



SPORTS DAY REPORT

2025 - 2026

PG and Research Department of
Physical Education and Sports Sciences

Quality Policy

PG AND RESEARCH DEPARTMENT OF PHYSICAL EDUCATION NATIONAL COLLEGE (Autonomous)



It is with immense pride and joy that we gather here today to celebrate the 107th Annual Sports Day of our institution. This event is not just a tradition but a testament to our unwavering commitment to sports, teamwork, and excellence.

I am delighted to record the activities of the PG and Research Department of Physical Education and Sports Sciences, whose tireless efforts have contributed immensely to the growth of sports in our institution.

Special gratitude to Honourable **Secretary Shri K. Raghunathan**, whose relentless support and vision continue to inspire, to Respected **Principal Incharge, Dr. D. Muthuramakrishnan** whose leadership has been instrumental in fostering both academic and athletic excellence and to beloved **Director Dr. K. Anbarasu**, for his constant encouragement which is instrumental for the sports achievements.

Sports have always been an integral part of our institution's legacy, instilling in us the values of discipline, perseverance, and sportsmanship. Today, as we witness our talented athletes showcase their skills, let us cheer them on with enthusiasm and celebrate the spirit of competition. Our students have consistently brought laurels to this institution, achieving remarkable success in various sports at state, national, and even international levels. Their hard work, perseverance, and determination are truly commendable, and today is a celebration of their relentless spirit. I feel proud to present the **Annual Sports Report for 2025-2026**, highlighting the achievements, milestones, and relentless dedication of our athletes and the Department of Physical Education.





Ms. Janani Honored with Gold Medal, Extending Department's 11-Year Winning Streak

In a moment of supreme academic glory, Ms Janani (B.Sc. Physical Education, 2022–2025 Batch) was officially conferred the Gold Medal by the Honourable Governor of Tamil Nadu during the Bharathidasan University Convocation ceremony. Securing the University First Rank in the BDU Ranking Examination, Janani's achievement stands as a pinnacle of student success at National College. This prestigious honor also marks a historic milestone for our institution: The Department of Physical Education has now

maintained an unbroken 11-year streak of securing the University Gold Medal.

This extraordinary decade of academic dominance is a direct result of the rigorous standards and visionary mentorship provided by our Vice Principal, Dr. D. Prasanna Balaji, and the dedicated faculty.

Janani's success continues a legacy of excellence, proving that our department remains the undisputed leader in physical education within the university.

2025 Decade of Dominance:

National College Women's Team Claims 10th Consecutive Overall Championship Title

At the 43rd Bharathidasan University Inter-Collegiate Athletic Meet held on October 17 & 18, 2025, at Anna Stadium, the National College Women's Team delivered a historic performance to secure the Overall

Championship Title for the 10th year in a row. The team amassed an incredible tally of 9 Gold, 4 Silver, and 2 Bronze medals, headlined by record-breaking feats and elite individual displays.



5th June, 2025

On the occasion of World Environment Day on 5th June 2025, the NSS Units of National College (Autonomous), Tiruchirappalli, organized a tree plantation drive under the theme “Plant a Tree and Get Air for Free.” The program was inaugurated by the Principal-in-charge, Dr. D. Muthuramakrishnan, and witnessed the active participation of NSS volunteers. A total of 27 saplings were

planted on the college campus. The event was coordinated by Dr. D. Prasanna Balaji, Vice Principal and Head, reflecting the students’ strong commitment to creating a greener and cleaner environment. The initiative aimed to raise awareness about environmental conservation and promote sustainable living, emphasizing the vital role of trees in maintaining ecological balance and inspiring everyone to contribute to a healthier planet.





June 7, 2025

The Physical Education Foundation of India (PEFI) officially appointed our College Vice Principal, Dr. D. Prasanna Balaji, as the Tamil Nadu State Secretary, a pivotal move that led to the successful launch of the PEFI TN State Chapter through his direct initiative on June 7, 2025. Held at Tiruchirappalli the grand inauguration was headlined by Chief Guest Thiru. Anbil Mahesh Poyyamozhi, Honourable Minister for School Education, Tamilnadu and Olympian Padma Shri Vasudevan Baskaran, who personally presented appointment orders to the new leadership team. Under the dedicated leadership of Dr. Prasanna Balaji, the chapter has established a powerful, government-endorsed framework to standardize and elevate grassroots physical education and sports literacy across all districts of Tamil Nadu.



June 21, 2025

National College observed International Yoga Day with great enthusiasm and active participation across the campus. The programme was organized by the PG and Research Department of Physical Education and witnessed the wholehearted involvement of students from the Department of Physical Education and NSS Units, reflecting their strong commitment to health, wellness, and the timeless Indian tradition of yoga.

June 27 ,2025

Thiru A. Myilvahanan, IPS, currently pursuing his Ph.D. in the Department of Physical Education, achieved remarkable success at the World Police and Fire Games held in Birmingham, USA. Representing both the police force and the academic community with distinction, he secured an impressive total of four medals, including one Silver Medal and three Bronze Medals. His outstanding performance on the international stage highlights his unwavering dedication, discipline, and commitment to physical excellence. This global achievement not only brings immense pride to the institution but also reflects the high standard of athletic talent and research excellence nurtured within our Department of Physical Education.



Seminar on Career in Police Services

July 21 ,2025

The PG & Research Department of Physical Education, National College (Autonomous), Tiruchirappalli, organized a seminar on the theme “Career in Police Services” on 21st July 2025 at 2:00 p.m. in the A/C Seminar Hall.



The objective of the seminar was to create awareness among students about the various career opportunities available in the Police Department and to provide guidance on eligibility, selection procedures, and preparation strategies for a successful career in the police services. The seminar began with a Welcome Address

delivered by Dr. D. Boopathi, Assistant Professor, Department of Physical Education. The session was graced by the Chief Guest and Resource Person, Mr. P. Mohan, Inspector of Police, Organized Crime Unit, CBCID, Trichy City. In his comprehensive presentation, Mr. P. Mohan explained the career prospects in Central and State Police services, including IPS, Tamil Nadu Police Subordinate Services, CBCID, CRPF, CISF, and other allied services. He elaborated on the qualifications and eligibility criteria for different positions such as Sub-Inspector, Constable, and IPS officer. The Resource Person also provided a detailed briefing on Physical Efficiency Tests (PET) and highlighted the importance of physical fitness in police recruitment. The seminar received enthusiastic participation from 96 students, who interacted actively during the Q&A session. The programme concluded with a Vote of Thanks proposed by Ms. R. Yogeswari, III-year B.Sc. Physical Education student.



August 2 & 3, 2025

Mr. Kishore (III B.Sc. Physical Education) secured the Gold Medal in the U23 Boys – Road Race at the State Road Cycling Championship 2025. The championship was organized by the Tamil Nadu Cycling Association in coordination with the Sports Development Authority of Tamil Nadu (SDAT) and conducted along the East Coast Road, Chennai. Competing against top cyclists from across the state, he demonstrated exceptional endurance and determination to secure the top podium position. His outstanding performance marks a proud achievement for National College and strengthens its growing legacy in competitive cycling.

LONG JUMP

August 20 & 21, 2025

S. Kiruba Lakshmi (II B.Sc. Physical Education) secured the Silver Medal in the Long Jump event at the Tiruchirappalli District Kids & Junior Athletic Championship 2025. The championship was conducted at Anna Stadium, where she competed in the highly competitive Girls Under-18 category.



Demonstrating excellent technique, strength, and determination, Kiruba Lakshmi recorded an impressive jump of 5.25 meters, earning her a well-deserved place on the podium. Her achievement reflects her consistent training and commitment to athletics. This accomplishment adds pride to National College and further strengthens the institution's growing record of success in district-level competitions.

TRIPLE JUMP

August 20 & 21, 2025

Mr. Abdul Malik (II B.Sc. Computer Science) secured the Silver Medal in the Triple Jump event at the Tiruchirappalli District Kids & Junior Athletic Championship 2025. The competition was held at Anna Stadium, where he competed in the Boys Under-20 category.



