



**DEPARTMENT OF PHYSICAL EDUCATION**  
**S.N. COLLEGE, SIVAGIRI, VARKALA**  
Annual Report 2019-2020

**1.ACHIEVEMENTS IN NATIONAL LEVEL**

S.I	NAME OF PARTICIPANT	LEVEL OF PARTICIPATION	ACHIEVEMENT/ MEDAL	SPORTS/ GAMES	DEPARTMENT
1	Vijay vinod V S	Interuniversity	Participation	Kho-Kho	III Economics
2	Shaji. V	Interuniversity	Participation	Kho-Kho	II History
3	Sibin S	Interuniversity	Participation	Kho-Kho	II History
4	Akshay S	Interuniversity	Participation	Kho-Kho	II Economics
5	Nithin B	Interuniversity	Participation	Kho-Kho	II Economics
6	Surya Krishna	Interuniversity	Participation	Kho-Kho	II Malayalam
7	Sarath Prasad	Interuniversity	Participation	Kabaddi	I Malayalam
8	Lakshmi R	Interuniversity	Participation	Tennis	I Geology
9	Ravi sankar S	Interuniversity	Participation	Chess	I B.Com HM

**2.ACHIEVEMENTS IN STATE LEVEL**

**2.1. Individual Events**

S.I	NAME OF PARTICIPANT	LEVEL OF PARTICIPATION	ACHIEVEMENT/ MEDAL	SPORTS/ GAMES	DEPARTMENT
1	Aromal Manilal	Inter Collegiate	Silver	Boxing	III Mathematics
2	Akhiljith S	Inter Collegiate	Silver	Wrestling	II Mathematics
3	Neeraj Ajilkumar	Inter Collegiate	Bronze	Boxing	III Bcom HM
4	Ajeesh A Pillai	Inter Collegiate	Bronze	Boxing	III Bcom HM
5	Akhil A	Inter Collegiate	Bronze	Boxing	II Malayalam

6	Rahul R	Inter Collegiate	Bronze	Boxing	III Physics
7	Midhun M	Inter Collegiate	Bronze	Boxing	III Physics
8	Jishnu Satheesh	Inter Collegiate	Bronze	Boxing	I Chemistry
9	Adersh sasidharan	Inter Collegiate	Bronze	Boxing	II History

## **2.2. Group Events**

<b>S.I</b>	<b>NAME OF PARTICIPANT</b>	<b>LEVEL OF PARTICIPATION</b>	<b>ACHIEVEMENT/ MEDAL</b>	<b>SPORTS/ GAMES</b>	<b>DEPARTMENT</b>
1	Vijay Vinod V S	Inter Collegiate	Silver	Kho-Kho	III Economics
2	Shaji. V	Inter Collegiate	Silver	Kho-Kho	II History
3	Sibin S	Inter Collegiate	Silver	Kho-Kho	II History
4	Akshay S	Inter Collegiate	Silver	Kho-Kho	II Economics
5	Nithin B	Inter Collegiate	Silver	Kho-Kho	II Economics
6	Abhijith M	Inter Collegiate	Silver	Kho-Kho	II History
7	Balamuralikrishnan	Inter Collegiate	Silver	Kho-Kho	I History
8	Jithu A	Inter Collegiate	Silver	Kho-Kho	II History
9	Nithin S	Inter Collegiate	Silver	Kho-Kho	I Economics
10	Sreejith S T	Inter Collegiate	Silver	Kho-Kho	I Malayalam
11	Thanseer S T	Inter Collegiate	Silver	Kho-Kho	II Economics
12	Shyam S N	Inter Collegiate	Silver	Kho-Kho	I Economics
13	Harsha M S	Inter Collegiate	Bronze	Kho-Kho	III Chemistry
14	Jaimi krishna	Inter Collegiate	Bronze	Kho-Kho	II Mathematics
15	Manikutty SS	Inter Collegiate	Bronze	Kho-Kho	III History
16	Mathulal B	Inter Collegiate	Bronze	Kho-Kho	III History
17	Pooja subhash	Inter Collegiate	Bronze	Kho-Kho	II B.Com
18	Reshma CL	Inter Collegiate	Bronze	Kho-Kho	II History
19	Rakhi B	Inter Collegiate	Bronze	Kho-Kho	II B.Com
20	Praveenalal S	Inter Collegiate	Bronze	Kho-Kho	II Economics

21	Sisira R	Inter Collegiate	Bronze	Kho-Kho	III Zoology
22	Sreekutty S S	Inter Collegiate	Bronze	Kho-Kho	II Malayalam
23	Surya Krishna	Inter Collegiate	Bronze	Kho-Kho	II Malayalam
24	Vaishnavi G	Inter Collegiate	Bronze	Kho-Kho	II Physics
25	Jofin joy	Inter Collegiate	Bronze	Tennis	I Botany
26	Sarun S	Inter Collegiate	Bronze	Tennis	III B.com HM
27	Rovadas	Inter Collegiate	Bronze	Tennis	III B.com HM
28	Lakshmi R	Inter Collegiate	Bronze	Tennis	I Geology

<b>3.ACHIEVEMENTS IN DISTRICT LEVEL</b>					
	NAME OF PARTICIPANT	LEVEL OF PARTICIPATION	ACHIEVEMENT/ MEDAL	SPORTS/ GAMES	DEPARTMENT
1	Veena N S	Inter Collegiate	Bronze	Boxing	III Bcom

The Department of Physical Education conducted coaching camp from July second week onwards. Coaching was given for Football, Cricket, Kabaddi(M&W), Kho-Kho(M&W), Boxing(M&W), Shuttle Badminton(M&W), Tennis(M&W), Wrestling(M), Chess(M), Aquatics(M) and Athletics(M&W).

### **Intercollegiate participation**

1. Our college football team participated in the Intercollegiate South Zone football tournament held at University Stadium on 02<sup>nd</sup> & 15<sup>th</sup> October 2019.
2. Our college Cricket team participated in the Intercollegiate South Zone Cricket tournament held at LNCPE, Kariavattom, Trivandrum on 12th, 16th & 18th October 2019.
3. Our College Kabaddi (M) team participated in the Inter collegiate Kabaddi South Zone tournament conducted by S.N College, Varkala on 05<sup>th</sup> and 07<sup>th</sup> November 2019. We bagged **runner up trophy** in South zone intercollegiate Kabaddi tournament and qualified for Kerala University inter zone Kabaddi tournament.

