

## DEPARTMENT OF PHYSICAL EDUCATION

### ACTIVITY REPORT

2020-2021

<b>Name of the Department</b>	Physical Education
<b>Name of the Activity</b>	State level open Yoga tournament
<b>Place / Venue</b>	Indoor stadium
<b>Mode</b>	Offline
<b>Date / Duration</b>	24 January 2020
<b>Name of the Convener</b>	Mr. Jaffer (Yoga master )
<b>Number of Participants</b>	Students – 200

### PHOTOGRAPH OF THE EVENT





### **ABOUT THE EVENT:**

We have conducted state level yoga tournament on 20<sup>th</sup> January 2021, at 09.00 a.m.

### **EVENT OUTCOME**

Motivates the participants and distributes the prizes for all the winners.

## 46<sup>TH</sup> VIRTUAL SPORTS DAY



**E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI**  
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
Re-accredited (3<sup>rd</sup> Cycle) with Grade A\* and CGPA 3.51 by NAAC )



The Management, Principal, Faculty Members and  
students cordially invite for the

**46<sup>th</sup> VIRTUAL SPORTS DAY - 2021**

**on 26 .03.2021 at 11.00 am**



**Dr. P. ANBALAGAN**  
PROFESSOR  
DEPARTMENT OF PHYSICAL  
EDUCATION  
BHARATHIAR UNIVERSITY  
COIMBATORE

*has kindly consented to be the Chief Guest*

**In the presence of**

**Thiru.E.M.G.S.Pothiraja**  
President

**Tmt. E.M.G.S.Indirani**  
Secretary & Correspondent

**Dr.(Mrs).V.Pushpalatha**  
Principal (i/c)  
Head, Department of Commerce

**Thiru E.M.G.S Pothi Gopalakrishnan**  
Governing Council Member

**Thiru E.M.G.S. Arun Pothiraj**  
Governing Council Member

**Mrs.S.Sivakamasundari**  
Vice Principal  
Head, Department of English

**Mrs.R.Dhivya Arun**  
Director(Self Finance& Youth Affairs)

**Mr.V.M. Sundararajan**  
Administrative Officer

**Mrs.C.Kamala**  
Controller of Examinations  
