



EVENT	IN-CHARGE
Singing	Dr. P. K. SENTHIL KUMAR
Dance	Dr. J. ANITHA
Oratorical	Dr. R. VENKATESAN
Carnival	Dr. M. GRACE HELINA Mr. KARNAN Staff, P.hd Scholars and Students

\*The rules and regulations of the competitions and the entry form shall be submitted through google forms\*

Google form link:  
**SOLO SINGING**  
<https://surveyheart.com/form/63ef1929c0bc4f0724000635>  
**GROUP SINGING**  
<https://surveyheart.com/form/63ee197e24995107546fb787>  
**SOLO DANCE**  
<https://surveyheart.com/form/63ee197e24995107546fb787>  
**GROUP DANCE**  
<https://surveyheart.com/form/63ee1543d19fa075f9e739d>  
**ORATORICAL**  
<https://surveyheart.com/form/63ef1cabd922107073f343f5a>



**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
**"INTERNATIONAL WOMEN'S DAY"**  
 ON THE THEME OF  
**"EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL, CULTURAL AND HEALTH STATUS"**  
 ORGANIZED BY  
**DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION**  
 ON 01/03/2023, 03/03/2023 AND 08/03/2023



**ABOUT THE DEPARTMENT**  
 The Department of Exercise Physiology and Nutrition (EPN) combines study in Exercise Physiology, Human Nutrition, Sports Nutrition and Biological Sciences along with various sports training. Opportunities for research, theory and practical experiences are the core of the instructional methods for both undergraduate and graduate students

**OBJECTIVES OF THE PROGRAMME**

- To make the world a better place for Women.
- Working for better Future.
- To achieve the sustainable development.

The following Competition will be held among Teaching & P.hd Scholars, Students and Administrative Staff on 1st, 3rd and 8th of March 2023

S.No	DATE	PROGRAMME
1.	01/03/2023	Solo, Group Singing and Oratorical Competition
2.	03/03/2023	Solo and Group Dance
3.	08/03/2023	Carnival (Fun games and Food courts)

Chief Patron  
**Dr. M. SUNDAR**  
Vice-Chancellor

Patron  
**Dr. R. RAMAKRISHNAN**  
Registrar i/c

Director  
**Dr. M. GRACE HELINA**  
Professor

Convenors  
**Dr. P. K. SENTHIL KUMAR**  
**Dr. R. VENKATESAN**  
Associate Professors

Organizing Secretary  
**Dr. J. ANITHA**  
Assistant Professor

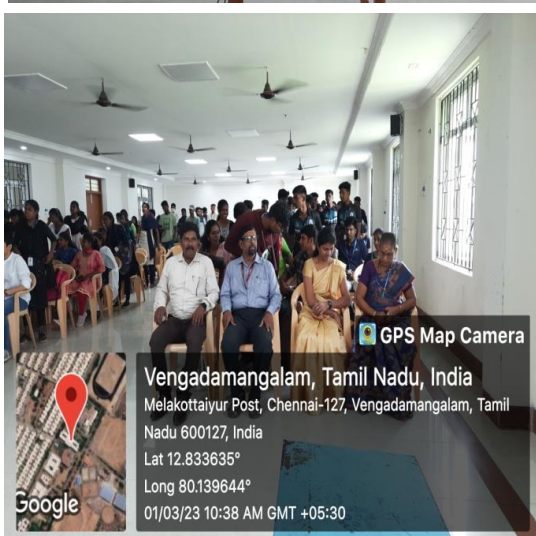
Members  
Mr. KARNAN (Guest Lecturer)  
P.hd Scholars and Students of EPN

