

Hajee Karutha Rowther Howdia College

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

Department of Physical Education

Department Activities and Sports Achievements

From 15th March 2023 to 04th March 2024

Dr. B. Akbar Ali, Director of Physical Education, presented a paper entitled “Effect of Specific Training on Agility among College Level Men Volleyball Players” in **Two Day International Conference on Modern Trends in Sports Performance** organize by **Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu** on **15th and 16th March 2023**.

Dr. B. Akbar Ali, Director of Physical Education, nominated as **University Contingent Manager** for **University Khelo India Athletics Games (Men / Women)** at **Babu Banarasi Das University, Lucknow, Uttar Pradesh** from **27th May 2023** to **05th June 2023**.

The **Department of Physical Education** organized the **International Yoga Day Celebration** at the **Sports Pavilion, Hajee Karutha Rowther Howdia College, Uthamapalayam** on **21st June 2023** to create awareness among the students about the importance and benefits of Yoga.

Dr. B. Akbar Ali, Director of Physical Education acted as a **Resource Person** for **Student Induction Programme – Deeksharambh 2023-2024** conducted by the **Hajee Karutha Rowther Howdia College, Uthamapalayam** from **22nd to 28th June 2023**.

Ms. N. Priyatharshini, II B.Sc Mathematics represented the **Theni District Basketball women Team** and participated in the **State Level CM Trophy Basketball Women Tournament 2023-2024** held at **Jawaharlal Nehru Stadium, Chennai**, from **10th to 12th July 2023**.

Mr. A. Aravinthan, III B.Com Banking represented the **Theni District Volleyball men Team** and participated in the **State Level CM Trophy Volleyball Men Tournament 2023-2024** held at **Jawaharlal Nehru Stadium, Chennai**, from **11th to 14th July 2023**.

The **Department of Physical Education** organized “**An Exclusive Fruits Trees Plantation Programme by our Neophytes**” for planting saplings. The main purpose of the event was to create an awareness among the first year students for making our environment clean and green at **Hajee Karutha Rowther Howdia College, Uthamapalayam**, on **17th July 2023**. More than **420** students participated in the event and more than **80** saplings were planted.

Football Men Team players represented the **Theni District Football men Team** participated in the **State Level Football CM Trophy Men Tournament 2023-2024** held at **Jawaharlal Nehru Stadium, Chennai**, from **18th to 24th July 2023**.

Mr. M. Thoufiq Rahuman	-	III B.Com
Mr. M. Dhamodharan	-	II B.Sc Computer Science
Mr. M. Mohamed Arif	-	III B.Sc Computer Science
Mr. A. Sihabudeen	-	II B.Sc Computer Science

Dr. B. Akbar Ali, Director of Physical Education, Attended the Sports Annual General Body Meeting held at Madurai Kamaraj University, Madurai, on 26th July 2023.

Mr. N. Kousick Raj, III B.Com Banking secured **Place I** in the **State Level Silamabam Championship 2023** organized by **World Silambam Sports Association** held at **Kaleeswari College of Arts & Science, Sivakasi,** on **30th July 2023.**

Dr. B. Akbar Ali, Director of Physical Education, Attended the Sports Zone-C General Body Meeting held at G.T.N Arts College, Dindigul, on 02nd August 2023.

In Celebration of National Sports Day Celebrations 2023, Department of Physical Education organized an **Inter Year Basketball Competition 2023** on **29th August 2023** at Sports Indoor Stadium of **Hajee Karutha Rowther Howdia College, Uthamapalayam.** More than **400** Sports Women Students are participated in this event.

Department of Physical Education conducted **Inter Department Tennikoit Competition** on **29th August 2023** to commemorate the **Onam Celebrations 2023** at the Indoor Stadium of **Hajee Karutha Rowther Howdia College, Uthamapalayam.** Sports Women Students from various Departments in our College participated in this event. More than **200** Sports Students participated in this event.

