



PSG Institute of Technology and Applied Research

Neelambur, Coimbatore - 641062

DEPARTMENT OF PHYSICAL EDUCATION



FITECH

2022-2023



It's all about the journey and not the outcome

-KARL LEWIS

INDEX

S.No.	CONTENTS	Page No.
1	About the Department	1
2	Faculty & Supporting Staff	2
3	Office Bearers	3
4	Sports Captains – Men	5
5	Sports Captains – Women	6
6	Best Outgoing Sports Men & Women	7
7	Best Outstanding Sports Men & Women	7
8	Anna University Zone & Inter Zone Results	8
9	Exemplary Individual Performance	10
10	College Team - Women	12
11	College Team - Men	13
12	Overall Performance of our college teams - Men	15
13	Overall Performance of our college teams - Women	21
14	Sports Students Placement List - Men	24
15	Sports Students Placement List - Women	25
16	Intramurals House Captains - Men	26
17	Intramurals House Captains - Women	28
18	Sudeva Report	30
19	Editorial Board	32

“Adversity causes some men to break; others to break records.”

– William A. Ward

ABOUT THE DEPARTMENT

The Department of Physical Education covers an area of 5.2 acres located near the hostel premises. It also has apt infrastructure for all the indoor and outdoor games. The department is headed by a Physical Director, assisted by one Assistant Physical Director & one Assistant Physical Directress along with one marker as supporting staff.

Every first-year student should undergo 40 hours of Physical Education class. The students are being taught about the basics of health, various types of conditioning exercises to develop their physical fitness and they will be introduced to various games according to their proficiency and interest. **Inter and Intra department sports matches** are conducted every year for the first years as an opportunity to showcase their talents and to include potential players in the college team. Advanced skills and tactics are being taught to the players by the Physical Education Department. Student Vs Faculty matches are being conducted by the Physical Directors.

The office bearers are selected by the Physical Education Department based on their contribution to sports at iTech. This drives them to showcase their organizing abilities which in turn inculcates leadership qualities. The Annual record reflects the team's strength and their position in Anna University and 'CENTIES'. Girls are also equally encouraged to participate in various sports. The students who have received individual honors such as representing University, District, State and National, are recognized and honored with the **Star Sports Person Award** during the Annual Sports Day & **Best outgoing and Best outstanding sports person awards** are honored during the Annual Day. The Annual Sports Day is coordinated by the Secretaries and Joint Secretaries and is consistently monitored by the Physical Education Department.

“Never say never because limits, like fears, are often just an illusion.”

– Michael Jordan

FACULTY



Mr.A.Robinson, M.Phil.
Director of Physical Education



Mr.Eashwar, M.P.Ed.,
Assistant Physical Director



Mrs.R.Vaishnavi M.P.Ed.,
Assistant Physical Directress

S.No.	Name & Designation with Highest Qualification	Year of Joining	Areas of Specialization
1	Mr.A.Robinson, M.Phil. Director of Physical Education	2014	Football
2	Mr. Eashwar, M.P.Ed., Assistant Physical Director	2019	Tennis
3	Mrs. Vaishnavi R, M.P.Ed Assistant Physical Directress	2022	Football, Handball, Kho-Kho

**“The principle is competing against yourself. It’s about self-improvement,
about being better than you were the day before.”**

– Steve Young

OFFICE BEARERS (2022-2023)

MEN



SRI SIVAHARE K – III CIVIL

SPORTS SECRETARY



KISHORE C - II ECE

SPORTS JOINT SECRETARY

WOMEN



SNEHAL JAIN - III CSE

SPORTS SECRETARY



ANANTHI K - II EEE

SPORTS JOINT SECRETARY

“Passion first and everything will fall into place”

– Holly Holm

SPORTS TEAM CAPTAINS (2022-2023)

MEN



R. SenthamizhChelvan
IV EEE
(Athletics/Kabaddi)



S.B.Vetriselvam
II CIVIL
(Badminton)



S. Arawind
IV CSE
(Basketball)



S.S.Sudharsan
II MECH
(Chess/Football)



R. Cibi Siddarath
IV CSE
(Cricket)



D. Ahilan
II MECH
(Handball)



J.Vimal
IV EEE
(Kho-Kho)



Surendhar Babu
IV MECH
(Ball-Badminton)



K.Sri Sivahare
III CIVIL
(Tennis)



