

**B
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**BHARATA MATA
COLLEGE
THRIKKAKARA**

Affiliated to MG University, Re-accredited by NAAC with 'A+' Grade, ISO 9001-2015 Certified

**DEPARTMENT OF
PHYSICAL
EDUCATION**



**ANNUAL
REPORT** **2022-2023**

About the Department

The Department of Physical Education in our College focuses on the development of physical fitness and the acquisition of knowledge and skills related to physical activity and exercise. The goal of physical education is to promote physical development, health, and well-being and to help individuals develop positive attitudes towards physical activity and a healthy lifestyle. Along with these objectives, the department is guiding and providing the students with the required training in a professional way to acquire achievements in various sports and games. In order to raise awareness among the students about the value of living an active lifestyle and preserving good health, the department is actively organising a variety of events and training sessions. In the fifth semester of this academic year, 40 students from several departments successfully completed their open course in physical education. The training sessions for the college teams in various games have been conducting in both morning and evening sessions. The college runs a sports hostel for the selected students to provide adequate training and nourish them by providing healthy food. Numerous students in this college performing in different sports have achieved myriad trophies and medals for the college at international, national, state, and intercollegiate levels during this academic year

Faculty Profile

Robin VM

Assistant Professor

Qualification: MPEd

Joining Year: 2022

Ajith Johnson

Assistant Professor

Qualification: MPEd

Joining Year: 2021



List of active Sports teams in the College

Sl. no	Item
1.	Cricket (Men)
2.	Powerlifting (Men & Women)
3.	Badminton (Men & Women)
4.	Chess (Men & Women)
5.	Body building (Men)
6.	Football (Men)
7.	Basketball (Men & Women)
8.	Taekwondo (Men & Women)

Achievements 2022-23

Cricket

1. Bharata Mata College Cricket team won the Championship in Mahatma Gandhi University Intercollegiate Cricket Tournament 2022-2023. The following students have been selected to Mahatma University Cricket team for the South India Interuniversity Championship held at REVA University Bangalore.

SI No	Name	Class & Department
1	Ajnas M	I BA Malayalam
2	Nikhil T	I BA Malayalam
3	Aswin M G	I BA Economics
4	Akash C Pillai	I MA English
5	K P Monu Krishna	I B Com
6	Ajith Raj	I B Com
7	Sanju Sajeev	II BA Malayalam

2. The team also titled the Championship of Kerala College Premier League Cricket tournament in State central-zone Level held at Thodupuzha, and also qualified for the state level Championship.

3. Akash C Pillai of I MA English got selected to the Kerala State Under-25 Cricket team for the one-day matches organised by BCCI.

MG University Intercollegiate Cricket Championship 2022-23



BHARATA MATA COLLEGE THRIKKAKARA DEPARTMENT OF PHYSICAL EDUCATION

Selected to the Kerala State Under-25 Cricket team for the upcoming one-day matches organised by the BCCI



AKASH C PILLAI
1st MA English

CONGRATULATIONS



കോട്ടയത്തു നടന്ന മഹാത്മാ ഗാന്ധി സർവകലാശാല ഇന്റർകോളജിയറ്റ് ക്രിക്കറ്റ് മത്സരത്തിൽ ജേതാക്കളായ തൃക്കാക്കര ഭാരതമാതാ കോളജ് ടീം.

തൃക്കാക്കര ഭാരതമാതാ കോളജ് ജേതാക്കൾ

കൊച്ചി • കോട്ടയത്തു നടന്ന മഹാത്മാ ഗാന്ധി യൂണിവേഴ്സിറ്റി ഇന്റർകോളജിയറ്റ് ക്രിക്കറ്റ് മത്സരത്തിൽ തൃക്കാക്കര ഭാരതമാതാ കോളജ് ജേതാക്കളായി.

ഫൈനൽ ലീഗ് ഘട്ടത്തിൽ കോട്ടയം സിഎസ് കോളജിനെയും എറണാകുളം മഹാരാജാസ് കോളജിനെയുമാണു പരാജയപ്പെടുത്തിയത്.

Championship in Kerala College Premier League at State Central-Zone level





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THRIKKAKARA
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DEPARTMENT OF PHYSICAL EDUCATION

Selected to Mahatma Gandhi University Cricket team for the South India Interuniversity Cricket Championship going to be held at Bangalore.

