

## **Sports Report (2020-2021)**

R. Selvakumar, Director of Physical Education organized the one day trekking camp for part 5 physical education students on 03- 04- 2021 (Saturday) at samanar hills, madurai-19. Totally 129 nos of students were actively participated in the trekking programme.



R. Selvakumar, Director of Physical Education Organized the fencing camp for our college men students who has selected for upcoming international tournament at Bhutan. The camp taining held at Tholkapiar arangu(MH1) and gymnasium Thiagararajar College, Madurai-09.





Mr. R. Selvakumar, Director of Physical Education, Thiagarajar college, Madurai-09 actively participated in the tamilnadu election duty as presiding officer at alanganallur zone at Madurai









# Thiagarajar College

Madurai, Tamilnadu, India

22<sup>nd</sup> Rank in NIRF 2020



## Department of Physical Education

### National Sport Day Celebration

### Life - 'Moves'

#### Resource Person



**Mr. J. Deepan Chakkravarthy MBA**

(An Alumnus of Thiagarajar College)

Grand Master (Chess)

ICF, Indian Railways

Chennai



Date : 29.08.2020 (Saturday)

Time : 09.30 am – 10.30 am

Zoom ID : **850 693 1513**

#### For further Assistance:

Dr. P. Nathiya (Coordinator)

Assistant Director of Physical Education  
[nathiyap@tcarts.in](mailto:nathiyap@tcarts.in)

**Mr. R. Selvakumar**

Director of Physical Education

**Dr.D.Pandiaraja**

PRINCIPAL

Mr. R. Selvakumar, Director of Physical Education, Thiagarajar college, Madurai-09 acted as para sports coach and team manager of our college visually challenged students and participated in the 16<sup>th</sup> state senior para athletic championship -2021 organised by Tamil nadu paralympic sports association at Jawaharlal Nehru stadium, Coimbatore from 14<sup>th</sup> to 16<sup>th</sup> February 2021







**Thiagarajar College, Madurai-09**

Sl.no	Name of the student	Reg.no	Name of the Game /Sports	Student s participated in which Event	State level	National level	International level
1	K. KARTHICK RAJA	18UTA11	16 <sup>th</sup> state senior para athletic championship - 2021 organised by Tamil nadu paralympic sports association at Jawaharlal Nehru stadium, Coimbatore from 14 <sup>th</sup> to 16 <sup>th</sup> February 2021	800mts	Third		
2	M.VINOTH	18UTA23		Long jump	Third		
3	C.SURIYA	18UEN41		Shot put, 400mts	Participated		
4	S.PRASANTH	18UEC29		Shot put Javelin Discus	Gold Gold Silver		
5	M.ANBARASAN	18UTA02		Long jump	Gold		
6	V.VISHNUPRIYAN	18UTA24		800mts	Bronze		
7	D.MURUGAVEL	20UTA23		Shot put, Discus, Javelin	Participated		
8	J.PARTHIBAN	20UTA26		800mts	Silver		
9	T.RANJITH	20UTA30		100, long jump, shotput	participated		
10	S.MAYA KUMAR	20UTA19		Shot put, Discus, Javelin	participated		
11.	M.NANDHINI	20UTA55		200Mts 100Mts	Gold Bronze		
12.	S.ABINAYA	20UEN31		Long jump 200Mts	Bronze Bronze		
13.	V. VIGNESH	20UTA41	National T-20 cricket tournament for the Blind 2020-21 organised by IndusInd band at Bengaluru from 8 <sup>th</sup> to 16 <sup>th</sup> February 2021	Cricket		Participated	
14.	S. Maharaja	20UEN13		Cricket		Quarter finals	

