



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

(Institution of National Importance by the Act of Parliament No. 35/2012)

Ministry of Youth Affairs & Sports

Government of India

Sriperumbudur – 602 105, Tamil Nadu.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-600127, Tamilnadu.

Jointly Organize

Programmes for Development of Youth through National Institutes / Central Universities / State Universities and Affiliated Colleges

Title of the Programme:

Three Days Training Programme

on

**“INTEGRATING HEALTH HABITS AND DEVELOPING SUSTAINABLE
FITNESS GOALS AMONG RURAL YOUTH”**

Dates: 27.02.2024 to 29.02.2024

Venue: Conference Hall, TNPESU

Programmes for Development of Youth through National Institutes / Central Universities / State Universities and Affiliated Colleges

REPORT ON THE PROCEEDINGS OF THE ACTIVITY

*****REPORT ON THREE DAYS TRAINING PROGRAMME*****

**“INTEGRATING HEALTH HABITS AND DEVELOPING SUSTAINABLE
FITNESS GOALS AMONG RURAL YOUTH”**



Centre for National and International Collaboration
Rajiv Gandhi National Institute of Youth Development
Institution of National Importance by the Act of Parliament No.35/12
Ministry of Youth Affairs and Sports
Government of India
Sriperumbudur, Tamil Nadu.



Tamil Nadu Physical Education and Sports University
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2004, A State Govt. University)
Accredited with 'B' Grade by NAAC
Chennai, Tamil Nadu

Jointly Organize

Three Days Training Programme on “Integrating Health Habits and Developing Sustainable Fitness Goals Among Rural Youth”

Under RGNID's Training Programme on Youth Development Issues in collaboration with State/
Central Universities/National Institutions in India

Date: 27.02.2024 to 29.02.2024

Venue: Conference Hall, TNPESU, Chennai



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Overview:

The three-day Training programme, is aimed at. Integrating Health Habits and Developing Sustainable Fitness Goals Among Rural Youth. It was successfully conducted from February 27.02.2024 to 29.02.2024. The event witnessed the enthusiastic participation of 75 student Rural youth, with representing different disciplines of the Tamil Nadu Physical Education and Sports University (TNPESU).

This report encapsulates the essence of the program, highlighting key sessions, expert insights, and the collaborative spirit that defined the three days. The diverse range of topics, expert resource persons, and interactive workshops not only enriched the participants' knowledge but also instilled a sense of awareness and motivation to adopt a balanced and mindful approach to life. The program's success lies in its ability to seamlessly blend traditional wisdom with contemporary knowledge, fostering a comprehensive perspective on the pursuit of a fulfilling and healthy lifestyle among the Rural youth.

PREFACE

The Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975. The RGNIYD functions as a vital resource center with its multi-faceted functions of offering academic programs at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programs for state agencies and the officials of youth organization, besides the extension and outreach initiatives across the country. The institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national



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level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programs. The institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas. The RGNIYD serves as a youth observatory and depositary in the country thereby embarking on youth surveillance on youth-related issues.

The Tamil Nadu Physical Education and Sports University was 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.

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

Motto: “EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS”

Mission: To develop advanced research facilities and contribute to the body of knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students.

- To facilitate the application of research findings to refine and sharpen the coaching and training techniques in Physical Education and Sports, in matters of common interest and concern.
- To establish linkages and networking with national and international specialized agencies and institutions and keep abreast of the latest developments in the field of Physical Education and Sports.



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- To support and assist the conduct of State and National level coaching camps in various sports disciplines, spot, nurture and groom the talent for National and International competitions.



Youth Empowerment is the process that creates power in individuals over their own lives, society, and in their communities. Youth empowerment is all about equipping and allowing them to make life-determining decisions through the different problems in new normal life.

ACKNOWLEDGEMENT

The organizing committee from RGNIYD and TNPESU would like to extend sincere thanks to the Director, Registrar, and faculty members of RGNIYD and the Vice-Chancellor, Registrar, and faculty members of TNPESU for supporting the Three Days Training Program.

The organizers would like to profusely thank Dr. M. Sundar, Vice-Chancellor of Tamil Nadu Physical Education and Sports University for his guidance, support, and the inaugural address during the inaugural function. The organizers would like to thank Prof. Vasanthi Rajendran Head CTO&CB, Rajiv Gandhi National Institute of Youth Development for coordinating the event and addressing the participants about the establishment and objectives of the RGNIYD.

The organizing committee also expresses their gratefulness to all the resource persons of these three-day training programs for their valuable resource support and for delivering insightful lecturers during the technical sessions. The organizers would like to profusely



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thank Dr. M. Sundar, Vice-Chancellor of Tamil Nadu Physical Education and Sports University for his support and the valedictory address during the valedictory function. The organizing committee registers its sincere acknowledgment to all the participants of these three Days Training Program. Prof. Vasanthi Rajendran Program Coordinator Head CTO & CB RGNIYD Dr. S. Velkumar Program Coordinator Organising Secretary Assistant Professor Department of Physical Education



Prof. VASANTHI RAJENDRAN

Programme Coordinator

RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT



Organizing Secretary & Programme Coordinator

Dr. S. VELKUMAR

Assistant Professor

Department of Physical Education

Tamil Nadu Physical Education and Sports University

Melakottaiyur, Chennai – 127

9543881366

[*svelkumar05@gmail.com*](mailto:svelkumar05@gmail.com)



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OBJECTIVES OF THE PROGRAM

1. Educate on Healthy Habits:** Increase knowledge among rural youth about the importance of healthy habits and regular physical activity.
2. Skill Acquisition:** Provide practical skills in sustainable fitness practices, promoting self-efficacy and empowering individuals to maintain a healthy lifestyle.
3. Community Involvement:** Encourage active participation in fitness activities, fostering a sense of community engagement and shared well-being.
4. Inclusive Approach:** Promote inclusivity in fitness programs, ensuring that diverse individuals within the community can participate and benefit. activities.
5. To replicate the means of promoting mindfulness and its impact on mental well-being among rural youth.
6. Focus Group

The three-day training program aims to empower rural youth by enhancing their skills and knowledge. Focused on key areas such as entrepreneurship, agricultural practices, and digital literacy, the program seeks to equip participants with practical tools for sustainable livelihoods. Through interactive sessions, workshops, and hands-on activities, the training aims to foster self-reliance and community development. By addressing the unique challenges faced by rural youth, this program aspires to ignite a positive change, promoting economic growth and social well-being in rural communities.



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राजीव गांधी राष्ट्रीय युवा विकास संस्थान
Rajiv Gandhi National Institute of Youth Development
युवा कार्यक्रम विभाग / Department of Youth Affairs
युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार
Ministry of Youth Affairs & Sports, Government of India
श्रीपेरुम्बुदूर Sriperumbudur – 602105 / तमिल नाडु / Tamil Nadu

RGNIYD/Admin/ 2023-24/32

दिनांक /Date: 16.02.2024

To

The Registrar
Tamil Nadu Physical Education and Sports University, Chennai

Sir / Madam

I am directed to convey the sanction of the Director for budget Rs. 1,00,000/- (Rupees one lakh only) for conducting a Three Day Programme on "Integrating Health Habits and Developing Sustainable Fitness Goals among Rural Youth" to be held between 27th and 29th February 2024.

The sanction is subject to the following conditions:

1. The sanction is generally subject to the conditions laid down in General Financial Rules of Government of India as amended from time to time.
2. The organisation should furnish Utilisation Certificate in Form 12A of GFR2017 along with Audited statement for the expenditure incurred for the programme with supporting vouchers.
3. Non-submission of UC and/or relevant documents in support of the expenditure incurred for the programme, RGNIYD Sriperumbudur may take any action as it may deem fit including withholding of balance grants for this programme.
4. All vouchers should be serially numbered, neatly stitched and submitted in a separate volume along with the completion report.
5. Cash payment in excess of Rs.5,000/- (Rupees five thousand only) should not be made to any Person, Firm, Organisation in connection with the supply made or services rendered for this programme.
6. The hosting organization should maintain separate accounts for the amount released by RGNIYD Sriperumbudur. Such accounts shall be open to check by an officer deputed by RGNIYD Sriperumbudur to ensure proper utilization of funds and that no profit is earned out of them.
7. The grantee shall not divert the grants for any other purpose and shall not entrust the conduct of the programme to another institution or organisation. If the grantee fails to utilize the grant, for the purpose for which the same has been sanctioned, the



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grantee will be required to refund the entire amount with interest at the rate of 10% per annum.

8. The fact that the programme is sponsored by the RGNIYD Sriperumbudur should be prominently highlighted and displayed while conducting the programme.
9. A sum of Rs. 50,000/- from the approved budget was released as advance on 16.02.2024 and balance amount will be released on receipt of Utilisation Certificate (UC) and Project Report.
10. The decision of the Director, RGNIYD Sriperumbudur as to whether there has been breach or violation of any of the terms and conditions mentioned in this sanction order shall be final and binding on the grantee.
11. The sanctioned amount should be utilized only for the purpose for which it is sanctioned and the unspent balance of grants-in-aid, if any, shall be refunded to RGNIYD Sriperumbudur immediately after conducting the programme.
12. Income tax should be deducted at source wherever necessary as per the provisions of Income Tax Act.
13. All purchases should be made only from dealers registered under GST Act. Similarly all services should be availed of from any dealers registered under GST Act. All purchases made and services availed of for the programme should be supported by proper bills. If any expenditure is not supported by proper bill RGNIYD Sriperumbudur may disallow the expenditure and make necessary deductions from the balance of grant, if any, payable or from the grants payable to the grantee in future for any other programme.
14. Copies of photographs taken during the conduct of the programme (Soft copy in CD) should be sent along with the project report to RGNIYD Sriperumbudur.
15. To the extent possible Resource persons and participants with Aadhaar Card only may be allowed to take part in the programme.
16. On completion of the Programme, a report should be submitted to RGNIYD Sriperumbudur along with the Utilisation Certificate.

If the above terms and conditions are acceptable by you, kindly send your acceptance to release the funds.




सहायक कुलसचिव /
Assistant Registrar

Copy to:

1. Dr. S. Velkumar, Assistant Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai.
2. Prof. Vasanthi Rajendran, Head CTO & CB, RGNIYD Sriperumbudur.



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

(Estd. by the Govt. of Tamil Nadu Under Act No. 9 of 2005)
Accredited with "B++" Grade by NAAC

Melakottaiyur Post, Vandalur-Kelambakkam Road, Chennai - 600 127. Tamil Nadu, India.
Tel : 044 - 27477906 E-mail : regtnpesu@gmail.com Website : www.tnipesu.org

Dr.I.Lilly Pushpam
Registrar

Lr.No.1073-1/ TNPESU/Regr.,/Estb.,/R2/Workshop Report/SV/2024, Date: 22.03.2024

To

The Registrar
Rajiv Gandhi National Institute of Youth Development
(Department of Youth Affairs & Sports, Government of India)
Sriperumbudur, Chennai - 602105

Sir,

Sub: TNPESU - Forwarding - Report Submission - Account Settlement - three days
Training Program on "Integrating Health Habits and Developing Sustainable
Fitness Goals among Rural Youth" conducted from 27.02.2024 to 29.02.2024 -
Request for Reimbursement - Reg.

Ref: Advance amount of Rs.50,000/- received from RGNIDY - The Payment reference
UTR No.PO51240302366079, Dt. 20.02.2024.

Greetings from Tamilnadu Physical Education and Sports University!

With reference to the above subject cited, this is to inform that the three days
Training Program on "Integrating Health Habits and Developing Sustainable Fitness Goals
among Rural Youth" in collaboration with and financially supported by RGNIDY, Sriperumbudur
was conducted from 27.02.2024 to 29.02.2024 and coordinated by Dr.S.Velkumar, Assistant
Professor, Department of Physical Education of this university.

In this connection Rs.1,00,000/- (One Lakh only) was sanctioned by RGNIDY and from
that the 50% amount of Rs.50,000/- (Fifty Thousand Only) was released by RGNIDY on 20th
February 2024 (UTR No. PO51240302366079) whereas the total expenditure met was
Rs.99,980/- (Ninety Nine Thousand Nine Hundred and Eighty Only). The settlement bills were
verified by the Finance Officer of TNPESU in the RGNIDY prescribed format.

I request you to reimburse the balance amount of Rs.49,980/- (Forty Nine Thousand
Nine Hundred and Eighty Only).


I am also forwarding the Training Programme report / Proceedings (2 Copies),
Statement of Expenditure with Voucher and Original Bills (26 Nos.) Feedback form
(Organization), Feedback form (Participants), Attendance Sheet for Resource Person,
Participants Attendance Sheet, Registration form for Participant and Copies of Communication
from RGNIDY to The Registrar RGNIDY, Sriperumbudur, Chennai - 602105.

Thanking you,

Encl: As above

Copy to Dr.S.Velkumar,
Assistant Professor,
Department of Physical Education,
TNPESU, Chennai - 600127




REGISTRAR
Registrar
Tamilnadu Physical Education
and Sports University
Chennai.

Inauguration:

Three days Training programme started with welcome address by Dr.S.VELKUMAR
Assistant Professor and Programme Coordinator The program commenced with a special



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address delivered by DR. VASANTHI RAJENDIRAN , Faculty Coordinator at RGNIYD, emphasizing the importance of integrating health habits and developing sustainable fitness goals Followed by the inaugural address by the esteemed Chief Guest, Dr. M. SUNDAR, Vice-Chancellor of TNPESU. His insights into the significance of Sustainable Fitness among Rural Youth set the tone for the entire Training Programme.



Sessions and Resource Persons:

The three-day event featured a diverse range of 15 sessions, each conducted by expert resource persons:



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Day 1: February 27.02.2024

Session :1

Time : 09.30 am to 11.00 am

➤ **Dr.Grace Helina: Sustainable Fitness - a path to Exercise Physiology**

Session 1:

➤ **Dr. Grace Helina**, a Professor in the Department of Exercise Physiology and Sports Nutrition at Tamil Nadu Physical Education and Sports University, kicks off the day with an engaging discussion on sustainable fitness. She delves into the importance of integrating exercise physiology into daily routines for long-term health benefits. Through her session, participants gain insights into various exercise methodologies and their physiological impacts.



Session :2

Time : 11.00 am to 12.30 pm



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➤ **Dr.G.Nallavan: Addressing Barriers to Physical Activity in Rural Settings**

Through Sports Technology

- **Dr. G. Nallavan**, a leading expert in sports technology and physical activity promotion, takes the stage to address barriers to physical activity in rural settings. Drawing from his extensive research and experience, Dr. Nallavan explores innovative approaches leveraging sports technology to overcome challenges faced by rural communities. He discusses the potential of wearable devices, mobile applications, and remote coaching platforms in providing accessible and personalized fitness solutions to individuals in remote areas. Dr. Nallavan also highlights the role of virtual reality (VR) and augmented reality (AR) technologies in creating engaging and immersive fitness experiences, thus motivating rural populations to embrace active lifestyles. Through interactive discussions and case studies, participants gain valuable insights into practical strategies for using sports technology to promote physical activity and improve health outcomes in rural settings.



Session :3

Time : 12.30 pm to 02.00 pm



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➤ **Dr.K.Kannadasan: Integrating Psychology into Rural Youth Fitness Initiatives**

Dr. K. Kannadasan, an Associate Professor specializing in Sports Psychology and Sociology, leads a session on integrating psychology into rural youth fitness initiatives. He emphasizes the importance of understanding psychological factors influencing exercise adherence and motivation. Participants engage in interactive discussions exploring strategies to enhance psychological well-being and promote sustained fitness participation.



Session :4

Time : 02.30 pm to 04.00 pm



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- **Dr.S.Kavitha: Tamil Literature and Traditional Sports and Games**
- **Dr. S. Kavitha**, Professor and Head of the Department of Indian Languages and Comparative Literature at Tamil University, enlightens participants on the intersection of Tamil literature and traditional sports and games. Through her session, attendees discover the rich cultural heritage embedded within traditional sports and games, fostering a deeper appreciation for indigenous forms of physical activity.



Session :5

Time : 04.00 pm to 05.30 pm



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- **Dr.C.Lakshmanan: Indoor Fitness Training for Rural Youth**
- **Dr. C. Lakshmanan**, an Assistant Professor in the Department of Physical Education, wraps up the event with a focus on indoor fitness training for rural youth. He provides practical guidance on designing indoor fitness programs tailored to the available resources and infrastructure in rural settings.



Day 2: February 28.02.2024

Session :1



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Time : 09.30 am to 11.00 am

➤ **Dr.P.K.Senthil Kumar: Sports Nutrition for Rural area Youth**

Session 6:

➤ **Dr. P.K. Senthil Kumar**, Professor and Head of the Department of Exercise Physiology and Sports Nutrition, resumes the proceedings with an insightful session on sports nutrition for rural youth. He discusses the importance of proper nutrition in enhancing athletic performance and overall health among rural communities



Session :2

Time : 11.00 am to 12.30 pm



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➤ Dr.T.Malaiyarasi: Traditional Sports and Games for Development of Rural Youth

Dr. T. Malaiyarasi, an Assistant Professor at AM Jain College Meenambakkam, shifts the focus to traditional sports and games for the development of rural youth. She advocates for the revival and preservation of indigenous sports, emphasizing their role in promoting physical fitness, social cohesion, and cultural identity.



Session :3

Time : 12.30 pm to 02.00 pm



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➤ **Dr.S.Thirumalai Kumar: Empowering Community Sports for Positive Youth Development**

Dr. S. Thirumalai Kumar, Professor and Head of the Department of Physical Education, continues the discourse on community sports empowerment. He explores strategies for fostering positive youth development through community-based sports initiatives, emphasizing inclusivity, leadership development, and social impact.



Session :4

Time : 02.30 pm to 04.00 pm



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- **Dr.P.Rajini Kumar: Building Healthy Habits for a Stronger Tomorrow**
- **Dr. P. Rajini Kumar**, an Associate Professor in the Department of Biomechanics, underscores the importance of building healthy habits for a stronger tomorrow. Through his session, participants learn about biomechanical principles governing movement patterns and ergonomic considerations for injury prevention and performance optimization.



Session :5



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Time : 04.00 pm to 05.30 pm

- **Dr.A.Sridharan: Fitness for all –Rural Health Initiatives through Aerobics**
- **Dr. A. Sridharan**, Assistant Professor and Head of the Department of Physical Education and Yoga at Saveetha School of Law, concludes the day with a discussion on rural health initiatives through aerobics. He explores the role of aerobic exercises in improving cardiovascular health, stress management, and overall well-being among rural populations.



Day 3: February 29.02.2024



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Session :1

Time : 09.30 am to 11.00 am

- **Mr.C.Manoj : Awareness of Sports Injuries Tradition to today –Adapting rural sports for modern Health**
- **Mr. C. Manoj**, a Physiotherapist at Tamil Nadu Physical Education and Sports University, initiates the day with an awareness session on sports injuries and the adaptation of rural sports for modern health. He emphasizes the importance of bridging traditional practices with contemporary healthcare approaches to ensure the well-being of rural athletes.





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Session :2

Time : 11.00 am to 12.30 pm

- **Dr.V.Mangaiyarkarasi: Wellness in the Fields Integrating Fitness into Sociological Life**
- **Dr. V. Mangaiyarkarasi**, Professor and Head of the Department of Sports Sociology, continues the dialogue on wellness and fitness integration into sociological life. She explores the sociocultural factors influencing physical activity participation and advocates for community-driven approaches to promote holistic wellness



Session :3

Time : 12.30 pm to 02.00 pm



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- **Dr.S.Prem Kumar: Fitness Entrepreneurship-Creating Sustainable Health Businesses in Rural Area**
- **Dr. S. Prem Kumar**, a Professor specializing in Sports Management, shares insights into fitness entrepreneurship and the creation of sustainable health businesses in rural areas. He discusses innovative business models, market opportunities, and strategic partnerships to address the health needs of rural communities effectively.



Session :4

Time : 02.30 pm to 04.00 pm



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➤ Dr.D.Sathia Kumar: Community Fitness Challenges Strengthening Rural Bond

Dr. D. Sathia Kumar, Director of the School of Distance Education at Tamil Nadu Physical Education and Sports University, elaborates on community fitness challenges aimed at strengthening rural bonds. His session encourages participants to design and implement fitness challenges tailored to the unique needs and preferences of rural communities.



Session :5

Time : 04.00pm to 05.30 pm



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- **Dr.V.Duraisami:** Beyond the Yoga outdoor fitness for Rural living
- Concluding the day, **Dr. V. Duraisami**, Professor and Head of the Department of Yoga at Tamil Nadu Physical Education and Sports University, explores outdoor fitness beyond yoga. He introduces participants to innovative outdoor fitness practices tailored to rural living, promoting holistic well-being amidst natural surroundings



Valedictory Function



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The program concluded with a valedictory address by the esteemed **Chief Guest, Prof Dr. M. SUNDAR, Vice-Chancellor of TNPESU**, with his wealth of experience and expertise, he delivered an insightful and inspiring conclusion to our program. We look forward to his guidance as he shares his valuable thoughts during the valedictory session vote of thanks the programme came to end with Programme Coordinator **Dr.S.VELKUMAR** Assistant Professor Tamil Nadu Physical Education and Sports University



Participant Interaction and Engagement:



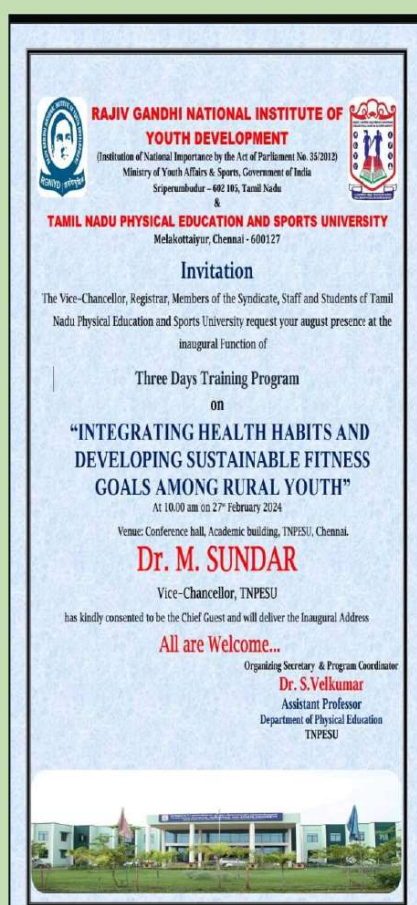
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The program facilitated active participation and engagement from TNPESU various disciplines students. The interactive nature of the sessions allowed for fruitful discussions, ensuring a comprehensive understanding of the topics covered.

Inaugural invitation



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(Institution of National Importance by the Act of Parliament No. 35/2012)
Ministry of Youth Affairs & Sports, Government of India
Sriperumbudur - 602 105, Tamil Nadu

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600127

Invitation


The Vice-Chancellor, Registrar, Members of the Syndicate, Staff and Students of Tamil Nadu Physical Education and Sports University request your august presence at the inaugural function of

Three Days Training Program
on
"INTEGRATING HEALTH HABITS AND DEVELOPING SUSTAINABLE FITNESS GOALS AMONG RURAL YOUTH"
At 10.00 am on 27th February 2024
Venue: Conference hall, Academic building, TNPESU, Chennai.

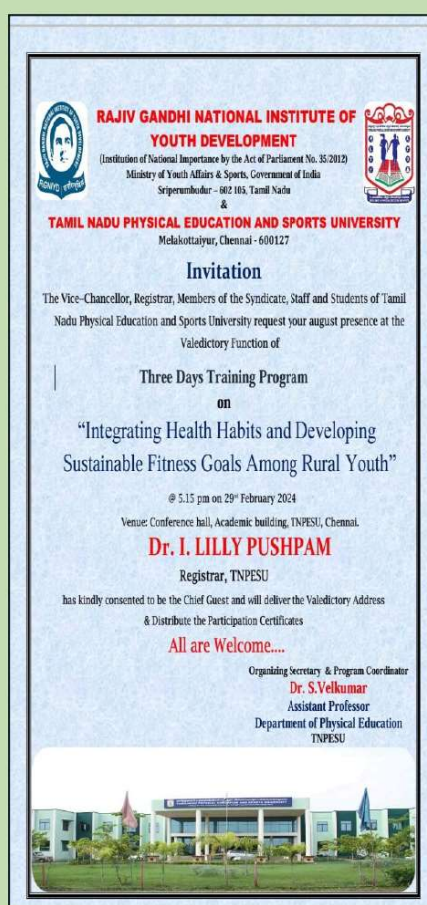
Dr. M. SUNDAR
Vice-Chancellor, TNPESU
has kindly consented to be the Chief Guest and will deliver the Inaugural Address

All are Welcome...

Organizing Secretary & Program Coordinator
Dr. S.Velkumar
Assistant Professor
Department of Physical Education
TNPESU



Valedictory invitation



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
(Institution of National Importance by the Act of Parliament No. 35/2012)
Ministry of Youth Affairs & Sports, Government of India
Sriperumbudur - 602 105, Tamil Nadu

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600127

Invitation


The Vice-Chancellor, Registrar, Members of the Syndicate, Staff and Students of Tamil Nadu Physical Education and Sports University request your august presence at the Valedictory function of

Three Days Training Program
on
"Integrating Health Habits and Developing Sustainable Fitness Goals Among Rural Youth"
@ 5.15 pm on 29th February 2024
Venue: Conference hall, Academic building, TNPESU, Chennai.

Dr. I. LILLY PUSHPAM
Registrar, TNPESU
has kindly consented to be the Chief Guest and will deliver the Valedictory Address & Distribute the Participation Certificates

All are Welcome....

Organizing Secretary & Program Coordinator
Dr. S.Velkumar
Assistant Professor
Department of Physical Education
TNPESU



Three-Days Training Program on
"Integrating Health Habits and Developing Sustainable Fitness Goals Among Rural Youth"

Organizing Committee

Chief Patron

Dr. M. Sundar

Vice-Chancellor, TNPESU



Rajiv Gandhi National Institute of Youth Development

(Institution of National Importance by the Act of Parliament No. 35/2012)
Ministry of Youth Affairs & Sports, Government of India
Sriperumbudur - 602 105, Tamil Nadu



Tamil Nadu Physical Education and Sports University

Melakottaiyur, Chennai - 600127

Three-Days Training Program on



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

ABOUT RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

The Rajiv Gandhi National Institute of Youth Development (RGNIYD) Superambalur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975.

The RGNIYD functions as a vital resource Centre with its multi-faceted functions of offering academic programmes at Post Graduate level, encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programmes for state agencies and the officials of youth organisations, besides the Extension and Outreach initiatives across the country.

The Institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYS and other youth organisations in the implementation of training programmes. The Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas.

The RGNIYD serves as a youth observatory and depository in the country thereby embarking on youth surveillance on youth-related issues.

ABOUT TAMIL NADU 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 affiliating university, exclusively for physical education and sports.

Vision: "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."

Motto: "EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS"

ABOUT THE PROGRAMME

The three-day Training program aims, Integrating Health Habits and Developing Sustainable Fitness Goals Among Rural Youth. Participants will explore the dimensions of well-being, understanding both traditional practices and modern challenges. Engaging sessions include expert talks on indigenous lifestyles, discussions on the impact of modern living and practical applications for incorporating the best of both worlds. The program also emphasizes mindfulness practices, encourages personal goal setting and promotes community engagement for a holistic approach to improved quality of life.

OBJECTIVES OF THE PROGRAM

1. Educate on Healthy Habits: Increase knowledge among rural youth about the importance of healthy habits and regular physical activity.
2. Skill Acquisition: Provide practical skills in sustainable fitness practices, promoting self-efficacy and empowering individuals to maintain a healthy lifestyle.
3. Community Involvement: Encourage active participation in fitness activities, fostering a sense of community engagement and shared well-being.
4. Inclusive Approach: Promote inclusivity in fitness programs, ensuring that diverse individuals within the community can participate and benefit.
5. To replicate the means of promoting mindfulness and its impact on mental well-being among rural youth.

TARGET AUDIENCE

Students of Rural Youth

KEY POINTS

- ✓ Last date for registration: 25/02/2024, 5.00 pm. (Google form)
- ✓ Free Registration
- ✓ The maximum number of seats allotted is 75 participants (First-cum-First serve)
- ✓ Participation must be rural youth only
- ✓ Certificate will be provided for all the participants.
- ✓ The list of short-listed candidates will be announced on 26/02/2024
- ✓ Refreshment and Working Lunch will be provided for all three days.
- ✓ The programme includes both Theory and Practical sessions.
- ✓ Dress code should be suitable for Educational Institution to undergo theory and practical sessions.

Address for Communication
Organizing Secretary & Programme Coordinator
Dr. S. VELKUMAR
Assistant Professor
Department of Physical Education
Tamil Nadu Physical Education and Sports University
Melakottaiyur, Chennai - 127
Mobile: 9543881366
8072203266
Email id: svelkumar05@gmail.com





			Photo
1	Dr. Grace Helina Professor., Department of Exercise Physiology and Sports Nutrition	Sustainable Fitness - a path to Exercise Physiology (10.00.am to 11.00 am, 27.02.24)	



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 Chennai-600 127		
2	Dr.G.Nallavan Associate Professor Department of Sports Technology Tamil Nadu Physical Education and Sports University Chennai-600 127	Addressing Barriers to Physical Activity in Rural Settings Through Sports Technology (11.00 am to 12.30 pm, 27.02.24)	
3	Dr.K.Kannadasan Associate Professor Department of Sports Psychology and Sociology Tamil Nadu Physical Education and Sports University Chennai-600127	Integrating Psychology into Rural Youth Fitness Initiatives (12.30 pm to 02.00 pm, 27.02.24)	
4	Dr.S.Kavitha Professor and Head Department of Indian Languages and Comparative Literature Tamil University Thanjavur -613010	Tamil Literature and Traditional Sports and Games (02.30 pm To 4.00 pm, 27.02.24)	
5	Dr.C.Lakshmanan Assistant Professor Department of Physical Education Tamil Nadu Physical Education and Sports University Chennai-600127	Indoor Fitness Training for Rural Youth (04.00 pm to 05.30 pm, 27.02.24)	



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

6	Dr.P.K.Senthil Kumar Professor and Head Department of Exercise Physiology and Sports Nutrition Tamil Nadu Physical Education and Sports University Chennai-600127	Sports Nutrition for Rural area Youth (09.30 am to 11.00.am, 28.02.24)	
7	Dr.T.Malaiyarasi Assistant Professor, Department of Tamil, A.M. Jain College Meenambakkam Chennai-61	Traditional Sports and Games for Development of Rural Youth (11.00 am to 12.30 pm, 28- 02.24)	
8	Dr.S.Thirumalai Kumar Professor and Head, Department of Physical Education Tamil Nadu Physical Education and Sports University Chennai-600127	Empowering Community Sports for Positive Youth Development (12.30 pm to 02.00 pm, 28.02.24)	
9	Dr.P.Rajini Kumar Associate Professor Department of Biomechanics Tamil Nadu Physical Education and Sports University Chennai-600127	Building Healthy Habits for a stronger Tomorrow (02.30 pm to 04.00 pm, 28.02.24)	
10	Dr.A.Sridharan Assistant Professor and Head Department of Physical Education and Yoga Saveetha	Fitness for all –Rural Health Initiatives through Aerobics (04.00 pm to 05.30 pm,	



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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


	School of Law Saveetha Institute of Medical and Technical Sciences., Chennai	28.02.24) no. of Session-1	
11	Mr.C.Manoj Physiotherapist Tamil Nadu Physical Education and Sports University Chennai-600127	Awareness of Sports Injuries Tradition to today –Adapting rural sports for modern Health (09.30 am to 11.00.am, 29.02.24)	
12	Dr.V.Mangaiyarkarasi Professor and Head Department of Sports Sociology Tamil Nadu Physical Education and Sports University Chennai-600127	Wellness in the Fields Integrating Fitness into Sociological Life Beyond the Gym outdoor fitness for Rural living (11.00 am to 12.30.pm, 29.02.24)	
13	Dr.S.Prem Kumar Professor., Department of Sports Management Tamil Nadu Physical Education and Sports University, Chennai-600127	Fitness Entrepreneurship- Creating Sustainable Health Businesses in Rural Area (12.30 pm to 02.00.pm, 29.02.24)	
14	Dr.D.Sathia Kumar Director –School of Distance Education Tamil Nadu Physical Education and Sports University Chennai-600127	Community Fitness Challenges Strengthening Rural Bond (02.30 pm to 04.00 pm, 29.02.24)	



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

15	Dr.V.Duraisami Professor and Head Department of Yoga Tamil Nadu Physical Education and Sports University Chennai-600127	Beyond the Yoga outdoor fitness for Rural living (04.00 pm To 05.30 pm, 27.02.24)	
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Conclusion:

The three-day Training program successfully achieved its objective of Integrating Health Habits and Developing Sustainable Fitness Goals Among Rural Youth. The diverse range of topics and expert resource persons provided valuable insights that will undoubtedly contribute to the personal and professional development of the participating students.

The organizing committee expresses gratitude to the chief guests, special guests, all the resource persons, and participants, for making this program a resounding success. We hope that the knowledge gained during these three days will serve as a foundation for Health Habits and for Developing Sustainable Fitness in Rural Youth.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

Annexure – 4



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
(Institution of National Importance by the Act of Parliament No. 35/2012)
Ministry of Youth Affairs & Sports
Government of India
Sriperumbudur – 602 105, Tamil Nadu.



