



St. Xavier's College (Autonomous)

(Recognized as "College with Potential for Excellence" by UGC & Accredited at A⁺⁺ grade with CGPA of 3.66/4 in IV Cycle by NAAC)

Palayamkottai – 627 002

ANNUAL REPORT 2023-2024

DEPARTMENT OF PHYSICAL EDUCATION

The activities of Physical Education Association for the academic year 2023-2024 began with an inauguration function on 10.07.2023. The Principal Rev. Fr. Dr. S. Mariadoss, S.J., and Dr. S. Arumugam, Head and Director, Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli were the chief guests.

Rev. Fr. Dr. S. Mariadoss, S.J., Principal delivered the Presidential address. Dr. S. Arumugam spoke on "Modern Trends and Career in Physical Education".

Association Activities

- The department of Physical Education went to a trekking programme at Sathuragiri Mountain on 15.09.2023.
- A One Day Workshop was organized by the department on the topic "Fundamental Skills and Techniques for Gymnastics" on 20.09.2023 at Anna Stadium. The resource person Mr. R. Periya Maruthu, SDAT Coach explained the basic techniques of gymnastics.
- Organized a one-day training camp on "Roll Ball Skating" on 30.09.2023 at St. Xavier's College, Basketball Court. The resource person Mr. Alagesan, Secretary, Tirunelveli, District Roll Ball Skating Association, taught the students to develop basic and advanced roll ball skating skills, improve teamwork and communication on the field, enhance strategic thinking and game understanding, refine physical fitness and conditioning for roll ball and build camaraderie and sportsmanship among participants.
- Organized a One Day Workshop on "Fencing" on 29.10.2023 at St. Xavier's College Stadium. The resource person Mr. Nikil Hynan, Secretary, Tirunelveli District Fencing Association introduced participants to the basic principles and techniques of fencing. He taught to develop fundamental footwork, blade work, and safety practices and offered a fun and engaging

experience for participants to explore the sport and spark interest in pursuing fencing as a regular activity.

- Tirunelveli District Football Association and Department of Physical Education jointly organized “Football Coaching Camp-2023” from 11.10.2023 – 15.10.2023, in St. Xavier’s College Stadium. The selection trials were inaugurated by Mr. T. Paul Rodrigo, Secretary, Tirunelveli district football Association. 25 players were selected in this camp. The Head Coach was Dr. C. Selvaraja (AIFF D License Coach), Assistant Professor from the department of Physical Education, St. Xavier’s College Palayamkottai and the Assistant Coach was G. Amu Vigneshwar (AIFF D License Coach). The Camp ended with a motivational speech by Mr. K. Selwin, The President, Tirunelveli District Football Association.
- A one day workshop was organised on “Fundamental Skill in Atya Patya” on 09.01.2024 at St. Xavier’s College Stadium. The resource person Mr. S. Nagarajan, Joint Secretary, Tirunelveli District Atya Patya Association gave insights on the following topic:
 - Warm-up and stretching: Prepared participants physically and mentally for the training.
 - History and introduction: Briefly introduced the cultural significance and basic rules of Atya Patya.
 - Footwork drills: Practiced basic footwork patterns for agility and balance specific to Atya Patya.
 - Stance and posture: Trained proper stances for offense, defense, and movement.
 - Striking techniques: Introduced and practiced fundamental striking techniques with proper hand and arm movements.
 - Dodging and blocking: Learned basic dodging and blocking maneuvers to defend against attacks.
 - Partner drills: Combined learned techniques in safe and controlled partner exercises.

Intramural Sports Competitions 2023-2024.

The departments of Physical Education organized Intramural competitions 2023-24 for our students from 19.07.2023 to 22.02.2024.

The overall result for Intramural Competitions Result 2023-24 follows:

First Place : Red House
Second Place : Blue House
Third Place : Yellow House
Fourth Place : Green House

