

# CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT ACTIVITIES

## LIFE SKILLS - PHYSICAL FITNESS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016  
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

### Life skills

### Physical Fitness

**Physical fitness** is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition and moderate to vigorous physical exercise.

Physical fitness is a state of well-being that gives you sufficient energy to perform daily physical activities without getting overly tired or winded. There are many forms of exercises that can help students become physically fit.

Students need to be physically active in college. Some types of exercises are practiced by the students daily for 30-40 minutes. It has been proven that exercise decreases depression and uplifts moods. Some relaxation exercises, meditation or prayer to reduce psychological stress such as depression and anxiety. It helps students feel relaxed and calm while enhancing their mental well-being.

The institution takes care to ensure that the students participate in the extra-curricular activities such as sports and games. They facilitate the students to acquire mental strength and also physical fitness. Students are encouraged to participate in the indoor games such as chess and carom, outdoor games such as Volley ball, Basketball, Badminton, Ball badminton, Kho-Kho, Cricket, skipping and slow cycling and Track and Field events such as shot-put, Javelin, Discus throw, Long jump, 100 meter dash, and 4 x 100 meter relay. In order to encourage the students' participation in sports and games, specific hours in the time table have been allotted and necessary facilities have been established.

Mental and physical health of the students is enhanced through yoga, meditation and gym respectively. Our college has well equipped Gymnasium. Gymnasium equipment such as Exercise Bike 05, Exercise cycle 5, Tread mill 2, Multi Gym equipment 01, Dumbbells 04, Tummy Trimmer 01, Upright Bike Recumbent Bike 01, Ad roller workout Trainer 01, Grip Training tool 02, Resistance tuber & Bands 02 and Skipping ropes 05, are facilitated. Martial Arts such as 'Karate' and 'Silambam' are taught to empower the students with 'Self -defense'

**PROGRAMMES ON LIFE SKILLS - PHYSICAL  
FITNESS**

<b>S.No.</b>	<b>Programme Name</b>	<b>Date</b>
1.	Usage of Gymnasium	18.06.2021
2.	Karate and Silambam	27.08.2021
3.	Physical Fitness – Exercise	27.08.2021

# DEPARTMENT OF PHYSICAL EDUCATION

## GYMNASIUM (2021-2022)

### CIRCULAR

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)**



Sundarakkottai, Mannargudi - 614016.  
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**DEPARTMENT OF PHYSICAL EDUCATION**

C.No : 2

Date : 18.06.2021

#### CIRCULAR

Head of the Departments and class In-charges are asked to instruct the Hostel students to utilize Gymnasium during 6.30 AM to 7.30 AM and 5.30 PM to 6.30 PM Every day.


  
Principal  
PRINCIPAL  
Sengamala Thayaar Educational Trust  
Women's College, (Autonomous)  
Mannargudi.

  
Physical Directress  
S.T.E.T Women's College (A)  
Sundarakkottai  
Mannargudi-614 016

# DETAILS OF PARTICIPANTS

## GYMNASIUM 2021-2022

Sl.No	Reg.Number	Name of the Student	Class
24	CB19A138989	K.Pragatheswari	III BA English
25	CB19A138994	M.Ramani	III BA English
26	CB19A138996	T.Sakthipriya	III BA English
27	U20A140002	R.Abinaya	II BA English
28	U20A140016	I.Harini	II BA English
29	U20A140017	V.Janani	II BA English
30	U20A140021	R.Kavya	II BA English
31	U20A140038	D.Rithanya	II BA English
32	U20A140043	R.Sangavi	II BA English
33	U20A140046	R.Sathya	II BA English
34	U20A140055	D.Suvetha	II BA English
35	U20A140060	R.Vinitha	II BA English
36	U201A141017	J.Jayaharini	I BA English
37	U201A141034	J.Rethika	I BA English
38	U201A141042	M.Udhaya	I BA English
39	U201A141031	G.Nisha	I BA English
40	U201A141036	R.Saranya	I BA English
41	CB19B219290	M.Anjali Devi	III BBA
42	CB19B219292	R.Blessi	III BBA
43	CB19B219301	J.Kannika Prithi	III BBA
44	CB19B219347	M.Praveena	III BBA
45	CB19B219338	P.Boomika	III BBA

