

DEPARTMENT OF PHYSICAL EDUCATION-2018-2019

Staff member:

Head & Director of Physical Education: Mr. **R. Selvakumar**, M.P.ED., M.Phil, P.G.D.C.A, P.G.D.Y.H, NSNIS (Badminton)

Asst. Director of Physical Education: Mr. M. Raja, M.PED., P.G.D.Y.H

Marker: Mr. T. Murugesan

1. The International yoga day was Organized CCRYN, Ministry of AYUSH, and Govt. of India MADURAI MANAVALAKKALAI MANDRAM TRUST. Our college 162 part V Physical education students Voluntaries actively Participated in yoga demo and Practical class held at Mariamman Kovil Theppakualum. Madurai-09 on 21-06-2018 and demonstrate the yogasanas in our college grounds.



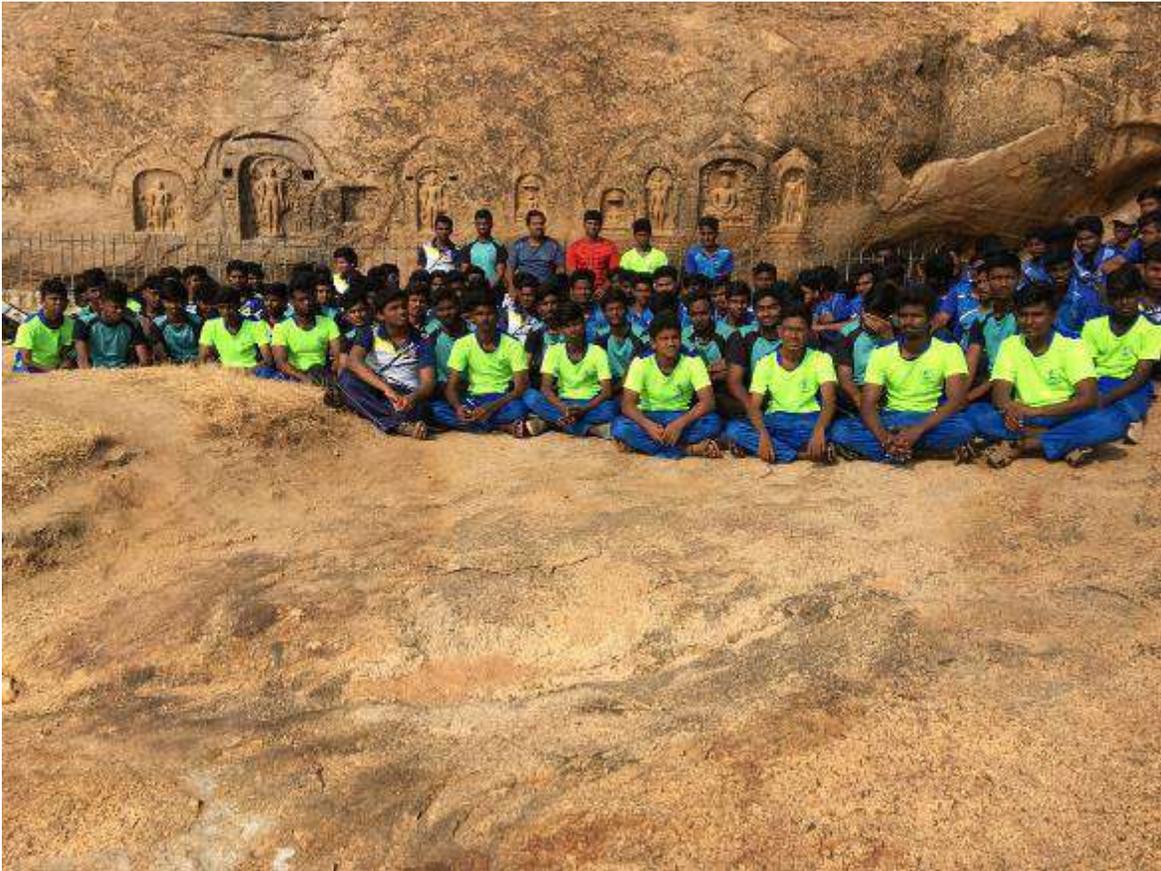
Received the award for successful completion of the yoga demonstration and participation from Mr. Karumuttu. T. Kannan, President, Thiagarajar college, MDU-09





2. The Department of Physical Education organized the Trekking for yoga programme for college **part V Physical Education** students held at Samanar hills, Madurai on 19-01-2019 at 7.00 a.m.







