தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Accredited with "B" Grade by NAAC
India's First State University in Physical Education and Sports

CRITERION-1

1.3: CURRICULUM ENRICHMENT

1.3.3: PROGRAM AND COURSE CONTENTS HAVING ELEMENT OF FIELD PROJECTS AS APPROVED BY BOS

VILLAGE PLACEMENT PROGRAMMES (2023-2018)

Registrar
Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.

Village placement programme

Date:04.03.2023

Were The Students Of **1st B.PED 'B' Section** And Our Department Is Going To Do (VPP) **Village Placement Program** From [04.03.2023 Till 09.03.2023]

This Was The **First Day** Of Our Program, We Were Doing Steps In The Slope For The Visitor To Sit And Watch The Athletics Events Which Was Going To Held In **TNPESU**

This Was The First Image Before Clearing The Slope

- This Was The Second Image With Clearing Process

- This Image Show Our Team Has Completed Clearing

- Controlling Unwanted Trees OR Plants And Invasive Species, Breaking Down And Returning To The Soil To Improve Its Productivity , So New Plants Can Grow And Healthy Trees Can Flourish Is The Benefits Of Burning Leaves

- Add Moisture With A Garden Sprinkler OR Drop Some Of Water And Allow The Soil To Become Saturated But Not Soggy And Turn Into Mud.

- After The Process Start

➢ **Our Team As Completed Half-Off The Process In The Morning Session.**

TEAM WORK NEVER FAILS…

{EVENING-SESSION}

- Our Team Is Back On Work

YOUR FUTURE IS CREATED BY WHAT YOU DO TODAY

- After Soaking The Water In The Soil Its Easy To Make Steps

First Steps Has Hopefully Completed...

And Last But Not Least Second Steps Process Accomplished

..THIS WAS THE FIRST DAY JOURNEY OF VILLAGE PLACEMENT PROGRAMME..

Village placements programme

SECOND DAY OF [VPP] PROGRAM IN **TNPESU**

- In morning session we took group photo

Then we moved to our work spot, which was look like this

- This photo show that we need to clear up and make some arrange on this field.

- IMPROVEMENTS OF CLEANING METHODS FOR HIGH Q-SLOPE ... SLOPE MAINTENANCE GUIDELINES: Inspect & Maintain Slope Drains And Dry leaf Do Not Over-Irrigate Slope Landscaping.

- <u>Girls Are Not weak, they were also equal to Boys In Both Ways – **IN STRENGTH AND THE POWER**</u>

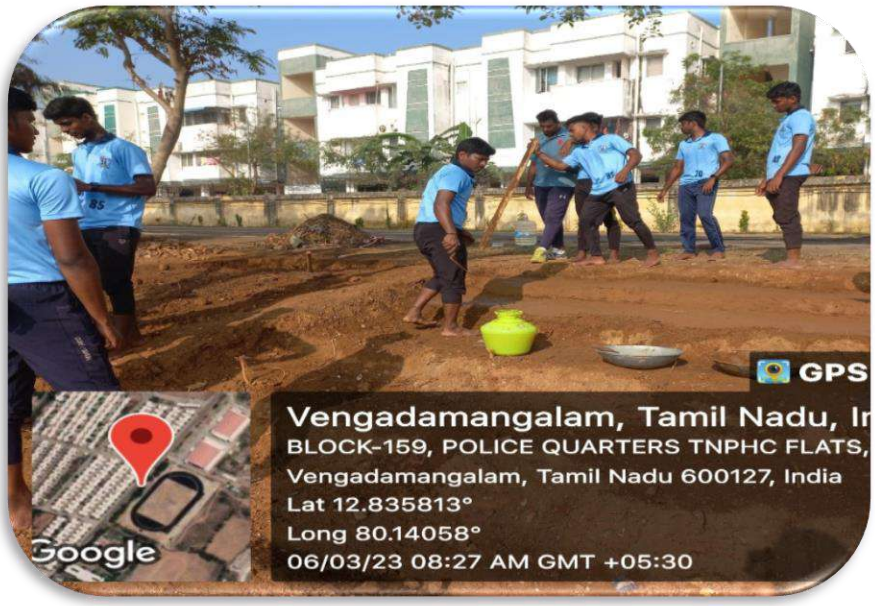
THIS THREE PHOTO SHOWS HOW WE MEASURING THE SLOPE TO BUILD STEPS ON IT..

1. Fix two parallel stringlines from top to bottom of the slope, as far apart as the required step width.

2. Measure a line to find the length of the Slope.

3. To measure the height difference between the levels, rest one end of a length of timber on the top of the slope and place a spirit level on it.

- **Effect of slope gradient on the subsurface water flow velocity of sand layer profile, so we add sand to the waters on slope**



- Testing your soil is the first step in determining when to add lime to your soil since you want to ensure you are applying the right amount.
- Lime-Soil stabilization is the process of adding lime to the soil to improve its properties like density, bearing capacity.

➢ **Our Team As Completed Half-Off The Process In The Morning Session.**

[EVENING SESSION]

- Steps are the beauty of man-made by its own hands.

- This team forms a wonderful design with small gravel rocks for driveway and adding Lime-Soil on it

The formula for measuring how many steps you need is really simple. It's the height of the hill from top to bottom in inches divided by anywhere between 4 and 5 for this type of stair.

Because ours was 28 inches from the top of the slope to the bottom when you divide by 7, you get.. 4!

IN SECOND DAY WE WERE SUCCESSFUL COMPLETED 5 DIFFERENT STEPS ON THE SLOPE

➢ **This steps show our success 🦁 of making on slope**

At last we completed the work and we made split seconds memories....

..THIS WAS THE SECOND DAY JOURNEY OF VILLAGE PLACEMENTS PROGRAMME..

Village placements programme

THIRD DAY OF [VPP] PROGRAM IN TNPESU

DATE: 07.03.2023

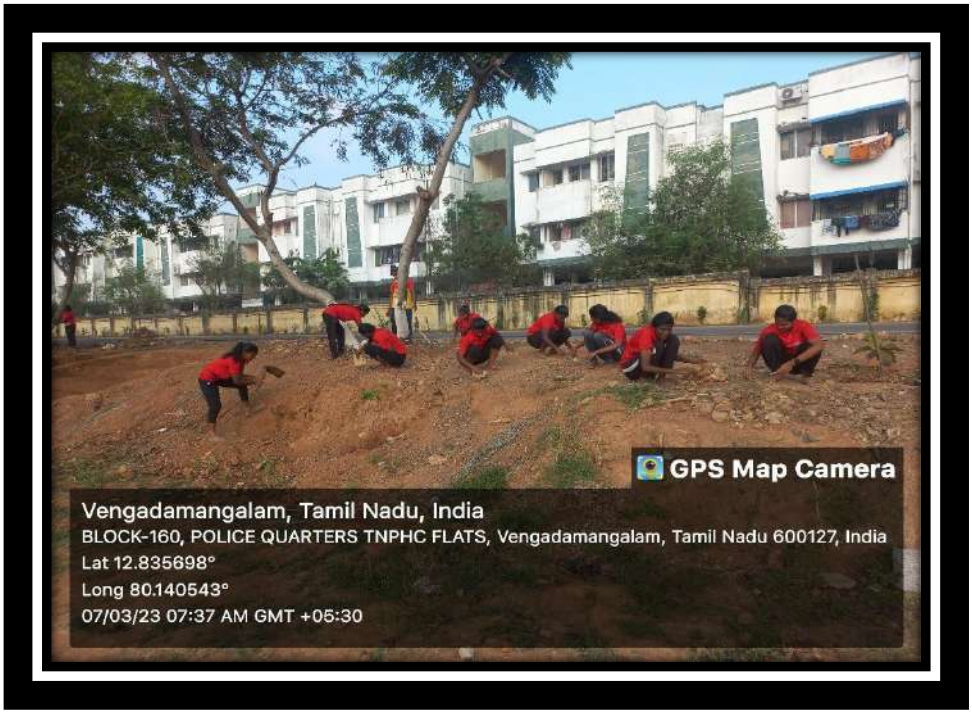
❖ **Today let's start with love of nature (^.^)**

- A relational approach for understanding nature's contributions to human well- being.

- If someone is caring, they are affectionate, helpful, and sympathetic.

- "The clearest way into the Universe is through a forest wilderness." **"Trees give peace to the**

souls of men.” “If you would know strength and patience, welcome the company of trees.”



- Our Team As Under Gone To The Process Of Clearing The Slope.

- This Image Show that adding water to make more harder than before, Because we all ready added Lime-Soil to make stabilization the steps instead of breaking

SPRINKLING WATER

- On the ground with a 2:1 slope, sprinklers that are adjusted properly throw roughly 40% of their radii above the head and 60% below (because of gravity).

- This Image Show That Our Team Has Mixing The **RIGHT AMOUNT OF LIME-SOIL** And They Add To The Steps, To Make The Steps In A Stabilization Position.

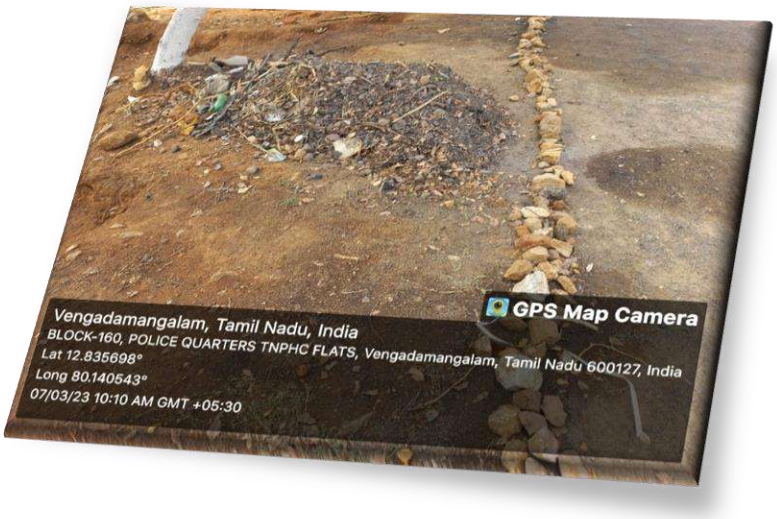
- ...This Team Is Preparing Magnificent Designs In Driveway Place, **Design Are The Art – Is Made By #WOMEN...**

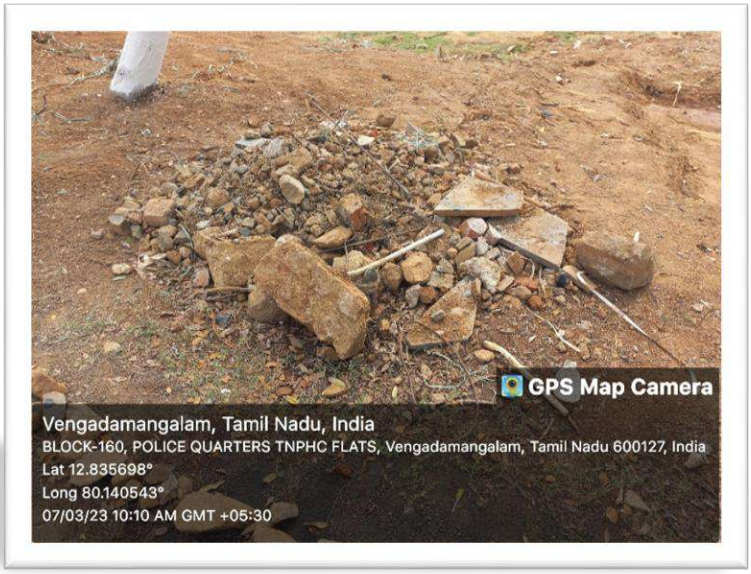
➢ This Image Relates That Our **AKKI TEAM MEMBERS**♡Are Back On The Working Field...

《...At Last The Morning Session From {6:30 Till 8:40 A.M}. This Morning Being As Magnificent Day Like

Wise We Done A wonderful Job And We Made Memoranda Moment By Taking GROUP PHOTO...》

- **Morning Session From 10:00 Till 1:00 P.M Starts☺**

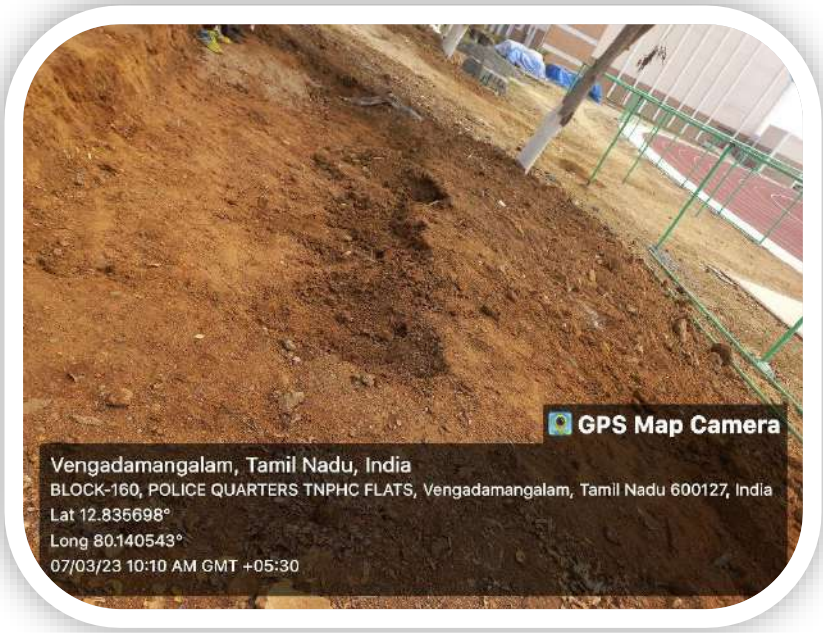




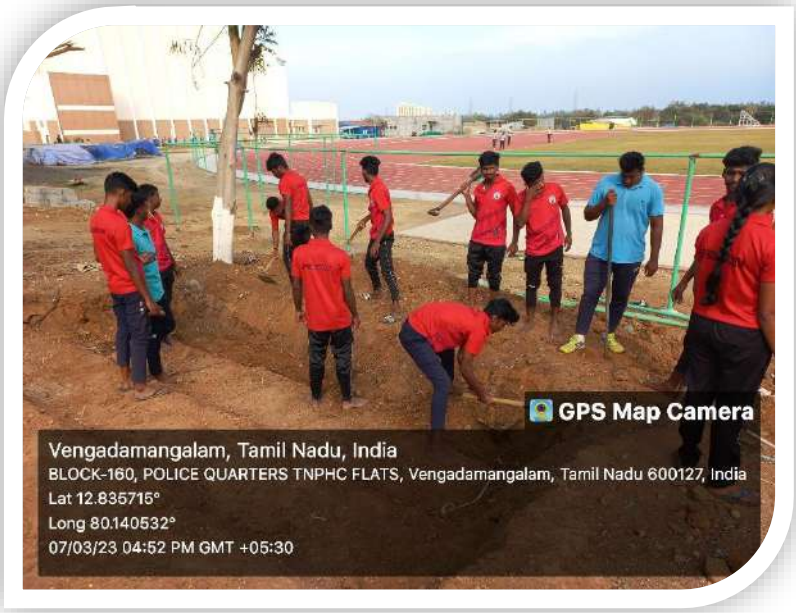
- This Session Is Started By **Clearing The Slope.**

- Both small **Pebble Rocks And The Dry Leaf** 🍃 Separately Gathered.
- **You Can Notice By Watching This Two Image.**

➢ After Clearing This Place. It's Look Like This👇



Our team Has Started The Work 💪 To Build The Last Structure Steps In Slope.



- **Each and every members in team are doing they given work with wonderful Co-ordination.**

- **Teamwork is the collaborative effort of a group to achieve a common goal or to complete a task in the most effective and efficient way.**
- **The ability of team members to work together, communicate effectively, anticipate and meet**

each other's demands, and inspire confidence, resulting in a coordinated collective action.

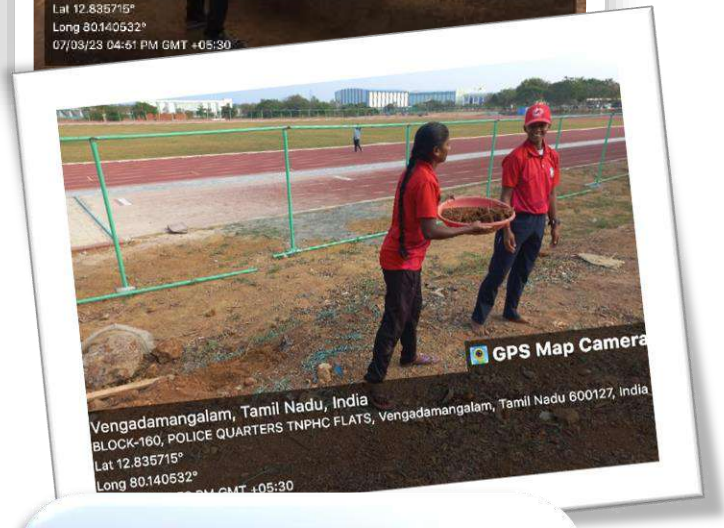
- **This Are The Things That Our Team Has WITH Coordination...**

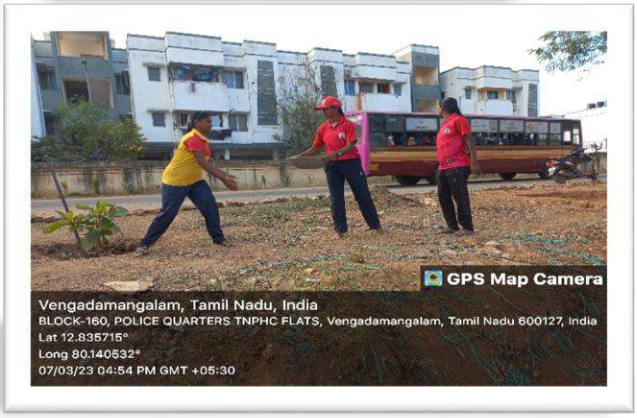
- A Great Deal Of Effort Or Endurance.
- When you work hard and lead a comfortable life filled with love that is also a success.

- When you put in **Hard Work** in work, we get the determination and focus & we can all work hard for a better future

❖Our Team leader **[MISS - SAMEE AND RANGINI]** guiding they **(TEAM MEMBERS)** by his words to do the work in a Proper way With coordination and being motivated 🦁...

❖**B.PEd Fire 🔥 Starts From Here**, After Hearing The Team Leader Motivation Words...





This Are The Result of word's...

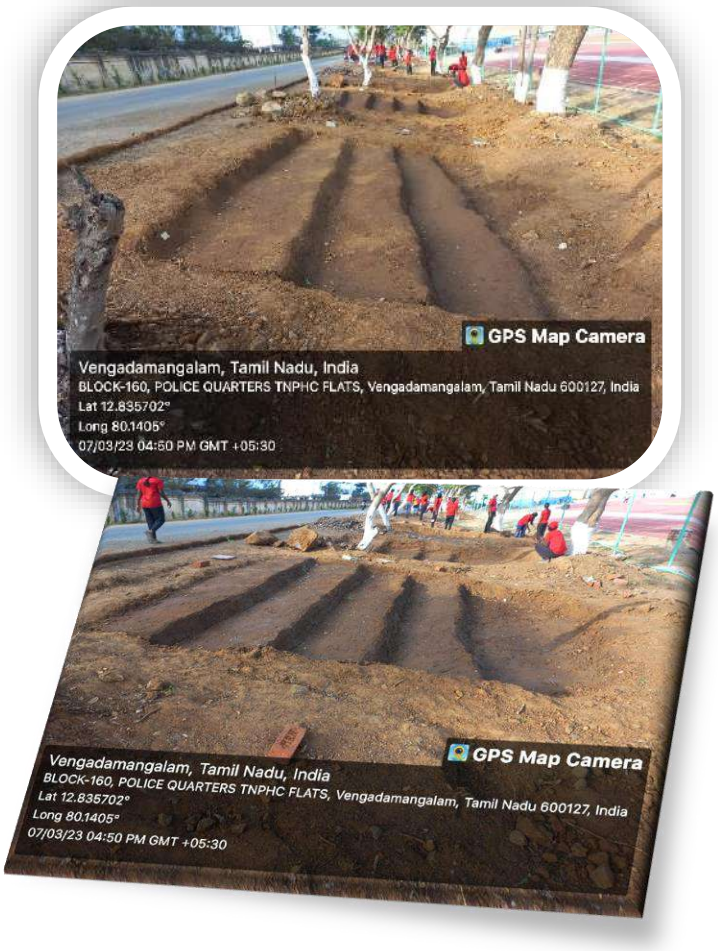
Evening Session from (4:00 till 6:00 P.M)

They Were Planning To Display [**ALL INDIA ATHLETIC MEET 2022-23**]

So our Team Members Are Making Man-Made Slope For Display By Using Small Pebble Rocks, Bricks, Lime-Soil And Soil..

Our Team Members Are Making wonderful design for the Display..

Result For The Hard Work



At Last Hard Work Always Pays Off, Whatever You Do

THIS WAS **THE END OF 3DAY (VPP) JOURNEY**

TOMORROW WILL BEING CONTINUE WITH NEW CHATER...:-)

Village placement programme

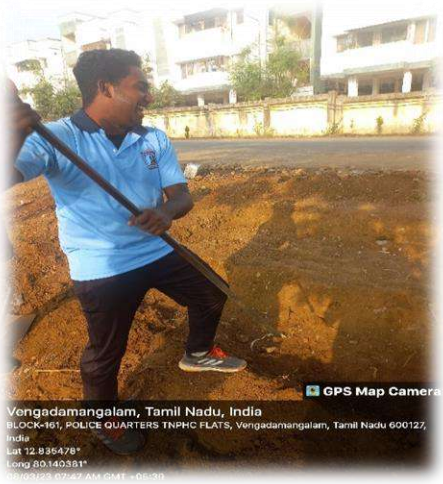
We Were The Students Of 1st B.PED 'B' Section And Our Department Is Going To Do (VPP) **Village Placement Program** From [04.03.2023 Till 09.03.2023]

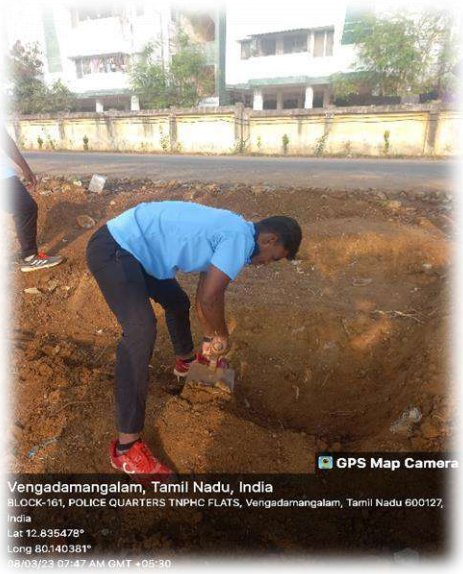
This Was The **4th~Fouth** Of Our Program, We Were Doing Steps In The Slope For The Visitor To Sit And Watch The Athletics Events Which Was Going To Held In

Today At Morning Session We Gladly Started By Take Group Photo..

- **This Photo Shows That We Don't Have Any OBSTACLE For Us And That's Our TEAM.**

Then We Gather For The Attendance In A File Order





- **THIS WAS THE LAST AND SEVENTH STEPS OUR TEAM MATES MAKES..**

Our team mates are under gose to the process of making display for athletics meet 2022-23..

Here We See Special Celebration OfINTERNATION WOMEN'S DAY

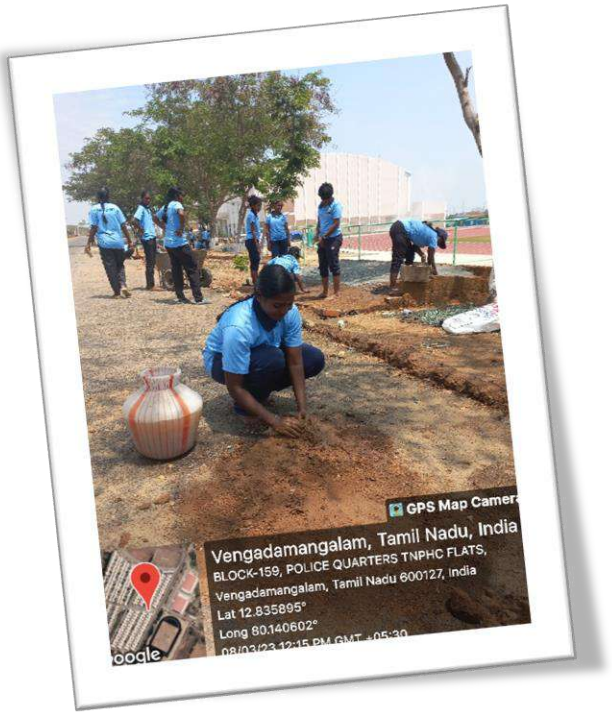
… MARCH 8TH …

THERE IS NO FORCE MORE POWERFUL THAN A WOMEN DETERMINED TO RISE.

- OUR TEAM MATES ARE WORKING HARD THAN BEFORE AND AS YOU CAN SEE BY THIS IMAGES…

This Team Mates Are Arranging The Small Pebbles Stone On The Driveway..

- This Team Mates Are Doing Sieve Method To Separating Pebbles And Stone From The Sand
- This separated sand used as lime-soil for applying steps



Our Last Steps Has Completed By Team Work, Hard Work Never Fails..

Think of the life of the working women as the decathlon. If you even finish it's a miracle

THIS WAS THE END OF TODAY JOURNEY. AND EVENING SEISSON WILL BE AS WOMEN'S DAY CELEBRATION…

DATE: 8TH-MARCH-2023

Village Placement Programme(VPP)

Department: Department Of Physcial Education

Year/Semester:1st B.P.Ed, 2nd semester

Date and Duration: 4th Mar, 2023 From 9th Mar, 2023 (06:30am-06:00pm)

Brief Description

Department Of Physical Education, Tamil Nadu Physical Education and Sports University Has Organized **Village Placement Programme (VPP)**For The Session Of 2022-2023

Learning Outcome:

I. Increase The self Confidence and Team Working Sprit Among The Students.
II. A New Generation Of Cleaning Concepts.
III. Get Organized.
IV. It Provides Opportunities For Students To Study Campus.
V. Improved Reporting Skill.
VI. Improved Interaction Skill.
VII. Personality Development.

…..THIS ARE THE OUTCOME FROM VILLAGE PLACEMENT PROGRAMME…..

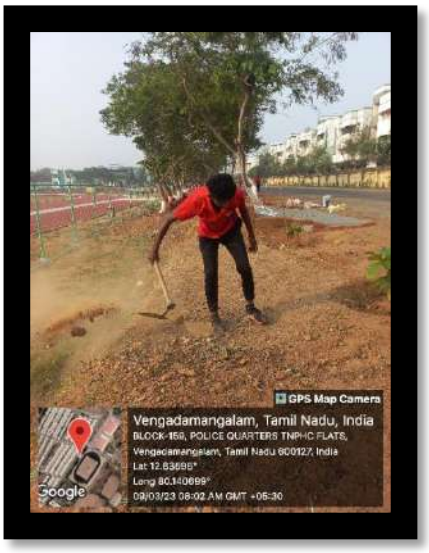
___WHILE IN THE MORNING SEISSON WE JUST STARTED BY TAKING GROUP PHOTO___

And Followed By Our Team Mates Are Making A Display To Mention As "**All India Inter-University Athletics Meet 2022-23"**

- This Shows Our Union…
- T0 Make This Display Slope

Is More Difficult But Though By The **Tear Work** We Made This..

___Now Then, The Final Steps To Do Is Cleaning Process__



..After Cleaning Process Completed..

Here now our team is preparing a**shamiyana tent** for the visitor to sit and watch comfortably, so our team mates are making a deep hole as stick to places over they

The **Love Of Nature** Helps To Tie Other Three Side Of The Shamiyana Tent By Using Tree


GPS Map Camera
Vengadamangalam, Tamil Nadu, India
BLOCK-158, POLICE QUARTERS TNPHC FLATS,
Vengadamangalam, Tamil Nadu 600127, India
Lat 12.836032°
Long 80.140711°
09/03/23 08:08 AM GMT +05:30
Google


GPS Map Camera
Vengadamangalam, Tamil Nadu, India
BLOCK-158, POLICE QUARTERS TNPHC FLATS,
Vengadamangalam, Tamil Nadu 600127, India
Lat 12.836034°
Long 80.140744°
09/03/23 08:06 AM GMT +05:30


GPS Map Camera
Vengadamangalam, Tamil Nadu, India
BLOCK-158, POLICE QUARTERS TNPHC FLATS,
Vengadamangalam, Tamil Nadu 600127, India
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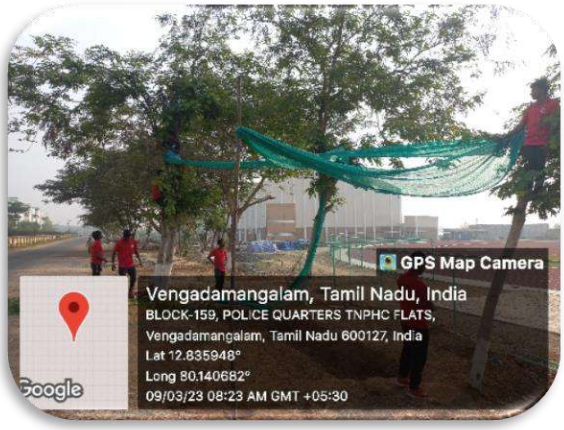


HERE AND ALL FOR THE MORNING SESSION FROM [06:30AM-08:30AM]HAD COMPLETED

NOW STARTS OF MORNING SESSION10:00am Till 01:00pm.

Our Team Mates Are Give **Final Touch Up** For The Slope Display

The Other Side, Our Team Mates Are Preparing And Gathering All Equipment For Measuring The Cricket Ground. To The Purpose Customer Wants So Upcoming Shops For This All-India Meet To Satisfied The Visitors.

…This Day Morning Session As Ended By**Taking Selfie Of Our Team Mates…**

EVENING SESSION FROM [04:00pm-06:00pm]

This was the last day of our **Village Placement Programme(VPP)** our team mates learned a lots of thinks like**Team Work, Hard Work, Time Punctuality, Good Communication, Communicating Ideas, Collaboration, Determination, Success, Togetherness..**

- **At Last This 5days Of VPP Programme As Came To An End**
- **Thank You TNPESU For Given Wonderful Opportunity For Our Team Members**

_____THE END OF OUR TEAM JOUENEY WITH VPP PROGRAMME_____

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, chennai-127

REPORT

ON

VPP-2022

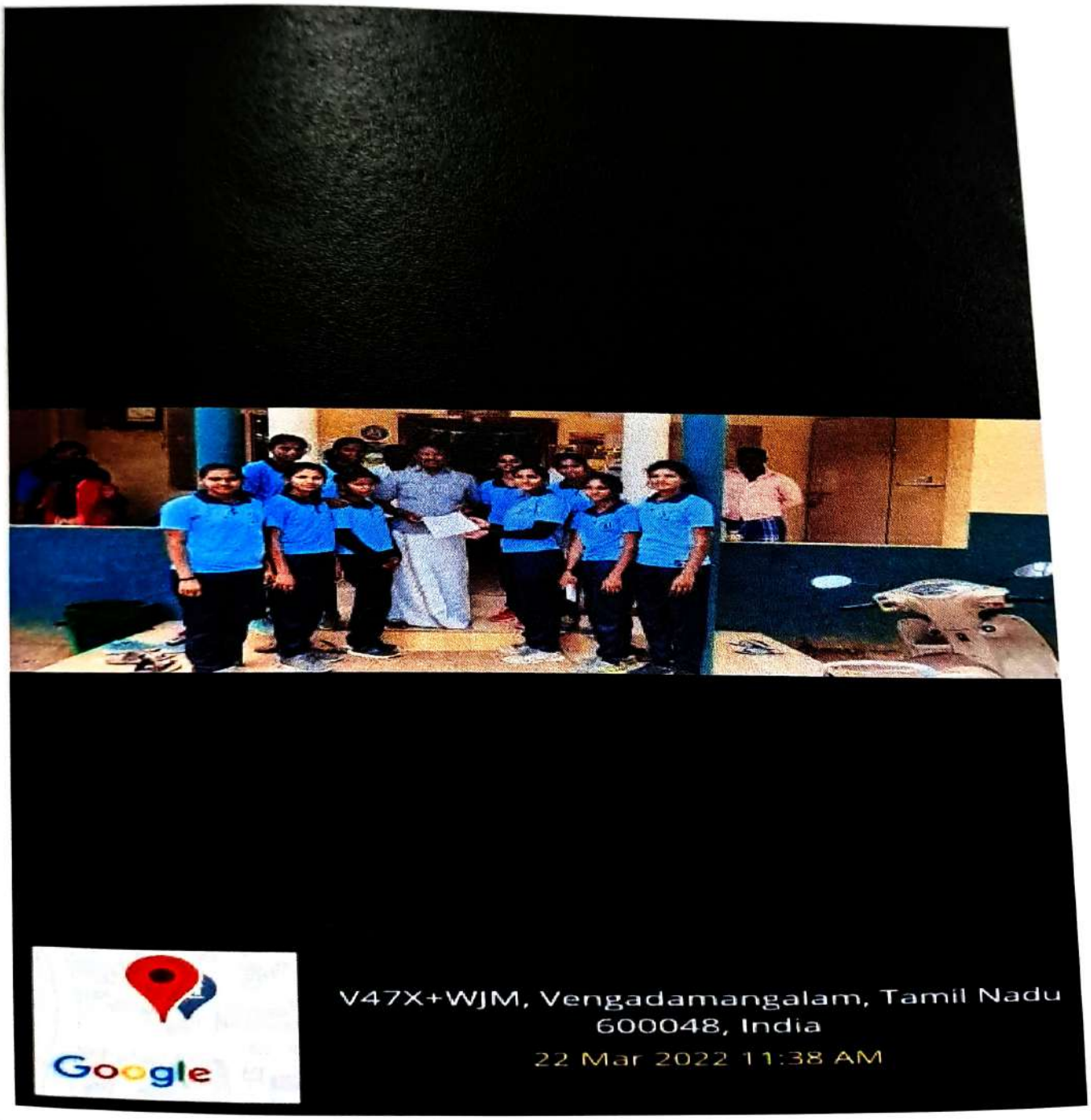
OUR TEAM:

We are 10 members team made activities in Rathinamangalam village panchayat in chengalpat district.