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

Jointly organize
Programmes for Development of Youth through National Institutes / Central
Universities / State Universities and Affiliated Colleges

Title of the Programme: “Integrating Health Habits and Developing Sustainable
Fitness Goals Among Rural Youth”

Dates: 27 to 29.02.2024

Venue: Conference Hall, TNPESU, Chennai

Attendance Sheet for the Resource Persons

S. No.	Resource Person (with Address, Mobile Number and E-mail Id)	Session details (Date, Time and No. of Sessions handled)	Signature of the Resource Person
1	Dr.Grace Helina Professor., Department of Exercise Physiology and Sports Nutrition Tamil Nadu Physical Education and Sports University Chennai-600127 9841832928 gracenagaraj@yahoo.co.in	Sustainable Fitness - a path to Exercise Physiology (10.00 am to 11.00 am, 27.02.24) no. of Session-1	
2	Dr.G.Nallavan Associate Professor Department of Sports Technology Tamil Nadu Physical Education and Sports University Chennai-600 127 9445813214 g_nallavan@yahoo.com	Addressing Barriers to Physical Activity in Rural Settings Through Sports Technology (11.00 am to 12.30 pm, 27.02.24) no. of Session-1	
3	Dr.K.Kannadasan Associate Professor Department of Sports Psychology and Sociology Tamil Nadu Physical Education and Sports University Chennai-600127 9786711402kannaalen@gmail.com	Integrating Psychology into Rural Youth Fitness Initiatives (12.30 pm to 02.00 pm, 27.02.24) no. of Session-1	
4	Dr.S.Kavitha Professor and Head Department of Indian Languages and Comparative Literature Tamil University Thanjavur -613010	Tamil Literature and Traditional Sports and Games(02.30 pm to 4.00 pm, 27.02.24) no. of Session-1	 27/02/2024



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

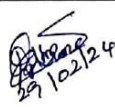
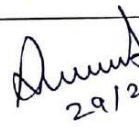
5	Dr.C.Lakshmanan Assistant Professor Department of Physical Education Tamil Nadu Physical Education and Sports University Chennai-600127 9047832206 lakshmananphy@gmail.com	Indoor Fitness Training for Rural Youth (04.00 pm to 05.30.pm, 27.02.24) no. of Session-1	<i>c. day</i>
6	Dr.P.K.Senthil Kumar Professor and Head Department of Exercise Physiology and Sports Nutrition Tamil Nadu Physical Education and Sports University Chennai-600127 9865417000 pks.tnpsu@gmail.com	Sports Nutrition for Rural area Youth (09.30 am to 11.00.am, 28.02.24) no. of Session-1	<i>Dr. P.K. Senthil Kumar</i>
7	Dr.T.Malaiyarasi Assistant Professor, Department of Tamil, A.M. Jain College Meenambakkam Chennai-61 9445139847. drmalaiyarasi@gmail.com	Traditional Sports and Games for Development of Rural Youth (11.00 am to 12.30 pm, 28-02.24) no. of Session-1	<i>Dr. T. Malaiyarasi</i>
8	Dr.S.Thirumalai Kumar Professor and Head, Department of Physical Education Tamil Nadu Physical Education and Sports University Chennai-600127 9841019670 drstkpe@gmail.com	Empowering Community Sports for Positive Youth Development (12.30 pm to 02.00 pm, 28.02.24) no. of Session-1	<i>Dr. S. Thirumalai Kumar</i>
9	Dr.P.Rajini Kumar Associate Professor Department of Biomechanics Tamil Nadu Physical Education and Sports University Chennai-600127 9941923899 rajinipk88@gmail.com	Building Healthy Habits for a stronger Tomorrow (02.30 pm to 04.00.pm, 28.02.24) no. of Session-1	<i>Dr. P. Rajini Kumar</i> 28.02.2024
10	Dr.A.Sridharan Assistant Professor and Head Department of Physical Education and Yoga Saveetha School of Law Saveetha Institute of Medical and Technical Sciences, Chennai 9444313442 Sriprasath20@gmail.com	Fitness for all –Rural Health Initiatives through Aerobics (04.00 pm to 05.30 pm, 28.02.24) no. of Session-1	<i>A. Sridharan</i>
11	Mr.C.Manoj Physiotherapist Tamil Nadu Physical Education and Sports University Chennai-600127 9976937456 physiomanoj@gmail.com	Awareness of Sports Injuries Tradition to today –Adapting rural sports for modern Health (09.30 am to 11.00.am, 29.02.24) (no. of Session-1	<i>C. Manoj</i>
12	Dr.V.Mangaiyarkarasi Professor and Head Department of Sports Sociology Tamil Nadu Physical Education and Sports University Chennai-600127 mangaiyarv@gmail.com	Wellness in the Fields Integrating Fitness into Sociological Life Beyond the Gym outdoor fitness for Rural living (11.00 am to 12.30.am, 29.02.24) no. of Session-1	<i>V. Mangaiyarkarasi</i>
13	Dr.S.Prem Kumar Professor., Department of Sports Management Tamil Nadu Physical Education and Sports University, Chennai-600127 9443212071 prem7974@gmail.com	Fitness Entrepreneurship-Creating Sustainable Health Businesses in Rural Area (12.30 pm to 02.00.pm, 29.02.24) no. of Session-1	<i>Dr. S. Prem Kumar</i>

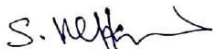


TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

14	Dr.D.Sathia Kumar Director –School of Distance Education Tamil Nadu Physical Education and Sports University Chennai-600127 9698733366 sportsuniversitydde2007@gmail.com	Community Fitness Challenges Strengthening Rural Bond (02.30 pm to 04.00 pm, 29.02.24) no. of Session-1	 29/02/24
15	Dr.V.Duraisami Professor and Head Department of Yoga Tamil Nadu Physical Education and Sports University Chennai-600127 9842708648 durai_udaya@yahoo.co.in	Beyond the Yoga outdoor fitness for Rural living (04.00 pm To 05.30 pm, 27.02.24) no. of Session-1	 29/2/24


Signature of the Activity Coordinator

Date: 11.03.24

Dr.S.VELKUMAR, Ph.D.,
ASSISTANT PROFESSOR
TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR POST, CHENNAI-127



University / College Seal


Signature of the Vice Chancellor /
Principal/Head

Date: 11.03.24

Dr.M.SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127

LIST OF PARTICIPANTS



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

Sl. No	Name of the Participant	Department	University /Institute	Education
1.	S.PAVITHRA	Physical Education	TNPESU	UG Programme
2.	S. GAYATHRI	Physical Education	TNPESU	UG Programme
3.	K. SUBASH	Physical Education	TNPESU	UG Programme
4.	B.MOHAMADHU SALEEM	Physical Education	TNPESU	UG Programme
5.	C.VINAYAGAMOORTHY	Physical Education	TNPESU	UG Programme
6.	P.SUBHIN	Physical Education	TNPESU	UG Programme
7.	J.BHUVANESHWARI	Physical Education	TNPESU	UG Programme
8.	M.D.PAREMESH	Physical Education	TNPESU	UG Programme
9.	B.S.RAJA	Physical Education	TNPESU	UG Programme
10.	R.UDHAYA KMAR	Physical Education	TNPESU	UG Programme
11.	M.SANTHOSH	Physical Education	TNPESU	UG Programme
12.	V.BANU PRIYA	Physical Education	TNPESU	UG Programme
13.	K.PREM GANDHI	Physical Education	TNPESU	UG Programme
14.	C.SARANYA	Physical Education	TNPESU	UG Programme
15.	M.PRIYA	Physical Education	TNPESU	UG Programme
16.	S.SANTHIYA PRIYA	Physical Education	TNPESU	UG Programme



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

17.	M.PARIMALA	Physical Education	TNPESU	UG Programme
18.	V.BHARATHAN	Physical Education	TNPESU	UG Programme
19.	K.SHRIVATHSSAN	Physical Education	TNPESU	UG Programme
20.	A.PRAGADEESHWARAN	Physical Education	TNPESU	UG Programme
21.	S.NITHYANANDHAM	Physical Education	TNPESU	UG Programme
22.	M.SAMUVEL RAJKUMAR	Physical Education	TNPESU	UG Programme
23.	S.PRABHU	Physical Education	TNPESU	UG Programme
24.	M.R.SAMBATH KUMAR	Physical Education	TNPESU	UG Programme
25.	V.SUBHA	Physical Education	TNPESU	UG Programme
26.	A.AROCKIA JAROMIYA	Physical Education	TNPESU	UG Programme
27.	S.VIGNESH	Physical Education	TNPESU	UG Programme
28.	D.SRIMATHI	Physical Education	TNPESU	UG Programme
29.	D.PRAKASHRAJ	Physical Education	TNPESU	UG Programme
30.	G.VIJAYARAJ	Physical Education	TNPESU	UG Programme
31.	E.KANIKKAINATHAN	Physical Education	TNPESU	UG Programme
32.	R.VASUNDARA DEVI	Physical Education	TNPESU	UG Programme
33.	G.NAVEEN	Physical Education	TNPESU	UG Programme
34.	L.SAKTHIVEL	Physical Education	TNPESU	UG Programme
35.	R.SURUTHIGA	Physical Education	TNPESU	UG Programme



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

36.	R.TAMIZHINI	Physical Education	TNPESU	UG Programme
37.	L.RESHMI	Physical Education	TNPESU	UG Programme
38.	R.RAMAJEYAM	Physical Education	TNPESU	UG Programme
39.	P.RISHIKESHCHANDRU	Physical Education	TNPESU	UG Programme
40.	E.VICTORIYA	Physical Education	TNPESU	UG Programme
41.	S.PUGHAZHENDHI	Physical Education	TNPESU	UG Programme
42.	MARIYA JASMIN JOY	Physical Education	TNPESU	UG Programme
43.	R.RANJITH	Physical Education	TNPESU	UG Programme
44.	D.PRAVEEN KUMAR	Physical Education	TNPESU	UG Programme
45.	M.VINOTH KUMAR	Physical Education	TNPESU	UG Programme
46.	K.MUTHU RATHINA KUMAR	Physical Education	TNPESU	UG Programme
47.	K.ROJA	Physical Education	TNPESU	UG Programme
48.	A.SHABNA	Physical Education	TNPESU	UG Programme
49.	R.RAMYA KRISHNAN	Physical Education	TNPESU	UG Programme
50.	L.YUGESH KUMAR	Physical Education	TNPESU	UG Programme
51.	S.VIGNESHWARAN	Physical Education	TNPESU	UG Programme
52.	G.VIJAY	Physical Education	TNPESU	UG Programme
53.	N. DHOLKAPPIYAR	Bio- Mechanics	TNPESU	UG Programme
54.	D. KARUPPUSAMY	Bio- Mechanics	TNPESU	UG Programme



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Melakottaiyur, Chennai-127

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

55.	R. RANJITH KUMAR	Bio- Mechanics	TNPESU	UG Programme
56.	B. SHRIDHAR	Bio- Mechanics	TNPESU	UG Programme
57.	V.SUJAL	Bio- Mechanics	TNPESU	UG Programme
58.	P. VISHNUDHARAN	Bio- Mechanics	TNPESU	UG Programme
59.	S. BALACHANDRU	Sports Coaching	TNPESU	UG Programme
60.	S. VIJAYAKUMAR	Sports Coaching	TNPESU	UG Programme
61.	B. MUTHAZHAGAN	Sports Coaching	TNPESU	UG Programme
62.	J. YOGESH	Sports Coaching	TNPESU	UG Programme
63.	S. SACHIN	Sports Coaching	TNPESU	UG Programme
64.	S. SRIDHAR	Sports Coaching	TNPESU	UG Programme
65.	A. ABISHEK	Sports Coaching	TNPESU	UG Programme
66.	R. AJITH	Sports Coaching	TNPESU	UG Programme
67.	J. RAMESH	Sports Coaching	TNPESU	UG Programme
68.	K. RAJKIRAN	Sports Coaching	TNPESU	UG Programme
69.	G. YUVAPRATH	Sports Coaching	TNPESU	UG Programme
70.	M.P. GIRISANTHI	Sports Coaching	TNPESU	UG Programme
71.	VASUNDARA DEVI R	Physical Education	TNPESU	UG Programme
72.	A.ADHITHYA	Physical Education	TNPESU	UG Programme
73.	PORKALAI K	Physical Education	TNPESU	UG Programme
74.	RAJESH A V	Physical Education	TNPESU	UG Programme



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

75.	UDHAYA KUMAR R	Physical Education	TNPESU	UG Programme
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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

Annexure – I



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
(Institution of National Importance by the Act of Parliament No. 35/2012)
Ministry of Youth Affairs & Sports
Government of India
Sriperumbudur – 602 105, Tamil Nadu.

Programmes for Development of Youth through National Institutes / Central
Universities / State Universities and Affiliated Colleges

PROGRAMME FEEDBACK FORM
(by Tamil Nadu Physical Education and Sports University)
Melakottaiyur, Chennai-600127

1. Name and address of the University/
College/Institute : Tamil Nadu Physical Education
and Sports University
2. Name of the Vice Chancellor / Principal/ Head : **Dr.M.SUNDAR**
3. Name & Designation of the Activity Coordinator : **Dr.S.VELKUMAR**
4. Mobile No. and E-mail of Activity Coordinator : 9543881366
svelkumar05@gmail.com
5. Title of the Programme : "Integrating Health Habits and
Developing sustainable Fitness
Goals among Rural Youth"
6. Type & Format of the Programme : **Three Days Training
Programme**
7. Dates : from 27.02.2024 to 29.02.2024
8. Venue : Conference Hall, TN PESU
9. Total number of participants attended : Male:53 Female: 22 Total: 75
10. Total number of Resource Persons participated : 15



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

11. Whether a report on the activity enclosed : Yes
12. Total financial assistance sanctioned by RGNIYD : Rs 100000/-
13. Number and date of RGNIYD sanctioning letter : 16.02.2024 /RGNIYD/Admin/23-24/32
14. Total amount released by RGNIYD : Rs 50000
15. Number and date of RGNIYD releasing letter :20.02.2024
16. Total expenditure incurred :Rs 99980
17. Financial assistance received from other sources for the programme: Nil
18. Financial support extended for the programme by the college : Nil
19. Whether the total amount released by RGNIYD was spent: Yes
20. If yes, balance to be released by RGNIYD (as per sanctioned amount):Rs 49980
21. Whether bill/voucher-wise statement of expenditure & utilization certificate by a Govt. Auditor/ Chartered Accountant enclosed : Yes

S. Velkumar 14.3.24

Name & Signature of
Activity Coordinator

Dr.S.VELKUMAR, Ph.D.,
ASSISTANT PROFESSOR
TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR POST, CHENNAI-127.

M. Sundar

Name & Signature
of Vice Chancellor (with seal)

Dr.M.SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

5.	C.VINAYAGAMOOR THH	TNPESU/DPE	Vijay th	Vijay th	Vijay th	Vijay th	Vijay th
6.	P.SUDHIN	TNPESU/DPE	Sudhin	Sudhin	Sudhin	Sudhin	Sudhin
7.	J.BHUVANESHWAR 1	TNPESU/DPE	J Bhuvaneshwar	J Bhuvaneshwar	J Bhuvaneshwar	J Bhuvaneshwar	J Bhuvaneshwar
8.	M.D.PAREMESH	TNPESU/DPE	Paremesh	Paremesh	Paremesh	Paremesh	Paremesh
9.	B.S.RAJA	TNPESU/DPE	Raja Raja	Raja Raja	Raja Raja	Raja Raja	Raja Raja
10.	R.LUDHAVYA KMAR	TNPESU/DPE	Ludhavya kumar	Ludhavya kumar	Ludhavya kumar	Ludhavya kumar	Ludhavya kumar
11.	M.SANTHOSH	TNPESU/DPE	Santhosh m.s	Santhosh m.s	Santhosh m.s	Santhosh m.s	Santhosh m.s
12.	V.BANU PRIYA	TNPESU/DPE	Banupriya v	Banupriya v	Banupriya v	Banupriya v	Banupriya v
13.	K.PREM GANDHI	TNPESU/DPE	Premgandhi k	Premgandhi k	Premgandhi k	Premgandhi k	Premgandhi k
14.	C.SARANAYA	TNPESU/DPE	Saranaya c	Saranaya c	Saranaya c	Saranaya c	Saranaya c
15.	M.PRIVA	TNPESU/DPE	Priva m	Priva m	Priva m	Priva m	Priva m
16.	S.SANTHIYA PRIVA	TNPESU/DPE	Santhiya priva	Santhiya priva	Santhiya priva	Santhiya priva	Santhiya priva
17.	M.PARIMALA	TNPESU/DPE	Parimala m	Parimala m	Parimala m	Parimala m	Parimala m
18.	V.BIHARATHAN	TNPESU/DPE	Biharathan v	Biharathan v	Biharathan v	Biharathan v	Biharathan v
19.	K.SHRIVATHSAN	TNPESU/DPE	Krithivasan s	Krithivasan s	Krithivasan s	Krithivasan s	Krithivasan s
20.	A.PRADEEESHWAAN	TNPESU/DPE	Pradeeshwaran a	Pradeeshwaran a	Pradeeshwaran a	Pradeeshwaran a	Pradeeshwaran a
21.	S.NITHYANANDHAM	TNPESU/DPE	Nithyanandham s	Nithyanandham s	Nithyanandham s	Nithyanandham s	Nithyanandham s
22.	M.SAMUEL RAKIDUMAR	TNPESU/DPE	Rakidumarsamuel m	Rakidumarsamuel m	Rakidumarsamuel m	Rakidumarsamuel m	Rakidumarsamuel m
23.	S.PRABHU	TNPESU/DPE	Prabhus s	Prabhus s	Prabhus s	Prabhus s	Prabhus s
24.	M.R.SAMDATH	TNPESU/DPE	Samdath m	Samdath m	Samdath m	Samdath m	Samdath m



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

KUMAR	TNPESU/DPE					
25. V.SUBHA	TNPESU/DPE	V. Subha	V. Subha	V. Subha	V. Subha	V. Subha
26. A.AROCKIA JAROMIVA	TNPESU/DPE	A. Arockia Jaromiva	A. Arockia Jaromiva	A. Arockia Jaromiva	A. Arockia Jaromiva	A. Arockia Jaromiva
27. S.VIGNESH	TNPESU/DPE	S. Vignesh	S. Vignesh	S. Vignesh	S. Vignesh	S. Vignesh
28. D.SRINATHI	TNPESU/DPE	D. Srinathi	D. Srinathi	D. Srinathi	D. Srinathi	D. Srinathi
29. D.PRAKASHRAJ	TNPESU/DPE	D. Prakashraj	D. Prakashraj	D. Prakashraj	D. Prakashraj	D. Prakashraj
30. G.VIDYARAJ	TNPESU/DPE	G. Vidyaraj	G. Vidyaraj	G. Vidyaraj	G. Vidyaraj	G. Vidyaraj
31. E.KANIKKANATHAN DEVI	TNPESU/DPE	E. Kanikkanathan Devi	E. Kanikkanathan Devi	E. Kanikkanathan Devi	E. Kanikkanathan Devi	E. Kanikkanathan Devi
32. R.VASUNDARA	TNPESU/DPE	R. Vasundara	R. Vasundara	R. Vasundara	R. Vasundara	R. Vasundara
33. G.NAVEEN	TNPESU/DPE	G. Naveen	G. Naveen	G. Naveen	G. Naveen	G. Naveen
34. L.SAKTHIVEL	TNPESU/DPE	L. Sakthivel	L. Sakthivel	L. Sakthivel	L. Sakthivel	L. Sakthivel
35. R.SURUTHIGA	TNPESU/DPE	R. Suruthiga	R. Suruthiga	R. Suruthiga	R. Suruthiga	R. Suruthiga
36. R.TAMIZHINI	TNPESU/DPE	R. Tamizhini	R. Tamizhini	R. Tamizhini	R. Tamizhini	R. Tamizhini
37. L.RESHMI	TNPESU/DPE	L. Reshmi	L. Reshmi	L. Reshmi	L. Reshmi	L. Reshmi
38. R.RAMAJEYAM	TNPESU/DPE	R. Ramajeyam	R. Ramajeyam	R. Ramajeyam	R. Ramajeyam	R. Ramajeyam
39. P.RISHIKESHCHANDRU	TNPESU/DPE	P. Rishikeshchandru	P. Rishikeshchandru	P. Rishikeshchandru	P. Rishikeshchandru	P. Rishikeshchandru
40. E.VICTORIA	TNPESU/DPE	E. Victoria	E. Victoria	E. Victoria	E. Victoria	E. Victoria
41. S.PUGHAZHENDEHI	TNPESU/DPE	S. Pughazhendehi	S. Pughazhendehi	S. Pughazhendehi	S. Pughazhendehi	S. Pughazhendehi
42. MARIYA JASMIN JOY	TNPESU/DPE	Mariya Jasmin Joy	Mariya Jasmin Joy	Mariya Jasmin Joy	Mariya Jasmin Joy	Mariya Jasmin Joy
43. R.RANJITH	TNPESU/DPE	R. Ranjith	R. Ranjith	R. Ranjith	R. Ranjith	R. Ranjith

S. M. M. S.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

44.	D. PRAVEEN KUMAR	TNPESU/DPE						
45.	M. VINOTH KUMAR	TNPESU/DPE						
46.	K. MUTHU RATHNA KUMAR	TNPESU/DPE						
47.	K. ROJA	TNPESU/DPE						
48.	A. SHABNA	TNPESU/DPE						
49.	R. RAMYA KRISHNAN	TNPESU/DPE						
50.	L. YUGESH KUMAR	TNPESU/DPE						
51.	S. VIGNESHWARAN	TNPESU/DPE						
52.	G. VIJAY	TNPESU/DPE						
53.	N. DHOLKAPPIYAR	TNPESU/Bio-M						
54.	D. KARUPUSAMY	TNPESU/Bio-M						
55.	R. RANITH KUMAR	TNPESU/Bio-M						
56.	B. SHRIDHAR	TNPESU/Bio-M						
57.	V. SUDAL	TNPESU/Bio-M						
58.	P. VISHNUDHARAN	TNPESU/Bio-M						
59.	S. BALACHANDRU	TNPESU/Bio-M						
60.	S. VIJAYAKUMAR	TNPESU/ATC						
61.	B. MUTHAZHAGAN	TNPESU/ATC						
62.	J. YOGESH	TNPESU/ATC						
63.	S. SACHIN	TNPESU/ATC						

S. Nethan



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

FORM GFR 12A

GENERAL FINANCIAL RULES 2017
Ministry of Finance
Department of Expenditure

GFR 12 – A
[(See Rule 238 (1))]

**FORM OF UTILIZATION CERTIFICATE
FOR AUTONOMOUS BODIES OF THE GRANTEE ORGANIZATION**

UTILIZATION CERTIFICATE FOR THE YEA 2023-2024 in respect
of recurring/non-recurring
GRANTS-IN-AID/SALARIES/CREATION OF CAPITAL ASSETS

- Name of the Scheme :Programmes for Development of Youth through National Institutes / Central Universities / State Universities and Affiliated Colleges
- Whether recurring or non-recurring grants: Non-Recurring
- Grants position at the beginning of the Financial year
 - Cash in Hand/Bank
 - Unadjusted advances
 - Total
- Details of grants received, expenditure incurred and closing balances: (Actuals)

Unspent Balances of Grants received years [figure as at Sr. No. 3 (iii)]	Interest Earned thereon	Interest deposited back to the Government	Grant received during the year			Total Available funds (1+2-3+4)	Expenditure incurred	Closing Balances (5-6)
1	2	3	4			5	6	7
			Sanction No. (i)	Date (ii)	Amount (iii)			
			RGNIYD/ADMIN/2023-24	20.02.24	50000	50000	99980	-49980

Component wise utilization of grants:

Grant-in-aid-General	Grant-in-aid-Salary	Grant-in-aid-creation of capital assets	Total
Honorarium to Resource Person	-	-	25720
Learning material	-	-	9850
Printing ,Stationeries	-	-	59062
Lunch and Refreshment	-	-	5348
Banner, water, Xerox and Misc	-	-	

Details of grants position at the end of the year

- Cash in Hand/Bank
- Unadjusted Advances
- Total



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

FORM GFR 12A

GENERAL FINANCIAL RULE 2017
Ministry of Finance
Department of Expenditure

Certified that I have satisfied myself that the conditions on which grants were sanctioned have been duly fulfilled/are being fulfilled and that I have exercised following checks to see that the money has been actually utilized for the purpose for which it was sanctioned:

- The main accounts and other subsidiary accounts and registers (including assets registers) are maintained as prescribed in the relevant Act/Rules/Standing Instructions (mention the Act/Rules) and have been duly audited by designated auditors. The figures depicted above tally with the audited figures mentioned in financial statements/accounts.
- There exist internal controls for safeguarding public funds/assets, watching outcomes and achievements of physical targets against the financial inputs, ensuring quality in asset creation etc. & the periodic evaluation of internal controls is exercised to ensure their effectiveness.
- To the best of our knowledge and belief, no transactions have been entered that are in violation of relevant Act/Rules/standing instructions and scheme guidelines.
- The responsibilities among the key functionaries for execution of the scheme have been assigned in clear terms and are not general in nature.
- The benefits were extended to the intended beneficiaries and only such areas/districts were covered where the scheme was intended to operate.
- The expenditure on various components of the scheme was in the proportions authorized as per the scheme guidelines and terms and conditions of the grants-in-aid.
- It has been ensured that the physical and financial performance under **Programmes for Development of Youth through National Institutes / Central Universities / State Universities and Affiliated Colleges** (name of the scheme has been according to the requirements, as prescribed in the guidelines issued by Govt. of India and the performance/targets achieved statement for the year to which the utilization of the fund resulted in outcomes given at Annexure-I duly enclosed.
- The utilization of the fund resulted in outcomes given at Annexure – II duly enclosed (to be formulated by the Ministry/Department concerned as per their requirements/specifications.)
- Details of various schemes executed by the agency through grants-in-aid received from the same Ministry or from other Ministries is enclosed at Annexure –II (to be formulated by the Ministry/Department concerned as per their requirements/specifications).

Date: 11.02.24
Place: Chennai

Signature
Name: R. RAMESH
Finance Officer of the Finance
Tamil Nadu Physical Education
and Sports University
(Strike out Sports University
Chennai)
Finance Officer
Tamil Nadu Physical Education
and Sports University
Chennai

Signature
Name: Dr. M. SUNDAR .
Head of the Organisation
Dr. M. SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127

Suggestions to RGNIYD

1. The presence of the coordinator in person from RGNIYD may encourage the organizer as well as the participants.
2. The feedback form seems little extensive and complicate, this may be simplified to answer easily using likert scale.
3. The organizer felt that the number of sessions per day may be reduced



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

Activity Coordinator

Dr.S.VELKUMAR
ASSISTANT PROFESSOR
DEPARTMENT OF PHYSICAL EDUCATION
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-600127



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.**



ORGANIZED

**SOUTH ZONE INTER
UNIVERSITY ATHLETIC MEET
(MEN) CHAMPIONSHIP 2023-24**



REPORT

Submitted by:

**Dr. K. Rajesh Kumar,
Sports Secretary,**



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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TNPESU.

SOUTH ZONE INTER UNIVERSITY ATHLETIC

CHAMPIONSHIP (M) 2023-24 REPORT

The Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127 organized South Zone Interuniversity Athletic Championship 2023-24 from 29-12-2023 to 01-01-2024 at Synthetic Track, TNPESU. The Chief Guest Dr.G.Thiruvassagam, Pro-Chancellor, AMET University and Shri.Binu Siva Singh, Registrar, Jeppiaar University are inaugurated the Athletic Meet. As per the Leadership of Vice-Chancellor Prof.M.Sundar, the organizing secretary Dr.K.Rajeshkumar done the work and under the supervision of AIU (Association of Indian Universities) Observer Dr. K. Manoj Kumar, Director of Physical Education at AMET University, the Athletic Meet was started successfully.

In the South Zone Interuniversity Athletic Championship 2023-24, there are totally 67 Universities and 667 Players were participated. The list of events conducted in South Zone Interuniversity Athletic Championship 2023-24 are Sprinter Event, Hurdles, Triple Jump, Shot Put, Relay, Steeple Chase, High Jump, Long Jump, Javlin Throw, Discus Throw, Pole Vault and Hammer Throw. In this event the **Madras University** got **overall Winner Championship** and the **Mangalore University** got **Runner Championship**. The **Individual Performance** got by **University of Calicut**. In the Valedictory Ceremony the Chief Guest Prof.M.Sundar, Vice Chancellor, TNPESU and Dr.R.Ramakrishnan, Registrar i/c, TNPESU



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Melakottaiyur, Chennai-127

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distributed the prizes to the winners & runners. The Thiru. Seker J Manoharan, Treasurer Hockey India, graced the occasion with motivational speeches. The organizing secretary Dr.K.Rajeshkumar was done his job with well planned and perfect execution throughout the event.

APPROVAL LETTER TO CONDUCT SOUTH

ZONE INTERUNIVERSITY ATHLETIC

CHAMPIONSHIP (M) 2023-24

CIRCULAR LETTER

INVITATION



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Chennai - 600127
Under the Auspices of
ASSOCIATION OF INDIAN UNIVERSITIES
All India Inter University Athletic Championship 2023-2024

Chief Guest
V. Pandeeswari
MA, NIS, ATHLETIC COACH
International Athlete
Southern Railway

Vice-Chancellor
Prof. M. Sundar
Vice - Chancellor
TNPSU

Special Guest
Dr. Arathi Arun
International Powerlifting Athlete

Has consented to be the Chief Guest and Inaugurate the Athletic Meet

All are Cordially Invited
4th to 7th January 2024
Time: 03.00 pm
Venue: 400M Synthetic Track, TNPSU

Organizing Secretary
Dr. K. Rajesh Kumar
Assistant Professor &
Sports Secretary

Registrar's
Dr. R. Ramakrishnan



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
Chennai - 600127

Under the Auspices of
ASSOCIATION OF INDIAN UNIVERSITIES

South Zone Inter University Athletic Championship Men 2023-2024


Col. Dr. G. Thiruvassagam
Pro-Chancellor
AMET, University


Prof. M. Sundar
Vice-Chancellor
TNPESU


Shri. Binu Siva Singh
Registrar
JEPPIAAR University

Has consented to be the Chief Guest and
Inaugurate the Athletic Meet


Dr. K. Rajesh Kumar
Assistant Professor &
Sports Secretary

All are Cordially Invited


Dr. R. Ramakrishnan
Registrar i/c

On 29th December 2023 to 1st January 2024
Time: 03.00 pm
Venue: 400M Synthetic Track, TNPESU



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**
Chennai - 600127
Under the Auspices of
ASSOCIATION OF INDIAN UNIVERSITIES
**South Zone Inter University Athletic Championship
2023-2024**


Stm. Latha
Secretary
TNAA


Prof. M. Sundar
Vice - Chancellor
TNPESU


Thiru. Seker J. Manoharan
Treasurer
Hockey India

**Has consented to be the Chief Guest and
Distribute the Prize**


Dr. K. Rajesh Kumar
Organising Secretary
Assistant Professor &
Sports Secretary
TNPESU


Dr. R. Ramakrishnan
Registrar i/c
TNPESU

**1st January 2024
Time: 12.30 pm
Venue: 400M Synthetic Track,
TNPESU**

All are Cordially Invited

INAUGURATION



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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CHIEF GUEST



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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EVENT



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Melakottaiyur, Chennai-127

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Report on the Proceedings of the Program

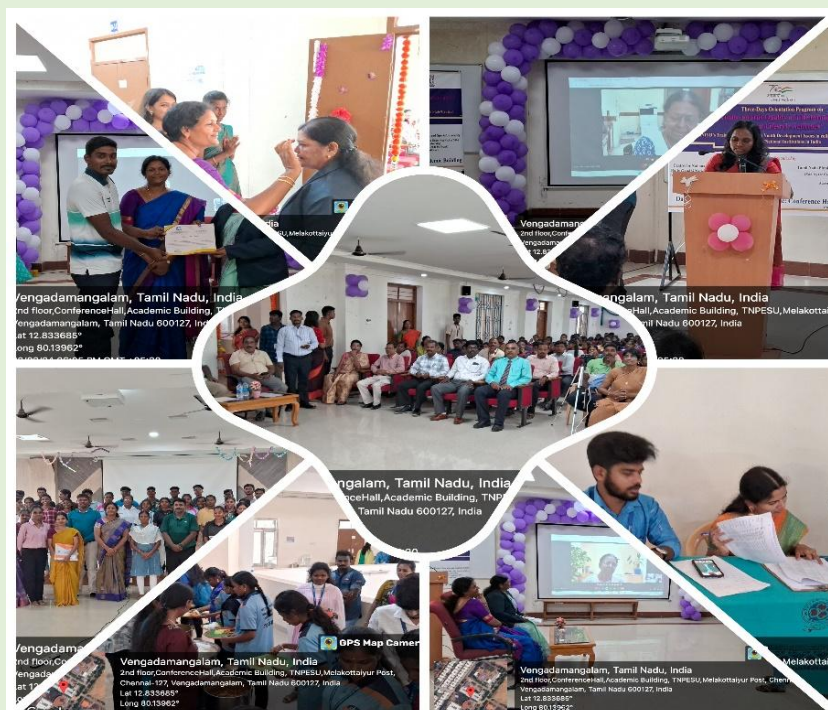
Three Days Orientation Program

On

Sensitizing Youth Towards Quality of Life Through Indigenous and Modern Lifestyle Activities

Under the scheme

*Programmes for Development of Youth through National Institutes / Central Universities / State
Universities and Affiliated Colleges*



Date: 21.02.2024 – 23.02.2024 (3 Days) – Offline Mode

Venue: Tamil Nadu Physical Education and Sports University, Chennai.

