


Sanction may be accorded for me to attend the Annual Fixture Meeting (2016-17) of Kerala University [Dept. of Physical Education], which is scheduled to be held at Kerala University Senate Chamber on 22nd July 2016.

20.7.2016



[Dr. K. JAYA KUMAR]

Sanctioned

✓ CMN 
2017/16


Coaching Camps of College Teams (2016-17)

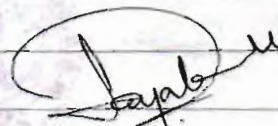
Sanction may be granted to conduct preparatory coaching camps to the following college teams which are taking part in the Kerala University Inter-Collegiate tournaments for the year 2016-17.

Cricket	02-24 September 2016
Football	26 Sept to 18 October 2016
Baseball	14 Oct to 05 November 2016
Kabaddi	26 Nov to 19 December 2016
Best Hand Physique	22 Oct to 14 November 2016
Hand ball ball	21 Nov to 13 December 2016
Athletics (M&W)	03-25 February 2017
Taekwondo	
Judo	

10.8.2016

Permitted

✓ CMN 
10/8/16



(Dr. K. JAYA KUMAR)

PRINCIPAL,

N. S. S. COLLEGE, PANDALAM.

KU Inter-Collegiate Chess Tournament 2016-17

Sanction may be granted for The College chess team to participate in the Kerala University Inter-Collegiate [Inter-Zone] Chess tournament to be held at D.B. College, Sasthamcottah on 26th, 27th & 28th September 2016.

23.9.2016

Permitted

Principal 23/9/16

N. S. S. COLLEGE, PANDALAM



(Dr. K. JAYAKUMAR)

Kerala University Cricket Team (Women) Selection trials 2016-17

Permission may be granted for Vidhya Venu [III B A, Malayalam] to participate in the Kerala University Cricket team (Women) selection trials to be held at Govt. Medical College Ground, Thiruvananthapuram on 24th and 25th September 2016.

Permitted

Principal 23/9/16

N. S. S. COLLEGE, PANDALAM



23.9.2016

(Dr. K. JAYAKUMAR)

Kerala University Cricket Men team 2016-17

Sanction may be granted to college Cricket - Men team to participate in the Inter collegiate championship to be held at DB College, Sasthamkotta ~~from~~ on 26 Sept 2016, 07 Oct, 17 Oct, 20 Oct. [Camp dates 02-September to 24 September 2016].

23.09.2016

SANDY NAIR



Principal 23.9.16

N. S. S. COLLEGE, PANDALAM

(Dr. K. Jayakumar)

Kerala University Judo (Men & Women) Team 2016-17

Sanction may be granted to College Judo (M & W) team to participate in the inter collegiate championship to be held at Bishop Moore College, Mavelikkara on 21 & 22 October 2016.

Permitted.

19/10/2016



Principal

J. M. V. S. 19.10.16

N. S. S. COLLEGE, PANDALA.

chubun
SANDY NAIR

Kerala University Football (Men) Team 2016-17

Sanction may be granted to College Football (Men) team to participate in the inter collegiate championship to be held at Yonius Institute of Technology, Kandanallor, Kollam. from 19 October 2016. Camp dates: 26 Sept to 18 Oct. 2016.

19/10/2016



N. S. S. COLLEGE, PANDALAM.

Principal

J. M. V. S. 19.10.16

chubun
(SANDY NAIR)

Matches: 19 Oct, 21st Oct & 24 Oct. 2016.

Kerala University Kabbadi (Men) Team 2016-17

Sanction may be granted to College Kabbadi - Men team to participate in the inter collegiate championship to be held at Travancore Engineering College, Ayur, Kollam on 07-08 November 2016. Camp Dates: 14 October to 05 November 2016.

Permitted

26/10/2016



Principal

J. M. V. S. 26.10.16

N. S. S. COLLEGE, PANDALAM.

chubun
(SANDY NAIR)

Kerala University Handball (Men) Team 2016-17

Sanction may be granted to college Handball (Men) team to participate in the Inter-collegiate championship to be held at SAI, CNCPE, Kariavattom Trivandrum from 15-16 November 2016. Camp dates: 22 October to 14 November 2016.

Permitted.

14/11/2016.



Principal

N. S. S. COLLEGE, PANDALAM.

Kerala University Cricket Men. - SELECTOR. 2016-17

Sanction may be granted for Sri. Sandy Nair Asst. Professor, Dept. of Physical Education to represent University of Kerala as Selector for Cricket Men Selection trials to be held at St. Xavier College, Thumba from 23 to 26 November 2016.



Principal

N. S. S. COLLEGE, PANDALAM.

Kerala University Hockey Selection Trials 2016-17

Sanction may be granted to college students to attend selection trials for Hockey Men for the year 2016-17 organised by Govt. Arts College, Tirupur.

Permitted.

For

Head of the Department
Physical Education

N. S. S. College, Pandalam



Principal

N. S. S. COLLEGE PANDALAM.

I have been nominated as one of the selectors to select the Kerala University Kabaddi (Men) team, which is participating in the Inter-University competition 2016-17. Hence I request you to grant me permission to accept the nomination and consider my absence in the college on 23rd and 24th November 2016 as on duty.



Jan 15-17

Dr. K. Jayakumar
(Dr. K. JAYAKUMAR)

Sanctions may be recorded to the following ~~for~~ cricket players from our college, who were selected from Kerala University North Zone, to attend the final selection trials of Kerala University Cricket (men) team for the year 2016-17. The selection trials will be held at St. Xavier's College, Thumba, Thiruvananthapuram on 25th and 26th November 2016.



Jan 15-17

Dr. K. Jayakumar
(Dr. K. JAYAKUMAR)

Kerala University Annual Athletic Meet /C 2016-17

Sanction be granted to college Men & Women athletes to participate in Inter Collegiate athletic meet organised by the department of Physical Education from 14-17 December at University Stadium, Trivandrum. Dr. K. Jayakumar, HOD, Dept of Physical Education & Sri. Sandy Nair, Asst. Professor to accompany as Managers. Camp dates 21 November to 13 December 2016.

For *Jan 15-17*
Head of the Department
Physical Education
N. S. S.

Permitted



Jan 15-17

Principal

N. S. S. COLLEGE, PANDALAM

Kerala University Best Physique Championship 2016-17

Sanction may be granted to college team.
Best Physique to participate in the inter collegiate
Best physique championship to be held at St. Cyril's College
Adoor on 20th-21st December 2016. Camp Dates: 26 November
to 19 December 2016.

For *chryu*
Head of the Department
Physical Education
N. S. S. College, Pandalam



Janu
Principal

N. S. S. COLLEGE, PANDALAM.

Inter-department Cricket Championship 2016-17

Sanction may be granted to organise
inter-department cricket championship from 13/2/2017 - 17/2/2017
(After 2.00 PM).

For *chryu*
Head of the Department
Physical Education
N. S. S. College, Pandalam



Janu
Principal

N. S. S. COLLEGE, PANDALAM.

Kerala University Wrestling Men Championship 2016-17

Sanction may be granted to college wrestling
Men team to participate in the U/C championship to
be held at Sree Padam Stadium, Attungal.
on 15 February 2017.

For *chryu*
Head of the Department
Physical Education
N. S. S. College, Pandalam



Janu
Principal

N. S. S. COLLEGE, PANDALAM.

Kerala University Taekwondo Men & Women Championship 2016-17

Sanction may be granted to college team to participate in the inter collegiate Taekwondo championship (Men & Women) to be held at SAI, LNCPE, Kariavattom Trivandrum on 27 & 28 February 2017.
Camp dates: 03-25 February 2017.

For: ~~Sanction~~
Head of the Department
Physical Education
N. S. S. College, Pandalam



~~Sanction~~
Principal
N. S. S. COLLEGE, PANDALAM

~~Sanction may be granted to Dr. Sandy Nair to participate in the National Seminar in connection with National Science day organised by LNCPE (SAI), TUPM on 28 Feb 2019.~~

~~Head of the Department
Physical Education
N. S. S. College, Pandalam~~

~~Principal
N. S. S. COLLEGE, PANDALAM~~

of CRICKET MEN
and Fees for the Month
September.

16 Standard 1

12

Admission No.		SI.No.		NAME		Admin No.		23 35 6 7 8 9 10 11 12 13 14 15 16 17																

٢

[illegible]

CN

[illegible]

CAMP from 22 October to 14 November 2016

[illegible]

BEST PHYSICALS (MEN) CAMP from 26 November to 19 December 2016
Standard 5

[illegible]

ATHLETICS MEN CAMP from
2 November 10/13 December 2016
~~Stratford~~ 6

[illegible]

ATHLETIC WOMEN CAMP from Nov 21 to 13 December 2016
Standard 7

[illegible]

~~DATE OF~~
FEBRUARY 21 1977

from 03-25 February 2017

[illegible]

from 03-25 February
Standard 2017 9

[illegible]

2

N.S.S COLLEGE
PANDALAM - KERALA



NAAC Re-accredited with 'A' Grade

**DEPARTMENT OF
PHYSICAL EDUCATION**

Pathanamthitta Dist
Rly. Station: Chengannur
PIN-689501
Ph: 04734- 252221

12 August 2016

To

The Principal,
N.S.S. College, Pandalam.

Sir,

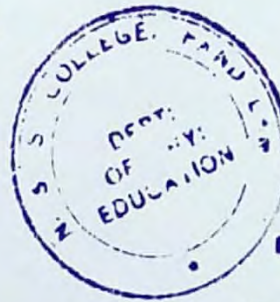
Sub:- Request for sanction to organize Health Awareness Campaign on "Hypertension" reg:-

The Department of Physical Education in association with Sports and Health Club would like to organize a 'Health Awareness Campaign' on "Hypertension" for the students on 29 August 2016 on the occasion of National Sports day.

Pamphlets will be distributed in all classes along with brief explanation on Hypertension, its causes and preventive measures. Permission may be granted for conducting the above said programme.

Thanking you

Sanctioned
[Signature]
Principal
N. S. S. COLLEGE, PANDALAM



Yours Sincerely

[Signature]

[Dr. K. Jayakumar]
Head of the Department
Physical Education
N. S. S. College, Pandalam



22 August 2016

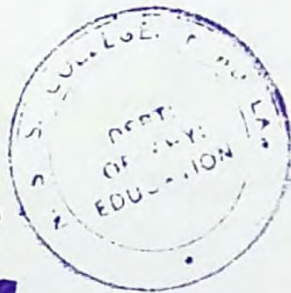
NOTICE

The Department of Physical Education in association with Sports and Health Clubs will organize a 'Health Awareness Campaign' on "Hypertension" for the students on 29 August 2016 (Monday) as a part of National Sports Day celebrations.

Pamphlets will be distributed in all classes along with brief explanation on Hypertension, its causes and preventive measures.

Kindly cooperate and make this programme a grand success.

[Dr. K. Jayakumar]
Head of the Department
Physical Education
N. S. S. College, Pandalam



Principal
N. S. S. COLLEGE, PANDALAM




REPORT


HEALTH AWARENESS CAMPAIGN ON HYPERTENSION

As a part of National Sports Day celebration, the Department of Physical Education in association with Sports and Health Clubs organized a Health awareness campaign on Hypertension for the students on 29 August 2016 (Monday).