S.NO	NAME	CLASS
1	DHAKSHAYANI.G	II MPEd
2	ABISHALAKSHIMI.S	I MPEd
3	AKSHAYAVARNIKA.D	I BPEd 'A'
4	RAMYA.V	I BPEd 'B'
5	SRIVARTHINI.S	I BPEd 'B'
6	SHALINI.P	I BPEd 'B'
7	MONISHA.M	I BPEd 'B'
8	MUTHAZHGI.A	I BPEd 'B'
9	UMAMAHESWARI.L	I BPEd 'B'
10	YUMA DEVI.G	I BPEd 'B'

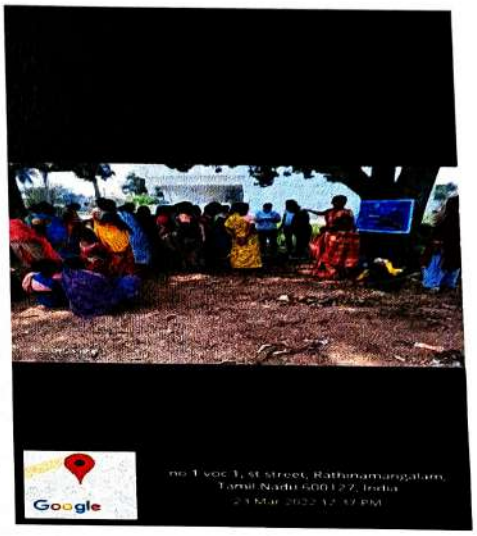
DAY -1

we met the village president and submitted our VPP Assessment and get the permission from the Village president.



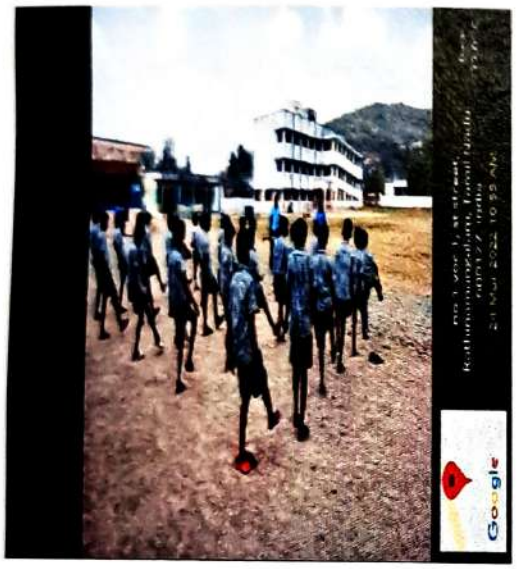
DAY-2

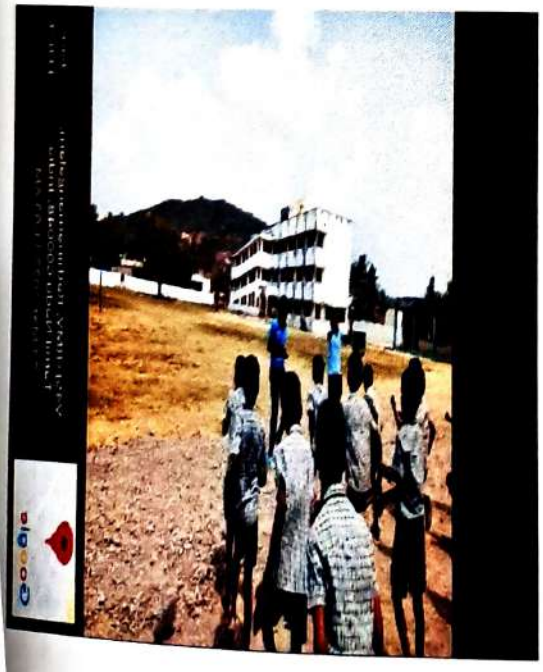
we start collecting data towards Rathinamangalam village covered nearby school area and village people.

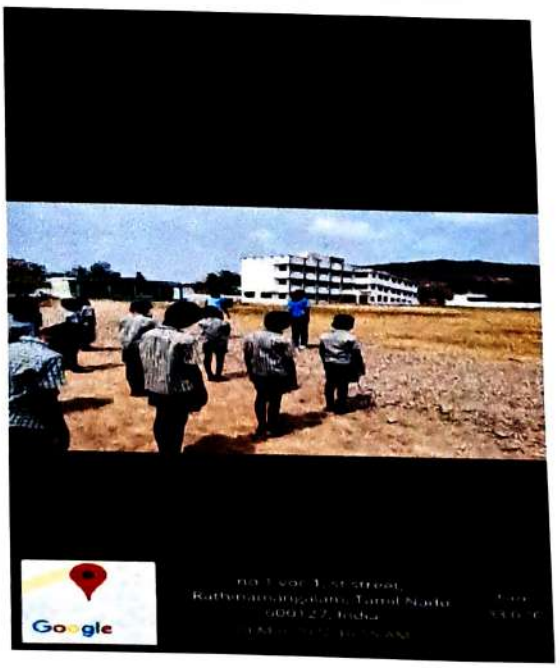


DAY-3

We did the flexibility activities for school children's and village peoples.

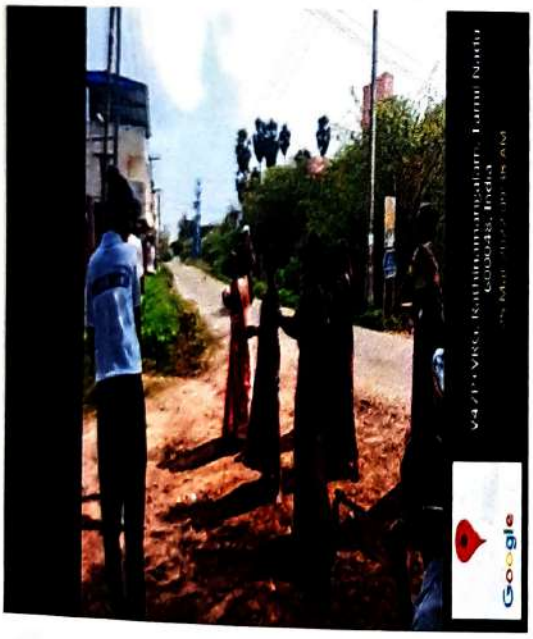


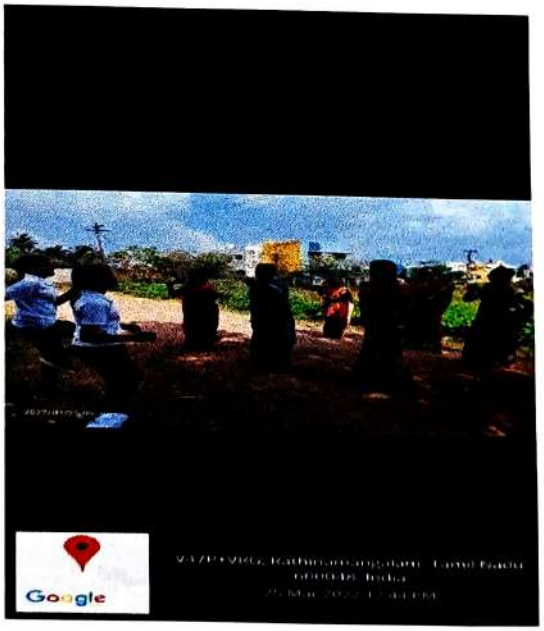




Day -4

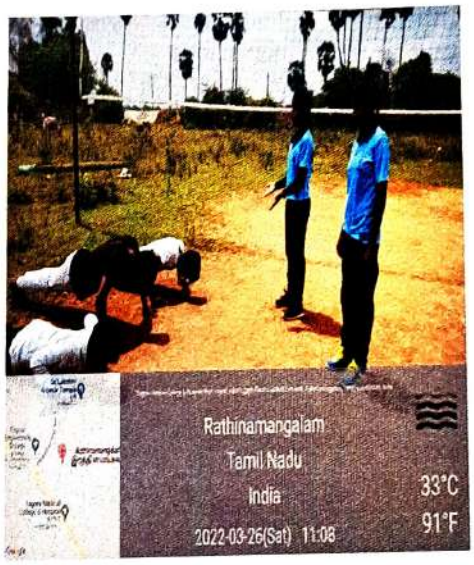
We did the cardio respiratory fitness activities for children's and village people.

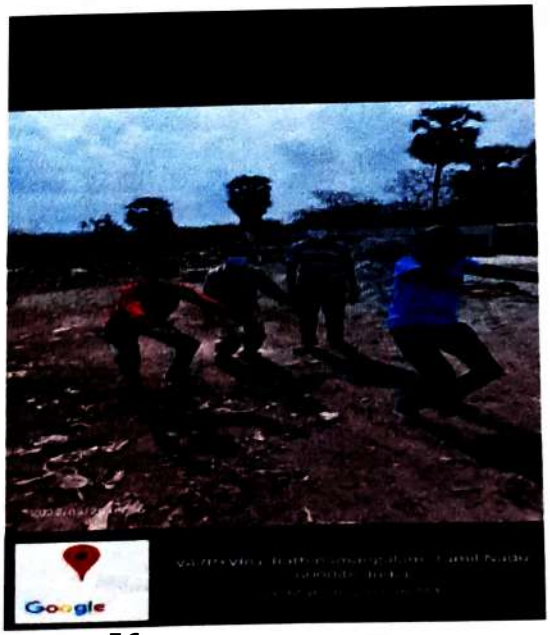




Day -5

We did activities for muscular strength and body composition for children's and village people.



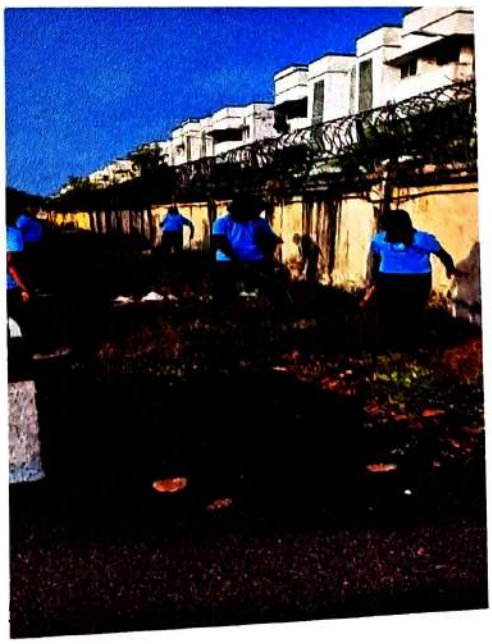


DAY-6

As per programme schedule day – 6 will be activities for muscular endurance but on that day bus & auto strike so our team are not able to do the programme on that day.

DAY-7

As per programme schedule day – 7 expert talk on active life styles, result analysis, exercises prescription and certification & awards but on that day bus & auto strike so we clean the campus on that day.

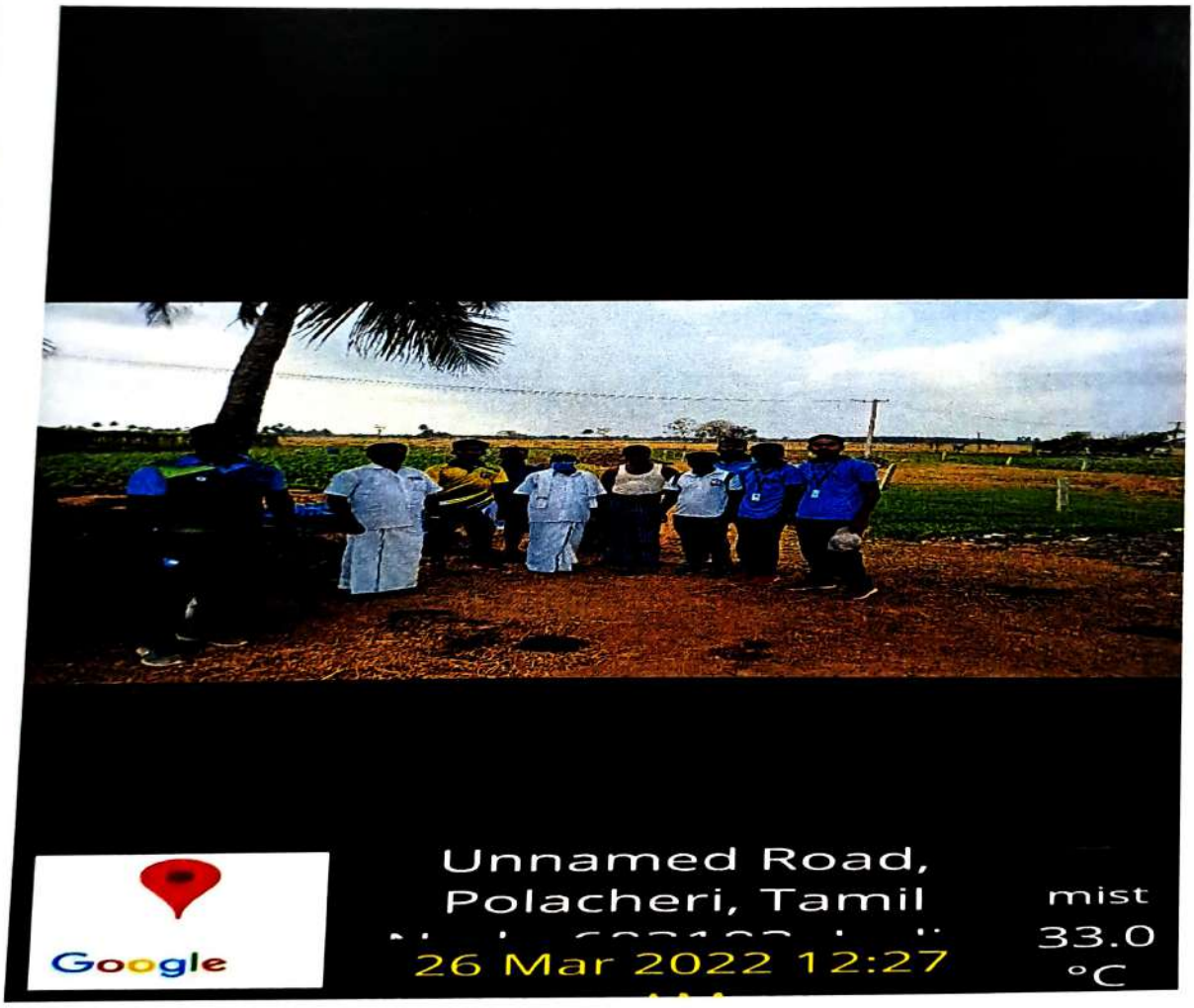


TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, chennai 127

DEPARTMENTOFPHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAM(kolathur village)



REPORT ON VPP 2022

GROUPMEMBERS

1.A.VINOBALAN 2nd m.ped

2.S.DIWAKAR 2nd m.ped

3.E.YOGESH 2nd m.ped

4.V.WILSON 1stm.ped

5.M.SATHYAKUMAR 1st m.ped

6.P.SIVAPERUMAL 1st m.ped

7.S.MANOJ 2nd b.ped

8.M.MOHAN 2nd b.ped

9.A.VASANTH 2nd b.ped

PROGRAM SCHEDULES

Day	EVENT
1	Motivation Talks and Recreational Activities
2	Assessment and Grouping
3	Activities for Flexibility
4	Activities For Cardio Respiratory fitness
5	Activities for Muscular strengthen Body Composition
6	Activities for Muscular Endurance

pic (kolathur) team

Day 1=› 22/03/2022

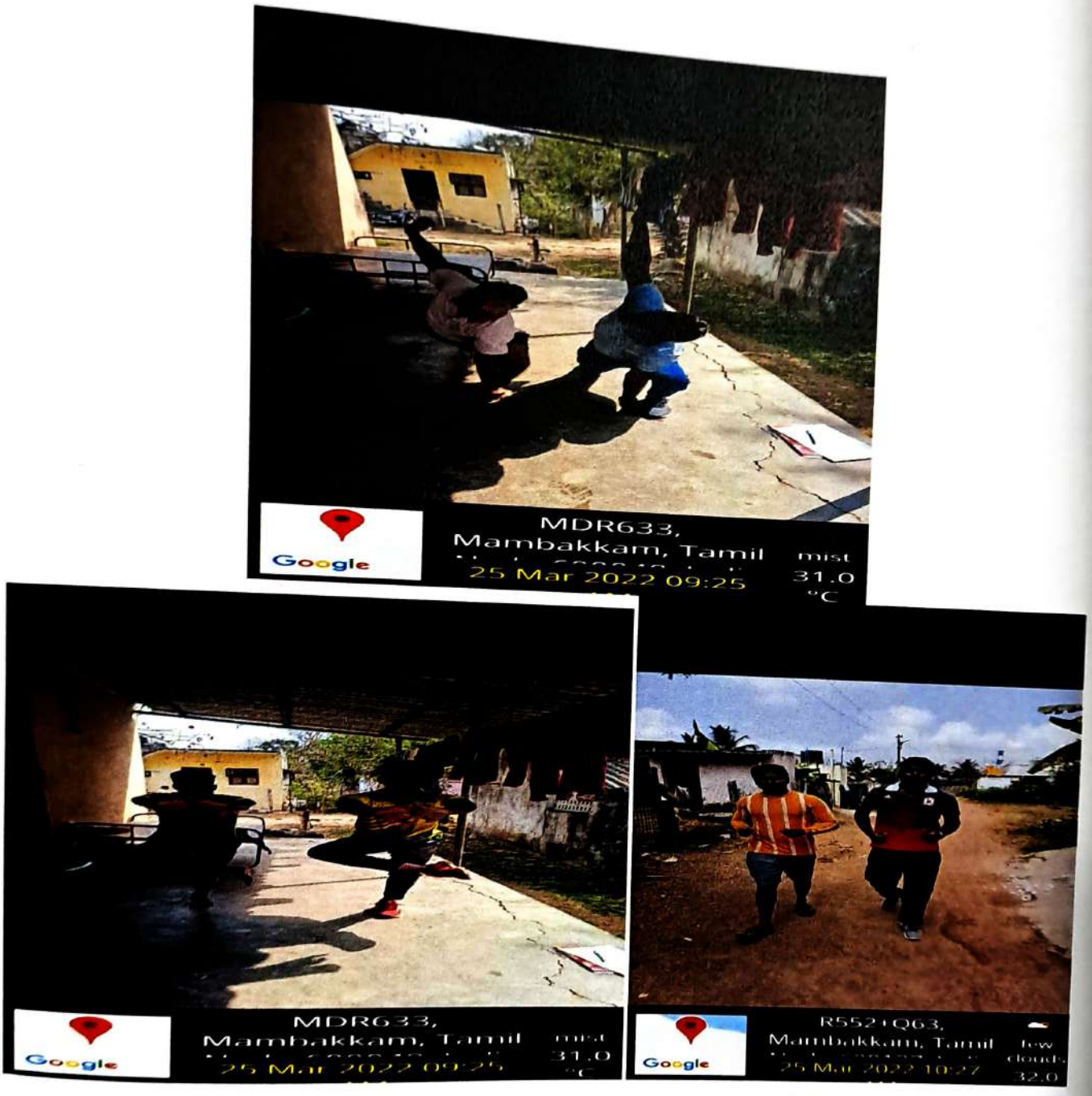
we met the village president and ward members submitted our vpp Assessmentand get the permission from the village president

Day =›2 23/03/2022

We start collecting data toward kolathur village covered nearby panchayat office area

Day 3=›24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

* first we approach school, to get permission from headmaster for cover all age catagery.

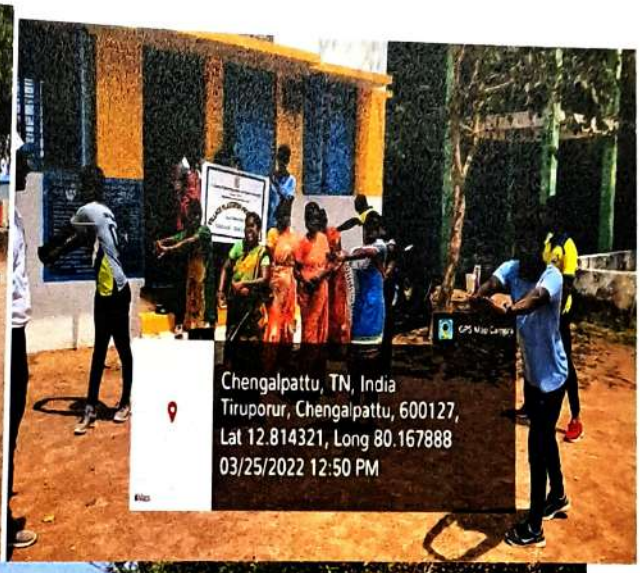
*Bending series for all age person,to improve flexibility among them

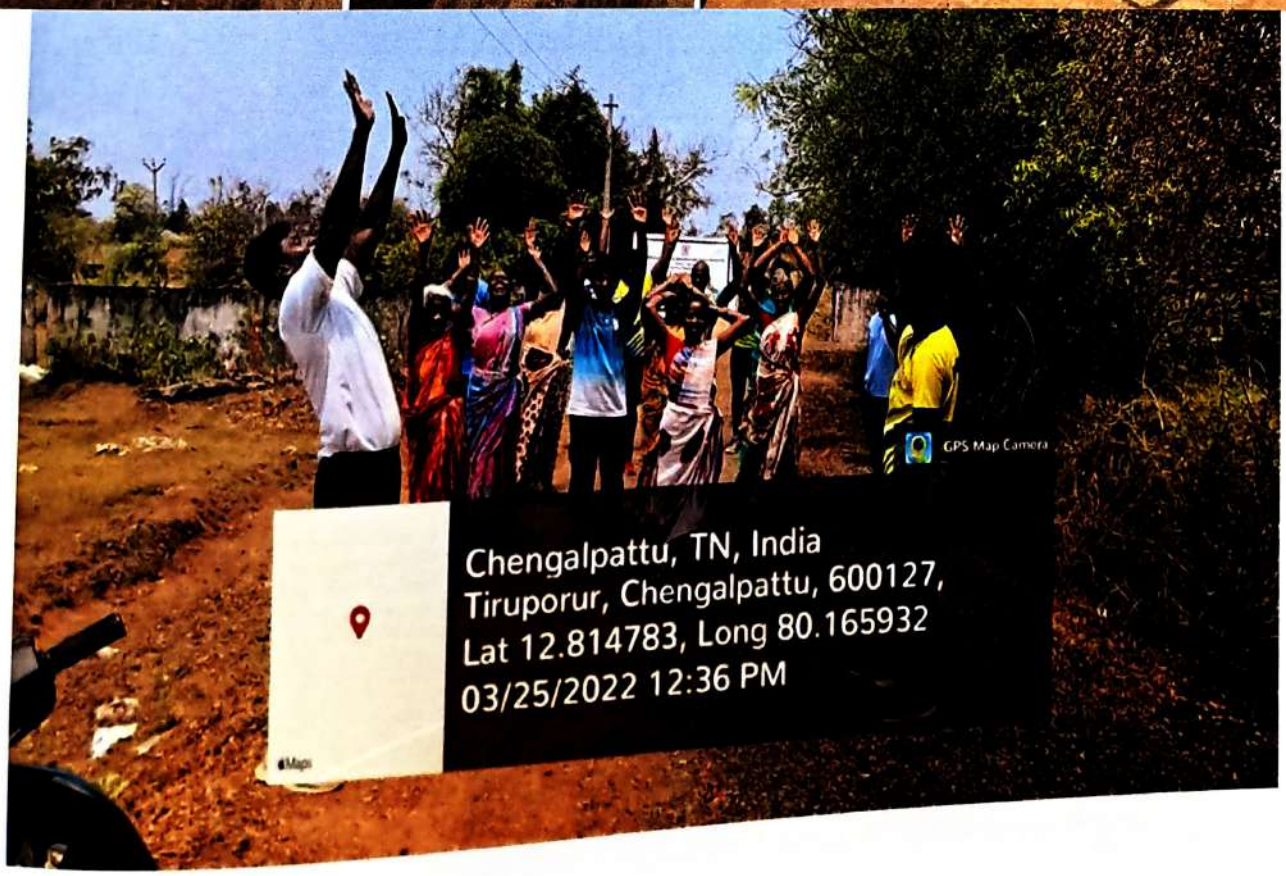
*for lat muscle neck region et..

*lake cleanning near kolathur.

Day=›4(25/03/2022)

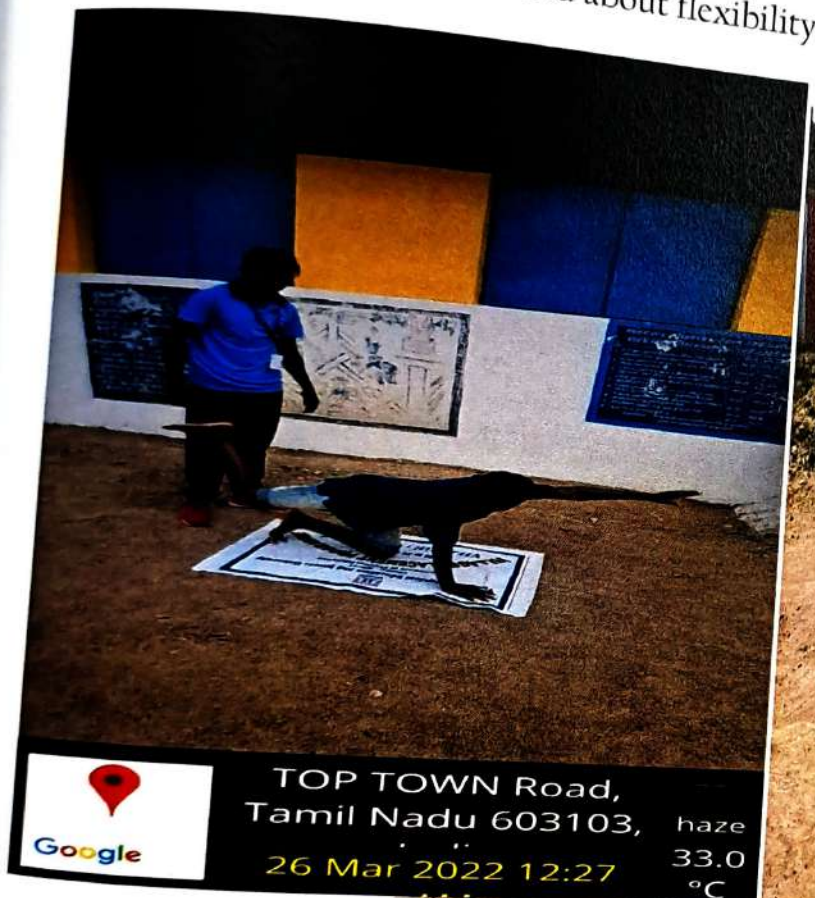
We teach them cardio respiratory training to the people. We arranged a community hall in that village and conducted a cardiac respiratory workout. village people and sanitary workers also participated in this event

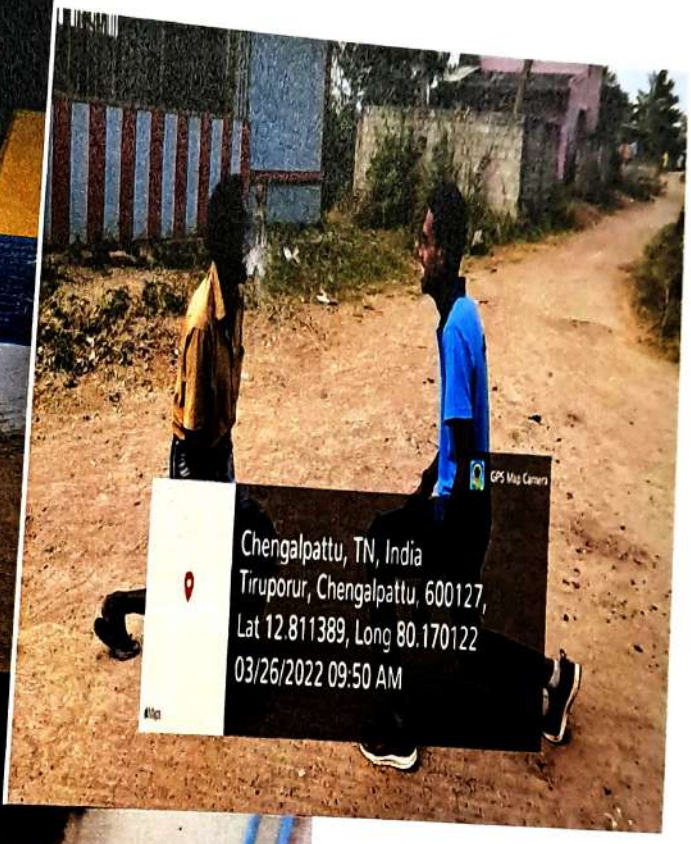


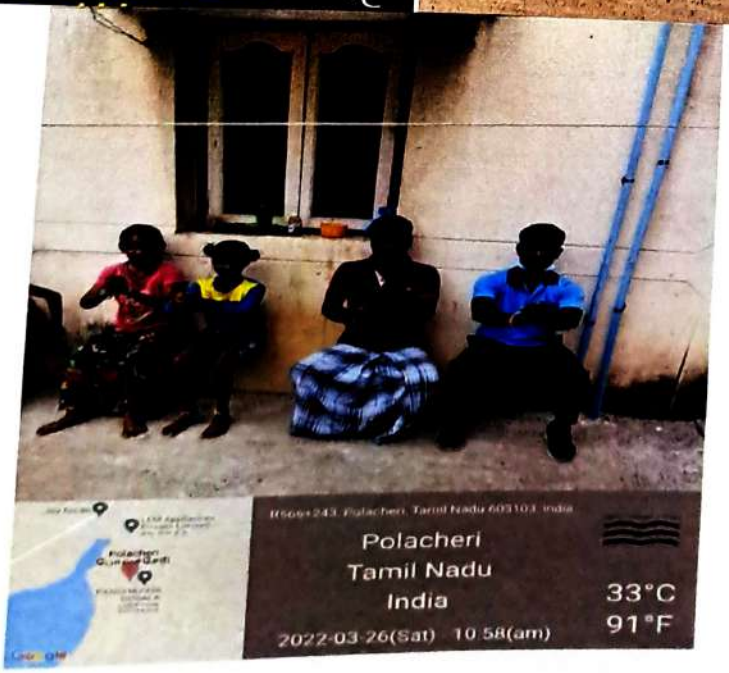


Day 5(26/03/2022)

We trained about flexibility and muscular endurance







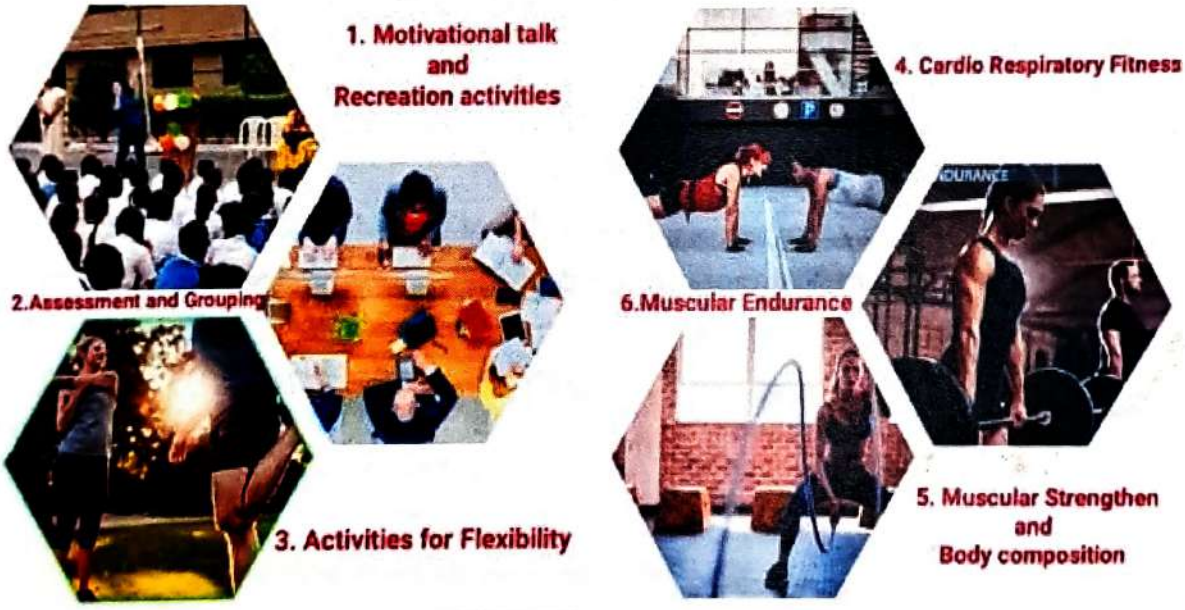
Day 6=>(29/03/2022)

University cleaning inside the campus and main block garden

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME



REPORT
ON
VPP - 2022

GROUPUPMEMBERS:

1. M.Mowniga
2. V.Nithya
3. B.Janani
4. A.Agalya
5. N.Keerthika
6. Kayalvizhi
7. S.Kamali
8. Bavya shree
9. M.Ramya
10. R.Kowsalya
11. T. MONIKA

Program Schedules

Day	Event
Day-1	Motivational Talks and Recreational Activities
Day-2	Assessment and Grouping
Day-3	Activities for Flexibility
Day-4	Activities for Cardio Respiratory fitness
Day-5	Activities for Muscular Strengthen & Body Composition
Day-6	Activities for Muscular Endurance

Pic- Melakottaiur Team.

