

INTERNATIONAL YOGA DAY CELEBRATIONS

On 21st June 2023, Avinashilingam Institute celebrated International Yoga Day at the Thiruchitrambalam Auditorium, organized by the Department of Physical Education. The event saw the enthusiastic participation of 60 students who gathered to observe the significance of yoga in maintaining both physical and mental well-being. This global initiative emphasized the holistic benefits of yoga, encouraging students to integrate its practices into their daily lives for better health and mindfulness.



The session was led by experienced yoga instructors who guided the participants through various asanas (yoga poses), pranayama (breathing exercises), and meditation techniques. The focus was on enhancing flexibility, improving concentration, and promoting relaxation. Students were taught how yoga can help in reducing stress, improving posture, and boosting overall energy levels, making it an excellent tool for managing academic pressures and maintaining a balanced lifestyle.

The event received positive feedback, with students appreciating the opportunity to participate in such a calming and rejuvenating activity. Many expressed interest in continuing yoga as part of their daily routine for both its physical and mental benefits. The celebration of International Yoga Day successfully raised awareness about the importance of yoga and well-being, fostering a culture of mindfulness and self-care within the institute.

SPORTS ORIENTATION

The Department of Physical Education at Avinashilingam Institute organized a sports orientation in 28th July 2023 to introduce freshers to the institute's robust sports culture and facilities. The event highlighted the importance of sports in holistic development and showcased the institute's infrastructure, including indoor halls, a 400-meter track, boxing rings, and synthetic basketball courts.



Senior athletes and faculty conducted interactive demonstrations, inspiring students to explore various sports opportunities. Testimonials from achievers in kickboxing, silambam, and judo emphasized the institute's strong support for budding athletes through scientific training and guidance.

The program concluded with an open forum, where students expressed enthusiasm for participating in sports activities. The orientation set the tone for fostering an active and balanced lifestyle among the freshers.

Motivational session : “play to keep fitness”

On 31st July 2023, Avinashilingam Institute hosted a sports motivational class to encourage students to incorporate fitness into their daily routines. The session featured a motivational speaker who emphasized the physical, mental, and social benefits of participating in sports. The speaker shared insights on how sports improve strength, endurance, and mental focus, while also enhancing academic performance and personal well-being.



The class included interactive discussions where students shared their experiences with sports and fitness. Fun and engaging physical activities were organized, such as light aerobics, team sports, and fitness challenges, to demonstrate that staying active can be both enjoyable and beneficial. These activities aimed to enhance students' physical endurance, strength, and agility in a playful and supportive environment.

The session concluded with information on how students can integrate fitness into their daily lives, along with details about the sports facilities and resources available on campus. The event received positive feedback, with many students expressing a desire to engage in regular fitness routines and participate in sports. It served as a motivating reminder of the importance of fitness for both health and academic success.

“Relax with Sports” -Motivational session

On 3rd August 2023, Avinashilingam Institute organized a "Relax with Sports" motivational session, led by Mrs. Amsaveni, a renowned sports trainer. The session aimed to inspire students to incorporate physical activity into their daily routines while emphasizing the mental and physical benefits of sports for stress relief and relaxation.



Mrs. Amsaveni engaged the participants with practical exercises, showcasing simple sports and fitness routines designed to promote relaxation, reduce stress, and improve overall well-being. Through interactive discussions, she highlighted the importance of sports in achieving a balanced lifestyle and its role in maintaining mental clarity and physical health.

Aerobic Fitness Session

On 1st August 2023, Avinashilingam Institute organized an Aerobic Fitness session aimed at promoting cardiovascular health and overall physical fitness. The session focused on enhancing aerobic endurance, improving stamina, and boosting energy levels through a series of rhythmic exercises and movements set to music. The activity was designed to engage participants in a fun and energetic way while also offering significant health benefits, including better heart health and increased lung capacity.