Badminton Men Team players secured **Runners-Up** in the **Madurai Kamaraj University Zone-C Badminton Men Tournament 2023-2024** held at **C.P.A College, Bodinayakanur,** on **29th August 2023.**

Mr. S. Mohamed Ashiq	-	III B.Sc Chemistry
Mr. H. Ashiq	-	I M.A Economics
Mr. M. Muthu Kumar	-	III B.A History
Mr. K. Mohamed Thasthakeer	-	I B.A Arabic
Mr. A. Shami Ul Haq	-	II B.Sc Zoology
Mr. M. Peer Mohamed	-	II B.A History

Chess Men Team players participated in the **Madurai Kamaraj University Zone-C Chess Men Competition 2023-2024** held at **C.P.A College, Bodinayakanur,** on **29th August 2023.**

Mr. D. Naga Manikandan	-	I B.Com
Mr. S. Sabeen	-	II B.Com
Mr. M. Vijaya Kumar	-	II B.Sc Chemistry
Mr. M. Akthar Parveesh	-	III B.Com CA
Mr. A. Ilancheliyan	-	I B.A History

Athletics Men Team players participated in the **District Level HIV/AIDS Awareness (Red Run) Marathon 2023** held at **SDAT Stadium, Theni,** on **30th August 2023.**

Mr. S. Gnana Clement	-	I M.Com CA
Mr. V. Sanjay	-	I BBA
Mr. K. Shoban	-	I B.A History

Department of Physical Education organized the Awareness Programme “Burn Calories for Free with Water Pedaling” at Boat House, Pykara Lake, Ooty, Tamilnadu, India, on 02nd September 2023.

Department of Physical Education organized A National Level Workshop “Hill Station Training For Cardiovascular and Physical Fitness” at Sixth Mile, Shooting Spot, Ooty, Tamilnadu, India, on 02nd September 2023.

Department of Physical Education organized A National Level Workshop Yoga “A Way to Reconnect with Yourself” at Isha Ashram Yoga Centre, Tamilnadu, on 03rd September 2023.

Department of Physical Education organized An Awareness Programme - “Dams – The Heart of Sustainable Water Storage” at Aliyar Dam, Pollachi, Coimbatore, Tamilnadu, India, on 03rd September 2023.

Cricketer Men Team players participated in the **Theni District Level Cricket Men Tournament** held at **SDAT Stadium, Theni**, from 02nd and 03rd September 2023.

Mr. V. Sanjeev	-	II B.Sc Physics
Mr. K. Sachin	-	I B.Com
Mr. R. K. Mei Anban	-	III B.Sc CS
Mr. J. Mohamed Afrith	-	I B.Com
Mr. S. Shyam	-	I B.Com
Mr. J. Bala Hariharan	-	II B.Com
Mr. G. Gnanaprakash	-	II B.Com
Mr. A. Sirajudeen	-	II M.Com
Mr. S. Ramachandran	-	II B.Com Banking
Mr. V. Gowshik Srithar	-	III B.Sc Bio Chemistry
Mr. A. Prakash	-	II B.Com Banking
Mr. S. Suriya	-	III B.Sc IT
Mr. K. Jegan	-	II B.Com Banking
Mr. S. Yogesh	-	II B.Com Banking
Mr. P. Yuvandharsan	-	I B.Com CA

Badminton Men Team players participated in the **Madurai Kamaraj University Inter Zone Badminton Men Tournament 2023-2024** held at **SBK College, Aruppukottai**, on 04th and 05th September 2023.

Mr. S. Mohamed Ashiq	-	III B.Sc Chemistry
Mr. H. Ashiq	-	I M.A Economics
Mr. K. Mohamed Thasthakeer	-	I B.A Arabic
Mr. A. Shami Ul Haq	-	II B.Sc Zoology
Mr. M. Peer Mohamed	-	II B.A History

Badminton Women Team players participated in the **Madurai Kamaraj University Inter Collegiate Badminton Women Tournament 2023-2024** held at **The American College, Madurai**, on 07th September 2023.

