

DEPARTMENT ACTIVITIES / DAY CELEBRATIONS

- A. COFE (College Fitness Education Programme)
- B. FIT INDIA MOVEMENT: Fit Vimala # Fit India
- C. FITNESS + WELLNESS PROGRAMME
- D. YOGA AND WELLNESS CLUB
- E. SPECIALIZED & SCIENTIFIC TRAINING FOR SPORTS STUDENTS
- F. Organizing National Integration Programme (IndependenceDay , National Sports day, International Yoga day)
- G. Conducting Intramurals competitions.
- H. Organizing Intercollegiate competitions.
- I. Extension Activity- Vacation Camp for kids, college students, ladies.
- J. Periodic Fitness programmes and awareness classes for students and faculty.

COFE (College Fitness Education Program)

Brief Report of the Event with photos:

COLLEGE FITNESS EDUCATION PROGRAMME (COFE) was developed by the Calicut University Department of Physical Education to attract the college students towards regular physical exercise to maintain good health among student community by awarding grace marks (6 marks) in one semester for the participation in the regular physical fitness training programme. The programme incorporated 10 hours practical. The programme was conducted for

first year students through offline and online mode with the help of sports student's coordinators and the training was given for 10 hours. Only those students having 80% attendance were allowed to attend the physical tests. . At the end of the programme an examination was conducted and the successful students were given grace marks accordingly. Certificates were issued to all students coordinators.

Fitness Test Batteries such as

- ▶ Sit Up -15/min
- ▶ Flexed arm hang-15s
- ▶ Shuttle Run-10sec
- ▶ Burpees-15 nos
- ▶ Wall bounce-30 nos/m
- ▶ 800 meters-3min
- ▶ Fore arm Plank-30 sec
- ▶ SBJ- 2 meter
- ▶ 100meters-17 sec
- ▶ Stepping-70nos/m
- ▶ Tree pose -30 sec
- ▶ 12m run/walk-1600mt

COLLEGE FITNESS EDUCATION PROGRAMME (COFE)



FIT INDIA MOVEMENT: Fit Vimala # Fit India

Brief Report of the Event with photos:

The Fit India movement, launched in August 2019, on the occasion of National Sports Day, aims to make fitness an integral part of daily life of every Indian citizen. Since its inception in the year 2019 the students and teachers of Vimala College participated in various fitness related activities which is being promoted by the Department of Physical Education by the name Fit Vimala, Fit India.

Fit Vimala, Fit India aims to cultivate fitness awareness among the students and teachers of the College and to lead them towards a better quality of life. Towards achieving this mission,

Objectives:

To promote fitness as easy, fun and happiness.

To spread awareness on fitness and various physical activities those promote fitness through focused campaigns.

To encourage indigenous sports.

To make fitness a part of each department of Vimala College.

PROGRAMMES AND ACTIVITIES UNDERTAKEN

1. Mass Aerobic dance display
2. Health Mela (which includes health checkups for all students and staff)
3. Induction programme for all fitness representatives of all departments
4. Run Vimala Run for health (Mass run)
5. Workshop on Kalaripayattu for all first year students by Mr. Dil Sagar
6. Organized two intercollegiate competitions
7. Conducted Dance Aerobics programme for sports Authority of India Thrissur





PROGRAMMES AND ACTIVITIES UNDERTAKEN DURING COVID PANDEMIC

Various programmes were organized and assigned to each department by the Department of Physical Education every month. The Department of Physical Education used to conduct Fitness Activity based on selected theme every month and various fitness activities were assigned for every department keeping in mind the theme and achieved a meaningful outcome.

1. Organizing intramural and extramural competitions

An online intramural competition was organized as fitness challenges and students from various department participated in the event. The aim was to get the students active through physical activity and to test their various fitness components.

The Department also organized Calicut University Intercollegiate Fencing Competition for Men and Women on 30th March 2021. 15 colleges participated in the competition and our College secured third position in the competition.

Vimala College has participated in almost 16 games in Calicut University Intercollegiate competitions and secured first position in 4 games (Softbaseball, Boxing, Wushu, Tug of war) second position in Judo and handball, third position in Fencing, Baseball, Softball, Swimming.

2. Talks by Doctors/health specialist/nutritionist/mental health specialists

Various webinars and seminars were conducted on health related topics.

3. Sports Quizzes

4. Posture making and Presentations

5. Online and Offline training sessions

TOTAL PARTICIPATION IN FIT VIMALA FIT INDIA MOVEMENT

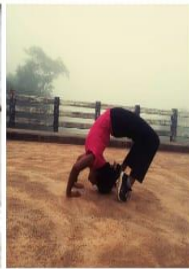
Department wise achievements pertaining activities

Fit India Monthly Action Plan

2020-2021											
Sl. No.	Department	June	July	August	September	October	November	December	January	February	March
	Theme Of Fitness Activity chosen	Yoga & Meditation	Healthy Diet for	Physical Activity :Key	Supporting mental health	Stay safe Stay fit Stay	Sleep well to stay fit	Life style Diseases	Exercise for mental fitness	Hygiene and cleanliness	The perils of smoking.dr
	Activity Chosen	Yoga & Meditation	Step climbing	Aerobics	Walk/ Run for fitness	Fitness @ home	Zumba	Calisthenics	Mediation	Gardening	Rope Skipping
	B.Voc Web Tech.				76				76	76	76
2	Commerce			400	400	400			400	400	
3	Economics/	63	63	63	63	63	63	63	63		
4	English							120	120		
5	Functional English							120	120		
6	Botany				36				36		
7	Chemistry				43			43			
8	Computer Science	280	280	280	280	280	280	280	280	280	280
9	Home Science(Fcs ,Tex,Bvoc)				238			238	238		

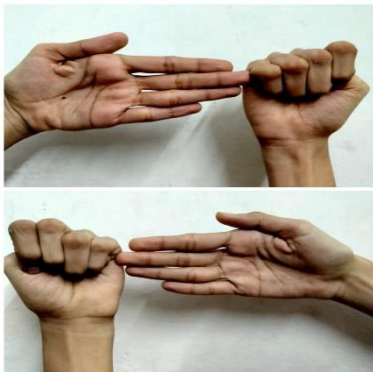
10	MSW	48			48						
11	Physics				160						
12	Physical Education	48	73	73	73	73	73	73	73	73	73
	Total	439	416	816	1344	816	416	937	1406	829	429

Photographs





**"FLOWERS 🌻 ALWAYS MAKE
PEOPLE » BETTER. HAPPIER.
AND MORE HELPFUL; THEY ARE
SUNSHINE, FOOD AND
MEDICINE FOR THE SOUL. 🌸"**



WEBINARS


VIMALA COLLEGE
THRISSUR

P G DEPARTMENT OF
COMMERCE AND RESEARCH

presents

DEPORTES 2020

26th AUG 2020
TIME 2PM TO 3PM



MRS HEMALATHA V
ASST. PROFESSOR
DEPT. OF PHYSICAL
EDUCATION

RESOURCE PERSON

HEALTHY @ HOME
THROUGH PHYSICAL ACTIVITY
BE ACTIVE &
STAY HEALTHY

PANDEMIC NEVER RESIST THE
YOUNGS MINDS FROM GETTING
SPORTIFIED. THIS 2020 LETS
ENERGISE TO FIGHT COVID 19 WITH
BETTER STRENGTH AND LIMITLESS
POWER.