With an impressive leap of 13.71 meters, he delivered a remarkable performance, bringing pride to National College and adding to the institution's growing achievements in athletics.

National College Students Sweep Top Honors at **Bharathidasan University Inter-Collegiate Archery Tournament**

August 21, 2025

The PG & Research Department of Physical Education, National College (Autonomous), Tiruchirappalli, successfully organized the Bharathidasan University Intercollegiate Archery Tournament on 21st July 2025.

The tournament aimed to promote archery among college students and provide a competitive platform to showcase their sporting skills. A total of 23 colleges from various districts participated in the tournament, making the event highly competitive and engaging. The tournament was inaugurated by the Chief Guest, Prof. Mahaboob John, Sports Secretary, Bharathidasan University. In his address, he emphasized the importance of active participation in sports and highlighted the benefits of competitive exposure for student athletes. The matches witnessed enthusiastic participation from all competing institutions, with archers displaying excellent skill, focus, and sportsmanship. At the end of the tournament, Bishop Heber College, Tiruchirappalli,



emerged as the Overall Champions, while National College, Tiruchirappalli, secured the Runner-Up position.

The Prize Distribution ceremony was conducted by Dr. D. Prasanna Balaji, Vice Principal, National College, who congratulated the winners and expressed appreciation for the efforts of all participants and organizers.



August 29, 2025

Mr. Guru Prasad, a first-year B.Sc. Physical Education student, secured the Gold Medal in the Instrumental Music – Non-Percussion (Classical Solo) event at the Intercollegiate Classical Fest organized by Kalai Kaviri College of Fine Arts, Tiruchirappalli.



Trichy's Kaveri Bridge Turns Hub for Sports Awareness on National Sports Day

August 29, 2025

The PG & Research Department of Physical Education, National College (Autonomous), Tiruchirappalli, organized a Human Chain Awareness Programme on 29th July 2025, in connection with National Sports Day, at the Kaveri Bridge, Trichy.

The objective of the event was to commemorate the birth anniversary of India's legendary hockey player Major Dhyan Chand, and to promote the importance of sports, physical fitness, and healthy lifestyle among students and the public. The event was graced by the Honourable Minister for School Education, Tamil Nadu, Mr. Anbil Mahesh Poyyamozhi, as the Chief Guest. In his address, the Honourable Minister highlighted the remarkable achievements of Major Dhyan Chand, his contributions to Indian hockey, and the inspiration he continues to provide to young athletes across the nation. He emphasized the role of sports in building discipline, teamwork, and leadership skills in students, and encouraged educational institutions to promote active participation



in sports activities. More than 1,200 students from various colleges participated in the human chain activity, holding placards and slogans on sports awareness, physical fitness, and national unity.

The event created a strong public message on the value of sports in daily life and received positive support from the local community. The Human Chain Programme successfully reflected the commitment of National College toward fostering sports culture and public awareness on fitness, making the celebration of National Sports Day 2025 highly impactful and memorable.



National College Triumphs at CM Trophy Athletes Sweep Gold and Silver at District Meet

September, 2025

The students of National College (Autonomous) delivered an extraordinary performance at the Chief Minister's Trophy District Meet in Tiruchirappalli, held in September 2025. Organized by the Sports Development Authority of Tamil Nadu (SDAT) at Anna Stadium, our athletes showcased unparalleled skill and determination across various disciplines, securing significant cash rewards and podium finishes.

Team Sports

Our college teams demonstrated exceptional coordination and sportsmanship, bringing home three major trophies in both traditional and modern games.

Women's Handball (Champions): In a high-stakes and thrilling final match against Indira Gandhi College, our Women's Handball Team displayed decisive skill and teamwork to emerge as the District Champions. For their outstanding performance, the team was awarded a prestigious Gold Medal and a cash prize of 35,000.



Men's Handball (Second Place): The Men's Handball Team also reached the podium, securing Second Place through rigorous discipline and tactical gameplay. Their efforts earned them a Silver Medal and a cash prize of 25,000.

Men's Kabaddi (Second Place): Competing in one of the most physically demanding and competitive events, the Kabaddi team delivered an outstanding performance to finish in Second Place. They were awarded a Silver Medal and a cash prize of 25,000, further strengthening the college's reputation in traditional Indian sports.



Category	Achievement	Prize/Medal
Women's Handball	District Champions	Gold / ₹ 35,000
Men's Handball	Second Place	Silver / ₹ 25,000
Men's Kabaddi	Second Place	Silver / ₹ 25,000
Cycling (25km)	1st & 2nd Place	Gold & Silver
Track & Field	3 Gold, 4 Silver	Multiple Medals

Track & Field:

The athletics squad was the highlight of the meet, with several students securing multiple medals on the track and in the field.



B. Bhuvaneshwari (B.A. Economics): Established herself as a premier sprinter by winning the Gold Medal in the 200 Meters and the Silver Medal in the 100 Meters.

B. Akshyashree (M.Sc. Yoga): Demonstrated incredible pace to clinch the Gold Medal in the 400 Meters event.



Sunitha Williams (I B.Sc. Physical Education): In a brilliant start to her collegiate career, she outperformed a strong field to win the Gold Medal in the 1500 Meters, earning a cash prize of 3,000.



J.Mariyadharshini (B.A. English): Showcased technical mastery over the hurdles by claiming Silver Medals in both the 100 Meters Hurdles and the 400 Meters Hurdles.



S.Kiruba Lakshmi (II B.Sc. Physical Education): Competing at Anna Stadium, she recorded an impressive performance in the field events to secure the Silver Medal in the Long Jump.

Cycling:

The cycling squad was a major highlight of the meet, with our riders dominating the long-distance endurance category.

Mr. Pradeep Sankaran (B.Sc. Physical Education): Brought great laurels to the institution by securing the Gold Medal in the 25 km Speed Cycling Race. His victory in this demanding endurance race highlights his exceptional stamina and discipline.



Mithun T (III B.A. Tamil): Displayed remarkable endurance and focus in the cycling category, securing the Silver Medal in the 25 km Speed Cycling Race. His achievement further reflects the diverse sporting talent and strong athletic culture nurtured within the college.





Home Ground Heroes: National College Crowned Bharathidasan University Handball Champions!

September 11&12, 2025

The PG & Research Department of Physical Education at National College (Autonomous) proudly hosted the Bharathidasan University Inter-Collegiate Handball Women Tournament on the 11th and 12th of September 2025. In a stellar display of home-ground dominance, National College emerged as the Champions, outclassing a competitive field of 11 teams from various affiliated colleges. The tournament was meticulously convened by Dr. D. Prasanna Balaji, Vice Principal of National College, and showcased the highest levels of skill, strategic teamwork, and athletic endurance.

The event was set in motion with a warm welcome address by Dr. D. Boopathy, Assistant Professor of Physical Education. Sri K. Ragunathan, Secretary of National College, graced the occasion as the Chief Guest, delivering an inspiring speech

that highlighted the vital importance of sportsmanship, disciplined participation, and the spirit of fair play in shaping the character of young athletes.

Throughout the two-day knockout competition, the National College team exhibited exceptional tactical coordination and agility, ultimately reaching the grand finale. In a high-stakes championship match, our athletes delivered a decisive performance to secure the Winners' Title, while Srimathi Indira Gandhi College, Tiruchirappalli, settled for the runners-up position after a hard-fought battle. The tournament concluded with a grand prize distribution ceremony led by Mrs S Nithya, President RCT Butterflies & Founder of Petgalaxy. The programme drew to a close with a vote of thanks proposed by Ms. Chinthiya, Assistant Professor of Physical Education, celebrating the triumphant spirit of the National College Women's Handball Team.

