

Department of Physical Education  
Union Christian College, Aluva - 683102  
Proudly Presents



## "Journey Through Major Sporting Events"



**Ms. Sharanya Srikala Nair**  
National Fencer  
25.08.2020



**Ms. Sefy George**  
National Netball Player  
26.08.2020



**Mr. Josemon.P.P**  
National Netball Player  
26.08.2020



**Mr. Arshad.A.A**  
National Softball Player  
27.08.2020



**Mr. Harshad.V.K**  
National Hockey Player  
28.08.2020

A Series Featuring Our Major Sports Stars  
as Part of National Sports Day 29 August 2020

[Click Here to Join Google Meet](#)

From: 25th to 28th  
Time : 2:00 pm - 3:00 pm

**Closing Day**  
29 August 2020, 9:00 am



Guest Speaker: **Shri. Tinu Yohanam**  
Former Indian Cricketer, Present Kerala Renji Coach  
**Topic : Athletes and Performance : Sports During Pandemic**

**Dr. Anil Thomas Koshy**  
Convener

**Dr. David Saj Mathew**  
Principal

**Dr. Bindu.M**  
Co-Convener

# Report on Webinar

A Series Featuring the union Christian College Sports Stars

# Day 1: 25<sup>th</sup> Aug 2020

Speaker : Ms.Sharanya Srikala Nair  
Participant count : 40  
Topic : Fencing

Speaker had a talk on History, different types of fencing and peculiarity of each type. Which was very helpful to understand and analysis the game “ **Fencing** “

The screenshot shows a Zoom meeting interface. On the left, a slide titled "What is Fencing???" is displayed. The slide content includes the text "Fencing is a group of three related combat sports." and an image of two fencers in action. On the right, a vertical list of participants is visible, including: anil koshy, Dr. Bindu M bindum, sharanya s nair, and Jom Paul. A "People (40)" header and a "Chat" icon are also present.

The screenshot shows a Zoom meeting interface with a grid of participants. The grid includes: Sharanya S Nair, Akhil Raj, Arjun Ram, Dr. Bindu M bindum, Hari Lalkt, ROSHIN RAJ, Jalak Sharma, sethu ram, Seena M Mathai, anil koshy, MARYN JOSE, Dr Pearly Alex, Vishnu Krishnan (with a note "Vishnu Krishnan has left the meeting"), Adish Soman, Elizabeth Abraham, Alex thachil, and Nafia Fazal. On the right, a "People (40)" header and a "Chat (3)" icon are visible, along with a list of participants including: sheethal nidhin (You), Adish Soman, Akhil Raj, Akhil Yohannan, Alex thachil, Amaljith P S, Anagha Boas, and anil koshy.

# Day 2: 26<sup>th</sup> Aug 2020

Speaker : Ms. Sefy George and Mr. Josemon.P.P  
Participant count : 40  
Topic : NetBall

Both Speaker's distributed their knowledge in Netball with the PPT and sample videos.

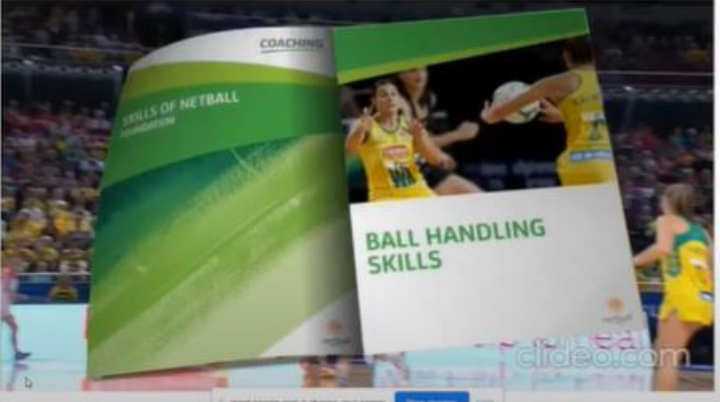


The image shows a presentation slide with a central logo for Netball. The logo consists of a yellow circle containing a white silhouette of two players in action, one jumping to catch the ball. Above the circle, the word "NETBALL" is written in a purple, semi-circular font. On either side of the circle are smaller purple circular icons containing white symbols. The entire logo is set against a white background with purple rectangular blocks on the left and right sides. Below the logo, there is a small text box that says "meet.google.com is sharing your screen." and a "Stop sharing" button.




The image shows a vertical stack of three video call participant windows. The top window shows a man with glasses and a mustache, identified as "anil koshy". The middle window shows a woman with glasses, identified as "Dr. Bindu M bindum". The bottom window shows a woman with dark hair, smiling.

