

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 2025-26



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"

MERCY COLLEGE

Palakkad, Kerala-678006

RADIANCE

NEWSLETTER OF DEPARTMENT OF PHYSICAL EDUCATION 2025-26



Dr. SREEJITH P.A.
HOD of Physical Education

It gives me immense pride to present the latest edition of Radiance. This year has once again proven what focused training, consistent effort, and a never-give-up attitude can achieve. Whether on the field, the court, or the track, our athletes have shown the true strength of our department and the dedication of our coaching staff.

The moments of glory captured here serve as both a celebration of our success and motivation for the future. I congratulate every athlete and coach for their hard work, and look forward to pushing even greater limits in the coming years.



Dr. Sr. LOULY N. M.
(Sr. Merin)
Principal

Principal's Pen

It gives me immense pleasure to present the latest edition of Radiance, our college sports newsletter. As we celebrate the remarkable achievements of our athletes during the academic year 2025-26, I am deeply inspired by the dedication, resilience, and true sportsmanship they have consistently demonstrated.From local tournaments to national competitions, our students have represented the institution with distinction and brought great pride to our college community. To our talented sports persons, committed coaches, and supportive faculty members, thank you for making this year truly memorable. I extend my heartfelt congratulations on your achievements and wish you continued success in your future sporting and academic endeavors.May you continue to strive for excellence, push your limits, and inspire others through your achievements. Keep shining and continue to radiate excellence



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.



MERCY COLLEGE
Palakkad, Kerala-678006

RADIANCE

MERCY COLLEGE, PALAKKAD
Department of Physical Education

HIGHLIGHTS OF THE COLLEGE IN SPORTS

- Padmasree Awardees - 2 Nos.
- Arjuna Awardees - 4 Nos.
- Olympians - 3 Nos.
- International Participants - 35 +
- National Participation and Medals yearly - 50 +
- Multi Gym Facilities
- Fitness and Yoga Centre
- 400 Meter Track
- Football Field (100 Meter x50 Meter)
- Multi Purpose Indoor
- Kabaddi Full Mat
- Ball Badminton Court
- Kho-Kho Court
- Drop Roball Cement Court
- Arm Wrestling Table
- Netball Court
- Sepak Takraw Indoor Court
- Coaches in various disciplines - 20 +
- Teams participated in Calicut University ICT yearly - 20 +
- Awarded as the THIRD best women's Colleges in Calicut University Overall Sports performance 2024-25
- Attached to Kerala State Sports Council for Athletics, Softball, Football, Kho-Kho and Netball
- Runs Football and Tug of War Academy

MERCY COLLEGE, PALAKKAD
Department of Physical Education

UNIVERSITY OF CALICUT ICT 2025-26
TEAM ACHIEVEMENTS

* Athletics -Result Awaited (62 points)
* Ball Badminton -Champions
* Baseball -Champions
* Kho- Kho -Champions
* Softball -Champions
* Netball -Runner Up
* Cross Country -Runner Up
* Football -Second Runner Up
* Tug of War - Second Runner Up
* Sepak Takraw - Fourth (Quadrant)
* Arm Wrestling - Fifth



MERCY COLLEGE

Palakkad, Kerala-678006

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MERCY'S TEAMS

- Athletics
- Arm Wrestling
- Ball Badminton
- Baseball
- Cross Country
- Football
- Judo
- Kabaddi
- Karate
- Kho-Kho
- Netball
- Power Lifting
- Sepak Takraw
- Softball
- Tug of War
- Weight Lifting
- Wrestling