Workshop on

From Passion to Profession Career Pathways in Gymnastics

September 1, 2025

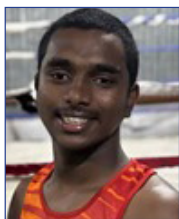
The PG and Research Department of Physical Education and Sports Sciences organized a One Day Workshop titled “Career Pathways in Gymnastics” on 1st September 2025. The resource person for the workshop was Mr. P. Ragul, an F.I.G. Certified Coach, National Medalist, and the Founder of GymnoRa Gymnastics in Chennai. In his address, Mr. Ragul shared his expertise and emphasized gymnastics as the “Mother of Sports,” as it develops core attributes like strength, flexibility, balance, and coordination essential for all other sports. The sport



demands commitment and consistent practice, which helps instill lifelong discipline and he noted that career opportunities are rapidly expanding with the rise of new training academies, particularly in cities.

September 13, 2025

Mr Guru Vishnu (I B.Sc. Physical Education) secured the Silver Medal in the Bharathidasan University Intercollegiate Boxing Competition held at Anna Stadium. The tournament was conducted under the aegis of Bharathidasan University, bringing together top collegiate boxers from across the region. Demonstrating remarkable strength, technique, and determination, Guru Vishnu delivered an impressive performance in the ring.



boxing team of National College, Mr. Logesh and Mr. Raja (III B.Sc. Physical Education) secured Bronze Medals at the Bharathidasan University Intercollegiate Boxing Competition. The tournament was conducted under the aegis of Bharathidasan University and featured intense bouts across various weight categories. Competing in different divisions, both athletes displayed determination, technical excellence, and resilience inside the ring.

September 17 & 18, 2025

In a commendable display of teamwork and perseverance, the Women's Basketball Team of National College secured Fourth Place in the Bharathidasan University Intercollegiate Tournament held at Vanji College of Arts and Science. The team's determined performance reflected disciplined training and collective effort throughout the event. The institution also extends special appreciation to Dr. Murali from the Department of Chemistry for his valuable support and guidance, which significantly contributed to the team's successful campaign.



September 14, 2025

In an impressive achievement for the



September 19,2025

Athletes from the National College delivered a stellar performance at the District Level 5 km Red Run Marathon, organized by the District AIDS Prevention and Control Unit (DAPCU) and the Tiruchirappalli



Collectorate to promote HIV awareness. **Ms Jasmine Rosey** (I M.Sc. Yoga) clinched the Gold Medal with a first-place finish, earning a cash prize of 10,000, while Ms A. Keerthikambal (III B.Sc. Physical Education) secured the Silver Medal and a cash prize of 7,000. Their podium finishes not only highlight the institution's athletic dominance but also underscore its commitment to vital social awareness initiatives through sports.

September 19 – 21, 2025



Ms. Mariya Dharshini from the Department of English at National College achieved a notable milestone at the 39th Tamil Nadu Inter District Junior Athletic Championship held at Tamil Nadu Physical Education and Sports University (TNPESU), Vandalur. Competing in the Girls U-20 category, she secured Third Place in the 400m Hurdles, clocking an impressive time of 1:10.84

seconds. The prestigious state-level meet was organized by the Chengalpattu District Athletic Association and featured top young athletes from across Tamil Nadu.

The Spirit of Sportsmanship: **Special Children's Team Triumphs at the CM Trophy**

In a powerful display of resilience and inclusive sportsmanship, the special students from our Department of Physical Education competed with immense spirit at the CM Trophy Throwball Tournament, ultimately securing a commendable Fourth Position.

This achievement serves as a significant milestone for our Adaptive Sports Program, highlighting the college's unwavering commitment to providing platforms where every student, regardless of their challenges, can demonstrate grit, coordination, and athletic excellence. Their performance was a shining example of "Sportsmanship Beyond the Playground," bringing immense pride to the institution and proving that dedication and heart are the true measures of success on the field.

September 28, 2025

The PG & Research Department of Physical Education and NSS Unit IV volunteers conducted a Rabies Awareness Rally to promote public health. Starting from Student Road and concluding at St. John's Vestry School, the participants used slogans and placards to educate the community on rabies prevention, vaccination, and responsible animal care. The initiative highlighted the students' commitment to social responsibility and the vital role of the NSS in community health service.

October 2 - 14, 2025

The athletes from National College achieved prestigious state-level success at the Chief Minister's Trophy held at Jawaharlal Nehru Stadium, Chennai, securing two major podium finishes. **Ms Akshaya (M.Sc. Yoga)** delivered a stellar performance in the 400m track event, clinching the Silver Medal and a cash prize of ₹ 75,000 against a highly competitive field. Complementing this success on the road, **Mr K. Pradeep Sankar** (II B.Sc. Physical Education) demonstrated exceptional endurance in the grueling 20 km Speed Cycling Race, securing the Bronze Medal and a cash prize of ₹ 50,000.



These remarkable achievements, totaling ₹ 1.25 lakh in prize money, bring immense pride to the institution and further solidify its legacy of sporting excellence at the state level.

October 5 - 9, 2025

In a historic achievement for National College, **Mr. Sachin (III B.Sc. Physical Education)** secured 1st Position (Gold Medal) in the National Championships - Basketball 2025. The tournament was organized by Special Olympics Bharat and hosted at K.I.T. Global School, Odisha. Competing at the national level, he demonstrated outstanding determination, skill, and team spirit to emerge as champion. Following this remarkable performance, he has been selected to represent India at the Special Olympics in Santiago, USA.



Youth Power Takes Center Stage at National College Empowerment Initiative

October 10, 2025

The Department of Physical Education, in association with NSS Units I, II, III & IV of National College (Autonomous), organized the “We the 100 – Youth Empowerment Program” on 10th October 2025 at Ramakrishna Math, Village Empowerment Centre, Thanjavur. The program commenced with the ceremonial lighting of the lamp, setting a reflective tone for the day’s proceedings. This was followed by a warm welcome address by Dr. D. Prasanna Balaji, Vice Principal of National College, who emphasized the significance of the responsibility shouldered by the youth, the importance of self-confidence, the adherence to moral values, and the necessity of consistency for achieving success in life’s endeavors. The students from National College then took center stage, presenting their thoughts and insights on the pivotal topics “The Power of Youth” and “What Youth Can Do?”, thereby showcasing their perspectives on youth empowerment. Dr. Karuthan, an Assistant Professor in Tamil from National College, Trichy, delivered a special address, drawing inspiration from the life incidents of Swami Vivekananda to highlight the



potential and influence of the youth. Swami Vimurtananda, the Adyaksha of Ramakrishna Math, Thanjavur, led an engaging awareness program that included a video presentation followed by a group discussion, focusing on themes pertinent to the youth. Ms. Sarada Dev, Director, Ramakrishna Math, delivered a motivating talk on focus and concentration and later distributed certificates to the participants. The programme witnessed active participation from NSS volunteers and students, reinforcing the values of leadership, discipline, and nation-building. The event concluded with a vote of thanks proposed by Dr. D. Prasanna Balaji, marking the programme as a meaningful and successful youth empowerment initiative.

October 8, 2025

The PG & Research Department of Physical Education hosted a Lecture on the Olympic Movement and its Core Values, led by Dr. Murali Krishnan (PSG Polytechnic College). He provided deep insights into the history and significance of Olympic movements, emphasizing their vital role in modern training for developing strength, coordination, and overall athletic performance.





October 10 - 12, 2025

In a proud representation at the state level, seven students from the B.Sc. Physical Education and M.Sc. Yoga departments of National College participated in the Chief Minister's Trophy State Level Women's Handball Tournament. The prestigious tournament was held at the SDAT Stadium and organized by the Sports Development Authority of Tamil Nadu. The college proudly recognizes the athletes who competed at this elite level: A. Arul Brija, K. Sangeetha, N. Pavithra, R. Shobana, R. Santhiya, S. Namitha, and N. Sowmiya. Their selection and participation in this high-level state competition reflect the strong training framework of the institution and highlight the dominant presence of our sportswomen in the regional handball arena.