The program aimed to give awareness to lead a healthy lifestyle thereby decreasing the chances of getting Hypertension. Apart from giving a brief explanation on Hypertension its causes and preventive measures, student volunteers of Sports and Health Clubs distributed pamphlets in classes. They mentioned about timely monitoring of Blood Pressure and regular health checkups.


Head of the Department
Physical Education
N. S. S. College, Pandalam

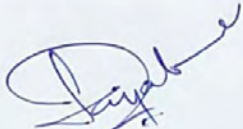



Principal
N. S. S. College, Pandalam

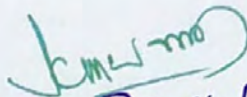
N.S.S. COLLEGE, PANDALAM
DEPARTMENT OF PHYSICAL EDUCATION
INTER HOUSE TOURNAMENTS [2016 - 17]

RESULTS

Event	Date	Winner	I Runner-up	II Runner-up
Cricket	13 - 17 Feb 2017	Commerce	Science	Arts
Chess	05 - 08 Sept 2016	Science	Commerce	Arts
Football	20 - 24 Sept 2016	Arts	Commerce	Science
Volleyball	01 - 03 Mar 2017	Science	Arts	Commerce
Badminton	07 - 09 Mar 2017	Arts	Science	Commerce
Athletics	14 Mar 2017	Science	Arts	Commerce


Head of the Department
Physical Education
N. S. S. College, Pandalam




Principal
N. S. S. College, Pandalam

N.S.S COLLEGE
PANDALAM - KERALA



NAAC Re-accredited with 'A' Grade

**DEPARTMENT OF
PHYSICAL EDUCATION**

Pathanamthitta Dist
Rly. Station: Chengannur
PIN-689501
Ph: 04734- 252221

15 July 2016

To

The Principal,
N.S.S. College, Pandalam.

Sir,

Sub:- Request for sanction to organize an Inter-Class Quiz Competition in connection with Rio Olympic Games 2016 reg:-

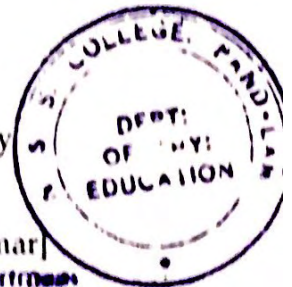
Our Department is planning to organize an Inter-Class Quiz Competition in connection with Rio Olympic Games 2016 for the students on 09 August 2016 at our Seminar hall. Sandy Nair, Assistant Professor, Dept. of Physical Education will be the quiz master for the event.

I hope you will consider our request and permit us for the same.

Thanking you in anticipation

Permitted
[Signature]
Principal
N. S. S. COLLEGE, PANDALAM

Yours faithfully
[Signature]
[Dr. K. Jayakumar]
Head of the Department
Physical Education
N. S. S. College, Pandalam



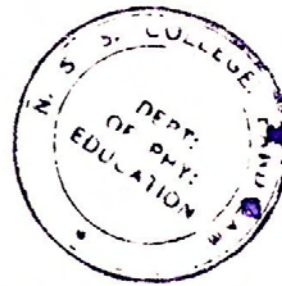


NOTICE

In connection with Rio Olympic Games 2016, Department of Physical Education in association with Sports Club is conducting an **Inter-Class Quiz Competition** on **09 August 2016** at the **College Seminar Hall**. The competition will be held on Class wise and the questions will be based on 'Modern Olympic Games'. Those who are interested to participate may register on or before **05 August 2016** at the Department of Physical Education.

To be read in all classes

[Signature]
Principal
N. S. S. COLLEGE, PANDALAM



[Signature]
[Dr.K.Jayakumar]
Head of the Department
Physical Education
S. S. College, Pandalam



DEPARTMENT OF PHYSICAL EDUCATION
N.S.S COLLEGE, PANDALAM
PATHANAMTHITTA (DIST.), KERALA STATE

NOTICE

The Department of Physical education and the Sports Club is organizing a Sports Quiz in connection with the RIO OLYMPIC GAMES 2016. All members of the Teaching and Administrative staff of the College are cordially invited.

Time : 2:00 PM

Date : 09 August 2016

Venue : Seminar Hall

Dr. K. Jayakumar

Conveners

Aravindan S

Sandy Nair

N.S.S. COLLEGE, PANDALAM
DEPARTMENT OF PHYSICAL EDUCATION
RIO OLYMPICS 2016 QUIZ COMPETITION

RESULT

I Place

ADARSH & ARUN SHAJI [B.Sc. Chemistry]

II Place

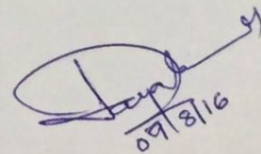
ADARSH & JUSTIN [B.A. English]

III Place

AMAL & ABU [B.A. English]

IV Place

GAYATHRI & ATHIRA [B.Sc. Mathematics]



09/8/16

Date : 09.8.2016

Time : 11.00 am & 2.00 pm

Venue : College Seminar Hall

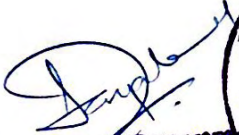


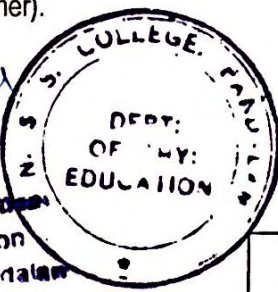
INTER-CLASS RIO OLYMPICS GAMES QUIZ – 2016

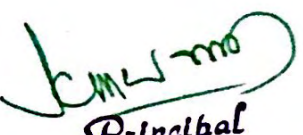
REPORT

In connection with Rio Olympics Games, an inter-class quiz competition was organized by the Department of Physical Education and Sports Club on 09 August 2016 at the College Seminar Hall. The main purpose was to test the knowledge and to create interest about Modern Olympic Games among the students. In total 35 teams were registered of which six teams qualified after a preliminary screening. These teams were named after different venues of Olympic Games viz. Atlanta, Beijing, Sydney, London, Rome and Paris. The quiz master for the event was Sri. Sandy Nair, Assistant Professor, Dept. of Physical Education. There were a total of eight rounds and at the end of the eighth round the first position was bagged by Adarsh and Arun Shaji of II B.Sc. Chemistry with 70 points, Second position was bagged by Amal and Abu Abhaskar of I B.A. English with 55 points and the third position was bagged by Gayathri and Athira of II B.Sc. Mathematics with 50 points.

The programme concluded with vote of thanks by Sri. Sandy Nair, Assistant Professor, DPE, NSS Pandalam (Sub-Convener).


Head of the Department
Physical Education
N. S. S. College, Pandalam




Principal
N. S. S. College Pandalam



DEPARTMENT OF PHYSICAL EDUCATION

(Established 1939 AD)

UNIVERSITY OF KERALA

(Re-accredited by NAAC with 'A' grade)



G. V. Raja Pavilion

Thiruvananthapuram - 695 033

Phone: 0471-2306485

E-mail: dpekeralauniversitytv@gmail.com

Website: pe.keralauniversity.ac.in

Admn/May /2019

4/5/2019

To

The Principal

NSS College Pandalam

The following are the performance of NSS College Pandalam for the year 2016-17

Game / Sport	No. of Participants	Outcome / Result
Judo (M & W)	32	3 Gold Medals 1 Bronze Medal 3 Players selected to University Team
Wrestling	3	1 Gold Medal 1 Player selected to University Team
Taekwondo	32	2 Silver Medals 4 Bronze Medals
Best Physique	3	Participation only
Football	20	Quarterfinal [NZ]
Cricket	16	Quarterfinal [NZ]
Kabaddi	12	Pre-Quarter [NZ]
Handball	12	Quarterfinal [IZ]
Athletics (M & W)	16	Participation only
Chess	5	Participation only



DIRECTOR (VQ)

DEPARTMENT OF PHYSICAL EDUCATION

(Established 1939 AD)

UNIVERSITY OF KERALA

(Re-accredited by NAAC with 'A' grade)



G. V. Raja Pavilion

Thiruvananthapuram - 695 033

Phone: 0471-2306485

E-mail: dpekeralauniversitytvm@gmail.com

Website: pe.keralauniversity.ac.in

Admn/May /2019

4/5/2019

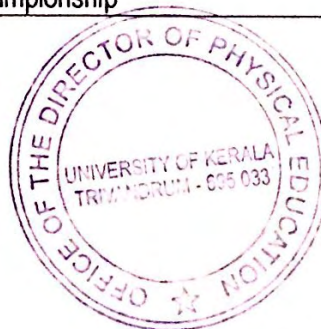
To

The Principal

NSS College Pandalam

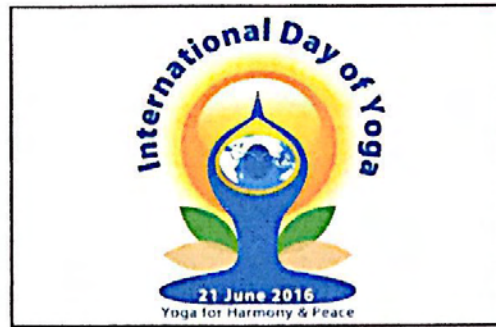
The following are the performance of NSS College Pandalam for the year 2016-17

Sl. No.	Name & Class	Achievements
1	RAHUL. K.R. [I B.Sc. Physics]	- Gold medal in the Kerala University Inter-collegiate Wrestling [Greco Roman] & Judo Championships - Represented Kerala University Wrestling & Judo (M) Teams & Participated in the All India Inter-University Championships.
2	SURYA DEV. S. [II B.A. English]	- Gold Medal in the Kerala University Inter-Collegiate Judo Championship & Represented Kerala University Judo (M) Team
3	SRUTHY. S. NAIR [II B.Sc. Physics]	- Gold Medal in the Kerala University Inter-Collegiate Judo Championship & Selected to Kerala University Judo (W) Team
4	RAHUL. R.R. [III B.A. Economics]	- Silver Medal in the Kerala University Inter-Collegiate Taekwondo Championship.
5	VYSHNAV DUTHU [I B.A. Economics]	- Silver Medal in the Kerala University Inter-Collegiate Taekwondo Championship.
6	AKHIL SEKHAR [III B.A. English]	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship
7	ANCHITHA BIJU [I B.A. Political Science]	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship
8	DEVIKA S. PRAKASH [I B.Com. (Finance)]	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship
9	ATHIRA. C.S. [I B.Com. (Finance)]	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship
10	AMRITHA. G. [I B.A. Sanskrit]	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship

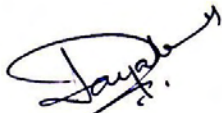


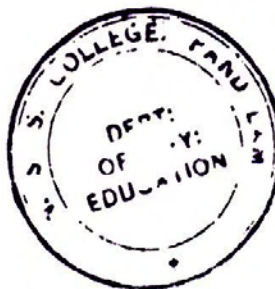
DIRECTOR (VQ)

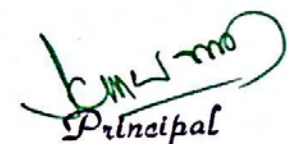
REPORT
YOGA DAY CAMPAIGN



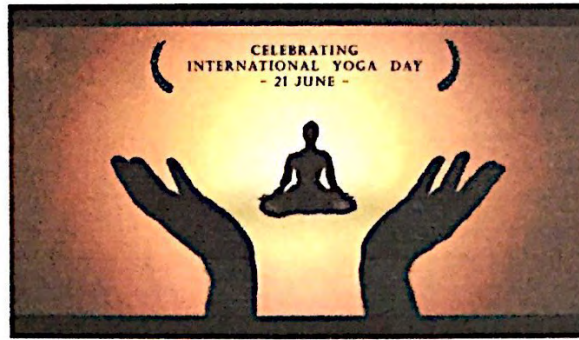
The Department of Physical Education in association with National Cadet Corps [N.C.C.] and National Service Scheme [N.S.S.] organized an awareness campaign on Yoga in College Campus on 21 June 2016 (Tuesday) in connection with International Yoga Day at respective classrooms. The program intended to give knowledge about Yoga and Yogic practices to lead a healthy lifestyle thereby decreasing the chances of getting Hypokinetic diseases. The programme conducted with the help of N.C.C. Cadets and N.S.S. Volunteers. They visited the classrooms, distributed pamphlets and also gave an oral presentation on Yoga. They mentioned about the benefits of Yoga and yogic practices.


