

Hajee Karutha Rowther Howdia College

Uthamapalayam (Post), Theni (District), Pin code – 625533.

Sports Report for the Academic Year 2018 – 2019 From June 2018 – June 2019

Sports is an important part of every society, country and individual. In one way or the other everyone is involved in sports of some sort whether one is playing or watching for students, sports are invaluable because not only so they instill values but are also essential for a harmonious life. It is through sports that students learn values like discipline, responsibility. Self-confidence, sacrifice and accountability, sports teach the students to accept defeat gracefully and handle disappoints, build self-esteem and confidence. The Department of Physical Education of HKRH College toils to develop and enhance skills like strengths, speed, endurance, eligibility, flexibility, control, balance etc. in students by exposing them to a number of sports events at state and national level.

Coaching camps were organized for men teams in Football, Basketball, Ball Badminton, Badminton, Cricket, Kabaddi, Volleyball, Table Tennis, Chess, Carrom and Athletics. For Women Team in Ball Badminton, Badminton, Volleyball, Throw ball, Tennikoit, Table Tennis, Chess, Carrom and Athletics. General Fitness training and game training were regularly given for Men and Women teams between 3pm to 6pm every day.

Selection trials were conducted for men and women teams based on individual game skills.

Mr. R. Jeya Balaji, I B.Com for participated (Above 16 Age Category) in **Tamilnadu Open State Skating Championship 2018** competition organized by Coimbatore from 28th to 29th July 2018. He has won the following places in the corresponding events.

Roller Skating Rink II (500 Mts)	-	Place - I
Roller Skating Rink III (700 Mts)	-	Place - II
Roller Skating Rink III (1000 Mts)	-	Place - III

Table Tennis Men team players **Secured Place II** in **Madurai Kamaraj University Zone – C Men Tournament**, held at Parvathy's Arts and Science College, Dindigul on 7th August 2018.

Mr. S. Bala Krishnan	-	I B.Com Banking
Mr. S. Kogula Kannan	-	I B.Com Banking
Mr. S. Mohamed Mathalif Raja	-	I B.Sc Computer Science
Mr. R. Eswaran	-	I B.Sc Computer Science

Mr. S. Mohamed Mathalif Raja, I B.Sc (CS) and Mr. R. Eswaran I B.Sc (CS) participated in **Madurai Kamaraj University Zone – C Chess Men Competition**, held at Parvathy's Arts and Science College, Dindigul on 10th August 2018.

Mr. S. Pradeep Kumar, I B.Sc, (Bio – Chemistry) Secured Place I in (17-21 Age Category) in **Theni District Level Yogasana Championship**, held at Rishi Yogasana Association, Theni on 12th August 2018.

Mr. A.O. Sharun Kumar, I B.Com participated in **State Level Junior Athletic Competition**, held at YMCA Ground, Chennai from 16th to 19th August 2018.

Badminton Men team players participated in **Madurai Kamaraj University Zone – C Badminton Men Tournament**, held at CPA College, Bodi on 6th September 2018.

Mr. H. Sirajudeen	-	II B.Sc Computer Science
Mr. A. Abdul Basith	-	II B.A History (Tourism)
Mr. B. Taj Mohamed	-	I B.Com Banking
Mr. S. Sabarishi	-	I B.Sc Bio Chemistry
Mr. N. Azharudeen	-	III BBA
Mr. S. Anwar Afzal	-	I B.A English

Ball Badminton Men team players **Secured Place II** in **Madurai Kamaraj University Zone – C Ball Badminton Men Tournament**, held at GTN Arts College, Dindigul on 10th September 2018.

Mr. M. Ijaz Ahamed	-	III B.A Economics
Mr. H. Sirajudeen	-	II B.Sc Computer Science
Mr. H. Sheik Ibrahim	-	I B.A Economics
Mr. H. Sheik Mohamed	-	I B.A Economics
Mr. A. Abdul Basith	-	II B.A History
Mr. A. Mohamed Ibrahim	-	I BBA
Mr. V. Haris Mohamed	-	I B.A English
Mr .P. Mohamed Nowfal Raja	-	I B.A English
Mr. S. Ajjith Aalim	-	I B.Sc Chemistry
Mr. S. Anwar Afzal	-	I B.A English

Table Tennis Men team players participated in **Madurai Kamaraj University Inter Zone Table Tennis Men Tournament**, held at MKU, Indoor stadium, Madurai on 18th September 2018.

