

Academic Year 2016-2017



**Madras University "B" zone men Ball Badminton
Tournament 12-9-2016
RUNNERS-UP TROPHY**



Thiruthangal Nadar College
Knowledge is Power

NAAC – SSR CYCLE II

5.3.1.Awards & Medals-Sports/Culturals

5.3. Student Participation and Activities Year: 2016-2021



**State Level Chess Tournament
10th & 11th Sep 2016
H. Saravanan of I B.Com A/F -BRONZE MEDAL**



**Sir Theagaraya Inter-Collegiate T20 men Cricket Tournament 13-9-2016
Runners-up Trophy**

**State Level Boxing Competition
25-09-2016**



R.K. Bharath of I B.Com (G) "A" - GOLD MEDAL



S. Suriya Narayanan of II B.Com (G) "B" - BRONZE MEDAL

Madras University Inter-zone men Power Lifting Competition 13-10-16



R. Nisanth of I B.Com (G) "B" -BRONZE MEDAL

3rd National Federation Boxing cup 2016 (Fly weight category)



R.K. Bharath of I B.Com (G) "A" - GOLD MEDAL

**Madras University “B” zone women
Ball Badminton Tournament
01-12-2016 & 03-12-2016**



BRONZE MEDAL

**Madras University “B” Zone Men Boxing Competition
13-12-2016 to 15-12-2017**



S. Naveen Rajalingam of II BCA “A” - SILVER MEDAL

**South Zone Inter-University Men
Football Tournament
11- o1-2017 to 21-01-2017**



R.Gnana Prasad of III B.Com B/M student has represented the University of Madras Men Football team and won the THIRD PLACE in this Tournament.Organized by Gulbarga University, Karnataka.

**All India Inter University Men
Football Tournament**



R.Gnana Prasad of III B.Com B/M student has Represented the All India Inter-University Men Football Tournament behalf of the University of Madras Organized by Kolkatta University, West Bengal

**Brio
Chess**

Fide

International

**Rating
Tournament**

14 -06-2017 to 20-06-2017



V.kishore kumar of I B.Com (G) “B” has won SECOND PLACE and receive the Trophy+cash award Rs. 15000 again he receive the cash award Rs. 10000 for FOURTH PLACE. Held at Kozhikode in Kerala.

Orientation programme



Orientation Program for our 1 year Sports Student



**Thiru m.v. rajasekar iaaf athletic coach,Chief general manager of indian bank
In hrm department at chennai division**

**Dhakshanamoorthy Memorial Fide International Rating Chess Tournament
22-07-2017 to 23-07-2017**



- V.kishore kumar of I B.Com (G) “B” has won **THIRD PLACE** in Under 18 category.
- He won the 8th place in 1st ICS –MCA Fide Bated International Chess Tournament held on 29th to 31st July 2017and receive the cash award Rs. 6000/-
- Again he won the **FIRST PLACE** in T.Nagar Express State Level Chess Tournament udner- 25 years age category and receive the Trophy+1500 cash award on 19th &20th Aug 12017

Madras University “B” zone men
Table tennisTournament 27-07-2017



Bronze Medal

**Madras University "B" zone women
Ball Badminton Tournament 11-8-2017**



BRONZE MEDAL

State level
14-08-2017 to 16-08-2017

boxing

competition



- Our college Boxing students has won the Three GOLD MEDALS in various categories. Organized by Tamilnadu State Boxing Association at Jawaharlal Nehru Stadium.
- S. Naveen Rajalingam III BCA 'A' Light Fly category.
- R. K. Bharath II B.Com (G) 'A' Fly weight category.
- S. Suriya Narayanan III B.Com (G) 'B' Bantam weight category

Madras University "B" zone men
Ball Badminton Tournament organized by our college 7th Aug 2017



**Madras University “B” zone men
Ball Badminton Tournament 7th Aug 2017**



Bronze Medal

**Madras University “B” zone men
kho-kho Tournament 11-09-2017**



**BRONZE MEDAL
ONLINE PHYSICAL FITNESS CLASS**

Department of physical education has successfully conducted the Online Fitness class for First year of various department students. In this session various topic were covered by the faculty members of Physical Education from morning 8a.m. to 8.30 a.m. Totally 905 students were benefited through this program.

THIRUTHANGAL NADAR COLLEGE
(Wings to the Learning - Thiruthangal Nadar University - Dharmapuri - Tamil Nadu)
Solavoyal, Chennai-51.
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I YEAR ONLINE FITNESS PROGRAMME SCHEDULE
COMMENCEMENT FROM 21ST OCTOBER, 2020 (WEDNESDAY)
TIMING : 08.00 A.M – 8.30 A.M

S.N	Day Order	Class & Strength	Total
1	I	1 B.Sc (S/A) - (06) 1 B.Com (CS) 'B' (70) 1 B.Com (G) Shift-II - (38) 1 B.Com (CS) - Shift II - (07) 1 BCA - Shift II - (03) B.Com (ISM) - Shift II - (04)	128
2	II	1 B.Com (G) 'B' - (70) 1 B.Com (CA) - (70) 1 B.A. English - (15)	155
3	III	1 B.Com (G) 'C' - (70) 1 BBA - (63) 1 B.Sc (M) - (06) 1 B.Sc (Phy) - (05) 1 B.Sc (Che) - (05) 1 B.Sc (PB) - (05)	154
4	IV	1 B.Com (CS) 'A' - (70) 1 B.Sc (CS) 'A & B' - (55) 1 BA. (CPA) - (39)	164
5	V	1 B.Com (G) 'A' - (70) 1 B.Com (A/F) - (70) 1 B.A (Tam) - (12)	152
6	VI	1 B.Com (BM) - (50) 1 BCA A&B - (95) 1 BSW - (07)	152

12/16/2020 I yr [B.Com BM, BCA A & B, BSW] N.SATHYA BAVANI, Physical Directress, Topic _ - FITNESS PROGRAMME – ‘FIRST AID’ - 8am to 8.30am

Daily Attendance Report for I yr [B.Com BM, BCA A & B, BSW] N.SATHYA BAVANI, Physical Directress, Topic :- FITNESS PROGRAMME – ‘FIRST AID’ - 8am to 8.30am: 2020-12-16

Class Name:I yr [B.Com BM, BCA A & B, BSW] N.SATHYA BAVANI, Physical Directress, Topic :- FITNESS PROGRAMME – ‘FIRST AID’ - 8am to 8.30am Meet ID: exi-kxov-jei Date: 2020-12-16 Earliest Arrivals: 07:44 Start: 7:44 End: 8:34 Duration: 50 min

