



**THE TAMIL NADU DR.AMBEDKAR LAW UNIVERSITY**  
**SCHOOL OF EXCELLENCE IN LAW**

(State University Established by Act No.43 of 1997)

M.G.R.Salai, [Near Taramani Railway Station], Perungudi, Chennai – 600 113



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*Assistant Director of Physical Education*

Dated:18.12.2022

*Annual Report 2021 to 2022*

**Aims and Objectives:**

To develop the following qualities among the students of School of Excellence in law.

- To develop the Health
- To develop the Personal Development
- To develop the Leadership
- To encourage sportsmanship competitions among the colleges involved.
- To organize Inter-Collegiate tournaments in the recognized games and sports, towards selection of University Teams.
- To raise the general standards of sports and games towards achievement in Inter-University / National / Inter-National tournaments.
- To organize the National Sports Events for the total personality development of all students in order to serve the community towards its advancement.
- To identify the talent of students and strive towards excellence at State, National and International levels.

To encourage sportsmanship and healthy competitions among the colleges involved. To organize Inter law collegiate competition / tournaments in the recognized games and sports, towards selection of University Teams. To raise the general standards of sports and games towards achievement in Inter-University / National / Inter-National tournaments. To organize the National Sports Organisation programme for the total personality development of all students in order to serve the community towards its advancement. To encourage such other activities which may be conducive to the aims and objectives of TNDALU Department of Physical Education Sports.

## **Conduct of Sports & Games:**

The various Sports and Games to organize Inter law collegiate competition Organizing Secretary (Physical Director) and Coordinator (Principal) responsible for the sports activities of the Inter law collegiate competition.

## **University Teams :**

The followed by sports and Games inter law collegiate tournaments the University team selection committee will select the university teams based on the performance of players in the inter law collegiate basis tournaments. The selected university tames will participate in coaching camps prior their participation in inter-University tournaments.

## **Paralympic Sports Meet :**

To take care of the physically challenged students of The Tamil Nadu Dr.Ambedkar Law University who have interest in sports and games, special tournaments are organized once in a year, State level tournaments, in athletics and other games, depending on the entries received.

## **Annual Sports Day :**

Campus intramural activities will commence from February 1st week every year. Students are divided into different houses. Activities including all major games will be organized in the evenings and on holidays. Track and field events will be conducted on the Sports Day which takes place usually during the month of March. Sports activities for staff will also be conducted on the Sports day.

The Annual Sports day Function to honour the outstanding sports persons best performing of the achievements in State level Inter law collegiate competition Inter-University / National / Inter-National tournaments.

## **National Sports Organization**

Tamil Nadu Dr.Ambedkar Law University strives constantly to improve personality development of all sportspersons so that they can serve the community for its advancement. In this direction, as part of the AIU Sports Regulations 2012, all the Undergraduate students should enroll on admission to one of the character development programmes, namely National Cadet Corps (N.C.C.), National Social Service (N.S.S.) and National Sports Organization (N.S.O.) under the personality Character Development Programme. On assessment, it is found that these activities have brought discernible change in the attitude of students not only towards their fellow but also towards values of life.

### **Activities of N.S.O. Students**

The N.S.O Programme is divided into two parts:

- **Regular Activities**

(Regular Sports Classes are conducted in the evening on all working days between 4.00 p.m. to 6.00 p.m. A Comprehensive sports schedule is in practice, which includes fitness, training, coaching in Sports & Games. It is mandatory for all the NSO students to have at least 80 hours of attendance to enroll themselves in the NSO camp which will be conducted at the end of the academic year.)

- **Residential Camp**

The camp is conducted for all NSO students for about ten days, during which the students are made to undergo training in specific sports and games. Activities such as Yoga, First Aid, Swimming are also given due importance. Inter-group competitions are also held during the camp to inculcate the spirit of Sportsmanship. The camp programme is generally organized during 3rd and 4th week of May and June month of every year. The coaches/ Experts are deputed from Sports Authority of India/SDAT and reputed institutions.)

## **Nature of Sports Activities**

1. The School of Excellence in Law Students is divided into Eight Teams (Both Men & Women).
2. Total Number of Games and Sports organised are 15 events..
3. Competitions are conducted on Inter Law collegiate Sports Meet and Law Schools Sports Meet, Intramurals Sports Meet and Open Tournament.
4. Annually nearly 600 Students participate and acquire competitive experience.
5. University Players are selected based on their performance in the Inter Law Collegiate Sports Meet.
6. Summer Coaching Camps and Sports Day Function are organised annually during the month of March and that of April.
7. Awareness Sports Meet and All India Inter University Sports/Games Competitions are organized annually.
8. Annual selections are conducted to prepare the School of Excellence in Law Teams (15 disciplines), for participation in the Inter-University Competition Organized by Association of Indian University.
9. To Organize Tamil Nadu Dr.Ambedkar Law University Teaching Staff and Administrative Staff Games and Sports Meet (10 disciplines).

