



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

KEY INDICATOR 7.1

7.1.8 Institutional efforts/ initiatives in providing an inclusive environment tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities.

Certified that the following are the documents and photos showing Institutional efforts/ initiatives in providing an inclusive environment tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities

Registrar

Registrar

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



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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Academic Year (2022-2023)

1. Teacher's Day Celebration

The Tamil Nadu Physical Education and Sports University, in its commitment to recognizing and honouring educators, hosted a grand Teacher's Day Celebration in the year 2022. This special event took place on the 5th of September, and it unfolded within the splendid confines of the University Auditorium. In a remarkable gesture, Dr. M. Sundar, the esteemed Vice Chancellor of the university, graciously served as the distinguished chief guest of the occasion. The Teacher's Day Celebration witnessed the gathering of not only the revered faculty members but also the dedicated staff and enthusiastic students of the university. It was a day filled with camaraderie, appreciation, and reflection on the profound impact of teachers on our lives.


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

TEACHERS' DAY CELEBRATION 2022

@ 2.30 pm on 5th September, 2022
 Venue: Auditorium, Library Block, TNPESU, Chennai

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



Welcomes You All

Dr. I. Lilly Pushpam Organising Secretary, TNPESU	Dr. R. Ramakrishnan Registrar i/ c, TNPESU
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2. Onam Celebration

The Department of Yoga hosted a vibrant Onam Celebration on September 7, 2022, where Mr. Midhun Leo James, Guest Lecturer, delivered an inspiring speech, setting the tone for the festivities that ensued within the department. This event not only fostered a sense of unity and cultural appreciation but also provided an opportunity for meaningful dialogue and camaraderie among participants.



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

DEPARTMENT OF YOGA
Organized

ONAM CELEBRATIONS – 2022

Date & Time:
7th September 2022 at 11.00 a.m. (Wednesday)

Venue:
Yoga Meditation Hall, Department of Yoga (Library Building)

Onam Speech by



Mr. MIDHUN LEO JAMES
Guest Lecturer
Department of English
School of Distance Education (SDE)
TNPESU

Organizing Secretary
Dr. V. DURAISAMI
Associate Professor, Head in-charge
Department of Yoga,
TNPESU,
Chennai-127

Dr. DEB KUMAR DAS
Guest Lecturer
Department of Yoga,
TNPESU,
Chennai-127

Dr. SANMUGAPRIYA
Guest Lecturer
Department of Yoga,
TNPESU,
Chennai-127

Joint Secretary
Dr. S. SELVALAKSHMI
Associate Professor
Department of Yoga,
TNPESU,
Chennai-127

Ms. AKSHAYA PRIYA
Guest Lecturer (SDE)
Department of Yoga,
TNPESU,
Chennai-127



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3. Fresher's Day Celebration

The UG & PG second-year students of the Department of Yoga took the initiative to host a Fresher's Day Celebration and Yoga Competition on October 17, 2022. This event not only served as a warm welcome to new students but also showcased their enthusiasm and dedication in promoting yoga within the department, fostering a strong sense of community and well-being among participants and marking a memorable day of camaraderie and healthy competition.

The poster is framed in purple and features a blue header with the university's logo and name. Below the header, it lists the university's establishment details and accreditation. The main title is in large, bold, blue font. A motivational quote in red font is centered below the title. The event details (Date, Time, Venue) are listed in red font. At the bottom, the organizers are listed in black font.

**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
DEPARTMENT OF YOGA

(Estd. By the Govt. of Tamilnadu under No.9 of 2005. A State Govt. University)
Accredited with B Grade by NAAC

**Fresher's Day Celebration
and Yoga Competition**

**Seize the Moment to own it,
Freeze the time to hold it,
Since these minutes golden.**

Date: 17-10-2022
Time: 10.30 am
Venue: Department of Yoga

Organized by
SECOND YEAR UG & PG STUDENTS
Department of Yoga, TN PESU



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Melakottaiyur, Chennai-127

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4. WORKSHOP ON SCUBA DIVING

ONE DAY WORKSHOP ON SCUBA DIVING

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON

ONE DAY WORKSHOP ON SCUBA DIVING

INTRODUCTION:

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

OBJECTIVES

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

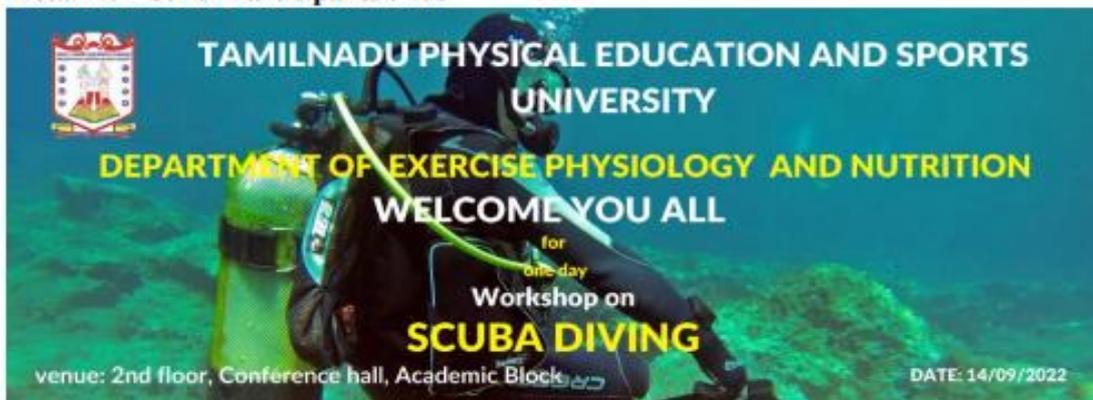
OUT COME

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

BENEFICIARIES:

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

Total Number of Participants : 200





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

ABOUT OUR DEPARTMENT

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

MAIN OBJECTIVE OF THE SCUBA DIVING

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

RESOURCE PERSON

Mr. ARAVIND THARUNSRI

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

Chief Patron

Dr. M. SUNDAR
Vice- Chancellor,
TNPESU

Patron

Dr. R. RAMAKRISHNAN
Registrar i/c,
TNPESU

Organising Secretary

Dr. M. GRACE HELINA
Professor, EPN
TNPESU

Members

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

contact

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

Tamilnadu Physical Education and Sports University

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ONE DAY WORKSHOP ON

"SCUBA DIVING"

14th September 2022



Organized by

DEPARTMENT OF EXERCISE PHYSIOLOGY
AND NUTRITION

TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
Melakottaiyur, Chennai 600127.



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5. Fresher's cultural competition

The Department of Physical Education hosted a lively Fresher's cultural competition cum celebration on October 20, 2022, where students came together to showcase their talents and enjoy a vibrant cultural exchange. This event provided a welcoming platform for new students to integrate into the university community while celebrating the richness of diversity through cultural expression.

