

DEPARTMENT OF PHYSICAL EDUCATION

2021-22

WEBINAR ON BASIC AWARENESS OF YOGA



RESOURCE PERSON
Dr. Rakhi Ramakrishnan
(Physical education Teacher, CMGHSS Kuttur, Thrissur, Kerala)



PROGRAMME SCHEDULE
Welcome:
Ms. Sarika S, (Dept. of I.C, Health and Fitness Education)
Inaugural address:
Dr. M. S Latha (Principal)
Invited Talk:
Dr. Rakhi Ramakrishnan
Vote of Thanks:
Ms. Greeshma S S, (Dept. of I.C, Health and Fitness Education)

ORGANIZING COMMITTEE
Principal: Dr. M. S Latha
Convener : Dr. Biju Sukumar
(Head, Department of Physical Education.
For more details contact: 09895334142
:09278927890.



SREE NARAYANA COLLEGE
CHATHANNUR, KOLLAM,
KERALA, INDIA.
(Affiliated to University of Kerala
Accredited by NAAC WITH ' B' Grade)

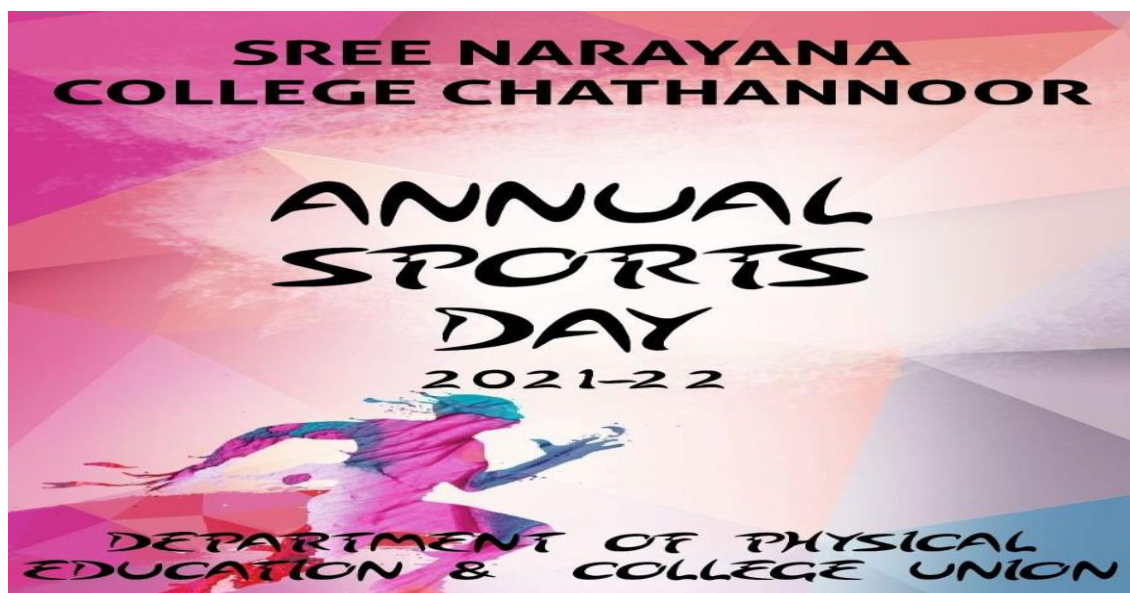
Organized by
DEPARTMENT OF PHYSICAL EDUCATION
S.N COLLEGE, CHATHANNUR

WEBINAR

“Basic Awareness of Yoga”

On 21st Jun 2021 at 08.30 A.M
Platform: Google Meet
Click hear : <https://meet.google.com/tdw-vusv-tgd>




