



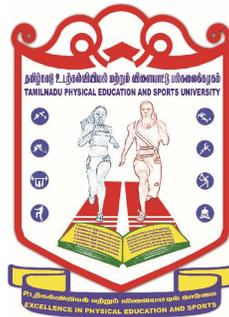
# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### 6.5.2 : Institution has adopted the following for Quality assurance:

- 1.Academic and Administrative Audit (AAA) and follow up action taken
- 2.Conferences, Seminars, Workshops on quality conducted
- 3.Collaborative quality initiatives with other institution(s)
- 4.Orientation programme on quality issues for teachers and students
- 5.Participation in NIRF and other recognized ranking like Shanghai Ranking, QS Ranking Times Ranking etc
- 6.Any other quality audit recognized by state, national or international agencies



## COLLABORATIVE QUALITY INITIATIVES WITH OTHER INSTITUTIONS

S.No.	Supportive Documents	Page No.
1	ACADEMIC YEAR 2022 – 2023	003 – 117
2	ACADEMIC YEAR 2021 – 2022	118 – 239
3	ACADEMIC YEAR 2020 – 2021	240 – 279
4	ACADEMIC YEAR 2019 – 2020	280 – 339
5	ACADEMIC YEAR 2018 – 2019	340 – 441



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



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](http://www.tnpesu.org)

Email : [regtnpesu@gmail.com](mailto:regtnpesu@gmail.com)

Phone No : 044-27477906

[reg.sec.tnpesu@gmail.com](mailto:reg.sec.tnpesu@gmail.com)

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

**Dr. I. LILLY PUSHPAM**

Registrar

19.06.2024

### Certificate

It is certified that the supportive documents enclosed are related to the metrics 6.5.2 under Criteria 6 regarding Institution has adopted the following for Quality assurance: Academic and Administrative Audit (AAA) and follow up action taken, Conferences, Seminars, Workshops on quality conducted, Collaborative quality initiatives with other institution(s), Orientation programme on quality issues for teachers and students, Participation in NIRF and other recognized ranking like Shanghai Ranking, QS Ranking Times Ranking - List of Collaborative quality initiatives with other institution(s) along with brochures and geo-tagged photos with caption and date.



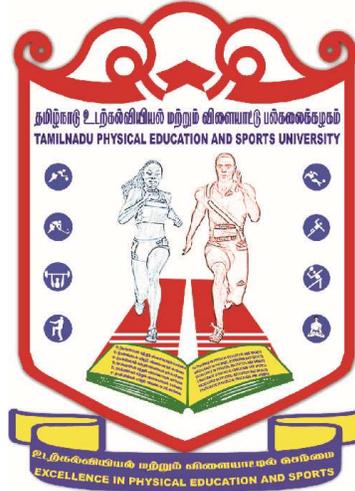
  
**Registrar**  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai - 600 127.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



## COLLABORATIVE QUALITY INITIATIVES

### ACADEMIC YEAR

### 2022 – 2023



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

## LIST OF COLLABORATIVE QUALITY INITIATIVES

S.No.	Collaborative Quality Initiatives with Other Institution(s)
1	TNPESU in association with the International Applied Tamil Team, Saudi Arabia organized International Workshop on Importance of Yoga Therapy for Alternative Medicine in Modern Life Style
2	TNPESU in association with Manavata International Organization, UK organized Two days International Workshop on Research Perspectives of Yoga for Holistic and Fitness
3	TNPESU in association with NCV & IYA TN Chapter organized National Conference on "Yoga - A Scientific Pathway to Health and Happiness"
4	Collaborative Initiatives between TNPESU and Tamizhaga Woodball Association
5	Collaborative Initiatives between TNPESU and Rocketball Federation of India
6	TNPESU under the auspices of Association of Indian Universities organized the organized the South West Inter University Athletics (Men & Women) Championship 2022-2023
7	TNPESU under the auspices of Association of Indian Universities organized the All India Inter University Athletic Championship 2022-23



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Collaborative Initiatives between TNPESU and the International Applied Tamil Team, Saudi Arabia

	<b>MEMORANDUM OF UNDERSTANDING (MOU)</b> Signed Between		
<b>DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY</b> & <b>THE INTERNATIONAL APPLIED TAMIL TEAM, SAUDI ARABIA</b>			
<b>Dr. M. SUNDAR, VICE CHANCELLOR</b>	<b>Dr. SEMMAL SYED MEERASA</b>		
Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India	Chief Scientific Advisor, The International Applied Tamil Team, Saudi Arabia		
<p>This MOU is signed between the Vice Chancellor of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India (hereafter named as Party 1) and the Chief Scientific Advisor, The International Applied Tamil Team, Saudi Arabia. This MOU is valid for the period of five years only from the date of signing.</p> <p>Party 1 is represented by Vice Chancellor Tamil Nadu Physical Education and Sports University. Party 2 is represented by Chief Scientific Advisor The International Applied Tamil Team, Saudi Arabia.</p> <p>The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:</p> <p>Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:</p> <ol style="list-style-type: none"><li>1. Students of Yoga Department &amp; Other Dept Students will be able to take part in the International Students Orator Competition.</li><li>2. Thirumoolar Thirumandiram and other Siddhar Literature Research can be conducted via the Tamil Nano Workshop.</li><li>3. Virtual Scientific Tamil Games (Quiz Events) can be conducted.</li></ol> <p>Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:</p> <ul style="list-style-type: none"><li>❖ To extend their support in organizing the Tamil Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.</li><li>❖ To conduct தமிழ் நுண்பயிலரங்கம் in our university campus and surrounding the villages.</li></ul> <p>Party 1 and Party 2 agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.</p>			
	<b>Dr. M. SUNDAR, VICE CHANCELLOR</b>	<b>Dr. SEMMAL SYED MEERASA</b>	
Place: Chennai	Department of Yoga, Tamil Nadu Physical Education and Sports University,	Chief Scientific Advisor	
Date: 04-07-2022	Melakottaiyur Post, Chennai, Tamil Nadu, India	The International Applied Tamil Team, Saudi Arabia	



# 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 -127

Accredited with "B" by NAAC



### DEPARTMENT OF YOGA

Report on  
**TWO DAYS INTERNATIONAL WORKSHOP**  
ON  
**IMPORTANCE OF YOGA THERAPY**  
**FOR ALTERNATIVE MEDICINE IN**  
**MODERN LIFESTYLE**

12<sup>th</sup> – 13<sup>th</sup> August, 2022



# 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

Melakottaiyur, Chennai-127

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

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
*REPORT ON*  
*TWO DAYS INTERNATIONAL WORKSHOP ON*  
**IMPORTANCE OF YOGA THERAPY  
FOR ALTERNATIVE MEDICINE IN  
MODERN LIFESTYLE**

### INTRODUCTION

Yoga Therapy is a mind-body practice that focuses on your physical, emotional and mental health.

### OBJECTIVES:

The holistic focus of yoga therapy encourages the integration of mind, body, and spirit. Modern yoga therapy covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and psychotherapy.

### OUTCOME OF THE PROGRAMME

The Potential benefits from yoga therapy include stress reduction, psychological well-being, improved diet, and efficient functioning of bodily systems.

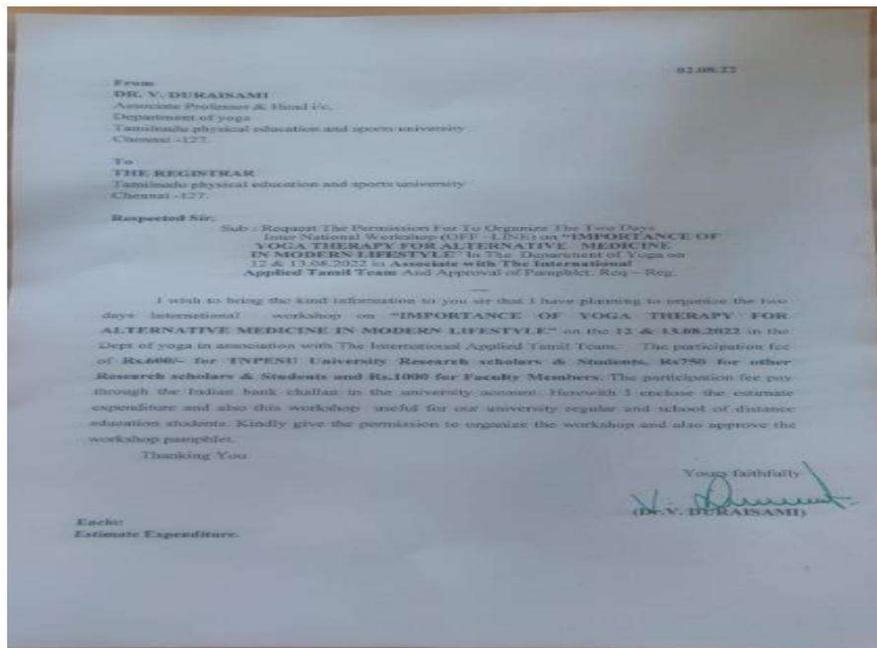


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME REQUISITION / approval LETTER





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM BUDGET

"IMPORTANCE OF YOGA THERAPY FOR ALTERNATIVE  
MEDICINE IN MODERN LIFESTYLE"

ESTIMATED EXPENDITURE		Rs. 75,000
Expected Participants 125 (125 X 600)		
ESTIMATED EXPENDITURE		
1	Food 100 X 200 (2 days)	Rs. 20,000
2	Tea & Snacks 100 X 40	Rs. 4,000
3	Certificate 100 X 25	Rs. 2,500
4	Honor & Decoration (3 Gurus & other staff)	Rs. 10,000
5	Stationery (File, Scribbling pad, pen) 200 X 100	Rs. 15,000
6	GR & Salary for Chief Guest & Resource Person	Rs. 15,000
7	Resource person 1 X 125	Rs. 12,500
Total expenditure		Rs. 75,000
(Rupees Thirty Thousand and Four Hundred Only)		

The collection of the Fee through only the Indian Bank Cholina (University Account) in the Favor of The Registrar, Tamilnadu Physical Education and Sports University. This is operational by Budget only depends upon the participants in every.

*V. Sundar*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM COMMITTEE / RESPONSIBILITY

<b>Invitation Committee</b>	<b>- 1<sup>st</sup> Msc Yoga Students</b>
<b>Food Committee</b>	<b>- 1<sup>st</sup> Bsc Yoga Students</b>
<b>Stage Committee</b>	<b>- 2<sup>nd</sup> Bsc Yoga Students</b>
<b>Scientific Committee</b>	<b>- 3<sup>rd</sup> Bsc Yoga Students</b>
<b>Registration Committee</b>	<b>- 1<sup>st</sup> Msc Yoga Therapy Students</b>
<b>Hospitality Committee</b>	<b>- 2<sup>nd</sup> Msc Yoga Students</b>
<b>Certificate Committee</b>	<b>- 2<sup>nd</sup> Msc Yoga Therapy Students</b>



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME CIRCULAR



#### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY DEPARTMENT OF YOGA

Melakottaiyur, Chennai-600127  
India's First State University in Physical Education and Sports.

#### TWO DAYS INTERNATIONAL WORKSHOP ON "IMPORTANCE OF YOGA THERAPY FOR ALTERNATIVE MEDICINE IN MODERN LIFESTYLE" ON THE 12 & 13.08.2022

#### CIRCULAR

This is for the information of all the faculty, Staff and Students that institute is organizing the two days International workshop on "IMPORTANCE OF YOGA THERAPY FOR ALTERNATIVE MEDICINE IN MODERN LIFESTYLE" on the 12 & 13.08.2022. This will be a good knowledge sharing platform for all academicians/research scholars/yoga professionals/ sports professionals to publish and share their research amongst difference researchers thought-out the world. All the faculty members can participate and present their research work.

Registrar

Copy to:

1. All the HODs
2. Office In charge of department of yoga.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME BENEFICIARIES

**TOTAL BENEFICIARIES: 94**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM BROCHURE

<b>Designation :</b>	<b>Organizing Secretary</b> <b>Dr. V. DURAISAMI</b> Associate Professor & Head i/c	<b>DEPARTMENT OF YOGA</b>
<b>University / College :</b>	<b>Joint Secretary</b> <b>Dr. S. SELVALAKSHMI</b>	<b>In Associate with</b> <b>THE INTERNATIONAL APPLIED TAMIL TEAM</b>
<b>Department :</b>	<b>Co-ordinator's</b> <b>Dr. DEB KUMAR DAS</b>	<b>Organizes</b> <b>TWO DAYS INTERNATIONAL WORKSHOP ON</b>
<b>Address :</b>	<b>Dr. P. SANMUGAPRIYA</b> <b>Ms. AKSHAYA</b>	<b>IMPORTANCE OF YOGA THERAPY FOR ALTERNATIVE MEDICINE IN MODERN LIFESTYLE</b>
<b>Mobile Number :</b>	<b>CONTACT US</b>	
<b>E-mail ID :</b>	<b>Dr. V. DURAISAMI</b> Associate Professor & Head i/c Department of Yoga Tamil Nadu Physical Education & Sports University Melakottaiyur, Chennai - 600127. 9842708648 Email: <a href="mailto:yogadep2007@gmail.com">yogadep2007@gmail.com</a> Phone: 044-27477906/175	<b>Date: 12 &amp; 13.08.2022</b> <b>Time: 10.00 AM</b>
<b>Signature of Participant</b>		<b>Venue: Meditation Hall, Department of Yoga, TNPESU.</b>
Rs.600/- for TNPESU University Students, Rs.750/-for other University/college Students and Rs.1000/- for Faculty members. The Registration Fee through Indian bank challan.		



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM INVITATION

**Invitation**

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
MELAKOTTAIYUR, CHENNAI - 600127, TAMILNADU, INDIA.

**DEPARTMENT OF YOGA**  
in Associate with  
**THE INTERNATIONAL APPLIED TAMIL TEAM**

cordially invites you for the INAUGURAL FUNCTION of the  
Two Days International Workshop  
on  
**IMPORTANCE OF YOGA THERAPY FOR  
ALTERNATIVE MEDICINE IN MODERN LIFESTYLE**  
at 10.00 AM on 12.08.2022 (Friday) at Meditation Hall, TNPESU

**Dr.M.SUNDAR**  
vice-chancellor, TNPESU, Chennai  
Preside over the function

**Dr.R.RAMAKRISHNAN**  
Registrar i/c, TNPESU, Chennai  
delivers Felicitation Address

**DR.Mahendra Sawant**  
Associate Professor & Head Dept. of Yoga,  
President Of Kerala Yogasana Sports  
Association (KYSA), SALLMCPE, Kariyavattom,  
Trivandrum, Kerala  
deliver the Special Address

**Dr.Semmal Manavai Mustafa**  
Associate Professor in Physiology, College of Medicine,  
Shaqra University, Kingdom of Saudi Arabia.  
will deliver Address

*Organising Secretary*  
**Dr.V.DURASAMI**  
Associate Professor and  
Head i/c

Joint Organising Secretary  
**Dr.S.SELVALAKSHMI**  
Associate Professor, TNPESU

Co-ordinator's  
**Dr.DEB KUMAR DAS**  
**Dr.P.SANMUGAPRIYA**  
**Ms.AKSHAYA**

Guest Lecturers



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME REPORT

This is the Report of two days International Workshop on “**IMPORTANCE OF YOGA THERAPY FOR ALTERNATIVE MEDICINE IN MODERN LIFESTYLE**” on 12th and 13th AUGUST, 2022, was organized by Department of Yoga, TNPESU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 94 members). **Dr. S. SELVALAKSHMI, Assistant Professor**, Department of Yoga, TNPESU, Chennai welcomed the gathering. **Dr.V.DUR AISAMI, Associate Professor & Head i/c** Department of Yoga, TNPESU, Chennai introduced the chief guest and the resource person. The Chief Guest of this program is **Dr. M.SUNDAR, Vice Chancellor, TNPESU** presided the program. The Resource person is **Dr.SEMMAL SYED MEERASA MOHAMMED MUSTAFA**, Medical Education Unit Member given a address about “**IMPORTANCE OF YOGA THERAPY FOR ALTERNATIVE MEDICINE IN MODERN LIFESTYLE**”. The National Workshop started at 10.00 am and **Dr.V.DUR AISAMI, Associate Professor & Head i/c** Department of Yoga, TNPESU given a vote of thanks.

**Organizing Secretary**

**Dr. V. DUR AISAMI**  
**Associate Professor & Head i/c**  
**Department of Yoga**  
**TNPESU**  
**CHENNAI**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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### GLIMPSES / PHOTO





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### RESOURCE PERSON PROFILE



**Responsibilities :**

- (1) **PHYSIOLOGY**
- (2) **MEDICAL EDUCATION UNIT MEMBER**

**Teaching/Research Experience (As on 25 April 2022) = 18 Years**

Full Name (BLOCK LETTERS): **Dr.SEMMAL SYED MEERASA MOHAMMED MUSTAFA**

Father's/Husband's Name: **Late Haji. Mohammed Mustafa**

(a) Mailing Address: **AE 103, 6<sup>th</sup> Street, 10<sup>th</sup> main road, Anna nagar West , Chennai  
Pincode: 600040**

**Mobile No.: +0552312725**

**E-mail ID: semmalsyed@su.edu.sa**

Permanent Address: **AE 103, 6<sup>th</sup> Street, 10<sup>th</sup> Main road, Anna nagar West, Chennai  
Pin code: 600040**

Date of Birth: **21 January 1974**  
Nationality: **INDIAN**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

(b) After obtaining Postgraduate (MD Physiology) Qualification:

Sl.No.	Post held Permanent	Period		Total period			Employer's Address
		From	To	Yrs.	Month s	Day s	
1	Assistant Professor	15 <sup>th</sup> July 2006	31 <sup>st</sup> Aug 2012	6	1	15	Sri Ramachandra Medical College & RI
2	Associate Professor Permanent	01 Sep 2012	10 <sup>th</sup> March 2015	2	6	9	Sri Ramachandra Medical College & RI
3	Associate Professor Permanent	11th March 2015	31 Dec 2015	0	9	20	Shri Sathya Sai Medical College and Research Institute
4	Professor and Head Permanent	01 Jan 2016	Feb 2019				
5	Associate Professor	Feb 2019	Till Now				College of Medicine Shaqra University Shaqra Campus

Details of Prizes, Medals, Scholarships & National / International Awards etc.	Visited Many Countries related to the Core Research Area of "Ancient Indian Literature and Modern Health Care"
Additional qualification such as Membership of Scientific Society etc.	Lifetime member of the Association of Physiologists of Tamilnadu



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### RESOURCE PERSON CERTIFICATE



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
(ESTD. BY THE GOVT. OF TAMIL NADU UNDER ACT NO.9 OF 2005)  
MELAKOTTAIYUR (PO), VANDALUR, CHENNAI-600 0127

**Dr.V. DURAISAMI**  
M.Sc.(Yoga), M.Sc.(Yoga Therapy), M.P.E.S, M.Phil., PGDSM, Ph.D.,  
Organizing Secretary & Associate Professor & Head,  
Department of Yoga.

13.08.2022

#### CERTIFICATE OF HONOUR

This is to certify that **Dr.SEMMAL SYED MEERASA MOHAMMED MUSTAFA**, Associate Professor, College of Medicine Shaqra University, Shaqra Campus has serviced as Resource Person on two days International workshop on "IMPORTANCE OF YOGA THERAPY FOR ALTERNATIVE MEDICINE IN MODERN LIFESTYLE" on 12 & 13.08.2022 in our Dept of yoga in associate with The International Applied Tamil Team. His Presentation was informative and thought provoking.

I wish him all success in him future endeavors.

DR.V.DURAISAMI

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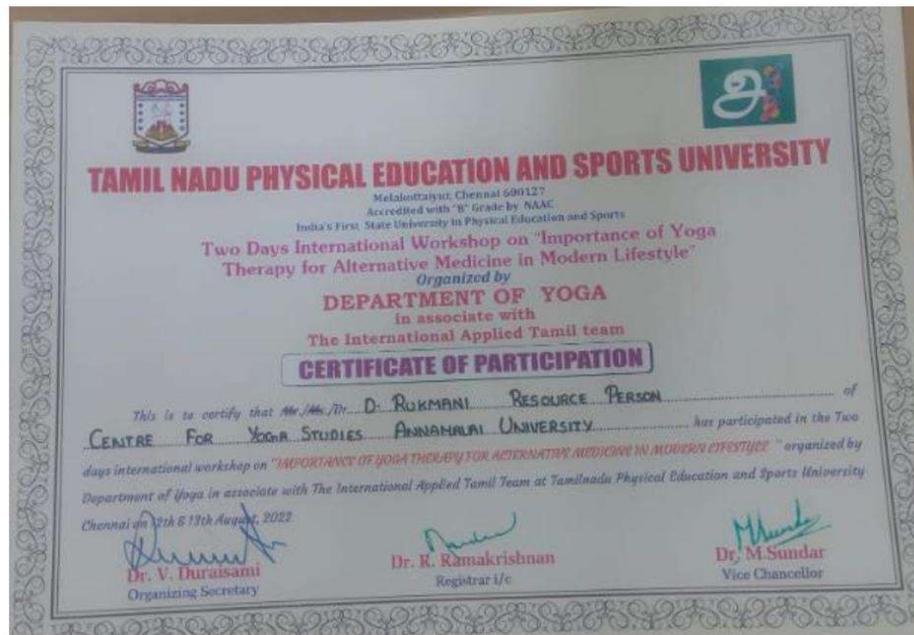


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PARTICIPANTS CERTIFICATE





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Collaborative Initiatives between TNPESU and MANAVATTA International Organization, United Kingdom

 **MEMORANDUM OF UNDERSTANDING (MOU)** 

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
AND  
MANAVATA AN INTERNATIONAL ORGANIZATION, UNITED KINGDOM

<b>Dr. M.SUNDAR, VICE CHANCELLOR</b> Tamil Nadu Physical Education and Sports University, Chennai, TamilNadu, India	<b>SRINIVASA CHOWDARY ALLURI</b> Founder and President of Manavata an international Organization & Founder of Global IT company called Sandhata Technologies Ltd, London.
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This MOU is signed between the Vice Chancellor of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India (hereafter named as Party 1) and the Srinivasa Chowdary Alluri, Founder President of Manavata an international Organization & Founder of Global IT company called Sandhata Technologies Ltd, London. This MOU is valid for the period of five years only from the date of signing.

Party 1 is represented by Vice Chancellor Tamil Nadu Physical Education and Sports University.

Party 2 is represented by Srinivasa Chowdary Alluri, Founder President of Manavata an International Organization & Founder of Global IT company called Sandhata Technologies Ltd, London

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

**Party 1** shall provide support and collaboration to **Party 2** pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the Vishwa Manavata Samastha.
2. Joint Educational and Research Activities.
3. Exchange of Lectures and discussions.

**Party 2** shall provide support and collaboration to **Party 1** pertaining and relating to the following matters:

- ❖ To extend their support in organizing the Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- ❖ To conduct yoga camps and free yoga classes in our university campus and surrounding the villages.
- ❖ **Party 1 and Party 2** agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the interest of the students.

Chennai 13.10.2022	<b>Dr. M. SUNDAR, VICE CHANCELLOR</b> Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India	<b>SRINIVASA CHOWDARY ALLURI, Founder and President</b> Manavata an international Organization, Charity Number: 1120315 (Manavata UK), 3417 / 01 (India: Vishwa Manavata Samastha), 000918874 (USA: Manavata Inc) & Founder of Global IT company called Sandhata Technologies Ltd, London.
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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**

## **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

**Chennai -127**

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### **DEPARTMENT OF YOGA**

**Report on**  
**ONEDAY INTERNATIONAL WORKSHOP**  
**ON**

**RESEARCH PERSPECTIVES OF**  
**YOGA FOR HOLISTIC AND**  
**FITNESS**

**13<sup>th</sup> October, 2022**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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





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

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
REPORT ON**

**RESEARCH PERSPECTIVES OF  
YOGA FOR HOLISTIC AND  
FITNESS**

**INTRODUCTION**

Yoga is a holistic approach towards health and well-being with physical, emotional and spiritual dimensions to it.

**OBJECTIVES:**

Yoga practice creates a physiological state that is diametrically opposed to the flight-or-fight stress response, and with that disruption in the stress response, a sense of balance and union between the mind and body can be achieved.

**OUTCOME OF THE PROGRAMME**

Yoga provides mind–body fitness that combines muscular activity with an internally directed mindful focus on self, breath, and energy awareness.

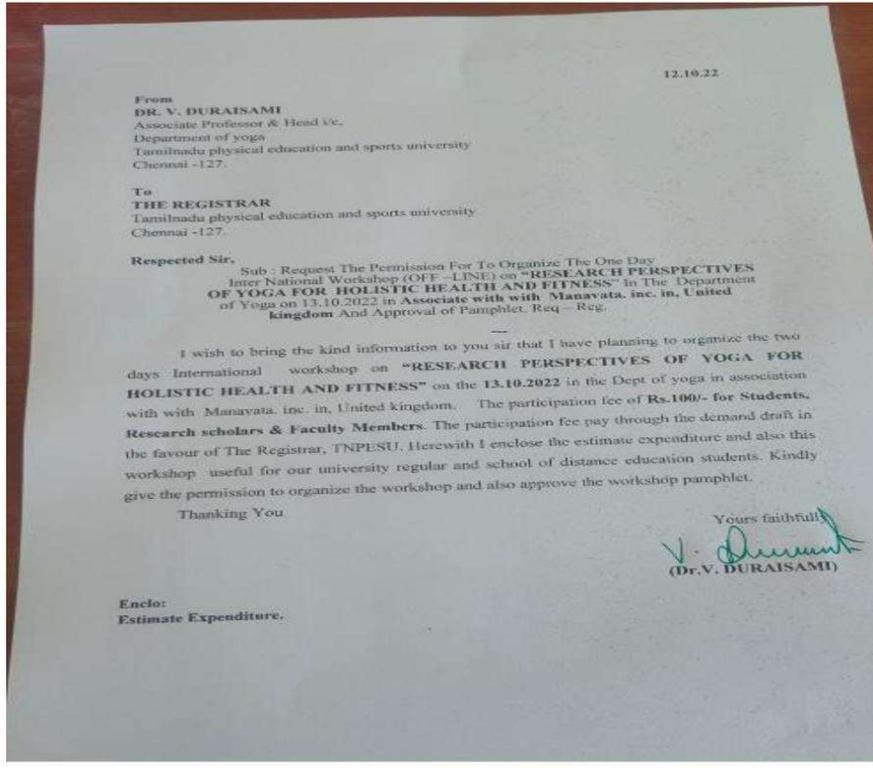


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME REQUISITION / approval LETTER





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM BUDGET

**"RESEARCH PERSPECTIVES OF YOGA FOR HOLISTIC HEALTH AND FITNESS"**

ESTIMATED EXPENDITURE		Rs. 10,000
Expected Participants 100 (100 X 100)		
ESTIMATED EXPENDITURE		
1	Tea & Snacks 100 X 20	Rs. 2,000
2	Certificate 100 X 25	Rs. 2,500
3	Banner & Decoration (Flowers & other items)	Rs. 3,000
4	Gift & Selve for Chief Guest & Resource Person	Rs. 2,000
Total Expenditure		9,500/-
(Rupees Nine Thousand and Five Hundred Only)		

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

*V. Dhanraj*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM COMMITTEE / RESPONSIBILITY

<b>Invitation Committee</b>	<b>- 1<sup>st</sup>Msc Yoga Students</b>
<b>Food Committee</b>	<b>- 1<sup>st</sup>Bsc Yoga Students</b>
<b>Stage Committee-</b>	<b>2<sup>nd</sup>Bsc Yoga Students</b>
<b>Scientific Committee</b>	<b>- 3<sup>rd</sup>Bsc Yoga Students</b>
<b>Registration Committee</b>	<b>-1<sup>st</sup>Msc YogaTherapy Students</b>
<b>Hospitality Committee</b>	<b>- 2<sup>nd</sup>Msc Yoga Students</b>
<b>Certificate Committee</b>	<b>- 2<sup>nd</sup>Msc Yoga Therapy Students</b>



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME CIRCULAR



#### **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY DEPARTMENT OF YOGA**

Melakottaiyur, Chennai-600127  
India's First State University in Physical Education and Sports.

**One Day Inter National Workshop (OFF-LINE) on  
"RESEARCH PERSPECTIVES OF YOGA FOR HOLISTIC  
HEALTH AND FITNESS"**

#### **CIRCULAR**

**This is for the information of all the faculty, Staff and Students that institute is organizing the Two Days "RESEARCH PERSPECTIVES OF YOGA FOR HOLISTIC HEALTH AND FITNESS" on 13.10.23. This will be a good knowledge sharing platform for all academicians/research scholars/yoga professionals/sports professionals to publish and share their research amongst difference researchers thought-out the world. All the faculty members can participate and present their research work.**

Registrar

Copy to:

1. All the HODs
2. Office In charge of department of yoga.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME BENEFICIARIES

**TOTAL BENEFICIARIES: 83**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM BROCHURE

#### REGISTRATION DETAILS

##### How to Register

Send us filled in Registration form available in pamphlet to below mentioned address

##### REGISTRATION FORM

Name :

Designation :

University / College :

Department :

Address :

Mobile Number :

E-mail ID :

Signature of Participant

- Rs.100/- for TNPESU University Students, Rs. 100/- for other University/college Students and Rs.100/- for Faculty members. The Registration Fee through Demand Draft.
- Spot Registration also Accepted

#### ORGANIZING COMMITTEE

**Chief Patron**  
**Dr. M. SUNDAR**  
Vice-Chancellor

**Patron**  
**Dr.R.RAMAKRISHNAN**  
Registrar I/C

Organizing Secretary  
**Dr. V. DURAISAMI**  
Associate Professor & Head I/c

Joint Secretary  
**Dr. S. SELVALAKSHMI**

Co-coordinators  
**Dr. DEB KUMAR DAS**  
**Dr. P. SANMUGAPRIYA**  
**Ms. G. AKSHAYA**

#### CONTACT US

**Dr. V. DURAISAMI**  
Associate Professor & Head I/c  
Department of Yoga  
Tamil Nadu Physical Education & Sports  
University  
Melakottaiyur, Chennai - 600127.  
9842708548  
Phone: 044-27477906/175

#### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai, Tamil Nadu 600127

#### DEPARTMENT OF YOGA

In Associate with

"Manavata, London, United  
Kingdom" & Vishwa Manavata  
Samastha, Hyderabad, India

Organized by

**ONE DAY INTER NATIONAL  
WORKSHOP ON**

**RESEARCH PERSPECTIVES OF  
YOGA FOR HOLISTIC AND  
FITNESS**



Date:13.10.2022

Time:10.00 AM

Venue: Meditation Hall, Dept of Yoga,  
TNPESU



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM INVITATION



11:00 am	:	<b>Prayer</b> Department of Yoga Students (Tamil Thai)
11:05 am	:	<b>Welcome Address</b> <b>Dr. V. Duraisami</b> Associate Professor & Head i/c, Dept. of Yoga
11:10 am	:	<b>Felicitate</b> <b>Dr. R. Ramakrishnan</b> Registrar i/c
11:15 am	:	<b>Inaugural Address</b> <b>Dr. M.Sundar</b> Vice-Chancellor Tamil Nadu Physical Education and Sports University, Chennai.
11:25 am	:	<b>Introduction of Keynote Speaker</b> <b>Dr. S. Selvalakshmi</b> Associate Professor, Dept. of Yoga
11:30 am	:	<b>Keynote Address</b> <b>Srinivasa Ahuri</b> Founder and President of Manavata an international Organization & Founder of Global IT company called Sandhata Technologies Ltd, London.
12:30 pm	:	<b>Vote of Thanks</b> Department of Yoga Staff



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME REPORT

This is the Report of Oneday International Workshop on “RESEARCH PERSPECTIVES OF YOGA FOR HOLISTIC AND FITNESS” on 13th OCTOBER, 2022, was organized by Department of Yoga, TNPSU. The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 83 members). Dr. S. SELVALAKSHMI, Assistant Professor, Department of Yoga, TNPSU, Chennai welcomed the gathering. Dr. V. DURAISAMI, Associate Professor & Head i/c Department of Yoga, TNPSU, Chennai introduced the chief guest and the resource person. The Chief Guest of this program is Dr. M. SUNDAR, Vice Chancellor, TNPSU presided the program. The Resource person is Dr. SRINIVASA ALLURI Founder and President of an International Charity Manavata given a address about “RESEARCH PERSPECTIVES OF YOGA FOR HOLISTIC AND FITNESS”. The National Workshop started at 10.00 am and Dr. V. DURAISAMI, Associate Professor & Head i/c Department of Yoga, TNPSU given a vote of thanks.

**Dr. V. DURAISAMI**

**Organizing Secretary**

**Associate Professor & Head i/c  
Department of Yoga  
TNPSU  
CHENNAI**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### GLIMPSES / PHOTO





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



Vengadamangalam, Tamil Nadu, India  
Melakottaiyur Post, Chennai-127, Vengadamangalam, Tamil Nadu  
600127, India  
Lat N 12° 49' 59.19636"  
Long E 80° 8' 22.59384"  
13/10/22 11:24 AM



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

### RESOURCE PERSON PROFILE

Profile: Srinivasa Alluri



**Srinivasa Alluri (Sriini)** is the founder and President of an International charity **Manavata**, registered in India, UK and USA and accorded special consultative status by United Nations.

Sriini is a Humanitarian, a Yogi, a Social reformer, an activist, an entrepreneur, IT professional, a well-known cyclist (who cycled from London to Delhi and around 26000 km cycling in 18 countries, winner of Limca book of world records), Founder of a global IT company Sandhata Technologies. He has dedicated his life for the cause of humanity and for a mission to create a healthy, happy and harmonious world. He also established number of orphanages and helping blind and disabled children. He utilises his time, learnings, earnings and efforts for self-less cause and for betterment of world.

Sriini has completed his Graduation in Electronics and Masters in Computer Applications from Andhra University in 1996 in India, later he has worked with number of reputed IT companies in India. His passion, problem solving capability and dedication to work made a great success throughout his career. When he was with Satyam computer services, he could help many top Telco's in India and APAC with his technical consulting work.

Sriini's work began in 1991 in a small village called Lolla, Andhra Pradesh in India where he was born. Sorrows, poverty, illness, malnutrition among children causing high mortality and the lack of direction of the young around him in rural India motivated Sriini to ignite a movement to address these problems through Manavata. Manavata thus has initiated its mission to serve the needy with an altruistic habits. Today there are over 8000 Manavata volunteers working towards realizing this mission across the world in the fields of sustainable health, education, environment, self-development and poverty alleviation.

Sriini and his team has touched many lives through training, charity and other means. He has inspired and trained more than 100,000 students and conducted thousands of workshops on healthy living, Personality Development Programs and yoga. He has been successfully running number of humanitarian projects such as orphanages and rural health centres for poor. Manavata orphanages currently has more than 150 children.

Humanity is our identity! [www.manavata.org](http://www.manavata.org)

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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

**Profile: Srinivasa Alluri**

Srini founded Manavata in UK in 2003 because he found many people were chronically ill due to unhealthy habits. Manavata is a registered charity in UK, India and USA. He has inspired and trained thousands of volunteers and more than 100,000 students, promoted charity at home concept with his workshops on healthy living, Personality Development Programs and yoga. He has been successfully running number of humanitarian projects such as orphanages and rural health centres to help poor. The main point of this is to help them take responsibility to make themselves and their family healthy and eco-friendly

Srini has created "Cycling for Humanity" programme, which aims to inspire people to support humanitarian causes and to lead a healthy, eco-friendly life. In 2011 Srini cycled from London to New Delhi covering 11,350km. In 2013 he led a 1,000 km cycling event and a 100 day relay fast to protest the deaths of 22 children in Bihar (India) due to food poisoning from school meals, which resulted in a positive response from the Government to help 120 million children to get proper nutrition and hygiene in their school mid-day meal. Manavata Academy of Human Excellence (MAHE) is another initiative to promote value based education and to bring out excellence from every child. In MAHE, free values based education, yoga and health sessions are regularly conducted. Currently there are five MAHE centres in UK and three centres in India.

Manavata is establishing University for Humanity (UFH) near Hyderabad in India following Srini's vision of creating an international Centre for sustainable development. The initial goal is to make 500 villages self-sustainable by 2030 and then help it continue for many future generations in protecting sustainability, righteousness and humanity.

Srinivas has visited and conducted sessions and meetings in various world class institutions in US, Dubai, Qatar, Bahrain, China, Japan and Nepal earth quake relief. He also did cycling for humanity recently for great-wall of China and Hiroshima to Nagasaki in Japan to stop using toxic chemicals and stop discrimination /boundaries among human beings. He has discussed collaboration for University for Humanity with his workshops and meetings in institutions like Stanford USA, IIT India, Beijing University China, Tokyo University and Nepal Education department.

In 2013 At the United Nations, Srini gave a statement on sustainable development to request every country to make commitments towards sustainable methods. Srini maintains a simple life style, a strict diet and celibacy to avoid distractions from his voluntary work and his life mission which is a Healthy, Happy and Harmonious World!

Manavata Academy of Human Excellence (MAHE) is another initiative of Manavata to promote value based education and to bring excellence from every child. In MAHE, free value based education, yoga, health sessions are taken up by Manavata volunteers. Currently five MAHE centres in UK and three centres in India run by its volunteers.

He maintains a simple and disciplined life style and dedicated his entire personal life towards realizing his mission inspired by great personalities such as Swami Vivekananda, Mahatma Gandhi, Ramana Maharshi, Buddha and Adi Shankaracharya.

Humanity is our identity! [www.manavata.org](http://www.manavata.org)

2



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### RESOURCE PERSON CERTIFICATE



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
(ESTD. BY THE GOVT. OF TAMIL NADU UNDER ACT NO.9 OF 2005)  
MELAKOTTAIYUR (PO), VANDALUR, CHENNAI-600 0127

**Dr. V. DURAISAMI**  
M.Sc. (Yoga), M.Sc. (Yoga Therapy), M.P.E.S. M.Phil., PGDSM, Ph.D.,  
Organizing Secretary & Associate Professor & Head,  
Department of Yoga.

13.10.2022

#### CERTIFICATE OF HONOUR

This is to certify that **SRINIVASA CHOWDARY ALLURI**, Founder President of Manavata an International Organization & Founder of Global IT company called Sandhata Technologies Ltd, London, has serviced as Resource Person on One day **RESEARCH PERSPECTIVES OF YOGA FOR HOLISTIC HEALTH AND FITNESS** in our Dept of yoga In Associate with "Manavata, London, United Kingdom" & Vishwa Manavata Samastha, Hyderabad, India TNPESU on 13 10.23. His Presentation was informative and thought provoking.

I wish him all success in him future endeavors.

**DR.V.DURAISAMI**

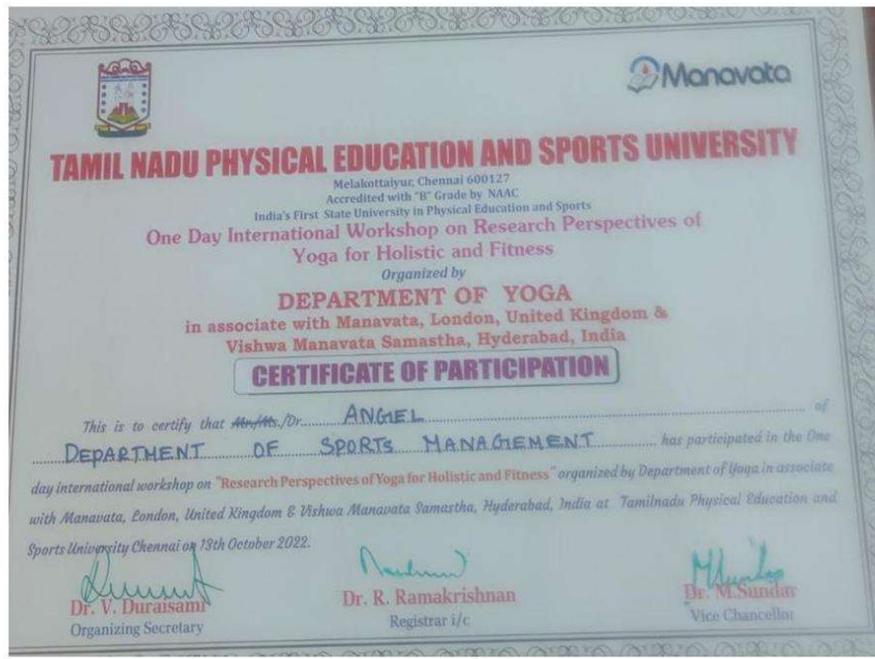


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PARTICIPANTS CERTIFICATE





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Collaborative Initiatives between TNPESU and Narchinthaivattam Charitable Trust

**MEMORANDUM OF UNDERSTANDING (MOU)**  
Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI  
AND  
NARCHINTHANAIVATTAM CHARITABLE TRUST, CHENNAI

<b>Dr. M. SUNDAR, VICE CHANCELLOR</b>	<b>Mrs. HEMA KANNAN</b>
Tamil Nadu Physical Education and Sports University, Chennai, TamilNadu, India	Trustee, Narchinthaivattam Charitable trust, Chennai, Tamilnadu, India

This MOU is signed between the **Vice Chancellor** of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, **Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the **Mrs. HEMA KANNAN** Trustee, Narchinthaivattam Charitable trust, Valasaravakkam, Chennai, Tamilnadu, India.

This MOU is valid for the period of five years only from the date of signing.

**Party 1** is represented by Vice Chancellor, Tamil Nadu Physical Education and Sports University Chennai, Tamilnadu, .

**Party 2** is represented by Trustee, Narchinthaivattam Charitable trust, Chennai, Tamilnadu.

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

**Party 1** shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in Narchinthaivattam conducting Yoga and Health Related Activities
2. Joint Educational, and Research Activities.
3. Exchange of Lectures and discussions & Train University students for their achievements.

**Party 2** shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- ❖ To extend their support in organizing the Guest Lectures, Workshops, Conferences for the students and faculty of Tamil Nadu Physical Education and Sports University.
- ❖ To conduct yoga camps, free yoga offline and online classes and Yoga-Competitions, Conferences, Workshops and Events in our university, surrounding the villages and other areas for the welfare of public/Yoga Practitioners/Yoga Teachers/Yoga Faculties.
- ❖ **Party 1 and Party 2** agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

	<b>Dr. M. SUNDAR, VICE CHANCELLOR</b>	<b>Mrs. HEMA KANNAN</b>
<b>Chennai</b> <b>08.12.2022</b>	Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India	Trustee, Narchinthaivattam Charitable trust, Chennai, Tamilnadu, India



# 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 -127**

*Accredited with "B" by NAAC*



### **DEPARTMENT OF YOGA**

**Report on**  
**TWO DAYS NATIONAL CONFERENCE**  
**ON**  
**“YOGA: A SCIENTIFIC PATHWAY TO**  
**HEALTH AND HAPPINESS”**

**21st – 22nd January, 2023**



# 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

Melakottaiyur, Chennai-127

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

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
*REPORT ON*  
*TWO DAYS NATIONAL CONFERENCE ON*  
**“YOGA: A SCIENTIFIC PATHWAY TO  
HEALTH AND HAPPINESS”**

### INTRODUCTION

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit.

### OBJECTIVES:

The aim of the yoga emphasizes the importance of being present in the moment and finding a sense of peace and balance for your mind and body

### OUTCOME OF THE PROGRAMME

Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration.

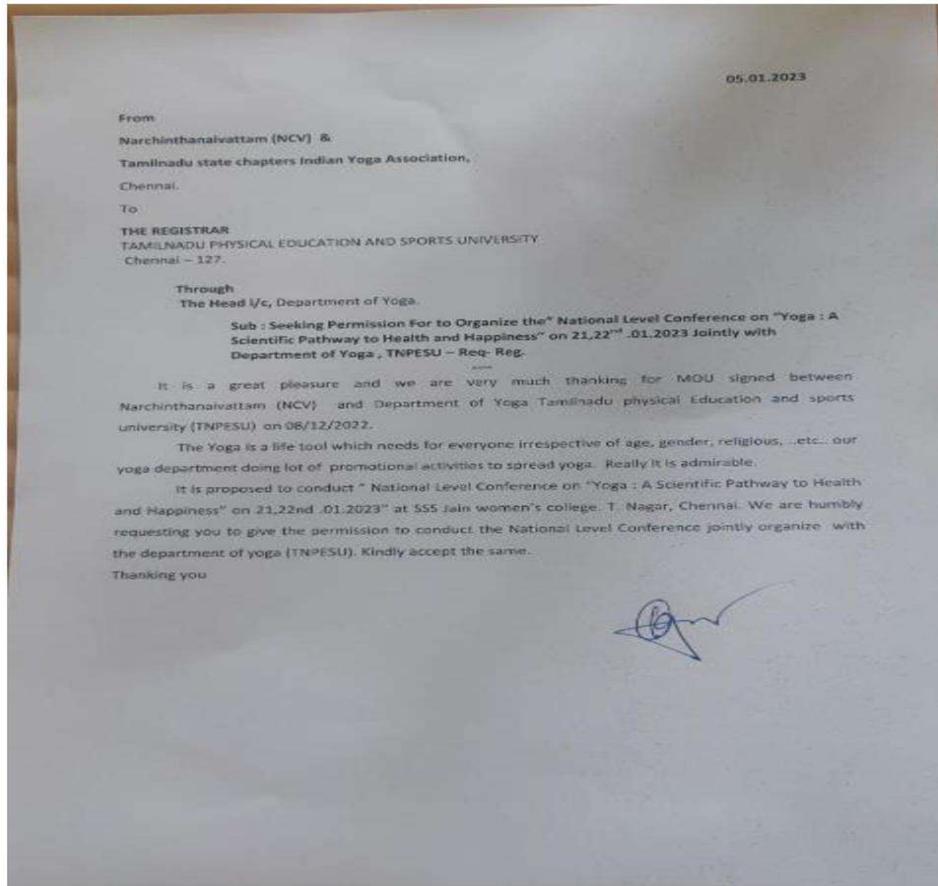


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME REQUISTION / approval LETTER





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME CIRCULAR



#### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY DEPARTMENT OF YOGA

Melakottaiyur, Chennai-600127  
India's First State University in Physical Education and Sports.

**Two Days "YOGA : A SCIENTIFIC PATHWAY TO HEALTH  
AND HAPPINESS"**

#### **CIRCULAR**

**This is for the information of all the faculty, Staff and Students that institute is organizing the Two Days "National Level Conference on "YOGA : A SCIENTIFIC PATHWAY TO HEALTH AND HAPPINESS". On 21 and 22 JANUARY 2023., in Chennai." This will be a good knowledge sharing platform for all academicians/research scholars/yoga professionals/ sports professionals to publish and share their research amongst difference researchers thought-out the world. All the faculty members can participate and present their research work.**

Registrar

Copy to:

1. All the HODs
2. Office In charge of department of yoga.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME BENEFICIARIES

**TOTAL BENEFICIARIES: 143**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM BROCHURE

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY (TN PESU),  
DEPARTMENT OF YOGA**  
Melakottaiyur, Chennai-600127

**NARCHINTHANAI VATTAM (NCV)**  
(CN. Ra. No. 92/2021)  
Noble World Record achieved organisation, NWR/2096/2021  
Associate Centre of Indian Yoga Association New Delhi, IYA/AC/2021/90  
Plot no 126A, 4th Street, Thirupathi Nagar, Valasaravakkam, Chennai 87

**&  
TAMILNADU STATE CHAPTER-  
INDIAN YOGA ASSOCIATION**  
**Jointly organise &**

Cordially invite you to the  
**NATIONAL CONFERENCE**  
On  
**"Yoga: A Scientific pathway to Health and Happiness"**  
21<sup>st</sup> – 22<sup>nd</sup> January, 2023  
at  
**Shri Shankarlal Sundarbai Shasun Jain College for Women**  
No: 3, Madley Road, (Near T.Nagar Bus stand), T. Nagar, Chennai,  
Tamil Nadu 600017.

**PROFILE**  
Tamilnadu Physical Education and Sports University (TN PESU)  
The Tamilnadu Physical Education and Sports University (TN PESU) 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 assent from his Excellency the president of India on 5<sup>th</sup> August 2005, the said act came into force with effect from 15<sup>th</sup> September 2005. 19 Physical Education colleges and 5 Yoga colleges are affiliated with our university.

Department of Yoga  
The Department of Yoga strives for excellence to meet the world's latest expectations in infrastructure, education, holistic care, research and extension activities and to establish benchmarks that even other yoga institutions emulate. The Department of Yoga offers BSc (Yoga), MSc (Yoga), MSc (Yoga Therapy), Ph.D (Yoga) and has awarded degrees to more than 30,000 students.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAM INVITATION

The poster features a central white oval on a blue background with a geometric pattern. At the top, there are three logos: the Indian Yoga Association, the Tamil Nadu Physical Education and Sports University, and the Narchinthanai Vattam (NCV). The text is centered and reads: 'TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY DEPARTMENT OF YOGA Melakottaiyur, Chennai – 600 127. & NARCHINTHANAI VATTAM (NCV) Valasaravakkam, Chennai – 600 087. & TAMILNADU STATE CHAPTER – INDIAN YOGA ASSOCIATION Cordially invite you for the Inauguration of the NATIONAL CONFERENCE on "YOGA – A SCIENTIFIC PATHWAY TO HEALTH AND HAPPINESS" 10.00 a.m. on 21-01-2023 (Saturday) at SHRI SSS JAIN COLLEGE FOR WOMEN'. Below this, it lists the Vice-Chancellor, Dr. M. Sundar, who will preside and release a souvenir. It also mentions Mr. R. Klippan as the Chief Guest and Dr. R. Ramakrishnan as the Registrar. At the bottom, it lists the Joint Organizing Secretaries (Dr. S. Selvalakshmi and Mrs. P. Valli) and the Organizing Secretaries (Dr. V. Duraisami and R. Balan).

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
**DEPARTMENT OF YOGA**  
Melakottaiyur, Chennai – 600 127.  
&  
**NARCHINTHANAI VATTAM (NCV)**  
Valasaravakkam, Chennai – 600 087.  
&  
**TAMILNADU STATE CHAPTER – INDIAN YOGA ASSOCIATION**  
Cordially invite you for the  
Inauguration of the **NATIONAL CONFERENCE**  
on  
**"YOGA – A SCIENTIFIC PATHWAY TO  
HEALTH AND HAPPINESS"**  
10.00 a.m. on 21-01-2023 (Saturday)  
at **SHRI SSS JAIN COLLEGE FOR WOMEN**

**Dr. M. SUNDAR**  
Vice – Chancellor, TNPESU, Chennai.  
Presides, Inaugurates and Releases Conference Souvenir.  
**Mr. R. KLIPPAN**, IRSME, Rd. PCME, S.Rly.  
Addresses as a Chief Guest  
**Dr. R. RAMAKRISHNAN**  
Registrar I/C - TNPESU, Chennai.  
delivers Felicitation Address

**Joint Organizing Secretaries**  
**Dr. S. SELVALAKSHMI**  
Associate professor,  
Department of Yoga – TNPESU  
**Mrs. P. VALLI**  
Director Yoga – NCV

**Organising Secretaries**  
**Dr. V. DURAISAMI**  
Associate Professor  
& Head Department of Yoga – TNPESU  
**R. BALAN**  
President – NCV



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMME REPORT

This is the Report of Two Days National Conference on "Yoga: A Scientific pathway to Health and Happiness" on 21<sup>st</sup> and 22<sup>nd</sup> JANUARY, 2023, was organized by Department of Yoga, TNPESU and Narchinthanai Vattam(NCV). The Participants were regular students, students of School of Distance education and also our university staff members and general public participated (Around 143 members). Dr. S. SELVALAKSHMI, Assistant Professor, Department of Yoga, TNPESU, Chennai welcomed the gathering. Dr.V.DURASAMI, Associate Professor & Head i/c Department of Yoga, TNPESU, Chennai introduced the chief guest and the resource person. The Chief Guest of this program is Dr. M.SUNDAR, Vice Chancellor, TNPESU presided the program. The Resource person is Dr.P.RAJINIKUMAR, Associate Professor in the Department of Exercise Physiology and Biomechanics in TNPESU given a address about "Yoga: A Scientific pathway to Health and Happiness". The National Conference started at 10.00 am and Mr.R.BALAN President NCV given a vote of thanks.

**Organizing Secretary**

**Dr. V. DURASAMI**  
Associate Professor & Head i/c  
Department of Yoga  
TNPESU  
CHENNAI

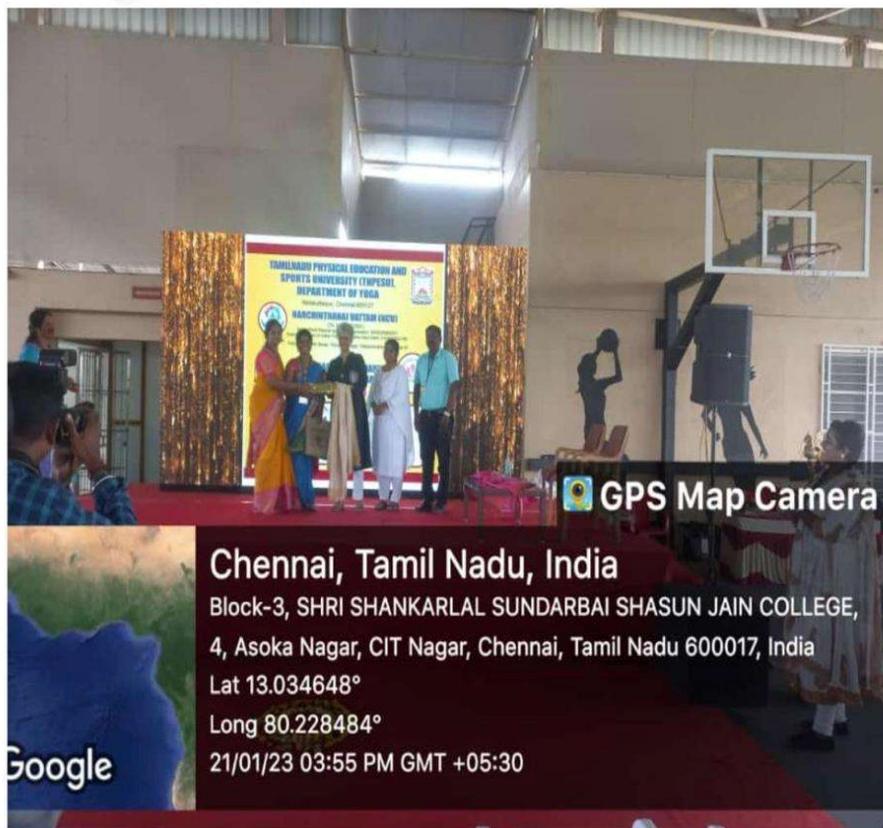


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### GLIMPSES / PHOTO





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### RESOURCE PERSON PROFILE

**SUBJECT: EDUCATION**

Name: P. Rajaganesan  
 Rank: P. Professor  
 Date of Birth: 22nd October, 1979  
 Nationality: Indian  
 Address: Government College, P.O. Ashok  
 Kallanur Street, Puthupattinam, Chennai.  
 Tamil Nadu.  
 India - 600 148.  
 9840414240000

Contact: (Mobile No) -  
 E-mail: [p.raja@tnpu.edu.in](mailto:p.raja@tnpu.edu.in)

**INSTRUCTIONS: FILL IN**

Sr. No.	Course	Establishment/Institution	Year
1.	Doctor of Philosophy in Physical Education	Tamil Nadu Physical Education and Sports University, Chennai	2001 E
2.	M.Phil., Diploma of Philosophy in Physical Education	MADRAS College of Physical Education, Chennai	2000 E
3.	M.P.Ed. (Diploma of Physical Education) and Sports Coaching	Aravindhar University, Aravindhar, Madurai	2000 E
4.	M.A. Sports Administration and Management	Tamil Nadu Physical Education and Sports University, Chennai	2001 E
5.	M.A. Education	Government College, Chennai	1999 E
6.	B.A. Education	Government College, Chennai	2000 E
7.	B.Sc.	Government College, Chennai	1997 E
8.	B.E.E.G.	Madurai High School, Madurai	1998 E

**PROFESSIONAL POSITIONS HELD – TEACHING EXPERIENCE**

- Working as an Assistant Professor in the Department of Exercise Physiology and Biomechanics in Tamil Nadu Physical Education and Sports University since 11<sup>th</sup> August 2008 (Tamil Nadu Government University).
- Worked as Lecturer in YMCA College of Physical Education, Chennai from 12<sup>th</sup> October 2000 to 11<sup>th</sup> August 2008.

**ADMINISTRATIVE EXPERIENCE**

- Sports Secretary of Tamil Nadu Physical Education and Sports University in 2008-2009.
- NSR coordinator of Tamil Nadu Physical Education and Sports University since 2012 to 2016.
- NSR Programme Officer in Tamil Nadu Physical Education and Sports University from 2012 to 2016.
- Coordinator of NSR in Tamil Nadu Physical Education and Sports University from 2012 to 2019.
- NSR cell in-charge of Tamil Nadu Physical Education and Sports University since 2008.
- Staff in-charge of Fitness Centre at THERM Park, Taramani from 15<sup>th</sup> November 2008 to 11<sup>th</sup> August 2008 in YMCA college of Physical Education.

**INTERNATIONAL CERTIFICATES**

Qualified level-2 Anthropometric accredited by International Society for the Advancement of Kinanthropometry.

**SEMI TECHNICAL CERTIFICATIONS**

Eligible India Level-2 certified coach.

**GRAND HONORIFERUM THE PROPHETIC PRIZES OF TAMIL NADU**

Received Hon. D. D. PRINCE from Government of Tamil Nadu under TNSEI Scheme for the proposal submitted to set up Centre of Excellence in Sports Biomechanics in Tamil Nadu Physical Education and Sports University campus. In the regard sports Biomechanics lab in the country. The lab will be functional in a couple of months to cater the sports persons, sports scientists and administrators across the country.

**RESEARCH**

- Ph.D – "Dietary analysis and intervention of fitness programs on selected health related fitness psychological and biomechanical gas variables among urban national boys"
- M.Phil – "Relationship between flexibility and jumping ability and selected physical fitness components psychometric variables and anthropometric measurements"

**TECHNICAL RESEARCH PUBLICATIONS**

- Ph.D research completed and award awarded Ph.D degree under top graduate
- Books and chapters for B.Ph. Ed. Subjects (pending) university of proposal

1



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### RESOURCE PERSON CERTIFICATE





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### PARTICIPANTS CERTIFICATE





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

## Collaborative Initiatives between TNPESU and Tamizhaga Woodball Association

### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

Accredited with "B" by NAAC



#### DEPARTMENT OF ADVANCED TRAINING AND COACHING

#### Report on ORIENTATION PROGRAMME ON "WOOD BALL"

02<sup>nd</sup> March 2023





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PERMISSION LETTER

From

**Dr.S. THIRUMALAI KUMAR**  
Professor in Physical Education & Head i/c  
Department of Advanced Training and Coaching  
Tamil Nadu Physical Education and Sports University  
Chennai- 127

To

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

Respected Sir,

**Sub: ATC- "Orientation programme on Woodball" -Permission - reg.**

Greetings. I wish to submit that the Department of Advanced Training and Coaching wishes to organise "**Orientation programme on Woodball**" - on 02/03/2023 without any financial commitment from the University. Kindly give the permission.

Thank you

Yours truly

**Dr.S. THIRUMALAI KUMAR**

**Encl: Brochure**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### INVITATION



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

**DEPARTMENT OF ADVANCED TRAINING AND COACHING**  
&  
**TAMIZHAGA WOODBALL ASSOCIATION**

Organizes

**ORIENTATION PROGRAMME  
ON  
WOODBALL**

**Date: 02/03/2023 Time: 4.00pm Venue: Cricket Field, TNPESU**

**RESOURCE PERSON**  
**Rtn.V.PRASATH**  
Member Secretary  
Tamizhaga Woodball Association

<p><b>Patron</b> <b>Dr.R.RAMAKRISHNAN</b> Registrar i/c TNPESU</p>	<p><b>Chief Patron</b> <b>Dr.M.SUNDAR</b> Vice -Chancellor TNPESU</p>
<p><b>Programme Convener</b> <b>Dr.S.VELKUMAR</b> Joint Sports Secretary TNPESU</p>	<p><b>Programme Director</b> <b>Dr.S.THIRUMALAI KUMAR</b> Professor in Phy.Edu. &amp; Head i/c Dep. of Advanced Training and Coaching TNPESU</p>
<p><b>Programme Coordinators</b> <b>Mr.E.ANBURAJ &amp; Ms.M.JOSEPHINE STENY</b> Guest Lecturers ATC, TNPESU</p>	<p><b>Organizing Secretary</b> <b>Dr.T.ARUN PRASANNA</b> Guest Lecturer ATC, TNPESU</p>

**All Are Welcome**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### **THEME: ORIENTATION PROGRAMME ON WOODBALL**

The orientation Programme on woodball was held on 02.03.2023. The Programme commenced with Prayer, The welcome address was delivered by Mr Kirthan, MSc student, Department of Advanced Training and Coaching TNPESU.

The resource person Rtn.V.Prasanth, Member Secretary, Tamizhaga woodball association, delivered the lecture on the “Orientation Programme on Woodball”. He explained in detail the woodball, Woodball-history, different types of woods, specifications of the woodball court and play area, the Benefits of the game and the developments of woodball. All the university’s teaching staff and students from Advanced Training and Coaching attended the awareness Programme. There were around 80 participants in the Programme. It was a useful session where an exchange of knowledge among the participants took place and the participants could update their knowledge which would be very informative for their personal and professional carrier. Dr. T. Arun Prasanna, Guest Lecturer, Department of Advanced Training and Coaching TNPESU proposed the vote of thanks.

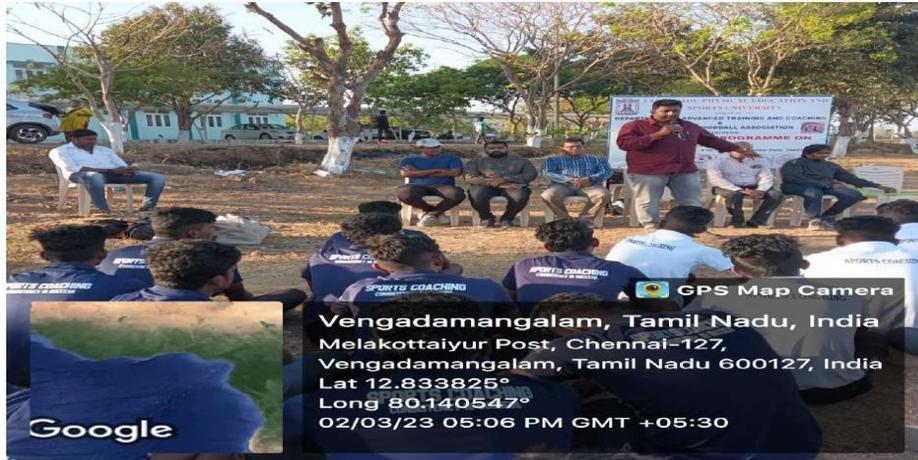


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### GLIMPSES





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### BENEFICIARIES



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
Chennai-127

DEPARTMENT OF ADVANCED TRAINING AND COACHING  
&



TAMIZHAGA WOODBALL ASSOCIATION

Organizes

ORIENTATION PROGRAMME  
ON  
WOODBALL

Date: 02/03/2023 Time: 4.00pm Venue: Cricket Field, TNPESU

#### List of Participants

S.NO	NAME	SIGNATURE
1.	Dr. T. Anu Prasad	T.A.P.
2.	Rtn. V. Pradeep	V.P.
3.	Kandamangal S.	K.S.
4.	A. Dulish	A.D.
5.	P. SUBHIN	P.S.
6.	M. Tamizhachagan	M.T.
7.	P. NITHISH	P.N.
8.	S. LOKESH	S.L.
9.	B. Kishan	B.K.
10.	M. Ravi	M.R.
11.	R. Janagiraman.	R.J.
12.	N. Sachincharles	N.S.
13.	D. Prasanth	D.P.
14.	M. Senthilhanan	M.S.
15.	D. LOKESH PRAS	D.L.P.
16.	J. ABISHICK	J.A.
17.	U. HARDEESH	U.H.



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18.	V. JENIJA ANANTH	V. Senthil
19.	S. Madhu Sathya	S. Senthil
20.	G. S. HARINIDHAR	G. S. Senthil
21.	K. ANEESH	K. Senthil
22.	T. DHARAJITH	T. Senthil
23.	B. SATHYAN PRANESH	B. Senthil
24.	B. PREM KUMAR	B. Senthil
25.	T. SAKTHINEEL	T. Senthil
26.	M. MANIKANDAN	M. Senthil
27.	P. DIRIECH	P. Senthil
28.	B. DYSON	B. Senthil
29.	D. DHANUSHKUMAR	D. Senthil
30.	B. RAJANBU M	B. Senthil
31.	M. BILAL ARASU	M. Senthil
32.	M. J. KARASU	M. Senthil
33.	J. RAJMEEL	J. Senthil
34.	P. SRINATH	P. Senthil
35.	M. ARJUN	M. Senthil
36.	E. RAJYARASU	E. Senthil
37.	B. MUGUNTHAN	B. Senthil
38.	G. YUVA SATHYAN	G. Senthil
39.	J. VOGESH	J. Senthil
40.	K. SIVABARASAN	K. Senthil
41.	S. ANBU SELVAN	S. Senthil
42.	S. KISHORE KUMAR	S. Senthil
43.	S. SACHIN	S. Senthil
44.	A. ARISTOTLE	A. Senthil



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

45.	E. yunoraj	E. I
46.	M. RAMAN	R. Raj
47.	R. SURYA PRASAD	R. Raj
48.	Jesiyal J	L. Raj
49.	D. Girija	D. Guiza
50.	K. Divya	K. R. R. R.
51.	B. Muthaashagan	B. Muthaashagan
52.	K. Rajkiran	K. Rajkiran
53.	G. J. J. J.	G. J. J. J.
54.	V. Ramamurthi	V. Ramamurthi
55.	A. Kannan	A. Kannan
56.	G. Senthil Kumar	G. Senthil Kumar
57.	P. Senthil Kumar	P. Senthil Kumar
58.	M. Ramesh Raj	M. Ramesh Raj
59.	A. Mahendran	A. Mahendran
60.	E. SANTHOSH KUMAR	E. SANTHOSH KUMAR
61.	M. Sriyadav	M. Sriyadav
62.	P. Lakshmi Jayan	P. Lakshmi Jayan
63.	M. Mani Madhavan	M. Mani Madhavan
64.	B. Basanth Kumar	B. Basanth Kumar
65.	D. Deva	D. Deva
66.	K. Kalpana	K. Kalpana
67.	N. Immanuel	N. Immanuel
68.	A. Jeevan Reddy	A. Jeevan Reddy
69.	S. Sridhar	S. Sridhar
70.	A. ABISHEK.	A. ABISHEK.
71.	G. KAVIN.	G. KAVIN.

