GOVT. COLLEGE OF PHYSICAL EDUCATION, EASTHILL KOZHIKODE

INTRAMURAL REPORT 2025-26

ORGANISED BY KSHITHI INTRAMURAL COMMITTEE



GOVT. COLLEGE OF PHYSICAL EDUCATION,
EAST HILL, CALICUT

1957 ജനുവരി 28-ന് ആരംഭിക്കപ്പെട്ടു. ആദ്യസമയത്ത്, തളിയിലെ പഴയ സമോറിൻസ് കോളേജിലെ സയൻസ് ബ്ലോക്കിൽ ആയിരുന്നു നിലകൊണ്ടത്. പിന്നീട് 1962 ജൂലൈയിൽ ഈസ്റ്റ് ഹിൽ-ലേക്ക് മാറ്റപ്പെട്ടു. 1963-ൽ പല കരണങ്ങളാൽ കോളേജ് പ്രവർത്തനം താൽകാലികമായി നിർത്തുകയുണ്ടായി, എന്നാൽ 1964-ൽ സർട്ടിഫിക്കറ്റ് കോഴ്സ്സുകൾ പുനരാരംഭിച്ചു. 1979-80 ൽ കോളേജിന്റെ പ്രവർത്തനം പൂർണ്ണതയിൽ പുനരാരംഭിച്ചു. തുടക്കത്തിൽ ഒരു വർഷത്തെ സർട്ടിഫിക്കറ്റ് കോഴ്സ് മാത്രമായിരുന്നു(CPEd) ഉണ്ടായിരുന്നത്, പിന്നീട് കോളേജ് അതിന്റെ കോഴ്സ് ഘടന വികസിപ്പിച്ചു, BPEd-ഉം MPEd-ഉം അവതരിപ്പിച്ചു.

കേരളത്തിലെ ഏക ഫിസിക്കൽ എഡ്യുകേഷൻ ഗവൺമെന്റ് കോളേജ് ആണിത്. അതിനുമപ്പുറം സംസ്ഥാനത്തിലെ കായിക വിദ്യാഭ്യാസ രംഗത്തെ നൂതന നിലകളിലേക്ക് നയികുന്ന സ്ഥാപനം എന്ന നിലയിൽ പടർന്നു നിൽക്കുകയാണ്. BPEd രണ്ടുവർഷ കോഴ്സ് NCTE അംഗീകൃത്യവും, കാലിക്കറ്റ് സർവകലാശാലയുടെ കീഴിലുമാണ് കോളേജ്. ഇന്നു കേരളത്തിലും പുറത്തും കഴിവും പ്രാപ്തിയുമുള്ള കായിക അധ്യാപകരെ നല്കുകയും അതിലൂടെ സമൂഹത്തിന്റെ ആരോഗ്യ കായിക മേഖലയെ പുഷ്ടിപ്പെടുത്തുന്നതിൽ GCPE വലിയൊരു പങ്ക് വഹികുന്നു.

KSHITHI INTRAMURAL 2025-26











KSHITHI



ക്ഷിതി എന്ന പദം രൂപംകൊണ്ടത് സംസ്കൃത ഭാഷയിൽ നിന്നുമാണ്. ക്ഷിതി എന്നത് ഭൂമി, നിലം, മണ്ണ് എന്നതിനെ അർദ്ധമാകുന്നു. ഇത് സംസ്കൃതത്തിലെ “ക്ഷി” എന്ന മൂല പദത്തിൽ നിന്ന് ഉത്ഭവിച്ചതാണ്. അതിന്റെ അർഥം വസിക്കുക, താമസിക്കുക നിലകൊള്ളുക എന്നതാണ്. അതുകൊണ്ടുതന്നെ ‘ക്ഷിതി’ എന്നത് ജീവനെ പിന്തുണച്ച് എല്ലാ ജീവജാലങ്ങളുടെയും വാസസ്ഥലമാകുന്നു. “ക്ഷിതി” മനുഷ്യൻ തന്റെ കടമകളും ഉത്തരവാദിത്യങ്ങളും നിറവേറ്റുന്ന ജീവിത ഘടകത്തെ പ്രതിദാനം ചെയ്യുന്നു.

TEAM DHARMA

DHARMA



പാലനം, സഹായം എന്ന അർഥം നല്കുന്ന സമൂഹത്തിൽ നീതി, സത്യസന്ധത, ഉത്തരവാദിത്തം, നന്മ എന്നിവ നിലനിലകുന്ന പ്രമാണങ്ങളാണ് ‘ധർമം’. കായികരംഗത്ത് കളിയുടെ ആത്മാവും മാന്യതയും നിലനിർത്തുന്നത് ധർമത്തിലൂടെയാണ്. കായികരംഗത്ത് ധർമം പാലികുന്നത് മനുഷ്യനെ നല്ല പൗരനായി വാർത്തെടുകുന്നതിനും സമൂഹത്തെ ആരോഗ്യകരവും സമാധാനപരവുമാക്കി തീർകുവാൻ സഹായകരമാകുന്നു.

