



NALLAMUTHU GOUNDER MAHALINGAM COLLEGE

(AUTONOMOUS AND AFFILIATED TO BHARATHIAR UNIVERSITY)

Re-Accredited by NAAC

An ISO 9001 : 2015 Certified Institution

Aided by the Government of Tamilnadu

POLLACHI - 642 001.



Estd : 1957

Phone : 04259 - 234868, 234870

Mobile : 99429 06687

Fax : 04259 - 234869

E-Mail : ngmc@ngmc.org

DATE: 10.04.2024

PHYSICAL FITNESS CENTER – GYM


In our college, we have a separate physical fitness center—a gym for all the students. A gym in the campus will promote good health, performance and reduce the sick leaves. Providing the facility within the campus will motivate students to join the gym and collaborate with each other. There will be a peer motivation and personality development through positive and healthy competition. Strengthen connection between mind and body Physical activities makes you better at time handling. A morning workout is even more beneficial as students could begin their day with a fresh and more active and alert brain. Physical fitness Increases levels of norepinephrine and endorphins, resulting in a reduction of stress and an improvement of mood.

We provide separate timings for boys and girls in our college.

Gender	Timing	
	Morning	Evening
Male	6.00 AM -7.00 AM	4.15 PM – 5.15 PM
Female	7.00 AM – 8.00 AM	3.15 PM – 4.15 PM

During the Academic Year 2019-2020 around 105 students are benefited.




Dr. R. MUTHUKUMARAN,
M.A., M.Phil., B.Ed., Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District

2019-2020

PHYSICAL FITNESS - GYM

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S.No	Name	Department - year	Date	in time / out time	Sign.
1	K. Ragunath	B. Com	1/8/19	4.15pm / 5.15pm	K. Ragunath
2	V. Thamarai Selvan	B. Sc (CT)	1/8/19	4.15pm / 5.15pm	V. Th
3	M. Gowtham	B. Com	1/8/19	4.15pm / 5.15pm	M. Gowtham
4	S. Varun	B. Com	1/8/19	4.15pm / 5.15pm	S. Varun
5	P. Archana	B. Sc (CS)	14/8/19	3.15pm / 4.15pm	P. Archana
6	S. Pavitra	MSW	14/8/19	3.15pm / 4.15pm	S. Pave
7	Mohana priya	B. A (eng)	14/8/19	3.15pm / 4.15pm	Mohana
8	M. Kaviya	B. Sc (CS)	14/8/19	3.15pm / 4.15pm	M. Kaviya
9	M. Gowtham	B. Com	22/8/19	4.15pm / 5.15pm	M. Gowtham
10	S. Varun	B. Com	22/8/19	4.15pm / 5.15pm	S. Varun
11	K. Ragunath	B. Com	22/8/19	4.15pm / 5.15pm	K. Ragunath
12	V. Thamarai Selvan	B. Sc (CT)	22/8/19	4.15pm / 5.15pm	V. Th
13	P. Archana	B. Sc (CS)	28/8/19	3.15pm / 4.15pm	P. Archana
14	S. Pavithra	MSW	28/8/19	3.15pm / 4.15pm	S. Pave
15	Mohana priya	B. A (eng)	28/8/19	3.15pm / 4.15pm	Mohana
16	M. Kaviya	B. Sc (CS)	28/8/19	3.15pm / 4.15pm	M. Kaviya
17	M. Gowtham	B. Com	12/9/19	4.15pm / 5.15pm	M. Gowtham
18	S. Varun	B. Com	12/9/19	4.15pm / 5.15pm	S. Varun
19	K. Ragunath	B. Com	12/9/19	4.15pm / 5.15pm	K. Ragunath
20	V. Thamarai Selvan	B. Sc (CT)	12/9/19	4.15pm / 5.15pm	V. Th
21	P. Archana	B. Sc (CS)	18/9/19	3.15pm / 4.15pm	P. Archana
22	S. Pavithra	MSW	18/9/19	3.15pm / 4.15pm	S. Pave
23	Mohana priya	B. A (eng)	18/9/19	3.15pm / 4.15pm	Mohana
24	M. Kaviya	B. Sc (CS)	18/9/19	3.15pm / 4.15pm	M. Kaviya
25	M. Gowtham	B. Com	26/9/19	4.15pm / 5.15pm	M. Gowtham
26	S. Varun	B. Com	26/9/19	4.15pm / 5.15pm	S. Varun
27	M. Asul sri vignesh	B. A (eng)	26/9/19	4.15pm / 5.15pm	M. Asul
28	K. Ragunath	B. Com	26/9/19	4.15pm / 5.15pm	K. Ragunath
29	V. Thamarai Selvan	B. Sc (CT)	28/9/19	4.15pm / 5.15pm	V. Th
30	V. Praasen kumar	B. Com	26/9/19	4.15pm / 5.15pm	V. Praasen
31	K. Karthi	B. Sc (Phy)	26/9/19	4.15pm / 5.15pm	K. Karthi
32	P. Archana	B. Sc (CS)	3/10/19	3.15pm / 4.15pm	P. Archana
33	S. Pavithra	MSW	3/10/19	3.15pm / 4.15pm	S. Pave
34	M. Muthukani	Mally	3/10/19	3.15pm / 4.15pm	M. Muth
35	K. Saranya	B. Com	3/10/19	5.15pm / 4.15pm	K. Saranya

