



# 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.



Phone : 04259 - 234868, 234870  
Mobile : 99429 06687

Fax : 04259 - 234869

E-Mail : ngm@ngmc.org

DATE : 10.04.2024

## PHYSICAL FITNESS CENTER – GYM

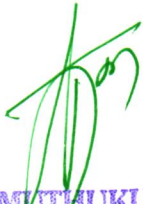
In our college, we have a separate physical fitness center—a gym for all the students. A gym in the campus will promote good health, performance and reduce the sick leaves. Providing the facility within the campus will motivate students to join the gym and collaborate with each other. There will be a 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 2018-2019 around 161 students are benefited.



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

2018 - 2019

PHYSICAL FITNESS - GYM

S. NO	Name	Department year	Date	In time / out time	Sign
1	K. Ragunath	B. com	3/8/18	4.15 PM / 5.15 PM	K. Ragunath
2	V. Thamarai Selvan	B. sc (LT)	3/8/18	4.15 PM / 5.15 PM	V. Thamarai Selvan
3	M. Groutham	B. com	3/8/18	4.15 PM / 5.15 PM	M. Groutham
4	D. Varun	B. com	8/8/18	4.15 PM / 5.15 PM	D. Varun
5	P. Archana	BSC (CS)	11/8/18	4.15 PM / 4.15 PM	P. Archana
6	D. Panithra	MSW	11/8/18	3.15 PM / 4.15 PM	D. Panithra
7	S. Kaviyarsan	B. sc (Phy)	11/8/18	4.15 PM / 5.15 PM	S. Kaviyarsan
8	S. Samithra	BSC (Phy)	11/8/18	4.15 / 4.15 PM	S. Samithra
9	R. Divya	Bsc (Phy)	11/8/18	3.15 / 4.15 PM	R. Divya
10	M. Muthukani	(Maths)	11/8/18	3.15 pm / 4.15 pm	M. Muthukani
11	K. Saranya	B. com	17/8/18	3.15 PM / 4.15 PM	K. Saranya
12	M. Kani Thara	BSc (Phy)	17/8/18	3.15 PM / 4.15 PM	M. Kani Thara
13	P. Udayathri	B: sc (Bot)	20/8/18	3.15 PM / 4.15 PM	P. Udayathri
14	T. Arthi	BS-L (Zoo)	26/8/18	3.15 PM / 4.15 PM	T. Arthi
15	M. Janani	Bsc (Bot)	26/8/18	3.15 PM / 4.15 PM	M. Janani
16	K. Suroj	B. sc (Zoo)	26/8/18	4.15 PM / 5.15 PM	K. Suroj
17	R. Saivanth	BSC (che)	28/8/18	4.15 PM / 5.15 PM	R. Saivanth
18	M. Karthik	BSC (Bot)	28/8/18	4.15 PM / 5.15 PM	M. Karthik
19	T. Harishankar	B. com	28/8/18	4.15 PM / 5.15 PM	T. Harishankar
20	M. Subash	Bsc (Phy)	03/9/18	4.15 pm / 5.15 PM	M. Subash
21	V. Praaveen Kumar	Bsc (Bot)	03/9/18	4.15 PM / 5.15 PM	V. Praaveen Kumar

PRINCIPAL  
N G M COLLEGE, POLLACHI

Dr. R. ASHOK KUMAR, Ph.D.,  
Director of Physical Education  
Department of Physical Education  
N G M College, Pollachi - 642 001