TEAM ASTRA



അസ്ത്ര എന്നത് പുരാത്തനഭാരത്തിയ സംസ്കൃതിയിൽ “വിട്ടയക്കുന്ന ആയുധം” അർദ്ധമാക്കുന്നത്. ഇതിഹാസങ്ങളിൽ അസ്ത്രങ്ങൾ സാധാരണ ആയുദ്ധങ്ങളല്ല, മറിച്ച് ദൈവീക ശക്തി ഉലകൊണ്ട പ്രതേക ആയുദ്ധങ്ങളായിരുന്നു. ഭൂമിയുമായി ബന്ധപ്പെട്ട് അസ്ത്രം എന്നത് പ്രതീകാത്മകമായി സംരക്ഷണ ശക്തി ഉലകൊള്ളുന്നു. കയികലോകത്തിൽ അസ്ത്രം എന്നതുകൊണ്ട് അർദ്ധമാകുന്നത് ഒരു കളിക്കാരന്റെ പ്രധാന ആയുധം കഴിവ് അഥവാ അദ്ദേഹത്തെ മത്സരത്തിൽ വിജയത്തിലേക്ക് നയിക്കുന്ന ഒരു പ്രതേക കഴിവ് എന്നർത്ഥമാക്കാം.

TEAM SHAKTHI



ശക്തി എന്നത് സംസ്കൃതത്തിൽ നിന്നുള്ള ഒരു കാതലുള്ള പദമാണ്. അതിന്റെ അർത്ഥം ശക്തി മന്ത്രം, സാമർഥ്യം എന്നിവയാകുന്നു. ജീവന്റെ സഞ്ചാരത്തിലും സൃഷ്ടിയുടെ നിലനിൽപ്പിനും ശക്തി നിർണായകമാണ്. പ്രകൃതിയിൽ നിലനില്ക്കുന്ന വ്യത്യസ്ത രൂപത്തിലുള്ള ശക്തികൾ ഭൂമിയെ പ്രതിനിധീകരിക്കുന്നു. കായികരംഗത്ത് ശക്തി ശാരീരികമായും മാനസികമായും വിനിയോഗിക്കുമ്പോൾ മാത്രമേ മികച്ച ഫലം സൃഷ്ടിക്കാൻ കഴിയൂ.

TEAM KARMA



കർമം എന്ന പദം സംസ്കൃതത്തിലെ “കൃ”(ചെയ്യുക) എന്ന ധാതുവിൽ നിന്നാണ് ഉരുത്തിരിഞ്ഞത്. അതിന്റെ പ്രധാന അർത്ഥം പ്രവർത്തിയുടെ ഫലം എന്നതാണ്. നമ്മുടെ ഓരോ ചിന്തയും, ഓരോ വാക്കും, ഓരോ പ്രവൃത്തിയും കർമത്തിന്റെ ഭാഗമാണ്. നല്ല പ്രവർത്തികൾ നല്ല ഫലവും, തെറ്റായ പ്രവർത്തികൾ ദോഷകരമായ ഫലവും നൽകും അതാണ് കർമത്തിന്റെ നിയമം. കയികരംഗത്ത് കർമത്തിന്റെ ആശയം വളരെ വ്യക്തമാണ്, നിങ്ങളുടെ പരിശീലനം, പരിശ്രമം, മനോഭാവം എന്നിവയാണ് കളിയുടെ ഫലം നിർണയിക്കുന്നത്.

“The journey has been a roller-costar ride but it was worth the efforts, memories and unconditional sportsmanship. It’s been a wonrdurful opportunity for me to be a part of Kshithi. This report will show how beautiful the Kshithi Intramural was, I thank all my batch mates, coordinators, other teachers, non-teaching staffs and the students to end this venture as a successfull event.”

Jibin I R
Kshithi President

EVENT CHRONOLOGY

NO.	DATE	EVENT
1	13 AUG 2025	INAGURATION, LOGO REVEAL, CAPTAINS AND TEAM REVEAL
2	15 AUG 2025	INDEPENDENCE DAY
3	22 AUG 2025	INDOOR CRICKET
4	09 SEP 2025	OBSTACLE RACE(INTER-CLASS)
5	26 SEP 2025	TUG OF WAR
6	10 & 17, OCT 2025	7'S FOOTBALL
7	23 OCT 2025	BASKETBALL 3v3 (INTER-CLASS)
8	30 OCT 2025	BADMINTON
9	4 & 5, NOV 2025	CRICKET
10	12 & 13 NOV 2025	ATHLETICS
11	20 NOV 2025	SEPAKTAKRAW (INTER-CLASS)
12	27 NOV, 4 & 18 DEC 2025	BASKETBALL
13	8 JAN 2026	FUTSAL(INTER-CLASS)
14	15 & 21 JAN 2026	VOLLEYBALL
15	5 FEB 2026	KHO-KHO

