

Chennai Medical College Hospital and Research Centre (SRM Group) Tiruchirapalli



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



About the Department of Physical Education

The Department of Physical Education, CMCH&RC has the opportunity of shaping the minds of the students and strengthening of body themselves. The students and faculty members have the opportunity of learning process to have happy environment in the institution by providing Athletic tracks, Indoor games, and Outdoor Games, Gymnasium and yoga. Students need opportunities to be physically active and access to healthy foods in order to grow, learn, and thrive; whereas, good health fosters student attendance and education.

The department of Physical Education, as an integral part of the education process as attested in the Preamble of physical activities for college students. This is due to the fact that physical education is largely a practical subject and providing valuable thoughts and well built physique. This will enhance correct acquisition of skills in various sports for educational improvements, leisure and competitive purposes.

All students those who are interested in CMCH&RC will be offered extracurricular physical activity programs, such as physical activity clubs or competitive sports programs both intramural and extramural. CMCH&RC will offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, and students with special health-care needs.

Currently health education and physical activity are integrated across multiple subject areas and other collegiate activities to enhance the academic initiative to incorporate more physical activity to achieve the academic endeavor. The sport council will implement continued review and suggestions for best practices to blend physical activity within academic time. This will occur through professional collaboration and development. In developed countries, Classroom teachers will provide short physical activity breaks between lessons or classes.

The infrastructure facilities in CMCH&RC have well developed with Athletic track, football field, cricket ground, basket ball court, throw ball court and all indoor facilities. A separate gymnasium with all facilities is available for both men and women in the campus. Yoga

centre is established in the III floor of college block for regular yogic practices for nourishing individuals mind, thoughts and physical body.

Mission

A well implemented comprehensive program is an essential to the growth body and mind. The mission of our department is to empower all students to sustain regular and lifelong physical activity as a foundation for the healthy, productive and fulfilling life.

Department Activities

The physical education programmes include

- Intramural Activities
- Extramural activities
- Organization of Tournaments
- Training and coaching sports competitions

Goals

- Physical Education will develop the WHOLE person in EVERY person.
- The physical educators will serve as role models and demonstrate knowledge of health, physical education and wellness.
- The physical education activities will provide a variety of events of individuals interest which will motivate the participants and increase participation.

Objectives

- To allow the participants to participate in developmentally appropriate activities
- To develop and reinforce cooperative behavior
- To teach the participants to establish lifelong fitness goals

Target

To instill the students in the values and skills of maintaining a healthy lifestyle, promotes an awareness of health among students, engage physical activities on daily basis, promotes them to lead a healthy life in adulthood, inculcate in the minds of the students, regarding the importance of personal hygiene and cleanliness, encourage the upcoming sportsmen and women of the crowd. Physical education gives the budding sports people a platform to the budding sports people to exhibit their talents.

Faculty – The Team

Dr. L. Manivanan, Ph.D., Head of Physical Education

S. Raja Mansingh., Marker

S. Lionel Pauldurai., Gym instructor

Sports Council

Patron : Dr. R. Shivakumar, MD, Ph.D., - Chairman,
SRM Trichy & Ramapuram campus

Ex- Officio President : Dr. Sukumaran Annamalai, M.D., D.H.H.M., -
Dean

Ex- Officio - Vice President : Dr. Gurudatta S Pawar - Vice Principal

Chief Staff Advisor : Dr. Gnanasekaran, Prof. of Medicine & HOD

Staff Advisor : Dr. Guru T Arun, Asst. Prof, -
Department of Radiology

Head in Physical Education : Dr. L. Manivanan, Ph.D.,

Non teaching staff : S. Raja Mansingh
S. Lionel Pauldurai

Member Secretaries

Sports Secretary : Mr. S. R. Vinnith

Associate Sports Secretary : Ms. Lakshmi:

Members

Members : Mr. R.D. Heswanth, CRRI
Mr. G. Sanjev, CRRI
Ms. Mythili CRRI
Mr. V. Deepak Justin, III year part - II
Ms. S. Preethi, III year part - II
Mr. R. Gopikrishna, III year part - I
Ms. Anusha, Third year, III year part – I
Mr. S. Sanjeev kumar, III year part - I
Ms. Ompriya, Third year III year part - I
Mr. Sudhiram, First year, I year
Ms. Akshara, First year, I year

Sports Facilities

The Department of Physical Education, CMCH&RC is having a sound infrastructure over vast area with provision of all the necessary facilities to each and every individual. We have Indoor Courts for various games namely Carrom, Table Tennis, Chess and good outdoor grounds for Basket Ball, Cricket, Foot Ball, Throw Ball, Volley Ball, Tennis, Badminton, Tennikoit, Ball Badminton and Track events and yoga practices.

2017 period ground view



2010 period ground view





Gymnasium

CMCH&RC have the Gym facilities separately for men and women. The facilities including Four station for women and Eight station for men.



Intramural activities

Sports activities:

These College students are divided into five batches and we have conducted various sports events for students and staff in every year.

BOYS	GIRLS	STAFF
Carrom	Carrom	Badminton
Chess	Table Tennis	Ball Badminton
Table Tennis	Badminton	Tennis
Badminton	Basket ball	Volley Ball
Basket Ball	Throw Ball	Athletics
Cricket	Volley Ball	
Volley Ball	Tennikoit	
Foot Ball	Athletics	
Athletics		

The intramural sports activities are planned in the month of May first week every year. The Intramural activities were conducted in 2nd to 13th April 2011, following 2012, 2013 and 2014 where the sports events were organized and the students participated in the events were housed as Red, Blue, Green and Yellow. In 2014, the houses were replaced as “SPORTIFA” and this arena is continuing.



400 Meter Athletic track, Foot Ball Field and Cricket



Basket Ball Court



Throw Ball court with players



Volley Ball courts and players



Carrom with players



Carrom with players



Chess with players



Table Tennis with players



Volley Ball team of CMCH & RC



Basket Ball team of CMCH & R



Foot Ball teams of students and staff



Cricket Team of CMCH & RC



Throw Ball team and Volley Ball Women of CMCH & R



Team of Athletics in CMCH & RC



Students Recreation Activities

