 0460 2230929, Fax: 04602 232449

## AIDS AWARENESS LOGO DISPLAY


2022-23

The following students participated in the programme on 01/11/2022

SI NO	NAME OF THE STUDENT
1.	Anagha V.J.
2.	Arsha V.
3.	Christy Mariya Joy
4.	Devika K.K.
5.	Josna Jose
6.	Jyothis Cyriac
7.	Aiswarya K.
8.	Akhil C.K.
9.	Aleena James
10.	Anagha P.K.
11.	Anjitha A.
12.	Haseena C.M.
13.	Jomol K.J.
14.	Mariya Baby
15.	Reshma S.
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17.	Akshay G.
18.	Anu Maria Jacob
19.	Archana K.N.
20.	Chaithanya C.K.
21.	Harikishor K.V.
22.	Jobina Jose
23.	Liya
24.	Snehadas D.S.

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



  
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47	Nirmal John
48	Vrindha M.O.

  
Dr. Sijo Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631



  
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**Name of the Programme: Congratulatory Meeting Programme**

2022-23 Organized.

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

organized



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 address. The presidential address was given by Dr Prasanth Mathew. Basketball coach Praseena, Rev Fr Philip Ramachanatt and Municipal councillor 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.



*[Signature]*  
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**SREEKANDAPURAM, KANNUR DT., -670631**



Madampam, Kerala, India  
 Taliparamba - Iritty Rd, Madampam, Kerala 670631, India  
 01/12/22 09:46 AM



*[Signature]*  
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 SREEKANDAPURAM, KANNUR DT., -670631



Madampam, Kerala, India  
 Taliparamba - Iritty Rd, Madampam, Kerala 670631, India  
 01/12/22 10:15 AM



Madampam, Kerala, India  
 Taliparamba - Iritty Rd, Madampam, Kerala 670631, India  
 01/12/22 10:24 AM



*[Signature]*  
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## CONGRATULATORY MEETING PROGRAMME

2022-23

The following students participated in the programme on 01/12/2022

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1.	Anagha V.J.
2.	Arsha V.
3.	Christy Mariya Joy
4.	Devika K.K.
5.	Josna Jose
6.	Jyothis Cyriac
7.	Aiswarya K.
8.	Akhil C.K.
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21	Harikishor K.V.
22	Jobina Jose
23	Liya
24	Snehadas D.S.

Dr Sindhu Joseph

Assistant Professor in Physical Education  
PKM College of Education  
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Principal

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Name of the Programme: Goal Challenge

PKM COLLEGE OF EDUCATION MADAMPAM



*organizational*

Yodhav

“A Goal against drug addiction”

REPORT

Of

Goal Challenge



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## യോദ്ധാവ്

"ലഹരിക്കെതിരെ ഒരു ഗോൾ "

### GOAL CHALLENGE

On 13/12/2022, 10.00 am

Venue: College Courtyard

*Inauguration: 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



*Jessy N.C*  
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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 Kottoor Vayal spoke during the event. Then Yodhav committee member Chaithanya. C. K delivered the vote of thanks.



