

# CO-OPERATIVE ARTS AND SCIENCE COLLEGE MADAYI

## DEPARTMENT OF PHYSICAL EDUCATION

### ANNUAL REPORT 2023-24

The year 2023-24 was a memorable year which witnessed great performance from the part of the students of our college in various competitions and tournaments. The overall summary of the events and activities of the year is elaborated below.

### FACILITIES AND INFRASTRUCTURE

- **Outdoor Stadium**
  - 200 mtr track
  - Football field
  - Kabaddi Court



- **Kho Kho Court**



- **Volleyball Court**



- **Fitness Center with Gym Equipments**



- **Weightlifting Equipments**





- **Gantry for Tug of War Training**



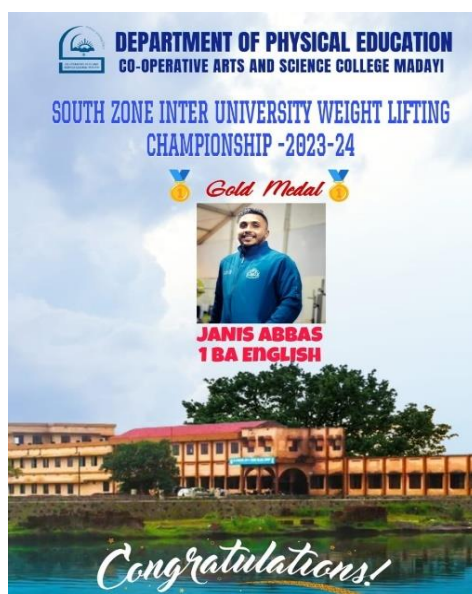
- **Cricket Mat and Kit**



- **Badminton Court**
- **Table tennis Board**
- **Yoga Hall**

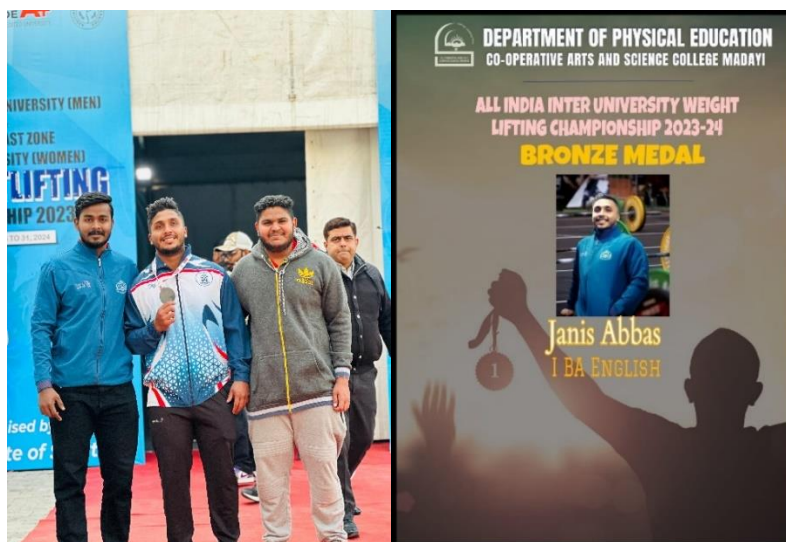
## ACHIVEMENTS - NATIONAL LEVEL

- We are proud to announce that two of our esteemed students have brought honour to our college through their outstanding performances in national-level competitions during the academic year 2023-2024.
- **Gold Medal in South Zone Inter University Weightlifting Championship:**  
**Janis Abbas** a student of 1 BA History clinched the gold medal in the prestigious South Zone Inter University Weightlifting Championship, showcasing exceptional skill and dedication in Weightlifting.



- **Bronze Medal in All India Inter University Weightlifting Championship:**

In addition to the gold medal, **Janis Abbas** also secured the bronze medal in the **All India Inter University Weightlifting Championship** held at Chandigarh University, Punjab from 26<sup>th</sup> to 29<sup>th</sup> January 2024.