S.No	Name	Department-year	Date	in time / out time	Sign
36	Mahana priya	B.A (ang)	3/10/19	3.15pm / 4.15pm	Mohan
37	M. Kaviya	B.Sc (CS)	3/10/19	2.15pm / 4.15pm	Mohan
38	M. Gowtham	B.com	4/10/19	4.15pm / 5.15pm	G. Gowtham
39	S. Varun	B.com	16/10/19	4.15pm / 5.15pm	S. Varun
40	K. Raguath	B.Com	16/10/19	4.15pm / 5.15pm	K. Raguath
41	V. Thamarai Selvan	B.Sc (CT)	16/10/19	4.15pm / 5.15pm	V. Th
42	P. Archana	B.Sc (CS)	29/10/19	3.15pm / 4.15pm	P. Archana
43	M. Muthukani	Maths	29/10/19	3.15pm / 4.15pm	M. Muth
44	J. Saranya	B.com	29/10/19	3.15pm / 4.15pm	K. Saranya
45	S. Parithasa	Msw	29/10/19	3.15pm / 4.15pm	S. Par
46	Mahana priya	B.A (ang)	29/10/19	3.15pm / 4.15pm	Mohan
47	M. Kaviya	B.Sc (CS)	29/10/19	3.15pm / 4.15pm	M. Kaviya
48	M. Gowtham	B.com	12/11/19	4.15pm / 5.15pm	G. Gowtham
49	S. Varun	B.com	12/11/19	4.15pm / 5.15pm	S. Varun
50	J. Karthi	B.Sc (Phy)	12/11/19	4.15pm / 5.15pm	J. Karthi
51	V. praveen kumar	B.com	12/11/19	4.15pm / 5.15pm	V. praveen
52	K. Raguath	B.Com	14/11/19	4.15pm / 5.15pm	K. Raguath
53	V. Thamarai Selvan	B.Sc (CT)	14/11/19	4.15pm / 5.15pm	V. Th
54	J. Arun kumar	Msw	12/11/19	4.15pm / 5.15pm	J. Arun
55	T. Hari Shankar	B.com	12/11/19	4.15pm / 5.15pm	T. Hari Shankar
56	M. Muthu kani	Maths	20/11/19	3.15pm / 4.15pm	M. Muth
57	K. Saranya	B.com	20/11/19	3.15pm / 4.15pm	K. Saranya
58	Mahana priya	B.A (ang)	20/11/19	3.15pm / 4.15pm	Mohan
59	M. Kaviya	B.Sc (CS)	20/11/19	3.15pm / 4.15pm	M. Kaviya
60	S. Vishnu priya	B.A (ang)	20/11/19	3.15pm / 4.15pm	S. Vishnu
61	P. Archana	B.com	20/11/19	3.15pm / 4.15pm	P. Archana
62	S. Parithasa	B.com	20/11/19	3.15pm / 4.15pm	S. Par
63	K. Karthi	B.Sc (Phy)	20/11/19	4.15pm / 5.15pm	K. Karthi
64	V. praveen kumar	B.com	20/11/19	4.15pm / 5.15pm	V. praveen
65	M. Gowtham	B.com	20/11/19	4.15pm / 5.15pm	G. Gowtham
66	J. Arun kumar	Msw	20/11/19	4.15pm / 5.15pm	J. Arun
67	S. Varun	B.com	20/11/19	4.15pm / 5.15pm	S. Varun
68	T. Hari Shankar	B.com	20/11/19	4.15pm / 5.15pm	T. Hari Shankar
69	K. Raguath	B.Com	20/11/19	4.15pm / 5.15pm	K. Raguath
70	V. Thamarai Selvan	B.Sc (CT)	20/11/19	4.15pm / 5.15pm	V. Th

