

PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY

VALLAM, THANJAVUR

Achievement – JUNE 2023 to May 2024

Department of Physical Education

Sports Achievement;

Year	International Level	National Level	State Level	District level	AIU Inter University
	Total Prizes	Total Prizes	Total Prizes	Total Prizes	Total Prizes
June 2023 to May 2024	-	04	159	32	35

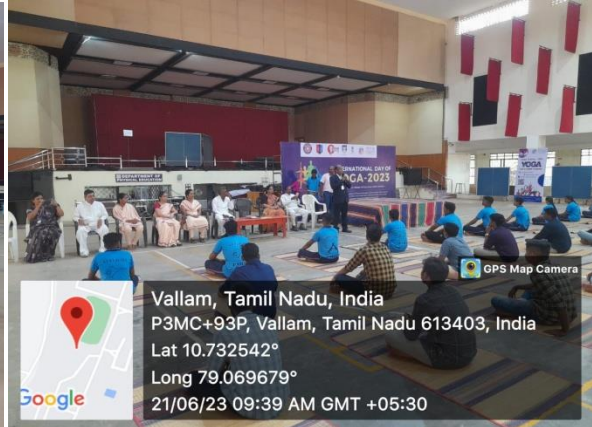
Sports Activities

	National Level	State Level
June 2023 to May 2024	2	6

• **INTERNATIONAL DAY OF YOGA -2023**

This is to report you that our University had celebrated INTERNATIONAL DAY OF YOGA on 21st June 2023. Our faculties and students (320 members) had actively participated in the event. The event started at 9.00am and continued till 10.00am. N.SAMPANTHAM,T.SHIGARAVEL, S.MURUGAN, THILAGAVATHI, ANITHA & PRIYA, Yoga Coaches, Thanjavur, the Chief Guest had give demonstration on Yoga Practice and deliver lecture about the benefits of doing yoga daily. The following YOGA had been practiced during this period.1.Namaskara Mudra and Yoga mudrasana. 2. Sadilaja. Chaalankriyas, Loosening practices. 3.Taadasana, Vrikshaasana,Pada hastaasana, Uttaanaasana, Ardchakraasana, Trikonaasana,Bhadraasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, Uthana Mandukasana, Marichyaasana, Vakrasana, Makaraasana, Bhujangaasana, Shalabhaasana, Dhanurasana, Ardha halasana, Pawanamuktaasana, Shavaasana. 4. Kapaalabhaati. 5. Pranayama. 6. Dhyana-Meditation. 7. Shaanti paatha.

We are happy to have this function and to create awarness on YOGA. Since our university is already having one YOGA CLUB in which students and staff will actively take part in YOGA activities. But this one is something special and that too arrange on the special occasion International Day of Yoga.



- Kalaingar Memorial Marathon – 2023 On 06.08.2023 at Chennai. Successfully participated our PMIST 200 students.





- **PMIST Athletic students Won 3 medals (Gold medal- 1 & bronze- 2) in the Divisional (8 District) level Delta Athletic championship 2023 organized by Thanjavur District Athletic Association held at Bhanadurai HSS Ground, Kumbakonam, Thanjavur from 18.08.2023 & 19.08.2023.**

- 1. R.VALLARASU - I M.A (PS) - Gold medal (800mts).**
- 2. N.SABARISH - I Bio - Tech - Bronze medal (100mts)
- Bronze medal (Long Jump).**

- **PMIST Kabaddi team Secured 3RD Place in the District level Esha Kabaddi championship 2023 organized by Thanjavur District Kabaddi Association & Esha Kabaddi Organisation, Coimbatore held at Annai Sathya Stadium, Thanjavur from 26..08.2023 & 27.08.2023.**

Kabaddi Team - 3rd Place

- **PMIST Swimming students Won 3 medals (Gold medal- 2 & Silver - 1) in the 13th Tamilnadu TMPA Biathle – Triathlon State championship 2023 organized by Tamilnadu Modern Pentathlon Association held at Kunthavai Swimming Pool, Annai Sathya Stadium, Thanjavur on 29.08.2023 & 30.08.2023.**

