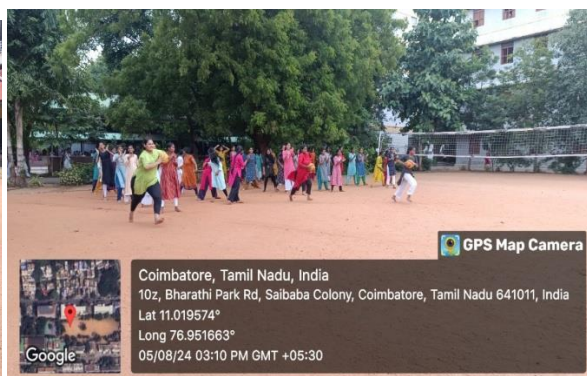


Report of Physical Fitness Activities Campus 1: 2023-24

Games Classes

The Games Class was conducted for all 40 departments' first-year undergraduate students in all day orders. The sessions were led by Dr. P. Nandhini, Dr. S. Princy, Mrs. R. Salomy and Mrs. R. Amsaveni, Assistant Physical Directors. An average of 350 students benefited from this initiative. The class aimed to promote physical fitness, teamwork, and sportsmanship. Various indoor and outdoor games were introduced, catering to diverse interests. Students participated in games such as basketball, football, volleyball, and cricket, while indoor games like chess, carrom, and table tennis were also popular. The class helped students develop essential life skills, such as communication and problem-solving, and fostered a sense of camaraderie and teamwork.

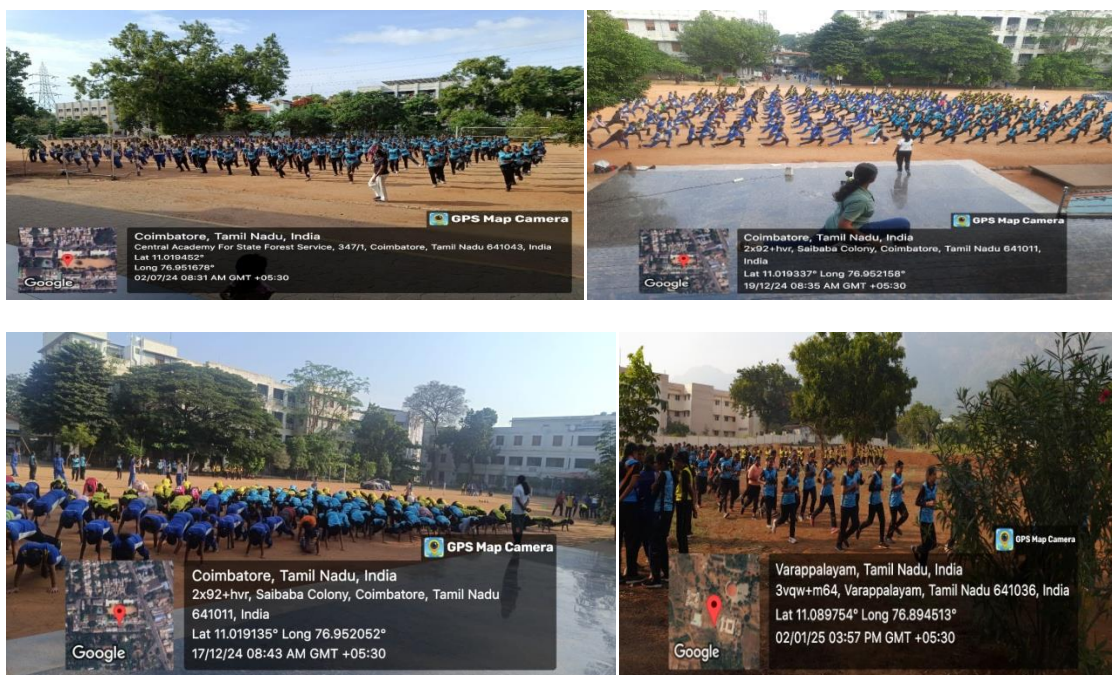


Expert coaches and trainers supervised the game sessions, encouraging students to participate actively, regardless of their skill level. The Games Class helped reduce stress and improve overall well-being, promoting a culture of physical activity and a healthy lifestyle.

