



**DEPARTMENT OF PHYSICAL
EDUCATION
WMO ARTS & SCIENCE COLLEGE**

"education and some more"

**Affiliated to University of Calicut
(Aided by Govt. of Kerala)**

P.O. MUTTIL, WAYANAD, KERALA - 673122

**Phone : 04936-203382 (Office)
04936-207532 (Principal)**

e-mail : wocollege@gmail.com

website: WWW.wocollege.ac.in

**DEPARTMENT OF PHYSICAL EDUCATION
ANNUAL REPORT 2018-19**

The Department of Physical Education at W.M.O Arts & Science College, Muttill played a significant role in promoting physical fitness, sportsmanship, and overall well-being among the students during the academic year 2018-19. This report highlights the department's activities, achievements, and notable events.

Facilities and Sports Activities:

The department takes pride in its excellent facilities, including a well-maintained cricket pitch, a football field, a 200-meter track, a volleyball court, and a fitness center. These facilities provided students with the necessary infrastructure for training and participation in various sports disciplines. Throughout the year, the department organized numerous sports activities, including the Annual Athletic Meet held on January 29, 2019. This event witnessed an impressive participation of 761 students, showcasing their athletic abilities and fostering a spirit of healthy competition. Additionally, the department conducted intramural championships for football, volleyball, and cricket, attracting the enthusiastic participation of 350 students.

Selection of College Teams and Notable Achievements:

W.M.O Arts & Science College has excelled in several sports, including football, volleyball, Wu-Shu, and fencing. The college teams have achieved commendable success, thanks to the rigorous selection process based on student performance in intramural championships. This method ensures that only the most talented and deserving students represent the college in various sports competitions. Notably, Anagha, a student from the 1st year of B.Com Cooperation, showcased outstanding performance in the Calicut University Inter zone Fencing Championship. Her exceptional skills and determination led her to win a gold medal in the competition. Anagha's remarkable achievement earned her a well-deserved place in the Calicut University fencing team. She continued to excel and participated in the All India Inter University

Fencing Championship, where she secured an impressive third-place finish. Anagha's success brings pride to the college and serves as an inspiration to her peers.

The college is proud to have a remarkable staff football team that demonstrates exceptional sportsmanship and skills. The team's participation in various tournaments and friendly matches adds to the overall sports culture and camaraderie within the college. The Department of Physical Education at W.M.O Arts & Science College, Muttill, played a pivotal role in promoting physical fitness and sportsmanship during the academic year 2018-19. The department's facilities, annual athletic meet, intramural championships, and notable achievements like Anagha's success in fencing showcase the dedication and passion of both students and staff. The college's commitment to sports and physical education contributes to the holistic development of its students and fosters a spirit of healthy competition and teamwork.

1. Annual athletic meet events

Sl No	Name of the Event	Date	Number of Participation
1	100MTR MEN	29/01/2019	30
2	100MTR WOMEN	29/01/2019	23
3	200MTR MEN	29/01/2019	35
4	200MTR WOMEN	29/01/2019	24
5	400MTR MEN	29/01/2019	35
6	400 MTR WOMEN	29/01/2019	24
7	800 MTR MEN	29/01/2019	31
8	800MTR WOMEN	29/01/2019	22
9	1500 WOMEN	29/01/2019	29
10	1500 MTR MEN	29/01/2019	39
11	4X100MTR RELAY MEN	29/01/2019	16
12	4X100MTR RELAY WOMEN	29/01/2019	16
13	4X400MTR RELAY MEN	29/01/2019	16
14	SHOT PUT MEN	29/01/2019	54
15	SHOT PUT WOMEN	29/01/2019	51
16	JAVELIN THROW MEN	29/01/2019	54
17	JAVELIN THROW WOMEN	29/01/2019	49
18	LONG JUMP MEN	29/01/2019	46
19	LONG JUMP WOMEN	29/01/2019	21
20	HIGH JUMP WOMEN	29/01/2019	15
21	HIGH JUMP MEN	29/01/2019	29
22	TRIPPLE JUMP MEN	29/01/2019	23
23	TRIPPLE JUMP WOMEN	29/01/2019	25
24	DISCUS THROW MEN	29/01/2019	34
25	DISCUS THROW WOMEN	29/01/2019	20
	Total Participation		761