- 1. K.PRIYANTHI - III B.Sc (Physics)- Gold medal (Biathlon Swimming).**
- 2.K.NITHISH KARTHIKEYAN - II M.Sc (Physics)-Gold medal(Laser run Swimming).**
- 3. K.NANDHA VIKRAM - II MBA - Silver medal(Laser run Swimming).**



- **PMIST Athletic students Won 5 medals (Gold medal – 2, Silver - 2 & bronze - 1) in the District level Junior Athletic championship 2023 organized by Thanjavur District Athletic Association held at AVVM Sri Pushpam College, Poondi, Thanjavur from 02.09.2023 & 03.09.2023.**

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|-----------------|-----------------|--------------------------------|
| 1. C.VEERAMANI | - I MSW | - Gold medal (High Jump). |
| 2. N.SABARISH | - I Bio - Tech | - Gold medal (Long Jump) |
| 3. R.VALLARASU | - I M.A (PS) | - Silver medal (1500mts). |
| 4. S.KIRUTHUKA | - III B.Sc (CS) | - Silver medal (Discus throw). |
| 5. R.MANIKANDAN | - I M.Com | - Bronze medal (Shot Put). |



- **Our Kabaddi Team was participated in ALL INDIA INTER UNIVERSITY SOUTH ZONE KABADDI TOURNAMENT- 2023 Organized by Association of Indian University held at Jawaharlal Nehru Technological University, Kakinada, AP on 9th to 12th November 2023.**

Kabaddi Team – 12 players.

- Stale level Karate & Yoga Tournament 2023 Organized by Thandar Sports Club & Periyar Maniammai Intitute of Science and Technology, Thanjavur held at PMIST, Thanjavur on 15.10.2023 (Karate & Yoga – totally 1200 players Participated)

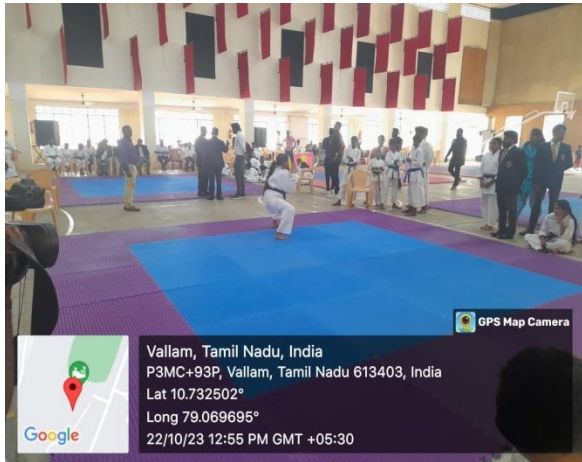


- PMIST Volleyball Football teams Secured 2nd Place in the State level NIFTEM - T Tournament 2023 organized by Indian Institute of Food Technology held at Thanjavur from 18.10.2023 & 19.10.2023.

Football Team - RUNNER
 Volleyball - RUNNER



- **South National (5 States) Karate Championship 2023 Organized by amilnadu state karate Federation & Periyar Maniammai Intitute of Science and Technology, Thanjavur held at PMIST, Thanjavur from 22.10.2023 (Karate – totally 400 players Participated)**



NKF SOUTH ZONE KARATE CHAMPIONSHIP-2023
National Karate Federation (Reg)
An Unit of Union of karate federation - UKF (INT)
Let's Unite one Platform to Promote Karate In India
Organized by, Tamilnadu State Karate Federation

Jointly Organized by :
PHYSICAL EDUCATION FOUNDATION OF INDIA
NATIONAL SPORTS PROMOTION ORGANIZATION
MINISTRY OF YOUTH AFFAIRS & SPORTS,
GOVERNMENT OF INDIA

