



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 2019-2020

SPECIAL LECTURE ON “ENHANCING HEALTH & WELLNESS THROUGH SPORTS PARTICIPATION”

Department of Physical Education organized a special lecture on 13.08.2019. Dr.B.Sujatha, **Director of Physical Education, Sri G.V.G.Visalakshi College for Women, Coimbatore** represented her views on the topic “Enhancing Health & Wellness through Sports Participation”. 1200 students from final under graduate, post Graduate and all scholars were benefited.



Name of the Expert	Dr.B.Sujatha, Director of Physical Education
Date of the Lecture	13.08.2019
Venue	Thiruchitrambalam Auditorium, Avinashilingam Institute.
Number of Participants	1200 Students
Topic	“Enhancing Health & Wellness through Sports Participation”.

SOUTH ZONE INTER UNIVERSITY KABADDI COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days coaching camp for Institute Kabaddi team to participate in South Zone Inter University Kabaddi Tournament 2019-2020 20.08.2019 to 29.08.2019.



Date of the Tournament	20.08.2019 to 29.08.2019
Venue	Kabaddi Court, Avinashilingam Institute
Number of Participants	12
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Kabaddi Tournament 2019-2020

SOUTH ZONE INTER UNIVERSITY KHOKHO COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days coaching camp for Institute Kho Kho team to participate in South Zone Inter University Kho Kho Tournament 2019-2020 23.08.2019 to 01.09.2019.



Date of the Tournament	23.08.2019 to 01.09.2019
Venue	Kho Kho Court, Avinashilingam Institute
Number of Participants	12
Coach	Mrs.R.Salomy
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Kho Kho Tournament 2019-2020

SOUTH ZONE INTER UNIVERSITY TENNIS COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days coaching camp for Institute Tennis players to participate in South Zone Inter University Tennis Tournament 2019-2020 from 25.09.2019 to 02.10.2019.



Date of the Tournament	25.09.2019 to 02.10.2019
Venue	Tennis Court, Avinashilingam Institute
Number of Participants	4
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Tennis Tournament 2019-2020

SOUTH ZONE INTER UNIVERSITY FOOTBALL COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days coaching camp for Institute football team to participate in South Zone Inter University Football Tournament 2019-2020 from 26.09.2019 to 04.10.2019.



Date of the Tournament	26.09.2019 to 04.10.2019
Venue	Football Field, Avinashilingam Institute
Number of Participants	14
Coach	Mrs.R.Salomy
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Football Tournament 2019-2020

WORKSHOP ON CESTOBALL

Avinashilingam Institute organized a Cestoball workshop on 30/09/2019. 100 students participated and benefitted. The students were trained by Dr.T.Arun Prasanna Joint Secretary, State Cestoball Association and Mr.Prabhu Selection Committee Member, State Cestoball Association.



Advanced Training Programme on Cestoball

Name of the Experts	Dr.T.Arun Prasanna and Mr.Prabhu
Date of the Tournament	30.09.2019
Venue	Avinashilingam Institute
Number of Participants	100 Students
Details of the Activity	Cestoball workshop

SOUTH ZONE INTER UNIVERSITY TABLE TENNIS COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days coaching camp for Table Tennis players to participate in South Zone Inter University Table Tennis Tournament 2019-2020 from 27.10.2019 to 05.11.2019.



***Team of Table Tennis for South Zone Inter University
Tournament 2019-2020***

Date of the Tournament	27.10.2019 to 05.11.2019
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	4
Coach	Miss.A.Sivasangari
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Table Tennis Tournament 2019-2020

SOUTH ZONE INTER UNIVERSITY HANDBALL COACHING CAMP

Avinashilingam Institute organized 10 days coaching camp for Institute Handball team to participate South Zone Inter University Handball tournament 2019-2020 from 28.10.2019 to 07.11.2019.