DETAILS OF WINNERS

Sl.no	Events	1st	2nd	3rd
1.	100MTR MEN	SANOOP S	M A ADNAN	AFSAL N
2.	100MTR WOMEN	ARSHIDHA M B	ASWATHI M	SHABNA KM
3.	200MTR MEN	DINIL T.M	SUHAIL P K	MUHAMMED ASIF C.A
4.	200MTR WOMEN	JASEELA PM	SARANYA C.S	AFNA E A
5.	400MTR MEN	ASHIK V	SANOOP S	AJNAS P
6.	400 MTR WOMEN	FEMINA K	ASMILA C A	MEENU GEORGE
7.	800 MTR MEN	SANOOP S	SHEFIN MUHAMMED	ABDUL HASHIF C U
8.	800MTR WOMEN	FATHIMA INSHANA	RISWANA U B	SRUTHI P PAVITHRAN
9.	1500 WOMEN	AJITHA K K	PRABITHA V.P	MANJU M.R
10.	5000 MTR MEN	AGIN FARSHAD	HARSHAD K	ATHUL RAJ P
11.	4X100MTR RELAY MEN	WHITE	ORANGE	GREEN
12.	4X100MTR RELAY WOMEN	WHITE	ORANGE	ORANGE
13.	4X400MTR RELAY MEN	ORANGE	GREEN	WHITE
14.	SHOT PUT MEN	SURYA V V	HASHIM K	IRFANA K.K
15.	SHOT PUT WOMEN	NIHALA JASMIN	SHARMINA JUHNA	NASREENA K N
16.	JAVELIN THROW MEN	ARUN T	MUHAMMED ASLAM	RASHID K K
17.	JAVELIN THROW WOMEN	SHEFNA SHERIN U	SURYA V V	FASEELA
18.	LONG JUMP MEN	DON P	VISHNU K R	AZIM ANJUM
19.	LONG JUMP WOMEN	FATHIMATHUL ASLAMIYA	ARSHIDHA M B	NAJLA T M
20.	HIGH JUMP WOMEN	PRAVEENA P G	SHAHANA SHERIN S	SHIJINA P A
21.	HIGH JUMP MEN	AFSAL N	RAMEEZ RAFEEL	BASIL JINAN
22.	DISCUS THROW MEN	JEEVA KRISHNA	ABIN K RAJ	SHAVAD K P
23.	DISCUS THROW WOMEN	ARSHIDHA M B	DHANYA A V	MEERA RAJ
INDIVIDUAL CHAMPION WOMEN		SURYA V V		
INDIVIDUAL CHAMPION MEN		SANOOP S		
WINNER		WHITE HOUSE		
NUMBER OF STUDENTS PARTICIPATED		761		









2. Intramurals

Sl No	Name of the Event	Dates	Number of Participation
1.	INTRAMURAL FOOTBALL CHAMPIONSHIP	4,5 February 2019	130
2	INTRAMURAL VOLLEYBALL CHAMPIONSHIP	27,28 February 2019	90
3	INTRAMURAL CRICKET CHAMPIONSHIP	7,8 march 2019	130
	Total Participation		350

3. List of Sports events in the University level.

Sl.No	Name of the Event	No.of Students Participated	Date	Organizer
1	'A' Zone football	20	20/09/2018	Farooq college Calicut
2	'A' Zone football	12	06/09/2018	Darunnujoom college perambra
3	Inter zone volleyball	12	13/09/2018	Holy Grace Academy of Engineering mala Trissur
4	Inter zone Wu-Shu	21	10/02/2019	Krishna menon indoor stadium Calicut university
5	Inter zone fencing	1	22/12/2018	N.M.S.M Government college kalpetta.

4. College teams

FOOTBALL

WMO ARTS AND SCIENCE COLLEGE MUTTIL		
DEPARTMENT OF PHYSICAL EDUCATION		
COLLEGE FOOTBALL TEAM 2017-18		
SL.NO	NAME	CLASS
1	ROBIN R	BCA
2	AKHIL RAJ	BCA
3	KARTHIL BABU	BCOM COOPERATION
4	FAVAS P K	BCOM COOPERATION
5	AJITH V S	BCOM COOPERATION
6	SHAHAD SALAM	B A ARABIC
7	JOBIN JOY	BSC PHYSICS
8	SHEBIN SINAN	BSC ELECTRONICS
9	ROOSAFEED SAMAN	BSC ELECTRONICS
10	AHAMMED MUSTHAFA	BSC ELECTRONICS
11	SHANAVAS T	BSC ELECTRONICS
12	MUHAMMED SHAHIR P C	BSC ELECTRONICS
13	ASNAD V C	BSC PHYSICS
14	ASWIN HASMI	BSC PHYSICS
15	ATHUL RAJ	BSC ELECTRONICS
16	NAJI IBNU HARIS	BSC PHYSICS
17	AKHIB M A	B COM COOPERATION
18	SOURAV GOPI	B COM COOPERATION
19	ARUN BALAKRISHNAN	B COM COOPERATION
20	NITHIN JOSEPH	B COM COOPERATION

