

# DEPARTMENT OF PHYSICAL EDUCATION

## ST.XAVIER'S COLLEGE, THUMBA

[phyednstxaviersthumba@gmail.com](mailto:phyednstxaviersthumba@gmail.com)

[stxaviersthumba.org](http://stxaviersthumba.org)

Year of establishment	:	1964
Number of Teaching staff (now)	:	1
Number of supporting staff	:	Nil



**Dr. George Thomas,**

PhD, MPhil, PGDSM, MPEd, BPEd, BSc

**Associate Professor & Head**

Joined on : 3/1/1989

Took Charge as HOD : 31/3/1997

By GT Mulayara



**Dr. HARRISON. J**

MPE, PhD





**Associate Professor**

Joined on : 5/11/1997

Died on : 18/4/2013



# FACULTY PROFILE

Sl.No.	Name	Yr. of Experience	Yr. of Service	Designation	Photo
1	<b>Prof. CS. Joseph</b> BSc, BPEd	32	15/6/1965 to 31/3/1997	Professor & Head	
2	<b>(Late) Sri. Jose .T. Kokad</b> MPEd, BA	7	8/12/1981 to 20/7/1988	Lecturer	
3	<b>Lt. (Dr.) George Thomas</b> PhD, MPhil, MPEd, PGDSM, BSc	30	3/1/1989 to continuing	Associate Professor & Head	
4	<b>(Late) Dr.Harisson.J</b> PhD, MPE	16	5/11/1997 to 18/4/2013	Associate Professor	

## MOTTO

‘ Team work makes our dream work’

## MISSION

Overall participation of the students from all departments in different Sports activities

## VISION

To strive and achieve Excellence in Sports

# CURRICULUM DEVELOPMENT

- June – July : Admissions for sports quota (ranking)
- June – July : BOS meetings, Advisory board meeting etc.
- From July (after the SQ admission) : 1<sup>st</sup> phase coaching Camps will start for each events
- SEPT. – : College teams selection trials for both Men & women teams (through performance analysis in the camp)
- SEPT - JAN : Participation in different University, District State and National tournament's participation
- SEPT : Open Course classes,
- OCT : Internal examination -1, evaluation
- JAN : Internal Examination - 2, evaluation
- MAR : Intramural competitions
- MAR : Department analysis & report submission

# FACULTY PUBLICATIONS

Sl. No.	Content	Publication	Volume	Page	Year
1	Kinetic Analysis of sprint Running	National Seminar proceedings			June , 1997
2	How Fit you are really	JOPES	Vol.4	17	OCT 1997
3	Physical Fitness and health Management	National seminar proceedings	Vol.4, ISSN No. 0974-2964		JAN 2001
4	Effect of rhythmic aerobics and bench stepping on selected and physical, psychological variables of higher secondary students	Scientific journal in sport and exercise	Vol.4, ISSN No. 0974-2964	37	Jul Oct 2008
5	Common injuries in Baseball	National seminar souvenir	ISBN 978-81-921443-0-6	208	DEC 2010
6	Effect of selected yoga core power iron yoga practices on strength, flexibility and vital capacity among Football players	National seminar souvenir	ISBN 13-978-81-922647-9-0	138	Dec 2011
7	An Analysis of Kinetic Energy and Speed in Long Jump Performance	National seminar souvenir	ISBR NO. 978-84-910811-3-8	68	10 <sup>th</sup> & 11 <sup>th</sup> FEB 2014

# SEMINARS, CONFERENCES, SYMPOSIA, WORKSHOPS ETC. ATTENDED: 2013-19

Sl. No.	Seminars, Conferences, Symposia Workshops	Name of the sponsoring agency & Venue	Paper/Subject	Participation/Presentation	Year & month
1	Seminar on ‘Intellectual Property Rights’	Kerala/KSCSTE & St.Xavier’s College, Thubma		Participated	20 <sup>th</sup> August 2013
2	Inter National Workshop on Sports Management	SAI ,LNCPE, Thiruvananthapuram		Participated	10 <sup>th</sup> & 11 <sup>th</sup> FEB 2014
3	National Seminar on “ Physical Exercise towards preventing life style diseases”.	University College,- Sponsored by Directorate of Collegiate Education, Govt. of Kerala	Stress and life style diseases and its remedies through physical & mental exercise	Paper presented	24 <sup>th</sup> NOV 2015
4	National seminar on Fitness and Lifestyle diseases management	UGC Sponsored, SN College for Women, Kollam		Participated	26 <sup>th</sup> & 27 <sup>th</sup> March 2015
5	National Seminar on Prospective approaches and application of Yoga in Physical Activities for better Life	All Saints College, Thiruvananthapuram	Yoga effect in daily activities	Paper presented	19 <sup>th</sup> & 20 <sup>th</sup> NOV 2015
6	National Seminar on Physical Exercise towards Preventing life style Diseases.	Govt. of Kerala Dept. of collegiate Education – Sponsored, University College, TVPM	Life style diseases Exercise and its effect	Paper presented	24 <sup>th</sup> NOV 2015
7	National Seminar on At the Cross Roads: Sports, Fitness, Health and Physical Education	BJM College, Chavara, Kollam-	Sports participation in Costal area	Paper presented	12 <sup>th</sup> & 13 <sup>th</sup> JAN 2017
8	National Seminar on Sports Engineering	School of Physical Education and Sports Sciences, Kannur University	Kinetic and kinematic analysis of long jump	Paper presented	7 <sup>th</sup> to 9 <sup>th</sup> FEB 2019

