

INTER COLLEGIATE TABLE TENNIS – I PLACE 2019 - 2020



INTER COLLEGIATE KABADDI – I PLACE 2019 - 2020



INTER COLLEGIATE WEIGHT LIFTING – II PLACE 2019 - 2020



OVER ALL CHAMPIONSHIP – II PLACE
INTER COLLEGIATE ATHLETIC MEET 2019 - 2020



INTER COLLEGIATE HOCKEY – III PLACE 2019 - 2020



INTER COLLEGIATE FOOT BALL– IV PLACE 2019 - 2020



INTER COLLEGIATE CHESS CHAMPIONSHIP 2019 - 2020



ATHLETES 2019 - 2020



Activate Windows
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100 mts - II PLACE
J. SUREKA – III B. A. ENGLISH



5000 mts – II PLACE C. ASHA – I B, A, HISTORY



A. MARY THANGAM – I M.Sc : Maths
R. SHOBANA – I B. Com
Y. RUBITHRA - II M. H. R. M
C. ASHA – I B.A HISTORY



4 X 100 mts RELAY

R. SUREKA – III B. A.. ENGLISH

R. JEYA NISHA SWEETY – II B. B. A

A. SNOWBER – II B. A. ECONOMICS

D. KARPAGA NANDHINI – II B. A. ECONOMICS



Y. RUBITHRA – II M.H. R. M
III PLACE – Half Marathon
III PLACE – 10,000 mts



100 mts HURDLES – II PLACE
R. JEYA NISHA SWEETY – II B. B. A



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A. MICHEAL EBINA – II B. A. Economics
III PLACE – Javelin Throw



M. JENOVIN – I B. Sc. Zoology
III PLACE – Hammer Throw



K. CARMEL ASHIKA - I B. Com

II PLACE – Shot Put



FOOT BALL MATCH ST. MARY'S vs R. A. C



FOOT BALL MATCH ST. MARY'S vs R. A. C



A. MICHEAL PRINCIYA – I PLACE



P. ANANTHA JOTHI – I PLACE



VOLLEY BALL – PRACTICE MATCH



A. MARIYA JENIFA – III B. A. HISTORY



KHO-KHO MATCH ST. MARY'S vs ST. TERESA



TABLE TENNIS – UNIVERSITY SELECTION TRAILS



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FOOT BALL MATCH

St. MARY'S vs RANI ANNA



Activate Windows
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TEAM PRACTICE – KABADDI



Activate Windows
Go to Settings to activate Windows.

TEAM PRACTICE – WEIGHT LIFTING



GENERAL WARMING UP



TEAM PRACTICE – KHO-KHO



TEAM PRACICE - KABADDI



TEAM PRACTICE – VOLLEY BALL



WEIGHT LIFTING – I PLACE

A. MICHEAL PRINCIYA – III ECONOMICS



PRACTICE MATCH IN MARCOCHIS SCHOOL - NAZARETH



ATHLETICS PRACTICE



TEAM PRACTICE - BALL BADMINTON



PART – V SPORTS



KABADDI SELECTION TRAILS – DISTRICT LEVEL



KABADDI SELECTION TRAILS – DISTRICT LEVEL



P. ANTONY THANGA SATHANA – III PLACE



ST. MARY'S COLLEGE (AUTONOMOUS) THOOTHUKUDI

**× DEPARTMENT OF PHYSICAL
EDUCATION 2021 - 2022**



INTER NATIONAL TOURNAMENTS : NUMBER OF PARTICIPANTS 04

S. NO	EVENT	NUMBERS
1	Weight Lifting	01
2	Silambam	01
3	GLOBAL WORLD RECORD HOLDER (3 Hours Non Stop Silambam)	01

SOUTH ZONE TOURNAMENTS

S. NO	EVENT	NUMBERS
1	Volley Ball	3
2	Kabaddi	2
3	Foot Ball	1
4	Hand Ball	2
5	Basket Ball	1
6	Hockey	3
7	Kho- Kho	1

INTER COLLEGIATE TOURNAMENTS

S. NO	EVENT	NUMBERS
1	Chess	6
2	Cross Country Race	6
3	Ball Badminton (S.T)	1
4	Badminton	4
5	Swimming	6
6	Table Tennis	5
7	Athletics	16