Sponsored by

RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

(Institution of National Importance by the Act of Parliament No. 35/2012) Ministry of Youth
Affairs & Sports, Government of India Sriperumbudur – 602 105, Tamil Nadu

Organised by

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai 600127

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PREFACE AND ACKNOWLEDGEMENT

The Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975. The RGNIYD functions as a vital resource center with its multi-faceted functions of offering academic programs at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programs for state agencies and the officials of youth organization, besides the extension and outreach initiatives across the country. The institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programs. The institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas. The RGNIYD serves as a youth observatory and depository in the country thereby embarking on youth surveillance on youth-related issues.

The Tamil Nadu Physical Education and Sports University was 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.

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

Motto: “*EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS*”

Mission: To develop advanced research facilities and contribute to the body of knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students.

- To facilitate the application of research findings to refine and sharpen the coaching and training techniques in Physical Education and Sports, in matters of common interest and concern.
- To establish linkages and networking with national and international specialized agencies and institutions and keep abreast of the latest developments in the field of Physical Education and Sports.
- To support and assist the conduct of State and National level coaching camps in various sports disciplines, spot, nurture and groom the talent for National and International competitions.

Youth Empowerment is the process that creates power in individuals over their own lives, society, and in their communities. Youth empowerment is all about equipping and allowing them to make life-determining decisions through the different problems in new normal life.

The organizing committee from RGNIYD and TNPESU would like to extend sincere thanks to the Director, Registrar, and faculty members of RGNIYD and Vice- Chancellor, Registrar, and faculty members of TNPESU for supporting Three Days Orientation Program. The organizers would like to profusely thank Dr.M.Sundar, Vice-Chancellor of Tamil Nadu Physical Education and Sports University for his guidance, support, and the inaugural address during the inaugural function.

The organizers would like to thank Prof. Vasanthi Rajendran Head CTO&CB, Rajiv Gandhi National Institute of Youth Development for coordinating the event and addressing the participants about the establishment and objectives of the RGNIYD. The organizing committee also expresses their gratefulness to all the resource persons of these three Days Orientation Program for their valuable resource support and for delivering insightful lecturers during the technical sessions. The organizers would like to profusely thank Dr. I. Lilly Pushpam, Registrar of Tamil Nadu Physical Education and Sports University for her support and the valedictory address during the valedictory function. The organizing committee registers its sincere acknowledgment to all the participants of these three Days Orientation Program.



Prof. Vasanthi Rajendran

Program Coordinator
Head CTO & CB
RGNIYD



Dr. S. Selvalakshmi

Program Coordinator
Organising Secretary
Associate Professor
Department of Yoga
TNPESU

RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

(Institution of National Importance by the Act of Parliament No. 35/2012)

Ministry of Youth Affairs & Sports, Government of India

Sriperumbudur – 602 105, Tamil Nadu

&

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai - 600127

Title of the Program

Three days Orientation Program on “Sensitizing Youth Towards Quality of Life Through Indigenous and Modern Lifestyle Activities”

Name of the Program Coordinator : Dr. S. Selvalakshmi

Name of the Institution & Address : Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai – 600127.

Type and Format of Activity : Orientation Program / Offline

Category of Participants : Student Youth

Date : 21-02-2023 to 23-02-2023

Venue : Conference Hall, Academic Building, TNPESU



INTRODUCTION OF THE PROGRAM

The Three-Day Orientation Program on "Sensitizing Youth Towards Quality of Life through Indigenous and Modern Lifestyle Activities," held from February 21st to 23rd 2024, marked a transformative initiative aimed at enhancing the well-being of the youth. With a total of 100 participants, including 50 from Tamil Nadu Physical Education and Sports University (TNPESU) and 50 from diverse colleges and disciplines, the program aimed to cultivate a holistic understanding of quality living by integrating indigenous and modern lifestyle practices.

This report encapsulates the essence of the program, highlighting key sessions, expert insights, and the collaborative spirit that defined the three days. The diverse range of topics, expert resource persons, and interactive workshops not only enriched the participants' knowledge but also instilled a sense of awareness and motivation to adopt a balanced and mindful approach to life. The program's success lies in its ability to seamlessly blend traditional wisdom with contemporary knowledge, fostering a comprehensive perspective on the pursuit of a fulfilling and healthy lifestyle among the youth.

NEED OF THE PROGRAM

In the contemporary landscape, the need for the Three-Day Orientation Program on "Sensitizing Youth Towards Quality of Life through Indigenous and Modern Lifestyle Activities" is underscored by the multifaceted challenges faced by the youth in today's fast-paced world. Rapid technological advancements, sedentary lifestyles, and heightened academic and professional pressures have collectively contributed to a paradigm shift in the overall well-being of young individuals. The program recognizes the urgent necessity to address not only the physical aspects of health but also the intricate interplay between mental, emotional, and social dimensions. The integration of indigenous practices and modern lifestyle choices is imperative as it offers a comprehensive approach to navigating the complexities of contemporary life. By fostering awareness about the significance of striking a balance, the program aims to empower the youth with the knowledge and tools needed to cultivate a sustainable and holistic approach to life, ensuring that they not only survive but thrive in an ever-changing world.

OBJECTIVES OF THE PROGRAM

1. To create awareness among youth about the importance of a balanced and healthy lifestyle that integrates both indigenous and modern practices.
2. To explore and promote indigenous activities that contributes to physical, mental social

emotional well-being and health.

3. To examine the role of indigenous dietary practices in promoting nutrition and overall health among youth.
4. To understand the social and cultural significance of indigenous activities and their potential contribution to community building.
5. To encourage the incorporation of sustainable and eco-friendly practices from indigenous traditions into modern lifestyles.
6. To identify and promote indigenous recreational activities that enhance both physical fitness and social interaction.
7. To provide opportunity to manage emotional health and stress in youth through indigenous and modern lifestyle activities.
8. To replicate the means of promoting mindfulness and its impact on mental well-being among youth.

LEARNING OUTCOMES OF THE PROGRAM

The Three-Day Orientation Program on "Sensitizing Youth Towards Quality of Life through Indigenous and Modern Lifestyle Activities" culminated with tangible and transformative outcomes that reverberated among the participants. Firstly, a heightened awareness was instilled regarding the importance of maintaining a balanced lifestyle, incorporating both indigenous practices and modern approaches for holistic well-being. Participants gained practical insights into exercise physiology, yoga, nutrition, and traditional martial arts, equipping them with a diverse toolkit for a healthier lifestyle. The program sparked a sense of resilience and emotional well-being, as emphasized in sessions on psychological interventions and emotional health through yoga. The engagement with traditional games, biomechanics, and lifestyle disorders raised consciousness about physical health and the prevention of lifestyle-related ailments. The collaborative nature of the program, bringing together students from diverse disciplines and institutions, fostered a sense of community and shared understanding. Overall, the program's outcomes transcended theoretical knowledge, leaving participants empowered to make informed choices for an improved quality of life, both personally and within their communities.

METHODOLOGY OF THE PROGRAM

The methodology employed in the Three-Day Orientation Program on "Sensitizing Youth Towards Quality of Life through Indigenous and Modern Lifestyle Activities" was meticulously crafted to ensure a comprehensive and engaging learning experience. The program adopted a multi-faceted approach, combining theoretical insights, practical demonstrations, and interactive sessions to cater to diverse learning styles. The sessions were structured to commence with expert lectures by distinguished resource persons, including professionals from various fields such as physical education, exercise physiology, yoga therapy, nutrition, psychology, sociology and traditional martial games of arts. These experts not only shared theoretical knowledge but also provided practical demonstrations and interactive workshops to enhance participant engagement. The program incorporated a blend of traditional and modern teaching methods, utilizing audio-visual aids, live demonstrations, and hands-on activities to facilitate a deeper understanding of the topics discussed. Participants had the opportunity to actively engage in discussions, ask questions, and share their perspectives, fostering a collaborative learning environment. Furthermore, the inclusion of diverse sessions covering aspects like, physical activities exercise physiology, mental health, traditional games, and martial arts ensured a holistic approach to quality living. The experiential learning extended beyond the classroom, with practical sessions on yoga, aerobics, and traditional games, enabling participants to apply the acquired knowledge in real-life scenarios.

The three days orientation program was conducted in offline mode at Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127 from 21.02.2024 to 23.02.2024. The targeted participants were student youth from various Universities, Colleges, and Educational Institutions. The program was formulated with both theory and practical sessions. Five sessions were held per day for three days.

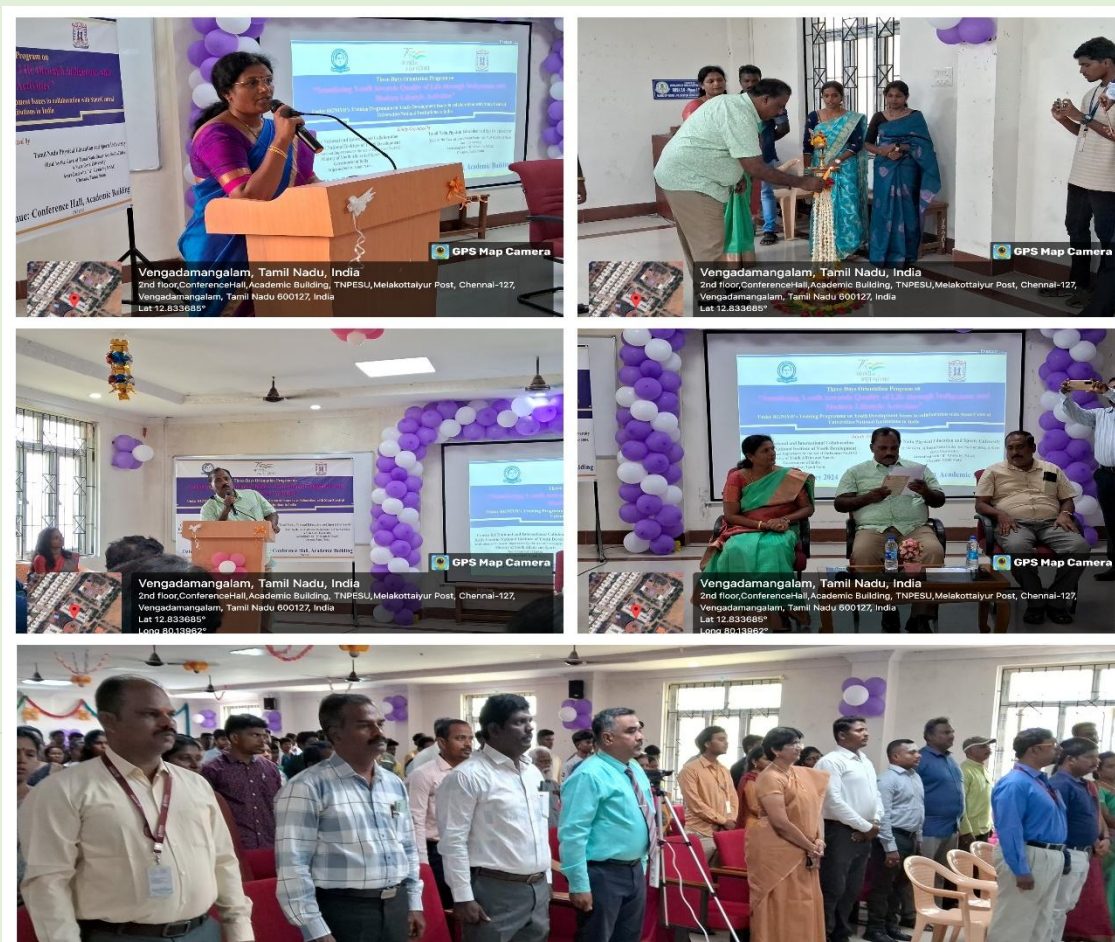
Number of Participants : 100 (47 Male, 53 Female)

Number of Resource Persons : 14

Proceedings of Three Days Orientation Program

Inaugural Function

The grand inaugural of the Three Days Orientation Program started with Tamizhthai Vazhthu. The organizing secretary and program coordinator Dr.S.Selvalakshmi, Associate Professor, Department of Yoga welcomed the gathering. Further, Dr.S.Selvalakshmi introduced Prof. Vasanthi Rajendran Head CTO&CB, Rajiv Gandhi National Institute of Youth Development. The programme continued with the virtual felicitation address by Prof. Vasanthi Rajendran Head CTO&CB, RGNIYD. She was extremely delighted to participate in the inaugural function through virtual mode. She elucidated the establishment and objectives of the RGNIYD, Sriperumbudur towards Youth development. Finally, she concluded the felicitation address and threw lights at the noble motive of the Orientation Program which is to promote healthy lifestyle and habits among the youth population through the eminent resource members. Further, the Inaugural address was given by Dr. M. Sundar, Vice chancellor, TNPESU. He greeted the special guests, participants, resource members and the students and wished for the grand success of the Orientation Program. He welcomed and appreciated everyone who participated in the event and insisted the students and participants to utilize the knowledge from the wonderfully structured program as much as possible. He also explained the responsibility of the youth in contributing to societal welfare and insisted the students should educate their friends and family about the importance of health. Finally the organizing secretary Dr.S.Selvalakshmi, Associate Professor thanked everyone.



Orientation Program - Day 1

Session : 1

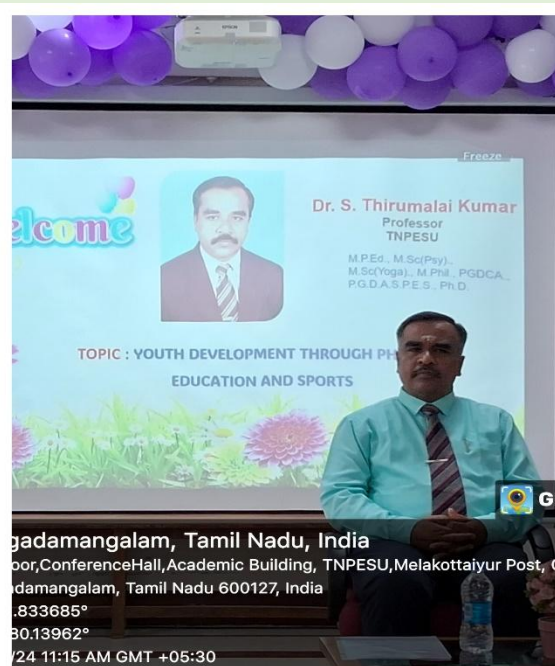
Date : 21-02-2024

Name : Dr. S. Thirumalaikumar

Topic : Youth development through Physical Education and Sports



The session began by the resource person emphasising youth development through Physical education. The resource person spoke with statistical data on how the youth who are not involved in sports or education turn towards drugs since there's no discipline. Due to lack of education and sports the youths tend to abuse drugs as indicated by the resource person, who also mentioned 50-60 of bullying has had bad effects on student health and academics. The resource person also emphasized the fact that about 78% of people started drinking due to peer pressure too, and also spoke about the sports integrated education to instill discipline in the youth.



Orientation Program - Day 1

Session : 2
Date : 21-02-2024
Name : Mrs. Sreeja Suresh
Topic : Yoga Nidra-Dive into complete relaxation



The session starts with a discussion on how Yoga Nidra can alleviate major challenges in the lives of young people sets a positive tone for exploration and learning. By addressing the specific challenges that youth face, such as academic pressure, career uncertainty, and social expectations, participants can relate the practice of Yoga Nidra to their own experiences. Youth today face significant challenges, including frustration, educational hurdles, and unemployment, which impact them mentally and physically. To address these challenges, relaxation techniques like Yoga Nidra offer a promising solution. Yoga Nidra, derived from Sanskrit words meaning union and sleep, induces a state of conscious relaxation between wakefulness and dreaming. It systematically relaxes the body, mind, and emotions, serving as a form of Pratyahara. Through Yoga Nidra, practitioners experience enhanced receptivity, accessing different levels of consciousness, including the subconscious where past experiences reside. This deep relaxation method alleviates muscular, emotional, and mental tensions, allowing for profound healing and rejuvenation. Sharing real-life examples or case studies of young people who have benefited from practicing Yoga Nidra can make the discussion more relatable and inspiring. Additionally, highlighting scientific research on the physiological and psychological effects of Yoga Nidra, such as its impact on reducing cortisol levels and improving sleep quality, can add credibility to the practice.



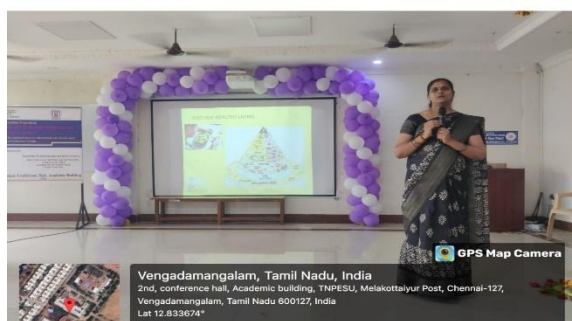
Orientation Program - Day 1

Session : 3
Date : 21-02-2024
Name : Dr. D. Uma Maheswari
Topic : Nurturing youth through yoga for resilience and flourishing quality of life.



The resource person started the session with the introduction about the food and its classification with examples to give a brief awareness about the traditional food and the modern way of food consumed by the youth. The longevity of life is based on the eating habit and lifestyle was emphasized to youth with the Okinawan diet and their lifestyle to youth, which was an eye opener for the youth in this modern lifestyle habits. The yoga practices for enhancing their longevity and healthy life was given as a simple practice to the participated youth. The participants were enthusiastically practiced and enjoyed the session. As a takeaway notes it was comprised for youth

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Orientation Program - Day 1

Session : 4

Date : 21-02-2024

Name : Dr. P. K. Senthil Kumar

Topic : A holistic approach to nutrition for longevity and well-being among Youth



The session began by emphasising the importance of holistic approach for promoting health and longevity among youth. The resource person spoke about the importance of the food guide pyramid and how individuals must consume as per the dietary recommendations from the world health organization. Esteemed resource person also spoke about how diet plays a vital and crucial role in regulating mental health, and highlighted the adequate consumption of protein as Protein plays a vital role in transporting glucose to the cells, even the insulin glucose transporter is comprised of Amino Acids. He further stressed the point that through dietary interventions a lot of non-communicable diseases can be prevented.



Orientation Program - Day 1

Session : 5

Date : 21-02-2024

Name : Mr. Sandeep Kumar

Topic : Silambam for empowering the young generation



The session is opened in a beautiful atmosphere with resource person and his students surrounded. The equipments used for silambam game is displayed in a manner like a war ground, as the resource person guides his students to perform the basis of silambam which created a eagerness to participate in it. Resource person invited, volunteers from the participants and taught basics of silambam. After finishing the basic teaching and at the time of receiving the silambam stick from the resource person volunteers felt happy and gratitude.



Orientation Program - Day 2

Session : 1

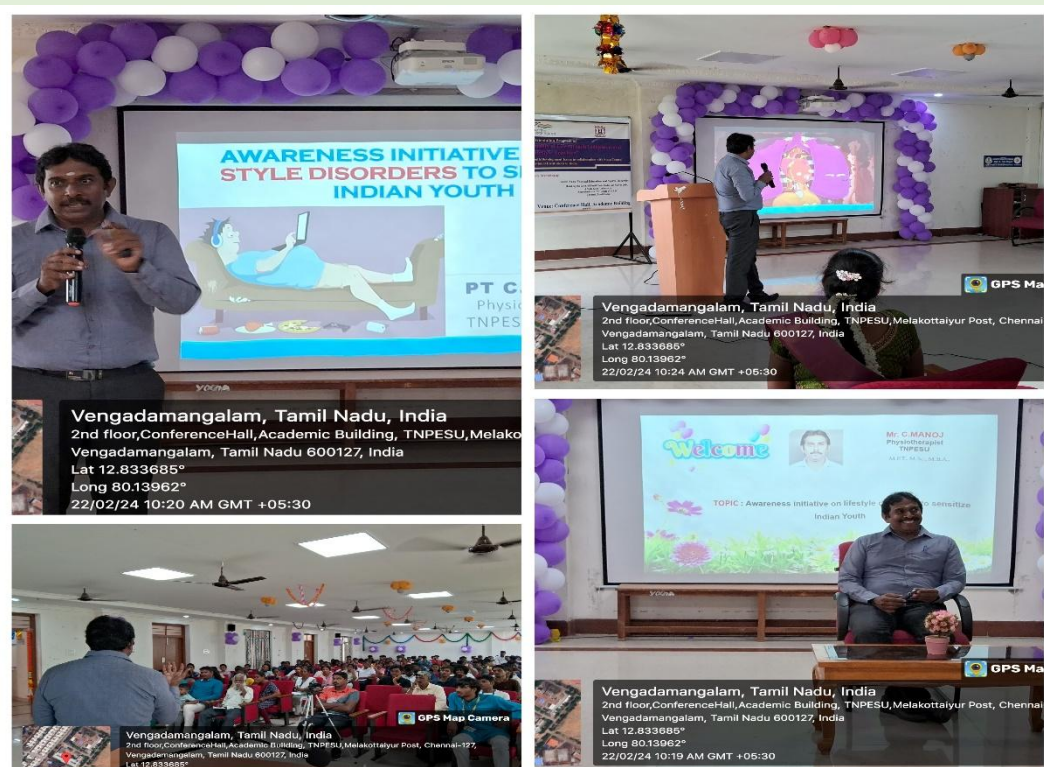
Date : 22-02-2024

Name : C. Manoj

Topic : Awareness initiative on lifestyle disorders to sensitize Indian Youth



The session started with a video to highlight the sufferings and challenges in terms of physical and mental health of Youth by following unhealthy modern lifestyle. He elaborated the difference between Healthy, Sedentary and Unhealthy lifestyle. This session listed out the signs and symptoms of various lifestyle disorders which are more prevalent among youth population. He stressed the significance of preventive measures to be followed by youth to be off from these sufferings. He stressed upon the importance of physical activity among the youth population to be free from all sufferings. It was an eye-opener for the youth to know about these real facts than what they have known through social media. He listed out the types of various measures to be taken by youth to break this lifestyle approach. Finally, he also brought to the notice of the youth participants about Fit India campaign by Government of India and its importance. He concluded “You don’t have to be Great to start but you have to start to be Great” and encouraged youth to start having a Good Healthy Lifestyle.



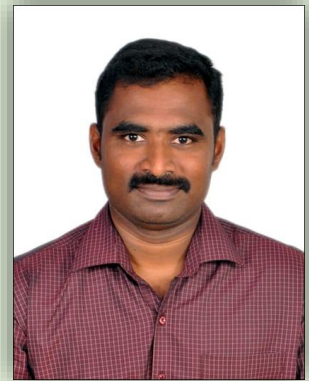
Orientation Program - Day 2

Session : 2

Date : 22-02-2024

Name : Dr. P. Rajinikumar

Topic : Understanding biomechanics for enhanced functionality and healthy lifestyle



The session began by discussing the importance of biomechanics for the well-being and efficiency of youth. Participants gained insights into how the body moves during various activities and learned techniques to enhance their movements and prevent injuries. The speaker then outlined key biomechanical concepts such as motion, force, COP, and balance. The resource person elaborated on how stress affects the lives of youth and shared insights on managing stress through a biomechanical perspective. Additionally, he explained body postures during different life phases of women, including young age, marriage, maternity, and old age, and also addressed men's postural deformities. In discussing postural deformities, he emphasized the significance of the lumbar region of the spine from a biomechanical standpoint. The session included lots of everyday examples and was enjoyed by everyone. In conclusion, he stressed that the integration of biomechanics into youth's life style is an eye-opener, fostering a comprehensive understanding of human movement and equipping them to lead active and fulfilling lives.



Orientation Program - Day 2

Session : 3
Date : 22-02-2024
Name : Dr. T. Malaiyarasi
Topic : Traditional games for Youth development



The session began by emphasising the importance of traditional games from the Tamil Culture for the development of youth. The resource person emphasized how there are several pieces of evidence in stone tablets about the rich Tamil culture, and spoke about how in ancient times a eligibility of the male for marriage were judged by his strength to lift a heavy ball of stone from the ground and toss it over from behind his shoulders. The resource person spoke about the traditional games such as jallikattu a masculine sport and spoke about how the full bucket of turmeric water was poured and played between would be men and women. The purpose of this was to spread the anti-microbial properties of the turmeric water in the streets, The every traditional game had a deep meaning in playing it which was very clearly explained by the resource person. This shows her sound knowledge in traditional games.



Orientation Program - Day 2

Session : 4

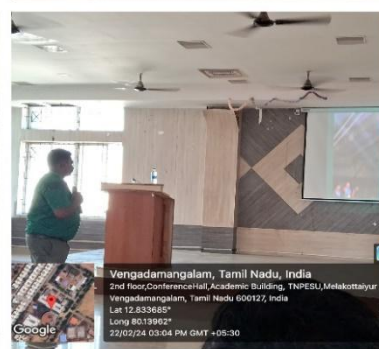
Date : 22-02-2024

Name : Dr. J. Jackson Sutharsingh

Topic : Aerobics training concept and designing



The resource person started the session with the small introduction about the aerobics and it's benefits and pride. He explained about some indigenous games and it's uniqueness and it's origin. As the aerobics starts participants were little shy to perform after some time and resources person's instructions made them comfort and they started to perform they enjoyed the session. This made every participant energetic as the resource person too joined the participants and motivated them to perform both floor and step aerobics.



Orientation Program - Day 3

Session : 1

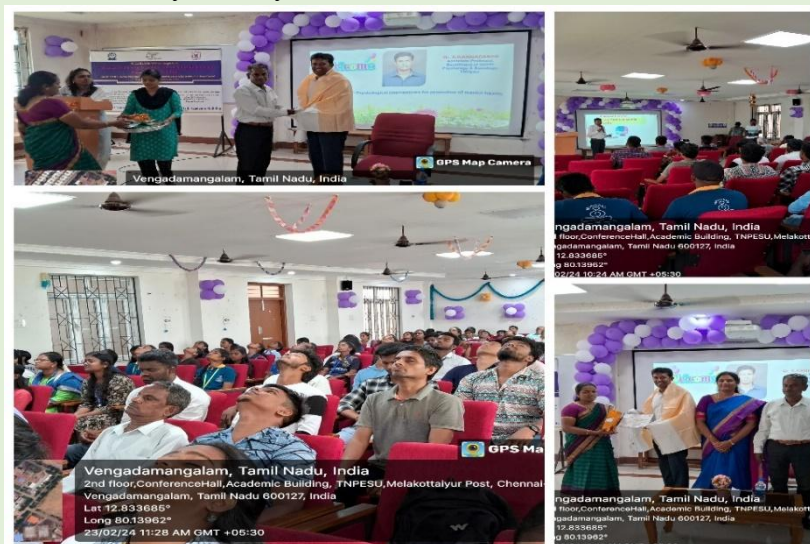
Date : 23-02-2024

Name : Dr. K. Kannadasan

Topic : Psychological interventions for promotion of mental health



The resource person started that promoting mental health involves fostering psychological well-being and preventing mental disorders. Recognized by the World Health Organization (WHO) as crucial for individuals to realize their abilities and cope with life's stresses, mental health encompasses various signs and symptoms, from sadness and confusion to physical ailments like fatigue and chest pain. The session also gave information about common mental health problems such as depression, anxiety disorders, bipolar disorder, PTSD, ADHD, substance abuse, and schizophrenia affect millions globally, with effective treatments available. The resource person spoke about psychological interventions play a vital role in promoting mental health, ranging from cognitive-behavioral therapy to trauma therapy. These interventions aim to cultivate healthy emotions, attitudes, and habits, thereby improving quality of life. Cognitive behavioral therapy, in particular, is widely used and effective. Despite the prevalence of mental disorders, many individuals lack access to effective care due to stigma, discrimination, and limited resources. To address these challenges, WHO's Comprehensive Mental Health Action Plan 2013-2030 focuses on leadership, community-based services, promotion, prevention, and research. In India, various mental health programs aim to improve access and quality of care. Overall, promoting mental health requires a multifaceted approach, including awareness, access to care, and supportive policies, to ensure well-being for all individuals. Stay healthy.



Orientation Program - Day 3

Session : 2

Date : 23-02-2024

Name : Dr. V. Mangaiyarkarasi

Topic : Quality of life in sociological perspective



The session began by emphasising the importance of quality of life, quality of goods and services, physical well-being, the resource person also spoke how the environment plays a vital role in regulating an individual's mental health and harmony. The resource person spoke about the right to education for all, safeguarding the environment, and gave examples of countries like Sweden doing better in quality of life, and what we can learn from them. The resource person gave solutions to improve the quality of life such as spending time in nature, finding a hobby that we love, prioritising adequate sleep, focusing a healthy balanced diet, exercising, living in the moment, practising gratitude.



Orientation Program - Day 3

Session : 3

Date : 23-02-2024

Name : Dr. V. Duraisami

Topic : Enhancing emotional health through Yoga



The session started with the Om sahana vavatu (Shanti mantra) opening prayer, followed by the loosening exercises to the participants which made the joints free to move and flow. Resource person instructed Surya namaskar (sun salutation) and some asanas like Supta vajrasana, Matsyasana, Utkatasana, were performed followed by the pranayama and deep relaxation with a heart touching music which made participants feel active and energetic throughout the day. Then ended with 'om chanting', The 'om chanting' creates a spiritual aura in the place it made the participants peaceful and blissful.



Orientation Program - Day 3

Session : 4

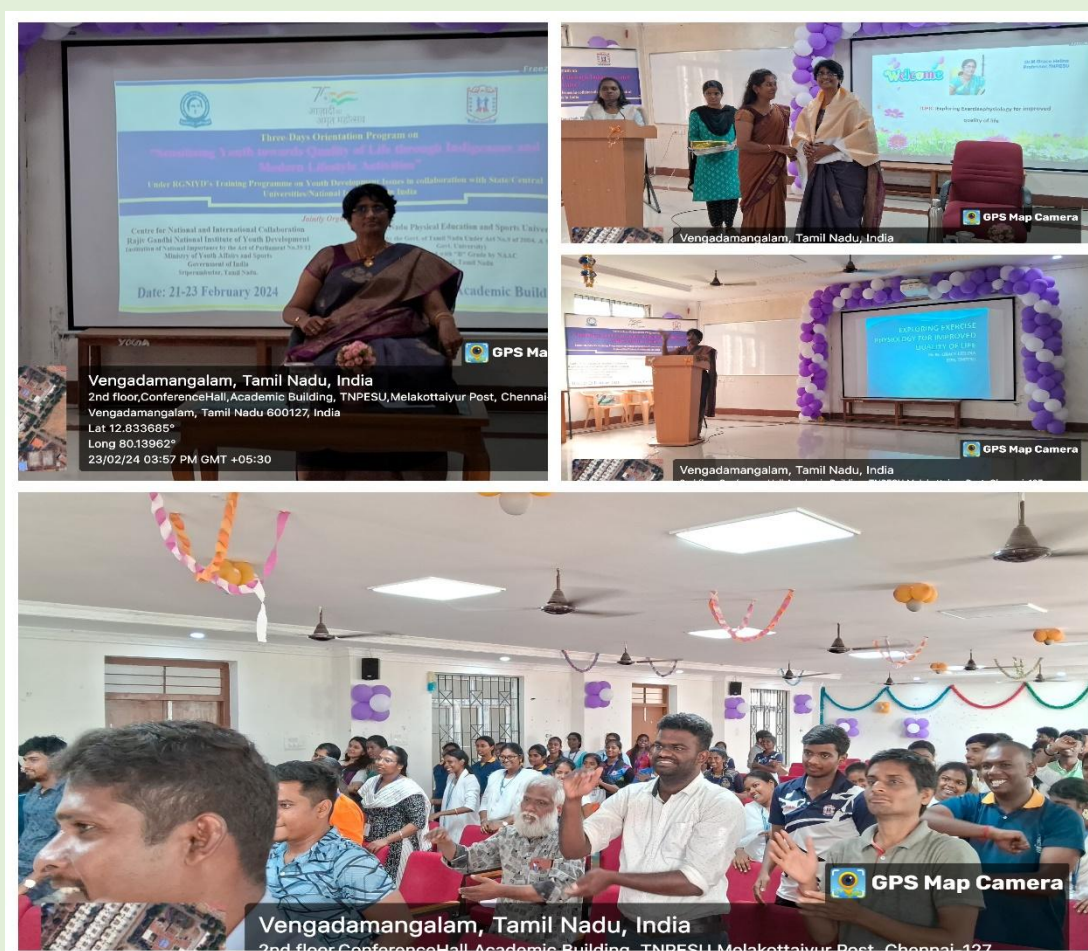
Date : 23-02-2024

Name : Dr. M. Grace Helina

Topic : Exploring Exercise physiology for improved quality of life



The session began by emphasising the importance of Exercise Physiology and Nutrition and how it helps not only the youth but throughout all populations and age groups including the elderly. Resource person further brought up the importance of Exercise physiologists in every avenue of sports from track and field to team sports, and further highlighted how exercise physiologists study in depth about the acute and chronic physiological adaptations due to exercise training. The resource person also elaborated about exercise physiologists are trained to prescribe workouts for diseased populations with proper guidelines, and spoke about the multifaceted physiological benefits of exercise.