## **a) National:**

1. National Games Organising Committee – Venue Administrator ( 5/12/2014 to 20/2/2015)
2. National Sailing Championship – Organising Committee member (21 JAN 2015)
3. South Zone National Athletics Championship – Organising Committee member (2017)

## **b) State:**

1. Youth State Athletics Championship – Organising Committee member (2016)
2. Jr.State, Sr.State, Youth State, Inter Club Athletics Championships – Organising Committee member (2017,2018 & 2019)

## **c) University:**

1. Kerala University Academic Council member - (2007 – 2013)
2. Kerala University Advisory Board member – (Fm. 1/4/2013)
3. Kerala University Board of Studies member – (Fm. 2016)
4. Kerala University Youth Festival – Organising Committee member (2013, 2014, 2015, 2016)
5. Kerala University CBSS Open Course – Chairman (2013, 2014, 2015, 2016, 2018)
6. Kerala University Admission committee – Member (2013, 2014, 2015,2016, 2017, 2018, 2019)
7. KPSC – Interview board member
8. Kannur University National seminar on Sports Engineering- (Chair person)- 2019
9. Kannur University Curriculum revision committee – Member -(2019)



# FACULTY PARTICIPATION IN CORPORATE LIFE

## d) College

1. HOD from 1997
2. Associate NCC Officer (NAVY) – from 1996 to 2018
3. Council member
4. Planning Board member
5. Discipline & Ethics committee member
6. Admission committee member
7. Purchase committee member
8. NAAC committee member
9. IQAC member
10. WWS committee member
11. College Level Monitoring Committee member
12. Canteen Committee member
13. Sports development committee member
14. College Students Union Staff Advisor
15. College magazine editor
16. College Staff Club President, executive member, Secretary
17. Library development committee member
18. Extension Activity member
19. Scholarship committee member
20. Presiding Officer for the College Students Union Election

# FACULTY PARTICIPATION IN CORPORATE LIFE

## e) Membership of Professional Bodies, Societies etc.

1. President- TVPM District Athletics Association (From 2016)
2. Member - District Sports Council, Kollam
3. Member – Thiruvananthapuram District Olympic Association
4. Executive member - Thiruvananthapuram District Football Association
5. Member - District Tennis Club, Kollam
6. Member - Sailing Club Association
7. Governing body member - Marthoma Church Education Society
8. Member - District Athletic Association, Kollam
9. Member - District Softball Association, TVPM
10. Executive representative - District Softball Association, TVPM
11. Member - District Baseball Association, TVPM
12. Member - District Rowing Association ,TVPM
13. Member - Thiruvananthapuram Wrestling Association
14. President - Kollam Handball academy
15. Member - Disaster management, Kollam
16. Member - Kerala Masters Veterans Association Executive
17. Member – Shooting Club, TVPM
18. Member – Quilon Athletic Club member
19. Member – Marthoma church Education Society
20. Member - Rotary Club Quilon
21. Member - YMCA Sports committee, Kollam

# ASSOCIATION WITH OTHER AGENCIES

1. Sports Authority of India (SAI)
2. Kerala State Sports Council
3. Kerala Cricket Association
4. Kerala State Athletic Association
5. Kerala State Olympic Association
6. Trivandrum District Athletic Association
7. Trivandrum District Football Association
8. Trivandrum District Softball Association
9. Trivandrum District Baseball Association
10. Trivandrum District Wrestling Association
11. Trivandrum District Rowing Association
12. Trivandrum District Boxing Association
13. Trivandrum District Handball Association

# PHYSICAL FACILITIES AVAILABLE

1. **Cricket stadium** (Inter national standard ) - 1, with 9 pitches, Pavilion (in 7 acres)
2. **Football stadium** (Standard ) - 1, (80mts x 100mts) with two rooms & pavilion
3. **Basketball Court** - 2
4. **Handball Court** - 1
5. **Volleyball Court** - 1
6. **Gymnasium** (12 station ) - 1
7. **Fitness centre** - 1
8. **Multi purpose Indoor Auditorium** - 1, under construction.....  
(It includes -1 Volleyball court/ 1 Handball court/  
1 Basketball court/ 2 Shuttle badminton courts)
9. **Computing facilities** - 1 Desktop comp. + 1 printer
10. **Class rooms** - 1, with LCD projector

# LIBRARY AS A LEARNING RESOURCE

- **The College library holds books related to Sports , Games , Rules & regulations of Sports events, First Aid, Health & Fitness Education.**

# EXTENSION ACTIVITIES OF THE DEPARTMENT

## Tournaments conducted /organised by the department

Year	District	University	State	Int.Uty	National	Int. National	Total
2013-14	-	5	-	-	-	-	5
2014-15	-	4	-	-	-	-	4
2015-16	-	6	-	-	-	-	6
2016-17	1	5	2	-	-	-	8
2017-18	1	3	5	-	1	-	9
2018-19	1	4	4	-	-	-	9
Total	3	27	11	-	1	-	41