S.No	Name	Department	Date	In time / out time	Signature
20.	K. Kauthi	B.sc (phy)	8/9/18	4.15 PM / 5.15 PM	K. Kauthi
23.	V. Praveen Kumar	B.com	8/9/18	4.15 PM / 5.15 PM	V. Praveen
24.	S. Manivel	B.Sc (Maths)	8/9/18	4.15 PM / 5.15 PM	S. Manivel
25.	S. Anitha	B.A (Eco)	8/9/18	3.15 PM / 4.15 PM	S. Anitha
26.	S. Durga	BA (His)	8/9/18	3.15 PM / 4.15 PM	S. Durga
27.	M. Ranya	B.A (Eco)	8/9/18	3.15 PM / 4.15 PM	M. Ranya
28.	K. Jaya	B.A (His)	15/9/18	3.15 PM / 4.15 PM	K. Jaya
29.	M. Rajith	BA (His)	15/9/2018	4.15 PM / 5.15 PM	M. Rajith
30.	S. Manivel	(Maths)	15/9/18	4.15 PM / 5.15 PM	S. Manivel
31.	P. Praveen Kumar	BA (Eco)	15/9/18	4.15 PM / 5.15 PM	P. Praveen
32.	A. Hari Prakash	BA (His)	22/9/18	4.15 PM / 5.15 PM	A. Hari Prakash
33.	U. Boopalan	B.com	22/9/18	4.15 PM / 5.15 PM	U. Boopalan
34.	M. Sakthi	BA (His)	22/9/18	4.15 PM / 5.15 PM	M. Sakthi
35.	S. Aravindh	BCA	22/9/18	4.15 PM / 5.15 PM	S. Aravindh
36.	M. Sakthi	B.A (His)	22/9/18	3.15 PM / 4.15 PM	M. Sakthi
37.	K. Chithra	BSc (CS)	25/9/18	3.15 PM / 4.15 PM	K. Chithra
38.	S. Sarika	BSc (CS)	25/9/18	3.15 PM / 4.15 PM	S. Sarika
39.	Y. Vimal	B.A (Eco)	25/9/18	4.15 PM / 5.15 PM	Y. Vimal
40.	Jothi. R	BA (Eng)	01/10/18	4.15 PM / 5.15 PM	Jothi. R
41.	M. Karthik Raj	B.sc (CS)	01/10/18	4.15 PM / 5.15 PM	M. Karthik

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NGM COLLEGE, POLLACHI

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S.No	Name	Department	Date	In time / out time	Signature
42.	M. Vishnu	B.sc (good)	01/10/18	4.15 PM / 5.15 PM	M. Vishnu
43.	K. Pavithra	B-sc (CS)	01/10/18	3.15 PM / 4.15 PM	K. Pavithra
44.	T. Vinitha	BSc (CS)	01/10/18	3.15 PM / 4.15 PM	T. Vinitha
45.	R. Divya	BSc (CS)	01/10/18	3.15 PM / 4.15 PM	R. Divya
46.	P. Sandhya	B.com	08/10/18	3.15 PM / 4.15 PM	P. Sandhya
47.	S. Anitha	BA (Eco)	08/10/18	3.15 PM / 4.15 PM	S. Anitha
48.	K. Prakash	B.Sc (CS)	08/10/18	3.15 PM / 5.15 PM	K. Prakash
49.	R. Jaya Prakash	BA (Eng)	08/10/18	4.15 PM / 5.15 PM	R. Jaya Prakash
50.	M. Karthick	B.com BI	08/10/18	4.15 PM / 5.15 PM	M. Karthick
51.	K. Manoj	B.com CA	08/10/18	4.15 PM / 5.15 PM	K. Manoj
52.	K. Roshni	B.com CA	17/10/18	3.15 PM / 4.15 PM	K. Roshni
53.	K. Subasri	B.com BI	17/10/18	3.15 PM / 4.15 PM	K. Subasri
54.	M. Sakthi	B.A (His)	17/10/18	4.15 PM / 5.15 PM	M. Sakthi
55.	K. Saranya	B.com	17/10/18	3.15 PM / 4.15 PM	K. Saranya
56.	S. Aravindh	BCA	22/10/18	4.15 PM / 5.15 PM	S. Aravindh
57.	S. Manivel	BSc (Maths)	22/10/18	4.15 PM / 5.15 PM	S. Manivel
58.	D. Prakash	B.A (Eco)	22/10/18	4.15 PM / 5.15 PM	D. Prakash
59.	K. Karthi	B.sc (Phy)	22/10/18	4.15 PM / 5.15 PM	K. Karthi
60.	S. Durga	BA (His)	27/10/18	3.15 / 4.15 PM	S. Durga
61.	M. Ranya	B.A (Eco)	27/10/18	3.15 PM / 4.15 PM	M. Ranya
62.	K. Ram Prakash	B.A (Eng)	29/10/18	4.15 PM / 5.15 PM	K. Ram Prakash