  
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## GYMNASIUM 2021-2022

Sl.No	Reg.Number	Name of the Student	Class
1	CB19A065955	R.Aravintham	III BA Economics
2	CB19A065979	A.Bathmavathi	III BA Economics
3	CB19A065957	P.Deepika	III BA Economics
4	CB19A065967	S.Kaviya	III BA Economics
5	CB19A065972	V.Mahalakshmi	III BA Economics
6	CB19A065988	P.Sathya	III BA Economics
7	CB19A065986	S.Sakitha	III BA Economics
8	CB19A065981	V.Pooviji	III BA Economics
9	CB19A065983	R.Priyadharshini	III BA Economics
11	U20A110002	A.Abitha	II BA Economics
13	U20A110030	M.Ruthradevi	II BA Economics
14	U20A110043	T.Sountharya	II BA Economics
16	U21A111020	R.Ragavarthini	I BA Economics
17	U21A111028	M.Swathi	I BA Economics
18	U21A111029	M.Swetha	I BA Economics
19	U21A111001	M.Abarna	I BA Economics
20	CB19A138961	R.Avanthika	III BA English
21	CB19A138963	S.Bhuvana	III BA English
22	CB19A138966	C.Dhivya	III BA English
23	CB19A138980	S.B.Lavanya	III BA English


  
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# DETAILS OF PARTICIPANTS

GYMNASIUM 2021-2022

Sl.No	Reg.Number	Name of the Student	Class
46	CB19B219322	P.Pushkala	III BBA
47	CB19B219326	V.Rithika	III BBA
48	CB19B219327	P.Santhiya	III BBA
49	CB19B219339	M.Suganya	III BBA
50	U20B120074	M.Akalya	II BBA
51	U20B120101	J.Nivetha	II BBA
52	U20B120089	P.Jayapriya	II BBA
53	U20B120110	R.Santhiya	II BBA
54	U20B120123	M.Suruthimega	II BBA
55	U20B120127	J.Vijotha	II BBA
56	U21B121002	D.Abirami	I BBA
57	U21B121053	C.Suba	I BBA
58	U21B21016	S.Gowsalya	I BBA
59	U21B21090	V.Mahashakthi	I BBA
60	U21B21075	M.Haridharani	I BBA
61	U21B21034	K.Neelaveni	I BBA
62	U21B21086	S.Karthika	I BBA
63	U21B121108	M.Suba	I BBA
64	U21B121087	N.Kavya	I BBA
65	U21B121029	K.Lilika	I BBA
66	U21B121107	A.Sneha	I BBA
67	CB19C69390	M.Ramya	III B.Com
68	CB19C69360	B.Balasundari	III B.Com

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# GYMNASIUM



# GYMNASIUM





# REPORT



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE**

**(AUTONOMOUS)**

**SUNDARAKKOTTAI, MANNARGUDI - 614016**

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## **REPORT GYMNASIUM**

The gymnasium is located in STET Hostel. The main objective of the gymnasium is to help the students develop more strength and stamina in terms of their health and other activities. STET hostel students use gymnasium classes morning at 6.00-7.00 AM and evening at 5.30-6.30 PM. Both Undergraduate and Post Graduate students are motivated to use gymnasium. Totally 620 students are benefited through this gymnasium.

  
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# KARATE & SILAMBAM (2021-2022)

## CIRCULAR



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**DEPARTMENT OF PHYSICAL EDUCATION**


C.No: 1

DATE: 27.08.2021

### CIRCULAR

Head of the department and faculty members are asked to allow the students to take part in physical activities (Karate, Drill Exercises & Yoga and Meditation) in the P.Ed hours.

YEAR	PHYSICAL ACTIVITY
I YEAR	Karate and Silambam
II YEAR	Drill Exercises
III YEAR	Yoga and Meditation

  
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Principal  
PRINCIPAL  
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Women's College, (Autonomous)  
Mannargudi.

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S  
COLLEGE (AUTONOMOUS)**



Affiliated to Bharathidasan University, Tiruchirappalli  
(Accredited by NAAC)  
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Sundarakkaottai, Mannargudi- 614016.