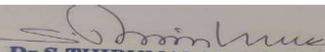


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## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

72.	S. Balachandra	S. Balachandra
73.	R. THOMAS	R. THOMAS
74.	S. CANTHOSH	S. CANTHOSH
75.	K. Poovazhagan	K. Poovazhagan
76.	M.P. Girisanthi	M.P. Girisanthi
77.	M. Senthil Kumar	M. Senthil Kumar
78.	J. Vijaykumar	J. Vijaykumar
79.	R. Senthamil	R. Senthamil
80.	K. KARTHIKEYAN	K. KARTHIKEYAN
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**Dr. S. THIRUMALAI KUMAR**  
Professor in Physical Education & Head i/c  
Department of Advanced Training and Coaching  
Tamil Nadu Physical Education and Sports University  
Chennai-600 127



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

## Collaborative Initiatives between TNPESU and Rocket Ball Federation of India

### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

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### DEPARTMENT OF ADVANCED TRAINING AND COACHING

Report on

**ORIENTATION PROGRAMME**

ON

**“ROCKET BALL”**

**01<sup>st</sup> March 2023**





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PERMISSION LETTER

From

**Dr.S. THIRUMALAI KUMAR**

Professor in Physical Education & Head i/c  
Department of Advanced Training and Coaching  
Tamil Nadu Physical Education and Sports University  
Chennai- 127

To

**THE REGISTRAR**

Tamil Nadu Physical Education and Sports University  
Chennai- 127

Respected Sir,

**Sub:** ATC- **“Orientation programme on Rocket Ball”** -Permission - reg.

Greetings. I wish to submit that the Department of Advanced Training and Coaching wishes to organise **“Orientation programme on Rocket Ball”** - on 01/03/2023 without any financial commitment from the University. Kindly give the permission.

Thank you

Yours truly

**Dr.S. THIRUMALAI KUMAR**

**Encl: Brochure**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### INVITATION



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

**DEPARTMENT OF ADVANCED TRAINING AND COACHING**  
&

**ROCKET BALL FEDERATION OF INDIA**

Organizes

**ORIENTATION PROGRAMME  
ON  
ROCKET BALL**

**Date: 01/03/2023 Time: 4.00pm Venue: Cricket Field, TNPESU**

***RESOURCE PERSON***

**Mr.A.GOPALAKRISHNAN**  
Founder & Secretary  
Rocket Ball Federation of India

<p><b><i>Patron</i></b></p> <p><b>Dr.R.RAMAKRISHNAN</b> Registrar i/c TNPESU</p> <p><b><i>Programme Convener</i></b></p> <p><b>Dr.S.VELKUMAR</b> Joint Sports Secretary TNPESU</p> <p><b><i>Programme Coordinators</i></b></p> <p><b>Mr.E.ANBURAJ &amp; Ms.M.JOSEPHINE STENY</b> Guest Lecturers ATC, TNPESU</p>	<p><b><i>Chief Patron</i></b></p> <p><b>Dr.M.SUNDAR</b> Vice -Chancellor TNPESU</p> <p><b><i>Programme Director</i></b></p> <p><b>Dr.S.THIRUMALAI KUMAR</b> Professor in Phy.Edu. &amp; Head i/c Dep. of Advanced Training and Coaching TNPESU</p> <p><b><i>Organizing Secretary</i></b></p> <p><b>Dr.T.ARUN PRASANNA</b> Guest Lecturer ATC, TNPESU</p>
--	--

***All Are Welcome***



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### **THEME: ORIENTATION PROGRAMME ON WOODBALL**

The orientation Programme on Rocket Ball was held on 01.03.2023. The Programme commenced with Prayer, The welcome address was delivered by Mr.P.Sriganapathy, PhD Research Scholar, Department of Physical Education TNPESU.

The resource person Mr A. Gopalakrishnan, Founder and Secretary, of the Rocket Ball Federation of India, delivered the lecture on the “Orientation Programme on Rocket Ball”. He explained in detail the Rocket ball, Rocket ball history, different types of Rockets, specifications of the Rocket ball court and play area, the Benefits of the game and the developments of Rocket ball and demonstrate the games to all the students and staff members. All the university’s teaching staff and students from Advanced Training and Coaching attended the awareness Programme. There were around 85 participants in the Programme. It was a useful session where an exchange of knowledge among the participants took place and the participants could update their knowledge which would be very informative for their personal and professional carrier. Dr. T. Arun Prasanna, Guest Lecturer, Department of Advanced Training and Coaching TNPESU proposed the vote of thanks.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### GLIMPSES





# 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

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





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### BENEFICIARIES

 TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
Chennai-127  
DEPARTMENT OF ADVANCED TRAINING AND COACHING  
&  
ROCKET BALL FEDERATION OF INDIA  
Organizes  
ORIENTATION PROGRAMME  
ON  
ROCKET BALL

Date: 01/03/2023 Time: 4.00pm Venue: Cricket Field, TNPESU

#### List of Participants

S.NO	NAME	SIGNATURE
1.	Dr. S. Ann Pragna	
2.	P. Karthikeyan	
3.	S. SANDEEP KUMAR	
4.	KIRITHAN S	
5.	K. Haruj Kumar	
6.	P. Srinivasan	
7.	R. Janagiraman	
8.	LOKESH.S	
9.	JENIN ANANDH .C	
10.	Maniyadoss .D	
11.	R THOMAS	
12.	D.Dinash	
13.	A. JEEVAN RAJ	
14.	S. VIJAY KUMAR	
15.	R. SENTHAMIL	
16.	S. Bala Chandran	
17.	Govindarajan	
18.	Abhishek A	



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

19.	E. Sarathkumar Kumar.	E. Sarathkumar
20.	S. Shalbar	S. Shalbar
21.	M. Mani Madhavan	M. Mani
22.	M. Senthil Kumar	M. Senthil Kumar
23.	D. Deva	D. Deva
24.	K. KARTHIKEYAN	K. K. Kartikeyan
25.	D. Vinodhan Kumar	D. Vinodhan Kumar
26.	MURTHY	(M)
27.	L. Manikandan	L. Manikandan
28.	C. KAVIN	C. Kavin
29.	M. P. Biri Santhi	M. P. Biri Santhi
30.	M. DEEPAKRAJ	M. Deepakraj
31.	A. Rangan	A. Rangan
32.	G. Senthil Kumar	G. Senthil Kumar
33.	K. Divya	K. Divya
34.	S. Sankarash	S. Sankarash
35.	M. Jaganmohan	M. Jaganmohan
36.	D. Divya	D. Divya
37.	JESYAL J	Jesyal J
38.	R. ANITH	R. Anith
39.	S. SACHIN	S. Sachin
40.	J. MOHESH	J. Mohesh
41.	S. ANEEL SILVAN	S. Aneel Silvan
42.	E. PRABHAKAR	E. Prabhakar
43.	B. DYSON	B. Dyson
44.	D. DHANESH KUMAR	D. Dhaneesh Kumar
45.	G. YUVAPRASATH	G. Yuvaprasath



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

46.	M. IC. Manoj	M. IC. Manoj
47.	H. Prasad	H. Prasad
48.	E. Praveen	E. Praveen
49.	P. Srinath	P. Srinath
50.	R. Praveen	R. Praveen
51.	J. Ramesh	J. Ramesh
52.	A. Praveen	A. Praveen
53.	K. SILAMBARASAN	K. SILAMBARASAN
54.	S. KISHORE KUMAR	S. KISHORE KUMAR
55.	R. SURYA PRASAD	R. SURYA PRASAD
56.	N. Sachin Charles	N. Sachin Charles
57.	S. Madhu Sathyan	S. Madhu Sathyan
58.	B. KISHORE	B. KISHORE
59.	D. LOKESH PRASAD	D. LOKESH PRASAD
60.	M. TAMIZHAZHAGAN	M. TAMIZHAZHAGAN
61.	K. ANEESH	K. ANEESH
62.	Alkash Krishna S.G	Alkash Krishna S.G
63.	Jibin babu J.V	Jibin babu J.V
64.	B. PREM KUMAR	B. PREM KUMAR
65.	S. MUJUNITHARAN	S. MUJUNITHARAN
66.	M. RAMAR	M. RAMAR
67.	V. HARISH	V. HARISH
68.	B. SATHYA PRAKASH	B. SATHYA PRAKASH
69.	M. INBARASU.	M. INBARASU.
70.	A. PRAKASH	A. PRAKASH
71.	B. Praveen	B. Praveen
72.	M. Manikandan	M. Manikandan

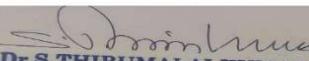


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

73.	P. NITHISH	P. Nithish
74.	T. DHANUSHT	T. Dhannusht
75.	T. SAKTHIVEL	T. Sakthivel
76.	P. SOBHIIN	P. Sobhiin
77.	M. EIRAIANBU	M. Eiraiambu
78.	G. S. HARINOHAR	G. S. Harinohar
79.	M. SEEN	M. Seen
80.	D. Prasanth	D. Prasanth
81.	J. ABISHEK	J. Abishek
82.	P. Aadhiathan	P. Aadhiathan
83.	K. Rajkiran	K. Rajkiran
84.	M. Janarthanan	M. Janarthanan
85.	K. SESATHAI	K. Sesathai
86.		
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101.		

  
**Dr. S. THIRUMALAI KUMAR**  
Professor in Physical Education & Head Vc.  
Department of Advanced Training and Coaching  
Tamil Nadu Physical Education and Sports University  
Chennai-600 127



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

## **Collaborative Initiatives between TNPESU and Association of Indian Universities**



### **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

(Estd. by the Govt. of Tamil Nadu under Act No.9 of 2005)

Website: [www.tnpesu.org](http://www.tnpesu.org)

Phone : 04427477906/128

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

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

**SOUTH WEST INTER UNIVERSITY ATHLETICS (MEN & WOMEN) CHAMPIONSHIP 2022-2023**

### **REPORT**

Association of Indian Universities (AIU) had allocated the South West Inter University Athletics (Men & Women) Championship 2022-2023 to Tamil Nadu Physical Education and Sports University. Tamil Nadu Physical Education and Sports University had been organized the South West Inter University Athletics (Men & Women) Championship 2022-2023 on 9<sup>th</sup> January to 12<sup>th</sup> January 2023 in the University's Synthetic track.

In this event more than 3500 Athletes of 180 Universities from 11 States were participated. The event was started on 9<sup>th</sup> January 2023 at 6 am. The Inaugural ceremony of South West Inter University Athletics (Men & Women) Championship 2022-2023 was held in the Tamil Nadu Physical Education and Sports University Synthetic Track at 5 pm. This ceremony was started with March Past and continued with cultural events.

The Valedictory function of South West Inter University Athletics (Men & Women) Championship 2022-2023 was held at the Synthetic Track, TNPESU, Chennai at 2 pm on 12<sup>th</sup> January 2023. Our Vice-Chancellor Dr. M. Sundar honored the Chief Guest. The Valedictory address was delivered by Thiru. R. Chandrashekar, President of Tamil Nadu Paralympic Sports Association, Chennai.



# 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

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#### INAUGURAL CEREMONY

##### 1. Arrival of chief guest



##### 2. Flag Hoisting





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



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#### 3. March Past



#### 4. Olympic Torch Light





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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#### 5. Vote of Thanks



#### 6. Culturals





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



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

### COMPETITION SCHEDULE

**SOUTHWEST ZONE ATHLETICS CHAMPIONSHIPS  
2022-23**



**TNPESU, CHENNAI  
9 JANUARY – 12 JANUARY 2023**

#### DAY 1 MORNING SESSION - JANUARY 9, 2023, MONDAY

06:00am	10000M	Men	Final
06:45am	10000M	Women	Final
07:30am	Shot Put	Men	Q. Round
07:35am	100 M Hurdles Hepta	Women	Heats
07:50am	1500 M	Men	Round - I
08:10am	Triple Jump	Women	Final
08:15am	1500 M	Women	Round - I
08:40am	100M	Men	Round - I
09:00am	High Jump Hepta	Women	Final
09:40am	100M	Women	Round - I
10:30am	Shot Put	Women	Q. Round
10:40am	400M	Men	Round - I
11:40am	400M	Women	Round - I
12:30pm	100M	Men	Semifinals
12:45pm	100m	Women	Semifinals

#### DAY 1 EVENING SESSION - JANUARY 9 2023 MONDAY

02:00pm	Triple Jump	Men	Q. Round
02:00pm	Shot Put Hepta	Women	Final
03:00pm	400m	Men	Semifinals
03:15pm	400m	Women	Semifinals
03:30pm	200m Hepta	Women	Heats
03:45pm	4x400 M Relay	Mixed	Round - I

#### DAY 2 MORNING SESSION - JANUARY 10 2023 TUESDAY

06:00am	20 km Race Walk	Men	Final
06:30am	20 km Race Walk	Women	Final
07:30am	5000m	Men	Round - I
08:00am	Long Jump Hepta	Women	Final
08:30am	5000m	Women	Round - I
09:30am	High Jump	Men	Q. Round

**Venue: Synthetic Track, TNPESU Campus, Chennai**

ALL TIMES ARE SUBJECT TO CHANGE.  
ALL TIMES ARE IN IST.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### COMPETITION SCHEDULE

**SOUTHWEST ZONE ATHLETICS CHAMPIONSHIPS  
2022-23**



**TNPESU, CHENNAI  
9 JANUARY – 12 JANUARY 2023**

<b>09:30am</b>	100m Deca	Men	Heats
<b>09:35am</b>	Javelin Throw	Men	Q. Round
<b>10:00am</b>	110 M Hurdles	Men	Round - I
<b>10:00am</b>	Triple Jump	Women	Final
<b>10:15am</b>	Shot Put	Men	Final
<b>10:45am</b>	100 M Hurdles	Women	Round - I
<b>10:45am</b>	Long Jump Deca	Men	Final
<b>11:00am</b>	1500m	Men	Final
<b>11:10am</b>	1500m	Women	Final
<b>11:20am</b>	High Jump	Women	Q. Round
<b>11:20am</b>	Hammer Throw	Men	Final
<b>11:50am</b>	Shot Put Deca	Men	Final
<b>11:55am</b>	4x400 M Relay	Mixed	Semifinals
<b>12:30pm</b>	Javelin Throw Hepta	Women	Final

### DAY 2 EVENING SESSION - JANUARY 10 2023 TUESDAY

<b>02:00pm</b>	Triple Jump	Men	Final
<b>02:00pm</b>	Javelin Throw	Women	Q. Round
<b>02:10pm</b>	110 M Hurdles	Men	Semifinals
<b>02:35pm</b>	100 M Hurdles	Women	Semifinals
<b>02:35pm</b>	Shot Put	Women	Final
<b>02:40pm</b>	High Jump Deca	Men	Final
<b>03:00pm</b>	100m	Men	Final
<b>03:10pm</b>	100m	Women	Final
<b>03:30pm</b>	Hammer Throw	Women	Final
<b>03:30pm</b>	400m	Men	Final
<b>03:35pm</b>	400m	Women	Final
<b>03:40pm</b>	800m Hepta	Women	Heats
<b>04:00pm</b>	4x100 M Relay	Men	Round - I
<b>04:30pm</b>	4x100 M Relay	Women	Round - I
<b>05:00pm</b>	400m Deca	Men	Heats
<b>05:15pm</b>	4x400 M Relay	Mixed	Final

**Venue: Synthetic Track, TNPESU Campus, Chennai**

ALL TIMES ARE SUBJECT TO CHANGE.  
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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

COMPETITION SCHEDULE

SOUTHWEST ZONE ATHLETICS CHAMPIONSHIPS  
2022-23



TNPESU, CHENNAI  
9 JANUARY – 12 JANUARY 2023

### DAY 3 MORNING SESSION - JANUARY 11 2023 WEDNESDAY

06:30am	5000m	Men	Final
06:55am	5000m	Women	Final
07:30am	110 M Hurdles Deca	Men	Heats
07:35am	Discus Throw	Men	Q. Round
08:00am	Long Jump	Women	Q. Round
08:05am	800m	Men	Round - I
08:30am	800m	Women	Round - I
08:55am	200m	Men	Round - I
09:00am	Pole Vault	Women	Final (NS*)
09:00am	Discus Throw Deca	Men	Final
09:00am	High Jump	Men	Final
09:50am	200m	Women	Round - I
10:30am	Javelin Throw	Men	Final
10:30am	3000m Steeplechase	Men	Final (NS)
10:45am	3000m Steeplechase	Women	Final (NS)
10:50am	400m Hurdles	Men	Round - I
11:00am	Long Jump	Men	Q. Round
11:30am	400m Hurdles	Women	Round - I
12:00pm	Javelin Throw	Women	Final
12:15pm	110 M Hurdles	Men	Final
12:15pm	Pole Vault Deca	Men	Final (NS)
12:30pm	100 M Hurdles	Women	Final

### DAY 3 EVENING SESSION - JANUARY 11 2023 WEDNESDAY

02:00pm	Discus Throw	Women	Q. Round
02:10pm	High Jump	Women	Final
02:15pm	200m	Men	Semifinals
02:30pm	Javelin Throw Deca	Men	Final (NS)
02:30pm	200m	Women	Semifinals
03:00pm	Pole Vault	Men	Final (NS)
03:00pm	4x400 M Relay	Men	Round - I

**Venue: Synthetic Track, TNPESU Campus, Chennai**

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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

### COMPETITION SCHEDULE

**SOUTHWEST ZONE ATHLETICS CHAMPIONSHIPS  
2022-23**



**TNPESU, CHENNAI  
9 JANUARY – 12 JANUARY 2023**

<b>03:30pm</b>	4x400 M Relay	Women	Round - I
<b>04:00pm</b>	400m Hurdles	Men	Semifinals
<b>04:00pm</b>	1500m Deca	Men	Heats (NS)
<b>04:20pm</b>	400m Hurdles	Women	Semifinals
<b>04:35pm</b>	4x100 M Relay	Men	Semifinals
<b>04:50pm</b>	4x100 M Relay	Women	Semifinals
<b>05:05pm</b>	800m	Men	Semifinals
<b>05:20pm</b>	800m	Women	Semifinals

### DAY 4 MORNING SESSION - JANUARY 12 2023 THURSDAY

<b>06:00am</b>	Half Marathon	Men	Final
<b>06:30am</b>	Half Marathon	Women	Final
<b>07:30am</b>	800m	Men	Final
<b>07:40am</b>	800m	Women	Final
<b>08:30am</b>	Long Jump	Men	Final
<b>08:40am</b>	200m	Men	Final
<b>08:50am</b>	200m	Women	Final
<b>08:00am</b>	Discus Throw	Men	Final
<b>09:30am</b>	4x400 M Relay	Men	Semifinals
<b>09:50am</b>	4x400 M Relay	Women	Semifinals
<b>10:30am</b>	Discus Throw	Women	Final
<b>10:30am</b>	400m Hurdles	Men	Final
<b>10:40am</b>	400m Hurdles	Women	Final
<b>10:50am</b>	Long Jump	Women	Final
<b>11:05am</b>	4x100 M Relay	Men	Final
<b>11:15am</b>	4x100 M Relay	Women	Final
<b>11:45am</b>	4x400 M Relay	Men	Final
<b>11:55am</b>	4x400 M Relay	Women	Final

\*NS – Nehru Stadium, Chennai (Only for Steeplechase & Pole Vault)

**Venue: Synthetic Track, TNPESU Campus, Chennai**

ALL TIMES ARE SUBJECT TO CHANGE.  
ALL TIMES ARE IN IST.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### UNIVERSITIES PARTICIPATED IN SOUTH WEST ZONE (MEN & WOMEN) ATHLETICS CHAMPIONSHIP 2022-2023

Organised by

Tamil Nadu Physical Education and Sports University, Chennai

9<sup>th</sup> to 12<sup>th</sup> January 2023

S.No.	NAME OF THE UNIVERSITY
1.	Acharya Nagarjuna University, Nagarjunanagar, Andhra Pradesh.
2.	Adikavi Nannaya University, Rajamahendravaram, Andhra Pradesh.
3.	Alagappa University, Karaikudi, TN.
4.	Alliance University, Bangalore, Karnataka.
5.	AMET University, Kanathur, Chennai, TN.
6.	Amrita Vishwa Vidhyapeetham, Ettimadai, Coimbatore, TN.
7.	Andhra University (Department of Physical Education and Sports Sciences), Visakhapatnam, A.P.
8.	Anna University (Sports Board), Chennai, TN.
9.	Annamalai University, Annamalai nagar, Cuddalore, TN.
10.	Apex University, Jaipur, Rajasthan
11.	APJ Abdul Kalam Technological University, Thiruvananthapuram, Kerala
12.	Avinashilingam Institute for Home Science and Higher Education, Coimbatore, TN.
13.	Banasthali Vidyapith University, Rajasthan.
14.	Bangalore University, Jnana Bharathi Campus, Bengaluru, Karnatka.
15.	Bangaluru North University, Tamaka, Kolar, Karnataka.
16.	Barkatullah University, Bhopal, M.P.
17.	Bengaluru City University, Gandhinagar, Bengaluru, Karnataka.
18.	Bhagwan Mahavir University, Surat, Gujarat.
19.	Bhakta Kavi Narsinh Mehta University, Jungadh, Gujarat.
20.	Bharath Institute Of Higher Education and Research University, Selaiyur, Chennai, TN.
21.	Bharathidasan University, Tiruchirappalli, TN.
22.	Bharathiyar University, Coimbatore, TN.
23.	Bhupal Nobles University (University Sports Board), Udaipur, Rajasthan.
24.	Central University of Gujarat, Gandhinagar, Gujarat.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

25.	Central University of Karnatka, Kalaburagi, Gulbarga, Karnataka.
26.	Central University of Kerala, Kasargod, Kerala.
27.	Chettnad Academy of Research & Education, Kelambakkam, Tamil Nadu.
28.	Christ University, Bangalore, Karnataka.
29.	Crescent Institute of Science & Technology, Vandalur, TN.
30.	Davangere University, Shivagangithri, Davangere, Karnataka.
31.	Dayananda Sagar University, Bangalore, Karnataka.
32.	Devi Ahilya University, Indore, M.P.
33.	Dharmsinh Desai University, Nadiad, Gujarat.
34.	Dr. Babasaheb ambedkar Marathwada University, Aurangabad, Maharashtra.
35.	Dr. B.R.Ambedkar University, Srikakulam, A.P.
36.	Dr. Harisingh Gour Vishwavidyalaya Sagar, Madhya Pradesh.
37.	Dr.M.G.R Educational and Research Institute, Maduravoyal, Chennai, TN.
38.	Dr.YSR University of Health Sciences, Vijayawada, Andhra Pradesh.
39.	Dravidian University, Kuppam, Andhra Pradesh.
40.	D Y Patil International University, Akurdi, Pune, Maharashtra.
41.	Ganpat University, Mehsana, Gujarat.
42.	GLS University, Ahmedabad, Gujarat.
43.	Goa University, Taleigao Plateau Goa, Goa.
44.	Gondwana University, Gadchiroli, Maharashtra.
45.	Gujarat Technological University, Gujarat.
46.	Gujarat University, Ahmedabad, Gujarat.
47.	Gujarat Vidyapith University, Gandhi Nagar, Ahmedabad, Gujarat.
48.	Gulbarga University, Kalaburagi, Karnataka.
49.	Hemchandracharya North Gujarat University, Patan, Gujarat.
50.	Hindustan Institute of Technology and Science University, Chennai, TN.
51.	Hyderabad (Sind) National Collegiate (HSNC) University, Worli, Mumbai, Maharashtra.
52.	IIS University, Jaipur, Rajasthan.
53.	Indian Institute of Teacher Education (State University-Government of Gujarat), Gandhi nagar, Gujarat.
54.	Institute of Sports Science and Technology (ISST), Pune, Maharashtra.
55.	Indira Gandhi National Tribal University, Amarkantak, M.P.
56.	ITM University, Gwalior, M.P.



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

57.	Jai Narain Vyas University (Board of Sports), Jodhpur, Rajasthan.
58.	Jain University, Bangalore, Karnataka.
59.	Janardan Rai Nagar Rajasthan Vidyapeeth University, Rajasthan.
60.	Jawaharlal Nehru Technological University, Ananthapuramu, A.P.
61.	Jawaharlal Nehru Technological University, Kakinadam, A.P.
62.	Jawaharlal Nehru Technological University, Kukatpally, Hyderabad, Telangana.
63.	Jiwaji University, Gwalior, M.P.
64.	J.R.R Sanskrit University, Jaipur, Rajasthan.
65.	JSS Academy of Higher Education Research University, Mysuru, Karnataka.
66.	Kachchh University, Mundra road, Bhuj-Kachchh, Gujarat.
67.	Kadi Sarva Vishwavidyalaya University, Gandhi nagar, Gujarat.
68.	Kakatiya University (University Sports Board), Telangana
69.	Kalasalingam Academy of Research & Education, Krishnakoil, TN.
70.	Kannur University, Mangattuparamba, Kannur, Kerala.
71.	Karnatak University, Dharwad, Karnataka.
72.	Karnataka State Akkamahadevi Women's University, Vijayapur, Karnataka.
73.	Karnataka State Law University, Navanagar, Hubballi, Karnataka.
74.	Karnataka State Rural Development and Panchayat Raj University, Gadag, Karnataka.
75.	Karpagam Academy of Higher Education, Coimbatore, TN.
76.	Karunya Institute of Technology and Sciences, Coimbatore, TN.
77.	Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon, Maharashtra.
78.	Kerala University of Health Sciences, Thrissur, Kerala.
79.	KLE Technological University, Hubballi, Karnataka.
80.	Koneru Lakshmaiah Education Foundation, Guntur, Andhra Pradesh.
81.	Krishna University, Machilipatnam, Andhra Pradesh.
82.	Kuvempu University (Directorate of Physical Education), Shankaraghatta, Karnataka.
83.	Lakshmibai National Institute of Physical Education (LNIFE), Gwalior, M.P.
84.	LNCT University, Bhopal, M.P.
85.	Lok Jagruti Kendra University (LJ University), Ahmedabad, Gujarat.
86.	Madhav University (Department of Physical Education), Pindwara, Rajasthan.
87.	Madhyanchal Professional University, Ratibad, Bhopal, M.P.



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

88.	Madurai Kamaraj University, Palkalai Nagar, Madurai, TN.
89.	Maharaja Chhatrasal Bundelkiland University, Chhatarpur, M.P.
90.	Maharaja Ganga Singh University, Bikaner, Rajasthan.
91.	Maharaja Krishnakumarsinhji Bhavnagar University, Bhavnagar, Gujarat.
92.	Maharaja Sayajirao University of Baroda, Vadodara, Gujarat.
93.	Maharaja Surajmal Brij University, Bharatpur, Rajasthan.
94.	Maharani Cluster University, Sheshadri road, Bengaluru, Karnataka.
95.	Maharishi Arvind University, Jaipur, Rajasthan
96.	Maharshi Dayanand Saraswati University, Ajmer, Rajasthan.
97.	Maharashtra University of Health Sciences, Nashik, Maharashtra.
98.	Mahatma Gandhi University, Kottayam, Kerala.
99.	Mahatma Gandhi University, Nalgonda, Telangana.
100.	Malaviya National Institute of Technology, Jaipur, Rajasthan.
101.	Mangalore University (Department of Physical Education), Mangalagangothri, Karnataka.
102.	Manonmaniam Sundaranar University, Tirunelveli, TN.
103.	Maulana Azad University, Jodhpur, Rajasthan.
104.	MBM University, Jodhpur, Rajasthan.
105.	Meenakshi Academy of Higher Education & Research University, Chennai.
106.	Mewar University, Chittorgarh, Rajasthan.
107.	MIT World Peace University, Pune, Maharashtra.
108.	Mohanlal Sukhadia University, Udaipur, Rajasthan.
109.	Mother Teresa Women's University, Kodaikanal, TN.
110.	National Sanskrit University, Tirupati, A.P.
111.	Navrachana University, Vadodara, Gujarat.
112.	NIMS University, Jaipur, Rajasthan.
113.	Nitte (Deemed to be University), Mangalore, Karnataka.
114.	Noorul Islam Centre For Higher Education, Kumaracoil, Kanyakumari, TN.
115.	OPJS University, Churu, Rajasthan.
116.	Osmania University (Department Of Physical Education), Hyderabad, Telangana.
117.	Pacific Academy of Higher Education and Research University (University Sports Board), Udaipur, Rajasthan.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

118.	Palamuru University, Mahabubnagar, Telangana.
119.	Pandit Deendayal Upadhyaya Shekhawati University, Sikar, Rajasthan
120.	Parul University, Vadodara, Gujarat.
121.	Periyar University, Salem, TN.
122.	PES University, BSK III Stage, Bangalore, Karnataka.
123.	Pondicherry University (Directorate of Physical Education and Sports), Pondicherry.
124.	Punyashlok Ahilyadevi Holkar Solapur University, Solapur, Maharashtra.
125.	Rabindranath Tagore University, Bhopal, Madhya Pradesh.
126.	Raichur University, Raichur, Karnataka.
127.	Raja Shankar Shah University, Chhindwara, M.P.
128.	Rajiv Gandhi Proudhyogiki Vishwavidyalaya, Gandhi nagar, Bhopal, Gujarat.
129.	Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, Tamil Nadu.
130.	Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.
131.	Rajiv Gandhi University of Knowledge and Technologies Kadapa, A.P.
132.	Raj Rishi Bharteihari Matsya University (RRBMU), Alwar, Rajasthan.
133.	Ramakrishna Mission Vivekananda Educational And Research Institute, Coimbatore, TN.
134.	Rani Channamma University, Bhootaramanahatti, Belagavi, Karnataka.
135.	Rani Durgavati Vishwavidhyalaya, Jabalpur, M.P.
136.	Rashtriya Raksha University, Lavad, Dehgam, Gandhinagar, Gujarat.
137.	Rayalaseema University, Kurnool, A.P.
138.	REVA University, Bengaluru, Karnataka.
139.	Sabarmati University, Ahmedabad, Gujarat.
140.	SAGE University, Indore, M.P.
141.	SAM Global University, Bhopal, M.P.
142.	Sathyabama University, Chennai.
143.	Sangam University, Bhilwara, Rajasthan.
144.	Sanjay Ghodawat University, Kolhapur, Maharashtra.
145.	Sant Gadge Baba Amravati University, Amravati, Maharashtra.
146.	Sardar Patel University, Vallabh Vidyanagar, Gujarat.



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

147.	Sardar Vallabhbhai National Institute of Technology, Surat, Gujarat.
148.	Sastra University, Thanjavur, TN.
149.	Satavahana University, Malkapur road, Karimnagar, Telangana.
150.	Sathyabama Institute of Science and Technology, Chennai, TN.
151.	Saurashtra University, Rajkot, Gujarat.
152.	Saveetha Institute of Medical And Technical Sciences, Chennai, TN.
153.	Savitribai Phule Pune University, Ganeshkhind, Pune, Maharashtra.
154.	Shivaji University, Kolhapur, Maharashtra.
155.	Shri Dharmasthala Manjunatheshwara University, Dharwad, Karnataka.
156.	Shri Govind Guru University, Godhra, Gujarat.
157.	Shri Jagdishprasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan.
158.	Shri Khushal Das University, Hanumangarh junction, Rajasthan.
159.	Shyam University, Dausa, Rajasthan.
160.	Somaiya Vidyavihar University, Mumbai, Maharashtra
161.	Sree Sankaracharya University of Sanskrit, Kalady, Ernakulam, Kerala.
162.	Sri Chandrasekarendra Saraswathi Viswa Maha Vidyalaya (SCSVMV) University, Kancheepuram, TN.
163.	Sri Krishnadevaraya University, Ananthapuramu, Andhra Pradesh.
164.	Sri Padmavati Mahila Visvavidyalayam (Women's University), Tirupati, A.P.
165.	Sri Ramachandra Institute of Higher Education and Research, Porur, Chennai, TN.
166.	Sri Venkateshwara Institute of Medical Sciences (SVIMS) University, Tirupati, A.P.
167.	Sri Venkateshwara University, Tirupati, Andhra Pradesh.
168.	SRM University, Kattankulathur, TN.
169.	SR University, Warangal, Telangana.
170.	St. Peter's Institute of Higher Education and Research, Avadi, Chennai, TN.
171.	Swami Ramanand Teerth Marathwa University, Nanded, Maharashtra.
172.	Swarnim Gujarat Sports University, Gandhi nagar, Gujarat.
173.	Symbiosis International (Deemed University), Pune, Maharashtra.
174.	Tamil University, Vagai Valagam, Thanjavur, TN.
175.	Tantia University, Sri Ganganagar, Rajasthan.
176.	Telangana University (Department of Physical Education & Sports), Nizamabad,



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

	Telangana.
177.	The Gandhigram Rural Institute, Gandhigram, Dindigul, TN.
178.	The Tamilnadu Dr. Ambedkar Law University, Chennai, TN.
179.	Thiruvalluvar University, Vellore, TN.
180.	Tumkur University, B.H. Road, Tumkur, Karnataka.
181.	University of Agricultural Sciences, Bangalore, Karnataka.
182.	University of Agricultural Sciences, Raichur, Karnataka
183.	University of Calicut, Kerala.
184.	University of Hyderabad, Hyderabad, Telangana.
185.	University of Kerala, Thiruvananthapuram, Kerala
186.	University of Kota, Kota, Rajasthan.
187.	University of Madras, Chetpet, Chennai, TN.
188.	University of Mumbai (University Sports Pavilion), Mumbai, Maharashtra.
189.	University of Mysore, Mysore, Karnataka.
190.	University of Rajasthan, Jaipur, Rajasthan.
191.	Veer Narmad South Gujarat University, Surat, Gujarat.
192.	Vel Tech Rangarajan Dr. Sagunthala R&D Institute of Science and Technology, Chennai, TN.
193.	Vels institute of Science Technology and Advanced Studies, Chennai, TN.
194.	Vignan's University, Vadlamudi, Gundur, Andhra Pradesh.
195.	Vijayanagara Sri Krishnadevaraya University, Ballari, Karnataka.
196.	Vikrama Simhapuri University, Nellore, Andhra Pradesh.
197.	Vikram University, Ujjain, M.P.
198.	Vinayaka Mission's Research Foundation, Salem, T.N.
199.	Visvesvaraya Technological University, Belagavi, Karnataka.
200.	VIT-AP University, Inavolu, Amaravati, Andhra Pradesh.
201.	Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.
202.	Yenepoya University, Mangalore, Karnataka.
203.	Yogi Vemana University, Vemanapuram, Kadapa, A.P.



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



### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

(Estd. by the Govt. of Tamil Nadu under Act No.9 of 2005)

Website: [www.tnpesu.org](http://www.tnpesu.org)

Phone : 04427477906/128

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

#### TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

#### ALL INDIA INTER UNIVERSITY ATHLETIC (MEN & WOMEN) CHAMPIONSHIP 2022-2023

#### REPORT

Associations of Indian Universities (AIU) had allocated the All – India Inter Universities Athletics (Men & women) Championship 2022 -2023 to Tamil Nadu Physical Education and Sports University. Tamil Nadu Physical Education and Sports University had been organized the All India Inter University Athletics (Men & Women) Championship 2022-2023 on 13<sup>th</sup> March to 16<sup>th</sup> March 2023 in the University's Synthetic track.

In this event more than 2000 Athletes of 176 Universities from 23 States were participated. The event was started on 13<sup>th</sup> March 2023 at 6.15 am. The Inaugural ceremony of All India Inter University Athletics (Men & Women) Championship 2022 – 2023 was held in the Tamil Nadu Physical Education and Sports University Synthetic track at 10.30 am. The ceremony was started with Marchpast and continued with cultural events.

The Valedictory function of All India Inter University Athletics (Men & Women) Championship 2022 – 2023 was held at the Synthetic track, TNPESU, Chennai at 12 pm on 16<sup>th</sup> March 2023. Our University Vice Chancellor (Dr. M. Sundar) honored the Chief Guest. Chief Guest honored the winners of overall championship, Overall Men and Overall Women of All India Inter University Athletics (Men & Women) Championship 2022-2023.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP (MEN & WOMEN) 2022 - 2023

organized by  
Tamil Nadu Physical Education and Sports University  
Chennai - 600 127.

Date : 13.03.2023

Time : 10.30 am

#### Programme Schedule

- 10.30 am : Arrival of Chief Guest
- 10.40 am : Invocation Tamil Thai Valthu
- 10.45 am : Welcome Address - **Dr. M.Sundar**, Vice Chancellor
- 10.50 am : Honoring the Guests
- 10.55 am : Flag Hoisting by Chief Guest & Dignitaries
- 11.00 am : March - Past
- 11.30 am : Olympic Torch Lighting
- 11.40 am : Oath Taking
- 11.45 am : Chief Guest Address

#### Thiru.UDHAYANIDHI STALIN

Hon'ble Minister for Sports and Youth Welfare Department, Special Programme  
Implementation Department & Poverty Alleviation Programme and Rural  
Indebtedness Government of Tamil Nadu & Pro Chancellor, TNPESU

Vote of thanks : **Dr. P. Rajinikumar**, Sports Secretary, TNPESU

Followed by Cultural



### Invitation

### ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP (MEN & WOMEN) 2022 - 2023

organized by  
Tamil Nadu Physical Education and Sports University  
Chennai - 600 127.

தமிழ்நாடு உடற்கல்வி மற்றும் விளையாட்டு  
பல்கலைக்கழகம்

சென்னை - 600 127.



Under the Auspices of

Association of Indian Universities - New Delhi - 110 002.

Venue : Synthetic Track, TNPESU  
Date & Time : 13.03.2023, 10.30 am





# 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**  
Accredited with "B" by NAAC  
Chennai - 600 127.  
*Under the auspices of*  
Association of Indian Universities - New Delhi - 110 002.

The Vice Chancellor, Members of the Syndicate, Staff and Students request your August Presence at the Inaugural Function of  
**ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP, (MEN & WOMEN), 2022-2023**  
at 10.30 am on 13<sup>th</sup> March 2023  
Venue : Synthetic Track, TNPESU, Chennai

**Thiru. UDHAYANIDHI STALIN**  
Honble Minister for Sports and Youth Welfare Department, Special Programme Implementation Department & Poverty Alleviation Programme and Rural Indebtedness Government of Tamil Nadu & Pro Chancellor, TNPESU has kindly consented to be the Chief Guest and inaugurate the Championship

**Guests of Honour**  
**Dr. Atulya Misra**, IAS, Additional Chief Secretary to Government, Youth Welfare and Sports Development Department

**Thiru. J. Meghanatha Reddy**, IAS  
Chief Executive Officer/ Member Secretary, Sports Development Authority of Tamilnadu

**Thiru. A.R Rahul Nadh**, IAS  
District Collector, Chengalpattu District

**Thiru. K. Josh Thangaiah**  
Deputy Commissioner of Police, Pallikaranai

**Special Guests**  
Thiru. S.S. Balaji MLA, Thirupporur  
Thiru. A.M.S.G.Ashokan MLA, Sivakasi  
Thiru. G.Anbalagan MLA, Kumbakonam  
Thiru. E.Raja MLA, Sankarankoil  
Thiru. Dr.T.Sadhan Thirumalai Kumar MLA, Vasudevanallur

**Invited Guests**  
Thiru. Manathi Ganesan, Arjuna Awardee  
Dr.Arathi Arun, Gold Medalist, CW Games  
Thiru.Sivaraj, Virudhunagar Ath Association  
Thiru. Senthil Kumar Subramanian, MD, Kalvi Group  
Thiru. M.V.M.Velmohan, Correspondent, Velammal Group

**Dr.P.Rajinikumar** Sports Secretary  
**Dr.D.Sathiakumar** Registrar /c  
**Dr.M.Sundar** Vice Chancellor



**தமிழ்நாடு உடற்கல்வி மற்றும் விளையாட்டு பல்கலைக்கழகம்**  
NAAC மூலம் "B" உடன் அங்கீகாரம் பெற்றது.  
சென்னை - 600 127  
அனுசரணையின் கீழ்  
Association of Indian Universities - New Delhi - 110 002.

இந்தியப் பல்கலைக்கழகங்களின் சங்கம் - புது தில்லி - 110 002.

துணைவேந்தர், சிண்டிகேட் உறுப்பினர்கள், ஊழியர்கள் மற்றும் மாணவர்கள் ஆகியவர்களின் உதவியுடன் இங்குள்ள இடையேயான தடகள அகில இந்தியப் பல்கலைக்கழகங்களுக்கு இடையேயான தடகள சாம்பியன்ஷிப் (ஆண்கள் & பெண்கள்) 2022 - 2023 13 மார்ச் 2023 அன்று காலை 10.30 மணிக்கு இடம்: சிந்தடிக்கு இராக்க, TNPESU, சென்னை

**திரு. உதயநிதி ஸ்டாலின்**  
மாண்புமிகு அமைச்சர் விளையாட்டு மற்றும் இளைஞர் நலத்துறை, சிறப்புத் திட்ட அமலாக்கத் துறை & வருமை ஒப்பிட்டுத் திட்டம் மற்றும் தமிழ்நாடு அரசின் திரையுயிற்றுக் கட்டுப்பாட்டு மற்றும் சார்பு அலுவலர், TNPESU தலைமை விருந்தினர்கள் தலைவர்களாக (சாம்பியன்ஷிப்பைத் துவக்கி வைக்க அன்புடன் சம்மதம் தெரிவித்துள்ளார்.

**கௌரவ விருந்தினர்கள்**  
**டாக்டர் அதுல்யா மிஸ்ரா**, ஐ.ஏ.எஸ்., அர்தின் கூடுதல் தலைமைச் செயலாளர், இளைஞர் நலம் மற்றும் விளையாட்டு மேம்பாட்டுத் துறை

**திரு. ஜி. மகநாத் ரெட்டி**, ஐ.ஏ.எஸ்.  
தமிழ்நாடு விளையாட்டு மேம்பாட்டு ஆணையத்தின் முதன்மை செயல் அலுவலர்/ உறுப்பினர் செயலர்

**திரு. ஏ.ஆர்.ராகுல்நாத்**, ஐ.ஏ.எஸ்.  
மாவட்ட ஆட்சியர், செங்கல்பட்டு மாவட்டம்

**திரு. கே. ஜோஷ் தங்கையா**  
துணை போலீஸ் கமிஷனர், பள்ளிக்கரணை

**சிறப்பு விருந்தினர்கள்**  
திரு. எஸ்.எஸ்.பாலாஜி எம்.எல்.ஏ., திருப்போளூர்  
திரு. ஏ.எம்.எஸ்.ஜி.அசோகன் எம்.எல்.ஏ., சிவகாசி  
திரு. ஜி.அன்பழகன் எம்.எல்.ஏ., கும்பகோணம்  
திரு. இராஜா எம்.எல்.ஏ., சங்கரக்கோவில்  
திரு. டாக்டர்.ஆதன் திருமலை குமார் எம்.எல்.ஏ., வாகடேவல்தூர்

**அழகிக்கப்பட்ட விருந்தினர்கள்**  
திரு. மானதி கணேசன், அர்ஜுனா விருது பெற்றவர்  
Dr.Arathi Arun, Gold Medalist, CW Games  
Thiru.Sivaraj, Virudhunagar Ath Association  
Thiru. செந்தில் குமார் கர்மணியன், எம்.டி., கல்வி குழுமம்  
திரு. எம்.வி.எம்.வேல்மோகன், திருப்போளூர்



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### INAUGURAL CEREMONY

#### 1. Arrival of Chief Guest:





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### 2. Honoring Chief Guest





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### 3. Flag Hoisting



### 4. March - Past





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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





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### 5. Olympic Torch Lighting:





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### 6. Chief Guest Address:





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### 7. Vote of Thanks:



### 8. Cultural:





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

### ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

Organised by: TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

#### COMPETITION SCHEDULE

#### DAY- 1

EVENT NO.	TIME	EVENTS	CATEGORY	ROUND
<b>MORNING SESSION</b>				
101	6:15AM	10000M	MEN	FINAL
102	7:00AM	10000M	WOMEN	FINAL
103	7:45AM	SHOT PUT	MEN	TRAILS/FINAL
104	8:00AM	100M HURDLES	WOMEN	HEPTA -1
105	8:00AM	POLE VAULT	MEN	TRAILS/FINAL
106	8:20AM	TRIPLE JUMP	WOMEN	TRAILS/FINAL
107	8:50AM	1500M	MEN	FINAL
108	9:00AM	1500M	WOMEN	FINAL
109	9:00AM	HIGH JUMP	WOMEN	HEPTA -2
110	9:15AM	100M	MEN	ROUND 1
111	9:30AM	100M	WOMEN	ROUND 1
112	9:50AM	400M	MEN	ROUND 1
113	10:00AM	400M	WOMEN	ROUND 1
<b>AFTERNOON SESSION</b>				
114	2:00PM	SHOT PUT	WOMEN	HEPTA -3
115	2:15PM	TRIPLE JUMP	MEN	TRAILS/FINAL
116	2:20PM	400M	MEN	SEMI FINAL
117	2:35PM	400M	WOMEN	SEMI FINAL
118	2:45PM	100M	MEN	SEMI FINAL
119	3:00PM	100M	WOMEN	SEMI FINAL
120	3:15PM	4X400M RELAY	MIXED	ROUND 1
121	3:30PM	200M	WOMEN	HEPTA -4



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### ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

Organised by: TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

#### COMPETITION SCHEDULE

##### DAY- 2

EVENT NO.	TIME	EVENTS	CATEGORY	ROUND
<b>MORNING SESSION</b>				
201	6:00AM	20KM RACE WALK	MEN	FINAL
202	6:30AM	20KM RACE WALK	WOMEN	FINAL
203	7:00AM	5000 M	MEN	FINAL
204	7:30AM	5000 M	WOMEN	FINAL
205	7:45AM	LONG JUMP	WOMEN	HEPTA - 5
206	8:00AM	100M	MEN	DECA - 1
207	8:20AM	110M HURDLES	MEN	ROUND 1
208	8:40AM	100M HURDLES	WOMEN	ROUND 1
209	9:00AM	LONG JUMP	MEN	DECA - 2
210	9:10AM	HIGH JUMP	MEN	TRIALS/FINAL
211	9:30AM	HAMMER THROW	MEN	TRIALS/FINAL
212	9:35AM	4X400M RELAY	MIXED	SEMI FINAL
213	10:30AM	JAVELIN THROW	WOMEN	HEPTA - 6
214	10:45AM	SHOT PUT	MEN	DECA - 3
<b>AFTERNOON SESSION</b>				
215	2:00PM	HIGH JUMP	MEN	DECA - 4
216	2:15PM	100M HURDLES	WOMEN	SEMI FINAL
217	2:30PM	SHOT PUT	WOMEN	TRIALS/FINAL
218	2:45PM	110M HURDLES	MEN	SEMI FINAL
219	3:00PM	HAMMER THROW	WOMEN	TRIALS/FINAL
220	3:00PM	400M	MEN	FINAL
221	3:15PM	400M	WOMEN	FINAL
222	3:30PM	800M	WOMEN	HEPTA - 7
223	3:50PM	100M	MEN	FINAL
224	4:00PM	100M	WOMEN	FINAL
225	4:15PM	400M	MEN	DECA - 5
226	4:30PM	4X100M RELAY	MEN	ROUND 1
227	4:45PM	4X100M RELAY	WOMEN	ROUND 1
228	5:00PM	4X400M RELAY	MIXED	FINAL



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

Organised by: TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

#### COMPETITION SCHEDULE

#### DAY- 3

EVENT NO.	TIME	EVENTS	CATEGORY	ROUND
<b>MORNING SESSION</b>				
301	7:00AM	800M	MEN	ROUND 1
302	7:20AM	800M	WOMEN	ROUND 1
303	7:45AM	110M HURDLES	MEN	DECA - 6
304	8:00AM	LONG JUMP	WOMEN	FINAL
305	8:15AM	JAVELIN THROW	MEN	FINAL
306	8:30AM	200M	MEN	ROUND 1
307	8:30AM	POLE VAULT	WOMEN	FINAL
308	8:45AM	200M	WOMEN	ROUND 1
309	9:05AM	DISCUS THROW	MEN	DECA - 7
310	9:15AM	110M HURDLES	MEN	FINAL
311	9:40AM	100M HURDLES	WOMEN	FINAL
312	10:10AM	400M HURDLES	MEN	ROUND 1
313	10:45AM	400M HURDLES	WOMEN	ROUND 1
314	11:00AM	JAVELIN THROW	WOMEN	FINAL
315	11:30AM	POLE VAULT	MEN	DECA - 8
<b>AFTERNOON SESSION</b>				
317	3:00PM	JAVELIN THROW	MEN	DECA - 9
318	3:00PM	400M HURDLES	MEN	SEMI FINAL
319	3:05PM	LONG JUMP	MEN	TRIALS/ FINAL
320	3:15PM	400M HURDLES	WOMEN	SEMI FINAL
321	3:30PM	200M	MEN	SEMI FINAL
322	3:45PM	200M	WOMEN	SEMI FINAL
323	4:00PM	800M	MEN	SEMI FINAL
324	4:15PM	800M	WOMEN	SEMI FINAL
325	4:30PM	4X400M RELAY	MEN	ROUND 1
326	4:45PM	4X400M RELAY	WOMEN	ROUND 1
327	5:00PM	1500 M	MEN	DECA - 10
328	5:15PM	4X100M RELAY	MEN	SEMI FINAL
329	5:30PM	4X100M RELAY	WOMEN	SEMI FINAL



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

Organised by: TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

#### COMPETITION SCHEDULE

#### DAY- 4

EVENT NO.	TIME	EVENTS	CATEGORY	ROUND
<b>MORNING SESSION</b>				
401	6:00AM	HALF MARATHON	MEN	FINAL
402	6:15AM	HALF MARATHON	WOMEN	FINAL
403	7:30AM	800M	MEN	FINAL
404	7:40AM	800M	WOMEN	FINAL
405	8:00AM	DISCUS THROW	MEN	TRIALS /FINAL
406	8:30AM	HIGH JUMP	WOMEN	TRIALS /FINAL
407	9:00AM	200M	MEN	FINAL
408	9:10AM	200M	WOMEN	FINAL
409	9:40AM	4X400M RELAY	MEN	SEMI FINAL
410	9:55AM	4X400M RELAY	WOMEN	SEMI FINAL
411	10:20AM	400M HURDLES	MEN	FINAL
412	10:30AM	400M HURDLES	WOMEN	FINAL
413	10:35AM	DISCUS THROW	WOMEN	TRIALS /FINAL
414	10:40AM	3000M STEEPLE CHASE	MEN	FINAL
415	10:50AM	4X100M RELAY	WOMEN	FINAL
416	11:00AM	4X100M RELAY	MEN	FINAL
417	11:10AM	3000M STEEPLE CHASE	WOMEN	FINAL
418	11:30AM	4X400M RELAY	MEN	FINAL
419	11:45AM	4X400M RELAY	WOMEN	FINAL



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

### VALEDICTORY FUNCTION

#### 1. Honoring the Athletes:





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### UNIVERSITIES PARTICIPATED IN ALL INDIA ATHLETICS CHAMPIONSHIP 2022 - 2023

S.No.	University
1.	Acharya Nagarjuna University in Guntur, Andhra Pradesh.
2.	Adamas University in Kolkata, West Bengal.
3.	Alagappa University in Karaikudi, Tamil Nadu.
4.	Al-Falah University in Dhouj, Haryana.
5.	Aligarh Muslim University in Aligarh, Uttar Pradesh.
6.	Andhra University in Visakhapatnam, Andhra Pradesh.
7.	Anna University in Chennai, Tamil Nadu.
8.	Annamalai University in Chidambaram, Tamil Nadu.
9.	Apex University Educational institution in Jaipur, Rajasthan.
10.	Atal Bihari Vajpayee Vishwavidyalayain Bilaspur, Chhattisgarh.
11.	Avinashilingam University in Coimbatore, Tamil Nadu.
12.	Baba Mastnath University in Haryana.
13.	Banaras Hindu University in Varanasi, Uttar Pradesh
14.	Bengaluru North University in Tamaka, Karnataka.
15.	Bangalore University in Bengaluru, Karnataka.
16.	Barkatullah Vishwavidyalaya in Bhopal, Madhya Pradesh.
17.	Bengaluru City University in Bengaluru, Karnataka.
18.	Berhampur University in Berhampur, Odisha
19.	Bhagat Phool Singh Mahila Vishwavidyalaya University in Sonipat, Haryana
20.	Bhagwant University, Ajmer in Rajasthan.
21.	Bhakta Kavi Narsinh Mehta University in Dungarpur, Gujarat.
22.	Bharath Institute of Higher Education and Research Higher educational institution in Chennai
23.	Bharathiar University in Coimbatore, Tamil Nadu
24.	Bharathidasan University in Tamil Nadu
25.	Bharati Vidyapeeth Deemed University in Pune, Maharashtra
26.	Bhupal Noble's University in Udaipur, Rajasthan
27.	Binod Bihari Mahto Koyalanchal University, Dhanbad in Jharkhand
28.	Bir Tikendrajit University - STATE PRIVATE UNIVERSITY in Manipur
29.	Chaudhary Ranbir Singh University in Jind, Haryana
30.	Chaudhary Charan Singh University in Meerut, Uttar Pradesh
31.	Chandigarh University in Ajjitgarh, Punjab
32.	Chaudhary Bansi Lal University in Bhiwani, Haryana
33.	Chaudhary Devi Lal University in Haryana
34.	Dayananda Sagar University in Bengaluru, Karnataka
35.	Davangere University in Tholahunase, Karnataka
36.	Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur, Uttar Pradesh
37.	Devi Ahilya Vishwavidyalaya University in Indore, Madhya Pradesh
38.	Deenbandhu Chhotu Ram University Of Science And Technology, Murthal, Haryana
39.	Desh Bhagat University in Punjab
40.	Dhanamanjuri University in Imphal, Manipur
41.	Dr. Babasaheb Ambedkar Marathwada University in Aurangabad, Maharashtra
42.	Dr. Bhimrao Ambedkar University in Agra, Uttar Pradesh
43.	Dr. B.R Ambedkar University in Andhra Pradesh
44.	Dr. M.G.R. Educational And Research Institute university in Chennai, Tamil Nadu



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

45.	Dr. Shyama Prasad Mukherjee University in Ranchi, Jharkhand
46.	Dr. Ram Manohar Lohia Avadh University in Faizabad, Uttar Pradesh
47.	Dr. Vishwanath Karad MIT World Peace University School of Pharmacy Faculty of pharmacy in Pune, Maharashtra
48.	Fakir Mohan University in Balasore, Odisha
49.	GLS (Gujarat Law Society) University in Ahmedabad, Gujarat
50.	Gondwana University in Gadchiroli, Maharashtra
51.	Guru Jambheshwar University of Science and Technology University in Hisar, Haryana
52.	Guru Kashi University in Punjab
53.	Guru Nanak Dev University in Amritsar, Punjab
54.	Gurugram University in Haryana
55.	Gurukul Kangri Deemed to be University, Haridwar, Uttarakhand
56.	Hemchand Yadav Vishwavidyalaya University in Chhattisgarh
57.	HNGU-Hemchandracharya North Gujarat University in Patan, Gujarat
58.	Hemvati Nandan Bahuguna Garhwal University in Srinagar, Uttarakhand
59.	Himachal Pradesh University in Shimla, Himachal Pradesh
60.	HSNC University, Mumbai
61.	IIMT University Meerut, Uttar Pradesh
62.	Indira Gandhi University Meerpur in Haryana
63.	Institute of Management Technology in Ghaziabad, Uttar Pradesh
64.	Jadavpur university in Kolkata, West Bengal
65.	Jai Narain Vyas University, Research institution in Jodhpur, Rajasthan
66.	Jain Private university in Bengaluru, Karnataka
67.	Jananayak Chandrashekhar University in Basantpur Ehatmali, Uttar Pradesh
68.	JRN University in Udaipur, Rajasthan
69.	Kakatiya University in Warangal, Telangana
70.	KANNUR UNIVERSITY in Kannur, Kerala
71.	Karnatak University, Dharwad, Karnataka
72.	Karnataka State Law University in Hubli, Karnataka
73.	Karpagam Academy of Higher Education University in Coimbatore, Tamil Nadu
74.	Kavayitri Bahinabai Chaudhari North Maharashtra University Jalgaon in Bambhori Pr. Chandsar, Maharashtra
75.	Kalinga Institute of Industrial Technology Private university in Bhubaneswar, Odisha
76.	Krishna University in Andhra Pradesh
77.	D.S.B Campus, KUMAUN UNIVERSITY, NAINITAL in Uttarakhand
78.	Kurukshehra University in Thanesar, Haryana
79.	Kuvempu University in Shimoga, Karnataka
80.	Lalit Narayan Mithila University in Darbhanga, Bihar
81.	LNCT University, Bhopal, Madhya Pradesh
82.	Lakshmibai National Institute Of Physical Education University in Gwalior, Madhya Pradesh
83.	Lok Jagruti Kendra, Ahmedabad
84.	Lovely Professional University in Phagwara, Punjab
85.	Maa Shakumbhari University in Uttar Pradesh
86.	Madurai Kamaraj University in Madurai, Tamil Nadu
87.	Magadh University in Bodh Gaya, Bihar
88.	Maharaja Ganga Singh University in Rajasthan
89.	Maharaja Krishnakumarsinhji Bhavnagar University in Bhavnagar, Gujarat
90.	Maharaja Sriram Chandra Bhanjadeo University in Baripada, Odisha
91.	Maharaja Surajmal Brij University in Chak Sakeetra, Rajasthan
92.	Maharshi Dayanand University in Rohtak, Haryana



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

93.	Mahatma Gandhi Kashi Vidyapith University in Varanasi, Uttar Pradesh
94.	Mahatma Gandhi University in Kottayam, Kerala
95.	Manav Rachna International Institute Of Research And Studies University in Faridabad, Haryana
96.	Mangaluru University in Konaje, Karnataka
97.	Manonmaniam Sundaranar University Distance learning center in Chennai, Tamil Nadu
98.	Meenakshi Academy of Higher Education & Research University in Chennai, Tamil Nadu
99.	Mewar University in Rajasthan
100.	Mahatma Jyotiba Phule Rohilkhand University in Bareilly, Uttar Pradesh
101.	Mohanlal Sukhadia University in Udaipur, Rajasthan
102.	National Sports University Central university
103.	Nehru Gram Bharati Deemed university in Hanuman Ganj, Uttar Pradesh
104.	North-Eastern Hill Central university in Shillong, Meghalaya
105.	OPJS University in Rawatsar Koojla, Rajasthan
106.	Osmania university in Hyderabad, Telangana
107.	Pandit Deendayal Upadhyaya Shekhawati University in Rajasthan
108.	Patliputra University in Patna, Bihar
109.	Parul University in Gujarat
110.	Periyar University in Salem, Tamil Nadu
111.	Prof.Rajendra singh university,prayagraj
112.	Pt. Ravishankar Shukla University Higher educational institution in Raipur, Chhattisgarh
113.	Punjab Agricultural University in Ludhiana
114.	Panjab University Chandigarh
115.	Punjabi University, Patiala State university in Patiala, Punjab
116.	Punyashlok Ahilyadevi Holkar Solapur University in Kondi, Maharashtra
117.	Rabindra Bharati University in Kolkata, West Bengal
118.	Rabindranath Tagore University in Raisen, Madhya Pradesh
119.	Raichur University in Karnataka
120.	Raja Mahendra Pratap Singh State University in Aligarh, Uttar Pradesh
121.	Rajiv Gandhi University of Health Sciences in Bengaluru, Karnataka
122.	Ranchi University in Ranchi, Jharkhand
123.	Rani Channamma University in Godihal, Karnataka
124.	Rani Durgavati Vishwavidyalaya University in Jabalpur, Madhya Pradesh
125.	Rashtrasant Tukadoji Maharaj Nagpur University in Nagpur, Maharashtra
126.	REVA University in Karnataka
127.	Sambalpur University in Sambalpur, Odisha
128.	Sant baba bhag singh university,Jalandhar
129.	Sant Gadge Baba Amravati University in Amravati, Maharashtra
130.	Sardar Patel University in Anand, Gujarat
131.	Saurashtra University in Rajkot, Gujarat
132.	Savitribai Phule Pune University in Pune, Maharashtra
133.	Shaheed Mahendra Karma Vishwavidyalaya, Bastar, Chhattisgarh
134.	Shivaji University,Research institution in Kolhapur, Maharashtra
135.	Shri Govind Guru University in Vinzol, Gujarat
136.	Shri Jagdishprasad Jhabarmal Tibrewala University in Jhunjhunu, Rajasthan
137.	Shri Khushal Das University in 7 Stg, Rajasthan
138.	Soban Singh Jeena University in Uttarakhand
139.	Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya university in Kanchipuram, Tamil Nadu
140.	Sri Krishnadevaraya University in Anantapuramu
141.	SRM Institute of Science and Technology Higher educational institution in Chennai, Tamil



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

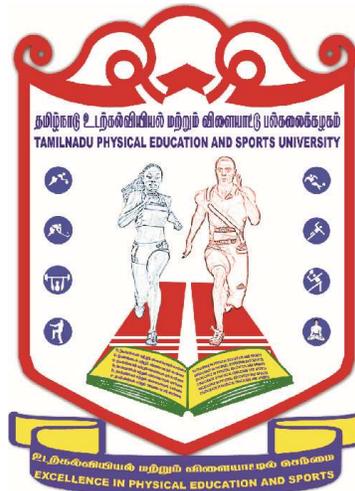
	Nadu
142.	Swami Ramanand Teerth Marathwada University, in Nanded, Maharashtra
143.	Swami Vivekanand Subharti University in Meerut, Uttar Pradesh
144.	Tamil Nadu Physical Education and Sports University in Vengadamangalam, Tamil Nadu
145.	Tamil University in Thanjavur, Tamil Nadu
146.	The University of Burdwan in Bardhaman, West Bengal
147.	Maharaja Bhupinder Singh Punjab Sports University in Kishanpur urf Bakhshiwala, Punjab
148.	Thiruvalluvar University in Vellore, Tamil Nadu
149.	University of Allahabad in Allahabad, Uttar Pradesh
150.	University of Calcutta in Kolkata, West Bengal
151.	University of Calicut in Malappuram, Kerala
152.	University of Delhi in New Delhi
153.	University Of Jammu in Jammu, Jammu & Kashmir
154.	Kalyani Public university in Kalyani, West Bengal
155.	University of Kerala in Thiruvananthapuram, Kerala
156.	University Of Kota in Kota, Rajasthan
157.	University of Lucknow in Lucknow, Uttar Pradesh
158.	University of Madras in Chennai, Tamil Nadu
159.	University Of Mumbai in Mumbai, Maharashtra
160.	University Of Mysore in Mysore, Karnataka
161.	University of North Bengal in Siliguri, West Bengal
162.	University of Rajasthan in Jaipur, Rajasthan
163.	Utkal University, Bhubaneswar, odisha
164.	Veer Bahadur Singh Purvanchal University in Jaunpur, Uttar Pradesh
165.	Veer Kunwar Singh University in Arrah, Bihar
166.	Veer Narmad South Gujarat University in Surat, Gujarat
167.	Vels Institute of Science, Technology & Advanced Studies in Chennai, Tamil Nadu
168.	Vinoba Bhave University in Hazaribagh, Jharkhand
169.	VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY Ballari, Karnataka
170.	Vikrama Simhapuri University in Nellore, Andhra Pradesh
171.	Vikram University, in Ujjain, Madhya Pradesh
172.	Visva-Bharati University in Santiniketan, West Bengal
173.	Visvesvaraya Technological University in Belgaum, Karnataka
174.	WEST BENGAL STATE UNIVERSITY in Berunanpukuria, West Bengal
175.	Yashwantrao Chavan Maharashtra Open University, Maharashtra
176.	Yogi Vemana University in Andhra Pradesh



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



## COLLABORATIVE QUALITY INITIATIVES

ACADEMIC YEAR  
2021 – 2022



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### LIST OF COLLOBORATIVE QUALITY INITIATIVES

S.No	Collaborative Quality Initiatives with Other Institution(s)
1	TAMIL NADU STATE COUNCIL FOR SCIENCE AND TECHNOLOGY (Department of Higher Education, Govt of Tamil Nadu) & TNPESU Organizes "Dissemination Of Women Empowerment Through Sensitizing To Martial Arts, Traditional Games And Yoga" Under the Scheme - DISSEMINATION OF INNOVATIVE TECHNOLOGY (DIT)
2	TNPESU in collaboration with RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT, Ministry of Youth Affairs & Sports, Government of India Organizes Faculty Development Programme on *Impact Of Covid-19 Pandemic On Adolescent And Youth's Health, Nutrition, Physical Fitness And Sedentary Behavior*
3	TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, in collaboration with RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT Organizes National Level Workshop on "Psychosocial Rehabilitation Of Youth - A Post Pandemic Measure"
4	TNPESU in collaboration with RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT Organizes National Workshop cum Training Programme on "Pedagogical Perspectives of Physical Education and Sports Sciences in preparing Youth Fitness for New Normal"
5	Dept of Sports Biomechanics and Kinesiology, TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, in collaboration with RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT, invites ALL for the National Workshop cum Training Programme on "Popularisation of Sports Science ( A National Biomechanics Day Initiative)"
7	TNPESU Dept of Physical Education in association with TN Amateur Kabaddi Association organizes "National Workshop cum State Officiating Examination in Kabaddi"



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### Collaborative Initiatives between TNPESU and Tamil Nadu State Council for Science and Technology

#### PROGRAMME REPORT

(Two Copies)

1. Name of the scheme : Dissemination of Innovative Technology (DIT)
2. Name and address of the co-ordinator : **Dr.S.Thirumalai Kumar**,  
Professor,  
Departments of Physical Education,  
Tamil Nadu Physical Education and Sports  
University,  
Chennai – 127.
3. Council sanction letter details/reference : TNSCST/DIT/VR/11/2019-20/435 Dt. 29.09.2021.
4. Amount sanctioned : Rs.50000/-
5. Title of the Programme, date, venue etc. : **DISSEMINATION OF WOMEN  
EMPOWERMENT THROUGH SENSITIZING  
TO MARTIAL ARTS, TRADITIONAL GAMES  
AND YOGA.**  
**22-02-2022 to 26-02-2022 (Five Days) Offline Mode**
6. Objectives approved : Social
7. Details of the Programme such as : (Enclosed in Annexure -I)  
Inauguration, daily activities, field visit etc,
8. Innovative /Useful Technology/ Training  
aspect delivered : The following technology and techniques were  
disseminated in the Self Defense and Coping Skills  
through Martial Arts, Traditional games were  
brought jublations and enjoyable experience and  
our traditional yogic techniques made them healthy  
and get rid of stress and tension which were  
considered as barriers of their empowerment.
9. Detail of participants : (Enclosed in Annexure-II)
10. Feedback from the participants : (Enclosed in Annexure -III)



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

11. Improvement in the skill\Gainful  
Employment enabled

: The beneficiaries of this programme were trained in Martial arts, Traditional Games and Yoga. Based on this learning experience they can study certificate, Diploma, UG and PG course in the above said areas and they will become entrepreneur in the field or will become trainers in the institutions. This programme will be helpful for the women to become self – sustainable against the all the evils of society by learning self-defense and empowerment skills.