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DEPARTMENT OF PHYSICAL EDUCATION
FRESHER'S CULTURAL COMPETITION CUM CELEBRATION

FEST - O - BEATS - 2022

Chief Parton
Dr.M.Sundar
Vice Chancellor, TNPESU

Has kindly consented to be the chief guest to deliver the Inaugural address.

Parton
Dr.Ramakrishnan
Registrar I/C TNPESU

Convenor
Dr.S.Manikandan
Professor and Head
Department of Physical Education
Controller of Examiner I/C, TNPESU

Organizing Secretary
Dr.P.Kumaravelu, Associate Professor
Department of Physical Education

Date : 20.10.2022
Time : 2.00 p.m. to 5.30 p.m.
Venue : Library Auditorium, TNPESU

Welcome you all

Organized by : **Final Year M.P.Ed., B.P.Ed., & B.P.ES Students**



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6. Workshop on 'Traditional Foods for Longevity and High Performance'

The University Successfully organized a highly informative Workshop on 'Traditional Foods for Longevity and High Performance' on November 2, 2022. This insightful program was inaugurated with great enthusiasm by Dr. M. Sundar, the esteemed Vice Chancellor of TNPESU, and enriched the felicitation address delivered by Dr. R. Ramakrishnan, the diligent Registrar of the institution.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI – 600127.
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CORDIALLY INVITES YOU ALL FOR
**WORKSHOP ON TRADITIONAL FOOD FOR LIFE
LONGEVITY AND HIGH PERFORMANCE**

On 02.11.2022,
AT CONFERENCE HALL, II FLOOR
ACADEMIC BLOCK AT 10 AM

Dr.M.SUNDAR
VICE CHANCELLOR
has kindly consented to deliver
the Inaugural Address

Dr.R.RAMAKRISHNAN
REGISTRAR I/C
has kindly consented to deliver
the Felicitation Address

**Mrs.KRISHNAKUMARI
JAYAKUMAAR**
TRADITIONAL NUTRITIONIST
AND
Mrs..KRITHIGA PRABAKARAN
Founder of Organic Positive
has kindly consented to deliver
the Keynote Address

Dr.S.THIRUMALAI KUMAR
PROFESSOR AND HEAD
has kindly consented to deliver
the Special Address

Tamil Nadu Physical Education and Sports University

CHIEF PATRON
Dr.M.SUNDAR
VICE CHANCELLOR

PATRON
Dr.R.RAMAKRISHNAN
REGISTRAR I/C

ORGANIZING SECRETARY
Dr.R.VENKATESAN
ASSOCIATE PROFESSOR AND NSS COORDINATOR
NATIONAL SERVICE SCHEME
TNPESU, MELAKOTTAIYUR,
CHENNAI - 600127

PROGRAMME COORDINATOR
Dr. K.RAJESH KUMAR
NSS PROGRAMME OFFICER
NATIONAL SERVICE SCHEME
TNPESU, MELAKOTTAIYUR,
CHENNAI - 600127



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7. Communication Skill Development Programme

The Internal Quality Assurance Cell and Placement Cell collaboratively organized a comprehensive Communication Skill Development Programme for all First-Year Students. This programme was designed to equip the students with essential communication skills vital for their academic and professional journey. The program featured the esteemed presence of Ms. P. Renuka Indumathi, who shared her expertise as a resource person, enriching the experience and offering valuable insights to the students.

The poster features the university logo at the top center. Below it, the university name is written in bold red letters, followed by the address in black. The organizing cells are listed in purple, and the programme title is in large blue letters. The date and time are in black. The schedule is presented in a table with red and black text.

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Melakottaiyur, Chennai-600127

INTERNAL QUALITY ASSURANCE CELL & PLACEMENT CELL

COMMUNICATION SKILL DEVELOPMENT PROGRAMME
For All First Year Students

On 14.11.2022 at the Conference Hall (2nd Floor, Academic Block) at 10.30 AM

PROGRAMME SCHEDULE

10.30 am	Invocation	
10.35 am	Welcome Address	Dr. M.Grace Helina, <i>Programme Coordinator</i>
10.40 am	Honouring the Guests	
10.45 am	Inaugural Address	Dr.M.Sundar, Vice Chancellor, TNPESU
10.50 am	Felicitation Address	Dr.R.Ramakrishnan, Registrar i/c, TNPESU
10.55 am	Introduction of Resource Person	Dr. Midhun Leo James, <i>Organizing Secretary</i>
11.00 am to 12.50 pm	Session - For all First Year Students	Title : Communication Skill Development Resource Person : Ms. P Renuka Indumathi
12.50 pm	Vote of Thanks	Dr.S.Prem Kumar, <i>Organizing Secretary</i>
12.55 pm	National Anthem	



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8. Field Visit on Scuba Diving

**SEMESTER- III - PAPER CODE – PEN18CT301
ENVIRONMENTAL PHYSIOLOGY**

Objectives:

1. The course focuses on learning about the various forms of environmental stress and how the resulting human organism responds physiologically to them.
2. Students will study how physical performance is affected by environmental stress such as heat, cold and high altitude and underwater environments.

Learning outcomes:

1. Students who successfully complete the paper will develop an understanding of the physiological adaptations that have evolved them to survive, adapt, participate and to train in various sports activities.

UNIT - I

Definition of Homeostasis, thermoregulation, metabolism – heat stress – Fundamental principles involved in thermoregulation – Conduction – Convection – Radiation – Evaporation – Hypothalamus and heat losing mechanism- role of endocrine glands in regulating body temperature – temperature regulation during exercise .

UNIT - II

Temperature regulation in hot environment – Acclimatization to heat – sweating –increased plasma volume – increased stroke volume – improved cutaneous blood flow – heat exhaustion – heat cramps – heat stroke – precaution to be taken in hot environment– precaution to be taken to avoid heat illness- Temperature regulation in cold environment – acclimatization to cold – fine motor activity – facilitation of metabolic heat production - precaution to be taken in cold environment.

UNIT - III

The environmental differences between High altitude and sea level – immediate physiological changes at high altitude - Acclimatization - in respiratory system – in cardiovascular system – long term adaptation - time of acclimatization – the importance of training at altitude- aerobic process – anaerobic process – performance at Altitude – Hypoxic training methods for improving endurance exercise performance.

UNIT – IV : General characteristics of underwater environment – **SCUBA diving** – physiology of underwater diving – physiological response to water immersion –exposure – breath hold limitations – Ambient pressure changes – breathing under pressure – physiology of decompression.

UNIT - V

Factors affecting physiological performance – skeletal system – muscular system –cardiovascular system – respiratory system –Bio-energetic system – lactate tolerance – maximum aerobic capacity – hormonal difference.

