

# **RANI ANNA GOVERNMENT COLLEGE FOR WOMEN**

**Tirunelveli-08**

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**



**Dr. M. HAMAR NISHA, B.Sc., M.PEd., Ph.D., PG Dip in Yoga  
Physical Director**

# *ABOUT DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS*

- ▶ *Every since the college began, our students have been playing exceptionally well in various sports events and games.*
- ▶ *The number of students participating in sports are increased enormously over the years.*
- ▶ *Our contribution to Manonmaniam Sundaranar University team in various games is also noteworthy.*
- ▶ *The sports advisory committee is constituted in our college.*
- ▶ *All the departments are showing great interest in sports and games.*
- ▶ *Every year we actively participated in MSU Inter collegiate tournaments and brought laurel's to our college.*
- ▶ *We secured Manonmaniam Sundaranar University overall championship during 2022-2023 in the university Inter collegiate tournaments.*



# ACTIVITIES

## *List*

- ❖ *Vision and mission*
- ❖ *Infrastructure*
- ❖ *Indoor fitness*
- ❖ *Outdoor fitness*
- ❖ *Indoor games*
- ❖ *Outdoor games*
- ❖ *Organised sports*
- ❖ *Cultural Activities*
- ❖ *Sports day activities*
- ❖ *All India south zone Inter University 2017-2023*
- ❖ *MSU Intercollegiate achievement 2017-2023*
- ❖ *National/state level players participation and merit 2017-2023*
- ❖ *Extension activities*
- ❖ *Future plans*





# ***VISION AND MISSION***

- The department shall strive to attain healthy and fit student community through physical Education, yoga and Sports to serve the society and nation by observing active lifestyles and becoming productive citizens.*
- The department strives to achieve the following through physical activity, sports, yoga and recreation: To help the society in improving human relations, promote health, and bring Excellence in sports performance.*
  - To encourage and support women and the obese community participation in physical Activities.*
  - To impart knowledge on the importance of daily physical activities, stress management, weight control, general fitness, and proper nutrition in human performance during the lifetime.*

# ***INFRASTRUCTURE***

## **INDOOR GAMES**

- Chess
- Carrom
- Table Tennis

## **OUTDOOR GAMES**

- Basket Ball
- Volley ball
- Foot ball
- Hockey
- Ball Badminton
- Kho Kho
- Kabbadi
- Swimming
- Hand ball
- Fencing
- Silambam

# INDOOR FITNESS





# OUTDOOR FITNESS



## OUTDOOR FITNESS PRACTICE



# SPORTS ACTIVITIES

## INDOOR GAME



CHESS



CARROM



TABLE TENNIS



# SPORTS ACTIVITIES

## OUTDOOR GAMES

### BASKET BALL



# VOLLEY BALL





# FOOT BALL



# HOCKEY





# BALL BADMINTON



# KHO KHO





# KABBADI



# SWIMMING



# FENCING





# ORGANISED SPORTS



*We have conducted 50<sup>th</sup> year RAC Golden Jubilee tournament on 05\02\2020 in our college ground at district level. In that tournament our college secured first place in Volleyball, football and won overall championship trophy.*

**TIRUNELVELI DISTRICT UDHAYA THINA  
WOMEN'S KABBADI TOURNAMENT-01/09/2022**



*We conducted Tirunelveli District Udhaya thina  
Women's Kabaddi tournament on 01\09\2022  
in our college  
kabaddi ground at district level,  
and  
won first place and winning trophy.*





*In memory of  
75<sup>th</sup> Independence day anniversary celebration  
we conducted Mini Marathon in our college campus  
on 17<sup>th</sup> August 2022 nearly 60 Students  
were participated  
and first 10<sup>th</sup> place winners were awarded with prize.*

# Dr.KM TROPHY FIRST STATE LEVEL FIVES WOMEN'S HOCKEY TOURNAMENT-2023



**HOCKEY UNIT OF TIRUNELVELI**

Reg No. 5902/ Palayamkottai / 128/ 2022  
Approved by Hockey Unit of Tirunelveli  
A-104, 8000 1st Cross, South Main Road, Tirunelveli - 627 007

**Dr.KM.TROPHY**

1<sup>st</sup> State Level "FIVES" WOMEN HOCKEY TOURNAMENT  
27.04.2023 & 28.04.2023 At Tirunelveli

