

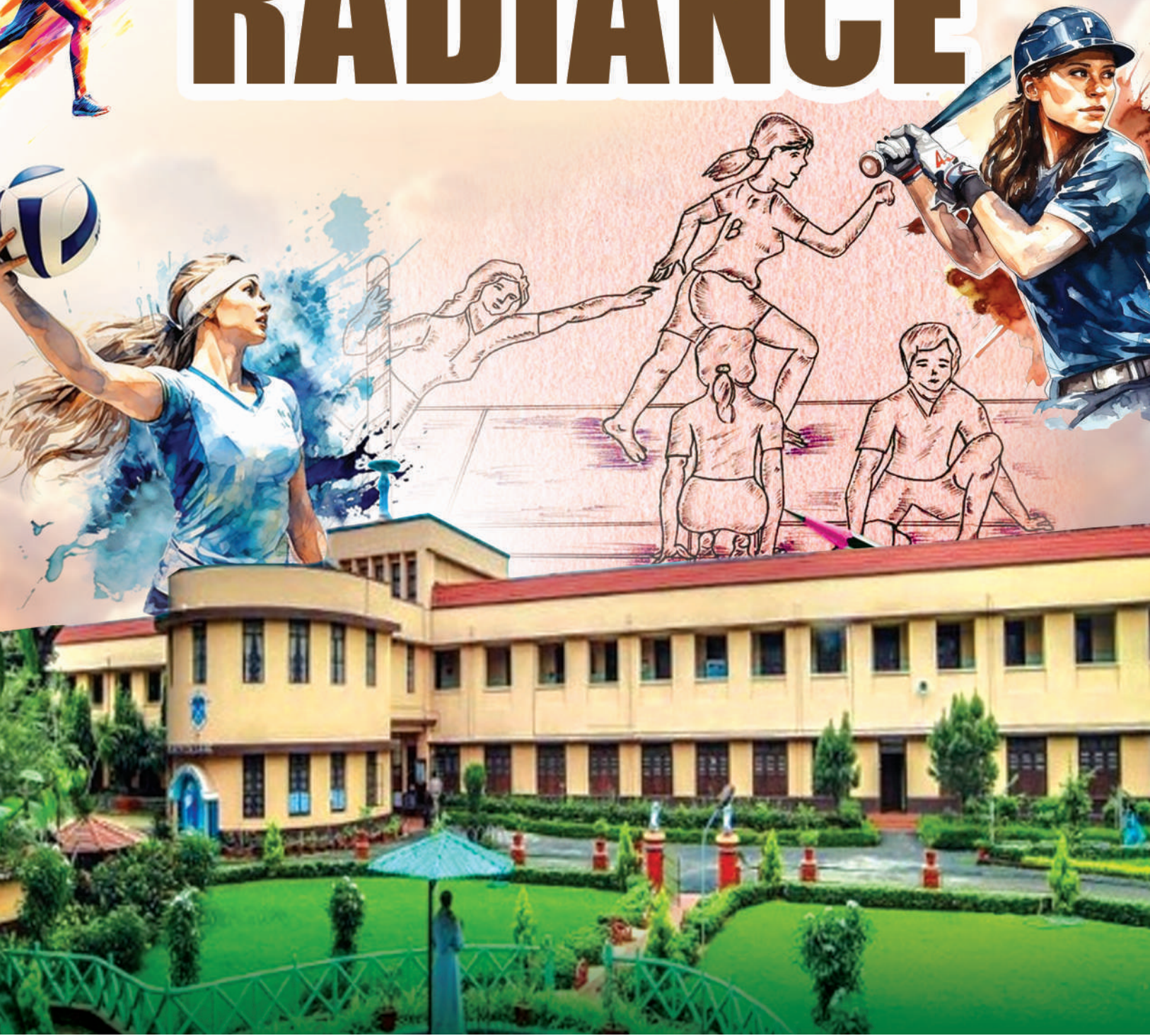
MERCY COLLEGE

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"

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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 Heptathalon
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 – 678006

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

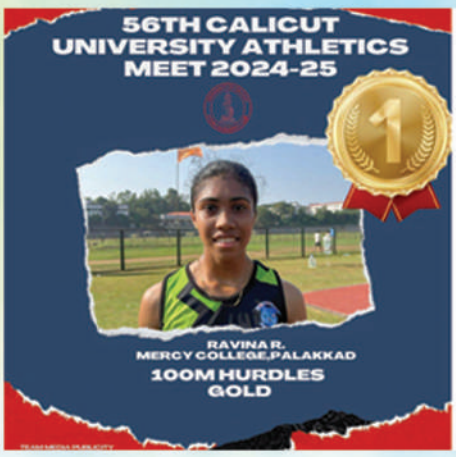
Sports &Games

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.