Day 1 - 22/03/2022

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We started the programme from Melakottaiur bus stand , cleaning and motivational talk.

Day-2- 23/03/2022

we start collecting data towards Melakottaiur village covered nearby panchayat office area.

Pic-3: Data Collection
And Physical Activities

Day-3 – 24/03/2022

Fitness awareness Campaign by our team members

Activities for flexibility.

First we approach school , to get permission from Headmaster for cover all age catagery.

Bending series for all age person, to improve flexibility among them.

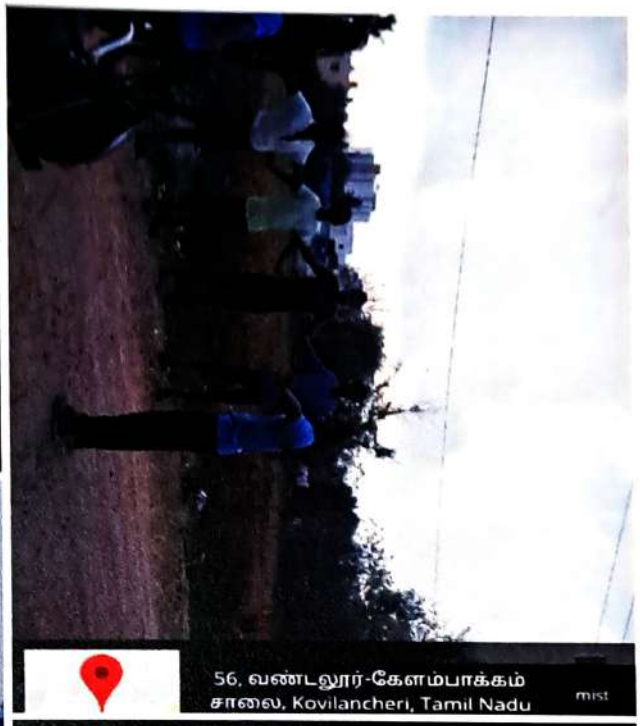
For hip, lat muscle, neck region etc.

Lake cleaning near Samathuvapuram village.

Day – 4 – 25/03/2022

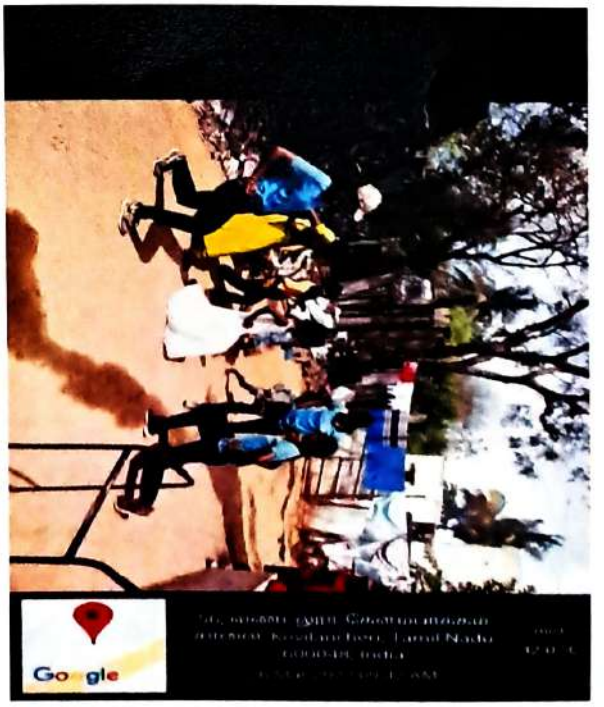
We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event



Day–5–26/03/2022

We trained about flexibility and Muscular Endurance



Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.

TAMILNDU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT POGRAMME

REPORT
ON
VPP - 2022

GROUPMEMBERS:

1. K. Priyatharshini
2. A. Priyatharshini
3. T. Priyatharshini
4. A. Saranya
5. C. Sandhiya
6. G. santhanalakshmi
7. E. Sandhiya
8. R. Rajalakshmi
9. V. Subathra
10. vishvapriya
11. Monika

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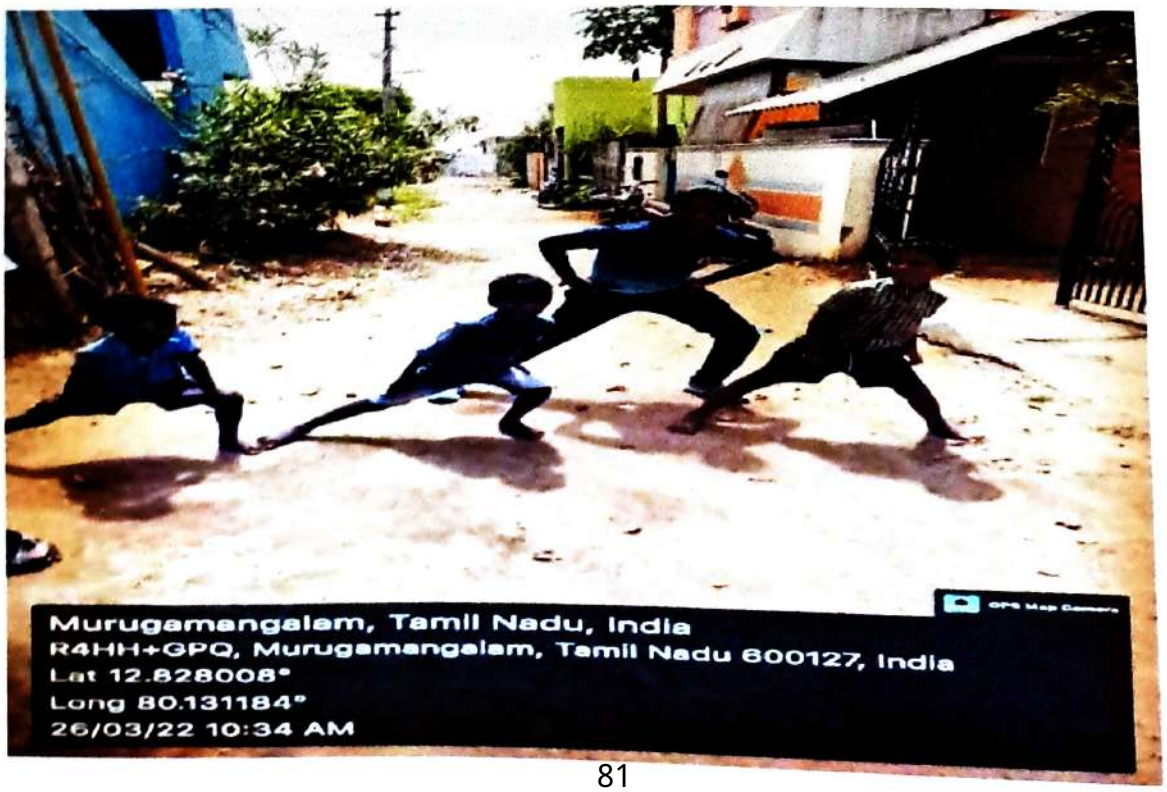
Day–5–26/03/2022

We trained about flexibility and Muscular Endurance



Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME RECORD 2021-2022

KOLAPAKKAM

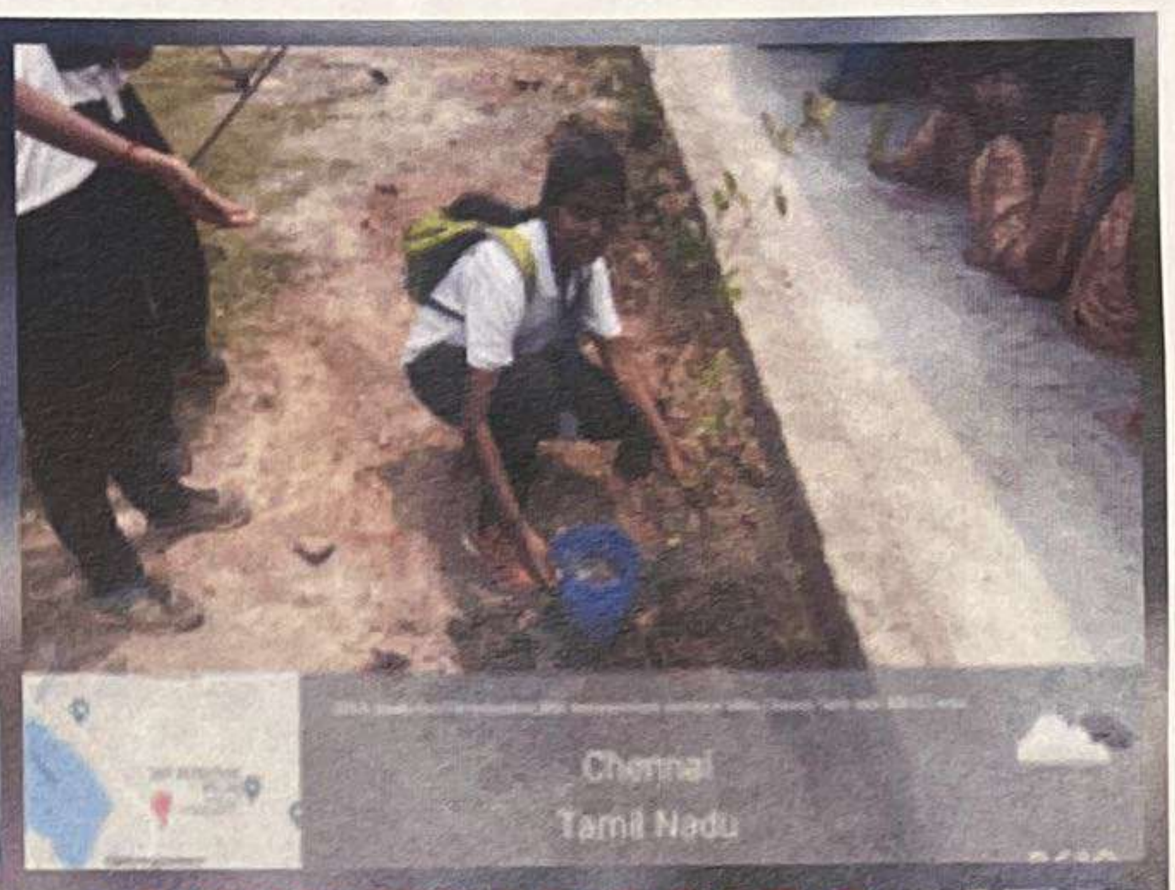
GROUP-1

Date: 22-03-2022-TO 29-03-2022

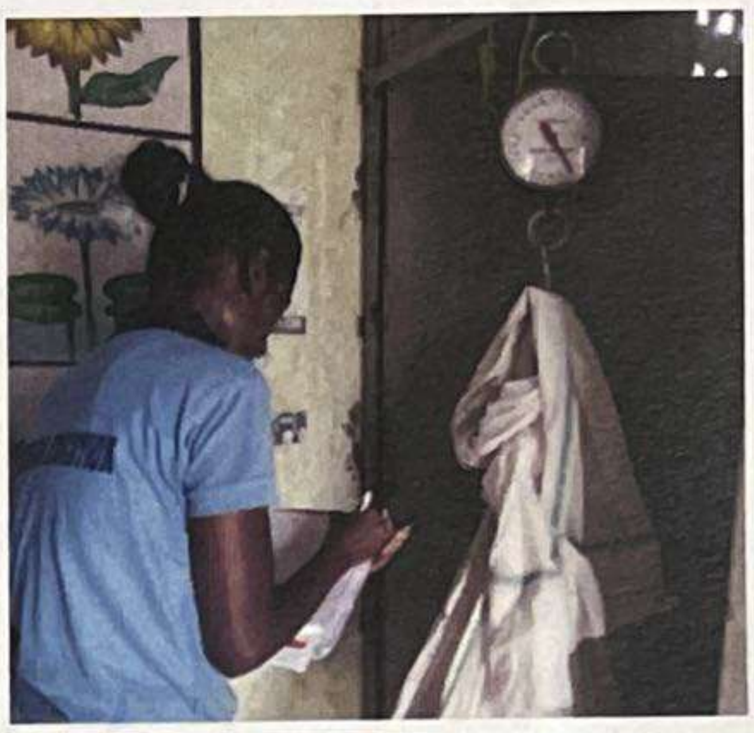
GROUP MEMBERS

1. S.Roopavathi – II MPED
2. E.Umamaheshwari – II MPED
3. B.Ananda Valli- II BPED
4. A.Catherine – II BPED
5. N.Gayathri – II BPED
6. A.Akshaya – II BPED
7. R.Divyadharshini – I BPED
8. R.Abitha – I BPED
9. Breena Binduja J – I BPED
10. M.Calista – I BPED

DAY – 1(MOTIVATIONAL TALKS AND RECREATIONAL ACTIVITIES)

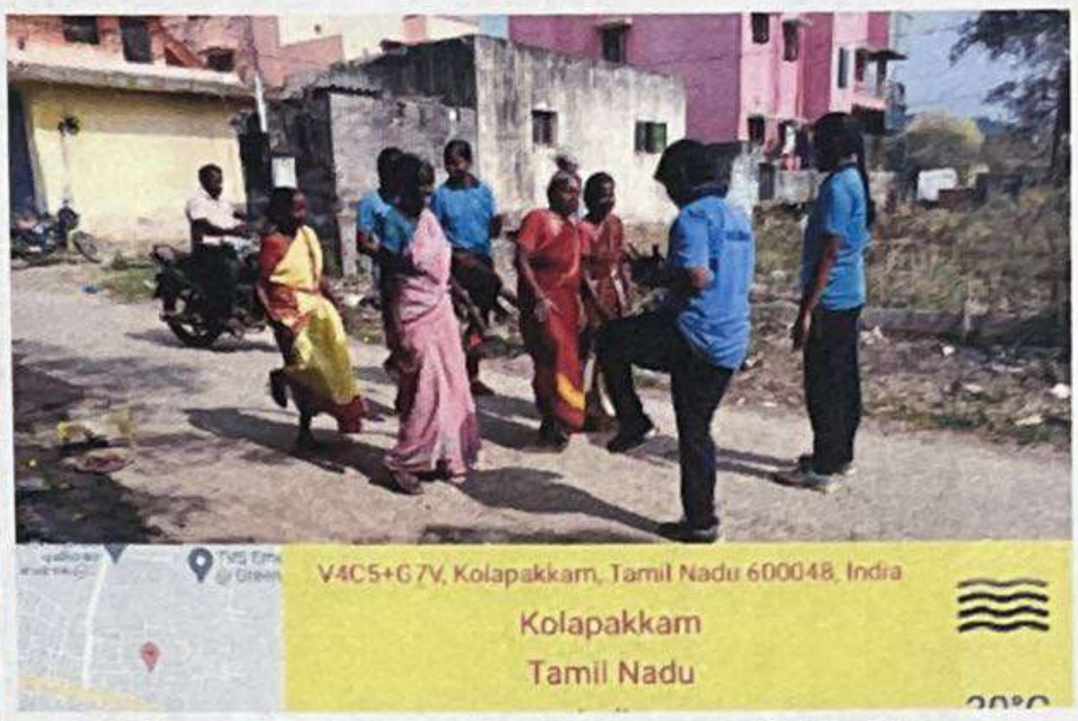


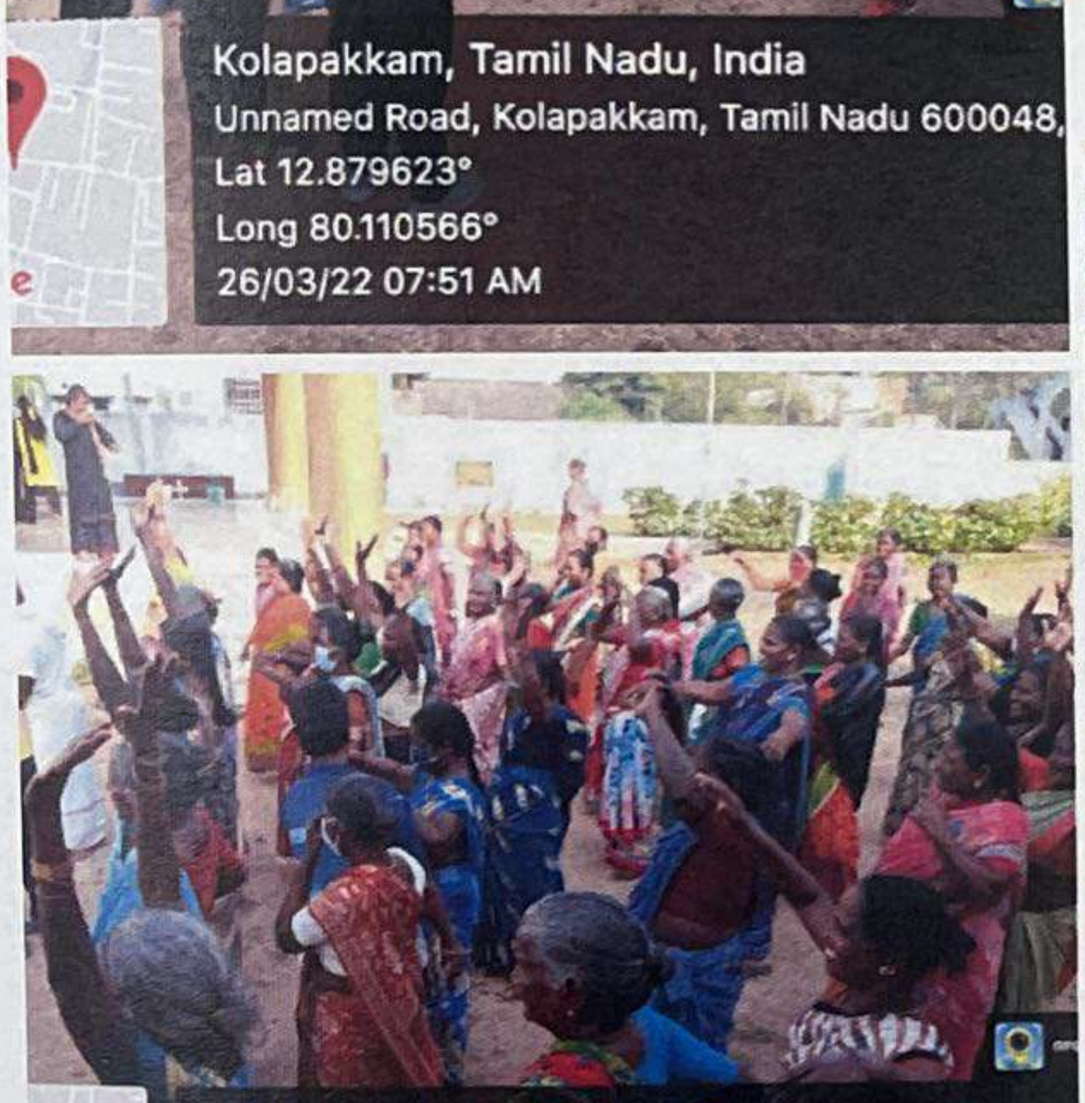
DAY – 2(ASSESSMENT AND GROUPING)



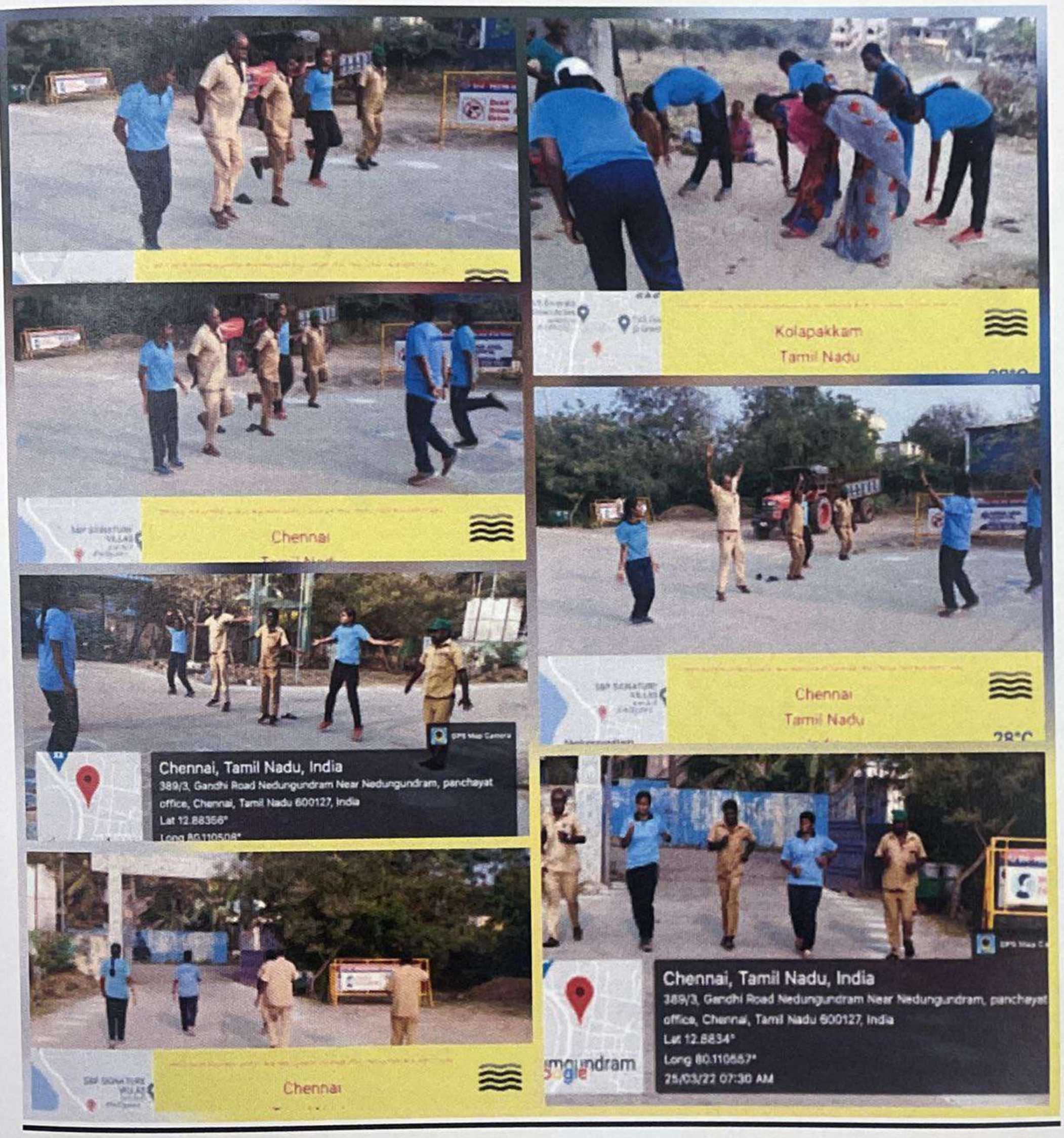
DAY – 3 (ACTIVITIES FOR FLEXIBILITY)

DAY – 4(ACTIVITIES FOR CARDIO RESPIRATORY FITNESS)

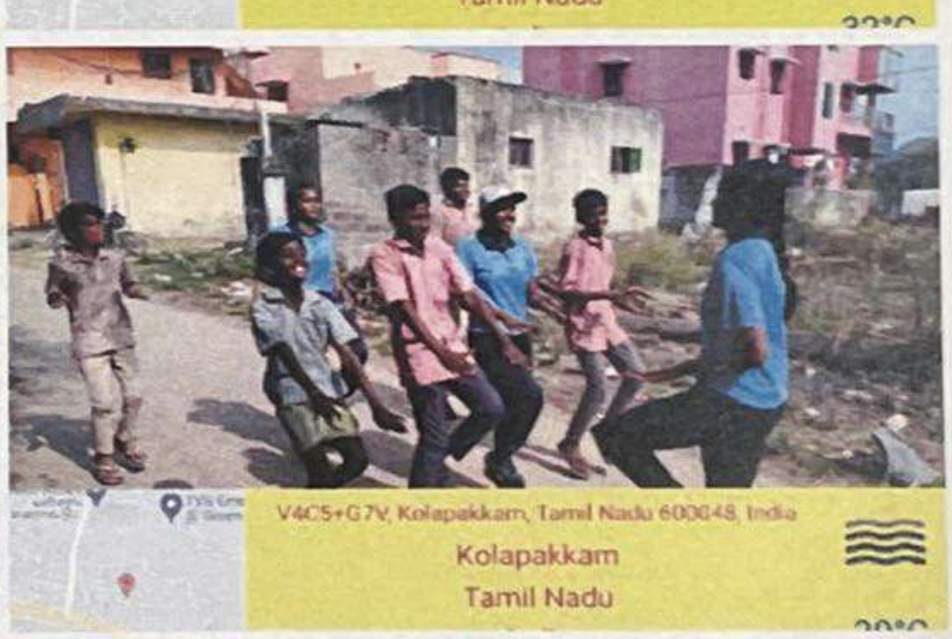


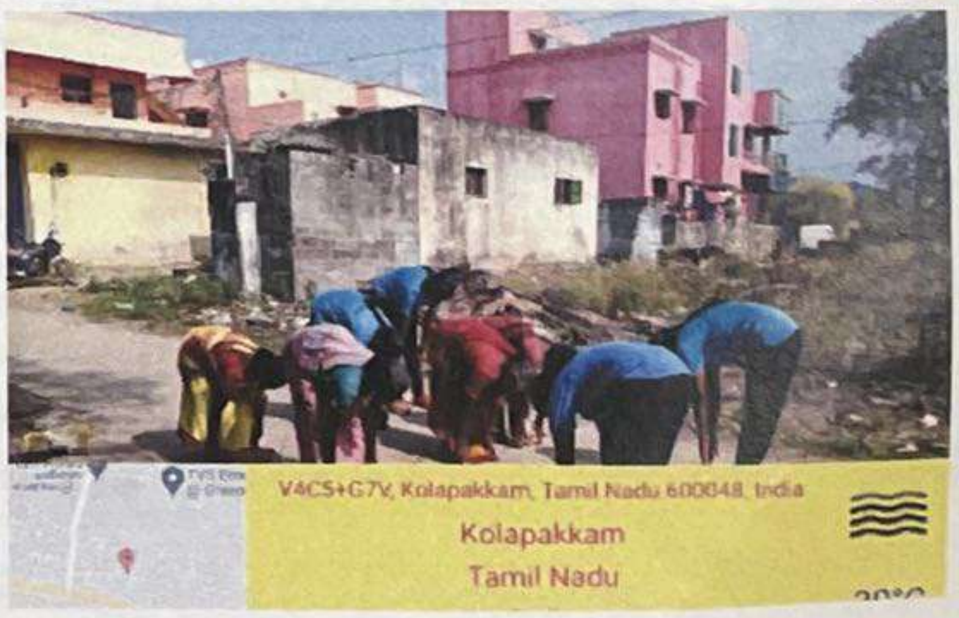


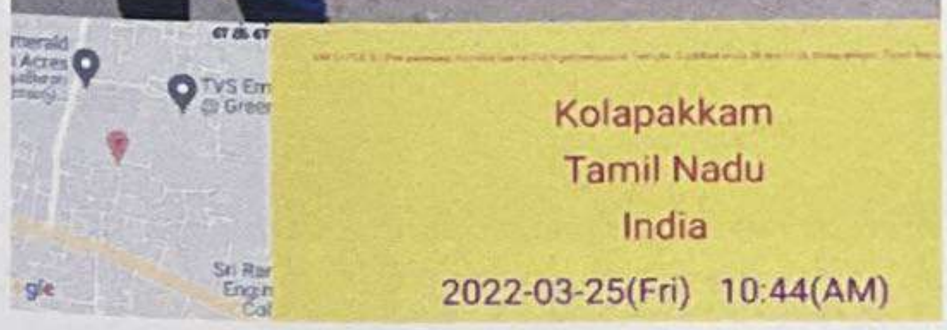
DAY – 5(ACTIVITIES FOR MUSCULAR STRENGTH AND BODY COMPOSITION)



DAY – 6(ACTIVITIES FOR MUSCULAR ENDURANCE)








GPS Map Camera
Chennai, Tamil Nadu, India
33, Gandhi Rd, Nedungundram, Chennai, Tamil Nadu 600048, India
Lat 12.887739°
Long 80.106811°


akkam, Tamil Nadu, India
kkam Junction, Kolapakkam, Tamil Nadu 600048, India
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0.106909°
22 07:24 AM


Kanchipuram, Tamil Nadu, India
3, Suddhananda Bharathi St, Tamil Nadu 600042, India


Kolapakkam, Tamil Nadu, India
2, Kelambakkam - Vandalur Rd, Anna Nagar, Kolapakkam, Tamil Nadu 600048, India
Lat 12.871157°


Chennai, Tamil Nadu, India
V4M5+8XX, New Perungalathur, Chennai, Tamil Nadu 600048,
Lat 12.88358°
Long 80.110231°
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TAMILNDU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT POGRAMME

1. Motivational talk and Recreation activities

2.Assessment and Grouping

3. Activities for Flexibility

4. Cardio Respiratory Fitness

5. Muscular Strengthen and Body composition

6.Muscular Endurance

REPORT
ON
VPP - 2022

GROUPMEMBERS:

1. K. Priyatharshini
2. A. Priyatharshini
3. T. Priyatharshini
4. A. Saranya
5. C. Sandhiya
6. G. santhanalakshmi
7. E. Sandhiya
8. R. Rajalakshmi
9. V. Subathra
10. vishvapriya
11. Monika

Program Schedules

Day	Event
Day-1	Motivational Talks and Recreational Activities
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Day-3	Activities for Flexibility
Day-4	Activities for Cardio Respiratory fitness
Day-5	Activities for Muscular Strengthen & Body Composition
Day-6	Activities for Muscular Endurance

Objective

The program is to create awareness among the village people about the body fitness, Cardio Respiratory fitness and to promote health of village placement program (VPP).

Our Team

We are 12 members team made activities in Keerapakkam Village Panchayat in Kanchipuram District.

Pic- Samathupuram Team.

Day 1 - 22/03/2022

we met the village president and ward member, submitted our VPP Assessmentand get the permission from the Village president.