INTERNATIONAL LEVEL ACHIEVEMENTS 2025-26



RITHUJAYA J.
1st B.Sc.ZOOLOGY
ASIAN BEACH TUG OF WAR - **FIRST**



BHADRA B.
3rd B.A.ENGLSH
ASIAN BEACH TUG OF WAR - **FIRST**



HRIDHIKA RAJ R.
1st B.Sc.CHEMISTRY
ASIAN BEACH TUG OF WAR - **FIRST**

SPECIAL AWARD 2025-26



ASWANI U.
1st M.S.W.
AIU Softball Best
Center Out Player



ANSAMOL RAJU
1st B.A. History
AIU Softball Best
First Base Player



ASWANI U.
1st M.S.W.
ICT Baseball & Softball - BEST PLAYER



SHALINI SAJI
1st B.A. Economics
ICT Baseball - BEST PICTURE



ASWANI S.
3rd B.A. History
ICT Softball -Most Valuable Player



ANSAMOL RAJU
1st B.A. History
ICT Softball - Best Picture

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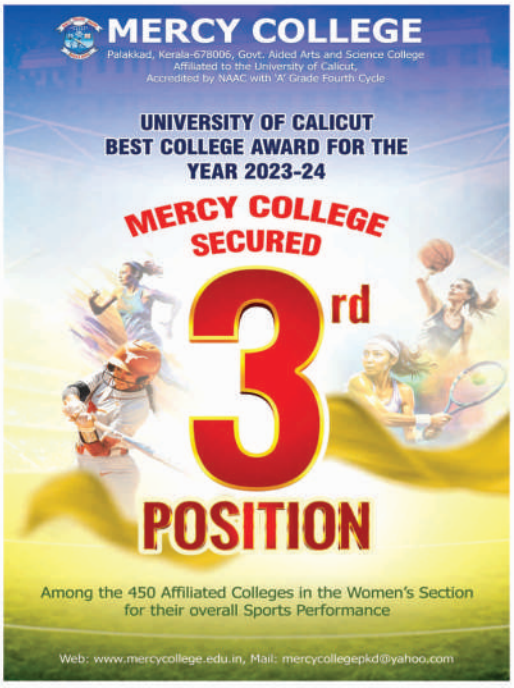
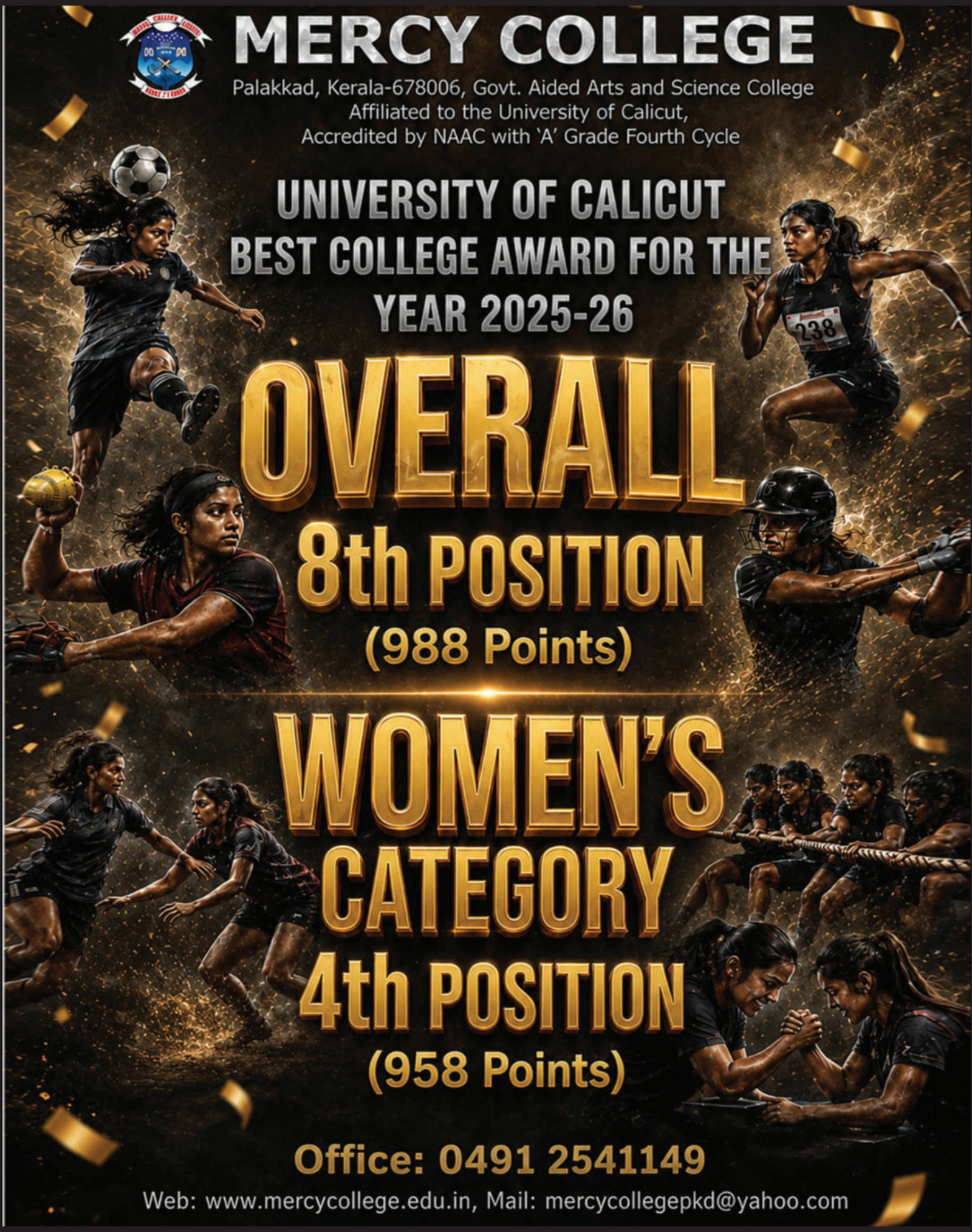
SPORTS TEAM 2025-26



CALICUT UNIVERSITY SPORTS CONVOCATION CEREMONY 2024-25



Mercy College, Palakkad won the 3rd position in the Calicut University Best College Award (Women) for the Year 2024-25


MERCY COLLEGE
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UNIVERSITY OF CALICUT
BEST COLLEGE AWARD FOR THE
YEAR 2025-26
OVERALL
8th POSITION
(988 Points)
WOMEN'S
CATEGORY
4th POSITION
(958 Points)
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MERCY COLLEGE
Palakkad, Kerala-678006
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University of Calicut Best College Award-2025-2026

Team wise Point Table

Sl. No.	Events	Position	Points	Total Points
01	ATHLETICS	University of Calicut ICT-FIRST	25	135
		06 Members in University Team X 10 Points	60	
		IUT-FOURTH 2 Members in University 4 X 100 Meter Relay Team X 06 Points	12	
		University of Calicut Inter Zone Athletic Championship 2025-2026-Points	38	
02	BASEBALL	University of Calicut ICT -FIRST	50	160
		05 Members in University Team X 10 Points	50	
		IUT-THIRD 05 University Team Members X 12 Points	60	
03	BALL BADMINTON	University of Calicut ICT-FIRST	50	80
		03 University team Members X 10 Points	30	
04	CROSS COUNTRY	University of Calicut ICT-SECOND	30	50
		02 University team Members X 10 Points20	20	
05	KHO- KHO	University of Calicut ICT-FIRST	50	90
		04 University team Members X 10 Points	40	

Sl. No.	Events	Position	Points	Total Points
06	FOOTBALL	University of Calicut ICT-THIRD	20	
		02 Members in the University Team X 10 Points	20	
		2 Members in the University Team X 18 Points	36	76
07	NETBALL	University of Calicut ICT-SECOND	30	
		03 Members in the University Team X 10 Points	30	
		IUT-SECOND 03 Members in the University Team X 18 Points	54	114
08	SOFTBALL	University of Calicut ICT-FIRST	50	
		04 Members in the University Team X 10 Points	40	
		IUT-THIRD 04 Members in the University Team X 12 Points	48	138
09	SEPEK TAKRAW	University of Calicut ICT-FOURTH	05	05
10	TUG OF WAR	University of Calicut ICT-THIRD	20	
		02 Members in the University Team X 10 Points	20	
		IUT-FIRST 02 Members in the University Team X 30 Points	60	100
11	ARM WRESTLING	University of Calicut ICT-Points	08	08
12	KARATE	University of Calicut ICT-Points	01	01
13	JUDO	University of Calicut ICT-Points	01	01
\TOTAL				958

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OVERALL AGREGATE

Team wise Point Table

SL.NO	PARTICULARS	POINTS
1	Organized Baseball (Women) ICT Championship 2025026	10
2	Organized Softball (Women) ICT Championship 2025026	10
3	Team Manager of University of Calicut Ball Badminton Team (Women)-Ms. Jesmi Francis	10
TOTAL		30

SL.NO	PARTICULARS	POINTS
1	University of Calicut Inter Zone Team Championship 2025-2026	330
2	Points for University Team members	310
3	All India Inter University Level Points	270
4	University of Calicut Inter Zone Athletic Championship 2025-2026	38
5	University of Calicut Inter Zone Karate Championship 2025-2026-Third	01
6	University of Calicut Inter Judo Championship 2025-2026-Third	01
7	University of Calicut Inter Zone Arm Wrestling Championship 2025-2026	08
8	Points for Organized ICT Championships and Serve as Team Manager of University Team	30
GRAND TOTAL		988

