



**DHANALAKSHMI SRINIVASAN  
ENGINEERING COLLEGE**  
(Approved by AICTE and Affiliated to Anna University, Chennai)  
Accredited with 'A' Grade by NAAC  
PERAMBALUR - 621 212. TAMIL NADU

STD - 04328  
220333, 220444

**bsi.**

## **DEPARTMENT OF PHYSICAL EDUCATION**



## **PHYSICAL EDUCATION UNIT**







# A

## PROFILE

### INTRODUCTION

The Health and Physical Education domain provides students with knowledge, skills and behaviors to enable them to achieve a degree of autonomy in developing and maintaining their physical, mental, social and emotional health. This domain focuses on the importance of a healthy lifestyle and physical activity in the lives of individuals and groups in our society.

This domain is unique in having the potential to impact on the physical, social, emotional and mental health of students. It promotes the potential for lifelong participation in physical activity through the development of motor skills and movement competence, health-related physical fitness and sport education.

Engaging in physical activity, games, sport and outdoor recreation contributes to a sense of community and social connectedness. These are vital components of improved wellbeing.

### BENEFITS OF PHYSICAL ACTIVITY

- **Control your weight**
- **Reduce your risk of cardiovascular disease**
- **Reduce your risk for type 2 diabetes and metabolic syndrome**
- **Reduce your risk of some cancers**
- **Strengthen your bones and muscles**
- **Improve your mental health and mood**
- **Improve your ability to do daily activities and prevent falls, if you're an older adult**
- **Increase your chances of living longer**
- **Improved physical fitness**
- **Improved judgments**
- **Self discipline**
- **Improved self-confidence and esteem**
- **Strengthened peer relationship**
- **Reduced risk of depression**
- **Development of democratic citizenship**

**THE DEPARTMENT OF PHYSICAL EDUCATION AT PRESENT PROVIDES OPPORTUNITIES TO OUTDOOR GAMES AND INDOOR GAMES.**

**FACULTY:**

Presently the department of physical education has 6 regular staff and 2 part time staff in our college.

1. Mr.K.Suresh Kumar. - Physical director
2. Mr.M.Thanapal. - Physical director
3. Mr.T.Varadharajan. - Physical director
4. Mrs.R.MadhuMalar. - Physical directress
5. Mr.N.Malarmannan. - Physical director
6. Mr.R.Margoni. - Physical director ( Till 2016)

**PART TIME STAFFS:**

1. Mrs.K.Subashini : Yoga Instructor
2. Mr.T.Siva : Gym Trainer (Till 2017)
3. Mr.M.Purushothaman : Gym Trainer

***Mr.K.Suresh Kumar. B.Sc., B.P.Ed., M.P.Ed., M.Phil., PG Dip in yoga***



He is director of physical education. He has completed his B.sc degree in E.V.R periyar college, Trichy. He has completed his B.P.Ed., M.P.Ed., M.Phil. degrees from Annamalai university, Chidambaram. He has completed his PG diploma in yoga from the same university. He coached many players in sports and games like cricket, volleyball and football. He produced zonal players.

**Experience : 17-06-2007 – till date**

**Mr.M.Thanapal. B.Sc., B.P.Ed., M.P.Ed., M.Phil.**



He is director of physical Education. He has completed his B.Sc (physical education) degree in A.V.V sri pushpam college, Poondi. He has completed his M.P.E.S., M.Phil, degrees from Annamalai University, Chidambaram. He is an inter college kabaddi player. He coached many players in kabaddi.

Experience : 13-12- 2007 – till date

**Mr.T.Varadharajan. B.Sc., B.P.Ed., M.P.Ed., PG Dip in yoga**



He is director of physical Education. He has completed his B.Sc (physical education) degree from A.V.V Sri Pushpam college, poondi. He has completed his B.P.Ed., M.P.Ed., PGDY, degree in Annamalai University, Chidambaram. He coached many players in athletics.

Experience : 04-08-2010 – till date

**Mrs. R. MadhuMalar. M.A., B.Ed., B.P.Ed., M.phil., UG dip in yoga**



She is asst. physical directress. She has completed her B.Lit., M.phil, from Thanthai Hans Rover College, Perambalur. She has completed her M.A in Tamilnadu Open University. She has completed B.Ed., from Dhanalakshmi srinivasan college of Education. She has completed B.PEd, from Annamalai University, Chidambaram. She is a university player of ball badminton. She coached many women players in all events.