Feedback from students was overwhelmingly positive, with many highlighting improvements in physical fitness and teamwork skills. The Games Class was hailed as a valuable initiative, promoting holistic development and creating a vibrant campus culture that encouraged students to adopt a healthy lifestyle. The class was well-organized, with adequate infrastructure and equipment. Overall, the Games Class was a huge success, benefiting 350 students and achieving its objectives of promoting physical fitness, teamwork, and sportsmanship.

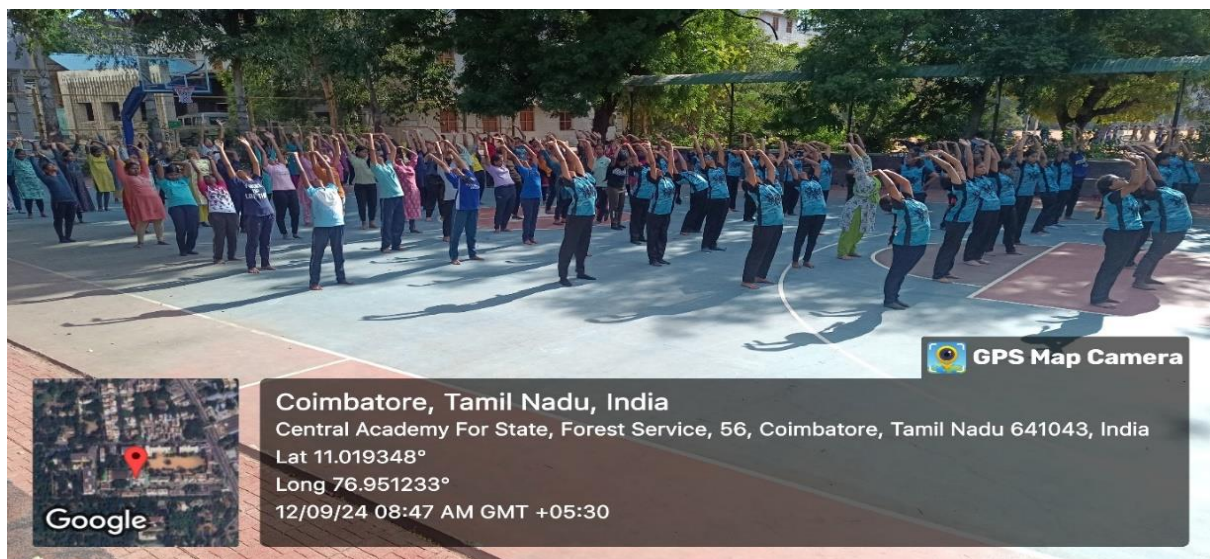
Value Based Sports Classes

The Elective Class was conducted for 32 hours per semester. The sessions were led by Dr. P. Nandhini, Dr. S. Princy, Mrs. R. Salomy and Mrs. R. Amsaveni, Assistant Physical Directors. It was held regularly, two days a week. The class provided students with an opportunity to explore specialized subjects. Expert instructors were invited to teach the elective courses. Students were given the flexibility to choose from a range of subjects. The elective classes were designed to enhance students' skills and knowledge. The classes were interactive, with discussions, debates, and presentations. Students were encouraged to think critically and creatively.