## Participating Teams:

1. UDUMALAIPETTAI HOCKEY CLUB
2. KANNI HOCKEY CLUB
3. KARAIKUDI HOCKEY CLUB
4. KANNI HOCKEY CLUB
5. KANNI HOCKEY CLUB
6. KANNI HOCKEY CLUB
7. KANNI HOCKEY CLUB



President: **Dr.C.V. MYTHILI** M.A., M.D.  
Principal, Rani Anna Government College for Women  
Guest of Honour:  
**MR. V.R.SRINIVASAN,**  
De. Commissioner of Police, South, Tirunelveli City  
**DR.KRISHNAMOORTHY,** M.D.  
Neurosurgeon and Pain Specialist M.D., U.S.



**DATE : 27.04.2023 & 28.04.2023**

**VENUE : RANI ANNA GROUND**

**VENUE : RANI ANNA GROUND**

**DATE : 27.04.2023 & 28.04.2023**

*We organised Dr.KM Trophy State level  
5's Hockey women's tournament  
in our ground on 27<sup>th</sup> April 2023 and 28 April 2023.  
Eight teams from various district  
were participated and  
Udumalaipettai team won first place.*





We have conducted  
5's district level women's hockey tournament for  
Various categories on 10<sup>th</sup> April 2023.  
Accompanied with Aruna cardiac care, Dina  
Tharani newspaper and hockey unit of Tirunelveli  
In that we secured second place with medals  
And trophy

**VEERA MANGAI & SATHANI VEERANGANAI**

**AWARD FUNCTION-2023**

Dr. தேவா கார்யரேயன் ஜெயராஜன்  
மெரீசா ராஜன் தலைவர் ஆம் கமிட்டி  
ரோட்டரி கிளப் ஆம் திருநெல்வேலி, பொருத்த  
சபை  
ராஜ் அண்ணா அரங்கம் கல்யாண் உட்கட்சித் துறை  
திருநெல்வேலி-8  
இதன்மூலம் வழங்கும்  
பாதனை வீரமங்கைகளுக்கு விருது வழங்கும் விழா  
திகதி: 14.03.2023  
இடம்: ராஜ் அண்ணா அரங்கம் கல்யாண்



DATE :14.03.2023

VENUE : RAC AUDITORIUM

*Joined with Rotary club of Tirunelveli  
And*

*Dr. Deva Gabriel Jayarajan and Mercy Rajan,  
we organized an award function  
for players who were achieved position in MS University  
Inter college tournaments and MS University Blues  
(form 3 certificate holders).*

*Nearly 125 players were received  
Veeramangai and Saadhanai Veeranganai  
Awards on 14\03\2023.*



# *CULTURAL ACTIVITIES*



*Yoga*

# SILAMBAM





# *Drill*





# PYRAMID



# HOOP DRILL





# ***BAND***





# ***SPORTS DAY ACTIVITIES***

**2018-2019**



**CHIEF GUEST: DR.C.DURAL,  
(DIRECTOR, CENTRE FOR PHYSICAL  
EDUCATION M.S.UNIVERSITY)**

**2019-2020**



**CHIEF GUEST: SATHEESHKUMAR (SIR).  
(DEPUTY COMMISSIONER OF POLICE)**



**2021-2022**



**CHIEF GUEST: THIRU.M.HARIHARAN,  
SUB-INSPECTOR,  
(PETTAI POLICE STATION)**

**2022 - 2023**



**CHIEF GUEST: DR.K.XAVIER JOTHI SAROONAM,  
PRESIDENT,  
(HOCKEY UNIT OF TIRUNELVELI)**

# Our Students Representing Manonmaniam Sundaranar University in South Zone & All India Inter University Tournaments 2017 – 2023 (University blues)

Sl.No.	Game	2017– 2018	2018 – 2019	2019– 2020	2020– 2021	2021-2022	2022 – 2023
01	Volley ball	1	2	1	-	-	1
02	Kabaddi	1	2	4	4	4	2
03	Basket ball	1	1	1	3	3	-
04	Hockey	5	7	7	4	4	2
05	Chess	-	1	-	-	-	-
06	Foot ball	-	3	4	5	5	5
07	Shuttle badminton	-	1	-	1	1	-
08	Kho Kho	-	-	3	4	4	4
09	Ball badminton	-	-	-	1	1	1
10	Cross country	1	-	-	2	2	1
11	Fencing	-	-	-	2	2	2
	Total	9	17	20	26	26	18



