



DEPARTMENT OF PHYSICAL EDUCATION
VISION AND MISSION OF THE DEPARTMENT

Vision

Empower students to develop healthy habits, instill fitness literacy and become lifelong participants of physical activity.

Mission

The Vision of the Department is accomplished by the following mission statements.

- 1) Produce Outstanding Sports Person by providing standard training programme
- 2) Develop Good Healthy habits by inculcating Fitness programme.
- 3) Establish good sports environment to the students
- 4) Providing opportunities and experiences to all the Students that lead to the achievement of total wellness and result in a longer and healthier life.



DEPARTMENT OF PHYSICAL EDUCATION

The Department of Physical Education is functioning since 2001. The University has good sports facilities in the form of Basketball, Hi-tech Gym, Kabaddi, Volleyball Courts, Foot Ball Court, cricket Nets, Beach Volley ball, Snooker, Badminton and Hand ball court.

The University has a **standard swimming pool** with adequate safety measures. Swimming is compulsory for all DG Cadets in the University. Credits are awarded based on their performance.

The department of Physical education signed **MoU** with Tamil Nadu Physical Education and Sports University to encourage research activities, students training program, joint sports programme and sharing resources. Women students are encouraged to participate in sports. Sports Uniforms are provided to all students and also to those who represent the University in various events.

Students are admitted under sports quota and are provided free boarding and lodging facilities. University organizes national level, inter maritime Institution level competitions to promote Sports and Games among the students. Every year, the University organizes summer coaching camps in Swimming and Cricket for rural school students.

University organizes “AMET UNISPO” an Intra-collegiate sports event every year. Annual Sports Day is also organized.

Gym and Fitness Centre:

The University provides three separate Gym (Gym I=760 Sq.mtrs, Gym II =1441 Sq.mtrs and a Girls Gym = 89 Sq.mtrs). Equipment such as Treadmill, Elliptical Machine, Multi-Purpose Station Equipment, Cycling Machine, Leg Extensor Machine, Dumbbells,



Double Hip Twister, Bench Press, Weight Rods and Weights are available. The students use the Gym facility regularly

SPORTS FACILITIES

Sports and Games being an integral part of AMET's total educational programme, the following Indoor and Outdoor facilities are available

Indoor Facilities:

Badminton –I

Chess & Carrom

Table Tennis – 6

Snooker

Outdoor Facilities:

Athletics, Football (Multi-Purpose)

Handball Court - 1

Kabaddi Courts– 2

Volleyball Courts – 3

Basketball Court - 1

Beach Volleyball - 1

Futsal Court - 1

Cricket Nets – 2

Swimming Pool with Gallery



SPORTS FACILITIES

INDOOR & OUTDOOR FACILITIES

S.No	Details	Year of Establishment	Available Area in Sq. Mtrs	Quantity	User rate (%)
Outdoor					
1.	Multi-Purpose 200 Mtrs Mud Track / Cricket Field / Football Field	2005	4225	1	80
2.	Hand Ball Court	2008	800	1	60
3.	Kabaddi Court	2003	360	2	60
4.	Volley Ball Court	2003	600	3	80
5.	Basket Ball Court	2003	405	1	90
6.	Beach Volleyball	2005	200	1	60
7.	Futsal Court	2008	675	1	60
8.	Cricket Nets	2003	520	2	80
9.	Swimming Pool with Gallery	2004	875	1	90
Indoor					
10.	Table Tennis	2003	48	6	90
11.	Badminton Court	2003	294	1	90
12.	Chess	2003	100	10	90
13.	Carrom	2003	100	10	90
14.	Snooker	2012	42	1	80
Gymnasium					
15.	Boys Gym I	2005	420	1	90
16.	Boys Gym II	2007	360	1	90



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17	Girls Gym III	2010	89	1	90
18	Yoga center for Human Excellence	2015	93	1	90
19	AMET Cultural Club(Former name AMET Fine arts club)	2008	115	1	80