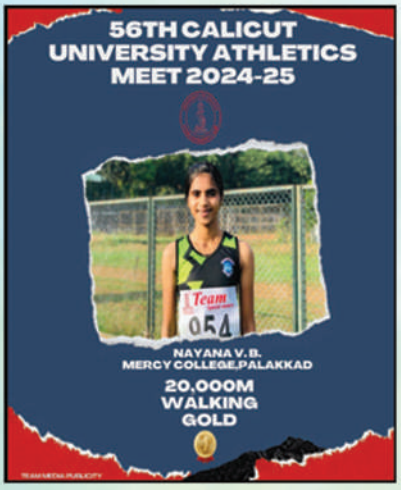
SREEKUTTY K.S. (III B.A. History N+1)
SECOND position and
RIYA K. JAYAN (I M.A. English)
THIRD position in Shot put



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



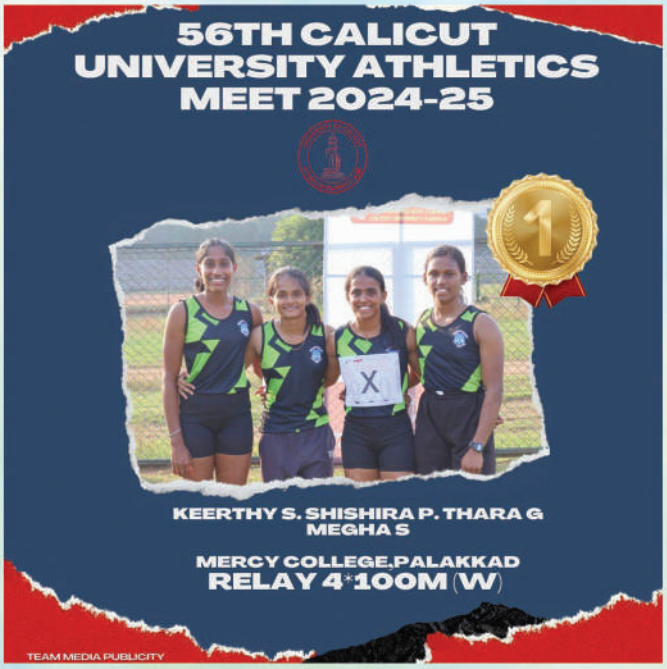
IRIN THOMAS (I B.A. English)
FIRST position in 800m Race and 1500m Race



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)

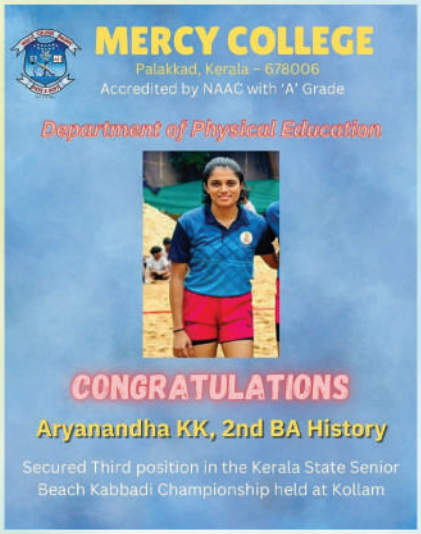


MEGHA M.
(I B.A. Economics)

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



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.

INTER CLUB STATE ATHLETIC CHAMPIONSHIP



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)





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 TUG OF WAR CHAMPIONSHIP FIRST POSITION



BHADRA B. (II B.A. English)

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



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.