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CALICUT UNIVERSITY LEVEL TEAM ACHIEVEMENTS 2025-26

Sl. No.	Team	Total No. Of Participation	Position Secured	Date Of The Championship
1	ATHLETICS	23	FIRST	31/12/25 TO 02/01/26
2	BALL BADMINTON	10	FIRST	28/01/2026
3	BASEBALL	16	FIRST	06/12/25 TO 07/12/25
4	KHO-KHO	15	FIRST	19/02/2026
5	SOFTBALL	16	FIRST	22/01/26 TO 23/01/26
6	CROSS COUNTRY	06	SECOND	03/02/2026
7	NETBALL	12	SECOND	28/01/2026
8	FOOTBALL	22	THIRD	15/12/25 TO 17/12/25
9	TUG OF WAR	10	THIRD	11/03/2026
10	SEPAK TAKRAW(Quadrant)	13	FOURTH	06/02/2026
11	ARM WRESTLING	18	FIFITH	27/02/2026
12	KABADDI	14	PARTICIPATION	13/10/25 TO 14/10/25
TOTAL PARTICIPATION		**175**		

FIRST	SECOND	THIRD	FOURTH	FIFTH
5	2	2	1	1

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CALICUT UNIVERSITY LEVEL INDIVIDUAL ACHIEVEMENTS 2025-26

Team	FIRST	SECOND	THIRD	FOURTH
ATHLETICS	7	4	5	6
ARM WRESTLING	0	3	2	0
JUDO	0	0	1	0
KARATE	0	0	1	0
POWER LIFTING	0	0	0	1
WRESTLING	0	0	1	0
WEIGHT LIFTING	0	0	0	1
ICT TOTAL PARTICIPATION		**175+8=183**		

INTERNATIONAL LEVEL ACHIEVEMENTS 2025-26

NAME OF THE EVENT	FIRST	SECOND	THIRD
TUG OF WAR ASIAN CHAMPIONSHIP 2025-26 held at langkawi Island, Malaysia	1	0	0
TOTAL PARTICIPATION	**3**		

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STATE LEVEL ACHIEVEMENTS 2025-26

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD
85	03	06	09

ALL INDIA INTER-UNIVERSITY LEVEL ACHIEVEMENTS 2025-26

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD	FOURTH
31	01	02	02	02

ALL INDIA SENIOR & JUNIOR NATIONAL LEVEL ACHIEVEMENTS 2025-26

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD	FOURTH
27	04	0	02	02

57th CALICUT UNIVERSITY INTER-ZONE ATHLETIC CHAMPIONSHIP 2025-26-ACHIEVEMENTS

TOTAL NO. OF PARTICIPATION	FIRST	SECOND	THIRD	FOURTH
23	07	04	05	06

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 2025" - International Yoga Day Celebration	21st June 2025
2	"CITIUS 2025" International Olympic Day	23rd June 2025
3	JOURNEY 2025 International Sports Journalist Day	2nd July 2025
4	International Chess Day	20th July 2025
5	SWASTHYA 2025 Aerobics Programe	29th July 2025
6	"SPAR 2025" National Javelin Day Celebration	7th August 2025
7	"HOOP 2025" International Netball Day	21st August 2025
8	"AARAVAM 2025" Onam celebration	27th August 2025
9	"CELER 2025" National Sports Day	29th August 2025
10	PRIX 2025	9th September 2025
11	Indian Tug of War Team Selection Trials	16th September 2025
12	Kerala State Senior Netball Championship [Men&Women]	27th & 28th September 2025
13	Awarness Class on Sports Injury Management through Ayurveda	29th September 2025
14	Awarness Class on Athletic Medicine and Recovery Assistance	8th October 2025
15	PRANA 2025	28th October 2025

Sl. No.	Name of the Program	Date
16	Palakkad District Senior Softball Chmpionship 2025-26 [Men&Women]	1st&2nd November 2025
17	REVEAL 2025 Jersey Distribution Ceremony	13th November 2025
18	STALWART 2025	18th November 2025
19	University of Calicut Baseball Championship	6th&7th December 2025
20	"VELOX 2026" Annual Sports Meet	28th January 2026
21	University of Calicut Softball Championship	22nd&23rd January 2026
22	All Kerala Womens Football Turnament	24th&25th January 2026
23	Palakkad District Sub Junior Baseball Championship [B&G]	14th February 2026
24	Palakkad District Junior Baseball Championship [B&G]	28th February 2026
25	"REGALO 2026" Sports Convocation Ceremony	9th March 2026
26	YATHRA 2026 Sports Team Tour Programe	14th March 2026
26	"YUJ 2025-26" Yoga Training Program	Monday to Friday
27	"ARETE '25-26" Regular, continuous and systematic Training in All Sports	01st June 2025 to 31st March 2026(Monday to Saturday)