ANNUAL SPORTS DAY



SREE NARAYANA COLLEGE CHATHANNOOR

ANNUAL SPORTS DAY
2021-22

DEPARTMENT OF PHYSICAL EDUCATION & COLLEGE UNION

<p align="center"><u>Task-1</u></p> <p>നിങ്ങളുടെ വീട്ടിലെ ഉപയോഗശൂന്യമായ പ്ലാസ്റ്റിക് കുപ്പികൾ, പഴയ പേപ്പറുകൾ, പഴയ പുസ്തകങ്ങൾ, തുടങ്ങിയവ ശേഖരിച്ച ശേഷം അവയെല്ലാം വെച്ചുവെച്ചു ചാക്കിലോ കവറിലോ അടയ്ക്കി കെട്ടിവയ്ക്കുക. എന്നിട്ട് അവയോടൊപ്പം നിൽക്കുന്ന ഫോട്ടോ Health and Fitness Education Whatsapp Group ഇൽ വൈകുന്നേരം 5 മണിക്ക് മുമ്പേ പോസ്റ്റ് ചെയ്യുക.</p>	<p align="center">SREE NARAYANA COLLEGE CHATHANNUR (Affiliated to University of Kerala Accredited with B Grade by NAAC)</p>  <p align="right">Organized by Department of Physical Education in association with Health club</p>
<p align="center">Organizing Committee</p> <p>Principal: Dr.Latha M.S Convenor: Dr.Biju Sukumar (Head, Department of Physical Education) Coordinators: Dr. C.S . Subhash Chandran , Ms. S Muthu For more details contact: 9278 9278 90</p>	<p align="center"> Onam Corona- Challenge</p> <p align="center">on 28th August 2020 at 07.00 am to 5.00 pm Platform :whatsapp Group</p> 

2020-2021

ONAM CORONA CHALLENGE

NATIONAL LEVEL ONLINE SPORTS QUIZ COMPETITION

**SREE NARAYANA COLLEGE
CHATHANNUR**

Affiliated to University of Kerala
Reaccredited with B Grade by NAAC



**Department of
Physical Education
PRESENTS**

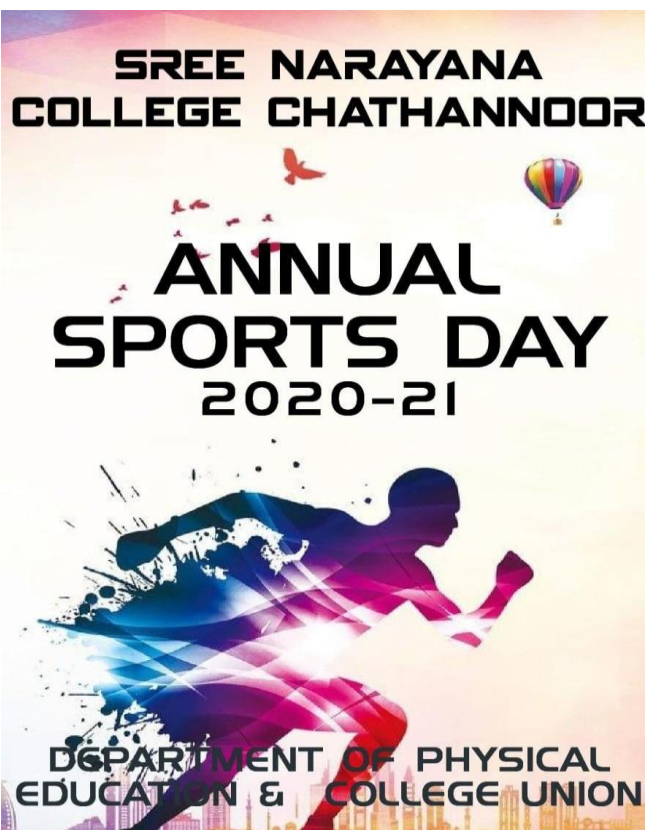
**NATIONAL LEVEL ONLINE SPORTS
QUIZ COMPETITION-2020**

DATE-28/08/2020 to 30/08/2020

**NATIONAL LEVEL ONLINE
QUIZ COMPETITION AS
PART OF NATIONAL SPORTS
DAY AUGUST-29**

CONTACT INFO:
Dr. BIJU SUKUMAR - +919278927890

ANNUAL SPORTS DAY





**SREE NARAYANA COLLEGE
CHATHANNOOR**

Department of Physical Education
Presents,

**Department wise Cricket
match 2019-'20**

Friendly Matches For Men & Women

Date : 29/08/2019

Venue : College Ground

Time : 10:00 am

YOGA CELEBRATION

2019-2020

DEPARTMENT WISE CRICKET MATCH



SREE NARAYANA COLLEGE CHATHANNUR

Chirakkara Kollam, Kerala - 691579

Affiliated to University of Kerala Accredited with B Grade by NAAC

DEPARTMENT OF PHYSICAL EDUCATION

DATE : 21 JUNE 2019 TIME : 10 AM
VENUE : COLLEGE AUDITORIUM

MY TYPE : MY YOGA



Dr. BIJU M G
HOD, Departments of Commerce
S N College, Chathannur

ORGANIZING COMMITTEE

Principal :
Dr. Subhash Chandran C S
Convener :
Shri - Dr. Biju Sukumar
HOD, Department of
Physical Education
S N College, Chathanoor.