• **Silver Medal in All India Inter University Powerlifting Championship:**

Arshana V V , a student of 1 BA English secured the silver medal in the All India Inter University Powerlifting Championship held at Tamilnadu Physical Education University, Chennai from 20<sup>th</sup> to 22<sup>nd</sup> May 2024. Her dedication and prowess in powerlifting demonstrated exceptional skill and determination.



**University Team Members-Players Represented University**

A total of 26 students from our college represented the University in various events during the Inter-University Tournaments held in the academic year 2023-24. Their names are listed below:

SL NO	NAME	CLASS	EVENT
1	SANDRA V M	I BSC MATHS	KHO-KHO
2	MIDHUNA K	111 BSC MATHS	KHO-KHO
3	SYSHADEVI K	111 BCOM	KHO-KHO
4	NEYA DINESH K	I BBA	KHO-KHO
5	NANDHANA T P	111 BA ENGLISH	KHO-KHO
6	ABHINAND K	I BA HISTORY	KHO-KHO
7	VIMAL DAS V	I BA HISTORY	KHO-KHO
8	AKSHAY V	I MA HISTORY	KHO-KHO
9	ARJUN RAMESHAN P P	111 BCOM	KHO-KHO
10	SOORAJ K V	I BA MALAYALAM	KHO-KHO
11	ARJUN DAS C	11 BA MALAYALAM	KHO-KHO
12	SUBIN RAJ K V	11 BA MALAYALAM	KHO-KHO
13	NEYA DINESH K	I BBA	CROSS COUNTRY
14	GAYA K K	II BA HISTORY	CROSS COUNTRY
15	ARSHANA V V	I BA ENGLISH	POWERLIFTING

16	NANDANA N	I BA HISTORY	WEIGHTLIFTING
17	SAYAND P V	11 BA HISTORY	WEIGHT LIFTING
18	MUHAMMED SHAHZAD T P	III BBA	WEIGHTLIFTING
19	MUHAMMED ANSHAD C	III BA HISTORY	WEIGHTLIFTING
20	JANIS ABBAS	I BA HISTORY	WEIGHTLIFTING
21	MUHAMMED AAMAL	I MCOM	WEIGHTLIFTING
22	MUHAMMED SHAD T P	III BBA	WEIGHTLIFTING
23	ARJUN A P	I BA MALAYALAM	WEIGHTLIFTING
24	NANDHANA R	III BA HISTORY	WEIGHTLIFTING
25	NANDANA N	I BA HISTORY	WEIGHTLIFTING
26	ARSHANA V V	I BA ENGLISH	POWERLIFTING

Their participation exemplifies our college's commitment to fostering sporting talent and representing our institution with pride on the university stage.



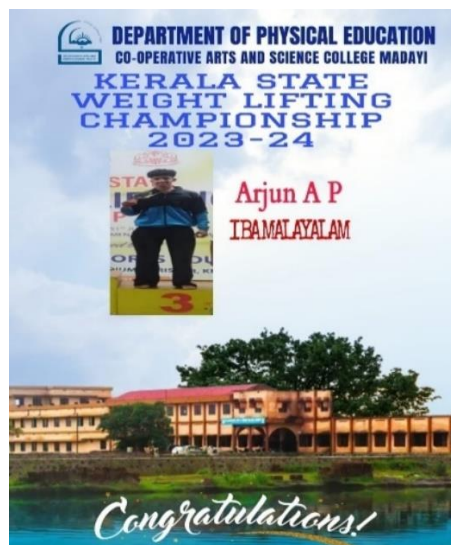


## ACHIVEMENTS - STATE LEVEL

The students of our college have demonstrated exceptional skill and dedication in various state-level championships during the academic year 2023-24, further enhancing our reputation in sports.

### bronze medal in the State Junior Weightlifting Championship 2023-24

- **Arjun A P, I BA Malayalam:** Arjun A P secured the **bronze medal** in the State Junior Weightlifting Championship 2023-24 held at V K N Menon Indoor Stadium Thrissur on 29<sup>th</sup> and 30<sup>th</sup> March 2024.