Pic-2: Requesting Village President and Ward member for VPP

We went to panjachat head house , and we got permission.
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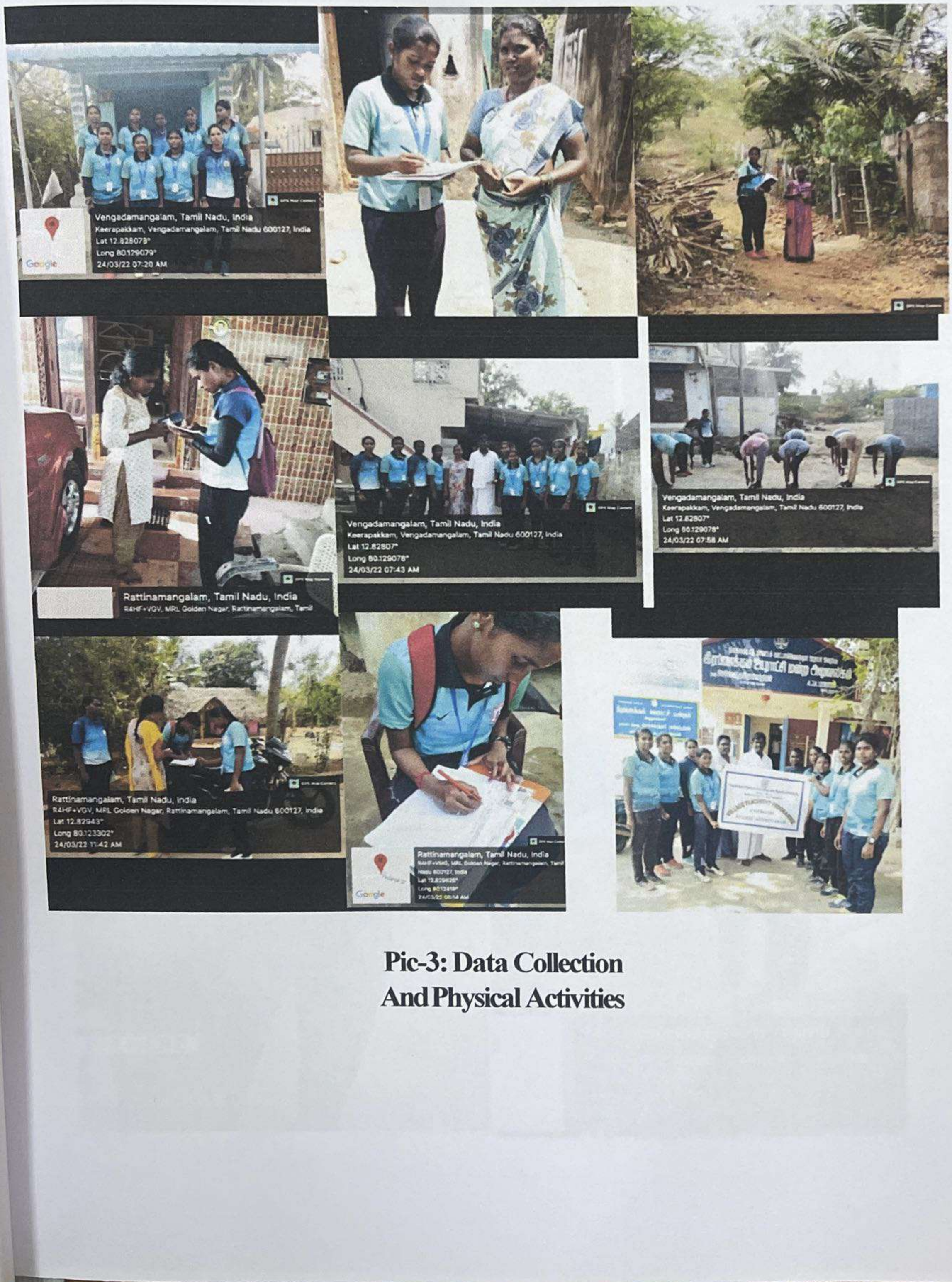
We started the programme from Samathuvapuram bus stand , cleaningand motivational talk.

Day -2- 23/03/2022

we start collecting data toward Mambakkam village covered nearby panchayat office area.



Pic-3: Data Collection And Physical Activities

Day -3 – 24/03/2022

Fitness awareness Campaign by our team members

Activities for **flexibility**.

First we approach school , to get permission from Headmaster for cover all age catagery.

Bending series for all age person, to improve flexibility among them.

For hip, lat muscle, neck region etc.

Lake cleaning near Keerapakkam village.


செங்கல்பட்டு மாவட்டம் காட்டாங்கொளத்தூர் ஊராட்சி ஒன்றியம்
கீரப்பாக்கம் ஊராட்சி மன்ற அலுவலகம்
திரு.செல்வசுந்தரி ராஜேந்திரன்
ஊராட்சி மன்ற தலைவர்
A.J.K.பாலாஜி
துணை தலைவர்
GPS Map Camera
Keerapakkam, Tamil Nadu, India
3, Yadhava St, MRL Golden Nagar, Keerapakkam, Tamil Nadu 600127, India
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Long 80.124239°
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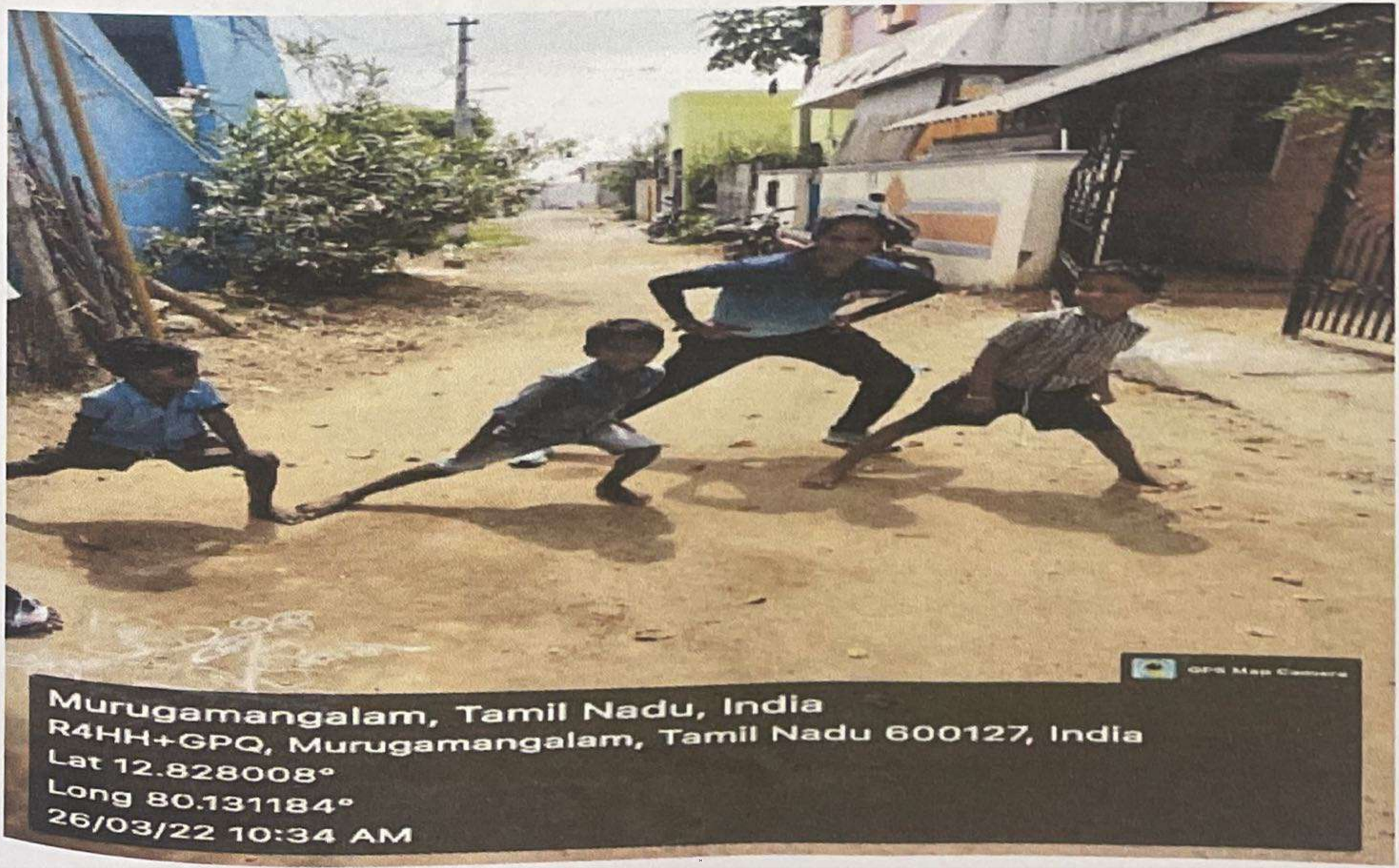
GPS Map Camera
Murugamangalam, Tamil Nadu, India
R4HH+GPQ, Murugamangalam, Tamil Nadu 600127, India
Lat 12.828008°
Long 80.131184°
26/03/22 10:34 AM

Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME RECORD 2021-2022

Village:polachery

Date: 22-03-2022-TO 29-03-2022

TEAM CAPTAIM;

R.VIJAYARAGAVAN- II M.P.Ed

TEAM MEMBERS;

1.C.Brian marison,	II-M.P.Ed
2.V.Vibin jeya kumar,	II-M.P.Ed
3.vadhaya Nathan	II-B.P.Ed
4.venkatesan	II-B.P.Ed
5.vishnu Prasad	II-B.P.Ed
6.Udhaya kumar	II-B.P.Ed
7.Vijay	II-B.P.Ed
8.Vignesh	II-B.P.Ed

Day 1 - 22/03/2022

we met the village president , submitted to our VPP
ssessmentand get the permission from the Village president

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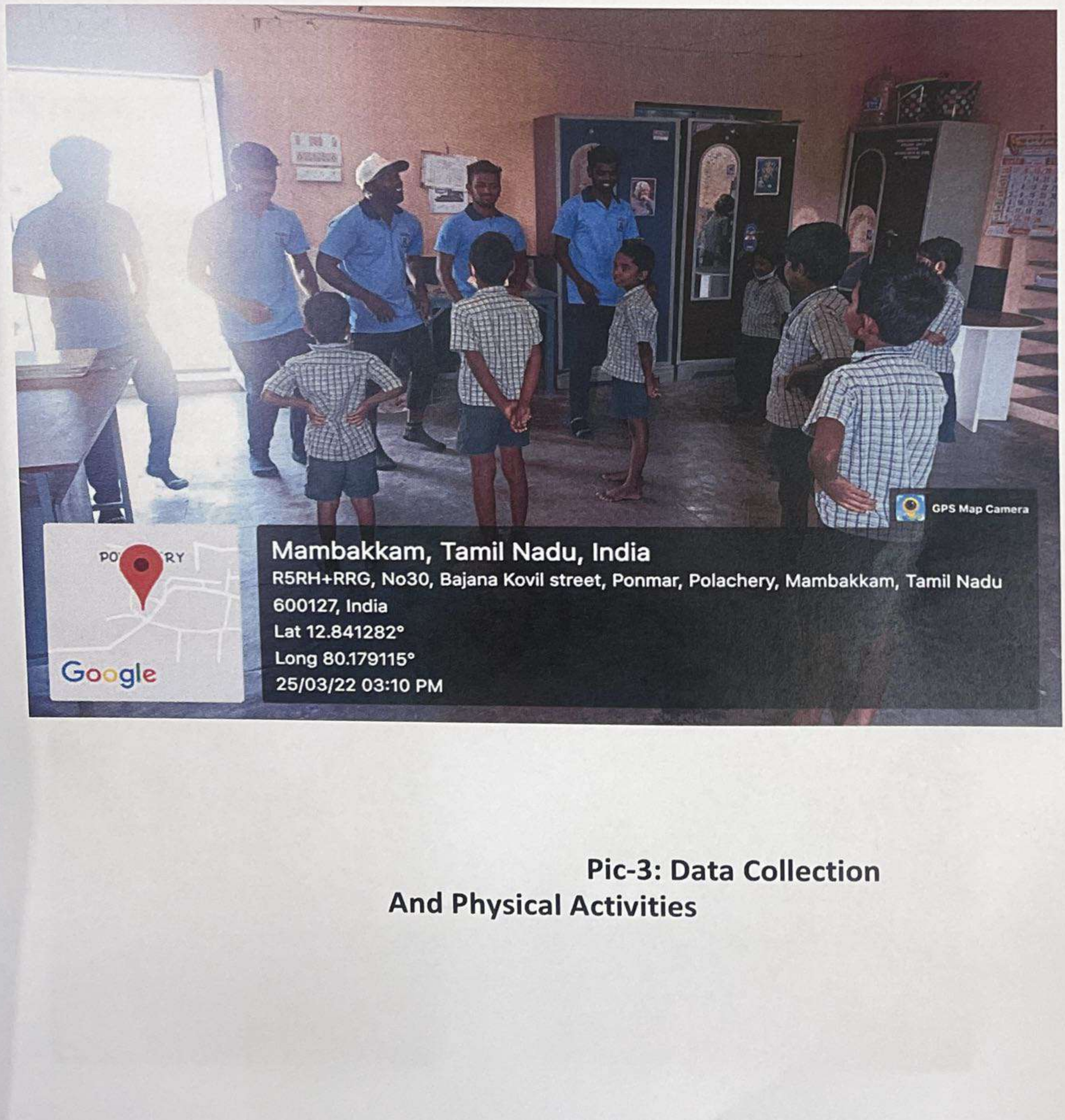
We started the programme from polacherry villagemotivational talk.

Day -2- 23/03/2022

we start collecting data towards polacherry village covered nearby panchayat office area.



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Day 3 – 24/03/2022

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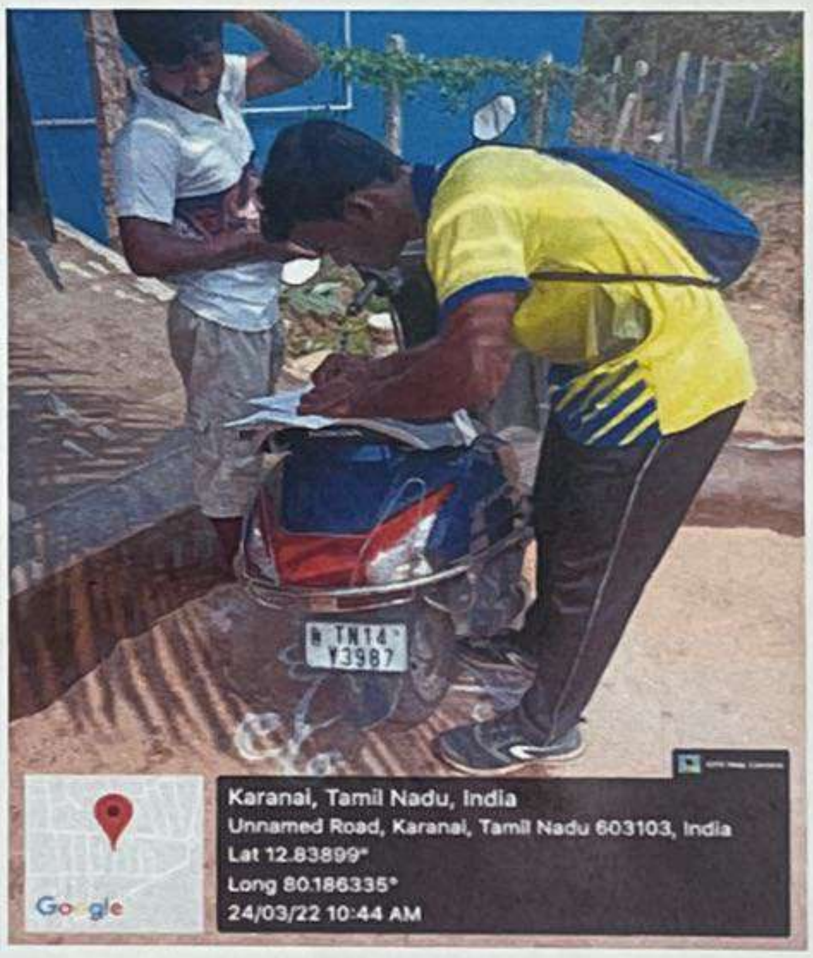
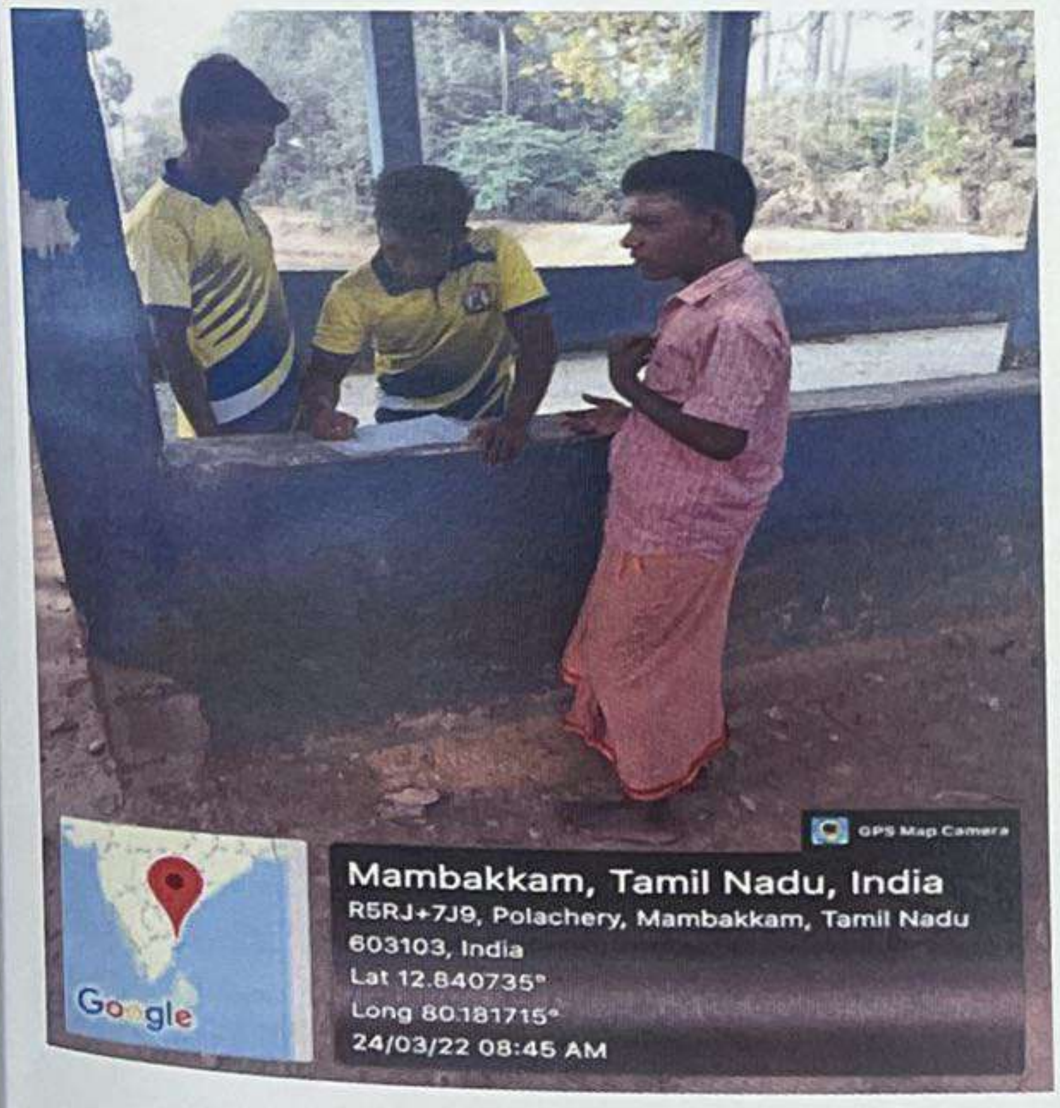


Day – 4 – 25/03/2022

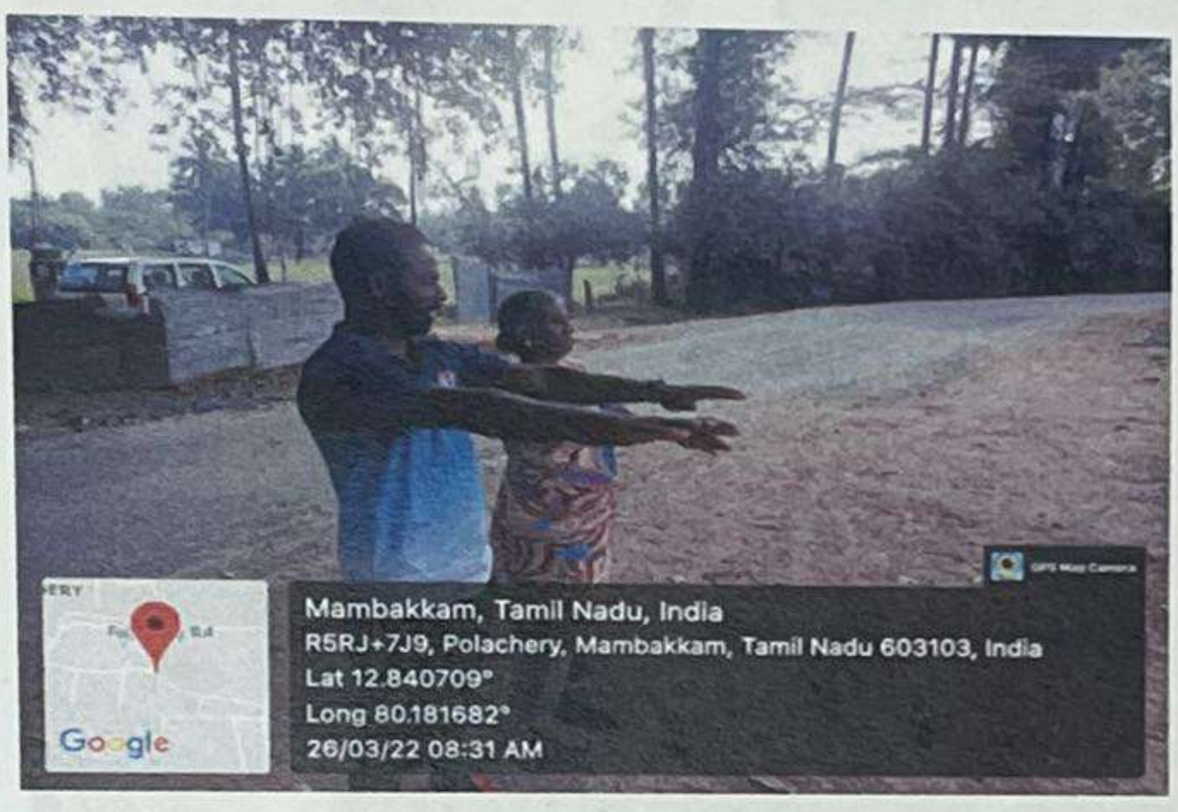
We teach them cardio respiratory training to the peoples. We arranged a temple and school play ground village and conducted a cardiac respiratory workout.

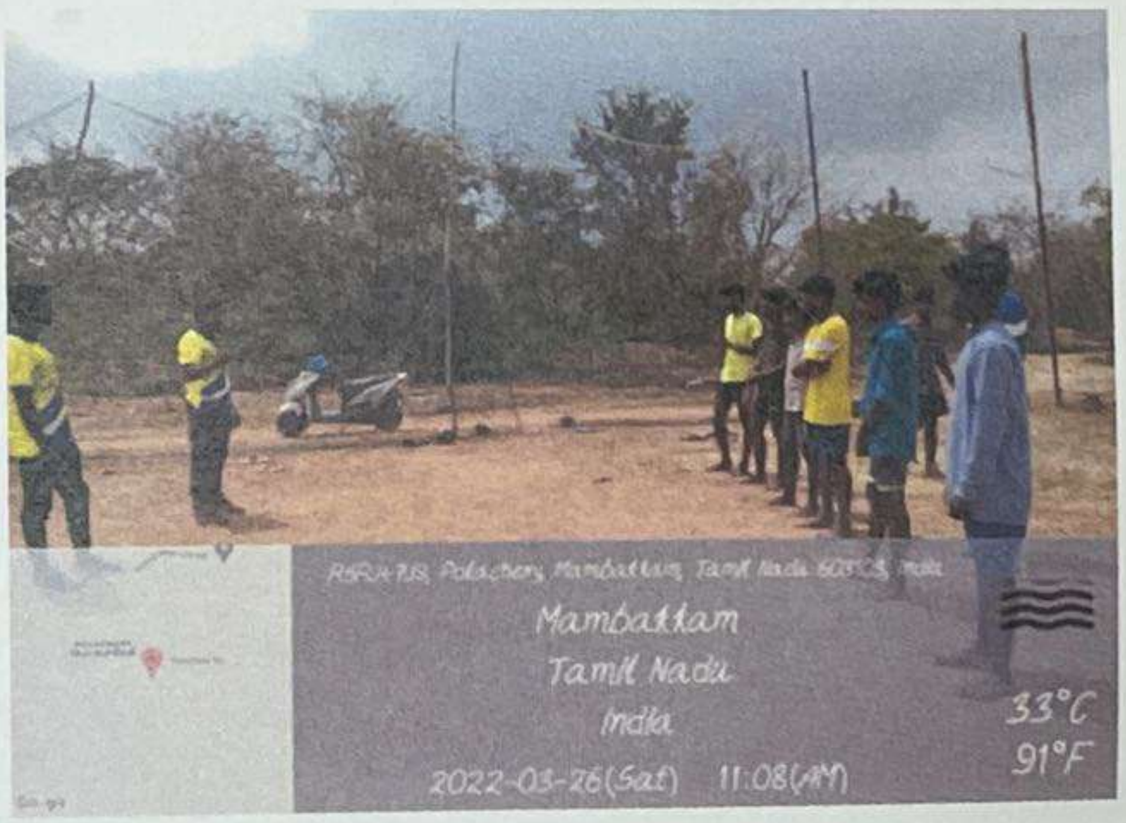
Village People and Sanitary workers also participated in this event



Day – 5 – 26/03/2022

We trained about flexibility and Muscular Endurance





Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME

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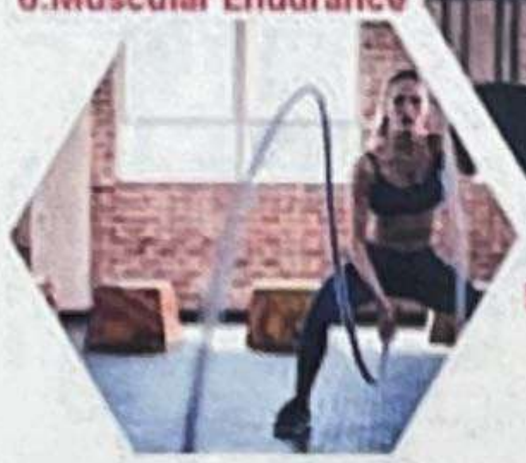

5. Muscular Strengthen and Body composition

REPORT
ON
VPP - 2022

Pic- Melakottaiur Team.