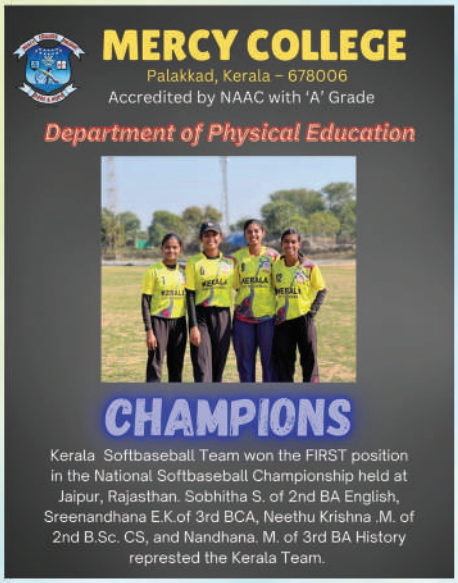
ASWANI U.
(III B.A. History),
SHALINI SAJI
(III B.A. History N+1) and
ASWANI S. (II B.A. History)
won the THIRD POSITION in the 37th All India Senior National Baseball Championship.



Sports &Games

SENIOR AND JUNIOR NATIONAL LEVEL ACHIEVEMENTS







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







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

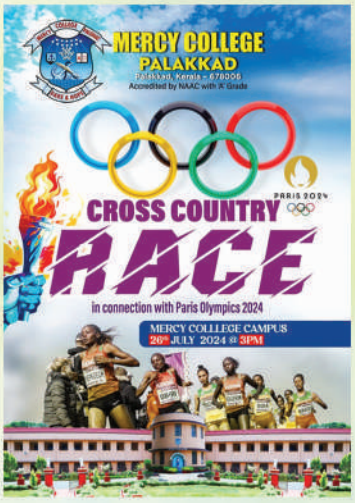


AKHILA T.A. (II B.Sc. Maths)
participated



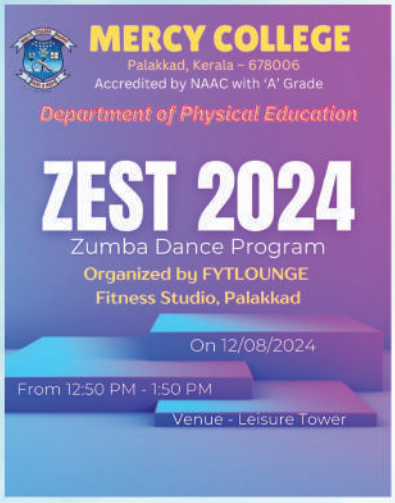
ANJANA T.P. (II B.A. History)
participated

PROGRAMS ORGANIZED BY THE DEPARTMENTOF PHYSICAL EDUCATION

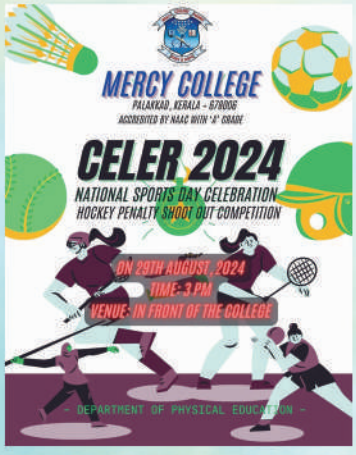




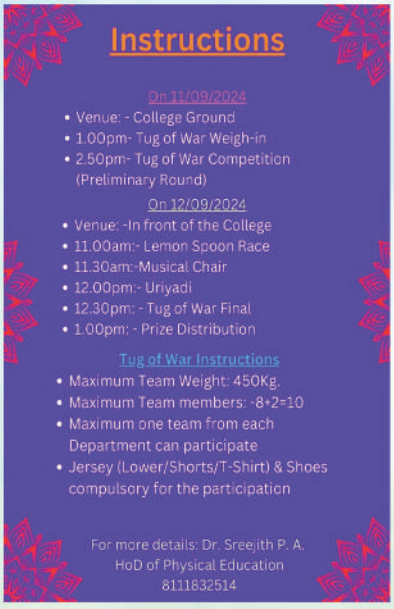






















Mathrubhumi
മാതൃഭൂമി

ജേതാക്കളെ അനുമോദിച്ചു



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 സിസ്റ്റർ ടി.എഫ്. ജോറി അധ്യക്ഷയായി.

പരിശീലകരായ 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.