MERCY COLLEGE
Palakkad, Kerala-678006

RADIANCE

Calicut University Level Team Achievements



ATHLETICS TEAM- FIRST



BALL BADMINTON TEAM- FIRST



BASEBALL TEAM- FIRST



KHO-KHO TEAM- FIRST



SOFTBALL TEAM- FIRST



CROSS COUNTRY TEAM-SECOND



NETBALL TEAM- SECOND



FOOTBALL TEAM-THIRD



TUG OF WAR TEAM- THIRD



SEPAK TAKRAW TEAM- FOURTH



ARM WRESTLING TEAM- FIFTH



KABADDI TEAM- PARTICIPATION

MERCY COLLEGE
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ALL INDIA INTER UNIVERSITY LEVEL ACHIEVEMENTS 2025-26



BHADRA B.
3rd B.A.Englsh
Tug of War - **FIRST**



NIYA MANOJ P.T.
3rd B.A. Economics
Tug of War - **FIRST**



SABIMOL K.
3rd B.A. History N+1
Football - **SECOND**



JESI J. S.
3rd B.A. History
Football - **SECOND**



SANIA SUNIL C.
2nd B.Sc. Botany
Netball - **SECOND**



POOJA B.
3rd B.A. English
Netball - **SECOND**



SHOBITHA RAJU N.R.
3rd B.A. History
Netball - **SECOND**



ASWANI U.
1st M.S.W.
Baseball - **THIRD**



SHALINI SAJI
1st B.A. Economics
Baseball - **THIRD**



ANSAMOL RAJU
1st B.A. History
Baseball - **THIRD**



ASWANI S.
3rd B.A. History
Baseball - **THIRD**



DEEPIKA G.
1st B.Com Finance
Baseball - **THIRD**



SHALINI SAJI
1st B.A. Economics
Softball- **THIRD**



ASWANI S.
3rd B.A. History
Softball - **THIRD**



ASWANI U.
1st M.S.W.
Softball - **THIRD**



ANSAMOL RAJU
1st B.A. History
Softball - **THIRD**



MEGHA S.
3rd B.A. History
Athletics - Participation



MEGHA M.
2nd B.A. Economics
Athletics - Participation



IRIN THOMAS
1st B.A. Economics
Athletics - Participation



AISWARYA M.
2nd M.A. Economics
Athletics - Participation



RAVEENA R.
1st M.Sc. Physics
Athletics - Participation



NAYANA V.B.
2nd B.A. History
Athletics - Participation



AKHILA T.A.
3rd B.Sc. Mathematics
Ball Badminton - Participation



SREYA S.
1st B.A. English
Ball Badminton - Participation



DEVIKA RAJ R.
3rd B.Com Finance
Ball Badminton - Participation



IRIN THOMAS
1st B.A. Economics
Cross Country - Participation



ANUSREE P.M.
3rd B.A. English
Cross Country - Participation



AKHALYA M.
2nd B.Com C.A.
Kho-Kho- Participation



MEGHA M.
2nd B.Com C.A.
Kho-Kho- Participation



ANUSREE P.M.
3rd B.A. English
Kho-Kho - Participation



RESHMA L.
2nd B.Com C.A.
Kho-Kho - Participation

MERCY COLLEGE
Palakkad, Kerala-678006

RADIANCE

SENIOR AND JUNIOR NATIONAL LEVEL ACHIEVEMENTS 2025-26



ANEETTA JOJI
2nd B.Com F.
Beach and Outdoor Tug of War FIRST



APARNA K.S.
2nd B.Sc. C.S.
Outdoor and Beach Tug of War FIRST



BHADRA B.
3rd B.A. English
Beach and Outdoor Tug of War FIRST



DIYA SIDHIQUE
3rd B.Sc. Mathematics
Beach and Outdoor Tug of War FIRST



HRIDHIKA RAJ R.
1st B.Sc. Chemistry
Beach and Outdoor Tug of War FIRST



NIYA MANOJ P.T.
3rd B.A. Economics
Beach and Outdoor Tug of War - FIRST



RITHUJAYA J.
1st B.Sc. Zoology
Beach and Outdoor Tug of War FIRST



SOORYA S.
2nd B.A. Economics
Beach Tug of War FIRST



SONA S.
2nd B.A. History
Beach and Outdoor Tug of War FIRST



KEERTHANA P.S
2nd B.Com F.
South Zone Netball FIRST



SANIA SUNIL C.
2nd B.Sc. Botany
South Zone Netball FIRST



SANIA SUNIL C.
2nd B.Sc. Botany
South Zone Netball FIRST



ASWATHI M.
3rd B.A. History
Drop Roball Triples FIRST



SHANI S.
3rd B.Sc. Zoology
Drop Roball Triples FIRST



ANJANA T.P.
3rd B.A. History
Drop Roball Triples SECOND



AKHILA T.A.
3rd B.Sc. Mathematics
Drop Roball Singles SECOND



FATHIMATH SHAHANA K.S
3rd B.A. History
Drop Roball Triples SECOND



MANJUMOL P.K.
3rd B.Sc. Chemistry
Drop Roball Triples SECOND

MERCY COLLEGE
Palakkad, Kerala-678006

RADIANCE

SENIOR AND JUNIOR NATIONAL LEVEL ACHIEVEMENTS 2025-26



SWETHA U.
3rd B.Sc. Zoology
Drop Roball Doubles SECOND



MEGHA S.
3rd B.A. History
4X100 Relay National Games SECOND



ANSAMOL RAJU
1st B.A. History
Softball THIRD



ASWANI U.
1st M.S.W
Softball THIRD



ASWANI S.
3rd B.A. History
Softball THIRD



KRITHIKA J.S.
1st B.A.Economics
South Zone Softball THIRD



KEERTHANA K.
1st B.C.A.
Junior Netball THIRD



NAYANA V.B.
2nd B.A. History
10 K.M. Race Walking FOURTH



SHALINI SAJI
1st B.A. Economics
Baseball FOURTH



IRIN THOMAS
1st B.A. Economics
4 X 400 Meter Relay Khelo India Athletics
PARTICIPATION



MEGHA M.
2nd B.A. Economics
Senior National 4 X 400 Meter Relay
PARTICIPATION



SISIRA P.
1st B.A. English
4 X 400 Meter Relay Khelo India Athletics
PARTICIPATION



ANJANA RAMESH
1st B.A. History
Drop Roball Junior Doubles
PARTICIPATION



SREYA S.
1st B.A. English
Drop Roball Junior Doubles
PARTICIPATION



JESI J.S.
3rd B.A. History
Football South Zone PARTICIPATION



RESHMA L.
2nd B.Com C.A.
Kho- Kho Senior PARTICIPATION



ARCHANA V.B.
1st B.A. Economics
Netball Senior PARTICIPATION



SHOBITHA RAJU N.R.
3rd B.A. History
Netball Senior PARTICIPATION



NANDANA M.
3rd B.A. History N+1
Softball Federation Cup PARTICIPATION

MERCY COLLEGE
Palakkad, Kerala-678006

RADIANCE

Calicut University Level Individual Achievements

57th CALICUT UNIVERSITY INTER ZONE ATHLETIC CHAMPIONSHIP



AISWARYA M.
2nd M.A. Economics
4 X 100 Meter Relay FIRST



ATHULYA B.
2nd B.A. English
Junior Athletic Meet 4 X 400 Meter RelayFIRST With New Meet Record



IRIN THOMAS
1st B.A. Economics
800 Meter, 1500 Meter and
4 X 400 Meter Relay FIRST



MEGHA M.
2nd B.A. Economics
4 X 400 Meter Relay- FIRST
400 Meter - SECOND, 200 Meter - THIRD



MEGHA S.
3rd B.A. History 200 Meter - FIRST
100 Meter - SECOND
4 X 100 Meter Relay- FIRST



NAYANA V.B.
2nd B.A. History
20 K.M. Race Walking
FIRST (NMR)





KEERTHI S.
3rd B.Com C.A.
4 X 100 Meter Relay - FIRST



RAVEENA R.
1st M.Sc. Physics
100 Meter Hurdles- FIRST
4 X100 Meter Relay - FIRST

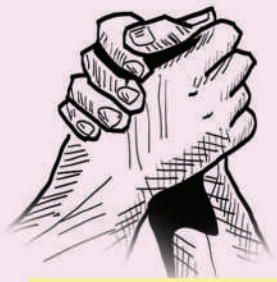


SAMVRUTHA RAJU
3rd B.A. History N + 1
4 X 400 Meter Relay - FIRST
100 Meter Hurdles - SECOND
400 Meter Hurdles - THIRD