Experience : 11-07-2011 – till date

**Mr.N.Malarmannan . B.P.E., M.P.Ed., M.phil., PG Dip in yoga.,**



He is director of physical Education. He has completed his B.P.E., M.P.Ed., M.Phil, degree from Annamalai University, Chidambaram. He has completed his PG diploma in yoga in the same university .He is a foot ball player. He coached many players in foot ball.

Experience : 04-11-2011 – till date

**Mr.R.Margoni. B.Sc., B.P.Ed., M.P.Ed., M.phil., PG Dip in yoga.,**



He is director of physical education. He has completed his B.Sc degree from Govt.Arts College, Ariyalur. He has completed his B.P.Ed., from Dr.Sivanthi Adithanar College of physical education, Thiruchenthur. He has completed his M.P.Ed., M.Phil, degrees from Annamalai University, Chidambaram. He has completed his PG diploma in yoga from the same university. He is a university player of cricket in TNPESU and Annamalai University. He coached many players in cricket.

Experience : 28-06-2013 to 22-10-2016 (3 yrs and 4 month)

**Mrs. K. Subashini : M.A., (yoga)**



She is a yoga Instructor and also attended refresher course in yoga.

Experience : 2013 till date

**Mr.T.Siva**



He is a Gym Trainer and trained the students in all physical activities.

Experience : 2013 -2017 (four yrs )

**M.Purushothaman : B.A(English ),B.P.ED.,**



He is a Gym Trainer and trained the students in all physical activities.

Experience : 17-08-17 – till date

## **OBJECTIVES:**

- **To Conduct Inter Department Sports Meet Once In A Year**
- **Conducting Yoga Practice to Improve the Students Concentration for Active Participation.**
- **To Improve The Students Fitness By Training Them In Gym**
- **The Physical Education Program Will Allow The Students To Participate In Developmentally Appropriate Activities**
- **The Physical Education Program Will Develop And Reinforce Cooperative Behavior**
- **The Physical Education Program Will Teach The Students To Establish Lifelong Fitness Goals**

## **FACILITIES:**

- **PLAY GROUND**
- **INDOOR**
- **OUTDOOR**
- **SWIMMING POOL**
- **GYMNASIUM**

## **OUTDOOR:**

- **VOLLEY BALL**
- **FOOT BALL**
- **KABADDI**
- **BASKET BALL**
- **BALL BADMINTON**
- **KHO-KHO**
- **CRICKET**
- **HAND BALL**
- **THROW BALL**

## **INDOOR:**

- **CARROM**
- **CHESS**
- **BADMINTON**
- **TABLE TENNIS**

## **EQUIPMENTS :**

- Volley ball
- Volley ball net
- Basket ball
- Ball badminton racket
- Ball badminton net
- Badminton racket
- Badminton net
- Foot ball
- Hand ball
- Tennis ball ,cricket bat, ball, stamp,bails
- Cricket mat
- High jump post
- Discus
- Javelin
- Shot put
- Relay button
- Running spikes
- Laziium
- First aid box
- Olympic torch
- Knee caps
- Whistle fox40
- Stop watch
- Starting block
- Skipping rope
- Weighing machine
- Measuring tape
- Chess board & coins
- Carom board& powder&coin
- Hurdles
- Foot pump & hand pump
- Hammer
- Pole vault
- Pole vault bar
- Pole vault extension bar
- Relay line box
- Relay batten
- Table tennis board
- Table tennis racket
- Cross bar
- Toe board



## ACHIEVEMENTS OF THE DEPARTMENT

### ACADEMICS SPORTS ACHIEVEMENTS (2015-16):

<b>S.NO</b>	<b>GAMES</b>	<b>POSITION</b>	<b>LEVEL</b>
<b>01</b>	<b>CRICKET (MEN)</b>	<b>RUNNER</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
<b>02</b>	<b>FOOTBALL(MEN)</b>	<b>THIRD</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
<b>03</b>	<b>BALL BADMINTON(WOMEN)</b>	<b>RUNNER</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
<b>04</b>	<b>VOLLEYBALL(WOMEN)</b>	<b>THIRD</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
<b>05</b>	<b>BADMINTON(WOMEN)</b>	<b>THIRD</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
<b>06</b>	<b>ATHLETICS(WOMEN)</b>	<b>OVER ALL (RUNNER)</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>

