

QUALITY POLICY

DEPARTMENT OF PHYSICAL EDUCATION

NATIONAL COLLEGE



2016 - 2017





NATIONAL COLLEGE

Autonomous

Nationally Re-Accredited at 'A' Grade by NAAC
College with Potential for Excellence
Tiruchirappalli 620 001

98th ANNUAL SPORTS DAY REPORT

2016 - 17

Research Department of Physical Education & Sports Sciences



YUTRY 2017



A conference by Young Indians, Trichy Chapter, in collaboration with the CII was held on 7th January 2017. Student Entrepreneurs, Young scientists and corporate sectors attended the conference. Dr D Prasanna Balaji delivered a lecture on the occasion. The students were much benefited by – dream – desire – deliver concept floated by “YUTRY”.

NSS UNIT OF THE DEPARTMENT



The NSS Unit headed by Dr. D. Prasanna Balaji celebrated the NSS Day on 24th September 2016, at the Trichy City Armed Reserve Police Academy. Students were sensitized about the importance of social service, when they engaged themselves in Campus cleaning and allied activities.

UNIVERSITY GOLD MEDALIST



Mr. Edwin Thomas of III BS.c. Physical Education took part in the Bharathidasan university Ranking Examination. he got gold medal. She deserves for our appreciation.

98th ANNUAL SPORTS DAY - REPORT

We are a couple of years away from the Centenary Celebrations. Marching towards the marked goals, I consider this as a proud privilege to report the activities of the Research Department of Physical Education for the academic year 2016-17. The dreams of the sportsmen, management and the staff are taking shape in reality. We wait for the dawn of full-fledged sports in our campus with the complete guidance of our Esteemed Secretary Shri K. Raghunathan, Hon'ble President Padmavibhushan Dr V. Krishnamurthi and our beloved Principal Dr K. Anbarasu. Here are a few snippets from the activities of the present academic year -

OUR INTERNATIONAL COLOUR



**T. Santhosh kumar of I B.A. Economics is a University Medalist in athletics.
His performance –**

Sl.No.	Meet	Event	Position	Place	Date	Performance
1	Junior Nationals	400 m hurdles	I	Ranchi	Sep.2016	52.4 sec
2	Junior Federation	400 m hurdles	III	Bangalore	Oct.2016	53.2 sec
3	Junior Nationals	400 m hurdles	I	Coimbatore	Nov.2016	52.3 sec
4	All India University	110 hurdles; 400 hurdles	II	Coimbatore	Jan.2017	14.1 sec. & 57.8 sec

OUR NATIONAL COLOUR



Shri.R.Mothi Arun Annavi

Shri Mothi Arun Annavi is a prodigy in sports and games. He is the student of III BA English. He specializes in High Jump. The college is proud to have him as their student. The present academic year brought in more feathers to his cap. He stood

Sl.No.	Meet	Event	Position	Place	Date	Performance
1.	Junior Federation meet	High Jump	II	Hyderabad	August 2016	2.05 m
2.	Junior Nationals meet	High Jump	I	Ranchi	Nov. 2016	2.00 m
3.	Junior Federation meet	High Jump	III	Bangalore	October 2016	2.05 m
4.	Junior Nationals	High Jump	III	Coimbatore	Nov. 2016	2.08 m
5.	All India Meet	High Jump	Particip	Coimbatore	January 2017	2.00 m



INTERCOLLEGIATE/INTER-UNIVERSITY POWERLIFTING, WEIGHTLIFTING AND BODYBUILDING CHAMPIONSHIPS

Shri V. Madhu Kuptha of III B.Sc. Physical Education secured a gold medal at the state level junior weightlifting championship (85 kg category) held at Takkalai, Tamil Nadu. He also secured a Gold medal in the All India Inter-University Competition in Weight lifting in February 2017. Earlier, he secured a silver medal at the State level Senior Weightlifting Championship, held at Chennai in January 2017. He has secured Gold consecutively for three times at the Bharathidasan University level. We are proud that he represents our college at the National Level.



International Congress on Renaissance in Sports – Strategies, Challenges and Choices (ICRS) 2017

The Second ICRS 2017 was conducted on 10th and 11th of February 2017 at the college premises. The earlier congress was held in August 2017. The Department conducted this in collaboration with the Ministry of Youth Affairs and Sports, Government of India, the National Service Scheme (NSS) Regional Centre, Chennai, NSS Technical Cell, Kerala, Nation Association of Physical Education and Sports Sciences (NAPESS), Bengaluru, Rotary District 3000, Tiruchirapalli, Young Indians Trichy Chapter, Trimmers and Toners, Chennai, and Vasanth Estates Tiruchirapalli. Padmasri V. Baskaran, Former Captain of Indian Hockey Team, inaugurated the sessions. The Congress dealt with the important topical issues in sports and games, apart from rejuvenation of rural sports, games and pastimes. Nutrition and Dietetics, Sports Injuries, Sports medicine, Ayurveda, Physiotherapy, Yoga, Advanced Training Methods, and other alternative medicines for harnessing the rural youth.



Eminent sports scientists like Mr. Lim Hoo from Singapore, Sports Physicians like Dr Kannan Pugazhendhi, Eminent sports administrators like Dr M.S. Nagarajan, Eminent Ayurvedic Sports Physicians like Dr Dharmesh Kubendiran, Cricketer Rajagopal Sathish and a galaxy of scholars and sportsmen from various fields were present. 240 papers were presented. The special number of the journal Health, Fitness and Sports Sciences was released. There were sessions for paper presentation, lecture demonstration, plenary sessions, short films and documentary, debate on Indian Sports – Hitherto and hereafter, and cultural events which kept the entire audience engaged and enthralled.



CRICKET RUNNERS UP



The Cricket Team of our College is the runners up in the Trichy District League for the year 2016-17.

Bharathidasan University Athletes Winners



The athletes of our college have a large tally of medals and awards at various events conducted at different places by different bodies, at the district, state and national levels. **-14 Gold, -8 silver -4 bronze**

Golden Girl



Miss. A Chandralekha, Athlete sprinter, II BA English took part in competitions and won great laurels. Her performance at the meets knows no parallels and she is the Golden Girl of the year 2016-17. No day goes without any award for her. She is the University Gold-medalist. We are providing here a few of her achievements.

Sl. No.	MEET	EVENT	POSITION	PLACE	DATE
1	Junior Nationals meet	200 m	III	Coimbatore	Nov. 2016
2	All India Meet	200 m	I	Coimbatore	June 2016
3	Bharathidasan University meet	200 m	I	Trichy	Dec. 2016
4	All India Meet	200 m	III	Coimbatore	January 2017

New Additions to the Department



The Cricket Ground is equipped with nets, for the net practice. Four compartments of pitches have been built of university standards. This was inaugurated on 11th September 2016 by the Deputy Commissioner of Police Shri Mayilvaganan IPS. Shri Ravi Murugaiah, Chairman, Vasan Estates graced the occasion. There was a useful discussion on the promotion of cricket and other outdoor games in the Department.

Visit of important sportspersons:



Ms. Dutee Chand, Olympian and fastest woman of India visited the department and shared her experiences at Rio Olympics. She interacted with the students and staff of the department over a dinner, on 27th August 2016.

Visit of foreign nationals to the Dept



Two friends - Anabel from Argentina and Mrs. Beatrice from Brazil visited the Dept. They interacted with the students and staff, went round the dept and observed the facilities provided for the sportspersons.

Summer camp



Summer camp on April 20th to May 20th, 2016. More than 400 participants, from elementary school level to the higher secondary level participated.

The dawn in summer goes with sports camp at national college. The national college academy effectively engages the children in the summer camp. Scarifying the entertainments of the drawing room idiot box, the children are drawn to the

grounds, for a meaningful training training and practice of different types of sports and games. Gymnastics, cricket, football, athletics, martial arts like kung fu, taekwondo are the major sports events that drew maximum enrolment. Intensive training has been provided by the experts in the respective discipline. The improved infrastructures in the departments are exploited to provide a maximum output. The beneficiaries are the children, in the age group of 6 to 20. The lecture cum demonstration of the individual events on the stage attracted the participants to the little popular and non-lucrative sports and games, making them to brood over way novel ways promoting them. The youngsters felt that the impact of physical exercises and sports, brings in, concentrations in any discipline, decision-making in any crisis and leadership in any profession.

Volunteering



Students of the Department went on to assist the District Administration to propagate the importance of election, and voting without taking gifts. They went from door to door to impress upon the public about right to voting and convinced the people not to take any gifts for the purpose of voting, in the moth of April 2016.



The students took part in the Autism Awareness Marathon, making the onlookers rethink about this disease, on 2nd April 2016.

Our students and NSS Volunteers went on a rally to educate the masses on the ill effects of consuming liquor. The rally was flagged off by Shri Arun IPS, the Commissioner of Police, Trichy City, on 3rd March 2017.



Guinness Record

The Students of our College, in association with the Rotary Butterfly Club, set a new record of forming human car on the National College Grounds. It is to be noted that 760 differently-enabled children along with 175 teachers and 98 parents participated in forming the largest human green-ribbon symbol inside the indoor stadium, on 1st July 2016.



SEMINAR ON KARATE



Kofukan Shito-Ryu karate Do – A Karate Seminar by Shihan Keui Tomiyama was held on 26th January 2017. 400 students from various schools and colleges attended the Seminar. Mr. Shihan exhibited his talents and showed the nuances of the martial arts.

The Lion's Share of our Students:

V. Guru Jawahar of III BA Economics, athlete sprinter, took part in competitions and won laurels. His performance:



Sl. No.	Meet	Event	Position	Place	Date	Performance
1	Junior State Level	100m;4x100m relay	I	Krishnagiri	August 2016	10.09 sec
2	Junior Nationals meet	100m;4x100m relay	II	Coimbatore	August 2016	40.09 sec
3	Bharathidasan University	200 m; 4x100m relay	III	Trichy	December 2016	22.00 sec
4	All India University	200 m		Coimbatore	January 2017	
5	Chief Minister's State level	100 m	III	Madurai	January 2017	11.00 m

V. Jegatheesh, long jump, of I BA Economics, performed thus:



Sl. No.	Meet	Event	Position	Place	Date	Performance
1	Junior State	Long Jump	IV	Krishnagiri	Sep. 2016	6.58 m
2	Bharathidasan University	Long Jump	II	Trichy	Dec. 2016	7.19 m

S. Kester Elwin Abishek, of I B.Sc. Physics, athlete sprinter secured



Sl. No.	Meet	Event	Position	Place	Date	Performance
1	Junior State	400 m hurdles	particip	Cuddalore	Sep. 2016	58.9 m
2	Junior State	400 m hurdles	particip	Krishnagiri	Oct. 2016	57.8 m
3	Bharathidasan University	400 m Hurdles	IV	Trichy	Dec. 2016	55.4 m

R. Rajesh – Athlete – his performance



Sl. No.	Meet	Event	Position	Place	Date	Performance
1	Youth Nationals	Decathlon	I	Calicut	April 2016	6198 points
2	Junior Nationals	Decathlon	II	Coimbatore	Nov. 2016	6211 points
3	Bharathidasan University	Decathlon	I	Trichy	Dec. 2016	6446 points
4	All India University	Decathlon	particip	Coimbatore	January 2017	6011 points

T. Monika – athlete sprinter – her performance



Sl. No.	Meet	Event	Position	Place	Date	Performance
1	Bharathidasan University	100 m sprint	I	Trichy	Dec. 2016	12.4 sec
2	Bharathidasan University	200 m sprint	II	Trichy	Dec. 2016	26.5 sec
3	Bharathidasan University	Relay	I	Trichy	Dec. 2016	52.01 sec
4	Junior Nationals	100 m sprint	Particip	Coimbatore	Jan 2017	12.7 sec
5	All India University	100 m sprint	Particip	Coimbatore	Jan 2017	12.9 sec

R. Emimal Beula I BCom, athlete sprinter – her performance

Sl. No.	Meet	Event	Position	Place	Date	Performance
1	Bharathidasan University	Triple Jump	II	Trichy	Dec. 2016	14.10 m
2	Bharathidasan University	Relay	II	Trichy	Dec. 2016	

J. Meghavannan, of II BA History, athlete sprinter secured



Sl. No.	Meet	Event	Position	Place	Date	Performance
1	Bharathidasan University	Triple Jump	II	Trichy	Dec. 2016	14.10 m
2	Bharathidasan University	Relay	II	Trichy	Dec. 2016	

GUEST LECTURES



Dr. Chinappa Reddy,
NAPESS, Hyderabad ,
spoke on – sports management
in January 2017



Dr. Satyanarayana,
Professor of Physical Education,
Osmania University,
spoke on Confidence building through Sports
on 26 December 2016.



Dr. N.S. Dileep
Professor and Head, Department of Physical Education,
JNT University, Hyderabad,
spoke on – Personality Development Through Yoga,
on 15th January 2017.



Mr. Sathish Rajagopal,
Cricketer spoke on –
Skills in Cricket in February 2017.



CHAMPIONSHIPS TAEKWONDO

Trichy district Taekwondo championship jointly organized by our department and association. Participants were huge in number.

Table Tennis

The Tamil Nadu State Table Tennis Championship was jointly organized by National College and Trichy District TT Development Association from 4th to 6th November 2016. Mr. A. Mayilvaganan, Deputy Commissioner of Police, Trichy inaugurated the events. The Chief Guest of the valediction was by Dr R. Ramasubbu, Associate Editor, Dinamalar, spoke on the occasion and distributed the prizes.



FUNDING FROM THE UGC

We received an amount of Rs.64000/- from the UGC for organizing the seminar on

ACTIVITIES OF THE STAFF OF THE DEPARTMENT

Dr D. Prasanna Balaji, Director and Head

-Resource person nominated by the Ministry of Youth Affairs and Sports for the Sixth consecutive year.

-Coordinator for the South Zone NSS Pre Republic Day Parade Camp held at National College campus from October 6th to 15th, 2016.

Prof D. Boopathi, Assistant Professor

-An expert in Gymnastics; specializes in Badminton. Also a conductor and trumpet player of college band.

Prof R.N. Woreithing, Assistant Professor

-A Specialist in Table Tennis and basket ball. Hails from the North-East state of Manipur. His pastimes include playing on Guitar.

Prof Laishram Shila Devi, Assistant Professor

-Specializes in Football, Table Tennis and aerobics. Hails from North-East state of Manipur.

All the three assist the Department by engaging theory and practical classes for the students of B.Sc. Physical Education, apart from training the rest of the students interested in sports, participating in various events. Candidates Registered for the award of Ph.D. Degree: 8 candidates

YOGA DAY



The international yoga day was celebrated on 21st June 2016 at college. There were a total of 300 participants from all over Trichy. The function was telecast by the TV Channels live for nearly 5 minutes.

