



**Avinashilingam Institute for Home Science and Higher Education for Women**

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A' Grade by NAAC. Recognised by UGC Under Section 12 B

Coimbatore - 641 043, Tamil Nadu, India

**Sports Events Conducted for the Year 2016-17**

## Silambam Coaching Camp

Name of the Activity	Silambam Coaching Camp
Date	1 <sup>st</sup> July to 16 <sup>th</sup> July, 2016
Venue	Open Ground, Avinashilingam Institute
Participants	25 students
Details of Sports Activities Conducted	Training regarding Silambam kambu veechu, Val Sandai, Star with fire were given.



### **Talent Identification Meet**

Name of the Activity	Talent Identification Meet
Date	2 <sup>nd</sup> August to 16 <sup>th</sup> August 2016
Venue	Avinashilingam Open Ground
Participants	180 Students
Details of Sports Activities Conducted	To identifying talents of all students in games, intra Games meet were conducted in major games like volleyball, Basketball and Kadaddi etc



## Yoga Training for Sports Students

Name of the Activity	Yoga Training for Sports Students
Date	20/08/2016
Venue	Avinashilingam Open Ground
Participants	220 Students
Details of Sports Activities Conducted	Yogasanas training were given to all Sports Students.



## Project Sports Meet

Name of the Activity	Project Sports Meet
Date	20 <sup>th</sup> & 21 <sup>st</sup> August, 2016
Venue	400 mts track, Avinashilingam Institute
Participants	250 students
Details of Sports Activities Conducted	Project Sports meet focused to identify the talents of freshers in Athletics.





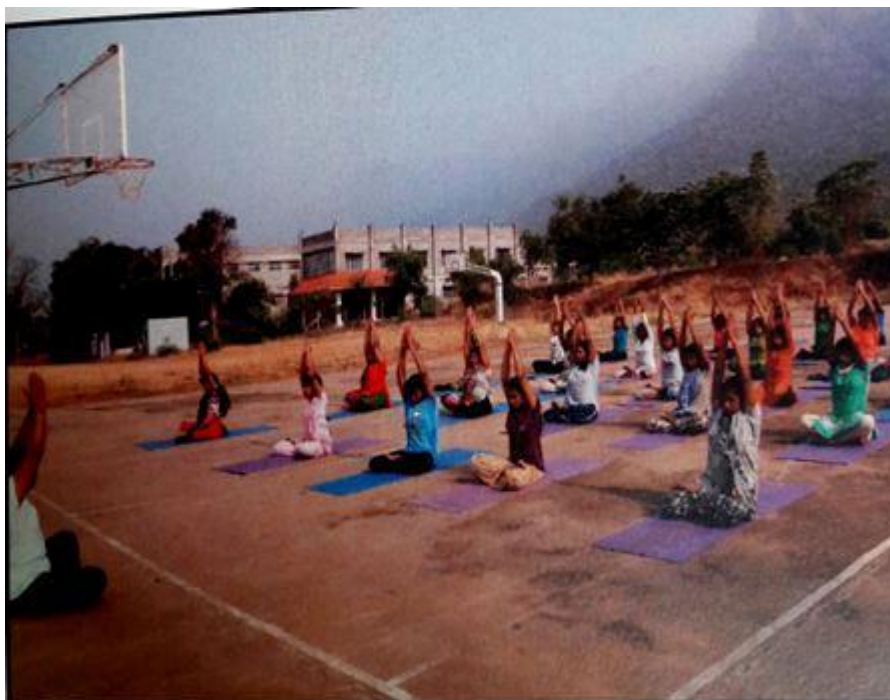
## Yoga for sports

Name of the Activity	Yoga day programme for sports students
Date	25.08.16
Venue	Shrine , Avinashilingam Institute
Participants	45 students
Details of Sports Activities Conducted	In special accordance with the International Yoga Day, Institute organized yoga class for Sports students to practice asanas and pranayamas.



## National Sports Day

National sports day was celebrated by conducting yoga and meditation session on 27<sup>th</sup> August 2016. 100 Students from the department of Physical education actively participated in the event which is conducted in the Satellite Campus of the institute.



