



Sri Meenakshi Government Arts College for Women

(An Autonomous Institution Affiliated to Madurai Kamaraj University)

Re-Accredited with 'B++' Grade by NAAC (4th Cycle)

Madurai - 625 002.



Department of Physical Education - Annual Report 2023 - 2024

It gives us great pleasure to present the Annual Report of the Department of Physical Education for the academic year 2023–2024. Under the leadership of our Principal, **Dr. (Mrs.) S. Vanathi**, our College Sports Committee has worked diligently and enthusiastically to promote sports and physical activities among our students.

1. Constitution of the Sports Committee

- **Chairperson:**

- Dr. (Mrs.) S. Vanathi – Principal

- **Secretary:**

- Dr. S. Ramesh – Director of Physical Education

- **Financier:**

1. Dr. (Mrs.) A. Beulah Mary – Department of Physics
2. Dr. (Mrs.) C. Rani Vijaya – Department of Zoology
3. Dr. (Mrs.) V. Indra Devi – Department of History
4. Dr. (Mrs.) D. Jaya – Department of History
5. Dr. B. Selvaveera Kumar – Department of Business Administration
6. Ms. K. Shaktimari – Sports Student Secretary

2. Admission and Reservation Policy for Sportspersons

At the beginning of this academic year, we offered **3% reservation** for Under Graduate/B.Sc. courses and **2% reservation** for Post Graduate/PG Science courses to girl students excelling in sports. They were admitted on a **merit basis**, ensuring the capable and talented individuals, in our institution.

During the year 2023–2024, our girl students have made us immensely proud by competing at **International, All India University, Madurai Kamaraj University, State, and District levels.**

3. Achievements at the International Level

- **International Silambam in Malaysia:**

- **T. Swetha** (III B.Sc. Zoology) won a **Gold Medal** at the International Silambam competition held in Malaysia, bringing great honor to our college.

4. Achievements at the Indian University Level

1. Volleyball

- Madurai Kamaraj University Inter Collegiate Volleyball Tournament was held at Virudhunagar V.H.N.S.N. College.
- **S. Nandhini** (III B.A. Tamil) performed exceptionally and was selected for the **Madurai Kamaraj University volleyball team** to compete at Sri Padmavati Mahila Vishwavidyalaya College in Tirupati, Andhra Pradesh.

2. Football

- The Inter-College Football match of Madurai Kamaraj University was held at the Madurai Racecourse.
- **M. Kaviya** (B.Sc. Chemistry) impressed with her performance and was chosen for the **Madurai Kamaraj University football team** that competed in the South Region tournament at the University of Calicut, Kerala.

3. Gymnastics

- The Madurai Kamaraj University Inter-College Gymnastics Competition was held at the Racecourse ground.
- **S. Annapurani** (III B.A. History) secured the **first position** and was selected to represent Madurai Kamaraj University at the **All India University Gymnastics Competition** at Guru Nanak Dev University, Punjab.

4. Shooting (10m Air Rifle)

- The Inter-College Shooting competition was held at Madurai Rifle Club.
- **S. Vidyashree** (III B.C.A.) emerged victorious and was picked for the **Madurai Kamaraj University shooting team** to play at the Indian University competition held at Manav Rakshana Institute, Haryana.

5. Kabaddi

- o Madurai Kamaraj University's Inter-Collegiate Kabaddi Tournament was held at the American College, Madurai.
- o **M. Gayathri** (I B.Sc. Chemistry) played brilliantly and was selected for the **Madurai Kamaraj University Kabaddi team** to compete in the South Zone University Tournament.

6. Cricket

- o The Inter-College Cricket match was held at Arul Anandar College, Karumathur, where our college team beat several private colleges to become **Champions**.
- o The standout performers, **R. Pavitra** (III B.Com.), **A. Tarika** (III B.A. Economics), **S. Sandhya** (II B.B.A.), and **C. Sarmila** (I B.Sc. Mathematics), were selected for the **Madurai Kamaraj University cricket team** to compete in the Southern Regional Universities tournament at Alagappa University.

7. Swimming

- o The Madurai Kamaraj University Inter-Collegiate Swimming Tournament was held at the Racecourse ground in Madurai.
- o **S. Jyothika** (II M.Sc. Physics), **M. Aarthi** (II B.Sc. Chemistry), and **A. Swetha** (III B.Com.) performed brilliantly and were selected to represent Madurai Kamaraj University at the **SRM Southern Regional University Conference** in Chennai.