Associate Professor  
Head, Department of Chemistry

**Dr.(Mrs) G.IndiraRani**  
Dean of Academic Affairs  
Associate Professor  
Head, Department of Zoology

**CONVENOR**

**Dr (Mrs.) A. KALARANI**  
**DIRECTOR OF PHYSICAL EDUCATION**

**SPORTS COMMITTEE MEMBERS**

**Dr. (Mrs.) V.PUSHPALATHA**

**THIRU. E.M.G.S. ARUN POTHIRAJ**

**Mr.V.M. SUNDARARAJAN**

**Dr. (Mrs.) T.SATHIYA SHEILA**

**Dr. (Mrs.) M.CHITRA**

**Mrs. T.USHARANI**

**Mrs. S.SELVI**

**PRINCIPAL (i/c)**

**GOVERNING COUNCIL MEMBER**

**ADMINISTRATIVE OFFICER**

**ASSISTANT PROFESSOR OF BBA**

**ASSISTANT PROFESSOR OF TAMIL**

**ASSISTANT PROFESSOR OF BBA**

**ASSISTANT PROFESSOR OF  
MATHEMATICS**

**PROGRAMME**

**PRAYER**

**WELCOME ADDRESS**

**DECLARING THE SPORTS MEET OPEN**

**YOGA DEMONSTRATION**

**ZUMBA DANCE**

**KARATE**

**SILAMBAM**

**PRESIDENTIAL ADDRESS**

**FELICITATION ADDRESS**

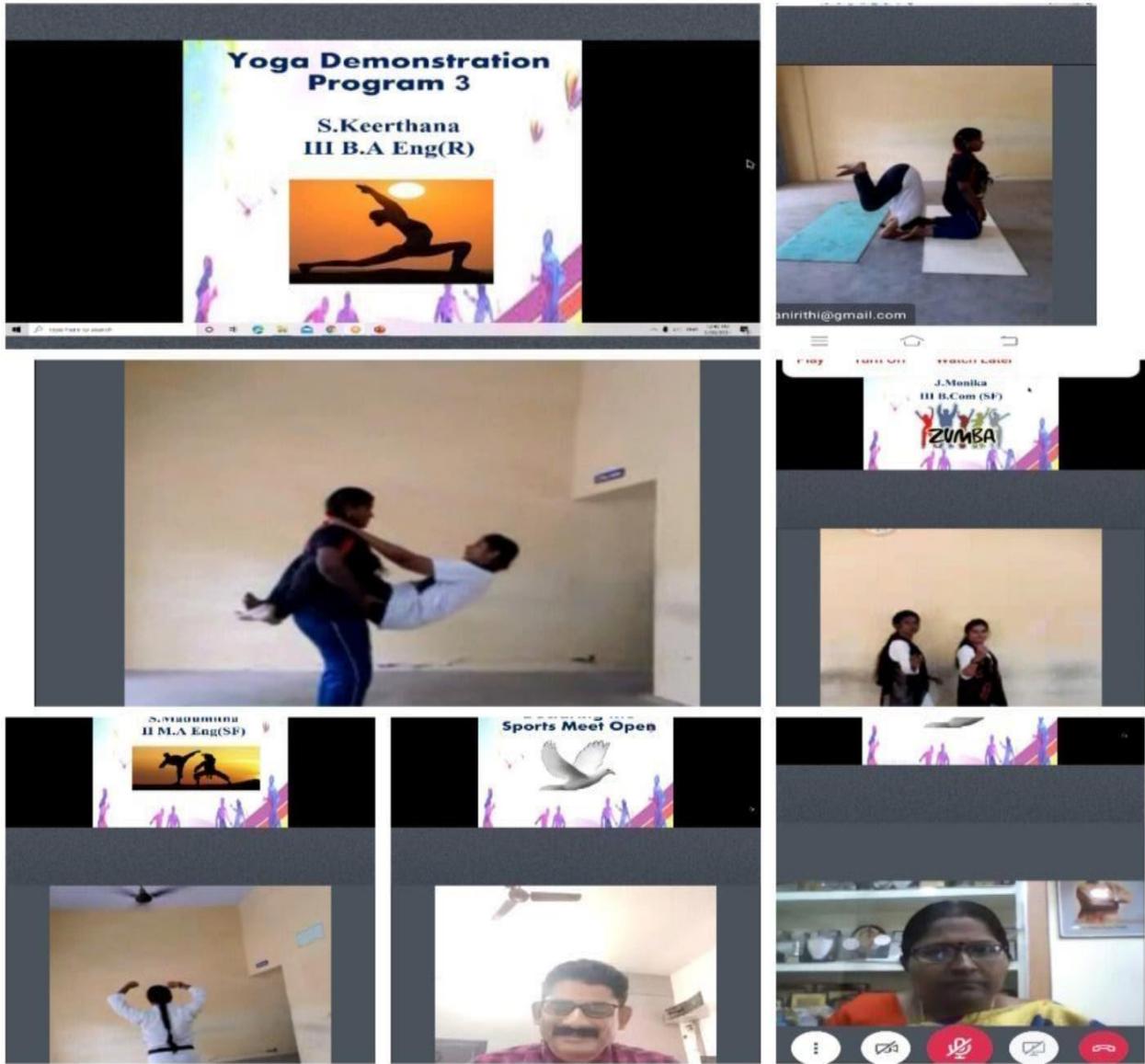
**CHIEF GUEST ADDRESS**

**VOTE OF THANKS**

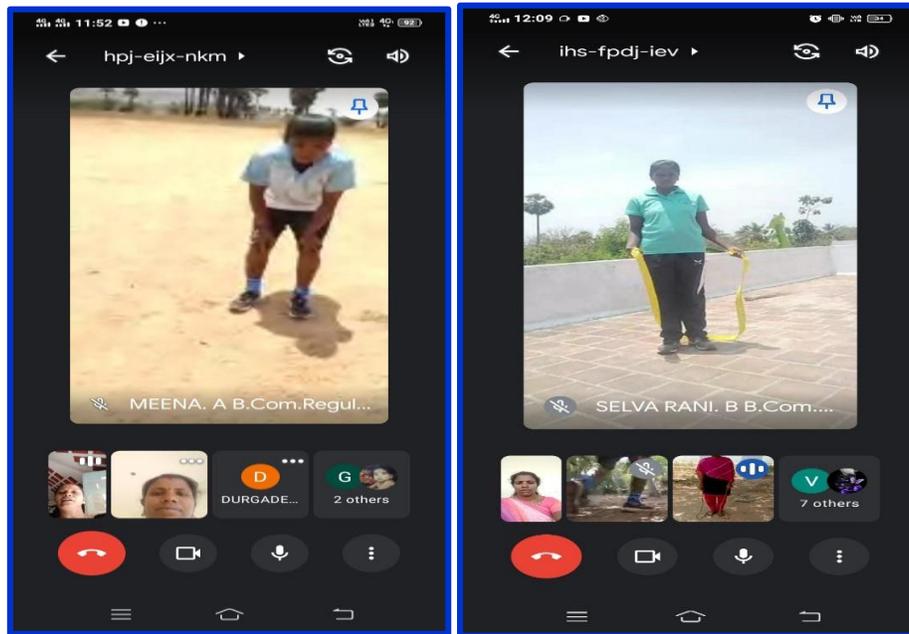
**NATIONAL ANTHEM**

<b>1.Name of the Department</b>	Physical Education
<b>Name of the Activity</b>	46 <sup>th</sup> Virtual Sports Day
<b>Place / Venue</b>	Madurai
<b>Mode</b>	Online
<b>Date / Duration</b>	26 <sup>th</sup> March 2021
<b>Name of the Convener</b>	Dr. A. Kalarani
<b>Resource Person</b>	Dr.P.Anbalagan Professor, Department of Physical Education, Bharathiar University, Coimbatore
<b>Number of Participants</b>	Faculty – 30
	Students – 100
<b>Number of Beneficiaries</b>	Faculty – 30
	Students – 100
<b>Meeting Link</b>	<a href="https://www.gotomeet.me/sports/sports-committee-emgywc">https://www.gotomeet.me/sports/sports-committee-emgywc</a>
<b>Program link</b>	<a href="https://youtu.be/_DxEAgm0zel">https://youtu.be/_DxEAgm0zel</a>

