DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

About the Department of Physical Education

The Department of Physical Education, TSRMMCH&RC of shaping the body and minds of the students. The Students and Faculty members have a conducive environment in the Institution by providing Athletic tracks, Indoor games, Outdoor Games, Gymnasium and Yoga. Students need opportunities to be physically active and access to healthy foods in order to grow, learn, and thrive; whereas, good health fosters student education.

The Department of Physical Education as an integral part of the education process as mentioned in the Preamble of physical activities for College Students. This is due to the fact that physical education is largely a practical subject providing valuable thoughts and well built physique. This will enhance correct acquisition of skills in various sports for educational improvement, leisure activity and competitive spirit.

Interested Students at TSRMMCH&RC will be offered extracurricular physical activity programs, such as physical activity Clubs or Competitive Sports Programs both intramural and extramural. TSRMMCH&RC will offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls and students with special health-care needs.

Currently Health Education and physical activity are integrated across multiple subject areas and other collegiate activities to enhance the academic initiative to incorporate more physical activity to achieve the academic endeavour. The Sport Council will implement continued review and suggestions for best practices to blend physical activity within academic slot. Which will occur through Professional collaboration and development. In developed countries, Classroom Teachers will provide short physical activity breaks between lessons or classes.

The infrastructure facilities in TSRMMCH&RC have well developed Athletic track, football field, cricket ground, basket ball court, throw ball court and all indoor facilities. A separate gymnasium with all facilities is available for both men and women in the Campus. Yoga
Centre is established in the III floor of College Block for regular yogic practices for nourishing Physical body and mind.

**Mission**
A well implemented comprehensive program is essential to the growth of body and mind. The Mission of our Department is to empower all students to sustain regular and lifelong physical activity as a foundation for the healthy, productive and fulfilling life.

**Departmental Activities**
The physical education programmes include
- Intramural Activities
- Extramural activities
- Organization of Tournaments
- Training and coaching Sports competitions

**Goals**
- Physical Education will develop the holistic Doctor.
- The physical educators will serve as role models and demonstrate knowledge of health, physical education and wellness.
- The physical education activities will provide a variety of events of catering to individual needs.

**Objectives**
- To allow the participants to participate in developmentally appropriate activities
- To develop and reinforce cooperative behaviour
- To teach the participants to establish lifelong fitness goals

**Target**
To instill the students the values and skills of maintaining a healthy lifestyle, creating awareness of health among Students, engage in physical activities on daily basis promotes them to lead a healthy life in adulthood. To inculcate in the minds of the Students, the importance of personal hygiene and cleanliness, thus encouraging the upcoming sportsmen and women of the crowd. Physical education gives the budding sports people to platform tho exhibit their talents.
**Faculty – The Team**

Dr. L. Manivanan, Ph.D., Head of Physical Education

S. Raja Mansingh., Marker

S. Lionel Pauldurai., Gym instructor

---

**Sports Council**

President: Dr. A. Jesudoss, Dean

Ex-Officio - Vice President: Dr. P. Thirumalaikolundhusubramanian - Vice Principal

Staff Advisor: Dr. K. Sivakumar Associate professor of Medicine

Head of Physical Education: Dr. L. Manivannan

Member Secretaries:

Sports Secretary: Mr. Mr. Sudhiram II year

Associate Sports Secretary: Ms. V. Priyadharshni II year

Joint Secretary: Mr. K. Depan raj II year

Members:

Mr. V. Deepak Justin, III year part - II

Ms. S. Preethi, III year part - II

Mr. S. R. Vinnith, Final year

Ms. Laksmi, final year

Ms. Divashri, final year

Mr. R. J. Navin II year

Ms. P. Akshara, Ms. Sanjika, II year

Mr. Barath Ragul I year, Ms. Gayathiri, I year
Gymnasium

TSRMMCH&RC houses Gym facilities separately for men and women with Eight & Four Stations respectively.
**Intramural activities**

**Sports activities:**

These College students are divided into five batches and we have conducted various sports events for students and staff every year.

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
<th>STAFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrom</td>
<td>Carrom</td>
<td>Badminton</td>
</tr>
<tr>
<td>Chess</td>
<td>Table Tennis</td>
<td>Ball Badminton</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Badminton</td>
<td>Tennis</td>
</tr>
<tr>
<td>Badminton</td>
<td>Basket ball</td>
<td>Volley Ball</td>
</tr>
<tr>
<td>Basket Ball</td>
<td>Throw Ball</td>
<td>Athletics</td>
</tr>
<tr>
<td>Cricket</td>
<td>Volley Ball</td>
<td></td>
</tr>
<tr>
<td>Volley Ball</td>
<td>Tennikoit</td>
<td></td>
</tr>
<tr>
<td>Foot Ball</td>
<td>Athletics</td>
<td></td>
</tr>
<tr>
<td>Athletics</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The intramural sports activities are planned in the month of May first week every year. The Intramural activities were conducted on 2\textsuperscript{nd} to 13\textsuperscript{th} April 2011, 2012, 2013 and 2014. Sports events were organized and the students participated in the events as Red, Blue, Green and Yellow houses. In 2014, the houses were replaced as “SPORTIFA” and the activity is continuing.
400 Meter Athletic track, Foot Ball Field and Cricket

Basket Ball Court
Throw Ball court with players

Volley Ball courts and players

Carrom with players
Carrom with players

Chess with players

Table Tennis with players
Cricket Team of TSRMMCH & RC

Throw Ball team and Volley Ball Women of TSRMMCH & RC
Team of Athletics in TSRMMCH & RC

Students Recreation Activities