**Avinashilingam Ayya Memorial Trophy” -State level volleyball  
tournament for Women-2016**

Name of the Activity	“Ist Avinashilingam Ayya Memorial Trophy” State level volleyball tournament for Women- 2016
Date	31.08.2016
Venue	Volleyball court, Avinashilingam Institute
Participants	120 students from various institutions
Details of Sports Activities Conducted	In special accordance with the National Sports Day Celebrations “Ist Avinashilingam Ayya Memorial Trophy” was organised which is a State level Inter collegiate Volleyball Tournament for Women-2016 on 31 <sup>st</sup> August, 2016. Ten teams around Tamil Nadu State have participated. P.K.R Arts for Women, Gobichettipalayam crowned the championship trophy. Avinashilingam University volleyball team got runner up. The third and fourth places were secured by Kalasalingam University, Krishnankovil and Kongunadu Arts and Science College, Coimbatore respectively. The prizes were distributed by the chief guest Mrs.A.Subbulakshmi, Ist Women Volleyball Coach, Tamil Nadu. The best setter, attacker and all rounder the tournament were also honoured.





## **South Zone Inter University Volleyball Coaching Camp**

Name of the Activity	South Zone Inter University Volleyball Coaching Camp
Date	4 <sup>th</sup> to 17 <sup>th</sup> September, 2016
Venue	Volleyball court
Participants	15 students
Details of Sports Activities Conducted	Advanced level of Volleyball training for Volleyball Women.



## Fencing Coaching Camp

Name of the Activity	Fencing Coaching Camp
Date	9 <sup>th</sup> to 15 <sup>th</sup> September, 2016
Venue	Avinashilingam Institute
Participants	6 students
Details of Sports Activities Conducted	Advance training in fencing was given to sports students.





## Recreational Sports for Sports Students

Name of the Activity	Recreational Sports for Sports Students
Date	20/09/2016
Venue	Avinashilingam Open Ground
Participants	220 Students
Details of Sports Activities Conducted	Tag race, Minor games and different recreational activities have been organized for sports students



## Inter House Yoga Tournament

Name of the Activity	Inter House Yoga Tournament
Date	25 <sup>th</sup> September 2016
Venue	Avinashilingam Open Ground
Participants	60 Students
Details of Sports Activities Conducted	Yoga pyramids and advanced Asanas and competitions were Organized.





## Inter House Athletic Meet

Name of the Activity	Inter House Athletic Meet
Date	22 <sup>nd</sup> October 2016
Venue	400 mts track, Avinashilingam Institute
Participants	120 students
Details of Sports Activities Conducted	Total students have divided into 8 houses. Various athletic events like track, field and Jump were organized.



## **Fitness Training for Sports Students**

**Date**

**29.10.2016**

**Venue**

**Satellite Campus**

**Detail of sports activities**

**Fitness Training for Sports Students**

**Participants**

100 students from Department of Education participated in the Activity.



## Sports Nutrition Coaching Camp



Nutrition and health education was given for sports students by Dr. Balasasirekha of Food Science and Nutrition Department on 2<sup>nd</sup> Nov. 2016 in the Thiruchitrambalam Auditorium of the Institute. All the undergraduate sports students benefitted from the programme.



## Throw ball Tournament

Name of the Activity	Throw ball Tournament for Non Teaching Staff
Date	8 <sup>th</sup> December, 2016
Venue	Avinashilingam Throw ball Court
Participants	78
Details of Sports Activities Conducted	Throw ball matches were conducted to all women Non-teaching Staff members of Avinashilingam Institute



## Inter House Ball Badminton Tournament

Name of the Activity	Inter House Ball Badminton Tournament
Date	12.12.2016
Venue	Ball Badminton Court, Avinashilingam Institute
Participants	48 students
Details of Sports Activities Conducted	Total students have divided into 4 houses and fixtures were drawn by lot method. 48 students were participated.





## South Zone Inter University Kabaddi Coaching Camp

Name of the Activity	South Zone Inter University Coaching Camp
Date	14 <sup>th</sup> to 28 <sup>th</sup> December, 2016
Venue	Avinashilingam Kabaddi Court
Participants	25 Students
Details of Sports Activities Conducted	Advanced level of Kabaddi Training were given.



### **Silambam Coaching Camp**

Skill training camp for Silambam is conducted for II UG Physical education students for two days from 8-10<sup>th</sup> Dec. 2016. Silambam exponents trained the students on basic skills including Rettai kombu (Double Stick). 30 students benefitted from the programme.