Orientation Program - Day 3

Session : 5

Date : 23-02-2024

Name : Mr. P. Karthikeyan

Topic : **Kalari –The indigenous martial art for youthful strength**

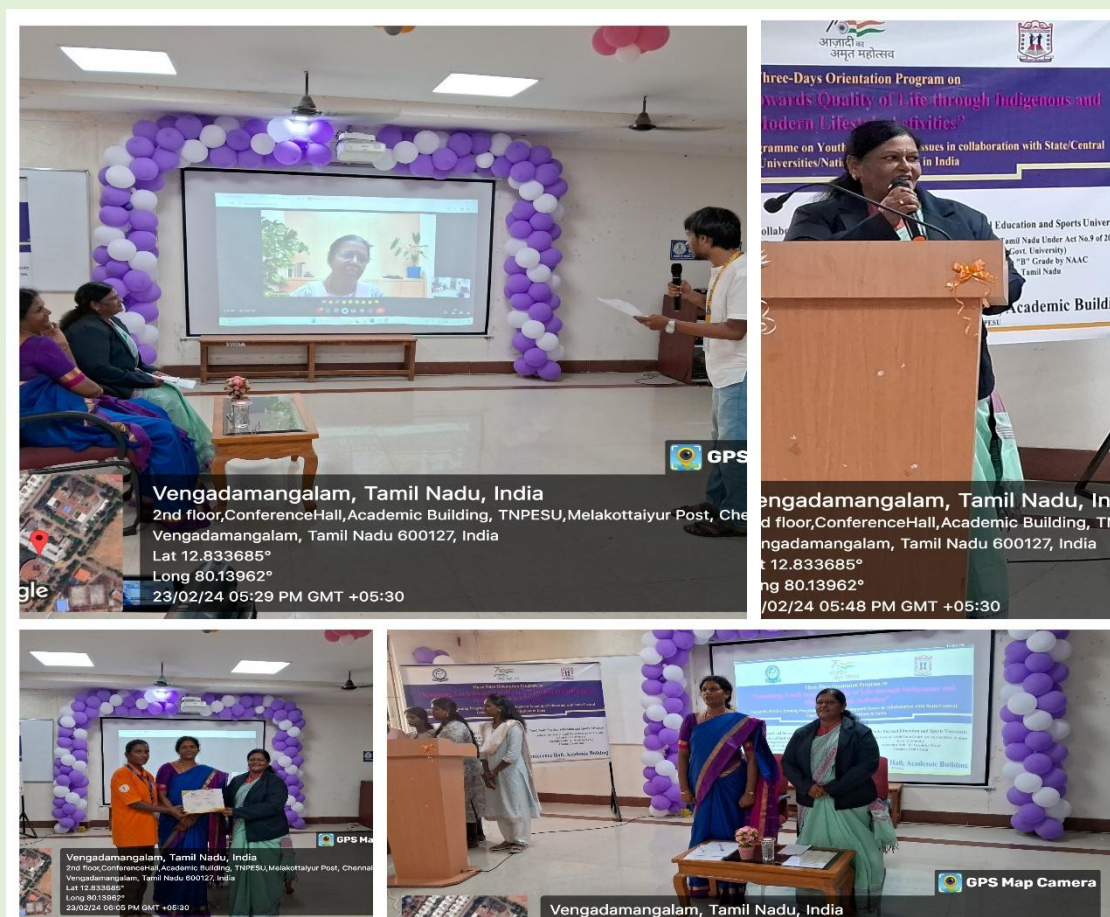


The resource person opened the session by giving a short introduction and history of kalari. Session started in a place which looked like a traditional fighting ground. The resource person and his students appeared in a traditional kalari costume, as the master instructs the students performed some of the kalari movements, some specific styles were performed by the students in the middle. After kalari students' performance, volunteers from the participants are taught some of the basic kalari movements. Watching the Kalari session made the participants enthusiastic and realise the strength inside the participants.



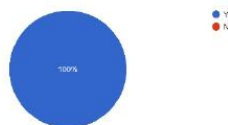
Valedictory Function

The valedictory function started off in a grand manner in the presence of the revered Registrar, Dr. I. Lilly Pushpam our chief guest, staff and the participants. The event started off with the Tamizh Thai Vazhthu followed by the warm welcome speech delivered by Mrs. P. Karthika, Ph.D scholar. She welcomed the registrar and everyone who attended the three days Orientation Program. Further, the chief guest was honored by Dr. S. Selvalakshmi, Associate Professor as a token of love and respect. The event progressed with the Valedictory address by Prof. Vasanthi Rajendran followed by the valuable feedback given by participants. Then the event moves on Valedictory speech of the respected chief guest Dr. I. Lilly Pushpam, the registrar. She was delighted to present the speech and insisted on the importance of health and the roles of student youth for the overall improvement of personal and societal health. The event arrived at the most expected moment, the certificate distribution ceremony. Further the certificates were presented to participants of the Orientation program. The event came to an end where the vote of thanks was delivered by Dr. S. Selvalakshmi, Associate Professor, Department of Yoga. She conveyed her gratitude to the chief guest, resource members, participants and the students and all other members who directly or indirectly helped for making the program a grand success. Finally, the three days Orientation program ended with the National Anthem.

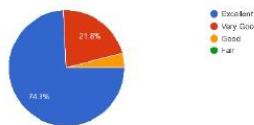


Feedback Analysis - Highlights of the Student's Feedback

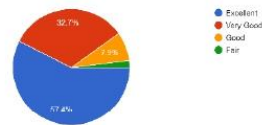
1. Do you feel the objectives of the Programme was achieved.
101 responses



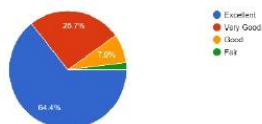
2.1. Selection of Themes/Topics
101 responses



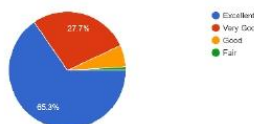
2.2. Timing of Sessions
101 responses



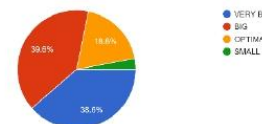
2.3. Sequencing of Sessions
101 responses



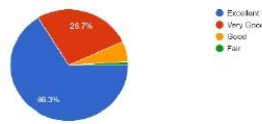
2.4. Method of selection of Participants
101 responses



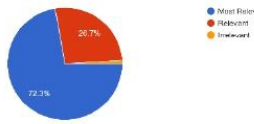
2.5. Size of the Orientation Programme Group
101 responses



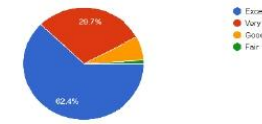
2.6. Identification of Resource Persons
101 responses



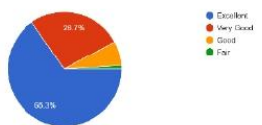
3.1. Relevance of the Topics Chosen
101 responses



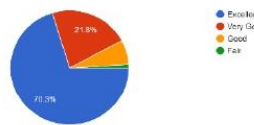
3.2. Coverage of the subthemes taken
101 responses



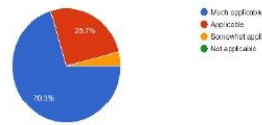
3.3. Conceptual Clarity
101 responses



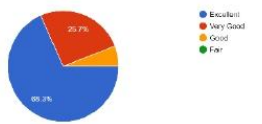
3.4. Scientific Knowledge of the Resource Persons
101 responses



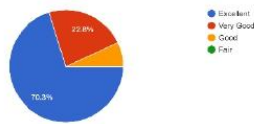
3.5. Applicability in Youth Life
101 responses



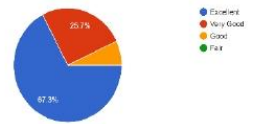
Session-1: Exploring Exercise physiology for improved quality of life.
101 responses



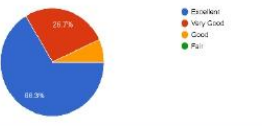
Session-2: Yoga Nidra-Dive into complete relaxation
101 responses



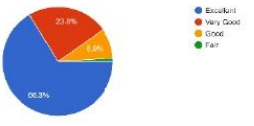
Session-3: Nurturing youth through yoga for resilience and flourishing quality of life.
101 responses



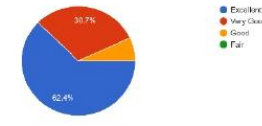
Session-4: A holistic approach to nutrition for longevity and well-being among Youth.
101 responses



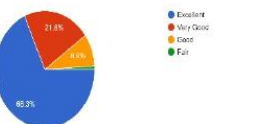
Session-5: Silambam for empowering the young generation.
101 responses



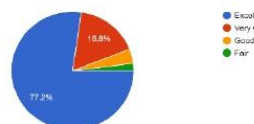
Session-6: Awareness initiative on lifestyle disorders to sensitize Indian Youth.
101 responses



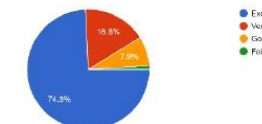
Session-7: Understanding biomechanics for enhanced functionality and healthy lifestyle.
101 responses



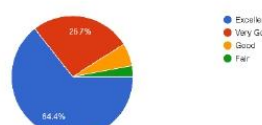
Session-8: Traditional games for Youth development.
101 responses



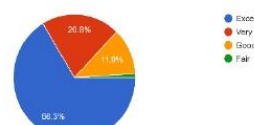
Session-9: Aerobics training concept and designing.
101 responses



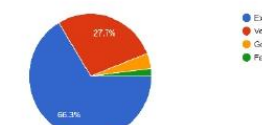
Session-10: Psychological interventions for promotion of mental health.
101 responses

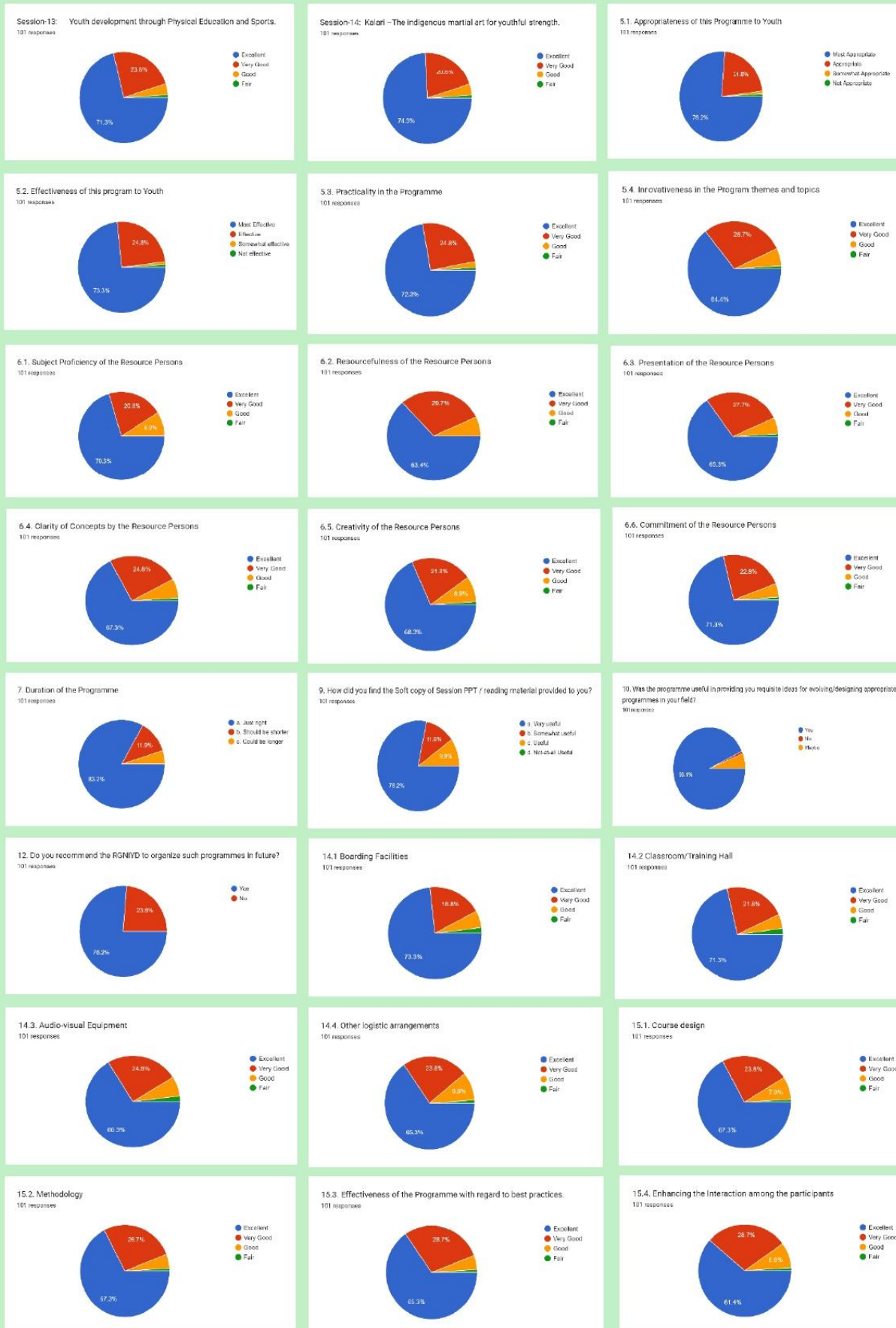


Session-11: Quality of life in sociological perspective.
101 responses

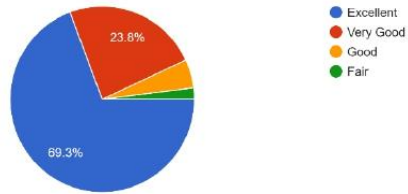


Session-12: Enhancing emotional health through Yoga.
101 responses

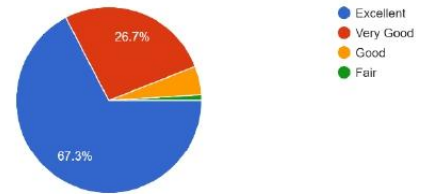




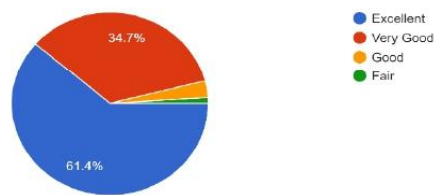
16.1. Depth of knowledge acquired from this programme
101 responses



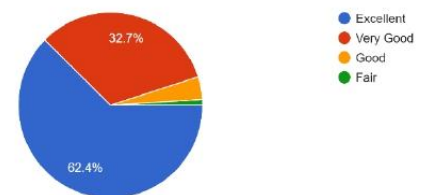
16.3. Experiential Learning
101 responses



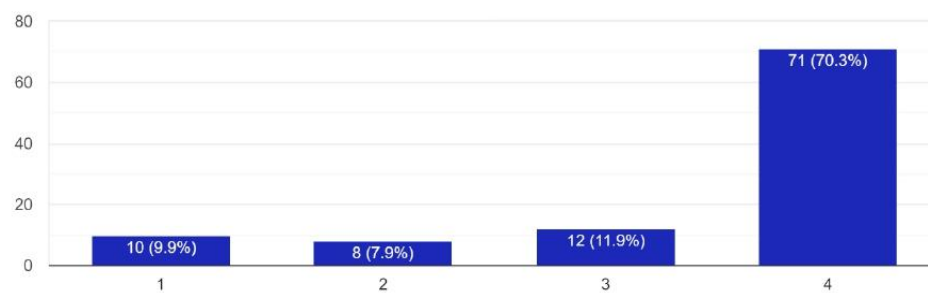
16.4. Specific skills acquired
101 responses



16.5. Extent of applicability at work place
101 responses



17. Rate your overall experience during the programme
101 responses



Details of Technical Sessions – Day 1



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur (PO), Vandalur, Chennai-600 127

(Estd. By the Govt. of Tamil Nadu Under Act No.9 of 2005)

THREE DAYS ORIENTATION PROGRAM

ON

‘SENSITIZING YOUTH TOWARDS QUALITY OF LIFE THROUGH INDIGENOUS AND MODERN LIFESTYLE ACTIVITIES’

21-02-2024 (Wednesday)

Time	Programme	Guest	Topic
9.30 – 10.00 am	Registration		
10.00 – 10.15 am	Inauguration	Dr. Vasanthi Rajendran	Special Address
		Dr.M.Sundar Vice Chancellor, TNPESU	Inaugural address
10.15 – 11.45 am	Session 1	Dr.S.Thirumalaikumar Professor, TNPESU, Chennai	Youth development through Physical Education and Sports
11.45 – 01.15 pm	Session 2	Mrs. Sreeja Suresh Yoga Therapist, Adyar, Chennai	Yoga Nidra-Dive into complete relaxation
01.15 – 01.30 pm	Lunch break		
01.30– 02.45 pm	Session 3	Dr.D.Uma Maheswari Assistant Professor MAHER K K Nagar, Chennai.	Nurturing youth through yoga for resilience and flourishing quality of life
02.45– 04.15 pm	Session 4	Dr.P. K. Senthilkumar Professor, TNPESU, Melakottaiyur Chennai.	A holistic approach to nutrition for longevity and well-being among Youth
04.15 – 05.45 pm	Session 5	Mr.S.Sandeep Kumar Silambam Master, TNPESU, Melakottaiyur, Chennai.	Silambam for empowering the young generation

Details of Technical Sessions - Day 2

THREE DAYS ORIENTATION PROGRAM ON 'SENSITIZING YOUTH TOWARDS QUALITY OF LIFE THROUGH INDIGENOUS AND MODERN LIFESTYLE ACTIVITIES'

22-02-2024 (Thursday)

Time	Programme	Guest	Topic
9.45 – 11.15 am	Session 1	Mr.C.Manoj Physiotherapist TNPESU, Melakottaiyur, Chennai	Awareness initiative on lifestyle disorders to sensitize Indian Youth
11.15 – 12.45 pm	Session 2	Dr. P.Rajinikumar Associate Professor, TNPESU, Chennai	Understanding biomechanics for enhanced functionality and healthy lifestyle
12.45 – 01.00 pm	Lunch break		
01.00 – 02.30 pm	Session 3	Dr.T.Malaiyarasi Assistant Professor, A M Jain College ,Meenambakkam, Chennai	Traditional games for Youth development.
02.30 –05.30 pm	Session 4 & Session 5	Dr.J.Jackson Sutharsingh Associate Professor,YMCA College of Physical Edu, Nandhanam, Chennai	Aerobics training concept and designing

Details of Technical Sessions – Day 3

THREE DAYS ORIENTATION PROGRAM ON 'SENSITIZING YOUTH TOWARDS QUALITY OF LIFE THROUGH INDIGENOUS AND MODERN LIFESTYLE ACTIVITIES'

23-02-2024 (Friday)

Time	Programme	Guest	Topic
09.30 – 11.00 am	Session 1	Dr.K.Kannadasan Associate Professor TNPESU, Chennai.	Psychological interventions for promotion of mental health
11.00 – 12.30 pm	Session 2	Dr.V.Mangaiyarkarasi Professor,TNPESU, Melakottaiyur, Chennai	Quality of life in sociological perspective
12.30 – 02.00 pm	Session 3	Dr.V.Duraisami Professor, TNPESU, Chennai.	Enhancing emotional health through Yoga
02.00 – 02.15 pm	Lunch break		
02.15 –03.45 pm	Session 4	Dr.M.Grace Helina Professor,TNPESU Melakottaiyur,Chennai	Exploring Exercise physiology for improved quality of life
03.45 –05.15 pm	Session 5	Mr.P.Karthikeyan Kalari Trainer, TNPESU, Chennai.	Kalari –The indigenous martial art for youthful strength.
05.15 pm	Valediction	Dr. I.Lilly Pushpam Registrar, TNPESU	Valedictory Address

List of Participants

S.NO	PARTICIPANT'sNAME	EDUCATION	INSTITUTION
1	JEEVITHA. S	UG Program	Vedhathiri maharishi college of yoga
2	MS.NAGARATHINAM.S	UG Program	Vedhathiri maharishi college of yoga
3	R. SUMATHI	UG Program	Vedhathiri maharishi college of yoga
4	M.MALAR	UG Program	Vedhathiri maharishi college of yoga
5	A.GEETHA	UG Program	Vedhathiri maharishi college of yoga
6	A.PARAMESWARI	UG Program	Vedhathiri maharishi college of yoga
7	AKV HARITA	UG Program	Vedhathiri maharishi college of yoga
8	M. VEDHANAYAGI	UG Program	Vedhathiri maharishi college of yoga
9	PREETHI.S	UG Program	Vedhathiri maharishi college of yoga
10	ANUPRIYA	UG Program	Vedhathiri maharishi college of yoga
11	MS. MADHUMITHA. S	UG Program	Vedhathiri maharishi college of yoga
12	MS. V. SWETHA	UG Program	Vedhathiri maharishi college of yoga
13	GAYATHRI.K	UG Program	Vedhathiri maharishi college of yoga
14	C.M. GAYATHRI	UG Program	Vedhathiri maharishi college of yoga
15	MR. NAGARAJAN S	Ph.D Scholar	Meenakshi Academy of Higher Education and Research
16	M.DEEPARANJANI	UG Program	Shri Paranjothi Yoga College
17	MS.M.VAANISRI	PG Program	Shri Paranjothi Yoga College
18	AARTHI.P	PG Program	Shri Paranjothi Yoga College
19	ARAVIND	UG Program	Vedhathiri maharishi college of yoga
20	LAKSHAN	UG Program	Vedhathiri maharishi college of yoga
21	VISHWA. P	UG Program	Vedhathiri maharishi college of yoga
22	M.HARIKRISHNAN	UG Program	Vedhathiri maharishi college of yoga
23	B. SARAVANAN	UG Program	Vedhathiri maharishi college of yoga
24	PONNUSAMY.A	UG Program	Vedhathiri maharishi college of yoga
25	V.HARJUN	Ph.D Scholar	Bharathiyar University
26	R.ARRUNA	Ph.D Scholar	Bharathiyar University
27	SAI HARSHATH G	UG Program	Vedhathiri maharishi college of yoga
28	RAGUNATH.S	UG Program	Vedhathiri maharishi college of yoga
29	PRIYANKA	UG Program	Vedhathiri maharishi college of yoga
30	PREETHIKA	UG Program	Vedhathiri maharishi college of yoga
31	PRAVEEN KUMAR M	Ph.D Scholar	Meenakshi Academy of Higher Education and Research
32	SASIDHARAN.V	PG Program	Shri Paranjothi Yoga College
33	MR.BALASUDHAN U	PG Program	Shri Paranjothi Yoga College
34	SIVAKUMAR.S	Ph.D Scholar	Meenakshi Academy of Higher Education and Research
35	SIVDEEPA. L	Ph.D Scholar	Tamil University
36	V SURESH	Ph.D Scholar	Meenakshi Academy of Higher Education and Research
37	AKILA T P	Ph.D Scholar	Meenakshi Academy of Higher Education and Research
38	S. PRIYANKA	UG Program	Vedhathiri maharishi college of yoga
39	POOMARAN. N	Ph.D Scholar	Meenakshi Academy of Higher Education and Research
40	UMA	PG Program	Tamil nadu Physical Education and Sports University
41	V. BHAVANI	PG Program	Tamil nadu Physical Education and Sports University

42	B.ARUMUGANATHAN	UG Program	Tamil nadu Physical Education and Sports University
43	NIVEDHA.V	UG Program	Tamil nadu Physical Education and Sports University
44	MR.B.JEGAN KUMAR	UG Program	Tamil nadu Physical Education and Sports University
45	P.SANTHOSH THIRUPPATHI	UG Program	Tamil nadu Physical Education and Sports University
46	MR.S.KIRUBANANDAN	PG Program	Tamil nadu Physical Education and Sports University
47	MOHAMED PRINCE M	Ph.D Scholar	Tamil nadu Physical Education and Sports University
48	S.VINITHA	UG Program	Tamil nadu Physical Education and Sports University
49	S.GOKULRAJ	PG Program	Tamil nadu Physical Education and Sports University
50	SUGUNESH S	UG Program	Tamil nadu Physical Education and Sports University
51	SRI RAMANUJAM N.M	PG Program	Tamil nadu Physical Education and Sports University
52	MS. HANNA SUSAN SAJI	Ph.D Scholar	Tamil nadu Physical Education and Sports University
53	A.ANBU SELVAN	UG Program	Tamil nadu Physical Education and Sports University
54	VISHALI.B	UG Program	Tamil nadu Physical Education and Sports University
55	ASWITHA.N	UG Program	Tamil nadu Physical Education and Sports University
56	P.BENAZIR BUTTO	UG Program	Tamil nadu Physical Education and Sports University
57	MS. SAMAYA DHARSHINI. R	UG Program	Tamil nadu Physical Education and Sports University
58	S LOGESHWARI	PG Program	Tamil nadu Physical Education and Sports University
59	NAGARAJI	UG Program	Tamil nadu Physical Education and Sports University
60	MOHANAPRIYA.A	UG Program	Tamil nadu Physical Education and Sports University
61	DIVYA SRI R	UG Program	Tamil nadu Physical Education and Sports University
62	SASIKALA. S	UG Program	Tamil nadu Physical Education and Sports University
63	KEVIN FERDINAND	UG Program	Tamil nadu Physical Education and Sports University
64	NITYANTA KUMAAR.S.V	UG Program	Tamil nadu Physical Education and Sports University
65	SANDHANA PRIYA S	PG Program	Tamil nadu Physical Education and Sports University
66	JOHN CHRISTOBER RAJ E	PG Program	Tamil nadu Physical Education and Sports University
67	REVATHI S	PG Program	Tamil nadu Physical Education and Sports University
68	A SANTHIYA	PG Program	Tamil nadu Physical Education and Sports University

69	ANUPRIYA.A	PG Program	Tamil nadu Physical Education and Sports University
70	B.SHYAM	UG Program	Tamil nadu Physical Education and Sports University
71	ELANCHEZHIAN V	PG Program	Tamil nadu Physical Education and Sports University
72	GOWTHAM S	PG Program	Tamil nadu Physical Education and Sports University
73	MALLIKARAJ S	PG Program	Tamil nadu Physical Education and Sports University
74	SRIMANTH KRISHNA	UG Program	Tamil nadu Physical Education and Sports University
75	KARTHIK S	PG Program	Tamil nadu Physical Education and Sports University
76	MOHAN M	PG Program	Tamil nadu Physical Education and Sports University
77	B.SANJAY	PG Program	Tamil nadu Physical Education and Sports University
78	S J AKILRAJ	PG Program	Tamil nadu Physical Education and Sports University
79	R.VIGNESH	PG Program	Tamil nadu Physical Education and Sports University
80	M. MATHILSELVAN	PG Program	Tamil nadu Physical Education and Sports University
81	M.BALKRISHNAN	UG Program	Tamil nadu Physical Education and Sports University
82	K. YUVARAJ	UG Program	Tamil nadu Physical Education and Sports University
83	MADHAVAN	UG Program	Tamil nadu Physical Education and Sports University
84	MR V.PRABHAKARAB	PG Program	Tamil nadu Physical Education and Sports University
85	A.ARUNACHALAM	UG Program	Tamil nadu Physical Education and Sports University
86	GOPINATH	PG Program	Tamil nadu Physical Education and Sports University
87	MUTHARASI.K	PG Program	Tamil nadu Physical Education and Sports University
88	SHANMUGA PRIYA	UG Program	Tamil nadu Physical Education and Sports University
89	R.PRIYA	UG Program	Tamil nadu Physical Education and Sports University
90	MR. K.JAGADISH	UG Program	Tamil nadu Physical Education and Sports University
91	P. LAVANYA	UG Program	Tamil nadu Physical Education and Sports University
92	L.HARSHITHA	PG Program	Tamil nadu Physical Education and Sports University
93	R.AARTHI	PG Program	Tamil nadu Physical Education and Sports University
94	S.N.RAMASELVI	PG Program	Tamil nadu Physical Education and Sports University
95	S.VILVA MUTHEESHWARI	UG Program	Tamil nadu Physical Education and Sports University

96	M.RAJAVAMSI	UG Program	Tamil nadu Physical Education and Sports University
97	R YAMINI	PG Program	Tamil nadu Physical Education and Sports University
98	V.ANNAITHERASA	UG Program	Tamil nadu Physical Education and Sports University
99	S. PREETHI PRISILLA	Ph. D Scholar	Tamil nadu Physical Education and Sports University
100	K. NIRANJAN	Ph. D Scholar	Tamil nadu Physical Education and Sports University

Suggestions to RGNIYD

1. The presence of the coordinator in person from RGNIYD may encourage the organizer as well as the participants.
2. The feedback form seems little extensive and complicate, this may be simplified to answer easily using likert scale.
3. The organizer felt that the number of sessions per day may be reduced.

Name & Signature of Activity Coordinator.

Dr. S. SELVALAKSHMI

Name & Signature of Vice Chancellor
With University Seal

Dr. M. SUNDAR

Annexure - 1 Flyer

Three-Days Orientation Program on “Sensitizing Youth Towards Quality of Life Through Indigenous and Modern Lifestyle Activities”

Organizing Committee

Chief Patron
Shri. Debashish Dey
Director, RGNIID

Chief Patron
Dr. M. Sundar
Vice-Chancellor, TNPESU

Patron
Dr. I. Lilly Pushpam
Registrar, TNPESU

Organizing Secretary & Program Coordinator
Dr. S. Selvalakshmi
Associate Professor,
Department of Yoga, TNPESU

Registration Link
<https://docs.google.com/forms>

**FREE
REGISTRATION**




Rajiv Gandhi National Institute of Youth Development

(Institution of National Importance by the Act of Parliament No. 35/2012)
Ministry of Youth Affairs & Sports, Government of India
Sriperumbudur – 602 105, Tamil Nadu

&
**Tamil Nadu Physical Education
and Sports University**
Melakottaiyur, Chennai 600127

Organizes
Three-Days Orientation Program on
**“Sensitizing Youth Towards
Quality of Life Through Indigenous
and Modern Lifestyle Activities”**

Under the Scheme
Programmes for Development of Youth through National Institutes /
Central Universities / State Universities and Affiliated Colleges

Date: 21.02.2024 – 23.02.2024 (3 Days) – Offline Mode

Venue
Tamil Nadu Physical Education and Sports University, Chennai.

ABOUT RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

The Rajiv Gandhi National Institute of Youth Development (RGNIID), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIID was set up in 1993 under the Societies Registration Act, XXVII of 1975.

The RGNIID functions as a vital resource centre with its multi-faceted functions of offering academic programmes at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programmes for state agencies and the officials of youth organisation, besides the Extension and Outreach Initiatives across the country.

The Institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programmes. The Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas.

The RGNIID serves as a youth observatory and depository in the country thereby embarking on youth surveillance on youth-related issues.

ABOUT TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by an act of the government of Tamilnadu in 2004, is unique and the first of its kind in India as an affiliating university, exclusively for physical education and sports.

Vision: “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”.

Motto: “EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS”

ABOUT THE PROGRAMME

The three-day orientation program aims to sensitize youth to enhance their quality of life through a balanced blend of indigenous and modern lifestyle activities. Participants will explore the dimensions of well-being, understanding both traditional practices and modern challenges. Engaging sessions include expert talks on indigenous lifestyles, discussions on the impact of modern living, and practical applications for incorporating the best of both worlds. The program also emphasizes mindfulness practices, encourages personal goal setting, and promotes community engagement for a holistic approach to improved quality of life.

OBJECTIVES OF THE PROGRAM

- To create awareness among youth about the importance of a balanced and healthy lifestyle that integrates both indigenous and modern practices.
- To explore and promote indigenous activities that contributes to physical, mental social emotional well-being and health.
- To examine the role of indigenous dietary practices in promoting nutrition and overall health among youth.
- To understand the social and cultural significance of indigenous activities and their potential contribution to community building.
- To encourage the incorporation of sustainable and eco-friendly practices from indigenous traditions into modern lifestyles.
- To identify and promote indigenous recreational activities that enhance both physical fitness and social interaction.
- To provide opportunity to manage emotional health and stress in youth through indigenous and modern lifestyle activities.
- To replicate the means of promoting mindfulness and its impact on mental well-being among youth.

TARGET AUDIENCE

Student Youth


KEY POINTS

- ▲ Last date for registration: 19/02/2024, 5.00 pm. (Google form)
- ▲ Free Registration
- ▲ The maximum number of seats allotted is 100 participants (First-cum First serve)
- ▲ Certificate will be provided for all the participants.
- ▲ The list of short-listed candidates will be announced on 20/02/2024.
- ▲ Refreshment and Working Lunch will be provided for all three days.
- ▲ The programme includes both Theory and Practical sessions.
- ▲ Dress code should be suitable for Educational Institution to undergo theory and practical sessions.


Address for Communication

Dr. S. Selvalakshmi
Associate Professor
Department of Yoga
Tamil Nadu Physical Education and Sports University
Melakottaiyur, Chennai – 127
Mobile: 9841291923
Email ID – selvishakthi1212@gmail.com


Annexure - 2 Invitation



आज़ादी का
अमृत महोत्सव



**RAJIV GANDHI NATIONAL INSTITUTE OF
YOUTH DEVELOPMENT**
(Institution of National Importance by the Act of Parliament No. 35/2012)
Ministry of Youth Affairs & Sports, Government of India
Sriperumbudur – 602 105, Tamil Nadu
&



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600127

Invitation

The Vice-Chancellor, Registrar, Members of the Syndicate, Staff and Students of
Tamil Nadu Physical Education and Sports University request your august presence
at the Inaugural Function of

Three Days Orientation Program
on
**“SENSITIZING YOUTH TOWARDS QUALITY OF LIFE THROUGH
INDIGENOUS AND MODERN LIFESTYLE ACTIVITIES”**

@ 10.30 am on 21st February 2024
Venue: Conference hall, Academic building, TNPESU, Chennai.