- **Kerala State Kho-Kho Championship:** Six players from our college participated in the Kerala State Kho-Kho Championship.
- **Kerala Tug of War Championship:** Seven players from our college participated in the Kerala State Senior Tug of War Championship.



# ACHIEVEMENTS – UNIVERSITY LEVEL

Our college's participation in various Inter-Collegiate tournaments throughout the academic year 2023-24 has resulted in commendable achievements, with the most notable being our third consecutive win in the Inter-Collegiate Weightlifting Championship.

## TEAM ACHIEVEMENTS - university level

SL NO	EVENT	POSITION
1	Weight Lifting (Men)	First
2	Kho-Kho (Women)	Second
3	Kho-Kho (Men)	Second
4	Cross Country (Women)	Second
5	Powerlifting (Women)	Third
6	Weight Lifting (Women)	Fourth
7	Cross Country (Men)	Fourth

### University Inter Collegiate Weight lifting Men:- Champions





Co-Operative Arts And Science College, Madayi 0497 2870550

Participant List Of Weight lifting (Men) (10/10)

Team Manager : *2023-24*

#	Name	Parent	Dob	Aadhar	+2 Yr	Pr.Course	Dur.Of Course	Pr.Class	Course Adm.Yr	Class Adm.Yr	Action
1	MUHAMMED SHAHZAD T P	JAFAR T M	07-02-2004	670143837858	2021	BBA	3	3rd year	2021	2023	Ⓞ
2	MUHAMMED ANSHAD C	ANWAR M V	31-05-2004	803642807200	2021	BA HISTORY	3	3rd year	2021	2023	Ⓞ
3	SAYAND P V	VINOD P	07-05-2001	716018602252	2019	BA HISTORY	3	2nd year	2022	2023	Ⓞ
4	JANIS ABBAS	ABBAS P K	01-12-2000	244783677625	2018	BA HISTORY	3	1st year	2023	2023	Ⓞ
5	AJNAS P	HASSAN M V	24-12-2004	28929156904	2023	BBA	3	1st year	2023	2023	Ⓞ
6	RITHUNAND P V	VINOD P	01-10-2005	753964731753	2023	BBA	3	1st year	2023	2023	Ⓞ
7	MUHAMMED AMAL	P JAMAL	12-02-2000	627294786203	2000	COM	2	1st year	2023	2023	Ⓞ
8	MUHAMMAD SHAD T P	SHAMEER K K	16-12-2002	407416585359	2021	BBA	3	3rd year	2021	2023	Ⓞ
9	ARJUN A P	ANILKUMAR A P	22-10-2004	307509137483	2023	BA MALAYALAM	3	1st year	2023	2023	Ⓞ
10	ABDULLA T P	SIDHEEK	06-12-2005	211714503898	2023	BBA	3	1st year	2023	2023	Ⓞ



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Participant List Of Weight lifting (Women) (8/10)

Team Manager : PRAVEEN MATHEW

Name	Parent	Dob	Aadhar	+2 Yr	Pr.Course	Dur.Of Course	Pr.Class	Course Adm.Yr	Class Adm.Yr	Action
1 LAKSHMIPRIYA V	NARAYANAN V K	31-05-2003	208963637228	2021	BBA	3	3rd year	2021	2023	Ⓞ
2 HARITHA K	SHAJI K	29-06-2002	360927363197	2021	BA ENGLISH	3	3rd year	2021	2023	Ⓞ
3 MALAVIKA C	MANOHARAN C	03-06-2003	434454740322	2021	BBA	3	3rd year	2021	2023	Ⓞ
4 NANDHANA R	SANTHOSH M	23-07-2003	805757856462	2021	BA HISTORY	3	3rd year	2021	2023	Ⓞ
5 GAYA K K	JUNIKRISHNAN M P	18-11-2004	710604715373	2022	BA HISTORY	3	2nd year	2022	2023	Ⓞ
6 NANDANA N	SUNIL N	19-11-2004	866043436207	2022	BA HISTORY	3	1st year	2023	2023	Ⓞ
7 KARTHIKA K	SADANANDAN K T	16-11-2005	971532631583	2023	BA MALAYALAM	3	1st year	2023	2023	Ⓞ
8 ARSHANA V V	IBRHM KUTTY V V	17-08-1999	809753988095	2017	BA ENGLISH	3	1st year	2023	2023	Ⓞ



