

**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY**

Chennai – 600 127



**ANNUAL LEADERSHIP TRAINING CAMP
EXPERIENTIAL LEARNING**

2018-2019



V. Srinivasan
Tamil Nadu Physical Education
and
Sports University
Chennai

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



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EXPERIENTIAL LEARNING**

2018-2019

ANNUAL LEADERSHIP TRAINING CAMP
Experiential Learning
2018-2019
Camp Leaders

Camp Cruiser	Dr.Sheila Stephen , Vice Chancellor
Camp Advisers	Dr.D.Sathiya Kumar, Registrar i/c Dr.C.Arumugam, Controller of Examination
Camp Director	Dr.S.Thirumalai Kumar
Camp Chief Coordinator	Dr.S.Manikandan
Camp Coordinator	Dr.P.Kumaravelu Dr.I Lilly Pushpam
Programme Directors	Dr.S.Jayakumar Dr.C.Lakshmanan
Mess & Accommodation Director	Dr.S.Velkumar
Transport Director	Dr.S.Jayakumar
Health Director	Dr.V.Muruguvalavan
Assistant Health Directors	Dr.C.Manoj Dr.K.B.Sreenivasan
Unit Director: Unit-I	Dr.I Lilly Pushpam
Unit Director: Unit-II	Dr.P.Kumaravelu
Unit Director: Unit-III	Dr.K.Rajeshkumar
Unit Director: Unit-IV	Dr.S.Velkumar
Camp fire-Assistant Coordinators	Dr.S.Palpandi Dr.K.Jayachandran

OFFICIALS AND THEIR DUTIES

Camp Director

Head of the camp looks after the overall arrangements and finance of the camp coordinates camp activities through the camp council. Allots responsibilities, look after the need of the camp staff-supervision, council meeting etc.

Programme Director

The programme director is responsible for the camp programme plan and co-ordinates activities projects and evaluation along with supervision and campers.

Health Director

Protection of health prevention of ill health, sanitation, health and inspection supervision and first aid.

Mess Director

Mess director is responsible for purchase and supply of good and fresh food and should provide nutrition more to the campers. He is also responsible for effective food service.

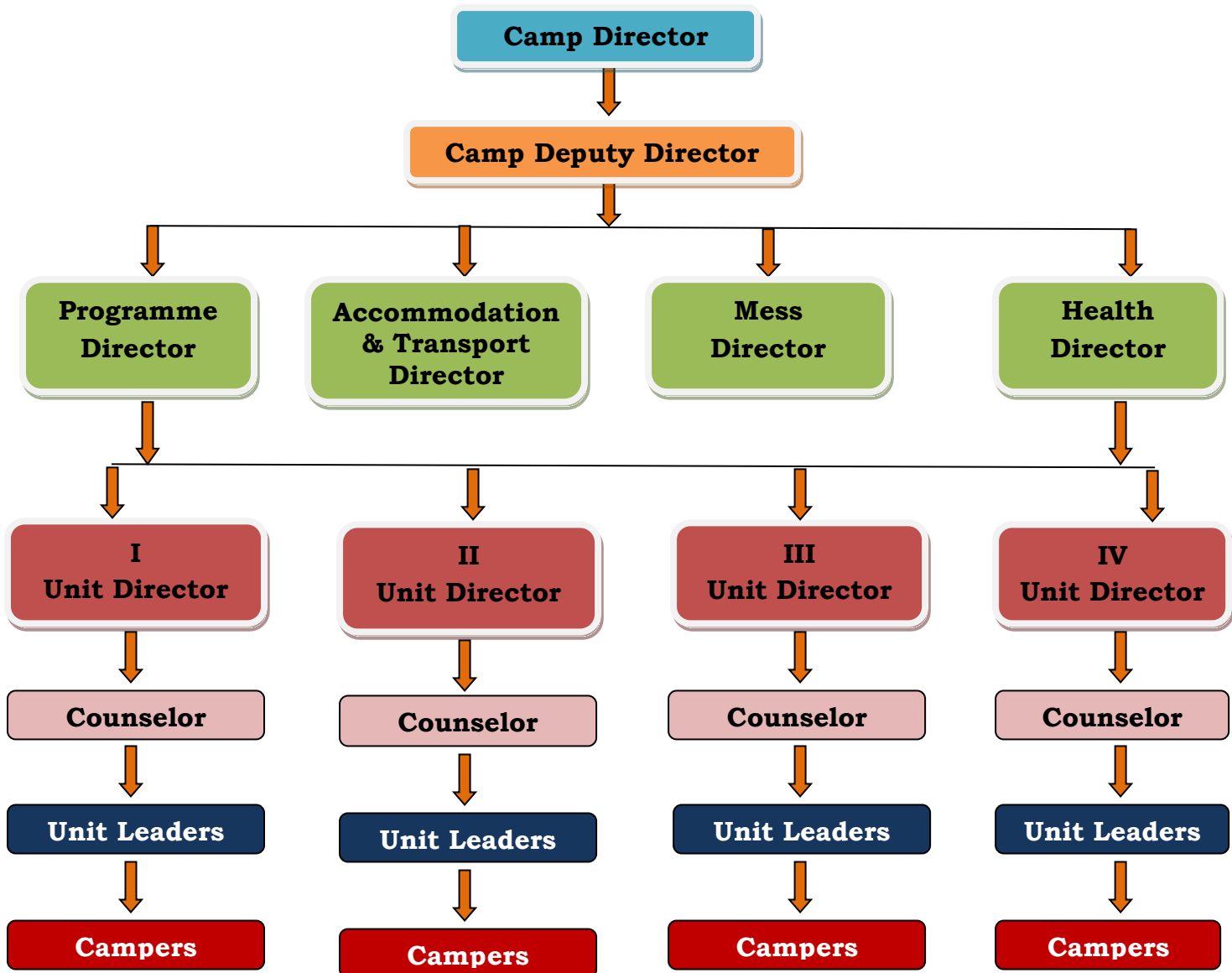
Director of Transport

In charge of transport of all equipments, campers etc.