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

All Are Welcome

Dr. S. SELVALAKSHMI
Program Coordinator
TNPESU



**RAJIV GANDHI NATIONAL INSTITUTE OF
YOUTH DEVELOPMENT**

(Institution of National Importance by the Act of Parliament No. 35/2012)

Ministry of Youth Affairs & Sports, Government of India

Sriperumbudur – 602 105, Tamil Nadu



&

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai - 600127

Invitation

The Vice-Chancellor, Registrar, Members of the Syndicate, Staff and Students of
Tamil Nadu Physical Education and Sports University request your august presence
at the Valedictory Function of

Three Days Orientation Program

on

**“SENSITIZING YOUTH TOWARDS QUALITY OF LIFE THROUGH
INDIGENOUS AND MODERN LIFESTYLE ACTIVITIES”**

@ 4.30 pm on 23rd February 2024

Venue: Conference hall, Academic building, TNPESU, Chennai.

Dr. I. Lilly Pushpam

Registrar, TNPESU

has kindly consented to be the Chief Guest and will deliver the Valedictory Address

All Are Welcome

Dr. S. SELVALAKSHMI

Program Coordinator
TNPESU

Annexure - 3 Resource person Certificate



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

(Institution of National Importance by the Act of Parliament No. 35/2012)

Ministry of Youth Affairs & Sports, Government of India
Sriperumbudur – 602 105, Tamil Nadu



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-600127

Three Days Orientation Program

on

"Sensitizing Youth towards Quality of Life through Indigenous and Modern Lifestyle Activities"

CERTIFICATE

This certificate is presented to **Dr. S. Thirumalakumar, Professor, TNPESU** for acting as a Resource Person for the Three Days Orientation Program on "Sensitizing Youth towards Quality of Life through Indigenous and Modern Lifestyle Activities" sponsored and organized by Rajiv Gandhi National Institute of Youth Development, Sriperumbudur in collaboration with Tamil Nadu Physical Education and Sports University, Chennai-600127 from 21.02.2024 to 23.02.2024.

TOPIC : YOUTH DEVELOPMENT THROUGH PHYSICAL EDUCATION AND SPORTS

Dr. S. Selvalakshmi
Program Coordinator
TNPESU

Dr. I. Lilly Pushpam
Registrar
TNPESU

Dr. M. Sundar
Vice Chancellor
TNPESU

Annexure - 4 Participants Certificate



Centre for National and International Collaboration
Rajiv Gandhi National Institute of Youth Development
Institution of National Importance by the Act of Parliament No.35/12
Ministry of Youth Affairs and Sports, Government of India
Sriperumbudur, Tamil Nadu.

Tamil Nadu Physical Education and Sports University
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2004.
A State Govt. University)
Accredited with "B" Grade by NAAC
Chennai, Tamil Nadu.

Certificate of Participation

This is to certify that **Mr./Ms.** _____ has Participated in the
Three Days Orientation Program on "**Sensitizing Youth towards Quality of Life through Indigenous and Modern Lifestyle Activities**" for
the Student Youth sponsored and organized by the Centre for National and International Collaboration (CNIC), Rajiv Gandhi National Institute
of Youth Development (RGNIYD) in collaboration with Tamil Nadu Physical Education and Sports University, from **21.02.2024 to 23.02.2024**
at TNPESU, under RGNIYD's Training Programmes on Youth Development Issues in collaboration with State/Central Universities/National
Institutions in India.

Dr. S. Selvalakshmi
Program Coordinator
TNPESU

Dr. M. Sundar
Vice Chancellor
TNPESU

Annexure - 5 Orientation Program- Glimpse



**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY
CHENNAI – 127.**



ORGANIZED

**ALL INDIA INTER UNIVERSITY ATHLETIC MEET
(MEN & WOMEN) CHAMPIONSHIP 2023-24**



REPORT

Submitted by:

**Dr. K. Rajesh Kumar,
Sports Secretary,
TNPESU.**

ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP (M & W) 2023-24
REPORT

The Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127 organized All India Interuniversity Athletic Championship (M & W) 2023-24 from 04-01-2024 to 07-01-2024 at Synthetic Track, TNPESU. The Chief Guest Ms.V.Pandeeswari, International Athlete and Dr. Aarthi Arun, International Power lifting Athlete inaugurated the event. As per the Leadership of Vice-Chancellor Prof.M.Sundar, the organizing secretary Dr.K.Rajeshkumar done the work and under the supervision of AIU (Association of Indian Universities) Observer Dr.N.R.Ramkumar, the Athletic Meet was started successfully.

In the All India Interuniversity Athletic Championship 2023-24, there are totally 146 Universities made entries. But 118 Universities were participated. Total no. of participants is 753. Total no. of events is 24. Total no. of withdrawing Universities is 28. We provided local transport, establishment of reception booths at the railway station and bus stand and make boarding & lodging arrangements, seat arrangements, arrangements at the opening & closing ceremonies, circulation of information & closing ceremonies and bulletins by the host university. The list of events conducted in All India Interuniversity Athletic Championship 2023-24 are Sprinter Event, Hurdles, Triple Jump, Shot Put, Relay, Steeple Chase, High Jump, Long Jump, Javlin Throw, Discus Throw, Pole Vault, Half Marathon, Hammer Throw and Mixed Relay. In this Athletic Meet the University of Calicut got overall Winner Championship with 53 points, Mangalore University got Runner Championship with 48 points, University of Madras got 3rd Position with 47 points and Mahathma Gandhi University got 4th Position with 42 points. The Individual Performance win by Sebastian V. S, University of Calicut, Triple Jump 16.19 M. The New Record created by Gowtham .M, University of Madras in pole vault 5M. In the Valedictory Ceremony the Chief Guest Prof.M.Sundar, Vice-Chancellor, TNPESU and Dr.R.Ramakrishnan, Registrar i/c, TNPESU distributed the prizes to the winners & runners. The organizing secretary Dr.K.Rajeshkumar was done his job with well planned and perfect execution throughout the event.

**APPROVAL LETTER TO CONDUCT ALL INDIA INTERUNIVERSITY
ATHLETIC CHAMPIONSHIP (M & W) 2023-24**



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005. A State Govt. University)
Accredited with "B" Grade by NAAC

Website : www.tnpesu.org
Email : sportssecretarytnpesu@gmail.com

Phone No : 044-27477906
Mobile: 9944557785
7904659412

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai - 600 127. Tamil Nadu.

Dr.K.Rajeshkumar
Sports Secretary

Lr/TNPESU/SS/SZ & AI Interuniversity 2023-24

To
The Registrar i/c,
Tamil Nadu Physical Education and Sports University,
Chennai - 127.

Sir,

Sub: TNPESU - Hosting South Zone & All India Interuniversity
Athletic Championship 2023-24 - Request - Reg.

Date: 11.12.2023



I am by direction to inform you that, the Association of Indian Universities (AIU), New Delhi as allotted our University to conduct the following South Zone and All India Inter University Athletic Championship for the session 2023-24. In this connection I request you to give necessary permission (Technical & Financial Matters) to conduct the above said Championship. Kindly do the needful.

S. No	Events	Date of the Competition
1	South Zone Inter University Athletic (Men)	29-12-2023 to 01-01-2024
2	All India Inter University Athletic (Men)	04-01-2024 to 07-01-2024

Thanking you,



Yours faithfully,

Dr.K.Rajeshkumar
Sports Secretary
Dr.K.RAJESH KUMAR, Ph.D.,
Sports Secretary
Tamil Nadu Physical Education and Sports University
Vandalur (Post) Melakottaiyur, Chennai - 600 127. Tamil Nadu

Copy to:

1. The Vice-Chancellor,
TNPESU,

CIRCULAR LETTER



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005. A State Govt. University)

Website : www.tnpesu.org

Email : sportssecretarytnpesu@gmail.com
krajeshkumartnpesu@gmail.com

Phone No : 044-27477906

Mobile: 9944557785
7904659412

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600 127, Tamil Nadu.

Dr.K.Rajesh Kumar, M.P.Ed., M.Sc., M.Phil., Ph.D
Sports Secretary

To

19-12-2023

The Vice Chancellor / Registrar / Secretary Sports Council / Director Sports / Sports Officer,
All Participating Universities affiliated to Association of Indian Universities (AIU), New Delhi.

Respected Sir / Madam,

Sub:	TNPESU – Hosting of All India – Athletic Meet (Men) 2023-24 – Reg.
Ref:	AIU Annual Calendar of National University Games for the year 2023-24

Greetings from Tamil Nadu Physical Education and Sports University, Chennai-127!

We are pleased to inform you that Tamil Nadu Physical Education and Sports University, Chennai-127, has been allotted by Association of Indian Universities (AIU), New Delhi to conduct the following **All India Inter University Athletic Championship** for the session 2023-24. In behalf of Tamil Nadu Physical Education and Sports University Sports Council invite you to participate in the below mentioned All India Athletic Championship.

S. No	Events	Date of the Competition
1	All India Athletic (Men)	04-01-2024 to 07-01-2024

Any other information regarding the tournaments will be updated accordingly on our website (www.tnpesu.com). The entries may kindly be sent to sportssecretarytnpesu@gmail.com for quick communication or by post to **Dr.K.Rajesh Kumar (Whatsapp No: 9944557785), Sports Secretary, Tamil Nadu Physical Education and Sports University, Chennai-127, Tamil Nadu.**

- ❖ Requesting to visit AIU Website for updation/changes if any
- ❖ The entries may kindly be sent through email

Thanking You



Copy to:

1. Dr.Baljith Singh Sekhon, Joint Secretary, (YA & Sports) AIU, New Delhi
2. Additional Chief Secretary to Government, YWSD – For kind information.
3. Office of the Vice Chancellor, TNPESU
4. The Registrar, TNPESU

K. Rajesh Kumar
19/12/23

(K.RAJESH KUMAR)
Dr.K.RAJESH KUMAR., Ph.D.,
Sports Secretary

Tamil Nadu Physical Education and Sports University
Vandalur-Kelambakkam Road, Chennai-127, Tamil Nadu

INVITATION

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 600127

Under the Auspices of

ASSOCIATION OF INDIAN UNIVERSITIES

All India Inter University Athletic Championship 2023-2024



Chief Guest

V. Pandeeshwari

MA, NIS, ATHELETIC COACH
International Athlete
Southern Railway



Prof. M. Sundar

Vice - Chancellor
TNPSU



Special Guest

Dr. Arathi Arun

International Powerlifting Athlete

Has consented to be the Chief Guest and Inaugurate the Athletic Meet



Organizing Secretary

Dr. K. Rajesh Kumar

Assistant Professor &
Sports Secretary

All are Cordially Invited

4th to 7th January 2024

Time: 03.00 pm

Venue: 400M Synthetic Track, TNPSU



Dr. R. Ramakrishnan

Registrar/c



All India Inter University Athletic Championship 2023-2024

Organized By

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 600127



INAUGURAL CEREMONY

Date: 4th to 7th January 2024 @ 3.00pm

TIME

PROGRAMME SCHEDULE

2.55pm

Arrival of the Dignitaries

3.00pm

Tamil Thaaai Vazhthu

3.05pm

Welcome Address

3.15pm

Flag Hosting

3.25pm

March Past

3.45pm

Olympic torch Arrival

4.05pm

Competition Oath taking

4.15pm

Honouring the Guest's

4.25pm

Inaugural Address

Dr. R. Ramakrishnan

Registrar/i/c

TNPESU

4.35pm

Presidential Address

Ms. V. Pandeewari

MA, NIS, Athletic Coach &

International Athlete

Southern Railway

4.45pm

Declaration of Meet Open

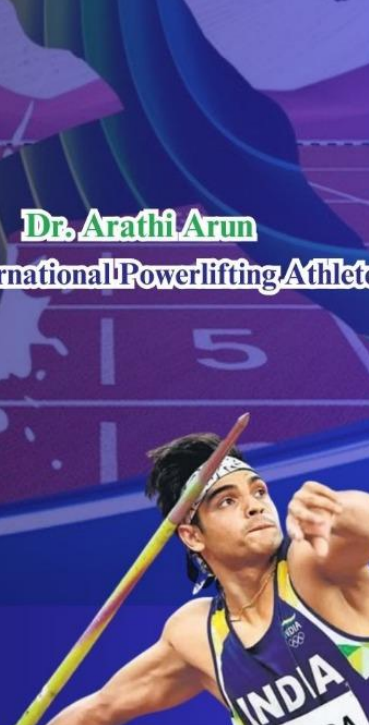
Prof. M. Sundar

Vice-Chancellor

TNPESU

5.00pm

Commencement of Events



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



Chennai - 600127

Under the Auspices of



ASSOCIATION OF INDIAN UNIVERSITIES

**All India Inter University Athletic Championship
2023-2024**



Prof. M. Sundar

Vice - Chancellor

TNPESU

**Has consented to be the Chief Guest and
Distribute the Prize**



Organising Secretary

Dr. K. Rajesh Kumar

Assistant Professor &

Sports Secretary

TNPESU

7th January 2024

Time: 10.30 am

Venue: 400M Synthetic Track,

TNPESU



Dr. R. Ramakrishnan

Registrar i/c

TNPESU

All are Cordially Invited

All India Inter University Athletic Championship 2023-2024

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



Chennai - 600127



Closing Ceremony

Time	Programme Schedule
10.30am	Inviting Dignitaries
10.40am	Prayer
10.45am	Welcome Address Dr. R. Ramakrishnan Registrar i/c
10.50am	Honouring the Chief Guest
10.55am	Chief Guest Address Dr. I. Lilly Pushpam Competition Director
11.00am	Athletic Meet Report
11.10am	Lowering the Flag
11.20am	Demonstration
11.30am	Prize Distribution
11.45am	Presidential Address & Declare the meet close Prof. M. Sundar Vice Choncellor TNPESU
11.50am	Vote of Thanks Dr. K. Rajesh kumar Organizing Secretary
11.55am	National Anthem

INAUGURATION









CHIEF GUEST





EVENT





PRICE DISTRIBUTION







CLOSING CEREMONY





THE END

ALL INDIA AMITE

A Report on All India Inter University Powerlifting Championship (Men & Women) 2023-2024

Organized By

Tamil Nadu Physical Education and Sports University

Melakottaiyur, Chennai- 600 127



Organizing Secretary

Dr. Rajesh Kumar

Sports Secretary

Tamil Nadu Physical Education and Sports University

Melakottaiyur, Chennai- 600 127

May-2024

TAMIL NADU 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 accent 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 ten affiliated Colleges.



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INTRODUCTION

The All India Inter University Powerlifting Championship for the year 2023-2024 was a landmark event in the university sports calendar, hosted by Tamil Nadu Physical Education and Sports University, Chennai. The championship, which took place from May 20 to May 25, 2024, featured the participation of 378 women's teams and 509 men's teams from various universities across India.

Organized under the proficient guidance of Dr. K. Rajesh Kumar, the Sports Secretary and Organizing Secretary, the event aimed to highlight and promote the sport of Powerlifting while fostering a spirit of camaraderie and sportsmanship among university athletes. The competition provided an excellent platform for young sports enthusiasts to demonstrate their skills, teamwork, and competitive spirit.

The Tamil Nadu Physical Education and Sports University, renowned for its commitment to physical education and sports, ensured that the championship was conducted professionally and efficiently. The event not only celebrated the athletic talents of university students but also emphasized the importance of sports in fostering unity and excellence.

The following report provides a detailed account of the championship, including the preparation, execution, and outcomes of the event, as well as the performances of the participating teams.

PREPARATION

Extensive preparations were undertaken to ensure the smooth execution of the championship. The organizing committee, led by Dr. K. Rajesh Kumar, coordinated with various universities to confirm participation and manage logistics. Facilities at Tamil Nadu Physical Education and Sports University were upgraded to meet the standards required for an event of this magnitude, including the installation of new powerlifting equipment and ensuring the availability of medical and safety personnel.

EXECUTION

The championship commenced with an opening ceremony on May 20, 2024, attended by dignitaries, university officials, and participating teams. The event was marked by speeches emphasizing the significance of sports in education and the values of hard work and perseverance.

Over the next six days, participants competed in various powerlifting categories, showcasing their strength and determination. The event was organized efficiently, with matches scheduled to ensure maximum participation and minimal delays. The technical staff ensured that all competitions were conducted according to the official powerlifting rules and regulations.

POWERLIFTING

Powerlifting is a strength sport that consists of three attempts at maximal weight on three lifts: squat, bench press, and deadlift. Unlike Olympic weightlifting, which focuses on the snatch and clean and jerk, powerlifting emphasizes pure strength rather than technique and speed. The sport has its roots in ancient strength competitions but formally evolved in the mid-20th century, gaining popularity first in the United States before spreading globally. The first official powerlifting competitions were held in the 1960s, and the sport has since grown with numerous federations and international competitions.

In powerlifting, athletes compete in three main lifts: the squat, where they lower their body by bending the knees and hips before returning to a standing position; the bench press, where they lie on a bench and press a barbell from their chest to full arm extension; and the deadlift, where they lift a barbell from the ground to hip level while standing straight with shoulders back. Competitions are divided into weight classes and age categories to ensure fair competition, and athletes aim to lift the heaviest weights in each discipline, with their best lift in each contributing to their total score.

The sport is governed by strict rules to ensure fair play and safety, with each lift judged on technique and compliance with regulations. Powerlifters follow rigorous training regimes that include heavy lifting, accessory exercises, and recovery practices, along with attention to nutrition and mental preparation. Beyond competition, powerlifting offers numerous benefits, including improved strength, muscle mass, bone density, mental toughness, discipline, and goal-setting abilities. The sport is accessible to people of all ages and fitness levels, making it a versatile and inclusive activity.

Powerlifting continues to grow in popularity worldwide, as evidenced by events like the All India Inter University Powerlifting Championship. This competition provides a platform for university athletes to demonstrate their strength, skill, and sportsmanship on a national stage, highlighting the sport's appeal and importance.

OBJECTIVES

The All India Inter University Powerlifting Championship 2023-2024 aims to promote powerlifting as a competitive sport by raising awareness and increasing its popularity among university students across India. This event provides a platform to showcase the strength and skills of student-athletes in powerlifting. It advocates for the importance of strength training and physical fitness, highlighting the health benefits and positive impact of regular exercise. The championship seeks to foster sportsmanship and ethical conduct by instilling values of fair play, integrity, and respect among participants, ensuring adherence to ethical standards and anti-doping regulations.

Additionally, the event focuses on identifying and nurturing promising powerlifting athletes who can represent their universities at national and international levels. It provides opportunities for these athletes to be observed by coaches, scouts, and sports associations. The championship promotes gender equality by ensuring equal opportunities and facilities for both men and women participants, celebrating the achievements of female powerlifters.

The event also enhances inter-university collaboration and interaction, facilitating camaraderie and strengthening relationships among student communities from different regions. It offers a platform for students to develop organizational and leadership skills through involvement in event management, coordination, and volunteer activities. By establishing high standards for the championship, it aims to create a legacy of excellence that can inspire future generations of university students to participate and excel in powerlifting.

Furthermore, the championship enhances the visibility of university sports programs, showcasing the commitment of universities to supporting sports and athletic development. It encourages healthy competition among participating universities, fostering rivalries based on mutual respect and admiration for skill and effort. Lastly, the event promotes mental resilience and discipline, highlighting the importance of mental strength, perseverance, and a balanced approach to physical and mental well-being. These comprehensive objectives ensure that the All India Inter University Powerlifting Championship 2023-2024 contributes significantly to the growth and development of powerlifting, the athletes, and the university sports culture in India.

OUTCOME

The All India Inter University Powerlifting Championship 2023-2024 yielded numerous positive outcomes, significantly increasing the popularity and recognition of powerlifting among university students and the broader community, establishing it as a respected and mainstream sport within the university sports circuit. The event facilitated the discovery of exceptional powerlifting talent across participating universities, with several athletes identified for potential inclusion in national and international powerlifting teams. There was an enhanced emphasis on the importance of strength training and physical fitness among students, resulting in a positive impact on the health and fitness levels of participants and their peers. The championship demonstrated high levels of sportsmanship, integrity, and respect among participants, with improved adherence to ethical standards and anti-doping regulations.

Moreover, the event advanced gender equality in sports by ensuring equal participation and recognition of both men and women in powerlifting, enhancing the visibility and celebration of female athletes and their achievements. It strengthened inter-university relationships, fostering stronger bonds and increased collaboration through the shared experience of the championship, and contributed to the development of a supportive and inclusive university sports community. Students gained valuable

experience in event management, coordination, and leadership roles, leading to improved organizational skills among student volunteers, referees, and event coordinators.

High standards set during the championship established a benchmark for future events, and inspirational performances and organizational success contributed to a lasting legacy for university powerlifting. The event also increased the visibility of university sports programs, garnering greater support from stakeholders and the community, and enhanced the reputation of participating universities for their commitment to sports and physical education. Healthy rivalries developed among universities, leading to elevated levels of competition, with participants demonstrating a competitive spirit balanced with mutual respect and camaraderie.

Furthermore, athletes exhibited increased mental resilience, discipline, and perseverance, promoting a balanced approach to physical and mental well-being among student-athletes. These outcomes reflect the comprehensive success of the All India Inter University Powerlifting Championship 2023-2024, contributing to the growth of powerlifting, the development of student-athletes, and the strengthening of the university sports ecosystem in India.

APPROVAL LETTER



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005. A State Govt. University)
Accredited with "B" Grade by NAAC

Website : www.tnpesu.org

Email : vc@tnpesu@gmail.com

Phone No : 044-27477906

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai - 600 127. Tamil Nadu.

Dr.M.Sundar
Vice-Chancellor

Lr.No. /TNPESU/Permission Order/2024, Date: 17.05.2024

To

Dr.K.Rajesh Kumar,
Sports Secretary,
TNPESU, Chennai-127.

Sir,

Sub: TNPESU – Permission – Organize the All India Interuniversity – Power
Lifting (Men & Women) Tournament 2023-24 – Orders – Issued – Reg.

This is to inform you that, the permission is given to conduct the All India Interuniversity Power Lifting (Men & Women) Tournament 2023-24 from 20-05-2024 to 25-05-2024 in this University Premises. In this regard, you make necessary arrangement for the smooth conduct of Tournament and furnish the report of the above Tournament along with photo copies to the Director, IQAC for NAAC purpose within 10 days.

Vice-Chancellor

Dr.M.SUNDA
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127

Copy to:

1. The Finance Section
2. IQAC Office

Feb 04, 2022, 20:33

CIRCULAR LETTER

4/27/24, 11:37 AM

Gmail - All India Inter University Powerlifting (Men & Women) Revised Schedule - Reg.



The Registrar, TNPESU <regtnpesu@gmail.com>

All India Inter University Powerlifting (Men & Women) Revised Schedule - Reg.

1 message

TNPESU CHENNAI <sportssecretarytnpesu@gmail.com>

Fri, Apr 26, 2024 at 7:19 PM

To: sports <sports@aiu.ac.in>, Dr Sekhon JS <jointsecretarysekhon@gmail.com>, aiusportsaiu <aiusportsaiu@gmail.com>, vice chancellor tnpesu <vcttnpesu@gmail.com>, regtnpesu@gmail.com, Rajeshkumar Kandhasamy <krajeshkumartnipesu@gmail.com>, recaiu sports <recaiusports@gmail.com>

To

Dr.Baljith Singh Sekhon,

Joint Secretary,

AIU, (AIU House)

Comrade Indrajith Gupta Marg, New Delhi – 110012.



26.04.2024

Sports Secy

Respected Sir,

Sub: Tamil Nadu Physical Education and Sports University – Organizing All India Inter University Power Lifting (Men & Women) Tournament 2023-24 – Dates of Tournament – Intimation –Reg.
Ref: Annual Calendar of National Universities Games for the year 2023-24

Greetings from Tamil Nadu Physical Education and Sports University!

I express my sincere gratitude for grating this opportunity to the Tamil Nadu Physical Education and Sports University to Organize the All India Inter University Power Lifting (Men & Women) Tournament 2023-24. The Tournament will be held from 20-05-2024 to 28-05-2024 at Tamil Nadu Physical Education and Sports University, Chennai 127.

S. No	Name of the Tournament	Venue of the Tournament	Last date of Detailed Entries	Team Managers Meeting	Date of Tournament
1	All India Inter University Power Lifting (Men & Women) Tournament 2023-24	Tamil Nadu Physical Education and Sports University, Chennai-127	15-05-2024	19-05-2024 at 4.00 pm	20-05-2024 To 25-05-2024

Thanking You,

Yours Sincerely

(K.RAJESH KUMAR)

With Regards,

Dr.K.RAJESHKUMAR

Feb 04, 2022, 20:33

ORGANISING COMMITTEE
ALL INDIA INTER UNIVERSITY POWERLIFTING
CHAMPIONSHIP 2023 - 24

TRANSPORTATION	
TAMBARAM RAILWAY STATION	
STAFF INCHARGE	VOLUNTEERS
1. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Aswanth – 7904653178 2. Mr. Jhonson – 8825878187 3. Mr. Balakamesh - 8754980250
RECEPTION & REGISTRATION	
REGISTRATION DESK - 1	
STAFF INCHARGE	VOLUNTEERS
1. Dr. K. Gnanasundari – 9443983207	1. Dr.K.Ambedkar – 9943656863 2. Mr. Renuga – 3. Mr. Kalavathi - 8870551341 4. Mr. Arumugam - 733000020
REGISTRATION DESK - 2	
STAFF INCHARGE	VOLUNTEERS
1. Dr. G. Gokila – 95247008736	1. Mr. K.Megaraj – 7667555766 2. Mr. M.Stalin – 995278391 3. Mr. Ajith - 8838658798
ROOM ALLOTMENT (COACHES, MANAGERS & PLAYERS)	
STAFF INCHARGE	VOLUNTEERS

1. Dr. S. Jayakumar – 9444553332 2. Dr. Rengarajan – 9597181081	1. Mr. Kishore - 7092223700 2. Mr. Vetrivel – 7904663797 3. Mr. Arjun – 6282234183 4. Mr. Kanikainathan – 8111060331
SPORTS HOSTEL – Officials & Guest	
STAFF INCHARGE	VOLUNTEERS
1. Mr. Surya – 9791404689	
MEN’S HOSTEL (BED ISSUE COMMITTEE)	
STAFF INCHARGE	VOLUNTEERS
1. Karthikeyan - 9159787169	1. Mr. Shyam – 2. Mr. Muthu – 7904619741 3. Mr. Pragadeesheeran -
MESS & FOOD	
STAFF INCHARGE	VOLUNTEERS
1. Dr. V. Duraisami – 9842708648 2. Dr. P. Kumaravel – Assot. Prof. 3. Dr. V. Muruguvalavan – Med. Offc.	
ESTATE SUPERVISION & HOUSE KEEPING	
STAFF INCHARGE	
PA SYSTEM & ELECTRICAL	
STAFF INCHARGE	
1. Dr. V. Muruguvalavan – 9443466208 2. Mr. Manirathanam - 91598766163. Mr. A.Prabudoss– 9943654166 4. Mr. Parthipan – 8608222724	

MEDICAL, FIRST-AID & AMBULANCE	
STAFF INCHARGE	
1. Dr. V. Muruguvalavan – Med. Offc. 2. Mr.C.Manoj – Physiotherapist 3. Mr. K.B. Srinivasan – Sports Physio. 4. Mrs. Valli – Staff Nurse 5. Ms. Jeyanthi – Staff Nurse (OS)	
EQUIPMENT	
STAFF INCHARGE	VOLUNTEERS
1. Mr. Dhayanithy – Ph.D Scholar	1. NCC Students
CEREMONIAL	
STAFF INCHARGE	
Dr.C.Manoj – 9976937156	
CERTIFICATES & MEDALS	
STAFF INCHARGE	VOLUNTEERS
1. Mrs. G. Tamil Mani 2. Dr. K. Gnanasundari – 9443983207 3. Ms. S.Sonia Sakthi	1. Mr. Prince Mohamed – Ph.D Scholar
STAGE, BROCHURE & INVITATION	
STAFF INCHARGE	
2. Dr. D. Sathiya Kumar 3. Mr. S.Saran Sakthivel - 8667202140 4. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Kumarakuru – 2. Mr. Ajith –

MEDIA, ADVERTISEMENT & PRESS	
STAFF INCHARGE	VOLUNTEERS
1. Dr. N. Ashokkumar – 9444820392 2. Dr. V. Rameshkumar – 9444498649 3. Dr. S. Jayakumar - 9444553332	

1. Dr. S. Jayakumar – 9444553332	
VIP & VVIP HOSPITALITY	
STAFF INCHARGE	
1. Dr. R. Venkatesan Associate Professor – 9942371571 2. Dr. G.Kumaran Associate Professor – 9443494893	
CULTURALS	
STAFF INCHARGE	VOLUNTEERS
1. Dr. V. Duraisami – 9842708648	
MASTER OF CEREMONY	
STAFF INCHARGE	
1. Dr.C.Manoj – 9976937156 2. Ms. S. Soniyasakthi –	
OFFICIAL IN-CHARGE	
STAFF INCHARGE	VOLUNTEERS
1. Dr. G.Kumaran Associate Professor - 9443494893	1. Mr. Varun - 9080164475
REFRESHMENTS	
STAFF INCHARGE	VOLUNTEERS

1. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Deva – 9150739575 2. Mr. Rishi – 9344196433
WATER & MAINTENANCE	
STAFF INCHARGE	VOLUNTEERS
1. Mr.Sandeep - 7904282033	1. Mr. Aguestine – 9344193687 2. Mr. Padaiyappa – 8610764990 3. Mr. Vijayaraj - 9384226693
CORE AND HELP DESK TEAM	
STAFF INCHARGE	VOLUNTEERS
1. Mr.G.Vignesh JA - 7904895613 2. Mr. S.Saran Sakthivel - 8667202140 3. Ms. S. Soniyasakthi – 4. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Raman -9345631271 2. Mr. Logeshwaran - 6369963789 3. Mr. Anbarasan – 6383522044

ACCOMMODATION

STAFF IN-CHARGE

SPORTS ACADEMY

(BADMINTON & TABLE - TENNIS)

1.Dr.G.Kumaran - 8248801284

2.Dr. S. Jayakumar – 9444553332 / 9940584940

3. Dr. Rengarajan - 9597181081

4. Mr. Karthikeyan – 9159787169 5.Mr. Sandeep – 7904282033

SPORTS HOSTEL

(Officials & Guest) 1. Mr. Surya – 9791404689

MEN’S HOSTEL

1. Mr. Karthikeyan – 9159787169

2. Dr. P. Adichaippan - 7358277257

MAINTENANCE

ESTATE OFFICER

Dr. V. Muruguvalavan – 9443466208

ENGINEER

Mr. Manirathanam – 9159876616

ELECTRICIAN

Mr.A.Prabhu Doss - 9943654166

Mr. Parthipan – 8608222724

LIST OF PARTICIPATION UNIVERSITIES MEN & WOMEN

S.No	NAME OF THE UNIVERSITY	MEN	WOMEN	RECEIVED DETAILED ENTRY
1	Acharya Nagarjuna University	✓	✓	Received
2	Adikavi Nannaya University	✓	✓	Received
3	Amrita Vishwa Vidyapeetham, Coimbatore	✓	---	Received
4	Andhra University	✓	✓	Received
5	Anna University, Chennai	✓	---	Received
6	Atal Bihari Vajpayee Vishwavidhyala Bilaspur	✓	✓	Received
7	Awadhesh Pratap Singh University	✓	✓	Received
8	Bangalore University	✓	✓	Received
9	Barkatullah University, Bhopal	✓	---	Received
10	Bengaluru City University, Bengaluru	✓	✓	---
11	Bhagat Phool Singh Mahila Vishwavidyalaya, Sonapat, Haryana	---	✓	Received
12	Bhakta Kavi Narsinh Mehta University, Junagadh	✓	✓	Received
13	Bharathiyar University, Coimbatore	✓	✓	Received
14	Bharati Vidyapeeth (Deemed to be University) Pune	✓	✓	Received
15	Bhupal Nobles University, Udaipur	✓	✓	Received
16	Bs Abdur Rahman Crescent Instt. Of Sci. & Tech	✓	✓	---
17	C.S.J.M. University, Kanpur	✓	✓	Received
18	Central University of Himachal Pradesh, Dharma Sala	---	✓	---

