## **ANNUAL SPORTS REPORT 2023-2024**







# DEPARTMENT OF PHYSICAL EDUCATION

## Introduction

Health, wellness, physical fitness and recreation have achieved prominent status worldwide in the 21<sup>tt</sup> century. Its values and contributions for a healthy society are universally accepted. It is a known fact that the importance of spreading message of physical Education among the masses needs no justification.

Today Physical Education is not considered by most of the academicians and policy makers in the right perspective and its values are ignored by the entire educational community.

Researches and studies in the medical field have revealed that majority of the population after a particular age level has hypertension (blood pressure), diabetes, obesity, osteoporosis etc. The main causes are lack of proper exercise or inactivity and healthy living habits.

A proper physical education curriculum is the only solution to make the students realize the importance of health and Physical Fitness.

The contribution of Physical Education a<sup>n</sup>d sports towards health and wellness is at present strongly approved and the participation in well-regulated physical fitness programme is strongly recommended by medical science.

The department of Physical Education conducts intramural competitions to promote interest in students. Toppers will be selected and has been given chance for representing the College in various disciplines.

## FACULTY

Sl. No	Name	Designation	Qualification
1	Muhammed Harisbabu.p	Assistant	BPEd, MPEd
		Professor	

# MARKAZ ARTS AND SCIENCE COLLEGE ATHAVAND participated in the following sports events in Calicut university inter collegiate competitions in 2023-2024

DISCIPLINE	VENUE
Football	EMEA College of Arts and Science Kondotty

## FOOTBALL TEAM



Markaz arts and Science College Football team participated. B zone tournament held at **EMEA College of Arts and Science Kondotty** on 10/10/23. 20 students and one Faculty Member



**Interaction with players** 

## LIST OF PLAYERS

100 hundryft 10 Streedt febraan   100 hundryft 13 Streedt febraan   11 Streedt febraan 14 Street febraan   12 Street febraan 14 Street febraan   13 Street febraan 15 Street febraan   14 Street febraan 16 Street febraan   15 Street febraan 16 Street febraan   16 Street febraan 17 Basst Razur som   17 Street febraan 18 motermoned street febraan   18 motermoned street febraan 18 motermoned street febraan   19 Street febraan 19 Street febraan		EMEA COLLEGE OF AI		
DUTY / PARTICIPATION CERTIFICATE     This is to Certified that     Men football team comprising of   members and accompanied b     Dr Sri   Machannel     Main football team comprising of   members and accompanied b     Dr Sri   Machannel     Main football team comprising of   members and accompanied b     Dr Sri   Machannel     Main physical education has participated in the Calicut university B.zone football championship     held at FMEA college of arts and science Kondotti from   1.c. 4, 42. To     It is further certified that no TA/ DA or rent free accommodation was provided to the     members of nume     UST OF PLAYERS     1   Machannel     2   Releas Churcheft     3   Machannel     4   Machannel     5   Schaft     6   Schaft     7   Machannel     9   Machannel     9   Machannel     9   Machannel     10   Machannel     11   Machannel     12   Scheedet     13   Machannel     14   Machanneel <th></th> <th></th> <th>IBA I</th> <th>O KONDOTTY 673638</th>			IBA I	O KONDOTTY 673638
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NO	NAME	NO	NAME
1	MUZAMMIL MUSTHAFA	11	MUHAMMED AJMAL
2	ROHAN CHUNDAYIL	12	SHABEEB RAHMAN
3	MUHAMMED SINAN	13	HAROON AHMAD
4	MUHAMMED ANSHAD	14	MOHAMMED MIDLAJ
5	MUHAMMED SAMIR	15	EZUDEEN
6	SUHAIB	16	ABDUL NAHEEM
7	MUHAMMED ABDUL RAHMAN	17	BASIL RAZAK.KM
8	MUHAMMED ANAS.K	18	MOHAMMED THAMIL
9	MUHAMMED MIKDAD	19	SHANUL MUSTHAK
10	MUHAMMED NIHAL	20	MOHAMMED RISAN

On 7/12/2023 Department of Physical Education and Markaz Arts and Science College students conducted Naseef and Yasir memorial one day football tournament



## Liver pool fc

1.Vishnu	1 <sup>st</sup> BBA
2.Shiyas	1 <sup>st</sup> BBA
3.Mikdad	1 <sup>st</sup> B BA
4.Sinan	1 <sup>st</sup> BBA
5.Thahmil	2 <sup>nd</sup> B.com
6.Rinshad	1 <sup>st</sup> B.com
7.Mushthak	2 <sup>nd</sup> Chemistry
8.Shameel	1 <sup>st</sup> B.Com