Mr. S. Bala Krishnan	-	I B.Com Banking
Mr. S. Kogula Kannan	-	I B.Com Banking

Mr. S. Mohamed Mothalif Raja, I B.Sc Computer Science and **Mr. R. Jeya Balaji, I B.Com** participated in **Madurai Kamaraj University Inter Zone Chess Men Competition**, held at Madurai Kamaraj University, Madurai from 18th to 19th September 2018.

Ms. G. Kaviya, I B.Com Banking, Ms. G. Pradeepa, I B.Com Banking and Ms. N. Amarna Devi, I B.Sc, Chemistry participated in **Madurai Kamaraj University Inter Zone Chess Women Competition**, held at Madurai Kamaraj University, Madurai from 18th to 19th September 2018.

Basket Ball Men team players participated in **Madurai Kamaraj University Zone – C Basket Ball Men Tournament**, held at G.T.N Arts College, Dindigul on 19th September 2018.

Mr. P.S. Ilamaran	-	I B.A English
Mr. M. Dinesh	-	I B.Com Banking
Mr. A. Sivabalan	-	I B.Sc Zoology
Mr. K. Arun Kumar	-	II B.Sc Computer Science
Mr. A. Sakthi Suvethen	-	II B.A History

Mr. M. Nagaraj	-	II B.A History (Tourism)
Mr. M. Buvaneshvaran	-	II B.A History (Tourism)
Mr. S. Yuvaraj	-	II B.Com Banking
Mr. A. Pradeep Kumar	-	II B.Com Banking
Mr. U. Abdul Rahim	-	I B.A History
Mr. S. Anash	-	I B.A History
Mr. D. Akash	-	II B.A Economics
Mr. C. Vishnuvarathan	-	III B.Sc Computer Science
Mr. H. Pakkeer Mydeen	-	III B.Com Banking
Mr. A. Hameed Sathurula	-	III B.Com Banking

Table Tennis Women team players participated in **Madurai Kamaraj University Inter-Zone Table Tennis Women Tournament**, held at VVV College for Women, Virudhunagar on 19th September 2018.

Ms. S. Afrose Fathima	-	II B.Com
Ms. S. Asma Siddiq	-	II B.Sc Chemistry
Ms. J. Silmiya Zanofer	-	II B.A English
Ms. P. Namitha	-	I B.Com Banking

Foot Ball Men team players participated in **Madurai Kamaraj University Zone – C Foot Ball Men Tournament**, held at P.M.T College, Usilampatti from 20th to 21st September 2018.

Mr. M. Muhamed Irfan	-	I B.A English
Mr. J. Jeya Surya	-	I BBA
Mr. A. Alan Hentry	-	I M.Sc Zoology
Mr. K. Alasrahmed	-	I B.A History
Mr. K. Ramar	-	I BBA
Mr. C. Abinash	-	III B.Com Banking
Mr. T. Harisangar	-	II B.Com Banking
Mr. K. Lakshmanan	-	I B.Sc Bio Chemistry
Mr. A. Arockia Dension	-	III B.Com (CA)
Mr. M. Ajith Kumar	-	II B.Com Banking
Mr. E. Mathanbabu	-	III B.Com Banking
Mr. P. Mani	-	II B.Sc IT
Mr. M. Lalithkumar	-	I B.A Tamil
Mr. R. Rajesh	-	II BBA
Mr. A. Sumithkumar	-	II B.Com Banking
Mr. M. Vijayakumar	-	II B.Com Banking
Mr. T. Dhasarathan	-	II BBA
Mr. A. Kabeer Mohamed	-	II BBA
Mr. A. Anas Ahamed	-	III B.Com Banking
Mr. T. Vairan	-	III B.Com Banking
Mr. M. Mathan Prakash	-	II B.Sc IT
Mr. M. Aruman Salik	-	I B.Sc Computer Science
Mr. C. Selvakumar	-	II B.Com (CA)
Mr. K. Gowtham Rajkumar	-	II B.Com Banking

Volleyball Men team players participated in **Madurai Kamaraj University Zone – C Volleyball Men Tournament**, held at Arul Anandar College, Karumathur from 20th to 21st September 2018.

