

MOTHER TERESA WOMEN'S UNIVERSITY

SPORTS AND GAMES

Various sports activities were conducted in the Inter-Collegiate Sports and Tournament meets of Mother Teresa Women's University as per details as under. Dr.A.Rajam Asst.Director of Physical Education & Sports. Mother Teresa Women's University, Kodaikanal has organized and arranged these sports activities along with other physical Directors/ Sports in charge of all affiliated college of our university.

The Annual General Body Meeting of physical Education Department was held in University campus. The Principals, Physical Director and Sports In Charge Staff of Physical Education of all Affiliated Colleges (12 Colleges) participated in this meeting. In this meeting, effective steps were discussed towards sports fee collection from students. Sports Calendar for 2019-2020 was prepared for Inter Collegiate, South Zone/ All India Inter University Sports and Tournaments.

Inter Collegiate Sports and Tournament Details 2018-2019

| S.No | Event Name | Month & Date | College Name |
|------|----------------|--------------------------|--|
| 1 | Kabaddi | 16.08.2018 to 17.08.2018 | Sakthi College for Arts & Science for Women.oddanchatram |
| 2 | Kho – Kho | 30.08.2018 to 31.08.2018 | Jeyaraj Annapackiam College for Women, Periyakulam. |
| 3 | Ball Badminton | 06.09.2018to 07.09.2018 | M.V.M Govt Arts College for Women, Dindigul |
| 4 | Volley Ball | 19.09.2018 to 20.09.2018 | Nadar Saraswathi College for Arts & Science for Women, Theni |
| 5 | Indoor Games | 27.09.2018 to 28.09.2018 | . Jeyaraj Annapackiam College for Women, Periyakulam. |
| 6 | Basket Ball | 04.10.2018 to 05.10.2018 | . Thiravium College of Arts &Science for Women, Periyakulam. |
| 7 | Athletics | 11.10.2018 to 12.10.2018 | Jeyaraj Annapackiam College for Women, Periyakulam. |

Inter Collegiate Sports and Tournament Details 2018-2019

Mother Teresa Women's University Indoor Team participated in the Intercollegiate Indoor Tournament 2019-2020 for women which was held at Nadar Saraswath College for Women, Theni. Seven Teams of Shuttle Badminton, 5 Teams of Table Tennis and 10 Players from 5 Colleges for Chess.(One team from each affiliated college of university) participated in this tournament. From our University team 14 members participated.

Mother Teresa Women's University Indoor Team participated in the Intercollegiate Indoor Tournament 2019-2020 for women which was held at Sri Adi Chunchanagiri Women's College, Cumbum. Eight Teams (One team from each affiliated college of university) have participated in this tournament.

Mother Teresa Women's University Kho- Kho Team participated in the Inter collegiate Basket Ball Tournament 2019-2020 for women which was held at Thiravium College for Women, Periyakulam. Seven Teams (One team from each affiliated college of university) participated in this tournament.

MTWU kabaddi Team participated in the Intercollegiate Kabaddi Tournament 2019-20 for women at Arulmigu Palani Andaver College for Women, Palani. In total eight teams participated. MTWU team consisted of 13 players.

Mother Teresa Women's University Kho- Kho Team participated in the Inter collegiate Kho -Kho Tournament 2019-2020 for women which was held at M.V.M Govt Arts College for Women's Dindigul. Twelve Teams (One team from each affiliated college of university) participated in this tournament. The University team of 24 players participated in the Inter-collegiate.

A Five day programme on Yoga and Kayakalpa, Pranayama & Meditation Practice was given to foreigners, University Students and staff by Dr. K. Balasubramanian, Prof. Sankareswari, and Dr. A. Rajam.

Mother Teresa Women's University Karate Team participated in the **South Zone Inter University Karate Tournament 2019-2020** for women. Around 115 university teams from Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, Pondicherry, Maharashtra, Orissa Participated in the tournament

Mother Teresa Women's University Weightlifting Team participated in the All India Inter University Weightlifting Tournament 2019-2020 for women held at Manonmaniam Sundaranar University, Tirunelveli. Around 71 University teams from Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, Pondicherry, Maharashtra, Orissa Participated in the tournament.

Mother Teresa Women's University **Inter Collegiate Annual Sports Meet 2019-2020** was held at St. Antony's College of Arts and Science for Women, Tamaraipadi, Dindigul. Students from 10 affiliated Colleges participated.