



MERCY COLLEGE

Palakkad, Kerala-678006

Govt. Aided Arts and Science College

Affiliated to the University of Calicut

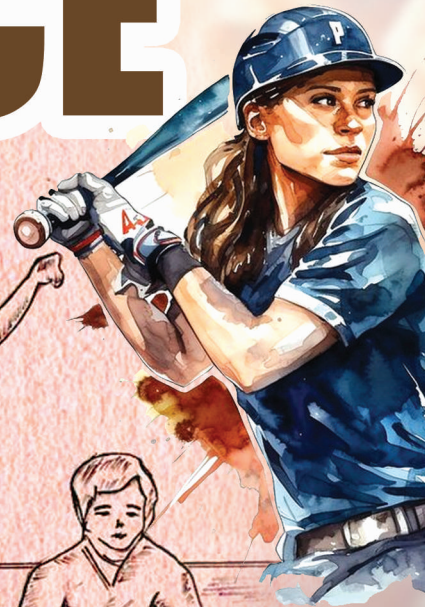
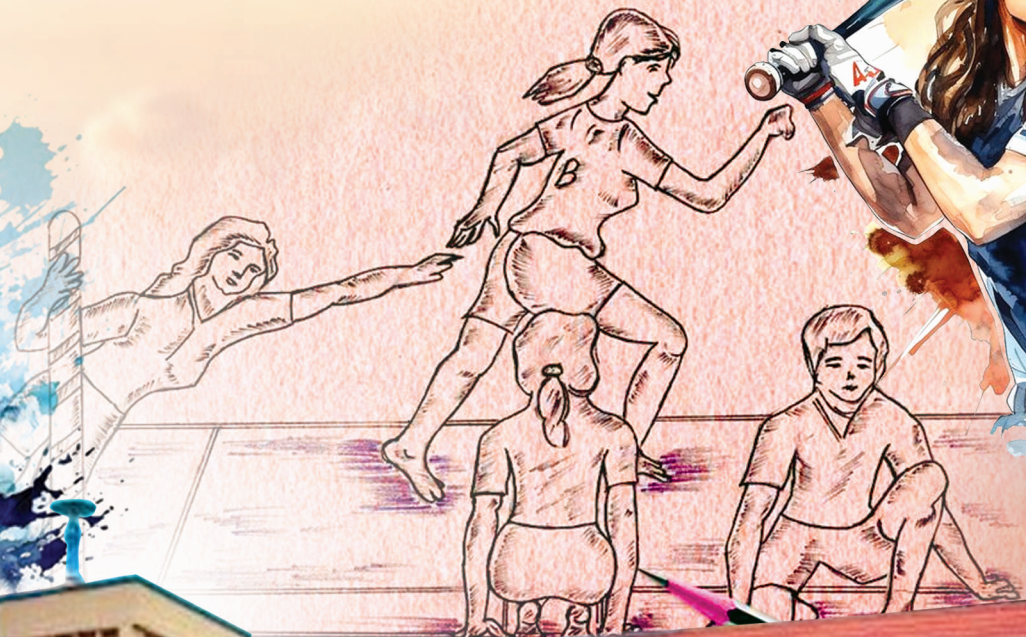
Accredited by NAAC with 'A' Grade Fourth Cycle

Web: www.mercycollege.edu.in, Mail: mercycollegepkd@yahoo.com



NEWSLETTER OF DEPARTMENT OF PHYSICAL EDUCATION 2024-25

RADIANCE



DEPARTMENT OF PHYSICAL EDUCATION

VISION

The joy of health living through physical dynamism

MISSION

To train women to be physically fit, mentally sound, emotionally balanced and socially developed through systematic and organized physical activities to create health families for a better world.

OBJECTIVES

Physical, Mental, Social, Emotional and Spiritual Development of an individual through Physical Activities.

Department of Physical Education - A Memorandum of Understanding was signed with

- Palakkad District Tug of War Association, Palakkad Thaluk, Civil Station Road, East Fort Ground, Emmar Building- Number 26/471, Palakkad to collaborate for Tug of War Training and Competition.
- Talent Football Academy, Near Palakkad Town Railway Station, Theredappuzha Building Number- CA 272/2004, Palakkad to collaborate for Football Training and conducting competitions for Girls and Women's.
- Bodhi Yoga Center, Alathur, Palakkad District, Kerala-678541, to collaborate for Yoga training and conducting classes for certificate course of Yoga and Wellness.

Department of Physical Education-Certificate Course

- Certificate course, "Yoga and Wellness", was introduced for First Year UG Students.

Department of Physical Education-Extension Activities

- As part of extension activities, under the leadership of the Department of Physical Education, in collaboration with Talents Football Academy, Palakkad free football coaching is being conducted on the grounds of Mercy College for girls from schools near Mercy College.
As part of extension activities, under the leadership of the Department of Physical Education, in collaboration with Palakkad District Tug of War Association, free Tug of War coaching is being conducted on the grounds of Mercy College for boys and girls from schools near Mercy College

The best practice of the Department of Physical Education

"Offering to players consistent, punctual and well-structured training"



RADIANCE

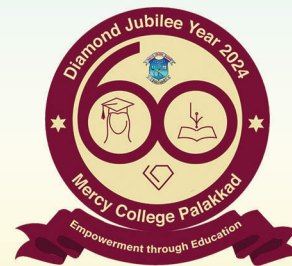
MERCY COLLEGE

Palakkad, Kerala-678006

Govt. Aided Arts and Science College

Affiliated to the University of Calicut

Accredited by NAAC with 'A' Grade Fourth Cycle



NEWSLETTER OF DEPARTMENT OF PHYSICAL EDUCATION 2024-25

Dr. Sr. LOULY N. M.

(Sr. Merin)
Vice Principal



Vice Principal's Message

We deeply appreciate your incredible effort and dedication in creating this sports newsletter during the academic year 2024–2025. We proudly commend our students for their outstanding achievements, which have brought honor and recognition to our institution and set a shining example for others to follow. Our faculty's passion for sports and commitment to showcasing the talents of our students is truly inspiring. This magazine not only highlights our accomplishments but also brings our institution's sports spirit to life. Thank you for the time, creativity, and hard work you put into making it a success.

Dr. Sr. Jorry. T. F.

