



**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  
2018-2019**

## SPECIAL LECTURE ON “IMPORTANCE OF MARTIAL ARTS FOR WOMEN”

Department of Physical Education organized a special lecture on 17.07.2018. Mrs.R.Geetha, Inspector of Police,Traffic Investigation Wing, Coimbatore presented her views on the topic **“Importance of Martial Arts for Women”**. 1000 students from final under graduate, post Graduate and all scholars were benefited. In addition, she guided the students with motivational thoughts



***“Special Lecture on “Importance of Martial arts for women”***

Name of the Expert	Mrs.R.Geetha, Inspector of Police,Traffic Investigation Wing, Coimbatore
Date of the Lecture	17.07.2018
Venue	Thiruchitrambalam Auditorium, Avinashilingam Institute.
Number of Participants	1000 Students
Topic	“Importance of Martial Arts for Women”.

### Practice Competition (Kabaddi)

Avinashilingam Institute organized practice competition for our Institute Kabaddi team in the year 2018-2019 on 27.08.2018.



***Practice Kbaddi Match – Bharathiar University vs  
Avinashilingam Institute***

Details of the Activity	Kabaddi Practice Match
Date	27.08.2018
Venue	Avinashilingam Institute
Number of Participants	20 Students

### **SOUTHZONE INTER UNIVERSITY FOOTBALL COACHING CAMP 2018-2019**

Avinashilingam Institute organized 10 days coaching camp for our Institute Football team to participate in South Zone Inter University Badminton Tournament 2018-2019 from 01.09.2018 to 10.09.2018.



Date of the Coaching Camp	01.09.2018 to 10.09.2018
Venue	Main Campus, Avinashilingam
Number of Participants	18
Coach	Dr.P.Nandhini
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Football Tournament 2018-2019



## WORKSHOP ON MALLAKHAMB

Avinashilingam Institute organized a Mallakhamb workshop which was opened for all the students, which was held on 21/09/2018 and 22/09/2018. Where 30 students participated and they were benefitted. The students were trained by Dr.Nijananthanan Ganesh, International Mallakhamb referee, Pondicherry.



Name of the Experts	Dr.Nijananthanan Ganesh, International Mallakhamb referee
Date of the Tournament	21.09.2018 to 22.09.2018
Venue	Avinashilingam Institute
Number of Participants	30 Students
Details of the Activity	Mallakhamb workshop

### 3<sup>rd</sup> AVINASHILINGAM AYYA MEMORIAL TROPHY” STATE LEVEL VOLLEYBALL TOURNAMENT

In special accordance with National Sports Day we have organised 3<sup>rd</sup> Avinashilingam Ayya Memorial state level volleyball tournament on 27.09.2018 . Totally 8 teams were participated in this tournament



***Avinashilingam Institute vs Karpagam Institute***



***Best Player of Ayya Trophy***

***Winner - Ayya Memorial Trophy***

Date of the Tournament	27.09.2018
Venue	Volleyball Complex, Avinashilingam
Number of Teams	8
Details of the Activity	<b>State level Volleyball Tournament</b> Winner: PKR College for Women, Gobichettipalayam. Runner: Kalasalingam University, Krishnan Kovil. Third Place: PSGR Krishnammal,Coimbatore. Fourth Place : Avinashilingam Institute, Coimbatore.



## SPECIAL LECTURE ON “SPORTS CULTURE OF INDIA”

In special accordance with National Sports Day Celebrations, Department of Physical Education organized a special lecture on 30<sup>th</sup> September, 2018. Dr.R.Saravana Prabha, Asst Professor and Head, Department of physical Education presented her views on the topic “Sports Culture of India”. 1200 students from final under graduate, post Graduate and all scholars were benefited.



Name of the Expert	Dr.R.Saravana Prabha, Asst Professor and Head, Department of physical Education
Date of the Lecture	30.09.2018
Venue	Thiruchitrambalam Auditorium, Avinashilingam Institute.
Number of Participants	1200 Students
Topic	“Sports Culture of India”

### **SOUTH ZONE INTER UNIVERSITY KHO KHO COACHING CAMP 2018-2019**

Avinashilingam Institute organized 10 days coaching camp for our Institute Kho Kho team to participate in South Zone Inter University Badminton Tournament 2018-2019 from 08.10.2018 to 17.10.2018.