Mr. A. Sankar	-	B.A English
Mr. S. Andavar	-	I B.A History
Mr. A. P. Ajith Kumar	-	I B.Com Banking
Mr. L. Thanga Raja	-	I B.A History
Mr. E. Vel Murugan	-	I B.A History
Mr. M. Manoj Kumar	-	II B.A History
Mr. R. Karthick Raja	-	II B.A History
Mr. K. J. Harish	-	I B.A Arabic
Mr. J. Vahith Rahuman	-	II B.Sc Physics
Mr. P. Mada Samy	-	I B.A History
Mr. S. Sabarinathan	-	I B.A History
Mr. R. Jeya Balaji	-	I B.Com

Mr. A. Nagendran, II BBA participated in **Madurai Kamaraj University Inter Zone Basket Ball Men Tournament**, held at VHNSN College, Virudhunagar from 22nd to 23rd September 2018.

Mr. R. Jeya Balaji, I B.Com for participating (Above 16 Age Category) in **Theni District Level Skating Championship 2018 Competition Organized** by Roller Skating Federation of India held at SBM International School, Cumbum on 23rd August 2018. He has won the following places in the corresponding events.

Roller Skating	Road Race	Place I
Roller Skating	Rink I	Place II
Roller Skating	Rink II	Place II

Dr. B. Akbar Ali, Director of Physical Education, was elected as a member of **Selection Committee** in **Madurai Kamaraj University Inter Zone Food Ball Men Tournament**, held at G.T.N College, Dindigul from 24th to 26th September 2018.

Mr. M. Ajithkumar, II B.Com Banking and Mr. E. Mathanbabu, III B.Com Banking, participated in **Madurai Kamaraj University Inter-Zone Foot Ball Men Tournament**, held at GTN College, Dindigul from 24th to 26th September 2018.

Kabaddi Men team players participated in **Madurai Kamaraj University Inter Zone-C Kabaddi Men Tournament**, held at Parvathy's College, Dindigul on 25th September 2018.

Mr. K. Gobinath	-	I B.Com CA
Mr. M. Akash	-	I B.Com CA
Mr. M. Kumar	-	I B.Com CA
Mr. M. Subash Kavi	-	I B.Com
Mr. M. Siva	-	I B.Com CA
Mr. S. Hari Prasath	-	I B.Com
Mr. M. Mthu Raja	-	I Bio Chemistry
Mr. S. Navin Kumar	-	I B.Com
Mr. S. Sivasuriya	-	III B.Com CA
Mr. M. Athithyan	-	III B.Com CA
Mr. R. Vignesh	-	II B.Sc Micro Biology

Mr. J. Jeyasuriya	-	I BBA
Mr. K. Naveen	-	II B.Com Banking
Mr. S. Karnan	-	III Bio Chemistry
Mr. V. Muthukalai	-	I B.A History
Mr. B. Prakash	-	III B.Sc Computer Science

Kho-Kho Women team players participated in **Madurai Kamaraj University Inter Collegiate Kho-Kho Women Tournament**, held at SVN College, Madurai from 28th to 29th September 2018.

