



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

List of Programmes

S.No	Programme
1	Summer Coaching Camp in Kalaripayattu and Silambam at TNPESU
2	The TNPESU National Cadet Corps (ArmyWing) in Association with 1 TN BATTALION NCC conducted an extension activity "ANTI PLASTIC - CLEARANCE " on 11 th Aug 2023 at KEERAPAKKAM
3	TNPESU DEPT OF SPORTS PSYCHOLOGY AND SOCIOLOGY organizes Interdepartmental Competitions 2023 in commemoration of 77th Independence Day Celebrations on 14.08.2023.
4	TNPESU DEPT OF EXERCISE PHYSIOLOGY AND NUTRITION organizes ELOCUTION COMPETITION on the eve of Independence Day Celebrations on 14.08.2023
5	TNPESU NSS organizes TREE PLANTATION on the eve of 77th Independence Day Celebrations on 15.08.2023
6	TNPESU NSS organizes an Awareness program on World Mosquito day on 20.08.2023
7	TNPESU DEPT OF EXERCISE PHYSIOLOGY AND NUTRITION organizes NUTRIFEST'23 in commemoration of National Nutrition Week Celebration from 01.09.23 to 07.09.23.
8	TNPESU DEPT OF EXERCISE PHYSIOLOGY AND Nutrition is organizing an International Workshop on "The Emerging Trends in Sports Nutrition" in commemoration of the National Nutrition Week Celebration on 31.08.2023.
9	Glimpses of Industrial Visit to SCUBA Diving by Dept of Exercise Physiology Students on 25.08.2023
10	TNPESU LIBRARY organizes One day National Seminar on "Preparation Strategies Pertaining to Competitive Examinations in Physical Education" on 22.09.2023.
11	Glimpses of Teachers Day Celebrations at the Department of Sports Psychology and Sociology, TNPESU
12	TNPESU Dept of Sports Management, Sports Psychology & Sociology organized a Special Talk on "Mental Health is a Universal Human Right" in commemoration of World Mental Health Day'23 on 10.10.2023.
13	TNPESU Department of Physical Education and NCC 1 TN Battalion Chennai A Group organizes Mini Marathon 2023-2024 as an Awareness Drive for Vikshit Bharat @ 2047 on 20.12.2023.
14	Glimpses of Women's Day Celebration of Department of Exercise Physiology and Biomechanics on 08.03.2024.
15	TNPESU organizes INTERNATIONAL SHORT TERM TRAINING COURSE ON RESEARCH ORIENTED KALARIPAYATTU TECHNIQUES from 25th to 31st March 2024.



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16	TNPESU NCC & NSS jointly organized "Voting Awareness Program" through Special Speech, Oath-taking and Rally on 01.04.2024
18	TNPESU NCC and NSS jointly organises KARGIL VIJAY DIWAS 2024 CELEBRATION in honouring the brave soldiers who sacrificed their lives and triumphed in the Kargil War, their sacrifices inspire us to uphold courage and patriotism on 26.07.2024.



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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI 600127

SUMMER COACHING CAMP
KALARIPAYATTU & SILAMBAM

1ST to 31ST MAY 2024

REPORT

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI 600127



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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SUMMER COACHING CAMP KALARIPAYATTU & SILAMBAM

1ST to 31ST May 2024

REPORT

The second Annual Summer Camp in Traditional Kalaripayattu and Silambam conducted as an extension service for the benefits of neighborhood children during the period of 1st to 31st May 2024.

Dr.S. Thirumalai Kumar Professor and Head Department of Physical Education lead the camp as a Programme Director and Mr.P. Karthikeyan and Mr S. Sandeep Kumar served as Trainers for Traditional Kalaripayattu and Silambam respectively.

Around 62 students from our neighborhood participated and benefited from the camp.

The Valedictory function of the Summer Camp in Traditional Kalaripayattu and Silambam was held on 10th August 2024. Dr..M.Sundar Vice Chancellor and Dr. I. Lilly Pushpam graced the occasion. The staff members and parents witnessed the colorful demonstration of the summer camp participants.

- Encl: 1. Summer Camp Handouts
2. Valedictory function Invitation
3. Summer Camp Certificates – 62
4. Photos*



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The poster is for a Summer Coaching Camp at TNPUSE. It features a header with three logos: a traditional Kalaripayattu scene, the TNPUSE crest, and a 'SUMMER CAMP' logo with a sun and clouds. Below the logos, the university's name and address are listed. The main title 'SUMMER COACHING CAMP' is in large blue letters, followed by the age group 'Age: 6 to 18 (Boys & Girls)', the dates 'Date: 1st May 6th to 31st June 2023', and the time 'Time: 6:30am to 8:30am & 4:30pm to 6:30pm'. The two disciplines, 'Kalaripayattu' and 'Silambam', are listed in purple. Below each name is a photo: a white building for Kalaripayattu and an indoor training hall for Silambam. At the bottom, two photos show students practicing Kalaripayattu and Silambam. The venue is listed as 'TNPESU, Kalari & Silambam Training Center.'

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Melakottaiyur, Chennai - 600 127.

SUMMER COACHING CAMP
Age: 6 to 18 (Boys & Girls)
Date: 1st May 6th to 31st June 2023
Time: 6:30am to 8:30am & 4:30pm to 6:30pm

Kalaripayattu **Silambam**

Venue: TNPESU, Kalari & Silambam Training Center.



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SUMMER COACHING CAMP
Age: 6 to 18 (Boys & Girls)
Date: 1st May 6th to 31st June 2023
Time: 6:30am to 8:30am & 4:30pm to 6:30pm

Kalaripayattu & Silambam

CHIEF PATRON
Dr.M.SUNDAR
Vice – Chancellor
TNPESU

PATRON
Dr.R.RAMAKRISHNAN
Registrar i/c
TNPESU

PROGRAMME DIRECTOR
Dr.S.THIRUMALAI KUMAR
Professor in Physical Education & Head i/c
Department of Advanced Training and Coaching,
TNPESU

COORDINATORS

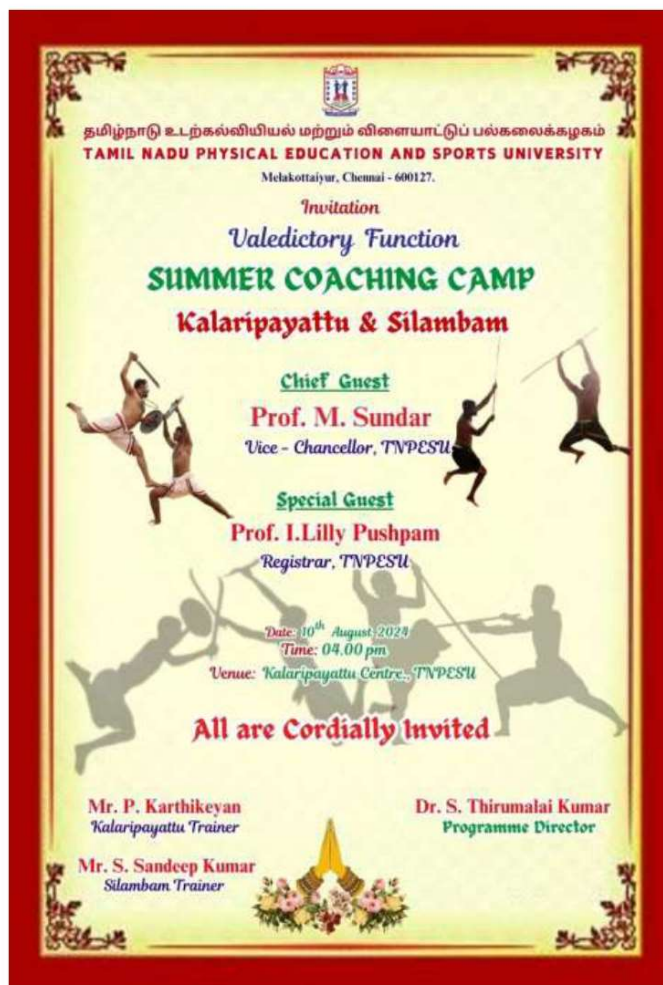
M.JOSEPHINE STENY Guest Lecturer ATC, TNPESU	Dr.T.ARUN PRASANNA Guest Lecturer ATC, TNPESU	Mr.E.ANBURAJ Guest Lecturer ATC, TNPESU
Mr.P.KARTHIKEYAN KALARIPAYATTU, TRAINER TNPESU	Mr.S.SANDEEP KUMAR SILAMBAM, TRAINER TNPESU	



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**TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY**
Melakottaiyur, Chennai – 600 127.

Invitation

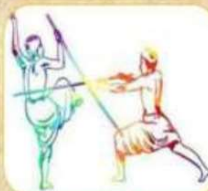


*Tamil Nadu Physical Education and Sports University Cordially Invites
Your August Presence for the Valedictory Ceremony of*

**SUMMER COACHING CAMP IN
KALARIPAYATTU AND SILAMBAM**

Date: 31.05.2023 Time: 3.30 pm
Venue: TNPESU- Traditional Kalari and Silambam Training Center

Dr.M.SUNDAR
Vice Chancellor, TNPESU
has kindly consented to be the Chief Guest and will deliver Valedictory Address

Dr.R.RAMAKRISHNAN
Registrar i/c, TNPESU
will felicitate the Function



Mr.P.KARTHIKEYAN
Kalaripayattu Trainer
Mr.S.SANDEEP KUMAR
Silambam Trainer
TNPESU- Traditional Kalari and
Silambam Training Center

Mr.E.ANBURAJ
Dr.T.ARUN PRASANNA
Ms.JOSEPHINE STENY
Guest Lecturers,
Dept. of Advanced Training
and Coaching, TNPESU

Dr.S.THIRUMALAI KUMAR
Programme Director
Professor in Physical Education
&
Head i/c,
Dept. of Advanced Training and
Coaching, TNPESU



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Melakottaiyur, Chennai - 600 127.



SUMMER COACHING CAMP

Age: 6 to 18 (Boys & Girls)

Date: 1st May 6th to 31st June 2023

Time: 6:30am to 8:30am & 4:30pm to 6:30pm

Kalaripayattu & Silambam

Summer Coaching in Kalaripayattu & Silambam was conducted during 1st May 6th to 31st June 2023. The camp was inaugurated by Dr.M.Sundar, Vice – Chancellor, TNPESU on 1st May 2023. The Programme_Director_Dr.S.Thirumalai Kumar explained the objective and purpose of the camp.

The beneficiaries of the summer camp were

S. No.	Event	No. of Participants
1	Kalaripayattu	20
2	Silambam	20

The camp participants were trained by Mr.P.Karthikeyan, Kalaripayattu, Trainer and Mr.S.Sandeep Kumar, Silambam, Trainer.

The valedictory function was held on 31st May 2023. Dr. R. Ramakrishnan, participated and gave the felicitation address. Dr.M.Sundar, Vice – Chancellor gave the valedictory address and distributed the certificates for the participants.

Dr.S.THIRUMALAI KUMAR
PROGRAMME DIRECTOR

Professor in Physical Education & Head i/c
Department of Advanced Training and Coaching,
TNPESU



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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI - 600127.

NATIONAL CADET CORPS

1 TAMILNADU BN NCC

REPORT OF THE EVENT

The TNPESU National Cadet Corps (ArmyWing) in Association with 1 TN BATTALION NCC conducted **an extension activity "ANTI PLASTIC - CLEARANCE "** on 11th Aug 2023 at KEERAPAKKAM.

All the participants in this Event along with Lt.Dr.S.JAYAKUMAR, Associate NCC officer and Public, Staff members students from various department participated in the **"ANTI PLASTIC - CLEARANCE "** to promote Anti Plastic of Society Neat and Clean .A oath was also taken by the participants.

Sl	Programme	LOCATION	ANO NAME	No of Beneficiaries	Date
1	An extension Programme- " ANTI PLASTIC - CLEARANCE "	KEERAPAKKAM	Lt.Dr.S.JAYAKUMAR	67	11 th AUG 2023





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KEERAPAKKAM BENEFECIARIES

1. Sundaram
2. Meenakshi
3. Ramanathan
4. Janaki
5. Krishnamurthy
6. Saraswathi
7. Subramanian
8. Kamala
9. Srinivasan
10. Padmavathi
11. Raghunathan
12. Rajalakshmi
13. Venkatesh
14. Parvathi
15. Govindarajan
16. Mangalam
17. Murugan
18. Lakshmi
19. Ranganathan
20. Annapurna
21. Chandrasekhar
22. Sumathi



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23. Ramachandran
24. Jayalakshmi
25. Sivaramakrishnan
26. Kasthuri
27. Balasubramanian
28. Gomathi
29. Ganesan
30. Radha
31. Narayanan
32. Vimala
33. Viswanathan
34. Kamakshi
35. Narasimhan
36. Kalpana
37. Venkataraman
38. Indira
39. Arumugam
40. Valli
41. Thyagarajan
42. Janardhanan
43. Thangam
44. Ramaswamy
45. Revathi
46. Kannan
47. Bhuvaneshwari
48. Sampath
49. Savitri
50. Sankaran
51. Kamatchi
52. Suresh
53. Anjali



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- 54. Ganapathy
- 55. Kamalam
- 56. Vasudevan
- 57. Padma
- 58. Mohan
- 59. Rajeswari
- 60. Madhavan
- 61. Shanthi
- 62. Aravindan
- 63. Anuradha
- 64. Shanmugam
- 65. Malathi
- 66. Venugopal
- 67. Devaki



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TABLE OF CONTENT

DATE	Activities for June 2022 to 2023
29.07.2022	Oratorical Competition On MY FAVOURITE FREEDOM FIGHTER - REPORT
05-09-2022	TEACHERS DAY PROGRAMME - REPORT
14-09-2022	REPORT ON ONE DAY WORKSHOP ON SCUBA DIVING
29-09-2022	REPORT ON ONE DAY WORKSHOP ON WORLD HEART DAY
14-10-2022	Oratorical Competition On Innovation In Sports Sciences “YOUTH AWAKENING DAY” CELEBRATION
01-03-2023 03-03-2023 08-03-2023	INTERNATIONAL WOMEN’S DAY CELEBRATION -2023 THEME: EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL, CULTURAL AND HEALTH STATUS.



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DATE: 29.07.2022

Time: 11:00 am- 1: 00 pm

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Melakottaiyur, Chennai- 600127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

Organized

Oratorical Competition

On

MY FAVOURITE FREEDOM FIGHTER - REPORT

“Azadi ka Amrit Mahotsav” programme

Celebrating National Spirits in the minds of youth and Unity and integrity of our great nation organized by Department of Exercise Physiology & Biomechanics, TNPESU, Chennai as part of 75th Indian Independence Day Celebration on 29th July, 2022.

Dr. P.K. Senthilkumar

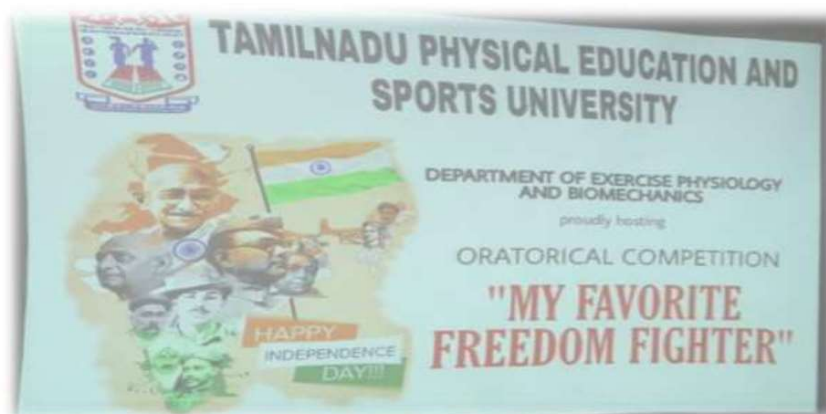
Associate Professor & Head
i/c Department of Exercise
Physiology & Biomechanics
Organizing Secretary

Dr. R. Ramakrishnan

Registrar i/c
Patron

Dr. M. Sundar

Vice Chancellor
Chief Patron





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OBJECTIVES:

- ✓ To offer students with an opportunity and a platform to share their favorite freedom fighters.
- ✓ To improve one's capacity for critical thought, attentive listening, and public speaking.
- ✓ To inspire and boost students' self-confidence
- ✓ To motivate students.

BENEFICIARIES: Staff and Students of the Department of Exercise Physiology and Biomechanics.

Total Number of Participants - 40

The Programme started at 11.00 am on 29-07-2022 with Tamil Thai Valzhthu followed by Dr. P.K. Senthilkumar, Associate Professor & Head i/c the organizing secretary of the Oratorical Competition welcomed the gathering and the Bharathiar song was performed by Dr. M. Grace Helina, Professor, EPN.



Dr. P.K. Senthilkumar, Associate Professor & Head i/c welcoming and honoring the gatherings



Dr. Grace Helina, Professor presenting a Bharathiar song

JUDGES LIST:

1. Dr. Grace Helina, Professor
2. Dr. P. Rajinikumar, Associate Professor
3. Dr. Rangarajan, Guest Lecturer



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A short motivating speech was given by Dr. P. Rajinikumar to the oratorical competitors and the students who were all present.

The Chairperson of the program Dr. Grace Helina highlighted a few points and guidelines of the oratorical competition and thus the competition was started.

COMPETITORS LIST:

Sl. no	Name	Course and Department	My Favorite Freedom Fighter
1	Madavi Sannil	M.Sc 2 nd year, Exercise Physiology & Biomechanics	Mahatma Gandhi
2	Alagu Vishalatchi. S	M.Sc 2 nd year, Exercise Physiology & Biomechanics	Sarojini Naidu
3	Pavithra	M.Sc 2 nd year, Exercise Physiology & Biomechanics	Kattobomman
4	Muthu Kumar	M.Sc 2 nd year, Exercise Physiology & Biomechanics	Subramania Bharati
5	Akash	M.Sc 2 nd year, Exercise Physiology & Biomechanics	Subhash Chandra Bose
6	Jai Gandhi	B.Sc 2 nd year, Exercise Physiology & Biomechanics	Mahatma Gandhi
7	Balaji	B.Sc 3 rd year, Exercise Physiology & Biomechanics	Netaji Subhas Chandra Bose
8	Madhumitha.S	B.Sc 3 rd year, Exercise Physiology & Biomechanics	Velu Nachiyar



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Before the announcement of the result Dr. Rangarajan, Guest Lecturer in Tamil gave feedback about the competition. In the meantime, Chairperson Dr. Grace Helina presented one more Bharathiar song. The result was declared by Madam Chairperson Dr. Grace Helina.



1st Prize was bagged by Madhumitha.S of
B.Sc 3rd year, Exercise Physiology &
Biomechanics



2nd Prize to Alagu Vishalatchi. S of
M.Sc 2nd year Exercise Physiology &
Biomechanics



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3rd Prize to Madavi Sannil and Pavithra of M. Sc 2nd year Exercise Physiology & Biomechanics

The program concluded with a vote of thanks by Madam chairperson Dr. Grace Helina.



Faculties from the Department of Exercise Physiology and Biomechanics



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Students from the Department of Exercise Physiology and Biomechanics



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**TAMIL NADU PHYSICAL
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MELAKOTTAIYUR, CHENNAI -127.

NSS

**75th INDEPENDENCE DAY
CELEBRATION**

**REPORTS
(2022-2023)**



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

(Estd. by the Govt. of Tamil Nadu under Act No.9 of 2005. A State Government University)

Website: www.tnpesu.org

Email: tnpesu@tnpesu.org

Phone : 044-27402621

Mobile : +91-9944557785

Vandalur- kelambakkam Road, Melakottaiyur (P.O.) Chennai – 600 127.

Dr.K.Rajeshkumar., B.Com., M.P.Ed., M.Phil., Ph.D.,
Assistant Professor cum NSS Program Officer

Date: 14/08/2022

To
The Registrar
Tamil Nadu Physical Education and Sports University
Chennai -600127

Respected Sir

SUB: Permission request for “75th Independence Day Celebration”
Program-Reg

I am by direction to inform that every year we are celebrating for
“Independence Day Celebration” at 15-08-2022. In this connection **National
Service Scheme** is going to organizing for “75th Independence Day Celebration”
programme at 15-08-2022 in our TNPESU campus Chennai. In this regard, I
requesting you to kindly give necessary permission to proceed further.

Program Schedule:

- ❖ Venue: TNPESU campus
- ❖ Date : 15-08-2023 (Time: 08.00am)
- ❖ Organized by - NSS

Thanking You

Yours Sincerely



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**TAMIL NADU PHYSICAL
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Mealakottaiyur, Chennai-127



NATIONAL SERVICE SCHEME **75th INDEPENDENCE DAY CELEBRATION**

Date & Time : 15/08/2022 @ 08.00am Venue : TNPESU campus

Chief Guest



Prof.M.SUNDAR

Vice- Chancellor

TNPESU

Organising Secretary



Dr.K.Rajeshkumar

Assistant Professor

NSS Programme Officer

TNPESU

75th INDEPENDENCE DAY CELEBRATION (15TH Aug 2022):



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Tamilnadu Physical Education and Sports University, our **Vice Chancellor Dr. M. Sundar**, along with our Registrar Dr. R. Ramakrishnan, Teaching Faculties with 150 NSS volunteers of and around 400 TNPESU students.

The 75th Independence day celebration was held in our university campus on 15th August 2022 . Dr.M.Sundar hoisted the National flag and delivered Independence day address . Standard operating procedures(SOP) issued by the Government of India were followed during the celebration.

TNPESU national flags were presented to the general public under the leadership of our university Vice-Chancellor Dr.M.Sundar and Registrar I/C Dr.R.Ramakrishnan.

Name of the University	TNPESU
Place of the Function	Admin block
No. of Staffs	40
No. of Volunteers Participated	300 students including 75 NSS volunteers

15.08.2022

Our University Vice – Chancellor started the programme



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15.08.2022



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15.08.2022



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15.08.2022



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15.08.2022



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2





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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-600127

Department of Exercise Physiology and Biomechanics

Cordially invite you all for

TEACHERS DAY PROGRAMME

Organized by the Students of II Year M.Sc Exercise Physiology and Biomechanics

at 11.30 am on 5th September 2022

Venue: Conference hall, 2nd floor of Academic Block

Dr.M.SUNDAR

Vice chancellor, TNPESU

has kindly consented to be the Chief Guest and will deliver the Teachers Day address

Dr.R.RAMAKRISHNAN

Registrar i/c , TNPESU

has kindly consented to give the felicitation address

Dr.P.K.SENTHIL KUMAR

M.Sc 2nd year Students

Dr.M.GRACE HELINA

Head i/c

Professor
Organizing Secretary

Department of Exercise Physiology and Biomechanics

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TEACHERS DAY PROGRAMME - REPORT

Organized by

Students of II Year M.Sc. Exercise Physiology and Biomechanics

Venue: Conference Hall, 2nd Floor, Academic Block

Date: 05-09-2022

Time: 11.30 am to 12.30 pm



**Dr. P.K Senthil Kumar
Head i/c**

**M.Sc. II year Students
Exercise Physiology
and Biomechanics**

**Dr. M. Grace Helina
Professor
Organizing Secretary**



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The M.Sc II year students of the Department of Exercise Physiology and Biomechanics organized the Teachers Day programme at 11:30 am on 5th September 2022 at the second floor of the conference hall of the Academic Building. The program began with Tamilthai Vazhthu and Mr. Mohamed Saifudeen of M.Sc. II Year Exercise Physiology & Nutrition welcomed the gathering. It's an Indian tradition to honor our guests on this special day, so the presentation of the shawls were taken place, to honor our Chief Guest Dr. M. Sundar the Vice Chancellor of Tamil Nadu Physical Education and Sports University Dr. M. Grace Helina, Professor and Organizing Secretary presented a shall, Dr. R. Ramakrishnan Registrar i/c was honored by Dr. P. K Senthil Kumar Head i/c, also Dr. P. K Senthil Kumar was honored by Mr. Surya of II year M.Sc student. The program continued with Felicitation Address by Dr. R. Ramakrishnan, Registrar i/c, TNPESU. After the felicitation address, a cake cutting took place. Followed by Students Speech Mr. Sanil, Exercise Physiology & Nutrition, and Mr. Vigneshwar, Sports Biomechanics & Kinesiology of M.Sc II Year. A beautiful dance was performed by Mr. Kevin, Sports Biomechanics & Kinesiology of M.Sc II Year. Again there was a Students Speech from Mr. Naveen, Exercise Physiology & Nutrition, and Ms. S. Madhumitha, Sports Biomechanics & Kinesiology of M.Sc II Year followed by a Dance performance from Ms. Logapriya, M.Sc II Year, Exercise Physiology & Nutrition. Our Chief Guest Dr. M. Sundar, the Vice Chancellor of Tamil Nadu Physical Education and Sports University, delivered a message on Teachers Day that enlightened the staff and students.

OBJECTIVES:

- 1. To encourage the students to enthusiastically participating and appreciating the untiring work of their faculty members.**
- 2. To motivate the students to become the future leaders.**



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BENEFICIARIES

Staff and Students of the Department of Exercise Physiology and Biomechanics.

Total number of Participants: 80

Presentation of Mementos

Students from the Department of Exercise Physiology and Biomechanics shown a modest token of appreciation to the faculty members for their dedicated service on this Very Special Day of Teacher's Day celebration.

There was a short speech of remarks by Dr. P.K Senthil Kumar Head i/c, Exercise Physiology, and Nutrition. Ms. Priyanka of M. Sc II year Sports Biomechanics & Kinesiology delivered a vote of thanks. The refreshments were served to all teachers and participants. The program was concluded with a National Anthem.



Mr. Mohamed Saifudeen of M.Sc II year welcoming the gathering



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Presentation of Shawl



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Mr. Sannil, Mr. Vigneshwara, Mr. Naveen and Ms. S. Madhumitha students from the department of Exercise Physiology and Biomechanics delivered a speech on Teacher's Day.



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Teacher's Day Programme the Chief Guest Dr. M. Sundar the Vice Chancellor of Tamil Nadu Physical Education and Sports University cut the cake.



The Vice Chancellor of the Tamil Nadu Physical Education and Sports University, Honorable Chief Guest Mr. M. Sundar, delivered the Teacher's Day message.



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Presentation of Mementos





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Dr. P.K Senthil Kumar Head i/c, Exercise Physiology, and Biomechanics , word of appreciation to all students as remarks.



Dr. M. Grace Helina, Professor, the Organizing Secretary, Dr. P.K. Senthil Kumar, Associate Professor, Head i/c, Dr. J. Anitha, the Statistician, Assistant Professor, Mr. Saran (Guest Lecturer), and others posed for pictures with M.Sc. II-year Students, Exercise Physiology and Biomechanics.

1 st year B. Sc		2 nd year B. Sc		3 rd year B. Sc	
Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Abin Aju	1	Abhinesh Kumar	1	G. Anarkali
2	Akash	2	Adithyam	2	B. Balaji
3	Arun Kumsr. R	3	Abinaya	3	R. Dhanalakshmi
4	Dhanush. S	4	Dhanalakshmi	4	R. Ishwarya
5	Dinesh. S	5	Monisha	5	M. Kalaikumar
6	Jegadeesh. A	6	Jai Gandhi	6	R. Madhavan
7	Khirubakaran. T	7	Suresh	7	A. Sanjay
8	Elgin S.S	8	vignesh	8	T. Tamil mari kumaran
9	Ligin	9	Ajay	9	N. Thanasamy
10	Lingeshwaran. M				
11	Marimuthu. T				

Students Attendance List:

Exercise Physiology and Nutrition



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12	Mohammed Baisudeen. M				
13	Saranya. S				
14	Susipandiyar. S				
15	Sreejesh				
16	Vimalraj. J				
17	Vishali. P				
1 st Year M. Sc		2nd Year M. Sc		Ph. D Scholars	
1	Anupriya A	1	Akash	1	Rosy Lunghar
2	Balajimuthiyalu. V.A	2	Alagu Vishalatchi	2	Niranjan
3	Beljin B	3	Kavibala Dhanavarshini	3	Stanly
4	Daniel Roophers. V	4	Logapriya		
5	Dhanalakshmi J	5	Thakshya		
6	Eva Beryl B	6	Thenmozhi		
7	Famitha Banu A	7	Pavithra		
8	Gokula Krishnan S	8	Surya		
9	Hemath Kumar J N	9	Satheesh Kanan		
10	Ishwarya R	10	Muthu Kumar		
11	Janartham T	11	Madhavi Sannil		
12	John Christopher Raj	12	Mohammed Saifudeen		
13	Meloshini L	13	Naveen Raj		
14	Ponkumar G	14	Ismayel		
15	Pratik Narayan Sahoo. P				
16	Praveen Kumar B				
17	Rajineeshwasran G				
18	Revathi S				
19	Rizwana Parveen AR				
20	Saktheeswari .S				
21	Sandhana Priya S				
22	Sandhiya L				
23	Santhiya A				
24	Subhash V				
25	Susheela Kuntumala				
26	Vignesh A				
27	Yamuna K				
28	Yogha Sagar .C				



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Sports Biomechanics and Kinesiology:

1 st year B. Sc		2 nd year B. Sc		3 rd year B. Sc	
Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Archunan.G	1	Aravind. S	1	Aakash. M
2	E.Balachandar (#)	2	Deepak Kumar E	2	Ajay. A
3	Janani.P	3	Deepak Raj. R	3	Devi Priya. G
4	Karuppasamy.D	4	Karthick. K	4	Dinesh Kumar. S
5	Naren.S	5	Kathiresan. G	5	Hemanandhan. R
6	Nalini. D	6	Kevin Ferdinand. J	6	Kamalesh. P
7	Nityanta Kumar. S.V	7	Meganathan. M	7	Lathishkar. B
8	Raghul.J	8	Nandha Kumar. R	8	Madhumitha. S
9	Ranjith Kumar.R	9	Rithish. K	9	Muthamizharasan. C
10	Satheesh.M	10	Sarathi. S	10	Sudharasan. S
11	Shalini.S	11	Sasikala. S		
12	Shyam.B	12	Suba Ashok. S		
13	Sridhar.B	13	Veslin Samuel. R		
14	Srimanth Krishna K.R				
15	Sivabalan. N				
16	Sujal.V (#)				
17	Thanalakshmi.A				
18	Thirumanjari.A.P				
19	Vignesh.R				
20	Vishnudharan.P				
1 st Year M.Sc		2 nd Year M.Sc			
1	Ajith Kumar. K	1	Arun. C		
2	Bishwath.B.P	2	Arunadevi. R		
3	Dinesh.M	3	Badhusa. B		
4	Felix Sanoosh.P.S	4	Durga. S		
5	Gokulesh.N	5	Ilayabharathi. R.M		
6	Hema.D	6	Jackson. A		
7	Ibrahim.M	7	Karthick. K		
8	Jagan.V	8	Kiran Yesuraj. R		
9	Jaya Ganesh.S	9	Nivedha. M		
10	Jamuna Sri.E	10	Preethi. R		
11	Midhun B Pillai	11	Priyanka Anie Kosle		
12	Madhan Kumar.R	12	Tamilselvan. P		
13	Pravin.S	13	Vigneshwar. K		
14	Sanchari Banerjee				
15	Santhosh.G				



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION





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Melakottaiyur, Chennai-127

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**REPORT ON
ONE DAY WORKSHOP ON SCUBA DIVING
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION REPORT
ON
ONE DAY WORKSHOP ON SCUBA DIVING**

INTRODUCTION:

The aim of this scuba diving workshop is to Inspire the Students about the Deep-Sea Recreational Diving, Underwater Rescue, maintaining a clean and pristine Ocean for future generations as oceans are the biggest regulator of weather The ocean absorbs about one-quarter of the CO₂ that humans create when we burn fossil.

OBJECTIVES

- To know the importance of Horizontal to reduce Drag, leg position , principles of breadth, leg position , head down and up.
- To understand the apparatus, decompression sickness, score table.

OUT COME

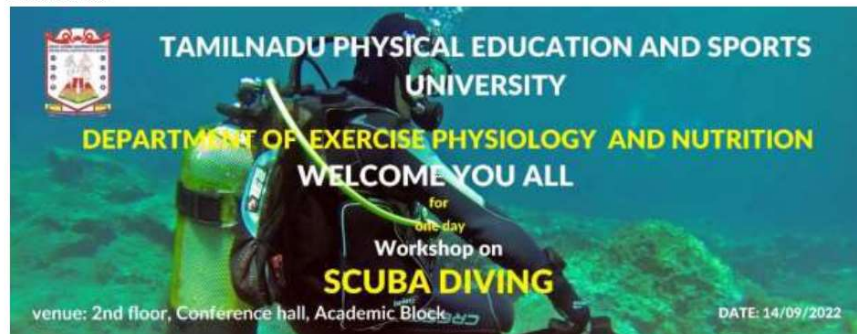
- Able to Dive within the limits of the Dive Computer.
- Should not touch anything in underwater
- Able to withstand the hydrostatic pressure.

BENEFICIARIES:

1. Staff of this University.
2. Students of various Departments.

Total Number of Participants : 200

BANNER





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INVITATION:



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI - 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

Cordially welcomes you all for the Inaugural function of one
day workshop on
'SCUBA DIVING'
(at the second floor of the conference hall of academic block)

Dr. R. RAMAKRISHNA
Registrar i/c, TNPESU

has kindly consented to deliver the Inaugural address at 10.15
am on 14/09/2022

ARAVIND THARUNSRI

Director of Temple Adventure, PADI Master Instructor, First
India PADI Adaptive Instructor, Disabled Drivers International
Instructor, Emergency First Response Instructor Trainer

Dr. P. K. SENTHIL KUMAR
HOD i/c, TNPESU

has kindly consented to deliver the key note address
and

Dr. M. GRACE HELINA

Professor & Organizing secretary
will deliver the Welcome address

Mr. KARNAN
(Guest Lecturer)

Dr. J. ANITHA
(Asst Prof. Statistics)

Dr. R. VENKATESAN
Associate Prof EPN



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BROCHURE:



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The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

ABOUT OUR DEPARTMENT

The Department of Exercise Physiology and Nutrition (EPN) combines study in exercise physiology, human nutrition, sports nutrition and biological sciences along with various sports training. Opportunities for research and applied, practical experiences are the core of the instructional methods for both undergraduate and Post graduate students.

MAIN OBJECTIVE OF THE SCUBA DIVING

workshop is to understand the knowledge of the apparatus, dive, breathing, underwater environment and decompression sickness

RESOURCE PERSON

Mr. ARAVIND THARUNSRI

Director of Temple Adventure, PADI
Master Instructor, First India PADI
Adaptive Instructor

Chief Patron

Dr. M. SUNDAR
Vice- Chancellor,
TNPESU

Patron

Dr. R. RAMAKRISHNAN
Registrar i/c,
TNPESU

Organising Secretary

Dr. M. GRACE HELINA
Professor, EPN
TNPESU

Members

Dr. P. K. SENTHIL KUMAR
HOD i/c EPN, TNPESU
Dr. R. VENKATESAN
Associate Prof., EPN, TNPESU
Dr. J. ANITHA
Asst Prof., Statistician, TNPESU
Mr. KARNAN
Guest Lecturer, TNPESU

contact

Dr. M. GRACE HELINA
Professor, EPN
TNPESU
Contact no: 9841832928
Email: gracenagarajan86@gmail

Tamilnadu Physical Education and Sports University

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ONE DAY WORKSHOP ON

"SCUBA DIVING"

14th September 2022



Organized by

DEPARTMENT OF EXERCISE PHYSIOLOGY
AND NUTRITION

TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
Melakottaiyur, Chennai 600 127.



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PROGRAMME REPORT



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON ONE DAY WORKSHOP ON WORLD HEART DAY

DATE: 29-09-2022

VENUE:

Administrative Building

WELCOME YOU ALL

The Inaugural function of the work shop started at 10.30 am on 14-09-2022 with Thamizh Vazhthu. Dr. M. Grace Helina the Organizing Secretary of the workshop welcomed the Gathering. The Inaugural Address was delivered by Dr. R. Ramakrishnan the Registrar i/c followed by the Key Note Address which was delivered by Dr. P.K. Senthil Kumar HOD i/c of the Department.

Mr. Aravind Tharunsri Director Temple tower and the PADI Master instructor handled the sessions on SCUBA Diving He enlightened about the apparatus with demo and the pressure of water decompression sickness etc., followed by the interactions by the participants.

During the Valedictory function the welcome address was delivered by Dr. R. Venkatesan, Associate Professor .The response from the participants was recorded and the valedictory address was delivered by the Vice- Chancellor, TNPESU. The vote of thanks was proposed by Dr. J. Anitha, Asst. Professor and the programme was end with National Anthem.



