



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
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India's First State University in Physical Education and Sports

CRITERION – 1

KEY INDICATOR - 1.3

**1.3.2 NUMBER OF CERTIFICATE/ VALUE ADDED COURSES/
DIPLOMA PROGRAMMES OFFERED BY THE INSTITUTIONS AND
ONLINE COURSES OF MOOCS, SWAYAM/E-PG PATHSHALA/
NPTEL AND OTHER RECOGNIZED PLATFORMS WHERE THE
STUDENTS OF THE INSTITUTION HAVE ENROLLED AND
SUCCESSFULLY COMPLETED DURING THE LAST FIVE YEARS –
2023-2018**

S.NO	NAME OF THE COURSES	NO OF COURSES
1.	VALUE ADDED COURSES	28
2.	CERTIFICATE COURSES	13
3.	DIPLOMA COURSES	18
	TOTAL	59

Registrar
Tamilnadu Physical Education
and
Sports University



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Tamil Nadu Physical Education and Sports University
Chennai – 127

Department of Physical Education – Board of Studies

The Meeting of the Board of Studies was held on 13.06.2019 at 11.00 a.m. in the Department of Physical Education of Tamil Nadu Physical Education and Sports University. The following members were present at the meeting.

S.No	Name of the Member
1	Dr.S.Thirumalaikumar, Professor & Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai
2	Dr.S.Manikandan, Professor, Department of Physical Education Tamil Nadu Physical Education and Sports University, Chennai
3	Dr.P.Kumaravelu, Assistant Professor, Department of Physical Education TNPESU
4	Dr.I.Lilly Pushpam, Assistant Professor, Department of Physical Education, TNPESU
5	Dr. R. Subramanian, Prof & Head, Department of Advanced Sports Training and Technology, TNPESU
6	Dr. S. Selvalakshmi, Assistant Professor & Head i/c., Department of Yoga, TNPESU
7	Dr. V. Shelvam, Head, Department of Physical Education, Annamalai University, Chidambaram
8	Dr. George Abraham, Principal, YMCA College of Physical Education, Chennai
9	Dr. P.K. Subramaniam, Prof & Head, Department of Physical Education, Pondicherry University, Puducherry.
10	Dr. P. Johnson, Principal, University College of Physical Education and Sports Sciences, Acharya Nagarjuna University, Guntoor, Andhra Pradesh

Leave of absence was granted to Dr. (Mrs) Grace Helina, Prof & Head,
Department of Exercise Physiology and Biomechanics, TNPESU.



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Minutes of the Board of Studies

To consider and approve the Regulation and Syllabus for the Value Added Certificate to be offered through Department of Physical Education from the Academic Year 2019-2020 as follows:

S.no	Name of the Certificate Courses
1	Certificate Course in Adapted Physical Education and Inclusive Games
2	Certificate Course in Pedagogy of Teaching in Physical Education
3	Certificate Course in Pedagogy of Training in Physical Education
4	Certificate Course in Pedagogy of Testing in Physical Education
5	Certificate Course in Construction, Maintenance and Repair of Play Fields and Sports Equipment
6	Certificate Course in Silambam Fencing
7	Certificate Course in Kalariyattu
8	Certificate Course in Tamil Traditional Games
9	Certificate Course in Anthropometry
10	Certificate Course in Wellness Trainer

Resolved to approve the same. Further it was resolved that the value added Certificate Programme shall be of duration of 35 hours during the holidays consists of both theoretical and practical classes. Classes will be conducted during holidays and free hours without affecting regular classes (Entire Certificate Course's regulation and syllabus for the above said value added courses is appended).



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S.No	Name of the Member	Signature
1	Dr.S.Thirumalaikumar, Professor & Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	
2	Dr.S.Manikandan, Professor, Department of Physical Education Tamil Nadu Physical Education and Sports University, Chennai	13/06/20
3	Dr.P.Kumaravelu, Assistant Professor, Department of Physical Education TNPESU	
4	Dr.I.Lilly Pushpam, Assistant Professor, Department of Physical Education, TNPESU	
5	Dr. R. Subramanian, Prof & Head, Department of Advanced Sports Training and Technology, TNPESU	
6	Dr. S. Selvalakshmi, Assistant Professor & Head i/c., Department of Yoga, TNPESU	13/6/19
7	Dr. V. Shelvam, Head, Department of Physical Education, Annamalai University, Chidambaram	
8	Dr. George Abraham, Principal, YMCA College of Physical Education, Chennai	
9	Dr. P.K. Subramaniam, Prof & Head, Department of Physical Education, Pondicherry University, Puducherry.	
10	Dr. P. Johnson, Principal, University College of Physical Education and Sports Sciences, Acharya Nagarjuna University, Guntoor, Andra Pradesh	



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I.CERTIFICATE COURSE IN ADAPTED PHYSICAL EDUCATION AND INCLUSIVE GAMES

Regulations and Syllabus

(for students admitted from 2019 – 2020 &Onwards)

REGULATIONS

1. Preamble

The Certificate Course in Adapted Physical Education and Inclusive Games is a Value Added programme meant for candidates desirous of learning the concept with hands-on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility for Admission

- Student BPED, MPED of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University
- Minimum qualification must be a pass in recognized undergraduate programme.

4. Course of Study

The value-added Certificate Program shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.



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Theory - 15 hours

Practical – 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Theories and Methods of Adapted Physical Education and Inclusive Games	100
Practical		Adapted Physical Education and Inclusive Games	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.

Syllabus

Theory

THEORIES AND METHODS OF ADAPTED PHYSICAL EDUCATION AND INCLUSIVE GAMES



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UNIT I: Definition and Meaning of Adapted Physical Education and Inclusive Games. Disabling Conditions Benefits of Physical Education for persons with Disabilities: Recreational Sports Opportunities. Competition Opportunities: Special Olympics, Paralympics and Deaflympics.

UNIT II: Classification of Disability: Visual, Auditory, Neuromuscular, Orthopedic-Cardiovascular, Respiratory, Mental, Emotional. Adapted Physical Education Activities - Specific Guidelines for: Visual Impairment, Hearing Impairment, Intellectually Challenged, Orthopedically Handicapped.

UNIT III: Adaptation of Motor Activities – Principles for Adaptation of Motor Activities – Facilities and Equipment for different disabilities. Orientation on Facilities - Types of Equipment- Minimum equipment, Additional Equipment, Evaluation of Equipment. Leisure, Recreation and Sports Facilities for persons with disabilities.

UNIT IV: Adapted Games for Persons with Disability: Rules of Adapted games and Class Management – Adapted Games for the blind: Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted minor games and Track and Field events. Teaching methods to be adapted by the Special Educator in Sports, Recreation and Games. Kinesthetic – one on one teaching, group teaching, circular method of teaching. Unified Sports.

UNIT V: Aim and Objectives of Inclusive Games. Strategies for including students. Steps for modifying and adaptation of the physical education curriculum. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumpkin Fun, Snickers & Hoots, What Do You Like to Eat, Mr. & Mrs. Owl? Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not! Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite.

REFERENCE

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- Chapman, F. M. (1960). Recreation Activities for the Handicapped. New York: The Ronald Press Company.
- Daniel, R. C. (1982). Games Sports and Exercises for the Physically Handicapped. Philadelphia
- Jaimitra.S (1990) Physical Education for the Blind Chennai: Grace Printer,



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Kassar, Susan (1995). Inclusive Games. Human Kinetics Champaign, IL.

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Mary E. Samples (2012) Camarillo, CA 93012, www.venturacountyselpa.com

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Sharma, D. (2006), Adapted Physical Education. New Delhi: Friends Publication.

Sullivan, G. M. (1982), Teaching Physical Activities to Impaired Youth: An Approach to Mainstreaming. USA: Jhon Wilkey and Sons.

Thind, M. N. (2010), Special Olympics Bharat Trainer Manuel. New Delhi: Special Olympics Bharat.

PRACTICALS

Adapted Physical Education and Inclusive Games

1. Facilities and Equipment for different disabilities. Recreation and Sports Facilities for persons with disabilities.
2. Adapted games and Class Management. Methods of Instruction –Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted Minor games and Track and Field events. Safety Procedures.
3. Recreation and Games. – One on One teaching, Group teaching, Circular method of teaching. Unified Sports. Safety Procedures.
4. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumkin Fun, Snickers & Hoots, What Do You Like to Eat, Mr. & Mrs. Owl? Safety Procedures.



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5. Methods of playing Inclusive games Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not! Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite. Safety Procedures.

2. CERTIFICATE COURSE IN PEDAGOGY OF TEACHING PHYSICAL EDUCATION

Syllabus

Theory

Unit I :Meaning and Definition of Pedagogy. Pedagogy in Education and Physical Education. Scope, Standards based Education. Curriculum Development and Instructional Alignment in Physical Education. Challenges of Teaching in Physical Education. Characteristics of Physical Education Person. Planning for Teaching.

UNIT II: Curriculum Models in Physical Education: Skill Theme Approach (Basic Skill-Combination – Skill in Contexts – Culminating Activity) - Personality and Social Responsibility Model - Teaching Games for Understanding. -Tactical Games Model -Sports Education Model Fitness Education – Adventure Education – Outdoor Education. Cultural Studies in Physical Activity and Sport.

UNIT III: Assessment and Accountability: Types of Assessment: Formative – Summative and Performance based Assessment. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance. Characteristics of Effective Teaching. Salient Teacher Behavior: Organization – Communication - Instruction – Motivation- Human Relations.

UNIT IV: Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan. Command: Response Command – Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods. Micro Teaching. Cooperative Learning.



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UNIT V: Next Generation Physical Education: A thoughtful Integration of Digital Technologies. Digital Video and Self Modeling in Physical Education. Using Social Media and Sports Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies. Innovation in Professional Development - Digital Practice in Physical Education and Sport - Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids. Innovative Teaching Aids

REFERENCE

Jeroen Koekoek, Ivo van Hilvoorde (2000) Digital Technology in Physical Education: Global Perspectives, Routledge: OXON

Ashley Casey, Victoria A. Goodyear, Kathleen M. Armour (2010), Digital Technologies and Learning in Physical Education: Pedagogical cases, Routledge: OXON

<https://www.mville.edu/programs/physical-education-and-sports-pedagogy>

Ben Dyson, Ashley Casey (2001) Cooperative Learning in Physical Education and Physical Activity Routledge: OXON

George Graham (2015) Teaching Children Physical Education: Becoming a Master Teacher Human Kinetics

Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.

PRACTICAL

Pedagogy of Teaching

1. Types of Assessment: Formative – Summative and Performance based Assessment.
2. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance. Characteristics of Effective Teaching. Salient Teacher
3. Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan.
4. Command: Response Command – Rhythmic Command.



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5. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.
6. Micro Teaching.
7. Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies.
8. Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids.
9. Preparing Power Point Slides
10. Preparing Video Lessons
11. Preparing Innovative Teaching Aids

3. CERTIFICATE COURSE IN PEDAGOGY OF TRAINING IN PHYSICAL EDUCATION

Theory

UNIT I: Meaning and Definition of Pedagogy. Categories of essential knowledge for teachers: content knowledge -general pedagogical knowledge - pedagogical content knowledge - curriculum knowledge -knowledge of educational contexts - knowledge of learners and their characteristics - knowledge of educational goals. Sports Training: Meaning, Definition, Characteristics and Principles – Training Load: External and Internal Load - Principles of Training Load – Overload: Symptoms and Tackling.

UNIT II: Periodization: Types– Plan: Short term and long term. Types of Sports Training and their Purpose: Weight Training (Free Weight and Machine Weights) – Circuit Training – Interval



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Training – Plyometric Training - Fartlek Training – Swiss Ball Training – Medicine Ball Training – Cross Training.

UNIT III: Strength - Definition of strength - Types of Strength: Importance of strength- Factors determining strength- Training method for strength improvement - Loading procedure for strength training. Speed - Definition of speed - Forms of speed. Training methods for increasing speed. Endurance: Definition – Types -Training Methods for improving Endurance –Flexibility: Definition – Types - Methods for Improving Flexibility

UNIT IV: Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan. Command: Response Command – Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods. Micro Teaching. Cooperative Learning.

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- Ashley Casey, Victoria A. Goodyear, Kathleen M. Armour (2010), Digital Technologies and Learning in Physical Education: Pedagogical cases, Routledge: OXON
- Ben Dyson, Ashley Casey (2001)Cooperative Learning in Physical Education and Physical Activity
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- George Graham (2015) Teaching Children Physical Education: Becoming a Master Teacher Human Kinetics
- Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.



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Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.

Shulman, L. S. (1987). "Knowledge and Teaching: Foundations of the New Reform". Harvard Educational Review, 57, pp. 1–22.

<https://www.mville.edu/programs/physical-education-and-sports-pedagogy>

<https://seniorsecondary.tki.org.nz/Health-and-physical-education/Pedagogy/> Pedagogical -content-knowledge

PRACTICAL

Pedagogy of Training

1. Types of Assessment: Formative – Summative and Performance based Assessment.
2. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance.
3. Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan.
4. Command: Response Command – Rhythmic Command.
5. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.
6. Micro Teaching.
7. Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies.
8. Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids.
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4. PEDAGOGY OF TESTING IN PHYSICAL EDUCATION

Syllabus

Theory

UNIT I: Unit I: Meaning and Definition of Pedagogy. Pedagogy in Education and Physical Education. Scope, Standards based Education Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Test and Measurement in Physical Education.

UNIT II: Physical Fitness Test: AAPHERD Health Related Fitness Battery (Revised in 1984) – Roger's Physical Fitness Index. Cardio Vascular Test: Harvard Step Test, 12 Minutes. Run/Walk Test, Multi Stage Fitness Test (Beep Test). Motor Fitness: Indiana Motor Fitness Test (for elementary and high school boys, girls and college men), JCR Test. Laboratory Tests.

UNIT III: Sports Skill Test: Badminton: Miller Wall Volley Test – French Short Service Test, Basketball: Johnson Basketball Test – Leilich Basketball Test, Hockey: Firedal Field Hockey Test, Schimithal French Field Hockey Test.

UNIT IV: Sports Skill Test: Football: Johnson Soccer Test – McDonald Soccer Test. Tennis: Dyer Tennis Test, Volleyball: Brady Volleyball Test – Rusel Lange Volleyball Test.

UNIT V: Next Generation Physical Education: A thoughtful Integration of Digital Technologies. Digital Video and Self Modeling in Physical Education. Using Social Media and Sports Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies. Innovation in Professional Development - Digital Practice in Physical Education and Sport -Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids. Innovative Teaching Aids. Micro Teaching for Testing Procedures.

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- Getchell B. Physical Fitness (1979): A Way of Life, 2nd ed. New York: John Wiley and Sons, Inc.
- Hunsicker, P.A. and Montoye, H.J. (1953) Applied Test and Measurements in Physical Education, Prentice Hall Inc., New York.
- Luc Leger (1983), Testing Physical Fitness, Eurofit Experimental Battery Provisional Handbook, Strasbourg: UK
- Meyers, C.R. and Belsh, E.T. (1962) Measurement in physical Education, The Ronald press Company. New York.
- Wilgoose, C.E (1967) Evaluation in Health Education and physical Education, McGraw Hill Book Company, Inc, New York.
- Yobu,A (2010), Test, Measurement and Evaluation in Physical Education and Sports, New Delhi: Friends Publications.

PRACTICALS

Pedagogy of Testing Performance

1. Physical Fitness Test: AAPHERD Health Related Fitness Battery (Revised in 1984)
2. Roger's Physical Fitness Index.
3. Cardio Vascular Test: Harvard Step Test, 12 Minutes.Run /Walk Test, Multi Stage Fitness Test (Beep Test).
4. JCR Test. SDAT World Beaters Battery Test for High School Boys and Girls.
5. Laboratory Tests.
6. Anthropometry Tests.
7. Sports Skill Test: Badminton: Miller Wall Volley Test – French Short Service Test,
8. Basketball: Johnson Basketball Test – Leilich Basketball Test,
9. Hockey: Firedal Field Hockey Test, Schimithal French Field Hockey Test.



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10. Football: Johnson Soccer Test – McDonald Soccer Test.
11. Tennis: Dyer Tennis Test, Volleyball: Brady Volleyball Test – Rusel Lange Volleyball Test.
12. Digital Practice in Physical Education and Sport -Using Technology in Teaching Computers
– LCD TV – Smart Board –Audio Visual Aids.
13. Innovative Teaching Models for Testing.
14. Micro Teaching for Testing Procedure

5. CONCEPTS OF CONSTRUCTION, MAINTENANCE AND REPAIR OF PLAY FIELDS AND SPORTS EQUIPMENT

Syllabus

Theory

UNIT I: Non-Standard Track: Area Required, Calculation of RDR, CDR, Curve, Straight, line, Lane and Track method of calculation and Marking Procedure. Periodical Maintains. Standard Track as per IAAF: Area Required, Calculation of RDR, CDR, Curve, Straight, line, Lane and Track method of calculation and Marking Procedure. Periodical Maintenance.

UNIT II: Filed Events: Method of Marking and Construction of Throwing events: Shot-put, Hammer Discus and Javelin. Method of Marking and Construction of Jumping events: Long Jump, Triple Jump, High Jump, Pole Vault.

UNIT III: Construction and Maintenance of Rectangular Play Fields: Basketball, Football, Hockey, Handball, Kabaddi, Kho- Kho, Volleyball. Construction and Maintenance of Circular: Play Fields: Cricket.



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UNIT IV: Surface: Natural, Wooden, Artificial/ Synthetic fields. Turf for Indoor Stadium, Turf for Kabaddi. Advantages, and Method of Maintenance.

UNIT V: Sports Equipment's: Ball, Bat Racquets, Sticks: Posts - Material- Types -Maintenance and Repair. Gutting- Netting- Puncture – Stitching, Pasting and Painting.

REFERENCE

Authors Guide (2014) IAAF Competition Rules 2017-2018, Monaco Cedex: IAAF Publishing

Authors Guide (2002) Rules of Games and Sports, New Delhi: YMCA Publishing House.

Authors Guide (2000) FIBA Official Basket Rules: Munich.

George Immanuel. (1997).Track and Field Event layout and marking. Chennai:

Krishnamurthy and Co.

PRACTICAL

Hands on experience will be give to the student in the work mentioned in the theory paper “Concepts of Construction, Maintenance and Repair of Play Fields and Sports Equipment “ technical persons.

.....



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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C

			Theory	Practical	
28	1999990051	JOSEPH A	20195101028	61	75
29	1999990048	KALAIYANIS	20195101029	59	80
30	1999990059	KAYITHA A	20195101030	80	70
31	1999990097	KIRUBAKARAN V	20195101031	66	60
32	1999990101	KOUSALYA T	20195101032	57	80
33	1999990064	KOVVALYA N	20195101033	56	64
34	1999990125	KRISHNA KUMAR T	20195101034	76	80
35	1999990119	MAGESHWARANA	20195101035	60	80
36	1999990079	MANI P	20195101036	AAA	AAA
37	1999990112	MANIKANDAN E	20195101037	76	80
38	1999990103	MANIKANDAN S	20195101038	52	90
39	1999990071	MARY SHEERA M	20195101039	65	70
40	1999990118	MEGANATHAN S	20195101040	56	80
41	1999990072	MUHAMMAD SHAFEEL K	20195101041	54	66
42	1999990108	NAGULPRABHAK D	20195101042	64	88
43	1999990081	NARMATHA B	20195101043	70	80
44	1999990056	NITHYA V	20195101044	51	90
45	1999990127	PARTHIBAN R	20195101045	70	75
46	1999990129	PAVITHIRAN P	20195101046		
47	1999990055	PAVITHRA S	20195101047	59	80
48	1999990075	P.MELBIN MAFFITHA	20195101048	51	90
49	1999990121	PRADEEP KUMAR S	20195101049	71	80
50	1999990094	PRAKASH K	20195101050	52	80
51	1999990116	PRAMILA V	20195101051	60	80
52	1999990100	PRAVEEN KUMAR P	20195101052	51	90
53	1999990132	PREM KUMAR M	20195101053	56	90
54	1999990086	PRİYADHARSHINI M	20195101054	63	60
55	1999990082	RAGUPATHY S	20195101055	57	65
56	1999990052	RAJINA R	20195101056	50	70
57	1999990114	RAJKUMAR S	20195101057	68	80
58	1999990089	REKHA M	20195101058	58	80
59	1999990131	SABARINATHAN N	20195101059	56	66
60	1999990062	SANTHIVIGNESH M	20195101060	55	80
61	1999990102	SALA L	20195101061	58	70
62	1999990069	SANDHIYA S	20195101062	60	90
63	1999990083	SANTHAKUMAR M	20195101063	58	80
64	1999990096	SANTHAKUMAR M	20195101064	51	80



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			60-70	Physical		
66	1999990128	SATHISH J	20195101065	60	80	
	1999990091	SATHISH K	20195101066	53	80	
67	1999990105	SATHISHKUMAR R	20195101067	57	90	
68	1999990077	SATHISHSARMA S	20195101068	60	80	
69	1999990092	SATHVARAJ M.	20195101069			
70	1999990134	SENTHAMIZHSELYAM M	20195101070	53	80	
71	1999990080	SINTHANAISELVAN S	20195101071	58	80	
72	1999990120	SIVA PRASANTH N	20195101072	50	70	
73	1999990061	SUMITRA A	20195101073	62	80	
74	1999990104	SURESHKUMAR S	20195101074	66	86	
75	1999990085	SURIYA S	20195101075	68	90	
76	1999990083	SWATHI M	20195101076	50	85	
77	1999990058	THAMIZHSELVI V	20195101077	56	90	
78	1999990098	VASANTH P	20195101078	57	80	
79	1999990093	VASANTHA S	20195101079	58	90	
80	1999990049	VELANKANNI M	20195101080	67	80	
81	1999990065	VIDHYA S	20195101081	55	70	
82	1999990133	VIGNESH P	20195101082	56	80	
83	1999990173	VIJAYASANTHA A	20195101083	AB	PB	
84	1999990095	VIKNESH D	20195101084	56	80	
85	1999990113	VIMAL V	20195101085	AB	PB	
86	1999990130	VINITH KUMAR M	20195101086	44	80	
87	1999990070	VINOTHINI S	20195101087	63	90	
88	1999990078	VINOTH KUMAR A	20195101088	68	90	
89	1999990073	WILSON RAJ V	20195101089	55	80	

S. Mani
16/12/19
Professor and Head



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Metlakottaiyur (P.O), Vandavur, Chennai - 600 127. Ph: 044-27402631.
(9999 - U.G - Physical Education in Bachelor of Physical Education, Semester:01)
University Registration Number
NALS APPED COURSE
Candidate Course in Construction Management and Safety Engineering
Candidate Name: *[Handwritten Name]*

9999 - TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

S.No	Student Code	Student Name (DOB)	University Reg No	Theory (100)	Practical (100)
1	1899990044	ADHITHYA A (26-03-1997)	20185101001	66	70
2	1899990003	AJANYA M (12-03-1998)	20185101002	64	72
3	1899990033	AKALYA E (10-06-1996)	20185101003	80	85
4	1899990063	AKASH J (18-06-1994)	20185101004	58	70
5	1899990063	AKASH S (09-02-1993)	20185101005	62	70
6	1899990034	ALEXPRABU K (30-03-1997)	20185101006	66	70
7	1899990039	AMUTA S (08-10-1996)	20185101007	58	72
8	1899990072	ANBALAGAN A (05-04-1987)	20185101008	66	85
9	1899990048	ANJUGA BHARATHI A (03-01-1993)	20185101009	78	85
10	1899990007	ANUSUYAVALLI M (19-12-1997)	20185101010	78	85
11	1899990070	ARAVINDAN B (16-06-1993)	20185101011	70	75
12	1899990077	ASHA M (26-09-1998)	20185101012	64	80
13	1899990073	ASHOK S SUNDARAM (14-12-1992)	20185101013	56	80
14	1899990036	BABUL A (02-07-1997)	20185101014	53	67
15	1899990010	BASKAR R (18-02-1993)	20185101015	74	80
16	1899990024	BEBITTO GODWIN S A (12-05-1997)	20185101016	74	80
17	1899990031	BENIT CHRISTAL V (15-03-1997)	20185101017	78	85
18	1899990011	BRAIN MARISON C (20-04-1996)	20185101018	70	70
19	1899990091	CHINNADURAI M (02-06-1996)	20185101020	70	80
20	1899990037	CHRISTIAN JEBAKUMAR E (04-01-1997)	20185101019	80	88
21	1899990016	DEEPAKRAJ R (30-10-1997)	20185101021	76	90
22	1899990100	DEEPIKA M (23-04-1998)	20185101022	77	96
23	1899990021	DEEPIKA P (13-07-1997)	20185101023	64	74
24	1899990039	DHIVAKAR S (15-03-1993)	20185101024	78	92
25	1899990098	DIVYA S (23-03-1997)	20185101025	58	82
26	1899990071	DOUGLUS AZARIYA K (01-09-1997)	20185101026	66	80
27	1899990008	GAYATHRI M.K (08-09-1997)	20185101027	60	70
28	1899990032	GEETHA S (15-12-1996)	20185101028	71	89
29	1899990033	JAYAKUMAR M (23-02-1996)	20185101029	63	75
30	1899990006	JOICY K JOSE (13-04-1998)	20185101030	63	70
31	1899990041	KALAISELVI S (03-04-1998)	20185101031	65	80
32	1899990067	KANNATHASAN M (22-01-1995)	20185101032	83	95
33	1899990032	KENNET FRANKIE D (14-08-1997)	20185101033		
34	1899990032	KOMALA M (01-06-1997)	20185101034		



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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY (Estn. by the Govt. of TamilNadu under Act. 9 of 1992 & Approved by the UGC) India's First State University in Physical Education & Sports Melakottaiyur (P.O), Vannarur, Chennai - 600 127. Ph:044-27402621. (9999 - U.C - Physical Education in Bachelor of Physical Education, Semester:01) University Registration Number						
35	1899990085	KUMAR CELLO (09-1992)	20185101033	Not Found		
36	1899990020	KUMARAGURU A (13-02-1997)	20185101036		70	85
37	1899990068	LINIYA RAJIL (20-12-1996)	20185101037		60	86
38	1899990060	VIADHAVI M (27-04-1995)	20185101038		68	70
39	1899990037	MAHESWARI N (16-02-1997)	20185101039		66	90
40	1899990095	MAKESH K (14-11-1997)	20185101040		52	80
41	1899990078	MANIGANDAN A (25-01-1998)	20185101041		57	80
42	1899990023	MANIKANDAN C (03-03-1997)	20185101042		65	60
43	1899990019	MANIMARAN K (09-06-1997)	20185101043	65/70	70	88
44	1899990015	MANIMEGALAI K (02-07-1996)	20185101044		83	43
45	1899990030	MATHANLAL R (09-04-1998)	20185101045		52	75
46	1899990066	MEBHARATH-KUMAR M (23-12-1994)	20185101046	Not Found		
47	1899990083	MEENA E (25-07-1994)	20185101047		63	60
48	1899990003	MILLAR SANTHOSHKUNAR E (04-01-1997)	20185101048		69	80
49	1899990004	MINI M (15-03-1997)	20185101049		61	90
50	1899990094	MOHAMED ASIF M.S (02-10-1997)	20185101050		65	94
51	1899990014	MURALIDHARAN A (04-08-1997)	20185101051		60	70
52	1899990040	MURUGESAN A (22-09-1995)	20185101052		56	88
53	1899990053	MUTHUMANI M (02-06-1996)	20185101053		60	82
54	1899990081	NAVARASAN M (09-02-1997)	20185101054		68	92
55	1899990042	NAVEEN C (16-03-1995)	20185101055		55	65
56	1899990047	NAVEEN KUMAR D (15-06-1997)	20185101056	58/70	58	90
57	1899990086	NAVEENRAJ R (11-06-1997)	20185101057		50	70
58	1899990090	NAVEENRAJ R (16-03-1996)	20185101058	Not Found		
59	1899990018	NIVETHA K (29-03-1998)	20185101059		81	95
60	1899990023	PADHMA PRIYAA K.S (22-03-1998)	20185101060		62	78
61	1899990028	PARAMESHWARI A (20-06-1998)	20185101061		64	91
62	1899990029	PARTHIBAN SANKAR (10-06-1997)	20185101062		50	75
63	1899990084	PRAKASH S (15-03-1994)	20185101063		57	70
64	1899990043	PREETHI S (24-06-1996)	20185101064		77	85
65	1899990059	PRIYA A (21-02-1997)	20185101065		50	80
66	1899990053	PRIYATHARSHINI K (09-12-1996)	20185101066		52	80
67	1899990022	PUSHPALATHA S (13-12-1997)	20185101067		58	92
68	1899990052	RISHIKESH R M (05-01-1997)	20185101068	Not Found		
69	1899990026	ROOPAVATHI S (12-02-1998)	20185101069		66	84
70	1899990013	SANDHIYA K (14-05-1997)	20185101070		71	92
71	1899990083	SANTANU ADITYA S (27-09-1996)	20185101071	Low Absent		
72	1899990074	SARANYA A (29-08-1997)	20185101072		90	95



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73	1899990093	SARAVANAN A (20-01-1991)	20185101073	50	84
74	1899990049	SARAVANAN C (17-03-1997)	20185101074	50	83
75	1899990054	SATHISH R (04-06-1993)	20185101075	57	90
76	1899990080	SEETHAPATHI D (01-05-1993)	20185101076	58	86
77	1899990087	SENTHIL R (27-05-1986)	20185101077	54	92
78	1899990031	SHIVANI S (27-01-1997)	20185101078	59	71
79	1899990073	SIMSON B (29-12-1996)	20185101079	57	83
80	1899990009	SIVABHARATHI C (26-01-1997)	20185101080	57	83
81	4800990089	SUBASHILK (27-01-1996)	20185101081		
82	4899990062	SUBHASH-ARAVINDHAN A (27-02-1993)	20185101082		
83	1899990081	SUDHARSANAN R (22-06-1997)	20185101083	57	94
84	1899990001	THEENMOZHI K (08-06-1998)	20185101084	90	95
85	1899990099	ULAGANATHAN N (17-07-1995)	20185101085	57	76
86	1899990078	UNLAMESWARIE (01-10-1994)	20185101086	66	82
87	1899990050	VENU GOPAL P (02-07-1997)	20185101087	34	88
88	1899990012	VIBISH A (11-02-1997)	20185101088	70	92
89	1899990056	VIGNESH S (02-09-1996)	20185101089	68	72
90	1899990098	VIGNESH V (26-09-1994)	20185101090	61	90
91	1899990045	VIGNESH RAJA B (31-01-1993)	20185101091	60	80
92	1899990079	VIJAY A (12-04-1995)	20185101092	AS	AB
93	1899990061	VIJAY B (13-05-1997)	20185101093	58	92
94	1899990046	VIJAY N (06-05-1995)	20185101094	65	80
95	1899990012	VIJAYAADITHYAN R (10-06-1995)	20185101095		
96	1899990074	VIJAYARAGAVAN R (15-03-1998)	20185101096	75	88
97	1899990093	VIJAYASANTHI A (11-05-1998)	20185101097		
98	1899990033	VIJAY KARTHIK S (19-03-1997)	20185101098	61	92
99	1899990064	VINOBALAN A (20-06-1989)	20185101099	55	88
100	1899990097	VOGESH E (09-12-1997)	20185101100	60	75

S. M. S.
COO. S. MANIKANDAN



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Sethuvelankottai (P.O), Srivilliputhur, Chennai - 606 127. Ph: 044-27402621.

VALUE ADDED COURSE

DEPARTMENT OF PHYSICAL EDUCATION

I.M.P.Ed

S.No	Student Code	Student Name (DOB)	Register No	Mark (60)	Grade (100)
1	91999990044	ARTCHANA A	20195102001	71	92
2	91999990069	ARUN J	20195102002	82	96
3	91999990045	BARATH P	20195102003	51	85
4	91999990060	BAVEEN KUMAR S	20195102004	72	93
5	91999990076	BERIS KAPOOR B K	20195102005	86	92
6	91999990057	BHARATHUVARAJ S	20195102006	72	93
7	91999990051	DANIEL V	20195102007	55	65
8	91999990054	DILLIRAJ B B	20195102008	60	90
9	91999990074	DIVAKAR E	20195102009	55	80
10	91999990061	GANESAN S	20195102010	67	82
11	91999990043	GAYATHRI B	20195102011	75	92
12	91999990047	GOKUL M	20195102012	73	94
13	91999990052	JEGANATHAN S (P.M.P.Ed)	20195102013		
14	91999990070	JOHN NICHALSON L	20195102014	62	90
15	91999990073	KRISHNA KUMAR M	20195102015	60	90
16	91999990049	MYTHILI P	20195102016	63	90
17	91999990080	NAVEEN KUMAR J	20195102017	65	92
18	91999990077	NAYARA BANU V	20195102018	71	95
19	91999990075	NICKSON RAJ J	20195102019	62	96
20	91999990042	NIRMALRAJ K	20195102020	65	85
21	91999990056	NITHYA A	20195102021	73	92
22	91999990063	PRADEEP S	20195102022	A.B	A.B
23	91999990055	PRAKASH M	20195102023	65	75
24	91999990072	PREMKUMAR B	20195102024	65	92
25	91999990065	RAGUL R	20195102025	56	86

S. M. W.

P.T. 6...



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26. Rajasekar (Not found): 26

Sl. No.	Roll No.	Name	Registration No.	Test 1	Test 2	Total
27	91999990066	RAJKUMAR G	20195102027	60	92	
28	91999990081	RAMANULAM R	20195102028	86	85	
29	91999990071	SARAN S	20195102029	60	96	
30	91999990078	SATHISHA	20195102030	65	80	
31	91999990064	SIVABAGATH SINGH P	20195102031	68	95	
32	91999990079	S.KUMARASAN	20195102032	62	95	
33	91999990053	SRIARIRAMI S	20195102033	71	96	
34	91999990048	SRINIA S	20195102034	67	96	
35	91999990050	SUBASHI R	20195102035	65	80	
36	91999990058	SUBHASHCHANDHIRA BOSE S	20195102036	60	90	
37	91999990067	SURYA S	20195102037	62	96	
38	91999990059	TAMILARASAN S	20195102038			
39	91999990046	TIENMOZHI D	20195102039	63	98	
40	91999990062	VICRAM S	20195102040	61	86	

S. Manoj
Professor and Head



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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 (P.G - Physical Education in Master of Physical Education, Semester:01)
 University Registration Number
Value Added Course

S.No	Student Code	Student Name (DOB)	University Reg No	Student-Sign	
1	91 809990001	ARAVIND S (18-01-1995)	20185102006	80	95
2	91 809990002	BERIL T (25-03-1995)	20185102002	63	90
3	91 809990003	BRIGHT SINGH P S (24-12-1994)	20185102008	70	89
4	91 809990004	DEEPAN CHAKKARAVARTHY T (15-06-1993)	20185102004	60	80
5	91 809990005	DHASARATHAN M S (31-07-1990)	20185102005	62	81
6	91 809990006	EDWIN AROGYARAJ V (03-05-1993)	20185102006	60	70
7	91 809990007	ELANGOVAN S (31-12-1996)	20185102007	69	79
8	91 809990008	GANAPATHI G (05-10-1993)	20185102003	62	70
9	91 809990009	GANAPATHY T (19-06-1996)	20185102009		
10	91 809990010	GODWIN S S (04-03-1996)	20185102010	61	92
11	91 809990011	INBANILA S (27-06-1996)	20185102011	85	75
12	91 809990012	KARUPPASAMY P (07-01-1994)	20185102012	63	78
13	91 809990013	KOMIETHEGAPRIYA S (28-03-1996)	20185102013	68	90
14	91 809990014	LAKSHMI R T (04-04-1994)	20185102014	90	95
15	91 809990015	MANOJKUMAR S (08-11-1990)	20185102015	71	80
16	91 809990016	MOHANAPRIYA M P (14-05-1993)	20185102016	80	90
17	91 809990017	MOHANDURASOLOMONRAJ E (23-06-1994)	20185102017	73	96
18	91 809990018	NAGARAJ E (06-02-1993)	20185102018	70	86
19	91 809990019	NANDHAKUMARAN D (21-13-1993)	20185102019	62	70
20	91 809990020	PERUMIAL A (08-08-1994)	20185102020	85	95
21	91 809990021	PREETHI PRISILLA S (02-02-1996)	20185102021	88	95
22	91 809990022	PRIYANKA S (14-07-1994)	20185102022	60	92
23	91 809990023	RAMAYAL R R (04-04-1994)	20185102023	75	88
24	91 809990024	RANIKI C (12-03-1995)	20185102024	67	89
25	91 809990025	SHANTHI P (20-04-1994)	20185102025	74	82
26	91 809990026	SOBANA R (03-06-1996)	20185102026	69	92
27	91 809990027	SUJITHA B (22-03-1996)	20185102027	65	94
28	91 809990028	TAMIZHARASAN S (05-04-1992)	20185102028	70	70
29	91 809990029	THANGADURAI M (36-01-1993)	20185102029	59	83
30	91 809990030	UDAYAKUMAR S S (02-06-1994)	20185102030	58	72
31	91 809990031	VISHWANATHAN S (21-06-1993)	20185102031	51	88

S. Manoj
 (D.O.S. - MOW/BANDON)



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India's First State University in Physical Education & Sports
Melakottaiyur (P.O.) Vandalur, Chennai - 600 137. Ph:044-27426211.
(9999-MLPhil - Physical Education in Physical Education, Semester:03)
University Registration Number

0999 - TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

S.No	Student Code	Student Name (DOB)	University Reg No	Student Sign
1	010000000012	BANU CHANDRA S (01-06-1994)	20193103001	
2	010000000017	BHUVANESH A (02-07-1994)	20193103002	
3	010000000014	DEENADHIVALAN V (13-05-1993)	20193103003	
4	010000000013	DHAYANITHI S (08-02-1992)	20193103004	
5	010000000015	HARIKRISHNAN A (09-11-1990)	20193103005	
6	010000000020	KISHORE KIRTANIA (03-02-1984)	20193103006	61 91
7	010000000023	MANIKANDAN S (22-11-1993)	20193103007	
8	010000000011	SANTHOSH S (09-11-1989)	20193103008	
9	010000000011	SHERLIN D V (07-08-1994)	20193103009	
10	010000000014	SRIGANAPATHY P (09-09-1994)	20193103010	
11	010000000018	UDAYA KUMAR R (25-05-1993)	20193103011	
12	010000000018	YOGESHWARI K (20-06-1993)	20193103012	69 80

S. Mani
CDRS - MONTBENON



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Folio No. 5232

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **YOGESHWARI** 20195103012 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Duration of program: 30 hours

Date : 20-01-2020

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Registrar

Vice-Chancellor



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Folio No. 5020

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... DEEPIKA P 20185101023has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

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Folio No. 5021

VALUE ADDED COURSE CERTIFICATE

DHIVAKAR S Reg.No. 20185101024 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Duration of program: 30 hours

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Folio No. 5022

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... DOUGLUS AZARIYA K Reg.No..... 20185101026has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

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Date : 20-01-2020



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Folio No. 5023

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... GAYATHRI M.K..... 20185101027..... has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Folio No. 5024

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **GEETHA S** Reg.No..... 20185101028 has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5025

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **JAYAKUMAR M** Reg.No..... **20185101029** has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

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Folio No. 5026

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **JOICY K JOSE** Reg.No..... 20185101030 has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5027

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **KALAISELVIS** Reg.No..... **20185101031** has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5028

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... KANNATHASAN M 20185101032 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Folio No. 5029

VALUE ADDED COURSE CERTIFICATE

KENNET FRANKIE D Reg.No. 20185101033 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Duration of program: 30 hours

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Folio No. 5031

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... KUMARAGURU A Reg.No..... 20185101036has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5032

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **LIMYA RAJ J.L** Reg.No..... 20185101037has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5033

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MADHAVI M** 20185101038 has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5034

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... MAGESWARIN 20185101039 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Folio No. 5035

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MAKESH K** 20185101040 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Folio No. 5036

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MANIGANDAN A** Reg.No..... **20185101041**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5037

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MANIKANDAN C** 20185101042 has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

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Folio No. 5038

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MANIMARAN K** Reg.No..... 20185101043has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

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Registrar

Date : 20-01-2020



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5040

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MEENA E** Reg.No..... 20185101047has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5041

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... MILLAR SANTHOSHKUMAR E Reg.No..... 20185101048has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5042

VALUE ADDED COURSE CERTIFICATE

MINI M

This is to certify that..... Reg.No..... 20185101049.....has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5043

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MOHAMED ASIF M.S** Reg.No..... 20185101050has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor



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Folio No. 5044

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... MURALIDHARAN A 20185101051has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5045

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MURUGESAN A** Reg.No..... 20185101052has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020



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Folio No. 5046

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... MUTHUMANI M 20185101053 Reg.No..... has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

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Registrar

Date : 20-01-2020



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Folio No. 5047

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **NAVARASAN M** Reg.No..... 20185101054has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

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Date : 20-01-2020



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Folio No. 5048

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **NAVEEN C** Reg.No..... 20185101055has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020



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Folio No. 5049

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **NAVEEN KUMAR D** Reg.No..... 20185101056has successfully completed the Value Added Program conducted by the Department of Physical Education in "**Construction, Maintenance and Repair of Play Fields and Sports Equipment**" during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5050

VALUE ADDED COURSE CERTIFICATE

NAVEEN RAJR Reg.No..... 20185101057has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5051

VALUE ADDED COURSE CERTIFICATE

NIVETHA K

This is to certify that..... Reg.No..... 20185101059..... has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5052

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **PADHMA PRIYAA K.S** Reg.No..... **20185101060**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

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Folio No. 5053

VALUE ADDED COURSE CERTIFICATE

PARAMESHWARI A Reg.No. 20185101061 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

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Folio No. 5054

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **PARTHIBAN SANKAR** Reg.No..... **20185101062**has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

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Vice-Chancellor

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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5055

VALUE ADDED COURSE CERTIFICATE

PRAKASH S Reg.No. 20185101063 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5056

VALUE ADDED COURSE CERTIFICATE

PREETHI S

This is to certify that..... Reg.No. 20185101064has successfully

completed the Value Added Program conducted by the Department of Physical Education in
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during 2019 - 2020

Duration of program: 30 hours

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Folio No. 5057

VALUE ADDED COURSE CERTIFICATE

PRIYA A

This is to certify that..... Reg.No. 20185101065.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

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Folio No. 5058

VALUE ADDED COURSE CERTIFICATE

PRIYATHARSHINI K Reg.No..... 20185101066 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

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Folio No. 5059

VALUE ADDED COURSE CERTIFICATE

PUSHPALATHA S Reg.No. **20185101067**has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

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Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5060

VALUE ADDED COURSE CERTIFICATE

ROOPA VATHI S

This is to certify that..... Reg.No..... 20185101069.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

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Folio No. 5061

VALUE ADDED COURSE CERTIFICATE

SANDHIYA K

This is to certify that..... Reg.No..... 20185101070has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5062

VALUE ADDED COURSE CERTIFICATE

SARANYA A

This is to certify that..... Reg.No..... 20185101072 has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5063

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **SARAVANAN A** Reg.No..... **20185101073**has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

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Folio No. 5064

VALUE ADDED COURSE CERTIFICATE

SARAVANAN C

This is to certify that..... Reg.No..... 20185101074 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

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Folio No. 5065

VALUE ADDED COURSE CERTIFICATE

SATHISH R

This is to certify that..... Reg.No..... 20185101075 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

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during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5066

VALUE ADDED COURSE CERTIFICATE

SEETHAPATHI D

This is to certify that..... Reg.No..... 20185101076has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

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Duration of program: 30 hours

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Folio No. 5067

VALUE ADDED COURSE CERTIFICATE

SENTHIL KUMAR R Reg.No..... 20185101077has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

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Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5068

VALUE ADDED COURSE CERTIFICATE

SHIVANI S

This is to certify that..... Reg.No..... 20185101078.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியில் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5069

VALUE ADDED COURSE CERTIFICATE

SIVABHARATHI C

This is to certify that..... Reg.No..... 20185101080.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5070

VALUE ADDED COURSE CERTIFICATE

SUDHARSANAN R Reg.No..... 20185101083has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5071

VALUE ADDED COURSE CERTIFICATE

THENMOZHIK

This is to certify that..... Reg.No. 20185101084.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5072

VALUE ADDED COURSE CERTIFICATE

ULAGANATHAN N Reg.No..... 20185101085has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியில் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5073

VALUE ADDED COURSE CERTIFICATE

UMAMAGESWARIE Reg.No..... 20185101086has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5074

VALUE ADDED COURSE CERTIFICATE

VENU GOPAL P

This is to certify that..... Reg.No. 20185101087has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5075

VALUE ADDED COURSE CERTIFICATE

VIBISH A

This is to certify that..... Reg.No..... 20185101088has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5076

VALUE ADDED COURSE CERTIFICATE

VIGNESH S

This is to certify that..... Reg.No..... 20185101089has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5077

VALUE ADDED COURSE CERTIFICATE

VIGNESH V

This is to certify that..... Reg.No..... 20185101090has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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Folio No. 5078

VALUE ADDED COURSE CERTIFICATE

VIGNESH RAJA B Reg.No. 20185101091has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5079

VALUE ADDED COURSE CERTIFICATE

VIJAY A

This is to certify that..... Reg.No..... 20185101092 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5080

VALUE ADDED COURSE CERTIFICATE

VIJAY B

This is to certify that..... Reg.No..... 20185101093has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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Folio No. 5081

VALUE ADDED COURSE CERTIFICATE

VIJAY N

This is to certify that..... Reg.No..... 20185101094has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியில் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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Folio No. 5082

VALUE ADDED COURSE CERTIFICATE

VIJAYARAGAVAN R Reg.No..... 20185101096has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5083

VALUE ADDED COURSE CERTIFICATE

VIJAY KARTHIK S Reg.No. 20185101098 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5084

VALUE ADDED COURSE CERTIFICATE

VINOBALAN A

This is to certify that..... Reg.No..... 20185101099has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5085

VALUE ADDED COURSE CERTIFICATE

YOGESH E

This is to certify that..... Reg.No..... 20185101100.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5086

VALUE ADDED COURSE CERTIFICATE

ARAVIND S

This is to certify that..... Reg.No..... 20185102001.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5087

VALUE ADDED COURSE CERTIFICATE

BERIL T

This is to certify that..... Reg.No. 20185102002has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5088

VALUE ADDED COURSE CERTIFICATE

BRIGHT SINGH P M

This is to certify that..... Reg.No. 20185102003.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5089

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... DEEPAN CHAKKARAVARTHY T Reg.No..... 20185102004has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5030

VALUE ADDED COURSE CERTIFICATE

KOMALA M

This is to certify that..... Reg.No..... 20185101034 has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Vice-Chancellor

Registrar

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5001

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **ADHITHYA A** Reg.No..... **20185101001**has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5002

VALUE ADDED COURSE CERTIFICATE

AJANYA M

This is to certify that..... Reg.No..... 20185101002has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5003

VALUE ADDED COURSE CERTIFICATE

AKALYA E

This is to certify that..... Reg.No..... 20185101003.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5004

VALUE ADDED COURSE CERTIFICATE

AKASH J

This is to certify that..... Reg.No..... 20185101004has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5005

VALUE ADDED COURSE CERTIFICATE

AKASH S

This is to certify that..... Reg.No. 20185101005.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5006

VALUE ADDED COURSE CERTIFICATE

ALEXPRABU K

This is to certify that..... Reg.No..... 20185101006has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5007