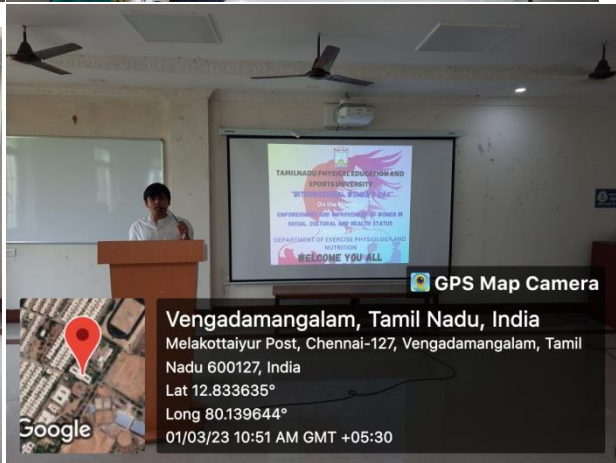
## Tamil Nadu Physical Education and Sports University

### International Women's Day Celebration

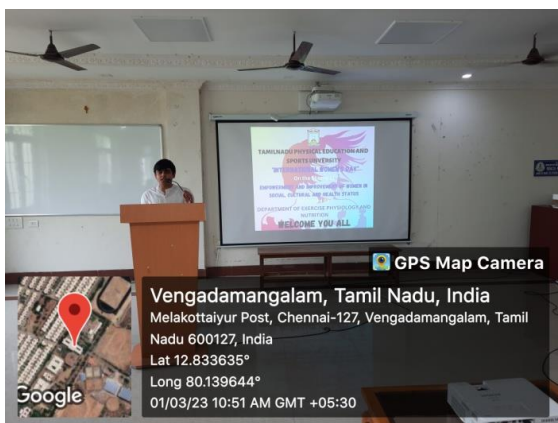
**Theme: Empowerment and Improvement of women in Social Cultural and Health Status**

**Day 1 Theme Singing and Oratorical Competition on 1<sup>st</sup> March 2023**

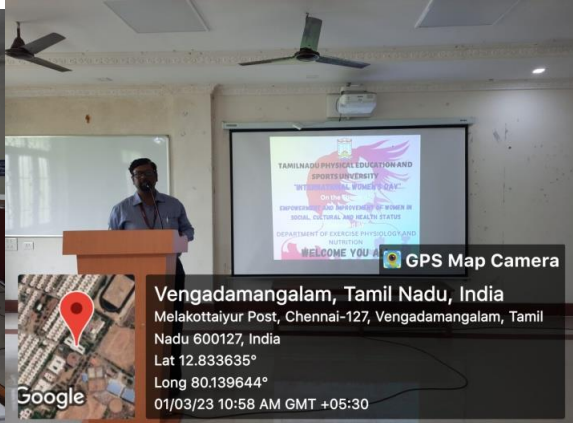




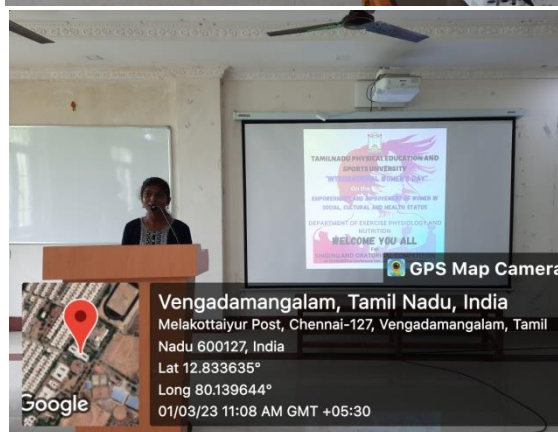
**Judges (Dr. P.K Senthil Kumar, DR.D.SATHIAKUMAR, and K. Saranya Devi) Judging the Singing Competition.**



