

DEPARTMENT OF PHYSICAL EDUCATION
BHARATA MATA COLLEGE, THRIKKAKARA

Brief Report of Academic Year 2021-2022

Our college have Football (men & women), Basketball (men & women), Chess (men & women), Shuttle (men & Women), Cricket (men) ,kho-kho ,Taekwondo (men & Women) ,wrestling ,karate (men & Women),kabaddi, Roller sports and further individuals participating in Power Lifting, Weight Lifting, yoga, Body building etc.

Shuttle Team (Men & Women)

1. Won the MG University North Zone Inter Collegiate tournament held at BMC Thrikkakara
Date : 16/11/2021
2. Won the M G University Inter Zone Championship at S.B College Changanaseery.
Date : 26/11/2021
 - Shivashanker E.J Of 1st year M.A English ,manav raj sumit of 1st year economics ,sanket Prakash of B.com ,Jerry.m. john of B.com represented M G University in the Inter University Championship.
3. Participated in the All Kerala Inter Collegiate Shuttle (Plastic) tournament held at St. Stephens College, Uzhavoor. Lost in the Semi-finals.
4. Became Runners Up in 'Riviera' International Sports and Cultural fest organized by VIT.

Cricket Team (Men)

1. M G University inter collegiate North Zone semi-finalist. Lost to SH college Thevara in the semi-final Held at M.A College Kothamangalam on 7/3/2022-9/3/2022
2. Sanju Sajeev- -BA Malayalam- - U-25 National Participation
Ajith Raj- -BA Economics- - State Participation
Vignesh K G- - BA Economics- - State Participation
Aswin M G - - B A Economics- - District Participation
Mridhul M - -B A Economics- - District Participation
- 3.

4. Participated in 2nd Kerala College premier League conducted by Sports Exotica at Thodupuzha. Reached final four in the zone and lost to SH college, Thevara in the Zonal Semi Finals.

Chess Team (Men & Women)

1. Womens team qualified for the M G Univesity Inter Zone Chess Championship and secured Second position held at S.H College Thevara.
 - Maalaviga rajesh of B.Sc phycics represented M G University in the southzone inter University chess championship.
2. Men's chess team Secured second runnersup in the M G University North Zone Inter collegiate Chess Championship held at S.H College Thevara

Basket Ball (Men & Women)

Men's team participated in the North Zone M G University North Zone Inter Collegiate Basketball Tournament and reached fourth round.

1. Men's team participated in the Inter Collegiate tournament held at Rajagiri college and reached second round.
2. Women's team qualified for the M G university Inter Zone basketball tournament and lost to St. Therasas College, Ernakulam.
3. Women's team became Champions in the Inter Collegiate tournament held at Mar Thoma college for Women, Perumbavoor.

Football (Men & Women)

Men's team participated in the MG University North Zone Inter Collegiate tournament held at ambekkar stadium kochi.

1. Men's team participated in the All Kerala Inter Collegiate tournament held at St Stephen's College and reached semi-finals.
2. Men's team participated in the Inter Collegiate tournament organized by Al-Ameen College, Edathala and reached 2nd round.

Kabaddi

- 1) Mens team participated in the M.G University kabbadi tournament and win two matches and loss the match with st stephans college in the semi finals

Taekwondo

- 1) MG University Taekwondo championship was conducted at Bharata mata college thrikkakara
- 2) BMC secured second runners up in M.G university tournament
 - BIJISHA BIJO BSC.CHEMISTRY SILVER
 - K J REVATHI BA ECONOMICS BRONZE
 - HRIDYA C A BCOM BRONZE
 - OSHEEN JAISON MSW BRONZE

- ZIYA UZMAN BSC MATHS SILVER

Powerlifting

- 1) M.G University powerlifting championship was held at morning star college angamaly on 26/02/2022, Vishnu suresh of B.A Economics secured bronze medal
- 2) Vishnu T.S And Godwin K.G of B.A English secured gold medal in kerala state powerlifting championship held at Alappuzha
- 3) Brahmadath M Ramesh of B.A Economics secured gold medal in kerala state powerlifting championship
- 4) Vishnu s, Godwin k.G and Brahmadath.M .R of bharata mata college participated national powerlifting championship in 2022 at goa

karatae

- 1) MG University karatae championship was held at BCM College kottayam, at 4/03/2022 and four of our students secured individual and group medals in different weight category

- BIJISHA BIJO CHEMISTRY BRONZE
- BIJINU JOHNSO MWS BRONZE
- SETHULAKSHMI BHASI MATHS BRONZE
- LIMNA ZEPHANI JAMES BCOM BRONZE

Rollersports

MG University men rollerskating championship was held at new man college thodupuzha on 21/03/2022 and Subramanian G of Bharata Mata College (1st year Bsc chemisty) secured silver medal .

Summer coaching camp

As a part of the extension activities, the department of Physical Education conducted a summer coaching camp from 5th April to 31th May, 2022 in Bharata Mata College Ground. The Camp was specially meant for the children below 16 years in the local community. The aim of the camp was to promote physical fitness through sports increasing concentration, improving academic scores, improving self-esteem, building a stronger heart, bones and healthier muscles. 38 students attended and the college issued camp certificates to all the students who attended the camp. The inauguration was done by our College Manager, Rev Fr .Dr. Abraham oliapurath. The state and national players of our college, under the guidance of (H.O.D of Physical Education), coached the children. This was meant to help them achieve good coaching skills.