ANNUAL SPORTS DAY

**SREE NARAYANA
COLLEGE CHATHANNOOR**

**ANNUAL
SPORTS
DAY**

2019-20

**DEPARTMENT OF
PHYSICAL EDUCATION
& COLLEGE UNION**

2018-2019

INTERNATIONAL YOGA DAY CELEBRATION



SREE NARAYANA COLLEGE CHATHANNUR

chirakkara Kollam , Kerala - 691579

Affiliated to University of Kerala Accredited with B Grade by NAAC

DEPARTMENT OF PHYSICAL EDUCATION

DATE : 21 JUNE 2019 TIME : 10 AM

VENUE : COLLEGE AUDITORIUM

RELEVANCE OF HEALTH & WELLNESS IN MODERN ERA



Dr. Rajeev Kumar R

*HOD, Department of Physical Education
Govt. College, Kariavattom*

ORGANIZING COMMITTEE

Principal :

Dr. Subhash Chandran C S

Convener :

Shri . Kiran Mohan M

HOD , Department of

Malayalam

S N College , Chathanoor.

INTRA CLASS BADMINTON TOURNAMENT

**SREE NARAYANA COLLEGE
CHATHANNOOR**

Department of Physical Education
Presents,

**Intra class Badminton
match 2018-'19**

Friendly Matches For Men & Women

Date : 29/08/2018

Venue : College Ground

Time : 11:30 am

ANNUAL SPORTS DAY



DEPARTMENT OF PHYSICAL
EDUCATION & COLLEGE UNION

2017-2018

INTERNATIONAL YOGA DAY CELEBRATIONS



SREE NARAYANA COLLEGE CHATHANNUR

chirakkara Kollam , Kerala - 691579

Affiliated to University of Kerala Accredited with B Grade by NAAC

DEPARTMENT OF PHYSICAL EDUCATION

DATE : JUNE 21 , 2017 TIME : 10 AM

VENUE : COLLEGE AUDITORIUM

**INVITED TALK ON
SCIENTIFIC ASPECTS
OF TRADITIONAL YOGA**



*Shri: AMJITH. S
HOD, Department of Physical Education
S N Training College, Neduganda*

ORGANIZING COMMITTEE

Principal :

Dr. Subhash Chandran C S

Convener :

Shri . Kiran Mohan M

*HOD , Department of Malayalam
S N College , Chathanoor.*

INTRA CLASS FOOTBALL TOURNAMENT

**SREE NARAYANA COLLEGE
CHATHANNOOR**

**Intra Class Football
Tournament 2017-'18**

Friendly Matches For Men & Women

Date : 29/08/2017

Venue : College Ground

Time : 10: 30 am

**Organised by ,
Department of Physical Education**

ANNUAL SPORTS DAY

**SREE NARAYANA
COLLEGE CHATHANNOOR**

**ANNUAL
SPORTS
DAY
2017-18**

**DEPARTMENT OF
PHYSICAL EDUCATION
& COLLEGE UNION**



CULTURAL ACTIVITIES

2021-2022

GURUKULAM FEST "GURUVANDHANAM"