4. Our College Kabaddi(M) team participated in the Inter collegiate Kabaddi inter Zone tournament held at S.N College,Kollam on 14<sup>th</sup> and 15<sup>th</sup> November 2019 and got ***third runner up trophy***.
5. Our College Kabaddi(W) team participated in the Inter collegiate Kabaddi inter Zone tournament held at S.N College,Kollam on 18<sup>th</sup> and 19<sup>th</sup> September 2019.
6. Our College Kho-Kho(M) team participated in the Inter collegiate Kho-Kho inter Zone tournament held at Sreepadam Auditorium,Attingal on 23<sup>rd</sup> and 24<sup>th</sup> September 2019. The kho-kho Men team bagged ***runner up trophy*** in the tournament.
7. Our College Kho-Kho(W) team participated in the Inter collegiate Kho-Kho inter Zone tournament held at Sreepadam Auditorium,Attingal on 23<sup>rd</sup> and 24<sup>th</sup> September 2019. The Kho-Kho(Women) team bagged second runner up trophy in the tournament.
8. The Boxing team(M) participated in the Intercollegiate Inter -Zone Boxing championship held at Sreepadam Auditorium,Attingal on 23<sup>rd</sup> & 24<sup>th</sup> November 2019. The college Boxing (M& W) team bagged third runner up trophy in Boxing team championship. We got 7 individual medals i.e in boys section .
9. The Boxing team(W) participated in the Intercollegiate Inter -Zone Boxing championship held at Sreepadam Auditorium,Attingal on 23<sup>rd</sup> & 24<sup>th</sup> November 2019. The college Boxing (M& W) team bagged third runner up trophy in Boxing team championship.
10. The Badminton(M) team participated in the Intercollegiate Badminton Tournament held at National College, Manacadu on 17<sup>th</sup> & 18<sup>th</sup> September 2019 .
11. The Badminton(W) team participated in the Intercollegiate Badminton Tournament held at National College, Manacadu on 20<sup>th</sup> & 21<sup>st</sup> September 2019.
12. Our students has participated in the Inter collegiate Tennis Tournament for Men held at TKM College of Engineering,kollam on 20<sup>th</sup> and 21<sup>st</sup> September 2019 and placed ***third*** in the championship.
13. Our students has participated in the Inter collegiate Tennis Tournament for Women held at Kerala Tennis Academy,kumarapuram on 19<sup>th</sup> & 20<sup>th</sup> September 2019 and placed third in the championship. ***Lakshmi.R*** from 1<sup>st</sup> geology got Selection in the Kerala University Tennis team for participating All India Inter University Tennis Championship.
14. Our student has participated in the Inter collegiate Wrestling Championship held at Sreepadam Auditorium,Attingal on 04<sup>th</sup> and 05<sup>th</sup> October 2019.
15. The Chess team participated in the Inter Collegiate Chess tournament held at Bishopmoore College,Mavelikkara from 3<sup>rd</sup> to 5<sup>th</sup> October 2019.Our team placed ***fifth*** in the score table.

16. The Acquatics(M) team participated in the Inter Collegiate Acquatics(M) tournament held at LNCPE,Kariavattom from 9<sup>th</sup> to 11<sup>th</sup> October 2019.
17. The Athletic team of our College (M) participated in the Intercollegiate Athletic Meet held at GV Raja Pavilion, University Stadium, Trivandrum, from 12<sup>th</sup> to 14<sup>th</sup> December 2019.
18. The Athletic team of our College (W) participated in the Intercollegiate Athletic Meet held at GV Raja Pavilion, University Stadium, Trivandrum, from 12<sup>th</sup> to 14<sup>th</sup> December 2019.



*INTER UNIVERSITY KHO KHO PLAYERS -24th September 2019*



*medal winners -Boxing-24th November 2019*



*LAKSHMI R-INTERUNIVERSITY TENNIS PLAYER*



*SARATH PRASAD- INTERUNIVERSITY KABADDI PLAYER*





*RAVI SANKAR S-INTERUNIVERSITY CHESS PLAYER*



*VIJAY VINOD V SINTERUNIVERSITY KHO KHO PLAYER*



*AKHILJITH- KU/IC WRESTLING CHAMPION*



SECOND RUNNERS- KU/IC TENNIS (M) CHAMPIONSHIP-20th September 2019







*Kho Kho team bagged the second runner up trophy in the Kerala University IC Kho-Kho Championship for women -24th September 2019*



### **Extramural activities**

We organized Kerala University Inter Collegiate South Zone Kabaddi Championship for Men on 5<sup>th</sup> and 7<sup>th</sup> November 2019. The programme was inaugurated by Sivagiri Sree Narayana Darma Sangam Secretary Srimad. Sadrananda Swamikal. College Principal A Joly delivered the presidential address and Sri. Praveen R delivered the welcome speech. The programme was facilitated by Sivagiri Matt School Manager Sri. Visalananda Swamikal, S. N trust executive member sri.Aji SRM, sri. Sanalkumar,HOD Malayalam Dept.,Dr. Vinid C Sugathan,HOD,Economics Dept.,IQAC Coordinator Babitha G.S and PTA Vice President Sri.Sivakumar.

VTMNSS College,Dhanuvachapuram lifted the Champions Trohy in this tournament. S.N College Varkala and University College,Palayam lifted the runner up trophy and second runner up trophy respectively. Kerala university Physical Education Director Dr.Jayarajan David delivers the Valedictory address in the Kerala University IC SZ kabaddi Championship 2019-20 and distributed the prizes.





**KERALA UNIVERSITY INTERCOLLEGIATE SOUTH ZONE  
KABADDI (MEN)  
CHAMPIONSHIP 2019**

**NOVEMBER 5&7**



Organized by Dept. of Physical Education  
**Sree Narayana College, Sivagiri Varkala**

*Brochure-5th and 7th November 2019*



*Sri.Sandrananda Swamikal inaugurating Kerala University IC SZ Kabaddi Championship for Men 2019-20-5th November 2019*



*Teams pose with chief guest Sivagiri Sree Narayana Darma Sangam Secretary Srimad. Sadrananda Swamikal and other dignities-5th November 2019*





*Kerala University Physical Education Director Dr. Jayarajan David delivers the Valedictory address in the Kerala University IC SZ Kabaddi Championship 2019-20- 7th November 2019*



*Champion of Kerala University IC Kabaddi(SZ) Tournament 2019-20 conducted by SN College Varkala, with Kerala University Physical Education Director Dr. Jayarajan David and other delegates- 7th November 2019*



*SN College Varkala bagged runner up trophy in the Kerala University IC SZ Kabaddi (M) Championship 2019-20- 7th November 2019*

## **Report on BMI of students of S.N College, Varkala 2019-2020**

### **INTRODUCTION**

Body Mass Index (BMI) is a measurement of a person's weight with respect to his or her height. It is more of an indicator than a direct measurement of a person's total body fat.