INTER COLLEGIATE TOURNAMENTS

S. NO	EVENT	NUMBERS
1	Volley Ball	9
2	Kabaddi	11
3	Foot Ball	7
4	Hand Ball	16
5	Basket Ball	10
6	Hockey	18
7	Kho- Kho	12

DISTRICT LEVEL ATHLETIC MEET

S. NO	EVENT	NUMBERS
1	400 mts Run	2
2	100 mts Run	05
3	200mts & Long Jump	01
4	1500 mts	2

STATE LEVEL TOURNAMENTS

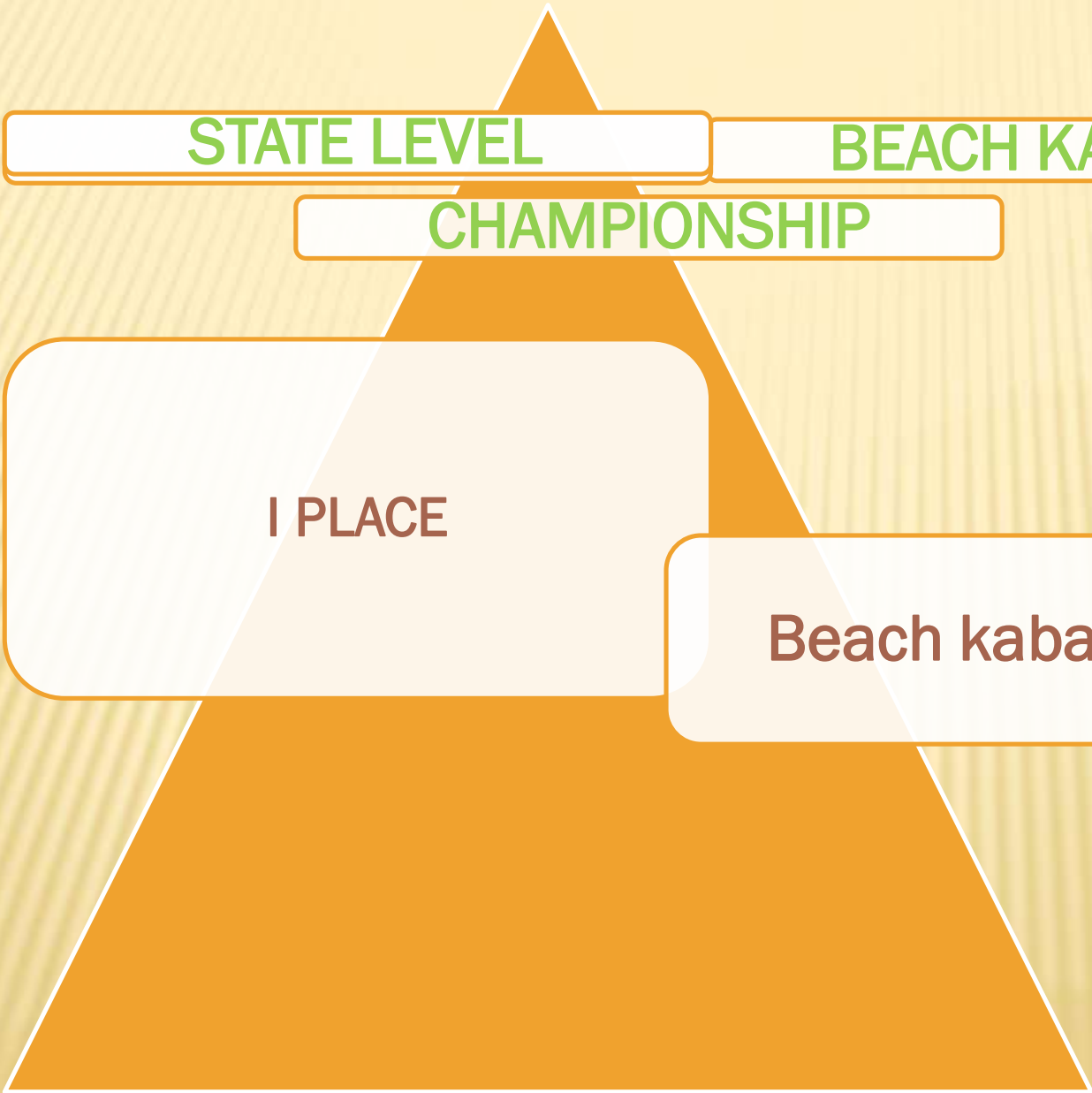
S. NO	EVENT	NUMBERS
1	Power Lifting	01
2	Hokey	08
3	Athletics	05
4	Kabaddi	12

