



# AMET

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



Department of Physical Education  
and

Department of Naval Architecture and Offshore Engineering

*in association with*

Directorate of Students' Welfare

*organizes*


## Sachin Trophy National Level Virtual Inter-Collegiate Pushup Event

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

Cash  
Awards

Boys and Girls Separate Category

Certificates/  
Trophies

- 
- To improve your health and reduce the risk of developing several diseases
  - To have an immediate and long-term health benefits.
  - To measures strength Endurance of the upper part of the body
  - To improve your quality of life

**Participate in this event and Stay motivated to exercise during this Pandemic time!!**  
**"Don't let the fear of failing triumph over the joy of participating in a sport"**

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 DEPARTMENT OF NAVAL ARCHITECTURE AND OFFSHORE ENGINEERING

Department of Naval Architecture and Offshore Engineering was established in 2007, aspires to impart quality education to the students, train them to enrich their skills and attitude and make them competent and efficient for the maritime sector. The Department has a well-experienced faculty from both academia and industry. We provide a solid foundation in a wide range of Naval Architectural and offshore engineering aspects such as design, production, construction, structural and hydrodynamic engineering. The department has been constantly updating the curriculum and syllabus of the programs to meet the latest advances in marine technology. We always set high standards to perform the activities for the benefit of the student community in various areas of design and production of ships and offshore structures.

## 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

- To improve your health and reduce the risk of developing several diseases
- To have an immediate and long-term health benefits.
- To improve your quality of life
- Pushups are beneficial for building upper body strength.
- They work the triceps, pectoral muscles, and shoulders.
- When done with proper form, they can also strengthen the lower back and core by engaging (pulling in) the abdominal muscles.
- Pushups are a fast and effective exercise for building strength.
- Boys & Girls separate category.

## ELIGIBILITY AND INFORMATION

- No registration fees.
- Participant must be University / Affiliated College students in India.
- Winners will be awarded (I<sup>st</sup>, II<sup>nd</sup>, III<sup>rd</sup>) cash prizes and winner certificates.
- All the participants will get the participants' certificate.
- Juries and Judges decisions will be Final.
- Valedictory function will be organized through Google meet and intimation will be circulated to concerned participants later.

## RULES AND REGULATIONS

- ⊙ Participants must wear proper attire.
- ⊙ 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.
- ⊙ University/ College Id card must be Uploaded in the given link.
- ⊙ The event duration must be one Minute and maximum counts will be considered.
- ⊙ From the starting point, a participant must lower their body to the ground until the upper arm is at least parallel to the floor (elbow bent at a 90 degree angle or less) before pushing back up to the starting point. While going back to the starting position your arms must be fully extended for the push up to count.
- ⊙ Time counting must be from the first attempt of the Pushup.

**Registration Link :** <https://forms.gle/4nLSqteBy7Ben6Eq8>

**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://youtu.be/1KY9zhTjFBM>

## CONTACT PERSON

**S.Lt. A. Prem Anandh**, Assistant Professor,  
Organising Secretary  
Department of Naval Architecture and Offshore Engineering  
**Call / Whatsapp : 9003360606**

### **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. Thiruvashagam**, 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 :**

**Prof.MSP Raju**, Head, Dept. of Naval Architecture and Offshore Engineering

Dean (PG Studies), AMET Deemed to be University

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

### **Sports Coordinators :**

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

**Dr.S.Kalpana 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 Secretaries :**

**S.Lt. A Prem Anandh**, Asst. Prof (Naval Architecture & Offshore Engineering)

Associate NCC Officer

**Mr.Jaya Surya**, Asst.Prof (Naval Architecture & Offshore Engineering)

### **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 :**

Ms.Sneha, Roll no : NA1216, III-year, Mobile : 9075166108

Mr.Judith Ermony, RollNo: NA1200, III year, Mobile : 8925647008

Mr.Yash sanjay Kumtakar, RollNo : NA1202, III year, Mobile :7506022910

Mr.SainathPraksh, RollNo : 19039L, III year, Mobile : 7083890037

Department of Naval Architecture and Offshore Engineering

## **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/)