Unit Directors

Unit directors is responsible for unit activities and shall quite their pupils in all respects. He/she should look after the discipline in the unit, individual and group problems in the unit activities, devotions and supervises the group projects.

Organization of Camp



PROGRAMME AND STAFF RESPONSIBILITY

Experiential Learning: Morning Activities	
Programme	Staff
Community Singing	Dr.I Lilly Pushpam
Physical Jerks	Dr.S.Jayakumar, Dr.C.Lakshmanan, Dr.K.Rajeshkumar, Dr.S.Velkumar
Citizenship Training	Dr.I Lilly Pushpam, Dr.S.Velkumar
First Aid	Dr.C.Manoj, Dr.K.B.Sreenivasan
Camp Stunts	Dr.C.Lakshmanan, Dr.K.Rajeshkumar
Art & Craft	Dr.P.Kumaravelu, Dr.S.Jayakumar
Experiential Learning: Evening Activities	
Progressive Games & Camp Relays	Dr.I Lilly Pushpam, Dr.K.Rajeshkumar
Camp Fire	Dr.S.Thirumalai Kumar, Dr.C.Lakshmanan
Folk Dance	Dr.S.Jayakumar, Dr.S.Velkumar
Natural Collection	Dr.P.Kumaravelu
Experiential Learning: SPECIAL PROGRAMME	
Hiking	Dr.S.Thirumalai Kumar, Dr.S.Manikandan, Dr.P.Kumaravelu, Dr.I Lilly Pushpam, Dr.K.Rajeshkumar, Dr.S.Jayakumar, Dr.S.Velkumar, Dr.C.Lakshmanan
Mock Games	Dr.S.Thirumalai Kumar, Dr.K.Rajeshkumar, Dr.S.Jayakumar, Dr.S.Velkumar, Dr.C.Lakshmanan
Cook Out	Dr.S.Thirumalai Kumar, Dr.S.Manikandan, Dr.S.Velkumar
Kit Inspection	Dr.S.Thirumalai Kumar, Dr.S.Manikandan
Camp Fire Performance	Dr.S.Thirumalai Kumar, Dr.S.Manikandan
Friends in Counsel	Dr.P.Kumaravelu, Dr.I Lilly Pushpam, Dr.S.Jayakumar, Dr.C.Lakshmanan

CAMP SCHEDULE

Day I – 11.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Cleaning the Campus
9.15 am	: Breakfast
10.00 to 11.00 am	: Cleaning
11.00 to 1.00 pm	: Layout the Campsite
1.00 to 1.45 pm	: Lunch
12.00 to 1.00 pm	: Leisure Time Activities
2.00 to 2.30 pm	: Rest
2.30 to 3.30 pm	: Preparation of Lavatory and Bathes
3.30 to 3.45 pm	: Tea
4.00 to 5.15 pm	: Preparation of Campfire Circle
5.15 to 6.30 pm	: Preparation of Tents Structure

Day I- 11.03.2019 (Monday)

The much awaited annual leadership training camp 2018-19 was started on Monday 11.03.2019 with great zeal, excitement and frolicsome atmosphere in Tamil Nadu Physical education and Sports University, the camp began with the bugle sound in the early morning 5.45 am by hearing the bugle sound all the students were gathered in campsite.



COFFEE

At 6.10 am all the staffs and students were gathered to drink coffee. It was a glad moment for all the campers.



ASSEMBLY

After drinking the coffee all the students and staffs were gathered for assembly. Then the camp director allotted cleaning work for all the campers and dismissed the assembly.



CLEANING THE CAMPSITE

By respecting the camp director instruction all the students started to clean the campsite.



BREAKFAST

Under the neem tree the breakfast was arranged for the campers at 9.15 am. By hearing the bugle sound all the campers stopped their cleaning work and went to eat breakfast. First day the food is served by II B.P.Ed students. The menus were dosa, sambar, chutney, bread, jam and egg.



CLEANING WORK

After completing the breakfast the students were started to clean the campsite at 10.00 am.



LAYOUT OF CAMPSITE

Following the camp director instruction the campers started to layout the campsite. Then based on the surface, the place is allotted for the preparation of tents, campfire circle and camp playground.



LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm by hearing the bugle sound all the campers gathered under the tree to eat lunch. The lunch is served by II B.P.Ed students. The menus were rice, sambar, rasam, chicken grave and ice cream.

REST

After completing the lunch all the campers went to take rest under the trees at 2.00 pm.



PREPARATION OF LAVATORY AND BATHES

By hearing the bugle sound all the campers were assembled in the campsite at 2.30 pm. As per the camp director instruction the students were started to prepare lavatories and bathes for all the units.