October 27, 2025

The PG & Research Department of Physical Education hosted an inspiring special lecture titled "Arise, Awake, and Stop Not till the Goal Is Reached". Chief Guest Swami Govindeshananda, Director of Ramakrishna Math, Mylapore, delivered a motivational talk rooted in the teachings of Swami Vivekananda. He emphasized that self-belief, discipline, and perseverance are essential for overcoming obstacles and achieving life goals.

2025 Decade of Dominance

National College Women's Team Claims 10th Consecutive Overall Championship Title

October 17& 18 ,2025

At the 43rd Bharathidasan University Inter-Collegiate Athletic Meet held on October 17 & 18, 2025, at Anna Stadium, the National College Women's Team delivered a historic performance to secure the Overall Championship Title for the 10th year in a row. The team amassed an incredible tally of 9 Gold, 4 Silver, and 2 Bronze medals, headlined by record-breaking feats and elite individual displays.



Keerthikambal A



Akshya Shree B



Mariya Dharshini J



Bhuvaneshwari B



Kirubalakshmi S



Nivedhaa E



Jasmine Rosey



Asika B



Abdul Malik



Sanjay



Arul Brija A



B. Bhuvaneshwari

Record-Breaking Highlights

- **B. Bhuvaneshwari** (II B.A. English): Officially crowned “Fastest Girl of the Meet” after winning the 100m in 11.70s.
- **B. Akshya Shree** (I M.Sc. Yoga): Set a New Meet Record in the 400m (57.10s) and secured Gold in the 200m.
- **Nivedhaa E. (II M.Com.):** Established a New Meet Record in the 800m with an outstanding time of 2:15.00.
- **Women's 4 × 400m Relay Team:** Shattered the previous record to set a New Meet Record of 3 minutes 59 seconds.
- **Women's 4 × 100m Relay Team:** Clocked 51 seconds to establish a New Tournament Record.

Athlete / Team Members	Department	Event	Performance	Medal	Position
Bhuvaneshwari B.	II B.A. English	100m Sprint	11.70s ("Fastest Girl of the Meet")	Gold	1st
Akshaya Shri B.	I M.Sc. Yoga	400m	57.10s (New Meet Record)	Gold	1st
Nivedhaa E.	II M.Com. (Aided)	800m	2:15.00 (New Meet Record)	Gold	1st
Akshaya Shri B.	I M.Sc. Yoga	200m	24.70s	Gold	1st
Asika B.	II B.Com.	100m Hurdles	Outstanding technical finish	Gold	1st
Kirubalakshmi S.	II B.Sc. Phys. Ed.	Long Jump	5.32m	Gold	1st
Arul Brija A.	III B.Sc. Phys. Ed.	Javelin Throw	Outstanding field performance	Gold	1st
Women's Relay Team (incl. Bhuvaneshwari, Jasmine Rosey, Asika B., Kiruba Lakshmi)	—	4×100m Relay	51.00s (New Tournament Record)	Gold	1st
Women's Relay Team (incl. Nivedhaa E., Mariya Dharshini, Akshaya Shri, Dharani C.)	—	4 × 400m Relay	3m 59s (New Meet Record)	Gold	1st
Bhuvaneshwari B.	II B.A. English	200m	24.71s	Silver	2nd
Mariya Dharshini J.	II B.A. English	400m Hurdles	1:07.50s	Silver	2nd
Keerthikambal A.	III B.Sc. Phys. Ed.	Half Marathon	Commendable podium finish	Silver	2nd
Dharaani C	I B.Sc Computer Science	1500 m	Commendable podium finish	Silver	2nd
Abdul Malik	II B.Sc. Comp. Sci.	Triple Jump	13.86m	Bronze	3rd
Sanjay	I B.Sc. Phys. Ed.	Pole Vault	3.40m	Bronze	3rd



In late 2025,

Mr. B. Prajith Venkat, a B.Sc. Computer Science student at National College, achieved a remarkable series of bodybuilding victories. His season began on November 9 with a **first-place finish in the Junior Bodybuilding (Above 65 kg) category** at the Captain Classic Tamil Nadu Open Meet.

He continued his momentum on November 30, securing fourth place in the competitive **75-80 kg category at the Emperor Classic State Level Competition** in Trichy.

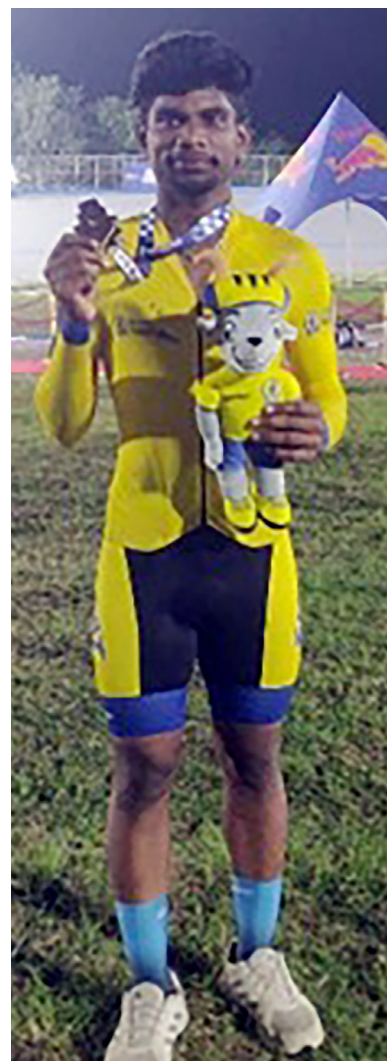
Prajith capped off the year on December 22 by earning a gold medal and a Certificate of Merit in the **Best Physique (70 kg) category at the Bharathidasan University Inter-Collegiate Tournaments**, showcasing an elite balance of academic and athletic excellence.

Wheels of Excellence:

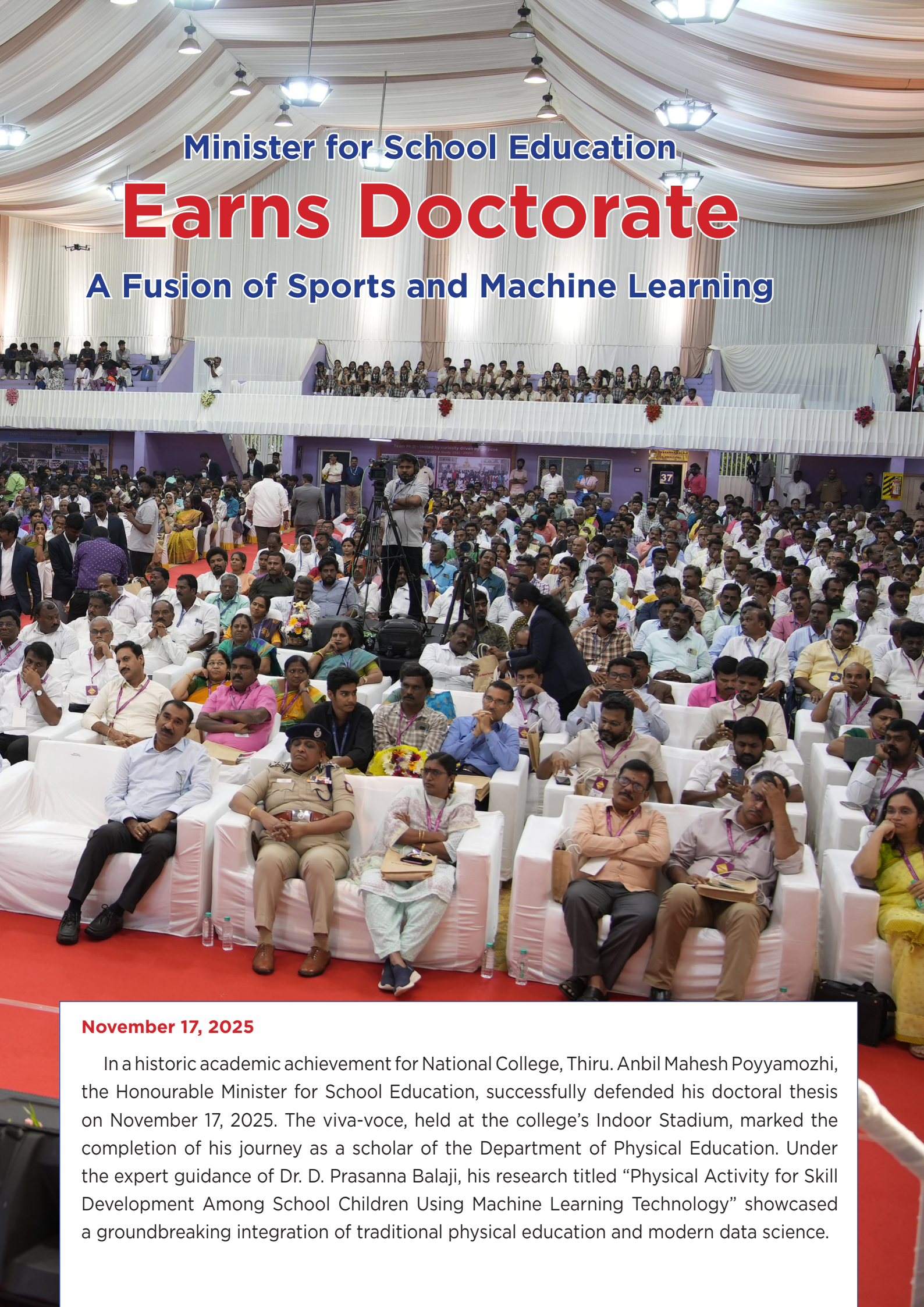
National College Triumphs in Khelo India

