



**DEPARTMENT OF PHYSICAL EDUCATION
ST. XAVIER'S COLLEGE, THUMBA**

PHONE : (0471) 2705254 ST.XAVIER'S COLLEGE P.O., TRIVANDRUM-695586

No:

Date:4/3/2016

To

The Principal
St.Xavier's College

Respected Fr.,

I am hereby submitting the Department's activity and performance report for the year 2015-16.

Special Coaching camps for Football, Volleyball, Handball, Kabaddi, Softball, Baseball, Cycling, Athletics, Boxing, Power lifting and Weight Lifting, Taek Won Do and Cricket were started from 16th June, 2015. Along with this the sports quota selection trials also conducted.

The following coaches from various organizations provided assistance in conducting the coaching camps.

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|---------------------|-------------------------|---|-------------|
| 1. Sri.Alex | - (Football) | - | from KSEB |
| 2. Sri.Rajagopal | - (Cricket) | - | from KCA |
| 3. Sri.Pious Mathew | - (Volleyball) | - | from SAI |
| 4. Sri.Chandralal | - (Boxing) | - | from SAI |
| 5. Smt.Usha | - (Cycling) | - | from SAI |
| 6. Sri.Jayaram | - (Softball & Baseball) | - | old student |

The following teams participated in the **National events**

1. Volleyball (Women)
2. Boxing (Women)
3. Cricket (Men)
4. Cycling (Men)

The following teams participated in the **State events**

1. Volleyball (Women)
2. Boxing
3. Cricket
4. Cycling

The Following teams participated in the **University Events**

- | | |
|------------------------------------|---------|
| 1. Football | (Men) |
| 2. Cricket | (Men) |
| 3. Kabaddi | (Men) |
| 4. Athletics | (Men) |
| 5. Taek Won Do | (Men) |
| 6. Softball | (Men) |
| 7. Baseball | (Men) |
| 8. Best Physique | (Men) |
| 9. Chess | (Men) |
| 10. Shuttle Badminton | (Men) |
| 11. Kabaddi | (Women) |
| 12. Volleyball | (Women) |
| 13. Handball | (Women) |
| 14. Boxing | (Women) |
| 15. Power Lifting & Weight lifting | (Women) |
| 16. Cycling | (Men) |

The performance of our **college teams:-**

1. **Football (Men):-**

- (a) George Joseph Memorial Championship held at
TKM Engg. College - Runners
- (b) Bishop Mathew Kavukattu Memorial Championship
held at St.Alocious College, Edathua - Winners
- (c) Baseliious Football Tournament held at CMS College
Kottayam - Semi- finalist

- (d) Marthoma College Football Tournament held at Marthoma College, Thiruvalla - Semi Finalist
- (e) Donbosco Bicentenary Memorial Football Tournament - Winners
- (f) All Kerala Indian Express Football tournament held at Mallapuram - Quarter finalist
- (g) Kerala University Inter Collegiate Football Tournament held at Trivandrum - Third

2. **Cricket (Men):-**

- (a) Kerala University Inter Collegiate tournament held at St.Xavier's College, Thumba - Winners

3. **Baseball (Men):-**

- (a) Kerala University Inter Collegiate tournament held at CET, Thiruvananthapuram - Winners

4. **Volleyball (Women):-**

- (a) Kerala University Intercollegiate tournament held at MSM College, Kayamkulam - Runners
- (b) All Kerala SH College Volleyball Tournament held at SH College, Thevara - Runners

5. **Handball (Women):-**

- (a) Kerala University Inter Collegiate Championship held at Govt.Women's College, Thiruvananthapuram - Third

6. **Power Lifting & Weight Lifting (Women):-**

- (a) Kerala University Inter Collegiate Championship held at GV Raja Stadium, Thiruvananthapuram - Winners

7. **Best Physique (Men):-**

- (a) Kerala University Inter Collegiate Championship
held at St.Cyrils College, Adoor - Third

8. **Boxing (Women):-**

- (a) Kerala University Inter Collegiate Championship
held at SN College, Kollam - Third

9. **Cycling(Men):-**

- (a) Kerala University Inter Collegiate Cycling
Championship held at LNCPE, Kariyavattom - Second

10. **Kabaddi (Men):-**

- (a) Kerala University Inter Collegiate Championship
held at Govt.College, Kariyavattom - Came up
to 2nd round

11. **Kabaddi (Women):-**

- (a) Kerala University Inter Collegiate Championship
held at NSS College, Karamana - Participated

12. **Athletics(Men & Women):-**

- (a) Kerala University Inter Collegiate Championship
held at GV Raja Stadium, Thiruvananthapuram - Participated
& got medals

13. **Taek Won Do(Men):-**

- (a) Kerala University Inter Collegiate Championship
held at LNCPE, Kariyavattom. - Participated

14. **Softball (Men):-**

- (a) Kerala University Inter Collegiate Championship
held at NSS College, Nilamel - Came up to
2nd round

15. **Chess (Men):-**

- (a) Kerala University Inter Collegiate Championship
held at Govt. Arts and Science College, Ambalapuzha - Participated

16. **Shuttle Badminton(Men):-**

- (a) Kerala University Inter Collegiate Championship
held at CET, Thiruvananthapuram. - Participated

The Department conducted the following **inter department tournaments**.

(a) **Cricket (Men):**

Held on 17th, 18th 19th FEB 2016

Dept. of Economics - Winners

(b) **Football (Men):**

Held on 24th, 25th & 29th FEB 2016

Dept of Commerce - Winners

(c) **The 50th St.Xavier's Annual Athletic Meet (Men & Women):**

Held on 4/3/2016.

Dept. of Commerce. - Overall Champions

All our staff actively participated in the Inter Class competitions and in the 50th St.Xavier's Annual Athletic Meet. We the department and the students are sincerely thankful to the Management for their encouragement and support.



Lt.Dr.George Thomas
Associate Professor & Head