## BALL PASSING



The image shows a presentation slide titled "BALL PASSING". Below the title is a photograph of a netball coaching manual. The manual is open, showing a green cover on the left and a white page on the right. The cover has the text "COACHING" and "SKILLS OF NETBALL". The white page has the text "BALL HANDLING SKILLS". The background of the photograph shows netball players in action on a court. A "clideo.com" watermark is visible in the bottom right corner of the photograph. Below the photograph, there is a small text box that says "meet.google.com is sharing your screen." and a "Stop sharing" button.

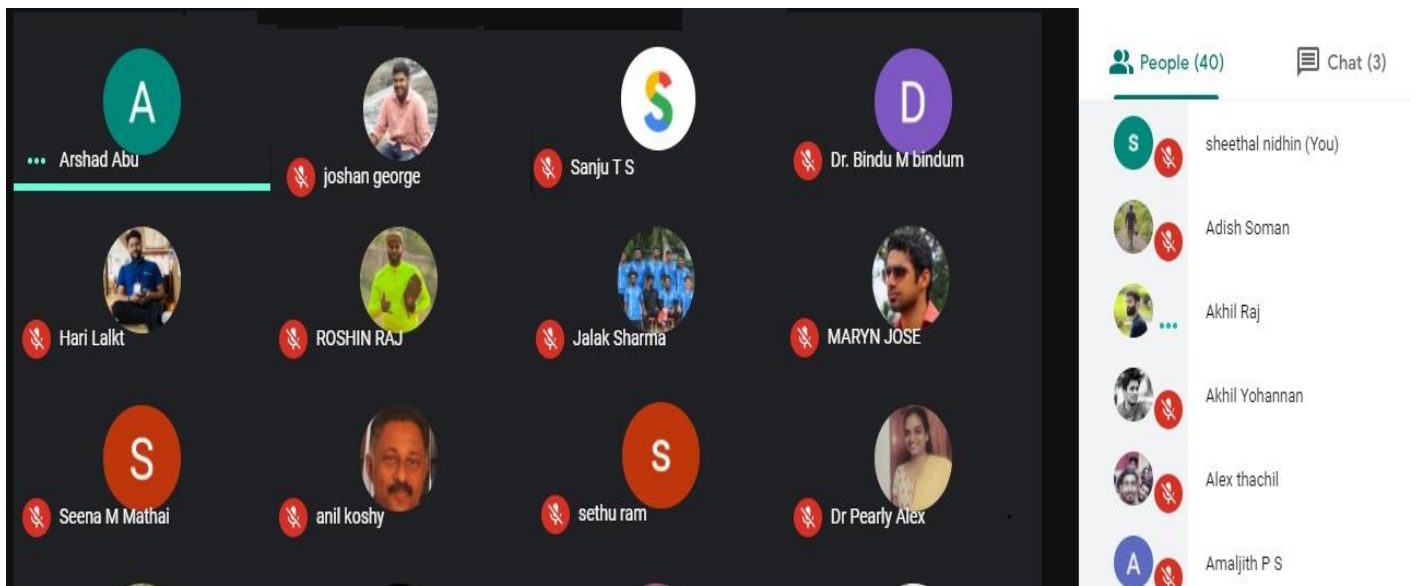
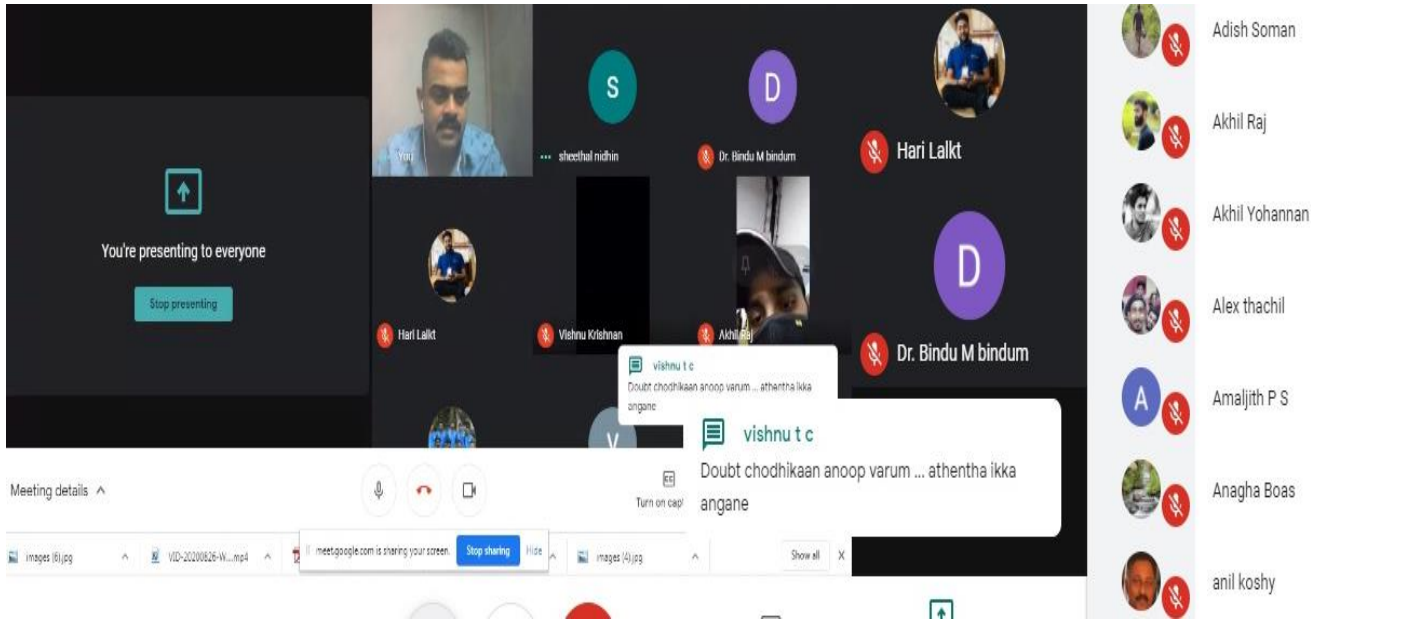