REFERENCE BOOK:

1. William D. McArdle, Frank I. Katch, Victor L. Katch, (2005), "Essentials of exercise physiology ", Lippincott Williams and Wilkins.
2. Victor L. Katch, Frank. I. Katch, William D. McArdle, (2003), "Essentials of exercise physiology ", Williams and Wilkins.
3. Lorry G. Shaver(1981) "Essentials of exercise physiology" Delhi: Surjeeth Publications.
4. William E.Garrett J.R., Donald T. Kirendall, (2000), "Exercise and sports science", Lippincott Williams and Wilkins.
5. McArdle William D. (1998)) "Essentials of exercise physiology" Malvern, Pennsylvania: Lea and Febiger.
6. Roger M. Enoka, (2002), " Neuromechanics of human movement", Human Kinetics.



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DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON

STUDENTS PRACTICAL EXPOSURE ON SCUBA DIVING MSc II YEAR EXERCISE
PHYSIOLOGY AND NUTRITION STUDENTS.

Year: 2021-2022

STUDENTS PRACTICAL EXPOSURE ON SCUBA DIVING MSc II YEAR WAS
HELD AT PONDYCHEERY ON 16.11.2022.

Aim:

To understand the oceanic resource as the ecosystem contributing to global and regional elemental cycling and regulating the climate. The ocean provides natural resources including food, materials, substances and energy.

NO. OF PARTICIPANTS- 12

STAFF IN CHARGE – Dr.M.GRACE HELINA

Objectives:

To enter deep water with an oxygen tank for a period of time to observe underwater nature in its most natural state.

The M.Sc II year students were taken to Pondicherry temple adventure - Scuba Diving on 16.11.2022 to understand the knowledge of Ocean various pressure, Scuba apparatus, Training with Scuba apparatus in the pool, the compression of the air, filling up of compressed air in cylinders, breathing mechanism, Dive Table etc.

The students had a practical exposure on the above said points and thoroughly understood the application part.

The following are the students who underwent the practical exposures on scuba diving.



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SCHEDULE OF THE DAY (16/11/2022)

6.00 am started from the TNPESU campus

8.00 am had breakfast in the middle of the way

10.00 am Reached Pondicherry

10.15am Visited the whole shop & service centre of SCUBA DIVING APPARTUS

12.30 visited the Ashram at Pondicherry

1.00 pm lunch

2.00 pm Temple reef training centre (gas filling room, various sized cylinders, pre preparation and training to the people going for SCUBA diving, presentations by Mr. ARAVIND (PADI), founder of temple reef center)

4.00 pm visited the spot where the SCUBA diving and boating activities takes place.

5.00 pm snack and tea

5.30 headed back towards Chennai

9.00 pm reached the college campus safely

INTRODUCTION

Scuba diving is a mode of underwater diving whereby divers use breathing equipment that is completely independent of a surface air supply. The name "scuba", an acronym for "**Self-Contained Underwater Breathing Apparatus**", was coined by Christian J. Lambertsen in a patent submitted in 1952.

Scuba divers carry their own source of breathing gas, usually compressed air, affording them greater independence and movement than surface-supplied divers, and more time underwater than free divers. Although the use of compressed air is common, a gas blend with a higher oxygen content, known as enriched air or nitrox, has become popular due to the reduced nitrogen intake during long and/or repetitive dives. Also, breathing gas diluted with helium may be used to reduce the likelihood and effects of nitrogen narcosis during deeper dives.



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SCUBA GEARS

Scuba diving equipment, also known as scuba gear, is the equipment used by a scuba diver for the purpose of diving, and includes the breathing apparatus, diving suit, buoyancy control and weighting systems, fins for mobility, mask for improving underwater vision, and a variety of safety equipment and other accessories.

SCUBA equipment store,

Pondicherry



RULES FOR SAFE SCUBA DIVING

1. Get certified.
2. Strive for safety.
3. Be prepared to abort the dive.



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5. Use a slow ascent.
6. Always plan a safety stop.
7. Plan your dive and dive the plan.
8. Wait 24 hours before you fly.
9. Know your limitations.
10. Carry an alternate air source.
11. Don't wait for the alternate air source.
12. Check your air.

To dive safely, divers must control their rate of descent and ascent in the water and be able to maintain a constant depth in midwater. Ignoring other forces such as water currents and swimming, the diver's overall buoyancy determines whether they ascend or descend. Equipment such as diving weighting systems, diving suits (wet, dry or semi-dry suits are used depending on the water temperature) and buoyancy compensators can be used to adjust the overall buoyancy.



Students Attendance

NOV: 16/22

SCUBA DIVING.

S-NO	NAME	SIGNATURE
1.	AKASH R	R. Akash
2.	THENMOZHI	Thenmozhi
3.	THAKSHYA	Thakshya
4.	LOGIAPRIYA	LOGIAPRIYA
5.	PAVITHRA S	S. Pavithra
6.	NAVEEN RAJ	Naveen
7.	MOHAMMED SAIFUDEEN	Saifudeen
8.	SURYA	Surya
9.	MUTHUKUMAR	Muthukumar
10.	SATHEESH KANNAN	Satheesh
11.	LEONARD ISMAYEL	Ismayel



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9. Project Proposal Development on Community Engagement

On the 21st of November 2022, the Internal Quality Assurance Cell meticulously organized a highly informative and skill-enhancing Workshop on the theme of ‘Project Proposal Development on Community Engagement’ for all esteemed Teaching Faculty. The event was enriched by the presence and insightful speech delivered by an eminent figure, Prof. K. Ravichandran, Professor/Regional Director of Unnat Bharat Abhiyan, who provided invaluable guidance and expertise to the participants.

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

INTERNAL QUALITY ASSURANCE CELL
Cordially invites you for the

**Workshop on
Project Proposal Development on
Community Engagement**

For All Teaching Faculty
On 21.11.2022 at the Syndicate Hall, TNPESU at 10.30 AM

Dr. M.SUNDAR
Vice Chancellor, TNPESU
has kindly consented to inaugurate the workshop and deliver the inaugural address

Dr. R.RAMAKRISHNAN
Registrar i/c, TNPESU
has kindly accepted to felicitate the function

Prof. K.RAVICHANDRAN
Regional Director, Unnat Bharat Abhiyan,
Professor, Department of Cooperation, School of Management Studies,
The Gandhigram Rural Institute
has kindly accepted to be the resource person

Dr.V.MURUGUVALAVAN
PT.C.MANOJ
Organizing Secretaries

Dr. M.GRACE HELINA
Programme Coordinator



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10. Eye checkup and awareness camp

The University, in collaboration with Bharath Medical College, effectively organized a comprehensive Eye checkup and awareness camp on November 29, 2022. The event was graced by the esteemed presence of Dr. M. Sundar, Vice Chancellor of TNPESU, and Dr. R. Ramakrishnan, Registrar in charge, who joined as the honoured special guests, emphasizing the importance and impact of this significant healthcare initiative.