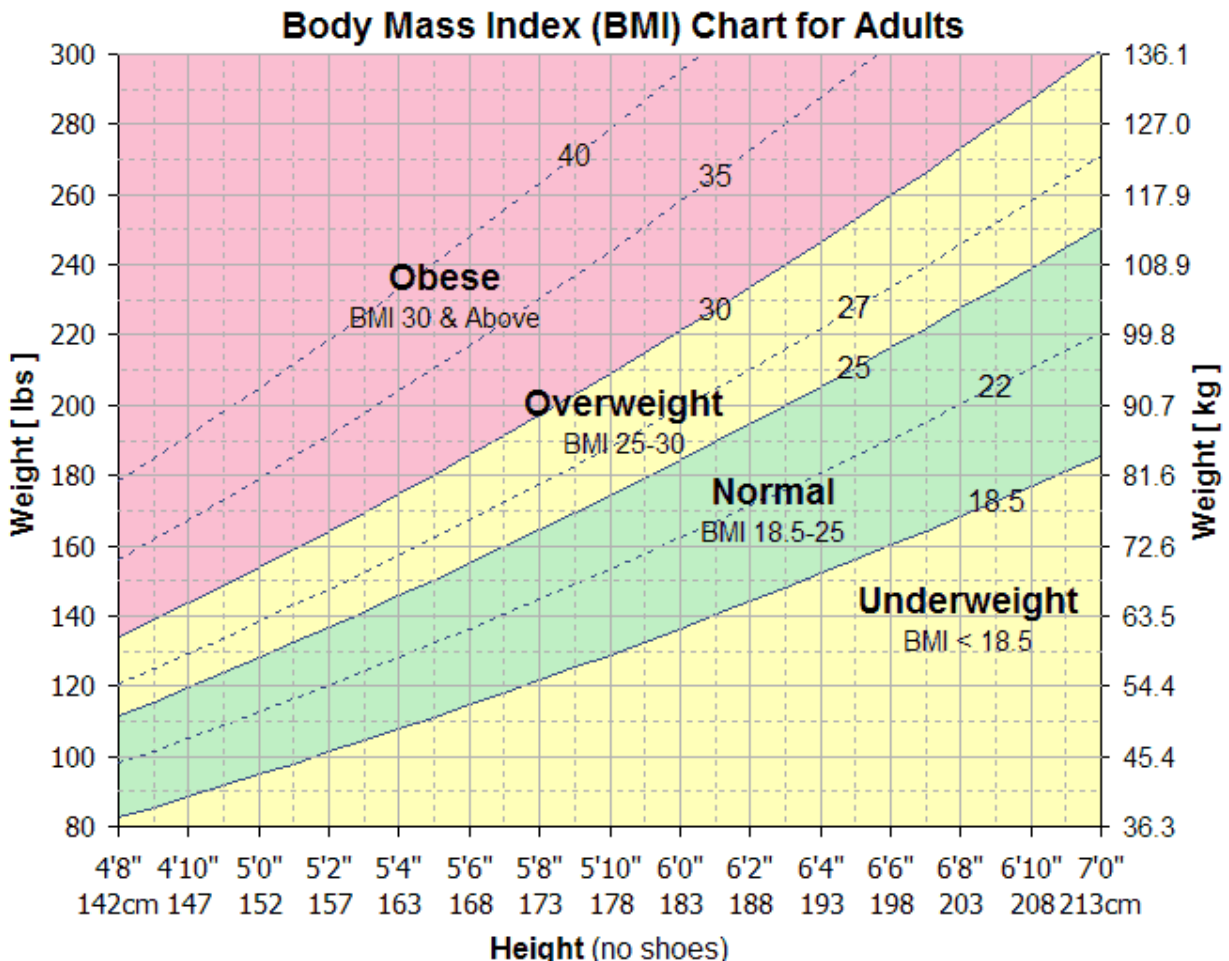
BMI, more often than not, correlates with total body fat. This means that as the BMI score increases, so does a person's total body fat. BMI is defined as the body mass divided by the square of the body height, and is universally expressed in units of  $\text{kg}/\text{m}^2$ , resulting from mass in kilograms and height in metres.

The BMI may be determined using a table or chart which displays BMI as a function of mass and height using contour lines or colours for different BMI categories, and which may use other units of measurement (converted to metric units for the calculation).

The BMI is a convenient rule of thumb used to broadly categorize a person as underweight, normal weight, pre obesity or obese based on tissue mass (muscle, fat, and bone) and height. Commonly accepted BMI ranges are ;

**BMI=Weight (Kg)/height(m<sup>2</sup>)**

<=18.4	Below 18.5	<b>Underweight</b>
<=24.9	18.5–24.9	<b>Normal weight</b>
<=29.9	25.0–29.9	<b>Pre-obesity or Overweight</b>
<=34.9	30.0–34.9	<b>Obesity class I</b>
<=39.9	35.0–39.9	<b>Obesity class II</b>
>=40	Above 40	<b>Obesity class III</b>



BMI is an indicator of total body fat in many individuals. Thus it is considered as an indicator of health risk.

BMI is used by healthcare professionals to screen for overweight and obese individuals. The BMI is used to assess a person's health risks associated with obesity and overweight.

For example those with a high BMI are at risk of:-

1. high blood cholesterol or other lipid disorders
2. type 2 diabetes
3. heart disease
4. stroke
5. high blood pressure
6. certain cancers
7. gallbladder disease
8. sleep apnea and snoring
9. premature death
10. osteoarthritis and joint disease

The Department of Physical Education, S N College, Varkala has conducted a study on the health status of students of S N College, Varkala during the academic year 2019-20. For this purpose, BMI of all students (total No.-1538) were taken.

### **OBJECTIVES OF THE STUDY**

The objectives of the study are;

1. to analyse the BMI of students studying in S N College, Varkala
2. to find out the number of students fall under under weight category.
3. to find out the number of students fall under normal weight category.
4. to find out the number of students fall under pre obesity category.
5. to find out the number of students fall under obesity class I category.
6. to find out the number of students fall under obesity class II category.
7. to find out the number of students fall under obesity class III category.
8. To give awareness about healthy food habits for under weight and different obesity class category.
9. to give proper training for different obesity class category to reduce their body weight.
10. to develop physical fitness for all students of S N College, Varkala.