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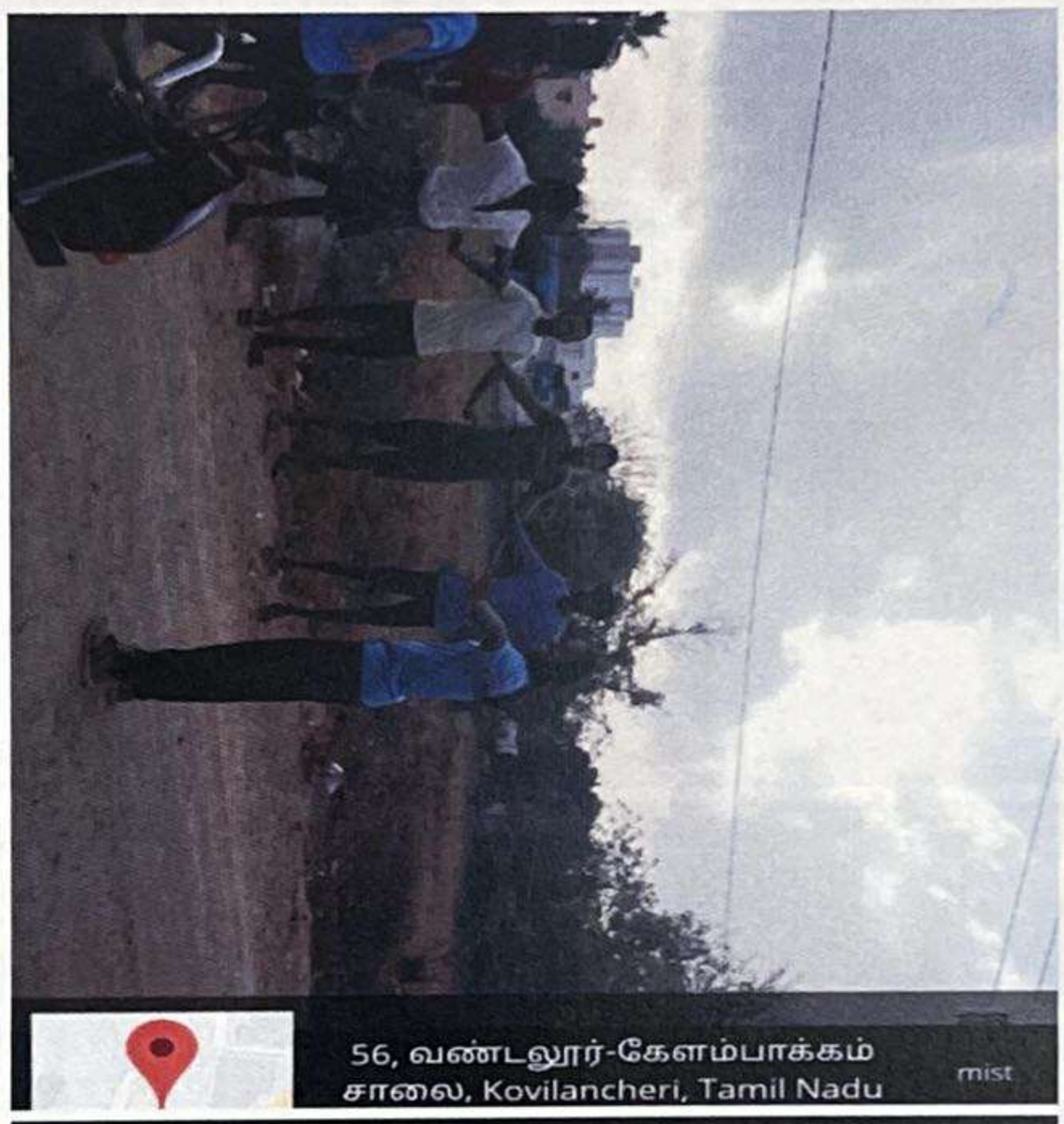
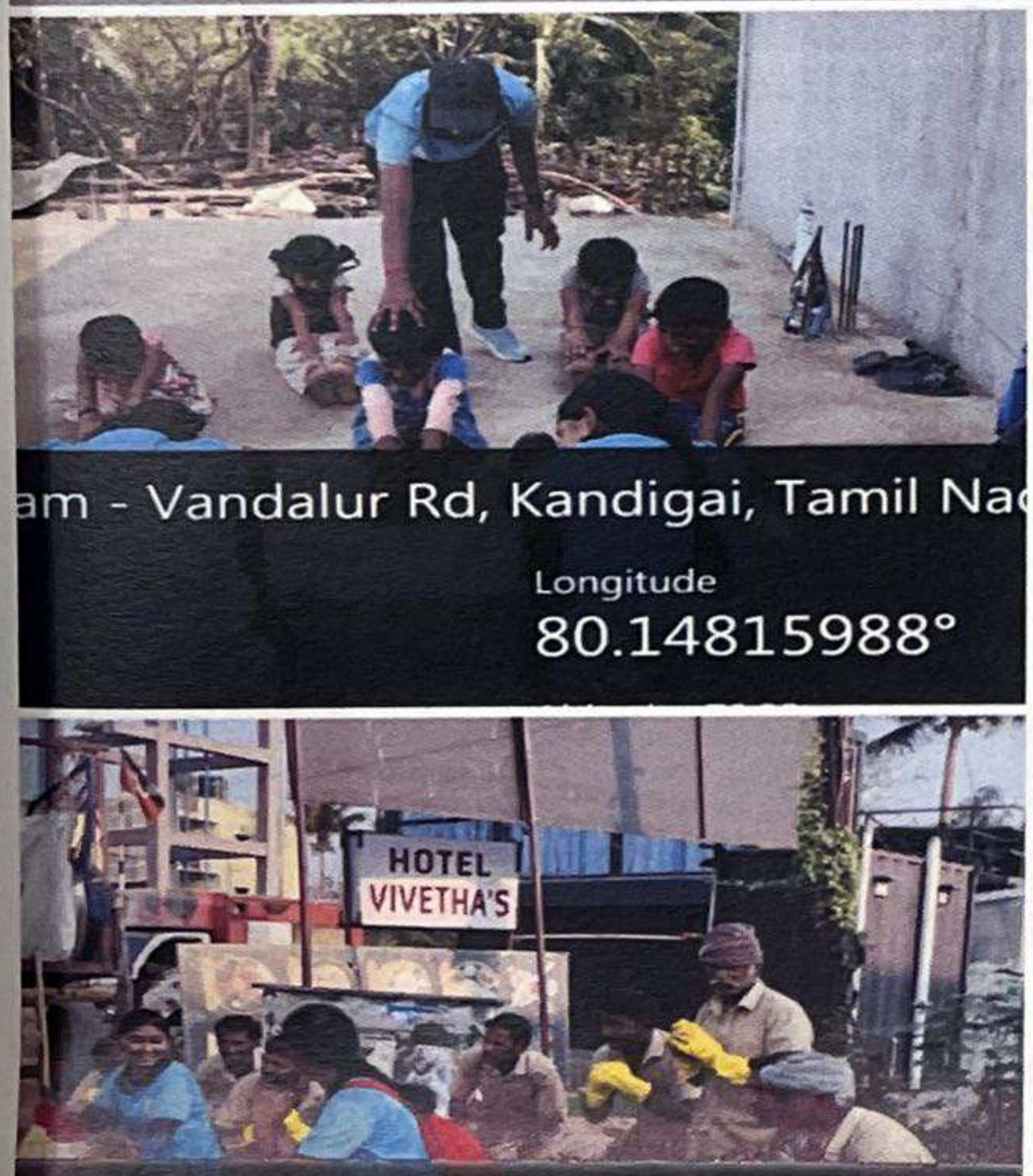
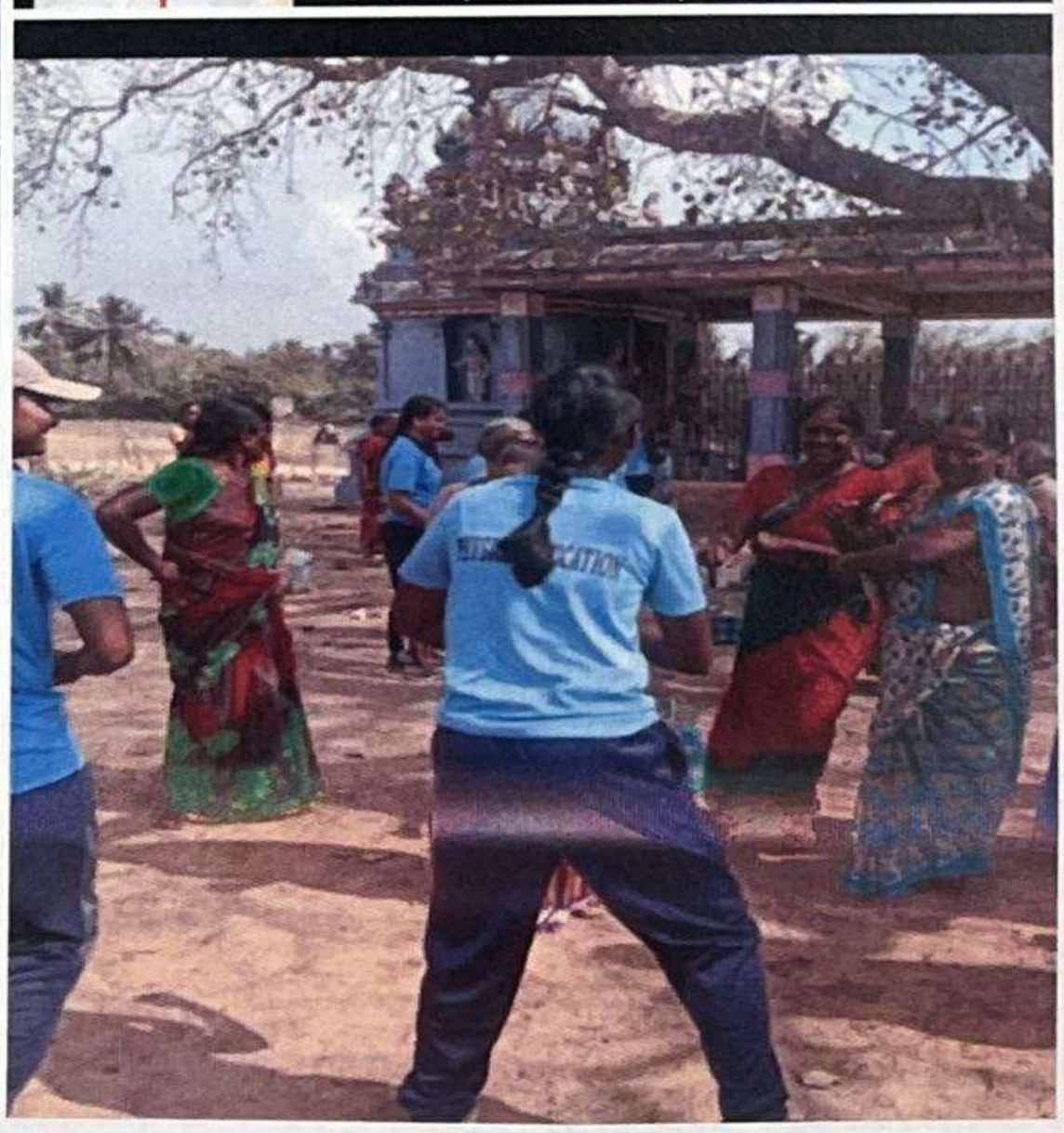
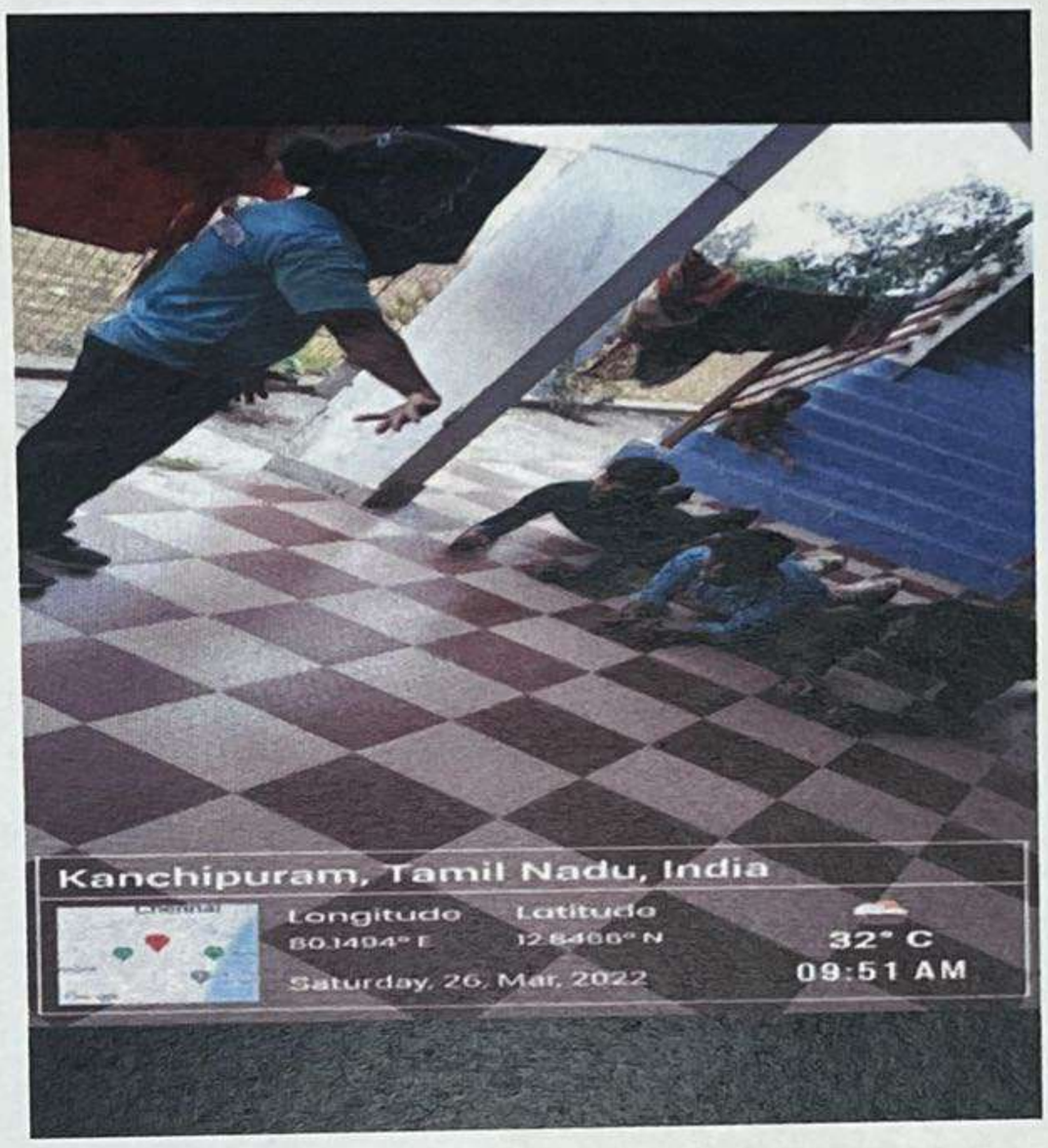


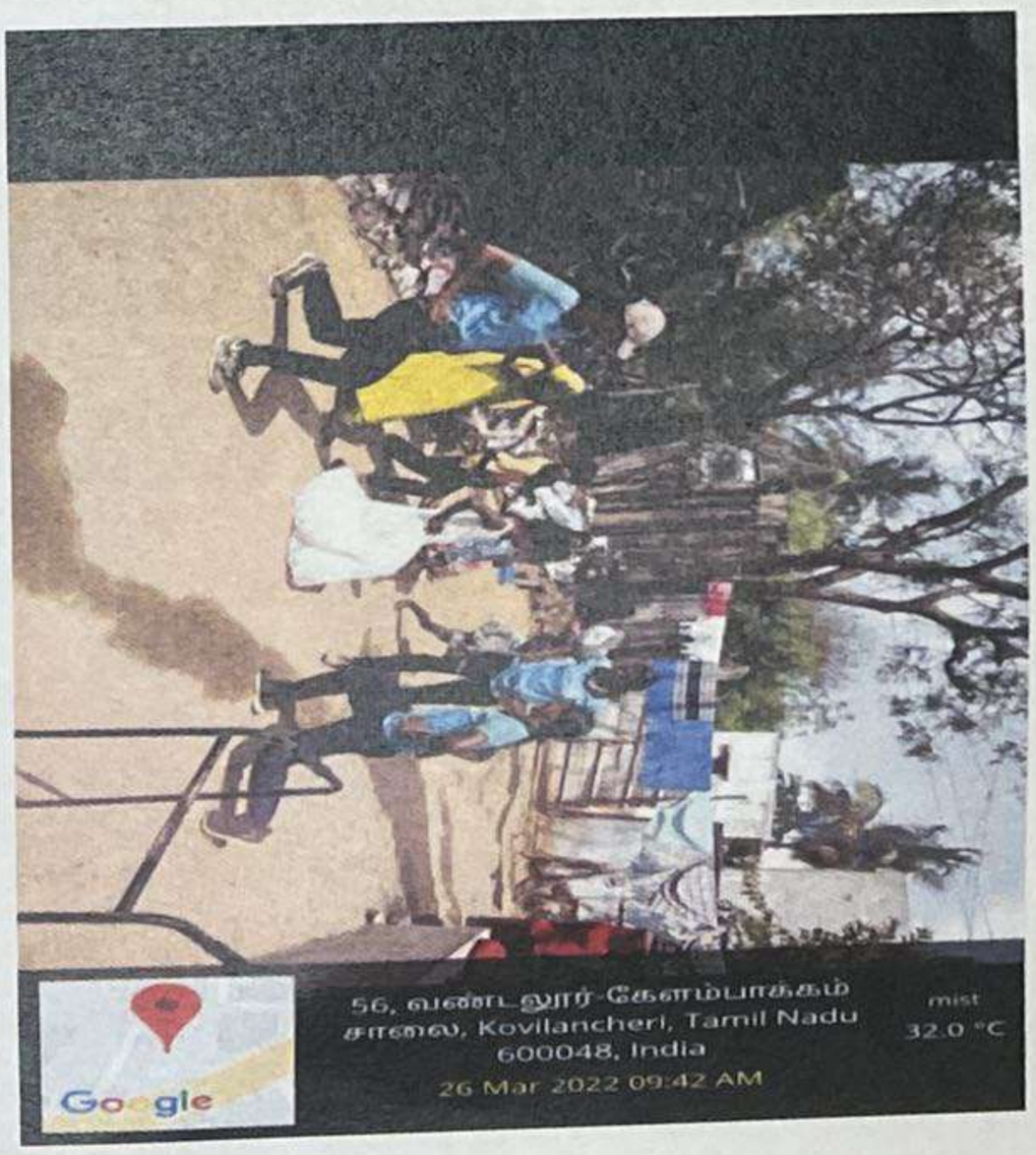




Day – 5 – 26/03/2022

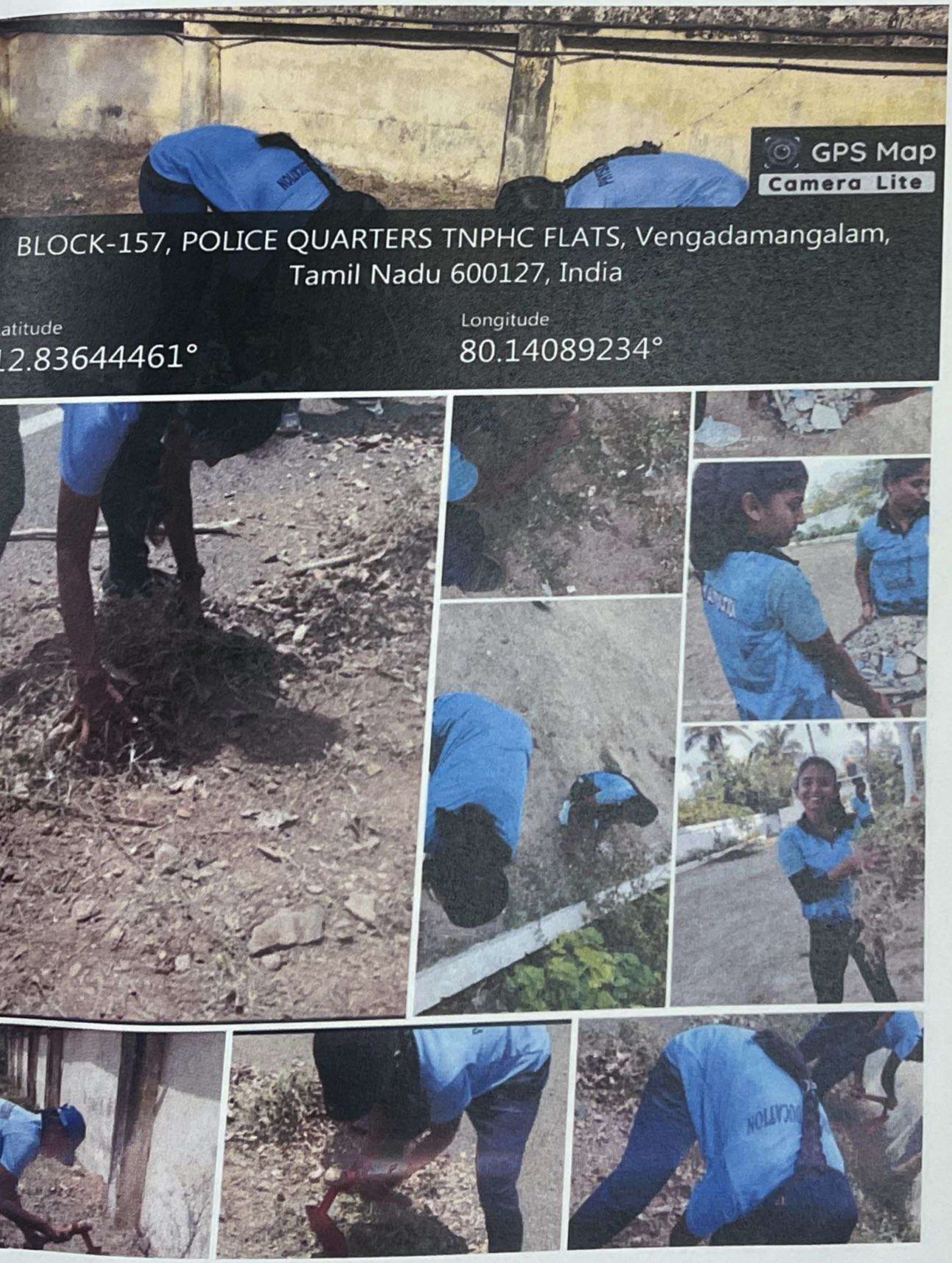
We trained about flexibility and Muscular Endurance





Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

DEPARTMENT OF YOGA

PRACTICAL RECORD NOTE BOOK

Name : R. AARTHI

Enrollment No. : 2022523400 1

Course : M.Sc. (YOGA THERAPY)

Subject : VILLAGE PLACEMENT PROGRAM

Year : 2022 - 2024

Melakottaiyur, Chennai- 127, Tamil Nadu, India.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF YOGA

PRACTICAL RECORD NOTE BOOK

Record Note submitted to Department of Yoga Tamil Nadu Physical Education and Sports University, Chennai.

Submitted by :

Name : AARTHI : R

Enrollment No : 20225234 001

Course : MSC YOGA THERAPY

Year : 2022 – 2024

Venue : TNPESU

Date of Submission : 21/11/1

மேலக்கோட்டையூர் முதல் நிலை ஊராட்சி மன்றம்

திருப்போரூர் ஒன்றியம்

TNPHC, ஸ்ரீ செல்வ விநாயகர் கோவில், மேலக்கோட்டையூர், கண்டிகை, செங்கல்பட்டு மாவட்டம்

திருமதி. ஆ. கௌதமி ஆறுமுகம் D.Ted, DCE
தலைவர்,
மேலக்கோட்டையூர் முதல் நிலை ஊராட்சி மன்றம்

சான்றிதழ் / CERTIFICATE

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டு பல்கலைகழக M.Sc (Yoga Therapy) முதலாம் ஆண்டு மாணவி **ரா. ஆர்த்தி** அவர்கள் மேற்படி பல்கலைக்கழக கிராம சேவை திட்டத்தின் மூலமாக மற்ற மாணவர்களோடு இணைந்து இந்த கிராமத்தில் உள்ள தமிழ்நாடு காவலர் வீட்டுவசதிக் கழகம், ஸ்ரீ செல்வ விநாயகர் கோவிலில் முகாமிட்டு 8.11.2022 முதல் 12.11.2022 வரை எங்கள் பகுதியில் உள்ள மக்களுக்கு யோகா பயிற்சிகளை கற்றுத் தந்தார்கள். மேலும் யோகா சிகிச்சை, இயற்கை மருத்துவ முகாம், இயற்கை உணவு தயாரிப்பு பயிற்சி, ஆயுர்வேத, சித்த, வர்மா, அக்குபிரஷர் மற்றும் அக்குபஞ்சர் சிகிச்சை, ஆண்கள் மற்றும் பெண்களுக்கான சிறப்பு யோகா மற்றும் உடல் நல ஆலோசனைகள் போன்ற நிகழ்ச்சிகளை நடத்தினார்கள். எங்கள் பகுதியில் உள்ள மக்களுக்கு இந்த முகாம் மிகவும் பயனுள்ளதாக அமைந்திருந்தது என்று சான்றளிக்கின்றேன்.

I certify that **Ms R. Aarthi** pursuing M.Sc Yoga Therapy, 1st Year from Tamil Nadu Physical Education and Sports University along with their class students organized Yoga camp at Tamil Nadu Police Housing Corporation, Sri Selva Vinayagar Temple in our village as a part of their village service programme from 8.11.2022 to 12.11.2022 and taught yoga practices to our villagers. Also they organized Yoga Therapy, Nature Cure Camp, Uncooked food preparation Workshop, Ayurvedha, Siddha, Varma, Accupressure and Accupuncture Medical camps, Special Yoga and Health Awareness Camp for Men and Women. I certify that this programme was very useful for our villagers.

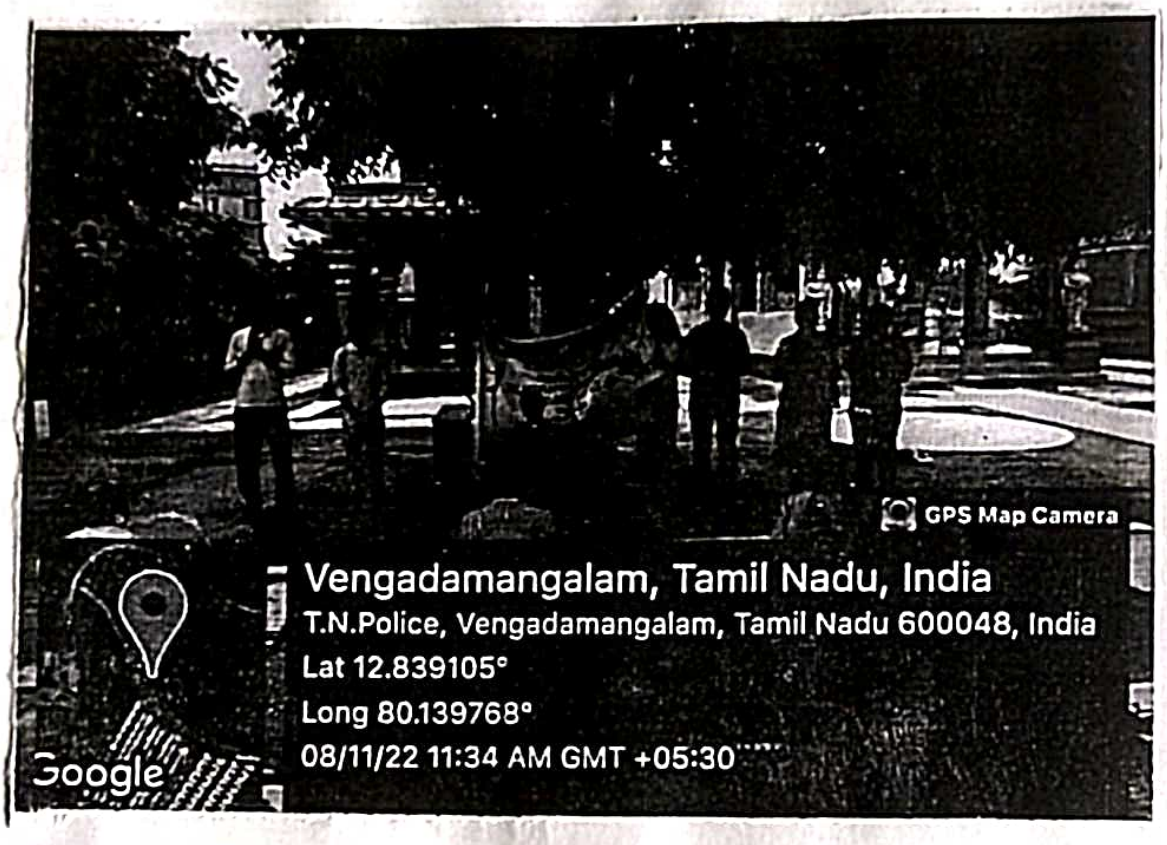
தேதி/ Date :

இடம்/ Place :

A. Gowthami

திருமதி. ஆ. கௌதமி ஆறுமுகம் D.Ted, DCE
தலைவர்,
மேலக்கோட்டையூர் முதல் நிலை ஊராட்சி மன்றம்

தலைவர்
மேலக்கோட்டையூர் ஊராட்சி
திருப்போரூர் ஊராட்சி ஒன்றியம்
செங்கல்பட்டு மாவட்டம்


GPS Map Camera
Vengadamangalam, Tamil Nadu, India
T.N.Police, Vengadamangalam, Tamil Nadu 600048, India
Lat 12.839105°
Long 80.139768°
08/11/22 11:34 AM GMT +05:30
Google

Date:

Expt. No. Page No.

Day - 1

Duration - 2 Hours.

Planning:

Introduction

First we ~~go~~ went and meet the head of the village and Inform him that we would like to Conduct the enlightment program of yoga, we Conduct the program in Vengadamangalam Village temple. We get permission from the temple president. and he here me. All Students are gathered temple and Explain about the our programs.

People thought on yoga :-

Simply people think that yoga is not but exercise. And if we do, we feel pain in the body. they are also saying that we have already many problems like joint pain, knee pain, cancer, lower back pain, Hence they don't want to Strain their body. As a Student of yoga I have all the responsibilities to eradicate their misconception on yoga.

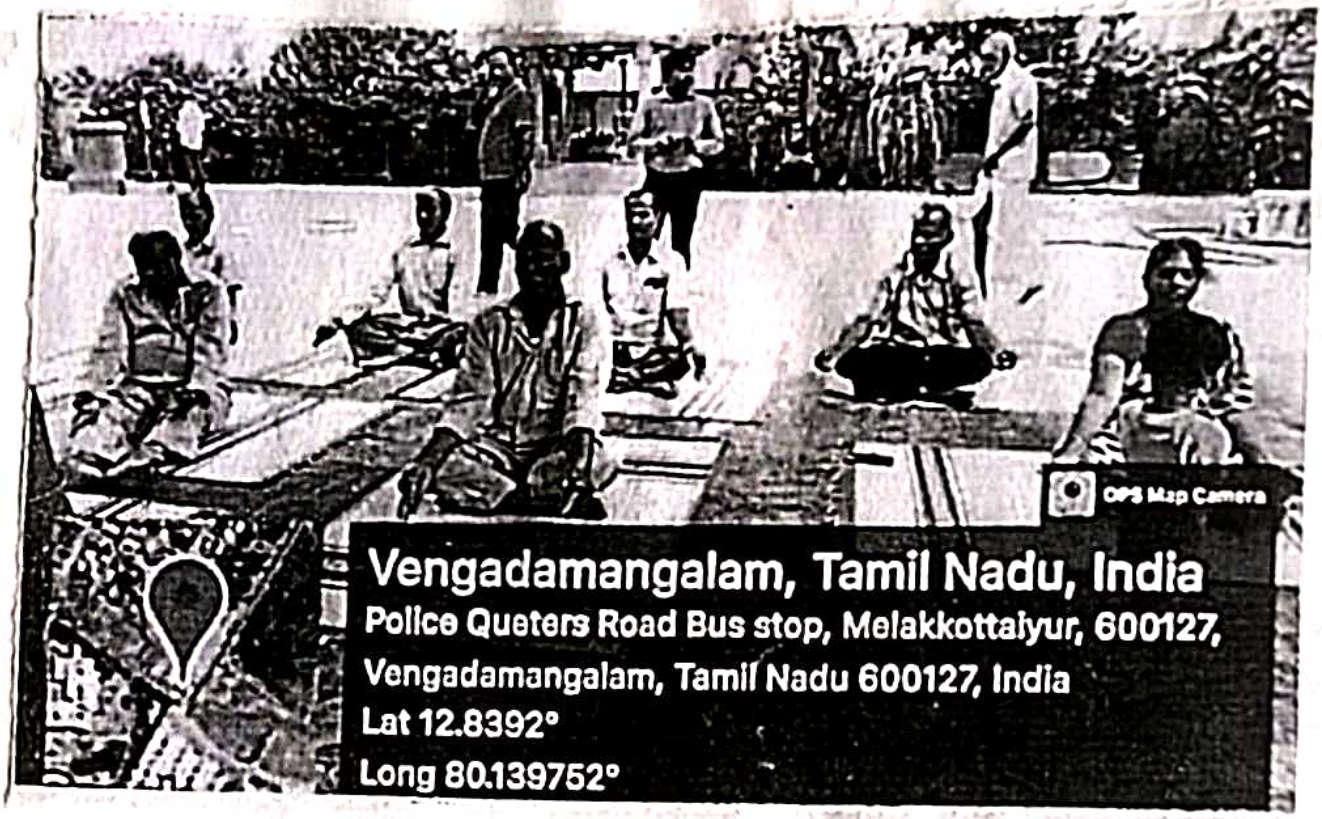
Date:

Expt. No. Page No.

Explaining the Concept and purpose of yoga.

most of the people, just hear the word alone but after speaking with them they are ready to learn yoga enthusiastically. We can't start suddenly by giving theories of yoga and other Conscepts to make them understand.

* yoga helps to Improve your health.
* Prevent digestive problems.
* To strength your muscles.
* Found a healthy life style.
* To Improve your flexibility.
* Help your focus.


GPS Map Camera
Vengadamangalam, Tamil Nadu, India
Police Queters Road Bus stop, Melakkottaiyur, 600127,
Vengadamangalam, Tamil Nadu 600127, India
Lat 12.8392°
Long 80.139752°

Date:

Expt. No. Page No.

Day - 2

Duration - 2 Hours.

Planning :

→ To teach Diet & Food habit.

→ To teach Simple mudras

→ To keep the relax

Introduction :

In the second day beginning class itself they all come with the complaint the everyone has pain in each and every part the body. Hence they are not ready to do practice. We decide to pacify them by saying that this is how your muscle get strengthened.

Practices :

* Begin the day with prayer

* Do some loosening exercises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Date:

Expt. No. Page No.

Day - 3

Duration : 2 hours

Planning :

→ To recall the practice of previous classes.

→ To Introduce asanas and its benefits.

→ To Inform the Contra - Indication.

→ To make them practising some basic asana.

Introduction :

After gathering people we begin the practice with prayer. Next, they as Sami loosening exercise and Surya Namaskar for twelve rounds.

Next we introduce the topic asanas and its benefits and Importance to all human being.

Asana :

→ Asana is a yoga pose of the body.

→ It is designed to help master the body and inhance the body function.


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Date:

Expt. No. Page No.

Day - 4

Duration - 2 hours.

planning:

→ To recollect the previous practice class.

→ To Instruct the rest of asanas.

→ To keep them relax.

→ And given pranayama breathing technique.

→ Introduce about mudras and benefits.

Recalling the prayer:

* Begin with the prayer
* Do some loosening exercise
* Do asanas learnt in the previous class.
* Breathing technique pranayama is technique in fourth day.
* First we explain about the pranayama importance and benefits.

Benefits of pranayama and mudras:

Improve the respiratory System.

Improve blood circulation.

And Improve lung capacity.

The Contraindication of each and every practice we explain.

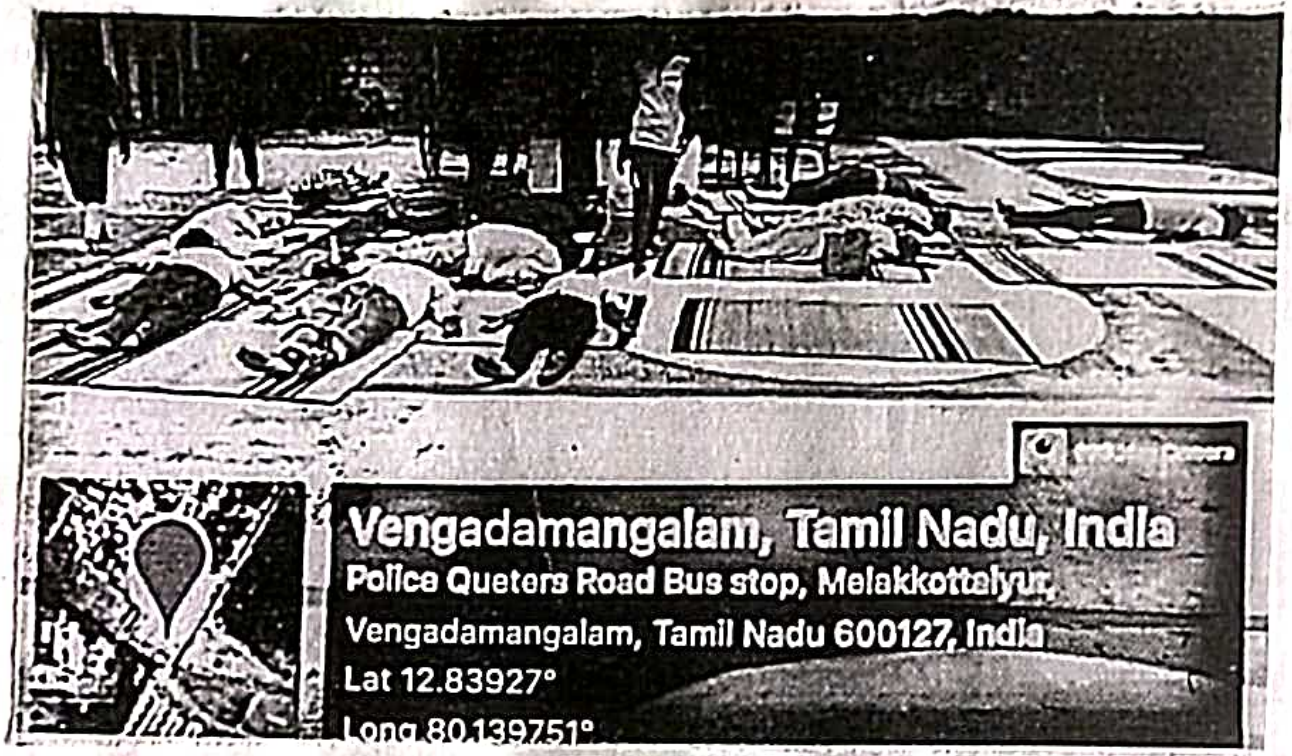
Date:

Expt. No. Page No.

The mudras are very simple and beneficial In chin mudra Psycho - neuro finger locks.

Recalling the practices:

Thus In the Fourth day class we almost covers all the basic asanas, pranayama, mudras, Surya Namaskar which can be practiced by the people In their day-by-day life we wind up the fourth day with the ending prayer.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Vengadamangalam, Tamil Nadu 600127, India
Lat 12.83927°
Long 80.139751°

Date:

Expt. No. Page No.

Day - 5

Duration - 8 hours.

planning:

→ To teach pranayama & mudra.

→ To know their experience.

→ To thank people for providing opportunity.

Introduction:

* In the fifth day class, all look energetic and at the same time all are ready to learn the new concept pranayama and mudra.

* We begin the day with prayer.

* We explain the terms 'pranayama' and 'mudra' and its benefits too.

Benefits:

* Helps to relieve from stress, anxiety and depression.

* Effective in mental alignment.

* Expands our life span.

Date:

Expt. No. Page No.

Conclusion :

At the end of the final day of village placement programme. We would like to know the experiences of yoga. Many of they feel healthy relax and active. though they are plan they take it as good for their health.