Ms. R. Thava Priya	-	III BBA
Ms. E. Siva Bharathi	-	III B.A History
Ms. A. Anitha	-	III B.A History
Ms. M. Deepika	-	III B.Sc Zoology
Ms. G. Revathi	-	III B.A History
Ms. M. Muthulakshmi	-	II BBA
Ms. R. Swathi	-	III B.Com Banking
Ms. G. Yazhini	-	I B.A English
Ms. S. Asma Siddiq	-	II B.Sc Chemistry
Ms. P. Rithika	-	I B.A History
Ms. P. Ranjitha	-	I B.Com
Ms. S. Karthika	-	I B.Sc Microbiology
Ms. K. Kavitha	-	I B.A Tamil

Volleyball Men team players participated in **Madurai Kamaraj University Inter Zone Volleyball Men Tournament**, held at The American College, Madurai from 28th to 30th September 2018.

Mr. A. P. Ajith Kumar	-	I B.Com Banking
Mr. L. Thanga Raja	-	I B.A History
Mr. E. Vel Murugan	-	I B.A History
Mr. M. Manoj Kumar	-	II B.A History
Mr. R. Karthick Raja	-	II B.A History
Mr. K. J. Harish	-	I B.A Arabic
Mr. P. Mada Samy	-	I B.A History
Mr. S. Sabarinathan	-	I B.A History

Mr. S. Pradeep Kumar, I B.Sc Bio - Chemistry Secured Place II (17-21 Age Category) in the **31st Tamilnadu State Yogasana Open Championship 2018**, held at Dhanamani Hall, Madurai organized by Tamilnadu Yogasana Association, and Madurai District Yogasana Association on 29th September 2018.

Dr. B. Akbar Ali, Director of Physical Education, was elected as a member of **Selection Committee** in **Madurai Kamaraj University Inter Zone Volleyball Men Tournament**, held at The American College, Madurai from 29th to 30th September 2018.

Badminton Women team players participated in **Madurai Kamaraj University Inter Zone Badminton Women Tournament**, held at MKU, Indoor Stadium, Madurai from 1st to 2nd October 2018.

Ms. M. Deepika	-	III B.Sc Zoology
Ms. R. Thava Priya	-	III BBA

Ms. R. Swathi	-	III B.Com Banking
Ms. M. Rajeshwari	-	I B.A Tamil
Ms. G. Revathi	-	III B.A History
Ms. R. Jenofar Fathima	-	I B.A English

Cricket Men team players participated in **Madurai Kamaraj University Zone – C Cricket Men Tournament**, held at Arul Anandar College, Karumathur on 2nd and 3rd October 2018.

Mr. M. Soundharapandian	-	III B.Sc IT
Mr. M. Aathithyan	-	III B.Com CA
Mr. S. Ahamed Riffai	-	III B.Sc Maths
Mr. S. Vijay	-	I B.Sc Physics
Mr. S. Vigneshwaran	-	III B.A History
Mr. C. Revanth	-	III B.Sc Bio – Chemistry
Mr. S. Yahiya	-	I M.Com
Mr. C. Sudhan	-	II M.Com CA
Mr. C. Vishnuvarathan	-	III B.Sc Computer Science
Mr. A. Sivabalan	-	III B.Sc Zoology
Mr. S. Hariprasath	-	I B.Com
Mr. S. Jeyavudeen	-	I B.Sc Computer Science
Mr. S. Sivasuriya	-	III B.Com CA
Mr. B. Kabilan	-	III B.Sc Bio – Chemistry
Mr. M. Raja Vikram	-	I B.Sc Physics
Mr. R. Alagar	-	III B.Com CA
Mr. M. Visha	-	II B.A English
Mr. M. Mohamed Khan	-	I B.Sc Computer Science
Mr. R. Subash	-	III B.Com CA
Mr. T. Nareshraja	-	I B.Com Banking

Dr. B. Akbar Ali, Director of Physical Education, was elected as a member of **Selection Committee** in **Madurai Kamaraj University Inter Zone Volleyball Women Tournament**, held at Mangayarkarasi College, Paravai, Madurai on 3rd to 4th October 2018.

Mr. K. Naveen, II B.Com Banking, participated in **Madurai Kamaraj University Inter Zone Kabaddi Men Tournament**, held at Rajus College, Rajapalayam from 3rd to 5th October 2018.