## Tottenham

1.Nasil 2.NOUFAL 3.SIRAJ 4.NASIL 5.JUNAID 6.SALIM 7.VASEEM



## FC CHELSEA

1.Nasar	+2
2.Niyas	+2
3.Jabir	+2
4.Niyas	+2
5. Naseem	+2
6.Muhammed	Basheer. N +2
7. Abdul Vasih	+1



## ZENIT FC

1.	Deepak	2 <sup>nd</sup> Bcom
2.	Samir	1 <sup>st</sup> Bcom
3.	Shibili	1 <sup>st</sup> Bcom
4.	Shebi	1 <sup>st</sup> Bcom
5.	Haroon	1 <sup>st</sup> Ba
6.	Midlai	1 <sup>st</sup> Bcom

6. Midlaj $1^{st}$  Bcom7. Anshad $1^{st}$  Bba







LIVEREPOOL FC VS TOTTENHAM MATCH

The students of the College were divided into four Groups for the competitions as detailed. Students were grouped as class wise to have team spirit and to give more impetus to the competitions.

## **INTRAMURAL COMPETITIONS**

#### TEAM STARK

CAPTAIN : MOHAMMED SAHAL.PP (FINAL YEAR

BIOCHEMISTRY)

TRY)

#### **TEAM BARATHEON**

CAPTAIN : ROHITH (FINAL YEAR B COM)

#### TEAM TARGARYEN

CAPTAIN : MUHAMMED NESEL (FINAL YEAR CHEMISTRY)

#### TEAM LANNISTER

CAPTAIN : JABIR VP (FINAL YEAR BA ENGLISH)

## Intramural throwball Competitions for Girls



## TEAM TARGARYEN

Sl no	Name	class
1	Fathima ziba. P	First Year
		BBA
2	Rinshifa. T. P	First
		B.Com
3	Shabna. VF	Third
		Chemistry
4	Shaima.V	First
		Psychology
5	Afna Febin. T.P	Second
		BBA
6	Hiba Basheer	Second B.
		Com



## TEAM LANNISTER

Sl no	Name	class
1	Raheela	3rd Psychology
2	Jahana Shereen. PT	3rd Biochemistry
3	Shameema Thensi. KT	3rd Biochemistry
4	Rashida.K	2nd Microbiology
5	Sana Sherin	2nd Microbiology
6	Shameela	1st BBA
7	Fazna. KM	3rd Microbiology



### **TEAM BARATHEON**

Sl no	Name	class
1	Nidha. M	3rd Microbiology
2	Gopika PV	3rd Microbiology
3	Noorul Afeedha. TN	3rd Microbiology
4	Mushrifa Thasneem. V	3rd Chemistry
5	Nibila Hanna. V	3rd Ba English
6	Rameesha. KV	3rd Microbiology



## TEAM STARK

Sl no	Name	class
1	Noorah.M.P	3rd Microbiology
2	Hasana. P	2 Nd Chemistry
3	Afnan TT	1st Biochemistry
4	Zanoobiya. A	1st BBA
5	Riya Hafsath	2nd Microbiology
6	Fathima Musrifa. PP	1 <sup>st</sup> BA English

## Intramural volleyball Competitions for Boys



Winners of The Intramural Volleyball Competitions

## TEAM STARK

Sl no	Name	class
1	Muhammed Arshad PV	3rd Microbiology
2	Muhammed Niyas PK	2 Nd Chemistry
3	Mohammed Shahil K	1st Biochemistry
4	Muhammad Yasir	1st BBA
5	Muhammed Jasil P	2nd Microbiolgy
6	Mohammed Thahmil	1st BA
7	Mohammed Anas	



## **Runners of The Intramural Volleyball Competitions**

## **TEAM LANNISTER**

Sl no	Name	class
1	Ajmal fawas	3rd Bcom
2	Shameel M	3rd Bcom
3	Muzammil Musthafa A K	2nd B. Com
4	Sufiyan C	2nd BBA
5	Vishnu VR	1st Bcom
6	Muhammad Anfas PV	1st Bba
7	Muhammad Bilal	1st Bcom
8	Muhammad Samir VV	1st Bba



## **TEAM BARATHEON**

Sl no	Name	class
1	Mohammed Nafih. AP	3rd B.com
2	Ezudeen	3rd B.com
3	Suhaib. P K	2nd B. Com
4	Mohamed Nasif. K	2nd BBA
5	Rinshad	1st B.com
6	Lukumon. M	1st BBA
7	Muhammed Anshad. S	1st B.com



### TEAM TARGARYEN

Sl no	Name	class
1	Haroon Ahammed P. V	1st Ba
2	Muhammed Ramiz. V	2nd BBA
3	Vishak. AP	2nd BBA
4	Muhammed Shibil. V	1st B.com
5	Shiyas. KP	1st BBA
6	Mohammed Sahal. PP	3rd Bio
7	Muhammed Shamil. S	2nd BBA

Department of physical education conducted Annual Athletic Championships was held on **05 February 2024** Mr. **Azad Ali k** Inaugurated the championships. Mr. Yasir Arafath Assistant prof delivered the presidential address and Ms. Najiha Fida. K.E (general captain) delivered the vote of thanks. Medals were awarded to winners in each event.