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**University Inter Collegiate Powerlifting Women Second and Weight lifting Women – Fourth**



**Inter Collegiate Kho Kho Men and women Second**



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**Participant List Of Kho-Kho (Men) (15/15)**

Manager :

Name	Parent	Dob	Aadhar	+2 Yr	Pr.Course	Dur.Of Course	Pr.Class	Course Adm.Yr	Class Adm.Yr	Actio
1 AKSHAY V	SHANMUGHAN V	25-10-2001	919729174616	2019	MA HISTORY	2	1st year	2023	2023	⊕
2 VIMAL DAS V	VIJAYAN P	30-06-2002	267540905739	2020	BA HISTORY	3	1st year	2023	2023	⊕
3 AMAL K	SATHYAN M	24-09-2004	350383761235	2023	BBA	3	1st year	2023	2023	⊕
4 VISHNU DAS	NARAYANA DAS	05-08-2008	380546825002	2018	BSC MATHEMATICS	3	1st year	2023	2023	⊕
5 ASHWIN P K	DINESAN PUTHANKODY	26-06-2005	976137537374	2023	BCOM	3	1st year	2023	2023	⊕
6 SUBINKRISHNA P P	BALAKRISHNAN K	16-04-2004	792796952976	2022	BCOM	3	2nd year	2022	2023	⊕
7 AKASH C V	GANGADHARAN M	15-09-2004	543037376072	2022	BCOM	3	2nd year	2022	2023	⊕
8 ASWIN RAMESH K	RAMESHAN P	08-11-2003	984738765710	2021	BA MALAYALAM	3	3rd year	2021	2023	⊕
9 VAISHNAV P	BHASKARAN V	02-06-2002	215049046109	2019	BA MALAYALAM	3	3rd year	2019	2023	⊕
10 ABHINAND K	SREENIVASAN	10-10-2005	879915687812	2023	BA HISTORY	3	1st year	2023	2023	⊕
11 SUBINRAJ K V	BABURAJ K V	06-08-2003	318189717833	2022	BA MALAYALAM	3	2nd year	2022	2023	⊕
12 ADWAI P S	SHAJI	11-08-2005	870338470166	2023	BA HISTORY	3	1st year	2023	2023	⊕
13 ARJUN RAMESHAN P P	RAMESHAN K V	16-09-2003	875831816203	2021	BCOM	3	3rd year	2021	2023	⊕
14 SOORAJ K V	BABURAJ K V	02-09-2005	804065538318	2023	BA MALAYALAM	3	1st year	2023	2023	⊕
15 ARJUNDAS C	RAMDAS C	28-06-2005	804923716155	2022	BA MALAYALAM	3	2nd year	2022	2023	⊕

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**Participant List Of Kho-Kho (Women) (15/15)**