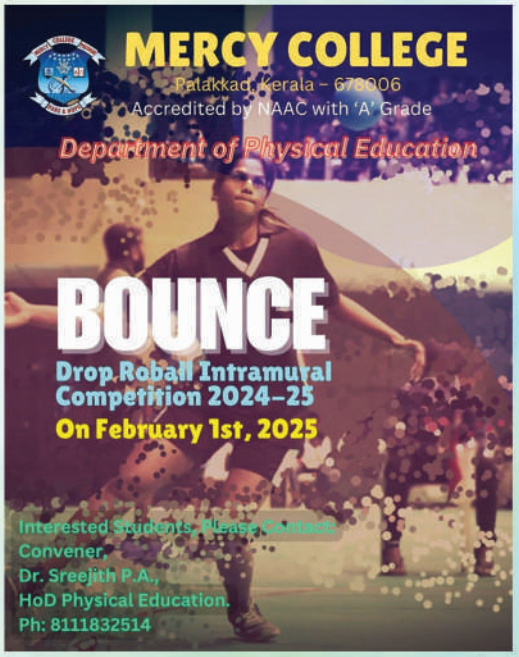
21/12/2024 PALAKKAD Pg 02

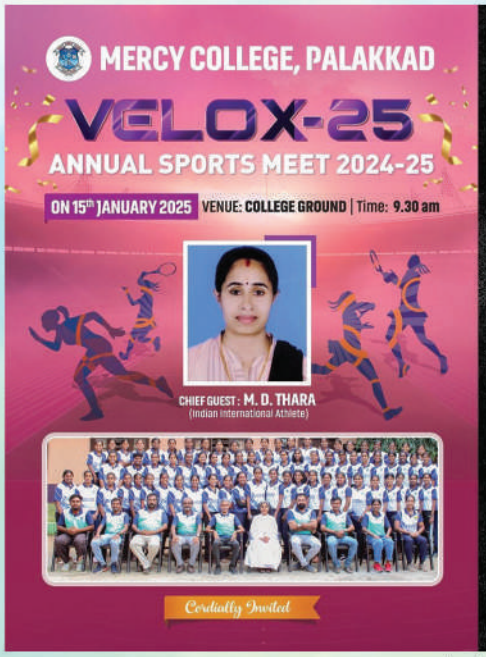
PROGRAMS ORGANIZED BY THE DEPARTMENTOF PHYSICAL EDUCATION



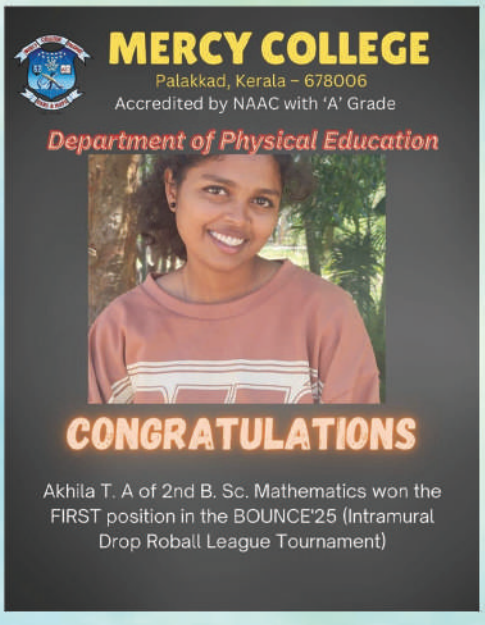


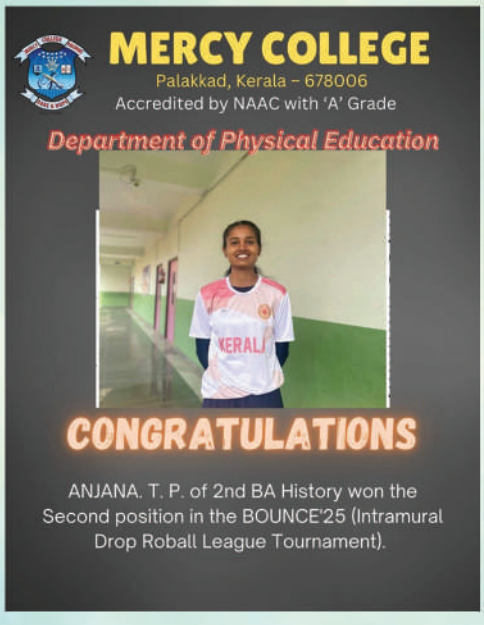


