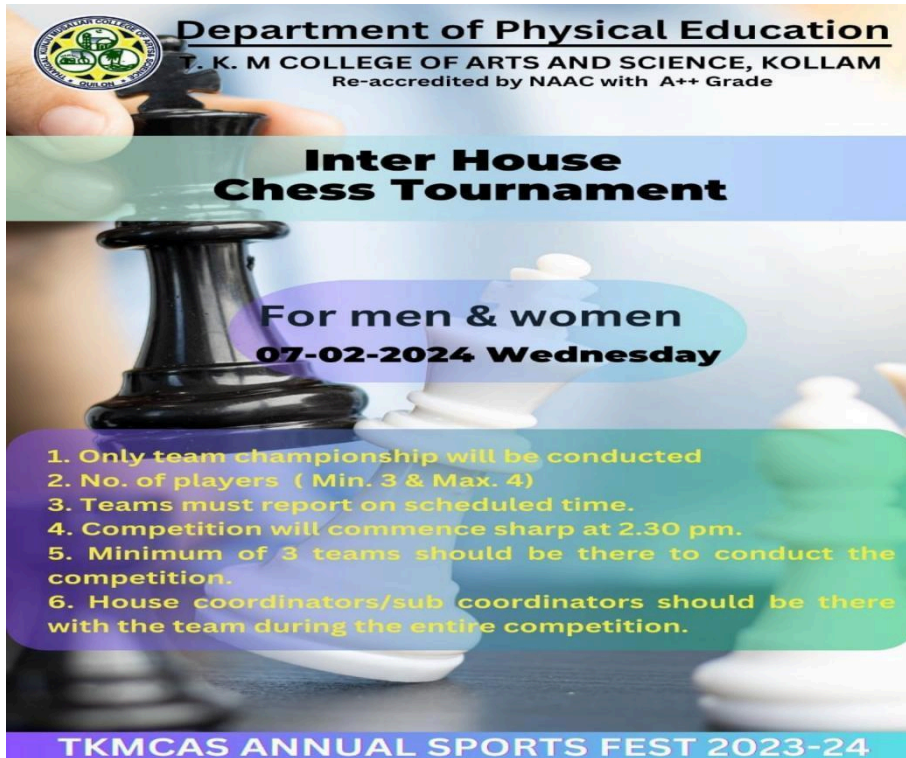


## **Inter Department Chess Tournament**



**Department of Physical Education**  
T. K. M COLLEGE OF ARTS AND SCIENCE, KOLLAM  
Re-accredited by NAAC with A++ Grade

**Inter House  
Chess Tournament**

**For men & women  
07-02-2024 Wednesday**

1. Only team championship will be conducted
2. No. of players ( Min. 3 & Max. 4)
3. Teams must report on scheduled time.
4. Competition will commence sharp at 2.30 pm.
5. Minimum of 3 teams should be there to conduct the competition.
6. House coordinators/sub coordinators should be there with the team during the entire competition.

**TKMCAS ANNUAL SPORTS FEST 2023-24**

An Inter-Department Chess Tournament was organized at TKM College of Arts and Science (TKMCAS), Kollam, on 2nd July 2023, to promote intellectual engagement and friendly competition among the college's students. The event was organized by the Department of Physical Education, with the aim of fostering strategic thinking and mental agility.

The tournament was overseen by Dr. Abdul Rafeeqe T.C., Head of the Department of Physical Education and Assistant Professor, who coordinated the event alongside his team. The event was inaugurated by Dr. Chithra Gopinath, the Principal of TKMCAS, who addressed the participants and emphasized the importance of chess as a tool for enhancing concentration, decision-making, and problem-solving skills.

Students from various departments participated in the competition, which was held in a knockout format. The matches were fiercely contested, with players displaying exceptional focus and strategic planning as they moved through the rounds. The

tournament provided a platform for participants to showcase their skills in a competitive yet friendly environment.

The event concluded with the top performers being recognized for their achievements, and the competition was hailed as a successful initiative that brought together different departments for a day of friendly rivalry and intellectual engagement.

Overall, the Inter-Department Chess Tournament was a resounding success, providing an opportunity for students to connect, challenge themselves, and celebrate the power of strategic thinking.

Prizes were awarded to the first, second, and third-place for both boys and girls.