(Sr.Nirmal)
Principal



Principal's Pen

It gives me great pleasure to introduce Radiance, our college's first-ever sports newsletter. This edition celebrates the outstanding achievements of our students in the academic year 2024–2025. From Inter-Collegiate Tournaments to State Level, Senior & Junior National Level, and All India Inter-University competitions, our athletes have brought pride and recognition to the institution. Their dedication, discipline, and sportsmanship are truly commendable. These accomplishments reflect not only individual talent but also the strength of our college's sporting spirit. Radiance serves as a proud record of their success and a source of inspiration for future athletes. I extend my heartfelt congratulations to all the students who made this year memorable through their hard work and triumphs.

Sri. Bhavajan. V.

PTA Vice President



PTA Vice President's Message

Mercy College has always been known for sporting excellence, and last year was no exception. Our students made us proud with their dedication, skill, and teamwork across every event. These achievements reflect strong leadership from our Principal and Vice Principal, the tireless efforts of the Physical Education Department, and the support of faculty, staff, and parents. Coaches and mentors also played a huge role in guiding our students to success. It's this united spirit that truly sets us apart. To everyone who contributed, we are proud of you. May these victories inspire future champions to rise even higher.



Sports & Games

FEATHER ON OUR CAP



CALICUT UNIVERSITY INTERZONE ATHLETIC CHAMPIONSHIP WINNERS

OUR SPORTSWOMEN, OUR PRIDE

**Vimala Menon Award for
Best Sportswoman**



Anamika K. A. (III B.A. History)
First Position in Heptathlon
New Meet Record in the Indian Open Athletics



Aiswarya B. (I B.Sc. Zoology)
Best Chaser of the Calicut University
Interzone Kho-Kho Championship



Aswani S. (II B.A. History)
Emerging Player of the State Senior
Baseball Championship



Megha S. (II B.A. History)
Best Woman Athlete Award at
Calicut University Athletic Championship



Anandi C. (II B.Com. Finance)
Individual Champion
VELOX'25 Annual Sports Meet

Sports & Games



SPORTS TEAM 2024-25



CALICUT UNIVERSITY SPORTS CONVOCATION CEREMONY 2023-24

 **MERCY COLLEGE**
Palakkad, Kerala – 678 006
Accredited by NAAC with 'A' Grade

 **University of Calicut Best College Award**
for the Year 2023-24,
Mercy College Secured
7th Position
among the 450 Affiliated Colleges in the Women's Section for
their overall Sports Performance

Sl.No.	Name of the College	Points	Position
1	Vimala College (Autonomous), Thrissur	1312	1
2	Christ College (Autonomous), Irinjalakuda	1102	2
3	Sahrdaya College of Advanced Studies, Kodakara	805	3
4	St. Mary's College, Thrissur	787	4
5	St. Josephs College, Irinjalakuda	762	5
6	Naipunnya Institute of Management and Information Technology, Pongam	553	6
7	Mercy College, Palakkad	548	7



**Mercy College, Palakkad won the
7th position in the Calicut University
Best College Award for the Year
2023-24**

Achievements in State level, Calicut University level, All India Inter University and Junior and Senior National level Achievements is given below.

CALICUT UNIVERSITY LEVEL TEAM ACHIEVEMENTS 2024-25

Sl. No.	Team	Total No. Of Participation	Position Secured	Date Of The Championship
1	FOOTBALL	22	FOURTH	22/10/24 TO 26/10/24
2	CROSS COUNTRY	05	FIFTH	29/10/2024
3	KABADDI	12	PARTICIPATION	14/11/2024
4	BASEBALL	18	THIRD	16/11/24 TO 17/11/24
5	KHO-KHO	15	SECOND	18/11/2024
6	NETBALL	12	PARTICIPATION	14/12/2024
7	KARATE	01	PARTICIPATION	21/11/2024
8	ATHLETICS	20	FIRST	15/12/24 TO 17/12/24
9	WUSHU	01	FIRST (Individual)	23/01/2025
10	SEPAK TAKRAW	13	FOURTH	17/02/2025
11	TUG OF WAR	10	THIRD	13/03/2025
12	SOFTBALL	16	PARTICIPATION	22/03/2025
13	DROP ROBALL	11	THIRD	22/03/2025
14	SOFT BASEBALL	18	SECOND	28/03/2025 TO 29/03/2025
TOTAL PARTICIPATION		174		

FIRST	SECOND	THIRD	FOURTH
1	2	3	2

STATE LEVEL ACHIEVEMENTS 2024-25

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD
75	23	31	15

ALL INDIA INTER-UNIVERSITY LEVEL ACHIEVEMENTS 2024-25

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD
29	08	06	NA

ALL INDIA SENIOR & JUNIOR NATIONAL LEVEL ACHIEVEMENTS 2024-25

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD
23	07	04	04

**56th CALICUT UNIVERSITY INTER-ZONE ATHLETIC CHAMPIONSHIP
2024-25-ACHIEVEMENTS**

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD
20	08	06	04

The Department of Physical Education coordinated various programs across the Academic Year. They are as follows:

Sl. No.	Name of the Program	Date
1	"PRATYAHARA 2024" - International Yoga Day Celebration	21st June 2024
2	"CITIUS 2024" International Olympic Day	23rd June 2024
3	Cross Country Race - In connection with "PARIS Olympics 2024"	26th July 2024
4	"SPAR 2024" National Javelin Day Celebration	7th August 2024
5	"ZEST 2024" Zumba Dance Program	12th August 2024
6	"HOOP 2024" International Netball Day	21st August 2024
7	"CELER 2024" National Sports Day	29th August 2024
8	"AARAVAM 2024" Onam celebration	12th September 2024
9	"HARDY'24" Navarang Diamond Jubilee Celebrations - State school level Tug of War Tournament 2024	28th September 2024
10	3rd Palakkad District Junior & Sub-Junior Fast 5 Netball Championship	7th & 8th December 2024
11	8th Palakkad District Mini Netball Championship	7th & 8th December 2024
12	29th Kerala State Senior Softball Championship [Women]	2nd & 3rd January 2025
13	29th Kerala State Senior Softball Championship [Men]	4th & 5th January 2025
14	"VELOX 2025" Annual Sports Meet	15th January 2025