# TOTAL STUDENTS STRENGTH & % OF SPORTS PARTICIPATION 2018 - 19

Total students Strength	Men	Women	Total % of Sports participation in Inter National, National, Inter University, State, University & District level		
			Men	Women	Total %
1080	369	711	20.60	9.00	12.96

# TOTAL STUDENTS PARTICIPATION IN DIFFERENT LEVEL (2018 -19): DEPARTMENT WISE

Department	Inter National			National			Inter University			State			University			District			Grant Total
	Men	Women	Total	Men	Women	Total	Men	Women	Total	Men	Women	Total	Men	Women	Total	Men	Women	Total	
<b>History</b>	1	-	1	1	-	1	4	5	9	2	2	4	7	11	18	2	1	3	36
<b>Economics</b>	-	-	-	-	1	1	-	4	4	-	1	1	9	6	15	-	-	0	21
<b>Malayalam &amp; Mass Communication</b>	-	-	-	1	-	1	3	-	3	-	-	0	5	1	6	1	-	1	11
<b>Commerce</b>	-	1	1	-	4	4	-	7	7	-	6	6	15	11	26	-	-	0	44
<b>Physics</b>	-	-	-	-	-	-	-	-	-	-	-	-	6	2	8	-	-	0	8
<b>Chemistry</b>	-	-	-	-	-	-	-	-	-	-	-	-	7	1	8	-	-	0	8
<b>Mathematics</b>	-	-	-	-	-	-	-	-	-	1	-	1	3	-	3	1	-	1	5
<b>Bio Technology</b>	-	-	-	-	-	-	2	-	2	-	-	0	5	-	5	-	-	0	7
<b>TOTAL</b>	1	1	2	2	5	7	9	16	25	3	9	12	57	32	89	4	1	5	140



# NUMBER OF TOURNAMENTS PARTICIPATED AND THE RESULTS : 2018-19

Winners	Runners	Semi finalist	Overall Champions	Participated & got medals
7	2	5	1	2

**Total : 17**

# NUMBER OF TOURNAMENTS PARTICIPATED AND THE RESULTS IN DETAIL : 2018-19

Sl.No.	Event/Tournament	Game	Section	Position
1	Kerala University Inter Collegiate South Zone Football Tournament held at Trivandrum	Football	Men	Winners
2	Kerala University Inter Collegiate Inter Zone Football Tournament held at Trivandrum	Football	Men	Runners
3	All Kerala Indian Express Football Goal tournament held at Maharajas College Ground, Eranakulam.	Football	Men	Came up to 2 <sup>nd</sup> round
4	TKM Engg. College George Joseph Memorial All Kerala Inter Collegiate Football Championship held at TKM Engineering College, Kollam	Football	Men	Winners

5	Kerala University Inter Collegiate Cricket tournament held at LNCPE, Kariyavattom	Cricket	Men	Came up to 3 <sup>rd</sup> round
6	Kerala University Intercollegiate Volleyball tournament held at LNCPE, Kariyavattom	Volleyball	Women	<b>Winners</b>
7	30 <sup>th</sup> Sr.Goretti memorial All Kerala Inter Collegiate Volleyball Tournament at St.Steihen's College, Uzhavoor, Kottayam	Volleyball	Women	Semi finalist
8	Kerala University Inter Collegiate Handball Championship held at All Saints College, Thiruvananthapuram	Handball	Women	<b>Winners</b>
9	All Kerala Inter Collegiate Handball Championship, held at All Saints College, Thiruvananthapuram	Handball	Women	<b>Winners</b>
10	2 <sup>nd</sup> Mar Ivanious College All India Inter Collegiate Handball Tournament at Mar Ivanious College of Arts and Science, Mavelikara	Handball	Women	<b>Winners</b>

11	Kerala University Inter Collegiate Handball Championship held at University Stadium, Thiruvananthapuram	Handball	Men	Came up to 2 <sup>nd</sup> round
12	Kerala University Inter Collegiate WL Championship held at St.Cyrils College, Adoor	Weight Lifting	Women	Runners
13	Kerala University Inter Collegiate Boxing Championship held at Sree Padam Indoor Stadium, Attingal	Boxing	Men & Women	Overall Champions
14	Kerala University Inter Collegiate Boxing Championship held at Sree Pada m Indoor Stadium, Attingal	Boxing	Women	Winners
15	Kerala University Inter Collegiate Boxing Championship held at Sree Padam Indoor Stadium, Attingal	Boxing	Men	Participated and got medals
16	Kerala University Inter Collegiate Kabaddi Championship held at SN College for Women, Kollam	Kabaddi	Women	Semifinalist
17	Kerala University Inter Collegiate Athletics Championship held at GV Raja Stadium, Thiruvananthapuram	Athletics	Men	Participated & got medals with New records