PRESIDENT (NKF)
Mr. Noman Jamil

GENERAL SECRETARY (NKF)
Mr. Manoj Kumar

NKF TECHNICAL SEMINAR
21st OCTOBER 2023
Time : 10.00 AM
NARENDER KUMAR DIRECTOR, NKF

REGISTRATION CHARGE Rs.999/-
PhonePe Pay **9677990678**

FORMATS :
❖ Non Contact Karate
❖ Full Contact Karate
❖ Traditional Karate

Date : 22nd October 2023
Time : 8.00 am to 6.00 pm
Email : tskf0385@gmail.com

Organization President : S. ANBARASAN (TSKF)
Secretary : M. KAGITA VEERABABU (TSKF)

- **PMIST Kabaddi team Secured 3rd Place in the State level Open Kabaddi Tournament 2023 organized by Thambikkottai Kabaddi Club held at Thambikkottai from 22.10.2023 to 24.10.2023.**

Kabaddi Team - 3rd Place



- **PMIST Kabaddi team Secured 1st Place in the District level Muthamil Kalaighar Centenary Kabaddi Tournament championship 2023 organized by Sports Development Authority held at Annai Sathya Stadium, Thanjavur on 26.10.2023 & 27.10.2023.**

Kabaddi Team - WINNER



- **National Open karate Championship 2023 Organized by Winner Multimural Academy & Periyar Maniammai Intitute of Science and Technology, Thanjavur**

held at Periyar Maniammai Intitute of Science and Technology, Thanjavur from 03.12.2023 (Karate – totally 1200 players Participated).



**LION KIDS NATIONAL
OPEN KARATE CHAMPIONSHIP - 2023**

Organized by
Japan Hayashi - Ha - Shito Ryu Kai Karate Do India
Winner Multimural Academy (The School of International Martial Arts)
Arulmozhi Kalai Elaiyor Mandram - Nehru Yuvakendra
Jointly organized
**Periyar Maniammai Institute of Science and Technology
(Deemed to be University)**
THANJAVUR




Venue :
Indoor Stadium
Periyar Maniammai Institute of Science
and Technology,
(Deemed to be University,
Periyar Nagar, Vallam,
Thanjavur, Tamilnadu - 613403

3
Sunday,
December
2023

For further info:
Sensei Lt. P. Rajesh Kanna
Chairman - Organizing Committee
Winner Multimural Academy
+91 9600 860046, +91 70945 37112
kavinilabms3@gmail.com

<p style="text-align: center;">Sponsors</p> <p style="text-align: center;">J. K. G. S. (Deemed to be University), Thanjavur</p> <p style="text-align: center;">Sponsorship Committee</p> <p style="text-align: center;">Dr. J. K. G. S. (Deemed to be University), Thanjavur</p>		<p style="text-align: center;">Organized by</p> <p style="text-align: center;">Japan Hayashi - Ha - Shito Ryu Kai Karate Do India</p> <p style="text-align: center;">Hayashi - Ha Karate Family</p>	
<p style="text-align: center;">Sponsorship Committee</p> <p style="text-align: center;">Dr. J. K. G. S. (Deemed to be University), Thanjavur</p>		<p style="text-align: center;">Hayashi - Ha Karate Family</p> <p style="text-align: center;">Dr. J. K. G. S. (Deemed to be University), Thanjavur</p>	

<p style="text-align: center;">LION KIDS NATIONAL OPEN KARATE CHAMPIONSHIP - 2023</p> <p style="text-align: center;">Organizing Committee</p> <p style="text-align: center;">Chairman: P. Rajesh Kanna</p> <p style="text-align: center;">Members: A. Periyasami, M. Sagar, R. Lakshmi</p>	<p style="text-align: center;">LION KIDS NATIONAL OPEN KARATE CHAMPIONSHIP - 2023</p> <p style="text-align: center;">Organized by</p> <p style="text-align: center;">Japan Hayashi - Ha - Shito Ryu Kai Karate Do India</p> <p style="text-align: center;">Hayashi - Ha Karate Family</p>
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- **Our Volleyball Team was participated in ALL INDIA INTER UNIVERSITY SOUTH ZONE VOLLEYBALL TOURNAMENT- 2023 Organized by Association of Indian University held at Visvesvara Technological University, BELAGAVI, KARNATAKA on 22nd to 25th December 2023.**

Volleyball Team – 12 players.

