

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI



DEPARTMENT OF PHYSICAL EDUCATION



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CRITERIA I

Curriculum planning, Implementation and Documentation

Curriculum Planning

The department of Physical Education followed an effective curriculum delivery through a well-planned and documented process.

- The principal received the syllabus from Manonmaniam Sundaranar university, and it was handed over to the head of the Physical Education department.
- Staff meeting was conducted for syllabus review and allocated subjects to the concerned staff as per the interest of the staff and area of specialization.
- The department of Physical Education frame a timetable based on the hours and work load of each staff, maintained timetable and work load as soft copy and hard copy.
- The faculty members prepared their individual Academic and Teaching plan in the schedule of their working hours.
- If there is any need for change in the curriculum, the head of the department collects curriculum feedback from faculties, alumina and

students. The work load of all staff shall be fixed by the head of the department.

The work load of the faculty should be 18 to 20 hours a week including theory, practical and project.

Course Allotment	Theory	Practical/Project
HOD	16 h/Week	2h/Week
Faculty	18 h/Week	2h/Week

According to the faculty work load , the Head of the department prepared faculty time table and course timetable . After delivering the time table, the Head of the department instructed the faculty members to prepare lesson plan and handover a copy to head of the department for consideration.

Department plan

- As per the University curriculum, the hours/week were allotted for core subject, allied subject, Major practical, Allied practical and Common papers.
- At the beginning of the new semester, subject priority will be taken from all faculties which they want to teach in the new semester.
- In case of newly introduced subject, the head of the department shall check the faculty's subject proficiency before allocating the subject.
- Based on the student feedback, if a faculty is an expert in a particular subject teaching, the faculty will be allowed to teach the same subject.
- Experienced faculties with adequate knowledge on subjects are frequently used to teach the final year students.
- Every faculty prepares his/her teaching plan. The academic calendar and individual teaching plans are meant for reference.

- Each individual staff prepares program plan and material before delivering lecture.
- Teaching plan is prepared for all the subjects allocated and submitted to the HOD by every individual teacher before the commencement of the semester.
- Compliance to the teaching plan is mentioned by the respective HODs through work diary maintained by the individual faculty at the beginning of the course structure.

I st BSc Physical Education

Subjects	Hours(per week)	
	Theory	Practical
Language (Tamil)	6	-
Language (English)	6	-
Major I	5	2
Major II	4	-
Allied I	3	2
Part IV(EVS/VBE)	2	-

IInd BSc physical Education

Subjects	Hours(per week)	
	Theory	Practical
Language (Tamil)	6	-
Language (English)	6	-
Major v	5	-
Allied III	3	4

Skill based core I	4	-
Non Major Elective I	2	-

III rd BSc physical Education

Subjects	Hours(per week)	
	Theory	Practical
Major VII	5	-
Major VIII	5	-
Major IX	5	4
Major Elective I	5	
Major Practical VI	4	-
Skill Based Common	2	-

Practical:

- The curriculum contains practical papers like Theories of Games practical, Track and Field events, Anatomy and Physiology, Teaching practice and Project.
- Along with these skills, department also look for other skills like patience, creativity, hardworking, decision making.

Delivery Planning

- All the staff members have their own plan regarding the delivery of the curriculum based on the requirement of the students and it has been recorded in their work plan register.
- All the subjects are divided among the staff based on the subject allocation.

Ist, IInd, IIIrd BSc Physical Education

As per the university curriculum the hours/semester allotted for core subjects 75 hours, allied subjects 45 hours, major practicals 30hours, allied practicals 30 hours and common papers 30 hours .The subjects allocated in the following schedule.

Theory

Subjects	Hours/semester	Hours/unit	Hou rs/ da y	Subject plan	Unit plan
Major-1 Foundation of Physical Education	75 hours	I - Unit15hours II -Unit15hours III - Unit15hours IV -Unit15hours V –Unit15hours	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour -review 2 hours -unit test
Major-II Theories of Gymnastics	60 hours	I – Unit 10hours II –Unit 10hours III -Unit 15hours	1hou r	10 -min topic Introduction 40 -min class handling	9 hours-class 3 hours seminar 1 hour -review

		IV –Unit 15hours V –Unit 10hours		10 -min review the class	2 hours -unit test
Allied-I Anatomy And Physiology	45hours	I – Unit 9 hours II –Unit 9 hours III -Unit 9 hours IV –Unit 9 hours V –Unit 9 hours	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour -review 2 hours -unit test
Common Environmen tal Studies	30hours	I – Unit 5 hours II –Unit 5 hours III -Unit 5 hours IV –Unit 5 hours V –Unit 10 hours	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour -review 2 hours -unit test

Practical

Subjects	Hours/ semester	Hou rs/da y	Subject plan

Major practical -1 Gymnastics	30hours	1hour	3 –min –Assembly and Roll call 15-min Teaching the skill 15 -min Practicing the skill 15 -min lead up Activities 10 – min Playing Games 2 –min Review and Dismissal
Allied Practical 1 Anatomy and Anthropometric Measurement	30hours	1hour	3 –min –Assembly and Roll call 15-min Teaching the topic 30 -min Practicing the activities 10 – correction of the activities 2 –min Review and Dismissal

Theory

Subjects	Hours/ semester	Hours/unit	Hou rs/ day	Subject plan	Unit plan
Major- V Methods in		I - Unit15hours II -Unit15hours	1hour	10 -min topic Introduction	9 hours-class 3 hours

Physical Education	75 hours	III - Unit 15 hours IV - Unit 15 hours V – Unit 15 hours		40 -min class handling 10 -min review the class	seminar 1 hour -review 2 hours -unit test
Allied- III Theories of Games (Kabaddi, Kho -Kho Handball)	45 hours	I – Unit 9 hours II –Unit 9 hours III -Unit 9 hours IV –Unit 9 hours V –Unit 9 hours	1 hour	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour -review 2 hours -unit test
Skill based Core –I Sports Medicine	60 hours	I – Unit 10 hours II –Unit 10 hours III -Unit 15 hours IV –Unit 15 hours V –Unit 10 hours	1 hour	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour -review 2 hours -unit test
Non Major Elective - I Principles of Physical Literacy	30 hours	I – Unit 5 hours II –Unit 5 hours III -Unit 5 hours IV –Unit 5 hours V –Unit 10	1 hour	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour -review 2 hours -unit test

		hours			
Common (Yoga)	30 hours	I – Unit 5 hours II –Unit 5 hours III -Unit 5 hours IV –Unit 5 hours V –Unit 10 hours	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour -review 2 hours -unit test

Practical

Subjects	Hours/ semester	Hou rs/da y	Subject plan
Major practical -1 (Kabaddi, Kho -Kho Handball)	60 hours	1hou r	3 –min –Assembly and Roll call 15-min Teaching the skill 15 -min Practicing the skill 15 -min lead up Activities 10 – min Playing Games 2 –min Review and Dismissal

Theory

Subjects	Hours/ semester	Hours/unit	Hou rs/da y	Subject plan	Unit plan
Major- VII Exercise Physiology	75 hours	I - Unit15hours II -Unit15hours III - Unit15hours IV - Unit15hours V – Unit15hours	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour - review 2 hours -unit test
Major- VIII Test, Measureme nt and Evaluation	75 hours	I - Unit15hours II -Unit15hours III - Unit15hours IV -	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour - review 2 hours -unit

in Physical Education and Sports		Unit15hours V – Unit15hours			test
Major IX Theories of Track and Field	75 hours	I - Unit15hours II -Unit15hours III Unit15hours IV - Unit15hours V – Unit15hours	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour - review 2 hours -unit test
Major Elective - I Principles of Motor Developme nt	75hours	I - Unit15hours II -Unit15hours III - Unit15hours IV - Unit15hours V – Unit15hours	1hou r	10 -min topic Introduction 40 -min class handling 10 -min review the class	9 hours-class 3 hours seminar 1 hour - review 2 hours -unit test

Practical

Subjects	Hours/ semeste r	Hours /day	Subject plan

Major practical -V Track and Field Events	60hours	1hour	3 –min –Assembly and Roll call 15-min Teaching the Techniques 15 -min Practicing the Techniques 15 -min lead up Activities 10 – min Playing Games 2 –min Review and Dismissal
Allied Practical 1 Anatomy and Anthropometric Measurement	60hours	1hour	3 –min –Assembly and Roll call 15-min Teaching the topic 30 -min Practicing the activities 10 – correction of the activities 2 –min Review and Dismissal

Project:

The students have to undertake major project works during the sixth semester of the course. The duration of the project is 75 hours. For every 15 hours

department conducted the reviews and the final review conducted after the completion of 75 hours. The project allocated the following schedule:

Group of students	Game of Specialization	Hours	Review	Content
First Group	Basketball	5 hours	Zero th Review	Topic Selection
Second Group	Football	20 hours	First Review	Introduction about the topics Review of literature
Third Group	Hockey	20 hours	Second Review	Methodology, Collection Of Data
Fourth Group	Cricket	15 hours	Third Review	Analysis Of Data, Result And Discussion
Fifth Group	Volleyball	15 hours	Fourth Review	Report Submission

Online Classes:

During the pandemic period, the University instructed colleges to conduct online classes. Accordingly, the principal convened the college council meeting to prepare a plan to conduct online classes.

a) Planning:

Based on the college council decision, Head of the department conducted department meeting through Google meet and allocated subjects and timetable to the faculties. As per the college council instruction, the online class timetable was 42 hours per week for II UG, and III UG. The online class time table for I UG was 48 hours per week.

Course Allotment	Theory (Live Class)	Uploading	Quiz or Assignment	Total hours per week
HOD	12Hours/Week	11 Hours/Week	6 Hours/Week	29
Faculty: 1	14Hours/Week	13 Hours/Week	6 Hours/Week	33
Faculty: 2	15Hours/Week	14 Hours/Week	6 Hours/Week	35
Faculty : 3	15Hours/Week	14 Hours/Week	6 Hours/Week	35

b) Content Delivery:

The department of physical education used the following web-based tools for effective online teaching in the academic year 2020-2021:

Whatsapp:

The department class in-charges created a whatsapp group for their class students and The faculty members communicated to the students through this group.

- Posted online class timetable. The faculty members conducted live online class between 9 am to 1 pm
- Reminder for class timing and sending Google class link one hour before the class.
- Posted academic related information such as circular and instructions.

Google Classroom:

The subject faculty created their own classroom using his/her account and share the link to the students to join the classroom. The faculty uses the classroom for the following purposes:

- Share Google meet live class link
- Post assignment topics for students
- Post project topics for final year students
- Post class test, weekly test and internal exam question papers

Google Meet:

The individual faculty create their own Google Meet platform to for the students for online classes. The planning of the meets includes:

- Raise questions to Students
- Check online class attendance.

- Check active mode of student
- Receive feedback through chat box

1.3.1 Crosscutting issues

The courses which address, Environment issues, Social Issues, Professional ethics, and Personality Development were followed in Curriculum of Manonmaniam Sundaranar University and hence offers paper on Environmental Studies and Value Based Education as part of the syllabus of first UG. Human Rights, Yoga and Consumer Awareness for second UG, and Personality Development as part of the syllabus of final year UG.

The students are given awareness regarding the rights and the laws points that favours them by the resource persons. The student's ethics that the students must follow has been updated in the college diary. No ragging issues have been reported so far in the department to the anti-raging cell of the college, which shows that there is harmony among the students.

The List of Subjects are:

1. **Environmental Studies**, It creates an awareness and achieve sustainability about the environmental problems and to provide basic knowledge about the environment and allied problems and to develop an attitude of concern for the environment.
2. **Value Based education**, Which include Social Justice, Human Rights, The Rights of Women and Children, Communal Harmony, Social Problems and Consumer Movement.

3. **Human Rights**, gives awareness regarding the rights they have as the citizen of India. The syllabus includes Declaration on the rights of child, rights of the disabled person, conventions on political, economic, cultural human rights and also give awareness regarding violation of human rights.
4. **Consumer Awareness**, The main aim is to provide complete knowledge about a particular product to potential customers and to make them know their consumer rights.
5. **Yoga**, mainly focus on self-realization. Yoga is about seeking one's true self and becoming completely free from desires and worldly attachments.
6. **Personality Development**, helps the students to know their personality traits, know about themselves, and also, they get awareness regarding table manners, and how to face any interview.

Documentation:

The curriculum planning and content delivery our department has the following document evidences:

- Curriculum
- Department meeting Register
- Timetable
- Work Diary
- ICT Register

1) Curriculum:

The curriculum refers to the subject and academic content taught to the students in a specific programme. The physical education curriculum categorized into the following way:

- Part I - First Language paper (Tamil/Malayalam/Hindi, etc.;)
- Part II – English Language (Communicative English)
- Part III – Core/Allied/Major Project /Allied /Skill based practical
- Part IV – Major practical
- Part V – allied practical

2) Department Meeting Register:

Minutes of the staff meeting is recorded in the department staff meeting register.

3) Timetable:

The department faculty timetable and class timetable includes the day order, name of the subject, name of the faculty, project hours, break time and duration of the teaching hour. The Time Tables are displayed on the Notice Board and also uploaded on the college website. The syllabus link of University is also provided to the students.

4) Work diary:

The department faculty members prepared their course plan based on the subject allocation by the HOD. It includes content of the course topic, how the topic was delivered, number of hours needed for the completion of the syllabus and practical.

5) ICT Register:

The department has adopted the effective technology ICT for content deliver to the students. The department maintains ICT register for future reference of the teaching method that contains class name, topic name, and faculty name and signature.