# TOTAL NO. OF TEAMS PARTICIPATION IN DIFFERENT LEVEL

Level	Game	Men	Women	Total
<b>Inter National</b>	Volleyball (W), Boxing (W) & Athletics (M)	1	2	<b>3</b>
<b>National</b>	Volleyball (W), Boxing (M), Athletics (M), Handball (W), Kabaddi (W)	1	4	<b>5</b>
<b>State</b>	Football (M), Volleyball (W), Boxing (W), Handball (W), Kabaddi (W), Athletics (M & W), Cross country Race (M)	5	5	<b>10</b>
<b>University</b>	Football (M & W), Cricket (M), Kabaddi (M), Athletics (M & W), Chess (M), Softball (M), Shuttle Badminton (M), Volleyball (W), Handball (M & W), Boxing (M & W), Power Lifting (W), Weight Lifting (W), Hockey (Men)	9	8	<b>17</b>
	<b>Total</b>	<b>16</b>	<b>19</b>	<b>35</b>

# INTER NATIONAL LEVEL PARTICIPATION 2018-19

## Athletics

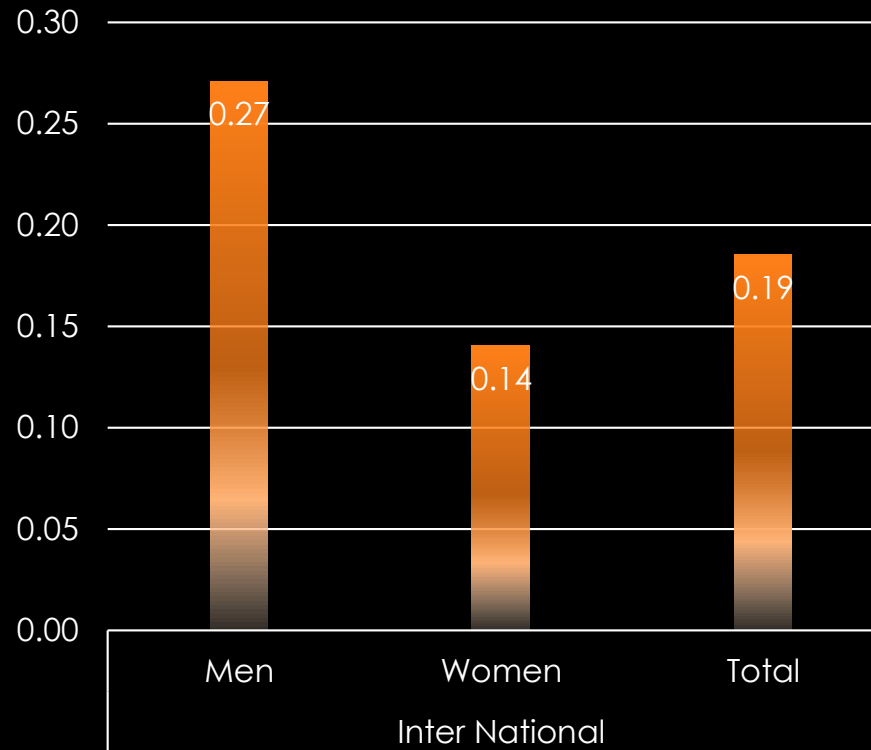


Men	Women	Total
1	1	2
0.27 %	0.14 %	0.19 %

**1. Abhinandth Sundarasan**  
(II BA Hist.)

1. South Asian Championship : 800M - Bronze - at Sri Lanka
2. Indian Inter National Boxing Championship (at Delhi):-  
75kg, Participated

