

DEPARTMENT OF PHYSICAL EDUCATION

2015-16

1. The Department of Physical Education organized the International Yoga day celebration held at Thiagarajar college ground from 19-06-2015 to 21-06-2015 at 6.30 a.m. 149 students from part V Physical Education students were participated in this yoga programme. R. Selvakumar, Director of Physical Education demonstrates the Asanas, Pranayama and Meditation and its values.





2. Organized the International yoga day celebration Programme for Part V Physical Education students demonstrated by ISHA YOGA center Volunteers held at Silver Jubilee Auditorium hall, Thiagarajar college, Madurai-09 on 25-06-2015 at 4.30 p.m.



3. Organized the “WALK FOR YOGA “ programme for Part V Physical Education Students held at Samanar Hill, Nagamalai, Madurai-19 on 15-08-2015 at 3.30 p.m.



4. Organized the “YOGA AWARENESS PROGRAMME” for Valluvar illam, Men hostel students and NSS students demonstrated by R. Selvakumar, Director of Physical Education held at College Basketball court on 11-07-2015 at 6.30 a.m.



5. Organized the “YOGA AWARENESS PROGRAMME” for Women hostel students demonstrated by R. Selvakumar, Director of Physical Education held at Silver Jubilee Auditorium hall on 25-07-2015 at 6.30a.m



6. The department is also conducting regular yoga classes covering both theory and practical aspects for men and women: It is offered to:

1. Day scholars



2. Part V Students (Regular & Self finance students)



3. Fitness & wellness certificate course students of Women study centre

The classes are conducted in the morning and in the evening.

Special Programme:

- 1) The Department of Physical Education and INTACH Madurai chapter jointly organized the “SILAMBAM CAMP” programme for School and college students from Madurai District held at College Grounds from 15-05-2015 to 04-06-2015 (20 days)



Coaching Camp Programme:

1. Organized 7days Coaching Camp for Badminton, Ballbadminton, Basket ball, Chess, Cricket(16 days), Football, Kabaddi, Table Tennis, Power lifting , Weight lifting, Volleyball, Handball,Swimming for Men Students & Kho Kho, Athletics. Handball, Badminton, Ballbadminton, Athletics for Women students.

Touranament Organised:



1. Organized Madurai Kamaraj University "A" Zone Inter-Collegiate Ball badminton Men tournament held at Thiagarajar college grounds, Madurai-09.
2. Organized Madurai Kamaraj University "A" Zone Inter-Collegiate Handball Men tournament held at The American college, Madurai-01.

We competed in Athletics, Badminton, Chess, Cricket, Football, Kabaddi, Hockey, Table tennis, Swimming, Weight lifting, Power lifting, Best Physique, Handball, volleyball, basketball, Athletics in the men's category and our women's team ventured in Ball badminton, kho kho in the MKUniversity.

The following are the achievements of an students in M.K.University 'A' zone Inter collegiate team Tournaments:



- Our College **Table tennis** (Men) team won the MKU 'A' zone Inter- Collegiate **Winners** Trophy held at Yadava college, Madurai on 03-08-15.



- Our College **Ball badminton (Men)** team won the MKU 'A' zone Inter- Collegiate **Winners** Trophy held at Thiagarajar College, Madurai on 18-08-15
- Our College **Cricket (Men)** team won the MKU 'A' zone Inter- Collegiate **Runners** Trophy held at Madurai kamaraj University , Madurai-21 from 26-08-2015 to 28-08-2015.
- Our College **Volleyball (Men)** team won the MKU 'A' zone inter- Collegiate **Runners** Trophy held at The American College, Madurai on 3-09-15.
- Our College **Handball (Men)** team won the MKU 'A' zone inter- Collegiate **Runners** Trophy held at The American College, Madurai.

Achievement in Individual events at University level:-



*C. Chidambaram, III Bsc IT secure the fourth place and T.M. Manikandan, III BCA secure the fifth place in M. K.U Inter- collegiate chess (Men & Women) tournament held at Dr. Mu.Va Hall, Madurai kamaraj University from 12-08-2015 to 14-08-2015 and selected the Madurai kamaraj University team(2015-16)



*A.Sanjay kumar, II Bsc IT won the Gold medal in 50Mtrs,100Mtrs, 400Mtrs Free style category in M.K.U Swimming competition held at Dr. M.G.R. Stadium Swimming pool, Madurai on 25-09-2015 and also he secure the overall team third position.



V.SARVESH SWAROOP SHANKAR, II year B.sc., Biotech in Thiagarajar college attended 7th South zone shooting Championship held in muttum, Thodupuzha, kerala from 22 to 26 October 2015 conducted by kerala state rifle Association.

10mts Peep Sight Air Rifle Event 382\400

- Gold Civilian Men Team
- Gold ISSF Junior Team
- Bronze Civilian Junior Team
- Bronze Civilian Youth Team

50mts prone peep sight Rifle 579\600

- Bronze ISSF junior
- Gold Civilian Men Team
- Silver ISSF junior Team
- Bronze ISSF Men Team

50mts 3 position Peep sight Rifle Event 558\600

- Silver ISSF Men
- Silver ISSF Junior Men
- Gold Civilian junior Men

Silambam

- **P.Jaya pandi, I BBA** Thiagarajar college won the silver medal in southzone level silambam championship held at sathangai academy, Madurai on the 17th October,2015 DIRECT COMBACT event and was awarded second place.
- **P.Jaya pandi, I BBA** Thiagarajar college won the Gold medal in southzone level silambam Team championship held at Psyhic Metric School, Madurai on the 30th August ,2015.

Part V students activities:

1. The Department of Physical Education and Madurai Rifle club jointly organized the “Shooting CAMP” programme for college students held at Madurai Rifle club, Race course road, Madurai-20 on (20 days). Mr. S. Velshankar BA, Secretary, Madurai Rifle club demonstrate the Rifle shooting Techniques and Tactics.
2. The Department of Physical Education organized the Trekking for meditation programme for college part V Physical Education students held at Alagarkovil hills, Madurai on 9-01-2016 at 7.00 a.m.
3. The Department of Physical Education organized the Self defense technique for women programme for college part V Physical Education women students held at Diamond jubilee hall, Thiagarajar college, Madurai-09 on 18-12-2015. Sensi. N. Ramamoorthy MA, BL, KAI referee demonstrated the Self defense techniques and tactics.