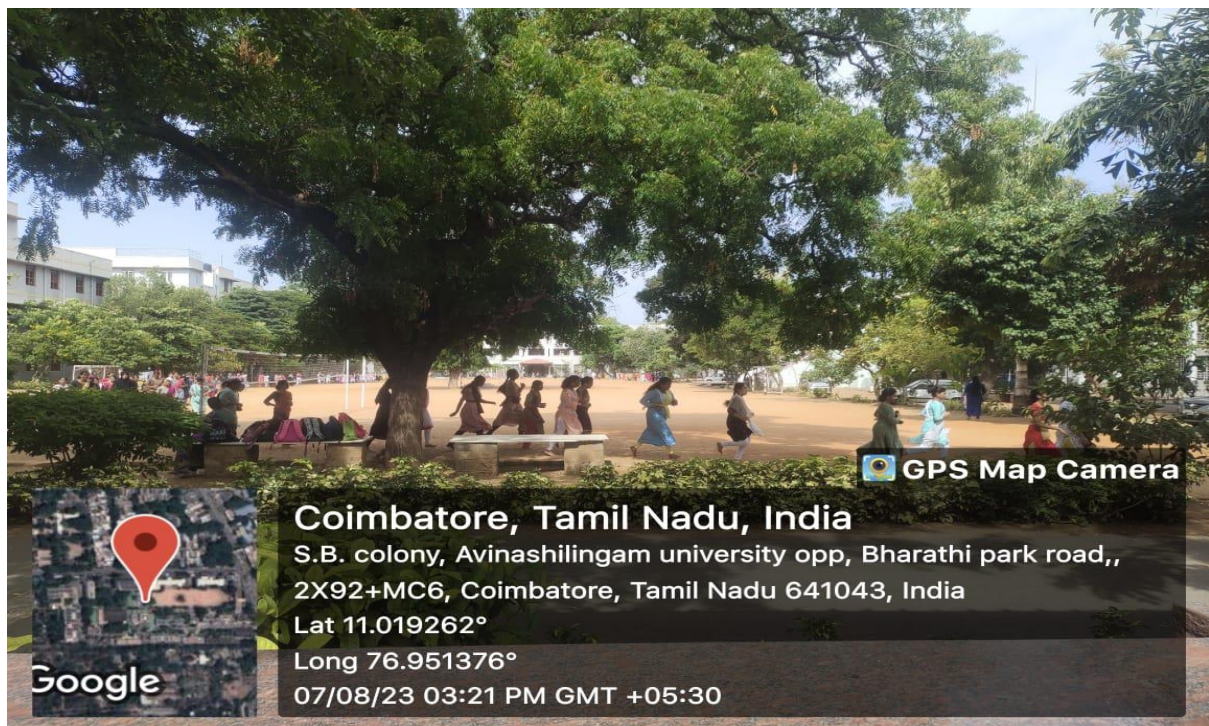


The session included a dynamic mix of warm-up exercises, followed by various aerobic routines such as step aerobics, high knees, and jumping jacks, all of which helped to improve coordination and agility. The instructor led the group through each movement, ensuring that participants were able to follow along at their own pace while maintaining proper form and safety. The session concluded with a cool-down phase consisting of gentle stretches and relaxation exercises to promote flexibility and recovery.

Feedback from participants was overwhelmingly positive, with many commenting on the high energy and engaging atmosphere of the session. Students appreciated the opportunity to take part in an activity that not only improved their physical fitness but also boosted their mood and helped relieve stress. Overall, the aerobic fitness session was seen as a successful initiative to encourage students to stay active, with many expressing interest in future sessions.

Cardio Fitness Session

On 7th August 2023, Avinashilingam Institute conducted a Cardio Fitness session aimed at improving cardiovascular health, endurance, and overall fitness. The session was designed to provide participants with a structured workout that focused on increasing heart rate and stamina through a combination of aerobic exercises. The goal was to enhance cardiovascular efficiency, boost energy levels, and encourage regular physical activity among students and staff.



The session featured a variety of cardio-based exercises such as brisk walking, jogging, jumping jacks, and high-intensity interval training (HIIT) routines. These exercises were carefully selected to challenge participants' cardiovascular systems while ensuring that everyone, regardless of fitness level, could participate and benefit from the session. The instructor provided guidance on maintaining proper form and pace to avoid injury while maximizing the workout's effectiveness. The session ended with a cool-down phase that included stretching and deep breathing exercises to aid in recovery.

