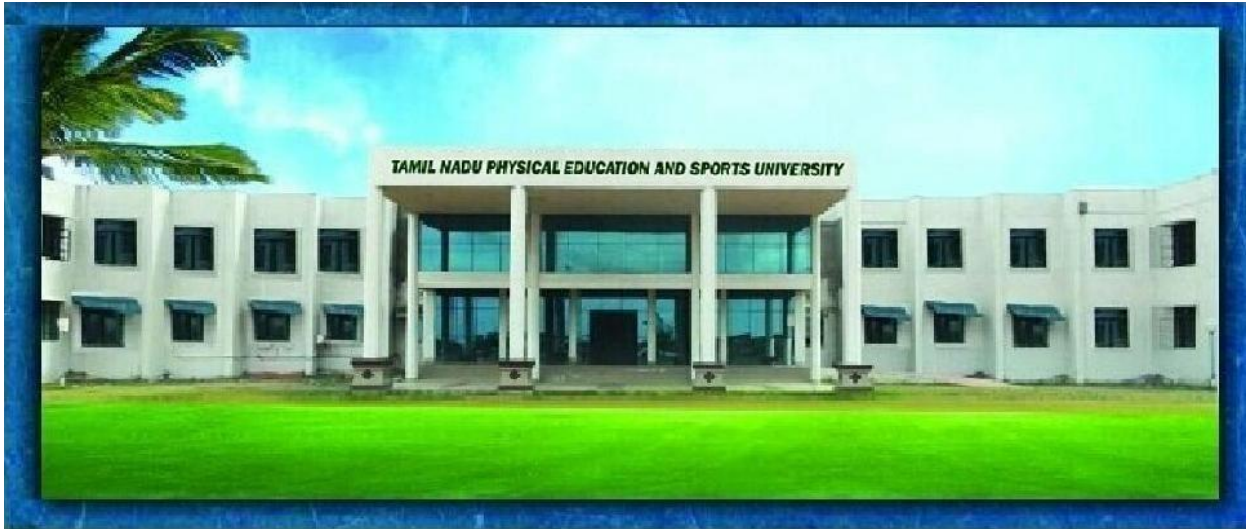


**Annual Quality Assurance Report (AQAR)
2015-2016**



Tamil Nadu Physical Education and Sports University

**(Estd. by the Govt. of Tamil Nadu Under Act No. 9 of 2005)
India's First State University in Physical Education and Sports
Melakottaiyur Post, Chennai-600127, Tamil Nadu, India
Website: www.tnpesu.org**

Submitted to

NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)

BANGALORE

The Annual Quality Assurance Report (AOAR) of the IOAC

(For Universities)

Institutions Accredited by NAAC need to submit an Annual self-reviewed progress report i.e. Annual Quality Assurance Report (AQAR) to NAAC, through its IQAC. The report is to detail the tangible results achieved in key areas, specifically identified by the IQAC at the beginning of the Academic year. *The AQAR period would be the Academic Year. (For example, July 1, 2017 to June 30, 2018)*

PART – A

Data of the Institution

(Data may be captured from IIQA)

- | | |
|---|--|
| 1. Name of the Institution | Tamil Nadu Physical Education and Sports University |
| Name of the Head of the institution | Dr. A.M.MOORTHY |
| Does the institution function from own campus : | Yes |
| Phone no. / Alternate phone no. : | 044-27477906 |
| Mobile no. : | 09884403817 |
| Registered Email : | regtnpesu@gmail.com |
| Alternative Email : | tnpesu@rediffmail.com |
| Address : | Vandalur – Kelambakkam Road, Melakotaiyur Post, Kandigai |
| City / Town : | Kancheepuram |
| State / UT : | Tamil Nadu |
| Pin Code : | 600127 |
| 2. Institutional status | |
| University : | State |
| Type of institution : | Co-education |
| Location : | Semi-urban |
| Financial status : | State funded |
| Name of the Co-coordinator : | Dr. Shahin Ahmed |
| Phone no. / Alternate phone no. : | 09841246509 / 06381274527 |
| E-mail address : | khanshahinkhan@yahoo.co.in |

Alternate E-mail address : drskpe@gmail.com
 Web address : www.tnpsu.org
 Web –link of the AQAR
 (Previous Academic Year): NIL

3. Whether Academic Calendar prepared during the year? Yes
 If yes, whether it is uploaded in the Institutional Website : Yes
 Web link : https://www.tnpsu.org/pdf/iqac/ACADEMIC_CALENDER_2015-2016-converted.pdf

4. Accreditation Details

Cycle	Grade	CGPA	Year of Accreditation	Validity Period
NIL	NIL	NIL	NIL	NIL

5. Date of establishment of IQAC : Yet to be established

6. Internal Quality Assurance System

6.1 Quality initiatives by IQAC during the year for promoting quality culture		
Item / Title of the quality initiative by IQAC	Date & Duration	Number of participants / beneficiaries
• Plan of introduction of bio-metric system	11.03.2016	Teaching and Non-teaching staff
• Collaborating with other universities through MOU	11.11.2015	Students
• Preparation for introducing Feedback System	09.12.2015	All stake holders
• Organizing All India Universities Tournament in various sports	17.09.2015	Students

7. Provide the list of Special Status conferred by Central / State Government – UGC/CSIR/DST/DBT/ICMR/TEQIP/World Bank/CPE of UGC, etc.

Institutional / Department / Faculty	Scheme	Funding agency	Year of award with duration	Amount
NIL	NIL	NIL	NIL	NIL

8. Whether composition of IQAC as per latest NAAC guidelines : Not established

*upload latest notification of formation of IQAC (NIL)

9. No. of meetings held during the year : 0

The minutes of IQAC meeting and compliance to the decisions have been uploaded on the institutional website : No

(Please upload, minutes of meetings and action taken report)

10. Whether IQAC received funding from any of the funding agency to support its Activities during the year? : No

If yes, mention the amount : NIL

Year : NIL

11. Significant contributions during the current year (maximum five bullets)

- Preparation of SSR with different criteria heads for submission towards NAAC 1st Cycle Accreditation.
- Participation in the All India University (AIU) tournament in various sports for Men and Women.
- Up gradation of College Website.
- Conduct of National and International Seminars.

12. Plan of action chalked out in the beginning of the Academic year towards Quality Enhancement and the outcome achieved by the end of the Academic year

Plan of Action	Achievements / Outcomes
Preparation of Academic Calendar	Academic Calendar prepared by the committee comprising of faculty members.
To increase the admission in the following years	Through paper advertisements, social media and word of mouth
To obtain feedback from the students	Feedback obtained from all the stakeholders
Organizing tournaments at All India Level	Organized various tournaments in sports at All India Level
To submit AISHE Report	AISHE Report submitted

13. Whether the AQAR was placed before statutory body? No

Name of the statutory body: NIL Date of meeting: NIL

14. Whether NAAC / or any other accredited body(s) visited IQAC or interacted with it to assess the functioning? No

15. Whether institutional data submitted to AISHE : Yes

Year: 2016 Date of submission: 25.02.2016

16. Does the institution have Management Information System? Yes

If yes, give brief description and a list of modules currently operational.

(Maximum 500 words)

- The biometric system is used effectively to record attendance of teaching and non-teaching staff. This University Library has been fully automated using NIRMALS Pro 4.2®, Library automation software. The software facilitates Library management in several aspects such as Gate Entry Management System, automated circulation of books, Book Purchase, Bibliographic data entry and retrieval, Journal Subscription module, Theses entry module, Membership data management module, Article Indexing module, Online Public Access Catalogue module. Daily reports pertaining to the above Library operations shall be generated using this software. This software also facilitates the students to access all the library resources in a single platform that is online open access catalogue. And they have the chance to reserve the books which is under lending. Stock verification can be made using this software.
- The office of the Controller of Examination has partial automation system which is from OG Software Solution Pvt. Limited.

PART – B

CRITERION I –CURRICULAR ASPECTS

1.1 Curriculum Design and Development

1.1.1 Program for which syllabus revision was carried out during the Academic year

Name of program	Program Code	Dates of revision
M.Phil. Sports Management	09	28.07.2015
M.Sc. Yoga	06	03.06.2015

1.1.2 Program/courses focused on employability/ entrepreneurship/ skill development during the Academic year

Program with Code	Date of Introduction	Course with Code	Date of Introduction
Nil	Nil	Nil	Nil

1.2 Academic Flexibility

1.2.1 New programs /courses introduced during the Academic year

Program/Course	Date of introduction
Nil	Nil

1.2.2 Programs in which Choice Based Credit System (CBCS)/Elective Course System implemented at the University level during the Academic year.

Name of Programs adopting CBCS	UG	PG	Date of implementation of CBCS / Elective Course System	UG	PG
Efforts are being taken to introduce CBCS System	NIL	NIL	NIL	NIL	NIL

1.3 Curriculum Enrichment

1.3.1 Value-added courses imparting transferable and life skills offered during the year

Value added course	Date of introduction	No. of students enrolled
NIL	NIL	NIL

1.3.2 Field Projects / Internships under taken during the year

Project/Program Title	No. of students enrolled for Field Projects / Internships
M.ScYoga Internship – Village Placement Program	03 21
M.Phil Yoga Village Placement Program	15
M.Sc Exercise Physiology & Nutrition	01
M.Sc Sports Biomechanics & Kinesiology Internship	02
MBA (Sports Management) Internship - Organisation Project Work – Organisation	10 03
M.Phil Sports Management Project Work	04
M.Phil Sports Psychology & Sociology Project Work	02
B.Sc. Sports Coaching	30

1.4 Feedback System

1.4.1 Whether structured feedback received from all stakeholders

1) Students	2) Teachers	3) Employers	4) Alumni	5) Parents
Yes	Yes	Yes	Yes	Yes

1.4.2 How the feedback obtained is being analyzed and utilized for overall development of the institution? (Maximum 500words)

Feedback System

Feedback is an important tool in the teaching learning process. It acts as a back bone for the growth of every entity in the institution, as it helps in defining new routes for greater accountability and teaching effectiveness. The faculty members to bring about changes to make a learning process more interactive to make the learner to adjust their thinking and behaviors to produce improved learning outcomes. Feedback redirects or refocuses either the stakeholder's actions to achieve a goal, by aligning effort and activity with appropriate outcome. The whole process helps in prioritizing ideas and provides a contextual perspective for ideas which needs implementation. Feedback from the students, supplemented feedbacks from the other sources like the alumni, parents and prospective employers gives us an overall picture in understandable format. It facilitates to frame both long term and short terms as per the target needs.

It gives the information related to course content and necessary changes can be incorporated to develop high quality curriculum design, teaching methodology and quality based learning, which is the core professional responsibility of the university. The curriculum and teaching efficiency related feedback forms are distributed to the students at the end of semester for all the courses offered by the various Departments in TNPESU. The information

thus collected is further analyzed statistically; results are interpreted graphically to get a clear picture of the gap between current and the desired performances. Directs attention to the intended learning targets clearly pointing out the strengths and specific pointers to improve performances.

Feedback from students is a formative approach in engaging them in a continual student engagement. This in turn reinforces the value of feedback and working in a supportive environment. The representation of students and alumni is the integral part of the Board of Studies Committee. The changes are brought about in accordance with the suggestions given. The feedbacks from the alumni are got during their visits and also when they have the informal alumni meetings or when called as coach/evaluators/referees during seminars and workshops conducted in the university. The other stakeholders like the parents were also involved in this exercise through the students to make sure that the changes incorporated are in keeping with the current trends and improvements happening in the field. The campus interviews conducted by the employers also gave their feedback about the students when they go for internship and employment.

CRITERION II – TEACHING-LEARNING AND EVALUATION

2.1 Student Enrolment and Profile

2.1.1 Demand Ratio during the year

Name of the Program	Number of seats available	Number of applications received	Students Enrolled
M.P. E.d, Physical Education	40	110	34
M.Phil Physical Education	19	57	19
M.Sc Yoga	20	6	6
M.PhilYoga	14	19	14
B,Sc Exercise Physiology & Nutrition	30	18	13
M.Sc Exercise Physiology & Nutrition	30	3	1
M.Phil Exercise Physiology & Nutrition	5	1	1
M.Sc Sports Biomechanics & Kinesiology	30	9	4
M.Phil Sports Biomechanics & Kinesiology	2	2	2
MBA (Sports Management)	60	20	10
M.Phil Sports Management	5	5	5
M.Phil Sports Psychology & Sociology	8	5	2
B.Sc Sports Coaching	50	60	31
M.Sc Sports Coaching	20	4	2
M.Tech Sports Technology	18	6	3

Catering to Student Diversity

Student – Full time teacher ratio (current year data)

Year	Number of students enrolled in the institution (UG)	Number of students enrolled in the institution (PG)	Number of full time teachers available in the institution teaching only UG courses	Number of full time teachers available in the institution teaching only PG courses	Number of teachers teaching both UG and PG courses
2015 - 2016	44	103	-	13	08
	Support staff (Statistics + Medical Officer + 2 Physiotherapists + Librarian)				5
Total		26			

Teaching – Learning Process

2.3.1 Percentage to teachers using ICT for effective teaching with Learning Management System (LMS), E- learning resources, etc. (current year data)

Number of teachers on roll	Number of teachers using ICT (LMS,e-Resources)	ICT tools and resources Available	Number of ICT enabled classrooms	Number of smart classrooms	E-resources and techniques used
PE	04	LCD	07	NIL	LCD
Yoga	03				
04EP	04				
02SM	02				
04SP	04				
02ATC	02				
02ST	02				
Support Staff (Statistics + Medical Officer + 2 Physio- therapists + Librarian)	05				

2.3.2 Students mentoring system available in the institution? Give details. (Maximum 500 words)

Formal Mentoring System is yet to be implemented. Informally the total numbers of students of each department were equally distributed to the faculty members of the department for guidance and support

Number of students enrolled in the institution	Number of fulltime teachers	Mentor : Mentee Ratio
147	26	-

2.4 Teacher Profile and Quality

2.4.1 Number of full time teachers appointed during the year

No. of sanctioned positions	No. of filled positions	Vacant positions	Positions filled during the current year	No. of faculty with Ph.D
PE	04	10	-	03
Yoga	03	01	-	03
EP	03	01	-	03
BM	01	03	-	01
SM	02	02	-	02
SPS	04	04	-	04
ACT	02	02	--	02
ST	02	02	-	02
Supporting Staff Statistics+Medical Officer+2 Sports Physiotherapists + Librarian	05			03
Total	26			23

2.4.2 Honors and recognitions received by teachers

(Received awards, recognition, fellowships at State, National, International level from Government, recognized bodies during the year)

Year of award	Name of full time teachers receiving awards from state level, national level, international level	Designation	Name of the award, fellowship, received from Government or recognized bodies
21.06.16	Dr. R. Elangovan	Professor and Head, Dept. of Yoga	Life Time Achievement Award Tamil Nadu VilayattuYogasanaAssociation, Chennai
2015	Dr. Grace Helina	Prof and Head	Exemplary Service award from National Council of YMCAs of India

2.5 Evaluation Process and Reforms

2.5.1 Number of days from the date of semester-end/ year- end examination till the declaration of results during the year

Programme Name	Program me Code	Semes ter/ year	Last date of the last semester-end/ year-end examination	Date of declaration of results of semester-end / year- end examination
M.Phil – Physical Education	03	July 2015- April -2016	16.11.2015 to 02.12.2015	13.01.2016
M.P.Ed	02			
B.P.Ed	01			
M.Phil Yoga	10			
M.Sc. Yoga	06			
M.Phil Exercise Physiology and Nutrition	13			
M.Sc Exercise Physiology and Nutrition	08			
B.Sc Exercise Physiology and Nutrition	12			
M.Phil Biomechanics and Kinesiology	21		25.04.2016 to 07.05.2016	23.06.2016
M.Sc Biomechanics and Kinesiology	16			
M.Phil Sports Psychology & Sociology	23			
M.Sc Psychology	22			
M.Phil Sports Management	09			
MBA Sports Management	07			
M.Tech Sports Technology	20			
B.Sc Sports Coaching	17			
M.Sc Sports Coaching	18			

2.5.2 Average percentage of Student complaints/grievances about evaluation against total number appeared in the examinations during the year

**Do not include re-evaluation/ re-totaling*

Number of complaints or grievances about Evaluation	Total number of students appeared in the examination	Percentage
Nil	Nil	Nil