## PHOTOGRAPH OF THE EVENT



## PHOTOGRAPH OF THE TRADITIONAL EVENTS



### **ABOUT THE EVENT:**

The Department of Physical Education conducted 46<sup>th</sup> Virtual Sports Day on 26<sup>th</sup> March 2021, at 11.00 a.m. In this regard, Chief Guest Dr. P. Anbalagan, Professor, Department of Physical Education, Bharathiar University, Coimbatore, declare the meet Through online. Event, such as 100mts, running, Traditional Games (Skipping, Pallankuzhi, Dhayam), Karate, Silambam, Zumba, and Yoga. Almost 130 students participated in that events and provided an e- certificate to all the participants.

## **EVENT OUTCOME**

During pandemic period students know the importance of fitness .students actively participated in this events through online mode. In this event remembering traditional events.

# STATE LEVEL OPEN KARATE TOURNAMENT

**Chief Guest :**  
**Mr.E.M.G.S.Pothiraja**  
President - EMG, Yadava Women's College

**Mrs.E.M.G.S.Indirani**  
Secretary and Correspondent - EMG, Yadava Women's College

**Mr.E.M.G.S.Pothi Gopalakrishnan**  
Governing Council Member - EMG, Yadava Women's College

**Mr.E.M.G.S.Arun Pothiraj**  
Governing Council Member - EMG, Yadava Women's College

**Dr.(Mrs) V.Pustpalatha**  
Principal - EMG, Yadava Women's College



**1<sup>st</sup> HAYYASS CUP**  
&  
**E.M.G.YADAVA WOMENS COLLEGE**  
**SOUTH ZONE LEVEL OPEN KARATE CHAMPIONSHIP - 2021**  
*Affiliated With Hindustan Karate Do Federation*

18.04.2021 Sunday Time : 9.00 am to 6.00 pm  
Venue : EMG Yadav Women's College, Indoor Stadium, Thirupallai, Madurai

**Tournament Director**  
**Renshi S.M.AYYADURAI**  
6th Dan Blackbelt  
Founder - Hayyass Karate School

**Organizer**  
**Sensei S.JAFFAR**  
5th Dan Blackbelt  
E.M.G.Yadava Womens College - Karate Coach

**Jointly Organized**  
**Dr.A.Kalarani**  
Director of Physical Education  
E.M.G.Yadava Womens College

**Guest Of Honour :**

**Sensei S.M.Vetrivel**  
7th Dan Black Belt  
Chief Technical Director, HKF

**Sensei K.Anbarasan**  
3<sup>rd</sup> Cen. B.I.,  
5th Dan Black Belt

**Sensei M.A.Vignesh**  
M.E.,  
3rd Dan Black Belt

**Sensei J.Imran Hakkim** M.Com. B.Ed.  
3rd Dan Black Belt

*Welcomes you all*

<b>Name of the Department</b>	Physical Education
<b>Name of the Activity</b>	State Level Open Karate tournament
<b>Place / Venue</b>	Indoor stadium
<b>Mode</b>	Offline
<b>Date / Duration</b>	18 <sup>th</sup> April 2021
<b>Name of the Convener</b>	Dr. A. Kalarani
<b>Chief Guest</b>	Sensei S .M.Vetrivel 7 <sup>th</sup> Dan Black Belt Chief Technical Director HKF
<b>Number of Participants</b>	Students – 200





## **ABOUT THE EVENT:**

We have conducted state level karate tournament on 26th March 2021, at 09.00 a.m. In this regard, we invited **Sensei S .M. Vetrivel 7<sup>th</sup> Dan Black Belt Chief Technical Director HKF**, Who was the Chief Guest of the event.

## **EVENT OUTCOME**

Motivates the participants and distributes the prizes for all the winners.

## EFFECT OF KALARI ADIMURAI EXERCISE



E.M.G.Yadava Women's College, Madurai-625014  
(An Autonomous Institution- Affiliated to Madurai Kamaraj University  
Re-accredited (3rd cycle) with Grade A+ by NAAC  
CGPA 3.51