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GLIMPSES

INAUGURAL FUNCTION:





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VALIDITARY FUNCTION





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CERTIFICATE:



ATTENDANCE

1 st year B. Sc		2 nd year B. Sc		3 rd year B. Sc	
Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Abin Aju	1	Abhinesh Kumar	1	G. Anarkali
2	Akash	2	Adithyam	2	B. Balaji
3	Arun Kumar. R	3	Abinaya	3	R. Dhanalakshmi
4	Dhanush. S	4	Dhanalakshmi	4	R. Ishwarya
5	Dinesh. S	5	Monisha	5	M. Kalaikumar
6	Jegadeesh. A	6	Jai Gandhi	6	R. Madhavan
7	Khirubakaran. T	7	Suresh	7	A. Sanjay
8	Elgin. S. S	8	Vignesh	8	T. Tamil mari kumaran



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9	Ligin	9	Ajay	9	N. Thanasamy
10	Lingeshwaran. M				
11	Marimuthu. T				
12	Mohammed Baisudeen. M				
13	Saranya. S				
14	Susipandiyar. S				
15	Sreejesh				
16	Vimalraj. J				
17	Vishali. P				
1st Year M. Sc		2nd Year M. Sc		Ph. D Scholars	
1	Anupriya A	1	Akash	1	Rosy Lunghar
2	Balajimuthiyalu. V.A	2	Alagu Vishalatchi	2	Niranjana
3	Beljin B	3	Kavibala Dhanavarshini	3	Stanly
4	Daniel Roophers. V	4	Logapriya		
5	Dhanalakshmi J	5	Thakshya		
6	Eva Beryl B	6	Thenmozhi		
7	Famitha Banu A	7	Pavithra		
8	Gokula Krishnan S	8	Surya		
9	Hemath Kumar J.N	9	Satheesh Kanan		
10	Ishwarya R	10	Muthu Kumar		
11	Janartham T	11	Madhavi Sannil		



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12	John Christopher Raj	12	Mohammed Saifudeen		
----	----------------------	----	--------------------	--	--

13	Meloshini L	13	Naveen Raj		
14	Ponkumar G	14	Ismayel		
15	Pratik Narayan Sahoo. P				
16	Praveen Kumar B				
17	Rajineeshwasran G				
18	Revathi S				
19	Rizwana Parveen AR				
20	Saktheeswari .S				
21	Sandhana Priya S				
22	Sandhiya L				
23	Santhiya A				
24	Subhash V				
25	Susheela Kuntumala				
26	Vignesh A				
27	Yamuna K				
28	Yogha Sagar .C				

1 st year MBA		2 nd year MBA		3 rd year BBA	
Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Dhanush R	1	Amala Raaj KL	1	Ahaz Raj I



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2	Dhanraj Sawanth V	2	AnanthaRaj K	2	Arthi I
3	Dhilipkumar E	3	Astha choupy	3	Kanagasri K

4	Dinesh V	4	Ashwathi S	4	Karthick Raj R
5	Jayasurya M	5	Azhagappan V	5	Murugesan K
6	Karthik raja L	6	Chiramjeevi S	6	Nanthakumar A
7	Naveen scaria	7	Deepan M	7	Naveen Narayanan M
8	Pragadeeswaran K	8	DhanaJayam	8	Nerkige Poof T
9	Prakash M	9	Divyabharathi	9	Shoban Babu S
10	Praveen Kumar K	10	Gokul RT	10	Tamilarasan L
11	Prethivirajn M	11	Karthigeyan R	11	Vasanth Kumar V
12	Rohitraj M	12	Kaviyarasu E	12	Venkatesan R
13	Shaurya Sharma	13	Kiruba karan V	13	Yukesh D
14	Sivaramakrishnan H	14	Livingstan A	Sl 1	2nd Year BBA
15	Sourav Manna	15	Mohamed Prince M	1	Deepak P
16	Vengatesan K	16	Mohandass M	3	Dravid dhasan B
17	Vijay M	17	Naveenraj	4	Hariharan P
18	Vijay Kumar M	18	Naveen S	5	Jai Ganesh K
19	Vipul Satheesan	19	Raseena Iqbal	6	Kameshwaran B
20	Priyadharshini S	20	Sagnik Kishore Mukerjee	7	Logeshwaran M
21	Soupayan Sen	21	Sagnik Nandi	8	Madhan S
22	Prabhu R	22	Sam David A	9	Mohanraj S



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		23	Sathish Kumar M	10	Muruga N
		24	Sayed Ahmed Buhary	11	Prasanna R
		25	Sivaneshwaran P	12	Priya Dharshini GM
		26	Vikram A S		



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RESOURCE PERSON PROFILE

PROFILE OF **S. B. ARAVIND THARUNSRI** ,sbaravind10@gmail.com
9003122231

TECHNICAL PROFESSIONAL QUALIFICATION

- PADI master Instructor – 2006
- PADI Adaptive techniques – 2018
- PADI Free Diver Instructor – 2016
- DDI Disabled Diver International -2016 • First Aid Instructor Trainer – 2016
- Scuba Pro Technician – 2012 • TDI Diver – 2011
- NIS Swimmers – 2008 • MSC Fitness – 2006
- PGDSC Tennis – 2004
- Volley Ball (Nationals, State and youth) SGFI - 1993 to 1997

RECENT PROJECT HISTORY .

- Founder of Temple Adventures and East coast water sports pvt Ltd – 2007
- TNPA – Direct DSPs & Customs dive training
- Coastal Security Group and inland Military Dive Training
- Forest department dive Training
- SIGMA marine Police dive Training • Fisheries department dive training • Fire service dive training
- Wildlife institute of India dive training / Dugong Project
- CMFRI – Reef building Projects / conservation projects and island survey of corals
- Airforce dive training, suryalanka-2016

INVOLVEMENTS

- CG Dornier-791 Aircraft search – 2015
- Marine vessel search and recovery operation-2015
- Salvaged more than 50+ Boats and Engines
- Participated in panel discussion 2nd National Conference on “coastal security imperatives in India – challenges and responses -2017

SOCIAL ACTIVITIES

- Flood Rescue – 2015
- Underwater Cleanup's
- Public awareness program's about Plastic pollution, Shore and underwater cleanup's, Conservation, Artificial reef and Kid's program



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EXTRA-CURRICULAR ACTIVITIES



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- Certify sky diver 2019
- Certify paraglider from 2008
- Fitness instructor
- India Sri Lanka swimming 2018

COMMITTEE FOR PREPARING BROCHURE, INVITATION , BANNER AND CERTIFICATE- Staff Incharge Dr. M. Grace Helina, Professor.

1. Ms. Thakshaya M.Sc II Year
2. Mr. Mohammed Saifudeen M.Sc II Year
3. Ms. Sakthi Vishalakshi M.Sc II Year
4. Mr. Muthu Kumar

COMMITTEE FOR REFRESHMENT– Staff Incharge Dr. J. Anitha, Asst. Professor.

1. Akash M.Sc II Year
2. Ms. Dhanalakshmi B. Sc III Year
3. Ms. Ishwarya B.Sc. III Year

COMMITTEE FOR CERTIFICATE WRITING AND DISTRIBUTION - Staff in charge Dr. M. Grace Helina, Professor.

1. Ms. Pavithra M.Sc II Year
2. Mrs. Ramya M.Sc II Year
3. Ms. Logapriya M.Sc II Year

PHOTOGATHY

1. Mr. Satheesh, M.Sc II Year.
2. Mr. Muthu, M.Sc II Year



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Chennai -127

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DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON

WORLD HEART DAY



Y



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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON ONE DAY WORKSHOP ON WORLD HEART DAY

INTRODUCTION:

The Department of Exercise Physiology and Nutrition has organized one day Work Shop on “WORLD HEART DAY” ON 29-09-2022 at the Corridor of the Administrative Building Exclusively for the Teaching and Administrative staff . The Inaugural function started at 11 am with Thamiltai Vazhthu followed by welcome address delivered by Dr. M. Grace Helina the Programme Director and Professor. The Felicitation address was delivered by Dr. R. Ramakrishnan Registrar i/c., TNPESU and he Inaugural Address was delivered by Dr. M. Sundaram the Vice- Chancellor of TNPESU.

The World Heart Day work shop was conducted in four different forms namely,

1. inauguration and speech by resource person cum chief guest
2. Signature Campaign
3. Measurement of Parameters on Body Composition and Physiological.
4. Students presentation

OBJECTIVES

To improve awareness, prevention and management of CVD among the teaching, administrative staff and students of Tamil Nadu Physical Education and Sports University.

OUT COME OF THE PROGRAMME

- To improve health,
- To quit smoking,
- To involve in exercise and
- To eat healthy.

TOTAL NUMBER OF PARTICIPANTS – Teaching, Administrative staff and students **150**

BENEFICIARIES – Teaching & Non Teaching Staff and Students.




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INVITATION:



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

Cordially Invite you all for
one day Workshop on
"WORLD HEART DAY"
(HAVE YOU EVER THOUGHT OF YOUR PUMPING SYSTEM?)

Dr. M. SUNDAR
Vice-Chancellor, TNPESU
has kindly consented to deliver the Inaugural Address
at 11.00am on 29/09/2022

Dr. R. RAMAKRISHNAN
Registrar i/c, TNPESU
has kindly consented to deliver the Felicitation Address

Dr. NANDAKUMAR
Managing Director, Kathir Memorial Hospital
has kindly consented to deliver the Keynote Address

ORGANISING SECRETARIES
Dr. P. K. SENTHIL KUMAR
HOD i/c, Associate Professor
Dr. R. VENKATESAN
Associate Professor
Dr. J. ANITHA
Assistant Professor

PROGRAMME DIRECTOR
Dr. M. GRACE HELINA
Professor



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BROUCHER



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The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

ABOUT OUR DEPARTMENT

The Department of Exercise Physiology and Nutrition (EPN) combines study in exercise physiology/human nutrition, sports nutrition and biological sciences along with various sports training. Opportunities for research and applied, practical experiences are the core of the instructional methods for both undergraduate and Post graduate students.

MAIN OBJECTIVE OF THE WORLD HEART DAY WORKSHOP

To improve the awareness, Prevention and management of CVD among the teaching faculty, administrative staff and students of Tamilnadu Physical Education and Sports University

the world heart day workshop will be conducted in four different forms. 1. speech by doctor Nundakumar 2. signature campaign 3. measurement of parameter on body composition and physiological 4. students presentation

We also conducted body composition assessment and counseled to promote Healthy Heart

We also conducted signature campaign

SPEAKER

Dr. NANDAKUMAR, MBBS,DFM,FEM
Managing Director, Kathir Memorial Hospital

Chief Patron

Dr. M. SUNDAR
Vice- Chancellor,
TNPESU

Patron

Dr. R. RAMAKRISHNAN
Registrar i/c,
TNPESU

Programme Director

Dr. M. GRACE HELINA
Professor, EPN
TNPESU

Organising Secretaries

Dr. P. K. SENTHIL KUMAR
HOD i/c EPN., TNPESU
Dr. R. VENKATESAN
Associate Prof., EPN, TNPESU
Dr. J. ANITHA
Asst Prof., Statistician, TNPESU

contact

Dr. M. GRACE HELINA
Professor, EPN
TNPESU
Contact no: 9841832928
Email: gracenagarajan86@gmail

Tamilnadu Physical Education and Sports University

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ONE DAY WORKSHOP ON

"WORLD HEART DAY"

29th September 2022



Organized by

DEPARTMENT OF EXERCISE PHYSIOLOGY
AND NUTRITION

TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
Melakottaiyur, Chennai 600 127.



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Melakottaiyur, Chennai-127

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PROGRAMME REPORT

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON ONE DAY WORKSHOP ON WORLD HEART DAY

DATE: 29-09-2022

VENUE: Administrative

Building WELCOME YOU ALL

The Department of Exercise Physiology and Nutrition has organized one day Work Shop on “WORLD HEART DAY” ON 29-09-2022 at the Corridor of the Administrative Building Exclusively for the Teaching and Administrative staff . The Inaugural function started at 11 am with Thamiltai Vazhthu followed by welcome address delivered by Dr. M. Grace Helina the Programme Director and Professor. The Felicitation address was delivered by Dr. R. Ramakrishnan Registrar i/c., TNPESU and he Inaugural Address was delivered by Dr. M. Sundaram the Vice- Chancellor of TNPESU.

Dr. Nanda Kumar Managing Director of Kathir Memorial Hospital Kandigai has delivered on importance of Heart Health, importance of diet and exercise to protect heart as Key Note address followed by Signature Campaign . The Guests and participants of the workshop have signed inside the heart on the Banner. This event took place under the leadership of Dr. J. Anitha one of the Organizing Secretary of the work shop.

The cardiopulmonary variables and Body Composition assessments were done by the Department Students with the help of Dr. P.K. Senthil Kumar one of the Organizing Secretary of the programme to the Participants. From 2.30 to 5.00 pm the student's presentations were held at the Conference hall of the second floor of Academic Block under the leadership of Dr. R. Venkatesan one of the Organizing Secretary of the work shop. The vote of thanks was proposed by Dr. P.K. Senthil Kumar the HOD i/c of the Department followed by National Anthem. The refreshments were served to all the participants.

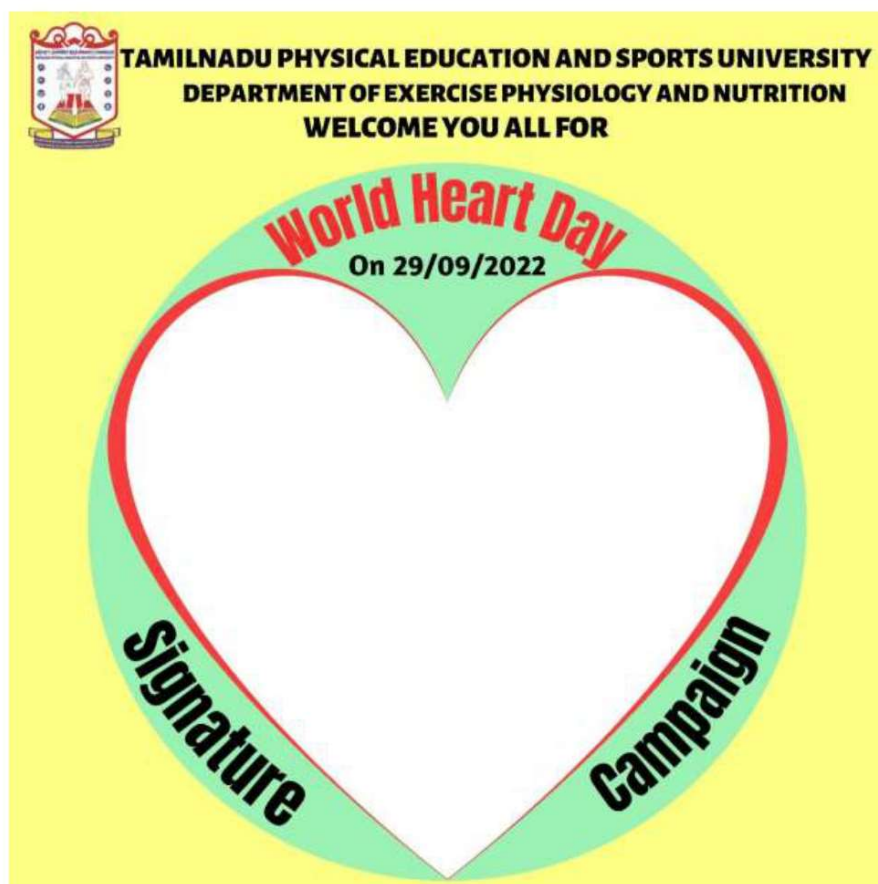


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BANNER:





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GLIMPSES





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MEASUREMENTS





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SIGNATURE CAMPAIGN





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Profile of the Chief Guest:

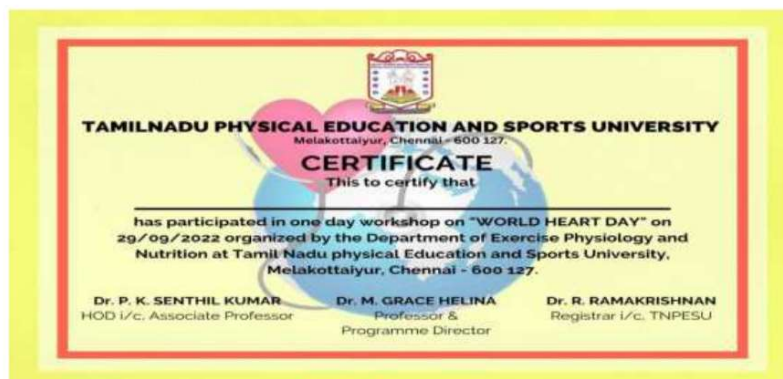


Name Dr. Nandakumar, MBBS., DFM., FEM

Managing Director

Kathir Memorial Hospital, Melakottaiyur.

CERTIFICATE:



VARIOUS COMMITTEES

COMMITTEE FOR PREPARING BROCHURE, INVITATION , BANNER AND
CERTIFICATE- Staff Incharge Dr. M. Grace Helina

1. Ms. Thakshaya M.Sc II Year
2. Mr. Mohammed Saifudeen M.Sc II Year
3. Ms. Sakthi Vishalakshi M.Sc II Year
4. Mr. Muthu Kumar



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**COMMITTEE FOR REFRESHMENT AND SIGNATURE CAMPAIGN – Staff Incharge
Dr. J. Anitha, Asst. Professor.**

- 1. Akash M.Sc II Year**
- 2. Ms. Dhanalakshmi B. Sc III Year**
- 3. Ms. Ishwarya B.Sc. III Year**

**COMMITTEE FOR CERTIFICATE WRITING AND DISTRIBUTION Staff Incharge
Dr. M. Grace Helina, Professor.**

- 1. Ms. Pavithra M.Sc II Year**
- 2. Mrs. Ramya M.Sc II Year**
- 3. Ms. Logapriya M.Sc II Year**

**COMMITTEE FOR MEASURING PARAMETERS – Staff Incharge Dr. P. K. Senthil
Kumar, HOD i/c, Asso. Professor.**

- 1. Ms. Thakshaya M.Sc II Year**
- 2. Ms. Pavithra M.Sc II Year**
- 3. Mr. Muthu Kumar**
- 4. Mr. Mohammed Saifudeen M.Sc II Year**

STUDENTS PRESENTATION – Staff Incharge Dr. R. Venkatesan, Asso. Professor

- 1. Ms. Sameetha M.Sc I Year**
- 2. Mr. Daniel M.Sc I Year**
- 3. Mr. Pratik M.Sc I Year**
- 4. Mr. GokulaKrishnan M.Sc I Year**
- 5. Ms. Dhanalakshmi M.Sc I Year**
- 6. Mr. Subash M.Sc I Year**
- 7. Ms. Rizwana M.Sc I Year**
- 8. Ms. Pavithra M.Sc II Year**
- 9. Ms. Sakthi Vishalakshi M.Sc II Year**

PHOTOGRAPHY

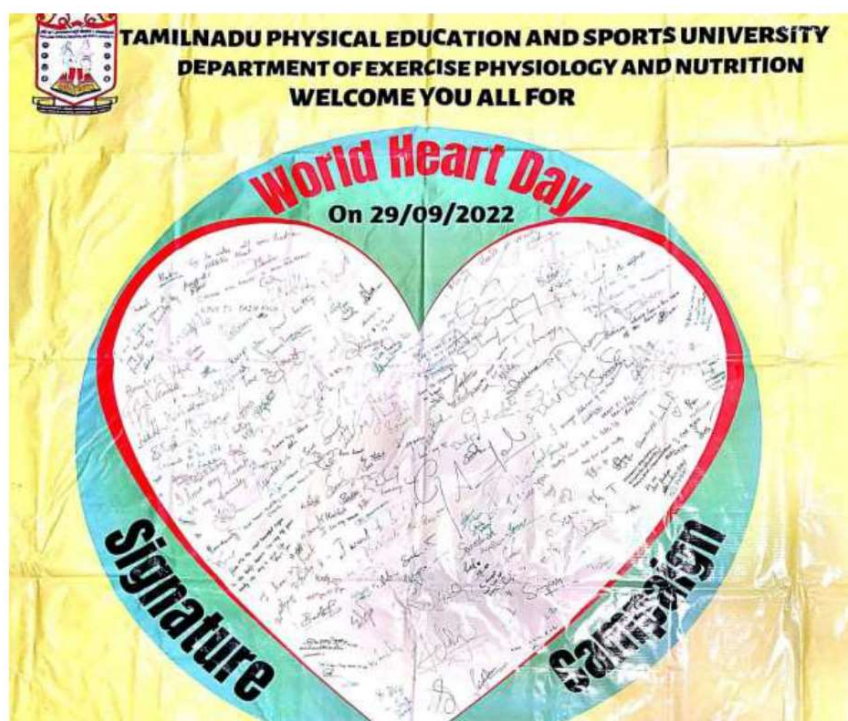
- 1. Mr. Sathish M.Sc II year**



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Melakottaiyur, Chennai-127

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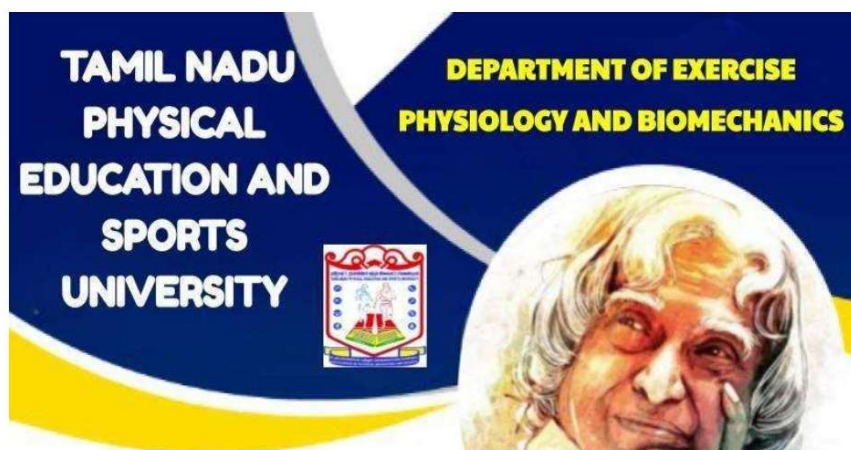




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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT
KEY INDICATOR – 6.5.2



Oratorical Competition
on

Innovations in Sports Sciences

"Youth Awakening Day" Celebration

in commemoration of birthday of Former President of India
Dr.A.P.J.Abdul Kalam organized by Department of Exercise Physiology
& Biomechanics, TNPESU, Chennai at 11am on 14th October, 2022.

Dr.M.Grace Helina
Dr.R.Venkatesan
Dr.P.Rajini Kumar
Dr.J.Anitha
Program Coordinator

Dr. P.K.Senthilkumar
Assoc Prof & Head I/c
Organizing Secretary

Dr. R.Ramakrishnan
Registrar i/c
Patron

Dr. M.Sundar
Vice Chancellor
Chief Patron



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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INAUGURAL FUNCTION

OBJECTIVES:

- ✓ To give students a chance and a platform to celebrate and commemorate the birth of Dr. A.P.J. Abdul Kalam, a former Indian president who is a shining example of how to live a fulfilling life.
- ✓ To educate students on the value and benefits of "Innovations in Sports Sciences,"
- ✓ To bolster their self-confidence, and motivate them

The Programme began at 11.30 am on 14th October 2022 with Tamil Thai Vazhthu followed by Dr. P.K. Senthilkumar, Associate Professor & Head i/c the organizing secretary of the Oratorical Competition welcomed the gathering. Inaugural address was given by Dr. D. Sathiakumar, Director of Distance Education, TNPESU.



Dr. P.K. Senthilkumar, Associate Professor & Head i/c, the organizing secretary of the Oratorical Competition Programme welcomed the gathering



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Dr. D. Sathiakumar, Director of Distance Education, TNPESU addressing the inaugural function

The programme was continued with the oratorical competition on the topic “Innovations in Sports Sciences”. Our department observes a celebration in honour of Dr. A.P.J. Abdul Kalam, a former president of India, on this Youth Awakening Day. From first-year B.Sc. to second-year M.Sc. students in the department of Exercise Physiology and Biomechanics totally 36 individuals competed.

JUDGES LIST:

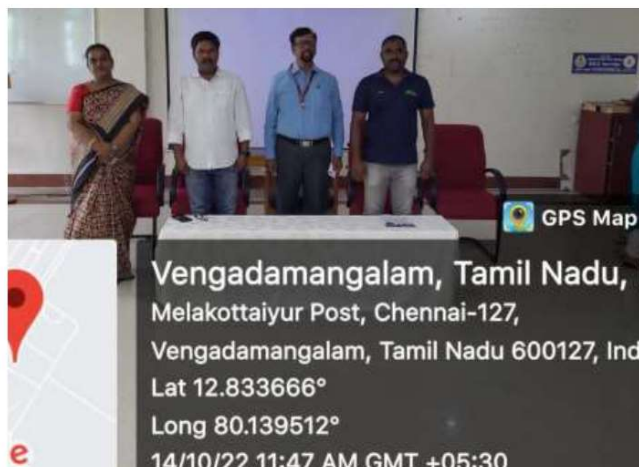
4. Dr. P. Rajinikumar, Associate Professor
5. Dr. J. Anitha, Assistant Professor
6. Dr. Rangarajan, Guest Lecturer



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Before the competition began, the judges posed for a picture.

BENEFICIARIES: Students of the Department of Exercise Physiology and Biomechanics.

Total number of participants:

COMPETITORS LIST:

sl.no	Name	sl.no	Name
1	S.V Nityanta Kumar	19	G. Santhosh
2	Rithish	20	Arun. C
3	Nandha Kumar	21	Arund. Devi. R
4	Kevin	22	Badhusha. B. B
5	Meganathan .N	23	Durga. S
6	M. Aakash	24	Vigneshwar. K
7	A. Ajay	25	Preethi. R
8	G. Devi Priya	26	Ilaya. Bharathi. M
9	S. Dinesh Kumar	27	Priyanka Anie Kosie
10	R. Hemanandhan	28	Karthick. K
11	P. Kamalesh	29	Jackson. A
12	B. Lathiskar	30	Mohammed Saifudeen

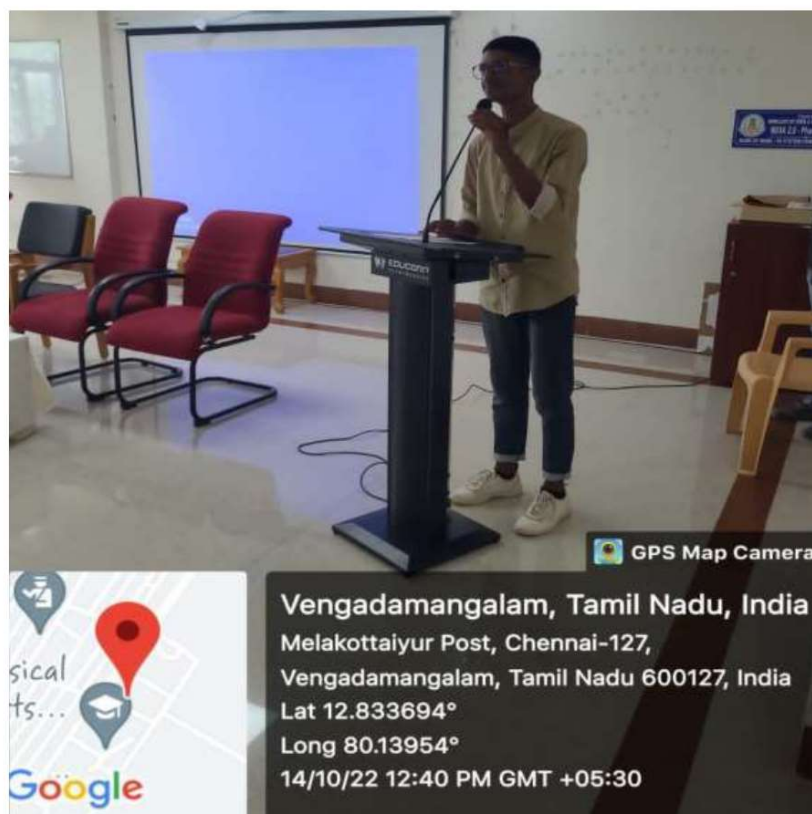


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13	S. Mudhumitha	31	Lingeshwaran
14	C. Muthamilarasan	32	Daniel
15	S. Sudharsan	33	John Cristopher
16	Midhun. B. Pihai	34	Subash
17	N. Gokulesh	35	Premila
18	D. Hena	36	Rizwana



A glimpse of students participating in the oratorical competition



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VALEDICTORY FUNCTION

The organizing secretary of the Oratorical Competition and Dr. P.K. Senthilkumar, Associate Professor welcomed the gathering during the valedictory ceremony. The valedictory address was delivered by our distinguished chief guest, Dr. M. Sundar, Vice - Chancellor of Tamil Nadu Physical Education and Sports University, and the certificates were distributed to the winners. The programme was successfully concluded with a vote of thanks by Dr. R. Venkatesan, Associate Professor, EPN.



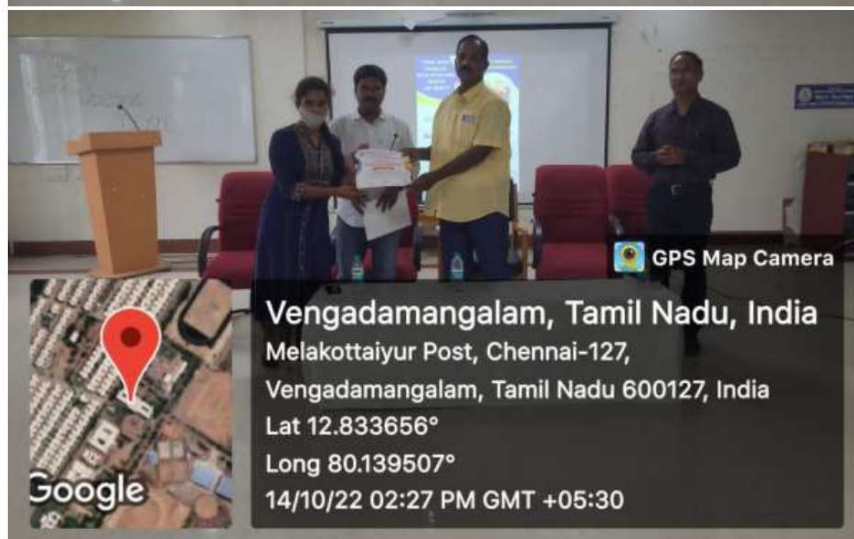
Chief Guest, Dr. M. Sundar, vice chancellor of the Tamil Nadu Physical Education and Sports University delivered a valedictory address.



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Our Chief Guest, Dr. M. Sundar, vice chancellor of the Tamil Nadu Physical Education and Sports University distributed the certificates to the students.



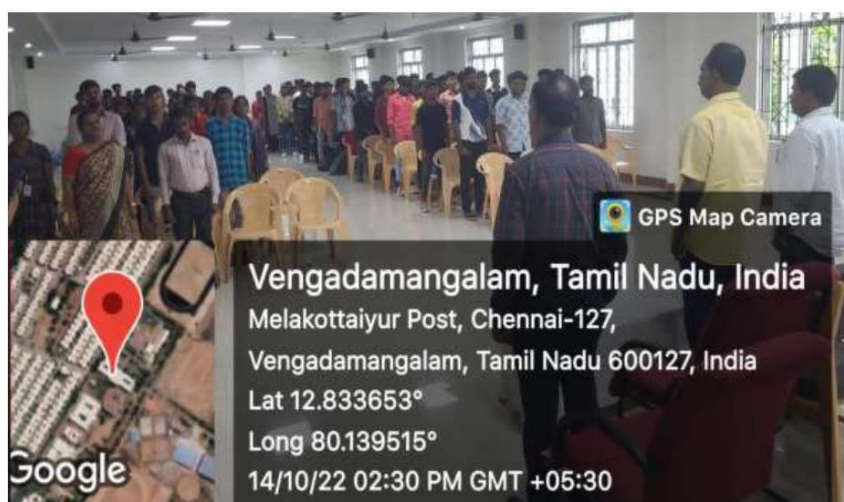
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Dr. R. Venkatesan, an associate professor, gave a speech in appreciation as the programme concluded.



The programme concluded with a National Anthem

Participants Name list:



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1 st year B. Sc		2 nd year B. Sc		3 rd year B. Sc	
Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Abhinesh Kumar	1	G. Anarkali	1	L. Aravind
2	Adithyam	2	B. Balaji	2	G. Balamurugan
3	Abinaya	3	R. Dhanalakshmi	3	B. Beljin
4	Dhanalakshmi	4	R. Ishwarya	4	J. Dhanalakshmi
5	Monisha	5	M. Kalaikumar	5	P. Divya
6	Jai Gandhi	6	R. Madhavan	6	S. Divya
7	Suresh	7	A. Sanjay	7	Helen Michael J
8	vignesh	8	T. Tamil mari kumaran	8	J N Hemanth Kumar
9	Ajay	9	N. Thanasamy	9	R. Ishwarya
		10	V. Vishwa	10	N Jayasakthi
1 st Year M. Sc		Ph. D Scholars		11	C. Lalitha
				12	G. Ponkumar
1	Akash	1	Rosy Lunghar	13	Pratik Narayan Sahoo
2	Alagu Vishalatchi	2	Niranjan	14	B. Praveen Kumar
3	Kavibala Dhanavarshini	3	Stanly	15	R. Rajesh
4	Logapriya			16	G. Rajineeshwaran
5	Thakshya			17	S. Saktheeswaeri
6	Thenmozhi			18	S. Sandhana Priya
7	Pavithra			19	L. Sandhiya



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8	Surya			20	D. Vigneshwari
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9	Satheesh Kanan			21	Yogha Sagar
10	Muthu Kumar				
11	Madhavi Sannil				
12	Mohammed Saifudeen				
13	Naveen Raj				
14	Ismayel				

Dr. P.K. Senthilkumar
Associate Professor
Head in charge

Dr. M. Grace Helina
Organizing secretary



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KEY INDICATOR – 6.5.2

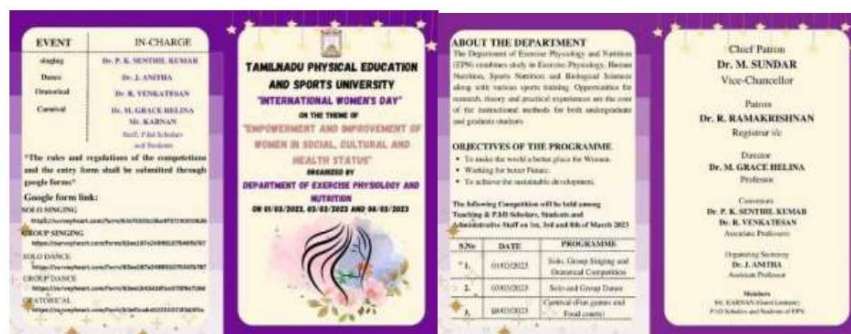
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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY- MELAKOTTAIYUR - 600127.

INTERNATIONAL WOMEN'S DAY CELEBRATION -2023

THEME: EMPOWERMENT AND IMPROVEMENT OF WOMEN IN

SOCIAL, CULTURAL AND HEALTH STATUS.

SINGING COMPETITION

DATE : 1st March, 2023

VENUE: 2nd floor, Conference Hall, Academic Block.

SOLO SINGING:

PARTICIPANTS	DEPARTMENT
1. AARTHI	YOGA MSC
2. VISHALI	EPN BSC
3. MUTHARASI	BPED
4. MARIYAMMAL	BPED
5. ISMAYIL	EPN MSC
6. SHAKTHI	MSC EPN



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7. GOKUL	MBA
8. DR. ANGELPRIYA	STAFF
9. HEMA	BSC SPORTS COACHING
10. HARINI	MBA
11. RAMESH	BSC SPORTS COACHING
12. RAFI	BPED
13. SUBASH	MSC EPN
14. SANDHIYA	MSC EPN
15. GOPI	BPED

GROUP SINGING:

1. FAMITHA,RIZWANA PARVEEN, ANUPRIYA	EPN MSC
2. SAIFUDEEN, SURIYA, PRIYA, ISMAYIL	EPN MSC
3. JAYANTHI, VALLI	STAFF
4. VICTORIA, SHANTHI	STAFF

WINNERS (SOLO SINGING)

1. ISMAYIL MSC EPN
2. GOKUL - MBA
3. MARIYAMMAL-BPED

WINNERS (GROUP SINGING)

1. FAMITHA, RIZWANA, ANUPRIYA – MSC EPN

SAIFUDEEN, SURIYA, PRIYA, ISMAYIL – MSC EPN

3. JAYANTHI, VALLI - STAFF

ORATOTICAL COMPETITION:

DATE : 1ST March, 2023

VENUE: 2nd floor Conference Hall, Academic Block.

PARTICIPANTS	DEPARTMENT
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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

1. ASTA CHOUBEY	MBA
2. LAVANYA	BSC YOGA

3. PRIYA	BSC YOGA
4. GOMATHI	BBA
5. RASEENA	MBA
6. NIVETHA	MSC BIOMECHANICS
7. DURGA	BSC BIOMECHANICS
8. MADHUMITHA	MSC BIOMECHANICS
9. FELIX	BSC BIOMECH
10. HEMA	BSC BIOMECH
11. AJAI	MSC PSYCHOLOGY
12. LANISHKAR	MBA
13. KEVIN	BSC BIOMECH
14. PRIYADHARSHINI	MBA
15. MAHALAKSHMI	BPED

WINNERS:

1. ASTA CHOUBEY -MBA
2. MADHUMITHA- MSC BIOMECHANICS
3. KEVIN- BSC BIOMECHANICS

DANCE COMPETITION

DATE : 3rd March 2023

VENUE: 2nd floor Conference Hall, Academic Block.