JOIN US FOR HEALTHY TOMORROW
IN ASSOCIATION WITH
"FIT INDIA MOVEMENT"

WE THE PG DEPARTMENT OF
COMMERCE AND RESEARCH
ARE CONDUCTING

NATIONAL SPORTS DAY

PRINCIPAL : DR BEENA JOSE
HOD : DR ROSE V J
(ASST. PROFESSOR)
STAFF COORDINATOR : BENY PAUL E
(ASST. PROFESSOR)
STUDENT COORDINATOR : SUHAANA
MARIYAM S

CLASS : Ss Bcom (SELF)

#FITINDIAMOVEMENT

VIMALA COLLEGE
(AUTONOMOUS)

PG DEPARTMENT OF COMMERCE & RESEARCH

FITNESS CLUB

*miracle
OF
sleeping well*

Getting enough quality sleep at the
right times can help protect your
mental health, physical health,
quality of life, and safety. The way
you feel while you're awake depends
in part on what happens while you're
sleeping. Here are seven DO's &
DON'Ts to improve your sleep
hygiene

PROGRAMME LIST

- WELCOME ADDRESS
- SESSION BY
— HEMALATHA V
ASST. PROFESSOR
DEPT. OF PHYSICAL
EDUCATION
- VOTE OF THANKS

DO's DON'Ts

- Set a proper biological clock for you
- Sleep only as much as you need to
feel refreshed for the following day
- Train yourself to use bedroom only
for sleeping
- Begin rituals that help you relax
each night before bed
- Make sure your bedroom is
comfortable
- Put your clock under the bed or turn
it so that you can't see it.
- Put away electronics
- Avoid taking naps, especially after
3.00pm
- Do not have caffeine after lunch
- Do not go to bed hungry, do not have
a heavy meal before bed either
- Do not go to bed unless you are
sleepy
- Avoid drinking, smoking and pills
- Avoid intense workouts before bed
time
- Do not take your problems along to
bed

VIMALA COLLEGE
(AUTONOMOUS)
Thrissur, Kerala

DEPARTMENT
OF
COMPUTER SCIENCE



AN AWARENESS TALK
ON IMPORTANCE OF
PHYSICAL FITNESS IN
YOUR LIFE

GET FIT, DON'T QUIT

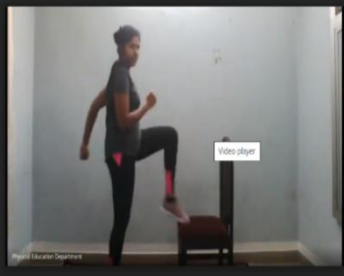
13 OCTOBER 2020, TUESDAY

Google Meet @ 3.00 PM

[Click here to join the meet](#)

MR SEBASTIAN K M
ASSISTANT PROFESSOR
DEPARTMENT OF PHYSICAL EDUCATION
CHRIST COLLEGE (AUTONOMOUS),
IRINJALAKUDA



Video player


Department of Computer Science
Vimala College (Autonomous)
presents

just be happy always!

*A talk on how well you
should feel about yourself*

Speaker:
Vaishnavi RaghuRaman,
Certified Reiki Practitioner

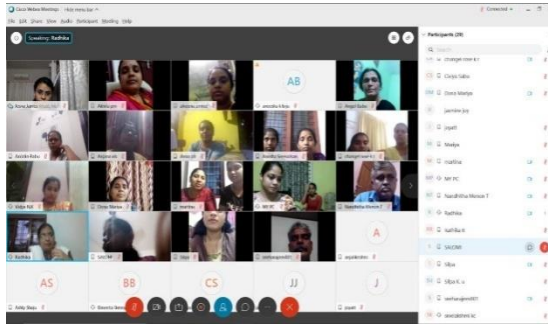
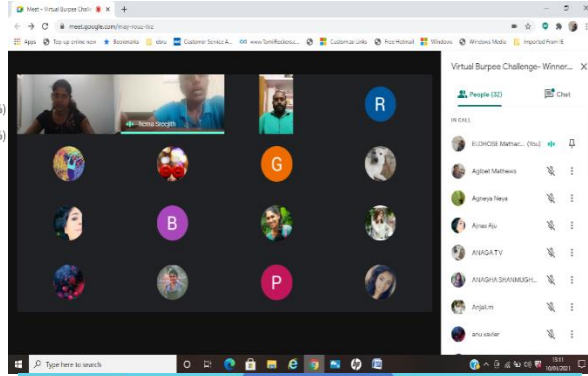
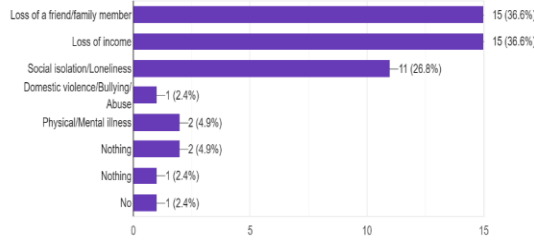
Sept 2, 2020, 3-4 pm



WELCOME wellness

Presented by
Vaishnavi RaghuRaman

Over the last year, have you gone through any of the following?
41 responses



VIMALA COLLEGE
Thiruvananthapuram

LET'S MIND OUR MINDS

DEPARTMENT OF COMPUTER SCIENCE

BENEFITS OF MIND GAMES

DOES WORDS

SUDOKU

WORD SCRAMBLE

EXERCISE FOR MENTAL FITNESS

Some are born strong and others are made strong. "When a practice something with conscious mind is then continue practicing the same even with sub-conscious mind... You Master It.."

The brain is involved in everything we do and, like any other part of the body, it needs to be cared for too.

Research has shown that there are many ways you can hone your mental sharpness and help your brain stay healthy, no matter what age you are. Doing certain brain exercises to help boost your memory, concentration, and focus can make daily tasks quicker and easier to do, and keep your brain sharp as you get older.

Click here to play crossword puzzle

Click here to play sudoku puzzle

Click here to play word scramble puzzle

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves !!!

VIMALA COLLEGE (AUTONOMOUS), THIRISSUR
NCC, 7 KERALA GIRLS BATTALION

Fit India Awareness Talk!!!

Organised by
NCC Unit
of
Vimala College (Autonomous),
Thiruvananthapuram
7 Kerala Girls Battalion
25 August 2020
@ 07:00 am
On Google Platform

Resource Person
Smt Hemalatha
Assistant Professor
Physical Education
Department
Vimala College
Thiruvananthapuram

"Healthy at Home through
Physical Activity for the Society"
Be Active, Positive & Stay Healthy

POSTURE MAKING

Say **NO** To **SMOKING** And **ALCOHOL**

Let's Fight This deadly habit together

IT'S TIME TO QUIT



YOUR LIFE IS WORTH MORE THAN A CIGARETTE STICK AND A BOTTLE OF POISON



Awareness



Prevention

Be Responsible

- Cancer
- coronary artery disease
- Heart Attack
- Stroke
- leukaemia
- stillbirth
- infertility

KILLS SLOWLY BUT SURLY

Treatment  **Recovery**

NATIONAL TOLL FREE DRUG - DE ADDICTION HELPLINE- TEL : 1800-11-0031

AmendRose Akkara Sebastian
Bsc Computer Science S2

PERSONAL HYGIENE KEEPS YOU HEALTHY



Wash Your Hands

COMPETITIONS ORGANISED THROUGH VIRTUAL MODE

Registration will be closed on 21st December at 6 PM

REGISTER

SEND YOUR VIDEO BEFORE 29TH DECEMBER

Upload your recorded video to your Google Drive and send the link to the given Email ID along with your name, department and year.

Email ID: burpeechallenge000@gmail.com

For more details contact +91 96051 49997

WINNERS WILL BE AWARDED WHEN COLLEGE REOPENS

VIMALA COLLEGE (AUTONOMOUS), THRISSUR

DEPARTMENT OF PHYSICAL EDUCATION

VIRTUAL BURPEE CHALLENGE

Maximum repetition in one minute

Greeting to all,
We are glad to inform you that Department of Physical Education is organizing a "Virtual Burpee Challenge for Females".

Click to play

Convener: Ms Hemalatha V (HOD)

Coordinator: Ms. Agnetha Mathew (Assistant Professor)


Student coordinator: Sreeshma P M (Department of Economics) Lakshmi Devi (Department of Computer Science)

E-certificate will be provided


CONGRATULATIONS

VIMALA COLLEGE (AUTONOMOUS), THRISSUR


VIRTUAL BURPEE CHALLENGE WINNERS



1 **Sruthy K**
S4 BA Sociology



2 **Simi Paul A P**
S4 Bcom (Regular)



3 **Sreeshma P M**
S6 BA Economics

VIMALA COLLEGE (AUTONOMOUS)
Department of Physical Education



PLANK CHALLENGE

Plank for the maximum that you can and
whatsapp your planking video to 6238991320 on or
before 29/01/2021.

RULES

1. While performing plank, only the forearms and toes should touch the floor.
2. Both toes should be kept close together.
3. Knees and hip should held straight and parallel to floor.
4. Video should be visible through out the plank.
5. Attach your name and department along with the video.

