

# Vivekananda College-Tiruvedakam West-625 234

50<sup>th</sup> Annual Sports Meet-27-02-2021

## Annual Report (2020-21)

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 50<sup>th</sup> 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 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 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 2020-21.

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

#### **PAPER PUBLICATIONS**

##### **A) Research Papers / Publication of the Journal Articles**

<b>S.N</b>	<b>Paper Title</b>	<b>Name of the Journal</b>	<b>Published by</b>	<b>ISSN NO</b>
1	A Scientific Study on Traditional Yogasana Practice on Systolic Blood Pressure Among College Men	AEGAEUM Journal Volume 8, Issue 7,2020 Page No:278-283	AEGAEUM Journal a Peer Reviewed/Referred Open Access a Monthly Publishing Journal	<b>0776-3808</b>
2	Combined Plyometric Training and Yogasana on Explosive Power Among College Level Players	AEGAEUM Journal Volume 8, Issue 7,2020 Page No:284-289	AEGAEUM Journal a Peer Reviewed/Referred Open Access A Monthly Publishing Journal	<b>0776-3808</b>

3	Effect of Combined Asanas Pranayama and Meditation Practices on Body Mass Index Among Class I Obese	Science, Technology and Development Journal Volume IX, Issue XI, November-2020 Page No:54-61	STD Journal Impact Factor 6.1	<b>0950-0707</b>
4	Effect of Combined Saq Training and Yogic Practices on Reaction Time Ability Among College Level Badminton Players	Journal of Information and Computational Science Volume 10, Issue 11, November-2020 Page No:46-54	Journal of Information and Computational Science	<b>1548-7741</b>

**B) Editor of a BOOK PUBLICATION with ISBN**

S.N	Title of the Book	ISBN No.	Publisher
1	Ananda Yogam	978-93-89146-67-7	Shanlax Publication Madurai
4	Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics-2020	978-93-5300-603-7	Alagappa University, Karaikudi

**B) Training Programme/Workshop Attended/FDP:**

S.No	Theme	Name of the Institutions	Date/Period	
			From	To
1	Physical Fitness and Performance Enhancing Through Swiss Ball Training.	Department of Physical Education, G.T.N.Arts college, Dindigul	15-03-2019	-
2	Revival of Health, Fitness and Entrepreneurial Opportunities through physical Education	Bharathiar University	08.07.2020	14.07.2020
3	Project Proposals for Funding Agencies (UGC Stride & ICSSR Impress) Preparation and Submission Protocol”	Patrician College of Arts and Science, Chennai	16.05.2020	17.05.2020
4	Injury Free Sports: Do`s &Don`ts”	Ayya Nadar Janaki Ammal College, Sivakasi	03.06.2020	----
5	Rejuvenation of Body, Mind and Soul	Ethiraj College for Women, Chennai	05.06.2020	19.06.2020
6	Recent Trends in Research and Applied Statistics	SunRise University, Alwar	13.06.2020	19.06.2020

**C) Conference/Seminars/Webinar/Symposium attended:**

S.No.	Theme	Name of the Institutions	Duration	
			From	To
1	International Webinar on “Recent Advancement in Research”	Annamalai University	29.06.2020	01.07.2020

2	International Webinar on “Sports Injuries and Rehabilitation 2020”	AURO University, Gujarat	03.09.2020	----
3	Orientation Programme on “Gurukula Training for College Teachers”	Vivekananda College, Tiruvedakam West, Madurai	09.08.2014	14.08.2014
4	International Webinar on “Impact of Covid 19 on Physical Education & Sports Business Management”	LNPIE, Gwalior, India	13.05.2020	14.05.2020
5	International Webinar on “Inculcation of Human Values and Ethics in Higher Education Institutions”	Dr.M.G.R. Educational and Research Institute, Chennai	05.06.2020	06.06.2020
6	International Webinar on “Sports Culture in India”	AURO University, Gujarat	05.06.2020	06.06.2020
7	International Webinar on “Game of Basketball and Familiarizing its Rules”	Rajapalayam Rajus College	12.06.2020	----
8	International Webinar on” Sports Science and Yoga”	Sri Ramakrishna Mission Vidyalaya College of Education	19.06.2020	20.06.2020
9	National Webinar on “New Approaches in Sports Training Methods”	Sri Ramakrishna Mission Vidyalaya College of Aets and Science	20.05.2020	----
10	National Webinar on “Know Plagiarism! No Plagiarism!”	Tirunelveli Dakshina Mara Nadar Sangam College	26.05.2020	---
11	National Webinar on “Fitness Protocols for Kids Elderly People During Pandemic”	Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education	29.05.2020	---
12	National Webinar on “Fitness and Career in Fitness”	G.T.N.Arts College, Dindigul	04.06.2020	---
13	National Webinar on “Ingenious Corporeal Training Methodology”	Jenneys College of Physical Education, Trichy	30.05.2020	----
14	National Webinar on “Health Fitness and Rehabilitation”	Queen Mary`s College, Chennai	29.07.2020	01.08.2020
15	National Webinar on “Manage Stress Through a Strong Body”	G.T.N.Arts College Dindigul	01.07.2020	-----
16	National Webinar on “Am I Ready for Competition”	AAA College of Engineering and Technology, Chennai	19.07.2020	---
17	National Webinar on “Yoga Philosophy and Practice”	Madurai Kamaraj University	09.07.2020	
18	National Symposium on Centenary of Hind Swaraj and its Contemporary Relevance	Vivekananda College, Tiruvedakam West, Madurai	27-10-2010	

### **Programmes Organised by the Department of Physical Education**

1. In our college, as seventh year, the World Yoga Day was celebrated on 21<sup>st</sup> June 2020. The Babminton coaching camps Organized by Department of Physical Education under Extension Activities during the 50<sup>th</sup> Anniversary-Golden Jubilee Celebrations of the college held from 1<sup>st</sup> April to 25<sup>th</sup> September 2020.
2. The Babminton singles Tournament conducted by the Department of Physical Education under Extension Activities during the 50<sup>th</sup> Anniversary-

Golden Jubilee Celebrations of the college held from 21<sup>st</sup> to 25<sup>th</sup> September 2020

### **National Webinar Programme Organized**

3. Conducted One-day National Webinar on Yoga Vs COVID-19, on 21<sup>st</sup> June 2020 at the International Yoga Day.
4. Conducted 6<sup>th</sup> International Yoga Day Online Quiz on 21<sup>st</sup> June 2020 at the International Yoga Day.
5. Demonstration of Yoga and Pranayamam at the college ground on 21<sup>st</sup> June 2020 at the International Yoga Day.

### **Extension Activities**

The Babminton coaching camps Organized by Department of Physical Education under Extension Activities during the 50<sup>th</sup> Anniversary-Golden Jubilee Celebrations of the college held from 1<sup>st</sup> April to 25<sup>th</sup> September 2020.

The Babminton singles Tournament conducted by the Department of Physical Education under Extension Activities during the 50<sup>th</sup> Anniversary-Golden Jubilee Celebrations of the college held from 21<sup>st</sup> to 25<sup>th</sup> September 2020

Dr.M.Seenimurugan, gives training on yoga 24<sup>th</sup> February to March 12<sup>th</sup> 2021 to the students of Jaya Sakthi Engineering College Thiruninvavur Chennai.

Sri I.Irulappan, gives training on yoga once 24<sup>th</sup> February to March 12<sup>th</sup> 2021 to the students of Jaya Sakthi Engineering College Thiruninvavur Chennai.

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.