R.Harinandhan
IV ECE
(Table Tennis)



S.Aravind
IV CIVIL
(Volleyball)

SPORTS TEAM CAPTAINS (2022-2023)

WOMEN



Ananthi K.
II EEE
(Athletics/Throwball)



Harshini Gu
II EEE
(Badminton)



Bala Swathi S J
II CIVIL
(Chess)



Devashri V
III EEE
(Volleyball)



Rebekka B
II CIVIL
(Ball Badminton)



Rama Lakshmi S
IV ECE
(Basketball)

BEST OUT GOING SPORTS PERSON AWARDS

2018-2022



Mr. P. Sukesh
BE CIVIL
(Football)



Ms. A S Khamali Shree
BE ECE
(Chess)

BEST OUT STANDING SPORTS PERSON AWARDS

(2018-2022)



Mr. H Jowin Mario Jermanus
BE ECE
(Athletics)



Ms. K B Balakeerthana
BE CSE
(Chess)

“If you don’t have confidence, you’ll always find a way not to win”

– Carl Lewis

**PERFORMANCE OF OUR COLLEGE TEAMS IN
MAJOR TOURNAMENTS**

(2022-2023)

ANNA UNIVERSITY SELECTION TRIALS

S.No.	Sports and Games	Name of Participant	Results
1	Athletics – Women	Ananthi.K (II EEE)	Javelin -2 nd place (selected for anna university team) Shot put- 2 nd place (selected for anna university team)
2	Rifle Shooting - Women	R Princy Beatrice (I ECE)	4 th Place(selected for All India)

“Excellence is not a singular act but a habit. You are what you do repeatedly”

-Shaquille O'Neal

ANNA UNIVERSITY ZONALS

2022-2023

S.No.	Sports and Games	Date and Place	Results
1	Athletics-Men	02.12.2022-CIT	Javelin, 100mts-Participated
2	Athletics - Women	1.12.2022- CIT	Javelin – 1 st Place, Shotput – 1 st Place, 100m,400m - Participated
3	Badminton-Men	16.11.2022 –PSG Tech	Participated
4	Badminton – Women	06.11.2022 - KPR	Participated
5	Ball Badminton-Men	07.12.2022-PSG iTech	Participated
6	Ball Badminton - Women	15.12.2022 – TCE	4 th Place
7	Basketball-Men	16.11.2022-PSG Tech	Participated
8	Basketball - Women	14.11.2022 - SCE	Participated
9	Chess -Men	14.12.2022-RVS	Runner Up
10	Chess - Women	04.12.2022- RVS	Runner Up
11	Cricket-Men	29.12.2022 - RVS	Participated
12	Football-Men	08.12.2022 – Dr. N.G.P	Participated
13	Kho-Kho -Men	01.12.2022 - CIT	Participated
14	Table Tennis-Men	21.11.2022 - RVS	Participated
15	Volleyball -Men	26.11.2022 - KPR	Participated
16	Volleyball – Women	19.11.2022- KKIT	3 rd Place

INDIVIDUAL ACHIEVEMENTS -

Ms.Ananthi K

Ms.Ananthi K, II B.E. EEE, participated in a series of **Javelin Throw and Shot-put** events held in the year **2022** and won laurels for herself and the college. She secured **Second Place** in the **Inter-Zonal Event**, and made her way to the Anna University Team for the **Javelin Throw** with a distance of **33.23mts** and **Shot-Put**, with a distance of **9.30mts**, and won **first place**. Some of her other major achievements include:



1. 6th Myslamy B.A.,B.L., 1st Shankaran Memorial Trophy held at Nehru Stadium, Coimbatore - **Placed First in Javelin Throw and Second in Discus Throw**
2. 36th Tamilnadu Inter District Junior Athletics Championships held at SDAT Stadium, Tiruvannamalai - **Placed Second in Javelin Throw**
3. 37th Nationals Junior Athletic Championship held at SAI Stadium, Guwahati, Assam - **Placed Fifth in Javelin Throw**
4. 12th Centies Athletics Championships held at Bannari Amman Institute of Technology, Sathyamangalam - **Placed first in Javelin Throw and Shot Put**
5. 1st CIT alumni Athletics Championships held at CIT, Coimbatore - **Placed First in Javelin Throw and Shot-Put**

