

DEPARTMENT OF PHYSICAL EDUCATION

Annual Report 2024-25



Grace valley College of Arts & Science, Maravattam

(Affiliated to the University of Calicut)

Chengottur P.O, Malappuram Dt., Kerala. Pin: 676503

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2024-25

1. **FOOTBALL FANS SHOW -14/06/2024**

On the 14th of June, Grace Valley College of Arts & Science hosted an exhilarating Euro Copa Fans Show, organized by the Department of Physical Education in collaboration with the Baahar College Union. The event took place from 3:30 PM to 4:30 PM and was a remarkable display of college spirit and football fandom. The program, put together by enthusiastic college students, captivated the audience with its energy and creativity. The highlight of the show was a vibrant performance featuring the Nasik Dhol, which brought an electrifying atmosphere to the venue. The rhythmic beats of the drums and the enthusiastic cheer of the students created an ambiance of excitement and unity, reminiscent of the fervour found in football stadiums during major tournaments.



2. INTERNATIONAL YOGA DAY CELEBRATION- 21/06/2024

The International Yoga Day Celebration, organized by the Health and Yoga Club of the Department of Physical Education in collaboration with NSS Grace Valley, took place on June 21, 2024, at Grace Valley College. The event emphasized yoga's role in physical and mental well-being. Mr. Muneer delivered the welcome speech, followed by an inaugural address by Principal Dr. C.P. Ayoob Keyi. Mr. Safwan led awareness sessions and live yoga demonstrations. Mrs. Basila K delivered the felicitation address. Students, staff, and NSS volunteers actively participated, learning yoga techniques that enhance physical fitness, reduce stress, and promote overall wellness.



3. HEALTH AWARENESS PROGRAM – 21/06/2024

On June 21, 2024, the Department of Physical Education at Grace Valley College organized a Health Awareness Program on "Physical Activity and Wellness" as part of its extension activities. Held at Grace Valley Professional Academy from 4:30 to 6:00 PM, the session, led by Muhammed Safwan, Head of the Department, engaged 50 students. It highlighted the benefits of regular exercise, including improved cardiovascular health, mental well-being, and weight management. The program featured interactive discussions and practical demonstrations, providing students with valuable insights and actionable fitness tips to promote a healthier lifestyle.



4. SUPER PASS KERALA-23/08/2024

The Super Pass Kerala event, “ഒറ്റക്കെട്ടായി പന്ത് തട്ടാം”, was held at Grace Valley College on August 23 to promote Super League Kerala – Season 1 and encourage student participation in sports. The event featured a flash mob, a penalty shootout competition, and a sports quiz, drawing an enthusiastic crowd. The penalty shootout showcased students' football skills, while the quiz tested their sports knowledge. To boost excitement, winners received Malappuram FC jerseys as rewards. The event successfully fostered enthusiasm, team spirit, and a love for football among students.



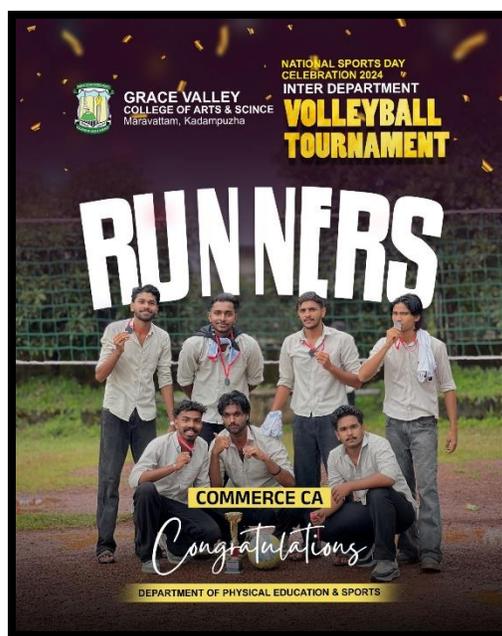
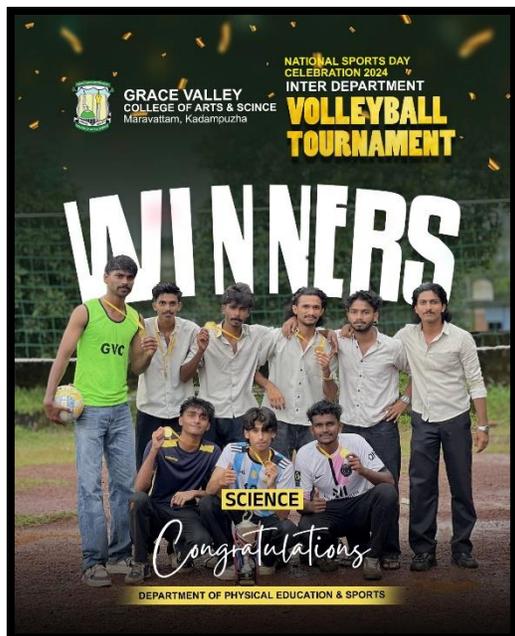
5. NATIONAL SPORTS DAY CELEBRATION-29/08/2024