### **RESULT ANALYSIS**

**Table 1** shows that the number of students taken for the study is 1538 of S N College Varkala, in which 441 are male students and 1097 are female students. i.e 28.6% are male and 71.2% are female.

**Table 1**

<b>Gender</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Male	441	28.6	28.6	28.8
Female	1097	71.2	71.2	100.0
Total	1538	100.0	100.0	

The **table 2** shows that 24% students are underweight category ,62.6% are normal weight category ,11.8% are pre obesity category ,1.4% are obesity class I category and .2% students are obesity class II category . The diagram also shows that there is no student in the category of obesity class III.

**Table 2**

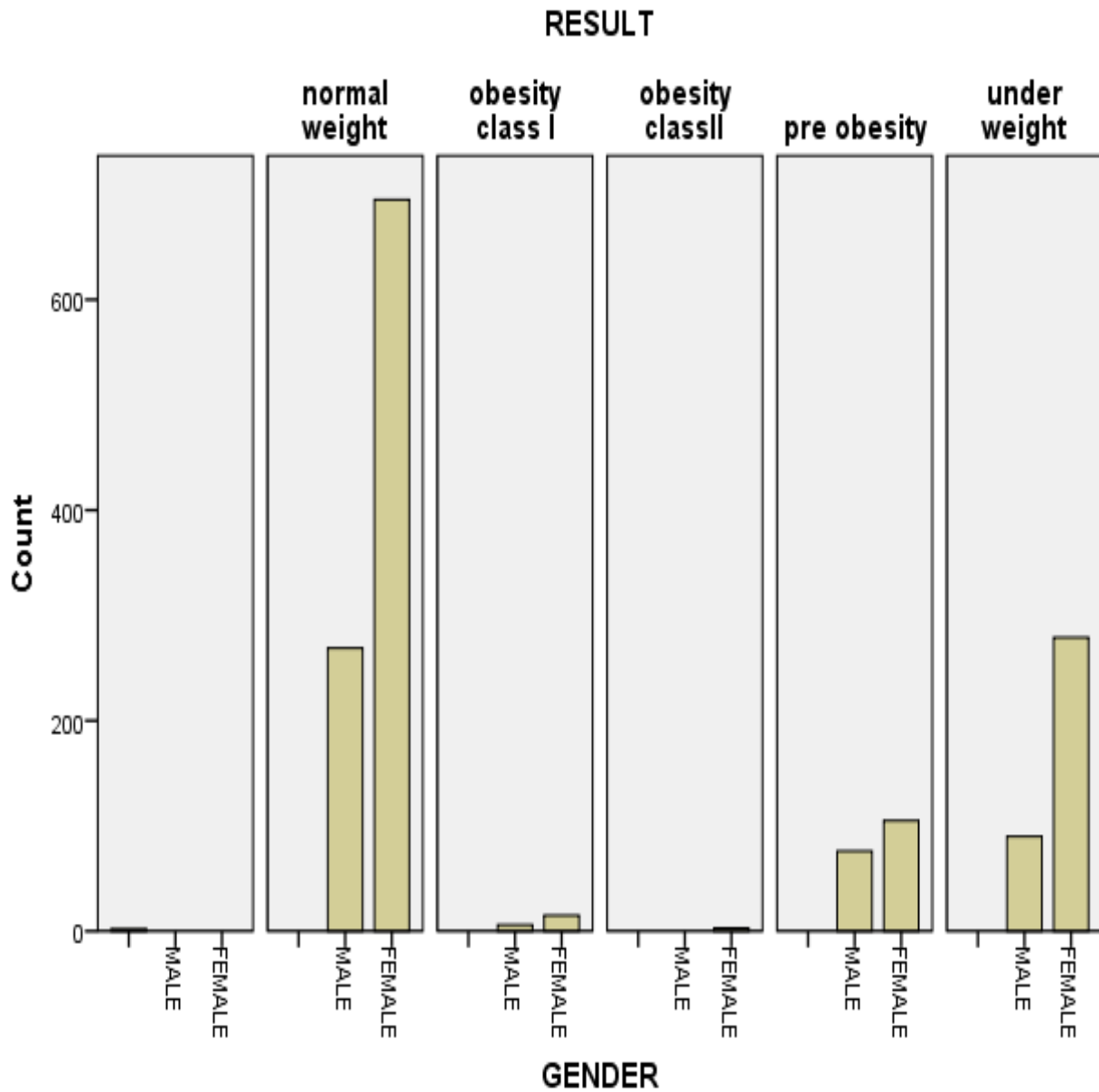
**BMI RESULT-MALE &FEMALE**

<b>Category</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
under weight	369	24.0	24.0	24.1
normal weight	964	62.6	62.6	86.7
pre obesity	181	11.8	11.8	98.4
obesity class I	21	1.4	1.4	99.8
obesity classII	3	.2	.2	100.0
Total	1538	100.0	100.0	



