

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2023-2024

Details of staff member:-

1. SANIL P. P

Course Offered by the Department:-

Open Course for 5th Semester UG Degree Students:

PEN5D03: Physical Activity Health and Wellness

This year, the college team participated in 6 disciplines, they are:

1. Football
2. Taekwondo
3. Cricket
4. Volleyball
5. Badminton
6. Athletics

FOOTBALL TEAM

The football camp of Ambedkar College of Arts & Science, Wandoor, started on June 26th 2023. The camp was held at VMC GHSS ground in Wandoor. There were 30 students in the camp. After the four month's camp, the football team participated in the Calicut University B-ZONE championship on 26 October 2023 at Duxford College Kalikkavu. The teams entered into the Pool Final Match with exciting performance.



FOOTBALL PRACTICE MATCHES

Ambedkar College of arts & Science, Wandoor organized football practice matches at the Duxford College ground, Kalikkavu, Malabar College Vengara and Al Shifa College Perinthalmanna.





FOOTBALL TEAM PARTICIPATED IN RELIANCE FOOTBALL TOURNAMENT

Ambedkar College of Arts & Science, Wandoor participated in the Reliance Football Tournament at the Nilambur Police Ground. The team entered third round of the match.



INTERNATIONAL YOGA DAY

International Day of Yoga, commonly known as Yoga Day, was celebrated on June 21 2023 under the Department of Physical Education, Ambedkar College of Arts & Science, Wandoor. 50 Volunteer student of National Service Scheme of our college attended the programme. Practice of yoga, meditation, creating awareness about yoga and the importance of adopting it in one's lifestyle were the primary objectives of celebrating such a day.


**Ambedkar College of Arts & Science
Wandoor**

Dept.of Physical Education in Association with NSS

21st JUNE, 2023

INTERNATIONAL
YOGA
DAY

Yoga
Session
Starts
at 10 am



Staff Coordinators:
Mr.Sanil PP & Dr.Sanil A S

Devendran
Adidev Hathavidya Yoga Center
Wandoor



TAEKWONDO TEAM

Geethu P from 6th Semester BA Economics competed in the Under 73 category at the Calicut University inter Collegiate Taekwondo championship.

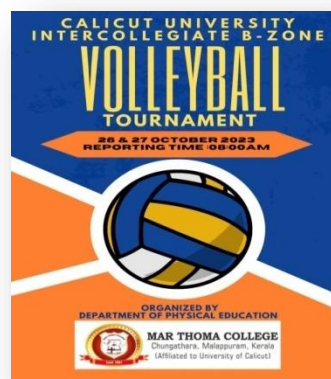
CRICKET TEAM

Ambedkar College of Arts & Science, Wandoor participated in the Calicut University B-Zone Cricket Tournament held at Al Shifa College of Arts & Science, Perithalmanna. The team entered 3rd Round of the tournament with exciting performance.



VOLLEYBALL

Our Volleyball camp started in August 2023. The volleyball team participated in Calicut University Volleyball Championship on 26 & 27th October 2023 at Mar Thoma College, Chungathara. They performed well in the tournament.



BADMINTON

Our Badminton camp started in August 2023. The Badminton team participated in Calicut University Badminton Championship on 8th November 2023 at SS Arts & Science College, Areekode. The team entered the second round of the championship.



Cricket for Boys

Department of Physical Education, Ambedkar College of Arts & Science, Wandoor, organized Inter Department Cricket Tournament for the boys of the college. Students from four departments participated in this tournament. Department of Mathematics and Department of English entered the final stage of the tournament. In the final match, Department of English defeated department of Mathematics and won the championship.