University Hour base plan

MANONMANIAM SUNDARANAR UNIVERSITY TIRUNELVELI

UG COURSES – AFFILIATED COLLEGES

B.Sc. Physical Education

(Choice Based Credit System)

(with effect from the academic year 2016-2017 onwards)

(44th SCAA meeting held on 30.05.2016)

Sem	Pt I/II/ III/IV V/VI	Sub No.	Subject status	Subject Title	Hrs/ week	Cre dits	Marks				
							Maximum			Passing minimum	
							Int.	Ext.	Tot.	Ext	Tot.
V	I	33	Core - 7	Theories of Games (Basket Ball, Foot ball Hockey Cricket, Volley ball)	4	4	25	75	100	30	40
	II	34	Core - 8	Theories of Track and Field	4	4	25	75	100	30	40
	III	35	Elective - 1	Sports Nutrition	5	5	25	75	100	30	40
		36	Elective - 2	Exercise Physiology	5	5	25	75	100	30	40
		37	Practical -5	Major Game (Basket Ball, Foot ball, Hockey Cricket, Volley ball) Anyone Game (Carry Over Practical)	3	-	50	50	100	20	40
		38	Practical - 6	Track and Field Events (Carry Over Practical)	3	-	50	50	100	20	40
		39	Practical - 7	Physiotherapy (Carry Over Practical)	2	-	50	50	100	20	40
	IV	40	Skill Based subject (Common)	Personality Development / Effective Communication	4	4	25	75	100	30	40
				Subtotal	30	22					

Staff Meeting Register

34

VENUE : Dept of Physical Education

Date : 30/12/21

Time : 1:50pm

Venue : Phy Edu Department

Faculty Members Present

1. Mr. V. Vign - V. Vign
2. Dr. R. Kishore Jani - Kishore
3. Mr. R. Ramesh Kumar - Ramesh
4. Mr. Y. R. Dhara Bendhu - Dhara

Agenda :-

1. Dec 1 World Aids day Celebration
2. Casual Competition
3. Pongal Celebration
4. Christmas leave
5. Practical Exam
6. Sem Exam
7. Second Internal for PUC and DPU
8. Completing the Syllabus
9. Parents Meeting
10. Awareness about Vaccine
11. Students leave the campus before
12. New route for girls
13. Staff discipline duty
14. Mass on Every First Friday of the month
15. Shift D Programme
16. Students welfare committee
17. Christmas child
18. Fund Donation for poor families

Department of Physical Education

Teaching Plan

General Lesson / Particular lesson Bending Exercise

Name of the Institution Nanjil Catholic College of Arts & Science, Kalingolam

Class II. Bsc. physical education Equipment Churnam

Date 12/02/2019

Time 45 minutes

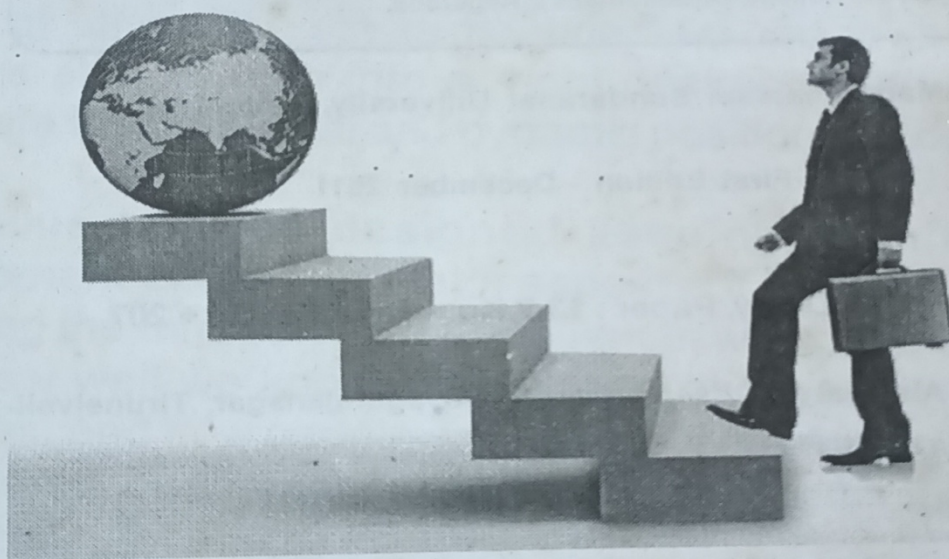
Subject Matter	Method
Assembly and Roll call (2 mins) X X X X X	The class is asked to assemble in line and attendance is checked.
General warming up (3 mins) X X X X X X Slow Jock	The students are 15 minutes continuous slow Jock in all students.
Formal Part (10 mins) Bending exercise. Position: Attention. Count 1: Place both the palms on the head Count 2: Bend down the upper body Count 3: Same as one Count 4: Back to position.	The class is brought in to open order formation and the teacher demonstrates the exercise. Then the teacher demonstrates the exercise by count with suitable explanations. Now the students are made to do the exercise by count. After learning the exercise the students are asked to do the exercise continuously and rhythmically for 32 counts.
Special part (15 mins) March past Turnings Right turn Left turn about turn	The class is brought in to three files formation turns it's taught by number and the continuously and right for left turn. About turn are taught.

ICT Register

6				7			
Sl. no.	Date	Subject	Class	Topic	Mode	Name of Staff	Signature
36.	13-02-2019	Bio mechanics	2 nd Phy. Edu	Types of motion	Projector	Dr. Kishore Jani	Vijay
37.	25-02-2019	Yoga	2 nd Phy. Edu	Padmasana	Projector	Dr. Kishore Jani	Vijay
38.	16-03-2019	Sports Training	2 nd Phy. Edu	Structure of muscle	Projector	Mrs. Lajkha	
39.	28-03-2019	Anatomy and physiology	2 nd Phy. Edu	Structure of heart	Projector	Mr. Ramesh kumar	
40.	15-07-2019	Gymnastics	2 nd Phy. Edu	Flex Exercises	Projector	Mr. V. Viji	V. Viji
41.	25-07-2019	Anatomy and physiology	2 nd Phy. Edu	Lungs	Projector	Mr. Ramesh kumar	
42.	2-08-2019	Gymnastics	2 nd Phy. Edu	Forward Roll	Projector	Dr. Kishore Jani	Vijay
43.	14-08-2019	Exercise physiology	2 nd Phy. Edu	Heart	Projector	Mrs. Lajkha	
44.	10-09-2019	Personality Development	2 nd Phy. Edu	Alcoholism	Projector	Dr. Kishore Jani	Vijay
45.	18-09-2019	Theories of Track and Field	2 nd Phy. Edu	Dominus Throw	Projector	Mr. V. Viji	V. Viji
46.	12-12-2019	Sports Training	2 nd Phy. Edu	Perichism	Projector	Mrs. Lajkha	
47.	6-01-2020	Field Events	2 nd Phy. Edu	Javelin Throw	Projector	Mr. V. Viji	V. Viji
48.	22-01-2020	Theories of yoga	2 nd Phy. Edu	Vajrasana	Projector	Dr. Kishore Jani	Vijay
49.	12-02-2020	Field Events	2 nd Phy. Edu	Pole Jump	Projector	Mr. V. Viji	V. Viji

Personality Development**PERSONALITY DEVELOPMENT**

Dr. S. NARAYANA RAJAN, MBA, Ph.D.,
Dr. B. RAJASEKARAN, MBA, Ph.D.,
G. VENKADASALAPATHI, MBA, M.Phil.,
V. VIJURESH NAYAHAM, MBA,
HERALD M. DHAS, M.Sc.(Agri.), MBA, M.Phil.,



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EVS

சமூக மதிப்பீட்டுக் கல்வி

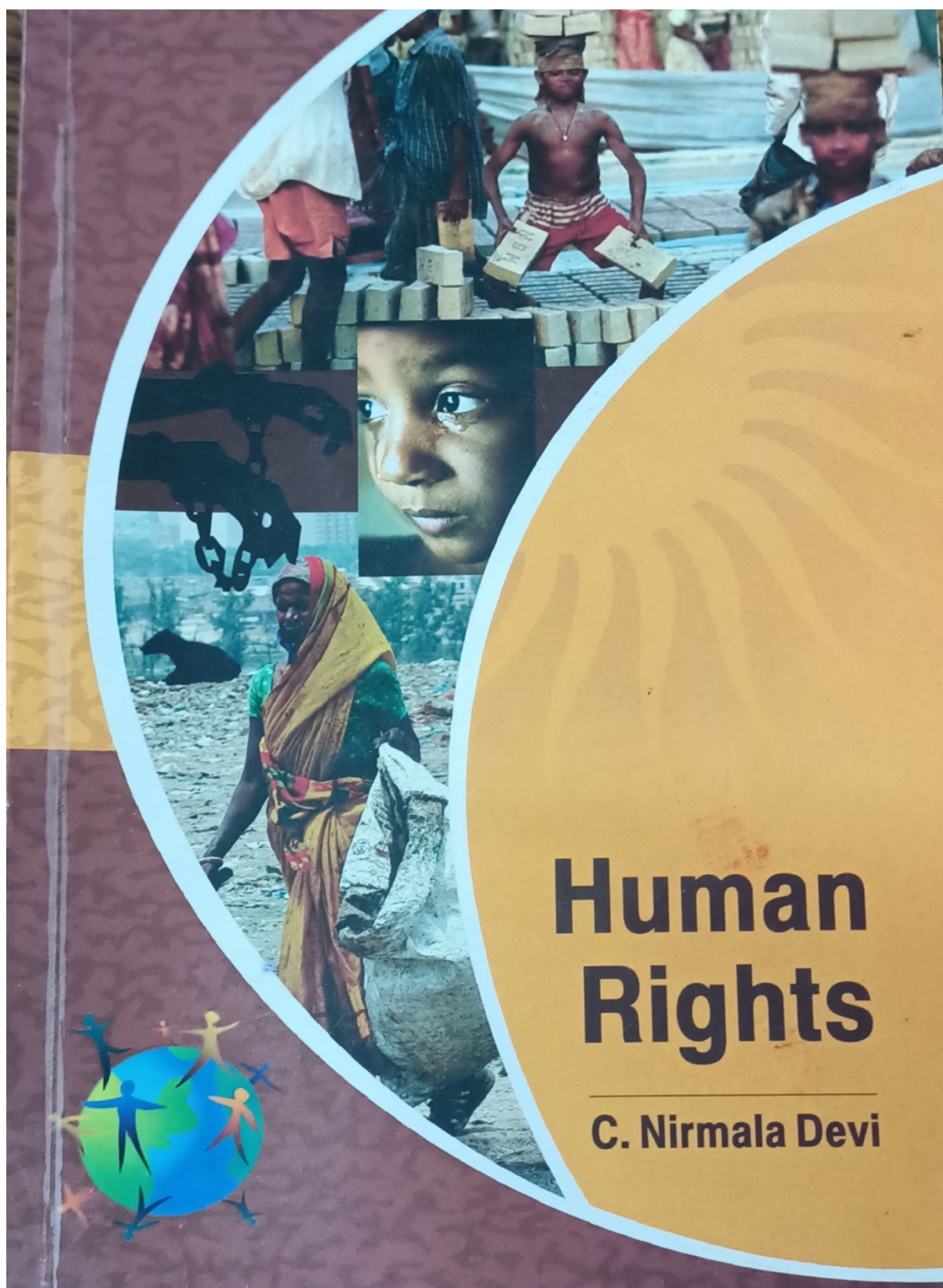


முனைவர் R.பொன்முருகன்
தே.நி.விரிவு.S.ரோஸ் கேத்தரின்



சாதனா பப்ளிகேசன்ஸ்

Human Rights





Google Classroom



Sports Training

0 students

Teaching practice

0 students

I phy edu

26 students

III phy edu



III year BSc.physical educa...
3

13 students

II year BSc.physical educat...
2

19 students

I year BSc.physical educati...
1

0 students

Criteria 2- Teaching- Learning and Evaluation

Department of Physical Education

Teaching:

The Department of Physical Education is divided teaching into two sections. They are theory and Practical.

This criterion deals with the efforts of the department to serve students of different backgrounds and abilities, through effective teaching-learning experiences.

Department of Physical Education enhance the students through effective interactive section such as group discussion ,debates, presentation and ICT classes.

Teacher take Initiative to learn and keep atleast of the latest developments, to innovate continuously seek improvement in their work and strive for individual excellence.

Theory:

The primary subject in the theory classes are:

1. Theories of Track and field

- In theory class , by using blackboards the track layout for 200 meters and 400 meters with complete measurements would be taught to the students.
- The RDR, CDR, Staggers and Diagonal excess are also taught in the classrooms.
- IT also taught how to mark the sectors for throwing events with measurement.

- How to layout the pits for jumping events with complete measurements .
- The Technical and Competition rules framed by World Athletics and duties of all Officials would be taught to the students in theory classes.

PRACTICAL CLASS

- The students are divided in to several groups in different games and they marked the track with 8 lanes and all stagers with the assist of particular staff. The department HOD depute a faculty to assist it.
- Also all the sectors and pits with complete measurement are laid out by the students with the guidance of staff.
- The techniques used in the events are to be taught with clear demonstration and explanation,
- In the end of all practical events the faculty conducts competition between the students and also act as officials for getting clear practical ideas.

2.Theories Of games (Kabaddi, Kho- Kho, Handball,Basketball, Football, Hockey, Cricket and Volleyball)

- It would be taught how to layout the courts and fields for all games and also how to use the equipments .
- All the rules and regulations for games framed by governing bodies like IOC-International Olympic Committee, ICC-The International Cricket Council, FIFA-The Federation International de Football Association are also taught to the students.
- The duties of officials and all official signals for the games would be taught to the students by the faculties.

- The history of the particular games, major tournaments, trophies and some major current
- informations related to the games are taught in class room.

In Practical Class,

- The students are divided in to groups and all the groups are asked to layout the particular court with clear measurements to the students.
- The basic skills and also some advanced skills are taught in the practical sessions.
- The faculty teach the tactics and strategy of the games in practical class.
- The official signals taught in theory class are also applied in practical session by using whistle.
- The students are motivated inorder to get the chance to officiate in the practical session .

3.Anatomy and Physiology

- The diagram for particular organs, systems, muscles ,etc are drawn in the blackboard to take class for the student.
- In this class mostly two way communication will be happen between students and teacher.
- The names of muscles are taught and the students are instructed to repeat the names for clear pronunciation and understanding.
- The questioning and clarification of doubts will be there in the end of all classes.
- The assignments and exams are conducted in theory class.

Learning:

Diversity of Learners in respect of their background, abilities and other personal attributes will influence the extent of their learning. The teaching-learning modalities of the institution are rendered to be relevant for the learner group. The learner-centered education through appropriate methodologies facilitates effective learning. Teachers provide a variety of learning experiences, including individual and collaborative learning. The teachers employ interactive and participatory approach creating a feeling of responsibility in learning and makes learning a process of construction of knowledge.

Theory

Students study the rules, regulations and body movements of all sports as theory.

Practical

Everything learned in theory is put down on the field and implemented through playing games.

Online Teaching

THEORY

- Due to the pandemic situation classes are conducted with the help of online platform.
- Online classes conducted through Google meet and Google classrooms.
- Staff members encourage the students to use Google classroom for easily access the E-learning materials.
- Through Google classroom staff members upload all the subject materials .

PRACTICAL

In practical session staff members uploaded videos through Google classroom for all practical subjects.

Learning

- Through Google meet students interacted with the staff and cleared their doubts.
- Students access the Google classroom and learned the techniques and skills through materials and uploaded videos.

Identifying Slow Learners:

- The Department employs several methods and events to assess the students in terms of knowledge and skills before the commencement and during the conduction of the course.
- Based on the marks the students scored in +2, staff members are able to recognize their learning level.
- The Department conducts orientation programme for newly admitted students with exams to identify the slow learners.
- This evaluation process consist of written examination, Quiz and assignments after the completion of day session the faculty may ask some oral questions to the students to evaluate their outstanding.

Special programme for slow learners:

- Department provides remedial classes for the slow learners. Special support and coaching are given to those students special time table has been prepared to give extra coaching for the slow learners.
- Remedial classes held twice in a week from 2.00pm to 3.00pm. The students are given opportunities to clear their doubts and gives assignments on significant topics to improve them in their subject areas
- Staff members motivate the slow learners to ask their doubts and gives special attention to them. Clarification classes were conducted for the students those who want to clear the doubts and extra coaching given to the slow learners.
- Staff members rectified the doubts and discussed previous year question papers with the slow learners to know the pattern of question makes them to pass. Students started showing improvement in their studies and scored better marks in the 2nd and 3rd internal exams.
- In the university exam 85% of the students secured good marks. Mentors are deputed to enhance the performance of weak students by regular counseling and providing moral support to them.

- Also regular communication is maintained with parents for implementation of follow-up procedures at home and for regularity in attendance. Remedial classes were conducted for all students, in which 95 % of slow learners passed in the University semester examination. Students informed that remedial classes were very useful to them, which helped them score pass mark in the semester exam.

Identifying the advanced learners

After the orientation programme , students were taken to field .Head of the department and staff interact with the student and ask the students to play basic games .faculties identifies advanced learners through the skills of the students.

Special Programme for advanced learners:.

- Special coaching classes offers to advanced learners.
- Department faculties provide additional training for the advanced learners.
- Department provides coaching classes for the final year toppers in order to secure University ranks.
- Faculty members motivate the students to participate in various on and off campus tournament .
- The faculty members of the department and the placement cell constantly encourage the advanced learners to participate various tournament.
- Advanced learners are also motivated to participate in intercollegiate competition,

- Advanced classes were conducted for the students in which 80% of advanced learners passed in the university semester examination . Also advanced learners selected for university matches.

Enhancing Learning experiences:

Student centric methods:

- The Department adopts student centric methods to make the teaching learning process more effective. In this process experimental learning, participative learning and problem solving methodologies are using for enhancing learning experiences.