(Dr. K. JAYAKUMAR)
Head of the Department
Physical Education
S. S. College. Pandalam




Principal
N. S. S. COLLEGE PANDALAM

N.S.S. COLLEGE, PANDALAM



10 JUNE 2016

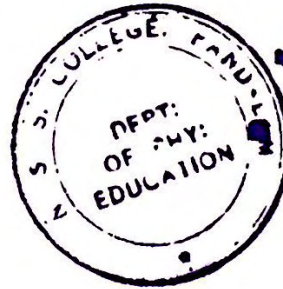
NOTICE

'International Yoga Day' of this year will be celebrated on 21 June. As part of the celebration, the Department of Physical Education along with National Cadet Corps [N.C.C.] and National Service Scheme [N.S.S.] is planning to arrange a 'Campus Campaigning' on "Yoga". The programme will be conducted with the help of N.C.C. Cadets and N.S.S. Volunteers by visiting all classes. The campaign includes an oral presentation on Yoga and various Yogic practices. Kindly cooperate to make this program a grand success.

*To be read in all
classes.*

[Signature]
Principal

N. S. S. COLLEGE PANDALAM



[Signature]
[Dr. K. Jayakumar]
Head of the Department
Physical Education
N. S. S. College, Pandalam



“Connect the Youth” ‘Campus Campaigning’ 21 June 2016

- Stretches and protects your spine •
- Keep your muscles strong •
- Increases your blood flow •
- Prevents joint problems •
- Improves your posture •
- Improves metabolism •
- Increases immunity •
- Makes you flexible •

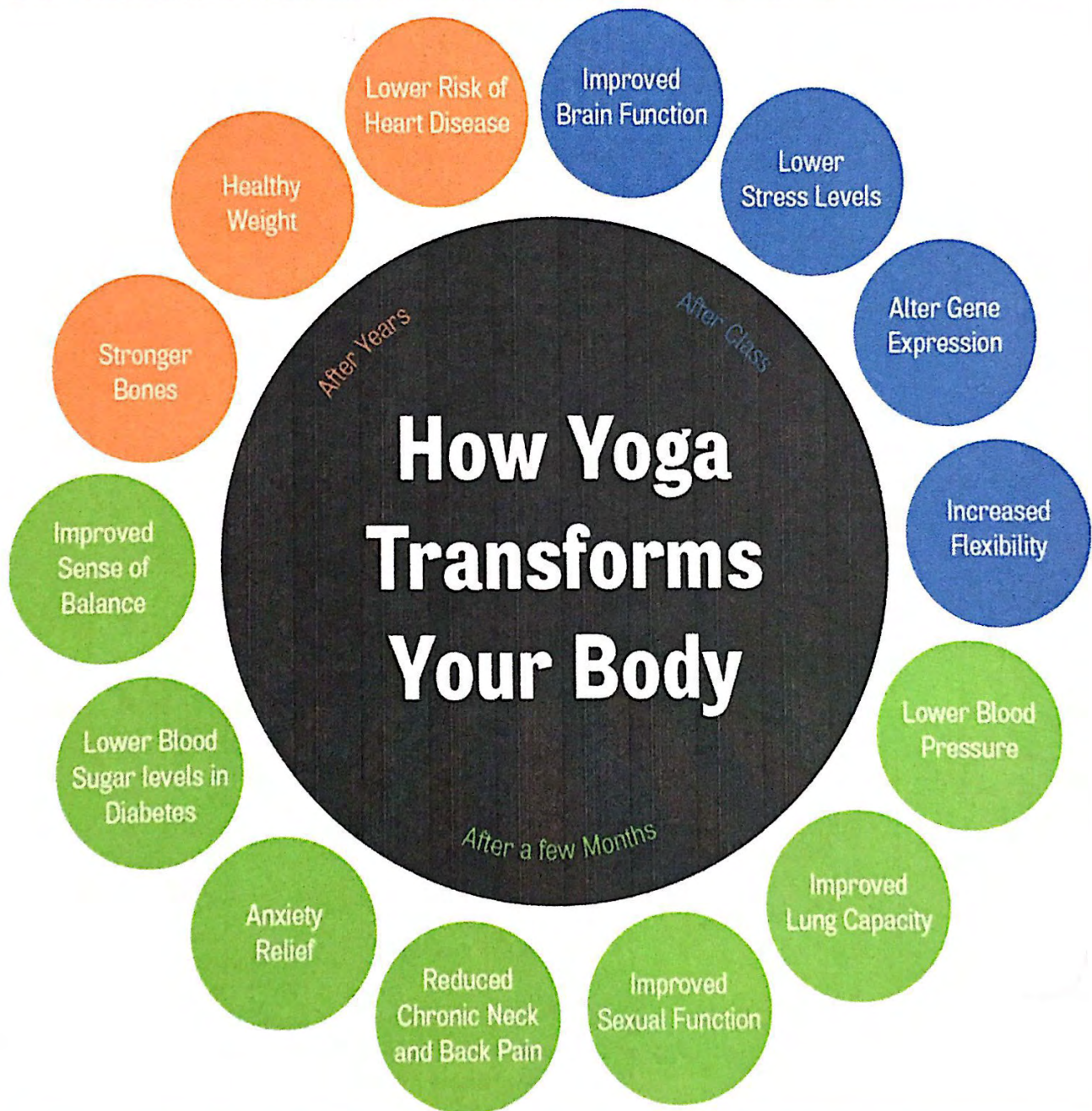
- Brings harmony to your life
- Calm your nerve system
- Improves your reaction
- Increases concentration
- Helps you to sleep well
- Relieves depression
- Makes you happier
- Helps you to relax

Benefits of Yoga

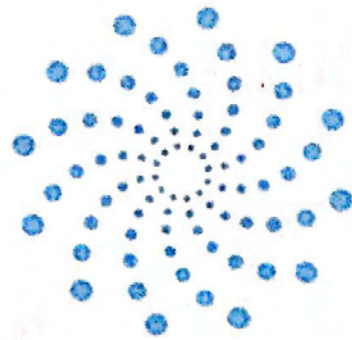
- Improves your heart rate •
- Strengthens your bones •
- Normalizes your blood pressure •
- Makes you stress free
- Improves your memory
- Helps you to normalize your weight

N.S.S. COLLEGE, PANDALAM
DEPT. OF PHYSICAL EDUCATION
N.C.C. & N.S.S.

"Connect the Youth"
'Campus Campaigning'
21 June 2016

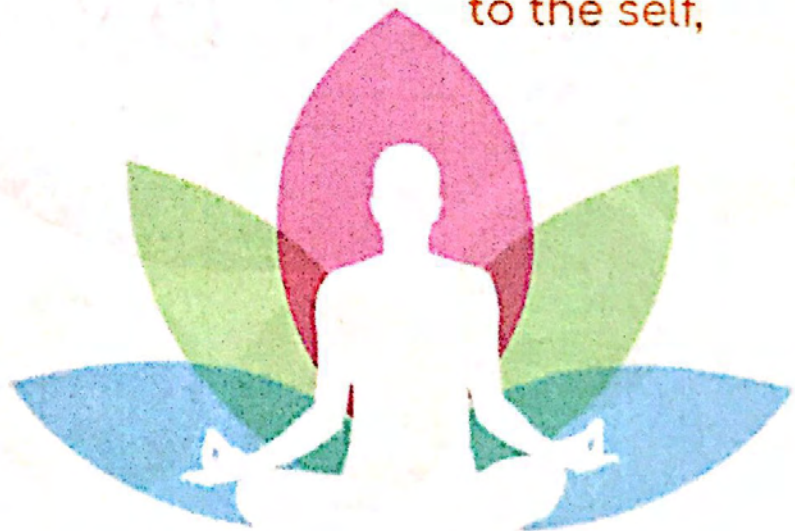


N.S.S. COLLEGE, PANDALAM
DEPT. OF PHYSICAL EDUCATION
SPORTS & HEALTH CLUB [2016 -17]



2016 INTERNATIONAL YOGA DAY

Yoga,
is the journey.
of the self,
through the self.
to the self,



Coaching Camps for College Teams (2017-18).

Sanction may be granted to conduct preparatory coaching camps for the following college teams which are taking part in the Kerala University Inter-Collegiate tournaments 2017-18.

Taekwondo (M&W) 09 Oct 2017 to 12 January 2018

Cricket (M) 20 Sept to 11 Oct 2017

Football (M) 11 Sept to 28 Nov 2017

Judo (M&W) 04-20 December 2017

Kabaddi

Wrestling (M) 09-21 October 2017

Best Physique

Handball

Athletics (M&W) 03-20 November 2017

Volleyball

Badminton (M) 13 Sept to 07 Oct 2017

Wushu (M&W) 26 Dec - 05 Jan 2018

Sanctioned

[Signature]

PRINCIPAL,

N. S. S. COLLEGE, PANDALAM.

(Dr. K. Jayakumar)

Head of the Department

Physical Education

N. S. S. College, Pandalam

Sanction may be granted to college CHESS-MEN team to participate in the Inter collegiate championship to be held at Karmela Rani Training College, Kollam from 18 to 20 September 2017. Dr. K. Jayakumar to accompany as Manager

[Signature]

(Dr. K. Jayakumar)

Head of the Department

Physical Education

N. S. S. College, Pandalam




Sanctioned

[Signature]
15/9/17.

PRINCIPAL,

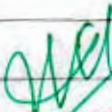
N. S. S. COLLEGE, PANDALAM.

Sanction may be granted for college swimming (Men) player to participate in the Aquatics Kerala university inter collegiate championship to be held at LNCPE (SAI) from 26-27 September 2017.


 Head of the Department
 Physical Education
 N. S. S. College, Pandalam



Sanctioned


 24/9/17

Principal

N. S. S. COLLEGE, PANDALAM.

Sanction may be accorded for the College Football (Men) teams to participate in the Kerala University Inter-Collegiate North Zone Football tournament (2017-18) to be held at TKM College of Engineering, Kollam from 4.10.2017. [October - 4, 9, 11, 12, 23 and 30]

~~November~~

Sanctioned



PRINCIPAL,

N. S. S. COLLEGE, PANDALAM.

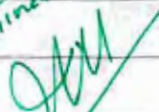




(Dr. K. JAYA KUMAR)
 Head of the Department
 Physical Education
 N. S. S. College, Pandalam

Sanction may be granted for the College Shuttle Badminton (Men) team to participate in the Kerala University Inter-Collegiate North-Zone Badminton Tournament & Selection trials to be held at T. K. M. College of Engineering, Kollam from 10.10.2017 to 14.10.2017.