3. The Department of Physical Education organized the self defense technique for women programme of our college women students. M.R. Deepika, self defense training, Mixed martial arts training academy, chennai delivered the lec dem for College women students held at Tholkapiar arangu, Thiagarajar college on 29-01-2019 at 10.00 am.



4. part V Physical education students volunteers actively participated in the Madurai Vaigai cleaning programme organized by Madurai corporation, Madurai on 20-12-2018.
5. 50 students are actively participated in the Helmet awareness programme in the Thiagarajar college entrance on 31.07.2018





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

1. Sports & games students
2. Part V Students (Regular & Self finance students)
3. Fitness & wellness certificate course students of Women study centre

Special award

Received the overall exemplary participation award HCL Madurai Run 2019 from Mr. Natarajan, District Collector, Madurai on 24-02-2019 at Gandhimusium, Madurai and also qualify to receive Rs. 20,000/- sports equipment gift voucher and Rs. 10,000/- for R. Selvakumar, best Director of Physical Education.

Management contribution

Our honourable management sponsored Rs.20,000/- to our college student S.Prasanth, Ist BA Economics, 18UEC29 qualified to represent india to participate at the 4th international athletics championship world grand prix, held at Morocco on 21st to 28th April 2019.



Service to the Enabling the disable

- R. Selvakumar, Director of Physical Education as Chief Guest for the Jinnah Memorial Sports day (visually challenged) function on the request of Indian Association for Blind, Madurai, South India on 16th February 2019.
- R. Selvakumar, Director of Physical Education Inaugurated the cricket Match for visually challenged students and served as umpire for the cricket match on 26th January 2019.



Seminar /Workshop/Referee exam attended:

*R. Selvakumar, Director of Physical Education has participated the **“State level work shop cum officiating examination in yoga”** organized by Sri Ramakrishna mission vidyalaya Maruthi college of Physical Education on 27th & 28th July 2018 and also **passed** Tamil nadu **State referee** examination organized by Tamil nadu yogasana association.

* R. Selvakumar, Director of Physical Education has Presented paper “Impact of food on the yoga practices and fitness” in the National conference on **“Food processing and safety management”** organised by Department of food science and processing management, on 15th February 2019.

* R. Selvakumar, Director of Physical Education has participated the One day National level workshop on Physical fitness and performance enhancing through swiss ball training” organized by G.T.N college, Dindigul on 15th March 2019.

Journal published :

*R. Selvakumar, Director of Physical Education has published the paper entitled “Impact of food on the yoga practices and fitness” in International journal of research and analytical reviews IJRAR (www.ijrar.org E-ISSN 2348-1269, P-ISSN 2349-5138) UGC approved & 5.75 impact factor volume 6 issue on 01 february 2019.

Refresher course:

R. Selvakumar, Director of Physical Education has participated in the UGC- Sponsored – Refresher Course in Physical Education, Sports Sciences & Yoga (ID) conducted by UGC- Human Resource Development Centre, Bharathiar University held from 23.11.2018 to 13.12.2018 and obtained ‘A’ grade.

Selection Committee Member:

1. Mr. R. Selvakumar, Director of Physical Education Appointed as a Selection committee member for Madurai Kamaraj University Cricket (Men) blues team held at ANJA college, Sivakasi from 26-10-2018 to 10-10-2018..
2. Mr. R. Selvakumar, Director of Physical Education Appointed as a Selection committee member for Madurai Kamaraj University Tennis (Men) held at ANJA college, Sivakasi from 01-10-2018 to 02-10-2018.
3. Mr. R. Selvakumar, Director of Physical Education Appointed as a competition secretaries and Time keeper for Madurai Kamaraj University Athletics (Men & Women) team held at , Dr. M.G.R Stadium, Madurai-02 from 22-10-2018 to 24-10-2018.

