



SPORTS

DEPARTMENT OF PHYSICAL EDUCATION 2017-18



Sports is an education. Everybody likes sports and games. It's an urge and a passion. Interest towards sports and games is innate and cannot be separated from students' lives. Our students have easy access to computers and Internet. Video games are getting swift popularity and students spend much of their time by sitting in front of the computers for games. Spending long hours in front of the computers causes limited physical exertion and they are prone to life style diseases like obesity, diabetics,

blood pressure, migraine, back pain, osteoporosis, coronary heart diseases etc. We are overwhelmed with shocking facts of hypokineses and life style diseases.

Life style modification with regular exercise programmes and healthy food habits are essential for keeping life style diseases at bay. While participating in sports, students can own a robust body as well as a balanced mind and can get away from hypokinetic diseases. Physical education

programme is not merely meant for developing champions but to mould wholesome development of human personality. Students should have access to health, fitness and well-being. Hence physical activity, the need of the hour, is the only substitution to off all the illness, thus too relevant in any educational institution where teen-aged boys and girls are undergoing education.

Dr. A. Saifudheen
Head of the Department

Major activities of the Department of Physical Education during 2017-18 are furnished below. Calicut university intercollegiate inter zone men and women Power lifting championship. Under 17 world cup photo exhibition in connection with the FIFA under 17 world cup football tournament held in India. The exhibition was inaugurated by Sri. Sivaramakrishnam, the Hon. Speaker of Kerala legislative assembly on 29 August 2018.

One day seminar on COFE (College Fitness Education Programme) in connection with the Ifthar Meet of college teachers in physical education under the university of Calicut. A gallop poll in connection with the *Suvarna Sanghamam* 2017 (PSMO global alumni meet). The lucky winner was Mr. K. Sunil Kumar from Tanur, who won a sports cycle.

'One Million Goal' celebration in connection with the under 17 world cup organized in India. The celebration was conducted in collaboration with Kerala Sports Council, Trivandrum. Malappuram District Tennis championship 2017-18 and Malappuram District Schools Tennis championship 2017-18 were also organised. Calicut university intercollegiate B Zone fixture meeting, and Summer Vacation Football Coaching Camp, ten days Summer vacation Net Ball coaching camp for local students were also organised in the year.

TOURNAMENTS AND CHAMPIONSHIPS WON

Men tennis team won the Runners trophy in the Calicut University Tennis championship held at Govt. KKTU College, Pullut, Trichur.

Women Football team won the second runners trophy in the Calicut university women football championship held at Carmel College Mala, Trichur.

Women Tennis team won the second runners trophy in the Calicut university women football championship held at Govt. College, Pullut, Trichur. Men athletic team won the runners trophy in the Malappuram district under 20 athletic championship held at Calicut university stadium.

Volleyball men team won the Runner up trophy in the Calicut university B zone volleyball championship PMST College, Kundoor. Softball men team won the Runner up trophy in the Malappuram District Softball championship held at Parappanangadi BEM ground.

Men Football team entered in Quarter final stages of the Calicut university B Zone Football championship held at EMEA college, Kondotty. Men and women Football team participated in the South India inter collegiate Layola cup Football championship held at Layola college, Chennai and SNGC cup held at



Mr. P. Sreeramakrishnan, Speaker of Kerala Legislative Assembly, inaugurating the COFE programme and Sports Photo Exhibition in connection with U-17 World Cup Soccer



Mr. M.K. Bava Sahib, Chairman, PSMO College Managing Committee, inaugurating the 'One Million Goal' Campaign on the campus

Coimbatore respectively. Men and women Tennis team won the championship in the Malappuram District Tennis Championship.

The college staff shuttle badminton team won second runner up trophy in men section, second and third position in women section in the DR. Shoukath memorial university level shuttle badminton championship held at unity women college Manjeri.

The Staff team members:

1. Dr. Basheer. MC
2. Mr. Ajmal MP
3. Mr. Noushad Chengodan
4. Mr. M. Basheer, Head Accountant, college office
5. Ms. Shareefa Beegum PP
6. Ms. Nabeena CP
7. Ms. Anjum Hassan CA
8. Dr. Sajna V P

ASIAN GOLD MEDAL WINNER

Said Shihabudheen II MA (History) won the gold medal in the Asian, All India, Kerala state and Calicut university power lifting championship in heavy weight category and won the Gold medal in the Calicut university athletic meet in shot put. Represented India, Kerala and Calicut university power lifting team.