No complaints or grievances about evaluation were received

2.6 Student Performance and Learning Outcomes

2.6.1 Program outcomes, program specific outcomes and course outcomes for all programs offered by the institution are stated and displayed in website of the institution (to provide the web link)

https://www.tnpesu.org/pdf/iqac/15-16_program_outcomes-converted.pdf

Enclosed in the Annexure

2.6.2 Pass percentage of students

Program Code	Program name	Number of students appeared in the final year examination	Number of students passed in final Semester /year examination	Pass Percentage
01	B.Ped	4	4	100
02	M.Ped	40	40	100
03	M.Phil PE	19	19	100
06	M.Sc Yoga	3	3	100
10	M.Phil Yoga	12	12	100
12	B,Sc Exercise Physiology & Nutrition	6	6	100
08	M.Sc Exercise Physiology & Nutrition	3	3	100
16	M.Sc Sports Biomechanics & Kinesiology	2	1	50
21	M.Phil Sports Biomechanics & Kinesiology	2	1	50
07	MBA (Sports Management)	3	3	100
09	M.Phil Sports Management	4	4	100
23	M.Phil Sports Psychology & Sociology	2	2	100
17	B.Sc Sports Coaching	11	11	100
20	M.Tech Sports Technology	2	2	100

2.7 Student Satisfaction Survey

2.7.1 Student Satisfaction Survey (SSS) on overall institutional performance (Institution may design the questionnaire) (results and details be provided as web link)

NIL

CRITERION III – RESEARCH, INNOVATIONS AND EXTENSION

3.1 Promotion of Research and Facilities

3.1.1 Teachers awarded National/International fellowship for advanced studies/ research during the year

Level	Name of the teacher awarded the fellowship	Name of the Award	Date of Award	Awarding Agency
National	Nil	Nil	Nil	Nil
International	Nil	Nil	Nil	Nil

3.1.2 Number of JRFs, SRFs, Post Doctoral Fellows, Research Associates and other fellows in the Institution enrolled during the year

Name of Research fellowship	Duration of fellowship	Funding agency
Rajiv Gandhi National Fellowship –03	Five years	UGC

3.2 Resource Mobilization for Research

3.2.1 Research funds sanctioned and received from various agencies, industry and other organizations

Nature of the Project	Duration	Name of the funding Agency	Total grant sanctioned	Amount received during the year
Minor Projects	-	-	-	-
Interdisciplinary Projects	-	-	-	-
Industry sponsored Projects	-			
Projects sponsored by the University	-	-	-	-
Students Research Projects (other than compulsory by the University)	-	-	-	-
International Projects	-	-	-	-
Any other(Specify)	-	-	-	-
Total	-	-		-

3.3 Innovation Ecosystem

3.3.1 Workshops/Seminars Conducted on Intellectual Property Rights (IPR) and Industry-Academia Innovative practices during the year

Title of Workshop/Seminar	Name of the Dept.	Date(s)
NIL	NIL	NIL

3.3.2 Awards for Innovation won by Institution/Teachers/Research scholars/Students during the year

Title of the innovation	Name of the Awardees	Awarding Agency	Date of Award	Category
NIL	NIL	NIL	NIL	NIL

3.3.3 No. of Incubation centre created, start-ups incubated on campus during the year

Incubation Centre	Name	Sponsored by
NIL	NIL	NIL
Name of the Start-up	Nature of Start-up	Date of commencement
NIL	NIL	NIL

3.4 Research Publications and Awards

3.4.1 Ph.Ds awarded during the year

Name of the Department	No. of Ph. Ds Awarded
Physical Education	12
Yoga	1
Sports Psychology	2
Sports Sociology	1
Sports Management	1
Advanced Sports Coaching	1

3.4.2 Research Publications in the journals notified on UGC website during the year

Type	Department	No. of Publication	Average Impact Factor, if any
National International	Physical Education	-a	-
National International	Yoga	09	-
National International	Exercise Physiology & Biomechanics	19	-
National International	Sports Management	03	-
National International	Sports Psychology & Sociology	05	-
National International	Advanced Sports Coaching & Training	05	-
National International	Sports Technology	01	-
Total		42	

3.4.3 Books and Chapters in edited Volumes / Books published, and papers in National / International Conference Proceedings per Teacher during the year

Department	No. of publications
Physical Education	-
Yoga	4
Exercise Physiology	-
Sports Management Sports Psychology and Sociology	-
Advanced Coaching Sports Technology	-
University Health Center	4

3.4.4 Patents published / awarded during the year

Patent Details	Patents status Published / Filed	Patent Number	Date of Award
NIL	NIL	NIL	NIL

3.4.5 Bibliometrics of the publications during the last Academic year based on average citation index in Scopus/ Web of Science or PubMed/ Indian Citation Index

Title of the paper	Name of the author	Title of the journal	Year of publication	Citation Index	Institutional affiliation as mentioned in the publication	Number of citations excluding self citations
Relationship of Sports Achievement Motivation. Locus of Control and Team Relationship with Performance of First Division Cricket Players in Chennai	Dr. K. Kannadasan	International Journal of Recent Research and Applied Studies	2016	-	Tamil Nadu Physical Education and Sports University, Chennai	-

3.4.6 h-Index of the Institutional Publications during the year. (based on Scopus/ Web of science)

Title of the paper	Name of the author	Title of the journal	Year of publication	h-index	Number of citations excluding self citations	Institutional affiliation as mentioned in the publication
NIL	NIL	NIL	NIL	NIL	NIL	NIL

3.4.7 Faculty participation in Seminars/Conferences and Symposia during the year :

No. of Faculty	International level	National level	State level	Local level
Attended Seminars/ Workshops	6	86	9	6
Presented papers	3	13	-	-
Resource Persons	1	-	8	1

3.5 Consultancy

3.5.1 Revenue generated from Consultancy during the year

Name of the Consultant(s) department	Name of Consultancy project	Consulting/Sponsoring Agency	Revenue generated (amount in rupees)
NIL	NIL	NIL	NIL

3.5.2 Revenue generated from Corporate Training by the institution during the year

Name of the Consultant(s) & Department	Title of the Program	Agency seeking training	Revenue generated (amount in rupees)	Number of trainees
NIL	NIL	NIL	NIL	NIL

3.6 Extension Activities

3.6.1 Number of extension and outreach programs conducted in collaboration with industries conducted in collaboration with industry, community and Non-Government Organizations through NSS/NCC/Red cross/Youth Red Cross (YRC) etc., during the year

Title of the Activities	Organizing unit/ agency/ collaborating agency	Number of teachers coordinated in such activities	Number of students participated in such activities
NSS Regular & Special Activities	NSS (coaching)	1	75
Village Placemen Program	AdiDravidar school, Melakottaiyur (Sports Psychology)	2	2
	Keerapakam Village (MBA)	2	7
	Nedungundram Municipal Council	3	21
	Physical Education Mellakottaiyur Kandigai Nellikuppam Rathinamanglam Guduvanchery	4	53
	Government ADW Middle School, Melakottaiyur (Sports Psychology)	2	2

3.6.2 Awards and recognition received for extension activities from Government and other recognized bodies during the year

Name of the Activity	Award/recognition	Awarding bodies	No. of Students benefited
NIL	NIL	NIL	NIL

3.6.3 Students participating in extension activities with Government Organizations, Non- Government Organizations and programs such as Swach Bharat, Aids Awareness, Gender Issue, etc. during the year

Name of the scheme	Organizing unit/ agency/ collaborating agency	Name of the activity	Number of teachers coordinated in such activities	Number of students participated in such activities
NIL	NIL	NIL	NIL	NIL

3.7 Collaborations

3.7.1 Number of Collaborative activities for research, faculty exchange, student exchange during the year

Nature of Activity	Participant	Source of financial support	Duration
NIL	NIL	NIL	NIL

3.7.2 Linkages with institutions / industries for research, faculty exchange, and student exchange during the year

Nature / Title of linkage	NAME OF THE SCHOOL	ADDRESS OF INTERNSHIP SCHOOL	Duration (From-To)	Participant
Internship/ Intensive Teaching and Coaching Practice	Jai Sports and Games	7-A/1, Madurai Road, Holy Cross College, Trichy– 620 002	01.06.2016 to 30.06.2016	1
	Live Sports 365 Private Limited	Bangalore, Karnataka	12.5.2016 to 2.7.2016	2
	Jude Felix Hockey Academy	Jude Felix Hockey Academy Charitable Trust, Bangalore	2. 06.2016 to 3.07.2016	1
	Combat Kinetics	Nehru Nagar, Ramapuram, Chennai	15.05.2016 to 15.06.2016	1
	Government Higher Secondary School	Mambakkam	-	11
	National Sports Council	Kathmandu, Nepal	4.06.2016 to 13.07.2016	1

3.7.3 MoUs signed with institutions of national, international importance, other universities, industries, corporate houses etc. during the year

Organization	Date of MoU signed	Purpose and Activities	No. of students/teachers participated under MoUs
Vocational Education, Training and Employment, Australia	21.07.2015	Joint Educational and Research Activity, Exchange of Research and academic Material	Vice Chancellor, Registrar, and 04 faculty members of TNPESU and CEO of VETA
Swarnim Gujarat Sports University	23.07.2015	Technical Collaboration and exchange programs	Vice Chancellor, Registrar, and 04 faculty members of TNPESU and Vice Chancellor of Swarnim Gujarat University

CRITERION IV – INFRASTRUCTURE AND LEARNING RESOURCES

4.1 Physical Facilities

4.1.1 Budget allocation, excluding salary for infrastructure augmentation during the year

Budget allocated for infrastructure augmentation	Budget utilized for infrastructure development
-	-

4.1.2 Details of augmentation in infrastructure facilities during the year

Facilities	Existing	Newly added
Campus area	125 acres	-
Class rooms	18	-
Laboratories	04	-
Seminar Halls	02	-
Classrooms with LCD facilities	02	-
Classrooms with Wi-Fi/ LAN	01	-
Seminar halls with ICT facilities	-	-
Video Centre	-	-
No. of important equipments purchased (\geq 1-0 lakh) during the current year.	-	-
Value of the equipment purchased during the year (Rs. in Lakhs)	-	-
Others	-	-

4.2 Library as a Learning Resource

4.2.1 Library is automated Integrated Library Management System (ILMS)

Name of the ILMS software	Nature of automation (fully or partially)	Version	Year of automation
Nirmal Library Automation Process	Fully	4.2.0	2008

4.2.1 Library Services

	Existing		Newly added		Total	
	No.	Value	No.	Value	No.	Value
Text Books	3040	15,33,500	NIL	NIL	3040	15,33,500
Reference Books	-	-	-	-	-	-
e-Books	-	-	-	-	-	-
Journals	-	-	23	17385	23	17385
e-Journals	-	-	-	-	-	-
Digital Database	-	-	-	-	-	-
CD & Video	-	-	-	-	-	-
Library automation	-	-	-	-	-	-
Weeding (Hard & Soft)	-	-	-	-	-	-
Others (specify)	-	-	-	-	-	-
Total	3040	15,33,500	23	17385	3063	15,70,885

4.2.2 E-content developed by teachers such as: e-PG-Pathshala, CEC (under e-PG-Pathshala CEC (Under Graduate) SWAYAM other MOOCs platform NPTEL/NMEICT/any other Government initiatives & institutional (Learning Management System (LMS) etc

Name of the teacher	Name of the module	Platform on which module is developed	Date of launching e - content
NIL	NIL	NIL	NIL

4.3.1 IT Infrastructure

4.3.1 Technology Up gradation (overall)

	Total Computers	Computer Labs	Internet	Browsing Centers	Computer Centers	Office	Departments	Available band width (MGBPS)
Existing	75	01	Enabled	The computer Lab is enabled with internet and it is used for teaching, learning, research and browsing activities	VC, Registrar, Finance, SDE, COE = 20	Library and other departments = 25	1GB	To be initiated ICT ,E- Library
Added			-	-		-	-	-
Total	75	01				20	25	

4.3.2 Bandwidth available of internet connection in the Institution (Leased line): 1GB MBPS /GBPS

4.3.3 Facility for e-content

Name of the e-content development facility	Provide the link of the videos and media centre and recording facility
NIL	NIL

4.4.4 Maintenance of Campus Infrastructure

4.4.1 Expenditure incurred on maintenance of physical facilities and academic support facilities, excluding salary component, during the year

Assigned budget on academic facilities	Expenditure incurred on maintenance of academic facilities	Assigned budget on physical facilities	Expenditure incurred on maintenance of physical facilities
5000000	5000000	5070724	5070724

4.4.2 Procedures and policies for maintaining and utilizing physical, academic and support facilities - laboratory, library, sports complex, computers, classrooms etc. (maximum 500 words) (information to be available in institutional Website, provide link)

<https://www.tnpsu.org/iqac/Procedures-for-Maintaining-Campus-Infrastructure.pdf>

ENCLOSED IN THE ANNEXURE

CRITERION V – STUDENT SUPPORT AND PROGRESSION

5.1 Student Support

5.1.1 Scholarships and Financial Support

	Name /Title of the scheme	Number of students	Amount in Rupees
Financial support from Government	SC/ST/BC/MBC	156	17,47,269
Financial support from other sources			
a) National	NIL	NIL	NIL
b) International	NIL	NIL	NIL

5.1.2 Number of capability enhancement and development schemes such as Soft skill development, Remedial coaching, Language lab, Bridge courses, Yoga, Meditation, Personal Counseling and Mentoring etc.

Name of the capability enhancement scheme	Date of implementation	Number of students enrolled	Agencies involved
Center for Psychological Counseling	09/12/2015	Students of TNPESU	Dept. of Sports Psychology and Sociology

5.1.3 Students benefited by guidance for competitive examinations and career counseling offered by the institution during the year

Year	Name of the scheme	Number of benefited students by Guidance for Competitive examination	Number of benefited students by Career Counseling activities	Number of students who have passed in the competitive exam	Number of students placed
NIL	NIL	NIL	NIL	NIL	NIL

5.1.4 Institutional mechanism for transparency, timely redressal of student grievances, Prevention of sexual harassment and ragging cases during the year

Total grievances received	No. of grievances redressed	Average number of days for grievance redressal
No Grievances received with regard to any harassment		

5.2 Student Progression

5.2.1 Details of campus placement during the year

On campus			Off Campus		
Name of Organizations Visited	Number of Students Participated	Number of Students Placed	Name of Organizations Visited	Number of Students Participated	Number of Students Placed
The Indian Public School	8	2	-	-	-

5.2.2 Student progression to higher education in percentage during the year

Year	Number of students enrolling into higher education	Programme graduated from	Department graduated from	Name of institution joined	Name of Programme admitted to
2015-2016	9	M.P.Ed	Physical Education	TNPESU	M.Phil
	3	M.Sc	Yoga		M.Phil

5.2.3 Students qualifying in state/ national/ international level examinations during the year
(eg:NET/SET/SLET/GATE/GMAT/CAT/GRE/TOFEL/Civil Services/State Government Services)

Items	No. of Students selected/ qualifying	Registration number/roll number for the exam
NET	-	-
SET	-	-
SLET	-	-
GATE	-	-
GMAT	-	-
CAT	-	-
GRE	-	-
TOFEL	-	-
Civil Services	-	-
State Government Services	-	-
Any Other	-	-

5.2.4 Sports and cultural activities / competitions organized at the institution level during the year

Activity	Level	Participants
Kho-Kho Women Tournament	AIU South Zone Inter-University	600
Kabaddi Women Tournament	AIU South Zone Inter-University	504
Cricket Men	TNPESU Rolling trophy	256
Football Men	TNPESU Rolling trophy	324
Handball Men	TNPESU Rolling trophy	210
Hockey Men	TNPESU Rolling trophy	198
Kabaddi Women	TNPESU Rolling trophy	84
Kho-Kho Women	TNPESU Rolling trophy	132
Volleyball Women	TNPESU Rolling trophy	108
Futsal Staff	TNPESU Rolling trophy	42
Football (Men)	Inter-Collegiate Tournament	160
Handball (Men)	Inter-Collegiate Tournament	50
Football (Women)	Inter-Collegiate Tournament	180

5.3 Student Participation and Activities

5.3.1 Number of awards / medals for outstanding performance in sports / cultural activities at national / international level (award for a team event should be counted as one)

Year	Name of the award/ medal	National/ International	Sports	Cultural	Student ID number	Name of the student
2015-2016	NIL	-	-	-	-	-

5.3.2 Activity of Student Council & representation of students on academic & administrative bodies / committees of the institution (maximum 500 words)

The students contribute by being the representatives of various committees in organizing any sport or cultural event in the institution. They also play a vital role in organizing the seminars/workshops/conferences in the department by assisting the faculty members. During the project meet, the students are given the autonomy to be the project heads in designing, organizing and executing the sports event, which is in the form of tournaments conducted for the other departments and the schools and colleges in the neighborhood. The students serve as umpires or referees during the inter-department/college/university tournaments.

