

THE CHAMPIONS



PHYSICAL EDUCATION & SPORTS NEWSLETTER



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RSET
 RAJAGIRI SCHOOL OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)

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ABOUT RSET SPORTS



Physical Education & Sports is an integral part of Rajagirian's total educational programme. The Physical education faculty of RSET is committed to providing students with a worthwhile and enjoyable learning environment while providing the necessary knowledge and tools to adhere to a lifetime of activity and better health. RSET has been maintaining a high standard in almost all games. We offer systematic training and coaching for various sports & games.

VISION & MISSION

VISION

To develop our students physical, mental, moral & spiritual values and moulding them as eminent professional with creative minds and innovative ideas, and shape their future with a healthy citizen of our nation.

MISSION

To provide, knowledge based services to the society to create awareness in health, wellness and physical fitness and to create an ideal academic environment for student learning and professional growth.

FACULTY & STAFF



DR.SHIBU P.P M.P.Ed , M.Phil
Deputy Director - Physical Education
Specialized in Volleyball & Handball



DR.REJEESH T.CHACKO M.P.Ed ,NET
Deputy Director - Physical Education
Specialized in Football
AIFC D License Coach



MS.JINSHA T.K M.P.Ed
Assistant Professor - Physical Education
Specialized in Volleyball & Cricket



REJEESH A.T
FITNESS TRAINER



ANTONY DEVASSY
BASKETBALL COACH



JISHA MAJEED
VOLLEYBALL COACH



SOMAN P.K
GROUND MARKER

SPORTS FACILITIES



BASKETBALL COURTS WITH FLOOD LIGHT FACILITY



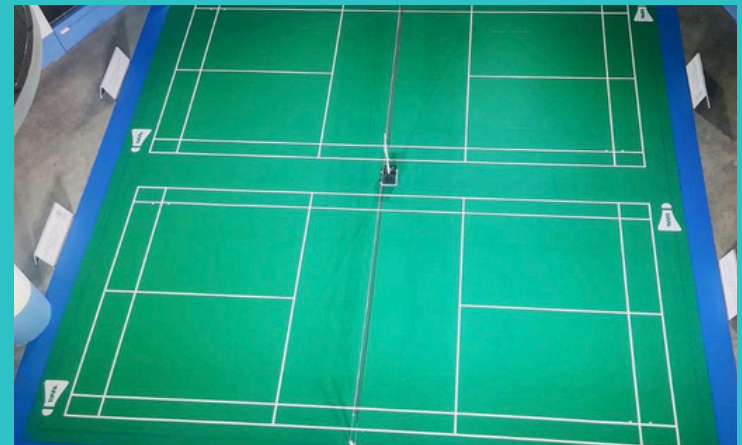
FOOTBALL FIELD



CRICKET GROUND



INDOOR BADMINTON COURTS



SPORTS FACILITIES



VOLLEYBALL COURTS



ATHLETICS TRACK



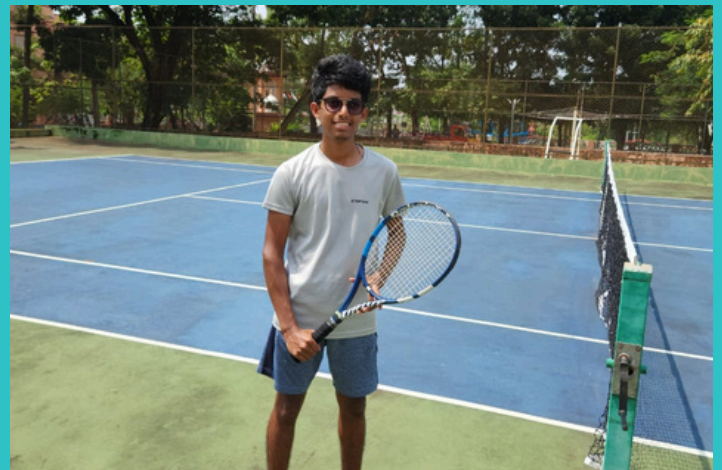
FITNESS CENTER



HANDBALL COURT



INDOOR TABLE TENNIS FACILITIES /TENNIS COURT



AIFC COACHES CONCLAVE 2023



Association of Indian Football coaches in association with Rajagiri School of Engineering & Technology-Kochi organized Coaches Conclave Kerala 2023 at RSET from 18 & 19 November 2023.