SOLO DANCE

PARTICIPANTS	DEPARTMENT
1. SUSHMITHA	MSC YOGA
2. SHANMUGA PRIYA	MSC YOGA
3. SATHYA	BSC SPORTS COACHING
4. DEEPIKA	BPED
5. JEEVAN	BSC SPORTS COACHING
6. STANLEY	BPED
7. SATISH	MBA
8. KISHORE	YOGA
9. REKHA	MBA
10. FARIDA	BSC EPN



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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

GROUP DANCE:

1. R. EZHILOVIYA, R. RITHISHA, M, DHAARANI, M. AARTHI, R. DEEPIKA, R. THARMIKA, S. SELVA, SUNDHARI, MEGALA	BPED
2. AARTHI, RAMYA, SARIGA, DIVYASRI, KOMALA, VINITHA, SUSHMITHA	MSC YOGA
3. SHANMUGA PRIYA, R.PRIYA, LEEZA, SUSHMITHA, LOGESHWARI	MSC YOGA
4. GOKUL, KIRUBANANDHAN, SEGAN, SANTHOSH, GOKULNATH, HEMACHANDRAN	BSC YOGA
5. NERKIGE POOF, SARAN SNOWPHANA	MBA
6. SACHIN CHARLES, MATHU SUTHANAN, HARIINDHAR, SEENU, JANARTHANAN, ANBU, TAMIZHAGAN, NITHISH, HARISH	BSC SPORTS COACHING
7. SRINATH, GOWTHAM, SURYA PRASAD, THENNARASU, YOKESH, SACHIN	BSC SPORTS COACHING
8. THOMAS, MARIYA DOSS, BALACHANDAR, MADHAN, KARTHIKEYAN, KAVIN	MSC BIOMECHANICS
9. AJITH KUMAR, IBRAHIM, MADHAN KUMAR, AAKASH, NANDHA KUMAR, RITHISH, DHOLKAPPIYAR	BSC BIOMECHANICS
10. NIVETHA, JAMUNA, DEVI, THIRUMANJARI, SHALINI, THANALAKSHMI, NALINI	BPED
11. AJAI AND TEAM	MSC PSYCHOLOGY

WINNERS SOLO DANCE:

1. KEVIN – BIOMECHANICS
2. SUSHMITHA – YOGA
3. SATHIYA – SPORTS COACHING

GROUP DANCE:

1. AJAI AND TEAM – MSC PSYCHOLOGY
2. SRINATH AND TEAM – SPORTS COACHING
3. IBRAHIM AND TEAM – MSC BIOMECHANICS



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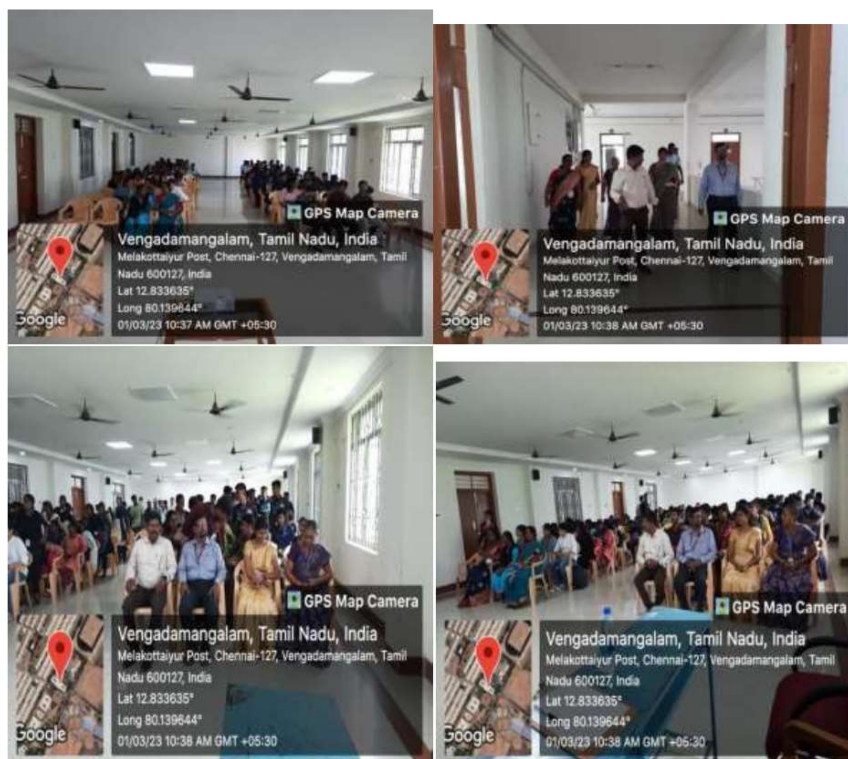
Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

Tamil Nadu Physical Education and Sports University

International Women's Day Celebration

Theme: Empowerment and Improvement of women in Social Cultural and Health Status



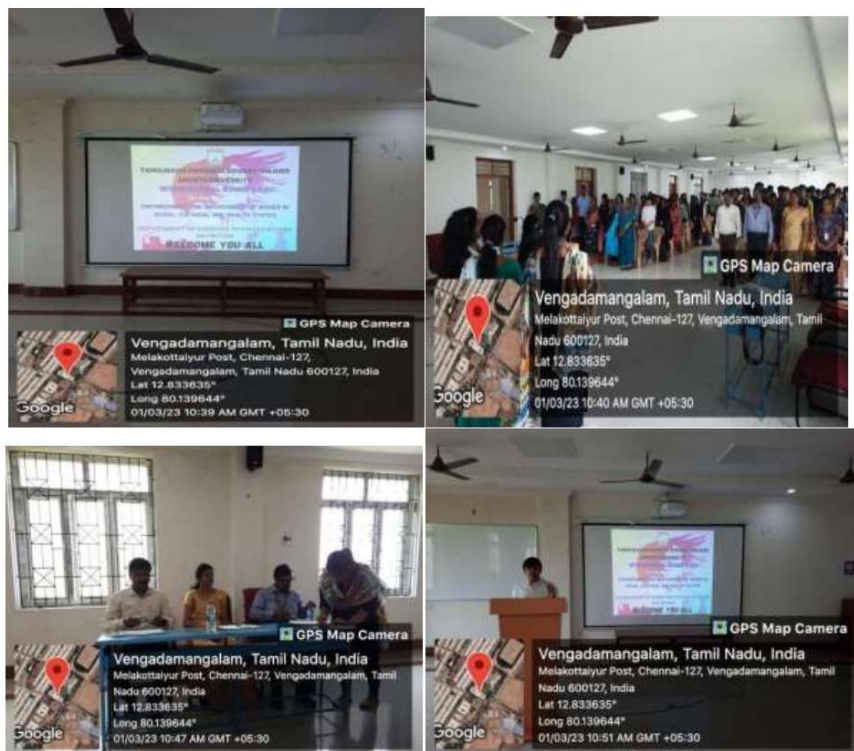
Day 1 Theme Singing and Oratorical Competition on 1st March 2023



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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



Judges (Dr. P.K Senthil Kumar, DR.D.SATHIAKUMAR, and K. Saranya Devi) Judging the Singing Competition.



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



Judges (Dr. Grace Helina, Dr. V.Ramesh Kumar, and S. Rajeshwari) Judging the Oratorical Competition



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

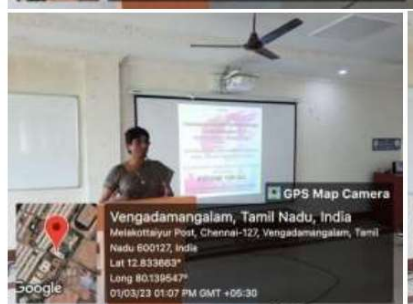
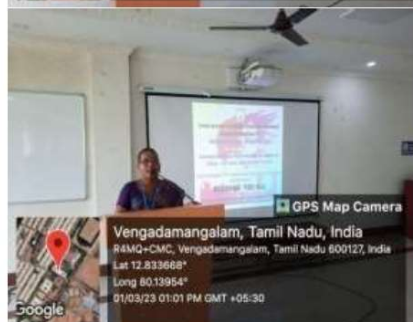




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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

DAY 2 SOLO AND GROUP DANCE COMPETITION ON 03/03/2023



Judges: (Dr. V. Mangaiyarkarasi, Dr. K.Kannadasan, and Dr. J.Anitha) Judging the Dancing Competition





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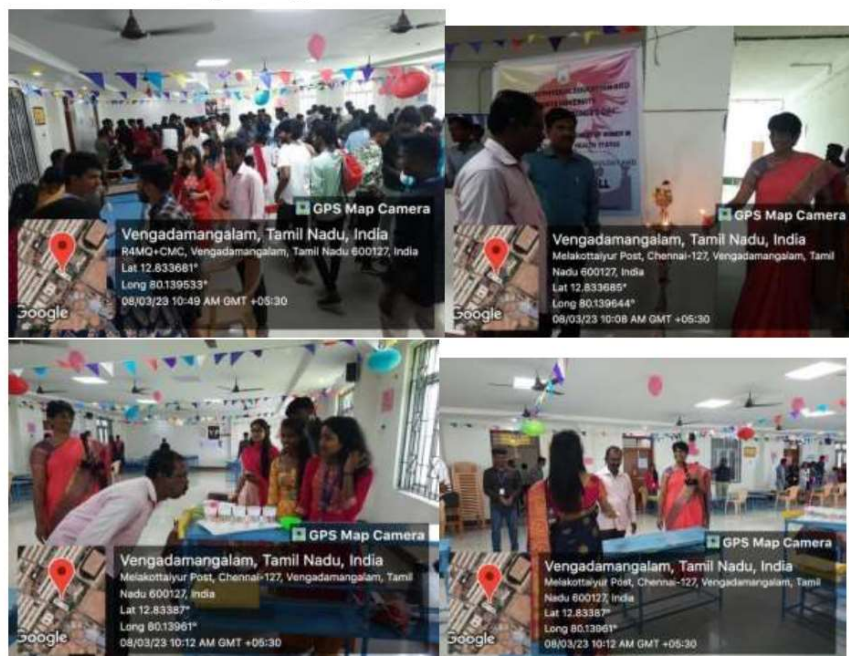


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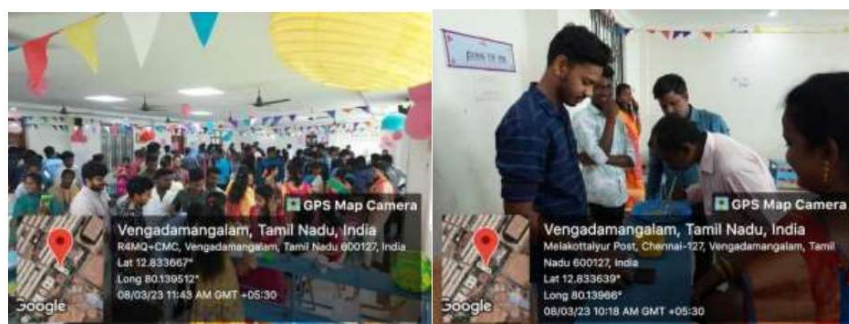
Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

Day 3 Inauguration of Carnival on 8th March 2023



Finance Officer Mr. R. RAMESH Experiences all the Fun Games





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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

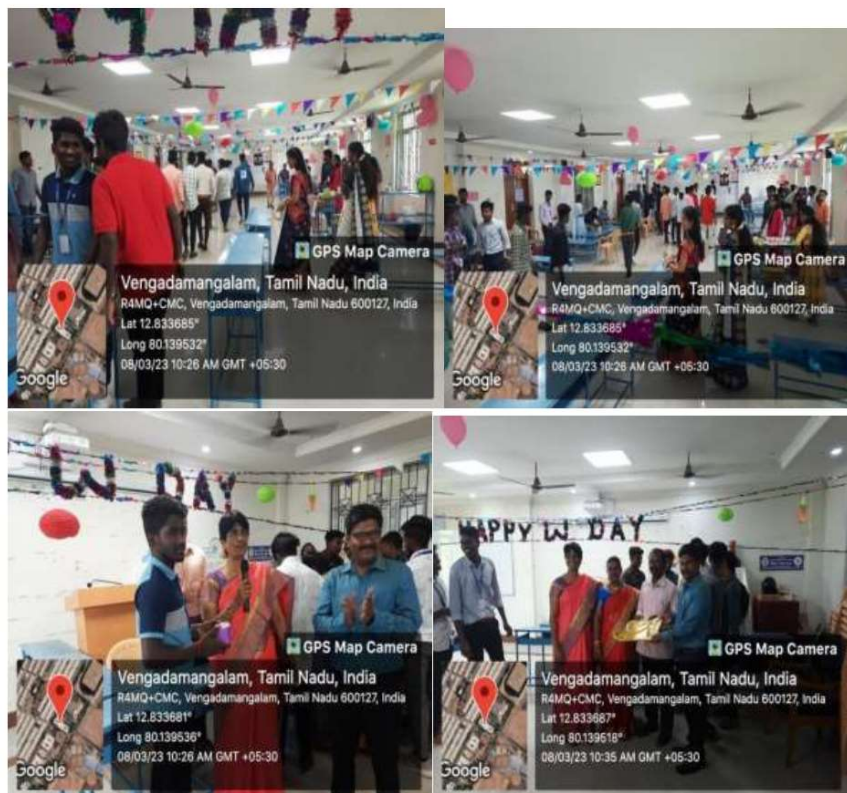




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Tambola Prize Distribution Closing Function

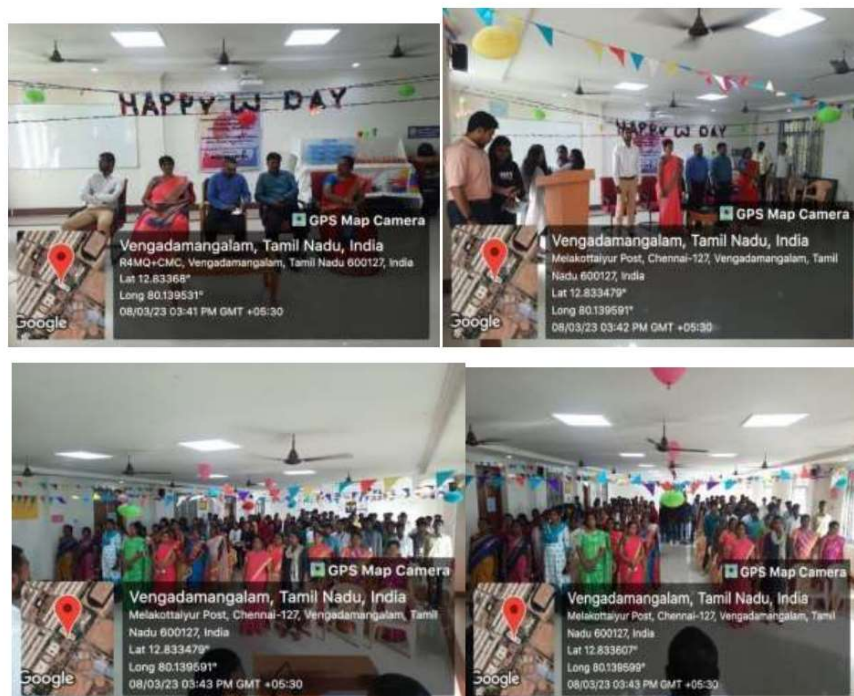


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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

Valedictory Function and Prize Distribution Ceremony



Prize Distribution office staff and Guest Lecturer





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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

Singing and Oratorical Competition Winners





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Solo And Group Dance Winners





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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

INTERNATIONAL WOMEN'S DAY - 2023
ORGANIZED BY DEPARTMENT OF EXERCISE PHYSIOLOGY
AND NUTRITION.

CARNIVAL ON 08/03/2023 (FUN GAMES)

PARTICIPANTS LIST.

S.NO	NAME / CLASS	SIGN
1.	K. Kanagaraj III BBA Sports Management	K. Kanagaraj
2.	I. ARTHI II-BBA Sports management	I. Arthi
3.	R. Ishwarya III - BSc EPN	R. Ishwarya
4.	R. Dhanalakshmi "	R. Dhanalakshmi
5.	G. Anarkali "	G. Anarkali
6.	B. THIARSA II nd M.Sc EPN	B. Thiarsa
7.	S. PANITHRA II nd BSc EPN	S. Panithra
8.	AKAGU VISHALACHI.S II EPN M.Sc	Akagu Vishalachi.S
9.	RASEENA IQBAL - MBA-II nd	Raseena Iqbal
10.	ASTHA CHOUBEY - MBA-II nd	Astha Choubey
11.	ASWATHI.S - MBA-II nd	Aswathi.S
12.	R. Loganpriya II nd MSc EPN	R. Loganpriya
13.	M. Komala II M.Sc Yoga	M. Komala
14.	Susmita Modak III BSc Yoga	Susmita Modak
15.	A. Bhavani II MSc Yoga	A. Bhavani
16.	Shabana - A II nd MSc psychology	Shabana - A
17.	Vijitha.C "	Vijitha.C
18.	Aishwari Balachandran "	Aishwari Balachandran
19.	Sonu. K.S "	Sonu. K.S
20.	Sinda.Vp "	Sinda.Vp
25.	SAM DAVID.A "	Sam David.A



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

S.NO	NAME /CLASS	SIGN
1.	V.G DEVIKA DEV - II Hsc Psychology.	
2.	R. ARUNADEVI - MSc II nd yr Sports Biomech	R. Arunadevi
3.	M. NIVEDHA - MSc I yr Sports Biomechanics	Nivedha
4.	S. DURGA - MSc I yr Sports Biomechanics	S. Durga
5.	Barthusha - MSc II year Sports Biomechanics	
6.	Reethi MSc II yr Sports Biomechanics	R. Reethi
7.	Vigneshwar MSc II yr Sports Biomechanics	Vigneshwar
8.	K. Murugesan III BBA - SM	K. Murugesan
9.	D. DHANUSH KUMAR - III BSC	Dhanush Kumar
10.	A. GOWTHAM - III BSC	G
11.	B. DYSON - III BSC	B
12.	Y. KESHA.D - IV BBA	
13.	S. SOBAN BABU - III BBA	S. Soban
14.	L. TAMILASASAN - III BBA	L. Tamilasasan
15.	Akshay Raj.I - IV BBA	Akshay
16.	F. BIREN KUMAR - III BSC	
17.	Tamil Selvan. M.Sc II nd Biomechanics	Tamil Selvan



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

S.NO	NAME / CLASS	SIGN
1.	N. Sachin Charles / BSc sports coaching III rd yr	N. Sachin Charles
2.	Priyanka / Hsc Sports Psychology	Priyanka
3.	B. Prem Kumar / BSc sports Coaching III rd year	B. Prem Kumar
4.	P. NITHISH / BSc sports coaching III rd year	P. Nithish
5.	M. INBARASU / BSc Sports Coaching III rd year	M. Inbarasu
6.	M. Manikandan "	M. Manikandan
7.	T. SATHISH "	T. Sathish
8.	S. DAKSH "	S. Daksh
9.	B. SATHYA PRAKASH / BSc SPORTS COACHING III rd YEAR	B. Sathya Prakash
10.	MR RAMAR / BSc SPORTS COACHING III rd YEAR	Mr. Ramar
11.	M. LIRAIANBU "	M. Liraiambu
12.	I. JENIN AILASH / B.Sc SPORTS COACHING III rd YEAR	I. Jenin Ailash
13.	V. HAREESH / (B.Sc SPORTS COACHING) III rd year	V. Hareesh
14.	K. SESATHI. / (BSc SPORTS COACHING) III rd Year	K. Sesathi.
15.	JANAGIRAMAN R / (BSc SPORTS COACHING) III rd year	J. Nair



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

S-NO	NAME / CLASS	SIGN
16.	D. Prasanth Bsc (sports coaching - IV)	D. Prasanth
17.	M. Seenu B.Sc (Sports coaching - III)	M. Seenu
18.	P. SUBHINI B.Sc (Sports Coaching) III	P. Subhini
19.	B. Dinesh B.Sc (Sports Coaching) II nd year	B. Dinesh
20.	G. S. Harindhar B.Sc (Sports Coaching) II nd year	G. S. Harindhar
21.	K. Dinesh Kumar B.Sc (Sports Coaching) II nd year	K. Dinesh Kumar
22.	M. Tamizharshagan B.Sc (Sports Coaching) III rd year	M. Tamizharshagan
23.	M. Janarthanan B.Sc Sports coaching II nd year	M. Janarthanan



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

S.NO	NAME / CLASS	SIGN
1.	AJAY KUNAR.R. MSc.SPORTS PSYCHOLOGY AND SOCIOLOGY II	11/04/2023
2.	RAGHAV KRISHNA MSc.SPORTS PSYCHOLOGY I	
3.	GOKUL KRISHNAN.R "	
4.	BALAJI.B BSc EPN III	
5.	Thanasamy.N "	
6.	Mahavan.R "	
7.	G. Bhuvanesh M.Tech Sports Tech I	
8.	S. Sudhasan B.Sc Biomech -III	
9.	M. Akash B.Sc Biomechanics -III	
10.	C. Mothamizharavan B.Sc Biomechanics -III	
12.	V. Prabhakaran B.Sc. yoga III	
13.	E. PRAKASH B.Sc YOGA III	
14.	L.KARTHIK M.Sc. yoga therapy II	
15.	A. SANTAY B.Sc. Physiotherapy, Nutrition	
16.	T. Tamil Marai Kumaran B.Sc (EPN) -III	
17.	M. KALAI GUMAR B.Sc " "	
18.	R. HEMANANDHAN III rd year B.Sc. Sports Biomech	
19.	LATHISH KAR.B II nd year B.Sc. Sports Biomech	
20.	S. DINESHKUMAR III rd year B.Sc. Sports Biomechanics	
21.	B. GIRIDHARAN III rd BSc YOGA	
22.	K.R. GOPAL KRISHNAN II nd MSc yoga-therapy	
23.	MOHAN DOSS .M. II M.B.A (SM)	
24.	ANANTHARAJ.K " "	
25.	SAM DAVID.A " " "	



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

(Est'd. by the Govt. of Tamil Nadu under Act No.9 of 2005. A State Government University)

Website: www.tnpsu.ac.in

Phone : 044-27402621

Email: tnpsunsspo@gmail.com

Mobile : +91-9944557785

Vandalur - Kelambakkam Road, Melakottaiyur (P.O.) Chennai - 600 127.

Dr.K.Rajeshkumar., B.Com., M.P.Ed., M.Phil., Ph.D.,
Assistant Professor cum NSS Program Officer

To

The Registrar

Tamil Nadu Physical Education and Sports University
Chennai -600127

Respected Sir

SUB: Permission request for Independence Day celebration program

Program-Reg

I am by direction to inform that we are planning to organize 77th Independence day celebration in this regard we are going to do for "Tree Plantation" on 14-08-2023 at 10.00am. Also International Youth Day (Mini Marathon) is going to happen at the same day in our campus at 7.00am. In this connection 77th Independence Day celebration "March Past Competition" also going to conduct on 15-08-2023. In this regard National service scheme is going to organize for the above three program. So I request you to kindly give necessary permission to proceed further.

Program Schedule:

- ❖ Tree Plantation on 14-08-2023 at 10.00am
- ❖ International Youth Day (Mini Marathon) on 14-08-2023 at 07.00am
- ❖ Independence Day celebration "March Past Competition" on 15-08-2023

Thanking You

Yours Sincerely

K. Rajeshkumar





TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT
KEY INDICATOR – 6.5.2

The poster is for a National Service Scheme (NSS) Tree Plantation event. It features the university's name and logo at the top, followed by the 77th Independence Day celebration. The event title is 'National Service Scheme Tree Plantation'. The date and time are 14-08-23 at 7.30AM. The venue is the TNPESU campus. The chief guest is Dr. M. Sundar, Vice-Chancellor of TNPESU. A portrait of Dr. M. Sundar is shown. The organizing secretary is Dr. K. Rajesh Kumar, Assistant Professor and NSS Program Officer at TNPESU.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai-127

77th INDEPENDENCE DAY CELEBRATION-2023

National Service Scheme
Tree Plantation

DATE & TIME: 14-08-23 , @ 7.30AM
VENUE : TNPESU CAMPUS

CHIEF GUEST
Dr.M.Sundar
Vice-Chancellor, TNPESU

ORGANISING SECRETARY
Dr.K.Rajesh Kumar
Assistant Professor
NSS Program Officer, TNPESU
Chennai-127

14/08/2023

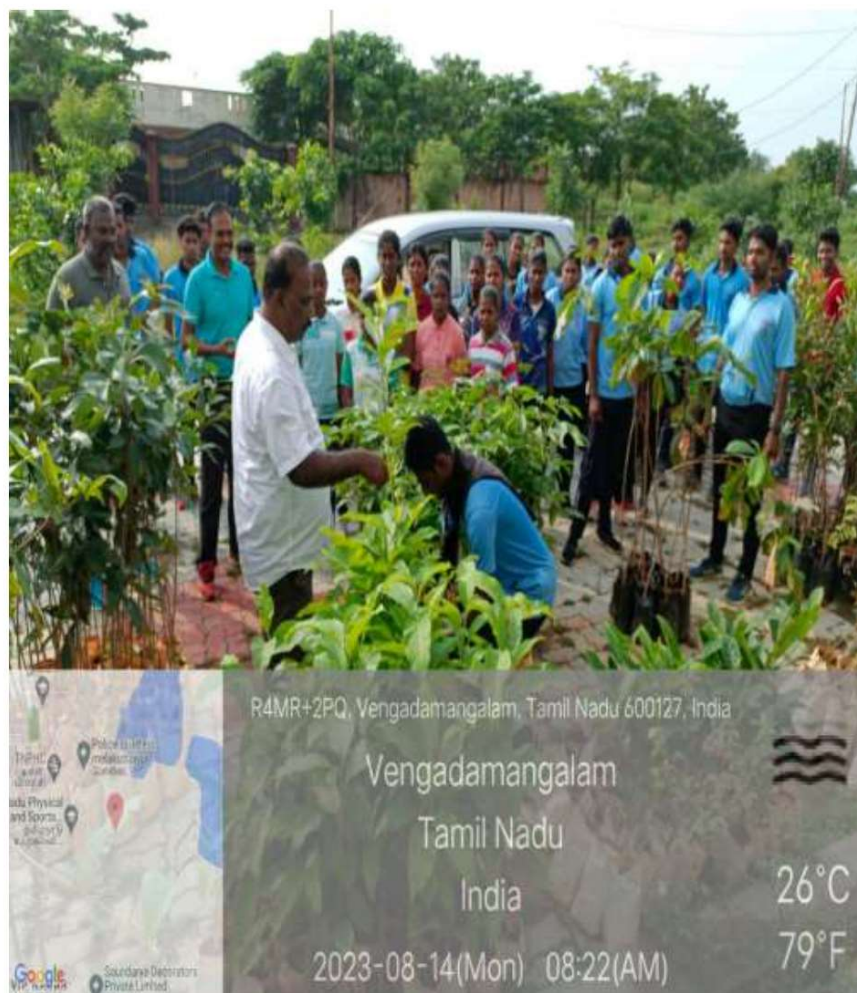
Tree plantation started with Vice-Chancellor



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



5

14/08/2023

**The distributed for the trees to NSS volunteers
students**



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



6

14/08/2023

**Vice –Chancellor sir started with Tree
plantation in playground**



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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



7

14/08/2023

**The vice chancellor started by Tree Plantation
Program**



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



8

14/08/2023

The Tree was planted with NSS program officer



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9

14/08/2023

NSS Students and volunteers are ready to the plant

trees



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10

14/08/2023

NSS Students and volunteers started the tree plantation

program



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11

14/08/2023

Vice –Chancellor visiting for tree plantation



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12

14/08/2023



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13

14/08/2023



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14/08/2023



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

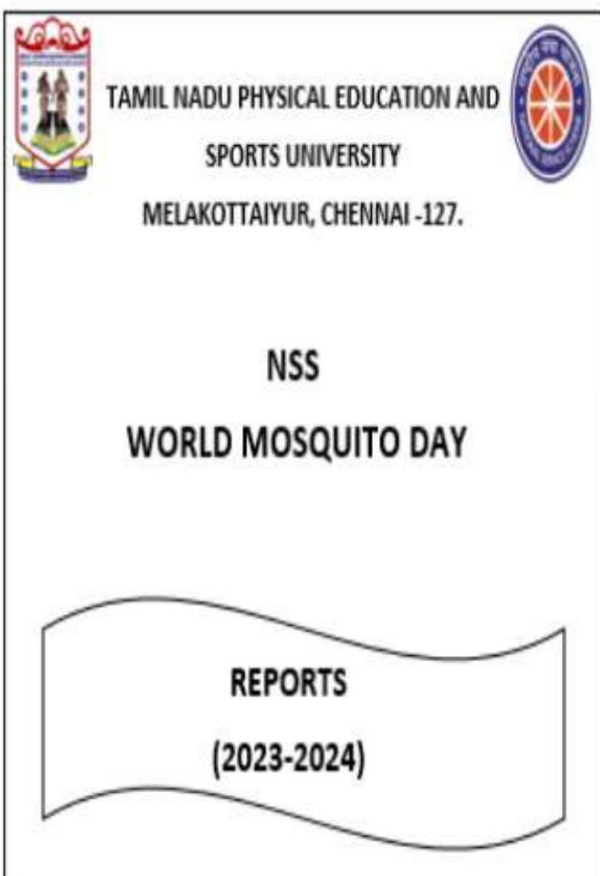




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(Estd. by the Govt. of Tamil Nadu under Act No.9 of 2005. A State Government University)

Website: www.tnpsu.org

Phone : 044-27402621

Email: tnpsu@rediffmail.com

Mobile : +91-9944557785

Vandalur - Kelambakkam Road, Melakottaiyur (P.O.) Chennai - 600 127

Dr.K.Rajeshkumar., B.Com., M.P.Ed., M.Phil., Ph.D.,

Assistant Professor cum NSS Program Officer

Date: 17/08/2023

To

The Registrar

Tamil Nadu Physical Education and Sports University
Chennai - 600127

Respected Sir

SUB: Permission request for "National Mosquito Day" awareness
Program-Reg

I am by direction to inform that every year we are celebrating for "National Mosquito Day" at 20-08-2023. In this connection National service scheme is going to organizing for "National Mosquito Day" awareness program at 18-08-2023 in our TNPESU campus Chennai. In this regard, I requesting you to kindly give necessary permission to proceed further.

Program Schedule:

- ❖ Venue: TNPESU campus
- ❖ Date : 18-08-2023 (Time: 01:00pm)
- ❖ Organized by - NSS

Thanking You

Yours Sincerely

K. Rajesh Kumar



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT
KEY INDICATOR – 6.5.2

**TAMIL NADU PHYSICAL
EDUCATION AND
SPORTS UNIVERSITY**
Mealakottaiyur ,Chennai-127

**NATIONAL SERVICE SCHEME
WORLD MOSQUITO DAY**

Date & Time: 20/08/2023 @ 10.00am Venue : TNPESU Campus

Chief Guest

Prof.M.SUNDAR
Vice –Chancellor
TNPESU

Organising Secretary

Dr.K.RajeshKumar
Assistant Professor
NSS Program Officer
TNPESU

AWARENESS PROGRAM

20/08/2023

Vice Chancellor started program with World Mosquito Day
Awareness



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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



20/08/2023



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



20/08/2023

Our university faculties participate the program



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



20/08/2023

The marched in procession on World Mosquito program



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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



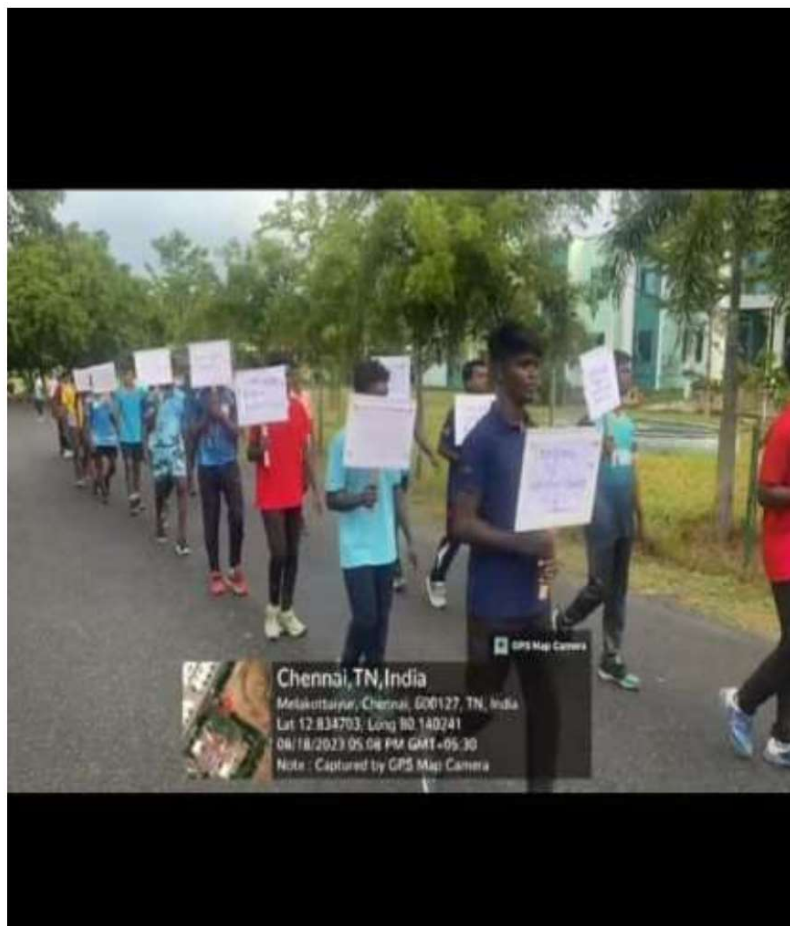
20/08/2023



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The students marched on the our university campus



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The vice chancellor Awareness program speech on mosquito day



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20/08/2023

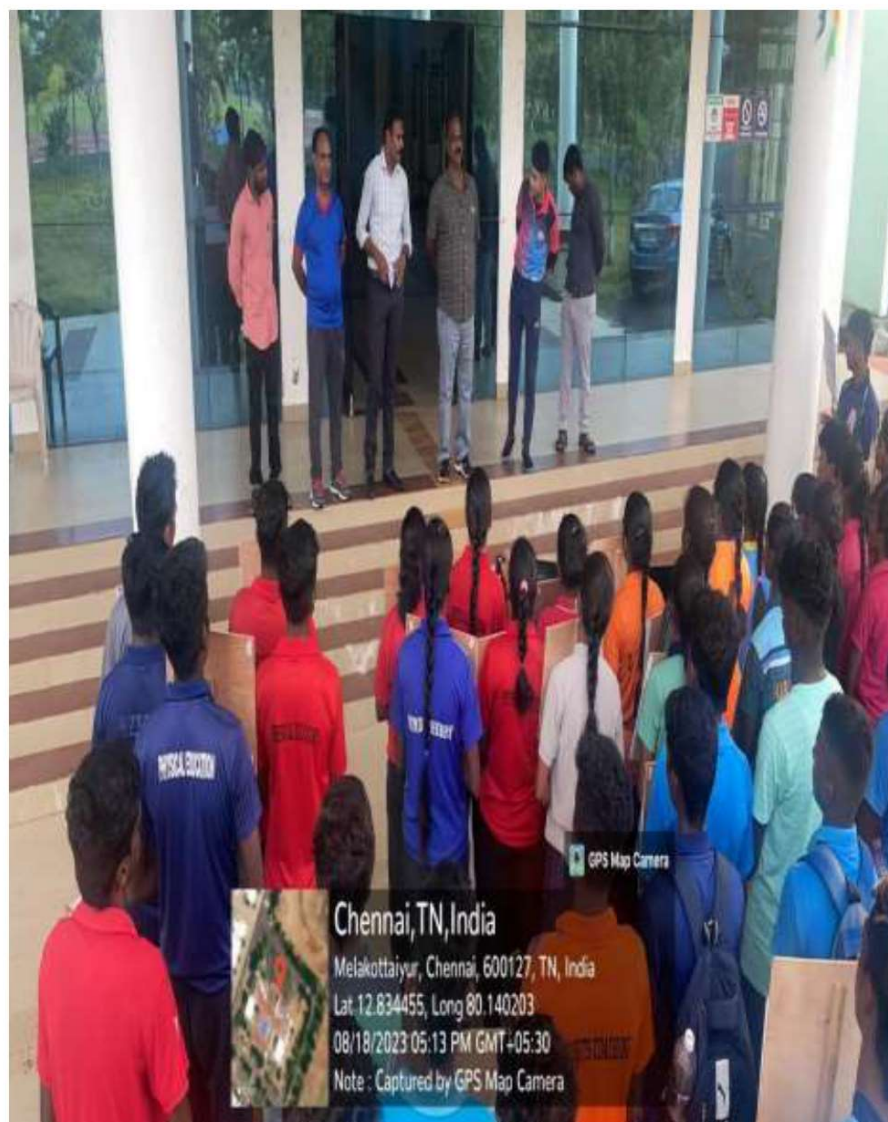
NSS Program officer informed about mosquito Awareness for students



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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION
NATIONAL NUTRITIONAL WEEK CELEBRATION -2023

Celebrating National Nutrition Day with Millet Pongal

“A Healthy EPN Tradition”

Day -1: 01.09.2023, Friday

Introduction

Nutrition is the foundation of a healthy life, and celebrating National Nutrition Day in **Department of Exercise Physiology and Nutrition, TNPESU** is a wonderful way to raise awareness about the importance of good nutrition among students. One unique and wholesome way in which our department decided to mark this occasion was by organizing a **Millet Pongal cooking competition** involving four teams. This celebration not only promoted the significance of nutritious food but also encouraged creativity and



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teamwork among the students.





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KEY INDICATOR – 6.5.2

The Significance of Millets in Millet Pongal

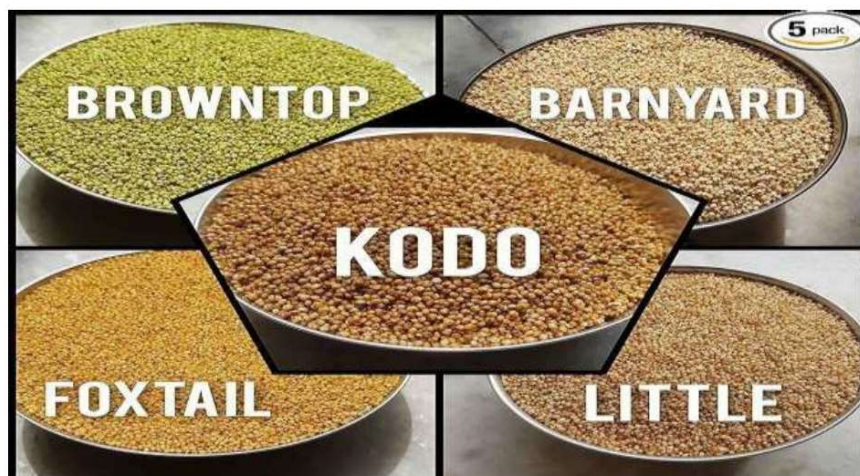
Millet is a group of small-seeded grasses that have been a staple in many parts of the world for centuries. These tiny grains are a powerhouse of nutrition, offering a rich source of protein, dietary fiber, vitamins, and minerals. Millets are gluten-free, making them an excellent choice for those with gluten sensitivities. Celebrating National Nutrition Day with millets was a conscious decision to emphasize the importance of diversifying our diets with nutrient-dense foods.



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Chosen millet varieties

The Cooking Competition

The celebration began with the formation of four teams, each comprising enthusiastic students from Exercise Physiology and nutrition department. Each team was given the task of preparing a delicious and nutritious Millet Pongal. We were provided with a variety of millets, including foxtail millet, pearl millet, finger millet, and little millet, along with the flavor and nutritional value of the dishes.

Teamwork and Creativity

All the teams enthusiastically embraced the challenge and get to work. The cooking competition not only tested culinary skills but also ability to work as a team. Each team had to assign roles and responsibilities, such as, measuring millets, and preparing the fire using dried sticks. Making decorations such flower thorans, Rongolis and other arrangements for serving Pongal to other departments. This encouraged effective communication and collaboration among the students.



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Nutrition Awareness

Throughout the event, there were discussions and presentations on the nutritional benefits of millets. Students learned about the high fiber content, low glycemic index, and numerous health benefits of these grains. They also discussed the importance of incorporating millets into our regular diet to promote better health.

Healthy and Delicious Results

As the cooking competition progressed, the aroma of the Millet Pongal filled the air, creating a sense of anticipation among everyone present. Each team presented their dish with pride, showcasing their creativity in plating and garnishing. The dishes not only looked appetizing but also tasted delicious, proving that healthy food can be both nutritious and flavorful.



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Group 1 Pongal Taste Trail



Group 2 Pongal Taste Trail





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Group 3 Pongal Taste Trail



Group 4 Pongal Taste Trail





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Result Announcement Session



Conclusion

Celebrating National Nutrition Day with a Millet Pongal cooking competition was a resounding success. It not only encouraged students to explore the world of nutritious grains but also fostered teamwork, creativity, and a deeper understanding of the importance of a balanced diet. The event served as a reminder that healthy eating can be a joyful and delicious experience. As our department continues to celebrate Nutrition Day, this tradition of celebrating with millet-based dishes is sure to inspire more students to prioritize nutrition in their lives.