Ms. V. Sharmila	-	III B.Com CA
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Ms. S. Subraja	-	II B.Sc Bio-Chemistry
Ms. M. Hajiyah Fathima	-	I B.Sc Chemistry
Ms. S. Nivetha	-	I B.Sc Bio-Chemistry
Ms. P. Tharani	-	I B.Sc Bio-Chemistry
Ms. S. Ishwarya	-	I B.A English

Chess Women Team players participated in the **Madurai Kamaraj University Inter Collegiate Chess Women Competition 2023-2024** held at **The American College, Madurai**, on **07th and 09th September 2023**.

Ms. S. Mohamed Hithaya	-	III B.A English
Ms. A. Aisha Sidhika	-	II B.A English
Ms. M. Ranjani	-	III B.Sc CS
Ms. E. Rubika Devi	-	II B.Sc Mathematics
Ms. S. Banu Sri	-	I B.Sc Bio-Chemistry

Chess Men Team players participated in the **Madurai Kamaraj University Inter Zone Chess Men Competition** held at **The American College, Madurai**, on **07th and 09th September 2023**.

Mr. S. Sabeen	-	II B.Com
Mr. M. Akthar Parveesh	-	III B.Com CA
Mr. A. Ilanchelian	-	I B.A History

Mr. M. Abinesh, III B.A History participated in the **Madurai Kamaraj University Inter Collegiate Judo Men Competition 2023-2024** held at **The American College, Madurai**, on **09th September 2023**.

Football Men Team players participated in the **Theni District Level Football Men Tournament** held at **SDAT Stadium, Theni**, from **09th and 10th September 2023**.

Mr. S. Gokul	-	I B.A History
Mr. G. Kannan	-	II B.A History
Mr. A. Sihabudeen	-	II B.Sc Computer Science
Mr. R. Rihayathul Shalik	-	II B.Sc Computer Science
Mr. A. Ajarudeen	-	II B.A History
Mr. M. Thoufiq Rahuman	-	III B.Com
Mr. R. Ayyanar	-	II B.Com Banking
Mr. S. Yogesh	-	II B.Com Banking
Mr. K. Jegan	-	II B.Com Banking
Mr. A. Mohammed Jalal	-	II B.Com Banking
Mr. S. Ramachandran	-	II B.Com Banking
Mr. M. Hari Prasath	-	I B.Com Banking
Mr. M. Akthar Parveesh	-	III B.Com CA
Mr. K. Siva Kumar	-	I B.Com Banking
Mr. K. Naveen Kumar	-	II B.Com Banking
Mr. J. Imran Basith	-	I BBA
Mr. S. Karthikeyan	-	II B.Sc Information Technology
Mr. P. Arun Kumar	-	II B.Com Banking

Basketball Men Team players participated in the **Madurai Kamaraj University Zone-C Basketball Men Tournament 2023-2024** held at **GTN Arts College Dindigul** on **11th September 2023**.

Mr. M. Akash	-	I BBA
Mr. R. Kalithmissal	-	I B.Sc Micro Biology
Mr. D. Varun	-	II B.Sc Mathematics
Mr. S. Surya	-	III B.Sc IT
Mr. R. Sathish Kumar	-	III B.Sc IT
Mr. R. Vinoth Kumar	-	III B.Sc IT
Mr. R. Sandru	-	III B.Sc Mathematics
Mr. S. Mohamed Ashiq	-	III B.Sc Chemistry
Mr. G. Sri Atchayan	-	III B.Sc CS
Mr. K. Yasar Arafath	-	III B.Sc CS

Volleyball Women Team players participated in the **Madurai Kamaraj University Inter Collegiate Volleyball Women Tournament 2023-2024** held at **The American College, Madurai** on **12th and 13th September 2023**.

Ms. R. Monisha	-	III B.Com Banking
Ms. T. Dharani	-	I B.Sc Micro Biology
Ms. M. Janani	-	I B.Com CA
Ms. B. Priyanka	-	I B.Sc Chemistry
Ms. R. Reena Sri	-	I B.Com CA
Ms. M. Jeya Sakthi	-	I B.Sc Zoology
Ms. M. Sarumathi	-	I B.Com CA
Ms. E. Yogitha	-	I B.Sc CS
Ms. P. Sindhumathi	-	II B.A History
MS. R. Nivetha	-	II B.Sc Chemistry
Ms. P. Karthika	-	III B.A English

Football Men Team players participated in the **Madurai Kamaraj University Zone-C Football Men Tournament 2023-2024** held at **GTN Arts College, Dindigul**, on **13th and 14th September 2023**.

