



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 2017-18

Yoga programme for sports students

Name of the Activity	Yoga programme for sports students
Date	03.07.17.
Venue	Open Ground , Avinashilingam Institute
Participants	370 students
Details of Sports Activities Conducted	In special accordance with the International Yoga Day, Institute organized yoga class for 300 Sports Students on Dr.P.Vanithamani, Asst Professor, Department of Physical Education addressed the students and gave instruction to practice asanas and pranayamas.



Tamil Debate

Name of the Activity	Tamil Debate
Date	17/07/2017
Venue	Avinashilingam Institute
Participants	450 Students
Details of Sports Activities Conducted	Pattimandram about Sports.



Strength training for sports students

Name of the Activity	Strength training for sports students
Date	23.07.17.
Venue	Open Ground , Avinashilingam Institute
Participants	240 students
Details of Sports Activities Conducted	Basic Strength training programme for sports students



March past Coaching Camp for all the students

Name of the Activity	March past Coaching Camp for all the students
Date	23 rd July to 03 rd August 2017
Venue	Open Sports Ground, Avinashilingam Institute
Participants	450 students
Details of Sports Activities Conducted	March past coaching camp was organized to 450 students of sports students



Athletic Coaching Camp

Name of the Activity	Athletic Coaching Camp
Date	7 th to 15 th August, 2017
Venue	Athletic Track, Avinashilingam Institute
Participants	24 students
Details of Sports Activities Conducted	Different types of athletic events training were given to sports students

Yoga Training for Sports Students

Name of the Activity	Yoga Training for Sports Students
Date	15/08/2017
Venue	Avinashilingam Open Ground
Participants	170 Students
Details of Sports Activities Conducted	Yogasanas training were given to all Sports Students.



Independence Day Run

Date	11.8.2018
Venue	Avinashilingam institute for home science Education. Campus II - Ground
Detail of sports activities	IndependenceDay Run
Participants	Department of physical education students, engineering students and education students took part in this marathon.



South Zone Inter University Volleyball Coaching Camp

Name of the Activity	South Zone Inter University Volleyball Coaching Camp
Date	15/9/2017 to 28/09/2017
Venue	Avinashilingam Volleyball Court
Participants	15 Students
Details of Sports Activities Conducted	Advance level of volleyball training were given



South Zone Inter University Kho-Kho Coaching Camp

Name of the Activity	South Zone Inter University Kho-Kho Coaching Camp
Date	17 th September to 02 nd October, 2017
Venue	Kho-kho court, Avinashilingam Institute
Participants	15 students
Details of Sports Activities Conducted	Advanced level of kho kho skill training for the players. Mr.Arun from Tamil Nadu Kho Kho Association served as coach for the camp.



South Zone Inter University Volleyball Coaching Camp

Name of the Activity	South Zone Inter University Volleyball Coaching Camp
Date	5 th to 19 th October, 2017
Venue	Volleyball court
Participants	15 students
Details of Sports Activities Conducted	Advanced level of Volleyball training for Volleyball Women. Ms.M.Amutha, National Volleyball player served as coach.



South Zone Inter University Kabaddi Coaching Camp

Name of the Activity	South Zone Inter University Kabaddi Coaching Camp
Date	1 st to 15 th November, 2017
Venue	Kabaddi Court
Participants	15 students
Details of Sports Activities Conducted	Advanced level of Kabaddi training were given. Mr.Sakthivel, National Kabaddi player served as coach.

Volleyball Coaching Camp for SDAT Tamil Nadu Inter University Tournaments

Name of the Activity	Volleyball Coaching Camp for SDAT Tamil Nadu Inter University Tournaments
Date	2 nd November to 18 th November, 2017
Venue	Volleyball court, Avinashilingam Institute
Participants	13 students
Details of Sports Activities Conducted	Advanced level of Volleyball training for Volleyball Women



South Zone Inter University Football Coaching Camp

Name of the Activity	South Zone Inter University Football Coaching Camp
Date	13 th to 27 th November, 2017
Venue	Football Field
Participants	27 students
Details of Sports Activities Conducted	Advanced levels of football training were given for Football Women. Mr.Gobinath, National Volleyball player served as coach.



Gymnastic Coaching Camp

Name of the Activity	Gymnastic Coaching Camp
Date	23 rd November to 6 th December, 2017
Venue	Open Ground, Avinashilingam Institute
Participants	25 students
Details of Sports Activities Conducted	B level of gymnastic training for women



South Zone Inter University Handball Coaching Camp

Name of the Activity	South Zone Inter University Handball Coaching Camp
Date	23 rd November to 6 th December, 2017
Venue	Handball court, Avinashilingam Institute
Participants	25 students
Details of Sports Activities Conducted	Advanced level of handball training for Handball Women



Project Sports Meet

Name of the Activity	Project Sports Meet
Date	23 rd November to 6 th December, 2017
Venue	400mts Track, Avinashilingam Institute
Participants	278 students
Details of Sports Activities Conducted	Athletic events all 1 st year Under Graduate students and Post Graduate Students



Inter House Football tournament

Name of the Activity	Inter House Football tournament
Date	3/12/17
Venue	Football Field, Avinashilingam Institute
Participants	64 students
Details of Sports Activities Conducted	Football matches were organized for the students in house basis.