RIMA K. JAYAN
2nd B.A. English
Triple Jump - SECOND







ANUSREE P.M.
3rd B.A. English
3000 Meter Steeplechase THIRD



GAYATHRI SURESH
1st B.A. Economics
20 KM.Race Walking THIRD



RIYA K. JAYAN
2nd M.A. English
Shotput THIRD

CALICUT UNIVERSITY INTER ZONE JUDO, KARATE, WRESTLING & ARM WRESTLING CHAMPIONSHIP



POOJA P.
1st B.A. Economics
Judo and Wrestling
THIRD



NEHAMUKUNDAN
1st B.Sc. C.S.
Karate THIRD



REJITHA X.
2nd B.Sc. Zoology
Arm Wrestling
45Kg. Left Hand SECOND



NIYA MANOJ P.T.
3rd B.A. Economics
Arm Wrestling
65 Kg. Right and Left Hand
SECOND



SONA S.
2nd B.A. History
Arm Wrestling
55 Kg. Right Hand
THIRD



NIVEDITHA N.R.
1st B.A.Economics
50 Kg. Right Hand
THIRD

MERCY COLLEGE
Palakkad, Kerala-678006

RADIANCE

STATE LEVEL ACHIEVEMENTS



POOJA P.
1st B.A. Economics
Under 23 Wrestling (76 Kg.)
SECOND



AKHILA T.A.
3rd B.Sc. Mathematics
DROP ROBALL TRIPLES
FIRST



ANJALI G.K.
3rd B.A. English
DROP ROBALL TRIPLES
FIRST



FATHIMATH SHAHANA K.S.
3rd B.A. History
DROP ROBALL TRIPLES
FIRST



ANJANA T.P.
3rd B.A. History
DROP ROBALL DOUBLES -
SECOND



SHANI S.
3rd B.Sc. Zoology
DROP ROBALL DOUBLES
SECOND



AISWARYA M.
2nd B.Sc. C.S.
DROP ROBALL SINGLES
SECOND



ASWATHI M.
3rd B.A. History
DROP ROBALL SINGLES
THIRD



MEGHA S.
3rd BA History
4X100 Meter Relay
THIRD



NAYANA V. B.
2nd B.A. History
10 KM. Race Walking-
Senior StateSECOND and
Junior State
FIRST



THARA G.
2nd B. Sc. Chemistry
Junior 100 Meter and
4X100 Meter Relay
THIRD



RIMA K. JAYAN
2nd B.A. English
State Junior Athletics
Long Jump
THIRD



NIMISHA R.
1st B.A. Economics
State Junior Athletics
Long Jump
FOURTH



MEGHA M.
2nd B.A. Economics
State Junior Athletic
Championship- 400 Meter THIRD
and 4 X 400 meter
Mixed Relay
FIRST
(New Meet Record)



ATHULYA B.
2nd B.A. English
State Junior Athletics
4 X 400 meter Mixed Relay
FIRST
(New Meet Record)



ANJANA RAMESH
1st B.A. History
Drop Roball Championship
Singles
THIRD



ASWIKA TULASI U.
1st B.A. Economics
Under 21 Karate
THIRD

MERCY COLLEGE
Palakkad, Kerala-678006

RADIANCE

STATE LEVEL ACHIEVEMENTS

SEPAK TAKRAW CHAMPIONSHIP-SECOND



SABIMOL K. 3rd B. A. History N+ 1
ATHISAYA N. A. 3rd B. C. A.
VISHNUPRIYA U. 1ST B. A. History

DROP ROBALL CHAMPIONSHIP -SECOND



SHANI S. 3rd B.Sc. Zoology
FATHIMATH SHAHANA K.S. 3rd B.A. History

DROP ROBALL CHAMPIONSHIP-TRIPLES THIRD



SWETHA U. 3rd B.Sc. Zoology
ASWATHI M. 3rd B.A. History
SREYA S. 1st B.A. English

SENIOR SOFTBALL CHAMPIONSHIP - THIRD



AVANI C.T.K. -3rd B. A. History, THARADAS H. -3rd B.Com. C. A
ASWANI S.-3rd B.A. History, NANDHANA M.-3rd B.A. HISTORY
N+1), ASWANI U. -1st M.S.W., JYOTHIKA K.G.-1st B.Sc.PHYSICS,
SOBHITHA S.-3rd B.A. English, DEEPIKA G.-1st B.Com F.,
KRITHIKA J.S.--1st B.A. Economics

SENIOR BASEBALL CHAMPIONSHIP - SECOND



JYOTHIKA K. G. -1st B.Sc. Physics, KRITHIKA -1st B. A. Economics,
AVANI C.T. K. -3rd B. A. History, NANDANA M. 3rd B. A. History N+1,
ASWANI S. -3rd B. A. History, DEEPIKA G. -1st B.Com Finance,
ASWANI.U.-1st M. S.W

SENIOR KHO- KHO CHAMPIONSHIP - SECOND



SONADAS H.- 3rd B.Com C.A.
S.ADITHYA- 2nd B.Com C A.
ANUSREE S.- 2nd B.A. History
VANDANA B. -1st B.A. Economics
RESHMA L.- 2nd B.COm C.A.
AISWARYA B.- 2nd B.Sc.Zoology

SENIOR AND JUNIOR KABADDI CHAMPIONSHIP - PARTICIPATION



RUSHMITHA P.R. -1st B.Sc. Physics
AISWARYA K.H. -1st B.A. Economics
KRISHNAPRIYA C.A. - 1st B.Com C.A.
VINDHYA VIJAYAN - 2nd B.Sc. Zoology
NIVEDITHA T.S. -1st B.A. Economics

SENIOR STATE FOOTBALL CHAMPIONSHIP - PARTICIPATION

ARYAMOL.G - 3rd B.A. History N+1
SABIMOL K.- 3rd B.A. History N+1
AMRITHA. V -2nd M.S.W.
MAHIMA. S -1st B.A. History
ARYA. A - 1st B.A. English
SANIYA SUNIL. C. - 2nd B.Sc.Botany
ANJANA. K.- 2nd B.A.English



PRIYANKA. K.1st B.A.EConomics
JESI. J. S.- 3rd B.A.History
PRAJEESHA. K. S.-1st B.A.History
ANJANA. S. - 1st B.A.English
SRUTHIPRIYA. M - 2nd BCA
DRISYA. R. - 1st BCA
JEESHMA - 3rd B.A Economics

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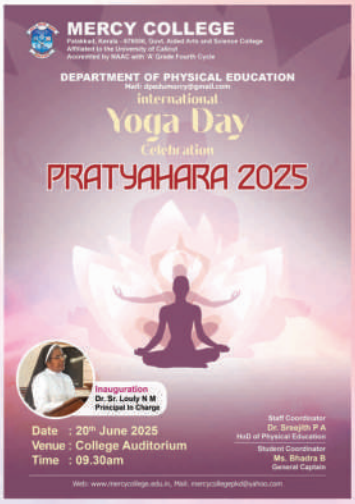