റെക്കോർഡ് മറികടന്ന് സയ്യിദ് ശിഹാബുദ്ദീൻ

Suprabhatam News 24-12-17
പള്ളിക്കൽ: ഈ വർഷത്തെ ഏഷ്യൻ പവർ ലിഫ്റ്റിംഗ് ചാമ്പ്യൻഷിപ്പിൽ തിരുവനന്തപുരം 306 കിലോ റെക്കോർഡ് മറികടന്ന് 306 കിലോ ഭാരമുള്ള പുതിയ ഏഷ്യൻ റെക്കോർഡ് സ്ഥാപിച്ച സയ്യിദ് ശിഹാബുദ്ദീൻ രാജ്യത്തിന്റെ അഭിമാനമാണ്. മലപ്പുറം ജില്ലയിലെ പുന്നൂർപള്ളിക്കൽ സ്വദേശി സയ്യിദ് ശിഹാബുദ്ദീൻ ഏഷ്യൻ റെക്കോർഡ് മറികടന്ന് 306 കിലോ ഭാരമുള്ള പുതിയ ഏഷ്യൻ റെക്കോർഡ് സ്ഥാപിച്ച സയ്യിദ് ശിഹാബുദ്ദീൻ രാജ്യത്തിന്റെ അഭിമാനമാണ്. മലപ്പുറം ജില്ലയിലെ പുന്നൂർപള്ളിക്കൽ സ്വദേശി സയ്യിദ് ശിഹാബുദ്ദീൻ ഏഷ്യൻ റെക്കോർഡ് മറികടന്ന് 306 കിലോ ഭാരമുള്ള പുതിയ ഏഷ്യൻ റെക്കോർഡ് സ്ഥാപിച്ച സയ്യിദ് ശിഹാബുദ്ദീൻ രാജ്യത്തിന്റെ അഭിമാനമാണ്.

ദ്വീപീയായ ശിഹാബുദ്ദീൻ കോലിംഗ് സർവകലാശാലയിൽ ഈ വർഷം നടന്ന കോളിംഗ് അസംബ്ലി മത്സരങ്ങളിൽ 306 കിലോ ഭാരമുള്ള പുതിയ ഏഷ്യൻ റെക്കോർഡ് സ്ഥാപിച്ച സയ്യിദ് ശിഹാബുദ്ദീൻ രാജ്യത്തിന്റെ അഭിമാനമാണ്. മലപ്പുറം ജില്ലയിലെ പുന്നൂർപള്ളിക്കൽ സ്വദേശി സയ്യിദ് ശിഹാബുദ്ദീൻ ഏഷ്യൻ റെക്കോർഡ് മറികടന്ന് 306 കിലോ ഭാരമുള്ള പുതിയ ഏഷ്യൻ റെക്കോർഡ് സ്ഥാപിച്ച സയ്യിദ് ശിഹാബുദ്ദീൻ രാജ്യത്തിന്റെ അഭിമാനമാണ്.

റഫീഖ്യാൻ പവർ ലിഫ്റ്റിംഗ് കോളജ് വിദ്യാർത്ഥിക്ക് റെക്കോഡ്

പവർ ലിഫ്റ്റിംഗ് മത്സരത്തിൽ റെക്കോർഡ് മറികടന്ന് 306 കിലോ ഭാരമുള്ള പുതിയ ഏഷ്യൻ റെക്കോർഡ് സ്ഥാപിച്ച സയ്യിദ് ശിഹാബുദ്ദീൻ രാജ്യത്തിന്റെ അഭിമാനമാണ്. മലപ്പുറം ജില്ലയിലെ പുന്നൂർപള്ളിക്കൽ സ്വദേശി സയ്യിദ് ശിഹാബുദ്ദീൻ ഏഷ്യൻ റെക്കോർഡ് മറികടന്ന് 306 കിലോ ഭാരമുള്ള പുതിയ ഏഷ്യൻ റെക്കോർഡ് സ്ഥാപിച്ച സയ്യിദ് ശിഹാബുദ്ദീൻ രാജ്യത്തിന്റെ അഭിമാനമാണ്.