12. Any other details\information

: The Programme is very useful for the women Empowerment, this kind of programme will be very useful in making the women as integral part of Nation building Process.

Signature of the DIT Co-ordinator



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### Annexure –I Details of the Programme

Title: DISSEMINATION OF WOMEN EMPOWERMENT THROUGH SENSITIZING TO MARTIAL ARTS, TRADITIONAL GAMES AND YOGA.

Date: 22-02-2022 to 26-02-2022 (Five Days) Offline Mode

The programme was inaugurated by Dr. V. Mangaiyarkarasi Syndicate Member, Professor, Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai-127. She also gave the keynote address on the inaugural function. Dr. V. Gopinath, Registrar, Tamil Nadu Physical Education and Sports University, Chennai-127 gave the Valedictory Address and distributed the certificate for the participants and Function. The program was conducted with theoretical and practical sessions as detailed below.

Date	Session-I	Session- II	Session –III
22/02/2022	<b>“Key Note Address”</b> <b>Dr.V.Mangaiyarkarasi</b> Syndicate Member, Professor, Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai-127	<b>“Gait Biomechanics”</b> <b>Dr.P.Rajini Kumar</b> Assistant Professor Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University	<b>“Yogic Practices”</b> <b>Dr.V.Duraisami</b> Associate Professor and Head i/c Department of Yoga Tamil Nadu Physical Education and Sports University, Chennai-127
23/02/2022	<b>“Physiological Perspectives Of Women”</b> <b>Dr.GraceHelina</b> Professor, Department of Exercise Physiology and Biomechanics, TNPESU	<b>“Psychological Perspectives of Women”</b> <b>Dr.Shahin Ahmed</b> Professor, Department of Sports Psychology & Sociology, TNPESU	<b>“Silambam”</b> <b>Mr.s.Ganesan</b> Presidents, SilothSilambam Association
24/03/2022	<b>“Health And Hygiene of Women”</b> <b>Dr.V.Murugavalavan</b> Medical Officer cum Associate Professor University Health Centre TNPESU	<b>“Nutritional Perspectives of Women”</b> <b>Dr.P.KSenthil Kumar</b> Associate Professor and Head Department of Exercise Physiology and Biomechanics, TNPESU	<b>“KalariAdimurai”</b> <b>Mr.Surendaran</b> Director Training and Development World Federation of KalariAdimurai Chennai.
25/02/2022	<b>“Fitness And Rehabilitation”</b> <b>Mr.C.Manoj</b> Physiotherapist University Health Centre TNPESU	<b>“Sociological Perspectives of Women”</b> <b>Dr.Vijayalakshmi</b> Assistant Professor Senior School of Social Science and Language, VIT Chennai.	<b>“Archery Techniques”</b> <b>Mr.k.Ratnasababathy</b> President Field Archery Association, Chennai.
26/02/2022	<b>“Tamil Traditional Games”</b> <b>Dr.T.Malayarasi</b> Assistant Professor Department of Tamil. AM Jain College, Meenambakkam, Chennai.	<b>“Female Warriors- Empowerment Through Yoga”</b> <b>Dr.S.Selvalakshmi</b> Assistant Professor Dept. of Yoga TNPESU	<b>“Legal Issues of Women”</b> <b>Dr.P.R.LRajavenkatesan</b> Associate Professor And Head, School of Law, VIT Chennai.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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As part of this programme an essay competition was also organized among the participants and the Result is given below

First Place	DR S. VIDHYA SHANKARI
Second Place	Ms. PREETHI PRISILLA.S
Third Place	MS. PRIYANKA ANIE KOSLE
Fourth Place	MRS.K.AMUTHADEVI

### Photographs





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### Annexure – II

#### List of Participation

S.No	Name	Institution
1.	S. GOMATHI	DR. AMBEDKAR GOVT ARTS COLLEGE,
2.	S. BAKIYALAKSHMI	VYASARPADI, CHENNAI 39
3.	K.SUTHANTHIRA	Dr.MGR University
4.	D. KANCHANA	
5.	SANDHIYA R	
6.	M SOWMIYA	BHARATHI WOMAN'S COLLAGE
7.	PREETHI D	AUTONOMOUS CHENNAI-600108
8.	NITHYA SRI S	DRBCCC HINDU COLLEGE
9.	HEMAPRIYATHARSINI	Software Professional Salem
10.	DR.K. SUBBULAKSHMI	UNIVERSITY OF MADRAS, CHENNAI
11.	M VIJAYARANI	
12.	PREETHI PRISILLA.S	
13.	MRS. P. KARTHIKA	TAMILNADU PHYSICAL EDUCATION AND
14.	ROSY LUNGHAR	SPORTS UNIVERSITY CHENNAI-127
15.	DR.P.MALAIALAGU	Home Maker
16.	MS. DEIPHIBARI LYNGDOH	
17.	MRS.K.AMUTHADEVI	
18.	DEEPA N	TAMILNADU PHYSICAL EDUCATION AND
19.	MRS.V.KEERTHANA	SPORTS UNIVERSITY CHENNAI-127
20.	MRS SUDHARANI P	SINDHI COLLEGE, CHENNAI – 77
21.	SANGEETHA S	Home Maker , Chennai
22.	M. BHAVANI	Home Maker, Chennai
23.	DR S. VIDHYA SHANKARI	SRM University
24.	U NAGALAKSHMI	Physical Education Teacher , Telugana
25.	MANIMEKALAI NARAYANAN	Sri Ramanchdra Institute of Higher Education and Research Chennai
26.	JESIYAL.J	
27.	K. DIVYA	
28.	SENTHAMIZH.G	
29.	S HEMAAMALINI	
30.	KANNIGA.A	
31.	R.PREETHI	TAMILNADU PHYSICAL EDUCATION AND
32.	DURGA SARAVANAN	SPORTS UNIVERSITY CHENNAI-127
33.	A. PARAMESHWARI	Home Maker, Chennai-127
34.	THENNILAVU .G	Home Maker, Aarani
35.	MS. PRIYANKA ANIE KOSLE	TAMILNADU PHYSICAL EDUCATION AND
36.	ARUNADEVI.R	SPORTS UNIVERSITY CHENNAI-127
37.	MS. M.NIVEDHA	
38.	MS. KANI R	
39.	Ms. SIVASANKARI	Avinashilingam University , Coimbatore
40.	M. VENMATHI	



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### Annexure –III

#### FEEDBACK OF THE PARTICIPANTS

**Title:** DISSEMINATION OF WOMEN EMPOWERMENT THROUGH SENSITIZING TO MARTIAL ARTS, TRADITIONAL GAMES AND YOGA.

**Date:** 22-02-2022 to 26-02-2022 (Five Days) Offline Mode

**Venue:** Tamil Nadu Physical Education and Sports University, Chennai-127

**Number of Participants:** 40 Women

#### 1. Was your expectation about the program met?



#### 2. How Satisfied were you with the Programme?





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3. Does all the sessions relevant to the topic?



4. After attending this Women Empowerment Programme, How inspired do you feel?



5. Overall how satisfied with the conduct of DISSEMINATION OF WOMEN EMPOWERMENT THROUGH SENSITIZING TO MARTIAL ARTS, TRADITIONAL GAMES AND YOGA programme.





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### UTILIZATION CERTIFICATE

(Two Copies)

1. Name of the scheme : Dissemination of Innovative Technology (DIT)
2. Name and address of the co-ordinator : **Dr.S.Thirumalai Kumar**,  
Professor,  
Departments of Physical Education,  
Tamil Nadu Physical Education and Sports  
University,  
Chennai – 127.
3. Council sanction letter details/reference : TNSCST/DIT/VR/11/2019-20/435 Dt. 29.09.2021.
4. Amount sanctioned : Rs.50000/-

### CERTIFICATE

It is certified that a sum of **Rs.50000/- (Rupees Fifty Thousand Only)** sanctioned by council for the scheme “Dissemination of innovative technology (DIT)”through the council sanction letter **TNSCST/DIT/VR/11/2019-20/435 Dt. 29.09.2021** has been utilized for the purpose for which it was sanctioned as per the terms and conditions of the scheme and a sum of **Rs NIL** remaining utilized\the balance grant has returned to the council.

Signature of the Co-ordinator

Head of the Institution



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

## Collaborative Initiatives between TNPESU and RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT



A  
Brief Report of



Faculty Development Programme

on

### “IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH’S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR”

Under the Scheme

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



*Date: 15.03.2022 – 17.03.2022 (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**

MELAKOTTIYUR, CHENNAI 600127



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### 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 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 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 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.

**The Tamil Nadu Physical Education and Sports University** was 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*”

**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,



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### Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



- 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 and
- 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 TNPESU for supporting these three Days Faculty Development Programme. 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 presidential address during the inaugural function.

The organizers would like to thank Dr. Rambabu Botcha, faculty coordinator of this programme and Assistant Professor, Department of Social Work, 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 Faculty Development Programme for their valuable resource support and for delivering insightful lecturers during the technical sessions. The organizers would like to profusely thank Dr.V.Gopinath, Registrar of Tamil Nadu Physical Education and Sports University for his support and the presidential address during the valedictory function. The organizing committee registers its sincere acknowledgment to all the participants of these three Days Faculty Development Programme.

**Dr. Rambabu Botcha**  
Assistant Professor  
Department of Social Work,  
Rajiv Gandhi National Institute of Youth  
Development, Ministry of Youth Affairs  
and Sports, Govt. of India

**Dr. P.K.Senthilkumar**  
Associate Professor & HOD i/c  
Department of Exercise Physiology &  
Biomechanics, Tamil Nadu Physical  
Education and Sports University,  
Chennai – 127

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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### 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 :

Faculty Development Programme on “**Impact of Covid-19 Pandemic on Adolescent and Youth’s Health Nutrition, Physical Fitness and Sedentary Behavior**”

**Program Coordinator** : **Dr. P.K.Senthilkumar**

**Name and address of the University** : Tamil Nadu Physical Education and Sports  
University, Melakottaiyur, Chennai-127

**Type & Format of Activity** : Faculty Development Programme / Offline

**Dates** : 15.03.2022 to 17.03.2022

**Title of Activity** : Theory & Practical Session

**Venue** : Tamil Nadu Physical Education and Sports  
University, Melakottaiyur, Chennai-127

#### INTRODUCTION OF THE PROGRAM :

On March 11, 2020, the WHO characterized the COVID-19 virus outbreak as a global pandemic. Consequently, the COVID-19 virus outbreak has led to significant changes in daily life for children, youth, and their families, with specific recommendations and restrictions varying within and between countries. Many countries imposed restrictions requiring physical distancing (two metres), and limited community and social gatherings and interactions, sport, and playground and park use.

Most adolescents and youth are no longer attending school, with classroom lessons replaced by home-schooling and online learning activities. During the initial response to the COVID-19 outbreak and recommendations for physical distancing, behavior restrictions, and overall instructions to ‘stay home’, families are seeking guidance and



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### Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



solutions to preserve healthy routines, including healthy movement behaviors and opportunities to spend time outdoors. It is important to note that physical activities (PA), nutrition and exercise not only maintain physical and psychological health but also help our body to respond to the negative consequences of several diseases such as diabetes, hypertension, cardiovascular diseases, and respiratory diseases (Jiménez-Pavón et al., 2020).

#### NEED FOR THE PROGRAM:

Healthy growth and development is fostered through sufficient physical activity (PA; including time outdoors), limiting sedentary behaviours (SB), and adequate nutrition collectively known as movement behaviours. Though the COVID-19 virus outbreak has changed the daily lives of adolescents and youth, it is unknown to what extent related restrictions may compromise the ability to play and meet movement behaviour recommendations. Exercise and physical activities have important functions for individuals’ psychological well-being as well (Stathi et al., 2002; Lehnert et al., 2012). There is sufficient literature to show that exercise can play a vital role in the promotion of positive mental health and well-being (e.g., Mazyarkin et al., 2019). However, when health promotion activities such as sports and regular gym exercises are not available in this pandemic situation, it is very difficult for individuals to meet the general WHO guidelines (150 min moderate to mild PA or 75 min intensive PA per week or combination of both) (cf. Bentlage et al., 2020).

#### OBJECTIVES OF THE PROGRAM :

This faculty development program equipped the faculties of Schools, Colleges and Universities to focus and entrusted the knowledge on the following areas to be implemented to the adolescent and youth student community amidst this Covid 19 post pandemic crisis.

- Importance of Health
- Role of Exercise
- Need for Nutrition
- Significance of Fitness & Wellness
- Minimizing Sedentary behavior
- Promotion of active lifestyle behaviors



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### Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



#### Participants Attended from

1. Faculties of Colleges and Universities
2. Physical Education Teachers & Coaches
3. Research Scholars

#### OUTCOME OF THE PROGRAM :

This program focused on the equipping the faculties in promoting their knowledge on the well being of their student community by

- Achieving Positive physical and mental well being
- Increasing and improving the quality of nutrition education.
- Choosing healthy products and avoiding unhealthy products.
- Helping and protecting the most vulnerable groups.
- Promoting physical activity and providing open spaces for it.
- Increasing the change in healthy lifestyle behaviors.

**PROGRAM METHODOLOGY :** The faculty development programme was conducted in offline mode at Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127 from 15.03.2022 to 17.03.2022. The programme was conducted with resource person from various specialities including Health, Nutrition, Psychology, Sociology, Exercise Physiology, Fitness and Physical Education. The targeted participants were faculties and research scholars from various Universities, Colleges and Educational Institutions. The programme was formulated with both theory and practical sessions. Four sessions were held per day for three days.

**NO. OF PARTICIPANTS ATTENDED : 50 (Male : 36 Female:14)**

**No. of Resource Persons : 12**



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### Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



#### PROCEEDINGS OF THE NATIONAL WORKSHOP CUM TRAINING PROGRAMMES:

##### Inaugural Function

The grand inaugural of the Faculty Development Program started with Tamilthai Valthu. The organizing secretary Dr.P.K.Senthilkumar, Associate Professor and Head, Department of Exercise Physiology and Nutrition welcomed the gathering. Further, Dr.P.K.Senthilkumar introduced Dr.Rambabu Botcha, Faculty Development Coordinator, RGNIYD. The programme continued with the virtual felicitation address by Dr. Rambabu Botcha, FDP Coordinator, RGNIYD. He was extremely delighted to participate in the inaugural function through virtual mode. He elucidated the establishment and objectives of the RGNIYD, Sriperumbudur towards Youth development. Finally, he concluded the felicitation address and threw lights at the noble motive of the Faculty Development Program which is to promote healthy lifestyle and habits among the youth population through the eminent resource members. Further, the Presidential Address was given by Dr.Grace Helina, Professor. She greeted the special guests, participants, resource members and the students and wished for the grand success of the FDP event. She insisted the students and participants utilize the knowledge from the wonderfully structured program as much as possible. Finally, Inaugural address was presented by our beloved chief guest Dr.V.Mangaiyarkarasi. She took immense pleasure to inaugurate the prestigious Faculty Development Program and expressed gratitude for this first ever event post COVID. She welcomed and appreciated everyone who participated in the event and insisted on the value of a healthy lifestyle. She 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 our organizing secretary Dr.P.K.Senthilkumar, Associate Professor and Head of the Department thanked everyone.



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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### FACULTY DEVELOPMENT PROGRAM

Date: 15/03/2022

Session: I

Resource Person’s Name: Ishwarya Meena

Topic: Impact of COVID-19 on Health, Ways to Boost Immunity & Eating Well



Her presentation covers 3 major topics that are of great importance for the youth and adolescents especially during these pandemic times.

1. Impact of COVID- 19 on Health – This part covers the impact of COVID on physical and mental health of adolescents. The causes for the rise in health issues and the results of sedentary lifestyle over the past two years. A few journal and newspaper articles are included to highlight the gravity of the current situation and how it has leads to the rise in non- communicable diseases among the adolescents.
2. Ways to Boost Immunity – In this section, information on key nutrients and foods to boost immunity have been included. Important micronutrients with their appropriate food examples will be presented. Following that, the six major factors to boost immunity - sunshine, exercise, balanced meals, hydration, stress levels and sleep will be explained.
3. Eating Healthy- Topics covered in this section include factors affecting nutrient intake, creating your own healthy meal plate, health benefits of millets, examples of traditional food options, tips to eat healthy and information on how to read a food label.



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Faculty Development Programme on "Impact of Covid-19 Pandemic on Adolescent and Youth's Health, Nutrition, Physical Fitness and Sedentary Behavior"



### FACULTY DEVELOPMENT PROGRAM

Date: 15/03/2022

Session: II

Resource Person's Name: Dr. Grace Helina

Topic: Sleep and Fitness



- The word "somnia" is derived from the Latin "somnia" meaning "sleep". Sleep gives our body time to recover, conserve energy, and repair and build up the muscles worked during exercise. When we get enough good quality sleep, the body produces growth hormone.
- Sleep plays an important role in the function of the brain, by forming new pathways and processing information.
- Natural sleep cycle consists of being awake during the day and asleep at night. Exposure to light stimulates a nerve pathway in the retina (eye) to a special center in the brain (supra-chiasmatic nucleus, SCN)
- Sleep is the third important leg of health and wellness. The effect and benefits of sleep fitness are Health, safety and performance. A good sleep cycle There are five stages of sleep that rotate between non-rapid eye movement (NREM) and rapid eye movement (REM) and include drowsiness, light sleep, moderate to deep sleep, deepest sleep, and dreaming.
- Try yoga. Regular exercise can increase your energy level, strengthen your heart, and improve sleep apnea, alter your sleep position, avoid alcohol and smoking.



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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### FACULTY DEVELOPMENT PROGRAM

Date: 15/03/2022

Session: III

Resource Person’s Name: Dr. V.Mangaiyarkarasi

Topic: Youth Health and Wellness



Day 1 – 3<sup>rd</sup> session was facilitated by Dr. V. Mangaiyarkarasi, professor in the Department of sports management and sports psychology and sociology, Tamilnadu Physical Education and Sports University, Chennai with the topic youth health and wellness. She started her session with nature of youth and the motivation needed for them to progress our country. She explained about India’s advantage of having more youth population than other countries. She speaks about the importance of education, employment, civic engagement, migration and how it affects the well-being.

Then she spoke about health and wellness and explains about social determinants and its effect. She also explained about each and every fact and effects of housing on mental health, family, peer and social group, education, work and employment. Then she ends speech about personal wellness, how to care our self and our surroundings, how to keep our selves active and to build and healthy relationships



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Faculty Development Programme on "Impact of Covid-19 Pandemic on Adolescent and Youth's Health, Nutrition, Physical Fitness and Sedentary Behavior"



### FACULTY DEVELOPMENT PROGRAM

Date: 15/03/2022

Session: IV

Resource Person's Name: Dr. V. Duraisami

Topic: Stress Management through Yoga



He started the day with full positivity in the morning session in the topic of stress management through yoga. It's an immense pleasure to listen and know about our mind and body through yogic science. He clearly gives insights about the health perspective on yoga with coordination of the mind and body. Started with the essentials of pranayama and lifestyle in today's world and the stress we are facing and also the psychological importance of pranayama in this pandemic situation. The most interesting part is he delivered the insights with logical thinking and with the practical application of yoga. He expressed about the emotional disturbances we are facing and knowing them was super fun. He discussed the behavioral symptoms of psychological imbalances which is very important that every individual should know about. He Explains about the 8 limbs of yoga and practically made us to do breathing practices which is very essential in this pandemic situation and also about the yoga therapy and its positive outcomes and made us understand about the abdominal breathing and given tips about healthy living, the importance of herbs and oil baths which will boost our immune system. He concluded his speech with "Thirukkural says "not to permit the mind to go where it lists, to keep it from evil, and to employ it in good, this is wisdom".



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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### FACULTY DEVELOPMENT PROGRAM

Date: 16/03/2022

Session: I

Resource Person’s Name: Dr. S. Thirumalai Kumar

Topic: Power of Downtime in New Normal



Today in the digital age our brains are preoccupied with work much of the time. Workaholics are the person who compulsively works excessively hard and long hours. Overwork has been linked to depression, diabetes and even heart disease. Lack of sleep/exhaustion can have negative impacts on efficiency, burnout, and even cause injury. Our entire body and specifically brain require considerable personal downtime to remain functional, productive and generate its most innovative ideas.

Personal downtime reloads the brain’s stores of attention and motivation, encourages productivity and creativity, and is essential to both achieve our highest levels of performance and simply form stable memories in day today life. In Sports and exercise regimes, it is noticed that “individuals often encounter overtraining injuries and, eventually, incapacitating burnout. Unless the daily levels of practice are restricted, such that subsequent rest and nighttime sleep allow the individuals to restore their equilibrium. Personal downtime is a boon to recharge the lost energy. Let the minds float from one experience to the next, rather than forcing their brains to concentrate on a single task for hours at a time. Indian traditional Savasana and Yoga Nidra relieve physical and mental stress that builds during a workout. Savasana and Yoganidra build resilience, it can be used in our daily lives. Meditation has huge benefits for physical health, such as reduced blood pressure, increased immunity and improved lung function.



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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



Faculty Development Programme on "Impact of Covid-19 Pandemic on Adolescent and Youth's Health, Nutrition, Physical Fitness and Sedentary Behavior"



### FACULTY DEVELOPMENT PROGRAM

Date: 16/03/2022

Session: II

Resource Person's Name: Dr. N.K.Aridhas

Topic: Importance of Physical fitness for healthy living



Healthy living is having the opportunity, capability and motivation to act in a way that positively affects your physical and mental well-being. The session starts with the health related fitness components and its benefits. He differentiated major differences between Aerobic and Anaerobic exercises along with role of flexibility in our daily routine. He gave the various tips to avoid the sedentary life style. Along with He insisted on the role of exercises in our daily life and listed out the problems of lifestyle diseases like obesity, hypertension and diabetes. He ends up with the "well balanced diet, proper physical activity along with adequate sleep" is the key for healthy living. It was a very interactive session with the participants and threw their perspective of exercise in lifestyle diseases.



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### Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



#### FACULTY DEVELOPMENT PROGRAM

**Date:** 16/03/2022

**Session:** III

**Resource Person’s Name:** by Dr. Shahin Ahmed

**Topic:** Sedentary Behavior and Psychological Well-being



Day 2 – 3rd session was facilitated by Dr. Shahin Ahmed, professor in the department Sports Psychology and Sociology, Tamilnadu Physical Education and Sports University, Chennai with the topic Sedentary Behavior and Psychological Well-being. She started with how people are becoming more sedative especially in COVID 19 pandemic times where our occupational setup is also changed which promoted even more sedative lifestyle. She also spoke about how sedentary life style promotes physiological changes like obesity and other non-communicable diseases and also how it affects the cognitive function. Then she spoke about Psychological well-being and its elements which includes a sense of balance, thoughts, social relationships, and pursuits which necessitate active engagement of self-control. Then she explained about multidimensional Psychological well-being. Then she interconnects and speaks about how sedentary behaviour affects psychological well-being which included Depression, Anxiety, Stress, Suicide ideation, psychological distress, self-esteem. She also spoke about body mind coordination and to improve psychological health and she ended her session with some tips to maintain healthy psychological well-being.



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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### FACULTY DEVELOPMENT PROGRAM

**Date:** 16/03/2022

**Session:** IV

**Resource Person’s Name:** Mr. C. Vijay

**Topic:** The Most Valuable Gift



It was a great session. The insights about health were very useful. He clearly explained and thought about the most valuable gifts that we have in our surroundings and ways to utilize them correctly. He elaborated about the deviations we have in our day to day life and explained about the positive and negative aspects of deviations. Throughout his speech he strongly insights about the hues of health which will enhance the future being and that was the most valuable one throughout our life and he also discussed the pandemic reasons and the self we missed during the pandemics and the ways to get rid of it mentally and physically. He listed out 3 rules for physical fitness which were easy to remember and it gives the clear cut idea for focusing on fitness and health.

He elaborated about the important aspects of life and covered socio-physio and environmental importance for our life to become better. He concluded his speech with the words “we you are responsible for the health and surroundings“.



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### Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



#### FACULTY DEVELOPMENT PROGRAM

**Date:** 17/03/2022

**Session:** I

**Resource Person’s Name:** PT. C.Manoj

**Topic:** Impact of COVID 19 on Youth Health



Day 3 – 1st session was facilitated by Mr. C. Manoj, Physiotherapist, University Health Center, Tamil Nadu Physical Education and Sports University, Chennai with the topic “Impact of COVID 19 on Youth Health”. He opened up the session with the sufferings and challenges in terms of physical and mental health by Youth during COVID 19 pandemic. He elaborated the origin of SARS COV2 Virus and the pathogenesis of Corona virus in Human body. He differentiated the significance of cytokine shower and cytokine storm and its consequences. He listed out the signs and symptoms of COVID 19 with mild, moderate and severe categories. He stressed the significance of preventive measures to be followed by youth to be off from COVID 19. Around 25 myths regarding COVID 19 including the role of herbs, alcoholic sanitizer, medicines, transmission were detailed and busted with the actual facts. It was an eye-opener for the youths to know about these real facts than what they have known through social media. He also busted the myths regarding COVID19 vaccine and also pointed out its limitations. He listed out the types of various vaccines available against COVID 19 throughout the world. Finally he also brought to the notice of the youth participants about #Youth against COVID19 campaign by WHO and its importance. He concluded “Prevention is always better than Cure (Corona)”.



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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### FACULTY DEVELOPMENT PROGRAM

Date: 17/03/2022

Session: II

Resource Person’s Name: Dr. Venkatesan

Topic: Impact of COVID 19 Stress on heart Shock and Cardio Myopathy



Covid 19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

#### Coping with stress

It is natural to feel stress, anxiety, grief and worry during the covid 19 pandemic. The covid stress related to pandemic related adjustment disorder. But in health aspect it will affects more in Cardio Pulmonary. Cardiomyopathy is the condition makes it hard for the heart to deliver blood to the body and can lead to heart failure. Long term high blood pressure is the main causes of Cardiomyopathy.

Heart Shock – Cardiogenic shock is a life threatening condition in which your heart suddenly can’t pump enough blood to meet your body demand. These two played a major role in the pandemic. To overcome this stress advised natural foods in daily life along with inclusion of traditional game in school and college syllabus. It’ll give train the people in physically and mentally. The presentation ends with a question and answer section.



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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### FACULTY DEVELOPMENT PROGRAM

Date: 17/03/2022

Session: III

Resource Person’s Name: Dr.S.K.Poonkuzhali

Topic: Impact of COVID 19 on Nutrition and Dietary Practices among youth



In the recent past, we all have experienced the severity and burden of the communicable diseases through COVID 19. Globally, due to the impact of viral epidemiology, the regular practices and normal life of the people has been tilted. Many families have suffered a lot, socially and economically due to loss of their near and dears.

#### Objective of the presentation

- To recall the experiences and dietary intake during lock down period
- To discuss the transformation in dietary pattern during COVID 19
- To discuss about the lack of physical activity and consumption of high calorie foods and its impact on health of the youth during lock down period
- To discuss the positive effects of COVID 19 that induced better choices of foods among selected population.

#### Discussion and Conclusion

Though the COVID virus has created enormous negative impact to the society, due to this epidemic and due to its life threatening nature, the dietary habits of the people were greatly modified and majority of the people have started to have right choices of foods that will protect their health and strengthen their immune function Through this presentation, impact of COVID 19 on health and nutrition was discussed and nutrition education was imparted to the participants that are necessary to stay healthy.



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Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



### FACULTY DEVELOPMENT PROGRAM

Date: 17/03/2022

Session: IV

Resource Person’s Name: Mr. K.B. Srinivasan

Topic: COVID 19 Recovery Guidance



Day 3 – 4<sup>th</sup> session was facilitated by Mr. K.B. Srinivasan Physiotherapist, University Health Center, Tamil Nadu Physical Education and Sports University, Chennai with the topic COVID 19 Recovery Guidance. For Many People Around The World, The Covid-19 Pandemic Has Been One Of The Most Destabilizing Experiences Of Their Lives. Within Months Of Discovering The Sarscov-2 Virus, Millions Of People Were Infected And Nearly Everyone Was Affected By Lockdowns, Restrictions, And The Resulting Health Decline, Social Change And Fear. The Covid-19 Pandemic Is Both A Biological And Social Phenomenon That Has Reminded The World, Once Again, That The Well-Being Of People, Populations And The Planet Are Tangled.

In This Way, Science Represents the World’s Best Chance of Recovering Better from the Covid-19 Pandemic. Insights From Recovering Better From The Challenges Resulting From Covid-19 Will Require Global Unity And Innovation, This Lecture Will Help The Participants To Understand The Various Ways To Recover From Post Covid Effects Especially For People Who Really Don’t Have Any Idea How To Start Fitness And How To Gradually Increase The Intensity Of The Exercise. Also To Understand The Importance Of Warm-Up And Cool Down, How They Can Help The Various Systems Involving The Fitness To Get Maximum Benefit Of The Fitness In Relation To COVID Detoriation.



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### Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”



#### Valedictory Function

The third and final valedictory day of the started off in a grand manner in the presence of the revered registrar, Dr. Gopinath our chief guest, the Head of the Department of Exercise Physiology and Nutrition, the department staff, the participants and the students. The event started off with the Tamizh Thai Vazhthu followed by the warm welcome speech delivered by Dr. Grace Helina, Professor - Department of Exercise Physiology and Nutrition. She welcomed the registrar and everyone who attended the Faculty Development Program. Further, our beloved chief guest was honored by Dr.P.K.Senthil Kumar, Associate Professor and Head of the Department, DEPN as a token of our love and respect.

The event progressed with the Valedictory speech of our respected chief guest Dr. Gopinath, the registrar. He was delighted to present the speech and insisted on the importance of health and the roles of students from Physiological, Physical Education, and Nutrition background 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 the resource members and the participants of the Faculty Development Program. The event arrived at the final part where the vote of thanks was delivered by Dr.P.K.Senthil Kumar, Associate Professor and Head of the Department, Department of Exercise Physiology and Nutrition. He conveyed his gratitude to the chief guest, resource members, participants and the students for making the program a grand success. Finally the three days of Faculty Development program ended with the National Anthem.



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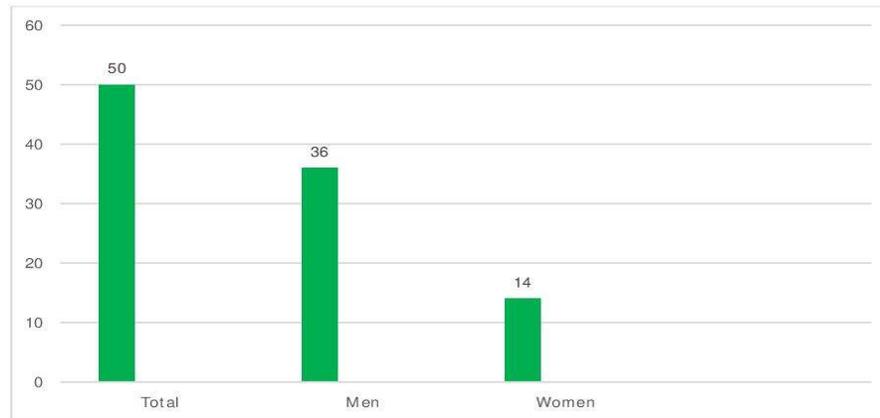


Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”

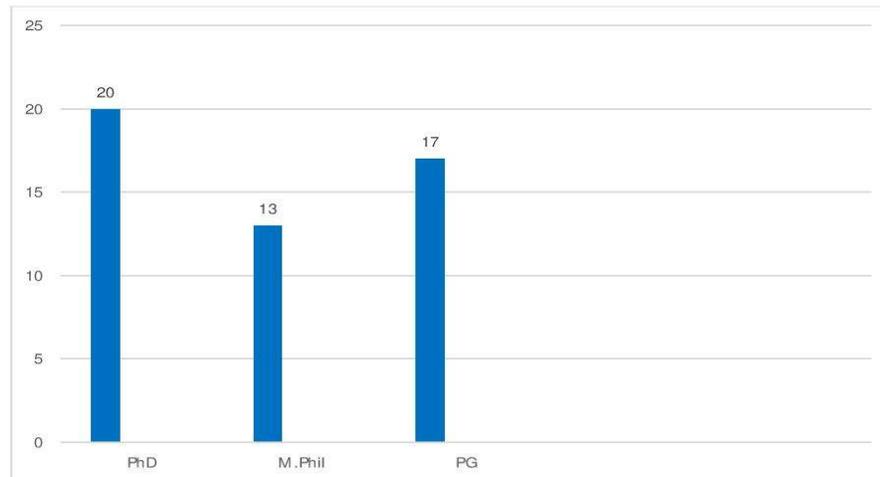


### Feedback Analysis - Highlights of the Student’s Feedback

#### 1. Gender



#### 2. Educational Qualification



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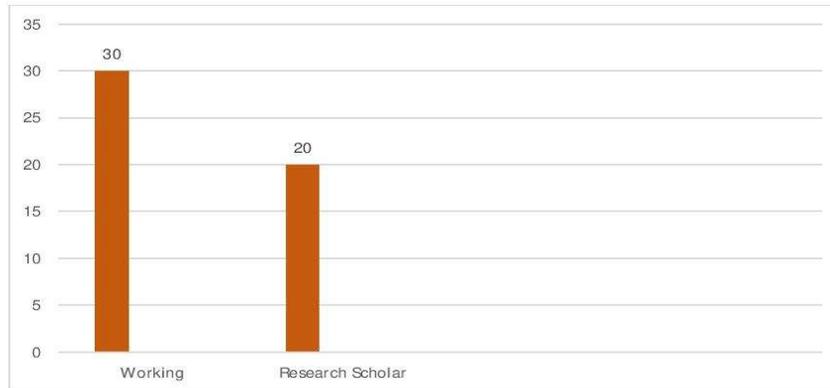
## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



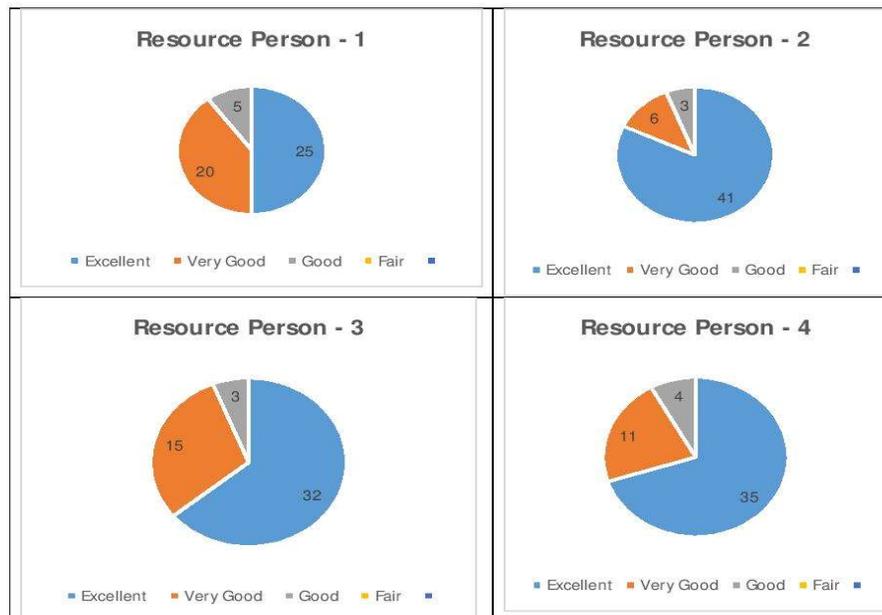
### Faculty Development Programme on "Impact of Covid-19 Pandemic on Adolescent and Youth's Health, Nutrition, Physical Fitness and Sedentary Behavior"



#### 3. Occupation



#### 4. Response Feedback about the Resource Persons



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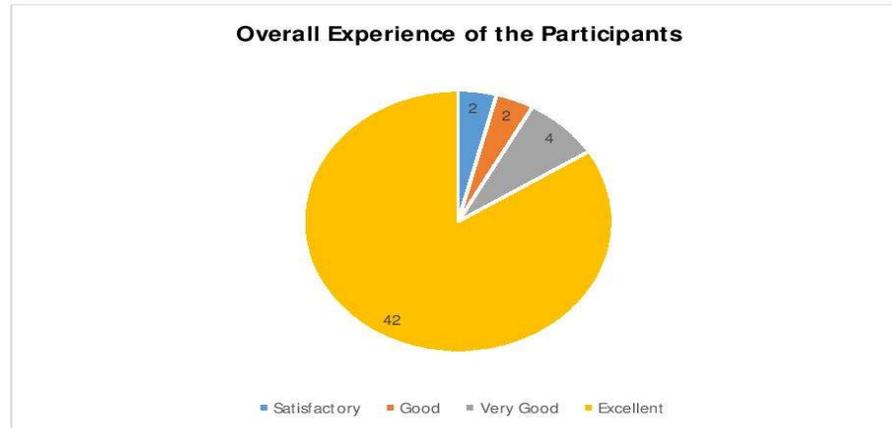
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Faculty Development Programme on "Impact of Covid-19 Pandemic on Adolescent and Youth's Health, Nutrition, Physical Fitness and Sedentary Behavior"



### 5. Overall Experience during the Programme



### DETAILS OF TECHNICAL SESSIONS

Day/Date	Session	Topic	Resource Person
Day – 1 15/03/2022 Tuesday	I	Impact of Covid 19 on Health, way to boost immunity and Eating well	Ms. Ishwrya Meena, Nutritionist, Chennai
	II	Sleep and Fitness	Dr. Grace Helina, Professor, Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University, Chennai
	III	Health and Wellness	Dr. V. Mangaiyarkarasi, Professor, Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai
	IV	Stress management through Yoga	Dr. V. Duraisami, Associate Professor and Head i/c, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai

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 <b>Day – 2</b> <b>16/03/2022</b> <b>Wednesday</b>	I	<b>Power of Downtime in New Normal</b>	<b>Dr.S.Thirumalai Kumar,</b> Professor, Department of Physical Education , Tamil Nadu Physical Education and Sports University, Chennai
	II	<b>Importance of Physical Fitness for Healthy Living</b>	<b>Dr. N..Aridhas,</b> Fitness and Wellness Trainer from Fit for Health, Chennai.
	III	<b>Sedentary Behaviour and Psychological Wellbeing</b>	<b>Dr.V.Shahin Ahmed,</b> Professor, Department of Sports Management and Sports Psychology & Sociology , Tamil Nadu Physical Education and Sports University, Chennai
	IV	<b>Use It or Lose It: The Most Valuable Gift</b>	<b>Mr. C.Vijay</b> 7 Smart wellness & Physical Education consultant, Chennai
 <b>Day – 3</b> <b>17/03/2022</b> <b>Thursday</b>	I	<b>Impact of COVID 19 on Youth Health</b>	<b>Mr. C.Manoj,</b> Physiotherapist, University Health Center, Tamil Nadu Physical Education, and Sports University, Chennai
	II	<b>Impact of COVID stress an heat shock and Cardiomyopathy</b>	<b>Dr.R.Venkatesan,</b> Associate Professor, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai
	III	<b>Impact of Covid-19 and Transformation in Eating Habits</b>	<b>Dr.S.K.Poonkuzhali</b> Assistant Professor & Head i/c, Department of Nutrition and Dietetics, Prof .Dhanapalan College of Arts and Science , Chennai
	IV	<b>COVID 19 Recovery Guidance</b>	<b>Mr. K.B.Srinivasan,</b> Sports Physiotherapist, Tamil Nadu Physical Education and Sports University, Chennai



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### LIST OF PARTICIPANTS

S.NO	PARTICIPANT'S NAME	QUALIFICATION	INSTITUTION
1.	Vadivelan Sundaramoorthy	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
2.	Thenmozhi	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
3.	Ponpandi	Guest Lecturer	Tamil Nadu Physical Education and Sports University
4.	Preethi Prisilla. S	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
5.	Manoj kumar. K	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
6.	Dr. P.Kumaravelu	Assistant Professor, Dept of Physical Education	Tamil Nadu Physical Education and Sports University
7.	Dr. K.Subbulakshmi	Guest Lecturer, Dept of Phiosophy	University Of Madras
8.	Sathish Kumar. H	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
9.	Ram Kumari. D	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
10.	Dr. G.Chandraprakash	Badminton Coach	Badminton Association of India
11.	Dr. A.Prabu kumar	Badminton Coach	Badminton Association of India
12.	M.Saravana Kumar	Badminton Coach	Badminton Association of India
13.	A.Amaran.	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
14.	A.Harikrishnan	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
15.	Dr. V.Ravi Kumar	Physical Director	Hindustan College of Engineering and Technology
16.	Dr. G.Sona Santha Kumari	Nutritionist	Freelancer
17.	R.Poornima	Nutritionist	Freelancer
18.	C.Mageswari	Ph.D Scholar	Annamalai University
19.	S.Dhayanithi	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
20.	Dr. S.Selva Muruga Mani	Sports and Fitness Consultant	Freelancer
21.	R.Udaya Kumar	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
22.	P.Kani	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
23.	E.Anburaj	Guest Lecturer, Dept of Sports Coaching	Tamil Nadu Physical Education and Sports University



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24.	V.Keerthana	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
25.	A.Azad	M.Sc	Tamil Nadu Physical Education and Sports University
26.	K.Niranjana	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
27.	Dr. Deb Kumar Das	Assistant Professor	Tamil Nadu Physical Education and Sports University
28.	Stanley	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
29.	Dr.P.Alaguraj	Physical Director	IITDM
30.	Senthil Venugopal	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
31.	Dr. S.Jayakumar	Assistant Professor, Dept of Physical Education	Tamil Nadu Physical Education and Sports University
32.	K. J.Sridevi	Ph.D Scholar	MAHER
33.	Dr. C.Lakshmanan	Assistant Professor, Dept of Physical Education	Tamil Nadu Physical Education and Sports University
34.	Ninglum Zimik	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
35.	Dr. J.Anitha	Assistant Professor	Tamil Nadu Physical Education and Sports University
36.	Rosy Lungar	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
37.	P. Karman	Guest Lecturer, Dept of Exercise Physiology and Nutrition	Tamil Nadu Physical Education and Sports University
38.	Dr. M.Lakshman Kumar	Guest Lecturer, Dept of Sports Psychology and Sociology	Tamil Nadu Physical Education and Sports University
39.	Dr. D.Umamaheshwari	Guest Lecturer, Dept of Yoga	Tamil Nadu Physical Education and Sports University
40.	Mr. M.Kumaresan	Guest Lecturer, Dept of Sports Management	Tamil Nadu Physical Education and Sports University
41.	Dr.Rengarajan	Guest Lecturer	SDE, TNPESU
42.	Dr. S.Vengadesan	Associate Professor	Remo International College Aviation
43.	Praveen Kumar. M	Guest Lecturer, Dept of Yoga	Tamil Nadu Physical Education and Sports University
44.	C.Dhurai Sundhar	Research Scholar	Tamil Nadu Physical Education and Sports University
45.	Dr. S.Velkumar	Assistant Professor, Dept of Physical Education	Tamil Nadu Physical Education and Sports University
46.	Dr. S.Gokila	Guest Lecturer, Dept of Physical Education	Tamil Nadu Physical Education and Sports University



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 Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior” 			
47.	Vasanth Sundaram	Guest Lecturer	Tamil Nadu Physical Education and Sports University
48.	D.Sathiyaseelan	Guest Lecturer	Tamil Nadu Physical Education and Sports University
49.	P.Sri Ganapathy	Ph.D Scholar	Tamil Nadu Physical Education and Sports University
50.	Dr. K. Rajesh Kumar	Assistant Professor, Dept of Physical Education	Tamil Nadu Physical Education and Sports University

**Suggestions to RGNIYD, if any :**

We request RGNIYD to give us ample amount of time for the conduct of any event and for settlement of accounts.

**Dr.P.K.Senthilkumar**  
*Programme Coordinator*

**M.SUNDAR**  
*Vice Chancellor*

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### Faculty Development Programme on "Impact of Covid-19 Pandemic on Adolescent and Youth's Health, Nutrition, Physical Fitness and Sedentary Behavior"



### ANNEXURE I - FLYER

*Faculty Development Programme on*  
**"IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH'S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR"**

**Organizing committee**

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

**Patron**  
**Dr. V. Gopinath**  
Registrar

**FDP Coordinators**  
**Dr. P. K. Senthikumar**  
Associate Professor, Head i/c,  
Department of Exercise Physiology and Biomechanics, TNPESU

**Dr. Rambabu Botcha**  
Assistant Professor, Department of Social Work  
Rajiv Gandhi National Institute of Youth Development  
Ministry of Youth Affairs and Sports, Government of India.

**Address for Communication**  
**Dr. P. K. Senthikumar**  
Associate Professor, Head i/c,  
Department of Exercise Physiology and Biomechanics  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Chennai – 127  
Mobile : 9865417000, 7338892300  
Email ID – pks.tnpesu@gmail.com

**Registration Link**  
<https://forms.gle/Lx9zMxXZHp3UcPQ8>

**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*  
**Faculty Development Programme**  
On  
**"IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH'S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR"**  
*Under the Scheme*  
*Programme for Development of Youth through National Institutes / Central Universities / State Universities and Affiliated Colleges*  
**Date: 15.03.2022 – 17.03.2022 (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 (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 1995 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 their 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 provides organization of youth-related activities to the country. As the apex institute at the national level, it works in close cooperation with the NSI, NYIS 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 and tribal areas.

The RGNIYD serves as a youth observatory and depository in the country thereby enabling on youth surveillance in youth-related issues. It has a wide network with various organisations working for the welfare and development of young people and serves as a mentor.

**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 affliating 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 holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit."

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 and
- 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.

**Motto: "EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS"**

**ABOUT THE PROGRAMME**

**"The World Is The Great Gymnasium Where We Come To Make Ourselves Strong."**  
*-Swami Vivekananda*

On March 11, 2020, the WHO characterized the COVID-19 virus outbreak as a global pandemic. Consequently, the COVID-19 virus outbreak, has led to significant changes in daily life for children, youth, and their families, with specific recommendations and restrictions varying within and between countries. Most adolescents and youth are no longer attending school, with classrooms lessons replaced by home schooling and online learning activities. During the initial response to the COVID-19 outbreak and its ramifications on physical distancing, behaviour restrictions, and travel restrictions to "stay home", families are seeking guidance and solutions to promote healthy routines, including healthy movement behaviors and opportunities to spend time outdoors. It is important to note that physical activities (PA), nutrition and exercise can only maintain physical and psychological health but also help our body to respond to the negative consequences of several diseases such as diabetes, hypertension, cardiovascular diseases, and respiratory diseases (Pruett, - Frain, et al., 2020).

**OBJECTIVES OF THE PROGRAM**

This faculty development program would like to equip the faculties of Schools, Colleges and Universities to focus and extend the knowledge on the following areas to be implemented to the adolescent and youth population especially given the COVID-19 post-pandemic crisis.

- ▲ Importance of Health
- ▲ Role of Exercise
- ▲ Need for Nutrition
- ▲ Significance of Fitness & Wellness
- ▲ Maintaining Sedentary behavior
- ▲ Promotion of active lifestyle behaviors

**TARGET AUDIENCE**

- ▲ Faculties of Colleges and Universities
- ▲ Physical Education Teachers & Coaches
- ▲ Research Scholars

**KEY POINTS**

- ▲ Last date for registration: 11/03/2022, 5:00 pm. (Google form)
- ▲ Registration and FDP Fee is Free
- ▲ The maximum number of seats allocated is 50 participants
- ▲ The list of shortlisted candidates will be informed on 12/03/2022
- ▲ Faculties & Messengers/Secretaries should get prior permission from their institutions.
- ▲ Working Lunch will be provided
- ▲ The programme contains both Theory and Practical sessions.

Organized by RGNIYD & TNPESU



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



Faculty Development Programme on "Impact of Covid-19 Pandemic on Adolescent and Youth's Health, Nutrition, Physical Fitness and Sedentary Behavior"



### ANNEXURE II - 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**  
Melakottiyur, 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

**Faculty Development Programme on**  
**"IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH'S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR"**

at 10.00 am on 13<sup>th</sup> March, 2022  
Venue: TNPESU Auditorium, Library Building, II Floor, TNPESU, Chennai

**Dr. V. Gopinath**  
Registrar  
Tamil Nadu Physical Education and Sports University  
has kindly consented to be the Chief Guest and will deliver the Inaugural Address.

*All Are Welcome*

**Dr. Rambabu Botcha**  
FDP Coordinator, RGNIYD

**Dr. P. K. Senthilkumar**  
Organizing Secretary, 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**  
Melakottiyur, 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

**Faculty Development Programme on**  
**"IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH'S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR"**

at 4.30pm on 17<sup>th</sup> March, 2022  
Venue: TNPESU Auditorium, Library Building, II Floor, TNPESU, Chennai

**Dr. M. SUNDAR**  
Vice Chancellor  
Tamil Nadu Physical Education and Sports University  
has kindly consented to be the Chief Guest and will deliver the Valedictory address.

*All Are Welcome*

**Dr. Rambabu Botcha**  
FDP Coordinator, RGNIYD

**Dr. P. K. Senthilkumar**  
Organizing Secretary, TNPESU

Organized by RGNIYD & TNPESU

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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



**Faculty Development Programme on “Impact of Covid-19 Pandemic on Adolescent and Youth’s Health, Nutrition, Physical Fitness and Sedentary Behavior”**



**ANNEXURE III - CERTIFICATE**



The certificate template features a decorative border with yellow and blue geometric patterns. On the left, it includes the logos of Rajiv Gandhi National Institute of Youth Development and Tamil Nadu Physical Education and Sports University. The text on the certificate reads: '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 Faculty Development Programme on “IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH’S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR” Certificate'. Below this, there is a line for a name followed by the text: 'This is to certify that Dr./Mr./Ms. \_\_\_\_\_ has participated in the Faculty Development Programme on “IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH’S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR” catalyzed and funded by Rajiv Gandhi National Institute of Youth Development, Chennai and organized by Tamil Nadu Physical Education and Sports University, Chennai-600 127 from 15.03.2022 to 17.03.2022.' At the bottom right, there are three signature lines for Dr. P.K. Senthilkumar (Organizing Secretary, TNPESU), Dr. V. Gopinath (Registrar, TNPESU), and Dr. M. Sundar (Vice Chancellor, TNPESU).

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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

## Collaborative Initiatives between TNPESU and RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT



A  
Brief Report of



National Level Workshop

on

### “PSYCHOSOCIAL REHABILITATION OF YOUTH A POST-PANDEMIC MEASURE”

Under the Scheme

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



*Date: 17.03.2022 – 19.03.2022 (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

Organized by

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

MELAKOTTIYUR, CHENNAI 600127



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH:  
A POST PANDEMIC MEASURE”



### 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 officials of youth organization, besides the Extension and Outreach initiatives across the country. The Institute functions as a think-tank of the Ministry and organization 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 preprograms. Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban 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** were 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,

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



- 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 and
- 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 these three Days national level workshop. The organizers would like to profusely thank Dr.V.Gopinath, Registrar, Tamil Nadu Physical Education and Sports University for his guidance, support, and inaugural address during the inaugural function.

The organizers would like to thank Dr. Suresh Sundaram, faculty coordinator of this program and Associate Professor, Rajiv Gandhi National Institute of Youth Development for coordinating the event on behalf of the RGNIYD. The organizing committee also expresses their gratefulness to all the Resource persons of these three days national-level workshop for their valuable resource support and for delivering insightful lecturers during the technical sessions. The organizers would like to profusely thank Dr. Grace Helina, Professor, 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 National Level Workshop.

<p><b>Dr. Suresh Sundaram</b> Associate Professor, <b>Rajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, Govt. of India</b></p>	<p><b>Dr. K. Kannadasan</b> Assistant Professor, Department of Sports Psychology &amp; Sociology, Tamil Nadu Physical Education and Sports University, Chennai – 127</p>
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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



National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH  
A POST PANDEMIC MEASURE”



**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 :

National level Workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH-A  
POST PANDEMIC MEASURE”

**Program Coordinator** :Dr. K.KANNADASAN

**Name and address of the University:** Tamil Nadu Physical Education and Sports  
University, Melakottaiyur, Chennai-127

**Type & Format of Activity** :National level Workshop / Offline

**Dates** : 17.03.2022 to 19.03.2022

**Title of Activity** : Theory & Practical Session

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

### INTRODUCTION OF THE WORKSHOP:

On March 11, 2020, the WHO characterized the COVID-19 virus outbreak as a global pandemic. Consequently, the COVID-19 virus outbreak has led to significant changes in daily life for children, youth, and their families, with specific recommendations and restrictions varying within and between countries. Many countries imposed restrictions requiring physical distancing (two meters), and limited community and social gatherings and interactions, sports, and playground and park use.

Most adolescents and youth are no longer attending school, with classroom lessons replaced by home-schooling and online learning activities. During the initial response to the COVID-19 outbreak and recommendations for physical distancing, behavior restrictions, and overall instructions to ‘stay home’, families are seeking guidance and solutions to preserve healthy routines, including healthy movement behaviors and opportunities to spend time outdoors. It is important to note that staying

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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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH – A POST PANDEMIC MEASURE”



home all day has caused mental distress and so many mental health issues. It is important to keep our mental health in the check. (Jiménez-Pavón et al., 2020).

#### NEED FOR THE PROGRAM:

Preceding the COVID-19 pandemic, psychological and social problems among college and university students were already being considered a serious challenge. University life marks a transitional period for students, during which some leave home for the first time, losing the parental supervision and family social support they had been accustomed to; a transition which by itself could result in psychosocial distress. Poor psychosocial well-being among university students has been associated with poor quality of life; poor sleep quality, and decreased cognitive ability leading to poor academic performance. The emergence of COVID-19 and the attendant measures to curb its spread necessitating lockdown, social distancing, and transitioning to an online mode of learning may have increased the prevalence of psychological distress among students. Therefore, a program on “Psychosocial Rehabilitation of Youth – A Post Pandemic Measure” needs attention to assess, orient, to refresh the students with this rehabilitation program.

#### OBJECTIVES OF THE PROGRAM:

This national-level workshop would like to equip the College and University students to focus and entrust the knowledge on the following areas to be implemented to the adolescent and youth student community amidst this Covid 19 post-pandemic crisis.

- Identify the array of psychological impacts COVID-19 has on students
- Develop profiles to characterize students' anticipated levels of psychological impact during the pandemic,
- Evaluate potential sociodemographic, lifestyle-related, and awareness of people infected with COVID-19 risk factors that could make students more likely to experience these impacts
- Significance of Psychosocial Rehabilitation
- To teach emotional, cognitive, and social skills that help those diagnosed with mental illness
- To restore the students quality of life.
- To improve the mental health status of the students.

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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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### Participants Attended from

1. Research scholars
2. Students

#### OUTCOME OF THE PROGRAM:

This program focused on the equipping the students and scholars in promoting their knowledge of the well being of their student community by

- Achieving Positive physical and mental well being
- Increasing and improving the psychosocial and interpersonal skills
- Helping the youth address mental health issues
- Promoting mental health awareness and providing open spaces for it.
- Increasing the change in healthy lifestyle behaviors.

**PROGRAM METHODOLOGY :**The national level workshop was conducted in offline mode at Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127 from 17.03.2022 to 19.03.2022. The programme was conducted with resource person from various specialities including Health, Psychology and Sociology. The targeted participants were students and research scholars from various Universities, Colleges and Educational Institutions. The programme was formulated with both theory and practical sessions. Four sessions were held per day for three days.

**NO. OF PARTICIPANTS ATTENDED :** 60 (Male :37 Female:23)

**No. of Resource Persons : 12**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### PROCEEDINGS OF THE NATIONAL LEVEL WORKSHOP CUM TRAINING PROGRAMME:

##### Inaugural Function

The grand inaugural of the national level workshop started with TamilthaiValthu. The organizing secretary Dr.K.Kannadasan, Assistant Professor, Department of sports psychology and sociology welcomed the gathering. He threw lights at the noble motive of the national level workshop which is to promote psychosocial rehabilitation among the youth population through the eminent resource members. Further, the Presidential Address was given by Dr.V.Mangaiyarkarasi, Professor, Department of sports psychology and sociology. She greeted the special guests, participants, resource members and the students and wished for the grand success of the national level workshop. She insisted the students and participants to utilize the knowledge from the wonderfully structured program as much as possible. Finally, Inaugural address was presented by our beloved chief guest Dr.V.Gopinath. He took immense pleasure to inaugurate the prestigious national level workshop on psychosocial rehabilitation and expressed gratitude for this event post COVID. He welcomed and appreciated everyone who participated in the event and insisted on the value of a healthy lifestyle. 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 mental health. Finally our organizing secretary Dr.K.Kannadasan, Assistant Professor thanked everyone.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION I

**Date:** 17/03/2022

**Resource Person’s Name:** Mrs. R.LAVANYA

**Topic:** Psychosocial and Interpersonal Skills for Adolescents

The goal of this presentation is to discuss the psychosocial and interpersonal skills for adolescents as it is the Talent Development Process. General psychosocial skills such as empathy, self-regulation, communication, and management of emotions are important for all individuals to develop and are needed for navigating our increasingly social and connected world. And our resource person explained it all so well to the audience/scholars/students as she put it all in an easy language that everyone could easily understand. This presentation handled the psychosocial problems faced by the adolescent population and also gave the insights about the coping skills and techniques for such problems. As you go deep in, you’ll be able to know a great deal about self awareness, coping with stress, coping with emotions, positive ways of dealing with difficult emotions, effective communication and social initiations. As a whole, this presentation contains a great deal of idea about psychosocial skills. By the end of it, you’ll be able to tell what psychosocial skill is, what are the psychosocial problems that are faced by the adolescents and how to effectively face them and cope with it.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION II

**Date:** 17/03/2022

**Resource Person's Name:** Dr. NIRMALA NARAYANAN

**Topic:** Unleashing Inner Potential – A Journey Within You

This was an elaborate and interesting session. The resource person just stole the show, got all the audience chant and cheer. The goal of this session is so simple(making someone aware of their true potential), but the way the resource person delivered it is everything. The session started with the classic question “who are you?” letting the audience answer and developed on that. She taught the audience what introspection is and took the audience back to where they came from, their childhood. She took all of us down the lane asking about how we grew up(inputs from parents, teachers, siblings, cousins and friends, own self understanding abilities, how our own belief system formed.) And as the session moved forward, she gave the audience about the insights about the positive and negative strokes. Yes, she taught us techniques about how to treat our inner child. Now after taking the audience to a journey within themselves, the resource person once again went “now tell me who are you?” And now most of their response were different from what they said at the beginning of the session. Of course, they were positive changes. And as she slowly moved towards the end of the session, she talked about the reality of life, which of course, is different and difficult for everyone, but she talked about the positive approach towards life. Talked about how one can get out of their hard or tough state. At last, she gave some tips to help individuals unleash their inner potential. This session was so powerful and full of useful stuff.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH, A POST PANDEMIC MEASURE”



#### SESSION III

**Date:** 17/03/2022

**Resource Person’s Name:** Ms.SANGAVI SOUNDARAJAN

**Topic:** Impact of Stress during COVID 19 and Management

In December 2019, an outbreak of pneumonia, widely and rapidly spread, was reported in Wuhan, People’s Republic of China. And due to this pandemic a lot of things have changed in our day to day life and that caused a lot of problems. In this presentation, we’re gonna look into the impact of stress during COVID 19. The aim of this presentation is to provide a general idea about the stress a regular person goes through and also talks about the how to manage the stress in healthy ways. This slideshow first gives the idea about where the stress emerges from and then looks into the psychological aspects of stress. It also has a bunch of recent studies related to stress during COVID 19 and management. And finally, it hands out some simple techniques and breathing exercises that anyone can easily do when they are stressed out. It is a very useful topic and a much important one for our current situation.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION IV

Date: 17/03/2022

Resource Person's Name: Dr.V.DUR AISAMI

Topic: Meditation

The last session of the first day of the workshop was handled by **DR. V. Duraisami**, the Associate professor and Head of the Department of Yoga at Tamilnadu Physical education and sports university. Sir guided the afternoon session with physical exercises and yoga stretching to keep our bodies and minds awake and healthy. Sir presented some slides on the importance and benefits of yoga, oil bath, daily exercises, breathing, and yoga. He also clarified yoga is not just about postures and breathing is a major part of it too. Equal importance to body, mind, and breathing makes yoga effective. He also explained about the 8 limbs in yoga namely, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. He also suggested a healthy diet and explained how digestion starts from the mouth and requested us to concentrate on food while eating rather than be distracted with our gadgets. He also guided us through a pleasant meditation session and explained how one could relax oneself easily through meditation anytime and anywhere. He also instructed us on some postures and stretching that would be very helpful for our abdomen, spine, and neck to stretch, relax and stay stronger. He ended the session with all of us feeling a bit extra stretched, flexible in body and mind.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION V

Date: 18/03/2022

Resource Person's Name: Dr.M.LAKSHMAN KUMAR

Topic: Mindfulness- Based Cognitive Behaviour Therapy



The first session of the Second day started with **Dr. M. Lakshman Kumar**, Guest lecturer from the Department of Sports psychology and sociology TNPESU. His session was about mindfulness- Based Cognitive Behaviour Therapy for Youth. His session was all about how negative thoughts can affect us to very great extents and how harmful it is for us. The basis of CBT is what people think can affect how they feel and how they behave. He provided us all with the general idea of Cognitive

Behaviour therapy which focuses on the interconnectedness of thoughts, emotions and behaviours. He also introduced all the participants to the types of thinking: Convergent thinking, divergent thinking, Critical thinking and creative thinking. His acronym on Fear helped us realise how unreal they can be. **False Evidence Appearing Real**. He walked all of us through the famous quotes from Buddha, celebrities like Ed Sheeran and held the audience very keen to his presentation. His lively examples, metaphors and situational observations made everyone grasp to the session's essence easily. His suggestions on how to control and reduce negative thoughts and negative energy seemed simple and could be easier to practice and make a habit out of it. Thanks to Dr. M. Lakshman Kumar that the participants started the second day session on a positive note and learnt how positive thoughts can help people utilise their full potential.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH, A POST PANDEMIC MEASURE”



#### SESSION VI

**Date:** 18/03/2022

**Resource Person's Name:** Mrs. P.KALAIVANI

**Topic:** Mental Health of Adolescents- Post COVID 19

The aim of this presentation is to provide valuable information about mental health. This topic focuses more on mental health for adolescents and how the pandemic affected it and the mental health issues faced by adolescents and also gives insights about how to manage it effectively. The session started with giving audience a clear idea about what mental health is and then moved on to mental disorders. As the session went on, the audience were made aware of the symptoms of mental illness. I'm sure it was very useful for everyone sitting in the seminar hall because everyone would have or know at least one person who's an adolescent, maybe someone they are close with. This would help them address if their close ones are going through some mental illness. As the session went forward, the resource person talked about how to manage it effectively and gave out insights about how to deal with problems such as emotional distress, boredom, behavioural problems, addiction, screen addiction and cyber violence. She also went on about strategies to improve resilience. And teased about the field of positive psychology at the end of the session. As a whole, it was a great session and the resource person lit the hall up with her energy. It was an interactive session and she knew her way around the audience. By the end of the session, anyone who had no idea about mental health, got a clear idea about it and the effect of it on a person's health and also the coping techniques.



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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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION VII

**Date:** 18/03/2022

**Resource Person’s Name:** Dr.V.VIJAYALAKSHMI

**Topic:** The Effects of Online Education on the Physical and Mental Health of Youth during the Pandemic



The first session after lunch on the second day was handled by **Dr.Vijayalakshmi** who’s the Senior assistant professor, at the Vellore institute of technology, Chennai. Her session was about the effects of online Education on the Physical and Mental health of youth during the Pandemic. The COVID-19 pandemic has forced the world to embrace a new normal, with self-isolation and physical distancing being the global way of life today. The impact of the prolonged lockdown and the pandemic fatigue on university students and their academic experience is still unclear. Being an exceptional and novel situation, the potential impact of the health crisis and the prolonged lockdown on students’ academic development and emotional state is still unknown. Online education has drastically changed the way we study but the year and half of attending online classes from home have led to a string of mental and physical health issues for both students and teachers. Whether it’s mental health, physical health, or a combination of both – the students have had their own share of health problems during this pandemic phase. Students attending online classes at home are not bound to have classroom professionalism. Only then can the youth emerge victoriously and expand their horizons even under the restrictions imposed by the pandemic. She also showed how our brains are more attentive to physical classes and how to not get addicted to screens. She also presented how discipline is deteriorating in terms of online education since the teacher can’t establish any direct contact with the students. She helped us how to analyse and cope up with such stress and anxiety and ended her session with laughter therapy and left all the participants Enlightened and happy.



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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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH A POST PANDEMIC MEASURE”



#### SESSION VIII

Date: 18/03/2022

Resource Person's Name: Dr.S.KARTHIKEYAN

Topic: Remediating Disabilities through Support Interventions and Environmental Restructuring



The last session of the second day was completed with **Dr.S.Karthikeyan** Clinical Psychologist, National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD) Muttukadu, Chennai. His session was all about Remediating disabilities through support interventions and environmental restructuring. Only he

could present such a complex topic that easily and carried the participants with effective participation. He presented his observations on how people treat disabled persons and how they treat themselves after their inabilities and disabilities. He made us all see how sports can turn their whole life topsyturvy and our perception on them. He also helped us see the abilities of the disabled persons and how our perception can pave a good environment to them. He made sure everyone of us understood the differences between Impairment, Disability and Handicapped. He also showed how environmental structuring can help people with difference and disabilities be accepted and supported for how they are and how awareness on mental health would help everyone alike. He wanted us to take his opinion into consideration that “I am not and I will not be affected by any disability”. He wanted the younger generation to start making a change slowly so that the generation that follows us treats everyone alike irrespective of their gender, racial, abilities and differences of any kind. He also quoted that “The real environmental restructuring that has to be made is the: **Attitudinal Restructuring** where we change our attitude of how we treat the people who can't do what we all can do. He also wanted us to look keenly on the abilities of the disabled people too as he said everyone has their gifts.



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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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION IX

**Date:** 19/03/2022

**Resource Person's Name:** Dr. EMILDA JUDITH EZHIL RAJAN

**Topic:** Tackling the Mental Health Impact of COVID-19

The first session of the 3<sup>rd</sup> day (19/03/2022) was conducted by **Dr. Emilda Judith EzhilRajan**, Associate Professor, Department of Clinical Psychology, SRM Medical College Hospital and Research Centre, her session started at 10.00am. her session was about, Tackling the mental health impact of COVID-19. She presented slides showing various impacts of COVID-19. And she said about the various changes occurred during the period of the pandemic .it mainly focused on the difficulties faced by the individuals in changing their lifestyles from normal, and after the pandemic how they adapt to the new normal. She also said about the psychological changes that occurred in people's life.