Volleyball Women team players participated in **Madurai Kamaraj University Inter Zone Volleyball Women tournament**, held at Mangayarkarasi College, Paravai, Madurai on 3rd and 4th October 2018.

Ms. K. Abirami	-	II M.A English
Ms. S. Jeyagil Christy	-	I M.A English
Ms. J. Nivetha	-	I M.A History
Ms. D. Rayiniya	-	III BBA
Ms. M. Deepika	-	III B.Sc Zoology
Ms. M. Shanmuga Priya	-	I B.A English
Ms. M. Muthulakshmi	-	II BBA
Ms. M. Mubeena Fathima	-	I B.A History
Ms. R. Swathi	-	III B.Com Banking

Ms. K. Kavitha	-	I B.A Tamil
Ms. S. Karthika	-	I B.Sc Micro Biology
Ms. M. Rabiyyathul Basariya	-	II B.A Arabic

Mr. M. Athithyan, III B.Com CA, Mr. S. Ahamed Riffai, III B.Sc Maths and Mr. S. Vigneshwaran, III B.A History, participated in **Madurai Kamaraj University Inter Zone Cricket Men Tournament**, held at ANJA College, Sivakasi from 8th to 10th October 2018.

Best Physique / Weight Lifting / Power Lifting team players participated in **Madurai Kamaraj University Inter Zone Best Physique / Weight Lifting / Power Lifting Men Competition**, held at SRNM College, Sattur From 15th to 17th October 2018.

Mr. Kabeerbur Rahman	-	II B.Com
Mr. P. Mathan Kumar	-	II B.Com
Mr. A. Abdul Wahith	-	II B.Sc Chemistry
Mr. M. Rangunathan	-	II B.Sc Chemistry
Mr. R. Suriya	-	II M.Com CA

Athletics Women team players participated in **Madurai Kamaraj University Inter Collegiate Athletics Women Competition**, held at Dr. MGR Stadium, Madurai from 22nd to 23rd October 2018.

Ms. M. Prabhavathi	-	I B.A Economics
Ms. M. Deepika	-	III B.Sc Zoology
Ms. S. Jeya Gill Christy	-	I M.A English
Ms. R. Thava Priya	-	III BBA
Ms. K. Kavitha	-	I B.A Tamil
Ms. A. Anitha	-	III B.A History
Ms. P. Praveena	-	III B.A Economics
Ms. A. Sangeetha	-	II B.A History
Ms. G. Revathi	-	III B.A History
Ms. S. Mahima Pramodhini	-	I B.A English
Ms. K. Antro Ezil Uthaya	-	III B.A History
Ms. I. Rammiyaa	-	I B.Sc Maths
Ms. P. Ranjitha	-	I B.Com
Ms. S. Karthika	-	I B.Sc Microbiology
Ms. M. Muthulakshmi	-	II BBA

Athletic Men team players participated in **Madurai Kamaraj University Inter Collegiate Athletic Men**, held at Dr.MGR Stadium, Madurai from 22nd to 24th October 2018.

Mr. R. Rajesh	-	II BBA
Mr. R. Vignesh	-	II B.Sc Microbiology
Mr. A.P. Ajith Kumar	-	I B.Com Banking
Mr. M. Vishnu	-	I BBA
Mr. R. Suriya	-	I B.Sc Computer Science
Mr. P. Sasikumar	-	II B.A History
Mr. S. Dhana Dev	-	I B.A English
Mr. A. Kabeer Mohamed	-	II BBA
Mr. P. M.Sivaprathiuman	-	III B.Com
Mr. E. Mathan Babu	-	III B.Com Banking
Mr. S. Jeyavudeen	-	I B.Sc Computer Science

Mr. T. Dhasarathan - II BBA
Mr. A.O. Sharun Kumar - I B.Com

Mr. A.O. Sharun Kumar, I B.Com Secured Place III in 800 mts in the Madurai Kamaraj University Inter Collegiate Athletics Competition, held at Dr.M.G.R Stadium, Madurai from 22nd to 24th October 2018.

