

DEPARTMENT OF PHYSICAL EDUCATION

SANKAR POLYTECHNIC COLLEGE: SPORTS ACHIEVEMENTS (2022-2023)

Here are the achievements, strengths, infrastructure, and key highlights of Sankar Polytechnic College (SPC) with respect to sports this year.

FACILITIES AND SUPPORT INFRASTRUCTURE

The college has comprehensive sports facilities: a large athletics ground with a non-standard 400-meter track, net practice cricket pitch, well-maintained cricket ground for matches.

It has courts for Ball Badminton , Volleyball (two), Handball, Tennikoit.

A gym with single- and multi-station machines, and various weight training accessories. Physical Education Department runs conditioning and fitness routines.

PARTICIPATION AND COMPETITIVE SUCCESS

Students regularly represent district and state levels. The SPC teams have “set up an impressive and consistent record in almost all games and sports.”

In cricket, there are some recent match results showing wins: e.g., SPC won vs St. Xavier’s College, Tirunelveli by 13 runs in a 20-over match.

Also, SPC defeated Sadakathullah Appa College by 3 wickets in another cricket match.

Besides team events, SPC students get individual honor’s: for instance, representing at higher levels and being acknowledged in the Physical Education department.

DISCIPLINE, SPIRIT, AND RECOGNITION

The college emphasizes discipline and cooperative behavior during tournaments.

Recognition is given to students who achieve individual success – state/district representatives are acknowledged.

SPC's cadets have also won medals: e.g., a silver in volleyball at Udaipur, silver in 4×100 m relay, etc.

SCOPE FOR GROWTH / OBSERVED CHALLENGES

While there are wins in cricket and likely good performances in various games, there is limited detailed data publicly about carrom, chess, badminton outcomes in major tournaments.

Given the facilities are good, more institutional support toward coaching, specialized training and competition exposure could further enhance performance.

PHYSICAL EDUCATION DEPARTMENT'S ROLE

- The PE staff conducts conditioning exercises based on proficiency.
- Facilities allow both net practice and full match simulation for cricket.

ONE MONTH TRAINING PLAN: METHODS FOR CRICKET, CARROM, CHESS, AND BADMINTON

Below are a suggested training schedule and methods for each of the four sports when preparing for a tournament, for the month before the event. The plan assumes players are in college, have access to facilities (like at SPC) and are balancing academics. The month is broken into roughly 4 weeks, with progressive intensity, tapering toward the tournament.

CRICKET

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Cricket team.
- For selection trial more than 40 students came to participate, from more than 40 students 16 were selected by analyzing their batting, bowling, wicket keeping and fielding performance to represent the College Cricket team for the year 2022-2023.
- Training started one month prior to the competition date 12.01.2023 & 13.01.2023.

SL. NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSITION
1	225201	S. DEV VISHVA	3/3/2004	MECHANICAL	II	CRICKET	2022-2023	RUNNER
2	222125	P. VANAMAMALAI	24/4/2006	COMPUTER	I	CRICKET	2022-2023	RUNNER
3	201132	J. SATHIK ALI	30/7/2005	CIVIL	III	CRICKET	2022-2023	RUNNER
4	205608	S. KAJENDRAN	28/6/2003	MECHANICAL	III	CRICKET	2022-2023	RUNNER
5	213606	M. RAJAVEL PERUMAL	21/1/2006	ELECTRICAL	II	CRICKET	2022-2023	RUNNER
6	225708	T. LAKSHMANAN	29/3/2005	MECHANICAL	II	CRICKET	2022-2023	RUNNER
7	215153	U. UTCHIMAHALI	16/2/2002	MECHANICAL	II	CRICKET	2022-2023	RUNNER
8	201134	CM. SELVA RAGHAVAN	27/6/2005	CIVIL	III	CRICKET	2022-2023	RUNNER
9	215209	P. RAGUPATHY	21/12/2002	MECHANICAL	III	CRICKET	2022-2023	RUNNER
10	201118	M. KAVISEELAN	12/6/2005	CIVIL	III	CRICKET	2022-2023	RUNNER
11	225143	V. SUNDAR GANESH	18/10/2004	MECHANICAL	I	CRICKET	2022-2023	RUNNER
12	205605	N. ESSAKI MUTHU	3/9/2004	MECHANICAL	III	CRICKET	2022-2023	RUNNER
13		T.G.V GURU JOEL	30/8/2006	MECHANICAL	I	CRICKET	2022-2023	RUNNER
14	215201	S. ABDUL RAHMAN	25/6/2004	MECHANICAL	III	CRICKET	2022-2023	RUNNER
15	215212	A. SENTHIL KUMARAN	10/6/2004	MECHANICAL	III	CRICKET	2022-2023	RUNNER
16	223143	G. SUNDAR	26/9/2006	ELECTRICAL	I	CRICKET	2022-2023	RUNNER

