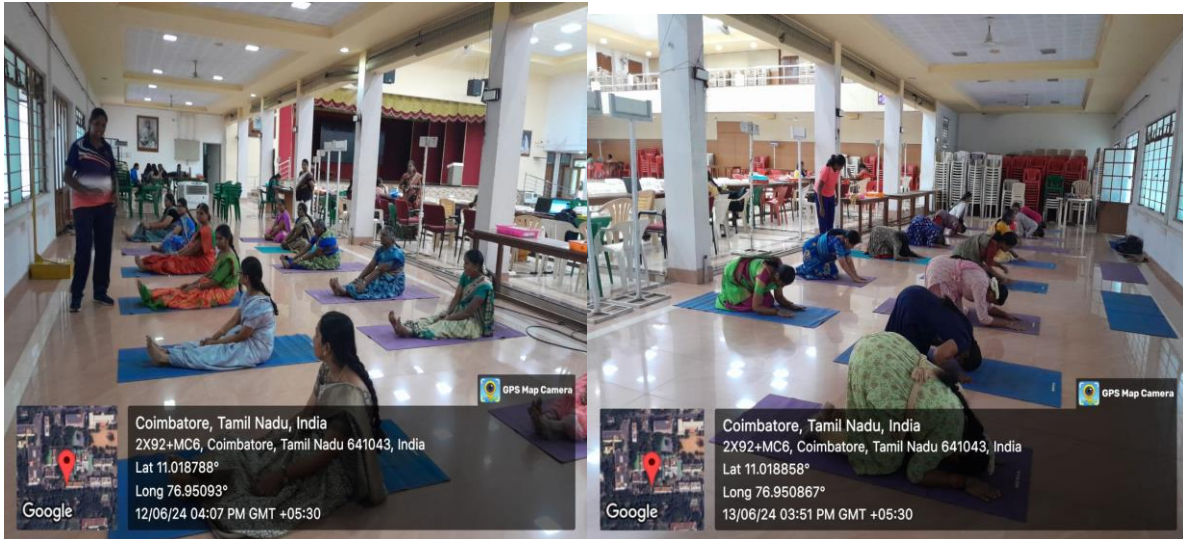


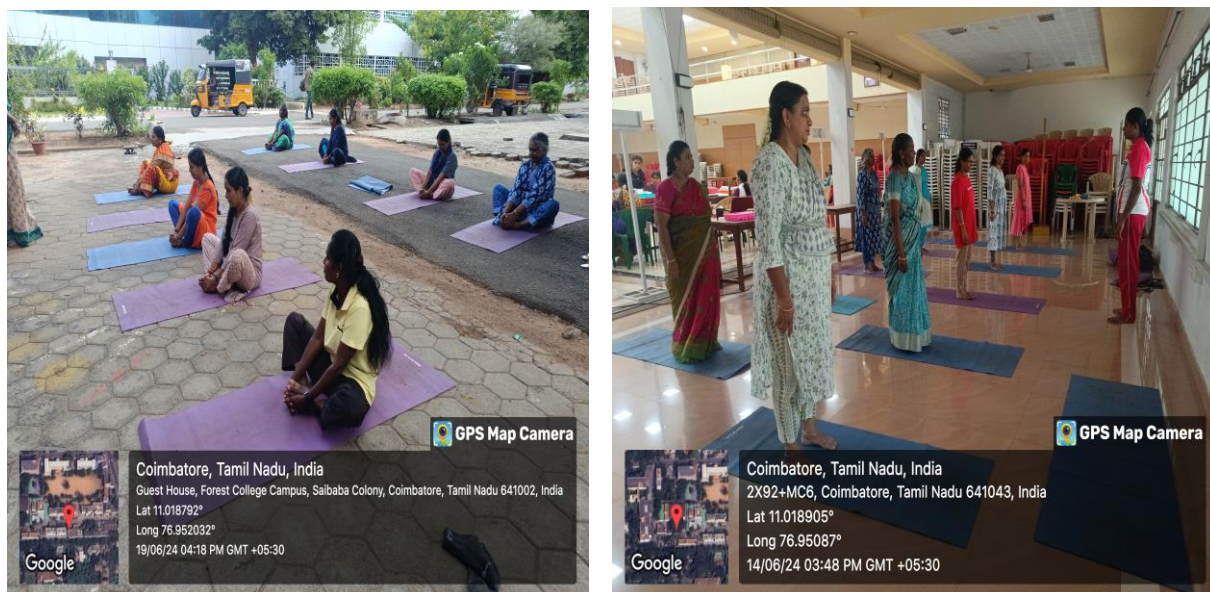
## YOGA WORKSHOP ON WOMEN EMPOWERMENT

The Department of Physical Education at Avinashilingam Institute for Home Science and Higher Education for Women conducted a “Workshop on Yoga” from June 12th to June 20th, 2024. The workshop, themed “Yoga for Women Empowerment,” focused on fostering self-confidence and holistic well-being through yoga practices



Fifteen participants actively engaged in structured sessions that emphasized physical fitness, mental resilience, and personal growth. The program included asanas, pranayama, and meditation techniques tailored to empower women in their daily lives.

This initiative showcased the institute’s commitment to promoting wellness and women’s empowerment. It reinforced the role of yoga as a powerful tool for improving overall health and nurturing inner strength.



## **INTERNATIONAL DAY OF YOGA**

The International Yoga Day was celebrated on June 21, 2024, at the Thiruchitrambalam Auditorium, Campus I, with great enthusiasm. Dr. U. Srikumar, Professor, graced the event as the chief guest and highlighted the significance of yoga in fostering physical and mental well-being.

Dr. Srikumar elaborated on the benefits of Super Brain Yoga, emphasizing its role in stimulating brain activity and enhancing academic performance. He also demonstrated the practice, engaging the audience and inspiring students to incorporate it into their daily routines.

The event successfully promoted awareness about yoga's holistic benefits and encouraged students to adopt it as a regular practice for personal growth and improved focus.

## **SPORTS COMPETITION FOR TEACHERS**

The Department of Physical Education organized a sports competition for teachers on July 6, 2024, fostering enthusiasm and camaraderie. The event saw active participation from 30 staff members, reflecting their dedication and passion for sports.