November 24, 2025

National College athletes delivered stellar performances at the 5th Khelo India University Games (KIUG) 2025 held at the SMS Stadium in Jaipur, securing both national honors and significant financial recognition. Leading the cycling contingent, Mr. Pradeep Sankara (III B.Sc. Physical Education) clinched the Gold Medal in the 10K Cross Race Cycling event, outpacing elite competitors from across India through superior endurance and strategy. In the 25 km Fast Cycling category, Mr. Kishore (III B.Sc. Physical Education) demonstrated exceptional tactical skill to secure a Bronze Medal. His podium finish earned him a combined cash prize of 2,00,000 from the Central and State Governments, further cementing the institution's reputation for excellence in competitive cycling at the national level.







Minister for School Education **Earns Doctorate**

A Fusion of Sports and Machine Learning

November 17, 2025

In a historic academic achievement for National College, Thiru. Anbil Mahesh Poyyamozhi, the Honourable Minister for School Education, successfully defended his doctoral thesis on November 17, 2025. The viva-voce, held at the college's Indoor Stadium, marked the completion of his journey as a scholar of the Department of Physical Education. Under the expert guidance of Dr. D. Prasanna Balaji, his research titled "Physical Activity for Skill Development Among School Children Using Machine Learning Technology" showcased a groundbreaking integration of traditional physical education and modern data science.



The ceremony highlighted the Minister's dedication to intellectual growth, demonstrating his ability to balance state-level responsibilities with rigorous academic pursuit. By presenting a scientific blueprint for using technology to enhance the physical literacy of the younger generation, Dr. Anbil Mahesh Poyyamozhi has set a remarkable precedent for future scholars in the department. His success reinforces the role of evidence-based research as an essential pillar for elevating the standards of education and sports throughout Tamil Nadu. This achievement stands as a masterclass in interdisciplinary innovation, demonstrating how cutting-edge technology can be practically applied to improve the

physical literacy and long-term health of the younger generation.

Furthermore, this academic triumph adds a new layer of prestige to the institution, showcasing National College as a hub where high-level policy-making meets advanced technological research. The Minister's journey from a dedicated scholar to a Ph.D. holder within the department serves as an inspiration to the entire student body, proving that academic excellence is attainable regardless of one's professional stature. This event will undoubtedly be remembered as a defining moment in the college's history, bridging the gap between governance and the scientific advancement of physical education.



A New Era for PE: Driven by the Leadership of Dr. D. Prasanna Balaji

December 23, 2025

The magnificent success of the PEFI State Awards Celebration served as a definitive masterclass in organizational leadership, steered directly by the strategic vision and meticulous planning of Dr. D. Prasanna Balaji. Serving in his vital dual capacity as the State Secretary of PEFI and the Vice Principal of National College, Dr. Prasanna Balaji acted as the primary architect of an event that successfully bridged the gap between institutional excellence and state-level sports advocacy. Under his expert command, the celebration was transformed from a professional gathering into a high-profile summit of prestige, perfectly reflecting the dynamic leadership of Rtn. Muruganandam (MMM). Dr. Balaji's ability to coordinate the presence of icons like Padma Bhushan Dr. Kamal Haasan and the Hon'ble Minister

for School Education, Dr. Anbil Mahesh Poyyamozi, showcased a rare caliber of administrative brilliance that has now become the hallmark of our department.

Beyond the grand scale of the event, Dr. Prasanna Balaji's leadership focused on the dignity of the profession, ensuring that the Best Physical Education Teachers and Professionals from across the state were honored on a platform of significant national importance. By orchestrating this grand tribute, he has not only elevated the status of physical education as a discipline but has also firmly established National College as the premier epicenter for sports leadership in India. The event stands as a testimony to his unwavering commitment to the vision of a healthier society, proving that through his visionary guidance, the Department of Physical Education is setting new, global benchmarks for excellence.

December 19, 2025

Mr. Kishore (III B.Sc. Physical Education) of National College secured the Bronze Medal in the Men's Elite 10km Scratch Race (part of the 15 km event category) at the 77th Senior National Track Cycling Championship 2025-26. The championship was organized by the Cycling Federation of India (CFI) and held at the Rudrapur Velodrome (Shivalik Velodrome), Uttarakhand.

History on the Pitch:

Women's Cricket Team Crowns as University Champs!

January 6-9 2026

The Women's Cricket Team of National College achieved a historic milestone by securing the Overall Championship Title at the Bharathidasan University Inter-Collegiate Cricket Tournament 2025-26. Hosted at Arignar Anna Government Arts College in Musiri, the tournament witnessed a masterclass in teamwork, strategy, and tactical execution by the National College athletes.

This victory marks the first time in the institution's history that the women's cricket team has been crowned university champions. The team's path to the trophy was defined by a dominant all-round performance, featuring clinical bowling, disciplined fielding, and a powerful batting display that outclassed their opponents in every department.

This prestigious win not only brings home the trophy but also establishes a significant new benchmark for excellence within the college's storied athletic legacy.



National College Quartet Selected for All India Inter-University Athletics Tournament

January 12 – 16, 2026

Four distinguished student athletes from National College - Bhuvaneshwari B, Akshyasree B, Nivedhaa E, and Kirubalakshmi S U achieved a significant milestone by being selected to represent the Bharathidasan University Women's Athletics Team. This prestigious selection followed their outstanding performances at the university-level trials, which served as the gateway to the national stage.



The athletes earned the honor of competing at the All India Inter-University Athletics (Women) Tournament, hosted at Rajiv Gandhi University of Health Sciences, Bengaluru. Their participation in such a high-level competition brought great honor to the institution and stands as a powerful testament to the rigorous athletic training, unwavering dedication, and competitive excellence nurtured at National College.

Marching with Pride

Ms. Pooja Represents National College at the 77th State Republic Day Parade

January 26, 2026

In a moment of immense institutional pride, Ms. Pooja (II B.Sc. Physical Education) was selected as a prestigious Volunteer of the NSS Contingent for the 77th Republic Day Parade held on January 26, 2026, at Marina, Chennai.