TEA

By hearing the bugle sound all the unit directors and campers were gathered to drink tea at 3.30 pm.



PREPARATION OF CAMPSITE CIRCLE

The campfire circle prepared by the campers with the help of camp director and programme director. It took a lot of time to complete this work properly.



PREPARATION OF TENTS AND STRUCTURE

At 5.15 pm the students were started to prepare their tents by using ropes, woods nail and tents etc....



DISCUSSIONS

At 7.00 pm the staffs and campers were gathered and discussed about need of organizing camp. From this discussion the campers learned about need of camping, meaning of camping, purpose of camping and selection of campsite etc.

DINNER

Near the campfire circle the dinner was arranged at 8.30 pm. All the campers gathered hear the campfire circle too eat dinner. The dinner also served by II B.P.Ed students. The menus were chapatti, curd rice, vegetable curuma, ice cream and banana.

LIGHTS OFF

After completing the dinner all the students were went to hostel to sleep.



CAMP SCHEDULE

Day II– 12.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Distribution of Equipment, Selection of Unit Directors, Unit Leaders & Naming of Units
8.30 am	: Cleaning
9.15 am	: Breakfast
10.00 am	: Community Singing
11.00 to 11.45 am	: 1 Shift Morning Activities
11.45 to 12.30 pm	: 2 Shift Morning Activities
12.00 to 1.00 pm	: Leisure Time Activities
1.00 to 1.45 pm	: Lunch
2.00 to 3.30 pm	: Rest
3.30 to 3.50 pm	: Tea
4.00 to 4.45 pm	: 1 Shift Evening Activities
4.45 to 5.30 pm	: 2 Shift Evening Activities
5.30 to 7.00 pm	:Preparation of Camp Fire Programme
7.00 to 8.30 pm	: Camp Fire Programme
8.30 to 9.30 pm	: Dinner
10.00 pm	: Lights off

Day II- 12.03.2019 (Tuesday)

RISING CALL

At 5.45 am all the campers were gathered in campsite.

“Sunshine is a welcome thing
It brings a lot of Brightness”

- Jimmie Davis.

This quote is become true on the second day also. Because the sunshine welcomed the campers for the second day of camping. Even though it is a second day, it is beings a lot of brightness on the campers face.



COFFEE

At 6.10 am the coffee was read to drink. All the staffs and campers were gathered to drink coffee with everyone has given a new experience and happiness to all the campers.



ASSEMBLY

By hearing the bugle sound all the campers were assembled together at 6.30 am with a lot of excitement and expectation all the campers were looking at the camp director to know what is next?



The camp director wished the campers by saying How How. The campers also wished the camp director by repeating How How. In red Indian tribal language the meaning of the word How How is I'm happy, were you happy?

FLAG HOISTING & CAMP INAUGURATION

The second day, prayer was lead by Unit-IV Maravas. After completing the prayer, the national flag was hoisted and inaugurated the camp director Dr.S.Thirumalai Kumar.



SELECTION OF UNIT DIRECTORS, UNIT LEADERS & NAMING OF UNITS

The students of II B.P.Ed were divided into four units. In this four units were unit-I and unit-II were the women's unit. Unit-III and unit-IV were the men's units.

Unit-I – 14 Women's

Unit-II – 15 Women's

Unit-III – 32 Men's

Unit-IV – 33 Men's



Then the unit directors were selected by the lot and the unit leaders were selected by the unit members. Then the camp director asked all the units to select unit names and yell for their units.

UNIT-I

Name of this unit is Kombas and the unit director was Dr.I.Lilly Pushpam. This unit includes 14 women's. This unit selected yellow colour t-shirt as their uniform. Yell of this was

Hey, Hey Hey
Giligiliya Chiyan Giligiliya (2)



UNIT-II

Name of the unit was Achak and the unit director was Dr.Kumaravelu. This unit includes 15 women's. This unit selected Green colour t-shirt as their uniform. Yell of this unit was

Oyyare Oyyare Oyarrare Oyya (2)
ho ho.....
Magizhchi



UNIT-III

Name of this unit Pubgy and the unit director was Dr.K.Rajeshkumar. this unit includes 32 men's. This unit selected blue & green colour t-shirt as their as their uniform. Yell of this unit was

Lale lalala lala.....jai pubgy



UNIT-IV

Name of this unit was maravas and the unit director was Dr.S.Velkumar. This unit includes 33 men's. This unit selected black & blue colour t-shirt as their uniform. Yell of this unit was

Jumbare Jumbare Jumbara Jumba (2)

ho ho.....



CLEANING

After completing the selection of unit directors and unit leaders, all the campers went to clean their respected place at 8.30 am.

BREAKFAST

Under the neem tree the breakfast was arranged for the campers at 9.15 am. By hearing the bugle sound all the campers stopped their cleaning work and went to eat breakfast. Second day the food was served by unit-IV Maravas. The menus were pongal, sambar, chutney, vada, bread, jam and egg.

COMMUNITY SINGING

At 10.00 am all the campers were gathered for community singing was taught by Dr.Grace Hellina, Head, department of exercise physiology and biomechanics. The first day she taught camp fire song, lost post, my name was little Johny and Tamil songs தம்பியே தங்கப்பா, காய்கறிகள் கூட்டத்திற்கு, துணிகளை துவைப்போம் நாங்கள் etc.....