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170	J. Karthi	B.Sc (Phy)	10/12/19	4.15pm / 5.15pm	J. Karthi
171	M. Vishnu	B.Sc - 200 - III	10/12/19	4.15pm / 5.15pm	M. Vishnu
172	V. praveen kumar	B.com	10/12/19	4.15pm / 5.15pm	V. praveen
173	S. Abhinav	B.A Hrs - III	10/12/19	4.15pm / 5.15pm	S. Abhinav
174	L. Kaviya	B.Sc - Mat	10/12/19	4.15pm / 5.15pm	L. Kaviya
175	C. Dhanush	B.Sc - Phy - III	10/12/19	4.15pm / 5.15pm	C. Dhanush
176	T. Hari Shankar	B.com	10/12/19	4.15pm / 5.15pm	T. Hari Shankar
177	M. Gowtham	B.com	10/12/19	4.15pm / 5.15pm	G. Gowtham
178	J. Arun kumar	Msw	10/12/19	4.15pm / 5.15pm	J. Arun
179	S. Varun	B.com	12/12/19	4.15pm / 5.15pm	S. Varun
180	K. Raguath	B.Com	12/12/19	4.15pm / 5.15pm	K. Raguath
181	M. Vishnu	B.Sc - 200 - III	12/12/19	4.15pm / 5.15pm	M. Vishnu
182	V. Thamarai Selvan	B.Sc (CT)	12/12/19	4.15pm / 5.15pm	V. Th
183	C. Dhanush	B.Sc - Phy - III	12/12/19	4.15pm / 5.15pm	C. Dhanush
184	V. praveen kumar	B.com	12/12/19	4.15pm / 5.15pm	V. praveen
185	S. Abhinav	B.A Hrs - III	12/12/19	4.15pm / 5.15pm	S. Abhinav
186	M. Gowtham	B.com	12/12/19	4.15pm / 5.15pm	G. Gowtham
187	S. Varun	B.com	12/12/19	4.15pm / 5.15pm	S. Varun
188	L. Kaviya	B.Sc - Mat	20/12/19	4.15pm / 5.15pm	L. Kaviya
189	P. Archana	B.Sc - CS	20/12/19	4.15pm / 5.15pm	P. Archana
190	S. Parithasa	Msw	20/12/19	4.15pm / 5.15pm	S. Par
191	M. Muthu kani	Maths	20/12/19	4.15pm / 5.15pm	M. Muth
192	K. Saranya	B.com	20/12/19	4.15pm / 5.15pm	K. Saranya
193	Mahana priya	B.A (English)	20/12/19	4.15pm / 5.15pm	Mohan
194	C. Dhanush	B.Sc - Phy - III	24/12/19	4.15pm / 5.15pm	C. Dhanush
195	K. Raguath	B.Com	24/12/19	4.15pm / 5.15pm	K. Raguath
196	S. Abhinav	B.A Hrs - III	24/12/19	4.15pm / 5.15pm	S. Abhinav
197	M. Vishnu	B.Sc - 200 - III	24/12/19	4.15pm / 5.15pm	M. Vishnu
198	L. Kaviya	B.Sc - Mat	24/12/19	4.15pm / 5.15pm	L. Kaviya
199	V. Thamarai Selvan	B.Sc (CT)	24/12/19	4.15pm / 5.15pm	V. Th
200	M. Gowtham	B.com	24/12/19	4.15pm / 5.15pm	G. Gowtham
201	S. Varun	B.com	24/12/19	4.15pm / 5.15pm	S. Varun
202	J. Karthi	B.Sc (Phy)	24/12/19	4.15pm / 5.15pm	J. Karthi
203	V. praveen kumar	B.com	24/12/19	4.15pm / 5.15pm	V. praveen
204	T. Hari Shankar	B.Com	24/12/19	4.15pm / 5.15pm	T. Hari Shankar

