

# ERODE SENGUNTHAR ENGINEERING COLLEGE



## DEPARTMENT OF PHYSICAL EDUCATION

### YOGA CLUB

#### HANDOUT

##### 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 Extend/Curl     | 01 |
| Scott Bench         | 01 |
| Roman Chair         | 01 |
| Seated Calf         | 01 |
| Multi Adj Bench     | 01 |
| Draw Muscle         | 01 |
| Dumbbell Rack       | 01 |
| Dumbbell 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 Machine       | 01 |
| Leg Press/Half Sqt  | 01 |
| Flat Bench          | 01 |
| Utility Bench       | 01 |

**Activities (2023-2024, 2024-2025 & 2025-2026)**

| S. No        | Academic Year | No. of Events Organized | No. of Students Benefited |
|--------------|---------------|-------------------------|---------------------------|
| 1            | 2025 - 2026   | 1                       | 80                        |
| 2            | 2024 - 2025   | 1                       | 179                       |
| 3            | 2023 - 2024   | 1                       | 180                       |
| <b>Total</b> |               | <b>3 (Events)</b>       | <b>339 (Students)</b>     |

## Activities (2025-26)



International Yoga Day 21.06.2025 at Panchayat Union Primary School, Thudupathi.

## Activities (2024-25)



Health and Wellness Programme 21.06.2024 at ESEC, Yoga Hall

## Activities (2023-24)



International Yoga Day 21.06.2024 at ESEC, Yoga Hall