VALUE ADDED COURSE CERTIFICATE

AMUTA S

This is to certify that..... Reg.No. 20185101007.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5008

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **ANBALAGAN A** Reg.No..... **20185101008**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5009

VALUE ADDED COURSE CERTIFICATE

ANUSUYAVALLI M

This is to certify that..... Reg.No. 20185101010.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5010

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **ASHA M** Reg.No..... **20185101012**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5011

VALUE ADDED COURSE CERTIFICATE

ASHOK S

This is to certify that..... Reg.No..... 20185101013has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5012

VALUE ADDED COURSE CERTIFICATE

BABUL A

This is to certify that..... Reg.No..... 20185101014has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5013

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **BEBITTO GODWIN S A** Reg.No..... 20185101016has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5014

VALUE ADDED COURSE CERTIFICATE

BENIT CRISTAL V Reg.No..... 20185101017has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5015

VALUE ADDED COURSE CERTIFICATE

BRAIN MARISON C Reg.No. 20185101018 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5019

VALUE ADDED COURSE CERTIFICATE

DEEPIKA M

This is to certify that..... Reg.No..... 20185101022has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5090

VALUE ADDED COURSE CERTIFICATE

DHASARATHAN M

This is to certify that..... Reg.No..... 20185102005 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5091

VALUE ADDED COURSE CERTIFICATE

EDWIN AROGYARAJ

This is to certify that..... Reg.No..... 20185102006 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5092

VALUE ADDED COURSE CERTIFICATE

ELANGOVA S

This is to certify that..... Reg.No..... 20185102007 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5093

VALUE ADDED COURSE CERTIFICATE

GANAPATHI G

This is to certify that..... Reg.No..... 20185102008 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5094

VALUE ADDED COURSE CERTIFICATE

GODWIN A S Reg.No..... 20185102010 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5095

VALUE ADDED COURSE CERTIFICATE

INBANILA S

This is to certify that..... Reg.No..... 20185102011.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5096

VALUE ADDED COURSE CERTIFICATE

KARUPPASAMY P

This is to certify that..... Reg.No. 20185102012has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5097

VALUE ADDED COURSE CERTIFICATE

KOMETHAGAPRIYA S Reg.No..... 20185102013 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5098

VALUE ADDED COURSE CERTIFICATE

LAKSHMI R

This is to certify that..... Reg.No. 20185102014.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5099

VALUE ADDED COURSE CERTIFICATE

MANOJKUMAR R

This is to certify that..... Reg.No. 20185102015has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5100

VALUE ADDED COURSE CERTIFICATE

MOHANAPRIYA M P Reg.No..... **20185102016** has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5101

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MOHANDURAI SOLOMONRAJ R** Reg.No..... **20185102017**has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5102

VALUE ADDED COURSE CERTIFICATE

NAGARAJ E

This is to certify that..... Reg.No. 20185102018has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5103

VALUE ADDED COURSE CERTIFICATE

NANDHAKUMARAN D Reg.No. 20185102019has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5104

VALUE ADDED COURSE CERTIFICATE

PERUMAL A

This is to certify that..... Reg.No. 20185102020.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5105

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **PREETHI PRISILLA S** Reg.No..... **20185102021**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5106

VALUE ADDED COURSE CERTIFICATE

PRIYANKA K

This is to certify that..... Reg.No..... 20185102022.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5107

VALUE ADDED COURSE CERTIFICATE

RAMAYAL R

This is to certify that..... Reg.No. 20185102023.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5016

VALUE ADDED COURSE CERTIFICATE

CHINNADURAI M

This is to certify that..... Reg.No..... 20185101019.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Vice-Chancellor

Registrar

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5017

VALUE ADDED COURSE CERTIFICATE

CHRISTIAN JEBAKUMAR E Reg.No. 20185101020 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5018

VALUE ADDED COURSE CERTIFICATE

DEEPAKRAJ R

This is to certify that..... Reg.No. 20185101021.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5108

VALUE ADDED COURSE CERTIFICATE

RAMKI C

This is to certify that..... Reg.No. 20185102024.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5109

VALUE ADDED COURSE CERTIFICATE

SHANTHI P

This is to certify that..... Reg.No..... 20185102025.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5110

VALUE ADDED COURSE CERTIFICATE

SOBANA R

This is to certify that..... Reg.No..... 20185102026.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5111

VALUE ADDED COURSE CERTIFICATE

SUJITHA B

This is to certify that..... Reg.No..... 20185102027.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5112

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **TAMIZHARASAN S** Reg.No..... **20185102028**.....has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5113

VALUE ADDED COURSE CERTIFICATE

THANGADURAI M

This is to certify that..... Reg.No..... 20185102029 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5114

VALUE ADDED COURSE CERTIFICATE

UDAYAKUMAR S S

This is to certify that..... Reg.No..... 20185102030.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5115

VALUE ADDED COURSE CERTIFICATE

VISHWANATHAN S Reg.No..... 20185102031has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5116

VALUE ADDED COURSE CERTIFICATE

ARTCHANA

This is to certify that..... Reg.No.....20195102001.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5117

VALUE ADDED COURSE CERTIFICATE

ARUN

This is to certify that..... Reg.No. 20195102002.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5118

VALUE ADDED COURSE CERTIFICATE

BARATH

This is to certify that..... Reg.No..... 20195102003.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5119

VALUE ADDED COURSE CERTIFICATE

BAVEEN KUMAR Reg.No. 20195102004has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5120

VALUE ADDED COURSE CERTIFICATE

BERIS KAPOOR

This is to certify that..... Reg.No.....20195102005.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5121

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **BHARATHUVARAJ** Reg.No. 20195102006.....has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5122

VALUE ADDED COURSE CERTIFICATE

DANIEL

This is to certify that..... Reg.No. 20195102007.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5123

VALUE ADDED COURSE CERTIFICATE

DILLIRAJ.B

This is to certify that..... Reg.No. 20195102008.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5124

VALUE ADDED COURSE CERTIFICATE

DIVAKAR

This is to certify that..... Reg.No. 20195102009.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5125

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **GANESAN** Reg.No..... 20195102010has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5126

VALUE ADDED COURSE CERTIFICATE

GAYATHRI

This is to certify that..... Reg.No..... 20195102011.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5127

VALUE ADDED COURSE CERTIFICATE

GOKUL

This is to certify that..... Reg.No. 20195102012has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5128

VALUE ADDED COURSE CERTIFICATE

JOHN NICHALSON Reg.No. 20195102014has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5129

VALUE ADDED COURSE CERTIFICATE

KRISHNA KUMAR Reg.No..... 20195102015has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5130

VALUE ADDED COURSE CERTIFICATE

MYTHILI

This is to certify that..... Reg.No..... 20195102016 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5131

VALUE ADDED COURSE CERTIFICATE

NAVEEN KUMAR Reg.No. 20195102017 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5132

VALUE ADDED COURSE CERTIFICATE

NAYARA BANU

This is to certify that..... Reg.No..... 20195102018has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5133

VALUE ADDED COURSE CERTIFICATE

NICKSON RAJ

This is to certify that..... Reg.No. 20195102019has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5134

VALUE ADDED COURSE CERTIFICATE

NIRMALRAJ

This is to certify that..... Reg.No..... 20195102020.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5135

VALUE ADDED COURSE CERTIFICATE

NITHYA

This is to certify that..... Reg.No. 20195102021.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5136

VALUE ADDED COURSE CERTIFICATE

PRADEEP

This is to certify that..... Reg.No..... 20195102022has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5137

VALUE ADDED COURSE CERTIFICATE

PRAKASH

This is to certify that..... Reg.No. 20195102023.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5138

VALUE ADDED COURSE CERTIFICATE

PREMKUMAR

This is to certify that..... Reg.No. 20195102024.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5139

VALUE ADDED COURSE CERTIFICATE

RAGUL

This is to certify that..... Reg.No..... 20195102025has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5140

VALUE ADDED COURSE CERTIFICATE

RAJASEKAR

This is to certify that..... Reg.No..... 20195102026has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5141

VALUE ADDED COURSE CERTIFICATE

RAJKUMAR

This is to certify that..... Reg.No. 20195102027has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5142

VALUE ADDED COURSE CERTIFICATE

RAMANUJAM

This is to certify that..... Reg.No..... 20195102028 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5143

VALUE ADDED COURSE CERTIFICATE

SARAN

This is to certify that..... SARAN Reg.No..... 20195102029has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5144

VALUE ADDED COURSE CERTIFICATE

SATHISH

This is to certify that..... Reg.No..... 20195102030.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5145

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **SIVABAGATH SINGH** Reg.No..... **20195102031**has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5146

VALUE ADDED COURSE CERTIFICATE

S.KUMARESAN

This is to certify that..... Reg.No..... 20195102032has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5147

VALUE ADDED COURSE CERTIFICATE

SRIABIRAMI Reg.No. 20195102033has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5148

VALUE ADDED COURSE CERTIFICATE

SRIMA

This is to certify that..... Reg.No..... 20195102034has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

- Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5149

VALUE ADDED COURSE CERTIFICATE

SUBASH

This is to certify that..... Reg.No..... 20195102035 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Vice-Chancellor

Registrar

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5150

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **SUBHASHCHANDHIRABOSE** Reg.No..... **20195102036**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5151

VALUE ADDED COURSE CERTIFICATE

SURYA

This is to certify that..... Reg.No..... 20195102037has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5152

VALUE ADDED COURSE CERTIFICATE

THENMOZHI

This is to certify that..... Reg.No..... 20195102039has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5153

VALUE ADDED COURSE CERTIFICATE

VIKRAM

This is to certify that..... Reg.No..... 20195102040has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Vice-Chancellor

Registrar

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5154

VALUE ADDED COURSE CERTIFICATE

ABIRAMI

This is to certify that..... Reg.No..... 20195101003has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"
during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Vice-Chancellor

Registrar

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5155

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **ABISHA LAKSHMI** Reg.No..... **20195101004**has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5156

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **AJAY** Reg.No..... 20195101005has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5157

VALUE ADDED COURSE CERTIFICATE

AJITHKUMAR

This is to certify that..... Reg.No. 20195101006has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5158

VALUE ADDED COURSE CERTIFICATE

AJITH KUMAR

This is to certify that..... Reg.No..... 20195101007has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5159

VALUE ADDED COURSE CERTIFICATE

AJMAL AHAMED

This is to certify that..... Reg.No. 20195101008.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5160

VALUE ADDED COURSE CERTIFICATE

AKILANDESWARI Reg.No. 20195101009has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5161

VALUE ADDED COURSE CERTIFICATE

ANISHA

This is to certify that..... Reg.No..... 20195101010has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5162

VALUE ADDED COURSE CERTIFICATE

ARIVAZHAGAN

This is to certify that..... Reg.No..... 20195101011.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5163

VALUE ADDED COURSE CERTIFICATE

BABISHA

This is to certify that..... Reg.No..... 20195101012has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5164

VALUE ADDED COURSE CERTIFICATE

BERSHINI

This is to certify that..... Reg.No..... 20195101014has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Vice-Chancellor

Registrar

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5165

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **DIMPLE KAPADIA KORABU** Reg.No..... **20195101015**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5166

VALUE ADDED COURSE CERTIFICATE

DINESH

This is to certify that..... Reg.No..... 20195101017has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Vice-Chancellor

Registrar

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5167

VALUE ADDED COURSE CERTIFICATE

DINESH KUMAR

This is to certify that..... Reg.No..... 20195101018 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5168

VALUE ADDED COURSE CERTIFICATE

GAYATHRI

This is to certify that..... Reg.No..... 20195101019has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5169

VALUE ADDED COURSE CERTIFICATE

GOWDHAM

This is to certify that..... Reg.No..... 20195101021 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5170

VALUE ADDED COURSE CERTIFICATE

GOWTHAM

This is to certify that..... Reg.No..... 20195101022 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5171

VALUE ADDED COURSE CERTIFICATE

GUNASEELAN Reg.No..... 20195101023 has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5172

VALUE ADDED COURSE CERTIFICATE

INDUMATHI

This is to certify that..... Reg.No..... 20195101024has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5173

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **JAYA KUMAR** Reg.No..... 20195101026 has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5174

VALUE ADDED COURSE CERTIFICATE

JENITHA

This is to certify that..... Reg.No..... 20195101027has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5175

VALUE ADDED COURSE CERTIFICATE

JOSEPH

This is to certify that..... Reg.No..... 20195101028has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5176

VALUE ADDED COURSE CERTIFICATE

KALAIVANI

This is to certify that..... Reg.No..... 20195101029has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5177

VALUE ADDED COURSE CERTIFICATE

KAVITHA

This is to certify that..... Reg.No..... 20195101030has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5178

VALUE ADDED COURSE CERTIFICATE

KIRUBAKARAN

This is to certify that..... Reg.No..... 20195101031.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5179

VALUE ADDED COURSE CERTIFICATE

KOUSALYA

This is to certify that..... Reg.No..... 20195101032 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5180

VALUE ADDED COURSE CERTIFICATE

KOWSALYA

This is to certify that..... Reg.No..... 20195101033has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5181

VALUE ADDED COURSE CERTIFICATE

KRISHNA KUMAR

This is to certify that..... Reg.No..... 20195101034has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5182

VALUE ADDED COURSE CERTIFICATE

MAGESHWARAN

This is to certify that..... Reg.No..... 20195101035has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5183

VALUE ADDED COURSE CERTIFICATE

MANIKANDAN Reg.No. 20195101037has successfully
completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"
during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5184

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MANIKANDAN** Reg.No..... **20195101038**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5185

VALUE ADDED COURSE CERTIFICATE

MARY SHEEBA

This is to certify that..... Reg.No. 20195101039has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5186

VALUE ADDED COURSE CERTIFICATE

MEGANATHAN

This is to certify that..... Reg.No..... 20195101040.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Vice-Chancellor

Registrar

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5187

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MUHAMMAD SHAFEEL** Reg.No..... **20195101041**.....has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5188

VALUE ADDED COURSE CERTIFICATE

NAGULPRATHIK

This is to certify that..... Reg.No. 20195101042has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5189

VALUE ADDED COURSE CERTIFICATE

NARMATHA

This is to certify that..... Reg.No..... 20195101043.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5190

VALUE ADDED COURSE CERTIFICATE

NITHYA

This is to certify that..... Reg.No. 20195101044.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5191

VALUE ADDED COURSE CERTIFICATE

PARTHIBAN

This is to certify that..... Reg.No..... 20195101045has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5192

VALUE ADDED COURSE CERTIFICATE

PAVITHRA

This is to certify that..... Reg.No..... 20195101047.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5193

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **MELBIN MAFFITHA** Reg.No..... 20195101048has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5194

VALUE ADDED COURSE CERTIFICATE

PRADEEP KUMAR

This is to certify that..... Reg.No..... 20195101049.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5195

VALUE ADDED COURSE CERTIFICATE

PRAKASH

This is to certify that..... Reg.No. 20195101050.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5196

VALUE ADDED COURSE CERTIFICATE

PRAMILA

This is to certify that..... Reg.No. 20195101051.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5197

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **PRAVEEN KUMAR** Reg.No..... 20195101052has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"**Construction, Maintenance and Repair of Play Fields and Sports Equipment**"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5198

VALUE ADDED COURSE CERTIFICATE

PREM KUMAR

This is to certify that..... Reg.No. 20195101053.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5199

VALUE ADDED COURSE CERTIFICATE

PRIYADHARSHINI

This is to certify that..... Reg.No..... 20195101054 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5200

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **RAGUPATHY** Reg.No..... **20195101055**has successfully completed the Value Added Program conducted by the Department of Physical Education in **"Construction, Maintenance and Repair of Play Fields and Sports Equipment"** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5201

VALUE ADDED COURSE CERTIFICATE

RAJINA

This is to certify that..... Reg.No. 20195101056has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5202

VALUE ADDED COURSE CERTIFICATE

RAJKUMAR

This is to certify that..... Reg.No. 20195101057.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5203

VALUE ADDED COURSE CERTIFICATE

REKHA

This is to certify that..... Reg.No. 20195101058.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5204

VALUE ADDED COURSE CERTIFICATE

SABARINATHAN

This is to certify that..... Reg.No. 20195101059.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5205

VALUE ADDED COURSE CERTIFICATE

SAKTHIVIGNESH

This is to certify that..... Reg.No..... 20195101060has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5206

VALUE ADDED COURSE CERTIFICATE

SALA

This is to certify that..... Reg.No..... 20195101061.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5207

VALUE ADDED COURSE CERTIFICATE

SANDHIYA

This is to certify that..... Reg.No..... 20195101062has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5208

VALUE ADDED COURSE CERTIFICATE

SANGAVI

This is to certify that..... Reg.No.....20195101063.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5209

VALUE ADDED COURSE CERTIFICATE

SATHIAKUMAR

This is to certify that..... Reg.No..... 20195101064.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5210

VALUE ADDED COURSE CERTIFICATE

SATHISH

This is to certify that..... Reg.No..... 20195101065has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5211

VALUE ADDED COURSE CERTIFICATE

SATHISH

This is to certify that..... Reg.No..... 20195101066has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5212

VALUE ADDED COURSE CERTIFICATE

SATHISHKUMAR

This is to certify that..... Reg.No. 20195101067.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5213

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **SATHISHARMA** Reg.No..... **20195101068**has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5214

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **SENTHAMIZHSELVAM** Reg.No..... 20195101070has successfully

completed the Value Added Program conducted by the Department of Physical Education in
"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR CHENNAI - 600127.



Folio No. 5215

VALUE ADDED COURSE CERTIFICATE

This is to certify that..... **SINTHANAISELVAN** Reg.No..... **20195101071**has successfully completed the Value Added Program conducted by the Department of Physical Education in **“Construction, Maintenance and Repair of Play Fields and Sports Equipment”** during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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Folio No. 5216

VALUE ADDED COURSE CERTIFICATE

SIVA PRASANTH

This is to certify that..... Reg.No..... 20195101072has successfully

completed the Value Added Program conducted by the Department of Physical Education in

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during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

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Folio No. 5217

VALUE ADDED COURSE CERTIFICATE

SUMITHRA

This is to certify that..... Reg.No..... 20195101073has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

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Registrar

Vice-Chancellor

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Folio No. 5218

VALUE ADDED COURSE CERTIFICATE

SURIYA

This is to certify that..... Reg.No..... 20195101075has successfully

completed the Value Added Program conducted by the Department of Physical Education in

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during 2019 - 2020

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Date : 20-01-2020

Registrar

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Folio No. 5219

VALUE ADDED COURSE CERTIFICATE

SWATHI

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Folio No. 5220

VALUE ADDED COURSE CERTIFICATE

THAMIZHELVI

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Folio No. 5221

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VASANTH

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Folio No. 5222

VALUE ADDED COURSE CERTIFICATE

VASANTHA

This is to certify that..... Reg.No..... 20195101079has successfully

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Folio No. 5223

VALUE ADDED COURSE CERTIFICATE

VELANKANNI

This is to certify that..... Reg.No..... 20195101080has successfully

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Controller of Examination

Date : 20-01-2020

Registrar

Vice-Chancellor

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Folio No. 5224

VALUE ADDED COURSE CERTIFICATE

VIDHYA

This is to certify that..... Reg.No. 20195101081.....has successfully

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Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

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Folio No. 5225

VALUE ADDED COURSE CERTIFICATE

VIGNESH

This is to certify that..... Reg.No..... 20195101082 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

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Folio No. 5226

VALUE ADDED COURSE CERTIFICATE

VIKNESH

This is to certify that..... Reg.No..... 20195101084.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

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Duration of program: 30 hours

Date : 20-01-2020 Controller of Examination

Registrar

Vice-Chancellor

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Folio No. 5227

VALUE ADDED COURSE CERTIFICATE

VINITH KUMAR

This is to certify that..... Reg.No..... 20195101086.....has successfully

completed the Value Added Program conducted by the Department of Physical Education in

“Construction, Maintenance and Repair of Play Fields and Sports Equipment”

during 2019 - 2020

Duration of program: 30 hours

Date : 20-01-2020

Controller of Examination

Registrar

Vice-Chancellor

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Folio No. 5228

VALUE ADDED COURSE CERTIFICATE

VINOTHINI

This is to certify that..... Reg.No..... 20195101087 has successfully

completed the Value Added Program conducted by the Department of Physical Education in

"Construction, Maintenance and Repair of Play Fields and Sports Equipment"

during 2019 - 2020

Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

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Folio No. 5229

VALUE ADDED COURSE CERTIFICATE

VINOTH KUMAR

This is to certify that..... Reg.No..... 20195101088has successfully

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Duration of program: 30 hours

Controller of Examination

Registrar

Vice-Chancellor

Date : 20-01-2020

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Folio No. 5230

VALUE ADDED COURSE CERTIFICATE

WILSON RAJ

This is to certify that..... Reg.No..... 20195101089..... has successfully

completed the Value Added Program conducted by the Department of Physical Education in

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Registrar

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Folio No. 5231

VALUE ADDED COURSE CERTIFICATE

KISHORE KIRTANIA Reg.No..... 20195103006has successfully
completed the Value Added Program conducted by the Department of Physical Education in
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Date : 20-01-2020

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Registrar

Vice-Chancellor



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6 - CONCEPTS AND METHODS OF WELLNESS TRAINING

Syllabus

Theory

UNIT I : Meaning and Definition Wellness - Components of Wellness- Need and Importance of Wellness. Factors affecting Wellness. Multi factorial causation of Chronic diseases. Environmental and Occupational health and Wellness . Wellness Park.

UNIT II : Work place Wellness Importance of Workplace Wellness. Programmes: Onsite-Fitness Centers – Smoking Cessation Programmes – Transit Option – Paramedical Services- Yoga Classes- Lunch and Healthy Snacks – Employees Assistance Programme- Naps – Wellness Challenges- Wellness Adventures.

UNIT III : Fitness Assessment and Exercise Prescription. Meaning and Definition Fitness. Types and Components of Fitness. Assessing Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components. Exercise Prescription for Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.

UNIT IV : Weight Management. Health and Wellness problem for Under, Over Weight and Obesity. Principles of Eating Right. Lifestyle changes for weight management . Lifestyle interventions for disease management : hypertension, diabetes, heart disease, stroke, cancer and many other chronic conditions. Impact of mental and emotional health on overall wellness.

UNIT V : Psychological Health and Recreation. Psychological Dimension of Health. Psychological Wellbeing and Wellness. Positive Psychology. Management of psychological health including



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stress, sleep, relationships and addictions. Behavioural change and wellness. Anger: Meaning , Types and Methods of Assessment and Reduction. Recreational Games.

UNIT VI : Stress Management and Yoga. Meaning and Definition of Stress- Types and causes of Stress. Stress and Wellness. Tips for Stress Reduction. Yoga for Wellness. Mindfulness Meditation. Wellness Training: Detox Guidance- Nutrition Program- Fitness Program- Hormone Analysis.

REFERENCE

Michelle Sutton-Kerchner (2019) <http://fitnessandwellnessnews.com/healthy-stress-management/>

Muktibodhananda Swami (1998) Hatha Yoga Pradipika, The Yoga Publication: Bihar.

Nanette E. Tummers (2013) Stress Management: A Wellness Approach, Human Kinetics

Rujuta Diwekar(2009) Don't Lose Your Mind, Lose Your Weight, Random House India: Mumbai.

PRACTICAL

Techniques of Wellness Training

1. Assessing Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.
2. Exercise Prescription for Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.
3. BMI Assessment. Weight Management. Lifestyle changes for weight management
4. Assessment of Sleep and Management of Sleep Disorder
5. Assessment Anger and Reduction.
6. Recreational Games.
7. Stress Reduction through Psychological Approaches
8. Yoga and Mindfulness Meditation of Stress Reduction
9. Wellness Park .



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7 - CERTIFICATE COURSE IN KALARIPAYATTU

Syllabus

Theory

CONCEPTS AND METHODS OF KALARIPAYATTU

UNIT I : Meaning and Definition of Kalaripayattu. History and Development of Kalari. Cultural Roots of Kalari. Sampradayam, General ideas behind Kalaripayattu concepts and Techniques. Prerequisite for a Kalari training. Precautions, Attire and Safety Equipments. Preparatory Exercises.

UNIT II : Chuvadu : Position of the feet - Vadivu: Posture of the body. The combinations of chuvadu and vadivu . Offensive or defensive maneuver. Vadivu: Types of vadvus: Varaha - Wild Boar, Gaja - Elephant, Marjara - Cat, Simham - Lion, Sarpam - Snake, Kukkuda - Cock, Mayura - Peacock and Haya - Horse. Leg Exercises: Types of leg exercises (kicks)- Techniques, Safety and Benefits .

UNIT II: Meipayattu: Body in practice – Flexibility and general physical fitness benefits. Acrobatics in Kalari: flips and kicks. Kalari with Equipments: Short Stick (Muchan)- Long Stick (Kettukari)- Dagger (Kattaram)- Knife (kathipayattu)- Kaikuthipayattu: Techniques, Safety and Benefits .

UNIT III: Curved stick (Ottakol): - Sword And Shield (Vallum parichayum) - Sword And Spear (Marapidichakuntham)- Bare-Handed Combat (Verumkai). Techniques, Safety and Benefits .

UNIT IV: Flexible Sword (Urumi) - Kalari Massage (Uzhichil)- Marmapoints - Marmas (deadly spots) in the human body. Techniques, Safety and Benefits . Practice during hot and cold seasons.

UNIT V : Northern, Central and Southern Traditions in Kalari. Guru- Role of Guru. Place of Practice. The Puttara. PuttaraVandanam and Kalari Vandanam. Energy and Matter : Vada, Pitta , Kapha, Nadis and Organs.

REFERENCE



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Ranjan Mullaratt(2000) , Kalari Margam – Ancient Secrets for Modern Living. ISBN: 978-93-5196-334-9

Chirakkal Sreedharan T Nair (2016) Kalaripayattu: The Complete Guide to Kerala's Ancient Martial Art, Westland Books: Chennai.

Luijendijk D H (2008) Kalraipayattu, The Structure and Essence of Indian Marital Arts, USA: Gegevens.

PRACTICAL

Techniques Kalaripayattu

1. Precautions, Attire and Safety Equipments. Preparatory Exercises.
2. Guru- Place of Practice - PuttaraVandanam and Kalari Vandanam.- Nadis
3. Chuvadu : . Position of the feet - Vadivu: Posture of the body. The combinations of chuvadu and vadivu . Offensive or defensive maneuver. Techniques and procedures
4. Vadivu:Types of vadivus: Varaha - Wild Boar, Gaja - Elephant, Marjara - Cat, Simham - Lion, Sarpam - Snake, Kukkuda - Cock, Mayura - Peacock and Haya - Horse. Techniques and procedures
5. Leg Exercises: Types of leg exercises (kicks)- Techniques and procedures.
6. Meipayattu: flips and kicks. Kalari with Equipments: Short Stick (Muchan)- Long Stick (Kettukari)- Techniques and procedures.
7. Dagger (Kattaram)- Knife (kathipayattu)- Kaikuthipayattu Techniques and procedures.
8. Curved stick (Ottakol): - Sword And Shield (Vallum parichayum) - Sword And Spear (Marapidichakuntham) Techniques and procedures.
9. Bare-Handed Combat (Verumkai). Techniques and procedures.
10. Flexible Sword (Urumi) - Kalari Massage (Uzhichil)- Marmapoints - Marmas (deadly spots) in the human body. Techniques and procedures.

REFERENCE



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Luijendijk D H (2008) Kalraipayattu, The Structure and Essence of Indian Marital Arts, USA: Gegevens

8 - CERTIFICATE COURSE IN ANTHROPOMETRY

SYLLABUS

Theory

CONCEPTS AND METHODS OF ANTHROPOMETRY

Unit I: Meaning and Definition of Anthropometry . Need and Importance of Anthropometry in Physical Education and Sports. Determining body size. General body measurements: Body Weight- Stature/Height- Sitting Height .

Unit II : Skeletal Diameters: Biacromial Diameter (Shoulder width)- Bicristal Diameter (Abdominal width) - Humerus Bicondylar width (Elbow width)- Wrist Diameter- Femur Bicondylar Diameter (Knee width) -Ankle Diameter Measurement Techniques.

Unit III : Circumference: Chest circumference- Upper-Arm circumference- Fore-Arm circumference- Thigh circumference - Calf circumference. Measurement Techniques.



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Unit IV: Skinfold Measurements: Biceps Skinfold width- Triceps skinfold width - Forearm skinfold width - ubscapular skinfold width- Suprailiac skinfold width- Thigh skinfold width- Calf skinfold width. Skinfold calibers and types.

Unit V: Body form (Somototyping)- Measurement Techniques.. Body composition- Measurement Techniques.. Body Mass Index - Measurement Techniques. Physical growth and development. Nutritional status.

Reference

Anup Adhikari (2005) Anthropometry Measurement, ISAK: Canada

Devnder K Kansal (2000) Text Book of Applied Measurement, Evaluation & Sports Selection. Sports and Spiritual Science Publication : New Delhi.

Victor R. Preedy()Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease, Springer Science & Business Media,UK

Westat, (1988) Body Measurements (Anthropometry), National Health And Nutrition Examination Survey, Research Boulevard Rockville, MD.

PRACTICALS

TECHNIQUES OF ANTHROPOMETRY

1. Determining body size
2. General body measurements:
 - . Body Weight
 - Stature/Height
 - . Sitting Height



3.. Skeletal Diameters

Biacromial Diameter (Shoulder width)

Bicristal Diameter (Abdominal width)

Humerus Bicondylar width (Elbow width)

Wrist Diameter

Femur Bicondylar Diameter (Knee width)

Ankle Diameter

4. Circumference

Chest circumference

Upper-Arm circumference

Fore-Arm circumference

Thigh circumference

Calf circumference

5. Skinfold Measurements

Biceps skinfold width

Triceps skinfold width

Forearm skinfold width

Subscapular skinfold width

Suprailiac skinfold width

Thigh skinfold width

Calf skinfold width

6 Body form (Somototyping)



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7. Body composition

9 - CERTIFICATE COURSE IN SILAMBAM FENCING

SYLLABUS

THEORY

CONCEPTS AND METHODS OF SILAMBAM FENCING

Unit I: Meaning – Definitions – Need – Nature – Aim and Objectives – Philosophy and- Scope of Silambam Fencing – Misconceptions and Clarification about Silambam Fencing and Education, Silambam Fencing and Physical Education. Schools of Silambam Fencing.

Unit II: History of Silambam Fencing – Origin, Modern Developments in Silambam Fencing .Self defense, Hunting for prey – Originised Hunting – Scientific neurology in trapping and hunting – Scientific evolution. Asanas and Silambam.

Unit III: Contribution to Silambam Fencing–Festivals and Recreative aspects – Contributions of various exponents in diverse religious contributions through literature teachers and literary leaders. Posture – Postural tame – Components of good posture – Bad Posture – Beneficial – Silambam Fencing practices.

Unit IV : Competitive Silambam : Rules, Regulations and Interpretations- Equipment – Selection of Equipment- Safety procedures and Equipment.

UNIT V:Silambam Fencing - a martial combat sport - Methods in Fencing of body parts - Controlled Sport for all - Aesthetics Value - Exercise value - Health benefits.

Reference

David Manuel Raj J (1971)Silambam: Technique and Evaluation, Higginbothams, Madras.

Mahalingam m (2001) Silambattam: The Indian Art of Stick Fighting, Silambam Blackbelt Association Selangor and Kuala Lumpur,.



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
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A. Arunācalam (2007) Silambam from Tamilnadu: An Indian Ancient Martial Art

Folklore Resources and Research Centre, St. Xavier's College, 2007

PRACTICALS

TECHNIQUES OF SILAMBAM FENCING

1. Warm-up Routine – Warm Down. Preparatory Exercise.
2. Silambam wand Drills - Front – Up - Down. – Tilt left- Tilt right - Centre grip (left to right swing) - Right to left swing.
3. Hold - front of the chest – Two land proximal end grip - Jog and run backward- Jog and run to the left side with cross step -Jog and run to the right side with cross step- Squat & hold the Stave at hip level & do whipping action to the left & turn right & alternate to left & right Military Swing – Dog/Swing.
- 4 Zig Zag running holding the Stave at chest level passing- Run to the front - Run to the rear without turning. Equipment Maintenance.
- 5 Two footed jump forward - Two footed jump backward -Under the arm-pit swing from the front to the back - Under the arm- pit swing from the rear side to the front - Pivot Swings Three circle move forward- Four circle move to the rear

10 - CERTIFICATE COURSE IN TAMIL TRADITIONAL GAMES

Syllabus

Theory

THEORIES AND METHODS TAMIL TRADITIONAL GAMES



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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Unit I: History and Development of Tamil Traditional Games. Benefits and Advantages. Literature based Tamil Traditional Games: Sangam Literature, Neethi Literature, Kappium Literature and Folklore.

Unit II : Social Aspects of Tamil Traditional Games. Types of Games: Place- Skill- Gender- Season -Equipment – Songs –Number of Player- Time. Equipments and Place for Play.

Unit III : Methods of playing : Oral Games – Calling Moon – Catching with Small Stones – Chasing crab- Goat and Tiger – Playing with Replica of Insects – Stone Lifting – Playing with toys – Walking – Finding the Hidden Object – Breaking the Pot – Swing – Counting –Echo – Ladder Games – Bull Fight – Catapult – Chance Games - River Bed Games – Hide and Seek – Playing with Pebbles.

Unit IV : Methods of playing : Sling - Fan made of Palm Leaf – Paper Boat – Yelling – Stick Game – Horse Riding – Vibration Sounds – Fun Games – Clapping – Word Puzzle –Marble – Test of Luck – Merry Go round - Kabaddi – Stick Fencing – Sand Castle – Cooking Games .

Unit V: Methods of playing : Aquatics – Hopping - Kite – Boat Games – Top – Bird/Animal Fight – Pebbles Counting Games – Snake and Ladder – Riddles – Game with Flower Names – King and Minister - Imitating Rituals – Catching Games. Chess - Archery.

Reference

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Sivakaamsundari (1995) Sanga IlakiyaVilaittuKalnchiyamChennai : New Century

Practical



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TECHNIQUES OF TAMIL TRADITIONAL GAMES

1. Methods of playing : Oral Games – Calling Moon – Catching with Small Stones – Chasing crab-Goat and Tiger – Playing with Replica of Insects – Stone Lifting – Playing with toys – Walking – Finding the Hidden Object – Breaking the Pot – Swing – Counting –Echo – Ladder Games – Bull Fight – Catapult – Chance Games - River Bed Games – Hide and Seek – Playing with Pebbles.
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11 - VALUE-ADDED COURSE IN FOOD AND NUTRITION

The classes shall be conducted by the faculty of Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University Duration:30 hours, Strength:30

OBJECTIVE

1. To provide information to students for keeping food from spoilage
2. To provide information to students about nutrition and nutritive values of food.

SYLLABUS

1. Food and its importance
2. Classification of food and Nutrients-Carbohydrate, Protein, Fat, Vitamins, Minerals.
3. Good Nutrition
4. Malnutrition



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5. Under Nutrition
6. Balanced diet.
7. Meal Planning
8. Needs and Methods of Cooking
9. Effect of cooking on nutritive value

2020–21 BATCH STUDENT LIST

COURSE: IN FOOD AND NUTRITION.

DURATION: 30 HOURS

STRENGTH: 30

S.NO	NAME	CLASS
1	ARAVIND L	2 ND YEAR B.SC
2	DHANALAKSHMIJ	2 ND YEAR B.SC
3	DIVYAP	2 ND YEAR B.SC
4	DIVYAS	2 ND YEAR B.SC
5	HELANMICHEALJ	2 ND YEAR B.SC
6	HEMANTHKUMARJN	2 ND YEAR B.SC
7	ISHWARYAR	2 ND YEAR B.SC
8	JAYASAKTHIN	2 ND YEAR B.SC
9	PONKUMARG	2 ND YEAR B.SC
10	PRATIKNARAYANSAHOO	2 ND YEAR B.SC
11	RAJESHR	2 ND YEAR B.SC



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12	RAJINEESWARANG	2 ND YEARB.SC
13	SAKTHEESWARI S	2 ND YEARB.SC
14	SANDHANAPRIYAS	2 ND YEARB.SC
15	SANDHIYAL	2 ND YEARB.SC
16	VIGNESHWARID	2 ND YEARB.SC
17	YOGHASAGARC	2 ND YEARB.SC
18	BELJINB	2 ND YEARB.SC
19	VISMAYACV	3 RD YEARB.SC
20	DEEPAK A	3 RD YEARB.SC
21	JEEVITHAK	3 RD YEARB.SC
22	KARPURARAJAV	3 RD YEARB.SC
23	PAVITHRAS	3 RD YEARB.SC
24	LOGAPRIYAR	3 RD YEARB.SC
25	LEONARDISMA YELDEVENCYTALARI	3 RD YEARB.SC
26	SANTHIYA A	3 RD YEARB.SC
27	MATHUMITHAM	3 RD YEARB.SC
28	AJITHK	3 RD YEARB.SC
29	KAVITHAT	3 RD YEARB.SC
30	MOHAMMEDANSARIS	3 RD YEARB.SC



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MELAKOTTAIUR, CHENNAI 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

KAVITHA T

3rd Year B.SC Exercise Physiology and Nutrition

successfully completing the course

in Food and Nutrition

with consolidate score of 62%

Course Duration : 30 hours (July & Aug 2020-21)

Score - Type of certificate
40 - 49 - Successfully completed the course
50 - 59 - Fair
60 - 79 - Good
80 - 89 - Very good
90 - Excellent

Signature
HOD EPN

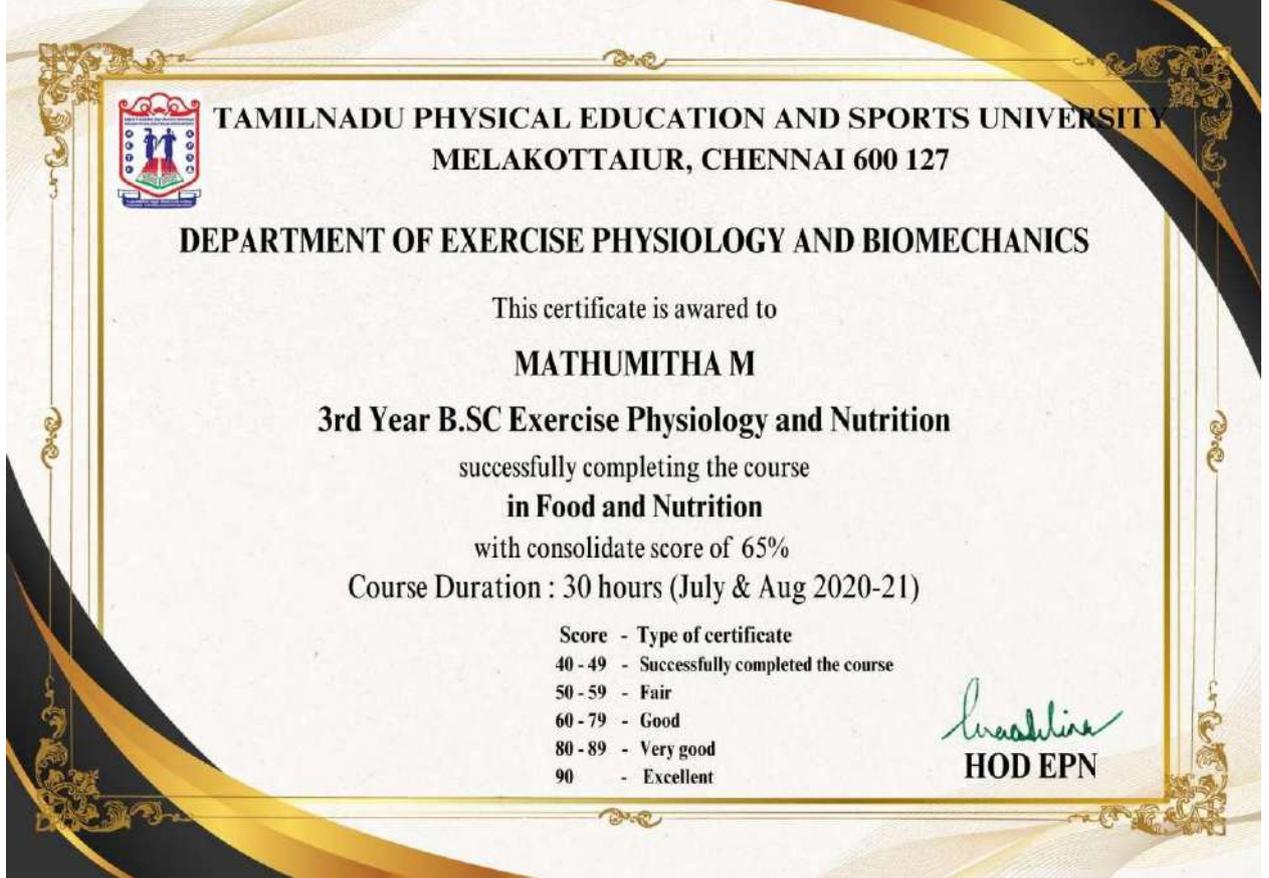


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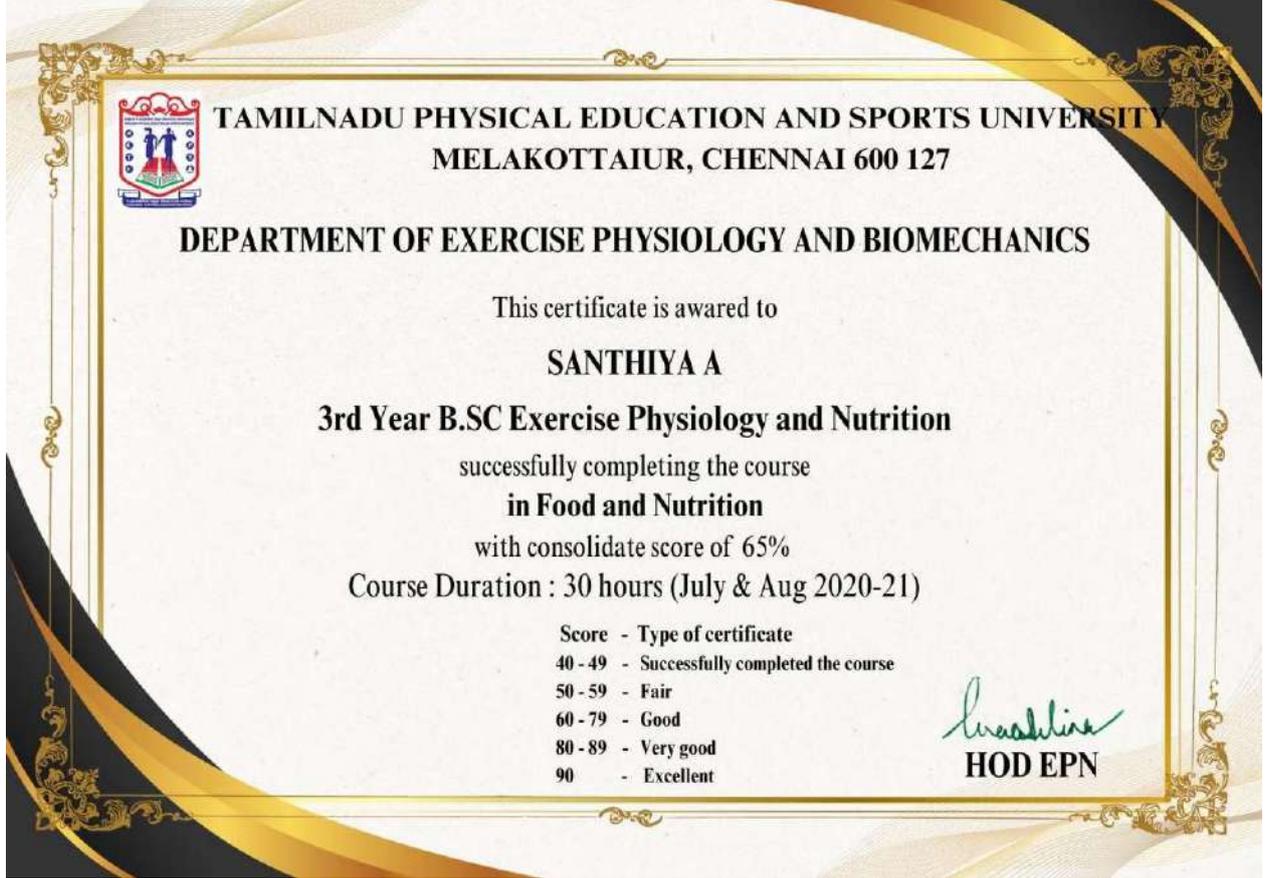


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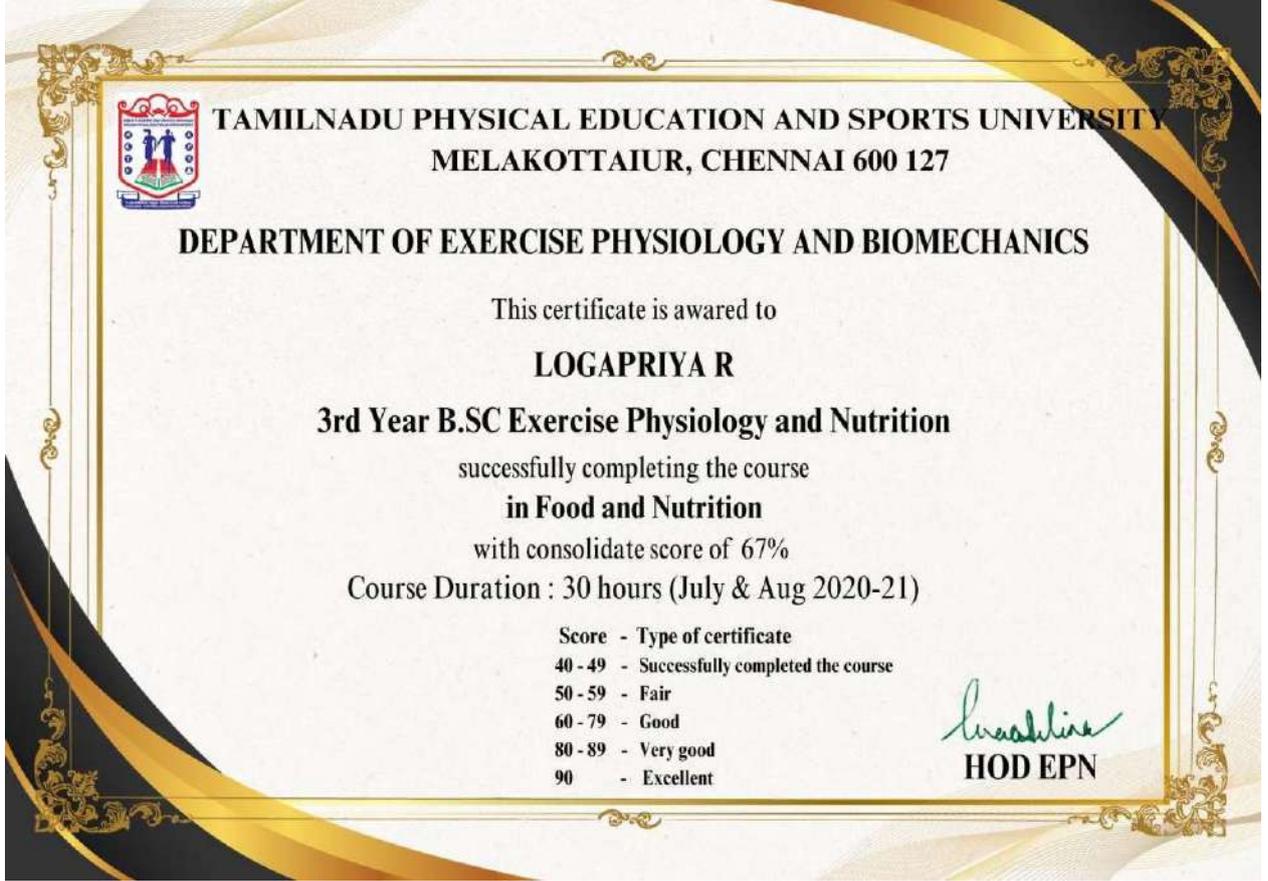


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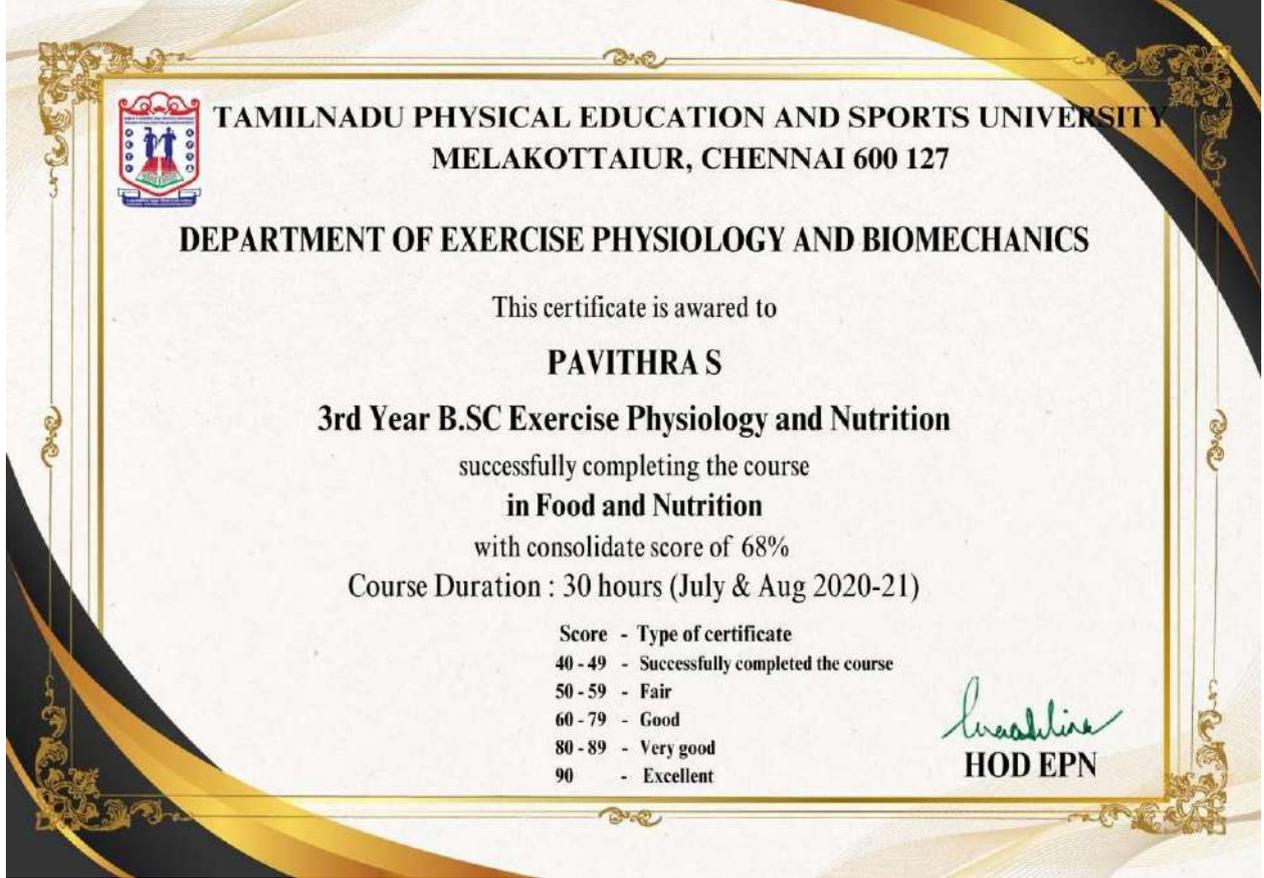


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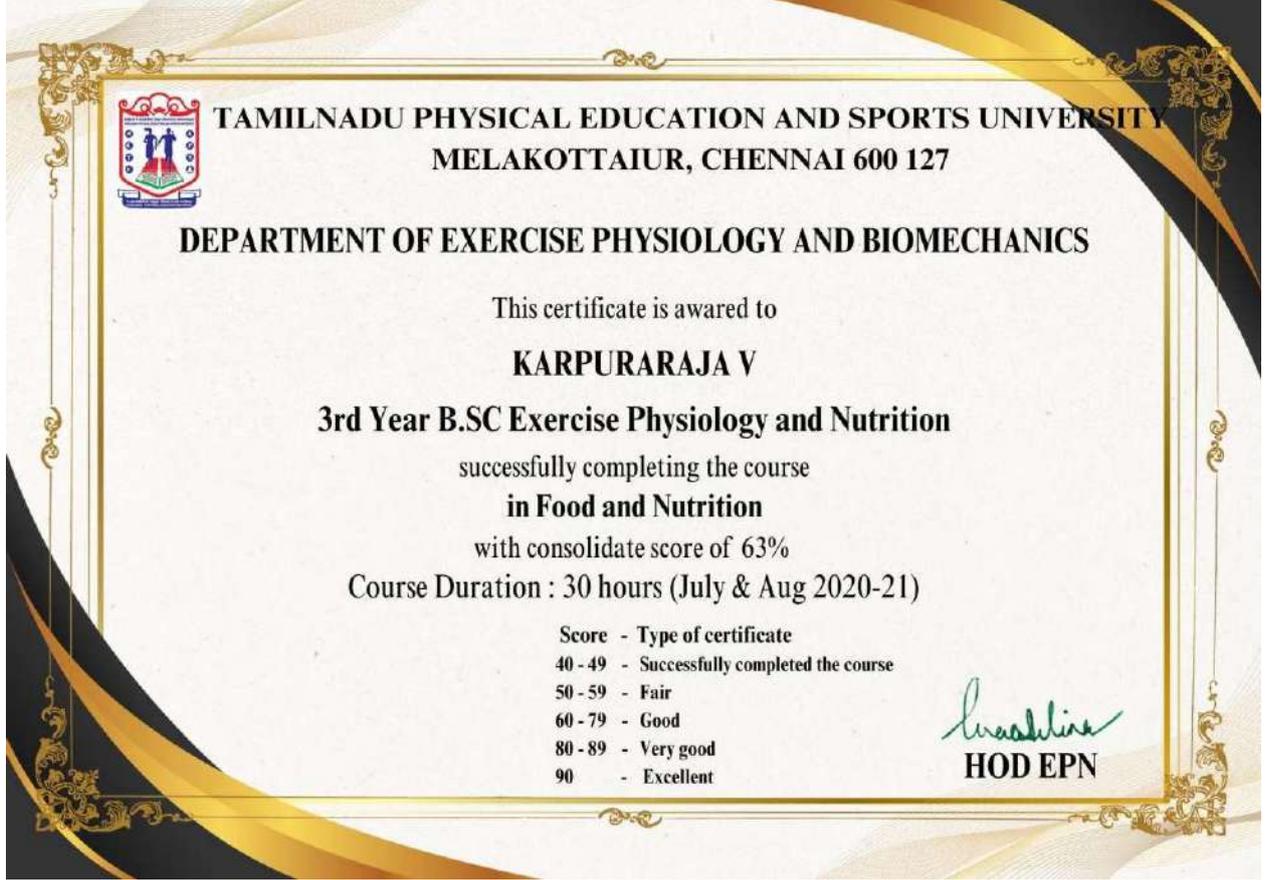


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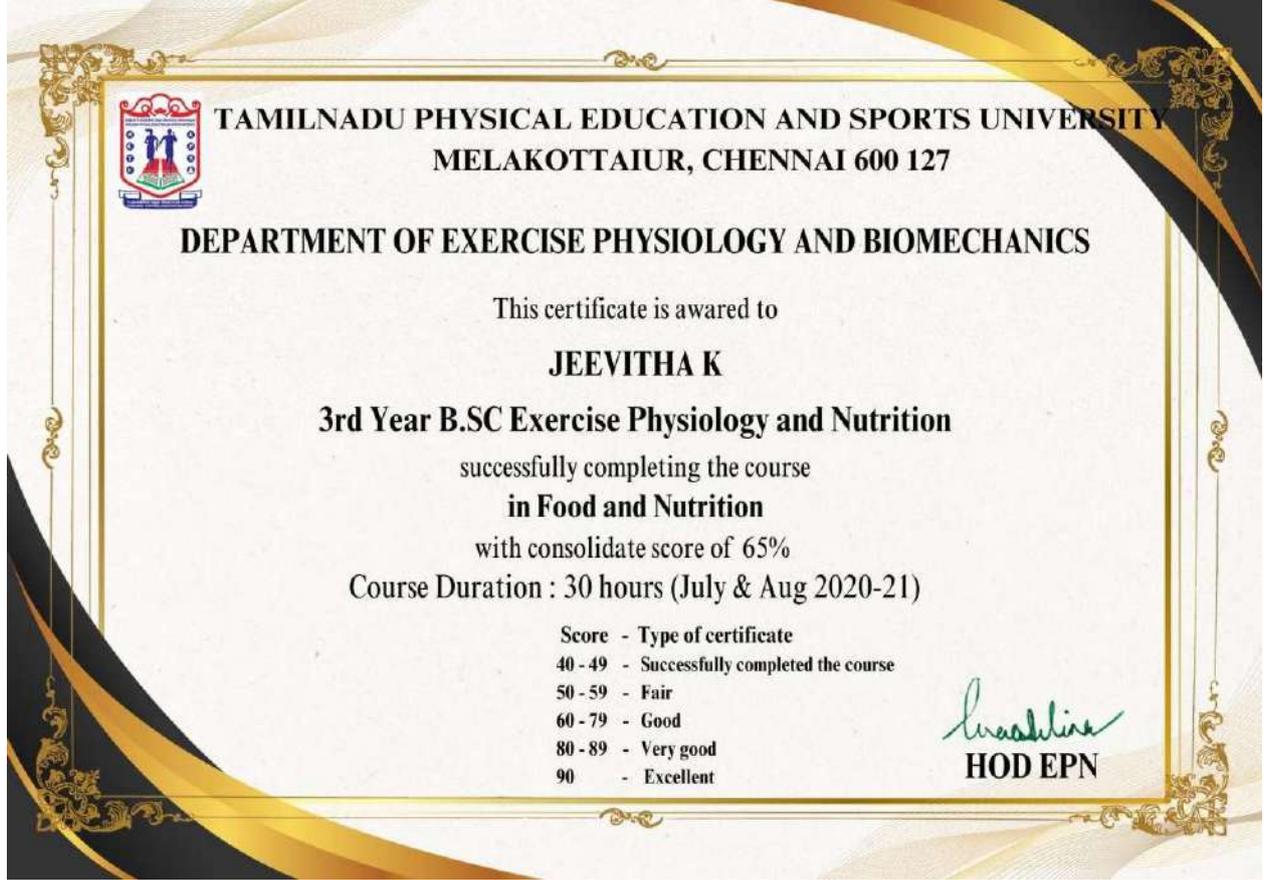


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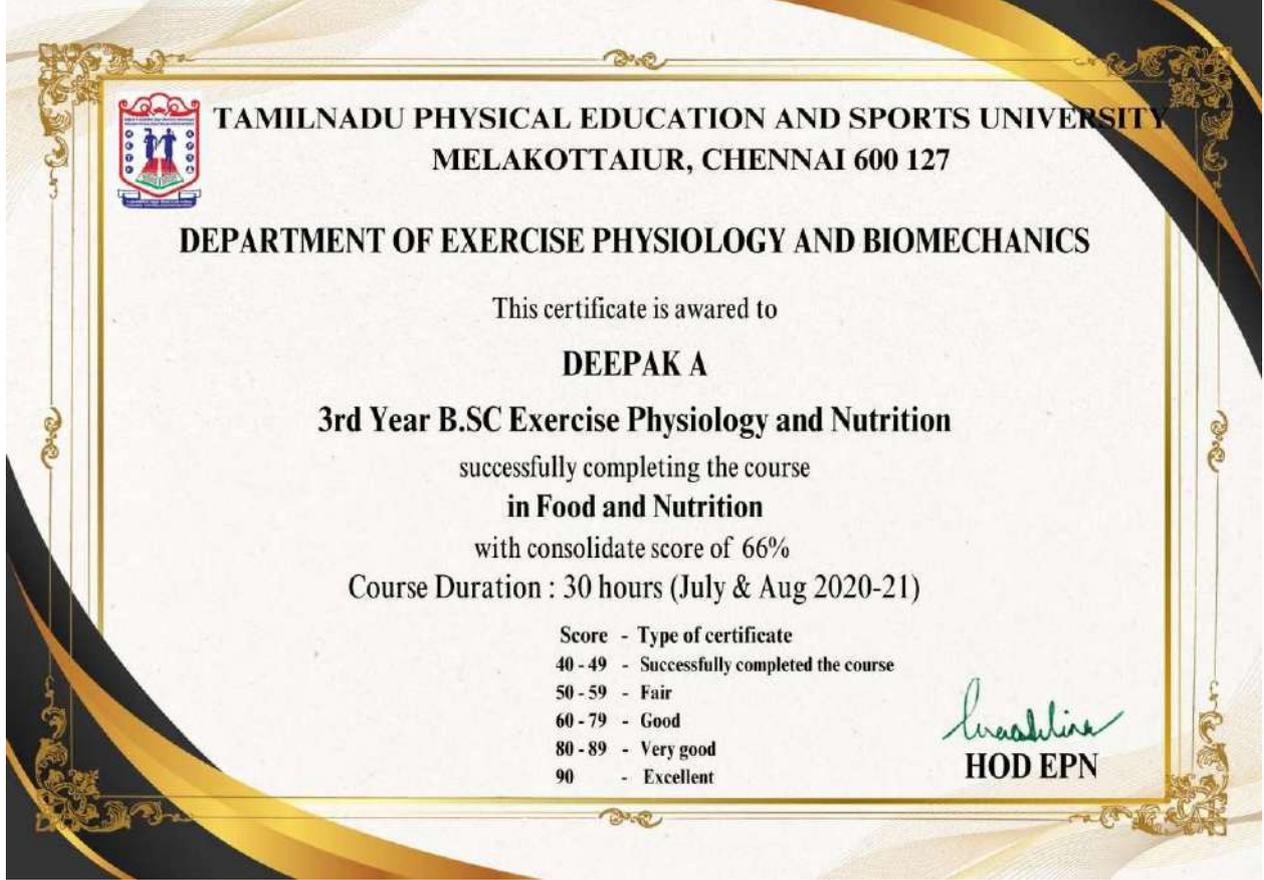


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VISMAYA C V

3rd Year B.SC Exercise Physiology and Nutrition

successfully completing the course

in Food and Nutrition

with consolidate score of 64%

Course Duration : 30 hours (July & Aug 2020-21)

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40 - 49 - Successfully completed the course
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Signature
HOD EPN



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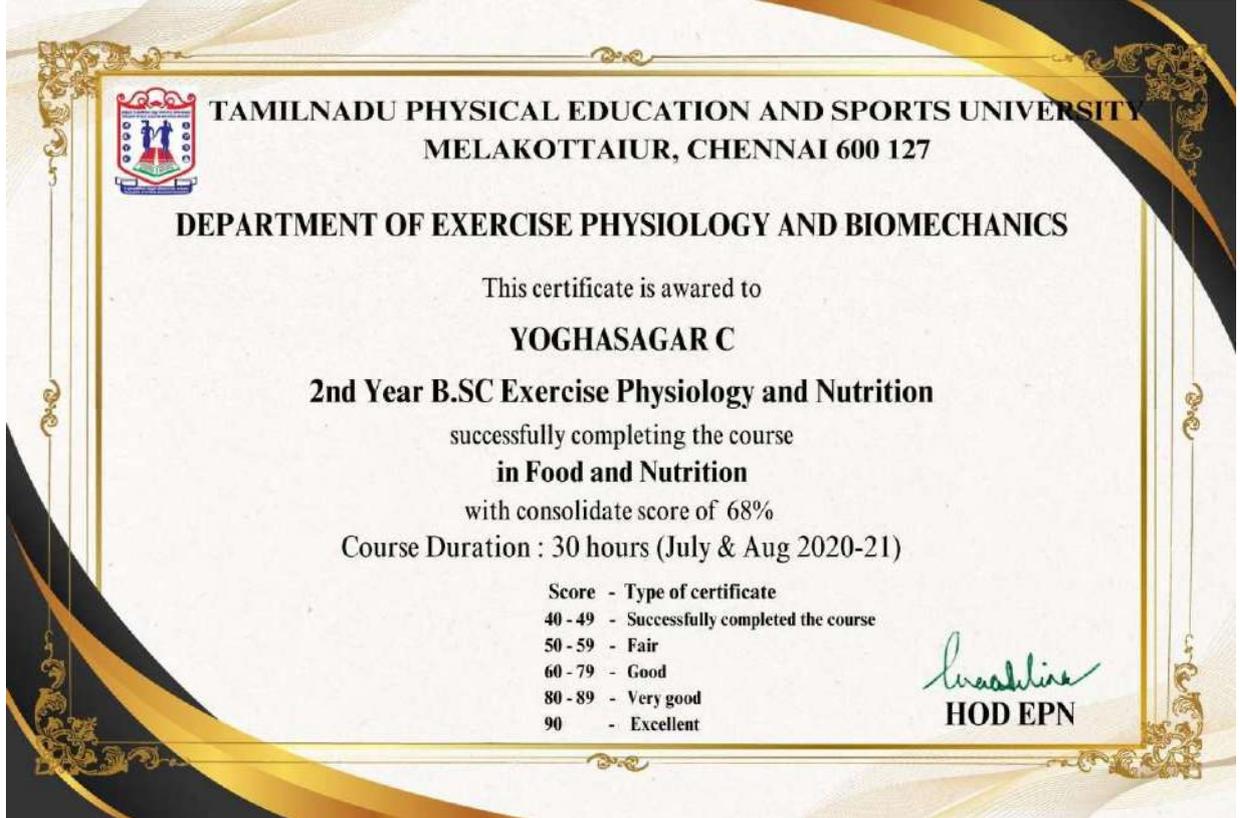
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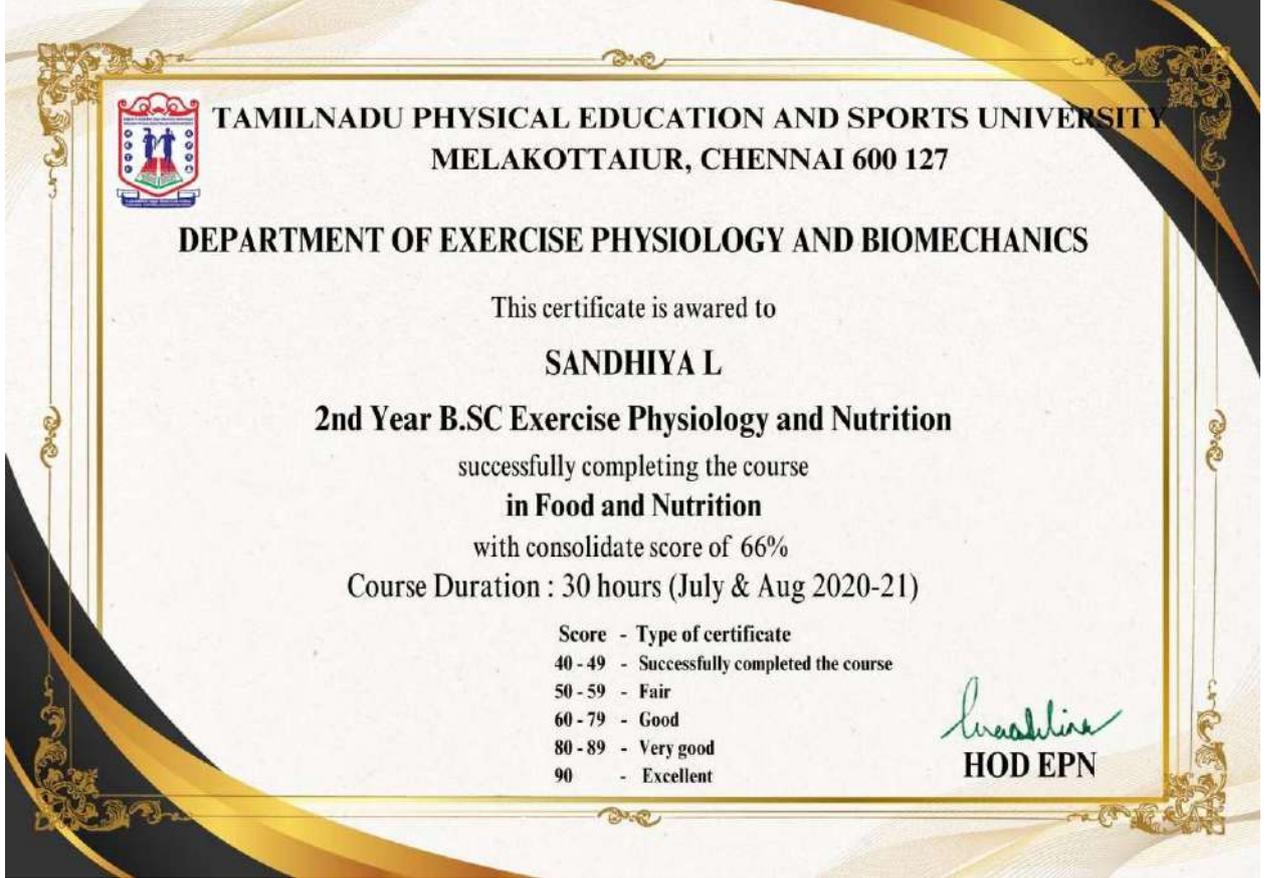
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L. S. Srinivasan
HOD EPN

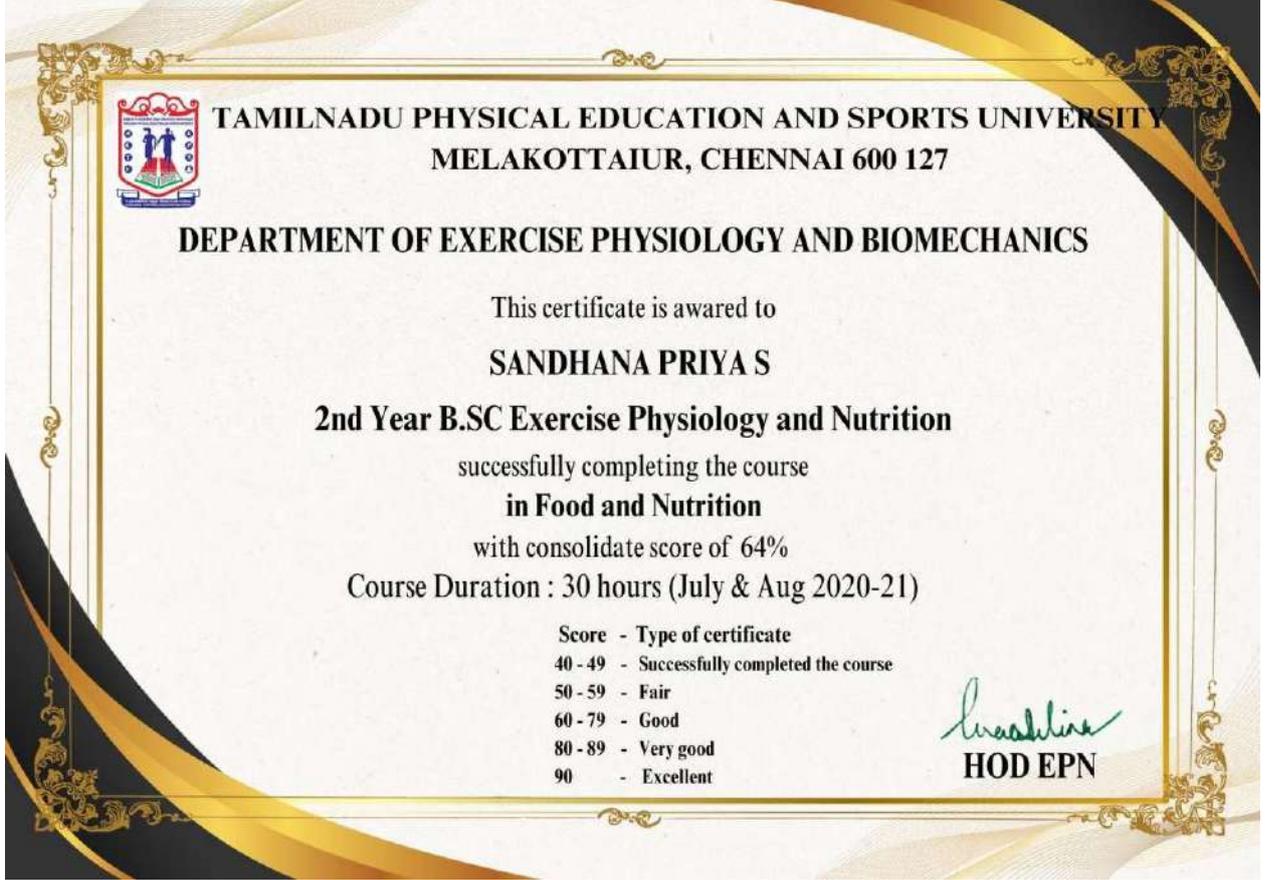


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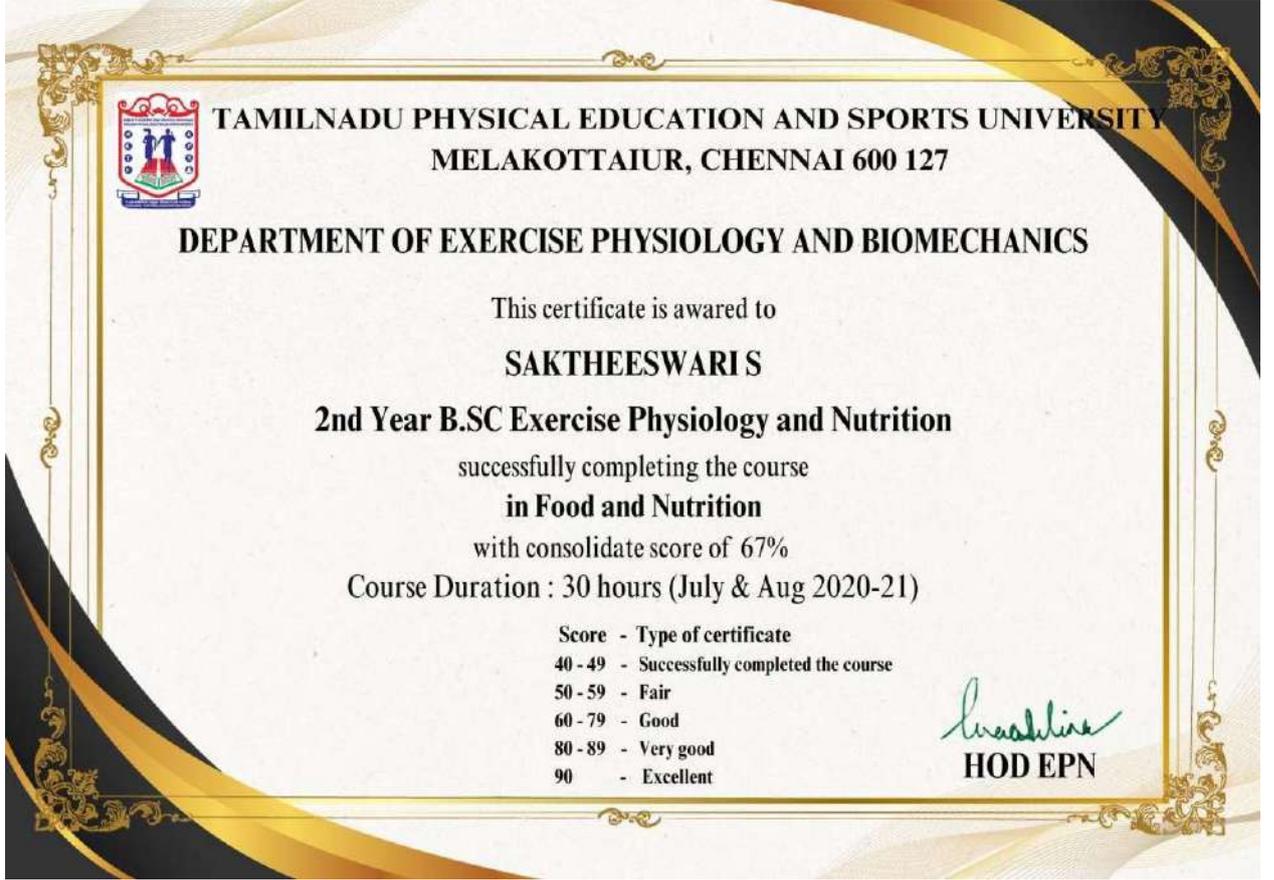


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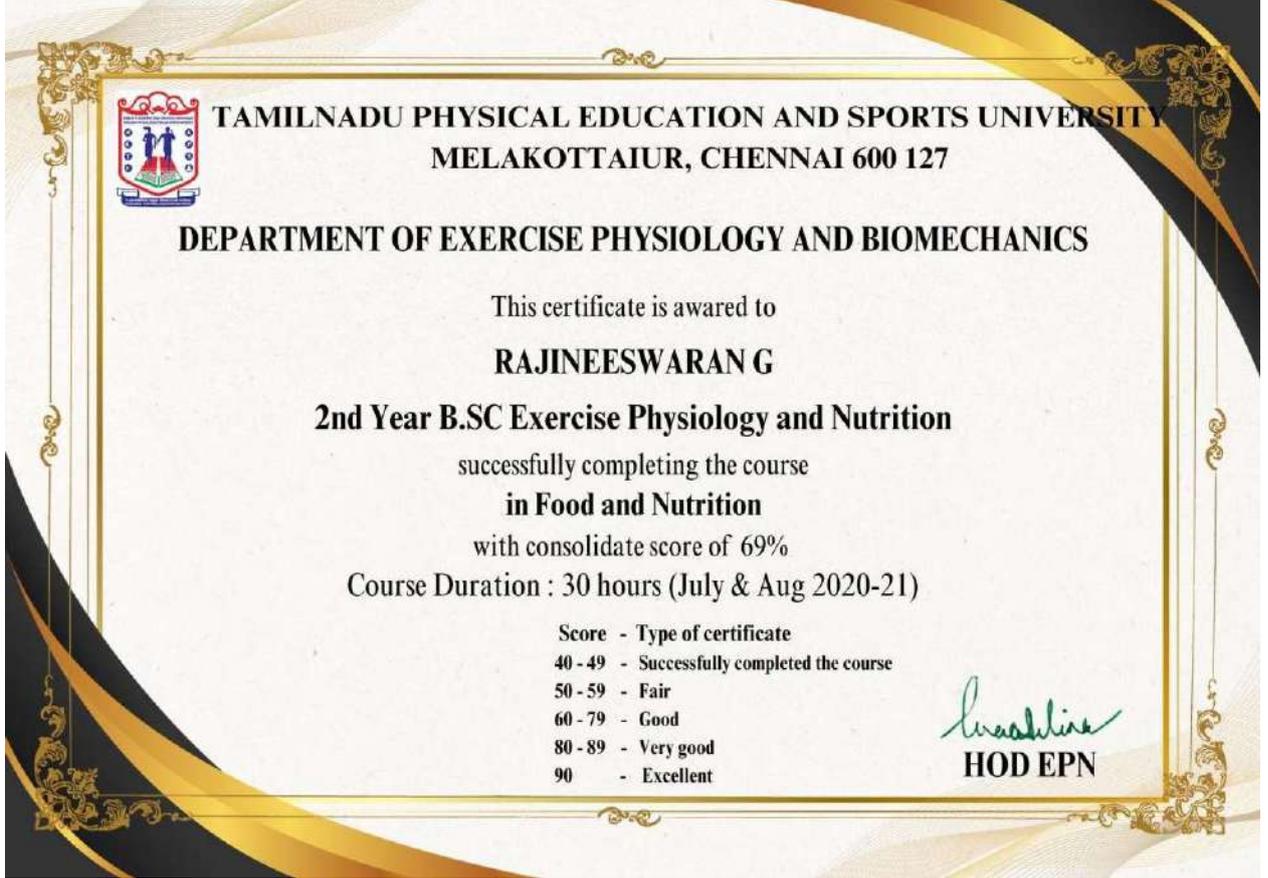


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RAJESH R

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successfully completing the course

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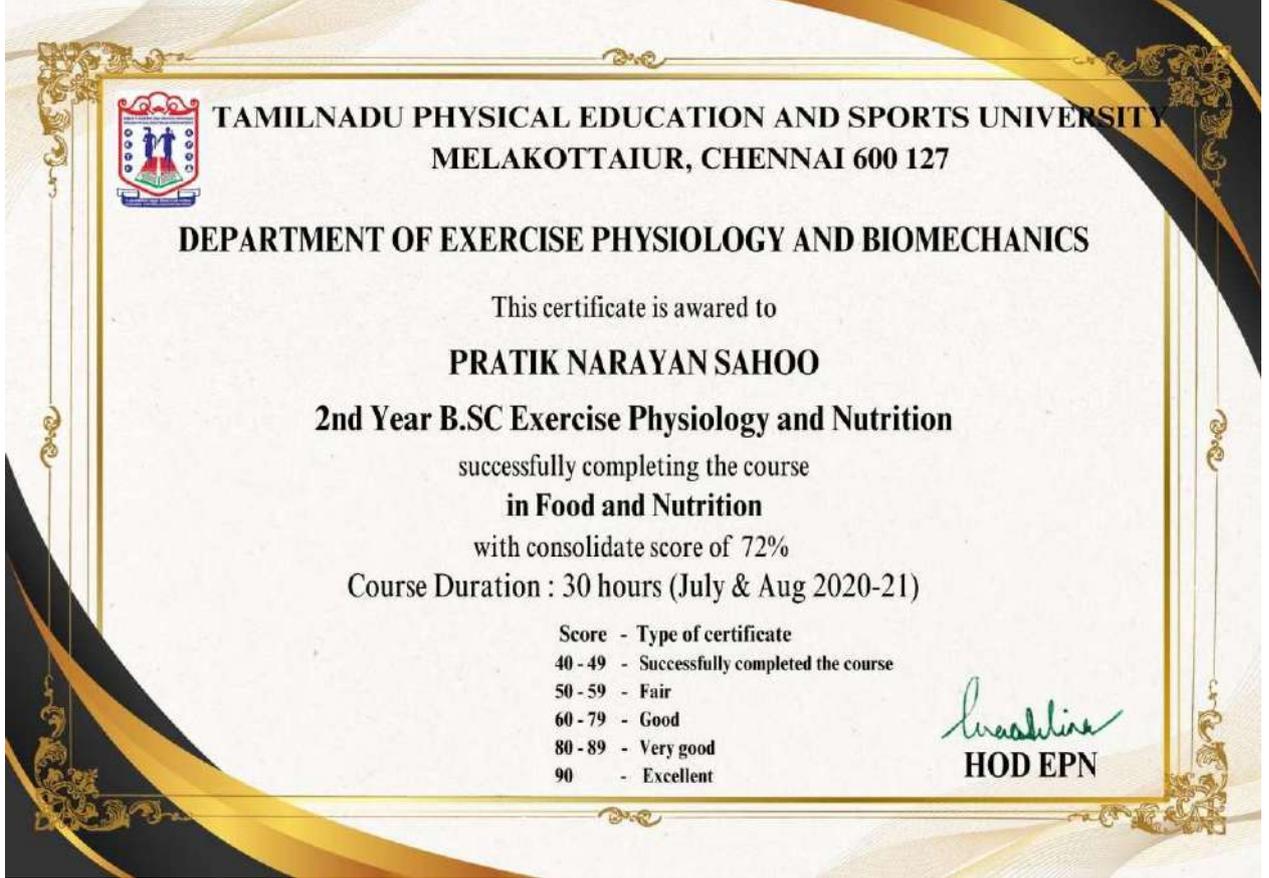
80 - 89 - Very good

90 - Excellent

Reshitha
HOD EPN

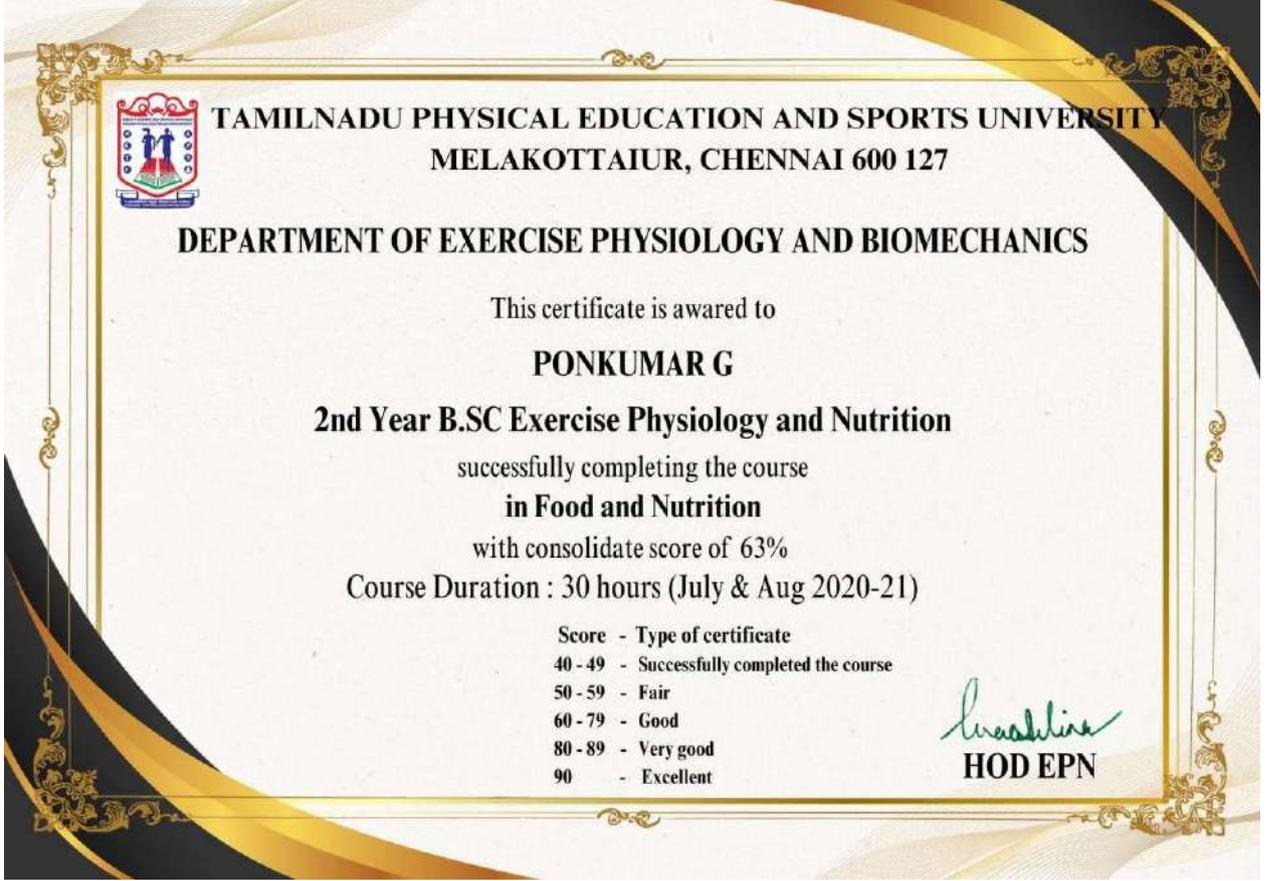


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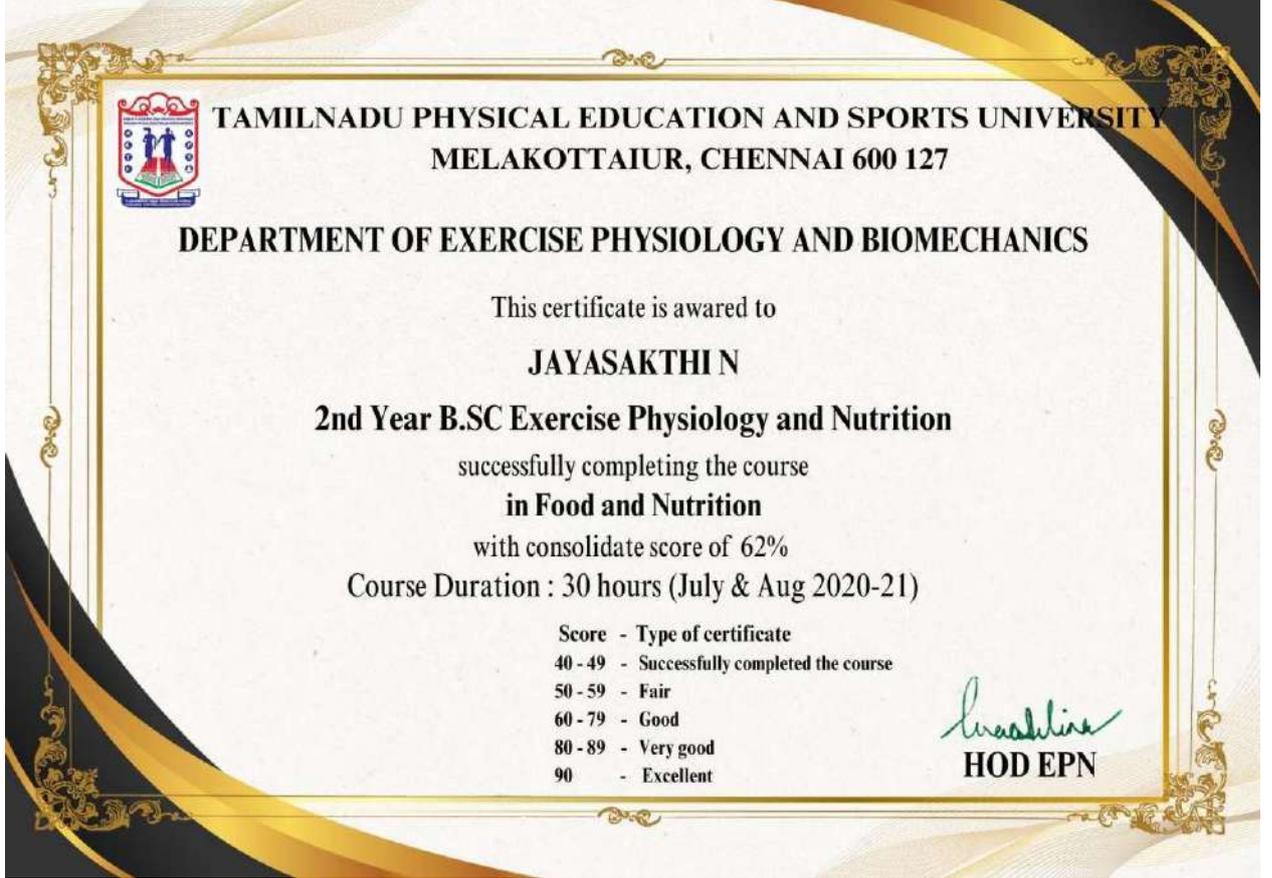


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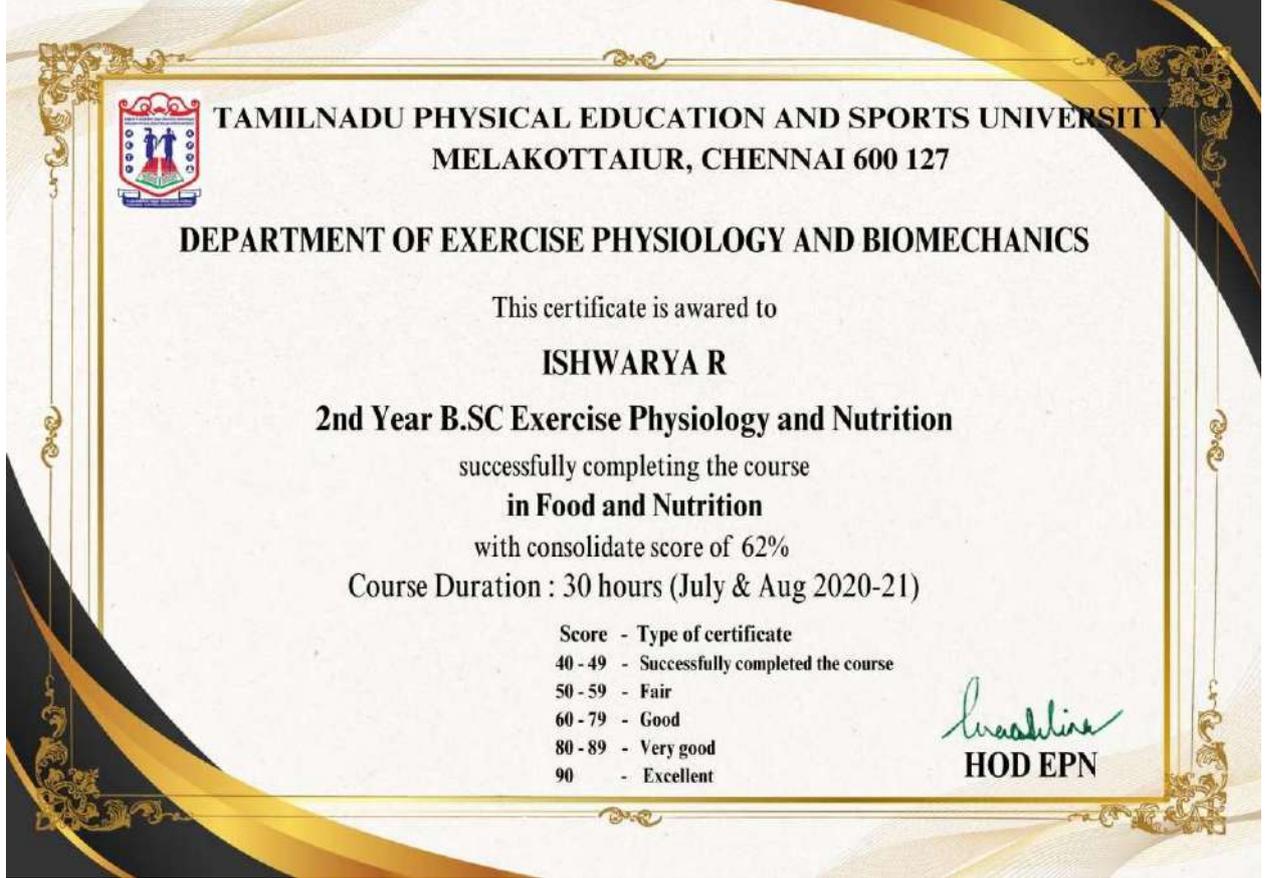