OBJECTIVES FOR THE MONTH BEFORE TOURNAMENT

- Improve batting, bowling and fielding skills; build match fitness
- Simulate match conditions to reduce pressure on match day
- Improve mental toughness, strategy (e.g. reading pitch, opponent, etc.)

WEEKLY LAYOUT

WEEK FOCUS ACTIVITIES

Week 1 Assessment & Basics

- Skills assessment (batting technique, bowling action, fielding catch/drop)
- Fitness test: endurance, sprinting, agility
- Technical drills: batting against pace & spin, footwork; bowling accuracy drills
- Fielding drills: slip catching, ground fielding, throwing accuracy

Week 2 Specialization & Match Skills

- Based on assessment, more specialized work (for batters: facing net bowlers, specific shots; for bowlers: yorker, variations, swing/spin)
- Match simulation: practice matches, nets with match-scenario tasks
- Fielding under pressure: catching at high pace, run-outs, boundary saving
- Fitness training: interval training, endurance runs, strength training (core, legs)

Week 3 Tactical & Pressure Training

- Simulated matches with opposition or internal teams under tournament rules
- Scenario practice: e.g. chasing target under pressure, death overs, setting target
- Mental preparation: studying opponent teams, individual planning
- Sharpening skills: batting against specific bowlers, bowling under pressure, adapting to pitch
- Intensive fielding drills: reflex drills, diving, catching in low light/odd angles

Week 4 Taper and Peaking

- Reduce volume, maintain intensity
- Light nets & training, avoid overuse injuries
- Mental rehearsal, visualization, reviewing past matches
- Focused net sessions: batting/w bowling for maintaining rhythm
- Rest + recovery: proper sleep, stretching, physiotherapy
- Warm up routines and match day routines finalized

Daily/Session Components

- Warmup (dynamic stretches, jogging, shadow practice)
- Skill drills (depending on role: batting, bowling, fielding)
- Physical conditioning (strength, speed, agility)
- Cool down (stretching, ice or massage if needed)
- Mental prep: review video, opponent, self-analysis

Additional Tips

- Use video analysis: record batting/bowling/fielding to spot flaws
- Rotate players so everyone's match sharp
- Nutrition: balanced diet, adequate protein for muscle repair, hydration
- Injury prevention: avoid over-bowling, monitor workload, rest days

Every weekend we arranged practice match to give them match experience that how to handle the match situation and to identify in which area they have to improve.

With lots of practice match with other teams they were able to perform well in different situations. During Competition they were able to face any critical situation with an ease through their performance and secured **RUNNERS UP** in the Divisional level tournament.



CARROM

Though physically intense than cricket or badminton, carrom demands fine motor control, concentration under pressure, strategic thinking, and consistency.

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Carrom team.
- For selection trial more than 10 students came to participate, from 10 students 4 were selected to represent the College Carrom team for the year 2022-2023.
- Training started one month prior to the competition date 16.09.2022 & 17.09.2022

SL. NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSITION
1	224212	A. MOHAMED FAISAL	19/11/2004	ELECTRONICS	II	CARROM	2022-2023	WINNER
2	225606	M. IYYAPPAN	5/6/2004	MECHANICAL	I	CARROM	2022-2023	WINNER
3	225704	S. ANWAR	26/2/2005	MECHANICAL	II	CARROM	2022-2023	WINNER
4	223629	S.VELDOSS	21/11/2003	ELECTRICAL	I	CARROM	2022-2023	WINNER

OBJECTIVES

- Improve shot precision (striker control, angle, speed)
- Enhance ability to plan multi-move sequences (strategy)
- Build stamina of concentration, mental calm under match conditions

