



## **P.K.R. ARTS COLLEGE FOR WOMEN**

(An Autonomous Institution-Affiliated to Bharathiar University, Coimbatore)  
Approved by Government of TamilNadu and Accredited by NAAC with 'A' Grade  
Gobichettipalayam – 638 476, Erode District, Tamil Nadu, India  
Website:www.pkrarts.org | Email: pkroffice@gmail.com | Phone:04285 222128

NAAC  
2<sup>nd</sup> Cycle

**Criterion VII**  
**Metric 7.3.1**

## **CRITERIA-VII**

### **Institutional Values and Best Practices**

#### **Key Indicator -7.1 Institutional Values and Social Responsibilities**

***7.3.1 Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words***



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### INSTITUTION DISTINCTIVENESS

**Vision:** Empowering women

**Priority:** Rural women

**Thrust area:** Healthy mind in a healthy body.

Hence, the institution's vision, priority and thrust is '**Empowering Women through Physical Education**'

Objective of sports for women is to provide them with a platform to display their athletic abilities and to promote healthy lifestyles. It fosters a sense of team spirit among women. P.K.R 's success in sports and games reveals its uniqueness.

### FACILITIES FOR SPORTS STUDENTS

- Scholarship/Freeship for sports students
- Physical Directress and 4 Coaches
- Maintenance of sports infrastructure
- Free Accommodation and food for sports students
- Sportswear and sports kits provided by the college.
- TA/DA to sports students and officials accompanying teams
- Medical facilities taken care by college
- Gym Facilities
- Floodlight in volleyball court and kabaddi ground
- Insurance provided for sports activities
- special care for academic performance - special sessions, exams and practical exams.

### INSTITUTION SCHOLARSHIP FOR SPORT STUDENTS

P.K.R provides scholarships for sports students who excel in their field to motivate the students in their studies and also to support their training. Sports scholarship is open to students with merit in sports at the district and zonal level competitions. 320 students have benefited from the program over the last five years. A total of Rs.1,25,57,900 has been spent on the scholarship/freeship program during that time.



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The following table provides the details of scholarship for the last five years:

Year	No. of. Students Benefited	Amount Spent (in Rs.)
2021-2022	73	2328595
2020-2021	63	1952710
2019-2020	65	2817765
2018-2019	57	2495140
2017-2018	62	2963690

### Supportive Document

#### **SUPPORT SYSTEM FOR SPORTS STUDENTS**

- Regular Practice Session
  - Morning – 6.00 AM – 8.30 AM
  - Evening – 4.30 PM – 8.30 PM
  - Whenever players are representing university/national/international/CM trophy matches, special coaching are given for about 10 to 15 days.
  - For the days of extended training players are given 'OD' facility.
- Qualified National and International Coaches
- Leadership Training
- Career Guidance and Placement



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### UNIQUENESS OF PHYSICAL EDUCATION PRACTICES

P.K.R encourages the following practices which are unique in nature:

- Arrange and participate in friendly matches to learn the strategies of other teams.
- Encourage the teams to participate in open matches to train themselves in external turfs.
- Though the team loses in certain matches midway, the players are permitted to witness the remaining matches to ascertain their weaknesses and strengths.
- Video graphing the performance of players in matches to pinpoint their mistakes for rectification in future.

[Document for reference](#)

### QUALIFIED NATIONAL AND INTERNATIONAL COACHES

Sport	Coach	Training Period in our Institution
Kabaddi	S.P.Palaniswamy International Coach	25 years (1997 –till date)
Volley Ball	Dr.K.Ananthakumar Qualified for International Coach (Level:1)	16 Years (2006-till date)
Hockey	Mr.K.Arulraju International Coach	14 Years (2008-till date) Initiated and sent students to Indian Camp to represent Indian team
Power Lifting and Weight Lifting	Mr.N.Madhesh National coach	5 Years (2017- till date)
Physical Director of PKR	Ms.R.Sangeetha Muthu Selection Committee Member and Team Manager of Bharathiar University representing	Training Period in our Institution: 3 Years (2019- till date)



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### LEADERSHIP TRAINING FOR SPORTS STUDENTS

By **organizing intercollegiate programs**, sports students learn how to work together as a team and develop leadership skills. These programs also give students the opportunity to meet other sports enthusiasts and learn different sports cultures.

