



ST. IGNATIUS COLLEGE OF EDUCATION
(AUTONOMOUS)
Accredited with 'A' grade by NAAC (Second Cycle)
Palayamkottai – 627 002

SPORTS AND HEALTH COMMITTEE

Objectives:-

The objectives of the Sports and Health committee are as follows:-

- To develop awareness regarding the importance of physical fitness and person health in individual and social life.
- To make the students physically, mentally and emotionally fit and to develop such personal and social qualities that will help them to be good human beings.
- To develop interest in exercise, sports and games for self-satisfaction and make it a part of life.
- To enable an individual to enhance inner qualities – self-mastery, discipline, courage, confidence and efficiency.
- To create awareness among students about rules of safety in appropriate hazardous situations to avoid accidents and injuries.
- To help children growth as responsible citizens by inculcating in them certain social and moral values through games, sports, Red Cross etc.
- To inculcate values and skills in children in order to promote self-control, concentration, peace and relaxation to avoid the ill effects of stress, strain and fatigue of routine everyday life.
- To help release of emotional stress, anxiety and tension, leading to a reduced risk of depression.
- To help strengthen peer relationships, social bonding, buddy mentor ship and team camaraderie.
- To develop more positive attitude towards challenges, wining and losing, thus preparing students for life and for the workplace.

Functions:-

The functions of the Sports and Health committee are as follows:-

- Conducting intramural competitions and preparing players for intercollegiate competitions.
- Providing yoga training for students and aerobics training to faculty.
- Conducting health and fitness related awareness programmes, seminars and workshops.
- Organizing traditional and nutritious food exhibitions.
- Distributing anti-oxidants to boost up immunity.
- Exhibits health related pamphlets in the notice boards.

Sr. Sr. Vasanthi Dheena

PRINCIPAL i/c
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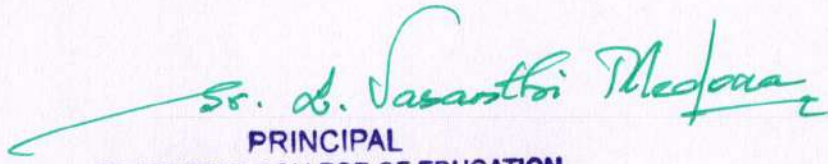
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Palayamkottai – 627 002

PHYSICAL AND MENTAL HEALTH CLUB

2024 -2025

S. No	Name of the Member	Category
1	Rev. Dr. L. Vasanthi Medona Principal	Patron
2	Dr. S. Josephine Director of Physical Education	Staff-Incharge
3	Ms. C. Chardict Jeba I Year B.Ed., Student Teacher	President
4	Ms. G. Jesy I Year B.Ed., Student Teacher	Vice President
5	Ms. V. Nisha Jai Sreedevi I Year B.Ed., Student Teacher	Secretary
6	Ms. K. Rohini Praveena I Year B.Ed., Student Teacher	Joint Secretary
7	Ms. DR. Roseni Jebamalar I Year B.Ed., Student Teacher	Treasurer


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PHYSICAL AND MENTAL HEALTH CLUB

2024 -2025

S. No	Name of the Member	Category
1	Rev.Dr.L.Vasanthi Medona Principal	Chairperson
2	Dr. S. Josephine Director of Physical Education	Staff-Incharge
3	Dr. T. Jeya Selva Kumari Assistant Professor in Perspectives of Education	Staff-Incharge
4	Ms. R. Hari Keerthana I Year B.Ed.Student Teacher	President
5	Ms. P. Muthu Veni I Year B.Ed., Student Teacher	Vice President
6	Ms. J. Jaya Sudha I Year B.Ed., Student Teacher	Secretary
7	Ms. M. Seetha Lakshmi I Year B.Ed., Student Teacher	Joint Secretary
8	Ms. M. Asha I Year B.Ed., Student Teacher	Treasurer