Ms. S. Karthika, I B.Sc Microbiology was selected for Madurai Kamaraj University Volleyball Women Team and also represented Madurai Kamaraj University Team in the South Zone Inter University Volleyball tournament, held at K.L University, Guntur, Andrapradesh. From 27th to 31st October 2018.

Dr. B. Akbar Ali, Director of Physical Education, was elected as a Team Manager and coach in South Zone Inter University Volleyball Men Tournament for Madurai Kamaraj University Team, held at SRM University, Chennai from 09th to 14th November 2018.

Mr. A.P. Ajith Kumar, I B.Com Banking, I B.Com Banking and Mr. S. Sabarinathan, I M.A History, was selected for Madurai Kamaraj University Volleyball Men Team and also represented Madurai Kamaraj University Team in the South Zone Inter University Volleyball tournament, held at SRM University, Chennai From 09th to 14th November 2018.

Mr. R. Jeya Balaji, I B.Com for participated in State Level Championship 2018-2019 competition organized by Roller Skating Feradation of India (RSFI) held at Nehru Stadium, Chennai From 15th to 19th November 2018.

Ball Badminton Women team players participated in Madurai Kamaraj University Inter Zone Ball Badminton Women Tournament, held at SFR College, Sivakasi on 19th December 2018.

Ms. R. Swathi - III B.Com Banking
Ms. S. Karthika - I B.Sc Micro Biology
Ms. M. Deepika - III B.Sc Zoology
Ms. R. Thava Priya - III BBA
Ms. G. Revathi - III B.A History
Ms. S. Asmathul Aafiya - I B.Sc Maths
Ms. S. Mohamed Hasiya Parveen - I B.A English
Ms. M. Anisha Fathima - I B.Com Banking

Dr. B. Akbar Ali, Director of Physical Education, was elected as a Team Manager and coach in South Zone Inter University Volleyball Men Tournament for Madurai Kamaraj University Team, held at SRM University, Chennai from 09th to 14th November 2018.

Mr. A.O. Sharun Kumar, I B.Com Secured Place I in 800 mts in the District level CM Trophy Athletics Competition, held at District Stadium, Theni from 30th to 31st January 2019.

Mr. A.P. Ajith Kumar, I B.Com Banking Secured place II in Discus Throw in the District level CM Trophy Athletics Competition, held at District Stadium, Theni from 30th to 31st January 2019.

Mr. R. Jeya Balaji, I B.Com for participated (Above 16 Age category) in **Theni District Roller Skating Championship – 2019** competition organized by TDRSA held at S.B.M JAY TECH School, Cumbum on 10th February 2019.

Roller Skating RINK II – **Place - I**

Roller Skating RINK III – **Place - I**

Dr. B. Akbar Ali, Director of Physical Education, was **elected** as a **Team Manager and coach** in **All India Inter University Boxing Men Competition** for **Madurai Kamaraj University team**, held at Janaradan Rai Nagar, Rajasthan from 21st to 28th February 2019.

Mr. A.O. Sharun Kumar, I B.Com Secured **Place III** in **800 mts** in the **State Level Athletic Meet Conducted by BIGG MEN**, held at Jawaharlal Nehru Stadium, Chennai on 21st February 2019.

Mr. R. Jeya Balaji, I B.Com for participated (Above 16 Age category) in **Open state Roller Skating championship 2019** competition organized by Perambalur District Roller Skating Association held at Collector office, Perambalur From 23rd to 24th February 2019.

Roller Skating RINK I – **Place - I**

Roller Skating RINK II – **Place - I**

Mr. A.P. Ajith Kumar, I B.Com Banking, and **Mr. P. Madasamy, I B.A History,** participated in the **State level CM Trophy Volleyball Men Tournament**, held at Nehru Stadium, Chennai from 23rd to 24th February 2019.

Mr. A.O. Sharun Kumar, I B.Com Secured **Place VII** in **800 mts** in the **State Level Athletic Meet CM Trophy**, held at Anna Stadium, Trichy on 24th February 2019.