COMMENDATION

I am proud to be among the well-wishers and sports darlings. They have been consistently giving a helping hand in the various activities of the Department. Some take the financial burden of the students by paying their fees and other academic expenses. Some sponsor their sports accessories. A few are the co-sponsors for the sports programmes. Their attitude provides us confidence in every step that we trod. They take us by their hands for the good cause. As a token of our gratitude and respect I invite them on the stage to accept a small gift

NAMES

1. Dr. V.M. Ananthanarayanan
2. Dr. S. Sunitha
3. Dr. K. Kumar
4. Dr. K. Srinivasan
5. Dr. P. Ragavan
6. Prof. S. Sriram
7. Dr. Murali
8. Dr. D. Saravanan
9. Dr. R. Ramasamy
10. Dr. Mohammed Jabir

DEPARTMENT

- Sanskrit
- Chemistry
- Commerce
- English
- Library
- Mathematics
- Chemistry
- Chemistry
- Physics
- Biotechnology

Physical Education in Academics

A Bachelor's Degree in Physical Education is introduced in the academic year 2012, under the unaided courses. Right now we have nearly 100+ students, put together, in all the three years. This is a job-oriented Degree Program of three years duration, providing basic training to the future sportsmen and trainers. The syllabus is framed and updated on latest scientific principles. Efficient, enthusiastic, genetically vigorous and socially and economically underprivileged and underdeveloped rural youth are harnessed here, visualizing a bright future for them. Eight students have registered for the Ph.D. with Dr Prasanna Balaji, the Head of the Department. The management has been consistently providing necessary assistance in building the infrastructure and encouraging the students by providing them with necessary amenities.

The magnanimity of our Esteemed Secretary and the Eminent President of our management committee spare no efforts to make the department self-sufficient. They are the wheels of progress for the department.

DEPARTMENT ACTIVITIES



2017 - 2018



99th ANNUAL SPORTS DAY – REPORT

We are only a year away from the Centenary Celebrations. The Management has started charting plans. Every Department is charged with enthusiasm and zeal to march forward. One hundred, is a landmark. The Department of Physical Education and Sports Sciences, shall reach great heights, following the footsteps of our Hon'ble Chairman Padmavibhushan Dr V. Krishnamurthi, under the guidance of our Esteemed Secretary Shri K. Raghunathan, accompanied by the venerable Director Shri K. Anbarasu, and activated by our beloved Principal Dr R. Sundararaman. Marching towards marked goals and definite mission and clear vision, I consider this a proud privilege to report the activities of our Department, for the academic year 2017-18, in a nutshell

SUMMER CAMP

Summer camp on April 20th to May 20th 2017. More than 400 participants from elementary school level to the higher secondary level participated. The dawn in summer goes with sports camp at national college. The national college academy effectively engages the children in the summer camp. Scarifying the entertainments of the drawing room idiot box, the children are drawn to the ground, for a meaningful training and practice of different types of sports and games. Gymnastics, cricket, football, athletics, martial arts like kung fu, taekwondo are the major sports events that drew maximum enrolment. Intensive training has been provided by the experts in the respective discipline. The improved infrastructures in the departments are exploited to provide a maximum output. The beneficiaries are the children, in the age group of 6 to 20. The lecture cum demonstration of the individual events on the stage attracted the participants to the little popular and non-lucrative sports and impact of physical exercises and sports, bring in, concentrations in any discipline, decision- making in any crisis and leaderships in any profession.

ENVIRONMENTAL DAY

On 5th June 2017, events were organised, by the NSS Unit IV, to create environmental awareness, in our college. Placards and charts carrying slogans on conservation of environment were placed in different areas of the college, on the notice boards, of various departments, NSS and library. The NSS volunteers highlighted the importance of environmental awareness by engaging themselves in cleaning the campus, removing the plastics, and advising the students to have healthy practices.



WORLD ROLLER SKATING ARTISTIC CHAMPIONSHIP CAMP

On 7th June, our Department of Physical Education Sport Sciences, conducted a Training Camp for the World Roller Skating Artistic Championship – 2017, the first of its kind, in this part of India. It was conducted in association with the Tamil Nadu Roller Skating Association affiliated to Roller Skating Federation of India. The participants, 17 in number, of both the genders, from different part of our India were to compete at the World Roller Skating Artistic Championship 2017, held at Nanjing, China. This was inaugurated by Shri Ravi Murrugaiah, Chairman, Vasan Estates. It was successfully completed on 16th of June 2017.



RUCHY
DAILY 07.06.2017

24.10 Feet The level in Marudam on Tuesday. The office was 270 against 384 on Monday. The change was 100 levels. The average was 5.27 PM
www.ruchynews.com

Roller-skating selection trials, camp begin in Tiruchy

REPORT NEWS SERVICES/Trichy

WITH music playing, skating wheels twirling, boys and girls changing partners, the roller skating selection trials and the first camp were inaugurated at the National College in Tiruchy on Tuesday.

A total of 17 skaters from across the country participated in the event. They would represent the country in the forthcoming World Roller Skating Artistic Championship 2017, scheduled to be held in August and September, at Nanjing, China. The camp is headed by TN Roller Skating Association (TNRSA).

The first person to go the round at the college stadium was Anup Kumar Varma, a 22-year-old entrepreneur from Madhavabad, a recipient of Arjun Award at World Roller Skating Artistic Championship in 2011.

Speaking to Express, Anup said he has been practicing roller skating since he was three-and-a-half years old. Unlike other sports, the roller skating trials with pleasure and concentration, he added.

"In the beginning it is tough, as one needs to learn to glide smoothly, control and to understand the nature of skates," he said. Like a long, many other skaters, Anup has been practicing for the past eight years. He will practice daily. "The sports events will be held at various regular intervals," he pointed out.

All the 17 skaters would be given special training by Shri Ravi Murrugaiah, a leading coach. She has produced a number of world champions.



Skaters performing during the inauguration of the training camp at National College in Tiruchy on Tuesday. (RUCHY NEWS SERVICE)

INTERNATIONAL YOGA DAY

The NSS Unit IV of our Department celebrated The International Yoga Day, on 21st June 2017, in association with CII and Isha Yoga Foundation. This was inaugurated by Shri T. Senthil Kumar, Superintendent of Police, Trichy. Shri Raghuraman, Chairman, CII, Yoga experts from Isha Yoga, top bureaucrats, industrialists, police personnel and NSS volunteers participated in large numbers and practiced yogasanas. This amazing event received a large appreciation from the public and the media.



UNIVERSITY GOLD MEDALIST

We are indeed proud to state that the candidates of B.Sc. Physical Education have excelled in their studies, even from the day of the inception of the course, in 2012. Miss Vinitha of 2012-15 batch, Mr Edwin Thomas of 2013-16 batch, and Mr Ajeeth Khanna of 2014-17 batch have secured University Gold Medal, in the successive years. The banner of the Department is kept high as the rest of the students have come out with flying colours in their academic front. I congratulate the candidates and thank the management of our college and the team of dedicated staff members of the department for their unique care and untiring efforts to make the students, perform.



DR. MGR GOLD MEDALIST



Hearty congratulations to Miss Vedha and Miss Veni, students of First year B.Sc. Physical Education of our Department, on their well-deserved Gold Medals secured at Dr MGR Centenary Celebrations, held on 15th October 2017, organised by Sports Development Authority of Tamil Nadu. We Wish them all the very best in the years to come.



Our college Soccer Team has secured First place & cash award in the Dr MGR Centenary Tournament held on 15th October 2017. It was organized by Sports Development Authority of Tamilnadu. 18 teams participated in the tournament. Bishop Heber College is the runner and we, the National College are the winners.

TEAKWONDO CHAMPIONSHIPS

The Trichy District Taekwondo Championships were inaugurated on 1st July by Shri T. Senthil Kumar, Superintendent of Police, Tiruchirapalli District. He gave a mind-blowing speech by which the audiences were enthralled. The event was held for two days. There were 28 teams and 350 participants.



OUR INTERNATIONAL COLOUR



SRI.T.SANTHOSH KUMAR, of III B.Sc. Physical Education, has been selected to represent our Country in 400 m. Hurdles, at the 22nd Asian Athletic Championship held at Bhubaneswar, Odisha, on 7th July 2017. The entire event was telecast on DD Sports.

OUR INTERNATIONAL COLOUR

1. Name: A. chandralekha
Class: 3rd year B.A.English

Sl.no.	Name of the Meet	Event	Position	Venue/place	Performance	Year
1	90 th Tamil Nadu state senior Athletic Championship	100 mts	First	Chennai	11.08 sec	2017
2	All India University Meet	200 mts	Third	Coimbatore	24.74 sec	2017
3	57 th National open athletic championship	100 mts	Third	Guntur	12.21 sec	2017
4	57 th National open athletic championship	100 mts	Second	Chennai	11.92 sec	2017

THE LION'S SHARE OF OUR STUDENTS

1. Emimal Beulah, High jumper, her performance:

Sl.no.	Name of the Meet	Event	Position	Venue/place	Performance	Year
1	All India Inter university Meet	High jump		Andra Pradesh	1.60 mts	2017-18

2. Guru Jawahar, Sprinter, M.A Economic, his performance:

Sl.no.	Name of the Meet	Event	Position	Venue/place	Performance	Year
1	All India Inter university Meet	100 mts	Gold	Andra Pradesh, Guntur	10.80 sec	2017-18
2	Junior Federation Cup National	4*100 mtr	Silver	Lukhou, UP	42.00SEC	2017

3. S. Seeraman, high jumper, his performance:

Sl.no.	Name of the meet	Event	Position	Place	Performance	Year
1	All India inter university final	High Jump	4 th	Guntur	2.08 mts	2017

4. M. Anandhakrishnan, sprinter, 1st B.A.Economic, his performance:

Sl.no.	Name of the meet	Event	position	place	performance	year
1	All India Inter university Meet	4*100 mtr	Gold	Guntur	41.92 sec	2017
2	CM Meet	100mts	bronze	Chennai	10.8sec	2017

5. Name: S.Yugan, sprinter, 1st B.Com. his performance:

Sl.no.	Name of the meet	Event	position	place	performance	year
1	All India Inter university Meet	4*100 mtr	Gold	Guntur	41.92 sec	2017

6. Name: S. Simma Sandeep, hurdler, his performance:

Sl.no.	Name of the meet	Event	position	place	performance	year
1	CM. Meet	110mts hurdle	gold	chennai	14.90sec	2017
2	All India Inter university Meet	110 mtr hurdle		Guntur	15.2sec	2017

FOOTBALL:

S. Santhoshkumar, 3rd year B.Sc. Physical Education and A.R. Anto Renish, 3rd year B.A. Economics were represented south zone South Zone Inter University Football Tournament was held at culicut university, kerala in the 2017-18 and they also participated Dr. MGR Trophy and Trichy District Football League.

Sl.no.	Tournament	Venue	Position	Year
1	South Zone Inter University Football Tournament	Culicut university, kerala	Participation	2017
2	Dr. MGR Trophy	Anna stadium, Trichy	Winner	2017
3	Trichy District Football League	Trichy	Runners up	2017

CRICKET:

Player list of represented South Zone Inter University in the year 2017-2018 held at Andhra Pradesh Vishakhapatnam –

Sl. no	Name of the players	Department
1	M. Vinoth	3 rd year B.Sc Physical Education
2	S. Roobankrishna	2 nd year B.Sc Physical Education
3	S. Sivapandian	1 st year B.Com
4	S. Arunraj	M.Com
5	R. Senthumarikanan	M.Com

NATIOANL COLLEGE 2018 CRICKET TROPHY

Sl.no.	Tournaments	Venue	Position	Year
1	Trichy District Cricket Association	Trichy	Runners up	2017
2	Bharathidasan University Inter College	Trichy	Runners up	2017
3	Belmont T-20 Trophy	National College	Winner	2017
4	Tough Guys Trophy	Trichy	3 rd place	2017

POWER LIFTING:

Name: R. Manikandan

Class: 2nd M.Com

Sl.No.	Tournaments	Venue	Position	Year
1	Bharathidasan university inter collegiate power lifting tournament	Puththunampatti	first	2017-18

INTER-COLLEGIATE CHESS TOURNAMENT

Bharathidasan University, Tiruchirapalli conducted the Inter-collegiate Chess Tournament on 17th and 18th August 2017, at the indoor stadium of our college. Dr R. Babu Rajendran, Registrar, Bharathidasan University inaugurated. Students from 40 colleges affiliated to Bharathidasan University, participated. Each team consisted of two boys and two girls. The indoor stadium was full of activity on these two days. Dr Palanisamy, Director of Physical Education, Bharathidasan University addressed the participants and winners and distributed their credentials, in the valediction.



TDCA CRICKET LEAGUE



Our team reached the finals in the TDCA cricket League tournament to play against JJ college of Engage. We have won the Toss and elected to bat & put 156 on the score board. Match at the final stage went down to the wire .I am really proud of my boys for the way they stood against a formidable opponent and put up a great fight. Unfortunately we didn't win but we have restricted them to 157 for 9 wickets. Same thing happened last year too. But this match taught very good lesson to all of us. It is that 'Winning or losing doesn't matter how you fought does matters', our college won the Runners up title for the season 2016 /2017 on 29th July 2017.

BELMONT TROPHY

Belmont Trophy, the first of its kind in College Cricket tournaments, took its debut in our College. Belmont T20 match was organized. 30 teams from various colleges participated. Kongu College of Arts and Science came up to quarter finals, Bishop Heber College came up to Semi-finals. JJ College became the runner when our National College came out triumphantly as winners. The finals were held on 24th August 2017, when we became the champions. The trophy carried a cash award of Rs.25000/- also. We place on record, our sincere gratitude to the Chairman, Belmont Tailors.



NATIONAL SPORTS DAY

The Research Department of Physical Education and Sports Sciences celebrated National Sports Day on 29th August 2017. It included activities like displaying placards on the awareness and practice of sports and related physical activities, yoga and dietetics. Students of the Department greeted every staff and student with a slogan written on a placard, held by them. The activities received a uniform appreciation from all those who passed by.



TRICHY DISTRICT TABLE TENNIS

The Trichy District Table Tennis Development Association conducted 3rd District Ranking Table Tennis Tournament, in association with the Department of Physical Education and Sports Sciences of our College. The event took place on 2nd and 3rd of September 2017. 255 Students of various levels from many schools and clubs, participated. Our Principal Dr. R. Sundararaman inaugurated the events.



DISTRICT LEVEL SILAMBAM CHAMPIONSHIP

Our Department offered a platform for the District Level Championship in the "Indigenous Sport - Silambam" in our indoor stadium. Trichy District Silambam Association, in coordination with Tamil Nadu Sports Development Authority, conducted this event on 1st October 2017. Dr. M. Rajendran, IAS, Director, Sports Authority of Tamil Nadu, inaugurated. Dr. R. Sundararaman, Principal of our college, offered his felicitations. 400 participants from 45 teams participated. The occasion was a real boost for rural sports in the modern atmosphere.



SEMINARS AND LECTURES PROGRAM

To mark the 99 years of Educational Excellence of our College, a popular lecture series was introduced in our college. On 11th July 2017, Shri A. Mayilvaganan, Deputy Commissioner of Police, Trichy, addressed the gathering of students hailing from different faculties. Education is all about igniting the young minds and enable them to attain their fullest potential, he reiterated.



The Students, College Days and Learning was the topic of Shri T. Senthil Kumar, Superintendent of Police, Trichy, on 10th July 2017 when he addressed the students in Popular Lecture Series. Great achievements are possible only through inculcation of education at every level. It is only how a student learns and what he learns does not matter. Whatever he learns is to be put to practice and what is put to practice shall necessary be noble. The country has a large potential of youth power and proper educational methods shall make the country, a spring board for all the youth, when a total change is expected, he added.



The Unit IV of the NSS of our College had organized a Seminar on Learning Disability, on 23rd August 2017, in association with the Regional Directorate of NSS, Tamil Nadu, Puduchery, Andaman and Nicobar Islands. Shri Samuel C. Chelliah, the Regional Director, inaugurated. Dr Manasi, a Trichy-based psychologist has organized this. 120 teachers from various schools and and 100 NSS volunteers of our college, participated. Dr Harini Mohan and Dr Anand Kumar handled the technical sessions. Physical and psychical debilities were discussed and remedies for slow-learners, were suggested. The programme served as an eye-opener for the teachers and volunteers on how to handle the so called problem-child.