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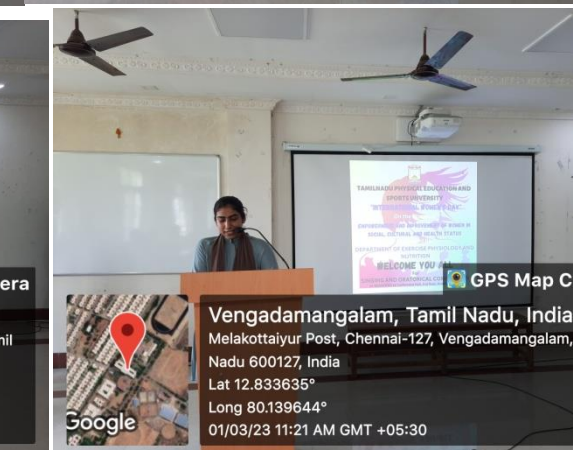
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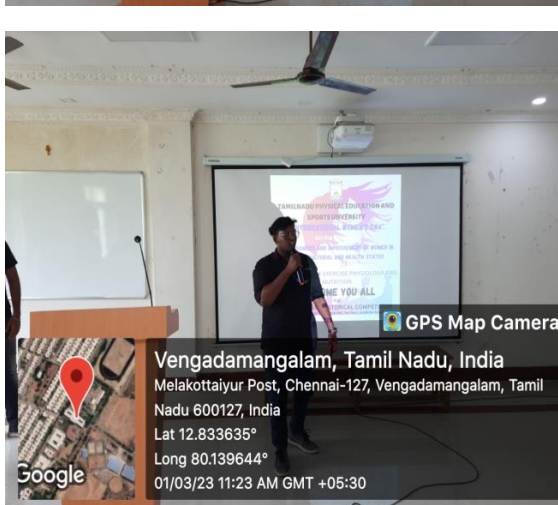
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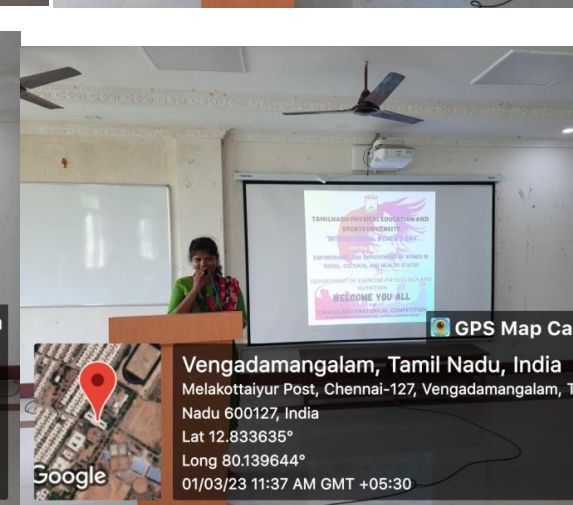
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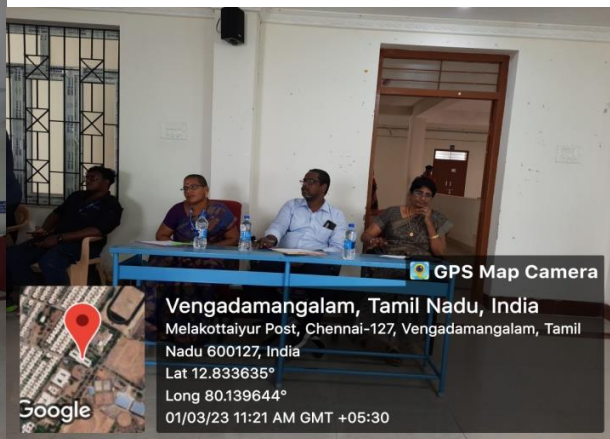
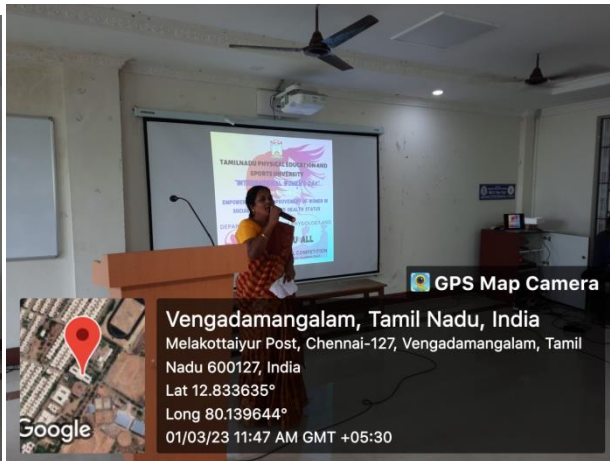
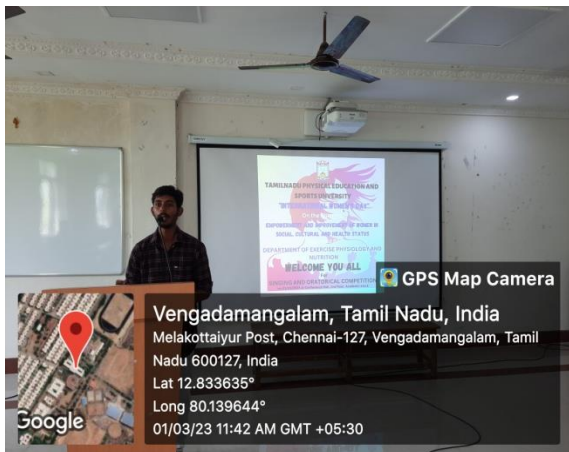
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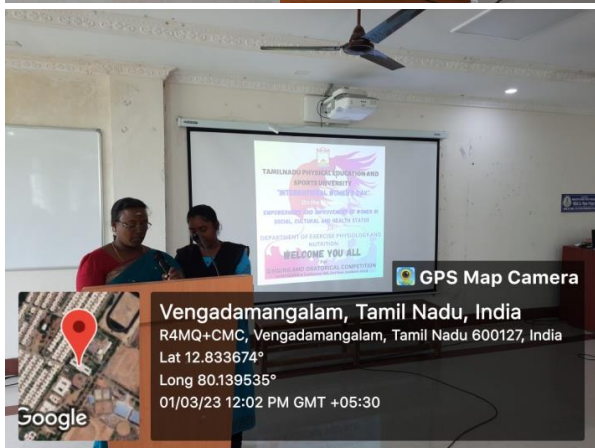
**Judges (Dr. Grace Helina, Dr. V.Ramesh Kumar, and S. Rajeshwari) Judging the Oratorical Competition**