Participants provided positive feedback, with many noting improvements in their stamina and mood following the session. Several attendees mentioned how the cardio fitness session helped them de-stress and feel more energized for the rest of the day. The session was well-received, and many expressed a desire for similar activities in the future. Overall, the cardio fitness session was a success, helping promote a healthy lifestyle and reinforcing the importance of regular physical activity in maintaining overall well-being.

Recreational Fitness Session

On 8th August 2023, Avinashilingam Institute hosted a Recreational Fitness session designed to combine physical activity with fun, engaging exercises. The aim of the session was to encourage students and staff to participate in enjoyable fitness routines that promote overall health, improve mood, and reduce stress. By focusing on recreational activities, the session sought to highlight that fitness doesn't always have to be intense or structured but can be achieved through playful and social interactions.



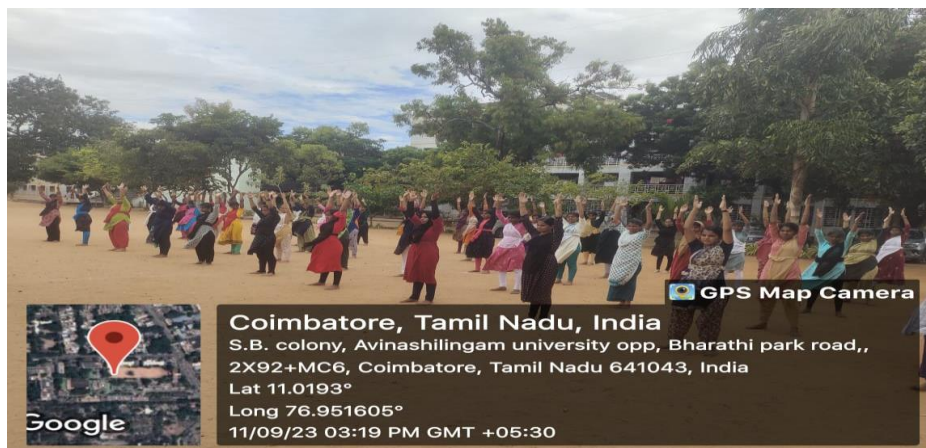
The session featured a variety of group-oriented activities such as team sports, fun games, and dance routines. Activities like dodgeball, tug-of-war, and a light version of relay races brought out the competitive spirit while also ensuring that everyone stayed active. In addition to the group sports, a dance workout segment was introduced, allowing participants to enjoy rhythmic movement while getting a full-body workout. These recreational activities were designed to keep participants engaged and entertained while also enhancing physical fitness through cardiovascular, muscular, and flexibility exercises.

Feedback from the participants was very positive, with many highlighting the enjoyment factor and the way the session helped them unwind from academic pressures. The recreational fitness session succeeded in creating a fun and inclusive environment, and many students expressed their desire to have such activities regularly integrated into the institute's fitness programs. Overall, the event was a success, encouraging active participation in fitness through a more relaxed and enjoyable approach.

Group Martial Arts Session

On 11th September 2023, Avinashilingam Institute conducted a Group Martial Arts Session aimed at promoting self-defense skills, discipline, and physical fitness among participants. The session was designed to introduce students to the basics of martial arts, focusing on enhancing strength, coordination, and confidence.

Participants were guided through a series of fundamental techniques, including punches, kicks, blocks, and stances, under the supervision of trained instructors. The session also emphasized the mental aspects of martial arts, such as focus, resilience, and stress management. Through dynamic drills and practice routines, students experienced a combination of physical activity and mental empowerment.



The event received an enthusiastic response, with participants expressing their excitement about learning new skills and appreciating the importance of martial arts in building self-defense and confidence. Many students shared their interest in pursuing martial arts training further. The session was a resounding success, fostering a sense of strength and empowerment among the attendees.