18-19
DEPARTMENT OF PHYSICAL EDUCATION



FAROOK COLLEGE

FAROOK COLLEGE
Kozhikode, Kerala, India 673 632
E-mail: farookcollege@sify.com

Phone : 0091 - 495 - 2440660
2440464, 2440595 Fax : 2440464
Secretary : 0091 - 0495 - 2703893
visit us : www.farookcollege.in

A COLLEGE WITH POTENTIAL FOR EXCELLENCE - IDENTIFIED BY THE UNIVERSITY GRANTS COMMISSION, NEW DELHI

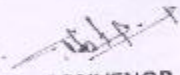
Date.....

DUTY CERTIFICATE

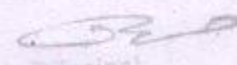
This is to certify that W.M.A. Arts & Science college football team accompanied by Mr./Ms/Dr. Abhin Kumar K.R. Assistant professor/Associate professor as manager/coach participated in the Calicut University 'A' Zone football championship held at Farook College, Kozhikode from 9 to 17 September 2018

No TA/DA or rent free accommodation was provided to the team

Farook College


SUB CONVENOR

FAZIL ASHAR N.V
Assistant Professor
Dept. of Physical Education
Farook College, Kozhikode


Principal
W.M.A. Arts & Science College
Muzil P.O., Kozhikode

'A' zone football championship



PRACTICE MATCH



COACHING CAMP



RELIANCE CUP CHAMPIONSHIP

VOLLEYBALL

WMO ARTS AND SCIENCE COLLEGE MUTTIL		
DEPARTMENT OF PHYSICAL EDUCATION		
COLLEGE VOLLEYBALL TEAM 2017-18		
SL.NO	NAME	CLASS
1	AJITH V S	B COM COOPERATION
2	IRSHAD	M COM
3	SREEHARI	BSC MATHEMATICS
4	SOURAV	B COM COOPERATION
5	TWINCE SHAJI	M COM
6	ASHIK KV	M COM
7	ABIN V R	BSC ELECTRONICS
8	RAHIM	BSC ELECTRONICS
9	ATHUL	BSC ELECTRONICS
10	ADARSH	BSC ELECTRONICS
11	AKASH	BSC MATHEMATICS
12	MUJEEB	BSC MATHEMATICS



COLLEGE VOLLEYBALL TEAM 2017-18

UNIVERSITY OF CALICUT
DEPARTMENT OF PHYSICAL EDUCATION
Inter Collegiate Volleyball Men Championship 2018-19

Venue: Holy Grace College, Mala
Date: 11.09.2018 to 13.09.2018

A Zone WINNER-SN COLLEGE, CHELANNOOR		12/09/2018		
B Zone RUNNER-CPB, CALICUT	} 11/09/2018 (Match: 1) 10. A.M	} (Match: 5) 7.A.M	} 12/09/2018 (Match: 9) 3.30.P.M	} 13/9/18 9.A.M (Match:12)
D Zone THIRD- NAIPUNYA, TCR				
C Zone WINNER-NSS,NENMARA	} 11/09/2018 (Match: 2) 11. A.M	} 12/09/2018 (Match: 6) 8.A.M	}	
D Zone RUNNER-ASMABI, KDLR				
B Zone THIRD-GOVT.KONDOTTY				
B Zone WINNER-EMEA KONDOTTY	} 12/09/2018 Match: 7 9. A.M	}	}	
A Zone RUNNER-IDIAL COLLEGE, KUTTIADY				
C Zone THIRD -SN,ALATHUR	} 11/09/2018 Match: 3 2.30. P.M	}	} 12/09/2018 Match: 10 4.30 P.M	
D Zone WINNER-CHRIST COLLEGE,IJK				
C Zone RUNNER-IDEAL, CHERUPULASSERY	} 11/09/2018 (Match: 4) 3.30. P.M	} 12/09/2018 (Match: 8) 10.A.M	}	
A Zone THIRD-WMO MUTTIL, VAYANAD				

- > Losers final will be held as Match No.11 (13/09/2018, 8.A.M)
- > Team shall report at the venue one hour prior to the scheduled time of Matches
- > Those players interested to participate in the University team selection trials and belonging to the teams which play in the Inter Zone Tournament other than the teams playing in the semi final should be directed to report for the open selection trials at 10.A.M on 13.09.2018.