16	26 FEB, 5 MARCH 2026	HANDBALL
17	25 MARCH 2026	CLOSING CEREMONY

INAGURATION AND LOGO REVEAL

The MPEd 2024-26 batch took over the charge of college Intramural 2025-26's competitions as conducting committee. Mr. Rosh Kumar sir and Mr. Nithin Rajan sir are appointed as the coordinators of this committee. Initially the committee elected Mr. Arjun as the president and Sri. Adithya Aravindhakshan as secretary till the badminton event, after that they stepped down from the charges and Mr. Jibin I R stepped up as president and Sri. Aswani V A as secretary till the intramural ends. They all have been on their shoes to their fullest, made the Intramural incredibly successful.

The committee named Intramural as "KSHITHI" and separated the students into four groups named 'DHARMA', 'ASTRA', 'SHAKTHI' and 'KARMA'. The committee appointed captains and vice-captions for every group.

Inauguration, Logo reveal, captains, vice-captains, coordinator's and team member allocations are conducted on 13th August 2025. The chief guest of the ceremony was our respected principal Dr. Prasannakumaran sir. The ceremony was entertained by a flash mob performed by the members of organizing committee.









TEAM LIST : DHARMA

SL NO	NAME	CLASS	SIZE	JERSY NUMBER
1	NIKESH KUMAR C	BPED 3RD SEM	40	13
2	ADARSH C		38	18
3	MUHAMMED RISHAN(C)		42	17
4	ASWANTH K K		38	17
5	C K AKSHAY BABU		40	117
6	SANGEETH P C		44	47
7	DEVANG M		40	19
8	ANAND B S		42	9
9	ANJU RAJAN		38	3
10	SREELAKSHMI A G(VC)		36	7
11	SREEDEVI V		34	8
12	DARSHANA S		40	10
1	ALBIN BEN JOSE	BPED INT 4TH YEAR	36	07
2	NIJIN S P		38	1
3	JAMSHEER K V		38	03
4	KARTHIK J S		38	10
5	RAHUL U S		38	25
6	HAFIS N L(VC)		44	28
7	ALEENA		42	23
1	ROMI PAUL ROY	BPED 1ST SEM	38	69
2	ALFAS T S		40	00
3	PRAJIL C		38	24
4	ABHINESH A		38	5
5	VISHNU RAMESH T K		38	31
6	NAVYA K		38	2
7	ASWATHY MURUKAN		36	17
8	ARUNA V		36	9
9	ADITHYA VENUGOPAL		42	8
10	SANAND SANDRAN		40	7
1	DEVANAND J KUMAR	BPES 3RD YEAR	40	8
2	ASHISH CHACKO ANIYAN		38	3
3	RAMEES N T		38	12
4	KANNAN L S		40	4
5	DEVIKA PRADEEP		36	6
6	SOFIYA		36	4
1	KARTHIK U S	BPES 1ST YEAR	40	6
2	ADHARSH V		40	11
3	ASWIN R		38	20
4	JOBY JOSE		36	22
5	AL RIHAAN A S		40	12

6	ABHAYA A S		38	5 11
7	ASWANI G S		36	05
8	KARTHIK S		40	44
9	PRAVEENA P		36	44
1	NANDHINI	MPED 1ST SEM	34	22
2	ATHIRA		38	19
3	MAHITHA		42	33
4	LAYA ELIZABETH		38	12
5	NAYANA		44	205
6	JASFER E M		40	12
7	ALEX BINU		38	
MENTORS				
1	NABEEL SIR		40	
2	UTHARA MISS		40	
T=51				

TOTAL MEMBERS : 51

BPED 3RD SEM : B-8, G-4 (T-12) BPED 4TH YEAR : B-6, G-1 (T-7) BPED 1ST SEM : B-6,G-4(T-10) BPES 3RD YEAR : B-4, G-2 (T-6) BPES 1ST YEAR : B-6, G-3 (T-9) MPED 1ST SEM : B-2, G-5 (T-7)