19	Central University of Punjab, Bathinda	✓	✓	Received
20	Ch. Bansi Lal University, Bhiwani	---	✓	Received
21	Ch. Charan Singh University, Meerut	✓	✓	Received
22	Chandigarh University, Mohali	✓	✓	Received
23	Chattisgarh Swami Vivekanand Technical University, Bhilai	✓	✓	Received
24	CT University, Ludhiana	✓	✓	Received
25	Davangere University	✓	✓	Received
26	Deen Dayal Upadhyay Gorakhpur University Gorakhpur	✓	---	Received
27	Desh Bhagat University	✓	---	Received
28	Devi Ahilya University, Indore	✓	✓	Received
29	Dhanalakshmi Srinivasan University, Tiruchirappalli	✓	---	Received
30	Dibrugarh University Dibrugarh	✓	---	Received
31	Dr. B. R. Ambedkar University, Agra	✓	✓	Received
32	Dr. K N Modi University, Newai, Rajasthan	✓	---	Received
33	Dr. MGR Educational research intuition Maduravoyal chennai	---	✓	Received
34	Dr. Rammanohar Lohia Avadh University Sports Council, Ayodhya (U.P.)	✓	✓	Received
35	Dr. YSR University of Health Sciences	✓	✓	Received
36	Dr.Babasaheb Ambedkar Marathwad, Maharashtra	✓	---	Received
37	Dr.Babasaheb Ambedkar Technoogical University	✓	✓	Received
38	Gauhati University	✓	✓	Received
39	GITAM Deemed to be University Visakhapatnam	✓	---	Received
40	GNA University, Phagwara	✓	---	Received
42	Goa University Taleigao	✓	✓	Received
41	Gondwana University, Gadchiroli	✓	✓	---

43	Graphic Era Hill University	---	✓	Received
44	Graphic era university	---	✓	Received
45	Gujarat Technological University, Ahmedabad	✓	✓	---
46	Gujarat university, Navrangpura	✓	✓	Received
47	Guru Jambheshwar University of Science & Technology, Hisar (Haryana)	✓	✓	---
48	Guru Kashi University, Bathinda	✓	---	Received
49	Hemchand Yadav Vishwavidyalaya Durg	---	✓	Received
50	Hemchandracharya North Gujarat University	✓	✓	Received
51	Hindustan Institute of Technology and Science, Chennai	✓	✓	Received
52	ITM University, Gwalior	✓	✓	Received
53	J R N R V University, Udaipur	✓	---	Received
54	J.N.T. University Kakinada,	✓	✓	Received
55	Jai Narain Vyas University, Jodhpur (Raj)	✓	✓	Received
56	Jawaharlal Nehru technological University Gurajada, Vizianagaram	✓	✓	Received
57	Jeppiaar University	✓	---	Received
58	Jiwaji University, Gwalior	✓	✓	Received
59	JNTUH University, Hyderabad	✓	✓	Received
60	K B C North Maharashtra University, Jalgaon	✓	✓	Received
61	Kakatiya University, Warangal	✓	✓	Received
62	Kalasalingam Academy of Research and Education	✓	✓	Received
63	Kannur University	✓	✓	Received
64	Karnatak University, Dharwad	✓	---	Received
65	Karpagam Academy of Higher Education,	✓	---	Received
66	Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon	✓	✓	Received
67	KL University, Guntur	✓	✓	Received

68	KLE Technological University, Hubballi	✓	---	Received
69	Krishna University	✓	✓	Received
70	Kumaun University, Nainital	✓	✓	Received
71	Lamrin Tech Skills University, Punjab	✓	✓	Received
72	LNCT University	---	✓	Received
73	LNIFE, Gwalior	✓	✓	Received
74	Lovely Professional University Punjab	✓	✓	---
75	Lucknow University, Lucknow	✓	✓	Received
76	Maa Shakumbhari University Saharanpur	✓	✓	Received
77	Madurai Kamaraj University	✓	✓	Received
78	Maharaja Ganga Singh University, Bikaner	✓	✓	Received
79	Maharaja Surajmal Brij University, Rajasthan	✓	✓	Received
80	Mahararshi Dayanad Saraswati University, Ajmer	✓	✓	Received
81	Mahathma Phule Krishi Vidyapeeth, Rahuri	✓	---	Received
82	Mahatma Gandhi Kashi Vidyapith, Varanasi	✓	✓	Received
83	Mahtama Gandhi University Kottayam	✓	✓	Received
84	Mangalore University	✓	✓	Received
85	Manonmaniam Sundaranar University	✓	✓	Received
86	MD University, Rothak	✓	✓	Received
87	Mharaja Chhatrasal Bundelkhand University, Chhatarapur, MP	✓	✓	Received
88	MJP Rohilkhand University, Bareilly	✓	✓	Received
89	Mohanlal Sukhadia University, Udaipur.	✓	✓	Received
90	Osmania university	✓	✓	Received
91	PAHER University,Udaipur	✓	✓	Received

92	Parul University ,Vadodara	✓	---	Received
93	Periyar University	✓	✓	Received
94	Pondicherry University	✓	✓	Received
95	Pradhap University	✓	✓	Received
96	Pt. Ravi Shankar Shula University, Raipur	✓	✓	Received
97	Punjabi University, Patiala	✓	--	Received
98	Punyashlok Ahilyadevi Holkar Solapur University, Solapur	---	✓	Received
99	Rabindranath Tagore University, Bhopal (M.P.)	✓	✓	Received
100	Raja Mahendra Pratap Singh State University, Aligarh	✓	✓	Received
101	Rajiv Gandhi University of Health Sciences, Karnataka	✓	---	Received
102	Rajiv Gandhi University of Knowledge and Technologies, AP	✓	---	Received
103	Rani Durgavati Vishwavidyalaya Jabalpur	✓	✓	Received
104	Rashtriya Raksha University, Gujarat	✓	✓	---
105	Reva University	✓	---	Received
106	RK University. Rajkot	✓	✓	Received
107	RTM Nagpur University, Nagpur	✓	✓	Received
108	S.R.T.M. University, Nanded	✓	✓	Received
109	Sage University Bhopal	✓	✓	---
110	Sant Gadge Baba Amravati University, Amravati	✓	✓	Received
111	Satavahana University, Karimnagar	---	✓	Received
112	Saurashtra University, Rajkot	✓	✓	Received
113	Savitribai Phule Pune University, Pune	✓	✓	Received
114	Shivaji University, Maharashtra	✓	---	Received
115	Shri Govind Guru University	✓	✓	Received

116	Shri Khushal Das University Hanumangarh, Rajasthan	✓	✓	Received
117	Somaiya Vidyavihar University	---	✓	Received
118	Sri Guru Granth Shaib World University	---	✓	Received
119	Sri Ramachandra Ins. Of . High. Edu and Research, Chennai	---	✓	Received
120	SRM University, Chennai	✓	---	Received
121	Sunrise University	✓	---	Received
122	Swarnim Gujarat Sports University, Desar, Gujarat	✓	✓	Received
123	University of Calicut	✓	✓	Received
124	University of Kerala	✓	✓	Received
125	University of Kota	✓	✓	Received
126	University of Madras	✓	---	Received
127	University of Mumbai	✓	✓	Received
128	Veer bahadur Singh Purvanchal University	✓	✓	Received
129	Veer Narmad South Gujarat University, Gujarat	✓	✓	Received
130	Vikram University, Ujjain	✓	✓	Received
131	Visvesvaraya Technological University, Belagavi	✓	✓	Received
132	VIT Vellore	✓	---	Received
133	Yenepoya University, Karnataka	✓	✓	Received
134	Yogi Vemana University, Vemanapuram,	✓	✓	Received

ALL INDIA INTER UNIVERSITY POWERLIFTING (MEN & WOMEN) SCHEDULE

DAY – 1 (20.05.2024)		
S.No	Time	Category (Women)
1	07.00 am	Body Weighing for 47 kg Women
2	09.00 am	Class Start for 47 kg Women
3	09.30 am	Body Weighing for 52 kg Women
4	11.30 am	Class Start for 52 kg Women
5	12.00 pm	Body Weighing for 57 kg Women
6	14.00 pm	Class Start for 57 kg Women
DAY – 2 (21.05.2024)		
S.No	Time	Category (Women)
1	07.00 am	Body Weighing for 63 kg Women
2	09.00 am	Class Start for 63kg Women
3	09.30 am	Body Weighing for 69 kg Women
4	11.30 am	Class Start for 69 kg Women
5	12.00 pm	Body Weighing for 76 kg Women
6	02.00 pm	Class Start for 76 kg Women
DAY – 3 (22.05.2024)		
S.No	Time	Category (Women)
1	08.00 am	Body Weighing for 84 kg Women
2	10.00 am	Class Start for 84 kg Women
3	10.30 am	Body Weighing for +84 kg Women
4	12.30 pm	Class Start for +84 kg Women
DAY – 4 (23.05.2024)		
S.No	Time	Category (Men)
1	07.00 am	Body Weighing for 59 kg Men
2	09.00 am	Class Start for 59 kg Men
3	09.30 am	Body Weighing for 66 kg Men
4	11.30 am	Class Start for 66 kg Men
5	12.00 pm	Body Weighing for 74 kg Men
6	02.00 pm	Class Start for 74 kg Men

DAY – 5 (24.05.2024)		
S.No	Time	Category (Men)
1	07.00 am	Body Weighing for 83 kg Men
2	09.00 am	Class Start for 83 kg Men
3	09.30 am	Body Weighing for 93 kg Men
4	11.30 am	Class Start for 93 kg Men
5	12.00 pm	Body Weighing for 105 kg Men
6	02.00 pm	Class Start for 105 kg Men
DAY – 6 (25.05.2024)		
S.No	Time	Category (Men)
1	08.00 am	Body Weighing for 120 kg Men
2	10.00 am	Class Start for 120 kg Men
3	10.30 am	Body Weighing for +120 kg Men
4	12.30 pm	Class Start for +120 kg Men

MANAGERS MEETING

The organizing secretary of the All India Inter University Powerlifting Championship Dr. K. Rajesh kumar provided a detailed explanation during the managers' meeting. Coaches and managers from various universities participated in this meeting.





INAUGURAL INVITATION (WOMEN)

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

Chennai - 600127



Under the Auspices of ASSOCIATION OF INDIAN UNIVERSITIES

In Association with **TAMIL NADU POWERLIFTING ASSOCIATION**



All India Inter University Powerlifting Championship 2023-2024 (Men & Women)



Chief Patron

Prof. M. Sundar
Vice - Chancellor
TNPESU



Chief Guest

Hon'ble. E. Raja MLA.,
International Powerlifter
President

Tamil Nadu Powerlifting Association



Special Guest

Dr. V Sangeetha Albin
Pro - Chancellor
AMIT University

Has consented to be the Guest and Inaugurate the Tournament



Organizing Secretary

Dr. K. Rajesh Kumar
Assistant Professor cum
Sports Secretary
TNPESU



G. Sivaramalingam
General Secretary

Tamil Nadu Powerlifting Association



Mr. S. Nagarajan
Deputy President

Tamil Nadu Powerlifting Association



G. Ravikumar
Treasurer

Tamil Nadu Powerlifting Association



Date: 20th to 25th May 2024

Time: 10.00 am

Venue: Table Tennis Indoor, TNPESU.

All are Cordially Invited

PROGRAMME SCHEDULE

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 600127



Under the Auspices of ASSOCIATION OF INDIAN UNIVERSITIES

In Association with **TAMIL NADU POWERLIFTING ASSOCIATION**



All India Inter University Powerlifting Championship 2023-2024 (Men & Women)

INAUGURAL CEREMONY

Date: 20th May 2024 at 10.00am

TIME

PROGRAMME SCHEDULE

9.55am

Arrival of the Dignitaries

10.00am

Tamil Thaa Vazhthu

10.05am

Welcome Address

Dr. K. RAJESH KUMAR

Sports Secretary

TNPESU

10.10am

Honouring the Guest's

10.20am

Presidential Address

Prof. M. SUNDAR

Vice -Chancellor

TNPESU

10.25am

Chief Guest Address

Hon'ble. E.RAJA MLA.,

President

Tamil Nadu Powerlifting Association

10.30am

Special Address

Dr.V SANGEETHA ALBIN

Addl. Registrar

AMET University

10.35am

Declaration of Event

Hon'ble. E.RAJA MLA.,

President

Tamil Nadu Powerlifting Association

10.40am

Commencement of Events

FACILITIES DURING THE EVENT

RECEPTION



TRANSPORTATION



MEDICAL FACILITIES



The All India Inter University Powerlifting Championship for Men and Women received essential medical and ambulance support from Bharath Medical College, Tagore Medical College and athiparashakthi medical collge. This vital assistance ensured the safety and well-being of all participants, providing immediate medical attention and care as needed throughout the event. The collaboration with these medical institutions underscored the commitment to maintaining high



standards of health and safety during the championship, allowing athletes to perform at their best with peace of mind.



POWERLIFTING PLAYER WAS TAKING TREATMENT IN THE AMBULANCE



DURING THE EVENT.



MEDICAL TEAM

The medical team, consisting of professionals from various colleges such as

TAGORE MEDICAL COLLEGE



BHARATH MEDICAL COLLEGE



AATHIPARASHAKTHI MEDICAL COLLEGE



FOOT STALL



The All India Inter University Powerlifting Championship for Men & Women also included a food stall, providing a variety of nutritious and delicious options for athletes, officials, and spectators. The availability of wholesome meals and snacks ensured that everyone remained energized and well-nourished throughout the event. This thoughtful addition highlighted the organizers' dedication to creating a comfortable and supportive environment, catering to the needs of all participants and attendees.



WORMING UP AREA



The All India Inter University Powerlifting Championship for Women featured two dedicated warm-up areas for the athletes. These well-equipped zones allowed competitors to prepare and stretch before their events, ensuring they were physically ready to perform at their peak. The provision of these warm-up areas demonstrated the organizers' commitment to athlete safety and optimal performance, contributing to the overall success of the championship.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI - 600 127

In Association with **TAMIL NADU POWERLIFTING ASSOCIATION**

All India Inter University Powerlifting Championship 2023-2024
(Men & Women)

Chief Patron
Prof. A.L. Sundar
Vice-Chancellor
TNPSU

Patron
Prof. J. Lilly Paulsamy
Registrar
TNPSU

Special Guest
Dr. U. Sangeetha Albin
Prov. Chancellor
KALIA University

Chief Guest
Hon'ble. C. Raja MLA
Tamil Nadu Powerlifting Association

Organizing Secretary
Dr. K. Rajesh Kumar
Assistant Professor
Sports Secretary
TNPSU

General Secretary
Mr. G. Saramalingam
Tamil Nadu Powerlifting Association

Deputy Secretary
Mr. S. Suresh
Tamil Nadu Powerlifting Association

Date: 22nd to 25th May 2024 **Venue:** Table Tennis Indoor, TNPSU

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INNAGURATION CERAMONY



The inaugural ceremony of the All India Inter University Powerlifting Championship for Women was a momentous occasion, graced by the presence of several esteemed dignitaries. The event was officially opened by the President of the Tamil Nadu Powerlifting Association, Hon'ble E. Raja, MLA, who served as the Chief Guest. The ceremony also featured an address by an International Powerlifter, adding prestige to the gathering. The organizing secretary, Dr. K. Rajshkumar, played a pivotal role in coordinating the event, ensuring its smooth execution. The Vice Chancellor, Prof. M. Sundar, along with association members, were also in attendance, highlighting the collaborative effort behind this championship. Their collective presence underscored the significance of promoting powerlifting among women at the university level, aiming to inspire and empower female athletes across the nation.







DURING THE COMPETITION



VALEDICTORY INVITATION (WOMEN)



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப்
பல்கலைக்கழகம்

**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY**

Chennai - 600127

Under the Auspices of
ASSOCIATION OF INDIAN UNIVERSITIES

In Association with
TAMIL NADU POWERLIFTING ASSOCIATION

**All India Inter University Powerlifting Women
Championship 2023-2024**



Chief Guest

Prof. M. Sundar

Vice - Chancellor

TNPESU

Has consented to be the Chief Guest and
Distribute the Prize



Organizing Secretary

Dr. K. Rajesh Kumar

Assistant Professor cum
Sports Secretary

TNPESU

22nd May 2024

Time: 07.00 pm

Venue: Table Tennis Indoor, TNPESU.

All are Cordially Invited

VALEDICTORY PROGRAMME SCHEDULE



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப்
பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 600127

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In Association with
TAMIL NADU POWERLIFTING ASSOCIATION

All India Inter University Powerlifting Women Championship 2023-2024

VALEDICTORY CEREMONY

Date: 22nd May 2024 at 07.00pm

<u>TIME</u>	<u>PROGRAMME SCHEDULE</u>
6.55pm	Arrival of the Dignitaries
07.00pm	Tamil Thaa Vazhthu
07.05pm	Welcome Address
07.10pm	Honouring the Guest's
07.20pm	<u>Chief Guest Address</u> Prof. M. SUNDAR Vice-Chancellor TNPESU
07.30pm	Prize Distribution
07.45pm	<u>Vote of Thanks</u> Dr. K. RAJESH KUMAR Sports Secretary TNPESU
07.50pm	National Anthem

Thank you

VALEDICTORY CEREMONY



The valedictory ceremony of the All India Inter University Powerlifting Championship for Women was graced by the presence of the Chief Guest, Prof. M. Sundar, Vice Chancellor of Tamil Nadu Physical Education and Sports University. Prof. Sundar's presence underscored the importance of sports and physical education in academic institutions. The ceremony also featured the organizing secretary, Dr. K. Rajshkumar, along with members of the Tamil Nadu Powerlifting Association. Their collaborative efforts and dedication were instrumental in the successful execution of the championship, celebrating the achievements of the talented women powerlifters who participated in the event.





OVERALL RUNNER- BHARATHIAR UNIVERSITY, COIAMBATORE, TAMIL NADU



The All India Inter University Powerlifting Championship for Women concluded with remarkable performances from the participating universities. Lamrin Tech Skills University, Punjab emerged as the winner with a total of 46 points. Bharathiar University, Coimbatore, Tamil Nadu secured the runner-up position with 41 points. Kannur University claimed the second runner-up spot with 37 points, followed by Mahatma Gandhi University, Kottayam, which finished as the third runner-up with 27 points. The competition showcased exceptional talent and dedication from all the athletes, highlighting the growing prominence of powerlifting among women in Indian universities.



OVERALL WINNER - LAMRIN TECH SKILLS UNIVERSITY PUNJAB

MEDALLIST CATEGORY WISE



ALL INDIA INTER UNIVERSITY POWERLIFTING MEN AND WOMEN CHAMPIONSHIP 2023-2024

Organized by

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI 600 127



WOMEN MEDAL WINNERS

CATE GORY: 47										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
4	ANEESHA	UNIVERSITY OF CALICUT	46.65	165	95	260	175	435	1	12
26	GITA	LAMRIN TECH SKILLS UNIVERSITY PUNJAB	47	177.5	80	257. 5	167.5	425	2	9
30	SONAWANE ASHWINI ARVIND	K B C NORTH MAHARASHTRA UNIVERSITY,JALGAO N	47	150	77.5	227. 5	150	377. 5	3	8
CATE GORY: 52										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
7	MOHANAPRIYA V	BHARATHIAR UNIVERSITY,CBE,TN	50.65	180	80	260	170	430	1	12
2	PRATHEEKSHA SAJIKUMAR	UNIVERSITY OF CALICUT	50.75	160	92.5	252. 5	172.5	425	2	9
15	SEEMA KUNTAL	LAMRIN TECH SKILLS UNIVERSITY PUNJAB	51.45	170	95	265	160	425	3	8
CATE GORY: 57										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
9	MUBEEN	CHANDIGARH UNIVERSITY,MOHALI	55.9	190	115	305	165	470	1	12
2	SHAIK SADIYA ALMAS	KONERU LAKSHMAIASH EDUCATION FOUNDATION	55.95	185	95	280	180	460	2	9
7	PATIL SHUBHANGI SHIVAJI	SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY,NANDED (MS)	55.5	175	97.5	272. 5	172.5	445	3	8
CATE GORY: 63										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
2	NANDANA K V	KANNUR UNIVERSITY	62.9	200	100	300	205	505	1	12
15	KOMAL	LAMRIN TECH SKILLS UNIVERSITY PUNJAB	62.15	205	105	310	192.5	502. 5	2	9
6	PRIYA KALYANE	BARKATULIAH UNIVERSITY,BHOPAL (M.P)	62.9	195	102.5	297. 5	172.5	470	3	8

CATE GORY: 69										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
18	MADHU	LAMRIN TECH SKILLS UNIVERSITY PUNJAB	67.35	220	117.5	337. 5	180	517. 5	1	12
13	JASVINDER KAUR	VEER BAHADUR SINGH PURVANCHAL UNIVERSITY,JAUNPU R (U.P)	63.35	205	97.5	302. 5	200	502. 5	2	9
31	KAJAL	MAHARSHI DAYANAND UNIVERSITY ROHTAK	68.3	202.5	112.5	315	180	495	3	8

CATE GORY: 76										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
4	ANJALI P R	MAHATMA GANDHI UNIVERSITY,KOTTAY AM	75.25	200	105	305	182.5	487. 5	1	12
2	K.ANUSHIYA	PONDICHERRY UNIVERSITY	73.9	200	102.5	302. 5	170	472. 5	2	9
7	NEHA MISHRA	LAMRIN TECH SKILLS UNIVERSITY PUNJAB	75.4	200	90	290	167.5	457. 5	3	8


CATE GORY: 84										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
3	M.VAISHNAVI	OSMANIA UNIVERSITY	81.2	205	112.5	317. 5	175	492. 5	1	12
6	BHAVNA	DR.B.AMAEDKAR UNIVERSITY,AGRA	83	210	110	320	130	450	NADA	9
26	AMSAVALI.S	BHARATHIAR UNIVERSITY,CBE,TN	84	197.5	77.5	275	170	445	3	8

CATE GORY: 84+KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQUA T	BEST B.PRE SS	Sub Tota l	BEST DEADLI FT	Tota l	RANK	POI NTS
19	NISHANTH.P	BHARATHIAR UNIVERSITY,CBE,TN	124.3	267.5	130	397. 5	215	612. 5	1	12
17	ARSHANA V V	KANNUR UNIVERSITY	120.2 5	250	142.5	392. 5	185	577. 5	2	9
12	D.BHAVIKA	HEMCHAND YADAV VISHWAVIDYALAYA, DURG (C.G)	93.1	235	127.5	362. 5	180	542. 5	3	8

WOMEN TEAM CHAMPIONSHIP

UNIVERSITY	47KG	52KG	57KG	63KG	69KG	76KG	84KG	84+KG	TOTAL	RANK
LAMRIN TECH SKILLS UNIVERSITY PUNJAB	9	8	6	9	12	8	6		46	1
BHARATHIAR UNIVERSITY,CBE,TN		12	7		2		8	12	41	2
KANNUR UNIVERSITY	4	6		12	6			9	37	3

BHAVNA Dr.B.AMAEDKAR UNIVERSITY,AGRA The silver winner in the 84 kg category for women was halted due to a complaint received from NADA (National Anti-Doping Agency).

 राष्ट्रीय डोप रोधी एजेंसी NATIONAL ANTI DOPING AGENCY अनुपूरक रिपोर्ट फार्म • SUPPLEMENTARY REPORT FORM		एथलीट का नाम / ATHLETE NAME _____ टेस्टिंग ऑर्डर नंबर / TESTING ORDER NO. 2444444444
1. द्वारा एकत्रित - COMPLETED BY <div style="display: flex; justify-content: space-between;"> <div>डोपिंग नियंत्रण अधिकारी DOPING CONTROL OFFICER <input checked="" type="checkbox"/></div> <div>एथलीट ATHLETE <input type="checkbox"/></div> <div>एथलीट प्रतिनिधि ATHLETE REPRESENTATIVE <input type="checkbox"/></div> <div>अन्य (उल्लेख करें) OTHER (SPECIFY) _____</div> </div>		
2. रिपोर्ट का उद्देश्य - PURPOSE OF REPORT <div style="display: flex; justify-content: space-between;"> <div>अनुपालन में एथलीट की विफलता ATHLETE FAILURE TO COMPLY <input type="checkbox"/></div> <div>डोपिंग की घोषणा (डोपिंग नियंत्रण फार्म) DECLARATION OF MEDICATION (DOPING CONTROL FORM) <input type="checkbox"/></div> <div>टिप्पणी (डोपिंग नियंत्रण फार्म) COMMENTS (DOPING CONTROL FORM) <input type="checkbox"/></div> <div>सूचना/साक्ष्य रिपोर्ट INFORMATION/INTELLIGENCE REPORT <input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-between;"> <div>अनुपूरक रिपोर्ट SUPPLEMENTARY REPORT <input checked="" type="checkbox"/></div> <div>अन्य (उल्लेख करें) OTHER (SPECIFY) DETAILS OF DRUGS PLAYER FROM NADA 12 JAN 2024 UNIVERSITY POWER LIFTING CH-2024 644444 & 644444</div> </div>		
3. अनुपूरक रिपोर्ट - SUPPLEMENTARY REPORT <div style="border: 1px solid black; padding: 10px; min-height: 200px;"> <p>On 24 Jan 2024, Woman's Collegiate Silver winner Bhavana Caught a bathysphere. A student of DDM PG College. Facilitated without attending last 12 Deadlifting. She left the view point after the last result was announced and when we went to search for her we come to know that she had already left the location then we announced through the mic but then also she didn't come. Team members and coach members contacted she didn't pick up the phone after that we tried to contact in our but failed then we come to keep that coach and if athlete was out of the game. We called the NADA officer all matter informed and alongwith supporting attached are as under -</p> <ul style="list-style-type: none"> Bhavana Aadhar Copy alongwith College Selection list Result sheet Copy <p style="text-align: right;">MOHENDRA SINGH 207764 4013</p> <p><i>K. Rajesh Kumar</i> Dr. K. RAJESH KUMAR., Ph.D., Sports Secretary Tamil Nadu Physical Education and Sports University Melakottayur (Post), Vandalur Chennai - 600 127, Tamil Nadu</p> </div>		
4. प्रक्रिया का अनुपालन - CONFIRMATION OF PROCEDURE <div style="display: flex; justify-content: space-between;"> <div> नमूना संख्या / SAMPLE NO. _____ डीडी नंबर / DDD NO. _____ डीडी का नाम / DDD NAME _____ </div> <div> प्रमाण / SIGNATURE _____ प्रमाण / SIGNATURE _____ </div> </div>		
<div style="display: flex; justify-content: space-between;"> <div>मूल नमूना-सफेद ORIGINAL-NADA-WHITE</div> <div>कोपी 1-खिलाड़ी-पुंजी COPY 1-ATHLETE-PINK</div> <div>कोपी 2-प्रयोगशाला-पीला COPY 2-LABORATORY-YELLOW</div> <div>संस्करण 5-10-2020 VERSION 5-10-2020 NADA/ASA</div> </div>		

INAUGURAL INVITATION FOR MEN



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப்

பல்கலைக்கழகம்

**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY**

Chennai - 600127



Under the Auspices of **ASSOCIATION OF INDIAN UNIVERSITIES**

In Association with **TAMIL NADU POWERLIFTING ASSOCIATION**

All India Inter University Powerlifting Men Championship 2023-2024



Special Guest

Wilfred Vaz

Professor and Dean

TENIPE



Chief Guest

Prof. M. Sundar

Vice-Chancellor

TNPESU

**Has consented to be the Guest and Inaugurate
the Tournament**



Organizing Secretary

Dr. K. Rajesh Kumar

Assistant Professor cum

Sports Secretary

TNPESU

Date: 23rd May 2024

Time: 03:00 pm

Venue: Table Tennis Indoor, TNPESU

All are Cordially Invited

PROGRAMME SCHEDULE



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப்
பல்கலைக்கழகம்
**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY**
Chennai-600127

Under the Auspices of **ASSOCIATION OF INDIAN UNIVERSITIES**
In Association with **TAMIL NADU POWERLIFTING ASSOCIATION**

**All India Inter University Powerlifting Men
Championship 2023-2024**

INAUGURAL CEREMONY
Date: 23rd May 2024 at 03.00pm

TIME	PROGRAMME SCHEDULE
2.55pm	Arrival of the Dignitaries
03.00pm	Tamil Thaa Vazhthu
03.05pm	<u>Welcome Address</u> Dr. K. RAJESH KUMAR Sports Secretary TNPESU
03.10pm	Honouring the Guest's
03.20pm	<u>Presidential Address</u> Prof. M. SUNDAR Vice-Chancellor TNPESU
03.25pm	<u>Special Address</u> Wilfred Vaz Professor and Dean LNPE, Gwalior, Madhya Pradesh.
03.30pm	<u>Declaration of Event</u> Prof. M. SUNDAR Vice-Chancellor TNPESU
03.35pm	<u>Commencement of Events</u>

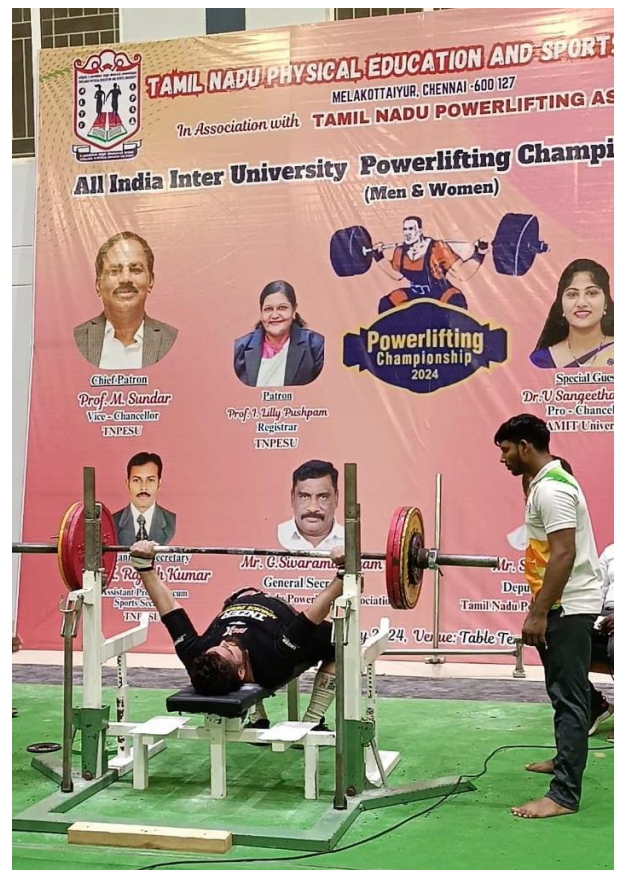
INAUGURAL CEREMONY



The inaugural ceremony of the All India Inter University Powerlifting Championship for Men was a distinguished event, marked by the presence of Special Guest Wilfred Vaz, Professor and Dean of LNIPE. The ceremony was further enriched by the contributions of the organizing secretary and members of the Tamil Nadu Powerlifting Association. Their combined efforts and commitment played a crucial role in setting the stage for a successful and inspiring championship, highlighting the importance of powerlifting and athletic excellence at the university level.







NATIONAL ANTI DOPING AGENCY



During the event, the National Anti-Doping Agency was represented by Mr. Rajesh S., Dope Control Officer from Kerala, Mrs. Savitha S., Dope Control Officer from Kerala, and Mr. M. Balamuneeswaran, Dope Control Officer from Madurai.

During the event, the National Anti-Doping Agency representatives, Mr. Rajesh S. and Mrs. Savitha S. from Kerala, along with Mr. M. Balamuneeswaran from Madurai, explained the anti-doping issues.



VALEDICTORY CEREMONY INVITATION



தமிழ்நாடு உடற்கல்வியியல் மற்றும்
விளையாட்டுப் பல்கலைக்கழகம்
**TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY**
Chennai - 600127



Under the Auspices of ASSOCIATION OF INDIAN UNIVERSITIES

In Association with TAMIL NADU POWERLIFTING ASSOCIATION

**All India Inter University Powerlifting Men
Championship 2023-2024**



Chief Guest
Prof. M. Sundar
Vice - Chancellor
TNPESU

Has consented to be the Chief Guest and
Distribute the Prize

Organizing Secretary
Dr. K. Rajesh Kumar
Assistant Professor cum
Sports Secretary
TNPESU



25th May 2024

Time: 12.00 pm

Venue: Table Tennis Indoor, TNPESU.

All are Cordially Invited



VALEDICTORY CEREMONY PROGRAMME SCHEDULE



**தமிழ்நாடு உடற்கல்வியியல் மற்றும்
விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY**
Chennai - 600127

Under the Auspices of ASSOCIATION OF INDIAN UNIVERSITIES
In Association with TAMIL NADU POWERLIFTING ASSOCIATION

**All India Inter University Powerlifting Men
Championship 2023-2024**

VALEDICTORY CEREMONY

Date: 25th May 2024 at 12.00pm

<u>TIME</u>	<u>PROGRAMME SCHEDULE</u>
11.55am	Arrival of the Dignitaries
12.00pm	Tamil Thaa Vazhthu
12.05pm	Welcome Address
012.10pm	Honouring the Guest's
012.20pm	<u>Chief Guest Address</u> Prof. M. SUNDAR Vice -Chancellor TNPEU
012.30pm	Prize Distribution
012.45pm	<u>Vote of Thanks</u> Dr. K. RAJESH KUMAR Sports Secretary TNPEU
012.50pm	National Anthem

Thank you

VALEDICTORY CEREMONY FOR MEN



The organizing secretary honored the chief guest, Professor M. Sundar, Vice Chancellor of Tamil Nadu Physical Education and Sports University.

During the All India Inter University Powerlifting Championship for Men, a special moment was dedicated to honoring the AIU Observer, Wilfred Vaz. Serving as the Special Guest, Wilfred Vaz, who is also a Professor and Dean at LNIPE, was recognized for his significant contributions and support to the championship. His presence and expertise added considerable value to the event, emphasizing the importance of academic and athletic excellence in university sports.





OVERALL WINNERS -MAHARSHI DAYANAND UNIVERSITY ROHTAK



OVERALL RUNNER UP- LAMRIN TECH SKILLS UNIVERSITY PUNJAB





Mr. Filferd Vaz Prof and Dean LNIPE delivered a speech during the valedictory ceremony, reflecting on the event and its significance.