5.3 Alumni Engagement

5.3.1 Whether the institution has registered Alumni Association? Yes/No, if yes give details (maximum 500 words):

Not established

5.3.2 No. of registered Alumni: 149

5.3.3 Alumni contribution during the year (in Rupees): **55875**

5.3.4 Meetings/activities organized by Alumni Association: **NIL**

CRITERION VI –GOVERNANCE, LEADERSHIP AND MANAGEMENT

6.1 Institutional Vision and Leadership

6.1.1 Mention two practices of decentralization and participative management during the last year (maximum 500 words)

ENCLOSED IN THE ANNEXURE

6.1.2 Does the institution have a Management Information System (MIS)?

Yes, the institution has a management Information System

6.2 Strategy Development and Deployment

6.2.1 Quality improvement strategies adopted by the institution for each of the following (with in 100 words each):

❖ Curriculum Development;

The curriculum design development is an intensive ongoing process keeping pace with the current needs of the society/industry. It gets its concurrence from the Board of studies consisting of the field experts in academic and industry and from academic Council and the Syndicate. The gap between the existing curriculum and the professional requirement is narrowed down, so that the students passing out after the completion of the course find themselves best fit in their professional endeavors.

❖ Examination and Evaluation

The Institution has a continuous internal evaluation system through different components like periodic class tests, model examinations, home assignments, and presentation, project, viva-voce and End-Semester examinations. The ratio of 25:75 as internal and external evaluation marks for UG and PG courses and 40:60 is the ratio for M.Phil Programs.

❖ **Research and Development**

TNPESU focuses on achieving academic excellence in creating a conducive environment which supports active learning and encourages faculty members to pursue research work, publish research papers in national and international journals. The departments of the University are equipped with adequate infrastructural facilities to carry out the research projects. The University publishes Biannual Journal of Physical Education and Sports Science. Every department consists of Department Research Committees which function during the admission of the students for Ph.D research scholars by scrutinizing their application, drawing equalization in relation to the related degree programs and selecting the candidates through entrance tests and interviews. The activities are monitored and carried out by the Research Coordinator.

❖ **Library, ICT and Physical Infrastructure /Instrumentation**

The university library is fully automated and well-stocked. It obtains new books periodically once in a year. OPAC (On line Public Access Catalogue) terminal is installed in the library for browsing online catalogue. The staff and the students can check their issue status, search resources through different search criteria's (Title, Author, Class No. subject, words in title/author). Every department has a LCD projector. A common hall with 39 computers is available for the faculty members and the students. All computers are connected with LAN and internet.

❖ **Admission of Students**

The University publishes updated prospectus well before the Announcement of the admission advertisement. It contains the details for the courses offered, eligibility for admission to the courses, fee structure and important dates of admission process, facilities available, and the instructions to the candidates. The prospectus is given to the students along with admission application. All the information is updated in the website.

6.2.2 Implementation of e-governance in areas of operations

❖ **Planning and Development**

- Proposals were prepared by the faculty members to send it to the funding agencies government and non-government
- MoUs with reputed institutions/organizations were initiated to develop industry-academia relationship for the benefit of students and the faculty members

❖ **Administration**

- Efforts are being taken to introduce e-governance in administration

❖ **Finance and Accounts**

- The finance department manages the account by collecting the semester wise fees for tuition, hostel and mess from the students

❖ **Student Admission and Support**

- The courses are displayed on the website and in the prospectus and the students apply for different courses
- On merit the students admission is done and the students who attend the sports and cultural competitions/ tournaments are credited with their attendance
- Preference is given go the students who excel in sports during admission
- The students are supported with scholarship based on their communities
- The respective departments conducts orientation program for the students highlighting the existence of the various functioning of cells such as Anti-ragging, Student Grievance Cell, Women Complaint Cell

❖ **Examination**

- The office of the Controller of Examinations is equipped with adequate man power and systems for the conduct of University examinations (theory and practical) and valuation of exam papers
- The results are processed with the software
- Question papers and students’ academic records are printed in the Office of the Controller of Examination and every aspect was treated with confidentiality

6.3 Faculty Empowerment Strategies

6.3.1 Teachers provided with financial support to attend conferences / workshops and towards membership fee of professional bodies during the year

Year	Name of teacher	Name of conference/ workshop attended for which financial support provided	Name of the professional body for which membership fee is provided	Amount of support
2015-2016	NIL	NIL	NIL	NIL

6.3.2 Number of professional development / administrative training programs organized by the University

For teaching and non teaching staff during the year

Year	Title of the professional development program organized for Teaching staff	Title of the administrative training program organized for non-teaching staff	Dates (from-to)	No. of participants (Teaching staff)	No. of participants (Non-teaching staff)
NIL	NIL	NIL	NIL	NIL	NIL

6.3.3 No. of teachers attending professional development programs, viz., Orientation Program, Refresher Course, Short Term Course, Faculty Development Programs during the year

Title of the professional development program	Number of teachers who attended	Date and Duration (from – to)
REFRESHER COURSE	1	07.07.2015 - 27.07.2015
ORIENTATION PROGRAMME	1	15.10.2015 - 17.10.2015
NSS ORIENTATION COURSE	1	28.01.2016-03.02.2016

6.3.4 Faculty and Staff recruitment (no. for permanent/full time recruitment):

Teaching		Non-teaching	
Permanent	Fulltime	Permanent	Fulltime
Nil	Nil	Nil	Nil

6.3.5 Welfare schemes for

Teaching

- Due increments were given to the staff.
- Leave was given to attend the seminars and conferences.
- Functioning of Health Centre during the working hours and family covered under insurance.

Non Teaching

- Timely Increments for the staff
- Functioning of Health Centre during the working hours and family covered under insurance.
- Encouraged to take up departmental examinations

Students

- University Bus service at subsidized rate.
- Computer Center was given free access.
- Free medical treatment was offered by the University Health Center.
- Hostellers were given free medical aid 24x7 when ever there was an emergency by the Health Center.
- Psychological Services offered to the students who had emotional issues.

6.4 Financial Management and Resource Mobilization

6.4.1 Institution conducts internal and external financial audits regularly

The accounts of the Institution are being audited annually by the Local Fund Auditors, who are appointed by the State Government. Regular Audit is being conducted by the Local Fund auditors and Audit for the financial Year 2015- 2016. i.e for the year ending up to 31.03.2016, have been completed by them.

Moreover, the Accountant general of India, Government of India is also conducting annual Audit every year. Audit up to the financial year 2015-2016 have been over i.e for the year ending 31.03.2016 have been completed by them.

Regarding Internal Audit, the finance Officer (on deputation from Tamil Nadu Secretariat, Service at the level of Under Secretary to Government Finance Department) of the University regularly monitors the financial aspects of University.

6.4.2 Funds / Grants received from management, non-government bodies, individuals, philanthropies during the year (not covered in Criterion III)

Name of the non government funding agencies/ individuals	Funds/ Grants received in Rs.	Purpose
NIL	NIL	NIL

6.4.2 Total corpus fund generated : NIL

6.5 Internal Quality Assurance System

6.5.1 Whether Academic and Administrative Audit (AAA) has been done?

Audit Type	External		Internal	
	Yes/No	Agency	Yes/No	Authority
Academic	No	-	-	-
Administrative	Yes	1. Local Fund Audit, Government of Tamil Nadu 2. Accountant General, Government of Tamil Nadu	Yes	Finance Officer

6.5.2 What efforts are made by the University to promote autonomy in the affiliated/constituent colleges?
(If applicable)

Autonomous Colleges such as YMCA college of Physical Education, Chennai and Maruthi College of Physical Education, Coimbatore has been affiliated to this University. They have been given the autonomous status and the freedom to execute all academic and administrative tasks. The affiliated colleges are given research centers to run their PhD research program for regular PhD candidates. These colleges are also given the freedom to conduct inter-collegiate tournaments of the university and the preference of conducting coaching camps on various sport and games on voluntary basis. The faculty members of these colleges are also given the chance to accompany the team as coach / team manager to participate in inter-university tournaments.

6.5.3 Activities and support from the Parent – Teacher Association (at least three)

As there is no parent teachers' association, parents were encouraged to meet the respective faculty of their wards whenever needed.

During tournaments, officiating duties were given to the qualified and eligible parents.

6.5.4 Development programs for support staff (at least three)

- Increments and Promotions were given at the appropriate time.
- Encouraged to take up further education.
- Support staffs were a part of every program in terms of teaching and administrative work.

6.5.5 Post Accreditation initiative(s) (mention at least three): NIL

6.5.6

- a. Submission of Data for AISHE portal :Yes
- b. Participation in NIRF : No
- c. ISO Certification : No
- d. NBA or any other quality audit : No

6.5.7 Number of Quality Initiatives undertaken during the year

Year	Name of quality initiative by the Institution	Date of conducting activity	Duration	Number of participants
2015-2016	Conduct of National NCTE workshop on curriculum framework in Physical Education	03.10.2015	01 Day	63
	Conduct of International Workshop on contemporary outlook on self through self enhancement	11.01.2016	01 Day	62
	Conduction of National Workshop on Sports Wellbeing and Social Development	03.11.2015	01 Day	59

CRITERION VII – INSTITUTIONAL VALUES AND BEST PRACTICES

7.1 - Institutional Values and Social Responsibilities

7.1.1 Gender Equity (Number of gender equity promotion program organized by the institution during the year)

Title of the program	Period (from-to)	Participants	
		Female	Male
Independence Day	15/08/2015	55	140
SadhbhavanaDiwas	20/08/2015	60	200
Pongal	11/01/2016	75	180
Republic Day	26/01/2016	70	200
International Women's Day	08/03/ 2016	12	35
International Yoga Day	21/06/2016	110	250

7.1.2 Environmental Consciousness and Sustainability/Alternate Energy initiatives such as: Percentage of power requirement of the University met by the renewable energy sources

Initiatives are being taken to set up solar power stations

7.1.3 Differently abled (Divyangjan) friendliness

Items Facilities	Yes/No	No. of Beneficiaries
Physical facilities	YES	01
Provision for lift	-	-
Ramp/ Rails	YES	01
Braille Software/facilities	-	-
Rest Rooms	-	-
Scribes for examination	-	-
Special skill development for differently abled students	-	-
Any other similar facility	-	-

7.1.4 Inclusion and Situatedness

Enlist most important initiatives taken to address locational advantages and disadvantages during the year

Year	Number of initiatives to address locational advantages and disadvantages	Number of initiatives taken to engage with and contribute to local community	Date and duration of the initiative	Name of the initiative	Issues addressed	Number of participating students and staff
-	-	-	-	-	-	-

7.1.5 Human Values and Professional Ethics

Code of conduct (handbooks) for various stakeholders

Title	Date of publication	Follow up (maximum 100 words each)
-	-	-

7.1.6 Activities conducted for promotion of universal values and ethics

Activity	Duration	Number of participants
Celebration of Birth and Death Anniversaries of Dr. Ambedkar	04/12/2015 4/04/2016	180 210
Blood Donation	12/08/2015	40
Leadership Program for character development (project meet)	2016	Students of Physical Education
Coaching/ Referring Inter departmental, collegiate and interuniversity tournaments	2015-2016	Students from the Departments of: Physical Education Advanced Coaching and Training

7.1.7 Initiatives taken by the institution to make the campus eco-friendly (at least five)

- Promoting paperless governance
- Placing Dustbins at the prominent places of the university
- Tree Plantation in the campus
- Tobacco and Alcohol Free Campus
- LPG is used for cooking in the hostel which is carbon neutral

7.2 Best Practices

Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

https://www.tnpesu.org/pdf/iqac/BEST_PRACTICES.pdf

Enclosed in the Annexure

7.3 Institutional Distinctiveness

Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust
Provide the web link of the institution in not more than 500 words

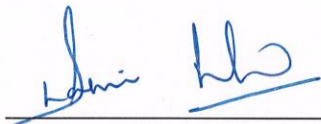
https://www.tnpesu.org/pdf/iqac/INSTITUTIONAL_DISTINCTIVENESS.pdf

Enclosed in the Annexure

8. Future Plans of Action for next academic year

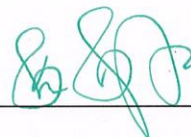
- Establishment of Internal Quality Assurance Cell
- Nominating the Coordinator for planning and executing the activities related to NAAC.
- Extension of classrooms
- Biometric System to be implemented
- Best practices to be adopted

NAME DR. SHAHIN AHMED



Signature of the Coordinator, IQAC

NAME DR. SHEILA STEPHEN



Signature of the Chairperson, IQAC

Dr. SHAHIN AHMED
M.A., M.Phil., Ph.D., M.B.A.
Professor,
Dept. of Sports Psychology & Sociology
Tamil Nadu Physical Education &
Sports University
Chennai - 600 127.



ANNEXURE

ACADEMIC CALENDER FOR THE YEAR 2015-2016

JULY – 2015

DATE	DAY	PARTICULARS	Working Days
1	Wednesday		1
2	Thursday		2
3	Friday		3
4	Saturday	Holiday	
5	Sunday	Holiday	
6	Monday		4
7	Tuesday		5
8	Wednesday		6
9	Thursday		7
10	Friday		8
11	Saturday	Holiday	
12	Sunday	Holiday	
13	Monday		9
14	Tuesday		10
15	Wednesday		11
16	Thursday		12
17	Friday		13
18	Saturday	Ramzan- Holiday	
19	Sunday	Holiday	
20	Monday		14
21	Tuesday		15
22	Wednesday		16
23	Thursday		17
24	Friday		18
25	Saturday	Holiday	
26	Sunday	Holiday	
27	Monday		19
28	Tuesday		20
29	Wednesday		21
30	Thursday		22
31	Friday		23
Number of Working Days			23

August – 2015

DATE	DAY	PARTICULARS	Working Days
1	Saturday	Holiday	
2	Sunday	Holiday	
3	Monday		24
4	Tuesday		25
5	Wednesday		26
6	Thursday		27
7	Friday		28
8	Saturday	Holiday	
9	Sunday	Holiday	
10	Monday		29
11	Tuesday		30
12	Wednesday		31
13	Thursday		32
14	Friday		33
15	Saturday	Independence Day – Holiday	
16	Sunday	Holiday	
17	Monday		34
18	Tuesday		35
19	Wednesday		36
20	Thursday		37
21	Friday		38
22	Saturday	Holiday	
23	Sunday	Holiday	
24	Monday		39
25	Tuesday		40
26	Wednesday		41
27	Thursday	TNPESU- Trophy-State Level Intercollegiate Tournament	42
28	Friday	TNPESU- Trophy-State Level Intercollegiate Tournament	43
29	Saturday	National Sports Day	
30	Sunday	Holiday	
31	Monday		44
Number of Working Days			21

September – 2015

DATE	DAY	PARTICULARS	Working Days
1	Tuesday		45
2	Wednesday		46
3	Thursday		47
4	Friday		48
5	Saturday	Krishna Jayanthi & Teacher's Day	
6	Sunday	Holiday	
7	Monday		49
8	Tuesday		50
9	Wednesday		51
10	Thursday		52
11	Friday		53
12	Saturday	Holiday	
13	Sunday	Holiday	
14	Monday		54
15	Tuesday		55
16	Wednesday		56
17	Thursday	Vinayagar Chadurti	
18	Friday		57
19	Saturday	Holiday	
20	Sunday	Holiday	
21	Monday		58
22	Tuesday		59
23	Wednesday		60
24	Thursday	Bakrit	
25	Friday		61
26	Saturday	Holiday	
27	Sunday	Holiday	
28	Monday		62
29	Tuesday		63
30	Wednesday		64
Number of Working Days			20