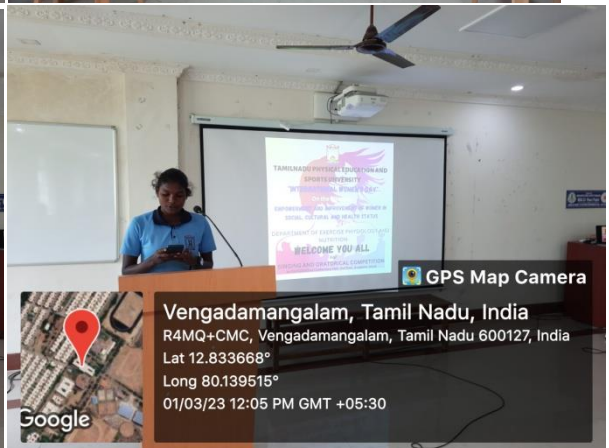
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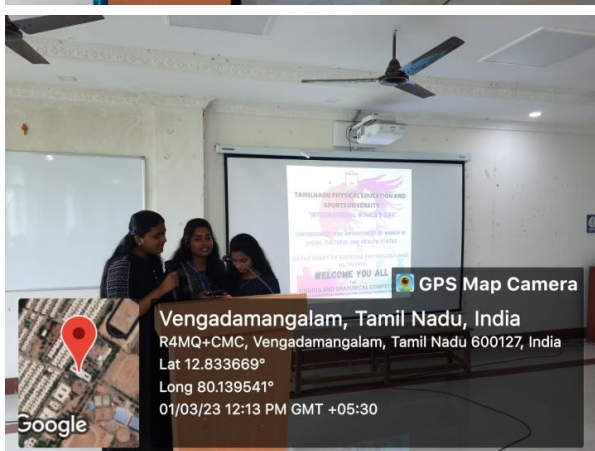
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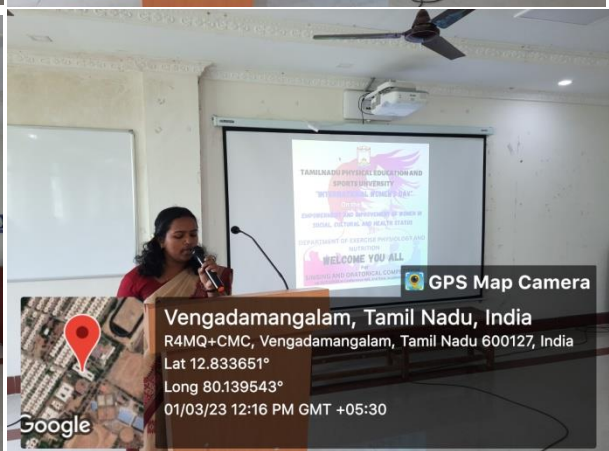
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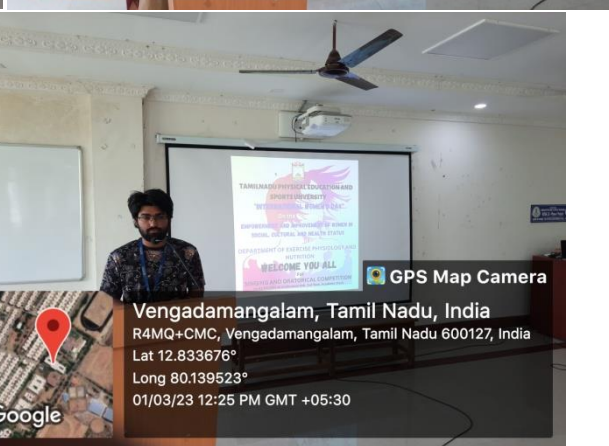
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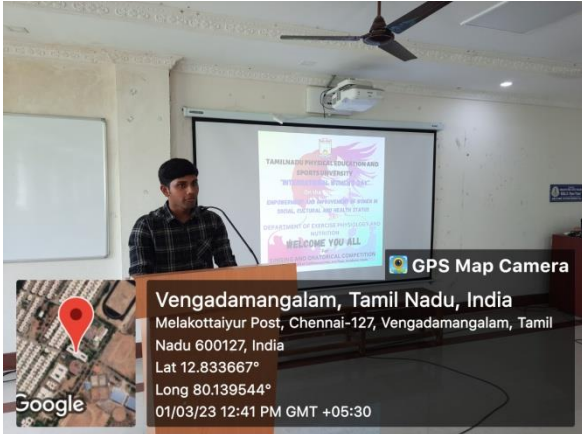
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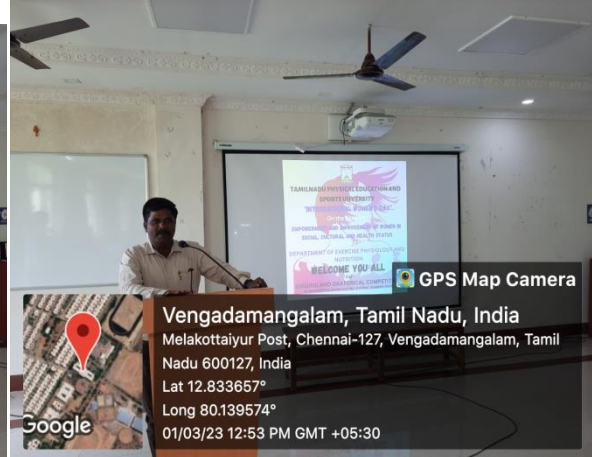