# UNIVERSITY BLUES

 **RANI ANNA GOVT.COLLEGE (W), TIRUNELVELI - 8**  
(Reaccredited with "A" Grade by NAAC)

  
M. PRATHIBA  
III B.A. ENGLISH  
VOLLEY BALL

  
S. PRIMA  
II B.COM  
KABADDI

  
KUNIA KUTTY  
II B.A. HISTORY  
KABADDI

  
S. SANTHANA DEVI  
III B.A. HISTORY  
VOLLEY BALL

  
S. MALINI  
III B.A. HISTORY

  
S. SUDANYA  
I B.Sc. MATHS

  
P. PATTATHI  
I B.A. ECONOMICS

  
M. RAMA DEVI  
III B.A. HISTORY

  
S. KANTA  
II B.A. ENGLISH

  
P. JEYA SELVI  
II B.A. ENGLISH

  
M. RANI  
II B.A. ENGLISH

  
K. ANITHA  
II B.A. ENGLISH

  
J. JOSE  
II B.A. ENGLISH  
BASKET BALL

  
Dr. M. Hamar Nisha  
Physical Director



**University Blues - 2018 - 2019**

 **RANI ANNA GOVT.COLLEGE (W), TIRUNELVELI - 8**  
(Reaccredited with "A" Grade by NAAC)

  
Dr. C. V. Mythili  
Principal

  
Dr. M. Hamar Nisha  
Physical Director



**University Blues - 2019 - 2020**



**P. PRAVATHARANI**  
B.Sc Computer Science  
Basket ball



**K. KRISHNAVENI**  
B.A Sociology  
Basket ball



**C. MUTHU MONISHA**  
B.Sc Chemistry  
Basket ball



**L. SAKARAJINI ANITHA**  
B.A Maths  
Basket ball



**J. MALLI VIGNARAJAL**  
B.Com  
Basketball



**K. MANI SABA**  
B.A English  
Hood ball



**P. MAREESWARI**  
B.A Journalism and  
mass communication  
Foot ball



**J. VELCIYA**  
B.A Economics  
Foot ball



**S. SUBBU LAKSHMI**  
B.Sc Maths  
Foot ball



**P. JEYASELVI**  
B.A History  
Foot ball



**S. RAMA**  
B.Com  
Hockey



**R. DURUGAIMMAL**  
B.Com  
Hockey



**D. NIDHEESHA**  
B.Com  
Hockey



**T. VIMALA**  
B.Com  
Hockey



**S. SHANMUGA SUNDARI**  
B.Sc Botany  
Badminton



**K. GURUGESWARI**  
B.A Tamil  
Kabaddi



# RANI ANNA GOVT. COLLEGE(W), TIRUNELVELI - 8

Reaccredited with "A" Grade by NAAC)



**Dr. C. V. MYTHILI**  
Principal,  
Rani Anna Government College for Women



**Dr. M. MANAR NISHA**  
Director of Physical Education



**E. MOHANA PRIYA**  
B.Com  
Fencing



**K. JAYANTHI**  
B.Sc Chemistry  
Cross country race



**R. KAATNA**  
B.A History  
Cross country race



**K. ARICHANDRAN THIRUVELLI**  
B.A History  
Karaté



**K. SUBHA**  
B.A Tamil  
Karaté



MS UNIVERSITY INTERCOLLEGIATE ACHIEVEMENT 2017-2023								
Sl.No.	Game	2017– 2018	2018 - 2019	2019– 2020	2020– 2021	2021-22	2022-2023	
01	Kho kho	Participation	-	1	-	1	1	
02	Basket ball	-	Participation	Participation	-	1	Participation	
03	Volley ball	Participation	Participation	Participation	-	Participation in selection trials	3	
04	Kabbadi	3	3	1	-	Participation in selection trials	2	
05	Ball badminton	Participation	Participation	Participation	-	Participation in selection trials	3	
06	Hockey	-	1	2	-	2	3	
07	Foot ball	Participation	3	3	-	Participation in selection trials	1	
08	Hand ball	-	Participation	Participation	-	4	Participation	