October – 2015

DATE	DAY	PARTICULARS	Working Days
1	Thursday		65
2	Friday	Gandhi Jayanthi	
3	Saturday	Holiday	
4	Sunday	Holiday	
5	Monday	Last date for submission of Examination Application without penalty	66
6	Tuesday		67
7	Wednesday		68
8	Thursday		69
9	Friday		70
10	Saturday	Holiday	
11	Sunday	Holiday	
12	Monday		71
13	Tuesday		72
14	Wednesday		73
15	Thursday	Last date for submission of Examination Application with penalty	74
16	Friday		75
17	Saturday	Holiday	
18	Sunday	Holiday	
19	Monday		76
20	Tuesday		77
21	Wednesday	AyuthaPooja	
22	Thursday	Vijayadasami	
23	Friday	Muharram	
24	Saturday	Holiday	
25	Sunday	Holiday	
26	Monday		78
27	Tuesday		79
28	Wednesday		80
29	Thursday		81
30	Friday		82
31	Saturday	Holiday	
Number of Working Days			18

November – 2015

DATE	DAY	PARTICULARS	Working Days
1	Sunday	Holiday	
2	Monday		83
3	Tuesday		84
4	Wednesday		85
5	Thursday		86
6	Friday		87
7	Saturday	Holiday	
8	Sunday	Holiday	
9	Monday		88
10	Tuesday	Deepavali	
11	Wednesday		89
12	Thursday		90
13	Friday		
14	Saturday	National Education Day	
15	Sunday	Holiday	
16	Monday	Commencement of University Examinations	
17	Tuesday		
18	Wednesday		
19	Thursday		
20	Friday		
21	Saturday	Holiday	
22	Sunday	Holiday	
23	Monday		
24	Tuesday		
25	Wednesday		
26	Thursday		
27	Friday		
28	Saturday	Holiday	
29	Sunday	Holiday	
30	Monday	Winter Vacation Commence	
Number of Working Days			08

December – 2015

DATE	DAY	PARTICULARS	Working Days
1	Tuesday		
2	Wednesday		
3	Thursday		
4	Friday		
5	Saturday	Holiday	
6	Sunday	Holiday	
7	Monday	Even Semester Begins	1
8	Tuesday		2
9	Wednesday		3
10	Thursday		4
11	Friday		5
12	Saturday	Holiday	
13	Sunday	Holiday	
14	Monday		6
15	Tuesday		7
16	Wednesday		8
17	Thursday		9
18	Friday		10
19	Saturday	Holiday	
20	Sunday	Holiday	
21	Monday		11
22	Tuesday		12
23	Wednesday	Milladinabi	
24	Thursday		13
25	Friday	Christmas	
26	Saturday	Holiday	
27	Sunday	Holiday	
28	Monday		14
29	Tuesday		15
30	Wednesday		16
31	Thursday		17
Number of Working Days			17

January – 2016

DATE	DAY	PARTICULARS	Working Days
1	Friday	New Year	
2	Saturday	Holiday	
3	Sunday	Holiday	
4	Monday		18
5	Tuesday		19
6	Wednesday		20
7	Thursday		21
8	Friday		22
9	Saturday	Holiday	
10	Sunday	Holiday	
11	Monday		23
12	Tuesday		24
13	Wednesday		25
14	Thursday		26
15	Friday	Pongal	
16	Saturday	Thiruvalluvar Day	
17	Sunday	UzhavarThirunal	
18	Monday		27
19	Tuesday		28
20	Wednesday		29
21	Thursday		30
22	Friday		31
23	Saturday	Holiday	
24	Sunday	Holiday	
25	Monday		32
26	Tuesday	Republic Day	
27	Wednesday		33
28	Thursday		34
29	Friday		35
30	Saturday	Holiday	
31	Sunday	Holiday	
Number of Working Days			18

February – 2016

DATE	DAY	PARTICULARS	Working Days
1	Monday		36
2	Tuesday		37
3	Wednesday		38
4	Thursday		39
5	Friday		40
6	Saturday	Holiday	
7	Sunday	Holiday	
8	Monday		41
9	Tuesday		42
10	Wednesday		43
11	Thursday		44
12	Friday		45
13	Saturday	Holiday	
14	Sunday	Holiday	
15	Monday		46
16	Tuesday		47
17	Wednesday		48
18	Thursday		49
19	Friday		50
20	Saturday	Holiday	
21	Sunday	Holiday	
22	Monday		51
23	Tuesday		52
24	Wednesday		53
25	Thursday		54
26	Friday		55
27	Saturday	Holiday	
28	Sunday	Holiday	
29	Monday		56
Number of Working Days			21

March – 2016

DATE	DAY	PARTICULARS	Working Days
1	Tuesday		57
2	Wednesday		58
3	Thursday		59
4	Friday		60
5	Saturday	Holiday	
6	Sunday	Holiday	
7	Monday		61
8	Tuesday		62
9	Wednesday		63
10	Thursday		64
11	Friday		65
12	Saturday	Holiday	
13	Sunday	Holiday	
14	Monday		66
15	Tuesday		67
16	Wednesday		68
17	Thursday		69
18	Friday		70
19	Saturday	Holiday	
20	Sunday	Holiday	
21	Monday		71
22	Tuesday		72
23	Wednesday		73
24	Thursday		74
25	Friday	Good Friday	
26	Saturday	Holiday	
27	Sunday	Holiday	
28	Monday		75
29	Tuesday		76
30	Wednesday		77
31	Thursday		78
Number of Working Days			22

April – 2016

DATE	DAY	PARTICULARS	Working Days
1	Friday		79
2	Saturday	Holiday	
3	Sunday	Holiday	
4	Monday		80
5	Tuesday		81
6	Wednesday		82
7	Thursday		83
8	Friday	Telugu New Year	
9	Saturday	Holiday	
10	Sunday	Holiday	
11	Monday		84
12	Tuesday		85
13	Wednesday		86
14	Thursday	Dr. Ambedkar Jayanthi Tamil New Year	
15	Friday		87
16	Saturday	Holiday	
17	Sunday	Holiday	
18	Monday		88
19	Tuesday	Mahaveer Jayanthi	
20	Wednesday		89
21	Thursday		90
22	Friday		
23	Saturday	Holiday	
24	Sunday	Holiday	
25	Monday	Commencement of University Examinations	
26	Tuesday		
27	Wednesday		
28	Thursday		
29	Friday		
30	Saturday	Holiday	
Number of Working Days			12

MAY – 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Sunday	May Day – Holiday Summer Vacation commence for Teaching Staff	
2	Monday		
3	Tuesday		
4	Wednesday		
5	Thursday		
6	Friday		
7	Saturday	Holiday	
8	Sunday	Holiday	
9	Monday		
10	Tuesday		
11	Wednesday		
12	Thursday		
13	Friday		
14	Saturday	Holiday	
15	Sunday	Holiday	
16	Monday		
17	Tuesday		
18	Wednesday		
19	Thursday		
20	Friday		
21	Saturday	Holiday	
22	Sunday	Holiday	
23	Monday		
24	Tuesday		
25	Wednesday		
26	Thursday		
27	Friday		
28	Saturday	Holiday	
29	Sunday	Holiday	
30	Monday		
31	Tuesday		

JUNE – 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Wednesday		
2	Thursday		
3	Friday		
4	Saturday	Holiday	
5	Sunday	Holiday	
6	Monday		
7	Tuesday		
8	Wednesday		
9	Thursday		
10	Friday		
11	Saturday	Holiday	
12	Sunday	Holiday	
13	Monday		
14	Tuesday		
15	Wednesday		
16	Thursday		
17	Friday		
18	Saturday	Holiday	
19	Sunday	Holiday	
20	Monday		
21	Tuesday		
22	Wednesday		
23	Thursday		
24	Friday		
25	Saturday	Holiday	
26	Sunday	Holiday	
27	Monday		
28	Tuesday		
29	Wednesday		
30	Thursday		

2.6 Student Performance and Learning Outcomes

2.6.1 Program outcomes, program specific outcomes and course outcomes for all programs offered by the institution are stated and displayed in website of the institution (to provide the web link)

DEPARTMENT OF PHYSICAL EDUCATION PROGRAMME OUTCOMES

PO1.

Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.

PO2.

Problem analysis: Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.

PO3.

Design/Development of Solutions: Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.

PO4.

Individual and team work: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.

PO5.

Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.

PO6.

Communication: Ability to communicate effectively among a range of audiences/ stakeholders

PO7

Impact: Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.

PO8

Professional Development: Recognition of the need for and an ability to engage in continuing professional development

PO9

Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

PO10

Integration: Ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

Program Specific outcomes (PSOs)

The Master of Physical Education(M.P.Ed.) Programme is a professional Programme meant for preparing physical education teacher for senior secondary (classes XI and XII) level as well as assistant professor / directors / sports officers in colleges /universities and teacher educators in college of physical education and university departments of physical education. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

MASTER OF PHYSICAL EDUCATION (B. P.Ed.)

Program Specific outcomes (PSOs)

The Bachelor of Physical Education(B.P.Ed.) Programme is a professional Programme meant for preparing physical education teacher for high school (classes I to X) level. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

CORE PAPER – I

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Learning outcomes

1. Identify the research problem in the field of physical Education and sports
2. Know to Summarize the various research literature
3. Understand and apply the basics of statistics in research.
4. Organize the samples and sampling techniques which is relevant to the study.
5. Apply the systematic methods in writing research thesis

CORE PAPER II

YOGIC SCIENCES

Learning outcomes

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyse the techniques and of body posture to bring out healthy change.
5. Develop the knowledge through practice, participate and organize.

CORE PAPER III

TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Learning outcomes

1. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyse the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

CORE PAPER V

APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Learning outcomes

- Understand and apply the statistics in research.
- Organize the samples and sampling techniques which is relevant to the study.
- Apply the statistics in research thesis for evaluation

CORE PAPER VI

SPORTS BIOMECHANICS AND KINESIOLOGY

Learning outcomes

1. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
2. Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance
4. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
5. Know effectiveness of human movement using mechanical principles.

CORE PAPER VII

SPORTS PSYCHOLOGY AND SOCIOLOGY

Learning outcomes

1. Explain group mechanisms and group psychology in a sports context
2. Reflect upon motivational psychology as applied to sports activities
3. Formulate relevant constructs of exercise psychology
4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyse social problems.

CORE PAPER IX

SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

Learning outcomes

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.
4. Identify and apply knowledge of anatomy to the design and execution of research studies.

CORE PAPER X

PHYSIOLOGY OF EXERCISE

Learning outcomes

1. Understand the basic principles of physiology and Exercise Physiology
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of physiology and co-relate the principles of physiology.
5. Appraise the effects during the training and practical sessions

CORE PAPER XI

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Learning outcomes

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

CORE PAPER XIII

INFORMATION AND COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Course Outcome

1. Understand concept of information and communication technology in physical education field
2. Analyse sporting data of various types via astute use of statistical packages.
3. Practice mathematics, statistics, information technology in sport technology related problems.
4. Offer Hands on Knowledge in information and communication Technology

CORE PAPER XIV

SPORTS MANAGEMENT AND CURRICULUM DESIGN IN

PHYSICAL EDUCATION

Course Outcome

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short term and long term solutions.
3. Conceive, plan, execute, and evaluate a sports event.
4. Introduce the teaching and curriculum objectives and course module design
5. Analyze the planning strategies, teaching, learning and assessment
6. Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation
7. Evaluating learning intentions and the process that is guided through explicit and manageable criteria.

B. P.Ed

CORE PAPER – I

HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION

Learning Course Outcome

1. Know the origin and development of Physical Education
2. Apply the knowledge of Olympism in organizing various sport activities.
3. Distinguish the functional operations on National and International Olympic Federations.
4. Distinguish the functional operations on National and International Olympic Federations.
5. Analyze the concepts and issues pertaining to Physical Education.
6. Formulate the principles, philosophy and concepts about Physical Education

CORE PAPER – II

ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION

Learning Outcomes

1. Understand the basic principles of Anatomy, Physiology and Health Education
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
5. Appraise the effects of health condition during the training and practical sessions

CORE PAPER – III

YOGA EDUCATION

Learning Outcomes

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyze the techniques and of body posture to bring out healthy change.
5. Able to execute loosening exercise , Asanas, Pranayama and Shatkriyas.

CORE PAPER – V

SPORTS TRAINING

Learning Outcomes

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

CORE PAPER – VI

ORGANIZATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION

Learning Outcomes

1. Understand the principles and process of Administration and Management
2. Administer physical education and sports programs in schools.
3. Develop appropriate physical education curriculum, tools and budget to manage school programs
4. Appraise and manage physical education facilities and personnel in school
5. Design tournament fixtures and structures to organize competitions

CORE PAPER VII

THEORIES OF SPORTS AND GAMES, COACHING AND OFFICIATING- PART I

Learning Outcomes

1. Able to mark Track and Field and Officiate
2. Able to understand the rules of the games and sports
3. Able to give seeding and Heats in Track and Field. Combined Events .
4. Design and practice the new methods of technique of officiating.

CORE PAPER – IX

MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Learning Outcomes

1. Understand the basics of Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyze the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

CORE PAPER X

RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Learning Outcomes

1. Identify the research problem in the field of physical Education and sports
2. Know to Summarize the various research literature
3. Understand and apply the basics of statistics in research.
4. Organize the samples and sampling techniques which is relevant to the study.

CORE PAPER XI

SPORTS MANAGEMENT, RECREATION AND CAMPING

Learning Outcome

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short term and long term solutions.
3. Develop critical thinking in analysing sport management issues and in managerial planning and decision making.
4. Able to organize recreational camp and activities.

CORE PAPER XIII

THEORIES OF SPORTS AND GAMES, COACHING AND

OFFICIATING- PART II

Learning Outcomes

1. Know the fundamental of all the games and sports
2. Understand the rules of all the games and sports
3. Preparing the students for the competition
4. Classify the students accordingly for various games and sports.
5. Design and practice the new methods of technique and training.

CORE PAPER XIV

KINESIOLOGY AND BIOMECHANICS

Learning Outcomes

1. Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
2. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
3. Know effectiveness of human movement using mechanical principles.

CORE PAPER XV

SPORTS PSYCHOLOGY AND SOCIOLOGY

Learning Outcomes

- 1.Explain group mechanisms and group psychology in a sports context
- 2.Reflect upon motivational psychology as applied to sports activities
- 3.Formulate relevant constructs of exercise psychology
4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyze social problems.

OLYMPIC MOVEMENT

Learning Outcomes

1. Understand the Educational and cultural values of Olympic movement.
2. Analyze the Modern Olympic Games and Rules of Eligibility for Competition.
3. Know about The organizational structure and functions of Para Olympic Games
4. Analyze the Achievement of India in Team Games and Individual Sports.

GENDER STUDIES

Learning Outcome

1. Able to explain and understand the concepts of gender studies
2. Able to interpret and identify the gender issues and problems

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Learning Outcome

1. Perform and report on the exploratory analysis of data collected using sports technology
2. Analyze sporting data of various types via astute use of statistical packages.
3. Practice mathematics, statistics, information technology in sport technology related problems.
4. Support a conclusion based upon quantitative prediction, performance and analysis of a sporting team, code, or gaming environment.
5. Offer Hands on Knowledge in sports Technology

DISABILITY AND INCLUSIVE EDUCATION

Course Outcome

- Understand about classification of Disabilities.
- Understand adopted games for disability persons.
- Known the benefits of exercise for disability persons.

SPORTS NUTRITION AND WEIGHT MANAGEMENT

Learning Outcomes

1. Restate the role of nutrients and caloric requirements
2. Sketch the basic classification, functions and utilization of nutrients.
3. Point out diet for various competitions and nutrient supplements for performance.
4. Evaluate the factors affects weight management and solutions for obesity.
5. Design caloric requirements for various sports and age groups.

CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS

AND WELLNESS

Learning Outcome

1. Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
2. Apply qualitative research methods to explore and critically examine a variety of curricular topics.
3. Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.
4. Explain the contemporary issues and to pertaining to the physical activity and health field.

DEPARTMENT OF YOGA

Programme outcome: MSc in Yoga

The **Master Of Science In Yoga (MSc in Yoga)** is a **Two year** professional Programme imparting knowledge and skills about every facet of Yoga. This program has been designed for meeting the demand of the growing needs of experts in Yoga and related fields . To equip the participants to run their own Yoga Centers. To train them to introduce yoga in Schools, Colleges and Universities After successful completion of this programme, graduates will able to: Integrate and

apply **knowledge** of yoga and spiritual evolution for the practice of yoga as healthcare therapy. Design advanced yoga based therapies to meet identified needs within economic, environmental and social constraints. Recognize the need to engage in lifelong learning through continuing education and research.

- Eligible for the post of Assistant Professor
- Eligible for NET/ SET/Ph. D
- Eligible to do Research on National & International Level.
- Spiritually becomes strong.