Her session mainly focused on the communication gap that occurred during the pandemic. And about people finding difficulty in starting conversation with others. From her words it was clear that this problem was mainly faced by the students as they all were having online classes and they lacked communication skills. And also, it was very difficult for the teachers to make sure if the students understand the classes or not. She also said that the pandemic period made the students very lazy as the students were not able to attend the classes in proper concentration as the home environment was too comfortable for them.

She also said about the increased phone use of the students during the pandemic. Mostly the students and also their parents were engaged in social media and after the pandemic everyone are facing great difficulty in coming back to the new normal. Overall, the session was very informative. She was able to cover all the changes that taken place during the pandemic and also about various impacts.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION X

**Date:** 19/03/2022

**Resource Person’s Name:** Mrs. SUDHASAIBALAJI

**Topic:** Developing Psycho social skills (Life Skills)

The second session of the 3<sup>rd</sup> day (19/03/2022) was conducted by **Mrs.SudhaSaibalaji**, Assistant Professor, Department of Clinical Psychology, SRM Medical College Hospital and Research Center, she presented on the topic Developing Psycho social skills (life skills). She presented various slides showing the importance of psychosocial skills. She started her session by telling the importance of psychosocial skills in an individual’s life and how a person should adapt to their society and difficulties faced by the people who lack psycho social skills. Mostly it is affected by children as they should have the ability to understand and adapt to their social environment. She said that psychosocial skills can be developed through certain training and there are set of methods and practices that can be used to assist individuals with psychological or emotional problems or disorders that affect their ability to interact in a socially appropriate manner.

She said that there are several methods used for psychosocial training including social problem solving, roleplaying, supervised interactions, didactic instruction, reinforcement exercises. And these training are also referred to as social skills training (SST), Basic training skills (BST) or Psychosocial rehabilitation skills (PRS) training. She also said that self-esteem is one of the important factors in an individual’s life.

She also focused on the psychosocial issues in the workplace include family problems, depression, anxiety, substance abuse, sexual abuse, and workplace violence. Psychosocial hazard are occupational hazards that affects the psychological well-being of individuals, including their ability to participate in the work environment among other people. Her session was so informative and she was able to cover all the topics in developing psychosocial skills.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH, A POST PANDEMIC MEASURE”



#### SESSION XI

**Date:** 19/03/2022

**Resource Person's Name:** Mrs.P.BANUMATHY

**Topic:** Psycho-social Rehabilitation

The third session of the 3<sup>rd</sup> day was handled by **Mrs. P Banumathy**, Psychologists, Department of Social Defense, Chennai. She presented on the topic Psychosocial rehabilitation. Her session started at 12.30pm. She started her session by presenting various slides and she gave a brief introduction about what is Psychosocial rehabilitation.

She also said about how psychosocial rehabilitation promotes personal recovery, successful community integration and satisfactory quality of life for persons who have mental illness or a mental health. It is also called as PSR. She also focused on the defining features of PSR. Like the how PSR approaches support people to have a meaningful life focus on the determinants of good mental health, including employment, education, social supports, basic living skills and wellness. She also said that PSR approaches are supported by scientific evidence as effective. It also includes a number of best practices, which are strongly supported by evidence, such as support employment and wellness programs as well as promising practices with emerging evidence, such as peer support programs etc.,

She also focused on the principles of psychosocial rehabilitation like it should be hopeful, empowered, skilled, and supported, she also said that PSR treatments are multidisciplinary and are often biopsychosocial in nature and how it recognizes the mental illness impacts. At last, she said about the effectiveness of psychosocial rehabilitation like how it can improve life skills, benefit overall wellness, how it may help with serious psychiatric conditions etc.

Overall, the session was very informative. The students were able to answer the questions and also it was very interactive.



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### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### SESSION XII

**Date:** 19/03/2022

**Resource Person's Name:** Dr.S.SENTHIL

**Topic:** Confounding Factors Affecting the Emotional Intelligence of Students

The final session of the 4<sup>th</sup> day was conducted by **Dr. S. Senthil**, Psychologists and Trainer, Chennai. His presentation was all about the Confounding Factors Affecting the Emotional Intelligence of Students. None other than him could provide such a closure to the workshop. He held the participants and managed them effectively after asking for the languages that the participants are comfortable with and tried speaking every language of the participants. He made the session very interactive and knew exactly how to keep the participants at the point and on the projector. He moved to every row and corner in the hall making everyone in the hall participate both physically and mentally. He addressed how emotions have changed, has gotten suppressed and sometimes how simple emotions have erupted during this pandemic. The social distance has really thrown people apart and the need to connect back to people has reduced immensely. Social anxiety has soared so high in some people and introverts have become more restricted to themselves and more extroverts have become introverts now. He wanted everyone from the hall to be extra empathetic and understand how tough it could have been and is for some people out there. Because, people have started wearing masks not just to their face but also to their emotions as well. It takes too little to understand and let people express the little they can, they could and they are expressing now. The workshop could never meet such a good conclusion if not for him and thanks to him people left the hall out consciously keeping in mind that they should be extra empathetic and never take anything for granted.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”



#### Valedictory Function

The third and final valedictory day of the started off in a grand manner in the presence of Dr.Grace Helina our chief guest, professor and formerhead of the Department of Exercise Physiology and Nutrition. The event started off with the Tamizh Thai Vazhthu followed by the warm welcome speech delivered by Dr.M.Lakshmanan Kumar,Guest Lecturer– Department sports of psychology and sociology. He welcomed the chief guest and everyone who attended the national level workshop.

The event progressed with the Valedictory speech of our respected chief guest Dr.GraceHelina. She was delighted to present the speech and insisted on the importance of health and the roles of students from Physiological, Physical Education, and Nutrition background 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 the resource members and the participants of the national level workshop. The event arrived at the final part where the vote of thanks was delivered by Dr.K. Kannadasan, Assistant Professor, Department of sports psychology and sociology. He conveyed his gratitude to the chief guest, resource members, participants and the students for making the program a grand success. Finally the three days of national level workshop ended with the National Anthem.



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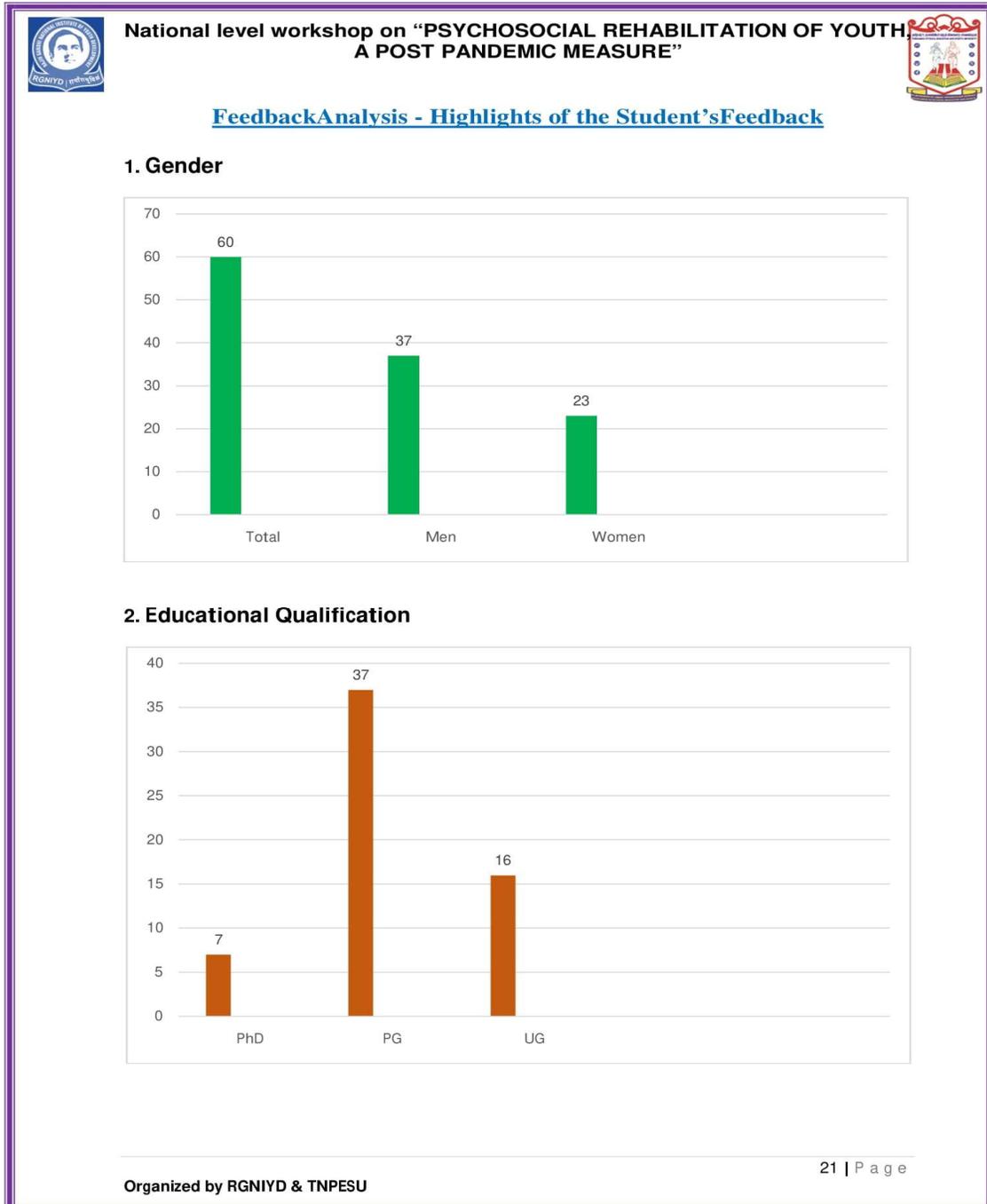
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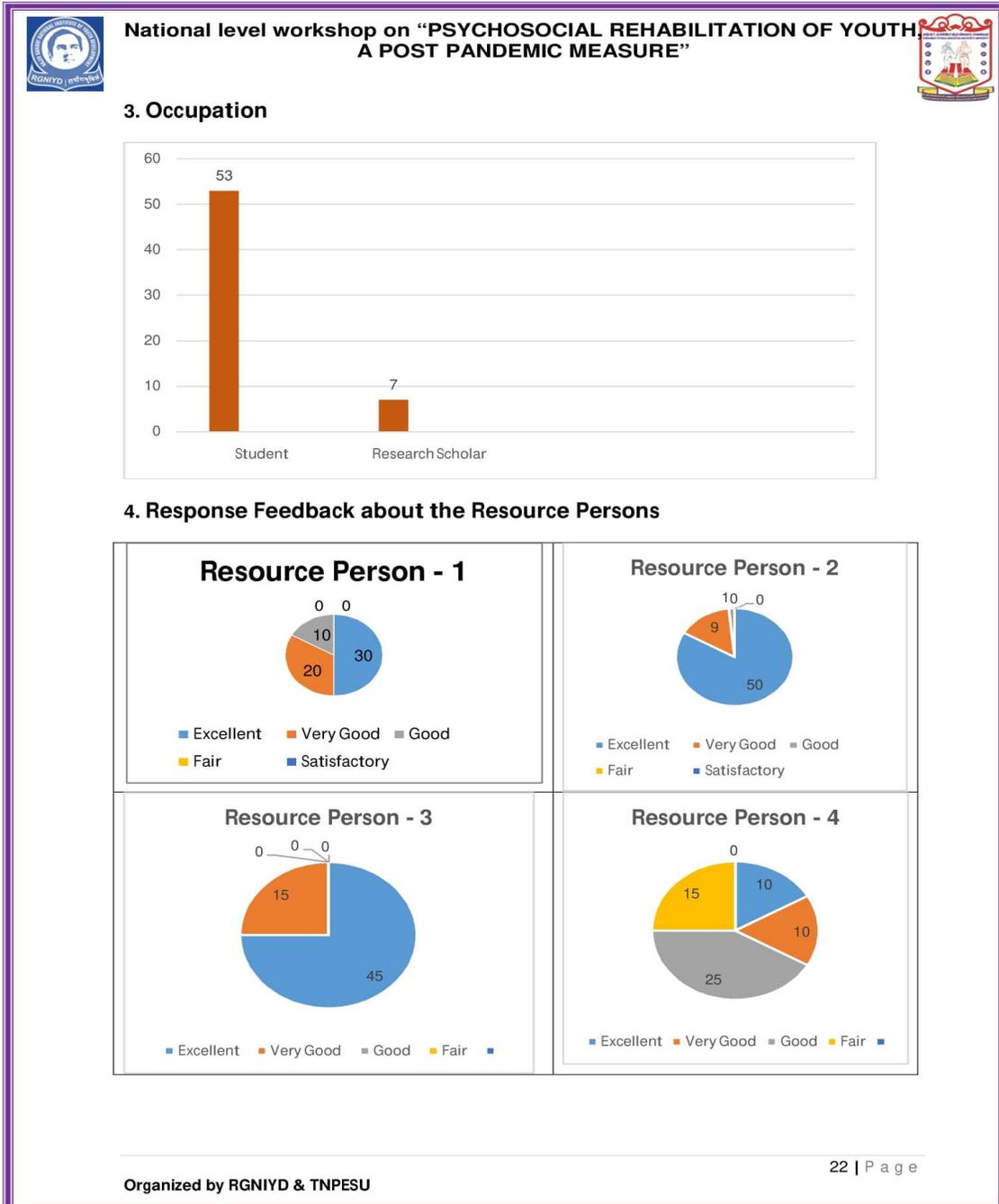




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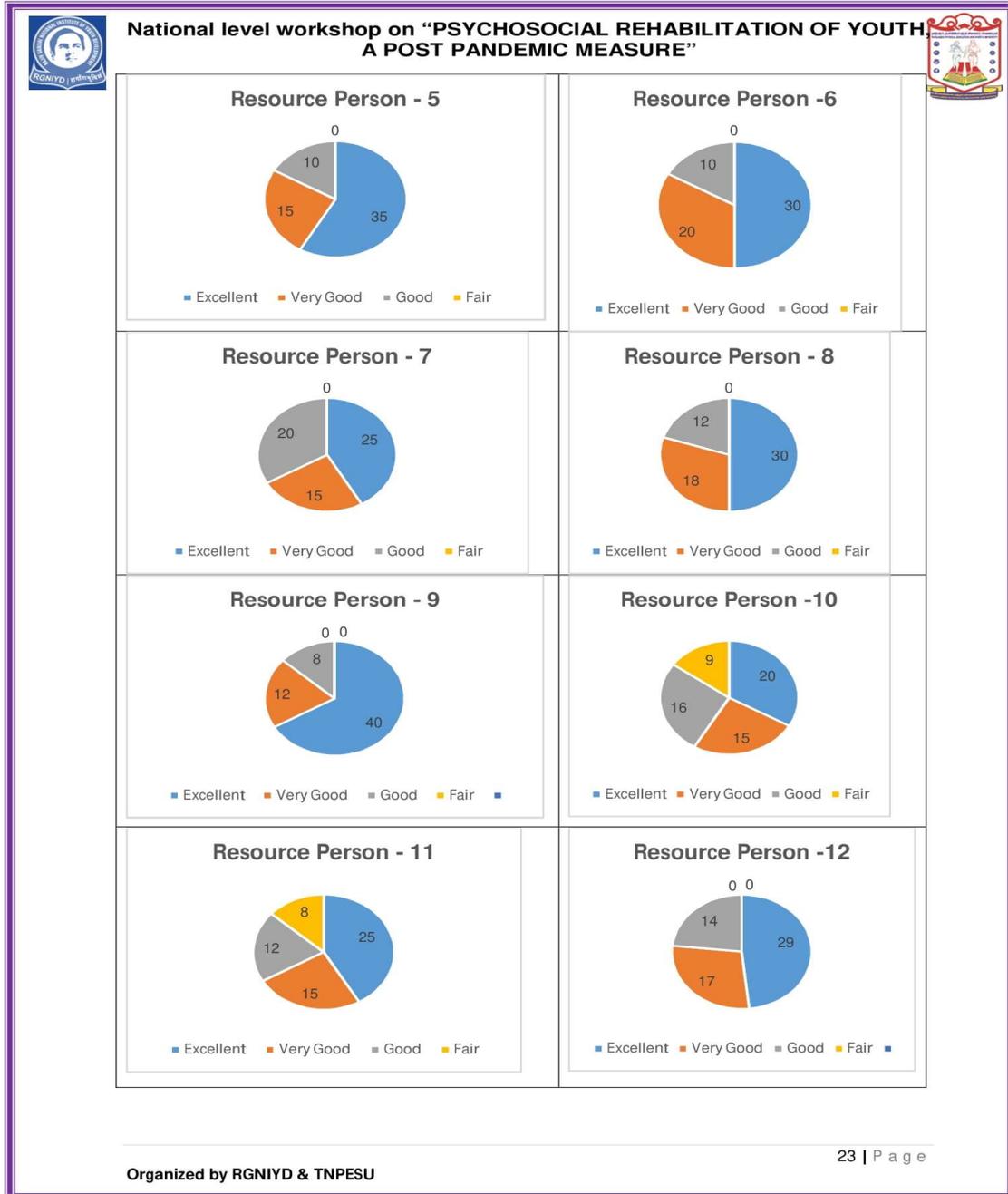




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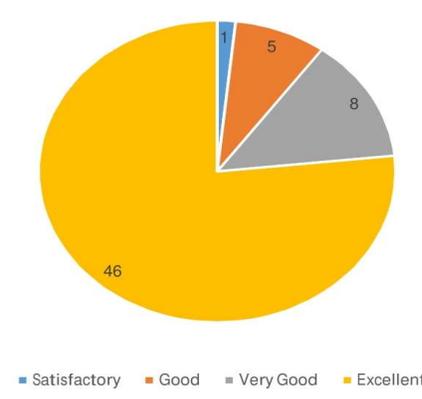


**National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”**

**5. Overall Experience during the Programme**



**Overall Experience of the Participants**



Category	Count
Satisfactory	1
Good	5
Very Good	8
Excellent	46

**DETAILS OF TECHNICAL SESSIONS**

Day/Date	Session	Topic	Resource Person
<b>Day – 1 17/03/2022 Thursday</b>	<b>I</b>	<b>Psychosocial and Interpersonal Skills for Adolescents.</b>	<b>Ms. Lavanya,</b> Assistant professor Chevalier Elizabeth Thomas College, Chennai.
	<b>II</b>	<b>Unleashing Potential-A Within You Inner Journey</b>	<b>Dr.Nirmala Narayanan Anand,</b> Former head, department of psychology, SKPC, Psychologist and freelance trainer.
	<b>III</b>	<b>Impact of stress During COVID 19 and Management</b>	<b>Ms. SangaviSoundarajan,</b> Clinical Psychologist, The Banyan, Moggapair, Chennai.
	<b>IV</b>	<b>Meditation</b>	<b>Dr.V. Duraisami,</b> Associate Professor and Head i/c, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai

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 <b>National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH, A POST PANDEMIC MEASURE”</b> 			
<b>Day – 2</b> <b>18/03/2022</b> <b>Friday</b>	<b>I</b>	<b>Remediating Disabilities Through Support Interventions and Environmental Restructuring.</b>	<b>Dr.S. Karthikeyan,</b> Clinical Psychologist, NIEPMD, Muttukadu, Chennai
	<b>II</b>	<b>Mental Health of Adolescents During COVID 19</b>	<b>Dr. P.Kalaivani,</b> Clinical Psychologist, NIEPMD, Muttukadu, Chennai.
	<b>III</b>	<b>Effect of Online Education on Physical and mental health of Youth During the Pandemic</b>	<b>Dr.Vijayalakshmi,</b> Assistant professor senior, Vellore Institute of Technology
	<b>IV</b>	<b>Mindfulness Based Cognitive Behavioral Therapy for Youth</b>	<b>Dr. M. Lakshmanan Kumar,</b> Guest lecturer, Department of sports psychology and sociology, TNPESU.
<b>Day – 3</b> <b>19/03/2022</b> <b>Saturday</b>	<b>I</b>	<b>Tackling the Mental Health Impact of COVID 19</b>	<b>Dr. Emilda Judith EzhilRajan,</b> Associate Professor, Department of Clinical Psychology, SRM Medical College Hospital and Research Center.
	<b>II</b>	<b>Developing Psychosocial Skills (life skills)</b>	<b>Mrs. SudhaSaibalaji,</b> Assistant Professor, Department of Clinical Psychology, SRM Medical College Hospital and Research Center.
	<b>III</b>	<b>Psychosocial Rehabilitation</b>	<b>Mrs. P. Banumathy,</b> Psychologist, Department of social defence, Chennai.
	<b>IV</b>	<b>Cofounding Factors Affecting the Emotional Intelligence of Students</b>	<b>Dr. S. Senthil</b> Psychologist and Trainer, Chennai.

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



National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH  
A POST PANDEMIC MEASURE”



### LIST OF PARTICIPANTS

Sl. No	Name	Designation	Institute
1.	Francis Kulandai Raj	Research Scholar	Vellore Institute of Technology
2.	Leena V S	Research Scholar	Vellore Institute of Technology
3.	DeiphibariLyngdoh	Research Scholar	TNPESU
4.	NiglumZimik	Research Scholar	TNPESU
5.	K Kanagasri	Student	TNPESU
6.	Krishnaveni K	Research Scholar	TNPESU
7.	Archana S	Research Scholar	TNPESU
8.	Ruthran	Student	TNPESU
9.	Mohan Raj S	Student	TNPESU
10.	Deepak P	Student	TNPESU
11.	Vishva V	Student	TNPESU
12.	K L Amal Raj	Student	TNPESU
13.	I Arthi	Student	TNPESU
14.	Kameshwaran B	Student	TNPESU
15.	Tamilarasan S	Student	TNPESU
16.	Hariharan P	Student	TNPESU
17.	K Jai Ganesh	Student	TNPESU
18.	S Surya Prakash	Student	TNPESU
19.	Y Satish	Student	TNPESU
20.	Mohamed Prince	Student	TNPESU
21.	Vikram A S	Student	TNPESU
22.	Syed Ahmad Buhary	Student	TNPESU
23.	DivyaBharathi G	Student	TNPESU
24.	Kaviyarasu E	Student	TNPESU
25.	V Azhagappan	Student	TNPESU
26.	Karthigeyan R	Student	TNPESU
27.	B Dravidhasan	Student	TNPESU
28.	Vidya L	Research Scholar	TNPESU
29.	Anjali V Nair	Student	TNPESU
30.	G M Priyadharshini	Student	TNPESU
31.	M Logeshwaran	Student	TNPESU
32.	R Prasanna	Student	TNPESU
33.	Anantha Raj K	Student	TNPESU
34.	Livingstan A	Student	TNPESU
35.	A Sam David	Student	TNPESU
36.	Sivaneshwaran P	Student	TNPESU

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 <b>National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH: A POST PANDEMIC MEASURE”</b> 			
37.	Mohan Doss M	Student	TNPESU
38.	A AnjanaaBalambal	Student	TNPESU
39.	Dr V Murugualavan	Professor	TNPESU
40.	Dr S Velkumar	Professor	TNPESU
41.	G KrithicaSree	Student	Soka Ikeda College
42.	Dr S Manikandan	Professor	TNPESU
43.	C Dhanalakshmi	Student	TNPESU
44.	Z ZeenathFarzu	Student	Soka Ikeda College
45.	Afshan T	Student	Soka Ikeda College
46.	Dr S Gokila	Professor	TNPESU
47.	Lt. Dr Saleem MK	Professor	Ansar Training College Women
48.	Raseema Iqbal	Student	TNPESU
49.	Aswathi S	Student	TNPESU
50.	Anjali V Nair	Student	TNPESU
51.	D Prakash	Student	TNPESU
52.	Melvin P M	Student	TNPESU
53.	Abivarman	Student	TNPESU
54.	A R Moharoon	Student	TNPESU
55.	P Kameshwar	Student	TNPESU
56.	M Ajith	Student	TNPESU
57.	V Johnson	Student	TNPESU
58.	V Saravanan	Student	TNPESU
59.	R Sabeer Ahmed	Student	TNPESU
60.	L KarappasamyPandian	Student	TNPESU

**Suggestions to RGNIYD, if any :**

NIL

**Dr.K.Kannadasan**  
*Programme Coordinator*

**M.SUNDAR**  
*Vice Chancellor*

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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**National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH  
A POST PANDEMIC MEASURE”**

**ANNEXURE I - FLYER**



*National Level Workshop*

**“Psychosocial Rehabilitation of Youth  
A Post Pandemic Measure”**

**Organizing committee**

**Chief Patron**  
**Dr.M.Sundar**  
Vice-Chancellor, TNPEU

**Patron**  
**Dr.V.Gopinath**  
Registrar

**Organizing Secretary**  
**Dr.K.Kannadasan**  
Assistant Professor,  
Department of Sports Psychology & Sociology, TNPEU

**Organizing Secretary**  
**Dr.Suresh Sundaram**  
Associate Professor,  
RGNIYD, MYAS, Govt of India

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**Address for Communication**  
**Dr.K.Kannadasan**  
Assistant Professor,  
Department of Sports Psychology & Sociology  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Chennai – 127  
Mobile : +91-9786711402  
Email ID - kannaaalen@gmail.com

**Registration Link**  
<https://forms.gle/jzpu1SAXixRwpdSGA>



**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*  
**National Level Workshop**  
On  
**“Psychosocial Rehabilitation of Youth  
A Post Pandemic Measure”**  
*Under the Scheme*  
**Programmes for Development of Youth through National Institutes /  
Central Universities / State Universities and Affiliated Colleges**  
**Date: 17.03.2022 – 19.03.2022 (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 (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 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, MYAS 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. It has a wide network with various organisations working for the welfare and development of young people and serves as a mentor.

**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.”

**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 and
- ★ 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.

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

**About the Programme**

Preceding the COVID-19 pandemic, psychological and social problems among college and university students were already being considered a serious challenge. University life marks a transitional period for students, during which some leave home for the first time, losing the parental supervision and family social support they had been accustomed to, a transition which by itself could result in psychosocial distress. Poor psycho social well being among university students have been associated with poor quality of life, poor sleep quality, and decreased cognitive ability leading to poor academic performance. The emergence of COVID-19 and the attendant measures to curb its spread necessitating lockdowns, social distancing and transitioning to online mode of learning may have increased the prevalence of psychological distress among students. Therefore, a program on “Psychosocial Rehabilitation of Youth – A Post Pandemic Measure” needs attention to assess, orient and to refresh the students with this rehabilitation program.

**OBJECTIVES OF THE PROGRAM**

This national level workshop would like to equip the Colleges and Universities students to focus and entrust the knowledge on the following areas to be implemented to the adolescent and young student community amidst this Covid-19 post pandemic crisis.

- ▲ Identify the array of psychological impacts COVID-19 has on students
- ▲ Develop profiles to characterize students’ anticipated levels of psychological impact during the pandemic.
- ▲ Evaluate potential socio demographic, lifestyle-related, and awareness of people infected with COVID-19 risk factors that could make students more likely to experience these impacts
- ▲ Significance of Psycho social Rehabilitation
- ▲ To teach emotional, cognitive, and social skills that help those diagnosed with mental illness
- ▲ To restore the students quality of life.
- ▲ To improve the mental health status of the students.

**TARGET AUDIENCE**

- ▲ Students
- ▲ Research Scholars

**KEYPOINTS**

- ▲ Last date for registration: 14/03/2022, 5.00 pm. ( Google form)
- ▲ Registration and Workshop Fee is Free
- ▲ The maximum number of seats allotted is 50 participants.
- ▲ The list of shortlisted candidates will be informed on 15/03/2022.
- ▲ Faculty & Research Scholars should get prior permission from their Institution.
- ▲ Working Lunch will be provided
- ▲ The programme contains both Theory and Practical sessions

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

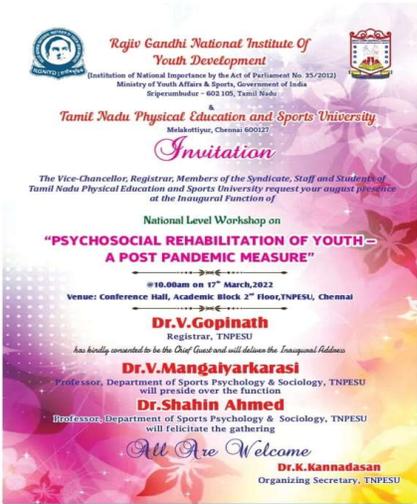
## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

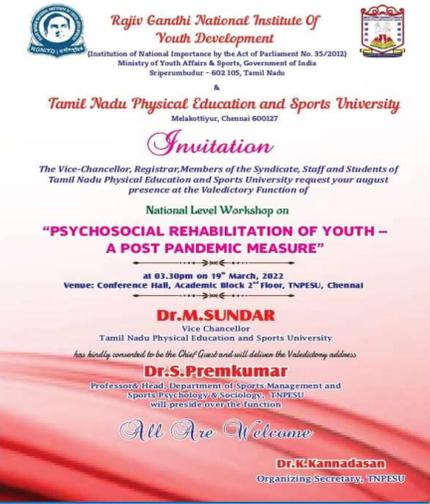


**National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH – A POST PANDEMIC MEASURE”**



### ANNEXURE II - INVITATION





Organized by RGNIYD & TNPESU

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

**National level workshop on “PSYCHOSOCIAL REHABILITATION OF YOUTH – A POST PANDEMIC MEASURE”**

**ANNEXURE III - CERTIFICATE**

**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
Ministry of Youth Affairs & Sports, Government of India  
Sriperumbudur – 602 105, Tamil Nadu  
&  
**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Melakottaiyur, Chennai 600127

*National Level Workshop on*  
**“PSYCHOSOCIAL REHABILITATION OF YOUTH – A POST PANDEMIC MEASURE”**

*Certificate*

This is to certify that Dr/Mr/Ms. \_\_\_\_\_ has participated in the National Level Workshop on **“PSYCHOSOCIAL REHABILITATION OF YOUTH – A POST PANDEMIC MEASURE”** sponsored by Rajiv Gandhi National Institute of Youth Development, Chennai and organized by Tamil Nadu Physical Education and Sports University, Chennai-600 127 from 17.03.2022 to 19.03.2022.

<b>Dr. K. Kannadasan</b> Organizing Secretary TNPESU	<b>Dr.V.Gopinath</b> Registrar TNPESU	<b>Dr. M.Sundar</b> Vice Chancellor TNPESU
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**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
Ministry of Youth Affairs & Sports, Government of India  
Sriperumbudur – 602 105, Tamil Nadu  
&  
**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Melakottaiyur, Chennai 600127

*National Level Workshop on*  
**“PSYCHOSOCIAL REHABILITATION OF YOUTH – A POST PANDEMIC MEASURE”**

*Certificate*

This is to certify that Dr/Mr/Ms. \_\_\_\_\_ has served as a Resource Person in the National Level Workshop on **“PSYCHOSOCIAL REHABILITATION OF YOUTH – A POST PANDEMIC MEASURE”** sponsored by Rajiv Gandhi National Institute of Youth Development, Chennai and organized by Tamil Nadu Physical Education and Sports University, Chennai-600 127 held on \_\_\_\_\_.

Topic: \_\_\_\_\_

<b>Dr. K. Kannadasan</b> Organizing Secretary TNPESU	<b>Dr.V.Gopinath</b> Registrar TNPESU	<b>Dr. M.Sundar</b> Vice Chancellor TNPESU
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Organized by RGNIYD & TNPESU

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

## Collaborative Initiatives between TNPESU and RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT



### RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

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

&

### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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**A Brief Report of Three Days National Workshop cum Training Programme on**

**“PEDAGOGICAL PERSPECTIVE OF PHYSICAL  
EDUCATION AND SPORTS SCIENCE IN PREPARING  
YOUTH FITNESS FOR NEW NORMAL”**

**DATE: 18.03.2022 – 20.03.2022 (Offline Mode)**



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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 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 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 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.

The Tamil Nadu Physical Education and Sports University was 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*”

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 primary aim of this programme is Youth Fitness preparation by achieving an all-around development with a major focus on health and



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physical fitness, which is essential for our society to ensure the sustainable development of the country. Today, the new normal life world needs strong youth who will lift and build others, who will love and be loved, youth who live bravely, both tender and fierce.

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 TNPESU for supporting these three Days National Workshop cum Training Programme.

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 presidential address during the inaugural function.

The organizers would like to thank Dr. Anbu. Kavitha, faculty coordinator of this programme and Assistant Professor, Department of Sociology, Rajiv Gandhi National Institute of Youth Development Chennai 602 105 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 National Workshop cum Training Programme for their valuable resource support and for delivering insightful lecturers during the technical sessions.

The organizers would like to profusely thank Dr. V. Gopinath, Registrar of Tamil Nadu Physical Education and Sports University for his support and the presidential address during the valedictory function.

The organizing committee registers its sincere acknowledgment to all the participants of these three Days National Workshop cum Training Programme.

**Dr. Anbu. Kavitha**  
**Assistant Professor**  
**Department of Sociology**  
**Rajiv Gandhi National Institute of Youth**  
**Development**  
**Ministry of Youth Affairs and Sports,**  
**Govt. of India**  
**Sriperumpudhur 602 105, Tamil Nadu**

**Dr. S. Thirumalai Kumar**  
**Professor**  
**Department of Physical Education,**  
**Tamil Nadu Physical Education and Sports**  
**University**  
**Melakottaiyur, Chennai – 127**



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### 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, Tamil Nadu



#### TITLE OF THE PROGRAM :

National Workshop cum Training Programme on “*Pedagogical Perspectives of Physical Education and Sports Sciences in Preparing Youth Fitness for New Normal*”

Programme Coordinator	: Dr. S.Thirumalai Kumar Professor Department of Physical Education, Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127
Name and address of the University :	Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127
Type & Format of Activity	: National Workshop cum Training Programme (Offline Mode)
Dates	: 18.03.2022 to 20.03.2022
Title of Activity	: Pedagogical Perspectives of Physical Education and Sports Sciences in Preparing Youth Fitness for New Normal”
Venue	: Pedagogy Laboratory, Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai-127



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### NEED OF THE NATIONAL WORKSHOP CUM TRAINING PROGRAMM:

Prime Minister Shri. Narendra Modi termed youth as ‘**development drivers**’ and said that India is the world's largest youth-driven economy and unlocks new hope, new opportunities, and new possibilities for the nation towards development and prosperity. The world has submitted that India has two limitless powers democracy and democracy the youth of India carry democratic values along with demographic dividend India considers its youth development drivers.

Massive changes are experienced in our daily life due to the panic and effects of the COVID-19. The changes have often happened rapidly and abruptly. Life adjustments often come with a wide range of experiences and emotions. This transition can feel smooth and sometimes the journey in the new normal is choppy and bumpy.

The unprecedented global COVID-19 pandemic is a crisis that hit the world and threatened our life and livelihood. It had a huge toll on youth ambitions for the future and the way they see the meaning of life and life-purposefulness.

The challenges on all parts of the community sectors, be it education, health, sports, industries, civil work, part-time work opportunities have negatively impacted youth.

**“A strong youth stands up for him/herself. A youth stands up for everybody else”**

Youth Empowerment is the process that creates power in individuals over their own lives, society, and their communities. Youth empowerment is all about equipping and allowing them to make life-determining decisions through the different problems in new normal life. Youth Fitness preparation is a process of achieving an all-around development with a major focus on health and physical fitness, which is essential for our society to ensure the sustainable development of the country. Physical Education and Sports Sciences are the tools to develop comprehensive youth in respect of physical, mental, emotional, and social aspects. Today, the new normal life world needs strong youth who will lift and build others, who will love and be loved, youth who live bravely, both tender and fierce.

**This training program served as a platform to develop modern pedagogical perspectives of youth fitness and make youth indomitable against all negative aspects of new normal life.**



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### OBJECTIVES OF THE PROGRAMME

1. The prime objective of this program is to shape the youth and transform them into a united force for nation-building.
2. The proposed training program with national and international exposure and knowledge sharing in physical education and sports sciences with social cohesion and intellectual and cultural integration will open a new dimension of preparing youth fitness to face the new normal.
3. Create awareness about youth fitness and its importance in new normal life after COVID-19.
4. Highlight the pedagogical perspectives and benefits of Youth fitness protocols.
5. Foster innovation and creativity by nurturing new ideas and research, in your fitness development.
6. This program also makes the youth to understand the concept and aims to bring diverse cultures of India and integrate them into a united thread of 'Ek Bharat Shreshtha Bharat'.

### TARGET AUDIENCE

The target groups were the physical education professionals, coaches, fitness trainers, sportspersons and young research scholars, and youth who are involved in the field of fitness management, physical education, and sports sciences. The maximum number of participants was fifty.

### OUTCOME OF THE PROGRAMME

1. The modern pedagogical methods of youth fitness used in various parts of the country and abroad were shared in this training program.
2. The program served as a catalyst in shaping the youth and transforming them into a united force for nation-building.
3. This program opens the new dimensions of preparing youth fitness to face the new normal.
4. The program created awareness about youth fitness and its importance in new normal life after COVID-19.
5. Enhanced knowledge in pedagogical perspectives and benefits of Youth fitness protocols.
6. Foster innovation and creativity by nurturing new ideas and research, in youth fitness development.
7. As a whole, this program made us to understand the concept and aims to bring diverse cultures of Indian youth and integrate them into a united thread of 'Ek Bharat Shreshtha Bharat'.



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### METHODOLOGY ADOPTED

The National Workshop cum Training Programme was conducted for three days with Theoretical and practical (Hands-On Training) sessions through offline mode.

**Number of participants attended : 50 (Male: 26 Female:24)**

**Number of Resource Persons participated : 10**

### PROCEEDINGS OF THE NATIONAL WORKSHOP CUM TRAINING PROGRAMMES:

#### Day-1

#### Inaugural Session

The inaugural session began with the invocation song-Tamil Thai Vaalthu. Then Dr.S. Thirumalai Kumar, Organizing Secretary, and Programme Coordinator welcomed the dignitaries and participants of the Programme. He also explained the need and objectives of the programmes. Dr. M. Sundar, Vice-Chancellor of Tamil Nadu Physical Education and Sports University gave the presidential address during the inaugural function. In his address, he stressed the importance of pedagogical aspects and the importance of fitness among youth in the New Normal.





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The Faculty Coordinator Dr. Anbu. Kavitha, Assistant Professor, Department of Sociology, Rajiv Gandhi National Institute of Youth Development Chennai 602 105 addressed the participants through Google Meet digital platform and explained the establishment and objectives of Rajiv Gandhi National Institute of Youth Development.





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### Proceedings of the Day -1 Sessions

After the inaugural session, the technical session of Day-1 commenced. Dr. Grace Helina, Professor, Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University spoke on “Health-Related Fitness: Cardiovascular Endurance – Exercise Prescription and Testing”. Physical Fitness is associated with a person’s ability to work effectively, to enjoy leisure time, to be healthy, to resist Hypokinetic diseases, and to meet emergencies. Physical fitness is made up of two main components such as Skill Related and Health-related. Health-related fitness pertains to how well the systems of our body operate. It is related to the overall state of health.

The Health-related Physical fitness components are Cardiovascular Endurance, Muscular Strength, Flexibility and Body Composition. Cardiovascular Endurance provides a base for all fitness levels as it reflects the ability of the heart to pump adequate amounts of oxygenated blood to working muscles. A decrease in cardiovascular endurance has detrimental effects on exercise and day-to-day life performance. Find out Heart Rate, Maximum Heart Rate and Target Heart Rate Zone. Factors to be considered are VO<sub>2</sub> max, Heart Rate, and Blood Pressure. It measures the efficiency, workload, and force of the heart. Some Examples of tests are the Maximal Graded test, Harvard Step Test, Beep test, 12 minutes cooper, 3 minutes step test. The FITT Principles must be followed namely Frequency, Intensity, Time, and Test. The FITT principle is important because it outlines how to manipulate the program to get in shape and get better results. It also helps to figure out and to change our workouts to avoid boredom, overuse injuries, and weight loss plateaus.

The rate of progression depends on age, health status, the initial level of fitness, goals, and motivation. Components of cardio-respiratory Exercise session includes a warm-up, aerobic conditioning, and cooling down. Predicted VO<sub>2</sub> max will be calculated by using different formulae.





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On the day-1, the second technical session was handled by Dr.P.Rajinikumar, Assistant Professor and Head i/c, Department of Sports Biomechanics and Kinesiology, Tamil of Tamil Nadu Physical Education and Sports University, he spoke on the role of Biomechanics in Youth Fitness and Sports Preparation. Biomechanics in sport incorporates a detailed analysis of sports movements in order to minimize the risk of injury and improve sports performance. Sport and exercise biomechanics encompasses the area of science concerned with the analysis of the mechanics of human movement. Mechanics is a branch of physics that is concerned with the description of motion/movement and how forces create motion/movement. In other words, sports biomechanics is the science of explaining how and why the human body moves in the way that it does.

In sport and exercise, that definition is often extended to also consider the interaction between the performer and their equipment and environment. Biomechanics is traditionally divided into the areas of kinematics which is a branch of mechanics that deals with the geometry of the motion of objects, including displacement, velocity, and acceleration, without taking into account the forces that produce the motion while the kinetics is the study of the relationships between the force system acting on a body and the changes it produces in body motion. Human movement performance can be enhanced in many ways as effective movement encompasses anatomical factors, neuromuscular skills, physiological capacities, and psychological/cognitive abilities.

The following are some of the areas where biomechanics is applied, to either support the performance of athletes or solve issues in sport or exercise: The identification of optimal technique for enhancing sports performance. The analysis of body loading to determine the safest method for performing a particular sport or exercise task. The assessment of muscular recruitment and loading. The analysis of sport and exercise equipment e.g., shoes, surfaces, and rackets. Biomechanics is utilized to attempt to either enhance performance or reduce the injury risk in the sport and exercise tasks examined.





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On the day-1, the third technical session was handled by Mr. K.B. Srinivasan, Sports Physiotherapist, Tamil Nadu Physical Education and Sports University, he spoke on “Conditioning Exercises” Conditioning is a process in which stimuli are created by an exercise program performed by the athlete to produce a higher level of function. The goal of conditioning is to optimize the performance of the athlete and minimize the risk of injury and illness. The objective of this lecture is to provide people who are responsible for the healthcare of teams with guidelines regarding conditioning for sports.

A conditioning program should begin at a tolerable level of exercise and progress in intensity and volume toward a targeted goal for the individual athlete. Priorities should be developed according to the individual’s capabilities and sport-specific demands because not all elements of a conditioning program can be optimized at the same time, rate, or magnitude.. Conditioning is a must for any athlete, although some sports may seem more demanding than others, every sport has repetitive movements that are likely to cause injury if the athlete is not trained properly off the playing field. When it comes to sports specialization, injury is inevitable if an athlete doesn’t put in the proper strength and conditioning work.



Day 1 – Fourth Technical session was facilitated by Mr. C.Manoj, Physiotherapist, University Health Center, Tamil Nadu Physical Education and Sports University, with the topic “Role of Physiotherapy in Youth Fitness and Sports Preparation”. He started the session with an introduction of Sports injuries and its classification. He elaborated how physiotherapy plays a major role in alleviating sports injuries. In terms of youth fitness and sports preparation, the importance of flexibility was detailed with the various definition and types of flexibility. He listed out the factors determining flexibility in athletes with major onus on muscular and nervous mechanism.

He used the models of Human skeleton, Joints and Muscular model in the pedagogy lab to explain the anatomy and mechanism of stretching. He also explored



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the various types of stretching concepts and its benefits. The demonstration of PNF stretching has cleared the doubts in understanding the concept of the same. He enlisted the various tests to measure flexibility tests to be implemented for sports preparation and youth fitness. He finally concluded that “Stretching is not a component of warm up session but to practice stretching itself warm up is essential”.



Day 2 – 1<sup>st</sup> and 2<sup>nd</sup> Technical sessions were expedited by Dr. S. Sethu, Assistant Professor, Department of Physical Education and Sports Manonmaniam Sundaranar University, with the topic “Pedagogical Perspectives of Physical Education and Sports Sciences”. Sport Pedagogy is the academic field of study, which is located at the intersection between sport and education.

As a discipline, sports pedagogy is concerned with learning, teaching, and instruction in sport, physical education, and related areas of physical activity. Whilst sport pedagogy is mostly regarded as a sub-discipline of sports (in North America frequently referred to as kinesiology), its theoretical grounding is also underpinned by the general education sciences. As a scientific sub-discipline, sports pedagogy is therefore allied to both fields, sports science, and education. The speaker explained all the digital gadgets available in National Mission on Education Through ICT (NMEICT) such as Swayam, Swayamprabha, Virtual Lab, FOSEE, Spoken Tutorial, Shodh Shuddhi, Vidwan, e- ShodhSindhu, Shodhganga, Samarth, MOOC, Khelo India Programme Mobile App, Port Rules and Sports Coach.



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Day 2 – 3<sup>rd</sup> Technical sessions were handled by Dr. P.K. Senthilkumar, Associate Professor and Head i/c , Department of Exercise Physiology and Biomechanics, Nadu Physical Education and Sports University on “ Role of Nutrition in Youth Fitness and Sports Preparation. It is well established that healthy nutrition and physical fitness and sports activity are key lifestyle factors that modulate lifelong health through their ability to improve body composition, musculoskeletal health, and physical and cognitive performance, as well as to prevent metabolic diseases including obesity, diabetes mellitus, and cardiovascular disease across the lifespan. While the health benefits of nutrition and physical fitness and sports activity are often studied singularly, it has become more and more evident that the integration of nutrition and physical fitness and sports activity has the potential to produce greater benefits when compared to strategies focusing solely on one or the other.

He also explained the research focusing on the integrated benefits of nutrition and physical fitness and sports activity on various markers related to health and performance across a broad spectrum of life stages, several studies examining how physical fitness and sports activity has the potential to change food consumption were also included.

He further explained the importance of adequate protein and carbohydrate intake from foodstuffs following an exercise bout for the facilitation of muscle regeneration while minimizing the inflammatory response. He also explained the importance of Weight Management of the Youth in the New Normal.



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Day 2 – 3<sup>rd</sup> Technical sessions were handled by Dr. N. Aridhas, Fitness and Wellness Trainer from Fit for Health, Chennai-65. He spoke on “Designing Fitness Programme - Practical. The speaker explained the importance of program design and the procedures. The key points to be considered during designing a customized program for a general & sports person. He explained with a flow chart The elements of the program namely Reps, Sets, Order of exercise, Mode, Intensity, Tempo, Recovery were also explained. Characteristics for each content and how these elements vary for each program. The types of programs, muscle contractions, muscle actions with suitable demonstrations with the participants. The session ends with Power training (Clean, Hang Clean, Clean and press, Clean and jerk, Snatch, Split Snatch, Push press) and the various type of programs with demonstrations.





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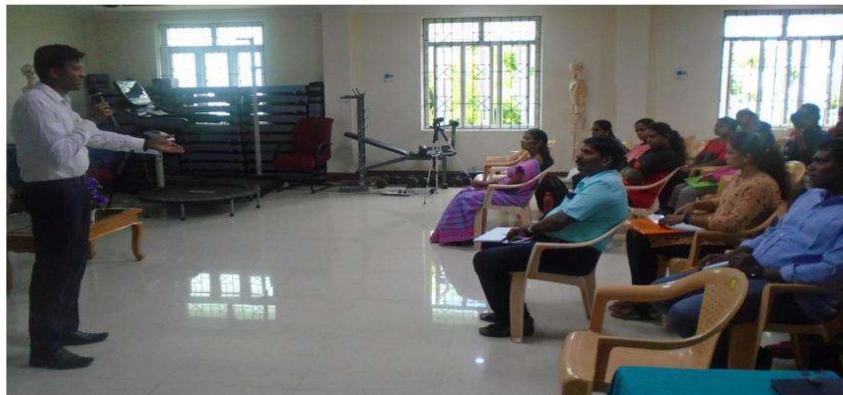
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Day 3 – 1<sup>st</sup> Technical session was handled by Dr. K. Kannadasan, Assistant Professor and Sports Secretary, Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University. He spoke on the Role of Psychology in Youth Fitness and Sports Preparation. He explained that many competitive sports, both recreational and organized, begin around age 8-10 at the youngest. Keep in mind that some kids are uninterested in mental training and many younger kids are not yet able to understand or use the coaching. In these cases, it is ineffective to try the strategies we will discuss as this athlete will be disengaged or confused. A good age to begin psychology coaching is around 12, as they are typically committed to the sport and the process of improving their skills.

Goal Setting: It will also help them understand what is truly involved in their desired outcome. As a coach, make sure any goals kids set are “SMART”: S = Specific – Know exactly what they wish to achieve. M = Measurable – They must be able to track their progress. A = Attainable – The goal must be possible, R = Realistic – Is it applicable to the purpose or does it mean something to them? T = Timely – Can they complete it in a reasonable amount of time?. Communication comes in many forms with regard to sports psychology. Keep it Positive: Positive reinforcement, positive attitudes, positive feedback, and positive motivation will lead to more energetic, bold, and empowered athletes. Bonding: The coach should work for social cohesion within the team. Focus on the Process, Not the Outcome. When youth athletes are learning step-by-step, it is important to bring their attention to the process versus the outcome. Help them focus on making their free throws and improving their defense versus the final score of the game. Perseverance is the likelihood that someone will push through adversity to strive for a predetermined goal.





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Day 3 – 2<sup>nd</sup> Technical session was handled by Dr. V. Duraisami, Associate Professor and Head i/c, Department of Yoga, Tamil Nadu Physical Education and Sports University. He spoke on the Role of Yoga in Youth Fitness and Sports Preparation. He explained that Yoga has many mental and physical benefits that can enhance an athlete's performance. It can also help relieve stress, encourage relaxation, and support healthy sleep patterns. These benefits are useful for athletes who are prone to overexertion. From increasing flexibility to building the mental resilience necessary for competition, yoga offers a wealth of benefits for athletes. Yoga can help improve your flexibility, balance, and coordination, all of which positively affect performance. Plenty of research supports the benefits of yoga for athletes. Benefits of yoga for Youth: As children get older, their emotional and physical abilities and need change.

Physical health: Yoga helps youth improve their physical fitness without focusing on their appearance. Plus, yoga offers incredible benefits to youth as they grow, including improved posture and spine health, flexibility, balance, strength, and coordination. Stress management -. Yoga can help teenagers carve out time for themselves, while developing powerful coping mechanisms to deal with stress and anxiety. Better focus: Yoga can help teens to center their focus, improve their attention span and be able to concentrate better throughout the day. Confidence: - Puberty and peer pressure can take their toll on teens' confidence, which is why so many teenagers struggle with a positive self-image. Yoga practices that focus on opening the third chakra, or solar plexus, are particularly beneficial for building confidence, self-esteem, ambition on, and setting personal boundaries. He also taught a few important yogic techniques to the participants





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Day 3 – 3<sup>rd</sup> and 4<sup>th</sup> Technical sessions were handled by Dr. Dr. J. Jackson Sutharsingh Assistant Professor and Controller of Examinations, YMCA College of Physical Education, Chennai- 35. He handled sessions on Sports Training – Load Dynamics and Aerobics Practical. Load, overload and recovery are key issues for training and caring for athletes. Load is an inevitable result of athletic conditioning, training, and competition. Load may be defined as a stimulus experienced and responded to by an individual prior to, during, or after participation. Load creates a demand or stress (both physiological and psychological) and has internal and external components. Load that is safely managed may result in improved athletic capacity and performance, and injury and illness risk reduction.

Overload, as defined in this document, is a load that is excessive or not well managed. It will result in anatomical, physiological, and/or psychosocial conditions that will manifest as altered performance and injury, and illness. Identification and modification of load and minimizing overload have been advocated as central parts of optimal performance and injury and illness and prevention strategies. Recovery is the period and process during which the body responds to load. Adequate recovery may result in positive adaptations for athletic capacity, performance, and injury and illness risk, while inadequate recovery may result in maladaptation for athletic capacity, performance, and injury and illness. It was followed by Aerobics practical on designing aerobic exercise programs which included the methods of fixing intensity, counting, stepping, and synchronizing with music





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



### Day 3. Valedictory Function:

The Valedictory Function began with the invocation song-Tamil Thai Vaalthu. Then Dr.S. Thirumalai Kumar, Organizing Secretary, and Programme Coordinator welcomed the dignitaries and participants of the Programme. He read the report of the program completed. It was followed by feedback from the participants. Then Dr. V. Gopinath, Registrar of Tamil Nadu Physical Education and Sports University gave the presidential and valedictory address during the valedictory function. In his address, he stressed the importance of teaching, pedagogical aspects, and the importance of preparing youth for fitness and sports performance in the New Normal. Then the Chief Guest distributed certificates to all the participants. Dr.S. Thirumalai Kumar, Organizing Secretary, and Programme Coordinator proposed the Vote of Thanks and then the programme end up with the National Anthem.



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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

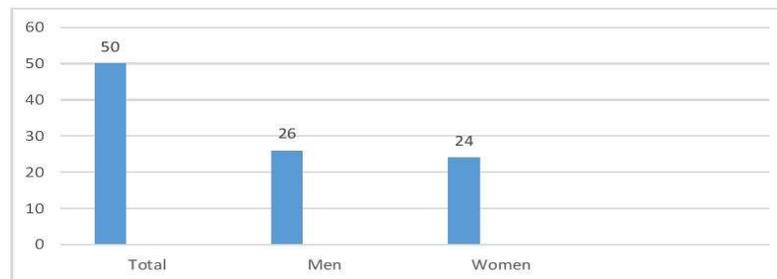
Melakottaiyur, Chennai-127

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

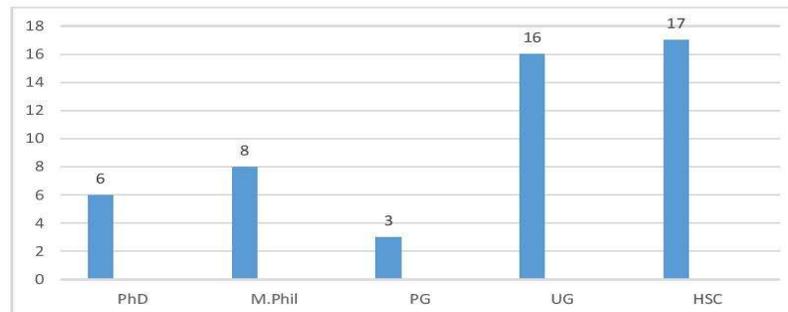


### Feedback Analysis

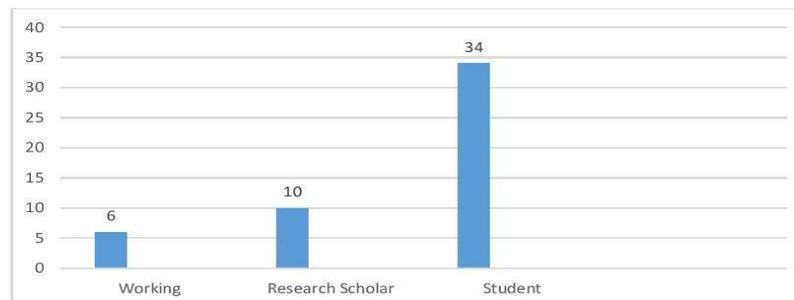
#### 1. Gender



#### 2. Educational Qualification



#### 3. Occupation





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### 4. Response feedback about the Resource Persons

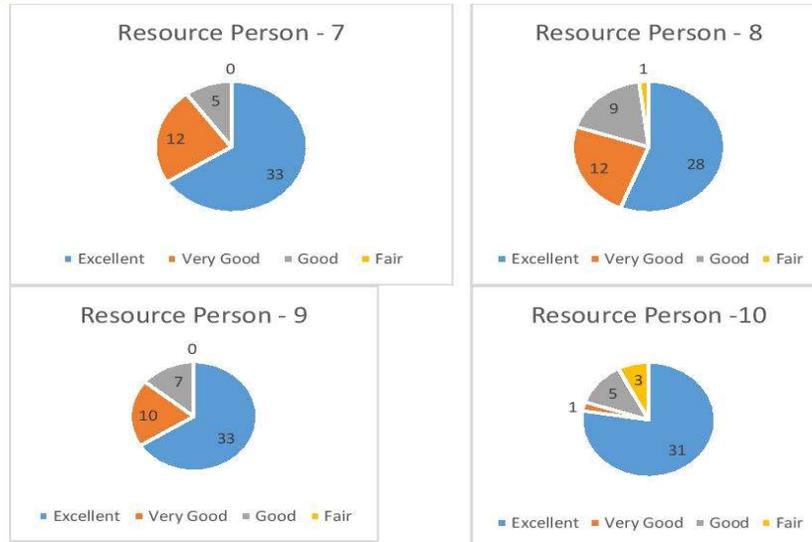




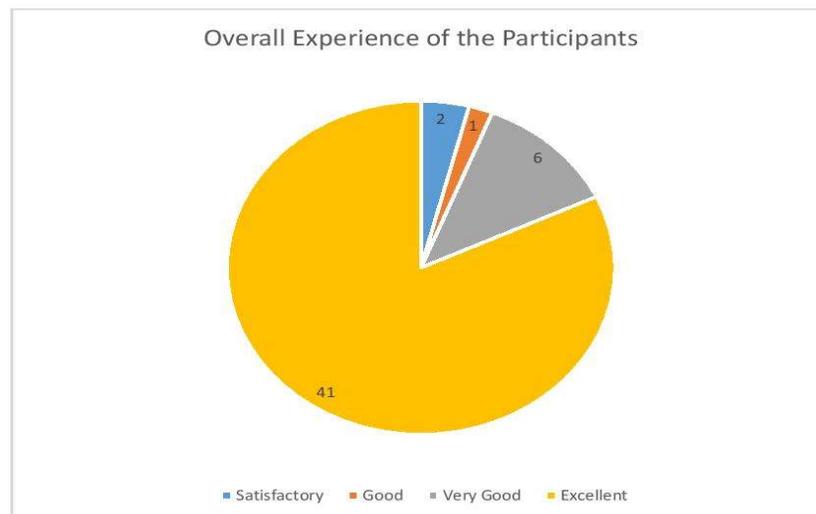
# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### 5. Overall Experience during the Programme





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### Details of Technical Session



Day/Date	Session	Topic	Resource Person
<b>Day – 1</b> <b>18/03/2022</b> <b>Friday</b>	<b>I</b>	Health-Related Fitness: Cardiovascular Endurance – Exercise Prescription and Testing	Dr.Grace Helina, Professor, Department of Exercise Physiology and Nutrition, Tamil of Tamil Nadu Physical Education and Sports University, Chennai- 127
	<b>II</b>	Role of Biomechanics in Youth Fitness and Sports Preparation	Dr.P.Rajinikumar, Assistant Professor and Head i/c, Department of Sports Biomechanics and Kinesiology, Tamil of Tamil Nadu Physical Education and Sports University, Chennai-127
	<b>III</b>	Conditioning Exercise	Mr. K. B. Srinivasan, Sports Physiotherapist, Tamil Nadu Physical Education and Sports University, Chennai- 127
	<b>IV</b>	Role of Physiotherapy in Youth Fitness and Sports Preparation	Mr. C.Manoj, Physiotherapist, University Health Center, Tamil Nadu Physical Education, and Sports University, Chennai-127
<b>Day – 2</b> <b>19/03/2022</b> <b>Saturday</b>	<b>I &amp; II</b>	Pedagogical Perspectives of Physical Education and Sports Sciences	Dr. S. Sethu Assistant Professor, Department of Physical Education and Sports Manonmaniam Sundaranar University, Chennai-127



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<b>Day – 3</b> <b>20/03/2022</b>  <b>Sunday</b>	<b>III</b>	Role of Nutrition in Youth Fitness and Sports Preparation.	Dr. P.K. Senthilkumar, Associate Professor and Head i/c , Department of Exercise Physiology and Biomechanics, Nadu Physical Education and Sports University, Chennai-127
	<b>IV</b>	Designing Fitness Programme - Practical.	Dr. N. Aridhas, Fitness and Wellness Trainer from Fit for Health, Chennai-65.
	<b>I</b>	Role of Psychology in Youth Fitness and Sports Preparation.	Dr. K. Kannadasan, Assistant Professor and Sports Secretary, Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai-127
	<b>II</b>	Role of Yoga in Youth Fitness and Sports Preparation.	Dr. V. Duraisami, Associate Professor and Head i/c, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai-127
	<b>III &amp; IV</b>	Sports Training – Load Dynamics and Aerobics Practical	Dr. J. Jackson Sutharsingh Assistant Professor and Controller of Examinations, YMCA College of Physical Education, Chennai- 35.



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### LIST OF PARTICIPANTS

S.NO	NAME	INSTITUTION
1	DR.S. JOSEPHINE	St. Ignatius College Of Education, Palayakottai.
2	NALAGANGULA VENKATA NAGARJUNA REDDY	Alagappa University College of Physical Education, Karikudi
3	A. ANGALA ESWARI	Bharathi Women's Arts And Science, Chennai
4	R.SANDHIYA	
5	D.ROSHINI	
6	P.INDHU	
7	PRASANTH V.V	Tamil Nadu Physical Education and Sports University
8	S. PAVITHRAN	SRKV, Maruthi College of Physical Education, Coimbatore.
9	SANDHIYA .S	Tamil Nadu Physical Education and Sports University
10	P.SRIGANAPATHY	
11	HARIKRISHNAN A	
12	SIVARAMA KRISHNAN	Physical Director
13	RAHUL.V	Madras Christian College
14	SUJAN SIKDER	Tamil Nadu Physical Education and Sports University
15	DR.S.PRASATH	Govt. Arts College, Paramakudi
16	B.LEENA SRI	Bharathi Women's Arts and Science, Cheenai.
17	R.MYTHILI	
18	SNEHA.D	
19	S.R. TRISHA	
20	SHANAWAZ R	Physical Education Teacher
21	M. GNANA PRAKASH	Madras Christian college
22	KEERTHANA .V	Bharathi Women's Arts and Science
23	VIGNESH .S	Madras Christian College
24	SANJAY RAM. R	Madras Christian College
25	KARTHICK .L	Tamil Nadu Physical Education and Sports University
26	B.SARIGA	
27	SUSMITHA MODAK	
28	N.SUGANYA DEVI	
29	T.NIRAIMATHI	
30	K. MANOJ KUMAR	
31	PREETHI PRISILLA .S	
32	AMARAN .A	
33	ANANDA VALLI B	
34	R.KANI	
35	V. KEERTHANA	
36	RAMKUMAR. M	
37	SATHISH KUMAR H	
38	DR.P. ALAGURAJ	IIITDM, Chennai- 127



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



39	MOHAMED PRINCE. M	Tamil Nadu Physical Education and Sports University
40	KARTHIKEYAN .A	Prof. Dhanapalan College of Arts And Science
41	M. GOWRI KEERTHI	Tamil Nadu Physical Education and Sports University
42	DR PRABU KUMAR A	Badminton Association of India
43	SARAVANA KUMAR M	Tamil Nadu Physical Education and Sports University
44	MUTHAN DEENAN	
45	DR. DEB KUMAR DAS	
46	JEYA PRIYA A	
47	Dr.S.GOKILA	
48	MOWNIGA M	
49	M PRAVEEN KUMAR	
50	NIVETHA K	

### Suggestions to RGNIYD, if any :

The organizing committee expresses its sincere thanks and expects support and cooperation in the upcoming programs and schemes.

**Dr.S. Thirumalai Kumar**  
*Programme Coordinator*

**M.SUNDAR**  
*Vice-Chancellor*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



### ANNEXURE I - FLYER

*National Workshop cum Training Programme on*  
**"Pedagogical Perspectives of Physical Education and Sports Sciences in preparing Youth Fitness for New Normal"**

*Organizing committee*  
**Chief Patron**  
**Dr.M.Sundar**  
 Vice-Chancellor, TNPEU

**Patron**  
**Dr.V.Gopinath**  
 Registrar

**Organizing Secretary & Programme Coordinator**  
**Dr. S. Thirumalai Kumar**  
 Professor,  
 Department of Physical Education, TNPEU

**Faculty Coordinator- RGNIYD**  
**Dr. Anbu. Kavitha**  
 Assistant Professor  
 Department of Sociology  
 Rajiv Gandhi National Institute of Youth Development  
 Ministry of Youth Affairs and Sports, Govt. of India  
 Sriperumpudhur, Tamil Nadu 602 105

**Registration Link**  
<https://forms.gle/z1Vkt95KUs5p4rW6>

**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**  
 Melakottiyur, Chennai 600127

*Organizes*  
**National Workshop cum Training Programme on**  
**"Pedagogical Perspectives of Physical Education and Sports Sciences in preparing Youth Fitness for New Normal"**

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

**Date: 18.03.2022 – 20.03.2022 (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 (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 1992 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 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, NYSK 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 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**

Youth Empowerment is the process that creates power in individuals over their own lives, beliefs, and in their communities. Youth empowerment is all about equipping and allowing them to make life-changing decisions through the different problems in new normal life. The primary aim of this programme is Youth Fitness preparation by achieving an all-around development with a major focus on sports and physical fitness, which is essential for our society to ensure the sustainable development of the country. Today, the new normal life world needs strong youth who will lift and add others, who will love life to be joyful, youth who live bravely, both tender and fierce.

**OBJECTIVES OF THE PROGRAM**

1. The prime objective of this program is to shape the youth and transform them into a united force for nation building.
2. Knowledge sharing in physical education and sports sciences with social, cultural, and intellectual and cultural integration will open a new dimension of preparing youth fitness to face the new normal.
3. Create awareness about youth fitness and its importance in new normal life.
4. Highlight the pedagogical perspectives and benefits of Youth fitness programs.
5. This program also makes the youths to understand the concept and aims to bring diverse cultures of India and integrate them into a united thread of "Unity among the inhabitants of the states and Union Territories of India".
6. This training program will serve as a platform to develop modern pedagogical perspectives of youth fitness and make youth indomitable against all negative aspects of new normal life.

**TARGET AUDIENCE**

Physical education professionals, Coaches, Fitness Trainers, Sports persons and young research scholars, and youth who are involved in the field of fitness management, physical education, and sports sciences

**KEY POINTS**

- Last date for registration: 15/03/2022, 5.00 pm. ( Google form)
- Registration and Course Fee is Free
- The maximum number of seats allotted is 40 participants.
- The list of short listed candidates will be informed on 14/03/2022.
- Faculties Scholars should get prior permission from their Institution.
- Working Lunch will be provided.
- The programme contains both Theory and Practical sessions
- Dress code suitable for Educational Institution to undergo theory and practical sessions.