Inter house Volleyball tournament

Name of the Activity	Inter house Volleyball tournament
Date	04.12.17
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.



Inter House Basketball tournament for all the students

Name of the Activity	Inter House Basketball tournament for all the students
Date	12 th December, 2017
Venue	Basketball 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



Inter House Athletic Meet

Name of the Activity	Inter House Athletic Meet
Date	13.12.17
Venue	Open Ground , Avinashilingam Institute
Participants	64 students
Details of Sports Activities Conducted	Athletic events like 100mts, 200mts, 400mts, 800mts, 1500mts, 3000 mts, 5000mts, 10000 mts, long Jump, High Jump, , Shotput, Javelin and relays had organized for all students in house basis.



Inter House Throw ball Tournament

Name of the Activity	Inter House Throwball Tournament for all the students
Date	03.01.2018
Venue	Throwball 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



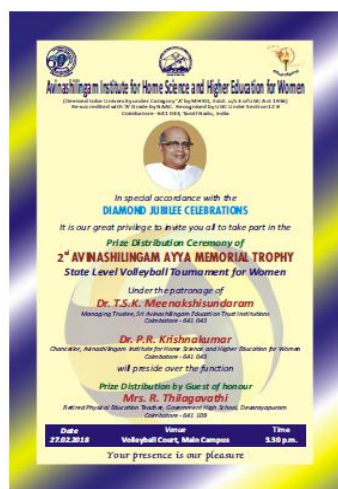
Inter House Ball Badminton Tournament

Name of the Activity	Inter House Ball Badminton Tournament
Date	29/01/2018
Venue	Ball Badminton Court , Avinashilingam Institute
Participants	96 students
Details of Sports Activities Conducted	Total students have divided into 4 houses and 96 students were participated



2nd Avinashilingam Ayya Memorial Trophy

Name of the Activity	2 nd Avinashilingam Ayya Memorial Trophy
Date	28 th February, 2018
Venue	Avinashilingam Open Ground
Participants	120 Students
Details of Sports Activities Conducted	State level Volleyball tournament for Women. 10 teams in and around Tamil Nadu have participated.



Band Troop Coaching Camp

Name of the Activity	Band Troop Coaching Camp
Date	1/3/2018 to 16/03/2018
Venue	Avinashilingam Open Ground
Participants	25 Students
Details of Sports Activities Conducted	Mr.Shiva Gurunathan from National Musical Band served as coach for Band Group. Training was given to students regarding various instruments in Band.



Aerial Silk Coaching Camp

Name of the Activity	Aerial Silk Coaching Camp
Date	1 st March to 16 th March, 2018
Venue	Mallakhamb Zone, Avinashilingam Institute
Participants	28 students
Details of Sports Activities Conducted	Aerial Silk training was given to students By Dr.Ganesh Nijanthanan, Tamil Nadu Aerial Silk Association and Proprietor, Khastria Sports Academy.



Inter House March past Coaching Camp for all the students

Name of the Activity	Inter House March past Coaching Camp for all the students
Date	11 th to 17 th March, 2018
Venue	Open Sports Ground, Avinashilingam Institute
Participants	250 students
Details of Sports Activities Conducted	March past coaching camp was organized to 250 students of different sports houses



Sports Day

Name of the Activity	Sports Day
Date	17 th of March 2018
Venue	Avinashilingam Open Ground
Participants	2400 students
Details of Sports Activities Conducted	The Special Guest of this function was Mr. A. Pari, IPS, Inspector General of Police, Coimbatore West Zone . Sports activities were events that included relay race, Fencing, Silambattam, Yoga and fire sports performed by the students.



YOGA COMPETITION

Satellite Campus

Date	22.03.2018
Venue	Avinashilingam institute for home science Education seminar hall.
Meet conducted	Yoga Day Celebration.
Participants	Department of physical education students has conducted yoga for Self finance and Engineering students, around 150 students were participated in this competition



GREEN MARATHON

Satellite Campus

Date	26.3.2018
Venue	Avinashilingam institute for home science Education.
Detail of sports activities	Green Marathon
Participants	Department of physical education students were took part in the marathon to create awareness among students to keep the campus clean and green.

GREEN MARATHON



Multi Sports Summer Camp for Children

Name of the Activity	Multi Sports Summer Camp for Children
Date	11 th to 21 st May, 2018
Venue	Avinashilingam Institute
Participants	28
Details of Sports Activities Conducted	Activities regarding yogasanas, Mallakhamb and Various Basketball Coaching Camps were given.

Summer Camp

