



CHRIST COLLEGE
 (Autonomous) Irinjalakuda, Kerala
 Affiliated to the University of Calicut and Re-accredited by NAAC (Grade A)
 www.christcollegeijk.edu.in

LUDIS

(Sports injury & rehabilitation)

NATIONAL WORKSHOP

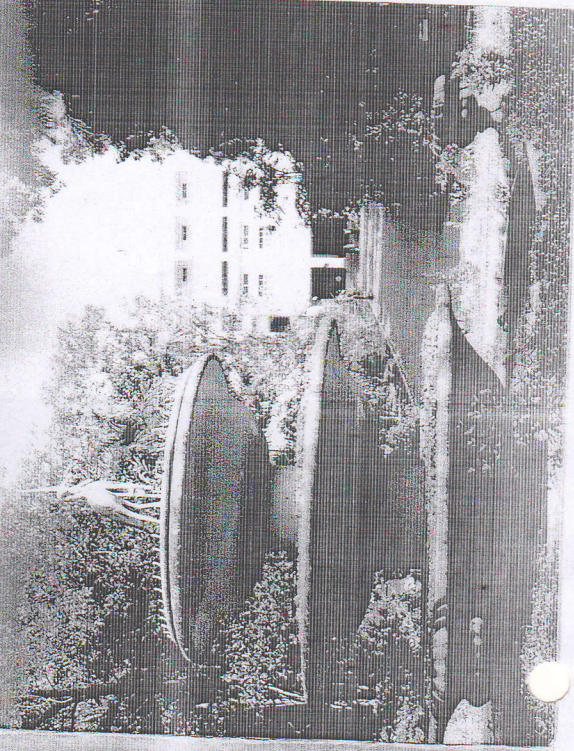
On
 9th March 2020

Tribute to



Dr. T Vivekanandhan
 Retiring member, Dept. of BPE

Organized by
 Department of BPE
 In accordance with
 Exercise Physiology and Sports Medicine



SECOND SESSION

1:30 P.M

Welcome

- Dr. N Anilkumar

Resource person



Dr. Gigy George
 Chief Consultant Physiotherapist
 Elite Mission Hospital, Thrissur

Topic : Victim & Culprit behind injuries

Discussion

Vote of thanks

- Prof. V A Thomas

Tea break

THIRD SESSION

3:00 P.M

Welcome

- Mrs. Sali K.S.

Resource person

Dr. Soni John.T

Assistant Professor
 Dept. of BPEd, Christ College
 Irinjalakuda



Topic : Psychological skill development programme

Vote of thanks

- Mr. Rejeshprasad K.P.

Registration fee:

Delegates 250/-

Students 100/-

Contact : 9446572732, 9447252740

Christ College started in the year 1956 by the Devamatha Province of the Carmelites of Mary Immaculate (CMI). Christ College is affiliated to the University of Calicut and re-accredited by NAAC with 'A' grade and achieved autonomous status in the year 2015. Christ College secured 88th position in India according to NIRF ranking under the MHRD, Govt. of India.

Christ College has won the **G.V. Raja Award** for the best college in Kerala for sports & games. The college has secured overall championship in men & women during the year 2018-19.

Christ College holds up a glorious tradition of Physical Education and sports. Recognizing the contributions of the college in the field of Physical Education and sports, University Grants Commission sanctioned BSc. in Physical education, Health Education and Sports programme in the year 1990. This course was converted in to Bachelor of Physical Education in the year 1995 by the Govt. of Kerala.

Later in the year 2013 three year BPE course has been converted in to 4 year integrated BPED. course.

Programme

- 9:00. a.m
- Registration
- 9:30.a.m
- Inaugural Function
- Prayer
- Welcome
- **Dr. Vivekanandhan T**
Asso. Prof. Dean Humanities
- Presidential address
- **Dr. Aravinda B.P.**
HoD, BPEd, Christ College
- Inauguration
- **Dr. Mathew Paul Ukken**
Principal, Christ College
- Benedictory Address
- **Rev. Fr. Jacob Njerinjampilly CMI**
Manager, Christ College
- Vote of thanks
- **Rev. Fr. Joy Peenikkaparambil CMI**
Vice Principal, Christ College
- Tea break

FIRST SESSION

Resource person

Mr. Sudarsan V P
Former Indian International
Strength and Conditioning Head Coach



Topic : Programme Designing

Discussion

LUNCH BREAK

