

DEPARTMENT

OF

PHYSICAL EDUCATION

**GROUND FACILITIES AVAILABLE IN OUR COLLEGE SPORTS
COMPLEX**

S.NO	EVENT	MEASUREMENT	GROUND FACILITY
1	Indoor Games	Multi-use hall	Carrrom, Chess, Table Tennis
2	Athletics	150mts Straight, 80 mts Curve, 4 Lanes	A Standard 200 M track
3	Ball Badminton	24mts x 12mts	One court
4	Basket Ball	28mts x 15mts	One court Floodlit Facility
5	Kabaddi	13mts x 10mts	One Court
6	Volley Ball	18mts x 9mts	Two Courts
7	Cricket	40 yards	20.12m (22Yards) Long and 3.05m(10 feet) Wide
8	Kho-Kho	28mts x16 mts	One courts
9	Tennis	23.77mts x 8.23mts	Three courts
10	Badminton court	13.40 mts x 6.10 mts	Two courts

GYMNASIUM

GYM EQUIPMENT DESCRIPTIONS

The Centres for Disease Control and Prevention Recommends that all adults gets at least 30 minutes of moderate exercise five days a week .Going to the gym every day is one way to accomplish this goal .Regular exercise carries many physical and mental health benefits. Do not begin any new exercise program without talking to your doctor first, especially if you have health complications or have been sedentary to this point.

ROWER

Machine Weight :65 lbs Max user Weight 500 lbs. Size in. 27 x 47 x 54.5



- 20 inch frame height; One-piece leg design offers Stability and a spoiled feel
- Flywheel design minimizes noise, maximizes smooth feel of rowing on the way

8 POWER RACK



Machine Weight 805lbs Starting Resistance: N/A Size in. =73L x65.5W x97.5H

- Heavy -duty frame construction
- Non-slip diamond plated Spotters Stands
- Ergonomically-angled chin-up handles for pull-ups, Chin-ups and close grip pull-ups
- Handle and wheels for easy mobility

OLYMPIC HEAVY-DUTY ADJUSTABLE BENCH



Machine Weight :130 lbs Starting Resistance: N/A Size in. =39Lx 24W

- Locking System ensures that user is in the correct lifting position
 - Heavy duty, Welded frame construction will
 - Back Pad adjusts in 2" increments from 0° to 75° while bottom pad adjusts from 0° to 20°
 - Handle and wheels for easy mobility
- From

ISO-LATERAL ROWING

Machine Weight :280 lbs Starting Resistance:12lbs N/A Size in. =59L x 50W x 51H

- From a seated position, two independent movement arms move and abduct to work the latissimus and several other muscle groups
- Starting resistance -12lbs

BARBELL RACK (Fixed Weight-EZ Curl or Straight Bar)



Machine Weight:142 lbs Starting Resistance:N/A Size: in.=31L*28W*60H

- Floor Blumpers

DUMBBELL RACK -DOUBLE (Holds 10 Pairs)



Machine Weight:155 lbs Strating Resistance:N/A Size: in.= 90L*24W*32H

- Floor Blumpers(holds 5-50 or 55-100 lbs sets)

BENCHES

ADJUSTABLE BENCH (for Dumbell area-not HD Racks)



Machine Weight: 130 lbs Strating Resistance:N/A Size: in.=39L*24W*19H

- Heavy duty, welded frame construction
- Back pad adjusts in 2''increments from 0 degree to 85 degree
- Handle and wheels for easy mobility

DECLINE ABDOMINAL BENCH



Machine Weight: 100 lbs **Starting Resistance:** N/A **Size:** in.=63L*24W*34H

OLYMPIC WEIGHT PLATES-Urethane or Rubber Coated



OLYMPIC WEIGHT PLATES

- Available in 2.5lb., 5lb.,10lb.,25lb.,35lb.,and 45lb. sizes, with kilogram equivalent weight markings on all sizes
- Intergrated hand grips on all plates 10lbs. or higher

BUMPER PLATES-Rubber

STANDARD BUMPER PLATES



10,15,25,,35,45 lb.plates

- Diameter: All plates are the same standard diameter-18''

FIXED BARBELL SETS – Urethane or Rubber Coated



Request(1)BARBELL RACK as well- only(1)set authorized



- Straight Bar Set,20-110 lbs. (10 Barbells)
- EZ Curl Bar Set,20-110 lbs. (10 Barbells)

YOGA HALL

The Yoga Hall was founded in January 2005 by Mr.K.Loganathan, Chairman. We aim to provide a welcoming, easy and comfortable environment for all levels, from absolute beginners to advanced

COURTROOM FOR YOGA

- 1.Space size: 26ft*23ft.
- 2.Beautiful marble floor- excellent for yoga.
- 3.Good lighting- can be dimmed for evening classes.
- 4.Yoga mats available on request.
- 5.High ceiling- spacious feel.
- 6.Suitable for 30-40 people to do yoga.