The image shows a vertical stack of four video call participant windows. The top window shows a man with glasses and a mustache, identified as "anil koshy". The second window shows a woman with glasses, identified as "Dr. Bindu M bindum". The third window shows a woman with dark hair, smiling. The bottom window shows a man with a beard and glasses, identified as "Jose Paulpeter".

# Day 3: 27<sup>th</sup> Aug 2020

Speaker : Mr.Arshad.A.A  
Participant count : 40  
Topic : Soft Ball

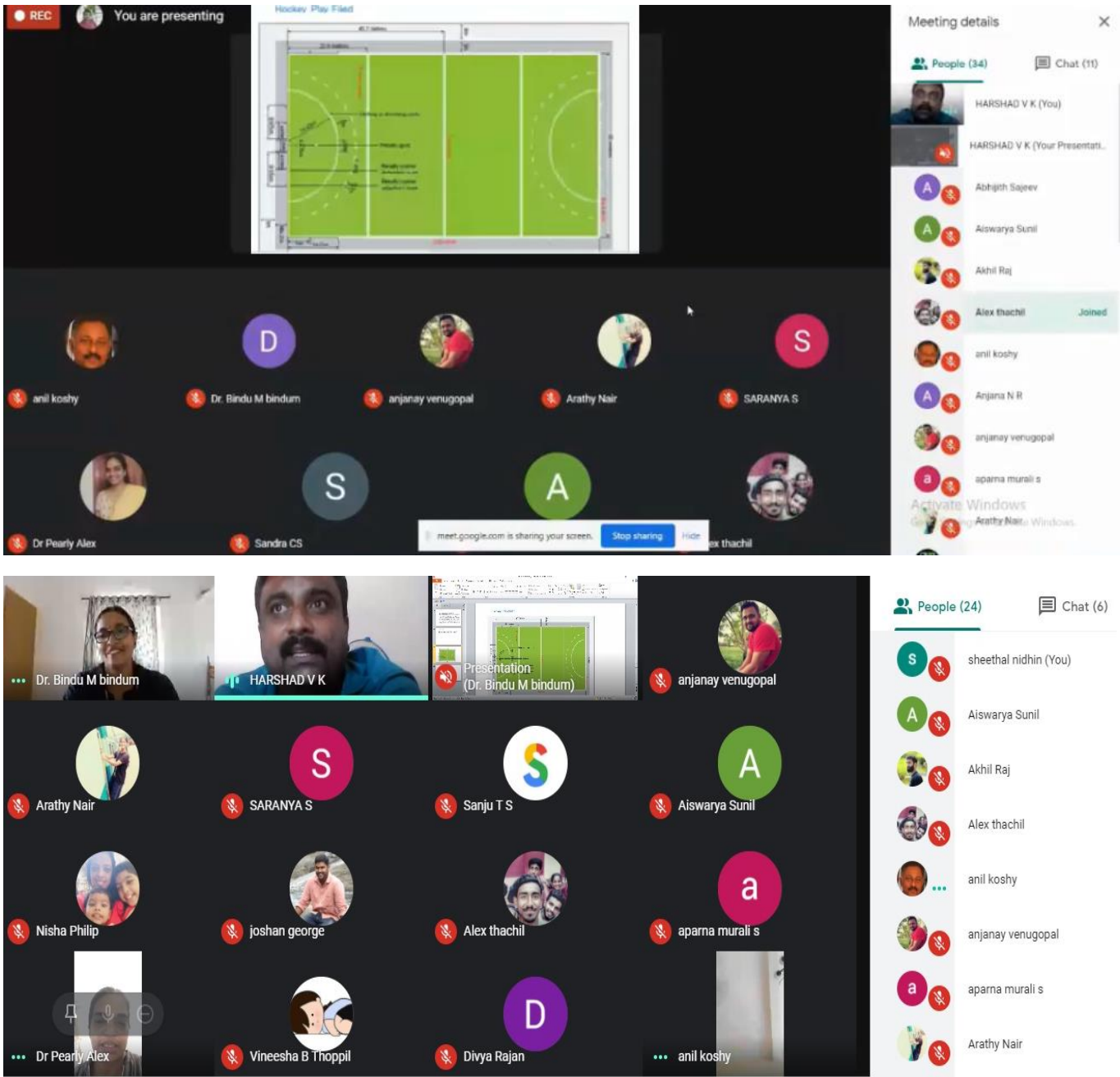
Mr Arshad ,had given a good picture of softball ,How the rules and regulations mandatory in this game and how can we implement the particular game rules for better result.