Experimental learning:

- All the games in the syllabus are taught to the students by the teachers .
- Everything learned in theory is put down on the field and implemented through playing games.
- Experiential learning can take a multitude of forms, including playing, games, presentations, and various types of group work such as kho-kho kabaddi in all games.
- UG final year students are accessing sources from the internet .Students are able to write project by using references.

Participative learning:

1. Students Participated in intramural competition and project sports meet.
2. Before commencement of the match the students are actively participated in various activities like ground marking and equipment arrangements.
3. The department conducted project sports meet the physical education students are actively participated officiating in all the sports and games.

Problem solving methodologies:

- The most difficult subject is identified through their feedback and are given special teaching. Assignments and are given practices from the difficult subjects and games for the students to understand easily.
- The Department maintains a learner-centric atmosphere to achieve the desired learning outcomes. The teachers employ interactive sessions to create interest among the dull headed students.. Power Point Presentations and other applications of ICT resources enrich the teaching learning experience and engage students in respective classes.
- Some students are not able to understand the chalk and talk method. Staff members used various strategies by using model and diagram.It helps the students to remember the concept and able to make use of the same during the exam.
- Physical education teachers make the second- and third-year students to teach rules and regulations for the first-year students to easily understand the games. It helps everyone to take part the sessions practically.

ICT for Effective Teaching:

Offline classes:

- To enhance the teaching learning process Department uses Information and Communication Technology (ICT).
- Faculties are encouraged to use Power Point Presentations and videos by using LCD's and Projectors.
- Staff members encouraged the students to make videos related to the topics.

- Students mentioned ICT enabled classes are highly useful to them. They can easily understand the ideas and concepts in the subjects. Comparing to the traditional teaching method, ICT enabled teaching is more interesting and effective.

Online classes:

- Due to the pandemic situation classes are conducted during 2019 – 2020, 2020- 2021 academic years with the help of online platform.
- Online classes conducted through Google Meet and Google Classroom.
- The classes were taught to the students for 2 hour per day.
- Department uploaded materials for students by using Google classroom.
- Staff members use ICT classes to teach effectively the following topics would be dealt
 - Stretching exercise
 - Warm up and cool down
 - Yoga
 - Biomechanics
 - Rules and regulation of games.
- Webinars and various competitions are organized in online mode for the students.

Online class Learning:

- Students used the Google Classroom to send their seminar videos and presentations.
- Through Google meet students interacted with the staff and cleared their doubts.

2.5.1 Mechanism for internal assessment is transparent and robust in terms of frequency and mode

Mechanism:

- Principal conducts counselling meeting for conducting internal exam.
- The Department announces the internal exam date.
- The head of the department informs the internal exam date to the staff members and students.
- Internal exam timetable would put in the Department notice board. Class in charges will inform the same in their classes.
- Institution informs the staff members to submit the question papers before the scheduled date.
- The Institution conducts the exam in centralised mode.
- Exam committee allots invigilation duty to the staff members. On the day, staff members go to the exam cell and collect the question and answer papers.

Frequency:

- Staff members are assessing their students continuously by using various test methods like class test, unit test and weekly test. When a unit is completed, to evaluate students' knowledge, unit tests are conducted and to assess the continuation of the progress staff members conducts the weekly test, once in a week. Staff members conduct the class test on every day basis, in order to test their knowledge in the previous day's portion .The Institution conducts three internal tests in a semester. The marks are based on the average of the two tests conducted. Institution conducts a model exam before the semester exam. Model exam helps the students to write their semester exam with confidence.
- The Institution conducts three internal tests in a semester. The marks are based on the average of the two tests conducted. Institution conducts a

model exam before the semester exam. Model exam helps the students to write their semester exam with confidence.

- Staff members assess the students before exams through asking questions, conducting debates, presenting general topics. This helps the teachers to know about the deep knowledge of the students.

Transparency:

- The results of each test declared within a week. The results displayed in the departmental notice board. Answer sheets were distributed in the classroom. Students can check their answer sheets and clarify their doubts with the concerned staff.
- If the students have any problem related to their internal exam and marks, they can file complaint in Grievance cell. Before going to that cell students informed through their concern class teacher, through their class teacher they move to HOD. If the problem is not solved by the HOD, they forward their complaints in Grievance cell. So far the students not complained to the grievances.

Mode:

- Internal and External exams were conducted through the offline mode. Due to the Pandemic situation 2019-2020 and 2020-2021 academic year exams were conducted through online mode by the University.

Mechanism to deal with internal examination:

Internal Exam:

- The department adopts a transparent, time-bound and effective method to handle internal reviews and related complaints. Three internal examinations are conducted during these semester.
- Head of the Department and Class in charges check whether the questions are prepared from the completed portions, which are allotted for their internal exam.

- If the students have any difficulty related to the exam due to ill health they can make a complaint in the Grievance cell. The committee members would check the complaint and rectify the problem in concern with the principal.
- There is an Internal Exam Committee in the institution. They allocate the seating arrangements of the students before exam. The exam cell coordinator monitors each and every step which is moving by the committee properly. Exam hall numbers will be displayed in the notice board and the head of the Department would share the same to the students through the class in-charge.

External Exam:

- External examinations are conducted at the end of the semester.
- External exam was conducted by the University.
- Teachers would inform the students to pay the exam fee after checking their subject codes.
- The Department gives information regarding the last date of University exam fee with penalty and without penalty.
- The institution gives the University timetable to the students class wise and pastes the same in the notice board.
- In order to attend the University examination students should satisfy the eligibility criteria of 75% attendance.
- Students have to register for their Regular examinations.
- Students can download their hall tickets through online.

- The Institution conducts the exam based on the guidelines of the university which allots the classroom for the exam and allot duty to the staff members.
- During the online exam, if the students are not able to download the question paper, subject in charges helps them. Staff members give instructions to the students regarding the online exam.
- Pre examination mock test was arranged for the first year UG students before the online exam to face the exam without any difficulty.
- After Examination students are asked to submit their papers in their concern department.

Grievances:

- If any student failed in the exam, they can get Photostat copy of their answer sheet from the University and go for re- total. If there is any difference in mark they can apply for revaluation through the Principal within 15 days. Through the concern HOD students should write a letter to the controller of examination of the university through and get the approval from the Principal for revaluation form- B. The final year students, those who failed only in one subject can apply for the supplementary Exam

2.6.1 Program outcomes, Program specific outcomes and course outcomes for all programs offered by the institution are stated and displayed on website and communicated to teachers and students

- While addressing the students, the HOD create awareness on Program outcomes, Program specific outcomes and course outcomes. The faculty members, class teachers, mentors, also inform the students and create awareness and emphasize the need to attain the outcomes.
- Regarding academic performance, faculty and staff meet with students to take inventory, find out the under-performing students, ask the reasons for under-performing, and then meet with the legal guardian to discuss corrective measures with the students.

COURSE OUTCOME:

- On successful completion of a course, the students develop their skills techniques. and understand the methods of officiating,
- To gain knowledge on fundamental principles of rules and regulation of the games .
- To obtain adequate knowledge about leadership quality and team work.

Academic year 2017-2020

S.NO	SUBJECTS	O+	O	A+	A	B
1	Foundation Of Physical Education				6	6
2	Theories of Gymnastics			2	3	8
3	Anatomy and Physiology			1		8
4	Environmental Studies				9	
5	Practical Gymnastics	24				
6	Practical Anthropometric Measurement			4		9
7	Theories of Yoga				5	
8	Statistics in Physical Education			3		2
9	Health Education and Safety Education and First aid	4				9
10	Value Based Education			1		4
11	Practical Asanas, Pranayama ,Kriyas				8	2
12	Practical First aid			7	11	
13	Methods In Physical Education			4		6

14	Theories of Games-1 Kabaddi, Kho- Kho Handball		13		7	
15	Sports Medicine		5		8	
16	Fitness and Wellness					
17	Yoga			12		2
18	Practical -1					
19	Practical Kabaddi, Kho- Kho Handball			9		5
20	Organization and Administration in Physical Education			13		4
21	The Olympic Movement			3	7	4
22	Psychology and Sociology in Physical Education			2		6
23	Applied Kinesiology and Biomechanics				8	3
24	Computer For Digital era			5	8	11
25	Teaching Practice		15	7	4	6
26	Exercise Physiology				7	9
27	Test Measurement and Evaluation		22			3
28	Sports Nutrition					
29	Effective Communication			12		3
30	Theories of Track and Field	21				
31	Practical Track events		6	6	2	5
32	Human Performance Analysis		26			
33	Principles of Sports Training				4	3
34	Theories Of Games Basketball, Football, Hockey, Cricket and Volleyball		9		6	4
35	Practical Field Events			4	8	2
36	Practical Games Of			8	7	6

	Specialization Basketball, Football, Hockey, Cricket and Volleyball					
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Academic year 2018-2021

S.NO	SUBJECTS	O+	O	A+	A	B
1	Foundation Of Physical Education				7	6
2	Theories of Gymnastics			1		8
3	Anatomy and Physiology			1		8
4	Environmental Studies					
5	Practical Gymnastics	24				
6	Practical Anthropometric Measurement	24				
7	Theories of Yoga					2
8	Statistics in Physical Education				6	10
9	Health Education and Safety Education and First aid			2		
10	Value Based Education					3
11	Practical Asanas, Pranayama ,Kriyas				6	8
12	Practical First aid				8	8
13	Methods In Physical Education			7	3	4
14	Theories of Games-11 Kabaddi, Kho- Kho Handball			7	3	2
15	Sports Medicine			9		4
16	Fitness and Wellness					
17	Yoga	3	5	4	6	5
18	Practical -1					

19	Practical Kabaddi, Kho- Kho Handball			6	7	5
20	Organization and Administration in Physical Education			15	6	2
21	The Olympic Movement				7	8
22	Psychology and Sociology in Physical Education			4	4	9
23	Applied Kinesiology and Biomechanics			4		6
24	Computer For Digital era			6	8	10
25	Teaching Practice			13	3	6
26	Exercise Physiology			4	6	
27	Test Measurement and Evaluation				2	8
28	Sports Nutrition			5	3	
29	Effective Communication		9		2	4
30	Theories of Track and Field		11		5	3
31	Practical Track events			6		7
32	Human Performance Analysis		6		5	9
33	Principles of Sports Training			5	8	5
34	Theories Of Games Basketball, Football, Hockey, Cricket and Volleyball		8		3	5
35	Practical Field Events		12	5		3
36	Practical Games Of Specialization Basketball, Football, Hockey, Cricket and Volleyball		6		5	4

PROGRAMME SPECIFIC OUTCOMES:

- On successful completion of the programme the students get subject knowledge about officiating of the games and track and field events.

PROGRAM OUTCOME:

- Students acquired skills and personality traits during their course that are to be needed for their professional development.
- Students who earn a place in the university rankings receive special honours on the university's annual awards day to recognize their achievements and to inspire and motivate others .

S.NO	Academic year	No. of students appeared in the University exam	No. of students passed in the exam	Number of students scored first class with distinction	Number of students scored first class	Number of students scored second class
1	2017-2018	29	20	2	7	8
2	2018-2019	29	23	2	12	8
3	2019-2020	35	35	2	18	13
4	2020-2021	35	35	7	23	3

PROGRAM OUTCOMES, PROGRAM SPECIFIC OUTCOMES AND COURSE OUTCOMES ARE EVALUATED BY THE INSTITUTION

- Result analysis is done after every external examination in the department with all the faculties. HOD discussed about general outcome, rank, first class marks and the other changes to improve teaching and learning process.

- Department wise Review meetings are conducted by the Secretary and Principal to give the feedback at the end of each semester.
- Each and every staff member's results are checked and analysed during the time. At the time of evaluation if the staff members have any problems while teaching is to be informed to the management and they take necessary steps to rectify it.
- Based on the course outcome the Institution evaluates not only the programme outcome but also the caliber, performance and efficiency of the teacher.
- Management is providing a printed format of analysis sheet for evaluate teacher's performance. Also they give suggestions to the faculty members for the improvement.

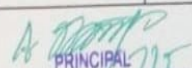
Advance Learners:

		Advance Learners - 2020/2021. odd semester.									
		I year									
		Papers handled by Time - 2-3									
No	Name of the Students.	28/9/20	30/9/20	7/10/20	9/10/20	16/10/20	21/10/20	27/10/20	31/10/20	7/11/20	10/11/20
1	Rhazath	/	/	/	/	/	/	/	/	/	/
2	Ram Gokul	/	/	/	/	/	/	/	/	/	/
3	Vishak	/	/	/	/	/	/	/	/	/	/
		X	V	V	X	X	X	V	X	X	X
		II year									
		Papers handled by									
No	Name of the Students	24/9/20	25/9/20	7/10/20	12/10/20	15/10/20	27/10/20	28/10/20	31/11/20	9/11/20	12/11/20
1	Ajin	/	/	/	/	/	/	/	/	/	/
2	Asha	/	/	/	/	/	/	/	/	/	/
3	Abin	/	/	/	/	/	/	/	/	/	/
4	Vijin	/	/	/	/	/	/	/	/	/	/
		X	X	X	X	X	X	X	X	X	X

Internal Exam Time Table

Nanjil Catholic College of Arts & Science, Kaliyakkavilai							
III Internal Exam (2021 - 2022) Even Semester - I year UG							
Exam Time : 10.00 a.m. to 1.00 p.m.							
Class	19.05.2022	20.05.2022	21.05.2022	23.05.2022	24.05.2022	25.05.2022	26.05.2022
I B.A. English	Tamil / Malayalam / Hindi	Communicative English - II	British Drama	Professional English - II	Value Based Education	History of English Literature	Modern English Grammar and Usage
I B.Sc. Maths	Tamil / Malayalam / Hindi	Communicative English - II	Differential Equations and Analytical Geometry of Three Dimensions	Professional English - II	Value Based Education	(Allied) Statistics II	-
I B.Sc. Physics	Tamil / Malayalam / Hindi	Communicative English - II	Optics and Acoustics	Professional English - II	Value Based Education	Allied Maths	-
I B.Sc. Chemistry	Tamil / Malayalam / Hindi	Communicative English - II	Organic Chemistry - I	Professional English - II	Value Based Education	Allied Physics	-
I B.Sc. Comp. Sci.	Tamil / Malayalam / Hindi	Communicative English - II	Programming in C++	Professional English - II	Value Based Education	-	-
I B.Sc. Zoology	Tamil / Malayalam / Hindi	Communicative English - II	Chordata	Professional English - II	Value Based Education	Allied Botany	-
I B.Sc. Phy. Edn.	Tamil / Malayalam / Hindi	Communicative English - II	Theories of Games - I	Professional English - II	Value Based Education	Health Education, Safety Education and First Aid	-
I B.B.A.	Tamil / Malayalam / Hindi	Communicative English - II	Managerial Economics	Professional English - II	Value Based Education	Business Mathematics	-
I B.Com (A1)	Tamil / Malayalam / Hindi	Communicative English - II	Financial Accounting II	Professional English - II	Value Based Education	Principles of Insurance	Marketing
I B.Com (A2)	Tamil / Malayalam / Hindi	Communicative English - II	Financial Accounting II	Professional English - II	Value Based Education	Principles of Insurance	Marketing




 PRINCIPAL
 Nanjil Catholic College of Arts & Science
 Kaliyakkavilai - 629 153

Paper Valuation



University Rank Holders**Gold Medallists****2019-2020****2020-2021**

Ist Online Internal Exam

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYAKKAVILAI
ONLINE INTERNAL EXAM
I INTERNAL

06
No. of Page Written

1. College Code & Name : nanjil catholic college arts science
2. Course Name : physical education
3. Registration Number : 20203101521228
4. Student Name : Sujin: 5
5. Subject Code & Title :
6. Date of Examination & Session : 5/12/2020

Declaration

I Sujin: 5 declare that I myself have written the examination in my own handwritten.

