

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

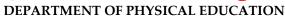
- **Abdul Kalam** (I M.Com) **3rd Place**, CM Trophy (Chengalpattu District) *Swimming*.
- **S.T. Sridevi** (III B.Sc. Maths) **1st Place**, *Karate Kumite Style*, National Level.
- Harish (I B.Com AF) Participated in the *All India Silambam Competition* held at Salem.
- **A. Durai** (III B.Com General) **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.
 - o 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.