**PHYSICAL EDUCATION DEPARTMENT 2021-2022**

Day Order	VI Hour (Karate & Silambam Class)
I	I Micro
II	I C.S 'A', I BioChemistry, I Chemistry
III	I B.B.A 'A', I B.A Eng, I B.Com 'C'
IV	I C.S 'B', I B.B.A 'B'
V	I B.Com 'A', I Maths, I Physics
VI	I N&D, I B.A Economics, I B.Com 'B' I B.C.A

  
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# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2021-2022



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DEPARTMENT OF PHYSICAL EDUCATION  
KARATE & SILAMBAM (2021 - 2022)

I BBA 'B'

S.No.	Name	Signature
1	Aarathi. A	A. aarathi
2	Abarna. S	S. abarna
3	Abinaya. K	K. Abinaya
4	Abinaya. M	M. Abinaya
5	Abitha. R	R. Abitha
6	Arul. R	R. Arul
7	Ashmitha. A.L	A.L. Ashmitha
8	Deetsha. B.U	B.U. Deetsha
9	Devika. R	R. Devika
10	Eniya S	S. Eniya
11	Farhaana Nazreen. J	J. Farhaana Nazreen
12	Gayathri. K	K. Gayathri
13	Gayathri.S	S. Gayathri
14	Gnanasoundarya . R	R. Gnanasoundarya
15	Haridharani M	M. Haridharani
16	Harini. V	Harini. V
17	Harinitha. M	Harinitha. M
18	Iswarya. M	Iswarya. M
19	Jagatheeswari. J	Jagatheeswari. J
20	Janani. S	Janani. S
21	Jasmeeya. A	Jasmeeya. A
22	Jasmine. S	S. Jasmine
23	Jaya Shri. S	S. Jayashri
24	Jayasri. M	M. Jayasri
25	Kanishka. S	S. Kanishka
26	Karthika. S	N. Karthika
27	Kaviya. N	S. Kaviya
28	Lenapriya. S	S. Lenapriya
29	Madhumitha. V	V. Madhumitha
30	Mahasakthi V	V. Mahasakthi

  
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DEPARTMENT OF PHYSICAL EDUCATION  
KARATE & SILAMBAM (2021 – 2022)

I BBA 'B'

S.No.	Name	Signature
1	Aarthi. A	A. aarthi
2	Abarna. S	S. abarna
3	Abinaya. K	K. Abinaya
4	Abinaya. M	M. Abinaya
5	Abitha. R	R. Abitha
6	Arul. R	R. Arul
7	Ashmitha. A.L	A.L. Ashmitha
8	Deetsha. B.U	B.U. Deetsha
9	Devika. R	R. Devika
10	Eniya S	S. Eniya
11	Farhaana Nazreen. J	J. Farhaana Nazreen
12	Gayathri. K	K. Gayathri
13	Gayathri.S	S. Gayathri
14	Gnanasoundarya . R	R. Gnanasoundarya
15	Haridharani M	M. Haridharani
16	Harini. V	Harini - V
17	Harinitha. M	Harinitha - M
18	Iswarya. M	Iswarya - M
19	Jagatheeswari. J	Jagatheeswari - J
20	Janani. S	Janani - S
21	Jasmeeya. A	Jasmeeya - A
22	Jasmine. S	S. Jasmine
23	Jaya Shri. S	S. Jayashri
24	Jayasri. M	M. Jayasri
25	Kanishka. S	S. Kanishka
26	Karthika. S	S. Karthika
27	Kaviya. N	N. Kaviya
28	Lenapriya. S	S. Lenapriya
29	Madhumitha. V	V. Madhumitha
30	Mahasakthi V	V. Mahasakthi

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DEPARTMENT OF PHYSICAL EDUCATION  
KARATE & SILAMBAM (2021 - 2022)

I BBA 'B'

S.No.	Name	Signature
31	Mariyam. M	M. Mariyam
32	Mohanambal. P	P. Mohanambal
33	Nagameena. R	R. Nagameena
34	Nisha. J	J. Nisha
35	Nithya Sri. M	M. Nithya Sri
36	Nithya. P	P. Nithya
37	Rahini. R	R. Rahini
38	Rakshithadevi M	M. Rakshithadevi
39	Ramya R	R. Ramya
40	Renuga. G	G. Renuga
41	Rishika. D	D. Rishika
42	Rubiya. K	K. Rubiya
43	Sagaya Jenifer. X	X. Sagaya Jenifer
44	Sakthi Vadivu. R	R. Sakthi Vadivu
45	Santhiya. V	V. Santhiya
46	Shobika. S	S. Shobika
47	Sirathul Munthaha. S	S. Sirathul Munthaha
48	Sneha. A	A. Sneha
49	Suba. M	M. Suba
50	Subiksha. S	S. Subiksha
51	Sudhajanani. P	P. Sudhajanani
52	Syed Nasiha. S	S. Syed Nasiha
53	Thanusiya. S	S. Thanusiya
54	Varsha. G	G. Varsha
55	Varshini.S	S. Varshini
56	Vinotha Prabha. V	V. Vinotha Prabha
57	Vinotha. S	S. Vinotha
58	Vishali. E	E. Vishali