15	S. Nithila	20SUCB48	8 hours continuous silambam drill on 10-01-2021 held at Fatima college, Madurai organized by Cholan book of world record and kalam traditional arts, Madurai	Silambam			World record
16	N. Madhiniyal	19UBO29		Silambam			World record
17	S. Sanjeevi	20UEC28	World record – Yoga event organized by GLOBLE WORLD RECORD on 15 august 2020	Yoga			World record
18	S. Sanjeevi	20UEC28	NOBLE WORLD RECORD. (1 minute sarvangasana pose) Organized by: INDIAN EVENTS on 21 june 2020	Yoga			World record
19	S.Sanjeevi	20UEC28	ALL INDIA YOGA CHAMPIONSHIP 2020 Orgnized by patanjali college of yoga and research centre on 23.08.2020	Yoga		First	
20	S.Sanjeevi	20UEC28	INTERNATIONAL LEVEL ONLINE YOGA COMPETITION 2020 on 30.06.2020	Yoga		SECOND	

21	S.Sanjeevi	20UEC28	Demonstration of yoga in tamilnadu yoga festival organized by Globle yoga association globle school of yoga On 23august2020	Yoga			
22	R. Jayantran	18SUPC10	Senior 64-69kg wt. category in 1 <sup>st</sup> state championship, Tamilnadu-2020, held at Chennai on 11-10-2020 organised by youth sports of india	Boxing	Gold		
23	S. Nithila	20SUCB48	Global world record silambam event held at kamaraj college, Thoothukudi on 26 <sup>th</sup> January 2021	Silambam			World record
24	N. Madhiniyal	19UBO29	Global world record silambam event held at kamaraj college, Thoothukudi on 26 <sup>th</sup> January 2021	Silambam			World record
25	V.Harish vetrivel		1 <sup>st</sup> south zone dueball national championship-2021 held at royal group of school, Madurai from 6 <sup>th</sup> to 7 <sup>th</sup> march 2021	Dueball		Gold	









26	K.S. Surya raja,		Madurai district silambam championship-2020 on 24,25 january 2021 at Madura college school,Madurai	Silambam	District – third place		
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Mr. R. Selvakumar, Director of Physical Education, Thiagarajar college deliver the online yoga lecdem training programme to all the 1str year (2020-2021) batch students both aided and self finance students



 (33)



-  Dr. Magaveera Nagappa K (...)
-  Varsha Antony >
-  Physical Education Thi... >
-  5739 Devi.R >

Also in the meeting (29)



7:06 PM



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Forwarded

I cordially invite you to join the online  
Yoga class

By  
Mr. R. Selvakumar,  
Director of Physical Education

Date: 10.10.2020 (saturday)

Time : 6.00pm to 7.00pm

\*Important instruction:

1. All must attend
  2. Mute your audio
  3. Join before 10 minutes
  4. Wear comfortable and proper dress code
  5. Keep empty stomach
  6. Stay in dry, well - ventilated room
  7. Ensure flat surface floor.
- 12:42 pm ✓✓

Forwarded

<https://meet.google.com/vip-gord-mov>

12:42 pm ✓✓



Type a message



Mr. R. Selvakumar, Director of Physical Education acted as special guest in the 8 hours continuous silambam drill on 10-01-2021 held at Fatima college, Madurai organized by Cholan book of world record and kalam traditional arts, Madurai.





## கலாம் பாரம்பரிய கலைக்கழகம்



தொந்துறோம் காரணமாக வரழ்வாதாரம் பாதிக்கப்பட்டுள்ள சிலம்பம் மற்றும் திரை பாரம்பரிய தற்காப்புக்கலை பயிற்சி ஆசிரியர்களின் தீக்கட்டாள சூழ்நிலையை சரசின் கவனத்திற்கு கொண்டு செல்லும் நோக்கத்தில்



### 8 மணி நேரம்

ஒய்வு, அணிமாற்றம் மற்றும் எந்தவொரு கிடை வெளியும் கிடைவாயல் தொடர்ந்து நிவாயம் கற்ற



**சோழன் உலக சாதனை**  
மற்றும் விழிப்புணர்வு நிகழ்ச்சி

நடைபெற உள்ளது.