Cap:
Muhammed Rishan



TEAM LIST : ASTRA

SL NO	NAME	CLASS	SIZE	JERSY NO
1	GOPI KRISHNADAS P V	BPEd 3RD SEM	38	2
2	ADARSH M		40	03
3	UNAIS(C)		42	1
4	ASWIN AJAY		38	4
5	ABHISHEK K		42	99
6	ARAVIND R NAIR		40	21
7	MUHAMMED JASIM E P		40	33
8	ANUSREE ANIL KUMAR(VC)		38	15
9	MUHAMMED SHAHABAS		40	10
10	ASWATHI S VARMA		36	25
11	ANJALI ANILKUMAR		36	07
12	ABHIRAMI A S		38	12
13	VAISHNAVI S		40	30
1	ARUN KUMAR K G(VC)	BPED 4TH YEAR	38	88
2	SUJITH S		38	07
3	ABIRAJ R		42	12
4	ABHINAND J R		38	03
5	SURYA R S		36	23
6	ATHIRA M		36	3
7	DEVIKA VINAYRAJ		32	24
1	MUHAMOOD YASIR C P	BPED 1ST SEM	38	19
2	VIGNESH R S		42	8
3	MUHAMMED SINAN		40	35
4	ADAM ADHIL A U		38	28
5	MUHAMMED ASLAM K T		40	10
6	AVINASH V		40	22
7	POOJA U K		36	04
8	SANDRA S		36	13
9	NEHA P		38	11
1	DRINCY DOMINIC	BPES 3RD YEAR	36	9
2	SUDHIN P S		38	20
3	SHIBIN RAJ T		44	97
4	CHINMAYAKANTH D L		38	8
5	BENOY B		40	6
6	ARUN T		40	11
7	AJAY RAVEENDRAN C P		40	4
1	ATHIRA B	BPES 1ST YEAR	40	05
2	AMIRTHA J S		36	6
3	GOURI B		36	16
4	ASHISH BIJULAL P		40	14

5	VISHAK V		40	77
6	ALEN REJI		38	66
7	MUSTHAQUE ALI P		38	23
8	SHAMIL		40	13
9	ASIF SHAH		42	18
10	ALIN V SHIBU		40	18
1	VISMAYA V P	MPED 1ST SEM	34	7
2	BEERAJA B R		36	22
3	AJITH C		40	19
4	ANSAL M		42	15
5	ASHIN NAVAS		40	5
6	HARITHA P		34	11
7	JIJI S		42	10
MENTORS			42	
1	SREENATH SIR		42	
2	HARIS SIR		46	
3	BINITHA MISS			
T=53				

TOTAL MEMBERS : 53

BPED 3RD SEM : B-8, G-5 (T-13)

BPED 4TH YEAR : B-4, G-3 (T-7)

BPED 1ST SEM : B-6, G-3 (T-9)

BPES 3RD YEAR : B-6, G-1 (T-7)

BPES 1ST YEAR : B-7,G-3 (T-10)

MPED 1ST SEM : B-3, G-4 (T-7)



Cap:
Unais



TEAM LIST : SHAKTHI

SL NO	NAME	CLASS	SIZE	JERSY NO
				06
1	ABHINDAS N K	BPEd 3RD SEM	38	15
2	VIBIL V GOPAL(VC)		40	04
3	ASWIN P V		40	5
4	ABDULLA N		42	3
5	ABHAYRAJ O M		40	13
6	AKSHAY SANKAR K V		42	12
7	NIRANJAN RAJEEV		40	47
8	DEV KTIPAL SINGH		40	2
9	KRISHNA PRIYA O		40	20
10	VEENA		42	28
11	ATHIRA R		36	18
12	CHAITHANYA J(C)		36	23
13	ANAGHA CHANDRAN		38	05
1	JISHNU BAIJU	BPES 3RD YEAR	40	10
2	ADHARSH S		44	6
3	SHALVIN T P		38	7
4	SEBASTIAN P U		40	8
5	SRUTHIMOL P		36	3
6	GOWRI S P		40	14
7	NAJIM		40	8
8	ABHISHEK SREEDHARAN		40	23
1	JAGANATHAN M R	BPEd 1ST SEM	40	15
2	MUHAMMED MANAF		40	17
3	ABHINAND K C		42	24
4	VIDHU KARTHIK K		40	99
5	ANAND R NAIR		40	2
6	JISHNU C		40	10
7	ADHARSH M		44	19
8	SALMAN FARIS P V		42	1
9	MAHIMA M NAIR		36	10
10	SANIYA K N		38	11
11	GAYATHRI P		38	7
12	SIVANANDHANA		40	11
1	PRANAV JAYACHANDHRAN	BPES 1ST YEAR	40	77
2	JITHU KRISHNA		38	16
3	SOORAJ P		38	6
4	SREEJA S		36	5
5	POORNIMA A B		38	18
6	ARYAN		42	16
1	NANDANA S(VC)	BPED INT 4TH YEAR	36	



2	LAKSHMIPRIYA K M		40	06
3	ABHAY N		40	1
4	AKASH N K		44	18
5	ABHINAND A R		40	19
6	AKSHAY KRISHNA		40	9
1	ANJIMA K C	MPED 1ST SEM	38	07
2	ANJITHA R		36	6
3	DRISHYA C		36	5
4	ARSHA RAMESH M		38	10
5	HADY MANSOOR P		42	8
6	VYSHNU K		46	18
7	ABHIJITH P K		36	1
MENTORS			44	
1	SUNIL RAMACHANDRAN SIR		38	
2	ARUNA MISS			
T=52				