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME RECORD THIRUVIDANDHAI 2021-2022

GOPALAKRISHNAN .T

2ND - M.P.ED

Reg No : 20215102009

ROUP MEMBERS:

1 .T.GOPALAKRISHNAN 2nd M.P.Ed (Incharge)
2 . D. VIGNESH- 2nd M.P.Ed
3 . T. SELVAKUMAR- 2nd M.P.Ed
4 .GUNASEELAN- 1st M.P.Ed
5 . JEYACHANDRAN- 1st M.P.Ed
6 . SRITHAR- 2nd B.P.Ed
7 . SOWDHRI - 2nd B.P.Ed
8 . SURESH- - 2nd B.P.Ed
9 .P.P. SAKTHIVEL- - 2nd B.P.Ed
10.RATHINAKUMAR - 1st B.P.Ed
11.TAMILMANI.S-

Program Schedules

Day	Event
Day- 1	Motivational Talks and Recreational Activities
day- 2	Activities for Flexibility
day-3	Activities for Cardio Respiratory fitness
day-4	Activities for Muscular Strengthen & Body Composition
day-5	Activities for Muscular Endurance
day-6	Campus cleaning

ay 1 - 22/03/2022

e met the village president submitted our VPP Assessment and et the permission from the Village president.

We started the programme from **THIRUVIDANDHAI**bus stand, cleaning and motivational talk.

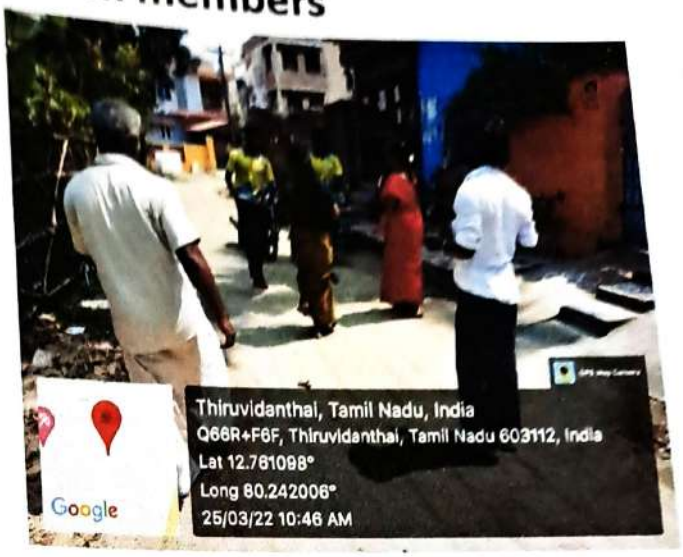
y -2- 23/03/2022

start collecting data towards thiruvidandhai village covered arby panchayat office area.

Data Collection and physical activity

Day -3 – 24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

First we approach village people cover all age category.

Bending series for all age person, to improve flexibility among the

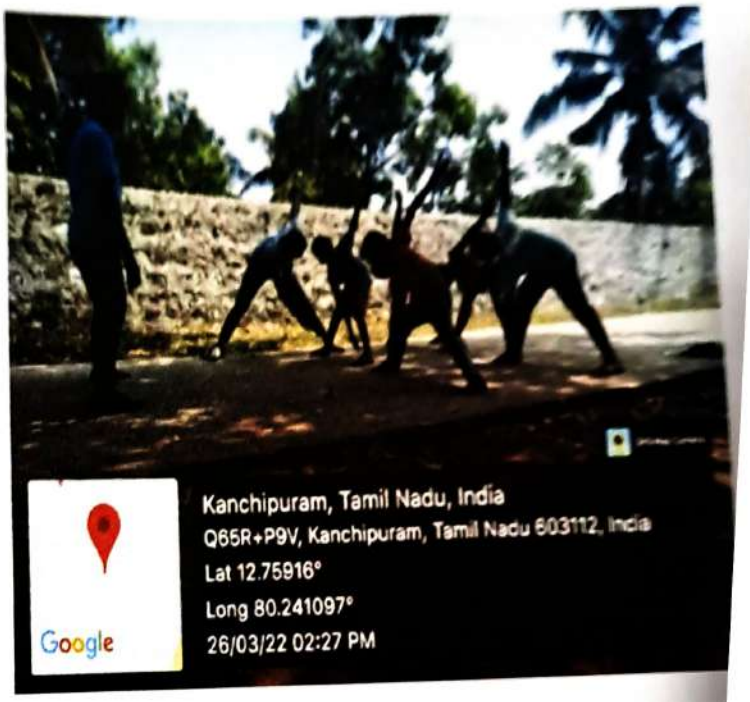
For hip, lat muscle, neck region etc.

Lake cleaning near thiruvidandhai village

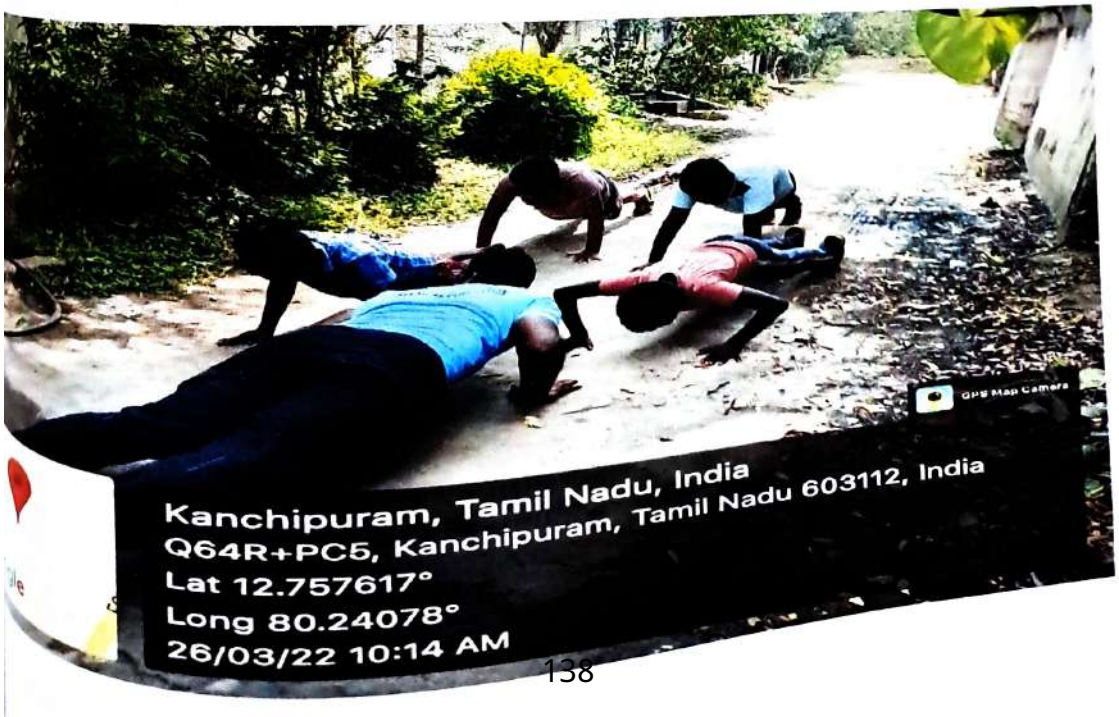
Day – 4 – 25/03/2022

We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event



about flexibility and Muscular Endurance



ay – 6 – 29/03/2022

niversity Cleaning Inside the Campus and Main Block Garden.

TAMILNDU PHYSICAL EDUCATION AND SPORTSUNIVERSITY

Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT POGRAMME RECORD

2021-2022

V.KIRUBANANDAN

2ND - M.P.ED

Reg No : 20205102011

Submitted to :

Dr.P.Kumaravelu

GROUP MEMBERS:

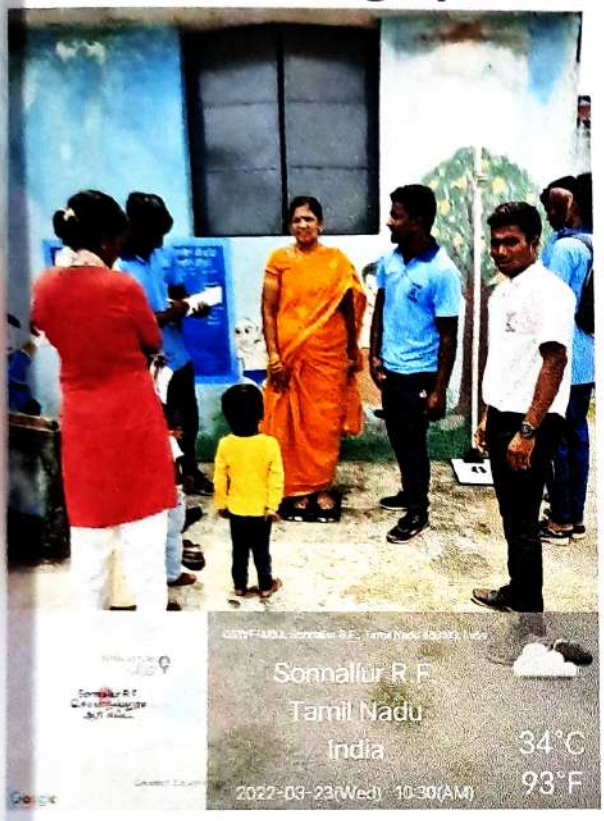
1)	V.KIRUBANANDAN	2nd M.P.Ed(Incharge)
2)	MANIKANDAN.S	1ST M.P.Ed
3)	A.MAHESHWARAN	1ST M.P.Ed
4)	R.BHARATHI	2ND B.P.Ed
5)	ARJUN	2ND B.P.Ed
6)	ABUBAKKAR SIDDING	2ND B.P.Ed

Program Schedules

Day	Event
Day-1	Motivational Talks and Recreational Activities
Day-2	Assessment and Grouping
Day-3	Activities for Flexibility
Day-4	Activities for Cardio Respiratory fitness
Day-5	Activities for Muscular Strengthen & Body Composition
Day-6	Activities for Muscular Endurance
Day-7	Expert talk on Active Life Style, Result Analysis and Excise Prescription and Certification and Awards

Day 1 - 22/03/2022

we met the village president and Police Station , submitted our VPP Assessmentand get the permission from the Village president.



Pic-2: Requesting Village President and Police Station for VPP

We went to panjachat head house , and we got permission. And police station , we got permission from S.I

We started the programme from VELICHAI bus stand, cleaning and motivational talk.

Day -2- 23/03/2022

we start collecting data towards VELICHAI village covered near by panchayat office visit area Dr.S.Velkumar.

Pic-3: Data Collection And Physical Activities

Day -3 – 24/03/2022

Fitness awareness Campaign by our team members

Activities for flexibility.

First we approach school , to get permission for Headmaster

cover all age catagery.

Bending series for all age person, to improve flexibility amon

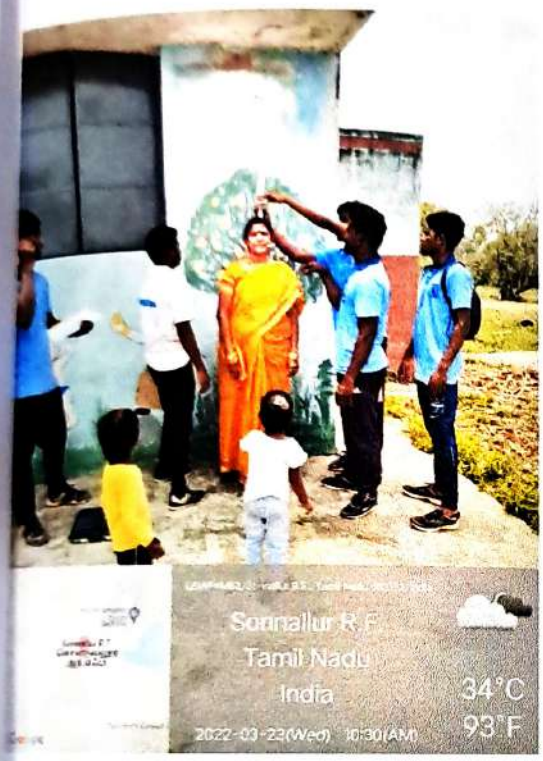
them. For hip, lat muscle, neck region etx.

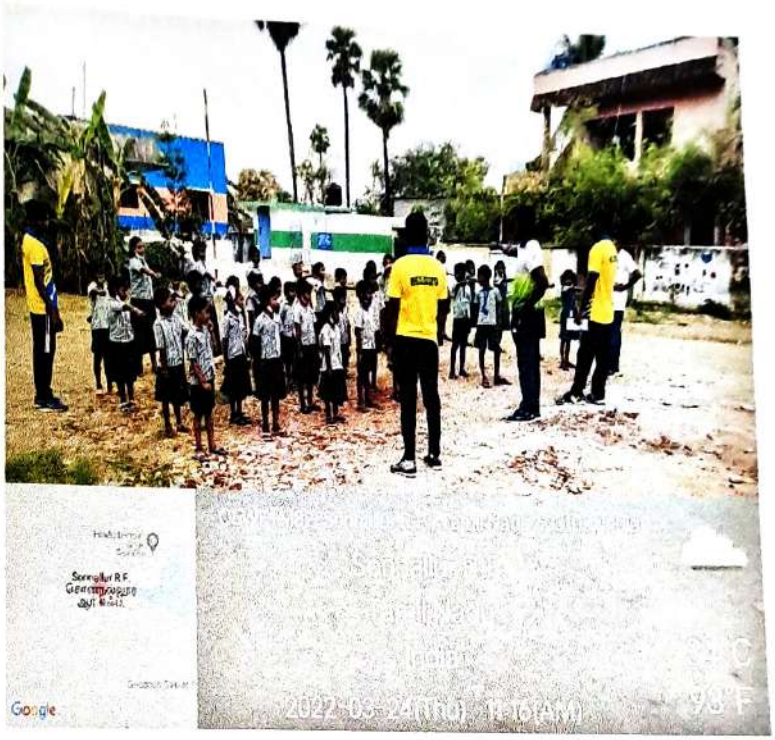
Lake cleaning near VELICHAI village.

Day – 4 – 25/03/2022

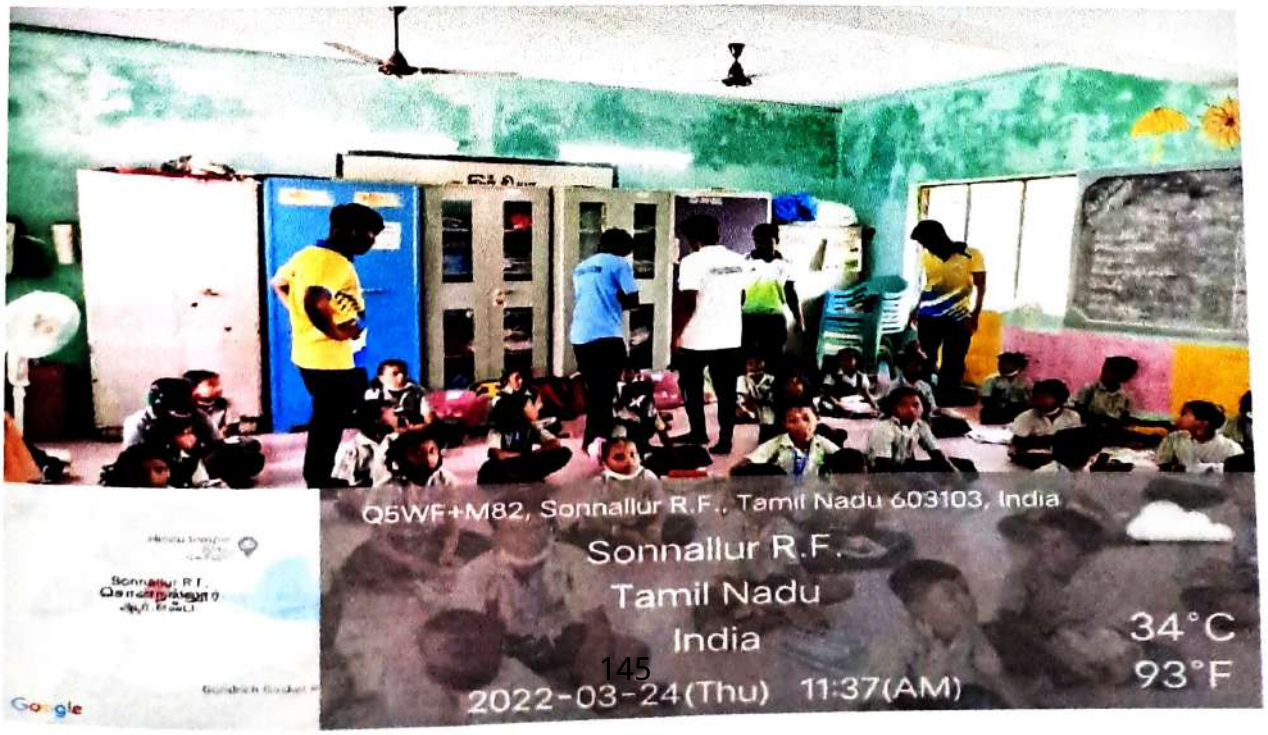
We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event





Activities for cardio respiratory fitness.

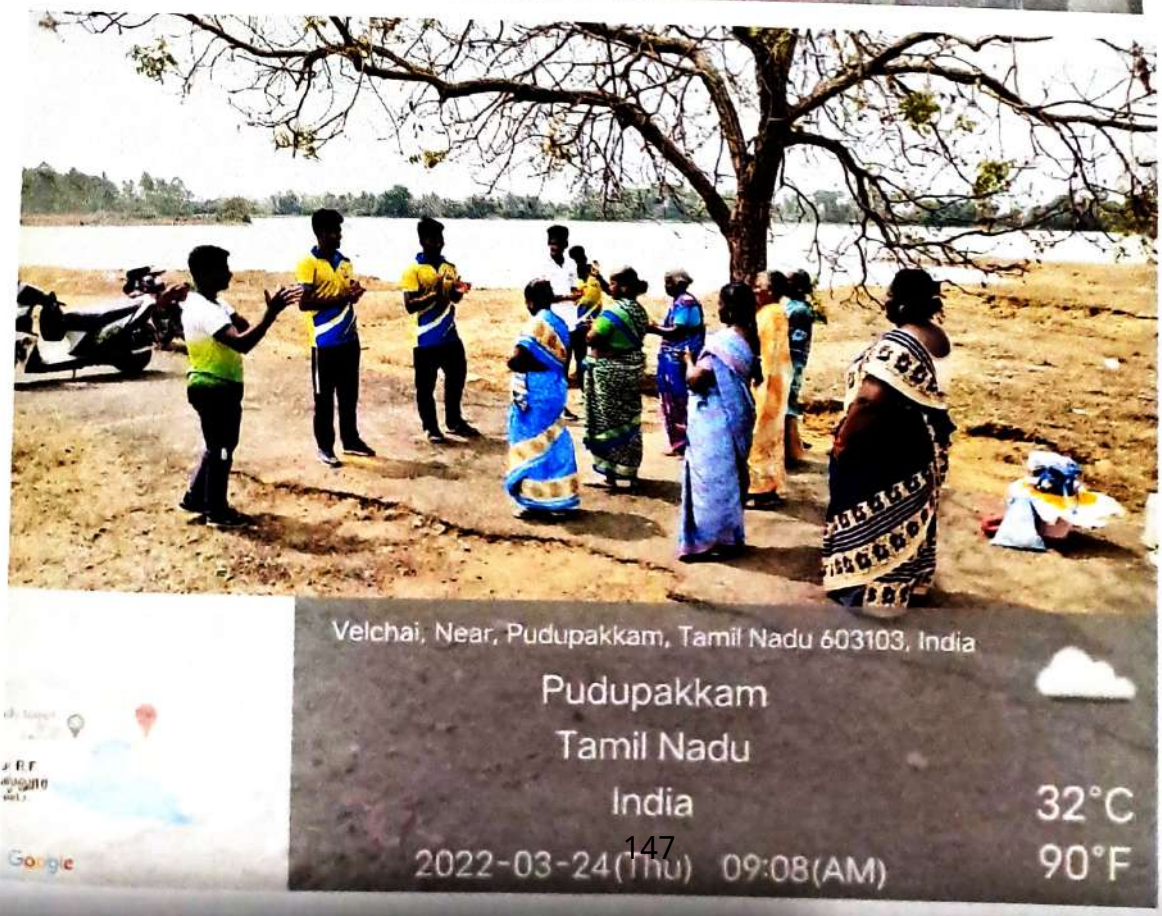


Day – 5 – 26/03/2022

We trained about flexibility and Muscular Endurance

Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.



TAMILNDU PHYSICAL EDUCATION AND SPORTSUNIVERSITY

Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT POGRAMME RECORD

2021-2022

A.SILAMBARASAN

2.nd M.P.ED

Reg No20205102030

Submitted to

Dr.P.Kumaravelu

GROUP MEMBERS:

1) A. SILAMBARASAN M.P.ED

2) SATHIES KUMAR M.P.ED

3)SAKTHIVEL B.P.ED

4) SANAKIYAN B. P.ED

5) RAGHU B.P.ED

6) PREAM KUMAR B.P.ED

7) SANTHOUS KUMAR

Program Schedules

Day	Event
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Day 1 - 22/03/2022

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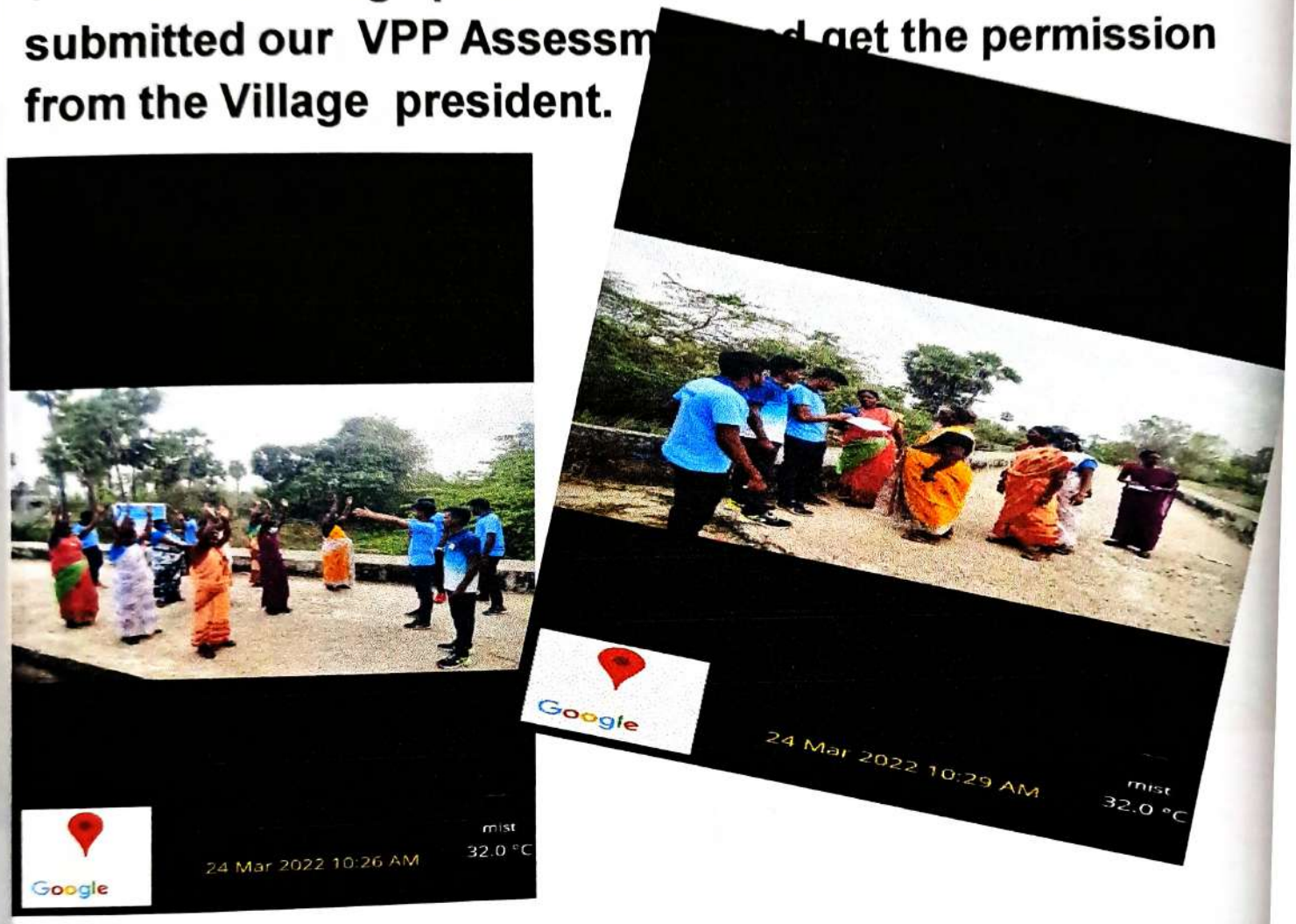

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We went to panjachat head house , and we got permission. And police station , we got permission from S.I

We started the programme from cleaningmadurapakkam and motivational talk.

Day -2- 23/03/2022

we start collecting data towards madurapakkam village coverednearby panchayat office area.

Chennai, Tamil Nadu 600048, India

Day -3 – 24/03/2022

Fitness awareness Campaign by our team members

Activities for flexibility.

First we approach school , to get permission for Headmaster for cover all age catagery.

Bending series for all age person, to improve flexibility among them. For hip, lat muscle, neck region etx.

Lake cleaning near madurapakkam village.

Day – 4 – 25/03/2022

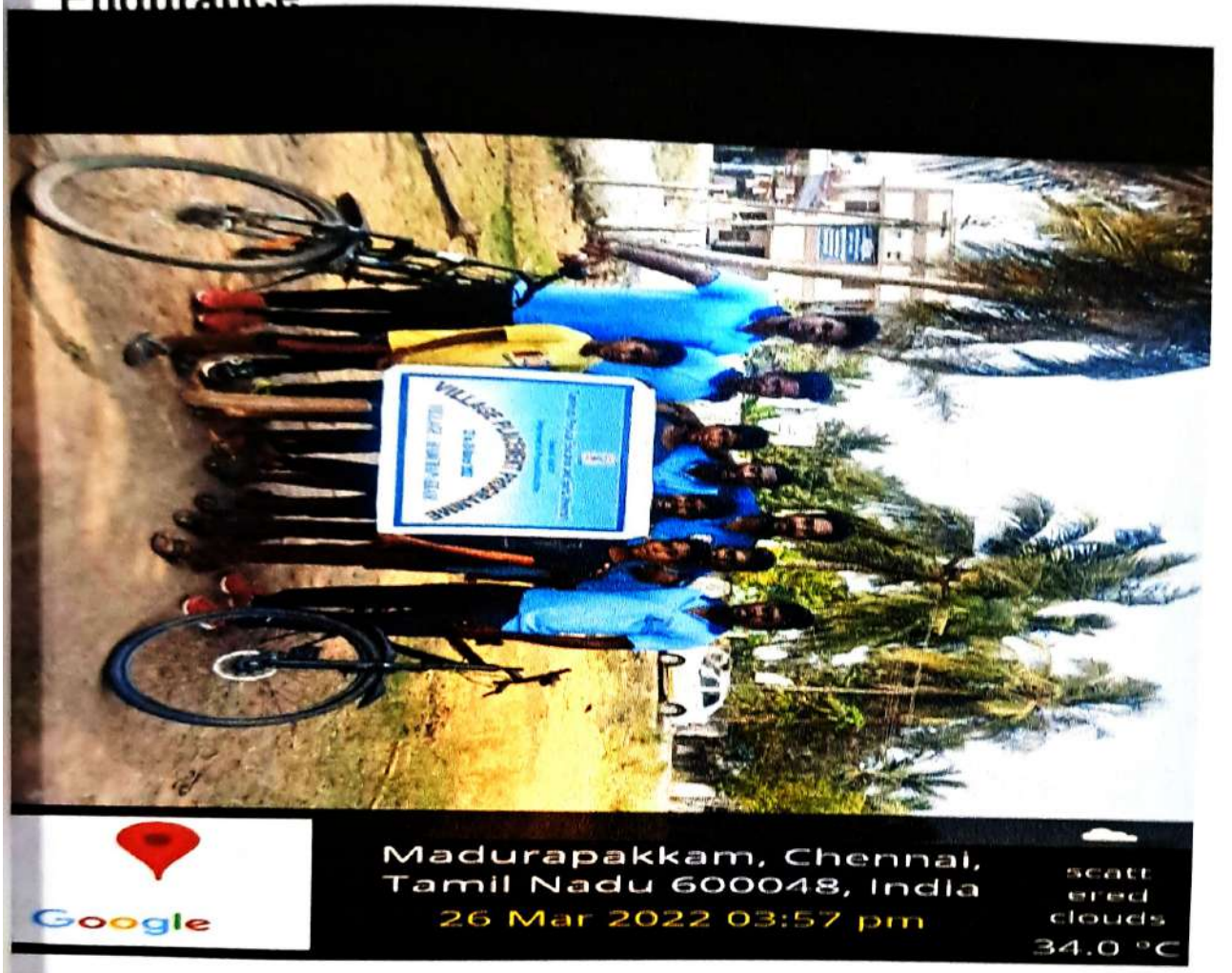
We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event

Activities for cardio respiratory

Day – 5 – 26/03/2022

We trained about flexibility and Muscular Endurance



Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.

TAMILNDU PHYSICAL EDUCATION AND SPORTSUNIVERSITY

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DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT POGRAMME RECORD

2021-2022

V.VIGNESH

2ND - M.P.ED

Reg No : 20205102036

Submitted to :

Dr.P.Kumaravelu

GROUP MEMBERS:

1. VIGNESH.V 2nd MPED
2. SENTHIL KUMAR 2nd MPED
3. SABARINATHAN.N1stMPED
4. RAJKUMAR.S 1st MPED
5. ILANGKATHIR.K 2nd BPED
6. LOURDHU STARWIN 2nd BPED
7. IFTHIKAAR.A.J 2nd BPED.

Program Schedules

Day	Event
Day-1	Motivational Talks and Recreational Activities
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We started the programme from VELICHAI bus stand, cleaning and motivational talk.

Day -2- 23/03/2022

we start collecting data towards PADUR village covered near by panchayat

Pic-3: Data Collection And Physical Activities

Day -3 – 24/03/2022

Fitness awareness Campaign by our team members

Activities for flexibility.

First we approach school , to get permission for Headmaster for cover all age catagery.

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Activities for cardio respiratory fitness.

Day – 5 – 26/03/2022

We trained about flexibility and Muscular Endurance

Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI - 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION
INTERNSHIP PROGRAMME

Submitted to the Tamil Nadu Physical Education and Sports University Chennai for the fulfillment of the Requirement for the Degree of

MASTER OF SCIENCEIN

EXERCISE PHYSIOLOGY AND NUTRITION

Submitted By

A.Kaviarashi

Roll No:20205308006

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

February-2022

INTRODUCTION

Eating a healthy balanced diet accompanied by regular exercise is essential in maintaining physical and mental health and well-being. Villages being the backbone of our country, it is essential to educate them with the importance of a healthy lifestyle among the villagers

AIM OF THE VILLAGE PLACEMENT PROGRAMME:

The aim of the village placement programme was to understand and discuss the lifestyle, food, activity among the villagers and the football players from the village.

VILLAGE DETAILS

Name of the village : Neyyattinkara

Name of the district : Thiruvananthapuram

Total Population : 70,850

Number of male: 34513

Number of female:36337

Language : Malayalam, Tamil & English

Average Life span: 85 YRS

Literacy Rate : 98.72%

DAY - 1

12.00 PM : Reached to destination

2.00 – 3.00 PM : Refreshment and lunch

4.00 – 8 PM : Sightseeing and enquiry for interaction with villagers on the subsequent days

8.00 – 10 PM :Dinner & Culturals

DAY – 2

6.00 – 7.00 AM :Physical activity

8 – 8.30 AM : Gathering and discussion for the day plan

9.00 – 10 AM : Refreshment and breakfast

10.30 – 2.30 PM: Interaction with people at village and discussion

2.30 - 3.30 PM :Lunch

4 - 8 PM :Sightseeing

8.00 – 10 PM :Dinner & Culturals

DAY – 3

6.00 – 7.00 AM :Physical activity

8 – 8.30 AM : Gathering and discussion for the day plan

9.00 – 10 AM : Refreshment and breakfast

10.30 – 2.30 PM: Data collection and interaction with the football players from the village

2.30 - 3.30 PM :Lunch

4 - 8 PM :Sightseeing

8.00 – 10 PM :Dinner & Culturals

DAY – 4

6.00 – 7.00 AM :Physical activity

8 – 8.30 AM : Gathering and discussion for the day plan

9.00 – 10 AM : Refreshment and breakfast

10.30 – 2.30 PM: Awareness program regarding the food and exercise at village

2.30 - 3.30 PM :Lunch

4 - 8 PM : Sightseeing

8.00 – 10 PM :Dinner & Culturals

Importance of Diet and Exercise for villagers:

Diet and a good activity level are important to lead a healthy and happy life. Majority of our Indian population is from villages and hence, it is our responsibility to educate them with the right knowledge.

Importance of Exercise and practice for Football players:

Football is one of the most popular games in the world and fans across the world religiously follow their favorite players.

