

LITTLE FLOWER COLLEGE GURUVAYOOR
DEPARTMENT OF PHYSICAL EDUCATION
ANNUAL REPORT 2023 – 2024

International Day of Yoga

JUNE 21

The Physical Education Department of Little Flower College Guruvayoor commemorated the 9th International Yoga Day on June 21, 2023. Students from various departments participated in the event, which commenced with a comprehensive introduction to Yoga by Mini TJ, Assistant Professor of Physical Education. Demonstrating sitting and standing asanas, she elucidated their significance, advocating for regular yoga practice to enhance fitness and concentration. Both faculty and students comprehended the pivotal role of Yoga in achieving harmony between the body and mind. They discussed its importance, showcased various yoga postures, and pledged to incorporate yoga into their daily routines.



**Kerala State Junior Archery Championship Held at
Ernakulam kothamangalam Mar Athanasius college 20/10/2023**

Indian round participants:

Meera Krishnan (4th position)

Aparna A

Arsha

Recurve Participant:

Ashna K A

Compound Participants:

Dhakshina R

Neha Shammer

21/10/2023

**Kerala State Senior Archery championship
Held at:-
Ernakulam kothamangalam
Mar Athanasius college 21/10/2023**

Indian round participants:

Ayswarya A V(3rd position)

Meera Krishnan

Aparna A

Recurve Participants:

Anamika Suresh(1st position)

Ashna K A

Compound Participants:

Dhakshina R(1st position)

Neha shemeer

Hanna mariyam CV

NATIONAL GAMES

29-OCT2023 TO 05-NOV -2024 Held at Goa Ayswarya A V participated in Archery Indian Round



Ayswarya A V participated in Indian Round Archery Competition on National Games held at Goa.



TENNIS

Inter Collegiate Tennis championship held at Christ College Irinjalakuda on 28th & 29th October.
Our team secured fourth position.

Team members, Aswini suresh, Noorjhahan, Hiba Majeed, Pavithra Vinod, Archana Das



INTERCOLLEGIATE YOGA CHAMPIONSHIP

Calicut University Inter Collegiate Yoga Women Championship held at SCAS Kodakara on 9th & 10th November. Our team secured seventh position in the championship



Team members-Akhila Sunilkumar, Anaswara T S , Swathy P U,, Anagha A ,Zainab Bismi, Shahanas K S

INTERCOLLEGIATE WOMEN'S KABADDI CHAMPIONSHIP

2023 November 11th & 12th

Calicut University Intercollegiate women's Kabaddi championship held on **November 11th & 12th** at M E S College, Ponnani. Our team entered in prequarter in Kabaddi championship.

Team members- Nandana P T, Nandhana Manoj, Aswini Suresh, Akshya P S, Keerthana T A, Kadheeja Husna, Archana Das U, Vismaya A A, Abhini Unikrishnan, Maya A, Vyshnavi, Athulya,



**Junior National Archery Championship
held at Rajasthan 15/11/2023 - 22/11/2023**

**Indian Round Participant :
Meera Krishnan**



**Senior National Archery Championship
held at Ayodhya 24/11/2023 - 30/11/2022**

**Indian Round participant:
Ayswarya A V (30 m 1st position)
Recurve Participant:
Anamika Suresh
Compound Participant:
Dhakshina R**





Ayswarya A V secured Individual Gold Medal in Senior National Archery Championship held at Ayodhya U P

CALICUT UNIVERSITY ICT ARCHERY CHAMPIONSHIP Archery Championship held at JDT Islamic Collge Vellimadukunnu, Calicut on 4th & 5th December. Our team secured team championship.



Compound round 1st position

- Anjana Vinod
- Dhakshina R
- Hanna Mariyam CV
- Neha Shemmer

Recurve round 1st position

- Anamika Suresh
- Ashna K A
- Fathima Rima Faizal
- Arsha

Indian round 1st position

- Ayswarya A V
- Meera Krishnan
- Aparna A
- Anagha Joseph

Team members:-**INDIAN**-Ayswarya A V **Individual Second**,Meera Krishna,

Individual Fourth, Aparna A, Anagha Joseph

RECURVE –Anamika Suresh **Individual First, Individual Second**, Ashna, Arsha T
P, Fathimath Rima Faizal,

COMPOUND- Individual First, Dhakshina R, **Individual fourth**,
Anjna Vinod, Hanna Mariyam C V, Neha Shemeer

FENCING



Inter Collegiate Fencing championship held at NMSM Govt. College Kalpatta on 11th & 12th December. Our team entered in pre quarter

Team members:-

EPEE-Aparna A,Neha Shameer ,Zainab Bismi, Sahidha

FOIL –Nesrin, Angel ,Shahidha. Misba

SABRE- Gayathry Subramanian,Aswahy U,Hanna Mariyam,Neha Shemeer,

TABLE TENNIS

Calicut University Inter Collegiate women Table Tennis Championship held at Christ College Irinjalakkuda on 11th & 12th November 2023.