SREE NARAYANA COLLEGE
CHATHANNOOR

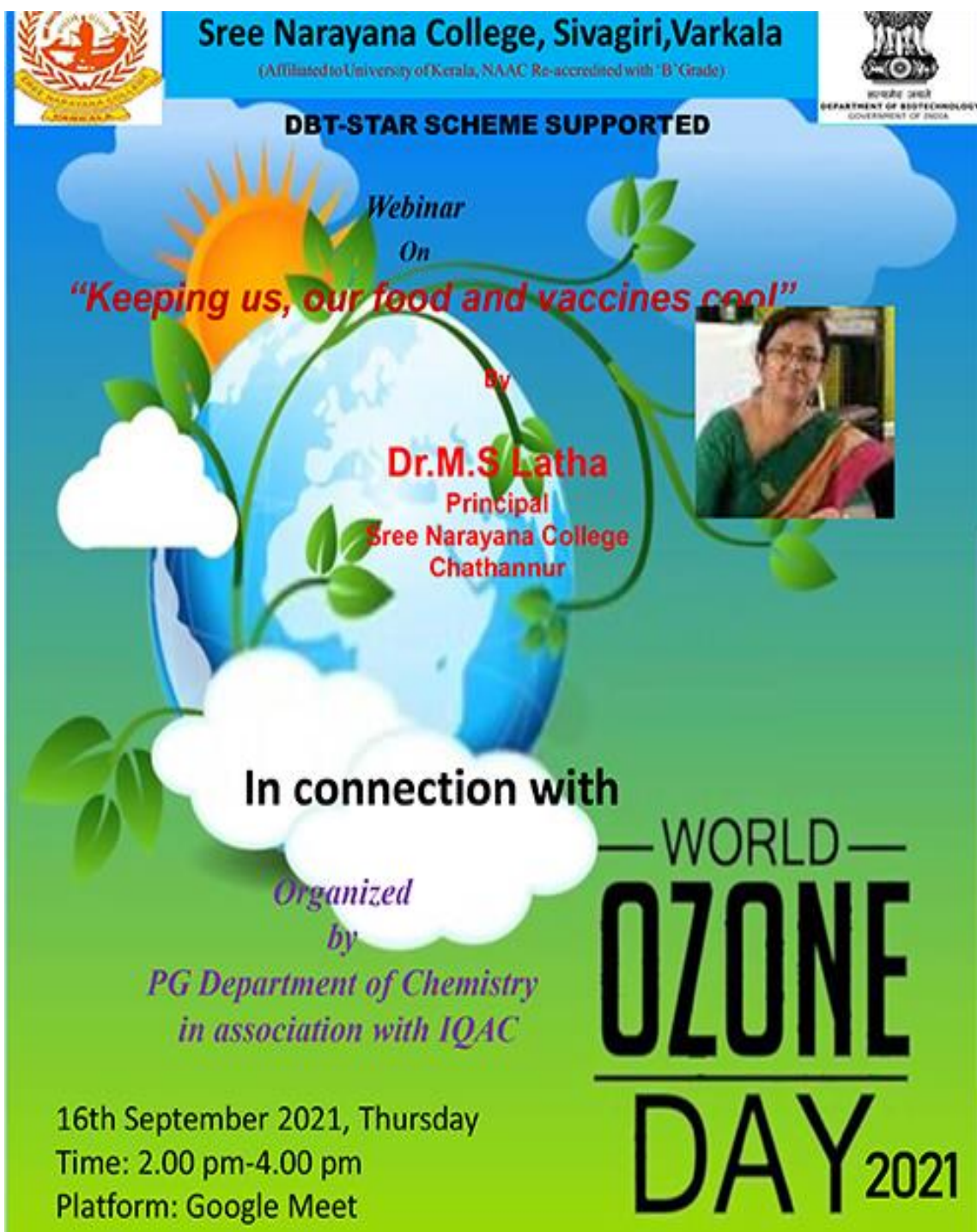
ETHICS COMMITTEE AND NSS UNIT PRESENTS
GURUKULAM FEST
GURUVANDHANAM


2021


GURUVANDHANAM | PLATFORM GOOGLE MEET
ON 24TH JUNE 2021 | AT 10.00 AM

FIESTA OF CULTURAL PROGRAMMES AND MUCH MORE THROUGH ONLINE
BY THE STUDENTS OF SREENARAYANA COLLEGE CHATHANNOOR, KOLLAM

WORLD OZONE DAY CELEBRATION




 **Sree Narayana College, Sivagiri, Varkala**
(Affiliated to University of Kerala, NAAC Re-accredited with 'B' Grade)

 **DEPARTMENT OF BIOTECHNOLOGY**
GOVERNMENT OF INDIA

DBT-STAR SCHEME SUPPORTED

Webinar
On
"Keeping us, our food and vaccines cool"