APPRECIATION

Appreciation certificates were awarded to the medical team, staff, and Ph.D. scholars for their dedicated hard work during the event.



ADHIPARASAKTHI MEDICAL COLLEGE



BHARATH MEDICAL COLLEGE



OFFICE STAF AND PHD SCHOLOR



TAGORE MEDICAL COLLEGE

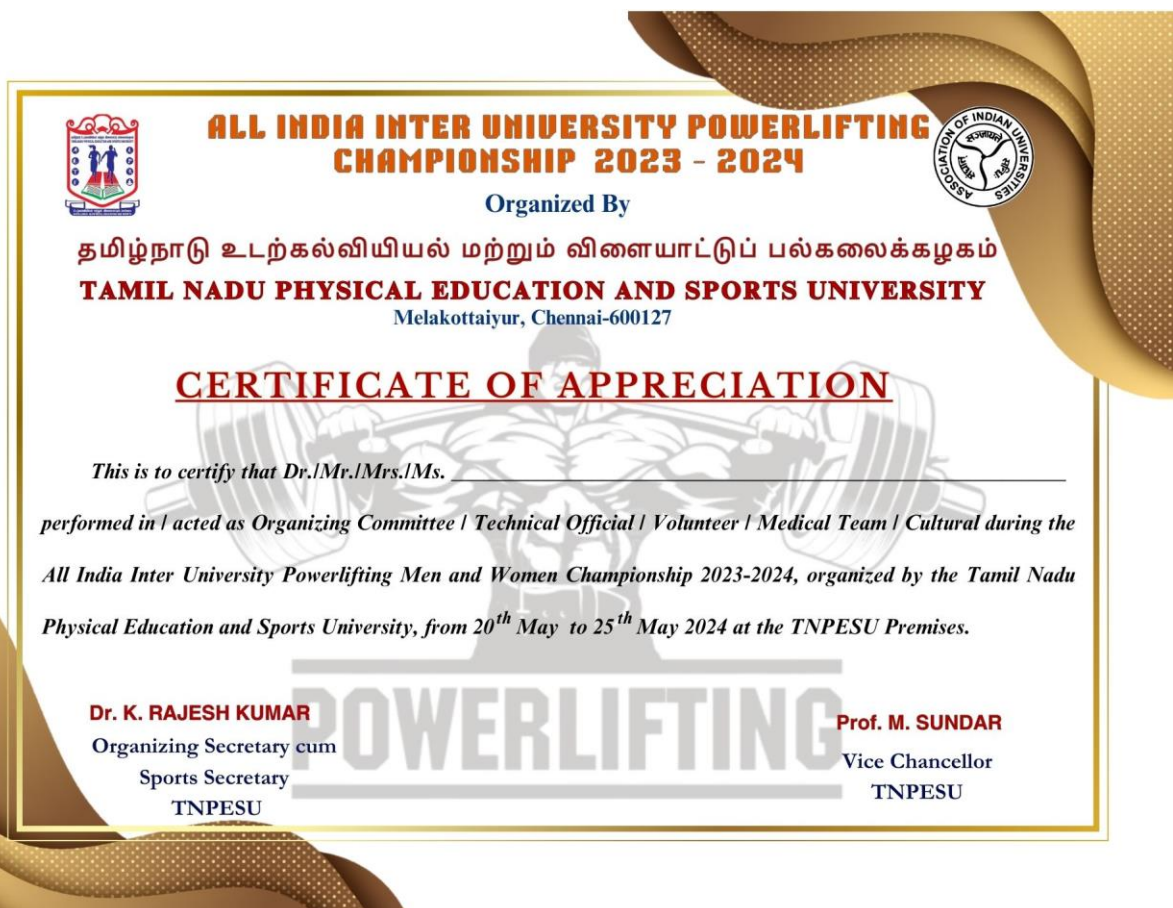


STAFF FROM AFFILIATED COLLAGES



TNPESU VOLUNTEERS

MODEL CERTIFICA



NATIONAL ANTHEM



Finally, the All India Inter University Powerlifting championship concluded with the National Anthem.





ALL INDIA INTER UNIVERSITY POWERLIFTING MEN AND WOMEN CHAMPIONSHIP 2023-2024

Organizing by

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI 600 127



MEN MEDAL WINNERS

CATEGORY:59 KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weight	BEST SQUAT	BEST B.PRESS	Sub Total	BEST DEADLIFT	Total	RANK	POINTS
3	DONE MURALI KRISHNA	YOGI VEMANA UNIVERSITY	58.75	250	130	380	240	620	1	12
2	NAVEEN.S	BHARATHIAR UNIVERSITY,CBE,TN	58.7	235	132.5	367.5	232.5	600	2	9
14	SONAWAN E PAWAN SANJAY	K B C NORTH MAHARASHTRA UNIVERSITY,JALGAON	58.5	225	122.5	347.5	247.5	595	3	8

CATEGORY:66 KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weight	BEST SQUAT	BEST B.PRESS	Sub Total	BEST DEADLIFT	Total	RANK	POINTS
2	THORAT VAIBHAV	DR.BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY	65.05	235	177.5	412.5	230	642.5	1	12
1	RAGHAV KUMAR	GNA UNIVERSITY,PHAGWARA	65.95	255	145	400	240	640	2	9
53	KARAN JANGID	PACIFIC UNIVERSITY,UDAIPUR	62.2	240	155	395	235	630	3	8

CATEGORY:74 KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weight	BEST SQUAT	BEST B.PRESS	Sub Total	BEST DEADLIFT	Total	RANK	POINTS
16	ROHITH S	UNIVERSITY OF CALICUT	73.25	312.5	162.5	475	250	725	1	12
11	AKSHAYKUMAR PRAJAPATI	UNIVERSITY OF MUMBAI	73.15	290	180	470	242.5	712.5	NADA	9
4	ARYA SINGH	DR.RAMMANOHAR LOHIA AVADH UNIVERSITY,AYODHYA,(U.P)	72.15	285	175	460	250	710	3	8

CATEGORY:83 KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weight	BEST SQUAT	BEST B.PRESS	Sub Total	BEST DEADLIFT	Total	RANK	POINTS
50	BHARATH R	ANNA UNIVERSITY,CHENNAI	82.75	290	195	485	282.5	767.5	1	12
1	M.JAYAMARUTHY	VIT,VELLORE	80.8	295	175	470	285	755	2	9
14	ARUN BHARATHI.S	BHARATHIAR UNIVERSITY,CBE,TN	82.1	307.5	177.5	485	265	750	3	8

CATEGORY:93 KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQU AT	BEST B.PRE SS	Sub Tot al	BEST DEADLI FT	Tot al	RANK	POI NTS
25	YURENDER KUMAR	MAHARAJA GANGA SINGH UNIVERSITY,BIKANER	92.25	317.5	192.5	510	300	810	1	12
27	SUNIL DESHWAL	SUNRISE UNIVERSITY ALWAR,RAJASTHAN	86.3	315	207.5	522.5	270	792.5	2	9
4	TARIK	CH.CHARAN SINGH UNIVERSITY,MEERUT	92.8	292.5	190	482.5	295	777.5	3	8

CATEGORY:105 KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQU AT	BEST B.PRE SS	Sub Tot al	BEST DEADLI FT	Tot al	RANK	POI NTS
11	PATIL RUTURAJ PRAKASH	SHIVAJI UNIVERSITY,KOLHAP UR	103.45	360	212.5	572.5	305	877.5	1	12
16	PARDUMAN	LAMRIN TECH SKILLS UNIVERSITY PUNJAB	98.6	350	210	560	290	850	2	9
10	MUHAMMED RAFIR	MAHATMA GANDHI UNIVERSITY,KOTTAY AM	101.45	310	225	535	292.5	827.5	3	8

CATEGORY:120 KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQU AT	BEST B.PRE SS	Sub Tot al	BEST DEADLI FT	Tot al	RANK	POI NTS
3	GOURAV SHARMA	LAMRIN TECH SKILLS UNIVERSITY PUNJAB	116.65	375	190	565	315	880	1	12
12	SHYAAM SUNDAR R S	ANNA UNIVERSITY,CHENNAI	119.35	340	225	565	305	870	2	9
15	VISHAL YADEV	MAHARSHI DAYANAND UNIVERSITY ROHTAK	112.8	340	205	545	295	840	3	8

CATEGORY:120 +KG										
LOT NO	PLAYER NAME	UNIVERSITY	Body Weig ht	BEST SQU AT	BEST B.PRE SS	Sub Tot al	BEST DEADLI FT	Tot al	RANK	POI NTS
11	VIGNESH MAHESHBAB U	JEPPIAAR UNIVERSITY,OMR,CH ENNAI	153.25	392.5	225	617.5	255	872.5	1	12
8	MANEESH KUMAR	LUCKNOW UNIVERSITY LUCKNOW	136.4	340	232.5	572.5	285	857.5	2	9
24	MOHAMED FAZILF	UNIVERSITY OF MADRAS	126.1	350	205	555	260	815	3	8

MEN TEAM CHAMPIONSHIP

UNIVERSITY	59KG	66KG	74KG	83KG	93KG	105KG	120KG	120+KG	TOTAL	RANK
MAHARSHI DAYANAND UNIVERSITY ROHTAK				6	4		8	6	31	1
LAMRIN TECH SKILLS UNIVERSITY PUNJAB			6	2		9	12		29	2
BHARATHIAR UNIVERSITY,CBE,TN	9	2	1	1	8		7		27	3

AKSHAYKUMAR PRAJAPATI UNIVERSITY OF MUMBAI the silver winner in the 74kg category for men was halted due to a complaint received from NADA (National Anti-Doping Agency).

राष्ट्रीय डोप रोधी एजेंसी
NATIONAL ANTI DOPING AGENCY
अनुपूरक रिपोर्ट फॉर्म • SUPPLEMENTARY REPORT FORM

1. द्वारा एकत्रित • COMPLETED BY

डोपिंग नियंत्रण अधिकारी ☒ एथलीट ☐ एथलीट प्रतिनिधि ☐ अन्य (अन्य को) ☐

2. रिपोर्ट का उद्देश्य • PURPOSE OF REPORT

अनुपालन में एथलीट की विफलता ☐ डोपिंग की घोषणा (डोपिंग नियंत्रण फॉर्म) ☐ टिप्पणी (डोपिंग नियंत्रण फॉर्म) ☐ सूचना/संबंधित रिपोर्ट ☐

अनुपूरक रिपोर्ट ☐ अन्य (अन्य को) ☐ **DETAILS OF ABSENT PLAYER AND REGARDING OF ALL TO DOB ENTER UNIVERSITY POWERLIFTERS IN 74 KG MEN 2nd POSN.**

3. अनुपूरक रिपोर्ट • SUPPLEMENTARY REPORT

Sir,

74kg Men's category silver winner AKSHAY Kumar Prajapati son of Indrajit Singh Chavla a student of M.N.M.G. College Marhade who stood in 4th position in 74 kg category at All India Inter University Powerlifting Championship. due to continuous failures of lifts by the lifter and second place he gone up to 2nd place in total ranking by his time he left venue prior after the 1st lift result was announced and when we went in search for him we come to know that he announced through the mic but then also he didn't come. Team members has come team manager contacted he didn't pick up the phone after that we tried to contact the coach but failed then we come to know that coach and the athlete was out of the game. We called the NADA Office all matter confirmed and alongwith supporting attached are as under.

i. Akshay Kumar Prajapati Aadhar copy alongwith college selection list copy

ii. Result sheet copy etc.

K. R. Ramesh Kumar
 Sports Secretary

4. प्रक्रिया का अनुपालन • CONFIRMATION OF PROCEDURE

NAME: **AKSHAY KUMAR PRAJAPATI** DOB: **11/01/2002** DOB NAME: **RAJESH K** SIGNATURE: **RAJESH K**

मूल-सफेद-सफेद
 ORIGINAL-NADA-WHITE

कॉपी-1-विजयी-मूलकी
 COPY-1-ATHLETE-PINK

कॉपी-2-प्रशासक-मूलकी
 COPY-2-LABORATORY-YELLOW

संस्करण: 5.10.2020 सं.नं./एन.नं.
 VERSION: 5.10.2020 NADA/NA

AFTER THE SUCCESSFUL COMPLETION OF THE EVENT, LUNCH WAS OFFERED TO THE GUESTS, OFFICIALS, MEDICAL TEAM, STAFF, AND VOLUNTEERS.





The equipment and Furniture was evacuated from the venue after the conclusion of the event.



REPORT

The All India Inter University Powerlifting Championship 2023-2024 was inaugurated by the Chief Guest, Hon'ble Mr. Raja, MLA and President of the Tamil Nadu Powerlifting Association, along with Prof. M. Sundar, Vice Chancellor of Tamil Nadu Physical Education and Sports University. The event saw participation from 124 universities, with 509 male and 378 female athletes competing. In the women's category, Anjali P R from Mahatma Gandhi University, Kottayam, secured the first position in the 76 kg category, followed by K. Anushiya from Pondicherry University and Neha Mishra from Lamrin Tech Skills University, Punjab. In the 69 kg category, Madhu from Lamrin Tech Skills University, Punjab, took the top spot, with Jasvinder Kaur from Veer Bahadur Singh Purvanchal University, Jaunpur (U.P), and Kajal from Maharshi Dayanand University, Rohtak, coming second and third, respectively. The 63 kg category was led by Nandana K V from Kannur University, followed by Komal from Lamrin Tech Skills University, Punjab, and Priya Kalyane from Barkatullah University, Bhopal (M.P). Mubeen from Chandigarh University, Mohali, won the 57 kg category, with Shaik Sadiya Almas from Koneru Lakshmaiah Education Foundation and Patil Shubhangi Shivaji from Swami Ramanand Teerth Marathwada University, Nanded (M.S), as runners-up. In the 52 kg category, Mohanapriya V from Bharathiar University, Coimbatore, Tamil Nadu, came first, followed by Pratheeksha Sajikumar from University of Calicut and Seema Kuntal from Lamrin Tech Skills University, Punjab. Aneesha from University of Calicut topped the 47 kg category, with Gita from Lamrin Tech Skills University, Punjab, and Sonawane Ashwini Arvind from K.B.C. North Maharashtra University, Jalgaon, finishing second and third. Overall, Lamrin Tech Skills University, Punjab, emerged as the women's champions, with Bharathiar University, Coimbatore, Tamil Nadu, as runners-up, followed by Kannur University and Mahatma Gandhi University, Kottayam.

In the men's category, Bharath R from Anna University, Chennai, led the 83 kg category, followed by M. Jayamaruthy from VIT, Vellore, and Arun Bharathi S from Bharathiar University, Coimbatore, Tamil Nadu. Yurender Kumar from Maharaja Ganga Singh University, Bikaner, won the 93 kg category, with Sunil Deshwal from Sunrise University, Alwar, Rajasthan, and Tarik from Ch. Charan Singh University, Meerut, in second and third place. Patil Ruturaj Prakash from Shivaji University, Kolhapur, topped the 105 kg category, followed by Parduman from Lamrin Tech Skills University, Punjab, and Muhammed Rafi R from Mahatma Gandhi University, Kottayam. In the 120 kg category, Gourav Sharma from Lamrin Tech Skills University, Punjab, took the first position, with Shyaam Sundar R S from Anna University, Chennai, and Vishal Yadev from Maharshi Dayanand University, Rohtak, as runners-up. The 120+ kg category saw Vignesh Maheshbabu from Jeppiaar University, OMR, Chennai, as the winner, followed by Maneesh Kumar from Lucknow University, Lucknow, and Mohamed Fazilf from University of Madras. Overall, Maharshi Dayanand University, Rohtak, was declared the men's champions, with Lamrin Tech Skills University, Punjab, as runners-up, followed by Bharathiar University, Coimbatore, Tamil Nadu, and University of Calicut. The valedictory ceremony was presided over by Prof. M. Sundar, Vice Chancellor of Tamil Nadu Physical Education and Sports University, who distributed the prizes and congratulated the winners on their outstanding performances, marking the championship as a resounding success.

CONCLUSION

The All India Inter University Powerlifting Championship concluded on a high note, showcasing exceptional talent and sportsmanship among the participants. With 124 universities represented and a total of 887 athletes (509 men and 378 women) competing, the event highlighted the growing interest and dedication towards powerlifting in India. The outstanding performances by the winners in various weight categories demonstrated the high level of preparation and commitment of the athletes. Lamrin Tech Skills University, Punjab, emerged as the overall women's champions, while Maharshi Dayanand University, Rohtak, claimed the men's title. The championship not only provided a platform for athletes to display their strength and skills but also fostered a spirit of unity and healthy competition among universities. The successful organization and execution of the event, with the support of the Tamil Nadu Powerlifting Association and the Tamil Nadu Physical Education and Sports University, were commendable. The championship has set a high standard for future events and has undoubtedly inspired many young athletes to pursue excellence in powerlifting.

Organizing Secretary

DR. K. RAJESH KUMAR

Sports Secretary

Thank you

A Report on All India Inter University Roll Ball Championship (Men & Women) 2023-2024

**Organized By Tamil Nadu Physical Education and Sports
University**

Melakottaiyur, Chennai- 600 127



Organizing Secretary

Dr. Rajesh Kumar

Sports Secretary

Tamil Nadu Physical Education and Sports University

Melakottaiyur, Chennai- 600 127

May-2024

TAMIL NADU 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 accent 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 ten affiliated Colleges



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INTRODUCTION

The All India Inter University Roll Ball Championship for the year 2023-2024 was a landmark event in the university sports calendar, hosted by Tamil Nadu Physical Education and Sports University, Chennai. The championship, which took place from May 15 to May 17, 2024, featured the participation of 13 women's teams and 12 men's teams from various universities across India.

Organized under the proficient guidance of Dr. K. Rajesh Kumar, the Sports Secretary and Organizing Secretary, the event aimed to highlight and promote the sport of Roll Ball while fostering a spirit of camaraderie and sportsmanship among university athletes. The competition provided an excellent platform for young sports enthusiasts to demonstrate their skills, teamwork, and competitive spirit.

The Tamil Nadu Physical Education and Sports University, renowned for its commitment to physical education and sports, ensured that the championship was conducted professionally and efficiently. The event not only celebrated the athletic talents of university students but also emphasized the importance of sports in fostering unity and excellence.

The following report provides a detailed account of the championship, including the preparation, execution, and outcomes of the event, as well as the performances of the participating teams.

Roll Ball

Roll Ball is an exciting and dynamic sport that combines elements of roller skating, basketball, and handball. Originating in India, Roll Ball has quickly gained popularity worldwide due to its fast-paced nature and unique blend of skills. Players, equipped with roller skates, dribble and pass a ball with their hands, aiming to score goals against the opposing team. The game demands a high level of agility, balance, coordination, and teamwork, making it a thrilling spectacle for both players and spectators alike.

The sport is typically played on a hard surface court, with teams consisting of six players each, including a goalkeeper. The objective is to score more goals than the opposing team within the given time frame. Roll Ball's rules and structure ensure a continuous flow of action, making it a captivating and engaging sport.

As Roll Ball continues to expand its reach and attract new participants, it serves as a testament to the innovative spirit of modern sports, bringing together diverse athletic disciplines into a cohesive and exhilarating game.

OBJECTIVES

The objectives of the All India Inter University Roll Ball Tournament 2023-2024 aim to promote Roll Ball as a competitive sport by encouraging its growth and popularity across universities in India and providing a platform for showcasing talent and skills at an inter-university level. The tournament seeks to foster sportsmanship and team spirit by instilling values of fair play, teamwork, and respect among participants, and creating an environment that emphasizes the importance of ethical behavior both on and off the field. It aims to identify and nurture talent by scouting and identifying skilled Roll Ball players for potential inclusion in national and international teams, and providing opportunities for players to be observed by coaches, scouts, and sports associations.

Furthermore, the tournament enhances physical fitness and mental well-being by promoting physical fitness, mental resilience, and overall well-being among student-athletes, encouraging regular physical activity through participation in Roll Ball. It encourages inter-university collaboration and interaction by facilitating interaction and collaboration through sports and strengthening bonds and relationships among student communities from different regions. The event also promotes gender equality in sports by ensuring equal opportunities and facilities for both men and women participants, and highlighting and celebrating the achievements of female athletes in Roll Ball.

Additionally, the tournament develops organizational and leadership skills by providing a platform for students to gain experience in event management, refereeing, and volunteer activities, encouraging their involvement in the planning and execution of the event. It aims to create a legacy of excellence by establishing high standards for the tournament that can be carried forward in future editions, inspiring upcoming generations of university students to participate and excel in Roll Ball. The tournament enhances the visibility of university

sports programs by increasing awareness and showcasing the role of universities in promoting sports and physical education. Finally, it promotes healthy competition and rivalries by encouraging healthy competition among participating universities, fostering a sense of rivalry based on mutual respect and admiration for skill and effort. These objectives ensure that the All India Inter University Roll Ball Tournament 2023-2024 is not just a competition but a holistic event that contributes to the growth and development of the sport, the athletes, and the university sports culture in India.

OUTCOMES

The All India Inter University Roll Ball Tournament 2023-2024 yielded numerous positive outcomes. There was a significant increase in the popularity and awareness of Roll Ball among university students and the general public, establishing it as a mainstream sport within the university sports circuit. The tournament facilitated the discovery of new and exceptional Roll Ball talent across participating universities, with several players identified for potential inclusion in national teams and professional leagues. High levels of sportsmanship, fair play, and ethical behavior were demonstrated among participants, leading to improved relationships and mutual respect among student-athletes from diverse regions. The event had a positive impact on the physical fitness and mental health of student-athletes, who exhibited enhanced resilience, discipline, and overall well-being.

Moreover, the tournament strengthened bonds and increased collaboration between universities through sports, fostering the development of a supportive and inclusive university sports community. It advanced gender equality in sports by ensuring equal participation and visibility of both men and women in Roll Ball, with enhanced recognition and celebration of female athletes and their achievements. Students

gained valuable experience in event planning, management, and leadership roles, leading to improved organizational skills among student volunteers, referees, and event coordinators.

High standards set during the tournament established a benchmark for future events, with inspirational performances and organizational success contributing to a lasting legacy. The visibility of university sports programs was increased, garnering greater support from stakeholders and the community, and enhancing the reputation of participating universities for their commitment to sports and physical education. Healthy rivalries developed among universities, leading to an elevated level of competition, with participants demonstrating a competitive spirit balanced with mutual respect and camaraderie. These outcomes reflect the comprehensive success of the All India Inter University Roll Ball Tournament 2023-2024, contributing to the growth of the sport, the development of student-athletes, and the strengthening of the university sports ecosystem in India.

APPROVAL LETTER



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

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

Accredited with "B" Grade by NAAC

Website : www.tnpesu.org

Email : vc@tnpesu@gmail.com

Phone No : 044-27477906

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai - 600 127. Tamil Nadu.

Dr.M.Sundar
Vice-Chancellor

Lr.No. /TNPEU/Permission Order/2024, Date: 10.05.2024

To

Dr.K.Rajesh Kumar,
Sports Secretary,
TNPEU, Chennai-127.

Sir,

Sub: TNPEU – Permission – Organize the All India Interuniversity – Roll Ball
(Men & Women) Tournament 2023-24 – Orders – Issued – Reg.

This is to inform you that, the permission is given to conduct the All India Interuniversity Roll Ball (Men & Women) Tournament 2023-24 from 15-05-2024 to 17-05-2024 in this University Premises. In this regard, you make necessary arrangement for the smooth conduct of Tournament and furnish the report of the above Tournament along with photo copies to the Director, IQAC for NAAC purpose within 10 days.

Vice-Chancellor

Dr. M. SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127

Copy to:

1. The Finance Section
2. IQAC Office

04, 2022, 20:33

CIRCULAR LETTER



தமிழ்நாடு உடற்கலவியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005. A State Govt. University)

Website : www.tnpesu.org

Email : sportssecretarytnpesu@gmail.com

Phone No :044-27477906

Mobile: 9944557785
7904659412

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai - 600 127. Tamil Nadu.

Dr.K.Rajesh kumar, M.P.Ed., M.Sc., M.Phil., Ph.D.
Sports Secretary



18-04-2024

To

The Vice Chancellor / Registrar / Secretary Sports Council / Director Sports / Sports Officer,
All Participating Universities affiliated to Association of Indian Universities (AIU), New Delhi.

Respected Sir / Madam,

Sub: Tamil Nadu Physical Education and Sports University – Hosting of All India Inter University Roll Ball (Men & Women) Tournament 2023-24 – Intimation - Reg.
Ref: AIU Annual Calendar of National University Games for the year 2023-24

Greetings from Tamil Nadu Physical Education and Sports University, Chennai-127!

We are pleased to inform you that Tamil Nadu Physical Education and Sports University, Chennai-127, has been allotted by Association of Indian Universities (AIU), New Delhi to organize the following Roll Ball (Men & Women) Tournament for 2023-24. I on behalf of Tamil Nadu Physical Education and Sports University Sports Council invite you to participate in the below mentioned All India Inter University Roll Ball Tournament for Men & Women.

Name of the Tournament	Venue of the Tournament	Last date of receipt of Detailed entries	Date of drawal of Fixture	Meeting of Team Managers	Date of Tournament
All India Inter University Roll Ball (Men & Women) Tournament 2023-24	Tamil Nadu Physical Education and Sports University, Chennai-127	05-05-2024	08-05-2024	14-05-2024	15-05-2024 To 17-05-2024

Any other information regarding the tournaments will be updated accordingly on our university website (www.tnpesu.org). The entries may kind be sent to **Dr.K.Rajesh Kumar, Sports Secretary, TNPESU** on or before the last date. For quick response and entries you are requested to send mails to sportssecretarytnpesu@gmail.com

Further, you may visit AIU website to update the tournament details or changes if any made from time to time. Kindly feel free to contact **Dr.K.Rajesh Kumar** on his Whatsapp No: 9944557785 for further details.

Thanking You



K. Rajesh Kumar
(K. RAJESH KUMAR)

Dr.K.RAJESH KUMAR., Ph.D.,
Sports Secretary

Tamil Nadu Physical Education and Sports University
Melakottaiyur Post, Vandalur, Chennai - 600 127, Tamil Nadu

Copy to:

1. Dr.Baljith Singh Sekhon, Joint Secretary, (YA & Sports) AIU, New Delhi - 110 02.
2. Additional Chief Secretary to Government, YWSD – For kind information.
3. Office of the Vice Chancellor, TNPESU
4. The Registrar, TNPESU

ORGANISING COMMITTEE
ALL INDIA INTER UNIVERSITY ROLL BALL TOURNAMENTS
2023 - 24

TRANSPORTATION	
TAMBARAM RAILWAY STATION	
STAFF INCHARGE	VOLUNTEERS
1. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Aswanth – 7904653178 2. Mr. Jhonson – 8825878187 3. Mr. Balakamesh - 8754980250
RECEPTION & REGISTRATION	
REGISTRATION DESK - 1	
STAFF INCHARGE	VOLUNTEERS
1. Dr. K. Gnanasundari – 9443983207	1. Dr.K.Ambedkar – 9943656863 2. Mr. Renuga – 3. Mr. Kalavathi - 8870551341 4. Mr. Arumugam - 733000020
REGISTRATION DESK - 2	
STAFF INCHARGE	VOLUNTEERS
1. Dr. G. Gokila – 95247008736	1. Mr. K.Megaraj – 7667555766 2. Mr. M.Stalin – 995278391 3. Mr. Ajith - 8838658798
ROOM ALLOTMENT (COACHES, MANAGERS & PLAYERS)	
STAFF INCHARGE	VOLUNTEERS

	1. Dr. S. Jayakumar – 9444553332 2. Dr. Rengarajan – 9597181081	1. Mr. Kishore - 7092223700 2. Mr. Vetrivel – 7904663797 3. Mr. Arjun – 6282234183 4. Mr. Kanikainathan – 8111060331
	SPORTS HOSTEL – Officials & Guest	
	STAFF INCHARGE	VOLUNTEERS
	1. Mr. Surya – 9791404689	
	MEN’S HOSTEL (BED ISSUE COMMITTEE)	
	STAFF INCHARGE	VOLUNTEERS
	1. Karthikeyan - 9159787169	1. Mr. Shyam – 2. Mr. Muthu – 7904619741 3. Mr. Pragadeesheeran -
	MESS & FOOD	
	STAFF INCHARGE	VOLUNTEERS
	1. Dr. V. Duraisami – 9842708648 2. Dr. P. Kumaravel – Assot. Prof. 3. Dr. V. Muruguvalavan – Med. Offc.	
	ESTATE SUPERVISION & HOUSE KEEPING	
	STAFF INCHARGE	
	1. Dr. V. Muruguvalavan – 9443466208 2. Mr. Manirathanam - 9159876616 3. Mr.Vimalraj – 8190826324 4. Mr. A.Prabudoss– 9943654166 5. Mr. Parthipan – 8608222724	

PA SYSTEM & ELECTRICAL**STAFF INCHARGE**

1. Dr. V. Muruguvalavan – 9443466208
2. Mr. Manirathanam - 9159876616
3. Mr. A.Prabudoss– 9943654166
4. Mr. Parthipan – 8608222724

MEDICAL, FIRST-AID & AMBULANCE**STAFF INCHARGE**

1. Dr. V. Muruguvalavan – Med. Offc.
2. Mr.C.Manoj – Physiotherapist
3. Mr. K.B. Srinivasan – Sports Physio.
4. Mrs. Valli – Staff Nurse
5. Ms. Jeyanthi – Staff Nurse (OS)

EQUIPMENT**STAFF INCHARGE**

1. Mr. Dhayanithy – Ph.D Scholar

VOLUNTEERS

1. NCC Students

CEREMONIAL**STAFF INCHARGE**

Dr.C.Manoj – 9976937156

CERTIFICATES & MEDALS**STAFF INCHARGE**

1. Mrs. G. Tamil Mani
2. Dr. K. Gnanasundari – 9443983207
3. Ms. S.Sonia Sakthi

VOLUNTEERS

1. Mr. Prince Mohamed – Ph.D Scholar

STAGE, BROCHURE & INVITATION**STAFF INCHARGE**

2. Dr. D. Sathiya Kumar 3. Mr. S.Saran Sakthivel - 8667202140 4. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Kumarakuru – 2. Mr. Ajith –
MEDIA, ADVERTISEMENT & PRESS	
STAFF INCHARGE	VOLUNTEERS
1. Dr. N. Ashokkumar – 9444820392 2. Dr. V. Rameshkumar – 9444498649 3. Dr. S. Jayakumar - 9444553332	

1. Dr. S. Jayakumar – 9444553332	
VIP & VVIP HOSPITALITY	
STAFF INCHARGE	
1. Dr. R. Venkatesan Associate Professor – 9942371571 2. Dr. G.Kumaran Associate Professor – 9443494893	
CULTURALS	
STAFF INCHARGE	VOLUNTEERS
1. Dr. V. Duraisami – 9842708648	
MASTER OF CEREMONY	
STAFF INCHARGE	
1. Dr.C.Manoj – 9976937156 2. Ms. S. Soniyasakthi –	
OFFICIAL IN-CHARGE	
STAFF INCHARGE	VOLUNTEERS
1. Dr. G.Kumaran Associate Professor - 9443494893	1. Mr. Varun - 9080164475
REFRESHMENTS	
STAFF INCHARGE	VOLUNTEERS

1. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Deva – 9150739575 2. Mr. Rishi – 9344196433
WATER & MAINTENANCE	
STAFF INCHARGE	VOLUNTEERS
1. Mr.Sandeep - 7904282033	1. Mr. Aguestine – 9344193687 2. Mr. Padaiyappa – 8610764990 3. Mr. Vijayaraj - 9384226693
CORE AND HELP DESK TEAM	
STAFF INCHARGE	VOLUNTEERS
1. Mr.G.Vignesh JA - 7904895613 2. Mr. S.Saran Sakthivel - 8667202140 3. Ms. S. Soniyasakthi – 4. Mr. T.Selvakumar - Ph.D Scholar 9345353559	1. Mr. Raman -9345631271 2. Mr. Logeshwaran - 6369963789 3. Mr. Anbarasan – 6383522044

ACCOMMODATION

STAFFIN-CHARGE

SPORTS ACADEMY

(BADMINTON & TABLE - TENNIS)

1.Dr.G.Kumaran - 8248801284

2.Dr. S. Jayakumar – 9444553332 / 9940584940

3. Dr. Rengarajan - 9597181081

4. Mr. Karthikeyan – 91597871695. Mr. Sandeep –
7904282033

SPORTS HOSTEL

(Officials & Guest) 1. Mr. Surya – 9791404689

MEN'S HOSTEL

1. Mr. Karthikeyan – 9159787169

2. Dr. P. Adichaippan - 7358277257

MAINTENANCE

ESTATE OFFICER

Dr. V. Muruguvalavan – 9443466208

ENGINEER

Mr. Manirathanam – 9159876616

ELECTRICIAN

Mr.A.Prabhu Doss - 9943654166

Mr. Parthipan – 8608222724

INAUGURAL INVITATION

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 600127

Under the Auspices of

ASSOCIATION OF INDIAN UNIVERSITIES

**All India Inter University Roll Ball Tournament
(Men & Women) 2023 -2024**



Chief Patron

Prof. M. Sundar

Vice - Chancellor

TNPESU



Chief Guest

Mr. R. Lakshmipathy

Joint Director

Dinamalar



Patron

Prof. I. Lilly Pushpam

Registrar

TNPESU



Guest of Honour

Mr. M. P. Subramaniam

General Secretary

South India Roll Ball Association

Has consented to be the Guest and Inaugurate the Tournament



Organizing Secretary

Dr. K. Rajesh Kumar

**Assistant Professor cum
Sports Secretary**

TNPESU



Date: 15th to 17th May 2024, Time: 10.00 am.

