



TITUS II TEACHERS COLLEGE TIRUVALLA

DEPARTMENT OF PHYSICAL EDUCATION

**Sports, Games and Health Club
Activities Over the Years**



UNIVERSITY REPRESENTATION

OUR GOLDEN STARS



- Represented M.G. University Handball team in the Inter University Handball Championship during the year 2012-2013
- Represented Kerala State Handball team in the Senior National Handball Championship during the year 2012-13.



UNIVERSITY REPRESENTATION

OUR GOLDEN STARS

- **Represented
M.G. University Football
team in the Inter University
Football Tournament during
the year 2012-13.**



Dhanya K.



INTER COLLEGIATE COMPETITIONS



Overall Championship and
Top Scorer in Men's
Section in the M.G.
University Inter Training
Collegiate athletic Meet
held at Kottayam on 15th
February 2014.

&

Overall Runnerup in the
All Kerala
Teachers' Training
College Athletic meet
held at Marangattupily
on 31st January 2014.



INTER COLLEGIATE COMPETITIONS



Overall Championship in the Principals' Trophy Inetr B.Ed Shuttle Badminton Tournament held at Titus II Teachers College, Tiruvalla during the year 2012-2013.



INTER COLLEGIATE COMPETITIONS



Won First prize in the Marchpast competition in the InterTraining Collegiate Athletic Competition held at Kottayam in the year 2011-12.



INTER COLLEGIATE COMPETITIONS



Won First prize in
the Marchpast
competition in
the Inter Training
Collegiate
Athletic
Competition held
at Kottayam in
the year 2010-11.



INTER COLLEGIATE COMPETITIONS

Inter Training Collegiate Athletic Meet held at Nehru
Stadium , Kottayam



Abin Alexander
(Men Champion 2010-11)



Joma Philip
(Women Champion 2009-10)



INTER COLLEGIATE COMPETITIONS



Won First prize in the Marchpast competition in the InterTraining Collegiate Athletic Competition in the year 2009-10.



INTER COLLEGIATE COMPETITIONS



Overall Runner
up in the Inter
B.Ed Shuttle
Tournament held
at Titus II
Teachers
College,
Tiruvalla in the
year 2007-08.

Overall Championship in the Inter B.Ed Shuttle
Tournament held at SJB College of Education,
Nedumkunnam
during the year 2007-08.



Add-on course in Yoga

THEORY HOURS



Add-on course in Yoga



Add-on course in Yoga



Add-on course in Yoga



Add-on Course in Aerobics



Add-on Course in Aerobics



Add-on Course in Aerobics



HEALTH CLUB ACTIVITIES



Dr. Abraham P. Sam (Poyanil Hospital, Kozhencherry) taking class on **'FIRST AID'**



HEALTH CLUB ACTIVITIES



Prof. Titus Thomas welcomes Dr. P.J. Thampy (Puspagiri Medical College, Thiruvalla) who took a class on
‘PAIN & PALLIATIVE CARE’

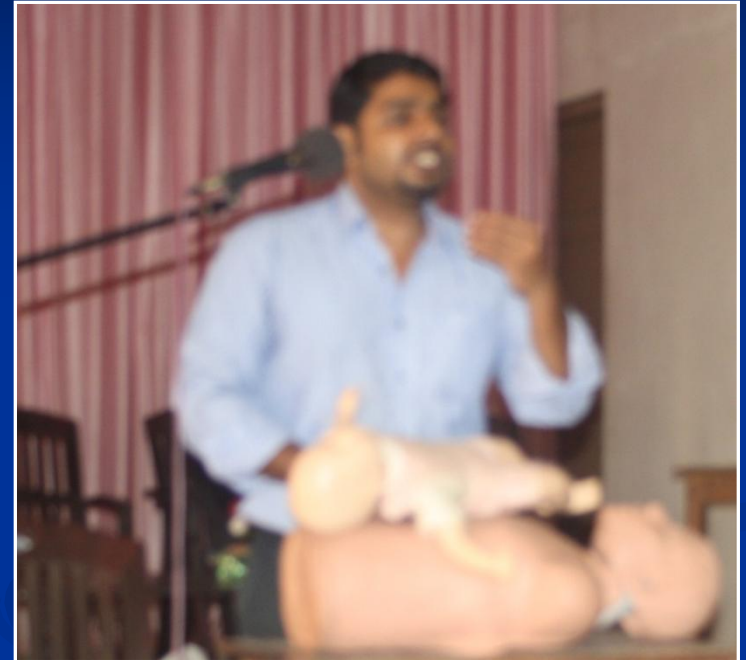


HEALTH CLUB ACTIVITIES



Sri. Binu Varghese
(C.I. of Police, Tiruvalla)
taking a class on

‘ROAD SAFETY’



Dr. Liju Kurien (Muthoot
Hospital, Kozhencherry)
leading a class on

‘FIRST AID’



HEALTH CLUB ACTIVITIES



**Dr. Mathew Tharian (Muthoot
Hospital, Kozhencherry)
taking a class on
'SUBSTANCE ABUSE'**



**Identification of
Students
Blood Group**



STUDENTS ACTIVITIES IN TEACHING PRACTICE SCHOOLS



Teacher Trainees Taking Aerobic class to the students of the teaching practice school



STUDENTS ACTIVITIES IN TEACHING PRACTICE SCHOOLS



Ms. Achamma Mathew taking Class on
'COMMUNICABLE DISEASE' and
'**SUBSTANCE ABUSE**' in the teaching practice school

Golden Jubilee Principals' Trophy Inter B.Ed Shuttle Badminton Tournament



Principals' Trophy



Principals' Trophy



Principals' Trophy



Principals' Trophy



ANNUAL SPORTS MEET



ANNUAL SPORTS MEET



ANNUAL SPORTS MEET



GAMES COMPETITIONS



GAMES COMPETITIONS



GAMES COMPETITIONS



MINOR GAMES



Winners – Tug of war



Thank
You...

A bouquet of chrysanthemums in shades of pink, white, and light yellow, set against a soft, light pink background. The flowers are in focus, with some showing their green centers. The overall mood is warm and appreciative.