

PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY

VALLAM, THANJAVUR

Achievement – 2021-22

Department of Physical Education

- **Our Boxing Student S.Gunaseelan – I M.Com won the GOLD MEDAL in National Level youth games all india Championship 2021 Organized by Youth Games Federation of India held at MKCS, New Delhi on 28.08.2021 & 30.08.2021.**

- **Our Student won the 2 GOLD MEDALS (Wushu) in 5th Thanjavur District wushu Championship 2021 Organized by Thanjavur Wushu Association held at Annai Sathya Stadium, Thanjavur on 21.09.2021.**

**U.Jeyakumar Bharathi (IV Aero) - Long Weapon - Gold Medal
- Sholinquan - Gold Medal**

- **Our Student won the 4 Gold Medals (Swimming) in State level Sports Festival (Gamesvilla Trophy) 2021 Organized by Sports Development Authority of Thanjavur held at Annai Sathya Stadium, Thanjavur on 23.10.2021 & 24.10.21.**

J. Jhaasri (II - BBA) - Swimming - 4 Gold Medals

- **PMIST Athletics Students won the 5 Gold Medals in All India National Federation Championship 2021 Organized by Youth & Sports Promotion Association, India held at Goa on 25.11.2021 to 27.11.21.**

- 1. C. Vajlal (IV - ECE) - Long Jump - Gold Medal**
- 2. J. Akilan (III - B.Sc(C.S) – Javelin Throw - Gold Medal**
- 3. T.Manikandan (I – B.Ed) - Decathlon - Gold Medal**
- 4. R. Karthi (I – B.Ed) - High Jump - Gold Medal**
- 5. S. Sakthivel (I – B.Ed) – 400mts - Gold Medal**

- **PMIST Athletics Students won the 5 Medals in Thanjavur District Athletic Championship 2021 Organized by Thanjavur District Athletic Association held at Periyar Maniammai IST, Thanjavur on 03.12.2021 & 04.1.21.**

- 1. J. Akilan (III - B.Sc(C.S) – Javelin Throw - Gold Medal**
- 2. S. Abinash (I - BCA) – High Jump - Gold Medal**

3. **S. Harshavarthan (I – CSE) - 110 Hurdles - Gold Medal**
4. **S. Vignesh (I – BCA) - Discus Throw - Silver Medal**
5. **C. Vimala (I – M.Com) – 1500mts - Broze Medal**

- **Our Volleyball team player was participated in ALL INDIA INTER UNIVERSITY SOUTH ZONE VOLLEYBALL TOURNAMENT- 2021 Organized by Association of Indian University conducted by the SRM Deemed to be University, Chennai,TN on 17th to 22nd December 2021.**

Volleyball Team – 12 players.

- **Our Swimming Team was participated in ALL INDIA INTER UNIVERSITY TOURNAMENT- 2021 Organized by Association of Indian University held at Kalinga IST (Deemed to be University), Bhubaneswar, Odisha on 21st to 25th December 2021.**

Swimming Team – 6 players.

- **Our Kabaddi Team was participated in ALL INDIA INTER UNIVERSITY SOUTH ZONE KABADDI TOURNAMENT- 2021 Organized by Association of Indian University held at Bharathidasan University, Trichy on 23st to 27th December 2021.**

Kabaddi Team – 12 players.

- **Our Boxing Team was participated in ALL INDIA INTER UNIVERSITY BOXING TOURNAMENT- 2021 Organized by Association of Indian University held at JPU, JHALANDHAR, PUNJAB on 28th December 2021 to 4th January 2022.**

Boxing Team – 2 players.

- **Our Athletic team player was participated in ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP- 2021 Organized by Association of Indian University conducted by the Mangalore University, Mangalore, Karnatake held at Alvas Educational foundation, Moodbidri, Mangalore on 4th to 7th January 2022.**

Athletic Team – 11 players.

- **Our Football team player was participated in ALL INDIA INTER UNIVERSITY SOUTH ZONE FOOTBALL TOURNAMENT- 2021 Organized by Association of**

Indian University conducted by the **MAGATHMA GANDHI UNIVERSITY, KOTTAYAM, KERALA** on 5th to 10th January 2022.

Football Team – 16 players.

- **PMIST Swimming students Won the Tamilnadu state level swimming championship 2022 organized by Tamilnadu state Aquatic (Swimming) Association & Erode District Aquatic Association held at Kuberalakmi Sports Academy, Erode on 27th February 2022. J.Jhaasree (II-BBA) Individual championship in the tournament.**
 1. **J.Jhaashree (II-BBA) - 4 Gold medals (100 & 200mts free style, 100mts Butterfly, 200mts IM)**
 - 1 silver medal - 50mts free style.
 2. **K.Priyanthi (I- B.Sc- Physics) - 2 Gold medals - 100 free style, 200 back style**
 - Bronze medal - 50mts free style
- **PMIST Swimming students Won (Gold Medals - 8, Silver Medals - 07, Bronze Medals - 01 = Total Medals - 16) the Regional level swimming championship Thanjavur 2022 held at Kundavai swimming pool, Anna Sathya stadium, Thanjavur on 26.03.2022.**
 1. **J. Jhaashree (II-BBA) - 3 Gold medals - 100 & 200mts free style, 100mts IM**
 2. **K.Priyanthi (I- B.Sc- Physics) - 1 Gold medal (50mts free style)**
 - 2 Silver medals (100mts & 200mts freestyle)
 3. **B. Praveen - (III-BBA) - 2 Gold medals (50mts & 200mts free style)**
 - 1 Silver medal- 100mts free style.
 4. **Periyasamy (III- B.Com) - 1 Gold medal - 100mts freestyle,**
 - 2 Silver medals - 50mts & 200mts freestyle.
 5. **V.Vimala (I-M.Com) - 1 Silver medal (200mts IM).**
 6. **E. Sivasaravana Vasanth (II-BBA) - Silver medal- 200mts IM.**
 7. **P. SARAN (II-B.Com) - Bronze medal- 50mts free style.**
 - B.Praveen (II-BBA)&J.Jhaashree (II-BBA) Individual championship in the tournament.
- **Our Student U. Jayakumar Bharathi (IV-AERO) Won the Bronze Medal in ALL INDIA INTER UNIVERSITY WUSHU TOURNAMENT- 2021-22 Organized by Association of Indian University held at PUNJAB UNIVERSITY, Patiyala from 28.03.22 to 31.03.22.**
- **Annual sports meet 2022 conducted Department of Physical Education on 12th March 2022. This year we have conducted 10 games and 12 athletic events for both men and women and also we conducted 5 games and 5 athletics events for both men and women staff. Sports Day was Inaugrate Respected Chief guest Mr.M.Manikandan Arumugam, International Athletic Player, Inspector, Southern Railways, Trichy, Tamilnadu.**

