

Vivekananda College-Tiruvedakam West-625 234

45th Annual Sports Meet – 12-02-2016

Annual Report (2015-16)

Most Revered President Swamiji Maharaj, Most Revered Secretary Swamiji Maharaj of our College, Most Revered Swamijis of our Tapovanam, Most Respected Chief Guest and my Teacher Dr.P.Karthikeyan, Department of Physical Education and Sports and Science, Annamalai University, Chidambaram, Respected Principal, Most affectionate Vice-Principal, Respected School Headmaster, Members of the Staff, Students, distinguished guests and my dear young friends,

I stand before you to present the 45th Annual Report of Physical Education Department of our Gurukulam. We regularly conduct Physical Jerks every morning. We also hold Yogasanas in the evening on Monday, Tuesday and Friday. In addition, we conduct Mass Drill every Thursday. We also give practice in Karate, Silambam, Gymnastics, Band Music and Asanas for the willing students. We offer Physical Education as a Part IV compulsory course to all the final year students. We offer Certificate Course in Yoga to all the First year students and Diploma in Yoga to all the Second year students and Advanced Diploma in Yoga to all the Third Year students.

Intramural sports and games Tournament are conducted for the inmates of the Gurukulam. The skills of each student in 100m, 400m, High Jump, Long Jump, Shot Put and Pull Ups are measured at the end of each year. These are recorded in the Student's Personality Assessment Record.

The proposal for construction of a Swimming Pool has been sent to the University Grants Commission, SERO, Hyderabad. We got affiliation from the Madurai Kamaraj University to offer B.Sc. Physical Education.

Now I am happy to present the achievements and activities of the Academic year 2015-16.

Student's Achievements and Activities

N.Sathishkumar, II B.Sc. Botany attended the State Basket Ball Championship held in Chennai from 18th to 30th December 2015.

R.Pannaiyar, III B.Sc. Mathematics represented the M.K. University in 'B' Zone Cricket. K.Harihara Suthan, II B.Com, P.Aravinthraj, II B.Sc. Botany and T.Kubendran, I B.Com CA represented the M.K. University in 'B' Zone Foot Ball.

P.Karthick Raja, III B.Sc.Maths, A.Akash Kumar, II B.Sc. CS and P.M.Thangapandian, II B.Sc. Physics represented the M.K. University in 'B' Zone Ball Badminton. P.Ranjithkumar, I B.A.History represented the M.K. University in 'B' Zone Kabaddi.

R.Karthick, III B.Sc.Chemistry represented the M.K. University in 'B' Zone Hand Ball.

M.Arun, III B.Com, K.Lakshmanan, III B.Sc. Maths, M.Rajkumar, III B.Sc.Mathematics, R.Chakaravathi, II B.Sc.Chemistry and P.Sakthivel, I B.Sc.Zoology represented the M.K. University in 'B' Zone Kho-Kho. M.Vimal Kannan, III B.Com represented the M.K. University in 'B' Zone Volley Ball. N.Sathishkumar, II B.Sc. Botany and N.Sundar, II B.Sc.Mathematics represented the M.K. University in 'B' Zone Basket Ball.

The Ball Badminton team participated and secured Third Place in the MKU 'B' Zone intercollegiate tournament held at Madura College, Madurai on 21st August 2015.

The Kho Kho team participated and secured Third Place in the MKU 'B' Zone intercollegiate tournament held at Madura College, Madurai on 14th December 2015.

The Basket Ball team participated in the Kuthalingam Memorial State Level Basket Ball Tournament conducted by the Madurai Kamaraj University College, Madurai held on 17th September 2015.

The Gymnastics team participated in the 'Heritage' organised by the Tata-Dhan Academy held at Thenur Village on 8th and 9th August 2015.

One hundred and fifty three Students participated in the Velammal Mini Marathon - Cardiathon organised by the Vellammal Medical College Hospital and Research Institute, Madurai on the eve of World Heart Day Celebrations held at Madurai on 27th September 2015.

Four Students participated in the Madurai District level 5 km Mahaa Social Awareness Mini Marathon organised by the Life Giving Trust, Madurai on 18th October 2015. P. Selvaganesh, III B.Sc. Zoology, S.Sirpi, III B.Sc.Chemistry and V.Athipathiraja, III B.Sc.Zoology won the 4th , 5th and 6th prizes respectively.

Nine students of Gymnastics team, twenty five students of Band Music team and twenty students of Asanas participated and demonstrated in the 21st International Conference on Frontiers in Yoga Research and its Applications organised by the SVYASA University, Bengaluru held at its premises on 2nd January 2016.