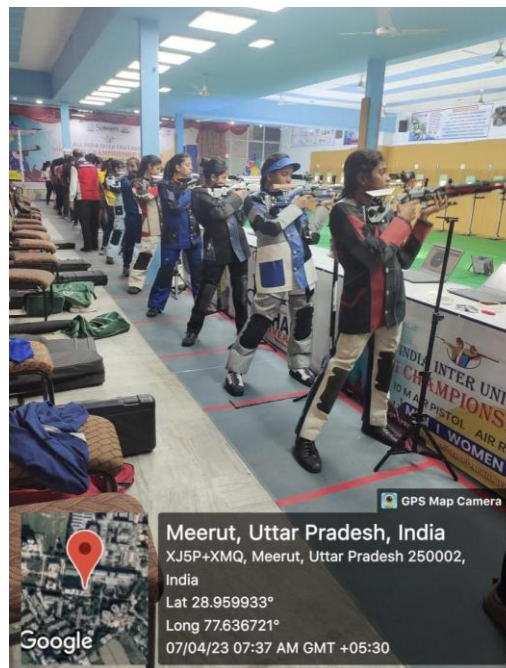


Anna University selection trials event

INDIVIDUAL ACHIEVEMENTS -

R Princy Beatrice

Ms. Princy Beatrice R, I B.E. ECE, participated in the All India Inter University Championship (2022-2023) conducted at Swami Vivekanand Subharti University, Meerut (UP) on 5th April 2023 and bagged the 10th position in Air Rifle Shooting 10 mts. Also, she bagged the 1st position in the Air Rifle Shooting 10 Mts, 50mts Rifle prone, and 50mts Rifle three positions first in the 47th TN State Shooting Championship held in Trichy. She also bagged the 11th position in the 65th National Shooting Championship held at Thiruvananthapuram, Kerala



ALL INDIA INTER UNIVERSITY CHAMPIONSHIP

“Just keep going. Everybody gets better if they keep at it.”

– Ted Williams

COLLEGE TEAM - WOMEN



BADMINTON TEAM



BALL BADMINTON TEAM



VOLLEYBALL TEAM



CHESS TEAM



ATHLETICS TEAM



BASKETBALL TEAM

COLLEGE TEAM -MEN



ATHLETICS TEAM



BADMINTON TEAM



BASKETBALL TEAM



CHESS TEAM



CRICKET TEAM



FOOTBALL TEAM



HANDBALL TEAM



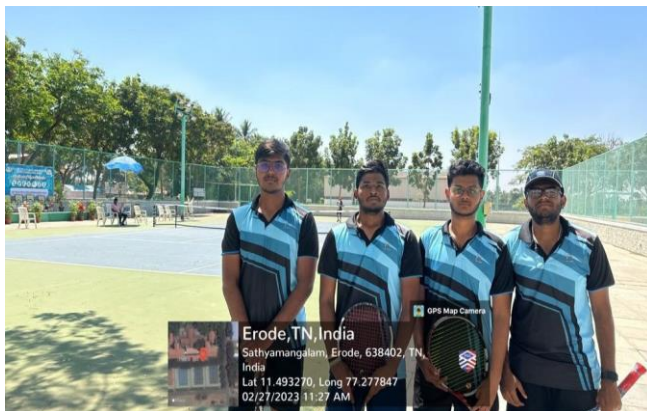
KABADDI TEAM



KHO-KHO TEAM



TABLE TENNIS TEAM



TENNIS TEAM



VOLLEYBALL TEAM

OVERALL PERFORMANCES OF OUR COLLEGE TEAMS

(2022-23)

As in the previous year, our college sportsmen and women have enthusiastically participated in diverse sporting events and won many deserving laurels to our institution. Our students have won Anna University Zonal titles and successfully participated in the Inter-college sports and games. The following is a brief report of the achievements of our teams and the individual achievements of our students during this academic year.

MEN

Athletics



Our College Men team led by **Mr. Surendhar Babu of IV BE MECH** participated in the Anna University Zone- IX Tournament in the **Javelin Throw** event and S. Vijay Ganapati of I BE MECH had participated in the **100m** event held at Coimbatore Institute of Technology on 2nd December 2022.

Badminton



Our college men's team led by **Mr. S.B. Vetrivelvam of II BE CIVIL** had participated in the Anna University Zone -IX Tournament. The team has conducted the Intra College badminton Tournament.