Standing among the finest volunteers in the state, her participation in the grand march-past before the Governor and Chief Minister of Tamil Nadu reflects her exceptional discipline, leadership, and



commitment to the National Service Scheme (NSS). This high-profile achievement further solidifies the Department of Physical Education's reputation for producing well-rounded students who excel in both athletic skill and national service.

National College Dominates BDU Squad for South Zone Cricket

January 28, 2026

Five elite athletes from the Women's Cricket Team of National College achieved a prestigious selection to represent Bharathidasan University (BDU) in the South Zone Women's Cricket Tournament. Held at K.S.R. College of Engineering in Tiruchengode, the tournament featured the finest regional talent, with National College providing a significant core to the university squad.

The selected players, S. Vishnu Sri, R. Shara Sri, T. Karkuzhali, M. Kaviya, and R. Vaishnavi earned their spots through exceptional skill and clinical performances during the university-



level trials. This achievement highlights the high caliber of cricketing talent nurtured within the Department of Physical Education and further cements the college's reputation as a powerhouse for women's sports in the region.

Asian Glory: National College Cyclists Clinch Bronze at Track Asia Cup 2026

January 29-31, 2026

In an unprecedented sporting milestone for National College, Mr. Kishore and Mr. Pradeep Sankar (both III B.Sc. Physical Education) secured Bronze Medals at the Track Asia Cup 2026 (Asian Track Cycling Championship) held from January 29 to 31, 2026. The UCI-sanctioned continental event took place at the SDAT Cycling Velodrome (TNPESU Campus) in Chennai, featuring world-class cyclists from across Asia. Competing at this elite level, both athletes demonstrated extraordinary endurance, speed, and tactical brilliance to earn their spots on the podium in a fiercely contested international arena.

In a moment of immense pride, the achievers were honored by the Honourable Deputy Chief



Minister of Tamil Nadu, Mr. Udhayanidhi Stalin, who recognized their remarkable feat. This prestigious achievement stands as one of the most significant sporting accomplishments in the college's history, bringing global recognition to the Department of Physical Education and serving as a powerful inspiration for aspiring athletes across the nation.

February 21-24,2026

Four elite cyclists from National College, Mr. Pradeep Sankara K., Mr. Mithun M., Mr. Chinnadurai P., and Mr. Kishore N. represented Bharathidasan University (BDU) at the All India Inter-University Track Cycling Championship 2025-26. Held at the prestigious Guru Nanak Dev University (GNDU) Campus in Amritsar, Punjab, the competition brought together the finest cycling talent from across the country.

Each athlete secured their selection through a season of exceptional performances, demonstrating the high-level endurance, speed, and technical expertise cultivated within the Department of Physical Education. Their participation in this national-level championship further solidifies National College's reputation as a premier hub for



developing top-tier cycling talent and underscores the institution's commitment to athletic excellence on the grandest stage.

A National Salute: Mr. Kaviyarasan C. Appointed to the Indian Army's Elite Brigade of The Guards

In a moment of profound pride for the Department of Physical Education and National College, Mr. Kaviyarasan C. (III B.Sc. Physical Education, 2023-2026 Batch) has been officially selected and appointed as an Agniveer (General Duty) in the Indian Army. This prestigious appointment is even more remarkable as he has been drafted into the Brigade of The Guards, the senior-most infantry regiment of the Indian Army, renowned for its elite status and the motto "Pehla Hamesha Pehla" (First Always First).

His journey from a student-athlete to an Indian Army soldier began with his successful clearance of the recruitment process conducted by the Army Recruiting Office (ARO), Tiruchirappalli. Following his selection, he has been posted



to the Guards Regimental Centre (GRC) in Kamptee, Maharashtra, a premier training facility where the nation's most disciplined soldiers are forged.

This achievement stands as a shining example of the "athlete-to-soldier" pipeline fostered by our Vice Principal, Dr. D. Prasanna Balaji. Under his leadership, the department has consistently encouraged students to channel their physical prowess and discipline into national service. Mr. Kaviyarasan's appointment not only brings glory to his family and the college but also serves as a powerful inspiration for his peers to serve the nation with the same grit and determination.

Faculty Excellence

February 6 - 7, 2026

Strategic Vision, Innovation, and Research Excellence

Our Vice Principal, Dr. Prasanna Balaji, recently attended the National Conference on Physical Education & Sports Science 2026, organized by PEFI INDIA at the NDMC Convention Center, New Delhi, on February 6th and 7th. Centered on the theme “Global Spotlight: India’s Transformative Vision for the 2036 Olympics,” the conference proved to be both inspiring and intellectually enriching. Dr. Balaji was privileged to serve as a distinguished panelist, sharing his strategic perspectives on India’s pathway toward securing Olympic gold medals and establishing a formidable global sporting identity. This occasion reached a pinnacle of success as Tamil Nadu was adjudged the best chapter in India, a moment of immense pride for the entire delegation.

Strengthening our department’s presence at the national level, Assistant Professors Dr. D. Boopathy and Mr. V. Ajeeth Khanna also participated in the conference. They presented a significant research paper titled “Effect of Adaptive Gymnastics Program in Enhancing Physical & Psychological Variables in Children with Neurodevelopmental Disorder.” Their certificates of presentation were awarded by Dr. Piyush Jain, Organizing Secretary of the conference, in the presence of Dr. Prasanna Balaji.





February 11, 2026

Dr. D. Prasanna Balaji, Vice Principal of National College (Autonomous), was entrusted with the significant responsibility of serving as a key member of the School Curriculum Framing Committee of Tamil Nadu at SCERT, Chennai. This appointment, recognized on February 11th, provided a vital platform for him to contribute his expertise toward imparting core human values and Olympic ideals through the state's school curriculum.

Guided by the conviction that true education must transcend academics, Dr. Balaji advocated for the active nurturing of character, ethics, discipline, respect, excellence, and fair play among young learners. Serving as part of this visionary initiative was both an honor and a profound responsibility, as it plays a crucial role in shaping the minds and value systems of future generations. He expressed his sincere gratitude to SCERT, Chennai, for providing this opportunity to integrate sports philosophy and value-based education into mainstream schooling for the holistic development of students across Tamil Nadu.

October 2 -11, 2025

Mr. P. Edwin Thomas, Assistant Professor in the Department of Physical Education, was officially deputed to serve as a key official for the Chief Minister Trophy State Level Handball Championship 2025. Under the appointment of the Tamil Nadu Handball Association, he played a vital role in coordinating the smooth conduct of this prestigious tournament at the SDAT District Sports Complex, Tiruvannamalai, from October 2 to 11, 2025. This high-profile assignment, involving both school and college athletes, highlights the technical leadership of our faculty and reinforces the department's standing as a hub for state-level sports administration.





November 1st, 2025,

A Masterclass in Leadership:
Dr. D. Prasanna Balaji Keynotes
Rockcity Sahodaya Event