Team of Handball for South Zone Inter University Tournament 2019-2020

Date of the Tournament	28.10.2019 to 07.11.2019
Venue	Handball Court, Avinashilingam Institute
Number of Participants	16
Coach	Mrs.D.Vishnupriya
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Handball Tournament 2019-2020

SOUTH ZONE INTER UNIVERSITY VOLLEYBALL COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days coaching camp for Institute Volleyball team to participate South Zone Inter University Volleyball Tournament 2019-2020 from 25.11.2019 to 04.12.2019.



Date of the Tournament	25.11.2019 to 04.12.2019
Venue	Volleyball Court, Avinashilingam Institute
Number of Participants	12
Coach	Mrs.R.Salomy
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Volleyball Tournament 2019-2020

TAMILNADU STATE INTER UNIVERSITY ATHLETIC MEET MEN AND WOMEN (2019-2020)

- The state level Inter- University Athletic meet men and women was organized on 06.12.2019 and 07.12.2019. 11 teams from women and 14 teams in men section have participated.
- The chief guest of inaugural function was Thiru.R.P.Ravichandran, District Sports Officer, Coimbatore.
- The chief guests of valedictory function were Mr.T.Pradeep Rajkumar, Customs Department and Mr. Krish Beethoven, Income tax department.



100 mts Finals - Women



Valedictory Address by Guest



Men - Winner



Women - Winner

Date of the Meet	06.12.2019 and 07.12.2019
Venue	Jawaharlal Nehru Stadium and Avinashilingam Institute.
Number of Teams	11 Women teams and 14 Men teams
Details of the Activity	Tamilnadu State Inter University Athletic Meet for Men and Women 2019-2020

SOUTH ZONE INTER UNIVERSITY BASKETBALL COACHING CAMP (2019-2020)

Avinashilingam institute organized 10 days coaching camp for Institute Basketball team to participate in South Zone Inter University Basketball Tournament 2019-2020 from 04.12.2019 to 13.12.2019.



Date of the Tournament	04.12.2019 to 13.12.2019
Venue	Basketball Court, Avinashilingam Institute
Number of Participants	12
Coach	Mrs.R.Salomy
Details of the Activity	Advanced level coaching to participate in South Zone Inter University Basketball Tournament 2019-2020

**ALL INDIA INTER UNIVERSITY KICK BOXING COACHING CAMP
2019-2020**

Avinashilingam Institute organized 10 days coaching camp for Institute Kick Boxing team to participate in All India Inter University Kick Boxing Championship 2019-2020 from 14.12.2019 to 23.12.2019.



Team of Kick Boxing for All India Inter University Kick Boxing Championship 2019-2020

Date of the Tournament	14.12.2019 to 23.12.2019
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	18
Coach	Mr Moorthy and Mr Praveen Kumar
Details of the Activity	Advanced level coaching to participate in All India Inter University Kick Boxing Tournament 2019-2020

ALL INDIA INTER UNIVERSITY ATHLETICS (COACHING CAMP) 2019-2020

Avinashilingam Institute organized 10 days coaching camp for Institute Athletes to participate in All India Inter University Athletic Championship 2019-2020 from 21.12.2019 to 31.12.2019.



Date of the Tournament	21.12.2019 to 31.12.2019
Venue	Avinashilingam Institute
Number of Participants	15
Coach	Mrs.R.Salomy
Details of the Activity	Advanced level coaching to participate in All India Inter University Athletic Meet 2019-2020

ALL INDIA INTER UNIVERSITY YOGA COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days coaching camp for Institute Yoga team to participate in All India Inter University Yoga Championship 2019-2020 from 21.12.2019 to 30.12.2019.



Date of the Tournament	21.12.2019 to 30.12.2019
Venue	Yoga Hall, Avinashilingam Institute
Number of Participants	6
Coach	Dr.V.Sivasankari
Details of the Activity	Advanced level coaching to participate in All India Inter University Yoga Championship 2019-2020

ALL INDIA INTER UNIVERSITY KARATE COACHING CAMP (2019-2020)

Avinashilingam Institute organized 10 days Coaching Camp for Institute Karate team to participate in All India Inter University Karate Tournament 2019-2020 26.12.2019 to 04.01.2020.