All the above events are designed to effectively develop sports skills and inculcate the ethics of Character building and that of the spirit of friendship and competitiveness.

## **SPORTS INFRASTRUCTURE FACILITIES**

Sports and Games being an integral part of School of Excellence in Law's value based educational scheme. The following facilities are promoted and maintained for the students, which also involves the future schemes.

<b>Sl. No</b>	<b>Name of the Sports and Games</b>	<b>Infrastructure Facilities</b>
1.	Football	One multi-purpose field (including for Athletics With 200 mts track of 6 lanes). With cement gallery to accommodate 1000 spectators (To be implemented in new campus).

2.	Cricket	1 field; Used for multi-purposes (To be implemented in new campus).
3.	Volleyball	1 Court (Presently Available); 1 Court with state of the art facilities (To be implemented in new campus).
4.	Basketball	1 Court, cement floor with requisite facilities (To be implemented in new campus).
5.	Hockey	One field (natural grass) with fencing all around (To be implemented in new campus).
6.	Tennis	1 Court (clay court) (To be implemented in new campus).
7.	Ball Badminton	1 Court (Presently Available); 2 Courts (To be implemented in new campus).
8.	Badminton	Indoor (To be implemented in new campus).
9.	Weight Training Room	(To be implemented in new campus).
10	Athletic Equipments	Basic materials are available. All kinds of equipment of National Standard Specifications to made available in the new campus.
11.	Chessboards	25 Boards are Available.
12.	Table Tennis Boards	1 Table Available; 2 Tables (To be implemented in new campus).
14.	Yoga	To provide training for students by Yoga experts, to be organised in the new campus.
15.	Fitness Centre/Gym	Multipurpose and well equipped fitness centre to be made available in the new campus.

## **II. INTENSIVE TRAINING FOR COMPETITIVE SPORTS PERSONS**

The School of Excellence in Law maintains high standards in sports. Talented sports person and eminent coaches have emerged from our Institution. The coaches attached to Sports Development Authority of Tamil Nadu provide systematic training for our players throughout the year. The teams of leading institutions are invited to our campus for playing practice matches. Our team participates in all the Inter Law Collegiate Tournaments and All India Law School Tournaments organised by the Sports Association of State of Tamil Nadu organised in and outside Chennai.

## **LAURELS GALORE:**

1. The School of Excellence in Law has been emerged continuous victors by winning The Tamil Nadu Dr. Ambedkar Law University Inter Law Collegiate Rolling Trophy and for producing the Maximum number of University Players in an Academic Year for a period of more than 10 years without a break.
2. The School of Excellence in Law Volley Ball Team has won the Inter law collegiate tournament and got its name inscribed on the Prestigious Cup for a record number of 9 times in its 15 years history of the Meet.
3. The School of Excellence in Law teams have been proving their supremacy in the Inter Collegiate Tournaments in all games by winning 10 cups and trophies every year.

### **SPORTS ACHIEVEMENTS & FITNESS ACTION PLAN**

#### **SCHOOL OF EXCELLENCE IN LAW**

#### **THE TAMIL NADU DR. AMBEDKAR LAW UNIVERSITY**

### **THE DAILY PHYSICAL ACTIVITY PROGRAM**

The daily physical Activity program has started for the students (men and women) under the supervision of physical instructors. The program starts with the morning activity at 6.00 AM consisting of warm up session followed by different types of physical fitness variables oriented training, aerobic and yoga activities. The evening sports activities starts from 4.00 PM to 6.30 PM.

### **GYMS**

SOEL TNDALU is fully equipped with gym equipments for boys, girls and faculty. Our Gym are equipped with advanced fitness training equipment's including Treadmills, Multi station gym etc. The gyms are open on all week days 6.00am -8.00am and from 4.00pm to 6.30 pm.

### **TRAINING THE STUDENTS FOR VARIOUS SOUTH ZONE TOURNAMENTS**

The sports SOEL is motivating and training the students to participate in different inter-university sports tournaments. The training and selection processes start well ahead of the actual competition dates. The teams and individual participants were selected based on their performance in selection trails.

### **WALKING CLUB**

To ensure the daily physical activity, a walking club is planned to be stated for the TNDALU community to safeguard health.