34 Names (0 Absent) ★	Email	Arr	min	Last	7:40	7:45	7:50	7:55	8:00	8:05	8:10	8:15	8:20	8:25	8:30	
? Umamaheswari Ees 'A'		7:52	43	8:34												
? Santhosh H		8:02	33	8:34												
? Ganasval N		8:02	33	8:34												
? Dinoshkumar S		8:07	28	8:34												
? Vinodkumar S		7:58	37	8:34												
? Akash A		8:08	2	8:09												
? Monish A		7:55	38	8:34												
? Sanjay B		7:58	36	8:33												
? Sathya Bavani		8:11	11	8:21												
? Noor Shahn Bew		7:50	43	8:34												
? Senthambhathan V Bew		8:01	34	8:34												
? Karthikeyan Chandru		8:02	33	8:34												
? Priya Dharshini		7:49	46	8:34												
? Madhumitha V.M. Eba Gap		7:43	6	7:50												
? Kiruthika Jaisree		7:57	13	8:09												
? Kiruthika Jaisree		8:09	26	8:34												
? Monisha K		7:54	41	8:34												
? Nandhini K		7:59	36	8:34												
? Kishora L		7:59	36	8:34												
? Mahalakshmi L		7:53	42	8:34												
? Ajith C M		7:53	42	8:34												
? Harini M		8:04	31	8:34												
? Megash M		7:59	36	8:34												
? Manjuresha P		7:59	36	8:34												
? Manjuresha V P		7:55	40	8:34												
? Natraj P		8:03	32	8:34												
? Sangari P		7:59	36	8:34												
? Raj M		8:03	32	8:34												
? Akash S		7:59	36	8:34												
? Hemath S		8:01	34	8:34												
? Mami Kandam S		7:58	37	8:34												
? Saravahan		8:01	34	8:34												
? Dps Inc		7:43	47	8:34												
? Hari Vignesh		8:06	29	8:34												

Daily Attendance Legend:

- ✓ The student was present then exited, rejoined then exited again, and rejoined again, etc. etc.
- The alternating background patterns indicate that the student may have left and rejoined the Meet
- ✓ The student was marked present by the teacher (but did not shown up in the Meet window)
- The student missed the entire class

To help your eye follow across the page, the table rows alternate between white and grey backgrounds which leads to two subtly different shades of green for the times when the student was present

NR - If you want a printed copy of this report, make sure that the 'More settings' → 'Background graphics' checkbox is checked in the Print dialog

Generated by the [Google Meet Attendance extension \(v1.2.8\)](#)



THIRUTHANGAL NADAR COLLEGE

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Selavayal, Chennai – 600 051.

ONLINE FITNESS PROGRAMME

PHYSICAL EDUCATION CURRICULUM


1. STRENGTH TRAINING – BY MR. R.KRISHNA KUMAR
2. YOGA – SURYA NAMASKAR – BY MRS N. SATHYA BAVANI
3. WARM UP AND COOL DOWN – BY DR. M.S.DHANA JAYAKARAN
4. AEROBIC TRAINING – BY MR. R.KRISHNA KUMAR
5. FIRST AID BURNS – BY MRS N. SATHYA BAVANI
6. BALANCED DIET – BY DR. M.S.DHANA JAYAKARAN
7. QUESTION & ANSWER SESSION ON FITNESS – BY MR. R.KRISHNA KUMAR
8. FIRST AID CPR – BY MRS N. SATHYA BAVANI
9. OLYMPIC GAMES – BY DR. M.S.DHANA JAYAKARAN
10. HIGH INTENSITY INTERVAL TRAINING PROGRAM -HIIT – BY MR. R.KRISHNA KUMAR

SCREENSHOTS OF PPTs USED IN ONLINE FITNESS CLASS

SCREENSHOTS OF PPTs USED IN ONLINE FITNESS CLASS


Is Jump rope better than running?

- When you walk or run, you impact your heel.
- With rope jumping you stay high on your toes and use your body's natural shock absorbers.
- Rope-jumping is lower impact than jogging or running if done properly. If not, it's considerably more impact. "Beginners usually jump higher than necessary."



Indian Medal Winners at the Olympic Games


Person	Medal	Event	Year	Venue
Suresh Palkar	Silver	200 m Run	1900	Paris
Suresh Palkar	Silver	200 m Run	1904	Paris
E.D. Datta	Bronze	Wrestling	1900	Paris
Laxmi Devi	Bronze	Wrestling	1964	Tokyo
Kamini Mahapatra	Bronze	Weightlifting	1964	Tokyo
Devendra Phule	Silver	Shooting	2004	Athens
Ashish Kumar	Gold	Shooting	2008	Beijing
Santosh Kumar	Bronze	Wrestling	2008	Beijing
Vijender Kumar	Bronze	Boxing	2008	Beijing
Vijay Kumar	Silver	Shooting	2012	London

Superficial (first degree) burn

Partial thickness (second degree) burn

Full thickness (third degree) burn




Why a balanced diet is important

A **balanced diet** supplies the nutrients your body needs to work effectively. Without **balanced nutrition**, your body is more prone to disease, infection, fatigue, and low performance.

EARLY RECOGNITION


Assessment is of crucial importance. It includes

- Unresponsiveness
 - Check the victim for a response.
 - Shake shoulders gently
 - Ask "Are you all right"



MODERN OLYMPIC GAMES

The modern **Olympic Games** or **Olympics** (French: *Jeux olympiques*) are leading international sporting events featuring summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions. The Olympic Games are considered the world's foremost sports competition with more than 200 nations participating. The Olympic Games are normally held every four years, alternating between the Summer and Winter Olympics every two years in the four-year period.




SPORTS SEMINAR IN THE TOPIC OF “PEDAGOGICAL APPROACHES OF HEALTH AND SKILL RELATED PHYSICAL FITNESS”

Department of physical education has successfully conducted the Sports seminar in the topic of “Pedagogical approaches of health and skill related physical fitness” on 11.2.2021, in our college AC hall. Resource person was Dr.V.Veeran, Director of physical education, Dr.Ambedkar govt. arts college, Chennai. 80 Students participated in the seminar.

The seminar started with Tamil Thai Vazhthu. Our head of the department Mr.R.Krishna Kumar delivered the welcome address. Our Vice principal Dr.K.C.Lalithambika gave brief introduction about the resource person. The resource person was felicitated by our respected principal Dr.S.Murugesan, vice principal Dr.K.C.Lalithambika, and Vice principal Mr.S.Asaithambi.

Resource person Dr. V.Veeran gave the lecture about health and skill related physical fitness through power point presentation. Mrs. N.Sathyabavani, physical directress delivered the vote of thanks. The programme comparing was done by Dr.M.S.Dhanajayakaran, physical director.