Date of the Tournament	26.12.2019 to 04.01.2020
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	7
Coach	Mrs.R.Salomy
Details of the Activity	Advanced level coaching to participate in All India Inter University Karate Tournament 2019-2020

ALL INDIA INTER UNIVERSITY BALL BADMINTON COACHING CAMP 2019-2020

Avinashilingam Institute organized coaching camp for Institute Ball Badminton team to participate in All India Inter University Ball Badminton Tournament 2019-2020 from 03.01.2020 to 12.01.2020.



Team of Ball Badminton for All India Inter University Ball Badminton Tournament 2019-2020

Date of the Tournament	03.01.2020 to 12.01.2020
Venue	Ball Badminton Court, Avinashilingam Institute
Number of Participants	12
Coach	Dr.Mary Glory Ponrani
Details of the Activity	Advanced level coaching to participate in All India Inter University Ball Badminton Championship 2019-2020

ALL INDIA INTER UNIVERSITY POWER LIFTING COACHING CAMP 2019-2020

Avinashilingam Institute organized coaching camp for Institute Power Lifting team to participate in All India Inter University Ball Badminton Tournament 2019-2020 from 07.01.2020 to 16.01.2020.



Date of the Tournament	07.01.2020 to 16.01.2020
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	2
Coach	Mrs.R.Salomy
Details of the Activity	Advanced level coaching to participate in All India Inter University Power Lifting Tournament 2019-2020

EVENTS FOR DIFFERENTLY CHALLENGED STUDENTS

Avinashilingam Institute organized Athletic events for differently challenged students as Intra mural competitions on 08.01.2020



Performance by Differently Challenged Students

Date of the Tournament	08.01.2020
Venue	Avinashilingam Institute
Number of Participants	20
Name of the Tournament	Events for Differently Challenged Students

INTER HOUSE TABLE TENNIS TOURNAMENT

Avinashilingam Institute organized Inter House Table Tennis Tournament for all the students. The whole students were divided in to 12 houses. 30 students have participated in this tournament.



Date of the Tournament	20.01.2020
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	30 Students
Name of the Tournament	Inter House Table Tennis 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.



Inter House Throw ball Tournament

Date of the Tournament	22.01.2020
Venue	Throwball Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Throwball Tournament

INTER HOUSE 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.



Basketball teams of Inter House Tournament

Date of the Tournament	23.01.2020
Venue	Basketball Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Basketball 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.



Inter House Ball Badminton Tournament

Date of the Tournament	23.01.2020
Venue	Ball Badminton Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Ball Badminton Tournament

INTERHOUSE FOOTBALL TOURNAMENT

Avinashilingam Institute organized Inter House Football Tournament for all the students. The whole students were divided in to 3 houses.108 students have participated in this tournament.



Inter House Football Tournament

Date of the Tournament	24.01.2020
Venue	Football Field, Avinashilingam Institute
Number of Participants	108 Students
Name of the Tournament	Inter House Football Tournament

INTERHOUSE CHESS TOURNAMENT

Avinashilingam Institute organized Inter House Chess Tournament for all the students. The whole students were divided in to 3 houses. More than 36 students have participated in this tournament.



Chess Players of Inter House Tournament

Date of the Tournament	25.01.2020
Venue	Indoor Hall, Avinashilingam Institute
Number of Participants	36 Students
Name of the Tournament	Inter House Chess Tournament

INTERHOUSE KHO KHO TOURNAMENT

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



Kho Kho Teams of Inter House Tournament

Date of the Tournament	28.01.2020
Venue	Kho Kho Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Kho Kho Tournament

INTER HOUSE 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.



Badminton teams of Inter House Tournament

Date of the Tournament	30.01.2020
Venue	Badminton Court, Avinashilingam Institute
Number of Participants	30 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.



