

THIRUTHANGAL NADAR COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

2025-26 SPORTS STUDENTS ACHIVEMENTS:

Inter National-Level Achieveents:

Fencing



- **D. Dhivya Dharshini** (I MSW) Achieved:
- II Place-in FIF Women's Foil World Cup held at Hong Kong China
- II place in CM Trophy Fencing Tournament
- III place in All India Inter-University Fencing Championship 2025

NATIONAL-LEVEL ACHIEVEMENTS:

Athletics



➤ [Swetha Shree N \(I MSW\)](#) secured:

- II Place in the 100 meters at the Open National -23 Senior Athletics Championships held in Chandigarh 25-26.
- II Place in the 400 meters at the University of madras AL Mudhalaiyar Athletics Championships held at Tamil Nadu Chennai 25-26
- I Place in the 100 meters and 200 meters at the Khelo India Games held in Tamil Nadu 25-26.
- II Place in the 4×400 meters relay at the All India Inter-University Championship held in Bangalore 25-26. Received Cash award for 10000 Rupees

Target Ball



➤ Our college Women's Target ball team secured **II Place** in the **12th senior National Target Ball Championship (2025–26)**.

- ★ R. Priya Dharshini (III BCA)
- ★ R. Sweetha (II B.Com General)
- ★ P. Hema (II BACPA)
- ★ P. Madhumitha (II BACPA)

Boxing



➤ **P. Pradhip Kamal (I B.Sc. SA)** secured:

- II Place in All India Youth Men's Boxing Championship 2025–26
- III Place in Chief Minister Trophy District-Level Boxing Championship 2025.

State-Level Achievements:

Karate



- **Ahamed Tajudeen (II BBA)** – I Place in the Isshinryu Karate 4th State-Level Open Karate Championship 2025.
- **S. Sukumar (II BCA)** – II Place in the Isshinryu Karate 4th State-Level Open Karate Championship 2025.

Badminton



- **Judson N II B.Com (Gen) participated** in Tamil Nadu State level Junior Under-19 Ranking Badminton Tournament 2025

Basketball



➤ Our Basketball (Men) team comprising:

III Place in University of Madras B-Zone Basketball (Men) Tournament

I Place in Cunnan & Seethamma Trophy Basketball (Men) Tournament

II Place –Rotary Olympiad 2025 (Inter-College Basketball–Men)

III Place- Amity Premier League Basketball Tournament 25-26

➤ FOLLOWING STUDENT ARE:

S. Nithish , III BBA, B. Mugunthan, III BACPA, J. Sanjay Daniel III B.Com CS, B. Prasanth, III B.Com CS, B. Nandhakumar S III BCA, S.SANTHOSH III BCA, M. Nithish Kumar II BCA, E. L. Monish II B.Com AF, Hemanth II B.Com AF, Mathesh Kumar II B.Com G, Hariharan II B.Com CA, A. Essra Immanuel I BBA, C. Kishore I BBA, R. Deepan I B.Com AF, Aadham I B.Com CA

Target Ball



- **Target Ball Team (Boys) secured III Place in the 3rd Junior Mixed State-Level Target Ball Championship 2025–26, represented by:**

Yugeswaran S I B.Com (CA) , R. Shanmugam II BBA, G. Karthik II B.Com (Gen), K. P. Ranjith Kumar II B.Com (Gen), M. Prakash II B.Com (Gen), N. Varun I BBA, J. Mukesh Kumar I B.Com (Gen), Tharun K I BBA , and Parthasarathi S I BBA.

Target Ball



- **Target Ball Team (Girls) secured III Place in the 3rd Junior Mixed State-Level Target Ball Championship 2025–26, represented by:**

Lara I BCA, Priya Dharshini I BCA, Aarthi H I BCA, Princy C I B.Com (AF), Jayalakshmi M I B.Com (AF), Angela K I B.Com (AF), Charmi S I B.Com (AF), Gayathri Devi I B.Sc. (C&CJS), Harini M I B.Com (CA), Divya Dharshini M.K I B.Com (Gen), Roshini R, I B.Com (CA), Hari Priya I B.Com (Gen), K.Hema Nandhini III BBA.

Powerlifting



- [J. Prasana \(II B.Sc CS\)](#) – II Place in Tamil Nadu State Classic Powerlifting Championship 2025. (105 kg Junior Category)

Powerlifting



- [M. Rohinth \(II B.Sc CS AI\)](#) – II Place in (83 kg Junior Category) in the Tamil Nadu State Classic Powerlifting Championship 2025.

Bodybuilding



- [S. Shanjai \(II M.Com\)](#) – I Place in the Open State Powerlifting Championship 2025

Bodybuilding



- **Lalith Aditya S I B.Sc. (CS)** – II Place in the State-Level Bodybuilding Championship 2025.