The Department of Physical Education at Grace Valley College celebrated National Sports Day on August 29, 2024, with enthusiastic student participation. Events included a Sports Quiz and a Skipping Rope Challenge. Hashim Hakeem and Hamad Hamdan won the quiz, while Fathima Sana P.T. excelled in skipping. The winners received prizes from Principal Dr. C.P. Ayoob Keyi, who praised their efforts. Organized by Mr. Muhammed Safwan P.K., the event highlighted the importance of sports in fostering fitness, teamwork, and discipline. The celebration left a lasting impact, encouraging students to embrace a healthy and active lifestyle.



6. INTER DEPARTMENT VOLLEYBALL TOURNAMENT-30/08//2024

The Department of Physical Education at Grace Valley College of Arts & Science organized an Inter-Department Volleyball Tournament on August 30, 2024, from 3:15 PM to 5:30 PM. Five departments—Commerce CA, Management, Science, English, and Economics—competed with great enthusiasm. Led by Mr. Muhammed Safwan, Head of the Department, the event fostered teamwork and sportsmanship. Commerce CA emerged as champions, with Science as runners-up. Principal Dr. Ayooob Keyi presented trophies at the prize distribution ceremony. The tournament reinforced the college's commitment to physical fitness and camaraderie, inspiring students for future sporting events.



7. VOLLEYBALL COACHING CAMP 2024-25-20/10/2024

The Department of Physical Education at Grace Valley College of Arts & Science successfully conducted a Volleyball Coaching Camp for the 2024-25 academic year from September 23 to October 20, 2024, at the College Volleyball Court. The sessions, held daily from 3:30 PM to 5:00 PM, saw active participation from over 15 students eager to refine their volleyball skills. The camp focused on essential techniques, including serving, spiking, blocking, setting, and defensive strategies, with expert coaches providing personalized training. Emphasizing both individual skill development and teamwork, the sessions helped players improve their game tactics and overall coordination. Throughout the camp, students demonstrated dedication and enthusiasm, leading to the selection of 12 outstanding players for the college volleyball team. This initiative not only enhanced students' athletic abilities but also prepared them for competitive tournaments. The camp was well-received, marking another achievement in the department's commitment to promoting sports excellence.



8. COLLEGE VOLLEYBALL TEAM COMPETES IN UNIVERSITY OF CALICUT B-ZONE VOLLEYBALL TOURNAMENT -21/10/2024

Grace Valley College of Arts and Science volleyball team participated in the University of Calicut B-Zone Volleyball Tournament 2024-25, held on 21st and 22nd October 2024 at PSMO College Tirurangadi. The team comprising 12 players, put forth an impressive performance. In the first match, they secured a victory against CPA College, Puthanathani, showcasing excellent coordination and skill. However, in the next match, they faced a tough challenge against Govt. College, Malappuram, resulting in a loss. Despite this, the team gained valuable experience and demonstrated great sportsmanship, reinforcing their dedication and enthusiasm for future tournaments.



9. FOOTBALL COACHING CAMP 2024-25-24/10/2024

The Department of Physical Education at Grace Valley College organized a Football Coaching Camp for the 2024-25 academic year from August 19 to October 19, 2024, at Grace Valley Public School Ground. The camp, held daily with morning and evening sessions, saw the enthusiastic participation of 33 students aiming to enhance their football skills, teamwork, and strategic understanding. Under the guidance of experienced coaches, players trained in technical and tactical aspects such as ball control, passing, shooting, defensive strategies, and match fitness. As part of the camp, nine friendly matches were conducted with teams from nearby institutions, providing valuable practical exposure and fostering confidence and competitive spirit among participants. Based on performance, 22 outstanding players were selected for the college football team. The camp successfully strengthened the sports culture at Grace Valley College, preparing a skilled team for upcoming tournaments and receiving positive feedback from participants for its impactful training sessions.



10. COLLEGE FOOTBALL TEAM COMPETES IN UNIVERSITY OF CALICUT B-ZONE FOOTBALL TOURNAMENT -28/10/2024

Grace Valley College of Arts and Science proudly competed in the University of Calicut B-Zone Football Tournament 2024-25 at SS College, Areekode. A team of 22 players showcased exceptional skill and sportsmanship. They secured a thrilling tiebreaker victory against PTM Govt. College, followed by a dominant five-goal win over CUIET Kohinoor. Reaching the pool semi-final, they faced ISS Perinthalmanna in a tough match but fell short. Their remarkable journey to the semi-finals marked a historic achievement, providing valuable experience and setting a new benchmark for future tournaments. The college celebrates their dedication and looks forward to more success.