The poster features a blue and white color scheme with a grid background. At the top left is the university's logo. The text is centered and uses various colors and bold fonts. Two large, detailed illustrations of human eyes are positioned on either side of the 'Chief Guest' text. Below the eyes are two stethoscopes with red hearts, flanking the 'Special Guest' text. At the bottom, there are two columns of text for the organizing secretaries and the convener, separated by an ampersand. A blue ECG line graphic is visible at the bottom right.

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IN ASSOCIATION WITH
BHAARATH MEDICAL COLLEGE
Selaiyur Chennai - 600073

EYE Checkup And Awareness Camp

CHECK CONSULT CURE

Chief Guest
Dr.M.SUNDAR
Vice-Chancellor, TNPESU

Special Guest
Dr.R.RAMAKRISHNAN
Registrar i/c, TNPESU

Organising Secretaries
Dr.M.Murugu Valavan
Associate Professor
Medical Officer
&
Dr.K.Rajesh Kumar
Assistant Professor
NSS Program Officer, TNPESU

Convener
Dr. R. Venkatesan
Associate Professor
NSS Coordinator
TNPESU



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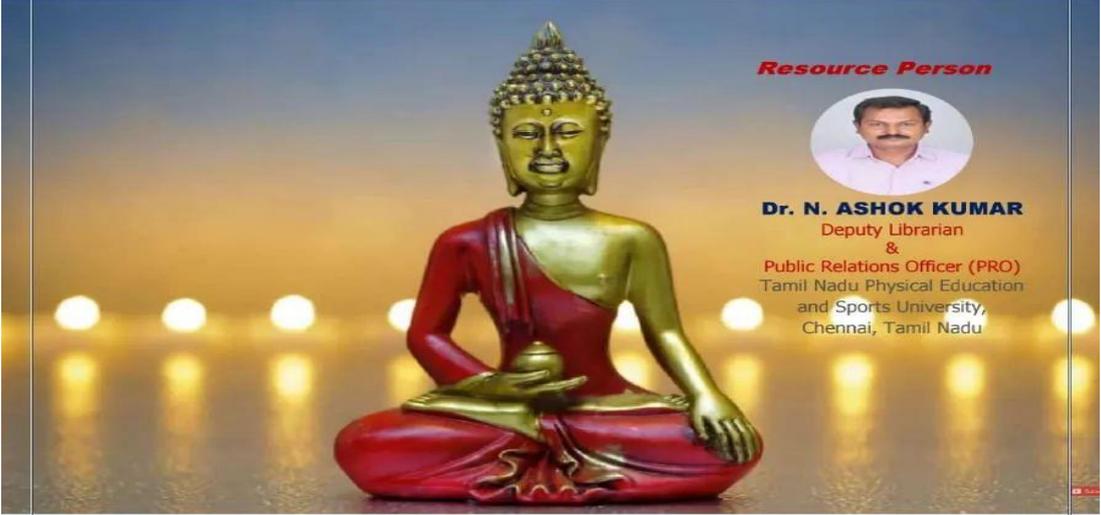
12. Buddha Purnima Celebration

The Department of Yoga, TNPESU, enthusiastically orchestrated a grand and enlightening "Buddha Purnima Celebration" on the 5th of May 2023. This auspicious event was made even more meaningful with the presence of Dr. N. Ashok Kumar, who holds the distinguished positions of Deputy Librarian and Public Relations Officer within TNPESU, as the esteemed resource person.

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR POST, CHENNAI – 600 127
DEPARTMENT OF YOGA
Organizes
BUDDHA PURNIMA CELEBRATIONS

Date: 5th May 2023
at 4.30pm. (Friday)

Venue: Yoga Meditation Hall,
Department of Yoga (Library Building)



Resource Person


Dr. N. ASHOK KUMAR
Deputy Librarian
&
Public Relations Officer (PRO)
Tamil Nadu Physical Education
and Sports University,
Chennai, Tamil Nadu

Chief Patron Dr. M. SUNDAR Vice Chancellor	Patron Dr. R. RAMAKRISHNAN Registrar i/c	
Organizing Secretary Dr. V. DURASAMI Associate Professor & Head i/c, Department of Yoga	Joint Secretary Dr. S. SELVALAKSHMI Associate Professor Department of Yoga	
Dr. DEB KUMAR DAS Guest Lecturer Department of Yoga	Dr. P. SANMUGAPRIYA Guest Lecturer Department of Yoga	Ms. G. AKSHAYA PRIYA Guest Lecturer (SDE) Department of Yoga

Note: Celebrations by Department of Yoga Students B.Sc Yoga, M.Sc Yoga, M.Sc Yoga Therapy and Ph.D Scholars



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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13. 9th International Yoga Day

In celebration of the 9th International Yoga Day on 21st June 2023, the Department of Yoga, TNPESU embarked on a remarkable journey by crafting a groundbreaking World Young Achiever Book of Records. This monumental achievement was realized through a spectacular performance of the intricate 9-9-9-9-9-999 yoga routine. On the auspicious 9th International Yoga Day, precisely at 9 o'clock in the morning, for a duration of 9 minutes and 9 seconds, participants gracefully executed yoga postures from 9 distinct vertices. This extraordinary feat involved a dedicated assembly of 999 participants, all striving to etch their names into the annals of record-breaking history.

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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Department of Yoga

Organises

CELEBRATION OF 9TH INTERNATIONAL YOGA DAY-2023

9-9-9-9-9-999

9th International Yoga Day 9 O'clock - 9 Min- 9 Sec-9 Vertices of Yogasans 999 Participants are attempting to the record

WORLD YOUNG ACHIEVERS BOOK OF RECORDS

Venue: TNPESU Ground. Date: 21 th June-2023



www.wyb





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Academic Year (2021-2022)

14. 75th Independence Day Celebration at TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 15.08.2021



Tamil Nadu Physical education and Sports University, celebrated 75th India Independent Day Dr. V. Gopinath the Registrar and staff members, and students of the university attended in the celebration.



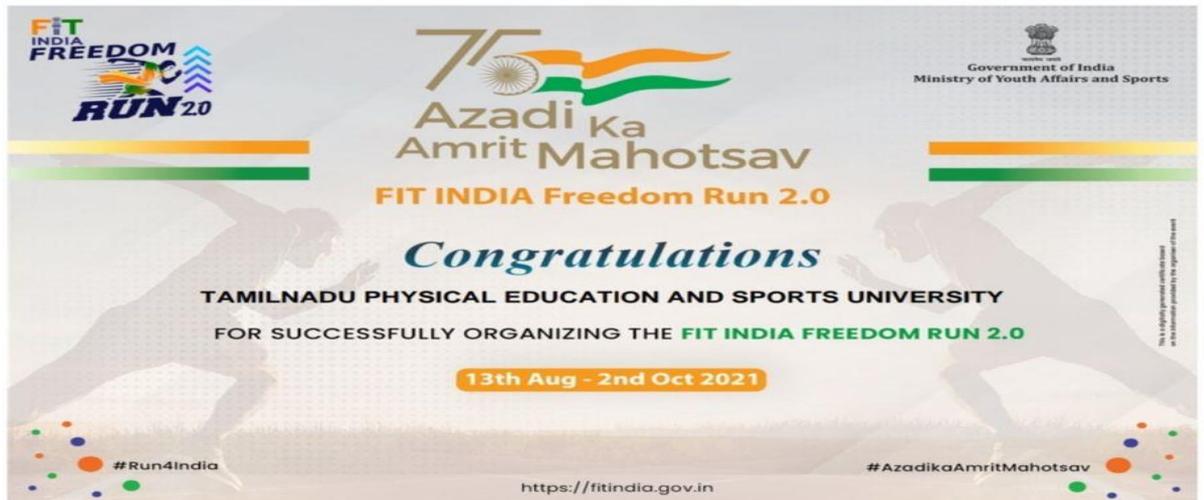
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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15. FIT INDIA FREEDOM RUN 2.0

