

32nd SPORTS DAY

PHYSICAL EDUCATION REPORT FOR THE ACADEMIC YEAR 2025– 2026

I deem it a privilege to present the activities of the Department of Physical Education of our college for the year 2025 – 2026. 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.M.Kavitha, the Principal in charge of our college, Mrs.V.Indira, Physical Directress & Assistant Professor of History, Mrs.M.Leela Devi Assistant Professor, Dept of English, Ms.K.Jothiga, Assistant Professor, Dept of CS, IT, BCA & DSA, Mrs.Malaimari Suganya, Assistant Professor, Dept of CS,IT,BCA & DSA and Ms. SethuPriya, Assistant Professor, Dept of Tamil are the sports club coordinators.

“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, Football, Fencing, Taekwondo and Track and Field events.

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 05.08.2025 & 06.08.2025 at S.F.R.College, Sivakasi. 2 of our students were participated in this meet. Out of 7 rounds V.Niranjana III B.Sc DS won 5 rounds, K.Shalini II B.Sc Ds won we placed overall 11th position in team championship. Our students have participated in CM Trophy meet conducted on 28.08.2025 at M.G.R Stadium, Madurai. J.D.N.Nethra II B.A English won 9 rounds

S. NO	Name of the Player	Department
1.	S.Thahira Nasreen	III B.Com CA
2.	B.Mahesh Rathika	
3.	M. Varshitha	
4.	R .Ganga Devi	
5.	S .P.Nivetha	
6.	T.Divya	II B.Sc Physics
7.	D.Gowshika	III B.Sc IT
8.	R.Priya Dharshini	III B.Sc IT
9.	M.Swetha Saraswathy	III B.Sc CS
10.	B.Shandeni	II B.Sc IT
11.	S.Anu uppasana	II B.Sc DS
12.	D.Gopika	II B.Sc CS
13.	S.Janani	II B.Sc CS

Badminton

“Serve it, Smash it and Win it”

Our inspiring achievers participated in CM Trophy Badminton meet on 26.08.2025 at M.G.R Stadium, Madurai.

S.NO	Name of the Player	Department
1	S.Thahira Nasreen	III B.Com CA
2	B.Mahesh Rathika	III B.Com CA
3	M. Varshitha	III B.Com CA
4	R.Ganga Devi	III B.Com CA
5	S.P.Nivetha	III B.Com CA
6	T.Divya	II B.Sc(Physics)
7	D.Gowshika	III B.Sc(IT)
8	R.Priya Dharshini	III B.Sc(IT)
9	M.Swetha Saraswathy	III B.Sc(CS)
10	B.Shandeni	II B.Sc(IT)
11	S.Anu uppasana	II B.Sc(DS)
12	D.Gopika	II B.Sc(CS)
13	S.Janani	II B.Sc(CS)

Foot Ball

“Behind every Kick of the ball there has to be thought”

Our students participated in Intercollegiate Football meet which was conducted by Madurai Kamaraj University on 08.10.2025 to 09.10.2025 at M.G.R Stadium, Madurai. The following students were participated in this meet.

S.Porkodi III B.Sc DSA represented as Madurai District team to participate in State Level Intercollegiate held at Alagappa University, Karaikudi from 30.12.2025 to 02.01.2026.

S.No	Name of the Student	Department
1.	M.Yogaeshwari	III B.Sc(physics)
2.	T.Maheswari	III B.A(History)
3.	M.Ilakkiya	III B.A(History)
4.	A. Priya dharshini	II B.A (Tamil)
5.	S. Porkodi	III B.Sc(DSA)
6.	B.Shalini	III B.A(History)
7.	B.Shandani	III B.Sc(IT)
8.	C. Sri devi	III B.A(History)
9.	D.Pradeepa	I B.A(History)
10.	C. Karthika	II B.A(Tamil)
11.	S. Nandhini	III B.com(C.A)
12.	M.Swetha	III B.com(C.A)
13.	L.Sobika	III B.com(C.A)
14.	K.Rajeshwari	III B.com(C.A)
15.	A.Dharshini	III B.com(C.A)
16.	S.Kiruthika	III B.com(C.A)
17.	D.Hemalatha	III B.com(C.A)
18.	R. Megasri	III B.com(C.A)

Weight Lifting

“A Strong Body starts with a Strong Mind”

Our students participated in CM Trophy Weightlifting meet on **04.09.2025 at M.G.R Stadium, Madurai**. The following students were participated in this meet.

S.No	Name of the student	Department
1	E.Sabitha	III B.Sc(Maths)
2	L.Sopika	III B.Com
3	P.Sathya Priya	III B.Sc (IT)

E.Sabitha III B.Sc (Maths) represented as Madurai District team to participate in State Level C.M.Trophy held at Nehru Stadium, Chennai from 03.10.2025 to 06.10.2025.

Carrom

“A Winner is a Dreamer Who Never Gives Up”

Our students participated in CM Trophy Carrom meet on 30.08.2025 at M.G.R Stadium, Madurai. The following students were participated in this meet.