TOTAL MEMBERS : 52

BPED 3RD SEM : B-8, G-5 (T-13) BPES 3RD YEAR : B-6, G-2 (T-8) BPED 1ST YEAR : B-8, G-4 (T-12) BPES 1ST YEAR : B-4, G-2 (T-6) BPED 4TH YEAR : B-3, G-3 (T-6) MPED 1ST SEM : B-3, G-4 (T-7)



Cap: Chaithanya



TEAM LIST :KARMA

SL NO	NAME	CLASS	SIZE	JERSY NO
1	RAJEEV	BPED 3RD SEM	44	5
2	AMITH RAJ K V		46	20
3	SANEK C S		40	18
4	ANEESH RAJU K A		40	7
5	BINU E M		38	10
6	KIRAN T A		40	55
7	ABDUL AZIZ(VC)		40	1
8	AKHILA S		36	5
9	SAINORA K		40	8
10	ADHEENA MARY BOBAN		36	7
11	ARSHA P S		38	13
12	AMRUTHA S		38	12
1	ANNA TES JAIMON(VC)	BPED INT 4TH YEAR	34	3
2	JOSEPH JEEVAN(C)		40	21
3	SURYA A		44	03
4	FAIHAS MUHAMEED		42	9
5	SARATH P S		38	33
6	VARUN SHAJI S		38	03
7	ARUN V R		40	11
1	SAYYID SABAH ANWAR C	BPED 1ST SEM	40	44
2	SRIJITH A R		40	58
3	AMAL P		38	04
4	NITHIN SAJI		46	52
5	ATHIRA C K		36	04
6	ANUSREE R		42	43
7	JENNY JOSEPH		40	37
8	SINI R		36	33
9	JAYESREE P J		40	54
10	ABIDH		40	08
11	FASEEM		42	16
12	SNEHA MURALI U K		42	15
1	ASWANI A	BPES 3RD YEAR	40	16
2	AMAL RAJ		40	6
3	IRFAN N		38	19
4	JEESMON JONY		42	00
5	JITHIN BIJU		40	17
6	JITHU SASIKUMAR		40	22
7	SRIYAVAS V K		42	12
1	HIJAS MALIK K ADITHYAN	BPES 1ST YEAR	38	25
2	V MOHAMMED SHABIN A		38	30
3			40	14

4	SANJEEV B		42	42
5	ANKITH P A		38	51
6	ADWAITHA NP		34	23
7	VAIGHA KRISHNA		34	22
8	SALEEL		38	28
1	RENJUSHA A	MPED 1ST SEM	38	10
2	ASWATHY K M		40	05
3	NEERAJ KRISHNA T S		40	15
4	ALEX C S		42	06
5	JITHIN E R		42	13
6	ASWANTH M R		38	99
7	JOLLY M		38	11
MENTORS				
1	JUMSHEER SIR		40	
2	JAYAN SIR		42	
T-53				

TOTAL MEMBERS : 53

BPED 3RD SEM : B-7, G-5 (T-12)

BPED 4TH YEAR : B-5, G-2 (T-7)

BPED 1ST SEM : B-6, G-6 (T-12)

BPES 3RD YEAR : B-6, G-1 (T-7)

BPES 1ST YEAR : B-6, G-2 (T-8)

MPED 1ST SEM : B-4, G-3(T-7)



Cap:
Joseph Jeevan



INDEPENDENCE DAY

Intramural committee has conducted Independence day as an intramural competition. Kshithi conducted competitions on,

- [ ] Marchpast
- [ ] Aerobic dance
- [ ] Patriotic song
- [ ] Tableau

Chief guest of the program where our respected principal Dr. Prasannakumaran K. Expect the heavy rain on morning the programs was conducted successfully on college indoor and auditorium, and ended with prize distribution as, Astra come overall 1st , Dharma comes overall 2nd, Shakthi comes overall 3rd and Karma as fourth.











INDOOR CRICKET

Indoor crocket was the second game conducted by Kshithi on, 22 Aug 2025. Main coordinators of the cricket from the Kshithi committee where Binisha V, Jibin I R, Nivin Unnikrishnana and Vyshak Sasi. Because of indoor tennis ball cricket, the playing members are restricted to 9 players. the game was conducted on college indoor with good spirit. Team Dharma secured 1st , Karma 2nd and Shakthi become 3rd by winning against Astra.

- ☐ Best batter : Aswanth K K (Dharma)
- ☐ Best fielder and Bowler : Aneesh Raju K(Karma)









OBSTACLE RACE(INTER-CLASS)

The obstacle race was conducted on 9 September 2025 on college indoor. The competition was started at 3:30pm. Obstacle race was conducted as a team event(combined) and individual event(Men and Women).