Sujin: 5

Signature of the Candidate

IIInd Online Internal Exam

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

ONLINE INTERNAL EXAM

II INTERNAL

0	8
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No of Page Written

1. College Code & Name : 310, Nanjil Catholic College of Arts and Science
2. Course Name : B.Sc Physical Education
3. Registration Number : 20203101521221
4. Student Name : Ram Gokul.T.S
5. Subject Code & Title : APPS11, Professional English
6. Date of Examination & Session : 15-12-2020, FN

Declaration

I Ram Gokul.T.S. declare that I myself have written the examination in my own handwritten.

Ram Gokul T.S

Signature of the candidate

Criteria 3

Research, Innovations and Extension

Our department has only U.G department .We don't have either PG or Research centre. Even though our department is not a research centre, our department is motivating faculties and students to do the research.

Infrastructure for research

The Department have a very good Outdoor Stadium, Fitness Centre and Anatomy Lab, which help the students to develop new approaches in the fields of Physical Education and sports, Yoga, Sports Coaching, Sports psychology and Sociology, Exercise Physiology and Sports Medicine.

I.Steps in the Research

(i)Group Projects

As per the University curriculum, only third year students alone do the projects. As per the curriculum it is not an individual project, it's a group projects. Therefore a group consists of five students. Details of the Students undergone research during the last five years are in the table.

S. No	Academic year	Number of students B. Sc
1	2019 - 2020	25
2	2020 - 2021	23
3	2021-2022	29

(ii)Allocation of guide

HOD convey a meeting in the department for deciding about the allocation of the guides. On the basis of their specialization Department allocate the guides to the students. The students were divided on the basis of their interest in their sports and games.

(iii)Duty of the Supervisor

According to the syllabus guidelines, the faculty guides the students to do their research projects. The faculty members guide the students in topic selection, collecting review of literature, methodology, collection of data, and writing the Project. The guides divided the project works and ask each student to do their work.

(iv)Time schedule

Each group consulted their supervisor and completed their projects on the prescribed format and time. The outline of the project is following,

S.No	Activity
1.	Selection of topic
2.	Chapter- I Introduction
3.	Chapter- II Review of Literature
4.	Chapter- III Methodology
5.	Chapter- IV Result and Discussion
6.	Chapter- V summary, conclusion and recommendations
7.	Bibliography
8.	Rough draft for correction

9.	Fair copy signed by the students and the guide
10.	Submission of Project

(v)Viva

Viva –voce examination was conducted to the students and their project was evaluated by the Internal as well as External Examiner. The students were prepared for the viva Exam with the help of their faculty guides. The students asked to express their research experience and innovations they learnt from their research work.

II. Innovations in the Research Projects

(i)Project work

The Department students carried out the field projects in various sports like volley ball, cricket and foot ball, which help them to know about the sports and its development in various national and international matches. Details of the project work done by the students under the guidance of the faculty members are following

Project Works done by the students

(2019-2020)

S.No	Topic of the Project
1.	Analysis of the Indian Volleyball team performance of Tokyo Volleyball Qualification match- 2019-2020
2.	Analysis of the Indian Superleague

	Football matches 2014-2016
3.	Analysis of the cricket performance of Commonwealth bank tri series 2006-2007

(2020-2021)

S.No	Topic of the Project
1.	Analyzing the jumping ability of different Volleyball players
2.	Analysis of the 2018 FIFA world cup Matches
3.	Analysis of the 2011 cricket World cup matches

(ii)Identification of good Projects

In that six projects two project works were done on cricket, two were volleyball, and two were Foot ball. In these projects students had a detailed analyzes about the Cricket matches of world cup and Commonwealth bank tri series. The Department faculty members guided the students to gather information about the Super league and world cup Foot ball matches. The students had a detailed analysis on jumping ability of different volley ball players and Indian volley ball team. This project can make an impact on the upcoming students of our department. This project was done with reference of our department student's ability in volleyball.

(iii) Innovative findings

Following points are innovative findings on the basis of projects done by our students.

- i) These projects are useful for junior students or other researcher for writing their review of literatures for writing their projects.
- ii) On the basis of the project submitted by our students it would be useful for curriculum enrichment to the University.
- iii) The Physical Education students could learn about the basic ideas, rules and regulations of the commonwealth games and world cup cricket tournaments.
- iv) On the basis of his project he wrote a book.
- v) If the junior students read the projects they know about the rules and regulations of Volleyball and Foot ball.

III. Extension activities

(i)Contribution of research by the staff

The faculty members have published research articles in UGC Approved journals to improve the research. The Department faculty member published articles on “Effect of PNF Stretching on Flexibility of Football players” and “Effect of strengthen training on Muscular strength”. These articles will be useful for the students for their further research and future projects.

(ii)Contribution of research by the Department

Workshop

Two days National level workshop was conducted by our department on “ARCU- 2k18 and State level Athletics officiating Examination”. Experts from

sports sector shared their experience to the students and coaches and enriched their knowledge. It was aimed to support the coaches and officiating members of the state events, to run the competitions smooth and efficiently.

Webinars

The department has organized Webinars, to facilitate more research among the students and faculty members. A webinar on “***Brunt of sports science for better performance***” was conducted by our department on 10th June 2020. Through this webinars, students and the faculty members learnt about the benefits of sports and games. Another webinar was conducted on 27th June 2020, on “***Self awareness and goal setting in physical education and sports***”, which explains the benefits and the goal setting of physical education and sports. These activities were organized by our department to improve the research activities and sports among the students and the faculty members.

(iii)Contribution of research by the student

Our Department student A. S. Aswin has published a book on “Human Anatomy and Physiology (for Physical Education)”, which is a useful study material for the students of Physical Education Department. This activity encourages the students to do more research activities and publish their research work.

(iv)MOU's

The department has signed two MOUs with Christian College of Physical Education, Nagercoil and Greenland Badminton club, Madichel for training and internships. This collaboration create the students to involve various academic

and sports activities. Through this link the Department has take up the opportunity to organizing tournaments, summer sports camps, seminars, workshop, and yoga awareness programme. The Department has collaboration with the Greenland Badminton club, Madichel which is utilized by the students to improve the badminton game and training in various aspects.

The above mentioned activities were organized by our department to improve the research activities and sports among the students and faculty members. The Department has further plans to organize effective fitness programmes for General Students and Staff, to organize various Inter College Tournaments and to organize seminars for Students relating to sports performance and career prospects.

Webinar

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE



Kaliyakkavilai, K.K. Dist -629153, Ph : 04651 244788, 8903013368., Email : nanjilccas@gmail.com,
www.nanjilcatholiccollegekk.com
 Approved by the Government of Tamil Nadu
 Affiliated to Manonmaniam Sundaranar University, Tirunelveli
 Accredited by NAAC with 'B' Grade ., Approved by UGC Section under 2(f) & 12(B)

BRUNT OF SPORTS SCIENCES FOR BETTER PERFORMANCE
ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION
ON 10-06-2020 AT 10.00 AM TO 11.00 AM
RESOURCE PERSON

Dr.C.ARUMUGAM
 M.PEd., M.Sc., M.Phil., Ph.D., PGDY., Dip in Sports Coaching

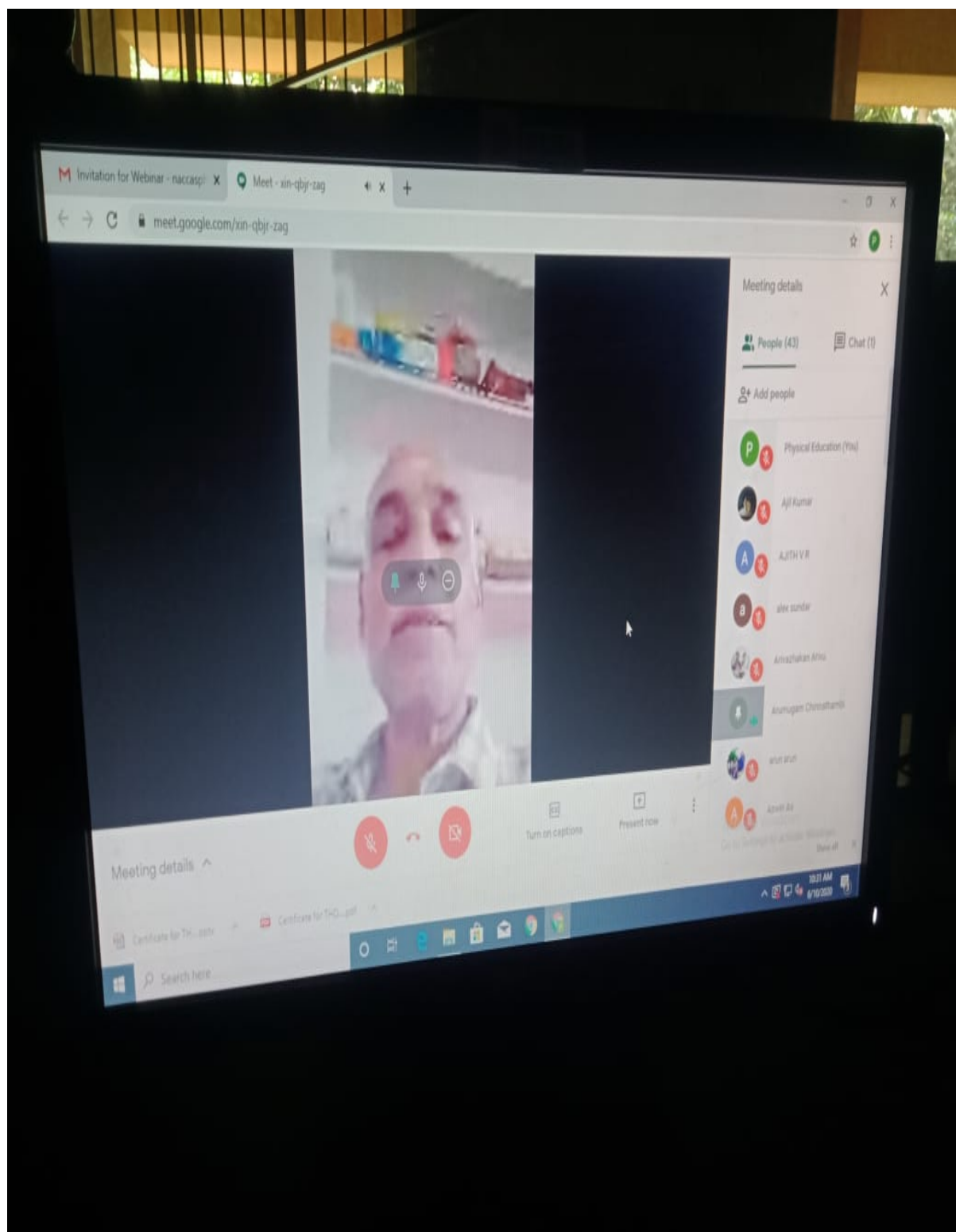
Registration Link:
<https://forms.gle/dMXjnbnzeUfyozH9>

- ✓ No Registration Fee
- ✓ E – Certificate Will be Provide

For Contact:
 Mr. Viju.V
 Head & Coordinator
9843644718

Principal
 Dr. Meenakshi SundaraRajan, MA, MLS, PhD

Secretary & Correspondent
 Rev. Fr. M. Eckermens Michael, MBA,(PhD)



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE



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Approved by the Government of Tamil Nadu

Affiliated to Manonmaniam Sundaranar University, Tirunelveli

Accredited by NAAC with 'B' Grade ., Approved by UGC Section under 2(f) & 12(B)

WEBINAR ON
SELF AWARENESS AND GOAL SETTING IN
PHYSICAL EDUCATION AND SPORTS
ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION
ON 27-06-2020 AT 11.30 AM TO 12.30 PM
RESOURCE PERSON

Dr. S. Thirumalai Kumar

Professor, Dept Of Physical Education, Tamilnadu
Physical Education and Sports University
Chennai

Registration Link:

<https://forms.gle/cynA1j8kVLVadWoi8>

- ✓ No Registration Fee
- ✓ E – Certificate Will be Provide

For Contact:

Mr. Viju.V
Head & Coordinator

9843644718

Principal

Dr. Meenakshi SundaraRajan, MA, MLS, PhD

Secretary & Correspondent

Rev. Fr. M. Eckermens Michael, MBA,(PhD)



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ISSN NO: 0776-3808 / web: www.aegaeum.com / e-mail: submitaj@gmail.com

Certificate of Publication

This is to certify that the paper entitled

Effect of PNF Stretching on Flexibility of Football Players

Authored by:

Dr. R. Kishore Jani, Assistant Professor

From

Nanjil catholic College of arts & science, Kaliyakkavilai, Tamil Nadu.

Has been published in

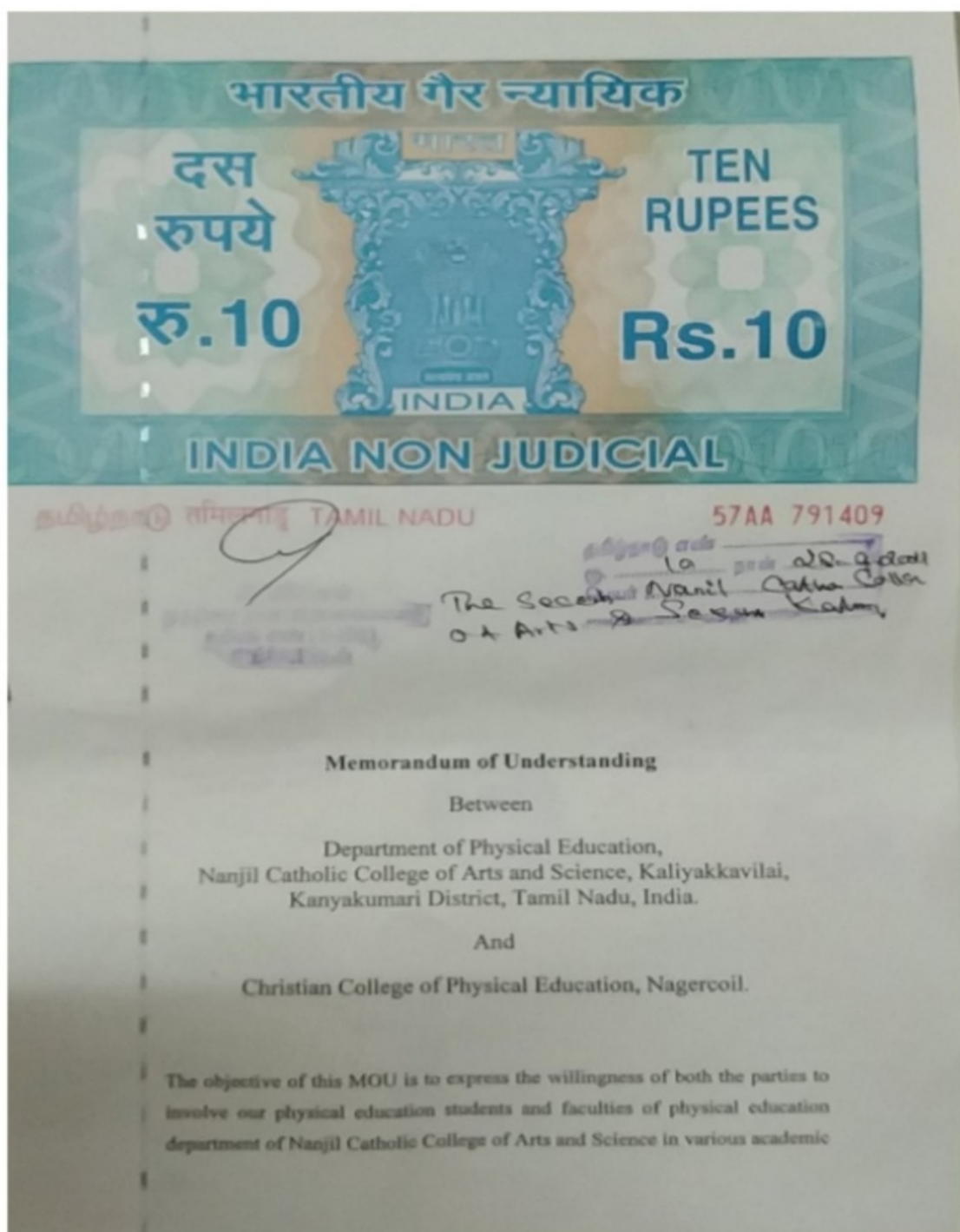
AEGAEUM JOURNAL, VOLUME IX, ISSUE IV, APRIL - 2021



Wimberger
S. Wimberger
Editor-In-Chief
AEGAEUM JOURNAL



MOU





தமிழ்நாடு தமில்நாடு TAMIL NADU

57AA 791408

The Secretary, Nanjil Catholic College,
Kaliyakkavilai, Kanyakumari District,
Tamil Nadu, India.

