

**DISSEMINATION OF WOMEN EMPOWERMENT
THROUGH SENSITIZING TO MARTIAL ARTS,
TRADITIONAL GAMES AND YOGA**

Organizing committee

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Programme Coordinator

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Professor, Department of Physical Education, TNPESU

**"A strong woman stands up for herself.
A stronger woman stands up for everybody else".**



SUTHANHIRA THIRUNAAL AMUDHA PERUVIZHA
TAMIL NADU



***Tamil Nadu State Council For
Science And Technology***

(Department of Higher Education, Govt of TN)
DOTE CAMPUS, CHENNAI 600 025

&

***Tamil Nadu Physical Education
And Sports University***

MELAKOTTAIYUR, CHENNAI 600127

Organizes

**DISSEMINATION OF WOMEN EMPOWERMENT
THROUGH SENSITIZING TO MARTIAL ARTS,
TRADITIONAL GAMES AND YOGA**

Under the Scheme

Dissemination Of Innovative Technology (DIT)

Date: 22.02.2022 - 26.02.2022
(5 Days) - Offline Mode

Venue:

Tamil Nadu Physical Education
and Sports University, Chennai.

ABOUT TAMIL NADU STATE COUNCIL FOR SCIENCE AND TECHNOLOGY:

The council maintains the liaison between the Government of India and the State Government and initiates, directs and coordinate research activities of Government Departments, Universities and other Professional bodies with a view to aid the development of Scientific Research in the State. To identify areas for the applications of Science and Technology to the development needs, objectives and goals of Tamil Nadu, and in particular, to the prevailing conditions of backwardness, rural, unemployment and poverty.

To advise Government on the formulation of policies and measures including technical, administrative and legal devices which will promote such application to identified needs, objectives and goals - in particular to health, education and manpower utilization with special emphasis on the development of human skills in the rural areas and in the slums, and which will promote the scientific management of the natural resources of the State.

To promote effective co-ordination and to develop and foster communication and other links between centres of scientific and technological research, Government agencies, farms and industries so that promising Research and Development work is initiated, promoted and effectively deployed in the agricultural industry, in Government and else where To initiate, support and coordinate fundamental and app for applied research programmes in universities. Tamil Nadu Academy of Sciences and other scientific, academic and professional bodies in areas identified to be especially suitable for the Application of Science and Technology.

To prepare Science and Technology plans relevant to the development needs of the state and to integrate these plans with the Annual Plans of the State. To consider, and advise Government on such other matters as are relevant to the application of Science and Technology to the problems of the State of Tamil Nadu. To interact with the Scientific Advisory Committee of the Cabinet of the Government of India. **To promote the popularization of science and technology by way** of organizing Awareness Programmes, Training Programmes, Exhibitions and Lectures including audiovisual presentation such other activities independently and through voluntary agencies.

ABOUT TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by an act of the government of Tamilnadu in 2004, is unique and the first of its kind in India as an affiliating university, exclusively for physical education and sports.

Vision: "To engage in relentless pursuit of excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit".

Mission: To develop advanced research facilities and contribute to the body of knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students.

1. To facilitate the application of research findings to refine and sharpen the coaching and training techniques in Physical Education and Sports, in matters of common interest and concern,
2. To establish linkages and networking with national and international specialized agencies and institutions and keep abreast of the latest developments in the field of Physical Education and Sports and
3. To support and assist the conduct of State and National level coaching camps in various sports disciplines, spot, nurture and groom the talent for National and International competitions.

Motto: "EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS"

About the Programme

Empowerment is the process that creates power in individuals over their own lives, society, and in their communities. Women's empowerment is all about equipping and allowing women to make life-determining decisions through the different problems in society. Women's empowerment and achieving gender equality is essential for our society to ensure the sustainable development of the country. Martial arts, traditional Games and Yoga are the tools to develop comprehensive women in respect of physical, mental, emotional and social aspects. Today, the modern world needs strong women who will lift and build others, who will love and be loved, Women who live bravely, both tender and fierce. **This programme will serve as a platform to make women indomitable against all social evils**

The programme will be conducted in offline mode and cover the following topics: Women Empowerment Global Perspectives, Women Empowerment Indian Perspectives, Martial Arts, Legal Perspectives of Women Empowerment, Physiological and Nutritional Perspectives of Women, Yoga for Women, Psychological Perspectives of Women, Traditional Games, Fitness, Health and Hygiene, Gait Biomechanics for women, Sociological Perspectives of Women, Practical Hands-on Experience on Martial Arts and Yoga.

- * **Last date for registration: 17/02/2022, 5.00 pm. (Google form)**
- * **Registration and Course Fee is Free**
- * **The maximum number of seats allotted is 40 Women participants.**
- * **The list of shortlisted candidates will be informed on 18/02/ 2022.**
- * **Working Women and students should get prior permission from their Institution**
- * **Working Lunch will be provided**
- * **The programme contains both Theory and Practical sessions**

Address for Communication
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Registration Link:

<https://forms.gle/v4qd3ZHgVcRjsqKc6>