Sl. No.	Name of the Program	Date
15	"ASMITA" KHELO INDIA WOMEN Football League (U17)	18th January - 9th February 2025
16	"BOUNCE 2025" Intramural Drop Roball Tournament	1st February 2025 to 12th February 2025
17	Merit Day'25 Distribution of cash award for outstanding sports persons	5th February 2025
18	"WELLNESS WONDERS" Mental health awareness program	6th February 2025
19	"SMASH '25" Intramural Shuttle Badminton Tournament	12th February 2025
20	"CASTLE '25" Intramural Chess Tournament	19th February 2025
21	"BAILER 2025" Aerobics Dance Program	28th February 2025
22	"EVEXIA '25" Workshop on Mental Health	1st March 2025
23	VELOX 2025 - Minor Game: Flag Off	4th March 2025
24	Yoga and Wellness Orientation Class	4th March 2025
25	"REGALO 2025" Sports Convocation Ceremony	7th March 2025
26	Fitness Trainer Course (ASAP KERALA)- Awareness class	12th March 2025
27	"YUJ 2025" Yoga Training Program	Monday to Friday
28	"ARETE '24-25" Regular, continuous and systematic Training in All Sports	01st June 2024 to 31st March 2025(Monday to Saturday)

Sports & Games

Calicut University Level Team Achievements



FOURTH POSITION: CALICUT UNIVERSITY INTERZONE FOOTBALL CHAMPIONSHIP



CROSS COUNTRY TEAM: FIFTH POSITION IN THE CALICUT UNIVERSITY INTERZONE CROSS COUNTRY CHAMPIONSHIP



KABADDI TEAM PARTICIPATED IN THE CALICUT UNIVERSITY INTERZONE KABADDI CHAMPIONSHIP



BASEBALL TEAM: THIRD POSITION IN THE UNIVERSITY OF CALICUT INTERZONE BASEBALL CHAMPIONSHIP



KHO-KHO TEAM: SECOND POSITION IN THE CALICUT UNIVERSITY INTERZONE KHO-KHO CHAMPIONSHIP



NETBALL TEAM PARTICIPATED IN THE CALICUT UNIVERSITY INTERZONE NETBALL CHAMPIONSHIP



ATHLETICS TEAM: FIRST POSITION IN THE CALICUT UNIVERSITY INTERZONE ATHLETIC CHAMPIONSHIP



SEPAK TAKRAW TEAM: FOURTH POSITION IN THE CALICUT UNIVERSITY INTERZONE CHAMPIONSHIP



TUG OF WAR TEAM: THIRD POSITION IN THE CALICUT UNIVERSITY INTERZONE CHAMPIONSHIP



DROP ROBALL TEAM: THIRD POSITION IN THE CALICUT UNIVERSITY INTERZONE CHAMPIONSHIP



SOFTBALL TEAM PARTICIPATED IN THE CALICUT UNIVERSITY INTERZONE CHAMPIONSHIP



SOFTBASEBALL TEAM: SECOND POSITION IN THE UNIVERSITY OF CALICUT INTERZONE CHAMPIONSHIP

Sports & Games

Calicut University Level Individual Achievements

56th CALICUT UNIVERSITY INTER ZONE ATHLETIC CHAMPIONSHIP
2024-25 HELD AT CALICUT UNIVERSITY SYNTHETIC
STADIUM FROM 15th DECEMBER 2024 TO 17th DECEMBER 2024.



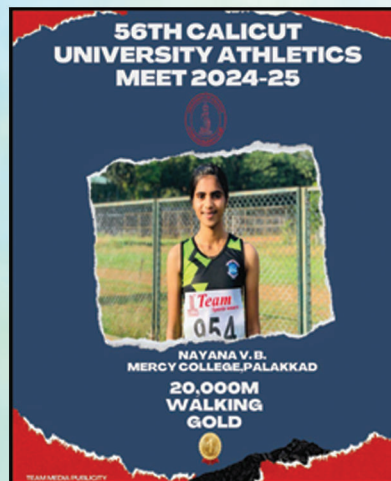
SREEKUTTY K.S. (III B.A. History N+1)
SECOND position and
RIYA K. JAYAN (I M.A. English)
THIRD position in Shot put



RAVEENA R. (III B.Sc. Physics)
FIRST position in 100 m Hurdles



MEGHA S. (II B.A. History)
FIRST in 100 m Dash



AKSHARA M. (II B.Sc. CS)
THIRD position in 20 km Race Walking



KRISHNENDU UNNIKRISHNAN
(III B.A. History) THIRD position
in 800 m race



RIMA K. JAYAN (I B.A. English)
SECOND position in Long Jump



MEGHA M. (I B.A. Economics)
SECOND position in 400 m Dash.

Sports & Games

Calicut University Level Individual Achievements

56th CALICUT UNIVERSITY INTER ZONE ATHLETIC CHAMPIONSHIP
2024-25 HELD AT CALICUT UNIVERSITY SYNTHETIC
STADIUM FROM 15th DECEMBER 2024 TO 17th DECEMBER 2024.



SAMVRUTHA RAJU
(III B.A. History)
SECOND position in 400m Hurdles



IRIN THOMAS (I B.A. English)
FIRST position in 800m Race and
1500m Race



SISIRA P. (III B.A. History)
THIRD position in 200m Dash and
FOURTH position in 400m Dash



ANAMIKA K.A. (III B.A. History)
SECOND position in High Jump.



MEGHA S. (II B.A. History)
SECOND position in 200m Dash



THARA G. (I B.Sc. Chemistry)
FOURTH position in 100m Dash



ANUJA G. (I B.A. History)
FIRST position in the Calicut
University 48 kg category Wushu
Championship

FIRST POSITION IN 4 X 400m RELAY



KRISHNENDU UNNIKRISHNAN
(III B.A. History)



SAMVRUTHA RAJU
(III B.A. History)



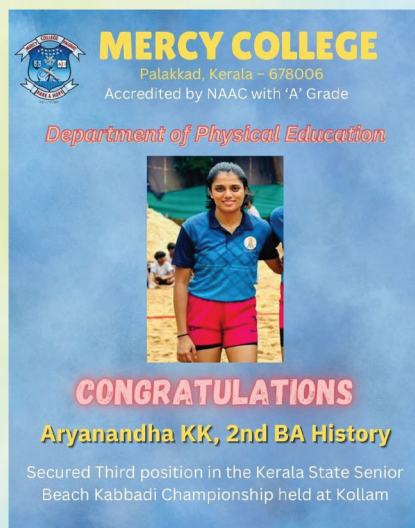
SISIRA P.
(III B.A. History)