Manager : PRAVEEN MATHEW

Name	Parent	Dob	Aadhar	+2 Yr	Pr.Course	Dur.Of Course	Pr.Class	Course Adm.Yr	Class Adm.Yr	Actio
1 SYSHADEVI K	NARAYANAN M	10-04-2003	277685088185	2021	BCOM	3	3rd year	2021	2023	⊕
2 SNEHA T	PADMANABHAN K	25-04-2000	250685597998	2019	BA ENGLISH	3	1st year	2023	2023	⊕
3 KRISHNENDU P V	BALAKRISHNAN T	01-03-2005	441262233754	2023	BA ENGLISH	3	1st year	2023	2023	⊕
4 MIDHUNA K	BHARGAVAN T	22-08-2003	269179594673	2021	BSC MATHEMATICS	3	3rd year	2021	2023	⊕
5 SHAYANA P	SASIDHARAN P	31-12-2003	322340791518	2021	BA MALAYALAM	3	3rd year	2021	2023	⊕
6 SANDRA V M	BABU E	24-02-2005	402333000721	2023	BSC MATHEMATICS	3	1st year	2023	2023	⊕
7 KAVYA A	BALAKRISHNAN M V	20-03-2004	378699858949	2022	BBA	3	2nd year	2022	2023	⊕
8 GAYA K K	UNNIKRISHNAN	18-11-2004	710604715373	2022	BA HISTORY	3	2nd year	2022	2023	⊕
9 DEVIKA K	ULLASAN P	03-03-2003	532928072708	2021	BA ENGLISH	3	3rd year	2021	2023	⊕
10 ATHIRA P V	BALAKRISHNAN P V	23-08-2005	618641971766	2021	BCOM	3	3rd year	2021	2023	⊕
11 NEYA DINESH K	DINESHAN K	07-03-2005	229668700825	2023	BBA	3	1st year	2023	2023	⊕
12 NANDANA T P	SURESHAN C	06-11-2002	438619555020	2021	BA ENGLISH	3	3rd year	2021	2023	⊕
13 DAYAKRISHNA P V	P V CHANDRAN	15-05-2005	254965625035	2023	BA MALAYALAM	3	1st year	2023	2023	⊕
14 AVANI V	VENUGOPALAN N V	13-05-2004	392808637473	2023	BA ENGLISH	3	1st year	2023	2023	⊕
15 MANJIMA AMBILERI	MANOJ KUMAR K K	01-01-2005	819028770450	2023	BA ENGLISH	3	1st year	2023	2023	⊕

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**Inter Collegiate Cross Country women Second**

CO-OPERATIVE ARTS AND SCIENCE COLLEGE  
MADAYI

**Women Runner up**

**Kannur University Inter Collegiate  
Cross Country Championship  
2023-24**

**5 OCTOBER 2023**

Co-Operative Arts And Science College, Madayi 0497 2870550

**Participant List Of Cross Country (Women) (6/6)**

Manager : PRAVEEN MATHEW

Name	Parent	Dob	Aadhar	+2 Yr	Pr.Course	Dur.Of Course	Pr.Class	Course Adm.Yr	Class Adm.Yr	Actio
1 MIDHUNA K	BHARGAVAN T	22-08-2003	269179594673	2021	BSC MATHEMATICS	3	3rd year	2021	2023	⊕
2 ATHIRA P V	BALAKRISHNAN P V	23-08-2005	618641971766	2021	BCOM	3	3rd year	2021	2023	⊕
3 GAYA K K	UNNIKRISHNAN	18-11-2004	710604715373	2022	BA HISTORY	3	2nd year	2022	2023	⊕
4 SYSHADEVI K	NARAYANAN M	10-04-2003	277685088185	2021	BCOM	3	3rd year	2021	2023	⊕
5 NEYA DINESH K	DINESHAN K	07-03-2005	229668700825	2023	BBA	3	1st year	2023	2023	⊕
6 KRISHNENDU P V	BALAKRISHNAN T	01-03-2005	441262233754	2023	BA ENGLISH	3	1st year	2023	2023	⊕

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Kannur - 670 308



**INDIVIDUAL ACHIEVEMENTS -University level**

Sl No	Name	Class	Event	Position
1	SAYAND P V	11 BA HISTORY	Weight Lifting	First
2	MUHAMMED SHAHZAD T P	III BBA	Weight Lifting	First
3	MUHAMMED ANSHAD C	III BA HISTORY	Weight Lifting	First
4	JANIS ABBAS	I BA HISTORY	Weight Lifting	First
5	MUHAMMED AAMAL	I MCOM	Weight Lifting	First
6	MUHAMMED SHAD T P	III BBA	Weight Lifting	First
7	ARJUN A P	I BA MALAYALAM	Weight Lifting	First
8	AJNAS P	I BBA	Weight Lifting	Second
9	RITHUNAND P V	I BBA	Weight Lifting	Second
10	ABDULLA T P	I BBA	Weight Lifting	Third
11	Nandana N	I History	Weight Lifting	First
12	Nandhana R	11 History	Weight Lifting	First
13	Arshana V V	I BA English	Weight Lifting	First
15	Gaya K K	11 BA History	Athletics -1500 Mtr	Third
17	Arshana V V	I BA English	<b>Athletics :</b> Hammer Throw- Shotput-	First Second
18	Nandana N	I History	Powerlifting	First
19	Arshana V V	I BA English	Powerlifting	First





## 1. Achievements in District Championships

Our college has excelled in several district championships during the academic year 2023-24, demonstrating our commitment to sports excellence and competitive spirit.