[Click Here](#)

CONVENOR
Mrs Hemalatha V
(Head of the Department)
Department of Physical Education

STUDENT COORDINATORS
Bhavya V Department of Economics (BA)
Nayana V Department of Sociology (BA)

COORDINATOR
Mrs Agibet Mathews
(Assistant professor)
Department of Physical Education

VIMALA COLLEGE (AUTONOMOUS) THRISSUR

PLANK CHALLENGE WINNERS




DONA MARIYA TOM
S4 BA ECONOMICS




BHAVANA M V
S4 BCOM FINANCE (REGULAR)




AGNEYA M
S1 BA MALAYALAM

CONGRATULATIONS

VIMALA COLLEGE (AUTONOMOUS)

VIRTUAL CHALLENGE

VRIKSHASANA TREE POSE

FEBRUARY 28, 2021
Challenge your balance

Rules

1. Stretch both arms upwards keeping close to ear, palm touching each other.
2. Place the sole right/left against the inner thigh and toe pointing downwards.
3. One foot should be grounded although.
4. Close your eyes while performing vrikshasana.
5. Video should be clearly visible.

Vrikshasana for the maximum that you can and WhatsApp your video to 6282273368 on before 28/02/2021.

Department of physical education

Convenor
Mrs Hemalatha V
(HOD)

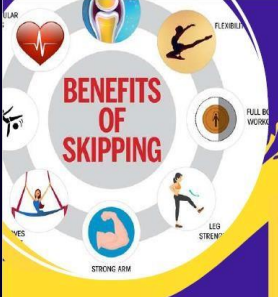
Student coordinators
Femin Jacob (BA Economics)
Aksha C (BA Functional Eng)

Coordinator
Mrs Agibet Mathews
(assistant professor)

DEPARTMENT OF COMPUTER SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

BECOME YOUR BEST SELF

SKIP OVER 1 MINUTE CHALLENGE




BENEFITS OF SKIPPING

- Improves heart health.
- Increases concentration
- Increases stamina and gets rid of fatigue
- Increases body flexibility
- Boost mental health
- Decreases belly fat
- Strengthening your bones

Instructions:

1. Record a video of your skipping activity
2. Duration: 1 minute
3. Video should contain the audio of counting 1, 2, 3 ... while you are skipping.
4. Winner will be the person who has achieved maximum skip count in one minute.
5. Whatsapp the video with your name, semester, course and department to 6282069884
6. Last date to send videos: 20 March 2021



YOGA AND WELLNESS CLUB

Vimala Yoga and wellness club activities started long back in the year 1997. Academic excellence is very closely matched with the College health and wellness club activities.

The focus is on keeping the students active and engaged through various physical and psychomotor activities to develop their physical, mental and physiological capacities. The students play indoor games like badminton, TT, caroms and different outdoor activities like minor games, aerobics, zumba, swimming, Yoga, using gym facilities etc. As part of club activities period health awareness classes are conducted for the students to understand, interact, and implement the healthy habits in their daily routine.

Events Organized

1. Health Mela on 31st January 2020

Health Mela was held at Vimala College Amphitheater on 31st January. The chief purpose behind the Mela was to spread health awareness and facilitate health checkups for teachers and students.

Registration and checkup was started by 11.30 am. A total of 37 students and 19 teachers underwent checkup. A whole gamut of activities such as Exhibition of charts and Models, demonstration of some exercise, expert's opinions, Checking weight, height, BMI, Flexibility and cardio vascular endurance. The event came to an end by 2.30 pm.



2. Vimala college Fitness Center



3. Students performing Yogic asanas at amphy theater



4. Vocation Camp for kids Performing Zumba dance at indoor stadium



5.Students using out door gym



6. Giving Talks “Implement the healthy habits in their daily routine.”



7.Organized by Department of Physical Education, sponsored by
women development cellIn connection with the International Women’s Day



Events organized in the year 2021-2022

Sl No	Date	To Date	Event Name	Collabration if any	No of Student Participants	No of teacher participants	Outsiders	Coordinators	Winners
1	1.06.2021	15.06.2021	Online Suryanamaskar Competition		222	5		Vishnu PriyaMS Amitha Baby	1.Bhavan2. Andhra Babu(Physics S2)£. Rinjitha B.com
2	21.06.2021		Virtual Class On Yoga	7th International Day					
3	23.06.2021		Online Olympic Quiz	Olympic Day	420	2	180	Sreenidhi	1.Alvina V J
4	15.07.2021	29.07.2021	Online Sit Up Challenge		152	4		Anupama KS (CS) Hridha (Phy)	1. Prathibha kumari 2. Sabitha Mol 3. Anagha Shanmukhan
5	23.07.2021	8.08.2021	We # Cheer 4 India	Tokyo Olympics 2020					
6	29.08.2021	29.09.2021	All Kerala Womens Intercollegiate Virtual Dance Aerobics Competition	National Sports Day	87		20	Amitha (CS)	1. Sneha Michael Cheran 2. Tessa P Sam (Chemistry) S3

7	13.10.2021		Plogging	Kerala Sports Day	55	4		Anupama KS (CS) Simi Paul	
8	15.11.2021	1.12.2021	Wall Sit Challenge	Club Activity	52			Varsha Muraleedharan (HS) Adhithya T M	1. Aneesha Joseph(BA Eco)2. SharnyaMS (Eco)3.Jeen a (BA Soc)
9	8.12.21		Felisitatio n of Internatio nal Players		600				
10	7.01.2022		Sports Ayurveda consultati on Camp	KISAR/Sports Ayurvedic Researc h Cell	25	2	22		
11	16.01.2022		Thrissur District Olympic Games (Wrestlin g)	Thrissur District Wrestlin g Associati on	10	2	30		
12	5.01.2022	7.02.2022	75 Crore Suryanam askar Project	Azadhi Ka Amrith Maholsa v	650	11			
13	5.03.2022		Class on Self Defence	NSS Camp	50	2		Rajan Karate Coach Bhavana	

**Vimala College(Autonomous)
Thrissur**

Department of Physical Education
organises
7th INTERNATIONAL YOGA DAY

International day of yoga
21st June

Date: 21st June 2021
Time: 6.30am to 7.30am

"Yoga for well-being"

All are cordially invited for the virtual class
<https://youtu.be/IQXMHUENI04>

Google Meet



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

NAAC Re-accredited (3rd cycle) A grade, CGPA 3.5

PLOGGING

75 Azadi Ka Amrit Mahotsav

Time: 7:30 am
Date: October 13th
Location: Vimala college Campus

Clean up while you keep yourself fit by

How to PLOG!

Jogging Picking up litter Continue Jogging Put it in a bin

Principal
Dr. Sr Beena Jose
Vimala College Autonomous

CONVENOR
Mrs Hemalatha V
HOD
(Department of Physical Education)

Coordinator
Mrs Agibet Mathews
Assistant Professor
(Department of Physical Education)

Student Coordinators
Anupama K S (s3)
Sini Paul (s5)





VIMALA COLLEGE
(Autonomous) **THRISSUR**
Department of Physical Education

*All Kerala Women's
Intercollegiate Virtual Dance
Aerobics Competition*

WINNERS

1st








S4
BCom Self
Sneha Michael Cheran
Vimala College (Autonomous) Thrissur

2nd



S3
BSc Chemistry
Teena P Sana
Vimala College (Autonomous) Thrissur

Congratulations

A Tribute on 75th Anniversary of Independence

75 Crore Suryanamaskar

Organised by Department of Physical Education

Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7 Step 8 Step 9 Step 10 Step 11 Step 12

BENEFITS OF SURYANAMASKAR

- Makes Muscles Strong
- Increases energy
- Increases flexibility
- Helps shed weight
- Makes you more focused
- Increases the body's stamina
- Improves concentration
- Kickstarts the metabolism

VIMALA COLLEGE (AUTONOMOUS), THRISSUR
NAAC RE-ACCREDITED(3RD CYCLE) A GRADE, CGPA 3.50 ON A 4 POINT SCALE
COLLEGE WITH POTENTIAL FOR EXCELLENCE

We # Cheer 4 India Tokyo Olympics 2020



Class on Self defense





75 Crore Suryanamaskar Project

SPECIALIZED & SCIENTIFIC TRAINING FOR SPORTS STUDENTS

The Faculty of Department of Physical Education, along with specialized NIS coaches offer regular training programmes for sports activities. Adequate support in the form of equipment, kits, sportswear and financial assistance are also provided.

Department offers specialized coaching in Athletics, Ball badminton, Baseball, Boxing, Cricket, Chess, Cross-country, Fencing, Handball, Judo, Kabaddi, Powerlifting, Swimming, Softball, Netball, Weightlifting, Wrestling, Wushu, Tug of War and Yoga.



Organizing National Integration Programme

Independence Day, National Sports day, International Yoga day

Vimala College celebrates all the national intergrated programmes such as Independence Day, National Sports day, International Yoga day with great enthusiasm. The Department of Physical Education took all the initiatives to organize such programmes with mass pasticipation.