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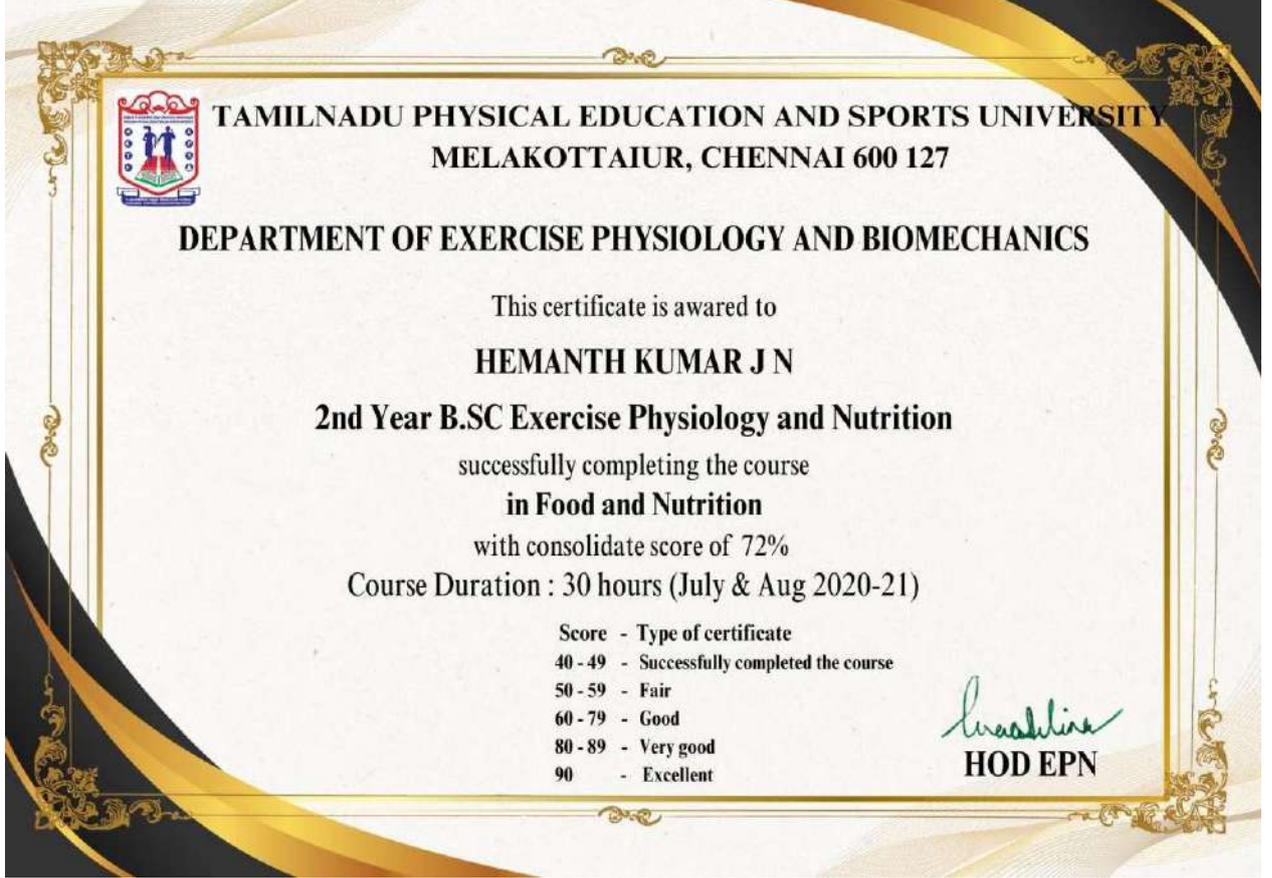


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HELAN MICHEAL J

2nd Year B.SC Exercise Physiology and Nutrition

successfully completing the course

in Food and Nutrition

with consolidate score of 63%

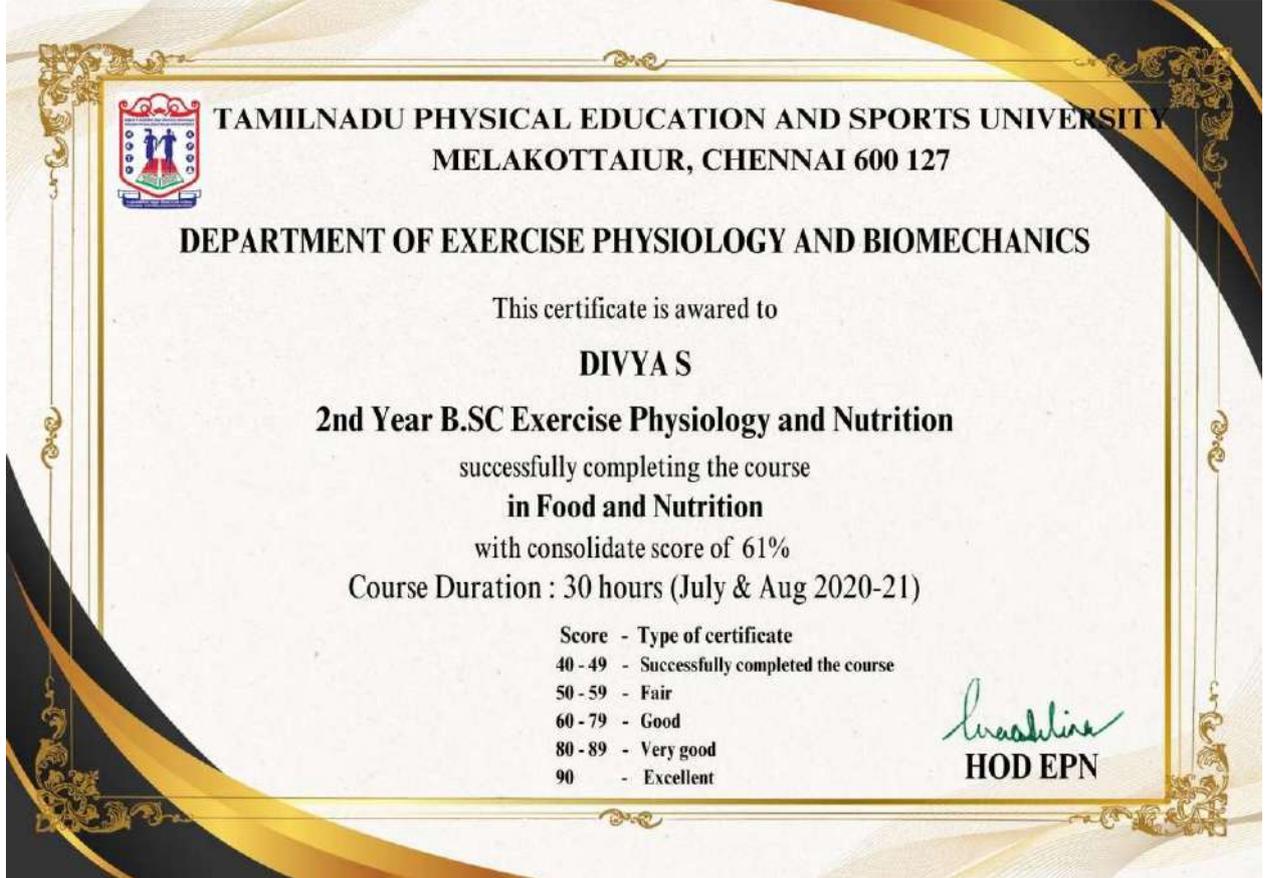
Course Duration : 30 hours (July & Aug 2020-21)

Score - Type of certificate
40 - 49 - Successfully completed the course
50 - 59 - Fair
60 - 79 - Good
80 - 89 - Very good
90 - Excellent

Signature
HOD EPN

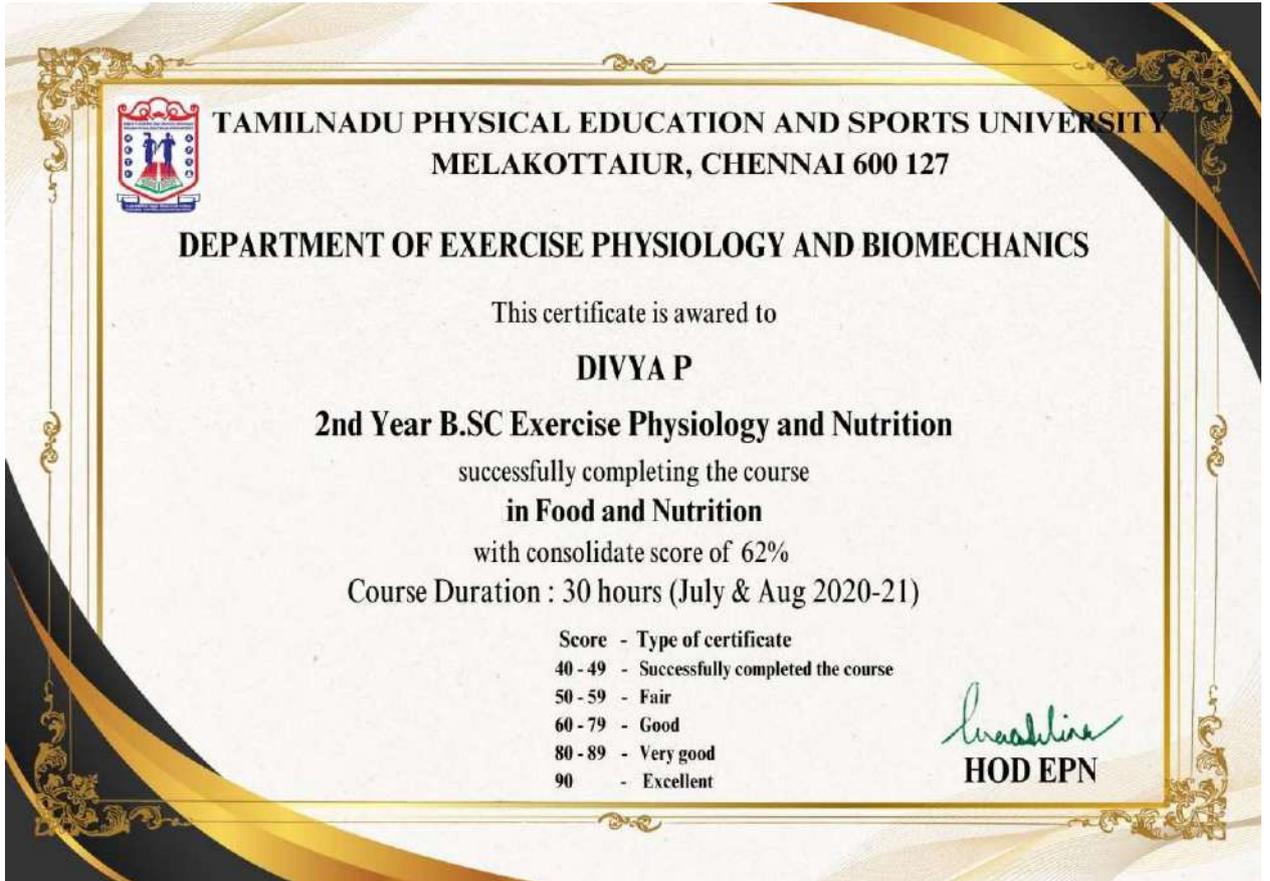


தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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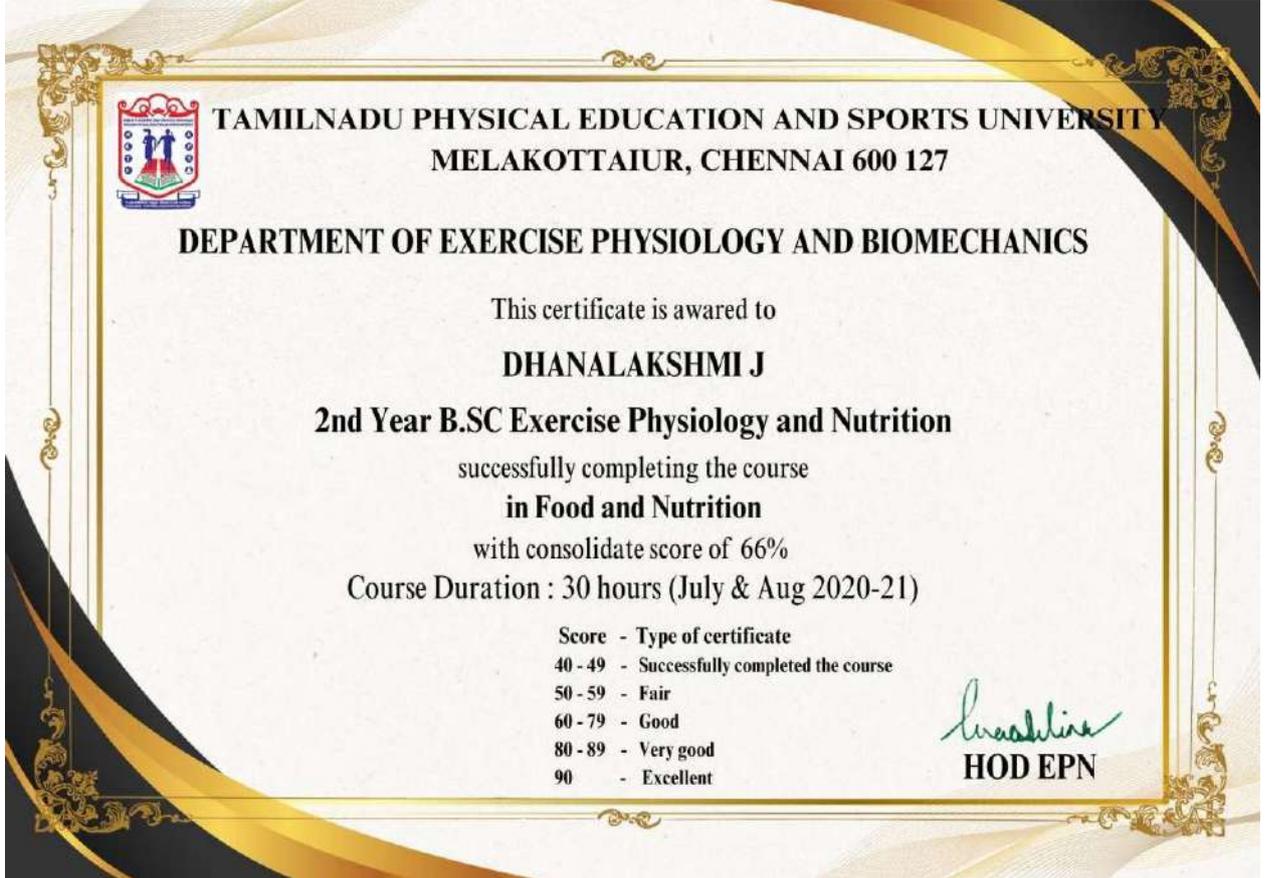


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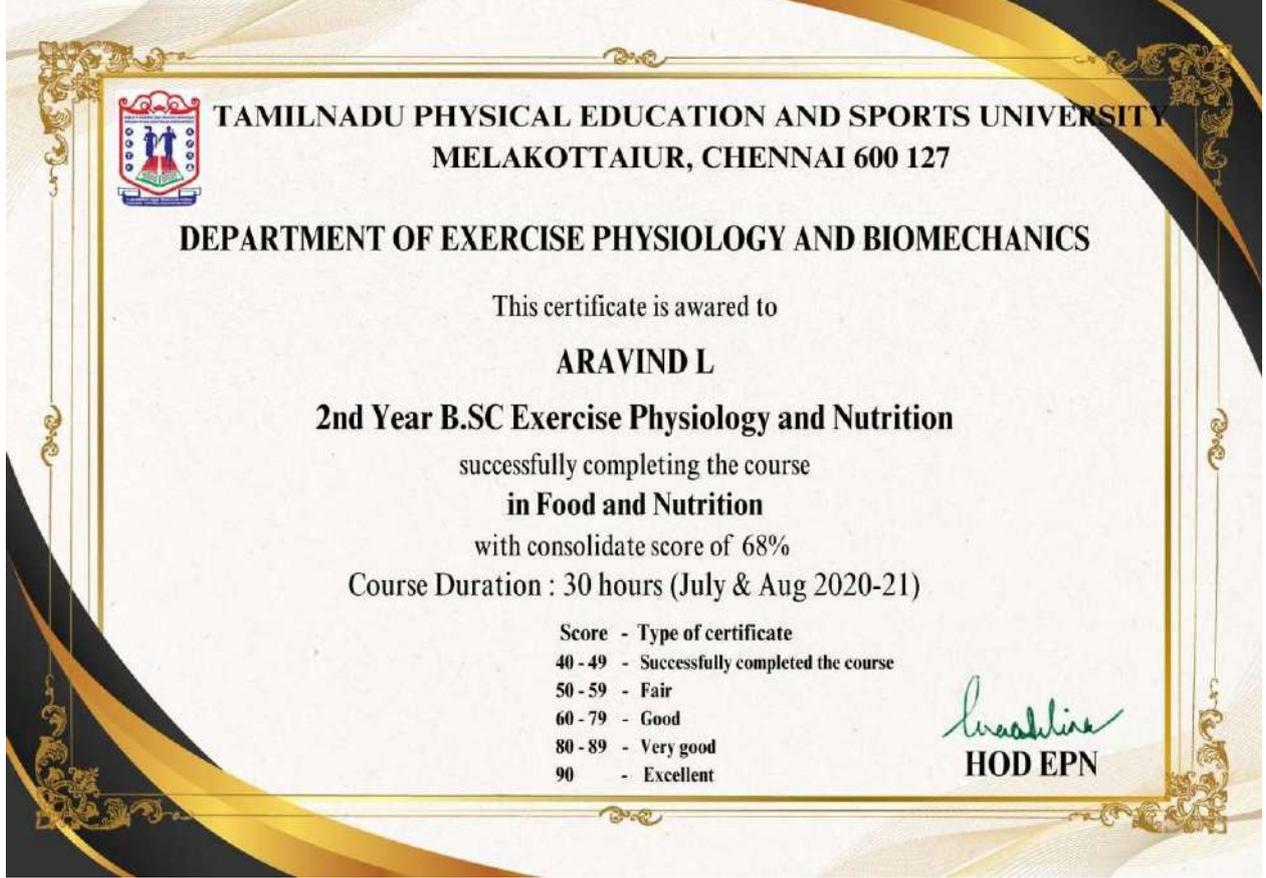


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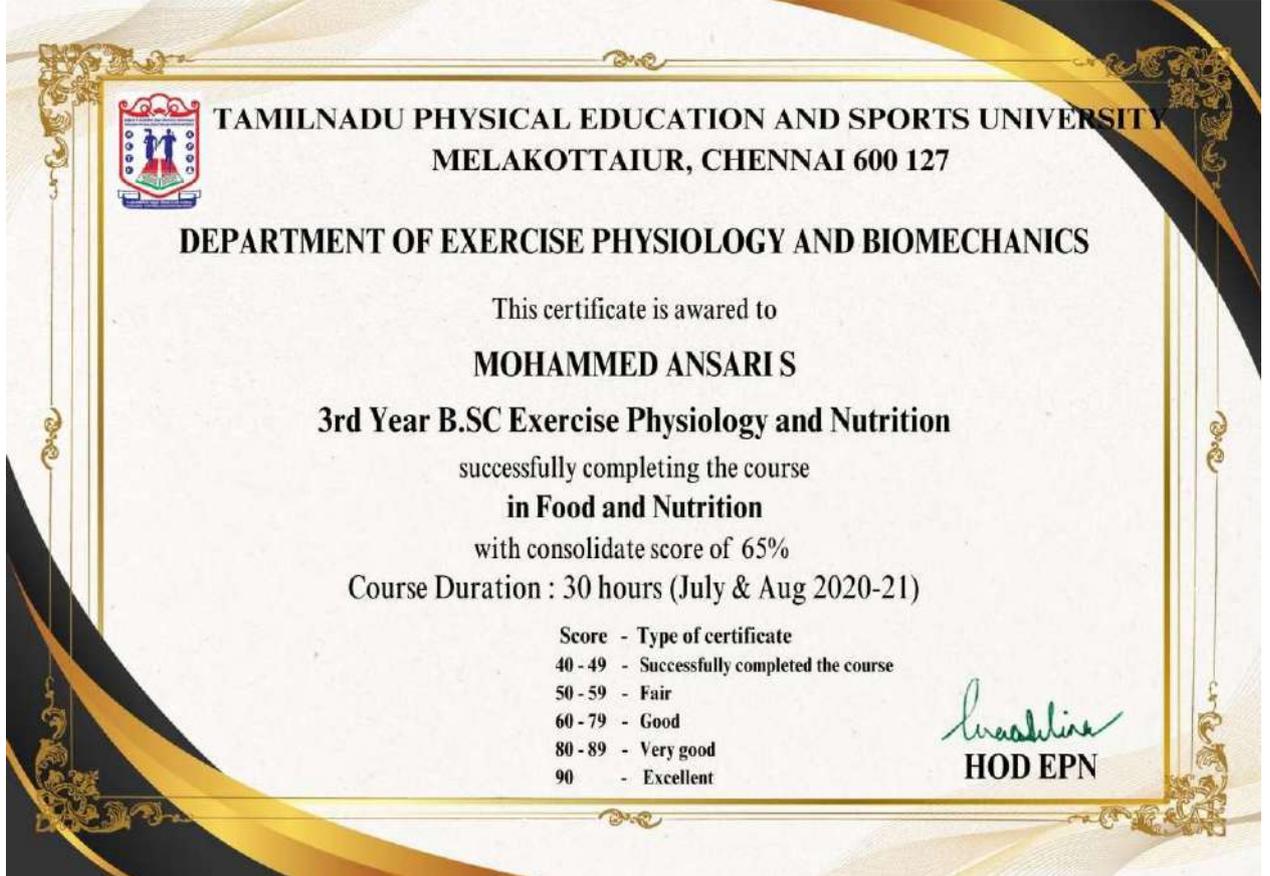


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12 - VALUE-ADDED COURSE IN HEALTH & NUTRITION

The classes shall be conducted by the faculty of Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University

Duration: 30 hrs Strength: 30

OBJECTIVE

1. To promote health and reduce the risk of developing chronic diseases by encouraging people to consume healthful diets and to achieve and maintain healthy body weights.
2. Discuss the scientific rationale for defining nutritional requirements in healthy individuals and populations, with reference to specific conditions such as cardiovascular disease, cancer, diabetes, etc.

SYLLABUS

1. Dietary sources, intake levels, physiological role, and requirement of major nutrients.
2. The biological determinants of nutrient requirements and the assessment of nutrient status in individuals and populations.
3. The role of nutrition in growth and health through the life cycle.
4. The rationale for the development of dietary guidelines and of nutrition policies in different countries.
5. The role of diet in the development of chronic diseases, such as cardiovascular disease, cancer, diabetes, etc.



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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2020-21BATCHSTUDENTLIST

COURSE:INHEALTHANDNUTRITION.

DURATION:30HOURS

STRENGTH:30

S.NO	NAME	CLASS
1	ARAVIND L	2 ND YEARB.SC
2	DHANALAKSHMIJ	2 ND YEARB.SC
3	DIVYAP	2 ND YEARB.SC
4	DIVYAS	2 ND YEARB.SC
5	HELANMICHEALJ	2 ND YEARB.SC
6	HEMANTHKUMARJN	2 ND YEARB.SC
7	ISHWARYAR	2 ND YEARB.SC
8	JAYASAKTHIN	2 ND YEARB.SC
9	PONKUMARG	2 ND YEARB.SC
10	PRATIKNARAYANSAHOO	2 ND YEARB.SC
11	RAJESHR	2 ND YEARB.SC
12	RAJINEESWARANG	2 ND YEARB.SC
13	SAKTHEESWARI S	2 ND YEARB.SC
14	SANDHANAPRIYAS	2 ND YEARB.SC
15	SANDHIYAL	2 ND YEARB.SC



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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16	VIGNESHWARID	2 ND YEARB.SC
17	YOGHASAGARC	2 ND YEARB.SC
18	BELJINB	2 ND YEARB.SC
19	VISMAYACV	3 RD YEARB.SC
20	DEEPAK A	3 RD YEARB.SC
21	JEEVITHAK	3 RD YEARB.SC
22	KARPURARAJAV	3 RD YEARB.SC
23	PAVITHRAS	3 RD YEARB.SC
24	LOGAPRIYAR	3 RD YEARB.SC
25	LEONARDISMAYELDEVENCYTALARI	3 RD YEARB.SC
26	SANTHIYA A	3 RD YEARB.SC
27	MATHUMITHAM	3 RD YEARB.SC
28	AJITHK	3 RD YEARB.SC
29	KAVITHAT	3 RD YEARB.SC
30	MOHAMMEDANSARIS	3 RD YEARB.SC



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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIUR, CHENNAI 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

DIVYA P

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 63%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score - Type of certificate
40 - 49 - Successfully completed the course
50 - 59 - Fair
60 - 79 - Good
80 - 89 - Very good
90 - Excellent


HOD, EPN



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

HELAN MICHEAL J

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 65%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

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HOD, EPN



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

HEMANTH KUMAR J N

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 70%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score	Type of certificate
40 - 49	Successfully completed the course
50 - 59	Fair
60 - 79	Good
80 - 89	Very good
90	Excellent

HOD, EPN



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

ISHWARYA R

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 63%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score - Type of certificate
40 - 49 - Successfully completed the course
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HOD, EPN



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

JAYASAKTHI N

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 65%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

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90	- Excellent


HOD, EPN



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

PONKUMAR G

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 64%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score - Type of certificate
40 - 49 - Successfully completed the course
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80 - 89 - Very good
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Signature
HOD, EPN



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

PRATIK NARAYAN SAHOO

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 70%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score - Type of certificate
40 - 49 - Successfully completed the course
50 - 59 - Fair
60 - 79 - Good
80 - 89 - Very good
90 - Excellent

Pratik Narayan Sahoo
HOD, EPN



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

RAJESH R

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 67%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score - Type of certificate
40 - 49 - Successfully completed the course
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HOD, EPN



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This certificate is awarded to

RAJINEESWARAN G

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 69%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score	Type of certificate
40 - 49	Successfully completed the course
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60 - 79	Good
80 - 89	Very good
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HOD, EPN



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This certificate is awarded to

SANDHANA PRIYA S

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 62%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

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VIGNESHWARI D

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in Health and Nutrition

with consolidate score of 63%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

YOGHASAGAR C

2nd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 68%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

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BELJIN B

2nd Year B.SC Exercise Physiology and Nutrition

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This certificate is awarded to

VISMAYA C V

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MELAKOTTAIUR, CHENNAI 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

JEEVITHA K

3rd Year B.SC Exercise Physiology and Nutrition

successfully completed the course

in Health and Nutrition

with consolidate score of 62%

Course Duration : 30 hours (Sept. and Oct. 2020-21)

Score	Type of certificate
40 - 49	Successfully completed the course
50 - 59	Fair
60 - 79	Good
80 - 89	Very good
90	Excellent

HOD, EPN



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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13 - VALUE-ADDED COURSE IN STABILITY AND CORE TRAINING

The classes shall be conducted by the faculty of Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University

Duration: 30 Days Strength: 30

OBJECTIVES:

1. It provides an unstable base that helps activate the deep support muscles of the torso and abdomen.
2. The core fundamental principles are applied in this fitness based workout that will provide fun and variety and a little extra challenge.

LEARNING OUTCOMES:

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

SYLLABUS

1. Science of Core stability – Tolerance and capacity –core function anatomy –anterior core muscle – posterior core muscle/therapeutic/corrective exercise – Injury prevention program reducing risk of injury
2. Abdomen Revolution - components of Abdomen Revolution – back disorders - Back pain - Swayback and Facet Pain -Stenosis -Flat Back -Disc Pain – Spondylolisthesis-Mystery pain – flat belly and Abdomen revolution – osteoporosis and Abdomen exercise – Isometric Abdomen drill



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3. Spine organization –Posture control – Breathing – Diaphragm breathing –Lateral breathing – Activation – Mobilization - core stability – positions - core strength – power development
4. Designing core strengthening programme - Core strength and endurance training for performance – without equipment – with equipment (Swiss ball and Medicine ball) – Functional Training

Stabilization progression - Hook-lying – hands and knees – face down – Bridging – Plank – sports specific.

2021–22 BATCH STUDENTLIST

COURSE:INSTABILITYANDCORETRAINING.

DURATION:30DAYS

STRENGTH:30

S.NO	NAME	CLASS
1	ARAVIND L	3 RD YEARB.SC
2	BALAMURUGANG	3 RD YEARB.SC
3	BELJINB	3 RD YEARB.SC
4	DHANALAKSHMIJ	3 RD YEARB.SC
5	DIVYAP	3 RD YEARB.SC
6	DIVYAS	3 RD YEARB.SC
7	HELANMICHEALJ	3 RD YEARB.SC
8	HEMANTHKUMARJN	3 RD YEARB.SC
9	ISHWARYAR	3 RD YEARB.SC
10	JAYASAKTHIN	3 RD YEARB.SC



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11	LALITHA C	3 RD YEARB.SC
12	PONKUMARG	3 RD YEARB.SC
13	PRATIKNARAYANSAHOO	3 RD YEARB.SC
14	PRAVEENKUMARB	3 RD YEARB.SC
15	RAJESHR	3 RD YEARB.SC
16	RAJINEESWARANG	3 RD YEARB.SC
17	SAKTHEESWARI S	3 RD YEARB.SC
18	SANDHANAPRIYAS	3 RD YEARB.SC
19	SANDHIYAL	3 RD YEARB.SC
20	VIGNESHWARID	3 RD YEARB.SC
21	YOGHASAGARC	3 RD YEARB.SC
22	ANARKALIG	2 ND YEARB.SC
23	BALAJIB	2 ND YEARB.SC
24	DHANALAKSHMIR	2 ND YEARB.SC
25	ISHWARYAR	2 ND YEARB.SC
26	KALAIKUMARM	2 ND YEARB.SC
27	MATHAVANR	2 ND YEARB.SC
28	SANJAYA	2 ND YEARB.SC
29	THANASAMIN	2 ND YEARB.SC
30	VISHWAV	2 ND YEARB.SC



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

BALAJI B

2nd year B.Sc Exercise Physiology and Nutrition

successfully completed the value-added course

in Stability and Core Training

Course Duration : 30 Days (Jul. & Aug. 2021-22)


HOD, EPN



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YOGHASAGAR C

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SAKTHEESWARI S

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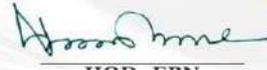
This certificate is awarded to

RAJINEESWARAN G

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DHANALAKSHMI J

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VISHWA V

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14 - VALUE-ADDED COURSE IN FLOOR AND STEP AEROBICS

The classes shall be conducted by the faculty of Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University

Duration: 30 hours, Strength: 30

OBJECTIVES:

1. This course is designed to introduce students to a variety of aerobic activities.
2. This course will provide students with the opportunity to increase their individual knowledge of related fitness concepts and demonstrate an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.

LEARNING OUTCOME:

1. Demonstrate the ability to perform aerobic movements in various combination and forms.
2. Understand and apply the knowledge of basic choreography, music selection and effective group management.
3. Identify the major muscle groups and their application to aerobics.

SYLLABUS

1. Aerobics - Benefits of Aerobics – Wellness – Music – Music understanding- music tempo variation – cueing – Use of floor, mirror – shoes – stepper –various height.
2. Warm Up – cardio workout - Low Intensity – high intensity - Cool Down – Flexibility – Posture – Duration – Heart rate – use of boarg scale (10 points) - Peak Maximal Heart Rate (MHR) Method-Ratings of Perceived Exertion Method-Talk Test Method.



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3. Rhythmic Aerobics: Variations and Styles – floor aerobics –
Marching – Step touch – L- step – V- step – Diamond – Knee lift –Touch out – Grape vine –Turn
step – chacha – A – step – arm
variation - Combination of various steps.
4. Step Aerobics – Marching – up and down - L- step – V- step –
Straddle – Cross over – Turn step – Knee lift – Hop – Jump – Run
Run – Arm Variation – Combination of various steps.
5. Major muscle groups strengthening –circuit training and interval
training - Body Toning through Resistance; Weights, Bands and
Resistance.

15 - VALUE-ADDED COURSE IN BASIC INSTRUMENTS IN EXERCISEPHYSIOLOGY

The classes shall be conducted by the faculty of Department of Exercise
Physiology and Nutrition, Tamil Nadu Physical Education and Sports University
Duration: 30 Days Strength: 30

OBJECTIVES

1. To prepare students to work with clients with current or ongoing health
conditions.
2. Capable of recording respiratory variables and determining metabolic rate
of human subjects.
3. Capable of recording Body Composition variables and determining Body
fat, lean body mass, water content etc., of human subjects.
4. Capable of recording Heart Rate, Blood Pressure, Pulse, strength,
flexibility etc.,

SYLLABUS

EQUIPMENTS



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1. Treadmill – High performance exercise Treadmill.
2. Monark Exercise Bikes - cycle ergometers with variable resistance.
3. Electronically Braked Leg Cycle Ergometers – Electrically control resistance on cycle independent of pedal frequency.
4. Arm Ergometer – Arm cycling testing.

Free Weights – Various resistance exercise equipment including a squat rack, benches, barbells, dumbbells, kettle bells, Olympic plates and bumper plates.

PHYSIOLOGY MEASUREMENTS

1. Metabolic Cart – Spirometry and indirect calorimetry measures of oxygen consumption including VO_2
2. Stress Testing Cart – Resting and exercising electrocardiogram with integrated treadmill and automated exercising blood pressure machine.
3. Air Displacement Plethysmography – Body density and body fat assessment.
4. Hydrostatic Weighing Tank – Body density and body fat assessment.
5. Bioelectrical Impedance Analysis – Weight, impedance, and body fat assessment.
6. AD Instruments Data Acquisition Boards – Used with AD Instruments Lab Chart Pro software to collect real-time, continuous, and synchronized signals from a variety of analog and digital inputs from various research equipment. Input equipment available in the Exercise Science Lab include:
 - i. Wireless Wearable – Two lead electrocardiogram, breathing rate, highresolution tri-axial acceleration, skin temperature, and blood oxygen saturation.
 - ii. Electrocardiogram for heart rhythms and heart rate.
 - iii. Strain-Gauge PneumographRespitrace – Respiratory rate.
 - iv. Handgrip Force Transducer – Continuous handgrip force.
 - v. Skin Thermistors – Continuous skin temperature.
 - vi. Rectal Temperature Probe – Continuous core temperature.
 - vii. Pulse Sensor – Basic heart rhythms and heart rate.
 - viii. Non-Invasive Blood Pressure System – Continuous finger blood



pressure and cardiac output, stroke volume, and total peripheral resistance model flow estimates.

ix. Tonometer Probe – Pulse wave analysis and pulse wave velocity.

x. Sphygmomanometer – Continuous digital occlusion cuff pressure.

xi. Metabolic Physiology System – Metabolic testing including oxygen consumption and VO₂

xii. External video capture – Video capture from external computer screens such as ultrasound machines.

7. Ultrasound – Internal body structure visualization and blood flow assessment.

8. Muscle Oxygen near Infrared Spectrometer) – Wireless muscle oxygen saturation assessment during rest, exercise, and blood flow occlusion.

ADDITIONAL EQUIPMENT

1. Heart Rate Monitors– Resting and exercising chest strap based heart rate assessment.

2. Pulse Oximeter – Blood oxygen saturation stationary and portable.

3. Sphygmomanometer, Automated Blood Pressure – Automated resting blood pressure and heart rate assessment.

4. Manual Blood Pressure Equipment – Stethoscopes, stand based and portable blood pressure cuffs for the assessment of resting and exercising blood pressure.

5. Windmill Spirometers – Forced vital capacity assessment.

6. Skinfold Calipers – Measurement of skin and subcutaneous fat for body density and body fat assessment.

7. Gullick Tapes – Measurement of circumference measurements.

8. Stadiometer and Body Weight Scale – Calibrated height and mass measurement.

9. Vertical Jump Trainer– Measurement of standing reach height and vertical jump.

10. Handgrip Dynamometers – Static handgrip force.

11. Aerobic steps – Aerobic step exercise and testing.



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12. Goniometers – Measuring joint angles.
13. Mobile Privacy Screens – For separating the laboratory into more personalized spaces.
14. Accelerometers – Assessment of physical activity levels.
15. Pedometers – Step count assessment.
16. Metronomes– Pacing for various fitness tests.

2021–22 BATCH STUDENT'S LIST

COURSE: INBASICINSTRUMENTSINEXERCISE PHYSIOLOGY.

DURATION:30DAYS

STRENGTH:30

S.NO	NAME	CLASS
1	ARAVIND L	3 RD YEAR B.SC
2	BALAMURUGANG	3 RD YEAR B.SC
3	BELJINB	3 RD YEAR B.SC
4	DHANALAKSHMIJ	3 RD YEAR B.SC
5	DIVYAP	3 RD YEAR B.SC
6	DIVYAS	3 RD YEAR B.SC
7	HELANMICHEALJ	3 RD YEAR B.SC
8	HEMANTHKUMARJN	3 RD YEAR B.SC
9	ISHWARYAR	3 RD YEAR B.SC



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10	JAYASAKTHIN	3 RD YEARB.SC
11	LALITHA C	3 RD YEARB.SC
12	PONKUMARG	3 RD YEARB.SC
13	PRATIKNARAYANSAHOO	3 RD YEARB.SC
14	PRAVEENKUMARB	3 RD YEARB.SC
15	RAJESHR	3 RD YEARB.SC
16	RAJINEESWARANG	3 RD YEARB.SC
17	SAKTHEESWARI S	3 RD YEARB.SC
18	SANDHANAPRIYAS	3 RD YEARB.SC
19	SANDHIYAL	3 RD YEARB.SC
20	VIGNESHWARID	3 RD YEARB.SC
21	YOGHASAGARC	3 RD YEARB.SC
22	ANARKALIG	2 ND YEARB.SC
23	BALAJIB	2 ND YEARB.SC
24	DHANALAKSHMIR	2 ND YEARB.SC
25	ISHWARYAR	2 ND YEARB.SC
26	KALAIKUMARM	2 ND YEARB.SC
27	MATHAVANR	2 ND YEARB.SC
28	SANJAYA	2 ND YEARB.SC
29	THANASAMIN	2NDYEARB.SC
30	VISHWAV	2NDYEARB.SC



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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIUR, CHENNAI 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

A PRAKASHRAJ

2nd year M.Sc Exercise Physiology and Nutrition
successfully completed the value-added course
in Basic instruments in exercise physiology
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A KAVIYARASI

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A BALAMANI

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VISHWA V

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THANASAMI N

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SANJAY A

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MATHAVAN R

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KALAIKUMAR M

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BALAJI B

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ANARKALI G

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YOGHASAGAR C

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VIGNESHWARI D

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SANDHIYA L

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SAKTHEESWARI S

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This certificate is awarded to

RAJINEESWARAN G

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This certificate is awarded to

PRATIK NARAYAN SAHOO

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HEMANTH KUMAR J N

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HELAN MICHEAL J

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

ACADEMIC COMMITTEE MEETING MINUTES - EXERCISE PHYSIOLOGY AND NUTRITION

VALUE ADDED COURSE – 2022-23

KINANTHROPOMETRY- July and August

SPORTS NUTRITION FOR PERFORMANCE ENHANCEMENT- September and October

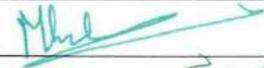
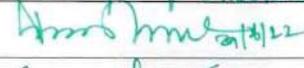
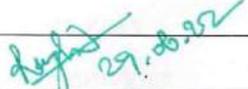
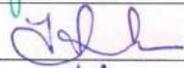
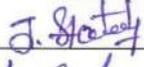
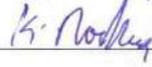
The Academic Committee meeting of the Department was held on 29-06-2022 and the members of the committee approved the syllabus for value added courses on Kinanthropometry and Sports Nutrition for Performance Enhancement. Further it was also decided to conduct the course each **for 30 hours** in the month of July and August & September and October 2022 respectively. The course will be conducted with the free of cost and student registration will be done first cum first serve basis. The Students will be assessed based on the submission of assignment, Quiz, Presentation and written test. Based on the performance the 'e' certificate will be issued.

SCORE	TYPE OF CERTIFICATE
40-49	Successfully completed the course
50-59	Fair
60-69	Good
70-79	Very Good
80-89	Excellent
90 and Above	Outstanding



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MEMBERS

S.NO	NAME	SIGNATURE
1.	Dr. M.SUNDAR, Vice- Chancellor	
2.	Dr. R. RAMAKRISHNAN, Registrar i/c	 29/06/22
3.	Dr. V. MANGAIYARKARASI, Professor and Director Academics	 29/06/2022
4.	Dr. P.K.SENTHILKUMAR, Associate Professor, Head i/c	 29/06/22
5.	Dr. M. GRACE HELINA, Professor	 29/06/22
6.	Dr. R. VENKATESAN, Associate Professor	
7.	Dr. P. RAJINIKUMAR, Associate Professor	 29.06.22
8.	Dr. J. ANITHA, Asst. Professor	
9.	J. Stanley, Ph.D Scholar Student Representative	 J. Stanley
10.	K. Niranjan, Ph.D Scholar Student Representative	 K. Niranjan



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VALUE-ADDED COURSE IN KINANTHROPOMETRY

The classes shall be conducted by the faculty of Department of Exercise Physiology and Nutrition,

Tamil Nadu Physical Education and Sports University

Duration: 30 Days, Strength:30

Fee – Nil (students register for the course on first cum first serve basis)

OBJECTIVES:

1. Provide an understanding of the principles of its composition,
2. It's assessment and
3. Its relationship with health and exercise.

Meaning and Definition of Anthropometry- Kinanthropometry - History and development of Anthropometry and Kinanthropometry – Importance of Anthropometric characteristics in sports and games performance.

Anthropometrical assessment Identify and mark all anatomical sites for measurement Landmarks .

Meaning and Definition of Somatotype- History and development of Body Types- the Heath-Carter Somatotype .

Segment lengths and Girths: Lengths- Arm length-Forearm length-Hand length -Tibial length – Iliospinale-base height-Trochanterion-base height- Thigh length-Tibialelaterale - base height- Girths:Arm girth relaxed-Arm girth -Wrist girth-Chest girth-Waist girth-Gluteal girth-Thigh girth- Calf girth.

Importance of Kinanthropometry in different athletic population - Role of Kinanthropometry in talent identification.

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29/11/22



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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2022 – 23 BATCH STUDENT LIST

COURSE: KINANTHROPOMETRY.

DURATION: 30 DAYS (Jul & Aug)

STRENGTH: 30

S.NO.	NAME	CLASS
1	ANARKALI G	3 RD YEAR B.SC
2	BALAJI B	3 RD YEAR B.SC
3	DHANALAKSHMI R	3 RD YEAR B.SC
4	ISHWARYA R	3 RD YEAR B.SC
5	KALAIKUMAR M	3 RD YEAR B.SC
6	MATHAVAN R	3 RD YEAR B.SC
7	SANJAY A	3 RD YEAR B.SC
8	THANASAMI N	3 RD YEAR B.SC
9	VISHWA V	3 RD YEAR B.SC
10	ABINAYA V	2 ND YEAR B.SC
11	ABINESHKUMAR N	2 ND YEAR B.SC
12	ADITHYAN A S	2 ND YEAR B.SC
13	AJAI A	2 ND YEAR B.SC
14	DHANALAKSHMI C	2 ND YEAR B.SC
15	JAIGANDHI M	2 ND YEAR B.SC
16	MONISHA S	2 ND YEAR B.SC
17	SURESH T	2 ND YEAR B.SC
18	VIGNESH A	2 ND YEAR B.SC
19	AKASH R	2 ND YEAR M.SC
20	ALAGU VISHALATCHI S	2 ND YEAR M.SC
21	LOGAPRIYA R	2 ND YEAR M.SC
22	MADAVI SANNIL SUDHIR	2 ND YEAR M.SC
23	MOHAMED SAIFUDEEN S R	2 ND YEAR M.SC
24	MUTHU KUMAR S	2 ND YEAR M.SC
25	NAVEEN RAJ S	2 ND YEAR M.SC
26	PAVITHRA S	2 ND YEAR M.SC
27	SATHEESH KANNAN M	2 ND YEAR M.SC
28	SURYA S	2 ND YEAR M.SC
29	TALARI LEONARD ISMAYEL DEVENCY	2 ND YEAR M.SC
30	THAKSYA B	2 ND YEAR M.SC

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29/6/22



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ATTENDANCE

Value Added Course	Kinanthropometry	Duration 30 days	Strength 30	Month															
				July 8, August	5 th Jul	6 th Jul	7 th Jul	8 th Jul	11 th Jul	12 th Jul	13 th Jul	14 th Jul	15 th Jul	18 th Jul	19 th Jul	20 th Jul			
1	ANAKALI G	3 RD YEAR B.S.C	4 th Jul	X	X	AB	X	X	X	X	X	X	X	X	X	X	X	X	X
2	BALAJI B	3 RD YEAR B.S.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	DHANALAKSHMI R	3 RD YEAR B.S.C	X	X	X	AB	X	X	X	X	X	X	X	X	X	X	X	AB	X
4	ISHWARYA R	3 RD YEAR B.S.C	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	X	X
5	KALAIKUMAR M	3 RD YEAR B.S.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	AB
6	MATHAVAN R	3 RD YEAR B.S.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	SANJAY A	3 RD YEAR B.S.C	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	X	X
8	THANASAMI N	3 RD YEAR B.S.C	X	X	X	AB	X	X	X	X	X	X	X	X	X	X	X	X	X
9	VISHWA V	3 RD YEAR B.S.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	ABINAYA V	2 ND YEAR B.S.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	ABINESHKUMAR N	2 ND YEAR B.S.C	X	X	AB	X	X	X	X	X	X	X	X	X	X	X	X	AB	X
12	ADITHYAN A S	2 ND YEAR B.S.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	AJAJ A	2 ND YEAR B.S.C	X	X	AB	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	DHANALAKSHMI C	2 ND YEAR B.S.C	X	X	X	X	X	AB	X	X	X	X	X	X	X	X	X	X	X
15	JAI GANDHI M	2 ND YEAR B.S.C	AB	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	AB
16	MONISHA S	2 ND YEAR B.S.C	AB	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	SURESH T	2 ND YEAR B.S.C	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	X	X
18	VIGNESH A	2 ND YEAR B.S.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	AB	X
19	AKASH R	2 ND YEAR M.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20	ALAGU VISHALATCHI S	2 ND YEAR M.SC	X	X	X	AB	X	X	X	X	X	X	X	X	X	X	X	X	X

Handwritten signature and date: 20/10/22



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MELAKOTTAIUR, CHENNAI 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

ANARKALI G

3rd year B.Sc Exercise Physiology and Nutrition

successfully completed the value-added course

in Kinanthropometry

Course Duration : 30 Hours (Jul. & Aug. 2022-23)

HOD, EPN



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MONISHA S

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SURESH T

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ALAGU VISHALATCHI S

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MADAVI SANNIL SUDHIR

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MOHAMED SAIFUDEEN S R

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

VALUE-ADDED COURSE IN SPORTS NUTRITION FOR PERFORMANCE ENHANCEMENT

The classes shall be conducted by the faculty of Department of Exercise Physiology and Nutrition,

Tamil Nadu Physical Education and Sports University

Duration: 30 Days, Strength: 30

Fee – Nil (students register for the course on first cum first serve basis)

OBJECTIVES

1. To provide the necessary energy for exercise
2. To regulate body metabolism, and
3. To provide nutrients to maintain and repair tissues

Definition of Nutrition – importance of Nutrition - competition nutrition – role of nutrition in sports – Goals of sports nutrition- Training Diet - General Principles of Sports Nutrition – Guidelines for sports persons diet.