SI No	Event	Position
1	Kho-Kho (Men)	Third
3	Tug of War Women)	First

## PARTICIPATION IN TOURNAMENTS

### PARTICIPATION - INTER COLLEGIATE CHAMPIONSHIPS

Throughout the academic year 2023-24, approximately 138 students from our college actively participated in 13 inter-collegiate tournaments, demonstrating our commitment to sportsmanship, teamwork, and competitive spirit.

SL NO	EVENT	Category	Number of students Participated
1	Cross Country	Men and Women	12
2	Badminton	Women	1
3	Football	Men	20
4	Kho-Kho	Men and Women	30
5	Athletics	Men and Women	20
6	Weightlifting	Men and Women	18
7	Powerlifting	Women	4
8	Tug of War	Women	9
9	Judo	Men	2
10	Best Physique	Men	6
12	Wrestling	Men	2
13	Kabaddi	Men	12
14	Boxing	Men	2

**Total** **138**



## PARTICIPATION -DISTRICT CHAMPIONSHIP

1. Our college actively participated in 2 district tournaments during the year 2023-24.

SL NO	EVENT
1	Kho-Kho (Men & Women)
7	Tug of War (Women and Mixed)

## COACHING CAMPS ORGANIZED

### 1. COACHING CAMP-UNIVERSITY LEVEL

The college organized a 7-day coaching camp for the University Kho-Kho Men's team in preparation for the South Zone Inter University Championship during the academic year 2023-24.

### 2. COACHING CAMP-COLLEGE LEVEL

SL NO	EVENT	No of days
1	Cross Country (Men & Women)	25
2	Kabaddi Men	20
3	Football (Men)	21
4	Kho-Kho (Men&Women)	40
5	Athletics (Men&Women)	30
6	Weightlifting (Men&Women)	40
7	Powerlifting(Women)	20
8	Tug of War (Men&Women)	25
9	Cricket Men	10

## TOURNAMENTS ORGANIZED

### 1. University Inter-Collegiate Tournaments

2.

SI No	Event	Date	Remarks
1	Kabaddi Men	27 October 2023	Chief guest: Dr. Joe Joseph, Deputy Director, DPE, Kannur University

2	Yogasana Men and Women	13 November 2023	Chief guest: Smt E S Latha, Principal CAS College MAdayi
3	Weightlifting Men & Women	25 November 2023	Chief guest: Dr. Anoop KV, Asst. Director, DPE, Kannur University
4	Kabaddi Women	28 February 2024	Chief guest: Sri. Jagadeesh Kumbala, Indian Kabaddi Player

### 1. District Championships organised


SI No	Event	Date
1	Sub Junior Tug of War Championship	4 June 2023
2	Senior Tug of War Senior Championship	20 August 2023

**KANNUR UNIVERSITY**  
Inter-Collegiate  
**WEIGHT LIFTING (M&W)  
CHAMPIONSHIP 2023-24**




Organised by:  
**Co-operative Arts & Science  
College Madayi**  
Venue: University Indoor Stadium,  
Mangattuparamba  
25 November 2023

**Kannur University**  
Inter-Collegiate  
**Yoga Championship 2023-24**



Organised by  
**Co-operative Arts and Science College Madayi**  
**13 November 2023**

**Kannur University**  
Inter-Collegiate  
**KABADDI WOMEN  
CHAMPIONSHIP  
2023-24**



Organised by:  
**Co-operative Arts and Science College Madayi**  
Venue: JK Kabaddi Academy, Kasaragod  
Inauguration:  
Sri. Jagadeesh Kumbala, International Kabaddi Player  
Prize distribution:  
Sri. Habeeb Rahman, President, Kasaragod Dist. Sports Council  
28 February 2024