Basketball



Our college men's team led by **Mr. S.Arawind of IV BE CSE** participated in the Anna university Zone- IX Tournament that was held at PSG College of Technology. The team has conducted an Intra College Basketball Tournament.

Chess



Our college team led by **Mr. S.S. Sudharsan of II BE MECH** emerged as the **Runners** in the Anna University Zone-IX Tournament and also participated in the 12th CENTIES championship. The team has conducted an Intra College Chess Tournament.

Cricket



Our college team led by **Mr. R. Cibi Siddarth IV BE CSE** participated in the Anna University Zone -IX Tournament. The team has conducted an Intra College Cricket Tournament.

Football



Our college men's team led by **Mr. S.S. Sudharsan of II BE MECH** participated in the Anna University Zone - IX Tournament. The team has conducted an Intra College Football Tournament.

Handball



Our college team led by **Mr. Ahilan D of II BE CIVIL** participated in the 12th CENTIES championship and the 15th PSG Tech Trophy. The team has conducted an Intra College Handball Tournament.

Kabaddi



Our college team led by **Mr. R.Senthamizhchelvan IV BE EEE** participated in the Anna University Zone - IX Tournament and the 12th CENTIES championship. The team has conducted the Intra College Kabaddi Tournament.

Kho-Kho



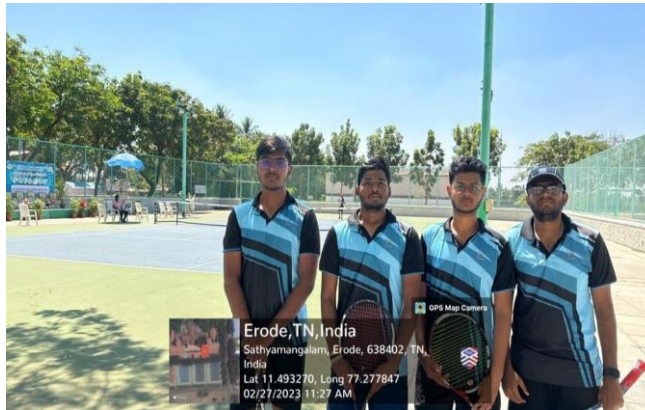
Our college team led by **Mr. J.Vimal of IV BE EEE** competed in the Anna University Zone - IX Tournament. The team has conducted the Intra College Kho-Kho Tournament.

Table Tennis



Our College team led by **Mr. R. Harinandha of IV BE CIVIL** emerged as the **Runners** in the Anna University Zone-IX Tournament and also participated in the 12th CENTIES championship. The team has organized an Intra College Table Tennis tournament.

Tennis



Our college team led by **Mr. Sri Sivahare.K of III BE CIVIL** competed in the Anna University Zone -IX Tournament and participated in 12th CENTIES Tournament.

Volleyball



Our college team led by **Mr. S. Aravind of IV BE CIVIL** participated in the Anna University Zone -IX Tournament. The team has successfully conducted an Intra college Volleyball tournament.

“Watch your actions, they become your habits. Watch your habits, they become your character.”

– Vince Lombardi

OVERALL PERFORMANCES OF OUR COLLEGE TEAMS

2022-2023

WOMEN

Athletics women:



Our College women team led by **Ms. Ananthi K of II BE EEE** had competed in the Javelin Throw and Shot Put Anna University Selection Trials and placed **2nd** in both the events, followed by being selected in the Anna University Team and won the **1st place** in the Anna University Zone -IX Tournament in Javelin Throw and Shot Put. **Prasidha P of I BE EEE** participated in the 100m event of Zone -IX Tournament, **Varshini C of I BE CSE** participated in the 100m and 400m Event of Zone -IX Tournament.

Badminton women:



Our College women team led by **Ms. Harshini Gu of II BE EEE** had participated in the Anna University Zone - IX tournament .The team has also conducted an Intra College Badminton tournament.

Ball Badminton women:



Our college team led by **Ms. Rebekka B of II BE CIVIL** competed in the Anna University Zone -IX Tournament and finished as the **3rd Runner up**.

Basketball women:



Our Basketball women team led by **Ms. Rama Lakshmi S of IV BE ECE** participated in the Anna University Zone-IX Tournament. The team has successfully organized an Intramurals Basketball Tournament.

Chess women:



Our college team led by **Ms. Bala Swathi S J** of **II BE CIVIL** emerged as the **Runners** in the Anna University Zone-IX Tournament and also participated in the 12th CENTIES championship. The team has successfully conducted the Intra College Chess Tournament.