Dietary Assessment of Athletes Different methods of dietary assessment (food and fluid intake): Self-administered 24-Hour dietary assessment tool - food frequency questionnaires - dietary recalls and records – Method of assessing - anthropometric measurements of body composition biochemical measurements clinical assessment of altered nutritional requirements.

The importance and influence of nutrition on exercise – carbohydrate, Fat, Protein Intake and performance – Antioxidant- requirements for exercise - pre event, during event and post event meal.

Definition of Training – competition – Nutrition and Training – Factors affecting energy expenditure (age, gender, ethnicity, level of training, training intensity, type of sport and phase of training) - Fuelling and type of sports.

Importance of hydration for athletes - how to calculate sweat rate- the hydration guidelines – hydration before, during exercise and after exercise – signs of dehydration - Factors that influence intake of fluids.


29/4/22



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2022 – 23 BATCH STUDENT LIST

COURSE: SPORTS NUTRITION FOR PERFORMANCE ENHANCEMENT.

DURATION: 30 DAYS (Sept & Oct)

STRENGTH: 30

S.NO.	NAME	CLASS
1	ANARKALI G	3 RD YEAR B.SC
2	BALAJI B	3 RD YEAR B.SC
3	DHANALAKSHMI R	3 RD YEAR B.SC
4	ISHWARYA R	3 RD YEAR B.SC
5	KALAIKUMAR M	3 RD YEAR B.SC
6	MATHAVAN R	3 RD YEAR B.SC
7	SANJAY A	3 RD YEAR B.SC
8	THANASAMI N	3 RD YEAR B.SC
9	VISHWA V	3 RD YEAR B.SC
10	ABINAYA V	2 ND YEAR B.SC
11	ABINESHKUMAR N	2 ND YEAR B.SC
12	ADITHYAN A S	2 ND YEAR B.SC
13	AJAI A	2 ND YEAR B.SC
14	DHANALAKSHMI C	2 ND YEAR B.SC
15	JAIGANDHI M	2 ND YEAR B.SC
16	MONISHA S	2 ND YEAR B.SC
17	SURESH T	2 ND YEAR B.SC
18	VIGNESH A	2 ND YEAR B.SC
19	AKASH R	2 ND YEAR M.SC
20	ALAGU VISHALATCHI S	2 ND YEAR M.SC
21	LOGAPRIYA R	2 ND YEAR M.SC
22	MADAVI SANNIL SUDHIR	2 ND YEAR M.SC
23	MOHAMED SAIFUDEEN S R	2 ND YEAR M.SC
24	MUTHU KUMAR S	2 ND YEAR M.SC
25	NAVEEN RAJ S	2 ND YEAR M.SC
26	PAVITHRA S	2 ND YEAR M.SC
27	SATHEESH KANNAN M	2 ND YEAR M.SC
28	SURYA S	2 ND YEAR M.SC
29	TALARI LEONARD ISMAYEL DEVENCY	2 ND YEAR M.SC
30	THAKSYA B	2 ND YEAR M.SC

[Handwritten Signature]
20/8/22



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1	ANARKALI G	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	BALAJI B	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	DHANALAKSHMI R	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	ISHWARVA R	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	KALAKUMAR M	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	MATHAVAN R	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	SANJAY A	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	THANASAMI N	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	VISHVA V	3 rd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	ABINAYA V	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	ABINESHKUMAR N	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	ADITHYAN A S	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	AJAJ A	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	DHANALAKSHMI C	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	JAGANDHI M	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16	MONISHA S	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	SURESH T	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18	VIGNESH A	2 nd YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19	AKASH R	2 nd YEAR M.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20	ALAAGU VISHALATCHI S	2 nd YEAR M.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Amudha
29/11/22



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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2	BALAJI B	3 RD YEAR B.SC	X	X	AB	X	X	X	X	X	X	X	X	X	X	X	X	X	AB
3	DHANALAKSHMI R	3 RD YEAR B.SC	X	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	X
4	ISHWARA R	3 RD YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	KALAIKUMAR M	3 RD YEAR B.SC	X	X	X	X	X	AB	X	X	X	X	X	X	AB	X	X	X	X
6	MATHAVAN R	3 RD YEAR B.SC	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	X	X
7	SNALAY A	3 RD YEAR B.SC	X	X	AB	X	X	X	X	X	X	X	X	X	X	AB	X	X	X
8	THANASAMI N	3 RD YEAR B.SC	X	X	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X
9	VISHWA V	3 RD YEAR B.SC	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	X	X
10	ABINAYA V	2 ND YEAR B.SC	X	X	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X
11	ABINESHKUMAR N	2 ND YEAR B.SC	X	X	X	X	X	AB	X	X	X	X	X	X	X	X	X	X	X
12	ADITHYAN A S	2 ND YEAR B.SC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	ALAI A	2 ND YEAR B.SC	X	X	AB	X	X	X	X	X	X	AB	X	X	X	X	X	X	X
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17	SURESH T	2 ND YEAR B.SC	X	X	X	X	X	AB	X	X	X	X	X	X	X	AB	X	X	X
18	VIGNESH A	2 ND YEAR B.SC	X	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	AB
19	AKASH R	2 ND YEAR M.SC	X	X	X	X	X	X	X	X	X	X	AB	X	X	X	X	X	X
20	ALAGU VISHALATCHI S	2 ND YEAR M.SC	X	X	X	X	X	X	X	X	AB	X	X	X	X	X	X	X	X

Handwritten signature and date: 24/12/22



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MELAKOTTAIUR, CHENNAI 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

THAKSYA B

2nd year M.Sc Exercise Physiology and Nutrition

successfully completed the value-added course
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Course Duration : 30 Hours (Sept. & Oct. 2022-23)


HOD, EPN



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MATHAVAN R

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SANJAY A

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ADITHYAN A S

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SURESH T

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VIGNESH A

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ALAGU VISHALATCHI S

2nd year M.Sc Exercise Physiology and Nutrition

successfully completed the value-added course
in Sports Nutrition for Performance Enhancement

Course Duration : 30 Hours (Sept. & Oct. 2022-23)


HOD, EPN



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MELAKOTTAIUR, CHENNAI 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

This certificate is awarded to

LOGAPRIYA R

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MADAVI SANNIL SUDHIR

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This certificate is awarded to

MOHAMED SAIFUDEEN S R

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MUTHU KUMAR S

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This certificate is awarded to

NAVEEN RAJ S

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PAVITHRA S

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This certificate is awarded to

SATHEESH KANNAN M

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successfully completed the value-added course
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This certificate is awarded to

SURYA S

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This certificate is awarded to

TALARI LEONARD ISMAYEL DEVENCY

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successfully completed the value-added course
in Sports Nutrition for Performance Enhancement

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18. SOFTWARE APPLICATION IN MATCH ANALYSIS

(THEORY AND PRACTICAL)

19. MS EXCEL FOR SPORTS SCIENCE

(THEORY AND PRACTICAL)

20. PRACTICAL APPLICATION OF LATEX

(THEORY AND PRACTICAL)



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DEPARTMENT OF ADVANCED SPORTS TRAINING AND SPORTS
TECHNOLOGY

Board of Studies in Sports Technology

The meeting of the Board of Studies in Sports Technology was held on 25.05.2021 (Tuesday) at 11.00 am through Zoom Online platform for revision of syllabi, addition of new subjects for Masters in Sports Technology. The following members were present for the meeting:

Sl.No	Name, Designation and Address
1	Dr.R. Ramakrishnan , Professor and Head, Department of Advanced Sports Training and Technology, TNPESU, Chennai 127 (convenor)
2.	Dr. K. Jayapal , Associate Professor, Department of Mechanical Engineering, Indian Institute of Information Technology, Design and Manufacturing, Kanchipuram (member)
3.	Dr. P. Kannan , Professor and Head, Department of Electronics and Communication Engineering, Panimalar Engineering College, Poonamallee(member)
4.	Dr. B. Ramesh , Principal, Saveetha Institute of Medical and Technical Sciences, Chennai(member)
5.	Dr.G. Nallavan , Assistant Professor, Department of Advanced Sports Training and Technology, TNPESU, Chennai 127(member)

MINUTES OF THE BOARD OF STUDIES

Resolved that the members of the Board of Studies in Sports Technology had a detailed discussion and made necessary corrections in the existing syllabi and addition of new subjects both in the core subject and in the electives offered in Masters in Sports Technology (M.Tech Sports Technology) offered by the Department of Advanced Sports Training and Technology of this University under Choice Based Credit System (CBCS). The Changes incorporated in the syllabus are tabulated below:



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➤ Core Subjects

SL. No	Semester	Subject Code	Existing Subject	New Subject/Syllabus Revision
1.	First Sem	PST18CL102	1 Sem- Computer Aided Modeling lab	Numerical Analysis Lab
2.	Second Sem	Core/PST 18CT201	Sports Biomechanics	Biomechanical Analysis in Sports (with 40% revision in syllabus and subject name change)
3.	Second Sem	Core/PST 18CT202	Measurement and Instrumentation in sports	Applications of Sensors and Transducers in Sports
4.	Second Sem	Core Lab 1/ PST18CL201	Sports Performance Analysis Lab	(Syllabus Revision)
5.	Second Sem	Core Lab 2/ PST18CL.202	Computer Aided Modeling lab	CFD and FEM Sports Simulation Lab

➤ Elective Subjects

Sl.No	Existing Electives to removed	New Electives to be added
1	Robotics and artificial intelligence	Robotics and Machine vision system
2	Physiology of Sports and Exercise	Digital Image Processing
3	Race engine design for optimal performance	Digital Video Processing
4	Sports Equipment Materials	Computer Vision
5	Sports Psychology: Issues and Applications	Mobile Computing
6	Commercialization of Sports	Aerodynamics in Automobile
7	Sports Economics	Polymer Engineering
8	Sports equipment materials	Wind Engineering for Sports
9	Sports Materials Engineering	Reverse Engineering
10	Race Car Vehicle Dynamics	Introduction to Embedded Systems
11	Applied Biomaterials in Sports Technology	Introduction to Internet of Things(IOT)
12	Software in Sports	Product Design and Development
13		Sports And Event Management
14		Additive Manufacturing Processes and Applications
15		CFD and FEM simulation for Sports Engineering
16		Aerodynamics in Automobile
17		Introduction to Embedded Systems



➤ Second Semester Summer Vacation

The Board of Studies members recommended for the introduction of Internship for the students after the completion of second semester examination so that the summer vacation can be effectively utilized by the students academically. The details are listed below.

Sl.No.	Course type & Code No.	Course Title	Teaching Scheme			Credits	Marks		Total Marks
			Th	Tuto	Lab		IN	EX	
1	Core/ PST18IP201	Internship	0	0	0	2	25	75	100
Total Credits						2			

➤ Open Generic Elective Courses Offered for other Department Students

In the open elective for other department students already four electives offered and now a new elective course is introduced. The details are tabulated:

Sl.No.	Subject Code	Elective Subject Name
1	PST21GE005	Physics of Sports

➤ Value Added Courses Offered to All Department Students

As per the recommendations of University Grants Commission, Value Added courses are to be offered by this department in view of enhancing students placement opportunities and the details are listed below:

Course code	Course	Teaching Scheme			Credits	Marks		Total Marks
		Th	Tuto	Lab		IN	EX	
PST21VA00 1	Software Application in Match Analysis (Theory and Practical)	3	0	6	6	50	150	200
PST21VA00 2	Ms Excel for Sports science (Theory and Practical)	3	0	6	6	50	150	200
PST21VA00 3	Practical Application of LaTeX(Theory and Practical)	3	0	6	6	50	150	200



Unit 1: Introduction to Match Analysis 9
Match Analysis - Rules, notation and variable of the Cricket, Volley ball and Basketball
Match - Case study: Score sheet for any sports in university

Unit 2: Match Analysis in Excel 9
Introduction to Excel - Creating the tagging table in the Excel sheet - Case Study: Tagging in
Excel any international matches (Cricket, volleyball, football and basketball)

Unit 3: Dartfish tagging panel creation 9
Introduction to Dartfish - Panel creation and key features

Unit 4: Tagging the match 9
Case Study: Tagging in Dartfish any international matches (Cricket, volleyball, football and
basketball)

Unit 5: Documentation and presentation 9
Dartfish analysis - Exporting the data in Excel - Analysing the data through graphs
comparison of the 2 teams - Presentation the post match Analysis

Reference

1. How to Code Sport with Microsoft Excel
<https://thevideoanalyst.com/code-sport-microsoft-excel/>
2. Dartfish feedback and support
<https://support.dartfish.tv/support/solutions/folders/27000053999>
3. Excel for Analysts
<http://thevideoanalyst.com/courses/excel-for-analysts/>
4. Handbook of Soccer Match Analysis: A Systematic Approach to Improving Performance
Book by A. Mark Williams, Christopher Carling, and Thomas Reilly



21-DISASTER MANAGEMENT

Course Objectives

Students will be able to:

1. learn to demonstrate a critical understanding of key concepts in disaster risk reduction and humanitarian response.
2. critically evaluate disaster risk reduction and humanitarian response policy and practice from multiple perspectives.
3. develop an understanding of standards of humanitarian response and practical relevance in specific types of disasters and conflict situations.
4. critically understand the strengths and weaknesses of disaster management approaches, planning and programming in different countries, particularly their home country or the countries they work in.

Syllabus

Units	Content	Hrs
1	Introduction Disaster: Definition, Factors And Significance; Difference Between Hazard And Disaster; Natural And Manmade Disasters: Difference, Nature, Types And Magnitude.	4
2	Repercussions Of Disasters And Hazards: Economic Damage, Loss Of Human And Animal Life, Destruction Of Ecosystem. Natural Disasters: Earthquakes, Volcanisms, Cyclones, Tsunamis, Floods, Droughts And Famines, Landslides And Avalanches, Man-made disaster: Nuclear Reactor Meltdown, Industrial Accidents, Oil Slicks And Spills, Outbreaks Of Disease And Epidemics, War And Conflicts.	4



3	Disaster Prone Areas In India Study Of Seismic Zones; Areas Prone To Floods And Droughts, Landslides And Avalanches; Areas Prone To Cyclonic And Coastal Hazards With Special Reference To Tsunami; Post-Disaster Diseases And Epidemics	4
4	Disaster Preparedness And Management Preparedness: Monitoring Of Phenomena Triggering A Disaster Or Hazard; Evaluation Of Risk: Application Of Remote Sensing, Data From Meteorological And Other Agencies, Media Reports: Governmental And Community Preparedness.	4
5	Risk Assessment Disaster Risk: Concept And Elements, Disaster Risk Reduction, Global And National Disaster Risk Situation. Techniques Of Risk Assessment, Global Co- Operation In Risk Assessment And Warning, People's Participation In Risk Assessment. Strategies for Survival.	4
6	Disaster Mitigation Meaning, Concept And Strategies Of Disaster Mitigation, Emerging Trends In Mitigation. Structural Mitigation And Non-Structural Mitigation, Programs Of Disaster Mitigation In India	4

SUGGESTED READINGS:

1. R. Nishith, Singh AK, "Disaster Management in India: Perspectives, issues and strategies "New Royal book Company.



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2. Sahni, PardeepEt.Al. (Eds.),” Disaster Mitigation Experiences And Reflections”, Prentice Hall Of India, New Delhi.
3. Goel S. L. , Disaster Administration And Management Text And Case Studies” ,Deep &Deep Publication Pvt. Ltd., New Delhi.



22 - VALUE EDUCATION

Course Objectives

Students will be able to

1. Understand value of education and self- development
2. Imbibe good values in students
3. Let the should know about the importance of character

Syllabus

Units	Content	Hrs
1	<ul style="list-style-type: none">• Values and self-development –Social values and individual attitudes. Work ethics, Indian vision of humanism.• Moral and non- moral valuation. Standards and principles.• Value judgements	4
2	<ul style="list-style-type: none">• Importance of cultivation of values.• Sense of duty. Devotion, Self-reliance. Confidence, Concentration. Truthfulness, Cleanliness.• Honesty, Humanity. Power of faith, National Unity.• Patriotism. Love for nature ,Discipline	6
3	<ul style="list-style-type: none">• Personality and Behavior Development - Soul and Scientific attitude. Positive Thinking. Integrity and discipline.• Punctuality, Love and Kindness.• Avoid fault Thinking.• Free from anger, Dignity of labour.• Universal brotherhood and religious tolerance. • True friendship.• Happiness Vs suffering, love for truth.	6



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	<ul style="list-style-type: none">• Aware of self-destructive habits.• Association and Cooperation.• Doing best for saving nature	
4	<ul style="list-style-type: none">• Character and Competence –Holy books vs Blind faith.• Self-management and Good health.• Science of reincarnation.• Equality, Nonviolence ,Humilit y, Role of Women.• All religions and same message.• Mind your Mind, Self-control.• Honesty, Studying effectively	6

Suggested reading

1 Chakroborty, S.K. “Values and Ethics for organizations Theory and practice”, Oxford University Press, New Delhi

Course outcomes

Students will be able to

- 1.Knowledge of self-development
- 2.Learn the importance of Human values
- 3.Developing the overall personality



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23 - STRESS MANAGEMENT BY YOGA

Course Objectives

1. To achieve overall health of body and mind
2. To overcome stress

Syllabus

Units	Content	Hrs
1	<ul style="list-style-type: none">• Definitions of Eight parts of yoga. (Ashtanga)	8
2	<ul style="list-style-type: none">• Yam and Niyam. Do's and Don't's in life. i) Ahinsa, satya, astheya, bramhacharya and aparigraha ii) Shaucha, santosh, tapa, swadhyay, ishwarpranidhan	8
3	<ul style="list-style-type: none">• Asan and Pranayam i) Various yog poses and their benefits for mind & body ii)Regularization of breathing techniques and its effects- Types of pranayama	8

Suggested reading

1. 'Yogic Asanas for Group Training-Part-I' :Janardan Swami YogabhyasiMandal, Nagpur
2. "Rajayoga or conquering the Internal Nature" by Swami Vivekananda, AdvaitaAshrama
(Publication Department), Kolkata

Course Outcomes:

Students will be able to:



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1. Develop healthy mind in a healthy body thus improving social health also
2. Improve efficiency



21 - PERSONALITY DEVELOPMENT THROUGH LIFE

ENLIGHTENMENT SKILLS

Course Objectives

1. To learn to achieve the highest goal happily
2. To become a person with stable mind, pleasing personality and determination
3. To awaken wisdom in students

Syllabus

Units	Content	Hrs
1	<ul style="list-style-type: none">• Neetisatakam-Holistic development of personality• Verses- 19,20,21,22 (wisdom)• Verses- 29,31,32 (pride & heroism)• Verses- 26,28,63,65 (virtue)• Verses- 52,53,59 (dont's)• Verses- 71,73,75,78 (do's)	8
2	<ul style="list-style-type: none">• Approach to day to day work and duties.• ShrimadBhagwadGeeta : Chapter 2-Verses 41, 47,48,• Chapter 3-Verses 13, 21, 27, 35, Chapter 6-Verses 5,13,17,• 23, 35,• Chapter 18-Verses 45, 46, 48.	8
3	<ul style="list-style-type: none">• Statements of basic knowledge.• ShrimadBhagwadGeeta: Chapter2-Verses 56, 62, 68• Chapter 12 -Verses 13, 14, 15, 16,17, 18• Personalit y o f Ro le model. ShrimadBhagwadGeeta:• Chapter2-Verses 17, Chapter 3-Verses 36,37,42,• Chapter 4-Verses 18, 38,39• Chapter18 – Verses 37,38,63	8



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Suggested reading

1. "Srimad Bhagavad Gita" by Swami SwarupanandaAdvaita Ashram (Publication Department), Kolkata
2. Bhartrihari's Three Satakam (Niti-sringar-vairagya) by P.Gopinath,Rashtriya Sanskrit Sansthanam, New Delhi.

Course Outcomes

Students will be able to

1. Study of Shrimad-Bhagwad-Geeta will help the student in developing his personality and achieve the highest goal in life
2. The person who has studied Geeta will lead the nation and mankind to peace and prosperity
3. Study of Neetishatakam will help in developing versatile personality of students.



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22 – CERTIFICATE COURSE IN YOGA

FUNDAMENTALS OF YOGA EDUCATION (ODD SEMESTER)

PROGRAM OBJECTIVES:

- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in Vedantic approach

Unit-I

Meaning, Definitions, Need, Nature, Philosophy, Aim and Objectives and Scope of Yoga – History of Yoga – Modern developments in Yoga - Misconceptions and clarifications on yoga - Yoga and Education, Relationship of yoga with health, fitness, and wellness.

Unit-II

Health practices in Indus valley civilization-Vedic, epic, Jainism and Buddhist periods-contributions of yoga to Jainism, Buddhism, Hinduism, Christianity and Islam-contributions of Patanjali and Thirumoolar to yoga-paths of yoga: Hatha yoga, bhakti yoga, jnanayoga, karma yoga, Rajayoga, yantra yoga, laya yoga and Mantra Yoga.

Unit-III

Mind – powers of mind-Methods to promote the powers of mind-super-consciousness- Relationship among yoga, Religions, Spirituality, Leadership. Ashtanga yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and samadhi.



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Unit-IV

Concept of human body – Pancha Koshas – Balanced diet, yogic diet, yogic practices for therapeutic application for common diseases like Asthma, diabetes, Hyper tension, obesity, arthritis, Sinusitis, skin allergy, stress, depression.

Unit-V

Physical exercises and yoga for Holistic Health – Applied to Industries, Executives, Students, Sports persons and universal peace – Modern trends in yoga and their applications – contributions of Guru's and Institutions to yoga and spirituality.

PROGRAM OUTCOMES:

- Student can get the basic knowledge about Yoga
- They will get the full idea about the Etymology and Principles of Yoga
- Student can get full knowledge in Indian Philosophy
- They can get the very valuable thoughts in the most popular books and epics
- Finally, the student will get full blueprint about Yoga.

REFERENCES:

- Brahmakumaries Jagdish Chander Mount Abu: PBK Ishwarlyavishwavidyalaya.
- Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharyayoga Mandiram.
- Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharyayoga Mandiram.
- Haustul Desikachar (2016) The Hotayoga pradipika, Chennai: Madia Garuda.
- Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M.Y.M.Samiti.
- Subramanian (2003) The Yoga Vasishtha, Chennai: Sura Books (Pvt) Ltd.
- Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama.
- Swami Ranganathananada (2001) The message of the upanisads, Mumbai: Bharati



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yavidya Bhavan.

- VenkataReddy(1932)Hataratnavali,Arthameru:M.S.R.Memorialyogaseries.
Elangovan.R(2016)FundamentalsofYoga,Chennai:AshwinPublications.

METHODOLOGY OF YOGIC PRACTICES (EVEN SEMESTER)

PROGRAM OBJECTIVES:

- To know about the Principles of Teaching Yoga
- To learn how to move mental all the joints in our body
- To understand the principles and practices of each asana & pranayama
- To understand the concept and methods of teaching yoga
- To know about the Essentials of a good lesson plan

UNIT-I:

Methods of Yoga Teaching, Lecture method, Response to instruction method (method), Individualized Instructional Method, Group discussion Method, Directed Practice Method, Project method, Demonstration Method, Lecture cum Demonstration Method, Imitation Method, Dramatization Method, Sources of teaching methods. Teaching aids: Audiovisual aids, Visual aids, Audio aids.

UNIT-IV:

Preparing lesson plan- Essentials of a good lesson plan, Advantages of preparing a lesson plan, Contents of a lesson plan, Class management- formation of the class, conducting yoga practical lessons: Precautions and contra-indications of practices, Lesson plan: Assembly and roll call, Relaxation & prayer. Loosening the joints, Introduction of the practice, Demonstration, Individual practice, Group practice, Yoga game (if time permits), Question and answer session, Relaxation, End prayer.

UNIT-III:



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Loosening Exercise Loosening the joints, Joint freeing series. Surya Namaskar: (Bihar school of yoga 12 Steps) – Prayer, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT-IV:

Asana: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each asana.

Standing: Ardha Chakrasana, Padma Hastasana, Trikonasana, Eka Padaasana.

Sitting: Padmasana, Vajrasana, Ustrasana, Pachimotrasana.

Supine: Utthanapadasana, Ardhahalasana, Savasana.

Prone: Bhujangasana, Shalabhasana, Makarasana.

UNIT-V

Kriyas and Bandha: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one

Kriya: Kapalabhati, Vamanadhauti.

Bandha: Jalandhara Bandha, Moola Bandha.

Mudra and Relaxation Technique: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one

Mudras: Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique : Instant Relaxation Technique, Quick Relaxation Technique.

PROGRAM OUTCOMES:

- Student can get the procedure of learning yoga
- They learned way of teaching yoga



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- Student can get the overall perfection of yoga class management
- They will learn how to write a perfect lesson plan for yoga class

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12. Yogeshwaranand Saraswathi Swami (1975) First steps
to higheryoga, Gangothari: Yoga nicketan trust.
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15. Gharote(2004) Applied Yoga, Lonvla: Kaivalyadhama.
16. Kathy Lee Kappmeier and Diane M. Ambrosini(2006) nstructing hatha Yoga Champign:
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23.CERTIFICATE COURSE IN ESTABLISHING REVENEMODELS FOR YOGA CERTRE'S (CCYERMYC)

FUNDAMENTALSOFYOGAEDUCATION (ODD SEMESTER)

PROGRAMOBJECTIVES:

- ToknowabouttheoriginandHistoryofYoga
- ToknowabouttheconceptionofYoga
- TounderstandthephilosophyofYoga
- ToknowabouttheyogaperspectiveinBooks&Epics
- ToknowabouttheconceptofYogainVedanticapproach

Unit-I

Meaning,Definitions,Need,Nature,Philosophy,AimandObjectivesandSc
opeof Yoga – History of Yoga – Modern developments in Yoga -
Misconceptions and clarifications on yoga - Yoga and Education,
Relationship of yoga with health, fitness, and wellness.

Unit-II

Health practices in Indus valley civilization-Vedic, epic, Jainism and
Buddhist periods-contributions of yoga to Jainism, Buddhism,
Hinduism, Christianity, and Islam-contributions of Patanjali and
Thirumoolar to yoga-paths of yoga: Hatha yoga,
bhaktiyoga,jnanayoga,karma yoga, Rajayoga,yantra yoga, layayogaand
Mantra Yoga.

Unit-III

Mind –powers of mind-Methods to promote the powers of mind-super-
consciousness- Relationship among yoga, Religions, Spirituality,
Leadership. Ashtanga yoga: Yama, Niyama, Asana, Pranayama,



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Pratyahara, Dharana, Dhyana and samadhi.

Unit-IV

Concept of human body – Pancha Koshas – Balanced diet, yogic diet, yogic practices for therapeutic application for common diseases like Asthma, diabetes, Hyper tension, obesity, arthritis, Sinusitis, skin allergy, stress, depression.

Unit –V

Physical exercises and yoga for Holistic Health – Applied to Industries, Executives, Students, Sports persons and universal peace – Modern trends in yoga and their applications – contributions of Guru's and Institutions to yoga and spirituality.

PROGRAM OUTCOMES:

- Student can get the basic knowledge about Yoga
- They will get the full idea about the Etymology and Principles of Yoga
- Student can get full knowledge in Indian Philosophy
- They can get the very valuable thoughts in the most popular books and epics
- Finally, the student will get full blueprint about Yoga.

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- Brahma kumaries Jagdish Chander Mount Abu: PBK Ishwarlyavishwavidyalaya.
- Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharyayoga Mandiram.
- Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharyayoga Mandiram.
- Hausthul Desikachar (2016) The Hotayogapradipika, Chennai: Madia Garuda.
- Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M.Y.M.Samiti.
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- SwamiRanganathananada(2001)Themessageoftheupanisads,Mumbai:Bharati yavidya Bhavan.
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- Elangovan.R(2016) FundamentalsofYoga, Chennai:AshwinPublications.

CERTIFICATECOURSEIN ESTABLISHINGREVENUE
MODELSFOR YOGACENTRE'S

EVEN SEMESTER

PROGRAM OBJECTIVES:

- ToknowabouttheYogadisciplineandsignificance
- TolearndetailsaboutInternationalYogaDay
- TounderstandtheCSRmodelYoga
- TounderstandtheconceptofAYUSH
- ToknowabouttheEssentialsanddemandofYoga

UNIT-I:

Significance of Yoga discipline - Yoga Careers-Yoga 360-Innovations in Yoga disciplines - Yoga trends- Yoga discipline major and minor triggers- International Yoga Day, Covid etc.

UNIT-II:

Yogaecosystem- Yogastudio-startupenterprise-Governmentinitiative towards Yoga- Corporate Social Responsibility CSR-model initiative- implementing Yoga 4.0 for initiative.

UNIT- III:

Internationaloutlook-corporatelinkage-Yogaretreat.

UNIT-IV:

Role Yoga in Integrated medicines and interdisciplinary studies- Role of



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Yoga in AYUSH -customization of Yoga.

UNIT-V

On demand progress - affiliated marketing- membership site - affiliated marketing monetizing social media,

PROGRAM OUTCOMES:

- Student can get the information about IDYYoga
- They learned way of practices advanced technology Student can get the overall performance of smart work
- They will learn how to use technology, knowledge, and ecosystem

REFERENCES:

1. Acsm's (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
2. Asikainen, A.M. (2015). Revenue Models of Mobile Health Applications: Free-to-play applications.
3. Boykin, J., Leitheiser, J., & Martin, F. (2015). The HPT model applied to a yoga studio's performance. *Performance Improvement*, 54(1), 28-38.
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8. Saheb, T. (2020). An empirical investigation of the adoption of mobile health applications: integrating big data and social media services. *Health and Technology*, 10(5), 1063-1077.
9. Torous, J., & Roberts, L. W. (2017). The ethical use of mobile health technology in clinical psychiatry. *The Journal of nervous and mental disease*, 205(1), 4-8.
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11. Chakravorty, P., & Kugle, S. (2009). *Performing Ecstasy*. New Delhi: Manohar.
12. Ernst, C. W. (1998). The psychophysiology of ecstasy in Sufism and Yoga. *North Carolina medical journal*, 59, 182-185.
13. White, J. Achieve Cosmic Consciousness Through Sexual Ecstasy.
14. Morgan, P. (2023). Journal of Contemplative & Holistic Education. *Reflections*, 5, 10-2023.
15. James-Palmer, A., Anderson, E. Z., & Daneault, J. F. (2022). Remote delivery of yoga interventions through technology: Scoping review. *Journal of Medical Internet Research*, 24(6), e29092.
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Tamilnadu Physical Education and Sports University
Department of Sports Biomechanics and Kinesiology

Board of Studies Minutes of the Meeting for Regular Programme - 28th JUNE 2023

The meeting of the Board of Studies was held at 11.00 am on 28.06.2023 (Wednesday) at the Syndicate Hall, Tamil Nadu Physical Education and Sports University, Chennai - 600127. The chairmen of the board Dr. P.Rajinikumar, Associate Professor (Unit Head- Sports Mechanics), welcomed the members and presented the skeletal syllabus prepared. The following members were present in the Board of Studies meeting:

Members Present:

S. No	Name	Designation	Department/ Institution
1	Dr. P.Rajinikumar	Associate Professor & Unit Head	Sports Biomechanics and Kinesiology, TNPEU, Chennai.
2	Dr.P.K.Senthilkumar	Associate Professor and Head i/c	Dept. of Exercise Physiology and Biomechanics, TNPEU, Chennai.
3	Dr. Grace Helina	Professor	Dept. of Exercise Physiology and Biomechanics, TNPEU, Chennai.
4	Dr. R.Venkatesan	Associate Professor	Dept. of Exercise Physiology and Biomechanics, TNPEU
5	Dr. R. Ramakrishnan	Professor and Head & Registrar i/c	Dept. of Advanced Sports Training and Technology, TNPEU, Chennai.
6	Dr.Praveen, Scientific Officer, Dept. of Sports Biomechanics and Kinesiology, Sports Authority of India, Bangalore	Scientific Officer (SAI)	Dept. of Sports Biomechanics and Kinesiology, Authority of India, Bangalore



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The leave of absence was considered for Dr. M.Manivannan, Professor, Applied Mechanics, IIT, Madras and Dr.Dobson Dominic, Professor & Head, Dept. of Sports Medicine and Sports Science, Saveetha University, Chennai.

S. No	Name	Designation	Department/ Institution
6.	Dr. M.Manivannan	Professor	Applied Mechanics, IIT, Madras
7.	Dr.Dobson Dominic	Professor & Head	Dept. of Sports Medicine and Sports Science, Saveetha University, Chennai

The members of the Board of Studies in Sports Biomechanics and Kinesiology (Regular) have reviewed the existing curriculum, discussed elaborately on the same and approved the revised curriculum, syllabi and regulations of the following Programmes under Choice Based Credit System (CBCS) and Learning Based Outcome curriculum Framework (LBOCF) to be offered by the Department of Sports Biomechanics and Kinesiology, Tamil Nadu Physical Education and Sports University from the academic year 2023-2024 onwards.

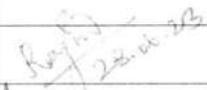
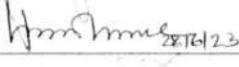
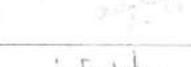
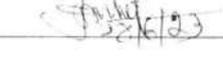
Name of the Programme	Specialization	Duration	No of Semesters	Total Credits
B.Sc Sports Biomechanics and Kinesiology	Sports Biomechanics and Kinesiology	3 Years	6	145
M.Sc Sports Biomechanics and Kinesiology	Sports Biomechanics and Kinesiology	2 Years	6	110
Value added course	Orthotic and Prosthetics	Certificate course	30 Hours	
Value added course	Functional training	Certificate course	30 Hours	
P.G.Diploma in HYBRID Mode (Online and Offline combined)				
P.G Diploma in Sports Biomechanics and - Kinesiology	Sports Biomechanics and Kinesiology	Certificate course	2 Semesters	80



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P.G Diploma in Strength and Conditioning	Strength and Conditioning	P.G Diploma course (1 year)	2 Semesters	80
P.G. Diploma in Performance analysis in sports	Sports Performance analysis	P.G Diploma course (1 Year)	2 Semesters	80
P.G. Diploma in Kinanthropometry	Strength and Conditioning	P.G Diploma course (1 Year)	2 Semesters	80
P.G Diploma in Human Gait and Posture	Gait and Posture	P.G Diploma course (1 Year)	2 Semesters	80

The detailed curriculum, syllabi and regulations are appended in this minute.

S. No	Name	Signature
1	Dr.P.Rajinikumar	 22/6/23
2	Dr.P.K SenthilKumar	 22/6/23
3	Dr.Grace Helina	 22/6/23
4	Dr.R.Venkatesan	 22/6/23
5	Dr.R.Ramakrishnan	 22/6/23
6	Dr.Praveen	 22/6/23



Functional training (Value Added Course)

Functional Training: Definition and principles of functional training - Importance of functional movements in sports - Functional Assessment - Identifying specific movements and muscle groups used in the target sport - Assessing functional strength and flexibility - Core Stability - Importance of a strong core in sports performance - Core exercises tailored to the specific sport - Strength and Power Development - Compound Movements - Introduction to compound exercises (e.g., squats, deadlifts) and their relevance to sports - Proper form and technique. Power Training - Plyometric exercises for explosive power - Medicine ball drills and explosive movements relevant to the sport - Speed and Agility - Speed Training - Sprint mechanics and acceleration drills - Sport-specific speed drills - Agility Training - Cone drills and ladder drills - Reactive agility exercises - Flexibility and Mobility - Flexibility Training - Dynamic and static stretching for sport-specific flexibility - Importance of mobility in injury prevention - Sport-Specific Functional Training - Sport-Specific Movements. Analysing specific movements in the target sport - Designing exercises to mimic sport-specific actions - Integration and Progression - Creating progressive and periodized functional training programs - Monitoring and adjusting training based on individual and team needs - Review and Application - Case Studies - Analysing successful applications of functional training in elite athletes - Learning from real-world examples - Final Assessment and Program Design - Developing a functional training program for a specific athlete or team - Presenting and defending the program.

1. Bompa, T. O., & Haff, G. G. (2009). "Periodization: Theory and Methodology of Training." Human Kinetics.
2. G., & Kokkonen, J. (2007). "Stretching anatomy." Human Kinetics.
3. Young, W. B. (2007). "Transfer of strength and power training to sports performance." International Journal of Sports Physiology and Performance, 2(4), 438-446.
4. Baechle, T. R., & Earle, R. W. (2008). "Essentials of Strength Training and Conditioning." Human Kinetics.
5. Verkhoshansky, Y., & Siff, M. (2009). "Super training." Human Kinetics.


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Orthotics and Prosthetics (Value Added Course)

Introduction to the history, principles, and applications of prosthetics and orthotics. Discussion on the impact of prosthetic and orthotic devices on the quality of life. Understanding the biomechanics of the human body and its relevance to prosthetics and orthotics. Overview of relevant anatomical structures and their function. Skeletal system – bones and types of bones – joints and classification of joints- planes and axis – movement terminology – range of motion arthrokinematics – muscular system – types of muscles – muscle fibre architecture – origin and insertion and action of muscles – nervous system - Structure and functions of neurons. CNS and PNS- Properties and impulse transmission of nerve fibres - Neuromuscular junction, Motor Unit. Posture and equilibrium – postural deformities. Basic concepts of biomechanics- kinematics and kinetics – human gait – normal and pathological gait – foot and foot arches - Trans Femoral Amputee, gait analysis and deviations, gait variations due to alignment or pathological conditions. Biomechanics of Symes prosthesis, partial foot prosthesis, below knee (trans tibial) – transfemoral – endo and exo skeleton prosthesis. Orthoses/Prostheses – types of prosthetics foot – orthoses – types of orthoses – materials used in orthoses - types of shoes / foot wear – shoe modification. Prescription principles of various types of Knee Orthoses (KO), Knee Ankle foot Orthoses (KAFO), Hip Knee Ankle Foot Orthoses (HKAFO). RGO & ARGO Orthoses.

Reference:

1. "Introduction to Prosthetics and Orthotics" by Kevin C. Chui and Shuichi Mizobuchi.
2. "Prosthetics and Orthotics: Lower Limb and Spinal" by Bella J. May.
3. "Orthotics and Prosthetics in Rehabilitation" by Michelle M. Lusardi and Milagros Jorge.
4. "Principles of External Fixation of the Craniomaxillofacial Skeleton" by Jordan P. Steinberg and Paul N. Manson.


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CERTIFICATE COURSES

29.CERTIFICATE IN GYM / FITNESS INSTRUCTOR

PAPER I

SCIENTIFIC FOUNDATIONS OF FITNESS AND WELLNESS

UNIT I

Fitness – Definition – Types - Benefits of Physical Fitness – Warm up – Types – Benefits of warm up – Cool down – Benefits of Cool down. Flexibility – Types –Stretching: Benefits of Stretching.

UNIT II

Exercise Prescription – Principles of Exercise Prescription – Cardiovascular Endurance training – Exercise Programme for beginners, intermediate – Benefits of Cardiovascular endurance. Muscular strength training – Muscular endurance training – benefits of muscular strength and endurance training.

UNIT III

Fitness Centre, size, measurement and other facilities - Weight training equipments: weight plates - barbells - dumbbells - rowing machines. Skipping ropes, elastic strap. Advantages of free weights - advantages of machine weights- Weight lifting barbells and weights, Power lifting barbells.

UNIT IV

Multi gym: weight machines, bench press, shoulder press, seated bench press. Lat pull down, leg press, leg extension, heel raise, low pulley - peck deck, lateral raise, leg extension, leg curl, hip abductor, abdominal conditioner - specification and purpose of each machine. Treadmill - elliptical cross trainer- Exercise Cycle.

UNIT-V

First aid- principles of first aid- first aid kit- basic life support: air way, breathing, circulation first aid for emergency situations in a fitness centre- Ethics of fitness trainer-qualities and qualifications of a Gym/Fitness instructor.



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ANATOMY AND PHYSIOLOGY

PAPER- II

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II

Cardio Vascular System – Structure and functions –Respiratory system – Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure and Functions of Skin

References:

1. Arthur C. Guyton & John Edward Hall (2006), Textbook of medical Physiology, Florida, United States, Elseiver Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.
3. Sivaramakrishnan S. (2006) ,Anatomyand Physiology for Physical Education, New Delhi, Friends publishers
4. Anne Waugh & Alson Gruant (2005) , Anatomy and Physiology in health and Wellness, Allahabad, Churchill Livingtone

PRACTICAL – I

- Exercise to improve Cardio vascular Endurance
- Exercise to improve muscular strength.
- Exercise to improve muscular endurance.
- Exercise to improve flexibility
- Basic first aid procedures.