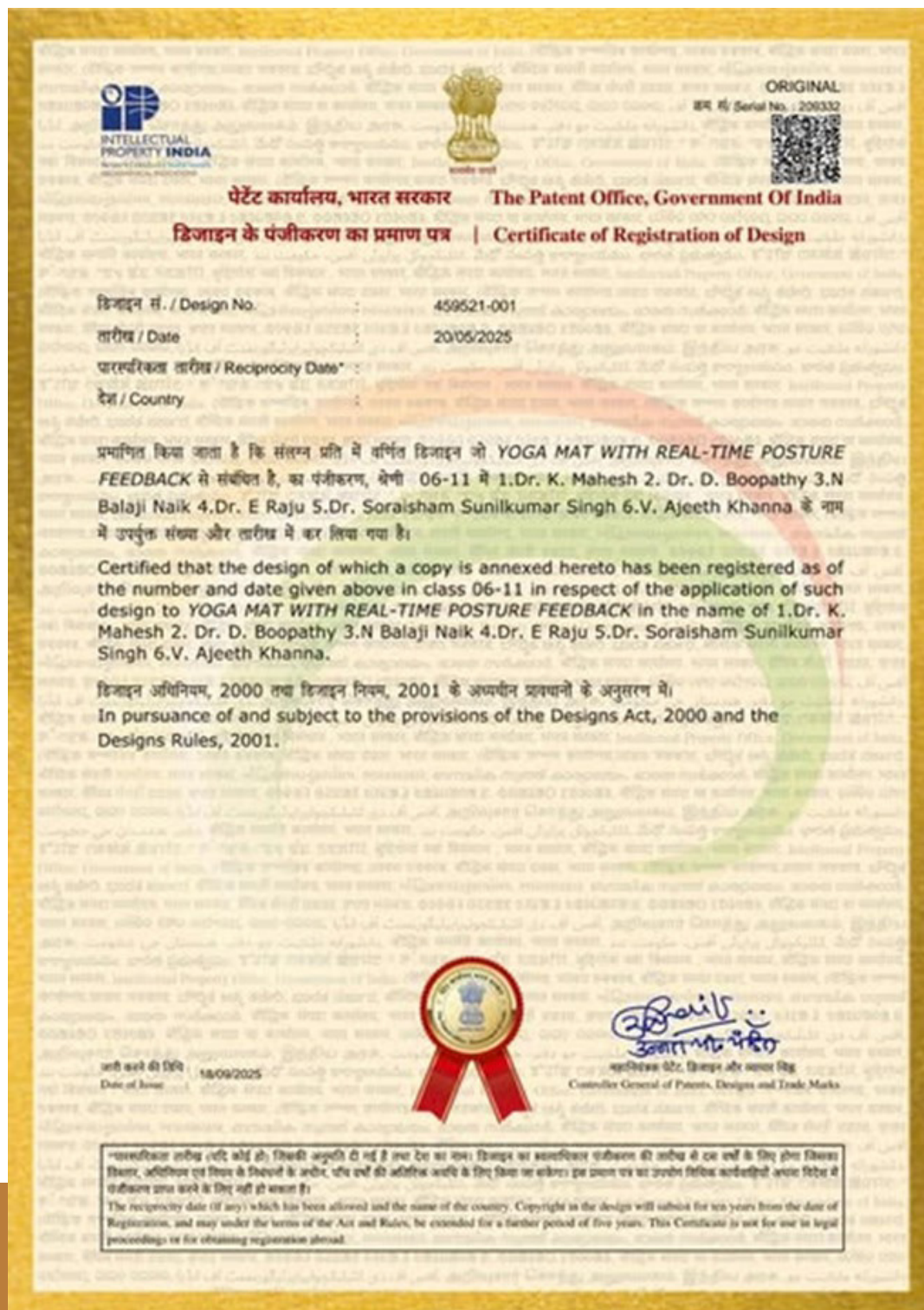
Dr. D. Prasanna Balaji, Vice Principal of National College (Autonomous) and State Secretary of PEFI Tamil Nadu, delivered a powerful keynote address at the School Principals' Conclave – 2025 held on November 1st, 2025, at the Tiruchirappalli. Addressing a distinguished gathering of approximately 200 school principals and educational leaders, he shared profound insights during the program organized by Rockcity Sahodaya in collaboration with Atom Infinity Solutions Pvt. Ltd. Under the theme “Reimagining Education for Tomorrow,” Dr. Balaji’s session, “Sportsmanship Beyond the Playground: A Holistic Approach to Student Development,” was met with great enthusiasm. He highlighted the vital role and core values of sports in shaping the future of education, emphasizing how athletic principles serve as a cornerstone for leadership and student growth.

September1, 2025- August 31,2026

In a prestigious international recognition for the 2025-2026 academic year, Ms. Chindhiyaa R. S., a Ph.D. Scholar under the guidance of Dr. Prasanna Balaji, Vice-Principal



and Head of the Department of Physical Education at National College, Trichy, was appointed as an International Ambassador for the International Organization for Health, Sports, and Kinesiology (IOHSK). Her tenure, which spans from September 1, 2025, to August 31, 2026, involves coordinating global activities and representing the organization in research initiatives. This achievement, overseen by her guide Dr. D Prasanna Balaji, further solidifies the institution’s reputation for excellence in sports research and brings significant global recognition to the department.



Patent

The Department of Physical Education has achieved a historic milestone in sports innovation and wellness technology. Assistant Professors Dr. D. Boopathy and Mr. V. Ajeeth Khanna have officially registered a patent with the Patent Office, Government of India, for their groundbreaking design: a **“Yoga Mat with Real-Time Posture Feedback.”**

This invention seamlessly integrates modern technology with traditional practices to enhance alignment and prevent injuries for fitness enthusiasts. This achievement stands as a testament to their dedication to research excellence and significantly contributes to India's growing leadership in sports science.

Expert Address at the National Conclave on Equestrian Sports

Dr. D. Prasanna Balaji, Vice Principal and Head of the PG & Research Department of Physical Education and Sports Sciences, addressed a distinguished gathering at the National Conclave on Equestrian Sports in Ahmedabad, Gujarat, on May 10, 2025. Invited as a featured speaker, he delivered a comprehensive presentation on the "History and Evolution of Equestrian Sports," tracing its rich cultural legacy from ancient civilizations to its modern global prominence. The event, organized by the Physical Education Foundation of India (Gujarat Chapter), brought together renowned scholars and professionals in the field. Dr. Balaji's insights were highly commended by the esteemed Vice Chancellor



and eminent academicians in attendance, further reinforcing the institution's leadership in sports science.



Dr. D. Boopathy, Assistant Professor in the Department of Physical Education, has demonstrated significant academic leadership through several high-profile engagements. On February 18, 2026, he served as the Keynote Speaker for the National Workshop "Smart Moves – Engineering Concepts in Gymnastics" at BIT Campus, Anna University, followed by receiving the Best Paper Presentation Award on February 11, 2026, at the Aiman College International Multidisciplinary Conference

for his research on respiratory parameters in cricketers. Additionally, he shared his practical expertise as a Resource Person for the "Rhythmic Stretching" program at Seethalakshmi Ramaswami College on January 30, 2026, and conducted a comprehensive Health and Wellness Workshop at Urumu Dhanalakshmi College on August 26, 2025. These contributions reflect his versatility as a researcher, speaker, and advocate for holistic fitness across the region.



Novel Attention-Tuned CNN for Emotion and Stress Recognition Using EEG in Cognitive Therapy Sessions

P. Ganesh Kumar ^a, S. Akila ^b, D. Prasanna Balaji ^c, D. Boopathi ^c, C. Rani ^d,

Palanisamy Sivanandy ^e, D. Divya ^{f, *}

^a Department of Computer Science Engineering, College of Engineering Guindy, Anna University, Chennai 600025, Tamil Nadu, India

^b Department of Physical Education and Sports, Central University of Tamil Nadu, Thiruvavur 610005, India.

^c Department of Physical Education and Sports Sciences National College (Autonomous), Tiruchirappalli, Tamil Nadu 620001, India.

^d Department of Computer Science and Engineering, Government College of Engineering, Bodinayakanur, Theni - 625513, Tamil Nadu, India

^e School of Pharmacy, International Medical University, Malaysia

^f Department of Information Technology, KPR Institute of Engineering and Technology, Tamil Nadu 641407, India.