Inter House Volleyball Tournament

Date of the Tournament	01.02.2020
Venue	Volleyball Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House 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.



Date of the Tournament	01.02.2020
Venue	Kabaddi Court, Avinashilingam Institute
Number of Participants	76 Students
Name of the Tournament	Inter House Kabaddi Tournament

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	03.02.2020
Venue	Handball Court, Avinashilingam Institute
Number of Participants	96 Students
Name of the Tournament	Inter House Handball Tournament

BADMINTON TOURNAMENT FOR NON-TEACHING STAFF

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



Non- Teaching Staff - Badminton

Date of the Tournament	16.02.2020 to 20.02.2020
Venue	Avinashilingam Institute
Number of Participants	25 Non-Teaching Staff
Name of the Tournament	Badminton Tournament for Non-Teaching Staff

BAND TROOP 2019-2020

Avinashilingam Institute has organised Band Troop coaching camp for students to perform in our Institute Sports Day 2018-2019 from 18.03.2020 to 07.03.2020.



Majestic March by Band Troop

Date of the Coaching Camp	18.02.2020 to 07.03.2020
Venue	Avinashilingam
Number of Participants	22
Coach	Mr.G.Siva Guru Nathan

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.



Inter House Yoga Teams

Date of the Tournament	19.02.2020
Venue	Yoga Hall, Avinashilingam Institute
Number of Participants	45 Students
Name of the Tournament	Inter House Yoga Tournament

INTER HOUSE ATHLETIC MEET

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



Date of the Tournament	19.02.2020 to 21.02.2020
Venue	Athletic Track and Field Avinashilingam Institute
Number of Participants	More than 200 Athletes
Name of the Tournament	Inter House Athletic Meet

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	22.02.2020 to 24.02.2020
Venue	Avinashilingam Institute
Number of Participants	100 Teaching Staff
Name of the Tournament	Athletic Events for Non-Teaching Staff

ATHLETIC EVENTS FOR NON-TEACHING STAFF

Avinashilingam Institute organized Athletic Events for Non-Teaching Staff. Totally 80 Staff members participated in this tournament.



Shot Put Throw by Non-Teaching Staff

Date of the Tournament	26.02.2020 to 01.03.2020
Venue	Avinashilingam Institute
Number of Participants	80 Non-Teaching Staff
Name of the Tournament	Athletic Events for Non-Teaching Staff

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.



Date of the Tournament	25.02.2020 to 07.03.2020
Venue	Avinashilingam Institute
Number of Participants	300 Students
Name of the Tournament	Inter House March Past

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.



Squad of Women Throwball team (Non – Teaching)

Date of the Tournament	05.03.2020
Venue	Throwball Court, Avinashilingam Institute
Number of Participants	40 Non-Teaching Staff
Name of the Tournament	Throwball Tournament for Non-Teaching Staff

THROW BALL TOURNAMENT FOR TEACHING STAFF

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



Squad of Women Throw ball team (Teaching)

Date of the Tournament	06.03.2020 to 09.03.2020
Venue	Throwball Court, Avinashilingam Institute
Number of Participants	40 Teaching Staff
Name of the Tournament	Throwball Tournament for Teaching Staff

SPORTS DAY-2020

Our Institute Sports Day was celebrated on 07 March, 2020. Chief Guest of the function is Dr.P.J.Sebastian, Former Sports Scientist, Sports Authority of India. The achievers of intramural tournaments were honored with certificates and medals. Alumni Association of our Institute sponsored Sports Star 2020 awards for the seven students for their outstanding achievements in sports and games.



Receiving the Chief Guest



Declaring the Sports Day



Talent Show by Students



***Torch Bearers – Sports Day
2019-2020***

Date	07.03.2020
Venue	Avinashilingam Institute
Number of Participants	More than 1000 Students
Chief Guest	Dr.P.J.Sebastian, Former Sports Scientist, Sports Authority of India