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INITIATED BY
INTERNAL QUALITY ASSURANCE CELL (IQAC)

The Management, Principal & the Faculty of the
Department of Physical Education cordially invite you to the

Seminar on
**"PEDAGOGICAL APPROACHES OF HEALTH &
SKILL RELATED PHYSICAL FITNESS"**

on 11th feb, 2021, Thursday at 11.30 a.m. at
Thiruthangal Gnaniyar S.Arumuga Nadar-Meenammal Trust conference Hall (A/C)

Resource Person
Dr. V. VEERAN, M.Phil, Ph.D, NET(JRF)
Director of Physical Education,
Department of Physical Education,
Dr. Ambedkar Govt. arts College, Chennai 39.



has kindly consented to be the chief guest and deliver the special address.

All Are Welcome!

Thiru M.G.E.Selapalam,
Secretary & Corresspondent

Dr.S.Murugesan,
Principal,





Thiruthangal Nadar College
Knowledge is Power

NAAC – SSR CYCLE II

5.3.1.Awards &Medals-Sports/Culturals

5.3. Student Participation and Activities Year: 2016-2021





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Thiru. M.G.E.Selapalam

Secretary & Correspondent

Thiruthangal Nadar College

Will preside over the seminar.

All are Welcomes

Thiru. M.G.E.Selapalam

Secretary & Correspondent

Dr.S.Murugesan

Principal

BASKETBALL COURT INAUGURATION TOURNAMENT

The basketball court inauguration program was successfully conducted on 22.4.2021. Mr.A.Mariappan, president of Chennaivazh Thiruthangal Hindu Nadar Uravinmurai Dharma fund and Mr.ChennaiArasan, Vice President of Thiruthangal Nadar College inaugurated the court in 9 am. The chief guests were felicitated by the secretary and correspondent Thiru.M.G.E.Selapalam.

On the same day the match was conducted between St.Peter’s higher secondary school and PAK higher secondary school. Prizes and mementos were given to both team players. Mr. Adhavarjun, Tamilnadu Basketball association general secretary & all India basketball association Vice President, Mr.G.Manoharan, Manager Indian bank, Mr.M.Selvakumar, Executive committee member, Thiruthangal Nadar College were the chief guest of the program.





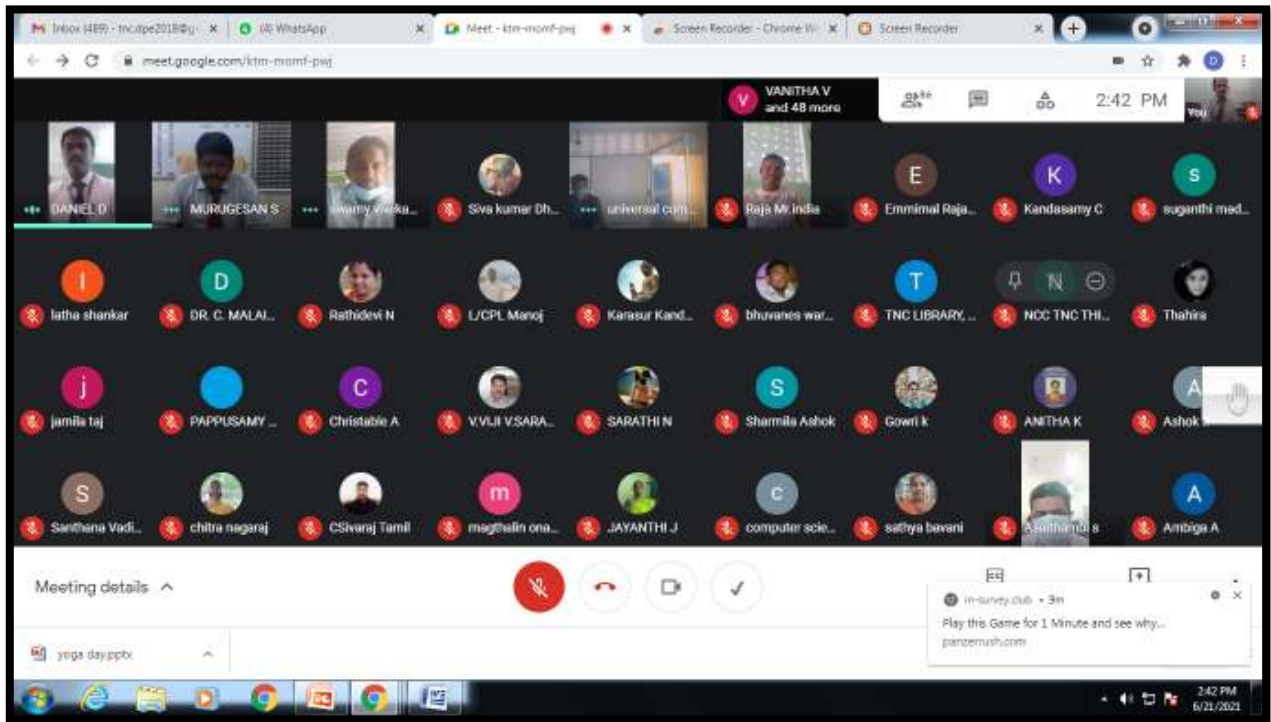




**INTERNATIONAL YOGA DAY CELEBRATION, VIRTUAL YOGA DAY PROGRAMME ON
"REJUVENATION FOR HEALTH" THROUGH YOGA**

The Department of physical education and NCC has jointly organized the Virtual Yoga day Programme on **"REJUVENATION FOR HEALTH" THROUGH YOGA** on 21.06.2021, through Google meet. Yoga Guru S. Suresh Kumar, a Therapeutic yoga trainer was the Resource person of the Programme.

The yoga session was given by the Resource person, Yoga Guru Mr.S.Suresh Kumar and explained the importance of yoga and its therapeutic benefits with demonstration.





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CELEBRATING
INTERNATIONAL YOGA DAY 2021
"YOGA FOR WELL BEING"

DEPARTMENT OF PHYSICAL EDUCATION
&
NATIONAL CADET CORPS (NCC)



Jointly Organize



A VIRTUAL YOGA SESSION FOR
"REJUVENATION FOR HEALTH"

Resource Person

Mr. S. SURESHKUMAR, B. Sc.
Founder, Swamy Vivekandha Yoga Association
Chennai

To join the meeting on Google Meet, click this link: <https://meet.google.com/ktm-momf-pwj>
Or open Meet and enter this code: ktm-momf-pwj