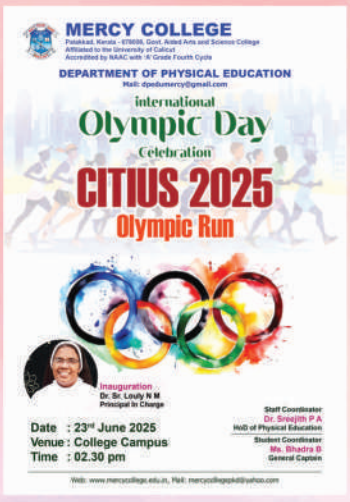





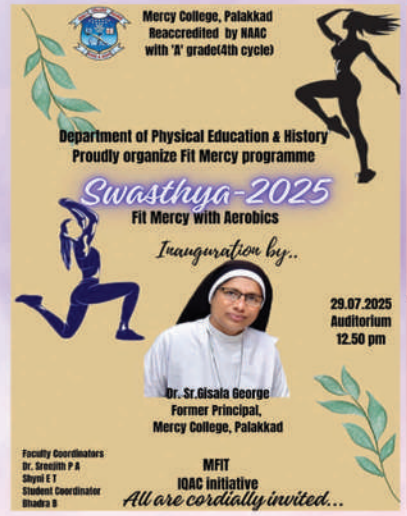

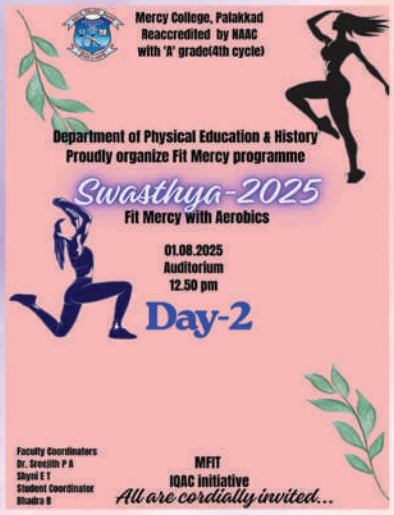

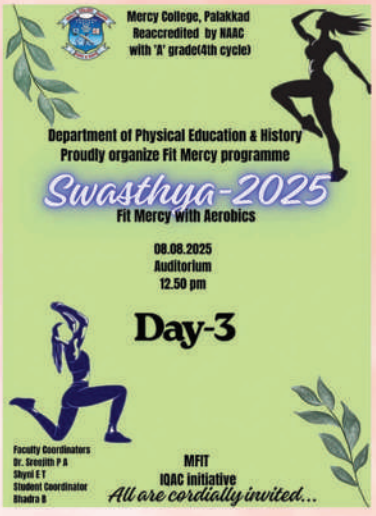

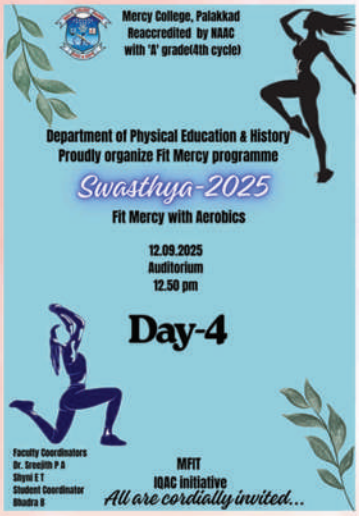

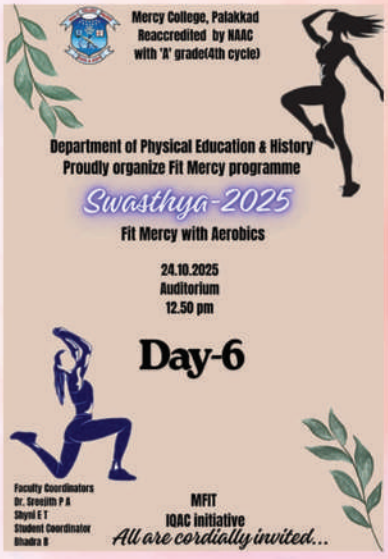





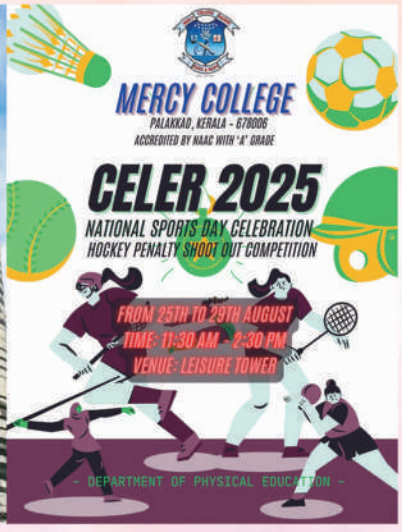

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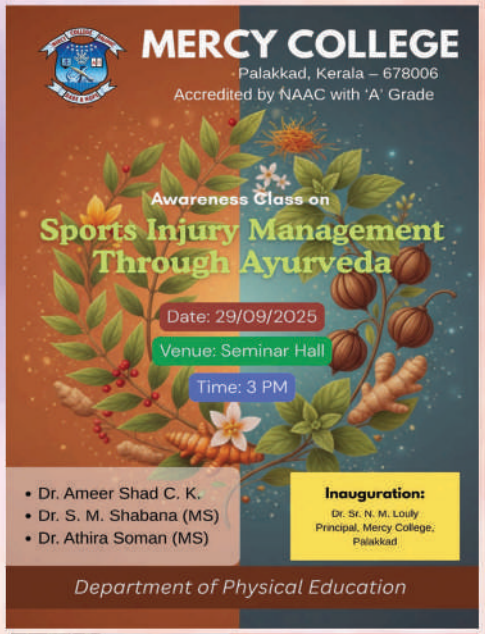