Dr.Navaz Meran (Kerala Football Association President) inaugurated the conclave with the presence of Mr.Dinesh Nair (Founder Director-AIFC) ,Mr.Joe Paul Ancheri (Former Indian Footballer) ,Mr.Anilkumar (KFA Scretary) and Dr.Jaison Paul Mulirikkal CMI (V.Principal -RSET). Practical and Theory session lead by Ivan Vukomanovic (Head Coach-Kerala Blasters FC) ,Verner Martin (Fitness Coach - KBFC),Robin Charls Raja (AFC Pro License Coach) ,Saifulla Bin Nazar (Former Everton FC Fitness Coach).

150 coaches from all over the world were participated in the conclave.

RSET TEAMS @ APJAKTU D-ZONE & INTER ZONE COMPETITIONS



RSET won many laurels in APJAKTU D Zone & Inter zone sports and games during the year 2023-2024. RSET emerged trophies in the APJAKTU D Zone inter collegiate competitions

D - ZONE RESULTS

- Chess (Women) Runner Up
- Chess (Men) 1st Runner UP
- Cricket (Men) Winner
- Basketball (Women) Runner Up
- Badminton (Men) Runner Up
- Badminton (Women) Runner Up
- Handball (Men) Winner
- Handball (Women) Runner Up
- Football (Men) 1st Runner Up
- Kho-Kho (Women) Runner Up
- Kho-Kho (Men) Runner Up
- Table Tennis (Women) Winner
- Table Tennis (Men) Winner



RSET TEAMS @ APJAKTU D-ZONE & INTER ZONE COMPETITIONS



INTER -ZONE RESULTS

- Badminton (Women) **Winner**
- Table Tennis (Men) **Winner**
- Table Tennis (Women) **Runner Up**
- Tennis (Men) **1st Runner Up**



INTERNATIONAL YOGA DAY



International Yoga Day is celebrated worldwide on 21st June every year to promote the benefits of yoga for physical, mental, and spiritual well-being. Department of Basic Sciences & Humanities, Physical Education & Sports of Rajagiri School of Engineering & Technology –Kochi in association with EYGDS and Viwasanthi Foundation jointly organized a special event to mark International Yoga Day on 21st June 2023 at RSET Chavara Hall.



Expert yoga instructor Sri.Gangadharan C.Y conducted interactive sessions to introduce various yoga asanas (postures) and pranayama (breathing exercises).80 students and 10 staff members were actively participated in the event.

ZUMBA FOR FITNESS & FUN



Physical Education & Sports RSET Organized one day Zumba Fitness Workshop on 29 April 2024. Ms. Krisha Jilson (Canberra -Australia) were lead the workshop. Students and Staff from various departments participated the workshop with full fun and energy .



TOURNAMENTS ORGANIZED



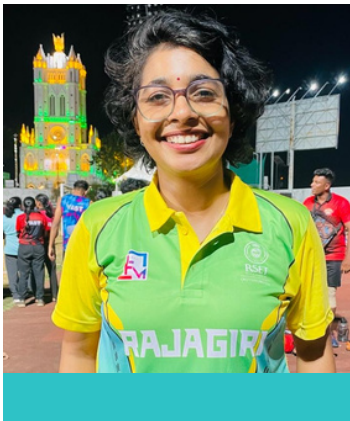
RSET Physical Education and Sports organized APJAKTU D Zone Handball (Men & Women) championships at RSET on November 2023 and also organized APJAKTU Inter Zone Chess (Men & Women) as well as Yogasanam (Men & Women) at RSET on November 2023.