General Election Duty

Appointed as presiding officer for general election to lok sabha- 2019 held at Ruby matriculation school, palanganatham, madurai on 18-04-2019

Coaching Camp Programme:

1. We also Organized 7days Coaching Camp for Badminton, Boxing, Ball badminton, Basket ball, Chess, Cricket, Football, Kabaddi, Table Tennis, Best Physique, Volleyball, Handball, weight lifting & power lifting for Men Students & Athletics. Chess, Badminton, Ballbadminton, volleyball, Athletics for Women students.

The following are the achievements of an students in M.K.University ‘A’ zone Inter collegiate team

Tournaments:

1. Our College Table tennis (Men) team won the MKU 'A' zone Inter- Collegiate Runners-Up Trophy held at Yadava college, Madurai on 01-08-2018



2. Our College Badminton (Men) team won the MKU 'A' zone inter- Collegiate Runners-Up Trophy held at Dr.M.G.R.Stadium. Madurai on 02-08-18.



Thiagarajar college Badminton men team clinched the Madurai kamaraj university A zone inter collegiate Badminton men rolling trophy 2018 held at Race course, Madurai on 02.08.2018

3. Our College Ball badminton (Men) team won the MKU 'A' zone Inter- Collegiate Runners-Up Trophy held at The American College, Madurai 13-08-2018



4. Our College Handball (Men) team won the MKU 'A' zone inter- Collegiate Runners-Up Trophy held at The American College, Madurai on 10-09-2018



5. Our College Football (Men) team won the MKU 'A' zone Inter- Collegiate Runners-Up Trophy held at NPR College, Dindigul on-21 from 19-09-2018 and 20-09-2018

ATHLETICS:

*S.Gunaseelan III BA English won the Gold medal in Long Jump event in M.K.U Athlete meet held at Dr.MGR Stadium ,Madurai on 22-10-2018 to 24-10-2018.



University Blues Team players (2018-2019)

Sl.No	Game	Name	Regno./Class	Venue	Date
1	Foot ball	M.Nageswaran	II B.Com 17SUCO10	Pondicherry university, Pondicherry.	03.12.2018 to 11.12.2018
2	Cricket	N. Suryarajan	III BBA 16SUBA29	Alagappa university, karaikudy.	02.01.2019 to 03.01.2019
3	Tennis	K.Nagendra Pandian	III B.Sc Maths 16UMA18	SRM University, Chennai.	15.02.2019 to 19.02.2019

National Level

Name : L.Ammshavarthini, Class :II B.Sc Maths, Roll NO:17UMA45

Sl.no	Name of the Game	Level of participants	Name of the tournament, venue & Date	Position	Remark
1.	Carom(women singles)	State	59 th Tamil Nadu state Senior Carrom championship 2018 -19 held at sengappakonar mandapam, sundarapuram,Coimbatore on 07 th to 9 th dec 2018	5 th position	--
2	Carom(women singles)	National	47 th Senior National and Interstate Carrom championship 2018 -19	--	National Qualified held at Kudal – Maharashtra. From:19Feb to 23Feb



Special award

Received the overall exemplary participation award HCL Madurai Run 2019 from Mr. Natarajan, District Collector, Madurai on 24-02-2019 at Gandhimusium, Madurai and also qualify to receive Rs. 20,000/- sports equipment gift voucher and Rs. 10,000/- for R. Selvakumar, best Director of Physical Education.



Special award (enabling the disable)

S.No	Name	Name of the Tournaments & Venue	Achievements	Year
1.	S.Prasanth Ist BA Economics 18UEC29	Athletics Bliss Awards held at ‘ MM Conventional Hall, Saveetha Dental & Hospital Chennai-77	“Bliss Awards”	15 th July 2018
		GMS Award in the Field of Sports at Gandhi Museum.Madurai.	GMS Award	22 nd July 2018

Enabling the disable:**District /State / National Level Visually Impairment Students Achievements:**