Course Outcome - MSc Yoga

Semester I

Paper code	Title	Subject Outcomes
06101	Fundamentals of Yoga Education	<p>Gain knowledge about the Indian philosophy.</p> <p>Learn about the history of yoga, classical yoga texts, yogic gurus, and contributions of yoga to religions</p> <p>Understand the various paths of yoga, schools of yoga, and astanga yoga</p>
06102	Applied Anatomy and Physiology	<p>Learn about the anatomy of human body from the cell structure to the major systems of the body</p> <p>Understand the physiology, unique anatomical features, and the functions of the major systems of the body</p> <p>Insight into the effect of yogic practices on each individual systems of the body</p>
06103	Methods of Yogic Practice-I	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the preliminary asanas, pranayama, kriya, bandhas, mudras and meditation</p>

Elective		
06104A	Health, Fitness, Wellness and Yogic Diet	<p>Understand the meaning, definitions, dimensions, and scope of health, fitness and wellness</p> <p>Insight into the causes of illness and the management of those ill-health through yoga</p> <p>Gain knowledge about the nutrition, components of nutrition and their impact on health. Also the principles and characteristics of yogic diet are expounded</p>
Practicals		
06105	Applied Physiology	<p>Learn about the measurement of physiological variables such as temperature, pulse rate, respiratory rate and blood pressure</p> <p>Physical examination of sensory function and muscles is learnt</p> <p>Oriented to identify a organ specimen and explain its functions</p>
06106	Practical Training in Yoga-I	<p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the preliminary asanas, pranayama, kriya, bandhas, mudras and meditation</p>
06107	Fitness, Wellness and Yogic Diet	<p>Orientation of aerobic exercise programmes and their relation to fitness and wellness</p> <p>Learn the preparation of naturopathy foods for health and for specific diseases.</p> <p>Study how to frame diet charts</p>

Semester II		
06201	Introduction to Siddha and Naturopathy	<p>In-depth understanding of the history, principles, and theories of siddha and naturopathy</p> <p>Learn the various treatment modalities of diseases through siddha and naturopathy</p>
06202	Yoga and Psychology	<p>Learn about the scope of psychology in yoga and the concept of developmental psychology</p> <p>Gain an understanding in yogic psychology and spirituality</p> <p>Understand the impact of yoga on various psychological disorders</p>
06203	Methods of Yogic Practice-II	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level asanas, pranayama, kriya, bandhas, mudras and meditation</p>

Elective		
06204A	Yoga and Alternative Medicine and Therapies	<p>Gain knowledge about the concepts and principles of yoga therapy, Ayurveda, siddha, naturopathy, acupuncture, acupressure, and physiotherapy</p> <p>Understand the treatment modalities in yoga therapy, Ayurveda, and siddha for life-style disorders</p>
Practicals		
06205	Psychological Testing in Yoga	Understand various emotional states and gain competency in measuring these variables through different psychological tools
06206	Practical Training in Yoga-II	<p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation</p>
06207	Village Placement Programme	<p>Apply knowledge of yogic counseling and case-history taking of participants of the programme</p> <p>Gain competence in practical training and teaching of public members of a village in yogic practices</p> <p>Apply techniques of yogic therapy, alternative medicine, naturopathy, and yogic diet to the common public</p>

Semester III		
06301	Research Processes and Statistics in Yoga	Understand the nature and scope of research in yoga, various research methods and design, and areas of research Gain practical competency in statistical concepts related to experimental research
06302	Computer Applications in Yoga	Develop theoretical and practical aspects of MS Word, Excel, PowerPoint and Internet Ability to apply these applications in thesis and record preparation, and during presentations and demonstrations
06303	Methods of Yogic Practice-III	Learn about the essentials of the yogic practices Exposed to techniques of loosening the joints and Surya Namaskar Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation
Elective		
06304A	Yoga Therapy for Common Ailments	Gain the ability to visually and physically examine, interview and perform nadi pariksha of the subjects Ability to frame therapeutic modules of yogic practices for common disorders
Practicals		
06305	Computer Applications in Yoga	Gaining the ability in the hands-on application of MS word, spread sheet, power point and Internet Ability to create and design presentations on topics Do data gathering in the Net Ability to generate flow charts, tables, and graphics in the documents

06306	Practical Training in Yoga-III	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation</p>
06307	Internship (Hospitals; Yoga, health or Naturopathy Centres)	<p>Experience in designing yogic programmes for various age groups and people with disorders</p> <p>Practical teaching of yogic practices based on the needs and requirement of the subjects</p>
Semester IV		
06401	Methodology of Teaching Yoga	<p>Understand the principles, scope and factors of yoga education</p> <p>Gain knowledge about the various methods in teaching yoga</p> <p>Gain competency in using teaching aids, preparing lesson plan, and organizing yoga related programmes</p>
06402	Introduction to Ayurveda	<p>Understanding the philosophy, principles, and concepts of Ayurveda</p> <p>Introduced to basic Ayurveda texts and authors</p> <p>Learn the various treatment modalities of diseases through Ayurveda</p>
06403	Methods of Yogic Practice-IV	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation</p>

06404	Thesis	<p>Acquire practical skills in systematic investigation of a research problem</p> <p>Organize the samples and sampling techniques which is relevant to the study.</p> <p>Apply the statistics in research thesis for evaluation</p> <p>Learn measurement of clinical symptoms and psychological parameters</p> <p>Organizing the data and presenting it as a thesis</p>
06405	Practical Training in Yoga-IV	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation</p>
Teaching		
06406	Teaching Practice in Yoga Centers or Educational Institutions	<p>Experience in designing yogic programmes for various age groups</p> <p>Practical teaching of yogic practices based on the needs and requirement of the subjects</p>

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

EXERCISE PHYSIOLOGY AND NUTRITION - B.Sc

Programme Specific:

The B.Sc Exercise physiology and Nutrition offered by the Department will be on total fitness that integrates medical fitness, Nutritional Fitness, Physical, Mental and Social Fitness. The effect of Exercise on various system are given due coverage. The unique features in the internship programme offered to students at various hospital and fitness centers further the curriculum provides an insight into the importance of Nutrition, Nutrition standard, balanced diet and calorific value required for various levels of sportsmen.

Course Outcome:

BASIC ANATOMY & PHYSIOLOGY – I :

By learning the subject the students will be aware of the various anatomical structures present and Physiological functions of the Human body.

FOOD SCIENCE:

Nutrients and their primary functions , Recognize common characteristics of well-nourished people , Recognize symptoms of malnutrition and nutrition assessment .

KINESIOLOGY:

To understand the various movements and muscles of the body.

SPECIAL ENGLISH I (C) :

Students can analyze a poem, prose short story and grammar .\

ENGLISH I :

Students can learn theme, ideas and information from Listening from a poem, prose, short story.

BASIC ANATOMY & PHYSIOLOGY – II :

By learning the subject the students will be aware of the various anatomical structures present and functions of Human body.

INTRODUCTION TO HUMAN NUTRITION :

To understand Macronutrients and their primary functions and to Gain basic knowledge of the different nutrients and their role in maintaining health of the community.

CLINICAL EXERCISE TESTING PROCEDURES :

On completion of this instruction students will be able to accurately screen, assess. to utilize laboratory testing that measures heart rate, blood irredeemable uptake, body co position and flexibility.

SPECIAL ENGLISH II (C) :

To expose learners to short story writing over the centuries ,to provide learners an insight into different cultures and to help learners appreciate different themes, strategies and techniques employed by the writers.

ENGLISH-II- DEVELOPING THE LANGUAGE SKILL:

Students can participate various speaking activates to improve their skill of speaking such as storytelling, Conversation, dialogue completing, debate .

KINANTHROPOMETRY :

Accurately use anatomical and physiological terminology , Competently use and understand the principles pretentiousness procedures for assessing human body composition .

SPORTS NUTRITION :

Provide individual advice and guidance in the area of sports nutrition and to design and run a group consultation for athletes about sports nutrition.

CLINICAL DIETETICS :

Prepare graduates to promote health of medically complex clients through clinical residencies and special projects in clinical nutrition.

SPECIAL ENGLISH III (C) :

Should be aware of the characteristics of literature as a literary genre and Should be able to pinpoint the linguistic qualities.

ENGLISH- III PROGRESSIVE LANGUAGE SKILL :

Think in a logical way by identifying the fallacies in arguments and to appreciate the value of looking at an issue from various points of view without possible biases to read and comprehend the major points discussed in various types of written .

EXERCISE FOR SPECIAL POPULATION :

Students will be able to define terminology related to exercise for special populations.

TRAINING & PERFORMANCE:

To work with higher efficiency as Exercise Physiologist or Exercise Trainers.

EFFECT OF EXERCISE ON VARIOUS SYSTEM:

It explains the various physiological factors affecting sports performance, to make recommendations for enhancing the training effect after analyzing sports training plan.

SPECIAL ENGLISH IV (c) :

To enable the students to identify the specificities of various modes of prose writing and to equip them to write prose in as many different modes as possible

ENGLISH IV CARREER LISTENING AND SPEAKING :

Speak English with an unaffected accent using stress and intonation

DSE

HEALTH EDUCATION OBJECTIVES:

To understand the concept of optimal health in developing a personal view of health. 3. The history of national disease prevention and health promotion activities.

STRENGTH TRAINING AND CONDITIONING:

Interpret and Italy present knowledge of scientific literature relating to strength training.

NUTRITIONAL ERGOGENIC AIDS AND EXERCISE PERFORMANCE :

Gain in depth knowledge on one nutritional ergogenic aids and to evaluate an athletes diet and make valuable nutritional recommendations that will impact his/ her sports performance.

WEIGHT MANAGEMENT COURSE OBJECTIVES:

Gain an understanding of the basic elements of nutrition with a focus on the key nutrients in order to avoid deficiencies when working with weight loss clients

GERIATRIC SPORTS AND NUTRITION :

Provide individual advice and guidance in the area of Geriatric sports and to Provide individual advice and guidance in the area of Geriatric nutrition.

FLOOR AND STEP:

Demonstrate the ability to perform aerobic movements in various combination and forms.

ELEMENTARY STATISTICS IN EXERCISE PHYSIOLOGY & NUTRITION:

To understand about the basic concepts of Statistics □ need of Statistics □ how to analysis the problem using statistics tools

FIRST AID AND SPORTS INJURY & PHYSIOTHERAPY :

To know and understand the science, methods, techniques and instruments on which physiotherapy is based

LEARNING OUTCOMES: Students will able to design individual nutritional plan for old person based on prioritized problems and goals, justified intervention and outcome measures and within a specific time frame.

NUTRITION AND IMMUNE FUNCTION IN ATHLETES :

Students will apply the concept of nutritional intervention to immune system of the athlete in various sports. And they will also insist the athlete to maintain the IMMUNE system for better performance.

FITNESS AND WELLNESS:

Students will be able to explain the process to become physically fit and They will also understand how food affects your personal well-being and learn how to make smart choices.

STABILITY AND CORE TRAINING :

Apply the core principles to exercise on a large stability cushion and to Understand how the unstable nature of the cushion challenges stability.

M.SC., EXERCISE PHYSIOLOGY AND NUTRITION

Programme Specific :

To train and prepare students for professional roles in promoting optimum health and wellness of individuals and diverse communication through the application and integration of exercise physiology and sports university, dietetics, sports, research and service. To conduct advanced research in areas related to nutrition and exercise physiology and mentor junior researchers who will become future thought leaders in the field. To prepare students for professional credentialing in health care vocational with emphasis in exercise physiology, nutrition and dietetics, fitness health promotion, disease prevention and related specialties.

BIOENERGETICS AND MUSCULAR PHYSIOLOGY:

To provide foundational knowledge and skills of muscle physiology.

CARDIOVASCULAR AND RESPIRATORY PHYSIOLOGY:

Critically evaluate the central and peripheral mechanism that regulate the cardiovascular and respiratory systems in exercise and their interactions.

ADVANCED HUMAN NUTRITION:

The Physical and biological science foundation of the dietetics profession.

COMMUNICATION SKILLS:

Speak English with an unaffected accent using stress and intonation.

NEURO PHYSIOLOGY:

To interpret the knowledge of Neuro Physiology in athletes and in special population.

TRAINING AND COMPETITION NUTRITION:

To impart knowledge on sports specific nutrition and hydration guidelines in power, strength, weight class- combat and racket sport athletes.

STATISTICS IN EXERCISE PHYSIOLOGY AND NUTRITION:

The basic concept, need and to analyse using statistics tools.

ENVIRONMENTAL PHYSIOLOGY:

To develop an understanding of the physiological adaptations that have evolved them to survive, adapt, participate and to train in various sports activities.

RESEARCH METHODOLOGY IN EXERCISE PHYSIOLOGY AND NUTRITION:

The basic concepts, need types of research in recent trends and how to analyse the problem using statistics techniques

EXERCISE IN DIET PRESCRIPTION FOR SPECIAL POPULATION:

To develop the students to become expertise in exercise testing and prescription in special population.

ENDOCRINOLOGY:

The student will demonstrate an understanding of the anatomy of the endocrine . The student will demonstrate an understanding of the basic properties of hormone and the student will also demonstrate the role of the hormones in maintaining body function.

HEALTH FITNESS AND PERFORMANCE ASSESSMENT:

Describe and discuss the relationship between physical activity and health and to assess the fitness variables.

MUSCLE AND EXERCISE METABOLISM:

To know the importance of muscle glycogen and blood glucose for increased ATP production within contracting skeletal muscle during exercise.

EXERCISE BIOCHEMISTRY:

To understand and Demonstrate technical meaning of fundamental laboratory skills by using computers to solve chemical problems.

RENAL PHYSIOLOGY:

To develop and in depth understanding if of kidney physiology.

SUPPLEMENTS AND ERGOGENIC AIDS FPR PERFORMANCE ENHANCEMENT:

To apply the knowledge and to describe the ill effects of ergogenic aids to athletics.

NUTRITIONAL PLANNING FOR SPORTS AND EXERCISE:

The students will be proficient in planning menus with macro and micronutrients for various sports.

EXERCISE ASSESSMENT IN SPECIAL POPULATION:

Become a specialized personal trainer for special population such pregnant women, children and the elderly.

EXERCISE AND SPORTS FOR WOMEN:

To identify the components of fitness and communicate the relationship between physical fitness, physical performance, injury prevention and nutritional intake.

M.Sc Sports Biomechanics and Kinesiology

Program Specific Objectives of Sports Biomechanics and Kinesiology

1. To gain knowledge on anatomy and physiology, kinesiology, biomechanics, techniques of human movement and sports skills, research and statistics, and biomechanical instrumentation and measurement in 2D and 3D with inverse dynamics.
2. To apply the principles of mechanics on the human movement and sports skills to enhance the performance and reduce the risk of injury.
3. To analyse the sports skill technique/performance qualitatively and quantitatively using the biomechanical instrumentation and measurement.
4. To gain knowledge in the area of gait analysis and analyse the normal gait and pathological gait.
5. To assess the human body posture and prescribe corrective exercise to correct postural deviations.
6. To create a platform for students to engage in sports biomechanics research and pursue higher research degrees.
7. To produce an efficient sports biomechanist to work in research laboratories, sports academies, national teams, and faculty in academic institutions.
8. To produce sports performance analyst to work with sports teams/sports clubs/research labs as sports performance analyst.

SEMESTER I

MSBCT 101 - FUNCTIONAL ANATOMY AND PHYSIOLOGY

Learning objectives:

1. To make the students to learn the fundamental concepts and terminology of anatomy and physiology.
2. To equip the students to learn (emphasis on Musculo-skeletal system) system of the body.
3. To help them to understand the structure and the functions of the body.
4. To make them acquire a strong foundation in anatomy which will facilitate the study of biomechanics

MSBCT 102 - BASIC BIOMECHANICS

Learning objectives:

1. To enable the students to learn the basic concept of biomechanics.
2. To make the students to understand kinematic and kinetic concept of human movement.
3. To equip the students to learn the principle of aerodynamic and hydrodynamics.
4. To enable the students to acquire the skills of qualitative and quantitative of human movement.