THEY ARE OUR CHAMPIONS



Nibras M
III BBA, represented Calicut University in Lawn Tennis



Anagha PK
I B Com, represented Calicut University and Junior State in Football



Aparna PK
I BA His, represented Calicut University and Junior State in Football



Jijna PC
I BBA, represented Junior Kerala in Handball



Abdul Basith PC
I BSc, Mathamtics, represented Calicut University in Lawn Tennis



Nayana CM
I BA english, represented calicut university in Handball



Mohamed Akber
II BSc Botany, Gold Medal in District Athletic meet Javelin throw event



Jithin Mohan
I BSc Maths, Bronze medal in Javelin



Ajmal KP
II BA English, won silver medal in 4X100m relay, Kerala State Athletic Meet held at Thiruvananthapuram



Noufal Nabeel
II BA Economics, won silver medal in 4X100 m relay, Kerala State Athletic Meet



Mrushid A
II BSc, Chemistry represented Kerala State in Soft Tennis



Devakikutty
I BSc, Physics won Bronze Medal in the Calicut University Taekwondo



Nashitha Baby
I BSc, Chemistry Won Bronze Medal in the Calicut University Taekwondo



Mohamed Shafi K
III BA History, represented Kerala State Physically Challenged all Sports Association in Taekwondo, Cricket and Athletics



Arshak Rahman K
II BSc Maths, Gold Medal of District Athletic Triple Jump Event



Muhammed muzzamil
II BSc chemistry won Gold Medal in District Athletic Meet Javelin Throw Event



HE Fahad Ahmed AL Avadi handing over a cheque to Mr. Said Shihabudheen, the Asian Power Lift Champion of PSMO College



PSMO College women football team - Calicut University Inter zone second runners up



Calicut University Inter zone Tennis Runners up



Calicut University Inter zone Women Tennis champions



PSMO College men staff team bagged second runners up position in the Calicut University staff badminton championship (Shoukath Memorial) held at Unity College Manjeri



PSMO College women staff team bagged runners up position in the Calicut University staff badminton championship (Shoukath Memorial) held at Unity College Manjeri



PSMO College Volleyball Team after winning B' zone runner up trophy in the championship held at PMST College, Kundoor



Organised calicut university inter zone men and women powerlifting championship, principal distributing Vice Chancellors trophy to winners



Principal inaugurating COFE seminar and b zone ifthar meet



Malappuram district softball championship runners up

INDIVIDUAL PERFORMANCE AND REPRESENTATIONS

Jijna PC, I BBA represented junior Kerala in Handball and took part in National Handball championship held at Karnataka. Anagha PK of I BCom and Aparna PK of I BA (His) represented Calicut university in football and took part in the South Zone and All India inter university football championships held at Annamalai University, Tamil Nadu and Jiwaji University Gwalior. MP Nayana C M I BA (English) represented Calicut University in Hasndball and tookpart in the South Zone and All India Inter University Handball Championship held at Kakkathiya University Andra Pradesh and Punjabi University, Punjab.

Murshid A, II BSc (Chemistry) represented Kerala State in Soft Tennis Championship and took part in the National Soft Tennis Championship held at Lucknow, UP. Mohamed Shafi K, III BA History represented Kerala State Physical challenged all sports association in Taekwondo, Cricket and athletics, won Bronze medal in National Taekwondo championship held at Shimla, Himachal Pradesh. Nibras M III BBA and Abdul Basith PC, I BSc (maths) represented Calicut university in Lawn Tennis and took part on South zone men Tennis championship held at Sree Venkiteshwara University, Andra Pradesh. Ajmal K P, II BA English, Noufal Nabeel II BA Economics won silver medal in Kerala state Athletic meet (4X100M Relay) held at Trivandrum.

Nashitha Baby, 1st BSc Chemistry and Devakikutty, I BSc Physics won Bronze medals in the Calicut university taekwondo championship held at MD College, Pazhani, in under 73 category and under 52 Kg category respectively.

Mohamed Akber, II BSc Botany won gold medal in Malppuram District athletic championship in senior category Javelin throw. Muhammed Muzamil, II BSc Chemistry won gold medal in Malappuram District athletic championship in junior category javelin throw. Arshak Rahaman, K II BSc Mathematics won gold medal in Malappuram District athletic championship in triple jump. Jithin Mohan I BSc Mathematics won bronze medal in Malappuram district athletic championship in junior category javelin throw