

PHYSICAL EDUCATION

CULTURAL AND EVENTS

The annual cultural and athletic events are organized in the campus with great enthusiasm, pageantry and discipline. The University's newsletter '*Bridges*' records their participation and contributions in many of the regular campus activities like the monthly book review, humor club, debate club, quiz club, etc on a regular basis. Another notable feature is increase in participation and remarkable performance of SRU students in several intra- and inter- institutional academic, cultural and athletic activities (ref. 5.3.2).

The University has established the 'SRU E-Cell' with the objective of propagating the importance of developing entrepreneurial skills and familiarizing students with entrepreneurial principles and methods. More than 15 events including guest lectures and motivational talks were organized in the last five years by the Faculty of Management Sciences under the banner of National Entrepreneurial Network (NEN) with student participation from several departments across different faculties.

The students of Sri Ramachandra University are encouraged to participate in extra-curricular activities like sports, cultural and games like cricket, football, athletics and basketball etc. We have an international level champion in skating and a national level chess champion. Several students have won championships in track and field events. The students are also motivated to participate in tournaments conducted by other organizations. The University organizes sports and cultural events annually. Apart from this, students are encouraged and coached to participate in the sports and cultural events organized by other external agencies.

Sports Achievers of SRU

INTERNATIONAL (2013)			
SL. NO	REPRESENTING	TYPE OF SPORT	AWARD/PRIZE/ RECOGNITION
1	India	Roller Skating	Ms. Aarathy Kasturi Raj represented India in World Roller Skating Championship held at Belgium.
2	India	Roller Skating	Ms. Aarathy Kasturi Raj represented India in 14 th Asian Roller Skating Championship held at Taipei and won the bronze medal.
3	India	Yoga	Ms. Nikarika represented India and won 1 Gold and 2 Bronze medals in Asia Yogasana Competitions, New Delhi in 2012.
4	India	Yoga	Ms. Nikarika represented India and won 1 Gold, 2 Silver and 2 Bronze Medals in World Professional Yoga Championship, Uruguay in September 2011

NATIONAL (2008)			
5	University	Throw ball (Women)	Ms. Preetha P Nair and Ms. Priyadharshini Dental Sciences students won the III Place trophy in CMC National level intercollegiate tournament held at CMC, Vellore.
6	University	Throw ball (women)	Ms. Preetha P Nair, Ms. Sailee Swarup and Ms. Priyadharshini Dental Sciences students won the runners – up trophy in Spandan '08 National level intercollegiate tournament held at JIPMER, Pondicherry.
ZONE (2010)			
7	University	Throw ball (women)	Ms. Preetha P Nair , Ms. Rajhavee Shreeyha Ms. Krithika Dental Sciences students won the 4 th Place in MOP South Zone level intercollegiate tournament held at M.O.P. Vaishnav College, Chennai.
STATE – LEVEL CHAMPIONSHIP (2008)			
8	University	Throw ball (women)	Ms. Preetha P Nair, Ms. Sailee Swarup and Ms. Priyadharshini Dental Sciences students won the runners – up trophy in ESPO State level intercollegiate tournament held at Ethiraj College, Chennai.

9	University	Throw ball (women)	Ms. Preetha P Nair, Ms. Sailee Swarup and Ms. Priyadharshini Dental College Students won the runners – up trophy in State level intercollegiate tournament held at Alpha Arts and Science College, Chennai.
10	University	Throw ball (women)	Ms. Preetha P Nair, and Ms. Priyadharshini Dental Sciences students won the runners – up trophy in State level intercollegiate tournament held at Chennai District Throwball
11	Dental Sciences	100 mts, 4x100 mts Relay	Secured II Place in IDA State level Dental Sciences tournament held at Belgaum.
STATE – LEVEL CHAMPIONSHIP (2009)			
12	University	Throw ball (women)	Ms. Preetha P Nair, and Ms. Priyadharshini Dental Sciences students won the winners and runners – up trophy in ESPO State level intercollegiate tournament held at Ethiraj College, Chennai.
13	University	Throw ball (women)	Ms. Preetha P Nair and Ms. Priyadharshini Dental Sciences students won the runners – up trophy in State level intercollegiate tournament held at JBAS Women’s College, Chennai.
STATE – LEVEL CHAMPIONSHIP (2011)			