Teachers showcased their athletic abilities and competitive spirit, engaging in various games and activities. The event also served as a platform to strengthen teamwork and mutual respect among the faculty

This initiative highlighted the institute's commitment to promoting physical fitness and fostering a positive work environment. It was a memorable occasion that reinforced the importance of sports in professional and personal well-being.

## **PLYO FOR WELLBEING**

Dr. P. Nandhini and Dr. P. Princy led the “Plyo for wellbeing” training, emphasizing the role of plyometric exercises in improving bone density and muscular power. They demonstrated a series of dynamic workouts designed to boost strength, agility, and overall physical performance.

A specialized session on plyometric training was conducted on July 2, 2024, focusing on enhancing bone health and muscle strength among students. The event saw enthusiastic participation from 320 students, reflecting their keen interest in physical fitness and well-being.

This initiative highlighted the institute’s commitment to promoting advanced fitness practices among students. It provided participants with valuable knowledge and techniques to incorporate plyometric exercises into their daily routines for long-term health benefits.

## **STRETCH FOR FLEXIBLE MUSCLES**

The 'Stretch for Flexible Muscles' session, led by Mrs. Salomy on July 2, 2024, drew an impressive 174 participants. The session began with an overview of the importance of muscle flexibility for posture, injury prevention, and fitness, delivered with clarity and enthusiasm.

Participants engaged in practical demonstrations of stretching techniques, including dynamic and static stretches, tailored to different fitness levels. Mrs. Salomy highlighted correct posture and breathing, ensuring safe and effective practice.

Attendees left motivated to incorporate flexibility exercises into their routines, marking the session a great success.

## **SPORTS EVENTS FOR SUPPORTIVE STAFF**

At our institute, the supportive staff actively participates in throw ball and basketball, fostering a vibrant culture of fitness and teamwork. These activities provide an excellent opportunity for staff to engage in physical exercise, promoting health and well-being while strengthening bonds among colleagues.

The throw ball sessions are lively and competitive, allowing 36 staff members to enjoy an active break from their routines. These games are a fantastic way to relieve stress, improve reflexes, and maintain physical fitness. Meanwhile, the basketball practices, held on our state-of-the-art synthetic courts, offer an equally dynamic environment where staff members develop their skills and coordination while enjoying the camaraderie of team sports.

Such initiatives underline the institute's commitment to promoting a healthy work-life balance for its staff, ensuring they stay active and connected through sports.

## **SPORTS FOR LIFETIME FITNESS**

An awareness program on sports was organized for freshers on July 9 & 10, 2024, at the Thiruchitrambalam Auditorium, Campus I. Dr. P.Nandhini, Assistant Director, led the session, creating awareness about the extensive sports facilities and opportunities available at the institute.

This initiative showcased the institute's commitment to promoting sports and physical fitness. Freshers were encouraged to actively participate in sports and take advantage of the resources available to them on campus.

Sports students joined Dr. Nandhini to share their experiences and provide valuable insights into various sports disciplines. The session emphasized the role of sports in fostering personal growth, teamwork, and academic balance.

## **SKILL DEVELOPMENT SESSION FOR PLAYERS**

A Skill Development Session for players was successfully organized on July 9, 2024, with 64 enthusiastic participants. The session was designed to enhance the technical and tactical capabilities of athletes, focusing on sharpening their core competencies. The event opened with an introduction to the objectives of skill development, emphasizing its importance in improving overall athletic performance.

The session featured expert-led demonstrations and interactive drills tailored to various sports disciplines. Participants practiced skills like agility, precision, and game strategies under professional guidance. Personalized feedback was provided to each player, ensuring targeted improvement and fostering a deeper understanding of advanced techniques.

This initiative underscored the institute's commitment to nurturing sporting talent and equipping athletes with the tools they need to excel in their respective fields.



## **EXCELLENCE CLUB FOR SPORTS**

The Physical Education Department of Campus II organized a "Clubs for Excellence in Sports" event on July 11, 2024, at the Ammaiappan Auditorium. This initiative aimed to provide engineering and arts students with opportunities to excel in sports at higher levels.

Mrs. Amsaveni, Sports trainer, led the session, inspiring students to pursue their athletic aspirations. She highlighted the resources and support available through the clubs to help athletes achieve their goals.

The event underscored the institute's dedication to nurturing sporting talent and fostering a culture of excellence. It encouraged students to actively engage in these clubs and strive for success in sports.

## Awareness on Health and Nutrition

On July 9, 2024, an awareness session on health and nutrition was led by Dr. P. Nandhini, to educate students about the importance of maintaining a balanced diet and adopting healthy lifestyle practices. The session aimed to provide insights into the significance of proper nutrition in enhancing overall health, energy levels, and academic performance. The session was attended by around 800 students who actively participated in discussions on food choices, nutrient intake, and the impact of nutrition on physical and mental well-being.

The event covered essential topics such as the role of vitamins, minerals, proteins, and carbohydrates in daily nutrition, as well as the importance of hydration and mindful eating. The aim was to empower participants to make informed decisions about their diet and lifestyle, helping them to achieve optimal health and prevent chronic conditions. The session also addressed common myths surrounding nutrition and emphasized the value of incorporating diverse food groups into everyday meals.

## **AWARENESS ON WEIGHT MANAGEMENT**

Awareness on weight management 431 involves understanding the principles of maintaining a healthy weight through a balanced diet, regular physical activity, and positive lifestyle choices. The orientation also covers the psychological aspects of weight management, addressing emotional eating and body image issues.

## **ASANAS FOR SENIOR STUDENTS**

A asanas session was organized to promote flexibility and overall well-being among students and teachers. The session aimed to create awareness about the physical and mental benefits of yoga, encouraging participants to incorporate it into their daily routines. It focused on enhancing body flexibility through guided asanas and simple movements. Around 65 students actively participated, demonstrating enthusiasm and commitment.

In addition to flexibility, the session targeted improving physical strength, reducing stress, and fostering enhanced focus. Participants reported experiencing immediate relaxation and a sense of calm. The session also emphasized the long-term benefits of yoga, including pain relief, improved balance, better sleep, and emotional stability, making it a holistic practice for mind and body wellness.