Director,
Department of Physical Education

WU-SHU

WMO ARTS AND SCIENCE COLLEGE MUTTIL		
DEPARTMENT OF PHYSICAL EDUCATION		
COLLEGE WU-SHU TEAM (WOMEN) 2018-19		
SL.NO	NAME	CLASS
1	SAHITHYA	BSC ELECTRONICS
2	JASMIN	BSC MATHEMATICS
3	AYISHA	BSC MATHEMATICS
4	SREELEKHA	BSC PHYSICS
5	ANJALA THEHSIN	BSC ELECTRONICS
6	NAJIYA P	BSC MATHEMATICS
7	AJMILA T A	BSC MATHEMATICS
8	MUFEEDA	BSC MATHEMATICS
9	AYISHA FIDA	BSC MATHEMATICS
10	HIBA THASHRI	BSC PHYSICS
11	BASILA	BSC PHYSICS
12	SHANA SHERIN	BSC PHYSICS
13	AFNATH	BSC PHYSICS

WMO ARTS AND SCIENCE COLLEGE MUTTIL		
DEPARTMENT OF PHYSICAL EDUCATION		
COLLEGE WU-SHU TEAM (MEN) 2018-19		
SL.NO	NAME	CLASS
1	ANOOP	BSC ELCTRONICS
2	SUBHASH	BSC ELCTRONICS
3	SALMAN FARIS K M	BSC ELCTRONICS
4	MUHAMMED SHIBIL	BSC MATHEMATICS
5	ABDUL RAHMAN	BSC PHYSICS
6	MUHAMMED SAHAL O T	BSC MATHEMATICS
7	MITHLAJ P K	BSC ELCTRONICS
8	MUHAMMED MUSTHAFA	B COM COOPERATION



College Wu-Shu team 2018-19



KUNNAMANGALAM GOVERNMENT ARTS & SCIENCE COLLEGE

Vellannur, Choolur PO, Kozhikode - 673601

e-mail: gckunnamagalam@gmail.com

29/2/19

DUTY CERTIFICATE

Certify that Sri/ Smt / Dr. Abhim Kumar K.R Asst. professor/ Associate Professor of W.M.S. Arts & Science College acted as the Team manager/ Selector / Observer / Technical official in the 2nd University of Calicut Inter zone (Men & Women) WUSHU Championship at V K Krishna Menon Indoor Stadium Kozhikode, organized by Kunnamangalam Govt. Arts & Science College, Vellannur, Kozhikode on 9th & 10th February 2019.

Place:

Date:

7

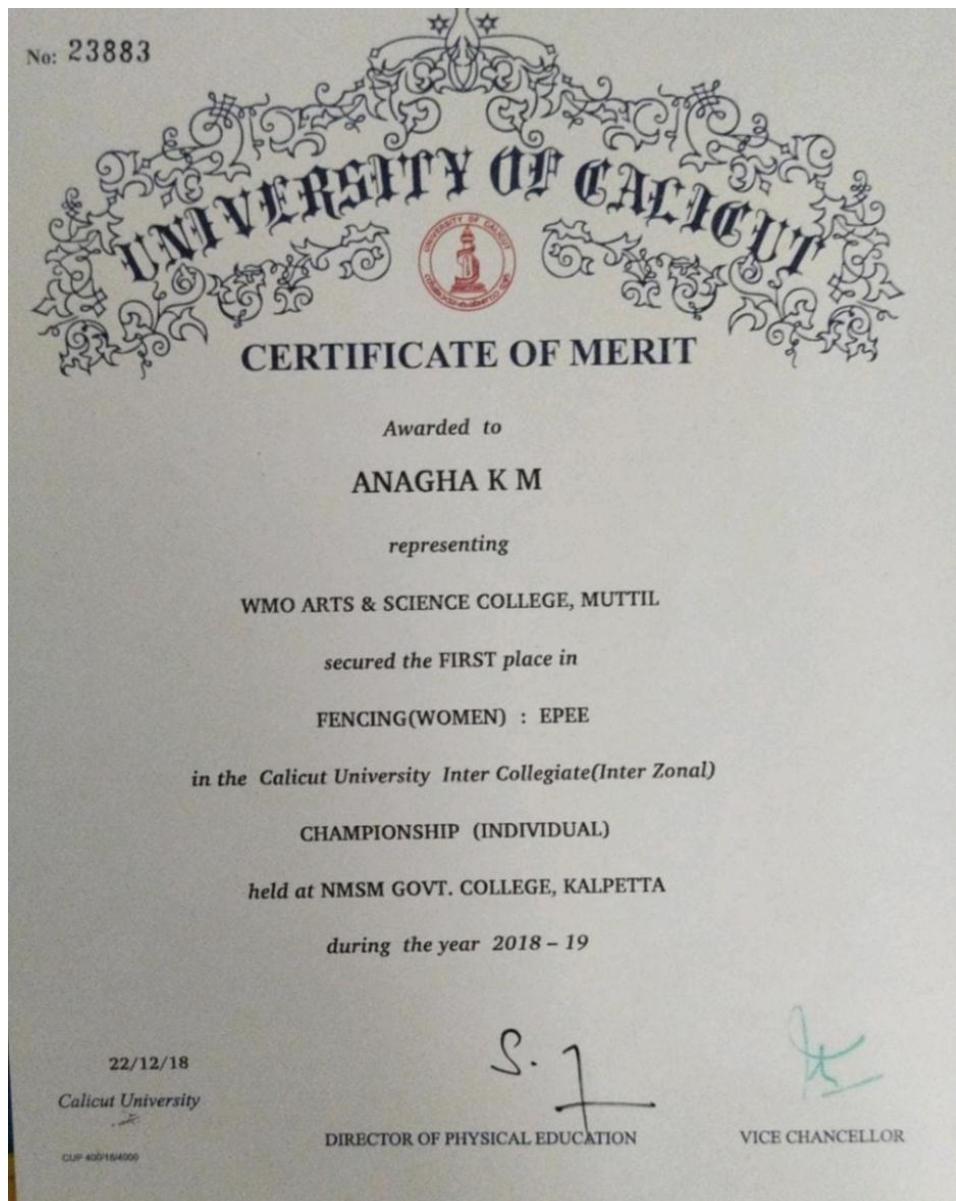
Convener

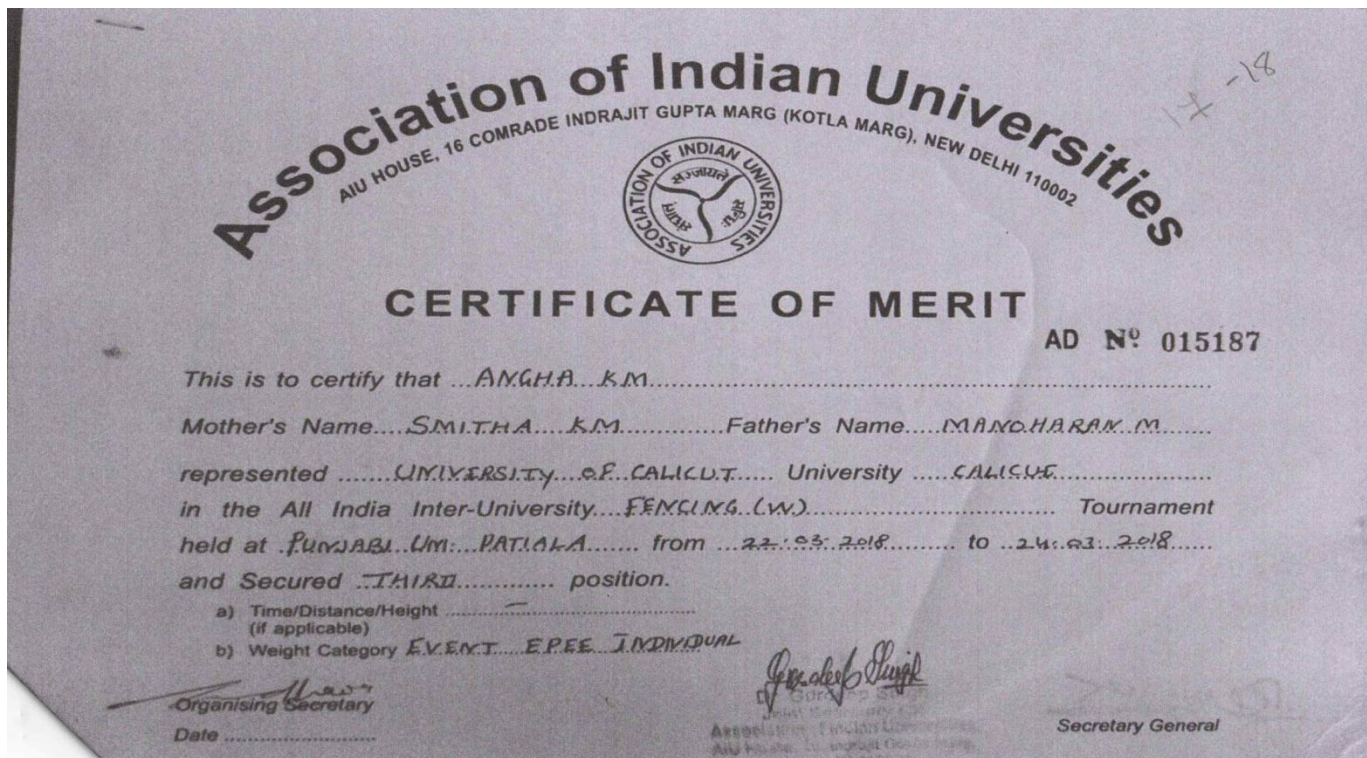
University of Calicut Inter zone
Wushu Championship

