



**Tamil Nadu Physical Education and Sports University,
Chennai**

(Accredited with "B" Grade by NAAC)

Invitation

Department of Sports Psychology & Sociology

Cordially invites you all for the

Workshop on

"அறுசுவை உணவும் ஆரோக்கியமும்"

(Arusuvai Unavum Arokiyamum)

On 28th August 2023 @ 11.00 a.m

Venue: Conference Hall, IInd Floor, Academic Block, TNPESU

Chief Guest



Dr. M.Sundar

Vice Chancellor

TNPESU

Keynote speaker



Dr.C.Manoj

Physiotherapist, TNPESU

Keynote speaker



Dr.P.K.Senthilkumar

Associate Professor & Head i/c,

Dept. of Exercise Physiology & Biomechanics,

TNPESU

Workshop Advisors

Dr.S.Prem Kumar, Professor

Dr.Shahin Ahmed, Professor

Workshop Convener

Dr.V.Mangaiyarkarasi

Professor & Head,

Dept. of Sports Management and Sports Psychology &

Sociology, TNPESU

Organizing Secretary

Dr.K.Kannadasan

Associate Professor,

Dept. of Sports Psychology & Sociology,

TNPESU

Workshop Coordinators

**Dr.V.Ramesh Kumar,
Assistant Professor**

**Dr.M.Lakshman Kumar,
Guest Lecturer**



Tamil Nadu Physical Education and Sports University, Chennai
(Accredited with "B" Grade by NAAC)

Department of Sports Psychology & Sociology

Date: 28.08.2023

Venue: 2nd Floor, Academic Block

Time: 11:00 am

Workshop on

"அறுசுவை உணவும் ஆரோக்கியமும்"

(Arusuvai Unavum Arokiyamum)

Programme Schedule

- 11:00 am** : **Prayer**
- 11:02 am** : **Lighting of Lamp**
- 11:05 am** : **Welcome Address - Dr. V.Mangaiyarkarasi**, Professor,
& Head, Dept. of Sports Mgmt and Sports Psychology & Sociology
- 11:10 am** : **Honouring the Guest**
- 11:15 am** : **Inaugural Address**
Dr. M.Sundar, Vice-Chancellor
Tamil Nadu Physical Education and Sports University, Chennai
- 11:30 am** : **Keynote Address (Session I)**
Dr.P.K.Senthilkumar
Associate Professor & Head i/c,
Department of Exercise Physiology & Biomechanics, TNPESU
- 12:15 am** : **Keynote Address (Session II)**
Dr.C.Manoj
Physiotherapist, University Health Centre, TNPESU
- 01:00 pm** : **Vote of Thanks - Dr.K.Kannadasan**, Assoc. Professor
Dept. of Sports Management and Sports Psychology & Sociology
- 01:05 pm** : **National Anthem**