**CO-OPERATIVE ARTS AND  
SCIENCE COLLEGE MADAYI**  
DEPARTMENT OF PHYSICAL EDUCATION  
ORGANIZES



**KANNUR UNIVERSITY  
INTER-COLLEGIATE  
KABADDI  
MEN CHAMPIONSHIP 2023-24**

**27 OCTOBER 2023 FRIDAY**  
VENUE: UNIVERSITY INDOOR STADIUM,  
MANGATTUPARAMBA





**INTER- DEPARTMENTAL TOURNAMENTS ORGANIED**

Intramural competitions in colleges contribute significantly to the physical, social, and emotional development of students. They promote a healthy campus lifestyle, foster community spirit, and provide valuable learning and leadership opportunities.

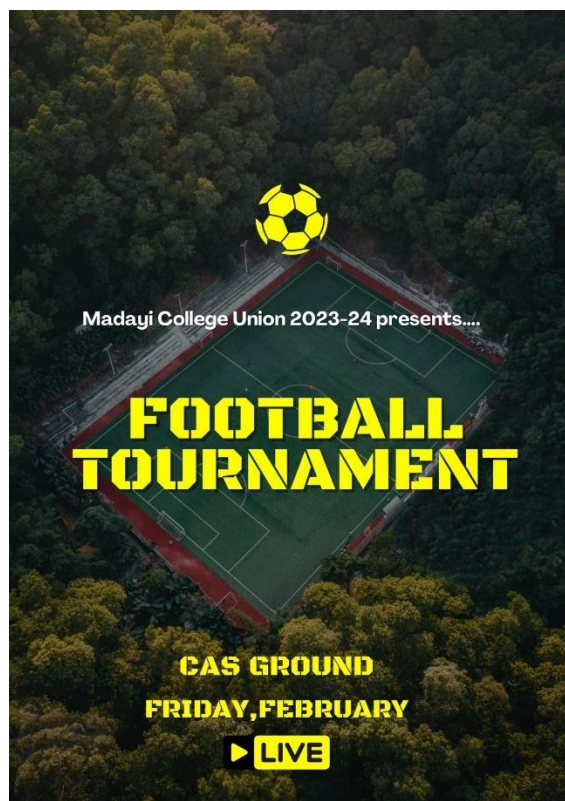
**1. CRICKET**



## Result

Position	Department
I	Commerce
II	BBA
III	English and History

## 2. FOOTBALL

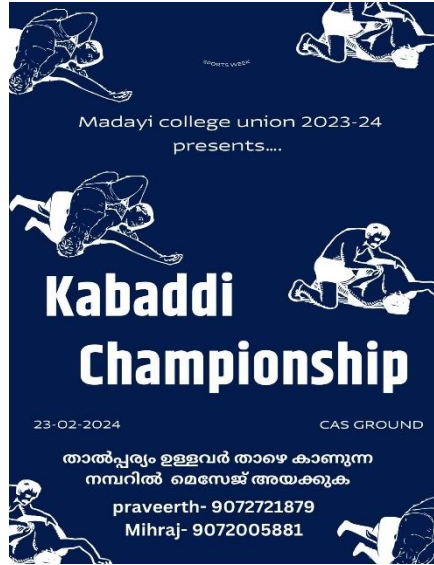


- **Participation:** Teams from departments such as History, English, Management Studies, and more actively participated, with enthusiastic support from students and faculty.
- **Format:** The tournament featured a round-robin group stage followed by knockout matches, ensuring every team had multiple opportunities to compete.