By
Dr.M.S Latha
Principal
Sree Narayana College
Chathannur



In connection with

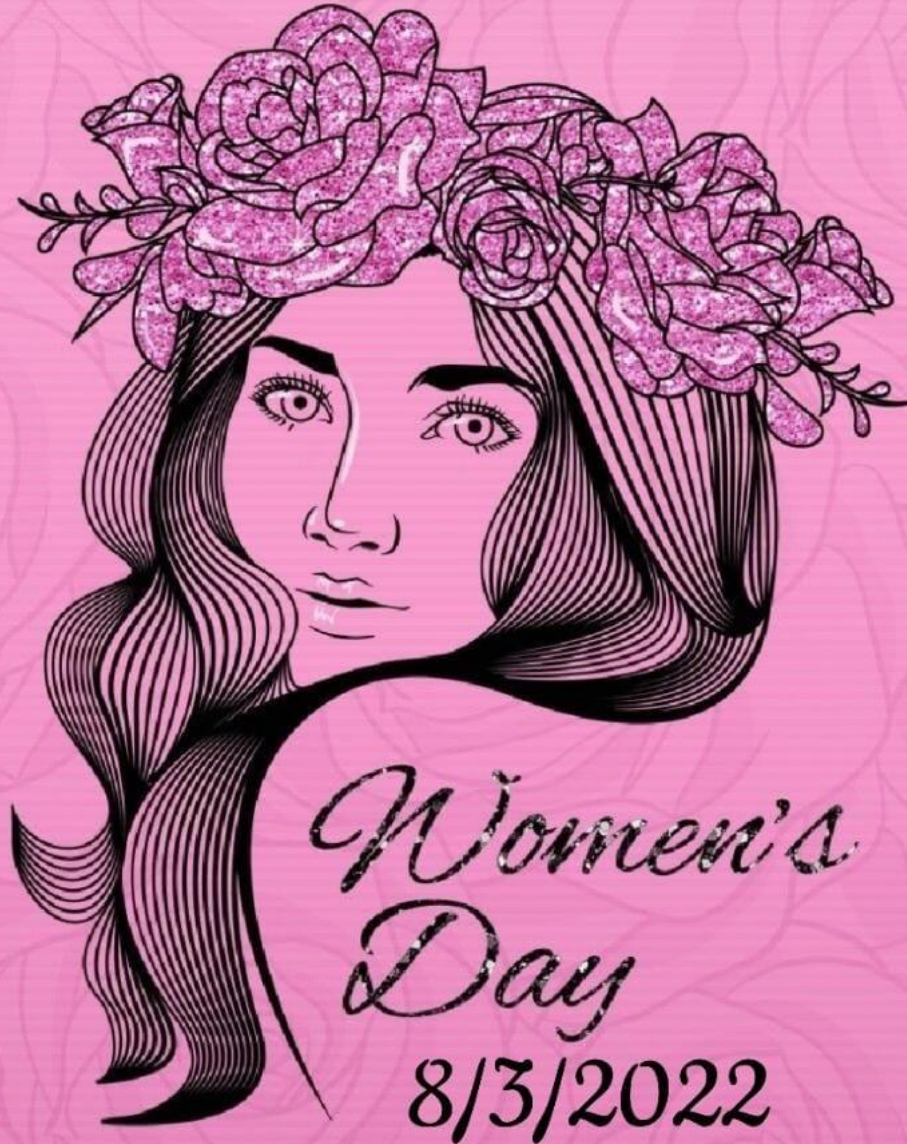
Organized
by
PG Department of Chemistry
in association with IQAC

— WORLD —
OZONE
DAY 2021

16th September 2021, Thursday
Time: 2.00 pm-4.00 pm
Platform: Google Meet

WOMEN'S DAY CELEBRATIONS

SREE NARAYANA COLLEGE CHATHANNOOR



ESSAY WRITING AND POSTER
PRESENTATION

COLLEGE DAY CELEBRATIONS

2021-22

**SREE NARAYANA
COLLEGE
CHATHANNUR**

**COLLEGE DAY
CELEBRATIONS
AT SEMINAR HALL**

29/03/2022

TIME 10.00AM

To
The Principal,
Sree Narayana College
Chathannur

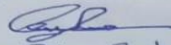
Sub: Inter Collegiate Tournaments on 13-12-2021,
14-12-2021 and 19-1-2022.

Respected Madam,

Kindly request permission to participate in the
Inter Collegiate Tournaments of Kabaddi and
Cricket held on 13-12-2021, 14-12-2021 and
19-1-2021 under the supervision and guidance
of Shri. Dr. Biju Sukumar, HOD, Department of
Physical Education

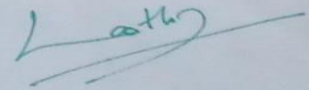
Thanking You,

Yours faithfully


Dr. Biju Sukumar
HOD, Dept of Physical Education

SNC, chathannur





To,
The Principal,
Sree Narayana College,
Chathannur

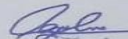
SUB: Inter Collegiate Tournaments on 2/12/2021.