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REFRESHER COURSE

The Directorate of School Education organized a Refresher Course for the Directors of Physical Education in Schools, in association with the Department of Physical Education and Sports Sciences of our College on 9th December 2017. More than 500 professionals took part in the course. In this colourful event, Shri A. Myilvaganan was the chief guest. Dr Dharmesh Kubendiran handled a very informative session on sports injuries. Shri. Ravi Murrugaiah, Chairman, Vasam Estates, was the chief guest for the valedictory function. The Refresher Course was very informative to the participants. I thank our college management for their vital support.



VOLUNTEERS

The NSS was formed in 1969 with an aim to "inculcate" the thoughts on social welfare among the students, and to serve to the society with a feeling of sacrifice, unprejudiced. September 24th, is celebrated as the NSS Day, nation-wide. Instead of celebrating it inside a hall, it was decided to celebrate it outside, with the early-morning health-conscious public, the walkers and joggers. The NSS Unit IV volunteers and the students of the Department of Physical Education gathered near the Trichy District Court, early in the morning. There was a half-marathon of 21 km towards the Anna Stadium, in a round-about route. There are walkers' tracks in both these places. Our volunteers, supplied water and fruit juices to such public, on their way. People were inspired by such a novel method of celebration.





Arts education is a big part of building a 21st century creative mind. National college NSS Unit IV, in association with Rotary Diamond City had organized creative draw contest. More than 1000 students participated. The event was highly commended. Our special appreciations are to Rotary Diamond city. The event-hero was Sri A. Myilvaganan, the Deputy Commissioner of Police.



The volunteers of the Unit IV NSS, of our College took part in the 5 km Marathon, organized by the Tiruchirappalli City Corporation in connection with the "Clean City Campaign". It attracted the common public, when many of them joined the marathon . Sure, Tiruchirappalli which already carries the reputation for cleanliness, will evolve as the cleanest, soon.



AWARENESS

"Destroy what destroys you" – An awareness rally was organized by the volunteers of NSS Unit IV of our college, in association with the students of the Department of Physical Education and Sports Sciences, on 29th June 2017. It is a campaign against the use and abuse for drugs and narcotics. Hand outs and pamphlets were distributed to the public, en route the rally. The campaign was well received by the public.



As a part of "Gift an Organ" Campaign the NSS Unit IV, of National College in association with Young Indians, Trichy Chapter, by partnering with Kauvery Hospitals, Trichy, organized a awareness session on Organ Donation on 7th July, 2017 at our premises . Dr Balaji, Consulting Nephrologist, Kauvery Hospitals, Trichy, addressed the gathering and sensitized them on Organ Donation and the myths associated with it.



The NSS Unit IV of National College, faculty members and the students of the Department of Physical Education and Sports Sciences joined hands with the Hindu Daily News Paper to make the citizens of Trichy to be aware of the "mindless mechanisation", going on in the country. To mark this, a road-show has been organized on 30th July 2017. The event suggested "Car-free Sundays", to reduce pollution and to promote individual health and hygiene. The event was held on the bridge across the river Uyyakkondan, near the Gandhi Memorial Hospital, Trichy.



Volunteers of Unit IV NSS, of our college participated with great enthusiasm in the Blood Donation Awareness Rally, on 12th October 2017. Our Principal Dr. R. Sundararaman, flagged off the rally from our college grounds. Mr.Pandiyan and Mr.Alex CEO of V-dart Software Solutions were the Guests of Honour. They enunciated the needs and the advantages of donating blood regularly. The formation of human-chain, sent out a clear message to every onlooker.



Our college NSS Unit IV, in association with Trichy City Police organized an awareness rally to sensitise the public on the importance of wearing of helmet for two-wheelers. Great changes start from colleges and universities. The stupendous campaign of Shri A Mylvaganan Andiappan, our Deputy Commissioner of Police, has become a great success. Law abiding citizens are increasing in number due to his efforts. I am confident that programmes of this kind are the sure signs of transforming our society.

NAVARATRI FESTIVAL

The Department of Physical Education and Sports Sciences, arranged for the celebration of Navaratri festival for 10 days from 20th to 29th September 2017. The staff and students involved themselves in preparing the show-pieces, the idols of the avatars, puranic scenaries, construction of artificial meadows, singing patriotic and religious songs. The teacher and students of Sri Sarguneswarar Veda Padasala, performed daily pooja in the morning and evening. Professional singers were invited to perform in the evenings. It was a great opportunity for our students to learn sports along with spirituality.



NEW ADDITIONS TO THE DEPARTMENT

A long cherished dream of our Department became a reality with the National College Fitness Studio – a full-fledged gymnasium, coming into reality. I am ever grateful to our beloved Secretary, Shri. K. Raghunathan for providing wings to our dream project. I am overwhelmed by the encouragement and guidance given by our good friends. The Deputy Commissioner of Police, Shri. A. Mayil Vaganan and Shri. Ravi Murugaiah, Chairman Vasan Estates are always with us for promoting such noble causes. Shri A. Mayil Vaganan inaugurated the activities of the Fitness studio. Of course, Greater accomplishments succeed greater responsibility. I pray for your support, with all humility.



The Department of Physical Education and Sports Sciences conducts coaching classes throughout the year, for the aspirants in the discipline of Fencing, to provide them a standard platform. This was inaugurated on 10th of September 2017, at the Indoor Stadium of our college. Champions who represented the college through the University, the State and the Nation, exhibited their skills.



ALUMNI MEETING



Alumni Meeting of the Department of Physical Education and Sports Sciences, of our College, was held on December 22nd and 23rd of 2017 at the Indoor stadium. Networking is not collecting contacts. Networking is about planting relationships. 65 alumni members attended the meeting. In response to our invitation, a few of the alumni shared their experiences and interesting moments of campus life to the audience.

COMMENDATION

I am proud to be among the well-wishers and sports darlings. They have been consistently giving a helping hand in the various activities of the department. Some take the financial burden of the students by Paying their fees and other academic expenses. Some sponsor their sports accessories. A Few are the co-sponsors for the trod. They take us by their hands for the good cause. As a token of our gratitude and respect I invite them on the stage to accept a small gift

NAME

DEPARTMENT

- | | | |
|-----|------------------------|---------------|
| 1. | DR.V.M.Anathanarayanan | Sanskrit |
| 2. | Dr. muthuramakrishnan | Mathematics |
| 3. | DR.S.Sunitha chemistry | Chemistry |
| 4. | DR.K.Kumar | Commerce |
| 5. | DR.P.Ragavan | Library |
| 6. | Prof.S.Sriram | Mathematics |
| 7. | DR.Murali | Chemistry |
| 8. | DR.D.Saravanan | Chemistry |
| 9. | DR.R.Ramasamy | Physics |
| 10. | DR.Mohammedjabir | Biotechnology |
| 11. | Dr. Anand | Botany |
| 12. | Dr. Shivakumar | Geology |

PHYSICAL EDUCATION IN ACADEMICS

A Bachelor's Degree in Physical Education is introduced in the academic year 2012, under the unaided courses. Right now we have nearly 100+ students, put together, in all the three years. This is a job-oriented degree program of three years duration, providing basic training to the future sportsmen and trainers. The syllabus is framed and updated on latest scientific principles. Efficient, enthusiastic, genetically vigorous and socially and economically underprivileged and underdeveloped rural youth are harnessed here, visualizing a bright future for them. Eight students have registered for the Ph.D. with DR Prasanna Balaji, the head of the department. The management has been consistently providing necessary assistance in building the infrastructure and encouraging the students by providing them with necessary amenities.

The magnanimity of our esteemed secretary and the eminent president of our management committee spare no efforts to make the department self-sufficient. They are the wheels of progress for the department.

ACTIVITIES OF THE STAFF OF THE DEPARTMENT

Dr.D.PRASANNA BALAJI, Director and Head

- Resource person nominated by the Ministry of youth affairs and sports for the sixth consecutive year.
- coordinator for the south zone NSS pre republic day parade camp held at national college campus from October 6th to 15th, 2016.

Prof D. Boopathi, Assistant Professor

- An expert in gymnastics; Specializes in badminton. Also a conductor and trumpet player of college band

Prof R. N. Worething, Assistant professor

- Specialist in table tennis and basket ball. Hails from the North-East of Manipur. His pastimes include playing on guitar.

Prof. Laishram Shila Devi, Assistant professor

- Specializes in Football, Table Tennis, Aerobics and yoga. Hails from north-east state of Manipur.

All the three assist the department by engaging theory and practical classes for the students of B.Sc. Physical Education apart from training the rest of the students interested in sports, participating in various events. Candidates registered for the award of PH.D.Degree:8 candidates.

DEPARTMENT ACTIVITIES



2018 - 2019





ANNUAL SPORTS DAY - REPORT

The Management has started charting plans. Every Department is charged with enthusiasm and zeal to march forward. One hundred is a landmark. The Department of Physical Education and Sports Sciences shall reach great heights, following the footsteps of our Hon'ble Chairman Padmavibhushan **Dr V. Krishnamurthy**, under the guidance of our Esteemed Secretary, Shri **K. Raghunathan**, accompanied by the venerable Director Shri **K. Anbarasu**, and activated by our beloved Principal **Dr R. Sundararaman**. Marching towards marked goals and definite mission and clear vision, I consider this as a proud privilege to report the activities of our Department, for the academic year 2018-19, in a nutshell.

SUMMER CAMP

Sacrificing the entertainments of the drawing room idiot box, the children are drawn to the playground, for a meaningful summer camp with training and practice of different type scientific of sports and games. Gymnastics, cricket, football, athletics, martial arts like kung fu, taekwondo are the major sports events that drew maximum enrolment. Intensive training has been provided by the experts in the respective discipline. The improved infrastructures in the departments are utilized to provide a maximum output. The beneficiaries are the children, in the age group of 6 to 20. The lecture-cum-demonstration of the individual events on the stage attracted the participants to the little popular and non-lucrative sports and games, making them to brood over novel ways of promoting them. The youngsters felt that the impact of physical exercises and sports, bring in, concentrations in any discipline, decision- making in any crisis and leaderships in any profession. The Summer Camp was held from April 20th to May 20th, 2018. More than 400 participants from elementary school level to the higher secondary level participated..



ENVIRONMENTAL DAY

World Environmental day on calendar is an invitation to celebrate & go green. In the presence of our esteemed Secretary & our Principal, we have celebrated the day in our campus. (Let's all ensure green around us...)



YOGA HALL INAUGURATION



INTERNATIONAL YOGA DAY

The NSS Unit IV of our college celebrated The International Yoga Day, on 21st June 2018, in association with our students. This was inaugurated by **Shri P. Mani Sankar**, BDU Vice Chancellor, Trichy. Shri Raghunathan Secretary of National College was the guest of honour. NSS volunteers participated in large numbers and practiced yoga. This amazing event received much appreciation from the public and the media.



National College, has instituted a Centre for Yoga and Meditation which has been inaugurated by the VC of Bharathidasan University **Dr. P. Manisankar**.



The Research Department of Physical Education and Sports Science of the college, Organised a guest lecture An Extreme Centre for Yoga ; Guest Lecture by **Dr. Jothi**



BASKETBALL COURT INAUGURATION

The Bharathidasan University Intercollegiate Basketball Tournament began on the 27th of September 2018 at National College, Tiruchirappalli. The new basketball court of the college was inaugurated and dedicated for sports by our beloved Secretary, Mr. K. Raghunathan. Dr. Palanisamy, Head/Professor, Department of Physical Education, Bharathidasan University was the guest of honor.

The valedictory function of the Bharathidasan University (Intercollegiate) Basketball Tournament was held on the 29th of September, 2018 at the National College Indoor Stadium. Bishop Heber College, Tiruchirappalli were the winners and Jamal Mohamed College, Tiruchirappalli were the first runners-up. Former Indian Cricketer, Mr. Hemang Kamal Badani was the chief guest for the ceremony. Giving away the trophies and certificates to the players, he exhorted them to dream and aim big & our Indian star M.S.Chandralekha was honored & motivated to reach greater heights....





Research Department of Physical Education & Sports Sciences

NATIONAL COLLEGE

Celebrates



**NATIONAL
SPORTS DAY**

On 29th August 2018



This day marks the birthday of
LEGEND MAJOR DHYAN CHAND
the hockey player who won gold medals
for India in year 1928, 1932 and 1936.

This day marks the birthday of Dhyanchand, the hockey player who won gold medals in Olympics for India in the years 1928, 1934 and 1936.

He scored over 400 goals in his career, from 1926 to 1948.

After putting his stamp on international hockey arena, and having served his country to reach its pinnacles of glory multiple times. he became a

legendary figure in the Indian and world hockey.

The most noted memorials for him is the Major **Dhyanchand Award**, the highest award for lifetime achievement in sports and games in India, and the National Sport day celebrations on his birthday. The Research Department of Physical Education and Sports Sciences celebrated National

Sports Day on 29th August 2018.

It included activities like displaying placards on the awareness and practice of sports and related physical activities, yoga and dietetics. Students of the Department greeted every staff and student with a slogan written on a placard, held by them. The activities received a uniform appreciation from all.

OUR INTERNATIONAL COLOUR



Ms. A. Chandralekha of I M.Sc Yoga has been selected to represent our country in Tokyo Olympics through her spectacular performance at National Open Athletic championship held at Odisha on the 7th of July, 2018 and winning the title "**The fastest woman in India**".

The Commissioner of Police and the Commissioner of Tiruchirappalli Corporation called on our golden girl Miss.A. Chandralekha and honored her for her achievement at the National Open Athletic Championship. Offering best wishes, they expressed that she has indeed motivated many aspirants in the region to shine in the field, as their role model.



Ms. A. Chandralekha has completed the 100mt dash in 11.4 seconds at the 58th National Athletic Championship held in Bhuvaneshwar and thereby became she outmatched the defending champion, Ms. Archana emphatically and has sent across the message that she is the latest force in the field. She was patient, persistent and finally made it perfect. The

Department of Physical Education, wishing her many more achievements, is proud of her as always.

Along with our emerging star athlete Ms. A.Chandralekha, I shared my views at AIR Trichy for an interactive radio broadcast session on The Sporting Trends in Tiruchirappalli and the contributions of International Congress on Renaissance in Sports.

In the one hour and thirty minutes live show, we took the calls and questions from the sports enthusiasts in and around Trichy on the details of the 3rd version of the ICRS scheduled from 6th-10th January, 2019.

UNIVERSITY GOLD MEDALIST

We are indeed proud to state that the candidates of B.Sc. Physical Education have excelled in their studies, even from the day of the inception of the course, in 2012. Miss Vinitha of 2012-15 batch, Mr Edwin Thomas of 2013-16 batch, and Mr Ajeeth Khanna of 2014-17 batch have secured University Gold Medal, in the successive years. Mr. Muthukrishnan of 2015 - 18 batch have secured

university Gold Medal. The banner of the Department is kept high as the rest of the students have come out with flying colours in their academic front. I congratulate the candidates and thank the management of our college and the team of dedicated staff members of the department for their unique care and untiring efforts to make the students, perform.