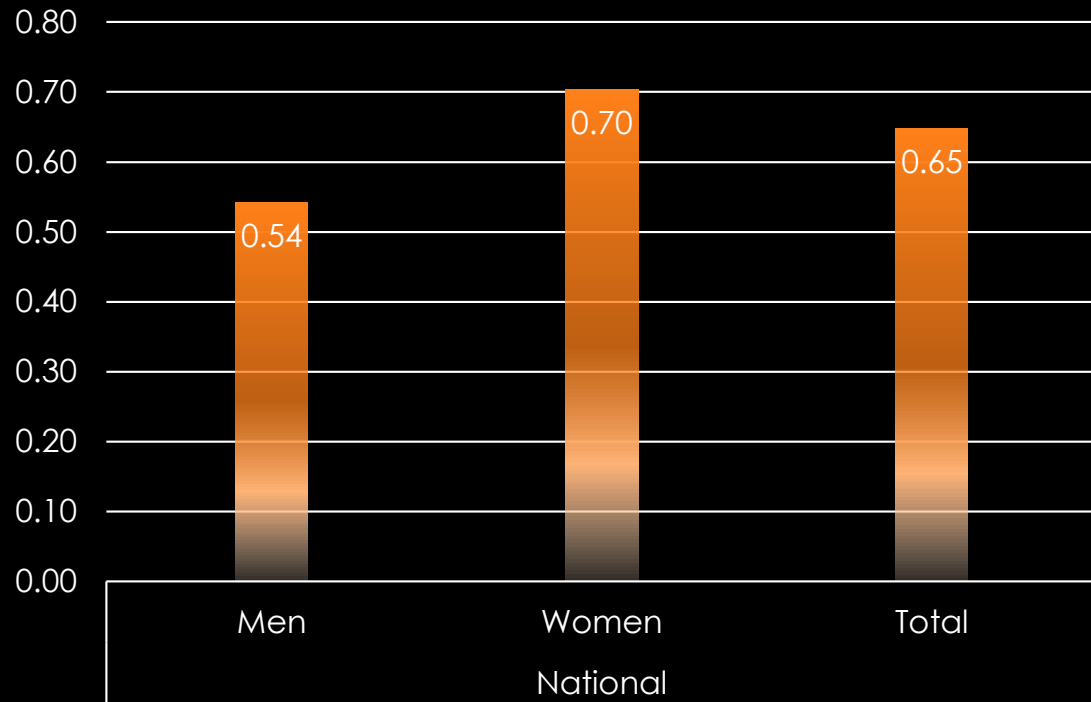
## Boxing



**2. Indraja.KA**  
(II BCom)

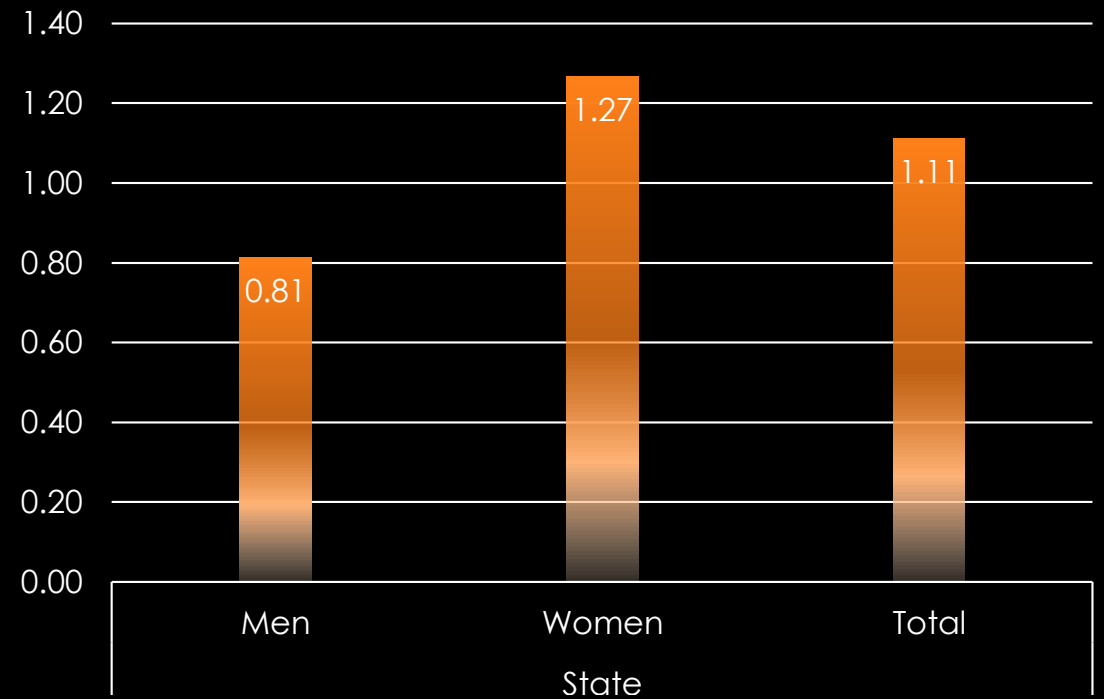
## National Level Participation 2018-19

Men	Women	Total
2	5	7
0.54 %	0.70 %	0.65 %



