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HENRY BAKER COLLEGE MELUKAVU

**Department of Physical
Education**

**ACADEMIC
YEAR**

2020-21

FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu Is a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala.

HENRY BAKER COLLEGE

MELUKAVU

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2020-2021

Department of Physical Education is a constituent unit of Henry Baker College Melukavuthat tries to promote physical education and develop an interest among people regarding the need and importance of sports and exercise. A student should study hard to be successful in competitive examinations but, he should also learn Physical Education and sports to enjoy the health and vigour of life.

The Department of Physical Education successfully conducted certificate course in Health and Physical Fitness and first aid. The course was of thirty hours duration and the target group was the students of Henry Baker College Melukavu. A total of nineteen students enrolled in Health and Physical Fitness and eighteen in First aid. All of them passed the final examination. Due to the unexpected attack of the pandemic COVID-19, the majority of the classes and the final examination were conducted online using Google Classroom. The aim of the course was to enable the students to understand the responsibilities of a first aider and assess their own health and fitness. Three students of Henry Baker College participated in the MG University inter-collegiate wrestling championship held at CMS College Kottayam. Vijay P Biju 3rd year B.Com student secure first place in MG University inter-collegiate wrestling championship.

Coordinator

Mr. Jithin Thomas Abraham