			
Nikhil T Dept of Malayalam	Sanju Sajeev Dept of Malayalam	Aswin M G Dept of Economics	Ajith Raj Dept of Commerce
			
Akash C Pillai Dept. of English	Monu Krishna Dept of Commerce	Ajnas M Dept of Malayalam	

Congratulations



Powerlifting

1. Bharata Mata College secured the Overall Championship in Mahatma Gandhi University Powerlifting (Men) Competition 2022-23. Bijin Sanki of I BA English became the Strong Man and Amrutha EP of I MSc Mathematics became the Strong Woman of MG University in MG University Powerlifting Competition 2022-23. The following students got selected to MG University Powerlifting team for the All-India Interuniversity Championship held at Guru Kashi University, Punjab.

SI No	Name	Class & Department
1	Bijin Sanki	I BA English
2	Muhammed Rafi	I BA Economics
3	Sarath Krishnan	I BA Economics
4	Vipin George	I BA English
5	Amritha E P	I Msc Mathematics

Performance of Powerlifting team in MG University Championship

SI No	Name	Class & Department	Position
1	Bijin Sanki	I BA English	Gold
2	Muhammed Rafi	I BA Economics	Gold
3	Sarath Krishnan	I BA Economics	Gold
4	Brahmadath Ramesh	I BA Economics	Silver
5	Godwin K G	I BA English	Bronze
6	Vipin George	I BA English	Gold
7	Akash T O	I BA Economics	Silver
8	Amritha E P	I MSc Mathematics	Gold

2. Bijin Sanki, Department of English has selected to Indian powerlifting team for the Asian championship (Category - Junior 83Kg) by securing Gold medal in the National Championship held at Jammu Kashmir.

3. Amritha EP secured Bronze medal in All India Interuniversity Powerlifting championship.

4. Amritha E P titled the championship in Senior National Powerlifting championship held at Bhilai.

5. She has also won Gold medal in Kerala State Senior Powerlifting Championship conducted at Calicut.

6. Students of powerlifting team made a glorious performance in Kerala State Bench Press Championship held at Alapuzha. List of achievements are given below,

7. Brahmadath M Ramesh of II BA Economics has won Gold Medal in Kerala State Classic Powerlifting Championship at Junior 59 Category.

SI No:	Name	Class & Department	Position
1	Bijin Sanki	I BA English	Gold
2	Muhammed Rafi	I BA Economics	Gold
3	Sarath Krishnan	I BA Economics	Gold
4	Brahmadath Ramesh	I BA Economics	Gold
5	Godwin K G	I BA English	Silver
6	Vishnu T S	I BA English	Gold

Champions of MG University intercollegiate powerlifting championship 2022-23



കേരള കാമുദി
Ernakulam 03 Feb 2023



എം.ജി സർവകലാശാല ഇന്റർകോളേജിയേറ്റ് പവർലിഫ്റ്റിംഗ് ചാമ്പ്യൻഷിപ്പിൽ ചാമ്പ്യന്മാരായ തൃക്കാക്കര ഭാരതമാതാ കോളേജ് ടീം

തൃക്കാക്കര ഭാരതമാതാ കോളേജ് ചാമ്പ്യൻമാർ

കൊച്ചി: തൊട്ടുപുഴ ന്യൂമാൻ കോളേജിൽ നടന്ന എം.ജി സർവകലാശാല ഇന്റർകോളേജിയേറ്റ് പവർലിഫ്റ്റിംഗ് ചാമ്പ്യൻഷിപ്പിൽ നാല് സ്വർണവും രണ്ട് വെള്ളിയും ഒരു വെങ്കലവുമായി തൃക്കാക്കര ഭാരതമാതാ കോളേജ് പുരുഷ വിഭാഗം ചാമ്പ്യന്മാരായി. ഒന്നാം വർഷ ഇംഗ്ലീഷ് ബി

രുദ വിദ്യാർത്ഥി ബിജിൻ സാജി മത്സരത്തിലെ സ്കോംഗ് മാൻ പുരസ്കാരം നേടി. വനിത വിഭാഗത്തിൽ ഒന്നാം വർഷ ബിരുദാനന്തര ബിരുദഗണിതശാസ്ത്ര വിഭാഗം വിദ്യാർത്ഥി അമൃത. ഇ.പി സ്വർണം നേടുകയും മത്സരത്തിലെ സ്കോംഗ് വുമണായി തിരഞ്ഞെടുക്കപ്പെടുകയും ചെയ്തു.