Volleyball women:



Our college team led by **Ms. Devashri V** **III BE EEE** competed in the Anna University Zone-IX Tournament and won the **3rd place**. The Team also participated in the 12th CENTIES Volleyball Tournament. The team has successfully conducted Intra College Volleyball Tournament

SPORTS STUDENTS PLACEMENT LIST

(2018-2022 Batch)

MEN

S.no	Name	Register No	Dept.	Company Name
1.	Vignesh V	715519114056	MECH	Lucas TVS Limited, Chennai
2.	Surendher Babu C	715519114052	MECH	Accenture, Bangalore
3.	Nambi Rajan C	715519103021	CIVIL	Sobha Constructions L.L.C, UAE
4.	Aravind S	715519103003	CIVIL	Accenture, Bangalore
5.	Pandiaraj S	715519103024	CIVIL	SHV Energy Private Limited, Hyderabad
6.	Vimal J	715519105049	EEE	Harman International (A Samsung Company), Bangalore
7.	Senthamizhchelvan R	715519105036	EEE	Accenture, Bangalore
8.	Harinandhan R	715519106014	ECE	Bajaj Finserv Direct Limited, Pune
9.	Cibi Siddarth R	715519104010	CSE	Societe Generale, Bangalore
10.	Kiruthik Vishaal S	715519104022	CSE	SAP Labs India Pvt. Ltd., Bangalore
11.	Premkumar I M	715519104035	CSE	Carl Zeiss India Pvt. Ltd., Bangalore

“Persistence can change failure into extraordinary achievement.”

– Matt Biondi

SPORTS STUDENTS PLACEMENT LIST

(2018-2022 Batch)

WOMEN

S.no	Name	Register No	Dept.	Company Name
1.	Sreemathi Gayathri S	715519103033	CIVIL	Technip Energies, Chennai
2.	Mirudhubasini P	715519103019	CIVIL	Technip Energies, Chennai
3.	Akshatha Jacob	715519105003	EEE	LatentView Analytics Pvt. Ltd., Chennai
4.	Poorani S K	715519105025	EEE	Ashok Leyland Limited, Chennai
5.	Prabhasree K	715519105026	EEE	Caterpillar India, Chennai
6.	Rama Lakshmi S	715519106040	ECE	Cisco Systems India Pvt. Ltd., Bangalore
7.	Prema R	715519104034	CSE	Qualcomm India Pvt Ltd., Bangalore
8.	Umayal V R	715519104055	CSE	Qualcomm India Pvt Ltd., Bangalore
9.	Pradeepa T	715519104033	CSE	Fiorano Software Technologies, Bangalore
10.	Naveena C	715519106030	ECE	Caterpillar India, Chennai

“Winning means you’re willing to go longer, work harder, and give more than anyone else.”

– Vince Lombardo

HOUSE CAPTAINS (2022-2023)

MEN



SANJU REVANTH A R
III CSE
(GANGES)



VISHWAJITH.K
III CIVIL
(BRAHMAPUTRA)



MOHAMED KASIM SHARAFATH S
III CIVIL
(YAMUNA)



K A RAGHUL
III MECH
(NARMADA)

“It never gets easier. You just get better.”

– Jordan Hoehlin

VICE HOUSE CAPTAINS (2022-2023)

MEN



NAVEEN M.R
II ARCH
(GANGES)



ASHWIN BALAJE T.P
II ECE
(BRAHMAPUTRA)



SARVESH S.M
II CSE
(YAMUNA)



GURUPRASAD R.P
II CIVIL
(NARMADA)

“Ability may get you to the top, but it takes character to keep you there.”

– John Wooden

HOUSE CAPTAINS (2022-23)

WOMEN



CAROL S
III CSE
(GODAVARI)



SHAHANA R
III EEE
(KAVERI)



DHARSANA A
III EEE
(TAPTI)



DEVASHRI V
III EEE
(ALAKNANDA)

“The best motivation always comes from within.”

– Michael Johnson

HOUSE VICE CAPTAINS (2022-2023)

WOMEN



KAVIYA S
II EEE
(GODAVARI)



RITANYA T
II CSE
(KAVERI)



PRIYANKA .P
II ECE
(TAPTI)



SHANMUGAPRIYA M
II ECE
(ALAKNANDA)

“Experience is a hard teacher because she gives the test first, the lesson afterward.”

