

SPORTS

Nobel World Records Organized by Indian Yogasana Sports Federation (IYSF) – TNPESU Chennai(FEBRUARY – 2025)

We are incredibly proud to announce the remarkable participation of our students in the **Nobel World Records**, organized by the **Indian Yogasana Sports Federation (IYSF)** at **TNPESU Chennai**. This prestigious event brought together students from across the nation to showcase their dedication and talent in various yogic and sporting disciplines.

Our students' participation in this event reflects their commitment to health, fitness, and the pursuit of excellence in sports. Below is the list of students who participated in this exceptional event:

List of Participants:

1. **V. Suji** – III B.Com (CA)
2. **M. Mahesh** – II B.Com (CA)
3. **S. Sakthi Nivethida** – I B.Com (CA)
4. **J. Anusuya** – II BA Tamil Lit
5. **A. Saranya** – I BA Tamil Lit
6. **B. Karthiga** – II BA Tamil Lit
7. **C. Gajapriya** – II BBA
8. **M. Preethi** – I B.Sc (CS)
9. **K. Kabinisha** – I B.Sc (CS)
10. **K. Bramika** – I B.Sc (CS)
11. **R. Amuthalakshmi** – I B.Sc (CS)
12. **V. Deebiga** – I BA Tamil Lit
13. **M. Madhumitha** – I B.Sc (CS)
14. **R. Nishanthini** – I B.Com
15. **D. Sakthi** – I B.Com
16. **M. Sri Lakshmi Bharathi** – I B.Com
17. **R. Thenmozhi** – I BA Tamil Lit



SUSTAINABLE DEVELOPMENT GOALS

GOAL NO. 6 - CLEAN WATER AND SANITATION



NOBEL WORLD RECORDS
OFFICIAL ATTEMPT



Date : 2nd February 2025 (sunday) @ 9 AM to 1 PM

ORGANIZED BY :-

**INDIAN YOGASANA SPORTS
FEDERATION (IYSF)**



[Accredited & Associate with : Yoga Certification Board (YCB)
- Ministry of AYUSH, Government of India]



सत्यमेव जयते
Ministry of Ayush
Government of India

**Title : MAXIMUM NUMBER OF PARTICIPANTS ATTEMPTING COBRA POSE (BHUJAN-
GASANA) FOR 150 SECONDS BY HOLDING A CUP OF WATER IN FOREHEAD**



Venue:

Tamilnadu Physical Education and Sports University
Chennai - 600127, Tamilnadu, India



IN ASSOCIATION WITH



Event Overview:

The **Nobel World Records** event, organized by the **Indian Yogasana Sports Federation (IYSF)**, was a spectacular celebration of yoga, fitness, and discipline. It brought together numerous colleges and institutions across the country to participate in various categories of Yoga Sana and other physical activities.

Our students had the honor of being part of this exceptional event, where they represented our institution with great pride and dedication. Their participation not only demonstrates their commitment to fitness and health but also their enthusiasm for contributing to a record-setting event that promotes well-being on a global scale.



Celebrating Excellence:

The participation of our students in the **Nobel World Records** stands as a testament to their hard work and passion for sports and wellness. Yoga, known for its benefits to the body and mind, plays an essential role in promoting overall health. Our students embraced this opportunity to expand their horizons, improve their physical fitness, and contribute to the collective effort of creating a memorable world record.

This achievement highlights the importance of maintaining balance in both academics and personal development. It inspires all students to pursue holistic growth by incorporating physical activity and wellness practices like yoga into their daily routines.

We congratulate all the students who participated in the **Nobel World Records** event for their remarkable efforts and dedication. Their involvement in this event is not only a personal achievement but also a proud moment for our institution. We are confident that this experience will serve as a foundation for their future success, both academically and in their personal endeavors.

Let us continue to support and encourage our students to participate in such enriching activities, which foster growth, discipline, and a commitment to excellence in all aspects of life.



CM Trophy District Level Winners(2024-2025)

We are immensely proud to announce the outstanding achievements of our students in the prestigious CM Trophy 2024-2025 at the district level. Their dedication, perseverance, and sporting excellence have brought honor to our institution. Congratulations to the following winners:

R. Anitha – B.Com (CA)

Event: 1500m

Achievement: 2nd Place

R. Anitha has shown exceptional endurance and determination on the track, securing the **2nd place** in the 1500m race at the district level. Her consistent training and commitment to excellence were key to this remarkable achievement. A true testament to hard work and perseverance!

R. Priyanga – B.A.

Events: Long Jump, 800m

Achievements: 2nd Place in Long Jump, 2nd Place in 800m

R. Priyanga's remarkable performance across multiple disciplines showcases her versatility and athleticism. She secured **2nd place** in both the **Long Jump** and **800m race**, proving her prowess in both field and track events. Her dedication to improving her skills in every discipline is truly inspiring.

S. Thiresha – B.Com (CA)

Event: High Jump

Achievement: **2nd Place**

S. Thiresha's exceptional performance in the **High Jump** event earned her **2nd place** at the district level. With unwavering focus and agility, she cleared the bar with remarkable skill, representing our institution with pride. Her consistent effort and commitment to excellence in athletics are highly commendable.

K. Abitha – B.A.

Event: Carrom

Achievements: **1st Place in Singles, 1st Place in Doubles**

K. Abitha has made a mark in the world of indoor sports by securing **1st place** in both **Singles** and **Doubles** at the district level Carrom competition. Her strategic thinking and precision in the game were key to her success. A truly exceptional player who has elevated our institution's reputation in sports!

G. Dhanalakshmi – 1st BBA

Event: Carrom

Achievements: **2nd Place in Singles, 3rd Place in Singles**

G. Dhanalakshmi showcased her brilliance in **Carrom** by securing **2nd place in Singles** and **3rd place in Singles** at the district level. Her strategic moves and precision on the board earned her these impressive results, proving her expertise in the game.

