

Vivekananda College-Tiruvedakam West-625 234

49th Annual Sports Meet – 07-02-2020

Annual Report (2019-20)

Most Revered President Swamiji Maharaj, Most Revered vice President Swamiji Maharaj, Most Revered Secretary Swamiji Maharaj of our Tapovanam, Revered Secretary Swamiji Maharaj of our College, Respected Chief Guest, Respected Principal, Respected Headmaster of Vivekananda Higher Secondary School, 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 49th Annual Report of Physical Education Department of our Gurukulam. We regularly conduct Physical Jerks and slow running every day at 7.10 a.m. We also held 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 Course in Yoga for the willing 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, 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 2019-20.

Student's Achievements and Activities

V.Alazumalai, III B.Sc. Che, got the 'Best Yoga Practitioner of the Year 2019' award from the Chief Guest Yogi raj, N.Ramalingam , Founder Swami Sivananda Yoga Research Centre Madurai, in the World Yoga Day celebrations held at our college on 21st June 2019.

Twenty Four students of our college participated and won second prize in the International Yoga Day 2019 Yoga competitions which was held at Mu.Va.Arangu, Madurai Kamaraj University on 21st June 2019.

S.M.Balaji, II Cs, and N.Bahath singh II B.Sc. C.S, E.Harish I B.com, and C.Raj I History represented the M.K. University 'B' Zone Ball Badminton team.

P.Sudhesamithran,III-B.Com, J.Ranjithraja,II-B.Com, R.Kirankumar,III-C.A, - P.Prakash,III-.Phy, G.Prasanna Pandian,II- Maths, and P.Durairajan,I- CA, represented the M.K. University 'B' Zone Hockey team.

S.Kasinathan, III-B.A.His, J.Jeyaprathap, III-B.A. His, P.Kasivishwanathan III-Bot, P.Vigneshwaran, II-B.Com, M.Kishore, II B.A.Eco,A.Seenivasan, II B.Com, R.Vishwa,II Phy and R.Rajkumar II B.Com. Represented the M.K. University 'B' Zone Hand Ball team.

M.Satish, II- B.Sc. Maths, S.Yuvaraja, II-B.Sc. Che, and P.Vijay Vigneshraja, I- B.Sc.Physics represented the M.K. University 'B' Zone Kho-Kho team.

T.Manibharathi, II-CA, and V.Ponraj, I-His represented the M.K. University 'B' Zone Kabaddi team.

M.Pranesh III-B.Sc. Phy, M.Maruthu Pandiyan, II-B.Sc. Phy and S.Sudhan, II-B.Sc. Maths, represented the M.K. University 'B' Zone Badminton team.

R.Dineshraja, II-B.com (CA), P.Rajarishi, II-.Maths, and **R.Jawahar prasath** represented the M.K. University 'B' Zone Volley Ball team.

J.Vigneswaran III-B.Sc.Physics, G.Hariharan, III-B.com (CA), G.Yogesh, II-B.com (CA) and P.Vigneshwaran I-B.Sc.Zoo represented the M.K. University 'B' Zone Basketball team.

S.Pandi, III-Eng, N.Yuvaraj, II-B.Com (CA), and S.Yuvaraj, II-B.Com, represented the M.K. University 'B' Zone Football team.

The Badminton team participated and secured Second Place in the MKU 'B' Zone intercollegiate tournament held at our college on 2nd Aug 2019.

The students of Yoga team of our college participated and secured third place in the State Level Yoga Competition held at Gobichettipalayam on 3rd Aug 2019.

The students of our college participated in the District Level Karate Competition held at VBM Mahal, Theni on 4th Aug 2019. In this competition G.Sarath Roshan (I His) and R.Rahul (II His) secured second place, Pragadheesh (II Che) get third place.

The gymnastics team of our college participated and performed 'Mallakhamb' in the 'Heritage **2019** Inter-collegiate Competition' held at Thenkarai on 31th August 2019.

K.Sabareeswaran, I-His participated in the Dindigul District Taekwondo Championship-2019 held at Dindigul on 18th August 2019 and won the first place.

J.Pandi (III Eng), N.Yuvaraj (II CA), and S.Yuvaraj (I B.Com) participated in the special training for the football players which was held at St.Mary's Hr. Sec. School, Madurai on 19th and 20th Sep 2019.

The Handball team participated and secured Second Place in the MKU 'B' Zone intercollegiate tournament held at SVN College, Madurai on 27th Sep 2019.

M.Karthick, **I-B.Sc. Maths** participated in the Silambam Event on 29th Sep 2019 and won the first place.

On behalf of the Department of Physical Education, the team Members of Karate, Silambam, Yoga and Gymnastics exhibited their talents in the 'Pongal Celebrations -2020' held at our college on 11th January 2020.