S.NO	Name of the Player	Department
1.	S.Thahira Nasreen	B.Com CA
2.	B.Mahesh Rathika	B.Com CA

Yoga

Our students participated in Intercollegiate YOGA meet which was conducted by Madurai Kamaraj University on 09.10.2025 at Thiagarajar College, Madurai. The following students were participated in this meet.

S.No	Name	Class
1	S.Swathy	III BBA
2	K.Guru Sheela	II BBA
3	B.Gayathri	I BBA
4	M.Anitha Sri	III CS
5	A.Bhuvanshwari	III CS
6	M.Kokila	III CS

Athletics

“Dream as big as you can dream, and anything is possible”

Our inspiring achievers participated in Intercollegiate Athletics meet was conducted by Madurai Kamarajar University on 16.12.2025 at **M.G.R Stadium, Madurai**. S.Anusiya II B.C.A got 11th Place Javelin Throw.

Taekwondo

“The black belt around my waist doesn’t represent who I am.

It does represent what I can be”

Taekwondo is a Korean Martial art, Characterized by its emphasis on hear-height kicks, Jumping and spinning kicks and fast kicking techniques. It is an integral part of our college. Our college has done commendably well in the field of Taekwondo. Our college inculcates self defense techniques among women, hence promoting women against social evils. We encourage determination and discipline in all of our students physically, emotionally and cognitively through study of traditional Taekwondo Techniques. We develop the full potential in our students, enabling them to embrace the challenges of life more successfully.

Madurai Kamaraj University Inter Collegiate Taekwondo championship held at G.T.N.College, Dindigul on 13.10.2025 they secured overall 2nd position in this meet. Madurai District Taekwondo Association organized District level competition at TVS

School, Madurai on 26.01.2025 and our college students won 2 Bronze medal. The Following students were bagged medals.

S.NO	NAME	CLASS
1	R.Megaa Sri	III B.Com (Bronze Medal)
2	M.Mymoon Sofiya	III B.Com(Bronze Medal)
3	P.Sowmiya	III B.Com
4	V.Niranjana	III B.Sc (CS)
5	S.Sujitha	II B.Com(CA)
6	N.Navitha	II B.A History
7	V. Divya	II B.A History

Silambam

Silambam is a weapon based Indian Martial Art. It is one of the outstanding unique features of our college. Our aim is to save the authentic and traditional martial art life in the hearts of youth. We motivate young women providing defence techniques, Patterns and methods to change the spins without stopping the motion of the stick. Under the guidance of our student R.Abinaya III B.A Tamil, our students have participated in CM Trophy Silambam meet on 30.08.2025 at M.G.R Stadium, Madurai. R.Abinaya III B.A Tamil won 2nd prize, K.Sandhiya II B.Com C.A , S.Suitha II B.Com C.A participated in the event.

Life Skill Forum – (Sports Training)

Life Skill Forum (Sports Training) classes were conducted for II year students. Zumba dance is trained by In Zha Dance academy. 48 students were rolled in Physical Education. In that the students develop their various skills and many more Indoor and Outdoor physical workouts. Staff Incharge Ms. K.Jothiga, Assistant Professor CS,IT,BCA,DSA .An earnest effort was taken to produce the immense impact among students.

Vijavalakshmi 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 of 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 the hostel students are utilizing the equipments morning and evening.

“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

S.Kiruthika III B.Com CA

Sports overall Assistant Representatives

R.Abinaya III B.A Tamil

B.Shalini III B.A History

Sports Treasurer

S.Porkodi III B.Sc (Data science)

E.Sabitha III B.Sc (Maths)

House Representatives

Ever Rising Venus (Yellow)	Captain: M.Swetha Saraswathi	III B.Sc CS
	Vice Captain: S.Anu Uppashana	II B.Sc DS
Dynamic Earth (Green)	Captain: M.Yogeshwari	III B.Sc Physics
	Vice Captain: M.Ilakiya	III B.A History
Rocky Mars (Red)	Captain: K.Rajeshwari	III B.Com
	Vice Captain: A.B.Monisha	III BBA
Dazzling Uranus (Blue)	Captain: R.Mega Sri	III B.ComCA
	Vice Captain: P.Sowmiya	II B.Com CA

Overall event organizing & Court Marking Volunteers

1. M.Mymoon Sofiya III B.Com
2. V.Divya II B.A History
3. A.Priya Dharshini II B.A Tamil
4. D.Gopika II B.Sc (Data Science)
5. T.Maheshwari III B.A History
6. E.Yasmine I M.A (English)

“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 2025-2026.

SPORTS EVENT GALLERY



CARROM



CHESS



SHUTTLE BADMINTON



1500MTS



DISCUSS THROW



KHO-KHO



TRIPLE JUMP



KABBADI



STAFF CAROM



TRIPLING THE BALL



SILAMBAM



SHUTTLE BADMINTON