Mr. S. Ragu Raman	-	I M.A English
Mr. S. Karthikeyan	-	II B.Sc IT
Mr. S. Eswara Pandian	-	I BBA
Mr. G. Jeevith	-	I B.A History
Mr. K. Sabarinathan	-	I B.A History
Mr. S. Gokul	-	I B.A History
Mr. A. Ajarudeen	-	II B.A History
Mr. S. Sasi Tharan	-	III B.A Economics
Mr. S. Joyal Moses	-	III B.Com Banking
Mr. A. Sharun	-	I B.Sc CS
Mr. E. Mathan Babu	-	I M.A Economics
Mr. G. Kannan	-	II B.A History
Mr. A. Vijaya Sarathi	-	I B.A Economics
Mr. V. Anbu Priyan	-	I M.A Economics

Mr. R. Ayyanar	-	II B.Com Banking
Mr. M. Siva	-	III B.Com CA
Mr. S. Anbu Raj	-	I M.A Economics
Mr. M Mohamed Aarif	-	III B.Sc CS
Mr. K. Jegan	-	II B.Com Banking
Mr. M. Thoufiq Rahuman	-	III B.Com

Dr. B. Akbar Ali, Director of Physical Education, Nominated as Selection Committee Member for selecting the Madurai Kamaraj University Basketball Men team. The selection trials were held at Thiyagarajar College, Madurai, on 15th and 16th September 2023.

Volleyball Men Team players secured **Runners-Up** in the **Madurai Kamaraj University Zone-C Volleyball Men Tournament 2023-2024** held at **Arulmigu Palani Andavar College, Palani**, from **18th to 20th September 2023**.

Mr. N. Deepan	-	I B.Sc CS
Mr. A. Sirajudeen	-	I M.Com
Mr. K. Sanjay	-	III B.A Economics
Mr. N. Santhosh	-	I B.A History
Mr. A. Aravinthan	-	III B.Com Banking
Mr. A. Sankar	-	I M.A Tamil
Mr. A.P. Ajith Kumar	-	I M.A Economics
Mr. M. Vijaya Surya	-	I B.A Arabic
Mr. J. Mathan Kumar	-	II B.A Tamil

Kabaddi Men Team players participated in the **Madurai Kamaraj University Zone-C Kabaddi Men Tournament 2023-2024** held at **GTN Arts College, Dindigul**, on **20th and 21st September 2023**.

Mr. R. Yokesh	-	I B.A History
Mr. R. Naveen Bala	-	I B.A History
Mr. M. Gowtham	-	I B.A History
Mr. K. Bharath	-	I BBA
Mr. S. Sanjay	-	I BBA
Mr. K. Dharshan	-	I B.A History
Mr. R. Vishal	-	I B.A Economics
Mr. V. Amarnath	-	I B.Com CA

Dr. B. Akbar Ali, Director of Physical Education, Nominated as a Selection Committee Member for selecting the Madurai Kamaraj University Volleyball Men team. The selection trials were held at Ayya Nadar Janaki Ammal College, Sivakasi, on 21st and 22nd September 2023.

Volleyball Men Team players participated and **secured the Winners for Combined Team** in the **Madurai Kamaraj University Inter Zone Volleyball Men Tournament 2023-2024** held at **Ayya Nadar Janaki Ammal College, Sivakasi**, on **21st and 22nd September 2023**.

Mr. K. Sanjay	-	III B.A Economics
Mr. N. Santhosh	-	I B.A History
Mr. A. Aravinthan	-	III B.Com Banking

Mr. A. Sankar	-	I M.A Tamil
Mr. A.P. Ajith Kumar	-	I M.A Economics
Mr. M. Vijaya Surya	-	I B.A Arabic

Dr. B. Akbar Ali, Director of Physical Education, acted as a Chief Guest – Theni District Roller Skating Championship at HKRH College, Uthamapalayam, on **24th September 2023**.