The health benefits of football include:

- Improving heart health and blood pressure
- Increasing muscle mass and bone strength in inactive individuals
- Reducing body fat
- Building strength, stamina and speed
- Training your brain, improving concentration and coordination • Promoting teamwork, being social and boosting your confidence

Energy systems used for playing football:

The complexity of training undertaken by a footballer means that they not only utilize their aerobic system, but their anaerobic system during a game too.

Aerobic exercise is when the oxygen you breathe is carried to your muscles via your lungs,

and heart - to give them the energy they need to perform the activity. Aerobic exercise is therefore associated with lower intensity activity. However, when the activity is performed at high intensities, the anaerobic system becomes the predominant energy system. This is because your anaerobic system can produce energy much more rapidly.

One cannot perform exercise anaerobically for long periods of time with energy resources becoming depleted quickly. So, your body works aerobically to replenish the oxygen debt built up during the intense periods.

Football players tend to perform a mix of high intensity - like sprinting - and low intensity - like jogging - exercises during a match:

- ☐ 25% of time is spent walking
- ☐ 37% of time is spent jogging
- ☐ 20% of time is spent performing high intensity running • 11% of time is spent sprinting
- ☐ 7% of time is spent running backwards

Footballers follow specific strength and power training programmes in order to enhance their performance on the pitch. The actions performed in football are a result of multi-joint, multi muscle movements, with muscles coordinating with each other to produce efficient movement, multi-directional forces and a stable structure to produce them movements. Therefore, football strength programmes will be designed around these movements.

This is because a footballer's entire body needs to be engaged during a match. Strength is required to defend, tackle, sprint, jump up and, of course, strike the ball, while also reducing the risk of injury.

The muscles used during a game include:

- ❖ Upper body - From throw-ins to running and jumping, strong upper body muscles and joints will give you a competitive edge.

- Core stability - Your core stability is needed to maintain good postures when performing movements like making quick turns and protecting the ball by holding your opponent off.
- Lower body - An obvious one, but footballers build up strength throughout different muscles in the lower body - from the ankle to the glutes - allowing them to kick, sprint, balance and much more.

IMPORTANCE OF DIET ON ATHLETES

Nutrition is important for an athlete because it provides energy required to perform the activity. The food they take leaves an impact on strength, training, performance and recovery. Not only the type of food is important for sport nutrition but also the time is equally important for what they eat throughout the day. Athletes who exercise strenuously for more than 60 to 90 minutes every day may need to increase the amount of energy they get from carbohydrates to between 65 and 70 per cent.

More recent advice also provides guidelines for carbohydrate and protein based on grams per kilogram (g/kg) of body weight. The current recommendations for fat intake are for most athletes to follow similar recommendations to those given for the general community, with the preference for fats coming from olive oils, nuts, avocado, nuts and seeds. Athletes should also aim to minimize intake of high-fat foods such as biscuits, cakes, pastries, chips and fried foods.

Current recommendations for carbohydrate requirements vary depending on the duration, frequency and intensity of exercise. Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the athlete's diet. More refined carbohydrate foods (such as white bread, jams and lollies) are useful to boost the total intake of carbohydrate, particularly for very active people.

Protein and sporting performance

Protein is an important part of a training diet and plays a key role in post-exercise recovery and repair. Protein needs are generally met by following a high-carbohydrate diet, because many foods, especially cereal-based foods, are a combination of carbohydrate and protein.

The amount of protein recommended for sporting people is only slightly higher than that recommended for the general public.

Water and sporting performance

Dehydration can impair athletic performance and, in extreme cases, may lead to collapse and even death. Drinking plenty of fluids before, during and after exercise is very important. Don't wait until you are thirsty. Fluid intake is particularly important for events lasting more than 60 minutes, of high intensity or in warm conditions.

Dietary tips for sport or competition day

-Aiming for a diet rich in carbohydrates, moderate in proteins and low in fats.

- Eating a meal two to four hours before the event. It must be rich in carbs and protein.

- If a meal is not possible, a snack two hours before the game is prescribed.

- Not to anything one hour prior to the competition as it will affect your performance. It gives you time to digest your previous meal.

ASSESSMENT

S No	Name	Age	Height (cm)	Weight (cm)	BMI
1	Ajith	23	145	40	**19.02**
2	Raghav	24	155	52	**21.64**
3	Biju	18	159	57	**22.55**
4	Vijendranath	17	172	64	**21.63**
5	Vinu Kuttan	21	176	72	**23.24**
6	Favas abdul	27	185	87	**25.42**
7	Prashanth	32	150.1	48	**21.30**
8	Vachaspathi	30	175	68	**22.20**
9	Pinto raynier	27	182	83	**25.06**
10	Pavithran	28	177	73	**23.30**
11	Shijohn	20	168	58.4	**20.69**
12	Srinath	19	157.2	49	**19.83**
13	Aashish	14	152	41.5	**17.96**
14	Venugopal	22	145.5	43	**20.31**
15	Anoop	25	172	68.4	**23.12**

S No	Name	Age	Weight (cm)	Tricep (mm)	Thigh (mm)	Suprailiac (mm)	Abdominal (mm)	FAT %
1	Ajith	23	40	10	15	20	25	**16**
2	Raghav	24	52	7	10	7	22	**10**
3	Biju	18	57	11	15	19	20	**14**
4	Vijendranath	17	64	13	20	23	25	**17**
5	Vinu Kuttan	21	72	7	16	18	12	**12**
6	Favas abdul	27	87	6	12	15	10	**10**
7	Prashanth	32	48	7	14	10	6	**9**
8	Vachaspathi	30	68	5	11	9	7	**8**
9	Pinto raynier	27	83	10	15	13	15	**13**

S No	Name	Age	Weight (cm)	Tricep (mm)	Thigh (mm)	Suprailiac (mm)	Abdominal (mm)	FAT %
10	Pavithran	28	73	13	17	23	14	**16**
11	Shijohn	20	58.4	12	15	19	13	**13**
12	Srinath	19	49	9	10	18	12	**10**
13	Aashish	14	41.5	7	8	10	14	**7**
14	Venugopal	22	43	10	18	11	15	**12**
15	Anoop	25	68.4	15	20	14	17	**15**

SUMMARY & RECOMMENDATION:

By measuring the various aspects of body composition and through the 24 hours recall method of the football players from the said village, we came to a conclusion that they were taking a meal rich in cereals and meat, especially fish and beef. We also found that they sleep less number of hours (5-6 hours).

On the body composition analysis part, we found that they were all ectomorphs with athletic fat percentage (7% - 18%) and good percentage of lean mass or fat free mass.

As a team of Exercise physiology and nutrition students, we gave them above discussed recommendations to improve the overall performance of their sports.

We suggested them to include aerobic training along with their regular practices and strength training as it helps to recover between plays and sustain your performance for the length of a game. We also suggested planning their off season to retest their maximal level at the conclusion of a training cycle to measure the progress.We emphasized the importance of sleep for at least

7-8 hours or even more depending upon the individual body need as it repairs and replishnes the tissues and eventually helps for the better performance.

On the nutrition point of view, we insisted on proper hydration along with consumption of fiber even upto 35 grams per day as they were majorly lacking in it. We suggested taking dietary fiber in the form of roots, tubers, certain fruits and vegetables and pulses & legumes.

We suggested them to eat a balanced meal for optimal health and performance. We also emphasized on intake of micro nutrients like calcium, iron, zinc, selenium, magnesium and Vitamins D & K through various fruits and vegetables.

CONCLUSION:

Diet and proper training are of great importance to common people and as well as players. Players must fuel their bodies with the appropriate nutritional foods and involve in the right type of exercises to excel in the sports performance. This village placement program facilitated us to educate the importance of diet, exercise and healthy lifestyle among the villagers and the football players.

Certificate

Name: R. RAMATHILAGAM. Class: Msc yoga therapy

Roll No: DE170101119007. Exam No:

Institution Tamil Nadu physical Education and Sports University.

This is certified to be the bonafide work of the student in the _____ *Laboratory during the academic year 2020/2021.*

No of practicals certified _____ *out of* _____ *in the subject of* _____

.....

Teacher In-charge

....

Examiner's Signature *Principal*

Date: ..... *Institution Rubber Stamp*

(N.B: The candidate is expected to retain his/her journal till he/she passes in the subject.)

இரண்டாம் கட்டளை ~~ஊராட்சி~~ கிராமம் மன்றம்

பல்லாவரம் தாலுகா

காஞ்சிபுரம் மாவட்டம் - 600 122

கிராம நிர்வாக அலுவலர் நாள்: 06-04-2018

CERTIFICATE

This is to certify that Mrs. R. Ramathilagam of Ms. Yoga Therophy 1st year from TNPESU Participated in the village placement programme related to Yoga at Sai Samrpanam Hall Pesisil Garden, Irandam Kattalai, Kanchipuram District, Tamilnadu, Pallavaram Taluk from 26th March 31st March 2018. She taught yoga and Meditation for people of Irandamkattalai Village.

G. Akilash 6/4/18

கிராம நிர்வாக அலுவலர்
11. தண்டலம் கிராமம்
12. தரப்பாக்கம் கிராமம்
13. இரண்டாம்கட்டளை கிராமம்
பல்லாவரம் வட்டம்

Date _____

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Village placement programme.

SHANTI MANTRA.

OM Saha nav avatu.

Saha nau bhunaktu.

Saha viryam karavavahai.

Tejasvi nav adhitam astu.

ma Vidvisavahai.

OM Santih Santih Santih!!

Teacher's Signature : _____

Date .....

Expt. No. .....

Village placement Programme.

1st day (26.02.2022)

In partial fulfilment of my Msc yoga Therapy at INPESU Chennai, R. Ramesthilyam, have duly Conducted the village placement programme at. Tenkelam grama panchayath kovur. from 26th to 31th March 2022.

The programme was attended by about Ten Members inclusive of both ladies and children of the Community.

It was brief introduction of yoga by myself. The attendent members were shown the introductory loosening Exercise. The following were the asans demonstrated on the first day.

Teacher's Signature : _____

Date .....

Expt. No. .....

Page No. 4

1 Mandukasana.
2 Matsyasana.
3 Dhanurasana.
4 Salabhasana.
5 Vajrasana.
6 padamasana.
7 Bhastrika - breathing exercise and finally 4-5 minutes meditation.

Teacher's Signature : _____

Date .....

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2nd Day. (27-03-2018)

The Second day of the programme began with loosening exercises. Next, we all joined in prayer. Immediately after the prayer. The members were told to carry out the previous days asanas. I also made sure that doubts asanas. I also made sure that doubts were cleared by checking out them. demonstrated asanas.

Next, a brief theory class on Ashtanga yoga - niyamas - niyamas. followed the following asanas were introduced.

1. DHYANA VEERASANA.
2. SIMHAGARJANASANA.
3. SHASHANKASANA.
4. TADASANA
5. TRIKONASANA.

Teacher's Signature : _____

Date .....

Expt. No. ..... Page No. 6

3rd day, (28.03.2022)

The day began with the loosening exercise. Then the group joined in prayer. The prayer was followed by the practice of the previous days postures. Once the revision session was over, the following asanas were introduced and demonstrated.

1. DWIKONASANA
2. Yoga Mudra.
3. Matsyasana.
4. Shalabhasana.
5. DHANURASANA

I had also introduced Linga Mudra, Asth: Mudra. Anulom vilom.

Teacher's Signature : _____

Date .....

Expt. No. ..... Page No. 7

4th DAY. (29.03.2018)

We started the day with loosening exercises and prayer.

The participants demonstrated the previously taught postures (asanas) few corrections were made to certain participants. On this day I introduced the Surya Namaskar and explained its benefits to the participants. In addition to this, the following asanas were explained and duly demonstrated till the participants were thoroughly with postures.

1. Paschimothanasana.
2. Supthu Vajrasana.
3. Kapalbathi.
4. Adhosar.
5. Vyai
6. Anulom vilom.

The 4th day ended with 4-5 minutes meditation and prayer.

Teacher's Signature : _____

Date .....

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5th DAY (30.03.2021)

We Started the day with loosening exercises and prayer.

1 Pawanmuktasana (anti rheumatic Group)
Groop Naman
Groop Chakrel
Groop Ghoornam.
Jaun Naman.
poorna Titali asana.

2 Pawan Muktasana (digestive / abdominal Group).

1 Pedal chakrasana.
pedal Sanchalanasana.
Supta pawanmuktasana.
Jhulana Lurhakasana (rocking and rolling)
Nauka sana.

3 Pawanmuktasana (Energy block postures).

Raju kakshasana.
Chakki Chalanasana.
Nauka Sanchalanasana.
Kashtha Takshasana.
Kanda Chalasana.

Teacher's Signature : _____

Date .....

Expt. No. .....

6th DAY. (31.03.2022)

The Sixth day was mostly dedicated to Remembrance Exercises.

Soon after the participants finished with the loosening exercises the previously taught asanas were redone so as to check their proficiency.

There was an interactive session with the participants for about half an hours.

The programme was Success. The Community members Corporated wholeheartedly. It was made a part of the Programme.

I plan a follow up programme Sometimes after the holiday.

Teacher's Signature : _____

Date .....

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PRAYER.

Om! Asatoma Sadgamaya.
Tamasoma Jyotirgamaya.
Mrityorma Amritamgamaya.
Om Shanti, Shanti, Shanti.

Teacher's Signature : _____

Day
Date

VILLAGE PLACEMENT PROGRAM

Am 100
Pm 99

SEHEDULE

1st Day 25-3 Cleaning at [kandigai and Melakotaiyar]

2nd Day 26-3 Awaleness at [Police quarter, kandigai, Melakotaiyar]

3rd Day 27-3 Conducting the game [Anbagam in Mambakkam]

4th Day 28-3 Create the Cricket pitch and volley ball court [Melakotaiyar near police quarters]

5th Day 29-3 Cleaning Process in [Vandaloor Zoological park]

1st Day

The 1st Year B.P.Ed Gather for the Village Placement Progam.
For cleaning kandigai and Melakottaiyur.

Over student's cleaning the Public ground in kandigai.

In
Melakottaiyur
Church
ground.

2nd Day

Over student's reading for the rally to awareness about

- Importance of voting
- Importance of sports
- Health
- Cleanliness

In police quarters, Kandagai, Melakottaiyur.

kandagai bus stop

Melakottaiyur main road

Anbuyum 3rd Day

We are conducting a miner game's for home peoples like 10 metre race, breaking ballon, & lucky corner ex.

we provide a snacks and medal's for winner's.

The home incharge giving a beautiful speach for our student's.

The Anbagam principal giving the medals for the winner's

End of the Day

4th May

we are going to read in a Cricket pitch and volley court in Melakottaiyur public ground near police quarters.

5th May

Vandalur Zoo

Cleaning process at Arignar annar Zoological park, Vandalur.

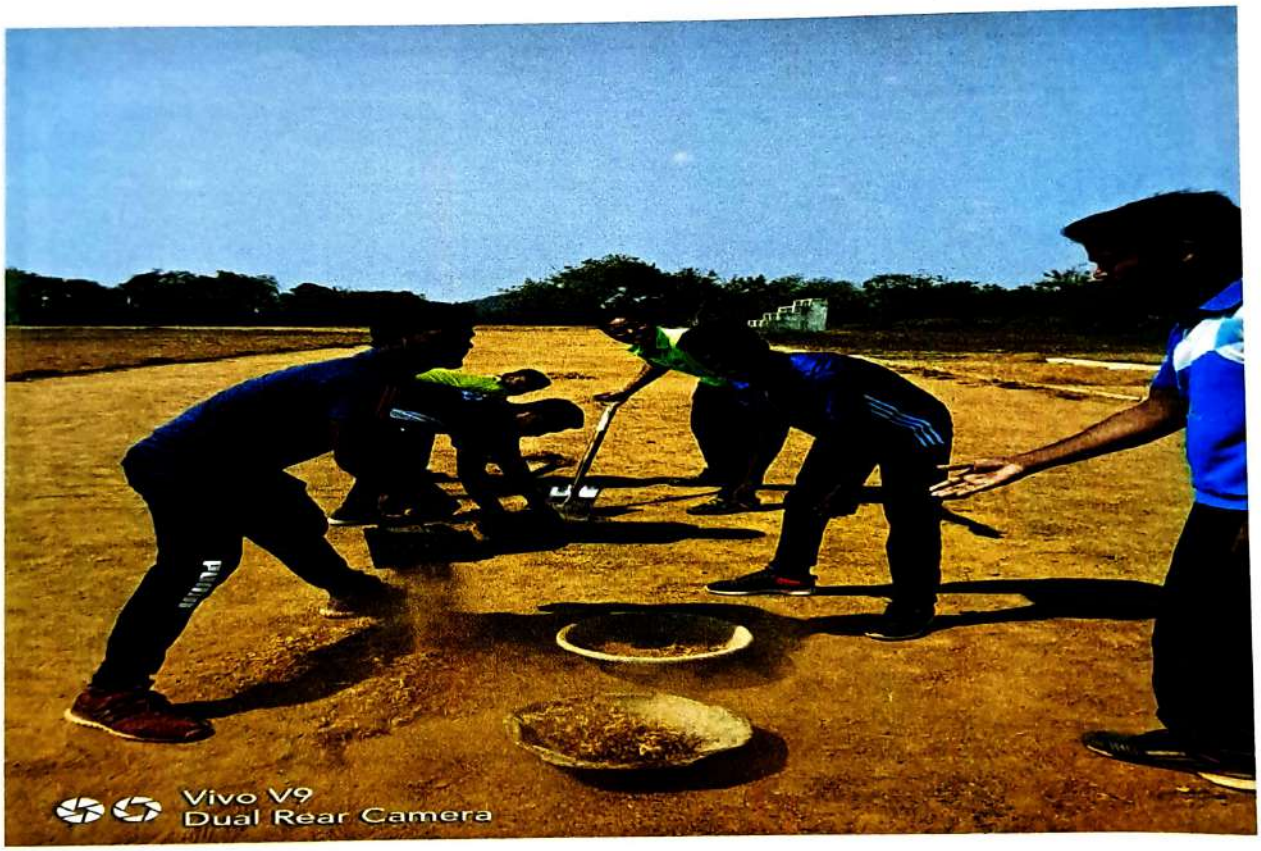
தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

Accredited with "B++" Grade by NAAC

India's First State University in Physical Education and Sports

VILLAGE PLACEMENT PROGRAMME



DEPARTMENT OF PHYSICAL EDUCATION

M. Phil (2018-2019)

Report on Village placement Programme from 13-03-209 to 17-03-2019

MUTHAN DEENAN

M.Phil in Physical Education

Register No : 20185103002

Team Members

20185103001	• MOHMMAD CHOTEMIYA
20185103002	• MUTHAN DEENAN
20185103003	• DINESH BABU C
20185103004	• KEERTHANA.V
20185103005	• SAMBATH KUMAR.R
20185103006	• SENTHIL MUTHUPANDI.S

INTODUCTION

The course is known as "Village Placement Programme". It is a field based ourse conducted in a village for a period of 5 days at the beginning of the Second emester for all the programmes. Each student, at the end of the course will be valuated for 50 marks.

DAY-1 (13-03-2019)

Day-1 we went to Kadigai Government School and Clean all the School surroundings and along with Volleyball Court Separately.

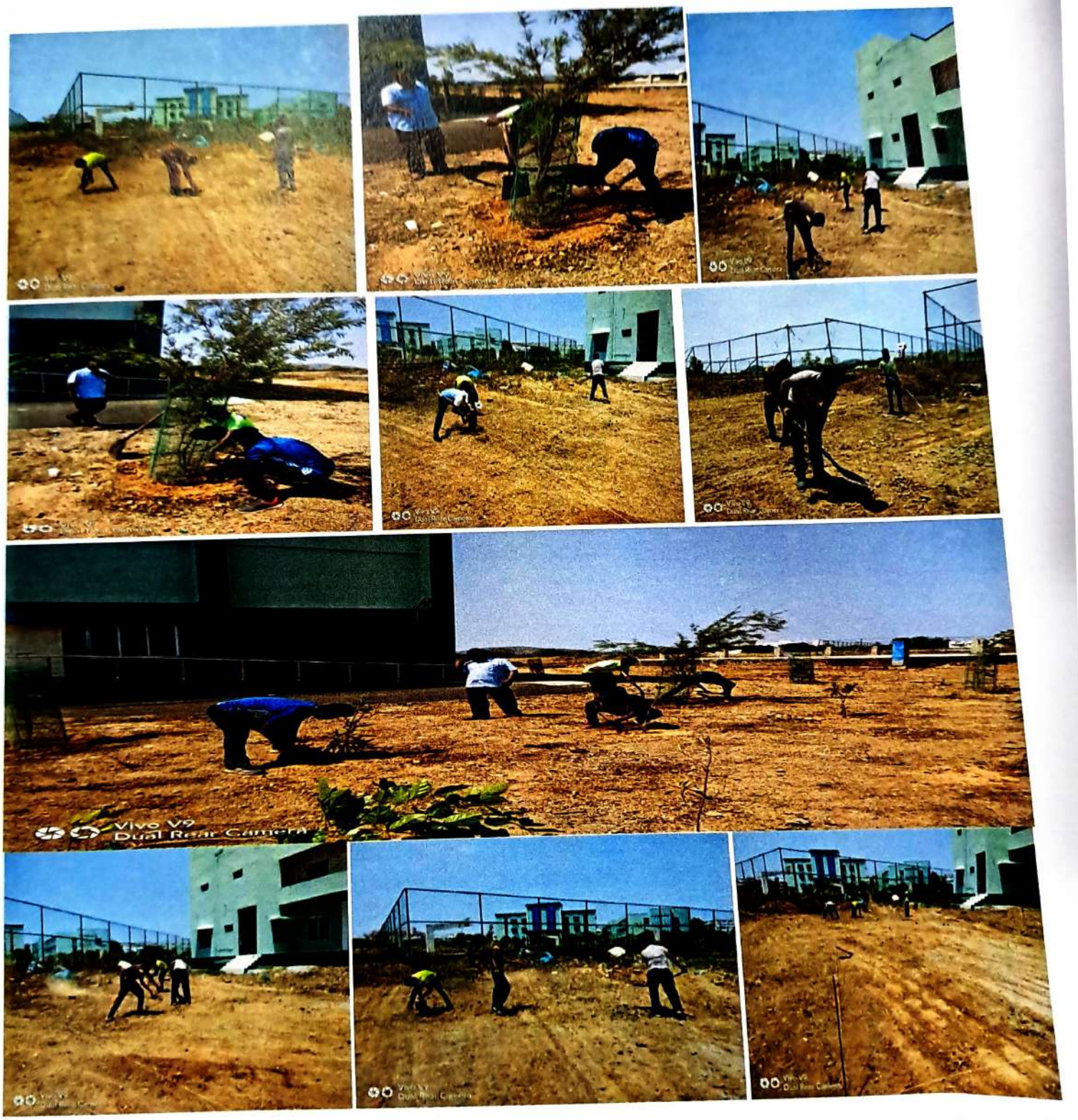
DAY-2(14-03-2019)

Day-2 we cleaned Indore Stadium surroundings of Tamil Nadu Physical Education Sports University and watering the plants.

DAY-3(15-03-2019)

Day-3 we cleaned 400M Athletic Track of Tamil Nadu Physical Education Sports University.

DAY-4(16-03-2019)



Day-4 we prepared field for Green house purpose at Tamil Nadu Physical Education Sports University backside of Gym and watering the plants.

DAY-5(17-03-2019)

Day-5 we prepared for Green house at Tamil Nadu Physical Education Sports University backside of Gym and watering the plants.

Certificate

Name: K. YUVARANI Class: M Sc (Yoga) I year

Roll No: Exam No: 20195206003

Institution TNPESU

This is certified to be the bonafide work of the student in the VILLAGE PLACEMENT PROGRAM *Laboratory during the academic year 2019 / 2020.*

No. of practicals certified _____ *out of* _____ *in the subject of* _____

.....
Teacher In-charge

.....
Examiner's Signature

....
Principal

Date: .....

Institution Rubber Stamp

(N.B: The candidate is expected to retain his/her journal till he/she passes in the subject.)

நெடுங்குன்றம் முதல்நிலை ஊராட்சி மன்றம்

காட்டாங்கொளத்தூர் ஊராட்சி ஒன்றியம் காஞ்சிபுரம் மாவட்டம்
பஜனைக் கோயில் தெரு, நெ . 9 நெடுங்குன்றம்,
(கொளப்பாக்கம் அஞ்சல்) சென்னை - 600 127.

CERTIFICATE

I, certify that **Miss. K. UVARANI ABINAYA** M.Sc., (Yoga) Student from Tamilnadu Physical Education and Sports University organized and conducted Yoga Camp at Sri Sadhananda Mutt in our village as part of the Village Placement Programme from 21-10-2019 to 25-10-2019 and taught Yoga Practices to our villagers and also organized Yoga Therapy, Nature Cure Camp, Touch Therapy, Yoga Nidra and Sound Therapy Acupressure and Acupuncture Medical Camps, Special Yoga and Health awareness specific for Men and Women, Yoga Practices for School Students, Yoga competition and Prize distribution. I certify that this programme was very useful for the villagers.

இடம் / Place : சென்னை/Chennai
தேதி / Date : 5/11/19

தனி அலுவலர்
நெடுங்குன்றம் முதல்நிலை ஊராட்சி மன்றம்

5/11/19 5.11.19

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Date _____

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Acknowledgement

It is my immense pleasure to express deep sense of gratitude to Dr. S. Selvalakshmi, HOD (i/c), Department of Yoga, TNPESU Chennai for ger guidance & advice.

It express my special thanks to all the M.Phil Scholars for organizing and conducting the programme in an effient manner.

I thank the special offer, Sadananda puram village, Chennai for giving full support to arrange the programme, and thank to all Sadanandha Swamigal Seva Trust for graciously inviting us to conduct the Village placement programme at the serene, peaceful environment of Sadanandha Swami Ashram.

I thank my family and my for their encouragement love and support.

Teacher's Signature _____

Date _____

Expt. No. _____ Page No. _____

INTRODUCTION

The purpose of life is to use the mind, body and speech to help others. Research indicates that those who serve others experience less stress, enjoy higher level of mental health, feel more grateful for what they have and less invested in the rate that causes stress for so many of us.

In essence of, yoga is a practice of service to humanity. Yoga is a tool of transformation, with that transformed self, one can showup for others and be of service.

The village placement programme (VPP), conceptualized and supported by the Tamilnadu Physical Education & sports university has as its motto to strive for rural development through service activities such as creating health awarness, conducting alternative medicine camps and promoting yogic practices and lifestyle for a holistic living. They provides a platform of yogic practices.

The need for such awarness among villages is great. Whenever we give service to ameliorate the village, the entire nation can be developed. "According to Mahatma Gandhiji" India lives in villages and the village propogation of yogic practices and lifestyle among people and students from us is a

Teacher's Signature _____

Date _____

Expt. No. _____ Page No. _____

Kind of service as activism, because yoga includes the pursuit of inner peace. Thus, this programme shows the seeds for the growth of holistic mental and physical culture of the present and future generation.

Purpose of the Programme:

It is to introduce simple yogic practices to men, women and children of the village. Thos participants who suffer from ailments were taught yogic practices to ameliorate their condition. Futhermore to offer quick, relief from diseases alternative medicinal camps were also conducted. As the future of our society children are the building blocks of a healthy and vibrant nation and the programme gave considerable time and flows towards them.

Selection of Village and about the Panchayat:

Sadanandhapuram village is 3.3Km away from Tambaram, chennai. Special officer who gave permission as well as his support to the programme. Transportation facilities are available for easy approach.

The village people, especially women and children were very keen and interested to learn and practice yoga. Hence if was an ideal location for conducting this programme.

Teacher's Signature _____

Date _____

Expt. No. _____ Page No. _____

Permission to conduct the program was sought from the special officer of the village and from the authorities of the Sadanandhapuram Ashram where the programme was held.

Finally banners announcing the various activities of our programme were setup at key locations in the Sadanandhapuram village. On the day of inauguration, we are distributed the pamphlets in the surrounding localities for inviting our programme.

Teacher's Signature _____

Date _____

Expt. No. _____ Page No. _____

VILLAGE PLACEMENT PROGRAM

FIRST DAY [21.10.2019]

Inaguration of the Yoga Programme

The programme was inagurated on 21.10.2019 with welcome speech and encouragement of Dr. S. Selvalakshmi, HOD[I/C), department of Yoga.

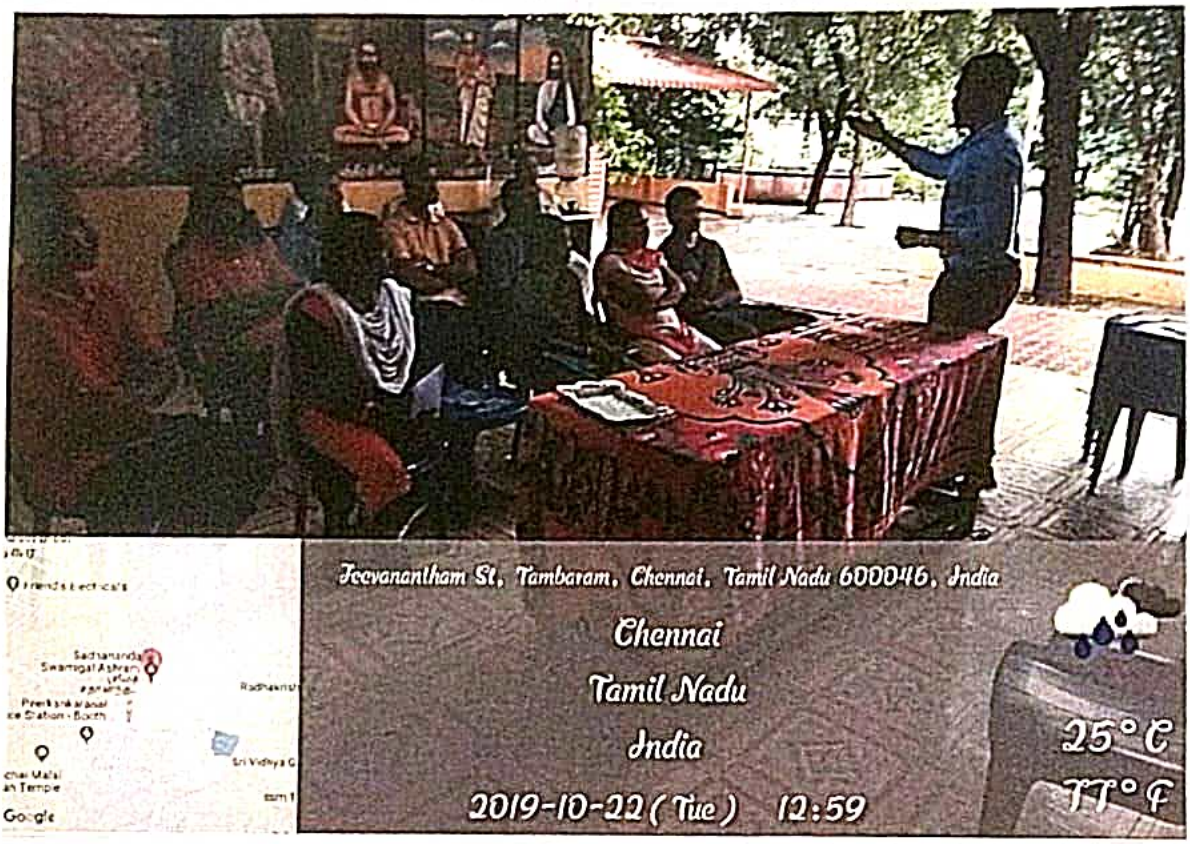
Introduction of Yoga

A brief introduction of the value of Yoga in everyday life and the benefits of its daily practice were explained to the assembled group. It was explained that "The yoga practice is the cleaning process that helps in throwing all the accumulated impurities from our body and mind. Which is not only cure a patient but also provides resistance to a healthy person against disease. Thus, Yoga which is both curative and preventure is useful for the sick and the healthy"

A brief introduction to yogic practices and their benefits were given. This interest and enthusiasm by the people was overwhelming.

Part of the group went to near by government school and selected the students who were interested in yoga to learn for the entire 5 days programme.

Teacher's Signature _____


Jeevanantham St, Tambaram, Chennai, Tamil Nadu 600046, India
Chennai
Tamil Nadu
India
2019-10-22 (Tue) 12:59
25° C
77° F
Google

Date _____

Expt. No. _____ Page No. _____

After 3:30 Vivekanda Vidyala Students were ready for yoga practices. ~~to~~ Our group were handled them. Intially we give practice to mantra chanting and after gave them the loosening exercise. people gave positive feedback and confirmed our engagement with the programme.

Teacher's Signature _____


Kovanantham St, Tambaram, Chennai, Tamil Nadu 600046, India
Chennai
Tamil Nadu
India
2019-10-22 (Tue) 10:23
25°C
77°F

Date _____

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Second Day [22.10.2019]

Yoga Nidra and Sound Therapy Session.

The session was held from 10 am to 12 pm. people started assembling from 10 am onwards.

Mr. Pazhanisami was taken the Yoga nidra and Sound therapy session. First he start with Suryanamaskar series and also he explained the benefits of Suryanamaskar to people who were attended there.

