



SRI SARADA COLLEGE FOR WOMEN

(An Autonomous Institution)

Institution recognized u/s 2(f) & 12(B) of UGC & Reaccredited with "A" grade by NAAC

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli - 627012)

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Maharajanagar (PO), TIRUNELVELI – 627011, Tamilnadu-India

Email:srisaradatvl@gmail.com Website: <http://www.srisaradacollege.org>

(Established in 1986)



DEPARTMENT OF PHYSICAL EDUCATION, SPORTS SCIENCE AND YOGA

The Students, Parents, Staff and Management profusely invite you

to participate and grace the

38th ANNUAL SPORTS MEET

to be held at 2.00 p.m. on Thursday 11th January 2024

at the Sister Nivedita Auditorium.

Swami Abhedhananda

*Treasurer, Sri Ramakrishna Tapovanam, Tirupparaithurai
has consented to preside over the function.*

Dr.G.SOKKANATHAN, M.E., Ph. D,

Member, Academic council,

***Sri Sarada College for Women (Autonomous) Tirunelveli
&***

Partner, Banu Constructions

Green Enviro Consultancy, Tirunelveli

***has accepted to declare the Sports Meet Open, deliver the Sports Day address
and honour the Winners.***

Yatiswari Saravanabhavapriya, Secretary, Sri Sarada College for Women (Autonomous)

Yatiswari Durgapriya, Secretary, Sri Sarada College of Education for Women,

Yatiswari Thavapriya, Secretary, Sri Sarada Schools,

Yatiswari Mukundapriya, Advisor

Have accepted to bless the Athletes and Audience.

Smt. R.Vasanthi

Joint Physical Directress,

will present the Annual Report of the activities of the

Department of Physical Education, Sports Science and Yoga.

**Dr.(Smt.) N.Kamala
Principal**

**Smt.T.Nambiya @ Murugananthi,(On lien) Physical Directress
Smt.R.Vasanthi, Joint Physical Directress**

***Yatiswari Saravanabhavapriya
Secretary***



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**38th ANNUAL MEET OF PHYSICAL EDUCATION, SPORTS SCIENCE AND YOGA
PROGRAMME SCHEDULE**

Date: 11.01.2024, *Thursday 2.00 Hrs.*

Venue: Auditorium

S.No.	Time	Event	Performance by
(1.45 Departure from Sadhu Nivas by car; From Kamadhenu by walk with Music band) OPENING CEREMONY			
1	2.00 pm	Invocation (all to stand)A)Ohm Sahanavavathu B)Tamil Thai Vazhthu C)Gana Sarada Prayer Song	
2	2.10 pm	Welcome Address	Dr N.Kamala , Principal
3	2.15 pm	Lighting the Sports Torch by the Chief Guest (from the saluting dais)	
4	2.20 pm	Oath Taking by Athletes – Oath Administration by College Chair-woman.	
5	2. 30 pm	Declaring the Sports Meet Open - by the Chief Guest (from the saluting dais)	
PHYSICAL, SPORTS, CULTURAL, YOGA AND MARTIAL DISPLAY			
6	2.35 pm	Mass Drill	I Year UG Students (all)
7	2.40 pm	Mass Drill	III Year students (all)
8	2.45 pm	<i>Yoga – Aasanas</i>	
9	2.55 pm	Pyramid	
10	3.05 pm	<i>Kollattam</i>	I PG Students (all)
11	3.10 pm	Lezium	II PG Students (all)
12	3.15 pm	Folk Dance - Patriotic	
13	3.20 pm	Disaster Prevention & Management - (Environmental Awareness, Flood Awareness, New Corona Omicron XBB Awareness)	
14	3.30 pm	Martial Art – Self-defense skill demo - Silambam and allied events.	
15	3.40 pm	Aerobics	
16	3.50 pm	Individual Dextral Event – Selvi.S.Murugeswari, Assistant Professor, Department of Information Technology	
17	3.55 pm	Fancy Dress Presentation (1 minute each)	
VALEDICTORY CEREMONY			
18	4.00 pm	Blessings	Yatiswari Saravanabhavapriya , Secretary Yatiswari Mukundapriya , Advisor
19	4.05 pm	Annual Report	Smt.R. Vasanthi , Joint Directress of Physical Education
20	4.10 pm	Sports Day Address	Dr.G.Sokkanathan, M.E,Ph.D , Member, Academic Council, Sri Sarada College for Women (Autonomous), Tirunelveli & Partner – Banu Constructions,Green Enviro Consultancy, Tirunelveli - 627011
21	4.20 pm	Felicitation Address	Prof (Major).P.Chandrasekaran , Director
22	4.25 pm	Honoring the winners	Srimat Swami Abhedananda, Dr.G.Sokkanathan, M.E,Ph.D Yatiswari Saravanabhavapriya Yatiswari Durgapriya Yatiswari Thavapriya Yatiswari Mukundapriya
23	4. 40 pm	Vote of Thanks	Selvi. M.Madhubala , III BBA, Secretary, Physical Education, Sports, Science and Yoga
24	4.45 pm	College Song, Shanti Prayer, National Anthem – By all	