Name: S.Malaichamy Class: II B.A Tamil 17UTA14					
Sl.no	Name of the Game	Level of participants	Name of the tournament, venue & Date	Position	Remark
1.	Standing long jump	District	District level differently abled sports and games 2018&2019 held at Dr.M.G.R.Stadium, Madurai on 20-11-2018	First	
2.	Volley ball	District	District level differently abled sports 2017-2018 at Dr.MGR stadium, Madurai on 20.11.2018.	Winner	
3.	Football	National	Regional south and west zone blind football tournament held from 31-08-2018 to 02-09-2018	Participation	
Name : R.Vasanth Class : II B.A English.17UEN31					
Sl.no	Name of the Game	Level of participants	Name of the tournament, venue & Date	Position	Remark
1.	Foot ball	National	Regional south and west zone blind foot ball tournament held on Fever pitch turf ground, yeshwanthpur, Bangalore on 31-8-2018 to 2-09-2018	Participation	
2	Volleyball	District	SDAT District level differently abled sports and games 2018-2019	Winner	
Name : V. Pazhanivel, Class :1st B.A English, Roll NO:17UEN22					
Sl.no	Name of the Game/Sport	Level of participants	Name of the tournament, venue & Date	Position	Remark
1.	Volley Ball	District	District level differently abled volley ball match held at Dr.MGR stadium Madurai on 20.11.2018	Winner	
2.	Chess	National	6 th Tamilnadu state chess champion ship-2018 for visually challenged held at Madurai on 21 st & 22 nd July,2018.	Participation	

3.	100mts	District	District level differently abled sports held at Dr.MGR Stadium, Madurai on 20-11-2018.	First	
4.	Football	National	Regional south and west zone Blind football tournament held from 31 st August to 2 nd September 2018at Fever pitch ground, Bengaluru.	Participation	
Name : C. Suriya					
1	Football	National	Fourth edition of the IBFF national blind football tournament held on 12 th to 15 April 2019 at bullring fever pitch yeshwantpur bengaluru.	Participated	
2	Football	National	Regional south and west zone blind football tournament held from 31 st August to 2 nd September 2018 at fever pitch ground, Bangalore.	Participated	

Name : R. Jayantran, Bsc., Computer science (A) 18SUPC10					
1	Weight Lifting	District	Honorable Chief Minister's Trophy District Level Tournaments 2018-2019 held at Dr.M.G.R.Stadium. Madurai. 07.02.2019 & 08.02.2019	Second	
2	Weight Lifting	District	The Madurai District Weight lifting Association District level Championship 2018 11-11-2018	Third	Junior
3	Weight Lifting	District	The Madurai District Weight lifting Association District level Championship 2018 11-11-2018	First	Sub Junior
Name : P. Balaji Sundar, IIB.com 17UCO05					

1	200mts	District	Madurai District Junior Athletic meet-2018 held at Dr.M.G.R stadium, Madurai on 4-08-2018	Third	Under 20 category
2	High jump	District	SDAT competition held at Dr.M.G.R stadium, Madurai on 19-07-2018	Third	
3	Weight lifting	District	4 th District Weight lifting championship 2019 held at SBK elementary school Aruppukottai on 24.02.2019	Third	61kg category
4	Weight Lifting	District	3 rd District Weight lifting championship 2017-18 Held at Virudhunagar District Amateur Weight Lifting Association on 28-01-2018	Participated	69kg Category
5	Weight Lifting	District	Chief Minister Trophy District Level Competition 2018-2019 Held at Sports Development Authority of Tamilnadu Virudhunagar District on 06-02-2019	Third	69kg Category

Name : M.Atchaya, 1st B.sc Microbiology, 18SUMB17

1	Yoga	State	State level yoga competitions organized by J.J.College of Engineering and Technology, Tiruchirappalli-09.	Participation	
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Name : I.Pavithra, Class :1st B.sc Microbiology 18SUMB30

1	Yoga	State	State level yoga competitions organized by J.J.College of Engineering and Technology, Tiruchirappalli-09.	Participation	
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Name : C. Suriya

1	Football	National	Fourth edition of the IBFF national blind football tournament held on 12 th to 15 April 2019 at bullring fever pitch yeshwantpur bengaluru.	Participated	
2	Football	National	Regional south and west zone blind football tournament held from 31 st August to 2 nd September 2018 at fever pitch ground, Bangalore.	Participated	

Name : G. Kishore

1	Taichiquan	State	Tamil nadu wushu association,15 th junior & senior state wushu championship 2018(Boys & Girls) held at Akshaya college of engineering & Technology, Kinathukadavu, Coimbatore from 25 th August to 26 th August 2018 .	First price	
Name: R. Dhanush					
1	Marathon	State	Palanisamy college of arts, perundurai in association with district social welfare department, Government of tamilnadu, Erode on February 17, 2019.	Third price	Rs.3000/- cash award









Marathon:

1. College students are participated “UTHIRAM’ 18 MARATHON” – to spread awareness about voluntary blood donation on 6th July 2018.