***Team of South zone Inter University Kho Kho Tournament***

Date of the Coaching Camp	08.10.2018 to 17.10.2018
Venue	Main Campus, Avinashilingam
Number of Participants	12
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Kho Kho Tournament 2018-2019



## **SOUTH ZONE INTER UNIVERSITY VOLLEYBALL COACHING CAMP 2018-2019**

Avinashilingam Institute organized 10 days coaching camp for Institute Volleyball team to participate South Zone Inter University Volleyball Tournament 2018-2019 from 22.10.2018 to 31.10.2018.



***Team of South Zone Inter University Volleyball Tournament***

Date of the Coaching Camp	22.10.2018 to 31.11.2018
Venue	Volleyball Complex, Avinashilingam
Number of Participants	12
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Volleyball Tournament 2018-2019

## SOUTH ZONE INTER UNIVERSITY BASKETBALL COACHING CAMP (2018-2019)

Avinashilingam Institute organized 10 days coaching camp for our Institute Basketball team to participate in South Zone Inter University Basketball Tournament 2018-2019 from 26.10.2018 to 06.11.2018



Date of the Coaching Camp	26.10.2018 to 06.11.2018
Venue	Basketball court, Avinashilingam
Number of Participants	12
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Basketball Tournament 2018-2019

## STATE LEVEL INTER UNIVERSITY KABADDI TOURNAMENT FOR MEN AND WOMEN (2018-19)

The state level Inter University Kabaddi Tournament for men and women was organized on 27.10.2018 and 28.10.2018. 11 teams from women section and 15 teams in men section have participated. The tournament was inaugurated on 27.10.2018 at 8:00 am in the presence of many dignitaries. The chief guest of valedictory function was Mr. K. Balamahendran, M.A., Pro Kabaddi player, Income Tax department, Coimbatore.



Date of the Tournament	27.10.2018
Venue	Kabaddi Court, Avinashilingam
Number of Teams	11 Women teams and 15 Men teams
Details of the Activity	<b>Tamilnadu State Inter University Kabaddi Tournament for Men and Women 2018-2019</b>



### **SOUTH ZONE INTER UNIVERSITY BADMINTON COACHING CAMP 2018-2019**

Avinashilingam Institute organized 10 days coaching camp for our Institute Badminton team to participate in South Zone Inter University Badminton Tournament 2018-2019 from 27.10.2018 to 08.11.2018.



***Team of south Zone Inter University Badminton Tournament***

Date of the Coaching Camp	27.10.2018 to 08.11.2018
Venue	Main Campus, Avinashilingam
Number of Participants	5
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Badminton Tournament 2018-2019

### **ALL INDIA INTER UNIVERSITY MALLAKHAMB COACHING CAMP 2018-2019**

Avinashilingam Institute has organized 10 days coaching camp for Institute Mallakhamb team to participate in All India Inter University Yoga Championship 2018-2019 from 08.11.2018 to 19.11.2018.



***Team of All India Inter University Mallakhamb Championship***

Date of the Coaching Camp	08.11.2018 to 19.11.2018
Venue	Mallakhamb Zone, Avinashilingam
Number of Participants	5
Coach	Mr.Nijanthanan Ganesh
Details of the Activity	Advanced level coaching to participate in All India Inter University Mallakhamb Championship 2018-2019

### SPECIAL LECTURE ON CARRIER IN SPORTS

Department of Physical Education organized a Guest lecture on 5<sup>th</sup> December, 2018. Mr.Sendhil CEO, National Sports School, Coimbatore presented his views on the topic “Carrier in Sports”. 450 sports students were benefited.



Name of the Expert	Mr.Sendhil CEO, National Sports School	
Date of the Lecture	05.12.2018	
Venue	Thiruchitrambalam	Auditorium,
	Avinashilingam Institute.	
Number of Participants	450 Sports Students	
Topic	“Carrier in Sports”	



## WORKSHOP ON KICK BOXING

Avinashilingam Institute organized Kick Boxing workshop which was opened for all the students, held on 18/12/2018. 25 sports students participated and they were benefitted. The students were trained by Mr.Moorthi and Mr.Praveen Kumar Coaches, Tamilnadu Kick Boxing Association.