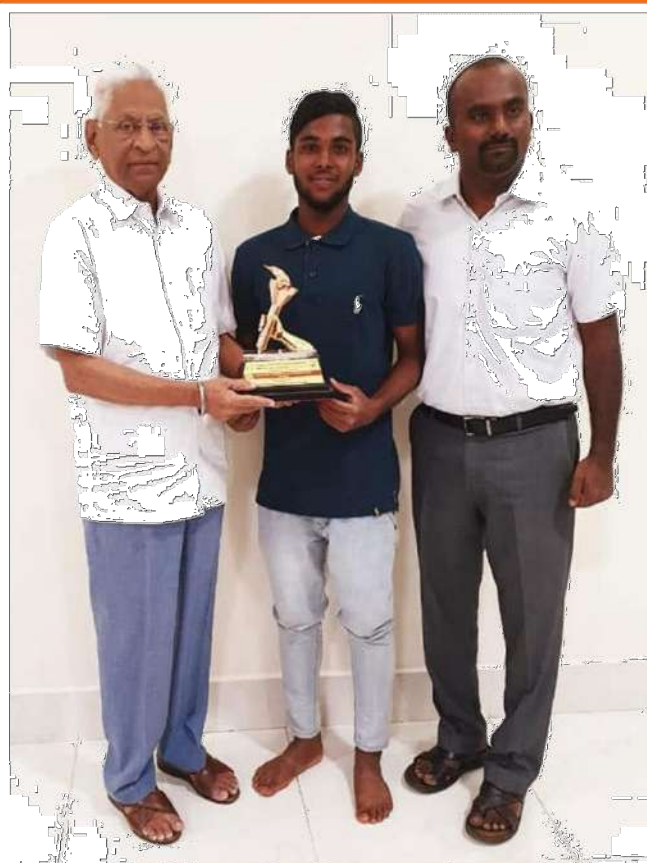
ALL INDIA UNIVERSITY ATHLETIC MEDALIST

Happy to inform you all that our boys participated in All India Inter-University Athletic Championship representing Bharathidasan University, held at Mangalore University, November, 2018. In this championship, S.Veeramani secured third place in high jump 2.08 m(men) and J.Vikkash & Annand secured third place in 4x100 m relay (men). I wholeheartedly congratulate the students for their strenuous efforts and wonderful performance in the meet and they deserve all appreciations as they really brought laurels to our institution.



Shyjin and Lijo head to Spain

Shyjin and Lijo of Kanyakumari have been selected by second division La Liga club AD Alcorcon in a talent hunt competition organised by Football Plus. The selected players will get an opportunity to train in Spain for one month at AD Alcorcon academy.



Glad to share with you that Mr. Shyjin, I BA (Economics) student of our college on being selected for a one-month training at AD Alcorcon Academy, Spain. I am hopeful that his achievement will inspire all the footballers of our college and region to hope for greater heights.

FOOTBALL



S. Santhoshkumar, 3rd year B.Sc. Physical Education and A.R. Anto Renish, 3rd year B.A. Economics represented the college at the South Zone Inter University Football Tournament held at Culicut University, Kerala in the 2017-18 and they also participated in Dr. MGR Trophy and Trichy District Football League.

THE LION'S SHARE OF OUR STUDENTS

G.Ranjane Sprinters

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	All India Inter university	100 mts hurdles	bronze	Mangalore	14.5	2018



Ananadha Krishnan.M

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	All india inter-university Athletic	4*100mt Relay	3rd	Mangalore	41.51sec	2018



S.Yugan,

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	All india inter-university Athletic	4*100mt Relay	4th	Vijayawada	41.89sec	2018
2.	Bharathidasan university	200mt	3rd	Trichy	21.9sec	2018
3.	Bharathidasan university	4*100mt Relay	2nd	Trichy	42.69sec	2018

Guru Jawahar, Sprinter

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	All India Inter university Meet	100 Mt	Gold	A. Pradesh, Guntur	10.80 sec	2018
2.	Junior Federation Cup National	4*100 Mt	Silver	Lukhou, UP	42.00 sec	2018



S. Kester Elwin Abhishek

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	Bharathidasan university	400H		Mangalore	52.6sec	2018



V.Jegathees

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	All india inter-university	Long jump	10th	Mangalore	7.30 m	2018

S.Kiruthika

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	Tamil nadu state youth Athletic championships 2018	10,000 mt Walk	Gold	Chennai	60min	2017



K.Vembarasi

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	Tamil nadu state youth Athletic championships 2018	Hepathlon	bronze	Tirunelveli	3989 points	2018

THE LION'S SHARE OF OUR STUDENTS



S.Barathi

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	Bharathidasan university	1500mts	Third	Trichy	4.16	2018

Ragunath.R

S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	All india inter-university Athletic	Basket ball	-	Trichy	24 Point	2018

R.matheswaran



S.No.	Name of the Meet	Event	Position	Venue/Place	Performance	Year
1.	Tamilnadu 2nd State youth athletic championship 2019	Javelin Throw	First	Chennai	57.94mtr	2018
2.	Bharathidasan university	Javelin Throw	First	Trichy	57.57mtr	2018
3.	32junior athletic championship 2018	Javelin Throw	First	Madurai	58.41mtr	2018

CRICKET TEAM



The Commissioner of Police of Tiruchirappalli City has appreciated 12 of our B.Sc Physical Education Students for rendering their support for the conduct of Trichy Open Tennis Tournament, jointly organised by District Administration and Trichy City Police.



ATHLETIC MEET



Delighted to share with you that the women athletes of National College have retained their overall championship title at the 37th Bharathidasan University Athletic Meet. They were presented with the trophy by the honourable Registrar of Bharathidasan University. Men Athletes won the overall 1st Runners-up. Six of our athletes have set new meet records. I sincerely thank the management, colleagues, coaches and students for their continuous support and cooperation.



On the 17th of October, 2018, students of our department participated in the mini marathon organized by Thanjavur District Police to commemorate Police Martyr's Day. The event highlighted the courage and sacrifice of the police personnel for the wellbeing of the general public. Our sincere thanks to Dr. T. Senthil Kumar, S.P Thanjavur.

ENTREPRENEURSHIP CONFERENCE



On the first day of the fifth edition of "Entrepreneurship Conference: the Finale of the Big Idea Challenge" held at Hotel Sangam, Tiruchirappalli, prospective students of the Department of Physical Education participated in good numbers. The discussions and interactions with the leading entrepreneurs in the city instilled hope and confidence among the young aspirants



A tableau shot during the ICRS Mini India Cultural Show. A tableau is a frozen movement in time; a picture or a statue. Actors use their bodies, emotions, costumes, props, and the space around them to create a picture and mood. Tableau is a silent art form, and a successful tableau will be one which is still, silent and creatively charged.



In a leadership meeting hosted by the PG and Research Department of Physical Education and Sports Sciences and the NSS Unit of National College (Autonomous), Tiruchirappalli on the 25th of January, 2019, an eight member German team, headed by Mr. Wilfred John interacted with the college students on "Team Building". The team also staged the traditional dance of Cologne, a city in Germany, for the gathering.

Members of National College Fine Arts Council demonstrated Indian traditional performing arts to the guests. In the meeting, discussions were also made on the possible exchange programmes between the college and universities in Germany. The Secretary of National College Shri. K. Raghunathan presided over the function.

ICRS PRE - CONFERENCE MEETING

ICRS PRE- CONFERENCE
MEETING HELD AT
NATIONAL COLLEGE

Dr. Rajesh Kumar, International Federation of Physical Education, Fitness and Sports Association, an eminent academician and expert in the field, who chaired the session, highlighted the need for the conference and its relevance in the professional growth in the field of sports. The participants had put forward their thoughts and shared their innovative input for the conduct of the conference. The participants also opined that this version of the international conference could very well come out as a spectacular and significant one.

ICRS - change

"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has." The Department of Physical Education and Sports Sciences organized the 3rd International

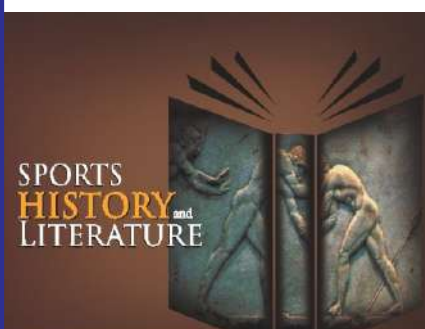
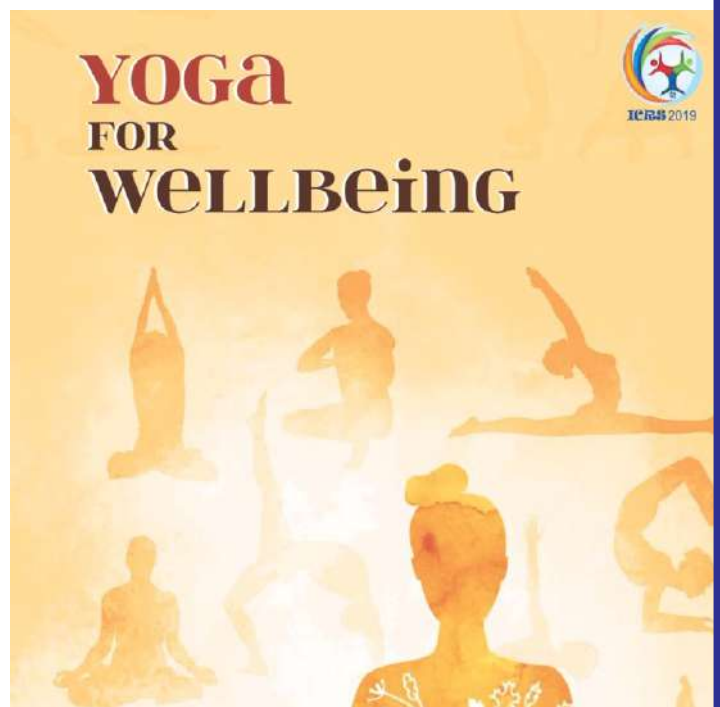
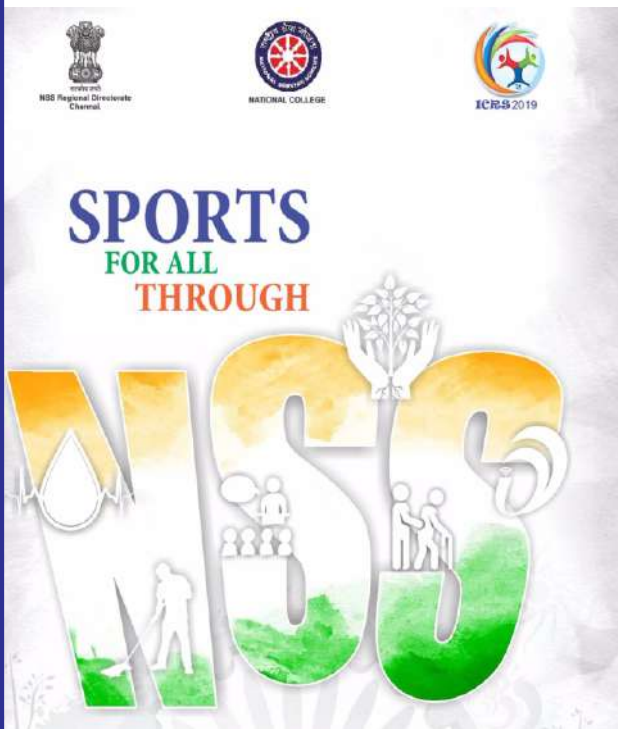


Conference on Renaissance in Sports from 5th to 10th January, 2019

International speakers from 15 countries participated and delivered the presentation in their specialization. 250 journal papers received from various parts of the country and from abroad Heritage Tour and Mini India were the cultural highlights of the ICRS 2019

A long cherished dream of our Department became a reality with the National College Yoga Fitness Studio a full. fledged

gymnasium, coming into reality. I am ever grateful to our beloved Secretary, Shri. K. Raghunathan for providing wings to our dream project. I am overwhelmed by the encouragement and guidance given by our good friends, specially our BDU Vice Chancellor Manishankar, who inaugurated the activities of the Yoga Fitness Studio. Of course, greater accomplishments succeed greater responsibility.' We pray for your support, with all humility.



ICRS 2019





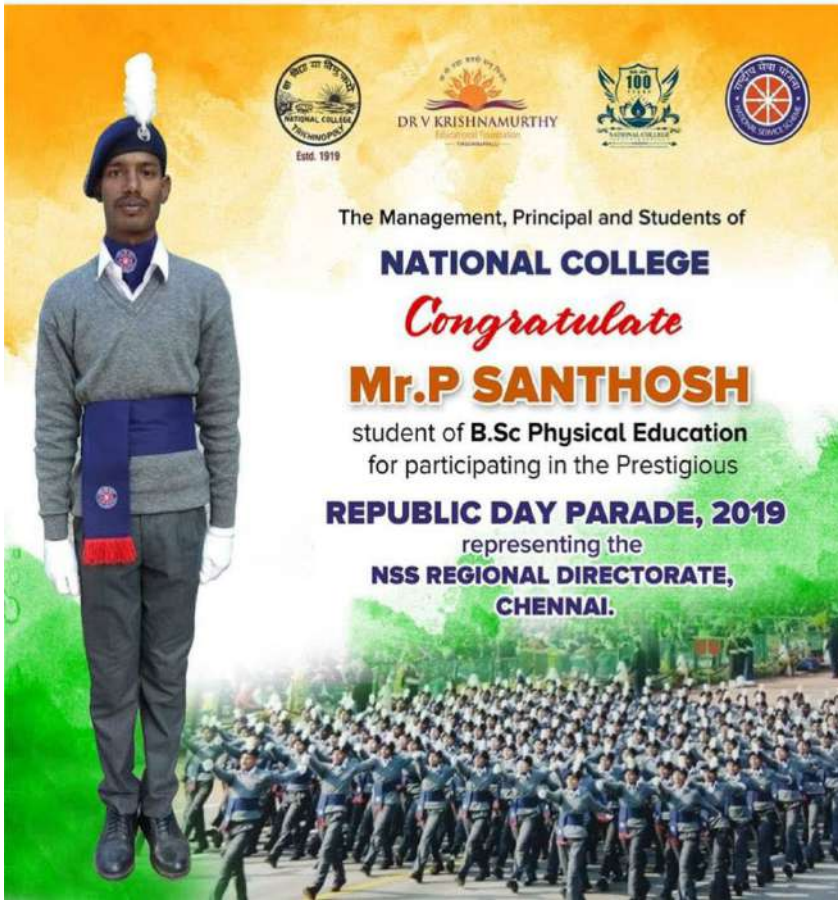
GLOBAL CONFERENCE



Great conglomeration of experts and professionals in sports sciences at Vijayawada. At the global conference on "Awareness on Sports for Youth Empowerment", I chaired technical sessions and interacted with delegation from all over the world.



NSS ACTIVITY



India's Republic Day is a joyous and festive occasion as well as a solemn one to answer and honor the acts of



valor and sacrifice by the bravest and most valiant of our nation.

Participating in the Republic Day parade is, therefore, something that many college students look forward to. Braving the winter chills of Delhi, hours of practice with dedication, delicately working out the balance between trials and rehearsals, Master P. Santhosh of our department represented our college at the highly prestigious 70th Republic Day, New Delhi.

A glimpse of the 70th Republic day celebration at our college premises...