Group Fitness Program for PhD Scholars

On 2nd September 2023, a Group Fitness Program was conducted at Avinashilingam Institute specifically for PhD scholars to promote physical well-being alongside their academic commitments. The objective of the program was to provide a structured environment for scholars to engage in regular physical activity, thereby improving their overall health, reducing stress, and enhancing mental clarity. The session was designed to cater to the scholars' busy schedules while fostering a sense of community and shared wellness.



The group fitness session included a mix of activities such as light aerobics, yoga, and strength training, aimed at boosting both physical endurance and mental relaxation. These activities were chosen to be accessible to all fitness levels, ensuring that every participant could engage comfortably. The session was followed by a short mindfulness and relaxation exercise, which allowed scholars to unwind and focus their minds after the physical activities, further helping to alleviate academic stress and tension.

Feedback from participants was overwhelmingly positive, with many expressing appreciation for the opportunity to break away from their demanding schedules and engage in activities that supported their well-being. Scholars mentioned that the program not only helped them feel more energized but also allowed them to connect with fellow researchers in a social setting. Overall, the initiative was seen as an important addition to their academic routine, encouraging both physical health and mental resilience during their rigorous academic journey.

Mass Fitness Session

On 11th September 2023, a Mass Fitness session was organized at Avinashilingam Institute to promote physical health and well-being across a large group of students and staff. The aim of the session was to encourage collective participation in fitness activities, helping individuals from different disciplines come together for a common goal of improving overall health. The mass session focused on fostering a sense of community and making fitness accessible and engaging for all participants.



The session included a mix of warm-up exercises, aerobic workouts, and bodyweight exercises such as squats, lunges, push-ups, and jumping jacks. These exercises were chosen for their simplicity and effectiveness, ensuring that participants of all fitness levels could join in. A group instructor led the session with energy and enthusiasm, guiding everyone through the movements while maintaining proper form and technique. The session was designed to keep the heart rate elevated for cardiovascular benefits while also incorporating strength-building exercises for a balanced workout.

The feedback from participants was overwhelmingly positive, with many appreciating the opportunity to engage in fitness as part of a larger group. The collective atmosphere created a sense of camaraderie, and participants reported feeling energized and motivated after the session. Overall, the Mass Fitness session was considered a great success, fostering a healthy

and active lifestyle within the institute and encouraging students and staff to prioritize physical fitness.

Aerobic Music Fitness with Dance Session

On 15th November 2023, Avinashilingam Institute hosted an exciting Aerobic Music Fitness session with a focus on dance-based movements to promote cardiovascular health and overall physical fitness. The session combined high-energy aerobic exercises with rhythmic dance routines, aiming to provide a fun and engaging workout while improving cardiovascular endurance, flexibility, and coordination. The incorporation of music into the session aimed to create an enjoyable environment, making fitness feel more like a dance party than a workout.



The session began with a lively warm-up to upbeat music, gradually building intensity. Participants then moved into a series of dance-based aerobic exercises, including hip-hop, Zumba, and rhythmic step routines. The instructor led the group through a variety of movements designed to challenge their stamina, coordination, and flexibility, all while ensuring that everyone could follow the steps regardless of their fitness or dance experience. The music played a crucial role in maintaining energy levels and motivating participants throughout the session, making it both an effective workout and an enjoyable social experience.

Feedback from participants was extremely positive, with many highlighting the fun and energizing nature of the workout. The fusion of music and dance made the fitness session feel like a celebration, and students expressed a strong desire to see similar sessions held regularly. Many attendees felt the session was not only a great way to stay fit but also a fantastic mood booster, helping them de-stress and recharge. Overall, the Aerobic Music Fitness with Dance session was a major success, promoting physical health while fostering a sense of joy and community.

Fit India Pledge for All UG Students

On 17th November 2023, Avinashilingam Institute organized a Fit India Pledge ceremony for all undergraduate students as part of the ongoing efforts to promote fitness and a healthy lifestyle. The initiative was in alignment with the nationwide Fit India Movement, launched by the Government of India, which aims to encourage people to take up physical activities and make fitness an integral part of their daily lives. The event emphasized the importance of physical fitness not only for health but also for enhancing academic performance and overall well-being.