WEEKLY LAYOUT

WEEK FOCUS ACTIVITIES

Week 1 Fundamentals & Assessment

- Assess strengths: break shots, rebound shots, board control
- Work on grip, strike technique, stance
- Basic shots repeatedly: straight shots, angle shots
- Mental training: concentration, patience exercises

Week 2 Advanced Shots & Strategies

- Rebound/back shots, double/carrom rebounds
- Defensive play: returning opponent's attack, safety shots
- Practice tricky angles, thin shots, bounces
- Simulation of match pressure: timed games, partner pressure

Week 3 Match Simulation & Consistency

- Full carrom games with opponents, tournament format
- Pressure situations: last two coins, must win boards
- Strategy: planning moves ahead, predicting opponent's responses
- Mental endurance: longer sessions, staying focused when behind

Week 4 Taper & Sharpness

- Cut back on volume, maintain sharpness
- Light practice: focusing on consistent shots, not trying new techniques
- Mock matches
- Mental rehearsal: visualization, calmness under pressure
- Rest eyes, avoid fatigue, good sleep

SESSION COMPONENTS

Warmup:

- wrist and finger exercises, light stretching
- Rehearsal of key shots (break, rebound, board control)
- Strategy discussion with coach / peers (board reading, move planning)
- Mental training: breathing, concentration techniques (e.g. mindfulness)
- Cool-down: hand, wrist relaxation, stretching

With lots of practice match with each other they were able to perform well in different situation. During Competition they were able to face any critical situation with an ease through their performance and secured WINNER in the Divisional level tournament and qualified for State level tournament.

Training was given for the state level tournament. Mistakes were been corrected from the previous tournament and the students improved a lot during the training time before the State level tournament.

In the State level tournament, our students secured 4th position.





CHESS

Preparation in chess is more mental, but physical well-being also contributes. For tournament readiness: openings, tactics, endgames, plus managing game time, nerves.

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Chess team.
- For selection trial more than 10 students came to participate; from more than 10 students 5 were selected to represent the College Chess team for the year 2022-2023.
- Training started one month prior to the competition date 16.09.2022 & 17.09.2022

SL. NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSITION
1		N. SURESH	21/7/2006	ELECTRICAL	I	CHESS	2022-2023	PARTICIPATION
2	213127	S. MURUGESAN	29/9/2003	ELECTRICAL	II	CHESS	2022-2023	PARTICIPATION
3	213121	T. MAHARAJAN	21/9/2005	ELECTRICAL	II	CHESS	2022-2023	PARTICIPATION
4	215605	K. GILSON BEER MOHAMED	3/5/2005	MECHANICAL	II	CHESS	2022-2023	PARTICIPATION
5		M. PRAKASH KUMAR	10/6/2007	ELECTRICAL	I	CHESS	2022-2023	PARTICIPATION

OBJECTIVES

- Sharpen tactical vision, calculation speed
- Review and deepen opening repertoire, middle game plans, endgame knowledge
- Practice time-management, psychological resilience in critical positions

WEEKLY LAYOUT

WEEK FOCUS ACTIVITIES

Week 1 Assessment & Foundations

- Identify opening repertoire: work on weak lines
- Solve tactical puzzles daily: forks, pins, skewers, deflections
- Basic endgames: king and pawn, rook endings
- Play slow games to assess strategic understanding

Week 2 Deepening & Strategy

- Study annotated master games in your preferred openings
- Work on middlegame themes: pawn structures, typical plans
- Increase difficulty of tactics; timed tactics
- Endgame practice: more complex endings (minor piece, opposite color bishops etc.)

Week 3 Match Practice & Simulation

- Play practice tournaments / matches under tournament time controls
- Post-mortem analysis: mistakes, time usage, psychological errors
- More tactics, with mixed themes
- Visualization / blindfold practice if possible

Week 4 Tapering & Psychological Prep

- Fewer new content; revise openings, key endgames
- Maintain solving tactics but reduce volume to avoid burnout
- Mental visualization: simulate tournament settings
- Physical rest, good sleep, manage stress
- Perhaps a few light games to stay sharp

SESSION COMPONENTS

Warm up:

- Tactical puzzle or two
- Opening review
- Play game(s) or analyze games
- Endgame drills
- Review key positions from past games
- As tournament nears, shorter sessions with high focus

ADDITIONAL TIPS

- Keep a notebook of last-minute errors to avoid repeating them
- Time management practice (both with clock)
- Use of software / databases to prepare against likely opponents if known
- Stay physically healthy: posture, avoid fatigue, good lighting

During competition our students could not win the top position.