### AWARDS AND ACHIEVEMENT OF THE STUDENTS

In sports and games the college is attempts to participate at the university level, district level, state level, national level and international level competitions. So far the achievements are numerous and impressive.

Results both success and failure are reviewed periodically. In the review meetings, the secretary, the physical directress, the coaches and captains of teams participate. Such deliberations brought to light the mistakes committed by players and strategies to be adopted in future matches. In last five years students bagged **Rs.6,88,000** as cash prize in total.

### UNIVERSITY GAMES

- Kabaddi - Secured **I Place Consecutively for 24 years**
- Hockey - Secured **I Place Consecutively for 13 Years**
- Volleyball Secured **I Place Consecutively for 11 Years**
- Participated in **14 University Games** in last five years and bagged Awards and Medals

### DISTRICT LEVEL

- Won **Gold Medal in Athletics Individual** in District level Athletics Championship
- Won **Gold Medal , 3 Silver Medal and 3 Bronze Medal** in Kabaddi Tournament

### STATE LEVEL

- **Best Player Award** from Junior State Level Kabaddi Championship
- Won 3 **Gold Medal in Athletics Individual** in State Level Athletics Championship and Secured fourth place in Inter Collegiate
- Won **Silver medal in Handball Inter Collegiate (State)**
- Won **8 Gold Medal , 2 Silver Medal and 1 Bronze Medal in Hockey state Level tournament**
- Won **7 Gold Medal , 2 Silver Medal and 2 Bronze Medal** in State Level Kabaddi Tournament



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- **Won 9 Gold Medal ,16 Silver Medal and 3 Bronze Medal** in State Level Volleyball Tournament
- **Won 4 Gold Medal ,7 Silver Medal and 2 Bronze Medal** in State Level Power Lifting & Weight Lifting Individual
- Participated in 5 State Level Hockey Tournaments
- Participated in 8 State Level Kabaddi Tournaments

### NATIONAL LEVEL

- **Won 1 Gold Medal , 1 Silver Medal and 2 Bronze Medal** in National Level Volleyball Tournament
- 1 Bronze Medal in National Level Kabaddi Tournament
- Participated in **12 Kabaddi** National Level Tournaments
- Participated in **19 Volleyball** National Level Tournaments
- Participated in **4 Handball** National Level Tournaments
- Participated in **7 Hockey** National Level Tournaments
- Selected in Senior & Junior National Level Hockey Tournament
- Participated **7 National Level Hockey Camps**

### INTERNATIONAL LEVEL

- Won **Silver Medal in BRICS Games -2018 held at Johannesburg**, South Africa and represented **Indian Volleyball Team**
- Participated in **International 19th Asian women's U-19 volleyball championship and International Beach Volleyball Tournament**
- Participated in **Hockey India Junior Camp** represented **Indian Team**

### TOURNAMENT ORGANIZED BY OUR INSTITUTION

- State Level PKR Memorial Trophy- Intercollegiate Tournament is organized annually.
- Annual Sport Meet

[List of achievements](#)

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### **CAREER GUIDANCE AND PLACEMENT**

- Providing Guidance to pursue NIS certification for sports students.
- S.Shalini (2017-2020) – Technician Grade III, Mechanical Department, Integral Coach Factory, Chennai.
- R.Krishnaveni – (Batch 2018-2020) pursued NIS Certificate and working as Trainee, SAI Coaching Centre, Mayiladuthurai.
- G.Jenifer –(2019-2022)- Trainee under Khelo India Scheme, Pathanamthitta, Kerala
- K.Swathi (2018-2020) – Department of Police, Government of Tamilnadu.
- S.Rasiga (2017-2020) – Department of Police, Government of Tamilnadu.

Our college sports teams have participated in 40 national games, 102 state games, and 3 international games over the past 5 years. The athletes have brought home many medals, prizes, and awards to their team. These students are role models for their classmates and for other young athletes. They have shown that with dedication and commitment, anything is possible