Ball Badminton Men Team players Secured **Runners-Up** in the **Madurai Kamaraj University Zone-C Ball Badminton Men Tournament 2023-2024** held at **SSM Arts & Science College, Dindigul** on **26th September 2023**.

Mr. S. Mohamed Ashiq	-	III B.Sc Chemistry
Mr. H. Ashiq	-	I M.A Economics
Mr. K. Mohamed Thasthakeer	-	I B.A Arabic
Mr. A. Shami Ul Haq	-	II B.Sc Zoology
Mr. M. Peer Mohamed	-	II B.A History
Mr. A. Sharun	-	I B.Sc Computer Science
Mr. M. Mohamed Jasim	-	I B.A Economics
Mr. S. Mohamed Thoufik	-	I B.A Economics
Mr. S. Mohamed Abdul Jalil	-	I BBA
Mr. K. Yasar Arafath	-	III B.Sc Computer Science

Football Men Team players participated in the **Madurai Kamaraj University Inter Zone Football Men Tournament 2023-2024** held at **GTN Arts College, Dindigul**, from **25th to 27th September 2023**.

Mr. E. Mathan Babu	-	I M.A Economics
Mr. S. Ragu Raman	-	I M.A English
Mr. S. Karthikeyan	-	II B.Sc IT
Mr. S. Sasi Tharan	-	III B.A Economics
Mr. S. Joyal Moses	-	III B.Com Banking
Mr. M. Siva	-	III B.Com CA
Mr. M. Mohamed Aarif	-	III B.Sc Computer Science

Ball Badminton Men Team players secured **Place III** in the **Madurai Kamaraj University Inter Zone Ball Badminton Men Tournament 2023-2024** held at **Rajapalayam Raju's College, Rajapalayam**, on **28th September 2023**.

Mr. S. Mohamed Ashiq	-	III B.Sc Chemistry
Mr. H. Ashiq	-	I M.A Economics
Mr. K. Mohamed Thasthakeer	-	I B.A Arabic
Mr. A. Shami Ul Haq	-	II B.Sc Zoology
Mr. M. Peer Mohamed	-	II B.A History
Mr. A. Sharun	-	I B.Sc Computer Science
Mr. M. Mohamed Jasim	-	I B.A Economics
Mr. S. Mohamed Thoufik	-	I B.A Economics
Mr. S. Mohamed Abdul Jalil	-	I BBA
Mr. K. Yasar Arafath	-	III B.Sc Computer Science

Shooting Women Team players participated in the **Madurai Kamaraj University Inter Collegiate Shooting Women Tournament 2023-2024** held at **Rifle Club, Madurai**, on **03rd October 2023**.

Ms. P. Rooba Shree	-	III B.A History
Ms. R. Ishwarya	-	III B.A Economics
Ms. T. Kirubha Sri	-	II B.Sc IT

Shooting Men Team players participated in the **Madurai Kamaraj University Inter Collegiate Shooting Men Tournament 2023-2024** held at **Rifle Club, Madurai**, on **03rd October 2023**.

Mr. A. Praveen	-	III B.A History
Mr. R. Akash	-	III B.A History
Mr. SM.C. Madeshwaran	-	III B.Sc Mathematics

Kabaddi Women Team players participated in the **Madurai Kamaraj University Inter Collegiate Kabaddi Women Tournament 2023-2024** held at **Nadar Mahajanam Sangam S. Vellaichamy Nadar College, Nagamalai Puthukottai, Madurai**, on **09th and 10th October 2023**

Ms. M. Mathu Mitha	-	III B.A History
Ms. S. Sugashini	-	III B.Sc Mathematics
Ms. K. Prithika	-	I B.Com Banking
Ms. S. Banu Sri	-	I B.Sc Bio Chemistry
Ms. A. Sri Nithya	-	I B.Sc Bio Chemistry
Ms. R. Hemavarna	-	I B.Sc Chemistry
Ms. P. Roobiya	-	I M.A Tamil
Ms. M. Hajiyah Fathima	-	I B.Sc Chemistry
Ms. T. Divya	-	I B.Sc Zoology
Ms. M. Aarthi	-	I B.Com Banking
Ms. T. Kirubha Sri	-	II B.Sc IT

Cricket Men Team players participated in the **Madurai Kamaraj University Zone-C Cricket Men Tournament 2023-2024** held at **SREE VEE College, Thandikombu**, from **10th to 12th October 2023**.

