



# The Quaide Milleth College for Men

DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT 2024 - 2025



The 50th Annual Sports Day of The Quaide Milleth College for Men was celebrated with great enthusiasm and vibrant participation, marking a significant milestone in the college's illustrious journey. The event, organized by the Department of Physical Education, was a grand success and highlighted the department's ongoing commitment to promoting physical fitness and sportsmanship among students.

## SELECTION TRIALS

Selection trials for the college teams were conducted from **22nd July 2024 to 7th August 2024**. Teams were selected in the following disciplines:

- **Men:** Cricket, Kabaddi, Kho-Kho, Football, Badminton, Ball Badminton, Chess, Volleyball, Table Tennis, and Athletics.
- **Women:** Badminton, Ball Badminton, Kho-Kho, and Athletics.
- Regular practice sessions were held for all selected teams.

## INTER-COLLEGIATE TOURNAMENTS

Our college teams actively participated in various inter-collegiate tournaments, including:

- **University of Madras Inter-Collegiate Tournaments**
  - Events: Chess, Volleyball, Badminton, Cricket, Table Tennis, Kho-Kho, Kabaddi, Football, Ball Badminton, and Athletics (Men).
  - Women's teams participated in Kho-Kho, Badminton, Ball Badminton, Karate (Kumite Style), and Athletics in the 'A' Zone tournaments.



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- **CM Trophy – Chengalpattu District Competitions**

- Both men's and women's teams took part and represented the college with pride.

## ACHIEVEMENTS

- **Abdul Kalam** (I M.Com) – **3rd Place**, CM Trophy (Chengalpattu District) – *Swimming*.
- **S.T. Sridevi** (III B.Sc. Maths) – **1st Place**, *Karate – Kumite Style*, National Level.
- **Harish** (I B.Com AF) – Participated in the *All India Silambam Competition* held at Salem.
- **A. Durai** (III B.Com General) – **3rd Place**, *Open State Best Physique* (Under 45 kg category).
- **Athletics Team** (35 boys & 15 girls) – Participated in the *State-Level Anti-Drug Marathon* on 23rd December 2024, hosted by Pachaiyappa's College, Kanchipuram.
- **Pooja Kumari** (I B.Com B) – **9th Place** and awarded a cash prize.
- **Marathon Participation** – On 5th January 2025, 30 boys and 6 girls participated in a *Marathon at Chengalpattu* organized by SDAT.
  - **Pooja Kumari** (I B.Com B) – **11th Place**
  - **Sathya** (I B.Com A) – **12th Place**

## SPORTS FOR ALL

Physical Education classes were conducted to promote both physical and mental well-being. These sessions helped identify and develop raw talent into skilled athletes. Additionally, a **state-of-the-art Multi-Station Hydraulic Gym** was inaugurated for the fitness of students and staff.



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## INTRA-MURAL COMPETITIONS

Held from **7th January 2025 to 28th February 2025**, the intra-mural competitions saw enthusiastic participation from both shifts.

- **Boys (Shift I & II):** Cricket, Football, Volleyball, Kho-Kho, Kabaddi, Badminton, and Athletics.
- **Girls (Shift I & II):** Kho-Kho, Badminton, Ball Badminton, Tennikoit, Throwball, Chess, Table Tennis, and Athletics.

## OVERALL CHAMPIONSHIP RESULTS

- Shift I Boys - B.Com B, M.Com combined Team. Scored **102** points.
- Shift I Girls - Commerce Dept. Scored **109** points.
- Shift II Boys - B.Com AF. Scored **79** points.
- Shift II Girls - B.com AF. Scored **68** points.

## STAFF TOURNAMENTS

- **Men (Shift I & II):** Cricket Tournament
- **Women (Shift I & II):** Throwball Tournament

## TRAINING & INTERNSHIP PROGRAM

To further enhance the performance of our women's teams, the management initiated a one-month **internship program** in collaboration with **YMCA PG Scholars (2025)**. The program focused on skill development in various games. Students showed great enthusiasm and improved significantly, transforming their raw potential into professional-level performance.