Annual Sports meet held at Periyar Maniammai Institute of Science and Technology (Deemed to be University) on 12.03.2022. The event started with Students march-past.

HOD / Physical Education Dr.D.Ramesh welcomed the gathering. In the presidential address, Hon[”]ble Dr.S.Velusami, 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 Mr.M.Manikandan Arumugam, International Athletic Player, Inspector, Southern Railways, Trichy, Tamilnadu 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 students Won Football, Basketball, Badminton, Kabaddi teams - WINNER, Volleyball team - RUNNERS & Athletics, Boxing, Table Tennis, Archery (Gold , Silver , Bronze = Total Medals - 34) in YSPA State championship - 2022 organized by Youth & Sports Promotion Association of Tamilnadu held at PMIST on 17.04.2022.
Open to all categories Over all championship - Periyar Maniammai Institute of Science and technology(Deemed to be University).

- PMIST Organized Youth Sports Promotion Association State Championship 2022 on 17.04.22 (All games & Athletics - Total - 1800 players participated)

Youth & Sports Promotion Association of Tamilnadu is organizing the State Level Games & Sports Championship 2021 - 2022 on 17-04-2022 (Sunday) held at Periyar Maniammai Institute of Science & Technology (Deemed to be University), Vallam, Thanjavur - 613403.

Games			
Athletics	Kabaddi	Basket Ball	Carrom
Hockey	Kho Kho	Ball Badminton	Silambam
Volley Ball	Chess & Wrestling	Throw Ball	Judo & TT
Hand Ball	Foot Ball	Yoga & Soft Ball	Cricket
Weight Lifting	Boxing	Archery & Skating	Badminton

- **INTERNATIONAL DAY OF YOGA -2022**

This is to report you that our University had celebrated INTERNATIONAL DAY OF YOGA on 21st June 2022. Our faculties and students (300 nos) had actively participated in the event. The event started at 9.00am and continued till 10.00am. N.SAMPANTHAM,T.SHIGARAVEL, S.MURUGAN & H.SIVAGAMI, 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, Makarasana, Bhujangaasana, Shalabhasana, Dhanurasana, Ardha halasana, Pawanamuktasana, Shavasana. 4. Kapaalabhati. 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.

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**Physical Education Achievement October 2021 to September
2022 Department of Physical Education**

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Open to all categories Over all championship - Periyar Maniammai Institute of Science and technology(Deemed to be University).

- **PMIST Students won the National YSPA Athletic Championship 2022 organized by Youth & Sports Promotion Association of India held at Mathura, Uthra Pradesh from 05.06.2022 to 08.06.2022.**

1. C.VIMALA - II M.COM - Gold Medal (1500mts)

- **PMIST Students won the International YSPA Athletic Championship 2022 organized by Youth & Sports Promotion Association of India held at Rangasala stadium, Pochard, Nepal from 01.08.2022 to 04.08.2022**

1. C.VIMALA - II M.COM - Silver Medal (1500mts)

- **PMIST Students won the Divisional level Athletic Championship 2022 organized by Thanjavur District Athletic Association held at AVVM Sri Pushpam College, Poondi, Thanjavur from 10.08.2022 & 11.08.2022**

1. C. VIMALA - II M.COM - Silver Medal (Triple Jump)

2. S. ROHINI - I B.Com - Silver Medal (Shot Put)

- Silver Medal (Javelin Throw)

3. B. ASHWINKUMAR - I B.A(English) - Bronze Medal (Triple Jump)

- **PMIST Students won the State level Athletic Championship 2022 organized by Tamilnadu Athletic Association held at Krishnagiri Athletic Association from 17.08.2022 & 19.08.2022**

1. K.HARIHARAN - I B.SC (CS) - Gold Medal (110 Hurdles)

2. S.HARSHAVARTHAN - II B.Tech(CS) - Silver Medal (110 Hurdles)

- **PMIST Students won the South zone Athletic Championship 2022 organized by Andhra Athletic Association held at Acharya Nagarjuna Stadium, Guntur from 08.09.2022 & 10.09.2022**

3. K.HARIHARAN - I B.SC (CS) - Gold Medal (110 Hurdles)

4. S.HARSHAVARTHAN - II B.Tech(CS) - Bronze Medal (110 Hurdles)