***Train Hard! Fight Easy! Workshop on Kick Boxing***

Name of the Experts	Mr.Moorthi and Mr.Praveen Kumar
Date of the Tournament	18.12.2018
Venue	Avinashilingam Institute
Number of Participants	25 Students
Details of the Activity	Kick Boxing workshop

## ALL INDIA INTER UNIVERSITY BALL BADMINTON COACHING CAMP 2018-2019

Avinashilingam Institute has organized 10 days coaching camp for our Institute Ball Badminton team to participate in All India Inter University Ball Badminton Tournament 2018-2019 from 04.01.2019 to 13.01.2019.



**Team of Ball Badminton for All India Inter University Ball Badminton Tournament 2018-2019**

Date of the Tournament	04.01.2019 to 13.01.2019
Venue	Ball Badminton Court, Avinashilingam
Number of Participants	12
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in All India Inter University Ball Badminton Tournament 2018-2019

## INTERHOUSE HANDBALL TOURNAMENT

Avinashilingam Institute organized Inter House Handball Tournament for all the students. The whole students were divided in to 3 houses. 96 students have participated in this tournament.



Date of the Tournament	22.01.2019
Venue	Handball Court, Avinashilingam Institute
Number of Participants	96 Students
Name of the Tournament	Inter House Handball Tournament



### **SOUTH ZONE INTER UNIVERSITY HANDBALL COACHING CAMP 2018-2019**

Avinashilingam Institute organized 10 days coaching camp for Institute Handball team to participate South Zone Inter University Volleyball Tournament 2018-2019 from 22.01.2019 to 01.02.2019.



***Team of South Zone Inter University Handball Tournament***

Date of the Coaching Camp	22.01.2018 to 01.02.2018
Venue	Main Campus, Avinashilingam
Number of Participants	12
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Handball Tournament 2018-2019

## INTERHOUSE BASKETBALL TOURNAMENT

Avinashilingam Institute organized Inter House Basketball Tournament for all the students. The whole students were divided in to 3 houses. 76 students have participated in this tournament.



***Teams of Inter House Basketball Tournament***

Date of the Tournament	23.01.2019
Venue	Basketball Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Basketball Tournament

## INTERHOUSE THROWBALL TOURNAMENT

Avinashilingam Institute organized Inter House Throwball Tournament for all the students. The whole students were divided in to 3 houses. 76 students have participated in this tournament.



Date of the Tournament	24.01.2019
Venue	Throwball Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Throwball Tournament



## INTERHOUSE CHESS TOURNAMENT

Avinashilingam Institute organized Inter House Chess Tournament for all the students. The whole students were divided in to 3 houses. 6 students have participated in this tournament.



*Inter House Chess Tournament*

Date of the Tournament	25.01.2019
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	6 Students
Name of the Tournament	Inter House Chess Tournament

## INTERHOUSE KHO KHO TOURNAMENT

Avinashilingam Institute organized Inter House Kho Kho Tournament for all the students. The whole students were divided in to 3 houses. 76 students have participated in this tournament.



Date of the Tournament	28.01.2019
Venue	Kho Kho Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Kho Kho Tournament

## INTERHOUSE BALL BADMINTON TOURNAMENT

Avinashilingam Institute organized Inter House Ball Badminton Tournament for all the students. The whole students were divided in to 3 houses. 76 students have participated in this tournament.



Date of the Tournament	29.01.2019
Venue	Ball Badminton Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Ball Badminton Tournament

### ALL INDIA INTER UNIVERSITY YOGA COACHING CAMP 2018-2019

Avinashilingam Institute has organized 10 days coaching camp for Institute Yoga team to participate in All India Inter University Yoga Championship 2018-2019 from 29.01.2019 to 08.02.2019



Date of the Coaching Camp	29.01.2019 to 08.02.2019
Venue	Yoga Hall, Avinashilingam
Number of Participants	6
Coach	Dr.V.Sivasankari
Details of the Activity	Advanced level coaching to participate in All India Inter University Yoga Championship 2018-2019



## INTERHOUSE BADMINTON TOURNAMENT

Avinashilingam Institute organized Inter House Badminton Tournament for all the students. The whole students were divided in to 3 houses. 30 students have participated in this tournament.