**Address for Communication**  
**Dr. S. Thirumalai Kumar**  
 Professor  
 Department of Physical Education  
 Tamil Nadu Physical Education and Sports University  
 Melakottaiyur, Chennai - 127  
 Mobile : 9841019670, 6381274527  
 Email ID - drstke@gmail.com



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



### ANNEXURE II - 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 Inaugural Function of

National Workshop cum Training Programme on  
**"PEDAGOGICAL PERSPECTIVES OF PHYSICAL EDUCATION AND SPORTS SCIENCES IN PREPARING YOUTH FITNESS FOR NEW NORMAL"**

at 10.30am on 18<sup>th</sup> March, 2022  
Venue: Pedagogy Lab, Academic Building, First Floor, 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. Anbu. Kavitha**  
Faculty Co-ordinator, RGNIYD

**Dr. S. Thirumalai Kumar**  
Co-ordinator, 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

National Workshop cum Training Programme on  
**"PEDAGOGICAL PERSPECTIVES OF PHYSICAL EDUCATION AND SPORTS SCIENCES IN PREPARING YOUTH FITNESS FOR NEW NORMAL"**

at 04.15pm on 20<sup>th</sup> March, 2022  
Venue: Pedagogy Lab, Academic Building, First Floor, TNPESU, Chennai

**Dr. V. GOPINATH**  
Registrar, TNPESU  
has kindly consented to be the Chief Guest and will deliver the Valedictory Address

*All Are Welcome*

**Dr. Anbu. Kavitha**  
Faculty Co-ordinator, RGNIYD

**Dr. S. Thirumalai Kumar**  
Co-ordinator, TNPESU



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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### ANNEXURE III - 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

*National Workshop cum Training Programme on*  
**“PEDAGOGICAL PERSPECTIVES OF PHYSICAL EDUCATION AND SPORTS  
SCIENCES IN PREPARING YOUTH FITNESS FOR NEW NORMAL”**

**Certificate**

This is to certify that Dr/Mr/Ms. \_\_\_\_\_ has participated in the National Workshop Cum Training Programme on “PEDAGOGICAL PERSPECTIVES OF PHYSICAL EDUCATION AND SPORTS SCIENCES IN PREPARING YOUTH FITNESS FOR NEW NORMAL” sponsored by Rajiv Gandhi National Institute of Youth Development, Chennai and organized by Tamil Nadu Physical Education and Sports University, Chennai-600 127 from 18.03.2022 to 20.03.2022.

**Dr. S.Thirumalai Kumar**  
Coordinator  
TNPESU

**Dr.V.Gopinath**  
Registrar  
TNPESU

**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

*National Workshop cum Training Programme on*  
**“PEDAGOGICAL PERSPECTIVES OF PHYSICAL EDUCATION AND SPORTS  
SCIENCES IN PREPARING YOUTH FITNESS FOR NEW NORMAL”**

**Certificate**

This is to certify that Dr/Mr/Ms. \_\_\_\_\_ has served as a Resource Person in the National Workshop Cum Training Programme on “PEDAGOGICAL PERSPECTIVES OF PHYSICAL EDUCATION AND SPORTS SCIENCES IN PREPARING YOUTH FITNESS FOR NEW NORMAL” sponsored by Rajiv Gandhi National Institute of Youth Development, Chennai and organized by Tamil Nadu Physical Education and Sports University, Chennai-600 127 held on \_\_\_\_\_.

Topic: \_\_\_\_\_

**Dr. S.Thirumalai Kumar**  
Coordinator  
TNPESU

**Dr.V.Gopinath**  
Registrar  
TNPESU

**Dr. M.Sundar**  
Vice Chancellor  
TNPESU



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

## Collaborative Initiatives between TNPESU and RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

### "POPULARISATION OF SPORTS SCIENCE"

[A NATIONAL BIOMECHANICS DAY INITIATIVE]

22-24TH MARCH 2022

ORGANISED BY

**CENTRE OF EXCELLENCE IN BIOMECHANICS**  
DEPARTMENT OF SPORTS BIOMECHANICS & KINESIOLOGY  
TAMILNADU PHYSICAL EDUCATION & SPORTS UNIVERSITY, MELAKOTTAIYUR

SPONSORED BY

**RAJIV GANDHI NATIONAL INSTITUTE OF  
YOUTH DEVELOPMENT**  
SRIPERUMBUDUR



#### ORGANISING COMMITTEE

Chief Patron

Dr. M. Sundar  
Vice-Chancellor, TNPESU

Patron

Dr. V. Gopinath  
Registrar, TNPESU

Organizing Secretary

Dr. P. Rajinikumar  
Asst Professor & Unit Head  
Sports Biomechanics & Kinesiology, TNPESU

Co-ordinator

Avinu Veronica Richa  
Asst Professor- Dept of Sociology  
Rajiv Gandhi National Institute of Youth  
Development, Sriperumbudur

Scan to Register



#### CENTRE OF EXCELLENCE IN BIOMECHANICS

CEB IS THE BIGGEST BIOMECHANICS LABORATORY IN SOUTH EAST ASIA, AN INITIATIVE UNDER THE DEPT OF SPORTS BIOMECHANICS AND KINESIOLOGY, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI, INDIA. THE DEPARTMENT OFFERS BSC, MSc AND PHD IN SPORTS BIOMECHANICS AND KINESIOLOGY

Click the Link to Register:

<https://forms.gle/SDnSzkJsF4kYBakx6>



**NATIONAL BIOMECHANICS DAY**





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ANY QUERIES?

CONTACT US

@



+91 9944845384 / +91 9941923899



CENTER OF EXCELLENCE IN BIOMECHANICS  
TNPESU  
MELAKOTTAIYUR  
CHENNAI

<https://goo.gl/maps/M4oWAfmUMXz61P5R7>



Click the above link or scan QR code for location of the event

 [info@isbk.org](mailto:info@isbk.org), [rajiniipkp88@gmail.com](mailto:rajiniipkp88@gmail.com)

 [www.isbk.org](http://www.isbk.org)



# WELCOME!



RGNIYD



TNPESU





# 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

*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*

**National Workshop cum Training Programme on**

**“POPULARISATION OF SPORTS SCIENCE”**  
**(A NATIONAL BIOMECHANICS DAY INITIATIVE)**

—•••••—  
@10.30am on 22<sup>nd</sup> March, 2022  
Venue: CENTRE OF EXCELLENCE IN BIOMECHANICS, 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*

**Avinu Veronica Richa**  
Co-ordinator, RGNIYD

**Dr.P.Rajinikumar**  
Co-ordinator, TNPESU



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

## **Collaborative Initiatives between TNPESU and Tamilnadu Amateur Kabaddi Association**



### **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

Melakottaiyur Chennai-600127,  
Tamilnadu, India

Established by the Government of Tamilnadu under Act -9 Of 2005 & Approved by the UGC  
Accredited with 'B+' Grade by NAAC  
"India's First State University in Physical Education and Sports"



### **NATIONAL LEVEL WORKSHOP CUM STATE LEVEL OFFICIATING EXAMINATION IN KABADDI**

*12<sup>th</sup> & 13<sup>th</sup> April 2022*

## **Workshop Report**

Organized by

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



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### NATIONAL LEVEL WORKSHOP & ORGANIZING COMMITTEE

#### **OFFICIATING EXAMINATION IN KABADDI**

Organized by

Department of Physical Education,  
TamilNadu Physical Education and  
Sports University  
Melakottaiyur post, Chennai – 600127

in Association with

Tamilnadu Amateur Kabaddi Association, Tirupur

#### REGISTRATION FORM

Name (in capital letter) :  
Class / Designation :  
Department :  
Correspondence Address :  
  
Mobile No :  
Email :

Register Through The Google Form Link  
Given Below :

**Note: Workshop commences at 10 am and  
the Spot Registration Starts at 9am.**

#### **CHIEF PATRON**

Dr.M.Sundar

**Vice-Chancellor**

**PATRON**

Dr. V.Gopinath

**Registrar**

#### **WORKSHOP CONVENER**

Dr.S.Manikandan

#### **WORKSHOP DIRECTOR**

Dr.S.Thirumalaikumar

#### **ORGANIZING SECRETARY**

Dr.S.Jayakumar

#### **COORDINATORS**

Dr.P.Kumaravelu

Dr.I.Lilly Pushpam

#### **MEMBERS**

Dr.K.Rajeshkumar

Dr.S.Velkumar

Dr.C.Lakshmanan

Dr.K.Jayachandran

Dr.S.Gokila

For more details and communication

**Dr. S.Jayakumar**

Organizing Secretary

Assistant Professor,

Department of Physical Education  
Tamil Nadu Physical Education and  
Sports University

Melakottaiyur Post, Chennai – 600127

Mobil e:9444553332 / 9940584940

madurajaya@gmail.com



**TAMIL NADU PHYSICAL EDUCATION  
AND SPORTS UNIVERSITY**

Melakottaiyur Post, Chennai – 600127

Established by the Government of Tamilnadu under Act – 9 of 2005  
& Approved by the UGC

India's First University of Physical Education & Sports



**" NATIONAL WORKSHOP &  
STABLE OFFICIATING  
EXAMINATION  
IN KABADDI "**

On

12TH & 13TH APRIL, 2022



*Organized by*

Department of Physical Education  
Tamil Nadu Physical Education and  
Sports University

In Association With  
Tamil Nadu Amateur Kabaddi  
Association



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**NATIONAL LEVEL WORKSHOP & OFFICIATING EXAMINATION IN KABADDI**  
Organized by  
**Department of Physical Education,  
TamilNadu Physical Education and  
Sports University  
Melakottaiyur post, Chennai – 600127**  
In Association with  
**Tamilnadu Amateur Kabaddi Association, Tirupur**

**REGISTRATION FORM**

Name (in capital letter) :  
Class / Designation :  
Department :  
Correspondence Address :  
  
Mobile No :  
Email :

Register Through The Google Form Link  
Given Below :  
[https://docs.google.com/forms/d/e/1FAIpQLSf\\_M2tRvE5G0E8v5K8Kf\\_P4AGzABGCT\\_V8f8FvYDZHT1KQ/viewform?usp=sharing](https://docs.google.com/forms/d/e/1FAIpQLSf_M2tRvE5G0E8v5K8Kf_P4AGzABGCT_V8f8FvYDZHT1KQ/viewform?usp=sharing)  
& SPOT ENTRY

**REGISTRATION FEES**  
Scholars / Students of TNPESU: Rs.750  
Others: Rs.800/-

Note: Workshop commences at 10 am and  
the Spot Registration Starts at 9am.

**ORGANIZING COMMITTEE**

**CHIEF PATRON**  
Dr. M. Sundar  
**Vice-Chancellor**  
**PATRON**  
Dr. V. Gopinath  
**Registrar**

**WORKSHOP CONVENER**  
Dr. S. Manikandan

**WORKSHOP DIRECTOR**  
Dr. S. Thirumalnikumar

**ORGANIZING SECRETARY**  
Dr. S. Jayakumar

**COORDINATORS**  
Dr. P. Kumaravelu  
Dr. I. Lilly Pushpam

**MEMBERS**  
Dr. K. Rajeshkumar  
Dr. S. Velkumar  
Dr. C. Lakshmanan  
Dr. K. Jayachandran  
Dr. S. Gokila

For more details and communication:  
**Dr. S. Jayakumar**  
Organizing Secretary,  
Assistant Professor,  
Department of Physical Education  
Tamil Nadu Physical Education and  
Sports University  
Melakottaiyur Post, Chennai – 600127  
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madurajaya@gmail.com



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India's State First University of Physical Education Cum Sports



**NATIONAL WORKSHOP CUM  
OFFICIATING EXAMINATION  
IN KABADDI**  
**12TH & 13TH APRIL, 2022**



Organized by  
Department of Physical Education  
Tamil Nadu Physical Education and  
Sports University  
  
In Association With  
Tamil Nadu Amateur Kabaddi  
Association



# 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  
Melakottaiyur, Chennai - 600127

## Department of Physical Education **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*

### **NATIONAL LEVEL WORKSHOP AND STATE OFFICIATING EXAMINATION IN KABADDI**

*@ 10.00am on 12th April*

*Venue : Auditorium, Library Block, TNPESU, Chennai*

#### **Dr. M. SUNDAR**

*Vice Chancellor TNPESU*

*has Kindly Consented to be Chief Guest and will deliver the  
inaugural address*

#### **Dr .S. MAINKANDAN**

*Professor and Head, Department of Physical Education, TNPESU  
will be preside over the function*

*All Are Welcome*

**Dr .S.JAYAKUMAR**  
Organizing Secretary, 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

The Department of Physical Education organized a two days “**National level Workshop cum State Level Officiating Examination in Kabaddi**” on 12<sup>th</sup> & 13<sup>th</sup> April 2022. The Workshop will featured many enlightening sessions. Young investigators will have the opportunities to exchange the current knowledge with senior professionals in the field of Sports and Kabaddi. The main aim was to bring together leading academicians, sports scientists, researchers and scholars and students to exchange and share their experience related to various aspects of Kabaddi.

#### **About the 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. The said act came into force with effect from 15th September, 2005 after obtaining the assent from his Excellency, the president of India on 05.08.2005.

#### **Department of Physical Education**

The Department of Physical Education offers the following Research and Academic Programmes.

B.P.Ed 2 Years (Recognized by NCTE).

M.P.Ed 2 Years (Recognized by NCTE).

Ph.D Regular /Part Time

#### **About the Workshop**

The Objective of the workshop is to develop the game Kabaddi in Tamilnadu Rules and Regulations, Technique sand Skills of the Game will be discussed Theoretically & Practically to the participants .This would be a great opportunities for TNPESU to create a plat form to develop the Kabaddi and to promote the, Kabaddi players and coaches for exploring their empirical knowledge at national Level.

#### **Venue**

The Venue of the Workshop is at Auditorium, Library Block at TNPESU Chennai-600127.

#### **Location**

TNPESU is located 15 km away from Tambaram Bus Stand and Railway Station. The city is well connected by Vandalur. To Kelampakkam road Kandigai bus stop. Located city of heart of the Tamil Nadu in Chennai. which is surrounded by many places of tourist interest



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ORGANIZING COMMITTEE

**CHIEF PATRON**  
**Dr.M.SUNDAR**  
**VICE-CHANCELLOR**

*PATRON*  
**Dr.V.GOPINATH**  
**Registrar**

**WORKSHOP DIRECTOR**  
**Dr.S.MANIKANDAN**  
Professor & Head  
Department of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127

**WORKSHOP CONVENER**  
**Dr.S.THIRUMALAIKUMAR**  
Professor, Department of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127

**WORKSHOP COORDINATORS**  
**Dr.P.KUMARAVELU**  
**Dr.I.LILLY PUSHPAM**  
Assistant Professors,  
Department of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127

**WORKSHOP ASSISTANT COORDINATORS**  
**Dr.K.RAJESHKUMAR,**  
**Dr.S.VELKUMAR,**  
**Dr.C.LAKSHMANAN.,**  
Assistant Professors, Dept. of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127

**////ORGANIZING SECRETARY////**

**Dr.JAYAKUMAR.,**  
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

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

The Department of Physical Education, Tamil Nadu Physical Education and Sports University Chennai-600127. Organized the “National level Workshop cum State Level Officiating Examination in Kabaddi” on 12-04-2022 and 13-04-2022.

The workshop was inaugurated by the Professor **Dr.M.Sundar** ,Vice Chancellor Tamil Nadu Physical Education and Sports University, **P.GOPAL** Convener -Referees Board TamilNadu Amateur Kabaddi Association has delivered to the Special address. **Dr.S.Manikandan** Professor and Head, Department of Physical Education. Tamil Nadu Physical Education and Sports University presided over the function.

After the inaugural function the Introductory session of Kabaddi was handled **Mr.P.GOPAL** Convener -Referees Board TamilNadu Amateur Kabaddi Association. The participants were enlightened by the expert lecturer given by the expert and the session ends with deliberations and discussions.

The second session of the day was handled Mr.Kumerasan International Kabaddi Association Referee . The participants were enlightened by the expert on Rules and regulation in the game of Kabaddi and the session ends with questions and answer section.

The second day morning 6.30 am session handled by The Experts **P.GOPAL** Convener - Referees Board TamilNadu Amateur Kabaddi Association and **Mr.Kumerasan** International Kabaddi Association Referee The participants were enlightened by the expert on Practical classes and officiating Signals in the game of Kabaddi and the session ends with discussion and interpretation.

In the last session written examination was conducted for the candidates during the examination hall **Dr.S.Thirumalaikumar**, Professor. **Dr.I.Lilly Pushbam**, Associate Professor. **Dr.S.Jayakumar.**, Assistant Professor. **Dr.C.Lakshmanan.**, Assistant Professor in Department of Physical Education and **Mr.P.GOPAL, Convener & Mr.Kumaresan** was Supervised in the examination, after the written examination Vivo Voce also conducted to all the candidates.

In the valedictory function **Dr.S.Manikandan** Professor and Head, Department of Physical Education Tamil Nadu Physical Education and Sports University has delivered the valedictory address & distributed the certificates. **P.GOPAL** Convener -Referees Board TamilNadu Amateur Kabaddi Association has delivered to the Special address. **Dr.S.Manikandan** Professor Department of Physical Education, Tamil Nadu Physical Education and Sports University preside over the function. **Dr.S.JAYAKUMAR** Organizing secretary “National level workshop cum state level officiating examination in Kabaddi”. Proposed the vote of thanks.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### PROGRAMMES SCHEDULE PHOTOS

### The list of participants

Participants List

Sl. No.	Name	Reg. No.	Department	College
1	Sanjay Ganesh M	B.ped	TNPESU	Chennai
2	Krishnanandan V	M.ped	TNPESU	Tiruvannamalai
3	R.Shree Robinson	B.ped	TNPESU	Thiruvallur
4	R.Vishva Priya	B.ped	TNPESU	Chennai
5	T.Dinash Kumar	B.ped	TNPESU	Kanchipuram
6	KoushikPrerna A	B.ped	TNPESU	Kanchipuram
7	A.Praveen Raj	B.ped	TNPESU	Chennai
8	Godwin J	B.ped	TNPESU	Chennai
9	R.Gopi	B.ped	TNPESU	Kanchipuram
10	D.Sobash	B.ped	TNPESU	Madurai
11	S.Udhaya	B.ped	TNPESU	Bharathiar
12	A.Arthana	M.ped	TNPESU	Pondicherry
13	S.Parthiban	B.ped	TNPESU	Chennai
14	R.Tharmika	B.ped	TNPESU	Chennai
15	Santharajalokeshi G	B.ped	TNPESU	Chennai
16	B.Priya Kumar	B.ped	TNPESU	Chennai
17	S.Dinesh Kumar	B.ped	TNPESU	Chennai
18	M.Arunahagan	M.ped	TNPESU	Kanchipuram
19	V.Ganesh	B.ped	TNPESU	Chennai
20	V.Gopi	B.ped	TNPESU	Chennai
21	A.Divakar	B.ped	TNPESU	Chennai
22	P.Gayathri	B.ped	TNPESU	Chennai
23	Indira R	B.ped	TNPESU	Chennai
24	R.Prasanna	B.ped	TNPESU	Chennai
25	K.Jayalakshmi	B.ped	TNPESU	Chennai
26	B.Sobuja Bharathi	B.ped	TNPESU	Chennai
27	B.Arunabharathi	B.ped	TNPESU	Chennai
28	B.Kalyarasan	B.ped	TNPESU	Chennai
29	M.Sudha Kumar S, M.Phil	B.ped	TNPESU	Chennai
30	A.Ajith	B.ped	TNPESU	Chennai
31	Alvin Paul	B.ped	TNPESU	Chennai
32	V.Lakshmana Samy	B.ped	TNPESU	Chennai
33	Selva Pratheeb E	B.ped	TNPESU	Chennai

Tamil Nadu Physical Education and Sports University  
Department of Physical Education  
National Level Workshop on State Coaching Examinations  
Regular Participants Name List

Sl. No.	Name	Reg. No.	Department	College
1	Abinava R	M.ped	TNPESU	Chennai
2	V.Nandha	B.ped	TNPESU	Chennai
3	Narasimhan	B.ped	TNPESU	Chennai
4	M.Murugan	M.ped	TNPESU	Chennai
5	Jeevitha Vigneshwaran	M.ped	TNPESU	Chennai
6	Mahesh	B.ped	TNPESU	Chennai
7	Mahesh	B.ped	TNPESU	Chennai
8	Mahesh	B.ped	TNPESU	Chennai
9	Mahesh	B.ped	TNPESU	Chennai
10	Mahesh	B.ped	TNPESU	Chennai
11	Mahesh	B.ped	TNPESU	Chennai
12	Mahesh	B.ped	TNPESU	Chennai
13	Mahesh	B.ped	TNPESU	Chennai
14	Mahesh	B.ped	TNPESU	Chennai
15	Mahesh	B.ped	TNPESU	Chennai
16	Mahesh	B.ped	TNPESU	Chennai
17	Mahesh	B.ped	TNPESU	Chennai
18	Mahesh	B.ped	TNPESU	Chennai
19	Mahesh	B.ped	TNPESU	Chennai
20	Mahesh	B.ped	TNPESU	Chennai
21	Mahesh	B.ped	TNPESU	Chennai
22	Mahesh	B.ped	TNPESU	Chennai
23	Mahesh	B.ped	TNPESU	Chennai
24	Mahesh	B.ped	TNPESU	Chennai
25	Mahesh	B.ped	TNPESU	Chennai

Sl. No.	Name	Reg. No.	Department	College
34	Arunabharathi	B.ped	TNPESU	Chennai
35	S.Prasanna	B.ped	TNPESU	Chennai
36	S.Prasanna	B.ped	TNPESU	Chennai
37	S.Prasanna	B.ped	TNPESU	Chennai
38	S.Prasanna	B.ped	TNPESU	Chennai
39	S.Prasanna	B.ped	TNPESU	Chennai
40	S.Prasanna	B.ped	TNPESU	Chennai
41	S.Prasanna	B.ped	TNPESU	Chennai
42	S.Prasanna	B.ped	TNPESU	Chennai
43	S.Prasanna	B.ped	TNPESU	Chennai
44	S.Prasanna	B.ped	TNPESU	Chennai
45	S.Prasanna	B.ped	TNPESU	Chennai
46	S.Prasanna	B.ped	TNPESU	Chennai
47	S.Prasanna	B.ped	TNPESU	Chennai
48	S.Prasanna	B.ped	TNPESU	Chennai
49	S.Prasanna	B.ped	TNPESU	Chennai
50	S.Prasanna	B.ped	TNPESU	Chennai
51	S.Prasanna	B.ped	TNPESU	Chennai
52	S.Prasanna	B.ped	TNPESU	Chennai
53	S.Prasanna	B.ped	TNPESU	Chennai
54	S.Prasanna	B.ped	TNPESU	Chennai
55	S.Prasanna	B.ped	TNPESU	Chennai
56	S.Prasanna	B.ped	TNPESU	Chennai
57	S.Prasanna	B.ped	TNPESU	Chennai
58	S.Prasanna	B.ped	TNPESU	Chennai
59	S.Prasanna	B.ped	TNPESU	Chennai
60	S.Prasanna	B.ped	TNPESU	Chennai

Sl. No.	Name	Reg. No.	Department	College
61	Vaidhyakathana A	B.ped	TNPESU	Chennai
62	M.Ravi Shankar	B.ped	TNPESU	Chennai
63	R.Radhika	B.ped	TNPESU	Chennai
64	P.Prasanna	B.ped	TNPESU	Chennai
65	D.Ramya	B.ped	TNPESU	Chennai
66	V.Arunabharathi	B.ped	TNPESU	Chennai
67	Promy Kumar R	B.ped	TNPESU	Chennai
68	M.Arunabharathi	B.ped	TNPESU	Chennai
69	Piyadharshini T	B.ped	TNPESU	Chennai
70	L.Karuppannam	B.ped	TNPESU	Chennai
71	P.Arunabharathi	B.ped	TNPESU	Chennai
72	S.Santhosh Kumar	B.ped	TNPESU	Chennai
73	S.Santhosh Kumar	B.ped	TNPESU	Chennai
74	S.Santhosh Kumar	B.ped	TNPESU	Chennai
75	S.Santhosh Kumar	B.ped	TNPESU	Chennai
76	S.Santhosh Kumar	B.ped	TNPESU	Chennai
77	S.Santhosh Kumar	B.ped	TNPESU	Chennai
78	S.Santhosh Kumar	B.ped	TNPESU	Chennai
79	S.Santhosh Kumar	B.ped	TNPESU	Chennai
80	S.Santhosh Kumar	B.ped	TNPESU	Chennai
81	S.Santhosh Kumar	B.ped	TNPESU	Chennai
82	S.Santhosh Kumar	B.ped	TNPESU	Chennai
83	S.Santhosh Kumar	B.ped	TNPESU	Chennai
84	S.Santhosh Kumar	B.ped	TNPESU	Chennai
85	S.Santhosh Kumar	B.ped	TNPESU	Chennai
86	S.Santhosh Kumar	B.ped	TNPESU	Chennai
87	S.Santhosh Kumar	B.ped	TNPESU	Chennai
88	S.Santhosh Kumar	B.ped	TNPESU	Chennai
89	S.Santhosh Kumar	B.ped	TNPESU	Chennai
90	S.Santhosh Kumar	B.ped	TNPESU	Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

Sl. No.	Name	Qualification	Institution	Remarks
114	M.Hari Narain	B.pes	TNPESU	Puducherry
115	T.Gopalakrishnan	II.M.ped	TNPESU	Tirunelveli
116	A.Jayachandran	M.ped	TNPESU	Kudalolure
117	A.LarundaVasanthan	B.ped	TNPESU	Tirunelveli
118	S.Chinnaiyan M	B.ped	TNPESU	Trichy
119	C.Vidhyaprasath M	B.ped	TNPESU	Kanpur
120	V.Rakesh	B.ed	TNPESU	Chennai
121	S.Mani	B.ped	TNPESU	Villupuram
122	Vasanthkumar.A	B.sc.Sports	TNPESU	Chennai
123	Pavitra.S	B.ped	TNPESU	Chennai
124	Keerthi.M	B.pes	TNPESU	Trichy
125	Sathish	II-M.Ped	TNPESU	Kudalolure
126	N.Sujitha	B.ped	TNPESU	Narasipati
127	V.Gajalakshmi	B.ped	TNPESU	Chennai
128	N.Calica	B.ped	TNPESU	Dindigul
129	Narayanan.E	B.sc.Maths	Others	
130	Uma.M	B.A.History	Others	
131	R.Saravanan	12 <sup>th</sup> (IT)	Others	
132	Subasree.S	B.sc.Bio Tech	SDBB VASHTAVA	
133	R.Ganapathy	Phd	Faculty	
134	M.Vignesh	M.com	Faculty	
135	Sarathkumar.G	Diploma.civil	Others	
136	N.A.Mah	MA Economics	Others	
137	M.Raja	12 <sup>th</sup>	Others	
138	S.Sankumar	12 <sup>th</sup>	Others	Kanchipuram
139	D.Ashin	B.sc.in	Others	Kanchipuram
140	B.Rajesh Kumar	B.A	Others	
141	M.Muthukrishnan	M.ped	St.Johns	
142	M.Sakimothu	B.P.ed	St.Johns	
143	A.Dalamoorthy	M.ped	St.Johns	
144	C.Losmathi.an	B.P.ed	Others	Trichy
145	C.Naveen	B.P.ed	Others	Trichy
146	Mohana Vall.P	B.P.ed	K.R.College	
147	Vinath Sharma.S	M.sc.Physics	New College	
148	Prathiba.N	B.P.ES	Dr.M.G.R. UNIVERSITY	
149	R.Kavayar	B.sc.olymp	Nachikappa	
150	V.Lekshmi Priya	M.com	D.K.M.college	
151	K.Kavya	M.A.English	D.K.M.college	
152	A.Agria	M.com	D.K.M.college	
153	S.Bhriacha	M.sc	D.K.M.college	
154	M.vinmal.Raj	B.com.Cora.	I.P.Sports	
155	K.Thirumoharasan	B.sc.Cam.Sc	Others	
156	Vijayan.K	B.Ed	Others	
157	Dr.P.Ahagaraj	PHD	ITSM	
158	Sachinrajan	M.phil	Others	

Sl. No.	Name	Qualification	Institution	Remarks
159	B.Balaminrajan	B.P.ed	Others	
160	C.Divakar	M.P.ed	Others	Changanathi
161	R.Naveen Kumar	B.P.ed	Selvam Cjg	
162	T.LalithaKumari	B.P.ed	Meenakshi Cjg	
163	S.Gaurabhan	B.P.ed	St.Johns	
164	Mugesh.A	B.P.ed	St.Johns	
165	T.Abirami	Phd	S.I.V.E.T	
166	A.anbarasan	B.A	Periyar Arts	
167	M.Parthiban	10 <sup>th</sup>	Others	
168	Santhasirgas.S	10 <sup>th</sup>	Others	
169	Buthan.M	10 <sup>th</sup>	Others	
170	B.Bala.Krishnan	10 <sup>th</sup>	Others	
171	R.Prasanth	10 <sup>th</sup>	Others	
172	E.Vijayan	10 <sup>th</sup> (IT)	Others	
173	Vijayakumar.M	M.ped	Others	
174	Dr.P.Kumaraavelu	PhD	TNPESU	
175	Dr.K.Jayachandran	PhD	TNPESU	
176	Dr.S.Cekila	PhD	TNPESU	
177	T.A.Alexander	B.P.ed	PER. Teacher	Trichy
178	N.L.Naveen Kumar	B.E		Kannur



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Inaugural Function Photos





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Validity Function Photos





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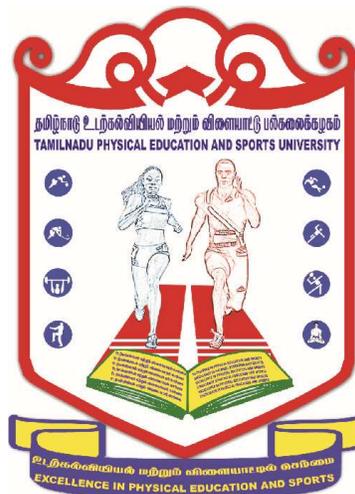




**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

Melakottaiyur, Chennai-127

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



**COLLOBORATIVE QUALITY  
INITIATIVES**

**ACADEMIC YEAR**

**2020 – 2021**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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## LIST OF COLLOBORATIVE QUALITY INITIATIVES

S.No.	Collaborative Quality Initiatives with Other Institution(s)
1	<p><b>Collaborative Initiatives between TNPESU and VIT, Chennai</b></p> <ol style="list-style-type: none"><li><b>1. TNPESU students have Participated in Value added programme conducted by Vellore Institute of Technology, Chennai</b></li><li><b>2. Conducted Short Term Course on Sports Aerodynamics along with Vellore Institute of Technology, Chennai</b></li><li><b>3. Faculty exchanged and handled the class on Sports Aerodynamics with Vellore Institute of Technology, Chennai</b></li><li><b>4. Short Term course on Computational Fluid Dynamics along with Vellore Institute of Technology, Chennai</b></li></ol>
2	<p><b>Training and Coaching of Archery and Fitness Teams along with Arjuna Archery Academy</b></p>



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தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
Accredited with "B" Grade by NAAC  
India's First State University in Physical Education and Sports

33.7.2 Number of functional MoUs with institutions/ industries in India and abroad for internship, on-the-job training, project work, student / faculty exchange and collaborative research during the year 2020-2021

S.No	Organisation with which MoU is signed	Name of the institution/ industry/ corporate house	Year of signing MoU	Duration	List the actual activities under each MOU year wise	Number of students/teachers participated under MoUs
1.	Vellore Institute of Technology, Chennai	Vellore Institute of Technology, Chennai	2020	3 Years	Our University students have Participated in Value added programme conducted by VIT	11
					Conducted Short Term Course on Sports Aerodynamics	46
					Faculty exchanged and handled the class on Sports Aerodynamics	1
					Short Term course on Computational Fluid Dynamics	1
2.	Arjuna Archery Academy	Arjuna Archery Academy	2021	3 Years	Training and Coaching of Archery and Fitness Teams	118

  
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## Collaborative Initiatives between TNPESU and Vellore Institute of Technology, Chennai

(2)



தமிழ்நாடு தமில்நாடு TAMIL NADU

Vellore Institute of Technology  
Chennai - 127

14 JAN 2020

74AB 775796

O.Swathi

O.SWATHI (S.V.)

3, LOGANATHAN STREET  
W. TAMBARAM, CHENNAI-45  
No. 9591/81/2000 DT. 7.9.2000  
Cell: 90945 80807.

### MEMORANDUM OF UNDERSTANDING

between

VELLORE INSTITUTE OF TECHNOLOGY, CHENNAI

and

TAMILNADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY

represented by

DEPARTMENT OF SPORTS TECHNOLOGY

Melakottaiyur, Chennai - 600127

in connection with  
Collaborative Programmes in R&D

V. Registrar  
Tamilnadu Physical Education  
and



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### M.1 MEMORANDUM OF UNDERSTANDING

M.1.1. This Agreement made and entered into force this 22<sup>nd</sup> day of January 2020 between Vellore Institute of Technology, Chennai campus which is imparting quality education in a multi-cultural ambience, intertwined with extensive application-oriented research with International Standards. (hereinafter referred to as VIT Chennai which expression shall where the context so admits include its successors and permitted assigns) of the one part.

AND

M.1.2. The TamilNadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, located at Melakottaiyur village, Vandalur – Kelambakkam Road, Chennai 600127, (hereinafter referred to as TNPESU which expression shall where the context so admits include its successors and permitted assigns) of the one part. Each shall be referred to as 'party' individually and 'parties' jointly.

### M.2 PREAMBLE

M.2.1. Whereas VIT CHENNAI, CHENNAI 600 127 has primarily been engaged in R&D activities in Bluff Body Aerodynamics, Wind Engineering and allied areas. It has developed core competency in many areas of Technology including Automotive Aerodynamics Performance and Building Aerodynamics Research. It has developed and commercialized a number of processes/ products/ knowledge and leads in diverse areas including Aerodynamic studies on Road vehicle aerodynamics, Building aerodynamics including slender structures such as Airports and other high rise buildings. VIT Chennai has the state-of-the-art infrastructure that comprises, among others, a sophisticated Aerodynamics laboratory at the School of Mechanical and Building Sciences, which is envisaged to be essential for developing speciality sports aerodynamics. Further, it undertakes various important research projects with funding from prominent funding agencies.

M.2.2. TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY which 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 affiliatory University, exclusively for Physical Education and Sports. After obtaining the assent from his Excellency the President of India on 5th August 2005, the said act came into force with effect from 15<sup>th</sup> September 2005.



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At present the University has three Faculties, five Departments and ten affiliated Colleges. Further the University now offers select Physical Education and Allied Courses, through collaborative programme and Distance Education stream and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the assent from his Excellency the President of India on 5th August 2005, the said act came into force with effect from 15<sup>th</sup> September 2005. Sports engineering is the only course in TNPESU that emphasizes the application of engineering technology to sports. The course covers areas in human movement sciences, mechanical and electronic, and software engineering with a strong focus on sports as the application. Sports Engineers design sports equipment and facilities, training equipment, sports clothing, rehabilitation facilities used by sportspersons, orthopaedic appliances and high-performance human-machine systems.

M.2.3. Whereas TNPESU, after having identified the strengths of R & D and infrastructural facilities at VIT Chennai, has approached VIT Chennai, evincing interest in undertaking joint collaborative research in the areas of Sports Aerodynamics and development as well as evaluation of sports equipments, apparels and Infrastructure for Indian sports personnel and other aerodynamic related research.

M.2.4. Whereas TNPESU is convinced about the mutual benefits of undertaking joint collaborative research with VIT Chennai in multi-dimensional areas depending on mutual interest as well as expertise.

M.2.5. As a prelude to such collaborative research activities between VIT Chennai and TNPESU, it has been agreed by both parties to sign an Umbrella MoU, which shall pave the way for undertaking specific activities later depending on specific requirements.

Now therefore in consideration of the premises and mutual covenants hereinafter contained the parties hereto agree as follows:



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### M.3 SCOPE OF THE MoU

The scope of this MoU is limited to retaining VIT Chennai as one of the esteemed collaborators of TNPESU for Research & Development, as per scope of work detailed in ANNEXURE I to this MoU (hereinafter called ACTIVITY), to be undertaken from time to time depending on requirements and this is envisaged to lead to further research/training collaborations between VIT Chennai and TNPESU. Terms and conditions shall be mutually decided on case to case basis.

### M.4 RESPONSIBILITIES OF TNPESU

M.4.1. TNPESU shall send specific request seeking the expertise of VIT Chennai in respect of the ACTIVITY on case to case basis.

M.4.2. TNPESU shall bear the consumable cost in respect of the ACTIVITY at the Aerodynamics lab, VIT Chennai.

M.4.3. TNPESU shall ensure deployment of quality Research Scholars with bachelor/ master degree in Mechanical or Sports engineering for the research project.

M.4.4. TNPESU shall extend cooperation and provide inputs while finalizing any joint research project proposed by VIT Chennai for submission to a funding agency.

M.4.5. TNPESU shall extend the access of its library facilities to the personnel deputed by VIT Chennai in connection with the ACTIVITY.

### M.5 RESPONSIBILITIES OF VIT CHENNAI

M.5.1. VIT CHENNAI shall extend necessary cooperation in terms of expertise as well as available infrastructure to TNPESU in connection with the ACTIVITY.

M.5.2. VIT CHENNAI shall ensure deployment of necessary personnel for the Research Guidance and Development and expert talk in emerging areas like aerodynamics, computational fluid dynamics, structural dynamics, wind engineering and other allied subjects of interest at Aerodynamics laboratory, School of Mechanical and Building Sciences, VIT Chennai. Appointments on expert talk, discussions will be subjected to academic requirements at VIT Chennai.

4

  
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M.5.3. VIT CHENNAI shall coordinate the ACTIVITY related to Testing and Evaluation in research project of aerodynamic studies using wind tunnel and other laboratory at VIT Chennai. VIT Chennai shall extend the access of its library facilities to the faculty personnel deputed by TNPESU in connection with the ACTIVITY.

M.5.4. VIT Chennai shall be responsible for Wind Tunnel analysis, data collection and processing at VIT.

### M.6 EFFECTIVE DATE, DURATION AND TERMINATION OF MOU

M.6.1. The MoU shall be effective from the date of signing (hereinafter called EFFECTIVEDATE) and shall remain in force for the period of two years from the EFFECTIVEDATE.

M.6.2. The MoU shall be reviewed after two years on receipt of request for renewal from TNPESU and may be renewed based on mutually agreeable terms and conditions.

M.6.3. During the tenure of the MoU parties hereto can terminate the MoU either for violation of any of the clauses of the MoU or other work by giving one month notice in writing to the defaulting party (VIT Chennai or TNPESU). Failure of either party to terminate the MoU on account of breach or default by the other shall not constitute a waiver of that Party's right to terminate this MoU.

### M.7 SETTLEMENTS

M.7.1. In the event of termination of the MoU vide M.6.2 the right and obligations of the parties here to shall be settled by mutual discussions or arbitration when settlement fails.

### M.8 CONFIDENTIALITY

M.8.1. During the tenure of the MoU and for a period of 3 years thereafter, both VIT Chennai and TNPESU (including their sub-contractors if any) shall treat as strictly confidential and prevent disclosure thereof of all the information and data exchanged/generated under this MoU for any purposes other than that in accordance with this MoU.

### M.9 GENERAL PROVISIONS

M.9.1. The VIT Chennai shall not be responsible for any damage to property / plant / material/personnel of the TNPESU and athletes during the course of, or consequent to the ACTIVITY taken up under this MoU.



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M.9.2. The VIT Chennai shall during the tenure of the MoU or thereafter, be free to take-up, without any prejudice to TNPESU, collaborative assignments, similar to or same as the ACTIVITY, for other parties on terms and conditions as it may decide upon.

M.9.3. This MoU shall be the sole repository of the terms and conditions agreed to herein by and between VIT Chennai and the TNPESU and no amendment thereof shall take effect and be binding on either of them except as provided for in clause M.14 hereunder.

M.9.4. The MoU represents the entire understanding between the parties and supersedes any and all understandings either oral or written hitherto with respect to the subject matter of the Agreement.

### M.10 PUBLICATIONS

M.10.1. Publications, if any, in respect of the ACTIVITY as per Annexure 1 shall be in the names of the S&T personnel connected with the ACTIVITY.

### M.11 INTELLECTUAL PROPERTY RIGHTS (IPR)

M.11.1 In case of joint R & D proposals sent for funding, IPR will be vested with both VIT Chennai and TNPESU based on the extent of contributions as per Annexure 1 by the investigators from the respective institutions.

### M.12 FORCE MAJEURE

M.12.1. Neither party shall be held responsible for non-fulfilment of its respective obligations under this MoU due to the exigency of one or more of the force majeure events such as but not limited to Acts of God, War / Flood / Earthquake / Strike / Lockouts / Epidemics riots, Civil Commotion etc. provided on the occurrence and cessation of any such events, the party affected thereby shall give a notice in writing to the other party within one month of such occurrence or cessation. If the force majeure conditions continue beyond six months, the parties shall then mutually decide about the future course of action.

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### M.13 NOTICES

M.13.1. All notices and other communications required to be served on the TNPESU under the terms of this MoU, shall be considered to be duly served if it shall have been delivered to, left with or posted by registered mail/e-mail to the TNPESU at its last known address. Similarly, any notice to be given to the VIT Chennai shall be considered as duly served if the same shall have been delivered to left with or posted registered mail/e-mail to VIT Chennai at its following address: **Vice President, VIT Chennai - 600127.** (Email - [sekar.cc@vit.ac.in](mailto:sekar.cc@vit.ac.in))

### M.14 ARBITRATION

M.14.1. Except as hereinbefore provided, any dispute arising out of this MoU, shall be settled by mutual discussion. In case the dispute is not settled, the same shall be referred to the arbitration of two arbitrators, one to be appointed by each party to the dispute and in case of difference of opinion between them to an umpire appointed by the said two arbitrators before entering on the reference, and the decision of such arbitrators or umpire, as the case may be shall be final and binding on both parties. The venue of arbitration shall be at such place as may be fixed by such arbitrators or umpire and the arbitration proceedings shall take place under the Indian Arbitration and Conciliation Act, 1996.

### M.15 AMENDMENTS TO THE MoU

M.15.1. No amendment or modification of this MoU shall be valid unless the same is made in writing by both the parties or their authorised representatives and specifically stating the same to be an amendment of this MoU. The modifications/changes shall be effective from the date on which they are made / executed, unless otherwise agreed to

  
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### SEAL OF PARTIES

In witness there of the parties hereto have signed this MoU on the day, month and year, as mentioned hereinbefore.

Parties

For and on behalf of VIT Chennai

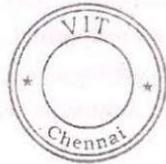
Signature:

Name: Dr. Sekar Viswanathan

Designation: Vice President

Seal

Date



Witnesses (Name & Address)

1.   
22/1/20

2.   
R. SIVAKUMAR  
22/01/2020

Date

For and on behalf of TNPESU

Signature:

Name: Dr. Sheila Stephen

Designation: Vice Chancellor  
Vice-Chancellor

Seal

Date

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

22/01/2020



Witnesses (Name & Address)

1. V.   
22/1/2020  
V. GOPALATH,  
Registrar, TNPESU

2.   
22/01/2020  
R. RAMAKRISHNAN, Prof & HoD  
Sports Technology, TNPESU  
Chennai - 600 127.  
Date  
22/01/2020

Date

Registrar  
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### Annexure I

#### Scope of the work

(This forms part of the collaborative agreement between VIT Chennai and TNPESU, Chennai)

The scope of the work pertaining to this MoU involves the following:

- Study and analysis of sports aerodynamics and allied studies using wind tunnel experiments and Computational Fluid Dynamics on various areas listed below.
  - Wind Engineering and Bluff Body Aerodynamics
  - Sports and Automotive Aerodynamics
- Knowledge and facilities sharing between the two institutions such as Adjunct Professors, Guest lectures, organising workshops and conferences together.
- The reporting authority for the collaborative projects shall be the investigators from both the institutions, wherever the experiments are carried out and the research students deputed shall follow the lab regulations for carrying out the experiments.
- Development of prototype on Sports aerodynamics to improve performance with considering aerodynamic effects. For the collaborative activity or any joint projects, the reports including publications and IPR shall be decided by the investigators mutually and vested on both the institutes.
- Presenting and publishing collaborative work in conferences and journals respectively.

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OUR UNIVERSITY STUDENTS HAVE  
PARTICIPATED IN VALUE ADDED PROGRAMME  
CONDUCTED BY VIT

	<b>VIT</b> Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956) CHENNAI</small>	<b>Tamil Nadu Physical Education and Sports University</b>		
<b>Certificate of Participation</b>				
This is to certify that Dr./Prof./Mr./Ms. <u>Vignesh S M</u> of				
<u>Tamil Nadu Physical Education and Sports University (TN PESU)</u> has				
participated in the value added programme on <b>Computational Fluid Dynamics</b> offered by				
Vellore Institute of Technology, Chennai campus in collaboration with Tamil Nadu Physical				
Education and Sports University (TN PESU) during Fall 2021-22.				
				
Dr. Sivakumar R / Dr. Vinayagamurthy G Organizing Secretaries	Dr. Ramakrishnan Organizing Secretary TN PESU	Dr. Kanchana Bhaaskaran V S Pro Vice – Chancellor	Dr. V. Gopinath Registrar TN PESU	
<small>VIT – Recognised as Institution of Eminence (IoE) by Government of India VIT - A place to learn; A chance to grow</small>				





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This is to certify that Dr./Prof./Mr./Ms. ....*RAMKUMAR M*.....of  
.....*Tamil Nadu Physical Education and Sports University (TNPESU)*.....has  
participated in the value added programme on **Computational Fluid Dynamics** offered by  
Vellore Institute of Technology, Chennai campus in collaboration with Tamil Nadu Physical  
Education and Sports University (TNPESU) during Fall 2021-22.

*Sivakumar R*  
Dr. Sivakumar R / Dr. Vinayagamurthy G  
Organizing Secretaries

*Ramakrishnan*  
Dr. Ramakrishnan  
Organizing Secretary  
TNPESU

*Kanchana Bhaaskaran V S*  
Dr. Kanchana Bhaaskaran V S  
Pro Vice – Chancellor

*V. Gopinath*  
Dr. V. Gopinath  
Registrar  
TNPESU

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**Certificate of Participation**

This is to certify that Dr./Prof./Mr./Ms. ....*Thamilzharasan B*.....of  
.....*Tamil Nadu Physical Education and Sports University (TNPESU)*.....has  
participated in the value added programme on **Computational Fluid Dynamics** offered by  
Vellore Institute of Technology, Chennai campus in collaboration with Tamil Nadu Physical  
Education and Sports University (TNPESU) during Fall 2021-22.

*Sivakumar R*  
Dr. Sivakumar R / Dr. Vinayagamurthy G  
Organizing Secretaries

*Ramakrishnan*  
Dr. Ramakrishnan  
Organizing Secretary  
TNPESU

*Kanchana Bhaaskaran V S*  
Dr. Kanchana Bhaaskaran V S  
Pro Vice – Chancellor

*V. Gopinath*  
Dr. V. Gopinath  
Registrar  
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CHENNAI



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Education and Sports  
University**



**Certificate of Participation**

This is to certify that Dr./Prof./Mr./Ms. .... *SRI PRAKSH M* .....of  
..... *Tamil Nadu Physical Education and Sports University (TN PESU)* .....has  
participated in the value added programme on **Computational Fluid Dynamics** offered by  
Vellore Institute of Technology, Chennai campus in collaboration with Tamil Nadu Physical  
Education and Sports University (TN PESU) during Fall 2021-22.

  
 Dr. Sivakumar R / Dr. Vinayagamurthy G  
Organizing Secretaries

  
 Dr. Ramakrishnan  
Organizing Secretary  
TN PESU

  
 Dr. Kanchana Bhaaskaran V S  
Pro Vice – Chancellor

  
 Dr. V. Gopinath  
Registrar  
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Education and Sports  
University**



**Certificate of Participation**

This is to certify that Dr./Prof./Mr./Ms. .... *Punithan P E* .....of  
..... *Tamil Nadu Physical Education and Sports University (TN PESU)* .....has  
participated in the value added programme on **Computational Fluid Dynamics** offered by  
Vellore Institute of Technology, Chennai campus in collaboration with Tamil Nadu Physical  
Education and Sports University (TN PESU) during Fall 2021-22.

  
 Dr. Sivakumar R / Dr. Vinayagamurthy G  
Organizing Secretaries

  
 Dr. Ramakrishnan  
Organizing Secretary  
TN PESU

  
 Dr. Kanchana Bhaaskaran V S  
Pro Vice – Chancellor

  
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This is to certify that Dr./Prof./Mr./Ms. .... *A. Sangeetha* .....of  
..... *Tamil Nadu Physical Education and Sports University (TN PESU)* .....has  
participated in the value added programme on **Computational Fluid Dynamics** offered by  
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Education and Sports University (TN PESU) during Fall 2021-22.

  
Dr. Sivakumar R / Dr. Vinayagamurthy G  
Organizing Secretaries

  
Dr. Ramakrishnan  
Organizing Secretary  
TN PESU

  
Dr. Kanchana Bhaaskaran V S  
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**Tamil Nadu Physical  
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University**



**Certificate of Participation**

This is to certify that Dr./Prof./Mr./Ms. .... *Thamizharasan B* .....of  
..... *Tamil Nadu Physical Education and Sports University (TN PESU)* .....has  
participated in the value added programme on **Computational Fluid Dynamics** offered by  
Vellore Institute of Technology, Chennai campus in collaboration with Tamil Nadu Physical  
Education and Sports University (TN PESU) during Fall 2021-22.

  
Dr. Sivakumar R / Dr. Vinayagamurthy G  
Organizing Secretaries

  
Dr. Ramakrishnan  
Organizing Secretary  
TN PESU

  
Dr. Kanchana Bhaaskaran V S  
Pro Vice – Chancellor

  
Dr. V. Gopinath  
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Melakottaiyur, Chennai-127

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

	<b>VIT</b> <sup>®</sup> Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small> CHENNAI	<b>Tamil Nadu Physical Education and Sports University</b>		
<b>Certificate of Participation</b>				
This is to certify that Dr./Prof./Mr./Ms. .... <i>Prabakaran</i> .....of ..... <i>Tamil Nadu Physical Education and Sports University (TN PESU)</i> .....has participated in the value added programme on <b>Computational Fluid Dynamics</b> offered by Vellore Institute of Technology, Chennai campus in collaboration with Tamil Nadu Physical Education and Sports University (TN PESU) during Fall 2021-22.				
 Dr. Sivakumar R / Dr. Vinayagamurthy G Organizing Secretaries	 Dr. Ramakrishnan Organizing Secretary TN PESU	 Dr. Kanchana Bhaaskaran V S Pro Vice – Chancellor	 Dr. V. Gopinath Registrar TN PESU	
<small>VIT – Recognised as Institution of Eminence (IoE) by Government of India VIT - A place to learn; A chance to grow</small>				



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### CONDUCTED SHORT TERM COURSE ON SPORTS AERODYNAMICS

&

### FACULTY EXCHANGED AND HANDLED THE CLASS ON SPORTS AERODYNAMICS



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Accredited with "B" Grade by NAAC

India's First State University in Physical Education and Sports

**Date :-** 23/09/2021

**Venue :-** Google meet (Virtual Meeting)

#### **Members Presents**

Mr. S. M. Vignesh, and Dr. G. Vinayagamurthy

1. Discussed the sports aerodynamics course for VIT students and finalized to start from 2<sup>nd</sup> October 2021, Every week on Saturday (timing 12.00 noon to 1 pm & 2 pm to 3 pm).
2. Mr. Vignesh will share the literature review papers for both projects in Mendeley.
3. CFD course for TNPESU students will start from the first week of October 2021.
4. CAD model development for the project “**CFD simulation and wind tunnel measurement on drag of the marathon runner by the following car**” will start from the 28<sup>th</sup> September 2021.
5. “**Aerodynamics drag on the long jump athlete at different styles: CFD Simulation and Wind Tunnel Testing**” is scheduled to start from the first week of October 2021.
6. Mr. Vignesh will add 46 registered VIT students in the Google Classroom and will send the welcome email.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

Accredited with "B" Grade by NAAC

India's First State University in Physical Education and Sports

**Date :-** 5/10/2021

**Venue :-** Dean's cabin, VIT

**Members present:**

Dr. R Ramakrishnan, Dr. G Nallavan, Mr. Vignesh S M , Dr. R. Sivakumar and Dr. G. Vinayagamurthy

1. The CFD and Sports Aerodynamics course is scheduled to start on 9/10/2021,
2. Dr. R Ramakrishnan, Mr. S M Vignesh will handle the Sports Aerodynamics Course for VIT Students on every week of Saturday between 9/10/2021 to 11/12/2021 (timing - 12.00 noon to 1pm and 2pm to 3pm).
3. Dr. R. Sivakumar will handle the CFD Course for TNPESU Students on every week of Saturday for a 15 hours course (timing - 4 pm to 6 pm).
4. Discussed about sending a proposal for a joint project to DST / other funding agency and about other areas of potential research gap that need to be addressed in the Sports Technology.
5. Planned for conducting the Sports Technology Conference jointly collaborating with the International Sports Engineering Association.

**Vignesh S M**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Short Term Course on Sports Aerodynamics

#### Unit 1

Introduction to Sports Technology, Role of Aerodynamics in Sports, Developments and Future trends, Introduction to Building and Stadium Aerodynamics, Trends and Development, Opportunity and demands

#### Unit 2

Ball Aerodynamics - Foundation, Cricket ball, Baseball, Football and Golf

Cyclist Aerodynamics - Foundation, Effect of Helmet and Apparel, Effect Cycle Structure and the Cyclist Position, Effect of Group of Cyclist and other environment effects

#### Unit 3

Sprint Aerodynamics - Foundation, Effect Apparels, style and body hair, Effect of wind and altitude

Effect of apparels in sports in aerodynamics point of view, Wind tunnel model and testing technique for sports Aerodynamics.

#### Unit 4

Computational Technique in Sports Aerodynamics - Models, solutions and about Fluent Software

Building and Stadium Wind tunnel - Computational Technique

#### Unit 5

Other Aerodynamics and Engineering Application in Sports, International, and National level ongoing research in sports Aerodynamics. MOOC, Students Projects, Research, and Ph.D. Opportunities



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Course Agenda

Day	Topics	
	Part 1 1 hour 30 minutes	Part 2 1 hour 30 minutes
1	<ul style="list-style-type: none"><li>• Introduction to Sports Technology</li><li>• Role of Aerodynamics in Sports</li><li>• Developments and Future trends</li></ul>	<ul style="list-style-type: none"><li>• Introduction to Building and Stadium Aerodynamics</li><li>• Trends and Development</li><li>• Opportunity and demands</li></ul>
2	<ul style="list-style-type: none"><li>• Ball Aerodynamics</li></ul>	<ul style="list-style-type: none"><li>• Cyclist Aerodynamics</li></ul>
3	<ul style="list-style-type: none"><li>• Sprint Aerodynamics</li><li>• Effect of apparels in sports in aerodynamics point of view</li></ul>	<ul style="list-style-type: none"><li>• Wind tunnel model and testing technique for sports Aerodynamics</li></ul>
4	<ul style="list-style-type: none"><li>• Computational Technique in Sports Aerodynamics</li></ul>	<ul style="list-style-type: none"><li>• Building and Stadium Wind tunnel Computational Technique</li></ul>
5	<ul style="list-style-type: none"><li>• Other Aerodynamics and Engineering Application in Sports</li></ul>	International and National level ongoing research in sports Aerodynamics MOOC, Students Projects, Research, and Ph.D. Opportunities



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**Name of the Course:-** SHORT TERM COURSE ON SPORTS AERODYNAMICS

**Hosting Institute:-** Department of Sports Technology, Tamil Nadu Physical Education and Sports University

**Instructor:-** Dr Ramakrishnan and Mr Vignesh S M

**Course Duration:-** 15 Hours

**Pre-Request:-** Basic Engineering and Fluid Dynamics Fundamentals

### Course Time Table

Class	Title	Hours	Date	Instructor Name
1.	Introduction to Sports Technology	1	9/10/2021	Ramakrishnan
2.	Aerodynamics Foundation	1	9/10/2021	Vignesh
3.	Role of Aerodynamics in Sports	1	9/10/2021	Ramakrishnan
4.	Basic Fundamental Equations in Aerodynamics	1	15/10/2021	Vignesh
5.	Aerodynamics Foundation	1	15/10/2021	Ramakrishnan
6.	Opportunity and demand	1	15/10/2021	Ramakrishnan
7.	Wind Tunnel Testing	1	23/10/2021	Vignesh
8.	Introduction to CFD	1	23/10/2021	Vignesh
9.	Ball Aerodynamics	1	23/10/2021	Ramakrishnan
10	Effect of apparel in sports an aerodynamics point of view	1	22/11/2022	Vignesh
11.	World records with help of Aerodynamics	1	22/11/2022	Ramakrishnan
12.	Sprint Aerodynamics3. Effect of wind and altitude in running events	1	22/11/2022	Vignesh
13.	Wind Tunnel Testing in Sports Aerodynamics	1	22/11/2022	Ramakrishnan
14	1. Computational Technique in Sports Aerodynamics 2. Introduction to Building and Stadium Aerodynamics 3. Building and Stadium Wind tunnel Computational Technique	2	23/11/2022	Vignesh



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

15	1.. Other Aerodynamics and Engineering Application in Sports International and National level 2. ongoing research in sports Aerodynamics and MOOC in Sports 3. Students Projects, Research, and Ph.D.Opportunities	2	23/11/2022	Ramakrishnan
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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

### List of Students who attended “SHORT TERM COURSE ON SPORTS AERODYNAMICS”

Name	Name of the University	Department	Qualification
Shreya Tripathi	VIT - Chennai	Mechanical Engineeering	UG Student
Sumit Singh Rajput	VIT - Chennai	Mechanical Engineeering	UG Student
Subiksha C	VIT - Chennai	Mechanical Engineeering	UG Student
Anusindhiya K	VIT - Chennai	Mechanical Engineeering	Research Scholar / PhD Student
VENGATESH	VIT - Chennai	Mechanical Engineeering	Research Scholar / PhD Student
SasiKira.Eaga	VIT - Chennai	Mechanical Engineeering	UG Student
Naveen Raj Srinivasan	VIT - Chennai	Mechanical Engineeering	UG Student
Tangella Bala Shekar praveen	VIT - Chennai	Mechanical Engineeering	UG Student
Hemanth Sriharsha Chilukuri	VIT - Chennai	Mechanical Engineeering	UG Student
Rohit Ramchandran	VIT - Chennai	Mechanical Engineeering	UG Student
T PALANIVEL	VIT - Chennai	Mechanical Engineeering	UG Student
Bhuvanashankar P	VIT - Chennai	Mechanical Engineeering	UG Student
MOHIT NIKHIL WAGH	VIT - Chennai	Mechanical Engineeering	UG Student
Harshavardhan. R	VIT - Chennai	Mechanical Engineeering	UG Student
Krishna Anusha K	VIT - Chennai	Mechanical Engineeering	UG Student
Veda Abhishek	VIT - Chennai	Mechanical Engineeering	UG Student
V Kishorre Annanth	VIT - Chennai	Mechanical Engineeering	UG Student
M.DHANISH	VIT - Chennai	Mechanical	UG Student



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

		Engineeering	
RAAM PRAKASH	VIT - Chennai	Mechanical Engineeering	UG Student
Shaik Chand Basha	VIT - Chennai	Mechanical Engineeering	PG Student
Renuka Vikram Gore	VIT - Chennai	Mechanical Engineeering	PG Student
Arun J	VIT - Chennai	Mechanical Engineeering	UG Student
Riya Vasan S	VIT - Chennai	Mechanical Engineeering	UG Student
Kannan K R	VIT - Chennai	Mechanical Engineeering	UG Student
A. Roger Faith	VIT - Chennai	Mechanical Engineeering	UG Student
Sreeraman Balaji	VIT - Chennai	Mechanical Engineeering	UG Student
praveen T	VIT - Chennai	Mechanical Engineeering	UG Student
Ganesh	VIT - Chennai	Mechanical Engineeering	PG Student
SISIL AMOSE.A	VIT - Chennai	Mechanical Engineeering	UG Student
Darshan Panneerselvam	VIT - Chennai	Mechanical Engineeering	UG Student
Ratnendra Kushwaha	VIT - Chennai	Mechanical Engineeering	UG Student
Harish.U.V	VIT - Chennai	Mechanical Engineeering	UG Student
H Raghavendra Neil	VIT - Chennai	Mechanical Engineeering	UG Student
Hemkar Sharma	VIT - Chennai	Mechanical Engineeering	UG Student
RITHIKKUMAR E M	VIT - Chennai	Mechanical Engineeering	UG Student
KARTHICK PRASANNA B	VIT - Chennai	Mechanical Engineeering	UG Student
Vikram	VIT - Chennai	Mechanical Engineeering	UG Student



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

darshan pal singh	VIT - Chennai	Mechanical Engineering	UG Student
Lakshya Gupta	VIT - Chennai	Mechanical Engineering	UG Student
Rishikes R	VIT - Chennai	Mechanical Engineering	UG Student
S.SHIVANI	VIT - Chennai	Mechanical Engineering	UG Student
O K Aditya Govindan	VIT - Chennai	Mechanical Engineering	PG Student
MANORANJITH	VIT - Chennai	Mechanical Engineering	UG Student
AESWIN.L	VIT - Chennai	Mechanical Engineering	UG Student
S.Kamalesh	VIT - Chennai	Mechanical Engineering	UG Student
S.L.Mughundhun	VIT - Chennai	Mechanical Engineering	UG Student

<b>Course Code: PST 18 CT101</b>		<b>Course Title: Sports Aerodynamics</b>
<b>School / Center</b>		School of Mechanical Engineering
<b>Beneficiaries</b>		UG, PG, Research students
<b>Course Objectives:</b>		To impart knowledge on the application of aerodynamics in sports to design the high performance equipment and to optimize the performance of the athlete.
<b>Course Outcomes:</b>		<ol style="list-style-type: none"> <li>1. Understand and attain knowledge on Theory and Experimental knowledge of aerodynamics in sports</li> <li>2. Design the high performance equipment and to optimize the performance of the athlete.</li> </ol>
Sl. No.	Topics	Duration (hrs)
1	Introduction to Sports Technology, Role of Aerodynamics in Sports,	1
2	Developments and Future trends, Introduction to Building and Stadium Aerodynamics, Trends and Development, Opportunity and demands	2
3	Ball Aerodynamics - Foundation, Cricket ball, Baseball, Football and Golf	1
4	Cyclist Aerodynamics - Foundation, Effect of Helmet and Apparel, Effect Cycle Structure and the Cyclist Position, Effect of Group of Cyclist and other environment effect	2
5	Sprint Aerodynamics - Foundation, Effect Apparels, style and body hair, Effect of wind and altitude	2
6	Wind tunnel modelling and testing technique for sports Aerodynamics.	1
7	Computational Techniques in Sports Aerodynamics - Models, solutions and about CFD Software	2
8	Building and Stadium in Wind tunnel - Computational Technique	2
9	Other Aerodynamics and Engineering Application in Sports, International and National level ongoing research in sports Aerodynamics.	1
10	MOOC, Students Projects, Research, and Ph.D. Opportunities	1
<b>Total course duration</b>		<b>15 hours</b>



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### SHORT TERM COURSE ON COMPUTATIONAL FLUID DYNAMICS

<b>Course Code:</b>	<b>Course Title:</b> Computational Fluid Dynamics (CFD)
<b>School / Center</b>	School of Mechanical Engineering
<b>Beneficiaries</b>	UG, PG, Research students
<b>Course Objectives:</b>	<ol style="list-style-type: none"><li>1. To provide the students with sufficient background to understand the mathematical representation of the governing equations for fluid flow and heat transfer problems.</li><li>2. To equip the students to address complex fluid flow and heat transfer problems by approximating the governing differential equations.</li></ol>
<b>Course Outcomes:</b>	<ol style="list-style-type: none"><li>1. Apply mathematics and engineering fundamentals to recognize the type of fluid flow and heat transfer that occur in a particular physical system and to use the appropriate model equations to investigate the problem.</li><li>2. Solve governing equations using finite difference discretization technique and finite volume method</li><li>3. Apply suitable turbulence model for the chosen real world engineering problems.</li></ol>

Sl. No.	Topics	Duration (hrs)
1	CFD overview - Applications of CFD.	1
2	Models of Flow – Conservation and Non-conservation form - Continuity, Momentum and Energy Equation in conservation and non-conservation form (differential equations only).	4
3	<b>Discretization:</b> Basic aspects of Discretization – Comparison of finite difference, finite volume and finite element techniques.	3
4	<b>Finite Difference method:</b> Forward, Backward and Central difference schemes, Transient one and two dimensional conduction - Explicit, implicit, semi-implicit.	2
6	<b>Convection and Diffusion:</b> Steady one-dimensional convection and diffusion - Central difference, upwind, quick, exponential, hybrid, SIMPLE – Algorithm.	3
7	<b>Turbulence Modeling :</b> Introduction – Types of Turbulence modeling – Overview of various turbulence models	2
<b>Total course duration</b>		<b>15 hours</b>



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**Name of the Course:-** Computational Fluid Dynamics

**Hosting Institute:-** VIT, Chennai

**Instructor:-** Dr Siva Kumar, Dean - SMBES, VIT-Chennai

**Course Coordinator:-** Dr Vinayagamurthy, VIT-Chennai

**Course Duration:-** 15 Hours

**Pre-Request:-** Basic Engineering and Fluid Dynamics Fundamentals

### List of Student

Email Address	Name	Program
emailsmvignesh@gmail.com	Vignesh S M	PhD Scholar
abhishekdhoni97@gmail.com	Abhishek Arvind	M.Tech - I Year
pavithranmaran96@gmail.com	Pavithran M	M.Tech - I Year
prasanth199277@gmail.com	Prasanth V V	M.Tech - I Year
ramhockey13494@gmail.com	Ramkumar M	M.Tech - I Year
thamizharasan3579@gmail.com	Thamizharasan B	M.Tech - I Year
rudyscricket@gmail.com	Rudragouda Patil	M.Tech - I Year
m.sriprakash@yahoo.com	Sri Praksh M	M.Tech - I Year
punithan.indi@gmail.com	Punithan P E	PhD Scholar
sangeetha240786@gmail.com	A. Sangeetha	M.Tech - I Year
abhishekdhoni97@gmail.com	Abhishek Arvind	M.Tech - I Year
thamizharasan3579@gmail.com	Thamizharasan B	M.Tech - I Year
sivajickson12@gmail.com	Sivajickson S	M.Tech - I Year
ap.prabakaran77@gmail.com	Prabakaran	M.Tech - II Year



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

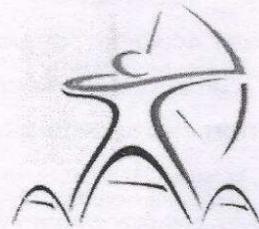
## Collaborative Initiatives between TNPESU and ARJUNA ARCHERY ACADEMY, Chennai

AAA-TNPESU MOU 2021

2021

### MEMORANDUM OF UNDERSTANDING

Between



**ARJUNA ARCHERY ACADEMY®**

(Registered Under The Tamilnadu Firms Registration Act - 1932, SL.No:25/2019 Govt of Tamilnadu)

And



Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Kandigai, Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

AAA-TNPESU MOU 2021

2021

### MEMORANDUM OF UNDERSTANDING

ON

CO-OPERATION IN YOGA AND HEALTH

BETWEEN

ARJUNA ARCHERY ACADEMY, CHENNAI

AND

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

Recognizing the benefits of the relations between TYABR, Chennai and Tamilnadu Physical Education and Sports University, Chennai, hereinafter referred to as "the parties" Inspired by the desire to promote and strengthen the relations and cooperation between TYABR and Tamilnadu Physical Education and Sports University have now reached the following understanding

#### **Both the Parties hereby agree that**

1. To send the Archery and Fitness Persons to participate in the Archery and Fitness Activity And to provide them a variety of experience opportunities to excel them in their Concern areas offered by the organization.
2. Both the parties shall encourage and promote exchange of programme, experience, skills, techniques information and knowledge, in the following matters.
  - I. Training and Coaching of Archery and Fitness Teams
  - II. Availing the Archery and Fitness Facilities.
  - III. Visits of Archery and Fitness Experts, Archery Technicians and Archery Support Personnel.
  - IV. Development of Archery Education and Archery in Schools and Competition in School Games.
  - V. Archery Training, Exchange and technology for Infrastructure in the development of Information and research in the Field of Archery.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

TYABR -TNPESU MOU 2021

2021

VI. To involve research activities of mutual interest such as development of joint projects and publication of articles.

VII. Relevant academic materials, including research reports, periodicals, university bulletins etc and other information available to each party shall be exchanged between parties.