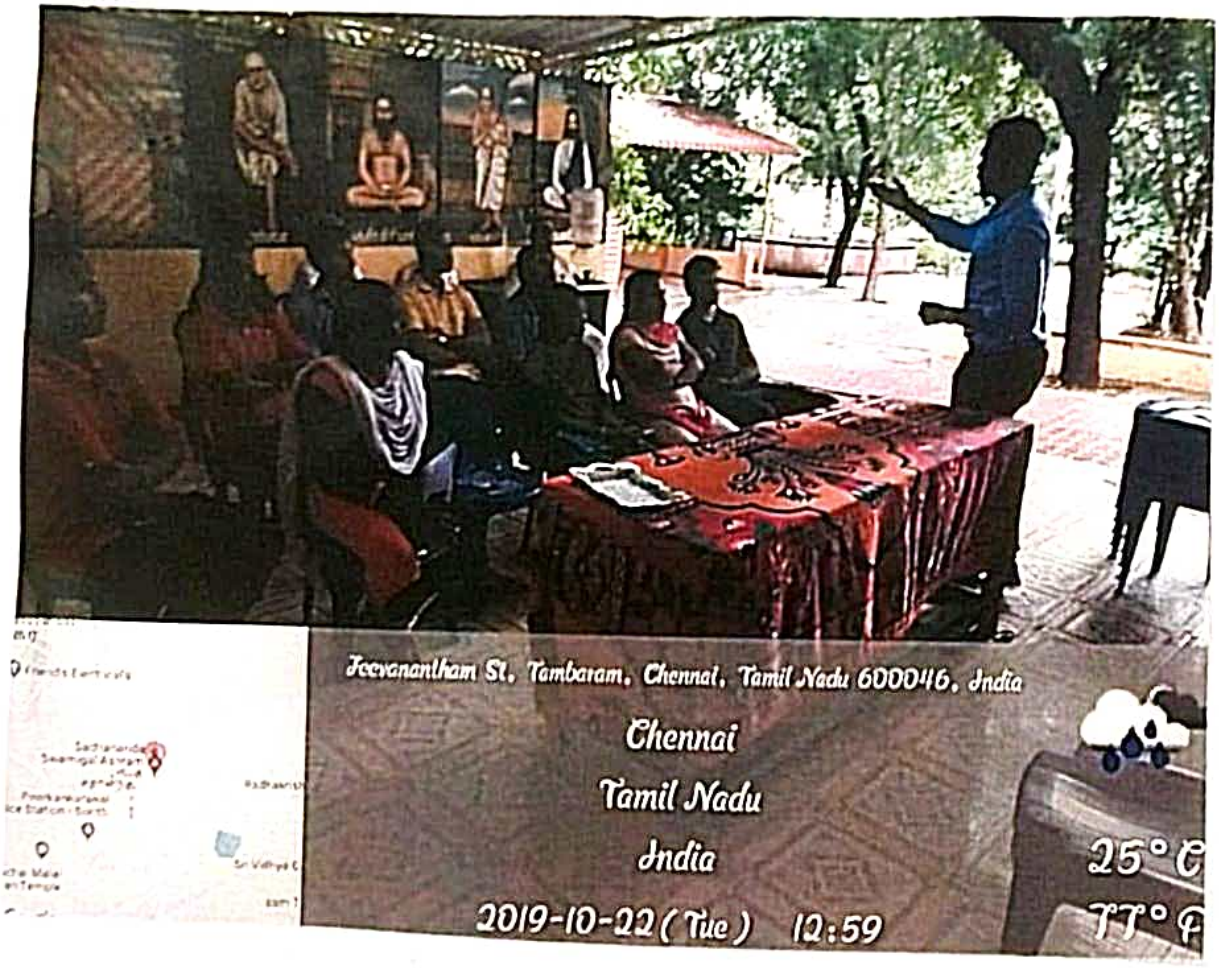
He also taken the sound therapy combined with the deep rest of Yoga Nidra. He used singing bowls. The healing instrument like singing bowls helps quickly shift the brain waves into a duper wave meditative state.

Yoga Nidra means Yogic slup, a state of conscious deep slup for extreme relaxation and subtler spiritual expobration. A regular yoga nidra and sound healing, reduce stress, boost the immune system and promote healing on the cellular level.

The benefits of this healing experience which are enjoyed by the people are

- Releases stuck energy from energetic body.
- Opens, clears, balances and aligns chakras
- Reduces mental and physical stress.
- Releases negative patterns and thoughts.

Teacher's Signature _____


Jeevanantham St, Tambaram, Chennai, Tamil Nadu 600046, India
Chennai
Tamil Nadu
India
2019-10-22 (Tue) 12:59
25°C
77°F

Date

Expt. No. Page No.

Body, mind and soul.

This session was taken by Mr Prassona Arjun about Body, mind and how to arise our soul. This session was very much helpful for the village people. He explained those things like "The body is the only house that we are truly own, and even then it is something of a rental". It is vitally important that we care for this house in the same manner that we attend to the non-necessary of our daily life. Rather than let the body sit around and get flabby, or fill it with poisons. or divine it necessity to mercilessly away from rest, take the time to in this fragile vessel that provides us with a tangible vechile to do the work of mind soul and spirit.

Yoga programme for the day

Afternoon session we went to two schools: Government Middle School and Vivekananda Vidyalaya we teach those kids. The loosening exercise and Suryanamaskar were taught. The students performed the exercises and we monitered their performance for accuracy and intervened of the pose required any adjustment.

Such session on loosening exercise were conducted on groups as well as for individual.

Teacher's Signature


Chennai
Tamil Nadu
India
2019-10-23 (Wed) 10:43
30° C
86° F


Chennai
Tamil Nadu
India
2019-10-23 (Wed) 11:22
31° C
88° F

Date _____

Expt. No. _____ Page No. _____

Third Day [23.10.2019]

Yoga programme of the day.

People were assembled each day of the programme. Then we arrange yoga for them individually. Those who had medical complaints were attended. Based on their complaints specific asanas were taught to them. Therapy was given to common complaint like as knee pain, neck pain, back pain, head ache, stress BP and so on.

Some of the basic asanas taught in the sessions were as follows.

* Tadasana
* Trikonasana
* Bhujangasana
* Dhanurasana
* Ardha Matsyendrasana
* Pachimattasana

Yoga for students

Based on their enthusiam and capabilites students were taught by both level as well as advanced asanas. Some of the asanas taught to the students were as follows.

* Surya Namaskar
* Vrikshana
* Navasana
* Padahastana
* Ushtrasana
* Salabasana
* Kamdharasana
* Janusirasana

Teacher's Signature _____


Veeranantham St, Tambaram, Chennai, Tamil Nadu 600046, India
Chennai
Tamil Nadu
India
2019-10-28 (Wed) 16:43


Veeranantham St, Tambaram, Chennai, Tamil Nadu 600046, India
Chennai
Tamil Nadu
India
2019-10-23 (Wed) 14:51
31°C
88°F

Date

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Pain Mangment through exercise

This session [3 to 4 pm] was taken by Dr. C. Manoj, Physiotherapist, TNPESU. He explained different sources of pain effective exercise for combating pain to neck, shoulder, back and knee etc. Great appreciation for conducting this camp. Lots of people benefited from the session.

Touch Therapy

This session was taken by [4pm to 5pm] Mrs. Kanthamani. She taught how to get relieve from pain by touch terapy The village people get relief, relieve pain and help them heal faster through touch therapy. The people benefited, some of them are

* Beats depression
* Activates deep relaxation response.
* Balance our emotions
* Balance your energy fields.

Teacher's Signature


Chennai
Tamil Nadu
India
2019-10-24 (Thu) 10:57
28° C
82° F

Expt. No. _____ Page No. _____

Fourth Day [24.10.2019]

Special Exercise for skills and development of childern.

Mrs. Karthiga was taken this session from morning 10am to 11 am. She gave some activities to all of them. All enjoyed the session very well At the same time She explained about the skills and development of childern. She conducted games and distribute some prizes.

Acupunture and Acupressure

Treatment were given for disease such as migrane, Asthma and joint aches. And they taught about the origin instruments used for Acupunture and Acupressure.

Yoga for Students.

The benefits and contraindications of surya namaskar was explained to the students. Those are very much interested to practice this.

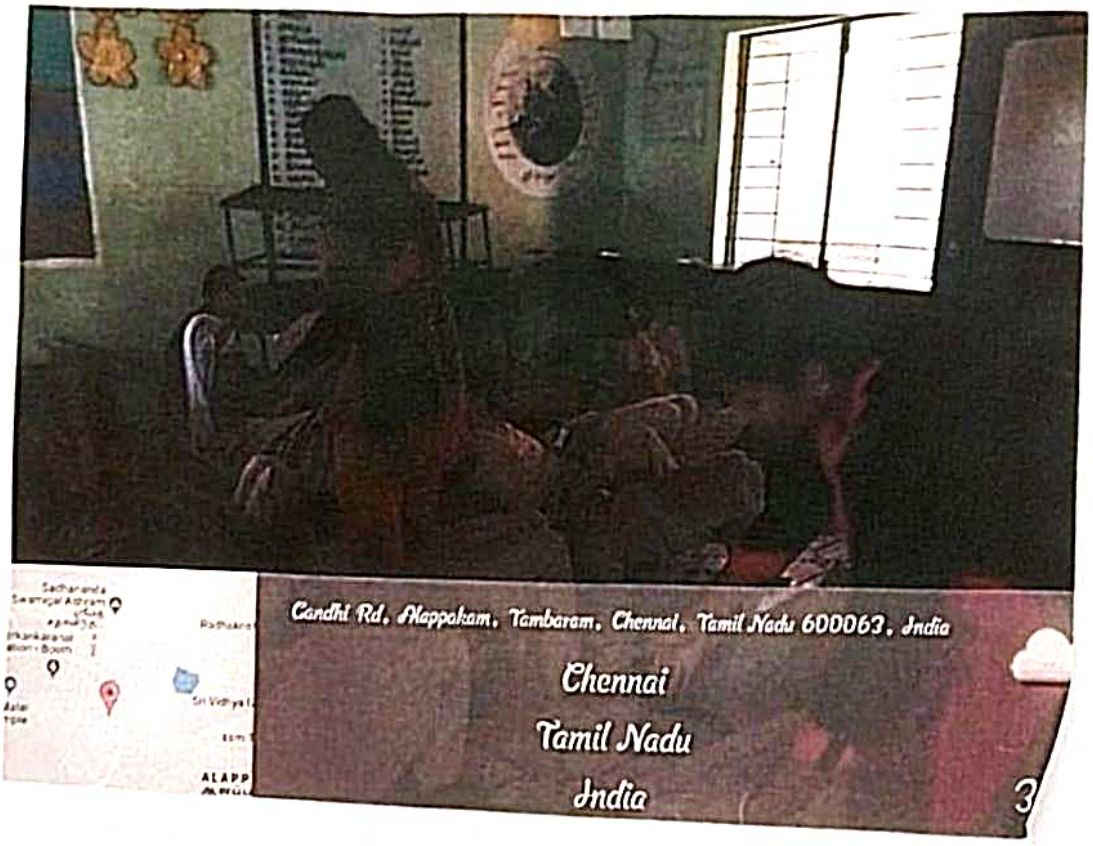
The following were some of the relaxation techniques taught to the Students.

* Sectional Breathing
* Simply Mantra Breathing

The importance and benefits of relaxation were explained

→ Brings down blood pressure
→ Reduces tension in the body & mind

Teacher's Signature _____



Gandhi Rd, Alappakam, Tambaram, Chennai, Tamil Nadu 600063, India

Chennai

Tamil Nadu

India

3

Date _____

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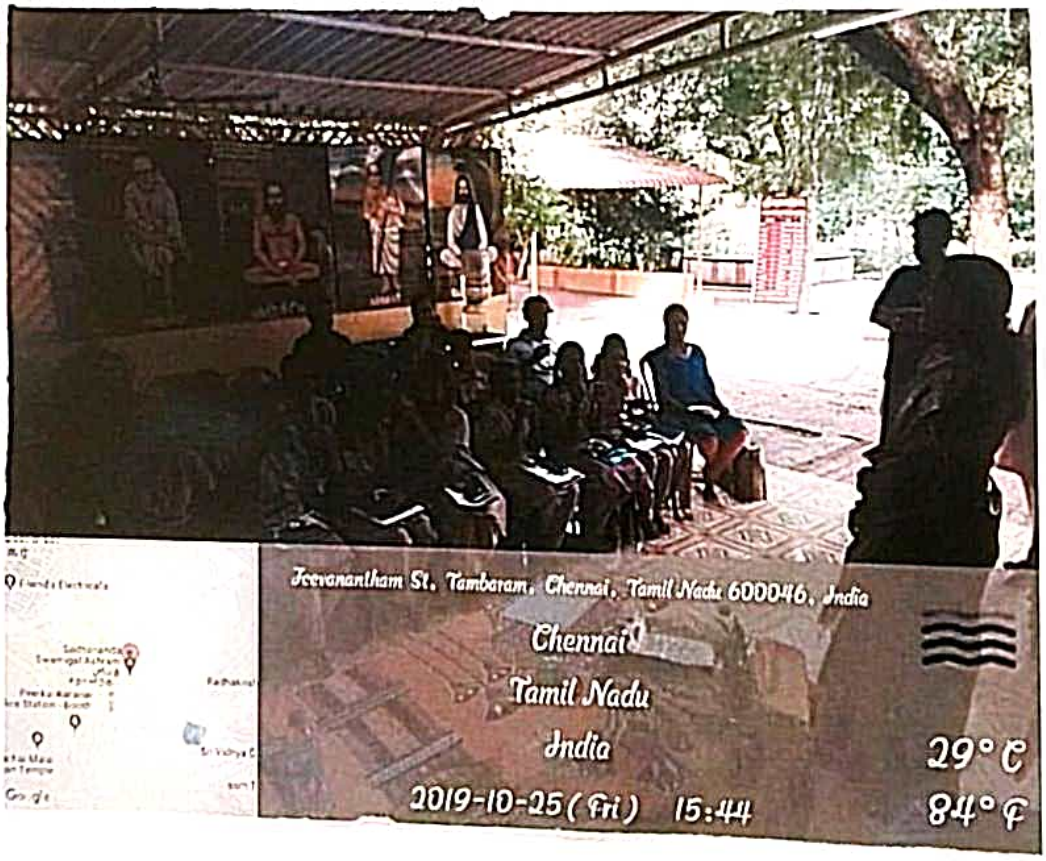
⇒ Brings calmness
⇒ Regulates blood circulation

Teacher's Signature _____


TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF YOGA
VILLAGE PLACEMENT PROGRAMME
VOC St, Sadhanathapuram, Chennai, Tamil Nadu 600046, India
Chennai
Tamil Nadu
India
2019-10-25 (Fri) 15:43
29° C
84° F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Chennai
Tamil Nadu
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2019-10-25 (Fri) 15:44
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Fifth Day [25.10.2019]

Yoga competition at School.

In the 5th day we conducted a yoga competition at Government Middle School. Both boys and girls were performed there After 2 hrs it was finished. In between the competition we were put marks for each and every students.

Finally we get the best performance from the body's group and girls group. we collect the name list of participants and decide to give 1st, 2nd and 3rd prizes with the merit Certificate.

Closing Ceremony

The meeting was started at 4.00 pm Dr. S. Selvalakshmi, HOD (i/c). Dr. Uma Maheswari from TNPESU Mr. Ananth. Sanandhapura Ashram and trust Manager were came first they started with prayer.

Finally we distributed all the prizes for the Students. And also give some money for the trust. The meeting was over at 6.00pm.

Everyone were happy and finally they told to us that they had to conduct camp not only for 5 days but also for seaveral days.

Teacher's Signature _____


DEPARTMENT OF YOGA
VILLAGE PLACEMENT PROGRAMME

10/11/2018

Nedugundram Village Panchayat, Gandhi Road, Perungalathur 600 048

+91 44 27452223,7402606062

Certificate

This is to certify that Ms./Mr./Mrs. **K.J.Sridevi** of **M.Phil Yoga** from Tamil Nadu Physical Education and Sports University, has conducted Village Placement Program at Sadanandapuram village for 5 days from 29/10/2018 to 02/11/2018 as partial fulfillment towards her academic requirement 2018-19 with the permission from the panchayat office, Nedugundram, Perungalathur, Chennai-48. She conducted the yogic practices to the surrounding schools and to the people of the village helping them to know the need of yoga for healthy being. I wish her success in their future endeavors.

ஊராட்சி செயலர்
நெடுங்குன்றம் ஊராட்சி

Special Officer
Nedugundram Panchayat

10/11

Expt. No. _____ Date _____

Page No. _____

My App

Teacher's Signature : _____

Date .....

Expt. No. .....

Page No. 2

ACKNOWLEDGEMENTS

I express my deep sense of gratitude to Dr. S. Selvalakshmi, Assistant professor & Head i/c, Department of yoga, TNPESU for her guidance and support in conducting the VPP program successfully

I express heartfelt thanks to Dr. V. Duraisami Assistant professor, Department of yoga, TNPESU for his support and encouragement

My special thanks to Anand Sir, i/c Sri Sadhananda Ashram, Sadanandapuram for giving us permission to conduct VPP program for 5 days in a very encouraging mode and giving us ideas to drive the program to success

My Special thanks to my husband and my children for supporting me to make the event to a grand success.

I thank one and all who directly or indirectly helped us for uninterruptedly driving this program to a markable event.

Teacher's Signature : _____

Date .....

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Page No. 3 .....

The village placement program (VPP) is the part of the course curriculum at TNPESU with a motto to serve and develop rural areas through service activities such as health camps, conducting yogic practices for wholistic living as well as to overcome the lifestyle disorders. VPP is a platform to share the knowledge and get benefited through the service and experience.

The purpose of the programme is to introduce simple yogic practices to village people of all ages. The participants were also given yoga therapy for ailments like backpain, stress Diabetes along with diet suggestions.

The school children around the Ashram were focused and were given yogic practices to help them increase their concentration and interest towards studies. As the children are the future of nation they should be like building blocks of the nation.

Women, especially homewives are the busiest persons who work for the family members and take upon their stress helping them finish their daily routine successfully. But at the end of the day, women are not easing

Teacher's Signature : _____

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their time for themselves. This programme helped the women to take out time for themselves and pamper their Body and mind through simple yogic Practices which really motivated the women around the ashram.

The Sadananda Ashram was a serene, peaceful place, which helped us increase the aura while conducting the practices.

Eminent Resource persons from all the divisions of alternative medicines were invited and they helped the students as well as the participants with their knowledge to overcome the lifestyle disorders and taught us the way of life through alternative medicinal system which were set by our ancestors to us.

The VIP programme was Combinedly done by M.Phil scholars and M.Sc yoga/yoga therapy first year students under the guidance of Dr. S. Selvalakshmi and Dr. V. Duraisami our faculty members. helping us gain and get expose to the knowledge. This will help us to go long way successfully in our journey called yoga.

Teacher's Signature : _____

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழக யோகா துறை மாணவர்கள் நடத்தும் கிராமப்புற யோகா விழிப்புணர்வு முகாம்.

நேரம் :
காலை 9.00 மணிமுதல்
மாலை 4.00 மணி வரை

இடம் :
சதானந்தபுரம் மடம்
பெருங்களத்தூர்

29.10.2018	**திங்கட்கிழமை** எளிய முறை யோகா பயிற்சிகள் சித்த மருத்துவம் மற்றும் வர்மா
30.10.2018	**செவ்வாய்கிழமை** யோகா சிகிச்சை அனைத்து வியாதிகளுக்கும்
31.10.2018	**புதன்கிழமை** - ஹோமியோபதி சிகிச்சை மற்றும் பிசியோதெரப்பி
01.11.2018	**வியாழக்கிழமை** - மருந்தில்லா இயற்கை மருத்துவம்
02.11.2018	**வெள்ளிக்கிழமை** - இயற்கை மருத்துவ ஆலோசனை, இயற்கை உணவு தயாரிப்பு பயிற்சி, அக்குபிரஷர் மற்றும் அக்குபஞ்சர் சிகிச்சை

சிறப்பு அம்சங்கள் :

* மகளிருக்கான சிறப்பு யோகா மருத்துவ ஆலோசனைகள், பெண் யோகா ஆசிரியைகள் மூலம் பயிற்சி அளிக்கப்படும்

* சர்க்கரை நோய், ரத்த அழுத்தம், அதிக உடல் எடை, சுவாசப் பிரச்சனைகள் போன்ற உடல் சார்ந்த நோய்களுக்கு யோகா பயிற்சிகள் அளிக்கப்படும்.

* குழந்தைகளுக்கு ஞாபகசக்தி, மனக்குவிப்பு திறன், நலவாழ்வு பெற சிறப்பு பயிற்சிகள் கற்பிக்கப்படம்.

* யோகா துறை மாணவர்கள் - கா.ஜா.ஸ்ரீ தேவி, T. உமா சங்கரி, சுதிப்தா சில்4, நாஸியா ஹஸ்லியன். ஆஷிஷ் குமார், அபிலாஷி குமாரி, எஸ். நாகலக்ஷ்மி, சி.துரைசுந்தர், ஜெ. திவாகரன், ஆர். பால சுமிதா, ராஜேஷ் பரமானிக், மௌப்ரமோனிக், ஹசிபுல், ஸ்ரீ ஜீத் கோஷ், ரேணுகா, ராஜேஷ்வரி

முனைவர் செ. செல்வலட்சுமி
முனைவர். வெ. துரைசாமி

Date .....

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Under the guidance of Dr. S. Selvalakshmi Assistant professor & Head i/c, a 5 day VIP Program was proposed by M.Phil, M.Sc Yoga & M.Sc Yoga Therapy students for the academic year 2018-19

Sadanandapuram Village was choosen as the location to conduct the VPP Programme. Permission to conduct the Program was taken by the village panchayat by our respectable Madam. The Program was Scheduled for 5 days from 29-10-2018 to 02-11-2018

Phamplets were designed and printed with the schedule for 5 days and were distributed through house visits around the ashram. paper inserts of the same were sent to the people the day before to look forward people & utilize the Programme

Banners were tied at prime locations in the village to attract the villagers.

Program Schedule was prepared for the 5 days and the resource persons were invited with a special invitation personally and through post.

Teacher's Signature : _____

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

Melakottaiyur (Post), CHENNAI - 600 127.

DEPARTMENT OF YOGA

VILLAGE PLACEMENT PROGRAMME

கிராமப்புற விழிப்புணர்வு இலவச யோகா முகாம்

We Cordially invite you to the Village Placement Programme on Yoga,
from 29th Oct to 2nd Nov 2018
at Sadanandapuram Ashram, Chennai - Tamilnadu.

Organized by

M.Phil. Scholars,
M.Sc Yoga &
M.Sc Yoga Therapy Students

Co - Ordinators

Dr. S. SELVALAKSHMI
Assistant Professor & HOD i/c

Dr. V. DURAISAMI
Assistant Professor

Date .....

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Required items for inauguration and for felicitations were planned and executed very well.

Programme Schedule:

29-10-2018 (Monday)

10 am - 11 am : Inauguration by Head i/c Dr. S. Selvalakshmi

11 am - 12.30 Noon : Yogic practices for women at Ashram
Yoga at schools (Parallel sessions)

1.30 pm - 3 pm : Siddha workshop by Dr. S. Murugesan

3.15 pm - 4.30 pm : Yoga for School children
Yoga & yoga therapy for participants at Ashram

30-10-2018 (Tuesday)

9 am - 10 am : Yogic practices for participants at Ashram

10 am - 11 am : Yoga for women

11 am - 11.20 am : Refreshment

11.20 am - 12.30 Noon : Yoga Therapy Camp

Teacher's Signature : _____

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by S. Satish practitioner from Swyasa Bangalore

1.30 pm - 3 pm : Yoga Therapy by Dr. Rama Krishna

3.15 pm - 4.30 pm : Yoga for School Children one on one case study and therapy for the participants at Ashram

31-10-2018 (wednesday)

9 am - 10 am : Yogic practices for participants at ashram

10 am - 11 am : Yoga for women

11.30 am - 12.30 Noon : Physiotherapy camp by Dr. Shankari Devi

1.30 pm - 3 pm : Homeopathy Camp by Dr. Ranjini

3.15 pm - 4.30 pm : Yoga for Children Case Study

01-11-2018 (Thursday)

9 am - 10 am : Yoga for participants at Ashram

10 am - 11 am : Yoga for women

11.30 am - 12.30 Noon : Acupressure camp by Leo Antony

Teacher's Signature : _____

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1.30 pm - 3pm : Accupressure therapy to the Participants of ashram

3.15 pm - 4.30 pm : yoga for children
yoga for participants at Ashram.

02-11-2018 (Friday)

9 am - 10 am : yoga for participants at Ashram.

10 am - 11 am : yoga for women

11.30 am - 12.30 Noon : pancha karma camp by Dr. Rajagopalan

12.30 - 1.30 Noon : karma yoga at Ashram

4.00 - 5.30 pm : valediction programme

Teacher's Signature : _____

Date .....

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Highlights of Travel (29-10-2018)

* Inauguration by Head i/c, Dept of Yoga Dr. S. Sadhalakshmi

* Yogic practices for the participants at Ashram

* Siddha camp by Dr. S. Murugesan helped the participants and the students to know the herbs around us and their benefits to cure ailments.

* Yogic practices for school children at Vivekanenda School, Government school and at Velammal school were conducted parallely.

* The students were (M.Phil & M.Sc Yoga/Yoga Therapy) given special session by S. Murugesan to acquent knowledge in Siddha Medicine and Case studies were practically dealt to know and have hands on Practice.

Teacher's Signature : _____

Date .....

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Highlights of Day-2 (30-10-2018)

* participants were very enthusiastic in the sessions. The basic yogic practices like pawan muktasana series and simple yogic postures like Tirkonasana, Padahastasana, ardhakati Chakrasana were taught

* Yoga for women was conducted in the ashram where the women were given therapy to their ailments

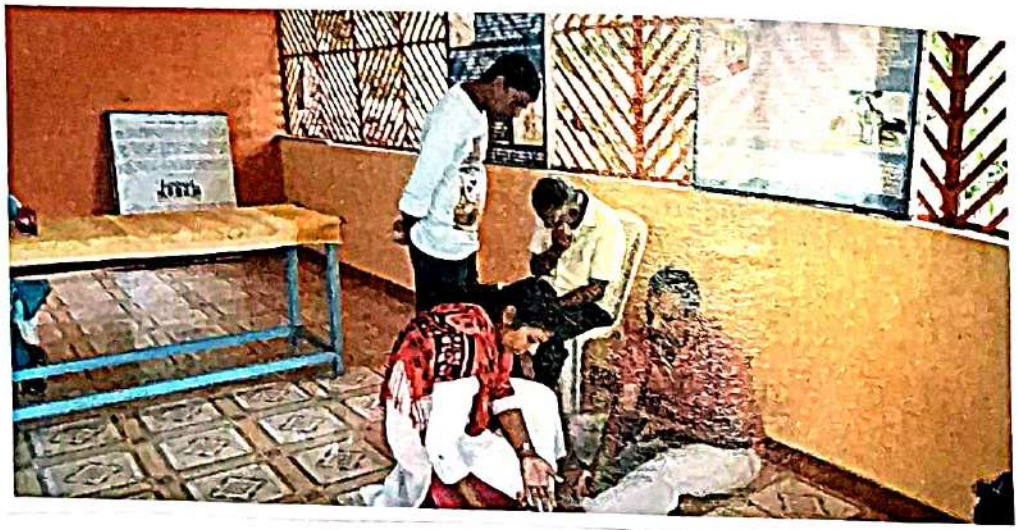
* Yoga for school children at the 3 schools went on very enthusiastically. The children were encouraged for the group practices.

* Common public were benefited with yoga therapy by Mr. Satish. Excellent feedback was given by participants as well as our M.sc yoga Therapy students got hands on experience through the case studies.

* Students were enriched with knowledge of yoga therapy by Dr: Ramakrishna. He shared his experience of case studies.

Teacher's Signature : _____


VILLAGE PLACEMENT PROGRAMME



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Highlights of Day-3 (31-10-2018)

* Yogic practices were given to the participants at Ashram. Breathing techniques (sectional breathing) were taught and requested them to atleast do sectional breathing practices.

* Modified versions of Sarvangasana, Halasana, Sadda Kunasana were taught to the women participants.

* Yoga nidra practice was off great interest shown by the people who have come for treatment.

* Physio therapy was given to our students as well as to the participants from outside

* The workshop on Homeopathy was of great use to our students. Free Homeopathy medicines were given to the then prevailing Dengu fever

* Yoga for children at 3 schools were of fun filling. Children were very happy to come out for yogic practices.

* Case studies were dealt in the evening

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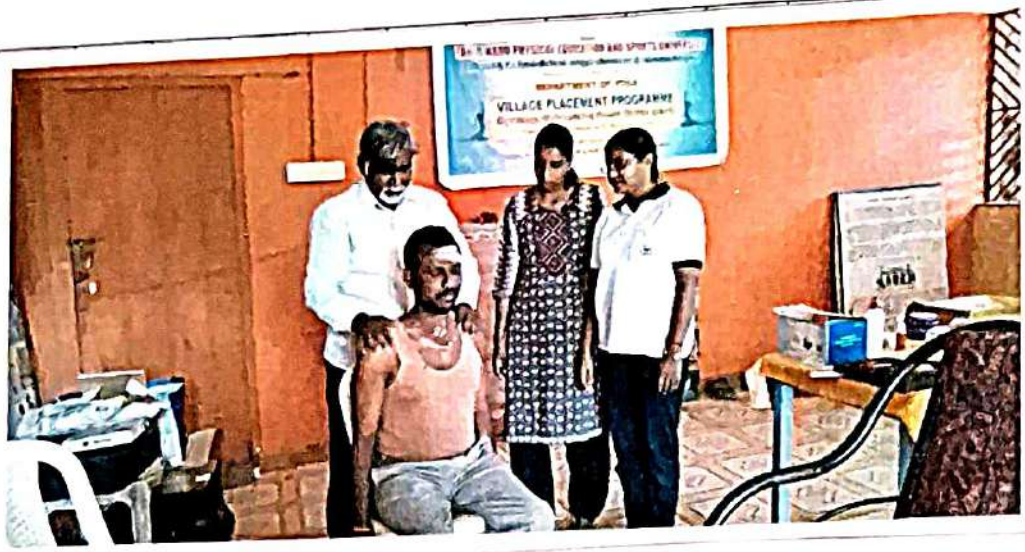
VILLAGE PLACEMENT PROGRAMME


TAMILNADU PHYSICAL EDUCATION
VILLAGE PLACEMENT

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Highlights of Day-4 (01-11-2018)

- The yogic Practices to perform daily were taught to participants at Ashram
- Women were given yogic practices and yoga Nidra. It was of great impact on the stressed women. A positive feedback helped us to understand their opinion.
- Accupressure, Accupuncture camp was of great benefit to a person of 73 age especially, because this was his last attempt to cure his shoulder and hand pain on his right side. He felt great relief and literally shed tears and thanked all of us for this great treatment.
- The camp was so colourful with all the equipment display, charts and live demo. The students queries were handled effectively by the resource person and it was a great opportunity for us to learn from his experience.
- The school children were categorized into three groups and competitions were conducted to encourage the kids participation and prizes were given for first, second

Teacher's Signature : _____

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and third places for all the three groups and for all the three schools along with the certificate of valedictory function.

- The one on one session by the resource person on yoga therapy was helpful for us to learn and also helped the participants help overcome from their emotions.

- The resource person was felicitated and given away a token of love from the team

Teacher's Signature : _____


VILLAGE PLACEMENT PROGRAMME

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Highlights of Day – 5 (02-11-2018)

* Yogic practices for the participants were concluded with the queries answered.

* Women participants were given help in Dietary planning on their healthy being.

* The sessions were concluded at three hours. The Management was happy with our services and look forward such camps in future also.

* The guru pooja was the moment matched with our concluded day. Karma Yoga was extended to the village people who came to attend the pooja and lunch was arranged by ashram management to all the people of the village.

* The valedictory function was done in the evening concluding the five day VPP Programme.

The following eminent persons were the chief guest of the valedictory function

* Dr. S. Selvalakshmi – Head i/c, Dept of Yoga, TNPESU

Teacher's Signature : _____


VILLAGE PLACEMENT PROGRAMME

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Date ----------

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- Dr. V. Duraisami – Asst Professor, Dept of Yoga, TNPESU
- Mr. Anandan – Secretary of Sadananda Ashram
- Thiru Madurai Pandiyanar – Committee member of Sadananda Ashram
- Mrs. Leelavati – Associate and Service Provider of Sadananda Ashram
- Mr. Elamrazhudhi – Ashrams Yoga guru
- Dr. Uma – Guest lecturer (Yoga) TNPESU
- Mrs. Kartike – Guest lecturer, Dept of Yoga TNPESU

The chief guest appreciated and encouraged such programmes in future. Suggestions were given to enhance the program. The over all feedback was positive and encouraged the efforts put by the team towards the success.

The school children were distributed with prize and certificate for the competition conducted at the school.

Teacher's Signature : _____

Registrar
Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.