## **INSPIRING NON-PARTICIPANTS TO EMBRACE SPORTS AND WELLNESS**

On July 19, 2024, a sports event was held to encourage greater participation among students. Around 65 students actively took part in various activities, emphasizing physical fitness and teamwork. The event aimed to promote the benefits of regular sports, such as improved strength, endurance, and mental clarity.

The initiative also targeted non-participants, encouraging them to explore new sports and embrace physical activity as part of a healthy lifestyle. The goal was to foster a culture of inclusion and motivate students to prioritize wellness.

In addition, 26 students joined the event, showcasing an increasing interest in sports among new students. The success of this event paves the way for more initiatives to boost sports participation across the student body.

## **FITNESS TRAINING**

On July 23, 2024, a fitness training session was organized to encourage greater participation in physical activities among students. The session, which focused on improving overall strength, endurance and fitness levels, saw enthusiastic participation from around 100 students. Various exercises and training techniques were introduced to enhance physical health and fitness, with an emphasis on making fitness a regular part of daily life.

The initiative was designed to inspire non-participants to engage in fitness activities and understand the benefits of regular physical training, including better health, increased energy, and improved mental clarity. The session served as a platform to promote a culture of fitness and well-being across the student body.

## Awareness on women safety

An awareness program on women's safety was organized at Avinashilingam Institute to educate and empower participants on the importance of personal security. The session included interactive discussions on the challenges faced by women in various environments and strategies to overcome them. Experts provided guidance on self-defense techniques, legal rights, and emergency response mechanisms. Key topics like cyber safety, workplace harassment, and public safety measures were covered in detail. Real-life case studies were presented to emphasize the significance of vigilance and preparedness. Participants were encouraged to download safety apps and familiarize themselves with helpline numbers. The program also highlighted the role of community support and bystander intervention in ensuring women's safety. Informative materials and resources were distributed for further learning. The session concluded with a pledge to uphold and advocate for women's safety and dignity in all spheres. Feedback indicated the event was impactful and inspired greater awareness among attendees.

# **Meditation**

On August 5, 2024, a meditation session was organized to encourage students and teachers to explore the benefits of mindfulness and mental well-being. The session aimed to reduce stress, improve focus, and promote emotional balance. A total of 60 students actively participated, engaging in guided meditation techniques, including deep breathing and mindfulness practices.

The initiative was designed to reach out to non-participants and highlight the importance of mental health in academic and personal success. Meditation was introduced as a tool for enhancing concentration, emotional stability, and overall mental clarity. Participants reported feeling calmer and more focused, demonstrating the positive impact of regular meditation practice.



## **Mobility Training**

On August 6, 2024, a mobility training session was organized to encourage students to improve their flexibility, joint health and overall movement. The session, conducted by Dr. P. Nandhini and Dr.S. Princy, focused on exercises designed to enhance range of motion, reduce stiffness, and promote better posture and mobility. Approximately 60 students participated, actively engaging in exercises targeting key areas such as the hips, shoulders, and spine.

The event aimed to encourage non-participants to recognize the importance of mobility exercises as a preventative measure for injury and a way to improve daily functional movements. Participants were introduced to a variety of stretches and movements that could easily be incorporated into daily routines, highlighting the long-term benefits for overall health and fitness.

## **Indigenous Games**

On August 8, 2024, an engaging event was organized to encourage active participation in indigenous games. The session aimed to revitalize traditional sports and increase awareness of their cultural and physical benefits. Approximately 400 students participated in a variety of indigenous games, including throw ball and volleyball. These games were chosen for their ability to enhance physical fitness, teamwork, and coordination, while also celebrating cultural heritage.

The initiative was particularly focused on motivating non-participants to join in and explore the significance of indigenous games. These sports were highlighted not only for their fitness benefits but also for their role in fostering a sense of community, enhancing social bonds, and preserving tradition. The event helped participants realize the joy and importance of these games as part of their sporting repertoire.

Showing great interest in these games. The positive response from both new and returning students demonstrates the potential to integrate indigenous games into regular sports events, further promoting cultural awareness and physical wellness within the student body.

## **INTER DEPARTMENTAL THROWBALL TROPHY**

The Throw ball Trophy was held on August 8, 2024, and August 12, 2024, at Avinashilingam Institute, showcasing exceptional talent and sportsmanship among the participants. A total of 37 departments took part, with 444 enthusiastic players competing in the event. The tournament aimed to foster healthy competition and strengthen inter-departmental bonds

The matches were conducted in a knockout format, ensuring an exciting and competitive atmosphere throughout. Participants demonstrated outstanding teamwork, skill, and determination, making the tournament a resounding success. The Physical Education Department played a pivotal role in organizing and overseeing the event to ensure its smooth execution.

The final match was a nail-biting contest, with teams displaying remarkable coordination and strategy. The event concluded with a prize distribution ceremony, where the winning department was awarded the coveted Throwball Trophy. The competition not only celebrated athletic prowess but also reinforced the institute's commitment to promoting sports and overall well-being among students.

## **Motivational Speech on Achieving Their Goals**

On August 8, 2024, a motivational speech session was organized to inspire students and instill a sense of purpose and determination in their academic and personal journeys. The guest of honor was Mrs. S. P. Keerthana, an alumna of our esteemed institute who graduated with a B.Sc. in Chemistry during the academic year 2018-19. Her achievements and experiences served as a source of motivation for the attendees.

Mrs. Keerthana shared insights from her journey, emphasizing the importance of perseverance, self-belief, and goal-setting. She recounted the challenges she faced and how her education at the institute played a vital role in shaping her career and character. Her words resonated deeply with the audience, especially the students, as she highlighted the value of hard work, resilience, and embracing opportunities.

The session concluded with an interactive segment where students eagerly asked questions and sought advice on navigating their academic and career paths. The event was well-received, leaving the participants inspired and more confident about their future endeavors.

## Aerobics Training



On August 13, 2024, an aerobics training session was conducted to enhance physical fitness and promote an active lifestyle among participants. The session featured rhythmic exercises, stretching routines, and cardiovascular activities performed to upbeat music, creating an engaging and lively atmosphere.