VIII. Any other related matters as deemed fit and necessary for the mutual benefits of the parties within the framework provided under this Memorandum of Understanding.

#### 4. Implementation

The parties will make arrangements for the implementation and development of Both the Universities under this Memorandum of Understanding through meetings, exchanges of letter or other instruments. Each party will be responsible for coordinating the implementation of its side of plans. Such specific arrangements will cover the subject Of cooperation, procedures, funding and other appropriate matters.

#### 5. Amendments

This Memorandum of Understanding may be amended by mutual consent in writing between the parties.

#### 6. Settlement of Disputes

Any dispute between two parties arising out of the interpretation or implementation of this Memorandum of Understanding will be settled amicably by mutual consultation and negotiation.

#### 7. Effect and Termination

This Memorandum of Understanding will come into effect on the date of its signing. it will remain in effect for a period of Three years. The Memorandum of Understanding may terminated by either party by giving six months written notice to the other party. If this Memorandum of Understanding is terminated, any arrangements concluded under it will, subject to the mutual determination of both the parties, remain effective until any activities pursuant to such arrangements have been carried out to their completion



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

AAA -TNPESU MOU 2021

2021

The Parties to this Memorandum of Understanding hereby confirm the Agreement to its terms by the following signatures

Tamil Nadu Physical Education and Sports University, Chennai.

**Dr. SHEILA STEPHEN**

Vice Chancellor,

Tamil Nadu Physical Education and Sports University, Chennai.

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

In Witness thereof

**Dr. V. GOPINATH**

Registrar

Tamil Nadu Physical Education and Sports University, Chennai.

**Dr. GRACE HELINA**

HOD

Department of Exercise Physiology and Biomechanics,  
Tamil Nadu Physical Education and Sports University, Chennai.

Arjuna Archery Academy  
Chennai.

**Mr. K.RATNA SABAPATHY**

Chief Coach

Arjuna Archery Academy  
Chennai.

Arjuna Archery Academy  
Chennai

**Mr. MS.MONIKANDAN**

S2, 2<sup>nd</sup> Floor, Central Avane,  
Kodambakkam, Chennai-24

**Mrs.N.KRISHNA VENI**

G2, 2<sup>nd</sup> Floor, Copco Homes, Ayanambakkam  
Chennai-600095



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### REPORT OF THE EVENT – INVITATIONAL ARCHERY CHAMPIONSHIP

The Tamil Nadu Invitational Archery Championship- 2021 was organized by Arjuna Archery Academy in collaboration with Tamil Nadu Physical Education and Sports University on 21-12-2021 at World University Service Centre, Chennai.

**TAMILNADU INVITATIONAL ARCHERY CHAMPIONSHIP-2021**

Organized by  
**ARJUNA ARCHERY ACADEMY**  
(Registered Under The Tamil Nadu Firms Registration Act - 1932, SL.No:252019 Govt of Tamil Nadu)

Collaboration with  
**Tamil Nadu Physical Education and Sports University**  
Guest of Honour









**Dr. Grace Helina**  
Professor and Head  
Dept. of Physical Education  
Tamil Nadu Physical Education and Sports University

**M. Karunanithi**  
Ret. Superintendent of Police  
(In. Commissioner of Police)

**Daksha Raghunath**  
social workers  
(Chennai)

**Chithra Aravindan**  
President  
Tamil Nadu Women's Rights Protection Aam

**Shanthy Gopinath**  
Correspondent  
Shri Suresh Reddy

**Major Dr. S. Indura**  
Vice-President  
Tamil Nadu Youth Field Archery Assn.

**K. Ratna Sabapathy**  
Secretary  
Tamil Nadu Youth Field Archery Assn.

**Tamilnadu Invitational Archery Championship**  
**=2021-**

On : 21-12-2021 VENUE : WORLD UNIVERSITY SERVICE CENTRE, CHETPET, CHENNAI. 8248852533

Numbers of participants were more than 118 of different age group (name list attached). The details are attached here under.

#### 1<sup>st</sup> Batch

Event: **Bare Bow** Age Group: **Under 8 Yrs Male** Board No: **01** Event Time: **9:30 am to 10:00 am** Distance: 6 Mtr

S.No	Chest No	Name	Age	District
1	209	R.K.SRI SANTHANA BALAN	08	Thiruvallur
2	166	K.AATHI NIVASWH	07	Madurai
3	170	V.T.M.YOJITH	08	Thoothukudi
4	191	G.SRI HARINI	07	TENKASI

Event: **Bare Bow** Age Group: **Under 10 Yrs Male** Board No: **02** Event Time: **9:30 am to 10:00 am** Distance: 8 Mtr

S.No	Chest No	Name	Age	District
1	211	M.N.JEEVAN SHIVA	10	Thiruchi
2	109	ARSHID.J.JANISH	10	Kanyakumari
3	115	K.T.SREE HARISH	09	Kanyakumari
4	169	S.R.KAVIN	09	Madurai
Board No: <b>03 Female</b>				
5	189	K.JANANI	10	Tenkasi
6	200	SUPUTHIKA MAHENDARAN	10	Tenkasi



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

Event: **Bare Bow** Age Group: **Under 12 Yrs Male** Board No: **04** Event Time: **9:30 am to 10:00 am** Distance: 10 Mtr

S.No	Chest No	Name	Age	District
1	210	R.K.SAI SRI KARTHICK	11	Thiruvallur
2	106	S.ANTO	12	Kanyakumari
3	116	M.P.VELESH	12	Kanyakumari
4	126	K.NANTHA KUMAR	12	Virudhunagar
Board No: <b>05 Male</b>				
5	127	S.SACHIN	12	Virudhunagar
6	128	T.VIMAL KUMAR	12	Virudhunagar
7	129	S.K.AKSAI	12	Virudhunagar
8	130	V.VETRI SELVAN	11	Virudhunagar
Board No: <b>06 Male</b>				
9	192	R.KUMARA VEL	12	Tenkasi
10	207	SANJAY	12	Sivagangai

### 2<sup>nd</sup> Batch

Event: **Indian Bow** Age Group: **Under 8 Yrs Male** Board No: **01** Event Time: **10:30 am to 11:00 am** Distance: 6 Mtr

S.No	Chest No	Name	Age	District
1	132	K.GOWTHAM BALAJI	07	Dharmapuri
2	209	R.K.SRI SANTHANA BALAN	07	Thiruvallur
3	170	V.TM.YOTITH	08	Thoothukudi
Board No: <b>02</b>				
5	136	V.PRATEESH VENKAT	06	Dharmapuri
6	156	P.JEVIN VIJAY	06	Erode

Event: **Indian Bow** Age Group: **Under 8 Yrs Female** Board No: **03** Event Time: **10:30 am to 11:00 am** Distance: 6 Mtr

S.No	Chest No	Name	Age	District
1	131	S.RUBA ADHITRI	06	Dharmapuri
2	135	S.DEEJA SHREE	07	Dharmapuri
3	152	M.P.NEETISHA	06	Erode

Event: **Indian Bow** Age Group: **Under 10 Yrs Male** Board No: **04** Event Time: **10:30 am to 11:00 am** Distance: 8 Mtr

S.No	Chest No	Name	Age	District
1	211	M.N.JEEVAN SHIVA	10	Thiruchi
2	137	R.R.DHARSHAN	09	Dharmapuri
3	151	ASWIN KUMAR	10	Dharmapuri



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

Event: **Indian Bow** Age Group: **Under 10 Yrs Female** Board No: **05** Event Time: **10:30 am to 11:00 am** Distance: 8 Mtr

S.No	Chest No	Name	Age	District
1	171	B.K.SHATKTHI MEENAKCHI JASMIN	10	Thoothukudi
2	154	B.KASHIKA SING	09	Erode

Event: **Bare Bow** Age Group: **Under 12 Yrs Female** Board No: **06** Event Time: **10:30 am to 11:00 am** Distance: 10 Mtr

S.No	Chest No	Name	Age	District
1	183	G.SELVA KUMARI	12	Tenkasi
2	199	M.SUBASHINI	11	Tenkasi
3	208	ABINAYA	12	Sivagangai

### **3<sup>rd</sup> Batch**

Event: **Indian Bow** Age Group: **Under 12 Yrs Male** Board No: **01** Event Time: **11:00 am to 11:30 am** Distance: 10 Mtr

S.No	Chest No	Name	Age	District
1	121	E.KAVI AMUTHAN	12	Virudhunagar
2	129	S.K.AKSAI	12	Virudhunagar
3	140	S.KARTHIKEYAN	12	Dharmapuri
		Board No: <b>02</b>		
5	212	M.S.SARAVANA RAM	12	Dharmapuri
6	157	M.P.JAGADEKA	11	Erode
7	158	K.J.KAVI VARSHAN	12	Erode
8	172	B.K.SHKTHI VIGNESH	12	Thoothukudi
		Board No: <b>03</b>		
9	186	R.S.VISHAL	12	Tenkasi

Event: **Indian Bow** Age Group: **Under 12 Yrs Female** Board No: **04** Event Time: **11:00 am to 11:30 am** Distance: 10 Mtr

S.No	Chest No	Name	Age	District
1	141	S.TAMILZHINI	11	Dharmapuri
2	143	R.S.HARINI	11	Dharmapuri

Event: **Indian Bow** Age Group: **Under 14 Yrs Male** Board No: **05** Event Time: **11:00 am to 11:30 am** Distance: 11 Mtr

S.No	Chest No	Name	Age	District
1	146	S.MITHLESH	13	Dharmapuri
2	159	K.S.HAR VISSHNU	13	Erode
3	160	A.K.YAALINIYAN	13	Erode
4	198	MANOJ KANAN	13	Tenkasi



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

		Board No: <b>06</b>		
5	161	S.T.BARATH	13	Erode
6	162	S.B.BAVASHHAYAGRREEV	13	Erode
7	166	S.S.SARVES KUMAR	13	Madurai

Event: **Indian Bow** Age Group: **Under 14 Yrs Female** Board No: **06** Event Time: **11:00 am to 11:30 am** Distance: 11 Mtr

S.No	Chest No	Name	Age	District
1	155	K.S.HARI VAISHNAVI	13	Erode

### 4<sup>th</sup> Batch

Event: **Bare Bow** Age Group: **Under 17 Yrs Male** Board No: **01** Event Time: **11:30 am to 12:00 am** Distance: 13 Mtr

S.No	Chest No	Name	Age	District
1	101	S.P.JERIN	15	Kanyakumari
2	102	D.S.FLARMIN GEO	15	Kanyakumari
3	103	E.FINON RAJAN	15	Kanyakumari
4	107	C.JUDES SHRINE	15	Kanyakumari
		Board No: <b>02</b>		
5	108	G.NITHISH	15	Kanyakumari
6	117	J.K.AJAI	17	Kanyakumari
7	119	R.SIVA SARATHI	17	Kanyakumari
8	212	Y.AMALA DOMINIC	15	Thiruvallur
		Board No: <b>03</b>		
9	213		15	Thiruvallur
10	214	KARTHICK	15	Thiruvallur
11	110	G.SURYA	18	Kanyakumari
12	118	A.L.SUTITH DEV	20	Kanyakumari

Event: **Bare Bow** Age Group: **Under 17 Yrs Female** Board No: **04** Event Time: **11:30 am to 12:00 am** Distance: 8 Mtr

S.No	Chest No	Name	Age	District
1	112	N.GOMATHY	16	Kanyakumari
2	111	J.S.GAYATHRI	21	Kanyakumari

Event: **Indian Bow** Age Group: **Under 17 Yrs Male** Board No: **05** Event Time: **11:30 am to 12:00 am** Distance: 13 Mtr

S.No	Chest No	Name	Age	District
1	206	ARUN MOHAN	16	Sivagangai
		Board No: <b>06</b>		
2	121	A.PRABHU	30	Virudhunagar
3	122	R.JOTHI BOSS	25	Virudhunagar
4	163	R.ARAVINDHA KUMAR	23	Madurai
5	164	S.ARUN KUMAR	20	Madurai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

Event: **Recurve** Age Group: **Under 17 Yrs Female** Board No: **05** Event Time: **11:30 am to 12:00 am** Distance: 8 Mtr

S.No	Chest No	Name	Age	District
1	150	A.YALMOZHI	15	Dharmapuri

Event: **Bare Bow** Age Group: **Under 14 Yrs Male** Board No: **05** Event Time: **12:00 am to 12:30 am** Distance: 11 Mtr

S.No	Chest No	Name	Age	District
1	213	K.DHIVAGAR	13	Thiruvallur
2	215	G.NIRMAL	14	Thiruvallur
3	216	Madhan	14	Thiruvallur

### 5<sup>th</sup> Batch

Event: **Recurve** Age Group: **Under 08 Yrs Male** Board No: **01** Event Time: **12:00 pm to 12:30 pm** Distance: 06 Mtr

S.No	Chest No	Name	Age	District
1	209	R.K.SRI SANTHANA BALAN	07	Thiruvallur
2	133	VIVIN SHAKKTHI	07	Dharmapuri
3	188	K.GAUTAM	08	Tenkasi
4	190	SUVAN.S	08	Tenkasi
		Board No: <b>02</b>		
5	197	SUBASHCHANDRA BOSE	07	Tenkasi

Event: **Recurve** Age Group: **Under 08 Yrs Female** Board No: **02** Event Time: **12:00 am to 12:30 am** Distance: 6 Mtr

S.No	Chest No	Name	Age	District
1	134	SA.VARNIKKA	07	Dharmapuri
2	191	G.SRI HARINI	07	Tenkasi

Event: **Recurve** Age Group: **Under 10 Yrs Male** Board No: **03** Event Time: **12:00 pm to 12:30 pm** Distance: 08 Mtr

S.No	Chest No	Name	Age	District
1	138	M.UDHAYAKRISHNA	10	Dharmapuri
2	139	S.SYED ARSHAD	10	Dharmapuri
3	211	M.N.JEEVAN SHIVA	10	Thiruchi
4	185	G.SIVA RISHI	10	Tenkasi
		Board No: <b>04</b>		
5	194	A.LENIN	10	Tenkasi
6	196	SAM BRITTO.J	09	Tenkasi
7	187	THAMIZH AZHAGAN.N	09	Tenkasi



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

Event: **Recurve** Age Group: **Under 10 Yrs Female** Board No: **05** Event Time: **12:00 am to 12:30 am** Distance: 8 Mtr

S.No	Chest No	Name	Age	District
1	193	JAI SREE. SV	09	Tenkasi

### 5<sup>th</sup> Batch

Event: **Recurve** Age Group: **Under 12 Yrs Male** Board No: **05** Event Time: **12:00 pm to 12:30 pm** Distance: 10 Mtr

S.No	Chest No	Name	Age	District
1	147	T.K.DHARSHAN	12	Dharmapuri
2	210	R.K.SAI SRI KARTHICK	11	Thiruvallur
3	184	THIRUVEL MURUGAN	11	Tenkasi

Event: **Recurve** Age Group: **Under 12 Yrs Female** Board No: **06** Event Time: **12:00 am to 12:30 am** Distance: 10 Mtr

S.No	Chest No	Name	Age	District
1	142	G.HASHINI	11	Dharmapuri
2	195	S,V.RAGAVI	11	Tenkasi
3	183	SELVA KUMARI	12	Tenkasi

### 6<sup>th</sup> Batch

Event: **Recurve** Age Group: **Under 14 Yrs Male** Board No: **01** Event Time: **12:00 pm to 12:30 pm** Distance: 11 Mtr

S.No	Chest No	Name	Age	District
1	148	S.B.DILIP	14	Dharmapuri
2	175	DHAYA ANANDH.P	14	Tenkasi
3	197	MANOJ KANAN.S	13	Tenkasi

Event: **Recurve** Age Group: **Under 17 Yrs Male** Board No: **02** Event Time: **12:00 pm to 12:30 pm** Distance: 13 Mtr

S.No	Chest No	Name	Age	District
1	173	GIRISH KUMAR	16	Tenkasi
2	174	GUHAN ANANAH.P	16	Tenkasi
3	176	AMALATHITHAN	15	Tenkasi
4	177	D.BENIN	15	Tenkasi
		Board No: <b>03</b>		
5	179	SHAKTHI RUTHRAN	15	Tenkasi
6	180	SHIVA GANESH.K	15	Tenkasi
7	181	K.AATHI KRISHNAN	15	Tenkasi
8	182	G.KAMALESAN	15	Tenkasi



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

Event: **Recurve** Age Group: **Under 17 Yrs Female** Board No: **04** Event Time: **12:00 am to 12:30 am** Distance: 13 Mtr

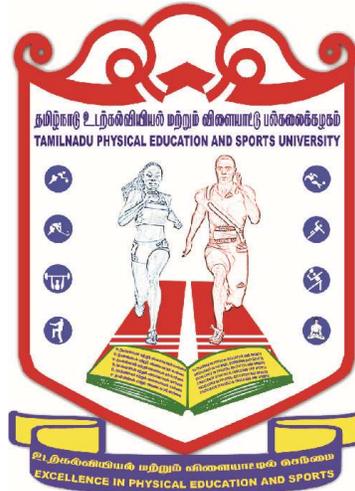
S.No	Chest No	Name	Age	District
1	178	D.BAVYA	15	Tenkasi
2	201	VISHNU VARDHINI.M	15	Tenkasi



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



## COLLOBORATIVE QUALITY INITIATIVES

ACADEMIC YEAR  
2019 – 2020



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

## LIST OF COLLABORATIVE QUALITY INITIATIVES

S.No.	Collaborative Quality Initiatives with Other Institution(s)
1	Tamil Nadu State Level Inter University Hockey Tournament for Women 2019- 20 was organised by Tamil Nadu Physical Education and Sports University under the aegis of SDAT during 18 <sup>rd</sup> and 19 <sup>th</sup> December 2019
2	TNPESU has organized the South zone Inter University Hockey Tournament for Women 2019-20 under the auspices of Association of Indian Universities (AIU), New Delhi from 28.12.2019 to 31.12.2019
3	TNPESU hosted All India Interzonal University Hockey Tournament for Women 2019-20 from 02.01.20 to 05.01.20
4	Six Week Certificate Course in Sports Coaching organised by Tamil Nadu Physical Education and Sports University under the auspices of Sports Authority of India on 31.01.2020
5	Tamil Nadu Physical Education and Sports University proudly organised "International Sports Science Webinar" jointly with CSS, SRIHER under the aegis of IASM on 28th and 29th May, 2020



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

## **Collaborative Initiatives between TNPESU and Sports Development Authority of Tamilnadu**

### **REPORT**

*Of*

**TAMIL NADU STATE LEVEL INTER-UNIVERSITY  
HOCKEY TOURNAMENT 2019-20 (MEN & WOMEN)**

*Organized by*



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

*Under the auspices of*



**SPORTS DEVELOPMENT AUTHORITY OF TAMILNADU**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### TAMIL NADU STATE LEVEL INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (MEN & WOMEN)

S.No.	Content
1.	Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Men)
2.	Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Women)
3.	Photo Gallery
4.	Details of Players Rewarded Cash Prize



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### **SDAT Tamil Nadu State Level Inter-University Hockey**

#### **Tournament 2019-20 (Men)**

***(03.10.2019 to 05.10.2019)***

The tournament was conducted in two phases separately for Men & Women based on the South Zone Interuniversity Tournament schedule for the academic year 2019-20.

The men tournament was scheduled from 03<sup>rd</sup> to 05<sup>th</sup> October 2019 in which 05 teams all over state had participated.

#### **List of Teams Participated**

1. SRM Institute of Science & Technology, Chennai
2. Anna University, Chennai
3. Manonmaniam Sundaranar University, Tirunelveli
4. Karunya University, Coimbatore
5. Tamil Nadu Physical Education and Sports University, Chennai

For Men, the tournament was conducted in league basis and the following fixture was drawn in the managers meeting held on 03<sup>rd</sup> October 2019 @ 6.30 am.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### **League Fixture**

*Match 1 – TNPESU Vs Karunya Uni. – 03/10/2019 @ 8 a.m.*

*Match 2 – Anna uni. Vs M S Uni. - 03/10/2019 @ 9.30 a.m.*

*Match 3 – Karunya Uni. Vs SRM Institute of Science & Tech. -  
03/10/2019 @3.p.m.*

*Match 4 – TNPESU Vs Anna Uni. - 03/10/2019 @ 4.30 p.m.*

*Match 5 – M S Uni. Vs SRM Institute of Science & Tech.  
04/10/2019 @ 7 a.m.*

*Match 6 – Karunya Vs Anna Uni. 04/10/2019 @ 8.30 a.m.*

*Match 7 – TNPESU Vs M S Uni. 04/10/2019 @ 3 p.m.*

*Match 8 – SRM Vs Anna Uni. - 04/10/2019 @ 4.30 p.m.*

*Match 9 – M S Uni. Vs Karunya - 05/10/2019 @ 7 a.m.*

*Match 10 – TNPESU Vs SRM Uni. - 05/10/2019 @ 8.30 a.m.*

### **INAUGURATION OF THE TOURNAMENT**

The tournament was inaugurated by Dr.V.Gopinath, Registrar, Tamil Nadu Physical Education and Sports University and Dr.K.Kannadasan, Sports Secretary, welcomed the gathering. The team managers,



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

coaches, officials, players, TNPESU Students and other invited guests were present.

### **FINAL RESULTS OF THE TOURNAMENT**

<b><i>Winners</i></b>	<b><i>SRM IST, Chennai</i></b>
<b><i>Runners-up</i></b>	<b><i>Anna University, Chennai</i></b>
<b><i>Third Place</i></b>	<b><i>Manonmaniam Sundaranar University, Tirunelveli</i></b>
<b><i>Fourth Place</i></b>	<b><i>Karunya University, Coimbatore</i></b>

### **VALEDICTORY FUNCTION**

The valedictory function was held on 05<sup>th</sup> October 2019 @ 10.00 am. All the top four position winners were awarded trophies. Dr. Sheila Stephen, Vice-Chancellor, TNPESU awarded the trophies and cash prize to the winners. Dr. V. Gopinath, TNPESU was the guest of honour and Dr. K. Kannadasan, Sports Secretary proposed the vote of thanks.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### **SDAT Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Women)**

***(18.12.2019 & 19.12.2019)***

The second phase of the tournament was conducted for Women alone during 18<sup>th</sup> & 19<sup>th</sup> December 2019 in which 06 teams all over state had participated.

#### **List of Teams Participated**

1. Anna University, Chennai
2. Annamalai University, Chidambaram
3. Alagappa University, Karaikudi
4. Bharathiyar University, Coimbatore
5. Tamil Nadu Physical Education and Sports University, Chennai
6. University of Madras, Chennai

The tournament was conducted on knockout cum league basis and the following fixture was drawn in the managers meeting held on 18<sup>th</sup> December 2019 @ 6.30 am.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### **INAUGURATION OF THE TOURNAMENT**

The tournament was inaugurated by Dr.C.Arumugam, Controller of Examinations i/c, Tamil Nadu Physical Education and Sports University and Dr.K.Kannadasan, Sports Secretary, welcomed the gathering. The team managers, coaches, officials, players, TNPESU Students and other invited guests were present.

### **FINAL RESULTS OF THE TOURNAMENT**

<b><i>Winners</i></b>	<b><i>Bharathiyar University, Coimbatore</i></b>
<b><i>Runners-up</i></b>	<b><i>Anna University, Chennai</i></b>
<b><i>Third Place</i></b>	<b><i>Alagappa University, Karaikudi</i></b>
<b><i>Fourth Place</i></b>	<b><i>Tamil Nadu Physical Education and Sports University, Chennai</i></b>

### **VALEDICTORY FUNCTION**

The valedictory function was held on 19<sup>th</sup> December 2019 @ 5.30 pm. All the top four position winners were awarded trophies. Dr.V.Gopinath, Registrar, TNPESU awarded the trophies and cash prize to the winners and Dr.K.Kannadasan, Sports Secretary proposed the vote of thanks.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### Knockout cum League Fixture

#### Knockout cum League Fixtures

Date : 18.12.2019

Venue: TNPESU,

Hockey Field

1 Anna University

A

2 TNPESU

M-1  
8.am.

B

3 Annamalai Uni.

4. Bharathiyar Uni.

M-2  
9.45.am.

C

5. Uni. Of Madras

6. Alagappa Univ.

D

#### League

Match 3 - A vs Winner of B @ 2.30 pm / 18.12.2019

Match 4 - Winner of C Vs D @ 4.15 pm / 18.12.2019

Match 5 - A vs Winner C @ 7.00 am / 19.12.2019

Match 6 - Winner of B vs D @ 8.45 am / 19.12.2019

Match 7 - Winner of C Vs Winner of B @ 2.30 pm /  
19.12.2019

Match 8 - A vs D @ 4.15 pm / 19.12.2019



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

### Photo Gallery





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### PRIZE DISTRIBUTION



**Winners – Bharathiyar University**



**Runners-up – Anna University**



**Third Place – Alagappa University**



**Fourth Place – TNPESU**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### Prize Distribution



Winners – SRM IST

Runners-up – Anna University



Third Place – M S University

Fourth Place – Karunya University



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### SDAT Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Men)

*(03.10.2019 to 05.10.2019)*

#### Details of Players Rewarded Cash Prize

**Note:** The following teams to be issued merit certificates

**Team:** SRM IST, Chennai

**Position:** Winners

S.No.	Name of the Player	Cash Prize
1.	Mr.M.Subramani	10000.00
2.	Mr.Nambiganesh	10000.00
3.	Mr.E.Yuvaraj	10000.00
4.	Mr.S.Manikandan	10000.00
5.	Mr.R.SenthilNayagam	10000.00
6.	Mr.R.RajaPrabhakar Kamal	10000.00
7.	Mr.M.Manikandan	10000.00
8.	Mr.G.Saravanakumar	10000.00
9.	Mr.H.B.Jeeva kumar	10000.00
10.	Mr.M.Hariharan	10000.00
11.	Mr.R.Ranjith	10000.00
12.	Mr.R.Dinesh Raja	10000.00
13.	Mr. R.Senthilkrishnan	10000.00
14.	Mr.V.Veeratamizhan	10000.00
15.	Mr.S.Shanmugavel	10000.00
16.	Mr.P.Baskaran	10000.00
17.	Mr.N.Nagarjun	10000.00
18.	Mr.M.Elampari	10000.00



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

**Team:** Anna University, Coimbatore

**Position:** Runners-up

S.No.	Name of the Player	Cash Prize
1.	Mr.A.Praveen Saloman	7500.00
2.	Mr.I.Kareemulla	7500.00
3.	Mr.N.Saranbose	7500.00
4.	Mr.X.Sibi David	7500.00
5.	Mr.A.Jegan	7500.00
6.	Mr.G.Joseph	7500.00
7.	Mr.S.Kaleelrahuman	7500.00
8.	Mr.B.R.Santhosh	7500.00
9.	Mr.B.K.Ranjith	7500.00
10.	Mr.P.Shanmugam	7500.00
11.	Mr.A.Vallarasu	7500.00
12.	Mr.R.Vignesh	7500.00
13.	Mr.T.Rakeshwar	7500.00
14.	Mr.G.Saravanan	7500.00
15.	Mr.D.Chytanya	7500.00
16.	Mr.K.Lenin Kumar	7500.00
17.	Mr.C.Kalaiarasan	7500.00
18.	Mr.M.Karthikeyan	7500.00



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**Team:** Manonmaniam Sundaranar University, Tirunelveli **Position:** Third Place

S.No.	Name of the Player	Cash Prize
1.	Mr.Dhinakaran.V	5000.00
2.	Mr.Dinesh Kumar.C	5000.00
3.	Mr.Raja.P	5000.00
4.	Mr.Jeberson Joshua.S	5000.00
5.	Mr.Anbumani.K	5000.00
6.	Mr.Samuel Rajkumar.M	5000.00
7.	Mr.Mareeswaran.S	5000.00
8.	Mr.Mohammed Yaseen.S	5000.00
9.	Mr.Vinoth.I	5000.00
10.	Mr.Karuppaiah.C	5000.00
11.	Mr.Madhu.K	5000.00
12.	Mr.Kavin Kishore.J	5000.00
13.	Mr.Vijayakumar.S	5000.00
14.	Mr.Karthi.S	5000.00
15.	Mr.Selvaraj.K	5000.00
16.	Mr.Nandha Krishnan.K	5000.00
17.	Mr.Vignesh.K	5000.00
18.	Mr.Nishi Deva Arul.R	5000.00



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### SDAT Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Women)

*(18.12.2019 & 19.12.2019)*

#### Details of Players Rewarded Cash Prize

*Note: The following teams to be issued merit certificates*

**Team:** Bharathiyar University, Coimbatore

**Position:** Winners

S.No.	Name of the Player	Cash Prize
1.	V.Kavitha	10000.00
2.	J.Ammukuty	10000.00
3.	S.Malarvizhi	10000.00
4.	V.Priyadarshini	10000.00
5.	A.Gayathri	10000.00
6.	P.Deepthi	10000.00
7.	S.Deepika	10000.00
8.	R.Kavya	10000.00
9.	S.Haripriya	10000.00
10.	R.Nandhini	10000.00
11.	M.Ranjitha	10000.00
12.	S.Leemaroshni.S	10000.00
13.	Ashwini.S	10000.00
14.	T.M.Nithya Priya	10000.00
15.	S.Poorani	10000.00
16.	R.Elakiya	10000.00
17.	A.Pavithra	10000.00
18.	V.Jeevalatha	10000.00



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**Team:** Anna University, Coimbatore

**Position:** Runners-up

S.No.	Name of the Player	Cash Prize
1.	Menaga R	7500.00
2.	Tharangani P V	7500.00
3.	K Dharma	7500.00
4.	Anukirthiga K	7500.00
5.	M Santhiya	7500.00
6.	S Poonkodai	7500.00
7.	K Gowri	7500.00
8.	S Uma	7500.00
9.	K Sindhu	7500.00
10.	V Revathi	7500.00
11.	P Sathyapriya	7500.00
12.	A Meghna	7500.00
13.	G Monisha	7500.00
14.	Indhumathi S	7500.00
15.	P Kavipriya	7500.00
16.	G Aswini	7500.00
17.	S Sowmiya	7500.00
18.	D Anupriya	7500.00



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**Team:** Alagappa University, Karaikudi

**Position:** Third Place

S.No.	Name of the Player	Cash Prize
1.	K.Vijayalakshmi	5000.00
2.	N.Karpagajothi	5000.00
3.	P.S.Athira	5000.00
4.	S.Archana	5000.00
5.	B.Princiya	5000.00
6.	T.Abina	5000.00
7.	P.K.Akshaya	5000.00
8.	Anakha S.Nair	5000.00
9.	Kochuthresia	5000.00
10.	M.A.Anigha	5000.00
11.	M.Ambili	5000.00
12.	K.Michael Clara	5000.00
13.	K.Anusuya	5000.00
14.	P.Nandhini	5000.00
15.	B.Sakthi	5000.00
16.	M.Saranya	5000.00
17.	M.Archanadevi	5000.00
18.	Ashika K M	5000.00

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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**

## **Collaborative Initiatives between TNPESU and Association of Indian Universities**



### **REPORT**

*Of*

## **SOUTH ZONE INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)**



*Organized by*

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

*Under the auspices of*

**ASSOCIATION OF INDIAN UNIVERSITIES**

*(28.12.2019 – 31.12.2019)*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### SOUTH ZONE INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)



The Tamil Nadu Physical Education and Sports University has been entrusted the responsibility of Organizing the South Zone and All India Inter University Hockey Women Tournament 2019-20 by Association of Indian Universities. The tournament was scheduled from 28<sup>th</sup> to 31<sup>st</sup> December 2019. Totally the entries were received from 36 teams all over South India and in which 29 teams were reported for the tournament. The tournament was conducted as per the rules and regulations of Association of Indian University and FIH. Knockout cum league format was followed.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

The inauguration was held on 28<sup>th</sup> December 2019 at 8.am and Dr.Shiela Stephen,Vice Chancellor was consented to be the Chief Guest. The top four teams namely University of Mysore, Mangalore University, Calicut University and Sri Krishnadevaraya University, Anantapur were entered into league. University of Mysore emerged as Winners, Mangalore University bagged runners-up, Calicut University and Sri Krishnadevaraya University bagged the third and fourth places respectively. Thiru. Ganeshan Arjuna awardee and former Indian Kabaddi Player and the Rgeistrar of TNPESU Dr.V Gopinath distributed the trophies to the teams. All the top four finishers qualified for All India Inter University Hockey Women Tournament 2019-20.

### Winners



### Runners-up





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ANNEXURE I

#### Fixtures & Results

#### Tamil Nadu Physical Education and Sports University South Zone Inter University Hockey Women's tournament 2019-2020. (28<sup>th</sup> December to 31<sup>st</sup> December 2019)

S.No	Date	Day	Match. No	Time	Pitch	Team	Vs	Team	Results
1.	28/12/19	Saturday	1.	8.15 AM	A	M.S University (TN)	Vs	JNTU (AP)	M S Univ. (JNTU walkover)
			2.		B	Bharathidasan Univ.	Vs	M.G. University , Kerala	2-2 (Tie breaker 3-4)
			3.		C	Pondicherry University	Vs	Periyar University	0-11
			4.	9.45 AM	A	Sri Venkateshwara Univ.	Vs	University of Mysore	0-11
			5.		B	VTU , Belgaum	Vs	Karunya Inst. of Tech & Sci	-----
			6.		C	Sri Krishnadevaraya Univ. (AP)	Vs	Annamalai University	8-0
			7.	11.15AM	A	JNTU ( Telangana )	Vs	Dr. Ambedkar University, Srikakulam	-----
			8.		B	Christ University	Vs	TNPESU	TNPESU ( Christ Univ. walkover)
			9.		C	Bharathiyar University	Vs	Adikavi Nannaya University	17-0
			10.	1.30 PM	A	Andhra University	Vs	Bangalore University	Andhra (Bangalore Univ. walkover)
			11.		B	University of Kerala	Vs	Acharya Nagarjuna University	Univ. Of Kerala ( ANU walkover)
			12.		C	Karnatak University	Vs	RGUKT (AP)	3-1
			13.	3.30 PM	A	University of Madras	Vs	Akkamahadevi Women's University	13-0
			14.		B	Osmania University	Vs	Kannur University	1-1 (Tie Breaker 3-0)
			15.		C	M K University	Vs	Krishna University (AP)	5-0
2.	29/12/19	Sunday	16.	6.30 AM	A	M S University	Vs	M.G University	0-4
			17.	7.45 AM	B	Periyar University	Vs	University of Mysore	0-4
			18.		A	<i>Team Didn't turn up</i>		Sri KrishnathevarayaUniversity	
			19.	7.45 AM	B	<i>Team Didn't turn up</i>	Vs	TNPESU	
			20.	9.00 AM	A	Bharathiyar University	Vs	Andhra University	10-0
			21.		B	University of Kerala	Vs	Karnatak University	10-0
			22.	10.15 AM	A	University of Madras	Vs	Osmania University	7-0
			23.		B	M K University	Vs	Thiruvallur University	5-0
			24.		C	M G University	Vs	University of Mysore	0-3



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

			25.		A	Krishna Thevaraya University	Vs	TNPESU	3-0
			26.		A	Bharathiyar University	Vs	University of Kerala	2-1
			27.	3.45 PM	B	University of Madras	Vs	M K University	3-0
3.	30/12/19	Monday	28.		B	Anna University	Vs	University of Mysore	1-7
			29.	6.30 AM	A	Krishna Thevaraya University	Vs	Alagappa University	2-1
			30.	7.45 AM	A	University of Calicut	Vs	Bharathiyar University	2-1
			31.	7.45 AM	B	University of Madras	Vs	Mangalore University	0-1
			32.	3.45 PM	A	University of Mysore	Vs	Sri Krishna Devaraya Univ	8-0
			33.		B	University of Calicut	Vs	Mangalore University	0-1
4.	31/12/19	Tuesday	34.	6.30 AM	A	Sri Krishna Devaraya Univ.	Vs	University of Calicut	0-2
			35.		B	University of Mysore	Vs	Mangalore University	1-0
			36.	2.30 PM	A	Sri Krishna Devaraya Univ.		Mangalore University	
			37.	4.00 PM	A	University of Calicut	Vs	University of Mysore	

**Winner** : **University of Mysore**  
**Runner Up** : **Mangalore University**  
**Third Place** : **University of Calicut**  
**Fourth Place** : **Sri Krishnadevaraya University**



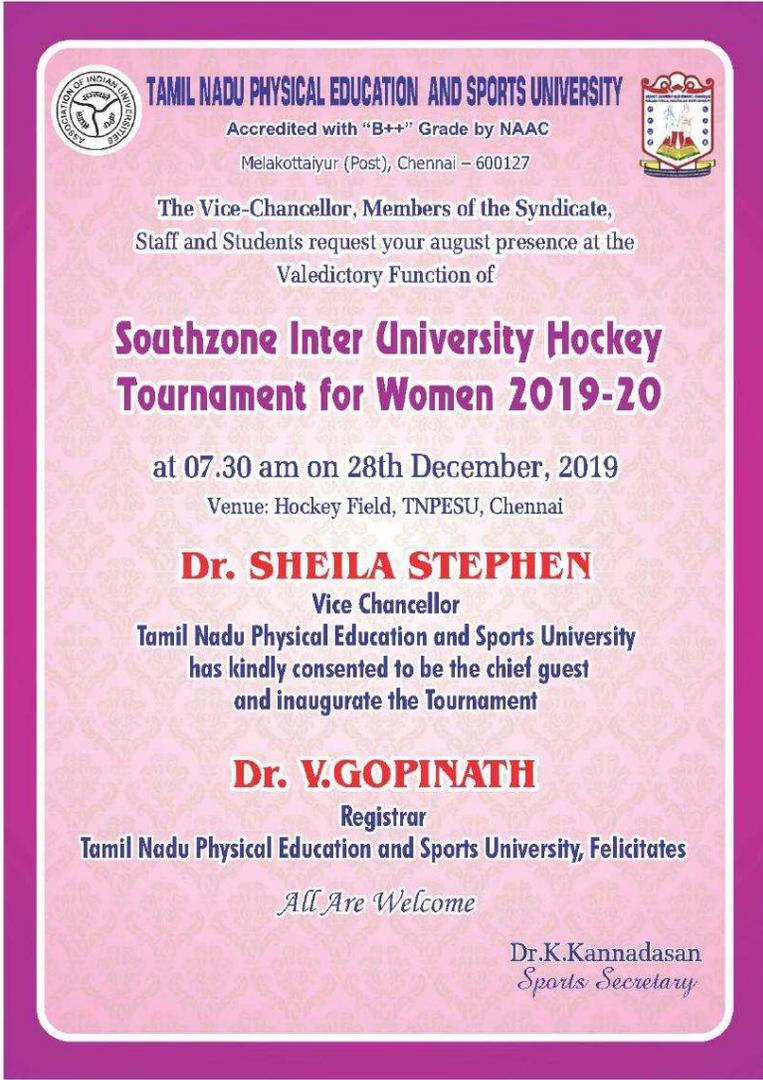
# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ANNEXURE II

### TOURNAMENT INVITATION



 **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Accredited with "B++" Grade by NAAC  
Melakottaiyur (Post), Chennai – 600127 

The Vice-Chancellor, Members of the Syndicate,  
Staff and Students request your august presence at the  
Valedictory Function of

**Southzone Inter University Hockey  
Tournament for Women 2019-20**

at 07.30 am on 28th December, 2019  
Venue: Hockey Field, TNPESU, Chennai

**Dr. SHEILA STEPHEN**  
Vice Chancellor  
Tamil Nadu Physical Education and Sports University  
has kindly consented to be the chief guest  
and inaugurate the Tournament

**Dr. V.GOPINATH**  
Registrar  
Tamil Nadu Physical Education and Sports University, Felicitates

*All Are Welcome*

Dr.K.Kannadasan  
*Sports Secretary*

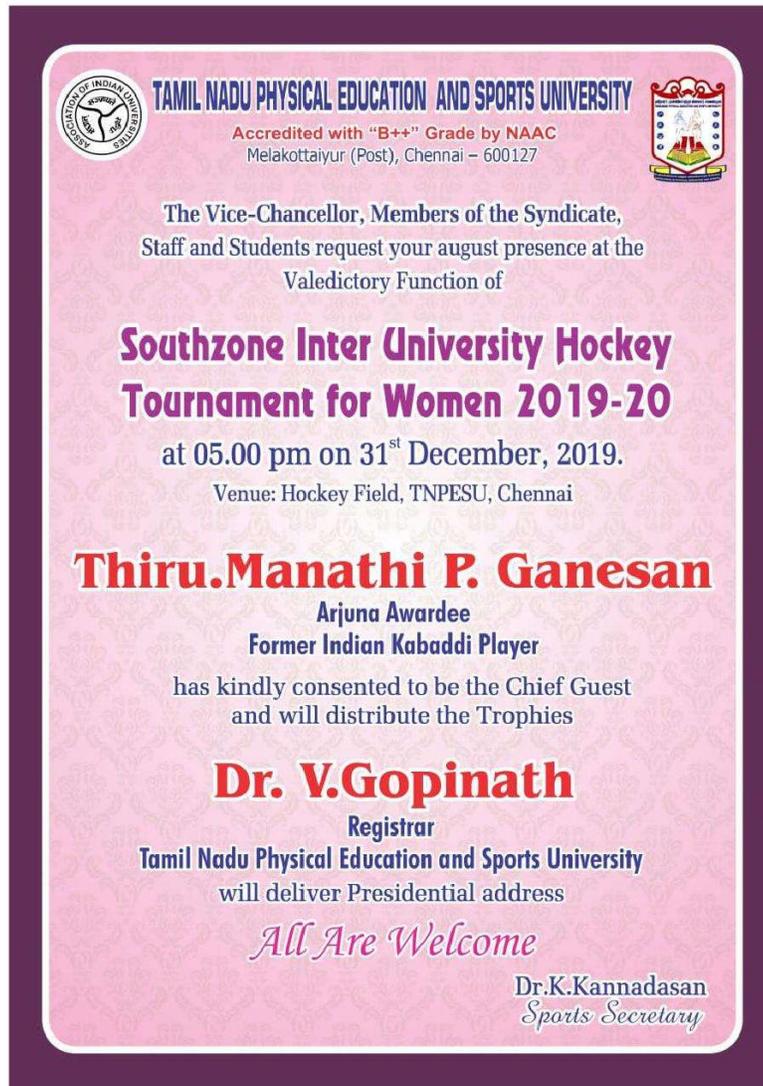


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### VALEDICTORY INVITATION



 **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**   
Accredited with "B++" Grade by NAAC  
Melakottaiyur (Post), Chennai – 600127

The Vice-Chancellor, Members of the Syndicate,  
Staff and Students request your august presence at the  
Valedictory Function of

**Southzone Inter University Hockey  
Tournament for Women 2019-20**  
at 05.00 pm on 31<sup>st</sup> December, 2019.  
Venue: Hockey Field, TNPESU, Chennai

**Thiru.Manathi P. Ganesan**  
Arjuna Awardee  
Former Indian Kabaddi Player  
has kindly consented to be the Chief Guest  
and will distribute the Trophies

**Dr. V.Gopinath**  
Registrar  
Tamil Nadu Physical Education and Sports University  
will deliver Presidential address

*All Are Welcome*

Dr.K.Kannadasan  
Sports Secretary



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ANNEXURE III

#### TOURNAMENT INFORMATION BOOKLET





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

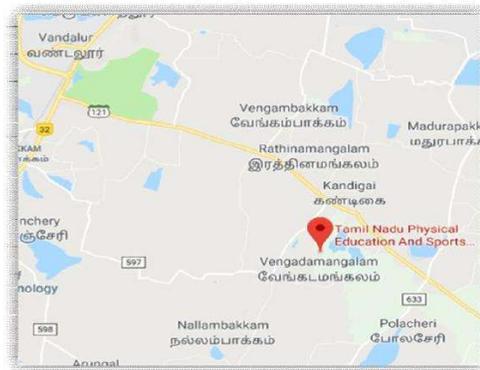
### About the University

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.

The university is located at Melakottaiyur (Vandalur – Kelambakkam Road) with a sprawling campus of 125 acres. At present the University has three faculties, five Departments and 20 affiliated Colleges in Physical Education and 4 colleges in Yoga. The following departments offer UG/ PG/ M.Phil/ PhD

1. Department of Physical Education
2. Department of Yoga
3. Department of Exercise Physiology and Biomechanics
4. Department of Sports Management and Sports Psychology & Sociology
5. Department of Advanced Sports Training and Technology

Further the University offers select courses in Physical Education and Allied health sciences, through School of Distance Education.





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

*Chancellor*

**HON'BLE THIRU. BANWARILAL PUROHIT**

*Pro Chancellor*

**HON'BLE THIRU K. A. SENGOTTAIYAN**

*Principal Secretary*

**THIRU. DHEERAJ KUMAR, IAS**

*Vice Chancellor*

**DR.SHEILA STEPHEN**

*Registrar*

**DR. V.GOPINATH**

*Controller of Examinations i/c*

**DR. C. ARUMUGAM**

*Finance Officer i/c*

**DR.S.THIRUMALAIKUAR**

*Sports Secretary*

**DR. K.KANNADASAN**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### OATH

We swear that we will take part in South Zone Inter University Hockey Tournament for Women 2019-20, respecting the rules and regulations which govern them and desirous of participating in them, in the true spirit of sportsmanship for the honour of our nation and glory of sports.



# 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 Programme Schedule of South Zone Inter University Hockey Tournament for Women 2019-20**

Date of Competition: 28.12.2019 to 31.12.2019

1. Team managers / coaches meeting on 27.12.2019 at 4.00pm in the conference hall, TNPESU
2. Officials meeting on 27.12.2019 at 5.00pm in the conference hall, TNPESU
3. Inauguration of the South Zone Inter University Hockey Tournament for Women is on 28.12.2019 at 7.30am
4. Commencement of the Knockout matches starts on 28.12.2019 from 8.30am onwards.
5. League Matches starts from 30.12.2019 at 2.15 pm onwards
6. Valedictory function and prize distribution on 31.12.2019 at 5.45pm

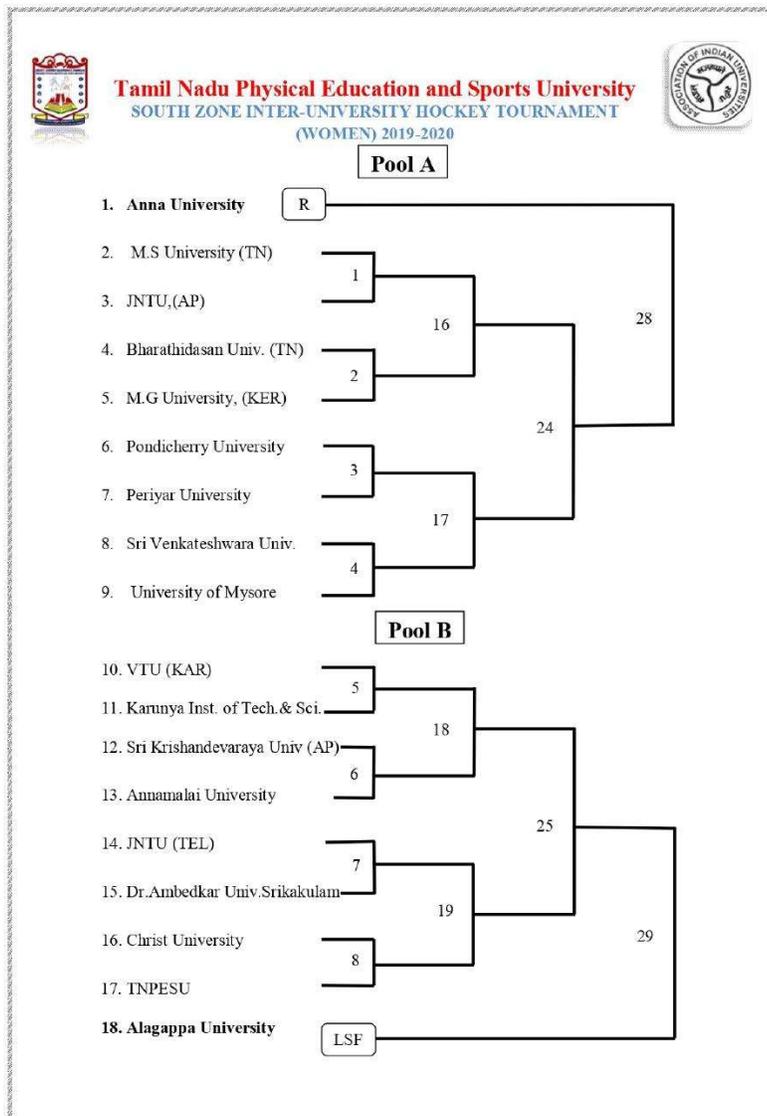
**Dr. K Kannadasan  
Organizing Secretary**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

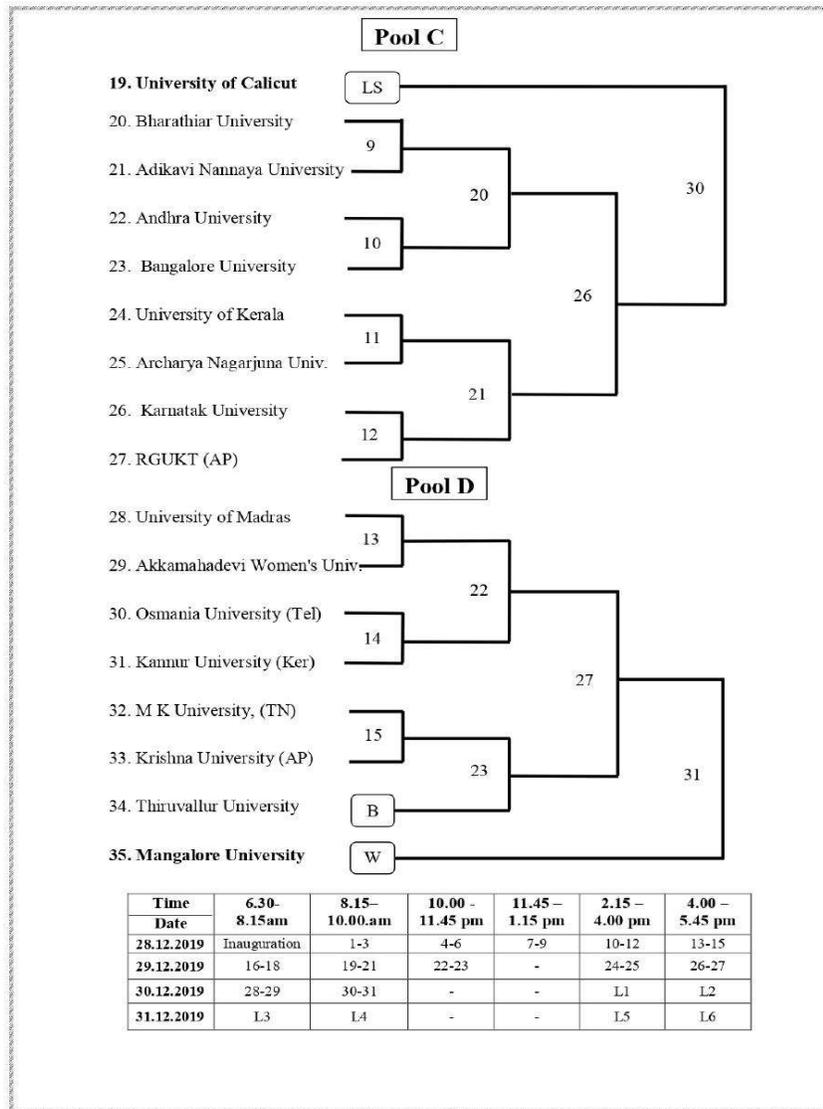




# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Jury of Appeal

Dr. Sheila Stephen	Vice Chancellor, TN PESU
Dr. V. Gopinath	Registrar, TN PESU
Dr.K.Kannadasan	Organizing secretary, TN PESU
Dr. Gurdeep Singh	AllU Observer
Dr. P. Rajinikumar	Former Sports Secretary



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

## **Collaborative Initiatives between TNPESU and Association of Indian Universities**



**REPORT**

*Of*

### **ALL INDIA INTER-ZONAL INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)**



*Organized by*

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

*Under the auspices of*

**ASSOCIATION OF INDIAN UNIVERSITIES**

*(02.01.2020 – 05.01.2020)*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ALL INDIA INTER-ZONAL INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)



The Tamil Nadu Physical Education and Sports University has organized the All India Inter University Hockey Women Tournament 2019-20 under the auspices of Association of Indian Universities. The tournament was held from 02nd to 05th January 2020. The top four teams from all the four regions North, South, East and West Zone Universities and a total of 16 teams were participated. The tournament was conducted in league cum knockout format in accordance with the regulations of AIU, New Delhi. Dr.Gurdeep Singh, former Joint Secretary (Sports), AIU witnessed the conduct of the tournament in the capacity of AIU observer. The Ranchi University, Jharkhand emerged as Winners, followed by



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

Punjabi University, Patiala, ITM Gwalior and University of Mysore bagged the third and fourth place respectively. The trophies were distributed by the Vice Chancellor, Dr.Sheila Stephen and the Registrar of the University Dr.V.Gopinath. Moreover, all the top eight teams have been qualified for the Khelo University Games 2020.

### Winners



*Ranchi University, Jharkhand*

### Runners-up



*Punjabi University, Patiala*

### Third Place



*ITM, Gwalior*

### Fourth Place



*University of Mysore, Karnataka*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ANNEXURE I

### FIXTURES & RESULTS

#### **All India Inter-Zonal University Hockey Women Tournament 2019-2020**

*Organized by*

**Tamil Nadu Physical Education and Sports University, Chennai - 127**

**(02<sup>nd</sup> to 05<sup>th</sup> January 2020)**

#### **Top 16 Teams Participated In All India Inter-Zonal University Hockey Women Tournament 2019-2020**

##### **North Zone**

1. Punjabi University, Patiala
2. GND University, Amritsar
3. Kurukshetra University, Haryana
4. MDU, Rohtak

##### **South Zone**

1. University of Mysore
2. Mangalore University
3. University of Calicut
4. Sri Krishnadevaraya University

##### **East Zone**

1. VBS Purvanchal, Uttar Pradesh
2. Sambalpur, University Odisha
3. Ranchi University
4. M.G, Kashi Vidyapith, Varanasi

##### **West Zone**

1. ITM Gwalior
2. Jiwaji University, Gwalior
3. University of Rajasthan, Jaipur
4. Savitri Bai Phule Pune University, Pune



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### Match Day : 1

#### 02/01/2020 League Match Results

Date	Pool	Match No.	Match Particulars	Timing	Pitch	Results
02.01.2020	A	M-1	Punjabi Uni. Vs Sri Krishnadevaraya University	10.00am	A	6-0
	A	M-2	Jiwaji University, Gwalior Vs Ranchi Univ.	11.15 am	A	1-2
	B	M-3	University of Mysore Vs Savitri Bai PhulePune University, Pune	12.30 pm	A	9-1
	B	M-4	Sambalpur Vs Kurukshetra Uni.	12.30 pm	B	4-1
	C	M-5	ITM Gwalior Vs M G K V Varanasi	2.00 pm	A	3-0
	C	M-6	GNDU Amritsar Vs University of Calicut	2.00 pm	B	6-2
	D	M-7	VBS Purvanchal Vs MDU Rohtak	4.15 pm	A	1-3
	D	M-8	Mangalore University Vs Uni. of Rajasthan	4.15 pm	B	1-1

### Match Day : 2

Date	Pool	Match No.	Match Particulars	Timing	Pitch	RESULTS
03.01.2020	A	M-9	Punjabi Uni. Vs Ranchi University	6.30 am	A	2-1
	A	M-10	Jiwaji uni. Vs Sri Krishnadevaraya University	6.30 am	B	2-1
	B	M-11	University of Mysore Vs Kurukshetra University	7.45 am	A	4-1
	B	M-12	Sambalpur Vs Savitri Bai PhulePune University, Pune	7.45 am	B	2-1
	C	M-13	ITM Gwalior Vs University of Calicut	9.00 am	A	6-1
	C	M-14	GNDU Amritsar Vs M G K V Varanasi	9.00 am	B	3-0
	D	M-15	VBS Purvanchal Vs University of Rajashthan, Jaipur	10.15 am	A	1-0
	D	M-16	Mangalore University Vs MDU Rohtak	10.15 am	B	2-2
	A	M-17	Ranchi Uni. Vs Sri Krishnadevaraya University	2.00 pm	A	3-0



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

A	M-18	Punjabi Uni. Vs Jiwaji Uni.	2.00 pm	B	2-1
B	M-19	Kurukshetra Univ. Vs Savitri Bai PhulePune University, Pune	3.15 pm	A	5-0
B	M-20	University of Mysore Vs Sambalpur	3.15 pm	B	1-4
C	M-21	University of Calicut Vs M G K V Varanasi	4.30 pm	A	7-0
C	M-22	ITM Gwalior Vs GNDU Amritsar	4.30 pm	B	2-0
D	M-23	University of Rajasthan Vs MDU Rohtak	6.30 am	A	0-1
D	M-24	VBS Puruvanchal Vs Mangalore University	6.30 am	B	0-1

### Match Day : 3 & 4

Date	Pool	Match No.	Match Particulars	Timing	Pitch	Results
04.01.2020	Q-F-1	M-25	Punjabi university Vs GNDU	2.00 pm	A	2-1
	Q-F-2	M-26	MDU Rohtak Vs Mysore University	2.00 pm	B	1-1 (Tie Breaker 1-2)
	Q-F-3	M-27	Sambalpur University Vs Ranchi University	3.30 pm	A	1-1 (Tie Breaker 0-2)
	Q-F-4	M-28	ITM Gwalior Vs Mangalore university	3.30 pm	B	1-0
05.01.2020	S-F-1	M-29	Punjabi university Vs University of Mysore	6.30 am	A	2-1
	S-F-2	M – 30	Ranchi University Vs ITM Gwalior	6.30 am	B	1-0
	Losers Final	M – 31	ITM University Vs University of Mysore	2.00 pm	A	2-0
	Final	M – 32	Ranchi University Vs Punjabi University	3.15 pm	A	1-0

### Top Four Team Standings

1. Ranchi University, Jharkand - Winners
2. Punjabi University, Patiala – Runners - Up
3. ITM Gwalior – Third Place
4. University of Mysore – Fourth Place



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ANNEXURE II

### INVITATION



 **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**   
Accredited with "B++" Grade by NAAC  
Melakottaiyur (Post), Chennai – 600127

The Vice-Chancellor, Members of the Syndicate, Staff and Students  
request your august presence at the Valedictory Function of

**All India Inter Zonal University Hockey  
Tournament for Women 2019-20**

at 03.30 pm on 05th January, 2020  
Venue: Hockey Field, TNPESU, Chennai

**Dr. SHEILA STEPHEN**  
Vice Chancellor  
Tamil Nadu Physical Education and Sports University  
has kindly consented  
to distribute the trophies

**Dr. GURDEEP SINGH**  
Former Joint Secretary (Sports) & AIU Observer  
will be the Guest of Honour

**Dr. V.Gopinath**  
Registrar  
Tamil Nadu Physical Education and Sports University  
Felicitates

*All Are Welcome*

Dr.K.Kannadasan  
Sports Secretary



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### ANNEXURE III

### TOURNAMENT INFORMATION BOOKLET



#### TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY ALL INDIA INTER ZONAL UNIVERSITY HOCKEY TOURNAMENT (WOMEN) 2019-2020

**Venue:** Tamil Nadu Physical Education and Sports University, Chennai  
**Date:** 02<sup>nd</sup> to 05<sup>th</sup> January 2020

#### The Results of the Inter University Hockey Women at different Zones

Position	North Zone	South Zone	West Zone	East Zone
Winner	Punjabi University	S-1	ITM Gwalior	VBS Purvanchal
Runner-Up	GNDU Amritsar	S-2	Jiwaji University, Gwalior	B.H.U Varanasi
Third Place	Kurukshetra University	S-3	University of Rajasthan, Jaipur	Ranchi University
Fourth Place	MDU Rohtak	S-4	Savitri Bai PhulePune University, Pune	Sambalpur

**Note:** South zone Hockey Tournament (Women) is scheduled to be held from 28<sup>th</sup> to 31<sup>st</sup> December 2019.

#### League Matches

Pool A	Pool B	Pool C	Pool D
Punjabi University	S-1	ITM Gwalior	VBS Purvanchal
Jiwaji University, Gwalior	B.H.U Varanasi	GNDU Amritsar	S-2
Ranchi University	Kurukshetra University	S-3	University of Rajasthan, Jaipur
S-4	Savitri Bai PhulePune University, Pune	Sambalpur	MDU Rohtak

**Note:** The South Zone positioning teams will be placed in respective places according to AIU regulations.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### Detailed Information of All India Inter University Inter Zonal Hockey Tournament for Women 2019-2020

#### 1. Venue of the Competition

South Zone and All India Inter University Inter Zonal Hockey Tournament for Women 2019-2020 will be held at Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai, 600127. The venue is located about 35kms from Chennai Central Railway Station and 15kms from Tambaram Railway Station. The Chennai city is well connected by Road, Train and Air Transportation.

#### 2. Date of the Competition:

All India Inter University Inter Zonal Tournament – 02<sup>nd</sup> to 05<sup>th</sup> January 2020

#### 3. How to reach the Venue:

- 1) The Teams arriving by train have to alight at Chennai Central Railway Station.
- 2) Then get a local Electric train from Chennai Park Station (Located opposite to Chennai Central Railway Station) and reach Tambaram Railway Station.
- 3) To reach the University campus conveniently the teams are requested to board 55M which will drop the passengers inside the campus.
- 4) If not 55M, then the Teams are requested to board on the following buses to reach Kandigai bus stop (nearest bus stop from the university) 515, 517, 555 and 505. The buses are available once in every 10 minutes originating from Tambaram Railway Station.

#### 4. Reception at Railway Station:

There will be a reception counter near the main entrance of Tambaram Railway Station. Reception counter starts functioning from 27<sup>th</sup> December 2019 by 7.00 am onwards.

#### 5. Accommodation:

The team will be provided with unfurnished rooms/halls for their stay during the days of competitions. We have very limited lodging facilities; hence the teams are requested to arrive at the venue of the tournament a day before and to leave the venue within 24 hours after losing their last match in the tournament. (Teams arriving early & departing late shall make their own arrangements of overstay).

#### 6. Officiating & Ball Charges;

Officiating Charges of Rs.1500/- to be paid per match per team and Rs. 350/- towards match ball to the concerned officials before the commencement of their match.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### 7. Rules of the Competition:

- The rules of the FIH and the guidelines of the AIU will be followed for the tournament.
- The organizing Committee reserves the rights to change the venue, if necessary.
- The decisions of the officials shall be final and binding. Protests, if any, shall be decided by the jury of Appeal formed as prescribed by the AIU.
- A participating team may lodge protest on technical matters, within two hours of the completion of their match along with protest fee of Rs. 1000/-

### 8. Requirements for the competition:

- a) Your university flag
- b) Identification Cards of the players and four copies of the eligibility proforma duly typed and signed by the competent authority.
- c) A caution deposit of Rs.2000/- per team, which will be returned to teams while leaving the campus.
- d) Competitors should report to the match with proper sportswear well in advance.
- e) Managers are requested to submit quadruplicate copies of the eligibility proforma duly attested by the competent authority.

### 9. Return Journey reservation:

The teams are requested to look after the travel arrangement themselves. The return journey reservation, if any, should be booked at Chennai Central itself. No such facility is available at the venue of the tournament.

### 10. Manager's Meeting :

The meeting with the manager's will be held on 01<sup>st</sup> January 2020 at 5.00pm in the conference hall, Tamil Nadu Physical Education and Sports University, Chennai.

### 11. Precautions to be taken by the Team Managers:

- a) It is better to bring Mosquito nets or any other form of mosquito repellents for the safety of the teams.
- b) Unfurnished rooms will be given as accommodation. Kindly instruct your players to bring proper bedding.
- c) Swimming in the beaches of Chennai is dangerous to life. Kindly see that your players do not swim in the beaches if you visit the same.

### 12. Places of sightseeing around Chennai:

- a) Vandalur is famous for Arignar Anna Zoological Park, located 10kms from the tournament venue.



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

- b) Chennai is famous for Marina Beach located 1 hour 30 minutes journey from the tournament venue.
- c) Mahabalipuram is famous for seashore temples and monuments, located 30kms from the tournament venue.
- d) Kovalam beach is about 10kms from the tournament venue.
- e) MGM Theme Park & VGP is about 22kms from the tournament venue.
- f) Kishkintha Theme park is about 20kms from the tournament venue.

The weather condition at Chennai is cold during night and early morning. So accordingly come with preparation for your stay. We wish your team better time and comfort during your stay at Chennai. For further assistance, you can contact any of the personnel whose contact numbers are given below.