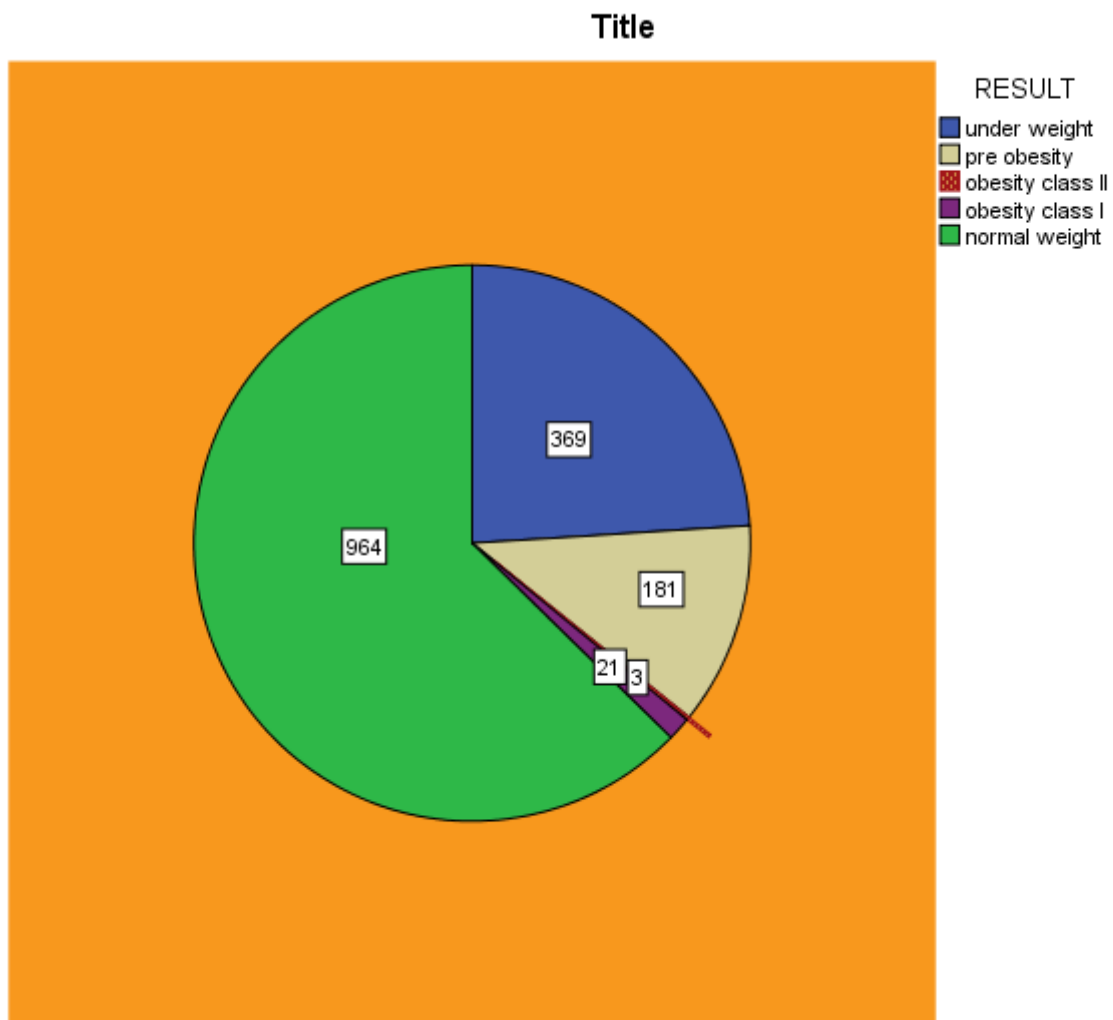
**Chart 1** shows the graphical representation of BMI categories of male and female students of S.N College ,Varkala

**CHART 1-TOTAL STRENGTH-1538**



**Chart 2** shows the Pie chart representation of BMI categories of male and female students of S.N College ,Varkala

**CHART 2-TOTAL STRENGTH-1538**



**Table 3** represents the BMI of male students. It shows that 20.4% male students are under weight category ,61% are normal weight category ,17.2% are pre obesity category, 1.4% is obesity class I category . The diagram also shows that there is no male students in the category of obesity class II and obesity class III.

**Table 3**

**RESULT OF BMI -MALE STUDENTS**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid normal weight	269	61.0	61.0	61.0
obesity class I	6	1.4	1.4	62.4
pre obesity	76	17.2	17.2	79.6
under weight	90	20.4	20.4	100.0
Total	441	100.0	100.0	

**Table 4** represents the BMI of female students. It shows that 25.4% female students are under weight category ,63.4% are normal weight category ,9.6% are pre obesity category, 1.4% is obesity class I category and .3% students are obesity class II category. The diagram also shows that there is no female students in the category of obesity class III.

**Table 4**

**BMI RESULT- FEMALE STUDENTS**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	normal weight	695	63.4	63.4	63.4
	obesity class I	15	1.4	1.4	64.7
	obesity classII	3	.3	.3	65.0
	pre obesity	105	9.6	9.6	74.6
	under weight	279	25.4	25.4	100.0
	Total	1097	100.0	100.0	

**RECOMMENDATIONS**

1.As per the result of table 2 it is recommended that 369 students of under weight category need more nutrients in their diet like protein and carbs to increase their weight.

2. The pre obesity, obesity class I, obesity class II category students need to control their food habits i.e to cut out calorie intake and do daily physical activities about 45 minutes atleast to reduce their body weight and thus reduce the risk of lifestyle diseases.

As part of promotion of T20KCPL Delegates visited our college and Department of physical education receives them with applause on 15 December 2020 . They explained to our students in details about the importance of sports and games and the T20KCPL tournament. They organized a minor game for students and distributed prizes.



Minor games conducted by KCPL Deligates-15 December 2020



Award recieved for the champion in minor game-15 December 2020



## **ANNUAL SPORTS AND ATHLETIC MEET**

The Annual Sports Meet of our college held on 16th and 17th January 2020. The Annual Sports was inaugurated by Prof. A.Joly (Principal, SN College Varkala). Sri.Praveen R, Assistant Professor, Department of Physical Education presided over the function. Sports club secretary Sri.Sarath B.S and Assistant Professor Sri.Sreejith S delivered the welcome speech and vote of thanks respectively.

The Department of B.com finance was the winner of the Cricket tournament and the Department of Economics was the Runner up and Malayalam department was the second runner up.

The Department of Physics was the winner of the Football Tournament and the Department of B.com finance was the Runner up.

The winner of the Inter Department Volleyball tournament was the department of Economics. The Runner up of the tournament was the department of Malayalam.

The Department of Malayalam won the Inter department Throwball (Women) tournament and the Department of Chemistry was the Runner up.

The Inter department Kabaddi tournament was won by the Department of Malayalam. The runner up was the Department of Bcom(HM).

The Department of Geology won the Shuttle Badminton (Men) tournament. Economics was the Runner up.

The Department of Zoology won the Shuttle Badminton (Women) tournament. The Economics was the Runner up.

Department of Bcom(HM) won the chess(M) tournament. Department of zoology was the Runner up.

Department of Zoology and Geology are the joint winners of chess(W). Department of Malayalam got the second runner up trophy.



*PRESIDENTIAL ADDRESS BY PRAVEEN R, HOD, DEPT. OF PHY. EDN DURING ANNUAL SPORTS MEET INAUGURATION-16th January 2020*



*PRINCIPAL Smt. A JOLY INTRODUCING THE PLAYERS DURING ANNUAL SPORTS MEET INAUGURATION-16th January 2020*



The Annual Athletic Meet of our college held on 29<sup>th</sup> and 30<sup>th</sup> January 2020 in the College ground. The Chief Guest of the Annual Athletic Meet was Sri.Syam.M.G (Sub Inspector of Police, Varkala) Prof. A.Joly (Principal, SN College Varkala) received the salute of the March Past from various Departments participate in the March past competition. The Department of Economics received best March Past Trophy. Department of Economics positioned top in the point table and bagged the champions trophy in the annual sports and athletic meet. Department of physics bagged runner up trophy and department of geology bagged third runner up trophy in the meet. Sri.Syam.M.G (Sub Inspector of Police, Varkala) distributed the prizes in the closing ceremony.