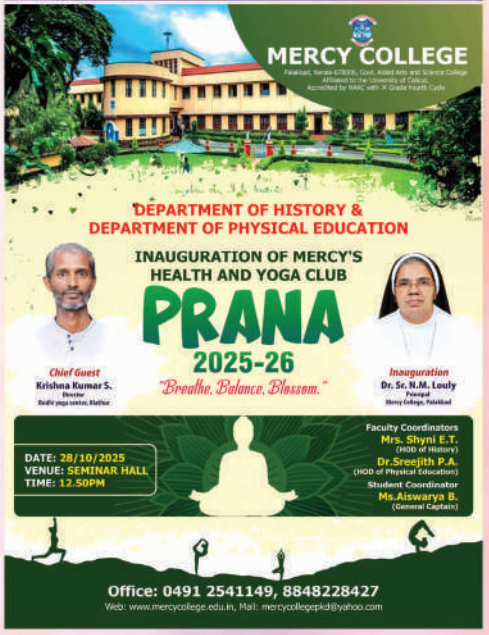



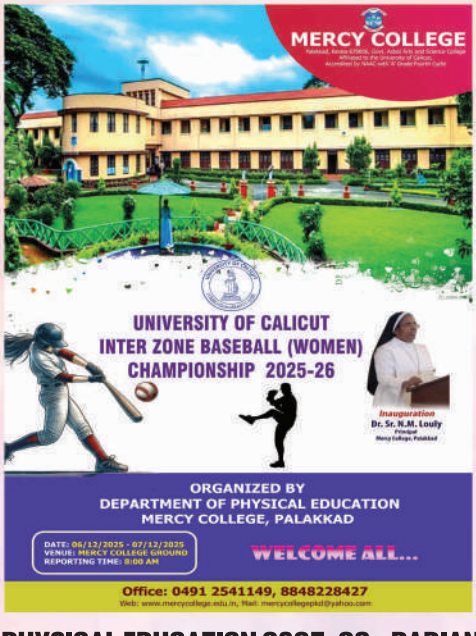

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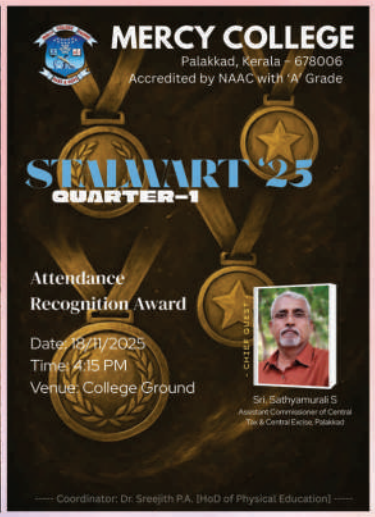









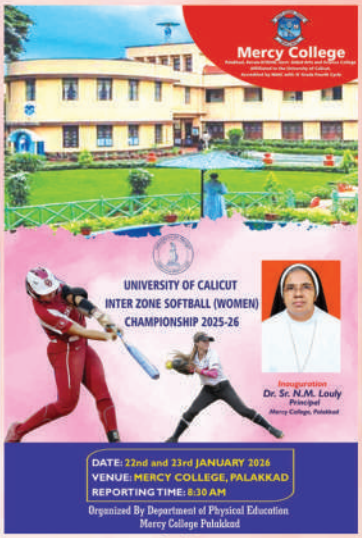

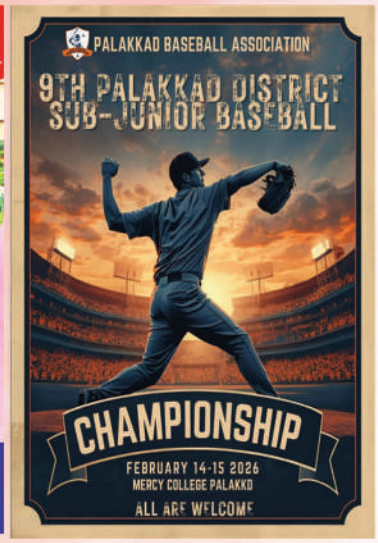

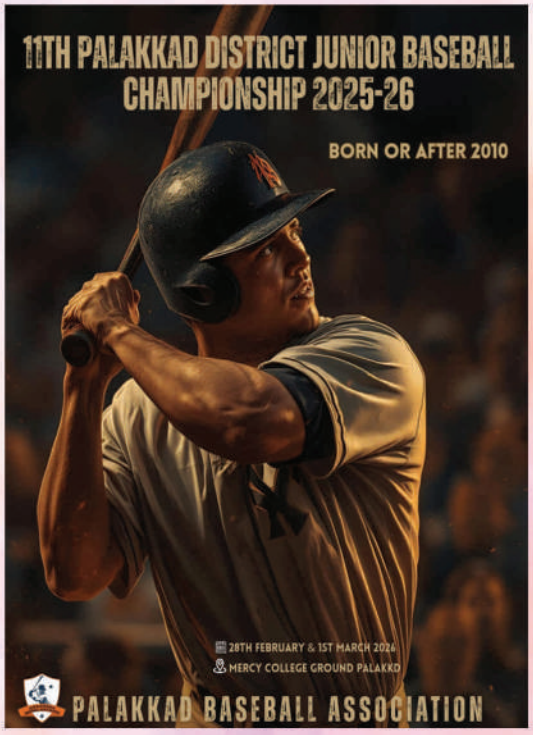





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BEST PRACTICE PF THE DEPARTMENT OF PHYSICAL EDUCATION

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"Excellence of any kind"

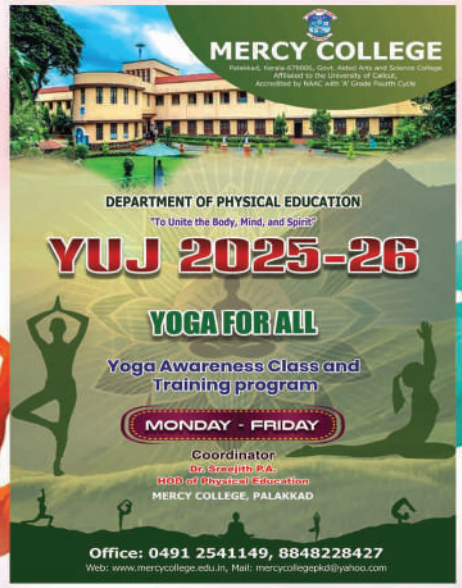
Regular, Continues and Systematic Training in All Sports



EXTENSION ACTIVITIES



YOGA FOR ALL



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Palakkad, Kerala-678006, Govt. Aided Arts and Science College
Affiliated to the University of Calicut,
Accredited by NAAC with 'A' Grade Fourth Cycle

DEPARTMENT OF PHYSICAL EDUCATION

TRAINING TEAM



Sri. C. Haridas
Kerala State Athletic Association Vice President & Former Indian International Athlete



Sri. Bhavajan V.
P.T.A. Vice President & Tug of War Asst. Coach



Sri. Sreenath K.P.
K.S.S.C. Athletic Coach



Sri. Rajeev P. K.
Former K.S.S.C. 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. Manoj P.V.
Ball Badminton Coach