MSBCT 103 – DYNAMICS OF MOTOR SKILL ACQUISITIONS

Learning objectives:

1. To equip the students to understand the basic of skills acquisitions of sports performance.
2. To make them understand the basic of skills and selected sports movement pattern
3. To enable them to understand the link between motor skills, ability, learning and performance
4. To familiarize the students with various theories improving and affecting the sports skills performance

MSBDSE 101- MATHEMATICS IN BIOMECHANICS

Learning objectives:

1. To enable the students to learn the basic mathematics related to biomechanics.
2. To make the students to apply mathematical concepts and principles to perform computations in biomechanics.
3. To enable the students to apply mathematics to solve problem related to biomechanics.
4. To equip the students to acquire a strong mathematic foundation which facilitate in learning MATLAB and simulation and modelling.

MSBDSE 102 – FOUNDATIONS OF FITNESS AND EXERCISE PRESCRIPTION

Learning objectives:

1. To make the students understand the concepts of fitness
2. To equip the students to learn the tests to measure each component of fitness
3. To acquire the skills of pre exercise screening
4. To learn the principles of training
5. To equip the students to prescribe the exercise to the clients
6. To understand the fitness norms and prepare fitness report of the clients

SEMESTER II

MSBCT 201 - KINESIOLOGY

Learning Objectives:

1. To make students understand the in foundations of kinesiology.
2. To make them aware about the fundamental movement of human body.
3. To make them learn the role and functions of muscles.
4. To enable them to learn the exercise program to strengthen and stretch the muscles.
5. To make them to acquire a strong foundations in kinesiology.

MSBCT 202 – BIOMECHANICAL INSTRUMENTATION AND MESUREMENT

Learning Objectives:

1. To familiarize the students with basic electronic devices.
2. To introduce the students the basic properties of high speed cameras and calibrations.
3. To enhance their ability to asses and analyse human locomotion.
4. To provide students with a strong mechanical foundation to acquire the professional competence, knowledge and skills.
5. To study electromyography and force platform used for kinetic quantity measurement.
6. To provide knowledge about advanced equipment and their significant practical applications in biomechanics.

MSBCT 203 - PALPATION TECHNIQUE AND KINANTHROPOMETRY

Learning objectives:

1. To learn the palpation technique of bones, bony landmarks, skeletal muscles and tendons of human body
2. To understand the concepts of human body measurement
3. To identify the bony landmarks of human body
4. To acquire the technique of measuring human body segments length, girth, and breadth
5. To learn the technique of measuring percent body fat using skin fold measurement
6. To assess and categorize the human body into endomorph, mesomorph and ectomorph

MSBDSE 201-EXERCISE AND SPORT PHYSIOLOGY

Learning objectives:

1. To understand basic sports physiology and the physiological factors affecting health, fitness and performance.
2. To familiarise with knowledge of health and skill related components of physical fitness.
3. To explore how the body adapts sports & exercise activities.
4. To identify exercise needs of a person/team and design appropriate exercise interventions.

MSBDSE 202- PSYCHOLOGY OF SPORT PERFORMANCE

Learning Objectives:

1. To make the students familiarise with concept of psychology applied in sports performance.
2. To integrate personal relevance of the selected theories, techniques, and skills to one's own sport experiences
3. To develop an understanding of how psychological factors influence performance in sport and physical activity settings
4. To develop the ability to think critically about issues in sport and physical activity.
5. To establish a solid foundation of knowledge regarding psychological theories and research in sports setting.

SEMESTER III

MSBCT 301-MECHANICS OF TRACK AND FIELD PERFORMANCE

Learning objectives:

1. To equip the students to learn fundamental skills and techniques of track and field events.
2. To familiarize with mechanical principles involved in skills and technique track and field events.
3. To understand and conduct the qualitative and quantitative analysis in track and field events.
4. To acquire the skills of reviewing the current research studies.

MSBCT 302 - MECHANICAL ANALYSIS OF SPORTS AND GAMES – PART I

Learning objectives:

1. To provide the acquaintance about the history of games, legends, skills and technique.
2. To recognize the mechanical principles involved in various skills of a game.
3. To acquire the skills with conducting research and evaluate the data on particular skill and technique in the relevant game.
4. To enable the students to learn to prepare standard biomechanical analysis report.

**MSBCT 303 -RESEARCH METHODS AND STATISTICAL PROCESS
IN SPORTS SCIENCES**

Learning objectives:

1. To equip students with a basic concepts of research.
2. To enable the students to learn the sampling techniques.
3. To enable students to chose the most appropriate research method / design to address a particular research question.
4. To equip the students to prepare a research proposal for grants.
5. To enable the students to prepare a research thesis/report/article for a journal.
6. To enable the students to learn the basic concepts of statistics.
7. To acquire the skills of parametric and non parametric statistical methods and apply the appropriate technique for a research data analysis.

MSBDSE 301- SPORTS TECHNOLOGY

Learning Objectives:

1. To enable students to learn the fundamental of sports technology.
2. To equip the students to learn the technology used in sports.
3. To understand the different types of playfield surfaces, sports equipments and its advantages.
4. To familiarise the students with the latest technology involved in sports and games.

MSBDSE 302 – MATLAB

Learning objectives:

1. To enable the students understand the procedures, algorithms, and concepts require insolving specific problems.
2. To enable the students to carry out simple numerical computations and analyses usingMATLAB.
3. To familiarize the students on the basic MATLAB software.
4. To prepare the students to use MATLAB in their project works.
5. To equip the students to utilize experimental, statistical and computational methods and tools necessary for 3D motion analysis.

SEMESTER IV

MSBCT 401-- MECHANICS OF SPORTS AND GAMES SKILLS –II

Learning Objectives:

1. To enable the students to learn the basic skills and techniques of sports and games.
2. To learn and apply the mechanical principle on the technique of sports skill.
3. To understand the technique of qualitative and quantitative analysis.
4. To equip the students to carry out 3D analysis on sports skills and generate a valid report.

MSBCT 402- HUMAN GAIT

Learning objectives:

1. Know the basic parameters of human gait
2. Characterize normal human gait
3. Know the methods of gait analysis and assessment
4. Sketch the normal ranges of motion of the various joints during a gait cycle.
5. Describe various types of pathological gait.
6. Identify causes and compensation mechanisms for pathological gait.
7. Describe measurements used in analysis of human movement.
8. Review journal papers in this field.

MSBCT 403- SPORTS PERFORMANCE ANALYSIS

Learning Objectives:

1. To make the students to learn the fundamental and advance strategies of performance analysis.
2. To enable the students to acquire the video capturing technique.
3. To make the students to learn and acquire the skills of using sports performance analysis software.
4. To enable the students to acquire the skills of sports performance analysis.
5. To enable the students to diagnose the strength and weakness of a player / team.
6. To create a platform for the students to choose sports perform analysis as a career.

MSBDSE 401- HUMAN POSTURE AND CORRECTIVE EXERCISE

Learning objectives:

1. To learn the fundamental concepts of posture.
2. To understand the correct technique of static and dynamic posture.
3. To learn the abnormal postural deviations.
4. To learn and assess the posture and its deformities and produce a postural assessment report.
5. To indentify the abnormal postural deformities and suggestion of suitable corrective exercise.

MSBDSE 402-- MODELLING AND SIMULATION

Learning objectives:

1. To introduce basic concepts of the simulation and modeling.
2. To equip the students to develop basic simulation and modelling skills.
3. To understand the various types of simulation, techniques and methods
4. To familiarise the students with simulation modelling techniques in 3D motion analysis

MSBGE 101- KINESIOLOGY

Learning objectives:

1. To equip the students with foundations of kinesiology.
2. To familiarize the students with muscle origin, insertion and action.
3. To equip the students on gait analysis.
4. To enable the students to learn posture analysis.

MSBGE 201- SPORTS BIOMECHANICS

Learning objectives:

1. To equip the students to learn the basic of sports biomechanics.
2. To learn to apply the principle of physics in solving tasks associated with human locomotion.
3. To learn the internal and external forces of human movement.
4. To learn the principle of aerodynamics and hydrodynamics.

DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS

PSYCHOLOGY & SOCIOLOGY

DEPARTMENT OF SPORTS MANAGEMENT

PROGRAMME SPECIFIC OUTCOMES

Programme: PhD (Sports Management)

The Ph.D in Sports Management is a unique program offered by the Department of Sports Management of the Tamil Nadu Physical Education and Sports University. Those who possess MBA in Sports Management Degree with research aptitude are eligible for registering this Doctoral Program. After an intensive research training program, it aims at reinforcing the fundamentals and imparting advanced training, PhD students get opportunities to pursue research on interesting topics such as issues related to sports governance, sports marketing, sports organisation development, sports infrastructure development and so on. Research papers have also been published in Journals. The training and research experience enables the graduates to successfully become academicians and researchers in organisations.

Program: M BA (Sports management)

Sports is one such fast emerging industry in India. There is a growing demand for quality, talented sports management professionals to manage players and the business surrounding it as India is emerging as the hub for professional sports. The success of major leagues with corporate sponsorships, such as ISL, PBL, IHL, Pro Kabaddi offers abundant

opportunities for economic growth and employment in the future. MBA in Sport Management is an exciting program that will help the students to develop their career in sport industry. It has been designed to meet the industry's need for well-qualified managers who can combine management and financial skills with specialist knowledge of sport. This program helps the students to acquire necessary knowledge and skills required for reflective management practice in a range of sport settings. Sports management includes business activities such as planning, organizing, directing, controlling, budgeting, client servicing.

Hospitality, marketing, sponsorships, endorsements, contract negotiations, Customer Relationship Management, analytics of data and more. This program has been offered by the Department of Sports Management since the academic year 2007-2008 onwards. This programme enables the students to explore the current trends and key concepts in sport management, to understand the dynamics of Sports Industry at the national and International Level, to develop analytical and decision-making skills, to inculcate essential business and marketing skills blended with specialized knowledge in sports management, to imbibe business ethics and values, to identify and evaluate recent changes in sport participation and policies and their implications on sports development, to inculcate the knowledge on sports governance for effectively managing sport organizations and to conduct research into sport issues relevant to managing sports and sport organizations. After the completion of M.BA in Sports Management program in two years, the students are well trained to pursue their career sports organisations at middle level management. The program introduces the students to research as an exciting career option also. A few past MBA graduates are successful entrepreneurs as well.

COURSE OUTCOMES
DEPARTMENT OF SPORTS MANAGEMENT
LIST OF COURSES

Code	Course Name
MSM101	Principles of Management
MSM102	Organizational Behavior
MSM103	Business Laws
MSM104	Managerial Economics
MSM105	Management Accounting
MSM106	Quantitative Methods in Business
MSM107	Soft Skills – I (Oral Communication)
MSM201	Operations Management
MSM202	Marketing Management
MSM203	Financial Management
MSM204	Human Resource Management
MSM205	Operations Research
MSM206	Management Information System
MSM207	Soft Skills –II (Written Communication)
MSM301	Total Quality Management
MSM302	Strategic Management

MSM303	Research Methods in Business
MSM304	Sports Organization and Administration
MSM305	Sports Management Principles and Practices
MSM306	Sports Marketing
MSM307	Soft Skills -III (Report Writing and Presentation)
MSM308	Internship Report
MSM401	Sports Facility Management
MSM402	Sports Psychology and Sociology
MSM403	Project Work
	Viva-voce
MSM404	Village Placement Programme

COURSE OUTCOMES

MSM101 : Principles of Management

Course outcomes:

The course is intended to equip the students with basic managerial skills.

MSM102 : Organizational Behaviour

Course outcomes:

The students would be able to understand the behavior of employees for achieving the organizational effectiveness.

MSM103 : Business Laws

Course outcomes:

The students would acquire the basic knowledge of legal system of business which, indeed is very essential for running any business.

MSM104 : Managerial Economics

Course outcomes:

The course is intended to equip the students with knowledge on the macro and micro economic environment.

MSM105 : Management Accounting

Course outcomes:

The students would understand the fundamentals and significance of accounting system which would be helpful for managerial decision making.

MSM106 : Quantitative Methods in Business

Course outcomes:

The course is intended to impart knowledge on mathematical applications for effective decision making.

MSM107 : Soft Skills – I (Oral Communication)

Course outcomes:

The course is indented to develop Oral Communication skill of the students.

MSM201 : Operations Management

Course outcomes:

By studying this course, the students would be able to understand the functions of production and operations management.

MSM202 : Marketing Management

Course outcomes:

By studying this course, the students would be able to know the functions of marketing management.

MSM203: Financial Management

Course outcomes:

By studying this course, the students would be able to understand the needs and functions of financial management.

MSM204 : Human Resource Management

Course outcomes:

By studying this course, the students would be able to know the functions of human resource management.

MSM205 : Operations Research

Course outcomes:

The course is intended to equip the students with knowledge on optimization techniques.

MSM206: Management Information System

Course outcomes:

By studying this course, the students would be able to understand the different functional information systems and decision support systems in the organization.

MSM207 : Soft Skills -II(Written Communication)

Course outcomes:

The course is indented to develop written communication skill of the students.

MSM301 : Total Quality Management

Course outcomes:

The course is intended to equip the students with basic knowledge on managing total quality.

MSM302 : Strategic Management

Course outcomes:

By studying this course, the students would be able to understand the significance of strategies and managing strategies in an organisation.

MSM303 : Research Methods in Business

Course outcomes:

By studying this course, the students would be able to know the significance of conducting research and the research methods in business.

MSM304 : Sports Organization and Administration

Course outcomes:

By studying this course, the students would be able to understand how the sports organisations are governed at international, national and local levels.

MSM305 : Sports Management Principles and Practices

Course outcomes:

By studying this course, the students would be able to know the fundamental management principles and practices being followed at sports organisations.

MSM306 : Sports Marketing

Course outcomes:

By studying this course, the students would be able to understand and know the significance of sports marketing.

MSM307 : Soft Skills -III(Report Writing and Presentation)

Course outcomes:

The course is indented to develop the report writing skills and presentation skills of the students.

MSM308 : Internship Report

Course outcomes:

By undergoing the internship training in the organizations, the students would be able to know the different functional areas in the organization and also understand how each department in the organization functions.

MSM401 : Sports Facility Management

Course outcomes:

By studying this course, the students would be able to understand how to manage existing facilities and how to create new facilities.

MSM402 : Sports Psychology & Sociology

Course outcomes:

By studying this course, the students would be able to understand the significance of sports psychology in managing sports persons for better performance.

MSM403 : Project Work and Viva voce

Course outcomes:

By carrying out a intensive project work in an organization for two months, the students would be able to have hands on experience in identifying the real time problem in the organization and analyzing the same using relevant methods and reaching to logical conclusions.

MSM404 : Village Placement Programme

Course outcomes:

By spending one week time in the village for welfare measure, the students would be able to know the needs of the village and thereby they could understand what kind of remedial measures are required for the upliftment of the village and deliver the same..

DEPARMENT OF SPORTS PSYCHOLOGY AND SOCIOLOGY

PROGRAM SPECIFIC OUTCOME

Programme: PhD (Sports Psychology / Sports Sociology)

The Doctor of Philosophy (PhD) in Sports Psychology emphasizes in performance which focuses on the psychology of athletes in professions that demand excellence in Sports. This broad Sports psychology graduate program typically appeals to those looking to advance their career in various industries including sports, government or higher education institutions. After an intensive research training program, it aims at reinforcing the fundamentals and imparting advanced training, PhD students to get opportunities to pursue an cutting-edge research on interesting topics and develop new techniques . The training and research experience enables the graduates to successfully lead R&D teams in the Sports industry. Many PhD graduates are successful sports psychologists assisting the athletes to tackle their emotional issues in sports.

Program : M.Phil. Sports Psychology & Sociology

The one-year Master of Philosophy in Sports Psychology & Sociology enables the research scholars to demonstrate critical understanding, at an advanced level, of up-to-date knowledge and research methodology of a Sports Psychology/Sports Sociology. After finishing this program, students normally enroll in a Ph.D. program or they train personnel in various aspects of Sports Psychology / Sports Sociology in the Indian sports context

Programme : M.Sc. Sports Psychology & Sociology

The M.Sc. Sports Psychology & Sociology program of the Department of Sports Psychology and Sociology at the Tamil Nadu Physical Education and Sports University was started as a Unique Masters program in 2007. The main objective of this program would demonstrate knowledge and understanding of key theories in sports psychology and Sport Sociology, including a broad knowledge of psychological skills, strategies and techniques to facilitate performance enhancement within individuals and teams.