**Adarsh S**, Dept. of Physics, was the Individual Champion for Men and **Gayathri A S**, Department of Economics was the Individual champion for Women in the Annual Athletic Meet.



*Welcome speech by Sreejith S, Asst. Professor, Department of Physical Education-29th January 2020*





*Presidential address by Praveen R,HOD, Department of Physical Education-29th January 2020*



*Inaugural Address By Principal Prof.A Joly-29th January 2020*





*flag Hoisting by Principal Prof.A Joly-29th January 2020*



*March Past by Students-29th January 2020*





*Oath taking by students-29th January 2020*



*100m dash-29th January 2020*





*Trophies and medals arranged for the winners 30th January 2020-*



*VICTORY CEREMONY-30th January 2020*





*VICTORY CEREMONY-30th January 2020*



*VICTORY CEREMONY-30th January 2020*

In connection with the Fit India Campaign a walkathon “sweat n Fit” was conducted on 4th march 2020. Principal Dr. K C Preetha flagged off the function. Dr.G.S Babitha IQAC Coordinator, Sri. Sanalkumar HOD,Dept of Malayalam and other staff and students attended the programme.

### **FIT INDIA CAMPAIGN**

As part of UGC's Fit India campaign, department organized a Walkathon named “SWEAT N FIT” in association with the Physical Education department, the Sports Club and IQAC on 5-3-2020. The campaign was officially flagged off by the Principal Dr K C Preetha. The Nodal Officer of the programme and Head of Physical Education Department sri R. Praveen delivered the welcome speech. IQAC Coordinator Dr. Babitha G S, Head of Malayalam Department Sri Sanal Kumar T delivered the felicitation. The whole teaching , Non teaching staff and students were participated in the program. The group walk started from the college auditorium and walked to Palachira and came back to college,thus covered around 4km. during and after the programm all students were rejuvenated with lime juice.



*Principal Dr.K.C Preetha flagged off the Walkathon in connection with the Fit India Campaign*

*5th March 2020.*





*Nodal officer Sri.Praveen R addressing the welcome speech -5th March 2020.*



*2walkathon "sweat n fit" started-5th March 2020.*







*walkathon "sweat n fit" started-5th March 2020.*

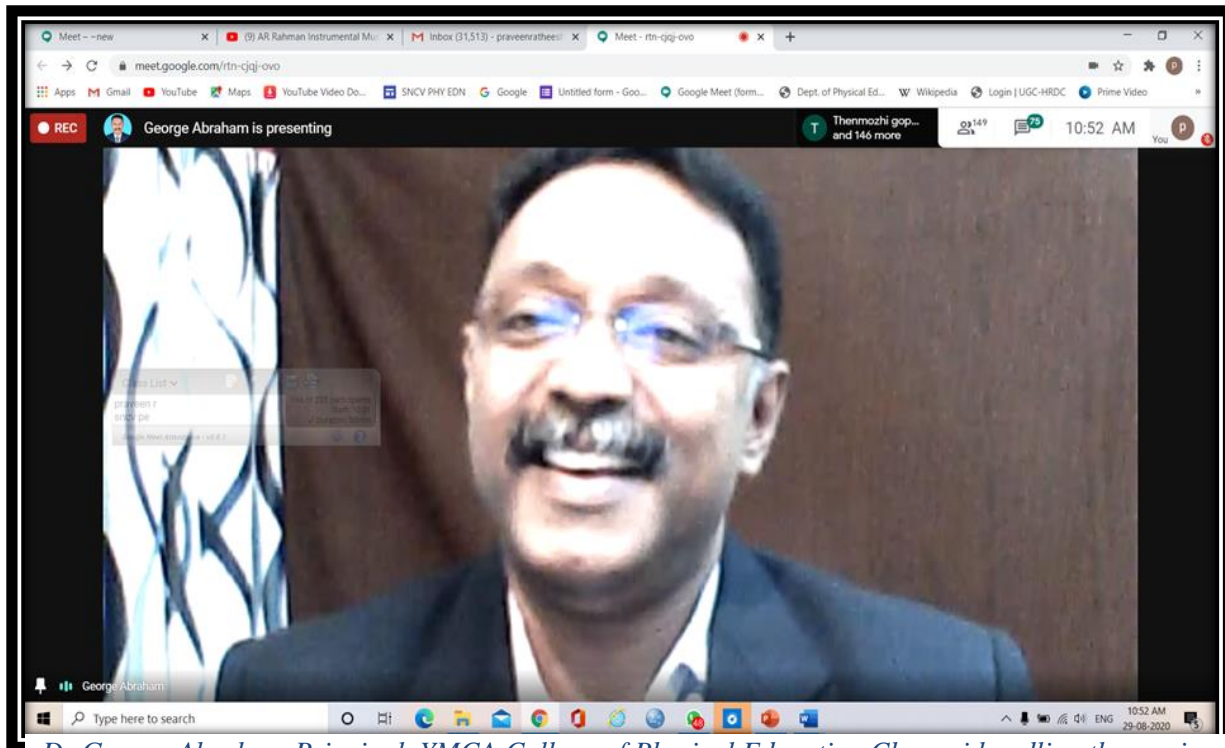
### **WEBINARS CONDUCTED**

With the onset of the Covid 19 pandemic , the other activity of the department was as follows. The Department of Physical Education in association with IQAC organized it's first one day National Webinar as part of National Sports day(29<sup>th</sup> of every August) on the topic “*Entertainment Physical Activities: A Panacea to Release Stress During Pandemic*” on 29<sup>th</sup> August 2020. **Dr. George Abraham** (Principal, Ymca College Of Physical Education, Chennai) was the resource person who handled the session effectively. The webinar was inaugurated by **Dr. K.C Preetha** ,Principal, S.N College ,Varkala. **Sri. Praveen R**, HOD, Department of Physical Education delivered the welcome speech. **Sri.Aji. S.R.M** (Executive member, S.N Trust), **Dr. Joly.A** (Former Principal, HOD, Department of Chemistry), **Dr.Babitha.G.S** (Coordinator, IQAC)and **Sri.Sivakumar**(Vice-President, PTA) delivered the facilitation. **Dr.Biju.C** (Asst. Prof, Department of Botany) proposed vote of thanks and **Ms. Anisha.N** (Asst. Prof, English) was the moderator.