Date: 21th June, 2021
Time: 2.00 PM to 3.00 PM

Open for all
E-Certificate will be provided

Lt. D. Daniel (NCC-ANO)
R. Krishna kumar, HOD, DPE

Dr. S. Murugesan
Principal

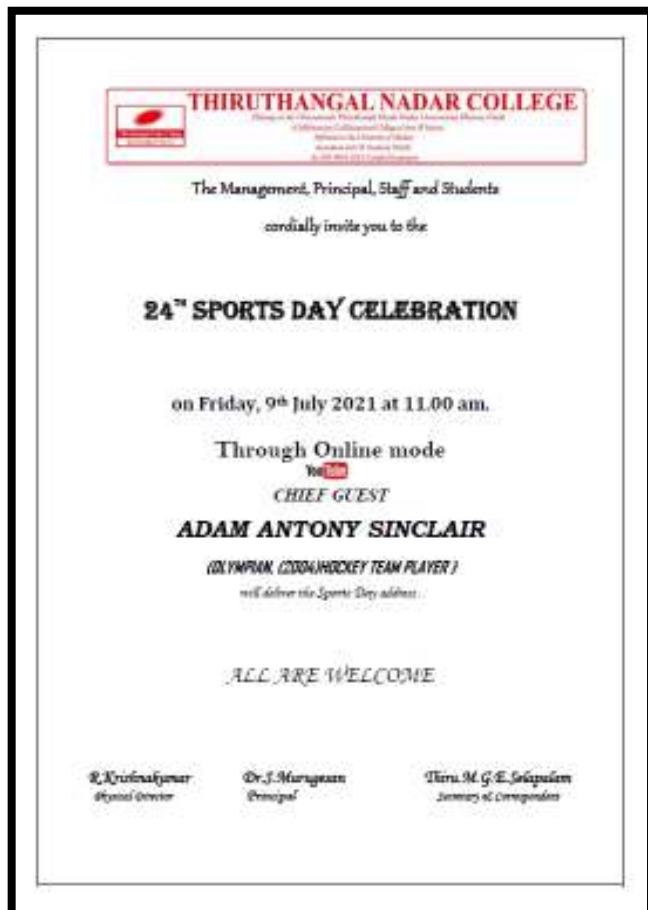
Thiru. M.G.E. Selapalam
Secretary & Correspondent

24TH ANNUAL SPORTS DAY

The Virtual Sports day Celebration Program was conducted on 09.07.2021 through YouTube. Former Indian team hockey player and Olympian Mr. Adam Antony Sinclair was the Chief Guest of the Program.

The program was started with the Prayer song. Our principal Dr. S.Murugesan delivered the welcome address and also introduced the chief guest. Our Secretary and Correspondent, Thiru. M.G.E. Selapalam presided over the program. Sports day annual report was read by Mr. R. Krishna Kumar, Director of physical education.

The Chief Guest Mr. Adam Antony Sinclair explained the importance of sports and its benefits to students. The sports students' message about their impact of sports in life was shown through video clipping. The Vote of thanks was given by Dr.M.S.Dhanajayakaran, Physical Director.





The department organized the Intramural games under 8 disciplines for Men and 7 disciplines for Women. In Athletics 5 track and field events were conducted for both Men and Women.

M.S.LOKESH, III B.SC, (SA) for Boys and S.VINOTHINI, III B.COM (AF) for girls were elected as Sports Secretaries for the academic year 2020-21. D.Jai Ganesh, II B.Com (ISM) and B.Porkodi, II B.SC (Chem) were elected as Vice Secretary for sports. Staff In charges, Captains, Vice Captains and Sports representatives for various departments were elected.Our students participated enthusiastically in all the sports activities



STAFF IN CHARGES & CAPTAINS NAME LIST

Sl. NO.	COMPINED DEPT	STAFF IN CHARGE	BOYS CAPTAINS NAMES	GIRLS CAPTAINS NAMES
1	B.B.A, B.ISM & B.S.W	BOYS: DR.V.GOVINDARAJA N (Asst.prof.) GIRLS: MRS.K.SARADHA DEVI (Asst.prof)	CAP : K.SAI PRAVEEN, III BBA V.C : A. VASUDEVAN, III BBA V.C: P.NAREISH,II BSW	CAP : S.AARTHI,III B.B.A V.C: S.RAMYA IIIB. B.A V.C:D.BHAVATHA RANI II B.B.A
2	B.COM (GENERAL)	BOYS: DR.C.STALIN SHELLY (Asst.prof) GIRLS: MRS.K.ANITHA (Asst.prof)	CAP: M.M.PARTHIBAN, III B.COM (GEN)"A" V.C : M. DHAMOTHARAN, III B.COM (GEN)"B" V.C: R.GOKULAKRISHNAN , II (GEN) "C"	CAP : K.PAVITHRA, III B.COM(GEN)"A" V.C: K.HEMALATHA, III (GEN)"A" V.C: A.IRUTHAYA SWEATHA II (GEN) "C"
3	B.COM(A/F & B/M)	BOYS: MR.S .JEEVABALAN (Asst.prof) GIRLS: MRS.R. SHARMILA (Asst.prof)	CAP : S.RAMPRASATH, III B.COM (A/F) V.C: SUDHAKARAN, III B.COM (A/F) V.C: VIKRAM, II (A/F)	CAP: S. ANITHA, III B.COM(A/F) V.C : S.DEVA DHASHINI, III BCOM (A/F) V.C: R.KEERTHIKA II B.Com (A/F)

4	B.COM (C/A)	BOYS: DR.R.BHUVANESWARAN (Asst.prof) GIRLS: DR.A. MALLIGA (Asst.prof)	CAP : V.LOKESH KUMAR, III B.COM (CA) V.C: S. SHAIK MOHAMAD MUSHRAF, III BCOM (CA) V.C: R .MADHANRAJ, II B.com (CA)	CAP : AMUTHA III B.COM (C.A) V.C: A. DURGA II B.COM(CA)
5	B.COM (CS)	BOYS: MR.R.RAMARAJAN (Asst.prof) GIRLS: DR.M.SUJATHA (Asst.prof)	CAP : V.VIGNESH, III B.COM(CS) S-II V.C: H.ARUN KUMAR, III B.COM (CS)"B" V.C: N. SUNIL, II B.COM (CS)	CAP : P. YAZHINI, III B.COM (C.S) "B" V.C: S. RAMYA, III CS("A") V.C: A.JAYAPRIYA, II (C.S) "B" V.C: R.DIVYA LAKSHMI, II (C.S)S-II
6	MATHS, PHYSICS, CHEM, PLANT BIO, B.A(ENG), B.A(TAM) B. A. CRIMINOLOGY	BOYS: MR.S.CHITHAMBARA BHARATHY (Asst.prof) GIRLS: MRS.L,SHEELA THERESA (Asst.prof)	CAP : V. VIGNESH III B.Sc (CHE) V.C: P. DILIP KUMAR, III B.Sc (MATHS) V.C : V. VIGNESH, II (CPA)	CAP : R.SHABEENA, III B.A (ENG) V.C: C.JENIFER, III B.A (ENG) V.C: B.HARISUDHA, II BA(CPA)
7	B.SC (C/S & S/A)	BOYS:DR.J.SATHIAM OORTHY (Asst.prof) GIRLS: MRS. R.S. DHIVYA (Asst.prof)	CAP : K. NANDHA KUMAR, III B.SC (CS) V.C: CHANDRASEKAR, III B.SC(CS) V.C: N. DHANASEKAR, II B.SC(CS)	CAP : T.VARALAKSHMI, III B.SC (C.S)"B" V.C: C. KAVI OVIYA, III B.SC (CS) V.C: T.JENIFEMONISHA, II B.SC (C.S)
8	BCA	BOYS:MR.G.AMOS BABU (Asst.prof) GIRLS: MRS.SANDHYA MARIA (Asst.prof)	CAP : J.DINESH KUMAR, III BCA V.C: J.RAJA, III BCA 'B' V.C: VIGHESH, II BCA	CAP : A. RAMYA III MSC (CST) (S-II) V.C: M. PRAVEENA, III MSC (CST) (S-II) V.C: S.HEMALATHA II BCA V.C: :P.BHUVANESHWARI, II MST CST (S-II)