# MS UNIVERSITY INTERCOLLEGIATE ACHIEVEMENT 2017-2023

Sl.No.	Game	2017– 2018	2018 - 2019	2019– 2020	2020– 2021	2021-22	2022-2023
09	Cross Country	3	4	5	-	1	1
10	Badminton	Participation	Participation	Participation	-	Participation	-
11	Table tennis	-	-	Participation	-	Participation	Participation
12	Chess	Participation	Participation	11	-	-	11
13	Weight lifting	-	-	-	-	10 players 46kg 3 <sup>rd</sup> place	-
14	Swimming	-	-	-	-	6 place- 4x100m free style silver medal	-
15	Athletics	-	19 players participation	-	-	28 players participation	-
16	Marathon	-	Participation	Participation	-	-	-



# Achievements

## MSU-Intercollegiate

### 2018-2019

Dr. J. Jayaraman Memorial Intercollegiate Football Tournament 2018-2019



Position: 2nd Place  
Date: 05.03.2019  
Date: 01.02.2019-03.03.2019  
Venue: Dr. J. Jayaraman College of Engineering

Tamil Nadu State Level MSU Intercollegiate Football Championship 2019



Position: Overall Runnerup  
Date: 20.04.2019-21.04.2019  
Venue: Anna Stadium, Palayamkottai

MSU-ICT Football Tournament 2018-2019



Position: 1st Place  
Date: 18.05.2018-20.05.2018  
Venue: St. John's College, Palayamkottai

United Odisha Intercollegiate Football Tournament 2018-2019



Position: 1st Place  
Date: 20.04.2019  
Date: 14.04.2019-16.04.2019  
Venue: MSU Sports Ground

MSU-ICT Football Tournament 2018-2019



Position: 1st Place  
Date: 14.04.2019-16.04.2019  
Venue: MSU Sports Ground

MSU-ICT Football Tournament 2018-2019



Position: 1st Place  
Date: 14.04.2019-16.04.2019  
Venue: MSU Sports Ground

### 2019-2020

MSU-ICT Hockey Tournament 2019



Position: 2nd Place  
Date: 17.12.2019-18.12.2019  
Venue: Tamil Nadu College, Palayamkottai

SL Jayaram Memorial Intercollegiate Football Tournament 2019



Position: 1st Place  
Date: 05.03.2019  
Date: 01.02.2019-03.03.2019  
Venue: Dr. J. Jayaraman College of Engineering

MSU-ICT Football Tournament 2019-2020



Position: 1st Place  
Date: 05.03.2019  
Date: 01.02.2019-03.03.2019  
Venue: Dr. J. Jayaraman College of Engineering

MSU-ICT Football Tournament 2019-2020



Position: 1st Place  
Date: 05.03.2019-06.03.2019  
Venue: Dr. J. Jayaraman College of Engineering

SL Jayaram Memorial Intercollegiate Football Tournament 2019



Position: 1st Place  
Date: 05.03.2019-06.03.2019  
Venue: Dr. J. Jayaraman College of Engineering

Tamil Nadu District Women's Football Tournament 2019



Position: 1st Place  
Date: 05.03.2019-06.03.2019  
Venue: Dr. J. Jayaraman College of Engineering

## 2021-2022

MSU-CE Badminton Tournament 2021-2022



Position: 4th Floor  
Date: 12/12/2021 to 12/12/2021  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

MSU-CE Badminton Tournament 2021-2022



Position: 4th Floor  
Date: 12/12/2021 to 12/12/2021  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

MSU-CE Badminton Tournament 2021-2022



Position: 4th Floor  
Date: 12/12/2021 to 12/12/2021  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

MSU-CE Badminton Tournament 2021-2022



Position: 4th Floor  
Date: 12/12/2021 to 12/12/2021  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

MSU-CE Badminton Tournament 2021-2022



Position: 4th Floor  
Date: 12/12/2021 to 12/12/2021  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

MSU-CE Badminton Tournament 2021-2022



Position: 4th Floor  
Date: 12/12/2021 to 12/12/2021  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

## 2022-2023

MSU-CE Badminton Tournament 2022-2023



Position: 4th Floor  
Date: 12/12/2022 to 12/12/2022  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

K. J. Somaiya Institute of Technology and Engineering Club 2022-2023



Position: 4th Floor  
Date: 12/12/2022 to 12/12/2022  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

MSU-CE Badminton Tournament 2022-2023



Position: 4th Floor  
Date: 12/12/2022 to 12/12/2022  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi

MSU-CE Badminton Tournament 2022-2023



Position: 4th Floor  
Date: 12/12/2022 to 12/12/2022  
Venue: K. J. Somaiya Institute of Technology and Engineering, Vashi



# ***MS UNIVERSITY INTERCOLLEGIATE OVERALL CHAMPIONSHIP WINNING TEAMS WITH TROPHIES***









MSU-ICT Ball Badminton Tournament 2022-2023



Position : 3rd Place

MSU ICT Kho-Kho Tournament  
2022-2023



Position: Winner

# ***TEAM OF RANI ANNA COLLEGE***





## Football team



## Kabaddi team









# ***EXTENSION ACTIVITIES***

- **With a memorandum of understanding with Aruna cardiac care and Dina Dharani Newspaper we conducted fives women's Hockey tournament in our college campus for district level (open category Senior junior sub junior)**
- **Conducted accommodation camp for MS University kabaddi team.**
- **Organised golden Jubilee year tournaments at district levels for volleyball, football and Basket ball players.**
- **In celebration of 75<sup>th</sup> year of independence day we conducted Mini Marathon in our college**
- **Organised and provided ground facilities for residential camp at district level kho-kho and Atya Patya tournaments**  
**Provided ground facilities for practice and promote the sports and games at Tirunelveli district level schools.**
- **Our players actively participated in various awareness Marathon rallies**
- **Our band troop participated in chess Olympiad competition, book far competition, anti alcohol campaign, road safety and Plastic awareness rallies**

# ***FACULTY PROFILE***

***Name : M. HAMAR NISHA***

***Designation : DIRECTOR OF PHYSICAL EDUCATION***

***Official Address : RANI ANNA GOVT. COLLEGE FOR WOMEN  
TIRUNELVELI – 8.***

***Date of Birth : 08.04.1973***

***Gender : FEMALE***

***Phone number : 9786293364***

***Email. Id : nishaazharjavid@gmail.com***

***Date of joining in***

***the present post : 12.05.2017***

***Research Area : PHYSICAL EDUCATION***





# *Academic Qualifications:*

Qualification	Specialization	Name of the Institution Studied	Year of Passing	Class obtained
UG	B.Sc.Chemistry	Sri Parasakthi college for women, Courtallam.	1994	1 <sup>st</sup> class with distinction
PG	M.P.Ed, Physical Education	Alagappa University College of Physiacal Education, Karaikudi.	1996	1 <sup>st</sup> class with distinction
PG Dip. In YOGA	Yoga	Annamalai University, Chidhambaram.	2017	1 <sup>st</sup> class

# Additional Qualifications (SET/NET)

## Ph.D. Details

UGC –NET- JUNE 1998

Title	Guide's Name/ college	University	Year of completion
Prediction of volley ball playing ability from selected physical, physiological, performance variables of school girls.	Dr. Grace Helina, Tamil Nadu Sports University	Madras University	2013
Teaching Experience:			
Name of the Institution	Designation	Years of experience	Duration
Sacred Heart Mat. Hr. Sec. School, Church Park, Chennai.	Physical Education Teacher	5 yrs 5 m 23 d	03.10.1996 – 26.03.2002
DIET. Aduthurai, Thanjavur Dist.	Junior Lecturer in Physical Education	1 yr 11 m 03 d	26.03.2002 – 29.02.2004
St. William's Anglo Indian High School, Rayapettah, Chennai.	PET Assistant	10 m 16 d	17.03.2004 – 03.02.2005
Stella Matutina TTI Ashok Nagar, Chennai.	Lecturer in Physical Education	2 yrs 1 m 3 d	04.02.2005 – 07.03.2007
Government Girls Higher Sec. School, Tenkasi.	Physical Director Gr. I	10 yrs 2m 3d	08.03.2007 – 11.05.2017
Quaid – E – Millath Govt. College for Women, Egmore, Chennai.	Director of Physical Education	1 yr 4 m 6d	12.05.2017 – 18.09.2018
Rani Anna Govt. College for women, Tirunelveli	Director of Physical Education	3 and half years	19.09.2018 – Till date working