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Nutrition Awareness Rally

As part of the "National Nutrition Week", observed from September 1st to 7th, the theme for the nutrition week 2023 is "**Healthy Diet Going Affordable for All**". This theme highlights the importance of Nutrition, ensuring that everyone has access to a healthy diet, regardless of their income or social status and aims to raise awareness about the importance of nutrition for human health. It encourages individuals to prioritize their nutrition for better well-being.

Malnutrition remains a concern in India, especially among children. The government conducts seminars and camps to educate citizens and children about proper nutrition to ensure healthy growth.



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1. People today are increasingly conscious of their health and strive to maintain it. They adopt balanced diets and healthy eating habits.
2. Maintaining a proper diet is crucial, especially when exceeding physical limits. Avoiding junk food and consuming nutritious meals is essential for efficient body function in both simple and complex tasks.
3. Establishing a consistent meal schedule, including lunch and dinner, is advised. Eating meals well before the evening allows the body ample time for digestion and energy absorption.
4. National Nutrition Week serves as a reminder of the significance of nutrition in maintaining a healthy body. It emphasizes the need to seek medical guidance when necessary to achieve the desired body weight and health.
5. "People need better health to excel in both small and large companies. Today, work demands long hours and handling complex tasks within tight deadlines. It's vital to maintain health through proper nutrition, especially after strenuous work.
6. Health enables us to manage tasks effectively. To achieve life goals, people must prioritize nutrition and follow doctors' recommendations for medications or supplements.
7. Many opt for nutrition products to shape their bodies for demanding work. Companies often require extended hours and challenging tasks, so staying healthy is crucial.
8. Drinking 3-4 liters of water daily is essential for overall health. Doctors recommend prioritizing health before work to achieve success.
9. National Nutrition Week focuses on solving health issues through nutrition. It provides techniques to address nutritional problems, conducts research, and promotes better diets.



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10. For those struggling financially, organizations provide training and information. Collaboration and knowledge-sharing help individuals make informed decisions about nutrition.
11. Climatic variations necessitate diverse nutrients for better health. Sunlight affects nutrient absorption, making it vital for individuals to seek the right nutrients for their well-being.

In summary, good health is essential for achieving tasks efficiently and swiftly.

A rally carried out as part of National Nutrition Week, or public awareness event, involves a series of steps taken to ensure its success in spreading awareness about nutrition-related issues. Here are the steps followed:

Chief Guests to inaugurate the event

Dr.P.K.Senthilkumar, Associate Professor & Head i/c, and the Organizing Secretary welcomed the gathering and presented a Towel to the Chief guest Dr.R.Ramakrishnan as a token of appreciation as a gesture of welcome and gratitude to inaugurate the rally event. Dr.R.Ramakrishnan, Registrari/c, Professor and Head, Dept of Sport Technology, TNPESU, inaugurated the Nutrition awareness rally.





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Planning and Preparation

Well defined purpose and objectives of the rally is to promote healthy eating habits, addressing malnutrition, or advocating for nutrition- related policies. The location for the rally and considering the factors like accessibility and visibility we have chosen nearest residential locality called “Police Quarters” Chennai where the families of the Police professionals reside.

We have used a promotional material as the placards to spread the awareness.

Permits and Permissions:

We have approached and taken permissions from local authorities required to hold a public rally. Ensured compliance with all regulations.



Promotion and Outreach:

We have designed a marketing plan to promote the rally is to use social media such as Instagram and Facebook, local media, flyers, and posters to spread the word. We the Exercise physiology and Nutrition



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Department students B.Sc Exercise physiology and Nutrition, M.Sc Exercise physiology and Nutrition and Ph.D scholars and faculty members of our Dept participated in the event. Created a compelling message and slogan for the rally to generate interest among the public.



Signage and Banners:

Created a banners, signs, and posters with nutrition-related messages and slogans.

Ensured that these materials are visible and strategically placed along the rally route or venue.



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Placards for a Rally





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Activities and Engagement

Encouraged attendees to participate actively and learn about nutrition.

Photo Sessions

Photos and videos taken throughout the route and uploaded the same in our TNPESU web portal, TNPESU Instagram Page and Facebook pages.

Evaluation

After the event, we assessed its success by reviewing attendance, photo coverage, and feedback from participants.

We kept this information with us to improve future rallies.





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A Comprehensive Exhibition Display

In recent years, there has been a growing global awareness of the importance of sustainable agriculture, nutrition, and food security. Millets, a group of small-seeded grains, have gained attention for their potential to address these issues. Additionally, the concept of fireless cooking has emerged as an eco-friendly and efficient way to prepare food. To educate and inform the public about these essential topics, a comprehensive exhibition display has been designed by our Department of Exercise Physiology and Nutrition, TNPESU, Chennai.

This exhibition has engaged visitors with interactive displays, allowing them to touch, feel, and learn about each millet variety. Visual aids, informative posters, and multimedia presentations will explain the cultivation process, nutritional benefits, and culinary uses of these grains.





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Nutrition Counseling: Recognizing that diet plays a pivotal role in overall health, the exhibition has offered nutrition counseling services. Our team of expert nutritionists have provided personalized consultations, including:





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Diet Assessments: Visitors had their current diets assessed for nutritional adequacy and receive recommendations for improving their food choices.

Millet Integration: Nutritionists will guide individuals on how to incorporate millets into their diets to enhance overall nutrition.





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Customized Meal Plans: Personalized meal plans tailored to individual health goals and dietary preferences will be offered.

Weight loss Meal Plans: A meal plan has been put on display.

Conducted the BMI Assessments:

Participants approached the assessment area voluntarily. Measured the participant's weight in kilograms using the scale. Measured the participant's height in meters or centimeters.

Calculated the BMI using the formula: $BMI = \text{weight (kg)} / (\text{height (m)})^2$.

Recorded the BMI value.

Shared BMI Results:

We provided participants with their BMI results and explained what it means. Used a simple chart or visual aids to help participants understand their category (e.g., underweight, normal weight, overweight, or obese) based on their BMI score.

Offered a Personalized Guidance:

For participants with specific BMI results (especially those in the overweight or obese categories), healthcare professionals can provide brief, personalized guidance on maintaining a healthy weight, nutrition, and physical activity.

Provided an Educational Resources:

Handed out brochures, flyers that offered tips on balanced nutrition, healthy eating, and maintaining a healthy BMI. Included information about where attendees can seek further advice or consultations.



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Chief Guests

The exhibition's comprehensive display and tasting sessions are enriched by the presence of esteemed chief guests, including Physiotherapy's, nutritionists, and professor of the Department of Management, Assistant professor of the department of Technology along with other administrative staff from the University. Their roles and perspectives are outlined below:

Experts as Judges Mr.C. Manoj, M.P.T., M.Sc., M.B.A., Physiotherapist TNPESU, Chennai, and Mr.K.B.Srinivasan M.P.T. (Sports), Prominent biochemistry experts, renowned for their deep understanding of the nutritional and biochemical aspects of food, will be among the chief guests. Their presence is pivotal in providing an in-depth analysis of the millet varieties on display, shedding light on the intricate nutritional components and their health benefits.

Nutritionists as Judges: Associate Professor & HOD i/c Dr. P.K. Senthilkumar, faculty members Mrs. Punitha and Ms. Pavithra of TNPESU, Chennai and accomplished nutritionists with a specialization in dietary sciences offered their expertise as chief guests. They will play a crucial role in evaluating the nutritional content of the millet-based dishes and guiding visitors on the dietary implications of incorporating millets into their meals for improved health and well-being.

Mr.S.Premkumar, Professor, Department of Sports Management and staff has attended as chief guest to highlight the managerial and business aspects of promoting millets and sustainable food practices. Their insights will focus on the strategic planning, marketing, and economic feasibility of integrating millets into the food industry.



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Dr.G.Nallavan, Assistant Professor, Department of Sports Technology and staffare the esteemed chief guests at the exhibition. Their expertise in the field of sports technology will be instrumental in exploring the role of technology in enhancing sports performance and nutrition. Here's how their presence can be emphasized:

Integration of Technology: Sports Technology offered insights into how technology has revolutionized sports and nutrition. They have discussed cutting-edge innovations such as wearable fitness trackers, nutritional analysis apps, and performance-enhancing equipment that help athletes optimize their diets and training routines.

Data-Driven Nutrition: These experts have highlighted the significance of data-driven nutrition in modern sports. They have explained how athletes can use technology to track their dietary intake, monitor their nutritional needs, and make real-time adjustments to maximize their performance.

Administrative Staff: The administrative staff from the University, including deans, directors, and other officials, have joined as chief guests to emphasize the institutional support for initiatives promoting sustainability and nutrition. Their presence underscores the department commitment to holistic education and community engagement.

These chief guests, each representing a distinct area of expertise, have collectively contributed to the exhibition's success by offering multidimensional assessments and insights. Their presence not only added an academic and professional dimension to the event but also reinforces the importance of cereals and millets, sustainable agriculture, and healthy eating habits within the educational and institutional framework. Their support will inspire students and the wider community



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to appreciate the significance of cereals, millets and sustainable food practices in both scientific and managerial contexts.

Conclusion

The exhibition displays of cereals, millet varieties, fireless food, frits, vegetables and nutrition counseling aims to promote sustainable agriculture, healthy eating habits, and eco-friendly cooking methods. By providing information, interactive experiences, and practical guidance, this comprehensive exhibition seeks to empower individuals and communities to make informed choices that benefit their health and the environment. It is a step toward a more sustainable and nourished future for all.





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R4MQ+7JF, Kandigai, Vengadamangalam, Tamil Nadu 600127, India

Tamilnadu Physical Education And Sports University

Tamil Nadu

India

2023-09-04(Mon) 01:12(pm)

29°C

84°F



R4MQ+7JF, Kandigai, Vengadamangalam, Tamil Nadu 600127, India

Tamilnadu Physical Education And Sports University

Tamil Nadu

India

2023-09-07(Thu) 12:12(pm)

32°C

90°F



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[Signature]

Professor and Head i/c



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Department of Sports Management and Sports Psychology & Sociology

Special Talk on

"Mental Health is a Universal Human Right"

In commemoration of World Mental Health Day

10.10.2023



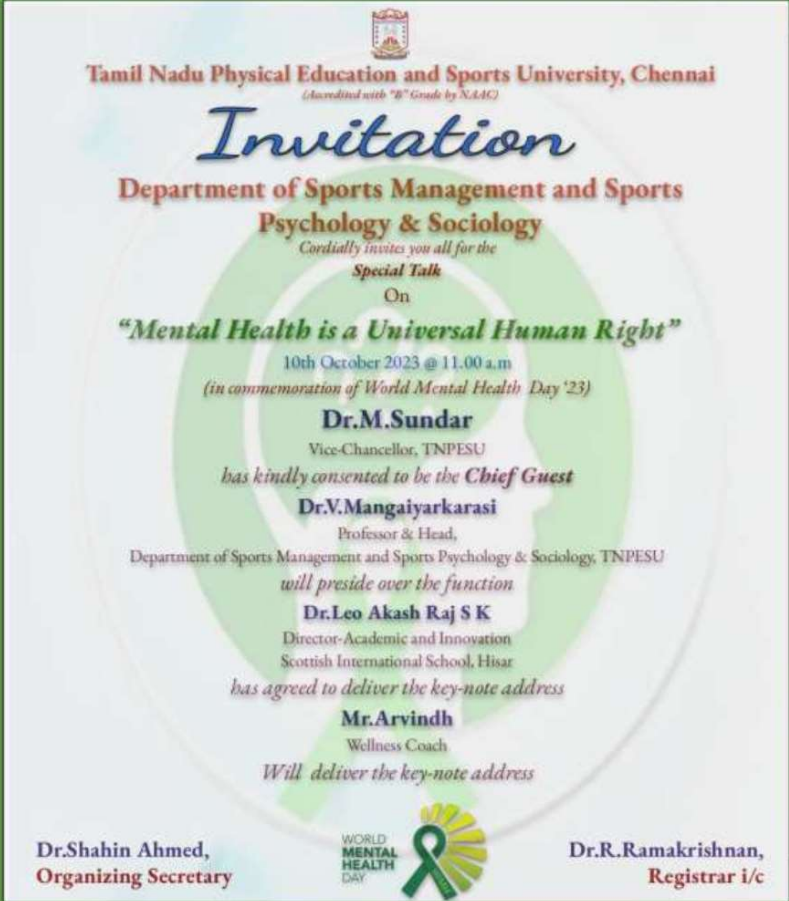


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Workshop Invitation



The poster is for a workshop invitation from the Tamil Nadu Physical Education and Sports University, Chennai. It features a green and white color scheme with a large green circle in the background. The text is centered and includes the university's name, accreditation, and the details of the special talk. The speakers are listed with their titles and roles. The poster also includes the World Mental Health Day logo and the names of the organizing secretary and registrar.

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

Invitation

Department of Sports Management and Sports
Psychology & Sociology
Cordially invites you all for the
Special Talk
On
"Mental Health is a Universal Human Right"
10th October 2023 @ 11.00 a.m
(in commemoration of World Mental Health Day '23)

Dr.M.Sundar
Vice-Chancellor, TNPESU
has kindly consented to be the Chief Guest

Dr.V.Mangaiyarkarasi
Professor & Head,
Department of Sports Management and Sports Psychology & Sociology, TNPESU
will preside over the function

Dr.Leo Akash Raj S K
Director-Academic and Innovation
Scottish International School, Hisar
has agreed to deliver the key-note address

Mr.Arvinth
Wellness Coach
Will deliver the key-note address

Dr.Shahin Ahmed,
Organizing Secretary

WORLD
MENTAL
HEALTH
DAY

Dr.R.Ramakrishnan,
Registrar i/c




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Programme Schedule


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

Department of Sports Psychology & Sociology

Date: 10.10.2023 Venue: 2nd Floor, Academic Block
Time: 11:00 am

Special Talk on
"Mental Health is a Universal Human Right"
(in commemoration of World Mental Health Day '23)

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 Dr.Leo Akash Raj Director - Academic and Innovation Scottish International School, Hisar
01:00 pm	:	Mr.Arvinth Wellness Coach
01:20 pm	:	Vote of Thanks - Dr.Shahin Ahmed, Professor Dept. of Sports Management and Sports Psychology & Sociology
01:25 pm	:	National Anthem



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Profile

DR. Leo Akash Raj S.K

+91 9600432255

leo@kaveezgroups.com

PROFESSIONAL EXPERIENCE

Started Career as a "Tutor" in self established welfare group "Ceaseless Crusaders" in Chennai

Served as "Professional Translator" in Lions Club Delhi.

Founder and President of-

I. Akin Youthz" Social Welfare Association

II. "NEMO EDUCATIONISTS" (NGO)

III. "Pretty Lil' Hearts"(NGO)

Chairman - Kaveez Groups.

LeSa Tech Academy - CEO

Chief Marketing Officer, "He" Art Creatives

Head Marketing Operations - IMPACT DAKOTA(USA)

CEO - AaKAATU Food Chain

Director - Infinifind MultiEdu Services pvt Ltd.

Director - Evelin foods, Organic Market

CEO – Mass Holidays Pvt Ltd.

Coordinator - LearnMax Resource Center

Deputy Secretary India - World Youth Federation

CEO - Rough and Tough Leathers Pvt Ltd.

OTHER ACHIEVEMENTS

Received honorary of Doctorate for Humanity from Diocese of Asia.

Best Social Entrepreneur , IIT (2016)

Guest Speaker in IIT D, on VOLUNTEERING NSS. Delegate

Speaker in IIT D, KAIZEN "SUCCESS STORY"

Dream Evangelist in various schools and colleges all over India

Finalist in Empresario – 2017, IIT-KHARAGPUR. Guest

speaker in IEEE, Congress, Ahmadabad

Finalist in BIZENCE-2016, Mumbai

Team Head- Enactus India,PIT, 2016



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Won several prizes in Elocution and Debate at national level.

Finalist in DEBATING MATTERS OF INDIA.

Presented 3 papers in International Conference.

Youngest Translator Award, Lions Club, Chennai.

Dr. Abdul Kalam award – Young Spokesman (WYF)

Dr. Kalam Awards - Social Activist (Pretty Lil Hearts)

Youngest Social Entrepreneur - Lions Club, Chennai

Delegate Speaker in Youth Summit, Hyderabad.

Best Social Entrepreneur - Rajiv Gandhi Youth Development, Chennai.

Present Areas of Work:

Launched Tamilnadus' first ever Education Portal www.enwebgururam.com for school students (working as a resource person with a team of academic experts).

Conducting workshops and Motivation Sessions across schools and college in India

TALK TOMATO SPEECH, India's First Speech Congress

Generating more than 100 entrepreneurs from engineering community, To develop Indian made inventions.

Leo Akash Rai S



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Arvind. G

Physiotherapist

Contact Information

- No.8, MKP Nagar, Angalakurichi, Pollachi – 642007
- +91-9884603650
- drarvind.pt@gmail.com

Area of Interest

- Ortho
- Sports
- Acupuncture

Skills

- Patient-focused therapy
- Skilled in-patient relations
- Program development
- Physical examination
- Certifications
- Patient Assessments

Personal Information

Date of Birth : 25.01.1996
Father's Name : Mr. S. Ganesan
Mother's Name : Mrs. V. Chandrakala
Languages Known : Tamil (R/W/S), English (R/W/S)
Nationality : Indian

Career Objective

Focused Physical Therapist committed to helping patients manage pain and injuries. Skilled in monitoring results and prescribing exercises for long-term health. Proficient in collaborating with practitioners and adhering to treatment instructions. Conscientious Physical Therapist with a reputation for motivating patients and facilitating quick recoveries. Offering expertise in administering therapies and helping patients adjust to assistive devices. Extremely organized and adept at accurate record keeping.

Work Experience

- **Physiotherapist** (Jan 2021 – Till Date)
ARVIND PHYSIOCARE, Pollachi
- **Physiotherapist** (Jan 2020 – Dec 2020)
KINETIC REGEN MULTISPECIALITY PHYSIOTHERAPY CLINIC, Chennai, TN
- **Physical Therapist** (April 2018 – Dec 2019)
SL PHYSIO CARE, Pallikaranai

Responsibilities:

- Trained Athletes especially with Sprinters
- Specialized in Geriatric Treatment
- Observed and recorded patients' responses to therapies and exercises to report to practitioners and recommend adjustments to treatment plans
- Established positive rapport with patients

Education

SSLC	HSC	Bachelor of Physiotherapy
Ananya Vidhyalaya Matriculation school	Shri Vigneswara Matric Higher Secondary School	Meenakshi University of Higher Education and Research Centre (MAHER) (Deemed University)
Matriculation 2011	State board 2013	2013-2017
Percentile: 61 %	Percentile: 55 %	Percentile: 58.75 %



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Areas of Expertise

1. **Taping technique, Dynamic Tape** (December 2019)
 - Trained under Dr. Mohamed kassim, on application of taping techniques under certain conditions. Completed my level one for now.
2. **Acupuncture** (December 2019 – May 2020)
 - Completed a Diploma course under Dr.M.Karthikeyan, from IKU University, at Riya Wellness Clinic, Chennai.
3. **Dry Needling Therapy** (April 2021)
 - Trained under Dr.Chakshu Founder Physioneeds academy.

Internship

- Meenakshi Medical College, Hospital and Research Institute, Kanchipuram, November 2017 - **Department of Neurology and Geriatrics**
- Madras Medical Mission (MMM), Chennai, December 2017 - **Department of cardiology and Pediatrics**
- Soundhraphandian Bone and Joint Hospital, Chennai, January 2018, **Department of Orthopedics and Rehabilitation**
- Faculty of physiotherapy, Meenakshi University, February - March 2018 - **Department of Physiotherapy**

Conference Attended

- National physiotherapy conference, "SPICE-14" conducted by Vels University in Aura Valley, Yellagiri Hills.
- "Sri Ramachandra Rapid Review Educational Program - SPREE 2016" conducted by Faculty of Physiotherapy at Ramachandra University.
- Saveetha National Emergency Life Support Conference for Physiotherapists- "SNELSCON 2017- Essentials in Emergency Medicine and Critical Care" conducted at Saveetha university.
- National level CPE on "Key concepts in Stroke Rehabilitation" held at Saveetha college of Physiotherapy at Saveetha University.

Declaration

I hereby declare that all the information furnished above is true to the best of my knowledge. I will make it my earnest endeavor to discharge competently and carefully the duties you may be pleased to entrust with me.

(Arvind. G)



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Attendance

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI – 127
DEPARTMENT OF SPORTS PSYCHOLOGY & SOCIOLOGY
"MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT"
DETAILS OF PARTICIPANTS

Date: 10.10.2023 Venue: 2nd Floor, Academic Block

S.No	Name of the Participant	Course of Study	Department	Signature
1.	S. Chithiraj E. F.	M.Sc	EPN	[Signature]
2.	M. Mohamed (B.Sc. 1 year)	B.Sc	EPN	[Signature]
3.	B. Dinesh	B.Sc	EPN	[Signature]
4.	T. Khandakumar	B.Sc	EPN	T. Khandakumar
5.	S. Dharmesh	B.Sc	EPN	[Signature]
6.	T. Nandamurthy	B.Sc	EPN	T. Nandamurthy
7.	Arunkumar R.	B.Sc	EPN	Arunkumar R.

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8.	C. Lingam	B.Sc	EPN	C. Lingam
9.	M. Nandamurthy	B.Sc 1 year	EPN	M. Nandamurthy
10.	S. Nandamurthy	B.Sc 2 year	EPN	S. Nandamurthy
11.	N. Radhakrishnan	MBA (Sports Management)	Sports Management	N. Radhakrishnan
12.	V. D. Sasthi Kumar	Ph.D	EPN	V. D. Sasthi Kumar
13.	V. Kishore	B.Sc	EPN	V. Kishore
14.	J. Jeshin	B.Sc 1 year	EPN	J. Jeshin
15.	S. H. HAN	B.Sc 1 year	EPN	S. H. HAN
16.	P. Rajesh	B.Sc Sports Coaching	SPORTS COACHING	P. Rajesh
17.	B. MUTHAIAZHAGAN	B.Sc Sports Coaching	SPORTS COACHING	B. MUTHAIAZHAGAN
18.	D. MUTHAIAZHAGAN	B.Sc Sports Coaching	SPORTS COACHING	D. MUTHAIAZHAGAN

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41.	M. Srinivasan	B.Sc (B.C.)	B.Sc	M. Srinivasan
42.	N. Jeyaraj			
43.	S. ARJUN	POOLS COACHING	B.Sc	Aj
44.	M. Praveen	71 BA (Sports Management)		B. Jeyaraj
45.	S. Jeyaraj	Advanced Sports Training and Coaching	B.Sc Sports Coaching	S. Jeyaraj
46.	E. Yashraj	B.Sc Sports Coaching	B.Sc	E. Yashraj
47.	K. THEJANRASU	Advanced Sports Training and Coaching	B.Sc Sports Coaching	K. Thejanrasu
48.	P. Srinath	Advanced Sports Training and Coaching	B.Sc Sports Coaching	P. Srinath
49.	P. Adithyan	"	B.Sc Sports Coaching	P. Adithyan
50.	E. Dhanuvarasu	"	"	E. Dhanuvarasu
51.	K. PANDARABAN	"	"	K. Pandaraban

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52.	A. Chandra Sekhar	Ph D	Sports Psychology	A. Chandra Sekhar
53.	V. Jeyaraj	MBA SM	SM	V. Jeyaraj
54.	K. Vengal Rao	MBA SM	SM	K. Vengal Rao
55.	P. Praveen	MBA (SM) II	SM	P. Praveen
56.	K. Ragubhaskaran	MBA (SM) II	SM	K. Ragubhaskaran
57.	P. BHANUSH	MBA (SM) II	SM	P. Bhanush
58.	M. Lingeswaran	B.Sc (EPN) II	EPN	M. Lingeswaran
59.	E. Jeyaraj	B.Sc (EPN) II	EPN	E. Jeyaraj
60.	L. Jeyaraj	B.Sc (EPN) II	EPN	L. Jeyaraj
61.	S. Jeyaraj	B.Sc (EPN) II	EPN	S. Jeyaraj

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62	VIMALKAS J	BSc (EPN) ^{1st} year	EPN	G. Vimal/Kas
63	Shobini Shobini D	BBA (SM) I	SM	Shobini
64	ebin V	BBA (SM) I year	SM	x Ebin
65	M. Nithya Praveena	BBA (SM) I year	SM	M. Nithya Praveena
66	Aishwari V	BBA (SM) I year	BBA (SM)	Aishwari V
67	Vignesh T	BBA (SM) I year	BBA (SM)	Vignesh V
68	Nani Jordan P	B.Sc Degree	B.Sc.	Nani Jordan P
69	Vijay Kumar B.S	"	"	Vijay
70	SEIDHAR S	"	"	Seidhar
71	DEEPAKAS	"	"	Deepa

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72	M. MIVUABINI	EPN B.Sc 1st yr	EPN	Mivubini
73	ARDHRA S	B.Sc EPN I th yr	EPN	Ardhra
74	N. ROSHINI	B.Sc EPN I year	EPN	Roshini
75	RB. Shobika	B.Sc EPN I year	EPN	R. Shobika
76	Anupriya A	M.Sc EPN 2 nd yr	EPN	Anupriya
77	G. Minuranga	B.Sc I st yr	EPN	G. Minuranga
78	M. Kartika	B.Sc I st Year	EPN	M. Kartika
79	S.Sandhya Priya	M.Sc I st year	EPN	S.Sandhya Priya
80	J. Dharmalakshmi	M.Sc II Year	EPN	J. Dharmalakshmi
81	Ramthi S.	M.Sc II year	EPN	Ramthi

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82.	V. ABINAYA	B.Sc III rd Year EPN	EPN	V. Abinaya
83.	S. SELVAMOZHI	B.Sc II nd Year EPN	EPN	S. Selvamozhi
84.	P. VISHALI	B.Sc II nd Year EPN	EPN	P. Vishali
85.	S. MONISHA	B.Sc II nd Year EPN	EPN	S. Monisha
86.	B. HEMAMALINI	B.Sc II nd Year EPN	EPN	B. Hemamalini
87.	S. SARANYA	B.Sc II nd Year EPN	EPN	S. Saranya
88.	C. DHANALAKSHMI	B.Sc II nd Year EPN	EPN	C. Dhanalakshmi
89.	L. RANJITHA	B.Sc II nd Year EPN	EPN	L. Ranjitha
90.	R. MADHURITHA	B.Sc II nd Year EPN	EPN	R. Madhuritha
91.	V. DEEPA	BBA - 5 th Year BBA	BBA	V. Deepa

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92.	A. ANANTHI	BBA 1 st Year	BBA	A. Ananthi
93.	M. KAVIJA	BBA 1 st Year	BBA	M. Kavija
94.	P. NISHATHI	BBA 1 st Year	BBA	P. Nishathi
95.	KANAKARAJU ANANDHARAJAN	Ph.D (EPN)	EPN	K. Anandharajan
96.	Raj. Jeyaraj	Ph.D	EPN	Raj. Jeyaraj
97.				
98.				
99.				
100.				
101.				

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Photos





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Tamil Nadu Physical Education and Sports University, Chennai

(Accredited with “B” Grade by NAAC)

Department of Sports Psychology & Sociology

Report of World Mental Health Day 2023

Date:10.10.2023

Venue:2nd Floor, Academic Block

In the commemoration of World mental health day on October 10th 2023 the department of sports psychology and sociology organized a special talk on Mental Health is a Universal Human Right. Dr.M.Sundar sir, Vice-chancellor of the Tamilnadu Physical Education and Sports University. Dr. Leo Akash Raj SK and Aravindh were the keynote speakers. The function was started with prayer Tamil Thai Vazhthu at 11:00 am, followed by lamp lighting by the vice chancellor Dr.M.Sundar sir and other dignitaries. The welcome address was given by Dr.V.Mangayarkarasi, Professor & Head, Department of Sports Management and Sports Psychology & Sociology. Followed by the welcome address the dignitaries and the chief guest were honoured. The inaugural address was given by Dr.M.Sundar, Vice-Chancellor Tamilnadu Physical Education and Sports University, Chennai.

The programme started as the Keynote Speaker Dr. Leo Akash Raj SK was welcomed and introduced; he is a prolific social worker and a young entrepreneur. Dr. Leo Akash Raj SK has achieved greater feats and won various awards in such a short span of his career. The theme of world mental health day 2023 was Mental Health is a Universal Human Right and our keynote speaker gave a wonderful speech about the importance of mental health and various ways to enhance your mental health. The keynote speaker gave various life incidents and examples to the audience and students which helped them to understand better about mental health and its importance; he also explained various aspects causing mental health issues among students and youngsters. The Keynote speaker gave various tips to have a good mental health and peace of mind. It was a great and enthusiastic speech and the students loved it and gave a huge applause. The next speaker was Aravindh, a physiotherapist and a wellness coach. He addressed the impact of social media on mental health and various other aspects that influence the mental health on an individual and he demonstrated a few breathing techniques and grounding techniques to stay calm and relaxed. Both the Speakers gave a



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splendid speech on mental health and its importance. The students loved and showed great enthusiasm throughout the talk. Dr.K.Kannadasan, associate professor, Department of Sports Psychology and sociology had a few words on the mental health & sports and the importance of mental health in sports and gave various sporting examples that define why mental toughness is a main aspect in sports. After an exceptional speech by the speakers Dr Shahin Ahamed, professor, Department of Sports Psychology and Sociology delivered the vote of thanks to the speakers and the other dignitaries which was followed by the national anthem at the end. Overall the special talk had a great value and created mental health awareness among students.



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2005, A State Govt. University)
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DEPARTMENT OF EXERCISE PHYSIOLOGY & BIOMECHANICS

Organised

International Workshop on

**“THE EMERGING TRENDS IN SPORTS
NUTRITION” on**


31 August 2023



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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION


Cordially invites you for the Inaugural Function of the
International Workshop on

"THE EMERGING TRENDS IN SPORTS NUTRITION"


Venue: Auditorium, Second Floor - Library Block
at 10 am on 31/08/2023

Dr. M. SUNDAR
Vice Chancellor, TNPESU
has kindly consented to be the chief guest and will
deliver the Inaugural Address

Resource Persons



Dr. Mahenderan Appukutty
Associate Professor, Sports and Exercise Nutrition,
Universiti Teknologi MARA, Malaysia.



SUCHITHRA GAJRAJ
Sports Nutritionist,
ISAK certified practitioner.

Organizing Secretary

Dr. P. K. SENTHIL KUMAR
Associate Prof, HOD i/c DEPN, TNPESU

Joint Organizing Secretaries

Dr. M. GRACE HELINA
Professor, DEPN

Dr. R. VENKATESAN
Associate Prof, DEPN

Dr. J. ANITHA
Asst Prof, Statistician

Coordinators

Mrs. S. PUNITHA
Guest Lecturer
(9003688702)

Ms. S. PAVITHRA
Guest Lecturer
(9489821639)



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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR, CHENNAI.

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

DATE : 31.08.2023

VENUE: 2ND FLOOR, AUDITORIUM, LIBRARY BLOCK.

TIME : 10:00 AM

INTERNATIONAL WORKSHOP ON "THE EMERGING TRENDS IN SPORTS NUTRITION"

PROGRAMME SCHEDULE

11:00 AM	:	PRAYER
11:02 AM	:	LIGHTING OF LAMP
11:05 AM	:	WELCOME ADDRESS Dr. P.K. SENTILKUMAR, ASSOCIATE PROFESSOR AND HEAD I/c DEPN.
11:10 AM	:	HONOURING THE GUEST
11:15 AM	:	INAUGURAL ADDRESS & GUEST ADDRESS Dr. M. SUNDAR, VICE CHANCELLOR, TNPSU.
11:30 AM	:	KEYNOTE ADDRESS (SESSION I) Dr. Mahenderan Appukutty Associate Professor, Sports and Exercise Nutrition, Universiti Teknologi MARA, Malaysia.
12:15 PM	:	KEYNOTE ADDRESS (SESSION I) SUCHITHRA GAJRAJ Sports Nutritionist, ISAK certified practitioner.
01:00 PM	:	VOTE OF THANKS Dr. P.K. SENTILKUMAR, ASSOCIATE PROFESSOR AND HEAD I/c DEPN.
01:05 PM	:	NATIONAL ANTHEM



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OBJECTIVES

1. To bring out more scientific on how the sports nutrition helps in various physiological parameters to enhance the sports performance.
2. To understand the various dietary strategies to improve the sports performance.
3. To understand the various researches in sports nutrition and to identify the important effects of exercise on body system, tissues, cellular level, molecular level and in chemical process.

Inauguration

The International Workshop on “The Emerging Trends in Sports Nutrition” was inaugurated by our Honourable Vice-Chancellor Dr.M.Sundar at 11.00 am on 31-08-2023. Dr.P.K.Senthilkumar the Organizing Secretary welcomed the gathering.

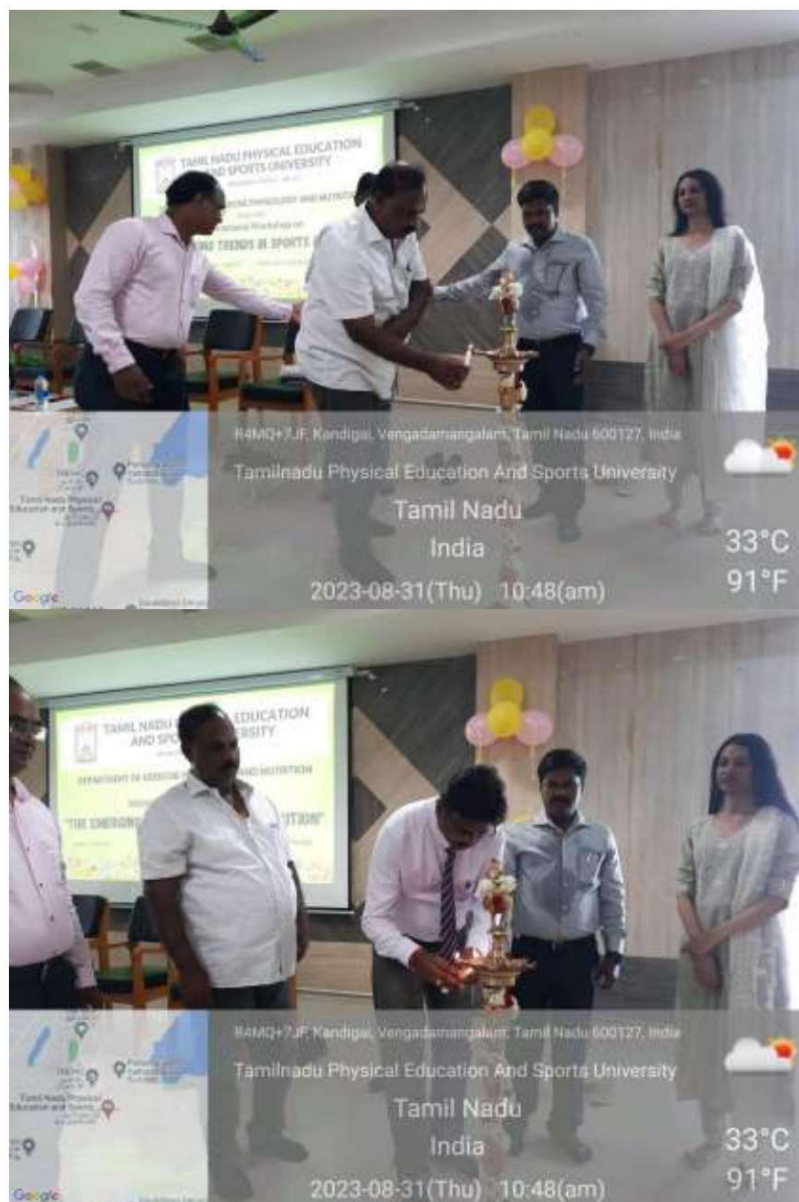




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CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT
KEY INDICATOR – 6.5.2





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Key note address

The first session Dr. Mahendran Appukutty, Associate Professor, University of Teknologi MARA, Malaysia, delivered the Key Note Address followed by the second session Key Note Address delivered by Mis. Suchithra Gajraj, Sports Nutritionist.



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Valedictory function



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The Valedictory function started at 1.30 Noon Dr. R. Venkatesan, Associate Professor Welcomed the gathering, Dr.V.Mangaiyarkarasi, Professor and Head delivered the Presidential Address, Dr. R.Ramakrishnan, Registrar i/c delivered the Felicitation Address, Dr. P.K. SenthilKumar, the Organizing Secretary, Associate Professor & Head i/c proposed the Vote of thanks and the International Workshop was end with the National Anthem.

Professor & Head i/c



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UNIVERSITY

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized **An Extension Activity "On Voting Awareness Programme"** on 10 April 2024 at On Voting Awareness Programme Started Potanical Garden, Ooty.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and from various people was participated in the **"On Voting Awareness Programme"** to promote **Voting Awareness**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – "On Voting Awareness Programme"	Potanical Garden, Ooty	Dr.K.RAJESHKUMAR	30	10.04.24

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO VOTING AWARENESS PROGRAMME:

The "Voting Awareness Programme" is a community initiative designed to promote voter participation and raise awareness about the importance of voting in elections. This program aims to engage citizens, increase voter turnout, and ensure that people understand their voting rights and responsibilities. It also seeks to combat voter apathy and misinformation by providing clear, accurate information about the voting process.



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OBJECTIVES:

- Raise awareness about the importance of voting and civic engagement.
- Educate the public about voting rights, registration processes, and election procedures.
- Encourage voter participation and increase turnout in local, regional, and national elections.
- Address common barriers to voting, such as misinformation, accessibility issues, and lack of awareness.