Participants enthusiastically took part in the exercises, reporting noticeable improvements in their energy levels and an enhanced sense of well-being. The trainer highlighted the multiple benefits of aerobics, such as increased endurance, improved flexibility, and overall health enhancement.

The session received overwhelmingly positive feedback from the participants, many of whom expressed interest in having regular aerobics classes. The success of this event underscores the growing interest in fitness-oriented activities and the positive impact of such initiatives on health and wellness.

## INTER DEPARTMENTAL VOLLEYBALL TROPHY

The Volleyball Trophy tournament was held on August 14, 2024, and August 16, 2024, at Avinashilingam Institute, bringing together 444 participants from 37 departments. This highly anticipated event aimed to promote teamwork, skill development, and inter-departmental camaraderie among students.



The matches featured intense competition, with participants showcasing their agility, precision, and strategic game play. The Physical Education Department ensured a well-organized tournament, maintaining a professional and encouraging environment for all teams. The audience enthusiastically supported their respective departments, adding to the excitement of the event.

The tournament concluded with a thrilling final match, where the top teams competed with remarkable energy and coordination. The winning department received the prestigious Volleyball Trophy in a grand prize distribution ceremony. The event successfully highlighted the institute's dedication to fostering sportsmanship and enhancing the physical fitness of its students.



## Selection Trails for University Teams



On August 22, 2024, selection trials for university teams in hockey, handball, basketball, and badminton were conducted at Avinashilingam Institute. The trials aimed to identify and recruit talented players to represent the institute in forthcoming inter-university tournaments.

The trials attracted enthusiastic participation, with students demonstrating their skills, fitness, and strategic game play under the guidance of experienced coaches and faculty members. Each sport's evaluation process focused on individual and team performance, ensuring a fair and comprehensive selection.

The shortlisted players will soon commence intensive training to hone their abilities further and prepare for competitive events. The event emphasized the institute's commitment to fostering athletic excellence and providing opportunities for students to shine in sports.



## Skill Development Session



On August 24, 2024, a skill development session was conducted at Avinashilingam Institute to enhance the competencies and professional readiness of students. The session focused on building practical skills, improving problem-solving abilities, and fostering teamwork among participants.

Expert trainers facilitated interactive activities, workshops, and discussions, encouraging students to actively engage and apply learned techniques. The session covered various domains, including communication skills, time management, and critical thinking, ensuring a holistic development approach.

Participants expressed positive feedback, appreciating the session's relevance and impact on their personal and professional growth. The success of this initiative highlights the institute's commitment to equipping students with essential skills for their future careers.



## INTER DEPARTMENTAL BASKETBALL TROPHY

The Department of Physical Education at Avinashilingam Institute organized an inter-departmental basketball tournament on September 9 and October 10, 2024. The event witnessed enthusiastic participation from all 23 departments, reflecting the institute's commitment to fostering sportsmanship and team spirit among students. The basketball courts were abuzz with energy as the tournament provided a platform for students to showcase their talent and passion for the sport.



A total of 256 participants competed in the tournament, representing their respective departments with zeal and determination. Each team exhibited remarkable skill and coordination, making the matches highly competitive and thrilling. The tournament was organized efficiently, ensuring a fair and smooth progression of matches. The spectators, including faculty and fellow students, cheered wholeheartedly, adding to the lively atmosphere.

The event concluded with a prize distribution ceremony, where the winning and runner-up teams were honored for their exceptional performance. Special awards were also given to the best players of the tournament for their outstanding contributions. The basketball tournament not only highlighted the institute's vibrant sports culture but also encouraged students to embrace teamwork, discipline, and a healthy lifestyle.

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## Mental Health Awareness Session



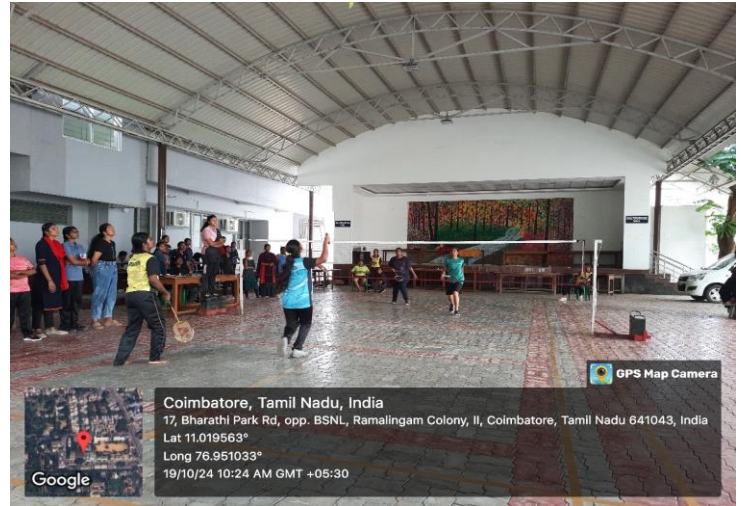
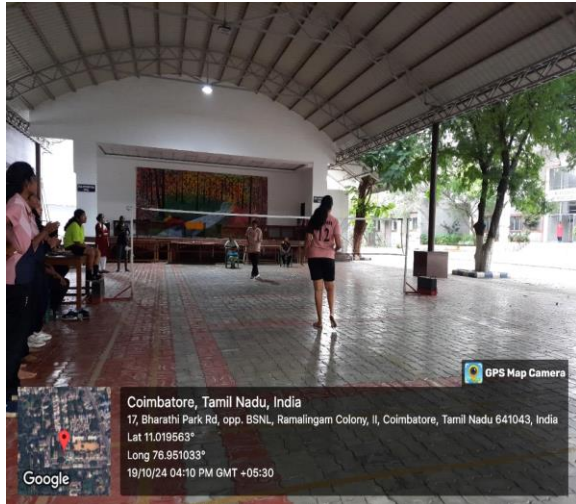
On September 19, 2024, a Mental Health Awareness Session was conducted for students to promote emotional well-being and reduce the stigma around mental health issues. This session was led by Dr. P. Nandhini. It aimed to educate participants on recognizing signs of mental stress, the importance of seeking help, and strategies for maintaining mental resilience.