Dr. R. ASHOK KUMAR
Director of Physical Education
Department of Physical Education
W R M COLLEGE, POLLACHI

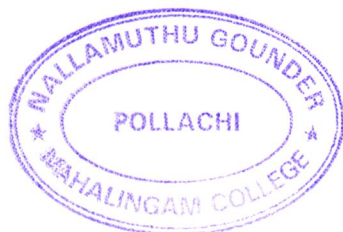
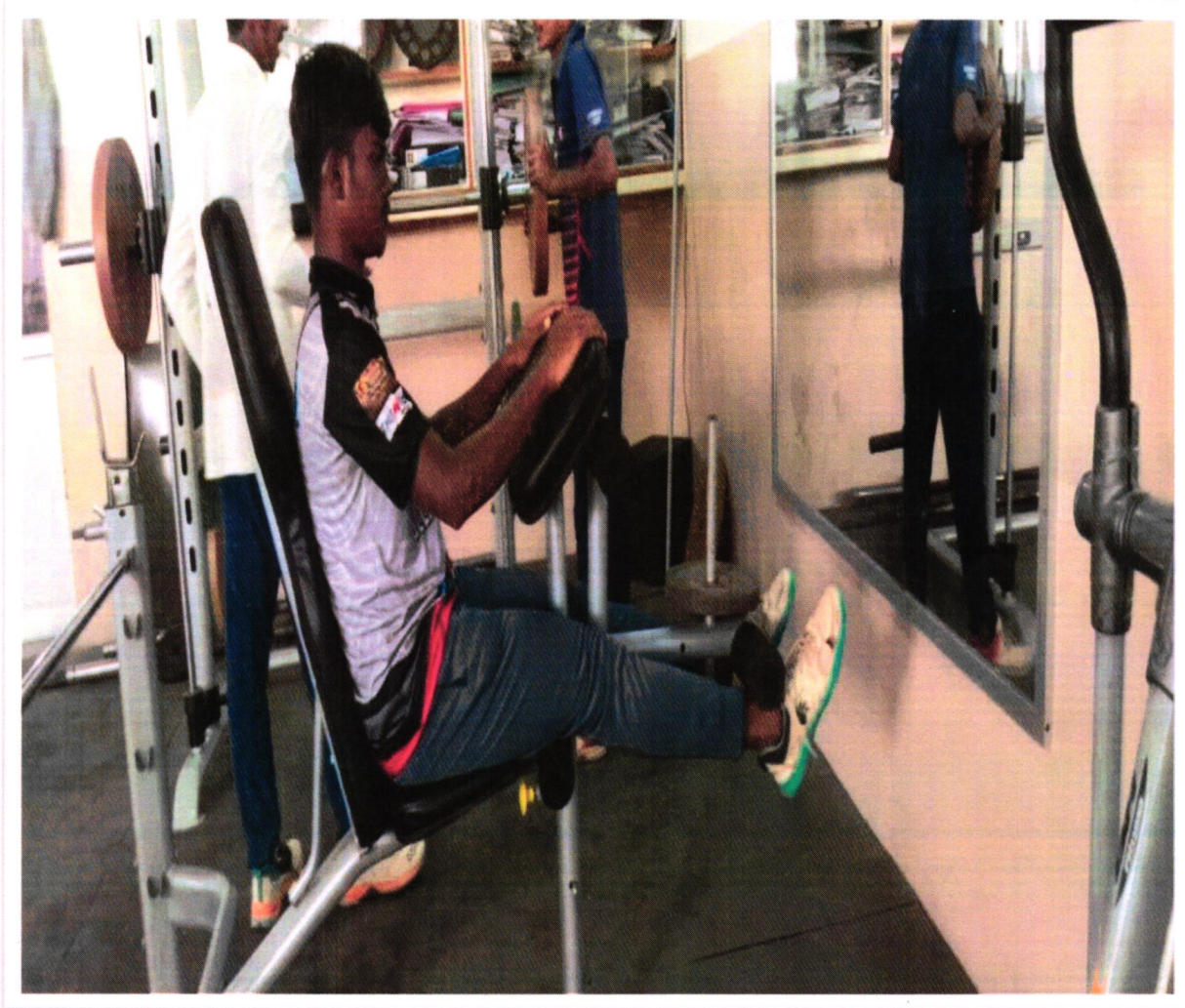



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95th Rank in NIRF – 2023 - Among Colleges in India.