MEGHA M.
(I B.A. Economics)

Sports & Games

STATE LEVEL ACHIEVEMENTS



FIRST IN STATE LEVEL SENIOR TUG OF WAR CHAMPIONSHIP



BHADRA B. (II B.A. English), AMRUTHA K. P.(III B.Sc. Zoology) and SNEHA S. (III B.A. Economics)

THIRD POSITION IN STATE SENIOR KABADDI CHAMPIONSHIP



REJITHA X. (I B.Sc. Botany), POOJA B. (II B.A. English) and AKHILA T.A. (II B.Sc. Maths)

FIRST POSITION IN INTER CLUB STATE ATHLETIC CHAMPIONSHIP



RAVEENA R. (III B.Sc. Physics)
Under 20 100m Hurdles



ANAMIKA K.A.
(III B.A. History) Shot-put



MEGHA S. (II B.A. History)
Under 20 100m Dash

INTER CLUB STATE ATHLETIC CHAMPIONSHIP



AISWARYA R. (III B.Sc. Chemistry), ANJANA K. (I B.A. English), SABIMOL K. (III B.A. History), SUBESHNA C. (II B.A. History), ANANYA NANDAN V. (III B.A. Economics N+1), ARCHANA K.R. (I B.A. English), JESI J.S. (II B.A. History) and VISHNUPRIYA U. (III B.A. Economics) participated in the State Senior Football Championship at Thiruvalla.



RIMA K. JAYAN (I B.A. English)
FIRST position in Under 18 Long Jump



SISIRA P. (III B.A. History)
FOURTH position in 400m Dash



NAYANA V.B. (I B.A. History)
FIRST position in Under 20 10000m Race Walk

Sports & Games

STATE LEVEL ACHIEVEMENTS

THIRD POSITION STATE SENIOR SEPAK TAKRAW CHAMPIONSHIP



ATHISAYA N.A. (II BCA) and
JYOTHIKA KUTTAPPAN
(III B.A. History N+1)

FIRST POSITION STATE ATHLETIC MEET 4X100m RELAY



SISIRA P. (III B.A. History), MEGHA S.
(II B.A. History) and SHOBITHA RAJU N.R.
(II B.A. History)

FIRST POSITION STATE JUNIOR ATHLETIC CHAMPIONSHIP



NAYANA V.B. (I B.A. History)
Junior 10 km Race Walking



MEGHA S. (II B.A. History)
200m Dash



AKHILA T.A. (II B.Sc. Maths)
FIRST position in the State Junior
Drop Roball Championship

SECOND POSITION IN STATE DROP ROBALL CHAMPIONSHIP



ANJALI G.K. (II B.A. English), MANJUMOL P.K.
(II B.Sc. Chemistry), THARADAS H. (II B.Com
CA), SWETHA U. (II B.Sc. Zoology), SHANI S.
(II B.Sc. Zoology) and SATHYA P. (II B.Sc.
Chemistry)

THIRD POSITION IN STATE DROP ROBALL CHAMPIONSHIP



AISWARYA M. (I B.Sc. CS), ANJANA T.P.
(II B.A. History), MEENAKSHI M. (II B.A.
History) and FATHIMATH SHAHANA K.S.
(II B.A. History)

FIRST POSITION IN STATE JUNIOR KHO-KHO CHAMPIONSHIP



MEGHA M. (I B.Com CA), AKHALYA M. (I B.Com CA)
and ANUSREE S. (I B.A. History)

STATE JUNIOR KABADDI CHAMPIONSHIP



AMRITHA C.P. (II B.A. History)
FIRST POSITION



HARITHA K. (I B.A. English)
SECOND POSITION

Sports & Games

STATE LEVEL ACHIEVEMENTS

SENIOR STATE BASEBALL CHAMPIONSHIP SECOND POSITION



ATHIRA M. (III B.A. English), ASWANI S. (II B.A. History),
ASWANI U. (III B.A. History) and NANDANA M.
(III B.A. History)

STATE JUNIOR KABADDI CHAMPIONSHIP



NIYA MANOJ P.T.
(II B.A. Economics)
SECOND POSITION



ASWATHI M. (II B.A. History)
THIRD POSITION

SENIOR STATE BALL BADMINTON CHAMPIONSHIP



DEVIKA RAJ R. (II B.Com. Finance)
represented Palakkad district and led the team
and won THIRD position.

STATE BASEBALL CHAMPIONSHIP FIRST POSITION



SHALINI SAJI (III B.A. History N+1) and
ANSAMOL RAJU (III B.A. Economics N+1)
represented Kottayam District Team



NEETHU KRISHNA M. (II B.Sc. CS),
NANDANA M. (III B.A. History),
SOBHITHA S. (II B.A. English) and
SREENANDHANA E. (III BCA)

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade
Department of Physical Education

WINNERS

Palakkad District Fast 5 Netball Junior Team
won the FIRST position in the State
Championship held at Morning Star
College, Angamaly, Keerthana .P.S. of D1 B. Com
F and Sania Sunil of D1 B. Sc. Botany
represented Palakkad Team.



RIYA K. JAYAN (I M.A. English)

FIRST POSITION: Kerala State Junior Power
lifting Championship 2025
SECOND POSITION: Kerala State Senior Power
lifting Championship 2025

Sports & Games

ALL INDIA INTER UNIVERSITY LEVEL ACHIEVEMENTS

ALL INDIA INTER UNIVERSITY SOUTH ZONE FOOTBALL CHAMPIONSHIP FIRST POSITION



JESI J.S. (II B.A. History) and SABIMOL K. (III B.A. History) represented Calicut University Team

ALL INDIA INTER UNIVERSITY KHO-KHO CHAMPIONSHIP FIRST POSITION



ANUSREE P.M. (II B.A. English) and NEHA P. (III B.Com. CA)



DEVIKA RAJ R. (II B.Com Finance) participated in the All India Inter University Ball Badminton Championship.

ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP



ANAMIKA K.A. (III B.A. History) FIRST POSITION in Heptathlon



NAYANA V.B. (I B.A. History) participated in 20 km Race Walking



RIMA K. JAYAN (I B.A. English) participated in Long Jump

ALL INDIA INTER UNIVERSITY TUG OF WAR CHAMPIONSHIP FIRST POSITION



BHADRA B. (II B.A. English)



THARA G. (I B.Sc. Chemistry) participated in 4X100m Relay



MEGHA S. (II B.A. History) participated in 4X100m Relay



KEERTHY S. (II B.Com. CA) participated in 4X100m Relay

Sports & Games

ALL INDIA INTER UNIVERSITY LEVEL ACHIEVEMENTS

ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP



MEGHA M. (I B.A. Economics)
FOURTH POSITION (4X400m
Relay)



SISIRA P. (III B.A. History)
FOURTH POSITION (4X400m
Relay)



IRIN THOMAS (I B.A. English)
FOURTH POSITION (4X400m
Relay)



RAVEENA R. (III B.Sc. Physics)
participated in 100m Hurdles

ALL INDIA INTER UNIVERSITY BASEBALL CHAMPIONSHIP FIRST POSITION



ASWANI U. (III B.A. History), SHALINI SAJI (III B.A. History
N+1), ASWANI S. (II B.A. History) and ANSAMOL RAJU
(III B.A. Economics N+1)



ALL INDIA INTER UNIVERSITY SOFTBALL CHAMPIONSHIP



ASWANI U. (III B.A. History)
represented Calicut University



SHALINI SAJI (III B.A. History)
represented Calicut University

ALL INDIA INTER UNIVERSITY SOFT BASEBALL CHAMPIONSHIP SECOND POSITION



ANSAMOL RAJU
(III B.A. Economics N+1)



ASWANI S.
(II B.A. History)



SREENANDHANA E.
(III BCA)



ATHIRA M.
(III B.A. English)



NANDANA M.
(III B.A. History)



SOBHITHA S.
(II B.A. English)



JYOTHIKA KUTTAPPAN (III B.A. History)
participated in the All India Inter University
Sepak Takraw Championship



Sports & Games

SENIOR AND JUNIOR NATIONAL LEVEL ACHIEVEMENTS

NATIONAL TUG OF WAR CHAMPIONSHIP FIRST POSITION



SNEHA S. (III B.A. Economics) and
BHADRA B. (II B.A. English)

NEW MEET RECORD IN THE INDIAN OPEN ATHLETIC MEET



ANAMIKA K.A.
(III B.A. History)
FIRST POSITION in Heptathalon

PARTICIPATED IN JUNIOR NATIONAL WUSHU CHAMPIONSHIP



ANUJA G. (I B.A. History)

REPRESENTED KERALA TEAM IN KHO-KHO LEAGUE CHAMPIONSHIP



ANUSREE P.M. (II B.A. English)

KHELO INDIA JUNIOR NATIONAL KHO-KHO CHAMPIONSHIP SECOND POSITION



MEGHA M. (I B.Com. CA) and
AKHALYA M. (I B.Com. CA)

UNDER 20 SOUTH ZONE NATIONAL ATHLETIC CHAMPIONSHIP SECOND POSITION



RAVEENA R. (III B.Sc. Physics)

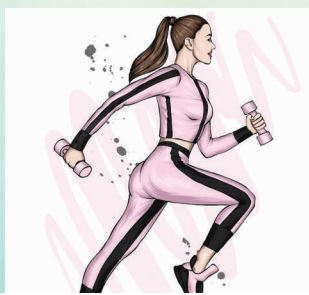
ALL INDIA JUNIOR NATIONAL ATHLETIC CHAMPIONSHIP SIXTH POSITION



NAYANA V.B. (I B.A. History)



MEGHA S.
(II B.A. History)
THIRD POSITION in
Under 20 4 X 100m Relay
and **FIFTH POSITION** in
100m Dash in the 39th
Junior National Athletic
Championship.



ASWANI U.
(III B.A. History),
SHALINI SAJI
(III B.A. History N+1) and
ASWANI S. (II B.A. History)
won the **THIRD POSITION**
in the 37th All India
Senior National Baseball
Championship.



Sports & Games

SENIOR AND JUNIOR NATIONAL LEVEL ACHIEVEMENTS

SOUTHZONE NATIONAL SOFTBALL CHAMPIONSHIP

KERALA SENIOR WOMENS TEAM

CHAMPIONS



ANSAMOLRAJU

Congratulation



MERCY COLLEGE

Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade

Department of Physical Education



CHAMPIONS

Kerala Softbaseball Team won the FIRST position in the National Softbaseball Championship held at Jaipur, Rajasthan. Sobhitha S. of 2nd BA English, Sreenandhana E.K. of 3rd BCA, Neethu Krishna .M. of 2nd B.Sc. CS, and Nandhana. M. of 3rd BA History reprersted the Kerala Team.



BHADRA B. (II B.A. English)
FIRST POSITION in the Khelo India National Senior Beach Tug of War Championship



MERCY COLLEGE

Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade

Department of Physical Education



CONGRATULATIONS

Shobitha Raju. N. R. of 2nd BA History has been selected to Kerala Senior women Netball Team for the Fast 5 Senior Netball National Championship



MERCY COLLEGE

Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade

Department of Physical Education



SILVER

Kerala 4 X 100 Meter Relay Team won the SECOND position in the National Games Athletic Championship held at Utrakkhand . Megha. S. of 2nd BA History represented the Kerala Team.