The Department of Physical Education takes privilege and pride in organising the Independence Day every year. Special care is taken to incorporate activities elucidating patriotism and the supreme sacrifices of our freedom fighters. Patriotic songs and talks by the students are included to alert the values of freedom, peace and integrity within the people of the nation. The national flag is unfurled and the national anthem is sung. Sweets are distributed among all the staffs and students to replicate the joy of freedom.



Since its inception in the year 2015 , June 21st is celebrated as The International Day of Yoga all over the world . International Yoga Day was celebrated by the students and teachers at Vimala College with great enthusiasm. Sports Students and Open course students demonstrated various asanas followed by Omkar chanting.





National Sports Day



Conducting Intramurals competitions





Report of Calicut University Intercollegiate (Men & Women) Championships Organized by Vimala College

Academic Year 2015-2016

**1.Name of the Event: Calicut University Intercollegiate Yoga (Men & Women)
championship**

Date: 5th & 6th February 2016

Time:6.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 60

Brief Report of the Event (with Photograph):

Yogasana Championship

Vimala College Thrissur Organized the Calicut University Inter collegiate Men & Women Yogasana Championship on 5th & 6th February 2016 at Vimala College Indoor Stadium. Thirteen teams participated in the men and women championship.

Men

1. St. Thomas College Thrissur
2. Prajothi Nikethan College Puthukkad
3. Z G C Calicut
4. Vidya Accademy of Scence and Technology
5. Sree Vyasa N S S College Wadakkanchery
6. Don Bosco College Sulthan Bathery

Women

1. St. Marys College Thrissur

2. St. Thomas College Thrissur
3. Vimala College Thrissur
4. Z G C Calicut
5. PrajothiNikethan College Puthukkad
6. VidyaAccademy of Scence and Technology
7. IES Training College, Chittilappilly



Kriya



Asana

St. Thomas College Thrissur won the men team championship. PrajothiNikethan College Puthukkad and Z G C Calicut secured second and third position respectively. Roso P Tomy of St. Thomas College emerged individual champion.

St. Marys College Thrissur won the women championship. St. Thomas College Thrissur and Vimala College Thrissur emerged second and third position respectively. Seena Sensilove of IES Training College Chittilappally emerged individual champion of the competition.

2.Name of the Event: Calicut University Intercollegiate Weightlifting (Men & Women) championship

Date: 14th & 15th December 2015

Time:9.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 40

Brief Report of the Event (with Photograph):

Weightlifting Men & Women championship

Vimala College, Thrissur organized Calicut University Intercollegiate Weightlifting Men & Women championship 2015-2016. The Championship was conducted on 14th and 15th December 2015 at Vimala College Indoor stadium Thrissur. Eighteen teams participated from various colleges under Calicut University. Teams reported at 8.00am at the Vimala Indoor stadium. Weighing started at 9.00am on 14th December 2015. The inaugural function presided by Dr. Sr. Maries V L Principal Vimala College, was inaugurated by Smt. Anne Mary Varghese Rtd. H O D Dept. of Physical Education, at 9.30pm.



Dr. Mary Antony, H O D , Dept. of Physical Education, Vimala College , Welcoming the gathering.



Seventy Five lifters from eighteen colleges (Twelve Men and Six Women) mentioned below participated in the championship in eight category for men and seven category events for women.

Sl No	College	M/W
3.	St. Thomas College, Thrissur	Men
4.	Sree Kerala Varma College, Thrissur	Men
5.	Guruvayoorappan College calicut	Men
6.	Sree Vivekananda College Thrissur	Men
7.	I M T College Thrissur	Men
8.	M E S College Ponnani	Men
9.	Asaba Arts & Science ColeegeValayamkulam	Men
10	Malabar Christian College	Men
11	EMEA College of Arts & Science Kondotty	Men
12	Christ College Irijalakkuda	Men
13	MES KEveeyamValachery	Men
14	Christ College Physical Education Irijalakkuda	Men

Sl No	College	M/W
1.	Vimala College Thrissur	women
2.	St: Marys College Sultan Bathery	women
3.	Guruvayoorappan College calicut	women
4.	Malabar Christian College	women
5.	MES KEveeyamValachery	women
6.	T M G College Thirur	women



The closing ceremony was held at 1.30 pm on 15th December 2015 after the completion of all the category. Smt Hemalatha V, Dept. of PhyEdn., Vimala College, Thrissur welcomed the gathering. The meeting was presided by Dr. Sakeer Hussain Director Dept. of Phy. Edn University of Calicut The prizes were distributed by Shri. Jos Alukka. The two days championship came to an end after the vote of thanks proposed by Dr. Mary Antony Head of the Dept. of Physical Education, Vimala College, Thrissur.



Vimala College Thrissur won the Championship with 31 Points

Sree Kerala Varma College Thrissur won the championship with 25 Points

3.Name of the Event: Calicut University Intercollegiate Aquatics (Men & Women) championship

Date: 30th September and 1st October 2015

Time:9.30 am

Venue: Vimala Aquatic Accademy

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 60

Brief Report of the Event (with Photograph):

Aquatic championship

Vimala College, Thrissur organized Calicut University Intercollegiate Aquatic men and women championship 2015-2016. The tournament was conducted on 30th September and 1st October 2015 at International Swimming Academy Vimala College Thrissur. Fifteen teams (eleven men teams and four women teams) reported at 9.30am at the Vimala Swimming pool. Swimming events commenced at 10.30am on 30th September 2015. The inaugural function presided by Dr. Mary Antony Dept. of Physical Education, was inaugurated by Dr. Zakeer Husain, at 3.30pm. The inauguration ceremony was very simple.





DrSakir Husain, Director, Dept. of Physical Education, University of Calicut , addressing the gathering.

Sixty two swimmers from fifteen colleges' (eleven men teams and four women teams) mentioned below participated in the championship in 19 events for men and 19 events for women.



Sl No	College	M/W
1.	St. Thomas College, Thrissur	Men
2.	Sree Kerala Varma College, Thrissur	Men
3.	Govt. College, Chittur	Men
4.	Govt. College , Madampilli	Men
5.	Mar OsthathosCollge, Perumpilavu	Men
6.	Govt.College Of P.E ., East Hill , Kozhikode	Men
7.	Calicut University Center , Kadmat, L. D	Men
8.	S.V.N.S.S Collge , Parikkad	Men
9.	FarookCollge	Men
10.	Mea Engineering College , Malappuram	Men
11.	NSS College, Ottapalam	Men
12.	Vimala College, Thrissur	women
13.	St. Mary's College, Thrissur	women
14.	St: Marys College Sultan Bathery	women
15.	Govt. College, Chittur	women



Water polo Final St: Thomas College Thrissur V/s Sree Kerala Varma College Thrissur

The closing ceremony was held at 4.30 pm on 1st October 2015 after the completion of all the scheduled events. Smt Mettilda Thomas, Dept. of PhyEdn., Vimala College, Thrissur welcomed the gathering. The meeting was presided by Dr. Sr. Maries V L Principal Vimala College Thrissur. The prizes were distributed by Dr. K P Manoj, Assistant Director, Dept. of Physical Education, University of Calicut. The two days meet came to an end after the vote of thanks proposed by Dr. Mary Antony Head of the Dept. of Physical Education, Vimala College, Thrissur.





Closing ceremony of two days Intercollegiate Aquatic Championship 2015-2016

Results of the aquatic team championship held on 30th September 2015 and 1st October 2015 are given below.

Men Team Championship

First -	ST. Thomas College Thrissur	127
Second -	Sree Kerala Varma College Thrissur	53
Third -	Govt. College Chittur	



ST. Thomas College Thrissur team with men championship trophy

Women Team Championship

First -	Vimala College Thrissur	103
Second -	St. Mary's College Thrissur	59
Third -	St: Marys College Sultan Bathery	



Vimala College Thrissur team with Women championship trophy

Individual Championship

- BinuIssac from ST. Thomas College Thrissur won the Individual Championship men trophy with the score of 16 points
- Priya C from Vimala College Thrissur won the Individual Championship women trophy with the score of 38 points.