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S. No	Name	Department	Date	intime/outtime	Signature
63.	S. Anvitha	BCA	29/10/18	4.15 PM / 5.15 PM	[Signature]
64.	S. Praveen	BA (Eco)	29/10/18	4.15 PM / 5.15 PM	[Signature]
65.	G. Soopalan	B. Com	29/10/18	4.15 PM / 5.15 PM	[Signature]
66.	S. Anitha	BA (Eco)	03/11/2018	3.15 PM / 4.15 PM	[Signature]
67.	K. Jaya	B.A (His)	03/11/2018	3.15 PM / 4.15 PM	[Signature]
68.	K. Chaitra	Bec. CS	03/11/2018	3.15 PM / 4.15 PM	[Signature]
69.	M. Sankthi	BA (HU)	03/11/2018	3.15 PM / 4.15 PM	[Signature]
70.	S. Durga	B. A (His)	03/11/18	3.15 PM / 4.15 PM	[Signature]
71.	R. Jothiraj	BA (Eng)	03/11/18	4.15 PM / 5.15 PM	[Signature]
72.	K. Karthik	B.A (Phy)	03/11/18	4.15 PM / 5.15 PM	[Signature]
73.	S. Sravanti	BCA	08/11/18	4.15 PM / 5.15 PM	[Signature]
74.	T. Arthi	B. Com	09/11/18	3.15 PM / 4.15 PM	[Signature]
75.	M. Ramya	B.A (Eco)	09/11/18	3.15 PM / 4.15 PM	[Signature]
76.	P. Archana	B. Sc (CS)	09/11/18	3.15 PM / 4.15 PM	[Signature]
77.	M. Janani	BSc (Phy)	09/11/18	3.15 PM / 4.15 PM	[Signature]
78.	S. Durga	B.A (His)	09/11/18	3.15 PM / 4.15 PM	[Signature]
79.	G. Babalax	B. Com	17/11/18	4.15 PM / 5.15 PM	[Signature]
80.	S. Varun	B. Com	17/11/18	4.15 PM / 5.15 PM	[Signature]
81.	M. Karthik	BSc (CS)	17/11/18	4.15 PM / 5.15 PM	[Signature]

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S. No	Name	Department	Date	intime/outtime	Signature
82.	K. Chaitra	B.Sc (CS)	23/11/18	3.15 PM / 4.15 PM	[Signature]
83.	K. Jaya	BA (His)	23/11/18	3.15 PM / 4.15 PM	[Signature]
84.	P. Archana	B. Sc (CS)	23/11/18	3.15 PM / 4.15 PM	[Signature]
85.	M. Ramya	B. A (Eco)	23/11/18	3.15 PM / 4.15 PM	[Signature]
86.	S. Manivel	BSc (Maths)	23/11/18	4.15 PM / 5.15 PM	[Signature]
87.	S. Praveen	BA (Eco)	27/11/18	4.15 PM / 5.15 PM	[Signature]
88.	S. Aravinda	BCA	27/11/18	4.15 PM / 5.15 PM	[Signature]
89.	G. Sooban	B. Com	27/11/18	4.15 PM / 5.15 PM	[Signature]
90.	M. Janani	BSc Phy	01/12/18	3.15 PM / 4.15 PM	[Signature]
91.	S. Sakthi	B.A (His)	01/12/18	3.15 PM / 4.15 PM	[Signature]
92.	S. Durga	B.A (His)	01/12/18	3.15 PM / 4.15 PM	[Signature]
93.	M. Ramya	B. A (Eco)	01/12/18	3.15 PM / 4.15 PM	[Signature]
94.	R. Jothiraj	B.A (Eng)	09/12/18	4.15 PM / 5.15 PM	[Signature]
95.	G. Soobalan	B. Com	09/12/18	4.15 PM / 5.15 PM	[Signature]
96.	S. Varun	B. Com	09/12/18	4.15 PM / 5.15 PM	[Signature]
97.	K. Prakash	BSc (CS)	09/12/18	4.15 PM / 5.15 PM	[Signature]
98.	M. Karthikraj	BSc (CS)	09/12/18	4.15 PM / 5.15 PM	[Signature]
99.	M. Ramya	B. A (Eco)	17/12/18	3.15 PM / 4.15 PM	[Signature]
100.	M. Janani	BSc (Phy)	17/12/18	3.15 PM / 4.15 PM	[Signature]
101.	M. Sarthi	BA (His)	17/12/18	3.15 PM / 4.15 PM	[Signature]