A One Day **Trekking Trip** was organized by the Department of Physical Education for the **Part V Physical Education Sports Students** at **Anjuruli Tunnel, Thekkady and Kuravan kurathi Hills on 16.03.2019.**

A One Day **Jungle Walk** was organized by the Department of Physical Education for the **Part V Physical Education Sports Students** at **Kodaikanal on 16.03.2019.**

63rd Sports Day - A Mega Sports Festival:

The Inaugural Ceremony of the **Mega Sports Festival** was conducted in our college Sports Pavilion at 10.00 am on 11th February, 2019.

The Secretary and Correspondent, Hajee M. Dharvesh Mohideen, Principal, Hajee Dr. H. Mohammed Meeran, Deans, HODs, Teaching and Non-Teaching staff, Students attended the function. Six different teams with different names and logos comprising Three Men teams and Three Women teams from I,II,III UG and PG students were introduced on this occasion.

- YOUTUBE I - ROCKERS,(I year Men Students)
- TWITTER II - THRILLERS,(II year Men Students)
- INSTAGRAM III @ PG - DONS, (III year & PG Men Students)
- FACEBOOK I FARIES, (I year Women Students)

- TIK TOK II - TRENDERS, (II year Women Students)
- WHATS APP III& PG - WARRIORS, (III year & PG Women Students)

Dr. B. Akbar Ali, Director of Physical Education welcomed the gathering. An inaugural speech was given by our **Principal, Hajee Dr. H. Mohammed Meeran** and an inspirational speech was given by our **Secretary and Correspondent, Hajee M. Dharvesh Mohideen** on this occasion. The Sports Meet was declared open by our dignitaries and faculty members with colorful blasts. Following the ceremony, Inter-year Athletics competitions were being held for both Men and Women teams.

Annual Sports day is being conducted every year in a grand manner. Inter Year matches are being conducted for **11 games for Men students, 9 games for Women student** during the months of **February 2018 to March 2018**. **Around 670 Men and Women Students participate** in various events. In addition to that, **around 370 Men and Women Athletes compete in 15 Athletic events** Heats, Trials and Finals of various events. 63rd Sports Day was celebrated on **4th March 2019** with **Padma Shri Charles Borromeo Asian Games Gold Medalist, Arjuna Award Winner as the Chief Guest**. Medals and Certificates was awarded to Winners and Runners-up in all the games and I, II and III prizes in Athletics. Rolling Trophies will be awarded to overall team champions for Men and Women separately. Special Trophies will be awarded to University Blues and Best Sportsman – Men and Women respectively.

Dr. B. Akbar Ali, Director of Physical Education Hajee Karutha Rowther Howdia College participated in the **One Day National Level Workshop on Physical Fitness and Performance Enhancing through Swiss Ball Training** Organized by Department of Physical Education, GTN Arts College, Dindigul on 15th March 2019.

Mr. R. Jeya Balaji, I B.Com for participated (Above 15 Age category) in **ALL INDIA HI-TECH SPEED SKATING NIGHT RACE, at Indore Madhaya Pradesh, India** organized by Asiatic Roller Sports Experts Confederacy PVT-LTD. from 8th to 9th June 2019. He has won the following places in the corresponding events.

800 Mts	–	Place - I
1200 Mts	–	Place - I

One day National Level Workshop on Pedagogy of Fitness Workouts was organized by Hajee Karutha Rowther Howdia College on the behalf of Physical Education Department on 21st June 2019. Dr. K. Prasad (Founder and Director of IGNITE 101 Fitness Studio) as a Resource Person also gave a Training and Latest technique motivational speech to the students.

Dr. B. Akbar Ali, Director of Physical Education was invited as the **Resource Person** for the **International Yoga Day for Part V Yoga Club Students** organized by **Yoga Club** on **21st June 2019**. He created an awareness in the students on the various asana of Yoga.

Dr. B. Akbar Ali, Director of Physical Education was invited as the **Resource Person** for the **Students Induction Programme** for 1st Year UG Students organized by **SIP** on **24th June 2019**.

Director of Physical Education