Priya C
(Individual champion- women)

Water Polo Championship

Results of the league tournament are given below:

Final: SKVC Vs ST. Thomas Thrissur

Winners- Sree Kerala Varma College, Thrissur
Runner-up- ST. Thomas College, Thrissur
Third place- Govt. College Chittur



4.Name of the Event:Calicut University Intercollegiate Handball (Women) championship

Date: 28th & 29th Noveember 2015

Time:11.30 am

Venue: Vimala College Indoor Stadium (Handball Court)

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 96

Brief Report of the Event (with Photograph):

Handball championship

Vimala College Thrissur Organized the Calicut University Inter collegiate Women Handball Championship on 28th and 29thNovember 2015-2016 at Vimala College Indoor Stadium. Four teams participated in the tournaments. Tournament started at 11.30 am

1. Providence College Calicut
2. Govt. Arts and Science College Meenchandha
3. Unity College Manjery
4. Vimala College Thrissur.

The tournament was conducted on knock out basis. Vimala College Thrissur won the championship. Providence College emerged the 1st Runner up and Govt. Arts and Science College Meenchadha secured the 2nd Runner up. From the championship Neethu K V awarded as Best player, Anusha K as Best Goal keeper and Gayathri P as Promising player.



Vimala Vs Arts and Science College Providence College Vs Unity College Manjery

The closing ceremony was held at 1.30 pm on 29th November 2015 after the completion of all the Final and Selection procedure. SmtHemalatha V, Dept. of PhyEdn., Vimala College, Thrissur welcomed the gathering. The meeting was presided by Dr. Mary Antony H. O. D Dept of Physical Education Vimala College Thrissur. The prizes were distributed by Shri. Sosim (Observer Handball championship). The two days championship came to an end after the vote of thanks proposed by Smt. Mettilda Thomas Dept. of Physical Education, Vimala College, Thrissur.

Academic Year 2016-2017

1.Name of the Event: Calicut University Intercollegiate Judo(Men & Women) championship

Date: 16th October 2016

Time:11.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 50

Brief Report of the Event (with Photograph):

Handball championship

Judo Championship

Vimala College, Thrissur organized Calicut University Intercollegiate Judo Men & Women championship 2016-2017. The Championship was conducted on 18thOctober 2016 at Vimala College Indoor stadium Thrissur.

Twenty five Men and Thirteen Women were participated from various colleges under Calicut University. The teams Reported at 8.00am at the Vimala Indoor stadium. Weighing started at 8.00am and Competition started 11 .00 am on 18thOctober 2016.

Team Championship

MEN

Position	College	Points
I.	Sri Kerala VarmaCollege Thrissur	60 Points
II.	MES college Kalladi	10 Points
III.	CPE Calicut	8 Points

WOMEN

Position	College	Points
----------	---------	--------

I.	Vimala College Thrissur	38 Points
II.	St. Mary's College Thrissur	31 Points
III.	Sri Kerala Varma College	6 Points



The closing ceremony was held at 8.00pm on 18th October 2016 after the completion of the entire category. Smt. Hemalatha V, Department Head, Physical Education, Vimala College, Thrissur welcomed the gathering. The meeting was presided by Dr. Sr. Marees V L Principal Vimala College and Inaugurated by Dr. K P Manoj Assistant Director Department of Physical Education University of Calicut. Championship came to an end after the vote of thanks proposed by Smt. NayanaAnand Assistant Professor of the Department of Physical Education, Vimala College, Thrissur.



2.Name of the Event: Calicut University Intercollegiate Fencing (Men & Women) championship

Date:15th January 2017

Time:8.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

Collaboration (if any):

No. of participants: 36

Brief Report of the Event (with Photograph):

Handball championship

. FencingChampionship

Vimala College, Thrissur organized Calicut University Intercollegiate Fencing Men& Women championship 2016-2017. The Championship was conducted on 15th January 2017 at Vimala College Indoor stadium Thrissur.

Sixteen Colleges from CalicutUniversity participated in the Championship. The teams Reported at 8.00am at Vimala College Indoor stadium.

Teams Participated

MEN

1. St. Marys College Sulthanbathery
2. Vidhya Academy
3. St. Thomas College Thrissur
4. Govt. Engineering College Sreekrishnapuram
5. PrejyotiNiketan, Pudukad
6. PMG Chalakudy
7. Dr. John Mathai Centre, Arnattukara
8. Sree Kerala Varma College Thrissur
9. Sree Vivekananda College Kunnankulam
10. Govt. College of Physical education calicut

11. NMSM Govt. College kalpetta

WOMEN

1. Govt. Engineering College Thrissur
2. St. Josephs College Davagiri
3. Sree Vivekananda College Kunnankulam
4. Sree Kerala Varma Thrissur
5. Vimala College Thrissur
6. NMSM Govt. College kalpetta

Team Championship

MEN

Position	College	Points
IV.	St. Thomas College Thrissur	40 Points
V.	Sri Kerala Varma College Thrissur	23 Points
VI.	GCPE Calicut	7 Points

WOMEN

Position	College	Points
IV.	Govt. Eng. College Thrissur	28 Points
V.	Sree Kerala Varma College Thrissur	22 Points
VI.	Vimala College Thrissur	16 Points

Academic Year 2017-2018

1.Name of the Event: Calicut University Intercollegiate Aquatics (Men & Women) championship

Date: 19th & 20th September 2017

Time:8.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 75

Brief Report of the Event (with Photograph):

AQUATIC CHAMPIONSHIP (MEN &WOMEN) 2017-2018

Vimala College Thrissur organized Calicut University Intercollegiate Aquatic Men and Women Championship 2017-2018. The tournament was conducted on 19th and 20th September 2017 at International Swimming Academy Vimala College Thrissur. Seventeen teams (Eleven men teams and Six women teams) reported at 9.30am at Vimala Swimming Pool. Swimming events commenced at 11.00 am on 19th September 2017. The Inaugural function presided by Smt. Anne Mary Varghese former HOD Dept. of Physical Education inaugurated by Principal Dr. Sr. Mariatte A Therattil at 10.30 am. The Inauguration ceremony was very simple.

Seventy one swimmers from seventeen college's(Eleven men teams and Six women teams) mentioned below participated in the championship in eighteen events for men and eighteen events for women.



Inaguration Ceremony



First Event of I C Aquatics 2017-2018

MEN COLLEGES

1. GOVT. COLLEGE CHITTUR
2. GOVT. COLLEGE KODENCHERY
3. GOVT. COLLEGE MADAPPALLI
4. KADATHANAD ARTS & SCIENCE COLLEGE
5. KKTU GOVT. COLLEGE PULLUT
6. MALABAR CHRISTIAN COLLEGE CALICUT
7. MES COLLEGE CHATHAMANGALAM
8. S N COLLEGE ALATHUR
9. SEM GOVT. COLLEGE KUTTANALLUR
10. SKVC THRISSUR
11. ST; THOMAS COLLEGE THRISSUR

WOMEN COLLEGES

1. GOVT. ARTS & SCIENCE COLLEGE MEENCHANTHA
2. GOVT. COLLEGE CHITTUR
3. S N COLLEGE ALATHUR
4. ST. MARY'S COLLEGE SULTHANBATHERY
5. ST. MARYS COLLEGE THRISSUR
6. VIMALA COLLEGE THRISSUR

The closing ceremony was held at 4.30 pm on 20TH September 2017 after the completion of all the scheduled events. Smt Hemalatha V H O D Dept. of PhyEdn., Vimala College, Thrissur welcomed the gathering. The meeting was presided by Dr. Sr. Mariatte A Therattil Principal Vimala College Thrissur. The prizes were distributed by Dr. K P Manoj, Assistant Director, Dept. of Physical Education, University of Calicut. The two days meet came to an end after the vote of

thanks proposed by Smt. NayanaAnand of the Dept. of Physical Education, Vimala College, Thrissur.

Fixture and Result of Water polo championship for men are given below.