  
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## DEPARTMENT OF PHYSICAL EDUCATION

### KARATE & SILAMBAM -2021-2022


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DEPARTMENT OF PHYSICAL EDUCATION  
KARATE & SILAMBAM (2021 - 2022)

I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
1	Aarthi.R	R. Aarthi
2	Abirami.C	C. Abirami
3	Abirami.N	P. Abirami
4	Abirami.P	P. Abirami
5	Abishni.S	S. Abishni
6	Adithya.K	K. Adithya
7	Agalya.M	M. Agalya
8	Akalya.S	S. Akalya
9	Ambika.T	T. Ambika
10	Amsavarthani.S	S. Amsavarthani
11	Anjali.M	A. Anjali
12	Annai Therasa.A	A. Annai Therasa
13	Asil Angel.C	C. Asil Angel
14	Aswini.S	S. Aswini
15	Atchaya.M	M. Atchaya
16	Bavadharani.P	P. Bavadharani
17	Bavatharani.G	G. Bavatharani
18	Bharathi.S	S. Bharathi
19	Boomika.M	M. Boomika
20	Deebika.M	M. Deebika
21	Deviga.S	S. Deviga
22	Dharani.K	K. Dharani
23	Dhawlath Beevi.S.A	S.A. Dhawlath Beevi
24	Divyabharathi.K	K. Divyabharathi
25	Divyadharshini.J	J. Divyadharshini
26	Evanjalin.S	S. Evanjalin
27	Hamsavarshini.M	M. Hamsavarshini
28	Hemamalini.S	S. Hemamalini
29	Iswarya.S	S. Iswarya
30	JahiraFarhana.A	A. JahiraFarhana
31	Kanika.M	M. Kanika
32	Kavitha.R	R. Kavitha

  
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I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
33	Maha Lakshmi.P	P. Mahalingam
34	Mahalakshmi.G	G. Mahalakshmi
35	Mahalakshmi.T	T. Mahalingam
36	Meenachi.A	A. Meenachi
37	Mirudula.R	R. Mirudula
38	Nandhini.S	S. Nandhini
39	Nindhiya.M	M. Nindhiya
40	Nivetha.C	C. Nivetha
41	Pechiyammal.M	M. Pechiyammal
42	Preethika.N	N. Preethika
43	Priya.N	N. Priya
44	Priyadharshini.G	G. Priyadharshini
45	Priyadharshini.K	K. Priyadharshini
46	Rajeshwari.R	R. Rajeshwari
47	Rathika.R	R. Rathika
48	Renuga devi.N	N. Renuga devi
49	Reyaa.A	A. Reyaa
50	Rithika.L	L. Rithika
51	Samsul Kurshith.A.S	S. Samsul Kurshith
52	Saranya.M	M. Saranya
53	Senthilkumari.K	K. Senthilkumari
54	Srilekka.R	R. Srilekka
55	Subiksha.A	A. Subiksha
56	Swathi.S	S. Swathi
57	Swetha.M (13.01.2004)	M. Swetha
58	Swetha.M (02.08.2004)	M. Swetha
59	Varsha.S	S. Varsha
60	Varushadevi.M	M. Varushadevi
61	Vinotha.M	M. Vinotha
62	Vishalini.S	S. Vishalini
63	Yogeswary.G	G. Yogeswary

  
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KARATE & SILAMBAM -2021-2022**