### Department of Physical Education Organizes Webinar on "Effect of Kalari Adimurai Exercise"

#### *Resource Person*



**Dr. M. Muniyasamy**  
Director of Physical Education  
KPR College of Arts Science and Research  
Coimbatore .

#### **Expert in :**

**Kabaddi, Silambam, Gymnastics, Kalari Adimurai,  
Wrestling, Pencaksilat and Taichi.**

**Date: 06.08.2021**

**Time: 11.30 AM - 12.30 PM**

**Platform: Go To Meeting**

**Dr. (Mrs.)A. Kalarani**  
Convenor

**Dr. (Mrs.)V. Pushpalatha**  
Principal (i/c)

# Steering Committee

**Thiru. E.M.G.S. POTHIRAJA**  
President

**Tmt. E.M.G.S . INDIRANI**  
Secretary & Correspondent

**Thiru. E.M.G.S. POTHIRAJA**  
Governing Council Member

**Thiru. E.M.G.S. ARUN POTHIRAJA**  
Governing Council Member

**Dr. (Mrs.) V. PUSHPALATHA**  
Principal i/c

**Mrs. S. SIVAKAMASUNDARI**  
Vice - Principal  
Head, Assistant Professor  
of English

**Mrs. R. DIVYA ARUN**  
Director of Self Finance and  
Youth Affairs

**Mr. V. M. SUNDARARAJAN**  
Administrative Officer

**Dr. (Mrs.) G. INDIRA RANI**  
Dean of Academic Affairs  
Head, Associate Professor of  
Zoology

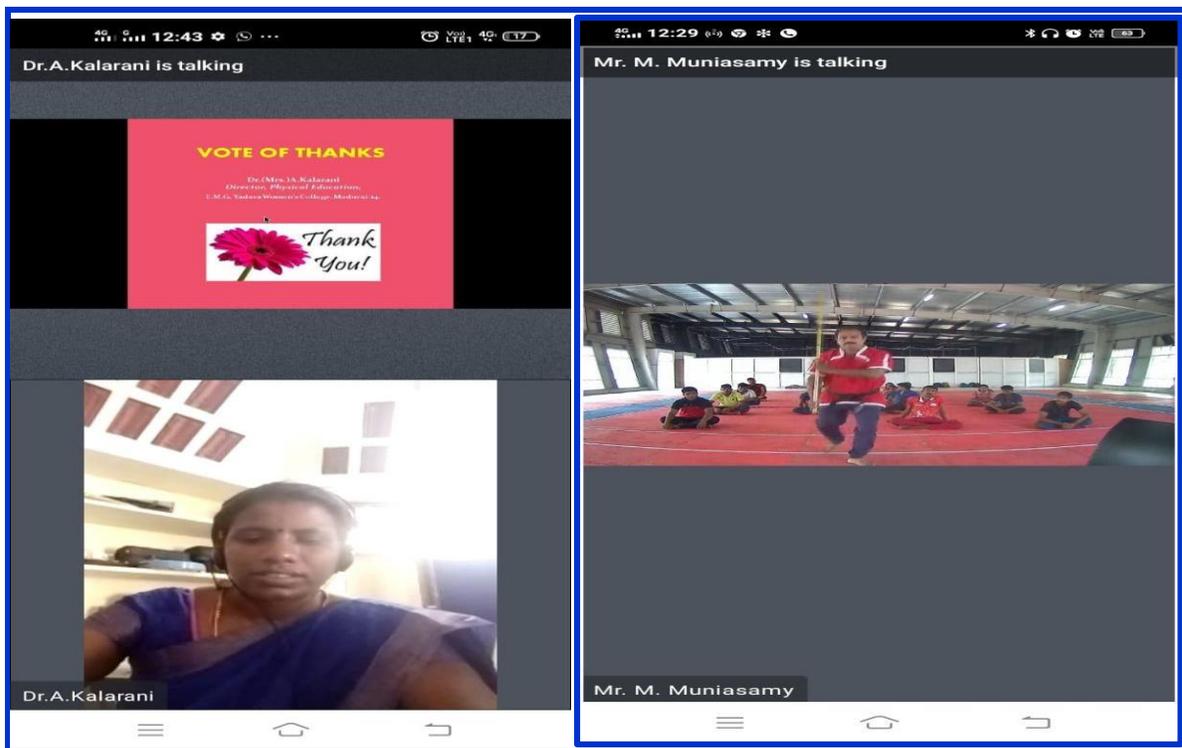
**Mrs. C. KAMALA**  
Controller of Examination  
Head, Associate Professor of  
Chemistry