Sanctioned



PRINCIPAL,

N. S. S. COLLEGE, PANDALAM

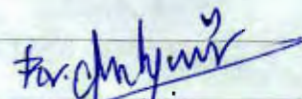




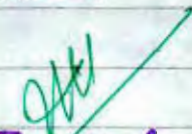
(Dr. K. JAYA KUMAR)

Physical Education


Sanction may be granted for college CRICKET (M) team to participate in the Kerala University Intercollegiate North Zone championships 2017-18 to be held ~~from~~ at DB College, Sasthamkotta from 12.10.2017.
 [October - 12, 25 & 31
 November - 2 & 9]


 Head of the Department
 Physical Education
 N. S. S. College, Pandalam

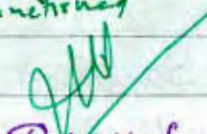


Sanctioned

 Principal
 N. S. S. COLLEGE, PANDALAM


Sanction may be granted for the players of our college to attend the selection trials of North-Zone Volleyball team of Kerala University to be held at St. Cyril's College, Adoor on 11th & 12th October 2017.


 Dr. K. JAYAKUMAR
 Head of the Department
 Physical Education
 N. S. S. College, Pandalam

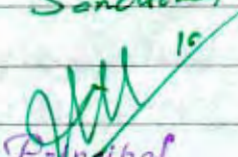


Sanctioned

 Principal
 N. S. S. COLLEGE, PANDALAM

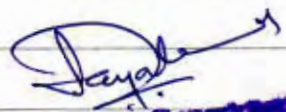
Sanction may be granted for the college Wrestling (M) teams to participate in the Kerala University Inter Collegiate (IIZ) Wrestling championship to be held at Central Stadium, Thiruvananthapuram on 23rd & 24th October 2017.


 Dr. K. JAYAKUMAR
 Head of the Department
 Physical Education
 N. S. S. College, Pandalam

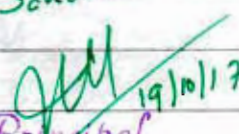


Sanctioned

 Principal
 N. S. S. COLLEGE, PANDALAM


Sanction may be granted for the Kabaddi players from our college to participate in the Selection Trials of Kerala University North Zone Kabaddi team to be held at Govt. College, Ambalappuzha


Head of the Department
Physical Education
N. S. S. College, Pandalam

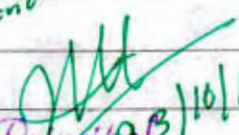


Sanctioned

Principal
N. S. S. College, Pandalam.

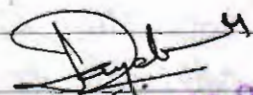
Sanction may be granted for the College CRICKET- Men players to practice (Match) from 11.00 AM. at our college ground on 23 Oct. 2017.

For 
Head of the Department
Physical Education
N. S. S. College, Pandalam




Sanctioned

Principal
N. S. S. College, Pandalam.

Sanction may be awarded for players to attend the Kerala University Inter-collegiate (North-Zone) cricket selection trials to be held at D. B. College, Sathamecottah on 9 November 2017

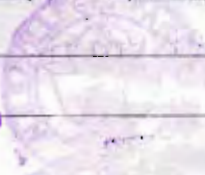

Head of the Department
Physical Education
N. S. S. College, Pandalam

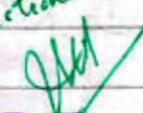


Sanctioned

Principal
N. S. S. College, Pandalam.

Sanction may be granted for the College Best Physique team to participate in the Kerala University Inter-Colleg Best Physique Competition 2017-18 to be held at St. Cyril's College, Adoor on 10 & 11 November 2017


Head of the Department
Physical Education
N. S. S. College, Pandalam



Sanctioned

Principal

Sanction may be granted to Sri. Sandy Nair to attend the Selection trials for North Zone Cricket (M) as representative of Kerala University as "SELECTOR" on 9th November 2017. at DB College, Sasthamkotta.

[Signature]

Head of the Department
Physical Education
N. S. S. College, Pandalam



Sanctioned

[Signature]
Principal

N. S. S. COLLEGE, PANDALAM

Sanction may be granted to Sandy Nair to attend the selection trials for the BEST PHYSIQUE (M) as the representative of Kerala University as "SELECTOR" on 10-11 November 2017. at St. Cyril's College, Adoor.

[Signature]

Head of the Department
Physical Education
N. S. S. College, Pandalam



Sanctioned

[Signature]
Principal

N. S. S. COLLEGE, PANDALAM

Sanction may be granted for players to attend 78th Kerala Uty Inter-Collegiate Athletics meet to be held at University Stadium Thiruvananthapuram (Both Men & Women teams) from 23-25 November 2017. Dr. K Jayakumar & Sandy Nair to accompany as Managers.

[Signature]

Head of the Department
Physical Education
N. S. S. College, Pandalam



Sanctioned

[Signature]
Principal

N. S. S. COLLEGE, PANDALAM

28.11.2017

Sanction may be accorded to the College Football (Men) team to participate in the Kerala University Inter Collegiate Inter-Zone Football Tournament and selection trials to the Kerala University team. The tournament will be held at University Stadium, Othuvanamthopuram from 29th November - 7th Dec 2017
[Nov. 29, Dec. 5 and 7]

Dr. K. Jayakumar

Head of the Department
Physical Education

M. S. S. College, Pandalam

Sanctioned
[Signature]
20/11/17



Principal

M. S. S. College, Pandalam

Sanction may be granted for the selected players from our college to participate in the Kerala University Inter Zone Cricket (M) team selection trials to be held at LNCP, Kariavattom

Dr. K. Jayakumar

Head of the Department

Physical Education

M. S. S. College, Pandalam

Sanctioned
[Signature]
20/12/17



Principal

M. S. S. College, Pandalam

Sanction may be granted to Sri. Sandy Nair to attend the Kerala Uly cricket Men. selection trials as SELECTOR from 6-10 Dec 2017 at LNCP (SAI), Kariavattom, 9pm.

[Signature]

Principal

M. S. S. College, Pandalam



[Signature]

Head of the Department

Physical Education

M. S. S. College, Pandalam

Sanction may be granted to Archery (M) team to participate in the Inter collegiate championship to be held at ~~by~~ University Stadium, G V Raja Pavilion on

For approval
Head of the Department
Physical Education
N. S. S. College, Pandalam

Sachin P. S.
Principal
N. S. S. College, Pandalam

Sanction may be granted to the Volleyball (Men) player to attend The Kerala University team (m) selection trials to be held at N.S.S. College, Nilamed on 12th and 13th December 2017.

Sachin P. S.
Dr. K. Jayakumar
Head of the Department
Physical Education
N. S. S. College, Pandalam

Sachin P. S.
Principal
N. S. S. College, Pandalam

Sanction may be granted to the College Judo (Men and Women) teams to participate in the Kerala University Inter-collegiate Judo Championship to be held at IKM College of Euff, Kallam on 21 and 22 December 2017.

Sachin P. S.
Dr. K. Jayakumar
Head of the Department
Physical Education
N. S. S. College, Pandalam

Sachin P. S.
Principal
N. S. S. College, Pandalam



I have been nominated as the Manager of Kerala University Cricket (M) team for the year 2017-18. The University team is participating in the South Zone Inter-University Cricket Tournament, which will be held at Andhra University, Visakhapatnam from 3rd to 12th January 2018. In connection with this, a coaching camp will be starting from 23rd December 2016. Sanction may kindly be granted for me to attend the camp and accompany the Kerala University team as Manager to Andhra University, Visakhapatnam.

[Signature]

Dr. K. JAYA KUMAR
Head of the Department
Physical Education
N. S. S. College, Pandalam



[Signature]
Principal
N. S. S. College, Pandalam

Sanction may be granted to the College WUSHU (M&W) teams to participate in the Inter Collegiate championship to be held at Shangumukham Stadium, TVPM on 6th January 2018.

[Signature]
Head of the Department
Physical Education
N. S. S. College, Pandalam



Sanctioned
[Signature]
Principal
N. S. S. College, Pandalam

Sanctions may be granted to the College Taekwondo (Men and Women) teams to participate in the Kerala University Inter-Collegiate Taekwondo championship to be held at L.N.C.P.G. Kariavattom, Trpms on 14 & 15 January 2018.

[Signature]

Dr. K. TAYAKUMAR
Head of the Department
Physical Education



[Signature]
Principal
NSS College, Pandara

Sanctions may be granted to College Rugby (W) player to attend selection trials for the 1/2 Championship to be held at University Stadium, Trpms on.

CI-8102

[Signature]

Head of the Department
Physical Education
S. S. College, Pandara



[Signature]
Principal
NSS College, Pandara

20 days. Register of Attendance NSS College, Pandalam

FOOTBALL (MEN) CAMP from 11 Sept to Nov 28-2017

Admission No.		Sl.No.	NAME	CLASS	September																														No. of days Present		No. of days Present up - to date		Admission fee		Date of Payment		Tuition Fee				Special Fee				Total		Date of Payment		Initials of class Teacher		Remarks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
					11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			Rs.	P.	Rs.	P.	Rs.	P.	Rs.	P.	Rs.	P.	Rs.	P.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																					
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Notified that (making camp for college FOOTBALL (MEN) team was conducted from 11 September to 28 November 2017 (30 days) which was attended by 20 players. (attach on vide. Sample book for N: 11)



No. on roll at the beginning of the month ...
 No. admitted during the month ...
 No. left during the month ...
 No. on roll at the end of the month ...
 Class Teacher

Current fees collected ...
 Arrear fees collected ...
 Fine ...
 Total ...