Experienced speakers shared insights into stress management, emotional regulation, and the role of a supportive community in fostering mental health. The session also included interactive discussions and practical techniques, such as mindfulness and relaxation exercises, which were well-received by the participants.

The event witnessed active engagement from students and staff, highlighting the growing awareness and importance of mental health in academic and personal contexts. Positive feedback emphasized the session's value in fostering a more supportive and understanding environment within the institution.

## INTER DEPARTMENTAL BADMINTON TROPHY

On October 19, 2024 Avinashilingam Institute hosted a thrilling Badminton Trophy Tournament that saw the active participation of 84 students from 9 departments. The event was organized to encourage competitive spirit and promote physical fitness among students. The tournament featured singles and doubles matches, with participants competing in a highly charged atmosphere, showcasing remarkable skills and sportsmanship.



Throughout the day, players displayed exceptional technique, agility, and determination, making for an exciting series of matches. The competitive nature of the event not only highlighted the individual talents of the students but also fostered a sense of unity and camaraderie among the departments. The tournament was keenly contested, with each department fielding their best players, which led to thrilling matches that captivated both players and spectators.

The Badminton Trophy Tournament concluded with a vibrant award ceremony, where the top performers were recognized for their achievements. The event successfully brought together students from various disciplines, reinforcing the importance of physical activity and teamwork. It was a memorable occasion, contributing to the institute's ongoing efforts to promote sports and fitness as integral aspects of student life.



## Capacity Building Session



A Capacity Building Session was organized for our Institute students on 14.11.2024 to enhance students' skills and personal growth. The session focused on developing leadership, communication, critical thinking, and problem-solving abilities. Through interactive workshops, skill development modules, and insightful guidance from experienced facilitators, participants were equipped with practical tools for time management, teamwork, and adaptability. The session also included an open forum for personalized feedback and discussions, fostering self-awareness and motivation among students. This initiative highlighted the institute's commitment to holistic development, empowering students to excel in academic, professional, and personal domains.



## Football camp



On December 10, 2024, Avinashilingam Institute organized a football camp to enhance students' skills and promote sports participation. The camp featured comprehensive training sessions focusing on fitness, ball control, dribbling, passing, and shooting techniques. Participants also practiced team coordination, defense strategies, and offensive plays through simulated game scenarios. Friendly matches allowed students to apply the techniques learned, with coaches providing real-time feedback. The event saw enthusiastic participation from students of all skill levels and was guided by experienced coaches and faculty. The camp successfully identified potential talent for the university team and inspired greater interest in football, reinforcing the institute's commitment to sports excellence and holistic development.

## INTER DRPARTMENTAL FOOTBALL TROPHY

On December 10, 2024, and January 6, 2025, the Department of Physical Education at Avinashilingam Institute organized a Football Trophy tournament that brought together 180 participants from 18 departments. This grand event showcased the students' passion for football and their dedication to teamwork and sportsmanship. The tournament aimed to encourage physical fitness and foster a spirit of healthy competition among students.



The matches were conducted over two phases, with teams battling it out in a series of thrilling games. Each match witnessed remarkable performances, with players exhibiting excellent skills in passing, dribbling, and goal-scoring. The tournament created an electrifying atmosphere, as the participants displayed unwavering determination and competitive zeal. The spectators, consisting of students and faculty, cheered enthusiastically, adding to the energy and excitement of the event.

The tournament concluded with an exhilarating final match, where the top teams competed for the coveted Football Trophy. The winners were awarded the championship title, while other outstanding players received individual recognitions for their exceptional contributions. The event was a resounding success, further enhancing the institute's robust sports culture and providing students with a memorable platform to excel in their athletic pursuits.



## INTER DEPARTMENTAL KHO-KHO TROPHY

The Kho Kho tournament was held with 312 participants, divided into 26 teams on 16.12.2024. Each team consisted of 12 players, representing various regional clubs. The event took place over three days, with matches scheduled throughout the weekend. Teams competed in a round-robin format, leading to a knockout stage.



The tournament featured both men's and women's categories, showcasing exceptional skill and teamwork. Several close matches were recorded, keeping spectators on the edge of their seats. The finals were highly competitive, with Team A clinching the title after a dramatic finish. The best player award went to Player X for outstanding performance throughout the event. Organizers ensured smooth logistics, providing refreshments and medical support. Each participant received a certificate of participation. The tournament was praised for promoting sportsmanship and community engagement. It was concluded with a closing ceremony, where medals and trophies were awarded. The event highlighted the growing popularity of Kho Kho in the region. Sponsors and volunteers played a crucial role in its success. Future tournaments are already being planned to expand the reach of the sports.



## Silambam session



On August 24, 2024, a skill development session was conducted at Avinashilingam Institute to enhance the competencies and professional readiness of students. The session, led by Dr. S. Princy, focused on building practical skills, improving problem-solving abilities, and fostering teamwork among participants.

Dr. S. Princy guided the students through interactive activities, encouraging active engagement and application of learned techniques. The session covered key areas such as time management, and critical thinking, ensuring a comprehensive approach to personal and professional development. Participants expressed positive feedback, appreciating the session's relevance and the trainer's impactful guidance. This initiative's success underscores the institute's dedication to equipping students with essential skills for their future careers.



# Fit India Celebration



The Fit India Movement was celebrated at Avinashilingam Institute with enthusiastic participation from students, staff, and faculty. Various fitness activities, including yoga, aerobics, and sports, were organized to promote physical health and well-being. A fitness awareness program was conducted to highlight the importance of regular exercise and a balanced lifestyle. Special sessions on nutrition and mental health were held to emphasize holistic well-being. Participants were encouraged to take part in daily physical activities to improve endurance, strength, and flexibility. Students were also encouraged to take a pledge to stay fit and motivate others to adopt a healthier lifestyle. A health screening camp was organized to monitor the physical fitness levels of participants. The event witnessed active involvement of both young and older members of the community. Prizes and certificates were awarded to winners of various fitness challenges. The celebration concluded with a commitment to continuing fitness initiatives throughout the year.