Professional Recognition/Award/Prize/ Fellowship received		
Name of Award	Year	Awarding agency
Best Outgoing Student Award[Gold Medalist]	1993 - 1994	Sri Parasakthi College for Women, Courtallam.
Best N.C.C Cadet Award	1993 - 1994	Sri Parasakthi College for Women, Courtallam.
University Rank Holder in M.P.Ed (Gold Medalist)	1994 - 1996	Alagappa University College of Physical Education, Karaikudi.
Awarded “Individual Champion” from School to College.	1889 - 1996	TKD School, SPC. Courtallam, AUCPE Karaikudi.
Life Time Achievement Award	2013	Tamail Nadu Physical Education Teachers and Physical Directors Association
Awarded “Sirantha Penmanikkana Viruthu”	2019	Viveka Cultural Education & Sports Development Trust, Tirunelveli.
Secured I Place and Shield in Women Staff Badminton (singles) Tournament.	2019	MSU – Dept. of Physical Education and Sports
Received “Saathanai Penmani” Award	2020	Tamil Nadu Arasu Arunkatchiyagam Thurai, Tirunelveli.

# Workshops/Seminars/Conferences/Orientations Programmes Attended

Title	State/National/ International	Date	Address of the organizing agency / Institution
Low Cast Teaching Kids on Science and Technology	State Level workshop	24.04.2003	Anna Science Center – Planetarium – Trichy
Seamless Education; Challeges and Propects in Teacher Preparation	National - Seminar	15.04.2005	Stella Matutina College of Education Ashok nagar Chennai.
‘Quality Education for Teacher Preparation Institutions’	UGC – Sponsored National Seminar	08.04.2006	Stella Matutina College of Education Ashok nagar Chennai.
Workshop on Volley ball, Hand ball and Athletics	State Level Seminar	13.04.2009 – 14.04.2009	Dr. Sivanthi Adithanar College of Physical Education, Trichendur.
State Level Refresher Course for Physical Educationist	State Level - Refresher	16.04.2009 – 18.04.2009	Tamil Nadu School Education Dept. Venue: Bishop Heber HSS, Trichy
Dist. Level Refresher Course for Physical Educationist	District - Refresher	24.06.2009 – 26.06.2009	Tamil Nadu School Education Dept. Venue: Anna Stadium, Palai
Faculty Induction Programme for Physical Educationist	State Level	13.02.2012 – 17.02.2012	SSA Tamil Nadu School Education Dept, Chennai.
Orientation Training Programme for NSS Programme Officer	State Level	13.10.2015 – 19.10.2015	Empanelled Training Institution NSS – Avinashilingm University, Coimbatore.
Orientation Course for College Lecturers	UGC – HRDC National Level Orientation	10.07.2019 – 30.07.2019	Madurai Kamaraj University, Madurai.
Online Refresher Course for College Physical Directors	UGC – HRDC National Refresher	12.01.2021 – 25.01.2021	Lakshmi Bai National Institute of Physical Education Gwalior.



*Paper presented in the Workshops/Seminars/Conferences (in year wise descending order)*

Title of the paper	Title of the Seminar	National/ International	Date	Address of the organizing agency / Institution
<b>Movement Behavior</b>	Emerging Trends in Physical Education and Sports Sciences	UGC National Seminar	03.03.2003 – 04.03.2003	Dept. of Physical Education and Sports Sciences Annamalai University.
<b>Professional Commitment of Teacher Education</b>	Professional Commitment of Teacher Education	UGC Sponsored State Level Seminar	12.09.2002 – 14.09.2002	St. Xavier's College of Education Palayamkottai.
<b>Promoting Women's Participation in Field of IT</b>	1 <sup>st</sup> Annual Conference on Women in Information Technology – WIT' 2002	National Seminar	29.09.2002 – 30.09.2009	Dept. of Computer Science and Engineering and Dept. of Library and Information Science Annamalai University.

*Extension services :*

Programme	Title of the activity	Date	organizing agency/institute
<b>RAC Tournament</b>	Rani Anna College Golden Jubilee Tournaments	05.02.2020	Rani Anna Govt. College for Women. Tirunelveli

# ***FUTURE PLANS***

- *Fitness program for all students.*
- *Conducting Yoga classes for Students and Staff.*
- *Physical Education and Yoga theory classes will be conducted.*
- *Establish a multi speciality indoor stadium for practicing Kabaddi, Volleyball, Basketball, badminton, table tennis and with indoor fitness unit.*
- *Produce more university players so as to get more job opportunities in government sectors and their career advancements.*
- *Teach all the students the importance of sports and games and to lead a healthy and active life style.*



***THANK YOU***