8. Karate

- o The Madurai Kamaraj University Inter-Collegiate Karate Tournament was held at the American College, Madurai.
- o **S. Swetha** (III B.Sc. Zoology) won a **Gold Medal** and went on to win another gold at LNCT University in Bhopal, Madhya Pradesh, during the Western Indian Universities competition. She will also be participating at the **All India Universities** competition in Punjab.

9. Weightlifting

- o The Madurai Kamaraj University Inter-College Weightlifting Competition was held at Chatur S.R.N.M. Arts College, Madurai.

- o **K. Shaktimari** (III B.B.A.) was selected for the **Madurai Kamaraj University weightlifting team** competing in the South Indian Universities event at Adhikavi Nannayya University, Andhra Pradesh.

10. Badminton

- o The Madurai Kamaraj University Inter-Collegiate Badminton Tournament was held at Rajapalayam Rajus College.
- o **B. Alagumuthu** (II B.Com.) displayed excellent talent and was chosen as the **first stand-by** for the Madurai Kamaraj University team for the South Zone Badminton Tournament held at Anna University, Chennai.

5. Achievements at the University Level

- Our college participated in the Madurai Kamaraj University competitions along with four districts' colleges: Madurai, Virudhunagar, Theni, and Dindigul.
- Out of all participating private colleges, we secured the **2nd place overall** in the **strength competitions** and achieved notable success in **swimming**.

5.1 Swimming Highlights

1. **Jyotika** (II M.Sc. Physics)
 - o 200m Individual Medley: **1st Place**
 - o 4 × 100m Medley Relay: **2nd Place**
 - o 4 × 100m Freestyle Relay: **3rd Place**
 - o 50m Butterfly: **3rd Place**
2. **Aarthi** (II B.Sc. Physics)
 - o 50m Backstroke: **1st Place**
 - o 4 × 100m Medley Relay: **2nd Place**
 - o 200m Freestyle: **3rd Place**
 - o 4 × 100m Freestyle Relay: **3rd Place**
3. **A. Swetha** (II B.Com.)
 - o 400m Freestyle: **1st Place**
 - o 4 × 100m Medley Relay: **2nd Place**
 - o 200m Breaststroke: **3rd Place**
 - o 4 × 100m Freestyle Relay: **3rd Place**

4. **B. Srimathi** (III B.Com.)

- o 200m Backstroke: **2nd Place**
- o 4 × 100m Medley Relay: **2nd Place**
- o 100m Breaststroke: **3rd Place**
- o 4 × 100m Freestyle Relay: **3rd Place**

All four swimmers have brought immense pride to our institution.

5.2 Judo Tournament

- In the Inter-Collegiate Judo Tournament conducted by Madurai Kamaraj University at the American College:
 - o **B. Amrita Devi** (B.A. History) won **1st Place in the 63 kg category.**
 - o **R. Jayaprada** (B.A. Economics) won **3rd Place in the 48 kg category.**

5.3 Shooting Competition

- In the Inter-College 10m Air Rifle Shooting Competition at Madurai Rifle Club:
 - o **S. Vidyashree** (III B.C.A.) secured **1st Place** and brought honor to our college.

5.4 Weightlifting Competition

- **J. Nagarani (45kg)** (III B.A. History): **2nd Place**
- **M. Harini (59kg)** (II B.A. English): **2nd Place**
- **K. Shaktimari (64kg)** (III B.B.A.): **1st Place**
- **S. Sandhya (71kg)** (II B.B.A.): **2nd Place**

5.5 Strength Competition

- **K. Shaktimari (64kg)** (III B.B.A.): **1st Place**
- **S. Sandhya (71kg)** (II B.B.A.): **1st Place**
- **J. Nagarani (45kg)** (III B.A. History): **3rd Place**
- **M. Bhavani (51kg)** (II B.A. Economics): **2nd Place**

5.6 Athletics

- The Athletics Meet of Madurai Kamaraj University was held at Dr. M.G.R. Stadium, Madurai.
 - o **R. Mahashakti** (II B.A. Tamil): **2nd Place** in Long Jump and **3rd Place** in Triple Jump.
 - o **M. Vellaiyammal** (II B.A. Economics): **3rd Place** in the 3000m run.