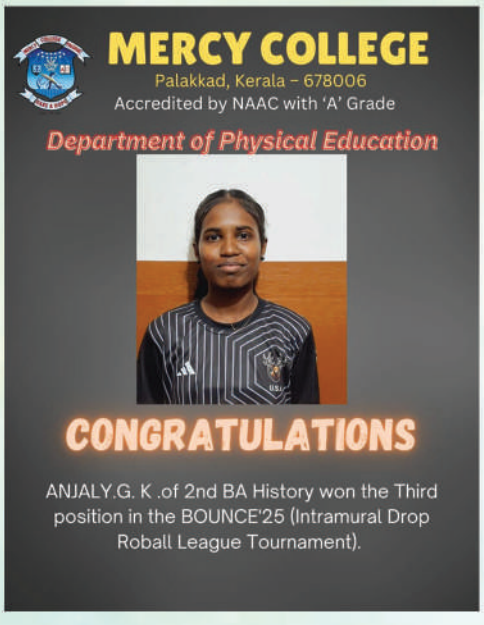








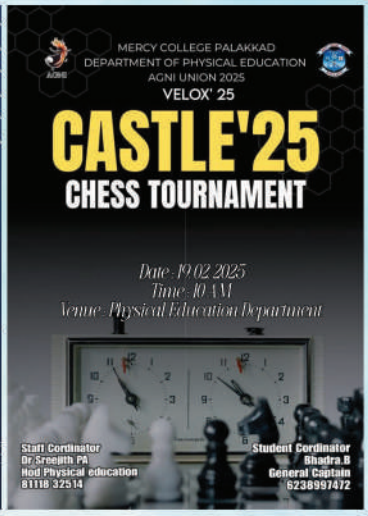




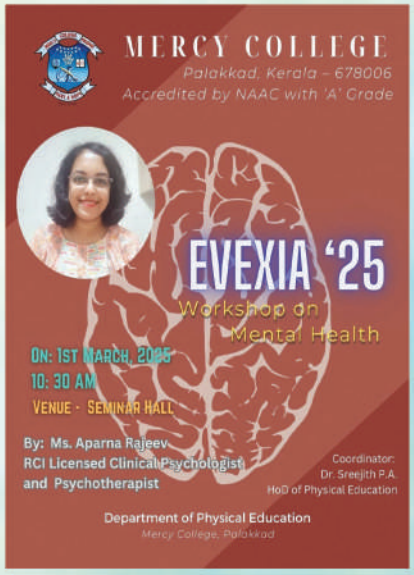
PROGRAMS ORGANIZED BY THE DEPARTMENTOF PHYSICAL EDUCATION









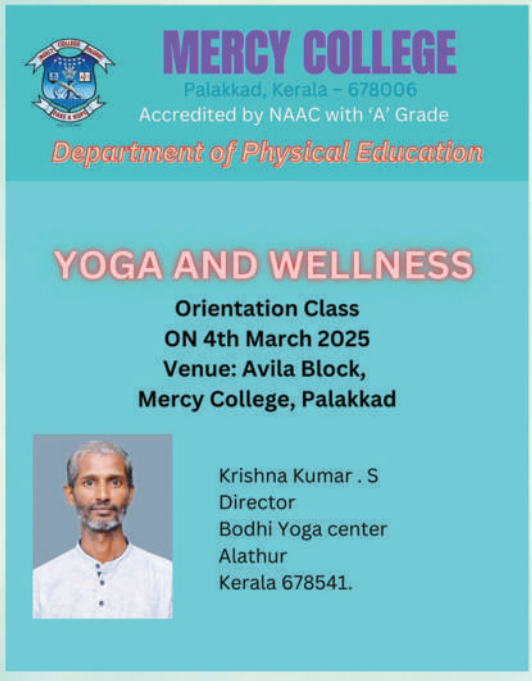


