

**LITTLE FLOWER COLLEGE GURUVAYOOR  
DEPARTMENT OF PHYSICAL EDUCATION  
ANNUAL REPORT  
2022 – 2023**

## International Day of Yoga

JUNE 21



On June 21<sup>st</sup> 2022, Physical Education Department of Little Flower College Guruvayoor celebrated 8<sup>th</sup> International Yoga Day. It was attended by many students of different departments in our college. The event began with a brief introduction on Yoga by Mini T J, Assistant Professor from Department of Physical Education. All the students practiced & performed sitting and standing asanas, simultaneously explained the importance of asanas .She encouraged students to practice regular yoga to remain fit and improve concentration. All faculty members and students understood the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily life.

**NATIONAL SPORTS DAY**  
**AUGUST 29**



Physical Education Department of Little Flower College Guruvayoor celebrated National sports Day. A number of sports and entertainment competitions were conducted.

**RESULTS**

• **SHOT PUT**

1<sup>ST</sup> Sreelakshmi P V -3<sup>rd</sup>DC B.A English

2<sup>ND</sup> Aiswarya A V -2<sup>nd</sup>D.c M.com

3<sup>RD</sup> Nandhana P V -3<sup>rd</sup> DC BA Economics

• **MUSICAL CHAIR**

1<sup>ST</sup> Aneesha -3<sup>rd</sup> DC B.A Economics

2<sup>ND</sup> Janova Martin - 3<sup>rd</sup> DC History

3<sup>RD</sup> Sreelakshmi P V -3<sup>rd</sup> DC English

- **PANCHA GUSTHY**

1<sup>ST</sup> Shilpa -2<sup>nd</sup> Msc botony

2<sup>ND</sup> Revathy - 3<sup>rd</sup> B.A Malayalam

3<sup>RD</sup> Aswathy -3<sup>rd</sup> b.com

- **BADMINTON**

1<sup>ST</sup> Akshayap.s -2<sup>nd</sup> B.A Functional English

2<sup>ND</sup> Lulu nasrin -3<sup>rd</sup> B.com

3<sup>RD</sup> Rinsha-History

**NATIONAL GAMES**  
**29-SEP-2022 TO 07-OCT-2022**





Aiswarya A V won Gold Medal in Indian Round Archery Competition on National Games held at Gujarat.

## TENNIS



Inter Collegiate Tennis championship held at Christ College Irinjalakuda on 27<sup>th</sup> & 28<sup>th</sup> October. Our team secured fourth position.

Team members Aswathy Suresh, Aswini suresh, Noorjhahan, Hiba Majeed

## FENCING



Inter Collegiate Fencing championship held at Vimala College Thrissur on 1<sup>st</sup> & 2<sup>nd</sup> December. Our team entered in pre quarter in fencing championship.

Team members:-**EPEE**-Aparna A, Anjana K P, Ardra Shaji, Zainab Bismi

**FOIL** –Elishuba Roy, Gayathry Subramanian, Aswahy U, Shahidha Nesrin

**SABRE**-Saniya Babu, Hanna Mariyam, Neha Shemeer, Athulya V A

Sabre team secured third prize

# ARCHERY

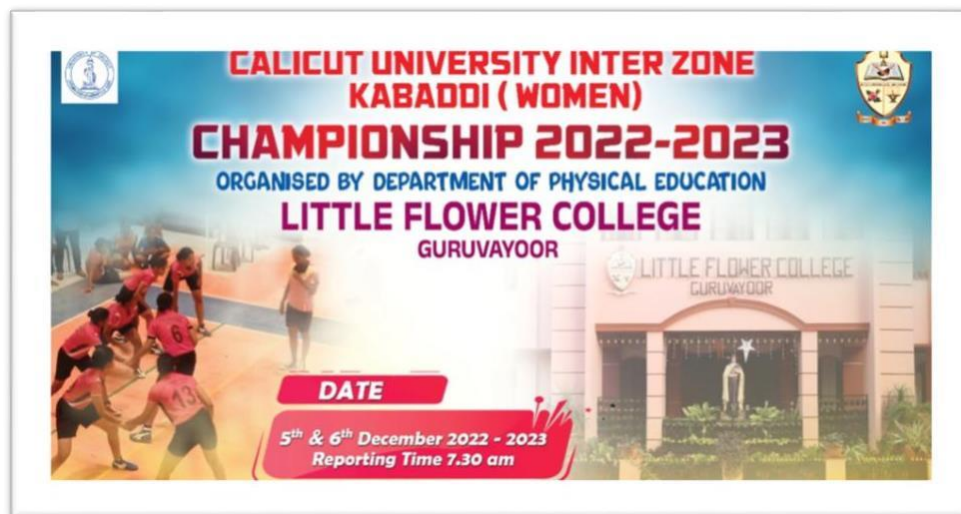


Anjana Vinod, Dakshina R, Athulya Ajayakumar

Junior Nationals held at Goa on 3<sup>rd</sup> – 10<sup>th</sup> November . Three students of our college had represented Kerala team.