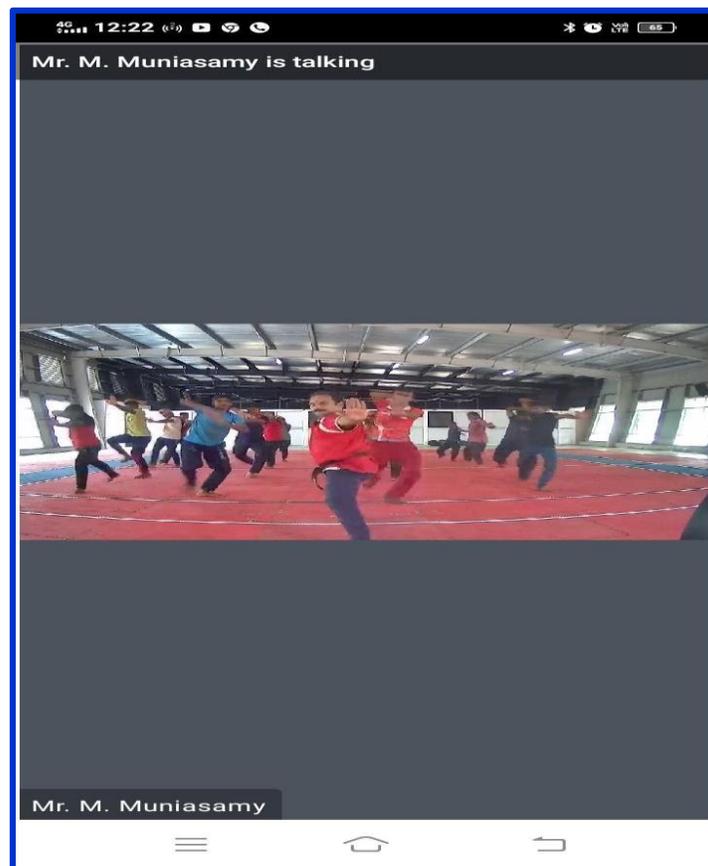
**CONVENOR**  
**Dr. (Mrs.)A. KALARANI**  
Director of Physical Education

**TECHNICAL ORGANIZER**  
**Mrs. S. SUMATHI**  
Assistant Professor of IT

<b>Name of the Department</b>	Physical Education
<b>Name of the Activity</b>	Online Webinar
<b>Place / Venue</b>	Madurai
<b>Mode</b>	Online
<b>Date / Duration</b>	06 <sup>th</sup> April 2021
<b>Name of the Convener</b>	Dr. A. Kalarani
<b>Resource Person</b>	Dr. M. Muniasamy, Department of Physical Education, KPR College of Science and Research, Coimbatore.
<b>Number of Participants</b>	Faculty – 44 Students –34
<b>Number of Beneficiaries</b>	Faculty – 44 Students – 34
<b>Meeting Link</b>	<a href="https://www.gotomeet.me/sports/sports-committee-emgywc">https://www.gotomeet.me/sports/sports-committee-emgywc</a>

## PHOTOGRAPH OF THE EVENT





### **ABOUT THE EVENT:**

We have conducted an online webinar on 8th August 2021, at 11.30 a.m. In this regard, we invited Dr. M. Muniasamy, Department of Physical Education KPR College of Science and Research Coimbatore, Who was the resource person of the session. A resource person expert in Kabaddi, Gymnastics, Silambam, Kalarippayattu, Wrestling, Pencan silat, Tai chi. He is demonstrated in self-defense for kalarippayattu. Almost 79 students and faculties were participated in that events and provided e- certificates to all the participants.

### **EVENT OUTCOME**

Members of faculties and students learn self-defense .they learn kalari adimurai exercises.

## WEBINAR IN YAGA LEADS PEACEFUL LIFE



E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI  
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
Re-accredited (3rd Cycle) with Grade A + & CGPA 3.51 by NAAC



### Department of Physical Education Organizes Webinar on

**Topic: Yoga Leads Peaceful Life**

#### Resource Person



Lt .Dr .C. Vairavasundaram  
Assistant Professor & NCC Officer  
Alagappa University College of Physical Education  
Karaikudi

**Date :02.09.2021**

**Time :02.30 pm**

**link: <https://meet.google.com/pvr-gess-usj>**

Dr .(Mrs.) A . Kalarani  
Convenor

Dr .(Mrs.) V. Pushpalatha  
Principal (i/c)