KERALA KAUMUDI EPAPER
Clipping Kerala Kaumudi - Ernakulam

DEPARTMENT OF PHYSICAL EDUCATION

**Performances Made by BMC Students in Kerala State Bench Press Championship Held at Alapuzha.
Bijin sanki awarded as the Strong Man in the Championship.**



Bijin Sanki
Dept of English
Category 83Kg - Gold



Muhammed Rafi
Dept of Economics
Category 105Kg - Gold



Sarath Krishnan
Dept of Economics
Category 93Kg - Gold



Godwin KG
Dept of English
Category 105Kg- Silver



Vishnu TS
Dept of English
Category 93Kg (Eq) - Gold



Brahmadth M
Dept of Economics
Category 66Kg - Gold

Congratulations



Amrutha EP with Bronze medal in All-India Inter-University Championship 2022-23



Badminton

1. Jerry M John and Anashwara Ajay of Bharata Mata College Thrikkakara have been selected to the Mahatma Gandhi University badminton team for the South Indian Inter University championship. Jerry M John will play for Mahatma Gandhi University in the upcoming Khelo India University Games 2023.
2. Bharata Mata College badminton Men team secured runners up in MG University Badminton Championship 2022-23.
3. Bharata Mata College won the championship of Cardinal Parecattil Memorial Intercollegiate Badminton Doubles Tournament organised by BMCCA, Choondi.
4. The mixed doubles team secured Championship in Mixed Doubles Badminton tournament organized by XIME Kochi.
5. Shivasankar E J of II MA English has bagged a couple of Championship in All India level Tournaments in this year.





BIJIN SANKI
DEPT OF ENGLISH

Selected to the Indian Powerlifting team for the World Junior Powerlifting Championship going to be held at Romania from 24th Aug. to 03rd Sep. 2023



SARATH KRISHNAN R
DEPT OF ECONOMICS

Represented India in Asian Powerlifting Championship held at Alapuzha, Kerala on May 2023 and Secured Bronze Medal



Runners up in MG University Intercollegiate Badminton (M) Championship 2022-23

Chess

1. Chess Men team secured runners up position in the MG university intercollegiate Chess Championship.

2. Chess women team finished at fifth position in the MG university intercollegiate Chess Championship.

3. Ajay Jude, Nevin Jojo, Maalavigaa R of Bharata Mata college, Thrikkakara secured 3rd, 4th, and 6th position respectively in CHECKMATE 2022 All Kerala Intercollegiate Chess competition held at MES Kunnukara on 30th August 2022.

4. Chess Men team of Bharata Mata College Thrikkakara secured second position in All Kerala Intercollegiate Chess Championship conducted by CUSAT.

Runners up in MG University Intercollegiate Chess (M) Championship 2022-23



Chess team (Men & Women) of Bharata Mata College



Best Physique Competition

1. Arjun Suresh of III-year BSc Mathematics and Muhammed Rafi of I year BA Economics have bagged Gold medals in 65 Kg and 90+ Category respectively in Mahatma Gandhi University Best Physique Championship.

2. Arjun Suresh has also won the Mr. Ernakulam title in 65 kg category 2022.



BHARATA MATA COLLEGE THRIKKAKARA
DEPARTMENT OF PHYSICAL EDUCATION

CONGRATULATIONS



ARJUN SURESH
DEPT. OF MATHEMATICS
(60KG CATEGORY)



MUHAMMED RAFI
DEPT. OF ECONOMICS
(+90KG CATEGORY)

**ARJUN SURESH AND MUHAMMED RAFI OF
OUR COLLEGE BAGGED GOLD MEDALS IN
MAHATMA GANDHI UNIVERSITY BEST
PHYSIQUE CHAMPIONSHIP.**

Football

1. Bharata Mata College Football team have participated in MG University Intercollegiate Football Championship and finished at semi-finalists in Zonal Pool-D.