11. CRICKET COACHING CAMP 2024-25-07/11/2024

The Department of Physical Education at Grace Valley College conducted the Cricket Coaching Camp 2024-25 from October 17 to November 7, 2024. Held daily from 3:30 PM to 5:00 PM, the camp saw over 15 students honing their cricketing skills under the guidance of Muhammed Safwan PK, Head of the Department. Training focused on batting, bowling, fielding, fitness, and match strategies. Through drills, net practice, and match simulations, students improved their skills, teamwork, and sportsmanship. The camp fostered a strong cricket culture within the college, concluding on a high note with participants eager for future opportunities.



12. VOLLEYBALL PROMISING CAMP- 18/11/2024

As part of the Department of Physical Education & Sports' extension activities, a one-week Volleyball Coaching Camp was held at Grace Valley College from November 11 to 18, 2024. Designed to develop young school students' volleyball skills, the camp trained 13 participants in techniques, game strategies, fitness drills, and teamwork under expert coaches. Significant improvement was observed, culminating in a friendly match. The initiative received positive feedback from students and parents, emphasizing its role in grassroots sports development. The success of the program highlights the need for more such initiatives to nurture young athletes in the community.



13. ANNUAL SPORTS MEET 2024-25-06/02/2025

The Annual Sports Meet of Grace Valley College of Arts & Science, “AURA 2K25,” was held from February 3rd to 6th, 2025, organized by the Department of Physical Education and DHEEKSHA college union to foster sportsmanship, teamwork, and competitive spirit. The opening ceremony on February 3rd, led by Principal Dr. M Usman, unveiled the four competing teams—Trafford, Anfield, Bernabeu, and Camp Nou. Boys participated in football, volleyball, and tug of war, while girls competed in throwball, handball, and tug of war, showcasing immense talent and determination. The Annual Athletic Meet on February 6th featured 10+ track and field events, inaugurated by Mr. Faizal Wafy, Manager of Grace Valley Institution. Team Trafford emerged as champions, followed by Bernabeu and Anfield. The event concluded with a grand closing ceremony, recognizing winners with trophies and certificates. AURA 2K25 was a remarkable success, promoting fitness, teamwork, and a strong sporting culture.



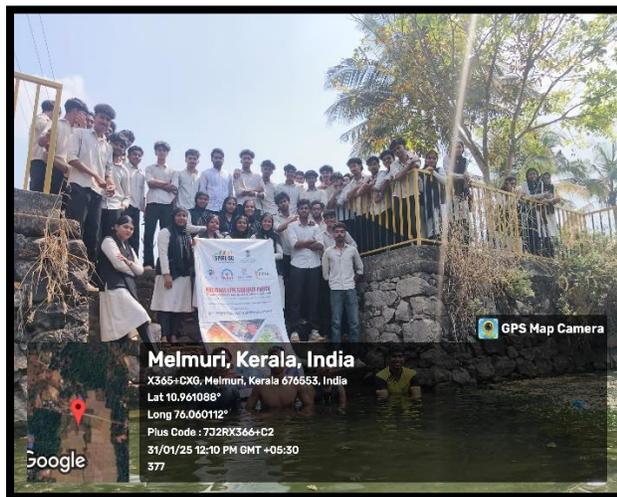
14. PARTICIPATION IN UNIVERSITY OF CALICUT BEST PHYSIQUE COMPETITION 2024-25-18/02/2025

Grace Valley College participated in the University of Calicut Inter Zone Best Physique Competition 2024-25 at Sree Krishna College, Guruvayoor. Muhammed Faris P represented the 70 kg category, showcasing dedication and strength. His performance reflected the college's commitment to fitness and sports excellence, inspiring athletes to strive for success.



15. LIFE GUARD OPEN WATER CERTIFICATION COURSE-20/02/2025

The Department of Physical Education in association with IQAC of Grace valley college conducted a Lifeguard Open Water Certificate Course, training two batches of 40 students. A total of 69 students successfully passed the exam and received certification. The course, recognized by the National Council for Vocational Education and Training (NCVET) and conducted by the Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC), focused on essential water safety, rescue techniques, and emergency response skills. The training took place at an RPL Camp at Grace valley College. Participants gained valuable lifesaving competencies, and the initiative received positive feedback for its professional and practical approach.



16. FOOTBALL TEAM FAREWELL MATCH - 20/03/2025

The Farewell Match for the Grace Valley College Football Team, held on 20 March 2025, was a memorable event organized by the Department of Physical Education & Sports to honor the outgoing players for their dedication and contributions. The event began with a welcome speech, followed by an exciting football match between the senior and junior players, showcasing remarkable sportsmanship and teamwork.