**For further contact and information:**

Website: [www.tnpsu.org](http://www.tnpsu.org)

Email: [sportssecretarytnpsu@gmail.com](mailto:sportssecretarytnpsu@gmail.com)

1. Dr.P.Rajinikumar  
Assistant Professor  
Mobile No. 9941923899
2. Dr.C.Lakshmanan  
Assistant Professor  
Mobile. No:9047832206
3. Mr.M.PonPandi  
Lecturer  
Mobile. No: 7358594616/9578388765

**Dr.K.Kannadasan**  
*Sports Secretary, TNPSU*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### Photo Gallery





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

## Collaborative Initiatives between TNPESU and Sports Authority of India





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

### Collaborative Initiatives between TNPESU and Centre of Sports Science, Sri Ramachandra Institute of Higher Education and Research

**INTERNATIONAL SPORTS SCIENCE WEBINAR**  
DATE: 28TH & 29TH MAY 1.30 PM - 3.00 PM

JOINTLY ORGANIZED BY  
**TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY (TNPESU)**  
&  
**CENTRE FOR SPORTS SCIENCE (CSS)**  
**SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
under the aegis of  
**INDIAN ASSOCIATION OF SPORTS MEDICINE (IASM)**

**WEBINAR SPEAKERS**

**DR. SACHIN KHULLAR**  
CONSULTANT SPORTS & EXERCISE MEDICINE PHYSICIAN AUSTRALIA  
"SPORTS INJURIES - WHAT REALLY LIES UNDERNEATH?"

**DR. JAHNE GRAY**  
SENIOR PHYSIOTHERAPIST - SOUTH AFRICA  
"SPORTS INJURY BIOMECHANICS - FROM A REHAB PERSPECTIVE"

**DR. MAHENDERAN APPUKUTTY**  
ASSOCIATE PROFESSOR, FACULTY OF SPORTS SCIENCE & RECREATION, UNIVERSITI TEKNOLOGI MARA, MALAYSIA  
"PROBIOTICS IN SPORTS & EXERCISE - SOME DELICIOUS FACTS"

**MR. ANDREW GRAY**  
SENIOR BIOMECHANICIST - SOUTH AFRICA  
MAHARAJA, CSS, SRINER  
"SCIENCE OF HIGH PERFORMANCE - A HOLISTIC APPROACH"

**CORE COMMITTEE**

**PATRONS**

Dr. SHRIGA STEPHEN  
VICE CHANCELLOR,  
TNPESU

Prof. JASRAJ SURESH SANDHU  
PATRON IASM

**WEBINAR CHAIRPERSONS**

Dr. V. GOPINATH  
REGISTRAR TNPESU

Prof. ARUNUSAM S  
PRESIDENT IASM  
DIRECTOR, CSS-SRINER

**WEBINAR DIRECTOR**

Dr. GRACE HELMA  
TNPESU

Dr. K.A. THAGARAJAH  
CSS, SRINER

**WEBINAR COORDINATORS**

Mr. C. MANJULA  
TNPESU

Dr. PRANAB  
CSS, SRINER

**WEBINAR TECHNICAL COORDINATOR**  
(From Remote Host)

Dr. P. SMA DILLIRAJ  
EXERCISE PHYSIOLOGIST

**WEBINAR INSTRUCTIONS**

- Registration is Free but limited to 2000 participants and will get E- certificate based upon attendance in all sessions
- Webinar meeting will be conducted in ZOOM platform (300 members on first come first serve basis)
- Rest of the participants can follow up on live streaming in YouTube Channel of TNPESU & IASM
- Zoom meeting ID and YouTube Channel link will be shared in the TELEGRAM. Please join [tncsportswebinar](#).

**FOR REGISTRATION : CLICK HERE**

**WATCH LIVE STREAMING ON YOUTUBE CHANNEL**



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Melakottaiyur, Chennai-127

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CHENNAI-127

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

JOINTLY ORGANISED BY

CENTRE FOR SPORTS SCIENCE ( CSS )

SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH

UNDER THE AGIES OF

INDIAN ASSOCIATION OF SPORTA MEDICINE ( IASM )

REPORT ON

INTERNATIONAL SPORTS SCIENCE WEBINAR

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

JOINTLY ORGANISED BY

REPORT ON

REPORT ON INTERNATIONAL SPORTS SCIENCE WEBINAR

DATE – 28<sup>TH</sup> AND 29<sup>TH</sup> MAY 2020

Conducted through Online Zoom platform



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**International Live Webinar**

**on Sports Science Webinar**

28 & 29<sup>th</sup> May 2020 (Thu & Friday) - 1.30 pm - 3 pm

Jointly organised by

**Tamil Nadu Physical Education & Sports University (TNPESU)**

&

**Indian Association of Sports Medicine (IASM)**

- **Patrons** – Vice Chancellor TNPESU and IASM
- **Webinar Chairman** – Registrar, TNPESU and Prof Arumugam, CSS, SRIHER
- **Webinar Directors** – Dr. Grace Helina, TNPESU / Dr. Thiagarajan, CSS, SRIHER
- **Webinar Coordinators** - Mr. Manoj, TNPESU / Dr. Prakash, CSS, SRIHER
- **Zoom main Host** by Dr. Uma, Exercise Physiologist.
- **Co-host** – 1 from each side

2 Topics per day

Around 2000 registrations expected.

All speakers and participants will be given E- certificates

### **Speakers**

1. Dr. Janine Gray, Senior Physiotherapist, South Africa
2. Mr. Andrew Gray, Senior Biokineticist, South Africa
3. Dr. Sachin Khullar, Consultant Sports Medicine Physician, Melbourne, Australia
4. Dr. Magendran Appukutty, Associate Professor, Faculty of Sports Science & Recreation, Universiti Teknologi MARA, Malaysia.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



**INTERNATIONAL SPORTS SCIENCE WEBINAR**  
DATE: 28TH & 29TH MAY 1.30 PM - 3.00 PM

JOINTLY ORGANIZED BY  
TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY (TNPESU)  
&  
CENTRE FOR SPORTS SCIENCE (CSS)  
SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
under the aegis of  
INDIAN ASSOCIATION OF SPORTS MEDICINE (IASM)

**WEBINAR SPEAKERS**

**DR. SACHIN KHULLAR**  
CONSULTANT SPORTS & EXERCISE MEDICINE PHYSICIAN, AUSTRALIA  
- "SPORTS INJURIES - WHAT REALLY LIES UNDERNEATH?"

**DR. JANINE GRAY**  
SENIOR PHYSIOLOGIST, SOUTH AFRICA  
- "SPORTS INJURY BIOMECHANICS - FROM A REHAB PERSPECTIVE"

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- "SCIENCE OF HIGH PERFORMANCE - A HOLISTIC APPROACH"

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- Host of the participants can follow us on the following YouTube Channels of TNPESU & IASM
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**CORE COMMITTEE**

**Patrons:**  
Dr. Sivakumar Srinivasan, Vice-Chancellor, TNPESU  
Prof. Jeyapalan Sankar, Patron IASM

**WEBINAR CHAIRPERSONS:**  
Dr. V. Ganeshan, Head of Centre, TNPESU  
Prof. Anandaram S, President IASM, Director, CSS-SRIHER

**WEBINAR DIRECTORS:**  
Dr. Umashankar, TNPESU  
Dr. K. A. Induraman, CSS, SRIHER

**WEBINAR COORDINATORS:**  
Mr. G. Manoj, TNPESU  
Dr. Parvathi, CSS, SRIHER

**WEBINAR TECHNICAL COORDINATOR:**  
Sri M. Lakshmi, Exercise Physiologist

WATCH LIVE STREAMING ON YOUTUBE CHANNEL

Link :

Join Zoom Meeting

<https://us02web.zoom.us/j/7739663405?pwd=dFBzQm1PRCt1QWZpbjY5WWc2WStUz09>

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**DAY 1 - WEBINAR SPEAKERS**

**DR. MAHENDERAN APPUKUTTY**  
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under the aegis of  
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**CERTIFICATE OF APPRECIATION**

*This certificate is presented to*  
**DR.MAHENDRAN APPUKUTTY**  
ASSOCIATE PROFESSOR, FACULTY OF SPORTS SCIENCE & RECREATION, UNIVERSITITEKNOLOGI, MARA MALAYSIA

*for his featured presentation*  
on "Probiotics in Sports and Exercise - Some Delicious Facts"  
in the **INTERNATIONAL SPORTS SCIENCE WEBINAR**  
on 28<sup>th</sup> and 29<sup>th</sup> May, 2020.

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Meeting ID: 773 966 3405

Password: 9M5ay84



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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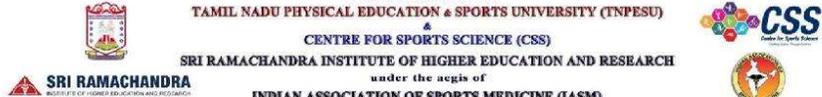
## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2



### INTERNATIONAL SPORTS SCIENCE WEBINAR

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 &  
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**SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
 under the aegis of  
**INDIAN ASSOCIATION OF SPORTS MEDICINE (IASM)**



**DAY 2 - WEBINAR SPEAKERS**

**DR. SACHIN KHULLAR**

**CONSULTANT SPORTS & EXERCISE MEDICINE PHYSICIAN,  
AUSTRALIA**  
- "SPORTS INJURIES – WHAT REALLY LIES UNDERNEATH?"



**DR. JANINE GRAY**

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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





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The International Sports Science Webinar Jointly organized by Tamil Nadu Physical Education and Sports University and Centre for Sports Science Sri Ramachandra Institute of Higher Education and Research under the aegis of Indian Association of Sports Medicine on 28<sup>th</sup> and 29<sup>th</sup> of May 2020 through Zoom platform. The core committee of this webinar was ,

Patrons – Dr. Sheila Stephen, Vice Chancellor, TNPESU and Prof. Jaspaul Singh, IASM.

Chairpersons- Dr. V. Gopinath, Registrar and Dr. Prof.Arumugam, CSS, SRIHER.

Directors – Dr. M. Grace Helina, TNPESU and Dr.K.A. Thiagarajan, CSS, SRIHER

Coordinators – Mr. C. Manoj, TNPESU and Dr. Prakash, CSS, SRIHER.

Technical Support – Dr. p. Uma Diliraj.

The first day 28-05-2020 Programme started with the silent prayer and the welcome address was delivered by Dr. M. Grace Helina, Professor, TNPESU. The Inaugural address was delivered by the Vice- Chancellor Dr. Sheila Stephen, TNPESU. The Key note address was delivered by Prof. Jaspaul Singh, IASM. Two resource persons handled the first day sessions were Dr. Mahendiran Appukutti, Associate Professor, Faculty of Sports Science and Recreation, University Technology, Mara, Malaysia on Probiotics in Sports and Exercise- Delicious Facts, and Mr. Andrew Gray, Senior Biokinetist, South Africa on Science of High Performance – Holistic Approach. After each session the questions were asked by the participants in the chat box to the resource persons were compiled and asked by Dr. Prakash and the resource persons clarified all doubts followed by Vote of thanks by Dr. K.A. Thiagarajan, CSS, SRIHER.



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The second day 28-05-2020 Programme started with the silent prayer and the welcome address was delivered by Dr. K.A.Thiagarajan, CSS, SRIHER Followed by resource persons presentation Dr. Jamine Gray, Senior Physiotherapist, South Africa on Sports Injury Biomechanics- From and Rehab Perspectives. After each session the questions were asked by the participants in the chat box to the resource persons were compiled and asked by Mr. C. Manoj, TNPESU to the resource persons and the resource persons clarified all doubts. Dr. Shenbagavalli, Pricipal, Therasa College of Physical Education shared her feedback followed by Vote of thanks by Dr.M. Grace Helina, Professor, TNPESU.

The participants were asked to fill the Google forms and the E- Certificates were issued to all participants.

### **BENEFICIARIES**

1. The Staff and Students of TNPESU and CSS, SRIHER.
2. Sports persons, Physical Educationist, Fitness Trainers.
3. Fitness enthusiasts.
4. Members IASM.

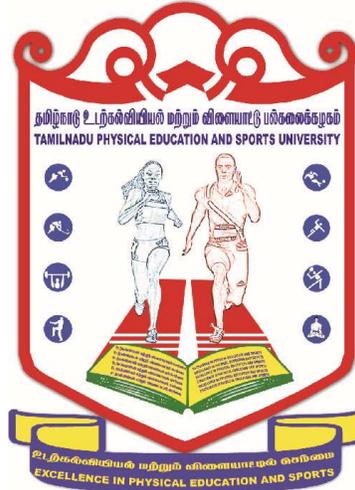
**TOTAL NUMBER OF PARTICIPANTS – 2500**



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## COLLOBORATIVE QUALITY INITIATIVES

### ACADEMIC YEAR

### 2018 – 2019



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**KEY INDICATOR – 6.5.2**

## **LIST OF COLLOBORATIVE QUALITY INITIATIVES**

<b>S.No.</b>	<b>Collaborative Quality Initiatives with Other Institution(s)</b>
1	Collaborative Initiatives between TNPESU and Tamilnadu Yoga Federation
2	Collaboration Initiatives between TNPESU and AMET University, Chennai
3	Collaboration Joint Journal Publications between TNPESU and AMET University, Chennai
4	Collaborative Initiatives in Research and Development with CSIR and TNPESU
5	Collaboration Initiatives between TNPESU and Sports Authority of India
6	Collaboration Initiatives between TNPESU and Sports Development Authority of Tamilnadu
7	Collaboration Initiatives between TNPESU and Association of Indian Universities



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### Collaborative Initiatives between TNPESU and Tamilnadu Yoga Federation, Chennai

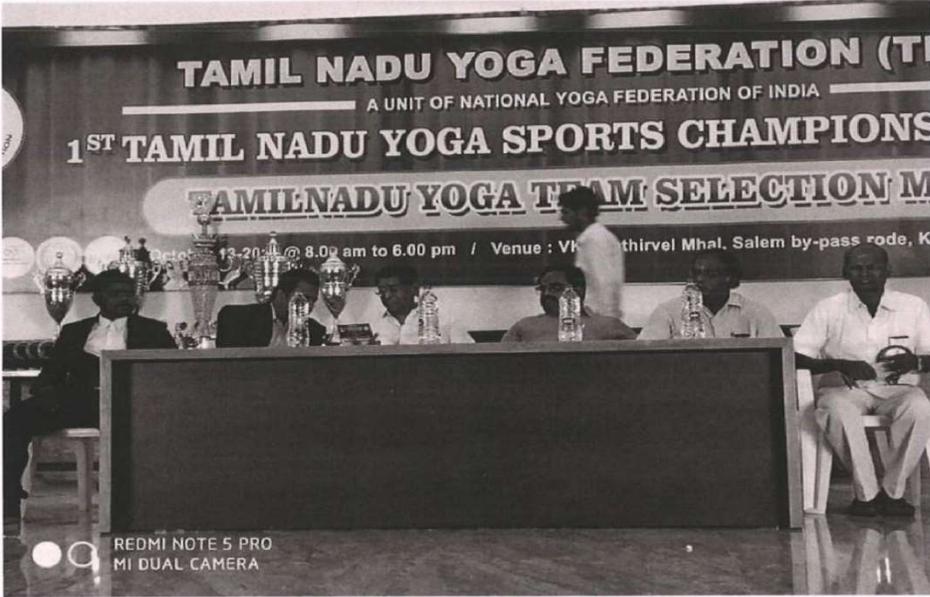


தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI**  
Accredited with "B++" Grade by NAAC  
India's First State University in Physical Education and Sports



#### 1<sup>st</sup> Tamil Nadu Yoga Sports Championship 2018

Tamil Nadu Physical Education and Sports University in collaboration with Tamilnadu Yoga Federation has organized 1<sup>st</sup> Tamilnadu Yoga Sports championship for schools kids. The championship was organized at the VKS Kathirvel Mahal, Salem on 13<sup>th</sup> October 2018. The event was aired live in the local TV channel. Tamilnadu Yoga Team was also selected from this championship to participate in the 4<sup>th</sup> National Sports and Games 2018 at New Delhi from 4<sup>th</sup> to 7<sup>th</sup> November 2018. 172 school children were participated in this championship.



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*We have great pleasure in welcoming you for*

# 1<sup>st</sup> Tamilnadu Yoga Sports Championship-2018

(Yoga Recognized as Non-Olympic Sports Discipline)

October 13 - 2018 @ 8.00 am to 6.30 pm

Organized by : Tamilnadu Yoga Federation (TNYF)

Jointly Organized by :

### TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

Venue : **VKS Kathirvel Mahal**, 16/1D2B, Salem by-pass road,  
Kottamedu Busstop, Komarapalayam - 638 183, Namakkal Dt.

**தேசிய யோகா போட்டிக்கு**  
**தமிழ்நாடு யோகா அணி வீரர்கள் தேர்வு**

**LIVE** இந்த போட்டி தொலைக்காட்சிகளில் ஒளிபரப்பாகிறது

அன்புடையீர், வணக்கம்

வரும் நவம்பர் மாதம் 4,5,6,7 ஆகிய தேதிகளில் புதுடில்லியில் 4th National Yoga Sports Games 2018 நடைபெற உள்ளது. அதற்கான தமிழ்நாடு யோகா அணி வீரர்கள் தேர்வு வரும் அக்டோபர் 13ம் தேதியில் குமாரசாலை, V.K.S.கதிர்வேல் மஹாலில் நடைபெற உள்ளது.

அது சமயம் தமிழ்நாட்டில் உள்ள யோகா பயிற்சியில் நன்கு தேர்ச்சி பெற்ற மாணவ / மாணவிகள் / யோகா வீரர் / வீராங்கனைகள் இந்த தமிழ்நாடு யோகா அணி தேர்வில் கலந்து கொண்டு சிறப்பிக்க வேண்டுகிறோம்.

In Association with



*V. S.*  
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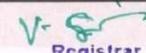
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**1-St Tamilnadu Yoga Sports Championship - 2018**  
Organized by : Tamilnadu yoga Federation



**(Tamilnadu Yoga Team Selection Round)**  
compulsory chart any 5 asanas from this chart and 2 from their own choices totally 7 asanas for selection round



  
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**TNYF**  
*Our Committee Members*

 <p><b>Chief Patron</b> <b>Dr. SHEILA STEPHEN</b> Vice Chancellor, TNPESU</p>	 <p><b>Organising Secretary</b> <b>Dr. GRACE HELINA</b> Prof. and Head, Dept. Of Exercise Physiology and Biomechanics, TNPESU</p>
 <p><b>Patron</b> <b>Dr. V. GOPINATH</b> Registrar, TNPESU</p>	 <p><b>Organizer</b> <b>Mr. L. ARAVIND</b> National Director International Health &amp; Fitness Association (IHFA)</p>

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<p><b>Master. M.Lenin</b> Joint Secretary, TNYF Mobile : 88388 69056</p>	<p><b>N.Lakshminarayanan</b> Director &amp; Treasurer, TNYF Mobile : 98946 34666</p>
<p><b>R.Prakash</b> Committee Member, TNYF Mobile : 98659 49000</p>	<p><b>M.Subburam</b> Advisor, TNYF Mobile : 94431 62373</p>
	<p><b>R.N.Sharavanan</b> Auditor, TNYF Mobile : 90951 63783</p>

**For Contact**

 Tamilnadu Yoga Federation	 82480 57246
 Tamilnadu Yoga Federaion	 <a href="mailto:tnyogacouncil@gmail.com">tnyogacouncil@gmail.com</a>
 Tamilnadu Yoga Federation	 <a href="http://www.tamilnaduyogafederation.org">www.tamilnaduyogafederation.org</a>

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List of Participants:

S.N O:	NAME OF THE PARTICIPATES	D.O.B /AGE	SCHOOL/COLLEGE ADDRESS	PLACE	CONTA T NO/ MAIL ID
01.	PRADEEPRAJ.M	10/05/199 7 / 22 / M	K.S.RANGASAMY COLLEGE OF ARTS &SCIENCE(AUTONOMOUS)	TIRUCHENGODE	99423483 39
02.	KAWIN.K.S	06/12/200 0 / 18/M		GOBI	90804966 51
03.	MONEESWARA.A.P	21/05/200 2 / 17/M	K.S.RANGASAMY COLLEGE OF ARTS &SCIENCE(AUTONOMOUS)	NAMAKKAL	94038656 26
04.	KISAN RAMCHANDRA PATIL	06/06/197 9 / 40 / M	HOLY WRIT HIGH SCHOOL & JR. COLLEGE BADLAPUR (W)	THANE	93247694 18
05.	SUSHAMA SACHIN MANE	06/06/198 2 / 36 / F	SNDT WOMAN'S UNIVERSITY	THANE	97025124 80
06.	SHRAVYA SANDHYA SHETTY	18/03/200 6 / 13 / F	HOLY WRIT HIGH SCHOOL & JR. COLLEGE BADLAPUR (W)	THANE	93247694 18
07.	AAFTAB RAFIQ PATEL	16/03/200 4 / 15 / F	HOLY WRIT HIGH SCHOOL & JR. COLLEGE BADLAPUR (W)	THANE	93247694 18
08.	RONAN ANDREW FONSEGA	10/03/200 6 / 13 / F	HOLY WRIT HIGH SCHOOL & JR. COLLEGE BADLAPUR (W)	THANE	93247694 18
09.	UMESH VITTHAL MASKAR	05/04/199 5 / 25 / M	KAKASAHEB CHAVAN COLLEGE, TALAMAVALE	TALAMAVALE	96048080 55
10.	ARIVANANDHAN.C	01/09/200 2 / 17 / M	PIONEER MILLS HR.SEC.SCHOOL,COIMBATORE	COIMBATORE	90473958 40
S.N O:	NAME OF THE PARTICIPATES	D.O.B /AGE	SCHOOL/COLLEGE ADDRESS	PLACE	CONTA T NO/ MAIL ID
1.	YAZHINLS	07/05/200 3 / 6 / F	THAMBU HIGHER SECONDARY SCHOOL, COIMBATORE.	COIMBATORE	97151448 28
2.	ARULNITHI	02/11/200 9	THAMBU HIGHER SECONDARY SCHOOL, COIMBATORE.	COIMBATORE	63693113 71

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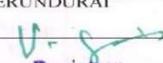


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## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

		/ 10 / F			
3.	RESHMA.M	22/12/2008 / 11 / F	THAMBU HIGHER SECONDARY SCHOOL, COIMBATORE.	COIMBATORE	63837023 90
4.	JANANILM	30/10/2006 / 13 / F	THAMBU HIGHER SECONDARY SCHOOL, COIMBATORE.	COIMBATORE	63837023 99
5.	ARULMOZHI	19/10/2006 / 13 / F	THAMBU HIGHER SECONDARY SCHOOL, COIMBATORE.	COIMBATORE	63693113 71
6.	RENUKA.R	24/01/1984 / 35 / F	THAMBU HIGHER SECONDARY SCHOOL, COIMBATORE.	COIMBATORE	63693113 71
7.	THEMOZHI.S	30/10/2010 / 9 / F	THAMBU HIGHER SECONDARY SCHOOL, COIMBATORE.	COIMBATORE	97151448 28
8.	VISHNU BAIKAVAN.V	07/04/2002 / 19 / M	JAIRAM ARTS & SCIENCE COLLEGE, SALEM	SALEM	70920267 56
9.	KAVASH.S.G				
10.	NITHESHL		NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	95784552 21
11.	VELAYUTHAM.P		NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	80721914 61
12.	VISHNUVARDHAN.B.S		NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	63808314 91
13.	SAKTHI KUMAR.S		NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	86085966 37
14.	SAKTHIVEL.S		NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	99523140 87
15.	PAVINRAJS		NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	86809795 29
16.	SUNDHARESHAN.E		NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	63800239 42

  
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27.	PAVITHRAN.B		NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	9080087 54
28.	VENU GOPAL.S		NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	93845842 96
29.	KAMIL AMJAD HAMID.S	26/09/197 3 / 46 / M	KALINGA UNIVERSITY RAIPUR, CHENNAI	CHENNAI	96771973 54
30.	KARTHIK.M	17/11/200 0 / 19 / M	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	63836500 32
31.	ROSHINI.S	14/03/200 9 / 11 / F	VELALAR VIDYALAYA CBSE SCHOOL, ERODE	ERODE	94436228 70
32.	INIYAHARSINI		AYC KPM	KOMARAPALLYAM	96985553 88
33.	KARTHIKEYAN.M	13/12/199 0 / 29 / M	YOGA STAFF	TIRUCHENGODE	96294510 54
34.	KRISHNAHARINI.D.S	20/06/201 1 / 09 / F	CHILDREN'S PARK SCHOOL NAMAKKAL	NAMAKKAL	
35.	BARATH.R	06/04/200 1 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	99440163 55
37.	SARAN KUMAR.M	24/03/200 1 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	95006241 53
38.	SOWNDARRAJ. V	14/04/200 1 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	98427457 58
39.	MAHESHWARAN.N	13/07/200 1 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	96298849 13
40.	NARRENTHIRAN.G	11/04/200 1 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	63695712 38
41.	LOGU SENTHUR.S	01/03/200 1 / 19 / M	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	74024040 70
42.	JITHIN KRISHNA.J	25/05/200 1	KONGU ARTS ERODE	VIJAYAMANGALL AM	78715563 58

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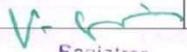


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		/ 18 / M			
3.	JITHAVARDHINI.J	26/02/2003 / 17 / F	BHARATHI MATRIC.HR.SEC.SCHOOL, VIJAYAMANGALLAM	VIJAYAMANGALLAM	78715563 58
4.	SRISANJANA.A.I	17/02/2010 / 9 / F	KONGU KALVI NILAYAM RANGAMPALLYAM	ERODE	99424842 74
5.	ANBALAGAN.P	10/06/1975 / 44 / M	YOGA COACH	NAMAKKAL	94452666 67
6.	LOGOPRAVEEN.P	08/06/2002 / 18 / M	SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE SALEM	SALEM	63825410 48
7.	MOHAMMED NAWAZ.S	19/12/1999 / 20 / M	SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE SALEM	SALEM	63825410 48
8.	SADULLAM BASHA.V	09/08/1999 / 20 / M	SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE SALEM	SALEM	63825410 48
9.	GUGAN.G	07/09/1996 / 24 / M	SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE SALEM	SALEM	63825410 48
10.	KIRUBA.R	16/03/2000 / 19 / M	SIVARAJ NATUROPATHY AND YOGA MEDICAL	SALEM	63825410 48
11.	AHAMEDTHOUFIG.S	21/04/2002 / 17 / M	SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE SALEM	SALEM	63825410 48
12.	MOHAMMEDHARAARU N.A	22/06/2002 / 17 / M	SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE SALEM	SALEM	63825410 48
13.	MUGESH.M	23/01/2000 / 19 / M	KONGU COLLEGE OF ARTS AND SCIENCE, KARUR	KARUR	90894631 59
14.	ROGESH.M	19/08/2007 / 13 / M	RASAMMAL MATRIC.HR.SEC.SCHOOL, KARUR	KARUR	90894631 59
15.	ANUMITA.B	28/01/2011 / 9 / F	AALAYA ACADEMY TIRUPUR	TIRUPUR	90426755 31

  
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27.	DEEPA.D	15/01/1986 / 33 / F	ST.JOSEPH'S COLLEGE FOR WOMEN, TIRUPUR	TIRUPUR	904267531
28.	MAHESHWARI.B	27/04/1984 / 36 / F	SARVAM YOGA TIRUPUR	TIRUPUR	904267531
29.	VELUSAMY.M	28/08/1966 / 53 / M	KOSHANAM YOGA BHARATH GENTHRA	NAMBIYUR	9965338728
30.	KARTHICK.R	13/07/2001 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	9384153080
31.	GOBIKA	FEMALE	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	
32.	SHARMILA.S	FEMALE	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	
33.	KRISHNAMOORTHS	MALE	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	
34.	VIVEKANATHAM.S	MALE	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	
35.	MENAKALC	FEMALE	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	
36.	MEERA SHAMRUTHI.R	FEMALE	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	
37.	DINESH KUMAR.C	12/05/1995 / 24 / M	GBHS SCHOOL ANTHIYUR	ANTHIYUR	824891679
38.	PAVISHYA.B	09/09/2008 / 12 / F	MANGALAM CENTRAL SCHOOL, ANTHIYUR	ANTHIYUR	9842567578
39.	SHANMUGAM.M	27/12/1984 / 34 / M	YOGA COACH	ANTHIYUR	9976342566
40.	PRAVEENA.S.V	02/03/2010 / 10 / F	PSK HI-TECH ACADEMY ANTHIYUR	ANTHIYUR	9943223005
41.	OOVIYA.S.V	05/07/2012 / 07 / F	PSK HI-TECH ACADEMY ANTHIYUR	ANTHIYUR	9943223005

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2.	LUCKSHNA SRI.D.P	7/10/2009 / 10 / F	PSK HI-TECH ACADEMY ANTHIYUR	ANTHIYUR	9965010 02
3.	THIRUVIKRAM.D	31.10.201 0	MANGALAM CENTRAL SCHOOL, ANTHIYUR	ANTHIYUR	86750161 43
4.	VISHAL.P	09/08/201 1	MANGALAM CENTRAL SCHOOL, ANTHIYUR	ANTHIYUR	
4.	DHIVYA	06/01/199 6 / 23 / F	VETHATHIRI MAHARISHI COLLEGE OF YOGA	CHENNAI	75986973 91
5.	NAVANEETHAKRISHN AN.M	14/03/199 3 / 26 / M	VETHATHIRI MAHARISHI COLLEGE OF YOGA	CHENNAI	95431794 99
5.	KANCHANA.A	27/09/199 4 / 25 / F	VETHATHIRI MAHARISHI COLLEGE OF YOGA	CHENNAI	82484267 41
7.	ANUPRIYA.M	31/08/199 6 / 23 / F	VETHATHIRI MAHARISHI COLLEGE OF YOGA	CHENNAI	95972553 55
8.	SATHISHKUMAR.P	30/07/200 2 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	95975478 40
9.	NANDHAKUMAR.C	24/06/200 2 / 17 / M	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	63699765 47
9.	PRADEEP.M	08/09/200 2 / 17 / M	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	87540438 74
11.	MADHANPRASANTH.P	06/12/200 1 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	99765499 79
12.	BHAVADHARAN.L.R.A	28/08/200 1 / 18 / F	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	99528242 54
13.	DHIVYABRABHA.M	12/10/200 1 / 18 / F	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	99427306 78
14.	VIJAYARAJA.D	07/07/200 2 / 18 / M	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	79046130 63
15.	LITHANYA.P	01/06/200 1	NANDHA INSTITUTIONS PERUNDURAI.	PERUNDURAI	63834899 72

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Tamilnadu Physical Education  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

		/ 18 / F			
5.	KANIMOZHILC	FEMALE	NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	87540022 81
7.	MOGITH.G	16/04/200 9	RANK INTERNATIONAL.SR.SE SCHOOL,SATHIYAMAN GALLM	SATHIYAMANGAL LAM	99767227 95
8.	SHARATH.P	07/09/201 0 / 10 M	RANK INTERNATIONAL.SR.SE SCHOOL,SATHIYAMAN GALLM	SATHIYAMANGAL LAM	63807631 21
9.	PREMALATHA.V	16/03/197 2 / 47 /F	SAI YOGALAYAM PEELAMEDU	PEELAMEDU	98422466 63
9.	THUSHARA.S	30/08/200 6 / 13 / F	SRI RAMAKRISHNAMATRICULATIO N SCHOOL,COVAI	COIMBATORE	98422466 63
9.	SUDHA.S	FEMALE	YOGA STAFF	ERODE	94436228 70
9.	R.SRIDHAR	26/08/200 2 / 17 / M	PMHSS	COIMBATORE	99650664 91
9.	KANISHKA P	14.11.201 0 / 9 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL	
9.	VAISHIKA G	27.07.201 1 / 8 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL	
9.	MEGAVARSHINI	18.02.201 0 / 9 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL	
9.	ASCVANTH K S	07.04.201 1 / 8 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL	
9.	SANJANASREELAYA K A	28.07.201 1 / 8 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL	
9.	VARSHININEGA S	22.03.201 0 / 9 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL	
9.	INITH N B	08.02.201 0 / 9 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL	

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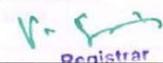


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## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

No.	Name	Date of Birth	School	Location
00.	SWETHA P	28.10.2009 / 10 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
01.	VAISHNAVI G	25.05.2009 / 10 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
02.	AKIL L	02.12.2009 / 10 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
03.	NAVEENA K S	03.11.2009 / 10 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
04.	KAVIN V G	04.12.2009 / 10 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
05.	GURUDHARSHINI M D	03.06.2010 / 10 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
06.	DARSHAN R	12.10.2010 / 10 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
07.	RITHIKASRI K M	28.04.2010 / 9 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
08.	AKSHITHA K J	01.10.2008 / 11 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
09.	SUJAN K	15.10.2008 / 11 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
10.	VIKASH S	04.03.2009 / 10 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
11.	SRIGOKULAKRISHNAN	01.01.2009 / 10 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
12.	SARAN M G	02.12.2008 / 11 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
13.	DEEPANA R	31.01.2008 / 11 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
14.	HARISH S	12.04.2008 / 11 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL

  
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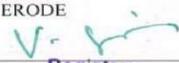


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## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

No.	Name	Date of Birth	School	Location
15.	TRISHNA S	23.07.2007 / 12 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
16.	VISHNUBALAN D	11.07.2007 / 12 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
17.	NARUMUKILAN M	02.04.2007 / 12 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
18.	DIVYASREE R	27.09.2006 / 13 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
19.	KARTHIKA U G	03.10.2006 / 13 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
20.	ANUSHIYA S	06.11.2006 / 13 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
21.	NIRUBA A	13.03.2007 / 12 / F	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
22.	ASWIN A	18.05.2006 / 12 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
23.	SURESHKUMAR D	27.04.2006 / 12 / M	SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
24.	LAVANISHA.P		SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
25.	DEVAHARSHINI.S.N		SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
26.	MITHUNAARHAV.K.S		SRI VINAYAGA INTERNATIONAL SCHOOL, VAIYAPPAMALAI	NAMAKKAL
24.	SASMITA.K	29/04/2011 / 8 / F	NANDHA CENTRAL SCHOOL	ERODE
25.	SREENISHA.S	15/10/2012 / 7 / F	NANDHA CENTRAL SCHOOL	ERODE
26.	POORNASREE.R.M	07/07/2011 / 9 / F	NANDHA CENTRAL SCHOOL	ERODE

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

No.	Name	Date	School	Location
27.	MEKAVARDHINI.S.A	23/04/2010 / 10 / F	NANDHA CENTRAL SCHOOL	ERODE
28.	DHANYASRI.K.S	28/02/2011 / 8 / F	NANDHA CENTRAL SCHOOL	ERODE
29.	DHARANYA.N.M	13/02/2012 / 8 / F	NANDHA CENTRAL SCHOOL	ERODE
30.	GOBIKHA SRINITHI.G	01/07/2010 / 10 / F	NANDHA CENTRAL SCHOOL	ERODE
31.	ISHA.B.S	09/09/2009 / 10 / F	NANDHA CENTRAL SCHOOL	ERODE
32.	DHARSANA.U	21/11/2009 / 10 / F	NANDHA CENTRAL SCHOOL	ERODE
33.	INDHUMATHI.G	29/09/2009 / 11 / F	NANDHA CENTRAL SCHOOL	ERODE
34.	VETHAVARNA.N	06/02/2009 / 11 / F	NANDHA CENTRAL SCHOOL	ERODE
35.	DHANASHRRI.M	05/10/2009 / 10 / F	NANDHA CENTRAL SCHOOL	ERODE
36.	LIBIKA	16/04/2010 / 9 / F	NANDHA CENTRAL SCHOOL	ERODE
37.	KAUSIKA.U.K	01/03/2007 / 13 / F	NANDHA CENTRAL SCHOOL	ERODE
38.	SUTHAA.P.S	10/03/2008 / 12 / F	NANDHA CENTRAL SCHOOL	ERODE
39.	HARSHNEE.R	11/01/2009 / 11 / F	NANDHA CENTRAL SCHOOL	ERODE
40.	RENU SHREE.S	23/07/2007 / 13 / F	NANDHA CENTRAL SCHOOL	ERODE

  
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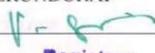


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## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

41.	SANJIV RUPAN.T	12/03/201 1 / 8 / M	NANDHA CENTRAL SCHOOL	ERODE	
42.	GOWTHAM.S	26/08/201 1 / 8 / M	NANDHA CENTRAL SCHOOL	ERODE	
43.	K.D.HONISH	14/08/201 2 / 7 / M	NANDHA CENTRAL SCHOOL	ERODE	
44.	KARTIKEYAN.S	11/07/201 0 / 9 / M	NANDHA CENTRAL SCHOOL	ERODE	
45.	AAGASHV.C	11/05/200 9 / 10 / M	NANDHA CENTRAL SCHOOL	ERODE	
46.	THANRITTHICK.C	26/02/200 9 / 11 / M	NANDHA CENTRAL SCHOOL	ERODE	
47.	SHREEJAN.A.M	17/02/200 8 11 / M	NANDHA CENTRAL SCHOOL	ERODE	
48.	NAVEEN.R.S	26/08/200 6 / 14 / M	NANDHA CENTRAL SCHOOL	ERODE	
49.	DHARRNISH.K.S	16/04/200 9 / 11 / M	NANDHA CENTRAL SCHOOL	ERODE	
50.	ARUMUGAVEL.G	23/03/198 2	NANDHA CENTRAL SCHOOL	ERODE	
51.	TAMILMAHZAN	02/10/200 8 / 11 / M	ARAVIND YOGA CENTRE PERUNDURAI	PERUNDURAI	
52.	SHRISADHANA.S.V	21/07/20 11 / 09 / F	ROOTS MATRICULATION.HR.SEC.SC HOO L VIJAYAMANGALLAM	PERUNDURAI	
53.	MANOJ KUMAR.M		NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	
54.	JAGADEEP.E		NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	

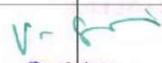
  
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## CRITERION 6 - GOVERNANCE, LEADERSHIP AND MANAGEMENT KEY INDICATOR – 6.5.2

55.	KIRUBANITHLS		NANDHA INSTITUTIONS PERUNDURAI	PERUNDURAI	
56.	KANIMOZHLM	24/10/1997	TIRUCHENGODE		
57.	SABARES.M		TIRUCHENGODE		
58.	K.DEEPAK KUMAR		DINDIGUL		
59.	JITHESH.N.S		KPM		
60.	NAVEEN.J	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
61.	SAVITHA SRLA	FEMALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
62.	ANANYA.A	FEMALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
63.	KISHORE.M	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
64.	JOESHITHEASH.G.K	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
65.	GURUPRANAV.S	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
66.	PAARIVENDHAN.M. D	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
67.	GOPLP	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
68.	SURESH KUMAR.R	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
69.	KRISHNAPRASAD.D	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
70.	PRISHIKA.S.A	FEMALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
71.	RITHISH.P	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	

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72.	KEERTHIVASAN.S	MALE	DREAM PUBLIC SCHOOL TIRUPUR	TIRUPUR	
<p>V. S.</p> <p>Registrar Tamilnadu Physical Education and Sports University Chennai</p>					



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

### Collaborative Initiatives between TNPESU and AMET University, Chennai

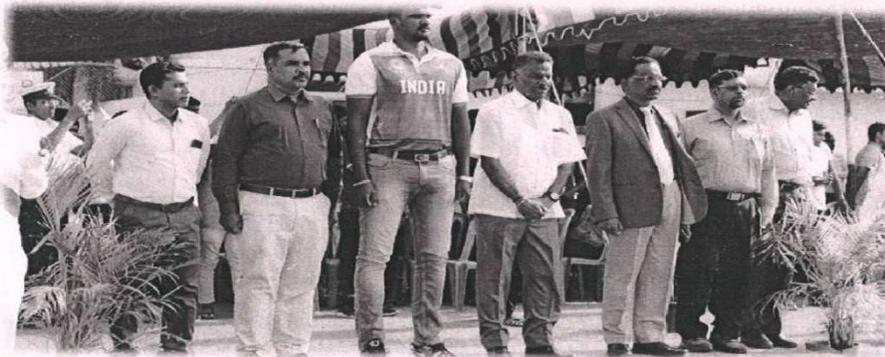



**AMET**  
ACADEMY OF MARITIME EDUCATION AND TRAINING  
DEEMED TO BE UNIVERSITY  
(Under Section 3 of UGC Act 1956)

In Association with  
Tamil Nadu Physical Education and Sports University, Chennai  
Organized the  
5<sup>th</sup> National Level Inter Maritime Institutions Tournament – 2019 from 21<sup>st</sup> to 23<sup>rd</sup> March 2019.



AMET University, Chennai in association with Tamil Nadu Physical Education and Sports University, Chennai organized the 5<sup>th</sup> National Level Inter Maritime Institutions Tournament – 2019 from 21<sup>st</sup> to 23<sup>rd</sup> March 2019 at AMET and TNPESU Campus.



5th National Level Inter Maritime Institutions Tournament- 2019 | 1

*V. S. [Signature]*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



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(Under Section 3 of UGC Act 1956)



The Inauguration Ceremony of the 5<sup>th</sup> National Level Inter Maritime Institutions Tournament – 2019 was held at AMET University Campus, Chennai at 8.00 am on 21.03.2019. Mr. Vasudevan Baskaran, Arjuna Awardee (Former Indian Men Hockey Team Captain), was the Chief Guest and Mr. Aravind Annadurai, Inspector of Income Tax, Chennai & International Basketball Player was the Guest of Honor. Mr. Jestes Antony, Former Indian Football Player was invited as a Special Invitee.

The Inaugural ceremony was elated with the presence of the Revered University Authorities namely Col. Dr. G.Thiruvasagam, Vice-Chancellor, AMET, Dr. P.Saravanan, Registrar, AMET, Prof. KR.Chidambaram, Principal, DG approved Courses, Dr. D.Sathiakumar, Registrar i/c, TNPESU, Chennai and Dr. S.Thirumalai Kumar, Prof. & Head, Department of Physical Education, TNPESU, Chennai.



The Programme started with the March Past Competition for the Invited Participants excluding AMET University participants. 11 Institutions participated in the March Past Competition and Southern Academy of Maritime Studies won the March Past Competition. Followed by the March Past, the Olympic Torch was taken by the AMET Players and lighted the Tournament Lamp.

5th National Level Inter Maritime Institutions Tournament- 2019 | 2

*V. G. S.*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



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ACADEMY OF MARITIME EDUCATION AND TRAINING  
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(Under Section 3 of UGC Act 1956)

Celebrating  
**25**  
Years



Honorable Vice-Chancellor of AMET presided over the function

5th National Level Inter Maritime Institutions Tournament- 2019 | 3

*V. C. V.*  
Registrar  
Tamilnadu Physical Education  
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Sports University  
Chennai



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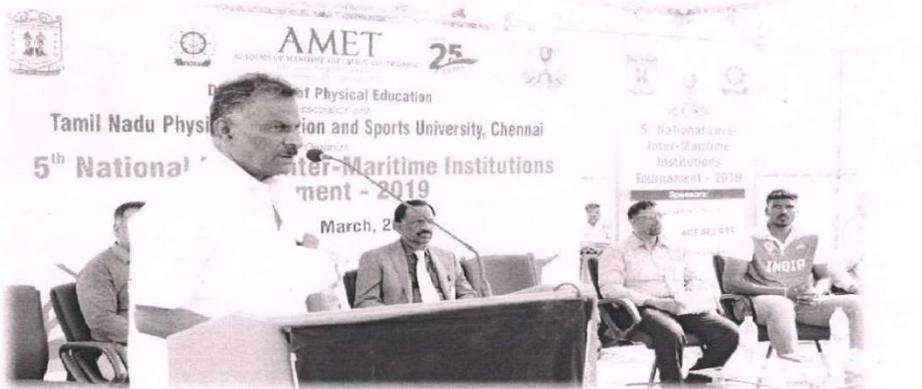


**AMET**  
ACADEMY OF MARITIME EDUCATION AND TRAINING  
DEEMED TO BE UNIVERSITY  
(Under Section 3 of UGC Act 1956)

celebrating  
**25**  
years



Dignitaries on the Dias Honoring the Chief Guest Mr. Vasudeven Baskaran, Arjuna Awardee



Chief Guest Mr. Vasudeven Baskaran, Arjuna Awardee delivering the Chief Guest Address

5th National Level Inter Maritime Institutions Tournament- 2019 | 4

*V. Srinivasan*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



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



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DEEMED TO BE UNIVERSITY  
(Under Section 3 of UGC Act 1956)



Respected Registrar Dr. P. Saravanan of AMET honoring the Guest of Honor Mr. Aravind Annadurai



Dr. D. Sathiakumar, Registrar i/c, Tamil Nadu Physical Education and Sports University, Chennai delivering the Felicitation Address

5th National Level Inter Maritime Institutions Tournament- 2019 | 5

*[Signature]*  
Registrar  
Tamilnadu Physical Education  
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(Under Section 3 of UGC Act 1956)



Former Indian Football Player Mr. Jestes Antony demonstrated Football Free Style during the Inauguration Ceremony and Steals the Show



Respected Registrar i/c Dr. D. Sathiakumar of Tamil Nadu Physical Education and Sports University honoring the Special Invitee Mr. Jestes Antony, Former Indian Football Player

5th National Level Inter Maritime Institutions Tournament- 2019 | 6

*V. S. Sathya*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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DEEMED TO BE UNIVERSITY  
(Under Section 3 of UGC Act 1956)

Celebrating  
**25**  
years

### Tournament details

**Date:** 21<sup>st</sup> - 23<sup>rd</sup> March, 2019

**Venue:** AMET University, Chennai & Tamil Nadu Physical Education and Sports University, Chennai

The following Games were conducted in this 5<sup>th</sup> National Level Inter Maritime Institutions Tournament.

- 1) Badminton
- 2) Basketball
- 3) Beach Volleyball
- 4) Body Building
- 5) Chess
- 6) Cricket
- 7) Football
- 8) Handball
- 9) Kabaddi
- 10) Snooker
- 11) Swimming
- 12) Volleyball
- 13) Table Tennis & March Past

### Participated Institutions

- 1) Euro Tech Maritime, Cochin
- 2) Mangalore Marine College, Karnataka
- 3) Coimbatore Marine College, Coimbatore
- 4) Noorul Islam Marine Institute, Nagercoil
- 5) Vel's Maritime Studies, Chennai
- 6) GKM Maritime Institute, Chennai
- 7) Southern Maritime Studies, Thiruvallur
- 8) Indian Maritime University, Chennai
- 9) Indian Maritime University, Chemmanchery
- 10) Hindustan Institute of Maritime Training, Chennai
- 11) AMET University, Chennai

Total No. of Participants: 757

*Mr. [Signature]*



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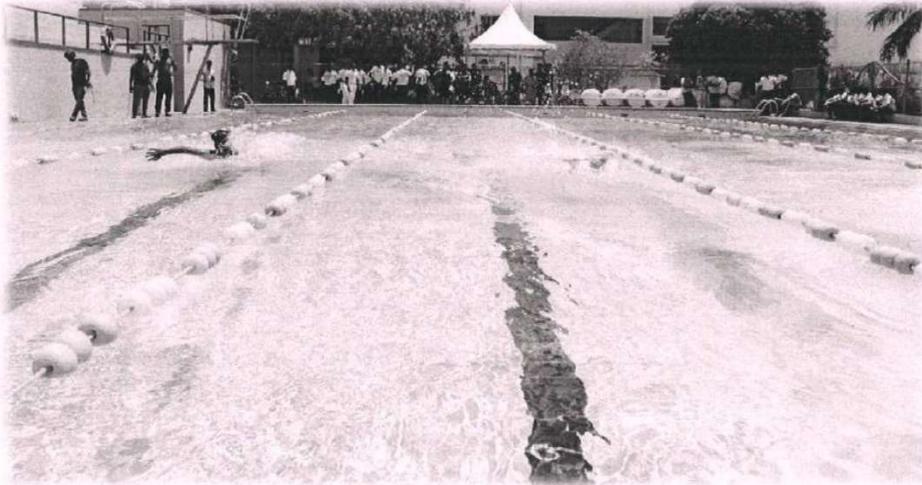


# AMET

ACADEMY OF MARITIME EDUCATION AND TRAINING  
DEEMED TO BE UNIVERSITY  
(Under Section 3 of UGC Act 1956)

Celebrating  
**25**  
Years

### Events Conducted in AMET University



### Swimming Competition



Inauguration of Volleyball Match by Capt. R.K.Kumar,  
Department of Nautical Science, AMET, Chennai

*V. Q.*  
Registrar  
Tamilnadu Physical Education  
and Sports University



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(Under Section 3 of UGC Act 1956)

Celebrating  
**25**  
Years



Cricket Match



Kabaddi Match

5th National Level Inter Maritime Institutions Tournament- 2019 | 9

*V. Srinivasan*  
Registrar  
Tamilnadu Physical Education



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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**AMET**  
ACADEMY OF MARITIME EDUCATION AND TRAINING  
DEEMED TO BE UNIVERSITY  
(Under Section 3 of UGC Act 1956)



Inauguration of Basketball Match by Prof. KR. Chidambaram, Principal, DG Approved Courses, AMET, Chennai



Inauguration of Kabaddi Match by Dr. N.R. Ramkumar, Proctor & Director of Physical Education, AMET, Chennai



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Inauguration of Cricket Match by Deputy Registrar, AMET, Chennai



Beach Volleyball

5th National Level Inter Maritime Institutions Tournament- 2019 | 12

  
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Celebrating  
**25**  
Years



Chess



Snooker

5th National Level Inter Maritime Institutions Tournament- 2019 | 13

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Table Tennis



Events Conducted in Tamil Nadu Physical Education and Sports University, Chennai



Badminton

5th National Level Inter Maritime Institutions Tournament- 2019 | 14

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Handball



Football

5th National Level Inter Maritime Institutions Tournament- 2019 | 15

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3.7.2 - MOU

### Report on National Sports Day Celebrations Run for Sports -2019



Jointly Organized by

Tamil Nadu Physical  
Education  
and  
Sports University,  
Chennai

&

Academy  
of  
Maritime Education and  
Training,  
Deemed to be University,  
Chennai

Date: 25.08.2019  
Time: 6.00 am to 8.30 am

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**Title of the Programme** : Run for Sports – Mini Marathon

**Objective of the Programme** : (i) The objective of this Event is to motivate and encourage the student's to be fit both physically & mentally.

(ii) To Honour the Legendary Hockey Player, Major Dhyan Chand Singh (Birth Anniversary)

**Category** : Boys (10 Kilometers) & Girls (06 Kilometers)

**Programme Date** : 25<sup>th</sup> August 2019

**Time** : 06.00 am to 8.30 am

**Venue** : TNPESU

### Programme Details:

Academy of Maritime Education and Training, Chennai and Tamil Nadu Physical Education and Sports University, Chennai jointly organized Run for Sports – Mini Marathon on 25<sup>th</sup> August 2019 in view of National Sports Day Celebrations, to Honor the Legendary Hockey Player, Major Dhyan Chand Singh (Birth Anniversary) The Marathon was conducted on two categories (i) 06 Kilometers for Girls and (ii) 10 Kilometers for Boys. The Girls Event was hosted

National Sports Day Celebrations - 2019 Page 1

Tamil Nadu Physical Education and Sports University  
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by Capt. K. Karthik, Dean, Department of Nautical Science, AMET University, Chennai and the Boys event was hosted by Dr. Sheila Stephen, Vice-Chancellor, Tamil Nadu Physical Education and Sports University, Chennai.

150 Cadets / Students were actively participated in the Marathon from AMET University, Chennai and 97 Students from Tamil Nadu Physical Education and Sports University, Chennai were actively participated and completed the Race successfully.



Chief Guest Capt. K. Karthik, Dean, AMET University, Chennai Flag off the Girls Marathon (06 Kilometers)

  
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Dr. Sheila Stephen, Vice-Chancellor, TNPESU, Chennai Flag off the Boys Marathon  
(10 Kilometers)



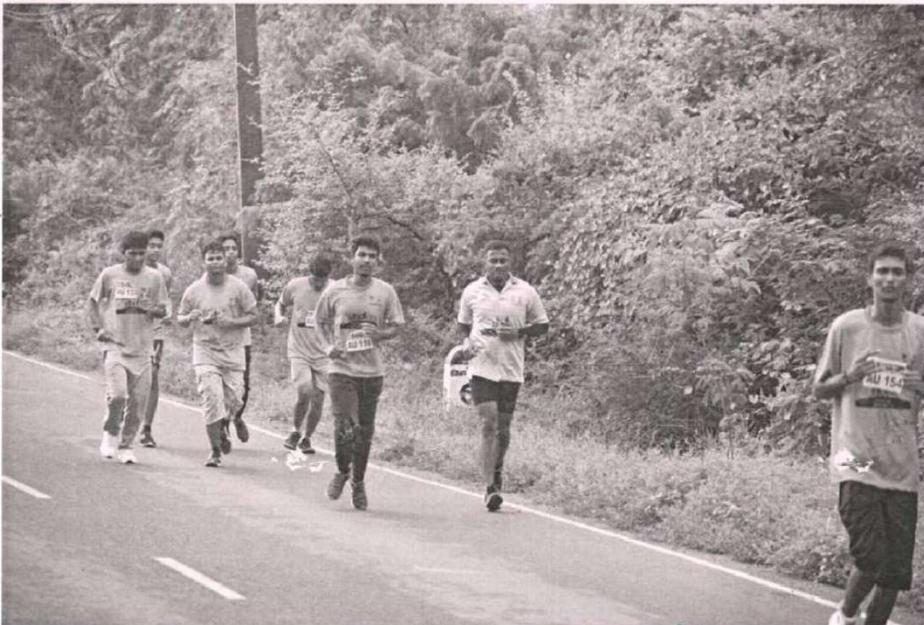
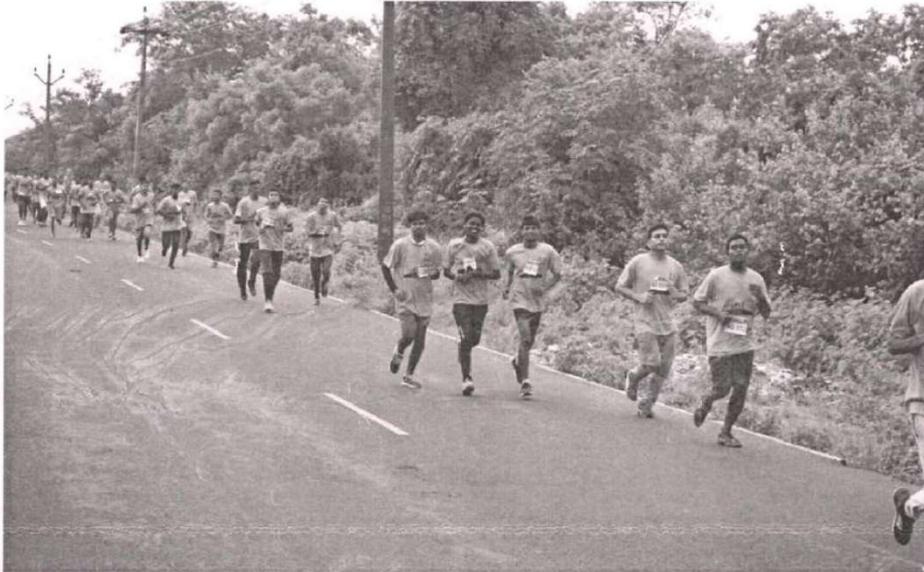
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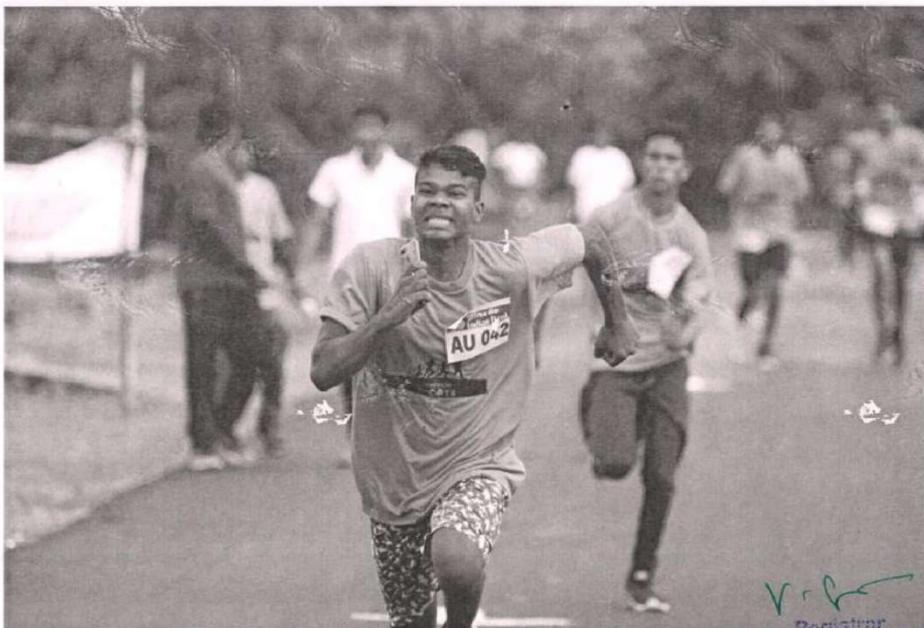
  
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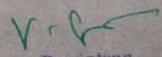


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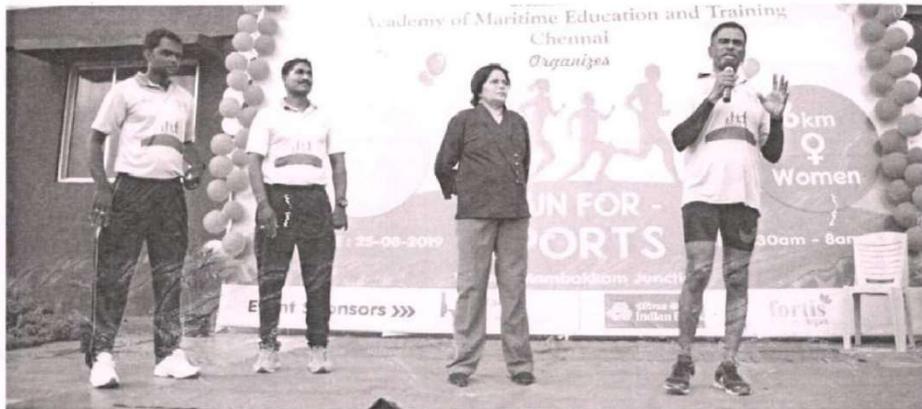
  
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Capt. K. Karthik, Dean, AMET University, Chennai and Dr Sheila Stephen, Vice Chancellor delivers the Chief Guest Address and Guest of Honor Address respectively



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Cadet. Akshaya and Cadet. Preshiha declared as Winner and Runner Up in Girls Category from AMET University, Chennai



Ms. Divya declared as Winner in Boys Category from AMET University, Chennai

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Cadet. Tharun declared as Winner in Boys Category from AMET University, Chennai



Mr Ganesh. declared as Winner in Boys Category from TNPES University, Chennai

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### 6 Kilometers Run Route Map



### 10 Kilometers Run Route Map



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### Collaborative Scientific Research Publications by Faculties of TNPESU and AMET University, Chennai

INTERNATIONAL JOURNAL OF SCIENTIFIC & TECHNOLOGY RESEARCH VOLUME 8, ISSUE 12, DECEMBER 2019 ISSN 2277-8616

## An Eight Weeks Soccer Training Programme On Sprint

Dr. A. Manoj Kumar, Dr. S. Thirumalai Kumar, Dr. S. Manikandan & Dr. S. Sivamani

**Abstract:** Soccer is the most popular sports all time, which was played all over the world by all age group. Elders using their experience and become a coach or a manager. Youngsters become a professional soccer player once they achieve their peak level. Players need to perform well by using Speed in form sprint with or without ball. Hence, this study investigates the sprint performance in soccer due to eight weeks of soccer training programme. For which the researcher selected Twenty U-20 male soccer players from Bimbo Soccer Club, Nagercoil playing 2<sup>nd</sup> division League took part in this programme, they were informed at the being of the programme about the benefits and the encouragements in their participation. The players were matched in to two groups: Training group and Control Group. The study protocol taken place in the SMRV Higher Secondary School Soccer Ground under the guidance of the three Soccer Experts. Players were filled consent form prior to this research. All Players were performed Speed Test 50 Mtrs dash Standardized Test before and after the stipulated training programme. Players were familiar with the test and even though they were familiar they performed under the supervision of the Soccer Experts. 'T' Test was used to find out the outcome of this training programme. After the statistical treatment it was observed that the eight weeks training programme outshined the sprinting performance in soccer players compare to control group.

**IndexTerms:** Intensity, Soccer, Soccer Club, Speed, Sprint, Statistical treatment, Training Protocol.

### 1. INTRODUCTION

The development of soccer players both technically and physically depends on the gradual improvement in basic abilities related to commitment in competition experiences and other related soccer training protocols. [4] The Soccer Training programmes usually consists of Warm Up, Specific Conditioning with ball and without ball, sprinting and jumping. Developing these attributes will be a very big confront in soccer. [2] Further, it is declared that soccer training protocol in peak area obtain rational developments to the players on experiential traditional strength training. Soccer involves many repeated high intensity efforts. One method to train this ability is to perform repeated sprint training, in which short sprints are conducted with a defined rest period. [1] Numerous studies stated that Sprint is one of the most essential parts in soccer with or without ball. Many soccer related activities and training exercises (shooting & passing) involve short, fast efforts. To be effective, these should involve bouts of less than 10 seconds and have a work to rest ration of 1:2 to 1:5. Training of this type has been shown to improve speed and minimize fatigue between repeated rapid bouts, providing a crossover to some of the aerobic adaptations [3]. Sprint is key component in the modern game. Components of speed can be broken down into acceleration, maximum speed and agility. Small sided games stress agility; therefore, sprint training will concentrate on developing basic linear speed, using maximum sprints and overload, or over-speed training [5] Hence, the main reason of this research was to identify the

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- Dr.S.Thirumalai Kumar, Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai
- Dr. S. Manikandan, Professor & Head i/c, Department of Physical Education, Tamil Nadu Physical Education and Sports University, AMET University, Chennai
- Dr. S. Sivamani, Assistant Director, Department of Physical Education, AMET University, Chennai

sprint performance in soccer among soccer players after performing eight week training programme. Planning Soccer training programme for soccer players should be divided in to three stages: Transition, Preparation and In Season. Each of these has Specific goals and requires different levels of training variation. [3].

### 2. METHODS

#### 2.1 SUBJECTS

Twenty U-20 male soccer players from Bimbo Soccer Club, Nagercoil playing 2<sup>nd</sup> division League took part in this programme, they were informed at the being of the programme about the benefits and the encouragements in their participation.

The players were matched in to two groups: Training group and Control Group. The study protocol taken place in SMRV Higher Secondary School Soccer Ground, Nagercoil under the guidance of the three Soccer Experts.

#### 2.2 STUDY DESIGN

In this research two groups namely Experiment and Control Group were divided equally consist of 10 players each. The duration of this study last up to eight weeks both morning and evening except Sunday. (Rest Day)

All Players were performed Speed Test 50 Mtrs dash Standardized Test before and after the stipulated training programme. Players were familiar with the test and even though they were familiar they performed under the supervision of the Soccer Experts.

#### 2.3 TRAINING PROGRAMME OF EIGHT WEEKS

Outline of Training Programme over an Eight Weeks Period

I, II and III Week	IV, V & VI Week	VII & VIII Week
<b>Table:1</b>		
Warming Up		
General Endurance 7 v 7 to 10 v 10	Specific Endurance 3 v 3 to 6 v 6	Specific Endurance 1 v 1 & 2 v 2
Sprint 40 % Intensity (25 Mtrs, 50 Mtrs)	Sprint 30 % Intensity (50 Mtrs & 75	Sprint 10 % Intensity (75 Mtrs, 100

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INTERNATIONAL JOURNAL OF SCIENTIFIC & TECHNOLOGY RESEARCH VOLUME 8, ISSUE 12, DECEMBER 2019 ISSN 2277-8616

	Mtrs)	Mtrs)
Normal 11 v 11 Game for 45 Minutes		
Cool Down		

The Prescribed Training programme in Table:1 was followed by all the players in Experimental Group. After the training programme was concluded the Speed was conducted and taken for Statistical analysis.

### 3. STATISTICAL TREATMENT

To analysis the obtained score SPSS.17.0 IBM Software was used. The mean score of Sprint Performance was given in Table- 2

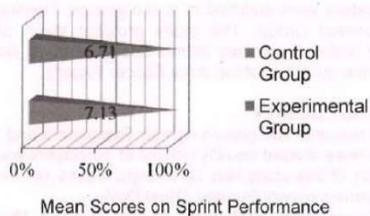
Table-2

	Groups	Mean Score	SD	S. Error	t' Value	P' Value
Sprint Performance	Experimental Group	6.71	0.933	0.528	10.22*	0.000
	Control Group	7.13	1.222	0.735		

\* Significant at 0.05 level.

It was marked from the Table 2 that the calculated 't' value 10.22 is higher than the table value 2.48 at 0.05 level of significance. Further the Sprint Performance scores in Experimental Group (6.71) was much better than the Control Group (7.13).

### Sprint Performance



### 4. DISCUSSION

This study investigated the sprint performance of soccer players by training eight weeks soccer training programme. Due to the Eight Weeks Soccer Training Programme the sprint performance in soccer players significantly improved compare to control group.

### 5. CONCLUSION AND RECOMMENDATION

It was concluded that due to the eight weeks training programme the sprinting performance in soccer players got outshined compare to control group. This training programme involves numerous soccer drills and Speed related training with different intensity. This helps the soccer players to develop large number in sprinting performance with and without ball. Coaches and Managers in Soccer field maximize the Sprint performance often in their

particular training programme to enhance and to motivate the players performance in Competition period. Further it was recommended that this kind of soccer training programme helped the players as well as the Managers.

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INTERNATIONAL JOURNAL OF SCIENTIFIC & TECHNOLOGY RESEARCH VOLUME 8, ISSUE 12, DECEMBER 2019

ISSN 2277-8616

### Core Stability Training On Muscular Endurance Among Novice Badminton Players

Dr.S.Sivamani, Dr. S.Thirumalai Kumar, Dr.S. Manikandan, & Dr.A. Manoj Kumar.

**Abstract:** Core stability training is a structure of training to increase an endurance and neuromuscular control. Its role to improving the fitness level of strengthening body core muscles as well as core stability training on muscular endurance among novice badminton players. The current research report was to discover Core-stability training on Muscular Endurance among novice badminton players. Thirty badminton men players were selected from Adukalam Badminton Academic, Pondicherry and the participant level age categories in between 17 to 22 years. The total numbers of participant 30 numbers were categorized into two groups and were erratically assigned as Experimental and Control group. The Experimental group undergone Muscular-endurance training programme and Control group doesn't involves any sort of training programme. Muscular endurance was assessed by push-ups. The data was collected the fore and after eight weeks of training programme. Further this result reveals there is no significance were found and increased in the core stability Muscular-endurance was analysis for control group in the present study.

**Index Terms :** Badminton, Core stability training, Fatigue, Injury prevention, Muscular Endurance, Novice, Skeletal structure.

