

# Vivekananda College-Tiruvedakam West-625 234

46<sup>th</sup> Annual Sports Meet – 05-02-2017

## Annual Report (2016-17)

Most Revered President Swamiji Maharaj, Most Revered Secretary Swamiji Maharaj of our Tapovanam, Revered Secretary Swamiji Maharaj of our College, Respected Chief Guest, Respected Principal, Most affectionate Vice-Principal, Members of the Staff, Students, distinguished guests and my dear young friends,

I am happy to stand before you to present the 46<sup>th</sup> Annual Report of Physical Education Department of our holy Gurukulam. We regularly conduct Physical Jerks every day at 7.10a.m. We also hold Yogasanas in the evening on three days a week. In addition, we conduct Mass Drill once a week. 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 also 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 third year students.

We conducted intramural Sports and Games Tournament for the inmates of the Gurukulam. We measure the skills of each student in 100m, 400m, Long Jump, Shot Put and Pull Ups at the end of each year. These are recorded in the Student's Personality Assessment Record.

Now I am happy to present the achievements and Activities of the Academic year 2016-17.

### **Student's Achievements and Activities**

R.Sri Hari Sakkaravarthy, III B.Sc. Chemistry represented the Madurai Kamaraj University Kho-Kho team and attended the Inter-university Kho-Kho match held at Bangalore University, Karnataka from 10<sup>th</sup> to 13<sup>th</sup> January 2017.

P.M.Thangapandi, III B.Sc.Physics, A.Ahashkumar, III B.Sc.C.S., G.Gunalan, II B.Sc Maths., P.Gopinath, II B.Sc.Zoology, and M.Vanaraj, I B.Sc. C.S represented the M.K. University 'B' Zone Ball Badminton team.

K.Ramprasath, III B.Com, R.Sugudevan, III B.Com., J.Anbuchezhian, T.Muthukrishnan, II B.Sc. Maths, S. Thuraimanickam, I B.Sc. C.S., K. Kannan, I B.Sc. Maths, and K.Thesapriyan I B.A. History represented the M.K. University 'B' Zone Hockey team.

S.Sundaralingam, III B.Sc. Botany, S.Ajith III B.Com. G.Udhayakannan, III B.Com., and B.Maheswaran, II B.Sc. Zoology represented the M.K. University 'B' Zone Hand Ball team.

R.Sri Hari Sakkaravarthy, III B.Sc. Chemistry, P.Logesh, III B.Sc. Maths, P.Ajith Kumar, III B.A.Economics, N.Ramkrishnan, III B.Sc. C.S., R.Ramkrishnan, III B.Sc. Botany, P.Ramesh, III B.Sc. Maths, P.Sakthivel, II B.Sc. Zoology, B Lakshmanan, II B.Sc. Maths, A.Adhi Narayanan, II B.Sc. Maths, and K. Karthik Raja, II B.Sc. Maths C.Satheesh kumar,S.Goutham I B.Sc. Maths represented the M.K. University 'B' Zone Kho-Kho team.

N.Tharunprasath, I B.Sc.Chemistry, and M.Vanaraj, I B.Sc. C.S., represented the M.K. University 'B' Zone Badminton team.

R.Purushothaman, III B.Sc.Maths, M.Sriram, R.Gopinath, III B.Com., and C.GaneshKumar, II B.Sc. Maths, represented the M.K. University 'B' Zone Volley Ball team.

The Kho-Kho team participated and secured Second Place in the MKU 'B' Zone intercollegiate tournament held at our college during 3<sup>rd</sup> September 2016.



R.Ganeshkumar, III Maths, T.Sabarinathan, III Zoology, P.Muthuraj, III Commerce, P.Prabakaran, III C.S., U.Maheshmuthu, III Maths, and K.Mukesh, III Zoology acted as instructors to the Yoga Training Programme conducted by SFR College for Women, Sivakasi for their Commerce students on 27<sup>th</sup> July 2016.

