

31 MAY 2021 | VOLUME 1



Department of Physical Education

St. Paul's College
Kalamassery

(NAAC Re-Accredited with A Grade & An ISO 9001:2015 Certified Institution)



YEAR BOOK

2021





St. Paul's College

Kalamassery



St. Paul's College is a prestigious art and science college which function under the Archdiocese of Verapoly and is affiliated to Mahatma Gandhi University. The College received the first NAAC accreditation in the year 2004 and now it is re-accredited with 'A' grade in the third cycle in 2016.

The college motto "Life Nobly Lived" epitomizes the altruistic vision of our enlightened patrons; to instill noble values in everyone through education and experiences in life. The college is committed to the inclusive transformation of young men and women to lead exemplary life.

ST. PAUL'S COLLEGE



Department of Physical Education



Department of Physical Education of St Paul's College Kalamassery came into existence in the year 1965. Since then many athletes & sports students were selected to participate in Many International, National, State Inter-University & University events

Our college was ranked 22nd in sports achievements & performance among 260 colleges under M.G University. The department organizes many sports activities like University Competitions, Blind Cricket in association with Kerala Blind Cricket Association, District, Inter-District Cricket Activities & National Cricket activities in association with EDCA, KCA & BCCI respectively.

Green initiatives of the department were to make our playgrounds plastic-free. Many International Cricket Players like Yuvaraj Singh, Harbajan Singh, Cheteswar Pujara, Jayadev Undakat, Sanju Samson Tinu Yohannan, Basil Thampi etc. had visited our college during these 5 years



Department of Physical Education

VISION

Dedicated to creating an environment that allows students to understand and to display cooperative social skills, teamwork, peer interaction, leadership, sportsmanship, positive attitude, self-esteem, and enjoyment

MISSION

The Department of Physical Education is dedicated and focused on the development of the whole student: physical, mental, and intellectual. Programs within the department are interdisciplinary by nature and combine the fields of education and social sciences.



OBJECTIVES

Allows children to experience healthy social interactions, teaching cooperation through group activities, and encouraging teamwork through identification as one part of a team.





Department of Physical Education

Faculty Member



JOSE XAVIER

**M. P ED. M. PHIL.
LECTURER**

HOD PHYSICAL EDUCATION

**ST. PAUL'S COLLEGE
KALAMASSERY**

Main Achievements

PSC BOARD MEMBER FOR THE CONDUCT OF PHYSICAL EFFICIENCY TEST
SPECIAL VIGILANCE SQUAD (MALPRACTICE) IN M G UNIVERSITY
EXTERNAL EXAMINER IN MG UNIVERSITY BPE/MPE EXAMINATIONS
SELECTOR - M G UNIVERSITY CRICKET TEAM (MEN) & (WOMEN)
SELECTOR - M G UNIVERSITY TABLE TENNIS
INTERNAL DISCIPLINE COMMITTEE MEMBER
INTERNAL EXAM MALPRACTICE REPORTING COMMITTEE MEMBER
COLLEGE FIRST AID TEAM MEMBER



Activity Page

Department of Physical Education
St. Paul's College Kalamassery

6th
International Day of Yoga

Yoga in Daily Life
Powered by
Athreyam

A FREE WEBINAR TO KEEP YOU HEALTHY
10:30 am: 21 June 2020, Sunday

Organized by
**DEPARTMENT OF PHYSICAL EDUCATION
N.S.S UNIT, NCC UNIT & YOGA CLUB
St. Paul's College
Kalamassery**

PROF. KAITHAPRAM VASUDEVAN NAMBOODIRI
Director
Sreesankara Thapovanam
International Yoga Training Centre
Athreya Research foundation
Aluva

ChairPerson
Patanjali Yoga Training & Research
Center (PYTRC),
Kochi

Television Fame
Daily YOGAYANAM Performer in
JANAM TV

June 21, The International Day of Yoga

The International Yoga Day was celebrated at St. Paul's College Kalamassery on the 21st June 2020. The programs were organized by the department of Physical Education in association with Yoga club, NSS & NCC unit of St. Paul's College. One hundred and twenty nine persons participated in the programme





Activity Page

Department of Physical Education

St. Paul's College Kalamassery

MIYOWAKI FOREST CULTIVATION

The Students & Faculty of Physical Education & Sports also joined hands with our college to successfully make Miyawaki Forest make our college green and pollution-free campus. This initiative was launched on the 20th of June 2020.