TamilNadu Physical Education and Sports University, Department of PHYSICAL EDUCATION organized “FIT INDIA FREEDOM RUN 2.0” on 29.09.2021.





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16. Pooja Celebration @ Department of Yoga, TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 13.10.2021



Tamil Nadu Physical education and Sports University celebrated pooja, the staff members of the university attended the programme.



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17. THIRUMOOLAR JEYANTHI CELEBRATION @ DEPARTMENT OF YOGA TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 20.10.2021.



Tamil Nadu Physical education and Sports University celebrated Thirumoolar Jeyanthi, staff members of the university attended the programme.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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18. TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, SC/ST CELL observed the Commemoration of the 65th Death Anniversary of Dr.B.R. Ambedkar on 06.12.2021



Tamil Nadu Physical education and Sports University organized Observance of the commemoration of 65th death anniversary of Dr. B.R. Ambedkar. The staff members and the students of the university attended the programme.



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19. Faculty Development Programme

The three days Faculty Development Programme on “IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH’S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR* organized by TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, Melakottaiyur, Chennai in collaboration with RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT, Ministry of Youth Affairs & Sports, Government of India from 15.03.2022 – 17.03.2022.





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20. Holi festival

TamilNadu Physical Education and Sports University Department of Yoga Students

Celebrated Holi festival on 18 /3/2022.

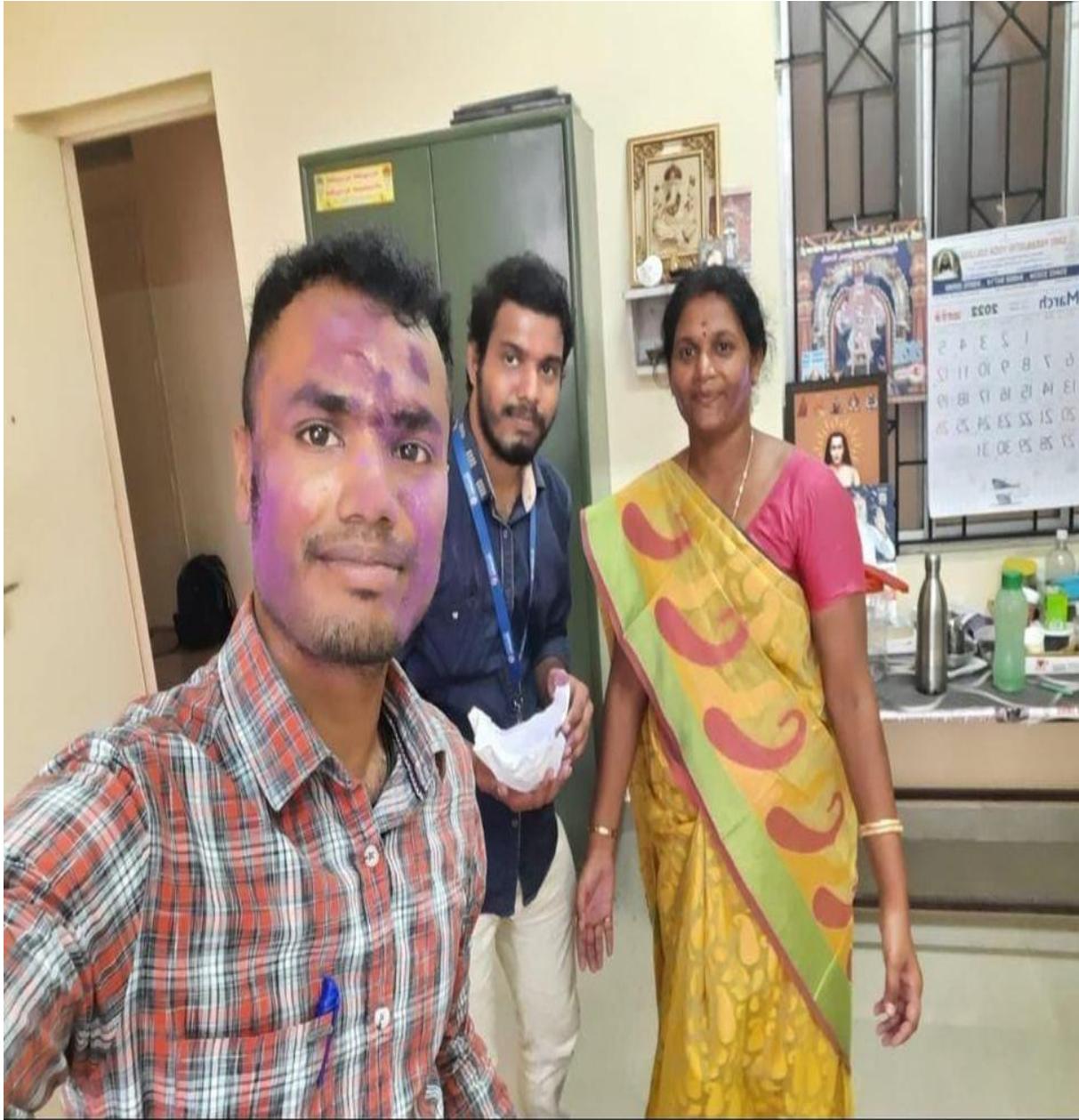




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21. Village Placement Programme

Students of III B.Sc. Exercise Physiology & Nutrition, Department of Exercise Physiology & Biomechanics, TamilNadu Physical Education and Sports University underwent Village Placement Programme at Ooty and Mettupalayam from 04.04.2022 to 09.04.2022.





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22. SC/ST Cell / Employees Welfare Association

TamilNadu Physical Education and Sports University, SC/ST Cell / Employees Welfare Association organized the 131th Birthday Celebration of Baba Saheb Dr.B.R.Ambedkar on 12.04.2022.

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழக என்சி / என்டி செல் மற்றும் என்சி / என்டி பணியாளர்கள் நலச்சங்கம் உங்களை அன்புடன் அழைக்கிறது.

