



A.D.M College For Women (Autonomous)



Nationally Accredited with 'A' by NAAC (Cycle-IV)

Nagapattinam -611 001

TamilNadu.



LIFE SKILLS 2023-2024



A.D.M COLLEGE FOR WOMEN
(AUTONOMOUS)
Nationally Accredited with "A" Grade by NAAC - 4th Cycle
(AFFILIATED TO BHARATHIDASAN UNIVERSITY)
Nagapattinam

10th INTERNATIONAL DAY OF YOGA

INTERNATIONAL
YOGA
DAY

...Chief Guest...
Yoga Arjuna
Miss. M.SUBANU
International Medalist, Sirkali

Date: 21.06.2024 Time: 10.00 AM
Venue: Indoor Stadium.

Dr. V.UMA
Director of physical Education

Dr. R.ANBUSELVI
Principal

A.D.M COLLEGE FOR WOMEN,(AUTONOMOUS)

DEPARTMENT OF PHYSICAL EDUCATION

INTERNATIONAL DAY OF YOGA

Department of Physical Education conducted International Day of Yoga on. 21.06.2023 Our Principal Dr.R.Anbuselvi Preside Over the function Dr.A.SivagamaSundari Advisor ADM College Special Motivational Speech Given by the Students about yoga M.Subanu International Medalist,Sirkali, was participated as a Chief Guest Givan speech About Yoga and Demonstration Given by the Students all the 1500 Students Witnessed the Programme.





A.D.M. COLLEGE FOR WOMEN

(AUTONOMOUS), NAGAPATTINAM

DEPARTMENT OF PHYSICAL EDUCATION

STUDENT INDUCTION PROGRAMME(SIP)

ORGANIZES

"SELF MOTIVATION PROGRAMME"

For All First Year Students

21.07.2023

AT 3 PM

COORDINATOR

DR.V.UMA

PRINCIPAL

DR.R.ANBUSELVI

ALL ARE CORDIALLY INVITED



A.D.M.COLLEGE FOR WOMEN(AUTONOMOUS)
DEPARTMENT OF PHYSICAL EDUCATION
SELF MOTIVATIONAL TRAINING

Department of physical Education Conducted Self Motivation Training on 21.07.2023 at Indoor Stadium. Our Principal Dr.R.Anbuselvi Preside Over the Function M.Rajenthiran Karathe Coach Gave Karathe Training for the Students Mr.Murugesan-Silambam Coach Gave the Silambam Training for the Students A.D.M.College Yoga Students Demonstrated Yoga Programme for the Students 500 Students Were Benefited.







JCI Nagapattinam Sea City

&



ADM College for Women, Nagapattinam

*Cordially invite You all for the
Auspicious Occasion of the Training Programme*

On 25.03.2023 | Time : 10.30 am | Venue : ADM C (W) Campus, Nagapattinam



Presided by :

Jc. V.SHANMUGAVEL, President

Inaugural by :

Dr.R.ANBUSELVI,

Principal (I/c), ADMC (Women), Nagapattinam

Chief Guest :

Jc.Dr. K.K.SHRIVAISHNA, B.A.M.S.

Ayurvedic Physician

"MENSTRUAL HYGIENE"



Trainer :

Jc. HGF. R.PAPPAKANNAN

Provisional Zone Trainer

"FUTURE TRAINING"



Co-ordinator :

Dr.V.UMA

Director of Physical Education

ADMC (Women), Nagapattinam

We look forward to the pleasure of your company...



Jc. V.Shanmugavel
President



Jc. J.Aravind
Secretary



Jc. S.Sai Praveen Kumar
Joint Secretary



Jc. U.Yousuff Farhan
Treasurer



A.D.M COLLEGE FOR WOMEN,(AUTONOMOUS)

DEPARTMENT OF PHYSICAL EDUCATION

MOTIVATIONAL TRAINING PROGRAMME

Department of Physical Education Conducted a Training Programme for the 1st year Students on 25.03.2023 the Topic was Menstrual Hygiene Miss.JC.V.Shanmugavel – President JCI Nagapattinam Presided the function Dr.R.Anbuselvi Principal Inaugurated the function Dr.K.K.Shrivaishna BA MS Ayurvedic Physician Given by the Special Speech to the Students about the Menstrual Hygiene and Mr.R.Pappakannan Provisional Zone Trainer Given Training about future and Motivated the Student 300 Student Were Benifited

