

**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	03	-	-	70	-

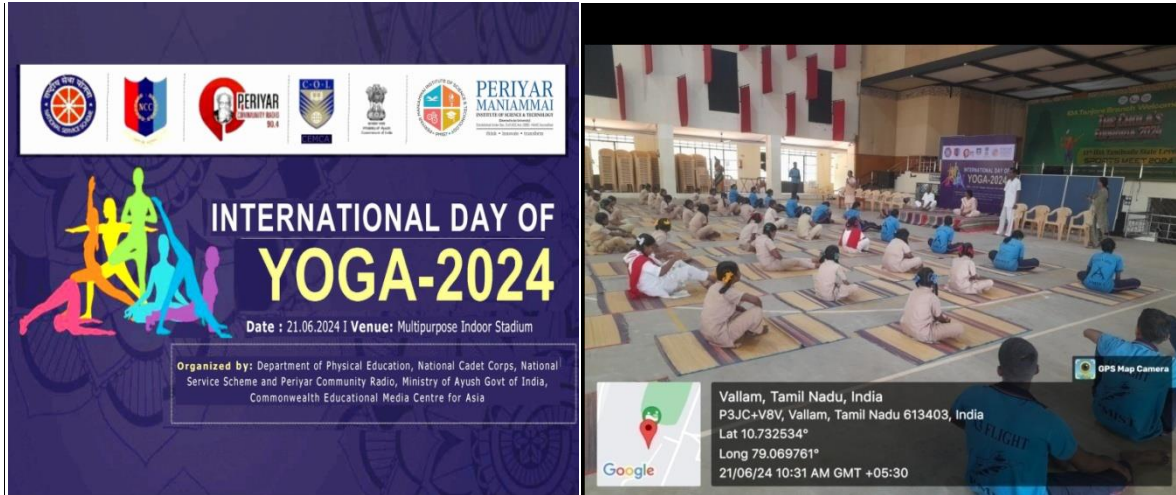
**Sports Activities**

	International Level	National Level	State Level
June 2023 to May 2024	1	1	

**• INTERNATIONAL DAY OF YOGA -2024**

This is to report you that our University had celebrated INTERNATIONAL DAY OF YOGA on 21<sup>st</sup> June 2024. Our faculties and students (300 nos) had actively participated in the event. The event started at 10.00am and continued till 11.00am. N.SAMPANTHAM, Dr.S.KAMARAJ, D.NALLATHAMBI, Dr.THILAGAVATHI & S.UMA DEVI 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, Ardachakraasana, 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 awareness 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.



- **International Karate Championship 2024 Organized by Tamilnadu karate Federation jointly organized by Periyar Maniammai Intitute of Science and Technology, Thanjavur held at PMIST, Thanjavur from 03.08.2024 & 04.08.2024 (Karate – totally 2000 players Participated).**



- **PMIST Karate students Won 5 medals (Gold medal – 2 & Silver - 3) in the International Karate Championship 2024 Organized by Tamilnadu karate Federation jointly organized by Periyar Maniammai Intitute of Science and Technology, Thanjavur held at PMIST, Thanjavur from 03.08.2024 & 04.08.2024.**

1. S.KANMANI - III ECE - Gold medal (Karate - Kata)  
- Silver medal -2 (karate –kumite & cash award)

2. R.K.MATHUMITHA - III BIO-TECH - Gold medal & Silver medal.

- PMIST Athletic students Won 5 medals (Gold medal – 2, Silver - 2 & bronze - 1) in the District level Junior Athletic championship 2024 organized by Thanjavur District Athletic Association held at Bhanadurai HSS, Kumbakonam from 24.09.2024 & 25.09.2024.

1. N.SABARISH - II Bio - Tech - Gold medal (Long Jump)  
2. K.S.DHIVYA SRI - I BBA - Gold medal (Shot put).  
- Silver medal (Discus Throw).  
3. R.VALLARASU - II M.A (PS) - Bronze medal (800mts).  
4. S.SAIND HAVI - II B.A (PS) - Silver medal (Javelin throw).



- PMIST teams Won and secured the following places in various events held in the District level CM TROPHY Tournament 2024 organized by Sports Development Authority, Thanjavur held at Annai Sthaya Stadium from 11.09.2024 & 14.09.2024.

1) In BASKETBALL (Women) team - WINNER  
2) FOOTBALL (Men team) - RUNNER  
3) VOLLEYBALL (Men team) - RUNNER  
4) KABADDI (Men team) - RUNNER  
5) BADMINTON DOUBLES (Men team) - RUNNER





- **PMIST Silambam students Won the 2 medals (Gold medal – 2) in the CM Trophy State level Silambam Tournament 2024 Organized by Sports Development Authority of Tamilnadu held at Nehru Stadium, Chennai from 08.10.2024 & 09.10.2024.**

- 1. KARTHIKEYAN - III BIO-TECH - Gold medal (Strick Fight – Above 85kg)**
- 2. HARIKRISHNA - II CIVIL - Gold medal (Strick Fight – Below 85kg)**