பாபாசாகேப் டாக்டர் பி.ஆர்.அம்பேத்கர் அவர்களின்

131-வது பிறந்தநாள் விழா

நாள் : செவ்வாய்க்கிழமை, 12 ஏப்ரல் 2022, 4.00 மணி

இடம் : பல்கலைக்கழக அரங்கம்

சிறப்பு விருந்தினர் மற்றும் படிகிற்பு

மாண்புமிகு திரு. சீவா. வீ. வைய்யநாதன் அவர்கள்
கற்றுச்சூழல் - காலநிலை மாற்றுத்தாறு மற்றும் இளைஞர் நலன், விளையாட்டு மேம்பாட்டுத் துறை அமைச்சர்
தமிழ்நாடு அரசு

தலைமைப்புரை

முனைவர் **மு.சுந்தர்** அவர்கள்
துணைவேந்தர்
தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

சிறப்புரை

பேராசிரியர் **ஆர்.டி. சாரபதிமோகன்** அவர்கள்
முன்னாள் துணைவேந்தர்
மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்

வாழ்த்துரை

திரு. எஸ்.எஸ்.பாலாஜி அவர்கள்
திருப்போளூர் சட்டமன்ற உறுப்பினர்

முனைவர் **வே.கோபிநாத்** அவர்கள்
பதிவாளர், தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

அனைத்து பல்கலைக்கழக பேராசிரியர்களும் அனைவர்களும் மற்றும் மாணவர்களும் இவ்விழாவில் கலந்து கொண்டு சிறப்பிக்குமாறு அன்புடன் கேட்டுக் கொள்கிறோம்



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பாபாசாகேப் டாக்டர் மி.ஆர்.அம்பேத்கர் அவர்களின்
131-வது பிறந்தநாள் விழா

நிகழ்ச்சி நிரல்

நாள் : 12.04.2022

இடம்: பல்கலைக்கழக அரங்கம்

மாலை : 4.00 துமிழ்த்தாய் வழித்து

வரவேற்புரை : 4.05 பேராசிரியர். **வெ.மங்கையர்கரசி** அவர்கள்
ஒருங்கிணைப்பாளர் எஸ்சி/என்டி செல் தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

தலைமையுரை : 4.10 முனைவர். **மு.சுந்தர்** அவர்கள்
துணைவேந்தர், தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

வாழ்த்துரை : 4.20 திரு. **எஸ்.எஸ். பாலாஜி** அவர்கள்
திருப்போதூர் சட்டமன்ற உறுப்பினர்
முனைவர். **வே.கோபநாத்** அவர்கள்
பதிவாளர், தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

சிறப்புரை : 4.30 முனைவர். **ஆர்.டி. சபாபதிமோகன்**, அவர்கள்
முன்னாள் துணைவேந்தர்
மனோன்மனியம் சுந்தரனார் பல்கலைக்கழகம்

சிறப்பு விருந்தினர்யுரை : 5.00 மாண்புமிகு. திரு. **சீவா.வி. மெய்யநாதன்** அவர்கள்
சுற்றுக்கூழல் - காலநிலை மாற்றுத்துறை மற்றும் இணைநர் நலன், விளையாட்டு மேம்பாட்டுத் துறை அமைச்சர்
தமிழ்நாடு அரசு

நன்றியுரை : 6.00 முனைவர். **ப.கு. செந்தில்குமார்** அவர்கள்
தலைவர், எஸ்சி/என்டி பணியாளர்கள் நலச்சங்கம்
தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்



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23. Tamil, Malayalam, and Bengali New Year Celebration

TamilNadu Physical Education and Sports University, Department of Yoga celebrated the Tamil, Malayalam, and Bengali New Year Celebration on 13.04.2022. Dr.V.Duraisami, Associate Professor cum Head (in charge) of Yoga Department was the organizing secretary for the programme. Dr.S.Selvalakshmi, Assistant Professor of Yoga Department was the joint secretary for the programme. The staff members and the students of all Departments of the University participated the programme.

The poster features the university logo at the top left. The text is centered and reads: 'TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY Accredited with B Grade by NAAC Department of Yoga Organizes "Tamil - Malayalam - Bengali New Year" Celebration'. Below this, the date and time are listed: 'Date: 13.04.22 Wednesday Time: 01.00PM'. Three images represent the festivals: 'Vishu' (a plate of food), 'Puthandu Vazhukal' (a pot with leaves and flowers), and 'Pohela Boishakh 2022' (a colorful character). At the bottom, the names and titles of the organizers are listed.

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Accredited with B Grade by NAAC
Department of Yoga

Organizes
" Tamil - Malayalam - Bengali New Year "
Celebration

Date: 13.04.22 Wednesday Time: 01.00PM

Chief Patron
Dr. M. SUNDAR
Vice Chancellor

Organizing Secretary
Dr. V. Duraisami
Associate Professor, Head i/c,
Department of Yoga

Patron
Dr. V. GOPINATH
Registrar

Joint Secretary
Dr. S. Selvalakshmi
Assistant Professor
Department of Yoga

CO-ORDINATORS

Dr. D. Uma Maheswari
Guest Lecturer
Department of Yoga

Mr. M. Praveen Kumar
Guest Lecturer
Department of Yoga



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24. TAMILNADU & PUDUCHERRY STATE INTER PHYSICAL EDUCATION TOURNAMENT (Men & Women)

The Department of Physical Education organised “TAMILNADU & PUDUCHERRY STATE INTER PHYSICAL EDUCATION TOURNAMENT (Men & Women) 2021-2022” on 26.04.2022 to 30.04.2022.

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

DEPARTMENT OF PHYSICAL EDUCATION

TAMILNADU & PUDUCHERRY STATE INTER-PHYSICAL EDUCATION TOURNAMENTS 2021 - 22

Organized by
DEPARTMENT OF PHYSICAL EDUCATION

Venue : Tamilnadu Physical Education and Sports University
Melakottaiyur, Chennai - 600 127.

26th & 30th April - 2022



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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The Valedictory Ceremony of TAMILNADU & PUDUCHERRY STATE INTER

PHYSICAL EDUCATION TOURNAMENT (Men & Women) 2021-2022 on 30.04.2022.





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25. Seven Days National Service Scheme Special Camp

National Service Scheme Unit of TamilNadu Physical Education and Sports University organized “Seven Days National Service Scheme Special Camp” from 10.05.2022 to 16.05.2022 at TamilNadu Physical Education and Sports University Campus. The Chief guest Dr,M.Sundar, Vice Chancellor delivered the inaugural address and Dr.P.Kumaravelu, Assistant Professor cum National Service Scheme coordinator gave the felicitation address.

Dr.V.Gopinath, Registrar, TamilNadu Physical Education and Sports University delivered the valedictory address and distributed the certificates.

