


2021-2022 ANNUAL REPORT

DEPARTMENT OF PHYSICAL EDUCATION

21st JUNE 2021 INTERNATIONAL YOGA DAY


Inter National Yoga Day was celebrated by conducting a webinar by physical education department.


 **LITTLE FLOWER COLLEGE
GURUVAYOOR**

PHYSICAL EDUCATION DEPARTMENT

YOGA IS THE ONLY KEY TO BE FIT AND
IT'S ESSENTIAL TO DO IT DAILY TO
KEEP YOUR MIND STRESS FREE!


INTERNATIONAL
YOGA DAY
21 June 2021


**Principal
valsa M.A**


**Dept HOD
Mini T.J**

29th August 2021

National Sports Day was celebrated




**LITTLE FLOWER COLLEGE
GURUVAYOOR**


PHYSICAL EDUCATION DEPARTMENT

TO DEMAND MORE YOURSELF THAN YOU DO OF OTHERS IS THE
FIRST ON ANY LADDER OR SUCCESS


**NATIONAL SPORTS
DAY**



29 AUGUST
2021



**Principal
valsa M.A**



**Dept HOD
Mini T.J**

INTER COLLEGIATE ARCHERY CHAMPIONSHIP

Little Flower College team got second place on Calicut University Archery Championship which held at Sahudaya College of Advanced Studies Kodakara on 8&9 January 2022. Team Members:

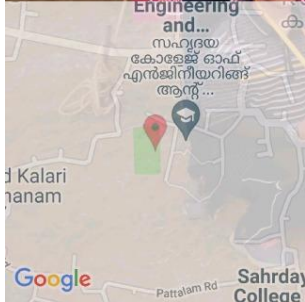
Indian Round: Anandi TM, Atulya Soman, Prapancha PS, Amrutha M.

Compound Round: Elishuba Roy, Anagha Das, Anjana Vinod and Diya Maria.

Re Curve Round: Aiswarya AV, Anamika Suresh, Atulya Ajay Kumar, Anumol CK.

Recurve round team won Gold medal and Compound round team secured silver medal and Indian round team secured bronze medal in team event.





College Rd, Karur, Kerala 680683, India

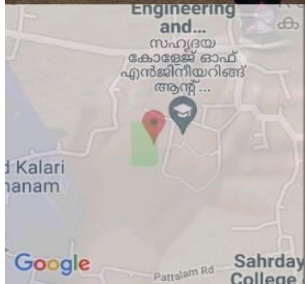
Karur
Kerala
India



28°C

82°F

2022-01-09(Sun) 06:28(PM)



College Rd, Karur, Kerala 680683, India

Karur
Kerala
India



30°C

86°F

2022-01-09(Sun) 06:11(PM)

All India Inter University Championship held at Chandigarh University from 24 to 28 February 2022.



Anamika Suresh finished fifteenth in the recurve round and Anjana Vinod competed in the compound round in the All India Inter University Archery Championship.

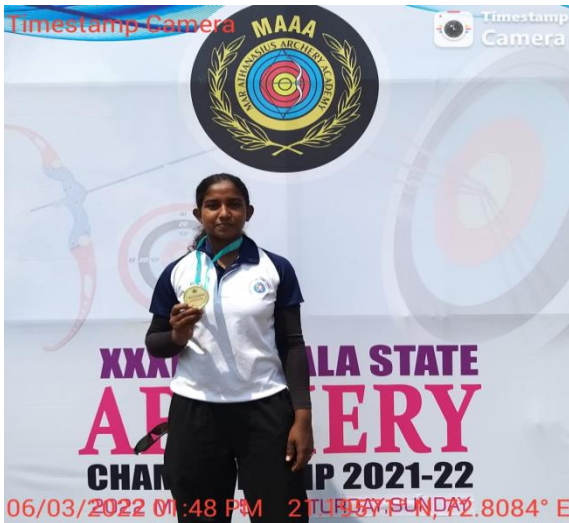
Kerala State Junior and Senior Archery Championship

Junior and Senior Kerala State Level Archery Championship held at M A College Kothamangalam ground, Athulya Ajay Kumar won the first place in the junior category in the recurve round, Anjana Vinod won the third place, Anamika Suresh won the first place in the recurve round in the senior category, and Ayswarya A V won the third place in the Indian round.