Mr. S. Vijay	-	I M.A Tamil
Mr. G. Ezhil Amuthan	-	I M.A Economics
Mr. P. Surya	-	I M.A Economics
Mr. M. Raja Vikram	-	I M.A Tamil
Mr. M. Bala Krishnan	-	I M.A Tamil
Mr. R. Venkatesh	-	II B.Sc Micro Biology
Mr. K. Siva Kumar	-	I B.Com Banking
Mr. M. Praveen	-	II B.Sc Micro Biology
Mr. S. Shyam	-	I B.Com
Mr. K. Sachin	-	I B.Com
Mr. P. Yuvan Dharsan	-	I B.Com CA
Mr. K. Vikram	-	III B.Com Banking
Mr. S. Hari Prasath	-	II M.Com
Mr. V. Gowsihik Srithar	-	III B.Sc Bio Chemistry
Mr. C. Balaji	-	II B.Sc Micro Biology

Mr. S. Shree	-	III B.A English
Mr. K. Srithar	-	III B.Com Banking
Mr. V. Sanjeev	-	II B.Sc Physics

Skating Men Team players participated in the **Madurai Kamaraj University Inter Collegiate Skating Men Competition 2023-2024** held at **Ms Sports Academy, Youth Skating Academy, Sivagangai**, on **14th and 15th October 2023**.

Mr. P. Vimal	-	II B.Com Banking
Mr. S. Sabeen	-	II B.Com
Mr. A. Aadavan	-	III B.Com

Ms. K. Prithika, I B.Com Banking secured **Place I (10000 mts Ring Race), Place II (500 mts Ring Race) & Place III (100 mts Road Race)** in the **Madurai Kamaraj University Inter Collegiate Women Skating Competition 2023** held at **Ms Sports Academy, Youth Skating Academy, Sivagangai**, on **14th and 15th October 2023**.

Mr. P. Vimal, II B.Com Banking secured **Place II (1000 mts Ring Race), Place II (1 lab Road Race)** in the **Madurai Kamaraj University Inter Collegiate Men Skating Competition 2023** held at **Ms Sports Academy, Youth Skating Academy, Sivagangai**, on **14th and 15th October 2023**.

Dr. B. Akbar Ali, Director of Physical Education, Nominated as a Selection Committee Member for selecting the Madurai Kamaraj University Skating Men & Women team. The selection trials held at Ms Sports Academy, Youth Skating Academy, Sivagangai, on 14th and 15th October 2023.

Athletics Men Team players participated in the **Madurai Kamaraj University Inter Collegiate Athletics Men Competition 2023-2024** held at **Dr. MGR Stadium, Race Course, Madurai**, on **27th and 28th October 2023**.

Mr. U. S. Sharuk	-	I B.Com
Mr. S. Eswara Pandian	-	I BBA
Mr. K. Shoban	-	I B.A History
Mr. D. Rijion	-	I B.A Economics
Mr. K. Sabarinathan	-	I B.A History
Mr. K. Vishwa	-	I B.A History
Mr. V. Sanjay	-	I BBA
Mr. M. Kishore	-	I B.A History
Mr. D. Varun	-	III B.Sc Mathematics
Mr. A. Vijaya Sarathi	-	II B.A Economics
Mr. M. Mohamed Rafi	-	II B.A Tamil
Mr. S. Gnana Clement	-	I M.Com CA
Mr. J. Imran Barith	-	I BBA
Mr. C. Kavin Prasath	-	I B.Com Banking
Mr. R. Ram Prasath	-	I B.A Economics
Mr. E. Mathan Babu	-	I M.A Economics
Mr. R. Seenu	-	III B A Economics
Mr. K. Abinesh	-	III B.Com CA

Mr. R. Yogesh	-	I B.A History
Mr. R. Jeya Seelan	-	II B.A Economics
Mr. K. Premnath	-	III B.Com CA

Athletics Women Team players participated in the **Madurai Kamaraj University Inter Collegiate Athletics Women Competition 2023-2024** held at **Dr. MGR Stadium, Race Course, Madurai**, on **27th and 28th October 2023**.