M. Jegadeesha – BBA

Event: Carrom (Doubles)

Achievement: **1st Place in Doubles**

M. Jegadeesha's teamwork and strategic mindset were key to her success in the **Doubles** event at the district level, where she secured **1st place**. Her collaboration and competitive spirit on the

Carrom board played a crucial role in her victory, showcasing her leadership and cooperative skills.

A. Sabana – B.A.

Event: Carrom (Doubles)

Achievement: 3rd Place in Doubles

A. Sabana displayed exceptional focus and coordination in the **Carrom Doubles** event, securing **3rd place** at the district level. Her teamwork, sharp instincts, and calm demeanor under pressure earned her this well-deserved spot on the podium.

St. Therese College Women's Cricket Team

Event: Cricket

Achievement: 3rd Place

The **St. Therese College Women's Cricket Team** made a remarkable mark at the district level competition, securing **3rd place**. This achievement reflects not only individual talent but also the strength of teamwork and collective effort. The team's strategic play and dedication throughout the tournament were key to their success, making us all proud.

These achievements at the CM Trophy 2024-2025 district level competition highlight the exceptional talent, dedication, and hard work of our students across various sports. From track events to team sports and mind sports like Carrom, our students continue to excel and represent our institution with pride. Let's celebrate their successes and be inspired by their relentless pursuit of excellence.

State-Level Selection of CM Trophy 2024-2025 (Mayiladurai District)

We are thrilled to announce the exceptional achievement of our students who have been selected to represent the institution at the **State-level CM Trophy 2024-2025** competition, held in Mayiladurai District. Their dedication, skill, and hard work have earned them a well-deserved spot at this prestigious event. Congratulations to the following individuals for their outstanding accomplishments:

K. Abitha – B.A.

Event: Carrom (Singles & Doubles)
Achievement: State-level Selection

K. Abitha continues to shine in **Carrom**, having been selected to represent the institution at the **State-level** competition in both **Singles** and **Doubles** events. Her strategic gameplay, sharp focus, and exceptional skill on the Carrom board have secured her a place among the best players. This achievement is a testament to her talent and commitment to excellence in the sport.

M. Jagadeesh – BBA

Event: Carrom (Doubles)
Achievement: State-level Selection

M. Jagadeesh has also earned a spot at the **State-level CM Trophy 2024-2025** in **Carrom Doubles**. Her impressive teamwork and tactical approach to the game have been key in her selection. As part of a strong doubles team, her skills in strategy and precision are sure to make her a formidable competitor at the state level.

M. Magesh – B.Com (CA)



Event: Kabaddi

Achievement: State-level Participation

M. Magesh, representing **Kabaddi**, has been selected for the **State-level** CM Trophy competition. His physical strength, agility, and deep understanding of the game have earned him this outstanding achievement. Kabaddi requires immense teamwork, quick reflexes, and strategy—qualities that Magesh has demonstrated at every level of the competition.

P. Meenaloshini – B.A.

Event: Cricket

Achievement: State-level Participation

P. Meenaloshini has represented our institution in **Cricket**, and her exceptional skills and determination have led her to be selected for **State-level participation** in the CM Trophy 2024-2025. Whether it's batting, bowling, or fielding, Meenaloshini's contribution to the game has made her a valuable player, and she will proudly represent us at the state level.

These state-level selections are a reflection of the dedication and talent of our students across various sports. From **Carrom** to **Kabaddi** and **Cricket**, our athletes continue to demonstrate exceptional skill and perseverance. We are immensely proud of their accomplishments and excited to see them compete at the State level, where they will undoubtedly continue to make us proud.

Let's continue to support and cheer for these incredible individuals as they prepare to showcase their talents at the next level!

Annamalai University Inter Collegiate Boxing Tournament 2024-2025:
Champions and Runners-Up

Annamalai University recently hosted its prestigious **Inter Collegiate Boxing Tournament** for the year **2024-2025**, where some of the finest athletes showcased their strength, skill, and determination in the ring. The tournament saw intense competition among top boxers from various colleges, and we are proud to announce the exceptional performances of our athletes. Here are the outstanding achievements of our boxing champions:



B.P.J COLLEGE OF ARTS AND SCIENCE

SRIMUSHNAM



We Cordially invite you to the

ANNAMALAI UNIVERSITY

INTER - COLLEGIATE



**BOXING TOURNAMENT
MEN & WOMEN**

Date: 24.11.2024

Venue:

B.P.J College Campus

Organized by

DEPARTMENT OF PHYSICAL EDUCATION



**B.P.J COLLEGE OF ARTS AND SCIENCE
SRIMUSHNAM**



R. Priyadharshini – First Place (Women’s 54 kg Category)

We are thrilled to congratulate **R. Priyadharshini**, who clinched **First Place** in the Women’s 54 kg weight category. With her exceptional technique, discipline, and unwavering spirit, she dominated the competition and secured her position as the tournament's top performer. Her victory is a testament to her dedication and hard work in the sport.

A. Saranya – First Place (Women’s 70 kg Category)

Another remarkable achievement came from **A. Saranya**, who bagged the **First Place** in the Women’s 70 kg category. Saranya’s resilience and sharp boxing tactics were on full display as she fought her way to the top, leaving a lasting impression on everyone. Her gold medal is a well-deserved recognition of her immense talent and perseverance.

B. Karthika – Second Place (Women’s 48 kg Category)

B. Karthika showed incredible skill in the Women’s 48 kg weight category, securing the **Second Place** in a tough competition. Her outstanding performance reflects her commitment to the sport and her drive to push beyond her limits. A well-earned silver medal that brings pride to Annamalai University!

M. Mahesh – Third Place (Men’s 60 kg Category)

In the Men’s 60 kg category, **M. Mahesh** fought hard and emerged with a **Third Place** finish. With every punch, Mahesh demonstrated his courage and tenacity, making it to the podium. His

performance in this highly competitive event is a reflection of his dedication to the sport of boxing.

