

27th SPORTS DAY

PHYSICAL EDUCATION REPORT FOR THE ACADEMIC YEAR 2019 – 2020

I deem it a privilege to present the activities of the Department of Physical Education of our college for the year 2019 – 2020. Physical Education not only enables a person to build up her physique, but also makes her healthy, cheerful and wise. It is an integral part of our college.

The sports committee for this academic year consists of Mrs.D.KarthigaRani the principal in charge of our college, Ms. M.Karthika Physical Directress, Ms.M.Leela devi NCC Coordinator, Mrs.P.Meena Assistant Professor in Dept of Commerce, Ms.T.Suganya Devi Assistant Professor in Dept of Commerce Computer Application and Ms.M.Ilakkiah Assistant Professor in Dept of Mathematics are the sports club coordinators.

The Following students were elected as the office bearers for the sports club:

President	:	M.Mohanapriya	III B.Sc Maths
Vice President	:	P.Aarthiswari	III B.A English
Vice President	:	K.Muthumari	DFT
Secretary	:	P.Priya	III B.Sc Maths
Secretary	:	R.Muthulakshmi	III B.Com
Joint Secretary:		P.Manonmani	III B.A History
Treasurer	:	M.Kottaieswari	II B.A English

“Sports is to build daring and enduring individuals by transforming their experiences into values”

Our college has done commendably well in the field of sports and games both inside and outside Madurai. Our college has participated in the Madurai Kamaraj University Inter collegiate tournaments in Chess, Badminton, Volleyball, Kho –Kho, Kabaddi, Ball Badminton, Handball, Boxing, Weight lifting, Volleyball and Track and Field events. Our college has won laurels during the academic year 2019 – 2020 and also had retained the Madurai Kamaraj university aggregate the team overall third position in Intercollegiate Boxing Meet.

Chess

“Life is a game of chess and chess is a game of brain”

An Intercollegiate chess meet was conducted by Madurai Kamaraj University on 06.08.2019 & 07.08.2019 at Madurai Kamaraj University. 6 of our students were participated in this meet. Out of 7 rounds M.Mubharak Rizwana III B.A English won 6 rounds, R.Parameswari II B.Sc Maths and S.Sandhiya I B.Sc CS won 5 rounds, M.Aasai Manimala II B.Sc Maths won 4 rounds, R.Sharumathi II B.Sc Maths and S.Siva Sangari I B.Sc CS won 3 rounds and also we positioned in overall 5th place.



Badminton

“Serve it, Smash it and Win it”

Our inspiring achievers have participated in Intercollegiate Badminton meet was conducted by Madurai Kamaraj University on 27.08.2019 at Madurai Kamaraj University. The following students were participated in this meet.

1. M.Mohana Priya -III B.Sc Maths
2. D.Charupriya -I B.A English
3. M.Divya -I B.A English



Volleyball

“Set your volleyball goals high and don’t stop till you set there”

Our students have participated in District Level Intercollegiate Volleyball meet was conducted by Fatima College for women’s on 03.09.2019. The following students were participated in this meet.

1. M.Boomika -II B.Sc Physics
2. M.Muthulakshmi -II B.Com CA ‘b’
3. S.Abirami -II B.Com CA ‘b’
4. P.Priya -III B.Sc Maths
5. T.Aarthi -II B.Com
6. K.Muthumari -DFT
7. M.Risheka -II B.Com CA ‘a’
8. M.Sri Sangeetha -II B.Sc Maths
9. M.Gayathri -III B.Sc CS



Ball Badminton

“To train hard is the best way to become the best yourself”

Our students have participated in Intercollegiate Ball Badminton meet was conducted by Madurai Kamaraj University on 05.09.2019 at V.V.Vanniyaperumal Women’s college Virudhunagar. The following students were participated in this meet.

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|-------------------|-----------------|
| 1. M.Malarvizhi | -II B.A English |
| 2. M.Kottaieswari | -II B.A English |
| 3. M.Mohana Priya | -III B.Sc Maths |
| 4. T.karthiga | -I M.A English |
| 5. P.Nishanthi | -III B.Sc CS |
| 6. P.Niveditha | -III B.Sc CS |
| 7. P.Priya | -III B.Sc Maths |
| 8. M.Induja | -II B.Sc Maths |
| 9. R.Sharumathi | -II B.Sc Maths |
| 10. R.Suvetha | -III Physics |



Kho-Kho

“Everyone passes on their responsibility to someone else and then sit on their place”

Our students have participated in Intercollegiate Kho-Kho meet was conducted by Madurai Kamaraj University on 24.09.2019 at Mannar Thirumalai Nayakar Arts & Science College. The following students were participated in this meet.

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|-------------------|-----------------|
| 1. S.Baby Shalini | -II B.A English |
| 2. C.Sarojini | -II B.A English |
| 3. M.Mohana Priya | -III B.Sc Maths |
| 4. T.Karthiga | -I M.A English |
| 5. M.Kottaieswari | -II B.A English |
| 6. P.Aarthiswari | -I M.A English |
| 7. P.Priya | -III B.Sc Maths |
| 8. M.Shanthi | -III B.Sc Maths |
| 9. V.Gowsalya | -III B.Sc Maths |
| 10. P.Chandrika | -II B.A English |
| 11. M.Induja | -II B.Sc Maths |



Kabaddi

“People will start pulling your legs once you reach the line of success”

Our students have participated in Intercollegiate Kabaddi meet was conducted by Madurai Kamaraj University on 30.09.2019 at Annai Fatima Arts & Science College. The following students were participated in this meet.

