

ERODE SENGUNTHAR ENGINEERING COLLEGE



DEPARTMENT OF PHYSICAL EDUCATION

HANDOUT

INSPIRE TO WIN



Faculty In-Charge

P. Marimuthu- Director of Physical Education

M. Priyadharshini - Assistant Director of Physical Education

The Department of the Physical Education aims is to enable the students to appreciate and understand the value of Physical Education and its relationship to a healthy, active lifestyle, work to their optimal level of physical fitness and develop the motor skills necessary to participate successfully in a variety of competitions. The students should be able to reflect upon and evaluate their performance in order to set goals for future development.

The total playground area is more than 30,000 square meters. Students are encouraged to participate in many tournaments like Anna University and Open tournaments. Additionally, Sports day competition gives opportunity to the students to expose the talents in their respective specialization.

Aims & Objectives:

- To obtain at least 40 medals in the academic year
- Provides many different physical activities as their choices
- Providing intensive sports facilitates to enjoy a wide variety of competitive and non-competitive activities.
- Actively teaches cooperation, fair play, and responsible participation in sports competitions.
- Developing sports performance by providing sufficient facilities and efficient coaches, especially those who are athletically gifted.

Special services

- Sports Quota is available for the preeminent sports persons
- Special coaching has been given to sports students by specialist coaches
- Transport facilities have been provided after evening practice.
- Outstanding sports performers are honored by giving cash award during the sports day celebrations.

Play Ground Layout

S.No	Particulars	Details
1.	Total area of the Play Ground	09 acres

Details of Indoor & Outdoor games and Gym

S.No	Particulars	Details	Count
2.	Details of the Outdoor Games available	Multipurpose standard 400 Meters Mud Track with field Measurement	01
		Volley Ball courts with flood lights & gallery	02
		Basket Ball court	01
		Ball Badminton court	02
		Hand Ball court with portable goal post	01
		Kabaddi court	01
		Kho-Kho court	01
		Hockey playfield with portable goal post	01
		Foot Ball Play Field	01
		Cricket matting wicket	01
	Details of the Indoor Games available	Table Tennis Board	02

Details of Gym Equipments:

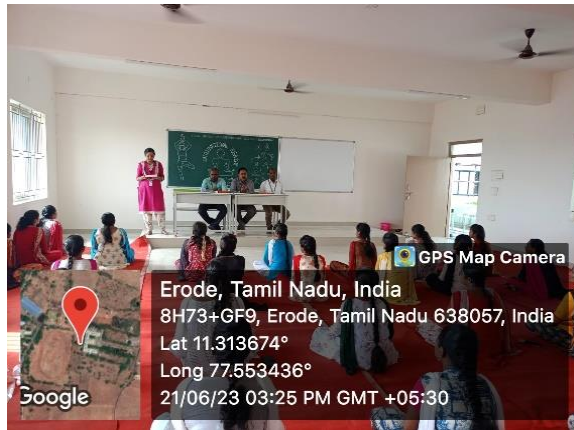
S.No	Particulars	Details	Count
3	Details of Gym available	12 Station Multi-Purpose Gym	01
		Peck Duck	01
		Twister sittings & Standing	02
		Air Stride	01
		Abdomen & Leg curl	01
		Rowing Equipment with Meter	01
		Tummy Vibrate	01
		Weight Lifting Set	01 Set
		Multi Adjustable Bench	01
		Squat Power Rack	01
		Preacher Curl Bench	01
		Abdominal Gym	01
		Seated Calf Raise	01
		Dumbbells-6kg,8kg,10kg	01set/each kg
		Up Right Bike	02
		Recumbent Bike	02
		Spin Bike	02
		Functional Train	01
		Multi Press	01
		Inner/Outer Thigher	01
		Leg Press/Calf	01