1 SHIFT-MORNING ACTIVITY

The first shift morning activity started at 11.00 am. In this shift citizenship training, first aid, camp stunts and art & craft classes were taken by the staffs.

UNIT-I

The art & craft class was taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-I.



UNIT-II

The camp stunts activity was taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-II. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



UNIT-III

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-III.



UNIT-IV

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-IV. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...



II SHIFT- MORNING ACTIVITY

The second shift morning activity started at 11.45 am. In this shift also citizenship training, first aid, camp stunts and art & craft activities were taken by the staffs.

UNIT-I

The camp stunts activity was taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-I. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



UNIT-II

The art & craft class was taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-II.



UNIT-III

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-III. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...



UNIT-IV

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-IV.



LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm. By hearing the bugle sound all the campers stopped their activities and went to eat lunch. The lunch was served by unit-IV Maravas. The menus were rice, sambar, rasam, porriyal and ice cream.

REST & TEA

After completing the lunch all the campers went to take rest under the trees and tents at 2.00 pm. By hearing the bugle sound all the staffs and campers were gathered to drink tea at 3.30 pm.



I SHIFT-EVENING ACTIVITIES

The first shift evening activities started at 4.00 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The natural collection activities was taken by Dr.P.Kumaravelu for unit-I. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....



UNIT-II

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar.



UNIT-III

The folk dance class was taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-III. In this activity folk dance and Badduga dance were practiced for the unit-III campers by using various songs.

UNIT-IV

The progressive games & camp relays activities was taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-IV. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-IV campers.



II SHIFT-EVENING ACTIVITIES

The second shift evening activities started at 4.45 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar

UNIT-II

The natural collection activities was taken by Dr.P.Kumaravelu for unit-II. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....

UNIT-III

The progressive games & camp relays activities was taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-III. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-IV campers.

UNIT-IV

The folk dance class was taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-IV. In this activity folk dance and Badduga dance were practiced for the unit-IV campers by using various songs.

PREPARATION OF CAMP FIRE PROGRAMME

From 5.30 to 7.00 pm all the campers were preparing their script for their dram. After completing their script all the campers were get ready for the camp fire.



CAMP FIRE PROGRAMME

The camp fire programme was started at 7.00 pm. All the four unit students were seated on the camp fire circle according to the unit order. The first programme in camp fire was the departure of haiwatha. In this departure of haiwatha the camp director Dr.S Thirumalai Kumar acted as old medicine man and Dr. C.Lakshmanan acted as Haiwatha and Rajasekar from II B.P.Ed acted (elected through contest) as new Haiwatha.



After arrived of new haiwatha, the camp fire lighting was held in campsite. After lighting the pile of wood, all the campers joined their hands and started to sing camp fire song.



Campfire's burning, campfire's burning

Draw nearer, draw nearer

In the gloaming, in the gloaming

Come sing and be merry.

After completing the campfire song all the units started to perform their drama by order. If the units want to enter inside the camp fire ring, they have to get permission from the grand chief. Those who were entering inside the ring they must get permission by calling

Oh...my grand chief, Shall I enter inside the ring



The grand chief will give some task to them and they have to do that to get permission from the grand chief. In camp fire programme, the camp director will give marks for all the units based on their performance.



After completing all the programmes by all the units, camp fire was ended by singing the last post.

**Day is done, gone the sun,
From the sea, from the hill,
From the sky all is well, safely rest.**

DINNER

Near the camp fire circle the dinner was arranged at 8.30 pm. All the campers gathered near the camp fire circle to eat dinner. The dinner also served by unit-IV Maravas. The menus were chapatti, curd rice, vegetable kurma, chicken gravie, ice cream and banana.



LIGHTS OFF

After completing the dinner all the students were went to hostel to sleep.

CAMP SCHEDULE

Day III- 13.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Physical Jerks
8.30 am	: Cleaning
9.15 am	: Breakfast
10.00 am	: Community Singing
11.00 to 11.45 am	: 1 Shift Morning Activities
11.45 to 12.30 pm	: 2 Shift Morning Activities
12.00 to 1.00 pm	: Leisure Time Activities
1.00 to 1.45 pm	: Lunch
2.00 to 3.30 pm	: Rest
3.30 to 3.50 pm	: Tea
4.00 to 4.45 pm	: 1 Shift Evening Activities
4.45 to 5.30 pm	: 2 Shift Evening Activities
5.30 to 7.00 pm	:Preparation of Camp Fire Programme
7.00 to 8.30 pm	: Camp Fire Programme
8.30 to 9.30 pm	: Dinner
10.00 pm	: Lights off

Day III- 13.03.2019 (Wednesday)

RISING CALL

At 5.45 am all the campers were gathered in campsite. After hearing the bugle sound all the campers went to drink coffee at 6.10 am. The coffee was served by unit-III Pubgy.



ASSEMBLY, FLAG HOSTING & DEVOTION

At 6.30 am all the campers were gathered for assembly. The third day prayer was lead by unit-III Pubgy. After completing the prayer, the flag is hoisted by the staffs.



Every day the devotion story & songs were said by the campers in assembly. The stories were given faith on god and singing the songs gave as mind and relaxation.

PHYSICAL JERKS

After completing the prayer the campers started to concentrate on physical activity at 7.30 am by the name of physical jerks, the physical activities were given to the campers. In this physical jerks and physical activity done by singing the songs. Based on the songs the campers did their physical jerks. It gave a new experience and happiness to the campers.



CLEANING

After completing the physical jerks, all the campers went to clean their respected place at 8.30 am. After completing the cleaning work all the campers started to decorate their place.



BREAKFAST

Under the neem tree the breakfast was arranged for the campers at 9.15 am. By hearing the bugle sound all the campers stopped their cleaning work and went to eat breakfast. Second day the food was served by unit-III Pubgy. The menus were idly, sambar, chutney, vada, bread, jam, egg, kichadi and banana.

COMMUNITY SINGING

At 10.00 am all the campers were gathered for community singing is taught by Dr.Grace Hellina, Dr.I.Lilly Pushpam and Dr.C.Lakshmanan. The second day they taught we belong of TNPESU, Thangaye-thangamma, Thavalai kunjugal, mannai nambi elelo maramirrukuthu and Tamil songs தோஜன கனக பூயமங்கி, முட்டைகுள்ள கோழிக்குஞ்சு etc.....



I SHIFT-MORNING ACTIVITIES

The first shift morning activity started at 11.00 am. In this shift citizenship training, first aid, camp stunts and art & craft classes were taken by the staffs.

UNIT-I

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-I.

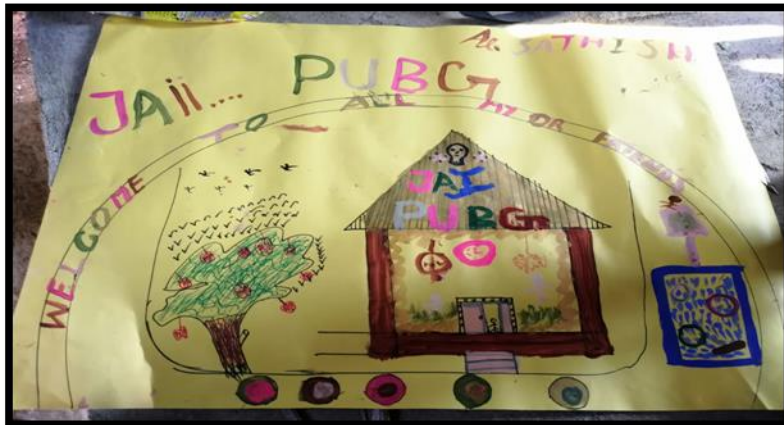
UNIT-II

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-II. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...



UNIT-III

The art & craft class was taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-III.



UNIT-IV

The camp stunts activity was taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-IV. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



II SHIFT-MORNING ACTIVITIES

The second shift morning activity started at 11.45 am. In this shift also citizenship training, first aid, camp stunts and art & craft activities were taken by the staffs.

UNIT-I

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-I. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...

UNIT-II

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-II.



UNIT-III

The camp stunts activity is taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-III. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



UNIT-IV

The art & craft class is taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-IV.



LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm. By hearing the bugle sound all the campers stopped their activities and went to eat lunch. The lunch is served by unit-III Bubgy. The menus were rice, sambar, rasam, fish gravie and ice cream.

REST & TEA

After completing the lunch all the campers went to take rest under the trees and tents at 2.00 pm. By hearing the bugle sound all the staffs and campers were gathered to drink tea at 3.30 pm.



I SHIFT-EVENING ACTIVITIES

The first shift evening activities started at 4.00 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The progressive games & camp relays activities is taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-I. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-I campers.

UNIT-II

The folk dance class is taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-II. In this activity folk dance and Badduga dance were practiced for the unit-II campers by using various songs.



UNIT-III

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar

UNIT-IV

The natural collection activities is taken by Dr.P.Kumaravelu for unit-IV. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....

II SHIFT-EVENING ACTIVITIES

The second shift evening activities started at 4.45 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The folk dance class is taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-I. In this activity folk dance and Badduga dance were practiced for the unit-I campers by using various songs.



UNIT-II

The progressive games & camp relays activities is taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-II. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-I campers.

UNIT-III

The natural collection activities is taken by Dr.P.Kumaravelu for unit-III. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....

UNIT-IV

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar

PREPARATION OF CAMP FIRE PROGRAMME

From 5.30 to 7.00 pm all the campers were preparing their script for their dram. After completing their script all the campers were get ready for the campfire.



CAMP FIRE PROGRAMME

The camp fire programme is started at 7.00 pm. All the four unit students were seated on the camp fire circle according to the unit order.

After arrived of new haiwatha, the camp fire lighting is held in campsite. After lighting the pile of wood, all the campers joined their hands and started to sing camp fire song.

After completing the campfire song all the units started to perform their drama by order.

In camp fire programme, the camp director will give marks for all the units based on their performance.



DINNER

Near the camp fire circle the dinner was arranged at 8.30 pm. All the campers gathered near the camp fire circle to eat dinner. The dinner also served by unit-III Pubgy. The menus were Noodles, chapatti, chicken gravie, vegetable kurma, ice cream and banana.

LIGHTS OFF : After completing the dinner all the students were went to hostel to sleep.

CAMP SCHEDULE

Day IV– 14.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Physical Jerks
7.45 am	: Hiking
11.00 am	: Cookout
1.00 to 1.45 pm	: Lunch
2.30 to 4.30 pm	: Awareness Programme
5.30 to 7.00 pm	: Preparation for Friends Council
7.30 to 9.00 pm	: Friends and Council
9.00 to 9.30 pm	: Dinner
10.00 pm	: Lights off

Day IV- 14.03.2019 (Thursday)

RISING CALL

At 5.45 am all the campers were gathered in campsite. After hearing the bugle sound all the campers went to drink coffee at 6.10 am. The coffee is served by unit-II Achak.

ASSEMBLY, FLAG HOSTING & DEVOTION

At 6.30 am all the campers were gathered for assembly. The fourth day prayer was lead by unit- II Achak. After completing the prayer, the flag is hoisted by the staffs. Every day the devotion story & songs were said by the campers in assembly.



PHYSICAL JERKS

After completing the prayer the campers started to concentrate on physical activity at 7.30 am by the name of physical jerks, the physical activities were given to the campers. In this physical jerks and physical activity done by singing the songs. Based on the physical jerks, the camp director conducted fun games for the campers. It gave a relaxation to the mind and more concentration.



HIKING

At 7.45 am we started our hiking by following the camp director, all the unit directors were started to walk towards the hill. While going to the hill all the campers started to dance. In that hill the campers were unable to find out the way to reach top of the hill. So, the campers created new way by cutting the bushes and thorns.



Those who want in front of the way has given the signal for alters to show right direction to reach top of the hill. After reaching the top of the hill, all the campers and staffs started to dance. After that the campers wrote their university name, department and the academic in rocks.



There we did meditation for 10-15 minutes. Afterwards all the campers started to get down the hill. While coming back three units get down, without missing the way. But one unit missed the way and went in wrong way. So, again they created new way and get down from the hill after two hours.





It's ever green moment for all the campers. Everyone enjoyed the hiking and came back to the campsite. After reaching the campsite, all the campers went to eat breakfast. The food is served by the unit-II Achak.

COOKOUT

At 12.00 pm all the units started to cook variety of dishes for the cooking competition. The campsite looked a festival.

UNIT-I

The name of the unit is Kombas. They cooked 22 varieties of dishes. This unit got first place in cooking.



UNIT-II

The name of this unit is Achak. They cooked 18 varieties of dishes. The unit got second place in cooking.



UNIT-III

The name of the unit is Pubgy. They cooked 5 varieties of dishes.



UNIT-IV

The name of this unit is Maravas. They cooked 8 varieties of dishes. This unit got third place in cooking.



The judges were invited from the other departments. The judges were Dr.S.Selvalakshmi, head i/c, department of yoga and Dr.C.Manoj, Physiotherapist.

FRIENDS AND COUNCIL

By hearing the bugle sound all the campers gathered for friends and council at 7.30 pm. In this friends and council, chances were given to all the campers to show their individual talents.



In this friends and council the chances were not only the students also the staffs. The staffs also showed their talents by dancing for various songs.

DINNER : Near the camp fire circle the dinner was arranged at 8.30 pm. All the campers gathered near the camp fire circle to eat dinner. The dinner also served by unit-II Achak. The menus were Noodles, curd rice, dosa, chicken gravie, vegetable kurma, ice cream and banana.

LIGHTS OFF : After completing the dinner all the students were went to hostel to sleep.

CAMP SCHEDULE

Day V- 15.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Physical Jerks
8.30 am	: Kit Inspection Preparation
9.15 am	: Breakfast
9.30 am	: Kit Inspection & Community Singing Competition
10.30 am	: Mock Games
1.00 to 1.45 pm	: Lunch
2.00 to 3.00 pm	: Exhibition Arrangements
3.00 pm	: Exhibition and Visitors Day
4.00 pm	: Valedictory Function



Day V- 15.03.2019 (Friday)

RISING CALL

At 5.45 am all the campers were gathered in campsite. After hearing the bugle sound all the campers went to drink coffee at 6.10 am. The coffee is served by unit-I Kombas.



ASSEMBLY, FLAG HOSTING & DEVOTION

At 6.30 am all the campers were gathered for assembly. The fourth day prayer was lead by unit- II Achak. After completing the prayer, the flag is hoisted by the staffs. Every day the devotion story & songs were said by the campers in assembly.



PHYSICAL JERKS

After completing the prayer the campers started to concentrate on physical activity at 7.30 am by the name of physical jerks, the physical activities were given to the campers. In this physical jerks and physical activity done by singing the songs. Based on the physical jerks, the camp director conducted fun games for the campers. It gave a relaxation to the mind and more concentration.



KIT INSPECTION PREPARATION & BREAKFAST

At 8.00 am all the unit members were started to arrange all the kit for kit inspection. After completing the work all the campers went to eat breakfast. The food is served by unit-I Kombas. The menus were Poori, potato masala kurma, idly, chutney, bread and jam, egg and ice cream.

KIT INSPECTION & COMMUNITY SINGING COMPETITION

At 9.30 am both kit inspection and community singing competition were conducted for the campers in different place. The judge for community singing is Dr.Grace Helina, Head, department of exercise physiology and biomechanics. Under the near tree community singing competition was conducted.



For kit inspection the kits were arranged properly in campers tent. The judges for hit inspection were Dr.P.Rajinikumar, department of exercise physiology and biomechanics and Dr.S.Selvalakshmi, Head i/c department of yoga.

UNIT-I

The unit-I Kombas used chines song (Thogana Kanaga pooyamangi) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the songs. This unit got second place for kit inspection.



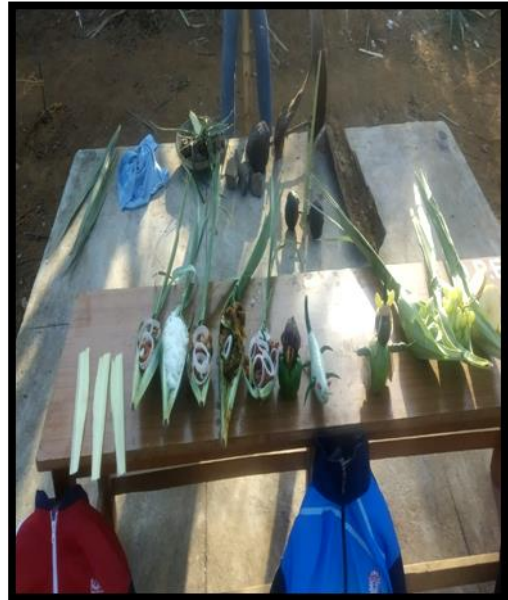
UNIT-II

The unit-II Achak used Tamil song (kaikarigal kuttathiruku kathirika raja) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the song. This unit got third place in community singing.



UNIT-III

The unit-III Pubgy used English song (my name is little Johny) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the song. This unit got first place in community singing and third place in kit inspection.



UNIT-IV

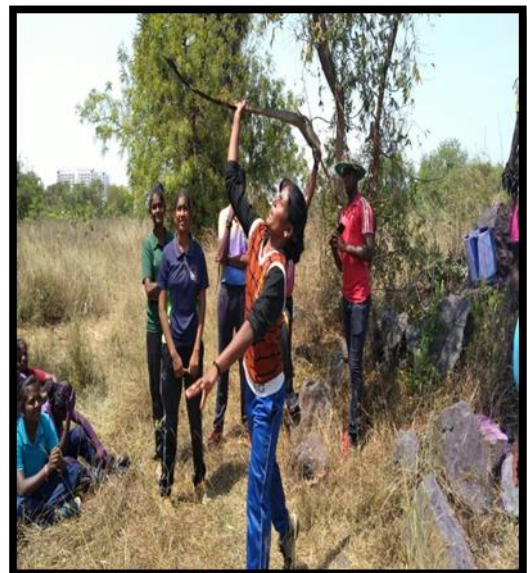
The unit-IV Maravas used Tamil song (Thambiye thangappa) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the song. This unit got first place in kit inspection and second place in community singing.



MOCK GAMES

At 10.30 am all the campers gathered for mock games. The queen of the mock game is Mrs.C.Sindhu and her servant is Mrs.S.Pushpalatha. They both disguise as a tribal queen and servant.







In this mock games a lot of fun games were conducted for campers. The queen gave blessing for the participants and winners by using colour powder, mud and water. Major purpose is to develop tolerance.

LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm. By hearing the bugle sound all the campers stopped their activities and went to eat lunch. The lunch is served by unit-I Kombas. The menus were chicken briyani, brinjal, onion, chicken 65 and ice cream.

EXHIBITION AND VISITORS DAY

Exhibition and visitors day started at 3.00 pm. In this exhibition all the units arranged their natural collection, their kits and their art. All the campers went and visited the exhibition.



VALEDICTORY FUNCTION

The valedictory function started at 4.00 pm. The chief guest of this function is Dr. Sheila Stephan, Vice Chancellor, Tamil Nadu Physical education and Sports University. In this function the prizes were distributed to the winners. At the end of the function feedback is given by the staffs and students of II B.P.Ed. After completing the valedictory function all the students packer their things and went to hostel.









This annual leadership training camp 2018-19 is a unforgettable, happiest and evergreen moment in every campers life.



THE NEW INDIAN EXPRESS

SUNDAY STORY

SUNDAY 17.03.2019

CHENNAI

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WEATHER

FORECAST

Sunny

02

After a long wait, things are finally looking up for the State's lone sports university. It is all set to get facilities which will allow it to host a wide spectrum of top athletes and pave way for research and development, but there remain concerns that need to be addressed

TIME ON

New facilities

- ₹30 Cr Biomechanical lab
- ₹12 Cr Sports hostel
- ₹7 Cr Synthetic athletic track
- ₹7 Cr Hockey turf
- ₹12 Cr Badminton Academy
- ₹10 Cr Table Tennis Academy

Students train at the TN Physical Education and Sports University. Only students (1) seen here

SAMEEL MEERASA & SWAROOP SWAMINATHAN @ Chennai

THE Tamil Nadu Physical Education and Sports University in Chennai is proving to be a late bloomer. The State's lone dedicated university for this domain, which was established in 2005, has woken up from a long slumber and is booming with excitement at major projects set to take off. However, there are aspects which have to be addressed to ensure the newfound enthusiasm doesn't die down.

After moving to the sprawling campus in Melakottaiyur, along the Vandalur-Selambakkam Road, in 2011 from the rented buildings in EVK Sampath Building in Nungambakam, staff members said they expected the fortunes of the then struggling university to immediately improve.