PHYSICAL FITNESS – GYM

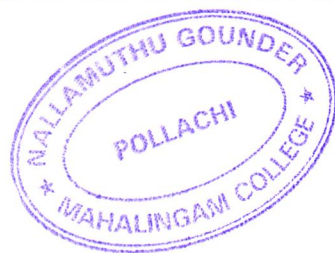
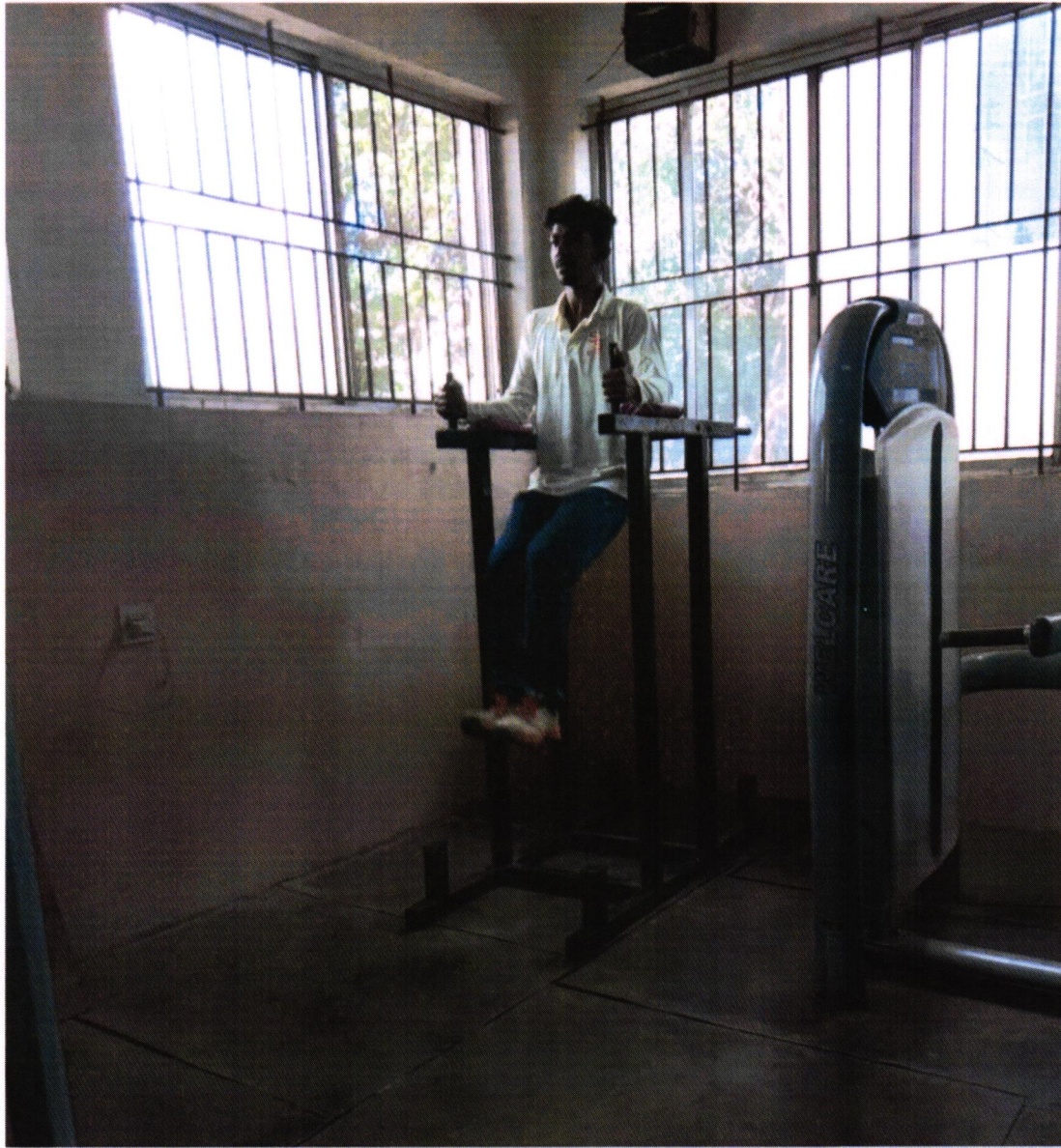




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