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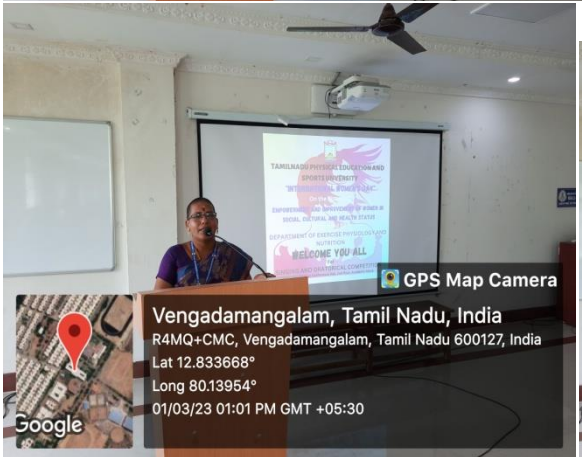
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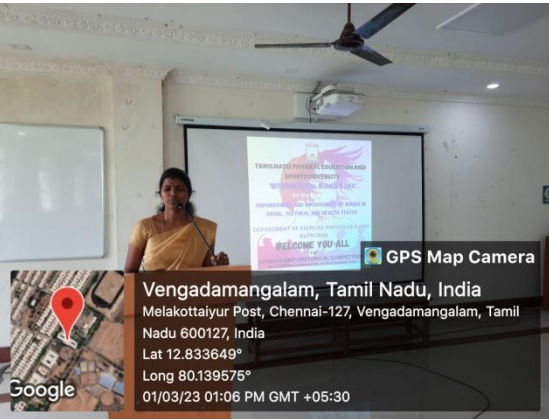
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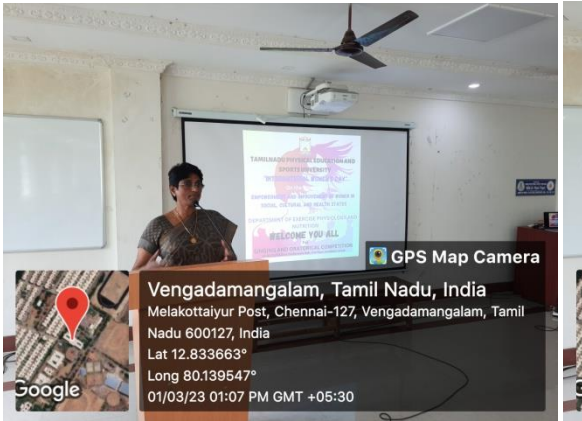
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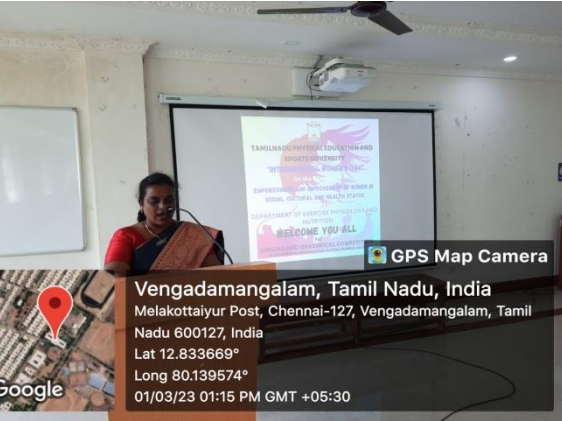
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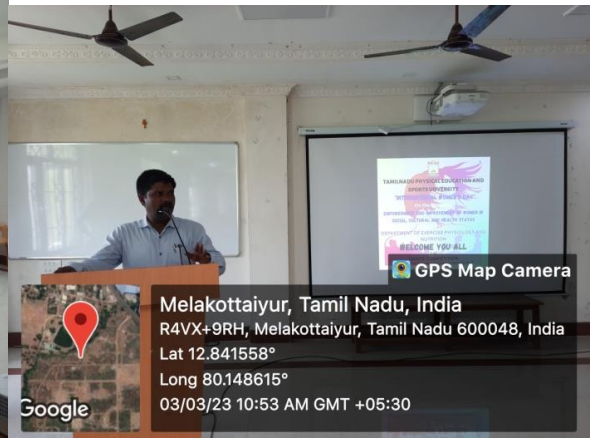