LIST OF GAMES FOR BOYS & GIRLS

Sl. No.	NAME OF THE GAME (BOYS)	NAME OF THE GAME (GIRLS)
1.	Chess	Chess
2.	Carrom	Carrom
3.	Table Tennis	Table Tennis
4.	Badminton	Badminton
5.	Ball Badminton	Ball Badminton
6.	Volleyball	Volleyball
7.	Power Lifting	Throw ball
8.	Best Physique	*****

LIST OF ATHLETIC EVENTS FOR BOYS & GIRLS

Sl. No.	NAME OF THE EVENT (BOYS)	NAME OF THE EVENT (GIRLS)
1.	100 M Dash	100 M Dash
2.	200 M Dash	200 M Dash
3.	1500 M Race	800 M Race
4.	Long Jump	Long Jump
5.	Shot Put	Shot Put



**BROCHURE RELEASE PROGRAM BY OUR PRINCIPAL DR. S.MURUGESAN
ON 19-02-2021**



**SPORTS SECRETARY, CAPTAINS AND VICE CAPTAIN BADGE HONOURING
PROGRAM BY OUR PRINCIPAL DR. S.MURUGESAN ON 19-02-2021**

RESULTS OF ATHLETICS AND GAMES FOR BOYS/GIRLS

ATHLETICS -WOMEN

100 M DASH

Sl.No.	NAME	ID. NO	Dept / Year / sec	PLACE
1	P.POOJAA	018BCOMG159	III B.COM (GEN)"A"	I
2	R.SHABEENA UNISA	018BAENG16	III B.A(ENG)	II
3	R.MERLIN	018BCOMBM66	III B.COM(B/M)	III

200 M DASH

Sl.No.	NAME	ID. NO	Dept / Year / sec	PLACE
1	R.SHABEENA UNISA	018BAENG16	III B.A (ENG)	I
2	P.POOJAA	018BCOMG159	III B.COM (GEN) "A"	II
3	R.MERLIN	018BCOMBM66	III B.COM (B/M)	III

800 M RACE

Sl.No.	NAME	ID. NO	Dept / Year / sec	PLACE
1	P.KALAIIVANE	018BCOMG57	III B.COM (GEN)"A"	I
2	S.SANDHIYA	018BCA072	III B.C.A "A"	II
3	K. NARMADHA	018BCAEO3	III B.CA (SHIFT-II)	III

LONG JUMP

Sl.No.	NAME	ID. NO	Dept / Year / sec	PLACE
1	C.KAVI OVIYA	018BSCCS60	III B.SC (CS)"B"	I
2	D.PAVITHRA	018BCOMAF08	III B.COM (A/F)	II
3	R.MERLIN	018BCOMBM66	III B.COM (B/M)	III

SHOT PUT

Sl.No.	NAME	ID. NO	Dept / Year / sec	PLACE
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1	K.DEVI PRIYA	018BSCCHE04	III B.SC (CHEM)	I
2	S.PREETHA	018BCOMBM01	III B.COM (B/M)	II
3	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)	III



GAMES - WOMEN

CHESS

WINNERS: BCA

Sl.No.	NAME	ID. NO	Year / sec
1	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)
2	M.PRAVEENA	018MSCCSTE05	III MSC (CST) (SHIFT-II)
3	M.VASUKI	018MSCCSTE03	III MSC (CST) (SHIFT-II)
4	S.SANDHIYA	018BCA072	III BCA "A"
5	R.SRAVEENA	018BCA99	III BCA

RUNNERS: B.SC (CS) & (SA)

Sl.No.	NAME	ID. NO	Year / sec
1	D.MAHALAKSHMI	018BSCCS67	III B.SC (CS) "B"
2	K.DHIYA BHARATHI	018BSCSA16	III B.SC (SA)

3	M.LAVANYA	018BSCSA21	III B.SC (SA)
4	T.VARALAKSHMI	018BSCCS74	III B.SC (CS) "B"
5	S.DURGA DEVI	018BSCCS23	III B.SC (CS) "B"
6	J.HEENA KALARA	018BSCCS50	III B.SC (CS) "B"

CARROM

WINNERS: BCA

Sl.No.	NAME	ID. NO	Year / sec
1	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)
2	M.PRAVEENA	018MSCCSTE05	III MSC (CST) (SHIFT-II)
3	M.VASUKI	018MSCCSTE03	III MSC (CST) (SHIFT-II)
4	S.SANDHIYA	018BCA072	III BCA "A"

RUNNERS: B.COM (CS)

Sl.No.	NAME	ID. NO	Year / sec
1	P.YAZHINI	018BCOMCS94	III B.COM (CS) "B"
2	A.LAVANYA	018BCOMCS81	III B.COM (CS) "B"
3	S.INFANT THERESA	018BCOMCS85	III B.COM (CS) "B"

TABLE TENNIS

WINNERS: B.COM(AF/BM)

Sl.No.	NAME	ID. NO	Year / sec
1	S.ANITHA	018BCOMAF18	III B.COM (A/F)
2	S.DEVA DHARSHINI	018BCOMAF04	III B.COM (A/F)
3	N.MEENAKSHI	018BCOMAF12	III B.COM (A/F)
4	R.MERLIN	018BCOMBM66	III B.COM (B/M)

RUNNERS: BCA

Sl.No.	NAME	ID. NO	Year / sec
1	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)
2	M.VASUKI	018MSCCSTE03	III MSC (CST) (SHIFT-II)
3	K.MAHALAKSHMI	018BCA07	III BCA "A"

BADMINTON

WINNERS: BCA

Sl.No.	NAME	ID. NO	Year / sec
1	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)
2	M.VASUKI	018MSCCSTE03	III MSC (CST) (SHIFT-II)
3	K.MAHALAKSHMI	018BCA57	III BCA "A"
4	M.PRAVEENA	018MSCCSTE05	III MSC (CST) (SHIFT-II)