Calicut University Inter Collegiate Tennis Championship 2021 Anamika Suresh and Ayswarya AV participated in the Senior National competition held in



Jammu. 05/03/2022 04:45 PM 21.9571° N, 72.8084° E



06/03/2022 01:48 PM 21.9571° N, 72.8084° E



05/03/2022 11:53 AM 21.9571° N, 72.8084° E

Calicut University Inter Collegiate Tennis Championship 2021-2022

Calicut University Inter Collegiate Tennis Championship 2021 was held at Calicut University campus on 26th and 27th December 2021. The team secured 5th position.



Calicut University Inter Collegiate Kabaddi Championship 2021-2022

Inter Collegiate Kabaddi Competitions were held on 19th and 20th December 2021 at University of Calicut Indoor Stadium. The team finished sixth.

Students also participated in **Calicut University Inter Collegiate** Taekwondo, Weight Lifting and Chess competitions.

Kerala Olympic Games

The students of the college competed for the districts of Thrissur, Malappuram, Palakkad, Kannur, Kozhikode, Ernakulam and Idukki in the district level competitions held as part of the first Kerala Olympic Games.

In the Thrissur District Olympic Games, Aishwarya AV, Diya Maria won the fourth place, the second and third places in the Indian compound individual event in Archery.

Kabaddi team secured second position in the Malappuram District Olympic Games, consisting of Aswathy Suresh, Aswini Suresh, Nandana PV, Nandana MR, Prajuna Suresh, Arya TH, Gayathri, Akshaya, Sreelakshmi, Genova Martin and Firdhouse.



In Weightlifting. Aditya secured 1st position.



Sahada P V 2nd position in Taekwondo competition.



Sruthy M and Aswathy Suresh 2nd and 3rd position in tennis individual&team competition.



Re curve round in Kannur District Olympic Games Anamika Suresh won gold medal in individual event.

Compound round at Palakkad District Olympic Games.Anjana Vinod won gold medal in individual event.

Compound round at Kozhikode District Olympic Games Anagha Das wins gold medal in individual event Compound Round

Recurve Round at Ernakulam District Olympic GamesElishuba Roy and Atulya Ajay Kumar won gold medals in individual event .

Indian Round in Idukki District Olympic Games Atulya Soman won gold medal in individual event.

Anamika Suresh won silver medal in state level Olympic Games archery competition.

Timestamp Camera



Our Kabaddi team won silver medal in All Kerala Abdutti Haji Memorial Kabaddi



ANNUAL SPORTS DAY

Annual sports day of Little Flower College were conducted on 17th 18th & 19th January 2022. Various sports events were organised for teaching, non-teaching

A colorful poster for the Annual Sports Day events. The background is light blue with abstract geometric shapes and splatters. At the bottom, there are silhouettes of athletes in various sports poses. The text is arranged in a clear, hierarchical manner, listing the dates and activities for each day.

ANNUAL SPORTS DAY EVENTS

17th Jan - Monday

Inauguration - 01.00 pm
March past, Spoon race, fill in the bottle, Shot put, 1500m, 600m, yoga

18th Jan - Tuesday

Race - 100m, 200m, 400m
shuttle

19th Jan - Wednesday

Relay - 4x100m, 4x400m, Tennis

General Captain
Sameesha M

staff and

students. Medals and certificates were given to those who secured first,

Little Flower College, Curuvayoor

Annual Sports Day 2021-'22



**INAUGURATION CEREMONY ON
17TH JANUARY AT 1 PM**

**Rev Sr Dr Valsa M A
(Principal)**

**Convenor
Mini T J (HOD of Physical Education)**

**" RUN when you can,
WALK if you have to,
CRAWL if you must,
Just never give up."**

**Organised by
Department of Physical Education**



LF College Bus Stop, SH50, Mammiyoor, Guruvayur, Kerala 680505, India

Guruvayur
Kerala
India



32°C

90°F

2022-01-17(Mon) 04:16(PM)



2022-01-19(Wed) 11:50(AM)







State Highway 50 Mammiyoor Srivalsam , MRA 18, Opp. Nandanam Abode Apts, Mammiyoor, Guruvayur, Kerala 680103, India

Guruvayur
Kerala
India

2022-01-17(Mon) 04:13(PM)

32°C
90°F