# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

ORGANIZING COMITTEE

Dr.M.SUNDAR

VICE CHANCELLOR

PATRON

Dr.I.LILLYPUSHPAM

RECISTRAR

### FINANCE COMITTEE

Dr. R. RAMAKRISHNAN

Finance Officer I/C

## ORGANIZING SECRETARY

DR.R.VENKATESAN
PROFESSOR AND HEAD

### PROGRAMME COORDINATOR

DR.P.K.SENTHIL KUMAR PROFESSOR

MRS. PUNITHA
MISS . DURGA DEVI

## **About Us**



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.

### OBJECTIVE OF THE NUTRITION WEEK CELEBRATION:

Nutrition week campaign intent is to increase consumer demand for healthy diets and improve access to Adequate, Age-Appropriate, Nutrient-Dense, Diverse, Safe, And Sustainable Diets.

- A healthy diet with essential nutrients is important for the body.
- Raise awareness about malnutrition
- Malnutrition can lead to increased healthcare costs and prolonged hospital stays.
- NutritionDay is a worldwide project that aims to improve the quality of nutritional care in health care institutions.
- Nutrition day events can teach people why nutrition is important and how to maintain good health through a nutritious diet.

Target populations:

It will be more useful for all the students and staff of this university to get the latest information about a balanced diet to manage all your health problems. TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

# DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

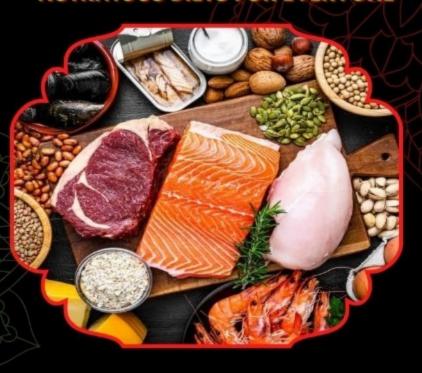
**ORGANIZING** 

## A ONE-WEEK WORKSHOP CUM NATIONAL NUTRITION WEEK CELEBRATION 2024

FROM 2 ND SEPTEMBER TO 9TH SEPTEMBER

WITH THEME OF

"NUTRITIOUS DIETS FOR EVERYONE"



## ORGANIZING SECRETARY

## DR.R.VENKATESAN PROFESSOR AND HEAD

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION CHENNAI -600 127

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PROFESSOR

**GUEST LECTURERS** 

MRS. PUNITHA MISS . DURGA DEVI தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம் Melakottaiyur, Chennai - 600127.

INAUGURAL CEREMONY INVITATION

## DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

**Cordially Invites All For** 

ONE-WEEK WORKSHOP CUM NATIONAL NUTRITION WEEK CELEBRATION 2024

Seminar on

"NUTRITIOUS DIET FOR EVERYONE "

**CHIEF GUEST** 

Prof.Dr.M.SUNDAR

VICE CHANCELLOR

has kindly consented to deliver the Inaugural Address

> Date: 3rd Sept 2024 Time: 12.30 pm

Venue: Conference hall - Academic Block.

FOR THE NUTRITION WEEK
CELEBRATION -2024.



### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

## DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

Organize

A ONE-WEEK WORKSHOP CUM NATIONAL NUTRITION WEEK CELEBRATION 2024

FROM 2 ND SEPTEMBER TO 9TH SEPTEMBER



### SEMINAR

Seminar will be conducted on 03.09.2024 at EPN class oom around 1.30 pm to 4 pm eligibility - all dept students

P TOPIC: NUTRITIOUS DIETS FOR EVERYONE

## FITNESS

Fitness Challenge (beep test)
competition will be conducted on
04.09.2024 at EPN practical lab
cademic block around 2.30 pm to 4 pm
eligibility - all dept students





### DEBATE

Debate will be conducted on 05.09.2024 at EPN class room around 1.30 pm to 4 pm eligibility - all dept students

E TOPIC: 1, TREDITIONAL FOOD FOR HEALTH PERFORMANCE.

2. MODERN FOOD FOR REALTH PERFORMANCE.

### WALKATHON

Walkathon (m-10km and w-5km) will be conducted on 06.09.2024 at synthetic track around 4pm to 6pm Eligibility - All department Students



cultural competition will be conducted on 10.09,2024 at 11am to 12pm Eligibility - All department Students



PHONE: 9444703070

#### BADMINTON

Badminton match will be conducted on 07.09.2024 at indoor stadium around 1.30 pm to 4 pm Eligibility - our dept dept students only

ORGANIZING SECRETARY

#### Dr.R. VENKATESAN

PROFESSOR AND HEAL

Department of Exercise Physiology and Nutrition