Memorandum of Understanding

Between

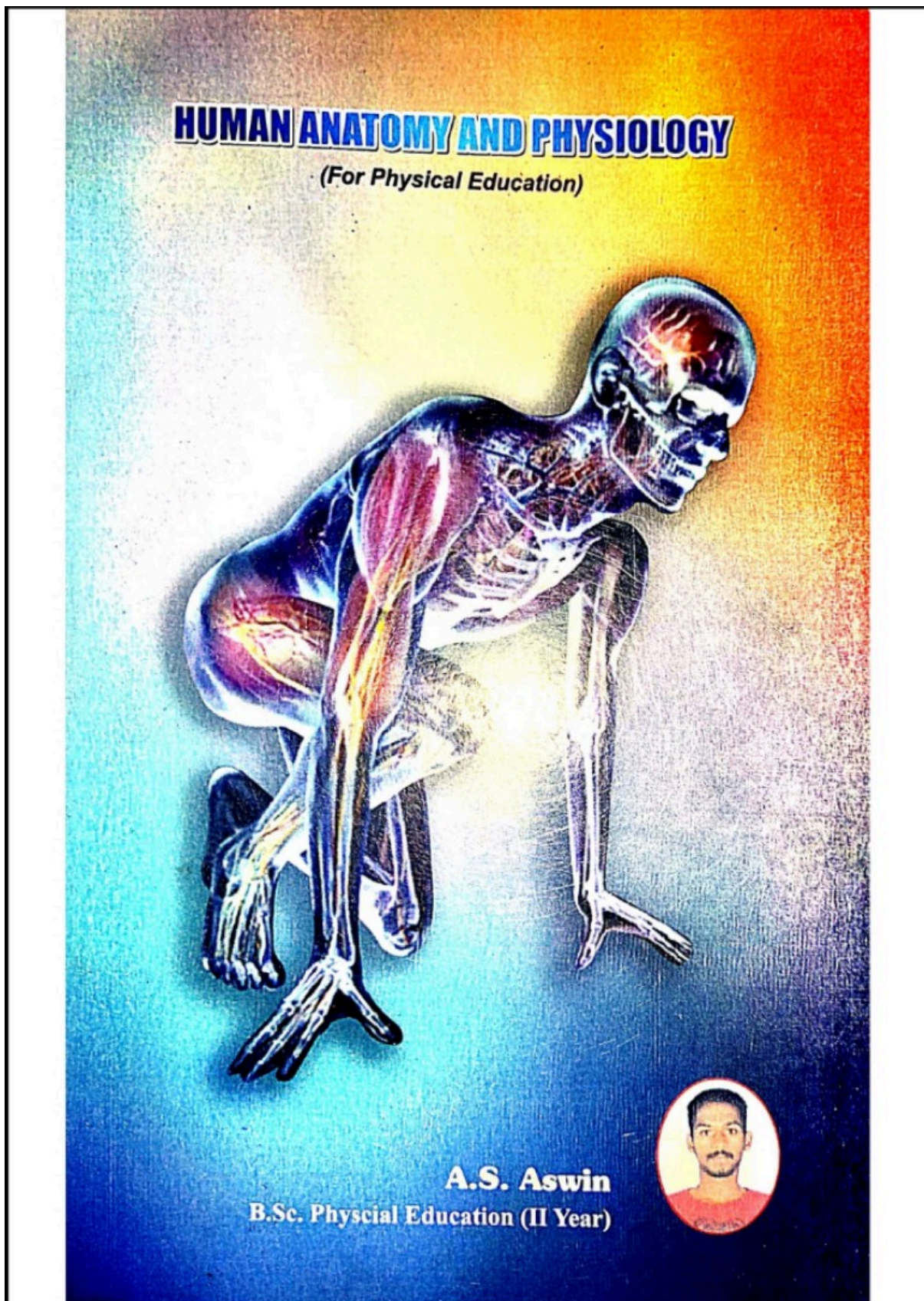
Nanjil Catholic College of Arts and Science, Kaliyakkavilai,
Kanyakumari District, Tamil Nadu, India.

And

Greenland Badminton Club, Madichel.

The objective of this MOU is to express the willingness of both the parties agreed to utilize the indoor Badminton Court facilities to improve the badminton game and also give training in various aspects.

Book Publish



Students Project

R.P. ABISHA MOL	-	20183101521203
S.S. ADARSHA SAM	-	20183101521204
W.K.AJEESH	-	20183101521206
C.L AJIN	-	20183101521207
J.JALAL	-	20183101521212
M.JESHOLIN SHALNI	-	20183101521214
R.MAHESH	-	20183101521216
S.P PAVITHRA	-	20183101521222

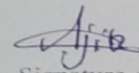
III Year Physical Education.

Nanjil catholic College of Arts and Science, Kaliyakkavilai.

Kaniyakumari 629 153

DECLARATION

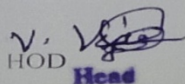
We declare that the project entitled Analyzing the jumping ability of different volley ball players has been originally carried out by us jointly under the guidance and supervision of Mr.Viju Head of department . The Nanjil Catholic College of Arts and Science Kaliyakkavalai,kaniya kumari ,629153



Signature of the students

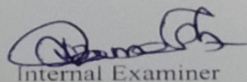
Date: 31-3-2021

Place: Kaliyakkavilai

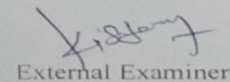


HOD
Head

Department of Physical Education
Nanjil Catholic College of Arts & Science
Kaliyakkavilai- 629 153, Tamil Nadu.



Internal Examiner



External Examiner

Criteria 4

Infrastructure and Learning Resources

Infrastructure of Department of Physical Education

- Three class rooms and a common play ground with 200mts track to conduct games.
- The class rooms are equipped with ICT facilities
- College gym is function able.
- Indoor and Outdoor facilities are available to conduct games.
- Separate college ground is available to conduct in the various outdoor games like Cricket, Volley ball, Foot Ball, Kabaddi, Hand ball, Kho-Kho, Badminton
- Indoor games; chess, carom board, Table tennis.

Infrastructure for Teaching and Learning

Teaching class Room

- a. We have well-furnished class room as per UGC norms.
- b. The staff members update their knowledge as per current scenario well as they teach the students effectively.
- c. Faculty members provide study materials which are related to new ideas, techniques and skills.
- d. We give opportunities to the students, take seminars and yoga in their respective classes.

Learning

- a) Students are able to grasp the ideas easily as per the instructions given by the faculty members.
- b) As per the guidance of the teachers, students use black board and ICT facility to take seminar.

- c) Faculty members divide the student into three divisions and given them a topic to discuss.
- d) The students rises their points and opinions openly in their learning process. The staff members observes the points given by the student and gives suggestions to improve their thoughts with a better understanding.
- e) We also enable them to know the new equipment and materials used for games and teach them how to handle it.

ICT Teaching

- a) The Department of Physical Education has only one projector that was available in the second year class room.
- b) The staff members shift the class accordingly to teach the students through ICT enabled classes.
- c) Once in a week, the students from all classes in the department of physical education get an opportunity to learn through ICT
- d) By using ICT classes, the staff members presents topic related to games and regulations, skills tactics and techniques, and subject related content, also the facilities present with a small videos related to games for motivating the students.

Learning

Through ICT classes, students were focused to learn and understand the topics easily without having any confusion.

With the help of staff members, students prepares a PPT and they presents the topic through ICT

Gym

Gym workout shapes the body coordination and fitness. Increase the stamina, endurance, flexibility speed and agility. It also increases performance in the games in the well developed manner. So the students achieves in the respective fields.

GYM Teaching:

1. The staff members motivates the students to work out in the GYM.
2. Once in a week, by rotational basis, the staff members gives opportunity to the students to do workouts in the gym.
3. At the beginning of the stage, the workout begins in a small weightage and day by day it increases to high weight age .Through this, students easily can gain muscles growth with stamina, endurance, power and speed.

Learning

1. Through the rotational basis of teaching by the staff members, the students can easily adopt with the body changes and it prepares them to work for games.
2. This, weight training enhances the students to gain stamina, endurance, speed, power and agility.

Outdoor games teaching and learning

1. The Staff members divided the games into two sections. They are outdoor and indoor games.
2. Outdoor games are Cricket , Volley Ball, Foot Ball, Hand ball, Kabaddi and Kho-Kho
3. Indoor games are Chess, Carrom and Table tennis.

Teaching Volleyball

Service

An overhand serve in volleyball is a serve in which the player tosses the ball with one hand and strikes it in the air above their head with the other hand. Overhand serving is more advanced than underhand but that does not mean it's impossible. Patience is very importance to receive the mastery in the volleyball serve.

Under arm pass

1. From Ready position, you move your feet to the ball so that the ball is played between your knees.
2. Forearms are locked into place by pointing the thumbs down to the floor.

3. Body is low, heels off the floor, Eyes on the ball.
4. Arms are extended out from the shoulders.

Over the head pass

The overhead pass involves hitting the ball using an overhead playing motion to direct the ball to your teammate. The ball is played with the fingers by using an overhead setting action. Obviously, the goal of passing is to prevent the ball from landing on the court.

Smash

Jump up into the air as the ball arrives. Move the hitting arm towards the ball in a throwing action led by the elbow. Using a fully extended elbow, connect with the ball and hit the ball downwards. The ball should be hit with an open hand using palms and fingers.

Blocking

The player should have their feet with a shoulder-width apart, the toes faces forward in an athletic stance. This puts the player's hips square to the net as opposed to having the toes turned out.

If a player has their toes turned out this will open their hips and turn them away from the net. This helps the opposing team to correct the hip position and the stance will allow the player to get the most powerful movement from a squat before the jump.

Learning Volleyball

Service

Step forward with your dominant foot and keep the toss in line with your hitting shoulder. As the player step forward, throw the ball high into the air and slightly forward with your dominant hand. Flick your wrist when tossing the ball to create a spin on the ball. A consistent toss results in a consistent serve.

Under arm Pass

1. Create a platform with your arms by making a fist with one hand and cover the fist with the other hand while keeping wrists together and thumbs pointed to the ground.
2. Keep the hips below the level of the ball.
3. Use your platform to contact the ball on your forearms above your wrists and below the insides of your elbows.

Over the head pass

1. Angle of the Forearms

The forearms need to be angled to your target. If your passes are too high or too low, adjust your angle platform accordingly.

2. Speed of the Ball

When the ball is coming faster, the less arm forward movement is needed to pass the ball.

3. The Position of Your Feet

Before you pass the ball, you should be standing in a comfortable athletic position with your knees bent and feet ready to move. As you're about to pass, square up your shoulders and get your feet positioned so that they can face the target.

4. Smash

Jump up into the air as the ball arrives. Move the hitting arm towards the ball in to a throwing action led by the elbow. Using a fully extended elbow, connect with the ball and hit the ball downwards. The ball should hit with an open hand using palms and fingers.

Block touch away

A block touch occurs at the net when blockers can't stop an attack hit - either hard hitting spike or a softly contacted ball - that touches the top or sides of their hands before the ball goes into their court or out of bounds.

Cricket

In the games of cricket, it has three skills. They are Batting, Bowling and fielding.

The staff members teach the techniques to the students , how to spin a ball fastly, how to put eye keenly for wickets, techniques of catches and so on .The ways of teaching cricket are briefly discussed below.

Cricket Batting Teaching

Always stand facing the bowler with your feet shoulder-width apart. Bend your body with your hips, keeping your back straight. As you hold the bat ready, point your non-dominant shoulder towards the bowler and make sure to keep your eyes on the ball. Your shoulders shouldn't drop and must be at eye level at all times.

Cricket Batting learning

- Standing Sideways: Always stand by facing the bowler with your feet shoulder-width apart.
- Hold the bat. ...
- By teaching Distance between bat and stump.
- Tap the bat on the ground line.
- Swing Backward Momentum. .
- Eyes on the ball.
- Swing the bat downward.

Cricket Bowling Teaching

- Land your front foot at the same spot relative to the crease each time.
- Rotate your upper body using your hips to propel you to forward.
- Swing your non-bowling arm to whip your bowling arm to forward.

Cricket Bowling Learning

- Gripping the Ball Correctly.
- Breaking Down The Bowling Action Into Smaller Parts: The Run Up. The Gather Phase. The Coil Phase.
- Keep Your Hips & Shoulders Aligned.
- Focus On The Point On The Pitch Where You Want The Ball To Land.

- Align Your Front Arm With The Target.
- Don't Overstep

Cricket Fielding Teaching

- Catching and throwing in pairs focusing on technique including high balls and grounded balls
- Throwing at a target focusing on accuracy and backing ball up if target is missed
- Have the students groups into four with one as the batter and remaining in a straight line. On batters command, they will start running backwards attempting to catch ball in flight

Cricket Fielding Learning

1. Practice forming a long barrier.
2. Practice to back up the teammates.
3. Aim to throw the ball into the recipients' hands.
4. Train to hitting the stumps.
5. Be alert at all times.

Kho-Kho

1. In the game of Kho-Kho it has three skills they are chasing, running and diving.
2. The staff members train the students to develop the three skills. The faculties train them with speed training, plyometric training, leg squad training and step training.
3. It begins with the low repetition and ends to high repetition.
4. By participating, the students gains the skills to play Kho-Kho.

Kho-kho Teaching

1. Giving Kho and Chasing the runner:

A chaser must say “Kho” when he gives signal to the sitting chaser, so that he can get off from square and start chasing the runner. If he fails to say this word, a foul is noted but the punishment is not to be given to the player.

2. Fake Kho and Sudden Kho:

Fake Kho is the way to deviate the attention or to disturb the chaser. The chaser pretends that he has given Kho to his fellow team mates but he is actually chasing the runner.

By giving the sudden Kho, the chaser gives immediate Kho to the team mate by making it hard for the runner to avoid getting it caught by others.

3. Choosing direction:

Chaser team player must keep his foot out of box with care as his foot will decide which way he will run to chase the runner a else it will be considered as a foul

4. Diving:

This takes lot of training and practice to perform. This is very effective method of touching the chaser and catching him. In this process chaser pounces on active runner to touch him out. One of the special types of diving is Pole Diving. In this kind of diving the runner make sure he takes support of wooden pole and while diving to touch the runner. For developing above skills players follow some specific techniques.

Kho-Kho Learning

For Kho-Kho physical strengths like good fitness level, reflexes, **stamina** is needed along with the team skills. They Play 1-2 rounds of Kho-Kho and then all of them sit together and make a list of all the skills, abilities and strengths that one needs to have to play Kho-Kho well.