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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S.NO	REG.NO	NAME OF THE STUDENT'S	YEAR
1.	20200101402001	SAI KARTHIK R	2020
2.	20200101402002	MUTHUKUMARAN P	2020
3.	20200101402003	HARISH BABU S	2020
4.	20200101402004	ARUNKUMAR M	2020
5.	20200101402005	VINOTH D	2020
6.	20200101402007	RAMAN S	2020
7.	20200101402008	KARTHIKEYAN S	2020
8.	20200101402009	DINESH KUMAR D	2020
9.	20200101402011	PRASANTH S	2020
10.	20200102402001	VENKATARAMAN C	2020
11.	20200102402002	SRIDHARAN K.	2020
12.	20200102402003	SOLOMAN DEVANAND VEMAGIRI	2020
13.	20200102402004	GOWTHAM K	2020
14.	20200102402005	KAMESH R	2020
15.	20200102402006	BABU RAJENDRAN V	2020
16.	20200103402001	VIJAYARAGHAVAN M	2020
17.	20200103402002	JJO VARGEES JOHN J	2020
18.	20200107402001	MADHANRAJ S	2020
19.	20200101402012	GOWRISANKAR S	2020
20.	20200111402001	IRUSAGOUNDAN M	2020
21.	20200111402002	KARTHIK J	2020



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22.	20200119230007	MANIMOORTHY S	2020
23.	20200119230010	SREERAG P S	2020
24.	20200119230011	ASHIK M S	2020
25.	20200101402013	NETHAJIMUTHURAMAN C	2020
26.	202020101402001	M. KARTHICK ADHITHYA	2020
27.	202020101402002	A. AJITH ANTONY	2020
28.	202020101402003	NANDHA GOPAL VS	2020
29.	202020101402004	RAVICHANDRAN R	2020
30.	202020101402005	RAMYA E	2020
31.	202020105402001	SRI RANGANATHAN V	2020
32.	202020101402006	SHANTHOSH P	2020
33.	202020101402007	SRILOGANATH L	2020
34.	202020102402001	GOPI M	2020
35.	202020101402008	LEO KARTHICK D	2020
36.	202020119402001	RACHANA V.C	2020
37.	202020101402009	REJINI R	2020
38.	202020101402010	KARTHICK D	2020
39.	202020121402001	DHILIP U	2020
40.	202020101402011	HARIPRASATH V S	2020
41.	202020102402002	MOHAMMED ALI Z	2020
42.	202020101402012	TAMIZH ERAIVAN B	2020
43.	202020104402001	PRASANNAKUMAR S V	2020



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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44.	202020115402001	AARTHI R	2020
45.	202110101402001	RAYUDU TEJA R	2021
46.	202110101402002	SELVA KUMAR A	2021
47.	202110101402003	SATHISH KANNA R K	2021
48.	202110102402001	BALAJI K	2021
49.	202110101402004	HARIKRISHNA JANNI	2021
50.	202110101402005	PREMKUMAR R	2021
51.	202110102402002	NIJANTHAN P	2021
52.	202110121402001	SANJAY KUMAR N	2021
53.	202110101402006	SELVAKUMAR S	2021
54.	202110101402007	VENKATESWARAN J	2021
55.	202110101402008	LOKESH S	2021
56.	202110102402003	ASHWINI M	2021
57.	202110101402009	KAMESH A	2021
58.	202110101402010	DHAMODHARAN B	2021
59.	202110101402011	DEENADAYALAN M	2021
60.	202110101402012	GOTHANDAPANI C	2021
61.	202110101402013	BALAJI S	2021
62.	202110101402014	SOCRATES L	2021
63.	202110101402015	MARIOJERALD D	2021
64.	202110101402016	VIGNESH V	2021



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30.CERTIFICATE IN KARATE

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200102404001	BALASARAVANAN M	2020
2.	20200104404001	RAGHUNATH K V	2020
3.	202020101404001	SACHIVANANDHAN V	2020
4.	202020117404001	HARIPPRIYA S	2020
5.	202020117404002	AJITH KUMAR A	2020
6.	202110121404001	HARINI S	2021
7.	202110125404001	MUTHU MALAI K	2021
8.	202110125404002	SHANMUGA NARAYANAN M	2021



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31.CERTIFICATE IN MEMORY DEVELOPMENT & PSYCHO NEUROBICS

Syllabus

Certificate in Memory Development & Psycho Neurobics

(Dip MD&PN)

Paper 1 - Theory

1. Science of Memory and Psycho Neurobics

Unit 1: Human Mind and Storage of Memory

Unit 2: Formation of Memory

Unit 3: Memory Development Skills

Unit 4: Science of Mind

Unit 5: Basic Healing through Pycho Neurobics

Paper 2 - Practical

Unit 1: Application of Memory Techniques

Unit 2: Charts and Psycho Neurobics in Specific Diseases

Unit 3: Practical of Basic Psycho Neurobics

Unit 4: Basic Healing Psycho Neurobics

Unit 5: Advanced Neurobics and Rajyoga Meditation

Book References

- 1.Improve your Memory by BK Chandrasekar(Published by Mahabir Publications)
2. Invisible doctor by Chandrasekar (Published by Diamond Pocket Books)
3. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
4. Health in Your Hands by BK Chandrasekar(Published by Mahair Publications)

Detailed Syllabus

Diploma in Memory Development & Psycho neurobics

Paper -1: Science of Memory

Unit 1: Human Mind and Storage of Memory: Human Made Computer v/s Head Top
Computer--Its Functions-Relationship with the Operator--Thoughts, Brain Waves and Body
Relationship--Soul, Mind and Brain Relationship--Memory Folders or Menu of Sub-
Conscious Mind

Unit 2: Formation of Memory: Working Laws of Memory (Law of Belief/Law of Self
Preservation/Law of Substitution/Law of Concentrated Attention/Law of Compulsion/Law of
Observation/Law of Memory Languages)--Process of Formation of Memory--Stages of
Formation of Memory--Language of Formation of Memory

Unit 3: Memory Development Skills: Mnemonic Techniques of Association--Mnemonic
Stategy of Loci System--Link Method--The Story System--The Peg System--Mind Mapping--



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Mental Filling System--Comprehension Method-Mechanical Method

Unit 4: Science of Mind--Classification of Mind--Mind and Brain Relationship--Functioning of Mind--TEAM of Mind

Unit 5: Psycho Neurobics--Introduction to the Psycho Neurobics--Types of Psycho Neurobics--Basic Psycho Neurobic Exercise

Paper - 2: Practicals

Unit 1: Application of Memory Techniques--Enhancing Registration--Enhancing Retention--Enhancing Recollection

Unit 2: Charts and Psycho Neurobics in Specific Diseases--Chakra Chart--Meridian Chart--Hast Mudras--Psycho Neurobics--Psycho Neurobics in Emotional Management

Unit 3: Practical of Basic Psycho Neurobics--Empowering Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits--**Purifying Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Joyful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Loveful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Peaceful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits

Unit 4: Basic Healing Psycho Neurobics--Enlightening Neurobics – Hand gesture, mental posture, breathing procedure, colours and benefits--**Blissful Neurobics** - Hand gesture, mental posture, breathing procedure, colours and benefits--**Neurobic Spa** gestures, colour sequence, steps of spa, physiological and psychological benefits

Unit 5: Practical of Advanced Neurobics and Rajyoga Meditation--Dynamic Psycho Neurobics--Rajyoga Meditation

S.NO	REG.NO	NAME OF THE STUDENT'S	YEAR
1.	20200101407001	KEERTHIVASAN D	2020
2.	20200120407001	BELIN SNEKA A	2020
3.	202020101407001	RITU YADAV	2020
4.	202020121407001	PREMA KRISHNAN M K	2020
5.	202110101407001	MAGESH S	2021
6.	202110101407002	RANJITH KUMAR R	2021



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References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda. Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vecmata Gayathri trust



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Paper II

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksa diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology
Naturopathy- Principles of naturopathy- modalities of naturopathy
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems. constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:
Neurosis: stress, depression, eating disorders
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism
Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhoea. Dysmenorrhoea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea. polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care

5



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REFERENCES

PART - II : PRACTICAL

PAPER - 3 : PANCHAKARMA AND YOGA- PRACTICAL

Unit -1 Poorva karma

Rog and rog pariksha, including relevant diagnostic techniques, Koshta pariksha and Agni nirnaya, preparation of the rog! & fixation of dose & Diet

Unit -2 Pradhana karma

Administration of sneha & Anupana, Observation Jryamana/Jirna/Ajirna/ Asnigdhya Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda

Unit -3 Paschata karma (Third stage)

Parihaya vishaya & Parihara Kala Planning of Shodhana, Shamanana and Brumhana Snehan Vidhi Chirakelina Sneha Vyapats and their management

Unit -4 Massage

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhicilil (Foot Massage)- Pizhicil (Oil poured on Body)- Ela Kizhi (Swedana) Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder) Njavra Kizhi (Foementation with Special Blouses of cooked Rice)-Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc

Unit -5 Yoga

yogic practices-surya namaskar-Asanas- pranayama- bandhas-mudras- kriyas- meditation



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S.NO	REG.NO	NAME OF THE STUDENT'S	YEAR
1.	20200119408001	SHANTHI K	2020
2.	202020101408001	B. GOVINDARAJ	2020
3.	202020101408002	A. MAHALAKSHMI	2020
4.	202020116408001	CHENTHAMARAKSHAN T R	2020
5.	202020116408002	BALAKRISHNAN BABU K	2020
6.	202020116408003	RENJITHKUMAR K P	2020
7.	202020116408005	RADHAKRISHNAN V N	2020
8.	202020116408004	RAJESHKUMAR MK	2020
9.	202110101408001	MOHANA KRISHNAN G	2021
10.	202110101408002	SWAMINATHAN G	2021
11.	202110102408001	SAMANDHI G	2021
12.	202110101408003	PRIYADARSHINI K	2021



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33. CERTIFICATE IN SILAMBAM FENCING

S.NO	REG.NO	NAME OF THE STUDENT'S	YEAR
1.	20200101410001	BHARATHI KANNAN M	2020
2.	20200101410002	MURALIKRISHNAN M	2020
3.	20200101410006	MUKESH M	2020
4.	20200101410003	ELANGOVA N A	2020
5.	20200101410004	YUVARAJAN N.T.	2020
6.	20200101410005	MANO D	2020
7.	20200102410001	ALLI RANI P	2020
8.	20200115410001	PUSHPARAJ RAJU R	2020
9.	20200101410007	ADHIYAMAAN V	2020
10.	202020117410001	MOHAMED HABEEB I	2020
11.	202020117410002	NIRMAL RAJ J	2020
12.	202020122410001	MUKESHWAR B	2020
13.	202020122410002	SENTHILKUMAR M	2020
14.	202020117410003	JEFRIN THOMAS A	2020
15.	202020117410004	YAKSHINI S	2020
16.	202020117410005	JANANIDEVI R	2020
17.	202110121410001	HARINI S	2021
18.	202110101410001	SAKTHIPRIYA R	2021
19.	202110108410001	PARTHA SARATHY M	2021
20.	202110101410002	DEVENDRAN U	2021



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34. CERTIFICATE IN YOGA

Paper I
FUNDAMENTALS OF YOGA EDUCATION

UNIT - I
Meaning - Definitions - Need - Nature - Aim and objectives -Philosophy and Scope and History of yoga- ,Modern developments in yoga - Misconceptions and clarifications about yoga- yoga and Education, yoga and physical education, Schools of yoga.
UNIT - II
Paths of yoga : Hatha yoga, Bhakti yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya yoga, Vajra yoga, Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, yoga sutras, Thirumondraam, Bhagavat Gita.
UNIT - III
Introduction to Anatomy and Physiology.
Beneficial yogic practices on nervous system, Cardiovascular System ,Digestive system Respiratory System ,Endocrine System .Beneficial yogic practices on Posture .
UNIT IV
Meaning, Definitions, Need, Scope of spirituality - Religions - challenges: Physical, Mental, Moral, Social, Cultural and Religious. Methods of developing spirituality .
Relationships among yoga, spirituality and Religions.
Moral values, Divine virtues, human values and yoga, Yoga for integrated Personality, Leadership, Superconsciousness, Practices for Chakras.
UNIT V
Yogic Diet -Tamasic foods - Rajasic foods - Sattvic foods -Balanced diet - ideal yogic diet - short , Naturopathy diet, Fitness and Wellness
Introduction to alternative medicine and Therapies- Ayurvedha -Tridesha - Common ailments.
Selective yogic practice for Heartproblems, Asthma, Arthritis, Back pain, constipation, Diabetes mellitus, obesity, Anxiety, Stress, Menstrual irregularities

References :-

1. Iyengar B. K. S (1976) Light on yoga, London, Unwin paperbacks.
2. Sivayanda Sarasawathi swami (1934) Yoga Asanas Madras : My magazine of India.
3. Satyananda saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, mungler : Yoga publications trust.
4. Iyengar B.K.S (2008) Light on pranayama, New Delhi : Harper Collins publishers india.
5. Vishnu Devananda Swami (1972) The complete illustrated book of yoga, New york : Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sadapatti : Prem Kalyan Publications.
7. Yogenashwararand sarasawathi swami (1975) First steps to higher yoga , Guwahati : Yoga niketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Human Kinetics.
10. Charete (2004) Applied yoga, Lonvia : Kriyalayadharma.
11. Kathy Lee Kappeler and Diane M. Ambrecht (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.



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Paper II

METHODS OF YOGIC PRACTICES

Unit I: Essentials of Yogic Practices: Cleanliness and food. Bath, Time, Sun, Closing eyes, Place, Mirror, Breathing, awareness, Age limitations, sequence Blanket, clothes, position, emptying the bowels and stomach, counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects
Loosening the joints

Suryanamaskar:
Bihar School of yoga model
Vivekananda Kendra Model

Unit II: Asanas
Vrkshasana, Parivrtta Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Padmasana, Vajrasana, Siddhasana, Siddha yoniasana, Savasana

Unit III: Pranayama
Yogic Breathing
Kapalbhati, Bhramari
Ujjayi, Sheetali, Bhastrika, Nadi Shodhana

Unit IV: Kriyas
Jalaneti, Sutranti

Bandhas
Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras
Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, Shanmuki mudra, Viparecta karani mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation
Mantra Meditation, Yoga nidra, Surya yog, Rajayoga meditation, trataka Meditation



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12.	20200119412022	TEENA MOL SEBASTIAN S	2020
13.	20200113412001	SAJEEV KUMAR G	2020
14.	202020116412001	SINDHULEKHA M S	2020
15.	202020116412002	MAYA N	2020
16.	202020116412003	VINIL KUMAR K K	2020
17.	202020116412004	ANEESH T S	2020
18.	202020109412001	HUMAIRA D	2020
19.	202020118412001	KISHORE M	2020
20.	202110116412001	GEETHA R	2021
21.	202110124412001	ANBUSELVI N	2021



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35.CERTIFICATE IN YOGA AND NATUROPATHY

Syllabus

Theory Paper – I - Fundamental of Yogic technique

UNIT I

Yoga: Explanation, History of Yoga, Types of Yoga,
Hatha yoga, Raja Yoga, Karma Yoga, Bakthi Yoga,
Jnana Yoga, Tantra Yoga, Mantra Yoga

UNIT II

Ashtanga Yoga, Contribution of Patanjali and
Thirumoolar to Yoga, Eight Limbs of Ashtanga
yoga, Explanation of Yama, Niyama, Asana,
Pranayama, Pratayahara, Dharana, Dhyana,
Samadhi.

UNIT III

Asana, Definition, Meaning, Classification of
Asanas, Explanation, Principles for practising
Asanas, Benefits, Misconceptions and its causes,
Few Asanas and their counterpose Similarities
and Dissimilarities between Yogasana and
Physical Exercises.

UNIT IV

Pranayama, Definition, Meaning, Basic concept of
Pranayama, Puraka, Kumbhaka, Recaka and their
ratio, Techniques of Nadi shuddhi, Sitali, Ujjayi and
their benefit, Mudras, Definition, Explanation,
Principles, Precaution, Types Technique and
benefits of yoga Mudra and Maha
Mudra Nadis

Unit – V

Meditation, Definition, Meaning, Benefits,
Precaution, Candle meditation technique and
benefits Kriyas, Definition, Meaning,
Classification, Methods of practicing of Jala Neti
and Vamana Dhauti and their benefits



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Theory Paper – II Basic Concept of Naturopathy technique

Unit – I

Definition of Naturopathy, Meaning, Concept / Principles of Nature cure, Philosophy, Health, Disease, Tools, Crisis

Unit – II

Methods of

Nature cure: Fasting, Definition, Classification, Dry fasting, Juice fasting and their method / benefits & Precautions, Raw diet, Vegetables and their combination

Values of food Importance of Nutritive Diet:

Definition, classification of food , Combination of food, Balance diet , Yogic diet, Naturopathy food nutrients.

Unit – III

Mud therapy, Types, Procedure for preparation of mud, Mud application of abdomen and eye/ their technique, Benefits, Indication, Contraindication.

Unit - IV

Hydrotherapy, Definition, Technique of enema, Hip bath, Steam bath, Benefits, Temperature of water , Types, Indication, Contraindication.

Unit – V

Application of Naturopathy technique for various diseases: Cold, Cough, Fever , Asthma, Constipation, Diarrhoea

PRACTICAL – I

Practice of Asanas, Pranayama, Suryanamaskar, Mudra and preparation of Naturopathy food.

Part – I

Asana : Navasana , Pavanmubtasana, Bhujanagasana, Vipareetakarani, Padmasana, Tadasana, Nindrapadasana, Virabhadrasana, Vajrasana, Sukhasana, Vakrasana, Janusirasana



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S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101414001	RATI MEDATWAL RATI	2020
2.	20200101414002	BALA SAI PRABHU TEJA BONDA	2020
3.	20200101414003	GEETHANJALI B	2020
4.	20200112414001	MOHAMED KASIM M	2020
5.	20200119414001	DHANALAKSHMI B	2020
6.	20200119414002	AFSALSAHEER K. T	2020
7.	20200119414003	ABDULGAFOOR K	2020
8.	20200123414001	MANIMEHALAI R	2020
9.	20200119414004	SURESHAN P N	2020
10.	20200119414005	MUHAMED RIYAS M P	2020
11.	20200119414006	MUHAMMED BASHEER P	2020
12.	20200119414007	RAMACHANDRAN K	2020
13.	202020102414001	PRAVEENDESH R	2020
14.	202020115414001	SELVAKUMARI S	2020



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15.	202020121414001	BARATHI R	2020
16.	202110102414001	JEEVITHA KS	2021
17.	202110101414001	VIBHA GUPTA MS	2021
18.	202110108414001	GEETHANJALI B	2021
19.	202110121414001	NANDHA KUMAR M	2021
20.	202110101414002	MELVINA U	2021



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36.CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE

CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE SYLLABUS

PAPER – 1: YOGIC LIFE (Physical Body, Life-force and Mind)

OBJECTIVE

Understanding of Structure and functions of Human Body - Importance of Physical Exercises and various Medical systems - Life-force and Philosophy of Kaya Kalpa - Mind and its functions and Meditation Practices.

UNIT I - PHYSICAL STRUCTURE

- 1.1 Purpose of life - life – yoga – modern life style – importance of physical health
- 1.2 Physical structure – combination of five elements – three forms of body.
- 1.3 Blood circulation system – Respiratory system.
- 1.4 Nervous system - Digesting system.

UNIT II - FUNCTIONS OF PHYSICAL BODY

- 2.1 Three circulations – disease, pain and death - causes for disease.
- 2.2 Limit and method in five aspects – food, work, sleep, sensual pleasure and thought.
- 2.3 Importance of physical exercises – Simplified Physical Exercises - Rules and regulations.
- 2.4 Food and Medicine – yogic food habits – natural food – naturopathy – Medical systems: Allopathy, Siddha, Ayurvedha, Unani and Homeopathy.

UNIT III - REJUVENATION OF LIFE-FORCE

- 3.1 Philosophy of Kaya kalpa - Physical body - Sexual vital fluid - Life force – Bio-Magnetism – Mind.
- 3.2 Anti ageing and postponing death - Kaya kalpa Practical - benefits.
- 3.3 Sex and spirituality - value of sexual vital fluid - married life – chastity.
- 3.4 Functional Relationships of body, life force and mind.



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**CERTIFICATE
IN YOGA FOR HUMAN EXCELLENCE**

SYLLABUS

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(Physical Body, Life-force and Mind)**

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Understanding of Structure and functions of Human Body - Importance of Physical Exercises and various Medical systems - Life-force and Philosophy of Kaya Kalpa - Mind and its functions and Meditation Practices.

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- 3.3 Sex and spirituality - value of sexual vital fluid - married life – chastity.
- 3.4 Functional Relationships of body, life force and mind.

UNIT IV - MIND

- 4.1 Bio-magnetic wave – Mind - imprinting and magnifying - Eight essential factors of living beings.
- 4.2 Mental Frequency – functions of mind – five layers.
- 4.3 Ten stages of mind Benefits of meditation – habitual imprints – understandable imprints.
- 4.4 Importance of meditation – benefits of meditation.

UNIT V - MEDITATION

- 5.1 Simplified Kundalini Yoga – greatness of guru – types of meditation
- 5.2 Agna meditation – explanation - benefits.
- 5.3 Santhi meditation - explanation – benefits – clearance of spinal cord – benefits.
- 5.4 Thuriyam meditation - explanation – benefits - Thuriyatheetham meditation - explanation – benefits.

TEXT BOOK:

1. Yogic Life (Physical body, Life-force, and Mind) - VISION, Vethathiri Publications.

REFERENCES:

1. Yoga for Modern age - Vethathiri Publications.
2. Mind - Vethathiri Publications.
3. Medicine and Health - Dr.Mathuram Sekar, Narmadha Publications.
4. Simplified Physical Exercises - Vethathiri Publications.
5. Yogasanas - Vethathiri Publications.



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CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE

PAPER – 2: SUBLIMATION AND SOCIAL WELFARE

OBJECTIVE

Understanding of Introspection and Analysis of thought, Moralization of desire - Neutralization of anger, Eradication of worries - Harmonious relationship with fellow beings and Social welfare and science of Divinity.

UNIT I - INTROSPECTION

- 1.1 Philosophy of Life
- 1.2 Introspection – elimination of ego
- 1.3 Analysis of Thought: Mind and thought - Greatness of thought – Causes for thought – positive thoughts.
- 1.4 Practice for analysis of thoughts – Worksheet.

UNIT II - DESIRE AND ANGER

- 2.1 Moralization of desire: Desire - 3 types of desires – greed – six bad temperaments – reasons for desire – valuable desires – detached attachments – contentment
- 2.2 Practice for moralization of desires – Worksheet.
- 2.3 Neutralization of anger: Anger - Root causes for anger - evil effects of anger - anger a chain of reactions - Tolerance - greatness of forgiveness.
- 2.4 Practice for neutralization of anger – worksheet.

UNIT III - HARMONIOUS FRIENDSHIP

- 3.1 Eradication of worries: Root causes of worries - Four types of Worries - Evil effects of worry - solutions to the problems.
- 3.2 Practice for eradication of worries – Worksheet.
- 3.3 Benefits of Blessing: Wave function - greatness of blessing – method of blessing - Divine protection - Auto suggestion.
- 3.4 Family peace - family – causes for conflict in family – need, quantity, quality and time – solutions: tolerance, adjustment and sacrifice – economic imbalance – sexual relationship – friendship between husband and wife.



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UNIT IV - SOCIAL WELFARE

- 4.1 Five kinds of duties - Importance of duty – Duties to Self, family, relatives, society and world.
- 4.2 Five fold culture: Earning through self effort - not inflicting pain to others – non-killing - respecting others freedom – Charity - Two fold culture.
- 4.3 Greatness of Women - Feminine, motherhood, divinity – sacrifice – detachment - Wife appreciation day.
- 4.4 World peace: World peace through Individual Peace – War –Economic loss and human loss caused by war – World brotherhood – World without war - One world federal government.

UNIT V - DIVINE SCIENCE

- 5.1 Divine state – four qualities of Divine state – three potentials of Divinity
- 5.2 Transformation of universe – Universal magnetism
- 5.3 Transformation of living beings – Bio-magnetism
- 5.4 Purification of genetic centre – love and compassion

TEXT BOOK:

1. Sublimation and Social Welfare - VISION, Vethathiri Publication.

REFERENCES:

1. Yoga for Modern Age - Vethathiri Publications
2. The World Order of Holistic Unity- Vethathiri Publications
3. Vethathirium - Vethathiri Publications
4. Unified Force - Vethathiri Publications



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PAPER 3: YOGA PRACTICES – I

OBJECTIVES

Practicing Physical exercises and Yogasanas for physical health, Anti-aging process of Kayakalpa exercises for longevity, Meditation practices for mental prosperity and personality development.

UNIT I - SIMPLIFIED PHYSICAL EXERCISES

Physical exercises practice – Hand exercises – Leg exercises – Breathing exercises – Eye exercises – Kapalabathi – Makarasana – Body massage – Acupressure – Relaxation.

UNIT II - KAYA KALPA EXERCISES

Kaya kalpa practice - Aswini Mudhra - Moola Bandha - Ojas Breath.

UNIT III - MEDITATION

Agna meditation - Shanthi meditation – Clearness of the spinal cord – Thuriya meditation - Thuriyatheetham meditation.

UNIT IV - YOGASANAS

Surya Namaskar - Padmasana - Vajrasana - Sukasana, Thadasana, Chakkarasana (Side Position) - Viruchasana - Yoga mudhra - Maha mudhra - Ustrasana - Vakkarasana - Bhujangasana - Savasana.

UNIT V - PRANAYAMA

Nadi Suddhi, Ujjaii, Seetali, Seetkari, Kapalapathi.

TEXT BOOKS:

1. Yoga Practices I - VISION, Vethathiri Publications.

REFERENCES:

1. Simplified Physical Exercise - Vethathiri Publications.
2. Yogasana -Vethathiri Publications.
3. Sound Health through Yoga - Dr.K.Chandrsekaran.
4. Yogasana in educational Curriculum - Dr.H.R.Nagendra.



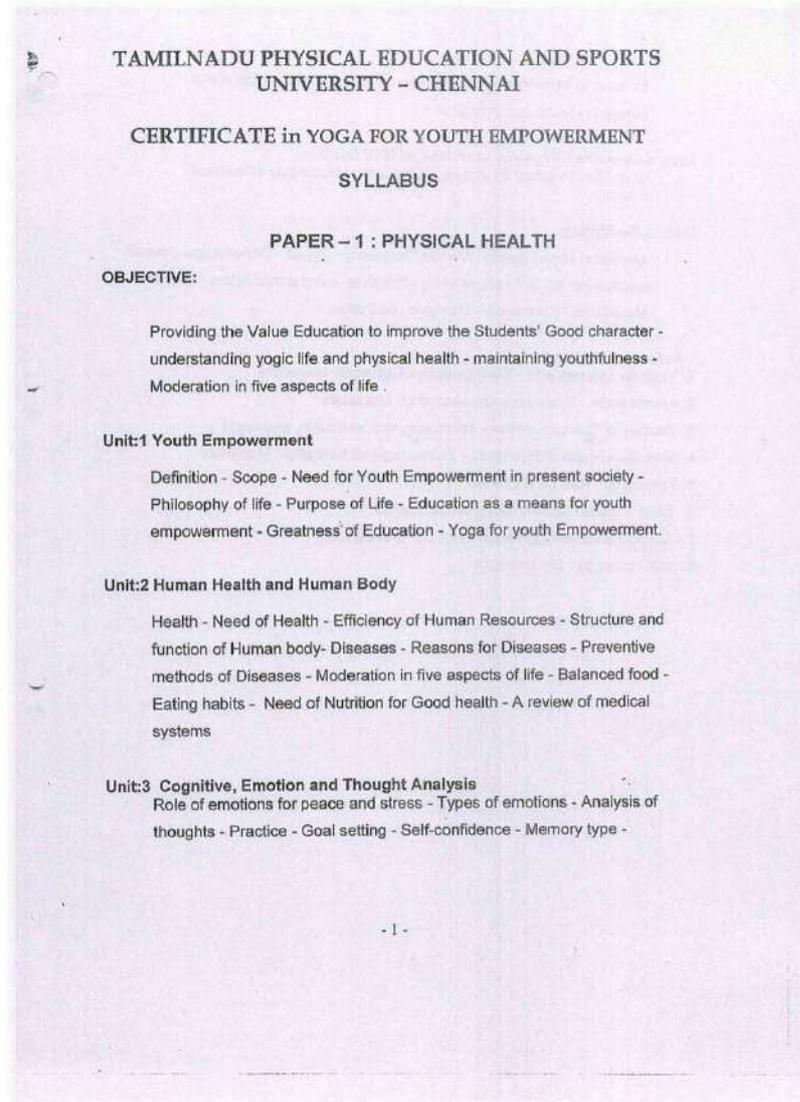
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S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200102416001	ROHIN KUMAR REDDY R	2020



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37.CERTIFICATE IN YOGA FOR YOUTH EMPOWERMENT





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PAPER-2 MENTAL HEALTH

Objective:

Building good characters and eliminating bad characters - Learning introspection practices to Moralize desires, neutralize anger and eradicate worries - Learning Personality Assessment - Human Values and Yogasanas.

Unit:1 Mental Health and Human Values

Role of Mind in Human life - Mind and Mental Health - Factors for Mental health - Promotion of Human values - Good characters - Non-violence - Speaking truth - Non-stealing - Self-control - Cleanliness - Service to humanity - Patriotism - Contentment - Equality - Tolerance - Adjustment - Sacrifice - Forgiveness - Orderliness - Honesty - Time-management - Five-fold culture

Unit:2 Managing Desires and anger

Definition and nature of desires - Root causes for desires - Types of desires - Desires as a plan for success - Moralization of desires - Anger - Causes of Anger - Anger and Peace - Evil effects of anger - Tolerance and Forgiveness - Neutralization of anger - practice.

Unit:3 Failure and Success

Challenge and Response in life - Sources of challenges - Failure and Success - Managing the failures - Problem Solving - Decision Making - Eradication of worry as a skill - Practice.

Unit:4 Personality and Intelligence Assessment

Concept of Personality - 16 Personality factors - Comprehensive Interest Schedule - Standard Progressive Matrices - Multiple Intelligence - Leadership qualities.

Unit:5 Special Meditation and Yogasanas

Thuriyatheetham meditation - Panchendriya meditation - Panchabootha Navagraha meditation - Nine centre meditation - Yogasanas - Sun



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PAPER 3: YOGA PRACTICE

OBJECTIVES :

Practicing (1) Physical exercises and Yogesanas for physical health (2) Anti-aging process of Kayakalpa exercises for longevity (3) Meditation practices for Mental prosperity and personality development.

UNIT I: SIMPLIFIED PHYSICAL EXERCISES

Physical exercises practice – Hand exercises – Leg exercises – Breathing exercises – Eye exercises – Kapalabathi – Makarasana – Body massage – Acupressure – Relaxation

UNIT II: KAYA KALPA EXERCISES

Kaya kalpa Exercise practice – Aswini Mudhra – Moola Bandha – Ojas Breath.

UNIT III: MEDITATION

Agna meditation - Shanthy meditation – Clearance of the spinal cord – Thuriya meditation - Thuriyatheetham meditation.

UNIT - IV: YOGASANAS

Surya Namaskar - Padmasana, Vajrasana, Sukasana, Thadasana, Chakkarasana (Side Position), Viruchasana, Yoga mudhra, Maha mudhra, Ustrasana, Vakkarasana, Bhujangasana, Savasana.

UNIT - V: PRANAYAMA

Nadi Suddhi, Ujjaii, Seetali, Seetkari, Kapalapathi.

TEXT BOOKS :

1. Yoga Practices I – VISION, Vethathiri Publications



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S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101420001	BALAJI S	2020
2.	20200117422001	SENTHILKUMAR S	2020
3.	20200123420001	NAGALAKSHMI M	2020
4.	20200123420002	PANDIMEENAL C	2020
5.	20200123420003	PRAVEENA A	2020
6.	20200123420004	KANMANI R	2020
7.	20200123420005	UMA PRIYA S	2020
8.	20200123420006	ANUSIYA S	2020
9.	20200123420007	MUTHUPOONKODI M	2020
10.	20200123420008	HEMALATHA T	2020
11.	202110121420001	PREETHI PREETZ NK	2021
12.	202110121420002	SREE SARIGA R	2021



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38.CERTIFICATE IN YOGA EDUCATION

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200117422001	SENTHILKUMAR S	2020
2.	202110101422001	MAMATHA S	2021
3.	202110121422001	HARINI S	2021
4.	202110121422002	BHUVANESHWARI S	2021
5.	202110121422003	DEEPA S	2021
6.	202110121422004	VARSHA M	2021
7.	202110121422005	SNEHA B R	2021
8.	202110121422006	ABINAYA K	2021
9.	202110121422007	SANTHIYA R	2021
10.	202110101422002	SANJAY KUMAR SAH	2021
11.	202110121422008	THIRUVENGADAM K	2021
12.	202110121422009	HALITH AMEER N	2021
13.	202110121422010	PRADEEPA S	2021
14.	202110121422011	MUTHUSOWMIYA R	2021
15.	202110121422012	GAYATHRI K	2021
16.	202110121422013	SARAN R	2021
17.	202110121422014	GOKULAPRIYA M	2021
18.	202110121422015	NAVEEN KUMAR R	2021



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39.CERTIFICATE IN AEROBIC INSTRUCTOR

PAPER-I - EXERCISE PROGRAMME DESIGN MUSCLES ENERGY SYSTEM AND INJURY

UNIT-1

Music –Understanding – Cueing - Floor – Shoes — Stepper — Uses-Warm up - Stretching — Low and High intensity Exercise – Cool down- Body Conditioning- Flexibility-Common injuries.

UNIT –II

Muscles of upper Body –: Muscles of Lower Body Origin - insertion – action.

UNIT III

Cardio respiratory System – Heart rate - Resting H.R. maximal heart rate – Target Heart rate – Vo2 max – Radial Pulse – Carotid pulse .

UNIT IV

Energy System & Nutrition ATP – PC System – Anaerobic metabolism – Aerobic metabolism – Fat metabolism – Diet – need – importance.

UNIT V

Aerobics and women – During menstruation – Pregnancy – Prenatal – Postnatal.

References:

- 1 Kathryn Lutgen et al. Kinesiology (Scientific Basis of Human Motion). Brown and Benchmark, 1992.
- 2 Essentials of Exercise Physiology : McArdle, WD, Katch, VL 2nd Edn., Lippincott Williams and Willkins (2000).
- 3 Exercise Physiology – Human Bioenergetics and its Application, Brooks, GA, Fahey, TD, White, TP. Mayfield Publishing Company (1996).
- 4 Perspectives in Nutrition (6th ed.) by Wardlaw
- 5 Nutrition for sport and exercise (2nd ed.,) by Berning and Steen



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Morgan and King:

PRACTICALS

Practical-I

Floor Aerobics

Marching

Step touch

L-step

V-step

Diamond

Knee lift

Touch out

Grape vine

Turn step

Cha-Cha

A -step-

Arm Variations

Music Tempo Variations.

Practical – II

Step Aerobics

Marching

Up and down

V-step

L-step

Straddle

Cross over

Turn step

Knee lift

Hop

Jump

Run Run

Arm Variations

Music Tempo Variations.



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- 5 Nutrition for sport and exercise (2nd ed.,) by Berning and Steen Morgan and King:



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PRACTICALS

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L-step

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A -step-

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Music Tempo Variations.

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Marching

Up and down

V-step

L-step

Straddle

Cross over

Turn step

Knee lift

Hop

Jump

Run Run

Arm Variations

Music Tempo Variations.



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40. CERTIFICATE IN KUNG-FU

Paper – I

Fundamentals of Wushu

UNIT -I

Meaning – kung fu in philosophy for deeper understanding – kung fu in prehistoric and ancient times – the glorious han and tang – the song, the yuan and ming – the modern period – kung-fu and wushu --northern and the southern shaolin kung-fu – the benefits of kung-fu – soft and hard internal and external –wudang kung –fu the five different animals styles

UNIT -II

Entering wushu world --The concept of wushu basic skills –functions of wushu skills – hand forms stances jumping skills training of kung –fu basic skills –classical kung –fu weapons –the short and long weapons in wushu

UNIT -III

Foundation of shaolin kung –fu – the significance of form and formlessness – various shaolin hand forms –horseriding and other stances –basic shaolin patterns –shaolin five animals ;understanding characteristics and essence –preliminary information –The Five-Animal set

UNIT -IV

Combat sequences and set practice –linking pattern to form sequences –various sequences of practice –relieving injuries sustained in sparring –linking sequences to form sets -- composing own kung –fu sets –how to improve combat efficiency

UNIT - V

The relationship between technique and force –the art of one-finger Zen –developing forceful punches and kicks –the Compassionate art of Qin-Na –tactics and strategies – understanding and developing chi –the shaolin way to enlightenment

Meditation to train awareness –shaolin kung –fu and Zen

PAPER– II

ANATOMY AND PHYSIOLOGY

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II



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Cardio Vascular System – Structure and functions –Respiratory system –
Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive
system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure
and Functions of Skin

METHODS OF KUNG –FU / WUSHU PRACTICES

Practical- I

Loosening exercise –silk reeling excersice –warm up's meditation.

Shaolin hand forms –techniques of the level fist:shalion fist-leopard fist –phoenix punch –
eagle claw –tiger claw –snake fist –crane beek –monkey paw –prying mantis –single finger –
sword finger—shaolin palm –shaolin stances :horseriding stance –bow-arrow stance –false leg
stance –unicorn step stance –single leg stance –ring step –side-body stance –slanting-body
stance –T-stance – seven-star step –cat step stance –goat stance –traingle stance –single shield
step --half kneel –front-arrow stance

Leg stretching excersices –shaolin kung –fu practice –different kicks –kicking attacks and
defences application of kicking techniques –combat sequences(5) –set of hand patterns –
fiveanimales

set patterns –combination set patterns

Practical- II

Wushu hand forms –fist –palm –hook –hand techniques :thurst fist –block with palm –push
palm –flash palm –hold fist –plant fist –step forms :bow stance –horse riding stance –emptys
stance –crouch step –cross leg steps –step techniques:punch step –hop step—arch step –jump
movements&balance movements:jump movements –whirlwind kick –flying kick with waving lotus
–balance movements:tumbling rolling movements –basic movements and combination
movements –leg movements –leg movements –stances –kick combinations –principles of
teaching &training --sanshou basic skill training

Basic & core steps in different styles of shaolin kung –fu & different wushu taolu



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--short medium and long weapon movements –rules for international wushu taolu –rules for international wushu sanshou competition

41.CERTIFICATE IN KOBUDO

DIPLOMA IN KOBUDO

Paper : 1 – Development of Kobudo

UNIT - I

HISTORY AND DEVELOPMENT OF KOBUDO

DEFINITION – HISTORY OF KOBUDO – ORIGIN OF KOBUDO –
ALTERNATIVE WEAPONS OF KOBUDO – GRADING SYSTEMS.

UNIT - II

BASIC TECHNIQUE OF KOBUDO

EXERCISE IN BO – SAI – TEKKO NUNCHAKKU – JODAN NUKE – GEDAN
UKE – MAWASHI BARAI – GEDAN UKE – JODAN UKE – AGAE UKE IN BO –
EXERCISE IN SAI – CHUDAN SUKI – JODAN SUKI – MORROTO JODAN
SUKI – MAWASHI UCHI – UCHI KOMI – KOSA UKE – EXERCISE IN
NUNCHAKKU – JODAN UKE – YAKO UKE – GEDAN UKE – CHUDAN UKE –
UCHI – GEDAN – CHUDAN – JODAN – TEKKO MOVEMENTS.

UNIT - III

PHYSICAL AND DACHI MOVEMENTS IN KOBUDO

HEISOKU DACHI – MUZUBI DACHI – FUDO DACHI – ZENKUTSU DACHI –
SEIKO DACHI – NEIKO DACHI – IPPON ASI DACHI – KOSA DACHI –
KOKUTSU DACHI.

UNIT - IV

FUNDAMENTAL MOVEMENTS OF KOBUDO

KIHANS IN BO – ICH BAN to JU BAN – SAI – ICH BAN to GO BAN –
NUNCHAKKU - ICH BAN to GO BAN.

UNIT - V

KOBUDO PHILOSOPHY – OBJECT OF BUDO – KEIKO – SHIAI – DOJO –
SENSAI - PROMOTING



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PRACTICAL

ALL UKE - BARAI - UCHI IN BO - SAI - NUNCHAKKU - TEKKO - BO - TAI -
BO - ICH BAN to GO BAN - BO - TAI - SAI - ICH BAN to GO BAN - BO - TAI
- NANCHAKKU - ICH BAN to GO BAN - KATA in BO - SAI - NUNCHAKKU -
TEKKO - BUNKAI in KATA'S.



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DIPLOMA COURSES

42- DIPLOMA IN AEROBIC INSTRUCTOR

PAPER-1 EXERCISE PROGRAMME DESIGN, BODY CONDITIONING, FLEXIBILITY AND INJURY.

UNIT-1

Music–Music Understanding–Cueing- Floor –Use–Mirror –Use–Shoes–use– Stepper – Various Height – Use.

UNIT-II

Warmup- Stretching—Low intensity Exercise—High intensity exercise—Cool down.

UNIT-III

Body Conditioning –Theories and Principles—Upper part of the Body—Abdomen— Lower part of the Body.

UNIT-IV

Flexibility-Types of Flexibility—Static—Dynamic.

UNIT-V

Sprain–Strain–Cramp–Fracture–Dislocation.



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Paper:II-Kinesiology,ExercisePhysiologyandNutrition

Unit-I : Muscles of upper Body – Origin -insertion – action – Deltoid – Biceps–Triceps–
Brachialis-LattisimusDorsai–Pectoralismajor – Teress minor – Rectus abdominus –
Trapezius – Pelvic floor muscles.

Unit- II : Muscles of Lower Body – Gluteus maximus, minimus – Quardiceps – Vastus
medialis, lateralis, intermedius, rectus famous – Psoas majar, Sartorius –
Hamstring– Semitendonosis – Semimembrenosis – Gastrocnemeus – Soleus –
Plantors.

UnitIII: CardiorespiratorySystem– Heartrate-RestingH.R. maximal heart rate – Target Heart
rate – No.2 max – Radial Pulse – Carotidpulse – Temporal – Dorsalis Pedia.

Unit IV: Energy System & Nutrition ATP – PC System – Ana erotic metabolism–Aerobic
metabolism–Fatmetabolism–Diet–need – importance.

UnitV: Aerobicsandwomen–During menstruation–Pregnancy– Prenatal – Postnatal.

References:

- 1) KathrynLutgenetal. Kinesiology(ScientificBasisofHuman Motion). Brown
and Benchmark, 1992.
- 2) EssentialsofExercisePhysiology:McArdle,WD,Katch,VL2ndEdn., Lippincott
Williams and Willkins (2000).
- 3) Exercise Physiology – Human Bioenergetics and its Application,
Brooks,GA,Fahey,TD,White,TP.MayfieldPublishingCompany(1996).
- 4) Perspectives inNutrition(6thed.)byWardlaw
- 5) Nutritionforsportandexercise(2nded.,)byBerningandSteen Morgan and King:



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PRACTICALS

Practical-I

FloorAerobicsMar
ching

SteptouchL-
step

V-step

Diamond Knee

lift Touch out

Grapevine

Turn step Cha-

Cha A-step-

ArmVariations

MusicTempoVariations.

Practical-II

StepAerobicsMar
ching

UpanddownV-
step

L-step Straddle

Crossover



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Turn step

Knee lift Hop

Jump

RunRun

ArmVariations

MusicTempoVariations.



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43- DIPLOMA IN GYM / FITNESS INSTRUCTOR

DIPLOMA IN GYM INSTRUCTOR

PAPER I

ANATOMY & PHYSIOLOGY

Unit I:

Introduction to Anatomy and physiology. Cell: Definition – Structure – Cell Organelles :
Nucleus – Cytoplasm – Mitochondria – Endoplasmic Reticulum – Ribosomes – Golgi apparatus –
Plasma membrane – Lysosomes. Constructional units - cells - tissues - organs – systems. Tissues –
Types of tissues – Functions.

Unit II:

Nervous System: Classification of Nervous System: Central nervous system – peripheral
Nervous System – Autonomic Nervous System – Structure and Function of brain and spinal cord –
Neuron – Reflex Arc – Effects of training on nervous system.

Unit III:

Cardiovascular System – Structure and Functions of heart – Types of Circulation – Cardiac
cycle – cardiac output – Blood pressure – pulse – Effects of training on cardiovascular system.
Respiratory System – Respiration – Structure and function of lung – mechanism of breathing – Lung
volumes and capacities – Effects of training on respiratory system.

Unit IV:

Musculo skeletal system : Bone – Types of Bone – Functions. Joints – Types of joints –
Functions. Muscle – Types of Muscle – Functions – Fatigue – Muscles of Upper Limb – Muscles of
Lower limb – Muscles of trunk. Effects of training on Musculo skeletal system.

Unit V

Posture – Components of good posture – Poor posture – Types of posture – Posture
correction. Energy systems – CP system – Aerobic energy – Anaerobic energy – Effects of training
on energy systems.

Reference:

1. Anthony &Kothoff: Text Book of anatomy and Psychology C.V.Mosby& Co.,
2. Astran Pond K. Rodahl.1986. "Text book of work physiology "New York :Mc.Graw– hill.
3. Evelyn C. Pearce (1986) Anatomy to Physiology fro Nurses. Sixteenth edition Oxford University Press Calcutta.



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4. Edward L. Fox, Donald K. Mathews (1981) the Physiology Basis of physical Education and Athletics. CBS College publishing. Third Edition.
5. W.C.Brown Devries , (1986) Physiology of exercise for physical education and athletics , Dubuque, iowa
6. Rasch P.(1989) Kinesiology and applied anatomy . Philadelphia , Lea &Febiger.

PAPER II

SCIENTIFIC FOUNDATIONS OF FITNESS AND WELLNESS

UNIT I

Fitness – Definition – Health Related Physical fitness – Skill Related Physical Fitness - Benefits of Physical Fitness – Acute and chronic effects of Physical Activity. Warm up - Types of Warm up: General and Specific Warm up – Benefits of warm up – Cool down – Benefits of Cool down. Flexibility – Types of Flexibility – Types of Stretching : Active Stretch – Passive Stretch – Static Stretch - ballistic Stretching – PNF Stretch. Benefits of Stretching.

UNIT II

Exercise Prescription – Principles of Exercise Prescription – Cardiovascular Endurance training – Aerobic Exercise – Anaerobic Exercise – Resting Heart Rate- Karoven's Formula – Target Heart Rate – Exercise Programme for beginners, intermediate and advanced population – Benefits of Cardiovascular endurance. Resistance Training – Principles of Resistance training – Muscular strength training: intensity – 1RM – Muscular endurance training – Muscle power – core trainingbenefits of muscular strength and endurance training.

UNIT III

Fitness Centre, size, measurement and other facilities - Weight training equipments: weight platesbarbells- dumbbells-exercise bikes, rowing machines. Skipping ropes, elastic strap. Advantages of free weights - advantages of machine weights- Weight lifting barbells and weights, Power lifting barbells and, abdominal board. Push-up plus- steppers, wall pulley, floor mats, weighted belts.

UNIT IV

Multigym: weight machines, bench press, shoulder press, seated bench press. Lat pull down, leg press, leg extension, heel raise, low pulley-peck deck, lateral raise, leg extension, leg curl, hip abductor, roman bench, preacher curl, half squat-smith machine-wrist curl, abdominal conditionerspecification



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and purpose of each machine. Treadmill-steppers-stair climbers-wave rowers. Bike:
magnetic recumbent, upright and spin-elliptical cross trainer- Exercise Cycle.

UNIT-V

First aid- principles of first aid- first aid kit- basic life support: air way, breathing, circulation- first aid for emergency situations in a fitness centre- Ethics of fitness trainer-qualities and qualifications of a gym instructor.

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101303001	PRASAD M	2020
2.	20200101303002	AGIL KUMAR C	2020
3.	20200101303003	NIYAZ AHMED P.S	2020
4.	20200101303004	GOPINATH T	2020
5.	20200101303005	ELANGO VAN B	2020
6.	20200101303006	ANURAM PRAKASH S	2020
7.	20200101303009	VIGNESH E	2020
8.	20200101303010	PAVITHRA S	2020
9.	20200101303011	HEMANTH KUMAR J.N	2020
10.	20200101303012	LOGAPRIYA R	2020
11.	20200101303013	VIJAYAKUMAR T	2020
12.	20200101303015	VIGNESH S	2020
13.	20200101303016	PRABHU V	2020
14.	20200101303017	SIVA PRAKASH P	2020



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15.	20200101303018	R.H.PRASANTH R.H	2020
16.	20200101303019	ASHWATHAMAN T S	2020
17.	20200101303020	SARAVANAN M	2020
18.	20200101303021	BALABHARATHY M	2020
19.	20200101303022	ALLEN PAUL A	2020
20.	20200101303023	KARTHIK T	2020
21.	20200101303024	AMRISH R	2020
22.	20200101303025	VISHAL T	2020
23.	20200101303026	SARATHKUMAR A	2020
24.	20200101303027	YUVARAJ C	2020
25.	20200101303028	DAMODARAN A	2020
26.	20200101303029	DEVADAS P V	2020
27.	20200101303030	KARTHIKEYAN B	2020
28.	20200101303031	SANKAR GANESH V	2020
29.	20200101303032	MOHAN RAJ J	2020
30.	20200102303001	SRIDHARAN K.	2020
31.	20200102303002	SATHISH KUMAR V	2020
32.	20200102303003	M.SATHISH KUMAR M	2020
33.	20200102303004	PARTHASARATHI R	2020
34.	20200102303005	BABU SP	2020
35.	20200102303006	RAMU N	2020
36.	20200102303007	R.SASI KUMAR R	2020



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37.	20200102303008	SIVARAJ S	2020
38.	20200102303009	SATHISH KUMAR P	2020
39.	20200102303010	AJAIKUMAR R	2020
40.	20200102303011	SRINIVASAN S	2020
41.	20200103303001	ANISHA BANU A	2020
42.	20200103303002	ARCHANA S.S	2020
43.	20200103303003	AJISHA R	2020
44.	20200103303004	SELSIA R	2020
45.	20200103303005	VIJAYALAKSHMI M	2020
46.	20200111303001	SURESH P	2020
47.	20200111303002	DINESHKUMAR A	2020
48.	20200111303003	ARULARVINDH G	2020
49.	20200111303004	RAMESH KANNAN G	2020
50.	20200111303005	VIJENDRAN N	2020
51.	20200111303006	SRINIVASAN K	2020
52.	20200111303007	GOPINATH P	2020
53.	20200112303001	SANGEETH KUMAR P	2020
54.	20200112303002	SWATHI R	2020
55.	20200119303001	NIYAS Y K	2020
56.	20200119303002	ADHAI M T	2020
57.	20200121303001	PARAMESWARAN S	2020
58.	20200101303033	YUVARAJ S	2020



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59.	20200102303012	RAJASEKARAN M	2020
60.	20200101303034	SURESHKUMAR K	2020
61.	202020101303001	S. NAVEENKUMAR	2020
62.	202020101303002	Y. PRITHIVIRAJ	2020
63.	202020101303003	R. SARAVANAKUMAR	2020
64.	202020101303004	T. VISHAL	2020
65.	202020101303005	SATHIAKAN V S	2020
66.	202020101303006	AMRISH R	2020
67.	202020101303007	YOGESH V	2020
68.	202020101303008	STALIN HARIKARAN N	2020
69.	202020101303009	VENKATESWARAN J	2020
70.	202020117303001	SENGOTTUVEL U	2020
71.	202020101303010	VENKATESWARAN J	2020
72.	202020119303001	SRUTHI P	2020
73.	202020101303011	VINOTH P	2020
74.	202020122303001	KARAN LAL DM	2020
75.	202020122303002	CHINDHIYAA R S	2020
76.	202020121303001	PRESAND MK	2020
77.	202020102303001	KARTHICKRAJ T	2020
78.	202020101303012	SHARMA KALPESHKUMAR S	2020
79.	202020101303013	DANIEL . V	2020



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80.	202020104303001	SAKTHIVEL B	2020
81.	202020102303002	KARTHIKAYAN V	2020
82.	202020101303014	MANI P	2020
83.	202020101303015	NOOR BASHA . S	2020
84.	202020101303016	FARIS N	2020
85.	202020101303017	KUMAR M	2020
86.	202020101303018	RAJARAM S	2020
87.	202020101303019	AJAYNARAYANAN C	2020
88.	202020122303003	FAIYAZUDEEN M	2020
89.	202020122303004	VIGNESH KUMAR R	2020
90.	202020101303020	ARULMOZHI A	2020
91.	202020101303021	SARASWATHI B	2020
92.	202020101303022	BALAJI P	2020
93.	202020119303002	ABDUL SALAM M.A	2020
94.	202020101303023	KUMARESH S	2020
95.	202020101303024	SANDHIYA E	2020
96.	202020119303003	HASEENA C	2020
97.	202020116303001	YADAV PRAKASH S	2020
98.	202020102303003	EZHILARASAN S	2020
99.	202020115303001	SATHISH A	2020
100.	202020101303025	GOWTHAM S	2020
101.	202020101303026	GOKULRAJ K	2020



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102.	202020101303027	SAKTHIVIGNESH M	2020
103.	202020101303028	ATHUL CHANDRAN B.S	2020
104.	202020101303029	JINESH P.G	2020
105.	202020101303030	MAGESH E	2020
106.	202020102303004	RAVINDRAN R	2020
107.	202110102303001	AJITH KUMAR M R	2021
108.	202110101303001	KUMAR R	2021
109.	202110101303002	SELVAKUMAR R	2021
110.	202110110303001	KARTHIKA MA	2021
111.	202110101303003	NATARAJAN C	2021
112.	202110101303004	JAYAPAL R	2021
113.	202110101303005	SANJAY SINGH M	2021
114.	202110105303001	SIBIL K S	2021
115.	202110101303006	BALRAJ A	2021
116.	202110101303007	NARENDRAN K	2021
117.	202110101303008	RAMAKRISHNAN G	2021
118.	202110101303009	RAHMAN A	2021
119.	202110101303010	PUNITHA S	2021
120.	202110111303001	GOWRI SANKAR S	2021
121.	202110101303011	SATIYARAJ V	2021
122.	202110102303002	SRINIJA A	2021
123.	202110102303003	SURESH KUMAR S	2021



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124.	202110101303012	HANNAH J	2021
125.	202110122303001	NAVEEN KUMAR T R	2021
126.	202110101303013	SELVAKUMAR J	2021
127.	202110102303004	PRITHIVI RAJ S	2021



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44 - DIPLOMA IN JUDO

History of Judo

Unit – I

Introduction:

The Japanese Heritage of Judo – Judo in India – Judo as sport –

Unit – II

Basic Techniques – Warming up – Weight Lifting – How to Fall : Break falls – How to stand –
How to move – Your Grip – Fighting Practice – Shiai (Contest)

Unit – III

Throwing Techniques – Breaking Opponents's Balance – Major Outer Reaping (Osoto Gari) :
Opportunity - Anticipation – Co – Ordination – Ouchi Gari (major inner reaping) - Hiza Guruma
(Knee Wheel) Koshi Guruma – Okuri Ashi Harai (Side Sweeping Ankle) – Kosoto Gari (Minor
outer reaping) – Kouchi Gari (Minor Inner Reaping) – Ippon Seoinage (Single wing shoulder
throw) Eri SeoiNage (Lapel Shoulder Throw) – Ogashi (Major Hip Throw) – Harai Goshi
(Sweeping Hip Throw) Utsuri Goshi (Changing Hip Throw) – Hane Goshi (Springing Hip Throw) –
Tsuru Komi Goshi (Resisting Hip Throw) – Sode Tsuru Komi Goshi (Sleeve Resisting Hip Throw) –
Uchimata (Inner Thigh Throw) Soto Makkiomi (Outer Winding) – Tai Otoshi (Body Drop) Tomoe
Nage (Stomach Throw)

Unit - IV

Hold – Down Thechiques (Osae Komi Waza) – Kesagatame (Scrafe Hold Down) – Kami Shino
Gatame (Upper fore quarter holding) – Kata gatame (Shoulder Holding) – Yoko Shino Gatame
(Side fore quarters holding) – Choking Techniques (Shime Waza) - Gyakujijime (Reverse
Cross Necklock) – Kata Juji jime (Half Cross Necklock) – Hadaka Jime (Naked Necklock) – Okuri
Eri Jime (Sliding Collar Necklock)

Unit - V

Armlock Techniques (KanestuWaza) – Waki Gatame – Ude Gatame (Armlock With the Hands) –
Juji gatame (Cross Armlock) – New Developments – Jigo Tai – Ne waza – Koka/yuko



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ANATOMY AND PHYSIOLOGY

Unit – I

General concept of Anatomy – Cardio Vascular System – Structure and functions –
Training adaptation to the Cardio Vascular System..

