

## **INSTITUTIONAL DISTINCTIVENESS**

**2015-2016**

### **Vision:**

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

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 a **holistic 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.

## **2016-2017**

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### **Outreach Activities:**

Outreach programs provides a prologue to the students of TNPESU to get involved in the community services in the rural areas. The students approach the local Panchayath Head and obtain their permission by stating their purpose, before they undertake the program. The program is mandatory to all the students of the departments and they draw the schedule of activities o be conducted with the people. Each department customizes the schedule according to their area of expertise. The activities ranges from educating on personal and mental hygiene, physical fitness, training the basics in sports and games, yoga, nutrition, psycho-social aspects, Communication and leadership skills. Personal health of people depends on efforts for cure of disease and right kind of self- care. It includes

healthy personal hygiene practices to prevent infection and illness such as regular bathing and washing hands with soap, cleaning teeth, preparing, safe handling and storing of food etc. Mental health also depends on the social life of a person. If we maintain healthy social relationships, help others and keep ourselves involved in other social activities, it will help us to gain positive mental health and also lead a longer healthy life. The students are placed in the neighboring villages for a period of six to ten days. They try to understand the rural environment and underprivileged sections of the society and undertake services like primary health care needs for women and children. They conduct literacy campaigns in the chosen venue. They are provided with diversified opportunities to develop their personality through community services. They interact with the local agencies as and when any need arises, during this endeavor. They emphasize the importance of primary education for all children. Through social activities, students inculcate social awareness, civic sense, crisis management ability, commitment to nation building, organization skill and leadership quality

## **2017-2018**

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### **Talent Identification**

The thrust areas of our physical education program offered at the University is the Talent Identification, exploring the opportunities of forming international athletes. Our University is one of the approved coaching centers of NIS Patiala. The athletes are selected by being divided into four stages, these being detection, identification, selection and development (Reilly & Williams, 2003). Talent identification is the process of recognizing current players that have the potential. Athlete does not select the sport, rather it is the sport which selects the Athlete" The University has the vision of setting a Bio Science Analytical Lab which would have world class facility focussed on optimizing performance of all athletes using state-of-the-art sports science technologies.

The objectives of Talent Identification is to map the student population on Fitness parameters. This analysis would help in identifying talents to deliver high level performance in sports using advanced scientific tests and procedures. The Lab where the students would be tested would use advanced technologies to assess all aspects of athletic performance, ranging from movement patterns of a single muscle to sport-specific movements and reaction time.

**2018-2019**

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**CENTRE OF EXCELLENCE IN SPORTS BIOMECHANICS**



**Established at the cost of 13.122 crores under Tamil Nadu Innovation Initiatives (TANII)  
of State Planning Commission through Youth Welfare and Sports Development  
Department, Government of Tamil Nadu**

The centre of excellence in sports biomechanics lab is established at the cost of 13.122 crores under Tamil Nadu Innovation Initiatives (TANII) of State Planning Commission through Youth Welfare and Sports Development Department, Government of Tamil Nadu. It is the biggest lab in India with state of the art facility and sports biomechanics equipment with cutting edge technology.

The mission of the lab is to conduct biomechanical assessment of sportsmen, creation of baseline data of elite sportsmen performance, novice to elite enhancing the performance of sportsmen, reducing the risk of injuries which reinforce the mission of this university.

The vision of this lab is achieving India's Olympic gold quest in 2024 and beyond. This will be a model lab which will cater the needs of all sports discipline and would turn the eyes of the whole world.

The lab has length of 45m and a width of 36meters with international standard synthetic track for all the jumps and throws. Further, this lab has the facility to assess the skills in eight lifting, archery, golf swing, squash, tennis, cricket, hockey, football, volleyball, basketball, rifle shooting, and table tennis.

The lab facilitates the quantitative assessment of sports skills and movement skills with regard to 3D motion analysis, inverse dynamics, electromyograph, posture analysis, eye gazing, isokinetic testing and training, gait analysis, somato-typing, sports performance analysis etcetera. Further, this lab has cutting edge technology to integrate the results of 3D motion, force plate data, EMG data and eye tracking data for the better interpretation of outcome from the biomechanical assessment.

The MATLAB, Python and Opens in softwares of this lab would help to work on the domain of simulation and modeling. The performance analysis system would help the coaches to devise an ideal strategy to promote our players with holistic development at the international arena.



The lab has the facility and experts to analyse the sports skills of track and field events and versatile sports skills. This lab serves the domains of academics, research and consultancy services.

The beneficiaries of the lab is, students and research scholars of this university, sports hostel students and centre of excellence students of SDAT, Potential athletes from the gov. schools and colleges, clubs and association, Players from Sports Authority of India and players from private clubs.

Further, this lab will upgrade the skills of coaches and PE teachers across the state and country through conducting refresher course and workshop.

This lab planned and established with at most care and commitment to produce high performance athletes with sports biomechanics support system. The lab has versatile applications and it will serve the sports fraternity right from grass root level to elite level.

Finally, the centre of excellence in sports biomechanics lab will be an iconic facility of our Tamil Nadu state and India as well.