Current fees collected	Arrear fees collected	Fine	Total	Balance of current fees due	Balance of arrear fees due	Balance of fine due	Total

18 days Register of Attendance NSS College, Pandaravai

Swatthe Badminton (new) Camp from 13 Sept to 27 October 2017

Admission No.	SL.No.	NAME	CLASS	September	October
8473 01	GIRESH . G.	II-HIGH	13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
8000 02	HARIKRISHNAN . R.	III-2001	13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
8475 03	MANJU NAIR	I-HINDI	13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
8508 04	REU SINKAR . R.	III-ECO	13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
7807 05	STANLEY SABI	II-Bany	13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
7407 06	VISHNU USMANATH	II-HINDI	13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
<p>Confirmed that coaching camp for college SWATHE BADMINTON (new) team was conducted from 13 September to 27 October 2017 (18 days) which was attended by six players. Sanction vide sanction book (P.No: 11)</p> <p>Head of the Department Physical Educator on N. S. S. College, Pandaravai</p> <p>Principal N. S. S. College, Pandaravai</p>					
<p>No. on roll at the beginning of the month ...</p> <p>No. admitted during the month ...</p> <p>No. left during the month ...</p> <p>No. on roll at the end of the month ...</p> <p>Class Teacher</p>					
<p>No. PRESENT DAILY</p> <p>EN. A.N.</p> <p>PERCENTAGE</p>					

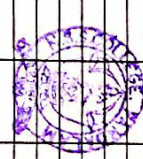
No. of days Present	No. of days Present up - to date	Admission fee	Date of Payment	Tuition Fee	Special Fee	Total	Date of Payment	Initials of class Teacher	Remarks
Rs. P.	Rs. P.	Rs. P.	Rs. P.	Rs. P.	Rs. P.	Rs. P.	Rs. P.		
1	1								
2	2								
3	3								
4	4								
5	5								
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100	100								

15 days Register of Attendance N S College, Pandarav

Admission No.	Sl.No.	NAME	CLASS	← September →	← October →
8074 01	ABHINAV A B	I-ENG	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
7021 02	ABU BHASKAR	II-ENG	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
8506 03	AKSHAY JAYAKUMAR	I B. COM	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
6615 04	ARUN ASOK	III-PAHS	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
7145 05	ARUN BABU	II-B. COM	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
7693 06	ARUN BITU	II-HIS	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
8916 07	CHOKUL KUMAR U	I-SANS	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
6307 08	MA2 AZEEZ	III-BOT	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
8741 09	JOHAN PETER VJ	I-B. COM	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
7928 10	MANU .C	II-M. Com	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
6311 11	NAMITH R.L	II-ENG	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
8585 12	NANDHU .H	I-SANS	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
7270 13	NIDHIN KRISHNAN .G	I-SANS	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
8362 14	SANTHAN .A	I-ENG	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
7257 15	SREETHA R	II-ECO	20/22/23/25/26/27/28/31/5/6/7/9/10/11		
8315 16	SREKUTMAN M.T	I-ECO	20/22/23/25/26/27/28/31/5/6/7/9/10/11		

Certified that teaching camp for boys, CRICKET (MEN) team was conducted from 20 September to 11 October 2017 (15 days) which was attended by 16 players. Section vide sanction letter No: 11

Head of the Department
Physical Education
A. S. S. College, Pandarav



SP. Inspector
A. S. S. COLLEGE, PANDARAV.

No. on roll at the beginning of the month ...	Average No. on roll during the month ...
No. admitted during the month ...	Average Attendance ...
No. left during the month ...	Total School Days ...
No. on roll at the end of the month ...	

Class Teacher
Inspecting Officer

CRICKET (Men) Camp from 20 Sept to 11 October 2017

18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days Present	No. of days Present up - to date	Admission fee	Date of Payment	Tuition Fee	Special Fee	Total	Date of Payment	Initials of class Teacher	Remarks
																		Fees	Fine	Fees	Fine		
																		Rs. P.	Rs. P.	Rs. P.	Rs. P.	Rs. P.	

Current fees collected ...	Balance of current fees due ...
Arrear fees collected ...	Balance of arrear fees due ...
Fine ...	Balance of fine due ...
Total	Total

10 days Register of Attendance N.S. College, Panduram

Admission No.	Sl.No.	NAME	CLASS	9/10/11/12/13/14/15/16/17/18/19/20/21
7077	01	HARISHANAN P NAR	II-SANAK	
6484	02	MIDHUN J	III-CHEN	
7292	03	RAHUL K.R	II-MANICKAVELU	

Notified that Bowling camp was conducted for WESTLUNG (MEN) from 09 October to 21 October 2017 (10 days) which was attended by THREE players Santhan and Santhan have 19 No. in

Head of the Department
Physical Education
A. S. S. College, Panduram

Principal
N. S. S. College, Panduram

No. on roll at the beginning of the month ...
No. admitted during the month ...
No. left during the month ...
No. on roll at the end of the month ...

Class Teacher

Inspecting Officer

WESTLUNG (Men) camp from 09 October to 21 October 2017

18/19/20/21/22/23/24/25/26/27/28/29/30/31	No. of days Present	No. of days Present up to date	Admission fee	Date of Payment	Tuition Fee	Special Fee	Total	Date of Payment	Initials of class Teacher	Remarks
					Fees Rs. Ps.	Fine Rs. Ps.	Fees Rs. Ps.	Fine Rs. Ps.		

Current fees collected ...
Arrear fees collected ...
Fine ...

Balance of current fees due ...
Balance of arrear fees due ...
Balance of fine due ...

Total

NSS College, Pondicherry 15 days.

ATTENDANCE REGISTER ATHLETICS (MEN) CAMP

from 03 November to 20 November 2017
DEPARTMENT FOR THE MONTH OF

20

Admin NUMBER		NAME	CLASS	03	04	06	07	08	09	10	11	13	14	15	16	17	18	20	16-17	18-19	19-20	21-22	23-24	25-26	27-28	29-30	01	No. of days C/L availed during the month	Total No. of C/L availed	REMARKS					
			A.D.C.	November																															
8491	AKASH.S		I.D.C.																																
8508	AKSHAY JAYAKUMAR		I.D.C.																																
8614	AMAL RAJ.S		I.D.C.																																
8781	ANANDHA KRISHNAN G.S		I.D.C.																																
8132	MANDOTTI.M		I.D.C.																																
7210	MIDHIN KRISHNAN.G		I.D.C.																																
8792	VIDHUN VITHAYAN		I.D.C.																																
7842	VINEETH VS		I.D.C.																																
8003	VISHNU S BABU		I.D.C.																																

Certified that Coaching camp was conducted for Athletics (Men) team from 03-120 November 2017 (5days) was attended by NINE players..Sanction vide Sanction book Pg. No: 17

Head of the Department
Physical Education
A. S. S. College, Palakkad

Principal

A. S. S. College, Palakkad



Certified that Coaching camp was conducted for Athletics (Men) team from 03-20 November 2017 (15 days) was attended by NINE players. Sanction vide Sanction book Pg. No: 11

Head of the Department
Physical Education
P. S. S. College, Pondicherry





S. S. S. College, Pondicherry

NSS College, Pandalam 15 days
ATTENDANCE REGISTER ATHLETICS (WOMEN) from 03-20 November 2017
DEPARTMENT FOR THE MONTH OF 20

Admin NUMBER		NAME	CLHS & DC	03	04	06	07	08	09	10	11	13	14	15	16	17	18	20	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days C/L availed during the month	Total No. of C/L availed	REMARKS	
7175		ASWATHI .S	II BA ECONOMICS																																
7291		ATHIRA .C.S	II BA ECONOMICS																																
7418		ARESHMA ANEY	II BA ECONOMICS																																
7122		MEKHA PRADIEEP	II BA ECONOMICS																																
6671		REMYA M.K	II BA ECONOMICS																																
6450		RESHMA R NAIR	II BA ECONOMICS																																
7293		RESHMI .R.PILLAI	II BA ECONOMICS																																
7119		SUDHYA M.K	II BA ECONOMICS																																
9091		SUPRIYA P.S	II BA ECONOMICS																																
Certified that coaching camp was conducted for ATHLETICS (women) team from 03-20 November 2017 (15 days) was attended by 09 players. Sanction vide sanction book Pg.No: 11																																			
Head of the Institution Principal Education A. S. S. College, Pandalam																																			
																																			
																																			
Principal A. S. S. College, Pandalam																																			

Certified that coaching camp was conducted for
 ATHLETICS (WOMEN) team from 03-20 November 2017
 (15 days) was attended by 09 players. Sanction vide
 Sanction book Pg.No: 11

Head of the Institution
 Physical Education
 M. S. S. College, Pandalam


 Principal
 M. S. S. COLLEGE, PANDALAM

NSS College, Panduram 15 days ATTENDANCE REGISTER JUDE (MEN) CAMP

from 04-20 December 2017
DEPARTMENT FOR THE MONTH OF

20

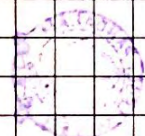
Admin NUMBER	NAME	DATE	4	5	6	7	8	9	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days C/L availed during the month	Total No. of C/L availed	REMARKS
8483	ABHIRAJ.S	I BSC MATHEMATICS																													
8052	ADARSH MURAH	I BSC MATHEMATICS																													
7514	AKHIL CHANDRAN	I BSC MATHEMATICS																													
6110	ANAL.S	I BSC MATHEMATICS																													
7975	ANALJITH. A	I BSC MATHEMATICS																													
8481	ANANDHA KRISHNAN G.S	I BSC MATHEMATICS																													
8427	ANANDHU K.M	I BSC MATHEMATICS																													
8831	ANANDHU S KUMAR	I BSC MATHEMATICS																													
8485	ANANTHU T PILLAI	I BSC MATHEMATICS																													
7077	HARIKRISHNAN P NAIR	I BSC MATHEMATICS																													
8610	HARIKRISHNAN V	I BSC MATHEMATICS																													
8244	JEGAN J.B	I BSC MATHEMATICS																													
8765	NIDHEESH KRISHNAN R	I BSC MATHEMATICS																													
7365	PRAHUL K	I BSC MATHEMATICS																													
7292	RAHUL K.R	I BSC MATHEMATICS																													
6477	RANGESH R NAIR	I BSC MATHEMATICS																													

Certified that packing camp was conducted from 04-20 December 2017 (15 days) was attended by 16 players. Sanction vide sanction book pg. No:11

Head of the Department
Physical Education
A. S. S. College, Panduram



N.S.S. COLLEGE, PANDURAM



NSS College, Pandalam 15 days
ATTENDANCE REGISTER JUDDO (WOMEN) Camp

from 04-20 December 2017
DEPARTMENT FOR THE MONTH OF 20

Admin NUMBER	NAME	CURSS	4	5	6	7	8	9	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days C/L availed during the month	Total No. of C/L availed	REMARKS
7995	AMRUTHA . G	II B4																														
8123	ANAKHA	II B4																														
8488	ANJALI . M	II B4																														
8982	ARYA . S	II B4																														
7289	ARYA VIGNARAT	II B4																														
8855	DEVA . S	II B4																														
6302	DEEPA R IYA . S	II B4																														
7457	DEVIKA S PRAKASH	II B4																														
8914	GOPIKA R NAIR	II B4																														
8472	LITTY THAMP	II B4																														
8654	NEETHU KRISHNAN . A	II B4																														
7293	RESHMI R PILLAI	II B4																														
7227	SREELEKSHMI . S	II B4																														
6299	SREELEKSHMI . C.R	II B4																														
6312	SRUTHY S NAR	II B4																														
7370	VARNAVA . A	II B4																														

Certified that Coaching camp was conducted.
for JUDDO (women) team from 04-20 December 2017
which was attended by 16 players. Sanction vide sanction
book Pg. No. 11



N. S. S. COLLEGE, PANDALAM

NSS College, Pandalam 09 days
ATTENDANCE REGISTER WUSHU (MEN) CAMP

from 26 December 2017 to 05 January 2018
DEPARTMENT FOR THE MONTH OF

20

Admission NUMBER	NAME	25/12	26	27	28	29	30	01	03	04	05	No. of days C/L availed during the month	Total No. of C/L availed	REMARKS
8493	ABHIRAJ.S	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
8530	ANANDHUA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
8831	ANANDHU S KUMAR	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
7077	HARI KRISHNAN P NAR	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
7657	INDUCHODAN PS	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
6484	MDHUN J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
7292	RAHUL K.R	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
8621	RITU KRISHNAN.R	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
9097	SUDHI SURESH	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
8481	ANANDHAKRISHNAN .G.S	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
<p>certified that Coaching camp was conducted for WUSHU (MEN) team from 26 Dec 2017 to 05 Jan 2018 (9 days) which was attended by 10 players. Sanction vide Sanction book Pg.No: 11</p> <p>Head of the Department Physical Educ. on M. S. S. College, Pandalam</p> <p>Principal M. S. S. College, Pandalam</p>														