GIMPS/PHOTOS:





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NAME OF OUTSIDE BENEFICIARIES:





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S.No	Number of outside beneficiaries:	Village
1	NADHIYA S	OOTY
2	NAVEEN G	OOTY
3	NILA SURIYAN M	OOTY
4	NISHNATHINI R	OOTY
5	NITHYA A	OOTY
6	PAVITHRA K	OOTY
7	POOVIZHI K	OOTY
8	RAKESH B	OOTY
9	RAM PRABHA S	OOTY
10	RANJANI S	OOTY
11	RANJITHKUMAR P	OOTY
12	ROSINI A	OOTY
13	SAI KIRAN K	OOTY
14	SALAI DEEPAN N	OOTY
15	SAM JUSTIN WALTON R	OOTY
16	SANKAR S	MADURAI
17	SANTHANAM P	MADURAI
18	SANTHOSH M	MADURAI
19	SARANYA M	MADURAI
20	SARANYA P	MADURAI



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21	SATHISH M	MADURAI
22	SATHISHKUMAR S	POLLACHI
23	SELVA T	POLLACHI
24	SHINY SWETHA A	KOVAI
25	SNEKA S	METTUPALAIYAM
26	SOUNDHARYA S	METTUPALAIYAM
27	SUDHARSHINI K	METTUPALAIYAM
28	SUMEESHNA K	METTUPALAIYAM
29	SURIYA M	METTUPALAIYAM
30	SELVAKUMAR T	METTUPALAIYAM

Signature of NSS PO Officer

Signature of Registrar



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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT
KEY INDICATOR – 6.5.2

***National Seminar on “Preparation Strategies
Pertaining to Competitive Examinations
in Physical Education”***

Seminar Report

Prepared by
Dr.N.Ashok Kumar
Deputy Librarian
University Library
TNPESU

Submitted to
The Registrar
TNPESU
Chennai



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Tamil Nadu Physical Education and Sports University
Melakottaiyur, Chennai-600127.
eMail:librarytnpesu@yahoo.com,nspspe23@gmail.com
<https://library.tnpesu.org>

National Seminar on “Preparation Strategies Pertaining to Competitive Examinations in Physical Education”

on

Date : 22nd September 2023

***Venue : E-Library, University Library, TNPSU, Chennai-
127***



Organized by

University Library

Tamil Nadu Physical Education and Sports University
(TNPSU)



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NSPSPCEPE

NATIONAL SEMINAR REPORT

A National Seminar on **Preparation Strategies Pertaining to Competitive Examinations in Physical Education** was organised by The University Library, Tamil Nadu Physical Education and Sports University, Chennai on 22nd September 2023. There were around 150 participants across the state and experts from the state of Tamil Nadu have delivered their lectures. The programme was organised in hybrid mode. The category wise participant's numbers is given below.

S.No.	Category	Institution	Numbers	Total Numbers
1	B.P.E.S	Selvam College of Physical Education, Namakkal	20	20
2	B.P.Ed.	Tamil Nadu Physical Education and Sports University, Chennai	13	45
		Maruthi College of Physical Education	17	
		Selvam College of Physical Education, Namakkal	15	
3	M.P.Ed.	Tamil Nadu Physical Education and Sports University, Chennai	8	40
		Maruthi College of Physical Education	9	
		Koviloor Andavar College of Physical Education, Karaikudi	12	
		Selvam College of Physical Education, Namakkal	10	
		Bishop Thorp College, Tharapuram	1	
4	M.Sc. Yoga	PGP College Of Yoga And Research Centre, Namakkal	4	4
5	Ph.D Scholars	Tamil Nadu Physical Education and Sports University, Chennai	16	28
		Bharathiar University	9	
		Koviloor Andavar College of Physical Education, Karaikudi	3	
6	Teaching Staff	Selvam College of Physical Education, Namakkal	7	9
		Koviloor Andavar College of Physical Education, Karaikudi	2	
7	Guest Faculty	Tamil Nadu Physical Education and Sports University, Chennai	1	2
		Bharathiar University	1	
8	Physical Education Teachers	Government ITI, Viralimalai	1	2
		Private School, Guduvanchery	1	
				150

Institution Wise Participants:



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S. No	Institutions	B.P.E.S	B.P.Ed.	M.P.Ed.	M.Sc. Yoga	Ph.D Scholars	Teaching Staff	Guest Faculty	P.E.T	Col Tot
1	Selvam College of Physical Education, Namakkal	20	15	10			7			
2	Tamil Nadu Physical Education and Sports University, Chennai	--	13	8		16		1		
3	Maruthi College of Physical Education	--	17	9						
4	Koviloor Andavar College of Physical Education, Karaikudi			12		3	2			
5	Bishop Thorp College, Tharapuram			1						
6	PGP College Of Yoga And Research Centre, Namakkal				4					
7	Bharathiar University					9		1		
	Others								2	
	Total	20	45	40	4	28	9	2	2	1
	Grand Total	150								

The seminar was formally inaugurated with Tamil thai Vazhthu followed by lighting the traditional lamp. The inaugural function was started with a welcome note of Dr. N. Ashok Kumar, Deputy Librarian, TNPESU. Dr.D.Sathiakumar, Director, SDE, TNPESU delivered the felicitation address. Dr.M.Sundar, Vice-Chancellor, the chief guest inaugurated the function and delivered the Inaugural address. Dr.T.Radhakrishnan, Professor, Dept. Of Physical Education, Bharathiar University offered key note address.

In his inaugural address, he emphasized the transformations which are happening in the libraries and highlighted the responsibility of the library professionals in terms of updating the available resources, services and infrastructural facilities in order to make it available according to the need of the current users. He also suggested that all the libraries should get into the latest technologies.

The presidential address was delivered by the Respected Vice-Chancellor of TNPESU Dr. M. Sundar . In his presidential address, he recorded his appreciation for organizing such a wonderful international level conference and requested all the participants to take part actively in all the sessions with zeal to make use of it's outcome.



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Dr. S. Ravi, Professor, Department of Library and Information Science, Central University of Tamil Nadu, Thiruvavur had delivered the keynote address. In his keynote address, he recalled the achievements made by Dr. S. R. Ranganathan - the father of Library Science in India and his contribution towards the developments of LIS education and library activities in India. He also requested all the library professionals to keep themselves updated with the latest developments in library and work hard to provide effective services to the users. Also, he pointed out that all the library professionals should work with fullest commitment to develop this field.

Followed by the Keynote Address, Dr. R. Ramakrishnan, Registrar i/c, TNPESU delivered the felicitation address.

Dr.P. Balasubramanian, Librarian & Head, DLIS, MS University, Tirunelveli delivered felicitation address and Mrs. S. Rajeshwari, Scientific Officer & Head Librarian, IGCAR, Kalpakkam had delivered the special address. The inaugural ceremony was concluded with vote of thanks proposed by Dr.Nithyanandam, Former Librarian of Anna University, Chennai and President of Madras Library Association (MALA).





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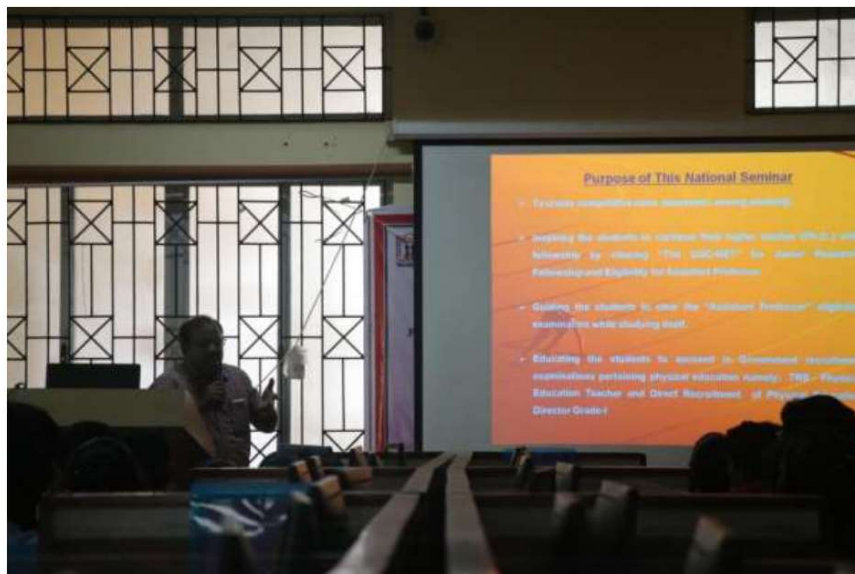




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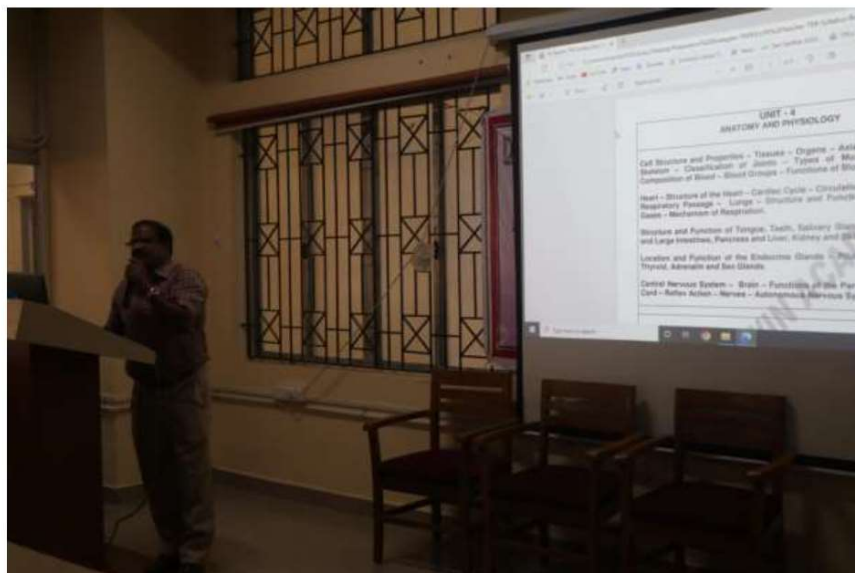
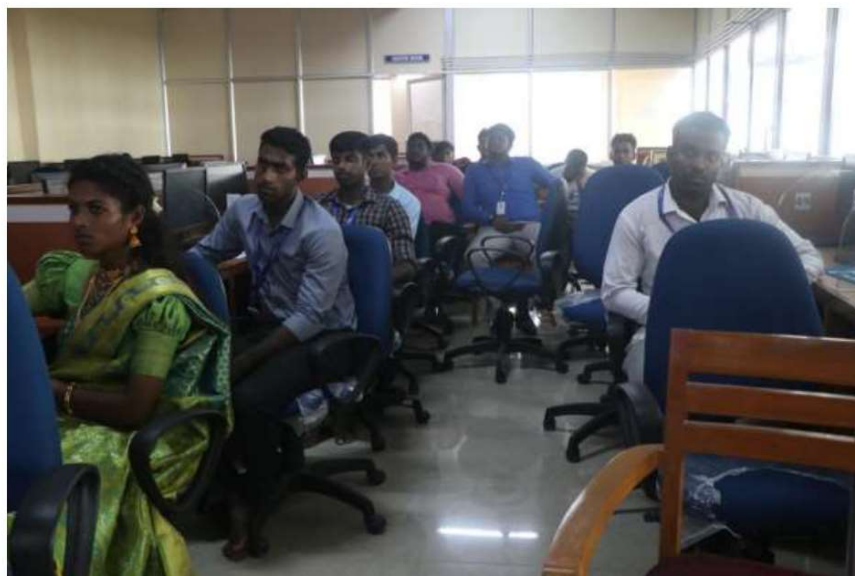




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On the first day, four invited lectures were delivered by the experts in different fields. A total number of 64 papers were received from the library and information science professionals. Out of which 46 papers were presented altogether at the end of this two day conference. In the first session, Dr. P. Ganesan, Librarian, Alagappa University, Karaikudi delivered an invited lecture on “Scholarly Communication Trends”.

No. of Papers Presented in Technical Sessions

S.No.	Technical Session-I	Number of Papers Presented	Days
1	Technical Session-I	7	1
2	Technical Session-II	6	1
3	Technical Session-III	7	1
4	Technical Session-IV	5	1
5	Technical Session-V	5	2
6	Technical Session-VI	5	2
7	Technical Session-VII	5	2
8	Technical Session-VIII	6	2



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	46	
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In the first technical session there were totally 8 papers to be presented, out of which 7 were presented.

S. No	Date	Technical Session	Chair Person/Rapporteur	Total Papers allocated for presentation	Total Papers Presented
1	30-09-2022	I	Dr. N, Amsaveni, Assistant Professor, Bharathidasan University acted as Chair Person Dr.Dharmambihai, Librarian, Bharathi Women's College, Chennai acted as Rapporteur	8	7

In the afternoon session, i.e. 2nd session, Dr. N. Radhakrishnan, Professor, DLIS, Periyar University, Salem had delivered a lecture on **“Digital Rights Management: Issues and Implications”**. In the technical session 2, a total number of 8 papers were to be presented and out of which 6 delegates turned –up and presented their papers.

S. No	Date	Technical Session	Chair Person/Rapporteur	Total Papers allocated for presentation	Total Papers Presented
1	30-09-2022	II	Dr.M.Palaniappan, Assistant Professor, Periyar University acted as Chair Person Dr. V. R. Rajan, Former Assistant Librarian, Pondicherry University acted as Rapporteur	8	6

In the third session, Mr.A. Elangovan, Librarian, Institute of Management Technology, Dubai Academic City, delivered a speech through online on **“Advanced Trends and Technologies in Library and Information Services”**. In technical session 3 there were totally 8 papers, whereas 7 were presented.



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S. No	Date	Technical Session	Chair Person/Rapporteur	Total Papers allocated for presentation	Total Papers Presented
1	30-09-2022	III	Dr.J.Franklin, Asst. Prof., Bishop Heber College, Tiruchi acted as Chair Person Mrs.Srileka, Librarian, Auxiliam College, Vellore acted as Rapporteur	8	7

In the fourth session, Dr.K.Kaliyaperumal, Former University Librarian, Madras University Library, University of Madras has delivered lecture on “**Current Challenges in Librarianship**”. Fourth session out of 8 paper listed in this session, five have presented their papers.

S. No	Date	Technical Session	Chair Person/Rapporteur	Total Papers allocated for presentation	Total Papers Presented
1	30-09-2022	IV	Dr. P. Balasubramanian, Librarian, MS University acted as Chair Person Mr.Sivasankaran, Scientific Assistant, IGAR acted as Rapporteur	8	5

At the end of first day of the conference the Students of TNPESU, Vellalar College, Erode, Bishop Heber College, Tiruchi, Madurai Kamaraj University and Bharathidasan University presented a wonderful cultural program which was followed by a feast.

On the second day 01-10-2022(Saturday), Dr. J. K. Vijayakumar, Strategic Information Advisor, King Abdulla University of Science and Technology, Saudi Arabia, had delivered an invited talk on Open Data, Open Science and Open Research, and the following session was handed over to Prof. S.



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SrinivasaRagavan, COE & Head, Department of Library and Information Science, Bharathidasan University who delivered a invited talk on Open Data.

Dr.R. Sevukan, Professor, DOLIS, Pondicherry University, gave a invited lecture on 'Twitter as Information and Communication Tool' and this was followed by a speech of Dr. S. Thanuskodi, DLIS, Alagappa University, Karaikudi on 'Research Ethics and Open Access'.

In the fifth technical session, there were 8 papers out of which 5 were presented.

S. No	Date	Technical Session	Chair Person/Rapporteur	Total Papers allocated for presentation	Total Papers Presented
1	01-10-2022	V	Mr. T. Stephen, Asst. Professor & Head, DLIS, Vellalar College for Women, Erode acted as chair person Mr.T.C.Thirunavukkarasu, Librarian, Anna Centenary Library, Chennai acted as Rapporteur	8	5

University Contribution:

TNPESU has contributed a sum amount Rs.15000/- for the conduct of this National Seminar.

Delegates Registered/Attended:

Delegates across the state had attended this one day Seminar. A total of 147 delegates have participated in the seminar. In which 99 delegates participated from Affiliated Colleges. To mention about the students/staff participation, the majority of the delegates were from three colleges namely Selvam college of Physical Education, Namakkal(52), Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore(26) and Koviloor



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Andavar College of Physical Education and Sports Science, Karaikudi(17). Four students from PGP College of Yoga and Research Centre, Namakkal have participated in the seminar (4).

38 delegates participated from TNPESU. 7 Delegates participated from Bharathiar University. 2 PET Teachers. 1 Bishop Thorp College, Tiruppur are to be mentioned specially for their keen interest to take part in the seminar.

NATIONAL SEMINAR – Statistics

S. No.	SEMINAR	Total Numbers
1	Registered Participants	147
2	Chief Guest	1
3	Keynote Speaker	1
4	Invited Resource Persons Attended for Seminar	3
5	Sessions	
6	Special Lecture	1

Valedictory Function

The valedictory function was celebrated on 22nd September 2023 at 5.30p.m. Dr.P.Janarthanan, Secretary, MALA welcomed the gathering. Dr. S. Srinivasa Ragavan, COE & Head, Department of Library and Information Science, Bharathidasan University, Trichy delivered the Chief Guest address and distributed the participation certificates to delegates. Dr. M.Thangaraju, Former Vice-Chancellor, Periyar University delivered the special address. Dr.P.Ganesan presented the conference report followed by this Dr.N.Ashok Kumar, Deputy Librarian, University Library, TNPESU proposed the vote of thanks. Finally the conference was concluded with National Anthem.

Valedictory Function held on 22nd September 2023



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**TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI -127.**



NSS

SPECIAL CAMP
REPORTS
(2022-2023)



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 **TAMILNADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY** Melakottaiyur,
Chennai-600127. 

NATIONAL SERVICE SCHEME

SPECIAL CAMP

VENUE:- KOTAGIRI (Ooty)
Date: 04.06.2023

 **CHIEF GUEST** 

Dr.M.SUNDAR
VICE-CHANCELLOR, TN PESU

ORGANISING SECRETARY

Dr.k. RAJESH KUMAR

**ASSISTANT PROFESSOR CUM
NSS PROGRAMME OFFICER,
TN PESU**



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DAY-1

04.05.2023

Morning session cleaning the Accommodation Area





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Morning Session:

Cleaning work for Lord Siva Temple at kerben village





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DAY-1

Evening Session

KOODANADU Estate cleaning and Visit





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DAY2

05.06.23

NSS Activity Meeting with Kerben village people and TNPESU students - Day-2 :



DAY-2

Cleaning Services for kerben village to Kothagiri road





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DAY-2

Dinner with Vice-Chancellor and TNPESU NSS volunteers



Kotagiri, TN, India
Kotagiri, Kotagiri, 643217, TN, India
Lat 11.419787, Long 76.845647
06/05/2023 08:59 PM GMT+05:30
Note - Captured by GPS Map Camera

DAY-3 (06.06.2023) - Morning activity Assemble with Vice-Chancellor



Kotagiri, TN, India
Kotagiri, Kotagiri, 643217, TN, India
Lat 11.419874, Long 76.845630
06/06/2023 10:05 AM GMT+05:30
Note - Captured by GPS Map Camera



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DAY-3

Cleaning Services for Pandian Park kothagiri with our vice Chancellor



DAY-3

Trekking for Lamb rock With Vice-chancellor





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DAY-4

07.06.2023

Cleaning services from Kothagiri





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DAY-4





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DAY-4

Cultural function with kerben village people and TNPESU NSS volunteers:

Honoring the Chief guest and special guest:





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DAY-4





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DAY-5

Trekking from kothagiri to nearby village



DAY -5 - Evening Session

Cultural and dance programme with kerben village children's





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DAY-6 : Under 12 - Football match inaugurated by our Vice Chancellor Dr.M.Sunder and Our Chief Guest Mr.Prakesh held at Kerben village students organized by TNPESU NSS volunteers





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DAY 7

Football trophy winners Team with Vice-chancellor



DAY-7

Prize Distribution and cash award for U/12 football Men winners and runners





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DAY 7





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DAY 7





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**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
MELAKOTTAIYUR, CHENNAI-127.**

National Service Scheme

Report of the Event

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized an extension activity "NSS Special Camp" on 06th to 12th April 2024 at Coonoor, Ooty.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Public, students from various out Sside people participated and worked in the "NSS Special Camp" to promote Leadership Quality.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	An Extension Activity -"NSS Special Camp"	Coonoor, Ooty	Dr.K.RAJESHKUMAR	150	06.04.24 to 12.04.24

1. BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION:

The National Service Scheme (NSS) Special Camp in Coonoor, Ooty, is a programme aimed at fostering community service and social responsibility among youth. Through various activities, workshops, and outreach initiatives, participants engage in meaningful projects to address local issues, promote environmental sustainability, and empower communities. The program serves as a platform for youth to develop leadership skills, cultural understanding, and a sense of civic duty while making a positive impact on society.

OBJECTIVES:

The objectives of the National Service Scheme (NSS) Special Camp in Coonoor, Ooty, typically include:



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COMMUNITY ENGAGEMENT:

To actively involve youth in community development projects and initiatives that address local needs and challenges.

SOCIAL AWARENESS:

To raise awareness among participants about social issues, such as education, healthcare, environmental conservation, and gender equality.

SKILL DEVELOPMENT:

To provide opportunities for participants to develop leadership, teamwork, communication, and problem-solving skills through hands-on experience.

EMPOWERMENT:

To empower marginalized communities through various socio-economic and educational interventions.

ENVIRONMENTAL CONSERVATION:

To promote environmental sustainability and conservation efforts through tree planting, waste management, and awareness campaigns.



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NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	R.DHARSHINI	Coonoor, Ooty
2	C.GOMATHI	Coonoor, Ooty
3	S.ANITHA	Coonoor, Ooty
4	S.JEEVIKA	Coonoor, Ooty
5	DR.S.SUMATHI	Coonoor, Ooty
6	MR. V.PRASANTH	Coonoor, Ooty
7	MR. N.VASANTH	Coonoor, Ooty
8	MR. G.MURURAN	Coonoor, Ooty
9	MR. M.G.PARTHIPAN	Coonoor, Ooty
10	MRS. N.MURANANTHI	Coonoor, Ooty
11	DR. A.NELSON DURAI	Coonoor, Ooty
12	DR. R.THANALAKSHM	Coonoor, Ooty
13	MR. R.SIVA	Coonoor, Ooty
14	R.JACOB	Ottupptrai, Coonoor, Ooty
15	E.SOLUILANGU	Ottupptrai, Coonoor, Ooty
16	R.SARAVANARAJA	Ottupptrai, Coonoor, Ooty
17	S.MOHAN PRABU	Ottupptrai, Coonoor, Ooty
18	A.VINOBALAN	Ottupptrai, Coonoor, Ooty



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19	A.PAPITHA	Ottuppatrai, Coonoor, Ooty
20	K.MITHRA	Ottuppatrai, Coonoor, Ooty
21	K.KAVITHA	Ottuppatrai, Coonoor, Ooty
22	K.SATHYAMOORTHY	Ottuppatrai, Coonoor, Ooty
23	R.RAJAN	Ottuppatrai, Coonoor, Ooty
24	J.ARAVINDHAN	Ottuppatrai, Coonoor, Ooty
25	M.THILAKAVATHI	Ottuppatrai, Coonoor, Ooty
26	M.STALIN	Ottuppatrai, Coonoor, Ooty
27	B.VEERAMANIKANDAN	Ottuppatrai, Coonoor, Ooty
28	V.HENORY	Ottuppatrai, Coonoor, Ooty
29	R.KISHORE SHRI	Ottuppatrai, Coonoor, Ooty
30	M.JAI ANUSURYA	Ottuppatrai, Coonoor, Ooty
31	SHREYAS HARIHARAN	Ottuppatrai, Coonoor, Ooty
32	PRANAUUDAYKUMAR	Ottuppatrai, Coonoor, Ooty
33	G.NIRMALADEVI	Ottuppatrai, Coonoor, Ooty
34	G.NARESH	Ottuppatrai, Coonoor, Ooty
35	A.MATHAN	Ottuppatrai, Coonoor, Ooty
36	R.RAMYA RAGARID SRI	Ottuppatrai, Coonoor, Ooty
37	P.DHIVYASHREE	Ottuppatrai, Coonoor, Ooty
38	S.R.SARAVANAN	Ottuppatrai, Coonoor, Ooty
39	S.HARIEESWARAN	Ottuppatrai, Coonoor, Ooty



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40	M.DEVA KUMAR	Ottuppatrai, Coonoor, Ooty
41	K.MOULEESWAR	Ottuppatrai, Coonoor, Ooty
42	A.UMAPARVATHI	Ottuppatrai, Coonoor, Ooty
43	DR.V.AMUTHA	Ottuppatrai, Coonoor, Ooty
44	DR.G.NITHYA	Ottuppatrai, Coonoor, Ooty
45	DR.K.AMBETHKAR	Ottuppatrai, Coonoor, Ooty
46	T.S.PRAVEEN	Ottuppatrai, Coonoor, Ooty
47	P.NATARAJAN	Ottuppatrai, Coonoor, Ooty
48	M.NIRAIPANDIYAN	Ottuppatrai, Coonoor, Ooty
49	M.ESWARAN	Ottuppatrai, Coonoor, Ooty
50	K.MAHENDRAN	Ottuppatrai, Coonoor, Ooty
51	NISHNATHINI R	Ottuppatrai, Coonoor, Ooty
52	NITHYA A	Ottuppatrai, Coonoor, Ooty
53	PAVITHRA K	Ottuppatrai, Coonoor, Ooty
54	POOVARASAN M	Ottuppatrai, Coonoor, Ooty
55	POOVIZHI K	Ottuppatrai, Coonoor, Ooty
56	PRAVEEN KUMAR D	Ottuppatrai, Coonoor, Ooty
57	PRAVIN KUMAR P	Ottuppatrai, Coonoor, Ooty
58	PREETHI J	Ottuppatrai, Coonoor, Ooty
59	PRIYA S	Ottuppatrai, Coonoor, Ooty
60	PRIYADHARSHINI S	Ottuppatrai, Coonoor, Ooty
61	RAGHURAMAN R	Ottuppatrai, Coonoor, Ooty
62	RAJESHWARI V	Ottuppatrai, Coonoor, Ooty
63	RAKESH B	Ottuppatrai, Coonoor, Ooty



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64	RAM PRABHA S	Ottuppatrai, Coonoor, Ooty
65	RANJANI S	Ottuppatrai, Coonoor, Ooty
66	RANJITHKUMAR P	Ottuppatrai, Coonoor, Ooty
67	ROSINI A	Ottuppatrai, Coonoor, Ooty
68	SAI KIRAN K	Ottuppatrai, Coonoor, Ooty
69	SALAI DEEPAN N	Ottuppatrai, Coonoor, Ooty
70	SAM JUSTIN WALTON R	Ottuppatrai, Coonoor, Ooty
71	SANKAR S	Ottuppatrai, Coonoor, Ooty
72	SANTHANAM P	Ottuppatrai, Coonoor, Ooty
73	SANTHOSH M	Ottuppatrai, Coonoor, Ooty
74	SARANYA M	Ottuppatrai, Coonoor, Ooty
75	SARANYA P	Ottuppatrai, Coonoor, Ooty
76	SATHISH M	Ottuppatrai, Coonoor, Ooty
77	SATHISHKUMAR S	Ottuppatrai, Coonoor, Ooty
78	SELVA T	Ottuppatrai, Coonoor, Ooty
79	SHINY SWETHA A	Ottuppatrai, Coonoor, Ooty
80	SHYAM Y	Ottuppatrai, Coonoor, Ooty
81	SNEKA S	Ottuppatrai, Coonoor, Ooty
82	SOUNDHARYA S	Ottuppatrai, Coonoor, Ooty
83	SUDHARSHINI K	Ottuppatrai, Coonoor, Ooty
84	SUMEESHNA K	Ottuppatrai, Coonoor, Ooty
85	SURIYA M	Ottuppatrai, Coonoor, Ooty
86	SURYA E	Ottuppatrai, Coonoor, Ooty
87	SUSILA S	Ottuppatrai, Coonoor, Ooty
88	TAMILMOZHI E	Ottuppatrai, Coonoor, Ooty
89	TAMILVANNAN R	Ottuppatrai, Coonoor, Ooty
90	VARSHINI S	Ottuppatrai, Coonoor, Ooty
91	VASANTH KUMAR A	Ottuppatrai, Coonoor, Ooty



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92	VASANTHKUMAR S	Ottuppatrai, Coonoor, Ooty
93	VIGNESH R	Ottuppatrai, Coonoor, Ooty
94	VIGNESHVARAN P	Ottuppatrai, Coonoor, Ooty
95	VIJAIMOORTHY S	Ottuppatrai, Coonoor, Ooty
96	VIKRAM K	Ottuppatrai, Coonoor, Ooty
97	VIMALA T	Ottuppatrai, Coonoor, Ooty
98	VISHVANANTHI M	Ottuppatrai, Coonoor, Ooty
99	YUVARAJ S	Ottuppatrai, Coonoor, Ooty
100	YUVASHREE R	Ottuppatrai, Coonoor, Ooty

Signature of NSS PO Officer

Signature of Registrar



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National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized **An Extension Activity "On Research Oriented Kalaripayattu Techniques"** on 25th to 26th March 2024 at **On Research Oriented Kalaripayattu Techniques** Programme Started TNPESU Caampus, Melakottaiyur, Chennai.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and University Staffs from various out Side people participated in the **"On Research Oriented Kalaripayattu Techniques"** to promote **Kalaripayattu Techniques**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	An Extension Activity "On Research Oriented Kalaripayattu Techniques"	TT Indoor, TNPESU	Dr.K.RAJESHKUMAR	110	25.03.24 to 26.03.24

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO THE EXTENSION ACTIVITY "ON RESEARCH ORIENTED KALARIPAYATTU TECHNIQUES":

The "Research Oriented Kalaripayattu Techniques" extension activity is designed for practitioners and enthusiasts of Kalaripayattu who seek to enhance their knowledge and skills through research-driven training. This program explores advanced techniques, historical contexts, and the broader cultural significance of Kalaripayattu.



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It also provides a platform for collaborative research, allowing participants to contribute to the understanding and evolution of this traditional martial art.

OBJECTIVES:

- Promote a deeper understanding of Kalaripayattu's history, philosophy, and cultural significance.
- Explore advanced techniques and their applications in modern settings.
- Encourage research and scholarship in Kalaripayattu, fostering innovation and knowledge sharing.
- Develop a community of practitioners committed to preserving and advancing the art.



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GIMPS/PHOTS:





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NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	University/College
1	R.DHARSHINI	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
2	C.GOMATHI	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
3	S.ANITHA	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
4	S.JEEVIKA	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
5	DR.S.SUMATHI	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
6	MR. V.PRASANTH	G.S COLLEGE OF PHYSICAL EDUCATION



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7	MR. N.VASANTH	G.S COLLEGE OF PHYSICAL EDUCATION
8	MR. G.MURURAN	G.S COLLEGE OF PHYSICAL EDUCATION
9	MR. M.G.PARTHIPAN	G.S COLLEGE OF PHYSICAL EDUCATION
10	MRS. N.MURANANTHI	G.S COLLEGE OF PHYSICAL EDUCATION
11	DR. A.NELSON DURAI	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
12	DR. R.THANALAKSHMI	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
13	MR. R.SIVA	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
14	R.JACOB	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
15	E.SOLUILANGU	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
16	R.SARAVANARAJA	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
17	S.MOHAN PRABU	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
18	A.VINOBALAN	STUDENT
19	A.PAPITHA	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
20	K.MITHRA	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
21	K.KAVITHA	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
22	K.SATHYAMOORTHY	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
23	R.RAJAN	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION



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24	J.ARAVINDHAN	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
25	M.THILAKAVATHI	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
26	M.STALIN	K.R COLLEGE OF PHYSICAL EDUCATION
27	B.VEERAMANIKANDAN	K.R COLLEGE OF PHYSICAL EDUCATION
28	V.HENORY	K.R COLLEGE OF PHYSICAL EDUCATION
29	R.KISHORE SHRI	K.R COLLEGE OF PHYSICAL EDUCATION
30	M.JAI ANUSURYA	K.R COLLEGE OF PHYSICAL EDUCATION
31	SHREYAS HARIHARAN	ST.JOSPEH'S UNIVERSITY
32	PRANAUUDAYKUMAR	ST.JOSPEH'S UNIVERSITY
33	G.NIRMALADEVI	AVINASHILINGAM INSTITUTE
34	G.NARESH	ANNAMALAI UNIVERSITY
35	A.MATHAN	ANNAMALAI UNIVERSITY
36	R.RAMYA RAGARID SRI	ANNAMALAI UNIVERSITY
37	P.DHIVYASHREE	PMT
38	S.R.SARAVANAN	PMT
39	S.HARIEESWARAN	PMT
40	M.DEVA KUMAR	PMT
41	K.MOULEESWAR	TNPESU



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42	A.UMAPARVATHI	TNPESU
43	DR.V.AMUTHA	CHERAN COLLEGE OF PHYSICAL EDUCATION
44	DR.G.NITHYA	CHERAN COLLEGE OF PHYSICAL EDUCATION
45	DR.K.AMBETHKAR	CHERAN COLLEGE OF PHYSICAL EDUCATION
46	T.S.PRAVEEN	CHERAN COLLEGE OF PHYSICAL EDUCATION
47	P.NATARAJAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
48	M.NIRAIPANDIYAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
49	M.ESWARAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
50	K.MAHENDRAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
51	S.KALEESWARAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
52	P.DINESH	CHERAN COLLEGE OF PHYSICAL EDUCATION
53	P.PARTHIBAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
54	M.ARGUN	CHERAN COLLEGE OF PHYSICAL EDUCATION
55	S.KATHIR VEL	CHERAN COLLEGE OF PHYSICAL EDUCATION
56	R.KAVIN KUMAR	CHERAN COLLEGE OF PHYSICAL EDUCATION
57	K.THIRUKUMARAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
58	R.RAMYA	CHERAN COLLEGE OF PHYSICAL EDUCATION
59	U.KOWSALYA	CHERAN COLLEGE OF PHYSICAL EDUCATION
60	M.BALAKUMARAM	SHRI PARANJOTHI YOGA COLLEGE



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61	N.MADHANA KAMARAJ	SHRI PARANJOTHI YOGA COLLEGE
62	S.KRISHNA PRASATH	SHRI PARANJOTHI YOGA COLLEGE
63	M.AMSALEKHA	HITHAM YOGA
64	NAHA ATTRI	HITHAM YOGA
65	C.SARAVANAN	HITHAM YOGA
66	B.PAZHANI SAMY	HITHAM YOGA
67	R.DINESH	HITHAM YOGA
68	H.PHARATH KUMAR	HINDUSTAN COLLEGE
69	ARULMOZHI SARAVANAN	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
70	A.SANJAI	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
71	G.KARTHIKAYAN	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
72	R.SARAN	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
73	K.KIRTHIKA	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
74	M.ALBIN	ST.JOHN'S COLLEGE OF PHYSICAL EDUCATION
75	DR .J.GNANAVAKTHAN	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
76	R.NARMADHA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
77	N.NARMADHA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION



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78	M.SOUNDARYA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
79	D.MOHANAPRIYA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
80	M.SOWMIYA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
81	H.MOHASENA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
82	R.MURALI	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
83	C.GOPALKRISHNAN	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
84	S.GOBIKRISHNAN	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
85	V.ASHOKKUMAR	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
86	M.KIRUBARAJ	MASS COLLEGE OF PHYSICAL EDUCATION
87	M.GOVINDARAJ	MASS COLLEGE OF PHYSICAL EDUCATION
88	A.GOWTHAM	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
89	P.RAJADURAI	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
90	S.RANJAN	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
91	K.SELVA AVINASH	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
92	P.SURYA	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
93	S.ABINESH SELVAM	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION



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94	P.SREEKANTH	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
95	P.HARI PARAKASH	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
96	K.PORKALAI	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
97	S.MARIYA SHAJI	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
98	K.RAJALAKSHMISHAJI	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
99	T.RAKSHANA	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
100	P.GOWRI ROOBINI	MEENATCHI COLLEGE OF PHYSICAL EDUCATION
101	M.JANANI	MEENATCHI COLLEGE OF PHYSICAL EDUCATION
102	B.AKSHAIKRISHNAN	MEENATCHI COLLEGE OF PHYSICAL EDUCATION
103	DR .SANMUGAPRIYA VASUDEVAN	SHRI PARANJOTHI YOGA COLLEGE
104	M.MANIKANDAN	MRC COLLEGE
105	DR.M.THIRUMURUGAN	MRC COLLEGE
106	MR.T.SELVAKUMAR	TNPESU
107	MR.A.ARAVINDHARAJ	TNPESU
108	MR.S.NAVANI	TNPESU
109	MR.HARI	TNPESU
110	MR.LOKESH	TNPESU



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NSS PO Officer

Signature of



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NATIONAL CADET CORPS

1 TAMILNADU BN NCC

REPORT OF THE EVENT

The TNPESU National Cadet Corps (ArmyWing) in Association with 1 TN BATTALION NCC conducted **an extension activity "VIKSIT BHARAT – MINI MARATHON"** on 20th DEC 2023 at Vengadamangalam.

All the participants in this Event along with Lt.Dr.S.JAYAKUMAR, Associate NCC officer and Public, Staff members students from various department participated in the **"VIKSIT BHARAT – MINI MARATHON"** to promote Awareness of Running and Health .A oath was also taken by the participants.