RIYA K. JAYAN (I M.A. English)
participated in the Senior National Power Lifting Championship

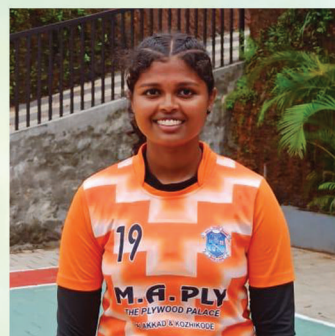
JUNIOR NATIONAL DROP ROBALL CHAMPIONSHIP



SWETHA U. (II B.Sc. Zoology)
SECOND POSITION in Singles



THARADAS H. (II B.Com. CA)
participated



AKHILA T.A. (II B.Sc. Maths)
participated



ANJANA T.P. (II B.A. History)
participated

PROGRAMS ORGANIZED BY THE DEPARTMENT OF PHYSICAL EDUCATION

MERCY COLLEGE PALAKKAD
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade

CROSS COUNTRY RACE
in connection with Paris Olympics 2024

MERCY COLLEGE CAMPUS
28th JULY 2024 @ 8PM

MERCY COLLEGE PALAKKAD
PALAKKAD, KERALA-678006
Accredited by NAAC with 'A' Grade

National Javelin Day Celebration SPAR 2024
On 7th August 2024

Poster Designing Competition

വിഷയം: "ഇന്ത്യയുടെ ജാലിൻ പ്രതീകം"

Venue: Auditorium
Time: 12:50pm to 2:50pm
Prize Distribution: - 3:15pm

For Registration: Contact: -8111832514 Dr. Sreejith P. A
HOD of Physical Education

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade

Department of Physical Education
National Javelin Day Celebration

SPAR 2024
Poster Designing Competition (Individual)

Date: 7th August 2024
Venue: Auditorium
Time: 12:50 PM - 2:50 PM
Prize Distribution: 3:15 PM

August 7 is celebrated as National Javelin Day in India. The Athletics Federation of India decided to celebrate August 7 as the National Javelin Day to commemorate Neeraj Chopra's historic gold medal during the Tokyo Olympics. The Department of Physical Education is organizing a Poster Designing Competition as a part of this.

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade

Department of Physical Education

ZEST 2024
Zumba Dance Program
Organized by FTYLOUNGE
Fitness Studio, Palakkad

On 12/08/2024
From 12:50 PM - 1:50 PM
Venue - Leisure Tower

HOOP-2024
NETBALL SHOOTING COMPETITION

International Netball Day Celebration.

21 AUGUST, 2024
AT 2:50 PM
In front of the college.

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade

MERCY COLLEGE
PALAKKAD, KERALA - 678006
ACCREDITED BY NAAC WITH 'A' GRADE

CELER 2024
NATIONAL SPORTS DAY CELEBRATION
HOCKEY PENALTY SHOOT OUT COMPETITION

ON 28TH AUGUST, 2024
TIME- 3 PM
VENUE- IN FRONT OF THE COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

ഓണാഘോഷം
ആരവം 2024

• വടംവലി • കന്നേരകളി
• സുൺ റേസ് • ഉരിയടി

12 അംഗീകൃതം

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade

Instructions

On 11/09/2024

- Venue: - College Ground
- 1:00pm- Tug of War Weigh-in
- 2:50pm- Tug of War Competition (Preliminary Round)

On 12/09/2024

- Venue: -In front of the College
- 11:00am:- Lemon Spoon Race
- 11:30am:-Musical Chair
- 12:00pm:- Uriyadi
- 12:30pm:- Tug of War Final
- 1:00pm:- Prize Distribution

Tug of War Instructions

- Maximum Team Weight: 450Kg.
- Maximum Team members: -8+2=10
- Maximum one team from each Department can participate
- Jersey (Lower/Shorts/T-Shirt) & Shoes compulsory for the participation

For more details: Dr. Sreejith P. A.
HoD of Physical Education
8111832514

PALAKKAD DISTRICT NETBALL ASSOCIATION
Reg. No : PKD/CA/267/2019

3RD PALAKKAD DISTRICT SUB JUNIOR & JUNIOR FAST 5 NETBALL CHAMPIONSHIP & 8TH PALAKKAD DISTRICT MINI NETBALL CHAMPIONSHIP

2024 DEC 7, 8 | MERCY COLLEGE, PALAKKAD

Dr. Sreejith P. A. (Dr. Sreejith P. A. is the Principal, Mercy College, Palakkad)



M Mathrubhumi
മാതൃഭൂമി

ജേതാക്കളെ അനുമോദിച്ചു

21/12/2024 PALAKKAD Pg 02

കാലിക്കറ്റ് സർവകലാശാല അത്ലറ്റിക് മീറ്റിൽ മേഴ്സി കോളേജിനായി നേട്ടം കൈവരിച്ച കായികതാരങ്ങളെ അനുമോദിക്കുന്ന ചടങ്ങ് ജില്ലാ സ്പോർട്സ് കൗൺസിൽ വൈസ് പ്രസിഡന്റ് സി. ഹരിദാസ് ഉദ്ഘാടനം ചെയ്യുന്നു.

പാലക്കാട്: കാലിക്കറ്റ് സർവകലാശാല അത്ലറ്റിക് മീറ്റിൽ മേഴ്സി കോളേജിനായി നേട്ടം കൈവരിച്ച 20 കായികതാരങ്ങളെ അനുമോദിച്ചു. കേരള അത്ലറ്റിക് അസോസിയേഷൻ വൈസ് പ്രസിഡന്റ് സി. ഹരിദാസ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ സി.എഫ്. ജോറി അധ്യക്ഷയായി. പരിശീലകനായ കേരള സ്റ്റേറ്റ് സ്പോർട്സ് കൗൺസിൽ പരിശീലകൻ കെ.പി. ശ്രീനാഥ്, കെ.പി. ബിശ്വജിത്ത്, കെ. സുരേന്ദ്രൻ, എം. രമേശ്, അർജുൻ ഹരിദാസ് എന്നിവരെ ആദരിച്ചു. മേഴ്സി കോളേജ് കായിക വിഭാഗം മേധാവി ഡോ. പി.എ. ശ്രീജിത്ത്, പി.ടി.എ. പ്രസിഡന്റ് വി. ഭവജൻ എന്നിവർ സംസാരിച്ചു.