ADVANTAGES

Physical Health

Relaxation

Stress Relief

Stamina

Vitality

Zest for Life

Clarity

Concentration

Memory

Motivation

Willpower

Awareness

Creative Insight

Inner peace

Happiness



FIRST AID

First aid is the assistance given to any person suffering from a sudden illness or injury with care provided to preserve life, prevent the condition from worsening, and/or promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, Such as performing CPR while a waiting for an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut. First aid is generally performed by the lay person, through many people trained in providing basic levels of first aid, and others willing to do so from acquired knowledge. mental health first aid is of the concept of first aid covers mental health.

Our College basic first aid kit may contain:

- Plasters in a variety of different sizes and shapes
- Small,medium and large sterile gauze dressings
- At least two sterile eye dressings
- Triangular bandages
- Safety pins
- Disposable Sterile gloves
- Tweezers
- Scissors
- Alcohol-free cleansing wips
- Sticky tape
- Thermometer
- Skin rash cream, such as hydrocortisone or calendula
- Cream or spray to relieve insect bites and stings
- Antiseptic cream
- Painkillers such as paracetamol (or infant paracetamol for Children),aspirin (not to be give to children under 16),or ibuprofen
- Cough medicine

- Antihistamine tables
- Distilled water for cleaning wounds
- Eye wash and eye bath.



DEPARTMENT OF PHYSICAL EDUCATION

TEAM ACHIVEMENT FOR THE YEAR 2021-2022

S.NO	GAME	POSITION	VENUE	DATE	LEVEL
1	TABLE TENNIS	FOURTH PLACE	S.I.V.E.T COLLEGE	11.4.2022	INTER COLLEGIATE LEVEL
2	CRICKET	MAN OF THE MATCH	S.I.V.E.T COLLEGE	12.4.2022	INTER COLLEGIATE LEVEL
3	KHO-KHO	PARTICIPATION	D.A.E COLLEGE	10.4.2022	SENIOR SATE KANCHIPURAM ASSOCIATION

DEPARTMENT OF PHYSICAL EDUCATION

INDIVIDUAL ACHIVEMENT FOR THE YEAR 2021-2022

S.NO	NAME	POSITION	VENUE	EVENT	LEVEL
1	S.DIVAGAR	SECOND	NEHRU YUVA ENDRA	SILAMBAM	DISTRICT LEVEL
2	S.DIVAGAR	THIRD	CHOZHAGAM C.M.S COLLEGE	SILAMBAM	OPEN NATIONAL
3	K.NAVEEN KUMAR M.SARAVANAN	PARTICIPATION	D.A.E COLLEGE	KHO-KHO	SENIOR SATE KANCHIPURAM ASSOCIATION

DEPARTMENT OF PHYSICAL EDUCATION

OVERALL CHAMPIONSHIP-MEN

S.NO	DEPARTMENT	YEAR
1.	COMPUTER SCIENCE	2015-2016
2.	BCA	2016-2017
3.	B.COM	2017-2018
4.	B.COM	2018-2019
5.	BCA	2019-2020

DEPARTMENT OF PHYSICAL EDUCATION

OVERALL CHAMPIONSHIP-WOMEN

S.NO	DEPARTMENT	YEAR
1.	Computer science	2015-2016
2.	BCA	2016-2017
3.	B.COM	2017-2018
4.	B.COM	2018-2019
5.	BCA	2019-2020

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INDIVIDUAL CHAMPIONSHIP –MEN

S.NO	NAME	DEPERMENT	YEAR
1	B.SATISH KUMAR	II BCOM A	2015-2016
2	M.VENKASTESAN	II BCA A	2016-2017
3	BALA.MURGAN	II BCA B	2017- 2018
4	A.PETTER	II B COM B	2018 -2019
5	SARVANA KUMAR	III B COM C	2019 -2020

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INDIVIDUAL CHAMPIONSHIP –WOMEN

S.NO	NAME	DEPERMENT	YEAR
1	S.H HANEES ROHAIYA	II BCOM A	2015-2016
2	D.KUMUDHA VALLI	II BCA A	2016-2017
3	J.R.ABISHA	II BCA B	2017- 2018
4	R.AKILA	II B COM B	2018 -2019
5	D.SWATHI	III B COM C	2019 -2020

DEPARTMENT OF PHYSICAL EDUCATION
SPORTS SECRETARY-MEN

S.NO	NAME	DEPARTMENT	YEAR
1.	S.JOHNWESLEY	II MSC .IT	2015-2016
2.	K.VIGNESHKUMAR	II BCOM	2016-2017
3.	R.PURSHPTHAMAN	III BCA	2017-2018
4.	M.AKILAN	III CS	2018-2019
5.	S.SOUNDAR	III CS	2019-2020

DEPARTMENT OF PHYSICAL EDUCATION
SPORTS SECRETARY-WOMEN.

S.NO	NAME	DEPARTMENT	YEAR
1.	S.PAVITHRA	III B.COM	2015-2016
2.	D.KUMUTHAVALI	III BCA	2016-2017
3.	S.HANES ROHAIYA	III BCOM	2017-2018
4.	R.AKILA	III BCOM	2018-2019
5.	S.THARA	III BCOM	2019-2020