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S. No.	Name	Department - year	Date	intime/outtime	Sign
102	S. Praveen	B.A (Eco)	28/12/18	4.15pm/5.15pm	S. Praveen
103	K. Karthick	BA (Phy)	23/12/18	4.15PM/5.15PM	K. Karthick
104	S. Varun	B.com	23/12/18	4.15PM/5.15PM	S. Varun
105	R. Jothiraj	B.A (Eco)	23/12/18	4.15pm/5.15pm	R. Jothiraj
106	M. Sakthi	B. A (His)	01/01/19	3.15PM/4.15PM	M. Sakthi
107	P. Archana	BSC (CS)	01/01/19	3.15 PM/4.15 PM	P. Archana
108	S. Durga	B. A (His)	01/01/19	3.15 PM/4.15 PM	S. Durga
109	M. Ramya	B.A (Eco)	01/01/19	3.15PM/4.15PM	M. Ramya
110	K. Karthick	BA (Phy)	01/01/19	4.15 PM/5.15 PM	K. Karthick
111	S. Aravind	B.A	07/01/19	4.15 PM/5.15 PM	S. Aravind
112	S. Varun	B. com	07/01/19	4.15 PM/5.15 PM	S. Varun
113	S. Manivel	Maths	07/01/19	4.15 PM/5.15 PM	S. Manivel
114	K. Karthick	B.A (Phy)	15/01/19	4.15pm/5.15pm	K. Karthick
115	S. Praveen	B.A (Eco)	15/01/19	4.15 PM/5.15 PM	S. Praveen
116	T. Arthi	B. com	21/01/19	3.15 PM/4.15 PM	T. Arthi
117	M. Sakthi	B.A (His)	21/01/19	3.15 PM/4.15 PM	M. Sakthi
118	S. Durga	B. A (His)	21/01/19	3.15pm/4.15pm	S. Durga
119	P. Archana	BSC (CS)	21/01/19	3.15pm/4.15pm	P. Archana

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S. No.	Name	Department year	Date	intime/outtime	Sign
120	G. Boobalan	B. Com	28/01/19	4.15pm/5.15pm	G. Boobalan
121	S. Varun	B. com	28/01/19	4.15PM/5.15PM	S. Varun
122	R. Jothiraj	B.A (Eco)	28/01/19	4.15 PM/5.15 PM	R. Jothiraj
123	K. Karthick	B. A (phy)	28/01/19	4.15PM/5.15PM	K. Karthick
124	T. Arthi	B. com	01/02/19	3.15PM/4.15PM	T. Arthi
130	S. Durga	B.A (His)	09/02/19	3.15 PM/4.15 PM	S. Durga
131	M. Sakthi	B. A (His)	01/02/19	3.15 PM/4.15 PM	M. Sakthi
132	M. Ramya	B.A (Eco)	01/02/19	3.15PM/4.15PM	M. Ramya
133	S. Praveen	BA (Eco)	11/02/19	4.15 PM/5.15 PM	S. Praveen
134	K. Karthick	B.A (Phy)	11/02/19	4.15 PM/5.15 PM	K. Karthick
135	R. Jothiraj	BA (Eco)	11/02/19	4.15 PM/5.15 PM	R. Jothiraj
136	S. Aravind	BCA	11/02/19	4.15 PM/5.15 PM	S. Aravind
137	S. Manivel	Maths	11/02/19	4.15 PM/5.15 PM	S. Manivel
138	M. Sakthi	B.A (His)	20/02/19	3.15 PM/4.15 PM	M. Sakthi
139	M. Ramya	B.A (Eco)	20/02/19	3.15 PM/4.15 PM	M. Ramya
140	T. Arthi	B. com	20/02/19	3.15 PM/4.15 PM	T. Arthi
141	S. Durga	BA (His)	20/02/19	3.15PM/4.15PM	S. Durga
142	G. Boobalan	B. com	28/02/19	4.15 PM/5.15 PM	G. Boobalan
143	S. Aravind	BCA	28/02/19	4.15 PM/5.15 PM	S. Aravind