* Corresponding Author Email:

DOI: <https://doi.org/10.54392/irjmt2613>

Received: 11-09-2025; Revised: 04-12-2025; Accepted: 17-12-2025; Published: 03-01-2026



Abstract: Emotional and stress responses are essential for interpreting cognition and mental health in therapy. Traditional models insufficiently seize the complicated temporal-spatial correlations in EEG data, resulting in imprecise assessments of patients' emotional states. This research presents a Novel Attention-Tuned deep learning (DL) model for recognizing emotions and stress by real-time EEG signals gathered during Cognitive Therapy Sessions, intending to improve recognition accuracy and the interpretability of neural activity connected to psychological states. 2000 EEG data were collected, which undergoes preprocessing employing adaptive median filtering to eliminate noise and artifacts. Discrete Wavelet Transform (DWT) using features is extracted to both temporal and spectral characteristics of the brain's activity patterns. The See-See Partidge Chicks-driven Attention-Tuned Convolutional Neural Network (SSPC-Att-CNN) model is used to recognize human emotions and stress levels by examining EEG data. This architecture integrates convolutional layers for spatial feature learning with an attention mechanism that adaptively concentrates on the most informative EEG regions corresponding to emotional arousal and stress variations. A SSPC Optimization (SSPCO) algorithm is employed for feature selection, enhancing computational efficacy and robustness. Experimental evaluation was conducted on python 3.10 for standard EEG datasets which demonstrates that the proposed AT-CNN significantly outperforms conventional DL models in recognizing emotional valence in accuracy of 82.10 %, arousal in the accuracy of 97.89%, and stress intensity levels. The system provides real-time cognitive monitoring, giving therapist's objective insights into emotional regulation and stress patterns. This improves Artificial Intelligence (AI)-assisted psychological assessment tools and promotes a data-driven understanding of emotions in therapy.

Keywords: EEG, Attention-Tuned CNN, Emotion Recognition, Stress Detection, Cognitive Therapy, Feature Selection, Brain Dynamics.

1. Introduction

The human neurological system is a system that controls emotions based on external and internal stimuli. These are not simple psychophysiological systems of emotions, the emotional states are relevant to clinical psychology and neuroscience since it influences the mental health, cognitive, attention, and therapeutic involvement [1, 2]. Stress being both body and mind reaction is one of the greatest emotional responses that

are caused by stress or hazardous circumstances. Short-term stress can also raise attention, but in the long run or with improper management, stress predisposes an individual to depression, insomnia, heart disease, and cognitive impairment [3]. The diagnosis of stress early is important to patients who have cognitive or psychological therapy with an aim of ensuring that they respond to it on time and achieve successful treatment outcomes.



Government of India
Ministry of Youth Affairs & Sports
N.S.S. Republic Day Parade Camp - 2026
J.L.Nehru Stadium, New Delhi - 110003.

F.No. P.1-29/NSS/RDC/2026

Dated 20th January, 2026

LETTER OF APPRECIATION

The Ministry of Youth Affairs & Sports, Government of India, expresses its sincere appreciation and gratitude to **Dr. D. Prasanna Balaji**, Secretary, Physical Education Foundation of India (PEFI), Tamil Nadu State Chapter, and Vice-Principal & Director and Head, National College, Tiruchirappalli, Tamil Nadu for serving as a Resource Person at the NSS Republic Day Parade Camp-2026, held at Jawaharlal Nehru Stadium, New Delhi.

Dr. D. Prasanna Balaji delivered an inspiring and intellectually enriching session on the theme "*Sports as a Tool for Leadership & Nation Building*" on 9th January 2026. His profound insights, vast experience in the field of physical education, sports sciences, and youth development, and his ability to connect sports with leadership values and national development deeply motivated the NSS volunteers drawn from across the country.

The session significantly contributed to the holistic learning objectives of the Camp by instilling values of discipline, teamwork, patriotism, and social responsibility among the young participants. His thoughtful deliberations and real-life examples left a lasting impact on the campers and added immense value to the academic and personality development components of the NSS RDPC-2026.

On behalf of the Ministry, I place on record its heartfelt appreciation for his committed service to youth empowerment and nation building and wishes him continued success in his future academic and social endeavours.

D. CARTHIGUEANE

D. CARTHIGUEANE
Camp Director
Republic Day Parade Camp-2026
J.L.N. Stadium, New Delhi



NATIONAL COLLEGE (Autonomous)

Tiruchirappalli, Tamilnadu, India - 620001



PG & Research Department of
Physical Education Sports and Sciences

OUR UNIVERSITY'S GOLD MEDALIST in the Bharathidasan University ranking examinations

Congratulations!....



2025
Ms. A. JANANI
Rank - I

2024



Mr.Suthir. S

2023



Ms. Shubashini

2022



Ms. Preethi
II Rank
2017

2021



Ms. Chindhiyaa

2020



Mr. Nivash

2019



Mr.Saravanan

2018



Mr. Muthukrishna

2017



Mr. Ajeeth khanna

2016



Mr. Edwin Thomas

2015



Ms. Vinitha

தடகள சாம்பியன்ஷிப் போட்டி

திருச்சி தேசியக் கல்லூரி அணி 10வது முறையாக தொடர் சாதனை

திருச்சி, அக்.23: திருச்சி பாரதிதாசன் பல்கலைக் கழகக் கல்லூரிகளுக்கு இடையேயான 43வது தடகள சாம்பியன்ஷிப் போட்டியானது திருச்சி மாவட்ட அண்ணா விளையாட்டு அரங்கில் அக்டோபர் 17, 18ம் தேதிகளில் நடைபெற்றது. பாரதிதாசன் பல்கலைக் கழகத்திற்கு உட்பட்ட 72 கல்லூரிகளில் இருந்து மொத்தம் 517 பேர் போட்டியாளர்கள் பங்கேற்றனர். 100 மீட்டர் ஓட்டப்பந்தயத்தில் புவனேஸ்வரி, 200 மற்றும் 400 மீட்டர் ஓட்டத்தில் அக்ஷயாஸ்ரீ, 800 மீட்டர் ஓட்டத்தில் நிவேதிதா, நீளம் தாண்டுதலில் கிருபாலட்சுமி, ஈட்டி எறிதலில் அருள் பிரிஷா, 100 மீட்டர் ஹார்க்டைல் போட்டியில் ஆஷிகா உள்ளிட்ட தேசியக் கல்லூரி மாணவிகள் தங்கப் பதக்கம் பெற்றனர். 400 மீட்டர் ஓட்டத்தில் தாரணி 200 மீட்டர் ஓட்டத்தில் புவனேஸ்வரி, ஆப் மாரத்தான் போட்டியில் கீர்த்திகாம்பாள், 1500 மீட்டர் ஓட்டத்தில் தாரணி உள்ளிட்டோர் வெள்ளிப்



பதக்கம் பெற்றனர். ட்ரிபிள் ஜம்ப் போட்டியில் அப்துல் மாலிக் போல் வால்ட் போட்டியில் விஷ்ணு ஆகியோர் வெண்கல பதக்கங்களை வென்று சாதனை படைத்தனர்.

தேசியக் கல்லூரி அணியானது 9 தங்கப்பதக்கங்கள், 4 வெள்ளிப் பதக்கங்கள், இரண்டு வெண்கல பதக்கங்களை வென்று ஒட்டுமொத்த சாம்பியன்ஷிப் பட்டத்தை பாரதிதாசன் பல்கலைக்கழக அளவில் வென்றது. நிறைவு விழாவில் முனைவர் ராஜேஷ் கண்ணா குழு உறுப்பினர் மற்றும் துணை வேந்தர் தேடுதல் குழு உறுப்பினர் முனைவர் சக்திகிருஷ்ணா,

பாரதிதாசன் பல்கலைக்கழக விளையாட்டு துறைச் செயலர் முனைவர் மகபூப் ஜான் உள்ளிட்டோர் கலந்து கொண்டு கோப்பையை வழங்கினர். பல்வேறு நிலைகளில் வெற்றிபெற்று சாம்பியன்ஸ் தொடரில் தொடர்ந்து 10வது முறையாக வெற்றிபெற்று சாதனை படைத்த விளையாட்டு வீரர்களைத் தேசியக் கல்லூரிச் செயலர் ரகுநாதன், முதல்வர் (பொறுப்பு) முனைவர் முத்துராமகிருஷ்ணன், துணை முதல்வர் மற்றும் உடற்கல்வியியல் துறை இயக்குநர் முனைவர் பிரசன்ன பாலாஜி உள்ளிட்டோர் வாழ்த்தினர்.





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