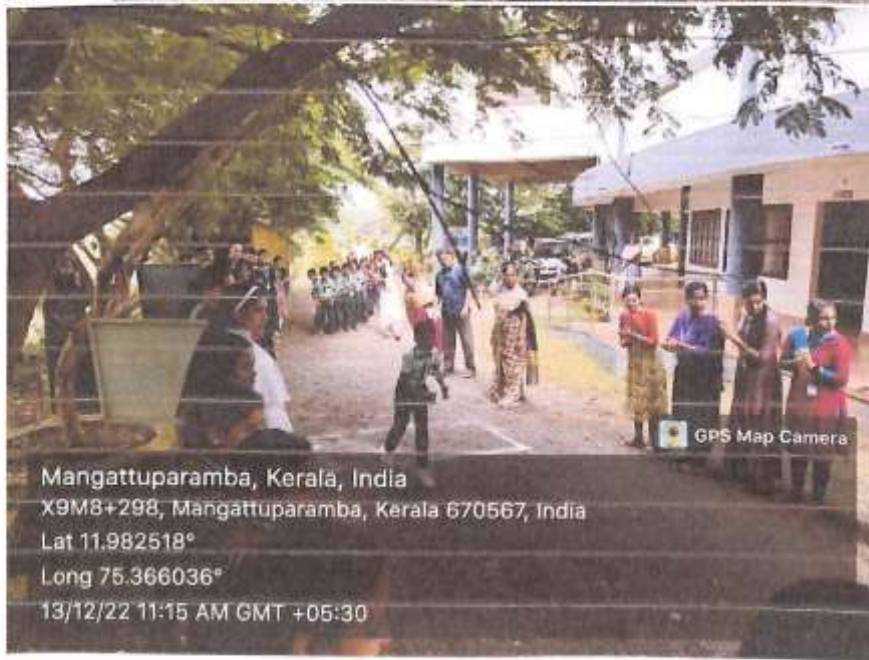
  
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X9M8+298, Mangattuparamba, Kerala 670567, India  
Lat 11.982518°  
Long 75.366036°  
13/12/22 10:13 AM GMT +05:30



Mangattuparamba, Kerala, India  
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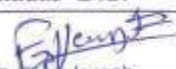
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## GOAL CHALLENGE


2022-23

The following students participated in the programme on 13/12/2022

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4.	Devika K.K.
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24	Snehadas D.S.

  
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## Name of the Programme: Health and Fitness Club-KIDS Fest



Organized

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#### 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 Jecky 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 Jecky 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, Boby sir delivered the blessing note. For the students who secured first and second prize in the kids fest, Dr Jecky 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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### KIDS FEST

2022-23

The following students participated in the programme on 13/12/2022

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1.	Jyothis Cyriac
2.	Amal Tomy
3.	Nirmal John
4.	Akhil C.K
5.	Akshay Sukumaran
6.	Hrishikesh Babu
7.	Jomal Joy
8.	Anand Ravi
9.	Akshay Govind
10	Alex Jose
11	Harikishor K.V
12	Hariprasad N

  
Dr. Sinoj Joseph  
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## Name of the Programme: Yoga & Healthy Food Habits



PKM College of Education Madampam

### Yoga Workshop - Report



As part of increasing the spread of the second phase of Azadi Ka Amrit Mahotsav, P.K.M. College of Education Madampam organized a workshop on Thursday 9th February 2023 titled 'Yoga & Healthy Food Habits – A Way of Life'. The official ceremony started at 9:30 am with a divine prayer by second year teacher student Jwala Maria Syriac. Student Coordinator Chaitanya C. K welcomed the gathering. College Principal Dr. Sister Jessy N. C. presided over the function. Program Coordinator and Head of Physical Education Department Dr. Father Sinoj Joseph delivered the felicitation address. Anusha V., a first year teacher student delivered the vote of thanks.

Consultant Yoga & Counseling Psychologist and Professor of the M.G University Dr. Padmanabhan T. V. handled the workshop. The workshop was conducted in two sessions. In the first session he interacted with the students about principles of yoga, importance of yoga, diet and lifestyle. Then some basic techniques of yoga were taught by Padmanabhan Sir with a demonstration by second year teaching student Vysakh T. Everyone practiced it.



  
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For India, which is advancing towards the goal of becoming a developed country in 2047, healthy citizens are the country's wealth. Keeping this goal in mind, the purpose of the workshop was to clarify the importance of yoga in health care among teachers and students. The workshop ended at 1 pm with the active participation of first and second year teacher students.



  
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## YOGA WORKSHOP


2022-23

The following students participated in the programme on 09/02/2023

SI NO	NAME OF THE STUDENT
1.	AMITHA GEORGE
2.	ANUSREE K.
3.	ASWATHI V.
4.	DARIYA BABY
5.	JINISHA JOHN
6.	KARISHMA SURESH
7.	RESHMA G.R.
8.	ROSHA B. ROY
9.	ALEN MARIA BINNY
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16	VISMAYA E.M.
17	AKHILA JAMES
18	HARITHA P.V.
19	JISNA AUGUSTINE
20	JOYAMOL T. BABY
21	JWALA MARIYA CYRIAC
22	MANJUSHA N.
23	SANJIYA BENNY
24	SNEHA V.