MOU WITH ST. ALBERTS

An MOU was signed between St Albert's College Autonomous & St Paul's College, Kalamassery sharing many academic & sports infrastructures including facilities and faculties.



MOU WITH AISAT

An MOU was signed between Albertian Institute of Science & Technology (AISAT), Kalamassery & Department of Physical Education of St Paul's College, Kalamassery sharing many academic & sports infrastructures including facilities and faculties.





Activity Page

Department of Physical Education
St. Paul's College Kalamassery



MOU WITH PLAY-WELL SPORTS

An MOU was signed between Playwell Sports & Department of Physical Education of St Paul's College, Kalamassery sharing many sports experience including on the job training, placements & seminars on latest sporting innovations

MOU WITH INTERNATIONAL GYM

An MOU was signed between International Gym Palai, Kottayam & Department of Physical Education of St Paul's College, Kalamassery sharing many sports experience including on the job training, Placements & Seminars on latest sporting innovations



NAAC INTERAL TEAM

As the college is approaching a NAAC Visit for the 4th cycle, periodical visits and meetings were conducted inside our college. Department of Physical Education also contributed to upgrade the standard of many programs and to overview other department activities.



Activity Page

Department of Physical Education
St. Paul's College Kalamassery



INDEPENDANCE DAY CELEBRATIONS

ONAM CELEBRATION



XMAS CELEBRATION



KERALA STATE CYCLING

Abhirami S of (III BA English) took home two bronze medals at the Kerala State Women Championship held at LNCPE, Trivandrum.



KERALA STATE CRICKET (WOMEN)

Maneesha C K (I M. Com) got selected to Kerala Premier League Cricket Women Championship held at Alleppy.



KERALA COLLEGE PREMIER LEAGUE

Albin Alias (I M.Com) won the Man of the Match Award in KCPL (Kerala College Premier Cricket League) against Adi Shankara Engineering College, Kalady



KERALA COLLEGE PREMIER LEAGUE

Ameersha S N (B.A Econ) won the Man of the Match Award in KCPL (Kerala College Premier Cricket League) against Sree Sankara College, Kalady



KERALA STATE CRICKET(MEN)

Albin Alias (I M.Com) was selected to take part in the Kerala Premier League Men Cricket held in Alleppy.



KERALA COLLEGE PREMIER LEAGUE

Adarsh Praveen (B.Com) won the Man of the Match Award in KCPL (Kerala College Premier Cricket League) against Bharatha Matha College, Thrikkakara



NEW HOCKEY WOMEN TEAM

Department of Physical Education started a Men & Women Hockey team for the first time in the history of St Paul's College Kalamassery



JUDGES CRICKET

St Pauls College Ground witnessed Judges & Avocates Cricket Match. Justice A A Ziyad Rahman (Pauline Alumus) also participated in the tournament



SCORING COURSES

Department of Physical Education conducted many Cricket Scoring Practicals for all Cricket players in our college team



MR. ERNAKULAM

Thomson K J (II M.Com) won the Gold Medal & the Mr. Ernakulam Title in the Ernakulam District Best Physique Championship



KERALA COLLEGE PREMIER LEAGUE TOURNAMENT RUNNERS UP

St Paul's College won the the runners up trophy in the KCPL Championship Cental Zone & Qualified to participate in KCPL Super Six Final Round. It is the third time that St Paul's College Cricket Team enters the final of this Mega Ournament.

ERNAKULAM DISTRICT WOMEN CRICKET LEAGUE

St Paul's College Cricket Club participated in the 1st Womens Cricket League conducted by Ernakulam District Cricket Association. Raina Jose of St Pauls College club got selected in Ernakulam District Womens Junior team to participate in the state championships.