RUNNERS: BSC(MATHS)

Sl.No.	NAME	ID. NO	Year / sec
1	Y.SRI RAJESHWARI	018BAENG08	III B.A (ENG)
2	R.SHABEENA UNISA	018BAENG16	III B.A (ENG)
3	K.DEVI PRIYA	018BSCCHE04	III B.SC (CHEM)

BALL BADMINTON

WINNERS: BCA

Sl.No.	NAME	ID. NO	Year / sec
1	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)
2	M.VASUKI	018MSCCSTE03	III MSC (CST) (SHIFT-II)
3	K.MAHALAKSHMI	018BCA07	III BCA "A"
4	M.PRAVEENA	018MSCCSTE05	III MSC (CST) (SHIFT-II)
5	M.PAVITHRA	018BCA57	III BCA "A"

RUNNERS:B.COM (CS)

Sl.No.	NAME	ID. NO	Year / sec
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1	P.YAZHINI	018BCOMCS94	III B.COM (CS) "B"
2	S.RAMYA	018BCOMCS127	III B.COM (CS) "A"
3	S.DIVYA	018BCOMCS49	III B.COM (CS) "B"
4	L.THARANI	018BCOMCS55	III B.COM (CS) "B"
5	S.BANUPRIYA	018BCOMCS28	III B.COM (CS) "A"

THROWBALL

WINNERS: BCA

Sl.No.	NAME	ID. NO	Year / sec
1	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)
2	M.PRAVEENA	018MSCCSTE05	III MSC (CST) (SHIFT-II)
3	M.VASUKI	018MSCCSTE03	III MSC (CST) (SHIFT-II)
4	S.SANDHIYA	018BCA072	III BCA "A"
5	J.SABEETHA	018BCAE15	III BCA (SHIFT-II)
6	K.NARMADHA	018BCAE03	III BCA (SHIFT-II)
7	C.KAVIYA LAKSHMI	018BCA22	III BCA "A"
8	S.DIVYA	018BCA86	III BCA "A"

RUNNERS: B.COM (A/F) & (B/M)

Sl.No.	NAME	ID. NO	Year / sec
1	S.ANITHA	018BCOMAF18	III B.COM (A/F)
2	D.SIVA SHAKTHI	018BCOMAF40	III B.COM (A/F)
3	D.PAVITHRA	018BCOMAF08	III B.COM (A/F)
4	M.JANANI	018BCOMAF21	III B.COM (A/F)
5	R.MERLIN	018BCOMBM66	III B.COM (B/M)
6	P.C.NAGOMI SARAL	018BCOMAF08	III B.COM (A/F)
7	N.MEENAKSHI	018BCOMAF12	III B.COM (A/F)
8	S.DEVA DHASHINI	018BCOMAF04	III B.COM (A/F)
9	S.PREETHA	018BCOMBM01	III B.COM (B/M)
10	A.LOCHANAVANI	018BCOMBM30	III B.COM (B/M)

VOLLEYBALL

WINNERS: B.SC (CS) & (SA)

Sl.No.	NAME	ID. NO	Year / sec
1	C.KAVI OVIYA	018BSCCS60	III B.SC (CS) "B"
2	T.VARALAKSHMI	018BSCCS74	III B.SC (CS) "B"
3	M.LAVANYA	018BSCSA21	III B.SC (SA)
4	M.NANDHINI	018BSCSA10	III B.SC (SA)
5	K.DHIVYA BHARATHI	018BSCSA16	III B.SC(SA)
6	A.YOGESHWARI	018BSCSA25	III B.SC (SA)
7	S.DURAGA DEVI	018BSCCS23	III B.SC (CS) "B"

RUNNERS: BCA

Sl.No.	NAME	ID. NO	Year / sec
1	A.RAMYA	018MSCCSTE02	III MSC (CST) (SHIFT-II)
2	M.PRAVEENA	018MSCCSTE05	III MSC (CST) (SHIFT-II)
3	M.VASUKI	018MSCCSTE03	III MSC (CST) (SHIFT-II)
4	S.SANDHIYA	018BCA072	III BCA "A"
5	J.SABEETHA	018BCAE15	III BCA (SHIFT-II)
6	K.NARMADHA	018BCAE03	III BCA (SHIFT-II)
7	C.KAVIYA LAKSHMI	018BCA22	III BCA "A"
8	S.DIVYA	018BCA86	III BCA "A"
9	R.BARATHI	018BCAE21	III BCA



ATHLETIC EVENT INAUGURATION BY PRINCIPAL DR.S.MURUGESAN, VICE PRINCIPAL DR.K.C.LALITHAMBIKA AND MR. ASAITHAMBI, AND FACULTY MEMBERS

ATHLETICS -MEN

100 M DASH

Sl.No.	NAME	ID.NO	Dept / Year / sec	PLACE
1	V.KIRAN KUMAR	018BBA28	III BBA	I
2	V. JAYA PRAKASH	018BCOMCS115	III B.COM CS 'B'	II
3	V. HARI GANESH	018BCOMG167	III B.COM G 'B'	III

200 M DASH

Sl.No.	NAME	ID.NO	Dept / Year / sec	PLACE
1	V.KIRAN KUMAR	018BBA28	III BBA	I
2	B.YUVARAJ	018BCOMG041	III B.COM G 'B'	II
3	V. JAYA PRAKASH	018BCOMCS115	III B.COM CS 'B'	III

1500 M RACE

Sl.No.	800 M RACE	ID.NO	Dept / Year / sec	PLACE
1	V.NITEESH	018BCOMCS48	III B.COM CS 'B'	I
2	B.YUVARAJ	018BCOMG041	III B.COM G 'B'	II
3	A.VASUDEVAN	018BBA49	III BBA	III

LONG JUMP

Sl.No.	NAME	ID.NO	Dept / Year / sec	PLACE
1	J.DINESHKUMAR	018BCA84	III BCA	I
2	K.NANDHAKUMAR	018BSCSA28	III B.SC SA	II
3	V.KIRAN KUMAR	018BBA28	III BBA	III

SHOT PUT

Sl.No.	NAME	ID.NO	Dept / Year / sec	PLACE
1	K.SUDHAN	018BSCSA03	III B.SC SA	I
2	A.CHANDRASEKAR	018BSCSA14	III B.SC SA	II
3	V.SHARAN	018BCOMG173	III B.COM G 'A'	III



INTRAMURAL CHESS TOURNAMENT

CHESS

WINNER:B.COM(GENERAL)