Date of the Tournament	30.01.2019
Venue	Badminton court, Avinashilingam Institute
Number of Participants	20 Students
Name of the Tournament	Inter House Badminton Tournament

## INTERHOUSE VOLLEYBALL TOURNAMENT

Avinashilingam Institute organized Inter House Volleyball Tournament for all the students. The whole students were divided in to 3 houses. 76 students have participated in this tournament.



Date of the Tournament	01.02.2019
Venue	Volleyball Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Ball Volleyball Tournament

## INTERHOUSE KABADDI TOURNAMENT

Avinashilingam Institute organized Inter House Kabaddi Tournament for all the students. The whole students were divided in to 3 houses. 76 students have participated in this tournament.



***Inter House Kabaddi Tournament***

Date of the Tournament	01.02.2019
Venue	Kabaddi Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Kabaddi Tournament



## INTERHOUSE TABLE TENNIS TOURNAMENT

Avinashilingam Institute organized Inter House Table Tennis Tournament for all the students. The whole students were divided in to 3 houses. 30 students have participated in this tournament.



Date of the Tournament	01.02.2019
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	30 Students
Name of the Tournament	Inter House Table Tennis Tournament



## ALL INDIA INTER UNIVERSITY POWER LIFTING COACHING CAMP 2018-2019

Our Institute has organized coaching camp for our Institute Power Lifting team to participate in All India Inter University Ball Badminton Tournament 2018-2019 from 02.02.2019 to 11.02.2019.



Date of the Coaching Camp	02.02.2019 to 11.02.2019
Venue	Indoor Hall, Avinashilingam
Number of Participants	2
Coach	Mrs.D.Vishnu Priya
Details of the Activity	Advanced level coaching to participate in All India Inter University Power Lifting Championship 2018-2019

### THROW BALL TOURNAMENT FOR TEACHING STAFF

Avinashilingam Institute organized Throw Ball tournament for teaching staff. Totally 40 staff members were participated in this tournament.



Date of the Tournament	08.02.2019 to 11.02.2019
Venue	Avinashilingam Institute
Number of Participants	40 Non Teaching Staff
Name of the Tournament	Throwball Tournament for Teaching Staff

## EVENTS FOR DIFFERENTLY CHALLENGED STUDENTS

Avinashilingam Institute organized Athletic events for differently challenged students as Intra-mural competitions for the 2018-2019.



Date of the Tournament	12.02.2019 to 15.02.2019
Venue	Avinashilingam Institute
Number of Participants	20
Name of the Tournament	Events for Differently Challenged Students



### ALL INDIA INTER UNIVERSITY KARATE COACHING CAMP 2018-2019

Avinashilingam Institute has organized 10 days coaching camp for Institute Karate team to participate in All India Inter University Tournament 2018-2019 from 16.02.2019 to 25.02.2019.



Date of the Coaching Camp	16.02.2019 to 25.02.2019
Venue	Indoor Hall, Avinashilingam
Number of Participants	3
Details of the Activity	Advanced level coaching to participate in All India Inter University Karate Championship 2018-2019



## INTERHOUSE YOGA TOURNAMENT

Avinashilingam Institute organized Inter House Yoga Tournament for all the students. The whole students were divided in to 3 houses. 45 students have participated in this tournament.



Date of the Tournament	19.02.2019
Venue	Yoga Hall, Avinashilingam Institute
Number of Participants	45 Students
Name of the Tournament	Inter House Yoga Tournament

## INTERHOUSE ATHLETIC MEET

Avinashilingam Institute organized Inter House Athletic Meet for all the students. The whole students were divided in to 3 houses. More than 200 students have participated in this tournament.