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OUTDOOR FACILITIES



Yamuna Hostel, Kanathur Reddykuppam, Tamil Nadu 603103,
India

Latitude

12.8547441°

Longitude

80.2359333°

Local 12:31:47 PM

GMT 07:01:47 AM

Altitude -82.2 meters

Monday, 31-08-2020

Multi Purpose Field Cricket – Football 1 No



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34, East Coast Rd, Kanathur, Chennai, Tamil Nadu 603112, India

Latitude
12.8532051°

Local 09:16:25 AM
GMT 03:46:25 AM

Longitude
80.2413671°

Altitude 0 meters
Sunday, 30-08-2020

Handball Court With Fencing - 1 No



Kabaddi Court 2 Nos



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Volley Ball Court - 3 Nos



Basketball 1 No



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Beach Volleyball 1 No



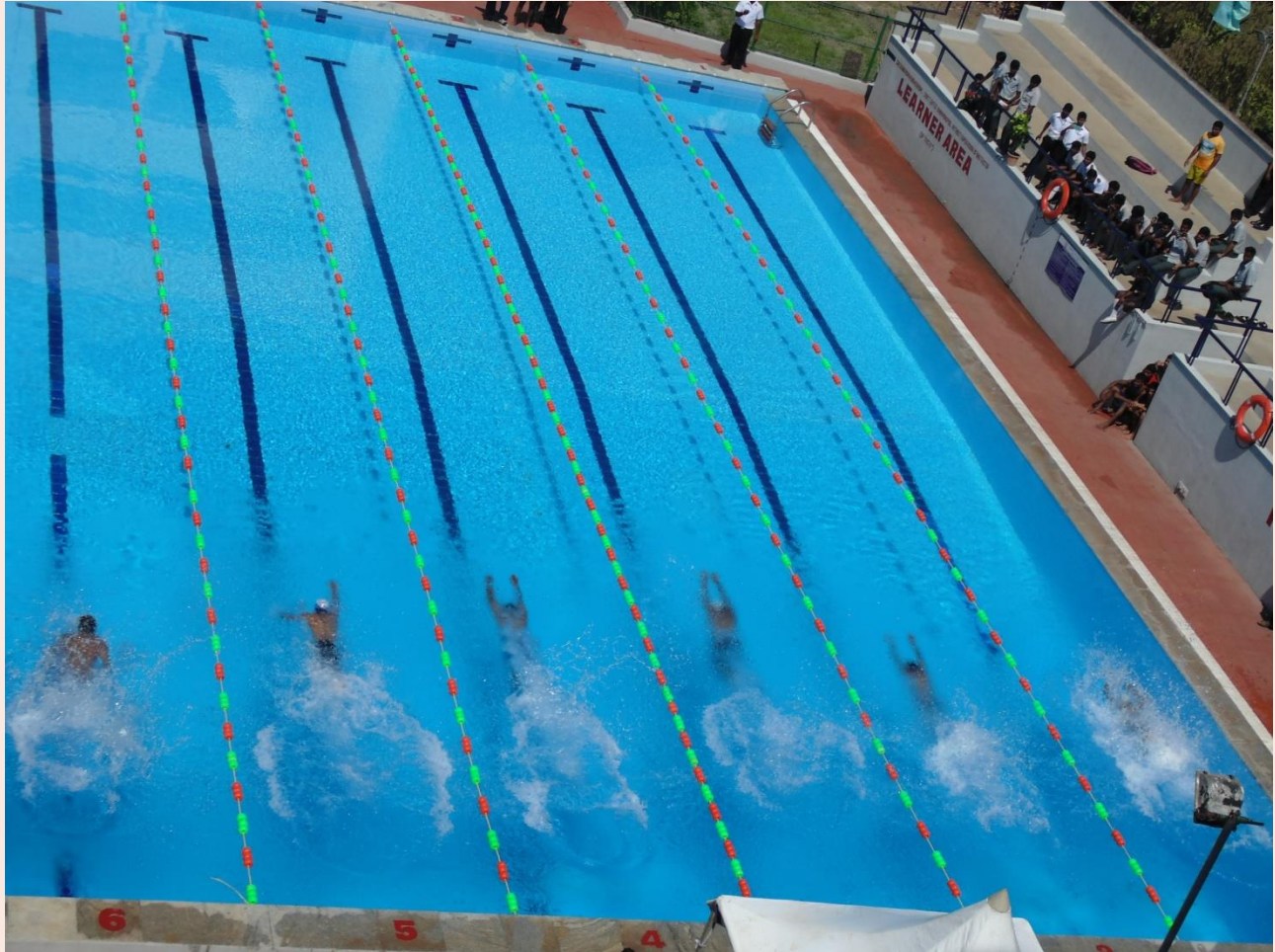
Futsal (Football) Court - 1 No



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Cricket Nets I Cement & I Mud (2Nos.)



Swimming Pool with Gallery - 1 No

SPECIFICATION AND FACILITIES OF THE SWIMMING POOL:

1. Length of pool 25 meters x 15 meters with free zone area.
2. Learner area starts from 5 to 5.5 feet.
3. Area for Well-trained swimmer starts from 6 to 12 feet.
4. Full concrete path.
5. Slipperiness floor.
6. Purified and Circulated water presented in swimming pool.



7. Swimming Pool having 6 lanes.
8. 4 Ladder (Leaner area and Deep area fixed 2 ladders in each side)
9. Standard Diving Board.
10. Sufficient Kick boards for learners
11. Hocks for hand movements
12. Dressing and Shower room
13. Life Jackets and Life buoys
14. Do's and Don'ts board fixed in swimming pool for student information.
15. Proper marking followed.
16. Water filtration system available (24 x 7).

OTHER FEATURES AND ACTIVITIES:

1. Swimming schedules for cadets:

- Advisable for learners and trained cadets wearing different color cap.
- Schedules: 4 hrs per day were followed under the supervision of experienced Swimming Coaches.
- Survive class (STCW course): Weekly twice utilizes the pool.

2. Maintenance and carrying of Swimming pool:

- Three experienced Swimming Life Guards.
- Daily cleaning: Daily cleaning with Chlorine Dust cleaning machine in Circulation water.