Our students have made the college proud by their outstanding performances across various disciplines, including Kabaddi, Handball, Badminton, Football, Table Tennis, Shooting, Chess, Basketball, Swimming, Athletics, Weightlifting, Karate, Judo, Volleyball, Golf, Gymnastics, and Cricket.

6. Achievements at the State Level

1. Cricket (Chennai)

- o **R. Pavitra** (III B.Com.), **A. Tarika** (III B.A. English), and **S. Sandhya** (I B.Sc. Mathematics) participated in the State-Level Cricket Tournament held in Chennai, bringing pride to our college.

2. Golf (Krishnagiri)

- o **A. Vaishnavi** (II B.Sc. Chemistry) participated in the State-Level Golf Tournament in Krishnagiri, once again making our institution proud.

7. Achievements at the District Level

1. Kabaddi Tournaments

- o District Level Kabaddi Tournament for the Artist Century Trophy at the Racecourse Ground: Our college team secured **3rd Place**.
- o District Level Yuva Kabaddi Competition: **2nd Place**.
- o District-Level Kabaddi Tournament by Auxilium School: **2nd Place**.

2. Volleyball

- o **1st Place** in the District-Level Tournament organized by Lotus Volleyball Club, Theni.
- o **4th Place** in the District-Level Tournament organized by Hands Volleyball Club, Kondayampatti (winning a cash prize of **₹1,000**).
- o **6th Place** at the State-Level Tournament organized by Meena Sundari Volleyball Club (winning **₹1,000**).
- o **4th Place** in the Muthiah Ambalam Cup hosted by American College.
- o **4th Place** at MKV Poolampatti, District-Level event (winning **₹5,000**).

3. Bench Press Competition (Madurai District Empowerment Association)

- o **K. Shaktimari (64kg)** (III B.B.A.): **1st Prize**

- o **S. Sandhya (71kg)** (II B.B.A.): **1st Prize**
- o **J. Nagarani (45kg)** (III B.A. History): **3rd Prize**
- o **M. Bhavani (51kg)** (II B.A. Economics): **1st Prize**

8. Events and Initiatives in Our College

1. Mathilakam Competition

- o Organized to encourage **all girl students**, including differently abled students, to participate in various sports events.
- o **Team Events:** Kabaddi, Volleyball, Basketball, Hockey, Badminton, Football, Chess, Swimming, and Yoga.
- o **Women's Athletics:** 100m, 200m, 400m, 800m, 1500m, 3000m, and Shot Put.
- o **Differently Abled Category:** 50m, 100m, 200m, and Shot Put.

2. State Kabaddi Team Selections

- o Madurai district kabaddi players were selected for the State Kabaddi Team at our college ground, showcasing the **excellence of our institution**.

3. Marathon Competition

- o With a view to developing **health awareness** among girl students, our Principal gave special permission and support for them to participate in a **marathon**.

4. "Aatralamuthu" Nutritional Food Program

- o Under the guidance of **Honorable Member of Parliament, Mr. S. Venkatesan**, and **Mr. Madan**, Chairman of 'Thenpulam Foundation,' **65 girl students** received the '**Aatralamuthu**' nutritional diet plan throughout the year. This initiative played a significant role in supporting students' health and athletic performance.

9. Conclusion

Our Chief Guests for the Sports Festival, **Mr. P. Sivakumar** (Director of Physical Education, Govt. College of Arts for Women, Salem) and **Mr. S. Karthikeyan** (District Inspector of Physical Education, Sivagangai), graced the occasion despite their busy schedules. Their special address to our girl students provided tremendous motivation and encouragement.

We extend our heartfelt gratitude to **our Principal, Dr. (Mrs.) S. Vanathi**, whose unwavering leadership and guidance have invigorated the Department of Physical Education. We also thank all **Heads of Departments, Sports Committee members**, and **professors** who supported our students in participating in college, district, state, and university-level competitions. Our appreciation goes out to our **Bursar, non-teaching staff, Mr. Muthumurali Kumar** (Marker), our **sports coaches**, and our **beloved students** for their enthusiastic participation. We conclude this year's Annual Report with great optimism that our college girls will continue to excel in sports and maintain excellent health in the coming years.

Thank you!


PRINCIPAL
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