***“Life is a Relay and the Baton is Your knowledge” – Relay Race by Sports Students***



***“Aim High! Fly High! - Long Jump Performance by Sports student***

Date of the Tournament	19.02.2019 to 21.02.2019
Venue	Athletic Track and Field Avinashilingam Institute
Number of Participants	More than 200 Athletes
Name of the Tournament	Inter House Athletic Meet

### BADMINTON TOURNAMENT FOR NON-TEACHING STAFF

Avinashilingam Institute organized Badminton Tournament for Non-Teaching Staff. Totally 25 Staff members participated in this tournament.



Date of the Tournament	21.02.2019 to 23.02.2019
Venue	Avinashilingam Institute
Number of Participants	25 Non Teaching Staff
Name of the Tournament	Badminton Tournament for Non-Teaching Staff



### ATHLETIC EVENTS FOR TEACHING STAFF

Avinashilingam Institute organized Athletic Events for Teaching Staff. Totally 100 Staff members participated in this tournament.



***Shot Put Throw by Teaching Staff***

Date of the Tournament	27.02.2019 to 01.03.2019
Venue	Avinashilingam Institute
Number of Participants	100 Teaching Staff
Name of the Tournament	Athletic Events for Teaching Staff



### ATHLETIC EVENTS FOR NON-TEACHING STAFF

Avinashilingam Institute organized Athletic Events for Non-Teaching Staff. Totally 60 Staff members participated in this tournament.



Date of the Tournament	27.02.2019 to 01.03.2019
Venue	Avinashilingam Institute
Number of Participants	60 Non-Teaching Staff
Name of the Tournament	Athletic Events for Non-Teaching Staff

### THROW BALL TOURNAMENT FOR NON-TEACHING STAFF

Avinashilingam Institute organized Throw Ball tournament for Non-teaching staff. Totally 40 staff members were participated in this tournament.



***Non- Teaching Staff -Throw ball Tournament***

Date of the Tournament	01.03.2019 to 03.03.2019
Venue	Avinashilingam Institute
Number of Participants	40 Non Teaching Staff
Name of the Tournament	Throwball Tournament for Non-Teaching Staff

## WORKSHOP ON ZUMBA

Avinashilingam Institute organized a Zumba workshop which was opened for all the students, which was held on 07/03/2019. 450 sports students participated and they were benefitted. The students were trained by Mrs.Chaamu, Zumba trainer, Coimbatore as well as alumnae of our institute.



Name of the Experts	Mrs.Chaamu, Zumba trainer, Coimbatore
Date of the Tournament	07.03.2019
Venue	Thiruchitrambalam Auditorium, Avinashilingam Institute
Number of Participants	450 Students
Details of the Activity	Zumba workshop

## INTER HOUSE MARCH PAST COACHING CAMP AND COMPETITION

Avinashilingam Institute organized Inter House March past coaching camp and competition for all the students. Totally 300 students were participated in this competition.



***Have Faith in Each step! March Past By Sports Students***

Date of the Tournament	12.03.2019 to 22.03.2019
Venue	Avinashilingam Institute
Number of Participants	300 Students
Name of the Tournament	Inter House March Past



### **BAND TROOP COACHING CAMP 2018-2019**

Avinashilingam Institute has organised Band Troop coaching camp for students to perform in our Institute Sports Day 2018-2019 from 13.03.2019 to 22.03.2019.



Date of the Coaching Camp	13.03.2019 to 22.03.2019
Venue	Avinashilingam
Number of Participants	22
Coach	Mr.G.Siva Guru Nathan

## SPORTS DAY-2019

- Avinashilingam Institute Sports Day was celebrated on 23 March, 2019. Chief Guest of the function is Dr.Ch.VST.Saikumar,Secretary & Principal Ramakrishna Mission Vidhyalaya, Maruthi College of Physical Education, Coimbatore.The achievers of intramural tournaments were honored with certificates and medals.
- Alumni Association of our Institute sponsored Sports Star 2019 awards for the five students for their outstanding achievements in sports and games.



***Sports Day - 2018-2019***



***Flag Hoisting by Chancellor***



***March Past by Sports Students***



***Sports Star Award***

Date	23.03.2019
Venue	Avinashilingam Institute
Number of Participants	More than 1000 Students
Chief Guest	Dr.Ch.VST.Saikumar,Secretary & Principal Ramakrishna Mission Vidhyalaya, Coimbatore.