தாள் : 10.05.2021 அறிவிக்கிறோம்  
நேரம் : காலை 8.30 மணி  
இடம் : பாதிக்கப்பட்ட  
உயிர்களைப் பாதுகாக்கும் நேரம்

தேவநல்லூர்  
**Dr.S.சுந்தர்** கல், நாமக்கல், நல்  
நேரம், கலை மற்றும் கலைக்கலை  
தேவநல்லூர் நேரம்,  
தேவநல்லூர் நேரம்

## சிறப்பு விருந்தினர்கள்

முனைவர் **A.மணிவண்ணன்**  
உதவி கலாநாயகர், கலைக் கல்வியியல் நேரம், நேரம்

முனைவர் **நிமலன் நிலமேகம்**  
நேரம், கலைக் கல்வியியல் நேரம், நேரம்

இ.ப.சங்கரபாண்டியன்  
நேரம், கலைக் கல்வியியல் நேரம், நேரம்

இ.ப.ஆனந்தன்  
நேரம், கலைக் கல்வியியல் நேரம், நேரம்

இ.ப.அரவிந்த் குமார்

தேவநல்லூர் நேரம் மற்றும் 2020 நிவாயம் பாதுகாக்கும் நேரம் மற்றும்  
தேவநல்லூர் நேரம், கலைக் கல்வியியல் நேரம், நேரம்

இ.ப.சுரேஷ் சுந்தர சங்கர்  
நேரம், கலைக் கல்வியியல் நேரம், நேரம்

முனைவர் **S.ராஜாமகேந்திரன்**

தேவநல்லூர், கலைக் கல்வியியல் நேரம், நேரம்

இ.ப.செல்வகுமார்

உதவி கலாநாயகர், தேவநல்லூர், கலைக் கல்வியியல் நேரம், நேரம்

மேலும் கலாநாயகர் இ.ப.எஸ்.எம்.மணி

நேரம், கலைக் கல்வியியல் நேரம், நேரம்

நேரம், கலைக் கல்வியியல் நேரம், நேரம்

நேரம், கலைக் கல்வியியல் நேரம், நேரம்

இ.ப.வினோத் குமார்

தேவநல்லூர், கலைக் கல்வியியல் நேரம், நேரம்

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தேவநல்லூர், கலைக் கல்வியியல் நேரம், நேரம்

Our college student R. Jayantran, 18SUPC10, III BCA won the silver medal in state level Boxing tournament held at Chennai. Our college Respected Secretary Sir sponsored Rs. 2000/-.





Regd. No.SRG-504/2019

KID:Boaa000tn19

YSI/SG-504/2019 R.No 1a<sup>th</sup>



## YOUNG SPORTS OF INDIA

Affiliated by

INTERNATIONAL SPORT COUNCIL

Approved By FIT INDIA, KHELO INDIA, IOC, WHO, ICSSPE, UNESCO  
1ST STATE CHAMPIONSHIP TAMILNADU - 2020  
NATIONAL SELECTION



### Participation / Merit Certificate

It is certify that Mr. / Miss. R. JAYANTRAN THAGARAJAR COLLEGE Son / Daughter

Jazz Fitness Studio Madurai Represented by Tamil Nadu

Participation as player / official in the Young Sports Of India 2020 and bagged Gold / Silver / Bronze position in  
the Senior Event Boxing Category Welter / 64-69 kg weight Category.

Held at South Zone Sports World, Nandambakkam, Chennai - 600 089, Tamilnadu on Date 10th October to 11th  
October 2020. Organized by the Young Sports Of India ( YSI ).