WEBINARS

MEET THE ACHEIVER

Department of Physical Education organized "Meet the Achiever - Be Somebody, Nobody Thought You Could be" on 29 July 2020. Sri. Chenthmarakshan P. A., Managing Director, Playwell Sports interacted with the students on how to overcome challenges in life and become successful people. Prof. Jose Xavier, Head, Department of Physical Education welcomed the resource person. There were 132 participants for the webinar.



MEET THE ACHEIVER
PLAYWELL SPORTS
SRI.CHENTHMARAKSHAN P. A.
MANAGING DIRECTOR
PLAYWELL SPORTS
ERNAKULAM - CALICUT - PALAKKAD

"BE SOMEBODY NOBODY THOUGHT YOU COULD BE"

WEDNESDAY
11:30 AM :-: 12.30 PM

INNOVATION & ENTREPRENEURSHIP DEVELOPMENT CELL
ST. PAUL'S COLLEGE, KALAMASSERY
In association with IQAC, Equal Opportunity Cell
&
Department of Physical Education

THEY ARE DIFFERENTLY ABLED NOT DISABLED



St. Paul's College, Kalamassery
Equal Opportunity Cell
in association with
Department of Physical Education & Innovation & Entrepreneurship Development Cell

Webinar on

"THEY ARE DIFFERENTLY ABLED, NOT DISABLED"



DR. MARY ANITHA.

ON 12 AUGUST 2020
@ 11.30AM.

CONTACT

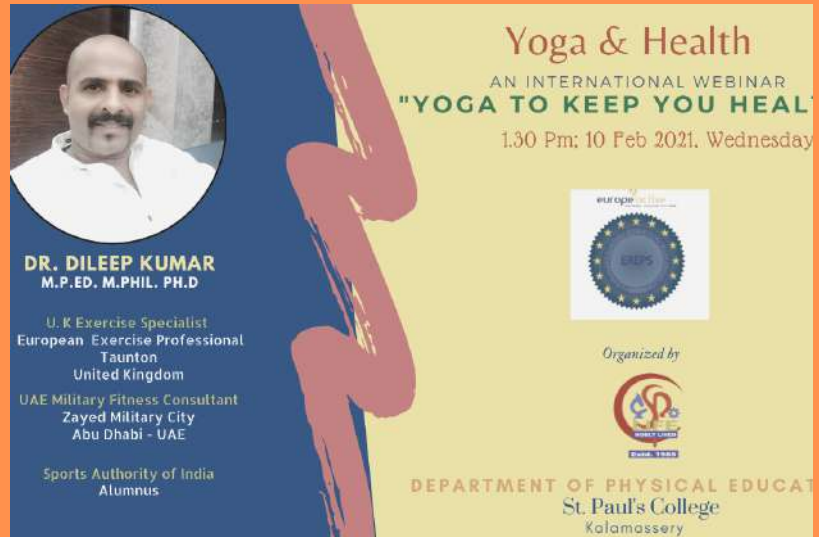
Prof. Binil Kumar M. R
Co-ordinator, Equal Opportunity Cell
Prof. Jose Xavier
HoD, Department of Physical Education
Prof. Siby K. M.
Co-ordinator, IEDC

Department of Physical Education in association with Equal Opportunity Cell and Innovation & Entrepreneurship Development Cell organized a webinar on the topic "They are Differently Abled, Not Disabled" on 12 August 2020. Dr. Mary Anitha, renowned social worker and alumna of S. Paul's College was the resource person. Prof. Jose Xavier, Head, Department of Physical Education welcomed the resource person. Dr. Mary Anitha spoke to the students that it is high time that the attitude of the society towards differently abled should have transformed and alternative ways of bringing out their talents have to be developed. Ms. Ganga Madhukumar of III BA Economics proposed vote of thanks. There were 127 participants for the webinar.

WEBINAR

YOGA & HEALTH

Department of Physical Education organized "Yoga & Health" on 10 Feb 2021. Dr. Dileep Kumar, a European Exercise Specialist from UK interacted with the students on how to overcome stress and gain health through yoga in life and become successful people. Prof. Jose Xavier, Head, Department of Physical Education welcomed the resource person. There were 48 participants for the webinar.