## Capacity Building Session



A Capacity Building Session was organized for our Institute students on 14.11.2024 to enhance students' skills and personal growth. The session focused on developing leadership, communication, critical thinking, and problem-solving abilities. Through interactive workshops, skill development modules, and insightful guidance from experienced facilitators, participants were equipped with practical tools for time management, teamwork, and adaptability. The session also included an open forum for personalized feedback and discussions, fostering self-awareness and motivation among students. This initiative highlighted the institute's commitment to holistic development, empowering students to excel in academic, professional, and personal domains.

## INTER DEPARTMENTAL HOCKEY TROPHY

The Department of Physical Education at Avinashilingam Institute organized a thrilling hockey tournament on 06.01.2025 that saw the participation of five dynamic teams. With a total of 50 participants, the tournament highlighted the spirit of teamwork and competitive energy among the players. The event was held with great enthusiasm, drawing attention to the growing interest in hockey within the institute.



Each team showcased exceptional skill, coordination, and determination during the matches. The players demonstrated their prowess in dribbling, passing, and scoring goals, making every game an exciting spectacle. The matches were fiercely contested, with each team striving to outperform the other while maintaining the true spirit of sportsmanship. The spectators cheered enthusiastically, adding to the electrifying atmosphere on the field.

The tournament concluded with a prize distribution ceremony to honor the winning team and the runner-up. Individual awards were presented to the best forward, best defender, and best goalkeeper, recognizing their outstanding contributions to the game. The hockey tournament not only celebrated athletic talent but also reinforced the importance of teamwork, discipline, and perseverance among the participants.



## INTER DEPARTMENTAL CHESS TROPHY

The Department of Physical Education at Avinashilingam Institute successfully organized an inter-departmental chess tournament on January 2, 2025. A total of 25 departments actively participated in the event, showcasing their strategic thinking and analytical skills. The chess hall provided a calm and focused environment, fostering a spirit of intellectual competition among students.



With 114 participants vying for the title, the tournament featured intense and thought-provoking matches. Each game highlighted the players' ability to think ahead, adapt strategies, and make calculated moves. The tournament was conducted in a knockout format, ensuring that every round was crucial and engaging. Faculty members and students appreciated the meticulous organization and smooth execution of the event.

The closing ceremony recognized the winners and runners-up, who received trophies and certificates for their commendable performances. Special accolades were awarded to the best player and the youngest participant of the tournament. This chess event not only celebrated the game of strategy and patience but also reinforced the institute's commitment to encouraging intellectual and extracurricular pursuits among students.

## INTER DEPARTMENTAL CARROM TROPHY

On January 3, 2025, the Department of Physical Education at Avinashilingam Institute hosted the Carrom Trophy tournament, attracting 86 participants from 30 departments. The event was designed to foster mental agility, precision, and focus, highlighting the strategic nature of carrom. It offered a fantastic opportunity for students to showcase their skills and engage in friendly competition while promoting the importance of recreational sports.



The tournament was structured in a knockout format, where players competed in intense rounds, demonstrating sharp reflexes and strategic shot-making. Each match brought excitement as players navigated the game with a combination of skill and concentration. The atmosphere was filled with enthusiasm as participants, faculty, and spectators cheered on their teams, creating a lively and supportive environment. The competition also allowed students to interact with peers from other departments, strengthening inter-departmental bonds.

The tournament concluded with a thrilling final, where the top competitors faced off for the prestigious Carrom Trophy. The winners were celebrated for their exceptional gameplay and strategic prowess, while other players were acknowledged for their remarkable efforts.



## INTER DEPARTMENTAL BALL BADMINTON TROPHY

December 20, 2024, and January 6, 2025, the Department of Physical Education at Avinashilingam Institute successfully conducted the Ball Badminton Trophy tournament, featuring 200 enthusiastic participants from 20 departments. This highly anticipated event provided a platform for students to showcase their agility, coordination, and strategic gameplay in the traditional sport of ball badminton. The tournament aimed to promote active participation and foster inter-departmental camaraderie.



On

The competition was organized in a knockout format, with each team demonstrating their best skills in fast-paced and highly competitive matches. The participants displayed exceptional talent, with their swift movements and precise shots captivating the audience. The teamwork and sportsmanship exhibited by the players added to the event's vibrancy, while the cheering crowd created an electrifying atmosphere. Each match brought out the students' determination to perform at their peak and secure a spot in the finals.

The grand finale saw the top teams competing in a nail-biting match for the coveted Ball Badminton Trophy. The winning team was celebrated for their outstanding performance, while individual players were recognized for their exceptional contributions throughout the tournament. The event concluded on a high note, reinforcing the institute's commitment to encouraging traditional sports and fostering an active, inclusive sports culture among its students.