Mr. E. TAMILARASI  
National President  
Young Sports Of India

R. M. Suresh Kumar  
Young Sports Of India Vice President  
National President  
Chennai State

Mr. L. JAYARAJ  
National Secretary  
Young Sports Of India

Mr. C. SUDHAKARAN  
National Treasurer  
Young Sports Of India

Mr. D. RAJENDRAN, M.L.A.  
Ministry of Sports, Government of India  
Madras High Court  
Legal Advisor

J. GURUBARAN, B.Sc., M.S.S.  
President, All India Youth Association  
All India Youth Association  
Managing Office



For the eve of international yoga day celebration, Mr.R. Selvakumar, Director of Physical Education Organised the intra online yoga competition for men and women under the theme of “ yoga for healthy life “on 19.06.2020

**THIAGARAJAR COLLEGE, MADURAI**  
An Autonomous Institution Affiliated To Madurai Kamaraj University  
**Ranked 22nd in NIRF 2020**  
**Department of Physical Education**  
**INTERNATIONAL DAY OF YOGA 2020**  
**Intra online yoga competition**  
**Theme: Yoga for Healthy Life**  
**FIT INDIA**  
**For Better Life**  
**Rules and Regulations**

- » No Entry Fee
- » All UG & PG Students of our College can Participate
- » Perform Suriyanamaskarasana and any three of your favorite asanas and video Record the same
- » Duration of the video should not exceed 3 minutes
- » All must send the Name, Roll number, phone no along with your video
- » E-Certificate will be provided to all the participants
- » Submit your Video on or before 3.00 pm 19.06.2020
- » Judges decision is final
- » Name of the winners will be announced through Email

**HUM FIT TOH**  
For 24 hours healthy lifestyle  
**MR.R.SELVAKUMAR**  
Director of Physical Education  
**Video link: pdtcarts.in**  
**Dr.D.PANDIARAJA**  
PRINCIPAL

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**Theme: Yoga for Healthy Life**  
**INTRALINE YOGA COMPETITION**  
**YOGA COMPETITION RESULT FOR WOMEN**

Sl. No.	Name	Score	1st	2nd	3rd	4th	5th
1	SHARATHA	18	1	1	1	1	1
2	SHARATHA	18	1	1	1	1	1
3	SHARATHA	18	1	1	1	1	1
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**Theme: Yoga for Healthy Life**  
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**YOGA COMPETITION RESULT FOR MEN**

Sl. No.	Name	Score	1st	2nd	3rd	4th	5th
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37	SHARATHA	18	1	1	1	1	1
38	SHARATHA	18	1	1	1	1	1
39	SHARATHA	18	1	1	1	1	1
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53	SHARATHA	18	1	1	1	1	1
54	SHARATHA	18	1	1	1	1	1
55	SHARATHA	18	1	1	1	1	1
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63	SHARATHA	18	1	1	1	1	1
64	SHARATHA	18	1	1	1	1	1
65	SHARATHA	18	1	1	1	1	1
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73	SHARATHA	18	1	1	1	1	1
74	SHARATHA	18	1	1	1	1	1
75	SHARATHA	18	1	1	1	1	1
76	SHARATHA	18	1	1	1	1	1
77	SHARATHA	18	1	1	1	1	1
78	SHARATHA	18	1	1	1	1	1
79	SHARATHA	18	1	1	1	1	1
80	SHARATHA	18	1	1	1	1	1
81	SHARATHA	18	1	1	1	1	1
82	SHARATHA	18	1	1	1	1	1
83	SHARATHA	18	1	1	1	1	1
84	SHARATHA	18	1	1	1	1	1
85	SHARATHA	18	1	1	1	1	1
86	SHARATHA	18	1	1	1	1	1
87	SHARATHA	18	1	1	1	1	1
88	SHARATHA	18	1	1	1	1	1
89	SHARATHA	18	1	1	1	1	1
90	SHARATHA	18	1	1	1	1	1
91	SHARATHA	18	1	1	1	1	1
92	SHARATHA	18	1	1	1	1	1
93	SHARATHA	18	1	1	1	1	1
94	SHARATHA	18	1	1	1	1	1
95	SHARATHA	18	1	1	1	1	1
96	SHARATHA	18	1	1	1	1	1
97	SHARATHA	18	1	1	1	1	1

Mr. R. Selvakumar, Director of Physical Education conducts the practical part 5 activities to the part 5 physical education students during the covid period 2020.