Yoga & Health
AN INTERNATIONAL WEBINAR
"YOGA TO KEEP YOU HEALTHY"
1.30 Pm; 10 Feb 2021, Wednesday

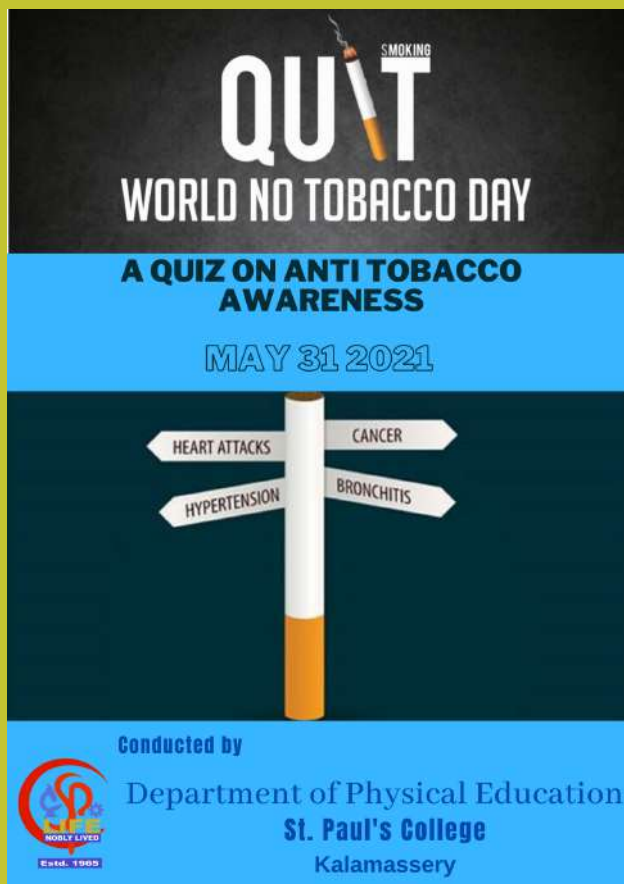
DR. DILEEP KUMAR
M.P.ED. M.PHIL. PH.D

U. K Exercise Specialist
European Exercise Professional
Taunton
United Kingdom
UAE Military Fitness Consultant
Zayed Military City
Abu Dhabi - UAE

Sports Authority of India
Alumnus

Organized by
DEPARTMENT OF PHYSICAL EDUCATION
St. Paul's College
Kalamassery

WORLD NO TOBACCO DAY QUIZ



QUIT SMOKING
WORLD NO TOBACCO DAY
A QUIZ ON ANTI TOBACCO AWARENESS
MAY 31 2021

HEART ATTACKS
HYPERTENSION
CANCER
BRONCHITIS

Conducted by
Department of Physical Education
St. Paul's College
Kalamassery

Department of Physical Education organized a Quiz on the topic "World No Tobacco Day" on 31 May 2021. Students Teachers and many other employees participated in this programme. the students of St Pauls College Kalamassery made a pledge circulated by the UGC.

"On this occasion of World No Tobacco day, I Take a pledge that I will never smoke or consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco free and shall also motivate my colleagues for the same"

there were around 900 participants

BASIL THAMPI

It's always a dream come true when a player of our college got selected to the Indian cricket team.

Sri Basil Thampi a Pauline Alumnus got selected into the Indian cricket team.

Congratulations Dear Basil Thampi.

Wishing more and more to come in future



GABRIEL BEN

Gabriel Ben Kurian a Pauline Alumnus got selected as the Thrown-Down-Bowler of RCB (Royal Challengers Bangalore) Team.

Wishing Gabriel all the best in his future endeavors.



JIYAS K K

Jiyass K K a Pauline Alumnus got selected as the Net-Bowler of SRH (Sun Rises Hyderabad) Team.

Wishing Jiyas K K all the best in his future endeavors.