Non Staff tournaments:

Our college non teaching staff volleyball team participated in the platinum jubilee inter collegiate Non- teaching staff volleyball tournament held at Lady Doak college on 25th & 26th January 2019.





Annual Sports Meet

Intramural Tournament & Sports Events

Intramural Tournaments were held in various disciplines (40) for both men and women during January to March 2019. The 70th Annual Sports Meet was held on 01st March 2019. Thiru. Karumuttu.K. Thiagarajan, secretary, Thiagarajar college presided over the function.

S.No	Gender	Over all Championship	Department
1.	Men	Winners	Dept. of Commerce
		Runners-up	Dept. of English
2.	Women	Winners	Dept. of Mathematics
		Runners-up	Dept. of English

70th ANNUAL SPORTS MEET
DEPARTMENT OF PHYSICAL EDUCATION
Teaching and Non – Teaching Tournament 2018-2019

RESULT

Teaching and Non – Teaching Men:

S.NO	NAME OF THE GAME	RUNNER	WINNER
1.	CRICKET	TC BLUE	TC RED
2.	CARROM (Doubles) Non teaching	P.Pon Pandi K.Saravanan	R.Rajesh Kanna M.Ganesh
3.	CHESS (Non teaching)	K.Gopal	A.Palani Vel
4.	TABLE TENNIS	P.Vijaya sairam	R.Bagavathi Muthu
5.	CHESS (Teaching)	S.Ram kumar	Dr.K.Lingaraja
6.	VOLLEY BALL	TC RED	TC BLUE
7.	BADMINTON(Singles)	K.Pitchaimani	J.AlaguJeganathan

Teaching and Non – Teaching Women:

S.NO	NAME OF THE GAME	RUNNER	WINNER
1.	CARROM (Doubles) Non teaching	S.Chandra N.Bavani	S.Umamaheswari B.Kanagameena
2.	CHESS (Non teaching)	N.Bavani	P.Ramya
3.	CHESS (Teaching)	Dr.N.Tamil Mozhy	K.Suriya Prabha
4.	CARROM (Doubles) Teaching	Dr.N.Tamil Mozhy Meena Prabha	Dr.Umamaheshwari Dr.B.Sathya Devi
5.	BADMINTON (Singles)	Dr.S.Vasundhara	P.Ramya
6.	BADMINTON (Doubles)	B.Nandhini S.Suganya	K.Ganga Devi K.Kavitha
7.	THROW BALL	TC RED	TC BLUE

Intramural Women tournament 2018-2019

RESULT

S.NO	NAME OF THE GAME		RUNNER	WINNER	
1.	CHESS		Department of Botany	Department of commerce	
2.	TABLE TENNIS		Department of Maths	Department of English	
3.	VOLLEY BALL		Department of Maths	Department of English	
4.	BALL BADMINTON		Department of English	Department of Commerce	
5.	CARROM(DOUBLES)		Department of Physics	Department of CA&IT	
6.	CARROM(SINGLES)		Department of Maths	Department of CA&IT	
7.	BADMINTON		Department of Physics	Department of Commerce	
8.	HAND BALL		Department of Physics	Department of Maths	
9.	THROW BALL		Department of Botany	Department of Maths	
10.	YOGA(SINGLES)		Department of Maths	Department of English	
11.	YOGA(GROUP)		Department of English	Department of Maths	
12.	KABADDI		Department of English	Department of Microbiology	
13.	ATHLETICS	EVENTS	<i>Ist Place</i>	<i>IInd Place</i>	<i>IIIrd Place</i>
14.		DISCUSS	P.Brindha Devi	M.Meenaloshani	R.Keerthana
15.		SHOT PUT	R.Keerthana	R.Yoga	S.Prathiba
16.		100 mtrs			
17.		200 mtrs	M.Rudhra	S.Keerthana	S.Bala Einiya
18.		400 mtrs	P.Ilakkiya	A.Sharmila	K.Kerthika
19.		800 mtrs	K.Karishma	K.R.Hemalatha	M.H.Hema
20.		1500 mtrs	G.Devi	K.Anbu Selvi	R.Rajesh Priya
21.		400x100 relay	T.Kaleeswari I.Ramya M.Rudhra K.Preethi	R.RathnaKowsiha S.Priya dharshini K.Krithika P.Ilakkiya	B.Iswarya G.Devi A.Sharmila S.Keerthana