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## DAY 2 SOLO AND GROUP DANCE COMPETITION ON 03/03/2023



**Judges:** (Dr. V. Mangaiyarkarasi, Dr. K.Kannadasan, and Dr. J.Anitha) Judging the Dancing Competition





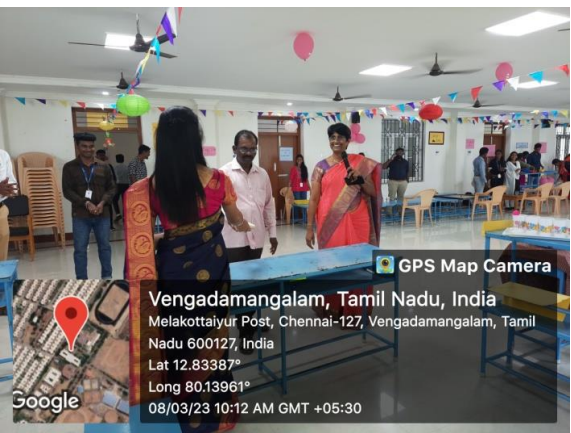
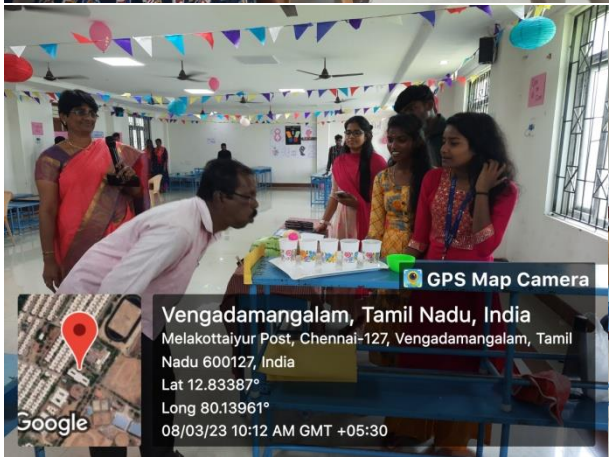