Ms. S. Sugashini	-	III B.Sc Mathematics
Ms. E. Yogitha	-	II B.Sc IT
Ms. M. Jeya Sakthi	-	I B.Sc Zoology
Ms. K. Deepa Raja Dharashini	-	I B.A Tamil
Ms. M. Aarthi	-	I B.Com Banking
Ms. A. Sri Nithya	-	I B.Sc Biochemistry
Ms. M. Mathu Mitha	-	III B.A History
Ms. K. Prithika	-	I B.Com Banking
Ms. T. Kirubha Sri	-	II B.Sc IT

Dr. B. Akbar Ali, Director of Physical Education, acted as a Chief Guest - Crescent FIESTA 2023 at The Crescent Matriculation Higher Secondary School, Uthamapalayam, on 05th November 2023.

Mr. C.S. Lalu Prabakar, II M.Sc Zoology participated in the **Madurai Kamaraj University Inter Collegiate Best Physique Men Competition 2023-2024** held at **SRNM College, Sattur** on **22nd November 2023**.

Karate Men Team players secured **Place II** (Karate Kumite Team Event) in the **Madurai Kamaraj University Inter Collegiate Karate Men Competition 2023-2024** held at **The American College, Madurai**, on **05th December 2023**.

Mr. R. Aadavan	-	III B.Com
Mr. R.K. Mei Anban	-	III B.Sc CS
Mr. M. Chandru	-	II B.Sc IT
Mr. P. Dheena	-	II B.Sc Zoology

Mr. R.K. Mei Anban , III B.Sc Computer Science secured **Place I (-74 kg Weight Category Karate Kumite event)**, **Place I (Karate Men Kata Event)** in the **Madurai Kamaraj University Inter Collegiate Men Karate Competition 2023** held at **The American College, Madurai**, on **05th December 2023**.

Mr. R. Aadavan, III B.Com secured **Place I (-67 kg Weight Category Karate Kumite event)**, in the **Madurai Kamaraj University Inter Collegiate Men Karate Competition 2023** held at **The American College, Madurai**, on **05th December 2023**.

Ms. E. Bavadharani, III BBA secured **Place I (-55 kg Weight Category Karate Kumite event)**, in the **Madurai Kamaraj University Inter Collegiate Women Karate Competition 2023** held at **The American College, Madurai**, on **05th December 2023**.

Ms. S. Vijayalakshmi, II B.Sc Physics secured **Place II (-68 kg Weight Category Karate Kumite event)**, in the **Madurai Kamaraj University Inter Collegiate Men Karate Competition 2023** held at **The American College, Madurai**, on **05th December 2023**.

Dr. B. Akbar Ali, Director of Physical Education, acted as a Chief Guest – **2nd Maths / Abacus Olympiad Felicitation** at **Ranjith Mahal, Cumbum**, on **17th December 2023**.

Mr. A. Aravinthan, III B.Com Banking participated in the **South Zone Inter University Men Volleyball Tournament 2023-2024** held at **Visvesvaraya Technological University, Belgavi, Karnataka**, from **20th December 2023** to **25th December 2023**.

Dr. B. Akbar Ali, Director of Physical Education, Nominated as a Coach cum Team Manager for **South West Zone Inter University Boxing Men and Women Competition** held at **Chandigarh University, Punjab**, from **24th December 2023** to **01st January 2024**.

Mr. P. Vimal, II B.Com Banking secured **Place III** in **Goa Skating Festival Roller Sports Tournament 2023-2024** held at **Fr. Angel Ashram School, Verna Goan, Madgoan, Goa**, from **05th January 2024** to **09th January 2024**.