Venue: Gymnastic Indoor, TNPESU.

All are Cordially Invited

PROGRAMME SCHEDULE

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

Chennai - 600127

Under the Auspices of

ASSOCIATION OF INDIAN UNIVERSITIES

**All India Inter University Roll Ball Tournament
(Men & Women) 2023 -2024**



INAUGURAL CEREMONY

Date: 15th at 10.00am

TIME PROGRAMME SCHEDULE

9.55am	Arrival of the Dignitaries
10.00am	Tamil Thaa Vazhthu
10.05am	Welcome Address
10.10am	Flag Hosting
10.15am	March Past
10.25am	<u>Welcome Address</u> Dr. K. RAJESH KUMAR Sports Secretary TN PESU
10.30am	Honouring the Guest's
10.35am	<u>Inaugural Address</u> Prof. I. LILLY PUSHPAM Registrar TN PESU
10.40am	<u>Presidential Address</u> Prof. M. SUNDAR Vice -Chancellor
10.45am	<u>Chief Guest Address</u> MR.R. LAKSHMIPATHY Join Director Dinamalar
10.50am	<u>Special Address</u> MR. M. P. SUBRAMANIAM General Secretary South India Roll Ball Association
10.55am	<u>Declaration of Tournament</u> Prof. M. SUNDAR TN PESU
11.00am	Commencement of Matches

MANAGERS MEETING

The organizing secretary explained the meet details during the All India Inter University Roll Ball Tournament for men and women



FACILITIES DURING THE EVEN

RECEPTION



TRANSPORTATION



MEDICAL FACILITIES DURING THE EVENT

The All India Inter University Roll Ball for Men and Women received essential medical and ambulance support from Bharath Medical College and Tagore Medical College. This vital assistance ensured the safety and well-being of all participants, providing immediate medical attention and care as needed throughout the event. The collaboration with these medical institutions underscored the commitment to maintaining high standards of health and safety during the championship, allowing athletes to perform at their best with peace of mind.



MEDICAL TEAM

The medical team, consisting of professionals from various colleges such as

TAGORE MEDICAL COLLEGE



BHARATH MEDICAL COLLEGE



AATHIPARASHAKTHI MEDICAL COLLEGE



POWERLIFTING PLAYER WAS TAKING TREATMENT



PLAYING AREA



LIST OF PARTICIPATION UNIVERSITIES

MEN & WOMEN



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005. A State Govt. University)

Organised

All India Inter University Roll Ball Championship (Men & Women)
2023-24

(15th to 17th May 2024)

Total Entries Received on 06.04.2024

S. No	NAME OF THE UNIVERSITY	MEN	WOMEN	RECEIVED ENTRIES
1	Anna University, Chennai	✓	✓	Received
2	Bhagwant University	---	✓	Received
3	Bharati Vidyapeeth University, Pune	✓	✓	Received
4	Central University of Punjab, Bathinda	✓	---	Received
5	Devi Ahilya University, Indore (M.P.)	✓	✓	Received
6	Karpagam Academy of Higher Education	✓	---	Received
7	Mahatma Gandhi University, Kottayam	✓	✓	Received
8	PDUS University, Sikar	✓	✓	Received
9	Savitribai Phule Pune University, Pune	✓	✓	Received
10	Sri Kushal Das University, Rajasthan	✓	✓	Received
11	University of Kerala	✓	✓	Received
12	Veer Narmad South Gujarat University, Gujarat	✓	✓	Received



K. Rajesh Kumar
Dr.K.RAJESH KUMAR., Ph.D.,
Sports Secretary
Tamil Nadu Physical Education and Sports University
Melakottaiyur (Post), Vandalur, Chennai - 600 127, Tamilnadu

(Dr.K.RAJESHKUMAR)

Sports Secretary

MEN FIXTURES



All India Inter University Roll Ball Tournament-2023-24

Men Fixtures

1	PDUS University, Sikar		
2	Veer Narmad South Gujarat University, Gujarat	3	7
3	Devi Ahilya University, Indore (M.P.)		
4	Sri Kushal Das University, Rajasthan	1	
5	Anna University, TN		8
6	University of Kerala		
7	TNPESU		
8	Central University of Punjab, Bathinda	2	5
9	Karpagam Academy of Higher Education		
10	Bharati Vidyapeeth University, Pune	4	
11	Mahatma Gandhi University, Kottayam		6
12	Savitribai Phule University Pune		

I	II	III
D vs A	C vs A	B vs A
C vs B	B vs D	D vs C

Sports Secretary



WOMEN FIXTURES



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



Chennai - 600127

All India Inter University Roll Ball Tournament-2023-24

(15th to 17th May 2024)

Women Fixtures

(Knockout cum League)

1	Mahatma Gandhi Kashi Vidyapith, Varanasi, U.P.				
2	Devi Ahilya University, Indore (M.P).	5	9	A	
3	Anna University, Chennai.				
4	Bharati Vidyapeeth University, Pune.	3			
5	Bhagwant University.		8	B	
6	Veer Narmad South Gujarat University, Gujarat.	1			
7	PDUS University, Sikar.				
8	TNPESU.				
9	Amit University, TN.	2	6	C	
10	University of Kerala.				
11	Sri Kushal Das University, Rajasthan.	4			
12	Mahatma Gandhi University, Kottayam.		7	D	
13	Savitribai Phule Pune University, Pune.				

League Matches

I	II	III
D vs A	C vs A	B vs A
C vs B	B vs D	D vs C


Dr.K.RAJESH KUMAR., Ph.D.,
 Sports Secretary
 Tamil Nadu Physical Education and Sports University
 Melakottaiyur (Post), Vandalur, Chennai - 600 127, Tamilnadu
(K.RAJESH KUMAR)
 Sports Secretary cum



Organizing Secretary, AIU, Roll Ball.

INAUGURAL CEREMONY



The Inaugural Ceremony of the All India Inter University Roll Ball Championship for the year 2023-2024 was marked by a grand welcome extended to esteemed dignitaries. Chief Guest Prof. I. Lilly Pushpan, Registrar of Tamil Nadu Physical Education and Sports University, was greeted with reverence, reflecting the honor of her presence. Special Guest Mr. R. Lakshmipathy, Joint Director of Dinamalar, was welcomed with warmth and appreciation for his valuable contribution to the event. Additionally, Guest of Honor Mr. M. Subramaniam, General Secretary of the South Indian Roll Ball Association.



During the Inaugural Ceremony of the All India Inter University Roll Ball Championship 2023-2024, Organizing Secretary Dr. K. Rajesh Kumar delivered a warm and heartfelt welcome address. Dr. Kumar's words resonated with enthusiasm as he extended a gracious welcome to all the esteemed guests, participants, and spectators gathered for the event.



During the Inaugural Ceremony of the All India Inter University Roll Ball Championship 2023-2024, the esteemed Chief Guest, Prof. I. Lilly Pushpan, Registrar of Tamil Nadu Physical Education and Sports University, was honored with a token of appreciation and respect. Dr. K.

Rajesh Kumar, the Organizing Secretary, led the ceremony, presenting a commemorative memento or bouquet of flowers to Prof. Pushpan on behalf of the organizing committee event.



The tournament commenced with great enthusiasm and anticipation as teams from various universities across the nation gathered to compete in the All India Inter University Roll Ball Championship 2023-2024. The opening matches were filled with excitement and fervor, showcasing the skill and determination of the participating athletes. Spectators cheered on their favorite teams as the competition intensified, setting the stage for an exhilarating series of matches. The tournament's start was marked by a spirit of sportsmanship and camaraderie, as teams vied for victory while also displaying respect and fair play. Overall, the beginning of the championship laid a solid foundation for the thrilling contests and memorable moments that would unfold throughout the event.

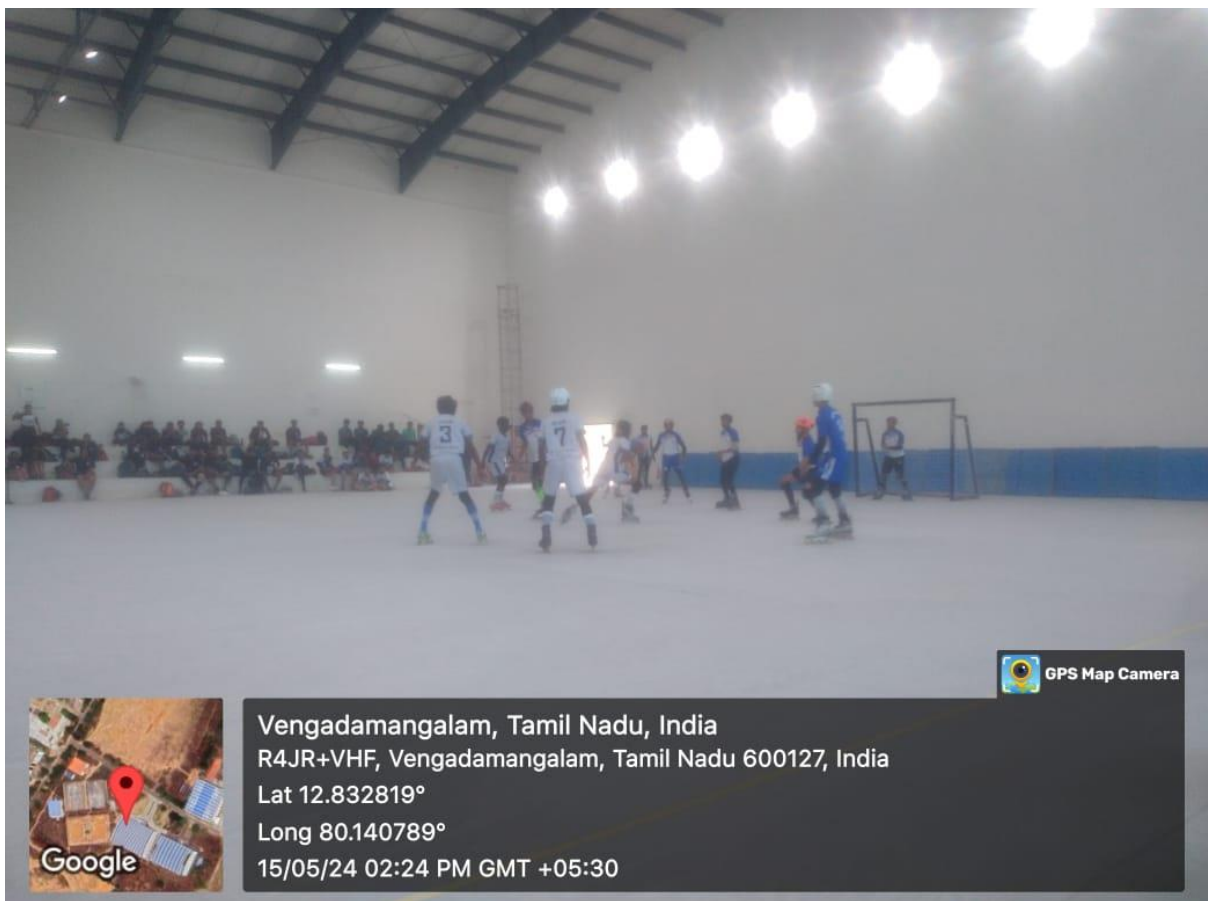
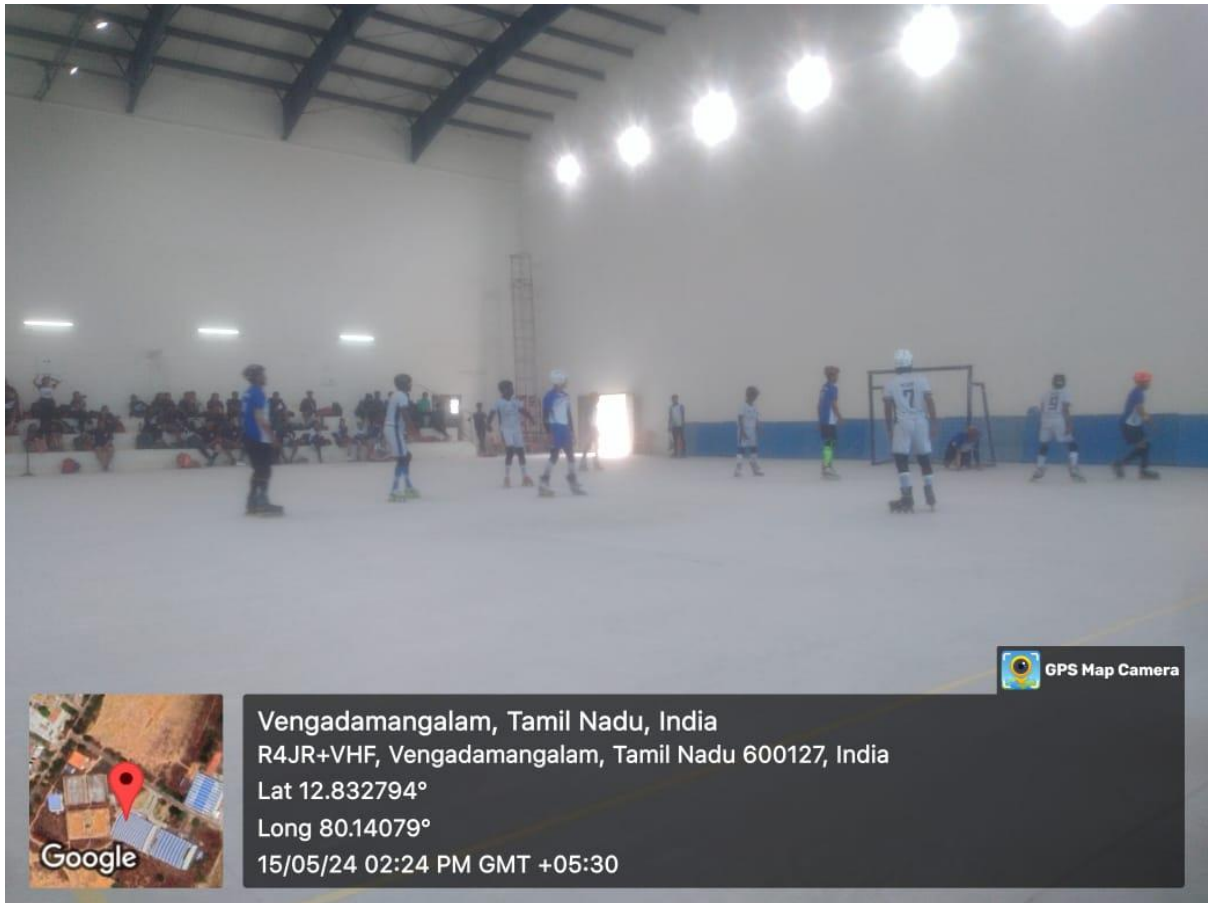


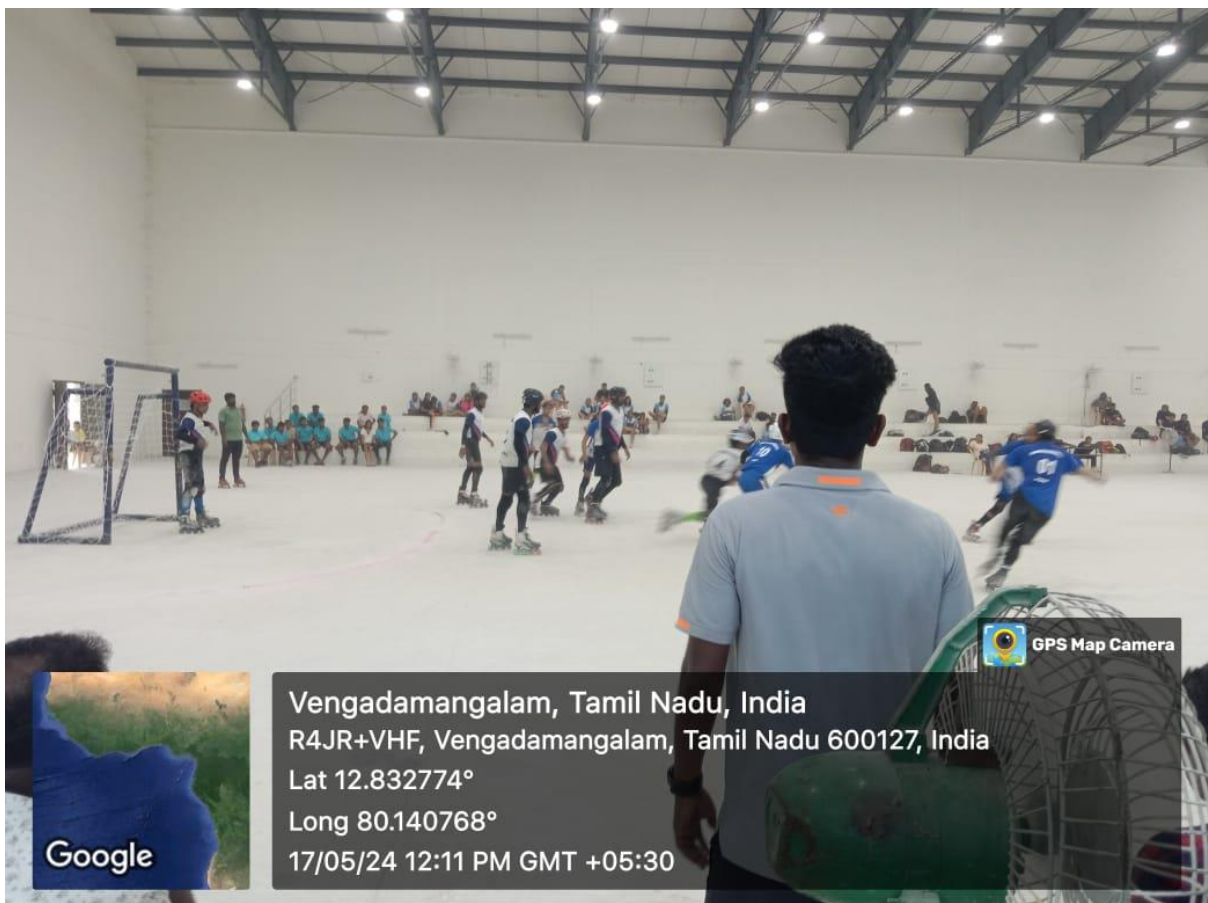
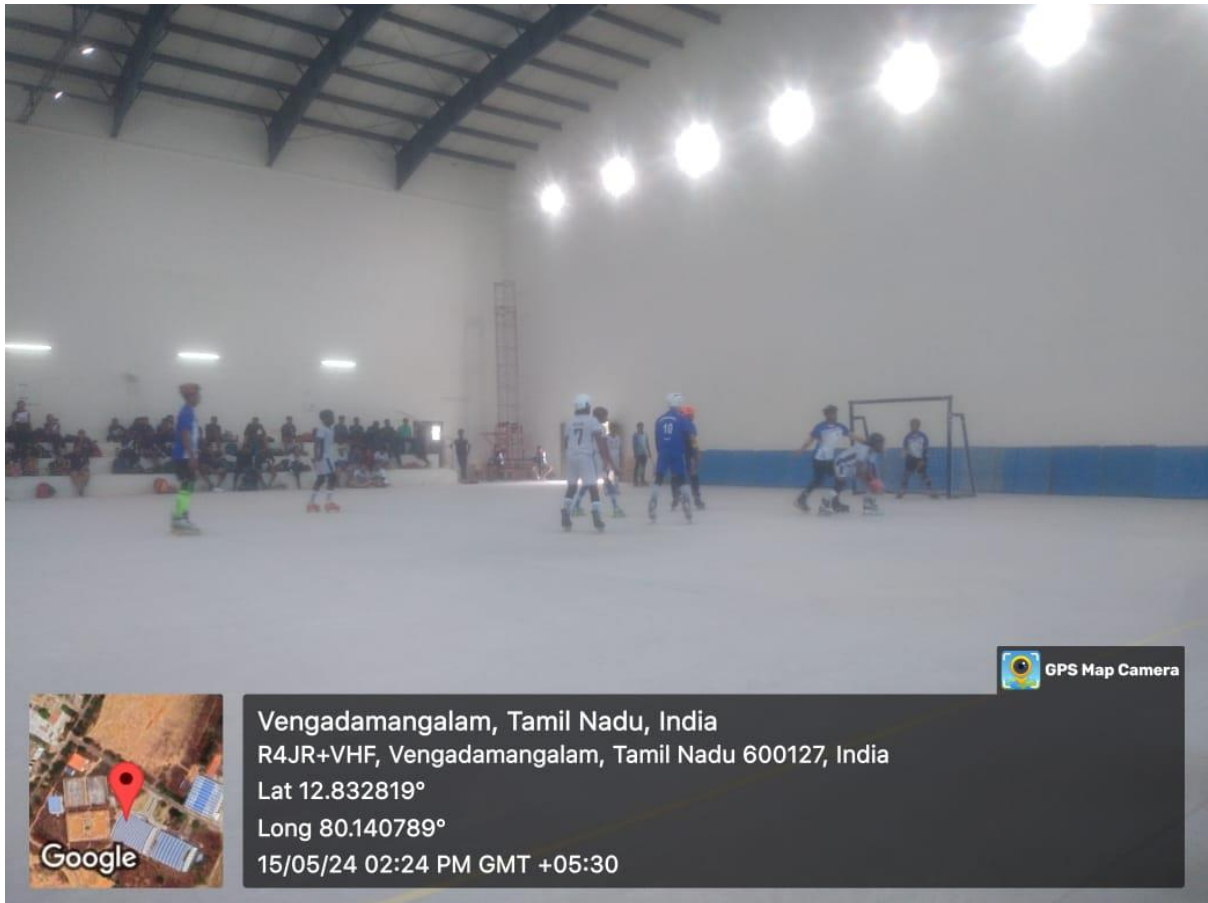


DURING THE MARCHES



Capturing the intensity and passion of the matches, the photos from the All India Inter University Roll Ball Championship 2023-2024 showcase the dynamic action on the court. From swift maneuvers to strategic plays, each image encapsulates the spirit of competition and athleticism displayed by the participating teams. Players demonstrate their agility and skill as they navigate the fast-paced game, while spectators cheer enthusiastically from the sidelines. The photos offer a glimpse into the excitement and energy of the tournament, highlighting the dedication and perseverance of all involved.





VALEDICTORY CEREMONY INVITATION

 தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Chennai - 600127
Under the Auspices of
ASSOCIATION OF INDIAN UNIVERSITIES

All India Inter University Roll Ball Tournament (Men & Women) 2023 -2024


Chief Guest
Prof. M. Sundar
Vice-Chancellor
TNPESU


Organizing Secretary
Dr. K. Rajesh Kumar
Assistant Professor cum
Sports Secretary
TNPESU


Guest of Honour
Shri Raju R Dhabade
Founder of Roll Ball
General Secretary
International Roll Ball Federation

Has consented to be the Guest and Distribute the Prize


Date 17th May 2024, Time: 12.00 pm.
Venue: Gymnastic Indoor, TNPESU.

All are Cordially Invited



VALEDICTORY CEREMONY PROGRAMME SCHEDULE



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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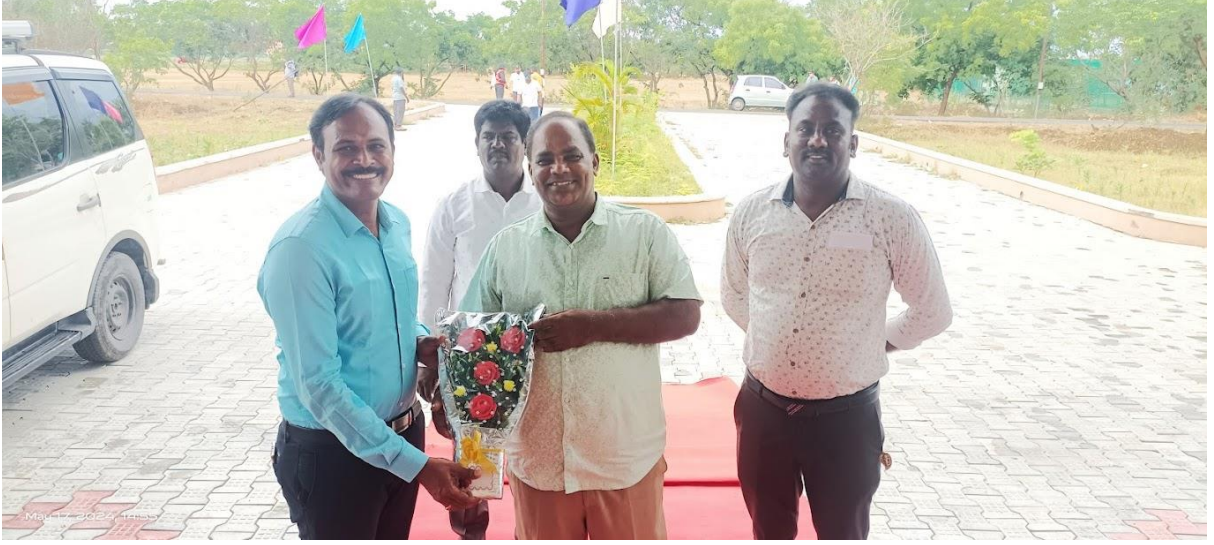


All India Inter University Roll Ball Tournament (Men & Women) 2023 -2024

VALEDICTORY CEREMONY
Date: 17th at 01.00pm

TIME	PROGRAMME SCHEDULE
12.55pm	Arrival of the Dignitaries
01.00pm	Tamil Thaaai Vazhthu
01.05pm	Welcome Address Lt. Dr. S. JAYAKUMAR Assistant Professor TNPESU
01.10pm	Honouring the Guest's
01.20pm	Presidential Address Prof. M. SUNDAR Vice-Chancellor TNPESU
01.25pm	Chief Guest Address Mr. SHRI RAJUR DHABADE Founder of Roll Ball General Secretary International Roll Ball Federation
01.35pm	Prize Distribution
01.50pm	Vote of Thanks Dr. K. RAJESH KUMAR Sports Secretary TNPESU
01.55pm	National Anthem

VALEDICTORY CEREMONY



In the photos from the valedictory ceremony of the All India Inter University Roll Ball Championship 2023-2024, we see the Organizing Secretary, Dr. K. Rajesh Kumar, extending a warm welcome to the Chief Guest, Prof. M. Sundar, Vice Chancellor of Tamil Nadu Physical Education and Sports University. Dr. Rajesh Kumar is presenting a bouquet of flowers to Prof. Sundar as a gesture of appreciation and respect. Alongside them are Dr. G. Kumaran, Associate Professor, and Dr. S. Jayakumar, Assistant Professor in the Department of Physical Education at Tamil Nadu Physical Education and Sports University, sharing in the moment of celebration and honour.



In the next photo taken on stage during the valedictory ceremony of the All India Inter University Roll Ball Championship 2023-2024, Chief Guest Prof. M. Sundar, Vice Chancellor of Tamil Nadu Physical Education and Sports University, and Special Guest Shri Raju Dhabade, Founder of Roll Ball and General Secretary of the International Roll Ball Federation,

are prominently featured. They are joined by the Organizing Secretary, Dr. K. Rajesh Kumar, along with members of the Tamil Nadu Roll Ball Association.



HONOURING THE CHIEF GUEST

In the subsequent photo, Organizing Secretary Dr. K. Rajesh Kumar extends a ceremonial token of appreciation to Chief Guest Prof. M. Sundar, symbolizing gratitude for his invaluable contribution to the championship's success.



HONOURING THE SPECIAL GUEST

Chief Guest Prof. M. Sundar honors the Special Guest with a memento and shawl, acknowledging their significant role and contribution to the event's success.



The chief guest, Professor M. Sundar, honored the organizing secretary, Dr. K. Rajesh Kumar, with a shawl and a memento.



The organizing secretary honored the principal of Aathiparashakthi Medical College.



In the photo, Chief Guest Prof. M. Sundar is seen honoring the esteemed Roll Ball officials, recognizing their dedication and commitment to the sport's growth and development. The moment captures a poignant exchange of gratitude and respect between the chief guest and the roll ball officers, symbolizing the collaborative spirit of the championship.





PRIZE DISTRIBUTION FOR WOMEN

SECOND RUNNER UP - TNPESU



In this photograph, a proud moment unfolds as the second runner-up team from Tamil Nadu Physical Education and Sports University steps forward to receive their well-deserved trophy. The image captures the jubilation and pride of the team as they are recognized for their exceptional performance and sportsmanship throughout the championship.

RUNNER - VEER NARMAD SOUTH GUJARAT UNIVERSITY



The victorious team from Veer Narmad South Gujarat University, Gujarat, steps forward to receive their trophy. The image radiates with their triumph, showcasing the culmination of their hard work, skill, and determination throughout the championship.

WINNER - SAVITRIBAI PHULE PUNE UNIVERSITY



Amidst cheers and applause, the triumphant team from Savitribai Phule Pune University, Pune, takes center stage to receive the championship trophy. Their faces are lit up with joy and pride as they are honored for their outstanding performance and exemplary teamwork throughout the competition.

PRIZE DISTRIBUTION FOR MEN

SECOND RUNNER UP - TNPESU



Following a hard-fought battle, the resilient team from Tamil Nadu Physical Education and Sports University proudly steps forward to accept the trophy for securing the position of second runner-up in the men's category. Their dedication and sportsmanship shine through as they are recognized for their commendable performance in the championship.

RUNNER - BHARATI VIDYAPEETH UNIVERSITY, PUNE,



In a moment of glory, the skilled athletes from Veer Narmad South Gujarat University, Gujarat, stride forward to claim the title of runners-up in the championship. Their determination and perseverance have propelled them to this achievement, marking a proud moment for their university and team.

WINNER - VEER NARMAD SOUTH GUJARAT UNIVERSITY



Amidst jubilant celebrations, the victorious team from Savitribai Phule Pune University, Pune, steps forward to claim the prestigious title of champions. With their exemplary performance and unwavering spirit, they have emerged as the undisputed winners of the championship, bringing pride and honor to their university.

ALL INDIA INTER UNIVERSITY ROLL BALL CHAMPIONSHIP WINNER

2023-2024

MEN

UNIVERSITY	POSITION
VEER NARMAD SOUTH GUJARAT UNIVERSITY	I
BHARATI VIDYAPEETH UNIVERSITY, PUNE,	II
TNPESU	III
	IV

WOMEN

UNIVERSITY	POSITION
SAVITRIBAI PHULE PUNE UNIVERSITY, PUNE,	I
VEER NARMAD SOUTH GUJARAT UNIVERSITY	II
TNPESU	III
	IV

APPRECIATION CERTIFICATE



TNPESU VOLUNTEERS



REPORT

The All India Inter University Roll Ball Championship for the year 2023-2024 was a significant event organized by Tamil Nadu Physical Education and Sports University, Chennai, under the direction of the Organizing Secretary, Dr. K. Rajesh Kumar, and Sports Secretary. The championship took place from May 15 to May 17, 2024, featuring participation from 13 women's teams and 12 men's teams. The Inaugural Ceremony was graced by Chief Guest Prof. I. Lilly Pushpan, Registrar of Tamil Nadu Physical Education and Sports University, Special Guest Mr. R. Lakshmiopathy, Joint Director of Dinamalar, and Guest of Honour Mr. M. Subramaniam, General Secretary of the South Indian Roll Ball Association. The Valedictory Ceremony had Prof. M. Sundar, Vice Chancellor of Tamil Nadu Physical Education and Sports University, and Shri Raju Dhabade, Founder of Roll Ball and General Secretary of the International Roll Ball Federation, as the Chief Guests.

In the men's category, Veer Narmad South Gujarat University, Gujarat, emerged as the champions, with Bharati Vidyapeeth University, Pune, securing the runner-up position, and Tamil Nadu Physical Education and Sports University finishing as the second runner-up. In the women's category, Savitribai Phule Pune University, Pune, clinched the winner's title, followed by Veer Narmad South Gujarat University, Gujarat, as the runners-up, and Tamil Nadu Physical Education and Sports University taking the second runner-up spot. The championship was a testament to the spirit of competition and sportsmanship, highlighting the prowess and dedication of the participating universities.

CONCLUSION

In conclusion, the successful organization and execution of the All India Inter University Roll Ball Championship 2023-2024 reflect the dedication, efficiency, and commitment of the Sports Secretary's office. Under the leadership of Dr. K. Rajesh Kumar, the Sports Secretary, and his team, the championship unfolded seamlessly, providing a platform for athletes to showcase their talents and compete at the highest level. The meticulous planning, coordination, and execution ensured that the tournament ran smoothly, creating a memorable experience for participants, spectators, and dignitaries alike. As the championship comes to a close, the Sports Secretary's office can take pride in its role in promoting sportsmanship, teamwork, and the spirit of healthy competition. Their efforts have not only contributed to the success of the tournament but have also strengthened the university's reputation as a hub for sporting excellence. Moving forward, the Sports Secretary's office remains committed to fostering a culture of sports and fitness, inspiring future generations of athletes to excel both on and off the field.

Organizing Secretary

Dr.K. RAJESH KUMAR

Sports Srecretary

Thank you