S. Sakthi Nivethida – Third Place (Women’s 57 kg Category)

S. Sakthi Nivethida also made her mark by securing **Third Place** in the Women’s 57 kg category. Her agility, strategy, and precision in the ring were key factors in earning her a well-deserved bronze medal. Sakthi Nivethida’s achievements highlight her potential and future in boxing.





Annamalai University Inter-College Chess Competition 2024-2025

We are proud to announce that **A. Princy**, one of our brilliant students, has achieved **5th place** in the prestigious **Annamalai University Inter-College Chess Competition 2024-2025**. This remarkable performance not only showcases her intellectual prowess but also highlights her dedication, strategic thinking, and mental agility in the game of chess.

A. Princy – 5th Place in Annamalai University Inter-College Chess Competition

Event: Annamalai University Inter-College Chess Competition
Achievement: 5th Place

A. Princy's performance in the highly competitive **Inter-College Chess Competition** was exceptional. Through a series of challenging rounds, she demonstrated not only her expertise in the game but also her strategic mindset and quick decision-making skills. Securing the **5th place** among talented players from various colleges is a significant achievement that reflects her commitment to excellence.



Her strategic approach to the game and her ability to anticipate her opponent's moves with precision were key factors in her success. Chess is a game that requires both mental strength and focus, and Princy showcased both in abundance during the competition.

A. Princy's achievement in the **Annamalai University Inter-College Chess Competition 2024-2025** serves as an inspiration to all. It demonstrates how dedication, strategic thinking, and hard work can lead to success, even in highly competitive environments. We are extremely proud of her accomplishment and look forward to her continued growth and success in the world of chess.



State-Level Boxing Championship 2024 -2025 Ariyalur District Student Games Association

We are thrilled to announce the outstanding achievements of our students at the **State-Level Boxing Championship 2024**, organized by the **Ariyalur District Student Games Association**. Their hard work, dedication, and perseverance in the ring have brought great pride to our institution. Congratulations to the following boxers for their impressive performances:



M. Magesh – First Place (Weight: 58kg)

Achievement: First Place in Boxing (58kg Weight Category)

M. Magesh showcased his strength, technique, and determination in the **58kg weight category**, where he emerged victorious by securing the **First Place**. His powerful punches, quick reflexes, and tactical strategy in the ring earned him this prestigious title. Magesh's dedication to the sport has been evident throughout his training, and this victory is a reflection of his hard work and commitment.

B. Karthika – First Place (Weight: 48kg)

Achievement: First Place in Boxing (48kg Weight Category)

B. Karthika also proved herself to be an outstanding boxer, securing **First Place** in the **48kg weight category**. Her agility, speed, and exceptional fighting spirit were key in overcoming her opponents. Karthika's victory is a testament to her relentless pursuit of excellence and the discipline she brings to the sport of boxing.

S. Sakthi Nivethida – Second Place (Weight: 61kg)

Achievement: Second Place in Boxing (61kg Weight Category)

S. Sakthi Nivethida demonstrated tremendous skill and determination, earning **Second Place** in the **61kg weight category**. Her relentless effort in the ring and ability to adapt to different opponents contributed to her remarkable performance. Securing a podium finish at such a competitive level highlights her potential and growth in the sport of boxing.



A. Saranya – Second Place (Weight: 71kg)

Achievement: Second Place in Boxing (71kg Weight Category)

- A. Saranya's impressive performance in the **71kg weight category** earned her **Second Place** in the State-Level Boxing Championship. Her strength, strategy, and resilience were key factors in her success. Saranya's effort to push through each round and secure a spot on the podium reflects her commitment to the sport and her desire to continuously improve.



B.

The achievements of **M. Magesh**, **B. Karthika**, **S. Sakthi Nivethida**, and **A. Saranya** at the **State-Level Boxing Championship 2024** are a proud moment for our institution. Their hard work, perseverance, and exceptional boxing skills have earned them well-deserved recognition. We are excited to watch them continue to excel and represent our college with pride in future competitions.

Let's celebrate their victories and continue to support them as they aim for even greater success in the world of boxing!

8th Annual Sports Day – September 13th, 2024-2025
Celebrating Excellence in Sports and Unity at ST.THERESAS ARTS AND SCIENCE COLLEGE FOR WOMEN

We are thrilled to announce the much-awaited **8th Annual Sports Day** at St.Theresa's Arts and science college for women, scheduled for **September 13th, 2024**. This exciting event celebrates the spirit of sportsmanship, teamwork, and athletic excellence, while fostering a sense of unity among our students, staff, and community.

Event Highlights:

The Sports Day will be a grand celebration filled with energy, enthusiasm, and memorable moments. Here's what you can expect:

March Past by Girls: A Spectacle of Discipline and Unity

One of the most awaited and symbolic highlights of the **8th Annual Sports Day – 2024-2025** will be the **March Past by the Girls**, a proud display of discipline, teamwork, and school spirit. This traditional event is more than just a march; it is a celebration of unity, coordination, and dedication.





The Significance of the March Past:

The March Past is an important part of any sports event as it represents the collective strength, unity, and spirit of the participants. For the girls who will be marching, this event is an opportunity to demonstrate their pride, discipline, and teamwork. They will be marching in formation, each step perfectly synchronized, reflecting the time and effort they have put into their training.

The March Past is not just about walking in formation; it embodies the values of orderliness, respect for authority, and the importance of collective effort. As the girls march forward, they carry with them the symbol of their hard work, camaraderie, and school pride. It is a powerful visual reminder of the strength that comes from working together toward a common goal.