1. SKVC THRISSUR
2. ST. THOMAS THRISSUR
3. GOVT. COLLEGE CHITTUR
4. G C KODENCHERY

FIXTURE

19TH SEPTEMBER 2017

2PM

- | | | |
|------------------------|----|-----------------------|
| 1. SKVC THRISSUR | VS | GOVT. COLLEGE CHITTUR |
| 2. ST. THOMAS THRISSUR | VS | G KODENCHERY |
| 3. SKVC THRISSUR | VS | G C KODENCHERY |
| 4. ST. THOMAS THRISSUR | VS | G. COLLEGE CHITTUR |

20TH SEPTEMBER 2017

- | | | |
|------------------------|----|-----------------------|
| 1. G C KODENCHERY | VS | GOVT. COLLEGE CHITTUR |
| 2. ST. THOMAS THRISSUR | VS | SKVC THRISSUR |

WATER POLO RESULT

- | | |
|-----------|-----------------------------|
| 1. FIRST | SKVC THRISSUR |
| 2. SECOND | ST: THOMAS COLLEGE THRISSUR |
| 3. THIRD | GOVT. COLLEGE CHITTUR |
| 4. FOURTH | G C KODENCHERY |



RESULT OF AQUATICS WOMEN & MEN 2017-2018

Men Team Championship

First	Sree Kerala Varma College Thrissur	101
Second	St: Thomas College Thrissur	91
Third	Govt. College Thrissur	4



Women Team Championship

First	Vimala College Thrissur	96	} Gold	11
Second	St: MarysCollge Thrissur	96		} Gold

Tie breaks through number of Gold



INDIVIDUAL CHAMPION

MEN	ROHITH AJ	SKVC THRISSUR	30 POINTS
WOMEN	ANJANA MOHAN	VIMALA THRISSUR	35 POINTS

2.Name of the Event: Calicut University Intercollegiate Fencing (Men & Women) championship

Date: 16th December 2017

Time:8.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 66

Brief Report of the Event (with Photograph):

Fencing Men& Women Championship

Vimala College, Thrissur organized Calicut University Intercollegiate Fencing Men& Women championship 2017-2018. The Championship was conducted on 16thDecember 2017 at Vimala College Indoor stadium Thrissur.

Sixteen Colleges from Calicut University participated in the Championship. The teams Reported at 8.00am at Vimala College Indoor stadium.

Teams Participated 2017-2018

MEN

12. Vidhya Academy
13. Sree Kerala Varma College Thrissur
14. MES Ponnani
15. St. Aloysius Thrissur
16. St. Joseph College Devagiri Calicut
17. NMSM Govt. College Kalpetta
18. St. Thomas College Thrissur
19. Christ College Irinjalakuda
20. Govt. College of Physical education calicut

WOMEN

7. Sree Kerala Varma College Thrissur
8. W M O College MuttillWayanad
9. Vimala College Thrissur
10. Govt. Engineering College Thrissur

11. St. Aloysius Thrissur
12. NMSM Govt. College Kalpetta
13. Govt. College of Physical education calicut

Team Championship

MEN

Position	College	Points	
I.	ST. THOMAS COLLEGE THRISSUR	46	
II.	SREE KERALA VARMA COLLEGE THRISSUR	18	
III.	G C PE	12	
WOMEN			
Position	College	Points	
I.	SREE KERALA VARMA COLLEGE THRISSUR	32	
II.	GOVT. ENG. COLLEGE THRISSUR		20
III.	G C PE	10	

3.Name of the Event: Calicut University Intercollegiate Handball (Women) championship

Date: 18th & 19th November 2017

Time: 11.30 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 96 (6 Teams)

Brief Report of the Event (with Photograph):

Handball (Women) Championship

Report

Vimala College Thrissur Organized the Calicut University Inter collegiate Women Handball Championship on 18th and 19th November 2017-2018 at Vimala College Indoor Stadium. Six teams participated in the tournaments. Tournament started at 11.30 am

5. Providence College Calicut
6. P S M O Thiroorangadi

7. Govt. College of Physical Education Calicut
8. C P E Calicut
9. Christ College Thrissur
10. Vimala College Thrissur.

The tournament was conducted on knock out basis. Vimala College Thrissur won the championship. Providence College emerged the 1st Runner up and CPE Calicut secured the 2nd Runner up. From the championship Anusha K as Best Goal keeper.



Vimala Vs Providence College

Champion Team

The closing ceremony was held at 11.30 am on 19th November 2017 after the completion of all the Final and Selection procedure. SmtNayanaAnand, Dept. of PhyEdn., Vimala College, Thrissur welcomed the gathering. The meeting was presided by Smt. Hemalatha V H. O. D Dept of Physical Education Vimala College Thrissur. The prizes were distributed byDr. Sr. Mariatte A Therattil, Principal Vimala College Thrissur. The two days championship came to an end after the vote of thanks proposed by Smt. NayanaAnand Dept. of Physical Education, Vimala College, Thrissur.

3.Name of the Event:Calicut University Intercollegiate Judo (Women) championship

Date: 21st October 2017

Time:8.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

Collaboration (if any):

No. of participants: 10

Brief Report of the Event (with Photograph):

Judo (Men & Women) Championship

Vimala College, Thrissur organized Calicut University Intercollegiate Judo Women championship 2017-2018. The Championship was conducted on 21st October 2017 at Vimala College Indoor stadium Thrissur.

Eight Women team participated from various colleges under Calicut University. The teams Reported at 8.00am at Vimala Indoor stadium. Weighing started at 8.30am and Competition started 11.15 am on 21st October 2017.



Team Championship

WOMEN

Position	College	Points
I.	St. Mary's College Thrissur	42 Points
II.	Vimala College Thrissur	25 Points
III.	University Teaching Department	5 point



The closing ceremony was held at 2.00pm on 21st October 2017 after the completion of all the category. Smt. Hemalatha V, Head Department. of Physical Education. Vimala College, Thrissur welcomed the gathering. The meeting was presided by Shri Joy Varghese K (Secretary Kerala State Judo Association) and Chief guest of the Day was Major Durga Suresh Administrative Officer 7th Kerala Girls Battalion. Championship came to an end after the vote of thanks proposed by Smt. NayanaAnand Assistant Professor of the Department of Physical Education, Vimala College, Thrissur.

Closing ceremony of Intercollegiate Judo Men and Women Championship 2017-2018



4.Name of the Event: Calicut University Intercollegiate Tug of War (Women) championship

Date: 6th January 2018

Time:8.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 56 (7 Teams)

Brief Report of the Event (with Photograph):

Tug of War Women Championship 2017-2018

Vimala College, Thrissur organized the First Calicut University Intercollegiate Tug of war Women championship 2017-2018. The Championship was conducted on 6th January 2018 at Vimala College Indoor stadium Thrissur.

Eight Women team participated from various colleges under Calicut University. The teams Reported at 8.00am at Vimala Indoor stadium. Weighing started at 9.00am and Competition started 11.30 am on 6th January 2018.



Teams Participated for the championship

1. Govt. Arts & Science Pathiripala
2. Mercy College Palakkad
3. Christ College Irinjalakuda
4. Vimala College Thrissur
5. MesCollgePonnani
6. C M College Nadavayal

7. GCPE Calicut

WOMEN

Position	College
I.	Vimala College Thrissur
II.	GCPE Calicut
III.	Mercy College Palakkad
IV.	C M College Nadavayal

Academic Year 2018-2019

1.Name of the Event: Calicut University Intercollegiate Aquatics (Men & Women) championship

Date: 27th & 28th September 2018

Time:8.00 am

Venue: Vimala International Aquatics Academy

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 80

Brief Report of the Event (with Photograph):

AQUATIC CHAMPIONSHIP 2018-2019

Vimala College Thrissur organized Calicut University Intercollegiate Aquatic Men and Women Championship 2018-2019. The tournament was conducted on 27th and 28th September 2018 at International Swimming Academy Vimala College Thrissur. Seventeen teams (Eleven men teams and Six women teams) reported at 9.00am at Vimala Swimming Pool. Swimming events commenced at 10.30 am on 27th September 2018. The Inaugural function presided by Principal Dr. Sr. Beena Jose 10.30 am. The Inauguration ceremony was very simple.

Eighty four swimmers from seventeen college's (Eleven men teams and Six women teams) mentioned below participated in the championship in eighteen events for men and eighteen events for women.



Inaguration Ceremony



WINNERS



RUNNER UPS



KIRAN V M MALAVIKA



Men WINNERS

MEN'S COLLEGES

1. SKVC THRISSUR
2. MALABAR CHRISTIAN COLLEGE CALICUT
3. ALPHONSA COLLEGE
4. MES COLLEGE CHATHAMANGALAM
5. ST. THOMAS COLLEGE THRISSUR
6. GOVT. COLLEGE CHITTUR
7. SUNNIYYA ARABIC COLLEGE
8. KADATHANAD ARTS & SCIENCE COLLEGE
9. GOVT. COLLEGE KODENCHERY
10. GOVT. COLLEGE BALUSSERY
11. S N COLLEGE ALATHUR
12. FAROK COLLEGE CALICUT
13. CPE CALICUT
14. GOVT. ARTS & SCIENCE COLLEGE EAST HILL
15. MERCY COLLEGE PALAKKAD
16. VIMALA COLLEGE THRISSUR

WOMEN'S COLLEGES

1. VIMALA COLLEGE THRISSUR
2. ST. MARYS COLLEGE THRISSUR
3. CHRIST COLLEGE IRINJALAKKUDA
4. UNITY WOMENS COLLEGE
5. GOVT. COLLEGE CHITTUR
6. S N COLLEGE ALATHUR
7. GOVT. COLLEGE OF PHYSICAL EDUCATION

The closing ceremony was held at 2.30 pm on 28TH September 2018 after the completion of all the scheduled events. Smt Hemalatha V H O D Dept. of PhyEdn., Vimala College, Thrissur welcomed the gathering. The meeting was presided by Dr. Sr. Beena Jose Principal Vimala College

Thrissur. The prizes were distributed by Dr. Sr. Beena Jose and Dr.Sr. Magi Jose. The two days meet came to an end after the vote of thanks proposed by Smt. Agibet Mathews of the Dept. of Physical Education, Vimala College, Thrissur.