The Elective Class was well-received by students, who appreciated the flexibility. The classes helped students develop new skills and interests. The elective courses were carefully curated to align with industry trends. Students gained practical knowledge and insights from experienced instructors. The Elective Class was a valuable addition to the semester's

curriculum. It provided students with a unique learning experience. The classes were engaging, informative, and relevant to students' interests. Students' feedback was overwhelmingly positive, with many requesting more elective options. Overall, the Elective Class was a huge success, achieving its objectives. It enriched students' learning experience, providing a well-rounded education. **Martial Arts Sessions**



The Martial Art Clubs were established to promote physical fitness and mental well-being. Clubs included Silambam, Karate, Yoga, and Gym, catering to diverse interests. Both teachers and students participated, fostering a sense of community. Expert instructors trained members in various martial art disciplines. Silambam classes focused on traditional Indian stick fighting and self-defense. Karate training emphasized discipline, focus, and self-control. Yoga sessions concentrated on flexibility, balance, and mental calm. Gym workouts targeted physical fitness and strength development. The clubs' objectives included promoting self-discipline, self-awareness, and teamwork. Regular practice helped members develop coordination, agility, and overall well-being. Members participated in inter-school and inter-college competitions,

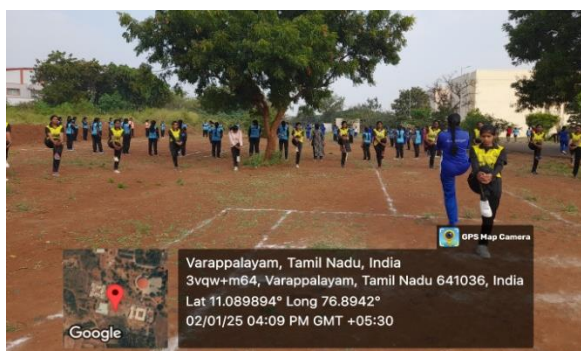
showcasing their skills. Guest experts conducted seminars on martial art philosophy and history.

The Martial Art Clubs received enthusiastic participation from teachers and students. Feedback was overwhelmingly positive, highlighting improved physical fitness and mental well-being. The clubs helped reduce stress and improve focus, benefiting academic performance. They promoted a culture of discipline, respect, and self-improvement. Overall, the Martial Art Clubs were a huge success, achieving their objectives. They fostered a sense of community, promoting physical fitness, mental well-being, and personal growth.

Excellence Club Activities

The Sports Excellence Club at Avinashilingam Institute is committed to fostering athletic talent and promoting high performance in various sports disciplines. The club organizes specialized training sessions, skill enhancement workshops, and regular fitness assessments for aspiring athletes. Collaborations with expert coaches and guest trainers further refine the abilities of participants.

Regular inter-departmental competitions, tournaments, and practice sessions provide athletes with ample opportunities to showcase their skills and gain competitive experience. The Sports Excellence Club continues to be a cornerstone of the institute's mission to cultivate a culture of sportsmanship and excellence in sports.





FITNESS CLUB

The Fitness Club at Avinashilingam Institute is a thriving initiative designed to promote health and wellness among staff and students. Operating both in the morning and evening, the club provides access to a well-equipped fitness center featuring a range of fitness equipment, including multi-stationed machines.

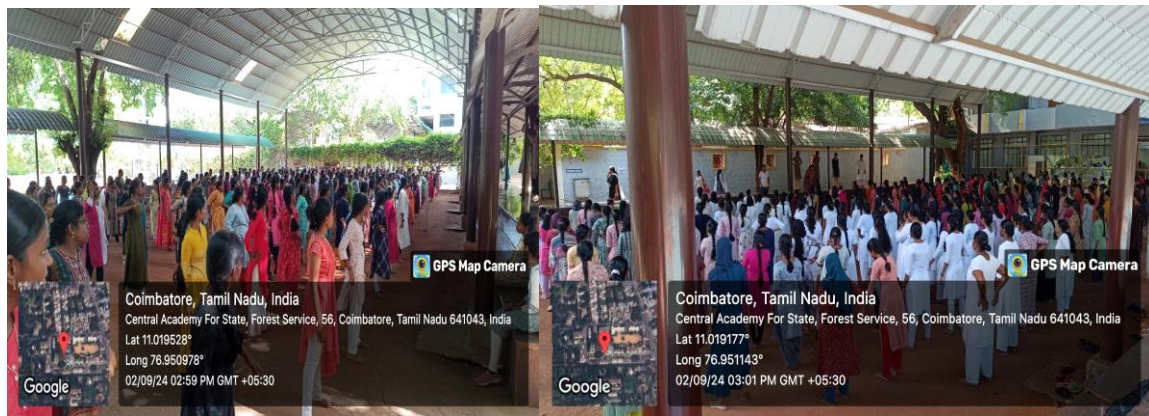
Each month, the club benefits an impressive 85 students and 32 staff members, offering them an opportunity to enhance their physical fitness and adopt a healthier lifestyle. The consistent engagement highlights the club's role in fostering a culture of wellness within the institute.