- **Our Football Team was participated in ALL INDIA INTER UNIVERSITY SOUTH ZONE FOOTBALL TOURNAMENT- 2023 Organized by Association of Indian University held at SRM University, Chennai, TN on 25th to 30th December 2023.**

Football Team – 18 players.

- **Our Athletic Team was participated in ALL INDIA INTER UNIVERSITY SOUTH ZONE ATHLETIC CHAMPIONSHIP - 2023 Organized by Association of Indian University held at Tamilnadu Sports University, Chennai, TN on 28th to 31st December 2023.**

Athletic Team – 05 players.

- **Periyar Maniammai State Level Tournament 2024**

Periyar Maniammai state level Tournament 2024 organized by PMIST from 08th to 11th February 2024 (Kabaddi - Men, Football-Men, Volleyball – Men & Basketball -Women). Around 16 Football teams, 18 Volleyball teams, 19 Kabaddi teams and 07 Basketball teams (totally 1000 players) from different colleges are participating in the tournament. Football Winner – Periyar Maniammai Deemed University, Coimbatore, Runner up – Jamal Mohamed College, Trichy, Volleyball Winner - Annai College, Kumbakonam, Runner up – Vel Tech, Chennai, Kabaddi Winner - Jamal Mohamed College, Trichy, Runner up - Periyar Maniammai Deemed University and Basketball Winner - PSNA College, Dindigul, Runner up – Holy cross college, Trichy.



- Annual sports meet 2024 conducted Department of Physical Education on 17th February 2024. This year we have conducted 10 games for both men and women and also we conducted 5 athletic events for both men and women staff. Sports Day was Inaugurated Respected Chief guest P.SUBRAMANIAN – OLYMPIAN, Represented INDIA 1980, Olympics (RUSSIA) in Athletics 200mts, Rtd. Southern Railway, Trichy, Guest of Honour Ms. SHAHANZ, IPS, Asst. Superintendent of Police, Thanjavur District & J.DAVID DENIAL, District Sports Officer, Thanjavur District.

Annual Sports meet held at Periyar Maniammai Institute of Science and Technology (Deemed to be University) on 17.02.2024. The event started with Students march-past. Director of Physical Education Dr.D.Ramesh welcomed the gathering. In the presidential address, Hon”ble Dr.V.Ramachandran, Vice Chancellore pointed out the scholarship given for students under sports quota. Also highlighted that, students who excel in sports can achieve success at situation.

Registrar Dr. P.K. Sividhya in his Felicitation address wished all the students who participated in the sports event. Chief Guest P.SUBRAMANIAN – OLYMPIAN declared the Sports meet open and encouraged the Students. He wished every Student should decide their goal to attain success. Competitions should be in the right spirit and more over he wanted students to identify their talent and develop their skills.

Prizes were distributed to all the winners of students and Faculty members and over all championship won by Yellow house Students. Sports meet was organized by Dept. of Physical Education.





- **PMIST teams Won and secured the following places in various events held in the State level Sri Ramachandra Tournament organized by SASTRA University, Kumbakonam from 01.03.2024 & 02.03.2024.**
 - 1) In KABADDI - WINNER**
 - 2) FOOTBALL team - RUNNER**
 - 3) VOLLEYBALL team – RUNNER**



- **PMIST teams Won and secured the following places in various events held in the State level YSPA Championship 2024 organized by Youth sports Promotion Association, Tamilnadu held at PMIST from 28.04.2024 & 29.04.2024.**
 - 1. In KABADDI - WINNER**
 - 2. VOLLEYBALL team - WINNER**
 - 3. BASKETBALL Men team – RUNNER**
 - 4. BASKETBALL Women team – RUNNER**
 - 5. BADMINTON Women team – WINNER**