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

INVITATION

The Vice Chancellor , Registrar , Member of the syndicate, Staff and Students of Tamil Nadu Physical Education and Sports University
Invites you to the

NATIONAL SERVICE SCHEME

SEVEN DAYS SPECIAL CAMP
(10.05.2022 to 16.05.2022)

At **TNPESU** campus , on **Tuesday 10th MAY 2022** **Time:10.30am**

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

Dr.P.KUMARAVELU
Assistant Professor cum NSS Coordinator
has kindly consented to give the Felicitation Address

By
Dr. S.VELKUMAR
Assistant Professor cum
NSS Programme Officer
&
TNPESU NSS Volunteers



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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR , CHENNAI-600 127



INVITATION

The Vice Chancellor , Registrar , Members of the syndicate, Staff and Students of Tamil Nadu Physical Education and Sports University

Invites you to the

NATIONAL SERVICE SCHEME

SEVEN DAYS SPECIAL CAMP

(10-05-2022 to 16-05-22)

At **TNPESU** campus , on **Monday** 16th MAY 2022 **Time:** 3.00pm

Dr.V.GOPINATH

Registrar, TNPESU.

has kindly consented to be the Chief guest and to deliver the Valedictory Address and distribute Special Camp Certificates

Dr.P.KUMARAVELU

Assistant Professor cum NSS Coordinator

has kindly consented to give the felicitation Address

By

Dr. S.VELKUMAR

Assistant Professor cum
NSS Programme Officer

&

TNPESU NSS Volunteers



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26. 12th Junior Hockey India Men National Championship

Staff and students of the Department of Sports Biomechanics & Kinesiology, TamilNadu Physical Education and Sports University serving as a part of the Organizing Committee and Video Analysis team for the 12th Junior Hockey India Men National Championship from 17th to 29th May 2022.





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27. World Bicycle Day

TamilNadu Physical Education and Sports University organized Cycle Rally in observance of World Bicycle Day on 03.06.2022. The programme was inaugurated by Dr.M.Sundar, Vice Chancellor, TamilNadu Physical Education and Sports University. More than 50 students participated in this programme.





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BREAKING NEWS

ARAMNEWS

03/06/22

அறியும்
செங்கல்பட்டு மாவட்டம்

/Aramnews.in

தமிழ்நாடு உடற்கல்வி மற்றும் விளையாட்டுப் பல்கலைக்கழகத்தில் கடந்த 3.6. 2022 இன்று உலக சைக்கிள் தினத்தை முன்னிட்டு பல்கலைக்கழகத் துணைவேந்தர் சுந்தர் அவர்களின் தலைமையில் 50க்கும் மேற்பட்ட சைக்கிள் வீரர்கள் பத்து கிலோமீட்டர் சைக்கிள் பேரணியில் கலந்து கொண்டனர் இதில் பல்கலைக்கழகத்தின் துணைவேந்தர் அவர்கள் சைக்கிள் ஓட்டுவதின் முக்கியத்துவத்தை எடுத்துரைத்து துவக்கி வைத்தார் இதில் பல்கலைக்கழகத்தின் பதிவாளர் வி.கோபிநாத் மற்றும் பேராசிரியர் பி.கே.செந்தில் குமார் அவர்கள் உடன் இருந்தனர்

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28. Disease Awareness program

Department of Physical Education, National Service Scheme, and University Health centre of TamilNadu Physical Education and Sports University jointly organized the Communicable (COVID) Disease Awareness program on 06.06.2022.





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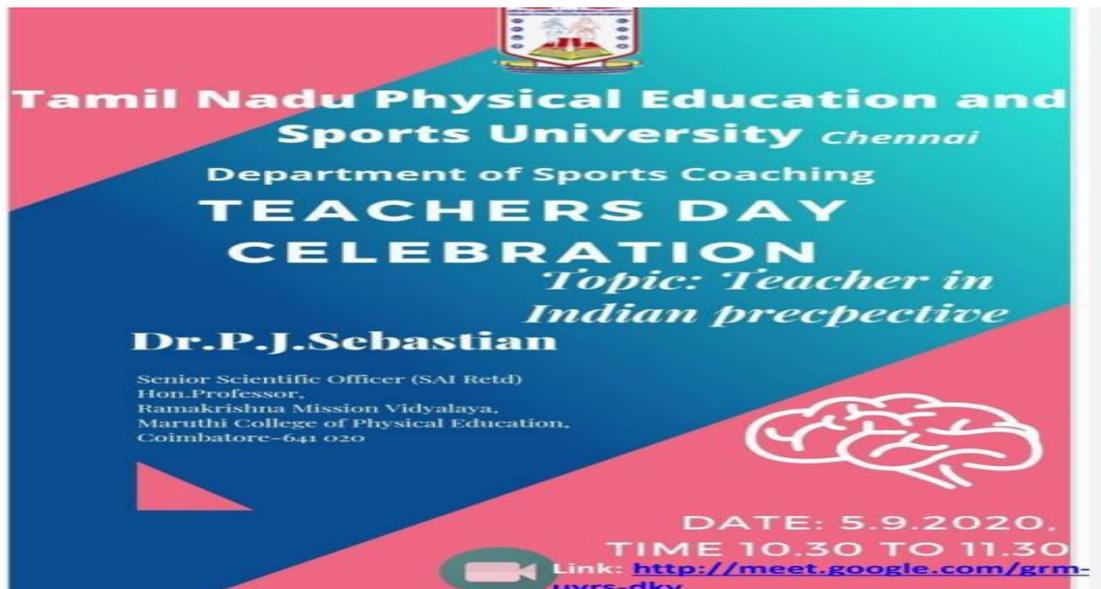
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Academic Year (2020-2021)

**29. TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
DEPARTMENT OF SPORTS COACHING organizes Teachers Day
Celebrations on 05.09.2020**



The Department of Sports Coaching from organizes Teachers Day Celebrations Tamil Nadu Physical education and Sports University. The staff members of the university attended the programme.



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30. Inauguration of TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, SC/ST CELL on 23.10.2020.



Tamil Nadu Physical Education and Sports University inaugurated SC/ST CELL.

Dr. V. Gopinath the Registrar and staff members of the university attended the programme.



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31. NEW YEAR CELEBRATION 2021 at TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 04.01.2021.



Tamil Nadu Physical Education and Sports University celebrating new year 2021. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.



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32. TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, PONGAL CELEBRATION 13.01.2021



Tamil Nadu Physical Education and Sports University celebrating pongal. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.



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33. HOLI CELEBRATION BY DEPARTMENT OF YOGA, TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, ON 29.03.2021



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mbers and the



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34. TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
DEPT OF YOGA organizes Online World Environment Day Celebrations
from 05.06.2021 to 07.06.2021.