14	Dental Sciences	100 mts & Shotput	Secured III Place in IDA State level dental college tournament held at Chettinad Dental College, Chennai.
15	Dental Sciences	Foot ball (Men) 100mts,200mts, 800mts 4x100 mts (Men) Throw ball (Women) 800 mts & Javelin (W)	Secured Winners and I, II & III Place in MIDAS Dental Sciences tournament held at Y.M.C.A. College, Chennai.
16	University	Throw ball (women)	Ms. Preetha P Nair ,
			Ms.Rajhvee Shreeyha Ms.
			Ms. Preetha P Nair ,
STATE – LEVEL CHAMPIONSHIP (2012)			
18	University (Medical College)	Table Tennis (Men) Athletic (Men) 100 mts,200 mts, Javelin, Shot put, High Jump & 4x100 mts Relay	Mr. Eswar, Mr. S, Siddharata Mr. S. Deepak, Mr. Sanjay Mathew Mr. R. Gopu Dental Sciences students won over all second place in 'Aadugalam' 2012 state level intercollegiate tournament held at Kilpauk Medical College, Chennai.
19	Dental Sciences	Basket ball(Women) Throw ball (Women) Athletic (Women) 100 mts,200 mt, 800mts, Shot put, Discus & High Jump, Athletic (Men)100 mts,200 mt, 1500mt, Shot put, High Jump & 4x100 mt Relay	Secured I, II & III Places and Over all II Place in IDA State level Dental college tournament held at R.V.S. Dental College, Coimbatore.
STATE – LEVEL CHAMPIONSHIP (2013)			
20	University	Roller Skating	Ms. Aarathy Kasturi Raj represented Tamilnadu State in the 50 th National Roller Skating Championship held at Virar Mumbai won the 2 Golds

	University		Winners in state level inter Pharmacy Collegiate Tournament in Sri
		Cricket (Men) Table Tennis (Men) Basket ball(Women)	
		Basket ball (Men) Throw ball(Women) Carrom (Women)	
24	Nursing	Basket ball (Men) Volley ball (Men)	Secured Winners Place in (SNA) State level Nursing College tournament held at
25	University	Basket ball(Women) Badminton(Women)	IV place in the state level intercollegiate tournament held at IIT, (Madras),
26	University	Foot ball (Men)	IV place in the state level
			intercollegiate tournament held at Hindustan University, Chennai.
27	University	Foot ball (Men)	III place in the state level intercollegiate tournament held at Anna University,
28	University	Cricket (Men)	IV place in the state level intercollegiate tournament held at SRM University,
UNIVERSITY (2008)			
29	University	Throw ball (women) Carrom (Women)	Ms. Preetha P Nair, Ms. Sailee Swarup and Ms. Priyadharshini Dental Sciences students won the winners and runners – up trophy in N.P.V. Ramaswamy Udayar intercollegiate tournament held at Sri Ramachandra University, Chennai.
UNIVERSITY (2009)			

30	University	Throw ball (women) Carrom (Women)	Ms. Preetha P Nair, Ms. Sailee Swarup and Ms. Priyadharshini Dental Sciences students won the winners, runners – up trophy in N.P.V. Ramaswamy Udayar intercollegiate tournament in Sri Ramachandra University held at Chennai.
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Cultural Activities:

- A yearly cultural extravaganza is organized by the students of SRU. The students raise funds and organize a one week event that includes track and field events, flood light matches and cultural program. This is a student initiative with faculty members playing an advisory and supportive role.
- Students are also encouraged to participate in quiz competitions conducted by other colleges.
- Our students have participated and won prizes in throw ball, carom, basketball and relay in inter and intra sports tournaments.
- Our students participated in SRM cultural fest 2012, IDA cultural fest 2012 and several other cultural activities.
- Extra-Curricular activities like humor club, fine arts, quiz club, debate club, tamil mandram and presentation in monthly book reviews are also encouraged.
- Sports and cultural events are organized annually. Students are encouraged and coached to participate in sports and cultural events organized by other external agencies.
- The student nurses association conducts annual sports and cultural competitions. The winners in these events are given opportunities to participate in the state and national level SNA events.
- Students are also encouraged to celebrate all the festivals.