On behalf of the Department of Physical Education, the students our college participated in the yoga competition Tamil Nadu Yoga Sports Open Championship – 2016 held at Madurai on 27<sup>th</sup> August 2016. The students R.Ganeshkumar, III Maths, T.Sabarinathan, III Zoo, P.Prabhakaran, III CS won the first prize, U.Maheshmuthu, III Maths, P.Ponmudipandian, III CA, won the second prize and K.Ezhilarasu, III Maths, K.Yovaraj, III Maths., won the third prize.

In the yoga competition held at Kammavar Hr. Sec. School, Theni on 28<sup>th</sup> August 2016 as special invitees, the students of our college did yoga demonstration to make the students aware about yoga.

The students of the Karate Team of our college participated in the State Level Karate Competition held at Nilakottai, Dindigul Dt. On 4<sup>th</sup> September 2016. The students R.Ranjithkumar, I His, P. Yogeshkumar, I B.Com, M.Gokulkumar, I Che, M.Sivaraman, I CS, K.Kesavan, I Maths, R.Balakrishnan, I Che, K.Ajithkumar, I B.Com, got the Yellow Belt, C.Sivasuriyan, II B.Com, M.Karuppasamy, II Maths, S.Thamarai Kannan, II Bot, B.Rajasekar, II His, K.Nagaraj, II Maths, M.Tamil Arasan, II B.Com, R.Dinsh, II B.Com, got the Orange, Blue Belt, K.Dinesh, III Che, K.Vajith Meeran, III Che, D.Selvakumar, III Che, A.Chandrasekaran, III Zoo, K.Kubendran, III Zoo, got the brown belt.

### **Activities and Achievements of the Director of Physical Education**

Dr. M.Seemimurugan, Director of Physical Education attended as a member in the Selection Committee for the selection of University Table Tennis Team of Madurai Kamaraj University held at Madurai Kamaraj University from **24<sup>th</sup> and 25<sup>th</sup> August** 2016.

Dr. M.Seemimurugan, 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 14<sup>th</sup> and 15<sup>th</sup> December 2016.

Dr. M.Seemimurugan, Director of Physical Education attended the Refresher Course in Physical Education at Bharathiyar Univerity, Coimbatore from 24<sup>th</sup> June 2016 to 13<sup>th</sup> July 2016.

Dr. M.Seemimurugan, Director of Physical Education acted as the Chief Guest at Yoga Training Programme conducted by SFR College for Women, Sivakasi for their Commerce students on 27<sup>th</sup> July 2016.

Mr. I.Irulappan, Yoga Instructor, Department of Physical Education acted as the Yoga Instructor in Jayaraj Nadar Annapackiam Boys Higher Sec. School, Nagamalai Pudukottai during this academic year.

### **Programmes Organised**

The World Yoga Day was celebrated on 21<sup>st</sup> June 2016. In that programme, all the first year, second year, and third year students of our college and the students of Vivekananda Hr. Sec. School numbering 1500, teaching and non-teaching staff members participated and demonstrated yoga. For the purpose of making awareness about yoga among the students and village people a few teams of students demonstrated yoga in Vivakananda Mat. Hr. Sec. School, Sholavandan, Kamarajar Mat. Hr. Sec. School, Sholavandan, Govt. Hr. Sec. School, Mullipallam, Govt. High School, Karuppatti, Govt. Boys Hr. Sec. School, Vadipatti, Govt. Kallar Hr. Sec. School, Melakkal, Narendra Middle School, Tiruvedakam West, Govt. High School, Kadupatti, Govt. Union Middle School, Kattakulam, Govt. Middle School, Thiruvallavaya Nallur, Nirmala Women Hr. Sec. School, Madurai, Govt. Hr. Sec. School, Samayanallur, Govt. Union Primary School, Mettu Neerethan and the Community Centres Sholavandan, Mullipallam, Vadipatti, Tiruvedakam, Thachampatthu, ThiruvallavayaNallur, Kadupatti, Nedunkulam, and Thenkarai.