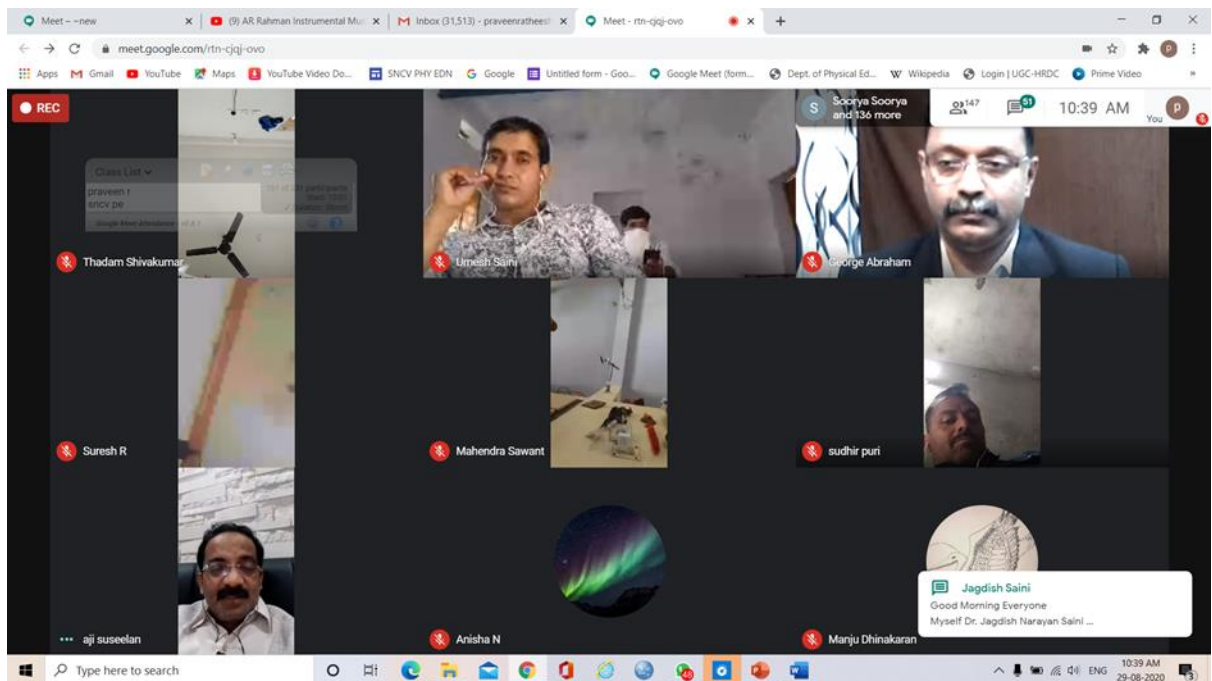
The webinar was conducted on Google Meet platform. Around 450 people registered for the webinar and it was attended by around 250 people. The webinar focuses on how to relieve stress caused by the biological disaster and the resource person vividly described the various physical activities to improve the mental and physical strength of the people. He also emphasised the importance of physical exercises to improve the immunity of our body in order to fight against the novel virus. There was a question and answer session after the presentation. The participants actively engaged in the session and the whole webinar was indeed informative. The Feedback form was provided in the Google Meet chat box and certificates were issued to those who filled the feedback form successfully.

	<p><b>RESOURCE PERSON</b>  <b>Dr. GEORGE ABRAHAM</b>          (PRINCIPAL          YMCA COLLEGE OF          PHYSICAL EDUCATION, CHENNAI)</p>	<p><b>SREE NARAYANA COLLEGE          SIVAGIRI, VARKALA</b></p> <p><i>(Affiliated to University of Kerala          Reaccredited with B Grade          by NAAC)</i></p> <p>Organized by  <b>DEPARTMENT OF          PHYSICAL EDUCATION          in association with          IQAC</b></p>
<p><b>PROGRAMME SCHEDULE</b>  <i>Welcome:</i> Sri.Praveen.R          (Coordinator&amp;Head,Dept of Physical Education)  <i>Inaugural address:</i>          Dr. K.C Preetha (Principal)  <i>Felicitations:</i>          Sri. Aji. S.R.M (Executive member, S.N Trust)          Dr. Joly.A (Former Principal, Head, Chemistry)          Dr.Babitha.G.S(Coordinator, IQAC)          Sri.Sivakumar(Vice-President, PTA)</p>	<p><b>NATIONAL WEBINAR</b>  <i>in connection with the National          Sports Day Celebrations 2020</i></p>	
<p><b>ORGANIZING COMMITTEE</b>  <i>Patron :</i>          Sri. Vellappally Natesan  <i>Principal:</i>          Dr. K.C. Preetha  <i>Coordinator:</i>          Sri. Praveen .R          (Head, Department of Physical Education)  <b>For more details contact: 9497037714</b></p>	<p><i>Invited Talk</i>  <b>Dr.George Abraham</b>          (Principal,YMCA college of          Physical Education, Chennai)  <i>Vote of Thanks</i>  <b>Dr.Biju.C</b>(Asst. Prof, Botany)  <i>Moderator</i>  <b>Ms. Anisha.N</b>          (Asst. Prof, English)</p> <p><i>" Entertainment physical activities:          A panacea to release stress during pandemic"</i></p> <p>on 29th August 2020 at 10.30 am          Platform : Google Meet          For registration <a href="#">Click here</a>          For joining WhatsApp group <a href="#">Click here</a>          Or scan QR code   <b>E-certificate will be issued</b></p>	





*Dr. George Abraham, Principal, YMCA College of Physical Education, Chennai handling the session- 29th August 2020*



*participants listening the webinar-29th August 2020*

We organized another one day National Webinar on the topic “ *Prevention Of Lifestyle Diseases For Defeating Covid-19*” on 22<sup>nd</sup> September 2020. **Dr.A Shersha**, Associate Professor(Rtd.) and Founder President National Wellness Association was the resource person who handled the first session and **Kannan R Ramesh** Psycho Counsellor, NSIM handled the second session effectively. The webinar was inaugurated by Dr. K.C Preetha ,Principal, S.N College ,Varkala. Sri. Praveen R, HOD, Department of Physical Education, delivered the welcome speech. Sri.Aji. S.R.M (Executive member, S.N Trust), Dr. Joly.A (Former Principal, HOD, Department of Chemistry), Dr.Babitha.G.S (Coordinator, IQAC)and Sri.Sivakumar(Vice-President, PTA) delivered the felicitation. Dr.Biju.C (Asst. Prof, Department of Botany) proposed the vote of thanks and Smt. Sreeranjini S C (Asst. Prof, Dept.of Economics) was its moderator.