During the ceremony, all undergraduate students gathered to take the Fit India Pledge, committing to incorporating fitness into their daily routines. The pledge encouraged students to make physical activity and sports an essential part of their lives, with the objective of leading a healthier and more active lifestyle. The pledge ceremony was accompanied by motivational speeches from faculty members and fitness experts, who emphasized the benefits of regular exercise and the role of fitness in enhancing both physical and mental health.



The event received enthusiastic participation, with all undergraduate students actively engaging in the pledge. Many students expressed their commitment to prioritizing fitness in their busy schedules and taking steps to improve their health. The ceremony was seen as an important step in fostering a fitness-conscious culture at the institute, and many students

expressed a desire to participate in regular fitness activities moving forward. Overall, the Fit India Pledge event successfully raised awareness about the importance of fitness and encouraged students to embrace a healthier, more active lifestyle.

Inter Departmental Throwball Trophy

Avinashilingam Institute hosted an exciting Inter-Departmental Throwball Event on 10th January 2024, which saw enthusiastic participation from various departments. The event aimed to promote teamwork, coordination, and sportsmanship among students. Teams from different departments competed in a series of well-contested matches, displaying impressive skills in both offense and defense.

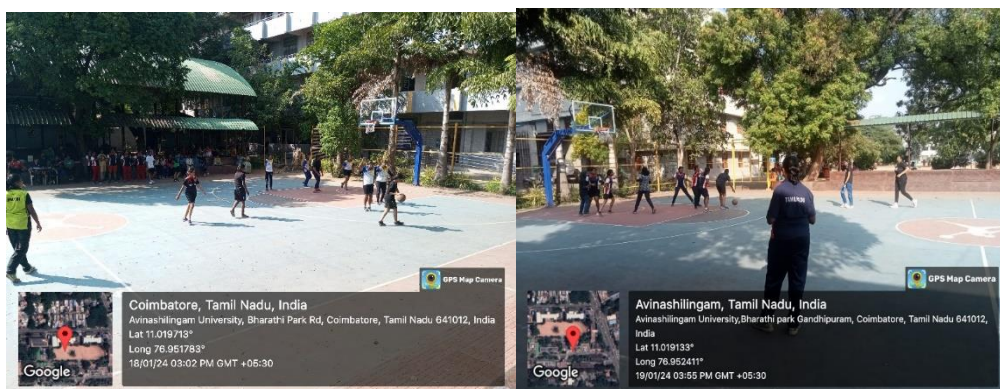
The games were fast-paced, with participants showcasing excellent hand-eye coordination, strategic throws, and teamwork. The audience's energy added to the excitement, creating a lively atmosphere throughout the event. The competition was intense, with each team putting forth their best efforts to secure victory.

The event concluded with a prize distribution ceremony, where the winning team was awarded a trophy, and individual players were recognized for their outstanding performances. The event successfully emphasized the importance of sports and teamwork, further strengthening the institute's sports culture.

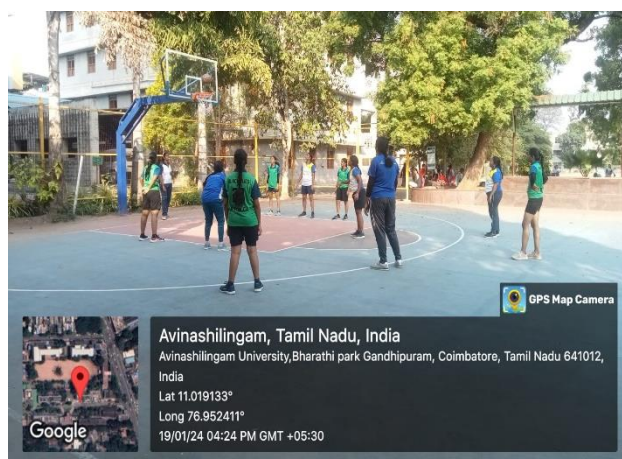


INTER DEPARTMENTAL BASKETBALL TROPHY

The basketball tournament held on January 18, 2024, was a thrilling and highly competitive event, with 156 female participants representing 13 different departments. The day was filled with energy as teams competed in a series of exciting matches, showcasing their skills, teamwork, and determination. Each department brought its best players to the court, and the atmosphere was charged with enthusiasm as the teams battled for supremacy in the tournament.