## Result

Position	Department
I	English
II	BBA
III	Mathematics

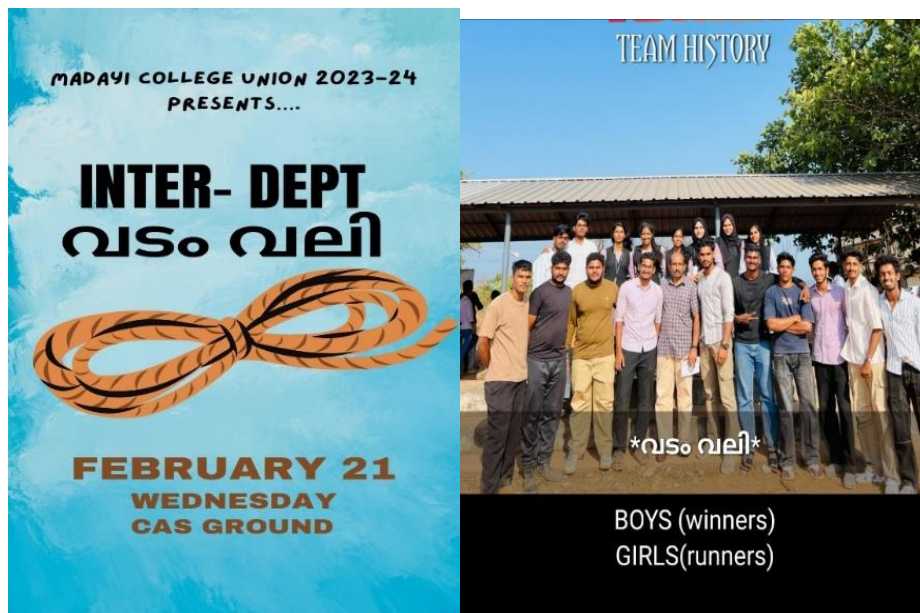
### 3. **KABADDI**



### **Result**

Position	Department
I	History
II	Mathematics
III	BBA

### 4. **TUG OF WAR**





## Result

Position	Boys	Girls
I	History	English
II	Commerce	History
III	English &BBA	Commerce

### 5. **Annual Athletic Meet**

#### Annual Athletic Meet Report (27 February 2024)

The Department of Physical Education, in association with the college union, successfully organized the annual Sports Day of our college on 27th February 2024. The event was inaugurated by our Vice President, Sri Falgunan V V.

The day was filled with spirited competitions organized by department basis, beginning with a vibrant march past and Torch Relay ceremony.

#### **Results:**

- **Overall Championship:** The Department of History emerged victorious, showcasing outstanding performances across various events.
- **Second Place:** The Department of English demonstrated strong sportsmanship, securing the second position.
- **Third Place:** The Department of Management Studies displayed commendable skills, earning the third place in the overall standings.

The success of Sports Day underscores the college's commitment to promoting physical fitness, teamwork, and healthy competition among students. We extend our congratulations to all participants and winners for their exemplary efforts and dedication.

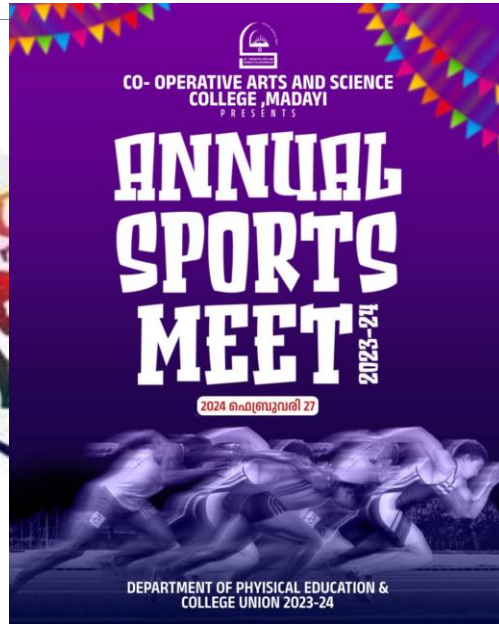
Co-operative Arts and Science College  
Madayi

**ANNUAL SPORTS MEET  
2023-24**



27 February 2024

Dept. of Physical Education &  
College Union 2023-24



**Conclusion:** The Physical Education Department remains dedicated to promoting a culture of fitness and well-being within the college community. We extend our gratitude to our dedicated staff, supportive administration, and enthusiastic students whose efforts contribute to our continued success.

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