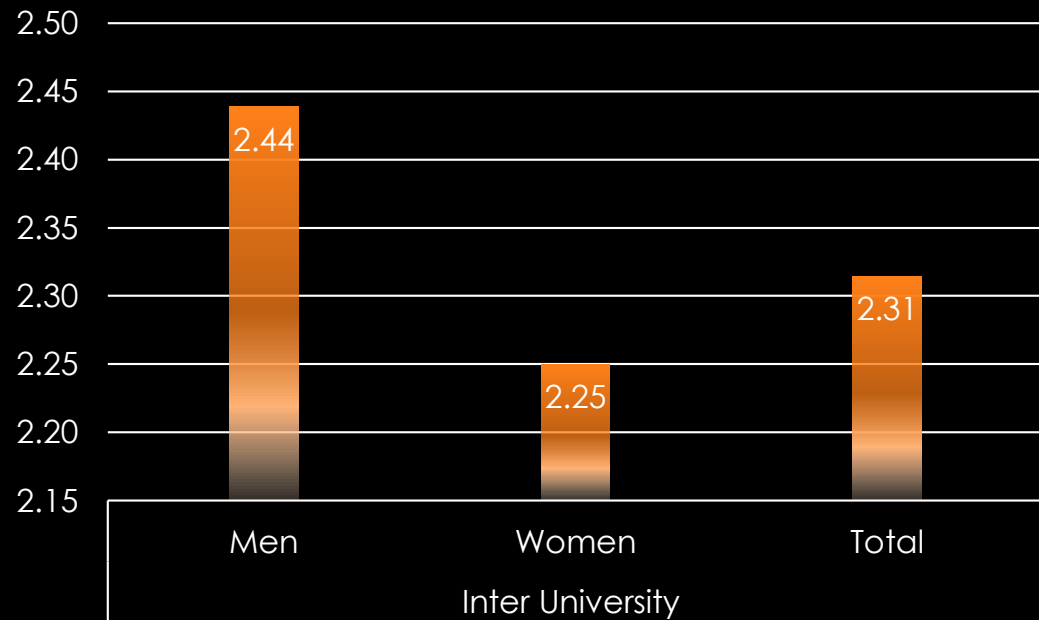
## State Level Participation 2018-19

Men	Women	Total
3	9	12
0.81 %	1.27 %	1.11 %



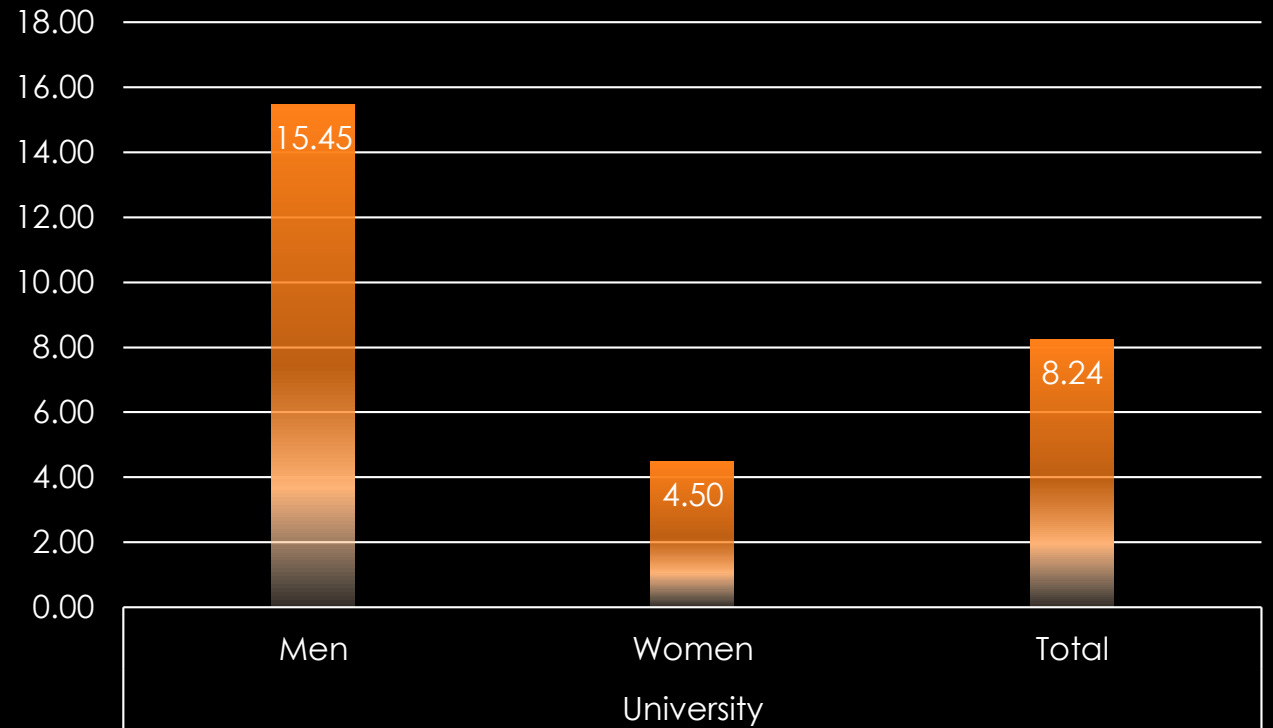
## Inter University Level Participation 2018-19