The Marching Formation and Preparation:

The girls will be dressed in their school uniforms or sports attire, reflecting a sense of unity and pride. They will practice for weeks leading up to the event, perfecting their synchronized movements, posture, and coordination. The drill requires precision, timing, and a strong sense of teamwork, as the girls will be marching in perfect rhythm, often to the beat of a drum or music, keeping a steady pace.

Their formation will be carefully arranged, with each participant standing tall and proud as they march across the ground. The formation may be in rows or columns, symbolizing equality and the spirit of unity among the participants. The march will be led by a flag bearer or a group of senior students, who will proudly carry the school or sports flag as a symbol of the institution's values.

Olympic Torch Relay:



In keeping with the global tradition of the Olympics, our Sports Day will feature the lighting of

the **Olympic Torch**. The torch will be carried by selected athletes from our institution, symbolizing the values of perseverance, excellence, and fair play. This symbolic gesture will ignite the competitive spirit and enthusiasm among all participants.



Angel Dance Performance:

Our students will captivate the audience with a mesmerizing **Angel Dance** performance. This artistic display will blend grace and athleticism, demonstrating the importance of creativity and self-expression in the world of sports. The dance will add an enchanting touch to the day's festivities.







Guest of Honor – Dr. V. Gopinath, Former Registrar of TNPESU - Chennai:

We are honored to welcome **Dr. V. Gopinath**, the former Registrar of the Tamil Nadu Physical Education and Sports University (TNPESU) in Chennai, as our **Chief Guest** for the occasion. Dr. Gopinath's vast contribution to sports and physical education will inspire our students and staff alike, making the event even more significant.



Honoring the Guests and Prize Distribution:

A highlight of the day will be the **honoring of distinguished guests**, including Dr. V. Gopinath, for their continued support and contributions to the field of education and sports. The event will also include a **Prize Distribution Ceremony**, where the winners of various sports events will be celebrated and rewarded for their outstanding performances. Prizes will be given to both staff and students in recognition of their dedication and achievements.



About the Event:

The **Annual Sports Day** is more than just a competition. It is a celebration of physical activity, community, and the spirit of fair play. Students and participants from various fields will come together to compete, support one another, and showcase their talents. The event will feature a range of exciting indoor and outdoor sports, catering to all levels of skill and experience.

Through this event, we aim to promote sportsmanship, encourage fitness, and create an atmosphere where participants can challenge themselves while having fun. The highlight of the day will include friendly competitions, team games, and individual challenges, all designed to foster camaraderie and enthusiasm among the participants.

Indoor Games:

1. Chess:

Chess is a strategic, mind-driven game that requires concentration, foresight, and patience. It is not just about moving pieces; it's about planning ahead, anticipating the opponent's moves, and staying focused. Chess sharpens cognitive skills, improves problem-solving abilities, and teaches critical thinking. It is an excellent game for boosting mental agility and enhancing decision-making skills.

2. Carrom:

Carrom is a fun and engaging indoor game that involves precision, coordination, and skill. Players aim to strike the coins into the pockets using a striker. Carrom enhances

hand-eye coordination and spatial awareness, requiring players to develop strategic thinking while maintaining focus under pressure. It's an excellent game for improving dexterity and concentration.

Outdoor Games:

1. Volleyball:

Volleyball is a dynamic, fast-paced team sport played on a court divided by a net. Teams of six players each aim to score points by sending the ball over the net and into the opponent's court. Volleyball promotes teamwork, communication, agility, and strength. It also improves reflexes and coordination, as players need to respond quickly to the ball's direction and velocity. Volleyball builds team spirit and emphasizes cooperation and support among players.

2. Throwball:

Throwball is similar to volleyball but uses a larger, softer ball. It's a non-contact sport where teams aim to score points by throwing the ball over the net, trying to land it on the opponent's side without them returning it. Throwball is an exciting game that enhances team coordination, physical fitness, and strategic thinking. It is especially popular in schools and is easy to learn, making it an excellent sport for fostering teamwork and building sportsmanship.

3. Kabaddi:

Kabaddi is a traditional and highly popular contact sport that combines strength, strategy, and agility. Played between two teams, the objective is to tag or "raid" opponents while holding one's breath, and return safely to the starting side without being caught. Kabaddi improves endurance, coordination, and agility, while also developing mental toughness. It teaches teamwork, quick decision-making, and the importance of both offensive and defensive strategies.





Key Activities:

- **Athletic Events:** A variety of athletic competitions will take place throughout the day, including sprints, relays, long jumps, and more. These events are designed to promote fitness, teamwork, and sportsmanship.
- **Fun Activities for All:** The day will also feature fun games and activities for students and staff, ensuring that everyone, regardless of their athletic ability, can participate and enjoy the event.
- **Refreshments and Entertainment:** Light refreshments will be available for all attendees. Enjoy a lively atmosphere filled with music, cheers, and the spirit of friendly competition.

The Annual Sports Day at St. Theresa's Arts and science college for women is more than just a series of competitions – it is a celebration of community, determination, and the values that bind us together. It's an opportunity for everyone to come together, cheer for their peers, and be inspired by the achievements of our students and staff.

We invite all students, staff, parents, and well-wishers to join us in making this day unforgettable. Let's come together to support our athletes, celebrate the spirit of sports, and honor our achievers!

4th YSPA NATIONAL LEVEL CHAMPIONSHIP 2024 - 2025

Date: 11th to 13th June 2024

Venue: Jammu (J&K)

The **4th YSPA National Level Boxing Championship – 2024** was held from 11th to 13th June 2024 in Jammu (Jammu & Kashmir), where the best boxers from across the country competed for the top honors. The tournament saw intense competition, and we are proud to announce the following exceptional athletes who emerged victorious:



1. **A. HIMA (BCom)**
Position: Silver Medalist
A. Hima showcased remarkable skill and perseverance in the ring, securing the **Silver Medal** in her category. Her performance was an inspiring example of dedication and hard work.
2. **M. MAHESH (BCom (CA))**
Position: Gold Medalist
M. Mahesh put on an outstanding display of boxing, clinching the **Gold Medal**. His agility, strategy, and focus throughout the competition led him to the top of the podium.
3. **B. KARTHIKA (BA Tamil)**
Position: Silver Medalist
B. Karthika fought valiantly in the tournament and earned the **Silver Medal** in her category. Her strength, speed, and technique were evident throughout the championship.
4. **R. VAITHEGI (MCom)**
Position: Gold Medalist
R. Vaithgei's dominance in the competition earned her the **Gold Medal**. Her strategic boxing and ability to maintain focus in every round resulted in this well-deserved victory.