### **WORKSHOPS AND SEMINARS ON YOGA**

To create awareness on the importance of Yoga for healthy wellbeing, sports TNDALU is planning to conduct workshops, seminar along with practice sessions on Yoga on monthly basis.

### **AEROBICS CLASSES FOR WOMEN**

To enhance the physical fitness in girl students and women, aerobic and zumba classes will be started. Forty five minutes of workout will gradually improve the motor fitness.

### **INVITATION MATCHES WITH NEARBY CLUBS**

Invitation matches in Cricket, Football, Badminton and basket ball are planned to be conducted to enhance the sports skills among the SOEL students. The clubs and teams from nearby colleges will be invited to participate in the matches. These kinds of activities are useful to improvement of skills and for getting match experience.

### **INTRAMURAL COMPETITIONS DURING THE ACADEMIC YEAR**

Intramural competition will be conducted every year in Sports and games. This will be helpful to identify the talented and outstanding players in different events. This can also be a way to improve the quality of leisure time activity.

### **MARATHON AND WALKATHON**

To increase awareness of the importance of daily physical activity, we are planning to conduct different marathon and walkathon competitions around the campus. It will create awareness in the general public to become fit and lead a healthier life.

**THE TAMIL NADU DR.AMBEDKAR LAW UNIVERSITY**  
**School of Excellence in Law**  
**Sports & Games**  
**ACHIEVEMENTS - PERFORMANCE - ORGANIZEDSPORTS EVENTS**  
**Annual Report 2021 to 2022**

**INTENSIVE TRAINING FOR COMPETITIVE SPORTS PERSONS**

The School of Excellence in Law maintains high standards in sports. Talented sports person and eminent coaches have emerged from our Institution. Sportsmen are trained by coaches throughout the year. Our team participates in all the Inter Law Collegiate Tournaments and All India Law School Tournaments organised by the Sports Association of State of Tamil Nadu. Our college also participates in prestigious All-India tournaments organized by various Law Colleges.

**LAURELS GALORE:**

1. The School of Excellence in Law has been emerged victorious in the Tamil Nadu Dr. Ambedkar Law University Inter Law Collegiate Athletics meet, and our college produces the maximum number of athletes and sports-person representing the University in an Academic Year for a period of more than 10 years without a break.
2. The School of Excellence in Law **Athletics, Volley Ball, Cricket, Football, Throw Ball, Table Tennis, Chess Team** has won the Inter law collegiate tournament and got its name inscribed on the Prestigious Cup for a record number of 5 times in its 10 years history of the Meet.
3. The School of Excellence in Law teams have been proving their supremacy in the Inter Collegiate Tournaments in all games by winning 10 cups and trophies every year.

The School of Excellence in law Students play a major role in the success of the Tamil Nadu Dr. Ambedkar Law University Sports Discipline. This year 25 Students from School of Excellence have represented our University in All India Inter University and State Level representations in different disciplines and Two Students have represented the Tamil nadu State cricket (Men) Team and Table Tennis (Women) Team respectively.



## **Tournament Report**

### **ATHLETICS:**

**Jagadeeswaran, (B.B.A., L.L.B., Hons, 3<sup>rd</sup> Year)** Athletic from School of Excellence in law participated in the 35<sup>th</sup> Open state Junior Championship in krishnagiri - 2022

### **GOLF:**

**Oviya Reddi, (B.A., L.L.B., Hons, 4<sup>th</sup> Year)** from School of Excellence in law participated in the National golf Tournament conducted by the womens golf Association of India in the month of July 2022

She is also participated in Hero Women Pro golf meet held for the year 2022 from 12<sup>th</sup> july to 15<sup>th</sup> july 2022 and she finished 5<sup>th</sup> in the event.

She also participated in Prestige golfshire, Bangalore from 19<sup>th</sup> july to 22<sup>nd</sup> july 2022.

She also participated in Boulder Hill Golf & Country club, Hyderabad from 30<sup>th</sup> August to 2<sup>nd</sup> Sept. 2022.

She also participated in Dlf Golf & Country club, gurugram from 19<sup>th</sup> Sept. to 22<sup>nd</sup> Sept. 2022.

She also participated in National Games Gujarat from 2<sup>nd</sup> Oct. to 13<sup>th</sup> Oct 2022.

She also participated in Hero Womens Indian Open (Ladies European Tour Event)

### **Chess (Men):**

**Sachin Tendulkar (B.C.A., L.L.B., Hons, 3<sup>rd</sup> Year)** from **School of Excellence in Law** participated in State Chess Championship in the year 2022.

