



DEPARTMENT OF PHYSICAL EDUCATION

Korambayil Ahamed Haji Memorial

UNITY WOMEN'S COLLEGE, MANJERI

ANNUAL REPORT 2023 -'24

1. The Department Celebrated International Yoga Day on June 22nd 2023

The department Celebrated International yoga day on June 22 at Indoor Stadium. The function was started at 11:00 am with a welcome speech by Mr. Hamraz Ahamed M, asst. prof and head, dept. of physical education, followed by a key note address on importance of yoga day and why it is celebrated on June 21. The program was conducted for the students of different departments. Meditation was done for all the students presented in the class.

2 The College Badminton Team participated in ICT (Inter-zone) Badminton Women championship 2023-24

College badminton team participated in ICT (Interzone) Badminton Women championship 2023-24 held at St. Joseph College, Devagiri on 01.12.2023

3 The Department Conducted one day Football camp for Al-Huda English medium school team, Patterkulam (Nov 11 2023)

The department conducted one day football camp for Al-Huda English medium school, Patterkulam on November 11 at our college ground.

4 College Judo team Participated in the ICT (Interzone) Judo Women championship 2023-24

The college judo team consisting of 3 members participated in the ICT (Interzone) Judo Women championship held at St.thomas College, Thrissur on 16th November 2023.

5 The College Karate team Participated in the ICT (Interzone) Karate Women championship 2023-24

The college Karate team participated in the ICT (Interzone) Karate Women championship held at Sahrdaya College of advance studies, Kodakara on 7th January 2024.

6 The department conducted Annual Sports meet 2023-24

The Department and MERIDIA Students' union Conducted college annual sports meet KHELO UNITY 2K24 at College ground. The Students are divided into four groups namely NIKIES, HERCULISIS, ATLANTIS and HERMIES. Various Games was conducted

between students. Team Atlantis bagged the overall championship. Various Games and athletics events were conducted. The events lists are as follows.

1st February 2024 - CRICKET

2nd February 2024- FOOTBALL

24th and 25th January 2024 - BADMINTON

7th and 8th February - ATHLETICS, CHESS and TUG OF WAR

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