NSS College, Pandalam 09 days
ATTENDANCE REGISTER WUSHU (WOMEN) Camp

from 26 December 2017 to 05 January 2018
DEPARTMENT FOR THE MONTH OF 20

Adm No	NAME	CLAS	26	27	28	29	30	01	03	04	05
7379	AKHILA.M	BSc-Phy									
7554	ANUPAMA.V.S	BSc-Mat									
7175	ASWATHI.S	B.A									
7291	ATHIRA.C.S	B.A									
8121	GOPIKA B NAIR	B.Com									
8847	KRISHNA.B	BSc-Phy									
8472	LITTY THAMPI	B.Com									
6450	RESHMA R NAIR	B.A									
7293	RESHMI R PILLAI	B.A-Eng									
7119	SOMAYA M.K	B.A-ECO									
6312	SRUTHY.S NAIR	BSc-Physics									

Certified that marking camp was conducted for WUSHU (WOMEN) team from 28 December 2017 to 05 January 2018 (9 days) which was attended by 11 players.
Sanction vide sanction book Pg. No: 11

Head of the Dept. (Matl)
Physical Education
N. S. S. College, Pandalam



N. S. S. COLLEGE, PANDALAM

CLAS	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days C/L availed during the month	Total No. of C/L availed	REMARKS

from 09 October 2017 to 12 January 2018

Scanned with CamScanner

from 09 October 2017 to 12 January 2018

DEPARTMENT FOR THE MONTH OF 2018

23		24		25		26		27		8		9		10		11		12	
<p>→ < Downy →</p> <p>21 22 23 24 25 26 27 28 29 30 31</p>																			
<p>No. of days CL availed during the month</p>																			
<p>Total No. of CL availed</p>																			
<p>REMARKS</p>																			

N.S.S COLLEGE
PANDALAM – KERALA



**DEPARTMENT OF
PHYSICAL EDUCATION**
Pathanamthitta Dist
Rly. Station: Chengannur
PIN-689501
Ph: 04734- 252221

NAAC Re-accredited with 'A' Grade

20 October 2017

To

The Principal,
N.S.S College, Pandalam.

Sir,

Sub:- Request for sanction to organize Health Awareness Campaign on Obesity reg:-

The Department of Physical Education along with Sports and Health Club would like to organize a 'Health Awareness Campaign' on "Obesity" for the Degree and Post Graduate students on 2 November 2017.

Pamphlets will be distributed in all class rooms and a five minute oral presentation on obesity and the formula to calculate BMI (Body Mass Index) will be taught.

Permission may be granted for conducting the programme.

Thanking you

Yours Sincerely

[Dr. K. Jayakumar]

Head of the Department
Physical Education

N. S. S. College, Pandalam



Sanctioned
[Signature]
Principal
N. S. S. COLLEGE, PANDALAM

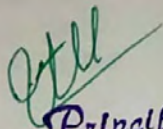


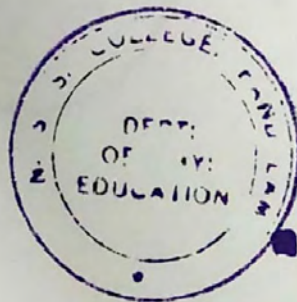
NOTICE

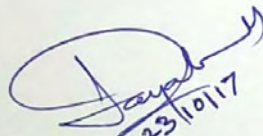
The Department of Physical Education along with Sports and Health Clubs will organize a 'Health Awareness Campaign' on "Obesity" for the Degree and Post Graduate students on 2 November 2017 at respective classrooms.

The campaign will include a five minute oral presentation on obesity and the method to calculate BMI (Body Mass Index).

Kindly cooperate


Principal
N. S. S. COLLEGE PANDLAM

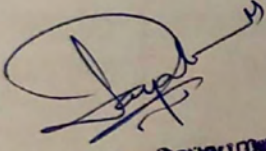



[Dr. K. Jayakumar]
Head of the Department
Physical Education
N. S. S. College, Pandlani

REPORT

HEALTH AWARENESS CAMPAIGN ON OBESITY

The Department of Physical Education along with Sports and Health Clubs organized a Health awareness campaign on Obesity for degree and Post-graduate students on 2 November 2017. The programme aimed to give awareness to lead a healthy lifestyle thereby decreasing the chances of getting obese during the preadolescent period. Student volunteers of Sports and Health Clubs visited the classrooms and distributed pamphlets and also gave a five minute oral presentation on obesity. They also taught them to calculate BMI (Body Mass Index).


Head of the Department
Physical Education
R. S. S. College, Pandalam




Principal
R. S. S. College, Pandalam.

ARE YOU OBESE ?

JUNK FOOD & OBESITY INFOGRAPHIC

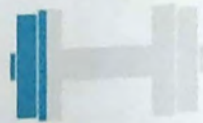
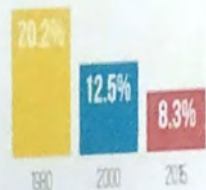


80% PEOPLE
EAT JUNK FOOD ON A DAILY BASIS



360 000 AMERICANS
DIE EACH YEAR FROM DISEASES
DIRECTLY RELATED TO OBESITY
AND AN UNHEALTHY LIFESTYLE

CHILDREN WALKING TO SCHOOL BY FOOT

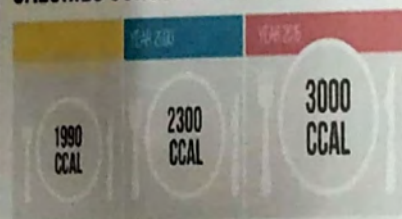


ONLY 19% OF PEOPLE
GET THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY

OVERWEIGHT BY ETHNICITY/RACE



CALORIES CONSUMED PER DAY BY ADULTS



MAIN SOURCES OF EMPTY CALORIES



EVERY 5TH CHILD IN THE WORLD
IS OVERWEIGHT OR OBESE

BMI (Body Mass Index)

BMI is measure of body weight
based on your weight and height.

BMI Formula:

$$BMI = \frac{\text{Weight (kg)}}{(\text{Height (m)})^2} \quad \text{or} \quad BMI = \frac{\text{Weight (lb)}}{(\text{Height (in)})^2} \times 703$$

Weight Categories	BMI
Underweight	< 18.5
Perfect Weight	18.5 - 24.9
OverWeight	25 - 29.9
Obese	> 30

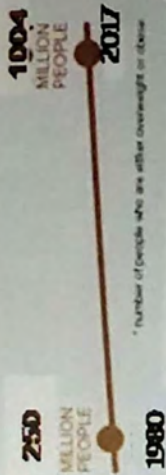
Organised by:

Dept. of Physical Education, Sports Club, Health Club
N.S.S COLLEGE, PANDALAM

Dept. of Physical Education N.C.C. & N.S.S.

11 OCT 2017
NCW

THE WORLD IS GETTING FATTER



HOW DO I KNOW WHETHER I AM OVERWEIGHT?

Calculate your body mass index (BMI) using this formula:

$$BMI = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$

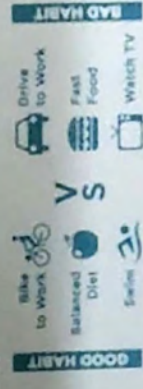

OBESITY KILLS!

- 7 common diseases due to obesity:
- Arthritis
 - Cancer
 - Diabetes
 - Back Pain
 - Infertility
 - Stroke
 - Heart Diseases

A B C TO OBESITY PREVENTION

SIMPLE RULES TO STAY IN SHAPE

A Adopt New Healthy Habits



B Balance Your Calorie Intake



C Control Your Weight Gain



Theme:
Investment in
Obesity

WORLD OBESITY DAY

The prevalence of overweight and obesity is on the rise

This year, the day focuses on investment in obesity treatment services, early intervention and prevention

N.S.S COLLEGE
PANDALAM - KERALA



**DEPARTMENT OF
PHYSICAL EDUCATION**

Pathanamthitta Dist
Rly. Station: Chengannur
PIN-689501
Ph: 04734- 252221

NAAC Re-accredited with 'A' Grade

20 October 2017

To
The Principal,
N.S.S College, Pandalam.
Sir,

Sub:- Request to organize an invited talk on "Sports Injuries and their Management" reg:-

Our department is planning to organize an invited talk on "Sports Injuries and their Management" on National Sports day for degree and Post-graduate students on 25 October 2017 at our Seminar hall. Dr. Jairaj. J, Assistant Professor, Dept. of Physical Education, Govt. College, Ambalappuzha has confirmed his willingness to be the Guest Speaker.

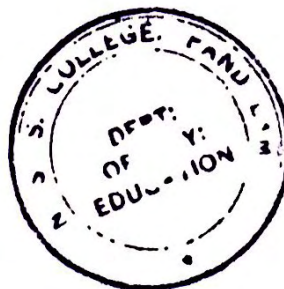
Kindly consider the request and grant us sanction for the same.

Thanking you

Yours faithfully

[Dr. K. Jayakumar]

Head of the Department
Physical Education
N. S. S. College, Pandalam



Sanctioned
[Signature]
Principal

N. S. S. COLLEGE, PANDALAM



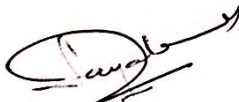
NOTICE

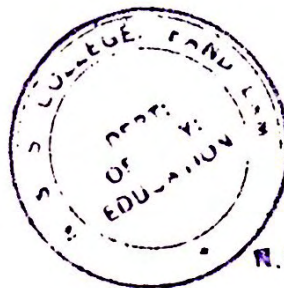
An invited talk will be organized by the department of Physical Education on 25 October 2017. Dr. Jairaj. J, Assistant Professor, Dept. of Physical Education, Govt. College, Ambalappuzha will talk on the importance of "Sports Injuries and their Management"

All are cordially invited.

Venue : Seminar Hall

Time : 11:00 AM


[Dr. K. Jayakumar]
Head of the Department
Physical Education
R. S. S. College, Pandalam




Principal
R. S. S. COLLEGE, PANDALAM

N.S.S. COLLEGE, PANDALAM



25 October 2017 (11:00 AM)

PROGRAMME

- Prayer : SOUMYA M.K (II B.A. Economics)
- Welcome : Dr. K. JAYAKUMAR,
Head, Dept. of Physical Education
- Introductory Remarks : Dr. K. UNNIKRISHNAN,
Principal
- Presentation : Dr. Jairaj.J,
Asst. Prof., Dept. of Physical Education,
Govt. College, Ambalappuzha
- Topic: "SPORTS INJURIES AND THEIR MANAGEMENT"
- Vote of Thanks : Sri. Sandy Nair
Asst. Prof. of Physical Education

National Anthem


REPORT

"SPORTS INJURIES AND THEIR MANAGEMENT"

An invited talk was organized by the department of Physical Education on 25 October 2017 on "Sports Injuries and their Management" at Seminar Hall of our College with the purpose of orienting the students, who participate in sports competitions, about the common sports injuries and their effective management.