- Each team consists of twelve players, but only nine players take the field for a contest.
- A match consists of two innings. An innings consists of chasing and running turns of 7 minutes each.
- Eight members of the chasing team sit in their eight squares on the central lane, alternately facing the opposite direction, while the ninth member is an active chaser, and stands at either of the posts, ready to begin the pursuit.
- Members of the chasing team have to put their opponent out, touching them with their palms, but without committing a foul.
- All the action in Kho-Kho is provided by the defenders, who try to play out the 7 minutes time, and the chasers who try to dismiss them.
- A defender can be dismissed in three ways:
 - If he is touched by an active chaser with his palm without committing a foul,
 - If he goes out of the limits on his own.
 - If he enters the limit late.
- Defenders enter the limit, in batches of three.
- After the third and last defender of batch is out, the next batch must enter the limits, before a Kho-Kho is given by the successful active chaser.

Football Teaching:

In the game of football, it has five skills. They are shooting taking, dribbling, passing and blocking.

- Teachers train the students to block balls, pass balls, shoot, and ball dribbling.
- To develop the skills teaches make the students to have variety of work outs, such as sprint, long distance, weight training, leg strength training, endurance training.
- The most efficient and basic skill for football is to dribble the ball, keep in possession. Running with the ball is not as simple as it sounds because it needs good control, balance, and coordination. To get a grab on it, move up and down the pitch with the ball in possession and maintain your control.

Football learning:

- By regular practice in the field students can develop skills.
- Student's initial practice can start by taking football to open spaces and practicing dribble back and forth. Dribble toward a direction with one-foot, turn around and then dribble back with your opposite foot. To get used to different types of touches, turn your body to the side and do the same thing.

Kabaddi Teaching

- Hand touch, angle hold, blocking and raiding are taught to the students.
- There are certain kabaddi moves, that the bunch of defenders try to execute to grab the raiders. Defensive skills of kabaddi like ankle hold, thigh hold, waist hold, block, dash and chain tackle demand good timing and strength to perform.
- Ankle Hold involves a defender who use all of the strength to get a grip on a raider's ankle. She/he use his upper-body strength to pull back in order to halt momentum. This ends a tackle which is completed successfully. It is a move which, look, simple but requires immense patience, strength and technique.

Learning:

- Training , makes the students to perform well and develop skills.
- skills in kabaddi's are toe touch, running hand touch, lion jump, back kick, sidekick and double kick, Few of them are popular offensive.
- Each and every Kabaddi player needs to practice and master both Kabaddi offensive skills and Kabaddi defensive skills. According to the long-established Kabaddi rules, each team member has to play as the raider and the defender in a Kabaddi match. Teams have to take turns to raid one another. The raider is the most challenging person in Kabaddi position because only one raider is allowed of time and there can be up to 7 defenders on the court; furthermore, the raider has to tag as many

antis as possible while holding his breath and chanting “Kabaddi!” for 30 secs, more over the rider has to think constantly about how to escape.

Handball Teaching

1. Dribbling. It is important to know how to dribble when entering a game in handball.
2. Throwing. Throwing the ball is vitally important in the game of handball.
3. Catching. Catching is most often used when passing the ball or playing goalie.
4. Jumping
5. Saving.
6. Accuracy
7. Power

Handball Learning

The player must either shoot, pass, stop or dribble the ball. A player may dribble as many times as they want, but they stand for only 3 seconds without passing or dribbling it moreover they can take only 3 steps while holding the ball (can run 3 steps, 1 dribble and 3 steps).

The most important skill in handball is passing or throwing. The player has to pass the ball with accuracy. Throwing and shooting drills are normally incorporated into every training session for handball. Good hand-eye coordination is necessary to catch and throw the ball with accuracy.

Badminton Teaching:

- Rules and regulation and court marking are taught to the players. The basic skills like foot work, drop shot, smash are taught to the students

Badminton serve

Badminton serving has few rules that must be obeyed to ensure it legally.

- Players must make contact with the shuttle below the waist
- The racket shaft must be pointing downwards at any degree, ie, the head of the racket must be below the racket hand before making contact with the shuttle.
- Both feet should be on the floor

These rules convey that the shuttle has to go up in the air to clear the net, because of this, most players see the serve as a defensive shot. It is even more important because if the player play a bad defensive shot it is likely to lose the point.

Smash

The smash is used when an opponent returns the shuttle high or short. The downward angle of the shot is just as important as the speed it is hit at. The advantage of hitting a smash gives the opponent very little time to react and return the shuttle, but if the shuttle is returned to the smasher that reduce the time to prepare and set themselves for the next shot after hitting a smash.

Drop Shot

An effective drop shot can be hoisted as an outright winner. To execute the drop shot the player has to get behind in line with the shuttle and turn side on to the net. The non-racket arm have to be placed in front of the body and the racket hand should be up behind the head. To enable maximum disguise the racket/body preparation should be near as identical to play a smash or a clear.

As the shuttle comes closer, extend the racket arm and rotate the shoulders and hips round to face the net. With this shot the player can make contact with the shuttle out in front of the body but when it is still high in the air. Make sure to direct the shuttle downwards as with a smash but to decelerate the racket head speed – as opposed to accelerating it through. This ensure the shuttle drop in the forecourt area.

To develop these skills, adequate training is given to the students, such as jumping, speed, weight training.

Learning:

warm-up for badminton

The players body have to properly prepared for the badminton game ahead. As Badminton involves both stamina and agility to concentrate on these areas in warm-up. Ideally it start with a gentle jog around the court or skip. Once the pulse is raised and body is feeling warmer, stretch the major muscle groups, particularly focusing on legs, back and shoulders to get fully prepared for all the lungs ahead.

The badminton grip

Choosing a racket, is very crucial and at the smash time it is the grip is also crucial. Small grips are best for small hands and large grips for large hands. When holding the racket, don't grasp it tightly, have a relaxed grip. Having a flexible wrist will help to perfect both forehand and backhand shots.

- To increase speed level students easily do smash.
- The skills are practiced by giving constant teaching.

Carrom Teaching

Carrom is a board game that requires skills. The faculty members taught striking styles, Accurate speed, hitting from right direction, to the students.

Middle and end index fingers is used while playing carom, also the thumb finger to flick.

Using of Learning:

- Students can improve their memory and cognitive skills.
- It also increase the speed level of the students.
- The skills helps the students to sharpen the minds.

Chess Teaching:

- Visualization, tactics, strategy, calculation are taught to the students.
- The faculty members train the students to have a photographic memory and train them focus the attention on the chess board.
 - The Aim of Playing Chess. Once player is aware of the pieces of the game, it is time to know the end goal of each chess play.
 - Begin With the Foot Soldiers.
 - Let the Horses Take Over.
 - Bring in the Bishops.
 - Remember the Rooks.
 - Keep the King Safe. .
 - The Master of the Game.
 - Let the Game Begin.

Usage of Learning:

- Students can build their ability to focus only on the game.
- They learn patience while playing chess.
- They can develop their creative thinking level.
- Set Up The Chess Board.
- Learn To Move The Pieces.
- Discover The Special Rules.
- Learn Who Makes The First Move.
- Check Out The Rules On How To Win.
- Study The Basic Strategies
- Practice Playing Lots Of Games.

Table Tennis Teachings

- The fundamental techniques are taught to the students.
- Fore hand drive technique, fore hand flick back hand flick, side serve, fast serve, techniques will be taught to the students.
- Forehand drive technique.
- Backhand topspin close to the table.
- Forehand push and backhand push.

- Forehand flick.
- Backhand flick.
- Backhand loop the under spin ball.
- Forehand attack the semi-long ball.
- Forehand fast serve.

Learning:

The object is to hit the ball so that it goes over the net and bounces on the opponent's half of the table in such a way that the opponent cannot reach it or return it correctly. The lightweight hollow ball is propelled back and forth across the net by small rackets (bats, or paddles) held by the players.

Depending on the level of play, burn 280 to 600 calories in an hour. In doing so, primarily work out on the front and back thighs, calves, and shoulders. Besides, table tennis is considered extremely good brain training, improving hand-eye coordination, reflexes, and much more

- To increase the speed, the students can learn to hit sooner and faster.
- Students focus on the speed of the short.

Conclusion:

The students are trained on Indoor games, Outdoor games and Gym practices extensively during the study in our department. Thus the students imbibe theoretical as well as practical knowledge on the technical aspects of various forms of game.

These training activities would help them to get job in schools and colleges as the Physical Director and shine in the field.

ICT Class Room



Gym



Nedungode, Kaliyakkavilai, Tamil Nadu 695502, India

Latitude

8.3383017°

Longitude

77.1713039°

Local 08:52:19 AM

GMT 03:22:19 AM

Altitude 0 meters

Saturday, 25-09-2021

Volleyball



Cricket



Kho-Kho



85QF+37J, Kaliyakkavilai, Tamil Nadu 695502, India

Latitude
8.339245°

Longitude
77.17102166666668°

Local 09:49:26 AM
GMT 04:19:26 AM

Altitude 54.8 meters
Thursday, 24-03-2022

Football



Kabaddi



4/144, Madathuvilakom, Parassala, Tamil Nadu 629153,
India

Latitude
8.339103333333332°

Longitude
77.17029833333332°

Local 02:01:15 PM
GMT 08:31:15 AM

Altitude 51.7 meters
Friday, 24-09-2021

Handball



Badminton



Carrom Board



Table Tennis



Criteria – V

Student Support and Progression

I. Student support

Criterion V highlights the efforts of the Physical Education Department to render necessary supports to the students to get their meaningful experience in the department and specialized in sports and games and improved their employability skills. The Department of Physical Education encourages the students for their active participated not only in sports but also in Co-curricular and Extra- curricular events held in the campus or anywhere else.

(i)Scholarships

Financial support is provided to the economically downtrodden students through student's welfare schemes and faculty members identified the economically weak students and guided them to get the financial support.

(ii)Emotional support

The students are getting all level support through the mentors. The faculty members are mentoring the students, who are not able to concentrate on their studies due to their family background or other problems.

(iii)Department activities to support student activities

Co-curricular Activities

The students were supported by the faculties in academics through various Programmes. The details of the co-curricular activities of the Department to support the students are as follows.

Skill development

Our Department organizes many Physical development programmes to uplift the skill of the student. Our Department motivating the students through various skill development programmes to update their skills. The department faculties trained the students to improve their communication skills, team management skills, leadership skills, time management skills and create confidence in facing any interview. The students were taught to develop physical and mental fitness in their particular sport.

Competitive Examinations

In the year 2020-2021, our Department motivated 23 students to participate in the Competitive Examinations and Training programmes.

Career guidance

The department gives individual and group counseling to the students. The faculties of our Department guided the students for their higher studies and employment opportunities available to them. They trained the students to get employment in private as well as government sectors. The students were advised to continue their higher education in B.PEd course. The students were trained to develop physical as well as mental fitness. The faculties of our department taught the students about the role of physical director at schools and colleges. The students were trained in a particular game specialization. They were experienced in forming a team. Due to specialization he can form a team if he gets an opportunity to work as Physical Director either in Schools or Colleges. Further our students were also trained to establish their own Fitness centre, Yoga centre and provide coaching to young people in future.

(c) Extra-Curricular Activities

The Department trained the students to participate in various cultural like dance, singing and drawing. The students are also be encouraged to participate in cultural competitions like dance, song and drawing during the College day function and also entrusted different responsibilities in organizing the events.

Olivia fest

“Olivia Fest – 2K22” was an intra- mural sports fest organized by the Department to motivate the students. The role played by the students during the Olivia fest are as follows.

- Our Department students along with the staffs conducted the Indoor and outdoor games like cricket, Volley ball, Football, Kabaddi, Hand ball, Badminton, Kho- Kho, chess and carom. The student volunteers of our Department actively participated during the Olivia Fest.
- Our department students were selected for officiating games, on the basis of their sport specialization. The department students learnt the rules and regulations of each game and organized the games accordingly.
- The department students played a role of referees and umpires with the help of faculties. The participant students are from other Departments of our College were taught rules and regulations of each game by the students from the Department of Physical Education.
- The department students were asked to keep discipline, time management and punctuality when they conducted the games.
- The Department felicitated our students participated in the fest and college issued the certificates.

II.Student Progression

(i)Higher studies

Our Department offers UG course in physical education. After the completion of their graduation the students continued their higher education in various colleges by the support of the faculties of our Department. There were 19 students joined B. PEd course in various colleges of Tamil Nadu. Among them 6 students were studying in YMCA College of Physical Education and Sports at Chennai, and 13 students were studying in the Christian College of Physical Education, affiliated to Tamil Nadu Physical Education and Sports University, Chennai.

(ii)Placement

The department creates awareness among the students to get employment opportunities under sports quota in various government sectors such as police, and defense. Our students were placed in various organizations with good annual income. After graduating from our department four students were appointed in the government sector. Details are given in the table.

S.No	Name of the student	placement
1	C.R. Aushal Doni	Aro Madras Regt. Centre, Wellington
2	R. Ravinston	C- wing, IHQ MOD (Navy),sena Bhavan,New Delhi.
3	J.M. Nishanth	Tamil Nadu Special Police Force.
4	J.A.Adarsh-	Tamil Nadu Special Police Force.

III.Student Participation

(i) Student participation in extra- curricular activities

Our department students actively participated in various cultural activities organized by the college. The Department organized “Fine Arts Day” to encourage the cultural activities of the students. The students of our Department performed cultural activities such as Dance and group songs. Our department students are actively participated in the NSS of the college. Our students were involved in socially relevant activity like blood donation. Our student has participated in a cycle race competition organized by a pan- India Cyclothon during the “Swasth Bharat Yatra”.

(ii) Student participation in Sports activities

The Department students were participated in athletic, cricket, kabbadi, hand ball, foot ball, Kho-Kho, Volley Ball, Badminton and Swimming tournaments in university and state level team selection.

(iii)Student achievements in sports

(a)Intramural competitions

Every year our department organizes Intramural competitions on sports day. Our students actively participated in that competitions and won many prizes. The details are given in the table.

Year	No. of students won prizes		
	I position	II position	III position
2018-2019	30	12	11
2021-2022	26	12	9

(b) District level competitions

The Department students participated in the “District level Inter-Collegiate Athletic Meet 2021-2022” and won prizes. Our Department students won the prizes in the “District championship Kho-Kho Tournament 2022” conducted by the “Kanyakumari District Amateur Kho- Kho Association”.

The Department students actively participated and won the prizes in the “Kanyakumari District Junior Athletic Championship- 2017 & 2019” conducted by “Kanyakumari District Athletic Association”.

(c) State level Competitions

Our department student secured III Position in the Inter- collegiate swimming competition held at Palayamkottai. Our department students were participated in the south zone inter – university tournament of Hand ball held at Calicut University, Kozhikode.

(d) National level competitions

“The youth and sports development Association of Goa” conducted various sports and games in the “third National federation cup-youth & sports and games at Goa from 29 to 31 January 2020-2021”. Our department students represented in the Tamil Nadu state Volleyball team and won first place in the championship.

Our department students were participated in the Hand ball championship of “6th Federation cup youth Rural Games – 2019 at Anjuna, Goa” conducted by the Tamil Nadu youth Rural Games and sports Association and won the gold.

IV. Alumni Engagement

Our department has an Alumni Association for creating a strong bond between the alumni, faculty members and present students. The alumni

association of our college conduct alumni meets annually. This is the very good opportunity for the students and faculty members to interact with the alumni. Only two batches of students left from our Department. Hence Alumni strength is less than 50. So the Alumni Association in our Department is not effective. Our department was unable to conduct the alumni association in the year 2020-2021 due to covid-19.

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

Sports Fest

Time : 11.00am

Date : 15.03.2018

Welcome Address : **Ms. A. Amala Shalini**
Asst. Prof. Department of Physical Education, NACCAS

Presidential Address : **Rev. Fr. Dr. S. Maria Rajendran**
Secretary, NACCAS, Kaliyakkavilai.