Mr. R. Selvakumar, Director of Physical Education Organized the intramural online chess tournaments and practice matches -2020 link details as follows <https://lichess.org/team/tc-knights>

7:29 54%

lichess.org

vishysurya

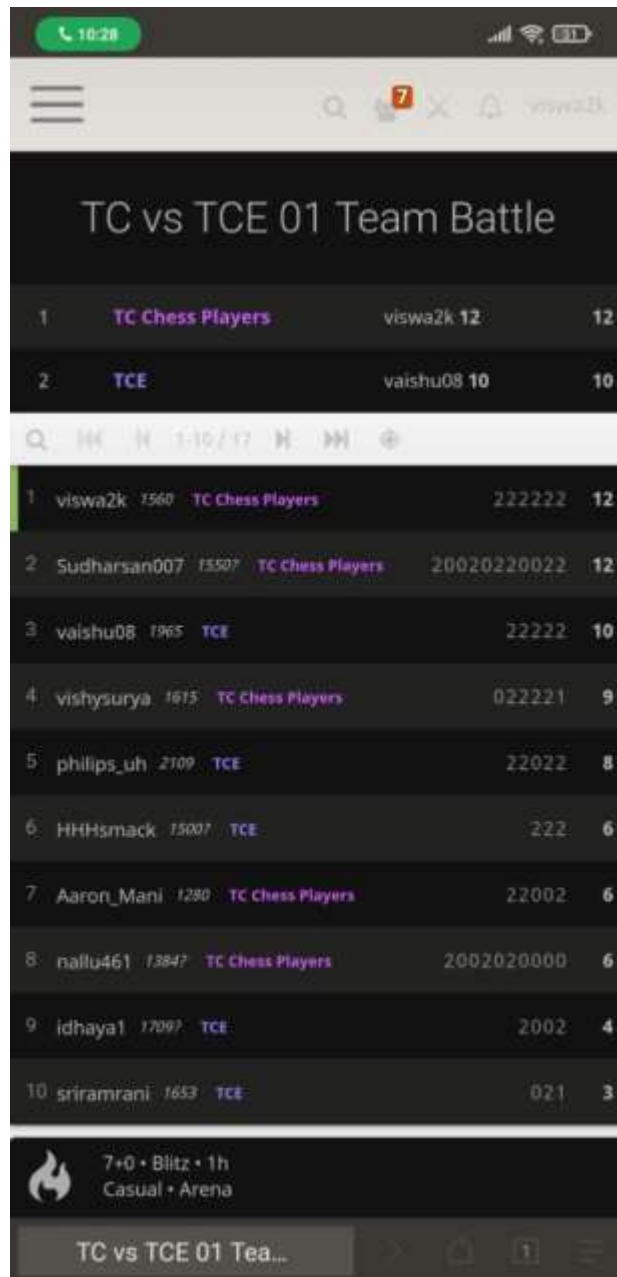
### TC Aided Practice 02

Player	Points	Tie Break	Performance
Karthick_rj	2	1	1716
<b>vishysurya</b>	<b>3</b>	<b>4</b>	<b>2000</b>
SUNTHAR_N	1	0	1383

Rank	Player	Rating	W	L	D	Score
1	vishysurya	1650	1	1	1	3
2	Karthick_rj	1500?	0	1	1	2
3	SUNTHAR_N	1500?	1	0	0	1
4	Anuraag_kannan	1500?	1	0	0	1
5	MPKMK	1500?	0	-	-	0

5+0 • Blitz • Casual  
3/3 rounds • Swiss  
30 seconds between rounds

R. Selvakumar, Director of Physical Education, Thiagarajar college, Madurai Organized the extramural online chess tournament against Thiagarajar college of engineering, Madurai.