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|----------------------------|-------------------|
| 1. P.Aarthiswari | -I M.A English |
| 2. P.Manonmani | -III B.A History |
| 3. M.Shanthi | -III B.Sc Maths |
| 4. M.Sri Raga Kamali Meena | -II B.A History |
| 5. M.Kottaieswari | -II B.A English |
| 6. R.Muthulakshmi | -III B.Com |
| 7. P.Priya | -III B.Sc Maths |
| 8. P.Muthulakshmi | -II B.Com Banking |
| 9. K.Amarapathi | -II B.A Tamil |
| 10. M.Indhuja | -II B.Sc Maths |
| 11. C.Mathumitha | -I B.Sc Cs |
| 12. S.Sowmiya | -I B.Com CA ‘b’ |



Handball

“A Goalkeeper can’t win a match, he can only save it”

Our students have participated in Intercollegiate Handball meet was conducted by Madurai Kamaraj University on 14.10.2019 at G.T.N Arts & Science College. The following students were participated in this meet.

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|------------------------|------------------|
| 1. M.Boomika | -II B.Sc Physics |
| 2. M.Divya | -I B.A English |
| 3. R.Bhagavathi | -I B.A English |
| 4. M.Kirubasri | -I B.A English |
| 5. K.Karthiga Priyanka | -II BBA |
| 6. K.Karthiga | -I B.Com CA ‘a’ |
| 7. K.Jothiga | -III B.Sc CS |



Boxing

“Life is like a boxing match defeat is declared not when you fall, but when you refuse to stand again”

Department of Physical Education organized a Madurai Kamaraj University Inter collegiate Boxing meet on 12.10.2019 in our premises. Totally 11 colleges were participated in this meet in that 6 of our students were participated and also overall third position was bagged by our boxers.

1. P.Manonmani	- III B.A History	Participation	45 to 48kgs
2. M.Chitra Devi	- I B.A History	Participation	48 to 51kgs
3. M.Indhuja	- II B.Sc Maths	Bronze Medalist	57 to 60kgs
4. R.Muthulakshmi	- III B.Com	Silver Medalist	60 to 64kgs
5. M.Vidhya	-I B.A History	Participation	64 to 69kgs
6. M.Raga Kamali Meena	- II B.A History	Silver Medalist	69 to 75kgs
7. R.Sharumathi	- II B.Sc Maths	Silver Medalist	81+kgs



Intramural Events

Inter School District Level Kabaddi Meet

Inter School District level Kabaddi meet was celebrated on 31.07.2019 in our premises. Our Managements Members, Women Committee members and EC members were also participated in this function. Totally 15 schools were participated in this meet. Finally Winner up position was positioned by sirumalai girls Hr. Sec. School and Runner up was bagged by Pathrakali Amman Girls Hr.Sec.School.



Madurai Kamaraj University Inter Collegiate Boxing Meet

Inter Collegiate Boxing meet was organized in our premises on 12.10.2019. Our Management Members, Women Committee members and EC members were also participated in this function. Totally 11 Colleges were Participated in this program. All the boxers were performed well. Finally Lady Doak College won the overall winner up trophy and runner up position was bagged by ANJAC College.



Life Skill Forum – (Sports Training) & Sports Club

We have newly introduced in Life Skill Forum (Sports training) classes for IInd years and Sports Club for IIIrd year students. In that they will learn and enthusiastically participated in various sports activities.



Educational Expo'19

Educational Expo was conducted on **04.01.2019** in our premises. Students from various schools visited our department and also our fitness centre to gain the knowledge about the importance of sports and fitness for our life.



Vijayalakshmi ACC Pandian - Fitness centre

“Health is Wealth” These underline a vital fact of life. Without good health nothing is of much use. If any sensible person is asked what would prefer, health or wealth immediately answers health. Without good health and physical fitness life would become a burden and tasteless thing. It is a sure key to success. Only the healthy citizens make a healthy and happy nation. Healthy people can work hopefully, steadily, constantly at their best to achieve better and best results. Our vision is to promote a healthy lifestyle for the individuals. We have the following gym equipments like Manual Treadmill, Air Bike, Gym ball, Twister and Abdomen King. During the time of



Life Skill Forum and Sports club Classes our students get benefited and also for the hostel students' morning and evening they are utilizing the equipments.

“Talent wins games but Teamwork makes championship”

Our college intramural sports day competition brings the unity among the four houses. There are Dazzling Uranus (Blue), Dynamic Earth (Green), Rocky Mars (Red) and Ever Rising Venus (Yellow). It teaches us discipline, teamwork, sportsmanship, unity, leadership, friendship, hard work and has fun. So, we realized that sports day is actually brings a healthy relationship with the virtuous competition and make the sense of belongings their feel towards to their own house teams.

Sports overall Representative

M.Mohana Priya - III B.Sc Maths

Sports overall Assistant Representatives

K.Muthumari - DFT

P.Aarthiswari - I M.A English

House Representatives

Rocky Mars (Red)	–	Captain: P.Manonmani	- III B.A History
		Vice Captain: M.Kottaieswari	-II B.A English
Ever Rising Venus (Yellow)	–	Captain: P.Priya	- III B.Sc Maths
		Vice Captain: S.Abirami	- II B.Com CA ‘a’
Dazzling Uranus (Blue)	–	Captain: R.Muthulakshmi	- III B.Com
		Vice Captain: K.Amarapathi	- II B.A Tamil
Dynamic Earth (Green)	–	Captain: T.K.Nishanthi	-III B.Sc CS
		Vice Captain: M.Boomika	-II B.Sc Physics

“Sports is friendship, sports is health, sports is education, sports is life, sports brings the world together”

Before I conclude I would like to express my gratitude to our management members, Principal, Vice Principal, All the Department heads, Teaching Staffs, Non – Teaching staffs and my beloved students for their wholehearted cooperation and support throughout this year 2019 - 2020.