TUG OF WAR

Date: 26 September 2025
Venue: College Ground
Categories: Men, Women and Mixed
Men winners: 1st -Karma, 2nd - Shakthi, 3rd -Dharma
Women winners: 1st -Shakthi, 2nd -Astra, 3rd -Karma
Mixed winners: 1st -Karma, 2nd- Shakthi, 3rd -Dharma
Overall: 1st - Karma, 2nd -Shakthi, 3rd -Astra











7's FOOTBALL

The championship was kicked off by Aditya birla capitals head of Mananchira branch

Date: 10 & 17 October

Venue: College ground

Categories: Men & Women

Men winners: 1st -Astra, 2nd -Shakthi, 3rd -Dharma

Women winners: 1st -Astra, 2nd -Dharma, 3rd -Shakthi

Best Players

- Men: Binoy(Astra)
- Women: Aswathy Varma(Astra)











BASKETBALL 3v3(INTER-CLASS)

Date: 23 October 2025

Venue: Indoor court

The competition was a mixed class event which included 2 boys and a girl. The BPEd 1st semester comes in first place by beating the MPEd 2nd semester students while the BPEd 3rd years comes in 3rd position.

Anusree from MPEd 2nd sem become women best player and Alfas from BPEd 1st sem become men best player













BADMINTON

Date: 30 October 2025

Venue: Indoor court

The Intramural Badminton was conducted as the same rules as the school games. It is because to get used to the rules and competition when the time comes to work with the students as their teachers.

Winners Men category: 1st -Shakthi, 2nd -Dharma and 3rd -Karma

Winners Women category: 1st -Dharma, 2nd -Shakthi and 3rd -Astra

Best Players: Chaithanya (women-Team Shakthi), Devang (Men-Team Dharma)

The overall badminton championship has been shared by Shakthi and Dharma, while the 3rd position has been shared by Karma and Astra.








CRICKET

Date: 4 & 5 November 2025

Venue: College ground

The cricket championship has been played on proper cricket ball and other attires and protections on a mat wicket. The match has been 10 overs per innings and a mixed team in which every team have to bowl minimum of 2 overs with their female players.

Winners: Shakthi, Runners: Dharma, and 2nd runners: Astra.

Best Batter: Jagannathan(Shakthi), Best Bowler: Adam Adhil(Astra) and Best Fielder: Nandini P T(Dharma).








ATHLETICS

Date: 12 & 13 November 2025

Venue: College ground.

Athletics was the most auspicious event. Because after a long gap Intramural Athletics event was conducted and the quality of the event was astonishing which set the bar high. The event where started by 12th evening by principal by giving flag off to Race walking. On the 13th Event started on early morning at 6:00am by 5000m run and at 9:30am official inauguration has been done by honorable chief guest Sri. Kavitha P (Miss India Medalist, Miss Kerala 2024-25 Gold Medal Miss Calicut 2024-25 Gold Medal) with the presence of principal Dr. Prasannakumaran sir. The events where put to and end by a closing ceremony by announcing the winners.

Winners: Champions- Karma, Runners- Shakthi and 2nd Runners- Dharma

Individual champion: Men-Nithin(Karma), Women-Poornima(Shakthi)













KSHITHI INTRAMURAL ATHLETICS CHAMPIONSHIP 2025-26

Probable Order of Event

Event No	Time	Event	Section	Round
		DAY 1		
1	5pm	5000M Walk	Men	Final
2	5pm	3000M Walk	Women	Final
		DAY 2		
1	6.15am	5000M	Men	Final
2	6.20am	5000M	Women	Final
3	6.35am	Hammer Throw	Men	Final
4	6.50am	100M	Men	Qualifying Time Trial
5	7.00am	100M	Women	Qualifying Time Trial
6	7.00am	Shot Put	Women	Final
7	7.30am	Long Jump	Men	Final
8	8.00am	400M	Men	Qualifying Time Trial
9	8.00am	Shot Put	Men	Final
10	8.05am	400M	Women	Qualifying Time Trial
11	8.20am	Long Jump	Women	
	9.00am	**Break & Opening Ceremony**		
12	10.05am	1500M	Men	Final
13	10.05am	Hammer Throw	Women	Final
14	10.10am	1500M	Women	Final
15	10.10am	High Jump	Men	Final
16	10.20am	200M	Women	Qualifying Time Trial
17	10.40am	200M	Men	Qualifying Time Trial
18	11.00am	100MH	Women	Time Trial Final
19	11.00am	Discus Throw	Men	Final
20	11.05am	Triple Jump	Women	Final
21	11.10am	110MH	Men	Time Trial Final
22	11.30am	Triple Jump	Men	Final
23	11.45am	Discus Throw	Women	Final
24	12.00pm	800M	Men	Final
25	12.05pm	800M	Women	Final
		Break		
26	2.00pm	400MH	Women	Time Trial Final
27	2.10pm	400MH	Men	Time Trial Final
28	2.10pm	High Jump	Women	Final
29	2.15pm	Javelin Throw	Men	Final
30	2.40pm	Javelin Throw	Women	Final
31	2.45pm	100M	Men	Final
32	2.50pm	100M	Women	Final
33	3.10pm	200M	Men	Final
34	3.20pm	200M	Women	Final
35	3.50pm	400M	Men	Final
36	3.55pm	400M	Women	Final
37	4.30pm	4x100M Relay	Men	Final
38	4.35pm	4x100M Relay	Women	Final
39	4.45pm	Medley Relay	Men	Final
40	4.50pm	Medley Relay	Women	Final
41	5.00pm	4x400M Relay	Mixed	Final
	5.30pm	**Closing Ceremony**		

