



**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 2015-16**

## Yoga day celebrations

Name of the Activity	Yoga day celebrations
Date	29/06/2015
Venue	Open Ground , Avinashilingam Institute
Participants	450 students
Details of Sports Activities Conducted	A special training which includes Asanans, Pranayamas and Kriyas have conducted to sports students.



## Inter House Ball Badminton Tournament

Name of the Activity	Inter House Ball Badminton Tournament
Date	31/06/2015
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



## Inter House Throw ball Tournament

Name of the Activity	Inter House Throw ball Tournament
Date	1.07.2015
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

## Inter House Athletic Meet

Name of the Activity	Inter House Athletic Meet
Date	5-7-2015
Venue	400 mts track, Avinashilingam Institute
Participants	180 students
Details of Sports Activities Conducted	Total students have divided into 8 houses. Various athletic events like track, field and Jump were organized.



## **FRESHERS SPORTS MEET**

<b>Date</b>	<b>:15/7/2015</b>
<b>Venue</b>	<b>: Avinashilingam 400 Mts Track, Satellite Campus</b>
<b>Participants</b>	<b>II BPED Students are organized the Project Meet, 3000mts, 100mts , 200mts , 400mts, Students act as officials.</b>



### **Talents Identification Meet**

<b>Date</b>	<b>:16/7/2015</b>
<b>Venue</b>	<b>: Avinashilingam 400 Mts Track, Campus -II</b>
<b>Participants</b>	<b>II BPEd Students are organized the Project Meet, shot put, Discuss the Students act as officials.</b>

### Flexibility Training

30 Sports students from various undergraduate programmes participated in the training conducted on 19<sup>th</sup> July 2015 in the open ground of Institute.



## Mallakhamb Training

Forty undergraduate students were trained on Mallakhamb Skills for two days during 01-02 Aug.2015, in the main campus –open ground.



### **Project Athletic Meet – Track Event**

Date	:17/7/2015
Venue	: Avinashilingam 400 Mts Track, Satellite Campus
Details of Sports Activities Conducted	VI PROJECT ATHLETIC MEET- RUNNING EVENT
Participants	II BPED Students are organized the Project Meet, 100mts Hurdles the Students act as officials.



**VI Field Events Athletic Meet - Throws**

<b>Date</b>	<b>:21/7/2015</b>
<b>Venue</b>	<b>: Avinashilingam 400 Mts Track, Satellite Campus</b>
<b>Details of Sports Activities Conducted</b>	<b>VI PROJECT ATHLETIC MEET- FIELD EVENT (THROWS EVENT)</b>
<b>Participants</b>	<b>II BPEd Students are organized the Project Meet, shot put, Discus the Students act as officials.</b>

### **National sports day**

<b>Date</b>	<b>:29/08/2015</b>
<b>Venue</b>	<b>: Avinashilingam university Ground Campus II Ground</b>
<b>Details of Sports Activities Conducted</b>	<b>: Conducted by students of Department of Physical Education.</b>
<b>Participants</b>	<b>: National Sports day was celebrated in Department of Physical Education, Hockey match.</b>



### **Kho-Kho Training**

<b>Date</b>	<b>:15/11/2015</b>
<b>Venue</b>	<b>: Kho - Kho complex</b>
<b>Details of Sports Activities Conducted</b>	<b>:All India inter university Kho-Kho team coaching</b>
<b>Participants</b>	<b>: Kho-Kho team coaching camp was organized by Physical Education Department</b>



<b>VI Track Events Meet</b>	
<b>Date</b>	<b>:17/11/2015</b>
<b>Venue</b>	<b>: Avinashilingam 400 Mts Track, Satellite Campus</b>
<b>Details of Sports Activities Conducted</b>	<b>VI PROJECT MEET- RUNNING EVENT</b>
<b>Participants</b>	<b>II BPEd Students are organized the Project Meet, 100mts Hurdles the Students act as officials.</b>

<b>Intramurals</b>	
<b>Date</b>	<b>:22/11/2015</b>
<b>Venue</b>	<b>: Open Ground</b>
<b>Details of Sports Activities Conducted</b>	<b>:Conducted by students of Department of Physical Education</b>
<b>Participants</b>	<b>: Intramural Matches (Ball Badminton) were organized by the student and within the campus II.Number of participants are 60 students in one of the group were acted as officials.</b>

## KABADDI COACHING CAMP

<b>Date</b>	<b>:15/12/2015</b>
<b>Venue</b>	<b>: Avinashilingam university Ground Campus II Kabaddi Ground</b>
<b>Details of Sports Activities Conducted</b>	<b>: Conducted by students of Department of Physical Education.</b>
<b>Participants</b>	<b>: Kabaddi Coaching Camp were conducted by the for our Kabaddi Team.15 were benefited from this camp.</b>



## Band Troop coaching camp

Name of the Activity	Band Troop Coaching camp
Date	03.1.2016 to 5. 1.2016
Venue	Open Ground, Avinashilingam Institute
Participants	25 students
Details of Sports Activities Conducted	Band troop training camp was organized for our Institution students and played during sports day.