Sl.No.	NAME	ID.NO	Year / sec
1	M.M.PARTHIBAN	018BCOMG205	III B.COM(G)'A'
2	G.JUSTIN DEVASAGAYAM	018BCOMG101	III B.COM(G)'A'
3	S.BALAJI	018BCOMGFS01	III B.COM(G)'A'
4	M.SATHISH	018BCOMG137	III B.COM(G)'A'
5	M.DAMODHARAN	018BCOMG169	III B.COM(G)'B'
6	N.SANTHOSH KUMAR	018BCOMG018	III B.COM(G)'B'

RUNNER:B.COM(CS)

Sl.No.	NAME	ID.NO	Year / sec
1	V.JAYAPRAKASH	018BCOMCS115	III B.COM (CS)'B'
2	B.LAKSHMANAN	018BCOMCSE01	III B.COM (CS)SHIFT-II
3	G.JAINEESHWARAN	018BCOMCS117	III B.COM (CS)'B'
4	C.MUKESH	018BCOMCS59	III B.COM (CS)'B'
5	M.VIGNESH	018BCOMCS20	III B.COM (CS)'A'

6	K.BALAJI	018BCOMCS136	III B.COM (CS)'A'
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CARROM

WINNERS: B.COM (GENERAL)

Sl.No.	NAME	ID.NO	Year / sec
1	D.SANJAY PURUSHOTHAM	018BCOMG117	III B.COM(G)'A'
2	J.MADHANKUMAR	018BCOMG080	III B.COM(G)'B'
3	K.LOKESH	018BCOMG201	III B.COM(G)'A'
4	R.AVINASH	018BCOMG203	III B.COM(G)'A'

RUNNERS: B.SC (MAT/CHE/PHY/PB, BA.ENG/TAM/CRIM)

Sl.No.	NAME	ID.NO	Year / sec
1	K.VIKRAM	018BSCCHE11	III B.SC CHEMISTRY
2	P.YOGESH	018BSCCHE24	III B.SC CHEMISTRY
3	N.SABAREESH	018BSCCHE22	III B.SC CHEMISTRY
4	R.INBARASU	018BCSCHE06	III B.SC CHEMISTRY

TABLE TENNIS

WINNERS: BBA/ISM/BSW

Sl.No.	NAME	ID.NO	Year / sec
1	K.SAI PRAVEEN	018BBA47	III BBA
2	S.YUVARAJ	018BBA66	III BBA
3	K.YOGESH	018BBA38	III BBA
4	A.VASUDEVAN	018BBA49	III BBA
5	V.KIRAN KUMAR	018BBA28	III BBA

RUNNERS: BCOM(G)

Sl.No.	NAME	ID.NO	Year / sec
1	M.M.PARTHIBAN	018BCOMG205	III B.COM(G)'A'
2	M.SATHISH	018BCOMG137	III B.COM(G)'A'
3	S.STEPHEN RAJ	018BCOMG109	III B.COM(G)'A'
4	T.ARUN KUMAR	018BCOMG106	III B.COM(G)'A'
5	M.MANIKANDAN	018BCOMG147	III B.COM(G)'B'

BADMINTON

WINNERS: B.Sc(CS)\(SA)

Sl.No.	NAME	ID.NO	Year / sec
1	R.NIKHIL	018BSCCS20	III B.SC (CS) 'A'
2	K.NANDHAKUMAR	018BSCSA28	III B.SC (SA)
3	T.M.SABARISH KARTHICK	018BSCCS72	III B.SC (CS) 'A'
4	S.JEEVA RAJ	018BSCCS69	III B.SC (CS) 'A'
5	N.HEMAKUMAR	018BSCSA11	III B.SC (SA)

RUNNERS: B.COM (AF)\(BM)

Sl.No.	NAME	ID.NO	Year / sec
1	S.NAVEEN KUMAR	018BCOMAF36	III B.COM (AF)
2	S.SUDHAKARAN	018BCOMAF57	III B.COM (AF)
3	T.BABU	018BCOMAF27	III B.COM (AF)
4	V. VEERAMANIKANDAN	018BCOMAF24	III B.COM (AF)
5	S.YUVARAJ PRASAD	018BCOMAF01	III B.COM (AF)

BALL BADMINTON

WINNERS: B.COM(G)

Sl.No.	NAME	ID.NO	Year / sec
1	M.M.PARTHIBAN	018BCOMG205	III B.COM(G)'A'
2	M.SATHISH	018BCOMG137	III B.COM(G)'A'
3	S.STEPHEN RAJ	018BCOMG109	III B.COM(G)'A'
4	D.SANJAY PURUSHOTHAM	018BCOMG117	III B.COM(G)'A'
5	K.K.SREE GOKUL NATH	018BCOMG114	III B.COM(G)'A'
6	G.NARESH	018BCOMG082	III B.COM(G)'A'
7	J.GOWTHAM	018BCOMG189	III B.COM(G)'A'
8	M.DAMODHARAN	018BCOMG169	III B.COM(G)'A'

RUNNERS: B.COM(CS)

Sl.No.	NAME	ID.NO	Year / sec
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1	V.VIGNESH	018BCOMCSE38	III B.COM (CS)SHIFT-II
2	K.RISHI	018BCOMCSE05	III B.COM (CS)SHIFT-II
3	K.MOHANA KRISHNAN	018BCOMCSE36	III B.COM (CS)SHIFT-II
4	H.ARUN KUMAR	018BCOMCS124	III B.COM (CS)'B'
5	V. JAYA PRAKASH	018BCOMCS115	III B.COM (CS)'B'
6	S.T.KIRUBAKARAN	018BCOMCS25	III B.COM (CS)'B'
7	V.NITHEESH	018BCOMCS48	III B.COM (CS)'B'
8	M.VIGNESH	018BCOMCS20	III B.COM (CS)'A'

VOLLEYBALL

WINNERS: B.Sc(C\S)&(S\A)

Sl.No.	NAME	ID.NO	Year / sec
1	K.NANDHAKUMAR	018BSCSA28	III B.SC (SA)
2	N.NAVEEN KUMAR	018BSCSA34	III B.SC (SA)
3	R.P.SOMASUNDARAM	018BSCSA32	III B.SC (SA)
4	K.SURENDAR	018BSCSA12	III B.SC (SA)
5	D.NEELAKANDAN	018BSCSA38	III B.SC (SA)
6	L.ESWAR	018BSCSA20	III B.SC (SA)
7	K.SUDHAN	018BSCSA03	III B.SC (SA)
8	K.R.MOHAMED THOUFIQ	018BSCCS77	III B.SC (CS) 'B'
9	C.SANJAY	018BSCCS53	III B.SC (CS) 'A'
10	R.SANJAY VIJAY	018BSCCS33	III B.SC (CS) 'B'

VOLLEYBALL RUNNERS: B.Com(G)