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**I BBA 'B'**

S.No.	Name	Signature
31	Mariyam. M	M. Mariyam
32	Mohanambal. P	P. Mohanambal
33	Nagameena. R	R. Nagameena
34	Nisha. J	J. Nisha
35	Nithya Sri. M	M. Nithya Sri
36	Nithya. P	P. Nithya
37	Rahini. R	R. Rahini
38	Rakshithadevi M	M. Rakshithadevi
39	Ramya R	R. Ramya
40	Renuga. G	G. Renuga
41	Rishika. D	D. Rishika
42	Rubiya. K	K. Rubiya
43	Sagaya Jenifer. X	X. Sagaya Jenifer
44	Sakthi Vadivu. R	R. Sakthi Vadivu
45	Santhiya. V	V. Santhiya
46	Shobika. S	S. Shobika
47	Sirathul Munthaha. S	S. Sirathul Munthaha
48	Sneha. A	A. Sneha
49	Suba. M	M. Suba
50	Subiksha. S	S. Subiksha
51	Sudhajanani. P	P. Sudhajanani
52	Syed Nasiha. S	S. Syed Nasiha
53	Thanusiya. S	S. Thanusiya
54	Varsha. G	G. Varsha
55	Varshini. S	S. Varshini
56	Vinotha Prabha. V	V. Vinotha Prabha
57	Vinotha. S	S. Vinotha
58	Vishali. E	E. Vishali

  
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I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
1	Aarthi.R	R. Aarthi
2	Abirami.C	C. Abirami
3	Abirami.N	P. Abirami
4	Abirami.P	P. Abirami
5	Abishni.S	S. Abishni
6	Adithya.K	K. Adithya
7	Agalya.M	M. Agalya
8	Akalya.S	S. Akalya
9	Ambika.T	T. Ambika
10	Amsavarthani.S	S. Amsavarthani
11	Anjali.M	A. Anjali
12	Annai Therasa.A	A. Annai Therasa
13	Asil Angel.C	C. Asil Angel
14	Aswini.S	S. Aswini
15	Atchaya.M	M. Atchaya
16	Bavatharani.P	P. Bavatharani
17	Bavatharani.G	G. Bavatharani
18	Bharathi.S	S. Bharathi
19	Boomika.M	M. Boomika
20	Deebika.M	M. Deebika
21	Devisa.S	S. Devisa
22	Dharani.K	K. Dharani
23	Dhawlath Beevi.S.A	S.A. Dhawlath Beevi
24	Divyabharathi.K	K. Divyabharathi
25	Divyadharshini.J	J. Divyadharshini
26	Evanjalini.S	S. Evanjalini
27	Hamsavarshini.M	M. Hamsavarshini
28	Hemamalini.S	S. Hemamalini
29	Iswarya.S	S. Iswarya
30	JahiraFarhana.A	A. JahiraFarhana
31	Kanika.M	M. Kanika
32	Kavitha.R	R. Kavitha

Physical Directress  
S.T.E.T Women's College  
Sundarakkottai  
Mannargudi-614 016

Principal  
PRINCIPAL  
Sengamala Thayaar Educational Trust  
Women's College, (Autonomous)  
Mannargudi.

# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2021-2022



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.  
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)  
DEPARTMENT OF PHYSICAL EDUCATION  
KARATE & SILAMBAM (2021 - 2022)

I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
33	Maha Lakshmi.P	P. Maha
34	Mahalakshmi.G	G. Mahalakshmi
35	Mahalakshmi.T	T. Maha
36	Meenachi.A	A. Meenachi
37	Mirudula.R	R. Mirudula
38	Nandhini.S	S. Nandhini
39	Nindhiya.M	M. Nindhiya
40	Nivetha.C	C. Nivetha
41	Pechiyammal.M	M. pechiyammal
42	Preethika.N	N. Preethika
43	Priya.N	N. Priya
44	Priyadharshini.G	G. Priyadharshini
45	Priyadharshini.K	K. Priyadharshini
46	Rajeshwari.R	R. Rajeshwari
47	Rathika.R	R. Rathika
48	Renuga devi.N	N. Renuga
49	Reyaa.A	A. Reyaa
50	Rithika.L	L. Rithika
51	Samsul Kurshith.A.S	S. Samsul Kurshith
52	Saranya.M	M. Saranya
53	Senthilkumari.K	K. Senthilkumari
54	Srilekka.R	R. Srilekka
55	Subiksha.A	A. Subiksha
56	Swathi.S	S. Swathi
57	Swetha.M (13.01.2004)	M. Swetha
58	Swetha.M (02.08.2004)	M. Swetha
59	Varsha.S	S. Varsha
60	Varushadevi.M	M. Varushadevi
61	Vinotha.M	M. Vinotha
62	Vishalini.S	S. Vishalini
63	Yogeswary.G	G. Yogeswary

  
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S.T.E.T Women's College  
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Mannargudi-614 016

  
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Mannargudi.