BADMINTON

This is physically demanding; speed, agility, stamina, skill (smash, drop, net, defense) are all important. Also, tactical awareness.

- Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Badminton team.
- For selection trial more than 10 students came to participate, from more than 10 students 4 were selected to represent the College Badminton team for the year 2022-2023.
- Training were started one month prior to the competition date 16.09.2022 & 17.09.2022

SL. NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSITION
1	205623	M. NATARAJAN SABARI AKASH	12/12/2004	MECHANICAL	III	BADMINTON	2022-2023	PARTICIPATION
2	203118	M. KRISHNA	25/6/2005	ELECTRICAL	III	BADMINTON	2022-2023	PARTICIPATION
3		G. SANKAR MAADHESH	30/10/2006	ELECTRICAL	I	BADMINTON	2022-2023	PARTICIPATION
4		A. DEEPAK	25/10/2004	CIVIL	II	BADMINTON	2022-2023	PARTICIPATION

OBJECTIVES

- Improve footwork, quick directional changes
- Increase power and consistency in shots (smashes, drops, clears)
- Endurance to last multiple matches; mental resilience

WEEKLY LAYOUT

WEEK FOCUS ACTIVITIES

Week 1 Basics & Physical Prep

- Assessment of stroke technique: clears, drops, drive, net play
- Footwork drills: on court movement patterns, shadow play
- Physical training: agility, endurance, strength (legs, core)
- Practice consistency: hitting to target areas

Week 2 Shot-Variety & Tactical Work

- Work on offensive shots: smash, jump smash, attack play
- Defense: blocks, drives, clearing under pressure
- Doubles/singles strategy depending on event
- Simulated rallies with variation, speed work

Week 3 Match Play & Pressure

- Practice matches under tournament rules, both singles & doubles if applicable
- Pressure drills: playing from behind, closing matches
- Mental training: dealing with unforced errors, handling long rallies
- Fine-tuning serves, net kills deceptive shots

Week 4 Tapering & Peak Readiness

- Reduce volume, maintain intensity
- Light technique work: accuracy over power
- Match rehearsals: warm-ups, pre-match routine
- Rest, recovery (massage, physiotherapy)
- Mental rehearsal: visualize match, opponent reactions, stress situations

SESSION COMPONENTS

Warm-up:

- Dynamic stretches, footwork ladder, light shuttle runs
- Technical stroke practice
- Match or rallying practice
- Fitness work: interval, agility drills
- Cool-down, stretching, injury prevention

ADDITIONAL TIPS

- light, balanced, avoid heavy meals pre practice
- Hydration especially in hot climates
- Proper footwear and gear
- Rest and recovery are vital given the physical load

During competition our students could not win the top position.

TOURNAMENTS CONDUCTED

Our college conducted the IPAA Tirunelveli Divisional Table Tennis tournament in the year 2022-2023.

4 teams participated in this tournament.

Winners of the tournament - PACR Polytechnic college.

Runners of the tournament - MORNING STAR Polytechnic college



SAMPLE MONTHLY SCHEDULE (COMBINED / BALANCED)

If one has athletes across these sports or multiple players in multiple sports, a sample weekly schedule (assuming practice in evenings + some sessions in morning) might be:

Monday: Cricket net practice + fitness; Carrom precision practice

Tuesday: Badminton footwork & strokes; Chess tactical puzzles + strategic game

Wednesday: Fielding & match simulation cricket; Carrom match simulation

Thursday: Badminton match play; Chess review + endgame drills

Friday: Special sessions / weaknesses (e.g. spin bowling, defense in badminton)

Saturday: Tournament-style matches in cricket / badminton; Carrom / Chess internal competitions

Sunday: Rest / active recovery; mental prep (visualization, reviewing past games), light tactical work

Use their cricket ground & net practice facilities to simulate matches and ensure players are comfortable with both nets and full pitch conditions.

For games like carrom and chess, using indoor facilities with good lighting and quiet environment helps. SPC's indoor spaces could serve this.

The Physical Education department's conditioning programs already exist; they should be aligned closely with the sport-specific demands (e.g. cricket vs badminton have different fitness profiles).

