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Dr. M. SUNDAR
Vice-Chancellor,
TNPESU

Patron

Dr.R.RAMAKRISHNAN
Registrar i/c TNPESU

Organizing Secretary

Dr.M.GRACE HELINA
Professor,EPN

Observer's

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

Dr.R.VENKATESAN
Associate Professor,EPN

Dr.J.ANITHA
Assistant Professor Statistics,EPN

Organizers

Senior students of EPN

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

About Us



The programmes offered by the department will be on total fitness that integrates Medical Fitness, Nutritional Fitness, Physical, Mental and Social Fitness. The effect of exercises on various systems are given due coverage. The unique feature is the internship Programme offered to students at various Hospitals and Fitness Centers Further, the curriculum provides an insight into the importance of nutrition, nutrition standard, balanced diet and calorific value required for various levels of sportsmen. The graduates can become specialists in Exercise Physiology in SAI Centers, Sports Academies, Professional Colleges, Universities, Fitness Centers, Exercise prescribers in Cardiology Dept. and Sports Nutritionists.

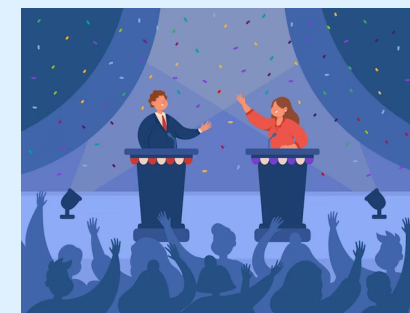
Tamilnadu Physical Education and Sports University

Accredited with 'B' Grade by NAAC



"BRAINSTROMING SESSION"

8th August 2023



A INNOVATIVE SESSION FOR THE
FRESHERS AND THE STUDENTS

Organized by

DEPARTMENT OF EXERCISE
PHYSIOLOGY AND NUTRITION

TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
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BRAIN STROMING SESSION SPEAKER'S
Best speakers will be selected by the observers

S.NO	NAME	TOPIC	CLASS
1	Kirubakaran	Doping	Bsc.IInd year
2	Lingeshwaran	Benefits of EPN	Bsc.IInd year
3	N.Abinesh kumar	Types of movements	Bsc IIIrd year
5	L.Melloshini	Stress and nutrition	Msc.IInd year
6	Susheela kuntumala	Iron	Msc.IInd year
7	A.R.Rizwana Parveen	General anatomy(bones, muscles and joints)	Msc.IInd year
8	S.Gokula krishnan	Diabetes	Msc.IInd year
9	P.Prathik narayan sahuo	Artificial intelligence	Msc.IInd year
10	J.N.Hemanth Kumar	Exercise physiology and nutrition (the emerging future)	Msc.IInd year
11	U.D. Sasti velan	Fluid and fluid mechanism	Ph.D scholars
13	J.Stanley	Functions of protein and myoglobin	Ph.D scholars
14	Rosy lunghar	Lifestyle modifications of menopause women	Ph.D scholars
15	Kaviarashi anbazhagan	Debunking the diet myth: weight loss strategies that work	Ph.D scholars