



The Quaide Milleth College for Men

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2023 - 2024



The Quaide Milleth College for Men recognizes the importance of developing the total personality of its students. With a strong emphasis not only on intellectual pursuits in the fields of Arts and Science, the institution is equally committed to nurturing excellence in sports and games.

The Department of Physical Education has been vibrantly active throughout the year.

It has successfully formed and trained 10 teams:

- Men: Cricket, Kabaddi, Kho-Kho, Football, Chess, Table Tennis, Badminton, and Athletics.
- Women: Kho-Kho and Athletics.

These teams underwent rigorous training and participated actively in various intercollegiate tournaments, showcasing dedication and sportsmanship.

In the University of Madras “A” Zone Tournaments, our teams achieved commendable milestones:

- Cricket and Kabaddi teams entered the Quarter-finals.
- Teams in Kho-Kho, Badminton, Table Tennis, Chess, Football, and Athletics also displayed strong performances, making the college proud.

The Kabaddi team reached the Semi-finals in the Buck Tournament and Quarter-finals in the SRM Tournament.

Our Cricket team also entered the Quarter-finals in the SIVET Tournament and participated in the A.M. Jain College Tournament.

The Football team represented the college in tournaments hosted by Jeppiaar College, Mohamed Sathak College, and Asan College.



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PHYSICAL EDUCATION CLASSES

To enhance physical fitness and discipline, Special Physical Education classes were conducted for college students starting from 8th January 2024, every morning from 7:30 AM to 8:30 AM.

UNIVERSITY ENGAGEMENTS

Dr. C. Godwin Paul, Director of Physical Education, was honoured to be nominated as a Selection Committee Member for the University of Madras "A" Zone Men's Teams in:

- Cricket
- Table Tennis
- Hockey

INTRA-MURAL COMPETITIONS

Intramural competitions were successfully conducted from 8th January 2024 to 29th February 2024 with widespread participation across both men's and women's teams.

Events Conducted for Men:

- Football, Volleyball, Cricket, Badminton, Ball Badminton, Kabaddi, Kho-Kho, Table Tennis, Chess, and Athletics.

Events Conducted for Women:

- Throwball, Badminton, Chess, Ball Badminton, Kho-Kho, Tennikoit, Table Tennis, Cricket, and Athletics.



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STAFF TOURNAMENTS

To encourage fitness and camaraderie among faculty and staff:

- A Rolling Ball tournament was conducted for female staff.
- Tennis Ball Cricket tournament was organized for male teaching and non-teaching staff.

OVERALL CHAMPIONSHIP WINNER

The Department of Commerce emerged as the Overall Champion of the year's intramural events.