Oleevia Foundation
PRESENTS
29th KERALA STATE SENIOR SOFTBALL CHAMPIONSHIP FOR MEN & WOMEN

WOMEN'S CHAMPIONSHIP JANUARY 2nd & 3rd, 2025
MEN'S CHAMPIONSHIP JANUARY 4th & 5th, 2025

VENUE: MERCY COLLEGE, PALAKKAD

PROGRAMS ORGANIZED BY THE DEPARTMENT OF PHYSICAL EDUCATION

MERCY COLLEGE PALAKKAD
NAVARANG
DIAMOND JUBILEE CELEBRATIONS

**State Level Inter School (Girls)
Tug of War Championship 2024**

28 September 2024 10 am
Venue: COLLEGE GROUND

Inauguration
Dr. Sr. Gisala George
Former Principal & HoD of Physical Education
Mercy College, Palakkad

DEPARTMENT OF PHYSICAL EDUCATION

DIAMOND JUBILEE

State Level Tug of War Championship
On 28th September, 2024

Program Schedule

Prayer- Vimaya
Welcome- Dr. Sreejith P. A (HoD of Physical Education, Mercy College, Palakkad)
Presidential Address:- Dr. Sr. Jorry T. F. (Principal, Mercy College, Palakkad)
Inauguration and Flag Hoisting:-
Dr. Sr. Gisala George (Former Principal & HoD of Physical Education, Mercy College, Palakkad)
Felicitation:- Sri. Bhavajan. V (PTA, President, Mercy College, Palakkad)
Vote of Thanks:- Ms. Shyni E. T (HoD of History, Mercy College, Palakkad)

SAI Government of India Ministry of Sports and Youth Affairs
ALL INDIA FOOTBALL FEDERATION
KHELO INDIA

ASMITA
Achieving Sports Milestones by Inspiring Women Through Action
खेल से ही है पहचान

Football League (U 17)

Venue- Mercy College Ground, Palakkad
January 18 - February 9

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade
Department of Physical Education

BOUNCE
Drop Roball Intramural Competition 2024-25
On February 1st, 2025

Interested Students, Please Contact
Convener,
Dr. Sreejith P.A.,
HoD Physical Education.
Ph: 8111832514

MERCY COLLEGE, PALAKKAD
VELOX-25
ANNUAL SPORTS MEET 2024-25

ON 15th JANUARY 2025 VENUE: COLLEGE GROUND | Time: 9.30 am

CHIEF GUEST: M. D. THARA
(Indian International Athlete)

Cordially Invited

VELOX-25
ANNUAL SPORTS MEET 2024-25

Programme Schedule

Inauguration	Prayer	Welcome	Presidential address	Introducing the Chief Guest	Inaugural address and flag hoisting	Lighting the torch	Keynote address	Felicitation	Oath taking	Wellness drill	Vote of thanks

Events

10:45	100 M. (Heats)	12:40	400 M. Final
11:10	Shot Put	1:10	1 to 1:40
11:15	100 M. Final	1:40	Lunch Break
11:30	Long Jump	2:00	4x100 M. Relay
11:35	200 M. (Heats)	2:00	Bombing the city
11:50	200 M. Final	2:00	100 M.
12:00	Shuttle Run	2:20	Shot Put
12:15	400 M. (Heats)	3:00	Bombing the city
			Closing Ceremony

Teachers Events

2:00	100 M.
2:20	Shot Put
3:00	Bombing the city
	Closing Ceremony

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade
Department of Physical Education

CONGRATULATIONS

Akhila T. A of 2nd B. Sc. Mathematics won the FIRST position in the BOUNCE'25 (Intramural Drop Roball League Tournament)

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade
Department of Physical Education

CONGRATULATIONS

ANJANA. T. P. of 2nd BA History won the Second position in the BOUNCE'25 (Intramural Drop Roball League Tournament).

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade
Department of Physical Education

CONGRATULATIONS

ANJALY.G. K. of 2nd BA History won the Third position in the BOUNCE'25 (Intramural Drop Roball League Tournament).

PROGRAMS ORGANIZED BY THE DEPARTMENT OF PHYSICAL EDUCATION

MERCY COLLEGE, PALAKKAD
Department of Physical Education
VELOX 25

SMASH 25

SHUTTLE TOURNAMENT

12 February 2025
Venue: College Auditorium

CHANNEL YOUR NERVES
INTO EXCITEMENT!!!

Staff Co-ordinator
Dr. Sreejith P.A.
HOD Physical Education
8111832514

Student Co-ordinator
Bhadra.B
General Captain
6238997472

MERCY COLLEGE, PALAKKAD
Department of Physical Education
VELOX 25

SMASH

SHUTTLE TOURNAMENT
WINNERS

1st

ANANYA
D2 BCOM FENANCE

2nd

ARPIITHA K
D1 BCA

3rd

SMRITHI S
D1 BIOTECH

CONGRATULATIONS!

MERCY COLLEGE PALAKKAD
DEPARTMENT OF PHYSICAL EDUCATION
AGNI UNION 2025
VELOX' 25

CASTLE'25

CHESS TOURNAMENT

Date: 19.02.2025
Time: 10 AM
Venue: Physical Education Department

Staff Coordinator
Dr. Sreejith P.A.
HOD Physical education
81118 32514

Student Coordinator
Bhadra.B
General Captain
6238997472

MERCY COLLEGE, PALAKKAD
DEPARTMENT OF PHYSICAL EDUCATION
AGNI UNION 2024
VELOX' 25

CASTLE' 25

WINNERS

FIRST

GIFTY MARIA
D2 ENGLISH

SECOND

NAHLA NAZIR
D2 BIOTECH

THIRD

SREELAKSHMI
D1 MATHEMATICS

Congratulations!

MERCY COLLEGE
Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade

ON: 1ST MARCH, 2025
10: 30 AM
VENUE - SEMINAR HALL

By: Ms. Aparna Rajeev
RCI Licensed Clinical Psychologist
and Psychotherapist

Coordinator:
Dr. Sreejith P.A.
HoD of Physical Education

Department of Physical Education
Mercy College, Palakkad

EVEZIA '25

Workshop on
Mental Health

MERCY COLLEGE PALAKKAD
DEPARTMENT OF PHYSICAL EDUCATION
AGNI STUDENTS' UNION
VELOX 25'

FLAG OFF

MINOR GAME

MARCH 4 2025
TUESDAY

Infront of the College
2:30PM - 3:30PM

INTERESTED STUDENTS PLEASE CONTACT

Staff Coordinator
Dr. Sreejith P. A.
HoD Physical Education
8111832514

Student Coordinator
Bhadra.B
General Captain
6238997472

MERCY COLLEGE
Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade

FITNESS TRAINER COURSE

ADDITIONAL SKILL
ACQUISITION PROGRAMME-
KERALA (ASAP)
AWARENESS CLASS

On 12th March 2025
Venue: Auditorium
Time: 1:00pm

Rakesh K V, Associate
Director, Community Skill
Parks, ASAP Kerala

Convener: Dr. SREEJITH P.A.
[HoD of Physical Education]



MERCY COLLEGE,
PALAKKAD
Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade

REGALO 2025

SPORTS
CONVOCATION &
FAREWELL CEREMONY

Chief Guest:
Sri. P. G. Manoj
G. V. Raja Awardee & Physical
Education Teacher HSS Parali

On 7th March 2025
TIME: 2.45 PM
VENUE: SEMINAR HALL

• Convener: Dr. Sreejith P.A. [HoD of Physical Education]

MERCY COLLEGE
Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade
Department of Physical Education

YOGA AND WELLNESS

Orientation Class
ON 4th March 2025
Venue: Avila Block,
Mercy College, Palakkad

Krishna Kumar . S
Director
Bodhi Yoga center
Alathur
Kerala 678541.