# Steering Committee

**Thiru .E .M .G .S . Pothi Raja**  
*President*

**Mrs .S . Sivakamasundari**  
*Vice Principal*  
*Head, Department of English*

**Tmt .E .M .G .S . Indirani**  
*Secretary & Correspondent*

**Mrs .R. Dhivya**  
*Director (Self Finance) & Youth Affairs*

**Thiru .E .M .G .S . Pothi Gopalakrishnan**  
*Governing Council Member*

**Thiru .V .M . Sundararajan**  
*Administrative Officer*

**Thiru .E .M .G .S . Arun Pothiraj**  
*Governing Council Member*

**Dr .(Mrs.) G . Indira Rani**  
*Dean of Academic Affairs*  
*Head, Department of Zoology*

**Dr .(Mrs.)V. Pushpalatha**  
*Principal (i/c)*  
*Head, Department of Commerce*

**Mrs .C . Kamala**  
*Controller of Examinations*  
*Head, Department of Chemistry*

**Dr. (Mrs.) A. Kalarani**  
*Director of Physical Education*  
*Convenor*

*All are Cordially Invited*

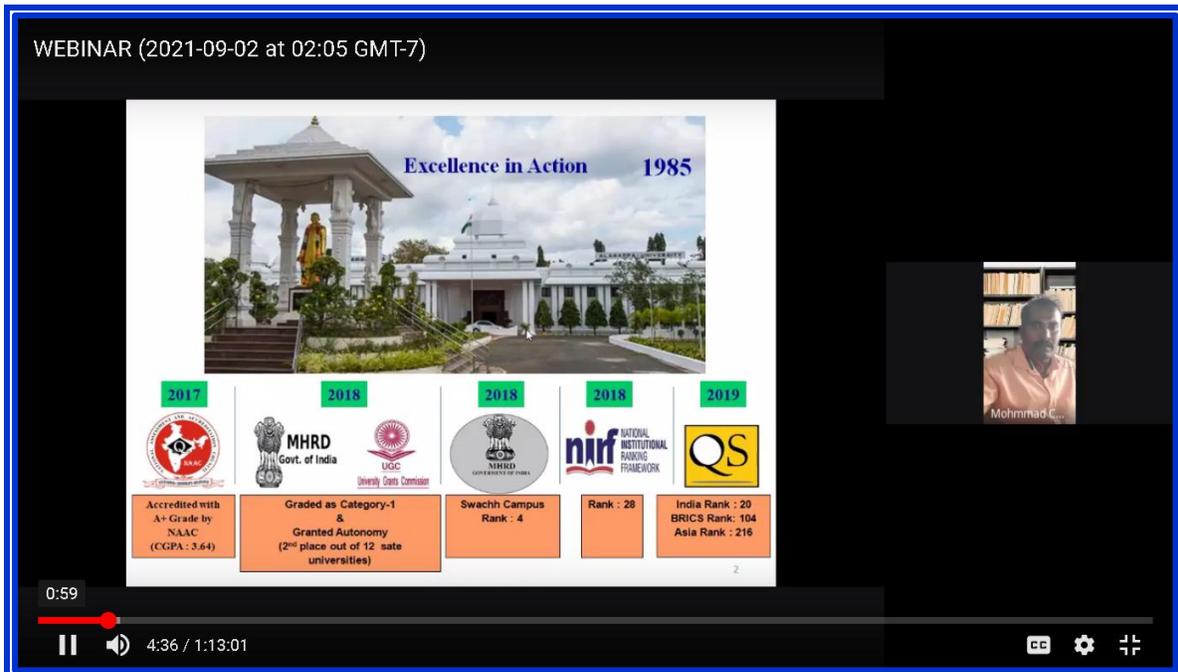
<b>Name of the Department</b>	Physical Education ( <b>Yoga leads peaceful life</b> )
<b>Place / Venue</b>	Madurai
<b>Mode</b>	Online
<b>Date / Duration</b>	2 <sup>nd</sup> September 2021
<b>Name of the Convener</b>	Dr. A. Kalarani
<b>Resource Person</b>	Lt. Dr .C .Vairavasundaram Assistant Professor and NCC Officer, Alagappa College of Physical Education, Karaikudi.
<b>Number of Participants</b>	Faculty – 50 Students –20
<b>Number of Beneficiaries</b>	Faculty – 50 Students – 20
<b>Meeting Link</b>	<a href="https://meet.google.com/pvr-gess-usj">https://meet.google.com/pvr-gess-usj</a>
<b>Program Link</b>	<a href="https://drive.google.com/file/d/1gBE_TQH90f_poWcjcPU_VT6a-xBDS9qes">https://drive.google.com/file/d/1gBE_TQH90f_poWcjcPU_VT6a-xBDS9qes</a>