Sl	Programme	LOCATION	ANO NAME	No of Beneficiaries	Date
1	An extension Programme- "VIKSIT BHARAT – MINI MARATHON"	Vengadamangalam	Lt.Dr.S.JAYAKUMAR	97	1 20th DEC 2023



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Vengadamangalam beneficiaries

1. . Rajendran
2. . Nalini
3. . Thirumalai
4. . Shantha
5. . Shanmugavel
6. . Suseela
7. . Balakrishnan
8. . Mangalam
9. . Chandrika
10. . Ravi Shankar
11. . Mythili
12. . Venkatachalam
13. . Jayashree
14. . Gopalakrishnan
15. . Karpagam
16. . Senthil
17. . Anandi
18. . Paramasivam
19. . Vijaya
20. . Raju
21. . Arundhati
22. . Raghavan
23. . Subbulakshmi
24. . Aranganathan
25. . Sarojini
26. . Prabhakaran
27. . Rajalakshmi
28. . Vasanthi
29. . Sundararajan
30. . Rajeswari
31. . Karthik
32. . Kamalamma
33. . Rajan
34. . Kausalya
35. . Nagarajan
36. . Shanmugasundari
37. . Ganesh
38. . Shobha
39. . Mohandas
40. . Sujatha



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41. . Chandrasekar
42. . Kalaivani
43. Sankaralingam
44. . Radhamani
45. . Thirupathi
46. . Mangaiyarkarasi
47. . Ranganayaki
48. . Kannan
49. . Shyamala
50. . Arunagiri
51. . Sarada
52. . Kuppuswamy
53. Thenmozhi
54. Sundaramoorthy
55. Banumathi
56. . Varadarajan
57. Bhagyalakshmi
58. . Viswanathan
59. . Maragatham
60. . Shanmugam
61. Janardhan
62. . Usha
63. . Manickam
64. . Poongodi
65. . Govindasamy
66. Suganthi
67. Balasubramaniam
68. . Kamatchi
69. . Krishnan
70. Chellamma
71. Rajendran
72. . Bhavani
73. Ganesan
74. Sangeetha
75. . Ramalingam
76. Vasuki
77. Raman
78. . Gayathri
79. . Rajamani
80. . Vijayalakshmi
81. . Natarajan
82. Mangalam
83. . Kasthuri
84. Venkatraman
85. . Gomathi



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- 86. Karthikeyan
- 87. Vanaja
- 88. . Sathyanarayanan
- 89. . Rajeswari
- 90. . Chandrasekar
- 91. . Selvi
- 92. . Aravind
- 93. . Kalyani
- 94. Venkatasubramanian
- 95. . Vasumathi
- 96. . Suresh
- 97. . Rukmani



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தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

Accredited with "B++" Grade by NAAC

India's First State University in Physical Education and Sports



NATIONAL CADET CORPS

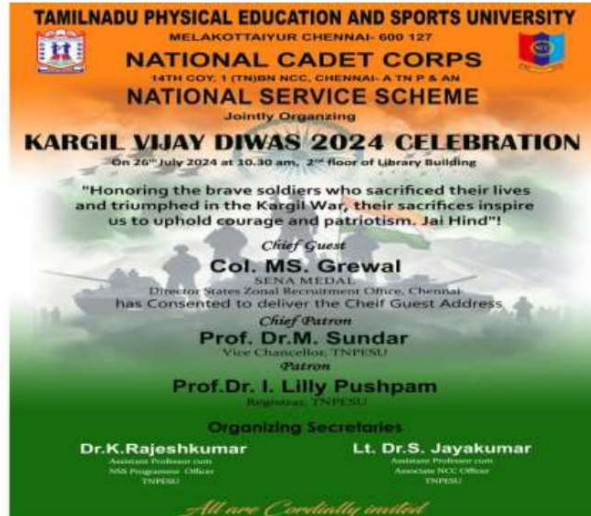
1 TAMILNADU BATTALION NCC – CHENNAI 'A' GROUP

KARGIL VIJAY DIWAS 2024 CELEBRATION

REPORT

On 26th July 2024, TamilNadu Physical Education and Sports University Celebrated **KARGIL VIJAY DIWAS** -2024 to honoring the brave Soldiers who sacrificed their lives and triumphed in kargil war.

National Cadet Corps and National Service Scheme are jointly organized the program. Dr.S.Jayakumar (**Assistant Professor cum Associate NCC Officer**) and Dr.K.Rajesh Kumar (**Assistant Professor cum NSS Program Officer**) were served as Organizing Secretaries of the programme.



Program start at 10.30am in the 2nd Floor of Library Building.



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Melakottaiyur, Chennai-127

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For this Special Occasion we invited,

Col. Ms.Grewal, Sena medal (Director States ZRO Chennai) as Chief Guest and We also invited **Prof. Dr. M. Sundar, Vice chancellor, TNPESU** and **Prof. Dr. I. Lilly Pushpam , Registrar, TNPESU** as **Chief Patron and Patron respectively.**

The programme was attended by students of all the Departments, Head of the Departments, Professors, Associate Prof., Assistant Prof., Guest Lecture, Staffs & non-Teaching staffs.

Around 850 students from all the Departments in the Universities were participated in the event.

The NCC Cadets of 3rd and 2nd Year did piloting and Guard of Honor for the Chief Guest with the helm of the **Associate NCC Officer Lt.Dr.S.Jayakumar** and present the gift for the Guards Cadets.

The official host of the Program is by 3rd & 2nd year NCC Cadets. It starts with prayer song 'Tamil Thai Vazhthu' and the Welcome Address is presented by **Lt.Dr.S.Jayakumar**. We honored the chief Guest and higher authorities of TNPESU. The presidential Address was given by **Prof.Dr.M.Sundar, Vice Chancellor,TNPESU**, The Special Address was delivered by Our Patron **Prof.Dr.I.Lilly pushpam, Registrar,TNPESU**.

The Chief Guest Address was given by **Col.MS.Grewal,Sena Medal, Director States ZRO Chennai**. He also did a PPT Presentation about the Victory of KARGIL WAR and explained about the Army Recruitments and how to join in the Indian Army and Officer Entry. Our university students were benefited a lot from his presentation after that he presented a gift for our Patron and for the Pilots of NCC Cadets.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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The Vote of Thanks was delivered by **Dr.K.Rajesh Kumar, Assistant Professor cum NSS Program Officer**. The programme ends with National Anthem.

JAIHIND!





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**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY**

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University & Light Workers Academy jointly organized **Out Reach Programme "Modern Kabaddi and Recent, Advance, Scientific Training In India"** on 22th Sep 2023 at **Modern Kabaddi and Recent, Advance, Scientific Training In India** Programme Started TNPESU Caampus, Melakottaiyur, Chennai.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Light Workers Academy Staffs Staffs from various out Side people participated in the "**Modern Kabaddi and Recent, Advance, Scientific Training In India** " to promote **Kabaddi Training**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme - "Modern Kabaddi and Recent, Advance, Scientific Training In India"	Light Workers	Dr.K.RAJESHKUMAR	50	22.09.23

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO THE OUTREACH PROGRAMME ON "MODERN KABADDI AND RECENT, ADVANCED, SCIENTIFIC TRAINING IN INDIA":



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The "Modern Kabaddi and Recent, Advanced, Scientific Training in India" outreach program aims to educate Kabaddi players, coaches, and enthusiasts about the latest developments in Kabaddi training methods. This program emphasizes the integration of scientific approaches, technology, and advanced training techniques to improve performance and safety in the sport. It provides a platform for sharing knowledge and best practices to help Kabaddi athletes reach their full potential.

OBJECTIVES:

- Explore recent trends and advancements in Kabaddi training in India.
- Highlight the role of scientific methods in enhancing athletic performance and injury prevention.
- Educate players, coaches, and trainers about the benefits of using technology and data analysis in Kabaddi.
- Promote best practices in physical conditioning, recovery, and performance enhancement.

GIMPS/PHOTOS:



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NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	University/College
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1	M.STALIN	LIGHT WORKERS ACADEMY
2	B.VEERAMANIKANDAN	LIGHT WORKERS ACADEMY
3	V.HENORY	LIGHT WORKERS ACADEMY
4	R.KISHORE SHRI	LIGHT WORKERS ACADEMY
5	M.JAI ANUSURYA	LIGHT WORKERS ACADEMY
6	SHREYAS HARIHARAN	LIGHT WORKERS ACADEMY
7	PRANAUUDAYKUMAR	LIGHT WORKERS ACADEMY
8	G.NIRMALADEVI	LIGHT WORKERS ACADEMY
9	G.NARESH	LIGHT WORKERS ACADEMY
10	A.MATHAN	LIGHT WORKERS ACADEMY
11	R.RAMYA RAGARID SRI	LIGHT WORKERS ACADEMY
12	P.DHIVYASHREE	LIGHT WORKERS ACADEMY
13	S.R.SARAVANAN	LIGHT WORKERS ACADEMY
14	S.HARIEESWARAN	LIGHT WORKERS ACADEMY
15	M.DEVA KUMAR	LIGHT WORKERS ACADEMY
16	K.MOULEESWAR	LIGHT WORKERS ACADEMY
17	A.UMAPARVATHI	LIGHT WORKERS ACADEMY
18	DR.V.AMUTHA	LIGHT WORKERS ACADEMY
19	DR.G.NITHYA	LIGHT WORKERS ACADEMY



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20	DR.K.AMBETHKAR	LIGHT WORKERS ACADEMY
21	T.S.PRAVEEN	LIGHT WORKERS ACADEMY
22	P.NATARAJAN	LIGHT WORKERS ACADEMY
23	M.NIRAIPANDIYAN	LIGHT WORKERS ACADEMY
24	M.ESWARAN	LIGHT WORKERS ACADEMY
25	K.MAHENDRAN	LIGHT WORKERS ACADEMY
26	R.DHARSHINI	LIGHT WORKERS ACADEMY
27	C.GOMATHI	LIGHT WORKERS ACADEMY
28	S.ANITHA	LIGHT WORKERS ACADEMY
29	S.JEEVIKA	LIGHT WORKERS ACADEMY
30	DR.S.SUMATHI	LIGHT WORKERS ACADEMY
31	MR. V.PRASANTH	LIGHT WORKERS ACADEMY
32	MR. N.VASANTH	LIGHT WORKERS ACADEMY
33	MR. G.MURURAN	LIGHT WORKERS ACADEMY
34	MR. M.G.PARTHIPAN	LIGHT WORKERS ACADEMY
35	MRS. N.MURANANTHI	LIGHT WORKERS ACADEMY
36	DR. A.NELSON DURAI	LIGHT WORKERS ACADEMY
37	DR. R.THANALAKSHMI	LIGHT WORKERS ACADEMY
38	MR. R.SIVA	LIGHT WORKERS ACADEMY



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39	R.JACOB	LIGHT WORKERS ACADEMY
40	E.SOLUILANGU	LIGHT WORKERS ACADEMY
41	R.SARAVANARAJA	LIGHT WORKERS ACADEMY
42	S.MOHAN PRABU	LIGHT WORKERS ACADEMY
43	A.VINOBALAN	LIGHT WORKERS ACADEMY
44	A.PAPITHA	LIGHT WORKERS ACADEMY
45	K.MITHRA	LIGHT WORKERS ACADEMY
46	K.KAVITHA	LIGHT WORKERS ACADEMY
47	K.SATHYAMOORTHY	LIGHT WORKERS ACADEMY
48	R.RAJAN	LIGHT WORKERS ACADEMY
49	J.ARAVINDHAN	LIGHT WORKERS ACADEMY
50	M.THILAKAVATHI	LIGHT WORKERS ACADEMY

Signature of NSS PO Officer

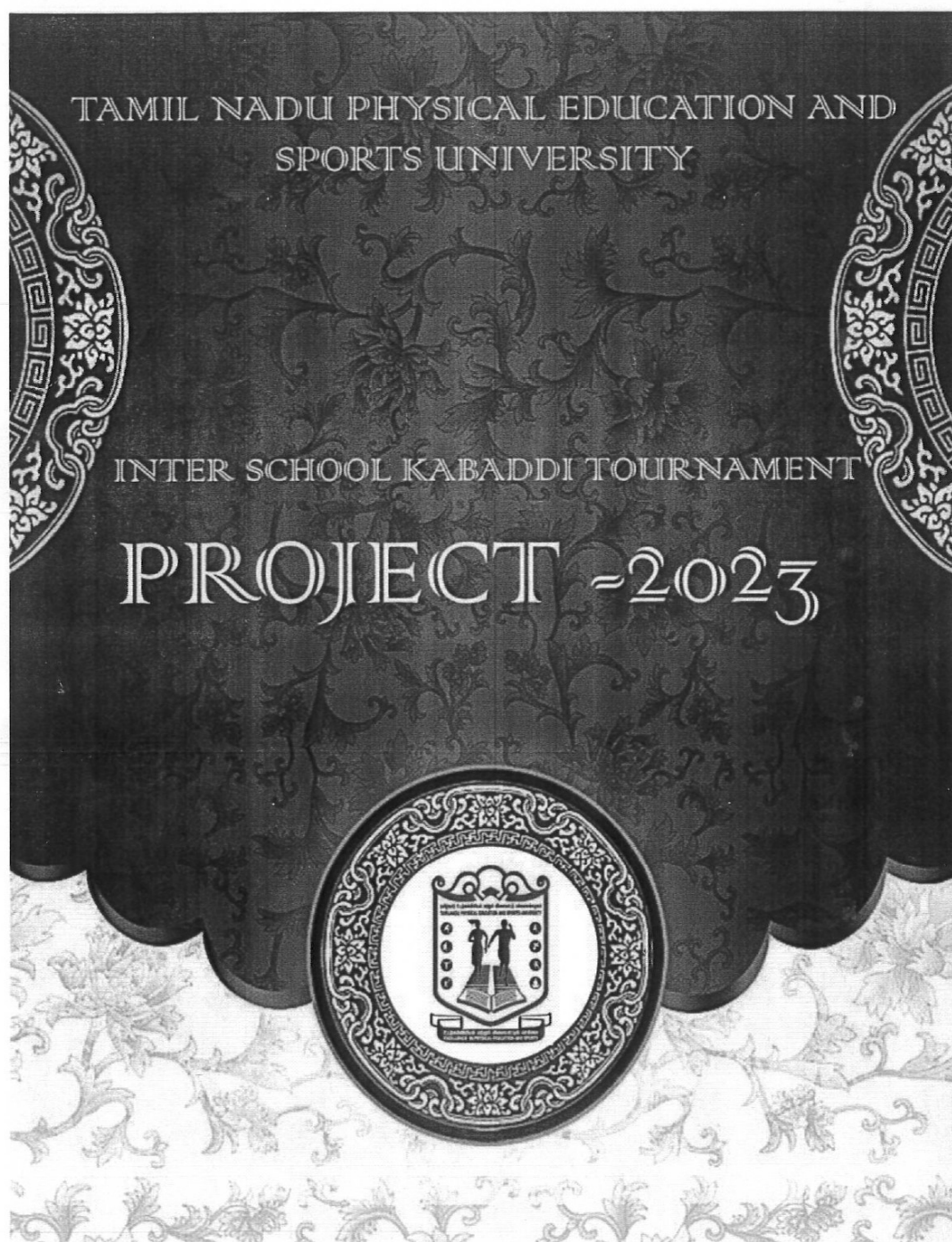
Signature of Registrar



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Melakottaiyur, Chennai - 127



CHIEF GUEST
Dr.M.SUNDAR

Vice-Chancellor
TNPESU



ADVANCED TRAINING & COACHING

INTER-SCHOOL KABADDI TOURNAMENT PEDAGOGY 2023

Organizing Secretary:
Dr.P.KUMAREVELU
Associate Professor & Head In-charge

Organized By:
STUDENTS OF II year
B.Sc. SPORTS COACHING

Programme Co-ordinators:
Mr.E.ANBUKUMAR
Ms.R.KANI
Guest Lecturers



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Tamil Nadu Physical Education and sports University, Chennai

(Accredited with "B" Grade by NAAC)

Department of Advanced Training and Coaching

Organises

National level workshop cum Officiating in Pencak Silat

Date : 05/10/23 & 06/10/23

At 6:30am

Venue : Indoor Stadium

Chief Patron

Dr. M.Sundar

Vice-Chancellor

TNPESU

Patron

Dr. R.Ramakrishnan

Registrar i/c

TNPESU



Resource Person

G.P.Mahesh Babu

Joint Secretary

Indian Pencak Silat Federation

General Secretary

Tamil Nadu Pencak Silat Association

Coordinators

Mr. E.Anburaj

Ms.R.Kani

Mrs. M.Josephine Steny

Guest Lecturer

Organising Secretary

Dr. P.Kumaravelu

Associate Professor in

Physical Education &

Head i/c Dept. of




TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

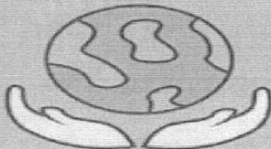
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**TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY**
Melakottaiyur, Chennai-600 127
Department of Advanced Training
and Coaching
Organises

**RALLY FOR CLEAN
ENVIRONMENT: SAVE OUR EARTH**
8th September 2023 @ 7 am Administrative Block
Presides Over and Flag off the Rally


Dr. M. Sundar
Vice-Chancellor
Tamil Nadu Physical Education and
Sports University


**SAVE
THE
EARTH**

ALL ARE WELCOME

Coordinators
Mr. E. Anburaj
Ms. R. Kani
(Guest Lectures)

Organizing Secretary
Dr. P. Kumaravelu
Associate Professor in Physical Education and
Head I/c
Department of Advanced Training and Coaching



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Tamil Nadu Physical Education and Sports University, Chennai



(Accredited with "B" Grade by NAAC)

Department of Advanced Training and Coaching

ORGANISES

'RUN AGAINST SUBSTANCE ABUSE'

'DRUG FREE TAMIL NADU'

Date&Time : 12th September 2023 @ 6 .30 am,Administrative Block,TNPESU



Dr.P.K. Senthil Kumar

Associate Professor

Head i/c Department of Exercise Physiology and Bio-Mechanics

Convenor- Anti Drug Committee

TNPESU

has Consented to Presides Over and Flag Off the RUN

ALL ARE WELCOME

Coordinators

Mr. E.Anburaj

Mrs.R.Kani

Guest Lectures

Organising Secretary

Dr.P.Kumaravelu

Associate Professor in

Physical Education &

Head i/e Dept.of Advanced

Training and Coaching



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KEY INDICATOR – 6.5.2

Tamil Nadu Physical Education and Sports University, Chennai

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INVITATION

Department of Advanced Training and Coaching

Cordially invite for the

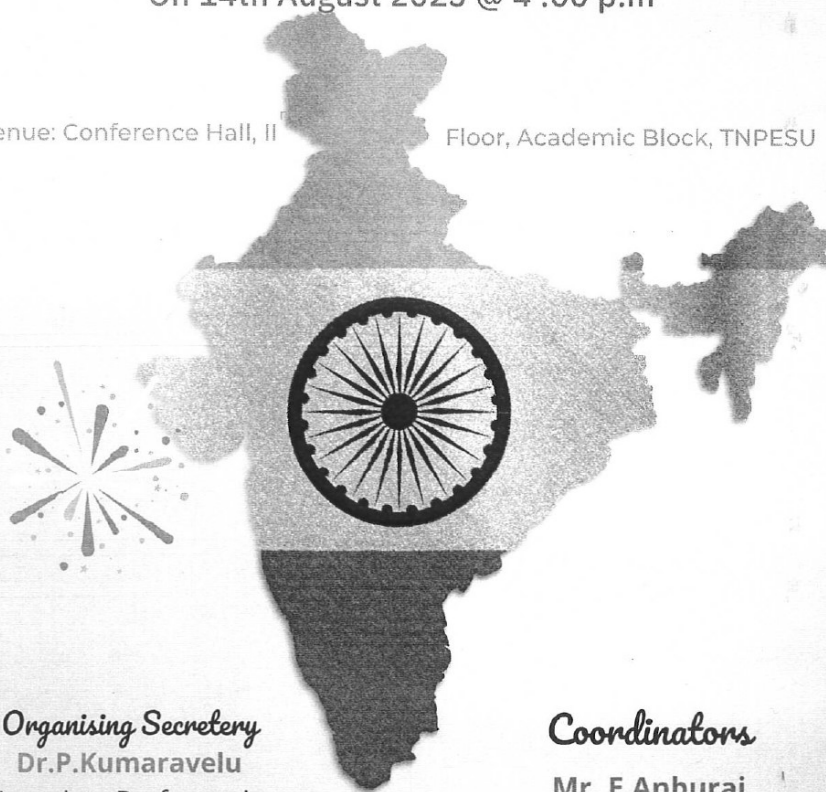
Interdepartmental Fancy dress Competition 23'

IN COMMEMORATION OF 77th INDEPENDENCE DAY

On 14th August 2023 @ 4.00 p.m

Venue: Conference Hall, II

Floor, Academic Block, TNPESU



Organising Secretary

Dr.P.Kumaravelu

Associate Professor in
Physical Education & head
i/e Dept.of Advanced
Training and Coaching

Coordinators

Mr. E.Anburaj

Mrs.R.Kani

(Guest Lectures)



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Tamil Nadu Physical Education and Sports University, Chennai

(Accredited with "B" Grade by NAAC)

Department of Advanced Training and coaching

Date: 14.08.2023

Venue: 2nd Floor, Academic Block

Time: 4:00 pm

Interdepartmental Fancy Dress Competition 23'

in Commemoration of 77th Independence Day

Programme Schedule

4:00 pm:Prayer

4:10 pm:Welcome Address - Dr.P.kumaravelu

Associate Professor and head of the department

4:20 pm : Inaugural Address

Dr. M.Sundar, Vice-Chancellor

4:30 pm : Tamil Nadu Physical Education and Sports University, Chennai

Fancy dress competition

5:15 pm : (Theme: Regarding Freedom fighters)

5:25 pm : **Prize Distribution**

5:40 pm : **Vote of Thanks - Mr.Anburaj, (Guest lecturer)**

National Anthem

ALL ARE WELCOME



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Melakottaiyur, Chennai-127

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DEPARTMENT OF YOGA

Celebrates

GURU PURNIMA DAY

03 JULY 2023



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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

From
Dr. V.DURASAM
Associate Professor & Head (Y)
Department of Yoga,
TNPUSE

05-07-2023
Chennai - 127

To
THE REGISTRAR
Tamilnadu Physical Education and Sports University
Chennai - 600 127

Respected Sir,

Sub: Request the permission to organize the Celebrate the Gita Puranima Day,
in the Department of yoga on 05-07-2023 -- is the eve of Happy Puranima Day. -Reg.

Res,

I wish to request you that I have planning to organize a on the eve of Gita Puranima Day . We
plan to celebrate the Gita Puranima Day in our yoga department on 05.07.2023. Kindly give the
permission.

Thanking you

Yours faithfully

(Dr.V.Durasam)



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Melakottaiyur, Chennai-127

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PROGRAMME REPORT

This is the Report of "GURU PURNIMA " on 3rd July 2023, was organized by Department of Yoga, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 40 members). Dr.DebkumarDass, Guest Lecturer, Department of Yoga, TNPESU, Chennai welcomed the gathering. The Celebration started at 10.00 AM and Dr.V.DURASAMI, Professor & Head i/c ,Department of Yoga,TNPESU given a vote of thanks.

Organizing Secretary
Dr. V. DURASAMI
Professor & Head i/c
Department of Yoga
TNPESU
CHENNAI



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Melakottaiyur, Chennai-127

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GLIMPSES / PHOTO





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DEPARTMENT OF YOGA
Celebrates

TEACHERS DAY
05 SEPTEMBER 2023



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

From

04-09-2023

Dr. V.DURAI SAMI

Chennai - 127

Associate Professor & Head i/c

Department of Yoga,

TNPESU

To

THE REGISTRAR

Tamilnadu Physical Education and Sports University

Chennai – 600 127

Respected Sir, |

Sub: Request the permission to organize the teachers day program and celebration in the Department of yoga on 05-09-2023.. –Reg. Req.

I wish to request you that I have planning to organize the teachers day program and celebration in Department of yoga on 05-09-2023. And also proudly to From department of yoga on behalf of teachers' day, we whole heartedly honor ottiyambakkam panchayat union middle school teacher's Kindly give the permission.

Thanking you

Yours faithfully

(Dr.V.Duraisami)

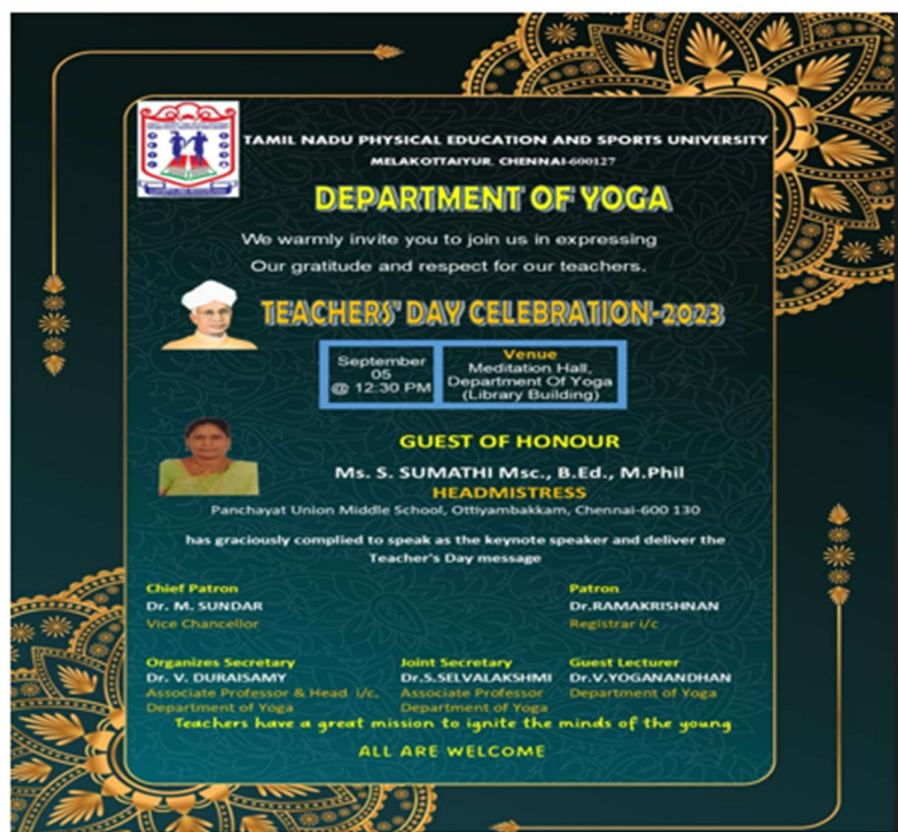


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Melakottaiyur, Chennai-127

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PROGRAM BROCHURE



The brochure is a vertical rectangular card with a dark green background and intricate gold-colored floral patterns along the top, bottom, and right edges. At the top left is the university's logo. The text is centered and uses a mix of white and gold fonts. It includes a portrait of a man in a white turban, a portrait of a woman, and a box containing the date and venue. The bottom section lists the names and titles of the Chief Patron, Patron, Organizes Secretary, Joint Secretary, and Guest Lecturer. A quote about teachers' mission is also present.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI-600127

DEPARTMENT OF YOGA

We warmly invite you to join us in expressing
Our gratitude and respect for our teachers.

TEACHERS' DAY CELEBRATION-2023

September 05 @ 12.30 PM

Venue
Meditation Hall,
Department Of Yoga
(Library Building)

GUEST OF HONOUR
Ms. S. SUMATHI Msc., B.Ed., M.Phil
HEADMISTRESS
Panchayat Union Middle School, Ottiyambakkam, Chennai-600 130
has graciously complied to speak as the keynote speaker and deliver the
Teacher's Day message

Chief Patron
Dr. M. SUNDAR
Vice Chancellor

Patron
Dr. RAMAKRISHNAN
Registrar I/c

Organizes Secretary
Dr. V. DURAISAMY
Associate Professor & Head, I/c,
Department of Yoga

Joint Secretary
Dr. S. SELVALAKSHMI
Associate Professor
Department of Yoga

Guest Lecturer
Dr. V. YOGANANDHAN
Department of Yoga

Teachers have a great mission to ignite the minds of the young

ALL ARE WELCOME



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REPORT

This is the Report of "TEACHERS DAY CELEBRATION " on 5th September 2023, was organized by Department of Yoga, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 40 members). Dr.V.Yoganandan, Guest Lecturer, Department of Yoga, TNPESU, Chennai welcomed the gathering. The Celebration started at 12.30 PM and Dr.V.DURASAMI, Professor & Head i/c ,Department of Yoga,TNPESU given a vote of thanks.

Organizing Secretary

Dr. V. DURASAMI

Professor & Head i/c

Department of Yoga

TNPESU

CHENNAI



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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GLIMPSES / PHOTO





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Melakottaiyur, Chennai-127

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Chennai -127

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DEPARTMENT OF YOGA

Organizes

INVITED LECTURE

on

"Importance of Ayurveda in General Health"

07-03-2024



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

From
Dr. V.DURASANI
Associate Professor & Head (i/c)
Department of Yoga,
TNPSU

04-09-2023
Chennai - 127

To
THE REGISTRAR
Tamil Nadu Physical Education and Sports University
Chennai - 600 127

Respected Sir,]

Sub: Request for permission to request the teachers' day program and certificate
in the Department of yoga on 04 SEP, 2023. -90g. Reg.

I wish to request you that I have planning to request the teachers' day program and certificate
in Department of yoga on 04-09-2023. And also proudly to from department of yoga on behalf
of teachers' day, we will be heartfully thank all your support and participation from teacher school teachers.
Kindly give the permission.

Thanking you

Yours faithfully

(Dr.V.Durasani)



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAM BROCHURE



Tamil Nadu Physical Education and Sports University

Accredited with B Grade by NAAC

DEPARTMENT OF YOGA

INVITED LECTURE ON
IMPORTANCE OF AYURVEDA IN GENERAL HEALTH

Date: 7-03-2024

Time : 12.30pm



RESOURCE PERSON



Dr. SENTHIL KUMAR BAMS
Senior Consultant, Medical Officer,
Dhanwantri Ayurveda Vaidhyasalai
Madurai

CHIEF PATRON

Dr. M. SUNDAR

VICE CHANCELLOR

ORGANIZING SECRETARY

Dr V. Duraisami

PROFESSOR & HEAD i/c

PATRON

Prof. Dr. I. LILLY PUSHPAM

REGISTRAR

JOINT SECRETARY

Dr S. Selvalakshmi

ASSOCIATE PROFESSOR

CO – ORDINATORS

Dr. D. Yoganand

Guest Lecturer
Department of Yoga

Mrs.Chandra Vathana

Guest Lecturer
Department of Yoga

Ms. G. Akshaya Priya

Guest Lecturer
Department of Yoga



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REPORT

This is the Report of invited lecture on "IMPORTANCE OF AYURVEDA IN GENERAL HEALTH" on 25th July 2023, was organized by Department of Yoga, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 85 members). Dr.S.SELVALAKSHMI Associate Professor, Department of Yoga, TNPESU, Chennai welcomed the gathering. Dr.V.DURASAMI, Professor & Head i/c, Department of Yoga, TNPESU introduced the chief guest and the resource person. The Chief Guest of this program is Dr. M.SUNDAR, Vice Chancellor, TNPESU presided the program. The Resource person is Mr.P.Arumugasamy, Lecture, Department of Education, St.Joseph University, Tanzania, East Africa given a address about "YOGA AND CULTURE". The program started at 12.30 PM and Dr.V.DURASAMI, Professor & Head i/c, Department of Yoga, TNPESU given a vote of thanks.

Organizing Secretary

Dr. V. DURASAMI

Professor & Head i/c

Department of Yoga

TNPESU

CHENNAI



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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GLIMPSES / PHOTO





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Melakottaiyur, Chennai-127

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KEY INDICATOR – 6.5.2

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY **Chennai -127**

Accredited with "B" by NAAC



DEPARTMENT OF YOGA
Organizes

ADIEU SENIORS – BATCH OF 2024
on
12-04-2024



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

From

Dr. V.DURASAMI

Associate Professor & Head i/c

Department of Yoga,

TNPESU

10-04-2024

Chennai - 127

To

THE REGISTRAR

Tamilnadu Physical Education and Sports University

Chennai – 600 127

Respected Sir,

Sub: Request the permission to organize the farewell day program and celebration in the Department of yoga on 12-04-2024.. –Reg. Req.

I wish to request you that I have planning to organize farewell day program and celebration in the Department of yoga on 12-04-2024. For our 2nd and 3rd year students. Kindly give the permission.

Thanking you

Yours faithfully

(Dr.V.Duraisami)



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAM BROCHURE

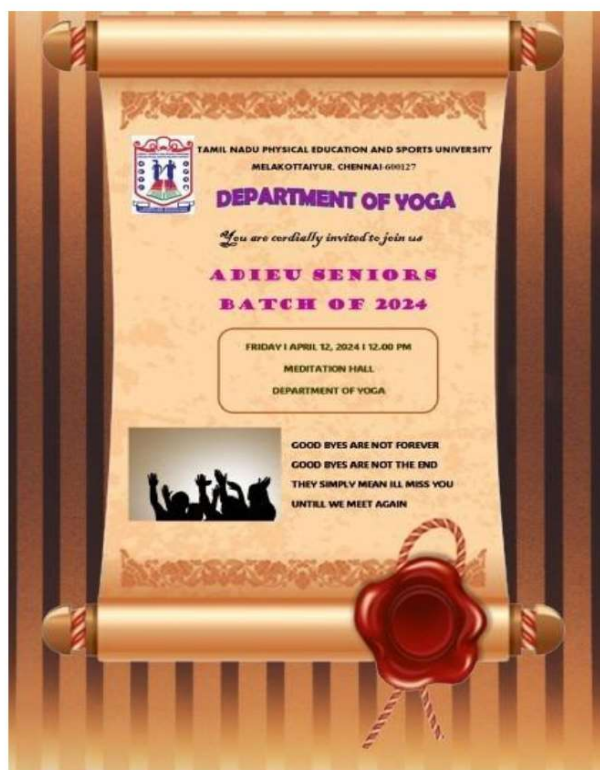




TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REPORT

This is the report of farewell program ADIEU SENIORS – BATCH of 2024 celebration on 12th April 2024, organized by Department of Yoga, TNPESU for the M.Sc 2nd and B.Sc 3rd year outgoing students. The Participants were regular students. The program started at 12.30 PM. Cultural programs, events and games were conducted. Gifts were distributed to the outgoing students by their juniors on the eve of farewell celebration.

Organizing Secretary

Dr. V. DURAISAMI

Professor & Head i/c

Department of Yoga

TNPESU

CHENNAI

GLIMPSES / PHOTO



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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KEY INDICATOR – 6.5.2

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

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DEPARTMENT OF YOGA

NATIONAL CONFERENCE

ON

**"SIGNIFICANCE OF YOGA AND ALTERNATIVE
MEDICINE FOR HOLISTIC HEALTH IN THE PRESENT
SCENARIO"**

19th JUNE 2024



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

MUMBAI

From
DR. V. DURASRAM
Professor & Head (P),
Department of Yoga
Tamil Nadu physical education and sports university
Chennai -127.

To
THE REGISTRAR
Tamil Nadu physical education and sports university
Chennai -127.

Respected Sir,

Sah.: Request The Permission For To Organize The National conference on "SIGNIFICANCE OF YOGA AND ALTERNATIVE MEDICINE FOR HOLISTIC HEALTH IN THE PRESENT SCENARIO" In The Department of Yoga jointly organize with school of distance education TNPST on 29/06/24 -Reg - Reg.

I wish to bring the kind information to you is that I have planning to organize a One day "SIGNIFICANCE OF YOGA AND ALTERNATIVE MEDICINE FOR HOLISTIC HEALTH IN THE PRESENT SCENARIO" in our Dept of yoga jointly organize with school of distance education TNPST on 29/06/24. Therefore, I plan to collect the fee for Participation Rs. 100/- (One Hundred only) for paper presenter and participation for students & Rs. 600/- (Six Hundred) for faculty. The estimate expenditure break up for the above said conference is attached with this letter. Kindly give the permission to organize the conference.

Thanking You

Yours faithfully

Enclosure
1. Estimate Expenditure & Budget Copy.

DR. V. DURASRAM

NATIONAL CONFERENCE ON "SIGNIFICANCE OF YOGA AND ALTERNATIVE MEDICINE FOR HOLISTIC HEALTH IN THE PRESENT SCENARIO"

ESTIMATED EXPENDITURE

Estimated Participants 200/200 (1,000)		Rs. 1,00,000
ESTIMATED EXPENDITURE		
1.	Food 200 X 150	Rs. 30,000
2.	Tea & Snacks 200 X 50	Rs. 10,000
3.	Ceremonies 200 X 50	Rs. 10,000
4.	RPD Booklet/Book	Rs. 10,000
5.	Stationery & Decoration (Flowers & other items)	Rs. 5,000
6.	Stationery (File, Stationery and post) 200 X 100	Rs. 20,000
7.	Gift & Salary for Chairperson & Resource Person	Rs. 15,000
8.	Reserve price T.A. O.A.	Rs. 15,000
Total Expenditure		Rs. 1,00,000
Budget (Rs.)		

The collection of the fee only Demand Draft in the Name of The Registrar, Tamil Nadu Physical Education and Sports University. This is approximately Budget only depends upon the participants & fee.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAM BROCHURE

REGISTRATION FORM		ORGANIZING COMMITTEE	
Name :		Chief Patron Dr. M. DEBAN Vice-Chancellor	NATIONAL CONFERENCE ON "SIGNIFICANCE OF YOGA AND ALTERNATIVE MEDICINE FOR HOLISTIC HEALTH IN THE PRESENT SCENARIO" 13 JUNE 2024  Jointly organized by Department of Yoga & School of Distance Education, Tamil Nadu Physical Education And Sports University, Chennai, Tamil Nadu 600 527.
Designation :		Patron Dr. S. SUBRAMANIAM Registrar	
University / College :		Organizing Secretary Dr. S. SUBRAMANIAM Registrar, SDE, TNPUSU, Chennai	
Department :		Dr. V. DEBAN Professor & Head U's	
Address :		Joint Secretary Dr. S. DEBAN Associate Professor,	
Mobile Number :			
E-mail ID :			
Registration fee:			
Signature of Participant Registration Details Rs.500/- for all Students and Research Scholars Rs.600/- for Faculty members. The Registration Fee through Demand Draft or Indian Bank Cheque. Registration Fee50 drawn in favor of "The Registrar, TamilNadu Physical Education & Sports University" payable at Chennai.			