70th ANNUAL SPORTS MEET
DEPARTMENT OF PHYSICAL EDUCATION
Intramural Men tournament 2018-2019

S.NO	<i>NAME OF THE GAME</i>		<i>RUNNER</i>	<i>WINNER</i>	
22.	CHESS		Department of English	Department of commerce	
23.	TABLE TENNIS		Department Of BBA	Department of CA&IT	
24.	VOLLEY BALL		Department of Economics	Department of Commerce	
25.	BALL BADMINTON		Department of Maths	Department of Tamil	
26.	CARROM(DOUBLES)		Department of Micro biology	Department of Economics	
27.	CARROM(SINGLES)		Department of Micro biology	Department of Tamil	
28.	BADMINTON		Department of Commerce	Department of English	
29.	HAND BALL		Department of English	Department of Commerce	
30.	THROW BALL		Department of English	Department of Economics	
31.	YOGA(SINGLES)		Department of Microbiology	Department of Commerce	
32.	YOGA(GROUP)		Department of Maths	Department of Commerce	
33.	KABADDI		Department of Economics	Department of Maths	
13.	BASKET BALL		Department of Commerce	Department of Maths	
14.	HOCKEY		Department of Physics	Department of computer science	
15.	FOOT BALL		Department of Commerce	Department of English	
16.	CRICKET		Department of Commerce	Department of Maths	
17.	KHO-KHO		Department of Maths	Department of English	
		EVENTS	<i>Ist Place</i>	<i>IIInd Place</i>	<i>IIIrd Place</i>
		JAVELIN	M.Ajith kumar (II B.A ECO)	P.Balaji	T.surya prakash (III B.SC CHEM)

18.	ATHLETICS			sundar (II B.COM)	
20.		DISCUSS	M.Suresh (III B.A ECO)	S.Balaji (II B.COM)	R.Aravinth sankar (III B.A ENG)
21.		SHOT PUT	E.Suriya kannan (II B.A ENG)	Anbarasan (III B.A ENG)	G.Jebaraj (III B.SC CS)
22.		100mtrs	Karthikeyan (III BCOM)	P.Kannan (II B.SC CS)	Ashok (III BA ECO)
23.		200 mtrs	Gunaseelan (III BA ECO)	Ramachadran (III B.SC MATHS)	P.Kannan (II B.SC CS)
24.		400 mtrs	R.Dhanush (I BA ENG)	R.Prabhakaran (B.SC CHE)	M.Guru (I B.SC BOT)
25.		800 mtrs	R.Dhanush (I BA ENG)	N.Lakshmana (III B.SC MATHS)	R.Prabhakaran (B.SC CHE)
26.		1500 mtrs	M.Nageshwara (IInd BCOM)	S.Venkatesh Bharathy (I B.SC CS)	A.Sunai (B.SC MATHS)
27.		3000mtrs	M.Nageshwara (II BCOM)	S.M.Sri Vishnu (III B.A ENG)	K.Sundra Mahalingam (B.A TAM)
28.		5000mtrs	N.Lakshmanan (III B.SC MATHS)	G.Kantha pandi (II BBA)	S.Maruthu pandi (III B.A ECO)
29.	10,000mtrs	R.Yuvaraj (I B.COM)	G.Kantha pandi (II BBA)	M.Surya (I B.SC M,ATHS)	
30.	4x100 relay	CHEMISTRY Surya prakash Gowtham Vishwanth Nithishwaran	ENGLISH R.Alagaraja R.Dhanush B.Uhaya parkash S.Gunaseelan	TAMIL Senthura pandi Vigeshwaran Manikandan Prem kumar	

