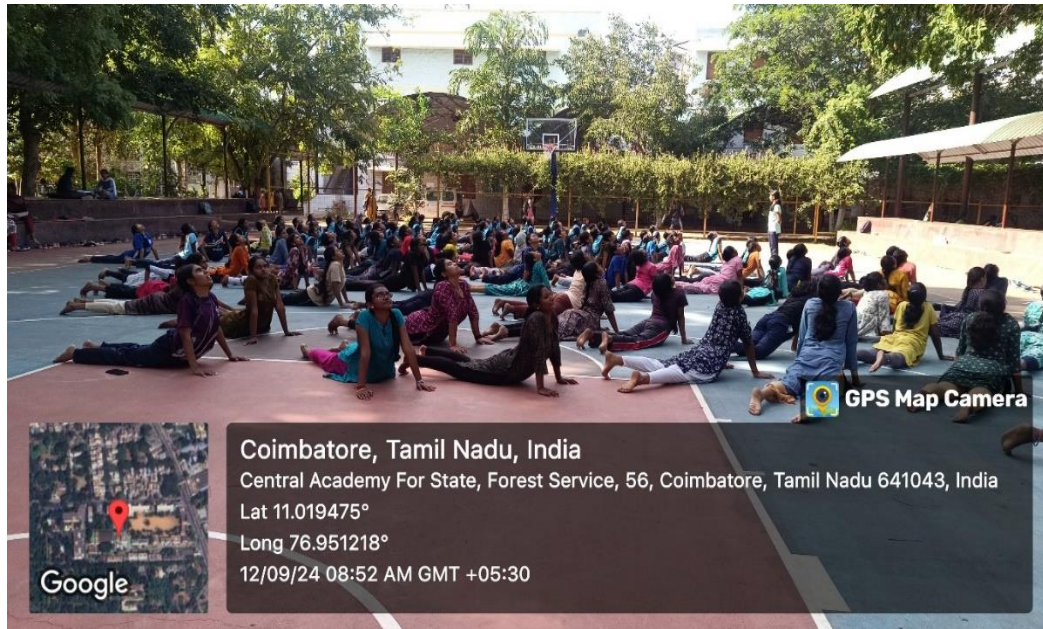
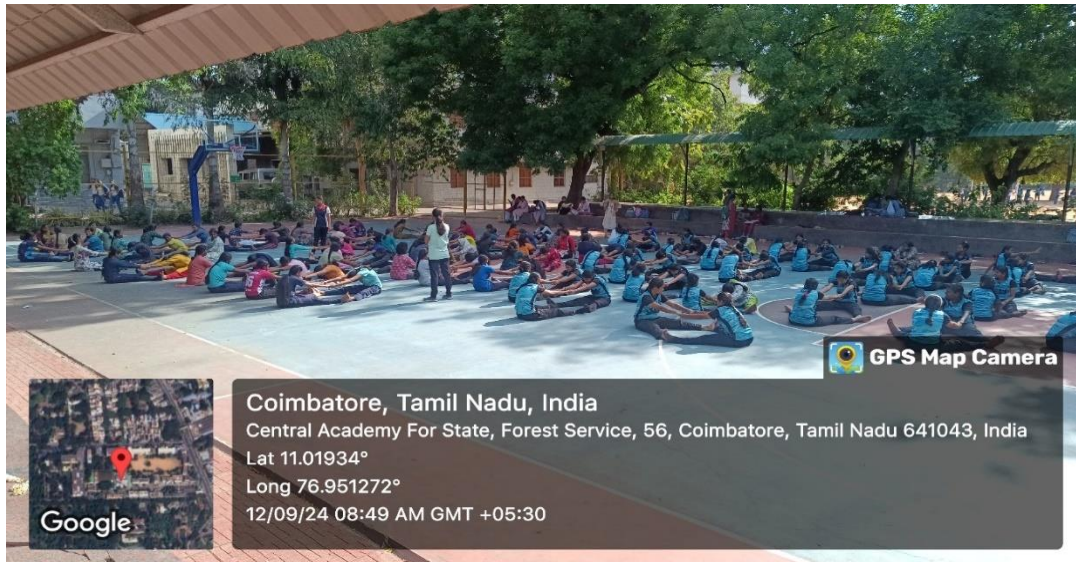
## Lecture on stress relaxation



A relaxation lecture was organized at Avinashilingam Institute to promote stress management and mental well-being. The session focused on the importance of relaxation techniques in reducing stress, anxiety, and improving overall mental health. Participants learned about various methods such as deep breathing, progressive muscle relaxation, and guided meditation. The speaker emphasized the role of mindfulness in achieving emotional balance and enhancing focus. Practical demonstrations were conducted, allowing attendees to experience these techniques firsthand. Students and staff were encouraged to incorporate relaxation practices into their daily routine for better health and productivity. The lecture also highlighted the impact of relaxation on sleep quality and cognitive function. A Q&A session followed, where participants shared personal experiences and learned strategies for managing daily stress. The event was well-received, with many expressing interest in attending similar workshops in the future. The session concluded with a collective commitment to maintaining mental peace through regular relaxation practices.



# Flexibility Training



A flexibility training session was conducted at Avinashilingam Institute to enhance physical fitness and promote injury prevention. The program emphasized the importance of flexibility in improving joint mobility, posture, and overall athletic performance. Expert trainers demonstrated various static and dynamic stretching exercises targeting major muscle groups. Participants actively engaged in exercises like forward bends, side stretches, and hamstring stretches to improve their range of motion. The trainers highlighted the role of warm-up and cool-down stretches in sports and daily activities. Practical tips on maintaining flexibility through consistent practice were provided. Special focus was given to age-appropriate stretches for different fitness levels. The session also educated participants on avoiding common mistakes during flexibility exercises. Feedback from attendees reflected increased awareness and motivation to include stretching in their regular fitness routines. The event concluded with a group stretching activity, leaving participants energized and inspired to maintain flexibility for a healthier lifestyle.



## INTER DEPARTMENTAL TENNIKOIT TROPHY

The Inter departmental Tennikoit tournament, featuring 200 participants from 20 departments on 2<sup>nd</sup> January 2025 was a vibrant showcase of skill, agility, and competitive spirit. Held over two days in the college sports arena, the event aimed to promote physical fitness and inter-departmental unity



Each department fielded a team of five players, with matches conducted in both singles and doubles formats. The opening ceremony was attended by the Principal and the sports committee, who inspired participants with words of encouragement. The tournament followed a league-cum-knockout format, ensuring all teams had multiple opportunities to play before advancing to the finals. Matches were filled with exciting moments, as players demonstrated sharp reflexes, precise throws, and strategic game play. The crowd cheered enthusiastically, creating an electrifying atmosphere. The semifinals featured teams from Computer Science, and Computer Application, all showcasing excellent coordination and determination. METRICThe final match, a thrilling contest between Computer Science and Computer Application kept spectators on the edge of their seats. After a closely contested game Computer Application. In the doubles category, the Computer Application team claimed victory with outstanding teamwork.. The winners were honored with medals and trophies during the closing ceremony, while certificates were awarded to all participants. The event was a grand success, fostering sportsmanship and unity among departments. The Principal applauded the organizers and players for their efforts, and plans for future tournaments are already in the works.

## INTER DEPARTMENTAL HOCKEY TROPHY

The Department of Physical Education at Avinashilingam Institute organized a thrilling hockey tournament on 06.01.2025 that saw the participation of five dynamic teams. With a total of 50 participants, the tournament highlighted the spirit of teamwork and competitive energy among the players. The event was held with great enthusiasm, drawing attention to the growing interest in hockey within the institute.