MERCY COLLEGE
Palakkad, Kerala – 678006
Accredited by NAAC with 'A' Grade
Department of Physical Education

YUJ 2025

MONDAY TO FRIDAY
yoga training program

Time: 3:30 PM | Venue: Yoga Centre




PROGRAMS ORGANIZED BY THE DEPARTMENT OF PHYSICAL EDUCATION

MERCY COLLEGE PALAKKAD
DEPARTMENT OF PHYSICAL EDUCATION
PRESENTS

BAILER 2025

An Aerobics Performance

Date : 28-02-2025
Venue : Mercy College Auditorium
Time : 10:00am



All are invited

Krishnendu
(Coach)



Palakkad, Kerala, India
Q/9p+19v, Palippuram, Palakkad, Kerala 678004, India
Lat 10.769152° Long 76.635828°
28/02/2025 11:43 AM GMT +05:30

Regular, continuous and Systematic Training in various disciplines like :


- Athletics
- Baseball
- Cross Country
- Drop Roball
- Football
- Kabaddi
- Netball
- Sepak Takraw
- Softball
- Softbaseball
- Tug of War

MERCY COLLEGE
Palakkad, Kerala - 678006
Accredited by NAAC with 'A' Grade

ARETE '24-25

"Excellence of any kind"
Regular, Continuous and Systematic Training in All Sports.

Monday to Saturday
6.30 am to 8.30 am
4.00 pm to 6.30 pm



Department of Physical Education.
Convenor: Dr. Sreejith P.A. [HoD]

EXTENSION ACTIVITIES

PALAKKAD DISTRICT TUG OF WAR ASSOCIATION & MERCY COLLEGE PALAKKAD

- പ്രഗത്ഭരായ കോച്ചുമാരുടെ നേതൃത്വത്തിൽ പരിശീലനം -



Telin Thamby K
(Indian TUG OF WAR Coach)



Irshad K
(Kerala TUG OF WAR Coach)



Stefy Paulson
(TUG OF WAR Coach)



Soorya V U
(TUG OF WAR Coach)



Christy K Telin
(TUG OF WAR Coach)

- CAMP CO-ORDINATORS -



Dr. Sreejith P A
(HoD, Physical Education, Mercy College, Palakkad)



K K Anandhakrishnan
(President of Palakkad District, TUG OF WAR Association)



Bhavajan V
(Joint Secretary of Palakkad District, TUG OF WAR Association)

VENUE :-
MERCY COLLEGE GROUND

വടംവലി

SUMMER COACHING CAMP '25

Categories
Under 13 Boys & Girls # Under 15 Boys & Girls
Under 17 Boys & Girls # Under 19 Boys & Girls

FROM APR 02 TO APR 30

പങ്കെടുക്കുവാൻ ആഗ്രഹിക്കുന്നവർ താഴെ കാണുന്ന നമ്പറിൽ ബന്ധപ്പെടുക :-
+91 98475 30290
- TELIN THAMBY K (Indian TUG OF WAR Coach)

രാവിലെ 07:00 - 09:30

രജിസ്ട്രേഷൻ ഫീ ഉണ്ടായിരിക്കുന്നതാണ്

TALENTS FOOTBALL ACADEMY PALAKKAD

SELECTION TRIALS

ONLY GIRLS
ONLY FOR PALAKKAD DISTRICT

AGE :
2009 , 2010 , 2011 , 2012 ,
2013 , 2014, 2015 ,
2016 , 2017 , 2018

DATE & TIME :
FEB-23 , SUNDAY
4:00 PM

REG.FEE - 100/-



MERCY COLLEGE GROUND , PALAKKAD

CONTACT NOW !
9446264063 | 94462 39810

TRAINING TEAM



C. HARIDAS

Kerala State Athletics Association
Vice President & Former Indian
International Athlete



Dr. SREEJITH. P.A.

HOD of Physical Education

As the Head of the Department of Physical Education, it gives me immense pride to present Radiance, our college's very first sports newsletter. This year has been a testament to what focused training, consistent effort, and a never-give-up attitude can achieve. Whether on the field, the court, or the track, their achievements reflect the strength of our training systems and the commitment of our coaching staff. These moments of glory, captured in Radiance, serve not only as a celebration but also as motivation for the next generation of athletes. This newsletter is more than just a record, it's a reflection of the spirit and resilience we build every day in this department. I congratulate each athlete and coach, and look forward to pushing new limits in the coming years.



Sri. Sreenath. K.P.

KSSC Athletic Coach



Sri. Rajeev. P.K.

Former KSSC Football Coach



Sri. C.C. Pius

Football Coach



Sri. P.G. Manoj

G.V. Raja Awardee &
Athletic Coach



Sri. K. Surendran

G.V. Raja Awardee &
Athletic Coach



Sri. Biswajith. K.P.

Athletic Coach



Sri. Telin Thamby. K.

Indian Tug of War Coach



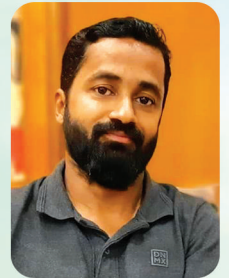
Sri. Ramesh. K.

Athletic Coach



Sri. Prasad. C.

Kho-Kho Coach



Sri. Lijo. C. George

Kabaddi Coach



Sri. Vimalkumar. C.U.

Baseball & Softball Coach



Sri. Umesh. A.

Football Coach



Sri. Arjun Haridas

Athletic Coach



Sri. Umesh Kumar

Netball Coach



Ms. Prassanna. K.

Football Coach



Sri. Athulkrishna. U.

Sepak Takraw Coach