INDOOR FACILITIES



Table Tennis - 6 Boards



Badminton - 1 No



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Chess - 10 Nos



Carrom - 10 Nos



Snooker Club - 1 No



GYMNASIUM



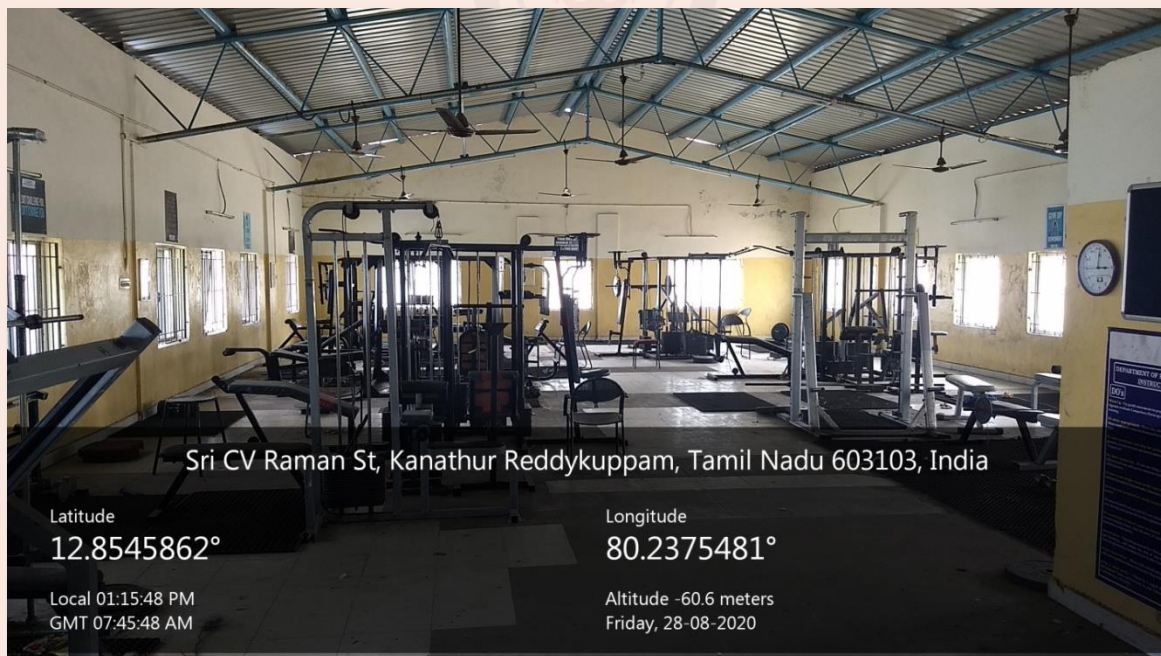


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Gymnasium I



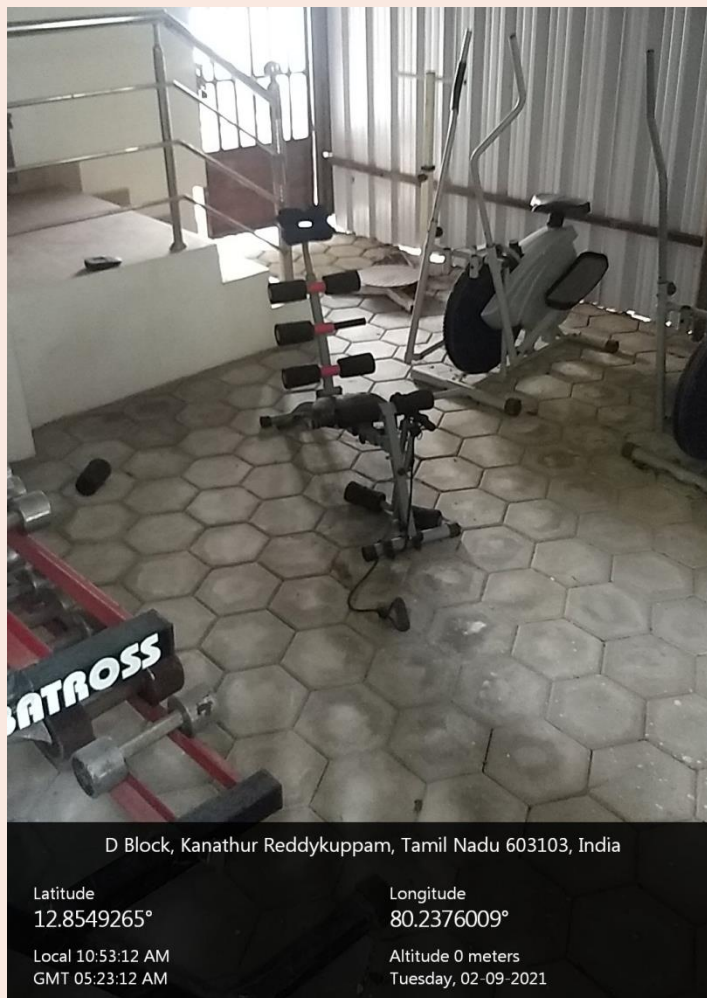
Gymnasium II





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Gymnasium III



FITNESS GYM DETAILS

AMET provides Gymnasium facilities for both Boys and Girls. “A Healthy mind resides in a Healthy Body” complying with the saying, a professionally managed environment is created for the Cadets / Students.

All the Gyms were equipped with Multi Station Machines, Treadmill Machine and Exercise bikes and more of the latest fitness equipments.

Gym - I for Men is situated in the Jawaharlal Nehru Block

Gym – II for Boys is located in Ganga Hostel 7th Floor.

Gym – III for Girls is located in Girls Hostel



12 SECTION MULTI MACHINE – 11 Nos.

Leg Extension	Chest Extension
Leg Curl	Pull Up Bar
Lat Pull Down	Incline Bench
Pec Deck Machine	Hip Twister
Chest Press	Hyper Extension Bench
Forearm Strengthen Machine	Preacher Bench



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SMITH MACHINE – 2 Nos.



LAT MACHINE – 3 Nos.



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DIGITAL TREADMILL – 3 Nos.