Faculty Achievements and Activities

Dr.M.Seenimurugan, Director of Physical Education attended as a member in the Selection Committee for the selection of University Badminton (F) Team of Madurai Kamaraj University held at Madurai Kamaraj University from 24th and 25th August 2015.

Dr.M.Seenimurugan, Director of Physical Education attended as member in the Selection Committee for the selection of University Volley Ball (M) Team of Madurai Kamaraj University held at Madurai Kamaraj University from 9th to 11th September 2015.

Dr.M.Seenimurugan, Director of Physical Education acted as a Chief Judge in the Track events organised by the Madurai Kamaraj University held at M.G.R.Stadium, Madurai from 10th to 12th December 2015.

Programmes Organised

World Yoga Day was celebrated on 21st June 2015. 1045 students performed 16 asanas, Suriyanamskar (3 times), 9 pranayamas and meditation on the eve of World Yoga Day celebrations at the college grounds. Dr.K.Chandrasekaran, Head, Department of Physical Education was the Chief Guest.

The Department of Physical Education conducted 'B' Zone Intercollegiate Badminton (M) Tournament of Madurai Kamaraj University at Swami Chidbhavananda

Indoor Stadium on 13th August 2015. SVN College, Nagamalai and Sourashtra College, Madurai secured the first and second places respectively.

The Department of Physical Education conducted a special coaching camp for Cricket players between 15th and 23rd August 2015.

The Department of Physical Education conducted a special coaching camp for Ball Badminton players between 17th and 20th August 2015.

The Department of Physical Education conducted 'B' Zone Intercollegiate Volley Ball (M) Tournament of Madurai Kamaraj University at Swami Chidbhavananda Indoor Stadium on 2nd September 2015. Senthamarai Arts College, Vadapalanchi and MKU, Madurai secured the first and second places respectively.

The Department of Physical Education conducted 'B' Zone Intercollegiate Basket Ball (M) Tournament of Madurai Kamaraj University at Swami Chidbhavananda Indoor Stadium on 20th October 2015. SVN College, Nagamalai and Madura College, Madurai secured the first and second places respectively.

We wish to state that we conduct all the track and field events in the newly created 400 meters track for the first time.

The Department of Physical Education conducted Ball Badminton, Badminton and Cricket for all the Teaching and Non-teaching staff between 18th January and 1st February 2016.

Extension Activities

As part of the extension programme of the Department of Physical Education, all the students gave training on yoga including Suriyanamaskaram, Pranayama, Body Loosening Exercises and Asanas to the students of schools in their villages during the mid-semester holidays from 15th to 23rd August 2015 and during Odd semester holidays from 13th November to 1st December 2015.

The Gymnasts give training in Gymnastics to the students of Vivekananda Matric Higher Secondary School, Pannaikadu, Vivekananda Matric Higher Secondary School, Sholavandan and Narendra Middle School, Tiruvedakam West every year.

We wholeheartedly thank our Management for providing all facilities for increased sports activities. I record my heartfelt gratitude to the volunteers of five NSS units and their Programme Officers Dr.K.Chellapandian-Unit No:75, Dr.S.Chandrasekaran -Unit No:76, Prof.P.Jeyasankar-Unit No:77, Sri M.P.Kumaresan-Unit No:78 and Sri K.Kamatchi-Unit No: 199 for all the help they render in cleaning the ground. We are happy to express our sincere thanks to the NCC cadets and the NCC Officer Lt.V.Rajendran who help us in all sorts of work throughout the year.

I record my heartfelt gratitude to Prof. D. Ramachandran, the former Director of Physical Education for his help and the proud alumnus Dr.P.Pattinathar, Head, Department of Economics for his contribution in the betterment of gymnastics events. I record my thanks to Sri I. Irulappan and B. Karthikeyaa, Physical Education Teachers, Vivekananda Higher Secondary School, Tiruvedakam West for his help in conducting the Yoga classes. I wish to thank to Sri M.Mohan, Assistant Professor of Commerce CA for his all round help to the Department of Physical Education. I am happy to express my sincere thanks to Teaching and Non-teaching Staff members, Teaching Assistants and Resident Acharyas for supervising Morning Physical Jerks, evening Asanas and Mass Drill throughout the year.

We thank the final year students who are the Peer Team Student Trainers, Student Secretary for Sports and Games, House Captains of houses and all the Physical Education Student Coordinators for their sincerity, dedication and leadership quality in training their juniors in Gymnastics, Karate, Silambam, Band Music, Asanas and Physical jerks.

We thank the Secretary Swamiji and Revered Sanniyasins of the Ashram, the Principal, the Vice-Principal, the Dean, the Controller of Examinations, all the staff and students for their kind cooperation, encouragement and active participation in all the activities of the Physical Education Department.