CONGRATULATIONS TO ALL THE WINNERS AND PARTICIPANTS!

The **4th YSPA National Level Championship – 2024** was a true showcase of national talent, with our athletes demonstrating excellence and sportsmanship at the highest level. Their hard work, training, and determination have made them stand out as champions, and we are incredibly proud of their achievements.



ANNAMALAI UNIVERSITY INTER COLLEGE BOXING TOURNAMENT 2023– 2024

Date: 7th December 2023

The **Annamalai University Inter College Boxing Tournament – 2023** saw outstanding performances from the athletes across different weight categories. The competition was fierce, but these boxers stood out, securing top spots and showing incredible skill, endurance, and sportsmanship. Below are the results:

1. R. VAITHEGI

Position: Second Place (50 to 52 Kgs)

R. Vaithgei demonstrated excellent technique and resilience, earning a well-deserved second place in the 50 to 52 kg category. Her performance was a blend of strategy and strength.

2. M. MAHESH

Position: Second Place (54 to 57 Kgs)

M. Mahesh put up a strong fight in the 54 to 57 kg category, ultimately securing second place. His agility and precision in the ring were key to his remarkable finish.

3. S. PRIYADHARSHINI

Position: Second Place (48 to 50 Kgs)

S. Priyadharshini showed immense determination and tactical boxing skills to claim

second place in the 48 to 50 kg category. Her sharp movements and quick reflexes earned her this high ranking.

4. **S. PRIYADHARSHINI**

Position: Third Place (60 Kgs and Above)

In the 60 kg and above category, S. Priyadharshini exhibited her fighting spirit, securing third place with a commendable performance. Despite tough competition, her perseverance shone through.

5. **A. HIMA**

Position: Third Place (70 to 75 Kgs)

A. Hima earned third place in the 70 to 75 kg category, displaying power and technique in her matches. Her strength and stamina played a significant role in her podium finish.

6. **D. ABINAYA**

Position: Third Place (57 to 60 Kgs)

D. Abinaya's third-place finish in the 57 to 60 kg category was a result of her strategic approach and adaptability in the ring. Her performance was truly noteworthy.

7. **R. PRIYADHARSHINI**

Position: Third Place (52 to 54 Kgs)

R. Priyadharshini demonstrated remarkable resilience and skill to secure third place in the 52 to 54 kg category. Her technique and determination were evident throughout the competition.





ARINGAR ANNA MARATHON 2023– 2024 **Organized by: TNSDAT**

The ARINGAR ANNA MARATHON – 2023, organized by TNSDAT, witnessed incredible performances from talented athletes who showcased their perseverance, strength, and spirit. We are proud to announce the following outstanding athletes and their remarkable rankings:









இளைஞர் நலன் மற்றும் விளையாட்டு மேம்பாட்டுத்துறை
தமிழ்நாடு விளையாட்டு மேம்பாட்டு ஆணையம்
மயிலாடுதுறை மாவட்டம்.

அறிஞர் அண்ணா நெடுந்தூர ஓடப்போட்டி - 2023
ஆண்கள் மற்றும் பெண்களுக்கு தனித்தனியாக இரண்டு பிரிவு

நாள்

07

அக்டோபர் - 2023

காலம்: 06.00 மணிப்பின்வில்

பதிவு செய்யவதற்கு பதிவு கட்டணம் இல்லை

பிரிவு 1 - 17 வயது முதல் 25 வயது வரை

பிரிவு 2 - 25 வயதிற்கு மேற்பட்டோர்

துவக்க இடம்: மாவட்ட ஆட்சியர் அலுவலகம் - மயிலாடுதுறை.

போட்டியில் கலந்துகொள்ள, சுய உறுதி மொழியடிவம் பூர்த்தி செய்த மற்றும் வயதுச்சான்றிதழ்
 சரிபார்க்கப்பட்டு 06.10.2023 அன்று மாலை 5.00 மணிக்குள் **SAI பயிற்சி மையம்,**
SDAT மாவட்ட விளையாட்டு அலுவலகம், ராஜன் தோட்டத்தில் நேரில் வந்து பதிவு செய்து வேண்டும்.
 மேலும் 17 வயது முதல் 25 வயதிற்குட்பட்ட மாணவ, மாணவிகள் தாங்கள் பயிலும் பள்ளி தலைமையாசிரியர்,
 கல்லூரி முதல்வர்களிடம் கண்டிப்பாக வயது சான்றிதழ் தனித்தனியாக பெற்று வருதல் வேண்டும்.

முதல் பரிசு ரூ.5,000/-	இரண்டாம் பரிசு ரூ.3,000/-	மூன்றாம் பரிசு ரூ.2,000/-	நான்காம் பரிசு முதல் பத்தாம் இடம் வரை ரூ.1,000/-
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- ✓ ஆதார கார்டு / பள்ளி, கல்லூரி அடையாள அட்டை கொண்டு வருதல்.
- ✓ 25 வயதிற்கு மேற்பட்டவர்கள் தங்களது பிறப்புச்சான்றிதழ் ஆதார கார்டு நகல் கொண்டு வருதல் வேண்டும்.
- ✓ ஒட்டப்போட்டியில் பங்கேற்கும் அனைவரும் தங்கள் வாங்கி சேமிப்பு கணக்கு புத்தகத்தை முதல் பக்கம் நகல் கண்டிப்பாக கொண்டு வரவும்.