2. The college team have also participated in Reliance Foundation Youth Sports Football Championship.

BMC Football team for MG University Intercollegiate Championship 2022-23



BMC Football team for Reliance Foundation Youth Sports Football Championship 2022-23



Basketball

1. Bharata Mata College Basketball team participated in MG University intercollegiate Championship held at SH College Thevara.

2. The team also participated in DIST Basketball tournament organised by DIST Ankamaly.

BMC Basketball team 2022-23



Programs Conducted by Department of Physical Education during 2022-23 Academic Year

MoU signed with 'Future Football Club'

The college has signed an MoU with a soccer club in Kochi, namely, Future Football Club. The club is conducting football training in the college football field for the children of the junior category. The coaches of the club are providing guidance to the members of the college football team as well. The primary aim of the college in this process is to foster awareness among children about health and wellness, social interaction, and to ensure that the students on our college football team get expert soccer training to perform well in the intercollegiate competition.



International Yoga Day Celebration

In connection with International Yoga Day, the department of physical education organised an online competition in which the candidates had to perform a yoga session and upload it to the Instagram - social media platform. The best performances were awarded prizes. Sahrdaya College Kodakara won the championship. The programme was sponsored by Orion Study Abroad.

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FREE ENTRY

INTERCOLLEGIATE YOGA DAY 2022
Organized by Department of Physical Education
Bharata Mata College, Thrikkakara

Yogle Gaze

Prizes
1st - 2500/- 2nd - 1500/- 3rd - 1000/-
E certificate will be Provided to all Participants
Note : Entries are Accepted only for the College Students

- Tag Your Video Performance to Our Instagram Page [@bmcSPORTSKILL2022](#) before 19/06/2022, 05.00pm
- Edited Video will be Disqualified
- Minimum Two Asanas will be Included with Video
- Proper Dress Code Should be Maintained

"JUDGES DECISION WILL BE FINAL"

Coordinators

Dr. Johnson K. M (Principal) BMC Thrikkakara	Dr. Praveen Mathew (HoD) Dept of physical education 9745644067	Mr. Ajith Johnson (Asst. Professor) Dept of physical education 9433134657
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Orion Study Abroad

Congratulations

ALL KERALA ONLINE YOGA COMPETITION OVERALL CHAMPIONS-SAHRDAYA COLLEGE, KODAKARA

Organised by Dept of Physical Education
Bharata Mata College, Thrikkakara

Webinar

Department of Physical Education has conducted a webinar on HOW TO BECOME AN INTERNATIONALLY LICENCED FITNESS TRAINER on 30th June 2022. Dr Sajith Kumar, CEO of Fit and Met Fitness Academy was the resource person. Students from BMC and other job aspirants in the field of fitness training have participated in the program. The program was inaugurated by Dr Johnson K M, Principal of Bharata Mata College.

BMC **BHARATA MATA COLLEGE, THRIKKAKARA**
DEPT. OF PHYSICAL EDUCATION & IQAC JOINTLY ORGANISES

WEBINAR ON

**HOW TO BECOME AN
INTERNATIONALLY LICENSED
FITNESS INSTRUCTOR**

Thursday,
30 June, 2022
7.00 pm

Google Meet

CALL NOW
+91 9633 1366 57

Resource Person
Dr. Sajith Kumar
C. E. O., Fit and Met Fitness Academy

Interactive Session with Foreign University Student

An interactive session was organized by the Department of Physical Education for the students with Hugo Mathew, First year medical student from Royal London Hospital, UK. He is a football enthusiast and a member in a soccer club in London. He has participated in a friendly football match along with our college football team.

Mr. Hugo Mathew is interacting with the College Football team members in post-match session



Selection trials for college teams

The Department of Physical Education has conducted selection trials for various teams to represent the college in intercollegiate competitions. Football selections were held on September 28th, 2022, and basketball and kabaddi selections were held on October 11th, 2022. The chess team was chosen on October 6th and 7th, 2022. Basketball team selection was conducted in the last week of October 2022. A total of 160 students have participated in the selection trials programme for various games. The final teams have been selected after a clear and precise selection process done by the teachers of physical education and coaches.