SEMINARS AND LECTURES



The Department of Physical Education has organized a guest lecture on "Leadership in Sports" on the 12th of February, 2019. Pointing out that the lack of volunteerism to lead in the field of sports could slowdown the progress in the field, guest of the event, Professor Dr.Subramaniam Varatharaju , Training Manager , The Heart Foundation of Malaysia exhorted the students. **(13 FEB 2019)**

We had the pleasure of meeting with **Prof. Don Johnson** from Colorado, US, an expert in predicting the Olympic performance of nations. His predictions had been proved correct (98%).He has assured us of his contribution to the ICRS with an article on the same. **(12 NOV 2018)**



At the invitation of Indian Institute of Management, Trichy, I attended the inaugural ceremony of "Dhruva-2019" a festival of Sports and Cultural as the Guest of Honour, gave a lecture on "Life

Skills" and shared my views in the interactive session. It was a wonderful and a memorable experience to be cherished. I thank the management for the opportunity.



NO PLASTICS

In the anti- polythene & plastic bags campaign, the students of NSS & the Research Department of Physical Education and Sports Sciences joined hands with the activists and pledged their support for the cause. Our beloved Secretary along with the Principal spearheaded the campaign. (15 FEB 2019)



HAPPY NSS DAY



"I am always full of pride wherever I am. I walk with my head held high because NSS is "My Strength & Identity". **Long live NSS...**

PROSTATE CANCER AWARENESS MARATHON

NSS volunteers of National College rendered their altruistic support in the organization and conduct of Prostate Cancer Awareness Marathon organized



by Q Med Hospital today. The marathon with the aim to create awareness about the deadly effects of prostate cancer has been taken to general public with commendable enthusiasm. The top three finishers of the half marathon (21.09 km) were honoured with valuable gifts & four of our boys have secured medals..



By the grace of God, we were able to collect & dispatch relief materials three times for the cyclone Gaja victims. The altruistic efforts of Mr. Dinesh of Manitham Trust, the sincere endeavors of Dr Gunaseelan and Mr. Sheik of PSR Trust are laudable. I thank our beloved Secretary for the encouragement and the NSS volunteers of National College for their consistent support with packing and dispatching of the materials.

En route to the Gajacyclone hit settlement to get the real situation in place, Actor and Music Director G. V Prakash visited our campus and interacted with our students and inspired them to spontaneously react after the disaster and reached out to the disaster victims.



The real spirit of the soil and the true character come out only when you are under pressure and troubled. What could I say more about the dignity of our delta farmers? They may suffer because of drought or cyclonic storms but they will feed the world till the last breath. In receipt of the materials we sent them, they have filled the vehicle with coconuts. So proud of them and touched by their gesture.

CANCER DAY



Our staff members and students actively participated in the 'Erase Cancer' program organized by Sankalp Beautiful World in association with the Tiruchirappalli Athletic Association. In the event of a noble cause our participants won prizes worth 50,000. Key Member of the Republican Party of USA, Mr. S. Robert was the chief guest. I sincerely thank our Deputy Commissioner of Police, Mr. A. Mylvaganan for the invite and the wonderful orchestration of the events.



Tiruchirappalli City Municipal Corporation conducted a Short Movie and Jingle Contest in association with National College, Tiruchirappalli to take part in the Swachh Survekshan, 2019 and to create awareness about waste management and cleanliness. The Award Ceremony of the contest was held in our college auditorium on the 23rd of October, 2018. The Commissioner of Tiruchirappalli Corporation, Mr. N. Ravichandran felicitated the winners at the event. Our College Principal, Director & Mr. Leo Anand MD of eQuadriga Software Pat Ltd, were present.



NSS Volunteers of National College and students took part enthusiastically in the Traffic Awareness Rally from the college campus to Tiruchirappalli Junction organised by V- Dart Software Solutions. Controller of Exams Dr. V. Nandhagopalan presided over the rally function. Assistant Commissioner of Police Mr. Sachidhanantham was the Chief Guest.



Our college NSS Unit IV, in association with Trichy City Police organized an awareness rally to sensitise the public on the importance of wearing of helmet for two wheelers. Great changes start from colleges and universities. The stupendous campaign of Tr.D.Sachidanantham, ACP, has become a great success. Law abiding citizens are increasing in number due to his efforts. I am confident that programmes of this kind are the sure signs of transformation our society.

NAVARATRI FESTIVAL



Navaratri, also spelled Navratri or Navarathri, is a nine nights Hindu festival, celebrated in the Tamil month of Purattasi every year. It is celebrated differently in various parts of the Indian subcontinent. There are two seasonal Navaratri in a year. This festival in this month is called Sharada Navaratri that is the most celebrated for Goddess Durga. it was India's famous festival. In India, Goddess Durga battles and emerges victorious over the buffalo demon Mahishasuran to help restore Dhar.

In this remembrance our Department of Physical Education and Sports Sciences, arranged for the celebration of Navaratri festival for 10 days from 10th to 18th October 2018. The staff and students involved themselves in preparing the show-pieces, the idols of the avatars, puranic scenarios, construction of artificial meadows, singing patriotic and religious songs. The teacher and students of Sri Sarguneswarar Veda Padasala, performed daily pooja in the morning and evening. Professional singers were invited to perform in the evenings. It was a great opportunity for our students to learn sports along with spirituality.

RESEARCH ACHIEVEMENT



Mr.K.Dharmesh, a full time research scholar under my supervision took his Viva- voce Examination on 27th of August, 2018. His contribution through the topic "Optimization of Individual Performance in Football by Augmenting classical Indian Marma Therapy, Kinesiology Taping and Related Physical Exercises Through Supportive Bio-Mechanical Parameter" to the world of research is revolutionary and most innovative. Professor Dr. P.V. Shevam of Annamalai University was the external examiner, who has recommended the work to be "highly commended". I thank everyone for the help and support.



Mr.Worthing, a full time research scholar under my supervision took his Viva-voce Examination on 4th of January, 2019. His contribution through the topic "Analysis of Different Playing Formations in Soccer with Special Reference to 2010World Cup " to the World of Research is revolutionary and most innovative. The External Examiner, Dr. Thirumalai Kumar from sports University was the external examiner, and he recommended the work to be "highly commendable". I thank everyone for the help and support.

ALUMNI MEETING

Alumni Meeting of the Department of Physical Education and Sports Sciences, of our College, was held on December 22nd and 23rd of 2018 at the Indoor stadium. Networking is not collecting contacts. Networking is about planting relationships. 55 alumni members attended the meeting. In response to our invitation, a few of the alumni shared their experiences and interesting moments of campus life to the audience.

தேசியக் கல்லூரியில் சர்வதேசக் கருத்தரங்கம்

முக்கிய பிரமுகர்கள், முன்னாள் மாணவர்கள் கௌரவிப்பு



திருச்சி தேசியக் கல்லூரியில் ஞாயிற்றுக்கிழமை தொடங்கிய, விளையாட்டுகளில் மறுமலர்ச்சி என்ற தலைப்பிலான சர்வதேச கருத்தரங்க நிகழ்வில், கௌரவிக்கப்பட்ட முக்கிய பிரமுகர்களுடன் கல்லூரி நிர்வாகிகள் ரகுராமன், ஆர். சுந்தரராமன், அன்பரக உள்ளிட்டோர்.

திருச்சி ஐஐஐடி திருச்சி தேசியக் கல்லூரியில் விளையாட்டுகளில் மறுமலர்ச்சி என்ற தலைப்பிலான சர்வதேசக் கருத்தரங்கம் நடைபெற்றது. இக்கல்லூரியின் ஞாயிற்றுக்கிழமை தொடக்கி 5 நாள் நடைபெறும் கருத்தரங்கம், இத்தியா மட்டுமல்லாமல், மட்டுமல்லாமல் பல்வேறு நாடுகளைச் சேர்ந்த பிரமுகர்கள் பங்கேற்றனர். கல்லூரி வளாகத்தில் ஞாயிற்றுக்கிழமை நடைபெற்ற விழாவில், இத்தியா மட்டுமல்லாமல் பிற நாடுகளைச் சேர்ந்த பங்கேற்பாளர்கள், முன்னாள் மாணவர்களுக்கு நினைவுப் பரிசு வழங்கி கௌரவிக்கப்பட்டனர். தஞ்சாவூர் மாவட்டக் காவல் கண்காணிப்பாளர் த.செந்தில்குமார், திருச்சி மாநகரக் காவல் துணை ஆணையர் ஆ. மயில்வாகனம், தொலைக்காட்சி நிகழ்ச்சித் தொகுப்பாளர் கோபிநாத் உள்ளிட்டோரும் விழாவில் கௌரவிக்கப்பட்டனர். இந்த நிகழ்வில் கோபிநாத் பேசியது நாட்டில் உள்ள 130 கோடி பேரில் வெறும் 2 சதவிகிதம் பேர் மட்டுமே விளையாட்டுகளில் ஆர்வம் காட்டி வருகின்றனர். இத்துறையில் அர்ப்பணிக்கப்படும் எண்ணிக்கை அதிகரிப்பது முக்கியம்.

விளையாட்டுத்துறையில் பங்கேற்பதில் உள்ள தடைகளை உடைத்தெறித்து மேலும் அதிகமானோர் பங்கேற்கும் வகையிலான வாய்ப்புகளை ஏற்படுத்தும் வகையில் நிகழ்வு அமைத்துள்ளது என்றார். நிகழ்வில் கல்லூரிச் செவ்வாய் ரகுராமன், முதல்வர் ஆர். சுந்தரராமன், இயக்குநர் அன்பரக, உடற்கல்வித்துறை இயக்குநர் பிரசன்னா வாஜி உள்ளிட்ட பலரும் பங்கேற்றனர். மாணவ மாணவிகளின் கலை நிகழ்ச்சிகளும் நடைபெற்றன.

COMMENDATION

I am proud to be among the well-wishers and sports darlings. They have been consistently giving a helping hand in the various activities of the department. Some take the financial burden of the students by playing their sports and other academic expenses. Some sponsor their sports accessories. A Few are the co-sponsors for the trod. They take us by their hands for the good cause. As a token of our gratitude and respect I invite them on the stage to accept a small gift

S.NO	NAME	DEPARTMENT
1.	DR. V.M.Anathanarayanan	Sanskrit
2.	Dr. Arokiyaraj	Chemistry
3.	Dr. R. Vasanthan	English
4.	Dr. K.Kumar	Commerce
5.	Dr. Senthil Kumar	Botany
6.	Dr. T.Suresh Kumar	Library
7.	Dr. Murali	Chemistry
8.	Dr. D.Saravanan	Chemistry
9.	Dr. Mohammed jaabir	Biotechnology
10.	Dr. Anand	Botany
11.	Dr. Khriereizhunuo Dziivichii	RK Public School

PHYSICAL EDUCATION IN ACADEMICS

A Bachelor's Degree in Physical Education was introduced in the academic year 2012, under the unaided courses. Right now, we have nearly 100+ students, put together, in all the three years. This is a job-oriented degree program of three years duration, providing basic training to the future sportsmen and trainers. The syllabus is framed and updated on the latest scientific principles.

Enthusiastic, genetically vigorous rural youth from socially and economically under privileged and underdeveloped communities are harnessed here, visualizing a bright future for them. Eight students have registered for Ph.D. with Dr. D. Prasanna Balaji, the Head of the Department. The management has been consistently providing necessary assistance in building the infrastructure and encouraging the students by providing them with necessary amenities. The magnanimity of our eminent President and estimated Secretary of our Management Committee spare no efforts to make the department self-sufficient. They are the wheels of progress of the Department.

ACTIVITIES OF THE STAFF OF THE DEPARTMENT

DR.D.PRASANNA BALAJI, Director and Head

- Resource person nominated by the Ministry of youth affairs and sports for the sixth consecutive year.
- coordinator for the south zone NSS pre republic day parade camp held at national college campus from October 6th to 15th, 2016.

Prof D. Boopathi, Assistant Professor

- An expert in gymnastics; Specializes in badminton. Also a conductor and trumpet player of college band.

Prof R. N. Worething, Assistant professor

- Specialist in table tennis and basket ball. Hails from the North-East of Manipur. His pastimes include playing on guitar.

Prof. Laishram Shila Devi, Assistant professor

- Specializes in Football, Table Tennis, Aerobics and yoga. Hails from north-east state of Manipur.

All the three assist the department by engaging theory and practical classes for the students of B.Sc. Physical Education apart from training the rest of the students interested in sports, participating in various events.

Prof. GL. Saviour Prakash, Assistant Professor

Specializes in Master in Communication and Networking.

Prof. P. S. Poukinreiyang Kamei, Assistant Professor.

Specialization--sports training, recreation and camping, adaptation of physical education..

Marker S.Santhiyagu

2021 - 2022





SPORTS DAY REPORT 2021-2022

PG & Research Department of Physical Education and Sports Sciences

**QUALITY POLICY
PG & RESEARCH DEPARTMENT OF
PHYSICAL EDUCATION
NATIONAL COLLEGE (Autonomous)**



On this significant evening of the 103rd sports day of our college, I am enthralled to record here the accomplishments in this academic year by the PG & Research Department of Physical Education and Sports Sciences. Generally, the society gives little importance to Physical Education compared to other academics. But here at NCT it is a different case where we value sports as much as academics. We stand by the thought that "A drop of sweat is as precious as a piece of gold". Gold, when it is worth gains its value and sweat, when dropped gains the body, the value.. Our students have proved that they are capable of keeping the flag of the college flying atop through their excellent performance. The Department of Physical Education and Sports Sciences shall reach great heights, following the footsteps of our **Hon'ble Chairman Padmavibhushan Dr. V. Krishnamurthy**, under the guidance of our **Esteemed Secretary, Shri K. Raghunathan**, and our beloved **Principal Dr. R.Sundararaman**. Marching towards marked goals and a definite mission and a clear vision, I consider this a proud privilege to report the activities of our Department, for the academic year 2021-2022, in a nutshell.



28th APRIL 2021: IOHSK recognized the academic achievements of outstanding students from around the world by devoting more than one million dollar annually to awards, scholarships, and other forms of financial support for international undergraduate students .We are very happy to share that Miss. R.S.Chindhiyaa, III B.Sc Physical Education, got selected to receive the international student scholarship award from IOHSK.

At the outset I am thankful the management who support our students hailing from economically and socially backward communities. They provide them food, clothing and shelter free of cost.



5th June 2021: Along with the rest of the world, the NSS Unit IV of National College, Trichy, celebrated World Environment Day by planting saplings in the campus. The occasion was graced by the presence of our Principal Dr. R.Sundaraman, Superintendent of Police Railways, Dr.T.Senthilkumar, IPS, Trichy. The volunteers, with the Programme Officer, Dr.D.Prasanna Balaji and Assistant Professor, Dr. D.Gunaseelan, Department of Hotel Management & Tourism, Jamal Mohammed College Trichy, enthusiastically marked the importance of nature and the environment In the company of the well wishers.





21st June 2021: The NSS Unit IV of National College observed International Yoga Day with Kalaimamani Shri Ramaswamy as the Chief Guest at our Yoga Mandir.

25th June 2021: The NSS Unit IV of National College rendered its support for the successful conduct of Covid-19 vaccination drive.



தேசிய கல்லூரியில் கொரோனா தடுப்பூசி முகாம்

திருச்சி தேசிய கல்லூரி
நாட்டு நலப்பணித்திட்டம் சார்பாக
இன்று கல்லூரி வளாகத்தில் தடுப்பூசி முகாம்
நடைபெற்றது. இதனை கல்லூரி முதல்வர்
முனைவர் சுந்தரராமன் தொடங்கி வைத்தார்.
கல்லூரி துணை முதல்வர் முனைவர்
பிரசன்ன பாலாஜி உடனிருந்தார்.