Bodybuilding



- **Mukesh Mr. II BCA**, II Place in the Challenger Classic-202 State Championship Open Meet

Carrom



- **Gowtham E** I BCA 1st Place in Tamil Nadu State Inter Collegiate Carrom Tournament

Boxing



- **Dinesh S** I B.Com Gen Tamilnadu State President Cup Boxing Championship 25-26

DISTRICT-LEVEL ACHIEVEMENTS



- [Mohammed Farid \(II B.Com CS\)](#) – I Place in the 4th Manali Marathon and V Place in the TANSACS District-Level Marathon (Red Run).

Powerlifting



- [S.Bharani Tharan \(II BACPA\)](#) II Place in Mr. Challenger Classic-2025
Chennai District Powerlifting Association.

Powerlifting



- [S.Kingslin Victor \(II BBA\)](#) III Place in Mr. Challenger Classic-2025
Chennai District Powerlifting Association.

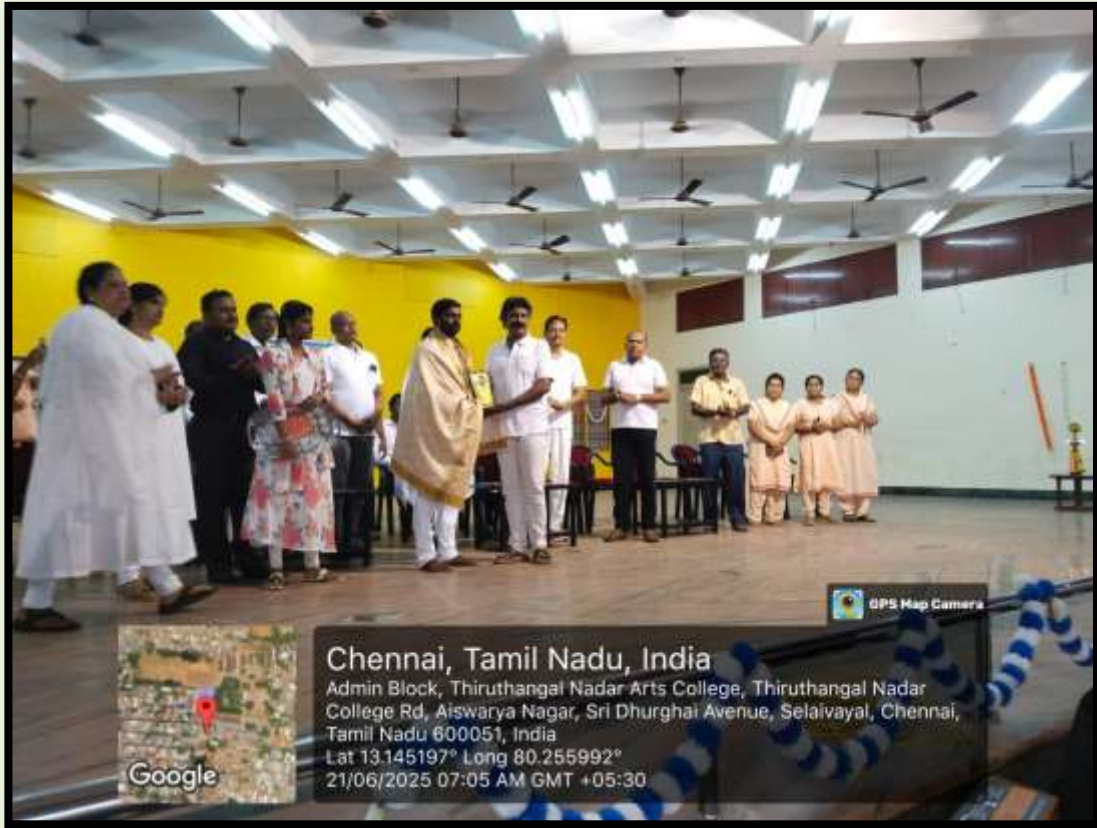
Chess



- [Yukesh Kanna V \(III B.Sc. SA\)](#)
- III place in the University of Madras Inter Zone Tournament
- V Place in the Rotary Olympiad Chess Tournament 2025–26.

➤ **Sports Events and Activities Organized:**

International Yoga Day



- **International Yoga Day** on 21/06/2025, with Chief Guest Master S. Karthikeyan.

Inter-School Tournament



- **Inter-School Tournament** (Basketball, Volleyball, Kabaddi, Kho-Kho for Boys & Girls) from 07/08/2025 to 08/08/2025.
- A total of 40 schools and 800 students participated.