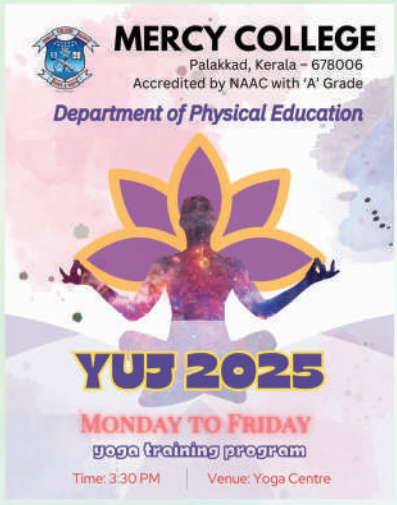








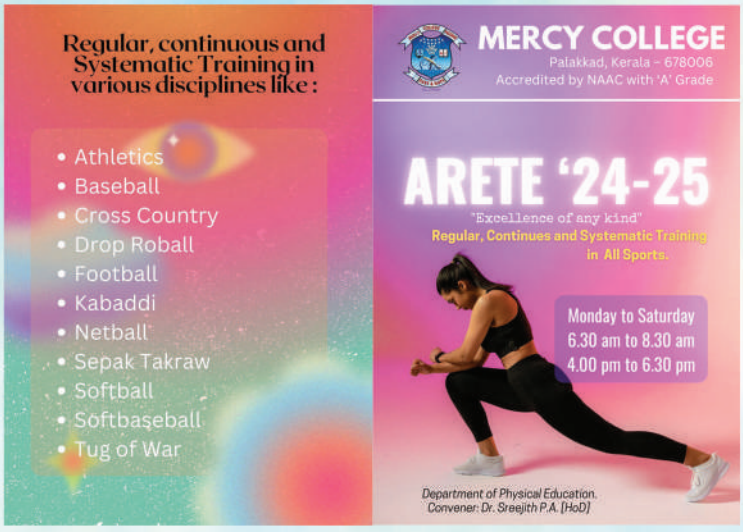






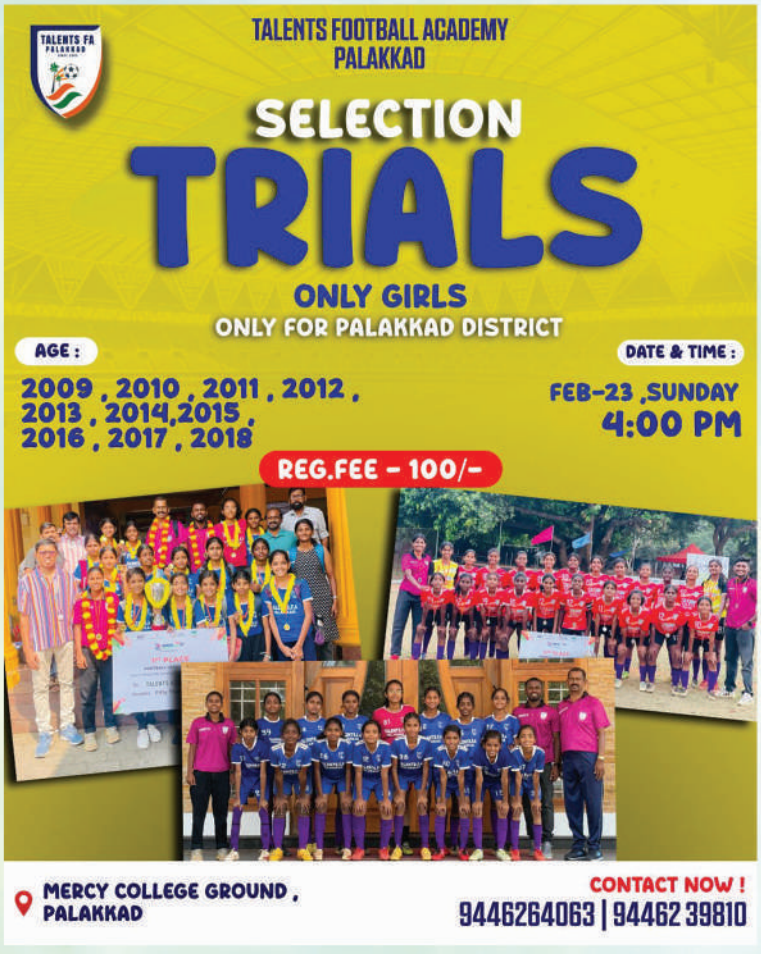
PROGRAMS ORGANIZED BY THE DEPARTMENTOF PHYSICAL EDUCATION





EXTENSION ACTIVITIES





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