Unit – II

Respiratory system – Structure and function – Mechanism to the training Adaptation to
the Respiratory system

Unit – III

Muscular system – Structure and functions of Skeletal Muscles - Role of Fast twitch –
Slow twitch muscles - Training to the Adaptation of Muscular System.

Unit – IV

Nervous system – Structure and function – Motor Unit – Neuro Muscular Junction.

Unit – V

Energy System – Aerobic – Anaerobic – Training adaptation to the Energy system.

Practicals

Particles – Training – Judo Sport – Rules & Regulations in Olympic level –
Judo in School Sports

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	202020101304001	M. BALASUBRAMANI	2020
2.	202020101304002	S. MOORTHY	2020
3.	202020101304003	S. SUDHAKAR	2020
4.	202020117304001	SABAREE V R	2020
5.	202020117304002	SATHYANARAYANAN S	2020
6.	202020108304001	MEENA K	2020
7.	202020108304002	UMEKULSUM Y	2020



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8.	202020117304003	MALARVIZHI M	2020
9.	202020117304004	SRIMURUGAN P	2020
10.	202020117304005	SHAMILY V	2020
11.	202020117304006	ANBARASU S	2020
12.	202020117304007	MOHITH SURIYA R	2020
13.	202020117304008	SANJAY PM	2020
14.	202020117304009	SURESHKUMAR P	2020
15.	202020117304010	AMALA LENIN ILAVARASI A	2020
16.	202020117304011	PAVITHRA K S	2020
17.	202020108304003	CHANDRAKUMAR S	2020
18.	202020117304012	SARAVANAKUMAR K	2020
19.	202020108304004	VINOTHKUMAR M	2020
20.	202020108304005	VIGNESH M	2020
21.	202020117304013	SORNAMATHI P	2020
22.	202020115304001	GOWTHAM S	2020
23.	202020117304014	RAJAKUMARI P	2020
24.	202020117304015	PREMKUMAR K	2020
25.	202020117304016	GIRIJA P	2020
26.	202020117304017	MAHENDHIRAN S	2020
27.	202020117304018	RATHIKA R	2020
28.	202020111304001	NAVEENKUMAR N	2020
29.	202020117304019	SASIKUMAR S	2020



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30.	202020117304020	SHANMUGAM P	2020
31.	202020108304006	BHARATH R K	2020
32.	202020117304021	SHALINI N	2020
33.	202020117304022	PRIYADHARSHINI M	2020
34.	202020122304001	JANAKIRAMAN M	2020
35.	202020117304023	KANIMOZHI S	2020
36.	202020117304024	VIJAYA P	2020
37.	202020117304025	KUMAR K	2020
38.	202020117304026	KARTHIKEYAN C	2020
39.	202020122304002	GAJENDRA KUMAR A	2020
40.	202020108304007	UMA P	2020
41.	202020117304027	ARULSELVAM P	2020
42.	202020117304028	IGNATIUS D SILVA J	2020
43.	202020122304003	SUMATHI G	2020
44.	202020122304004	AUGUSTHIAR A	2020
45.	202020108304008	SUJITHA R	2020
46.	202020117304029	ANANTH D	2020
47.	202020117304030	CHINNAPPARAJ A	2020
48.	202020122304005	MURUGAN M	2020
49.	202020108304009	MUNIAPPAN C	2020
50.	202020108304010	KUMAR R	2020
51.	202020115304002	MANIMEGALAI R	2020



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52.	202020115304003	JOTHI P	2020
53.	202020117304031	PALLAVI G S	2020
54.	202020122304006	ASHOK KUMAR O	2020
55.	202020122304007	ANURADHA G	2020
56.	202020117304032	VIJAYAKUMAR R	2020
57.	202020117304033	BALAKRISHNAN N	2020
58.	202020122304008	MUTHULAKSHMI R	2020
59.	202020117304034	SABAPATHI A	2020
60.	202020117304035	KAVIBHARATHI S	2020
61.	202020117304036	MARIMUTHU M	2020
62.	202020122304009	YUVARAJA C O	2020
63.	202020117304037	SAMSUDEEN S	2020
64.	202020122304010	ANANDAN J	2020
65.	202020117304038	DR. KASIRAJAN A	2020
66.	202020117304039	HEMALATHA S	2020
67.	202020108304011	SARANYA S	2020
68.	202020108304012	VALLARASU N	2020
69.	202020122304011	GEETHA A	2020
70.	202020117304040	PUGALENDHI E	2020
71.	202020122304012	IRUTHAYARAJ G	2020
72.	202020121304001	NISAR N	2020
73.	202020117304041	MAHA HUSSAIN A	2020



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74.	202020117304042	SURESHKUMAR S	2020
75.	202020117304043	SANJAY R	2020
76.	202020117304044	PRAVEEN G	2020
77.	202020117304045	KARTHIKEYAN P	2020
78.	202020117304046	SANKAR K	2020
79.	202020117304047	JAYAPRAKASH V	2020
80.	202020117304048	MURUGAN M	2020
81.	202020117304049	SATHYA E	2020
82.	202020117304050	RAMYA P	2020
83.	202020117304051	LOGESHWARAN V	2020
84.	202020117304052	BALAKRISHNAN M	2020
85.	202020117304053	TAMILARASAN B	2020
86.	202020117304054	SHOBANA S	2020
87.	202020117304055	POOVIZHI R	2020
88.	202020117304056	TAMILSELVAN C	2020
89.	202020117304057	SARANKUMAR M	2020
90.	202020117304058	PRABAKARAN B	2020
91.	202020117304059	PAVITHRA S	2020
92.	202020117304060	MAHENTHIRAN V	2020
93.	202020117304061	DEVARAJ B	2020
94.	202020115304004	ARUNACHALAM S	2020
95.	202020115304006	ANAND S	2020



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96.	202020115304007	SUGANMANICKARAJ R	2020
97.	202020122304013	MATHAN DEVARAJ S	2020
98.	202020117304062	SUSEENTHRAN M	2020
99.	202020115304008	JAWAHAR R	2020
100.	202020117304063	PANDIDURAI V	2020
101.	202020115304009	BALAJI S	2020
102.	202020117304064	MUTHULAKSHMI C	2020
103.	202020117304065	SAKTHIVEL S	2020
104.	202020117304066	SIVA KUMAR B	2020
105.	202020117304067	MURUGESAN S	2020
106.	202020122304014	SIVA KUMAR N	2020
107.	202020117304068	SELVAKUMAR K	2020
108.	202020117304069	GUHAN S	2020
109.	202020117304070	GOKULAN P	2020
110.	202020116304001	RAJESHKUMAR R	2020
111.	202020117304071	NARESH K K	2020
112.	202020102304001	MADHANKUMAR M	2020
113.	202020117304072	BALASUBRAMANI M	2020
114.	202020117304073	RAHUL A	2020
115.	202020117304074	VAISHNAVI K	2020
116.	202020117304075	RAMESH S	2020
117.	202020111304002	BALAKRISHNAN M	2020



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118.	202020117304076	JAMUNARANI V	2020
119.	202020117304077	DURKA V	2020
120.	202020117304078	YASVANTH KUMAR R	2020
121.	202020117304079	JOTHILINGAM S	2020
122.	202020117304080	SENTHILRAJA M R	2020
123.	202020117304081	AKASH S	2020
124.	202020117304082	PONNUSAMY P	2020
125.	202020117304083	SATHIASEELAN G	2020
126.	202020117304084	CIBI K	2020
127.	202020117304085	RUPESH KUMAR N	2020
128.	202020117304086	DHANUSH R	2020
129.	202020117304087	PRASANTH S	2020
130.	202020122304015	THANZILRAHMAN K	2020
131.	202020117304088	PRAVEEN P	2020
132.	202020122304016	MANIKANDAN S	2020
133.	202020115304010	PRAWINKUMAAR B	2020
134.	202020121304002	BALASUBRAMANI M	2020
135.	202020117304089	RAGURAMAN N	2020
136.	202020117304090	AMUTHA B	2020
137.	202020117304091	BANUPRIYA G	2020
138.	202020115304011	STELLA K	2020
139.	202020117304092	KAVIYARASAN R	2020



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140.	202020123304001	JUDITH AMBROSIA ROBIN	2020
141.	202020123304002	AROCKIA MARY I	2020
142.	202020117304093	SUVATHI K	2020
143.	202020122304017	ADAIKALAM A	2020
144.	202020122304018	KARTHIKEYAN M	2020
145.	202020117304094	SARAVANAN S	2020
146.	202020117304095	RAKINI M	2020
147.	202020117304096	KINGSELIN SALAMON S	2020
148.	202020101304004	PRAVINKUMAR R	2020
149.	202020117304097	VIGNESH S	2020
150.	202020117304098	KARTHIKA G	2020
151.	202020117304099	SUMATHI G	2020
152.	202020117304100	MATHURAIVEERAN R	2020
153.	202020101304005	MADASAMY P	2020
154.	202020101304006	VIJAYAKUMAR M	2020
155.	202020108304013	MUTHUKUMARAN S	2020
156.	202020125304001	STEPHEN I	2020
157.	202020117304101	NEWTON P	2020
158.	202020117304102	DINESHKUMAR S	2020
159.	202020117304103	VIDHYA P	2020
160.	202020117304104	MUTHULAKSHMI S	2020
161.	202020116304002	KANNAN V	2020



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162.	202020115304012	DHANDAYUTHAPANI B	2020
163.	202020117304105	PARTHEEBAN S	2020
164.	202020115304013	SELVAKUMAR K	2020
165.	202020115304014	GEENITH G	2020
166.	202020117304106	GNANA ILACKIYA J	2020
167.	202020122304019	PRIYAKANTH K	2020
168.	202020122304020	ARICHANDRAN M	2020
169.	202020122304021	KAVIPRAKASH M	2020
170.	202020117304107	SHAMILY V	2020
171.	202020117304108	ANBU SELVAM P	2020
172.	202020122304022	VINOTHKUMAR M	2020
173.	202020122304023	ANURADHA G	2020
174.	202020117304109	ANANDAN K	2020
175.	202020115304015	PREM R	2020
176.	202020117304110	SIVAPRAKASH P	2020
177.	202020122304024	MEENATCHI SUNDARAM D	2020
178.	202020122304025	SURESHKUMAR K	2020
179.	202020101304007	MATHUMATHI S	2020
180.	202020117304111	SANGEETH M	2020
181.	202020117304112	HARIVISHWA R	2020
182.	202020117304113	SRILEKA G	2020
183.	202020117304114	KARKILA DEVI K	2020



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184.	202020117304115	BABU P	2020
185.	202020117304116	PRITHIYANKARADEVI M	2020
186.	202020117304117	JEMINI C	2020
187.	202020117304118	KARTHICK R	2020
188.	202020117304119	SATHIYARAJ D	2020
189.	202020101304008	VINOTH S	2020
190.	202020117304120	MANIKANDAN P	2020
191.	202020117304121	AKASH M	2020
192.	202020117304122	GOWTHAM M	2020
193.	202020117304123	BHARATH M	2020
194.	202020117304124	SADEESH	2020
195.	202020117304125	YOGALAKSHMI M	2020
196.	202020122304026	JAMINA M	2020
197.	202020117304126	AMUTHA V	2020
198.	202020115304016	KAMARAJ S	2020
199.	202020117304127	KARTHICK S	2020
200.	202020117304128	DEVAKANDAN P	2020
201.	202020117304129	SURYA R	2020
202.	202020122304027	RAJKUMAR M	2020
203.	202020117304130	RAJA MANICKAM B	2020
204.	202020117304131	GOBINATH R	2020
205.	202020117304132	ASWIN R	2020



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206.	202020117304133	SENTHIL MURUGAN A	2020
207.	202020117304134	V. SUDHAN P	2020
208.	202020115304017	MAJENDIRAN K	2020
209.	202020125304002	GANESHKUMAR S	2020
210.	202020115304018	MUNYAPPAN P	2020
211.	202020115304019	RAMAMURTHY P	2020
212.	202020115304020	SARASWATHI A	2020
213.	202020115304021	SNEKA P	2020
214.	202020102304002	GLADWIN JONES C	2020
215.	202020117304135	SHAKILADHARSHINI R	2020
216.	202020117304136	MEENATCHI M	2020
217.	202020117304137	MEYVEL M	2020
218.	202020117304138	JOHN JUDE JOSEPH JUDE S	2020
219.	202020117304139	PERIASAMY T	2020
220.	202020117304140	SUDAN MD	2020
221.	202020117304141	RANJITH KANNA M	2020
222.	202020117304142	KUMARESAN P	2020
223.	202020117304143	SILAMBARASAN T	2020
224.	202020122304028	VINOTHKUMAR E	2020
225.	202020117304144	RAJA S	2020
226.	202020117304145	DHARUNKUMAR K	2020
227.	202020117304146	SIVAKAMI B	2020



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228.	202020101304009	PALANIYAPPAN M	2020
229.	202020117304147	VADIVEL S	2020
230.	202020117304148	VETRISELVAM P	2020
231.	202110121304001	SUJI M	2021
232.	202110122304001	MANORANJITHAM B	2021
233.	202110101304001	PRABAKARAN A	2021
234.	202110117304001	MANIKANDAN M	2021
235.	202110117304002	ASHOKKUMAR O	2021
236.	202110117304003	SHALINI V	2021
237.	202110121304002	MOHAMED YASSIR M	2021
238.	202110122304002	SWETHA T	2021
239.	202110101304002	PRAKASH S	2021
240.	202110101304003	INDHUPRIYA E	2021
241.	202110101304004	EZHILARASAN K	2021
242.	202110122304003	NIVEDA P	2021
243.	202110101304005	MURUGABHARATHI V	2021
244.	202110121304003	GUNASHREE B	2021
245.	202110121304004	SILPA D	2021



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45- DIPLOMA IN KALARIPAYATTU

INTRODUCTION DESCRIPTION TECHNIQUES AND THERAPY OF KALARIPAYATTU

PAPER - I

Unit I

History and development: Sources – traditional method – training – varman training centres
Sampradhayams – Evaluation – Bone – current trends - Various regions – region wise
uniqueness – methods concept – Practice.

Unit II

Classification: Based on region – system of northern – southern – central – section of people –
unique style. Difference – Similarities – major system of kalari – religion belief – based on animal
pattern – received changes.

Unit III

Curriculum - theoretical Knowledge – technique. Types of techniques –marmaadi – marma
vidhya / Varma kalai – Classifications.

Unit IV

Effects – Benefits. Difference therapy involved – Various system of kalaripayattu.
Marmam – Massage –Varman Massage usages.

Unit V

Injuries – Types – certain method of revival - injuries management - precaution during practice.

ANATOMY AND PHYSIOLOGY

PAPER– II

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II

Cardio Vascular System – Structure and functions –Respiratory system – Structure and
function Lungs – Mechanism of Respiration -

Unit – III



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Muscular system – Types of Muscles - Structure and functions – Digestive system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure and Functions of Skin

Practical -I

EMPTY HAND TECHNIQUES

Basic Stances and Movements - Basic Leg Swings - Basic Hand Techniques - Basic Leg Techniques - Basic

Block & Dodge Techniques - Mei Thari - Chumadu/Chuvadu - Adavu - Kai Por - Locks - Throws - Basic

Ghusthi - Breathing Workouts

Practical -II

WEAPON TECHNIQUES

Kurvadi - Vettu Kathi/Machete - Long Stick Techniques - Short Stick (Chiramam/Muchan) Techniques -

Basic Knife (Kadara) Techniques - Curved Stick (Otta) Techniques - Sword & Shield Techniques

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101305001	MANEESH V M	2020
2.	20200101305002	SAJIMON T T	2020
3.	20200101305004	SHANMUGA SUNDARAM E	2020
4.	20200101305005	KRISHNAN R	2020
5.	20200101305006	BALAMURUGAN P	2020
6.	20200120305001	MIDHUN P V	2020
7.	20200115305001	SUDHAKARAN M	2020



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8.	202020101305001	M. BALAJI	2020
9.	202020101305002	RUDRA PRAKASH S	2020
10.	202020110305001	VIGNESH K	2020
11.	202020101305003	MRITYUNJAY RAJAK R	2020
12.	202110101305001	VINO BALAN A	2021
13.	202110101305002	SENDHIL KUMAR T	2021
14.	202110102305001	SAYEE BHUVANESWARI S	2021
15.	202110119305001	ANANTHAN S.K	2021
16.	202110119305002	SATENDRA KUMAR CHOUHAN B	2021
17.	202110119305003	SANDOSHKUMAR M	2021



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46 - DIPLOMA IN KARATE

History of Karate

Paper - I

UNIT – 1

Definition : meaning of karate – History of karate – influence of Chinese martial arts – Okinawan Karate – sports karate – weapons used – Japanese Karate – Karate in India – Comparison with other marital arts – Grading system – different Schools of karate -

Unit – II

Fundamentals of Karate : The Hand and Arms as Weapons – Seiken (normal fist) – Uraken (back fist) – Tegatana (hansword) – Segatana (reverse handord) - Nukite (piercing hand) – Variation of Nukite – Ippon nukite (one – finger piercing hand) – Nikhon – nuckie (two finger piercing hand) Keiko (chicken beak fist) Oyayubi – ippon ken – (thumb fist) – Histosathiyubi – ippon-ken (fore finger fist) – Nayakubi – ippon – ken (middle finger fist) – Tettusi (iron hammer fist) – Shotei (palm heel thrust) – Toho (sword peak hand) – Heiken (flat fist) – Koken (arc fist) – Koken (arc fist) Hiji (elbow) – Kote (forearm) – Additional upper body weapons – The Leg as a Weapon :Ashingatana (foots word) – Naka – Ashi (ball of the foot) – Seashi (Instep) – Soko – ashi (arch) – kakato (heel) – Hiza – geri (Knee kick)- Preliminary Exercises : Wrist exercise – Exercise foe the Achilles tendon – Knee exercise – Heel and ankle exercise Toe exercise – Hip exercise – Side exercise for roundhouse block – Back exercise for roundhouse block – Push _ups – Leg stretching exercise - Neck exercise – Back stretching exercise - Knee bend exercise – Flexibility exercise for the legs – Finger exercise – Chest _ to _feet exercise – Shotei – Zuke (hip exercise) –

Unit-III

Heisoku-taichi(blocked foot stances)-Musubi-taichi(open foot stance)-Heiko-taichi(parallel foot stance)-Zenkutsu-taichi(forward stance)-Kokutsu-taichi(back stance)-Fudotaichi(



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ready stance)-Shiko-taichi(Sumo stance)-Kiba-taichi(horse-stance)-Sansentaichi(fighting stance)-Tsuru-ashi-taichi(crane stance)-naka-hachiji-taichi(inner figure 8 stance)-Soto-hachiji-taichi(outer figure 8 stance)-Kake-ashi-taichi(hooked fottaichi)-Futa – ashi-taichi(two-legged stance)-Neko-ashi-taichi(cat stance)-Shumoko-taichi or Tobokutaichi(T shaped stance)

Unit –IV

Defense against hand attacks-Defense against leg attacks-Applying blocking techniques.

Application of Fundamental Techniques....

Oi-tsuki(lunge punch)-Chudan-oi-tsuki(middle body lunge punch)-Turn after Chudan-oi-tsuki(middle body lunge punch)-Chudan-gyaku-oi-tsuki(middle body lunge punch from the reverse position)-Jodan-oi-gyaku-tsuki(upper body lunge punch from the reverse position)-Chudan-soto-uke(middle body block from the outside)-Chudan-ghaku-sotouke(middle body block from the outside from the reverse position)-Jodan-uke(upper body block)-Jodan-gyaku-uke(upper body block from the reverse position)-Zenkutsu-hiji-ageuchi(forward elbow upper thrust)-Zenkutsu-gyaku-hiji-age-uchi(forward elbow upper thrust from the reverse position)-hiji-soto-uchi(elbow thrust from outside)-Hiji-gyaku-sotouchi(elbow thrust from the outside from the reverse position)-Sansen-tsuki(fighting blow)-Sansen-gyaku-tsuki(fighting blow from the reverse position)-Turn after sansentsuki(fighting blow)-Tegatana-uke(handsword block)-Turn after Tegatana-uke(handsword block)-Shotei-uke(palm heel block) Shotei _gyaku_ uke (palm heel block from the reverse position) – Segatana uke (reverse handsword block) – Koken – uke (are fist block) – kaiten – jun- tsuki (turn and thrust) – Oi-geri (Lung Kick) : Oi _ mae_ geri (front lunge kick) – Oi_ mae_ geri age (front lunge upper kick) – oi_ yoka-geri age (side lunge upper kick) – Oi maiwashi – geri (roundhouse lunge kick) - Oi – ashigatana (lunge footsword)

Unit – V

Breathing : Ibuki – Front breathing - Back breathing - The Point and Circle – Meditation

ANATOMY AND PHYSIOLOGY

PAPER– II

Unit – I

General concept of Anatomy – Cardio Vascular System – Structure and functions –

Training adaptation to the Cardio Vascular System..

Unit – II



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Respiratory system – Structure and function – Mechanism to the training Adaptation to the
Respiratory system

Unit – III

Muscular system – Structure and functions of Skeletal Muscles - Role of Fast twitch –
Slow twitch muscles - Training to the Adaptation of Muscular System.

Unit – IV

Nervous system – Structure and function – Motor Unit – Neuro Muscular Junction.

Unit – V

Energy System – Aerobic – Anaerobic – Training adaptation to the Energy system.

Practical's:

The Point and Circle-Mawashi –uke (Roundhouse block)- Migi – mawashi – uke (right roundhouse
block)-Enki – gayaku – tsuki (Reverse Thrust in a Circular Motion) - Hidari – enkei – gyaku – tsuki (left
reverse thrust in circular motion) - Migi – enki-gyaku-tsuki (right reverse thrust in circular motion) -
Tegatana – uke (Handword Block)- Migi – tegatana – uke (right handword block) - Hidari – tegatana –
uke (left handword block)-Rhythm in karate:

Kata Different Types – Kumitie (Sparing) – Preparatory stance using morote (both hands) -
Preparatory stance using Enshin (center of the circle of pinwheel) - Preparatory stance using Ryuthen
(moving dragon stance) - Preparatory stance using Maeba (front part of the wing) - Preparatory stance
using Birin (tail of dragon stance) – Ma-ai (Time and Space Relationship) – So-ou-ma-ai (one step) –
Yudo –ma-ai (one and a half steps – Gendo – ma-ai (two steps) – sanbon – kumite (Three Form Sparing)
– Sanbon-Kumitie using only the arms and hands – Sanbon-kumite using legs as attacking weapons –
Ippon-Kumite (One Form Sparring) Jiyu-Kumite (Free Sparing)

Tameshiwari – The Dynamics of Tameshiwari – Materials used – Body contact areas – power and
striking angle – Speed – Methods – Practicing Tameshiwari - Tameshiwari using wood boards -
Tameshiwari using tiles - Tameshiwari using bricks - Tameshiwari using stones - Tameshiwari using
cinder blocks –

Special Applications of Karate Techniques – Everyday Techniques for Self – defence – While
shaking hands – While walking – While sitting – Self – defence techniques for a women walking – Self –
defence techniques using umbrellas – Knife vs, Karate – Practicing everyday self – defence techniques
wearing Gi (traditional karate costume)

International Tournament Rules and Regulation

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1.	20200101306001	JEEVITHA P	2020



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2.	20200101306003	VASUDEV J	2020
3.	20200101306004	VEERAVEL G	2020
4.	20200102306001	SUNDARAVEL J	2020
5.	20200102306002	RADHA ALLA	2020
6.	20200102306003	POORNA CHANDRA SEKHAR KILLI	2020
7.	20200111306001	NEPPOLIYAN K	2020
8.	20200111306003	GOKULRAJ T	2020
9.	20200112306001	RAHUL U	2020
10.	20200116306001	AMIRTHARAJ P	2020
11.	20200116306002	SURIYA PRABHU SM	2020
12.	20200116306003	NATARAJAN M	2020
13.	2020012130001	NIKIL R	2020
14.	2020012130002	MANO D	2020
15.	2020012130003	KEERTHANA R	2020
16.	2020012130004	GOPI KRISHHA G	2020
17.	202020101306001	S.S. SENDHIL SARAVANAN	2020
18.	202020101306002	HYRUNISA B	2020
19.	202020102306001	AROCKIA YESURAJA D A	2020
20.	202020102306002	SRIKANTH KHANDAVALLI K	2020
21.	202020102306003	DEEPKUMAR PATEL	2020
22.	202020102306004	JAGDISH DEVASI	2020
23.	202020110306001	RAJEEV T	2020



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24.	202020117306001	SETHURAMAN P	2020
25.	202020117306002	VIGNESHWARAN T	2020
26.	202020117306003	RATHI RAJA S	2020
27.	202020117306004	MANJU C	2020
28.	202020117306005	HEMACHANDRIKA S	2020
29.	202020117306006	SANJAY K	2020
30.	202020117306007	KAMALESH. M	2020
31.	202020101306003	LAKSHMANAN S	2020
32.	202020101306004	RAMAN S	2020
33.	202020117306008	SUNDARALINGAM K	2020
34.	202110101306001	MANOJKUMAR J	2021
35.	202110103306001	HARISH R	2021
36.	202110101306002	RAGHUNATHAN P	2021
37.	202110111306001	KUMARAVEL C	2021
38.	202110101306003	NAGAPPAN J	2021
39.	202110101306004	VINOTH RAJ S	2021
40.	202110101306005	VINOTHKUMAR G	2021
41.	202110101306006	SEKAR I	2021
42.	202110125306001	MURUGAPERUMAL A	2021
43.	202110125306002	MANIRAJ R	2021
44.	202110125306003	SUBBULAKSHMI R	2021
45.	202110124306001	BHUVANESH M	2021



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46.	202110116306001	MOHANKUMAR D	2021
47.	202110124306002	SOWMIYA T	2021



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47- DIPLOMA IN KUNG-FU

Paper – I

Fundamentals of Wushu

UNIT -I

Meaning – kung fu in philosophy for deeper understanding – kung fu in prehistoric and ancient times – the glorious han and tang – the song, the yuan and ming – the modern period – kung-fu and wushu --northern and the southern shaolin kung-fu – the benefits of kung-fu – soft and hard internal and external –wudang kung –fu the five different animals styles

UNIT -II

Entering wushu world --The concept of wushu basic skills –functions of wushu skills – hand forms stances jumping skills training of kung –fu basic skills –classical kung –fu weapons –the short and long weapons in wushu

UNIT -III

Foundation of shaolin kung –fu – the significance of form and formlessness – various shaolin hand forms –horseriding and other stances –basic shaolin patterns –shaolin five animals ;understanding characteristics and essence –preliminary information –The Five-Animal set

UNIT -IV

Combat sequences and set practice –linking pattern to form sequences –various sequences of practice –relieving injuries sustained in sparring –linking sequences to form sets -- composing own kung –fu sets –how to improve combat efficiency

UNIT - V

The relation ship between technique and force –the art of one-finger Zen –developing forceful punches and kicks –the Compassionate art of Qin-Na –tactics and strategies – understanding and developing chi –the shaolin way to enlightenment

Meditation to train awareness –shaolin kung –fu and Zen

PAPER– II

ANATOMY AND PHYSIOLOGY

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions



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Unit – II

Cardio Vascular System – Structure and functions –Respiratory system –
Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive
system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure
and Functions of Skin

METHODS OF KUNG –FU / WUSHU PRACTICES

Practical- I

Loosening exercise –silk reeling excersice –warm up's meditation.

Shaolin hand forms –techniques of the level fist:shalion fist-leopard fist –phoenix punch –
eagle claw –tiger claw –snake fist –crane beek –monkey paw –prying mantis –single finger –
sword finger—shaolin palm –shaolin stances :horseriding stance –bow-arrow stance –false leg
stance –unicorn step stance –single leg stance –ring step –side-body stance –slanting-body
stance –T-stance – seven-star step –cat step stance –goat stance –traingle stance –single shield
step --half kneel –front-arrow stance

Leg stretching excersices –shaolin kung –fu practice –different kicks –kicking attacks and
defences application of kicking techniques –combat sequences(5) –set of hand patterns –
fiveanimales

set patterns –combination set patterns

Practical- II

Wushu hand forms –fist –palm –hook –hand techniques :thurst fist –block with palm –push
palm –flash palm –hold fist –plant fist –step forms :bow stance –horse riding stance –emptys
stance –crouch step –cross leg steps –step techniques:punch step –hop step—arch step –jump
movements&balance movements:jump movements –whirlwind kick –flying kick with waving lotus
–balance movements:tumbling rolling movements –basic movements and combination
movements –leg movements –leg movements –stances –kick combinations –principles of
teaching &training --sanshou basic skill training



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Basic & core steps in different styles of shaolin kung –fu & different wushu taolu
--short medium and long weapon movements –rules for international wushu taolu –rules for
international wushu sanshou competition

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1.	20200101308001	VEDAGIRI S	2020
2.	20200101308002	SENJURIAN SENJU P	2020
3.	20200101308003	SUNDARRAJ C	2020
4.	20200101308004	SANJAY B	2020
5.	20200102308001	PRABHU RAJASEKAR K	2020
6.	20200101308005	YOGESH KUMAR D	2020
7.	20200101308006	SENTHIL KUMAR S	2020
8.	20200101308007	VIJAY R	2020
9.	20200101308008	BALASUBRAMANIAN R	2020
10.	20200101308009	ROWTHRI E	2020
11.	20200101308010	UDAYA SHANKAR V	2020
12.	202020101308001	SAFDER ALI MR.	2020



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48 - DIPLOMA IN LIFE GUARD TRAINING

DIPLOMA IN LIFE GUARD TRAINING

PAPER – I

FUNDAMENTALS ORGANISATION & ADMINISTRATION LIFE GUARD TRAINING

Unit – I

Technique - Skill - Swimming – Controlling behavior of Patron Procedures –
Communication skill – Fitness – Warming up – Specific training - Enforcement policies –
rules – Regulation – Ordinance governing the conduct of patrons – Timing report –
Equipment maintenance – Repairing – Opening time – Closing time – Checking.

Unit – II

Public relation – Running the pool smoothly – Making report – Accidents - Swimming pool
maintenance – Pool facilities – Monitoring – Unsafe conditions – Custodial duties in
maintaining the pool – Bath room – Trash picked up in and outside of faculty – Pool
Vacuumed- Safety – First aid – Rescue operation – CPR Training – Precautions – Health –
Safety – Welfare – Training.

Unit – III

Definition – Meaning – Aims & objective of organization and Administration Physical
requirements – Physical exertions to manually move – Lift – Carry – Push – Heavy objects –
Climbing in and out of Swimming pool – Verbal & Written communication- Personal
relations – Staff meeting – Training – Diving – Swimming – other aquatic activities –
Communications – Disciplinary problem – Selling tickets – Collecting fees.

Unit – IV

Problem solving – Decision making – rules – Accountability – Budgeting Centre – Prepare
the pool –lane lines – Exercise equipment – Floatation devices - Oxygen Administration for
the Rescue – Preventing disease transmission – Community Water safety – Chemical –
Cleaning – Disinfects the pool – Shower – Locker room – Equipment used.

Unit – V

Physical demands – Development of motor qualities – Strength – Training – Routine
swimming – Safety drills – Vision – Colour – Depth perception – Peripheral vision – Distance
vision



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ANATOMY AND PHYSIOLOGY

PAPER– II

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II

Cardio Vascular System – Structure and functions –Respiratory system – Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure and Functions of Skin

PRACTICAL – I

First Aid – CPR Training – Safety Measurements – Rescue training – Manually move – Lift – Carry – Push – heavy objects – Cleaning in and out of pool – Training.

S. NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101309001	SUMAN C	2020
2.	20200101309002	RAJASEKAR.V V	2020
3.	20200101309003	THANGADURAI M	2020
4.	20200101309004	ARUN J	2020
5.	20200101309005	DANIEL V	2020
6.	202020101309001	HARIGARAN D	2020
7.	202020101309002	JAMAL SHERIF G F	2020
8.	202020101309003	THAMIZHSELVAN K	2020



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9.	202020101309004	STALIN K	2020
10.	202020116309001	NIKESH K	2020

49 - DIPLOMA IN MEMORY DEVELOPMENT & PSYCHO NEUROBICS

Syllabus

Diploma in Memory Development & Psycho Neurobics (Dip. MD&PN)

1. Science of Memory

- 1) Human Mind and Storage of Memory
- 2) Formation of Memory
- 3) Memory Development Skills
- 4) Application of Memory Techniques
- 5) Enhancing Retention and Retention

2. Psycho Neurobics

- 1) Factors Affecting Memory
- 2) Science of Mind
- 3) Inner Body
- 4) Self Empowerment
- 5) Basic Healing through Psycho Neurobics

3. Practical

- 1) Charts and Psycho Neurobics in Specific Diseases
- 2) Practical of Basic Psycho Neurobics
- 3) Basic Healing Psycho Neurobics
- 4) Advanced Neurobics and Rajyoga Meditation
- 5) Healing through Psycho Neurobics

Book References

1. Improve your Memory by BK Chandrasekar(Published by Mahabir Publications)



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2. Invisible doctor by Chandrasekar (Published by Diamond Pocket Books)
3. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
4. Health in Your Hands by BK Chandrasekar(Published by Mahair Publications)

Detailed Syllabus

Diploma in Memory Development & Psycho Neurobics

Paper -1: Science of Memory

Unit 1: Human Mind and Storage of Memory: Human Made Computer v/s Head Top Computer--Its Functions-Relationship with the Operator--Thoughts, Brain Waves and Body Relationship--Soul, Mind and Brain Relationship--Memory Folders or Menu of Sub-Conscious Mind

Unit 2: Formation of Memory: Working Laws of Memory (Law of Belief/Law of Self Preservation/Law of Substitution/Law of Concentrated Attention/Law of Compulsion/Law of Observation/Law of Memory Languages)--Process of Formation of Memory--Stages of Formation of Memory--Language of Formation of Memory

Unit 3: Memory Development Skills: Mnemonic Techniques of Association--Mnemonic Startegy of Loci System--Link Method--The Story System--The Peg System--Mind Mapping--Mental Filling System--Comprehension Method-Mechanical Method

Unit 4: Application of Memory Techniques--Enhancing Registration--Application of Memory Techniques in day-to-day life

Unit 5: Enhancing Retention and Enhancing Recollection-- Visualisation by Third Eye--Effective Revision Plans--Enhancing Recollection

Paper- 2: Psycho Neurobics

Unit 1: Factors Affecting Memory/Enhancing Memory-- Factors Affecting Registration--Factors Affecting Retention--Factors Affecting Recollection

Unit 2: Science of Mind--Classification of Mind--Mind and Brain Relationship--Functioning of Mind--TEAM of Mind

Unit 3: Inner Body-- Types of Inner Body--Chakra system--Meridians--Energy Flow

Unit 4: Self Empowerment--Steps of Self-Empowerment--Thoughts Empowerment--Mind Empowerment--Empowering Intellect--Mastering Mind--Empowering Inner Eco-System--Holistic Development



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Unit 5: Basic Healing through Psycho Neurobics--Introduction to the Psycho Neurobics--Types of Psycho Neurobics--Basic Psycho Neurobic Exercise

Paper-3: Practicals

Unit 1: Charts and Psycho Neurobics in Specific Diseases-Chakra

Chart--Meridian Chart--Hast Mudras--Psycho Neurobics--Psycho Neurobics in Emotional Management

Unit 2: Practical of Basic Psycho Neurobics--Empowering Neurobics - Hand

gesture, mental posture, breathing procedure, colours and benefits--**Purifying Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits--Joyful Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits--Loveful Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits--Peaceful Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits**

Unit 3: Basic Healing Psycho Neurobics--Enlightening Neurobics – Hand

gesture, mental posture, breathing procedure, colours and benefits--**Blissful Neurobics - Hand gesture, mental posture, breathing procedure, colours and benefits--Neurobic Spa – Hand gestures, colour sequence, steps of spa, physiological and psychological benefits**

Unit 4: Practical of Advanced Neurobics and Rajyoga Meditation--Dynamic

Psycho Neurobics--Rajyoga Meditation

Unit 5: Healing through Psycho Neurobics--Out of Body Experience to Soul World--

Etheric Body Cleansing--Healing the 5 Elements of the Universe--Distant Healing--Advanced Psycho Neurobics Exercises--Advanced Neurobic Spa--Healing Home & Home Relationships--Healing Work Place and Work Relationships--Divine Cleansing of all 7 Chakras

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101310001	DEEPTHI MANI	2020
2.	20200101310002	JOTHIKA S	2020
3.	20200104310001	VENMATHI T N	2020



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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4.	20200104310002	RASHIDHA RAMJANI K	2020
5.	20200104310003	MAHALAKSHMI S	2020
6.	20200104310004	MAHALAKSHMI S	2020
7.	20200104310005	JANANI M	2020
8.	20200104310006	PRIYADARSHINI M	2020
9.	20200103310001	LIYA BOBY BOBY	2020
10.	20200103310002	CLARE ELISBA KANJAMALA ELISBA	2020
11.	20200103310003	ASWATHI AJIKUMAR NAIR AJIKUMAR	2020
12.	20200103310004	ADAPA INTISHREE A	2020
13.	20200103310005	KEERTHIGA V	2020
14.	20200103310006	SREELAKSHMI P.M	2020
15.	20200103310007	ROSY S	2020
16.	20200103310008	SILU SLEEBA J	2020
17.	20200103310009	SHAMIN A	2020
18.	20200110310001	RAJAN R	2020
19.	20200120310001	LIZY MONICA A	2020
20.	20200120310002	NISHA C	2020
21.	20200120310003	SELVA SUMATHI M	2020
22.	20200120310004	GOD GIFT X J	2020
23.	20200113310001	TINU.B.THARIQUE B	2020
24.	202020116310001	KARTHIKA K	2020
25.	202110106310001	RITU KALOYIA MRS	2021



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26.	202110103310001	DIVYA S	2021
27.	202110101310001	SHIRISHA DULAM	2021
28.	202110101310002	SURYA PRAKASH V	2021
29.	202110103310002	SHIVAANI R	2021



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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50 - DIPLOMA IN PANCHAKARMA THERAPY

PART - I: THEORY

PAPER – 1 : BASIC THEORY OF AYURVEDA AND ANATOMY

Unit -1 History of ayurveda

History of Development of Ayurveda in India -Decent of Ayurveda- chronology of ayurveda according to different schools. - Concept of Diseases in Ayurveda – Introduction of basic principles of Ayurveda and their significance -Panchamahabhuta-fundamental principles of Ayurvediya Kriya Sharir

Unit -2 Tridoshas - Dhatu - Malas

General introduction, definition and criteria of dhatu Manasa-Prakriti – classification, characteristics clinical significance. Mala - Vyutpatti, Nirukti of term 'mala'

Unit -3 Respiratory - Digestive Systems

Physiology, histology and functional anatomy of respiratory system, physiology of digestion and absorption In Gastro-intestinal tract,mechanism of secretion, Physiology, histology and functional anatomy of Lymphatic system

Unit -4 Circulatory - Excretory -Muscular and Fat Metabolism Systems - Skeletal Systems

Physiology, histology and functional anatomy of cardiovascular system. Properties of Skin-histology and functional Urinary system, Physiology, histology and functional anatomy of Muscular system -Types of muscles. Fat metabolism.

Unit -5 Nervous Systems -Endocrine System-Reproductive System

Physiology of nervous system. Functioning and regulation of nervous system. Physiology of special senses and general senses, Physiological study of Endocrinology. Enumeration of endocrine glands, Male and Female Reproductive System.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust

wellness

PAPER - 2 : PANCHAKARMA AND YOGA

Unit -1 Introduction to Panchakarma - Wellness

Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktamoksha: detoxification of the blood – kerala Type of Panchakarma

Unit -2 Physiological Importance of Panchakarma

Physiology - Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktamoksha: detoxification of the blood Importance of Panchakarma

Unit -3 Panchakarma and their effects in various diseases

stages of Disease- Scope of Panchakarma in different stages of disease – Requirements of Panchakarma

Unit -4 Massage

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhichil (Foot Massage)- Pizhivil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)- Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc- Benefits of Massage

Unit -5 Yoga

Meaning and definition of yoga-yogic practices-surya namaskar-Asanas-pranayama- bandhas-mudras- kriyas-meditation- yoga and ayurveda

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
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7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
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11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksa diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology
Naturopathy- Principles of naturopathy- modalities of naturopathy
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:
Neurosis: stress, depression, eating disorders
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care



REFERENCES

1. Shenmashakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Therapy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger, Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Therapy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure therapy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Therapy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Therapy, Coimbatore: the Yoga Publishing Home.
20. Karmananda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.



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22. Chandrasekaran (2012) Yoga Therapy. Chennai; VHF Publications.
23. Goto, Vase, Kallikani and oale (2008) Yoga Therapy for skeletal diseases, Lonarke: Kaivalyathama
24. Stiles Mukunda () Structural Yoga Therapy, New Delhi: Goodwill publishing house
25. Namkora (2012) Yoga for spine and joint disorders Mumbai: The yoga Institute
26. Kuralayandla Sriani and Vinckan (2011) Yogic Therapy Lonarke: Kaivalyathama



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PART - II : PRACTICAL

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PAPER - 4 : PANCHAKARMA AND YOGA- PRACTICAL

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Unit -1 Poorva karma

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Rog and rogi pariksha, including relevant diagnostic techniques, Koshta pariksha and Agni nirnaya, preparation of the rogi & fixation of dose & Diet

Unit -2 Pradhana karma

m

Adminitration of sneha & Anupana, Observation Jiryamana/Jirna/Ajirna/ Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda

ce

Unit -3 Paschata karma (Third stage)

Pariharya vishaya & Parihara Kala Planning of Shodhana. Shamanana and Brumhana Snehan Vidhi Chirakalina Sneha Vyapats and their management

Unit -4 Massage

A

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhicilil (Foot Massage)- Pizhicilil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)-Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc

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Unit -5 Yoga

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yogic practices-surya namaskar-Asanas- pranayama- bandhas-mudras- kriyas- meditation



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References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
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6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.



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46 - DIPLOMA IN SILAMBAM FENCING

PAPER – I

HISTORY, ORGANISATION AND TRAINING IN FENCING

Unit – I

Ancient History – Development of Fencing – Origin of the -Game Development of the Fencing in the – India – terminology (English and French) in the Fencing.- Organisation and Management of Competition at different Levels – Common condition -Tournaments – World cup competition – National Competition.

Unit – II

Rules and their Interpretation – General rules and rules of common to the three weapons – Referring and judging of hits - Bodies responsibilities for organization and central – Entries for competition – Time table – Individual competition – Team competition – Disciplinary rules for competition.

Unit – III

Foil – Techniques – Stages of learning movements
Epee - Techniques – Stages of learning movements
Sabre - Techniques – Stages of learning movements



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S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200103312001	DEVARAJAN S	2020
2.	20200120312001	AMBILY R	2020
3.	20200120312002	RAJA RETHINAM R	2020
4.	20200120312003	MARISH NANDHINI M	2020
5.	20200120312004	BERIN S	2020
6.	20200120312005	AKSHAY G S	2020
7.	202020101312001	E. MEDINI	2020
8.	202020102312001	NAGARAJAN K	2020
9.	202020116312001	SINDHU P S	2020
10.	202020116312002	SURESH AV	2020
11.	202020116312003	ASWINI K	2020
12.	202020116312004	SELVARANI S	2020
13.	202020116312005	NANDHINI K	2020
14.	202110101312001	MOHAMMED AKBAR ALI M	2021
15.	202110101312002	THULASIDASS P	2021
16.	202110120312001	JAYAGEEVAN DAS	2021
17.	202110116312001	VINESH V	2021
18.	202110101312003	SIVAKUMAR S	2021



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51- DIPLOMA IN SILAMBAM FENCING

PAPER – I HISTORY, ORGANISATION AND TRAINING IN FENCING

Unit – I

Ancient History – Development of Fencing – Origin of the -Game Development of the Fencing in the – India – terminology (English and French) in the Fencing.- Organisation and Management of Competition at different Levels – Common condition -Tournaments – World cup competition – National Competition.

Unit – II

Rules and their Interpretation – General rules and rules of common to the three weapons – Referring and judging of hits - Bodies responsibilities for organization and central – Entries for competition – Time table – Individual competition – Team competition – Disciplinary rules for competition.