Respected Madam,

Kindly request permission to participate in
the Intercollegiate Tournaments for Football
held on 2/12/2021 under the guidance and
supervision of Shri. Dr. Biju Sukumar, HOD,
Department of Physical Education

Thanking You,

Yours Faithfully,


Dr. Biju Sukumar
HOD, Dept. of Physical Education
SNC, Chathannur



To
The Principal,
SN College
Chathannur,


Sub: Intercollegiate Inter Zone Third held from
12/08/2021 to 13/8/2021 and on 08/09/2021.

Respected Madam,

Kindly request you to grant permission
to participate in the Intercollegiate Inter
Zone Third, Boxing and Kabaddi held on
12-08/2021 to 13/8/2021 and 08/09/2021
under the supervision and guidance of
Shri. Dr. Biju Sukumar, HOD, Department of Physical
Education.

Thanking You

Yours Faithfully


Dr. Biju Sukumar,
HOD, Dept. of Physical Education
SNC, Chathannur



2020-2021

TOURISM CLUB PHOTOGRAPHY COMPETITION

SREE NARAYANA COLLEGE, CHATHANNUR
Affiliated to University of Kerala, TVM
NAAC Accredited with 'B' Grade

"ECO CLICK"

TOURISM CLUB
Photography Competition
2021-2022

*IQAC & TOURISM CLUB jointly organises
an Intercollegiate Photography
Competition on
NATIONAL TOURISM DAY (25.09.2021)*

NATIONAL SCIENCE DAY CELEBRATIONS

**Sree Narayana College
Chathannoor**

SEMINAR PRESENTATION

ON NATIONAL SCIENCE DAY

Date : 28/02/2021
Venue: Seminar Hall

By,
Science Club

COLLEGE DAY CELEBRATIONS



**SREE NARAYANA COLLEGE
CHATHANNUR**

**COLLEGE DAY CELEBRATIONS
AT
SEMINAR HALL**

TIME 10.00AM

DATE-30/03/2021

2020-21

To,
The Principal,
SN College,
Chathannur

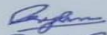
SUB: Intercollegiate Tournaments on 12-3-2021

Respected Madam,

Kindly request permission to participate in the Intercollegiate Tournaments, in the Wrestling and Boxing category held on 12-03-2021 under the supervision and guidance of Shri. Dr. Biju Sukumar, HOD, Department of Physical Education

Thanking you,

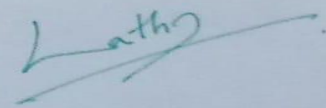
Yours Faithfully,


Dr. Biju Sukumar,

HOD, Department of Physical Education

SNC, Chathannur





2019-2020

COLLEGE DAY CELEBRATIONS

2019-20

27/03/2020 TIME 10.00AM

**SREE NARAYANA
COLLEGE
CHATHANNUR**

COLLEGE DAY
CELEBRATIONS
AT SEMINAR HALL

To,
The Principal,
Sree Narayana College,
Chathannur

SUB: InterCollegiate Tournaments on 24/10/2019,
10/11/2019, 23/11/2019, 5/12/2019, 15/12/2019
and 23/12/2019.

Respected Sir,

Kindly request permission to participate in
the Inter Collegiate Tournaments for Cricket,
Football, Kabaddi, Volleyball, Powerlifting
Boxing held on 10/10/2019, 24/10/2019, 23/11/2019,
5/12/2019, 15/12/2019 and 23/12/2019 under the
supervision and guidance of Shri Dr. Biju Sukumar,
HOD, Department of Physical Education.