14th July 2021: The district level drawing competition for school children to promote awareness on Drug Abuse and Illicit Trafficking was organised by the NSS Unit IV which culminated with a grand awarding ceremony. Hon'ble Minister for School Education, Mr. Anbil Mahesh Poyyamozhi, the Chief Guest of the ceremony, distributed the certificates and mementos to all the finalist in the presence of the CEO of Schools Tiruchirappalli, Mr. R.Arivazhagan.





18th July 2021: Our II B.Sc Physical Education student, Mr.Santhosh, got selected to represent our country in the South Asian Games held at Bhutan. Our good friend, Mr. Ashokraja, Chairman, VSP Groups was extended the his financial support of Rs 25,000 to honor Mr. J.Sathosh and make his participation manageable.



28th July 2021: Our Unit IV of NSS joined hands with HP World on Wheels Digital inclusion and Learning Labs, to spread Digital Literacy among the sports persons. for digital literacy is essential in all trades.



17th August 2021: We are extremely happy to Share that our Research scholar, **Mr. P.S Poukinreiyang Kamei** has been awarded the National fellowship scheme grant for pursuing Ph.D., by the Ministry of Social Justice & Empowerment through the NFSC Scheme.



Why National Sports Day?

All of you may be aware that the National Sports Day is celebrated to commemorate the birth anniversary of hockey legend Padma Vibhushan Dayan Chand Singh, after whom the Govt of India named the Khel Ratna Award.

29th August 2021: A human chain demonstration was organized by the Unit IV NSS, near the District Court premises (Students Road). Dr. M.V. Ajay Thangam, Assistant Commissioner of Police (Law & Order) Cantonment range,



9th September 2021: National College and Dolphin Special School signed a Memorandum of Understanding (MoU). The objectives are to utilise the expertise of professionals from both institutions to develop physical activity-based methods for overcoming disability. It's to help the special children undergo regular degree programs with developed facilities for inclusivity. The signing ceremony was witnessed by Shri. Diljit C Sha, CEO of Gopaldas Gems & Jewelry.



15th September 2021:

Hon'ble Minister for School Education Thiru Anbil Mahesh Poyyamozhi submitted his proposal for his Ph.D research programme . The topic of his research is "Physical Activities for Skill Development among School Children using Machine Learning Technology". The Departmental Research Committee Members and experts were present at the proposal Presentation. The objectives of the



proposal include.(a) Evolving methods to enhance and identify the development of skills associated with physical educational activities, (b) Assessing the resources available in the schools and improvising upon them, and (c) Suggesting a system to maximize students' participation and involvement in learning. Research Supervisor, Dr. D. Prasanna Balaji, Co- Supervisor, Dr. T. Abdul Razak, Associate Professor of Computer Science, Jamal Mohamed College and Research Committee Member Dr C. Johnson Premkumar Principal / Associate Professor, MASS College of Physical Education gave their suggestions and

recommendations in the presence of Dr.Manishankar, former Vice Chancellor of Bharathidasan University and Dr.R.Sundararaman, Principal of National College (Autonomous), Tiruchirappalli.



Gandhi in his childhood played cricket, football & tennis that he even didn't have the time for meals incidentally, both Gandhi and the great maharaja janshirts Ranjith singh went to the same collge at Rajbat (Ranji eventually played for England and scored a century in his debut tests after whom Ranji Trophy was launched in July 1934

2nd October 2021: To mark the birthday of the father of the nation. a meeting was organized, in the college grounds where the staff members and students remembered the sacrifices of the Mahatma Gandhi and took a pledge to follow his principles in their walks of life.



4th October 2021: Ms. Suba Venkadesan, an athlete from Thiruvembur, Trichy, Tamil Nadu, who represented India in the **Summer Olympics 2020**, in the mixed 4x400 m relay. honoured us with her presence among the staff and students of the PG and Research Department of Physical Education and Sports Sciences. Ms. Suba Venkadesan addressed our students on the nuances of Olympics. Her interaction motivated the students to fix higher goals in their career.

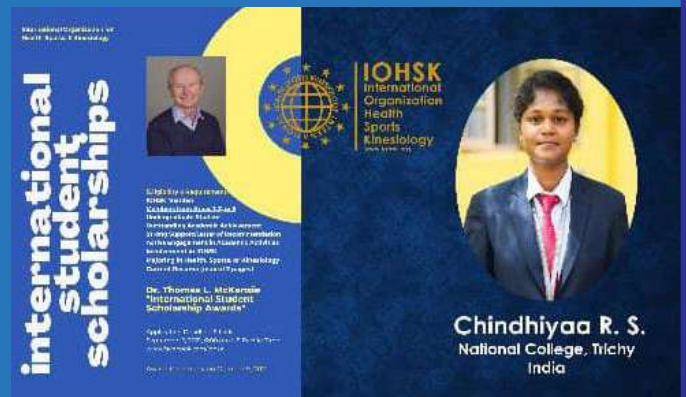


7th October 2021: National College and Hearfulness Foundation signed a Memorandum of Understanding (MoU). Its objectives are to utilise the expertise of professionals to develop a simple and effective set of practices for relaxation, meditation, regulating the mind, and building inner strength and attitudes, to create a lasting sense



of fulfillment and overall well-being. The signing ceremony was witnessed by Dr. Annand Renga Swamy, Chairman, Geethanjali Hospital Trichy.

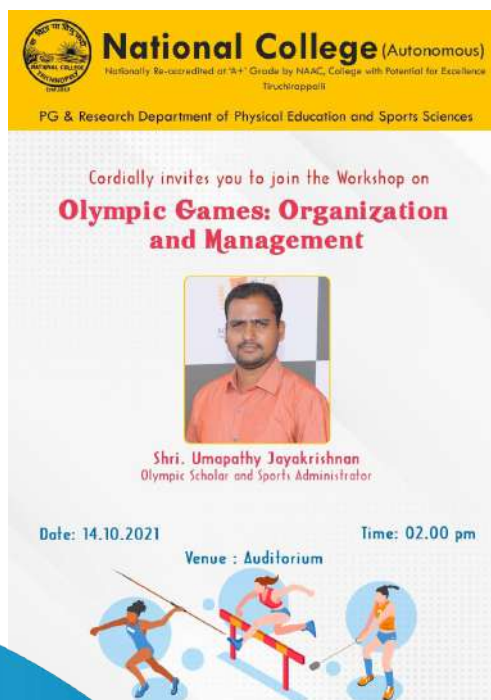
10th October 2021: We are very happy to share that our outgoing III year B.Sc Physical Education student **Ms.R.S.Chinthiya** has been selected for the award of 700 US dollars IOHSK.



13th October 2021: In the Delta Athletic Meet, organized by Tamil Nadu Athletic Association to promote the talented youth in the Cauvery delta region, our college girls have secured the following medals. Miss Kavya of M.Sc.Yoga secured gold in Javlin throw and silver in 100m, Miss. Thejaswini.J of M.Sc.Yoga secured gold in 1500m and silver in 5000m, S. Shobhana of B.Sc Physical education secured gold in long jump, Miss. B.Akshyashree of B.A English secured gold in 200m and 400m and Swathi of M.Sc Yoga 1st Year secured silver in 400m.



14th October 2021: Our department conducted a workshop on "Olympic Game: Organization and Management." Shri, Umapathy Jayakrishnan, Olympic analyst and sports administrator trained our students on the Olympic model of Games



29th October 2021: National College entered into an MoU with M/s. Talent factori for creating and providing Global Industry Institution partnership for better employment opportunities, mentorship, industrial exposure, technology upgradation, training and alumni management. The MoU was signed by the Principal Dr. R. Sundararaman of National College and Mr. Rajesh of M/s Talent factori.



1st November 2021: **A glimpse from the inauguration of the Special Olympics Bharat, Tamil Nadu.**

“Let me win. But if I cannot win, let me be brave in my attempt” is the principle of Special Olympics.

Special Olympics is the world’s largest sports organization for children and adults with intellectual and physical disabilities, providing year-round training and activities to 5 million participants and Unified Sports partners in 172 countries.



The Unified Sports Team at National College combines the same number of Special Olympics athletes, that is individuals with intellectual disabilities and partners with individuals without intellectual disabilities as teammates for training and competition to foster social inclusion and acceptance. This meaningful involvement is to ensure individual contribution to the success of the team. The team gives everyone the chance to develop and demonstrate their abilities. There are 3 basic models followed by the Unified Sports Team at National College, namely, Recreational model, Player Development model and Competitive model. Each model uses the principle of meaningful involvement to promote inclusion.



7th December 2021: In the Bharathidasan University Inter-Collegiate Swimming Competitions conducted at Pudukkottai Mr. Jeyanth of III B.Sc., Physical Education won three gold medals in the freestyle, backstroke and butterfly categories.



18th December 2021: Our college won the Championship Trophy at the 39th Bharathidasan University Inter-collegiate Athletic Meet for Women. Our girls have set 4 new meet records in 4x100m , 4x400m relay race , 200m and 400m.



Our NSS Unit IV volunteer, Ms. M. Papitha of II B.Sc Physical Education has been selected to participate in the prestigious 73rd National Republic Day Parade March past on 26th January 2022 at Rajpath. She Participated in the NSS camp from 1st to 31st January, 2022, at New Delhi.

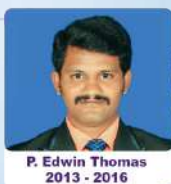
6th January 2022: Our College organized the Bharathidasan University Inter-collegiate Women Ball Badminton Tournament. Dr. S.Srinivasaa Ragavan, Controller of Examination, Bharathidasan University was the Chief Guest. Among 13 participating colleges, our college took the championship.



We are proud to put on record that since the inception of the BSc Physical Education course, we have been securing the university first rank. This time, the outgoing graduate, **Miss. R.S. Chindhiyaa** has secured the First Rank.



UNIVERSITY RANK HOLDERS



Yi (Young Indian) and CII (Confederation of Indian Industry) joined hands and presented 'Rocksolid Support Award' to Dr. D. Prasanna Balaji, at the Annual Convention organized on 19th December 2021.



In the celebration organized by the Physical Education Foundation of India, **5th PEFI National Awards ceremony, New Delhi**, Dr. G.P. Gautam Award for Best Physical Education Teacher of South Zone, was awarded to Dr. D. Prasanna Balaji Vice-Principal & Head, PG & Research Department of Physical Education on 11th March 2022. The award was given in recognition of his immense contribution in the field of Physical Education and Sports, in the presences of the Organizing Secretary, Dr. Khetan Kumar, the working president, Dr. A.K.Uppal, and Joint Organising Secretary, Dr. Sharad Kumar Sharma.



06th April 2022 : Our College Cricket team is the first runners-up in the Bharathidasan University Intercollegiate Cricket Tournament(Men).



Handling Academic sessions at various colleges

Pariksha Saphalta Series
Exams and Health (Part 2)
Physical & Psychological Well-Being
I-CAN Conversations

Speakers

Moderator

Dr. D. Prasanna Balaji
 Director & Head, PG & Research
 Centre of Physical Education and
 Sports Sciences, National College,
 Tamilnadu

Mrs. T. Usha
 Educationist, Sports
 Enthusiast and Director -
 Academics, Tatva Global
 School

Dr. B. Ebenezer
 Educationist,
 Academician and
 Consultant Psychologist

Facebook Live Date – 17th January 2021
Time – 3:00 PM-4:00 PM

<https://icanonline.in/>

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 Vice-Principal
 Director and Head
 PG & Research Department of Physical Education and Sports
 National College (Autonomous),
 Tiruchirappalli

DATE: 14.06.2021

PSNA
 College of Engineering & Technology
 38

**STUDENT INDUCTION PROGRAMME
 (SIP)**
LIVING SKILLS THROUGH SPORTS

Date: 10-11-2021 Time: 2:00-4:00 pm
 Venue: Rangabadi Auditorium - PSNGIT

Dr. D. Prasanna Balaji
 Vice-Principal, Director and Head
 PG & Research Department of Physical Education and Sports
 National College (Autonomous), Tiruchirappalli, India

**6th National Conference on
 Physical Education & Sport Sciences**
 Date: 11-12 March 2022
 Venue: NDMC Convention Center, Sansad Marg, New Delhi-110001

OUR SPEAKERS

Dr. D. PRASANNA BALAJI
 Vice-Principal
 Director and Head
 PG & Research Department of Physical Education and Sports Sciences
 National College (Autonomous), Tiruchirappalli

Dr. S. SHANKAR SURESH
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. A. S. SIVITHA
 Head of PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. S. SURESH
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. LALITH SHANMUGA
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. S. RAJESH CHANDRAN
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. ANUSHTI SAIKUMAR
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. P. ANAND KUMAR
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. ANIL CHANDRAN
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

Dr. MOHAMMAD SAJJAD SHAIKH
 Director, PG & Research
 Department of Physical Education and
 Sports Sciences, National College,
 Tiruchirappalli

www.pfnindia.org
pfnconference@gmail.com

**Fitness
 & Wellness**

Date: 17th June
 Time: 6:30pm IST

Speaker
Dr. D. PRASANNA BALAJI
 Vice-Principal
 Director and Head
 PG & Research Department of Physical Education and Sports Sciences
 National College (Autonomous), Tiruchirappalli

Indian Science Monitor
 Vol : 15 No.04 • June 2021 • Monthly • Rs.15 • Editor : TKV Rajan

Wonders of Sports Medicine!
 Dr. Dhanesh Kubendran

Impact of AI on Indian Society

**Great Banana Story
 Contributions of
 ICAR- NRCB**

**Stay Connected
 During Pandemic..!**
 Dr. Prasanna Balaji

Goal Settings During COVID
 Dr. Sultan Ahmed Imam

**Handful of Rice for Everyday - A Project
 for Covid Patients from AJM Foundation**
 Dr. Prabhakar

**National Institute of Technology
 Nagaland**
 Chumukedima, Dimapur, Nagaland
 797103, India

**CONNECTION OF
 SPORTS & HAPPINESS**

SAVE THE DATE
**07 APRIL,
 2022**
THURSDAY

DR. D. PRASANNA BALAJI
VICE PRINCIPAL
 Director & Head
 PG & Research Department of Physical
 Education and Sports Sciences National
 College, Tiruchirappalli Tamil Nadu, India

**VIRTUAL
 MEET**

OUR WEBSITE
www.nitnagaland.com

**NATIONAL CADET CORPS
 21ST BN NCC**
URUMU DHANALAKSHMI COLLEGE
 Nandedy Accreditd with 'A' Grade by NAAC (Autonomous)
 Tiruchy-19

NATIONAL YOUTH FESTIVAL
"All Power is within you"

Dr. D. Prasanna Balaji
 Vice-Principal
 Director and Head
 PG & Research Department of Physical Education and Sports Sciences
 National College (Autonomous), Tiruchirappalli

13th January 2022, 11.00 a.m.