# Day 4: 28<sup>th</sup> Aug 2020

Speaker : Mr.Harshad V.K  
Participant count : 34  
Topic : Hockey

It was a good informal talk which clear all the doubts in Hockey.



# Day 5: 29<sup>th</sup> Aug 2020

Speaker : Mr.Tinu Yohanan  
Participant count : 48  
Topic : Athletics and performance ;Sports in Pandemic

REC anil koshy is presenting

Meeting details >

People (26) Chat (1)

- sheethal nidhin (You)
- Abhijith Sajeev
- Ajai Kumar
- Ajanya T.P
- Alex thachil
- ALeΞηα suReNDRĂn
- anil koshy

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People (33) Chat (4)

- sheethal nidhin (You)
- Abhijith Sajeev
- Ajai Kumar
- Ajanya T.P
- Alex thachil
- ALeΞηα suReNDRĂn
- anil koshy
- Anjana N R

**SUBSCRIBE**

WI 45/1  
177 sec / 8 min

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**People (38)** **Chat (4)**

- sheethal nidhin (You)
- Abhijith Sajeev
- Aiswarya Sunil
- Ajai Kumar
- Ajanya T.P
- Alex thachil
- ALeεŊa suReNDRĀn
- anil koshy

Principal principal

Dr. Bindu M bindum

anil koshy

Activates Vanil koshy (Presentation)

**People (36)** **Chat (4)**

- sheethal nidhin (You)
- Abhijith Sajeev
- Aiswarya Sunil
- Ajai Kumar
- Ajanya T.P
- Alex thachil
- ALeεŊa suReNDRĀn
- anil koshy

Tinu Yohannan

anil koshy

Dr. Bindu M bindum

Major K S Narayanan

anil koshy

Principal principal

Dr. Sonia Chacko soniach...

Dr. Bindu M bindum

People (45) Chat (4)

- sheethal nidhin (You)
- Abhijith Sajeev
- Aiswarya Sunil
- Ajai Kumar
- Ajanya T.P
- Alex thachil
- ALεεΠα suReNDRĂn
- anil koshy

anil koshy

Principal principal

Tinu Yohannan

Dr. Bindu M bindum

Pareekshith RS

Vineesha B Thoppil

Nandhini Pt

Rohit Koshy thomas

Anjana N R

Krishnendhu EU

Reena Philip

Major K S Narayanan

Jisna Joseph

Maneesha c.k

Ashina Ashi

Divya Rajan

People (48) Chat (4)

- sheethal nidhin (You)
- Abhijith Sajeev
- Aiswarya Sunil
- Ajai Kumar
- Ajanya T.P
- Alex thachil
- ALεεΠα suReNDRĂn
- anil koshy