Thanking You,

Yours Faithfully,



Dr. Biju Sukumar
HOD, Dept of Physical
Education,

SNC, Chathannur



2018-2019

WORLD ENVIRONMENTAL DAY CELEBRATIONS

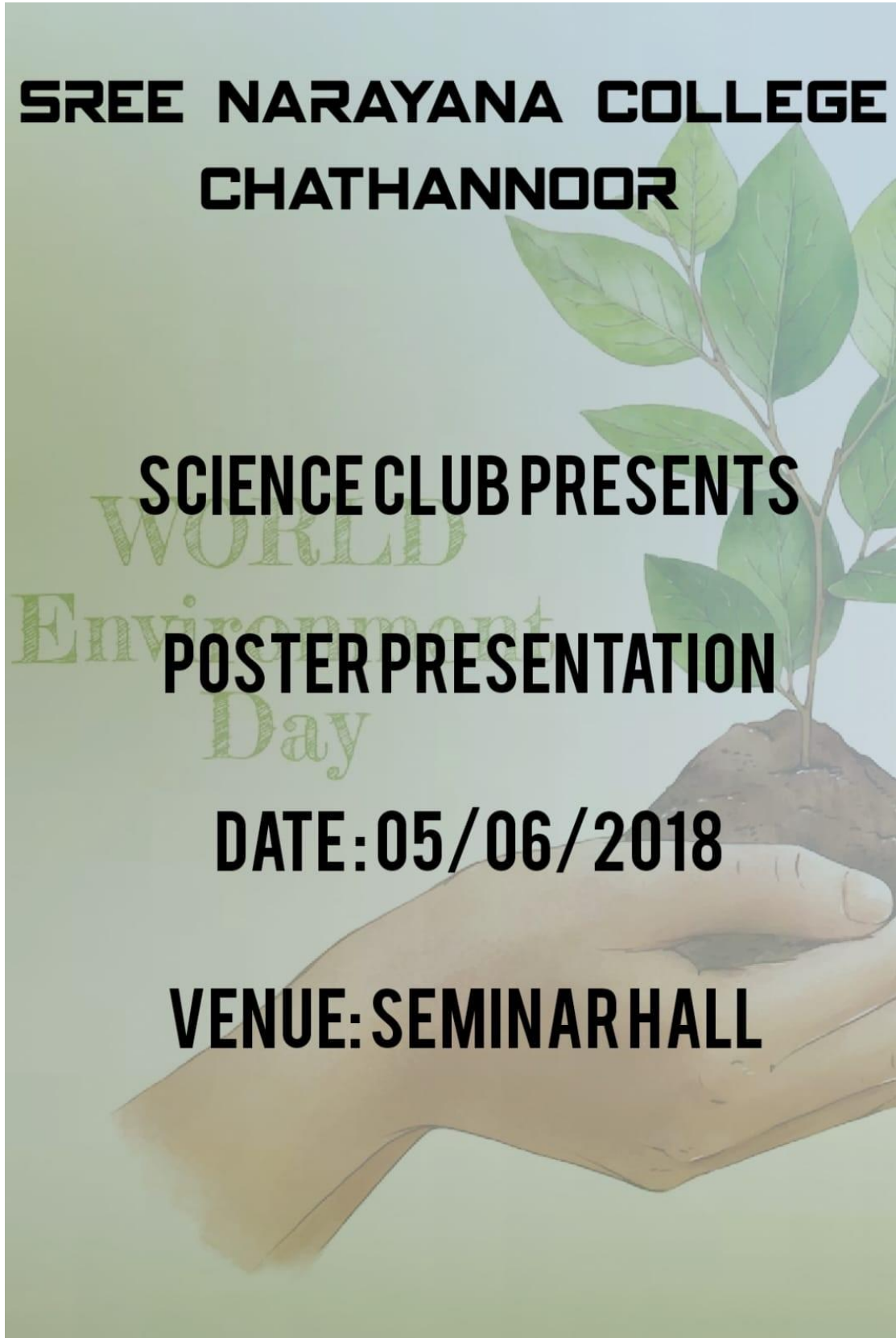
**SREE NARAYANA COLLEGE
CHATHANNOOR**

SCIENCE CLUB PRESENTS

POSTER PRESENTATION

DATE: 05/06/2018

VENUE: SEMINAR HALL



To,
The Principal
SN College
Chathannur

SUB: Inter Collegiate Tournaments held from
26/10/2018 to 15/12/2018 and 10/11/2019

Respected Sir,

Kindly request to grant permission to participate
in the Inter Collegiate Tournaments for Boxing,
Kabaddi, Powerlifting, Cricket and Football held
on 26/10/2018, 29/11/2018, 30/11/2018, 15/12/2018,
and 10/11/2019 under the supervision and guidance
of Shri Vinod A, Asst Prof, HOD, Department of Physical
Education.

Thanking you,

Yours faithfully

Vinod A

Vinod A

HOD & Asst Prof in Physical
Education,

SNC, Chathannur



Vinod A

To,
The Principal,
SN College
Chathannur

Sub: Inter Collegiate Inter Zone Third, Boxing held
on 25-10-2018 and 23-11-2018

Respected Sir,

Kindly request permission to participate in the
Inter Collegiate Inter Zone Third, Boxing held on
25-10-2018 and 23-11-2018 under the guidance
and supervision of Shri Vinod A, HOD,
Department of Physical Education.

