



# AMET

ACADEMY OF MARITIME EDUCATION AND TRAINING  
(Deemed to be University Under Section 3 of UGC Act 1956)



Department of Physical Education  
and  
AMET Business School

*in association with*  
Directorate of Students' Welfare  
*organizes*

## Mithali Raj Trophy National Level Virtual Inter-Collegiate Shuttle Run

From 21<sup>st</sup> July to 27<sup>th</sup> July 2021

Boys and Girls Separate Category

**Cash  
Awards**

**Certificates/  
Trophies**

- To improve your health and reduce the risk of developing several diseases
- To can have immediate and long-term health benefits.
- To improve your quality of life
- Agility (Completing duration)

**Participate in this event and Stay motivated to exercise during this Pandemic time!!**

**"Who dare tries is a success, and shall master the art of conquering dreams..."**

**Registration Link**



**ARIIA**  
ATAL RANKING OF INSTITUTIONS  
ON INNOVATION ACHIEVEMENTS

**Academy of Maritime Education and Training (AMET)**

(Deemed to be University)

#135, East Coast Road, Kanathur, Chennai - 603 112

Tamil Nadu, India

Website : [www.ametuniv.ac.in](http://www.ametuniv.ac.in)

## ABOUT THE UNIVERSITY

AMET is India's First Deemed to be University in Maritime Education which is ranked as 3rd among Maritime Universities of the World in the PIMET (Performance Indicators in Maritime Education and Training) Ranking of International Association of Maritime Universities (IAMU). Established during 1993, AMET's uncompromising strides of excellence in the field of maritime education and training laced with its capacity to feed the global shipping industry with an unrivalled maritime human resource secured it to have many national and international recognitions, accreditations and rankings such as NAAC, NIRF, ARIIA, DGSCIP, PIMET etc.

### **Vision :**

To sustain identity as a World Class Leader in Maritime Education and empower learners with wholesome knowledge through progressive innovation in training, research and development which will render students a unique learning experience and a transformation impact on the Global Society.

### **Mission :**

AMET will strive continuously to

- Impart value-based higher education and technical knowledge with uncompromising strides of an outstanding quality.
- Emerge as a Centre of Excellence inculcating skill development in recent technologies in accordance with industrial trends.
- Create World class research capabilities on par with the finest in the world and broaden student's horizons beyond classroom education.
- Nurture talent and entrepreneurship to enable all round personality development among students.
- Empower students across socio economic strata.
- Make a positive difference to society through technical education.

## ABOUT THE AMET BUSINESS SCHOOL

AMET Business School was started in 2001 and launched the unique sector-specific MBA Programme in Shipping & Logistics Management, which is the first of its kind in Asia. The School also offers BBA (Shipping). These Programs are designed to equip the students with adequate skills and knowledge in the Maritime Sector. The School also offers Ph.D. Programme, in all spheres of Management in-tune with the overall standards of the University. The School also has the entire where withal in terms of Faculty, infrastructure, library, state-of-art class rooms etc. contributing to the holistic development and an enabling atmosphere for learning. The School also enjoys a good placement record year after year.

## ABOUT THE DEPARTMENT OF PHYSICAL EDUCATION

The Department of Physical Education is well equipped with modern infrastructure and includes activities like Swimming and All sports and Games etc. Sports are intact a way of life for the cadets / students conscious of health fitness. Physical Education is an integral part of AMET Academic Curriculum. So, AMET provides basic fitness activities for the cadets to become physically confident which supports their health to maintain fitness.

## ABOUT THE DIRECTORATE OF STUDENTS' WELFARE (DSW)

Directorate of Students Welfare (DSW) plays a vital role among the students' community. DSW is committed to provide the overall benefit of the students for the physical, mental wellbeing, ample scope, opportunities to participate actively in academic and non-academic related activities and also for the all-round development of personality and leadership qualities of the student's community of the University.

## ABOUT THE EVENTS

The Mythali Raj Trophy is named after the Indian cricketer, captain of women's national cricket team and the highest run-scorer in women's international cricket. She is the recipient of awards like Wisden Leading Woman Cricketer in the World in 2017, Arjuna Award in 2003, and the Padma Shri in 2015, both by the Government of India.

- To improve your health and reduce the risk of developing several diseases
- To can have immediate and long-term health benefits.
- To improve your quality of life
- To increase the aerobic capacity through test that progressively gets more difficult as it continues.
- Boys & Girls separate category.