Sri. Ramesh M.
Athletic Coach



Sri. Prasad C.
Kho-Kho Coach



Sri. Lijo C. George
Kabaddi Coach



Sri. Rahul Krishnan K.B.
Baseball & Softball Coach



Sri. Vimalkumar C.U.
Baseball & Softball Coach



Sri. Umesh A.
Football Coach



Sri. Arjun Haridas
G.V. Raja Awardee & Athletic Coach



Sri. Umesh Kumar
Netball Coach



Sri. Anil Kumar V.
Athletic Coach



Sri. Lenin Thamby K.
Arm Wrestling Coach



Sri. Athulkrishna U.
Sepak Takraw Coach

Office: 0491 2541149, 8848228427
Web: www.mercycollege.edu.in, Mail: mercycollegepkd@yahoo.com


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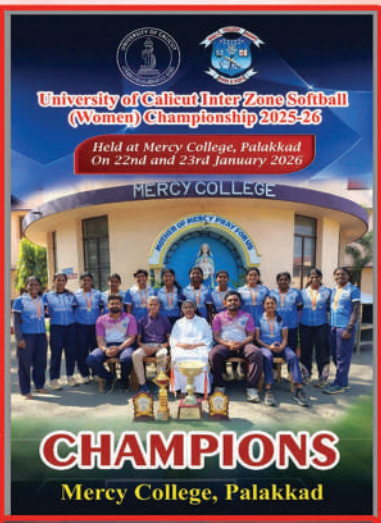
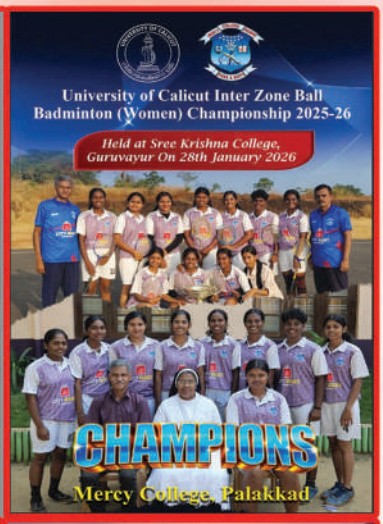
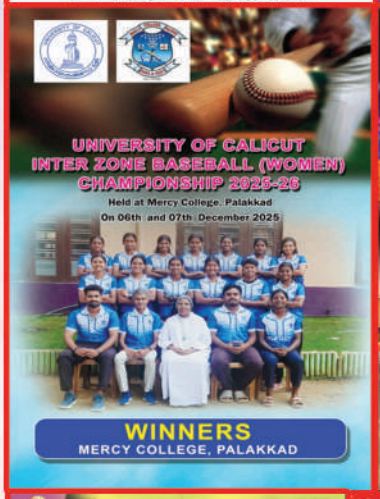
DEPARTMENT OF PHYSICAL EDUCATION
MERCY COLLEGE
Bhadra B. of 3rd B.A.English, Hridhika Raj R. of 1st B.Sc. Chemistry and Rithujaya J. of 1st B.Sc. Zoology have been selected to the Indian Tug of War Team for the Asian Beach Tug of War Championship (24-10-2025 to 26-10-2025) held at Langkawi Island, Malaysia.
Indian Team Coach: Mr. Telin Thamby K.
Congratulations
Office: 0491 2541149, 8848228427

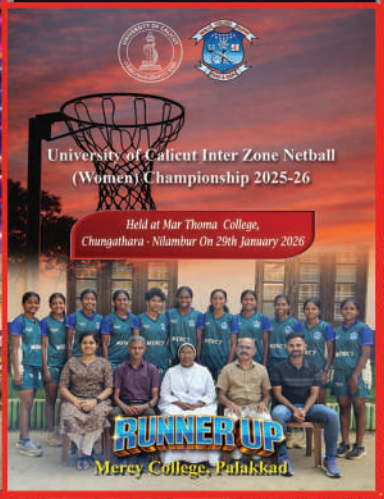

MERCY COLLEGE, PALAKKAD
Department of Physical Education
57th University of Calicut
Athletic Championship 2025-26
Held at G.M.B.V.H.S.S. Synthetic Stadium, Kunnamkulam
Congratulations to All the winners of Mercy Athletic Team
ASWARYA M.
RIYA K. JAYAN
MEGHA S.
MEGHA M.
IRIN THOMAS
NAYANA. V.B
GAYATHRI M.RAM
SAMVRITHA RAJU
RAVEENA R.
RISNA K. JAYAN
ANUSREE P.M.
ATHULYA B.
KEERTHI S.
Congratulations


University of Calicut Inter Zone Softball (Women) Championship 2025-26
Held at Mercy College, Palakkad On 22nd and 23rd January 2026
MERCY COLLEGE
CHAMPIONS
Mercy College, Palakkad

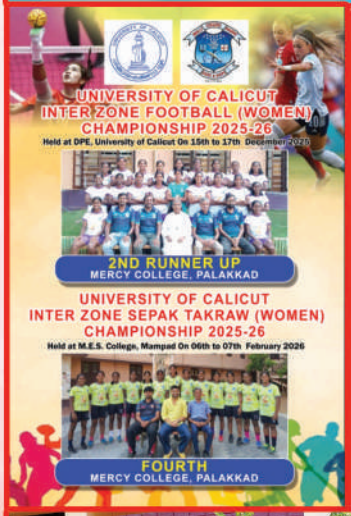

University of Calicut Inter Zone Ball Badminton (Women) Championship 2025-26
Held at Sree Krishna College, Guruvayur On 28th January 2026
CHAMPIONS
Mercy College, Palakkad


UNIVERSITY OF CALICUT
INTER ZONE BASEBALL (WOMEN) CHAMPIONSHIP 2025-26
Held at Mercy College, Palakkad
On 06th and 07th December 2025
WINNERS
MERCY COLLEGE, PALAKKAD


University of Calicut Inter Zone Kho-Kho (Women) Championship 2025-26
Held at Bharatheeya Vidya Nikethan College of Teacher Education, Kallekkad, Palakkad On 19th February 2026
Winners
Mercy College, Palakkad


University of Calicut Inter Zone Netball (Women) Championship 2025-26
Held at Mar Thoma College, Chungathara - Nilambur On 29th January 2026
RUNNER UP
Mercy College, Palakkad


University of Calicut Inter Zone Cross Country (Women) Championship 2025-26
Held at S.S. College, Areekode Malappuram On 03rd February 2026
RUNNERS UP
Mercy College, Palakkad


UNIVERSITY OF CALICUT
INTER ZONE FOOTBALL (WOMEN) CHAMPIONSHIP 2025-26
Held at DPE, University of Calicut On 15th to 17th December 2025
2ND RUNNER UP
MERCY COLLEGE, PALAKKAD
UNIVERSITY OF CALICUT
INTER ZONE SEPAK TAKRAW (WOMEN) CHAMPIONSHIP 2025-26
Held at M.E.S. College, Mampad On 06th to 07th February 2026
FOURTH
MERCY COLLEGE, PALAKKAD


MERCY

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