Program: M.Sc. Psychology

The two-year M.Sc.Psychology program is introduced from the academic year (2016-17). This course encourages sophisticated critical appraisal of current key debates in applied psychology. By completion of this course students will be able to demonstrate critical evaluation of psychology's contribution to human performance and well-being in different applied contexts and also develop advanced research skills in applied psychology. This course applies to a broad range of sectors and is designed for anyone wishing to understand more about the underpinning psychological research and mechanisms for employees, in organizations and business practices.

COURSE OUTCOME

M.Sc SPORTS PSYCHOLOGY AND SOCIOLOGY

MSPS 101: Advanced General Psychology

MSPS 102: Introduction to Sports Sociology

MSPS 103: Research Methodology

MSPS 104: Methods and Measurement in Psychology

MSPS 104B: Sociology of Health

MSPS 105 : Psychological Testing

MSPS 201: Psychological Aspects of Sports Performance

MSPS 202: Indian Social System and Sports

MSPS 203: Social Statistics

MSPS 204: Environmental Sociology

MSPS 204B: Scientific Dimensions of Sports Psychology

MSPS 301: Life Span Development

MSPS 302: Motor Learning & Psychology of Coaching

MSPS 303: Sociological Theories

MSPS 304: Counseling and Behavioral Modification

MSPS 305A: Team Cohesion and Group Dynamic

MSPS 305B: Social Problems

MSPS 401: Intervention Strategies and Sports Behavior

MSPS 402: Thesis

MSPS 403: Village Placement Program

M.Sc PSYCHOLOGY

MSPSY 101: Advanced General Psychology

MSPSY 102: Biological Basis of Behaviour

MSPSY 103: Research Methodology
MSPSY 104: Psychology of Advertising
MSPSY 104B: Social Problems & Issues
MSPSY 104C: Medical Sociology
MSPSY 105: Psychological Testing
MSPSY 201: Life Span Development
MSPSY 202: Psychopathology-I
MSPSY 203: Social Statistics & Computer Applications
MSPSY 204: School Psychology
MSPSY 204B: Gender & Society
MSPSY 301: Advanced Social Psychology
MSPSY 302: Guidance and Counselling
MSPSY 303: Training and Development
MSPSY 304: Psychopathology-II
MSPSY 305A: Health Psychology
MSPSY 305B: Urban Sociology
MSPSY 305C: Management Principle & Practices
MSPSY 401: Positive Psychology
MSPSY 402: Thesis
MSPSY 403: Village Placement Program

M.Phil PSYCHOLOGY/ AND SOCIOLOGY

MPHSPS101 : Research Methodology & Statistics
MPHSPS102 : Applied Psychology
MPHSPS201 : Area of Dissertation
MPHSPS202 : Computer Operations, Communication & Education Skills
MPHSPS203 : Dissertation
MPHSPS204 : Village Placement Program

M.Sc Sports Psychology and Sociology

MSPS 101

Advanced General Psychology

The main objective for this course is to forge connections among the different parts of the psychological scientific knowledge to improve the coherence of understanding and also to expand and integrate the knowledge of psychological science through exercising the higher levels of Bloom's cognitive taxonomy (e.g., application, analysis, synthesis, and evaluation).

MSPS 102

Introduction to Sports Sociology

Course outcomes:

This intended to focuses on sports as social phenomena and this area of study is concerned with various socio-cultural structures, patterns, and organizations or groups involved with sport.

MSPS 103

Research Methodology

Course Outcome

It will give students a general introduction to postgraduate research, its methodologies, its challenges and its organisation. Students will be introduced to a range of research tools and will be equipped to plan and organise their research, as well as to communicate their findings

MSPS 104A
Methods and Measurement in Psychology

Course outcomes:

Methods and Measurement in Psychology is the first integrative guide to theoretical, methodological, and applied aspects of multimethod measurement in psychological research.

MSPS 104 B
Sociology of Health

Course outcomes:

The objective of this paper is to see how social life affects morbidity and mortality rate, and vice versa.

MSPS 105
Psychological Testing

Course outcomes:

The students made to understand the systematic use of tests to quantify psychophysical behaviour, abilities, and problems and to make predictions about psychological performance.

MSPS 201

Psychological aspects of Sports Performance

Course outcomes:

It deals with the physical, psychological, and motivational factors involved with sports performance.

MSPS 202

Indian Social System and Sports

Course outcomes:

It enables the students to know how to build a sporting culture in India and also the socio-economic barriers in sports.

MSPS 203

Social Statistics

Course outcomes:

The students would be beneficial in learning **statistical** measurement systems to study human behavior in a **social** environment.

MSPS 204A

Environmental Sociology

Course outcomes:

The main focus would be to learn the relationships between society and the environment interactions.

MSPS 204B

Scientific Dimensions of Sports Psychology

Course outcomes:

Understanding the application of psychological theory and methods to the study of behavior resulting from or directly related to involvement in sport and physical activity.

MSPS 301

Life Span Development

Course outcomes:

The students would understand the exploration of how we change and grow from conception to death and the lifelong process that can be studied scientifically across three developmental domains: physical, cognitive, and psychosocial.

MSPS 302

Motor Learning & Psychology of Coaching

Course outcomes:

It enables the students to learn the processes involved in acquiring and refining skills and also by knowing basic concepts in finding the best instructional sequences and progressions to learn sport skills.

MSPS 303

Sociological Theories

Course outcomes:

To know the social world and enable prediction about future events.

MSPS 304

Counseling and Behavioral Modification

Course outcomes:

The students would learn to reduce or eliminate undesirable behaviors and teach or increase acceptable behaviours through counselling and behavioural modification.

MSPS 305A

Team Cohesion and Group Dynamic

Course outcomes:

This course outlines the concepts about group cohesiveness and dynamics in team sports performance.

MSPS 305B

Social Problems

Course outcomes:

The students would understand the consequence of factors extending beyond an individual's control, and the source of a conflicting opinion on the grounds of what is perceived as a morally just personal life or societal order.

MSPS 401

Intervention Strategies and Sports Behavior

Course outcomes:

The students are expected to learn the interventions showing professionals how to help athletes get the most out of their sport experience and maintain a healthy lifestyle.

MSPS 402

Thesis

Course outcomes:

This aimed to give confidence and some insights into pursuing research, presenting the results in the thesis, and publications.

MSPS 403

Village Placement Programme

Course outcomes:

VPP is compulsory for all the Regular Courses of the University. As a Part of VPP, each student of the Regular Course should stay for four days in a Village and undertake service activities such as health awareness campaign, literacy programmes, awareness programme of clean environment and safe drinking water, Sports Recreation etc., for rural development. VPP has two credits for all the Courses underCBCS.

M. Sc PSYCHOLOGY

MSPSY 101

Advanced General Psychology

Course outcomes:

It is a foundational course for students who aspire to specialize in the field of Sports Psychology in future.

MSPSY 102

Biological Basis of Behaviour

Course outcomes:

The students would be able to understand the various biological factors that affect our behaviour and the interplay between biological processes and mental states.

MSPSY 103

Research Methodology

Course outcomes:

Exposure to research methods gives decision makers new analytical approaches that can be applied to practical issues also they can facilitate the critical thinking process.

MSPSY 104A
Psychology of Advertising

Course outcomes:

Students would be able apply and enhance their quantitative and qualitative research in a real-world environment, with potential to explore areas of ethical sensitivity and issues associated with advertising research.

MSPSY 104B
Social Problems & Issues

Course outcomes:

To establish and maintain appropriate relationships and help students learn to display prosocial behavior while at school, college and beyond.

MSPSY 104C

Medical Sociology

Course outcomes:

The students learn the critical role social factors play in determining or influencing the health of individuals, groups, and the larger society.

MSPSY 105

Psychological Testing

Course outcomes:

The students made to understand the systematic use of tests to quantify psychophysical behaviour, abilities, and problems and to make predictions about psychological performance.

MSPSY 201

Life Span Development

Course outcomes:

The students would understand the exploration of how we change and grow from conception to death and the lifelong process that can be studied scientifically across three developmental domains: physical, cognitive, and psychosocial.

MSPSY 202

Psychopathology-I

Course outcomes:

This course provides the students with a method enabling them to capture the subtle nuances of the patients' experience that constitute the essentials of the “psychiatric object”.

MSPSY 203

Social Statistics & Computer Applications

This course Familiarizes students with the logic of behavioral statistics and the computation and interpretation of statistical analysis.

MSPSY 204A

School Psychology

Course outcomes:

This course enables to learn how to apply psychological science to improve the learning process and promote educational success for all students.

MSPSY 204B

Gender & Society

Course outcomes:

Since gender and family values are deeply embedded in the fabric of society this course gives awareness for the students to know both moral and a legal issues in gender and society.

MSPSY 301

Advanced Social Psychology

Course outcomes:

Students learn about human behavior in groups and that how human behavior is influenced by others. Students would understand the socio-psychological causes and motives of human behavior in groups.

MSPSY 302

Guidance and Counselling

Course outcomes:

This course provides the students to learn the main responsibility for practical arrangements of guidance and counselling belongs to the student counsellor and to help them to develop their learning-to-learn skills and capabilities for learning.

MSPSY 303

Training and Development

Course outcomes:

It enables the students to recognize the psychological assumptions made in making training and development decisions and to manage these assumptions appropriately.

MSPSY 304

Psychopathology-II

Course outcomes:

This course is designed to learn experimental approach to the study of psychopathology.

MSPSY 305A

Health Psychology

Course outcomes:

The students learn the practice and application of psychological methods to the study of behaviour relevant to health, illness and health care.

MSPSY 305B

Urban Sociology

Course outcomes:

It enables to study the structures, environmental processes, changes and problems of an urban area also it provides inputs for urban planning and policy making.

MSPSY 305C

Management Principle & Practices

Course outcomes:

Students examine a basic framework for understanding the role and functions of management and an explanation for the principles, concepts and techniques that can be used in carrying out these functions.

MSPSY 401

Positive Psychology

Course outcomes:

It helps students achieve their best academic outcomes, paired with aspects from positive psychology that promote student safety and wellbeing.

M.PHIL SPORTS PSYCHOLOGY AND SOCIOLOGY

MHPSPS 101

Research Methodology & Statistics

Course outcomes:

This paper aims to explain when to apply which statistical procedure, the concepts that govern these procedures, common errors when using statistics, and how to get the best analysis out of the data. Research methodology is taught as a base to explain statistical reasoning and familiarises students with commonly used software for statistical analysis.

MHPSPS 102

Area of Specialization

Course outcomes:

The area of specialization in sports psychology & Sociology provides its students with both a liberal arts education and the opportunity to explore specific areas of psychology where they have special interests.

MHPSPS 201

Area of Dissertation

This paper will be taught according to the syllabus of each students based on their dissertation topic which may have depth knowledge on various aspects of the study chosen

MHPSPS 202

Computer Operations, Communication & Educational Skills

Course outcomes:

This paper enables the students to acquaint different parts of computer system and their functions → Understand the operations and use of computers and common Accessories → Develop skills of ICT and apply them in teaching learning context and Research → Acquire the knowledge of communication skill with special reference to its elements, types.

Development and styles and also understand the terms communication Technology and Computer mediated teaching and develop multimedia /e- content in their respective subject.

MHPSPS 203

Dissertation

Course outcomes:

This paper is to showcase the students' skills and capacity to conduct research in the chosen discipline, and present the results through an original piece of content that will provide value for the academic and scientific community.

MHPSPS 204

Village Placement Programme

Course outcomes:

VPP is compulsory for all the Regular Courses of the University. As a Part of VPP, each student of the Regular Course should stay for four days in a Village and undertake service activities such as health awareness campaign, literacy programmes, awareness programme of clean environment and safe drinking water, Sports Recreation etc., for rural development. VPP has two credits for all the Courses under CBCS.

MHPSPS 205

Internship

Course outcomes:

To provide the students to gain professional work experience in a safe and structured environment with help from experts in the field of sports psychology. Typically an intern will be assigned a worksite mentor and internship coordinator. The worksite mentor will help train a student and advise him or her on how to navigate a particular worksite culture and interact with athletes.

PROGRAMME SPECIFIC OUTCOME

DEPARTMENT OF ADVANCED TRAINING AND COACHING

Programme: Ph.D (Sports coaching)

Ph.D in Sports coaching is a unique programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the M.Sc in Sports Coaching/M,S in sports coaching with research aptitude are eligible for registering this doctoral programme. This research aims at reinforcing the fundamentals of talent Scouting at micro level & Nurturing talent towards excellence . A new powerful way to use the scholar as an instrument of influenceandchange;awaytogrowinasystematicandscientificapproachasaperson and in confidence. Monitor and enhance Performance with a scientific evaluation system with sports science

M.Phil (Sports coaching)

M.Phil in Sports coaching is a exclusive programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the M.Sc in Sports Coaching/M,S in sports coaching with research aptitude are eligible for registering this M.Phil programme. This research will Monitor and enhance the scientific slant in the field of sports with a methodical evaluation system. Logical interaction with Talent identification at micro level and nurturing talent towards excellence, Training and International Exposure with Scientific Sports Equipment and scientific personnel

M.Sc.,(Sports coaching)

M.Sc in Sports coaching is a distinctive programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the B.Sc Sports Coaching or its equivalent degree recognized by TNPESU with diploma/ P.G. diploma in sports coaching with sports background are eligible for admission in M.Sc programme. This course will support the coaches in sports science area and enhance the high level performance of the coaches. Develop the capacity to make reasoned decisions about sport issues. Support Training with Scientific and Sports Equipment and scientific personnel. To raise awareness for change and learning processes in organizations. To develop awareness of power and relational issues in groups and organizations. To develop intervention and collaboration skills increasing leadership capacity & skills

B.Sc., (Sports coaching)

c., Sports coaching is a irreplaceable programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the plus two with sports participation in the national/state/ district level are eligible for admission in B.Sc Sports coaching programme. This course will reinforce the fundamental sports sciences support with specified background. In addition to that this course emphasis the history and development, rules and regulations, technical and tactical developments of specified sport.

This course will help to develop all round personality of the student. In addition to that improve the physical, mental, moral and social well beings of the students. This course gives opportunities for higher standard of sports achievements and coaching abilities. Develop the capacity to make reasoned decisions about sport issues. This course Develops skills and fitness specific to a particular sport. Training and National exposure . To raise awareness for change and learning processes in organizations

Post graduate Diploma in sports coaching

Post graduate Diploma in sports coaching is a inimitable programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess any degree with National/all India Inter University participation are eligible for registering this programme.

This coaching programme is an influential element of the competitive experience. The coaches are a leading positive influence on today's youth. Respondents were asked to rate the overall influence of a variety of groups on young people. Across all major demographic groups, coaches rank as the number one positive influence on youth today.

At their best, coaches can help their players improve their skills, perform to their best ability, develop strong character, and gain confidence. That is, they can maximize the positive value of sport, and they can enhance the intrinsic motivation to play sport. The intrinsic values of sport and the experience of mastery are more likely to generate fair play and good sportsmanship. Coaches who overvalue winning can create an environment in which unsportsmanlike behavior flourishes. Develop skills and fitness specific to a particular sport. To produce coaches of high caliber in different disciplines of sports to broad base sports . Training & International Exposure. Work effectively within a group toward common goals

Department of Sports Technology	
Program Outcomes	<p>To impart basic concepts, skills and engineering knowledge to design and develop sports equipments, sports balls and sports goods.</p> <p>To impart knowledge on performance of players and athletes of various games and sports using engineering tools and software effectively.</p> <p>The program will help the graduates to take up responsibilities in production, testing, designing and marketing sports goods and contribute for the growth of industry.</p> <p>To make them a multidisciplinary team with sense of ethics, integrity and social responsibility</p>
Programme Specific Outcome	<p>After completion of the program graduates will be able to</p> <ul style="list-style-type: none"> A. Apply the knowledge of science, mathematics, and engineering principles for developing problem solving attitude B. Identify, formulate and solve engineering problems in the domain of sports engineering field. C. Use different software tools for Analysis and Design sports engineering domain. D. Design and conduct experiments, analyse and interpret data, for development of simulation experiments. E. Function as a member of a multidisciplinary team with sense of ethics, integrity and social responsibility

Course outcomes

Sports Aerodynamics

- To obtain the Theory and Experimental knowledge in the application of the aerodynamics in sports to design the high performance equipments and to optimize the performance of the athlete.

Sports Materials Engineering and Design

- To apply the knowledge of material science for the design and manufacture of the different sports apparel and equipments to increase the athlete performance and to avoid the sports injury.

Computer Aided Modeling [CAM] LAB

- To familiarise the students with the design and assemble of the sports equipments using the CAD Software.