Through Google Meet

Smt. Padma Ramakrishnan
 Convener, Faculty Council
Dr. D. Charaty Selvarani
 Secretary

Shri. K. Ramakrishnan
 Convener, College Council
Dr. E. H. Ravichandran
 President

Major Dr. K. S. Sivakumar
 Director of Physical Education

M.A.M. College of Engineering
 Singaperumalpur, Tiruchirappalli - 621 005

24th - DAY 2 INDUCTION PROGRAMME

on Tuesday, 19th November 2021
 at 10.30 AM in College Campus

Chief Guest
Dr. D. Prasanna Balaji
 Vice-Principal
 National College
 Tiruchirappalli

Dr. S. Ravivarman | **Mrs. N. SHARITHAZ** | **Dr. M.A. MOHAMMED NIZAM**
 President | Secretary & Convener

M.A.M. COLLEGE OF ENGINEERING
 Singaperumalpur, Tiruchirappalli - 621 005

**WEBINAR ON
 LIVING SKILLS**
 EXCLUSIVE EVENT FOR 1 YEAR STUDENTS

**21.12.2020
 10.00 AM IST**

Dr. D. Prasanna Balaji
 Vice Principal
 National College
 Tiruchirappalli

MEMBERSHIP
NATIONAL HEALTH WEEK

**HEALTH & FITNESS SESSION
 AND ACTIVITIES**

April 03, 2022 | 07:00 am

National College, Trichy

DR. PRASANNA BALAJI
 Director, National College, Trichy

For Members, Spouse & Kids

J.J. College of Arts and Science (Autonomous)
 Sivasaram, Pudukkottai
 Re-Accredited By NAAC
 (Affiliated to Bharathidasan University)

Department of Physical Education
 Invites you to the
 Two - Day Workshop on

**"ROLE OF YOGA AND FITNESS
 IN A HEALTHY LIFE STYLE"**

★ Dates: 24.03.2022 & 25.03.2022
 ★ Venue: KIM Third Floor Conference Hall

Dr. D. Prasanna Balaji
 PG & Research Department of Physical Education
 and Sports Sciences,
 National College (Autonomous),
 Tiruchirappalli - 620001

Topic:
Connection of Sports and Happiness
 11.00 am

Organizing Secretary
 Dr. K. Jagathi's Babu, Head,
 Department of Physical Education

Organizing Committee
 Staff, Members and Students,
 Department of Physical Education



STARS OF OUR COLLEGE

STATE STAR

ATHLETICS

B. AKSHYASHREE - B.A ENGLISH
J. THEJASWINI - M.SC YOGA

NATIONAL STAR

ATHLETICS

R. SHO BAN DEVI
- B.SC PHYSICAL EDUCATION

UNIVERSITY STAR

CRICKET

E. RAYMUN ROY - M.SC YOGA
HEMCHARAN PAMMI - M.SC YOGA
AMRITH JAYFFERY - GEOLOGY
AJITH KUMAR K - M.SC YOGA
THEJASRAM. M.R - M.SC YOGA

BALL BATMINTON

K. SHARMILA - B.COM
S. DEEPA - B.SC MATHS
C. SANDHIYA - B.SC PHYSICAL EDUCATION
M. SUBHA - B.SC PHYSICAL EDUCATION
P. DEVIKA - B.A. TAMIL
R. RATHI SREE ALIAS MARAGATHAM
- B.SC PHYSICAL EDUCATION

CHESS

TAMIZHANBAN .N - M.A. ENGLISH

BASKET BALL

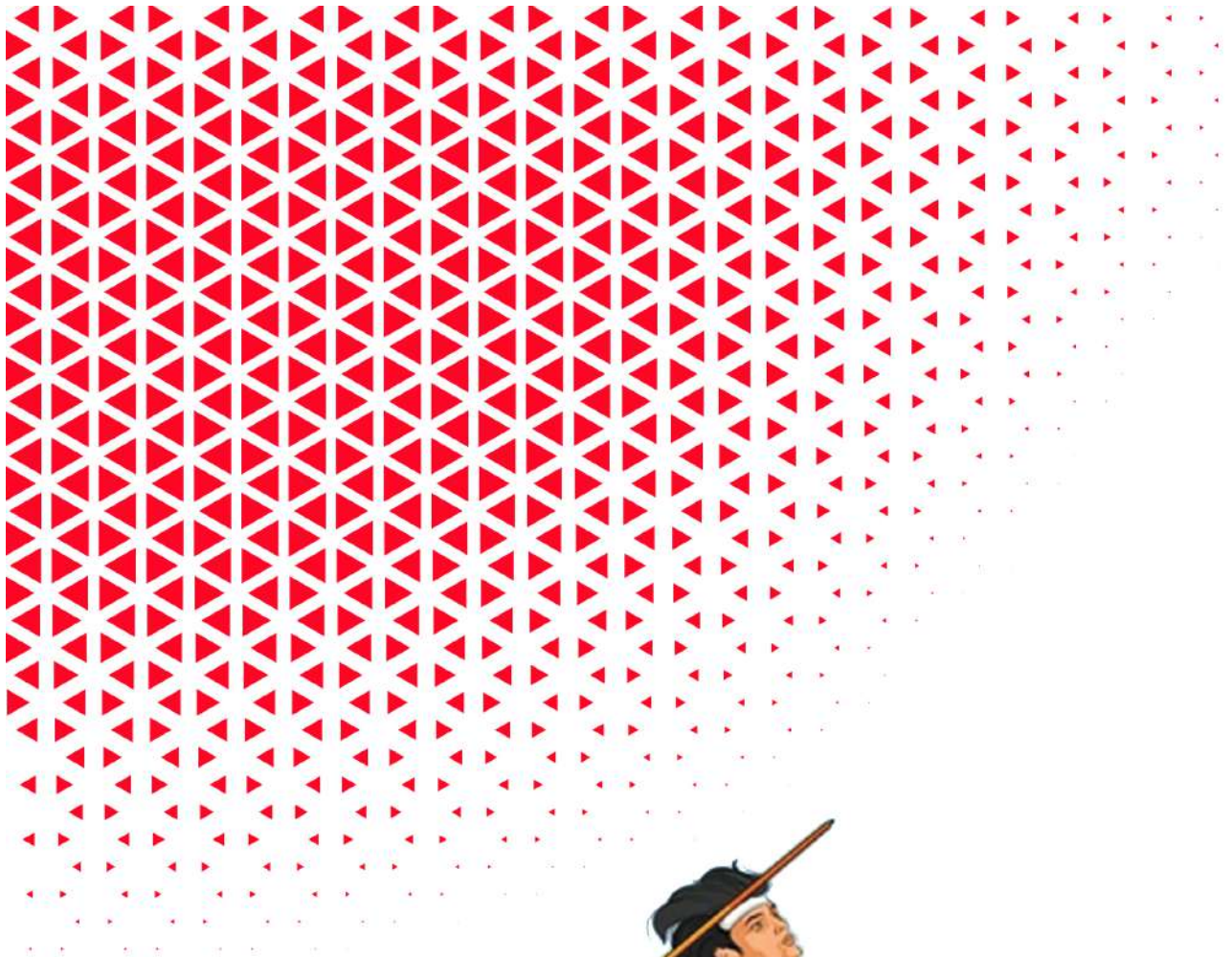
V. NITHISH RAJ - B.SC PHYSICAL EDUCATION

COMMENDATION

I deem it a great privilege to honor some of my colleagues and well-wishers of the department who have been lending their helping hand in the various activities. Some of them support the students by paying their fees. Some assist the students by providing them with the necessary sports accessories. Some sponsor the events conducted by the department. I feel that their gesture gives the department a morale boost. We feel that somebody is with us for the good cause. As a token of gratitude, I invite them on the stage to accept our offering - a small gift of honor. I request the Chief Guest to present these to our well-wishers and colleagues who spare their mite for the betterment of our department.

S.No	NAME	DEPARTMENT
1.	Dr V.M Ananthanarayanan	SANSKRIT
2.	Dr M. Murali	CHEMISTRY
3.	Dr M.S. Mohamed Jaabir	BIOTECHNOLOGY
4.	Dr S. Senthil kumar	BOTANY
5.	Dr R. Vasanth	ENGLISH
6.	Dr S.P Anand	BOTANY
7.	Dr K. Kumar	COMMERCE
8.	Dr T. Sureshkumar	LIBRARY
9.	Dr T. Sridhar	ECONOMICS
10.	Dr V. Nandagopalan	BOTANY
11.	Dr S. Sivakumar	GEOLOGY
12.	Dr S. Neelakandan	TAMIL
13.	Dr P.S.S Akilashri	COMPUTER SCIENCE





PG & Research Department of Physical Education and Sports Sciences
National College (Autonomous),

2022 - 2023





2023

ANNUAL

REPORT

PG & RESEARCH DEPARTMENT OF PHYSICAL EDUCATION
AND SPORTS SCIENCES



On this significant evening of the 104th sports day of our college, I am enthralled to record here the accomplishments in this academic year by the PG & Research Department of Physical Education and Sports Sciences. Generally, the society gives little importance to Physical Education compared to other academics. But here at NCT it is a different case where we value sports as much as academics. We stand by the thought that "A drop of sweat is as precious as a piece of gold". Gold, when it is worth gains its value and sweat, when dropped gains the body, the value.. Our students have proved that they are capable of keeping the flag of the college flying atop through their excellent performance. The Department of Physical Education and Sports Sciences shall reach great heights, following the footsteps of our **(Lt)Hon'ble Chairman Padmavibhushan Dr. V. Krishnamurthy**, under the guidance of our **Esteemed Secretary, Shri K. Raghunathan**, and our beloved **Principal Dr. K. Kumar** Marching towards marked goals and a definite mission and a clear vision, I consider this a proud privilege to report the activities of our Department, for the academic year 2022-2023, in a nutshell.



30-day summer camp for kids

The Research Department of Physical Education at National College hosted a 30-day summer camp for kids on May 1, 2022. The camp was designed to be fun-filled and aimed at providing children with a memorable experience during their summer break. The camp offered a variety of activities such as sports, games, and outdoor adventures to keep the kids engaged and entertained. The goal of the camp was to help the children develop their physical and social skills while having a good time. The camp was well-received by the children and their parents and provided a unique opportunity for kids to explore, learn and make new friends. The Research Department of Physical Education is committed to providing innovative programs that promote health and wellness for children.



National College (Autonomous)
Nationally Re-accredited at A+ Grade by AKAC, College with Potential for Excellence
Tiruchirappalli



30 Days of Fun-filled KIDS Summer Camp

Camp starts from 1st May onwards

ONLY LIMITED SEATS!

👤 Age : 3 & above
🕒 Timing : Morning: 06:30 to 08:30
📍 Location : National College, Indoor Stadium



- ☑️ Yoga
- ☑️ Gym
- ☑️ Cricket
- ☑️ Parkour
- ☑️ Football
- ☑️ Badminton
- ☑️ Basketball
- ☑️ Athletics
- ☑️ Gymnastics
- ☑️ Martial Arts
- ☑️ Table Tennis
- ☑️ Aerobics Dance
- ☑️ General Fitness
- ☑️ Photography

FOR MORE INFORMATION PLEASE CALL
+919994118478



2nd May 2022

The college's female students secured fourth place in the 4x400m relay at the Khelo India games held in Bangalore on May 2, 2022. This accomplishment demonstrates the dedication and hard work of the athletes, as well as the college's commitment to promoting sports and physical fitness. The Khelo India games bring together top athletes from across the country to compete in various events, making it a highly competitive and prestigious event.



On 18th 2022

Students from the college secured four medals at the 94th Tamil Nadu State Athletic championship held at Nehru stadium in Coimbatore. This achievement highlights the athletic talent and dedication of the college's students, as well as the college's commitment to promoting sports and physical fitness. The Tamil Nadu State Athletic championship is a highly competitive event, attracting top athletes from across the state to participate. The four medals won by the college's students demonstrate their exceptional athletic ability and are a source of pride for the college community.



Swathi .R
M.Sc., Yoga



Thejaswini .J
M.Sc., Yoga



R. shobanadevi
B.Sc., Physical Education

On May 26

2022, Dr. Prasanna Balaji was appointed as the Indian Ambassador of the Los Angeles-based International Organization for Health, Sports, and Kinesiology (IOHSK). This appointment was a significant recognition of Dr. Balaji's contributions to the fields of health, sports, and kinesiology. As the Indian Ambassador of IOHSK, Dr. Balaji would play a critical role in promoting the organization's mission and vision in India, as well as advancing the causes of health, sports, and kinesiology in the country.



On 5th June 2022,

World Environment Day is celebrated yearly ON 5 JUNE and encourages awareness and action for the protection of the environment. "WORLD ENVIRONMENT DAY" means encouraging awareness of nature and working for its protection. Physical Education students from the college and our college's NSS volunteers participated with great enthusiasm. The physical education program at the college strives to provide students with opportunities to develop not only their physical skills but also their social and environmental awareness of the world.



On June 21st to 28th, 2022.

Dr. D. Prasanna Balaji served as a resource person in a Faculty Development Program (FDP) at SRM University. The topic of the FDP was “Sports Tools as a Learning Tool” and was aimed at providing insights and knowledge to the attendees on how sports can be used as an effective teaching tool. Dr. Balaji’s expertise in the fields of health, sports, and kinesiology made him an ideal choice as a resource person for the FDP. His presence and contribution to the program were highly valued and appreciated by the attendees.



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY

SRM INSTITUTE OF SCIENCE & TECHNOLOGY
(Chartered for the University with 7 of UGC Act, 1956)

COLLEGE OF SCIENCE AND HUMANITIES
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
&
DEPARTMENT OF YOGA

WILL ORGANIZE
ONE WEEK VIRTUAL
FACULTY DEVELOPMENT PROGRAM – 2022
22 - 28 JUNE, 2022

Date : 27/06/2022 AN 02.00 pm – 04.00 pm (IST)

Topic : Sports Tools a Learing Culture
Dr. D.Prasanna Balaji
Vice Principal
Director and Head
PG & Research Department of Physical Education and Sports Sciences
National College(autonomous), Tiruchirappalli.

On June 21, 2022,

Theme of International Yoga Day 2022 is “Yoga for humanity”.

Under the theme of 2022 INTERNATIONAL YOGA DAY, the Physical Education Department, NSS Unit IV, college staff, and students of the college observed International Yoga Day at the Indoor Stadium. This event was a celebration of the benefits of yoga and provided an opportunity for students to participate in various yoga activities. International Yoga Day was a highly engaging and enlightening event, with students participating in yoga sessions, meditation, and breathing exercises. Yoga is a powerful tool for individuals, communities and countries to improve both mental and physical health. The events aimed to promote physical and mental wellness among students, and to encourage them to embrace the ancient practice of yoga.





On a special occasion, the special children's of the Physical Education Department were invited to meet with Trichy district collector, Mr. Pradeep Kumar I.A.S. The meeting was a great opportunity for the students to engage in discussions with the collector and receive valuable suggestions for their future endeavours. Mr. Pradeep Kumar was impressed with the responses from the students and was overwhelmed by their enthusiasm. He appreciated the students for their efforts and wished them all the best for their future. The meeting was a significant moment for the students and demonstrated the college's commitment to providing opportunities for growth and development.



On June 24th-26th, 2022,

Dr. D Prasanna Balaji was invited as the lead speaker at a three-day international conference on “Emerging Trends in Physical Education and Sports Science” at the Department of Physical Education and Sports Science, Manipur University. This was a great opportunity for Dr. Balaji to share his expertise and knowledge of the latest developments and trends in the field of Physical Education and Sports Science. He delivered a thought-provoking presentation on the topic and engaged in discussions with attendees from different parts of the world.



On June 24th-26th, 2022,

Mr. Abhishek, a special student from the 1st B.Sc. Physical Education program, attended the National Coaching Camp in Haryana representing Tamil Nadu. The camp was a handball game-specific coaching camp, provided by Mr. Abhishek with the opportunity to further develop his handball skills and receive training from experienced coaches. The college wishes Mr. Abhishek the best of luck and extends his sincere prayers for his successful future. The college is proud of Mr. Abhishek’s achievement and will continue to support him in his academic and personal endeavours.