SEPAKTAKRAW(INTER-CLASS)

Date: 20 November 2025

Venue: Indoor court

Conducted by: BPED 1st semester

Winners: BPED 1st sem, Runnper: MPED 3rd sem and 2nd Runners: BPED 3rd sem

Best Player: Men-Vidhu(BPED 1st sem), Women- Gadha T G(MPED 3rd sem)





The event was beautifully conducted by the BPED 1st semester students. They serve refreshment to the whole college who where there in the spot. The arragement of the court was something special.

BASKETBALL

Date: 27 November, 4 & 18 December 2025

Venue: Indoor court

Women winners: 1st -Astra, 2nd -Dharma and 3rd -Shakthi

Men winners: 1st -Dharma, 2nd -Karma and 3rd -Astra

Best player: Women- Vyshnavi(Astra), Men- Alfas(Dharma)








FUTSAL(INTER-CLASS)

Date: 8 January 2026

Venue: College indoor

Conducted by: MPEd 1st semester

BPEd 1st sem became champions by beating BPEd 4th years.









The event was conducted successfully by the MPEd 1st sem students. The playing space was arranged beautifully by takeing all the saftey and neccessary precuations, they also arranged required refreshments for the players and spectators.

VOLLEYBALL

Date: 15 & 21 January

Venue: Indoor court

Volleyball championship witnesses some staggering performance, each and every group performs to there fullest results in some mouth watering games which last to the final sets.








In men's championship Astra crown as champions as they beat Shakhi on finals and in women’s Shakthi beats Astra on finals.

KHO-KHO

Date: 5 February 2026

Venue: College ground

The Kho-Kho has been conducted as a mixed team championship which has to include 5 boys and 4 girls in the playing 9. The competition has been ended successfully with good team spirit and competitive mindset.

Team Karma has been evolved as champions by beating Astra on finals and Shakthi secured third place by beating Dharma on losers final.

Binu Premam from team Karma has been awarded the Best Allrounder of the championship, Gopikannan from team Astra as Best defender and Amal from team Karma as best chaser.











HANDBALL

Date: 26 February and 5 March 2026

Venue: College ground

Handball is the last official game conducted by the Kshithi Intramural committee 25-26, the championship has been splendid by the participation of each and every group and the support of all students and faculties. The game championship is conducted on two categories Men and Women.

Both men and women championship has been sweeped up by team Shakthi.









CLOSING CEREMONY

Closing ceremony and the official flag down program was conducted on 25th of March on college indoor. The program is official started at 7am by prayer of Gadha T G(member of Kshithi), chief guest principal Dr. Prasannakumaran K.

The program included Flag down, trophy and certificate distribution, declaration of Overall Champions and Evo rolling trophy distribution.








FAIR PLAY AWARD: TEAM ASTRA



CHAMPIONS: TEAM SHAKTHI



RUNNERS: TEAM DHARMA



2ND RUNNERS: TEAM ASTRA



BEST CAPTAIN



BEST VICE-CAPTAIN



BEST PLAYER

MEN



WOMEN



KSHITHI COMMITTEE COORDINATORS





THE CREW BEHIND









CODE OF CONDUCT

1. Captain and vice-captain's responsibilities

1.1 Captains must inform and coordinate team members according to the instructions of Intramural committee to there fullest, Intramural committee won't be responsible for any fault from the side of captains and vice captains.

1.2 In the absence of captain or vice-captain teams can choose one or two representatives to act same as captain.

1.3 Captain should inform to the Intramural committee about representatives.

1.4 Captain and Vice-captains should be responsible for the equipment's which are given to the teams.

2. Player responsibilities

2.1 Players will be denied to play if they fail to be on time at the time of attendance (except for the players having exams).