Men	Women	Total
9	16	25
2.44 %	2.25 %	2.31 %



## University Level Participation 2018-19

Men	Women	Total
57	32	89
15.45 %	4.50 %	8.24 %

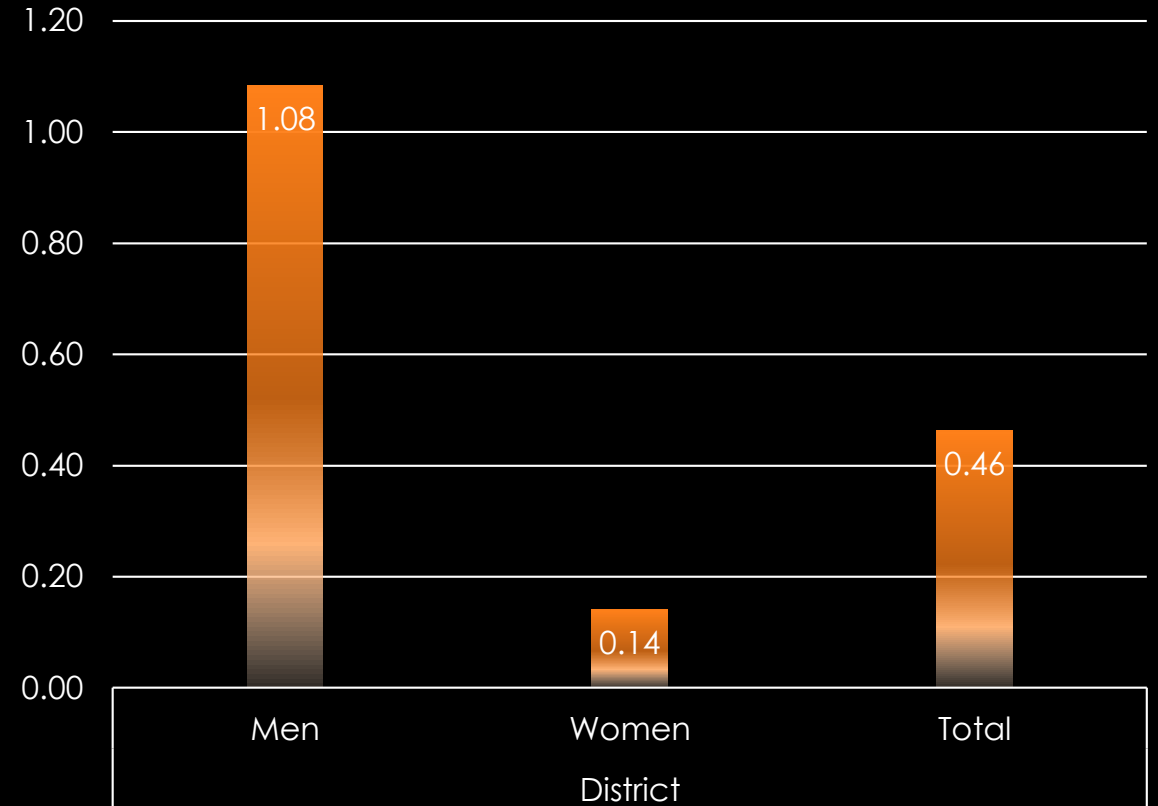




# District Level Participation 2018-19

Men	Women	Total
4	1	5
1.08 %	0.14 %	0.46 %

## DISTRICT LEVEL PARTICIPATION



# TOTAL NUMBER OF SPORTS STUDENTS GOT JOB IN GOVT. SECTOR

Sl.No.	Year	Boys	Sector	Girls	Sector
1	2013-14	2	Central Govt.	-	-
2	2014-15	1	State Govt.	-	-
3	2015-16	-	-	3	Central Govt.
4	2016-17	-	-	1	State Govt.

Sl.No.	Name	Course	Game	Sector	Position	Representation
1	Sarath Yagappan	Comm.	Football	CISF	Havilildar	All India Int.Uty
2	Dany Yagappan	Comm.	Football	AG's, Kerala	Clerk	All India Int.Uty
3	Akshy.KC	History	Cricket	State Govt	Clerk	Jr.Indian Team member
4	Cini Sara Kurian	Ecco.	Volleyball	SSB, UP	Constable	All India Int.Uty
5	Linta Sabu	Ecco.	Volleyball	SSB, UP	Constable	All India Int.Uty
6	Akhila Joseph	Ecco.	Volleyball	ICF, Madras	Clerk	All India Int.Uty
7	Maya Thomas	History	Volleyball	KSEB, Kerala	Clerk	Jr.Asian VB Championship
8	Nishon Xaviour	Ecco.	Football	KSEB, Kerala	Clerk	Santhosh Trophy player

# INTER DEPARTMENT TOURNAMENTS:- 2018-19

- (a) Cricket (Men):

Held on 17<sup>th</sup>, 18<sup>th</sup> & 21<sup>st</sup> JAN 2019

History Department - **Winners**

Mathematics Department - Runners

- (b) Football (Men):

Held on 22<sup>nd</sup>, 23<sup>rd</sup> & 25<sup>th</sup> JAN 2019

BMCC - **Winners**

Chemistry Department - Runners

# THEORY PAPER FOR CLASS ROOM TEACHING IN UG

**Named as** : Open Course  
**Course Code** : PE1551

**Paper: HEALTH AND FITNESS EDUCATION**

- **Total No. of students :**

(2018 - 19)	-	51
(2017 - 18)	-	50
(2016 - 17)	-	50
(2015 - 16)	-	50
(2014 - 15)	-	50
(2013 - 14)	-	50
- **Total No. of teaching staff in the Department** - 1
- **Total No. of teaching hours per week** - 3
- **Total No. of Non teaching staff (Sanctioned)** - Nil

## Aim of the Course:

1. To provide information about the scientific basis and benefits of Physical Activity
2. To enable the students to lead Concepts of Health, Physical Education & healthy life style
3. To impart knowledge regarding health, nutrition and first aid measures.
4. To give a brief awareness about sports & games and their influence in the society.

## MODULE

1. Introduction to Health and Physical Education
2. Scientific basis of Physical Activity
3. Wellness and lifestyle management
4. Body Posture and First Aid
5. Introduction to Sports and Games

## TEACHING – LEARNING PROCESS

- Students centric methods:
  - Power point presentation, Assignments, projects & Practical class etc.
- Academic & teaching plan:
  - Teaching plan & power points prepared by the teacher.
  - Demonstrate the First AID principles and the using of Fitness equipments.