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



  
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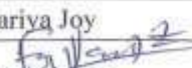
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Dr Sinoj Joseph  
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78	Blessy Joy
79	Hariprasad N.
80	Linet Treesa Mathew
81	Sahala Yasmin K.
82	Sheethal C.
83	Sreelakshmi V.P.

  
Dr. Shoj Joseph  
Assistant Professor in Physical Education  
PKM College of Education



  
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92	Adithya Raj T.K.
93	Amal Tomy
94	Anagha K.
95	Anju V.
96	Aparna Pradeep P.V.
97	Nirmal John
98	Sreethu M.

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



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## Name of the Programme: Deportes- Annual Athletic Meet

P. K. M. College of Education, Madampam

### REPORT

### DEPORTES – Annual Athletic Meet 2022-23

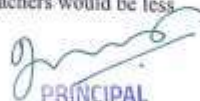
Deports, annual athletic meet 2022-23 of P. K. M. College of Education, Madampam was conducted at the school ground of Marygiri English Medium School, Podikkalam on 10<sup>th</sup> February 2023, under the leadership of Dr. Sinoj Joseph, assistant professor in physical education, P. K. M. College of 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 convener 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 thing require hard work. Dr. Prashanth Mathew delivered the felicitation reminding student-teachers that in the modern generation teachers would be less



  
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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.



  
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### 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		
		First prize	Second prize	Third prize
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.



  
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### 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.



  
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### Inaugural Ceremony



*[Signature]*  
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### March Past And Oath Taking Ceremony



Lighting Lamp



*[Signature]*  
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## Events

### Track Events



### Throw Events



  
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### Jumping Pit



  
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### Victory Ceremony



*[Signature]*  
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## ANNUAL ATHLETIC MEET

2022-23

The following students participated in the programme on 10/02/2023

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1.	AMITHA GEORGE
2.	ANUSREE K.
3.	ASWATHI V.
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**Name of the Programme: Yodhav Anti-Drug Campaign**

*2022-23 organized.*





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RUSA 2.0 beneficiary UGC 2(f)12B category  
**Yodhav Anti-Drug Campaign- Report**  
**Volleyball Match**



*organized*

As part of the second phase activities of 2022-23 Yodhav Anti-Drug Campaign P. K. M College of Education organized a friendly volleyball match on Tuesday 22nd February 2023 evening at the college ground. The competition was between student - teachers of P. K. M. College and those who are undergoing training at Merygiri Sports Academy, Podikkalam. The head of the physical education department and Yodhav anti-drug campaign coordinator Dr. Father Sinoj Joseph presided over the competition. The main objective of the competition was to convey the message that “Games are the drugs” with the intention of creating awareness among student-teachers and local youth, against addiction in the face of the increasing use of drugs. Student representatives of the Yodhav Anti-




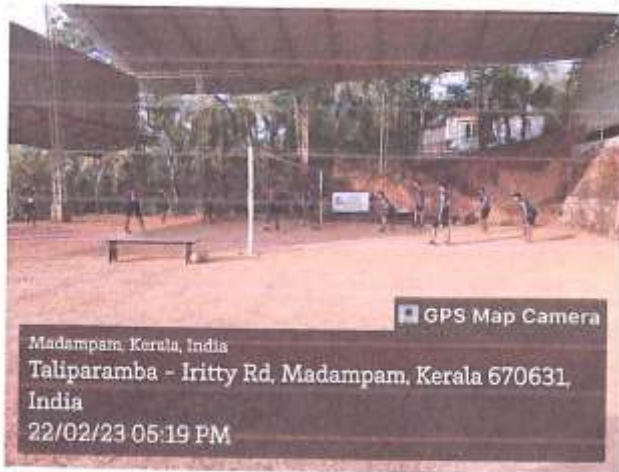


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Drug Campaign and other student teachers participated in the supporting the competition.



  
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Tel: 0460 2230929, Fax: 04602 232449

## FRIENDLY VOLLEYBALL MATCH

2022-23

The following students participated in the programme on 22/02/2023

SI NO	NAME OF THE STUDENT
1.	Jyothis Cyriac
2.	Amal Tomy
3.	Nirmal John
4.	Akhil C.K
5.	Akshay Sukumaran
6.	Hrishikesh Babu
7.	Jomal Joy
8.	Anand Ravi
9.	Akshay Govind
10	Alex Jose
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## Name of the Programme: Kannur Inter Collegiate Men Volleyball Competition

2022-23 organized

organized

### 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 Mananthavaady, KUTEC Dharmashala 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 Koiakkattukudi(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.



