

Sports Report 2020-21

Department of Physical Education St. Paul's College, Kalamassery.

Yoga Day – 21 June 2021

The International Yoga Day was celebrated at St. Paul's College Kalamassery on the 21st June 2020. The influence of Covid -19 was strong during these days and the Department decided to conduct the programme as a webinar. Prof Kaithapuram Vasudevan Namboodiri - The Director of Sreesankara Thapovanam Inaugurated the program. 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

The programme succeeded in creating awareness among students about the importance of importance of Yoga for the overall health of body, mind, society, and even our climate. The theme of this year's event was "Yoga for Health – Yoga at Home".

K C P L (Kerala College Premier League Cricket Tournament Men

St Pauls College won the Runner's Up title in the KCPL (Kerala College Premier League Cricket) Men Central Zone 2020-21 and was selected to participate in the Super 8 KCPL (Kerala College Premier League Cricket Tournament Men

M G University Intercollegiate Cricket Tournament Men

St Pauls College won the Runners -Up in the M G University Intercollegiate North Zone Cricket Tournament Men 2020-21 was hosted by Marthoma College, Thiruvalla. Four Players of St Pauls College named Albin Aliyas, Libin James, Ameersha S N & Aadarsh Praveen were selected to MG University Cricket Team to represent All India University Cricket Tournament Matches

M G University Intercollegiate inter Zone Cycling Championship

St. Paul's College Women Cycling emerged as the Runners Up in M G University Women Cycling championship. This is the first time that the cycling Women team getting an award in the history of St Paul's College, Kalamassery.

St Paul's College Men Team finished IInd Runner up in the Championship. Mr Mohammed Ameen was selected as in the MG University Cycling Team to represent All India University Cycling Championship.

M G University Intercollegiate inter Zone Taekwondo Championship

St. Paul's College Taekwondo Men Athletes retained as the M G University Men Taekwondo trophy. Our Champion Athletes grabbed 2 Gold Medal and one Silver Medal in this Tournament. We also managed to get a Silver Medal in M G University Women Taekwondo championship.

Ben Jovakim & Raphel Siju was selected as in the MG University Taekwondo Team to represent All India University Taekwondo Championship.

M G University Intercollegiate inter Zone Best Physique Championship

Thomson K J of St. Paul's College won the Gold Medal in the M G University Men Best Physique Championship held at Pavanathma College, Murikkassery. Thomson K J was selected as in the MG University Best Physique Team to represent All India University Best Physique Championship.

M G University Intercollegiate inter Zone Powerlifting Championship

Thomson K J of St. Paul's College won the Silver Medal in the M G University Men Powerlifting Championship held at M A College, Kothamangalam.

M G University Intercollegiate inter Zone Fencing Championship

Thomson K J of St. Paul's College won the Bronze Medal in the M G University Men Fencing Championship held at Chinmaya College, Tripunithura.

M G University Gold medal Winners

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| 1. Mohammed Ameen | M G University Cycling Championship. |
| 2. Antony Jude | M G University Cycling Championship. |
| 3. Hafiz Muhammed | M G University Cycling Championship. |
| 4. Bilal T N | M G University Cycling Championship. |
| 5. Raphel Siju | M G University Taekwondo Championship. |
| 6. Ben Jovakim | M G University Taekwondo Championship. |
| 7. Thomson K J | M G University Best Physique Championship. |

M G University Silver medal Winners

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| 1. Antony Jude | M G University Cycling Championship. |
| 2. Thomson K J | M G University Power Lifting Championship. |
| 3. Ashna Sheen | M G University Taekwondo Championship. |
| 4. Arjun C Shekar | M G University Fencing Championship. |
| 5. Abhirami S | M G University Cycling Championship. |
| 6. Negha Paul | M G University Cycling Championship. |
| 7. Sandra N J | M G University Cycling Championship. |
| 8. Arya P.H | M G University Cycling Championship. |
| 9. Bilal T N | M G University Cycling Championship. |
| 10. Mohammed Ameen | M G University Cycling Championship. |
| 11. Hari Shankar | M G University Cycling Championship. |
| 12. Antony Jude | M G University Cycling Championship. |
| 13. Levin D' Silva | M G University Taekwondo Championship. |

M G University Bronze Medal Winners

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| 1. Abhirami S | M G University Cycling Championship. |
| 2. Mohammed Ameen | M G University Cycling Championship. |
| 3. Hari Shankar | M G University Cycling Championship |
| 4. Bilal T N | M G University Cycling Championship. |
| 5. Sandra N J | M G University Cycling Championship |
| 6. Lakshmi K P | M G University Cycling Championship |
| 7. Arya P.H | M G University Cycling Championship |
| 8. Vidyadiraja | M G University Fencing Championship |

M G University Team Members

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| 1. Raphel Siju | Taekwondo |
| 2. Ben Jovakim | Taekwondo |
| 3. Libin James | Cricket |
| 4. Albin Alias | Cricket |
| 5. Ameersha S N | Cricket |
| 6. Aadarsh Praveen | Cricket |
| 7. Shimron P T | Hockey |
| 8. Mohammed Ameen | Cycling |
| 9. Thomson K J | Best Physique |

Corporate cricket tournament

Department of Physical Education conducted a Corporate Cricket Tournament named Metro-Pauline Cricket Cup by engaging various corporate company employees at St Paul's College Ground. The tournament was a great success and all players and teams appreciated the sporty conduct of the tournament.

Participations in MG University Sports Meets & Tournaments

1. Participated in the MG University Hockey Men Tournament at Marthoma College Thiruvalla
2. Participated in the MG University Best Physique Men Championship at Pavanathma College, Murikkaserry.
3. Participated in the MG University Cricket Women Tournament at Marthoma College Thiruvalla
4. Participated in the MG University Powerlifting (Men) Championship at Mar Athanasius College, Kothamangalam
5. Participated in the MG University Taekwondo (Men) Championship at Bharath Matha College, Thrikkakara
6. Participated in the MG University Taekwondo (Women) Championship at Bharath Matha College, Thrikkakara
7. Participated in the MG University Hockey 5's Men Tournament at Marthoma College Thiruvalla
8. Participated in the MG University Fencing Championship at Nirmala College, Muvatupuzha.