2.Name of the Event: Calicut University Intercollegiate Base Ball (Women) championship

Date: 8th 9th February 2019

Time:8.00 am

Venue: Govt. Engineering College Thrissur

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 96 (6 Teams)

Brief Report of the Event (with Photograph):

BASEBALL CHAMPIONSHIP

Vimala College Thrissur organized Calicut University Intercollegiate Baseball Women Championship 2018-2019. The championship was conducted on 8th and 9th February 2019 at Vimala college Thrissur (Venue: Engineering College Thrissur) Five teams from different colleges under Calicut University participated in the championship. Championship was started at 10 am.

The tournament was conducted on knock out basis. Farok College won the championship. CPE Calicut emerged the 1st Runner up and Govt Arts and Science Calicut secured the 2nd Runner up.

Result

Winners	Farook College Calicut
Runners	CPE Calicut
Third	Mercy College Palakkad

The closing ceremony was held at 1.30 pm on 9th February 2019 after the completion of all the scheduled events. The two days meet came to an end after the vote of thanks proposed by Smt. Hemalatha V Head of the Dept. of Physical Education, Vimala College, Thrissur.

Academic Year 2019-2020

1.Name of the Event: Calicut University Intercollegiate Fencing (Men & Women) championship

Date: 16th December 2019

Time:8.00 am

Venue: Govt. Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

Collaboration (if any):

No. of participants: 140

Brief Report of the Event (with Photograph):

Fencing Championship

Vimala College, Thrissur organized Calicut University Intercollegiate Fencing Men& Women championship 2019-2020. The Championship was conducted on 16thDecember 2019 at Vimala College Indoor stadium Thrissur.

Twenty five Colleges from CalicutUniversity participated in the Championship. (Twelve Men Teams and Thirteen Women Colleges) The teams Reported at 8.00am at Vimala College Indoor stadium.

Teams Participated 2019-2020

List of Participating Colleges for Men in the Calicut University Inter collegiate Fencing championship 2019-2020

1. Don Bosco College Mannuthy
2. N M S M College Kalppatta
3. Vivekananda College Kunnankulam
4. S K V C College Thrissur
5. St: Thomas College Thrissur

6. St: Aloysious College Elthuruth
7. Govt. College Koduvally
8. Govt. College Kuttanallur
9. PrajothyNikethanPuthukkad
10. St: Joseph College Devagiri
11. Don Bosco Sulthanbathery
12. GCPE Calicut

Listof Participating Colleges in the Calicut University Inter collegiateWomen Fencing Championship 2019-2020.

1. IASE College Thrissur
2. St: Aloysious College Elthuruth
3. N M S M College Kalppatta
4. S K V C College Thrissur
5. John Mathai Centre Thrissur
6. PrajothyNikethanPuthukkad
7. Vivekananda College Kunnankulam
8. L F College Guruvayur
9. C P E Calicut
10. W M O College MUtil
11. Vimala College Thrissur
12. GC PE Calicut
13. M C C College Calicut
- 14.

Team Championship

MEN

Position	College	Points
I.	NMSM COLLEGE KALPPATTA	46
II.	ST. THOMAS COLLEGE THRISSUR	23
III.	G C PE	15
IV.	SREE KERALA VARMA COLLEGE THRISSUR 8	

WOMEN

Position	College	Points
I.	VIMALA COLLEGE THRISSUR	31
II.	SREE KERALA VARMA COLLEGE THRISSUR	19
III.	PRAJOTHI NIKETHAN PUTHUKKAD	13
IV.	GCPE CALICUT	10

2.Name of the Event: Calicut University Intercollegiate Handball (Women) championship

Date: 17th & 18th October 2019

Time:10.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 144 (9 Teams)

Brief Report of the Event (with Photograph):

Handball Championship

Vimala College Thrissur Organized the Calicut University Inter collegiate Women Handball Championship on 17th and 18th October 2019-2020 at Vimala College Indoor Stadium. Nine teams participated in the tournaments. Tournament started at 10.00 am

1. Providence College Calicut
2. AMC G E I Manisser
3. St: Joseph College IJK
4. Yuvakshetra PLD
5. PSMO College Thirurangadi
6. Christ College Irinjalakuda
7. CPE Calicut
8. Don Bosco Mannuthy
9. Vimala College Thrissur

The tournament was conducted on knock out basis. Vimala College Thrissur won the championship. Providence College emerged the 1st Runner up and Center for Physical Education secured the 2nd Runner up. Anusha K awarded as Best Goal keeper and Krishnaja P K as Promising player.



The closing ceremony was held at 1.30 pm on 18th October 2019 after the completion of all the Final and Selection procedure. SmtHemalatha V, Dept. of PhyEdn., Vimala College, Thrissur welcomed the gathering. The meeting was presided by Dr. Sr. Namitha Vice Principal Vimala College Thrissur. The prizes were distributed by Dr. Sakir Husain, The Director Dept. of Physical Education University of Calicut. All India Inter University Team and coach (Shri. Sosim) declared. The two days championship came to an end after the vote of thanks proposed by Smt. Agibet Mathews Department of Physical Education, Vimala College, Thrissur.

Academic Year 2020-2021

1.Name of the Event:Calicut University Intercollegiate Fencing (Men & Women) championship

Date: 30thMarch 2021

Time:7.30 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

Collaboration (if any):

No. of participants: Men (23 Colleges)& Womrn (9 Colleges)

Brief Report of the Event (with Photograph):

Calicut University Inter Collegiate Fencing Men& Women Championship 2020- 2021

Vimala College, Thrissur organized Calicut University Intercollegiate Fencing Men& Women championship 2020-2021. The Championship was conducted on 30th March 2021 at Vimala College Indoor stadium Thrissur.

Fourteen Colleges from Calicut University participated in the Championship. (Eleven Men Teams and Nine Women Team) The teams reported at 7.30am at Vimala College Indoor stadium. A very short opening ceremony was conducted and the championship was inaugurated by our principal Dr. Sr Beena Jose.

Teams Participated 2020-2021

Name List of Participating Colleges for Men in the Calicut University Inter Collegiate Fencing championship 2019-2020

1. MALABAR CHRISTIAN COLLEGE
2. GCTE KOZHIKODE
3. NMSM GOVT COLLEGE KALPETTA

4. SREE VIVEKANANDA COLLEGE KIZHUR KUNNAMKULAM
5. GOVERNMENT COLLEGE OF PHYSICAL EDUCATION , CALICUT
6. ST THOMAS COLLEGE THRISSUR
7. WMO ARTS AND SCIENCE COLLEGE MUTTIL
8. GOVERNMENT LAW COLLEGE THRISSUR
9. SREE KERALA VARMA COLLEGE
10. SRI. C. ACHUTHAMENON GOVT. COLLEGE, THRISSUR
11. DON BOSCO SULTHANBATHERY

**Name List of Participating Colleges for Women in the Calicut University Inter Collegiate
Fencing championship 2020- 2021.**

1. VIMALA COLLEGE
2. IASE TRC
3. MALABAR CHRISTIAN COLLEGE
4. LITTLE FLOWER COLLEGE GURUVAYOOR
5. NMSM GOVT COLLEGE KALPETTA
6. ST THOMAS COLLEGE THRISSUR
7. GOVERNMENT COLLEGE OF PHYSICAL EDUCATION , CALICUT
8. TEACHING DEPT. OF UTY. CALICUT
9. SREE KERALA VARMA COLLEGE

Team Championship

MEN

Position	College	Points
I.	NMSM COLLEGE KALPPATTA	35
II.	GCPE	21
III.	ST. THOMAS COLLEGE THRISSUR	17
IV.	SREE KERALA VARMA COLLEGE THRISSUR	8

WOMEN

Position	College	Points
I.	ST. THOMAS COLLEGE THRISSUR	29
II.	SREE KERALA VARMA COLLEGE THRISSUR	25
III.	VIMALA COLLEGE THRISSUR	18
IV.	GCPE CALICUT	7

The closing ceremony was held at 6.30 pm on March 31, 2021 after the completion of all the scheduled events. Smt Hemalatha V , H O D Dept. of Phy Edn., Vimala College, Thrissur welcomed the gathering. The prizes were distributed by Dr. Sudheesh V S Assistant Professorr, Dept. of Physical Education, NMSM Govt. College Kelpetta. The Championship came to an end after the vote of thanks proposed by Smt. Agibet Mathews of the Dept. of Physical Education, Vimala College, Thrissur.