## Coaching – learning process

- Students centric methods:
  - Coaching camps – with the assistance of different Coaches, Old students ( National & International)
  - Practice matches with different Colleges & Department teams
- Coaching plan:
  - Coaching programs prepared by the teacher

# OPEN COURSE: HEALTH & FITNESS

(TOTAL NO. OF STUDENTS FROM EACH DEPARTMENT: 2018-19)

Department	Men	Women	Total
Commerce	2	8	10
Economics	-	4	4
History	5	12	17
Malayalam & Mass Communication	1	-	1
Physics	8	2	10
Chemistry	-	4	4
Mathematics	-	1	1
Botany & Bio Technology	1	3	4
<b>Total</b>	<b>17</b>	<b>34</b>	<b>51</b>

(CONSOLIDATED RESULT ANALYSIS: 2018-19)

Sl.No.	Examination Conducted	Total Students Strength			No. of students attended the Examination			Result of students (as per % of marks)					
		Men	Women	Total	Men	Women	Total	Failed		Above 35-59%		Above 60-100%	
								M	W	M	W	M	W
1	Internal	17	34	51	17	34	51	Nil	Nil	14	26	3	8
2	External	17	34	51	17	34	51	Nil	Nil	9	12	7	23

# OPEN COURSE: HEALTH & FITNESS

## (DEPARTMENT WISE RESULT ANALYSIS – INTERNAL EXAM)

Sl.No.	Department	Percentage of marks secured by the students in the Internal exam			
		Men		Women	
		35-59%	60-100%	35-59%	60-100%
1	Commerce	-	2	6	2
2	Economics	-	-	2	2
3	History	5	-	10	2
4	Malayalam & Mass Communication	1	-	-	-
5	Physics	7	1	1	1
6	Chemistry	-	-	4	-
7	Mathematics	-	-	-	1
8	Botany & Bio Technology	1	-	3	-

## (DEPARTMENT WISE RESULT ANALYSIS – EXTERNAL EXAM)

Sl.No.	Department	Percentage of marks secured by the students in the External exam			
		Men		Women	
		35-59%	60-100%	35-59%	60-100%
1	Commerce	-	2	2	6
2	Economics	-	-	1	3
3	History	2	3	6	6
4	Malayalam & Mass Communication	-	1	-	-
5	Physics	7	-	1	2
6	Chemistry	-	-	2	2
7	Mathematics	-	-	-	1
8	Botany & Bio Technology	-	1	-	3



# STUDENTS PERFORMANCE AND LEARNING

- The attainments of programmes and course outcomes are evaluated through Internal & external evaluation and the sports performance based process.

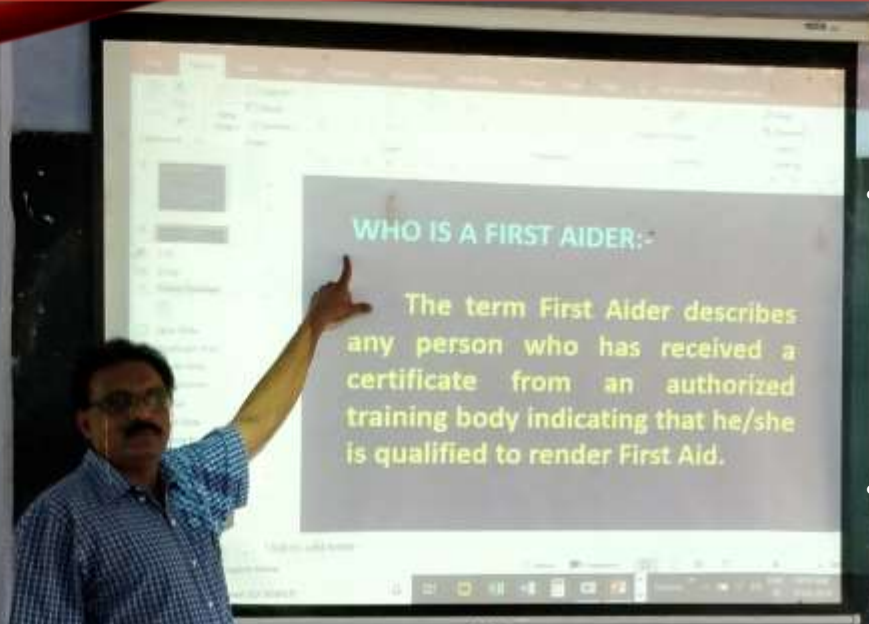
## ALUMNI

- Sports students & the department closely associated with the College Alumni Association.
- The department created different WhatsApp group for each sports event.

# PERSPECTIVE PLAN

- To start BPEd, MPEd, MPhil Integrated courses.
- To start the following Sports Academy for men & women in the following events with the help of each Associations, SAI & Kerala Sports Council etc.
  - Football, Volleyball, Athletics, Handball, Cricket & Boxing
- To enrich sports culture in general students through mass participation in different sports activities.
- To conduct more coaching camps for different Sports events by the help of different associations in the holidays.

# DEPARTMENT OF PHYSICAL EDUCATION



## WHO IS A FIRST AIDER:-

The term First Aider describes any person who has received a certificate from an authorized training body indicating that he/she is qualified to render First Aid.

- Our department is associated and linked with all the other departments, College Manager, Principal, College Office, all the teachers & the PTA.
- So the Dept. puts in great efforts for the development of our college.



Weight Lifting (W)



Softball (M)

## TEAM PHOTOS



Basketball(W)



Football(W)



Boxing (M & W)

# TEAM PHOTOS



Rugby (w)



Volleyball (w)



Football (M)



**THANK YOU  
FOR YOUR PATIENT LISTENING**



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**QUESTIONS**