The Department of Physical Education of our College conducted 'B' Zone Inter-collegiate Badminton (M) Tournament of Madurai Kamaraj University at Swami Chidbhavananda Indoor Stadium of our college on 18<sup>th</sup> August 2016. S.V.N College, Nagamalai Pudukottai and Sourashtra College secured the first and second places respectively.

The Department of Physical Education of our College conducted 'B' Zone Intercollegiate Kho-Kho Tournament of Madurai Kamaraj University at our college

grounds on 3<sup>rd</sup> September 2016. The S.V.N College, Nagamalai Pudukkottai and our college secured the first and second places respectively.

As a part of 75<sup>th</sup> year celebrations of Sri Ramakrishna Tapovanam, Tirupparaiturai, Trichy the Department of Physical Education of our college conducted the Swami Chidbhananda Memorial State Level Basketball Tournament for school boys at Swami Chidbhananda Indoor Stadium of our college on 14.10.2016 and 15.10.2016. In the tournament, Neyveli Lignite Corporation team won the match and got the first place and American College Hr. Sec. School, Madurai team got the second place. Third and fourth places were secured by St. Britto Hr. Sec. School, Madurai and Boiler Plant Boys Hr. Sec. School, Trichy. The alumni of our college Mr.Ganesan Alagarsamy, Mr.Manickavel, Mr.Rajesh and Mr.P.N.Sabanayagam, Head Master (Rtd.) Former Secretary, Basket Ball Association, Cuddalore contributed the cash awards to the winning teams.

On behalf of the Department of Physical Education, Gymnastics, Karate, Silambam and Yogasanas were demonstrated by the students of the above teams in the evenings at the Platinum Jubilee Celebrations of Sri Ramakrishna Tapovanam, Thirupparaiturai, Trichy on 16<sup>th</sup> -18<sup>th</sup> December 2016 at our college.

The Department of Physical Education arranged for demonstration of Gymnastics, Karate, Silambam and Yogasanas in the 12<sup>th</sup> Annual Day Meeting of Networking and Development Centre for Service Organisations on 8<sup>th</sup> January 2017 held at our college. The Science Advisor of our Former President Dr. A.P.J.Abdul Kalam, Mr.V.Ponraj, the Chief Guest of the Meeting praised the students and their talents.

The Department of Physical Education of our college conducted a Pongal Sports Meet on 11<sup>th</sup> January 2017.

The Department of Physical Education of our college conducted the special coaching camps for cricket players and Gymnasts at our college grounds from 05<sup>th</sup> to 15<sup>th</sup> August 2016.

### **Extension Activities**

As a part of the extension programme of the Department of Physical Education, all the students of our college 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 5<sup>th</sup> to 13<sup>th</sup> August 2016 and during Odd semester holidays from 14<sup>th</sup> to 29<sup>th</sup> November 2016.

Our college Gymnasts S.Ajitikumar, III Zoo., V.Krishnan, III Bot., and T.Alagukumar, III Phy, gave training in Gymnastics to the students of Vivekananda Matric Higher Secondary School, Karur from 15<sup>th</sup> to 18<sup>th</sup> August 2016.

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 Prof.K.Kamatchi - Unit No:75, Dr.S.Chandrasekaran - Unit No:76, Dr.T.Sellathurai - Unit No:77, Prof. M.P.Kumaresan - Unit No:78 and Dr.K.Chellapandian - Unit No: 199 for all the help they rendered in cleaning the play grounds. We are happy to express our sincere thanks to our college NCC cadets and the NCC Officer Prof.V.Rajendran who help us in all sorts of work throughout the year.

I record my heartfelt gratitude to Prof. D. Ramachandran, our college former Director of Physical Education for his help even after the retirement and our 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, Yoga Master, Department of Physical Education and Mr. B.Karthikeyaa, Record Clerk for their help in conducting the Yoga classes. 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 our final year students who are our Peer Team Student Trainers, Students 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, Silambam, Band Music, Asanas and Physical Jerks.

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