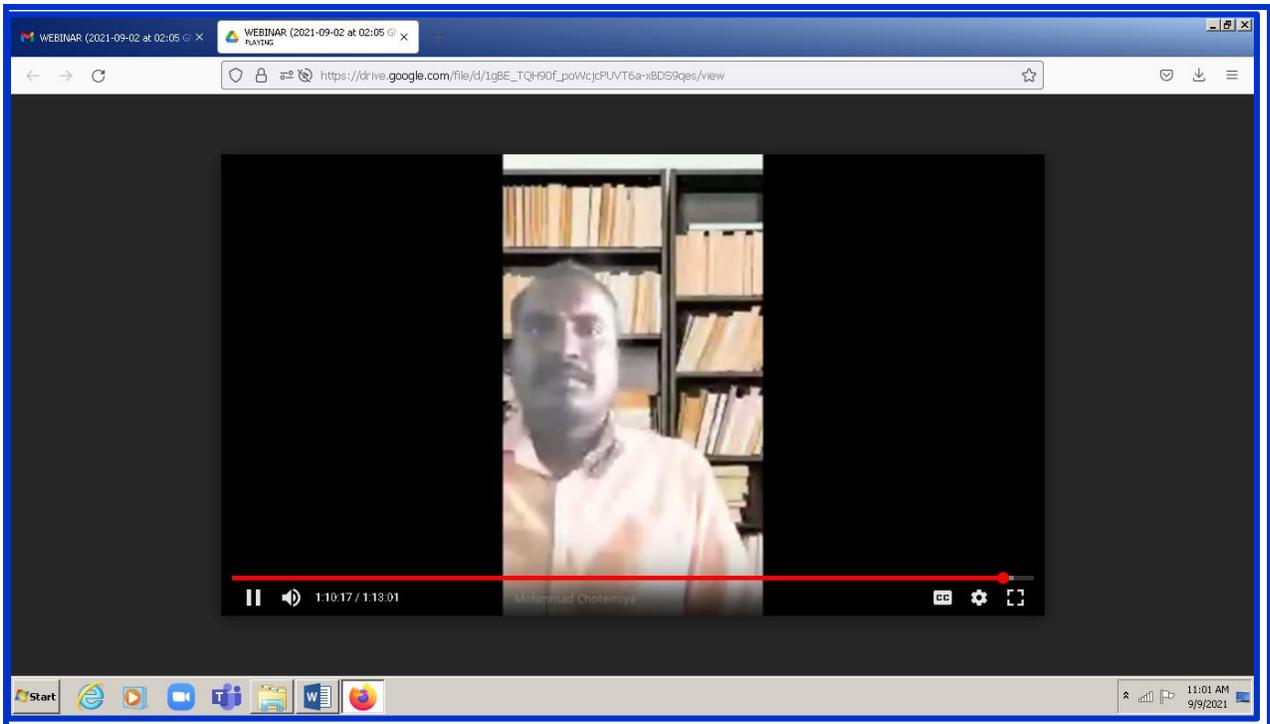
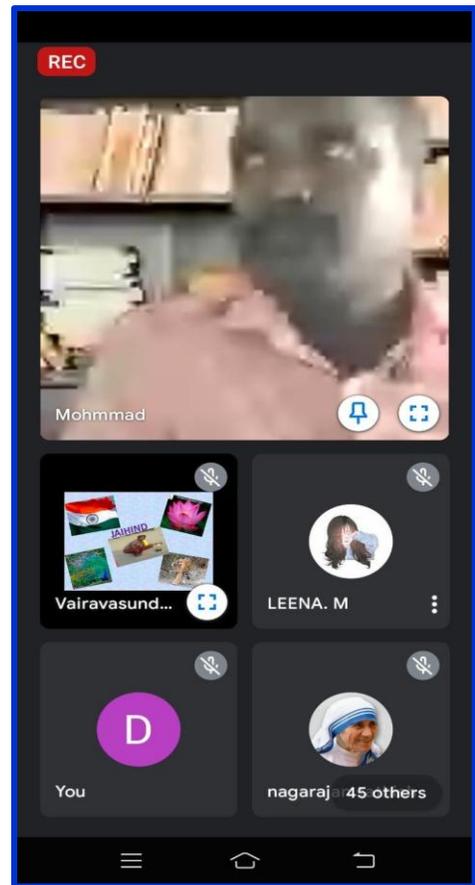
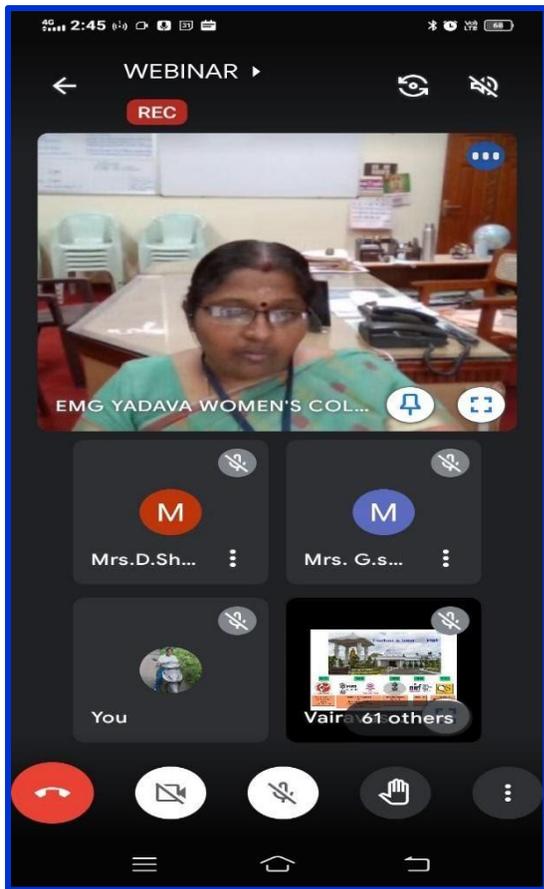
### **ABOUT THE EVENT:**

We have conducted an online webinar on 2nd September 2021, at 02.30 p.m. entitled “Yoga Leads Peaceful Life”. In this regard, we invited **Lt. Dr.C.Vairavasundaram Assistant Professor and NCC Officer, Alagappa College of Physical Education Karaikudi** Who was the resource person of the session. Resource person explains about yoga leads a peaceful life. How to keep in our mind relax, improve our immunity during the covid situation, how to improve Strength, Flexibility through yoga.

Almost 70 students and participated in that events and provided e- certificates to all the participants.

# PHOTOGRAPH OF THE EVENT





## **EVENT OUTCOME**

Faculties and student is more aware of their body and is thereby more aware of their surroundings, they can very well instill the most vital quality of self-control. They know Yoga benefits and helps to level up self-control mind relax among the members of faculties' students.