ACHIEVEMENTS OF STUDENTS & STAFF



Rohan Nair of S6 ECE Represented Kerala U25 Cricket team in the CK Naidu Trophy interstate Cricket Tournament 2023-2024.



Ms. Jinsha T.K of RSET won the Gold medal in staff 100 mts race at APJAKTU Athletic Meet at Trivandrum on March 2024.

STAFF BADMINTON WINNERS

WOMEN'S DOUBLES



**Jisha & Meenu
WINNERS**



**Neethu & Sangeetha
RUNNER-UP**

MEN'S DOUBLES



**Kiran & Krishnaraj
WINNERS**



**James & Shibu
RUNNER -UP**

UNIVERSITY COLOURS



RSET Students represented APJAKTU in All India Inter University Championships during the year 2023-2024.



Christy Treasa Joseph
Table Tennis



Johny Rony
Lawn Tennis



Greeshma Varma
Chess



Joel.K.Saji
Badminton



Anamika P.S
Kho-Kho



Alan Sam
Football



Avanthika S.Biju
Basketball



Sathyajith .S
Football



Tenson Francis
Football

“RANABHOOMI” ANNUAL ATHLETIC MEET



The 17th annual athletics meet 2023-24 was a resounding success, bringing together students, athletes and sports enthusiasts in a celebration of talent, dedication and sportsmanship. The meet begins with the opening march past commenced with the college NCC leading the way followed by enthusiastic participation from the different houses Aryans, Mughals, Rajputs, Spartans and Vikings showcasing discipline, unity and team spirit.



Principal Dr. P.S Sreejith inaugurated the annual athletics meet by proudly raising the college flag and hand over lighting of the torch, symbol of the beginning of the athletics meet and often signifies the passion of the flames of competition from one generation of athletes to the next distinguished. Six athletes who has achieved significant success and represents the college as well as universities is chosen to carry the torch into the ground and ignite the cauldron. Rev.Dr. Joel George Pullilol CMI gave the felicitation and Rev.Dr.Jaison Paul Mulerikkal CMI gave the presidential address. The solemn Oath taking Ceremony led by Sports secretary Mr. Mohammed Sinan

“RANABHOOMI” ANNUAL ATHLETIC MEET



The title of individual championship bagged by Mr. Renil Paulson (S8 AEI) and Ms. Pranathi K K (S4 CSE) of ARYANS. The overall champions and Runner up are VIKINGS and ARYANS. The prize distribution and lowering the flag were held by Rev. Dr. Joel George Pullolil CMI and Rev. Dr. Joseph Mathew CMI. The meet finally closed with the singing of the National Anthem.



RSET @APJAKTU ATHLETICS MEET



Our students actively participated and won medals in the 6th APJAKTU Inter Collegiate Athletics Meet at Chandrashekharan Nair Stadium – Thiruvananthapuram from 1st March to 3rd March 2024. Pranathi K K of S4 CSE won 2 gold medals in 1500 meters and 3000 meters, Anamika P S of S2 ECE secured silver medal in 200 meters and the team comprising Krishnethu, Pranathi, Aleena and Anamika won bronze medal in 4 X 100 meters Relay.



RSET SPORTS IN MEDIA



മലയാള മനോരമ on 03/17/2024



കോതമംഗലം മാർ അത്തനേഷ്യസ് എൻജിനീയറിംഗ് കോളജിൽ നടന്ന കേരള സാങ്കേതിക സർവകലാശാല ലീഗ് ഫസ്റ്റ് റൗണ്ടിൽ ജേതാക്കളായ കാക്കനാട് രാജഗിരി എൻജിനീയറിംഗ് കോളേജ് ടീം.