The competition was intense, with each match offering high-paced action and close calls. The players displayed exceptional basketball skills, including impressive shooting, strategic passing, and solid defense. The well-organized tournament allowed each team to showcase their strength and cohesion, and the spectators were treated to some remarkable performances. The teams went head-to-head in a series of elimination rounds, with the best teams advancing to the final stages of the tournament.



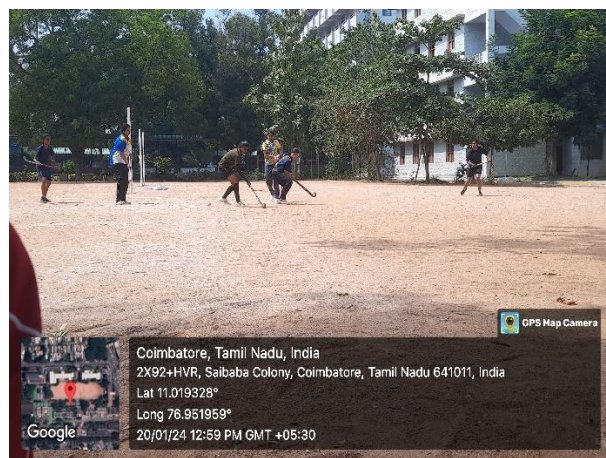
The event culminated in a grand trophy ceremony, where the top teams were honored for their exceptional performances. The winning team was celebrated for their teamwork, strategic play, and remarkable skill, while the second and third-place teams also received recognition for their outstanding efforts. The tournament not only highlighted the athletes' talents but also fostered a spirit of camaraderie and healthy competition among the departments. It was a day of unforgettable moments, and the event was a resounding success in promoting women's participation in sports within the institution.

INTER DEPARTMENTAL HOCKEY TROPHY

The Hockey tournament on January 20, 2024, saw 156 female participants from 13 departments compete in an exciting and competitive event. The matches were fast-paced, with each team displaying impressive skills in dribbling, passing, and shooting. The energy on the field was palpable, as departments cheered on their players, creating a vibrant atmosphere throughout the day.

Teams played fiercely, with tactical gameplay and strong defenses, making for an intense series of matches. The level of competition was high, with each department bringing its best athletes to the forefront. The event demonstrated both individual skill and exceptional teamwork, keeping spectators on the edge of their seats.

The tournament concluded with a trophy ceremony, where the top three teams were recognized for their outstanding performances. The winning team was awarded the coveted hockey trophy, while the other top finishers were applauded for their efforts. The event was a success, promoting sportsmanship and unity among the departments.



Inter Departmental Kabaddi Trophy

The Department of Physical Education at Avinashilingam Institute organized an Inter-Departmental Kabaddi Event on 25th January 2024, fostering a spirit of teamwork and competitiveness among students. Teams from various departments participated with enthusiasm, showcasing their skills and strategic gameplay on the court.

The matches were intense and thrilling, with players demonstrating agility, strength, and coordination. The audience cheered loudly, adding to the vibrant atmosphere. The event highlighted the importance of teamwork, quick decision-making, and resilience, qualities essential in the sport of kabaddi.



Inter-Departmental Yoga Trophy



Avinashilingam Institute organized Yoga Inter-Departmental Events on 22nd February 2024, promoting physical and mental well-being among students. The event brought together participants from various departments to showcase their yoga skills and foster a spirit of healthy competition.

The program included individual and team events, such as asana demonstrations, synchronized group performances, and breathing exercises. Participants displayed

exceptional flexibility, balance, and coordination, reflecting their dedication to yoga practice. The panel of judges, comprising yoga experts, evaluated performances based on technique, precision, and creativity.