  
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PHOTO GALLERY



  
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Tel: 0460 2230929, Fax: 04602 232449

### KANNUR UNIVERSITY MENS VOLLEYBALL CHMAPIONSHIP

2022-23

The following students participated in the programme on 28/2/2023

SI NO	NAME OF THE STUDENT
1.	Jyothis Cyriac
2.	Amal Tomy
3.	Nirmal John
4.	Akhil C.K
5.	Akshay Sukumaran
6.	Hrishikesh Babu
7.	Jomal Joy
8.	Anand Ravi
9.	Akshay Govind
10	Alex Jose
11	Harikishor K.V
12	Hariprasad N

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




  
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**Name of the Programme: Sports Excellence Day**


2022-23 organized.

organized




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**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



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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.



*Jessy N.C.*  
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Tel: 0460 2230929, Fax: 04602 232449

## EXCELLENCE DAY

2022-23

The following students participated in the programme on 20/03/2023

SI NO	NAME OF THE STUDENT
1.	AMITHA GEORGE
2.	ANUSREE K.
3.	ASWATHI V.
4.	DARIYA BABY
5.	JINISHA JOHN
6.	KARISHMA SURESH
7.	RESHMA G.R.
8.	ROSHA B. ROY
9.	ALEN MARIA BINNY
10.	ALEX JOSE
11.	ANAGHA N.P.
12.	ANAGHA CHANDRAN M.
13.	JAHNA T.V.
14.	JISHNU T.P
15.	SRUTHI P.V.
16.	VISMAYA E.M.
17.	AKHILA JAMES
18.	HARITHA P.V.
19.	JISNA AUGUSTINE
20.	JOYAMOL T. BABY
21.	JWALA MARIYA CYRIAC
22.	MANJUSHA N.
23.	SANJIYA BENNY
24.	SNEHA V.

Dr. Sinoj Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631



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30	INDUKUMARI U K
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32	AKSHAYA A V
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53	Christy Mariya Joy

  
Dr. Sinoj Joseph

Assistant Professor in Physical Education  
PKM College of Education  
Madampam-670631



  
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Tel: 0460 2230929, Fax: 04602 232449

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55	Josna Jose
56	Jyothis Cyriac
57	Aiswarya K.
58	Akhil C.K.
59	Aleena James
60	Anagha P.K.
61	Anjitha A.
62	Haseena C.M.
63	Jomol K.J.
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81	Sahala Yasmin K.
82	Sheethal C.
83	Sreelakshmi V.P.

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



  
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91	Drishya P.P.
92	Adithya Raj T.K.
93	Amal Tomy
94	Anagha K.
95	Anju V.
96	Aparna Pradeep P.V.
97	Nirmal John

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



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**Name of the Programme: Reinforcing Sporting Culture at PKM**

2022-23 organized,

organized)



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**REPORT**

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



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





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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. Felicitations were 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.



*Jessy N.C.*  
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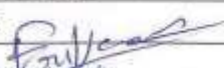
Tel: 0460 2230929, Fax: 04602 232449

## REINFORCING SPORTING CULTURE

2022-23

The following students participated in the programme on 30/03/2023

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1.	AMITHA GEORGE
2.	ANUSREE K.
3.	ASWATHI V.
4.	DARIYA BABY
5.	JINISHA JOHN
6.	KARISHMA SURESH
7.	RESHMA G.R.
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22	MANJUSHA N.
23	SANJIYA BENNY
24	SNEHA V.

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



  
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Assistant Professor in Physical Education  
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Assistant Professor in Physical Education  
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## Name of the Programme: Inter College Women's Volleyball Competition



11



**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



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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.



*[Handwritten Signature]*  
**PRINCIPAL**  
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First prize:  
MENON  
WOMENS COLLEAGE.

KRISHNA  
MEMORIAL



PAYYANNUR COLLEAGE

Second prize:



  
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