Chief Guest Address : **Mr. M. Sundar Raj**
Sub Inspector of Police, Kaliyakkavilai

Felicitations : **Rev. Fr. Dr. S.K. Jose Robinson**
Associate Secretary, NACCAS, Kaliyakkavilai.

: **Dr. A. Meenakshi Sundara Rajan**
Principal, NACCAS, Kaliyakkavilai.

: **Rev. Fr. Domi Lillil Raja**
Bursar, NACCAS, Kaliyakkavilai.

Sports Day Report : **Mr. J. Josemon**
DPE, NACCAS, Kaliyakkavilai.

Vote of Thanks : **Mr. V. Viju**
Asst Prof. Dept. of Physical Education, NACCAS





Nanjil Catholic College

Kaliyakkavilai

SPORTS DAY

Time : 11.30am **Date : 10-04-2019**

Presidential Address	Rev. Fr. M. Eckermens Michael <small>Secretary, NACCAS</small>
Chief Guest Address	Mr. M.P.Mohana Ayyer <small>Sub Inspector of Police, Kaliyakkavilai</small>
Felicitations	Dr. A. Meenakshi Sundararajan <small>Principal, NACCAS</small> Rev. Fr. A. Domi Lilil Raja <small>Bursar, NACCAS</small>
Sports Day Report	Mr. J. Josemon <small>DPE, NACCAS</small>



Venu College Auditorium

Welcome You All





Swasth Bharat Yatra



150 YEARS OF CELEBRATING THE MAHATMA



Eat Right India
Healthy. Safe. Fortified.

Certificate of Participation

This certificate is awarded to

..... SUJIN S

in recognition of his/her participation as a **Volunteer Cyclist**
during the "Swasth Bharat Yatra", a Pan-India cyclothon

on 21st Oct 2018 at Tirunelveli



State Representative



FSSAI




led by **FSSAI** under Ministry of Health & Family Welfare, Government of India

Swatch Bharath



Olivia Fest



85QF+37J, Kaliyakkavilai, Tamil Nadu 695502, India

Latitude

8.339403333333333°

Longitude

77.17058°

Local 08:57:07 AM

GMT 03:27:07 AM

Altitude 39.4 meters

Thursday, 24-03-2022

Students Umpiring in Olivia Fest



Criteria – 6

Governance, Leadership and Management Physical Education

Governance

a. Department Plan

Our college already has vision and mission. On the basis of these vision and mission our department has prepared our own vision and mission. The following are,

Vision

To inculcate the knowledge in arbitrator, gender equality, leadership, teaching and coaching in physical and mental fitness.

Mission

- Sending the students district level matches to officiate in sports and games.
- Giving chances to officiate in OLIVIA fest.
- Encourage the students to participate the various officiating exams.
- Motivating the students to participate medley relays in intramural.
- Proper guide ship to lead the team, Ex : Intramural team captain.

Objectives

- Updating new rules
- Improving physical fitness
- Improving mental fitness

b. Implementation

1. Arbitrator :

HOD will conduct the staff meeting to update the new rules and regulations of all sports and games. As per the HOD's instruction staffs have to update the new rules and regulations to students. HOD will enquire the students whether the teacher have completed the new rules and regulations of sports and games. If it is not done by the teacher, our HOD will enquire the details to the particular staff.

2. Gender equals :

- Support our girls' sports as a player. Motivating women's sports, games at all levels.
- Develop gender equity policies department need to work towards gender equity.
- Establish a whistle blower program.
- Hire more female sports leadership.

3. Leader ship:

HOD conducted the staff meeting to teach the students an importance of leader ship in the department of physical education.

- Students must participate in Intramural team as a team captain.
- Students act as coach their team in all the games.
- In that match they are acting as coach for that team

HOD is supervising their work daily.

4. Teaching and coaching

According to the syllabus, the teacher shall teach the techniques of coach among the students. Federation framed the rules and regulations for the coaches and our department implemented it in the classroom teaching. If the students may not be satisfied with that class, HOD instruct the teacher to take the class again to satisfy the students

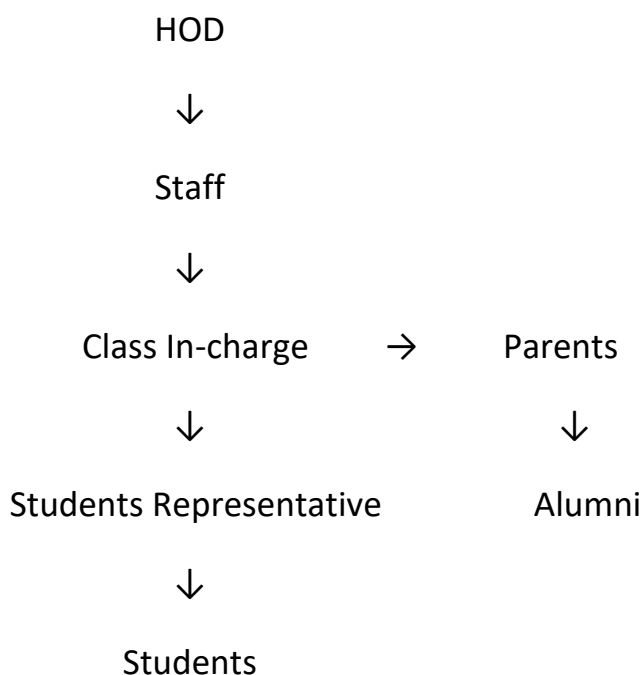
Achievements of vision and mission

To achieve these mission our department prepared a strategies and achieved the vision and mission of our department through arbitrator, gender equals, leadership, teaching and coaching and also motivated the students to implement it.

Department Governance:

The prime roll of the HOD of the department is to provide strong academic leadership. The following are the steps

- Regular staff meeting.
- Regular interaction and discussion with the students.
- Regular feedback from the students, parents and alumni.
- Regularly evaluating both academic and non-academic activities.



Governance

Our department governed by the following method

- a) Governance - Theory
- b) Governance - Practical
- c) Governance - Examination
- d) Governance - Evaluation
- e) Governance - Sports development
- f) Governance - Class

a) Governance -Theory:

HOD conducted regular interaction and discussions with the students about the completion of syllabus and methods of teaching of the staff. The students feedback is discussed in the department staff meeting.

i) Syllabus completion:

The HOD conducted the department meeting and discussed about the completion of syllabus before completion of model exam at the end of each semester. HOD decides about the number of extra hours needed for the completion of the particular subject and allotted more hours for the staff concerned. HOD interacted with the students to know about whether the syllabus has been completed or not. If the syllabus is not completed by the teacher, HOD enquired about it and take necessary action to arrange for extra class as to complete the syllabus.

ii) Question Paper submission:

Institution allotted particular date to submit the question papers for internal exam. Teachers shall submit the question papers within the stipulated time. If it is not done by the teacher HOD will enquired whether the question paper submitted or not and ask them to submit it.

iii) Test supervision:

As per the duty schedule provided by the internal exam cell of the college, the duty of the staff members allotted by the exam cell and teachers from the department are asked to follow the schedule.

VI) Information to the students – Roll of class teacher:

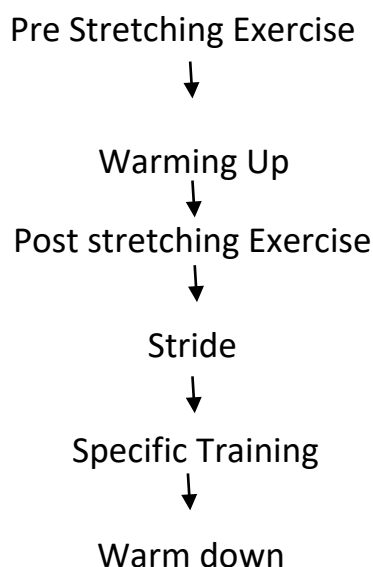
On the base of instruction given by the HOD concerned class teacher informed to the students of their respective classes about internal exam date, exam time table, room allocation for writing the examinations, etc. Further the class teacher informed the students about the exam details through the whatsapp.

b) Governance- Practical:

By organizing the department meeting our head and department staffs discussed about various techniques followed in games like indoor games and outdoor games. In indoor games, our staff gave more ideas about playing chess, carom, table tennis and outdoor games like football, volleyball, cricket and kho-kho. After completion of the above techniques HOD discussed with the students whether the techniques were taught properly by the teacher or not. On the basis of the student's feedback necessary action taken by the HOD.

Method of coaching:

Our department follows the following methods of coaching



Indoor Games:

Our department staffs gave the basic techniques in the game of chess, carom and table tennis to our students. On the basis of their improvement teachers coached them to improve their knowledge and skills.

Outdoor Games:

To improve the student performance in outdoor games our teachers is taking classes about new innovations, new techniques and to update their knowledge about various games.

c) Governance - Internal Examinations :

To conduct the internal exams, the teachers shall complete the syllabus. The HOD collected the feedback from the students personally about the completion of syllabus. After completing the syllabus the concerned teacher is asked to prepare question paper and submitted to the centralised exam committee for conducting exam.

d) Governance :- External examinations

Class teacher usually giving the following instructions about external examinations conducted by the university.

- Instruct the students to pay the last date of the exam fees.
- Inform the subject codes to the students.
- Give the exam time table to the students.
- Inform the students about the publication of result date and results.
- Inform the last date of submitting their projects.

e) Governance- Evaluation:

HOD was conducted the meeting with the teachers to evaluate the program, course outcomes of both internal and external examinations of our students. Our department is also evaluating the number of university blues and number of participants in the matches organized by the university.

f) Governance -Sports development :

Our department of Physical Education is a professional one. Hence our department devise a plan to develop leadership among the students of our department. With the consent of principal and secretary we found an unique step in organizing 'Olivia fest' and innovative one. For that purpose, HOD organized the meeting to conduct the Olivia fest. Mr. R. Ramesh Kumar in-charge to draw the fixtures, Mr. Y.R. Desa bendhu in-charge for event management and Mr.R. Kishore jani in-charge for stage management and refreshment management.

g) Governance – Class :

- In the department meeting, it was discussed about personal, psychological, academic and disciplinary issues of our students. These issues are normally settled by the class teacher concerned. If it is not possible, the concerned teacher bring the issues to the knowledge of HOD and the Principal. Certain issues is also be discussed with parents and get their co-operation to settle the issues.
- Students are not allowed to take leave for more than two days continuously without informing the class teacher. In that case students are permitted to enter the class with leave letter which is signed by their parents. Parents are advised to call their class teachers whenever they needed. The class teacher may contact the parents whenever department organize parents meeting or any other issues related to their wards.

Governance-Roll of student

Selection of class Representative:

Concerned class teacher informed the students about the selection of class representatives from each class on the basis of certain rules and regulations formed by the department. They are

1. Good communication with staff and students.
2. Public relationship qualities.
3. Having leadership quality.

Student – Leadership

On the basis of the decision taken by the department, department motivated the students to participate fully to conduct Olivia fest program successfully. Department allotted the following responsibilities and duties to our students.

Staffs already trained the students to perform the following duties. HOD supervised the works allotted to both teacher and students for effective implementation.

- Umpires
- Line umpires
- Scorers
- Time keepers
- Equipment in-charge

In our college sports day our department students acted as a leading role not only lead the houses (colour wise) but also help the physical director in many ways to conduct sports day successfully.

From the experience of Olivia fest our students took the captainship in the intramural competition. Four of our students appointed as captain in the intramural competition and got overall championship in the intramural.

Governance-Student Representative:

Class representatives is expected to seek other class mates opinions on academic/non academic issues and communicated to the class teacher and the HOD.

Roll of representative in department team selection:

According to the instruction of the HOD, the class representatives collected the information about name list of the students who are specialised sports and games. On the basis of the list the student representatives conducted the selection trials and prepared name list of identified good players and give it to the class teacher. On the base of this list department formed teams.

a) Governance:- co-curricular activities:

- The HOD conducts the meeting with staff and students to conduct webinar and inter department competitions. For conducting the programmes, department forms a seperate committee to conduct various activities like Umpiring, refreshment, trophies, collection of entry forms and stage management
- The department representatives upload the achievements of department/college on social medias like whatsapp, facebook, instagram and twitter.

b) Governance:- Extra-curricular activities

Cultural:

If the college conducts any extra- curricular activities like dance, singing and fireless cooking competitions HOD inform to the class in charge. The in charge form the team and gave the list to the HOD. The HOD finalized the team and send it to our/other college competitions.

Infra structure arrangements:

If the college conducts any programmes like college day, graduation day etc. the head of the institution instruct our HOD to make the arrangements of the hall. Our HOD is utilizing our students team to arrange the hall. According to the students strength the hall was arranged perfectly.

Discipline of the college:

The department of Physical Education assist the institution head in maintaining the discipline in the college campus. The college council selected HOD of Physical Education department as a co-ordinator for discipline in-charge. Coordinator evolved a plan to maintain discipline and allotment of discipline duty among the staff members of the college and to maintain strict discipline in the campus by the supervision of the coordinator.

Governance:

The coordinator prepares discipline duty list which includes the entire faculty members and approved by the head of the institution. The approved list is given to all the HOD's and they allotted discipline duty to their staffs. HODs' informed the coordinator about the allotment of their staffs of their respective departments.

Leadership:

Student leadership:

- Our department motivated our students to act as a class representatives in the last five years. So far, department trained 15 students as leaders.
- Organizing the Olivia fest to develop the leadership quality and our department trained 40 students in organizing games and sports. They are capable of organizing any events successfully even if they joined as PD in any organization.

Staff leadership:

- For the last five years our department trained our teachers as good leaders by participating/organizing various activities.
- Our faculty members acted as coordinators for all committees. They played a major role in our departmental activities.

Management:

Our HOD is the captain of our department. As a captain, he delicately and divided the works among the staffs and the students. Our HOD follows the principles of management and managed the entire activities of the department very efficiently and running the department cordially with the co operation of staffs and students.

He is also involved in many decision making activities in the college and also participated in various activities of the college and helpful for the college administration for the smooth running of the college.