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SPORTS AND HEALTH COMMITTEE

2021-2022

S. No.	Name of the Member	Category
1.	Rev.Sr.Dr. L.Vasanthi Medona Principal i/c	Chairperson
2.	Dr. S. Josephine Director of Physical Education	Member
3.	Dr. J. Maria Prema Assistant Professor of Education	Member
4.	Mrs. S. Jebasheela Jenifer Assistant Professor of Physical Science	Member
5.	Mrs. A. Lilly Maria Praveena Assistant Professor of Education	Member
6.	Dr. V. Jani, Assistant Professor of Education	Member
7.	Ms. S.Chharu Eunice Student Teacher	Student Representative

Sr. L. Vasanthi Medona
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2020-2021

S. No.	Name of the Member	Category
1.	Dr. M. Maria Saroja Principal i/c	Chairperson
2.	Dr. S. Josephine Assistant Director of Physical Education	Member
3.	Mrs.S.Mary Sundara Bain (Spl.G) Art and Craft Instructress	Member
4.	Dr. J. Maria Prema Assistant Professor of Education	Member
5.	Mrs. S. Jebasheela Jenifer Assistant Professor of Physical Science	Member
6.	Mrs. A. Lilly Maria Praveena Assistant Professor of Education	Member
7.	Dr. V. Jani, Assistant Professor of Education	Member
8.	Ms. Mano Selshiya Student Teacher	Student Representative

Ss. L. Vasanthi Medona
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SPORTS AND HEALTH COMMITTEE

2019-2020

S. No.	Name of the Member	Category
1.	Rev. Sr. Dr. A. Nirmala Devi Principal i/c	Chairperson
2.	Dr. S. Josephine Assistant Director of Physical Education	Member
3.	Mrs. S. Mary Sundara Bai (Spl.G) Art and Craft Instructress	Member
4.	Dr. J. Maria Prema Assistant Professor of Education	Member
5.	Mrs. S. Jebasheela Jenifer Assistant Professor of Physical Science	Member
6.	Mrs. Viji Assistant Professor of Mathematics	Member
7.	Mrs. A. Lilly Maria Praveena Assistant Professor of Education	Member
8.	Ms. M. John Pisho Student Teacher	Student Representative

S. K. Vasanthi Medona

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2018-2019

S. No.	Name of the Member	Category
1.	Rev. Sr. Dr. A. Nirmala Devi Principal i/c	Chairperson
2.	Dr. C. R. Gladys Stella Bai Director of Physical Education	Member
3.	Dr. A. Faritha Begam Assistant Professor of Education	Member
4.	Mrs. S. Mary Sundara Bai (Spl.G) Art and Craft Instructress	Member
5.	Dr. S. Josephine Assistant Director of Physical Education	Member
6.	Mrs. J. Subha Shini Assistant Professor of Education	Member
7.	Ms. Jeya Preetha Assistant Professor of English	Member
8.	Ms. B. Ishwarya Student Teacher	Student Representative

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2017-2018

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1.	Rev. Sr. Dr. A. Nirmala Devi Principal i/c	Chairperson
2.	Dr. C. R. Gladys Stella Bai Director of Physical Education	Member
3.	Dr. A. Faritha Begam Assistant Professor of Education	Member
4.	Mrs. S. Mary Sundara Bai (Spl.G) Art and Craft Instructress	Member
5.	Mrs. S. Christy Jemima Assistant Professor of Tamil	Member
6.	Ms. M. Mary Mejella Christy Assistant Professor of English	Member
7.	Mrs. J. Subha Shini Assistant Professor of Education	Member
8.	Ms. Mano Kutty Student Teacher	Student Representative

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2016-2017

S. No.	Name of the Member	Category
1.	Dr. R. Rajeswari Principal	Chairperson
2.	Dr. C. R. Gladys Stella Bai Director of Physical Education	Member
3.	Dr. N. Theresita Shanthi Assistant Professor of Physical Science	Member
4.	Mrs. G. Kanagamani (S.G) Librarian	Member
5.	Mrs. S. Mary Sundara Bai (Spl.G) Art and Craft Instructress	Member
6.	Mrs. S. Christabel Bobby Assistant Professor of Mathematics	Member
7.	Mrs. P. Jenitha Assistant Professor of Biological Science	Member

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