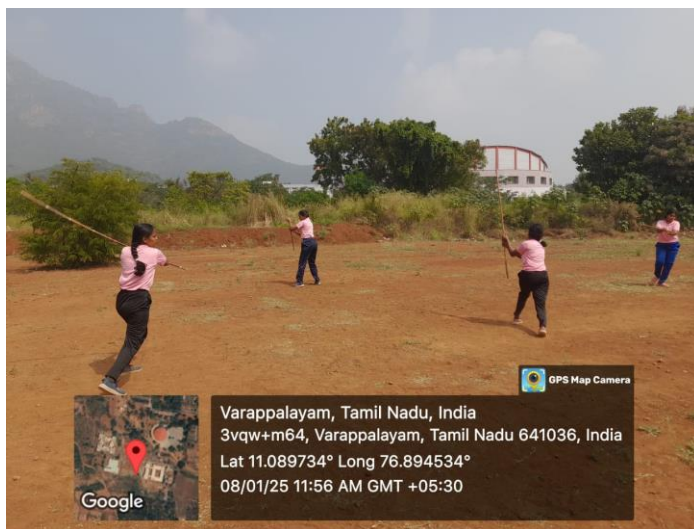


Each team showcased exceptional skill, coordination, and determination during the matches. The players demonstrated their prowess in dribbling, passing, and scoring goals, making every game an exciting spectacle. The matches were fiercely contested, with each team striving to outperform the other while maintaining the true spirit of sportsmanship. The spectators cheered enthusiastically, adding to the electrifying atmosphere on the field.

The tournament concluded with a prize distribution ceremony to honor the winning team and the runner-up. Individual awards were presented to the best forward, best defender, and best goalkeeper, recognizing their outstanding contributions to the game. The hockey tournament not only celebrated athletic talent but also reinforced the importance of teamwork, discipline, and perseverance among the participants.

## INTER DEPARTMENTAL SILAMBAM TROPHY

On January 7 and 8, 2025, the Department of Physical Education at Avinashilingam Institute organized a prestigious Silambam Trophy tournament, highlighting the traditional martial art form. The event saw enthusiastic participation from 15 students representing 6 different departments, showcasing their exceptional skills and dedication. The tournament aimed to celebrate and promote the rich cultural heritage of Silambam while encouraging students to pursue physical fitness and discipline.



The competition was conducted in a well-structured manner, with participants demonstrating intricate techniques, agility, and precision in their movements. The matches were intense, with each participant showcasing their expertise in strikes, footwork, and defensive maneuvers. The tournament served as an excellent platform for students to not only compete but also learn from each other's performances, fostering a deeper appreciation for the art of Silambam.

At the closing ceremony, the best performers were honored with the coveted Silambam Trophy, while other participants received certificates of appreciation for their commendable efforts. The event was a grand success, leaving a lasting impact on the participants and audience alike. It reinforced the institute's commitment to preserving traditional art forms and integrating them into the sporting culture, creating a sense of pride and unity among the students.



## INTER DEPARTMENTAL AEROBICS CHAMPIONSHIP

The Aerobics Championship held on January 7, 2025, at Avinashilingam Institute was a grand celebration of fitness and rhythm. With an impressive 780 participants, the event highlighted the importance of physical well-being and active lifestyles. Participants performed vibrant aerobic routines synchronized to upbeat music, creating a lively and energetic atmosphere that captivated everyone present.



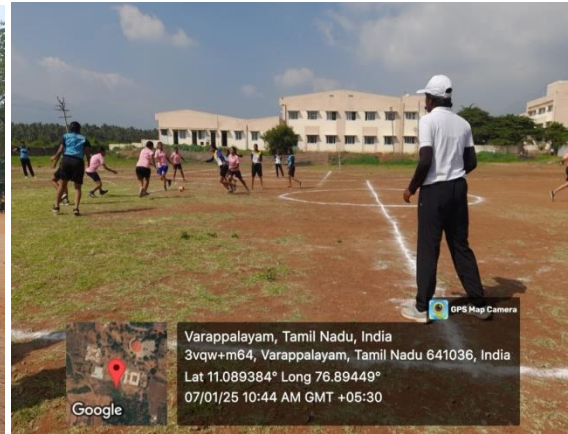
While the championship primarily focused on fostering participation and enthusiasm, outstanding performances were noted for their exceptional creativity, coordination, and rhythmic precision. Prizes for these remarkable displays of talent are set to be distributed at a later date, adding excitement and anticipation to the event. This thoughtful gesture underscores the institute's recognition of effort and achievement.



The event concluded with participants expressing their gratitude for the opportunity to showcase their skills in such a dynamic and supportive environment. The championship not only reinforced the importance of fitness but also emphasized teamwork, discipline, and the joy of movement, making it a memorable highlight of the year.

## INTER DEPARTMENTAL HANDBALL TROPHY

On January 7, 2025 the Department of Physical Education at Avinashilingam Institute organized a Handball Trophy tournament that witnessed an overwhelming response from the participants. A total of 228 students from 19 different departments took part in this exciting inter-departmental event. The tournament served as a platform for the students to showcase their skills, teamwork, and competitive spirit, further promoting the importance of sports in the academic environment



The event was structured to ensure a fair and engaging competition, with each department fielding a team of enthusiastic handball players. The matches were intense, with teams battling it out in a series of well-coordinated games. The participants displayed excellent handball skills, including agility, speed, and tactical awareness, making it a truly competitive experience. The tournament not only offered students the opportunity to compete but also helped in fostering inter-departmental camaraderie and sportsmanship.

At the conclusion of the tournament, the winners were awarded the coveted Handball Trophy, with the top teams receiving accolades for their outstanding performance. The event was a great success, contributing to the overall sports culture at the institute. It also aligned with the institution's goal of providing students with numerous opportunities to participate in diverse sporting events, enhancing both their physical fitness and team-building skills.

The competition featured diverse yoga postures and techniques, judged on precision, flexibility, and presentation. Each department showcased remarkable talent and dedication, making the event a true celebration of skill and mindfulness. Participants demonstrated exceptional discipline, reflecting their preparation and passion for yoga.

The event concluded with the distribution of trophies and certificates. The winners were applauded for their outstanding performances, while all participants were appreciated for their efforts. The Handball Trophy event proved to be a great platform for promoting health and harmony within the community.