Leg Exten/Curl	01
Scott Bench	01
Roman Chair	01
Seated Calf	01
Multi Adj Bench	01
Draw Muscle	01
Dumbell Rack	01
Dumbell Round Set	01
Plate Olympic Set	01
Plate Tree	01
Knee Raise	01
Olympic Bar Set	01
Medicine Ball Stand	01
Medicine Ball Set	01
Tread Mill	02
Elliptical	02
Lat Pull Down Row	01
Pec Fly/Rear Delt	01
Smith Meachine	01
Leg Press/Half Sqt	01
Flat Bench	01
Utility Bench	01

Activities (2019-20, 2020-21, 2021-22 & 2022-23)

S. No	Academic Year	No. of Events Organized	No. of Students Benefited
1	2022 - 23	1	300
2	2021 – 22	1	90
3	2020 – 21	5	476
4	2019 - 20	-	-
Total		7 (Events)	866 (Students)

Activities (2022-23)



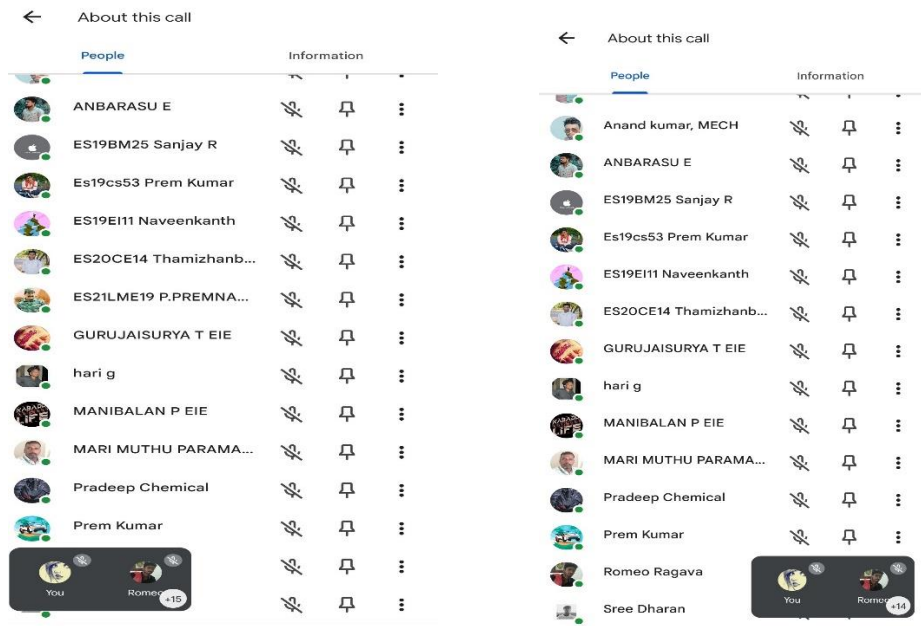
International Yoga Day 21.06.2023

Activities (2021-22)

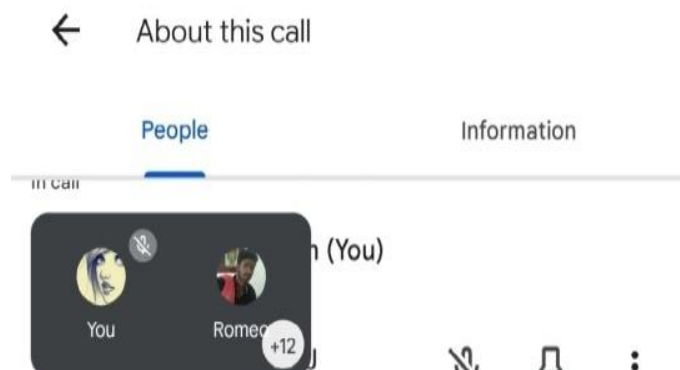


International Yoga Day 21.06.2021

Activities (2020-21)



Stress Management 21.09.2020



Mind Management 20.01.2021



World Breathing Day 03.02.2021



Day of Immunology 29.04.2021



International Day of Meditation 21.05.2021