Through regular participation, members have reported improvements in overall fitness, strength, and endurance. The Fitness Club remains a cornerstone of the institute's commitment to holistic development, encouraging an active and balanced approach to life.



Group Zumba

A group Zumba session was organized at Avinashilingam Institute on September 2, 2024, with an impressive participation of 356 individuals. The session was conducted under the expert guidance of Dr. Princy, known for her energetic and engaging fitness training techniques. The primary objective of the session was to promote physical fitness, improve cardiovascular endurance, and create awareness about maintaining an active lifestyle. The session featured a variety of choreographed dance movements set to lively music, which kept the participants energized and engaged throughout.



The Zumba session concluded successfully, reinforcing the institute's commitment to holistic well-being and promoting innovative fitness activities. The overwhelming participation and positive outcomes underscored the value of such initiatives in the campus community.

Physical and Mental Health Awareness Session

On September 12, 2024, the Department of Physical Education at Avinashilingam Institute organized an impactful session on mental health awareness. The event was part of the institute's ongoing commitment to promoting holistic well-being among its students and staff. Dr. S. Princy, a renowned expert in Fitness, led the session with her engaging and insightful approach, captivating the attention of the 320 participants who attended.



The session covered various aspects of mental health, including recognizing stressors, managing anxiety, and fostering emotional resilience. Dr. Princy shared practical strategies to cope with challenges, emphasizing the importance of mindfulness and self-care. Participants actively engaged in discussions and activities, which helped them understand the significance of mental health in achieving personal and academic success.

GROUP CROSS FIT ACTIVITY

On September 12, 2024, the Department of Physical Education at Avinashilingam Institute conducted a Group Cross Fit Activity, led by fitness expert Dr. Princy. The session aimed to enhance physical fitness and promote an active lifestyle among students.



The workout included high-intensity functional movements focusing on strength, endurance, and flexibility. Dr. Princy guided the participants with demonstrations and tips, ensuring proper techniques and motivating them to perform their best.

The event concluded with a cooldown session and reflections on the importance of regular exercise. Students left feeling energized and inspired, making the activity a resounding success.

Fit India Activities

The Avinashilingam Institute has been actively promoting the Fit India Movement through a variety of events and programs aimed at fostering physical fitness and overall well-being among students, staff, and the community. Below is a detailed summary of the key activities conducted as part of the Fit India initiative.



Avinashilingam Institute organized a series of impactful activities under the Fit India Movement, benefiting 3,500 students and fostering a culture of fitness and well-being. The initiatives included a fitness quiz that engaged participants in learning about health, nutrition, and exercise. This interactive activity not only increased awareness but also motivated students to adopt healthier lifestyles. Additionally, students took a Fitness Oath, pledging to prioritize physical activity, healthy eating, and mindful living, reinforcing their commitment to personal well-being.

A group aerobic session was conducted to promote cardiovascular health and teamwork. Students participated enthusiastically in rhythmic exercises set to music, improving their stamina, coordination, and energy levels. Creative Class Fitness sessions introduced innovative ways to stay active by blending dance, yoga, and fun games. These sessions made fitness enjoyable, helping students develop a positive attitude toward physical activity while fostering a sense of community and engagement.