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

Kaliyakkavilai, Kanyakumari District – 629153

Approved by the Government of Tamilnadu

Affiliated to Manonmaniam Sundaranar University, Tirunelveli

Accredited by NAAC with 'B' Grade

Approved by UGC Section under 2(f) & 12(B)

Department of Physical Education

Organizes

OLIVIA FEST – 2K22

INTER DEPARTMENT SPORTS FEST

Free Entry

Date: Mar 23,24,25

BOYS

- . CRICKET
- . VOLLEYBALL
- . FOOTBALL (5s)
- . KABADDI



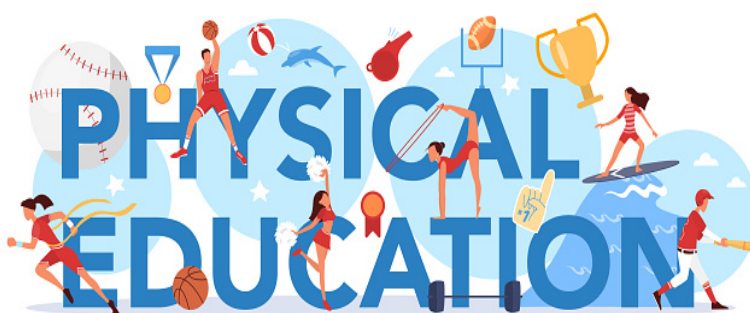
© CanStockPhoto.com - csp85567874

INDOOR GAMES INDIVIDUAL

- *CHESS
- *CARROM

PRIZES

- 1st 3000Rs
- 2nd 2000Rs
- 3rd 1000Rs



GIRLS

- . BADMINTON
- . KABADDI
- . HANDBALL
- . Kho-Kho

VENUE: NANJIL COLLEGE GROUND

Umpiring



Fine Arts

Nanjil Catholic college of Arts and Science

Kaliyakkavilai

Department of Physical Education

Organizes

Fine Arts Day

Date : 28.10.2021 (Thursday)
Time : 2.00 PM.
Venue : Seminar Hall

PROGRAMME

Prayer Song	:	Students
Welcome Address	:	Y. Jeslet Sona I B.Sc Physical Education
Presidential Address	:	Rev. Fr. Eckermens Micheal Secretary, Naccas
Felicitation	:	Dr. A. Meenakshisundararajan Principal, Naccas
Culturals	:	
Vote of Thanks	:	Dev Kripal Singh I B.Sc Physical Education

National Anthem

*A m m
20/11*

Discipline

DISCIPLINE COMMITTEE ON 31.05.2022		
Area	Time	Staff Name
Boys Gate	7.15	Dr. L. Thomas Robinson, Dr. R. Kishore Jani, Mr. V. Viju, Mr. K.R. Krishna Prasad
Girls Gate	7.15	Dr. M. Peril Threse, Dr. N. Seema Mole, Sr. G.L. Mary Metilda
Library	9.00-9.15, 12.15-12.45	Dr. V.J. Hema Reji, Mr. K.C. Abhilash Sam Paulstin, Mrs. D. Suja Mary
Seminar Hall	9.00-9.15, 12.15-12.45	Dr. T. Alwin, Dr. M. Sini Margret
Canteen	9.00-9.15, 12.15-12.45	Dr. C. Agatha Christie, Dr. R. Rooban Raja Sekhar, Mr. J. Josemon, Mr. P.R. Princelin, Mrs. R. Christobel Merlin Mahil
Physics	9.00-9.15, 12.15-12.45	Dr. S. Antony Dominic Christopher, Mrs. V. Beena, Dr. H. Marshan Robert
B.Com(A1)	9.00-9.15, 12.15-12.45	Dr. R. Jolly Rosalind Silva, Dr. N. Vinil Kumar
B.Com(A2)	9.00-9.15, 12.15-12.45	Dr. C. Arul Mary Thangam, Dr. K. Lucas
Maths Floor	9.00-9.15, 12.15-12.45	Dr. A. Ajitha, Mrs. R. Abila, Ms. Seethu Vijayan
Office Floor	9.00-9.15, 12.15-12.45	Mr. G. Jenit Hanson, Dr. G. Rajesh Babu
Computer Lab Floor	9.00-9.15, 12.15-12.45	Dr. W.C. Cincy, Mrs. T. Ahila
English Department	9.00-9.15, 12.15-12.45	Mr. J. Godwin Mesi, Mrs. Sajitha Sajan

Note:

1. Food will be given to the Department.
2. Students can eat in the class room itself.
3. Discipline is must, Please be on the places.
4. 12.30 only eating time.

Abhilash
28/5/2022

Exam Duty

52	Mrs. S.S. Beulah Benslet	Comp. Sci	02-07-2022 05-07-2022 13-07-2022 18-07-2022	
53	Mrs. T. Ahila	Comp. Sci	25-06-2022 02-07-2022 07-07-2022 13-07-2022 19-07-2022	
54	Dr. M. Sini Margret	Zoology	22-06-2022 24-06-2022 30-06-2022 14-07-2022	
55	Dr. M. Therasita Mary	Zoology	23-06-2022 25-06-2022 01-07-2022 06-07-2022	
56	Dr. C. Amutha Rani	Zoology	-	
57	Dr. A. Ajitha Mol	Zoology	23-06-2022 28-06-2022 02-07-2022 11-07-2022 19-07-2022	
58	Mr. V. Viju	Physical Education	22-06-2022 24-06-2022 30-06-2022 06-07-2022	
59	Dr. R. Kishore Jani	Physical Education	23-06-2022 25-06-2022 01-07-2022 11-07-2022	
60	Mr. Y.R. Dhesa Bendhu	Physical Education	24-06-2022 28-06-2022 04-07-2022 15-07-2022 19-07-2022	
61	Dr. M. Babima	BBA	-	

Criteria VII

Department Values and Best Practices

Department Values

1. Gender Equity and Values

The Department of Physical Education makes sure of gender equity among the students is taken care and students are aware of issues. The department treats all the students equally, in spite of the religion, caste, creed and language. Even Students from other state are treated equally. The department has organized various programme. The following table gives details about gender wise students of our Department.

List of student from 2017-2021

Sl.No	Year	Boys	Girls	Total
1.	2017-2018	21	4	25
2.	2018-2019	36	11	47
3.	2019-2020	60	16	76
4.	2020-2021	55	16	71
5.	2021-2022	67	21	88

The department has organized various programme

1. Olivia Fest
2. Intramural Sports
3. Inter college sports
4. District level sports
5. State level sports

Olivia Fest :

Olivia Fest was organized by the department to motivate both boys and girls to participated equally of our college.

The Department of physical Education conducted Olivia fest on 23-03-2022 to 25-03-2022 in the college ground. The main purpose of conducting Olivia fest was to mould the students and to from a sense of unity among the students. They are motivated by providing with certificate, trophy and medals to develop a competitive spirit among them.

Participants List

SI NO	GAMES	BOYS	GIRLS
1	Handball	60	48
2	Cricket	120	-
3	Football	70	-
4	Volleyball	84	-
5	Kabaddi	72	48
6	Badminton	18	12
7	Kho-Kho	-	72
8	Carrom Board	14	14
9	Chess	16	16
	Total	454	208

Safety

1. During Olivia feast students safety and security were given preference.
2. The college ground were maintained to avoid injuries to the students.

3. All measure related to the safety of the students such as: First Aid box to treat the injured players, refreshments are provided.

Security

1. The organizer of the Fest divided the responsibility among the coordinators to maintain discipline team.
2. They guide the student in a secure manner which includes separate dressing room for boys and girls.

Common Room

Sports equipments are kept in separate rooms, both the boys and girls can make use of the equipment with the proper guidance of the staff, to make sure equality among the students.

Students committee

The Department of Physical Education makes sure the Olivia feast went in a successful manner without any issues. The organizing committee arranged separate counselling team, to check the issues related with the sports & games. Disciplinary issues were taken to them and with the proper guidance of the principal. The problems were settled in short span of time.

From our department 65 boys and 16 girls students are officiated and participate as a field markers in Olivia fest. Through the Olivia fest our department promotes gender equity and achieved gender equity.

Intramural sports

1. Intramural Meet organized by the college, Various department Participated and exhibited their talents. The students of Physical Education stood top and won several prizes and got overall trophy for three time. Our department students have taken part and won individual championship

2. 4 Girls from the department of physical education won 5 times in individual championship.

3. 4 Boys from the department of physical education won for 5 times individual championship.

Inter college sports

120 boys and 86 girls students from Department of physical education participated in games outside the college and won several prizes in certain games including

Hand ball

Cricket

Foot ball

Volley ball

Kabaddi

Badminton

Kho-Kho and athletics.

1. Students from the department of Physical education were selected for the junior national Volley ball team for national team.

2. Our department students participated in inter college tournament and the best player were selected as university team player.

3. 3 Boys and 3 girls selected for university team.

4. 2 Boys selected for junior volley ball team.

District & state level sports:

Students from our college has participated in district& state level sports and games and won prizes.

The department of physical education takes effort to make the students aware of their roles and responsibilities. The methods to enhance the quality in students are as follow (Theory methods & Practical methods). These methods and techniques make the students to become better sports person. The department has taken maximum effort to understand these methods through Inter college games & sports intramural, competitions district level and state level sports meet etc.

Inter college, District & State level games Safety & Security

Safety

1. Before taking the students to participate inter college, District level games and state level games, the physical Director verifies, whether the safety facilities available.
2. Students safety & Security were given much importance in the games, therefore a well maintained ground is allotted for the games along with first aid kit, incase if any players meet up with injuries, further treatment were provided to them with the proper guidance of the staff members.
3. So when the students are sent to Inter college, District, and state level games, Our physical Director and physical Directress, check before hand; Whether all safety and security measures are available in the particular campus.

Making sure all the safety and security measured are available, students are taken for match.

Security

1. Physical Director ensures that , whether the district level, state level and inter college provides security for the students.
2. The physical Director verifies canteen facilities, separate waiting hall

for both Boys and girls, separate wash room for both Boys and girls, boarding facilities for Boys and girls.

3. Only they are providing the mentioned above facilities, the physical director formed a team and send the students to participate along with the staff members.

Common Room

The Physical Director put a keen eye on whether they are offering a common room for games meet, and food during the sports district level, state level and intercollege.

Counseling cell

District level, state level and inter college Counseling cell play a vital role during the time of sports meet. If any issues related with games or disciplinary issues occurs, the students will be inform it to the coach or the staff accompanied and it will be taken to the council for the problem to be solved.

2. Department values:

Waste management

Soil degradable waste:

The Department of Physical Education keeps separate dustbins for staff and students .The department staff members use wash basin to washing their hands as well as washing their tiffin boxes and that waste water normally goes through proper drainage facilities. All the Department class rooms are provided with dust bins to put the waste material. were separated as degradable waste and were put in the vermin compost pit near to the ground with the help of the students, Finally they are used as a natural fertilizer for the plants that were placed by in the ground by the Department.

The department has proper drainage facilities with in the wash basin. The department organizes diversified drives such as Swachh Bharate activities, Tree Plantation, Environment awareness, plastic awareness, importance of rain water harvesting and also by organizing lectures on green audit.

3. Harmony towards cultural, regional, linguistic

Since the institution is located at border area. The department of Physical education receives students from both Tamil Nadu and Kerala. Department provides an inclusive environment for everyone with tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities. Department have students from Hindu, Christian, and Muslims. Different sports and cultural activities organized by the department promote harmony towards each other. Department students actively participate in regional festivals like Oman, Pongal, and Christmas. Students invite the staff and classmates to participate in their religion festivals and marriage function. Students also participated other student's family functions. This establishes positive interaction among students of different racial and cultural backgrounds.

Students Details from different linguistic

Sl. No	Year	Kerala (Malayalam)	Tamil Nadu (Tamil)	Total
1.	2017-2018	2	23	25
2.	2018-2019	3	19	22
3.	2019-2020	3	26	29
4.	2020-2021	2	23	25
5.	2021-2022	7	20	27

Onam:

During the festival especially; the students wear onam sarees and prepare athapoo, while they are preparing athapoo all the students participate without any caste and religion separation. They took part in it and shared their happiness.

Religiously student section

Sl.No	Year	Christians	Hindus	Muslims	Total
1.	2017-2018	24	5	-	29
2.	2018-2019	19	3	-	22
3.	2019-2020	25	3	1	29
4.	2020-2021	18	8	-	26
5.	2021-2022	15	12	-	27

Christmas:

Students participated in Christmas festival and carol competitions. They sang Christmas song and they wished each other for the arrival of Jesus Christ and they distributed sweets and cakes among them and they shared happiness among themselves

Pongal:

Our college conducted pongal day celebration in the college ground. All the students took part in it and pongal was distributed to all the students and kolam was drawn as well, sugarcane was distributed to the student.

Various caste students

Sl. No	Year	BC	MBC	SC	OC	Total
1.	2017-2018	24	2	1	2	29
2.	2018-2019	21	1			22
3.	2019-2020	29	-			29
4.	2020-2021	21	3	1	1	26
5.	2021-2022	26	2		1	29

Irrespective of cost our students celebrates any functions of our college collectively. With their cooperation our department conducts programs very smoothly and happily.

4. Sensitization regarding constitutional obligation

Adv: Krishna Prasad from department of Social Work conducted an awareness class regarding Constitutional values, Fundamental Rights, Fundamental Duties and directive principles of state policy. Students From that class got awareness regarding basic rights and duties and follow these in their day to day life.

5. International commemorative days, events and festivals:

The department students participate and celebrate the Independence Day & Republic Day with great pomp and vigor. Commemorative days like Women's day, Yoga day, Teachers day, Sports day are organized by the department Sensitization of students to the constitutional obligations is done through curriculum as well as through extra-curricular activities.

National day celebration: Republic day& Independence day

The National day takes place on August 15 and 26 of January all the students and staff members assemble in the college ground and the Rev.Fr.Secretary along with principal will take place in the flag host that was arranged by the students and later pledge will take place under the direction of a student member. Independence and Republic days song will be sung. Finally students will distribute sweets to the people gathered.

Yoga

Theory:

The yoga theory classes are taken in the class rooms regularly and the theory is being practiced during the practical sessions.

Practical:

The department gives yoga practicals, Such as meditation , yoga exercise, Asanas to the students in the college ground by well assisted and trained staffs.

6. The Best practices

- Department of Physical Education conducted Olivia fest in the college ground; the main purpose of conducting Olivia fest is to mould the students and to form a sense of unity among the students.
- Through Olivia fest students gain knowledge in sports Officiating, Court marking, games rules and regulations, also the students learned how to organize sports tournaments.
- Department also select talented and best performing students and coach them well. So that they can achieve various state level and national level tournaments. Students have also won state level and national level tournaments too.

7. Institution Best Values:

- College provides lot of facilities to the department of physical education students. The physical education students and various department students along with staff members are utilizing the gym facilities.
- Students are well trained by the staff members in the theory and practical our students achieved at university level teams, and also won gold medal in university exams.
- Students hold their names because of such wonderful equipments and facilities given by the management.

Gender Equity



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE KALIYAKKAVILAI

ELIGIBILITY FORM FOR " OLIVIA " FEST (2020-21)

Name of the Tournament : OLIVIA FEST 2K22

Section : Men/Women

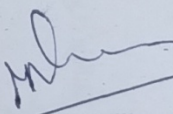
Name of the Manager :

Department : BBA

Game : Cricket

SI NO	Name	Date of Birth	Class	Signature
1	Anandu.M	22/2/2002	III	Anandam
2	Joel.R	7/10/2001	IV	Joel
3	Ramin.R.N	19/06/2001	IV	Ramin
4	Shanju.R.R	26/3/2002	IV	Shanju
5	Binu.S	12/09/2001	IV	Binu
6	Jishnu.V	5/4/2001	IV	Jishnu
7	Shijin.R	18/09/2000	IV	Shijin
8	Sreejith.R.S	31/12/2001	III	Sreejith
9	Abhishek.H	20/12/2002	II	Abhishek
10	Manu.C	5/6/2001	III	Manu
11	Ajo.T.L	8/9/2003	I	Ajo
12	Ajil.V	7/2/2002	III	Ajil
13	Lijin Rose.Kl	22/5/2003	II	Lijin Rose
14	Abin.T.T	18/5/2001	I	Abin
15	Sai SABAISH	22/11/2002	II	Sai
16	Nithesh.Y	23/07/2002	I	Nithesh

Signature of Team Manager


HOD

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE KALIYAKKAVILAI

ELIGIBILITY FORM FOR "OLIVIA" FEST (2020-21)

Name of the Tournament : OLIVIA FEST 2K22

Gender : Men/Women ☒

Name of the Manager : I. Mary Bony

Department : Mathematics.

Event : Kho - kho.

SI NO	Name	Date of Birth	Class	Signature
	Shineeya. S.		II B.Sc. Maths.	
	Abitha. G.		"	
	Abisha. S.V.		"	
	Jasheka. N.J.		"	
	Denifer. J.P.		"	
	Midhra. S.R.		"	
	Athirsha. A.		I B.Sc. Maths.	
	Abisha Joseph J.		I B.Sc. Maths.	
	Jasmina Suvatha. D		III B.Sc. Maths.	
	Jorla. J.H.		"	
	Shelly. M.K.		"	
	Vinisha. V.B.L.		"	

Signature of Team Manager

Bony

HOB

Head
Department of Mathematics
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153, Tamil Nadu

Yoga



Tree Planting



Pongal



Fine Arts



Independence Day