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S.No	Name	Department year	Date	Antime / cuttime	Sign.
144	S. Varun	B. Com	26/02/19	4.15 PM / 5.15 PM	S. Varun
145	S. Manivel	Maths	28/02/19	4.15 PM / 5.15 PM	S. Manivel
146	M. Karthikey	Bse Les	28/02/19	4.15 PM / 5.15 PM	M. Karthikey
147	S. Durgam	B.A. (His)	06/02/19	3.15 PM / 4.15 PM	S. Durgam
148	T. Arthi	BA Eco	01/03/19	3.15 PM / 4.15 PM	T. Arthi
149	M. Sakti	B. A (His)	01/03/19	3.15 PM / 4.15 PM	M. Sakti
150	P. Archana	BSC (CS)	01/03/19	3.15 PM / 4.15 PM	P. Archana
151	M. Ravith	BA (His)	05/03/19	4.15 PM / 5.15 PM	M. Ravith
152	P. Praveen	BA (Eco)	05/03/19	4.15 PM / 5.15 PM	P. Praveen
153	S. Varun	B. Com	05/03/19	4.15 PM / 5.15 PM	S. Varun
154	K. Karthik	B.A. (Phy)	05/03/19	4.15 PM / 5.15 PM	K. Karthik
155	P. Archana	BSC (CS)	13/03/19	4.15 PM / 5.15 PM	P. Archana
156	M. Janani	B. Sc (Phy)	18/03/19	4.15 PM / 5.15 PM	M. Janani
157	M. Sakti	BA (His)	13/03/19	3.15 PM / 4.15 PM	M. Sakti
158	T. Arthi	BA (His)	13/03/19	3.15 PM / 4.15 PM	T. Arthi
156	G. Boobalan	B. Com	28/03/19	4.15 PM / 5.15 PM	G. Boobalan
157	S. Varun	B. Com	23/03/19	4.15 PM / 5.15 PM	S. Varun
158	V. Vimal	BA (Eco)	27/03/19	4.15 PM / 5.15 PM	V. Vimal
159	M. Karthikey	B. Se CS	27/03/19	4.15 PM / 5.15	M. Karthikey
160	S. Aravindh	BCA	27/03/19	4.15 PM / 5.15 PM	S. Aravindh
161	P. Archana	BSC (CS)	30/03/19	3.15 PM / 4.15 PM	P. Archana

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## Nallamuthu Gounder Mahalingam College

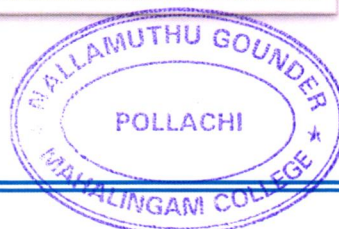
(An Autonomous Institution, Affiliated to Bharathiar University)  
90, Palghat Road, Pollachi - 642001, Coimbatore, Tamil Nadu, India.  
95<sup>th</sup> Rank in NIRF – 2023 - Among Colleges in India.



### PHYSICAL FITNESS – GYM



  
PRINCIPAL  
N. G. M. COLLEGE, POLLACHI







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(An Autonomous Institution, Affiliated to Bharathiar University)  
90, Palghat Road, Pollachi - 642001, Coimbatore, Tamil Nadu, India.  
95<sup>th</sup> Rank in NIRF – 2023 - Among Colleges in India.



  
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