## Inter house Volleyball tournament

Name of the Activity	Inter house Volleyball tournament
Date	12/12/2016
Venue	Volleyball court, Avinashilingam Institute
Participants	96 students
Details of Sports Activities Conducted	Total students have divided into 8 houses and fixtures were drawn by lot method. 96 students were participated.



### **Cross Country Race**

As a part of physical training Cross Country race was organised for the Final year undergraduate students of the department of physical education. Students have covered a distance of 3 k.m. from the Satellite campus. The event was conducted on 18/12/2016.

## All India Inter University Badminton Team Coaching Camp

Name of the Activity	All India Inter University Badminton Team Coaching Camp
Date	20/02/2017
Venue	Badminton Court, Avinashilingam Institute
Participants	10
Details of Sports Activities Conducted	Advanced techniques and tactics were taught to the students. Mr.Varun, National Badminton player served as coach for the camp



## Debate on Supporting Sports Persons in India



A debate was conducted on the support for sport persons in India – Adequate/Inadequate by the Department of Physical Education. Undergraduate students from various department participated in the event which was conducted on 3<sup>rd</sup> March 2017. Dr. Nandini, Assistant Director of Physical Education of the Institute co-ordinated the event.

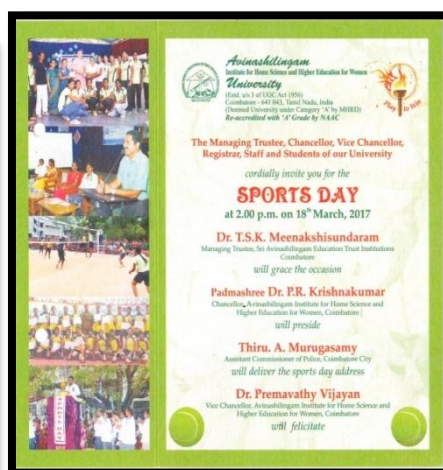
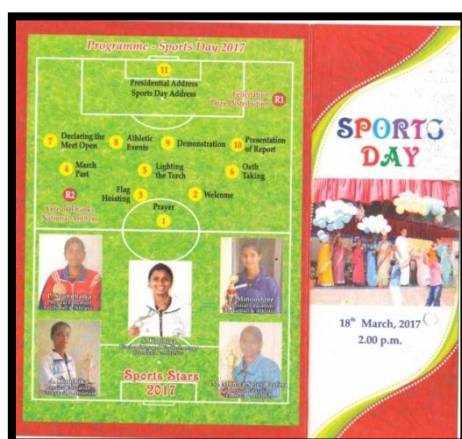
## Tamil Debate on Women In Sports

The sports students across all undergraduate programmes co-ordinated a Tamil debate on the participation of Women in Sports in commemoration of International Women's day celebration. Pros and Cons of being sports women are discussed in detail from the student's point of view. The Event was conducted in the gallery on 10<sup>th</sup> March 2018.



## Sports Day

Name of the Activity	Sports Day
Date	18 <sup>th</sup> March , 2017
Venue	Avinashilingam Open Ground
Participants	1600 students
Details of Sports Activities Conducted	Mega Sports Events includes all types of events such as march past competitions, demonstrations and prize distribution of all intramural tournaments.



## Multi Sports Summer Camp for Children

Name of the Activity	Multi Sports Summer Camp for Children
Date	25 <sup>th</sup> March to 08 <sup>th</sup> April, 2017
Venue	Avinashilingam Institute
Participants	120
Details of Sports Activities Conducted	Different types of Sports activities were conducted for children



**World Health Day Celebration  
Satellite Campus**

<b>Date</b>	<b>9.4.2017</b>
<b>Venue</b>	<b>Fitness Centre</b>
<b>Detail of sports activities</b>	<b>World Health Day Celebration</b>
<b>Participants</b>	Department of physical education students, celebrated world health day, fitness trainer from body zeal has given instruction to students

**Students involved in gym instruction class**





**Basketball Coaching Camp  
Satellite Campus**

<b>Date</b>	<b>6.6.2017</b>
<b>Venue</b>	<b>Avinashilingam institute for home science Education. Campus II – Basketball court</b>
<b>Detail of sports activities</b>	<b>Basketball coaching camp</b>
<b>Participants</b>	<b>Department of physical education students were divided into four groups and they took part in basketball coaching.</b>

**Basketball coaching**