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

**ONLINE
WORLD ENVIRONMENT DAY
CELEBRATION**

Date- 05.06.2021 to 07.06.2021

ORGANIZING SECRETARY
Dr. S. Selvalakshmi
Assistant Professor & Head I/C

JOINT SECRETARY
Dr. V. Duraisami
Assistant Professor

COORDINATORS

Dr. D. Umamaheswari,
Guest Lecturer

Dr. K. Subbulakshmi,
Guest Lecturer

Mrs. B. Maheswari,
Guest Lecturer

ORGANIZED BY
**DEPARTMENT OF YOGA
TN PESU**

The poster also features a photograph of hands holding a small green plant in soil, symbolizing environmental care.

Tamil Nadu Physical Education and Sports University DEPT OF YOGA organised Online World Environment Day Celebrations to spread love and to cherish our mother Earth and her belongings. Staff members and the students had participated to celebrate the same.



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Academic Year (2019-2020)

35. The Village placement programme was held at Yelagiri village from 22nd to 26th October 2019.

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Chennai -127

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DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON

VILLAGE PLACEMENT PROGRAMME

The Village placement programme was held at Yelagiri village from 22nd to 26th October 2019 .





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The students of M.Sc II year and M.Phil Exercise Physiology and Nutrition were taken to Yelagiri hills for Village Placement Programme from 22nd to 26th October 2019. Dr. M. Grace Helina, Professor and Head accompanied the students and all participants stayed at YMCA Yelagiri Camp Site and the planned programme were executed by the students. The following are the programme organised,

1. Nutritional Assessment done at yelagiri village people
2. Site seen
3. Small games conducted
4. Quiz on Exercise Physiology and Nutrition parameters

Objectives

The objectives of the Village Placement Programme are:

- i) to offer an opportunity to the students to understand the different facets of the rural community;
- ii) to enable the students to comprehend and relate classroom learning to field realities;
- iii) to facilitate the students to identify rural issues and problems;
- iv) to share development information with the people
- v) to inculcate socially relevant values and responsibilities among the students, and
- vi) to facilitate the initiation and sustenance of socially relevant programmes/projects that benefit the rural community



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NO. OF PARTICIPANTS- 10



Morning activity



GROUP DISCUSSION





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GAMES





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DISTRIBUTION OF PRIZES AND GIFTS



STUDENTS COMMITTEE

RESERVATION / TRANSPORT COMMITTEE

1. LEO ANTONY, M.Sc II YEAR
2. NIRANJAN, M.Sc II YEAR

EQUIPMENT COMMITTEE

1. STANLEY, M.Sc II YEAR
2. SHASTIVELAN- M.Phil

FOOD COMMITTEE

1. PRIYA- M.Sc II YEAR
2. PRIYA SAPREY- M.Sc II YEAR

PRIZES COMMITTEE

1. PANSOW - M.Sc II YEAR
2. VIGNESH - M.Sc II YEAR

PHOTOGRAPHY

1. AZAD - M.Sc II YEAR



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Academic Year (2018-2019)

36. Deepavali Celebrations and awareness campaign – safe and green

Deepavali



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

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

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Dr. S.Thirumalai Kumar
Professor & Head
Department of Physical Education

Mobile : 09841019670 & 06381274527

Email : drstkpe@gmail.com

30.11.2018

Circular

This is to inform you that there will be an **Deepavali Celebrations and Awareness Campaign - Safe and Green Deepavali** on the eve of Deepavali on 05.11.2018 at 11.00 am.

All the staff and students are asked to assemble in the Administrative building complex on 05.11.2018 at 11.00 am.

Dr.S.Thirumalai Kumar

Dr.S. THIRUMALAI KUMAR
Professor and Head
Dept. of Physical Education
Tamil Nadu Physical Education and Sports University
Melakottaiyur, Post,
Chennai-600 127.



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Tamil Nadu Physical Education and Sports University
Chennai 600127

Deepavali Celebrations and Awareness Campaign - Safe and Green Deepavali

Venue: Administrative Building

Date : 11 AM, 5. 11. 2018

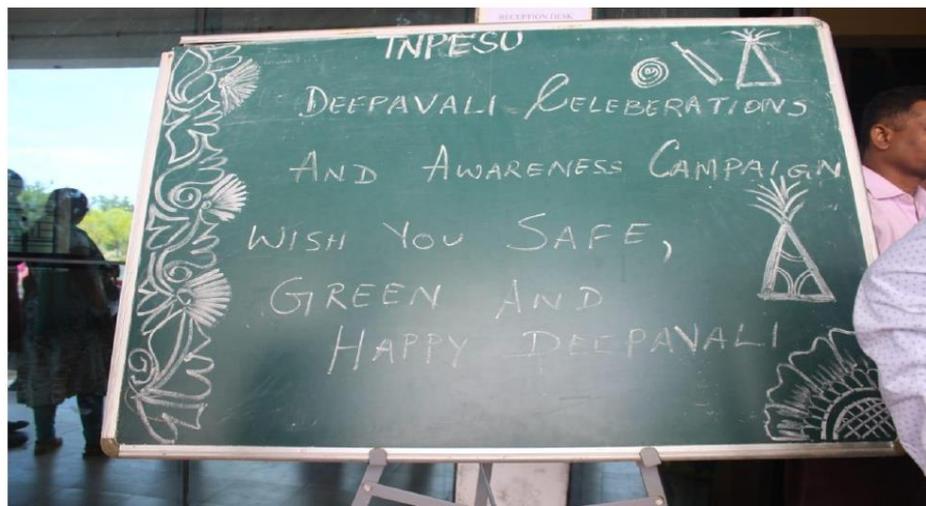
Diwali or Deepavali is the festival of lights indicates the triumph of light over darkness, good over evil. It falls on the day of 'Amavasya' or new moon in the Hindu month Karthigai.

Tamil Nadu Physical Education and Sports University Celebrated **Deepavali Celebrations and Awareness Campaign - Safe and Green Deepavali** on 05.11.2018. Dr. S.Manikandan Professor, Department of Physical Education Dr. Shahin Ahmed Head Department of Sports Psychology coordinated the event.

Dr. S.Manikandan, welcomed the gathering.

Dr. Sheila Stephen presided over the function, addresses the gathering, she stressed upon the safe and green deepavali. Sweets and crackers were distributed the to the staff and students.

Dr. Shahin Ahmed proposed the vote of thanks.





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37. Pongal Celebrations

**Tamil Nadu Physical Education and Sports University
Chennai 600127**

Pongal Celebrations

Venue: Academic Building

Date : 11 AM, 11.01. 2019

Pongal is a harvest festival dedicated to the Sun God. It is a four-day festival which according to the Tamil calendar is usually celebrated from January 14 to January 17. Thai Pongal corresponds to Makara Sankranti, the harvest festival celebrated throughout India.

Tamil Nadu Physical Education and Sports University Celebrated the Pongal on 11.01.2019. Dr. I.Lilly Pushpam Assistant Professor and Department of Physical Education coordinated the event.

Pongal Cooking competition, Kolam Competition , Dance and Traditional Competitions were the part of the celebrations. Attractive Prizes were given to the participants.





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