### **Girls**

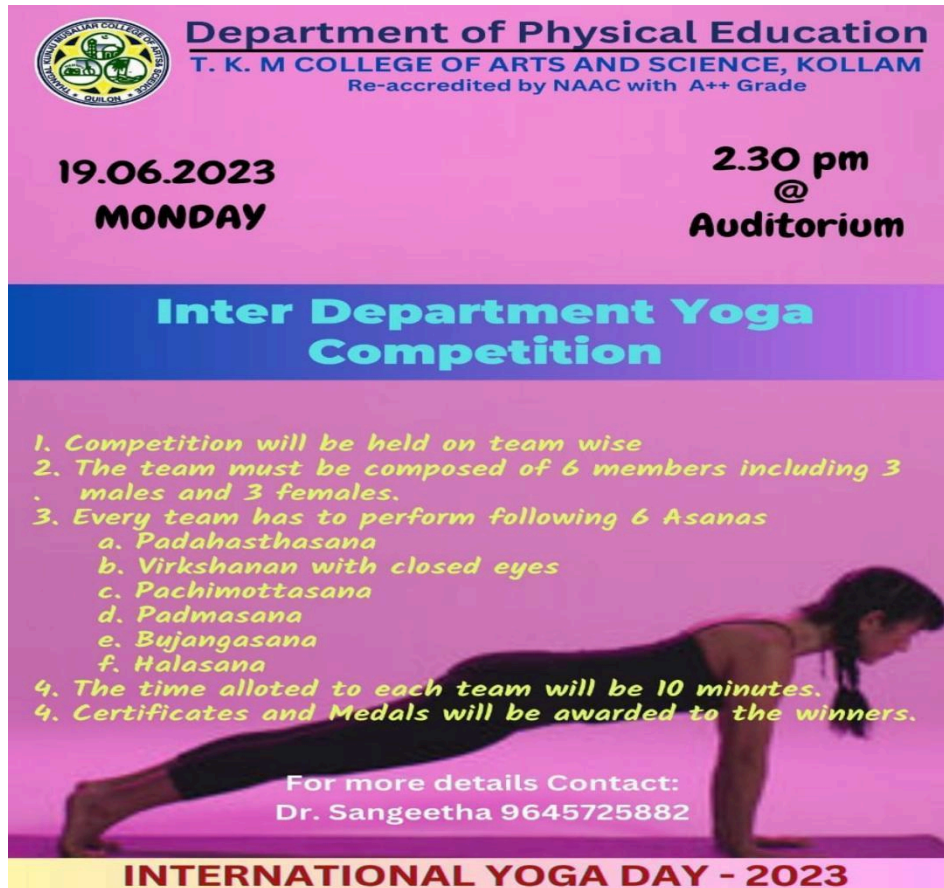
1. Arafa Fathima (B. Com Finance)
2. Asha Varghese (B.A Economics & Mathematics)
3. Arya Mohan (B. Com Finance)

### **Boys**

1. Surya Kiran (M. Com)
2. Sangeeth R (B. Com Finance)
3. Akhil Viswam (B.A Economics & Mathematics)



## Inter-Department Yoga Competition



The poster features a pink background with a blue horizontal band in the middle. At the top left is the logo of T.K.M. College of Arts and Science, Kollam. The text is arranged in a structured manner, providing details about the event's date, time, location, and rules. A photograph of a woman performing a yoga pose is positioned at the bottom right. The bottom of the poster has a yellow banner with the text 'INTERNATIONAL YOGA DAY - 2023'.

**Department of Physical Education**  
**T. K. M COLLEGE OF ARTS AND SCIENCE, KOLLAM**  
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**19.06.2023**  
**MONDAY**

**2.30 pm**  
**@**  
**Auditorium**

**Inter Department Yoga Competition**

1. Competition will be held on team wise
2. The team must be composed of 6 members including 3 males and 3 females.
3. Every team has to perform following 6 Asanas
  - a. Padahasthasana
  - b. Virkshanan with closed eyes
  - c. Pachimottasana
  - d. Padmasana
  - e. Bujangasana
  - f. Halasana
4. The time allotted to each team will be 10 minutes.
4. Certificates and Medals will be awarded to the winners.

For more details Contact:  
Dr. Sangeetha 9645725882

**INTERNATIONAL YOGA DAY - 2023**

On account of International Yoga day, the sports club has jointly organized with the Department of Physical Education an Inter-department yoga competition for the being of staff and students of TKM college of arts and science at the college auditorium on 20<sup>th</sup> June 2023. This programme was organized by sports club Coordinator Dr. Sangeetha P and Dr. Abdul Rafeeqe HOD, Assistant Professor, Dept. of Physical Education. The session was inaugurated by Dr. Chithra Gopinath, Principal, TKMCAS. Participants from different departments gathered in a designated area, creating a positive and vibrant atmosphere. The competition featured various yoga categories to accommodate participants with different levels of experience and flexibility.

Categories included Hatha Yoga, Vinyasa Flow, and Pranayama. Judges, well-versed in yoga practices, evaluated participants based on technique, flexibility, and overall presentation. The inter-departmental nature of the competition encouraged teamwork and collaboration. Colleagues supported each other, enhancing the sense of unity within the organization. The event succeeded in breaking down departmental barriers, fostering positive relationships among employees.

Prizes were awarded to the first, second, and third-place participants in each category.

### **Girls**

4. Devika S Raj (B.Sc. Botony)
5. Devika B (B.Sc. Bio Chemistry)
6. Swathy (B.Sc Physics)

### **Boys**

4. Arun Mohan (B.Sc. Zoology)
5. Asif Ali (B.A English)
6. Surya Dev (B.Sc. Biochemistry)