### **Leadership camp**

<b>Date</b>	<b>:27/1/2016</b>
<b>Venue</b>	<b>: Open ground</b>
<b>Details of Sports Activities Conducted</b>	<b>:Conducted by Department of Physical Education.</b>
<b>Participants</b>	<b>: Leadership Camp were conducted by the I BPEd Students</b>



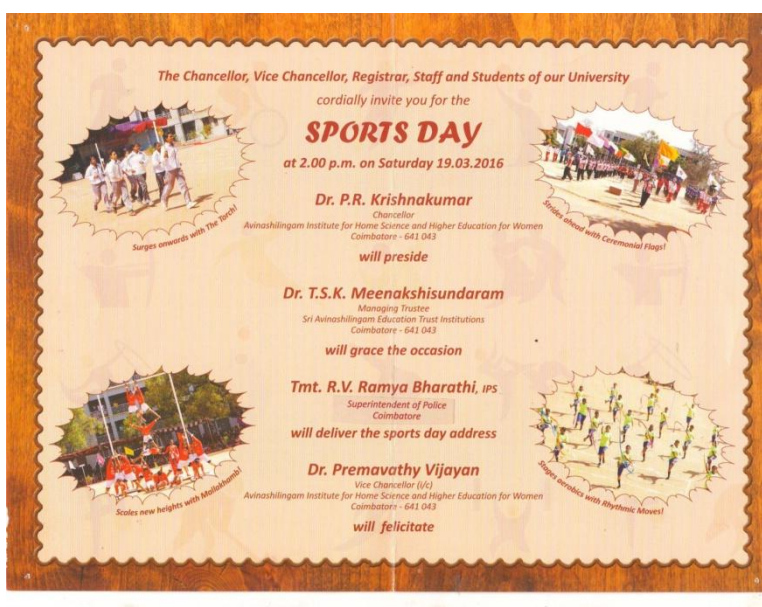
### **Physical Training on Yoga and Meditation**

<b>Date</b>	<b>:12/01/2016</b>
<b>Venue</b>	<b>: Avinashilingam university Ground , Satellite Campus, Seminar Hall Ground</b>
<b>Details of Sports Activities Conducted</b>	<b>: Conducted by students of Department of Physical Education.</b>
<b>Participants</b>	<b>: Yoga were conducted for our BSc students.</b>



## Sports Day

Name of the Activity	Sports Day
Date	19/03/16
Venue	Avinashilingam Open Ground
Participants	`1790
Details of Sports Activities Conducted	Our Institute's mega Sports Event which includes all types of sports events, march past competitions, Demonstrations and prize distribution of all intramural tournaments was organized.



## PROJECT SPORTS MEET- TRACK EVENT

Date	:25/32016
Venue	: A 400 Mts Track, Satellite Campus
Details of Sports Activities Conducted	VI Project Athletic Meet- Track Event
Participants	II BPED Students organized the Project Meet, 2000mts Race walk, 100mts , 400mts , 1500mts, Students act as officials.



### PROJECT SPORTS MEET- FIELD EVENT

Date	:26/3/2016
Venue	: Avinashilingam 400 Mts Track, Satellite Campus
Details of Sports Activities Conducted	VI Project Athletic Meet- Field Event (Throws Event)
Participants	II BPed Students organized the Project Meet, Javelin throws, shot put, Discuss the Students act as officials.



100mts race by our students

## PROJECT SPORTS MEET - JUMP EVENT

Date	:27/3/2016
Venue	: Avinashilingam 400 Mts Track, Satellite Campus
Details of Sports Activities Conducted	VI Project Athletic Meet- Field Event (Jump Event)
Participants	II BPED Students organized the Project Meet, Long Jump and Triple Jump the Students act as officials.



### **Volley ball Team Coaching**

Date	:15/04/2016
Venue	: Volley ball complex, Satellite Campus
Details of Sports Activities Conducted	:All India inter university Volley ball team coaching
Participants	: Physical Education Students



### Intramurals

Date	:29/4/2016
Venue	: Ground Satellite Campus
Details of Sports Activities Conducted	:Conducted by students of Department of Physical Education
Participants	: Intramural Matches (kho-kho)were organized by the student and within the Satellite Campus.Number of participants are 100 students in one of the group were acted as officials. Jupiter ,Neptune, Pluto,Mass.



Kho-kho matches by Jupiter and Neptune

## MOCK SPORTS

Date	:2/5/2016
Venue	: Ground, Satellite Campus
Details of Sports Activities Conducted	:Conducted by students of Department of Physical Education.
Participants	: Mock Sports were conducted by the students students from I BPED Students



### FOOTBALL COACHING CAMP

Date	:3/5/2016
Venue	: Satellite Campus, Football Ground
Details of Sports Activities Conducted	: Conducted by students of Department of Physical Education.
Participants	: Physical Education Students



## HEALTH AND YOGA CAMP

Date	:4/5/2016
Venue	: Satellite Campus, Fitness Room
Details of Sports Activities Conducted	: Conducted by students of Department of Physical Education.
Participants	: Physical Education Students