The gymnastics team of our college participated and performed 'Mallakhamb' in the 'Pongal Festival' held at NLCI Ltd. Neyveli on 19th January 2020 and honoured with a cash award of Rs.25,000/-.

Activities and Achievements of the Director of Physical Education

Dr. M.Seenimurugan, Director of Physical Education was selected and appointed as the Academic Council Member of Madurai Kamaraj University for three academic years from 2019-20 to 2021-22 by the Honourable Governor of Tamil Nadu.

Dr. M.Seemimurugan, Director of Physical Education acted as a chief guest in the Software Skill Development Programme organised by the Department of Computer Science on 16th July 2019.

Dr. M.Seenimurugan, Director of Physical Education participated in the International Yoga Day celebration held at Madurai Kamaraj University, Madurai on 20th and 21st June 2019 and taught yoga to the staff and students of various schools and colleges.

Dr. M.Seemimurugan, Director of Physical Education, attended as a member in the Selection Committee for the selection of University Badminton Team of Madurai Kamaraj University held at Madurai Kamaraj University on 19th and 21st Aug 2019.

Dr. M.Seemimurugan, Director of Physical Education, attended as a member in the Selection Committee for the selection of University Boxing Team of Madurai Kamaraj University held at G.T.N College, Dindigul on 16th October 2019.

Dr. M.Seemimurugan, Director of Physical Education acted as a referee in the Inter Collegiate Annual Sports Meet - Track events organised by the Madurai Kamaraj University held at M.G.R Stadium, Madurai from 18th October 2019 to 19th October 2019.

Dr.M.Seenimurugan, Director of Physical Education attended as the member in the Academic Council Meeting conducted in the Madurai Kamaraj University on 12th December 2019.

Programmes Organised by the Department of Physical Education

In our college, as fifth year, the World Yoga Day was celebrated on 21st June 2019. In the programme, all the students of our college and the students of Vivekananda Hr. Sec. School, Tiruvedakam in toto 1,500 students were participated and demonstrated yoga. Yogiraj N.Ramalingam Founder, Swami Sivananda Yoga Research Centre Madurai, was the Chief Guest of the programme and addressed the students.

The Department of Physical Education of our college conducted Intramural Pushup competition for the students of our college on 11th July 2019. Seventy Two students participated in this competition. R.Thangamuthu Pandian, III Eco won the First Prize.

The Department of Physical Education of our college conducted Intramural 800mt running competition for the students of our college on 26th July 2019. **Siddharth**, won the First Prize.

The Department of Physical Education of our College conducted 'B' Zone Inter-Collegiate Chess, Badminton (M), and Table Tennis Tournament of Madurai Kamaraj University at Swami Chidbhavananda Indoor Stadium of our college on 2nd August 2019.

The Department of Physical Education of our College conducted the Swami Chidbhavananda Memorial 3rd Open to All Badminton Men's Double Tournament in our college on 10th and 11th Aug 2019. Sri.S.V.Alagappan, General Body Member, Sri Ramakrishna Tapovanam. Delivered the Valedictory Address as the Chief Guest in the Valedictory Function of the programme.

The Department of Physical Education of our College conducted 'B' Zone Inter-Collegiate Ball Badminton (M), Tournament of Madurai Kamaraj University at Swami Chidbhavananda Indoor Stadium of our college on 27th August 2019.

The Department of Physical Education of our college organised 10,000 steps walk for Teaching and Non-Teaching staff and 21 physical exercises and running for students as per UGC guidelines under Fit India Movement campaign on 29th August 2019.

The Department of Physical Education of our college conducted the special coaching camps for Ball Badminton team at our college grounds from 20th to 25th August 2019

The Department of Physical Education of our college conducted the special coaching camps for Gymnasts at our college grounds from 15th to 24th November 2019.

Extension Activities

Dr.M.Seenimurugan, gives training on yoga twice in a week to the students of Vivekananda Hr.Sec.School, Tiruvedakam West.

Sri I.Irulappan, gives training on yoga once in a week to the students of Swami Vivekananda Hr.Sec.School, Silukkuvarpatti and R.K.Nursery and Primary School, Ramarajapuram.

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 odd semester holidays from 15th to 25th November 2019.

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, Dr.S.Chandrasekaran, Dr.T.Sellathurai, Prof. M.P.Kumaresan, and Dr.K.Chellapandian 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, and I record my thanks to Sri I. Irulappan, Yoga Master, Department of Physical Education for his help in conducting the Yoga classes. I am happy to express my sincere thanks to Teaching Staff 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, the IQAC Coordinator, all the staff, and students for their kind cooperation, encouragement and active participation in all the activities of the Department of Physical Education.

I thank all.