Since SPC has recognition for state/district representation, identifying players early (1 month or more) and giving them extra match exposure will help.



65th ANNUAL SPORTS MEET



Principal, Staff & Students of
SANKAR POLYTECHNIC COLLEGE
SANKAR NAGAR – 627 357.

Request your august presence on the occasion of

65th Annual Sports Meet

At 3.00 PM on Friday the 24 MARCH 2023

At the Polytechnic Premises.

Has kindly consented to inaugurate the Sports Meet and
Distribute the Prizes.

WELCOME TO ALL

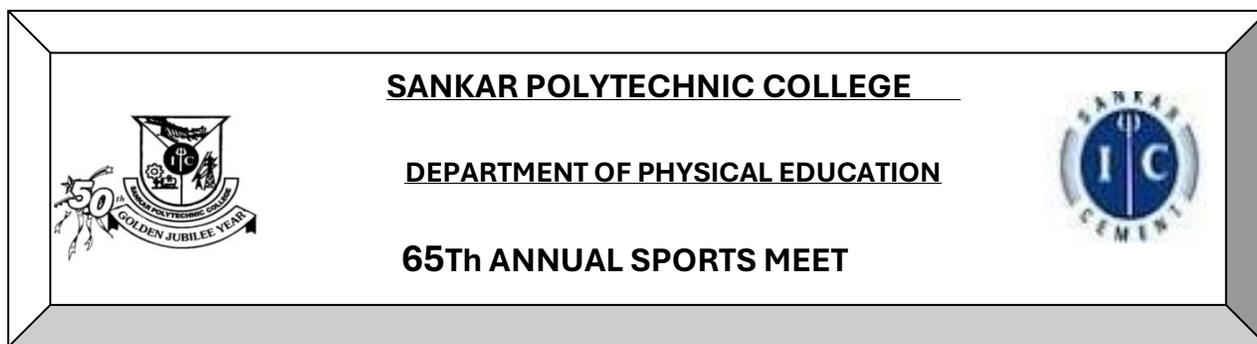
Sankar Polytechnic College

Annual Sports Meet 2022-2023

“SOUND MIND IN A SOUND BODY”. Physical Education Department, Sankar Polytechnic College (Autonomous), Tirunelveli organized the Annual Sports Meet in our college premises on 24-03-2023. Thiru T.S Padmanaban ICL Joint General Manager Finance, kindly consented as Chief Guest and honored the gathering, Thiru V Bala Subramanian Consultant ICL, felicitated the gathering as Guest of Honor, Principal Dr. A Sankara Subramanian presided over the function. Our College Head of the Departments, Faculties, Teaching and Nonteaching staffs were participated and encouraged the students. Various events such as 100m, 200m, 400m, 800m and 1500m running, Long Jump, High Jump and Javelin Throw, Triple jump were conducted for boys and girls separately.

Finally winners were honored& appreciated with medals and certificates. Mr. Varathan Physical Director had presented the annual report and the function came to an end with National Anthem.





2022 – 2023 SPORTS MEET RESULT

Boys

100 mts

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
223144	N.Suresh	I EEE	
225104	A.Arunkumar	I Mech	
225635	U.Vimalkarthikeyan	I Mech	
223603	H.Asarafmydeen	I EEE	

200 mts

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
223105	E.Androws Williams	I EEE	
223205	G.GopalaKrishnan	II EEE	
225104	A.Arun Kumar	I MECH	
223120	N.Karthik Kumar	I EEE	

400 mts

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
213606	M.Rajavelperumal	II EEE	
204118	B.Prasannagopi	III ECE	
201133	K.Selvanarayanan	III CIVIL	
201107	R.Esakkiraja	III CIVIL	

800 mts

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
223611	S.Jeyasheelan	I EEE	
223205	G.Gobalakrishnan	II EEE	
222202	A.Arun	II CT	
222125	P.Vanumamalai	I CT	

1500 mts

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
223611	S.JeyaSheelan	I EEE	
223205	G.Gopala Krishnan	II EEE	
213606	M.Rajavel Perumal	II EEE	
225604	S.EssakkiMuthu	I MECH	

JEVALIN THROW

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
204112	P.MohamedAshikMasthan	I ECE	
213107	M.Dinesh Kumar	II EEE	
213127	S.Murugesan	II EEE	
201120	P.Mohamed Shameem	III CIVIL	