### (ATHLETICS )

<b>S.NO</b>	<b>NAME</b>	<b>DEP&amp;YEAR</b>	<b>GAME</b>	<b>POSITION</b>
01	C.KALAIARASI	III-MCA	JAVELIN THROW	FIRST
			5 KM WALK	SECOND
02	K.KALAI SELVI	IV-EEE	LONG JUMP	FIRST
			100 mts RUNNING	SECOND
03	S.KIRUBA	IV-IT	100 mts HURDLES	FIRST
04	N.FAMITHA BANU	III-BME	LONG JUMP	THIRD
05	S.CHITHRA	I-ECE	HIGH JUMP	SECOND
06	S.RISHYA	I-ECE	SHOTPUT	SECOND
07	T.VIVEKA	IV-CSE	JAVELIN THROW	SECOND
08	K.KALAI SELVI N.FAMITHA BANU J.YAMINI V.GOWSALYA	IV-EEE III-BME IV-IT II-EEE	4*100 mts RELAY	SECOND

## ACADEMICS SPORTS ACHIEVEMENTS (2016-17)

S.NO	GAMES	POSITION	LEVEL
01	VOLLEYBALL(WOMEN)	WINNER	ANNA UNIVERSITY ZONAL LEVEL
02	BALL BADMINTON(WOMEN)	RUNNER	ANNA UNIVERSITY ZONAL LEVEL
03	ATHLETICS (WOMEN)	OVER ALL (RUNNER)	ANNA UNIVERSITY ZONAL LEVEL

### (ATHLETICS)

S.NO	NAME	DEP&YEAR	GAME	POSITION
01	N.FAMITHA BANU	IV-BME	LONG JUMP	FIRST
02	T.SHALINI	IV-BME	5 KM WALK	FIRST
03	R.MALATHI	III-EEE	400 mts RUNNING	FIRST
04	M.MEENATCHI	IV-ECE	200 mts RUNNING	SECOND
05	M.BAVITHRA	II-MCA	JAVELIN THROW	SECOND
06	N.FAMITHA BANU	IV-BME	TRIPLE JUMP	THIRD
07	D.GANESHINI	III-EEE	JAVELIN THROW	THIRD
08	B.BALASELVI	II-BME	HAMMER THROW	THIRD
09	N.FAMITHA BANU	IV-BME	4*100 MTS RELAY	THIRD
	R.MEENATCHI	IV-ECE		
	CHITRA	II-ECE		
	V.GOWSALYA	III-EEE		
10	T.SHALINI	IV-BME	4*400 MTS RELAY	THIRD
	R.MALATHI	IV-ECE		
	E.DANALAKSHMI	II-EEE		
	B.VISHALI	IV-BME		

## ACADEMICS SPORTS ACHIEVEMENTS (2017-18)

### GAMES

S.NO	GAMES	POSITION	LEVEL
01	<b>HOCKEY (IV rural games hockey federation cup)</b> <b>S. KARTHIK(IV MECH)</b> <b>M.KATHIRESAN(IV EEE)</b>	<b>WINNER</b>	<b>NATIONAL LEVEL</b>
02	<b>ATHLETICS (IV rural games federation cup)</b> <b>P.DEVANATHAN(II MECH)</b> <b>(taekwondo)</b> <b>S.ASONTH) (II MECH)</b> <b>(400 mts Running)</b>	<b>GOLD</b>	<b>NATIONAL LEVEL</b>
03	<b>FOOTBALL(MEN)</b>	<b>WINNER</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
04	<b>CRICKET (MEN)</b>	<b>RUNNER</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
05	<b>BASKET BALL(MEN)</b>	<b>THIRD</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
06	<b>BALL BADMINTON(WOMEN)</b>	<b>WINNER</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
07	<b>VOLLEYBALL(WOMEN)</b>	<b>THIRD</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>
08	<b>BADMINTON(WOMEN)</b>	<b>SECOND</b>	<b>ANNA UNIVERSITY ZONAL LEVEL</b>

## ACADEMICS SPORTS ACHIEVEMENTS (2017-18)

### (ATHLETICS—(M))

S.NO	NAME	DEP&YEAR	GAME	POSITION
01	ASONTH	II-MECH	400 mts HURDLES	FIRST
02	VINOTH	II-EEE	200 mts RUNNING	THIRD
03	ARUN PRAKASH	III MECH	1500 mts RUNNING	THIRD
03	ASONTH	II MECH	4*400 mts RELAY	THIRD
	VINOTH	II EEE		
	ARUN PRAKASH	IV MECH		
	RAGUL	IV MECH		