ABOUT UNIVERSITY		THEME					
The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliating University, exclusively for Physical Education and Sports. After obtaining the sanction from the Government the president of India on 08 August 2005, the seed and came into force with effect from 15th September 2005.		YOGA • Yoga • Naturopathy SUB THEMES • Tradition of Yoga • Yoga and Modern Medicine • Yoga and Naturopathy • Naturopathy Treatment on Diseases • Yoga Diet • Importance of Kriya • Yoga Therapy for Various Ailments • Yoga Alternative Medicine • Yoga and Adaptive Medicine • Naturopathy and Surgery					
Department of Yoga The Department of yoga strives for excellence to meet the world's latest expectations in terms of infrastructure, education, holistic care, and research and extension activities and to establish benchmarking that foster other yoga institutions worldwide.		CALL FOR PAPERS Delegates are requested to submit their abstracts of papers (both empirical and theoretical) on any of the above theme and sub-theme in English upto 200 words using 9mm Xmm Indian font with a character size of 12 and with 1.5 line spacing on A4 size sheet by post on the email should reach the registration secretary on or before 15th June 2024.					
COURSES OFFERED BY DEPARTMENT OF YOGA & ADHARVA COLLEGE • Ph.D in Yoga (Full Time & Part Time) • M.A in Yoga • M.A in Yoga For Human Excellence • B.Sc in Yoga • B.Sc in Yoga For Human Excellence		SUBMISSION OF FULL PAPERS The soft copy and hard copy of full paper typed in double space in English using Times New Roman font with a character size of 12 should reach the organizing secretary on or before 15th June 2024 on the below mentioned mailing address. Certificate will be given only to the registered participants. The submission form of the seminar is enclosed. The participants are requested to send the Registration form duly filled in along with Registration fee in the form of 1000 Indian Rupee drawn in favor of The Registrar, TamilNadu Physical Education & Sports University on or before 15th June 2024. REGISTRATION FEE <table border="1"> <thead> <tr> <th>AT TNPUSU</th> <th>At other</th> </tr> </thead> <tbody> <tr> <td>Rs.500/-</td> <td>Rs.600/-</td> </tr> </tbody> </table> The participants will receive with copy of the Registration, for hard copy once payment, Conference kit and lunch. REGISTRATION DETAILS Send in the filled in Registration form available in together with 1000/- to below mentioned address. ADDRESS FOR CORRESPONDENCE Dr. V. DEBAN Organizing Secretary Professor & Head U's Department of Yoga Tamil Nadu Physical Education & Sports University Melakottaiyur, Chennai - 600 527. Mobile: 9447706666 Mail ID: daban_v@yahoo.co.in Phone: 044-27477066/175		AT TNPUSU	At other	Rs.500/-	Rs.600/-
AT TNPUSU	At other						
Rs.500/-	Rs.600/-						
AIM OF THE CONFERENCE To Yoga and Naturopathy, traditional and different natural therapies are an integral aspect. With changing the work and global scenario, there have been changes in almost all the streams of traditional science to suit contemporary requirements. Finding the time to practice yoga just a few times per week							



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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GLIMPSES / PHOTO





TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REPORT

This is the Report of National Conference on "SIGNIFICANCE OF YOGA AND ALTERNATIVE MEDICINE FOR HOLISTIC HEALTH IN THE PRESENT SCENARIO" on 19th June 2024, was organized by Department of Yoga, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 114 members). Dr.S.SELVALAKSHMI, Associate Professor, Department of Yoga, TNPESU, Chennai welcomed the gathering. Dr.V.DURASAMI, Professor & Head i/c, Department of Yoga, TNPESU introduced the chief guest and the resource person. The Chief Guest of this program is Dr. M.SUNDAR, Vice Chancellor, TNPESU presided the program. The Resource person is Dr. Priyanka Somasundaram, Former Assistant Professor SVYASA University Bangalore and Dr. Jayaprakash Principal Vethathiri Maharishi college of yoga, Thiruvannamiyur, Chennai given a address about "SIGNIFICANCE OF YOGA AND ALTERNATIVE MEDICINE FOR HOLISTIC HEALTH IN THE PRESENT SCENARIO". The National Conference started at 10.00 AM and Dr.V.DURASAMI, Professor & Head i/c, Department of Yoga, TNPESU given a vote of thanks.

Organizing Secretary

Dr. V. DURASAMI

Professor & Head i/c

Department of Yoga

TNPESU

CHENNAI



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

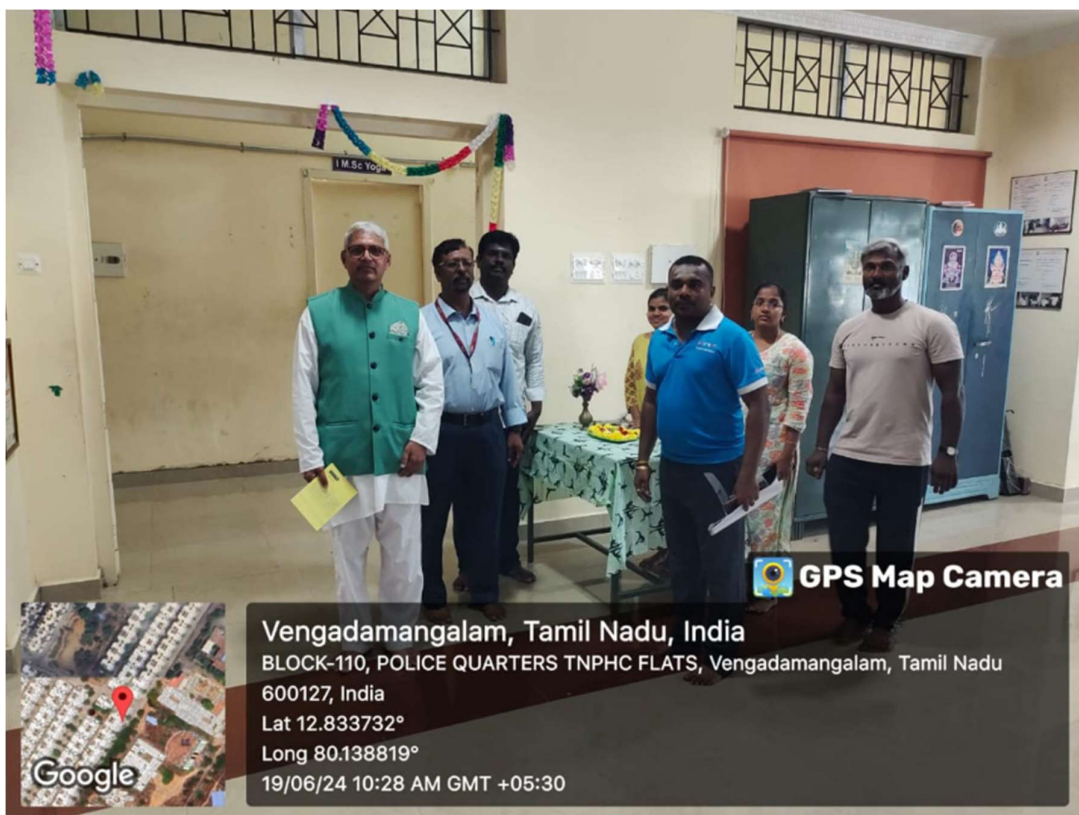




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Melakottaiyur, Chennai-127

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

Accredited with "B" by NAAC



DIRECTORATE OF RESEARCH

Organizes

ONE DAY NATIONAL WORKSHOP

“VIKSIT BHARAT - 2047”

21.12.2023



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

20.12.23

From
DR. V. DURAISAMI
Associate Professor & Head i/c,
Department of yoga
Tamilnadu physical education and sports university
Chennai -127.

To
THE REGISTRAR
Tamilnadu physical education and sports university
Chennai -127.

Respected Sir,

Sub: Request Permission To Organize The One Day National Level
Workshop on "VOICE OF YOUTH @2047 (VIKSIT BHARAT @2047)" in The Department of Yoga on 21.12.2023 and Approval of
Pamphlet. Req – Reg.

I wish to bring the kind information to you sir that I have planning to organize the one day
National Level workshop on "VOICE OF YOUTH @2047 (VIKSIT BHARAT @2047)" on
21.12.2023 in the Dept of yoga. This workshop useful for our university regular students. Kindly
give the permission to organize the workshop and also approve the workshop pamphlet.

Thanking You

Yours faithfully

(Dr.V. DURAISAMI)



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAM BROCHURE



The brochure is for a workshop titled 'VIKSIT BHARAT 2047' organized by the Department of Yoga at the Tamil Nadu Physical Education and Sports University. It features a dark green background with gold decorative borders. The text is in white and yellow. It lists the date as December 21, 2023, at 11:00 AM, and the venue as the Meditation Hall in the Library Building. It identifies Dr. N. Ashok Kumar as the Resource Person, Deputy Librarian. It also lists the Chief Patron (Dr. M. Sundar), Patron (Dr. Ramakrishnan), Joint Secretary (Dr. S. Selvakshmi), and Coordinators (Dr. V. Yoganandhan, Mrs. A. S. Chandrasekhara, and Ms. G. Akshaya Priya).

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI-600127

DEPARTMENT OF YOGA

We are delighted to extend
an invitation to the National-Level Workshop on

VIKSIT BHARAT 2047

December 21, 2023
@ 11:00 AM

Venue
Meditation Hall,
Department Of Yoga
(Library Building)

RESOURCE PERSON
Dr.N. ASHOK KUMAR
DEPUTY LIBRARIAN
UNIVERSITY LIBRARY
TNPSU

Chief Patron
Dr. M. SUNDAR
Vice Chancellor

Organizing Secretary
Dr. V. DURASAMI
Associate Professor & Head, UG,
Department of Yoga

Patron
Dr. RAMAKRISHNAN
Registrar UG

Joint Secretary
Dr. S. SELVALAKSHMI
Associate Professor,
Department of Yoga

COORDINATORS
Dr. V. YOGANANDHAN
Mrs. A. S. Chandrasekhara
Ms. G. Akshaya Priya

Guest Lecturer
Department of Yoga



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REPORT

This is the Report of oneday National Level Workshop "VIKSIT BHARAT 2047" on 21 December 2023, was organized by Department of Yoga, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 85 members). Dr.S.SELVALAKSHMI, Associate Professor, Department of Yoga, TNPESU, Chennai welcomed the gathering. Dr.V.DURASAMI, Professor & Head i/c ,Department of Yoga,TNPESU introduced the chief guest and the resource person.The Chief Guest of this program is Dr. M.SUNDAR, Vice Chancellor, TNPESU presided the program.The Resource person is Dr.N.Ashokkumar, Deputy Librarian, TNPESU,Chennai given a address about "VIKSIT BHARAT 2047". The National Workshop started at 11.00 AM and Dr.V.DURASAMI, Professor & Head i/c ,Department of Yoga,TNPESU given a vote of thanks.

Organizing Secretary

Dr. V. DURASAMI

Professor & Head i/c

Department of Yoga

TNPESU

CHENNAI



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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GLIMPSES / PHOTO





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Melakottaiyur, Chennai-127

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KEY INDICATOR – 6.5.2

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

Accredited with "B" by NAAC



DIRECTORATE OF RESEARCH

Organizes

"INTER CLASS YOGA COMPETITION"

On the eve of

**VOICE OF YOUTH @ 2047(VIKSIT BHARAT
@2047)**

22-12-2023



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

20.12.23

From
DR. V. DURAISAMI
Associate Professor & Head i/c,
Department of yoga
Tamilnadu physical education and sports university
Chennai -127.

To
THE REGISTRAR
Tamilnadu physical education and sports university
Chennai -127.

Respected Sir,

Sub: Request Permission To Organize The **INTER CLASS YOGA COMPETITION** on the eve of "**VOICE OF YOUTH @2047 (VIKSET BHARAT @2047)**" in The Department of Yoga on 22.12.2023 and Approval of Pamphlet. Req - Reg.

I wish to bring the kind information to you sir that I have planning to organize the **INTER CLASS YOGA COMPETITION** on the eve of "**VOICE OF YOUTH @2047 (VIKSET BHARAT @2047)**" on 22.12.2023 in the Dept of yoga. This inter class yoga competition useful for our university regular students. Kindly give the permission to organize the inter class yoga competition and also approve the inter class yoga competition pamphlet.

Thanking You

Yours faithfully

(Dr.V. DURAISAMI)



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAM BROCHURE

The brochure is a dark blue rectangular card with a gold border. It features the university logo at the top left, the department name in yellow, and a central image of a person in a yoga pose. Text is organized into columns for dates, venue, and staff roles.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI-600127

DEPARTMENT OF YOGA
We warmly invite you to participate in

INTER-CLASS YOGA COMPETITION


YOGA

December
22, 2023
@ 10.00 AM

Venue
Meditation Hall,
Department Of Yoga
(Library Building)

Chief Patron
Dr. M. SUNDAR
Vice Chancellor

Organizes Secretary
Dr. V. DURAISAMI
Associate Professor & Head, UIC,
Department of Yoga

Patron
Dr. RAMAKRISHNAN
Registrar UIC

Joint Secretary
Dr. S. SELVALAKSHMI
Associate Professor
Department of Yoga

COORDINATORS
Mrs. A. B. Chandrasekhar
Guest Lecturer
Department of Yoga

Dr. V. YOGANANDHAN
Guest Lecturer

Ms. G. Adithya Priya
Guest Lecturer



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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PROGRAMME REPORT

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR, CHENNAI -600 127

DEPARTMENT OF YOGA

REPORT OF INTER CLASS YOGA COMPETITION on the eve of "VOICE OF YOUTH @2047 (VIKSIT BHARAT @2047)" In The Department of Yoga on 22.12.2023

Venue: Conference Hall, Library Building, TNPESU

Date: 22-12-2023

This is the INTER CLASS YOGA COMPETITION on the eve of "VOICE OF YOUTH @2047 (VIKSIT BHARAT @2047)" In The Department of Yoga on 22.12.2023, and this workshop was organized by Department of Yoga, TNPESU. The Participants were B.Sc and M.Sc yoga students from our department and university regular students. The Dr. V. DURAISAMI Associate Professor & Head i/c, Dept of Yoga, TNPESU, to give the welcome address. The Vote of Thanks given by Dr. Yoganand, Guest lecturer, Dept of yoga, TNPESU.

Winner : I B.Sc Yoga

Runner : II M.Sc yoga.

Dr. V. DURAISAMI

Organizing Secretary

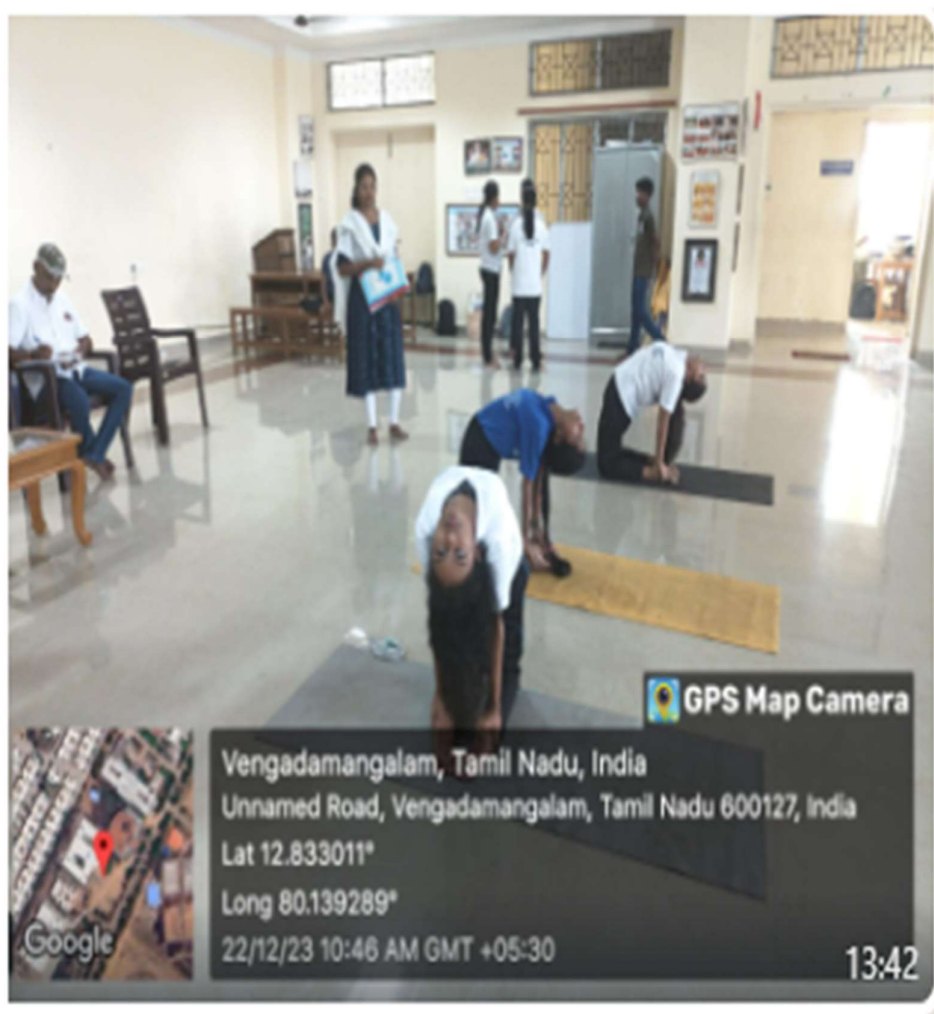


TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

GLIMPSES / PHOTO

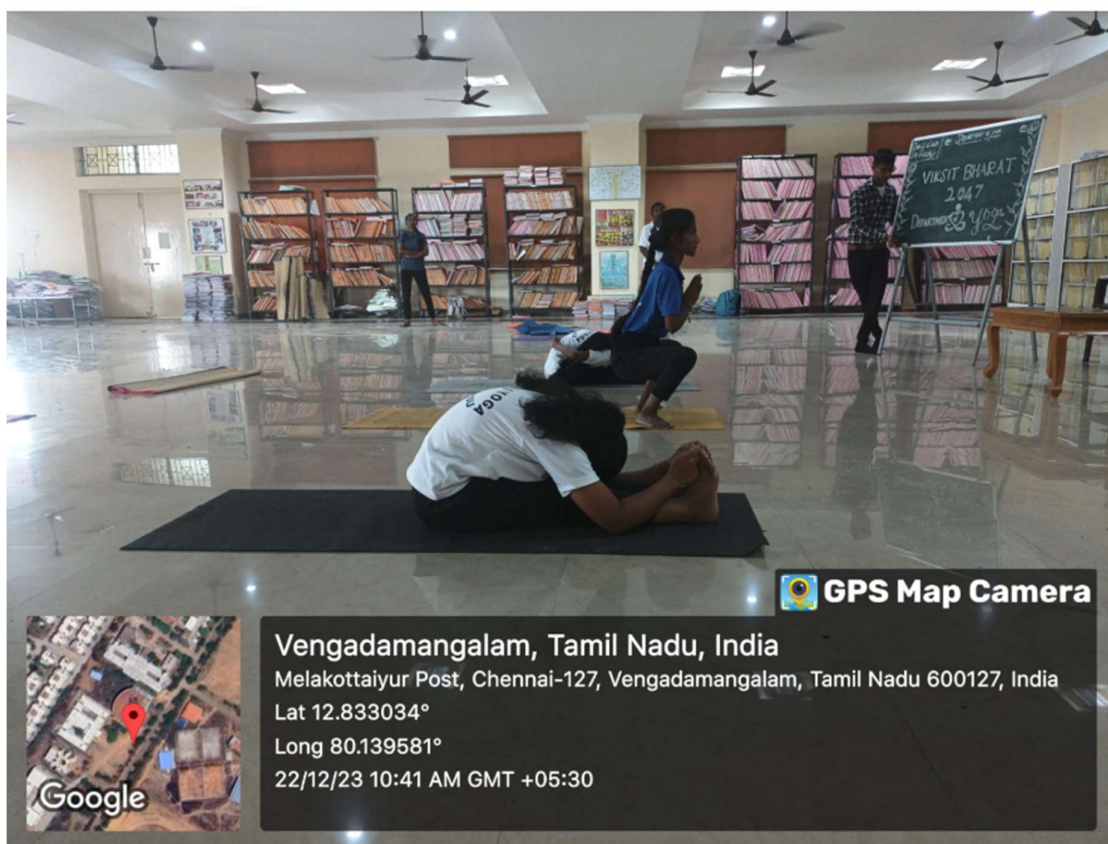




TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2





TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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KEY INDICATOR – 6.5.2

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

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**Department of Yoga in collaboration with
Moraji Desai National Institute of Yoga,
Ministry of Ayush, Government of India**

Organizes

INTERNATIONAL DAY OF YOGA PROTOCOL

88 DAYS TO GO

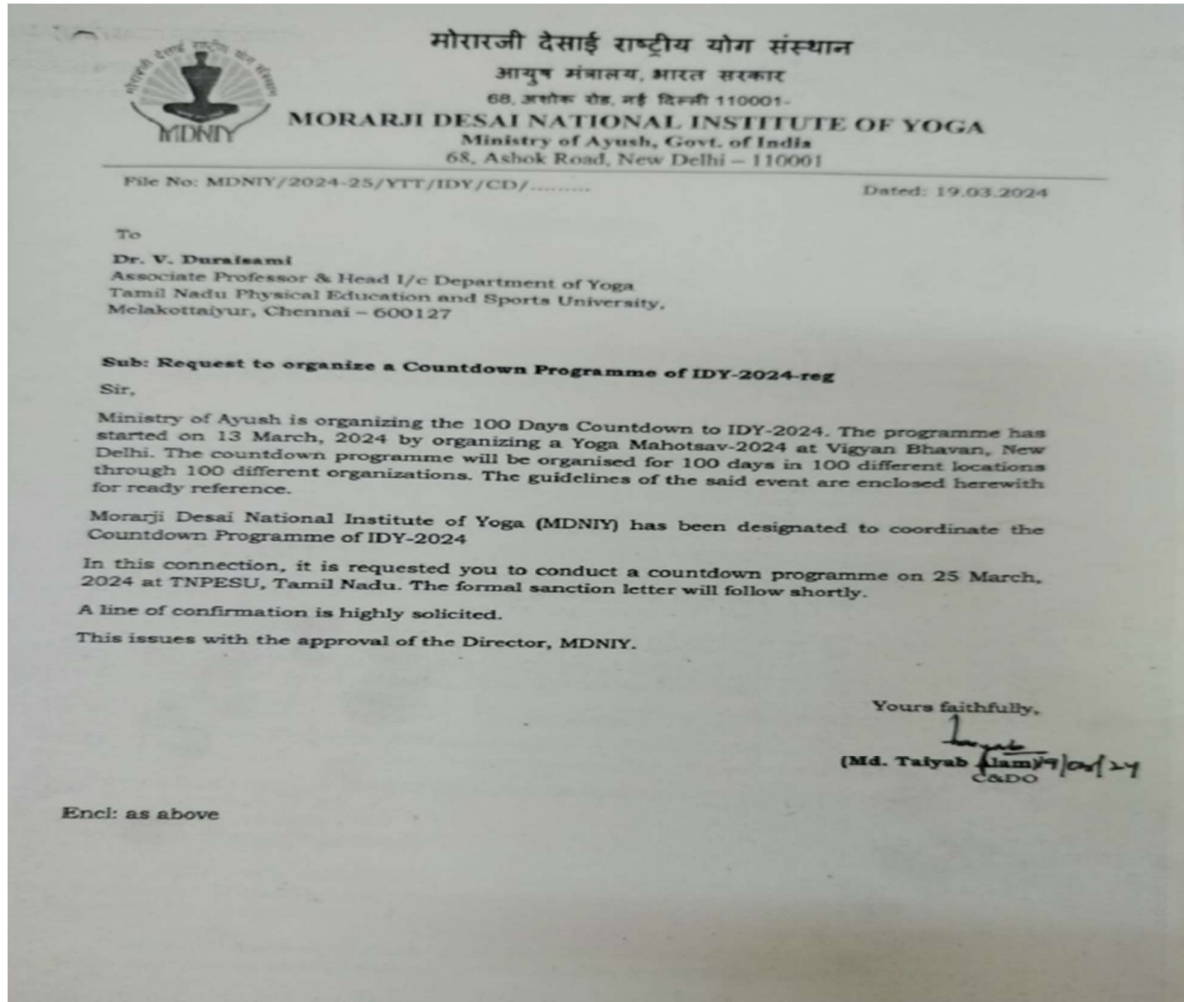
25-03-2024



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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 मोरारजी देसाई राष्ट्रीय योग संस्थान
आयुष्य मंत्रालय, भारत सरकार
68, अशोक रोड, नई दिल्ली- 110001
MORARJI DESAI NATIONAL INSTITUTE OF YOGA
Ministry of Ayush, Govt. of India
68, Ashok Road, New Delhi - 110001

F. No. MDNIY-YT026(13)/4/2024-DIR. Dated: 19.04.2024

SANCTION ORDER

To, Dr. V. Duraisami
Associate Professor & Head I/c Department of Yoga
Tamil Nadu Physical Education and Sports University,
Melakottaiyur, Chennai – 600127

Sub: Reimbursement of expenditure incurred towards organizing a Yoga Programme in connection with celebration of 100 days countdown to IDY 2024 with estimated maximum amount of Rs.2.00 Lacs (Rupees Two Lakh Only) –reg.

Sir,

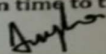
I am directed to convey the approval of the Competent Authority of MDNIY for a financial assistance as reimbursement of expenditure to be incurred towards organizing a Yoga Programme in connection with celebration of 100 days countdown to IDY 2024 with the estimated maximum amount of Rs.2.00 Lacs (Rupees Two Lakhs) only. The details of sub-heads of the expenditure are as under:

S. No.	Particulars	Expenditure Heads in Lakh
1	Arrangement of Internet/ Social Media/ Live Telecast and also Venue & other arrangements of the programme	Rs. 0.50
2	Publicity, promotion, design and development including website/ webpage, local advertisement etc.	Rs. 0.50
3	Arrangement of Experts/ Yoga Demonstration and other related activities	Rs. 0.50
4	Miscellaneous expenses (Procurement/ Food/ Administrative expenses)	Rs. 0.50
	Total	Rs. 2.00

2. You are requested to conduct the said programme as per details give below:
a. Countdown Day: 88
b. Date: 25-03-2024
c. City: Chennai, Tamil Nadu

3. The MDNIY will release only the maximum amount of Rs.2.00 lakhs to the Organisation or the actual expenditure, whichever is less, subject to the given condition of organizing this programme.

4. The grant-in-aid shall be released subject to the terms and conditions indicated in this letter and other instructions issued by this Institute from time to time.

 Contd.....



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

5. The grant-in-aid will be subject to compliance of various provisions of chapter 9 (i) of General Financial Rules (GFR) 2017 and Circulars of Government of India issued from time to time.

6. The payment of the grant/reimbursement of expenditure will be made by PFMS/ RTGS/ NEFT/ in favour of the organisation on receipt of request from the organization accompanied by:

- An undertaking in enclosed proforma (Annexure-I) that the terms and conditions of the grant are acceptable to the organisation.
- Certificate to the effect that this Institute is not involved in any proceedings relating to the accounts or conduct of its office bearers.
- A pre-stamped receipt in duplicate duly signed on revenue stamp at the place provided for the purpose.

7. The following documents duly certified by a Chartered Accountant or Government Auditor may be sent to this Institute within one month of the completion of the programme.

- Work done report with high quality photographs relevant to the programme (minimum 5 photographs)
- Statement of Accounts in respect of the expenditure incurred to organise this programme, duly certified by the Chartered Accountant or Government Auditor.
- A set of Audited Statement of Accounts of your institution as laid down in Rule 235 of GFR, showing the grant as separate item in the receipt side and the expenditure incurred there from in the expenditure side. Such items may be marked with asterisks (*).
- Utilisation certificate as per enclosed format.


8. In term of Rule 236(1) of GFR, your accounts are subject to being inspected by this Institute and also subject to audit by the C&AG India. Therefore, you are requested to preserve the books of accounts/ vouchers in safe custody and permit inspection of accounts and hospital by the officials of the Council.

9. Please note that in case above conditions are not complied with the financial assistance given to you shall be recovered with interest as per Government of India rules and you will be debarred for future financial assistance.

10. *The above sanction order is subject to settlement of earlier Utilization Certificates/ refund of any amount of the financial assistance given by the Institute, if any.*

This is issues with the approval of the Director, MDNIY.

Yours faithfully


(Anshuman Kumar Jha)
Accounts Officer: &
I/c Administrative Officer

End: As above

Copy To:

1. Concerned File



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF YOGA
INTERNATIONAL DAY OF YOGA 25.03.2024
88 DAYS TO GO
REPORT**

This is the Report of International day of yoga - IDY (88 DAYS TO GO) - Yoga Mahotsav - 2024 at Synthetic Track, TNPES University, Chennai on March 2024 organized by Department of yoga, Tamilnadu Physical Education and sports university in collaboration with Moraji Desai National Institute of Yoga, Ministry of Ayush, Government of India . The theme of this event was " Yoga for Women Empowerment" .

In the celebration of Yoga Mahotsav - 2024, more than 800 participants. The Participants were Tamilnadu Physical Education and Sports University Students, Teaching and Non Teaching Staff Members, Government & Private school students and general public's in our university campus,. In Yoga Mahotsav event was given the welcome address by Dr. V. Duraisami Prof & Head i/c, Organizing secretary given welcome address, The Inaugural Speech by Dr. I. Lillypushpam Registrar, TNPESU, Prof. M. Sundar, Vice-chancellor given the Special Address. and Dr. S. Selvalakshmi , Associate Professor, Dept of Yoga, TNPESU given a vote of thanks.

Yoga Mahotsav started with prayer, Loosening Practices, Yogasanas, Pranyama, Meditation, Relaxation and Ending Prayer was practiced with full sprit and enjoyed the practical session. The event was live streamed on You Tube with thousands of viewers glued for the long awaited event.

The Yoga Mahotsav program telecast in Sun News Television in all over the country .

Dr. V. DURAISAMI
M.Sc.,(Yoga), M.Sc.,(Yoga Therapy), M.P.E.S., M.Phil, Ph.D.
Professor and Head
Department of Yoga
Tamil Nadu Physical Educational and Sports University
Melakottaiyur (PO), Chennai - 600 127.

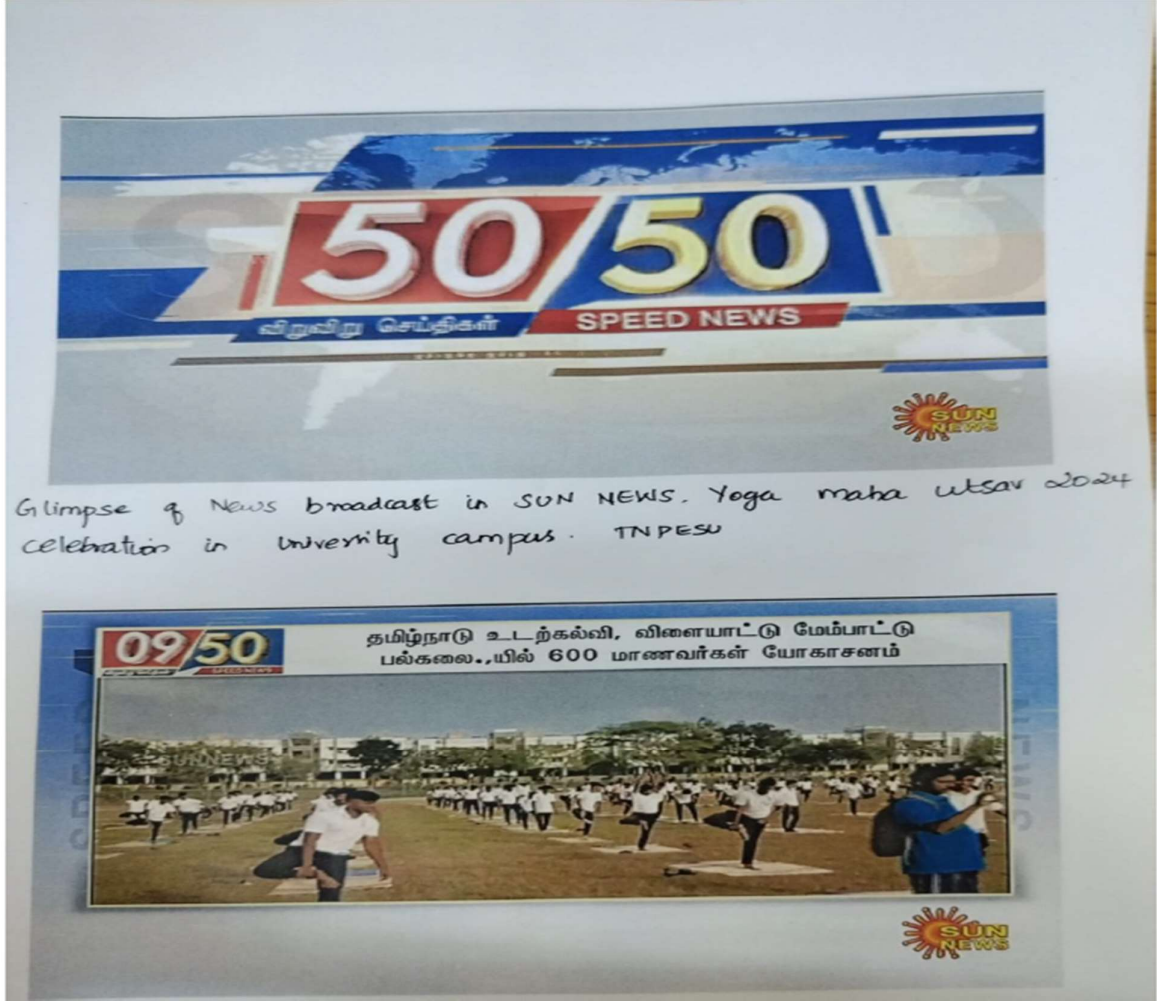


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Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT

KEY INDICATOR – 6.5.2



Glimpse of News broadcast in SUN NEWS. Yoga maha utsav 2024 celebration in university campus. TN PESU



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



Felicitatation of Honourable Registrar Dr. I. Lilly Pushpam. TNPESU



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Dr. M. Sudhakar, TN PESU



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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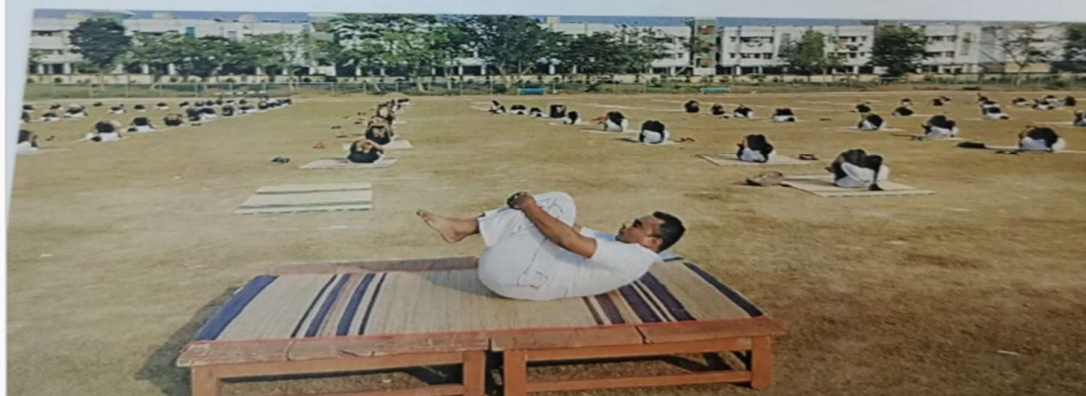
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



Honouring of chief guest, vice chancellor Dr. M. Sundar, TN PESU

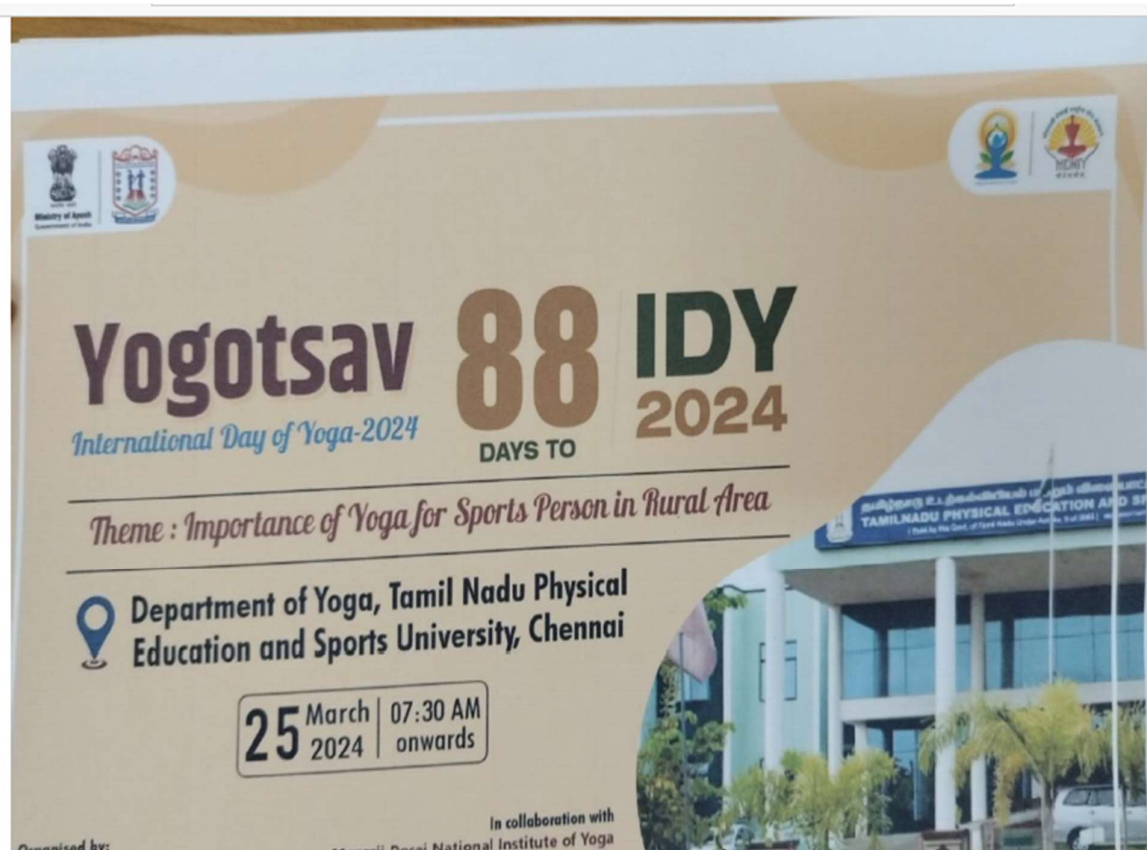




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Chennai -127

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DEPARTMENT OF YOGA

Organizes

INVITED LECTURE

on

YOGA AND CULTURE

25-07-2023



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REQUISITION / approval LETTER

From

Dr. V.DURASAMI
Associate Professor & Head of
Department of Yoga,
TNPSU

25-07-2023

Chennai - 127

To

THE REGISTRAR
Tamilnadu Physical Education and Sports University
Chennai – 600 127

Respected Sir,

Sub: Request the permission to organize the invited Lecture in the Theme of Yoga and Culture in the Department of yoga on 25-07-2023., –Reg. Req.

I wish to request you that I have planning to organize the invited International Lecture in the Theme of Yoga and Culture in Department of yoga on 25-07-2023. The resource person is Mr. Anurag Acharya Parashar, Lecture and Director of Sports, St. Joseph University, Tanzania. Kindly give the permission.

Thanking you.

Yours faithfully

(Dr.V.Durasami)




TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAM BROCHURE



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR POST, CHENNAI - 600 127

DEPARTMENT OF YOGA
INVITED LECTURE
OR

Yoga and culture

by

Resourse Person
Mr. P. Arumugasamy
Lecture
Department of Education
St. Joseph University
Tanzania, East Africa

Date : 25 th july at
12.30 pm (Tuesday)

Venue : Yoga Meditation Hall
Department of yoga

Chief Patron
Dr. M. Sundar
Vice Chancellor

Patron
Dr. R. Ramakrishnan
Registrar i/c

Organizing Secretary
Dr. V. Duraisami
Associate Professor & Head i/c
Department of yoga

Joint Secretary
Dr. S. Selvalakshmi
Associate Professor
Department of yoga

Dr. Deb kumar das
Guest Lecturer
Department of yoga

Dr. V.Yoganandhan
Guest Lecturer
Department of yoga

All are invited



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REPORT

This is the Report of invited lecture on "YOGA AND CULTURE" on 25th July 2023, was organized by Department of Yoga, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 85 members). Dr.S.SELVALAKSHMI, Associate Professor, Department of Yoga, TNPESU, Chennai welcomed the gathering. Dr.V.DURASAMI, Professor & Head i/c, Department of Yoga, TNPESU introduced the chief guest and the resource person. The Chief Guest of this program is Dr. M.SUNDAR, Vice Chancellor, TNPESU presided the program. The Resource person is Mr.P.Arumugasamy, Lecture, Department of Education, St.Joseph University, Tanzania, East Africa given a address about "YOGA AND CULTURE". The program started at 12.30 PM and Dr.V.DURASAMI, Professor & Head i/c, Department of Yoga, TNPESU given a vote of thanks.