Sports day - Shootout Competition

The Department of Physical Education celebrated National Sports Day on August 29 with a shootout competition in the college. The program was inaugurated by the principal Dr. K M Johnson. A lot of students took part in the competition by trying their accuracy towards the aim.



Inaugural Ceremony of Shootout competition



Physical fitness challenge

In association with the Anti-Drug Cell of the College, the Department of Physical Education has conducted a fitness challenge programme that includes push-up competitions, endurance tests, and some games as well. Before the programme commenced, all students were well-instructed and informed about the programme and the importance of physical fitness by the faculties of the Physical Education departments.





MG University North Zone Intercollegiate Chess Championship

The MG University North Zone Intercollegiate Chess (Men) Championship has been organised by our college's Department of Physical Education for the 2022–2023 academic year. On November 16, 2022, the competition was held in the college auditorium and was formally inaugurated by Dr. K. M. Johnson, the principal, in the presence of Fr. Mathew Karthanam, the assistant manager of Bharata Mata College, Thrikkakara. The competitions were managed by Mr. Ameer P. S., an international FIDE arbitrator. Bharata Mata College Thrikkakara took second place, and S H College Thevara won the championship trophy. Almost 120 students from various colleges have competed in the competition.

Principal Dr. KM Johnson Inaugurating the Tournament by moving the Chess coin





Intramural competition

The Department of Physical Education has organised intramural competitions in association with the college union. The competitions began with the interdepartmental football championship on February 20, 2023. A total of 17 departments of our college have participated in the interdepartmental sports and games. The department has organised football, basketball, and athletics. The Department of Commerce won the championship in football, and the Department of B Com Computer Applications won the basketball championship.



Sports day

Sports Day for the 2022–23 academic year has been organised by the department of physical education for March 25, 2023. The inauguration was done by the principal, Dr. K. M. Johnson, in the presence of IQAC coordinator, Dr. Ajay Joseph. Nearly 100 students have participated in the meet, including boys and girls.



SPORTS DAY
ITEMS

Sprint Events	Long Race	Throws
100m	800m	Javelin
200m	1500m	Discus
400m		Shot Put

4 x 100 Relay
Basketball Finals will be held tomorrow.
Reporting Time : 9.00 AM

25 MARCH 2023
SATURDAY - 9.00 AM



Kerala State one step Taekwondo Championship 2023

Bharata Mata College has hosted the Kerala State One-Step Taekwondo Championship 2023 on March 4, 2023. More than 100 competitors from different districts have participated in the championship. The programme was organised by the Ernakulam District Association in association with the Department of Physical Education, BMC Thrikkakara. Manager of Bharata Mata College, Rev.Dr. Abraham Oliapurath, was the Guest of Honour at the Inaugural Ceremony, and Dr. K. M. Johnson, Principal of the College, presented as the Special Guest.



Health suppliments distribution

In support of the empowerment of women and to promote a healthy lifestyle among them, the Department of Physical Education has given health supplements to the female teachers and employees. To increase availability, the distribution was made available absolutely free of charge.



Summer vacation sports camp

Every year during the months of April and May, the Department of Physical Education organises a summer sports camp. The camp had started by the second week of April this year. The camp includes coaching in different games such as football, cricket, basketball, taekwondo, and basic physical fitness, and it is mainly for the children who are in the age category of 10 to 17. Most of the students attending the camp are from the surrounding area of the college. So that, it is helping the process of social cohesion between the college and the society. In the current year's camp, nearly 50 students have registered for the same. The camp is handled by the expert coaches and faculties of the Physical Education Department, Bharata Mata College Thrikkakara.

Bharata Mata College
Thrikkakara

Department of physical education Organising

SUMMER CAMP

@BHARATA MATA COLLEGE GROUND
2023 APRIL 3 -MAY 30

- > Football
- >cricket
- >Basketball
- >Taekwondo

Registration started

For Reg call -9633136657



BHARATA MATA COLLEGE

Owned & Managed by Archdiocese of Ernakulam - Angamaly

NAAC with A+ Grade, NIRF is Ranked in the BAND of 151-200, DBT Star College

The WEEK - Hansa Survey-2023 Best Colleges of India Ranking 2nd in the State.

ISO 9001-2015 Certified

Internal Quality Assurance Cell

Website: www.bharatamatacollege.in, Email: manager@bharatamatacollege.in

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