STATE PARA ATHLETIC CHAMPIONSHIP

2021 -2022

Number of Participants 01

V. Muthu Meena	Shot Put	Gold
	Long Jump	Gold
	400 mts	Bronze



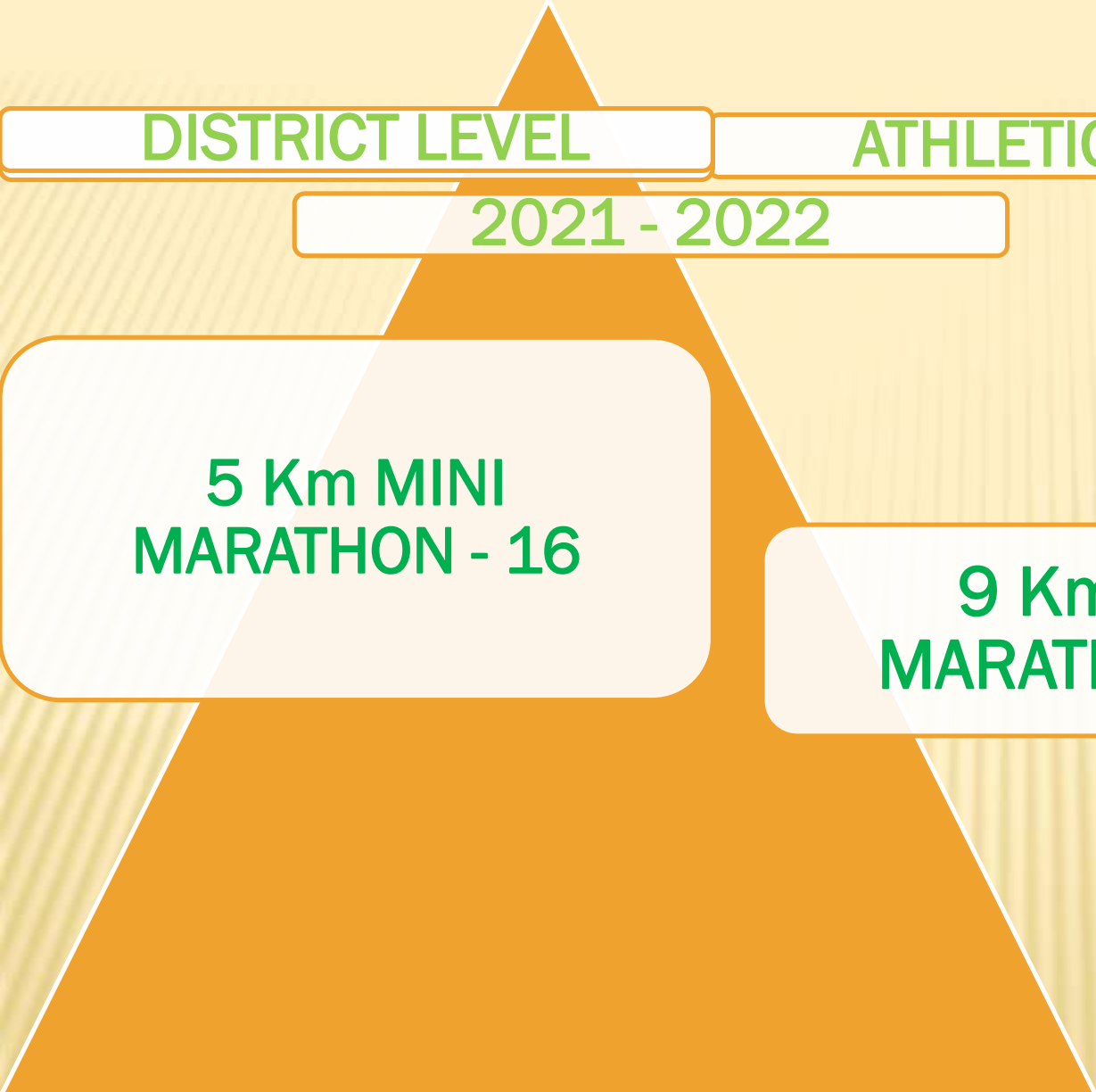
STATE LEVEL

BEACH KABADDI

CHAMPIONSHIP

I PLACE

Beach kabaddi - 6



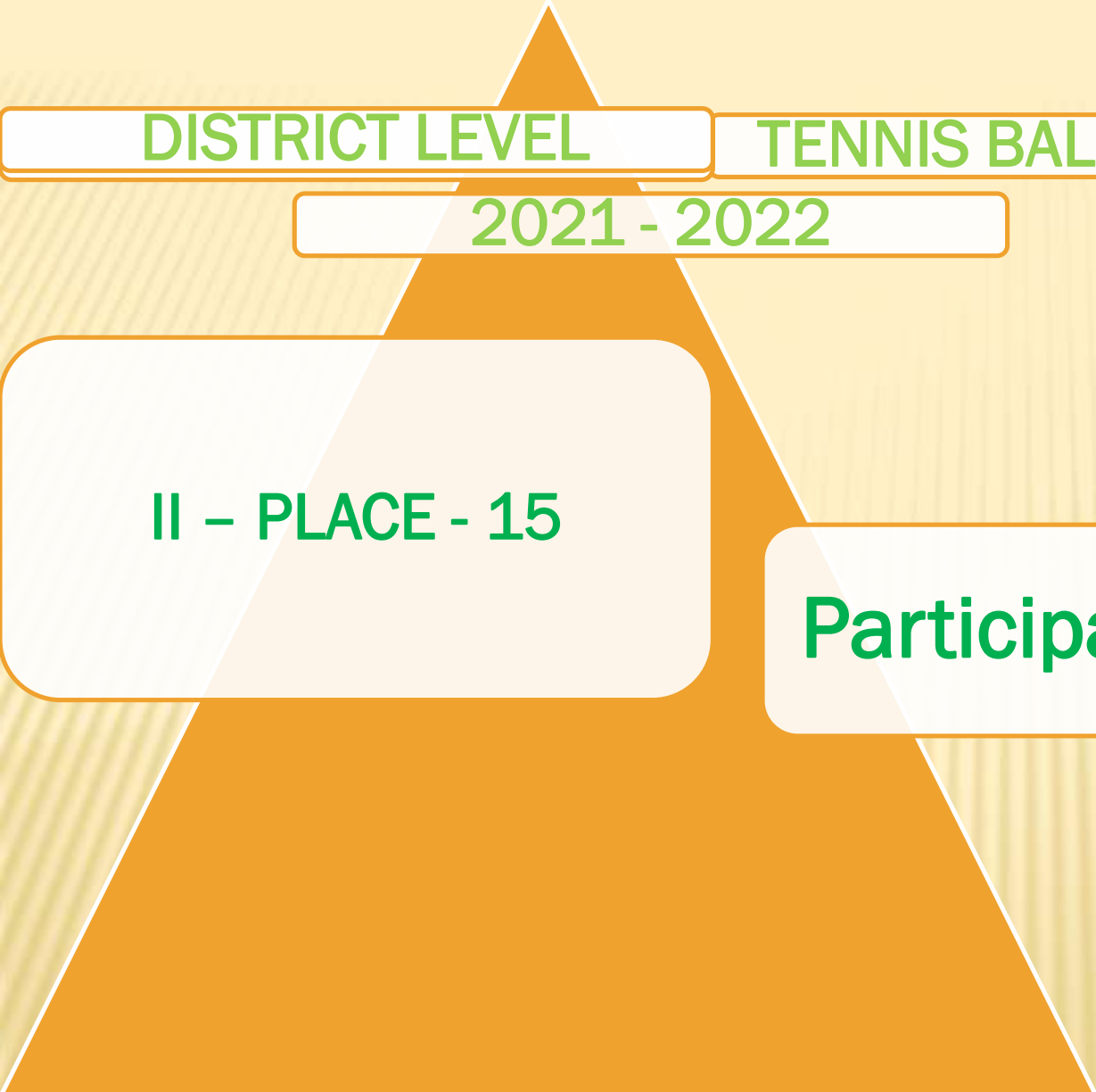
DISTRICT LEVEL

ATHLETIC MEET

2021 - 2022

**5 Km MINI
MARATHON - 16**

**9 Km MINI
MARATHON - 28**



DISTRICT LEVEL

TENNIS BALL CRICKET

2021 - 2022

II – PLACE - 15

Participation - 14



Kabaddi participants - 08

No. of tournaments -03



Hockey participants - 08

No. of tournaments -01



Athletes – 06

No. of Meet -01



WL. Participants 01

No. of tournaments – 06

Power Lifting -01



St. Mary's College (Autonomous), Thoothukudi.
Re-accredited with A+ Grade by NAAC (4th Cycle)

External Academic Audit 2021-22

Date: 10.05.2023

Physical Education

Comments

Budget needed
Financial Assistance to
outstanding Sports persons /
Beneficiaries
University rules.

Striving for Excellence

Hameed H.
10.05.23
Signature with seal

DR. S. MOHAMED HANEEF

M.A., M.Phil., B.Ed., Ph.D

Assistant Professor and Head
Research Department of English
Sadakathullah Appa College (Autonomous)
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IQAC, SMC – MAY 2023

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External Academic Audit 2021-22

Date: 10.05.2023

Physical Education

Comments

Sports budgetting →

Sports

Student Representative →

Outstanding

Sports Students - Concussion



Best Practices

Student Support
and Progression →

Beneficiaries - Event wise →

Infrastructure →

Sports Day → NAAC Based Template.

B. Serena Margaret
9/5/2023

IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi