



Tamil Nadu Physical Education and Sports University
Chennai 600 127

Criterion 3 – Research, Innovations and Extension

3.3.1 INSTITUTION HAS CREATED AN ECOSYSTEM FOR INNOVATIONS, INDIAN KNOWLEDGE SYSTEM (IKS) INCLUDING AWARENESS ABOUT IPR, ESTABLISHMENT OF IPR CELL, INCUBATION CENTRE AND OTHER INITIATIVES FOR THE CREATION AND TRANSFER OF TECHNOLOGY/KNOWLEDGE.

ADDITIONAL DOCUMENTS

- 1. IPR WORKSHOP REPORT***
- 2. IKS – YOGA WORKSHOP REPORT***
- 3. IKS – KALARIPAYATTU WORKSHOP REPORT***
- 4. KALARIPAYATTU & SILAMBAM SUMMER COACHING CAMP REPORT***
- 5. COPIES OF PROPOSAL SUBMITTED FOR IKS***





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

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

Accredited with "B" by NAAC



INTERNAL QUALITY ASSURANCE CELL (IQAC)

Report on "AWARENESS PROGRAMME" ON INTELLECTUAL PROPERTY RIGHTS

28th October 2022



[Signature]
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
REPORT ON
AWARENESS PROGRAMME
ON
INTELLECTUAL PROPERTY RIGHTS

INTRODUCTION

One day Awareness Programme on “*Intellectual Property Rights*” was organized by the Internal Quality Assurance Cell (IQAC), TNPESU for the benefits of all the teaching staff of this University on 28.10.2022.

Intellectual property rights are the rights given to persons over the creations of their minds. They usually give the creator an exclusive right over the use of

his/her creation for a certain period of time. Intellectual Property plays a key role in gaining modest advantage in terms of research gains for achieving higher and quality growth in a Competitive World To promote the awareness of Intellectual Property Rights (IPR) and creative research activities across various Departments. Tamil Nadu Physical Education and Sports University, Chennai has organized an awareness programme on “Intellectual Property Rights” on 29th October 2022.

OBJECTIVES

The objective of the programme is to spread awareness about the importance of IPR among faculty members, to cater the IPR needs of the University so as to create a strong IPR base in the University.

OUTCOME OF THE PROGRAMME

A total of forty-one faculty members at the levels of Professor, Associate Professor, Assistant Professor and Guest Lecturer from all the Departments of this University participated and benefited. The participants have acquired adequate knowledge on all the aspects of Intellectual Property Rights and

various process through the awareness programme and clarity of thought on all aspects among the participants was ensured through feedback received from the participants.

PROGRAMME APPROVAL LETTER

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

Website : www.tnpesu.org
Email : regtnpesu@gmail.com
Phone No : 044-27477906

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

Dr.R.Ramakrishnan
Registrar i/c

Lr. No.5662/R2/Estd./Workshop/2022

Date: 24.10.2022.

To
Dr. M. Grace Helina,
IQAC Director,
TNPESU, Chennai - 600127.

Madam,

Sub: TNPESU - Establishment - Permission to conduct IP Awareness Programme & Forming of IP Cell - Orders requested - Reg.

Ref: 1. Your Letter No.5662, dated: 24.10.2022.
2. The Vice-Chancellor approval, dated: 24.10.2022.

With reference to the above, I am by direction to inform you that permission has been given to conduct a IP Awareness Programme and Forming of IP Cell on 28.10.2022 at 2.00 pm at Syndicate Hall, TNPESU. After conducting the programme a report should be submitted to the IQAC of this University.

Handwritten signature
24/10/22
REGISTRAR i/c
24/10/22

Month
Mar-22
Apr-22
May-22
Jun-22
Jul-22
Aug-22
Sep-22
Oct-22

AWARNESS PROGRAMME RESPONSIBILITIES

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 127

INTERNAL QUALITY ASSURANCE CELL

Awareness Programme on

INTELLECTUAL PROPERTY RIGHTS

Date : 28.10.2022

Time: 2.00 – 4.00 pm

Organizing Committee & Responsibilities

Dr.M.Grace Helina – Budget Preparation, Resource Person arrangement, Welcome Address

Dr.S.Thirumalai Kumar – Organizing Secretary, Prog Report, Brochure, Invitation, Feedback,

Participant Certificate, Vote of Thanks

C.Manoj – Hall arrangement, Resource Person Certificate, Recording, Introduction of RP

K.B.Srinivasan - Organizing Secretary, Banner, Refreshment, Introduction of RP

Mr.Mithun Leo James - Master of Ceremony


IQAC Director

PROGRAMME CIRCULAR

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

Dr.M.GRACE HELINA

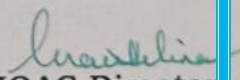
IQAC Director

TNPESU/IQAC/2022/PROG/001







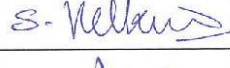
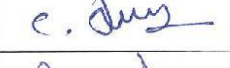

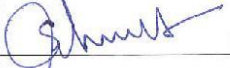
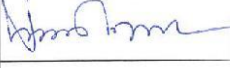


26.10.2022

CIRCULAR

I am by direction to inform that Internal Quality Assurance Cell of the University is organizing **Awareness Programme on INTELLECTUAL PROPERTY RIGHTS** on 28.10.2022. This Programme is to focus on the significance of IPR to foster innovation, protection of novel ideas and patenting it. It is mandatory for all the teaching and supporting staff to attend this Programme without fail. E-Certificates will be provided at the end of the Programme.


IQAC Director

STAFF LIST

Sl. No	Name of the Department	Staff Name	Designation	Signature
1	SDE	Dr.D. Sathiakumar	Director SDE	
2	Physical Education	Dr.S.Manikandan	Professor & Head & COE i/c	
3		Dr.S.Thirumalai Kumar	Professor	
4		Dr.I.LillyPushpam	Associate Professor	
5		Dr.P.Kumaravelu	Associate Professor	
6		Dr.K.Rajeshkumar	Assistant Professor	
7		Dr.S.Jayakumar	Assistant Professor	
8		Dr.S.Velkumar	Assistant Professor	
9		Dr.C.Lakshmanan	Assistant Professor	
10	Yoga	Dr.V.Duraisami	Associate Professor & HOD i/c	
11		Dr.S.Selvalakshmi	Associate Professor	
12	Exercise Physiology & Biomechanics (Statistics)	Dr.Grace Helina	Professor	
13		Dr.R.Venkatesan	Associate Professor	
14		Dr.P.K.Senthil Kumar	Associate Professor & HOD i/c	
15		Dr.P.Rajini Kumar	Associate Professor	
16		Dr.J.Anitha	Assistant Professor	
17	Sports Management and	Dr.S.Premkumar	Professor & Head	

18	Sports Psychology & Sociology	Dr.V.Mangaiyarkarasi	Professor	
19		Dr.Shahin Ahmed	Professor	
20	Sports Management and Sports Psychology & Sociology	Dr.V.Ramesh Kumar	Assistant Professor	
21		Dr.K.Kannadasan	Associate Professor	
22	Advanced Sports Training and Sports Technology	Dr.R.Ramakrishnan	Professor & Head	
23		Dr.G.Nallavan	Associate Professor	

Sl. No.	Name of the Department	Name of the Member	Designation	
24	University Library	Dr. N. Ashok Kumar	Deputy Librarian	
25	Health Centre	Dr. V. Muruguvalavan	Professor cum Medical Officer	
26		Thiru. C. Manoj	Physiotherapist	
27		Thiru. K.B. Srinivasan	Sports Physiotherapist	

Sl. No.	Name of the Staff	Department	Signature
28	Dr.S.Rengarajan	Tamil	
29	Dr.Mithun Leo James	English (SDE)	
30	Dr.S.Gokila	Physical Education	
31	Dr.K.Jayachandran	Physical Education	
32	Miss.G.Akshaya Priya	Yoga (SDE)	

33	Dr.Debkumar Das	Yoga	<i>Amritha</i> 17-10-2022
34	Dr.P.Karnan	Exercise Physiology and Nutrition	<i>P. Karnan</i>
35	Dr.M.Lakshman Kumar	Sports Psychology and Sociology	<i>M. Lakshman</i>
36	Dr.P.Adichiappan	Sports Management	<i>P. Adichiappan</i>
37	Thiru.S.Saran Sakthivel	Sports Bio-mechanics	<i>S. Saran</i>
38	Thiru.E.Anburaj	Advanced Sports Training and Coaching	<i>E. Anburaj</i>
39	Dr. P.SanmugaPriya	Yoga	<i>P. SanmugaPriya</i>
40	Mrs.Sharmila	Sports Bio-mechanics	<i>V. Sharmila</i>
41	Mr.K.Manikandan	Sports Bio-mechanics	<i>K. Manikandan</i>
42	Dr. Angel Priya.J	Sports Management	<i>A. Priya</i>

AWARENESS PROGRAMME SCHEDULE



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 127

INTERNAL QUALITY ASSURANCE CELL

Awareness Programme on

INTELLECTUAL PROPERTY RIGHTS

Date : 28.10.2022

Time: 2.00 – 4.00 pm

Programme Schedule

- ❖ TAMIL THAI VALTHU
- ❖ WELCOME ADDRESS – *Dr.M.Grace Helina, IQAC Director, TNPESU*
- ❖ HONOURING THE GUEST
- ❖ Felicitation Address – *Dr.R.Ramakrishnan, Registrar i/c, TNPESU*
- ❖ CHIEF GUEST ADDRESS– *Dr. M.SUNDAR, Vice Chancellor, TNPESU*
- ❖ Introduction of Resource Person 1 – *PT.C.Manoj, Physiotherapist, TNPESU*
- ❖ Session I : IPR Awareness -*Ms.R.Amrutha, Regd Patent Agent & IP analyst, IIT Madras*
- ❖ Introduction of Resource Person 2 – *PT.K.B.Srinivasan, Organizing Secretary & Sports Physiotherapist, TNPESU*
- ❖ Session II : Patent Filing Process – *Mr.Mohamed Mustafa, Senior Manager, IPR Mgmt Cell, IIT*
- ❖ VOTE OF THANKS – *Dr.S.Thirumalai Kumar, Organizing Secretary & Professor, DPE, TNPESU*
- ❖ NATIONAL ANTHEM.

Master of Ceremony :Mr.Mithun Leo James. Guest Lecturer (English), SDE, TNPESU


IQAC Director

BENEFICIARIES

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

28th October 2022

ORGANIZED BY

INTERNAL QUALITY ASSURANCE CELL (IQAC)

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

LIST OF THE FDP BENEFICIARIES

Sl. No	Name of the Department	Staff Name	Designation
1	SDE	Dr.D. Sathiakumar	Director SDE
2	Physical Education	Dr.S.Manikandan	Professor & Head & COE i/c
3		Dr.S.Thirumalai Kumar	Professor
4		Dr.I.LillyPushpam	Associate Professor
5		Dr.P.Kumaravelu	Associate Professor
6		Dr.K.Rajeshkumar	Assistant Professor
7		Dr.S.Jayakumar	Assistant Professor
8		Dr.S.Velkumar	Assistant Professor
9		Dr.C.Lakshmanan	Assistant Professor
10	Yoga	Dr.V.Duraisami	Associate Professor & HOD i/c
11		Dr.S.Selvalakshmi	Associate Professor
12	Exercise Physiology & Biomechanics (Statistics)	Dr.Grace Helina	Professor
13		Dr.R.Venkatesan	Associate Professor
14		Dr.P.K.Senthil Kumar	Associate Professor & HOD i/c
15		Dr.P.Rajini Kumar	Associate Professor
16		Dr.J.Anitha	Assistant Professor
17	Sports Management and Sports Psychology & Sociology	Dr.S.Premkumar	Professor & Head
18		Dr.V.Mangaiyarkarasi	Professor
19		Dr.Shahin Ahmed	Professor
20	Sports Management and Sports Psychology & Sociology	Dr.V.Ramesh Kumar	Assistant Professor
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25	Health Centre	Dr. V. Muruguvalavan	Professor cum Medical Officer
26		Thiru. C. Manoj	Physiotherapist
27		Thiru. K.B. Srinivasan	Sports Physiotherapist

Sl. No.	Name of the guest lectures	Department	Designation
28	Dr.S.Rengarajan	Tamil	Guest lecturer
29	Dr.Mithun Leo James	English (SDE)	Guest lecturer
30	Dr.S.Gokila	Physical Education	Guest lecturer
31	Dr.K.Jayachandran	Physical Education	Guest lecturer
32	Miss.G.Akshaya Priya	Yoga (SDE)	Guest lecturer
33	Dr.Debkumar Das	Yoga	Guest lecturer
34	Dr.P.Karnan	Exercise Physiology and Nutrition	Guest lecturer
35	Dr.M.Lakshman Kumar	Sports Psychology and Sociology	Guest lecturer
36	Dr.P.Adichiappan	Sports Management	Guest lecturer
37	Thiru.S.Saran Sakthivel	Sports Bio-mechanics	Guest lecturer
38	Thiru.E.Anburaj	Advanced Sports Training and Coaching	Guest lecturer
39	Dr. P.SanmugaPriya	Yoga	Guest lecturer
40	Mrs.Sharmila	Sports Bio-mechanics	Guest lecturer
41	Mr.K.Manikandan	Sports Bio-mechanics	Guest lecturer
42	Dr.J.Angel Priya	Sports Management	Guest lecturer

TOTAL BENEFICIARIES: 41

AWARENESS PROGRAMME BROCHURE

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.

Motto: "Excellence In Physical Education and Sports"


About The Awareness Programme

Intellectual property rights are the rights given to persons over the creations of their minds. They usually give the creator an exclusive right over the use of his/her creation for a certain period of time.

Intellectual Property plays a key role in gaining modest advantage in terms of research gains for achieving higher and quality growth in a Competitive World. To promote the awareness of Intellectual Property Rights (IPR) and creative research activities across various Departments, Tamil Nadu Physical Education and Sports University, Chennai is planning to organize an awareness programme on "Intellectual Property Rights" on 28th October 2022.

The objectives of the programme are:

1. To spread awareness about the importance of IPR among faculty members.
2. To cater the IPR needs of the University.
3. To create a strong IPR base in the University.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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AWARENESS PROGRAMME

ON

INTELLECTUAL PROPERTY RIGHTS

28th October 2022

Organizing Committee


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

Patron
Dr. R. RAMAKRISHNAN
Registrar i/c, TNPESU

Programme Coordinator
Dr. M. GRACE HELINA
Professor & IQAC Director TNPESU

Organizing Secretaries
Dr. S. THIRUMALAI KUMAR
Professor, TNPESU
&
Mr. K. B. SRINIVASAN
Sports Physiotherapist, TNPESU

Address for Correspondence
Dr. M. GRACE HELINA
Professor & IQAC Director TNPESU
E-mail: gracenagarajan86@gmail.com
Ph. No 984183 2928



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY


Accredited with 'B' Grade by NAAC

AWARENESS PROGRAMME

ON

INTELLECTUAL PROPERTY RIGHTS

28th October 2022



Organized by

INTERNAL QUALITY ASSURANCE CELL

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai 600 127.

Resource Persons	Topic
Mr. R. AMURUTHAM Teoh., MSc Registered Patent Agent & IP Analyst Indian Institute of Technology Madras	IPR Awareness
Mr. MUHAMMAD MUSTAFA, B.Sc., MBA Senior Manager, IPR Management Cell Indian Institute of Technology Madras	Patent Filing Process

AWARENESS PROGRAMME INVITATION



**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY**

CHENNAI -127

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INVITATION

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

Date: 28th October 2022

Time: 2.00pm, Venue: University Syndicate Hall

Organised by

INTERNAL QUALITY ASSURANCE CELL

Dr. M.SUNDAR

**Vice- Chancellor, TNPESU
has kindly consented to deliver the Chief Guest Address**

Dr. R.RAMAKRISHNAN

**Registrar i/c, TNPESU
has consented to deliver the Felicitation Address**

ALL ARE INVITED

Organizing Secretaries

**Dr. S. THIRUMALAI KUMAR
Mr. K.B.SRINIVASAN**

Programme Coordinator

**Dr. M. GRACE HELINA
IQAC Director, TNPESU**

AWARENESS PROGRAMME REPORT

SESSION- 1 – 28.10.2022



THEME: PATENT FILLING PROCESS

The inaugural function was held on 28.10.2022. The programme commenced with TamilthaiVazthu, The welcome address was delivered by Dr.M.GraceHelina, Professor and IQAC Director of the University. Dr.M.Sundar, Vice-Chancellor of TNPESU inaugurated the Awareness programme and delivered the Chief Guest address. Dr.R.Ramakrishnan, Registrar i/c delivered felicitation address. PT.C.Manoj,Physiotherapist, TNPESU to introduced the resource person.

PT.K.B.Srinivasan,TNPESU to introduced the resource person.

Mr.Mohamed MUSTAFA, senior manager,IPR Management cell,IIT Madras to delivered the session one lecture on “Patent Filing process”. He explained in detail the Patent, IPM process, IP maintenance, verticals, and govt scheme patents . All the officers and teaching staff of the university attended the Awareness Programme. It was a useful session where exchange of knowledge among the participants took place and the participants could update their knowledge which would be very crucial for IP patent preparation in the future. Dr.S.Thirumalai Kumar, Professor and Organizing Secretary of the awareness programme proposed the vote of thanks.

AWARENESS PROGRAMME REPORT

SESSION-2



THEME: IP AND INNOVATION ECOSYSTEM

PT.K.B.Srinivasan, TNPESU to introduced the resource person.

Ms.S.Latha, Registered patent agent & IP Analyst, IIT Madras to delivered the session one lecture on “IP Innovation And Ecosystem”. She explained in detail the Patent, IPM process, IP maintenance, verticals, and govt scheme patents. Eco system innovation. All the officers and teaching staff of the university attended the Awareness Programme. It was a useful session where exchange of knowledge among the participants took place and the participants could update their knowledge which would be very crucial for IP and Innovation Ecosystem in the future. Dr.S.Thirumalai Kumar, Professor and Organizing Secretary of the awareness programme proposed the vote of thanks.

AWARENESS PROGRAMME REPORT

SESSION-3



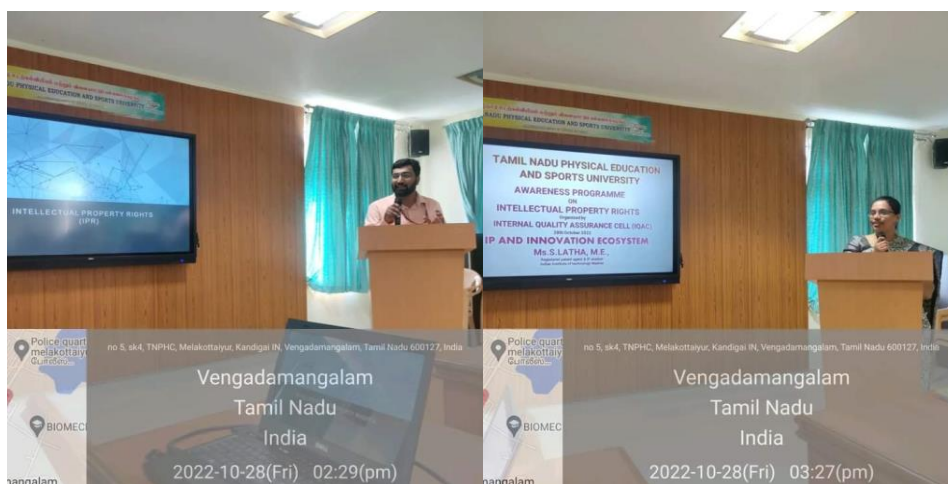
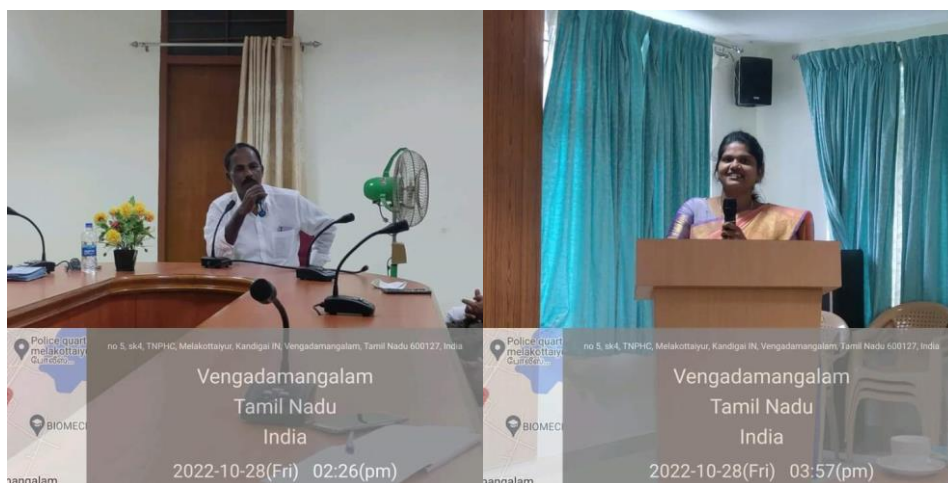
SESSION 3: IPR AWARENESS

Ms.R.Amurutha, Registered Patent & IP Analyst, IIT Madras Agent delivered the session one lecture on “IPR Awareness”. She explained in detail the IPR importance, IP property, about patent, trade mark, copyright, invention and innovation, cell and IP offices in India. All the officers and teaching staff of the university attended the Awareness Programme. It was a useful session where exchange of knowledge among the participants took place and the participants could update their knowledge which would be very crucial for patent preparation in the future. Dr.S.Thirumalai Kumar, Professor and Organizing Secretary of the awareness programme proposed the vote of thanks.

VOTE OF THANKS

Dr.S. Thirumalai Kumar, Organizing secretary & Professor, DPE, TN PESU proposed the vote of thanks. The Internal Quality Assurance Cell Awareness programme on Intellectual Property Rights came to an end with National Anthem.

PHOTO GLIMPSES





AWARENESS PROGRAMME ATTEDENCE

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS




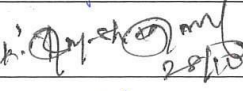
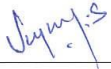


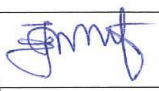



28th October 2022

ORGANIZED BY

INTERNAL QUALITY ASSURANCE CELL (IQAC)

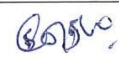



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-127.**

PARTICIPANTS ATTENDANCE

Sl. No	Name of the Department	Staff Name	Designation	Signature
1	SDE	Dr.D. Sathiakumar	Director SDE	 28/10/2022
2	Physical Education	Dr.S.Manikandan	Professor & Head & COE i/c	 28/10/2022
3		Dr.S.Thirumalai Kumar	Professor	
4		Dr.I.LillyPushpam	Associate Professor	
5		Dr.P.Kumaravelu	Associate Professor	
6		Dr.K.Rajeshkumar	Assistant Professor	 28/10
7		Dr.S.Jayakumar	Assistant Professor	
8		Dr.S.Velkumar	Assistant Professor	
9		Dr.C.Lakshmanan	Assistant Professor	
10	Yoga	Dr.V.Duraisami	Associate Professor & HOD i/c	
11		Dr.S.Selvalakshmi	Associate Professor	
12	Exercise Physiology & Biomechanics (Statistics)	Dr.Grace Helina	Professor	
13		Dr.R.Venkatesan	Associate Professor	
14		Dr.P.K.Senthil Kumar	Associate Professor & HOD i/c	
15		Dr.P.Rajini Kumar	Associate Professor	
16		Dr.J.Anitha	Assistant Professor	
17	Sports Management and	Dr.S.Premkumar	Professor & Head	 28/10/22

18	Sports Psychology & Sociology	Dr.V.Mangaiyarkarasi	Professor	
19		Dr.Shahin Ahmed	Professor	
20		Dr.V.Ramesh Kumar	Assistant Professor	
21		Dr.K.Kannadasan	Associate Professor	 28/10/2022
22	Advanced Sports Training and Sports Technology	Dr.R.Ramakrishnan	Professor & Head	
23		Dr.G.Nallavan	Associate Professor	

Sl. No.	Name of the Department	Name of the Member	Designation	
24	University Library	Dr. N. Ashok Kumar	Deputy Librarian	
25	Health Centre	Dr. V. Muruguvalavan	Professor cum Medical Officer	
26		Thiru. C. Manoj	Physiotherapist	
27		Thiru. K.B. Srinivasan	Sports Physiotherapist	

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28	Dr.S.Rengarajan	Tamil	
29	Dr.Mithun Leo James	English (SDE)	
30	Dr.S.Gokila	Physical Education	
31	Dr.K.Jayachandran	Physical Education	
32	Miss.G.Akshaya Priya	Yoga (SDE)	

33	Dr.Debkumar Das	Yoga	<i>Anurag 28/10/2022</i>
34	Dr.P.Karnan	Exercise Physiology and Nutrition	<i>P. Karnan</i>
35	Dr.M.Lakshman Kumar	Sports Psychology and Sociology	<i>M. Lakshman</i>
36	Dr.P.Adichiappan	Sports Management	<i>P. Adichiappan</i>
37	Thiru.S.Saran Sakthivel	Sports Bio-mechanics	
38	Thiru.E.Anburaj	Advanced Sports Training and Coaching	<i>E. Anburaj</i>
39	Dr. P.SanmugaPriya	Yoga	<i>P. SanmugaPriya</i>
40	Mrs.Sharmila	Sports Bio-mechanics	<i>V. Sharmila</i>
41	Mr.K.Manikandan	Sports Bio-mechanics	
42	Dr.J.Angel Priya	Sports Management	

FEEDBACK FORM
FEEDBACK FORM :AWARENESS PROGRAMME ON
INTELLECTUAL PROPERTY RIGHTS

Name of the Participant with Salutation (Block Letters)

33 responses

Dr.S.JAYAKUMAR

V.Duraisami

P.KUMARAVELU

Dr.K. JAYACHANDRAN

Dr S Thirumalai Kumar

DR.R.VENKATESAN

Dr.S.SELVALAKSHMI

V MURUGU VALAVAN

NALLAVAN G

Dr..S.Velkumar

Saran Sakthivel S

MANIKANDAN.K

Dr. DEB KUMAR DAS

K.B.SRINIVASAN

ASHOK KUMAR.N

D.SATHIAKUMAR

Dr P ADICHIAPPAN

J. ANGEL PRIYA

SENTHILKUMAR P K



ANBURAJ.E

Akshaya priya G

Dr. P. SANMUGAPRIYA

Dr. S. Gokila

MANIKANDAN S

Dr MIDHUN LEO JAMES

RENGARAJAN S

Dr. V. RAMESH KUMAR

R.RAMAKRISHNAN

Sharmila.v

Dr.K.Rajeshkumar

Dr. J. Anitha

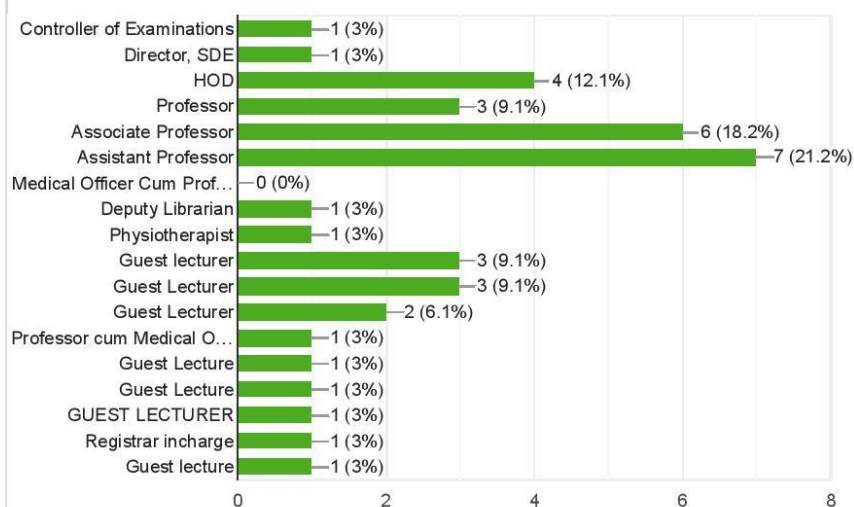
P.KARNAN

Dr.P.RAJINIKUMAR

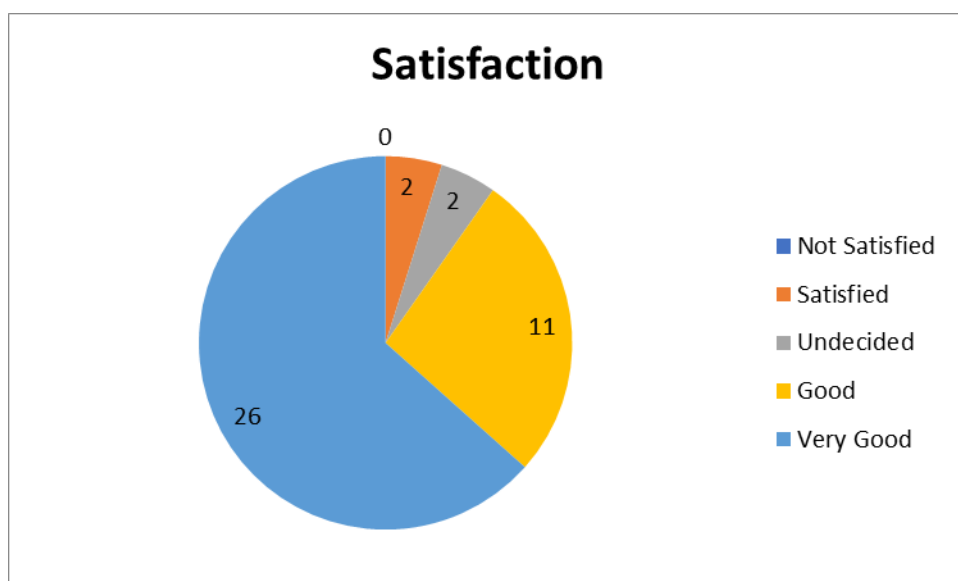
Designation

 Copy

33 responses



Level of Satisfaction	Satisfaction
Not Satisfied	0
Satisfied	2
Undecided	2
Good	11
Very Good	26



Take Home Message

Sports Products May Be Copy Righted

Encourage Teachers to get Patent

Need To have Regular IPR Activities

Very Useful

Encourage Teachers With Patent

We need to apply More Patent

Understood The difference Between Patent And Copy Right

Copy Right For University Lab Is Necessary

Helpful For Funding

Very Useful

Sports Products May Be Copy Righted
We Can Patent All Your Own Products
We can Patent All Your thesis
Seed Money may Be given
IPR Many Be Made Mandatory
Students may Also Need To Given Awareness
Project And Patent Are Inter Related
Understood The difference Between Patent And Copy Right
Teaching Method May Be Patent
Apply More Patent
Phd Scholars May Also Need To Given Awareness
University Emblem May Be Copy Righted
Need To Have Regular awareness activities
Seed Money for good research may Be Given
Encourage Teachers to research and get Patent
High standard need to be maintained
Educational Application Is Very High
Get In Touch With IPR Activities
Phd Scholars May Also Need To Given Awareness
Copy Right For University Lab Is Necessary
We need apply More Patent in the near future
Students may Also Need To Given Awareness
Need To Have Regular research activities ad conferences
Innovative Teaching Method may be preserved
Very Useful
Research absed IPR Many Be Made Mandatory
You Can Patent for All our research works
University Emblem May Be Copy Righted
Research project And Patent Are Inter Related
University vision and mission May Be Copy Righted
There must be patent with each teacher

RESOURCE PERSON PROFILE

PROFILE

MOHAMED MUSTAFA



Mohamed Mustafa is Senior manager, Intellectual property management cell at Indian institute of technology Madras. He is a Seasoned IP Professional and a Registered Patent Agent in India. He graduated from Loyola college, Chennai with bachelors of science in Biotechnology and further completed MBA from University of Madras in Operations Management.

He has overall 10 years of experience in Intellectual Property Services and team management. At IIT Madras he is responsible for managing all IP related activitiesactivities, Portfolio Management , Patentability searches, Product or Technology searches and Patent drafting of new inventions filed by the faculty, students and research scholars. He is passionate about learning new technologies and working with inventors in IP protection, product development and commercialization.

Email: mohamed.iprlaw@gmail.com

Phone: +91 9962125645

LinkedIn: <https://www.linkedin.com/in/mohamedmustafar/>

R.AMRUTHA

R.AMRUTHA M.Tech.,M.B.A.,(PhD)
REGISTERED PATENT AGENT

CONTACT

 +919715534064
 patentinfo.amrutha@gmail.com
 Chidambaram, Tamilnadu.

SPECIALIZATION:

- Antennas
- Communication System
- Microwave Communication
- Wireless Sensor Networks
- Digital Electronics

SKILLS:

Technical Software

- CST
- Qualnet
- Matlab
- Simulink

IP Software

- Orbit Intelligence
- Derwent
- XIScout

Programming Languages

- C
- C++
- R Programming

Thesis Writing Software

- Latex
- Mendely

PUBLICATION:

- Journal: 17
- Conference : 4

PROFESSIONAL EXPERIENCE:

Women Scientist (Dec 2021 - Present)

Technology Information Forecasting & Assessment Council,
Department of Science & Technology,
New Delhi.

IP Analyst (Feb 2022 - Present)

Intellectual Property Management Cell,
Indian Institute of Technology, Madras,
Chennai.

Assistant Professor (Oct 2015 – Oct 2017)

Department of Electronics & Communication Engineering,
CK College of Engineering & Technology,
Cuddalore.

EDUCATIONAL QUALIFICATION:

PhD (2017 - present)

Institution : Annamalai University, Chidambaram
Department : Electronics & Communication Engineering
Domain : Fractal Antennas

M.B.A (2015 - 2017)

Institution : Annamalai University, Chidambaram
Course : Human Resource Management

M.Tech (2013 - 2015)

Institution : SRM University, Kattankulathur
Course : Communication System

B.E (2009 - 2013)

Institution: Jeppiaar Engineering College
Course : Electronics & Communication Engineering

LATHA S

LATHA S

Ph: 9884994617 (M) Email: latha.cnr@gmail.com

REGISTERED PATENT AGENT

Goal-driven professional with **significant, progressive** experience.

AWARDS AND CITATIONS

- State Rank for Physical Science for AISC Board

PROFESSIONAL EXPERIENCE

TIFAC, Department of Science & Technology

Women Scientist, Grade'C

Dec'21 - Till Date

Indian Institute of Technology Madras

IP Analyst

Feb'22 - Till Date

Data Analyst

Airsquare Prince Shri Venkateshwara Engineering College

Assistant Professor

Jun'13 – Jul'15

Technologies Pvt Ltd

Nov'20 - Dec'21

Data & Digital Marketing Analyst

ARZ Events & Concepts Pvt Ltd

Jan'15 – Jul'17

Prince Shri Venkateshwara Engineering College

Assistant Professor

Jun'13 – Jul'15

CSI College of Engineering

Assistant Professor

Jun'05 – Jun,07

EDUCATION & CREDENTIALS

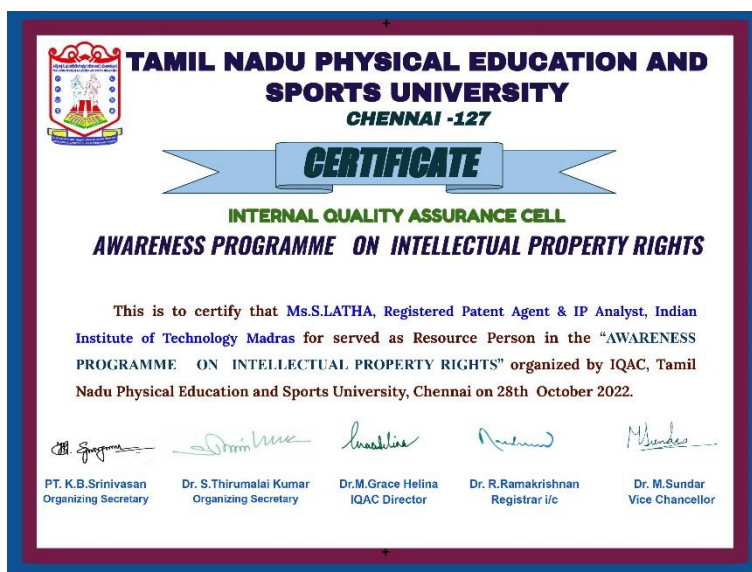
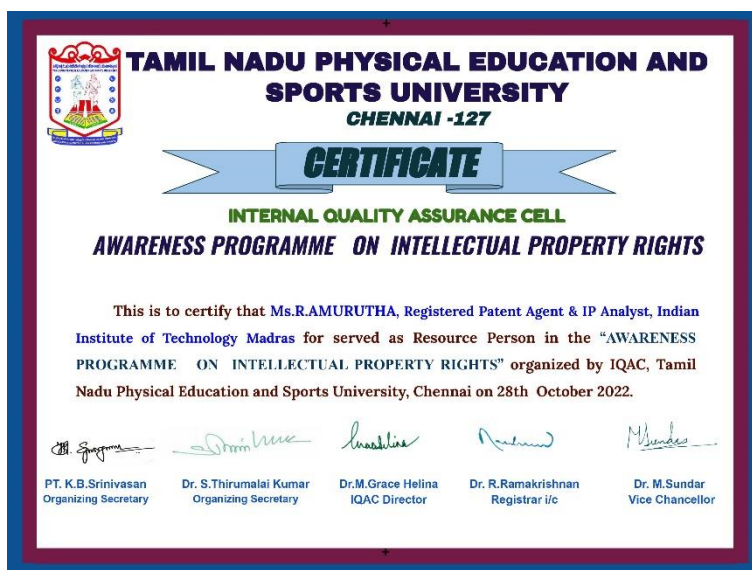
MASTER OF ENGINEERING (CSE)

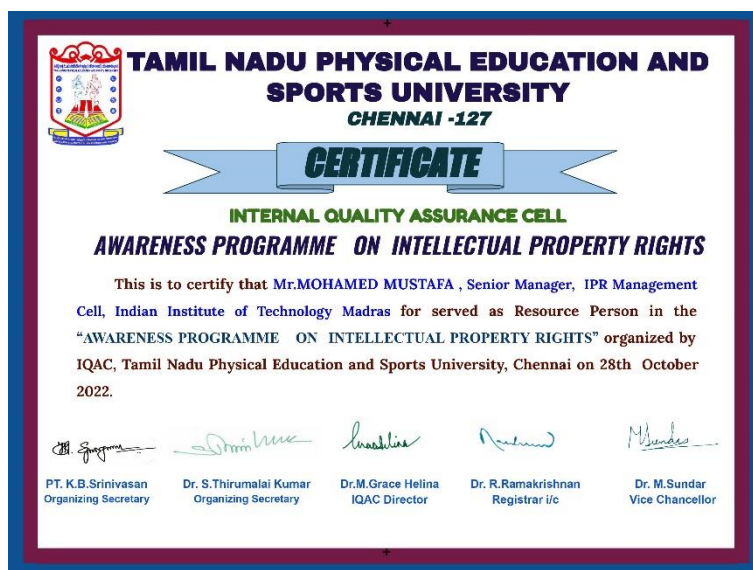
Sathyabama University (2012)

BACHELOR OF ENGINEERING (CSE)

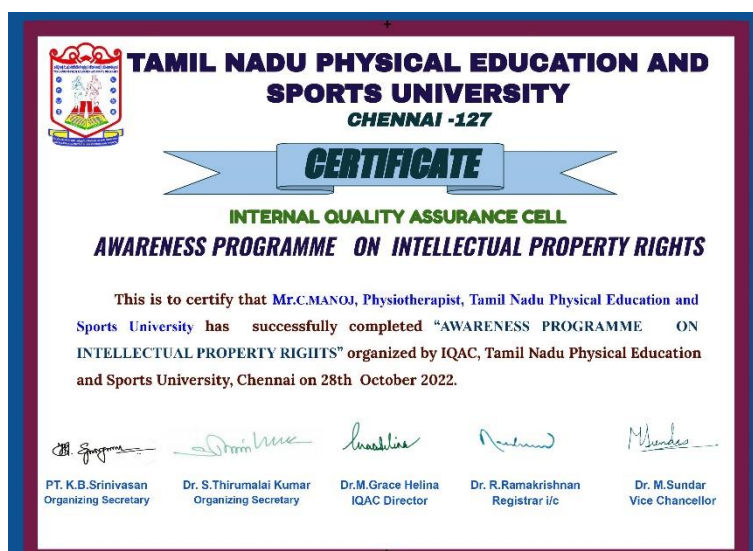
Anna University (2005)

RESOURCE PERSON E CERTIFICATES





PARTICIPANTSE CERTIFICATES





**TAMIL NADU PHYSICAL EDUCATION AND
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CHENNAI -127**

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that Dr.S.PREM KUMAR, Professor, Department of Statistics and Computer Applications, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
Organizing Secretary


Dr. S.Thirumalai Kumar
Organizing Secretary


Dr. M.Grace Helina
IQAC Director


Dr. R.Ramakrishnan
Registrar i/c


Dr. M.Sundar
Vice Chancellor



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PT. K.B. Srinivasan
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This is to certify that Dr.VRAMESH KUMAR, Assistant Professor, Department of Sports Management, Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
Organizing Secretary


Dr. S.Thirumalai Kumar
Organizing Secretary


Dr. M.Grace Helina
IQAC Director


Dr. R.Ramakrishnan
Registrar i/c


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This is to certify that Dr.SHAHIN AHMED, Professor, Department of Sports Management, Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

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Dr. S.Thirumalai Kumar
Organizing Secretary

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IQAC Director

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Dr. M.Sundar
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This is to certify that Dr.V.MANGAIYARKARASI, Professor, Department of Sports Management, Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

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Vice Chancellor



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This is to certify that Mr.K.MANIKANDAN, Guest Lecturer, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

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Dr. S.Thirumalai Kumar
Organizing Secretary

Dr. M.Grace Helina
IQAC Director

Dr. R.Ramakrishnan
Registrar i/c

Dr. M.Sundar
Vice Chancellor



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This is to certify that Mrs.V.SHARMILA, Guest Lecturer, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.



PT. K.B. Srinivasan
Organizing Secretary



Dr. S. Thirumalai Kumar
Organizing Secretary



Dr. M. Grace Helina
IQAC Director



Dr. R. Ramakrishnan
Registrar i/c



Dr. M. Sundar
Vice Chancellor



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This is to certify that Mr.S.SARAN SAKTHIVEL, Guest Lecturer, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.



PT. K.B. Srinivasan
Organizing Secretary



Dr. S. Thirumalai Kumar
Organizing Secretary



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IQAC Director



Dr. R. Ramakrishnan
Registrar i/c



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Vice Chancellor



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This is to certify that Mr.P.KARNAN, Guest Lecturer, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.



PT. K.B. Srinivasan
Organizing Secretary



Dr. S. Thirumalai Kumar
Organizing Secretary



Dr. M. Grace Helina
IQAC Director



Dr. R. Ramakrishnan
Registrar i/c



Dr. M. Sundar
Vice Chancellor



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This is to certify that Dr.PRAJINIKUMAR, Associate Professor, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
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Dr. S.Thirumalai Kumar
Organizing Secretary


Dr. M.Grace Helina
IQAC Director


Dr. R.Ramakrishnan
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This is to certify that Dr.P.K.SENTHIL KUMAR, Associate Professor and Head, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
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This is to certify that Dr.R.VENKATESAN, Associate Professor, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
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This is to certify that Miss.G.AKSHAYA PRIYA, Guest Lecturer, School of Distance Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

PT. K.B. Srinivasan
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This is to certify that Dr.PSANMUGAPRIYA, Guest Lecturer, Department of Yoga, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

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This is to certify that Dr.DEB KUMAR DAS, Guest Lecturer, Department of Yoga, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

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This is to certify that Dr.S.SELVALAKSHMI, Associate Professor, Department of Yoga, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


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INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that Dr.K.JAYACHANDRAN, Guest Lecturer, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
Organizing Secretary


Dr. S. Thirumalai Kumar
Organizing Secretary


Dr. M. Grace Helina
IQAC Director


Dr. R. Ramakrishnan
Registrar i/c


Dr. M. Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that Dr.S.GOKILA, Guest Lecturer, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

PT. K.B. Srinivasan
Organizing Secretary

Dr. S. Thirumalai Kumar
Organizing Secretary

Dr. M. Grace Helina
IQAC Director

Dr. R. Ramakrishnan
Registrar i/c

Dr. M. Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that Dr.C.LAKSHMANAN, Assistant Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

PT. K.B. Srinivasan
Organizing Secretary

Dr. S. Thirumalai Kumar
Organizing Secretary

Dr. M. Grace Helina
IQAC Director

Dr. R. Ramakrishnan
Registrar i/c

Dr. M. Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that Dr.SVELKUMAR, Assistant Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

PT. K.B. Srinivasan
Organizing Secretary

Dr. S. Thirumalai Kumar
Organizing Secretary

Dr. M. Grace Helina
IQAC Director

Dr. R. Ramakrishnan
Registrar i/c

Dr. M. Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that **Dr.K.RAJESHKUMAR**, Assistant Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
Organizing Secretary


Dr. S.Thirumalai Kumar
Organizing Secretary


Dr.M.Grace Helina
IQAC Director


Dr. R.Ramakrishnan
Registrar i/c


Dr. M.Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that **Dr.P.KUMARAVELU**, Associate Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
Organizing Secretary


Dr. S.Thirumalai Kumar
Organizing Secretary


Dr.M.Grace Helina
IQAC Director


Dr. R.Ramakrishnan
Registrar i/c


Dr. M.Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that **Dr.LLILLY PUSHPAM**, Associate Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.


PT. K.B. Srinivasan
Organizing Secretary


Dr. S.Thirumalai Kumar
Organizing Secretary


Dr.M.Grace Helina
IQAC Director


Dr. R.Ramakrishnan
Registrar i/c


Dr. M.Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that **Dr.S.THIRUMALAI KUMAR**, Professor, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

PT. K.B. Srinivasan
Organizing Secretary

Dr. S.Thirumalai Kumar
Organizing Secretary

Dr. M.Grace Helina
IQAC Director

Dr. R.Ramakrishnan
Registrar i/c

Dr. M.Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that **Dr.S.MANIKANDAN**, Professor and Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

PT. K.B. Srinivasan
Organizing Secretary

Dr. S.Thirumalai Kumar
Organizing Secretary

Dr. M.Grace Helina
IQAC Director

Dr. R.Ramakrishnan
Registrar i/c

Dr. M.Sundar
Vice Chancellor



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

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL

AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS

This is to certify that **Dr.D.SATHIAKUMAR**, Director, School of Distance Education, Tamil Nadu Physical Education and Sports University has successfully completed "AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS" organized by IQAC, Tamil Nadu Physical Education and Sports University, Chennai on 28th October 2022.

PT. K.B. Srinivasan
Organizing Secretary

Dr. S.Thirumalai Kumar
Organizing Secretary

Dr. M.Grace Helina
IQAC Director

Dr. R.Ramakrishnan
Registrar i/c

Dr. M.Sundar
Vice Chancellor



AWARENESS PROGRAMME VIDEO LINKS

<https://www.youtube.com/watch?v=Ofb7X1Q7fU8>

Nannu
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

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DEPARTMENT OF ADVANCED TRAINING AND COACHING

Report on

AWARENESS PROGRAMME

ON

**“INDIAN KNOWLEDGE
SYSTEM-YOGA”**

09th February 2023



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- One day Awareness Programme on Indian Knowledge System - Kalaripayttu-
Permission - reg.

Greetings. I wish to submit that the Department of Advanced Training and Coaching wishes to organize an Awareness Programme on Indian Knowledge System - Kalaripayttu for the students of Advanced Training and Coaching without any financial commitment from the University. Kindly give the permission.

Thank you

Yours truly



Dr.S.THIRUMALAI KUMAR

Date:08-02-2023

Encl: Brochure



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai – 600 127.

DEPARTMENT OF ADVANCED TRAINING AND COACHING

Date: 09/02/2023 Time: 10.00am Venue: Indoor Stadium

AWARENESS PROGRAMME ON INDIAN KNOWLEDGE SYSTEM - YOGA



RESOURCE PERSON

Dr.C.LAKSHMANAN

Assistant Professor
Department of Physical Education
TNPESU



COORDINATORS

Mr.E.ANBURAJ & Dr.T.ARUN PRASANNA

Guest Lecturer
ATC, TNPESU

ORGANISING SECRETARY

Ms.M.JOSEPHINE STENY

Guest Lecturer
ATC, TNPESU

PROGRAMME CONVENER

Dr.S.THIRUMALAI KUMAR

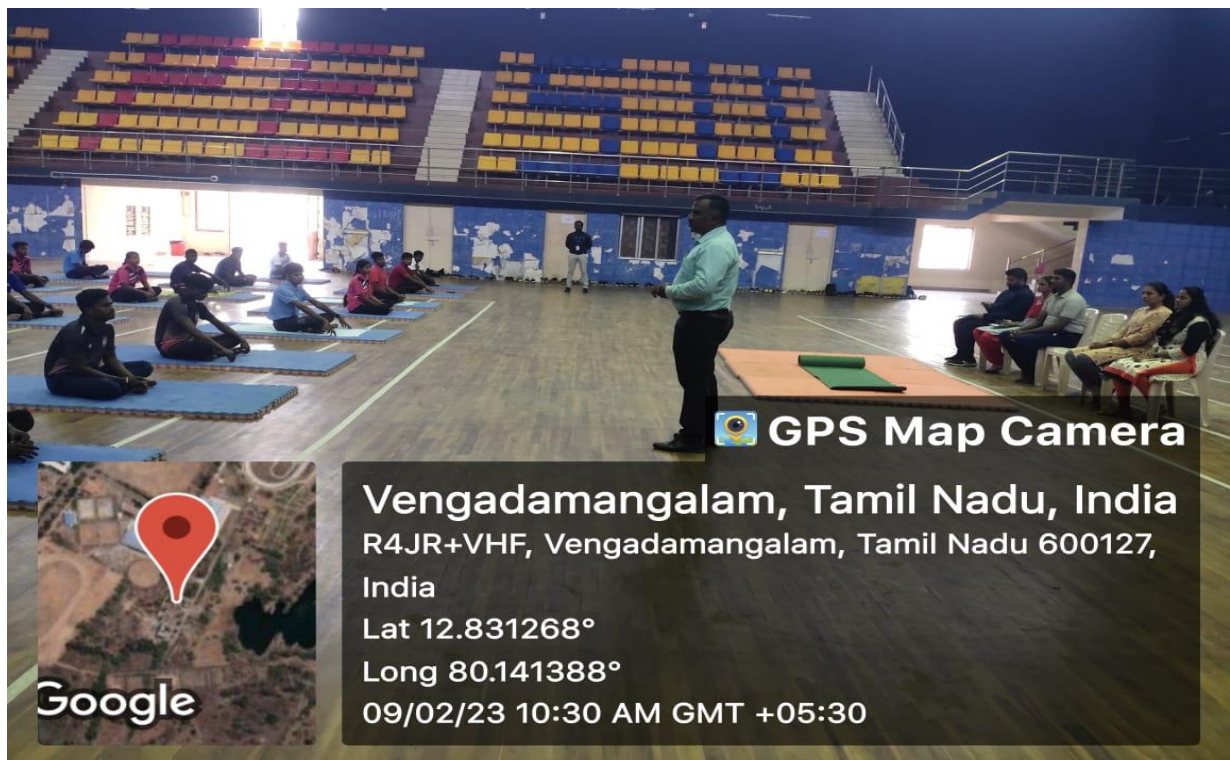
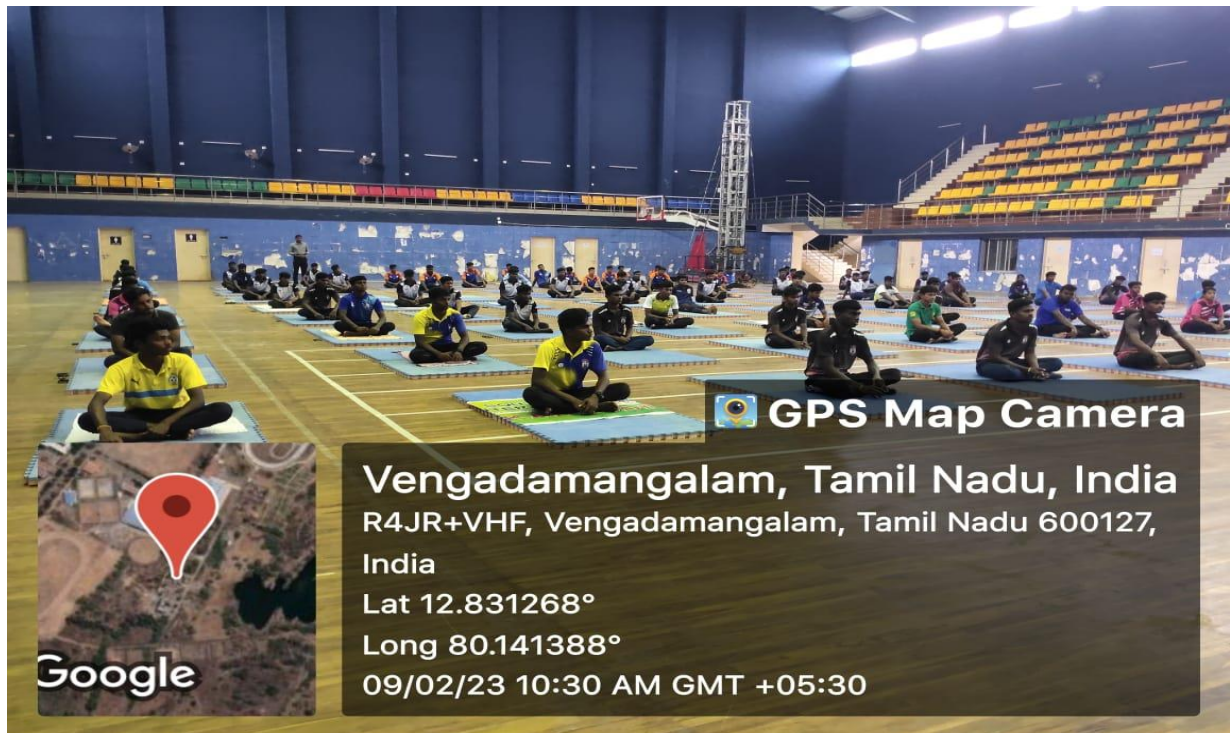
Professor in Phy Edu & Head i/c
Dep. of Advanced Training and Coaching, TNPESU

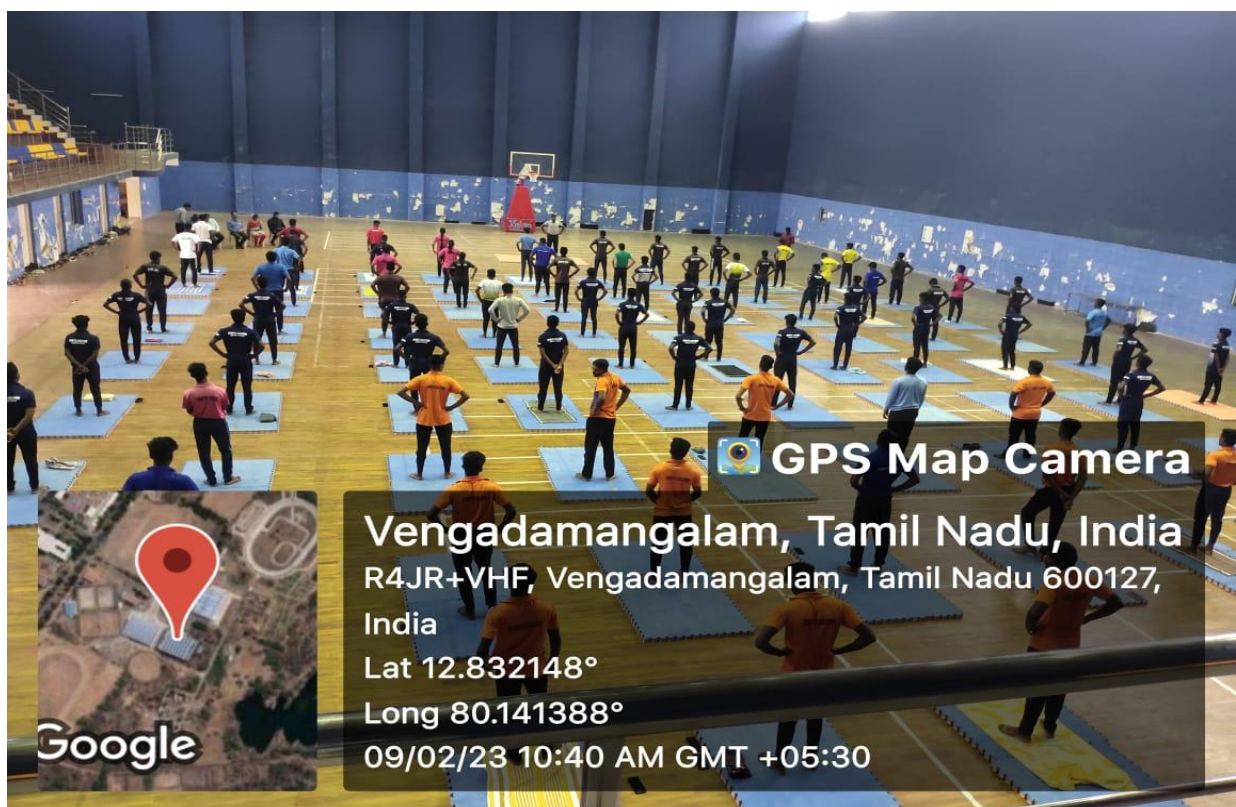
THEME: AWARENESS PROGRAMME ON INDIAN KNOWLEDGE SYSTEM-YOGA

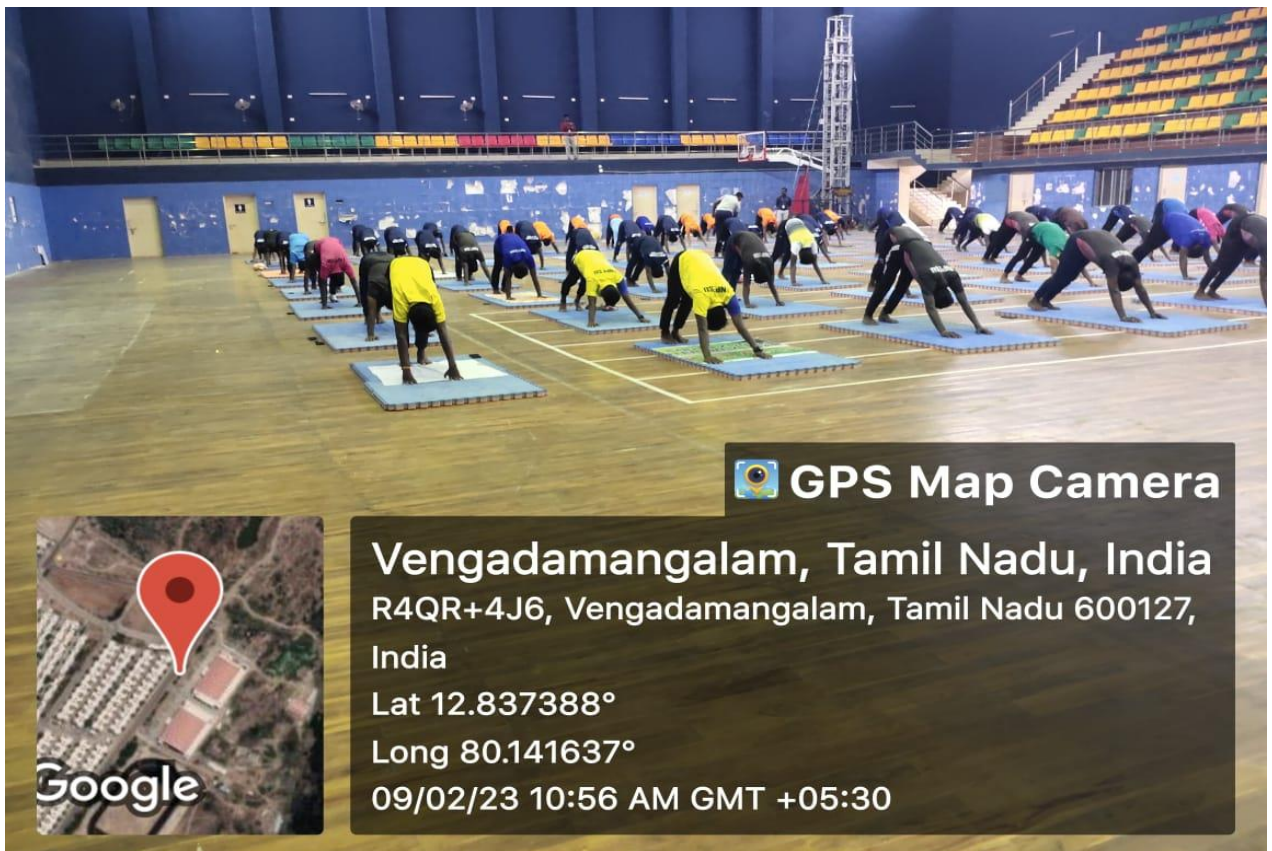
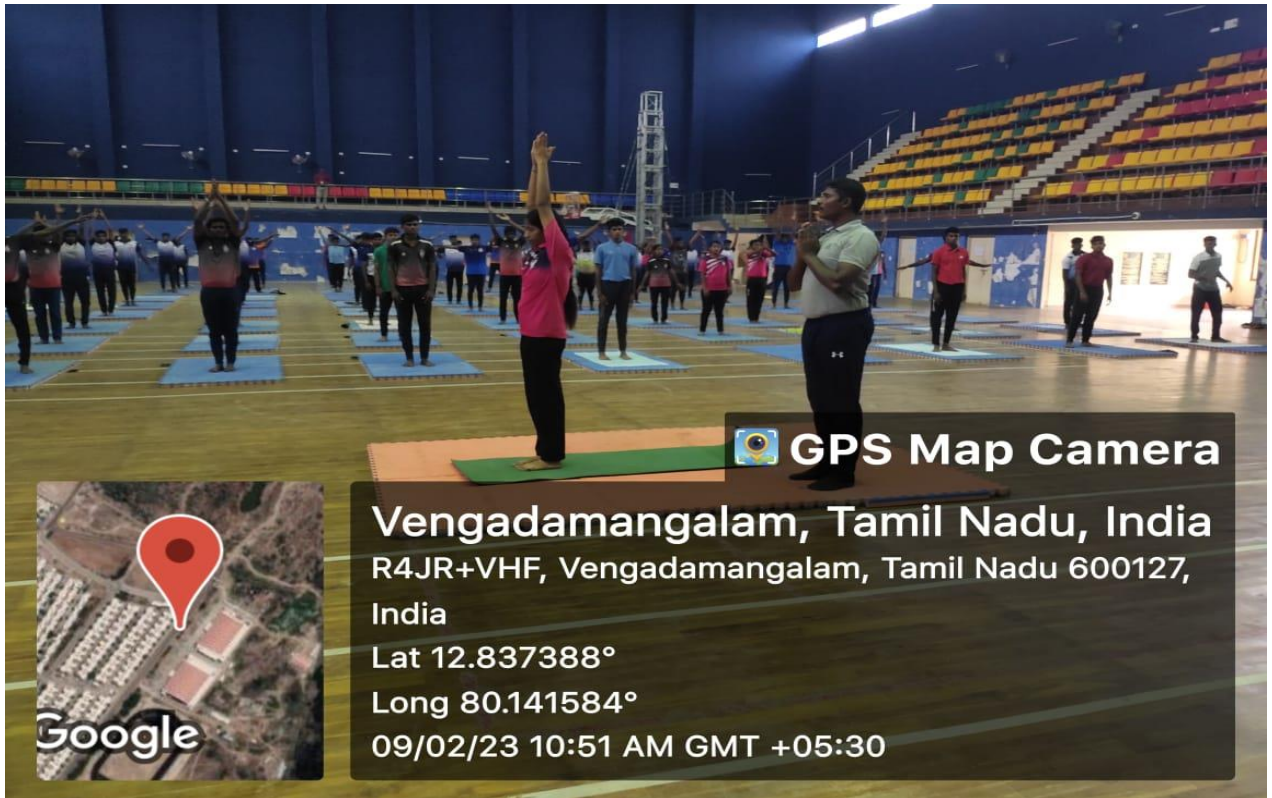
The Awareness Programme of the Indian Knowledge System- Yoga was held on 09.02.2023. The Programme commenced with Prayer, The welcome address was delivered by Dr.S.Thirumalai Kumar, Professor in Physical Education &Head i/c of Department of Advanced Training and Coaching TNPESU.

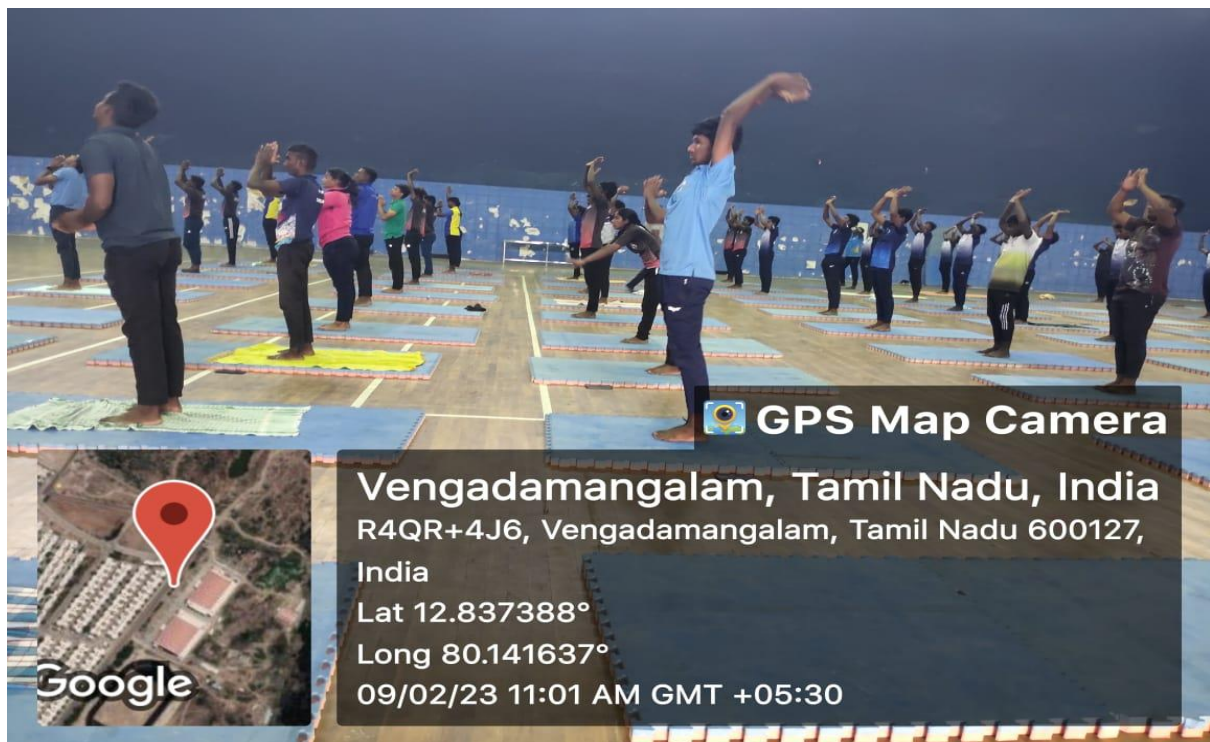
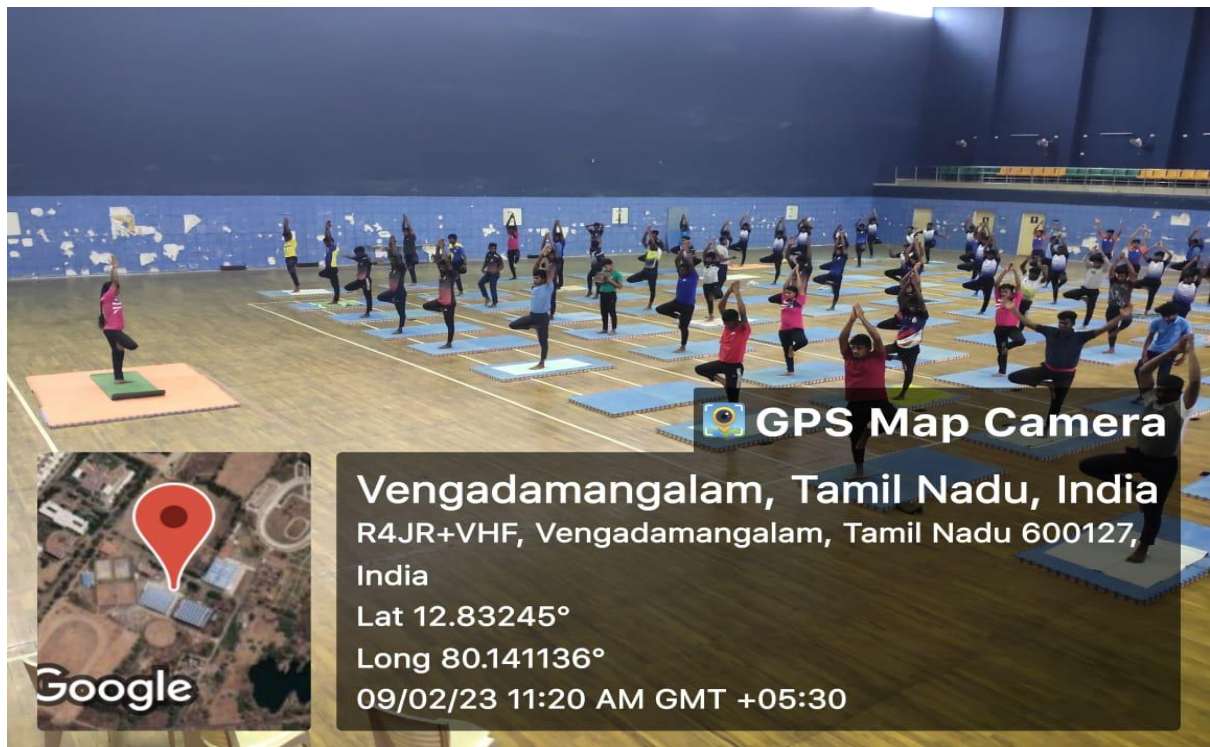
The resource person Dr.C.Lakshmanan, Assistant Professor in Physical Education , Department of Physical Education TNPESU, delivered the lecture on “Awareness Programme on Indian Knowledge System-Yoga”. He explained in detail the Indian Knowledge System, Yoga-history, different types of Yoga, role of Yoga and Asanas, Benefits of Bandhas, Pranayama’s Benefits of Yoga. All the teaching staff of the university and students from Advanced Training and Coaching attended the awareness Programme. There were around 91 participants in the Programme. It was a useful session where 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. Ms.M.Josephine Steny, Guest Lecturer, Department of Advanced Training and Coaching TNPESU proposed the vote of thanks.

GLIMPSES OF THE PROGRAMME

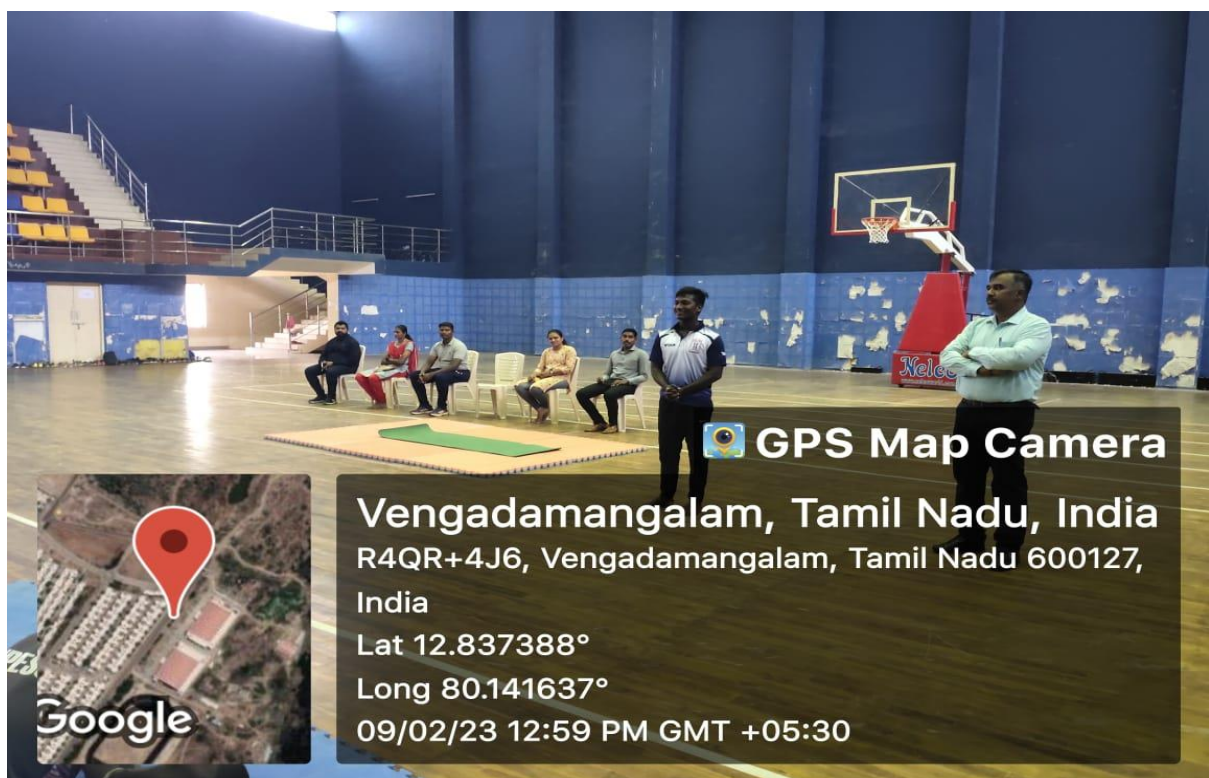
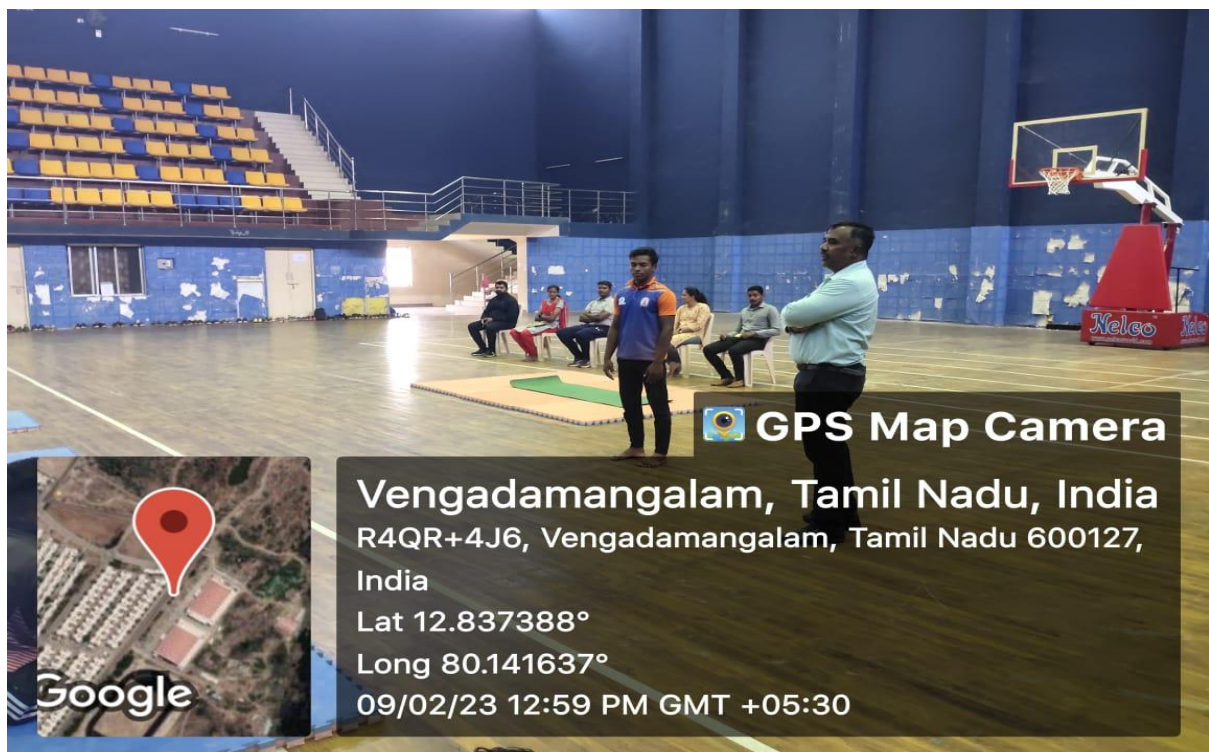


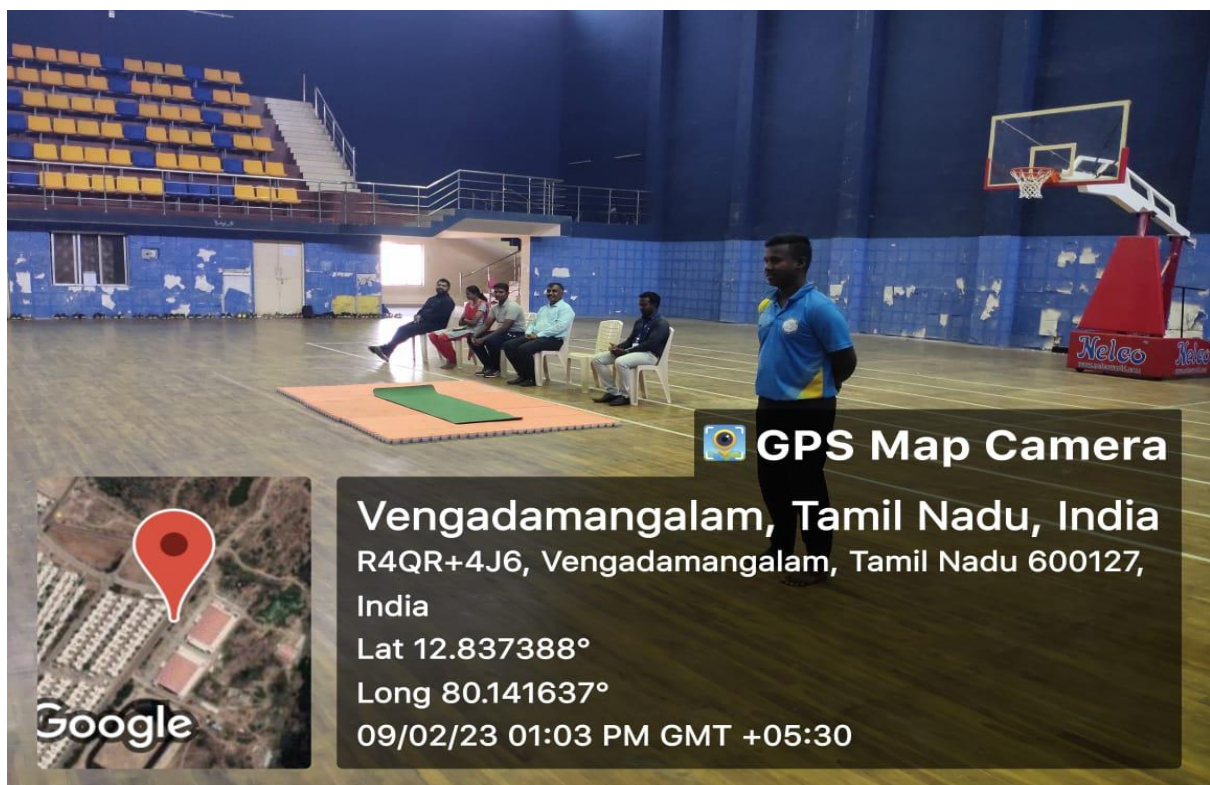






FEEDBACK SESSION





BENEFICIARIES

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai - 600 127.


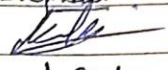

DEPARTMENT OF ADVANCED TRAINING AND COACHING

Date: 09/02/2023 Time: 10.00am Venue: Indoor Stadium

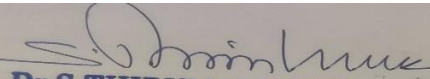
AWARENESS PROGRAMME ON INDIAN KNOWLEDGE SYSTEM - YOGA

List of Participants

S.NO	NAME	SIGNATURE
1.	S. THERU MURALI Kumar	S. Thiru Murali
2.	S. JAYAKUMAR	S. Jayakumar
3.	S. VELKUMAR	S. Velkumar
4.	M. JOSEPHINE STENY	M. Josephine Steny
5.	KIRTHAN J	Kirthan J
6.	R. RAJAN	R. Rajan
7.	P. DEENAN	P. Deenan
8.	A. BHUVAN	A. Bhuvan
9.	P. SRIGANAPATHY	P. Sriganapathy
10.	K. NARAYAN	K. Narayan
11.	M. DEENAN	M. Deenan
12.	S. PREETI POISILIA	S. Preeti Poisilia
13.	A. AMARAN	A. Amaran
14.	K. THENNARASU	K. Thenarasu
15.	A. ARISTOTLE	A. Aristotle
16.	E. YUVARAJ	E. Yuvraj
17.	M. AKASHI	M. Akashi
18.	E. PAUVARASU	E. Pauvarasu
19.	P. SRINATH	P. Srinath
20.	K. SILAMBARASAN	K. Silambarasan
21.	M.K. MANDI	M.K. Mandi
22.	R. SURYA PRASAD	R. Surya Prasad
23.	S. SACHIN	S. Sachin
24.	S. VIJAYKUMAR	S. Vijaykumar
25.	R. SANTHANIL	R. Santhanil
26.	D. DEVA	D. Deva
27.	N. IMMANUEL	N. Immanuel

28.	V. Ramamoorthi	
29.	M. Deepak raj	M. Deepak
30.	S. mugundhan	S. mugundhan
31.	R. VIGNESHWARAN.	R. Vigneshwaran
32.	R. AJITH	R.S. Ajith
33.	G. YUVAPRASATH	G. Yuvaprakash
34.	R. Gowtham	R. Yathin
35.	K. KARTHIKEYAN	
36.	A. Mahendran	mahe440.
37.	S. Santhosh	S. Santhosh
38.	A. JEEVAN RAJ	A. Jeevan Raj
39.	D. Dinesh	Dinsh. D
40.	p. moithob kumar	P. mufif
41.	m. senthil kumar	m. senthil kumar
42.	B. Mutharajan	B. Mutharajan
43.	M. Mari madhavan	M. Mari
44.	E. SANTHOSHKUMAR	E. Sathakum
45.	B. DYSON	
46.	G. KAVIN.	G. Kavitha
47.	S. Balachandran	Balach
48.	A. ABISHEK	Abing
49.	K. PAVANAN	K. Pavanasan
50.	K. RAJKIRAN	K. Rajkiran
51.	P. AJESH kumar	P. Ajith
52.	Nanigandan. P	N. Nanigandan. P
53.	S. Sridhar.	Sridhar
54.	M. P. Girisanti	M. P. Girisanti
55.	P. SUBHIN	P. Subhin
56.	R. LOKESHWARAJ	R. Lokeshwaraj
57.	G. S. HARINOHAR.	G. S. Harinohar
58.	m. Seenu	m. Seenu
59.	P. NITHISHI	P. Nithish
60.	A. MOORTHY	M. Moorthy
61.	P. Aadithyan.	P. Aadithyan

62.	R. THOMAS	R. Thomas
63.	D. DHANUSH KUMAR	Dhanush Kumar
64.	A. GROWTHAM	A. Growtham
65.	N. ANIL	N. Anil
66.	S. ANIBU SELVAN	S. Anib Selvan
67.	D. Mariyadass	D. Mariyadass
68.	M. JANARTHANAN	M. Janarthanan
69.	M. TAMILSELVAM	M. Tamil Selvan
70.	B. SATHYA PRAKASH	B. Sathya Prakash
71.	A. KANNIGA	A. Kanniga
72.	A. RAKESH	A. Rakesh
73.	S. LOKESH	S. Lokesh
74.	R. JANAGIRAMAN	R. Janagiraman
75.	K. JENIV AILASH	K. Jeniv Ailash
76.	G. SENTHOMIZH	G. Senthomizh
77.	M. FIRAIANBU	M. Firaiambu
78.	S. MADHUSUTHAN	S. Madhusuthan
79.	M. TUBARASU	M. Tubarasu
80.	T. DHANUSH	T. Dhanush
81.	F. PREVEEN KUMAR	F. Preveen Kumar
82.	K. SESATHASE	K. Sesathase
83.	B. PREM KUMAR	B. Prem Kumar
84.	N. SATHIN CHAEEL	N. Sathin Chaeel
85.	J. ABISHAK	J. Abishak
86.	M. MANIKANDAN	M. Manikandan
87.	T. SATHIVAR	T. Sathivar
88.	B. KISHORE	B. Kishore
89.	U. HARFESH	U. Harfesh
90.	B. DINESH	B. Dinesh
91.	J. DINESH KUMAR	J. Dinesh Kumar
92.		
93.		
94.		
95.		


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

Chennai -127

Accredited with “B” by NAAC



DEPARTMENT OF ADVANCED TRAINING AND COACHING

Report on

AWARENESS PROGRAMME

ON

**“INDIAN KNOWLEDGE
SYSTEM-KALARIPAYATTU”**

08th February 2023



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- One day Awareness Programme on Indian Knowledge System - Kalaripayttu-
Permission - reg.

Greetings. I wish to submit that the Department of Advanced Training and Coaching wishes to organize an Awareness Programme on Indian Knowledge System - Kalaripayttu for the students of Advanced Training and Coaching without any financial commitment from the University. Kindly give the permission.

Thank you

Yours truly


Dr.S.THIRUMALAI KUMAR

Date:08-02-2023

Encl: Brochure



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai – 600 127.

DEPARTMENT OF ADVANCED TRAINING AND COACHING

Date: 08/02/2023 Time: 11.00am

**AWARENESS PROGRAMME
ON
INDIAN KNOWLEDGE SYSTEM - KALARIPAYATTU**



RESOURCE PERSON

Dr.S.THIRUMALAI KUMAR

Professor in Physical Education & Head i/c
Department of Advanced Training and Coaching, TNPESU.

ORGANISING SECRETARY

M.JOSEPHINE STENY
Guest Lecturer
ATC, TNPESU

COORDINATORS

Mr.E.ANBURAJ & Dr.T.ARUN PRASANNA
Guest Lecturers
ATC, TNPESU

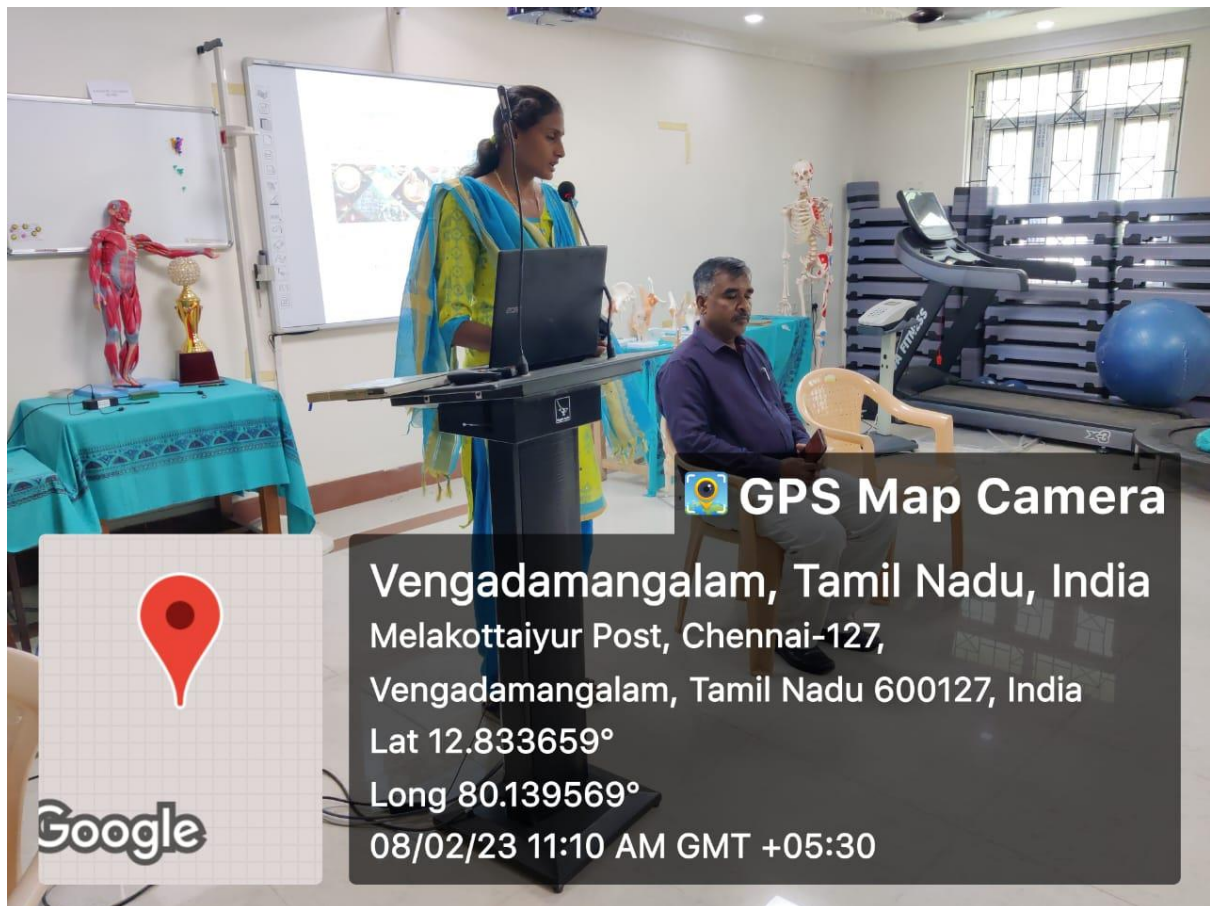
THEME: AWARENESS PROGRAMME ON INDIAN KNOWLEDGE SYSTEM-KALARIPPAYATTU

The Awareness Programme of the Indian Knowledge System-Kalarippayattu was held on 08.02.2023. The Programme commenced with Prayer, The welcome address was delivered by Ms. M. Josephine Steny, Guest lecturer, Programme Organizing Secretary, Department of Advanced Training and Coaching TNPESU.

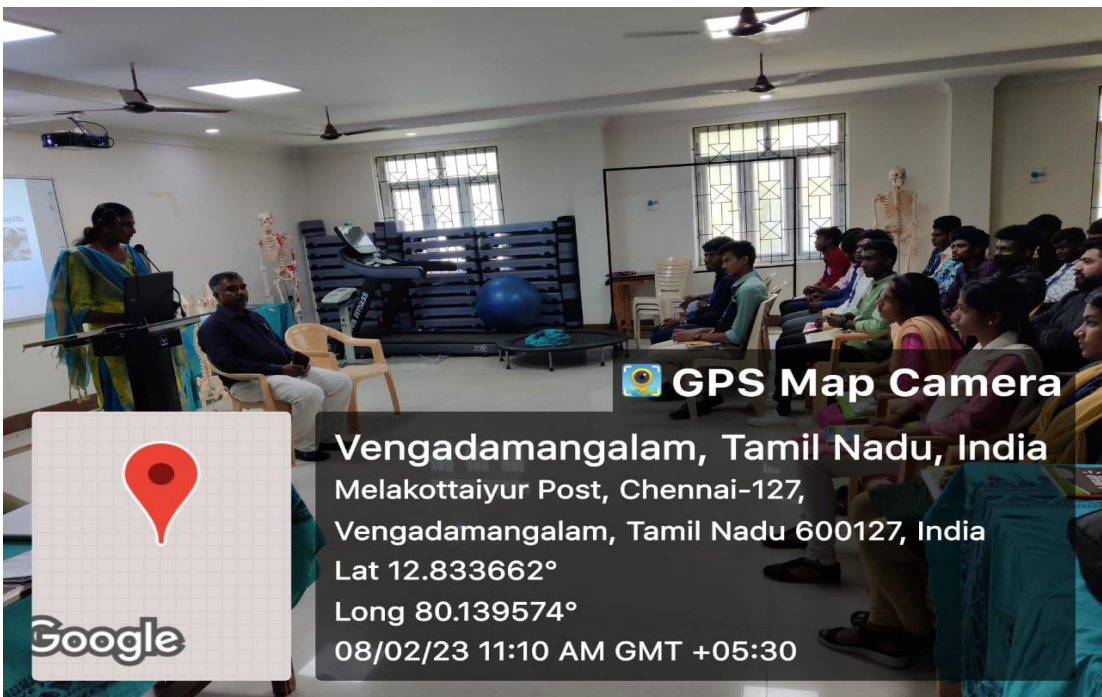
The resource person Dr.S. Thirumalai Kumar, Professor in Physical Education &Head i/c of Department of Advanced Training and Coaching TNPESU, delivered the lecture on “Awareness Programme on Indian Knowledge System-Kalarippayattu”. He explained in detail the Indian Knowledge System, Kalarippayattu- history, different styles of kalarippayattu, role of kalarippayattu in states, role of women in kalarippayattu. All the teaching staff of the university and students from Advanced Training and Coaching attended the awareness Programme. There were around 61 participants in the programme. It was a useful session where 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. Mr. Amaran, Research Scholar proposed the vote of thanks.

GLIMPSES OF THE PROGRAMME









BENEFICIARIES

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 600 127.

DEPARTMENT OF ADVANCED TRAINING AND COACHING

Date: 08/02/2023 Time: 11.00am

AWARENESS PROGRAMME ON INDIAN KNOWLEDGE SYSTEM - KALARIPAYATTU

List of Participants

S.NO	NAME	SIGNATURE
1.	G. Senthamizh	Senthamizh
2.	K. DIVYA	K. Divya
3.	A. Kanniga	A. Kanniga
4.	Jesiyal J	Jesiyal J
5.	Girija D	Girija D
6.	Manikandan. M	Manikandan. M
7.	FIRAIANBU. M	Firaiambu. M
8.	B. PREM KUMAR.	B. Prem Kumar
9.	F. Praveen Kumar	F. Praveen Kumar
10.	D. DHARUSH KUMAR	D. Dharush Kumar
11.	N. Anil	N. Anil
12.	A. Rakesh	A. Rakesh
13.	B. KISHORE	B. Kishore
14.	T. SAKTHIVEL	T. Sakthivel
15.	E. PAVIYARASU	E. Paviyarasu
16.	M. AKASHI	M. Akashi
17.	S. Magesh Kumar	S. Magesh Kumar
18.	R. GOWTHAM	R. Gowtham
19.	K. SESATHRI.	K. Sesathri
20.	LOKESH. S	Lokesh. S
21.	M. INBARASU	M. Inbarasu
22.	T. DHANUSH	T. Dhanush
23.	B. DINESH	B. Dinesh
24.	R. SURYA PRASAD.	R. Surya Prasad
25.	G. YUVAPRASATH	G. Yuvaprasath
26.	J. VOGESH	J. Vogesh
27.	M. K. MANOJ	M. K. Manoj

28.	A. ARISTOTLE	A. Arish
29.	K. SILAMBARASAN	K. Silambarasan
30.	K. THENNARASU	K. Thennarasan
31.	M. SEENU	M. Seenu
32.	G. S. HARINDHAR.	G. S. Harindhara
33.	D. LOKESHRAS	D. Lokeshwaras
34.	P. NITHISH	P. Nithish
35.	S. MADHUSUTHAN	S. Madhusuthan
36.	J. ABISHEK	J. Abhishek
37.	M. RAMAR	M. Ramar
38.	J. Dinesh Kumar	J. Dinesh Kumar
39.	B. DYSON	B. Dyson
40.	A. GANATHAN	A. Ganathan
41.	M. TAMILSELVAGAN	M. Tamilselvagan
42.	R. VIGNESHWARAN.	R. Vigneshwaran
43.	N. SACHIN CHARLES	N. Sachin Charles
44.	K. JAIN ANASH	K. Jain Anash
45.	P. SUBHIN	P. Subhin
46.	V. HAREESH	V. Hareesh
47.	S. ANBU SELVAN	S. Anbu Selvan
48.	E. YUVARAJ	E. Yuvraj
49.	B. SATHYA PRAKASH.	B. Sathya Prakash
50.	M. INBARASU	M. Inbarasu
51.	R. JANAGIRAMAN	R. Janagiraman
52.	R. ADITH	R. Adith
53.	KIRTHAN. J	Kirthan. J
54.	DR. C. LAKSHMANAN	Dr. C. Lakshmanan
55.	K. MANJU KUMAR	K. Manju Kumar
56.	S. KISHOREKUMAR	S. Kishorekumar
57.	S. PREETHI PRASITHA	S. Preethi Prasitha
58.	A. AMARAN	A. Amaran
59.	M. DEEPA	M. Deepa
60.	P. SRIGANAPATHY	P. Sriganapathy
61.	M. JOSEPHINE STENY	M. Josephine Steny

08/02/23

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


Endorsement from the Head of the Institution
(not included in the page limit)

This is to certify that:

1. Certified that the Institute welcomes participation of **Dr.S. Thirumalai Kumar** as the Principal Investigator and ----- as the Co-Investigator for the project titled **Integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Health, Wellness and Psycho-Social Psycho-Social Aspects of Generation Y and Z**, and that in the unforeseen event of discontinuance by the Principal Investigator, the Principal CoInvestigator will assume the responsibility of the fruitful completion of the project with due information to IKS Division of MoE @AICTE.
2. The date of project starts from the date on which the Institute receives the grant from Indian Knowledge Systems Division of MoE @ AICTE, New Delhi.
3. The investigator will be governed by the rules and regulations of Institute and will be under administrative control of the Institute for the duration of the project.
4. The grant-in-aid by the IKS Division of MoE @AICTE, New Delhi will be used to meet the expenditure on the project and for the period for which the project has been sanctioned as mentioned in the sanction order.
5. No administrative or other liability will be attached to the IKS Division of MoE @AICTE, New Delhi at the end of the project.
6. The Institute will provide basic infrastructure and other required facilities to the investigator for undertaking the research project.
7. The Institute will take into its books all assets created in the above project and its disposal would be at the discretion of the IKS Division of MoE @AICTE, New Delhi.
8. The Institute assumes to undertake the financial and other management responsibilities of the project.

Signature of the Head of the Institution with seal




Signature of the Director of the Institute /
Principal/ Registrar
(with name and stamp)
Name: **Dr. R. Ramakrishnan**
Designation: **Registrar i/c**
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

Date: 30/10/2022

Integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected health, wellness and Psycho-Social Aspects of Generation Y and Z.

The major purpose the above project is to quantify and prove the integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Psycho-Social Aspects of Generation Y and Z.

Sample size: 4000 subjects representing Generation Y and Z for Assessments and Scouting, for experimentation 500 subjects representing Generation Y and Z. They will be divide in to experimental and control groups. Initial tests will be conducted on Psycho-Social variables with standardized test and tools. The experiment will lost for a period of 16 weeks. The post test will be conducted after the experimental period.

The collected data will be analyses using the appropriate statistical tools. Based on the statistical results the inferences will be developed and key contusions will also be derived .

Previous Research Evidences :

The yoga is the ultimate technique which produces a marvelous change in the life style. The criminal nature of the unsocial elements can be changed by yoga. The sentiment of dissatisfaction egotism, anger, greediness, attachment etc. are the root cause of crime, when a person being aware and conscious by yoga practice recognizes its basic nature and suffering gained by the ill statement then a change appears in his mind and he live a decent social life, which is full of softness, piousness, friendliness and happiness. In this paper, impact and yogic practices in game and sports were reviewed in last decades. The significance of the reviewed was yogic practices and training is considered effective in improving physiological and psychological balances of the players. Yoga plies an important role by bringing the therapeutic effect in asthma, diabetes, hypertension and respiratory troubles. Some yoga has both preventive as well as curative value. Positive changes in the life style of the people can be brought through yoga. During the period of education, Yoga can make them aware of their bodies and further make them realize the need of physical and emotional wellbeing. Yoga controls one of sense resulting in an integrated personality and behaviour can be moulded properly leading to balanced personalities. Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practicing of yoga asanas strengthen the muscles,

release physical tension and improve concentration and poise. Yoga makes limbs balanced strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of body and brings peace and calm to the mind and spirit (Ramakant Tripathy and Dr. Brahmananda Nayak, 2022, International Journal of Physical Education, Sports and Health 2022; 9(1): 15-18)

What makes Gen Y and Z feel stressed, anxious and interested in doing social tourism when pandemic? : The pandemic leap continues and only makes things worse. Sharp criticism continues to pour in about what measures it can put in place to reduce the social crisis. Although some have accused the restrictions of being relaxed (lockdown), it does not improve human nature, which instinctively requires communication with partners, family, and co-workers. This study has a target to uncover the relationship between stress and anxiety on social tourism interest. We invited the 321 respondents to be surveyed online. The characteristics of the response involved cross-age, namely generations Y and Z (17 to 40 years) from 15 provinces in Indonesia. Structural Equation Modeling (SEM) applied to the AMOS program to interpret the data. Statistical tests found that stress and anxiety levels had no significant effect on social tourism interest. Other results prove an important difference if altruistic value increases social tourism interest significantly. From empirical moderation, altruistic value actually plays a significant role in the relationship between stress and anxiety levels in social tourism interest. The respondents have emotional resilience in the face of COVID-19. Finally, the novelty, contribution, and implications of the research is comprehensively disclosed. A follow-up agenda could investigate these findings in order to improve upon the limitations of the study. (Altmetric ListenFocus What makes Gen Y and Z feel stressed, anxious and interested in doing social tourism when pandemic? Rahmawati Rahmawati , Cogent Business & Management Volume 9, 2022 - Issue 1)

THE INDIAN KNOWLEDGE SYSTEMS DIVISION OF MoE @ AICTE 2022 IKS
SAMPOSHINI PROPOSAL COVER PAGE (not included in page limit)

Proposal Title: **Integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Health, Wellness and Psycho-Social Aspects of Generation Y and Z**

Lead Researcher (Principal Investigator):

Name: Dr. S. Thirumalai Kumar

Email address: drstkpe@gmail.com

Phone number: 09841019670

Academic rank: Professor

Appointment type: Regular University Appointment

Physical work location: Tamil Nadu Physical Education and Sports University

Academic home department: Physical Education

Co-PI(s) (if any): --=

Cooperator(s)/ Collaborator(s) (if any):

Project Budget Amount:

I certify that I will lead the project and complete all the tasks outlined in the proposal.
I certify that a complete project report will be submitted at the end of the project and the funding support from IKS Division of MoE @AICTE will be acknowledged in any publication resulting from this work.

Principal Investigator



Dr. S. THIRUMALAI KUMAR
Professor
Department of Physical Education
Tamil Nadu Physical Education and Sports University
Chennai - 600 127

Date : 30/10/2022

Principal Investigator Printed Name: Dr. S. Thirumalai Kumar

1. Name: Dr S. Thirumalai Kumar
2. Correspondence Address: Tamil Nadu Physical Education and Sports University, Chennai -127
3. Email: drstkpe@gmail.com
- 4.
- 4.
- Contact Numbers: 9841019670
5. Institution: Tamil Nadu Physical Education and Sports University, Chennai -127
- 6.
7. Academic Qualification: MPED., M.Sc (Yoga) M,Sc (Psychology) PhD
- 8.
7. Work Experience (in chronological order): 23 Years
8. Professional Recognition/Award/Prize/Certificate, Fellowship: 1 Funded Project
9. Peer Reviewed Publications: 32\
10. Details of Patents (if any): NIL
11. Books/Reports/Chapters/General Articles etc.: 07 \
12. Ongoing/completed Projects during the last 5 years: 01\

13. Your competence to undertake this project (Maximum 500 words):

The PI posses three important master degrees such as MPED, M.Sc (Psychology) and M.Sc (Yoga) He is also runs a funded project on Traditional Kalaripayttu and Silambam Training Centre . He taught the Tamil traditional games, Kalaripayattu and Malkamph to students and public. He has completed one funded project and 16 PhD Research work. At present there are 8 scholars pursuing PhD under his guidance and research works are going on on Indian Indigenous physical activity also. He has already completed a DIT programme on Women Empowerment through Traditional games and martial arts, the programme was sponsored by Tamil Nadu State council for Science and Technology. Having experience of 23 years teaching to handle the young minds in the educational setup and also possesses the experience of organizing training programme, youth camps, rallies, awareness programmes , village placement progemmes , faculty development progemmes and e content development.

14. Any other information (Maximum 500 words):

Working in an University meant for Physical Education , Yoga and Sports Sciences. Encouraging environment and research culture is the added advantage

Salaries: Include the salaries for the research fellows/project associates in this project. PI or CoPI salaries/honorariums are NOT supported. : **800000**

Supplies: Includes equipment with an individual piece value less than ₹10,000, i.e. ten temperature sensors or chemical bottles at ₹1000 each are still considered to be supplies. Any service charges for the analysis of samples. : **500000**

Equipment/Facilities: Any non-consumable item with a single piece value less than ₹10,000 or over is considered equipment. Please note that construction of new facilities (Brick and mortar) is not allowed in this project. Acquisition of resource such as books are acceptable under this budget head. Purchase of computers/laptops/printers are allowed only under extraordinary circumstances with strong justification and explicit approval from the IKS Division. Maximum equipment/facilities budget cannot exceed 20% of the total budget (i.e. ₹ 4.0 lakhs) **500000**

Travel and conferences: Any travel and related expenses to attend domestic conferences within India are allowed in this grant. International travel is explicitly not allowed. The PI's must plan on attending the Annual IKS Symposium/conference. The maximum allowable travel and conference expenses are 5% of the total budget (i.e. ₹ 1.0 lakh) **100000**

Contingencies: Maximum contingency allowed is 5% of the total budget (i.e. Rs. 1 lakh). **100000**

Overhead: Maximum overhead allowed is 5% of the total budget (i.e. Rs. 1 lakh). **100000**

Total: **2000000**

Name	Dr.S.Thirumalai Kumar	
Designation	Professor in Physical Education Department of Physical Education Tamil Nadu Physical Education and Sports University, Melakottaiyur , Chennai- 600127.	
Additional Charge	Head i/c Department of Advanced Training and Coaching Tamil Nadu Physical Education and Sports University, Melakottaiyur , Chennai- 600127	
Member	Member Syndicate , December 2016 to December 2019 Tamil Nadu Physical Education and Sports University,	
Qualifications	B.Sc., (Phy Education., Health Education & Sports) M.PEd. M.Phil in Physical Education PhD in Physical Education	M.Sc (Yoga)., M.Sc(Psychology) P.G.D C.A., P.G.D.A.S.P.E.S
Total Years of Experience	23 Year 1. Lecturer, YMCA College of Physical Education, Chennai September 1998 to October 2007. 2. Reader/ Associate Professor in Physical Education, Tamil Nadu Physical Education and Sports University, October 2007 to October 2013. 3. Professor in Physical Education, Tamil Nadu Physical Education and Sports University since October 2013. 4. Professor and Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University since July 2016 to June 2019 (3 Academic Years) 5. Professor in Physical Education, Tamil Nadu Physical Education and Sports University since July 2019	
NAAC Coordinator	Serving as Coordinator of NAAC of TNPESU since March 2018	
Sports Secretary	Served as Sports Secretary of Tamil Nadu Physical Education and Sports University for Five Academic Years (2007- 2012)	
Director Research	Served as Director- Research of Tamil Nadu Physical Education and Sports University Two Academic Years (2013 - 2015)	
Project Completed	Successfully Completed a Research Project entitled “Status Analysis and Yoga Intervention Technique for Dyslexia and Alexia among School Boys” Sponsored and Financial Assistance by Tamil Nadu State Council for Science and Technology (TNSCS&T).	

Dissemination of Innovation Technology Programme Organized	Successfully Organized Dissemination of Innovation Technology entitled “Dissemination of Women Empowerment through Sensitizing to Martial Arts, Traditional Games, and Yoga” sponsored and catalyzed by the Tamil Nadu State Council for Science and Technology (TNSCST) from 21.02.2022 to 26.02.2022 (Offline Mode) Fund received: Rs.50,000/-	
Training Programme Organized	Successfully organised National Workshop cum Training programme entitled “ <i>Pedagogical Perspectives of Physical Education And Sports Sciences In Preparing Youth Fitness For New Normal</i> ” sponsored by Rajiv Gandhi National Institute of Youth Development (Department of Youth Affairs & Sports, Government of India) Sriperumbudur, Chennai-6021 05 sponsored from 18.03.2022 to 20.03.2022(Offline Mode) Fund received: Rs.75,000/-	
Specialization	Pedagogy of Teaching, Test, Measurement & Evaluation Fitness and Wellness Rest & Recovery Methods	Cricket (Form. III – 2Yrs) Basketball Track and Field Teaching Practice
Board of Studies / Academic Council	08 Universities	03Autonomous Colleges
Innovative Programmes with Financial Assistance	State Planning Commission- Tamil Nadu Innovation Initiative Schemes (TANII) sanctioned the financial assistance for the following two programmes 1. Pedagogy Laboratory for Teaching, Training and Testing in Physical Education- 25 Lakhs 2. Kalaripayattu and Silambam Training Centre – 160 Lakhs	
Environmental Promotional Activities	Organized “Water Warriors” Mass Awareness Programme (15-30 th November 2019)	
Syndicate Sub Committee Member	Served as Syndicate Sub Committee Member for exercising powers and to perform the duties of the Vice Chancellor during 5.12.2018 to 21.12.2018.	
Vice Chancellor- Search Committee	Served as Liaison Officer to coordinate the functioning of Search Committee, nominated by Governor’s Secretariat, Raj Bhavan, Chennai-600022	
Recruitment Related - Confidential Works	Andhra Pradesh State Eligibility Test Tamil Nadu Teachers Recruitment Board, Tamil Nadu Public Service Commission	
Recruitment Related – Selection Committees	Tamil Nadu Physical Education and Sports University Tamil Nadu Law University YMCA College of Physical Education, Ramakrishna Mission Maruthi College Sri Saradha College of Physical Education Madras Christian College Hidustan Institute of Technology & Science Madurai Kamaraj University affiliated College	

Awards Received	Social Activity -Water Conservation	
Doctoral Committee Member	04 Universities	04 Research Centers
Board of Examiner (UG, PG, M.Phil and PhD)	11 Universities	05 Autonomous Colleges
Expert Committee Member	<p>Trained Assessor - National Assessment and Accreditation Council (NAAC)</p> <p>Visiting Team Member - National Council for Teacher Education (NCTE)</p> <p>Member -Academic Audit, University of Madras.</p> <p>Member- Equivalence of UG PG Courses in Physical Education, Tamilnadu State Council for Higher Education (TNSCHE)</p> <p>Member- Sports Committee – The Gandhigram Rural Institute (Deemed to be University) Gandhigram, Dindigul District</p> <p>TNPESU Committee Member for grating approval for New Colleges and Research Centers.</p> <p>TNPESU Equivalency Committee Member for grating equivalency for the courses in Physical Education.</p>	
Research Experience	<p>Successfully Guided Ph.D: 15 (Physical Education)</p> <p>Successfully Guided Ph.D: 03 (Yoga)</p> <p>Successfully Guided M.Phil : 74 (Physical Education)</p> <p>Successfully Guided M.Phil : 10 (Yoga)</p>	
Editorial Board	Serving as Member of Editorial Board in 05 Journals	
Books Published	07	
Research Articles Published	42	
Workshops Organized	06	
FDP organized	01	
Conferences and Workshop Attended	36	
Official Address	<p>Department of Physical Education</p> <p>Tamil Nadu Physical Education and Sports University,</p> <p>Melakottaiyur, Chennai- 600127, Tamil Nadu, India.</p>	
	E-Mail ID	drstkpe@gmail.com drstkpeonline@gmail.com
	Telephone No: TNPESU office	044 – 27477906
	Mobile No	09841019670 (BSNL) 916381274527 (Jio)





Integrated Centre for Indian Traditional Sports, Martial Arts Indigenous Psychological Concepts Embedded in Yoga

Submitted by

Dr.S Thirumalai Kumar

Professor in Physical Education

Tamil Nadu Physical Education and Sports University

Chennai-127



Thematic Areas of the IKS Cente

2. Indian Psychology and Yoga & 10. Indian Sports and Martial Arts

The objective of the Project are

- 1.To disseminate the IKS especially in the integrated area of Indian sports and martial arts & Indian psychology and yoga
- 2.To quantify the impact this specific IKS through scientific research with sophisticated laboratories available in the University
- 3.To cater the need of the Youth and Student population to understand the values of IKS.
- 4.To setup a strong base of IKS in the University campus to educate, provide mentoring service and develop a mechanism to spread awareness about IKS

Plan:

Phase - I : Establishment of Center and Research Works /Assessment (12 Months)

Phase II : Experimentation and Education (6 Months)

Phase III : Documentation and Dissimination (6 Months)

The proposed Center will carry out

1. Research works in IKS
2. Outreach Programmes Dissemination of IKS to the public
3. Education, Mentoring in IKS

Examples

Research:

Combined Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Health, Wellness and Psycho-Social Aspects of Generation Y and Z “

Outreach Programmes Dissemination Programmes

Programmes for Youth, Students, Special Children, Inclusive education

Education Mentoring IKS

Well Experience Staff - Documentation Service, Seminars / Conferences and Hands on Training.

Colonizers systematically destroyed our traditional KS

Our Traditional knowledge- by great human experiment

Our Honourable Prime Minister Narendra Modiji Promote Yoga - International Yoga Day.

Our Traditional KS are eco-friendly, - symbiotic with the environment, - Provide a sustainable lifestyle.

This project will disseminate our Indian Knowledge system to the world.

TNPESU is promoting scientific research in various sports sciences such as Exercise Physiology, Biomechanics, Sports Nutrition, Sports Technology with our indigenous sports and yoga,

This project will add and expand the IKS in a scientific manner in the integrated research area.



Education plan

- TNPESU :08 University departments & 20 affiliated colleges - physical education, sports sciences, yoga, sports management, sports technology from UG degree to PhD level.
- The University also has well experienced teachers they will be used to educate the regular students, neighbourhood through workshops seminars, conferences and awareness programmes.
- The affiliated colleges of this university is spreading over the entire Tamilnadu is an added advantage to educate the formal and non formal education population also on IKs especially the Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga.

Mentoring Plan:

- The well experienced and dedicated faculty members of this university will be involved in mentoring system to educate and promote IKs

Proposed activities of IKS

- 1.Village Placement Programmes
- 2.Awareness Rallies and Programmes / Neighbourhood Activities
- 3.Workshops and Hands on training/ Clinics
- 4.Seminar and Conference (Online/ Offline and hybrid mode too) .

Communication Dissemination plan

The **unique Pedagogy laboratory** and **Digital studio** will be used to develop digital documents on IKs as well regular documents.

This University already possesses many experiences in disseminating the scientific concepts to the public using traditional teaching and computer assisted teaching .

Recently it has completed a **DIT program on Women Empowerment through Traditional games and martial arts**. The programme was sponsored by Tamil Nadu State council for Science and Technology.(TNSCS&T)

Proposed activities of IKS

- 1.Village Placement Programmes
- 2.Awareness Rallies and Programme , Special Children, Tribal and Coastal Area programmes
- 3.Workshops and Hands-on training/ Clinics/Webinars Seminar and Conference (Online/ Offline and hybrid mode too) .Residential and Non Residential
- 5.Publication in reputed Journals
- 6.The University E- Library will be used for effective dissemination of results.
7. Open Air Theatre,Yoga Centre Kalari and Silambam Training Centers and other facilities will be used effectively.

Outputs and outcomes

This project will

- 1. Disseminate the IKS especially in the integrated area of Indian sports and martial arts & Indian psychology and yoga
- 2. Quantify the impact this specific IKS through scientific research with sophisticated laboratories available in the University
- 5. Cater the need of the Youth, Student and Special population (Inclusive Education) to understand the values of IKS.
- 6. Setup a strong base of IKS in the University campus to educate, provide mentoring service and develop a mechanism to spread awareness about IKs.

Project team expertise

The PI possess_ MPed, M.Sc (Psychology) and M.Sc (Yoga).

State Govt. funded project on Traditional Kalaripayttu and Silambam Training Centre .

- Imported the Tamil traditional games, Kalaripayattu, Silambam and Malkamph to students and public.
- Completed one State Govt.funded research project and 16 PhD Research work.
- Eight scholars pursuing PhD under his guidance and research works are going on on Indian Indigenous physical activity also.

He has already completed a DIT programme on Women Empowerment through Traditional games and martial arts, the programme was sponsored by Tamil Nadu State council for Science and Technology.

- Having experience of 23 years teaching to handle the young minds in the educational setup and also possesses the experience of organizing training programme, youth camps, rallies, awareness progemmes , village placement progemmes , faculty development progemmes and e content development.

The well experienced Staff of the University will be used effectively for the project work.

Staff members with specilization in Yoga, Yoga Theapy, Indian Martial Arts and Psychology are working in this University.

The languages in which the expert(s) can read the primary text:

Tamil and English

Time Line

Phase - I (12 Months)

■ Establishment of Center and Research Works /Assessment of Health, Wellness, Psycho- Social Aspects of Generation Y and Z

Phase II (6 Months)

■ Experimentation, Extension Activites and Education

Phase III (6 Months)

■ Documentation, and Dissimination



Particulars	Amount
Salaries: Include the salaries for the research fellows/project associates in this project. PI or CoPI salaries/honorariums are NOT supported. :	800000
Supplies: Includes equipment with an individual piece value less than ₹10,000, i.e. ten temperature sensors or chemical bottles at ₹1000 each are still considered to be supplies. Any service charges for the analysis of samples. :	500000
Equipment/Facilities: Any non-consumable item with a single piece value less than ₹10,000 or over is considered equipment. Please note that construction of new facilities (Brick and mortar) is not allowed in this project. Acquisition of resource such as books are acceptable under this budget head. Purchase of computers/ laptops/printers are allowed only under extraordinary circumstances with strong justification and explicit approval from the IKS Division. Maximum equipment/facilities budget cannot exceed 20% of the total budget (i.e. ₹ 4.0 lakhs)	500000
Travel and conferences: Any travel and related expenses to attend domestic conferences within India are allowed in this grant. International travel is explicitly not allowed. The PI's must plan on attending the Annual IKS Symposium/conference. The maximum allowable travel and conference expenses are 5% of the total budget (i.e. ₹ 1.0 lakh)	100000
Contingencies: Maximum contingency allowed is 5% of the total budget (i.e. Rs. 1 lakh). 100000 Overhead: Maximum overhead allowed is 5% of the total budget (i.e. Rs. 1 lakh).	100000
Total:	2000000

IKS KENDRAM PROPOSAL BODY (Ten--page limit; Proposals that exceed the word limits for individual sections will be returned without review)

Overview of the project (250 words): What is the project about? Describe the project idea here. What are the focus areas for this IKS Center?

The proposed project is entitled as

**Integrated Centre for Indian Traditional Sports, Martial Arts
Indigenous psychological concepts embedded in Yoga**

This will carry out research works like

“Combined Effect of Indian Traditional Sports and Martial Arts
with indigenous psychological concepts embedded in Yoga on Selected Health,
Wellness and Psycho-Social Aspects of Generation Y and Z “

This project will quantify the inevitable role of Indian Traditional Sport, Martial Arts and Psychological concepts embedded in Yoga. Generation Y and Z the vital structure and force in the process of Nation Building. Most of the literature branding the various generation into workaholic, lazy, smart et cetera. Their Psycho-Social Aspects of the Generation Y and Z Students must be assessed. Based on the assessment the merits must be strengthened and demerits must be eliminated from the Generation Y and Z .

The major benefits of our indigenous sports are pass of heritage, bridge generations, builds life skills and does not require expensive and sophisticated equipment. Further our indigenous martial arts gives Full Body Workout., Increases Flexibility, Coordination, Self Defense Skills, Lower Blood Pressure and Heart Rate, Improves Mental endurance and Improves Social Skills.

Several research works suggest that yoga may help strengthen social attachments, reduce stress and relieve anxiety, depression and insomnia of the practitioner.

Tamil Nadu Physical Education and Sports University posses a green sprawling campus to establish the following Indian Knowledge Systems (IKS) Centre to focus on the areas such as

Indian sports and martial arts

Indian psychology and yoga

Contribution to the IKS Mission (250 words): How does this project contribute to the IKS Division's mission?

The proposed division may Create a database of individuals and institutions who have contributed by way of Research, Teaching, Publication and Preservation of ancient and contemporary rich Indian knowledge systems ranging from Indigenous Sports , Martial Arts and Indian Psychology and Yoga

This division may promote and enable further research to address the societal challenges faced today in the behaviour of Youth for a sustainable development.

This division may o promote research in indigenous Sports , Martial Arts and Indian Psychology and Yoga to provide proof of concepts, new knowledge generation.

This division will promote interdisciplinary work useful for society especially in the field of indigenous sports , martial arts and Indian Psychological concepts and Yoga.

To suggest measures to integrate indigenous Sports , Martial Arts and Indian Psychology and Yoga in text books and reference books of modern disciplines of knowledge offered at school education and and higher education.

Tamil Nadu Physical Education and Sports University posses a green sprawling campus to establish the following Indian Knowledge Systems (IKS) integrated Centre to focus on the areas such as
Indian sports and martial arts & Indian psychology and yoga

Justification (500 words): Please provide a justification for the project and its importance.

It is thought that colonizers systematically derogated, exterminated or undermined our local traditional science, technology and crafts of the lands and people they plundered, because of their intellectual arrogance, and also to control and appropriate the economic means of production and the social means of organization.

Our Traditional knowledge, which may be technical, social, organizational, or cultural was obtained as part of the great human experiment of survival and development. Our Prime Minister Modiji took enormous effort to promote Yoga through out the World, Now the entire world is celebrating Intentional Yoga Day.

The History speaks volumes about Indian contributions to global. Our Traditional Knowledge Systems are eco-friendly, symbiotic with the environment, and therefore can help provide a sustainable lifestyle.

Our traditional sports and martial art forms need more research based evidence to take them to international standards.

This project will dissemination our Indian Knowledge system to the world.

The Tamil Nadu Physical Education and Sports University is promoting scientific research in various sports sciences such as Exercise Physiology, Biomechanics, Sports Nutrition, Sports Technology with our indigenous sports, yoga, This project will add and expand the Indian Knowledge system in a scientific manner.

Tamil Nadu Physical Education and Sports University posses a green sprawling campus to establish the following Indian Knowledge Systems (IKS) integrated Centre to focus on the areas such as
Indian sports and martial arts & Indian psychology and yoga

Objectives and timelines (250 words): Please provide a clear list of specific objectives for this IKS Center. Two-Four objectives are reasonable for this solicitation. Clear and specific objectives will be given higher weightage.

The objective of the Project are

1. To disseminate the IKS especially in the integrated area of Indian sports and martial arts & Indian psychology and yoga
2. To quantify the impact this specific IKS through scientific research with sophisticated laboratories available in the University
3. To cater the need of the Youth and Student population to understand the values of IKS.
4. To setup a strong base of IKS in the University campus to educate, provide mentoring service and develop a mechanism to spread awareness about IKS.

Project Intellectual merit (250 words): What is the intellectual merit of this project? Please clearly specify the scientific impact of the project. What are the scientific questions that will be addressed under the proposed research?

This University possesses various laboratories with scientific equipment to test the human performance in fitness, health and in sports. The major laboratories of the University are Sports Biomechanics, Exercise Physiology, Sports Psychology, Sports Technology, Pedagogy etc. The proposed IKS division will add quantum of scientific knowledge to promote the IKS especially Indian sports and martial arts & Indian psychology and yoga.

The research questions developed on the integrity and effectiveness of our IKS especially Indigenous sports, yoga martial arts and our psychological concepts in solving the day to problem related to quality of life will be solved scientifically through our existing laboratories and expert resourceful staff members.

Project broader impacts (250 words): What are the broader (Societal, economic and environmental impacts? How will this center contribute to popularization of IKS?

The students of the University are the ambassadors of Health and Fitness. The proposed IKS will make them understand the importance of our IKS. For that the facilities of the University such as laboratories with scientific equipment to test the human performance in fitness, health and in sports. The major laboratories of the University are Sports Biomechanics, Exercise Physiology, Sports Psychology, Sports Technology etc. The proposed IKS division will add quantum of scientific knowledge to promote the IKS especially Indian sports and martial arts & Indian psychology and yoga.

The research questions developed on the integrity and effectiveness of our IKS especially Indigenous sports, yoga martial arts and our psychological concepts in solving the day to problem related to quality of life will be solved scientifically through our existing laboratories and expert resourceful staff members.

The Unique Pedagogy laboratory and Digital Studio will help them in the documentation IKS process of both hard and soft (digital) versions

Outputs and outcomes of the proposal (250 words): What are the outputs and outcomes of the project? Please prepare a list of specific outcomes and outputs. DO NOT use paragraphs to describe the outputs/ outcomes.

1. This project will disseminate the IKS especially in the integrated area of Indian sports and martial arts & Indian psychology and yoga
2. This project will quantify the impact this specific IKS through scientific research with sophisticated laboratories available in the University
5. This project cater the need of the Youth and Student population to understand the values of IKS.
6. This project will help us to setup a strong base of IKS in the University campus to educate, provide mentoring service and develop a mechanism to spread awareness about IKS.

Procedures (1000 words): Please provide a summary of the procedures that will be used in this project. A brief summary of the procedures is all that is required with adequate references to literature.

Research Title: Integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Psycho-Social Aspects of Generation Y and Z.

The major purpose of the above project is to quantify and prove the integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Psycho-Social Aspects of Generation Y and Z.

Sample size: 4000 subjects representing Generation Y and Z for Assessments and Scouting, for experimentation 500 subjects representing Generation Y and Z. They will be divided into experimental and control groups. Initial tests will be conducted on Psycho-Social variables with standardized test and tools. The experiment will last for a period of 16 weeks. The post test will be conducted after the experimental period. The collected data will be analysed using the appropriate statistical tools. Based on the statistical results the inferences will be developed and key conclusions will also be derived.

The yoga is the ultimate technique which produces a marvellous change in the life style. The criminal nature of the unsocial elements can be changed by yoga. The sentiment of dissatisfaction, egotism, anger, greediness, attachment etc. are the root cause of crime, when a person being aware and conscious by yoga practice recognizes its basic nature and suffering gained by the ill statement then a change appears in his mind and he lives a decent social life, which is full of softness, piety, friendliness and happiness. In this paper, impact and yogic practices in game and sports were reviewed in last decades. The significance of the reviewed yogic practices and training is considered effective in improving physiological and psychological balances of the players. Yoga plays an important role by bringing the therapeutic effect in asthma, diabetes, hypertension and respiratory troubles. Some yoga has both preventive as well as curative value. Positive changes in the life style of the people can be brought through yoga. During the period of education, Yoga can make them aware of their bodies and further make them realize the need of physical and emotional well being. Yoga controls one of the senses resulting in an integrated personality and behaviour can be molded properly leading to balanced personalities.

Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practicing of yoga asanas strengthen the muscles, release physical tension and improve concentration and poise. Yoga makes limbs balanced strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of body and brings peace and calm to the mind and spirit (Ramakant Tripathy and Dr. Brahmananda Nayak, 2022, International Journal of Physical Education, Sports and Health 2022; 9(1): 15-18)

What makes Gen Y and Z feel stressed, anxious and interested in doing social tourism when pandemic? The pandemic leap continues and only makes things worse. Sharp criticism continues to pour in about what measures it can put in place to reduce the social crisis. Although some have accused the restrictions of being relaxed (lockdown), it does not improve human nature, which instinctively requires communication with partners, family, and co-workers. This study has a target to uncover the relationship between stress and anxiety on social tourism interest. We invited the 321 respondents to be surveyed online. The characteristics of the response involved cross-age, namely generations Y and Z (17 to 40 years) from 15 provinces in Indonesia. Structural Equation Modeling (SEM) applied to the AMOS program to interpret the data. Statistical tests found that stress and anxiety levels had no significant effect on social tourism interest. Other results prove an important difference if altruistic value increases social tourism interest significantly. From empirical moderation, altruistic value actually plays a significant role in the relationship between stress and anxiety levels in social tourism interest. The respondents have emotional resilience in the face of COVID-19. Finally, the novelty, contribution, and implications of the research is comprehensively disclosed. A follow-up agenda could investigate these findings in order to improve upon the limitations of the study. (

Altmetric ListenFocus What makes Gen Y and Z feel stressed, anxious and interested in doing social tourism when pandemic? Rahmawati Rahmawati , Cogent Business & Management Volume 9, 2022 - Issue 1)

Education plan (250 words): How do you plan to educate students about IKS area? What are the specific plans for educating students in the proposed areas of focus for this IKS center? Please be specific about the proposed activities.

Tamil Nadu Physical Education and Sports University had eight University department and 20 affiliated colleges studying, physical education, sports sciences, yoga, sports management, sports technology from UG degree to PhD level. The University also has well experience teachers the will be used to educate the regular students though workshops seminars, conferences and awareness programmes. The affiliated colleges of this university is spreading over the entire Tamilnadu is an added advantage to educate the non formal education population also on IKs especially the Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga.

Mentoring plan (500 words): Mentoring next generation of scholars is a high priority for IKS Division. What are your mentoring plans for the project associates, students and interns who will be involved with this center? Please be specific about the proposed activities.

The University department and its affiliated colleges has UG to PhD Scholars, the university affiliated colleges covering the entire state, The well experienced and dedicated faculty members of this university will be involved in mentoring system to educate and promote IKS

Proposed activities of IKS

1. Village Placement Programmes
2. Awareness Rallies and Programmes
3. Workshops and Hands-on training Clinics
4. Seminar and Conference (Online/ Offline and hybrid mode too) .

Communication Dissemination plan (250 words): How do you plan to disseminate the results from your center to school/ high school/ undergraduate students? How do you plan to reach general public? How will you promote the IKS among the general public? Please be specific about the proposed activities.

The unique Pedagogy laboratory and Digital studio will be used to develop digital documents on IKS as well regular documents. This University already possesses many experience in disseminating the scientific concepts to the public using traditional teaching and computer assisted teaching . Recently it has completed a DIT program on Women Empowerment through Traditional games and martial arts.

The programme was sponsored by Tamil Nadu State council for Science and Technology.

Proposed activities of IKS

1. Village Placement Programmes
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5. Publication in reputed Journals
6. The University E- Library will be used for effective dissemination of results.

Project team expertise (250 words): Please tell us about the prior experience of the PI and the Co-PIs in the proposed topic. What are the facilities available to the team to perform the research work outlined in the proposal? Expertise existing with each of the investigators in terms of preliminary results, to execute every component of the proposal should be highlighted.

The PI possess three important master degrees such as MPed, M.Sc (Psychology) and M.Sc (Yoga) He is also runs a funded project on Traditional Kalaripayattu and Silambam Training Centre . He taught the Tamil traditional games, Kalaripayattu and Malkamph to students and public. He has completed one funded project and 16 PhD Research work. At present there are 8 scholars pursuing PhD under his guidance and research works are going on on Indian Indigenous physical activity also. He has already completed a DIT programme on Women Empowerment through Traditional

games and martial arts, the programme was sponsored by Tamil Nadu State council for Science and Technology. Having experience of 23 years teaching to handle the young minds in the educational setup and also possesses the experience of organizing training programme, youth camps, rallies, awareness programmes , village placement programmes , faculty development programmes and e content development.

Specific roles of Co-PI(s) and Cooperator(s)/ Collaborator(s), if listed on cover page (250 words): What are the specific roles of the team members? The team must include substantial contribution from all members. If the proposal contains more than one investigator, it is important to clearly mention the role of each Investigator in implementing the objectives of the proposal.

Timelines (100 words): Indicate timelines for project tasks and schedule of activities giving milestones through BAR diagram.

Phase - I Assessment of Psycho- Social Aspects of Generation Y and Z (12 Months)

Phase II Experimentation (6 Months)

Phase III Documentation (6 Months)

IKS KENDRAM PROPOSAL BODY (Ten--page limit; Proposals that exceed the word limits for individual sections will be returned without review)

Overview of the project (250 words): What is the project about? Describe the project idea here. What are the focus areas for this IKS Center?

The proposed project is entitled as

“Combined Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Health, Wellness and Psycho-Social Aspects of Generation Y and Z “

This project will quantify the inevitable role of Indian Traditional Sport, Martial Arts and Psychological concepts embedded in Yoga. Generation Y and Z the vital structure and force in the process of Nation Building. Most of the literature branding the various generation into workaholic, lazy, smart et cetera. Their Psycho-Social Aspects of the Generation Y and Z Students must be assessed. Based on the assessment the merits must be strengthened and demerits must be eliminated from the Generation Y and Z .

The major benefits of our indigenous sports are pass of heritage, bridge generations, builds life skills and does not require expensive and sophisticated equipment. Further our indigenous martial arts gives Full Body Workout., Increases Flexibility, Coordination, Self Defense Skills, Lower Blood Pressure and Heart Rate, Improves Mental endurance and Improves Social Skills.

Several research works s suggest that yoga may help strengthen social attachments, reduce stress and relieve anxiety, depression and insomnia of the practitioner.

Tamil Nadu Physical Education and Sports University posses a green sprawling campus to establish the following Indian Knowledge Systems (IKS) Centre to focus on the areas such as

Indian sports and martial arts

Indian psychology and yoga

Contribution to the IKS Mission (250 words): How does this project contribute to the IKS Division's mission?

The proposed division may Create a database of individuals and institutions who have contributed by way of Research, Teaching, Publication and Preservation of ancient and contemporary rich Indian knowledge systems ranging from Indigenous Sports , Martial Arts and Indian Psychology and Yoga

This division may promote and enable further research to address the societal challenges faced today in the behaviour of Youth for a sustainable development.

This division may o promote research in indigenous Sports , Martial Arts and Indian Psychology and Yoga to provide proof of concepts, new knowledge generation.

This division will promote interdisciplinary work useful for society especially in the field of indigenous sports , martial arts and Indian Psychological concepts and Yoga.

To suggest measures to integrate indigenous Sports , Martial Arts and Indian Psychology and Yoga in text books and reference books of modern disciplines of knowledge offered at school education and and higher education.

Tamil Nadu Physical Education and Sports University posses a green sprawling campus to establish the following Indian Knowledge Systems (IKS) integrated Centre to focus on the areas such as

Indian sports and martial arts & Indian psychology and yoga

Justification (500 words): Please provide a justification for the project and its importance.

It is thought that colonizers systematically derogated, exterminated or undermined our local traditional science, technology and crafts of the lands and people they plundered, because of their intellectual arrogance, and also to control and appropriate the economic means of production and the social means of organization.

Our Traditional knowledge, which may be technical, social, organizational, or cultural was obtained as part of the great human experiment of survival and development.

Our Prime Minister Modiji took enormous effort to promote Yoga through out the World, Now the entire world is celebrating Intentional Yoga Day.

The History speaks volumes about Indian contributions to global. Our Traditional Knowledge Systems are eco-friendly, symbiotic with the environment, and therefore can help provide a sustainable lifestyle.

Our traditional sports and martial art forms need more research based evidence to take them to international standards.

This project will dissemination our Indian Knowledge system to the world.

The Tamil Nadu Physical Education and Sports University is promoting scientific research in various sports sciences such as Exercise Physiology, Biomechanics, Sports Nutrition, Sports Technology with our indigenous sports, yoga, This project will add and expand the Indian Knowledge system in a scientific manner.

Tamil Nadu Physical Education and Sports University posses a green sprawling campus to establish the following Indian Knowledge Systems (IKS) integrated Centre to focus on the areas such as

Indian sports and martial arts & Indian psychology and yoga

Objectives and timelines (250 words): Please provide a clear list of specific objectives for this IKS Center. Two-Four objectives are reasonable for this solicitation. Clear and specific objectives will be given higher weightage.

The objective of the Project are

- 1. To disseminate the IKS especially in the integrated area of Indian sports and martial arts & Indian psychology and yoga**
- 2. To quantify the impact this specific IKS through scientific research with sophisticated laboratories available in the University**
- 3. To cater the need of the Youth and Student population to understand the values of IKS.**
- 4. To setup a strong base of IKS in the University campus to educate, provide mentoring service and develop a mechanism to spread awareness about IKs.**

Project Intellectual merit (250 words): What is the intellectual merit of this project? Please clearly specify the scientific impact of the project. What are the scientific questions that will be addressed under the proposed research?

This University possesses various laboratories with scientific equipment to test the human performance in fitness, health and in sports. The major laboratories of the University are Sports Biomechanics, Exercise Physiology, Sports Psychology, Sports Technology, Pedagogy etc. The proposed IKs division will add quantum of scientific knowledge to promote the IKs especially Indian sports and martial arts & Indian psychology and yoga.

The research questions developed on the integrity and effectiveness of our IKS especially Indigenous sports, yoga martial arts and our psychological concepts in solving the day to problem related to quality of life will be solved scientifically through our existing laboratories and expert resourceful staff members.

Project broader impacts (250 words): What are the broader (Societal, economic and environmental impacts? How will this center contribute to popularization of IKS?

The students of the University are the ambassadors of Health and Fitness. The proposed IKS will make them understand the importance of our Iks. For that the facilities of the University such as laboratories with scientific equipment to test the human performance in fitness, health and in sports. The major laboratories of the University are Sports Biomechanics, Exercise Physiology, Sports Psychology, Sports Technology etc. The proposed IKS division will add quantum of scientific knowledge to promote the IKS especially Indian sports and martial arts & Indian psychology and yoga.

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The Unique Pedagogy laboratory and Digital Studio will help them in the documentation IKS process of both hard and soft (digital) versions

Outputs and outcomes of the proposal (250 words): What are the outputs and outcomes of the project? Please prepare a list of specific outcomes and outputs. DO NOT use paragraphs to describe the outputs/ outcomes.

- 1. This project will disseminate the IKS especially in the integrated area of Indian sports and martial arts & Indian psychology and yoga**
- 2. This project will quantify the impact this specific IKS through scientific research with sophisticated laboratories available in the University**
- 5. This project cater the need of the Youth and Student population to understand the values of IKS.**
- 6. This project will help us to setup a strong base of IKS in the University campus to educate, provide mentoring service and develop a mechanism to spread awareness about IKS.**

Procedures (1000 words): Please provide a summary of the procedures that will be used in this project. A brief summary of the procedures is all that is required with adequate references to literature.

Research Title: Integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Psycho-Social Aspects of Generation Y and Z.

The major purpose of the above project is to qualify and prove the Integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Psycho-Social Aspects of Generation Y and Z.

Sample size: 4000 subjects representing Generation Y and Z for Assessments and Scouting, for experimentation 500 subjects representing Generation Y and Z. They will be divided into experimental and control groups. Initial tests will be conducted on Psycho-Social variables with standardized test and tools. The experiment will last for a period of 16 weeks. The post test will be conducted after the experimental period.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 600 127.

SUMMER COACHING CAMP

Age: 6 to 18 (Boys & Girls)

Date: 1st May 6th to 31st June 2023

Time: 6:30am to 8:30am & 4:30pm to 6:30pm

Kalaripayattu



Silambam



Venue: TNPESU, Kalari & Silambam Training Center.

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Kalaripayattu & Silambam

CHIEF PATRON

Dr.M.SUNDAR

Vice – Chancellor
TNPESU

PATRON

Dr.R.RAMAKRISHNAN

Registrar i/c
TNPESU

PROGRAMME DIRECTOR

Dr.S.THIRUMALAI KUMAR

Professor in Physical Education & Head i/c
Department of Advanced Training and Coaching,
TNPESU

COORDINATORS

M.JOSEPHINE STENY

Guest Lecturer
ATC, TNPESU

Dr.T.ARUN PRASANNA

Guest Lecturer
ATC, TNPESU

Mr.E.ANBURAJ

Guest Lecturer
ATC, TNPESU

Mr.P.KARTHIKEYAN

KALARIPAYATTU, TRAINER
TNPESU

Mr.S.SANDEEP KUMAR

SILAMBAM, TRAINER
TNPESU



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai – 600 127.

Invitation

*Tamil Nadu Physical Education and Sports University Cordially Invites
Your August Presence for the Valedictory Ceremony of*

SUMMER COACHING CAMP IN KALARIPAYATTU AND SILAMBAM

Date: 31.05.2023

Time: 3.30 pm

Venue: TNPESU- Traditional Kalari and Silambam Training Center

Dr.M.SUNDAR

Vice Chancellor, TNPESU

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

Dr.R.RAMAKRISHNAN

Registrar i/c, TNPESU

will felicitate the Function



Mr.P.KARTHIKEYAN

Kalaripayattu Trainer

Mr.S.SANDEEP KUMAR

Silambam Trainer

TNPESU- Traditional Kalari and
Silambam Training Center



Mr.E.ANBURAJ

Dr.T.ARUN PRASANNA

Ms.JOSEPHINE STENY

Guest Lecturers,

Dept. of Advanced Training
and Coaching, TNPESU



Dr.S.THIRUMALAI KUMAR

Programme Director

Professor in Physical Education
&

Head i/c,

Dept. of Advanced Training and
Coaching, TNPESU



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Kalaripayattu & Silambam

Summer Coaching in Kalaripayattu & Silambam was conducted during 1st May 6th to 31st June 2023. The camp was inaugurated by Dr.M.Sundar, Vice – Chancellor, TNPESU on 1st May 2023. The Programme_Director_Dr.S.Thirumalai Kumar explained the objective and purpose of the camp.

The beneficiaries of the summer camp were

S. No.	Event	No. of Participants
1	Kalaripayattu	20
2	Silambam	20

The camp participants were trained by Mr.P.Karthikeyan, Kalaripayattu, Trainer and Mr.S.Sandeep Kumar, Silambam, Trainer.

The valedictory function was held on 31st May 2023. Dr. R. Ramakrishnan, participated and gave the felicitation address. Dr.M.Sundar, Vice – Chancellor gave the valedictory address and distributed the certificates for the participants.

Dr.S.THIRUMALAI KUMAR
PROGRAMME DIRECTOR

Professor in Physical Education & Head i/c
Department of Advanced Training and Coaching,
TNPESU