# KARATE



# KARATE



# REPORT

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)**



**Sundarakkottai, Mannargudi - 614016.  
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**DEPARTMENT OF PHYSICAL EDUCATION**

**REPORT FOR KARATE & SILAMBAM**

In the year 2021-2022 events were conducted at college during Physical Education hours. Our college First Year students participated in the event Karate and Silambam. Totally 823 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.

  
**Physical Directress  
S.T.E.T Women's College (A)  
Sundarakkottai  
Mannargudi-614 016**

**DEPARTMENT OF PHYSICAL EDUCATION**  
**PHYSICAL FITNESS EXERCISE**  
**(2021-2022)**

**CIRCULAR**



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)

Sundarakkottai, Mannargudi - 614016.  
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**DEPARTMENT OF PHYSICAL EDUCATION**

C.No: 1

DATE: 27.08.2021

CIRCULAR

Head of the department and faculty members are asked to allow the students to take part in physical activities (Karate, Drill Exercises & Yoga and Meditation) in the P.Ed hours.

YEAR	PHYSICAL ACTIVITY
I YEAR	Karate and Silambam
II YEAR	Drill Exercises
III YEAR	Yoga and Meditation

  
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Women's College, (Autonomous)  
Mannargudi.

# TIME SCHEDULE

## SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



Affiliated to Bharathidasan University, Tiruchirappalli  
(Accredited by NAAC)  
(An ISO 9001:2015 Certified Institution)  
Sundarakkottai, Mannargudi- 614016.

### PHYSICAL EDUCATION DEPARTMENT 2021-2022

Day Order	VI – Hour (Drill Exercise)
I	II Maths 'A', II Chemistry, II B.Com 'C'
II	II N&D, II B.B.A 'A', II Physics
III	II Micro, II C.S 'A', II C.S 'C'
IV	II B.Com 'B', II C.S 'B', II B.C.A
V	II Maths 'B', II Bio Chemistry, II B.A Economics,
VI	II B.A English, II B.Com 'A', II B.B.A 'B'

  
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Sundarakkottai  
Mannargudi-614 016



# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION

### DRILL EXERCISE -2021-2022

#### SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.  
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DEPARTMENT OF PHYSICAL EDUCATION  
Drill Exercise (2021 - 2022)

II B.Sc., MATHEMATICS 'A'

S.No.	Name	Signature
1	Aarthi .G	Aarthi . G
2	Abinaya .S	Abinaya .S
3	Aishwarya .Cm	Aishwarya .Cm
4	Anubharathi .D	Anubharathi .D
5	Anuja .M	Anuja .M
6	Ashimathul Mahaboob .N .A	Ashimathul Mahaboob .N .A
7	Brinda .S	Brinda .S
8	Deepa .M	Deepa .M
9	Dhanapradha .V	Dhanapradha .V
10	Dhaspana .V	Dhaspana .V
11	Dheasma .M	Dheasma .M
12	Divya .E	Divya .E
13	Divyasri .M	Divyasri .M
14	Elakkiya .L	Elakkiya .L
15	Gajapriya .S	Gajapriya .S
16	Gayathri .M	Gayathri .M
17	Gayathri .R	Gayathri .R
18	Gayathri .T	Gayathri .T
19	Haleematus Sadiyya .K	Haleematus Sadiyya .K
20	Harshavardhini .A	Harshavardhini .A
21	Hemalatha .K	Hemalatha .K
22	Iswarya .S	Iswarya .S
23	Jency .A	Jency .A
24	Kaviya .A	Kaviya .A
25	Keerthika .T	Keerthika .T
26	Kowsalya .S	Kowsalya .S
27	Nanadhini Devi .T	Nanadhini Devi .T

  
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Women's College, (Autonomous)  
Mannargudi.

# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.  
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DEPARTMENT OF PHYSICAL EDUCATION  
Drill Exercise (2021 - 2022)

II B.Sc., MATHEMATICS 'A'

S.No.	Name	Signature
28	Nisha. G	Nisha.G
29	Nisha .V	Nisha.V
30	Nithyasri. P	Nithyasri.P
31	Nivetha. R	Nivetha.R
32	Pavithra .J	Pavithra.J
33	Pradeepa. P	Pradeepa.P
34	Prathisha. V	Prathisha.V
35	Praveena. N. L	Praveena.N.L
36	Praveena .V	Praveena.V
37	Priyadharshini. G	Priyadharshini.G
38	Priyadharshini. S	Priyadharshini.S
39	Rajarajeswari. S	Rajarajeswari.S
40	Rajeswari. P	Rajeswari.P
41	Ramya.S	Ramya.S
42	Ranjithamani. K	Ranjithamani.K
43	Sakthi. S	Sakthi.S
44	Shandhini. R	Shandhini.R
45	Sharmili. M	Sharmili.M
46	Sharmili. S	Sharmili.S
47	Sivapriya. K	Sivapriya.K
48	Sri Swetha. R	Sri Swetha.R
49	Sridheepika. S	Sridheepika.S
50	Sujitha. R	Sujitha.R
51	Suriya. P	Suriya.P
52	Suvetha. R	Suvetha.R
53	Synthavi. V	Synthavi.V
54	Vishnupriya. U	Vishnupriya.U
55	Yasotha. M	Yasotha.M

  
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S.T.E.T Women's College (A)  
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# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

### SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)




SUNDARAKKOTTAI, MANNARGUDI - 614016.  
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DEPARTMENT OF PHYSICAL EDUCATION

#### Drill Exercise (2021- 2022)

#### II B.Com 'C'

S.No.	Name	Signature
1	Aarthi.R	R. Aarthi
2	Abinaya.S (14.09.2003)	Abinaya.S
3	Abinaya.S (10.10.2002)	S. Abinaya
4	Abinaya.T	T. Abinaya
5	Badmashree.V	Badmashree.V
6	Bhavadarani.N	Bhavadarani.N
7	Deepa.T	T. Deepa
8	Divya.G	Gt. Divya
9	Divyadarshini.K	Divyadarshini.K
10	Divyalakshmi.V	V. Divyalakshmi
11	Elampirai.S	S. Elampirai
12	Fathima Shamila.A	Fathima Shamila.A
13	Infanda Joselin Preethi.J	Infanda Joselin Preethi.J
14	Jayalakshmi.R	K. Jayalakshmi
15	Kalarubini.K	K. Kalarubini
16	Kamali.M	M. Kamali
17	Kanmani G S	Kanmani.G.S
18	Kanmani.K	Kanmani.K
19	Karthika.J	J. Karthika
20	Keerthana Harini J M	Keerthana Harini.J.M
21	Keerthana.M	Keerthana.M
22	Krishnapriya.B	B. Krishnapriya
23	Kuralmozhi.R	Kuralmozhi.R
24	Manisha.P	P. Manisha
25	Nishayar.A	Nishayar.A
26	Nithyapriya.P.S	P.S. Nithyapriya
27	Nithyasri.H	H. Nithyasri
28	Nivetha.K	K. Nivetha
29	Nivetha.S	S. Nivetha
30	Priyadarshini.K	K. Priyadarshini
31	Priyadarshini.P	Priyadarshini.P

  
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# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE-2021-2022

COLLEGE SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)

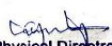


SUNDARAKKOTTAL, MANNARGUDI - 614016.  
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DEPARTMENT OF PHYSICAL EDUCATION

**Drill Exercise (2021 - 2022)**

**II B.Com., 'C'**

S.No.	Name	Signature
32	Priyadharshini.S	S. Priyadharshini
33	Priyanka.R	R. Priyanka
34	Ragavi.K	K. Ragavi
35	Raghavi.R	R. Raghavi
36	Rajavarshni.R	R. Rajavarshni
37	Ramya.M	Ramya.M
38	Ramyakrishna.M	Ramyakrishna.M
39	Renuga Devi.V	V. Renuga Devi
40	Rooba.S	Rooba.S
41	Sakina.V	Sakina.V
42	Sameera Banu.L	L. Sameera Banu
43	Sandhya.K (19.07.2003)	Sandhya.K
44	Sandhya.K (3.07.2002)	K. Sandhya
45	Sankaridevi.B	B. Sankaridevi
46	Santhiya.G (12.04.2003)	G. Santhiya
47	Sathiya.K	Sathiya.K
48	Sathya.V	V. Sathya
49	Sathyapriya.B	B. Sathyapriya
50	Shahana.S	S. Shahana
51	Sindhu.K	K. Sindhu
52	Sivalakshmi.V	V. Sivalakshmi
53	Sivaranjani.A	A. Sivaranjani
54	Sobana.S	S. Sobana
55	Sowmiya.S	Sowmiya.S
56	Srinidhi.V	V. Srinidhi
57	Subasri.K	K. Subasri
58	Susmitha.B	B. Susmitha
59	Thamarai Selvi.E	E. Thamarai Selvi
60	Vaishnavi.S	S. Vaishnavi
61	Yazhini.S	S. Yazhini
62	Yogasri.R	R. Yogasri