Principal
W.M.S. Arts & Science College
Mull CU, Wayanad 673122

FENCING

Anagha, a student pursuing B.Com Cooperation, showcased outstanding talent and dedication in the field of fencing. She participated in the Calicut University Inter Zone Fencing Championship and achieved a remarkable feat by securing a gold medal. Her exceptional performance and skills caught the attention of the selection committee, leading to her selection for the Calicut University team. Anagha continued to excel in the sport and represented her university in the All India Inter University Fencing Championship. Demonstrating her prowess, she achieved an impressive third-place finish in the championship. Anagha's achievements not only bring glory to her but also reflect the commitment and support provided by her university in nurturing sporting talent. Her success serves as an inspiration to fellow students and highlights the importance of perseverance and hard work in achieving sporting excellence.





1. Extension Activities-Sharing of facilities with Society.

SL. NO	DATE	ACTIVITY	CONCERNED AUTHORITY/PERSON
1	15/10/2018	SPORTS MEET	KERALA ACADEMY OF ENGINEERING
2	28/11/2018	CIVIL SERVICE PREMIER LEAGUE CRICKET	CIVIL SERVICE SPORTS DEVELOPMENT SOCIETY

ALL KERALA STAFF FOOTBALL TOURNAMENT

The W.M.O College Staff Football Team participated in the All Kerala College Staff Football Tournament held at Sir Syed College in Thaliparamba, Kannur on December 18-19, 2018. The team, consisting of Dr. Najmudheen, Hasil, Noufal Muneer, Rasheed, and Syeed from various departments, demonstrated not only their exceptional skills but also the positive attitude of college teachers towards sports. Their enthusiastic participation and commitment to the tournament exemplified the college's encouragement of a healthy and active lifestyle among its staff members. With their remarkable teamwork and dedication, the team showcased the importance of sports in fostering camaraderie, fostering a positive work environment, and promoting a well-rounded academic experience. Their impressive performance in reaching the semi-finals stands as a testament to the college's support for sports and the teachers' passion for both their profession and athletic pursuits.



COLLEGE STAFF FOOTBALL TEAM 2018-19

I would like to extend my appreciation to the college administration for their continuous support in providing excellent sports facilities and encouraging the overall development of our students. Lastly, a heartfelt thanks to my colleagues in the Department of Physical Education for their hard work, passion, and commitment to nurturing the sporting talents of our students.

Together, we have made remarkable progress in fostering a culture of physical fitness and sports excellence at W.M.O Arts & Science College. Let us continue our efforts to inspire and empower our students to achieve greater heights in sports and lead a healthy and active lifestyle.

Thank you.

Abhin Kumar
HOD, Department of Physical Education