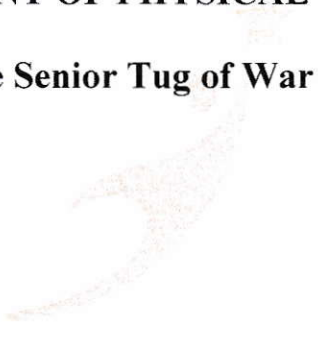


DEPARTMENT OF PHYSICAL EDUCATION

Kerala State Senior Tug of War Competition


Naipunnnya[®]

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Date of Event: 21st July, 2024

Faculty-in-Charge: Ms. Niya Scaria



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REPORT

Kerala State Senior Tug of War Competition

The **Kerala State Senior Tug of War Competition** was conducted at **Al Ameen College, Edathala**, on **21 July 2024**. The competition was a **State-level event** that brought together strong and skilled teams from various districts and institutions across Kerala, making it a highly competitive and prestigious tournament. **Eight students** from our institution participated in the championship and demonstrated exceptional physical strength, coordination, teamwork, and determination throughout the competition. Tug of war requires not only muscular power but also strategic positioning, rhythm, and unity among team members. The participants displayed all these qualities consistently in every round. Through their disciplined training, commitment, and collective effort, all **8 students secured gold medals**, achieving first position in the competition. This outstanding performance reflects the high standard of coaching, regular practice, and the athletes' dedication to excellence in sports. Participation in this state-level competition provided valuable exposure and competitive experience to the students, helping them enhance both physical and mental toughness. The remarkable achievement has brought great pride and recognition to the institution and has further motivated students to actively participate in strength-based and team sports.

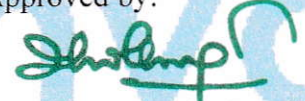
Prepared and Verified by:



Ms. Niya Scaria

HoD, Physical Eduaction

Approved by:



Rev. Fr. Dr. Paulachan K J

Principal



PHOTOGRAPHS