DISCUS THROW

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
201119	V.Maharaja	III CIVIL	
223212	S.Rahul Krishann	II EEE	
223205	G.Gopala Krishnan	II EEE	
213606	M.Rajavel Perumal	II EEE	

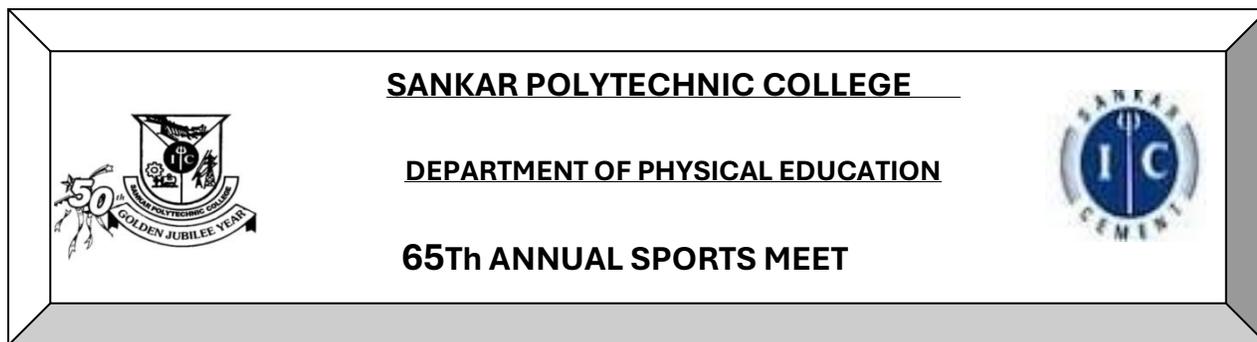
LONG JUMP

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
215110	S.Deepak Kumar	II MECH	
215209	P.Raghupathy	III MECH	
225104	A.Arun Kumar	I MECH	
223105	E.Androws Williams	I EEE	

SHOT PUT

SL. NO	NAME	DEPT/ YEAR	SIGNATURE
204112	P.MohamedAshikMasthan	III ECE	
223205	G Gopala Krishnan	II EEE	
201119	V.Maharaja	III CIVIL	
213150	M.Thampurattimanikandan	II EEE	





2022 – 2023 SPORTS MEET RESULT

Girls

100 mts

REG. NO	NAME	DEPT/ YEAR	SIGNATURE
211205	P.SriRamalaxmi	CIVIL (III)	
212201	S.T.Ompriya	CT (III)	
202101	R.Abirami	CT (III)	
214101	M.Abirami	ECE (II)	

200 mts

REG. NO	NAME	DEPT/ YEAR	SIGNATURE
201142	B.Susma	CIVIL (III)	
204113	J.Nithya	ECE (III)	
214206	G.Sutha	ECE (III)	
202101	R.Abirami	CT (III)	

400 mts

REG. NO	NAME	DEPT/ YEAR	SIGNATURE
204113	J.Nithya	ECE (III)	
214206	G.Sutha	ECE(III)	
201142	B.Susma	CIVIL (III)	
212201	S.T.Ompriya	CT (II)	

SHOT PUT

REG. NO	NAME	DEPT/ YEAR	SIGNATURE
211205	P.SriRamalaxmi	CIVIL (III)	
201127	E.Petchiammal	CIVIL (III)	
223206	A.Kanimozhi	EEE (II)	
204101	S.Aarthikanaga	ECE (III)	

JEVALIN THROW

REG. NO	NAME	DEPT/ YEAR	SIGNATURE
214206	G.Sutha	ECE (III)	
204101	S.Aarthikanaga	ECE (III)	
214204	M.PremaMalathi	ECE (III)	
223206	A.Kanimozhi	EEE (II)	

DISCUS THROW

REG. NO	NAME	DEPT/ YEAR	SIGNATURE
214206	G.Sutha	ECE (III)	
214101	M.Abirami	ECE (II)	
204113	J.Nithya	ECE (III)	
211205	P.SriRamalaxmi	CIVIL (III)	

LONG JUMP

REG. NO	NAME	DEPT/ YEAR	SIGNATURE
204101	S.Aarthikanaga	ECE (III)	
214206	G.Sutha	ECE (III)	
202101	R.Abirami	CT (II)	
212107	R.Nandhini	CT (II)	