2.2 Sudden action will be taken against un-sportsmanship behavior.

2.3 Players should be aware of - the laws of the game they are playing, match Oder & time schedules.

3. Team members responsibilities

3.1 All must wear their respective intramural jersey at the time of intramural competitions.

3.2 All team members must be seated on allotted team premises.

3.3 Actions and behaviors which hinders or alters the conduct of play are strictly prohibited.

3.4 Alcohol use, drugs and substance abuse are strictly prohibited.

4. Point distribution and reduction.

4.1 First – 10 points, Second – 7 points, Third – 5 points, Fourth – 3 points,

4.2 For a particular game championship the position points of various categories conducted under that game are added up.

4.3 Overall points table must be calculated only by the overall positions of every game. 4.4 Position points are distributed according to Olympic position point system

- Two 1st position, no second: If two teams each are awarded first position, and the next ranked team receives third position.

4.5 Fails to obey 3.1 and 3.2 will result in reduction of 1 point for each team member for that particular events overall points and overall positions are decided.

4.6 Organizing committee have the full authority to disqualify the teams who fails to follow rules 3.3 and 3.4.

5. Common Rules to be followed

5.1 For videography and photography only one representative of each group can use mobile phone, all other usage of mobile phone are strictly prohibited (except Kshithi intramural committee members).

NB : Intramural committee have full authority to make changes according to the situation demands.

Dear All,

It gives me immense joy and pride to look back on the success of our Intramural 2025–26. A special word of thanks to all the teachers, Nithin Sir, and the final-year PG students for their wholehearted support and commitment. Your involvement, meticulous planning, sleepless nights, and dedication were instrumental in making the intramural a grand success.

I would also like to sincerely thank all the participants, House Captains, and office staff for their continuous cooperation and support throughout the year.

The success of the Intramural is truly a reflection of the teamwork, dedication, and collective effort of everyone involved.

Thank you all for making it a memorable and successful event.

With sincere appreciation,

Rosh Kumar BS

Assistant Professor

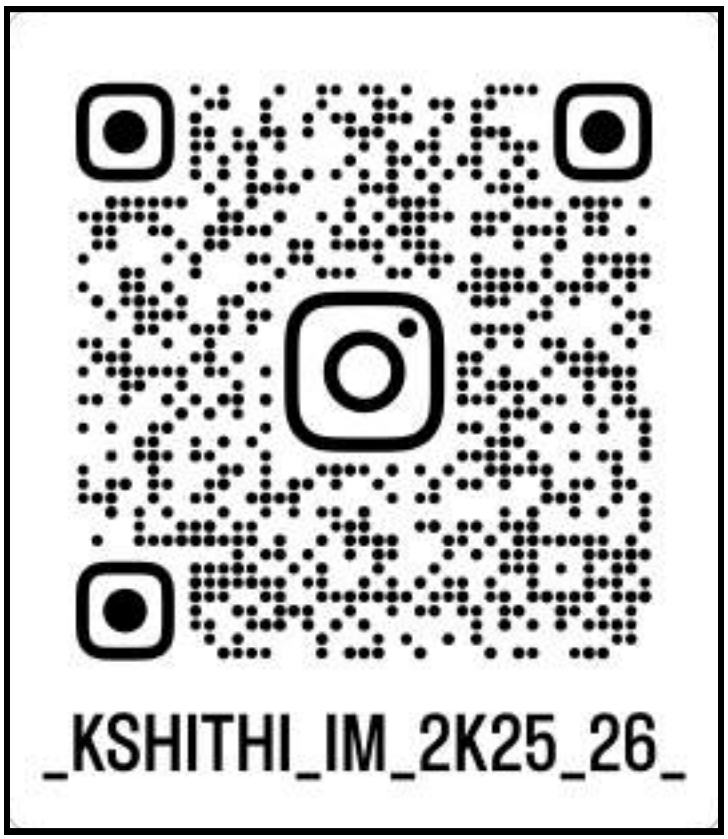
Kshithi coordinator

It was a truly rewarding experience coordinating the Intramural Championships alongside our M.P.Ed. final-year students. Their enthusiasm, responsibility, teamwork, and dedication made the smooth conduct of the competitions possible. I am immensely proud and satisfied with their commitment throughout the year. My heartfelt thanks to each student for their valuable contribution.

Mr. Nithin Rajan

Assistant Professor, Kshithi coordinator.

SCAN THE QR AND VISIT THE INTRAMURAL PROFILE TO RELIVE EACH AND EVERY ONE OF THE HISTORIC MOMENTS. DON'T SKIP THE HIGHLIGHTS AND POSTS.



"ഒരുമയുണ്ടെൽ ഏതത് മുന്നിരിപ്പാടവും കൊയ്യാം."

MPED 2024-26 BATCH

SPECIAL THANKS TO,

STAGGER SPORTS, FACULTIES AND STUDENT TEACHERS.