## INTERCOLLEGIATE WOMEN'S KABADDI CHAMPIONSHIP

2022 December 5<sup>th</sup> & 6<sup>th</sup>





Calicut University Intercollegiate women's Kabaddi championship held on December 5<sup>th</sup> & 6<sup>th</sup> at Little Flower College, Guruvayoor. Our team entered in pre quarter in Kabaddi championship.

Team members- Nandana P V, Nandhana M R, Aswathy Suresh, Aswini Suresh, Akshya P S, Prajuna Suresh, Jenova Martin, Firdhouse P A, Gayathri, Vyshnavi, Athulya, Rima Faisal

## **CALICUT UNIVERSITY ICT ARCHERY CHAMPIONSHIP**

**8<sup>th</sup> & 9<sup>th</sup> DECEMBER 2022**





Inter Collegiate Archery Championship held at Sahridhaya College of Advance Studies Kodakara on 8<sup>th</sup> & 9<sup>th</sup> December. Our team secured team championship.

**Team members:-INDIAN-Ayswarya A V Individual Second,Athulya Soman Individual Fourth,Anjana K P,Ardra Shaji, Aparna A**

**RECURVE –Anamika Suresh Individual First,Athulya Ajayakumar Individual Second,-Ashna, Anjana K P,**

**COMPOUND-Anjna Vinod Individual First,Dhakshina R Individual Second ,Diya Mariya,Elishuba Roy**

**AIU Championship** held at Guru Kashi University Punjab on 22<sup>nd</sup> – 28<sup>th</sup> December.



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

Athulya Soman, Ayswarya A V,Athulya Ajayakumar, Anamika Suresh, Anjna Vinod ,Dhakshina R



## YOGA



Inter Collegiate Yoga Championship held at GCTE Kozhikkode on 7<sup>th</sup> & 8<sup>th</sup> December. Our team secured seventh position in the championship

Team members-Firdhouse P A, Drishya V V, Swathy P U, Akhila, Sukrutha , Zainab Bismi

**ANNUAL SPORTS MEET**  
**9<sup>th</sup> & 10<sup>th</sup> FEBRUARY 2023**



The Physical Education Department of Little Flower College conducted the annual sports meet on Feb 9<sup>th</sup> & 10<sup>th</sup>. The meet was inaugurated with the students' march and the torch lighting ceremony. The 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 : Krishna sudheer

Second Prize : Akshaya P S & Blessy

Third Prize: Sumayya Nasrin

**200 meter race**

First Prize : Sumayya Nasrin

Second Prize : Krishna sudheer

Third Prize: Nandhana M R

**400meter race**

First Prize : Abaya B

Second Prize : Anjel Rose P B

Third Prize : Amrutha M S

**600meter race**

First Prize : Amrutha M S

Second Prize : Aswathy M

Third Prize : Rinsha K S

**800meter race**

First Prize : Aparna R M

Second Prize : Maya A M

Third Prize : Aswathy Suresh

**1500 meter WALKING**

First Prize : Nandhana Krishna K M

Second Prize : Anjel Rose P B

Third Prize: Genova Martin

**SHOTPUT**

First Prize : Nandhana P V

Second Prize : Ardhra Shaji

Third Prize: Akshaya P S

**STANDING BROAD JUMB**

First Prize : Akshaya P S

Second Prize : Amaya P Pradeep

Third Prize: Anjana K P

**LONG JUMB**

First Prize : Drisya

Second Prize : Ardhra Shaji

Third Prize: Sufaina

## **BADMINTON**

First Prize : Aswathy Suresh

Second Prize: Aswini Suresh

Third Prize: Neelima P

## **4\*100 RELAY**

First Prize : Red House

Second Prize : Blue House

Third Prize : Green House

## **4\*400 RELAY**

First Prize : Red House

Second Prize : Green House

Third Prize : Yellow House

## **BASKET BALL SHOOTING**

First Prize : Aswathy Suresh

Second Prize: Nandhana P V

Third Prize: Sreevarsha

## **ARM WRESTLING**

First Prize : Sreeja E S

Second Prize: Silpa M S

Third Prize: Krishna T R

## **MARHPAST**

First Prize: Blue House

Second Prize : Red House

Third Prize : Green House



The Red House was the overall champions with 46 points, Yellow House came second with 38 points, Blue House came third with 37 points and Blue House was placed fourth with 30 points.

## GUJARATH SENIOR NATIONALS MARCH 9 – 17



Anjana vinod ,Aiswarya A V, ,Anamika suresh Participated GUJARATH Senior Nationals

## Kerala State Archery Association 34th Senior state Archery championship 2023



## SUMMER COACHING CAMP

**April 17 to May 17**



