

B.C.M College, Kottayam

Activity report of Dept of Physical Education-2019/20

Innovative Programs

Pick your Racquet

An innovative program to attract students and teachers for participating in an evening Fitness activity. In this scheme a shuttle badminton equipments are kept in the verandah of the Auditorium for the students and teachers to pick and play the game of shuttle badminton where ever they want in the campus .They can return it at any time before 530 pm. A lot of students and a few teaches are using this facility.

Games coaching for Fitness

Students interested to learn and play the games of Basketball and Cricket are given free coaching irrespective of their skill level. The aim is to promote involvement of students in sports and games and not just to prepare teams.

First Aid and Life skill classes

Physical Education teachers are taking classes on First Aid and Life Skills for various batches during their free hours .

Achievements of students

Kabaddi

- BCM Kabaddi team won the MG University Inter collegiate Kabaddi Championships (Women) held at St Josephs College ,Moolamattom on September 17, 2019.
- The following students were selected to the MG university Kabaddi team which participated in the South Zone Kabaddi Championships held at Veltech University.
 - 1) Veenamol KS
 - 2) Amala Riya Roy
 - 3) Sini Devasia
 - 4) Aleena Biju
 - 5) Silpa Thomas
 - 6) Meenu Kunjumon

- College team Emerged as the winners in the Kottayam District Senior and Junior Kabaddi Championships held at Kottayam Indoor Stadium

Roller Sports

- Andrea Rebecca of MSW 1 won one gold and 2 silver in the MG University Roller Sports Championship held at Ernakulam

Wrestling

- Jesly Sam of BA Economics (First year) won the bronze medal in the MG university wrestling championships held at St George College Aruvithura
- Sebastian Paily of MSW (First year) also won a bronze medal in the open category in the same competition

Basketball

- The college basketball team emerged as the fifth position winners in the MG university inter zone Basketball Championships (Women) held at SPESS
- The college team emerged as the third position winners in the Kottayam District Senior Basketball Championships (Women)

Other Events

- Students of BCM had participated in the following intercollegiate championships during the year 2019/20 along with events mentioned above
 1. Badminton
 2. Chess
 3. Cricket

Other Major Activities

Field Trip and Adventure Camp

The Students of the Physical Education Open Course were taken for a field trip and adventure camp at the Integrated Sports Complex of St Thomas College ,Pala on 02/10/2018

Organised the MG university KAbaddi preparation Camp for the South Zone Kabaddi Champonships from 20th to 30 th September.