Sports for Differently Abled Students



On March 21, 2024, an inspiring awareness and motivation speech was delivered at Avinashilingam Institute to encourage differently-abled students to participate in the Sports Day events. The speech emphasized the importance of inclusivity and equal opportunities in sports. Highlighting that physical activities transcend physical abilities, the speaker underlined that everyone, regardless of their challenges, deserves the chance to experience the joy and benefits of sports. This initiative aimed to foster confidence among differently-abled students, motivating them to showcase their talents and enthusiasm.

The speech also elaborated on the numerous benefits of engaging in sports, such as improved physical fitness, enhanced mental well-being, and the development of teamwork and leadership skills. Through inspiring stories of differently-abled athletes who achieved remarkable feats, the speaker demonstrated how perseverance and a positive attitude can help overcome barriers. The audience was reminded that participation itself is a victory and that each individual has the power to inspire others through their determination and spirit.

Finally, the speech encouraged students to embrace the opportunity to participate and enjoy Sports Day, assuring them that adequate support and accessible arrangements would be provided. It also called upon their peers and faculty members to extend their encouragement and assistance to differently-abled students, creating an inclusive environment that celebrates diversity. The event served as a reminder of the institute's commitment to empowering every student to reach their full potential through sports and physical activities.

INTER DEPARTMENTAL ATHLETIC MEET

The Athletic meet held on February 1 to 25th march, 2024, featured an exciting display of talent from 20 female participants representing 30 different departments. The event was filled with energy as each athlete aimed to outperform their personal best and secure a spot among the top jumpers. The competition was a testament to the dedication and hard work of these women, showcasing their athletic abilities in front of an enthusiastic crowd of supporters from their respective departments.



The participants demonstrated incredible skill and determination throughout the competition, with each department bringing forward their strongest athletes. As the jumps progressed, the atmosphere became more competitive, with several athletes pushing their limits to achieve better distances. The event was smoothly organized, and all jumps were meticulously measured and recorded, ensuring fairness and accuracy in the results. The departments cheered on their representatives, creating a spirited and supportive environment that added to the excitement of the competition.

Sports valedictory Function

The Sports Valedictory Celebrations at Avinashilingam Institute were held on 2nd April 2024, marking the grand conclusion of the annual sports events. The ceremony highlighted the institute's commitment to fostering athletic excellence and teamwork. Students, staff, and faculty gathered to celebrate the achievements of participants who displayed remarkable skill and sportsmanship throughout the competitions.

The event included a recap of the sports highlights, showcasing exceptional performances in track and field events, team games, and fun activities. Special awards were presented to outstanding athletes and teams, acknowledging their hard work and dedication. The chief guest delivered an inspiring address, emphasizing the role of sports in promoting discipline, confidence, and camaraderie.

The valedictory concluded with the distribution of trophies and certificates, accompanied by cheers and applause from the audience. The ceremony reflected the institute's vibrant sports culture and its dedication to nurturing talent, leaving participants motivated to strive for greater success in the future.



Sports valedictory is not only celebrates physical excellence but also the spirit of camaraderie and teamwork that sports instill in us.

Sports Day Celebrations



Avinashilingam Institute celebrated its annual Sports Day on 9th April 2024, with Dr. K. Murugavel, former Registrar and Professor of Physical Education at Bharathiar University, as the chief guest. The event began with a vibrant march past and the lighting of the sports torch, followed by an inspiring speech from the chief guest emphasizing the value of sports in personal growth.

The day featured thrilling track and field events, team games, and fun activities, showcasing remarkable energy and sportsmanship from students and staff alike. Outstanding performances in races, relays, and games like volleyball and kabaddi were the highlights of the day.

The celebration concluded with a prize distribution ceremony, where winners and participants were honored by Dr. K. Murugavel. The event successfully promoted the institute's commitment to fitness, teamwork, and a vibrant sports culture.





Sports Summer Camp for Children





Department of Physical Education have organized Sports Summer Camp from 20th May to 31st May,2024. 13 participants have benefitted through various physical activities like yoga, aerobics, Silambam, basketball, throwball and various minor games.