Dr. B. Akbar Ali, Director of Physical Education, acted as a Chief Guest – **18th Sports Day** at **The Crescent Matriculation Higher Secondary School, Uthamapalayam**, on **12th January 2024**.

Karate Women Team players participated in the **South West Zone Inter University Women Karate Competition 2023-2024** held at **LNCT University, Bhopal, Madhya Pradesh**, from **13th January 2024** to **21st January 2024**.

Ms. E. Bavadharani	-	III BBA
Ms. S. Vijayalakshmi	-	II B.Sc Physics

Karate Men Team players participated in the **South West Zone Inter University Men Karate Competition 2023-2024** held at **LNCT University, Bhopal, Madhya Pradesh**, from **13th January 2024** to **21st January 2024**.

Mr. R. Aadavan	-	III B.Com
Mr. R.K. Mei Anban	-	III B.Sc CS

Dr. B. Akbar Ali, Director of Physical Education, Nominated as Coach cum Team Manager for **South West Zone Inter University Karate Men and Women Competition** held at **LNCT University, Bhopal, Madhya Pradesh**, from **15th January 2024** to **20th January 2024**.

Mr. C.S. Lalu Prabakar, II M.Sc Zoology participated in the **All India Inter University Men Best Physique Competition 2023-2024** held at **Calicut University, Kerala**, from **31st January 2024** to **05th February 2024**.

Dr. B. Akbar Ali, Director of Physical Education, has presented a paper entitled **“Effect of Complex Training on Selected Strength Parameters among Women Volleyball Players in the International Congress on Renaissance in Sports (ICRS 2024)**, held at **National College (Autonomous), Tiruchirapalli, Tamilnadu, India** from **7th to 11th February, 2024**.

Dr. B. Akbar Ali, Director of Physical Education, has presented a paper entitled “**The Influence of Floor Gymnastics Training on The Dynamic and Static Balance in Divisional Badminton Players** in the **International Congress on Renaissance in Sports (ICRS 2024)**, held at **National College (Autonomous), Tiruchirapalli, Tamilnadu, India** from **7th to 11th February, 2024**.

Dr. B. Akbar Ali, Director of Physical Education, has participated in the **Two Day International Virtual Symposium on ‘Research Methodology’** and presented a paper entitled “**Efficacy Of Cross Fit Training On Selected Physical And Physiological Variables Among College Women Volleyball Players**” organized by the **Department of Business Administration & Department of Physical Education, Arul Anandar College, Karumathur, Madurai** on **15th & 16th February, 2024**.

Dr. B. Akbar Ali, Director of Physical Education, has participated in the **Two Day International Virtual Symposium on ‘Research Methodology’** and presented a paper entitled “**Influence of Aerobic Exercise on Maximum Expiratory Power among College Men Kabaddi Players**” organized by the **Department of Business Administration & Department of Physical Education, Arul Anandar College, Karumathur, Madurai** on **15th & 16th February, 2024**.

68th Sports Day - A Mega Sports Competition

- Bengaluru Bulls, (I year Men Students)
- Jaipur Pink Panthers, (II year Men Students)
- Tamil Thalaivas, (III year & PG Men Students)
- Patna Pirates, (I year Women Students)
- Puneri Paltan, (II year Women Students)
- Bengal Warriors, (III year & PG Women Students)

Annual Sports Day is organized every year in a grand manner. Inter Year matches were conducted in **11 games for Men students, 9 games for Women student** during the months of **January 2023** and **February 2023**. Around 780 Men and Women Students participated in various events. In addition to that, around 397 Men and Women Athletes competed in 15 Athletic events such as Heats, Trials and Finals of various events.

68th Sports Day was celebrated on **4th March 2024** with Chief Guest **Mr. G. E. Sridharan, Arjuna and Dronacharya Awardee**, Medals and Certificates were distributed to Winners and Runners-up in all the Games and Athletics. Rolling Trophies were awarded to the Overall team, Men and Women Champions separately. Special Trophies were also awarded to University Blues and Best Sportsman – Men and Women respectively.

Dr. B. Akbar Ali
Director of Physical Education