<b>S. No</b>	<b>Name of the student</b>	<b>Name of the award/ medal</b>	<b>Inter-university / State / National / International</b>	<b>Name of the event</b>	<b>Month and Year</b>
1	S.Keerthana	Third	Open State Level	Common Yoga	24.01.2020
2	J.Ilakkiyapavithra	Third	Open State Level	Common Yoga	24.01.2020
3	M.Harini	Third	Open State Level	Common Yoga	24.01.2020
4	M.Menaga	Second	Open State Level	Common Yoga	24.01.2020
5	M.Kiruthika	Second	Open State Level	Common Yoga	24.01.2020
6	M.Kanagapriya	Second	Open State Level	Common Yoga	24.01.2020
7	K. Visalini	Second	Open State Level	Common Yoga	24.01.2020
8	M.Gunanandhini	First	Open State Level	Common Yoga	24.01.2020
9	T.Vilvalakshmi	First	Open State Level	Common Yoga	24.01.2020
10	S.Devadharshini	Third	Open State Level	Common Yoga	24.01.2020
11	K.Sinega	Second	Open State Level	Common Yoga	24.01.2020
12	M.Banupriya	Second	Open State Level	Common Yoga	24.01.2020
13	B.Baby Shalini	First	Open State Level	Par Yoga	24.01.2020
14	B.Baby Shalini	First	Open State Level	Common Yoga	24.01.2020
15	M.Parameshwari	Second	Open State Level	Yoga	24.01.2020
16	T.Sundari	First	Open State Level	Common Yoga	24.01.2020
17	P.Kalanandhini	Second	Open State Level	Yoga	24.01.2020
18	P.Tharani	Third	Open State Level	Common Yoga	24.01.2020
19	P.Tharani	First	Open State Level	Par Yoga	24.01.2020
20	S.Sri Kavi	First	Open State Level	Common Yoga	24.01.2020
21	M.Nisha	First	Open State Level	Common Yoga	24.01.2020
22	D.P.Deepika	First	Open State Level	Common Yoga	24.01.2020
23	D.Bava Sowmiya	Third	Open State Level	Common Yoga	24.01.2020
24	K.Santhiya	Third	Open State Level	Common Yoga	24.01.2020
25	J.Revathi	First	Open State Level	Common Yoga	24.01.2020
26	G.Sowmiya	Second	Open State Level	Common Yoga	24.01.2020
27	R.Nandhini	Second	Open State Level	Common Yoga	24.01.2020
28	G.Kowsalya	Second	Open State Level	Common Yoga	24.01.2020
29	S.Kanagalakshmi	Second	Open State Level	Common Yoga	24.01.2020
30	D.Anitha	Third	Open State Level	Common Yoga	24.01.2020
31	K.Dharani	Third	Open State Level	Common Yoga	24.01.2020
32	M.S.Kavimani	Third	Open State Level	Common Yoga	24.01.2020
33	M.Vanitha	First	Open State Level	Common Yoga	24.01.2020
34	N.Priyanga	Third	Open State Level	Pair Yoga	24.01.2020

35	N.Priyanga	First	Open State Level	Common Yoga	24.01.2020
36	T.Varshini	Third	Open State Level	Pair Yoga	24.01.2020
37	T.Kaviya	Second	Open State Level	Common Yoga	24.01.2020
38	N.Dharani	Third	Open State Level	Common Yoga	24.01.2020
39	N.Dharani	First	Open State Level	Pair Yoga	24.01.2020
40	S.Madhumitha	First	Open State Level	Common Yoga	24.01.2020
41	S.Rathna	Second	Open State Level	Common Yoga	24.01.2020
42	R.Kanimozhi	Third	Open State Level	Common Yoga	24.01.2020
43	M.Valarmathi	Third	Open State Level	Pair Yoga	24.01.2020
44	R.Dhivya Bharathi	Third	Open State Level	Common Yoga	24.01.2020
45	M.Sabitha	Third	Open State Level	Pair Yoga	24.01.2020
46	P.Sivasangari	Second	Open State Level	Common Yoga	24.01.2020
47	S.Nevatha	First	Open State Level	Common Yoga	24.01.2020
48	E.Buvaneshwari	First	Open State Level	Pair Yoga	24.01.2020
49	D.Deepika	First	Open State Level	Common Yoga	24.01.2020
50	K.Saranya	Second	Open State Level	Pair Yoga	24.01.2020
51	A.Padmakarthika	First	Open State Level	Pair Yoga	24.01.2020
52	K.Malini	Second	Open State Level	Common Yoga	24.01.2020
53	K.Kaviya	Second	Open State Level	Pair Yoga	24.01.2020
54	K.Aarthy	Third	Open State Level	Common Yoga	24.01.2020
55	S.Madhumitha	Third	South zone Open karate championship	Team Katta	18.04.2021
56	S.Madhumitha	First	Open karate championship	Team Katta	18.04.2021
57	P.Tharani	First	South zone Open karate championship	Team Katta	18.04.2021
58	L.Ishwarya	Third	South zone Open karate championship	Team katta	18.04.2021