National Sports Day



- **National Sports Day Seminar** on "What is a Good Posture?" held on 25/08/2025, with Dr. S.Sivaranjini (BAMS), Bachelor of Ayurvedic Medicine and Surgery

Students Support Programme:



- Foundation Yoga for Kundalini Yoga (18 Aug 2025 to 22 Aug 2025),
with Resource Person **KARTHIKEYAN K Completed Level 3 Yoga
Teacher**



- **Value-added Yoga Course** for students, with daily 1-hour sessions for 30 days (30 Hours total).

29th Annual Sports Day Intramural Games:

THIRUTHANGAL NADAR COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION
SPORTS DAY 2025-26
List of Games for Boys & Girls

Sl. No.	NAME OF THE GAME (BOYS)	NAME OF THE GAME (GIRLS)
1.	Chess	Chess
2.	Carrom	Carrom
3.	Table Tennis	Table Tennis
4.	Badminton	Badminton
5.	Ball Badminton	Ball Badminton
6.	Volleyball	Basket ball
7.	Basket ball	Kabaddi
8.	Kabaddi	Kho-Kho
9.	Criccet	Handball
10.	Kho-Kho	Three Ball
11.	Handball	-----
12.	Football	-----
13.	Best Physique	-----
14.	Power Lifting	-----

V. Suresh
12/12/24

List of Athletic Events Boys & Girls

Sl. No.	NAME OF THE EVENT (BOYS)	NAME OF THE EVENT (GIRLS)
1.	100 M Dash	100 M Dash
2.	200 M Dash	200 M Dash
3.	400 M Dash	400 M Dash
4.	800 M Race	800 M Race
5.	1500 M Race	1500 M Race
6.	5000 M Race	3000 M Race
7.	Long Jump	Long Jump
8.	Triple Jump	Triple Jump
9.	Shot Put	Shot Put
10.	Discus throw	Discus throw
11.	Javelin throw	Javelin throw
12.	4x100 Metres Relay	4x100 Metres Relay
13.	4x400 Metres Relay	4x400 Metres Relay

Rules and Regulations:

- All matches will be conducted on knock-out basis. All the matches will be conducted according to the given schedule. The teams must report 15 min before the match time.
- Players must come with proper uniform during the matches and Athletic Events and they have to report promptly to the ground. **Foots & Skirts strictly not allowed for playing all games.**
- All rules and regulations of respective association will be followed.
- If any **Protest or Claim** arises in the department Match it should be addressed on the same day through your Department Staff in charge and Captain/Vice Captain.
- For Team Games scoring will be 10 points for Winners and 5 points for Runners.
- Identity card should be produced whenever required.
- The Department which scores maximum points i.e. in Games and Athletics will be awarded with the Overall Rolling Trophy Separately for Boys and Girls.
- The decision of the Organising Secretary will be the final in all cases.
- Organising Secretary has the rights to change the schedule if necessary.
- Over all rolling trophy and individual championship will be given by the college authorities based on the rules.

V. Suresh
12/12/24

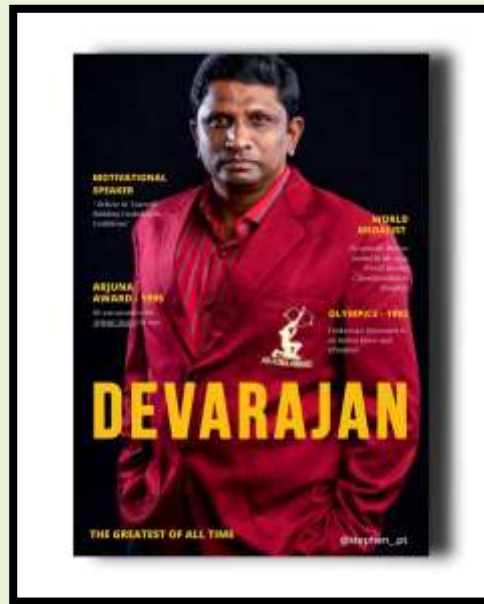
- We organized the Intramural Games in 12 disciplines for Men and Women.
- In Athletics (8 track and 5 field events), Bodybuilding, and Powerlifting (5 categories) was conducted.

29th Annual Sports Day Staff Tournaments:



- **Teaching and Non-teaching Staff Matches** conducted for both Men and Women staff.

29th Annual Sports Day Chief Guests:



- It's a very special day and we are honoured to have with us, Our Chief Guest, **Venkadesan Devarajan, Olympian Boxer and Arjuna Awardee**, We thankful for gracious presence Sir



- We also welcome our Guest of Honour, **Engineer T.Jayanthi, mam M.Tech. MBA,MIE, SE/Commercial Operation /SLDC/ TANTRANSCO ,Team Manager/Women Sports/TNEB**