The screenshot shows a mobile application interface for a chess tournament. At the top, the status bar shows the time 10:28 and battery level 31%. The app header includes a menu icon, a search icon, a notification badge with the number 7, and the username 'viswa2k'. The main title of the tournament is 'TC vs TCE 01 Team Battle'. Below the title, a summary table shows the overall scores for the two teams. The bottom section of the screen displays a detailed list of 10 individual players, their ratings, team affiliations, game records (represented by a sequence of 0s and 2s), and their final scores. At the very bottom, there is a section for game settings: '7+0 • Blitz • 1h' and 'Casual • Arena'. The bottom navigation bar shows the tournament title 'TC vs TCE 01 Tea...', a back arrow, a shield icon, a tab with the number 1, and a menu icon.

Rank	Player	Rating	Team	Game Record	Score
1	viswa2k	1560	TC Chess Players	222222	12
2	Sudharsan007	1550?	TC Chess Players	20020220022	12
3	vaishu08	1365	TCE	22222	10
4	vishysurya	1615	TC Chess Players	022221	9
5	philips_uh	2109	TCE	22022	8
6	HHHsmack	1500?	TCE	222	6
7	Aaron_Mani	1280	TC Chess Players	22002	6
8	nallu461	1384?	TC Chess Players	2002020000	6
9	idhaya1	1709?	TCE	2002	4
10	sriramrani	1653	TCE	021	3



← 🏆 TC vs TCE 01 Team Battle



🔥 Blitz • 7+0 • 1H

by viswa2k • Today at 7:00 PM



Sudharsan007  
1550

Games played 11  
Win Rate 55%  
Berserk Rate 0%  
Performance 1666



viswa2k  
1560

Games played 6  
Win Rate 100%  
Berserk Rate 0%  
Performance 2084



vaishu08  
1965

Games played 5  
Win Rate 100%  
Berserk Rate 0%  
Performance 1902

Leaderboard (17 players)

1. viswa2k (1560)	12
2. Sudharsan007 (1550)	12
3. vaishu08 (1965)	10
4. vishysurya (1615)	9

🔍 FAQ

🔗 Share



## TC vs TCE 01 Team Battle

1	TC Chess Players	viswa2k 12	12
2	TCE	vaishu08 10	10

<div> <div></div> <div></div> <div></div> <div>1-10 / 17</div> <div></div> <div></div> <div></div> </div>
---

1	viswa2k 1560	TC Chess Players	222222	12
2	Sudharsan007 1550?	TC Chess Players	20020220022	12
3	vaishu08 1965	TCE	22222	10
4	vishysurya 1615	TC Chess Players	022221	9
5	philips_uh 2109	TCE	22022	8
6	HHHsmack 1500?	TCE	222	6
7	Aaron_Mani 1280	TC Chess Players	22002	6
8	nallu461 1384?	TC Chess Players	2002020000	6
9	idhaya1 1709?	TCE	2002	4
10	sriramrani 1653	TCE	021	3



7+0 • Blitz • 1h  
Casual • Arena



#3 Swetha\_mathan 1494 4:28

#5 uma2001 1262 5:04



#6 nallu461 1384 4:27

#10 Aaron\_Mani 1102 7:00





pdselvam

# TC Knights Practice 01

STARTING IN

1:41



1-8 / 8



WITHDRAW

1 viswa\_2k 1839

0 0

2 Aravindh\_7 1499

0 0

3 Swetha\_mathan 1494?

0 0

4 vishysurya 1480?

0 0

5 nallu461 1384?

0 0

6 uma2001 1262?

0 0

7 pdselvam 1215?

0 0

8 Aaron\_Mani 1102?

0 0

**Paper presentation:**

1. R. Selvakumar, Director of Physical Education presented a paper in the international conference on roll of sports science and yoga on human performance enhancement organized by dept of physical education, Madurai Kamraj University, Madurai, Tamil Nadu, India held on 06.2.2020 and 07.2.2020.

**Journal published :**

1. Mr. R. Selvakumar, Director of Physical Education has published the paper entitled "Impact of supplementation of culture based traditional foods on the health status of Athletic Girls in Madurai " in studies in Indian place Names with ISSN no. 23943114 ([www.eduindex.org](http://www.eduindex.org) Vol:40 issue: 71 month: March Year 2020 : Impact factor **6.3**).