Participants: Aswini Suresh, Akshaya P S, Silvia Shaji, Sabhitha, Sufaina Nazrin

BOXING

Calicut University Inter Collegiate Boxing women Championship held at St Aloysius College Elthuruth on 11th & 12th November 2023.

Participant: Fathima Rahmath

South West Zone Archery Championship held at Gurukashi University , Bhatinda on 19th & 22thDecember





-Secured Silver medal (team) in South West Zone Archery Championship
South West Zone Archery Championship held at Gurukashi University , Bhatinda on
19th & 22thDecember

-Secured Silver medal (team) in South West Zone Archery Championship

Five students of our college participated in this event, representing Calicut University



AIU Championship held at Punjabi university Patiala on 28th – 31st
December. 2024

Ayswarya A V, Anamika Suresh, Anjna Vinod ,Dhakshina R, Meera Krishna

KARATE

Calicut University Inter Collegiate Karate Women Championship held at SCAS Kodakara on 6th & 7th January 2024.



Participants: Keerthana And Dilna Dileep

ANNUAL SPORTS MEET
6th & 7th FEBRUARY 2024

The Physical Education Department of Little Flower College conducted the Annual Sports Meet on Feb 6th & 7th 2024. The meet was inaugurated with the students' march past and the torch lighting ceremony. Our College Principal Dr. sr Valsa M A delivered Inaugural speech. The students competed against each other based on their four houses- Red, Green, Blue and Yellow.







The competitions are:

100 meter race

First Prize : Blessy Paul

Second Prize : Sahala

Third Prize: Hiba Ashraf

200 meter race

First Prize : Ann Mariya

Second Prize : Sahala

Third Prize: Nihala

400meter race

First Prize : Sumanya

Second Prize : Ann Mariya

Third Prize : Khadeeja Husna

800meter race

First Prize : Meera

Second Prize : Sumanya

Third Prize : Keerthana

1500 meter Race

First Prize : Ardra K S

Second Prize : Sidra Shukkur

Third Prize :Fathima Salwa

1500 meter WALKING

First Prize : Nandhana Krishna K M

Second Prize : Dhanya T G

Third Prize: Sahala

SHOTPUT

First Prize : Akshaya P S

Second Prize:NandhanaManoj

Third Prize: Silvia Shaji

STANDING BROAD JUMB

First Prize : Akshaya P S

Second Prize : Hiba Asharaf

Third Prize: Aswini Suresh

LONG JUMB

First Prize : Hiba Asharaf

Second Prize : Akshaya P S

Third Prize: Blessy Paul

4*100 RELAY

First Prize : Red House

Second Prize: Yellow House

Third Prize : Green House

4*400 RELAY

First Prize : Green House

Second Prize : Red House

Third Prize : Blue House

BASKET BALL SHOOTING

First Prize : Aswathy

Second Prize: Fiza Kabeer

Third Prize: Archana Das

ARM WRESTLING

First Prize : Krishna

Second Prize: Akshaya

Third Prize: Sreeja

MARCH PAST

First Prize: Blue House

Second Prize: Yellow House

Third Prize : Green House

The Red House was the overall champion , Yellow House came second , Green House came third and Blue House was placed fourth

TAEKWONDO

Calicut University Inter Collegiate Taekwondo Women Championship held at P T Usha Indoor Stadium C U Campus on 2nd & 3rd March 2024.



SUMMER COACHING CAMP

Starting from 01st April 2024

Events:

1. Archery
2. Fencing
3. Kabaddi
4. Yoga

**LITTLE FLOWER COLLEGE
SPORTS ACADEMY**

Archery Summer Camp **Yoga**

 **Convenor: Principal
Dr.Sr.Valsa M A** 

Venue: LF College

**ARCHERY, YOGA &
KABADDI: 9AM-11AM
TENNIS: 3PM-5PM**

Tennis **Kabaddi**

 **Starting from April 1st** 
Age :10yrs onwards

**MiniT J HOD Physical
Education 9847748981**

**Syam V M Archery
Coach 8089999839
8891461801**