On June 24th-26th, 2022,

Dr. D. Prasanna Balaji was invited as a guest on stage at the South India's Biggest Robotics League held at SASTRA University. This event was a major showcase of the latest developments in robotics and a platform for innovation and creativity. As a leading figure in the field of physical education, Dr. Balaji's presence at the event was a testament to his expertise and standing in the community.



Place - Tanjore Sastra University

I had a fantastic & great time at Sastra University Tanjore. The event was highly fruitful for budding innovators. My sincere greetings to PropereLL Technologies.



14th August June 2022.

This place is a golden door to excel in a career that demands the conservation of mother land & nature till eternity. The greenery around the periphery



**இல்லம் எங்கும்
மூவர்ணக் கொடி**
ஆகஸ்ட் 13 காலை 6.00 மணி முதல்
சுதந்திர காற்றில் தேசிய கொடிகள் பறக்கட்டும்
**75th Glorious
Independence March**
13th August, 7.00 a.m

Celebrate this Lifetime Event with kith and kin,
by Marching the Length in Vigor to make our Country Proud of a
Nationhood that stands up for the Spirit of Freedom...



திருச்சி தேசிய கல்லூரில் கண்ணனைத் தேடி... தொல்லியல் மற்றும் வரலாற்று கண்காட்சி. தொகுத்து வழங்குபவர் தொல்லியல் ஆய்வாளர். டி. கே.வி.ராஜன், ஆப்கானிஸ்தானில் கிடைத்த கண்ணன் - பலராமன் காசுகள், 2000 ஆண்டுகளுக்கு முன், கிருஷ்ண பக்தர்களாகிய கிரேக்க ரோமானியர்கள், அகழ்வாராய்ச்சியில் கிடைத்த 4000 ஆண்டுகள் பழமையான ரதங்கள் போன்றவை இக்காட்சியில் இடம்பெற்றன. இக்கண்காட்சியை 2000 பள்ளி மற்றும் கல்லூரி மாணவர்கள் கண்டுபயன் அடைந்தனர்...



On 9th September

2022, Ms. Dharanya won a gold medal in the high jump at the 35th Junior Open State Level Championship held in Krishnagiri, Tamil Nadu. Her outstanding performance earned her the opportunity to represent Tamil Nadu in the South Zone Junior Nationals held on the same day in Guntur, Andhra Pradesh. This was a major accomplishment for Ms. Dharanya and reflects her dedication, hard work, and passion for the sport. The college is proud of her achievement and recognizes her talent and potential as a rising star in the world of sports.



On September 9th, 2022

Ms. B. Akshyasree won a gold medal in the 400mts race at the 35th Junior Open State Level Championship held in Krishnagiri, Tamil Nadu. Her impressive performance earned her the opportunity to represent Tamil Nadu in the South Zone Junior Nationals held on the same day in Guntur, Andhra Pradesh. This was a remarkable achievement for Ms. B. Akshyasree and highlights her athleticism, determination, and competitiveness. The college is proud of her success and recognizes her dedication and commitment to her sport.



22nd August 2022

On September 9, 2022, Mr. S Suthir, a second-year BSC Physical Education student, won the championship title in the junior National Fistball Tournament organized by the Punjab Fistball Association at Ludhiana. The tournament was held with great enthusiasm and Mr. Suthir's victory brought pride and recognition to the college and the Physical Education department. His hard work and dedication towards Fistball have paid off and he continues to inspire fellow students to strive for excellence in sports.

On 24th to 26th August, 2022.

Dr. Prasanna Balaji, delivered a lecture on Sports Tools a learning Culture at the Three Day International Conference on Emerging Trends of Physical Education and Sports Sciences organised by the Department of Physical Education and Sports Sciences Manipur University at Imphal.



29.08.2022

Physical Education Department celebrated National Sports Day on 29th August 2022 at the Student's Road in Trichy. The Deputy Commissioner of Police of Trichy City, Tmt. Sridevi was invited as the Chief Guest of the celebration. The event was organized by the Research Department of Physical Education and Sports Sciences at National College.



The celebration of Teacher's Day on September 5th, 2022 by the Research Department of Physical Education and Sports Sciences at National College was a momentous occasion. The department honored its teachers by awarding prizes and recognition to its Physical Education students. The secretary was in attendance to show support and appreciation for the hardworking teachers. We may not say this every day, but your inspirational words are like beautiful footprints that have been etched in our hearts and minds forever. The Research Department of Physical Education, National College celebrated the birthday of our beloved Secretary at the National College Stadium.



9th September 2022

The honourable Minister for School Education, Mr. Mahesh Poyyamozhi today, as a part of his PhD research work, had a practical experiment session to prove that team work is essential for better results in any form of activity. He made himself a subject for this experiment. He navigated through the obstacles blindfolded to prove the importance of team work and guidance.





On September 23, 2022,

Dr. D Prasanna Balaji was honored with the "Remarkable Guide" award by the CEO of Vdart . This recognition acknowledges Dr. D Prasanna Balaji's efforts and contributions as a guide in the field of Physical Education and Sports Sciences. It highlights his ability to inspire, motivate and provide direction to students and individuals, contributing to their success and growth. The award serves as a testament to his dedication and hard work in the field.



On 16th October 2022, the PG and Research Department of Physical Education and Sports Sciences at National College hosted an orientation for physical education teachers working in institutions of Salesians of DONBOSCO. The orientation aimed to update the teachers on the latest advancements and techniques in physical education and sports science. The experts from the field shared their knowledge and experience with the participants and provided practical insights on how to incorporate these techniques in their teaching.



Akshaya Shri of 3rd B.A. English is being felicitated by college Secretary K. Raghunathan for her outstanding Achievements in Athletics at Tamil Nadu Junior State Championship at Thiruvanamalai and secured Two gold medals in 200metres & 400metres and qualified for Junior National Championship at Guwahati, Assam from 11.11.2022 to 15.11.2022.

GOLDEN GIRL 



23rd October 2022



The ISER conference in New York was attended by Dr. D Prasanna Balaji and he delivered a keynote speech on the topic of **“Yoga - Sports Research and Beyond”**. The event was a great success and provided ample opportunities for networking and learning. Additionally, Mr. Anbil Mahesh, who is both a research scholar of Dr. Balaji and the Minister for School Education, presented his paper in a highly impressive manner.



Mr. Ravi governor of Tamil Nadu was invited to North east Football in his chamber. On a special occasion, the north east students of the Physical Education Department were invited to meet with Tamil Nadu governor, Mr. Ravi I.A.S. The meeting was a great opportunity for the students to engage in discussions with the collector and receive valuable suggestions for their future endeavours. Mr. Ravi was impressed with the responses from the students and was overwhelmed by their enthusiasm. He appreciated the students for their efforts and wished them all the best for their future. The meeting was a significant moment for the students and demonstrated the college's commitment to providing opportunities for growth and development.



18th December 2022

National College's women's athletic team clinches Bharathidasan University's championship in style. We have secured eight gold, five silver, and two bronze medals out of 24 events among more than 100 colleges. nearly 1480 participants. A special mention should be made that our college girls have created five new meet records. Thanks to our college secretary for his unstinted support for the glory.





National College (Autonomous)

Nationally Re-accredited at 'A+' Grade by NAAC, College with Potential for Excellence
Trichirappalli - 620 001



National College Stands Tall in Creating Records in Bharathidasan University Athletics

S.NO	Events	Name	Year	Performance
01	200 Mts.	B. Akshya Shree	2022	24.9 Sec.
02	400 Mts.	B. Akshya Shree	2022	54.3 Sec.
03	800 Mts.	R. Swathi	2022	2.12.9 Sec.
04	4 x 400 Mts. Relay	National College Team	2022	4.06.7 Sec.
05	20 KM Race Walk	B. Saranya	2022	2.33.00 Sec.
06	4 x 100 Mts.	National College Team	2021	50.40 Sec.
07	4x400 Mts.	National College Team	2021	4.07.20 Sec.
08	100 Mts. H	G. Ranjane	2018	14.3 Sec.
09	110 Mts. H	A. Mothi Arun	2016	14.8 Sec.
10	110 Mts. H	A. Simmna Sandeep	2018	14.8 Sec.
11	400 Mts. H	S. Kester Elwin Abishek	2018	52.6 Sec.
12	Long Jump	V. Jagatesh	2018	7.30 mts.
13	High Jump	A. Mothi Arun	2016	2.05 mts.
14	High Jump	S. Veeramani	2018	2.05. Mts.
15	Decathlon	P. Rajesh	2016	6044 Points

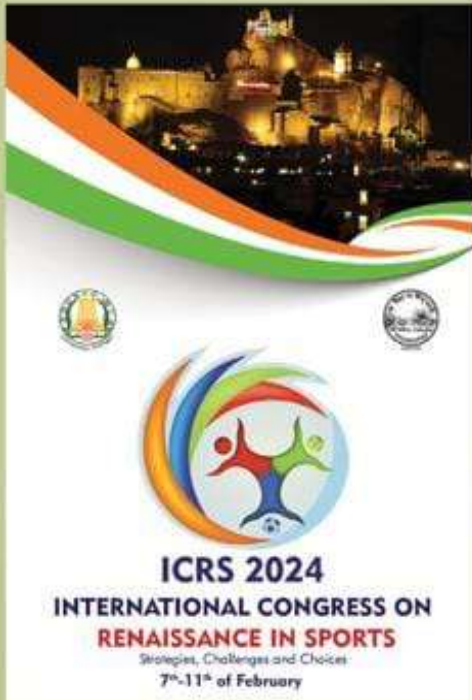
29th December 2022

Our honorable Chief Minister M.k. Stalin and Sports Minister Udhayanithi Stalin visited Trichy to inaugurate various welfare schemes. In this connection, the National College Sports Students gave rousing receptions with different sports displays at different venues. Thanks to our honorable School Education Minister, AnbilMakeshPoyyamozhi for the opportunity.



February 7th to 11th at the National College of Trichy in 2024

The grand ICRS 2024 International Congress on Renaissance in Sports is being scheduled from February 7th to 11th at the National College of Trichy in 2024. The Sports Minister of Tamilnadu, Honourable Udhayanithi Stalin, released the logo, which was received by the Honourable Minister for School Education, Anbil Mahesh Poyyamozhi. Organizing Secretary Dr PrasannaBalaji and committee member Dr GunaSeelan were in the picture.



8th January 2023

The Pongal Festival event was highly eye-catching and brilliantly executed by Sports Sciences students. Staff members turned up in great numbers, and we extend our special gratitude to our secretary for extending great support and Mr Elangovan former chairman Manachanallur for his unstinted support & our principal for rendering his moral support.





11th January 2023

The Bharathidasan University inter collegiate handball tournament was held on February 1st and 2nd at Indragandhi College. National College, among the participating colleges, secured 4th place in the competition. This achievement is a testament to the skill, determination and hard work of the handball team of National College. Their commitment to the sport has resulted in this impressive performance, and they should be proud of their accomplishments.



National College Retains BallBatminton Title

National College registered a 35-23, 35-8 win over Bharathidasan University Departments in the final to retain the title in the Bharathidasan University inter-collegiate ball badminton tournament for women at the Sengamala Thayaar Educational Trust Women's College, on January 11 & 12, 2023



Our College Physical Trainer Mr Prasanth (Jaddu) was Named as The Best Bowler of the Season in the TDCA First Division League Tournament. He bagged 24 wickets. Indian Cricketer Natarajan presented a title.



Ms. Pavithra, 3rd year B.Sc Physical Education Student, received an accolade for her Outstanding Performance in Bharathidasan University sports and Inter-Collegiate netball and handball tournaments 2022-2023 at Shrimati Indira Gandhi College.



29.01.2023

Ms. Merlin 1st years B.sc physical education student won a gold medal in karate at the BLAZE ACADEMY ISSHINRYU KARATE State Level Open karate Championship 2023 held at Kings Palace Thirumana nandapam, Mayiladuthurai on 29th January 2023, Tamil Nadu. Her remarkable outstanding performance obtained her the opportunity to represent herself in the future of her career. This was a major triumph for Ms. Merlin and replicates her perseverance, hard work, and hunger for the sport. The college and Department of Physical Education is proud of her achievement and recognizes her talent and potential as a rising star in the world of sports.



Our college student, **Miss Dharanya**. Secured third place in the 400-meter relay and got fourth place in the high jump. The Khelo India Youth Games 2023 are scheduled in Madhya Pradesh from January 30 to February 11, 2023. It will be the fifth edition of the flagship event under the government of India's Khelo India initiative, which promotes sports at the grassroots level in the country.

Mr. D Ebinesar of I B.Sc.,Physical Education secured the first place in the 65.635 kg category of the intercollegiate boxing tournament organized by Bharathidasan University on December 4, 2022.The tournament was highly competitive and saw participation from several colleges and universities across the region. Mr. Ebinesar's hard work, dedication, and skill were on full display as he outmatched his opponents to take the top spot.



பாரதிதாசன் பல்கலைக்கழக அளவிலான

கிரிக்கெட் போட்டியில் தேசிய கல்லூரி சாம்பியன்



திருச்சி, ஜன.28:தஞ்சை மண்டலத்தில் நடைபெற்ற பாரதிதாசன் பல்கலைக்கழக அளவிலான கல்லூரிகளுக்கு இடையேயான கிரிக்கெட் போட்டி நடைபெற்றது. இதில் பாரதிதாசன் பல்கலைக்கழகத்தை சேர்ந்த 84 கல்லூரிகள் பங்குபெற்றன. மூன்று கற்றுகள் நடைபெற்ற இப்போட்டியில் திருச்சி தேசிய கல்லூரி கிரிக்கெட் அணி, 3 கற்றுகளில் வெற்றிபெற்று முதல் பரிசை பாரதிதாசன் பல்கலைக்கழக சாம்பியன் பட்டம் பெற்றது. திருச்சி தாய வளனார் கல்லூரி 2ம் இடத்தையும், திருவாரூர் திரு வி.க. அரசு கல்லூரி 3ம் பரிசையும் பெற்றது. பாரதிதாசன் பல்கலைக்கழக அளவில் சாம்பியன் பட்டத்தை வென்ற திருச்சி தேசிய கல்லூரி கிரிக்கெட் அணியினரை கல்லூரி செயலர் காரகுநாதன், கல்லூரி துணை முதல்வர் மற்றும் உடற்கல்விப்பியல் துறை தலைவர் பிரசன்ன பாலாஜி ஆகியோர் வாழ்த்தினர்.

I extend my sincere thanks to our presiding celebrity, our special guest, our patron, board members, members of the college management committee, members of National College, our principal, faculty members, and dear students, especially the NCC and NSS students, for making the sports day a spectacular success.

I am delighted with the successful conduct of Sports Day this year. I extend my sincere thanks to our college's management for their kind patronage and encouragement. I am grateful especially to our beloved Secretary K. Raghunathan.

Our college believes that a sound body is more important than a sound mind. Hence, our Department of Physical Education has been doing its best with that objective.

We, the Physical Education Department, convey our thanks to all those who have been involved in the Sports Committee for the assistance and cooperation extended to me towards organising this year's Sports Day successfully. Finally, my grateful thanks to all the others who strengthened our hands in making this year's Annual Sports Day a thundering success.

**Thank
you**