Mr. R. Selvakumar, Director of Physical Education, Thiagarajar college, Madurai-09 actively participated in the following national and International webinar during the covid period 2020.

**International level :**

Sl.no	Particulars	Organizer	Date
1	"International webinar on interaction with international Tennis players and coaches"	PSG college of arts and science, Coimbatore	23/05/2020
2	International webinar series on " Mental health and wellness during Covid-19 pandemic	Department of Special education and rehabilitation science, Alagappa University	1 <sup>st</sup> to 7 <sup>th</sup> June 2020
3	"International webinar on sports management"	Shri shankarlal sundarbai shasun jain college, Chennai	12/06/2020 & 13/06/2020
4	Five day international webinar on " Yoga and celebration of virtual International yoga day"	Sri Ramakrishna mission vidyalaya Maruthi college of Physical Education	17/06/2020 to 21/06/2020
5	"International webinar on Yoga as a means of Healthier lifestyle during corona virus pandemic"	University of Kalyani, West Bengal	22/07/2020
6	"International webinar on " Thy food is thy medicine : enrich your health the	Rajapalayam Rajus' College, Rajapalayam	30/06/2020

	perfect way”		
7	Two days International workshop “ Rejuvenatin through Yoga during COVID”	Dayanand College, Hisar	01/06/2020 & 02/06/2020
8	“International Webinar on Sports Culture in India”	AURO University, Surat, Gujarat	05/06/2020 & 06/06/2020
9	“ Two day International webinar on Research in Physical Education and Sports”	ANURAG University, Hyderabad, Telangana	06/06/2020 & 07/06/2020
10	International webinar on “ Indonesian breathing exercise model to stimulate releasing endorphin and immunity during COVID-19	University college of engineering, BIT campus, Anna University, Tiruchirappalli	22/08/2020
11	International faculty development programme on “ Injury free sports: Do’s &Don’t’s	Ayya nadir janaki ammal college, sivakasi	03/06/2020
12	International Sports Science Webinar	TNPES Univeristy and Sri ramachandra Institute of Higher Education and Research	28/05/2020 & 29/05/2020

### **National level:**

Sl.no	Particulars	Organizer	Date
1	Online workshop on “Issues & concerns during covid”	Women’s polytechnic college & Bharathidasan govt. college for women, Puducherry	20 <sup>th</sup> to 22 <sup>nd</sup> May 2020
2	One day national level webinar on “ Yoga and Fitness the way of Life”	Sri Krishna arts and science college, Coimbatore	27/05/2020
3	One day national level webinar on “Fitness Protocols for kids and elderly people during pandemic”	Sri Ramakrishna mission vidyalaya Maruthi college of Physical Education	29/05/2020
4	“ online learning – need of the Hour”	Alagappa university college of Education, Alagappa university	11/06/2020
5	“ Two week online workshop on “ Comprehensive e-Training guide for administrative work”	Teaching learning centre , Ramanujan college, University of Delhi	25/05/2020 To 05/06/2020
6	National webinar on “ manage stress through a strong body”	G.T.N arts college, Dindigul	01/07/2020