#### 1. INTRODUCTION

Core-stability describes the position and locomotion of the upper limbs of the body and its potential to control the muscles. This involved muscles deep within the skeletal muscles which connect part of upper limbs into the deltoid muscle, Pectoralis major and minor, Triceps, the Ulnar Muscles, Serratus Anterior, Abdominal Muscles, Coracobrachialis and Trapezius. It assist in the maintenance of good posture provide the foundation for arm and shoulder power. A multi-dimensional training programmed done on a unique to enhance human performance and function strength and power [7]. Core stability main function is to maintain good physic then support to protect the rib cage, shoulder and skeletal structure from extreme ranges of movement and from the excessive or shoulder power acting on the body [1]. "Core training as any training focused at the upper part of the body." The muscles ability to continue to perform without fatigue its called Muscular endurance [2]. Core stability training is an essential component of sports performance and plays a key role in injury prevention [4]. The primary function of body core muscles is to stabilize the upper part of the body, thereby providing a strong foundation for movements of arms and shoulder [9]. For Novice Badminton players fitness become an important factor in deciding to compete in major competition. Expert performer process information at a deeper, more tactical level, while novice performer process events in the environmental or surface features of a games situation.

The performers have specialized search and retrieval abilities from game situations and long-term memories, while novice performers do not have these abilities or the game experiences to draw from in their long-term memories. The performers will have high success at performing skills correctly during games, perform effortlessly and more automatically, show greater consistency and adaptability in performing movement patterns and better at monitoring their own performance as well as detecting and correcting errors [6]. A player must to hold endurance is important because badminton matches last between 30 and 90 minutes, which 30 percent to 45 percent of the total time on court is actual competition [10]. Power and Strength is also an important factor in badminton even though the rackets weight less than 4 ounces. In addition, shoulder and leg strength is important for lunging to the net and jumping backward in the court to hi clear and smashes powerful. Players who are in excellent physical condition develop confidence and feel comfortable playing long rallies and smash that require a great deal of running, jumping and lunging [3].

#### 2. MATERIALS AND METHODOLOGY

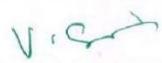
##### 2.1 Participants

The study was conducted on 17 to 21 years age ranged thirty novice's badminton players from Adukalam Badminton Academic, Pondicherry. They randomly assigned into two groups. Experimental group of 15 Numbers and another group as control group 15 Numbers. They followed an incessant whole body / top to bottom training program that involved training all major muscle group alternative days per week using training for 8 weeks.

##### 2.2 Procedures

Prior to workout, subjects performed a standardized series of stretching and flexibility exercises. To minimize risk injury, a 10-15 minutes warm-up and warm down schedule was followed before and after exercises. Subjects engaged in a supervised, core stability training program for 45 minutes alternative days in a week. The subject's muscular endurance was assessed by push-ups before and after the eight week training programme. The core stability training group shown experienced a significantly greater

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improvement muscular endurance then control group. Further the result shows significance difference between the groups in Muscular-endurance among novice badminton players.

### 3. Statistical analysis

SPSS 20.0 programme was used in the analysis of the data obtained through the research. 't' test was applied to determine significant within and between group differences. Significance levels was pointed a  $p < 0.05$ .

### 3.1 Results

Investigation from this study of Mean values and Standard deviation, 't' value of in muscular endurance values took place before and after the experimental and control groups values are presented in table - I.

Table – I

	Group	Mean	S.D	't' Ratio
Muscular Endurance	Experimental	35.61	0.954	12.08*
	Control	29.85	2.251	

\*Level of significant at 0.05 level. (Table value 2.92)

It is evident from Table – I, that the calculated 't' value 12.08 is higher than the table 2.12 at 0.05 level of significance. Hence the stated hypothesis is accepted. The muscular endurance mean scores of experimental group (M=35.61) had better when compared with control group (M=29.85)

There is inferred that a major deviation in Muscular-endurance amongst Experimental group and Control group. The Muscular-endurance scores between Experimental group and Control group are represented using graphical presentation in Figure. I

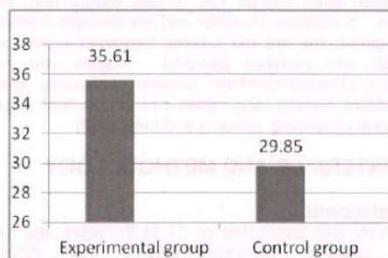


Figure – I

Graphical bar diagram shows mean scores value (Muscular Endurance)

### 4. DISCUSSION

The objectives the research analysis was to figure out the Core-stability training programme on muscular endurance ended eight weeks in order to improve the core Muscle-endurance capacity of novice Badminton players. The current results show that eight of core stability training has significant improvements in Muscular-endurance pushups

tested. Hence, no significance were found and increased in the core Muscular-endurance was analysis for control group in the present study.

### 5. CONCLUSION AND RECOMMENDATION

Due to 8 weeks training programme the muscular endurance among the novice badminton players as improved significantly based on the improvement the shoulder and arm power further recommended further research for using core stability training programme in various surface. Also this research recommended major games like basketball, football, hockey, kabaddi, handball and tennis. The coaches can include the same set of training as part their training schedule to develop.

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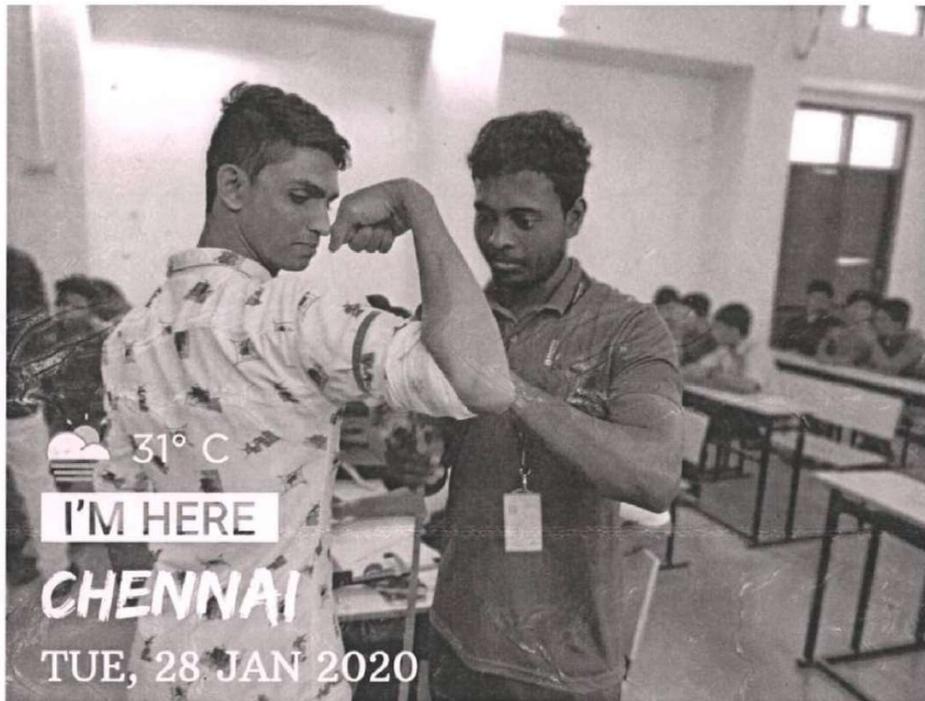
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## Collaborative Initiatives between TNPESU and CLRI

FUNCTIONAL MOU WITH CLRI



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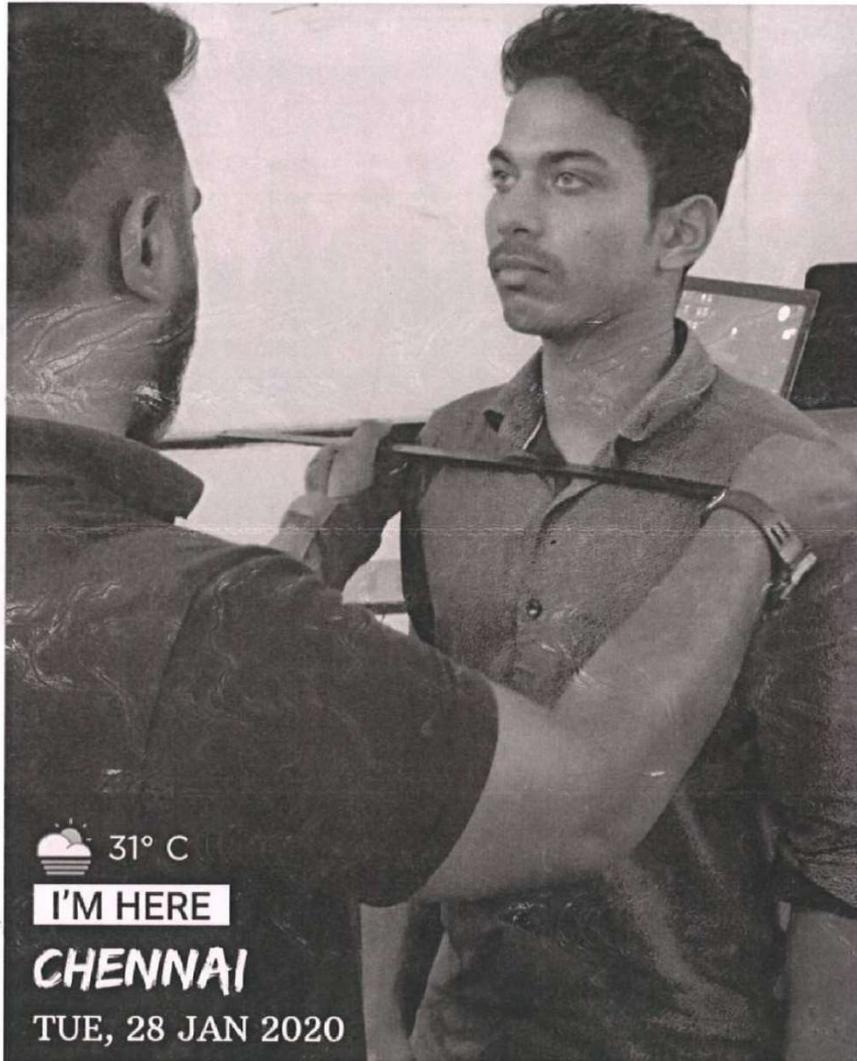


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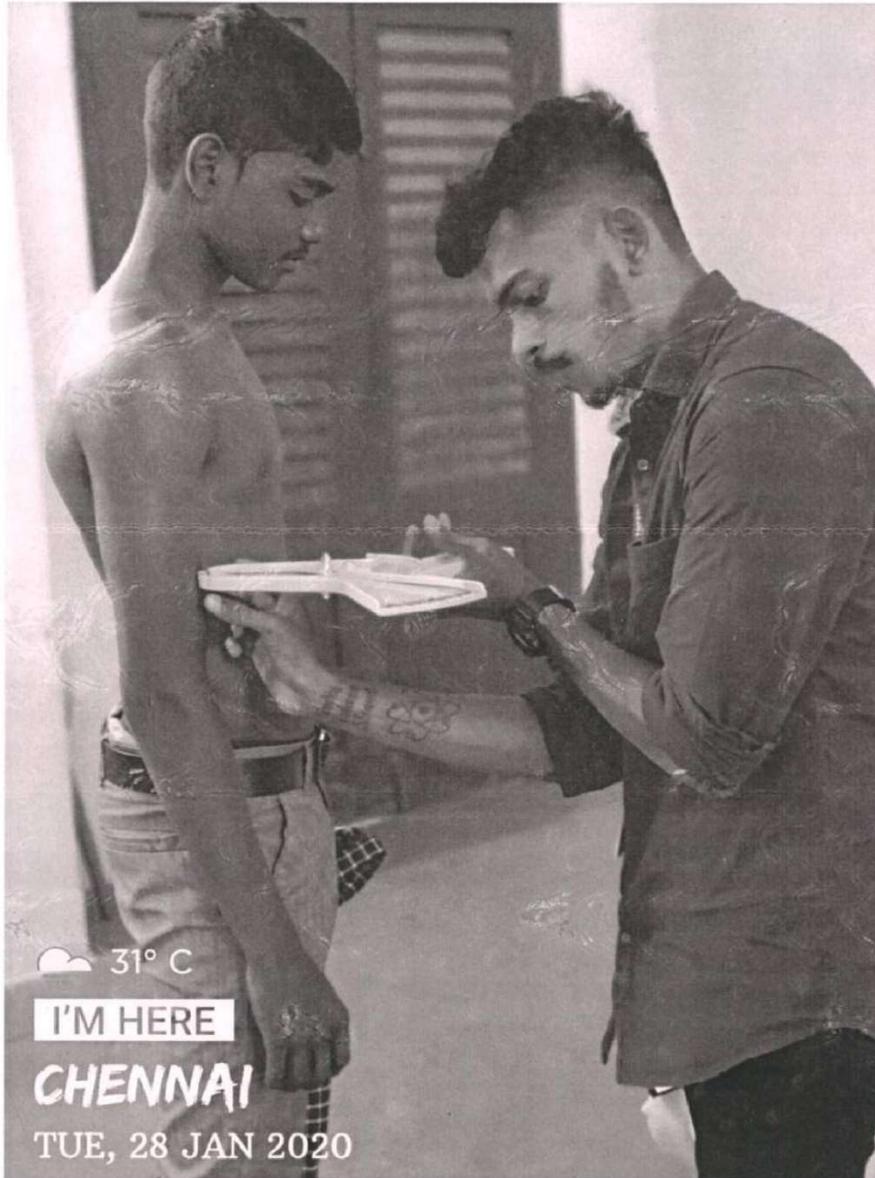


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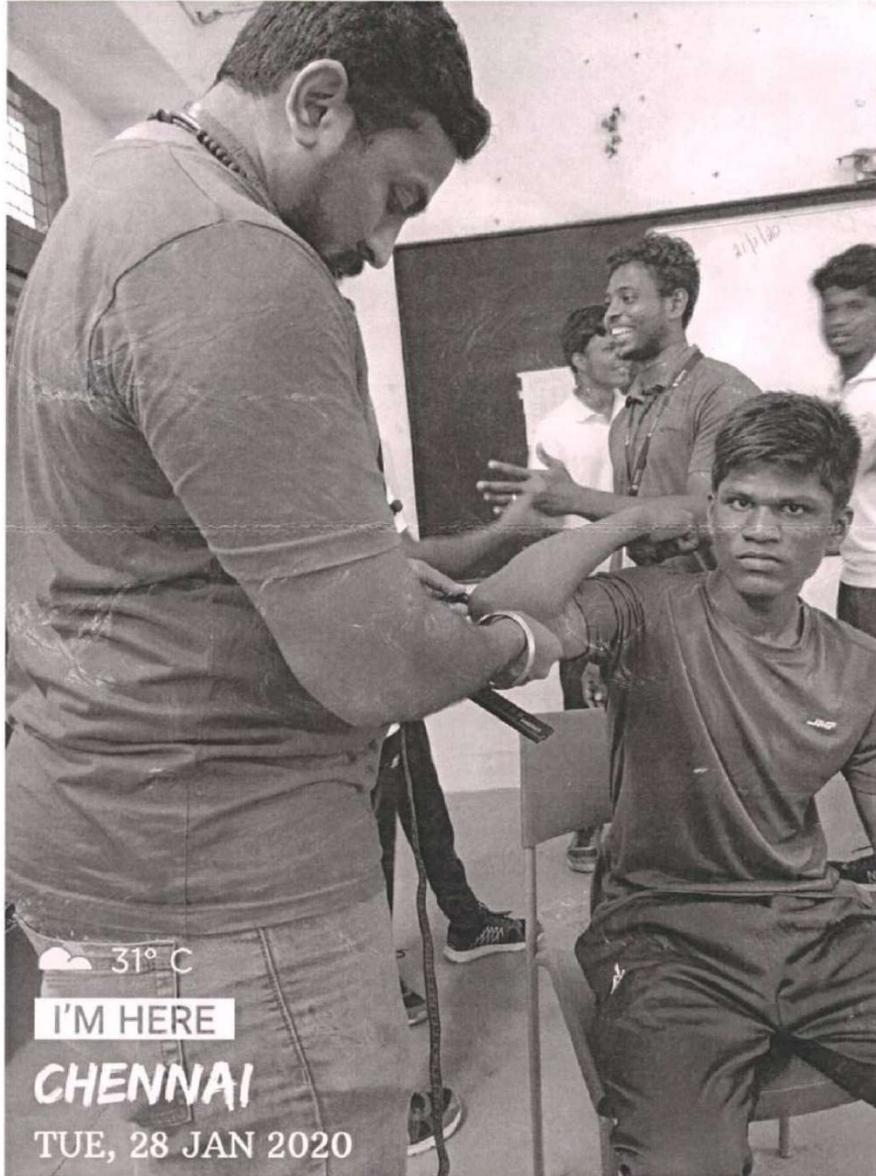


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S.No	Name	Body Height(cm)	Body Weight(kg)	Length of leg (cm)	Length of arm (cm)	Mid-calf (cm)	Arm flexed (cm)	Relaxed arm (cm)	Waist (cm)	Hip (cm)	Mid-thigh (cm)	BMI
1	Shinycatherin	161	46.3	96.5	73	28	22.5	21.5	65	86	45	17.8
2	Helen Michael	152	53.8	91.5	72	34	27	26	73	92.5	53	23.2
3	p Divya	154.5	42.7	92.5	71.3	27.5	21.5	21	63.2	83.5	41	18
4	s Divya	167.9	45.9	104	81	28	20.5	20	64	83	42.5	16.4
5	Jayasakthi	156.5	37.2	90	67	29	20.7	19.5	60.5	75.5	39	15.2
6	Sandhana priya	157	43.5	93	71	29.5	22	21	57	80	43	17.6
7	Sandhiya	156	66	91	58.5	35	30	29	78	104	57.5	27.1
8	Saktheeswari	166.5	62	97	77	33	25.2	24	74	100	50	22.5
9	Lalitha	147	35.4	87	65	26	20	19	60	78.5	38.5	16.3
10	Vigneshwari	151.5	48.2	68	71	32	24	23.5	63.5	78	48	21.1
11	Iswarya	158.9	48.7	95	75	50	24.5	23	68	88	30.5	19.5
12	Ponkumar	169	57.4	95.5	75.8	36.5	29.5	25.5	64.8	86	51.3	20.1
13	Dinesh kumar	169	71	98	77	34.5	35.5	32.8	74	95.5	56	24.8
14	Praveen kumar	170	47.9	97.5	72	30	23.5	21.5	65.5	81	45.5	16.5
15	Sabari	175.5	81.8	102	77.5	63.5	37.5	34.8	85	96	58.5	26.7
16	Belgin	167	51.7	94	74	31	29.5	27	63.5	86	48	18.5
17	Pratik	175	47.6	99.5	74	28	25.8	23	63	81	44	15.5
18	Mugesh	170	56.4	96	71	33	29	26.5	65.5	87	51	19.5
19	Yogasagar	173	48.8	101.5	74.3	31	25	21.5	59	84	46.5	16.3
20	Rajineeshwara n	164	53.7	90.5	70.5	32	28	25.5	69	84	51	19.9
21	Hemanth	177.5	80.4	103.5	79	40	33	29.5	82	105	63.5	25.6
22	Balamurugan	172	94.5	103	75.5	42	36	33.5	89.5	115	69	31.9
23	Ajay	172	54.5	97	74	30.8	26.5	25.5	67.5	91	53	18.4
24	Manikandan	167	52.4	96.5	73	30	26	24.5	67.5	80	47.5	18.7

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25	Aravind	163	54.5	94	72	32	36	24.5	69	88.5	50	20.5
26	Madan kumar	166.6	56.6	96.5	73.5	33	28	36	68	88	50.5	20.5
27	Rahul	165	65	92.5	71.3	33.5	28	25.5	68	93	55.5	23.9
28	Jeevitha	156.3	48.6	94	70	31	26	24	67	92	46.5	20
29	Madhumitha	152.1	50.1	92	57	32	24	21	71	93	50	21.9
30	Pavithra	162	49.6	95	70	28.9	21.7	20	67	82	44	19.1
31	Kowsalya	158.5	40.2	100	71.3	28	20.3	20	61	81	42	16.1
32	Kavitha	158	39.6	92	68	28	20	19.5	58	82.5	35.5	15.9
33	Logapriya	154.5	52.1	90	70	32.3	27.7	26	71.5	90	49	22.2
34	Vismaya	152.5	60.9	89	70.2	34.7	27.5	26	81	96.5	56.8	26.4
35	Sandhiya	154	42.2	91.5	73	29	24.2	23.5	67	86	45	17.8
36	Ajith	165.5	53.6	94.2	74	32.4	27.2	24.9	70.5	88.3	47.9	19.8
37	Deepak	162.3	49.2	90	73	31	27.6	26.1	65	85	43	19.1
38	Shesathri	162.8	41.9	93.6	71.9	29.1	23.8	21.8	59.7	79.1	44.3	15.6
39	Ansari	181	93.2	98.3	80.6	41	33.1	32.1	90.3	111.2	65.9	28.9
40	Karpuraraja	174.4	51.4	105	77	30.5	27.4	24.5	63	84	46	17.1
41	Appukumar	164.2	46.6	97	69	29	25.9	24.1	63	79	46.5	17.2
42	Ismael	163	86	94	79	38	37.1	37.4	103	107	51.5	32.9
43	Abineshwari	156	42	94	70	28.5	25	20	61	76	42	17.3
44	Balamani	150	37	82.9	64	27.2	21	19.8	56	78	42	16.4
45	Sandhiya	157	40	88	71	30	21.5	21	56.5	82	45	16.2
46	Pandeeswari	147	40	78	68.6	28	25	24.5	63	80.5	43.5	18.5
47	Tengin	169	54.6	93	76.8	34	25	23.5	67.5	91	49.4	19.1
48	Gayathri	150	38	86	72.5	28.5	22	21	57.5	79	40	16.9
49	Malavika	156	42.9	89	69	29.6	21	20.3	60	87	45.5	17.6
50	Lavanya	153	44.1	89.5	68.5	29.6	24.3	23	61	87	43.2	18.8
51	Jayasudha	146	37	79.5	63.5	28.5	22.5	22	57	79.8	43	17.4
52	Sumitha	157.5	35	91	71.5	26.5	20.4	19	53.4	79.6	38	14.2
53	Premilamuthu	149	48	83.5	66.3	33	24	22.3	72	92	46	21.6



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54	Abu huraira	182.5	59.5	106.5	76	32.5	30	27.5	66	87	53.5	18
55	Chandru	183.5	62.3	108	83.5	32.8	31.2	29.2	65.6	90	53.5	18.6
56	Godwin Joshva	170	58	96	74.5	31	29.5	28	69	89	50	20.1
57	Sathish	167	61	92	70	33.6	32.5	29.5	72.5	91	52	21.9
58	Prakashraj	168	64	99.5	77	34.5	31.5	29	76.2	92	55	22.7
59	Niresh	158.5	62.9	94	68.5	34	28.5	28	74	93.5	54	25.2
60	Vigneshwaran	171	58	99.5	78	32.5	27	24.5	67.5	88.5	50.5	19.8
61	Karthigarupan	173.5	78.5	101.5	74.5	39.1	32	30	84.5	106.5	63.5	26.2
62	Logesh	183.6	69.9	108	80.5	37	28.6	26.2	76.5	96	57.5	20.8
63	Vinoth	175.5	85.6	105	79.5	39	37.8	34.9	84.5	106	68	27.9
64	Padmasree	168.2	69	102.5	79	38	28	26.5	72	104.5	58	24.4
60	Vakshala			80.5	67.2	31	27	26	71	94.5	53.4	
66	Leo antony	173	96.4	101	73	44	33	38	105.5	120.6	60.6	32.2
67	Pansowo	176.2	67	100.5	75.8	28	24.5	34.2	69	92.5	46.5	21.6
68	Azad	172	52	100	75	27	23.4	34	60	90	45.4	17.6
69	Saumyajit	168.5	77	92.5	74	36	37.4	39.6	74.5	97	54.3	27.3
70	Vignesh	172	69.2	105	77	34	28	39	72	94	53	23.4
71	Niranjan	171.8	61.6	101.2	76.5	34	30.5	30.6	74.2	92.7	49.3	21.1
72	Stanley	163	60.3	95	75.8	31	29	35	73.5	93.7	50	22.7
73	Priya sapre	160.4	76.6	94.5	73.8	28	27	38	91	110	59	29.9
74	Priya	154.5	53.8	96	73.5	27	26	33	64	95	52	22.7
75	Sivaprakash	178.6	74.6	97	80.7	35.5	32.3	30	75	98.2	56.3	23.7
76	Vaagisa	179.9	71.1	101	79.5	37.5	29.5	27.3	73.5	101	62.8	22.4
77	Gokulesh	168.6	58	91	74.8	36.3	27.5	25	67.5	85	55	21
78	Karan	161.8	63.3	89	72.7	34.9	28.5	28.3	77	91.5	55.2	24.8
79	Jayaganesh	173.4	60.1	93.5	76	35	30.6	28	70.1	90.2	53.4	20.6



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80	Ashique	175	64.3	96	77	36.7	26.8	25.3	75	94.3	66.5	21.2
81	Santhosh	177.6	70.4	95.6	78	37.2	30.5	28.5	72	90.8	55.8	22.6
82	Sharmila	161.5	58.6	95.5	73	34.5	27.5	27	76.5	96.5	51	22.9
83	Keerthika	157.6	59	88.4	73.5	34.5	37.5	26.5	69	94	56.4	23.9
84	C.Manikantan	167.8	71.3	91.5	70	36	35.5	33.5	81.5	96.3	59	26.7
85	C.Manikandan	165.7	53.2	87.5	68.2	32.1	26.4	24.5	67	84	48.9	19.8
86	Hamyln lazarus	163.2	76.5	86	66.3	40.5	34.6	32.8	85.2	102.2	61.3	26.2
87	Abilesh	171.5	65.9	89.3	73	34.9	31.8	28.7	75.9	93	53	23.9
88	Madhan	178	88.5	97	73.6	40	33.9	30.1	87.6	113.7	66	27.1
89	Ajay Kumar	170	62	96.5	74.5	34.5	33	29.5	66.5	92	55	21.5
90	Vijay	162	64	93	73	35	31.5	29.3	77	95	60	24.4
91	Gowtham	171	61	98	74	33.5	29	26	68.5	89	55	20.9
92	Vikram Dharma	181	64	106.5	82.5	34.5	29.5	27.5	66.5	101.5	52.5	19.4
93	Sakthivel	168.1	58.1	99.5	73.5	33.5	28	26	71	89	54	20.6
94	Arun	175.5	56.6	103.5	81	30	29	27.5	67.5	83.5	50	18.5
95	Marudhupandi	165	62	96.5	72.5	35.5	29.2	28.5	74	93.5	58.5	22.8
96	Alex	170.2	80.7	98.5	76.5	41.5	37	35.5	82	104	66	27.9
97	Manishmahavis hnu	173.1	59	102	79	33.5	30	26.8	66	88	52.5	19.7
98	Prem kumar	160	51.2	94	73.2	32	26.5	24	63	84	45.4	20
99	Balabharathi	167.5	79.3	97	74	37.5	33	32.7	84	102	67	28.4
100	Anbu	176.5	56	102	80	32.8	26.5	24	62.5	87	50.5	18.1
101	Dhanush	185.2	58.2	107	77	31.5	27	24.5	65	87	50.5	17
102	Vineeth kumar	179	76	103	80	37.5	31	29.5	77	102	61	23.7
103	Rahul	180	66	106	86.2	35	28	25	70	90	52.5	20.4



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

104	Rakesh	172.2	76	104	80	37.3	30	28.5	74.5	99	61	25.7
105	Chylas	178.9	68	104	81	35.5	29.2	27.5	76.5	94.5	56	21.5
106	Immanuel	169.5	62	95	75	34	38	27.5	67.5	91	54	21.7
107	Mukunthan	178.2	67.3	103	81	35	31	28.5	70	92	56	21.2
108	Sandeep kumar	175.1	64	98	81	33.5	28	25	75	94	54.5	20.9
109	Amalraj	166	73	94.5	75.5	37.5	34	31	81	95	57.5	26.2
110	Yogesh	174.5	63.6	101	74.4	34	30	27.5	73	90.5	54	21
111	Vijeshwaran	169.6	62.1	100	77.2	34.5	29.5	27	72.5	92.2	61	21.7
112	Prakash	172.2	50.1	98.5	78	30.5	25	22.5	62.5	82	46	16.9
113	Pasupathi	174	58.9	96.9	81.1	33.3	27.8	25	67.8	90.1	48.4	19.5
114	Senthamil selvan	171	59	99.8	77.9	33.7	30.8	27.9	67.7	89.8	50	20.2
115	Barath	175.4	72	100	76.8	36.5	32.5	29.9	73.8	97.3	52.7	23.5
116	Samraj	177.6	62.2	104.8	83	33	27	24.5	69	87	50	19.9
117	Haritharan	176	70.8	104.5	77.5	36.5	30.5	27.5	73	92.5	55.5	22.9
118	Ilayabharathi	159	51.1	90	71	34	26.5	24.3	63	86	52	20.2
119	Santhosh	162.8	53.2	92	70.5	31	27.5	25	67	84	51	20.3
120	Allwin	168.9	61.2	98.5	75.5	32.5	28.5	27	69	91	55	21.7
121	Allbin	168.5	60.3	98.9	75	31	31	27	68.5	90.5	55	21.4
122	Gopi	166	61.9	95	73.5	36	29.5	26.5	71	92	55	22.5
123	Tamilvannan	170.5	60.1	95.6	73.8	34	28.4	26.8	66	91.3	52.3	20.8
124	Pradeep raj	168.8	50	97.6	77.2	29.6	23.4	22	64.2	80	47.3	17.7
125	Pragadeeshwaran	166.5	61	93.1	70.6	35.4	29.3	27.8	68.6	94.2	55.2	22.1
126	Praveen kumar	173.5	58	101.4	75.8	23.9	29.4	26.8	67.4	89.1	49.7	19.4
127	Rajesh	182	73	103.2	83.3	36.6	31.1	28.8	72.9	98.3	56.4	22
128	Sabarianand	164.7	63	93.4	70.6	36.8	31.1	28.6	74.8	91.1	55.6	23.4
129	Jagan	176	80	100.5	79.3	39.3	31.1	30.2	84.2	105.2	58.4	25.8
130	Ibrahim	177	61	96.9	81.5	34.8	26.1	23.4	66.8	89.8	50.2	19.5
131	Arun	177	51	102.6	76.4	31.1	26.4	24.3	62	94.1	44.7	16.3



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132	Vasanth kumar	177	53.2	106.5	77.6	31.5	23.8	23.2	60.9	87.6	47.2	17
133	Ajith kumar	161	48	91.2	72.1	31	31.6	23.8	61.2	81.3	44	18.5
134	Aravindh raj	173	72	99.9	77.2	39.7	29.7	28.6	76.5	96.2	55.3	24.1
135	Karthick raja	174.4	51	102.5	80.6	31.6	24.6	21.9	62.6	83.2	45.1	16.8
136	Pravin	172.2	55	98.1	74.6	32.3	26.1	24.2	67.8	88.1	50.6	18.6
137	Kannan	173.6	53.8	101.3	77.2	33.2	26.3	23.4	66.8	85.4	47.7	18
138	Amulraj	168.9	56.9	97.8	74.8	34.1	29.1	25.8	66	89.3	47	20.2
139	Yogesh	176.6	61	104.3	79.4	32.5	27.3	25.4	69.2	89.5	47.6	19.7
140	Vignesh	180.1	56.2	108	80	30.5	25	22.5	65	86	46	17.3
141	Balakrishnan	157.7	43	89.7	69.2	31.3	25	23.4	61.8	79.9	46.7	17.4
142	Umesh	170.9	51	100.6	76.9	23.4	26.5	22.8	61.1	86.6	48	17.6
143	Akash	174.6	51	98.1	75.3	29.9	27.1	24.5	68.3	84.1	46.1	16.8
144	Avinash	169	55	96	71.5	33	28	25.3	65.5	89	53	19.3
145	Deepak	174	68	98.3	78.7	35.5	32	29.8	73.6	92	55.6	22.5
146	Arumugam	165.5	48.4	92	69.3	32.5	26.5	23.8	62.7	82	46.8	17.8
147	Dinesh kumar	192	60.8	111	82.2	32	25.5	23.4	67.5	85.7	50	16.5
148	Bharathikanna	166	65.4	96.5	73.6	35.5	29	27.5	79.5	93	52.5	23.7
149	Saravanan	164	57	93.2	73.7	35	26.5	23.8	70.6	90	48.4	21.2
150	Kamalesh	170	66	98.3	77.6	36.5	33.4	30.6	71.8	90.5	53.8	22.8
151	Rooban	172	62.7	100.5	76.6	34.4	30.6	27.5	74.5	91.5	47.3	21.2
152	Vijayalakshmi	164	54.2	95	76	33	25	23.7	67	91	50.5	20.2
153	Vishnupriya	166	59.6	96.5	75.5	33.5	26.5	26	70	101	53	21.6
154	Girija	156.1	39	88	71	28.5	21.9	21	60	78	43	16
155	Preethi	159	54.9	88	74.3	33	26.5	25	71	95	55	21.7
156	Bhavadarani	159	40.9	92.5	72	29	20.5	19.5	54	80	44	16.2
157	Arunadevi	160	40.2	92	73.5	29	21	20.5	54.5	76.5	43	15.7
158	Kowsalya	161	48	97	77.3	29.5	25.5	25	62.5	85.5	45	18.5
159	Abinaya	161	51	96.5	74.5	33	23.5	23	67	93.5	49	19.7
160	Anitha	162	40.2	90.5	71.8	29	20.3	19.5	55	79	41	15.3

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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



161	Divya	160	43	96	73	28	23.8	23	63	80.5	45.3	16.8
162	Vanitha	158	51.4	93	69	29	28	27.5	70	87.5	49	20.6
163	Gandhimathi	158.4	42	92.5	72.5	29.5	22	20.5	59	80.5	43	16.8
164	Soniya	154	44	92	69	27.5	23	21	65	85	44	18.6
165	Saimadhu	162.2	39.9	97.5	76.5	30	20	18.5	55.5	79	39	15.2
166	Sujithakumari	163.1	41.1	99	73	27.5	20	19.3	56	80	39	15.5
167	Sreemathi	152	47	87	70	31	22	21	63.5	87	49.5	20.3
168	Kalyani	164	43.5	97.5	76	29.3	21	20	58	81	47	16.2
169	Chandrasekaran	177.9	62.8	99	79.5	33.2	28.5	25.9	68.6	86	46	20
170	Kalaiselvan	176	68.2	97.2	77.2	34.2	31	25	74.2	91	50.8	22
171	Aravindh kumar	178	59.2	103.5	74.3	33.9	27.7	24.5	70.5	89.3	49.4	18.7
172	Silambarasan	177.6	72.8	102	77	36	31	29.8	73	99.5	60	23.2
173	Vignesh	164	64.8	93.3	69.5	36.4	31.1	28.6	78.2	100	55	24.1
176	Sivasankar	174.2	65	97.5	77.5	35.7	33	29.5	68	91	55	21.5
177	Gowtham	177.3	75.6	103.8	79.7	33.8	30.2	26.2	78.2	98.7	55.2	24.1
178	Manikandan	177.5	50.6	106	76	31.9	25	21	62.7	87.3	48.5	16.2
179	Kugan	165.5	57.8	94.8	75	32	28.5	25.6	67	93.5	47.8	21.2
180	Ashok kumar	172.4	66.2	95.5	73	36	31	28.5	76	90	54.5	22.4
181	Arun	181.8	59.8	108.5	81	30.8	26.8	21.2	66.8	84.8	39	18.3
182	Janani	167	77	99	74	39.5	31.5	32	78	105	59	27.6
183	Merlin	162.8	62	94	73	37.9	27.5	26	70.5	101.5	53	23.6
184	Keerthana	146.5	50.3	84	66.5	33	27	26	68	93	52	23.6
185	Lavanya	162.2	61	97	76.5	35.5	26.5	25.5	73	98	54.5	23.2
186	Saravana kumar	176.1	101.5	100.5	79	37	35.5	31.9	99.6	113.2	57.5	32.8
187	Devendran	164	57	96	70	34	25.9	24.4	77.7	93.6	48.3	21.2
188	Gokulakrishnan	184	82.2	102	83.5	36.8	31.9	26.9	76.2	101	53	24.3

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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



189	Ragul	161.8	57.7	91.2	69.5	33.5	29.7	26.5	70.4	88.5	51.2	22.3
190	Rajasekar	165.6	65.8	93	73.5	35	33.8	31.5	76	93.5	58.3	24.2
191	Pradeep	180.6	75.4	103	81	35	33.5	30	83.5	96.5	58.7	23.3
192	Naveen kumar	179	64.5	98.5	80.3	34.5	31.5	29	75.5	90.5	53	20.1
193	Barath	167.8	74.3	97.5	77.2	37.8	31	30.1	80.1	110.5	63	26.6
194	Kumareshan	170.7	74	98	75	37	32.8	29	78.5	96	62.2	25.62
195	Saran	186	83.2	107.5	81.7	37.5	33	29.8	82	102	60.5	24
196	Baveen kumar	177	86	103	81.5	41.8	34.7	32	87.7	109.5	64.1	27.5
197	Bharathuvaraj	176.8	63.2	101	79.2	33.5	28.8	26.7	70.3	89.5	51	20.4
198	Divakar	164.9	63.4	95	76	35.5	31.8	30	72	95.5	56	23.6
199	Vikram	165.8	55.6	96	75	34	27	25	69.7	89.3	51.8	20.4
200	Beris Kapoor	182.3	73.1	105.5	82.3	35	32	30	70.5	94	53.5	22.1
201	Prakash	174.7	58.4	105	81.3	32	27.8	24	71.2	86	47	19.3
202	Sivabagath	175	70	99	88	36.1	32	29.1	79	97.5	36.5	22.9
203	Suriya	183	90	107	82.2	31	34	31.5	88	111.5	66.8	26.9
204	Raj kumar	166.9	63.8	94.5	72.6	33.5	31	29.5	75.8	92	56	23.2
206	Gokul	161	56.9	93	71.8	33.4	31	28.5	74.5	89.5	50	22
207	Nickson raj	173	60	100.5	75	35.6	26.1	24.5	68	90	52.5	20
208	Nithya	169	62	98.5	80.5	34.5	30.5	26.8	78.8	90.5	51	
209	Srima	161.6	57	97.5	70.4	33	27.5	26.5	69.8	92.2	51.8	22
210	Thenmozhi	155.4	51	93	70	32.8	26.5	25.8	68	91.4	53.5	21.2
211	Archana	156.8	63.3	94	69.2	37.1	29.5	28.7	76.3	100.5	57.8	26
212	Sriabirami	166	60.3	100.5	75.3	34.2	27.4	26.2	68	99.5	49.5	21.9
213	Gayathri	157.8	67.5	96.5	70.5	35.7	29.4	27	86.8	102.8	58.8	27.4
214	Nayara banu	159.3	51.7	94.5	72.8	34	25.7	24.9	66	90.6	51.2	20.5
215	Mythili	162.7	62	99.7	77.3	36	29.4	27.9	71.2	101.2	59.3	23.6
216	Aravindhan	173	63.9	96	74.8	32.8	27	25.8	79	94.6	50	21.4

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

216	Babul	176.2	66	100	78.5	34.3	28	26	71	87	54	21.3
217	Alex prabhu	175.4	64.4	102.9	78.4	33	27	25.6	71.5	88	48	21
218	Ashok	172	69.1	99	74.6	33.3	29.5	27	78.4	93.7	49.7	23.4
219	Baskar	178.5	59.1	105.4	80.2	31	29.5	25.2	72.4	80	39.5	18.7
220	Kumar	170.5	55.7	98.5	76.5	32.8	27.6	25.2	69	84	47	19.3
221	Vijay	171.5	60	100.2	74.2	32.8	28.2	25.1	73	88	48	20.5
222	Brainmarisn	163	64.8	88	74.3	35	33	31.2	74.3	94	56	24.4
223	Bebito godwin	162	58.2	91.5	72	34.5	29.2	27.8	81.8	85	52.5	22.2
224	Deepak raj	164	59.3	95.5	75.5	32.5	29.5	26.8	69	89	53.5	22
225	Chinnadurai	164.4	59.9	93.3	71.6	34.5	32	38.3	68.5	88	52.5	22.3
226	Mohammed asif	170	62	94	75	35.5	29	27	69.8	91	52.5	21.5
227	Manikandan	173.5	78	96	70	38.5	36.5	32.8	81.5	102	59	26.1
228	Manimaran	178	68	102	81	34	30	26.5	71	92	53	21.5
229	J. Akash	174	90	97	79.5	40.6	37	33.5	92	105	61.5	29.7
230	C. Manikandan	160	72	89	70	36.5	34.5	31.3	85	100	56.5	28.1
231	Makesh	173	56.4	98.5	74.5	33.3	26.5	24.5	66	87	51.5	18.8
232	Kannadasan	167.5	66.3	97.5	75	34	35.4	31.5	73.5	92.5	56.5	23.8
233	S. Akash	176	91	101	77.5	39.6	32.6	32.5	95.5	109	62	29.4
234	Kumaraguru	181.2	63.8	107	77.5	34	29.4	26.5	71	87	51	19.5
235	Adhitya	162	58.5	95	72.5	34	26	25.7	73	91.8	49.8	22.3
236	Anusuyavalli	158	57.3	91	68.5	34.4	27.4	27	69.5	97.5	58	23
237	Deepika	154.3	54.7	86.5	71	35.4	26.9	26	68	91.8	47	23.1
238	Asha	161.4	69.4	83.5	72	41	31.8	30	81.8	105.7	57.8	26.8
239	Limyraj	155	44.6	90	67.5	30	23.6	24.6	62	92.8	48.6	18.6
240	Mini	167.9	57	102	76.2	35	26.2	27.2	73	93.2	52	20.4
241	Maheshwari	167.5	61	103	76.3	33.2	27.5	25.5	74	98.5	50.5	21.9
242	Kalaiselvi	165	71.3	97.5	76.4	38	32	31	72	108	85	26.2
243	Amutha	158.6	44	89	70	31.5	23	22.4	62.8	88	48	17.6
244	Ajanya	166.7	64	99.5	75.8	34	29.5	27	74	101	50	23.2
245	Akalya	156.5	50.2	94.8	71.3	33.6	25.6	24.6	71.5	91.8	45.7	20.6



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

246	Joici	153	46.2	89.4	68	33	25.4	24.5	61.8	83.3	51.2	19.7
247	Madhavi	155	46	86.8	68	31	25.7	24	64	89.5	48.7	19.1
248	Meena	152.5	57.5	89.4	69.7	38.5	30.5	29.7	74	94.3	58.8	24.9
249	Komala	158.9	51.5	93.2	69.7	32.6	27.3	26	67	92.4	51.2	20.6
250	Manimegalai	158.4	45.4	90.5	70.2	31	23.5	22	62	86	46	18.2
251	Deepika	157	60	93	71	34.5	27	26.3	70	98.5	54.5	24.3
252	Benitchristal	165	63	94.8	78.7	33	27	25	72	94	54.5	23.1
253	Gayathri	173	57.2	107.5	79.5	34.3	25.5	24.7	66.5	93.5	50.3	19.1
254	K. Ajith kumar	167.8	59.3	95.7	74	34.7	29	25.5	62.4	87	48.6	21.3
255	Jayakumar	162.5	70	97	73.2	36.2	31	27	78.8	100	49.7	26.7
256	M. Ajithkumar	179	74	104.8	78.8	36	28.6	24	72	96.2	60.7	23.1
257	Gunaseelan	173.6	69	105.4	81.2	34.7	30.4	26.2	75.7	94.4	47.6	23.1
258	Gowtham	167.9	58	99.1	73.4	32.4	26.4	23.1	70.2	85.7	47.7	20.8
259	Balamurugan	169.6	57.2	98.7	74.8	31.8	29	23	64	85.2	44.5	20
260	Jayachandran	169.3	71.9	95	75.2	34.8	35.4	31.8	80.5	98	59.5	25.2
261	Ajay	174.2	73.6	101	77	34.5	33	30.6	82.6	101.3	60.3	24.3
262	Ajmal	175.6	65.6	101	80.5	35	33.5	30	72	90	53	21.4
263	Kirubakaran	169.9	69	95.6	73.8	36.6	32	28.8	78.2	98.5	61.5	24.2
264	Krishna kumar	164.9	64.7	90.8	72.8	32.2	27.5	25.3	81.5	92	54	24.1
265	E. Manikandan	171.8	56.3	100.5	77	30	28.5	25.6	67.5	86.5	48.5	19.3
266	Mani	170.8	54.1	100	78	31.5	28.7	26	69	84.7	49.4	18.7
267	Dinesh kumar	170	67.2	98	76	35.5	28.4	26.6	78.5	99	60.3	23.3
268	S. Manikandan	165	52	95	75	32.3	27	24	67.6	85	47.5	19.1
269	Nagul pradhip	190.5	81.1	115	83.5	36.3	31.5	29	77	98.6	58.7	22.5
270	Dinesh	169	68	94.8	72	36.2	33.5	30.8	74	94.5	57	23.8
271	Joseph	176	64.1	103	82.7	35.6	30.5	27.3	71	89	54	20.7



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

272	Vignesh	167	77.3	97.6	76.8	39.9	34.2	32	81	101.4	52.6	27.7
273	Mageshwaran	170	54	100.9	73.1	31.1	27.6	25.5	65.2	84	42.8	18.7
274	Melbin maffitha	153	48.6	90.2	67.3	26.8	25.4	33.4	62.5	91.6	54.4	20.8
275	Abirami	154.4	37	92.5	69.9	21.7	20.2	28.9	57.8	78.8	43.2	15.6
276	Gayathri	157.8	53	90.1	71	21.6	20.1	26.5	58	78.5	44	21.5
277	Kavitha	160	47	98.5	76.5	24	22.5	30.9	62	85.8	47.6	18.4
278	Abinaya	153.3	53.6	92.8	68	27.8	26.8	33.6	72.2	97	57.4	22.9
279	Priyadharshini	155.8	53.6	91.5	68.5	26.4	25.4	33.9	63.8	96	58.7	22.3
280	Kowsalya	163.5	51.1	101.5	74.4	23.5	22.2	31.2	67	90.4	61.5	19.2
281	Akilandeshwari	156.3	67	93.3	71.5	29.2	28.6	36	76	108.5	60.9	27.5
282	Abishalakshmi	167.5	48.8	103.4	76	21	19	30	55.2	85.7	46	17.5
283	Anusha	146.8	37	86	68.5	21	20	25	59	79	42	17.4
284	Mary sheeba	152.2	36.8	89	70	20	19	27	66	77	39	15.9
285	Babisha	157.7	49	97	73	22	21	29.5	66	87	44	19.9
286	Jenitha	162.5	58.5	96.5	76.5	27	26	35	66	95	53	22.3
287	Abinaya	161.5	56.1	97.5	75	27	25	33	65	96	58	21.6
288	Indhumathi	168	86	104	81.5	33.5	32	44.7	79	105	65	30.5
289	Bershini	157	51	93	72	26	25	32	69	89.5	49	20.7
290	Kalairani	156.4	40.8	94.5	75.5	22.5	20.5	27.5	59	79	46	16.8
291	Nagaraj	170.2	82.3	93.2	75.2	38	33	28	86.2	102.5	54.3	28.5
292	Deepan	177.5	73	96.5	78	35	31	26	75.2	92.8	48.4	23.3
293	Bright singh	182.5	67	104	82	32.9	29.8	23.8	69.8	90.2	43.7	20.2
294	Tamilarasan	168.5	66.7	98	72	33.7	32	26	73.4	93	49.4	23.6
295	Beril	177.5	63.5	104	78.2	32.8	28.4	25	69.5	83.4	44.3	20.3
296	Nandhakumaran	183.5	77.6	104.5	83.4	33.9	30.2	27	76.8	100.5	52.5	23.2
297	Ganapathy	166.6	66	97	75	35	31	27	73.8	92.5	46	24



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298	Dhasarathan	158	42.6	93	67	29	25	21	61.5	76	40	17.1
299	Udhayakumar	173.2	70	102	76	25.5	33	29	76.5	94.3	47.4	23.4
300	Vishwanathan	162.5	60.8	93	70.2	32.4	31	25	74	89	46.4	23.2
301	Aravindh	164	50	95.5	69	29	26.2	21.2	64.5	81.9	42.8	18.6
302	Edwin	182.2	83	105.2	79	36.5	33	27.8	83.6	100	35.2	25.1
303	Karappasamy	174	62	108	79	31	30	27	74.7	86.8	56	20.5
304	Perumal	171	49.8	99.4	76.4	28	25.5	21	59.2	80	40.2	17
305	Solomon	179	60.8	101	77.3	35	28	25.2	66.5	87	53	19
306	Mohana priya	159.6	56	94	70	34	28	26	68	96	53.5	22.2
307	Ramayal	152.8	58.5	88	68	33.5	30	28	78	102	47	25.3
308	Priyanka	161.5	78.5	99	73	38	32	29	92	111	51	30.3
309	Lakshmi	148.3	47.8	86	69	30	27	25	66	92	44	21.8
	Komethaga											
310	priya	148.1	44.9	88	99	31	23.5	23	63	93.5	48.5	20.5
311	Inbanila	163.8	57.1	97	73	33.5	28	26	74	92.5	47	21.5
312	Shobana	162	47.8	94	72	31	24.5	23	65	91	42	18.2
313	Preethi prilla	163	58.9	98	74	36	28	26	70	100	50	22.2
314	Sujitha	161.2	49.5	93	72	33	25	23	65.5	89	45.5	19.1
315	Shanthi	161	66.7	93	69	39	35	33	76	102	54	25.7



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

### Collaborative Initiatives with Sports Authority of India



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

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#### Collaboration with Sports Authority of India

Tamilnadu Physical Education and Sports University in association with Sport Authority of India has organized Six week coaching certification in various sports and games. The inaugural function was held on 15<sup>th</sup> December 2018. The students and faculty from various parts of India takes part in this certificate course offered biannually by the Sports Coaching Department, TNPESU. The University acts as a major hub for sporting education and certifications which attracts many students who wants to excel in sports. Through this programme our university has produced many national and international level sporting officials; The Tamilnadu Physical Education Sports University is having the state-of-art infrastructure to nurture young talented sports persons who aspire to be the best in their chosen sport. Dr. Sheila Stephen, Vice Chancellor and the Registrar of TNPESU have presided over and distributed the course completion certification to the participants on 31<sup>st</sup> January 2019. The following are the glimpses of the valedictory function:



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Registrar  
Tamilnadu Physical Education  
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Sports University



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



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

## **Collaborative Initiatives of TNPESU and Sports Development Authority of Tamilnadu**

**REPORT OF**

**TAMIL NADU STATE INTER UNIVERSITY  
BADMINTON TOURNAMENT FOR MEN & WOMEN  
2018-2019**

**Organized by**



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

**Under the auspices of**



**SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU**

**Date: 29<sup>th</sup> to 31<sup>st</sup> October 2018**



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### SDAT - TAMIL NADU STATE INTER UNIVERSITY BADMINTON TOURNAMENT FOR MEN AND WOMEN 2018-2019

#### REPORT

Thirteen (13) Men Teams and Eight (8) Women Teams representing various Universities across Tamil Nadu participated in this Tournament.

#### **List of men teams**

1. SRM University, Chennai
2. Bharath University, Chennai
3. AMET University, Chennai
4. B.S. Abdur Rahman University, Chennai
5. TN PE and Sports University, Chennai
6. Kalasalingam University, Srivilliputhur
7. Sathyabama University, Chennai
8. Bharathiyar University, Coimbatore
9. Madurai Kamaraj University
10. Dr.MGR Education & Research University, Chennai
11. Alagappa University, Karaikudi
12. University of Madras
13. Anna University, Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### List of women teams

1. Anna University, Chennai
2. Alagappa University, karaikudi
3. TN PE and Sports University
4. SRM University, Chennai
5. AMET University, Chennai
6. Bharathiyar University, Coimbatore
7. Dr.MGR Education & Research University, Chennai
8. University of Madras

### BADMINTON - Women Team Fixtures (Knock out cum League)

- |   |   |   |
|---|---|---|
| 1. Anna University _____                        | } | A |
| 2. Alagappa University _____                    |   |   |
| 3. AMET University _____                        | } | B |
| 4. TN PE and Sports University _____            |   |   |
| 5. University of Madras _____                   | } | C |
| 6. Bharathiyar University _____                 |   |   |
| 7. Dr.MGR Education & Research University _____ | } | D |
| 8. SRM University _____                         |   |   |

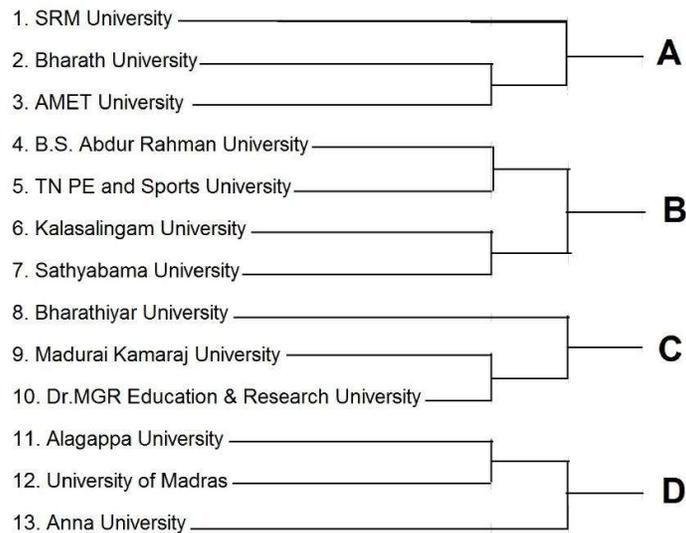


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### BADMINTON - Men Team Fixtures (Knock out cum League)



### **INAUGURATION OF THE TOURNAMENT**

The tournament was inaugurated by Thiru. P. Balakrishna Reddy, Former Minister for Youth Welfare and Sports Development Department. Thiru. Dheeraj Kumar, IAS, Principal Secretary to Government, Youth Welfare and Sports Development Department was the Guest of Honour. Dr. Sheila Stephen, Vice Chancellor, Tamil Nadu Physical Education and Sports University presided over the function. Dr.P.Rajinikumar, Sports Secretary, welcomed the gathering.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

*The tournament was conducted in knock out cum league method. The tournament was conducted in TNPESU Indoor stadium.*

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Accredited with 'B++' Grade by NMAC  
Melakottaiyur, Chennai - 600 127

*Under the auspices of*  
**SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU**  
The Vice Chancellor, Members of the Syndicate, Staff and Students of Tamil Nadu Physical Education and Sports University cordially invite you to the Inaugural Function of  
**"TAMIL NADU STATE INTER UNIVERSITY BADMINTON TOURNAMENT 2018-2019 FOR MEN & WOMEN"**  
to be held on **Monday 29th October, 2018 at 10.00 AM**  
in the **University Indoor Stadium**

*Hon'ble Minister for Sports and Youth Welfare Department*  
**Thiru. P. BALAKRISHNA REDDY**  
*Government of Tamil Nadu*  
has kindly consented to be the Chief Guest and to Inaugurate the Tournament

*Principal Secretary to Government, Youth Welfare and Sports Development Department will be the Guest of Honour*  
**Thiru. DHEERAJ KUMAR IAS**

*Vice Chancellor*  
**Dr. SHEILA STEPHEN**  
*Tamil Nadu Physical Education and Sports University will preside over the function*

**Dr. P. Rajini Kumar**  
*Sports Secretary*

**Dr. T. Radhakrishnan**  
*Registrar*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### FINAL RESULTS OF THE TOURNAMENT

#### Results of Men

<b>Winners</b>	SRM IST, Chennai
<b>Runners-up</b>	Anna University, Chennai
<b>Third Place</b>	Bharathiyar University, Coimbatore
<b>Fourth Place</b>	B.S.Abdur Rahman University

#### Results of Women

<b>Winners</b>	SRM IST, Chennai
<b>Runners-up</b>	Anna University, Chennai
<b>Third Place</b>	University of Madras
<b>Fourth Place</b>	Tamil Nadu Physical Education and Sports University

### VALEDICTORY FUNCTION

All the first four place winners were awarded trophies in both men and women category. Dr.Sheila Stephen, Vice Chancellor, TNPESU awarded the trophies and individual cash prize in the form of crossed cheques to the winners. Dr.T.Radhakrishnan, Registrar, TNPESU was the guest of honour and Dr.P.Rajinikumar, Sports Secretary proposed the vote of thanks.



# 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** 

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*Under the auspices of*

**SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU**

The Vice Chancellor, Members of the Syndicate, Staff and Students of  
Tamil Nadu Physical Education and Sports University  
cordially invite you to the Valedictory Function of

**"TAMIL NADU STATE INTER UNIVERSITY BADMINTON  
TOURNAMENT 2018-2019 FOR MEN & WOMEN"**

to be held on Wednesday 31<sup>st</sup> October, 2018  
at 12.00 Noon  
in the University Indoor Stadium

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**Dr.SHEILA STEPHEN**  
*Vice Chancellor*  
Tamil Nadu Physical Education and Sports University  
has kindly consented to be the Chief Guest and  
will deliver Valedictory Address

**Dr.T.RADHAKRISHNAN**  
*Registrar*  
Tamil Nadu Physical Education and Sports University  
will be the Guest of Honour

**Dr. P.Rajinikumar**      **Dr. T.Radhakrishnan**  
*Sports Secretary*                      *Registrar*



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

### NEWS PAPER GLIMPSES

The HINDU, English daily

**AROUND THE CITY**



**TNCA league: Sunday's matches postponed**  
All the TNCA lower division league matches, scheduled to be played on Nov. 4 (Sunday), stand postponed owing to inclement weather and wet ground conditions.

**SRM IST clinches both crowns**  
SRM IST won both the men's and women's titles of the Tamil Nadu inter-university badminton tournament at the Tamil Nadu Physical Education University recently.

**The results (finals):**  
**Men:** SRM bt Anna University 3-1.  
**Women:** SRM bt Anna University 2-1.

**Ganapathy-Ganesan duo takes honours**  
Ganapathy & Ganesan secured 68.89 per cent to win the TNSC-P.S. Govindachari weekly open bridge tournament. The pair of Haripriya & Maj Anand finished runner-up with 64.05 per cent.

**Double delight:** SRM triumphed in both sections.  
\*SPECIAL ARRANGEMENT

The New Indian Express, English Daily



SRM IST won the men's and women's titles of the Tamil Nadu inter-university badminton tournament held at Tamil Nadu Physical Education University recently. The results (finals): Men: SRM bt Anna University 3-1. Winner :SRM IST; Runner: Anna University, 3rd Place: Bharathiyar University. Women: SRM bt Anna University 2-1. Winner: SRM IST. Runner: Anna University, 3rd Place: Madras University.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

**Team managers and coaches meeting on 29<sup>th</sup> October at 7.30 a.m. at University conference hall**



**Inaugural function of the tournament**





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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





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



Action Photos



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

### Distribution function





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

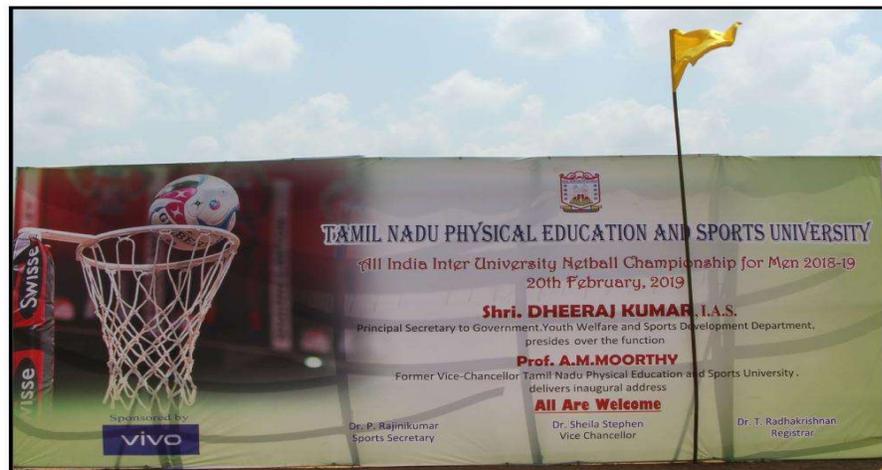
## Collaborative Initiatives of TNPESU and Association of Indian Universities



**Tamil Nadu Physical Education  
and Sports University**



**Chennai - 600 127**



### All India Inter University Netball Championship for Men 2018-19

**Date: 20<sup>th</sup> to 23<sup>rd</sup> February 2019**

### TOURNAMENT REPORT



# 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 SPORTS UNIVERSITY

#### Report of All India Inter University Netball Championship for Men 2018-19

##### About 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. The university is located at Melakottaiyur (Vandalur –Kelambakkam Road) with a sprawling campus of 125 acres. At present the University has three faculties, five Departments and 20 affiliated Colleges in Physical Education and 4 colleges in Yoga.

##### About the tournament

The AIU has entrusted the responsibility of organising All India Inter University netball tournament for men for the year 2018-19 to Tamil Nadu Physical Education and Sports University, Chennai. The tournament dates were scheduled to be conducted from 20<sup>th</sup> February to 23<sup>rd</sup> February. The official communication regarding the entry of the tournament was sent to all the universities across India and the same was uploaded in the university official website. 66 teams representing various universities across India confirmed their entry for the All India Inter University championship for men 2018-19.

##### Drawing of fixtures

The fixture for the All India Inter University was drawn based on the knock out cum league principles and the previous year teams were placed in the direct quarterfinals round. The fixture has been enclosed at the end of this tournament report.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### Inauguration of the All India Inter University Netball Tournament 2018-19



The inaugural function of the All India Inter University Netball Championship for Men 2018-19 was held on 20-02-2019 at 10.30 am at Tamil Nadu Physical Education and Sports University campus. Dr. Sheila Stephen, Vice-Chancellor, Tamil Nadu Physical Education and Sports University welcomed the gathering. Prof. A. M. Moorthy, Former Vice-Chancellor, Tamil Nadu Physical Education and Sports University inaugurated the tournament and delivered inaugural address and Dr. T. Radhakrishnan, Registrar of the University proposed the vote of thanks. Forty Four (44) Men Teams representing Universities from all over India turned up for this tournament which was held between 20-02-2019 and 23-02-2019. Dr. P. V. Shelvam, Professor, Annamalai University was an AIIU observer in the championship.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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**Team Managers Meeting**



**Distribution Redbull – Energy Drink to the participants**

The tournament venue has been arranged with four official standard netball courts with fencing in each court. The moveable tents for team and officials in each court were arranged. Sufficient number of Shamanayas was arranged for the other teams and spectators. The courts were well prepared and marked by our university volunteers and courts were drenched with water during the break. The drinking water points were available sufficiently. The coaches and managers were given decent accommodation inside the campus and players as well.



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Each match was started on time and inaugurated with a guest of honor and players introduction.

### **Medical team with Ambulance at the tournament venue**

A medical team was deputed from Tagore Medical College with an ambulance and they were present on all days of the tournament and the players got benefited extensively. In addition to the medical team, our university physiotherapists were deputed to treat the acute injuries and facilitate first aid.





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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





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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

### RESULTS OF THE ALL INDIA INTER UNIVERSITY NETBALL CHAMPIONSHIP

#### FOR MEN 2018-19

Winners	Annamalai University, Chidambaram
Runners	Mangalore University, Mangalore
Third Place	Calicut University, Calicut
Fourth Place	Osmania University, Hyderabad

The knock out stage and league stage results has been enclosed at the end this report.

#### **Valedictory Function**

Annamalai University won the All India Inter University Netball championship for men 2018-19, Mangalore University secured second place, University of Calicut and Osmania Universities secured third and fourth positions respectively. All the first four place winners were awarded trophy. Dr.S.Thirumalai Kumar, Professor and Head, Dept. of Physical Education, TNPESU welcomed the gathering. Dr. C. Arumugam, Controller of Examinations, Tamil Nadu Physical Education and Sports University was the chief guest and delivered valedictory address and distributed the trophies and certificates to the winners. Dr. P. Rajinikumar, Organizing Secretary, TNPESU, presented the tournament report and proposed the vote of thanks.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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





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

Winners - Annamalai University, Chidambaram



Runners - Mangalore University, Mangalore





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

Third Place – University of Calicut, Kerala



Fourth Place – Osmania University





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

## Collaborative Initiatives of TNPESU and Association of Indian Universities



**Tamil Nadu Physical Education  
and Sports University**

**Chennai-600 127**



**All India Inter University  
Netball Championship for Women 2018-19**

**Date: 25<sup>th</sup> to 28<sup>th</sup> February 2019**

**TOURNAMENT REPORT**



# 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 Sports University

#### All India Inter University Netball Championship for Women 2018-19

##### About 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. The university is located at Melakottaiyur (Vandalur –Kelambakkam Road) with a sprawling campus of 125 acres. At present the University has three faculties, five Departments and 20 affiliated Colleges in Physical Education and 4 colleges in Yoga.

##### Inauguration

The All India Inter University Netball tournament for women 2018-19 was organized by Tamil Nadu Physical Education Sports University. 64 university teams from all over India confirmed their entries for the championship.

The inaugural function of the All India Inter University Netball Championship for Women 2018-19 was held on 25-02-2019 at 3.30 pm at Tamil Nadu Physical Education and Sports University campus. Thiru. Dheeraj Kumar, IAS, Principal Secretary to Government, Youth Welfare and Sports Development Department inaugurated the tournament and Dr.Sheila Stephen, Vice-Chancellor, Tamil Nadu Physical Education and Sports University presided over the function. Dr.P.Rajinikumar, Sports Secretary of the University welcomed the gathering. Forty (40) Women Teams representing Universities from all over India participated in this



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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

tournament between 25-02-2019 and 28-02-2019. Dr. P. V. Shelvam, Professor, Annamalai University was the AIU observer in the championship.





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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





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



Action photos





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Medical and First aid





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

### Results of the All India Inter University Netball Championship for women

2018-19

Winners	Annamalai University, Chidambaram
Runners	Kurukshetra University, Haryana
Third Place	Mangalore University, Mangalore
Fourth Place	M G University, Kerala

### Valedictory Function

Annamalai University won the All India Inter University Netball championship for women 2018-19, Kurukshetra University secured second place, Mangalore University and M G University secured third and fourth positions respectively. Thiru.Raj.Thiruvengadam, President, Tamil Nadu Netball Association, was the chief guest and delivered valedictory address and distributed the trophies to the winners. Mrs. S. Kalyani, Senior Manager, Indian Bank, Nallambakkam Branch was the Guest of Honour. Dr. P. Rajinikumar, Organizing Secretary, TNPESU, presented the tournament report and proposed the vote of thanks.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



Players Introduction





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

Tournament report and Vote of Thanks





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**Winners – Annamalai University, Chidambaram**



**Runners – Kurukshetra University**





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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

**Third Place - Mangalore University**



**Fourth Place – M G University**