The programme started with a formal welcome by Sri.Sandy Nair, Assistant Professor, (Co-ordinator) DPE, NSS College, Pandalam followed by the expert talk by Dr. Jairaj.J, Assistant Professor, Dept. of Physical Education, Govt. College, Ambalappuzha. He spoke on various sports injuries and demonstrated the different methods of their management. The session was attended by sixty two students, who actively participate in sports competitions.

The session concluded with a vote of thanks by Dr. K. Jayakumar, Associate Prof. and Head, DPE, NSS Pandalam.


Head of the Department
Physical Education
14/10/17




Principal
N. S. S. COLLEGE, PANDALAM

N.S.S COLLEGE
PANDALAM – KERALA



NAAC Re-accredited with 'A' Grade

**DEPARTMENT OF
PHYSICAL EDUCATION**
Pathanamthitta Dist
Rly. Station: Chengannur
PIN-689501
Ph: 04734- 252221

25 August 2017

To

The Principal,
N.S.S College, Pandalam.

Sir,

Sub:- Request to organize an invited talk on "Wellness, Fitness and Lifestyle Management" reg:-

Our department is planning to organize an invited talk on importance of "Wellness, Fitness and Lifestyle Management" on National Sports Day for Degree and Post-Graduate students on 29 August 2017 at our Fitness Centre. Dr. Vinod Kumar K, Assistant Professor, Dept. of Physical Education, NSS Training College, Pandalam has confirmed his willingness to be the guest speaker for the talk.

Kindly consider our request and permission may be granted for the same.

Thanking you in anticipation

Yours faithfully

Permitted
[Signature]
Principal
N.S.S. COLLEGE, PANDALAM



[Signature]
[Dr. K. Jayakumar]
Head of the Department
Physical Education
N.S.S College, Pandalam



National Sport Day

NOTICE


An invited talk will be organized by the department of Physical Education on **29 August 2017** to mark the Birth day of **Major Dhyan Chand**, the legendary hockey player of India.

Dr. Vinod Kumar K, Assistant Professor of Physical Education, NSS Training College, Pandalam will talk on the importance of **"Wellness, Fitness and Lifestyle Management"**.


All are invited

Venue : Fitness Centre

Time : 11:00 AM


Principal
N. S. S. COLLEGE, PANDALAM




[Dr. K. Jayakumar]
Head of the Department
Physical Education
N. S. S. College, Pandalam

N.S.S. COLLEGE, PANDALAM



National Sport Day

29 August 2017 (11:00 am)

PROGRAMME

Prayer	: ATHIRA C.S (II B.COM)
Welcome	: Dr. K. JAYAKUMAR, Head, Dept. of Physical Education
Introductory Remarks	: Dr. K. UNNIKRISHNAN, Principal
Presentation	: Dr. Vinod Kumar K, Assistant Professor of Physical Education, NSS Training College, Pandalam.

"WELLNESS, FITNESS AND LIFESTYLE MANAGEMENT"

Vote of Thanks	: Sri. Sandy Nair Assistant Professor of Physical Education
----------------	--

REPORT




“WELLNESS, FITNESS AND LIFESTYLE MANAGEMENT”

An invited talk was organized by the department of Physical Education on 29 August 2017 to mark the birth day of Major Dhyan Chand, the legendary hockey player who brought laurels for India at Fitness Centre of our College.

The invited talk started with a formal welcome by Dr. K. Jayakumar, Associate Prof., Head, DPE (Co-ordinator) followed by an introductory remark by Dr. K. Unnikrishnan [Principal] about National Sports Day. The talk by Dr. Vinod Kumar K, Assistant Professor of Physical Education, NSS Training College, Pandalam on the topic **“Wellness, Fitness and Lifestyle Management”** was very useful for the students. He spoke on the importance of fitness and the methods to manage lifestyle for achieving Wellness.

The session concluded with a vote of thanks by Sri. Sandy Nair, Assistant Professor, DPE, NSS Pandalam.


[Dr. K. JAYAKUMAR]
Head of the Department
Physical Education
N. S. S. College, Pandalam




Principal
N. S. S. COLLEGE, PANDALAM

DEPARTMENT OF PHYSICAL EDUCATION

(Established 1939)

UNIVERSITY OF KERALA

(Re accredited by NAAC with 'A' Grade)



G.V. Raja Pavillion

Thiruvananthapuram 695 033

Phone: 0471-2306485

E mail: dpekeralauniversitytv@gmail.com

No. DPE/KUIC(IZ)Cricket/2017-18

Date: 13.11.2017

To

The Principal,
NSS College, Pandalam

Sir,

Sub: Conduct of Kerala University Inter Collegiate (IZ) Cricket (M) Championship & Selection Trials [2017-18] Intimation - reg.:-

I am very glad to inform you that the University of Kerala has entitled the duty to organize this year's (2017-18) Inter-collegiate (Inter-Zone) Cricket Championship (Men) and final Selection trials to the University Team at your college. The proposed dates for the Championship & Selection trials will be from 20 November to 10 December 2018. Hence, I request you to take necessary steps for the smooth and successful conduct of the said event.

The six teams qualified for the Championship are;

- (1) M.G. College, Tvpm.; (2) Mar Ivanios College, Tvpm.; (3) University College, Tvpm.;
(4) D.B. College, Sasthamcottah; (5) F.M.N. College, Kollam; & (6) S.N. College, Punalur

The fixture is attached herewith.

Yours sincerely

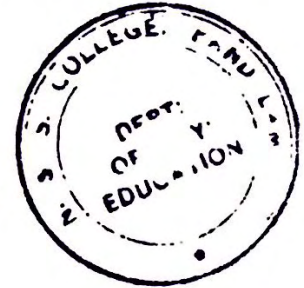
Director

Department of Physical Education

To DPE

Principal

N. S. S. COLLEGE, PANDALAM



N.S.S COLLEGE
PANDALAM – KERALA



**DEPARTMENT OF
PHYSICAL EDUCATION**
Pathanamthitta Dist
Rly. Station: Chengannur
PIN-689501
Ph: 04734- 252221

NAAC Re-accredited with 'A' Grade

23 February 2018

To
The Principal,
N.S.S College, Pandalam.
Sir,

Sub:- Request to organize a Poster Exhibition on "Use of Technology in Sports" reg:-

In connection with 'National Science Day' our department is planning to organize a **Poster Exhibition** on the topic "Use of Technology in Sports" on **28 February 2018** at College Seminar hall.

Sanction may be granted for the event.

Thanking you

Yours faithfully

[Dr. K. Jayakumar]

Head of the Department
Physical Education
N. S. S. College, Pandalam



Sanctioned

Principal
N. S. S. COLLEGE, PANDALAM

N.S.S. COLLEGE, PANDALAM

Department of Physical Education



28February 2018 (11:00 AM)

PROGRAMME

Prayer	: RESHMI R PILLAI (III English)
Welcome	: Dr. K.JAYAKUMAR, Head, Dept. of Physical Education (Co-ordinator)
Inauguration	: Dr. K. UNNIKRISHNAN, Principal
Powerpoint presentation	: "Different Technologies in Sports and Games"
Vote of Thanks	: Sri. Sandy Nair

[Dr. K. Jayakumar]
Head of the Department
Physical Education
N. S. S. College, Pandalam

Principal
N. S. S. COLLEGE, PANDALAM,



NOTICE

In connection with 'National Science Day' a Poster Exhibition will be organized by the Department of Physical Education on 28 February 2018 on the topic "Use of Technology in Sports". All are cordially invited and whole hearted cooperation is expected.


Venue : Seminar Hall

Time : 11.00AM

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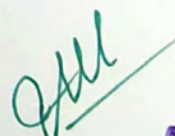
Notice Board
Dept File
All Departments
All Class rooms




 [Dr. K. Jayakumar, Co-ordinator]
 Head of the Department

Physical Education

N. S. S. College, Pandalam

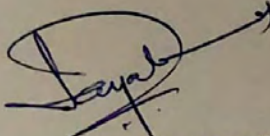

 Principal
 N. S. S. COLLEGE, PANDALAM.

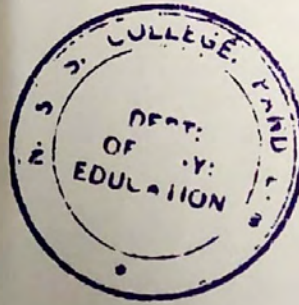
REPORT

"USE OF TECHNOLOGY IN SPORTS"

A Poster Exhibition was organized by the Department of Physical Education on 28 February 2018 on "Use of Technology in Sports" on the occasion of National Science Day to create awareness among the students about the innovative technological applications of science in the field of sports.

After a formal welcome in the Seminar hall by Dr. K. Jayakumar, (Co-ordinator) Associate Prof. & HOD the exhibition was inaugurated by Dr. K. Unnikrishnan (Principal). The exhibition was followed by a PowerPoint presentation on different scientific technologies in Sports and games. Principal lauded the Department of Physical Education for organizing such event and also spoke about the development of sports and games due to scientific interventions in technologies. The session concluded with a vote of thanks by Sandy Nair, Assistant Professor, DPE.


Head of the Department
Physical Education
R. S. S. College, Pandalam




Principal
R. S. S. COLLEGE, PANDALAM

KUIU/2017-2018
No : 9450



UNIVERSITY OF KERALA

DEPARTMENT OF PHYSICAL EDUCATION

Certificate

This is to certify that Kum. RESHMI R PILLAI

of NSS COLLEGE, PANDALAM

was selected to the Kerala University

WUSHU (W)

team for the Inter University

WUSHU (W) CHAMPIONSHIP for the year 2017-18.

Position : NON PARTICIPATION

Thiruvananthapuram

Date : 21/03/2018



[Signature]
DIRECTOR



KUIU/ 2017-2018
No : 9373



UNIVERSITY OF KERALA

DEPARTMENT OF PHYSICAL EDUCATION

Certificate

This is to certify that Kum. LITTY THAMPI

of NSS COLLEGE, PANDALAM

was selected to the Kerala University

RUGBY(W)

team for the Inter University

RUGBY(W) TOURNAMENT

for the year 2017-18.

Position : NON PARTICIPATION

Thiruvananthapuram

Date : 21/03/2018




DIRECTOR

KUIU/ 2017-2018

No : 9444



UNIVERSITY OF KERALA

DEPARTMENT OF PHYSICAL EDUCATION

Certificate

This is to certify that Sri. RAHUL K R

of NSS COLLEGE, PANDALAM

was selected to the Kerala University

WUSHU (M)

team for the Inter University

WUSHU (M) CHAMPIONSHIP

for the year 2017-18.

Position : NON PARTICIPATION

Thiruvananthapuram

Date : 21/03/2018



Le
DIRECTOR



AIU/ 2017-2018
No : 9023



UNIVERSITY OF KERALA

DEPARTMENT OF PHYSICAL EDUCATION

Certificate

This is to certify that Sri. RAHUL K R

was a member of UNIVERSITY OF KERALA (MEN) team which participated in the

All India Inter University JUDO (MEN) CHAMPIONSHIP

organized by PUNJAB UNIVERSITY, CHANDIGARCH

from 09/01/2018 to 11/01/2018 for the year 2017-18.