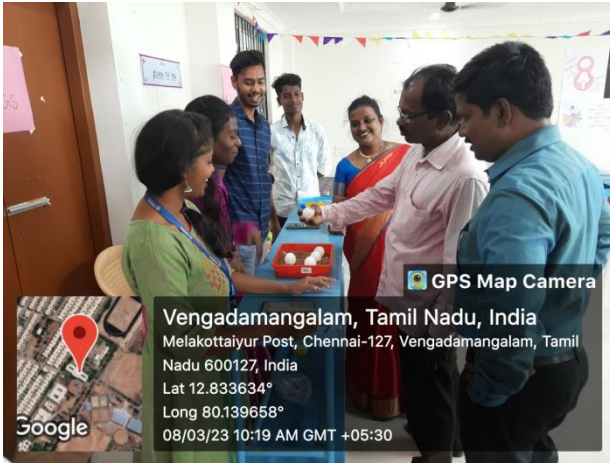


## Day 3 Inauguration of Carnival on 8<sup>th</sup> March 2023



## Finance Officer Mr. R. RAMESH Experiences all the Fun Games





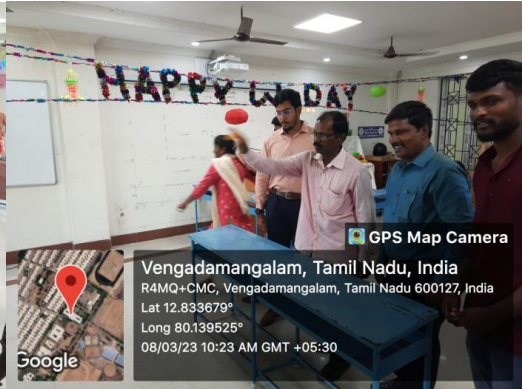
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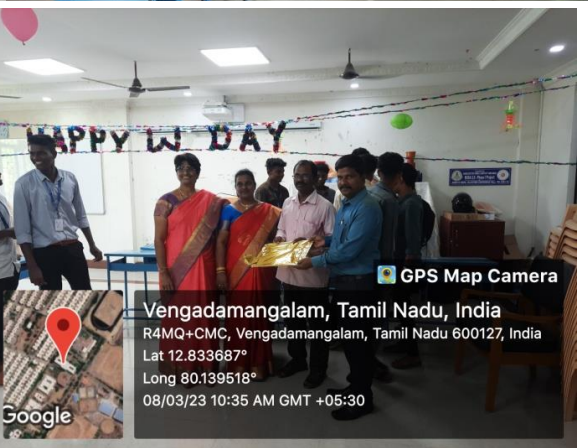
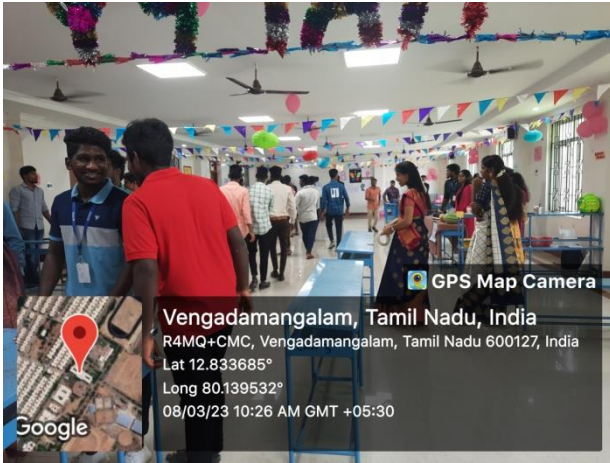
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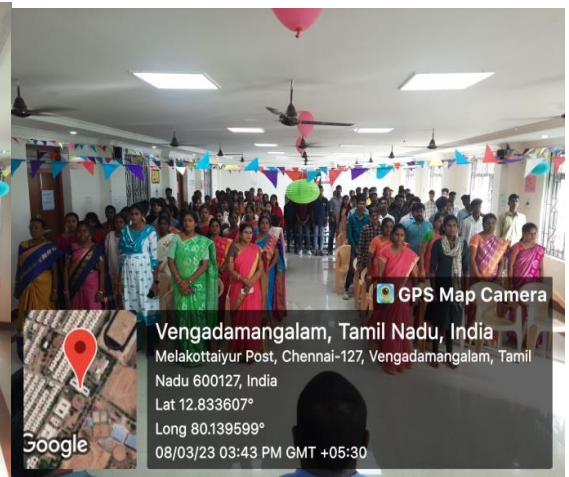
