

### **DISTINCT FEATURE OF THE COLLEGE:**

Kabaddi is a contact sport born in India, but it is the sad fact that it has been losing steam under the shadow of the hugely popular game of cricket in India. The fourteen players in the game stand in form on both sides of the starting line for their daily evening practice, say a quick prayer, touch their coach's feet and kiss the soil as they wait for the opening whistle. Arulmigu Palaniandavar Arts College for Women takes efforts to give a national revival to the rural sport of India. The Department of Physical Education of the college works in full swing by –

- Locating the women students who seek admission through sports quota:

As per the norms of the State Government of Tamil Nadu, certain seats in admission are allotted to the sports players. The college admission Committee selects the student players as per the regulations and admission is done.

- Analyzing and measuring their physical and mental fitness for the game.

Most of the student players hail from the rural background, with their schooling at the rural schools. So, at first, the physical and mental fitness is measured. The players of kabaddi are given the chance to stay in the hostel and get training in the early morning. The Management takes care to serve the healthy foods to them free of cost. Guidance and Counselling is given to them by the Director of Physical Education at times.

- Offering the utmost training and tactics to the players with the best coaches in the college campus.

The Management of the college has appointed Kabaddi coaches to give proper training to the student players in the scheduled time. The strategies they have to adopt to win over the game are taught effectively. The Kabaddi team of the college is formed giving importance only to the skill of the players. The needed sports material is served to them.

- Grabbing opportunities available at University, State and National Level games.

The Director of Physical education is always in track, searching and finding out opportunities for the team to meet the tournaments. All facilities are done for the players to be in the game with peace and harmony.

- The Success Story:

The ever-winning Kabaddi team of the college has brought many laurels to the institution by winning many tough tournaments. The team has been winning the Tamil Nadu Chief Minister's Trophy for the past five years. Most of them have got selected for the State and central Government jobs, on the basis of their meritorious performance in Kabaddi. A long list of student players is appointed in the Western Railways and the Tamil Nadu Police Department. The Tamil movie titled 'Kennedy Club' has brought the best players of the institution to the lime light. Now, there is a throb among the parents to make their children personalities in sports after witnessing the team of the college.

### FIRST IN STATE LEVEL CHIEF MINISTER'S TROPHY KABADDI TOURNAMENT 2015- 16

(WINNING CASH AWARD OF RUPEES 12 LAKHS)



## **OUR EVER-WINNING PLAYERS OF KABADDI**



## **SOUTH ZONE INTER UNIVERSITY KABADDI TOURNAMENT WINNERS - 2018**



### **PLAYERS ACTIVE IN THE MATCH**



### **PLAYERS WHO HAVE BECOME SUB INSPECTORS OF POLICE, TAMIL NADU**



**MOTHER TERESA WOMEN'S UNIVERSITY INTER COLLEGIATE KABADDI  
TOURNAMENT - 2018**



**OUR PLAYERS IN ALL INDIA INTER-UNIVERSITY KABADDI TOURNAMENT**

**AT SHIMLA**



## UNIVERSITY BLUES HONOURED BY MINISTER OF TAMIL NADU



## MULTI STATION GYM IN CAMPUS FOR TRAINING



## WINNERS INTERVIEWED BY MEDIA