1. R. VAITHEGI

Position: X (10th Place)

R. Vaithgei showed exceptional determination and athleticism, securing a well-deserved 10th place. Her performance stood out among tough competition.

2. T. ABINAYA

Position: VIII (8th Place)

T. Abinaya finished with a commendable 8th place. Her consistent effort and speed helped her stand out in this prestigious marathon.

3. T. KEERTHIGA

Position: XII (12th Place)

T. Keerthiga exhibited immense endurance, finishing in 12th place. Her persistence throughout the race was a testament to her preparation and hard work.

4. P. KANAGA

Position: XVI (16th Place)

P. Kanaga placed 16th in the ARINGAR ANNA MARATHON, delivering a strong performance in a competitive field. Her perseverance made her a notable contender.

5. P. MEENALOSHINI

Position: XI (11th Place)

P. Meenaloshini secured the 11th spot with an impressive effort. Her ability to keep pace and maintain focus contributed greatly to her success.

6. **B. KARTHIKA**

Position: XIII (13th Place)

B. Karthika's 13th place finish was a reflection of her grit and stamina. She fought through every phase of the race to deliver a fantastic result.

7. **K. MUTHUMARIYAMMAL**

Position: V (5th Place)

K. Muthumariyammal earned 5th place, a remarkable achievement in this challenging marathon. Her skill and determination made her one of the top finishers of the event.

We extend our heartfelt congratulations to all the participants!

The ARINGAR ANNA MARATHON – 2023 was an event to remember, and these athletes have made us proud with their achievements. Their dedication to training and their competitive spirit were evident throughout the race. We look forward to more success in future events!

7th Annual Sports Day - October 16th, 2023-2024

Special Guest:

Mr. Harsh Singh, IPS, Superintendent of Police, Nagapattinam

Date: October 16th, 2023

Venue: St. Theresa's Arts and Science College for Women

Event Overview:

The **7th Annual Sports Day** held on October 16th, 2023, was a momentous occasion at **St. Theresa's Arts and Science College for Women**. This year, the event witnessed active participation from students, faculty, and staff, all coming together to celebrate the spirit of sportsmanship, teamwork, and fitness.

We were honored to have **Mr. Harsh Singh, IPS**, the Superintendent of Police of Nagapattinam, as our Chief Guest. His presence was a huge source of inspiration for everyone involved, and his words of encouragement echoed the importance of physical fitness, discipline, and community engagement.





Key Highlights of the Event:

- **Inaugural Ceremony:** The day began with an inspiring speech from **Mr. Harsh Singh**, who emphasized the role of sports in shaping not just physical strength but also character and leadership. His address set the tone for the day's proceedings, motivating everyone to give their best in the various competitions.
- **Sports Competitions:**
A wide array of sports activities took place, ranging from **track and field events** to **team**

games. The day was packed with excitement, as students and staff competed with enthusiasm and sportsmanship. The events included:

- **Races** (100m, 200m, Relay)
- **Long Jump & High Jump**
- **Football and Volleyball Matches**
- **Tug of War**
- **Badminton and Table Tennis** tournaments
- **Special Events for Faculty and Staff:**
Not only were the students engaged, but also our esteemed faculty and staff members participated in various sports events, promoting the importance of fitness at all levels of the academic community.

Notable Moments:

- **Award Ceremony:** The closing ceremony saw the presentation of awards to the winners of various events. Prizes and certificates were awarded to the **top performers**, celebrating their hard work and commitment to excellence.
- **Winning Teams:** Teams that displayed exceptional teamwork and perseverance were recognized and celebrated, marking a proud moment for the entire community.
- **Inspiring Speech by Mr. Harsh Singh:** During the prize distribution ceremony, **Mr. Harsh Singh** congratulated all the winners and participants, stressing the importance of sports in building a disciplined and healthy society. He also encouraged students to participate in more such events and take a proactive role in their physical fitness.



Acknowledgments:

We express our heartfelt gratitude to **Mr. Harsh Singh**, IPS, for his valuable presence as the Chief Guest and for inspiring the participants. His leadership and words will undoubtedly continue to motivate the youth to engage in sports and lead healthier, disciplined lives.

We would also like to thank all the faculty, staff, volunteers, and participants for making the **7th Annual Sports Day** a grand success. Your energy, enthusiasm, and commitment to sports are what make this event memorable every year.

Gallery:













3rd YSPA State Level Championship 2023-2024 – Boxing

Event Date: 28th April 2024

Venue: Periyar Maniammai Institute of Science and Technolog

The **3rd YSPA State Level Championship 2023-2024** (Boxing) brought together some of the most talented athletes in the state to compete in one of the most exciting and fierce boxing competitions of the year. Held on **April 28, 2024**, at the prestigious **Periyar Maniammai Institute of Science and Technology**, this event provided a platform for the state's top boxers to showcase their skills, strength, and determination.

With an enthusiastic crowd and a high level of competition, the event was a resounding success, highlighting the sportsmanship and perseverance of each competitor.

Highlights of the Championship:

The competition saw remarkable performances across various weight classes, with athletes from different colleges battling it out for the coveted titles. Here are the outstanding results from the championship:

Winners of the Championship:

1st Place - BA Tamil

- **B. Karthika:** Secured the **1st Place** in the BA Tamil category with a stellar performance, displaying strength, strategy, and determination. Her victory was a testament to her relentless training and commitment to the sport.

1st Place - BCom (CA)

- **M. Mahesh:** Clinched the **1st Place** in the BCom (CA) category. His disciplined approach and tactical precision in the ring led him to victory, proving his exceptional skills as a boxer.
- **A. Hima:** Also bagged the **1st Place** in the BCom (CA) category, showing resilience and skill in each round. Her impressive performance earned her the top spot in this competitive category.