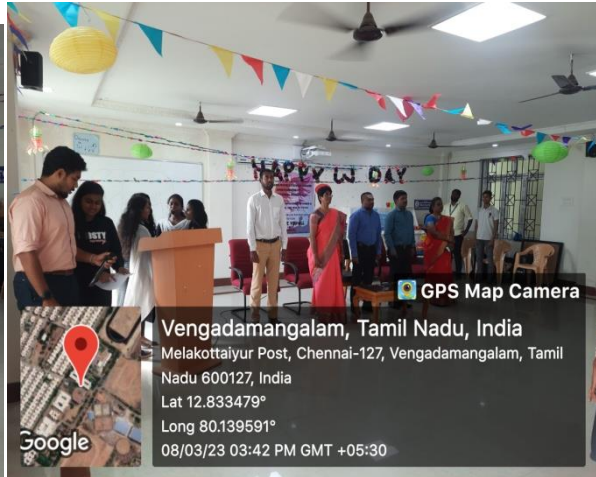
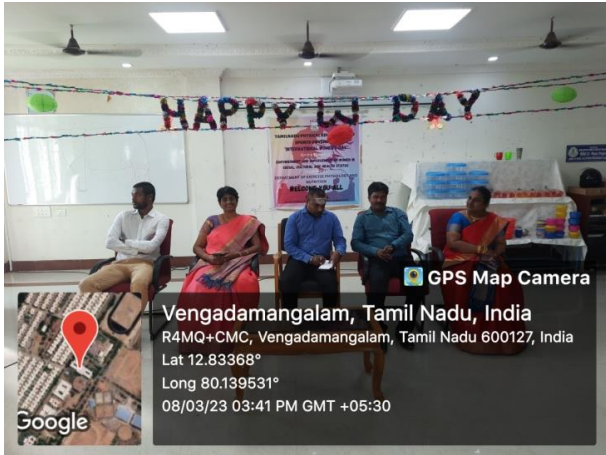
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**Tambola Prize Distribution**

## Closing Function

### Valedictory Function and Prize Distribution Ceremony



### Prize Distribution office staff and Guest Lecturer



## Singing Solo, Group and Oratorical Competition Winners





## Solo And Group Dance Winners