### **Aquatics (MEN)**

Our School of Excellence in law Students Rohit kumar (B.B.A.LL.B. Hons, 2<sup>nd</sup> Year) has participated in tamil nadu state Senior Aquatic Championship.

### **Archery (MEN):**



P.Kreshwar from BCA LLB (Hons.) 'B' sec , 2<sup>nd</sup> Year in School Of Excellence in Law. He is participated by representing Tamil nadu in many Nationals, and participated in state level competitions and won medals. This year I had participated in 15<sup>th</sup> State Archery Championship conducted by The Archery Association of Tamil nadu and won 1st rank in both Junior (U21) and senior category. He was selected to represent Tamil nadu in 42nd NTPC Junior Nationals conducted by Archery Association of India which is held on 3rd to 11th November 2022 in Goa.

### **Swimming (MEN):**

Poovarasan (B.Com. LL.B. Hons 2<sup>nd</sup> Year) from School of Excellence in law participated in the 1<sup>st</sup> Tamil Nadu state swimming Meet – 2022.

### **Karate (Men):**

Saran (B.Com.LL.B. Hons 3<sup>rd</sup> Year) from School of Excellence in law participated in the Karate Open Nationals Tournament – 2022.

## **Yogasana (Men):**

Prabharajan (B.C.A.LL.B. Hons 3<sup>rd</sup> Year) from School of Excellence in law participated in the Yoga Tamil Nadu & Puducherry Level Yogasana Championship – 2022.

## **Participated In Various Events.**

We have Conducted Inter-University Selection Trials at YMCA College, Chennai on 16<sup>th</sup> and 17<sup>th</sup> of Dec 2021.

After the Selection the Students of SOEL have participated in South Zone Inter University Volley Ball Tournaments at SRM University, Kattankulathur, Chennai on 18-12-2021 to 23-12-2021.

S.Pragathi, B.Com LLB (Hons) 4<sup>th</sup> Year Student have Participated in All India Inter University Boxing Tournament at Lovely Professional University at Punjab on 16<sup>th</sup> to 22<sup>nd</sup> Dec 2021.

SOEL Students have Participated in Tamil nadu State Archery Tournament and won the first place at MGR Janaki Women's College, Chennai on 25-10-2021 and 31-10.2021.

SOEL Student Mr. Kreshwar have Participated in All India Inter University Shooting Tournament at Chandigarh University at Punjab on 24<sup>th</sup> to 28<sup>nd</sup> Feb 2022.

# **THE TAMILNADU DR.AMBEDKAR LAW UNIVERSITY**

## **SCHOOL OF EXCELLENCE IN LAW**

**MAHITHA SURESH (INDIAN ARMY MARTIAL ARTS COACH) Bcom.L.L.B (Hons) , Vth yr**



*I'm Mahitha Suresh. I have been training the Indian army women officers since the year 2019 and My passion for sports and perseverance have led to success. I Won the Silver Medal in South Asian Taekwondo ITF Championship held at New Delhi in the year 2019 representing India, Won Silver Medal in National ITF Championship held at Goa in the year 2018. Won 2 Gold Medals in Karate Grand Prix held in Tokyo-Japan in the year 2019. Additionally won Silver Medal in Senior State Judo Championship held at TamilNadu in the year 2019. Presently my name has been added in "The Universal Book of Records" and "Future Kalam Book of Records" for breaking 150 bricks within 30 secs furthermore won the gold medal in the inter University Archery competition 2022 at YMCA Clg moreover won the gold medal in Kobudo championship 2022 at Jain clg. Also participated in the TamilNadu State Handball Championship held at Salem in the year 2022. Participated in TamilNadu State Archery Championship 2022. "Leading up to the Taekwondo World Championships 2023".*



## VOLLEY BALL TOURNAMENT



## KABABADI TEAM (M)



South Zone Inter University **KABABADI (M)** Tournament at SRM University Chennai, Our Students in School of Excellence in Law, The Tamil Nadu Dr.Ambedkar Law University , **KABABADI TEAM (M)** enter the quterfinal.

## BALL BADMINTON (M) TEAM



South Zone Inter University **BALLBADMINTON(M)** Tournament at Mangalore University Mangalore, Our Students in School of Excellence in Law, The Tamil nadu Dr.Ambedkar Law University, **BALL BADMINTON(M)** enter the quarterfinal.





**The Annual Sports Day of the SOEL Silambam Performance**





**SOEL Basketball Team Emerged Winners of the State Level Basketball Tournament Conducted By Anna University on 24<sup>th</sup> July 2022**



Ball Badminton Women