## ELIGIBILITY AND INFORMATION

- No Registration fees.
- Participant must be University / Affiliated College students with in India.
- Winners will be awarded (I, II, III) cash prizes and winner certificates.
- All the participants will get participants' certificate.
- Juries and Judges decisions will be Final.
- Valedictory function will be organized through **google meet** and intimation will be circulated to concern participants later.

## RULES AND REGULATIONS

- ⦿ Events must be the student's original workout/activities and shoot the video and upload in the mentioned link.
- ⦿ All the uploaded videos will be checked for editing and merging or any other forms of cheating through piracy apps. If found any, the participant will be rejected.
- ⦿ He / She must introduce during start of the video him/herself or his details should display in the video. Video coverage must be visible and clear.
- ⦿ Educational Institutional Id card must be uploaded in the given link.
- ⦿ It is performed by placing two lines, 10m apart from each other.
- ⦿ Place a marker at 10 meters (m). Run to the 10m mark first, touching the floor and running back to the start line.
- ⦿ Runners begin on one line, run to the opposite and tap the line with their hand, run back to the first line, tap it, and repeat.
- ⦿ Time counting must be from the first attempt of the Shuttle Run.

**Registration Link :** <https://forms.gle/wX3jAHxc5YxLYxF27>

**Upload the Video from 21<sup>st</sup> July to 27<sup>th</sup> July 2021**

**Click here to know more about the event:**

<https://www.youtube.com/watch?v=9pb6JX2uIDU>

## CONTACT PERSON

**Dr.S.Catherine Rex**, Assistant Professor,  
Organising Secretary  
AMET Business School  
Call / Whatsapp : 99400 69747

### **Chief Patrons :**

**Dr. J. Ramachandran**, Chancellor, AMET Deemed to be University

**Dr. Rajesh Ramachandran**, Pro-Chancellor, AMET Deemed to be University

### **Patrons :**

**Col. Dr. G. Thiruvashagan**, Vice-Chancellor, AMET Deemed to be University

**Dr. N. Manoharan**, Pro Vice-Chancellor, AMET Deemed to be University

### **Organizing Committee :**

**Dr. M. Jayaprakashvel**, Registrar (i/c), AMET Deemed to be University

**Dr.D.Arivazhagan**, Director, Ranking and Accreditation, AMET Deemed to be University

### **Conveners :**

**Dr. Deepa Rajesh**, Executive Director, Business School, AMET Deemed to be University.

**Dr.R. Srinivasan**, HoD, AMET Business School, AMET Deemed to be University

**Dr.N.R.Ramkumar**, Dean - Students' Welfare, AMET Deemed to be University

### **Sports Coordinators :**

**Mr.K.Manigandan**, Director, Students Service Programs, AMET Deemed to be University

**Dr.S.Kalpna Rajan**, Associate Professor, Dept. of Physics, AMET Deemed to be University

**Mr.R.Praveen Kumar**, Asst. Professor, Marine Engineering - IQAC, AMET Deemed to be University

### **Organizing Secretary :**

**Dr.S.Catherine Rex**, Asst. Professor, AMET Business School

### **Juries of the Events :**

**Capt.K.Karthik**, Vice Principal- DGS approved Courses, Dean -Nautical Science

**Mr.K.Manigandan**, Director, Students Service Programs

**Mr.R.Sundar**, Asst. Professor, Marine Engineering

### **Student Coordinators :**

1. **Mr.Abishek** (III BBA (+917358454881)

2. **Ms. Maria Rachael** (ABA19040) III BBA (+918779632140)

3. **Mr. Aravind Raj** (ABA19009) III BBA (+919610842127)

4. **Mr.Ashok Daniel** (ASL20008) II MBA (+918248031896)

5. **Ms.Sophia** (ASL 20057) II MBA

AMET Business School, AMET Deemed to be University

## **ADMISSIONS FOR THE YEAR 2021-2022 ARE OPEN**

Toll Free Number : 1800 108 3030

Contact for Admission : +91-93443 91418 (Whatsapp)

Email : admission@ametuniv.ac.in

Facebook Link : <https://www.facebook.com/AMETInternational/>

Instagram : <https://www.instagram.com/amet.university/>

Youtube : [https://www.youtube.com/channel/UC6JzFz1MSE\\_QBObJmMPLzPQ/](https://www.youtube.com/channel/UC6JzFz1MSE_QBObJmMPLzPQ/)