7	National webinar on “Fitness during and after lock-down”	G.T.N arts college, Dindigul	05/07/2020
8	Webinar on “ online tools for teachers and administrators”	Centre for special and movement education, School of Education, Manonmaniam Sundaranar University, Thirunelveli	27/06/2020
9	Webinar on instigating talk for athletes & importance of stretches	KPR institute of engineering and technology, Coimbatore	04/06/2020
10	Five day faculty development programme on “ Human kinetics”	Dr.M.G.R Educational and Research institute, Chennai	09/07/2020 to 13/07/2020
11	“Webinar on Education, Physical Education and Sports”	Bharathidasan University, Tiruchirappalli	01/06/2020
12	“ Webinar on “ Eye Health and Covid-19	AURO University, Surat, Gujarat	20/07/2020
13	National webinar on “National Education policy, 2020: its impact on management education”	Assam university, Silchar	22/08/2020
14	National webinar under UGC PARAMARSH scheme on “ E-learning and MOOCs in Higher education and New roles of Teachers”	Sri GVG Visalakshi College for women, Udumalpet	18/05/2020
15	National webinar on “ Yoga and wellness”	Govt. First grade college, Kolar, Karnataka	30/05/2020
16	Webinar on “How stress affects the body?”	Easwari Engineering College, Chennai	26/05/2020
17	Webinar on “Yoga for Rejuvenation of life“	Easwari Engineering College, Chennai	21/05/2020
18	Webinar on “Secrets to get unshakeable confidence“	Easwari Engineering College, Chennai	16/05/2020
19	National webinar on “ Entrepreneurial challenges & Opportunities”	Rathinam College of arts and science, Coimbatore	20/05/2020
20	National webinar on “ Sports for all”	Madurai Kamaraj University, Madurai	29/08/2020
21	3day FDP on “Sports Psychology”	Dr.M.G.R Educational and Research institute, Chennai	2/09/2020 to 4/09/2020

**Quiz programme:**

Sl.no	Particulars	organizer	Date
1	Online awareness quiz on "Physical Education and covid-19"	Saraswathi narayanan college, Madurai	May 2020
2	National level awareness E-quiz on " Sports and covid-19"	Rajapalayam Rajus college, Rajapalayam	29/05/2020
3	National level sports quiz 2020	Bishop Ambrose College, Coimbatore	21/05/2020
4	Online quiz competition and awareness of sports	Arts College, Sihora	--
5	Online Covid -19 awarness and sports quiz	TNPES University, Chennai	14/05/2020 To 16/05/2020
6	Online " Covid-19 awareness and sports quiz"	Arulanandar College, Madurai	18-05-2020

**Name and Designation:** Dr. P. NATHIYA, M.Sc., M.P.Ed., M.Phil., Ph.D., PGDY;

Assistant Director of Physical Education.

1. Participated in The International yoga day was celebrated in The Management, Staff and Students Celebrate “Join us in the live demo of Yoga asanas including **Surys Namaskaram** youan observe and practise the asanas Yourself Stayhealthy and Stay happy throu the practies of **YOGA** ”on 21<sup>st</sup> june 2020 Organised by Thiagarajar College. Madurai.Tamilnadu.

### **Paper Precentation:**

1. **Dr. P. NATHIYA**, Assistant Director of Physical Education has Presented a paper on “Influence of Varied Packages of Yogic Practices on Blood Presure and BMI among Overweight School Boys” in the “**International Conference on Role of Sports and Sciences and Yoga on Human Performance Enhancement**” held on 06<sup>th</sup> and 07<sup>th</sup> february 2020, Organised by Department of Physical Education, Madurai Kamaraj University. Madurai. Tamilnadu.

### **Webinar:**

1. Participated in the National Level webinar on “Periodisation of Training For Athletes” held on 13<sup>th</sup> july 2020 Organised by Department of Physical Education, G.T.N. Arts College. Dindigul.Tamilnadu.
2. Participated in the “Women Empowerment Lecture Series” webinar held on 14<sup>th</sup> july2020 to 17<sup>th</sup> july 2020 Organised by Women’s Studies Centre.Thiagarajar College.Madurai.Tamilnadu.
3. Participated in the “Women Enrichment” webinar on 12<sup>th</sup> August 2020 Organised by Women’s Studies Centre.Thiagarajar College.Madurai.
4. Participated in the National Sports Day Celebration “Life – “Moves” webinar on 29<sup>th</sup> August 2020 Organised by Department of Physical Education, Thiagarajar College.Madurai.Tamilnadu.

5. Participated in the National Level webinar on“Sports for All” held on 29<sup>th</sup> August 2020  
Organised by Department of Physical Education, Madurai Kamaraj University.Madurai.  
Tamilnadu.