  
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# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.  
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DEPARTMENT OF PHYSICAL EDUCATION  
Drill Exercise (2021 - 2022)

II B.Sc., CHEMISTRY

S.No.	Name	Signature
1.	K. Aarthi	K. Aarthi
2.	R. Aarthi	R. Aarthi
3.	T. Abinaya	T. Abinaya
4.	N. Abitha	N. Abitha
5.	P. Abitha	P. Abitha
6.	A.T. Al Jafreen	A.T. Al Jafreen
7.	A. Arthi	A. Arthi
8.	B. Bavithra	B. Bavithra
9.	S. Deepika	S. Deepika
10.	R. Dhanalakshmi	R. Dhanalakshmi
11.	M. Gomathi	M. Gomathi
12.	S. Hamsavarthani	S. Hamsavarthani
13.	P. Harshini	P. Harshini
14.	S. Janani	S. Janani
15.	E.K Jayasree	E.K Jayasree
16.	T. Kamatchi	T. Kamatchi
17.	V. Karthika	V. Karthika
18.	M. Kasthuri	M. Kasthuri
19.	D. Madura	D. Madura
20.	P. Maheeswari	P. Maheeswari
21.	R. Monika	R. Monika
22.	K. Mounika	K. Mounika
23.	R. Nafeesha Begam	R. Nafeesha Begam
24.	N. Nisha	N. Nisha
25.	S. Ooviya	S. Ooviya
26.	R. Pavithra	R. Pavithra

  
Physical Directress  
S.T.E.T Women's College (A)  
Sundarakkottai  
Mannargudi-614 016

  
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Mannargudi.

# DETAILS OF PARTICIPANTS

## DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

### SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.  
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DEPARTMENT OF PHYSICAL EDUCATION  
Drill Exercise (2021 – 2022)

II B.Sc., CHEMISTRY

S.No.	Name	Signature
27	V. Pavithra	V. Pavithra
28	R. Pranya	R. Pranya
29	S. Priyadhrshini	S. Priyadhrshini
30	M. Pushpatharani	M. Pushpatharani
31	D. Rani	D. Rani
32	A. Rozhal	A. Rozhal
33	P. Rubiya	P. Rubiya
34	M. Salukkiya	M. Salukkiya
35	V. Sathya	V. Sathya
36	E. Selva Priya	E. Selva Priya
37	P. Sendhura	P. Sendhura
38	M. Sineha	M. Sineha
39	P. Sneha	P. Sneha
40	S. Sowmiya (22.10.2002)	S. Sowmiya
41	S. Sowmiya (1.09.2003)	S. Sowmiya
42	P. Srimathi	P. Srimathi
43	S. Srimathi	S. Srimathi
44	B. Subha	B. Subha
45	K. Sujitha	K. Sujitha
46	B. Suruthi	B. Suruthi
47	S. Suvetha	S. Suvetha
48	R. Swathi	R. Swathi
49	B. Swetha	B. Swetha
50	S. Vakitha	S. Vakitha
51	S. Varsha	S. Varsha
52	K. Vavuniya	K. Vavuniya

  
Physical Directress  
S.T.E.T Women's College (A)  
Sundarakkottai  
Mannargudi-614 016

  
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PRINCIPAL  
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Women's College, (Autonomous)  
Mannargudi.

# REPORT



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE  
(AUTONOMOUS)**

**Sundarakkottai, Mannargudi - 614016.  
(Accredited by NAAC)  
(An ISO 9001:2015 Certified Institution)**

**DEPARTMENT OF PHYSICAL EDUCATION**

## REPORT FOR DRILL EXERCISES

In the year 2021-2022 events were conducted at college during Physical Education hours. Our college II<sup>nd</sup> Year students participated in the event Drill Exercises. Totally 1036 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.

  
**Physical Directress  
S.T.E.T Women's College (A)  
Sundarakkottai  
Mannargudi-614 016**