Unit – III

Foil – Techniques – Stages of learning movements
Epee - Techniques – Stages of learning movements
Sabre - Techniques – Stages of learning movements

Unit – IV

Foil – Technique – Tactics – Stages of Learning Movements – Means and methods of developing foil. Epee – Technique – Tactics – Stages of Learning Movements – Means and methods of developing Epee. Sabre – Technique – Tactics – Stages of Learning Movements – Means and methods of developing saber.

Unit – V

Sports Training – Aim – Objectives – Principals – Training Load - Over load – Symptoms - Motor qualities – Strength – Speed – its developments - Equipment – Facilities – Field of Play – Indoor hall – Safety measures – Foil - Epee – Sabre- Rules and their interpretation – General rules and rules of common three weapons – Refereeing and judging of hit bodies – Disciplinary rules for competition.

ANATOMY AND PHYSIOLOGY

PAPER– II

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions



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Unit – II

Cardio Vascular System – Structure and functions –Respiratory system –
Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive
system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure
and Functions of Skin

PRACTICAL – I

Warming up – Cool down Simple attack, simple parries – ripostes – Assaults –
Boult –All three weapons – Target exercises

PRACTICAL – II

Specific Warming up – Development of Physical Fitness. Drills – Simple Direct
attack

(Defender is Hit) - Simple Direct Attack (Attacker is Hit) – Simple Indirect Attack
(Defender is Hit) – Compound attack and Defence.

REFERENCE BOOKS:

FOIL FENCING

BY JOHN 'JES' SMITH

BY THE SWORD

BY RICHARD COHEN

FENCING : TECHNIQUES OF FOIL, EPEE AND SABRE

RUNNING WITH SWORDS

BY SHERRAINE MACKAY

FENCING

BY HENRY DE SILVA

A LEARNING FENCING

BY BRENDT BARTH

FLASHING STEEL

BY LEONARD PELLMEN

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101314002	VIJAYAN G	2020
2.	20200101314007	SUDHA S	2020



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3.	20200101314008	DHARMARAJ K	2020
4.	20200101314009	KARTHICKRAJA R	2020
5.	20200101314010	GOPI R	2020
6.	20200101314011	YUVARAJAN N.T	2020
7.	20200102314001	SELVAGANAPATHY M	2020
8.	20200107314001	THILLAI RAJA A	2020
9.	20200107314002	RAJU.R	2020
10.	20200109314001	PRAKASAM C	2020
11.	20200112314001	MAHENDRA KUMAR M	2020
12.	20200112314002	SIVAMANI G	2020
13.	20200112314003	YOGESH M	2020
14.	20200112314004	DEV ANANTH V	2020
15.	20200119314001	PRASATH M	2020
16.	202020101314001	P. SATHISH KUMAR	2020
17.	202020114314001	PAVITHRAMAN S	2020
18.	202020125314001	ARUL ANTONY A	2020
19.	202020101314002	SARANRAJ N	2020
20.	202020117314001	PARTHIBAN M AAKARSH M	2020
21.	202020101314003	RANGESH R	2020
22.	202020101314004	KAVIYARASAN S	2020
23.	202020101314005	PAVITHRA E	2020
24.	202020117314002	PADMA SHREE G	2020
25.	202020101314006	JAYACHANDRAN T	2020
26.	202020101314007	MUTHUKUMAR M	2020
27.	202110101314001	RAJESH M	2021
28.	202110101314002	EASUDASS A	2021



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29.	202110122314001	SARAVANAKUMAR R	2021
30.	202110101314003	RISHI VANDHYA K S	2021
31.	202110102314001	SHAMEEN S	2021
32.	202110102314002	DHINESHA T	2021
33.	202110122314002	SANKAR GANESH S	2021
34.	202110101314004	SATHYASEELAN M	2021
35.	202110125314001	SURESH S	2021
36.	202110102314003	KARTHIKEYAN M	2021
37.	202110101314005	DEEPASREE S	2021
38.	202110101314006	VINCY KIRUBA S	2021
39.	202110101314007	RUBHA S	2021
40.	202110102314004	JANANI S	2021
41.	202110102314006	AARTHI R	2021
42.	202110101314008	BARANITHARAN J	2021
43.	202110101314009	SIVARAMAN M	2021
44.	202110101314010	THAVASUMANI K	2021
45.	202110102314005	SUMUKKA R	2021
46.	202110125314002	VINOTH KUMAR T	2021
47.	202110101314011	RAJ MAHA THEVAN R	2021



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52.DIPLOMA IN TAEK - WONDO

Paper –I

HISTORY OF TAEK-WONDO

Unit – I

Definitions – History - Koguryo dynasty – Silla Dynasty - Koryo dynasty – Yi
Dynasty – Twentieth Century – History of Moo Duk Kwan – Philosophy of Tae Kwon do –
Moo dukkwan principles – Korean Flag – ITF – WTF – GTF – Sport Tae Kwon Do

Unit – II

Basic Striking Weapons – Vital Target Areas – Warm – up – Exercises – Basic
Stances – Horseback Stance – Walking in the Horseback Stance – Walking in the Front
Stance – Back Stance –

Unit - III

Punching Techniques – Straight Punch – Reverse Punch – Side Punch – Blocking
Techniques – Low Block – High Block – Middle Block

Unit – IV

Knife and Spear Hand Blocks – Knife Hand Middle Block – Knife Hand Low Block –



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Knife High Block – Spear Hand Thrust – Kicking Techniques – Front Kick – Round Kick –
Instep Front Kick – Instep Round Kick – Side Kick variation – Side kick Horseback Stance –
Back Kick

Unit - V

Elbow Strikes – Forward Elbow Strike – Backword Elbow Strike – side Elbow
Strike - Defense and Reverse Punches - Sparring Techniques – Forms – Self defense

Paper– II

ANATOMY AND PHYSIOLOGY

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II

Cardio Vascular System – Structure and functions –Respiratory system –
Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive
system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure
and Functions of Skin

METHODS OF TAEK-WONDO PRACTICES (PRACTICAL-I)

Warm up Exercises – Side Stretch – Leg Stretch Push-ups – Side Split No. 1 & 2 –
Front Kick Stretch – Side Kick Stretch – Basic Stances – Ready Stance – Horsback Stance
walking – Front & Back Walking Turning in the Front – Walking Back stance & Turning
Back stance –

Basic Striking Weapons – Vital Target Areas – Warm – up – Exercises – Basic
Stances – Horseback Stance – Walking in the Horseback Stance – Walking in the Front
Stance – Back Stance

Elbow Strikes – Forward Elbow Strike – Backword Elbow Strike – side Elbow
Strike - Defense and Reverse Punches – Low Block Reverse Punch – High Block Reverse
Punch – Outside Middle Block – Reverse Punch – Inside Middle Block Reverse Punch –
Knife Hand Reverse Punch - Sparring Techniques – Three Steps Sparring – Once Steps
Sparring – Self defense Techniques



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METHODS OF TAEK-WONDO PRACTICES (PRACTICAL-II)

Punching Techniques – Straight Punch – Walking State Punch – Turning State Puch –
Reverse Punch – Walking Reverse Punch- Turning Reverse Punch – Side Punch – Walking
Side Punch – Turning Punch - Blocking Techniques – Low Block- walking Low Block -
Turning Low Block – High Block – Walking High Block – Turning High Block - Middle
Block – Walking Middle Block – Turning Middle Blocks – Middle Blocks – Inside to
Outside – Standing & Turning - Knife and Spear Hand Blocks – Knife Hand Middle Block –
Knife Hand Low Block – Knife High Block – Spear Hand Thrust – Kicking Techniques –
Front Kick – Round Kick – Instep Front Kick – Instep Round Kick – Side Kick variation –
Side kick Horseback Stance – Back Kick
Forms – Sparring – Competition Rules & Regulations



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S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200102316001	VAMSI KRISHNA CHOKKA	2020
2.	20200102316002	SATEESH CHINTA	2020
3.	20200102316003	DEEPA SRI GORLE	2020
4.	20200110316001	RAGHURAI SINGH PATEL K	2020
5.	20200117219001	MANIVEL M	2020
6.	20200117219002	SIRAJUDEEN K	2020
7.	20200117219003	DEVAKUMAR A	2020
8.	202020101316001	GEETA YADAV	2020
9.	202020111316001	LOGESHWARAN S	2020
10.	202020101316002	PRIYA YADAV	2020
11.	202020101316003	NAGADEVI BIRUDA	2020

53- DIPLOMA IN VARMA AND THOKKANAM (MASSAGE) SCIENCES

FOUNDATIONS OF VARMA AND THOKKANAM

Unit – I

Health: Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health, dimensions of health, causes of ill-health, diseases, pillars of health, fitness, wellness, biological clock.

Nutrition: Macro and Micro nutrients, balanced diet

Unit – II

Varma and Thokkanam: Meaning, definitions, Need, Nature and Scope –



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Principles and Philosophy, different names, origin and history, Modern developments, Guru worship. Texts in Varma – Patanjali and Thirumoolar's views on body and mind. Texts based on Agatiyar, Bohar, Ramadevar, Theraiyar.

Unit – III

Types of Varma: PaduVarmam, ThoduVarmam, ThadavuVarmam, Thattu varmam, Nakku Varmam, Nokku Varmam, OothuVarmam. PaduVarmam in texts.

Unit –IV

Five body parts (5 kandams), Six Adharam, Vayus, Utkaruvi (intrinsic factors) – Purakaruvi (Extrinsic factors) – Three Mandals, Three hormones – Nadigal (Nerves) – Dasa nadi (Nadi used in Diagnosis) – Chakras –curable condition.

Unit – V

Methods of Adangal – General adangal Methods – Rationale behind Varma – Nomenclature – Place of Varma – Quality of Varma – departures in Varma.

References:

- 1) Gokulakumar (2012) Medical Varmalogy Coimbatore: Arts Research institute
- 2) Rajamony (2012) Varma TheHealig touch Chennai: World varma foundation&St.Antony's Charitable Trust
- 3) Thottam (2011) VarmathinMarmamChennai :Thottam publishers
- 4) Rajendran (2012) Handbook of Varma therapy Moolachal: Varma science research centre
- 5) Thirunarayanan (2012) Introduction to Siddha Medicine Chennai: Centre for Traditional Medicine and Research
- 6) Ponnapan (2005) Varmakalaiennum Maruthuvakalarii Chennai: Puththaga poonga
- 7) Sivakumar (2017) VarmamMarmamAlla Chennai: Yogalayam and varmalayam



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- 8) Shanmugam (2012) The foot prints of Medical varmalogy Coimbatore: Arts Research Institute
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- 10) AkhonryGourag Sinha (2001) Principles and practices of Therapeutic massage, New Delhi: Jaypee Brothers
- 11) Penny Rich (1994) Massage for common ailments, London: Parragon Book Service Ltd
- 12) Thirugnanam (2009) MooligaiMaruthuvamTrichy : Selvi Publications
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- 14) Varma Cuttiram, Dr.ShuHikosala, Prof. Norinaga Shimizu, Dr.G.John Samuel, Dr.P.Subramaniam, Institute of Asian Studies
- 15) Varma Medicine (General & Special), Fundamental of Varma Medicines, Prof. Dr.T.Kanna Rajaram
- 16) Babaji's Kriyaa hatha Yoga, Thiru.YogiRamsunthaar
- 17) Nature cure, Thiru H.Lindhadr.M.D
- 18) Practical Nature cure. Thiru.K.Lakshmana Sarma
- 19) Siddha Varmalogy, Thiru T.Vasantha Kumar
- 20) Art of Massage: J.H.Kellog
- 21) Murugesu Mudaliar, Gunapadam
- 22) Imcos – Herbal Medicine Preparation
- 23) Prof. Dr.Prema, Tamil University Siddha medicine Professor's books
- 24) Dr.Rengarajan's Books
- 25) S.Somasundaram Books and Dr.M.Shanmugavelu's Books
- 26) Kannan Rajaram (2011) Varma MaruthuvamPudukadai: siddha Medicine Book publisher
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Prasuram

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VARMA AND THOKKANAM PRACTICES

Unit – I

Diagnosis – Root of energy ways (vassakal), Energy receiving points (mudichukal), Nadi Parikcha

Paduvarma points – varma points in Head, Neck, chest, stomach, hip, back hands, legs - chakras



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Unit – II

Treatment of Varma – Varma Kanji, Varma thylam -Nasiyam – Food (Gruel) – Marundu – Othadam (formentation) – Types of Medicine – Lehyam, Kudneer, Gulikai, Choornam, Thylam (oils and Ghee) Melpucchu, varma and thokkanam for life style diseases

Unit – III

Massage: Siddha Massage, Varma Massage, Meaning, Target tissues, forms of Massage, Materials for massage – precautions – Modes of manipulation in massage – Benefits of massage: General, physiological, mechanical, Therapeutical

Unit –IV

Medicinal benefits of Herbs:

Herbs: name & family: Categories of Herbs – Types of herbs

Amaranthus tritis, ocimumtenuiflorum, Acalypha indica, centella asiatica, Trigonella foenum, Solanum nigrum, altermantherasessilis, Leucas aspera, Solanumtrilobatum, Zingibuofficinate, Andrographis paniculate, cynodon dactylon, phyllanthusamarusschum, Ecliptaprostrata, Phyllanthus emblica, Aegle marmelos, Pergulariadaemia, MukiaMaderaspatana, Furcraeafotida, Kurunthotti- growth places, Taste, usable parts, Medicinal values and usage.

Unit – V

Herbal medicine – Preparation and uses

Herbal suranam, Herbal Thailam, Herbal wax preparation, Herbal wax massage, herbal legiyam, Herbal Kasayam, Herbal powders, Herbal tooth powder, Herbal kalimbu, Herbal tea, Herbal soap, Herbal food.

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- 2) Rajamony (2012) Varma TheHealig touch Chennai: World varma foundation&St.Antony's Charitable Trust



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Noolagam

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INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF
MEDICINE AND THERAPIES

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy-
Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana-
Application of Yoga and its types – Methodology in Yoga Therapy – Factors
(Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam,
Prasanam, Nadi Pariksa) Examination of Vertebra, joints, muscles, Abdomen
and Nervous system and therapeutic yoga practices- Modification of yogic
practices – Yogic diet - Yogic diet for Human systems– Nadis and chakras

Unit II: Application of traditional Indian medical systems and therapies:

Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy

Siddha – Five elements theory, physical constituents, pathology (Kayakalpa,
Kitchen, Herbal and other types of medicine), Exercise therapy, Cryo therapy,
Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy,
Pranic healing, Magentotherapy, Naturopathy and Modalities of Naturopathy

Unit III: Therapeutic applications for High blood pressure, Obesity, Diabetes
Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems,
constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep
disorders, skin diseases, insomnia, Anaemia

Unit IV: Therapeutic applications for psychological disorders:

Neurosis: stress, depression, eating disorders, suicide, hysteria

Psychosis: Schizophrenia, autism, Bipolar disorders, dementia

Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism,
Gambling – Anti social activities

Unit V: Therapeutic applications for the problems of women- Amenorrhea,

Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea,



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polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy-
Pre and post natal care, PCOS

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies,
Hardwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric
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3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass
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Ayurveda, Haridwar: Divya Prakashan
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Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
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PRACTICAL TRAINING IN VARMA AND THOKKANAM

Unit – I

Diagnosis – Root of energy ways (vassakal), Energy receiving points (mudichukal), Nadi Parikcha

Paduvarma points – varma points in Head, Neck, chest, stomach, hip, back hands, legs - chakras

Unit – II

Preparation for the Treatment of Varma – Varma Kanji, Varma Thylam, Nasiyam – Food (Gruel) – Marundu – Othadam (fermentation) – Types of Medicine – Lehyam, Kudneer, Gulikai, Choornam, Thylam (oils and Ghee) Melpucchu, varma and thokkanam for life style diseases

Unit – III

Practices of Massage: Target tissues, forms of Massage, Materials for massage – Modes of manipulation in massage

Unit –IV

Identify Amaranthus tritis, ocimumtenuiflorum, Acalypha indica, centella asiatica, Trigonella foenum, Solanum nigrum, altermantherasessilis, Leucas aspera, Solanumtrilobatum, Zingibuofficiniate, Andrographis paniculate, cynodondactylon, phyllanthusamarusschum, Ecliptaprostrata, Phyllanthus emblica, Aegle marmelos, Pergulariadaemia, MukiaMaderaspatana, Furcraea



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foetida, Kurunthotti.

Unit – V

Herbal medicine – Preparation

Herbal suranam, Herbal Thailam, Herbal wax preparation, Herbal wax massage, herbal legiyam, Herbal Kasayam, Herbal powders, Herbal tooth powder, Herbal kalimbu, Herbal tea, Herbal sope, Herbal food.

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- 15) Varma Medicine (General & Special), Fundamental of Varma Medicines, Prof. Dr.T.Kanna Rajaram
- 16) Babaji's Kriyaa hatha Yoga, Thiru.YogiRamsunthaar
- 17) Nature cure, Thiru H.Lindhadr.M.D
- 18) Practical Nature cure. Thiru.K.Lakshmana Sarma
- 19) Siddha Varmalogy, Thiru T.Vasantha Kumar
- 20) Art of Massage: J.H.Kellog
- 21) Murugesu Mudaliar, Gunapadam
- 22) Imcos – Herbal Medicine Preparation
- 23) Prof. Dr.Prema, Tamil University Siddha medicine Professor's books
- 24) Dr.Rengarajan's Books
- 25) S.Somasundaram Books and Dr.M.Shanmugavelu's Books
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S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101318001	NAVEEN RAJ S	2020
2.	20200101318002	MURUGADOSS K	2020
3.	20200101318003	RONNIE PAUL	2020
4.	20200102318001	POORNIMA M	2020
5.	20200102318002	RANJITH DEVA T D	2020
6.	20200102318003	JAYAVELU D	2020
7.	20200102318004	VIDHYA D	2020
8.	20200102318005	NITHYA D	2020
9.	20200102318006	ARUN PRASATH R	2020



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10.	20200119318001	GAYATHRI S	2020
11.	20200120318001	ANAND M	2020
12.	20200120318002	PRASANTH V	2020
13.	20200120318003	ABISHEK T G	2020
14.	20200120318004	AKILASH J CHRIS	2020
15.	20200120318005	SANKARA GOMATHI M	2020
16.	20200120318006	GOKUL P	2020
17.	20200120318007	SUBHASHINI S	2020
18.	20200120318008	HARISH R	2020
19.	20200120318009	DEEPAK T	2020
20.	20200120318010	ALLWIN J	2020
21.	20200120318011	PARAMESHWARI S	2020
22.	20200120318012	KARTHIGESH R	2020
23.	20200120318013	NANDHAKUMAR S	2020
24.	20200120318014	JAYAPATHI M	2020
25.	20200120318015	ABISHEK K	2020
26.	20200120318016	SWATHY SHANMUGAVALLI S	2020
27.	20200120318017	YUVARAJ N	2020
28.	20200120318018	VIGNESWARAN K	2020
29.	20200120318019	SAM SELVA PRINCE J	2020
30.	20200120318020	KRISHNA RAJAN S	2020
31.	20200120318021	INDHRANI V	2020



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32.	202020101318001	J. AISHWARYA	2020
33.	202020101318002	RITHANIYA S	2020
34.	202020104318001	VETRI VEL V.G	2020
35.	202020115318001	SATHISH KUMAR A	2020
36.	202020115318002	SATHIYA SUNDARI S	2020
37.	202020101318003	VIJAYAKUMAR S	2020
38.	202020101318004	SURESH KUMAR M	2020
39.	202020101318005	MUTHUKUMARAN M	2020
40.	202020101318006	SURYA S	2020
41.	202020122318001	SHOBANA NELASCO	2020
42.	202020101318007	SENTHIL T S	2020
43.	202020105318001	SIVABALAMANIGANDAN S	2020
44.	202020117318001	MARI MUTHU V	2020
45.	202020101318008	ASHOKKUMAR D	2020
46.	202020108318001	AAKASH B	2020
47.	202110122318001	GOWRILAKSHMI M	2020
48.	202110102318001	VIJAYBHARATH C	2020
49.	202110122318002	NAMASIVAYAM M	2020
50.	202110122318003	GOWRI LAKSHMI M	2021
51.	202110117318001	SARAVANAN B	2021
52.	202110108318001	THANGAMALAR P M	2021
53.	202110102318002	ASWIN BANU S S M	2021



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54.	202110102318003	RISWANA PARWIN S M	2021
55.	202110116318001	SENTHIL MURUGAN M	2021
56.	202110101318001	KAVIYARASAN M	2021
57.	202110101318002	MARIYAM S	2021
58.	202110122318004	DHATCHINAMOORTHY M	2021
59.	202110101318003	RAVIKUMAR A	2021
60.	202110101318004	SUJITH KUMAR S	2021
61.	202110102318004	DHANALAKSHMI G K ANBARASAN A	2021

54 - DIPLOMA IN YOGA

PAPER - I

FUNDAMENTALS OF YOGA EDUCATION

UNIT - I

Meaning - Definitions - Need - Nature - Aim and objectives - Philosophy and Scope of yoga - Modern developments in yoga - Misconceptions and clarifications about yoga - yoga and Education, yoga and physical education. Schools of yoga - Iyengar yoga and Vini yoga.

UNIT - II

History of yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of yoga : Hatha yoga, Bhakti yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya yoga, Yantra yoga.

UNIT - III

Contributions to yoga - Hatha Pradipika, yoga sutras, Gheranda samhita, yajnavalkya samhita, yoga Rahasya, Thirumandiram. Contributions of yoga to Hinduism, Jainism, Buddhism, Christianity, Islam
Contributions to yoga : Vivekananda, Kavalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharishi Mahesh yogi, Sri Aurobindo, Contributions of Siddhars : Thirumoolar, Agasthiar, Sri Goraknath, Bohar

References:-

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Paper - II

Yogic Psychology and Yogic Therapies

UNIT I

Psychology: Meaning, Definitions, Nature, Need and Scope of psychology, Branches of psychology, Relationship of psychology and yoga. Role of yoga on Growth and Development. Learning, Motivation, Emotions - and personality. Yoga for Super-consciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices on Chakras.

UNIT II

Meaning, Definitions, Need, Scope of spirituality - Religions challenges: Physical, Mental, Moral, Social, Cultural and Religious. Role of Religions in the Society - Methods of developing spirituality - Relationships among yoga, religion and spirituality. Moral values, Divine virtues, human values and yoga. Yoga and Leadership

UNIT III

Physiology and pathology in the yoga shastra - Description of the Glands - Ayurvedha - Tridosha - Common ailments. Introduction to alternative medicine and Therapies

UNIT IV

Selective yogic practice for Heart Problems, Asthma, Arthritis, Back pain, constipation, Diabetes mellitus, obesity, Mental disorders. Selective yogic practices for Anxiety, Stress, Menstrual irregularities

UNIT V

Yogic Diet - Tamasic foods - Rajasic foods - Satvic foods - Articles of yogic diet - principles of diet - Balanced diet - ideal yogic diet - chart, moral aspects of diet - Naturopathy diet. Fitness and Wellness, Positive health.



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Paper III

METHODS OF YOGIC PRACTICES-

Unit I: Essentials of Yogic Practices: Cleanliness and food, Bath, Time, Sun, Closing eyes, Place, Mirror, Breathing, awareness, Age limitations, sequence Blanket, clothes, position, emptying the bowels and stomach, counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects
Loosening the joints
Surya Namaskar: for children (10steps)
Bihar School of yoga model
Vivekananda Kendra Model

Unit II: Asanas: Vrkshasana, Parivrttha Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nowhasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana

Unit III: Pranayama
Yogic Breathing
Kapalbhati, Bhramari
Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas
Jalaneti, Sutraneti

Bandhas
Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras
Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation
Mantra Meditation, Yoga nidra, Surya yog, Rajayoga meditation, Trataka Meditation, Nine- centered meditation



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- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
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Paper IV

YOGIC PRACTICES

Unit I: Loosening the joints

Surya Namaskar: for children (10 steps)
Bihar School of yoga model
Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivirtha Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nowhasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottasana, Baddha Konasana, Kuktasana, Padmasana, Vajrasana, Siddhasana, Siddha yoniasana, Savasana

Unit III: Pranayama
Yogic Breathing
Kapalbhati, Bhramari
Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas
Jalaneti, Sutraneti

Bandhas
Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras
Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation
Mantra Meditation, Yoga nidra, Surya yog, Rajayoga meditation, Trataka Meditation, Nine centered meditation

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- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvli: Kaivalyadhama.
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S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101320001	JAYASUDHA H	2020
2.	20200101320002	JAGADEESWARI K	2020
3.	20200101320003	BHUVANESWARI K	2020
4.	20200101320004	RAGHURAMAN J	2020
5.	20200101320005	HARIKRISHNAN G	2020
6.	20200101320007	YOGESH E	2020
7.	20200101320008	LOKESH S	2020
8.	20200101320009	KAMESH A	2020
9.	20200102320001	KT BEIREITHAI KT	2020
10.	20200102320002	MEENAKSHI R	2020
11.	20200102320003	PRADEEPA P	2020
12.	20200102320004	RAKSHAMBIGA A K	2020
13.	20200102320005	JANANI S	2020
14.	20200104320001	PRIYADHARSHINI K K	2020
15.	20200104320002	SHALINI U U	2020
16.	20200104320003	VANISHREE R	2020
17.	20200104320004	GOKUL SRI K M	2020
18.	20200104320005	ANJALI C	2020
19.	20200104320006	AISWARYA R	2020
20.	20200104320007	ASHWINI P	2020



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21.	20200104320008	SARANYA R	2020
22.	20200104320009	SWETHA R	2020
23.	20200104320010	ASHWINI S	2020
24.	20200104320011	SHARMILA P	2020
25.	20200104320012	ABINAYA K	2020
26.	20200104320013	RASIGA R	2020
27.	20200104320014	PRIYANKA G	2020
28.	20200104320015	ARUNA C	2020
29.	20200104320016	INDUSHREE S	2020
30.	20200104320017	ABIRAMI V	2020
31.	20200104320018	PAVITHRA SRI M	2020
32.	20200104320019	PREETHI K	2020
33.	20200104320020	AFRIN FATHIMA T	2020
34.	20200104320021	SAGEETHA S	2020
35.	20200104320022	SURUTHI B T	2020
36.	20200104320023	LEELAVATHI A	2020
37.	20200104320024	PAVITHRA S	2020
38.	20200104320025	PRIYADHARSHINI S	2020
39.	20200104320026	CHARUMATHI A	2020
40.	20200104320027	DIXITHA A	2020
41.	20200104320028	POORNIMA N	2020
42.	20200104320029	SNEHA P	2020



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43.	20200104320030	SANDHIYA V	2020
44.	20200104320031	VIDHYA S	2020
45.	20200104320032	KAVIYA J	2020
46.	20200104320033	GAJALAKSHMI G	2020
47.	20200103320001	SURYASRI M	2020
48.	20200103320002	INDHUJA R	2020
49.	20200110320001	KARTHIKEYAN N	2020
50.	20200110320002	KAMESH A	2020
51.	20200110320003	KALA P.S	2020
52.	20200111320001	SOWMIYA A	2020
53.	20200114320001	GAYATHRI DEVI S	2020
54.	20200118320002	ANITHA C	2020
55.	20200118320003	MOHAN PRASAD S	2020
56.	20200119320001	GIRIJAKUMARY K	2020
57.	20200119320002	HIMA BABU B	2020
58.	20200119320003	JOSEPH KENNADY J	2020
59.	20200119320004	ANJALI C U	2020
60.	20200119320005	KRISHNA NANDHA S	2020
61.	20200119320006	JAYANARAYAN N.P	2020
62.	20200119320007	SIDHI PAUL P	2020
63.	20200119320008	SEENA ANTONY ANTONY K	2020
64.	20200119320009	SEDBIN V	2020



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65.	20200119320010	JISHNU K	2020
66.	20200119320011	JISMI P.A	2020
67.	20200119320012	SANJAY U J	2020
68.	20200119320013	LAKSHMI NANDANA V.V	2020
69.	20200119320014	RAHUL C T	2020
70.	20200119320015	PRAVEEN KRISHNA P P	2020
71.	20200119320016	NIYAS M.C	2020
72.	20200119320017	CEBREENA JOY	2020
73.	20200119320018	ANEESH P	2020
74.	20200119320019	HASEENA C	2020
75.	20200119320020	SUNI V	2020
76.	20200121320001	DURGA S	2020
77.	20200113320001	BAISIL J	2020
78.	20200113320002	DEVA RAJ SHARMA	2020
79.	20200113320003	BEENA L	2020
80.	20200113320004	SUMANDAS M L	2020
81.	20200113320005	SHOLY S	2020
82.	20200113320006	REFIMOL R H	2020
83.	20200113320007	SATHEESH KUMAR G	2020
84.	20200113320008	ANEESH J	2020
85.	20200113320009	AZEEM R S	2020
86.	20200113320010	GIRIJA KUMARI AMMA P L	2020



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87.	20200113320011	LIJA L	2020
88.	20200113320012	RAJALEKSHMI V V	2020
89.	20200113320013	SREEJA S R	2020
90.	20200113320014	MURUKAN R	2020
91.	20200113320015	UDAYAKUMARI D	2020
92.	20200113320016	RAJEEV L P	2020
93.	20200113320017	BHARAT PRAKASH	2020
94.	20200113320018	YATHEESH M	2020
95.	20200113320019	POOJA S	2020
96.	20200113320020	PRAVEEN KUMAR P K	2020
97.	20200113320021	SREEJITH M S	2020
98.	20200113320022	SREEJA P PILLAI	2020
99.	20200113320023	ANJU SREEKUMAR	2020
100.	20200113320024	MYRTLE MOTHS	2020
101.	20200113320025	REVATHY S KUMAR	2020
102.	20200113320026	SIBIN M L	2020
103.	20200113320027	RATHEESH K V	2020
104.	20200113320028	RAHUL S KUMAR	2020
105.	20200113320029	MARYDAS B	2020
106.	20200113320030	ANITHA S	2020
107.	202020101320001	S.B. SRISATHISH	2020
108.	202020101320002	G. VASUKI	2020



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109.	202020102320001	VASANTHI A	2020
110.	202020101320003	SRIDEVI S	2020
111.	202020101320004	KANCHERLA MALLIKARJUNAGOUD	2020
112.	202020101320005	CHINNABALAVEERA VENKATA MANOJ	2020
113.	202020101320006	SATEESHBABU GAJULAPAL	2020
114.	202020116320001	ARYA P	2020
115.	202020116320002	NIDHINA P	2020
116.	202020101320007	SAI KUMAR REDDY K	2020
117.	202020108320001	VASANTH KUMAR K S	2020
118.	202020116320003	SONI P R	2020
119.	202020116320004	SHRI LALITHAMBIKAI N	2020
120.	202020116320005	KANNAN GS	2020
121.	202020116320006	NEETHU P	2020
122.	202020116320007	NANDITA L	2020
123.	202020116320008	DHARMAMBAL M. PL	2020
124.	202020116320009	SOWMIYA K	2020
125.	202020101320008	JEY PRAKASH K R	2020
126.	202020116320010	SRINIDHIH K G	2020
127.	202020116320011	GAYATHRI G	2020
128.	202020116320012	YAAJNESHINI M	2020
129.	202020116320013	MADHUSREE S	2020



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130.	202020116320014	SONALI D	2020
131.	202020116320015	PAVITHRA R	2020
132.	202020116320016	SINDHU P S	2020
133.	202020122320001	JOHN BRITTO A	2020
134.	202020116320017	GOPIKA K	2020
135.	202020122320002	JENIFERLISA A	2020
136.	202020122320003	VINCY HELEN A	2020
137.	202020116320018	MUHAMMAD NASSAR P K	2020
138.	202020116320019	PARVATHY MG	2020
139.	202020116320020	FAZEELA M	2020
140.	202020122320004	FATIMA AROCKIA MARY V	2020
141.	202020116320021	NIMISHA K	2020
142.	202020116320022	ATHULYA PALLIPRAVAN P	2020
143.	202020116320023	NIKHIL KALANGADAN B	2020
144.	202020116320024	GEETHU LEKSHMI P	2020
145.	202020116320025	ASWATHY CHANDRAN	2020
146.	202020116320026	SHAGIMA P P	2020
147.	202020116320027	ARADHANA M	2020
148.	202020116320028	NIKHIL KALANGADAN B	2020
149.	202020116320029	FAZEELA M	2020
150.	202020116320030	ABINAYA KEERTHANA M	2020
151.	202020120320001	VISWANATHAN N V	2020



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152.	202020109320001	DHANABAL J	2020
153.	202020120320002	MUSTHAFA PANDIKASALA	2020
154.	202020116320031	NITHARSHANA Y	2020
155.	202020120320003	BIJO XAVIER	2020
156.	202020120320004	UNNIKUTTAN T S	2020
157.	202020119320001	RAMYA N	2020
158.	202020116320032	MANUSHREE PK	2020
159.	202110101320001	ALLEN PAUL A	2021
160.	202110101320002	LOKESH R	2021
161.	202110101320003	PRITHVI RG	2021
162.	202110116320001	PRAVEEN PRASANNAN	2021
163.	202110101320004	SAKTHIVEL P	2021
164.	202110110320001	MINNU MARY J	2021
165.	202110110320002	RAJAPPAUL E	2021
166.	202110110320003	JEYA BENISHA SUSAN M	2021
167.	202110110320004	JEYA SHAMILY M	2021
168.	202110101320005	MURUGAN N	2021
169.	202110116320002	ARDRA K.R	2021
170.	202110102320001	PONNI R	2021
171.	202110101320007	SRINAGALAKSHMI N	2021
172.	202110102320002	ROMEHA C S	2021
173.	202110102320003	RAMYA P R	2021



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174.	202110101320006	SERENE PANDYA J	2021
175.	202110121320001	KARTHIKEYAN J	2021
176.	202110116320003	PRAVEEN PRASANNAN	2021
177.	202110121320002	SREEJAA N	2021
178.	202110116320004	RATHI KK	2021
179.	202110116320005	ASWATHY CHANDRAN	2021
180.	202110102320004	RIJISHYA V A	2021

55 - DIPLOMA IN YOGA AND NATUROPATHY

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101322001	RAMZAN BEGUM M	2020
2.	20200101322002	ANANDHA VARSHINI D	2020
3.	20200101322003	PARTHIBHAN V J	2020



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4.	20200101322004	JAWAHAR BABU V K	2020
5.	20200101322005	GOMATHI SANKAR A	2020
6.	20200101322006	SHYAM A	2020
7.	20200101322007	VEERENDRA VEERU VURIGITY	2020
8.	20200102322001	NIVEDHITHA V	2020
9.	20200102322002	SHIVANI R	2020
10.	20200102322003	ARCHANA BS	2020
11.	20200102322004	VISHNUPRIYA R	2020
12.	20200102322005	ANNAPOORNA V	2020
13.	20200102322006	PRAVIN KUMAR G	2020
14.	20200102322008	INUL AMEENAL K	2020
15.	20200102322009	SRI RAMAN S	2020
16.	20200104322001	MONISHA G	2020
17.	20200104322002	PAVITHRA R	2020
18.	20200104322003	PUNNAGAI ARASI R	2020
19.	20200104322004	NISHA S	2020
20.	20200104322005	AARTHI S	2020
21.	20200104322006	LAKSHMI PRABHA J S	2020
22.	20200104322007	LAKSHMI PRIYA R	2020
23.	20200104322008	SREENIDHI S P	2020
24.	20200104322009	TEEBABRIAH M	2020
25.	20200104322010	VASANTHI A	2020



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26.	20200104322011	DIVYA BHARATHI M	2020
27.	20200104322012	JAYASREE J	2020
28.	20200104322013	LAVANYA A	2020
29.	20200104322014	HAMEPRIYA G	2020
30.	20200103322001	KALKI S	2020
31.	20200103322002	AJISHA L	2020
32.	20200103322003	LAVANYA M	2020
33.	20200103322004	AJEETHA R	2020
34.	20200103322005	ASONIYA V	2020
35.	20200103322006	THERESE JOSE J	2020
36.	20200103322007	ARTHI K	2020
37.	20200103322008	ANUSHA V	2020
38.	20200103322009	BAGIYALAKSHMI T	2020
39.	20200103322010	BAVANI V.E	2020
40.	20200103322011	THENDRAL G.B	2020
41.	20200103322012	SARITHA A	2020
42.	20200101322008	SANKARANARAYANAN K	2020
43.	20200101322009	SENTHILNATHAN V	2020
44.	20200111322001	HAJIRA BANU A	2020
45.	20200114322001	PARTHIBAN P	2020
46.	20200119322001	MOHAMED SAIFUDEEN SR	2020



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47.	20200119322002	VASANTHKUMAR A	2020
48.	20200119322003	RATHIKA S	2020
49.	20200119322004	SUNDARAPANDIAN S	2020
50.	20200119322005	SIVA R	2020
51.	20200119322006	JASMINE K A	2020
52.	20200122322001	ILANCHEZIAN S	2020
53.	20200119322007	SABU GURUKKAL C K	2020
54.	20200119322008	SAMEERA PULIKKAL	2020
55.	20200119322009	NAVAS N C	2020
56.	20200119322010	NOORA T	2020
57.	20200119322011	HANOONA E	2020
58.	20200119322012	FABITHA P R	2020
59.	20200119322013	MAMMED KUTTY T	2020
60.	20200119322014	ABBAS C A	2020
61.	20200116322001	DEVASHREE V	2020
62.	20200116322002	SUBASRI M	2020
63.	20200116322003	GEETHA G	2020
64.	20200116322004	MAHESH KUMAR K	2020
65.	20200116322005	LINGAKUMAR C	2020
66.	20200116322006	GAYTHRI R	2020
67.	20200102322007	AFROZE JAMIRA S	2020
68.	202020101322001	R. RAGAVAN	2020



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69.	202020103322001	BASKAR N	2020
70.	202020101322002	SANGAVI S	2020
71.	202020119322001	POORNIMA DEVI K K	2020
72.	202020125322001	NAVIN SIVA K	2020
73.	202020125322002	SANTHANA MARI P	2020
74.	202020116322001	KRISHNAN A	2020
75.	202020120322001	VIJI RANI CHANTHIRA RANI R	2020
76.	202020121322001	SOWBARNIKA K	2020
77.	202020116322002	KANIMOZHI S	2020
78.	202020101322003	NALAYINI DEVI K	2020
79.	202020102322001	PONNAMMAL V	2020
80.	202020102322002	DEVI G	2020
81.	202020103322002	KARTHIGA D	2020
82.	202110122322001	BAVADHARINI R	2021
83.	202110122322002	PRIYANKA R	2021
84.	202110122322003	PRIYADHARSHINI B	2021
85.	202110101322001	JAYANTHI P	2021
86.	202110101322002	AMIRTHAKADESH ABIRAM D	2021
87.	202110102322001	SASIKUMAR P	2021
88.	202110102322002	YAMINI K	2021
89.	202110116322001	PRAGADEESWARAN S	2021
90.	202110115322001	KARTHIKEYAN R	2021



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91.	202110115322002	MOHANJOTHI R	2021
92.	202110101322003	RITHICK RAYAN P	2021
93.	202110123322001	MOHAMED ABDUL QUADHIR A.S	2021
94.	202110121322001	GOKULNATH S	2021
95.	202110101322004	PRIYADARSHAN S	2021
96.	202110101322005	MARIYAM S	2021
97.	202110121322002	OVIYAPAVAI SA	2021
98.	202110121322003	SENTHAMIZHLSHELVI V	2021
99.	202110101322006	GOPU S	2021
100.	202110101322007	ANITHA A	2021
101.	202110121322004	NITHYA SHRI K	2021
102.	202110101322008	DHAMODHARAN N	2021
103.	202110101322009	MANJUNATH TULAJAPPANAVAR .	2021
104.	202110121322005	VIMAL RAJ K	2021
105.	202110101322010	FAZIL KHAN RAIS	2021
106.	202110102322003	THIRUMAGAL A A	2021
107.	202110101322011	SUBHASHREE OJHA N. N.	2021
108.	202110101322012	MADHANAGOPAL M	2021
109.	202110102322004	RAKSHAMBIGA A.K	2021



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56 - DIPLOMA IN YOGA FOR HUMAN EXCELLENCE

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200102325001	SURESH S	2020
2.	20200103325012	SHILPA S	2020

57 - DIPLOMA IN ADVENTURES SPORTS

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200102328001	TOOLAMALA GORLE	2020



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58 - DIPLOMA IN YOGA FOR YOUTH EMPOWERMENT

S.NO	REG NO	NAME OF THE STUDENT'S	YEAR
1.	20200101329001	RUDRAGOUDA PATIL RUDRAGOUDA PATIL MR	2020
2.	20200123329001	CHANDRAMOHAN R	2020
3.	20200123329002	NAGANATHINI M	2020
4.	20200123329003	MAHALAKSHMI N	2020
5.	20200123329004	MAHALAKSHMI N	2020
6.	20200123329005	SUBASINI A	2020
7.	20200123329006	MALARVIZHI K	2020
8.	20200123329007	SNEKA K	2020
9.	20200123329008	PARVATHI K	2020
10.	20200123329009	JANA ASHA L	2020
11.	20200123329010	KARTHIKAYENI S	2020
12.	20200123329011	MARIMUTHU M	2020
13.	20200123329012	MAHESWARI K	2020
14.	20200123329013	MENAKADEVI V	2020
15.	20200123329014	DHIVYA S	2020
16.	20200123329015	AKILANDESWARI M	2020
17.	20200123329016	ESWARI K	2020
18.	20200123329017	OVIKA N	2020



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19.	20200123329018	VALARMATHI R	2020
20.	20200123329019	KAVIPRIYA M	2020
21.	20200123329020	GAYATHRI S	2020
22.	20200123329021	RAMYA R	2020
23.	20200123329022	NARMATHA R	2020
24.	20200123329023	PRIYADHARSHINI V	2020
25.	20200123329024	ARUL SOWMIYA A	2020
26.	20200123329025	PAVATHARANI M	2020
27.	20200123329026	POOVIZHI G	2020
28.	20200123329027	KOTTAI SHAMI G	2020
29.	20200123329028	ABARNA P	2020
30.	20200123329029	MANIMEGALAI N	2020
31.	20200123329030	PANDEESWARI N	2020
32.	20200123329031	SHALINI R	2020
33.	20200123329032	SATHYA BHARATHI K	2020
34.	20200123329033	PRIYA C	2020
35.	20200123329034	SELSIYA A	2020
36.	20200123329035	PRAVEENA G	2020
37.	20200123329036	RAMACHANDRIKA P	2020
38.	20200123329037	SUBA M	2020
39.	20200123329038	MONISHA P	2020
40.	20200123329039	SURUTHI K	2020



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41.	20200123329040	THARANI K	2020
42.	20200123329041	SARANYA S	2020
43.	20200123329042	SUBASHINI M	2020
44.	20200123329043	NISMA BANU A	2020
45.	20200123329044	KANNATHAL T	2020
46.	20200123329045	VALLIMAYIL A	2020
47.	20200123329046	MANGUDI K	2020
48.	20200123329047	SELVAMANI G	2020
49.	20200123329048	LAKSHMI S	2020
50.	20200123329049	AKALYA N	2020
51.	202020101329001	ASHWATHAMAN T S	2020
52.	202020101329002	NAVEEN VENKATESH S	2020
53.	202020101329003	VIVEK S	2020
54.	202020101329004	SATHISH KUMAR K	2020
55.	202110124329001	NARAYANAN R	2021
56.	202110121329001	BAKIYALAKSHMI A	2021
57.	202110101329001	SURESH S	2021
58.	202110121329002	SAMBATHKUMAR R	2021
59.	202110121329003	STEPHEN RAJ S	2021
60.	202110121329004	MANOJ S	2021
61.	202110121329005	YOGESH. S	2021
62.	202110121329006	RANJITH.S	2021



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63.	202110121329007	SOMASUNDARAM N	2021
64.	202110121329008	MONIKA T	2021
65.	202110121329009	SIVASRI S	2021
66.	202110121329010	SRI NOWSIKA B	2021
67.	202110121329011	LOGESWARAN K. S	2021
68.	202110121329012	SURIYA R	2021
69.	202110121329013	PRASANNA C	2021
70.	202110121329014	UDHAYASRI.M	2021
71.	202110121329015	SANDHIYA R	2021
72.	202110121329016	DHARCHANA V	2021
73.	202110121329017	GOWTHAM V	2021
74.	202110121329018	AMRUTHANAND A	2021
75.	202110121329019	JAYA PRABHA R	2021
76.	202110121329020	LOGITH S	2021
77.	202110121329021	INDHUMATHI C	2021
78.	202110121329022	PAVITHRA K	2021
79.	202110121329023	MADHUMITHA P	2021



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59. DIPLOMA IN KOBUDO

DIPLOMA IN KOBUDO

Paper : 1 – Development of Kobudo

UNIT - I

HISTORY AND DEVELOPMENT OF KOBUDO

DEFINITION – HISTORY OF KOBUDO – ORIGIN OF KOBUDO –
ALTERNATIVE WEAPONS OF KOBUDO – GRADING SYSTEMS.

UNIT - II

BASIC TECHNIQUE OF KOBUDO

EXERCISE IN BO – SAI – TEKKO NUNCHAKKU – JODAN NUKE – GEDAN
UKE – MAWASHI BARAI – GEDAN UKE – JODAN UKE – AGAE UKE IN BO –
EXERCISE IN SAI – CHUDAN SUKI – JODAN SUKI – MORROTO JODAN
SUKI – MAWASHI UCHI – UCHI KOMI – KOSA UKE – EXERCISE IN
NUNCHAKKU – JODAN UKE – YAKO UKE – GEDAN UKE – CHUDAN UKE –
UCHI – GEDAN – CHUDAN – JODAN – TEKKO MOVEMENTS.

UNIT - III

PHYSICAL AND DACHI MOVEMENTS IN KOBUDO

HEISOKU DACHI – MUZUBI DACHI – FUDO DACHI – ZENKUTSU DACHI –
SEIKO DACHI – NEIKO DACHI – IPPON ASI DACHI – KOSA DACHI –
KOKUTSU DACHI.

UNIT - IV

FUNDAMENTAL MOVEMENTS OF KOBUDO

KIHANS IN BO – ICH BAN to JU BAN – SAI – ICH BAN to GO BAN –
NUNCHAKKU - ICH BAN to GO BAN.

UNIT - V

KOBUDO PHILOSOPHY – OBJECT OF BUDO – KEIKO – SHIAI – DOJO –
SENSAI - PROMOTING



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DIPLOMA IN KOBUDO

Paper : 2 – Theory of Martial Arts and Kobudo

THEORY OF MARTIAL ARTS

How Martial art act an Informal agency of social control

How the individuals develop the personality development through martial art practice

How Kobudo develop the physical and mental health

How to use day today used thing as Kobudo Weapons and practical life

Short Note of : **SAKUGAWA,**

Short Note of : **YABIKU MODEN,**

Short Note of : **SHINKEN TAIRA**

Short Note of : **ESSUKE AKAMINE**



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PRACTICAL

ALL UKE - BARAI - UCHI IN BO - SAI - NUNCHAKKU - TEKKO - BO - TAI -
BO - ICH BAN to GO BAN - BO - TAI - SAI - ICH BAN to GO BAN - BO - TAI
- NANCHAKKU - ICH BAN to GO BAN - KATA in BO - SAI - NUNCHAKKU -
TEKKO - BUNKAI in KATA'S.

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