### (ATHLETICS – (W))

S.NO	NAME	DEP&YEAR	GAME	POSITION
01	CHITRA	III-ECE	100mts HURDLES	SECOND
			HIGH JUMP	THIRD
02	PAVITHRA	III-MCA	HAMMER TROW	THIRD

## ACADEMICS SPORTS ACHIEVEMENTS (2018-19)

S.NO	GAMES	POSITION	LEVEL
01	TAEKWONDO DEVANATHAN (III MECH)	GOLD	INTERNATIONAL LEVEL
02	BALL BADMINTON(WOMEN)	WINNER	ANNA UNIVERSITY ZONAL LEVEL
03	BADMINTON(WOMEN)	RUNNER	ANNA UNIVERSITY ZONAL LEVEL
04	ATHLETICS (MEN & WOMEN)	10 GOLD, 7 SILVER, 3 BRONZE	ANNA UNIVERSITY ZONAL LEVEL

### (ATHLETICS---(M))

S.NO	NAME	DEP&YEAR	GAME	POSITION
01	ASONTH	III-MECH	400mts RUNNING	FIRST
			400 mts HURDLES	FIRST
02	VINOOTH	III-EEE	200 mts RUNNING	SECOND
			100 mts RUNNING	THIRD
03	ASONTH	III MECH	4*400 mts RELAY	FIRST
	VINOOTH	III EEE		
	ARUN PRAKASH	IV MECH		
	VIGNESHWARAN	IV MECH		



(ATHLETICS—( W )

<b>S.NO</b>	<b>NAME</b>	<b>DEP&amp;YEAR</b>	<b>GAME</b>	<b>POSITION</b>
01	AGALYA	I-ECE	LONG JUMP	FIRST
			200 mts RUNNING	THIRD
02	SOUNDHARYA	IV-BME	5 KM WALK	FIRST
03	CHITRA	IV-ECE	400 mts HURDLES	FIRST
04	JENIFER	I-CSE	TRIPLE JUMP	FIRST
			100 mts HURDLES	THIRD
05	GHOWSHICA	III-CSE	100 mts RUNNING	SECOND
			200 mts RUNNING	
06	CHITRA	IV-ECE	4*100 MTS RELAY	SECOND
	GHOWSHICA	III-CSE		
	AGALYA	I-ECE		
	JENIFER	I-CSE		

## **TOTAL ACHIEVEMENTS LIST (2015-19 )**

<b>ACADEMIC YEARS</b>	<b>ZONAL LEVEL</b>	<b>NATIONAL LEVEL</b>	<b>INTER NATIONAL</b>
2015-2016	Gold-03 Silver -35 Bronze -35	-	-
2016-2017	Gold-15 Silver -12 Bronze -11	-	-
2017-2018	Gold-29 Silver -27 Bronze -32	GOLD -04	-
2018-2019	Gold-20 Silver -11 Bronze -03		GOLD-01

### **FUTURE PLAN**

**We are planning to produce more members of zonal and inter zonal players every year and produce more university players from our college.**

OVERALL ATHLETICS RUNNER (15-16)



ZONAL VOLLEYBALL WINNERS(2016-17)



ZONAL BALL BADMINTON WINNERS (2017-18)



ZONAL ATHLETICS OVERALL(2016-17)



ZONAL BALL BADMINTON WINNER(2018-19)



ZONAL MEN FOOTBALL(2016-17)













# DSEC SPORTS TEAM (MEN)

## FOOT BALL TEAM



## CRICKET TEAM



## BASKETBALL TEAM





## DSEC SPORTS TEAM (WOMEN)

BALL BADMINTON TEAM



BADMINTON TEAM



VOLLEYBALL TEAM



ATHLETICS ( W )



BASKETBALL TEAM



## APPRECIATION BY OTHER COLLEGE

**DSIT-SAMAYAPURAM  
(VOLLEYBALL)**



**MAMSE -SIRUGANUR  
(BADMINTON)**



**JCET-THURAIYUR  
(BALL BADMINTON)**



**MAMCE SIRUGANUR**

**SRM-TRP -TRICHY**

**JCET-THURAIYUR  
(BALL BADMINTON )**



**MAMCE-SIRUGANUR  
(FOOTBALL)**



**KRCT-SAMAYAPURAM  
(CRICKET)**





## DAILY COACHING