2nd Place – Boxing

- **R. Priyadharshini:** Earned **2nd Place** after a commendable effort in the ring. Despite fierce competition, Priyadharshini's strategy and skills were undeniable, earning her a well-deserved second position in this intense championship.

2nd Place – Boxing

- **A. Bharkavi:** Secured the **2nd Place** in another exciting bout. Bharkavi's tactical mastery and fighting spirit led her to a strong finish, highlighting her skills and perseverance throughout the championship.

Event Summary:

The 3rd YSPA State Level Championship not only showcased incredible boxing talent but also brought together students from across the state to celebrate the spirit of sportsmanship. The Periyar Maniammai Institute of Science and Technology served as the perfect venue for this thrilling competition, providing a great atmosphere for both competitors and spectators.

This year's championship was marked by fierce matches, intense rivalries, and unforgettable moments. The victories of **B. Karthika**, **M. Mahesh**, **A. Hima**, **R. Priyadharshini**, and **A. Bharkavi** are a reflection of the dedication and passion that each boxer has for their sport. We are proud to have hosted such an exciting event and look forward to even bigger and better championships in the future.

Congratulations to all the Winners and Participants:

We would like to extend our heartfelt congratulations to all the winners, and to every participant who gave their best in the competition. Your hard work and determination continue to inspire us all.

We also thank the coaches, organizers, and volunteers for their commitment to making the event a success, and we look forward to seeing even more participants in the next YSPA Championship!

Gallery:



CM Trophy 2022-2023 - Achievements in Athletics

Our college is proud to announce the outstanding performances of our students at the **CM Trophy 2022-2023**, where they competed in various athletic events and brought home accolades.

Event Highlights:

- **High Jump**

- **T. Margret** (English Department) – **Bronze Medal**
T. Margret showcased incredible athleticism and determination in the high jump event, earning a **Bronze Medal** and marking a significant achievement in her sporting career.
- **Discus Throw**
 - **Agnes Lissy** (Mathematics Department) – **Bronze Medal**
Agnes Lissy's impressive strength and technique in the discus throw earned her a **Bronze Medal**, adding to our college's growing reputation in athletics.

These accomplishments highlight the dedication, hard work, and talent of our students, making us proud of their achievements. We congratulate both **T. Margret** and **Agnes Lissy** for their success in the **CM Trophy 2022-2023**, and we continue to support and encourage all students to pursue excellence in both academics and sports.

6TH ANNUAL SPORTS DAY - APRIL 15TH, 2022-2023

On **April 15th, 2023**, St. Theresa's Arts and Science College for Women celebrated its **6th Annual Sports Day**, an event that marked a significant milestone in promoting physical fitness, sportsmanship, and the spirit of competition among students. This annual event brought together students, staff, and the wider college community to celebrate the importance of sports and physical activity in holistic development.

Chief Guest:

The event was graced by the esteemed presence of **Mr. G. Jawahar**, IPS, Superintendent of Police, Nagapattinam, who was the **Chief Guest** for the day. His presence added immense value to the event, and his inspiring speech encouraged the students to actively engage in sports and understand the importance of maintaining a healthy mind and body. Mr. Jawahar shared his own experiences in sports and how it has shaped his life, emphasizing the importance of discipline, perseverance, and hard work.



Event Highlights:

The day commenced with an inspiring opening ceremony, followed by the **March Past**, where each department participated with great enthusiasm, showcasing unity, pride, and discipline. The students participated in a variety of events, including track and field competitions, relay races, long jump, high jump, shot put, and other fun-filled activities designed to engage participants of all skill levels.

The highlight of the day was the **Inter-Departmental Competitions**, where each department competed fiercely to win the coveted **Overall Championship Trophy**. The students showcased their talent, teamwork, and sportsmanship as they participated in competitive and fun-filled events. The competitive spirit was evident in every race, jump, and throw, making the day a thrilling celebration of athleticism.

Award Ceremony:

The event concluded with an exciting **Prize Distribution Ceremony**, where winners of various events were recognized and rewarded for their outstanding performances. The college was proud to honor the efforts and achievements of its students who excelled in sports, and the overall winners of the sports day were awarded with trophies, medals, and certificates.



Acknowledgment:

This year's sports day was an immense success, thanks to the tireless efforts of the sports committee, faculty, and volunteers who worked diligently to make the event possible. The encouragement and leadership of Mr. G. Jawahar and the support from college administrators made this event a memorable occasion for all participants and attendees.

Conclusion:

The **6th Annual Sports Day** at St. Theresa's Arts and Science College was a memorable event that encouraged students to embrace an active lifestyle, promote healthy competition, and celebrate the joy of sports. The event not only fostered teamwork and physical fitness but also instilled values of perseverance, dedication, and fair play among all participants.

BOXING 2022-2023

THANJAVUR DIVISIONAL BOXING ASSOCIATION - 2023 ACHIEVEMENTS

We proudly congratulate the exceptional athletes from our division who showcased remarkable talent and determination in the 2023 Boxing Championships. Below are the outstanding performances:

- **S. Thilaga – B.Lit - II PLACE**
- **S. Preethi – BBA - II PLACE**
- **M. Abilara – B.Sc (Physics) - III PLACE**
- **C. Priyadharshini – B.A (English) - III PLACE**
- **R. Rajapriya – BBA - III PLACE**
- **N. Seetha – B.Lit - III PLACE**

- **P. Carlin Nimmi – BCA - III PLACE**

These athletes have demonstrated incredible skill, dedication, and perseverance, representing our division with pride. We celebrate their achievements and look forward to their continued success in future competitions!