The diverse Fit India activities successfully combined education, physical exercise, and creative engagement, ensuring holistic development among participants. By encouraging regular fitness practices and instilling a deeper understanding of health, the initiatives aligned with the vision of the Fit India Movement, inspiring students to make fitness a lifelong priority. These efforts highlight Avinashilingam Institute's dedication to promoting overall well-being and active lifestyles. The Fit India activities at Avinashilingam Institute have successfully encouraged a culture of fitness and well-being. The diverse programs ensure inclusivity and engagement, aligning with the vision of the Fit India Movement to make fitness a part of everyday life.

GROUP MINOR GAMES SESSION

On December 20, 2024, the Department of Physical Education at Avinashilingam Institute organized a session featuring group minor games to promote fitness and teamwork. The session, led by the institute's Physical Education Directors, saw active participation from 139 students.

The minor games included engaging activities such as relay races, tag games, and obstacle courses, designed to enhance physical fitness, agility, and coordination in a fun and interactive manner. The directors ensured the games were inclusive and guided the participants, emphasizing the importance of teamwork and fair play.





The event was met with enthusiasm, as students enjoyed the combination of fitness and recreation. It concluded with feedback from participants, who appreciated the initiative for creating a lively and health-focused experience. The session successfully highlighted the value of incorporating minor games into regular fitness routines.

GROUP AEROBIC ACTIVITY

The Department of Physical Education at Avinashilingam Institute organized a group aerobic activity on January 8, 2024, exclusively for undergraduate students. The event witnessed enthusiastic participation from 158 students, showcasing their interest in fitness and well-being. Dr. P. Nandhini, a renowned expert in aerobic training, led the session with her dynamic and engaging instruction.



The activity aimed to promote physical fitness, boost cardiovascular health, and encourage students to adopt an active lifestyle. The session included a variety of rhythmic movements and exercises performed to upbeat music, making it both enjoyable and beneficial. Participants expressed appreciation for the interactive format and the expert guidance provided.

The event served as a platform for fostering camaraderie among students while emphasizing the importance of regular exercise.

TRADITIONAL GAMES

On January 8, 2024, Avinashilingam University celebrated the spirit of traditional sports with a vibrant event dedicated to preserving cultural heritage. The highlight of the event was the inclusion of the minor game "Kolokolaya Mundhirika," a cherished traditional pastime.



The event aimed to revive interest in traditional games, fostering a sense of cultural identity and community among participants. Students and faculty enthusiastically participated, creating an energetic and joyful atmosphere. This initiative not only promoted physical activity but also highlighted the importance of cultural preservation through recreational activities. The event was a grand success, leaving 240 participants with cherished memories and a renewed appreciation for traditional sports.



INTER DEPARTMENTAL TOURNAMENTS

The Inter-Departmental Sports Tournaments at Avinashilingam Institute showcased a vibrant display of athleticism, teamwork, and enthusiasm among students. These tournaments were conducted as part of the institute's commitment to fostering a sports culture and providing students with opportunities to excel in extracurricular activities. The events saw the active participation of over 5,000 students, making it a grand success.



15 games tournaments included a wide range of sports such as volleyball, basketball, football, badminton, and kabaddi, along with 15 athletics events and mass events. Competitions were designed to encourage maximum participation from all departments, ensuring inclusivity and

a platform for showcasing talent. Students displayed exceptional sportsmanship, skill, and dedication throughout the events. The tournaments also provided a valuable opportunity for students to improve their physical fitness, learn team-building skills, and cultivate leadership qualities.

These inter-departmental tournaments culminated in a grand Sports Day celebration, where outstanding performers were recognized and awarded for their achievements. The initiative reinforced the institute's mission to promote holistic development by integrating sports into the academic framework. The tournaments were a testament to the vibrant sports culture at Avinashilingam Institute and its focus on nurturing talent and fostering camaraderie among students.