Position : PARTICIPATION

Thiruvananthapuram

Date : 21/03/2018



le
DIRECTOR

Rahul
VICE CHANCELLOR

മലയാളം

AIU/ 2017-2018
No : 9435



UNIVERSITY OF KERALA

DEPARTMENT OF PHYSICAL EDUCATION

Certificate

This is to certify that Sri. RAHUL K R

was a member of UNIVERSITY OF KERALA (MEN) team which participated in the

All India Inter University WRESTLING (MEN) CHAMPIONSHIP

organized by MDU ROHTAK, HARIYANA

from 03/11/2017 to 05/11/2017 for the year 2017-18.

Position : PARTICIPATION

Thiruvananthapuram

Date : 21/03/2018



DIRECTOR

VICE CHANCELLOR

DEPARTMENT OF PHYSICAL EDUCATION

(Established 1939 AD)

UNIVERSITY OF KERALA

(Re-accredited by NAAC with 'A' grade)



G. V. Raja Pavilion

Thiruvananthapuram - 695 033

Phone: 0471-2306485

E-mail: dpekeralauniversitytvm@gmail.com

Website: pe.keralauniversity.ac.in

Admn/May/2019

4/5/2019

To

The Principal

NSS College Pandalam

The following are the performance of NSS College Pandalam for the year 2017-18

Game / Sport	No. of Participants	Outcome / Result
Wushu [M & W]	20	Champions [Men & Women] 2 Gold Medals 3 Silver Medals 9 Bronze Medals 2 Players selected to University Team
Taekwondo [M & W]	32	Champions [Women] Runner-up [Men] 1 Gold Medal 6 Silver Medals 10 Bronze Medals
Judo (M & W)	30	Runner-up [Men & Women] 1 Gold Medal 3 Silver Medals 7 Bronze Medals 1 Player selected to University Team
Wrestling	4	1 Gold Medal 1 Player selected to University Team
Rugby [Women]	1	1 Player selected to University Team
Best Physique	3	Participation only
Football	20	Runner-up [NZ]
Cricket	16	Semifinal [NZ]
Badminton	6	Semifinal [NZ]
Archery	2	Participation only
Athletics (M & W)	25	Participation only
Chess	5	Participation only



DIRECTOR (UG)

DEPARTMENT OF PHYSICAL EDUCATION

(Established 1939 AD)

UNIVERSITY OF KERALA

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G. V. Raja Pavilion

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Phone: 0471-2306485

E-mail: dpekeralauniversitytvm@gmail.com

Website: pe.keralauniversity.ac.in

Admn/May /2019

4/5/2019

To

The Principal

NSS College Pandalam

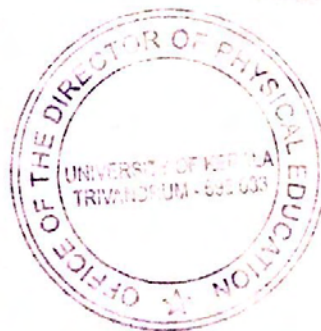
The following are the performance of NSS College Pandalam for the year 2017-18

Sl. No.	Name & Class	Achievements
1	RAHUL K.R. [II B.Sc. Physics]	<ul style="list-style-type: none">- Gold medal in the Kerala University Inter-collegiate Wrestling [Greco Roman], Judo & Wushu Championships. Represented Kerala University Wrestling & Judo (Men) Teams.- Silver medal in the Kerala University Inter-Collegiate Taekwondo Championship.- Bronze medal in the All Kerala College Games [Judo].
2	RESHMI R. PILLAI [II B.A. English]	<ul style="list-style-type: none">- Gold medal in the Inter-Collegiate Wushu championship & Selected to Kerala University Wushu (Women) Team.- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship.
3	SUPRIYA.P.S. [I M.Sc. Botany]	<ul style="list-style-type: none">- Gold medal in the Kerala University Inter-collegiate Taekwondo Championship.
4	LITTY THAMPI [I B.Com. (Finance)]	<ul style="list-style-type: none">- Selected to Kerala University Rugby (Women) team.- Silver medal in the Kerala University Inter-Collegiate Judo Championship & Bronze medal in the Kerala University Inter-Collegiate Wushu Championship.
5	SRUTHY. S. NAIR [III B.Sc. Physics]	<ul style="list-style-type: none">- Silver Medal in the Kerala University Inter-Collegiate Judo Championship
6	SUDHI SURESH [I B.A. Malayalam]	<ul style="list-style-type: none">- Silver Medals in Kerala University Inter-Collegiate Taekwondo & Wushu Championships.
7	GOPIKA B NAIR [I B.Sc. Chemistry]	<ul style="list-style-type: none">- Silver medal in the Kerala University Inter-Collegiate Taekwondo Championship & Bronze medal in the Kerala University Inter-Collegiate Wushu Championship.
8	ANANDHA KRISHNAN. G.S. [I B.A. Malayalam]	<ul style="list-style-type: none">- Silver medal in the Kerala University Inter-Collegiate Taekwondo & Bronze medal in the Kerala University Inter-Collegiate Wushu Championship.



[Signature]
DIRECTOR I/Q

9	ABHIRAJ..S. [I B.Sc. Mathematics]	- Silver medal in the Kerala University Inter-Collegiate Judo Championship & Bronze medal in the Kerala University Inter-Collegiate Wushu Championship.
10	ATHIRA. C.S. [II B.Com. (Finance)]	- Silver medal in the Kerala University Inter-Collegiate Wushu Championship & Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship.
11	MEKHA PRADEEP [II B.A. Malayalam]	- Silver medal in the Kerala University Inter-collegiate Taekwondo Championship.
12	GAYATHRI KRISHNAN [II B.A. English]	- Silver medal in the Kerala University Inter-collegiate Taekwondo Championship.
13	ANUPAMA. U.S [II B.Sc. Mathematics]	- Silver medal in the Kerala University Inter-Collegiate Wushu Championship.
14	AKHILA. M [II B.Sc. Physics]	- Silver medal in the Kerala University Inter-Collegiate Wushu Championship.
15	INDUCHOODAN. P.S. [II B.Sc. Mathematics],	- Bronze medals in the Kerala University Inter-Collegiate Taekwondo & Wushu Championships.
16	ANANDHU S. KUMAR [I B.Sc. Mathematics]	- Bronze medals in the Kerala University Inter-Collegiate Taekwondo & Wushu Championships.
17	ANANDHU. A. [I B.Sc. Mathematics]	- Bronze medals in the Kerala University Inter-Collegiate Taekwondo & Wushu Championships.
18	RESHMA.R.NAIR [III B.A. Sanskrit],	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship.
19	ASWATHI.S. [II B.A. Economics],	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship.
20	HARIKRISHNAN.P.NAIR [II B.A. Sanskrit]	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship.
21	MEENAKSHI. A.S. [II B.A. Sanskrit]	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship.
22	JEGAN. J.B. [I B.A. Economics]	- Bronze medal in the Kerala University Inter-Collegiate Taekwondo Championship.
23	VARNANA. A. [II B.Sc. Chemistry],	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship.
24	AMRUTHA. G [II B.A. Sanskrit],	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship.
25	ARYA VISWARAJ [II B.Sc. Mathematics],	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship.
26	ANJALI. M. [I B.A. Malayalam],	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship.
27	NEETHU KRISHNAN. A. [II B.A. Political Science],	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship.
28	NIDHEESH KRISHNAN. R. [I Political Science]	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship.
29	ANALJITH. A. [I B.Sc. Geography]	- Bronze medal in the Kerala University Inter-Collegiate Judo Championship.
30	SOUMYA. M.K. [II B.A. Economics]	- Bronze medals in the Kerala University Inter-Collegiate Wushu Championship.
31	KRISHNA. B. [I B.Sc. Physics]	- Bronze medals in the Kerala University Inter-Collegiate Wushu Championship.



[Handwritten Signature]
DIRECTOR (P.E.)

N.S.S COLLEGE
PANDALAM – KERALA



**DEPARTMENT OF
PHYSICAL EDUCATION**
Pathanamthitta Dist
Rly.Station: Chengannur
PIN-689501
Ph: 04734- 252221

NAAC Re-accredited with 'A'Grade

19 September 2017

To

The Principal,
N.S.S College, Pandalam.

Sir,

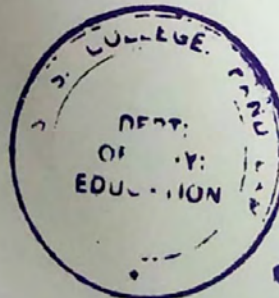
Sub:- Request to conduct Yoga & Taekwondo training sessions for Hostel inmates reg:-

Our Department is planning to conduct Yoga & Taekwondo training sessions for Hostel inmates, from 25 September to 10 October 2017 at our Gymnasium hall. The Yoga Classes will be handled by Miss. Amritha S (Sri Sri Certified Yoga Instructor) and Taekwondo classes by Sri. Aswin Soman (National Certified Coach). The Timings shall be 7.30 am to 8.30 am for Yoga and 4.00 pm to 5.00 pm for Taekwondo.

Sanction may be accorded for the same.

Sanctioned
[Signature]
Principal
N S S. COLLEGE PANDALAM

Thanking you



Yours Sincerely

[Signature]

[Dr. K. Jayakumar]
Head of the Department
Physical Education
N S S College, Pandalam



NOTICE

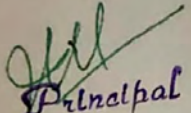
There will be Yoga & Taekwondo training sessions for inmates of Hostel, from 25 September to 10 October 2017 at our Gymnasium hall.

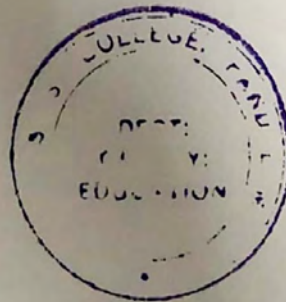
YOGA


Time : 7.30 am to 8.30 am [Monday – Friday]

TAEKWONDO

Time : 4.00 pm to 5.00 pm [Monday – Friday]


Principal
N. S. S. COLLEGE, PANDALAM.



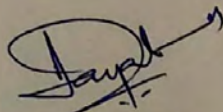

[Dr. K. Jayakumar, Co-ordinator]
Head of the Department
Physical Education
N. S. S. College, Pandalam

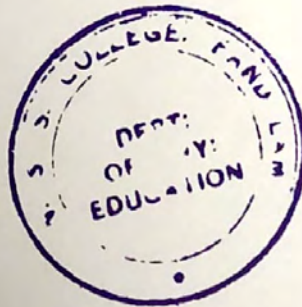
Copy to:
Notice Board,
Dept File,
All Departments,
All Class rooms

REPORT

YOGA & TAEKWONDO TRAINING SESSIONS

The department conducted Yoga & Taekwondo training sessions for Hostel inmates, from 25 September to 10 October 2017 at our Gymnasium hall. The programme was intended to develop self confidence and psychomotor development among the girls students. Twenty four students had attended the sessions. The Yoga Classes and Taekwondo classes were handled by Miss. Amritha S. (Sri Sri Certified Yoga Instructor) and Sri. Aswin Soman (National certified Coach) respectively. The Timings were 7.30 am to 8.30 am for Yoga and 4.00 pm to 5.00 pm for Taekwondo. The co-ordinators for the programme were Dr. K Jayakumar and Sri. Sandy Nair.


[Dr. K. JAYAKUMAR]
Head of the Department
Physical Education
S. S. College, Pandalam




Principal
S. S. COLLEGE PANDALAM