



**THE STANDARD FIREWORKS RAJARATNAM COLLEGE FOR WOMEN (AUTONOMOUS),  
Sivakasi**

(Affiliated to Madurai Kamaraj University, Reaccredited with "A" Grade by NAAC,  
College with Potential for Excellence by UGC & Mentor Institution under UGC PARAMARSH)

**NAAC SSR Cycle IV (2015-2020)**

**4.1 Physical Facilities**

**4.1.2 Sports and Cultural Facilities**

**Additional Information**



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## **Sports and Cultural Activities**

### **Sports**

The aim of Sports is to connect the mind, body, and spirit. It strengthens the ability to get socialized and to develop healthy and positive relationships with their friends and family, the intellectual development, to acquire leadership skills, to become globally-minded and to improve their emotional health. For the holistic development of students, orientation and training programmes were given on “Traffic Rules & Safety measures”, “Kavalan SOS App”, Body Mass Index, Yoga techniques, Meditation, Pranayama techniques and Martial Arts.

### **Activites:**

**08.08.16, 09.08.16 & 16.08.16:** A three Day "**Meditation and Relaxation**" programme was conducted by Dr.V.Balasubramanian, Retd. Professor AJ College, Thiruthangal Shri Rama Krishna Mission on 08.08.16, 09.08.16 & 16.08.16.

**04.05.19:**

**V.M. Sathya Priya of II B.Sc. IT** performed **100 times of Surya Namaskar in 20 mins** with 100 students (Group World Record) at Namakkal and her record was considered as New World Record and her record was registered in the **Noble World Record Registry. Record No. NWR/517/2019.**

**04.07.19: Martial Arts**

**Resource Person:** Mr. P. Kannan, Silambam Master, Naranapuram, Sivakasi.

**08.07.19:** Scout and Guide orientation was given to all the first year UG students by District Scout officers.

**11.07.19 : World Population Day** - Planting of Sapplings at Vinayagar Temple. 3600 students participated.

**Resource Person:** Mrs. Vijayalakshmi Chiranjeevirathnam, Member, College Management Committee

**21.07.19 : Yoga for Women** at New Indoor Stadium. 3600 students participated.

**Resource Person:** M. Thirupathi Raja, Wisdom Teacher, World Universal Peace Foundation, Udumalpet.

**24.07.19 : Meditation for Women** at New Indoor Stadium. 3600 students participated.

**Resource Person:** Mrs. Vijayalakshmi Chiranjeevirathnam, Member, College Management Committee.

**23.1.2020:** A Meeting on “**Traffic Rules & Safety Measures**” was conducted by the East Police Station, Sivakasi.

**31.1.2020:** A meeting on “**Kavalan SOS App**” was conducted.

**Resource Person:** Mrs. Alagujothi, Sub Inspector, Town Police Station, Sivakasi

## **YOUTH WELFARE FORUM**

Youth Welfare Forum explore the avenues for the overall development of students by organising Annual Talent Shows & Fine Arts Fiesta to encourage the students to participate in inter-collegiate competitions.

**11.07.2018 & 12.07.2018: Fine Arts Fiesta 2018** was conducted and about **20 competitions** such as Imitation Dance, Vocal Duet, Cooking, Hand Embroidery, Rangoli, Classical Dance, Theme Dance, Best Photography, Mono Act, Wall Decors Making, Mehendi, One Act Play, Dance of India, Western Vocal Solo, Pencil Drawing, Folk Vocal Group, Stress Manager, Vocal Duet, Short Film making and Continental Dance were conducted and about 500 students participated and exhibited their talents. The winners of the competitions were awarded prizes. Youth Welfare Forum won **1058 Prizes and 24 overall shields** in various levels of competitions.

**29.06.19: Talent show** was conducted for all first-year students to exhibit their talents.

**08.08.19 & 09.08.19: Fine Arts Fiesta 2019** was organized. 11 different stage events and 8 different non-stage events were conducted. Students from all the departments exhibited their talents and won various prizes.

### **Remarkable Achievements**

**07.10.2017 & 08.10.2017:** Secured first place in Basketball & Badminton in MGR centenary celebration Sports & Games Competitions held at Virudhunagar and was honored by the Honorable Chief Minister on 23.10.2017 at Sivakasi.

**10.08.19: Yoga Competition:** R. Madhumitha, II B.Sc. (IT) secured **I Place** in the Special Category competition and **IV Place** in the Championship competition. She was selected to represent our country in the International level Yoga Competition at Turkey in December 2019.

**17.08.19:** The Department of Physical Education organized Noble World Record Programme with 966 students formed World largest human tree.

R. Madhumitha I B.Sc (IT) performed **Noble World Record** by doing **Danurasana** by hanging in a ring for 5 mins.

**10.12.19:** D. Vishaka Varshini of III B.A English was selected to participate in the All India Inter University Volleyball Tournament at SRM University, Chennai from 06.12.19 to 10.12.19.

**10.01.2020:** S. Hari Jai Sri of II B.Com was selected to represent MKU Ball Badminton Team in the All India Inter University Ball Badminton Tournament at Andra University, Visakapatnam from 7.1.2020 to 10.01.2020.

**7.2.2020:** College Youth Welfare team won **Overall Shield** and a **cash prize of ₹10,000/-** in the intercollegiate competition conducted by Mangayarkarasi College of Arts and Science, Paravai, Madurai.