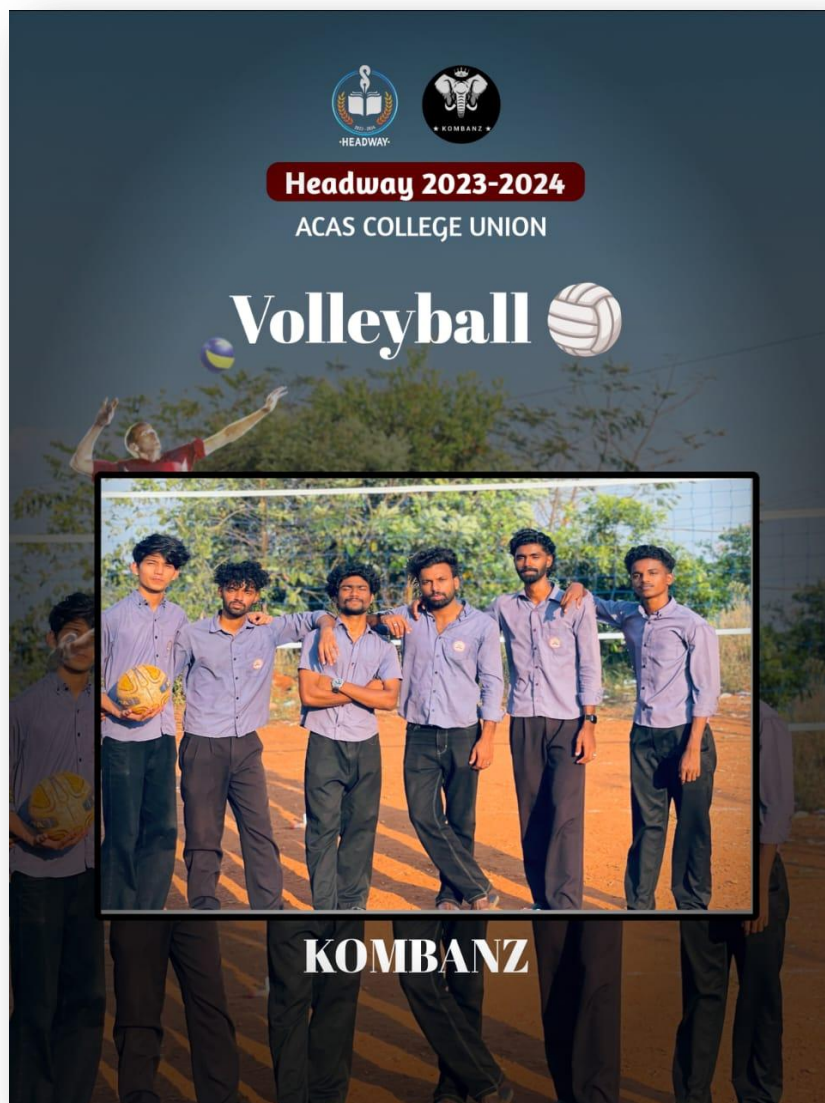
Cricket for Women

Department of physical education, Ambedkar College of Arts & Science, Wandoor, organized an Inter Department Women Cricket Tournament at the college ground on 23.02.2024. Students from four departments of the college participated in this tournament. Department of Economics and the Department of English entered the final stage of the tournament. In the final match, department of English defeated department of Economics and won the championship.



Volleyball Tournament

Department of Physical Education, Ambedkar College of Arts & Science, Wandoor organized an Interdepartment Volleyball Tournament for the men students of the college. The students from all four departments of the college participated in the competition out of which the Department of English and the Department of Commerce reached final. In the final competition, the Department of Commerce won the match.



Throw ball Tournament

Inter Departmental Throw ball Tournament was conducted by the Department of Physical Education of Ambedkar College of Arts and Science, Wandoor for the women student of the college. Four Departments of the College participate in this competition. Commerce Department and Mathematics Department reached the final in this competition and Mathematics Department became the winner in the final competition.

Staff Team Vs Students Cricket Match

Department of Physical Education of Ambedkar College of Arts & Science, Wandoor organized a staff vs student match at college ground. The staff team competed against the team of students who were the Inter Department Cricket match winners. The match was very interesting. The team of students defeated the team of staff in the competition.



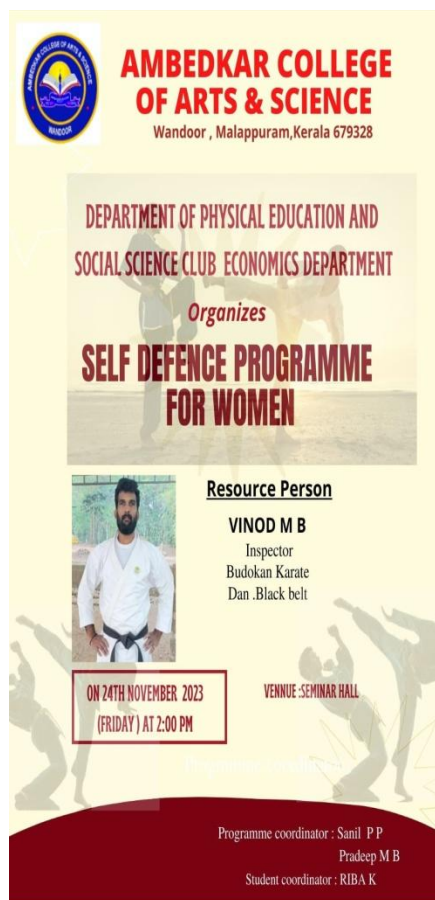
Annual Athletic Sports Meet

Department of Physical Education of Ambedkar College of Arts & Science, Wandoor organized Annual Sports Meet at the college ground on 24th January 2024. The meet was inaugurated by Mr. Rafeeqe, Head of the Department of Physical Education, Mampad College. The Principal presided over the function and the Department Heads delivered the felicitation speech. The events started with the General Captain's oath taking. The competition had around 10 events for both boys and girls. In the annual meet, the Economics Department emerged victorious with 102 points. Individual Men Champion of the Meet was awarded to Muhammed Aflah K S from IV Semester Bcom and Individual Women Champion of the Meet was awarded to Geethu P III Semester BA Economics.



Self Defence Programme For Women

Sports Club of Ambedkar College of Arts & Science, Wandoor and Social Science Club of Ambedkar College of Arts & Science, Wandoor jointly organized defence class for the girl students of the college. 60 students from the college participated in the programme. The class was about violence faced by women and how to resist it. The program was welcomed by Physical Education Department Head Sanil PP. College Principal Abdul Nasar VP inaugurated the programme. The resource person was Vinod M B, Inspector, Budokkan Karatte, Dan, Black Belt.



AMBEDKAR COLLEGE OF ARTS & SCIENCE
Wandoor, Malappuram, Kerala 679328

DEPARTMENT OF PHYSICAL EDUCATION AND
SOCIAL SCIENCE CLUB ECONOMICS DEPARTMENT
Organizes
**SELF DEFENCE PROGRAMME
FOR WOMEN**

Resource Person
VINOD M B
Inspector
Budokkan Karate
Dan .Black belt

ON 24TH NOVEMBER 2023
(FRIDAY) AT 2:00 PM

VENUE: SEMINAR HALL

Programme coordinator : Sanil P P
Pradeep M B
Student coordinator : RIBA K