2ND MAYILADUTHURAI DISTRICT SENIOR KABADDI CHAMPIONSHIP FOR WOMEN 2022- 2023

Organized by Mayiladuthurai Amateur Kabaddi Association

St. Theresa's College Team proudly participated in the **2nd Mayiladuthurai District Senior Kabaddi Championship for Women** held in 2023. The competition brought together top athletes from across the district, showcasing fierce competition and exceptional sportsmanship. Our team performed admirably and fought hard throughout the championship, securing the **Runner-up position**.

This remarkable achievement is a testament to the dedication, teamwork, and skill of the players, as well as the coaching and support from St. Theresa's College. The team demonstrated resilience and strategy, giving their best in every match and emerging as strong contenders in the district.

Congratulations to the entire team for this outstanding performance, and we look forward to even greater successes in future competitions!



MINI MARATHON 2022-2023

**ST. THERESA'S ARTS AND SCIENCE COLLEGE FOR WOMEN ORGANIZED A
MINI MARATHON - 10.03.2023**

On **10th March 2023**, St. Theresa's Arts and Science College for Women hosted a **Mini Marathon**, an exciting and empowering event that brought together students, faculty, and members of the community in a celebration of health, fitness, and team spirit. The event encouraged participants to embrace physical activity, promote wellness, and foster a sense of unity and enthusiasm among all involved.

Chief Guests & Dignitaries:

The marathon was graced by the presence of distinguished guests who contributed to the success of the event:

- **Mr. Ramalingam**, Member of Parliament, Mayiladuthurai
- **Mr. Nivedha M. Murugan**, Member of Legislative Assembly, Poompuhar
- **Sr. Karuna Josephat**, Secretary of St. Theresa's College
- **Maj. Dr. Kamarasan**, Principal of St. Theresa's College
- **Sr. Vincent Amala**, Administrator
- **Sr. Devapriya**, Correspondent

Their support and encouragement provided a great boost to the participants and made the event even more special.



Event Highlights:

The **Mini Marathon** kicked off with great energy and enthusiasm, as participants, including students, faculty, and local residents, set off on the scenic route, running and walking for a cause. The event was a perfect mix of fitness and community spirit, with the participants showing strong dedication and sportsmanship. The marathon was organized in various categories, encouraging participants of all ages and fitness levels to take part.

The atmosphere was filled with excitement as runners pushed themselves toward the finish line, with volunteers and supporters cheering them on along the way. Health and wellness stations were set up at key points to ensure the well-being of all participants.



Award Ceremony:

At the end of the event, winners were recognized for their outstanding performance, and everyone who participated was celebrated for their commitment to fitness and well-being. The event not only promoted physical health but also helped raise awareness about the importance of an active lifestyle.



Conclusion:

The **Mini Marathon** at St. Theresa's College for Women was a huge success, creating lasting memories for all involved. The enthusiastic support from the Chief Guests, college administration, and local community made this event a shining example of how sports can bring people together in the spirit of health and unity.

400th Year Celebration of the Establishment of Danish Tranquebar 2022– 2023

Dates: 4th & 5th February 2023

We are thrilled to announce the **400th Year Celebration of the Establishment of Danish Tranquebar on 4th and 5th February 2023**. This historic milestone marks 400 years since the establishment of **Danish Tranquebar**, a significant chapter in the history of Tamil Nadu, and a symbol of cultural and historical exchange between India and Denmark.

As part of the commemoration, a series of cultural, educational, and historical events will take place, bringing together scholars, historians, students, and community members to celebrate the legacy of Tranquebar's unique heritage. The two-day celebration will offer a rich experience through exhibitions, lectures, music, and cultural performances, reflecting the diverse influence that Danish settlement had on the region.

We invite students, faculty, and the local community to join us in this remarkable celebration of history, culture, and the enduring relationship between Denmark and India. Let's come together to honor the rich heritage of Tranquebar and look forward to the future of global collaboration and exchange.







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4th State Level Archery Championship 2022-2023
Organized by: Tamil Nadu Panchayat Yuva Krida Khel Abhiyaan
Date: 08th January 2023

Our college is proud to announce the outstanding achievements of our students in the **4th State Level Archery Championship** held on **8th January 2023**, organized by the Tamil Nadu Panchayat Yuva Krida Khel Abhiyaan.

The competition witnessed fierce talent from across the state, and our students excelled in this prestigious event, bringing home impressive awards.

Winners:

- **A. Kalaiselvi** (BCA Department) - **Gold Medal**
- **R. Priyadharshini** (Mathematics Department) - **Gold Medal**
- **V. Abirami** (BCA Department) - **Silver Medal**
- **M. Sujatha** (Mathematics Department) - **Silver Medal**

The students demonstrated incredible precision, focus, and determination to secure top honors in the competition. Their achievements not only reflect their dedication to archery but also contribute to the continued success of our institution in the sporting arena.

We extend our heartfelt congratulations to the winners and encourage all students to take inspiration from their remarkable performances.



Sports Day 2021 - 2022

Fifth Sports Day - 12th May 2022

The **Fifth Sports Day** of our college was celebrated with immense enthusiasm and spirited participation on **12th May 2022**. The event marked a significant milestone in our institution's commitment to promoting physical fitness, sportsmanship, and the holistic development of our students.

Chief Guest:

Mrs. N. S. Nisha, IPS, Superintendent of Police, Mayiladuthurai District, graced the occasion as the esteemed Chief Guest. Her presence added to the grandeur of the event, and her inspiring words encouraged our students to strive for excellence in both academics and athletics.

The day saw a wide array of exciting sports activities that brought together students from all disciplines, fostering camaraderie and teamwork. From track and field events to fun games, the competitive spirit was high, and the athletes displayed remarkable skills and determination.

The event was a resounding success, with everyone participating in the spirit of healthy competition. The winning teams were honored, and their achievements were celebrated as a testament to the hard work, perseverance, and sportsmanship displayed throughout the year.

This Sports Day was not just a celebration of athletic talent, but also a reminder of the importance of maintaining a healthy balance between academics and physical well-being.