**Speaker 1**  
**Dr.A Shersha**  
Founder President  
National Wellness Association  
& Associate Professor(Rtd)

**Speaker 2**  
**Kannan R Ramesh**  
Psycho Counsellor, NSIM

**SREE NARAYANA COLLEGE**  
**SIVAGIRI, VARKALA**  
(Affiliated to Kerala University  
Reaccredited with B grade by NAAC)

**Programme schedule**  
Welcome: **Sri.Praveen.R**  
(Coordinator & Head, Dept. of Physical Education)  
Inaugural address: **Dr. K.C Preetha** (Principal)  
Felicitations:  
**Sri.Aji. S.R.M** (Executive member, S.N Trust)  
**Dr. Joly.A** (Former Principal, Head, Chemistry)  
**Dr.Babitha.G.S** (Coordinator, IQAC)  
**Sri.Sivakumar** (Vice-President, PTA)

**Invited Talk**  
**:Dr.A Shersha** ( Fonder president  
National Wellness Association  
& Associate Professor(Rtd)  
**:Sri.Kannan R Ramesh**(Psycho  
Counsellor, NSIM)

Vote of Thanks : **Sri.Syam Raj R** (Asst. Prof,  
Dept.of Economics)  
Moderator : **Smt. Sreeranjini S C** (Asst. Prof,  
Dept.of Economics)

**Platform : Google Meet**  
For registration [Click here](#)  
For joining WhatsApp group  
[Click here](#) or scan QR code

**E-certificate will be issued**

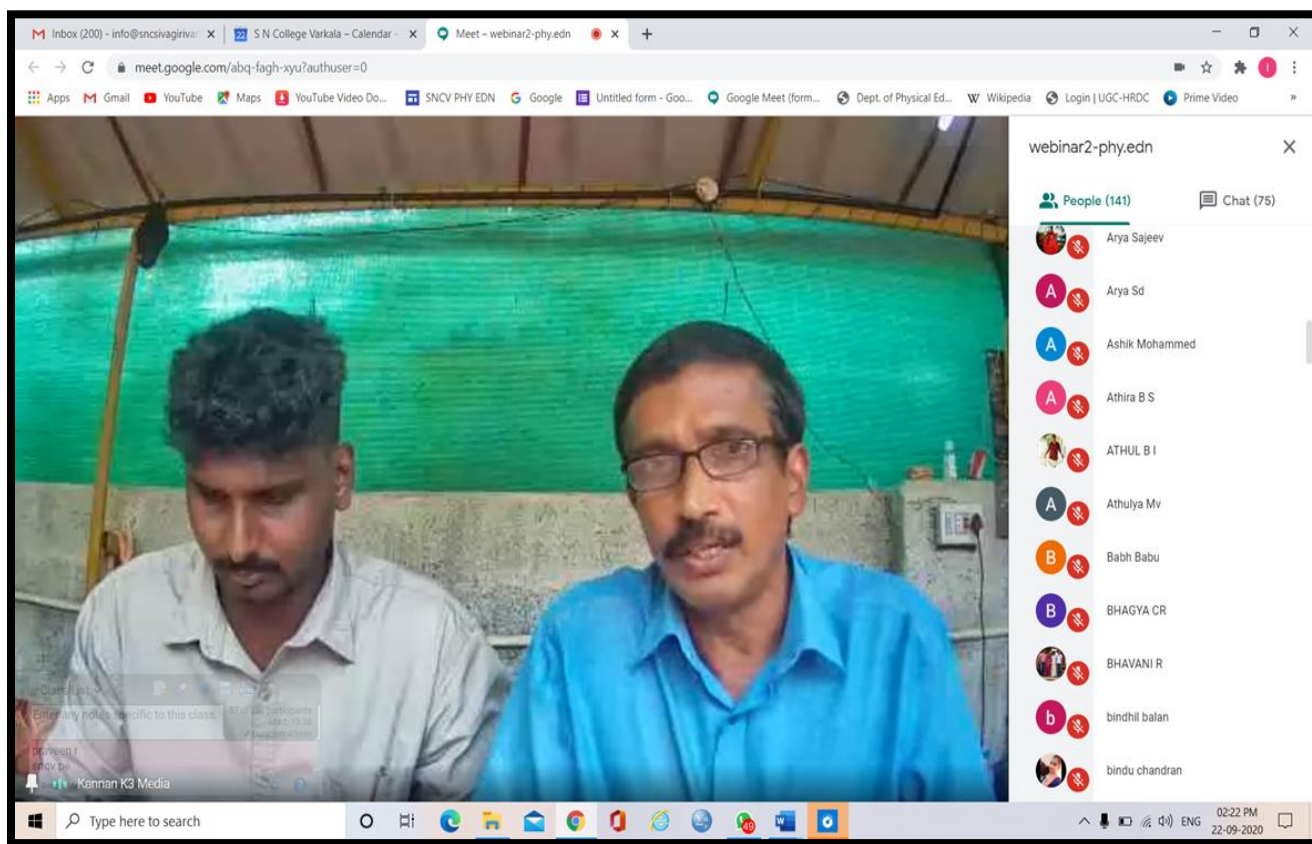
**Organizing committee**  
Patron : **Sri.VELLAPPALLY NATESAN**  
Principal : **Dr. K.C Preetha**  
Coordinator : **Sri.Praveen.R**(HOD,  
Dept. of Physical Education)  
Members – Sports Club

**NATIONAL WEBINAR**  
**on 22-09-2020 at 2pm**

**TOPIC 1 : PREVENTION OF LIFESTYLE DISEASES FOR DEFEATING COVID-19**  
**TOPIC 2 : IMPORTANCE OF MENTAL WELLNESS FOR THE PREVENTION OF COVID-19 & LIFE STYLE DISEASES**

Organized by  
**DEPARTMENT OF PHYSICAL EDUCATION**  
in association with IQAC & SPORTS CLUB


*BROCHURE- NATIONAL WEBINAR-22nd September 2020*



*RESOURCE PERSONS HANDLING NATIONAL WEBINAR-22nd September 2020*

The webinar was conducted on Google Meet platform. More than 450 people registered for the webinar and it was attended by around 240 people. The webinar focused on how to prevent life style diseases and how to improve mental wellness through physical activities. The resource person vividly described the various physical activities to improve the mental and physical strength of the people. He also emphasised the importance of physical exercises to improve the immunity of our body in order to fight against the novel virus. There was a question and answer session after the presentation. The participants actively engaged in the session and the whole webinar was indeed informative. The Feedback form was provided in the Google Meet chat box and Certificates were issued to those who filled the feedback form successfully. Thus the webinar turned out to be a successful one.

Varkala  
13/03/2020

  
Assistant Professor & HOD  
Department of Physical Education  
S.N College, Sivagiri, Varkala