Organizing Secretary

Dr. V. DURASAMI

Professor & Head i/c

Department of Yoga

TNPESU

CHENNAI



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Melakottaiyur, Chennai-127

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GLIMPSES / PHOTO





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Melakottaiyur, Chennai-127

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Chennai -127

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DIRECTORATE OF RESEARCH Organizes ONE DAY NATIONAL WORKSHOP

**"ANNUAL RESEARCH CONCLAVE IN PHYSICAL
EDUCATION YOGA AND SPORTS SCIENCES"**


31.03.2024



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2


PROGRAMME REQUISITION / approval LETTER

From
DR. V. DURASANI
Director - Research
Professor & Head (r)
Department of Yoga
Tamilnadu physical education and sports university
Chennai - 600 027.

To
THE REGISTRAR
Tamilnadu physical education and sports university
Chennai - 600 027.

Respected Sir,
Sub. - Request The Permission For To Organize The One Day National Workshop On "Annual Research Conference In Physical Education Yoga And Sports Sciences" In The Department of Yoga on 11.03.2024 And Approval of Pamphlet. Reg - Reg.

I wish to bring the kind information to you sir that I have planning to organize the one days national workshop on "Annual Research Conference In Physical Education Yoga And Sports Sciences" on the 11.03.2024 in the Dept of yoga jointly organize. The participation fee of Rs.750- for TNPSU Ph.D Scholars and Rs.1000- for other University Ph.D Scholars. The Registration Fee through Demand Draft, The participation fee pay through the demand draft in the favour of The Registrar, TNPSU. Herewith I enclose the estimate expenditure and also this workshop useful for our university regular and part time Ph.D scholars. Kindly give the permission to organize the workshop and also approve the workshop pamphlet.

Thanking You

Yours faithfully
(Dr.V. DURASANI)

ADMINISTRATIVE EXPENDITURE
* Annual Research Conference In Physical Education Yoga And Sports Sciences*

ESTIMATED EXPENDITURE	
Expected Participants 40 (At 5 750/-)	Rs. Rs.000
ESTIMATED EXPENDITURE	
1. Tea & Snacks 40 X 40	Rs. 2,400
2. Food (Lunch) 40 X 120	Rs. 4,800
3. Caravan 10 X 40	Rs. 2,000
4. Station & Destination (Travels & other items)	Rs. 5,000
5. Gift & Salary for Chief guest & Resource Person	Rs. 5,000
Resource Person - Dr. Durasani	Rs. 4,000
Total Expenditure	25,200 -
(Rupees Twenty Five Thousand and Two Hundred Only)	

The collection of the fee through only the Demand Draft in the favour of The Registrar, Tamilnadu Physical Education and Sports University. This is approximately Budget only depends upon the participants it vary.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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PROGRAM BROCHURE

REGISTRATION DETAILS	ORGANIZING COMMITTEE	
How to Register Send us the filled in the Registration form available in a pamphlet to below-mentioned address REGISTRATION FORM	Chief Patron Prof. M. SUNDAR Vice-Chancellor, TNPSU	
Name: Designation: University / College: Department: Address: Mobile Number: E-mail ID:	Patron Prof. J. S. L. V. PUNNAM Registrar, TNPSU Organizing Secretary Dr. V. DURAISAMI Director - Research Professor & Head I/c, Dept of Yoga, TNPSU	TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY Chennai - 600127, Tamil Nadu DIRECTORATE OF RESEARCH Organizes ANNUAL RESEARCH CONCLAVE IN PHYSICAL EDUCATION YOGA AND SPORTS SCIENCES
Signature of Participant <ul style="list-style-type: none">Rs. 750/- for Ph.D ScholarsThe Registration Fee through Demand Draft (in favour of The Registrar, TNPSU).Spot Registration also accepted	CONTACT US Dr. V. DURAISAMI Director - Research & Professor & Head I/c Department of Yoga Tamil Nadu Physical Education & Sports University Melakottaiyur, Chennai - 600127. 9842708648 Phone: 044-27477906/375	Date: 31.03.2024 Time: 10.00 am Venue: SEMINAR HALL, Academic Building, TNPSU

ABOUT TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY	VISION OF THE UNIVERSITY	OBJECTIVE OF THE WORKSHOP
 ABOUT TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the ascent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005. It is a rare coincidence that the University has started functioning from December 2005, declared by the United Nations as International year for Sport and Physical Education. At present the University has three Faculties, five Departments and nineteen Physical Education affiliated Colleges and five yoga affiliated colleges.	VISION OF THE UNIVERSITY The Vision of our university "To engage in relentless pursuit of excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit". MOOTO "EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS" 	OBJECTIVE OF THE WORKSHOP The objective of this workshop is to familiarize with the Research Methodology and Research Ethics. THEME OF WORKSHOP <ul style="list-style-type: none">It will focus on Research in Physical Education Yoga and Sports Sciences. TARGET AUDIENCE <ul style="list-style-type: none">Regular and Part Time Research scholars. 



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

PROGRAMME REPORT

This is the Report of oneday National Workshop "ANNUAL RESEARCH CONCLAVE IN PHYSICAL EDUCATION YOGA AND SPORTS SCIENCES" on 31 March 2024, was organized by Research section, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 85 members). Dr.S.SELVALAKSHMI, Associate Professor, Department of Yoga, TNPESU, Chennai welcomed the gathering. Dr.V.DURASAMI, Professor & Head i/c ,Department of Yoga,TNPESU introduced the chief guest and the resource person.The Chief Guest of this program is Dr. M.SUNDAR, Vice Chancellor, TNPESU presided the program.The Resource person is Dr.K.Jothi, Associate Professor, YMCA College of Physical Education ,Chennai given a address about "ANNUAL RESEARCH CONCLAVE IN PHYSICAL EDUCATION YOGA AND SPORTS SCIENCES". The National Conference started at 10.00 AM and Dr.V.DURASAMI, Professor & Head i/c ,Department of Yoga,TNPESU given a vote of thanks.

Organizing Secretary
Dr. V. DURASAMI
Professor & Head i/c
Department of Yoga
TNPESU
CHENNAI



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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GLIMPSES / PHOTO





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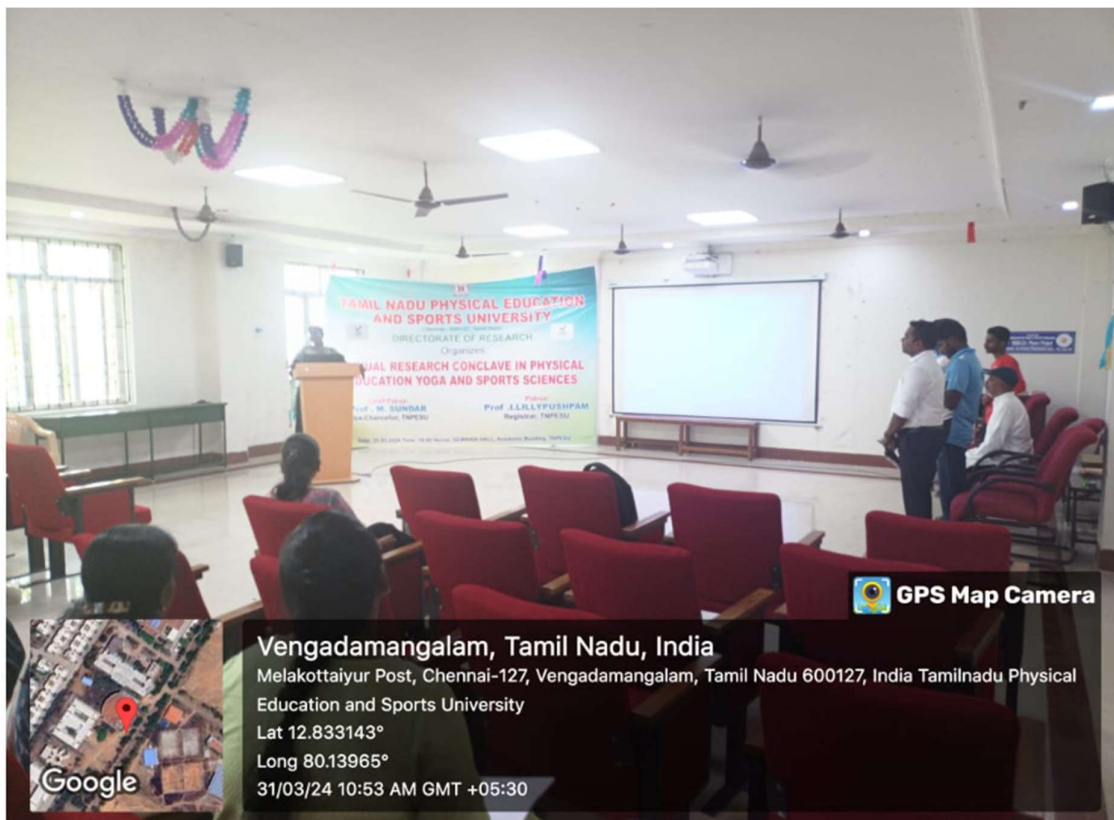




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Industrial Visit



By

**Department of Exercise Physiology and
Nutrition**

TNPESU



OBJECTIVES

The aim of visiting a milk factory as part of an exercise physiology and nutrition study could be multifaceted, providing valuable insights into various aspects of nutrition such as nutritional analysis, quality control and safety measures, processing techniques and how these techniques impact nutritional value of the dairy milk, food processing, understanding protein sources, packaging and preservation.

Overall, the aim and objective is to bridge the gap between theoretical knowledge in exercise nutrition and practical understanding of how dairy products are produced, processed, and utilized to support individuals in achieving their fitness and nutritional goals.

*This visit was organized by **Dr.P.K.SenthilKumar** Associate professor, HOD I/C, DEPN, as part of exercise physiology and nutrition study curriculum, the department for organizing this educational opportunity to enriching experience, and believe it will significantly contribute to academic and professional growth.*

The knowledge and experience gained from this visit will undoubtedly enhance understanding of exercise physiology and nutrition and its practical application. It provided valuable insights into the dairy industry, which is a crucial component of sports and fitness nutrition. Additionally, it has opened eyes to potential career opportunities in the field of food science and nutrition.

Introduction:

The purpose of an industrial visit to the Aavin Milk Company is to witness the entire milk processing procedure. The visit provides an opportunity to learn about the process and operations of milk, such as pasteurization, adulteration, extraction of by-products, cooling chambers, and packaging. The visit also provides practical experience in dairy production and waste water treatment.

The Aavin milk factory visited is located in Sholinganallur on Old Mamallapuram Road (Rajiv Gandhi Salai), Chennai.



Background Information:

The Aavin Milk Company was founded in Tamil Nadu in 1958. The company procures milk, processes it, and sells milk and milk products to consumers. The company produces a wide range of products, including milk, butter, yogurt, ice cream, ghee, milkshake, khoa, tea, coffee, and chocolate.



Milk Sourcing and Quality Control:

Dairy processing around the world is growing rapidly to meet milk and dairy products for an ever growing population.

Dairy processing is an industry that involves harvesting or processing milk from milk producing animals for human consumption.

Nutrient Content of AavinToned Milk

Energykcal63

Carbohydratesg4.6

Proteinsg 3.2

Fatg 3.0

Calciummg 125

Sodiummg50

Magnesiummg 10

Potasiummg 150

Phosphatesmg210

Citratemg200

Chloridemg100

Bicarbonatemg20

Sulphate mg10

VitaminAIU200

The structure varies from country to country. Milk is sold directly to the public in the developing countries. Milk is an easily digestible and highly nutritive human food that is consumed on a daily basis either directly or in any other dairy product forms.

Dairy products contain different forms of proteins, vitamins, minerals, fats and sugar contents in liberal quantity. India stands third after America and Russia in the world milk production, Being one of the top milk producers, the distribution of across the population spread out in the nation are in adequate as there are limited milk processing plants. The distribution of processed milk is inadequate for the children, expect ant and nursing mother across the nation. This can only be achieved by stepping up of milk production and setting up of the dairy processing plants.

To market milk and various milk products scientific planning and layout must be set up for a milk collection and processing at dairy collection plants.

The general tendencies of marketing the dairy products such as yogurt, soft cheeses and creams have short life span are located in urban regions and dairy products such as butter, cheese and milk powders that have a longer shelf life are located in rural areas.

Dairy processing plant project

Milk procurement

15% of total milk production across the nation is distributed under cooperatives and private dairy Processing Plants. These statistics exhibit a wide scope for young entrepreneurs to invest in the processing of milk and manufacture of dairy products for both domestic and export. Milk drawn from the cattle remains almost sterile with the milk temperature of about 37° C equal to the body temperature of the animal. The fresh milk will have a shelf life of about 2 to 3 hours and starts to sour. Milk is a perishable commodity gets easily contaminated from air, utensils, and other reasons; the milk should be sent to the dairy Processing Plant or milk collection centers at the earliest.

In almost all countries, most of the milk is produced in rural regions which are transported to the milk processing plant. In India, milk is collected both in the morning and evening and has to be transported twice in a day. Procurement of milk is carried out in various ways depending on the location and availability of collection centers or dairy Processing Plants.

Milk is collected at the dairy Processing Plant by the following methods:

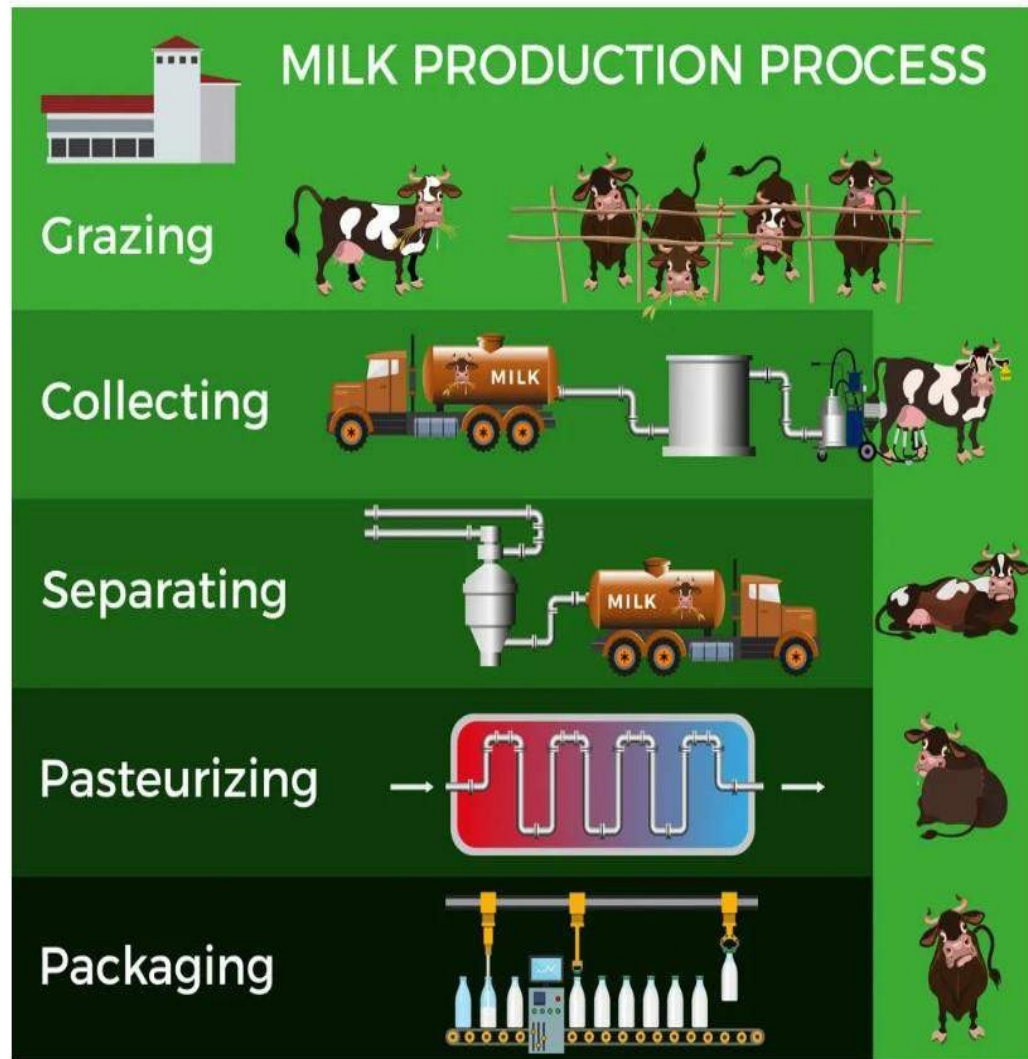
a. Individuals: Those that are located near to the milk collection centers; the milk is brought by individual producers directly. The individuals carry the milk on their own transport and vessels to the Dairy plant.

b. Contractor: Some contractors collect milk from individual milk producers. The contractor supplies milk to the dairy plant. In this process, the contractor has to collect and transport the milk, thereby the contractor buys milk at a cheaper rate from the individual milk produced and keeps his share of profit.

c. Cooperative Organizations: To avoid the middlemen and contractors; some individual milk producers formed as a cooperative organization. Milk is collected at the cooperative organization brought by individual milk producers, the cooperative societies or organization is responsible to supply milk to the dairy plant. This method is beneficial to individual producers.

Milk Collection cum Chilling Centers:

The milk that arrives at the collection centers brought by Individuals from the nearby rural regions is weighed and tested for fat content. The milk is stored in 401 cans and sent to the milk chilling center or dairy Processing Plant.



Milk processing and Packaging

Milk is a nutritious food having a short shelf life as it is a highly perishable commodity and an excellent medium for bacterial pathogens and micro-organisms growth. The shelf life for milk can be extended for several days or weeks through milk processing that help in reducing the number of pathogenic organisms



a. **Skimming:** The raw milk during pasteurization undergoes milk skimming through common centrifugal separator application; the milk is passed through a clarifier or a separator which spins the milk through a series of conically shaped disks. The purpose of this process is to separate the debris, skim milk, and cream. Clarifier removes debris and any sediment present in the raw milk. The separator separates the heavier milk fat from the lighter milk at a temperature between 45° to 55° C to produce cream and skim milk.



SAMPLING OF MILK:

- Mix The Milk Thoroughly With The Help Of Plunger And Move The Plunger Forward Backward , Downward And Each Time Bring In To Surface For Five Minutes.
- And Transfer It To The Labelled Sampling Bottle .
- The Temperature Of The Milk Is Determined Simultaneously Using A Standard And Calibrated Thermometer.

Note:

The Flavour Of The Milk And Any Foreign Materials To Be Observed When Open The Lid ,Before The Verified The Metal Seal Numbers. If There Is Any Abnormality Bring It To The Knowledge Of The Shift Incharge.

b. **Fortifying:** The skimmed milk may be added with Vitamins A and D at this stage. A peristaltic pump helps in dispensing the required amount of vitamin concentrate in to the milk.

c. **Pasteurizing:** This is an important process stage in milk processing, Heating every particle of the milk for a specified time duration at a specific temperature is termed as pasteurization.

Usually it can be carried in two ways, first, the temperature can be 72°C for 15 to 17 sec time period or 63°C for 30 minutes. Pasteurization process helps in destroying bacteria and other micro organisms that may affect the milks shelf-life and also may affect consumer's health.

d. **Homogenizing:** In this process, the size of the remaining milk fat particles is reduced evenly. Homogenizing helps to prevent the milk fat from separating and floating to the surface. After going through pasteurization, the hot milk is pressurized to 2,500 to 3000 psi by a multiple cylinder piston pump and then compelled to pass through tiny sections in an adjustable valve. When the fat particles break down evenly into the proper size, to avoid harming its taste, the milk is quickly cooled to 4°C.



HOMOGENIZATION EFFICIENCY OF PASTEURIZED MILK

- Take 100ml Of Milk Sample And Bring The Temperature To 20°C Or $\pm 1^\circ\text{C}$
- Pour The Well Mixed 50ml Milk Sample Into The Centrifuge Tube.
- Place The Centrifuge ^{Tube} And Centrifuge At 1500 Rpm For 10 Minutes.
- Remove The Top Fat Layer By Using Spatula And Insert The Pipette To The Bottom Of The Centrifuge Tube By Closing The Sucking End Of The Pipette.
- Take ^{10.75} 10.7ml Of Milk Sample Of The Bottom Of The Tube And Estimate The Fat By Gerber Method.
- $H.E = \frac{\text{Fat In The Bottom Layer} \times 100}{\text{Fat In The Milk Sample}}$
- Standard: The Efficiency Of The Homogenized Milk Should Be Between 70% - 80%.
-

e. **CIP Clean in Process:**

The cleaning unit used to clean the milk storage area and pipelines with lyecasticsoda and nitric acid after the milk is pushed away.

f. **Packaging and Distribution:** The final stage in the diary processing plant is packing. The milk is packed in 500ml and 1000ml sealed packets.

The packets are stamped with the date of packing. The milkpackets are placed in transport containers and refrigerated. Transporting of milk packets to various retail outlet vehicles and are kept in refrigerated display cases.

Different colored packets based on the type of milk

FullCream Milk

Full Cream Milk, Pasteurised, Homogenised is hygienically produced and made from Aavin fresh milk.



Nutrition Facts

Fat	Solids not fat	Protein	Carbohydrate	Minerals	Energy value
6g	9g	3.4g	4.9g	740mg	90 K.Cal

TonnedMilk

Toned Milk, Pasteurised, Homogenised is hygienically produced and made from Aavin fresh milk.



Nutrition Facts

Fat	Solids not fat	Protein	Carbohydrate	Minerals	Energy value
3g	8.5g	3.2g	4.7g	700mg	60 K.Cal

Standardized Milk

Standardized Milk, Pasteurised, Homogenised is hygienically produced and made from Aavin fresh milk.



NutritionFacts

Fat	Solids not fat	Protein	Carbohydrate	Minerals	Energy value
4.5g	8.5g	3.2g	4.7g	700mg	74 K.Cal

Quality Assurance and Testing:

Quality assurance protocols, including laboratory testing and quality checks.

भारतीय मानक ब्यूरो IS / ISO 9001

भारतीय मानक ब्यूरो IS 15000

फॉर्म III (विनियम 7 (1) D (d) देखें)
Form III (see Regulation 7 (1) D (d))

भारतीय मानक ब्यूरो
BUREAU OF INDIAN STANDARDS

गुणता प्रबंध पद्धति और खतरा विश्लेषण और क्रांतिक बिंदु नियंत्रण (एचएससीपी) एकीकृत पद्धति प्रमाणन लाइसेंस
LICENCE FOR THE QUALITY MANAGEMENT SYSTEM INTEGRATED WITH HAZARD ANALYSIS & CRITICAL CONTROL POINT (HACCP) SYSTEMS CERTIFICATION

लाइसेंस सं. क्यूएच /L-6005258.4(संशोधित)
Licence No. QH/L-6005258.4(Revised)

1. भारतीय मानक ब्यूरो अधिनियम, 2016 (2016 का 11) द्वारा प्रदान की गई शक्तों के आधार पर, ब्यूरो
By virtue of the power conferred on it by the Bureau of Indian Standards Act, 2016 (11 of 2016), the Bureau hereby grants/recertifies to

द तमिलनाडु को-ऑपरेटिव मिल्क प्रोड्यूसर्स फेडरेशन लिमिटेड.
The Tamilnadu Co-operative Milk Producer's Federation Ltd., 29 & 30 Industrial Estate
अंबतूर, चेन्नई-600098
Ambattur, Chennai - 600098
तमिलनाडु
Tamilnadu

को (जिन्हें इसके बाद लाइसेंसधारिता कहा गया है) इसके साथ तारीख अनुसार में विनिर्दिष्ट उत्पादों और/या सेवाओं या प्रक्रियाओं के संबंध में ब्यूरो के गुणता प्रबंध पद्धति और खतरा विश्लेषण और क्रांतिक बिंदु नियंत्रण (एचएससीपी) एकीकृत पद्धति प्रमाणन के लाइसेंसधारिता के रजिस्ट्रारों (जो उरी संख्या में ब्यूरो बद्ध होने का अधिकार और लाइसेंस पदार्थों/सेवाओं/प्रक्रियाओं को है) को इस लाइसेंस को है - इस प्रकार के उत्पादों और/या सेवाओं या प्रक्रिया लाइसेंसधारिता द्वारा IS/ISO 9001:2015 & IS 15000:1998 के अनुसार गुणता प्रबंध पद्धति और खतरा विश्लेषण और क्रांतिक बिंदु नियंत्रण (एचएससीपी) एकीकृत पद्धति के अनुसार प्रकृत उपर बताए गए बने रहने (पर 6 विनिर्दिष्ट/प्रमाणित किए जाते हैं)
(hereinafter called the Licensee) the right and licence to be listed in the Bureau's register(s) of Licensees of Quality Management Systems integrated with Hazard Analysis & Critical Control Point (HACCP) Systems Certification in respect of the products and/or services or processes particularly described in the schedule hereto, bearing the same number as this licence. Such products and/or services or processes shall be manufactured/provided/carried out by the Licensee at only the address(es) given above, and under the Quality Management Systems integrated with Hazard Analysis & Critical Control Point (HACCP) Systems in accordance with IS/ISO 9001:2015 & IS 15000:1998

2. यह लाइसेंस इस लाइसेंस का विनियमन करने वाले उपरोक्त अधिनियम और उसके अधीन बने गए विनियमों और विनियमों के संक्षेप प्रमाणन के अंतर्गत जारी किया गया और लाइसेंसधारिता एवं इसका ब्यूरो को उपरोक्त विनियमों और विनियमों का विधिक पालन करने का बंधन देता है।
The licence is granted/recertified subject to the relevant provisions of the above Act and the rules and regulations made thereunder governing the licences referred to above, and the Licensee hereby covenants with the Bureau duly to observe with the said Rules and Regulations.

3. यह लाइसेंस 03 अगस्त 2018 से 31 अगस्त 2020 तक वैध होगा और इसका विनियमन के अनुसार जारी किया जा रहेगा।
Change to: नोटिफिकेशन पत्र 27/09/2017 से 31/08/2020 तक है। यह प्रमाणन अधिनियम/अधिनियम 9001:2008 से अधिनियम/अधिनियम 9001:2015 में बदलाव को सुनिश्चित करने के लिए जारी किया गया है और निधि हुए बदलाव तक वैध है।
This licence shall be valid from 03 August 2018 to 31 August 2020 and may be renewed as prescribed in the Regulations

NOTE: The current certification cycle is from 27/09/2017 to 31/8/2020. This certificate has been issued to indicate the changeover to IS/ISO 9001:2015 from IS/ISO 9001:2008 and is valid from the date of changeover.
2018 के अगस्त माह के 13 दिवस प्रमाणन एवं नूतनीकरण।
Signed, Sealed and Dated this 13th day of August 2018

पी.एम. पंतुलु
P.M. PANTULU
उपप्रमुख (दक्षिण)
Deputy Director General (South)
भारतीय मानक ब्यूरो
BUREAU OF INDIAN STANDARDS
चेन्नई/CHENNAI-600 413

उप महाप्रमुख (दक्षिण क्षेत्र)
Deputy Director General (Southern Region)
भारतीय मानक ब्यूरो
BUREAU OF INDIAN STANDARDS
चेन्नई/CHENNAI-600 413

MSC -F6.4-12 (QMS-HACCP) OCT. 2007

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Sampling of Milk



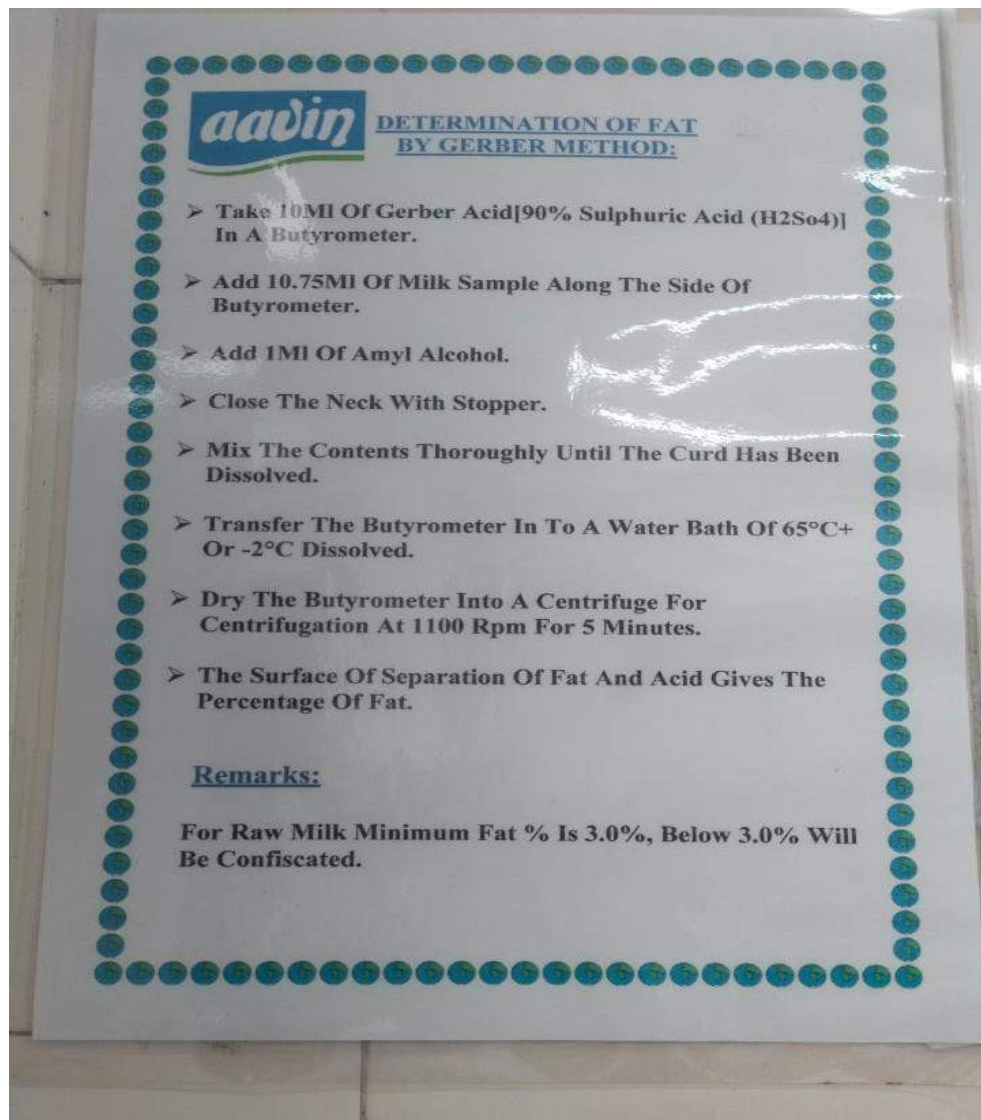
SAMPLING OF MILK:

- Mix The Milk Thoroughly With The Help Of Plunger And Move The Plunger Forward Backward , Downward And Each Time Bring In To Surface For Five Minutes.
- And Transfer It To The Labelled Sampling Bottle .
- The Temperature Of The Milk Is Determined Simultaneously Using A Standard And Calibrated Thermometer.

Note:

The Flavour Of The Milk And Any Foreign Materials To Be Observed When Open The Lid ,Before The Verified The Metal Seal Numbers. If There Is Any Abnormality Bring It To The Knowledge Of The Shift Incharge.

Determination of FAT by Gerber Method




aavin **DETERMINATION OF FAT
BY GERBER METHOD:**

- Take 10MI Of Gerber Acid[90% Sulphuric Acid (H_2SO_4)] In A Butyrometer.
- Add 10.75MI Of Milk Sample Along The Side Of Butyrometer.
- Add 1MI Of Amyl Alcohol.
- Close The Neck With Stopper.
- Mix The Contents Thoroughly Until The Curd Has Been Dissolved.
- Transfer The Butyrometer In To A Water Bath Of $65^{\circ}C$ + Or $-2^{\circ}C$ Dissolved.
- Dry The Butyrometer Into A Centrifuge For Centrifugation At 1100 Rpm For 5 Minutes.
- The Surface Of Separation Of Fat And Acid Gives The Percentage Of Fat.

Remarks:

For Raw Milk Minimum Fat % Is 3.0%, Below 3.0% Will Be Confiscated.

Homogenization Efficiency of Pasteurized Milk



HOMOGENIZATION EFFICIENCY OF PASTEURIZED MILK

- Take 100ml Of Milk Sample And Bring The Temperature To 20°C Or $\pm 1^\circ\text{C}$
- Pour The Well Mixed 50ml Milk Sample Into The Centrifuge Tube.
- Place The Centrifuge ^{Tube} And Centrifuge At 1500 Rpm For 10 Minutes.
- Remove The Top Fat Layer By Using Spatula And Insert The Pipette To The Bottom Of The Centrifuge Tube By Closing The Sucking End Of The Pipette.
- Take ¹⁰⁻¹⁵ 10.7ml Of Milk Sample Of The Bottom Of The Tube And Estimate The Fat By Gerber Method.
- H.E =
$$\frac{\text{Fat In The Bottom Layer} \times 100}{\text{Fat In The Milk Sample}}$$
- Standard: The Efficiency Of The Homogenized Milk Should Be Between 70% - 80%.
-

Methylene blue reduction test



METHYLENE BLUE REDUCTION TEST

Preparation Of Methylene Blue Solution

Methylene Blue (Mb) Dye Prepared By Dissolving 1 Tablet Of The Standard Methylene Blue Tablet In 200ml Of Cold ,Sterile, Distilled Water In Sterile Flask .Allow It To Stand For An Hour And Ensure The Complete Dissolution Of The Tablet. This Is Further Diluted With 600ml Of Sterilized Distilled Water And Keep As Stock Solution


Procedure

- Take 10 ml Of Milk In A Sterilized Test Tube.
- Add 1ml Methylene Blue Solution To Get A Concentration Of 1 Part Of Dye To 3,00,000 Parts Of Milk.
- Plug With A Sterilized Cork.
- Invert The Tube To Mix The Contents And incubate At 37°C In A Water Bath.
- The Colour Of The Milk In The Tube Is Examined First 10 Minutes And Then After Every Half An Hour And The Time Required For Complete Decolourisation Is Noted.

Interference:

The Difference Between The Initial Time And The Final Time Is The Mbr Time.

Snftest by lactometer method



**SNF TEST BY
LACTOMETER METHOD :**

- Adjust The Temperature Of The Milk Sample To 84°F
- Mixed The Milk Gently By Pouring Several Times From 1 Bottle To Another ,Avoiding Incorporation Of Air.
- Fill The Lactometer Cylinder With The Milk Sample.
- Allow The Lactometer To Flow Freely On The Milk Without Touching The Sides Of The Cylinder. Ensure Some Quantity Of Milk Overflows The Cylinder When Lactometer Is Inserted.
- Allow The Lactometer To Come To Rest And Then Take The Visible Lactometer Reading.
- Note The Temperature At This Moment.


Modified Richmond's Formula:

$$\text{Snf}\% = \text{Clr}/4 + (0.2 \times \text{Fat}) + 0.36$$

Clr - Corrected Lactometer Reading
(Temperature Correction To Be Carried Out By Adding 0.17 For Every 1 F Above 84°F And Subtract 0.17 For Every 1° F Below 84 °F)

Substituting The Corrected Lactometer Reading And The Fat Percentage In The Formula , The Snf Content Of The Milk Can Be Found Out.

Clot on boiling point




CLOT ON BOILING TEST:

- Take 5ml Of Milk In A Clean Test Tube.
- Heat It For Just Boiling And Observe Clotting On The Side Of The Tube.
- When Whole Of The Milk Clots Are Seen To Be Adhering To The Sides Of The Tube The Result Shall Be Recorded As "Positive".
- If Clots Are Absent, The Result Shall Be Recorded As "Negative".

Note:

C08 Positive Milk Is Not Suitable For Processing.

Phosphatase Test



PHOSPHATASE TEST:

- Weigh 3.5 Grams Of Sodium Carbonate And 1.5 Grams Of Sodium Bicarbonate Dissolved In 1 Litre Of Distilled Water And Sterilize Which Is Served As Buffer.
- With This Buffer Add 1.5 Grams Of Para Nitro Phenyl Disodium Ortho Phosphate And Used As A Substrate.
- Take 5ml Of The Buffer Substrate Solution To A Clean Dry Test Tube Using A Pipette And Add 1 ml Of Milk Sample And Close The Tube With Stopper.
- Mix The Contents By Inverting The Test Tube.
- Incubate The Test Tube For Exactly 30 Minutes At 37°C.
- Note The Colour At The End Of 30 Minutes.
- If The Colour Of The Sample Shows Yellow It Indicates That The Phosphatization Is Inadequate.

Environmental Sustainability and Safety Measures:

Environmentally-friendly practices or initiatives undertaken by the factory, such as waste management or energy conservation. All units (Dairy Plant) of TCMPLtd. Are committed to process milk received from apexco-operative societies in a clean and hygienic environment adhering to Good Manufacturing Practices (GMP) and Food Safety management system.

Aaviniscommittedto:

- Ensure safe consumption of milk products conforming to standards by following Food Safety Management System in our activities
 - Meeting all statutory and regulatory requirements related to food safety in all our activities
 - Ensure mutually agreed food safety requirement so four customers
 - Communicate food safety aspects both internally and externally
 - Continually review and update our Food Safety Management System
8. milk at a temperature between 45° to 55° C to produce cream and skimmilk.

Challenges and Solutions:

Dairy managed its operations manually, facing the initial challenge of convert and upgrade into an automated facility.

Conclusion:

We have studied the processing of milk and supplying to the households starting from receiving of raw milk from different parts of Tamil Nadu and processing, lab testing , Pasteurization, CIP, Packing in different quantity, Nutritional levels and reaching to public.

Acknowledgments:

We thanked the management and staff of the milk factory for their hospitality they showed during the visit.

Appendices:

Additional materials like photographs, brochures, or data collected during the visit.