കണ്ണൂരിൽ നടന്ന കേരള സാങ്കേതിക സർവകലാശാല ഇന്റർ സോൺ ട്രോഫി ടൈംസ് ചാംപ്യൻഷിപ്പിൽ പുരുഷ വിഭാഗം ജേതാക്കളായ കാക്കനാട് രാജഗിരി എൻജിനീയറിംഗ് ടീം, കോളേജ് അധികൃതർക്കൊപ്പം.

Mathrubhumi മാതൃഭൂമി



ഫലക്കാട് നടന്ന കേരള സാങ്കേതിക സർവകലാശാല ഇന്റർ സോൺ വനിതാ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിൽ ജേതാക്കളായ കാക്കനാട് രാജഗിരി എൻജിനീയറിംഗ് കോളേജ് ടീം. തുടർച്ചയായി അഞ്ചാം തവണയാണ് രാജഗിരി ചാമ്പ്യന്മാരായത്. രാജഗിരിയിലെ അക്കാദമിക് വിഭാഗത്തിന് ഗ്രാമി പ്രസിഡ്. ദക്ഷിണ മേഖല അന്തർ സർവകലാശാല ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിനുള്ള ടിക്കറ്റ് ഇടം നേടി. 14/11/2023 ERNAKULAM Pg 09

Rohan Nair's unbeaten ton highlights Combined Districts' victory; Thiruvananthapuram keeps winning
THIRUVANANTHAPURAM: Captain Rohan Nair stroked an unbeaten century (103 not out) as KCA Combined Districts beat Kozhikode by 35 runs to record its second consecutive win the NSK Trophy State T20 cricket tournament at the KCA-St.Xavier's College ground here on Friday. Thiruvananthapuram scored its fourth

ദീപിക on 03/16/2024



തിരുവനന്തപുരത്ത് നടന്ന കേരള സാങ്കേതിക സർവകലാശാല അത്ലറ്റിക് ലീഗിൽ വനിത വിഭാഗം 1500,3000 മീറ്റർ ഓട്ടമത്സരത്തിൽ സ്വർണം നേടിയ കെ. പ്രണതിയും 200 മീറ്റർ ഓട്ടത്തിൽ വെള്ളി നേടിയ പി.എസ്. അനാമിക്യും. (കാക്കനാട് രാജഗിരി എൻജിനീയറിംഗ് കോളേജ്)

മലയാള മനോരമ



കേരള സാങ്കേതിക സർവകലാശാല മേഖല ക്രിക്കറ്റ് ചാമ്പ്യൻഷിപ്പിൽ ജേതാക്കളായ കാക്കനാട് രാജഗിരി എൻജിനീയറിംഗ് കോളേജ് ടീം.

മാതൃഭൂമി on 03/17/2024

തിരുവനന്തപുരത്ത് നടന്ന കേരള സാങ്കേതിക സർവകലാശാല അത്ലറ്റിക് ലീഗിൽ വനിത വിഭാഗം 1500, 3000 മീറ്റർ ഓട്ടമത്സരത്തിൽ സ്വർണം നേടിയ കെ. പ്രണതി (കാക്കനാട് രാജഗിരി എൻജിനീയറിംഗ് കോളേജ്)

OUR TEAMS



RSET
RAJAGIRI SCHOOL OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)

Basketball (Men)



Basketball (Women)



Badminton (Men)



Badminton (Women)



OUR TEAMS



CHESS (Men&Women)



Tennis (Men)

Table Tennis (Men & Women)



OUR TEAMS



RSET
RAJAGIRI SCHOOL OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)

Kho-Kho (Men&Women)



Handball (Men & Women)



Athletics (Men & Women)



Volleyball (Women)



Volleyball (Men)



OUR TEAMS



Football (Men)



Cricket (Men)



GLIMPSES



Sports Farewell



Group Fitness



Basketball Session



Students with IVAN-KBFC



Staff Football



KTU Athletics



Inter Zone Chess



Staff Badminton 2023



Ladies Fitness Center



U23 Captain



Best Player Award



1st Year Orientation



Walking Tracks @RSET



RSET

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