Report of Physical Fitness Activities Campus 2: 2023-24

Event Name: Mass Yoga Demonstration

Organised by: Department of Physical Education

Participating Schools: School of Self Financing & School of Engineering

Date: 19. 12. 2024

Objective: To promote physical fitness and well-being among students, aligning with the Fit India Movement.

Total participants: Approximately 509 students

- Breakdown by institution:

- School of Arts and Science: [305]
- School of Engineering: [204]

Event Highlights:

1. Variety of Yogasanas: Students performed a diverse range of yogasanas, showcasing their flexibility, balance, and strength.
2. Suryanamaskar and Chandranamaskar: Participants demonstrated their mastery of these complex yoga sequences, which are essential components of yoga practice.
3. Mass Demonstration: The large-scale demonstration was an identity to the students' enthusiasm and dedication to yoga and physical fitness.
4. Department of Physical Education's Initiative: The event was a successful endeavor by the Department of Physical Education to promote physical activity and wellness among students.

Event Proceedings:

1. Inauguration: The event was inaugurated by Dr. T. Shanmugavalli, Associate Professor of Physical Education].

2. Welcome Address:* [Ms. S. Amsa, Students Co-ordinator] delivered a welcome address, emphasizing the importance of physical fitness and yoga.
3. Yoga Demonstration: Students from both institutions took to the stage, performing various yogasanas and sequences.

Outcomes:

1. Promoting Physical Fitness: The event successfully promoted physical fitness and wellness among students, aligning with the Fit India Movement.
2. Encouraging Yoga Practice: The demonstration inspired students to adopt yoga as a regular practice, fostering a culture of physical activity and wellness.
3. Inter-Institutional Collaboration: The event facilitated collaboration and bonding between students from the School of Arts and Science and the School of Engineering.

Conclusion: The Mass Yoga Demonstration was a resounding success, showcasing the students' enthusiasm and dedication to physical fitness and yoga. The event reinforced the importance of physical activity and wellness, aligning with the Fit India Movement. The Department of Physical Education's initiative has set a precedent for future events, promoting a culture of physical fitness and wellness among students.



Event Name: Aerobics Training Program for Students

Organised by: Avinuty Fitness Club

Participating Institution: School of Arts and Science

Date: 20. 12. 2024

Objectives :

- To promote cardio fitness and overall physical well-being among students
- To encourage students to adopt aerobics as a regular form of exercise
- To contribute to the Fit India Movement initiative

Participation:

- Total participants: 755 students

Event Highlights:

1. Variety of Aerobic Dance Moves: Students performed a range of high-energy aerobic dance moves, focusing on cardio fitness and coordination.
2. Cardio Fitness Emphasis: The training program prioritized cardio fitness, with exercises designed to improve cardiovascular health, increase endurance, and boost metabolism.
3. Mass Participation: The large-scale participation of 755 students demonstrated the enthusiasm and interest in aerobics and fitness among the student body.
4. Avinuty Fitness club initiative towards students fitness

Event Proceedings:

1. Inauguration: The event was inaugurated by [Dr. P. Vanithamani, Head, Department of Physical Education].
2. Welcome Address: Ms. Initha, AFC - Student Co-ordinator delivered a welcome address, emphasizing the importance of physical fitness and aerobics.
3. Aerobics Training Session: Students participated in a high-energy aerobics training session, led by experienced instructors.

Outcomes:

1. Improved Cardio Fitness: Participants demonstrated improved cardio fitness and endurance through their energetic performance.
2. Increased Interest in Aerobics: The event generated significant interest in aerobics among students, with many expressing their desire to continue practicing.
3. Contribution to Fit India Movement: The event contributed to the Fit India Movement initiative, promoting physical fitness and wellness among students.

Conclusion:

The Aerobics Training Program was a resounding success, with 755 students participating and demonstrating their enthusiasm for aerobics and fitness.