Sl.No.	NAME	ID.NO	Year / sec
1	T.GOWTHAM	018BCOMG189	III B.COM(G)'A'
2	M.DAMODHARAN	018BCOMG169	III B.COM(G)'B'
3	D.DEEPAK	018BCOMG048	III B.COM(G)'B'
4	G.JUSTIN DEVASAGAYAM	018BCOMG101	III B.COM(G)'A'
5	V.HARI GANESH	018BCOMG167	III B.COM(G)'B'
6	R.MOHAN	018BCOMG197	III B.COM(G)'A'

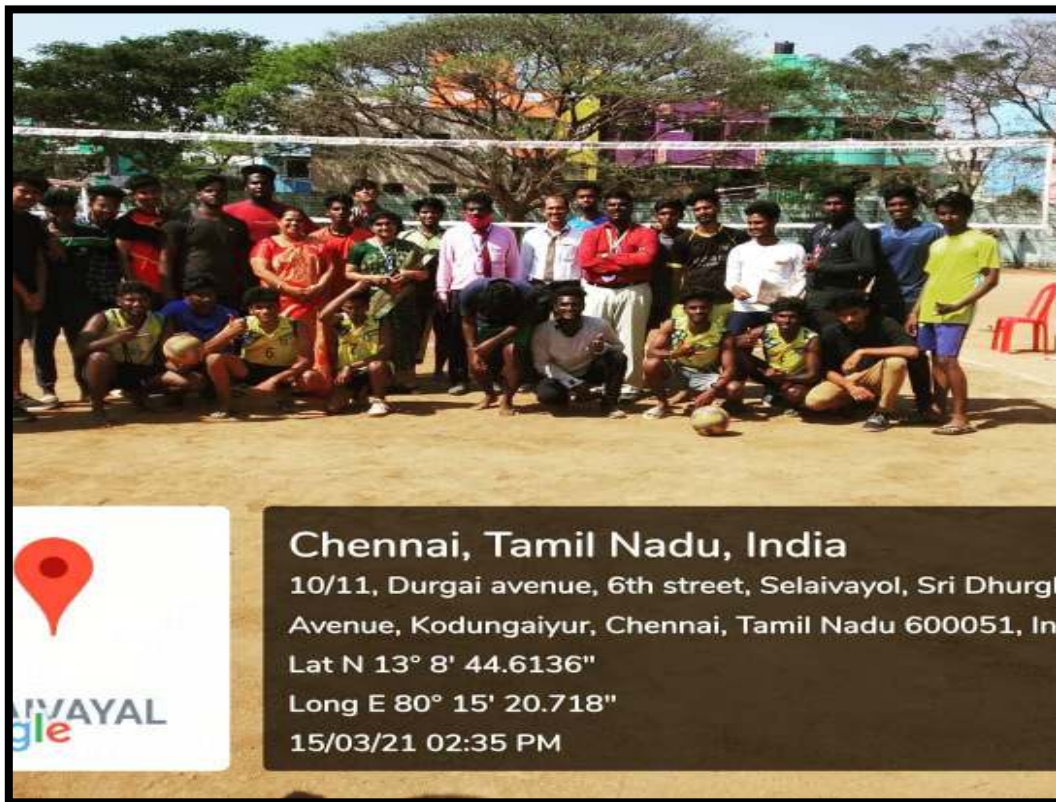
7	V.SHARAN	018BCOMG173	III B.COM(G)'A'
8	J.PRAKASH	018BCOMG051	III B.COM(G)'A'
9	G.NARESH	018BCOMG082	III B.COM(G)'A'
10	T.ARUN KUMAR	018BCOMG106	III B.COM(G)'A'

POWER LIFTING

Sl.No.	NAME	ID.NO	Dept / Year / sec	PLACE
1	M.DAMODHARAN (UP TO 60)	018BCOMG169	III B.COM(G)'B'	I
2	R.SANJAY VIJAY	018BSCCS33	III B.SC(CS)'B'	II
3	V.JAYA PRAKASH	018BCOMCS115	III B.COM(CS)'B'	III
1	A.CHANDRASEKAR (60 - 70)	018BSCSA14	III B.SC(SA)	I
2	A.VASUDEVAN	018BBA49	III BBA	II
3	V.VIGNESH	018BSCCHE13	III B.SC CHEMISTRY	III
1	G. NAVEEN (70 - 80)	019MSCS08	II MSC (CS)	I
2	L.ESWAR	018BSCSA20	III B.SC(SA)	II
3	M.M.PARTHIBAN	018BCOMG205	III B.COM(G)'A'	III
1	S.DHILAK RAJ (80 AND ABOVE)	018BCA24	III BCA	I
2	V.SHARAN	018BCOMG173	III B.COM(G)'A'	II
3	K.SUDHAN	018BSCSA03	III B.SC(SA)	III

BEST PHYSIQUE

Sl.No.	NAME	ID.NO	Dept / Year / sec	PLACE
1	M.G.DHARSHAN (up to 60)	018BCOMAF23	III B.COM (AF)	I
2	M.DAMODHARAN	018BCOMG169	III B.COM(G)'B'	II
3	V.KIRAN KUMAR	018BBA28	III BBA	III
1	R.DHANA SEKAR (60-70)	018BCOMBM47	III B.COM (BM)	I
2	A.CHANDRASEKAR	018BSCSA14	III B.SC(SA)	II
3	S.SHAIK MOHAMMED MUSHRAF	018BCOMCA11	III B.COM (CA)	III
1	G.NAVEEN (70 AND ABOVE)	019MSCS08	II MSC (CS)	I
2	S.DHILAK RAJ	018BCA24	III BCA	II
3	S.DEEPAK	018BSCCS09	III B.SC(CS)'B'	III



INTRAMURAL VOLLEYBALL TOURNAMENT



INTRAMURAL CARROM TOURNAMENT



INTRAMURAL BALL BADMINTON TOURNAMENT



Thiruthangal Nadar College
Knowledge is Power



1	Individual Championship Women goes to - P.POOJA, III B.Com Gen "A" and R.SHABEENA UNISA, III B.A Eng
2	Individual Championship Men goes to - V.KIRAN KUMAR, III BBA
3	OVER ALL CHAMPIONSHIP IN WOMEN GAMES GOES TO BCA & MSC(CST) With 60 POINTS
4	OVER ALL CHAMPIONSHIP IN WOMEN ATHLETICS GOES TO B.Com Gen and Combined team of B.Sc (Maths, phy, chem, plant bio, B.A. Criminology, Eng and Tamil) WITH 13 POINTS
5	OVER ALL CHAMPIONSHIP IN MEN GAMES GOES TO B.Com Gen WITH 45 POINTS
6	OVER ALL CHAMPIONSHIP IN MEN ATHLETICS GOES TO BBA & B.Com (ISM) WITH 12 POINTS