Thanking you,

Yours Faithfully,

Vinod A

Vinod A, HOD and

Asst Prof in Department
of Physical Education,

SNC, Chathannur



Vinod A

To
The Principal
SN College
Chathannur

Sub: South Zone Inter University Tournament from
19/12/2018 to 23/12/2018.

Respected Sir,

Kindly request permission to participate in the
South Zone Inter University Tournament for Kabaddi
from 19/12/2018 to 23/12/2018 under the guidance
and supervision of Shri Vinod A, Asst Prof, HOD,
Department of Physical Education

Thanking you,

Yours Faithfully,


Vinod A

HOD, Dept of Physical
Education,
SNC, Chathannur





WOMEN'S DAY CELEBRATIONS

**SREE NARAYANA
COLLEGE
CHATHANNOOR**

**POSTER
PRESENTATION
ON WOMEN'S
DAY**

**DATE: 08/03/2019
TIME: 10:30AM
VENUE: SEMINAR
HALL**

COLLEGE DAY CELEBRATIONS



2018-19

SREE NARAYANA COLLEGE

DATE- 22/03/2019

**COLLEGE DAY CELEBRATIONS
AT SEMINAR HALL**

TIME 10.00AM



2017-2018

WORLD ENVIRONMENT DAY CELEBRATION

SREE NARAYANA COLLEGE CHATHANNUR

SCIENCE CLUB PRESENTS



POSTER PRESENTATION

ON WORLD ENVIRONMENT DAY

Date 5/6/2017

Inter collegiate Tournament

To,
The Principal
SN College
Chathannur

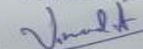
SUB: Inter Collegiate Inter Zone Second held on
30/10/17 and 31/10/17

Respected Sir,

Kindly request permission to participate in the
Inter Collegiate Inter Zone Second held on
30/10/17 and 31/10/17 for Kabaddi under the
supervision and guidance of Shri Vinod A, Asst Prof and
HOD, Department of Physical Education.

Thanking You,

Yours faithfully,


Vinod A

HOD, Department of Physical
Education,

SNC, Chathannur



To,
The Principal,
SN College
Chathannur

SUB: Intercollegiate Tournaments held on 12/5/2017

Respected Sir,

Kindly request permission to participate to the
Intercollegiate Tournament for Cricket on 12/5/2017
under the guidance and supervision of
Shri Vinod A, Asst Prof, HOD, Department of Physical
Education.

Thanking you,

Yours Faithfully,


Vinod A

Asst Prof and HOD,

Dept of Physical Education

SNE, Chathannur

88/11



To,
The Principal,
SNI College
Chathanur

SUB: Inter Collegiate Tournaments held on
6/11/2017, 7/11/2017, 22/11/2017.

Respected Sir,

Kindly request permission to participate in the
Inter Collegiate Tournaments held on 6/11/2017,
7/11/2017, 22/11/2017 under the guidance of
Shri Vinod A, Asst Prof, HOD, Department of Physical
Education.

Thanking you,

Yours faithfully,

Vinod A
HOD, Dept of Physical
Education
SNI College, Chathanur



To
The Principal,
SNI College
Chathanur

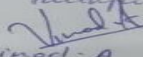
SUB: South Zone Inter University Tournament
for Kabaddi from 19/11/2017 to 22/11/2017

Respected Sir,

Kindly request permission to participate in the
South Zone Inter University Tournament for
Kabaddi held from 19/11/2017 to 22/11/2017
under the supervision and guidance of
Shri Vinod A, Asst Prof, HOD, Department of Physical
Education.

Thanking you,

Yours faithfully,


Vinod-A
Asst Prof, HOD, Dept of
Physical Education
SNI, Chathanur



NATIONAL SCIENCE DAY CELEBRATIONS

**SREE NARAYANA COLLEGE
CHATHANNOOR**

Science Club Presents
Quiz Competition

Date : 28/02/2018
National Science Day
Venue: Seminar Hall

WOMEN'S DAY CELEBRATIONS



SREE NARAYANA COLLEGE CHATHANNOOR



POSTER PRESENTATION ON WOMEN'S DAY

DATE: 08/03/2018

TIME: 10.30AM

VENUE: SEMINAR

HALL



COLLEGE DAY CELEBRATIONS