– Vernon Law



PSG INSTITUTE OF TECHNOLOGY AND APPLIED RESEARCH

Neelambur, Coimbatore – 641 062.

DEPARTMENT OF PHYSICAL EDUCATION

7th Annual Sports Day SUDEVA

The 7th Sports Day was celebrated at PSG Institute of Technology and Applied Research (PSG iTech) on 26.05.22 (Thursday) at the college premises. Principal of PSG iTech Dr. G. Chandramohan , Principal of PSG IAP Ar. K. Venkatesh Kumar, and Dr. V. Jailaxmi, Professor and Head, Dept. of Science and Humanities, presided over the function. Mr. S. N. Mohammad Salahuddin, a renowned Triple Jumper, participated as the Chief Guest and delivered the Sports Day Address. The event kick-started with flag hoisting by the chief guest. The chief guest along with the audience witnessed the impressive march past by the NCC cadets and sports students. Earlier, Heads of the Dept. and Members of the Faculty distributed the certificates to the participants and winners of various events organized by the Dept. of Physical Education. The finals of the 4x100 relay event were conducted for boys and girls and prizes were distributed to the winners by the chief guest.

During the valedictory function, Mr. V. Vignesh, III B.E. M, and Sports Secretary of the college welcomed the gathering, and Dr. G. Chandramohan, Principal (PSG iTech) delivered the presidential address. In his presidential address, Dr. G Chandramohan highlighted the significant achievements made by students in various tournaments organized in the zonal and state-level matches and appreciated them. Then, he spoke about the importance of physical fitness for leading a healthy life and appealed to all the students to utilize the sports facilities available in the campus to stay fit physically and mentally. Further, he requested the physical education department to organize a 3 km run event and invited all the students and faculty members to participate during the first week of June 2022. Speaking on the occasion, Chief Guest Mr. Mohammad Salahuddin stated that sports is not about making money out of it but meeting new people, having fun, and exploring one's inner potential.

He urged the students to give their best every time rather than aiming for a win. Talking about the training methods, he appealed to all the students to update themselves with the latest training methods, research about it, and identify the capabilities required for the particular sport. Also, students were encouraged to take up courses on sports management and mutually share the experience and knowledge with friends. Further, he mentioned that developing good health is more important as it helps to lead a healthy life and spend time with loved ones to make beautiful memories. Finally, the chief guest along with other dignitaries released the sports magazine of PSGiTech 'Fitech 2022' Later, Sports Joint Secretaries Mr. J Raghul of II B.E. CIVIL and Ms. K. Anandhi of I B.E. EEE, delivered the Men's and Women's Annual Sports Reports separately. Finally, Women Sports Secretary Ms. Snehal Jain of II B.E. CSE delivered the Vote of Thanks.



Chief Guest addressing the gathering .



Principal Dr.G.Chandramohan honoring the Chief Guest with a memento.



Chief Guest Mr. S. N. Mohammad Salahuddin, Principal of PSG iTech Dr. G. Chandramohan, PSG IAP Ar. K. Venkatesh Kumar, and Dr. V. Jailaxmi, Professor and Head, Dept. of Mathematics awarded the Overall Championship Trophy for Boys to Yamuna House which scored 159 points.



Chief Guest Mr. S. N. Mohammad Salahuddin, Principal of PSG iTech Dr. G. Chandramohan, PSG IAP Ar. K. Venkatesh Kumar, and Dr. V. Jailaxmi, Professor and Head, Mathematics the Overall Championship Trophy for Girls to Alaknanda House which scored 152 points.

PREPARED BY

Mr. A. ROBINSON (DPE)

Ms. SNEHAL JAIN (III CSE)

Ms. RITANYA T (II CSE)

FACULTY COORDINATORS

Mr. EASHWAR (APD)

Mrs. VAISHNAVI.R (APD)

ENGLISH PROOF-READING

Dr. N. SETHUNARAYANAN

ASSISTANT PROFESSOR (Sr. G)

CONTENT COLLECTION

Mr. SRI SIVAHARE K (III Civil)

Mr. KISHORE C (II ECE)

Ms. ANANTHI K (II EEE)

“Losing teaches you how to win, winning teaches you how not to lose.”

– Matshona Dhliwayo



**“It's not whether you get knocked down,
it's whether you get back up.”**

— Vince Lombardi