Sports Biomechanics

- To learn the basic idea to integrate the Medical and Engineering science to study the motion of the athlete to optimize the performance and safety.

Measurement and Instrumentation in Sports Engineering

- To apply the knowledge of the electronic and sensor technology to measure performance of the athlete and to attain the biological data during the performance.

Computer Aided Modeling & Analysis Lab

- To attain Numerical simulation to study the Structural, Fluid and FSI analysis of the sports apparel and equipment to confirm the safety and to optimize the sports performance.

Sports Engineering and Technology

- To apply the recent trends of Engineering skill and technology for the development of the various sports in Comfort, Spectator Experience, Performance and safety.

Robotics and artificial intelligence

- To be skilled in the use of the robotic technology in the manufacturing the sports equipments and the application of them in the training and tournament.
- To apply the recent trends of Artificial Intelligence to study the performance and predict the variables using machine learning

Physiology of Sports and Exercise

- To attain the knowledge in the athlete anatomy and biological science to apply the technology to measure and study the performance of the athlete.

Principle and Design of Sports Turf

- To attain the knowledge in the different type of Turf and the impact affects the performance of the athlete
- To use the technology to design and develop the field and sports facility and infrastructure

Advanced Recording and Analysing Techniques in Sports Movements

- To use video analysing technology to study biomechanics of the athlete, Gait analysis, equipment performance analysis and to study the trajectory in sports

Composite and Nano Materials in Sports Applications

- To attain the knowledge in the application of the composite and nano materials in the sports apparel and the equipment.

Software in Sports

- To gain the knowledge in present trending software for the analysis and prediction of the athlete performance and for sports safety.

Survey and Construction Materials

- To attain the better sound in development of the different sports facility and the infrastructure

Applied Biomaterial in sports technology

- To develop the knowledge in the application of different biomaterial implantation for athlete in the sports medicine.

Commercialization of Sports

- To develop the entrepreneurship and management skill in the sport industry and government organisation.

Sports Economic

- To attain the skill in Market, opportunity, labour relation, taxation and legal issue on sports industry.

Sports Equipment Materials

- To attain the knowledge in the application of the different engineering materials in the manufacturing of the sports equipments.

Application of Statistics in Sports

- To attain the skill in applying the maths especially statistics in the different sports to predict the success and maximum chance of winning technique.

Sports Material Engineering

- To attain the knowledge in the science of the behaviour of the different materials application in the sports.

RACE CAR VEHICLE DYNAMICS

- To attain the knowledge in the engineering technique to optimize the performance of the vehicle in motor sports.

Soil and Ground Improvement Techniques

- To aware of the different sports surface engineering technique for the good performance of the athlete and to avoid the sports injury.

INDUSTRIAL SAFETY

- To aware of the safety procedure during accident and the maintenance.

4.4. Maintenance of Campus Infrastructure

4.2 Procedures and Policies for maintaining and utilizing physical, academic and support facilities – laboratory, library, sports complex, computers, classrooms, etc.

The University campus infrastructure is maintained by a qualified estate supervisor, who monitors the campus activities. The procedures to use the facilities and policies to maintain are formulated for the development of the infrastructure

Laboratory:

The university allots adequate funds in the annual budget to improve the laboratory facilities of every department. The Head of the Departments submit the requirements for the purchase of items for their laboratory to the Registrar. The tender is called for and the purchase is done by choosing the bidder with the lowest quote of the required specifications. The students and scholars use laboratory during their laboratory hours for gaining hands- on experience and research purpose under the supervision of the assigned teachers.

Library:

A Book exhibition is conducted in the University Campus by the University Library in a year. Books pertaining to various departments are displayed in the book exhibition. The Heads of the Departments of this University along with the other faculty members visit the exhibition and go through the contents of the books and select the required books.

The publisher / supplier directly approach to the faculty to get the recommendations of the books selected from their stall by having their signature in the prescribed form. Each supplier / publisher consolidates the list and submit the original recommendations to the University Assistant Librarian. Also the HOD'S submit

their book indent letter to the Assistant Librarian. The Assistant Librarian consolidates the recommendations and forwards the request to the Registrar for requesting the proforma invoice with the individual suppliers. Based on the request the suppliers/publishers submit their Performa invoice to the registrar. The Registrar places the purchase order with the individual book supplier/publisher request to supply the books within the budget allotted. Pre-Receipt bill(s) are be submitted in duplicate (2 copies). Revenue stamp are be affixed on the original bill duly signed by authorized signatory. The Publisher / Supplier submit the bills of foreign books converted to Indian rupees at the Good Office Committee Conversion rates on the date of supply of book. The staff and the students were given individual library membership card with barcode to use the libraryservices.

Sports Complex

The university requests the State Government to fund for overall development of the university. Depending on the funds allocated, the university creates and enhances the infrastructure. CCTV's cameras are installed in various places in the university campus. Out Source, Annual Maintenance Contract (AMC) for critical electrical equipment such as diesel generators, UPS, AC units and Intercom Exchange exists. The electrical personnel employed by the University are fully dedicated to maintain all electrical fittings and utility equipment. A 24 hours uninterrupted power is supplied by standby DG sets. The play fields in the university campus is let out for renting for the conduct of sports and games for schools and other organizations. Nominal charges were collected from the outsiders, at the same time concession and full fee waiver were given to the organizations such as government schools, police departments etc., based on the nature of the program and the institution. The faculty members, students and the hostellers utilize the available sports facilities during the morning and evening hours.

Computers:

The computer Center is interiorized to accommodate 36 computer and one server. The computers in the labs and other sections are maintained by Infant Peripherals where the computer repair work is done by the approval of the quote. Requests are given by the faculty in-charge of computer labs to the Registrar for the purchase of computer accessories, printer and UPS, towards the payment for computer general service, UPS battery replacement, purchase of new hard disk, supply of power adapters and other essential amenities for computer laboratory. The staff and students are permitted to use the computer lab and internet services for learning, teaching and research purpose.

Classrooms:

The classrooms are maintained through the appointment of sweepers through regular and Outsourcing mode. The university seeks advice from building committee consisting of the Head of the institution, Registrar, Finance Officer, Estate Officer, PWD officials and few senior academic and administrative officers. A body of students is also formed to monitor the cleanliness of the classrooms and laboratories of the academic block.

6.1 Institutional Vision and Leadership

6.1.1 Mention two practices of decentralization and participative management during the last year (maximum 500 words)

The Tamil Nadu Physical Education and Sports University is a State University started first of its kind in India. This University functions under Youth Welfare and Sports Development Department, Government of Tamil Nadu. The University functions under the direction of the Governing Council, Syndicate and Finance Committee.

This University is headed by the Vice-Chancellor. Both Administrative and Academic work functions under the Vice- Chancellor.

ADMINISTRATION

Administrative work functions as follows,

VICE-CHANCELLOR

REGISTRAR

FINANCE OFFICER

CONTROLLER OF EXAMINATION

DIRECTOR SCHOOL OF DISTANCE

EDUCATION

Each Head will disseminate the work to their different sections. The Section Superintendent will distribute the work to their subordinates to put up the file, maintaining the files and in helping the Academic and Administrative works to function smoothly, effectively and towards growth and development of this University.

Academic work functions as follows

VICE-CHANCELLOR

HEAD OF THE DEPARTMENTS

STAFF MEMBERS

STUDENTS

The Head of the Departments are held responsible for the smooth functioning of the Academic programme.

The Head of the Department carryout and distribute the academic related work such as, preparing the time table, conduct of classes both theory and practical, maintaining the attendance, student progression, functioning of mentor – mentee, conduct of continuous assessment, conduct of model exam, submission of internal marks and percentage of attendance to the controller of exams, conduct of workshop, seminar, clinics, conferences, cultural activities and extension activities. The students of various department helps in conducting various programmes related to academics. All coordinate together towards the growth and development of the Department.

CONDUCT OF EXAMINATION

The Controller of Examination will work under the direction of Vice-Chancellor and Registrar of the University. He distributes the work to his subordinates towards the smooth functioning of the examination and publication of results related matters. 100% Confidentiality is well maintained by the section staff and controller of exams.

CONVOCATION

The following are the composition of members to be present during the convocation

THE CHANCELLOR

PRO – CHANCELLOR

VICE- CHANCELLOR

CHIEF GUEST

SYNDICATE MEMBERS

HEAD OF THE FACULTY

CONTROLLER OF EXAMINATION

REGISTRAR

The Governor of Tamil Nadu is the Chancellor of the University. The Vice- Chancellor in consultation with the Pro- Chancellor submit the note along with the tentative date, month and year in which the convocation to be held. The Chancellor fixes the convenient date for convocation. In the absence of the Chancellor the Vice –Chancellor shall conduct the convocation. The Controller of examination is held responsible for arranging and preparing the name list, Degree certificates and getting the signature from the Registrar and Vice- chancellor in all degree certificates and from the Chancellor in the overall pass register.

SUPPORT STAFF

The University Campus Officer work under the direction of the Vice-Chancellor and Registrar towards the maintenance of the entire campus and the overall development. The support staff works under the campus supervisor. The campus supervisor who works under campus officer will distribute the work to the support staff.

7.2 Best Practices

Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

Title of the Practice: Introduction of Barcode Technology in TNPESU Library

An efficient library is vital in any academic institution. In keeping with the advancements in Information and Technology, all departments including the library is embracing the changes. The library of TNPESU has been automated using commercial library automation software.

The automated system increases professional productivity and improve user service without adding personnel. Application of Barcode technology in libraries is a way to process client requests faster.

Barcode technology is mostly used in the circulation system of a library and most successful due to its speed, accuracy and reliability. Barcoding technology is one of the significant steps in library automation and is still widely used in libraries.

Objectives of the practice:

- Increases accuracy and efficiency
- Improved inventory management
- Faster check-in and check-out
- Easy to sort books and improve circulation capabilities
- Reduce staff workload

The Context:

During the year 2015-16 the barcode technology was implemented. Two handheld barcode scanners were procured to implement the system. The gate entry and data entry in circulation system were fetched and barcode stickers for 4123 books were generated and pasted. The earlier ledger maintenance for the member ID and the book account numbers are also replaced by barcodes. The membership ID cards with barcode was generated and issued to current year and old students. It replaced the manual feeding of data in circulation system. The use of barcode technology increases efficiency and eliminates human errors as in case of manual data entry.

The Practice:

This practice helped this University library to automate the circulation system to transact books with members quickly. This practice has facilitated to introduce Gate Entry Management System. It collects the entry and exit details of the library members. A quicker stock verification of books is possible now. Barcodes associated with item records in the commercial Library automation Software holds critical information such as item number, call number, copy and volume numbers as well as associated codes used in the library. All this information can be held in one label and any of the information can be changed or updated without the need to re-label the collection facilitating the addition of new books and journals in future. It helps to quickly scan the barcode information into library main computer to help accurately track resources.

Evidence of Success:

The implementation of the barcode in the university library is one of the best practices adopted during the year 2015-16. It has boosted the image of the university and has made the library functioning more efficient and less time consuming. It has impressed the students and faculty members alike and has increased the number of walk-ins to the library. The students are happy with their new laminated ID cards with their latest photographs taken in the library. This is a good means for ID proof as well as to maintain their entry and exit times.

Problems Encountered and Resources required:

Adopting to the new system needed training of staff members to use this system, some were quick to learn where as some took time, this slowed the process of implementation a bit. This was temporary setback the students and staff have been able to overcome in due course of time.

Title of the Practice: Physical Fitness and Wellness Activities for the neighborhood

Physical inactivity has become a public health issue in communities worldwide, intending to bring awareness about the potential gains of promoting physical activity at the community level. TNPESU launched a community-based program targeting the students, faculty members administration staff and the neighbouring communities of Keerapakkam and Melakotaiyur.

Objectives of the practice:

The following are the objectives of Physical fitness and wellness activities for the neighborhood:

- to work with communities to realize the importance of physical fitness and a healthy lifestyle. The adverse effect of sedentary life like the onset of noncommunicable diseases.
- To actively engage communities in various physical activities, help them understand the importance of physical activity, setting goals for improving their physical wellness.
- To promote health awareness among the people in the villages and thereby ensuring health benefits to a significant number of people and also culturally sensitive, multi-component interventions that make it easier for people to stay active and healthy
- To make the students understand the issues of rural development and make them aware that they can actively contribute to health and wellbeing of a community.

The Context:

The modern lifestyle has given rise to many health-related issues like metabolic diseases, joint and skeletal problems, cardiovascular diseases, hypertension and obesity. Physical activity is a complex behavior with multiple determinants. Effective promotion at the community level requires implementing culturally sensitive, multi-component interventions that make it easier for people to stay active. A healthy lifestyle like appropriate diet, satisfactory physical fitness level, healthy weight, and good sleep can provide health benefits.

Suggestions on simple changes that is possible in their busy life to promote better health. The advantages of having a proper diet with the required nutritional value, which is the crucial factor in lifestyle, directly relate to health. Technology and inactive modes of transport have to lead to a sedentary lifestyle and more inactive life pursuits. The lack of time as they need to work more to maintain their position in a competitive world. The best way to beat stress and to work on holistic wellness through regular exercise, engaging in physical activity or games of their choice. Recreational activities, yoga sessions can promote relieving stress it causes affect our physical, psychological and social health

The Practice:

The Department of Physical Education of the TNPESU identified areas in the neighbouring villages of Keerapakam and Melakottaiyur, where they would be able to involve the local people. A group of scholars and faculty members framed programs with various physical activities keeping in mind of the participants individual differences. The members who facilitated these activities interacted with the local people few hours. This exposure would act as a window for the younger generation to take up sports and physical education as a possible career.

The free camps and wellness activities that engage the community people from children to the elders to give opportunities to devise and execute health and wellness programs. The population involved in this project

comes from different strata of society, allowing for firsthand experiences of the various issues faced across the community and viable measures to tackle the same.

This program provides the opportunity for the faculty members and non-teaching staff to do something different from their monotonous day to day work. A chance to de-stress, build rapport among people and an occasion to make a positive contribution to the community. It has provided a platform to explore something new to enhance personal fitness.

Evidence of Success:

The activities have improved the energy levels in the members engaged in this project bringing in better productivity. The exercises and fitness programs have become occasions for homemakers to break free from routine work and concentrate on their health and wellbeing. The fun activities create a strong bond within the community and build a support system that goes a long way in sustaining the program's success. The complementary effect of being involved in sports, games, yoga and recreational activities that are a part of this program improves general health; alertness, muscular agility builds immunity, lung capacity, and individual and community wellbeing

Problems Encountered and Resources required:

The biggest hurdle in this initiative was the local community members' regular attendance, as they had some unexpected commitments and in some cases, illness of a loved one. However, these were temporary setbacks, which the students and staff were able to overcome.

7.3 Institutional Distinctiveness

Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust Provide the weblink of the institution in not more than 500 words

Mental health and well-being are vital aspects of one's personality. A student's life is filled with various, psychological issue like depression, stress, fear of failure and anxiety, dependability, mental block, interpersonal relationships, ability to be optimistic and resilient at the time of crisis. In such time, Counseling can help understand issues and suggest strategies to deal with emotions and feelings. TNPESUs Center for counseling caters to the emotional needs of the students. The initiatives of the Center include dealing with psychological concerns of the students in general and athletes in particular. The focus of the center is to create **aholistic approach to the betterment of human potential through a harmonious blend of body, mind and spirit**, thereby equipping the individuals to be capable of utilizing the resources available to the best possible manner.

Psychological counseling has helped the athletes to improve their coping skills for competition stress, injury and rehabilitation, manage performance anxiety. Psychological skill training conducted for the athletes with the purpose of enhancing performance, increase enjoyment during the game and to achieve greater self-satisfaction. Techniques such as imagery, goal-setting, self-talk and physical relaxation techniques were given as a part of pre-performance training.

The center also engages in activities for enhancing mental health of day scholars and residential students to improve their inter-personal skills, emotional stability, and to reduce Self-defeating behaviors. It gives space for greater self-acceptance among the students and acts as an objective soundboard when they are facing challenging times. Center for counseling has incorporated latest counseling skills and techniques to address chronic behavioral issues.

Group guidance and motivational sessions for students were organized by the center in association with the different departments with the aim of developing stronger communication skills, to share diverse perspectives and to establish shared identity with the other group members. Student's physical health and mental health were given equal importance and organized awareness programs, inter competitions with fun activities to understand their health better.