PHOTOS ARE ATTACHED

Calicut University Inter Collegiate Fencing Men & Women Championship 2020- 2021



WOMEN CHAMPIONSHIP : ST. THOMAS COLLEGE THRISSUR



MEN CHAMPIONSHIP: NMSM COLLEGE KALPPATTA



2.Name of the Event:Calicut University Intercollegiate Softball (Women) championship

Date: 19& 20 February 2022

Time:7.30 am

Venue: Govt Engineering College Thrissur

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: Women (9 Colleges)

Brief Report of the Event (with Photograph):

Calicut University Inter Collegiate Fencing Men& Women Championship 2021- 2022

Vimala College, Thrissur organized Calicut University Intercollegiate Softball Women championship 2021-2022. The Championship was conducted on 19th& 20th February 2022 at Engineering College Hockey Ground Thrissur.

Six Colleges from Calicut University participated in the Championship. The teams reported at 7.30am at Engineering College Hockey Ground. A very short opening ceremony was conducted and the championship was inaugurated by our principal Dr. Sr Beena Jose.

Teams Participated

Name List of Participating Colleges for Women in the Calicut University Inter Collegiate Softball championship 2021-2022

1. Farook College
2. Mercy College, Palakkad.
3. Vimala College ,Thrissur
4. St. Mary's College, Thrissur
5. Amal College & Advanced studies, Nilambur
6. LISSAH Kaithapoyil

WOMEN

Position	College
I.	Farook College Calicut
II.	Vimala College ,Thrissur
III.	Mercy College, Palakkad.
IV.	Amal College & Advanced studies, Nilambur

The closing ceremony was held at 5.30 pm on February 20th 2022 after the completion of all the scheduled events. Smt Hemalatha V , H O D Dept. of Phy Edn., Vimala College, Thrissur welcomed the gathering. The prizes were distributed by Vijitha Vincent Assistant Professorr, Dept. of Physical Education, Prajothi Nekethan College Puthukkad. The Championship came to an end after the National Anthem.

Academic Year 2021-2022

1.Name of the Event:Calicut University Intercollegiate Softbaseball (Women) championship

Date: 26 March 2022

Time:7.30 am

Venue: Govt Engineering College Thrissur

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: Women 9 Colleges

Brief Report of the Event (with Photograph):

Calicut University Inter Collegiate Softbase ball Women Championship 2021- 2022

Vimala College, Thrissur organized Calicut University Intercollegiate Softbase ball Women championship 2021-2022. The Championship was conducted on 26th March 2022 at Engineering College Football Ground Thrissur.

Eight Colleges from Calicut University participated in the Championship. The teams reported at 7.30am at Engineering College Ground. Inaugural match was between Mercy College, Palakkad and LISSAH College Kaithapoyil . Dr Shejin KV, HOD, Department of Physical Education, Engineering College Thrissur inaugurated the match. Following colleges participated in the Softbase ball women competition 2021-2022.

Name List of Participating Colleges in the Calicut University Inter Collegiate Softbase ball (Women) championship 2021-2022

1. Farook College
2. Mercy College, Palakkad.

- 3.Vimala College ,Thrissur
4. St. Mary's College, Thrissur
- 5.Amal College & Advanced studies, Nilambur
6. LISSAH Kaithapoyil
- 7.Govt. College Madappally
8. GCPE, Calicut

RESULT

WOMEN

Position

College

- I. Farook College Calicut
- II. Vimala College ,Thrissur
- III. Mercy College, Palakkad.
- IV. Amal College & Advanced studies, Nilambur

The closing ceremony was held at 5.00 pm after the completion of all the scheduled events. Smt Agibet Mathews, Assistant professor , Dept. of Phy Edn., Vimala College, Thrissur welcomed the gathering. The prizes distribution was done by Dr Shejin KV& Mr. Edward P M Kerala Softbase ball Secretary Calicut. The players selected for AIIU softbase ball (W) Championship 2021-2022 was announced by Dr Anu D Alappet, HOD, Department of Physical Education. The Championship came to an end by the National Anthem .

Photos



Extension Activity- Vacation camp for kids, college students, ladies.

Summer camp is important because it offers a structured opportunity for children to grow. Kids go from home to school to extracurriculars, with each environment contributing to their development. Summer camp, then, is another unique venue for growth, allowing kids to become independent and self-confident, while socializing and making new friends, and even learning new skills.

We conducted Kids summer camp for 10 days from 3rd to 16th April ,at 7am to 9am, we have chosen Vimala indoor stadium, swimming pool and ground as your venue, we included different activities like outdoor games ,indoor games, aerobics ,zumba, gymnastics, swimming, Yoga , general fitness training, Fitness test , There were around 20 to 30 students.Also conducted “ZUMBA SUMMER FITNESS 2019” for ladies.

During 2020-2021, Fun filled activities for the anxious children during the pandemic, was a delightful treat. It gave them an opportunity to learn aerobic dance though online, while being in a safe environment of their homes.

We also conducted “KIDS SUMMER CAMP” in 2021-2022 it included different activities like outdoor and indoor games, aerobics ,zumba, gymnastics, swimming, Yoga , general fitness training,

**GET INTO SHAPE
THIS SUMMER WITH**

ZUMBA

fitness (Ladies only) **VACATION BATCH STARTED**

**Timings : 8.30 am to 9.30 a.m
TUESDAY, THURSDAY, SATURDAY**

**Location : VIMALA COLLEGE
INDOOR STADIUM,
Kamavarmapuram, Thrissur**

For more details contact

HEMALATHA V.
HOD,
Dept. of Physical Education
94461 80024

AGIBET MATHEWS
Asst. Professor
Dept. of Physical Education
9605349997

Zin SHEEMA GOPINATH
8943322187

Affiliated to VIMALA COLLEGE

Summer Camp

Our Activities

- Outdoor Games
- Indoor Games
- Yoga
- Aerobics
- Zumba
- General Fitness Training
- Fitness Test
- Swimming

Fee: Rs. 200/- only
(Registration fee only)

Let's Go!

Kids Summer Camp

Be part of the Kids Summer Camp at Vimala College Indoor Stadium this Summer! (For ages 6-16)

Organized by: Department of Physical Education
Ms. Hemalatha V. 9446180024
Ms. Agibet Mathews 9605349997

April 3 to 16 2019
7 am - 9 am

VIMALA COLLEGE (Autonomous) THRISSUR

Department of Physical Education

All Kerala Women's Intercollegiate Virtual Dance Aerobics Competition

WINNERS

1st **2nd**

54 **58**

Srisha Michael Cherian **Rbc Chemistry**

Vimala College (Autonomous) Thrissur Vimala College (Autonomous) Thrissur

Congratulations



VIMALA COLLEGE (AUTONOMOUS), THRISSUR PROUDLY PRESENTS

ATHLETICS SUMMER CAMP 2019

Free Accomodation & Food

Only College in Kerala who has produced Five Olympians In Athletics

- A 40 days Athletics camp to experience a range of athletic events across the track and field disciplines
- All interested women candidates may report at vimala college indoor stadium on 3rd April 2019 with documents

**Contact: Department of Physical Education
Ms. Hemalatha V: 9446180024
Ms. Agibet Mathews: 9605349997**



Periodic Fitness programmes and awareness classes for students and faculty

Considering the concept of “SPORTS FOR ALL” throughout the entire session we organized Inter-department tournaments for students as well as some sports activities for staff (teaching and non-teaching). It is one of the largest co-curricular activities that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one’s physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them.

Objectives:

- To make students physically and mentally fit and strong
- To inculcate the sportsman spirit among the students