Azad Ali Hoists the Flag and Inaugurates the Annual Sports Meet



March past



100 mtr start



**Discus throw women** 



4\*100 mtr relay start



**Jeweling Throw** 



Award ceremony



**Individual champion** of **Invicta sports meet men session** 5/2/2024(**Ezudeen 2**<sup>nd</sup> **BBA**)



Individual champion of Invicta sports meet men session 5/2/2024(Mohammed Thahmil 2<sup>nd</sup> Bcom)



**Individual champion** of **Invicta sports meet women** session 5/2/2024(**Asna Sheri 3**<sup>rd</sup> **B.com**)



Champions of Invicta sports meet 5/2/2024 (Team Blue)



**Runner of Invicta sports meet** 5/2/2024 (team green)

## Group points of Invicta sports meet 5/2/2024

Sl no	Team	Point	Position
1	Blue	77	1 <sup>st</sup>
2	Green	52	2 <sup>nd</sup>
3	Yellow	34	3 <sup>rd</sup>
4	Red	20	4 <sup>th</sup>

## **INVICTA SPORTS MEET 05-02-2024**

Sl no	Event	Boys	Girls
1	1500mr	1.Muhammed Minhaj. P (1 <sup>st</sup> Bcom	
		2.Mohammed Anshad.S (2 <sup>nd</sup>	
		Bba	
		3.Anoos (1 <sup>st</sup> Bba)	
2	Short Put	1.Ezudeen (2 <sup>nd</sup> Bba)	1.Henna Shafi (3 <sup>rd</sup>
		2.Shahul Musthak.P (2 <sup>nd</sup>	Psychology)
		Chemistry)	2.Safa Minnath (3 <sup>rd</sup>
		3.Rinshad (2 <sup>nd</sup> Bba)	Biochemistry)
			3.Saliha Jabin (2 <sup>nd</sup> Ba)
3	800mr		1.Rinshifa (1 <sup>st</sup> Bcom)
			2.Shadhi.Pp(2 <sup>nd</sup>
			Microbiology)
			3.Gopika.Pv (3 <sup>rd</sup>
			Microbiology)
4	400mr	1.Sahad (1 <sup>st</sup> Chemistry)	1.Asna Sheri.P (3 <sup>rd</sup> Bcom)
		2.Mohammed Sabin (3 <sup>rd</sup>	2.Shahana.Km(1 <sup>st</sup> Ba)
		Biochemistry)	3.Shaima. (1 <sup>st</sup> Psychology)
		3.Vishnu.Vr(1 <sup>st</sup> Bba)	
5	Discus Throw	1.Rinshad (1 <sup>st</sup> BCom)	1.Saliha Jabin.Vp (2 <sup>nd</sup> Ba)
		2.Muhammed Mahshook (1 <sup>st</sup>	2.Nibila Henna (3 <sup>rd</sup> Ba)
		Psychology)	3.Raheela. Ck (3 <sup>rd</sup>
		3.Muhammed	Psychology)
		Mikdhad.Mp(1 <sup>st</sup> Bba)	
6	200mr	1.Mohammed Ramiz.V(2 <sup>nd</sup>	1.Asna Sheri. (3 <sup>rd</sup> BCom)
		Bcom)	2.Rashidha (2 <sup>nd</sup> Microbiology)
		2.Mohammed Sabin (3 <sup>rd</sup>	3.Fazna.Km(3 <sup>rd</sup>
		Biochemistry)	Microbiology)
		3.Sahad (1 <sup>st</sup> Chemistry)	
7	100mr	1.Muhammed Thahmil(2 <sup>nd</sup>	1.Raheela Ck (3 <sup>rd</sup> Psychology)
		Bcom)	2.Nasriya.Pp (1 <sup>st</sup> Ba)
		2.Mohammed Bilal (1 <sup>st</sup> Bba)	3.Shahana. Km (1 <sup>st</sup> Ba)
		3.Sahad (1 <sup>st</sup> Chemistry)	
8	Javelin Throw	1.Ezudeen (2 <sup>nd</sup> Bba)	1.Henna Shafi (3 <sup>rd</sup>
		2.Shahul Musthak. (2 <sup>nd</sup>	Psychology)
		Chemistry)	2.Nibila Henna (3 <sup>rd</sup> Ba)
		3.Muhammed Mahshook (1 <sup>st</sup>	3.Saniya (1 <sup>st</sup> Bcom)
		Psychology)	
9	4*100mr Relay	1.Team Green	1. Team Blue
		2.Team Yellow	2.Team Green
		3.Team Red	3.Team Red

# THANK YOU