ELLIPTICAL CYCLE – 6 Nos.



STABLE CYCLE / SPIN BIKE – 1 No



BENCH PRESS – 6 Nos.



LEG PRESS MACHINE – 2 Nos.



PECK DECK MACHINE – 3 Nos.



FREE WEIGHT EQUIPMENTS

Fixed Weight Dumbbells

Bar

Fixed Weight Plates

Curl Bar

Flat Bench



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WEIGHT BENCH / INCLINE & DECLINE – 4 Nos



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AMETUNISPO OFFICE BEARERS

S.NO	NAME	DESIGNATION	DEPARTMENT
1	Mr.S.Karikalan	Chief Patron	Sr.Vice President
2	Col.Dr.G.Thiruvagasam	President	Vice Chancellor
3	Dr.M.Jayaprakshvel	Vice President	Registrar
4	Ms.Sangeetha Albin	Secretary	Joint Registrar
5	Dr.N.R.Ramkumar	Director of Physical Education	Physical Education
6	Dr.A.Manoj Kumar	Head of the Department	Physical Education
7	S. Sathya Prabhu	Sports Secretary (DG)	BE. ME
8	A. Akash	Sports Secretary (Non DG)	BE-MECH
9	S. Akshaya	Joint Sports Secretary (DG – Girls)	BSC-NS
10	B.M.Ashika Sen	Joint Sports Secretary (Non DG Girls)	BBA
11	Amal Krishnan	Joint Sports Secretary (DG – Boys)	BSC-NS
12	Mohammed Mustajab	Joint Sports Secretary (Non DG Boys)	MBA
13	R.P. Ranjith Kumar	House Captain	BE-ME



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14	A. Siddharthan	House Captain	BE-MECH
15	R. Gowtham	House Captain	BSC-NS
16	S. Aswin	House Captain	BE-NA



SPORTS ACHIEVEMENTS



Cadet . Subhash of BE – Marine Engineering Secured **Gold Medal** in the International Level Sports Festival – RIVIERA Organized by VIT, Vellore from 12th Feb to 15th Feb 2020



Open National Level Athletics organized by Shivaji college, sports complex, New Delhi on 1st February 2020 - **Gold Medal in 200 Meters** (Mr. P. Ragul)



Open National Level Athletics organized by Shivaji college, sports complex, Newdelhi on 1st February 2020- **Silver Medal in 200 Meters** (Mr.S.Sanjay)



SSN Trophy-2020 - National level Inter collegiate Tournament Organized by SSN College of Engineering, Chennai from 24th to 27th Feb 2020. **All India Fourth Place**



Ponnaiyah Ramajayam Memorial State level Tournament (Men) 2020 Organized by **PRIST University, Thanjavur** on 3rd & 4th March 2020. –**AMET Secured First Place**



Takshashila 2020 National Football Tournament Organized by **Chennai Institute of Technology** on 28th & 29th Feb 2020 –**AMET Secured First Place**



1\

Mr. Jeffery Jonathan of BE – Petroleum Engineering Secured **Gold Medal** in the International Level Sports Festival – RIVIERA Organized by **VIT, Vellore** in the Year 2018



AMET Football Team Secured Third Place in the National Level Sports Fest organized by **VIT Chennai** in the Year 2018



Ms. M.K.Irfana Represented Tamil Nadu in the 2nd Senior National Fistball Championship from 29th to 31st March 2019 and Secured Gold Medal



RICHVIN RAJA & RICHARD RAJA of BE – Marine Engineering Secured Gold and Bronze Medal in the 100 Meters Breast Stroke and 50 Meters Free Style respectively in the **International Sports Fest** organized by VIT Vellore in the 2019.



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FAZALU RAHIMAN MOGAL, SAJU KUMAR & ROSHNAN Secured Bronze Medal in the Shot Put and 100 Meters Run respectively in the **International Sports Fest** organized by VIT Vellore in the 2019.



Cadet . Brinda Joshi from BSC- NS Secured Third Place in the 100 Meters Free Style in Khel Mahakumbh - 2018 - State Level Inter University Swimming Competition held at Gujarat



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