"A dedicated sports university without grounds of its own was depressing. So we were grateful when we shifted to the 12-acre Melakottaiyur Campus. But the distance from the city was definitely an issue," said P Rajinikumar, assistant professor, Department of Exercise Physiology and Biomechanics, explaining the first few years after moving into the new campus were fairly silent.

However, after taking a few small strides in recent years towards setting up a state-of-the-art sports university by building a indoor stadium and an extensive e-library, the University is all set to get facilities which will allow the university to host a wide spectrum of top athletes and pave way for research and development.

A hockey hostel exclusively for girls is under construction courtesy the State Government and the uni-

versity believes this will allow it host top athletes from across the country.

"The hostel is being designed to host the athletes' coaches and families for extended stays. It will also have a swi-are mess," said a senior professor, explaining, it will allow for knowledge transfer between the staff, athletes and students.

The largest biomechanical laboratory in the country for which construction has begun, is the primary lure the university has to bring top athletes to the campus. "Athletes and sportspersons cannot achieve their best results without biomechanical analysis. While the west is utilizing technology to reap benefits, India is far behind," said assistant professor Rajinikumar, whose brainchild the project is.

The silent feet enclosure will boast of a state-of-the-art 2D infrared camera, a multipurpose synthetic area, isokinetic machines, 15 force plates and pressure map treadmills and two large screens for real time viewing to allow for a comprehensive analysis of posture and muscle use. "The biomechanical laboratory will also have an auditorium and classroom on the first floor to introduce newcomers to these concepts," said Rajinikumar.

The university is all set to get a synthetic athletic track and a hockey turf under the Central Government's Khelo India initiative, to enable it to host sporting events. It is learnt that the State government is also funding badminton and table tennis academies on the campus. "All these projects are set to kick off soon with the funds being approved," said Vice-Chancellor Shweta Stephen.

Shortage of staff

While the new projects are welcome,

the university requires a full staff to comprehensively reap the benefits of these people-intensive facilities that are in various stages of development. It is learnt that there are 22 teaching staff vacancies.

"These new facilities will require additional staff to operate them effectively," said a senior professor from the Advanced Sports Coaching Department, explaining how academics has taken a hit because of the staff vacancies.

"There are more than 500 students in the campus and sometimes, one professor is forced to handle under-graduate, post graduate and doctoral programs of a department," the sen-

ior professor said.

Students don't seem to mind the teaching staff shortage as much as they mind the shortage of grounds. "Since we are training to become physical education teachers and there are very few grounds, we are asked to draw boundary lines ourselves," said a student from Tirunelveli.

DEPARTMENTS IN UNIVERSITY

- Department of Physical Education
- Department of Yoga
- Department of Exercise Physiology and Biomechanics
- Department of Sports Psychology and Sports Management
- Department of Advanced Sports Coaching and Sports Technology

Courses offered

BSc, MSc, M Phil, PhD

When contacted regarding this issue, Vice-Chancellor Stephen said that there had been a hiring freeze because of a court case. "We are taking steps to fill the vacancies as soon as possible. Out of the 22, 12 are core positions which we are looking to fill immediately," she said.

No UGC funding under section 12B

In addition to limitations it would impose on usage of facilities and affect academics of students, the shortage of staff has also affected University Grants Commission funding. A full staff is one of the requirements UGC demanded in 2017 to certify the TNPSU for central funding and the university tried to qualify by combining departments, which brought the total number of departments from eight to five.

"From this was not enough to conform with the UGC requirements for availing funds under section 12B," said a senior staff member, claiming that the university's ability to fill in filling up vacancies can stem large scale funding and hamper long-term growth of the university.

UGC grants are in the range of ₹100 crore and are easier to avail than State government funding through schemes such as Tamil Nadu Innovative Initiatives Scheme that require detailed proposals and bureaucratic interest.

"We are working towards being recognised by UGC for funding under section 12B so that a comprehensive and large-scale improvement of facilities, infrastructure and technology is possible," said Stephen, assuring that the "vacancy lacuna" will soon be overcome.

Sports scholarships

Though the TNPSU's primary goal is to improve research in areas of sports sciences and coaching, the management said that the university can benefit from having top notch in-house athletes. "While one section of students can boost performance, the other section can help them by applying various modes at their disposal," said Rajinikumar.

In order to encourage top athletes to join the university, the TNPSU has come up with monetary benefits and scholarships from this academic year.

Students who have secured gold, silver and bronze in either all India university level competitions or national level competitions will receive 100, 75, 50 per cent scholarships for their course. The university has also announced cash prizes for making the podium at all India university-level competitions representing the State. While first prize winners will receive a sum of ₹20,000, second and third prize winners will receive ₹15,000 and ₹7,000 respectively.

Students training on a synthetic athletic track at the TNPSU (1) seen here





SAMUEL MEDICAL &[illegible]

very little time to get all the information out of the country before it was withdrawn from sale. The substance was withdrawn from sale because the scheduled date for its sale was the same day as the scheduled date for the sale of the other two substances. It would also have a very small market. The substance was withdrawn from sale because the scheduled date for its sale was the same day as the scheduled date for the sale of the other two substances. It would also have a very small market. The substance was withdrawn from sale because the scheduled date for its sale was the same day as the scheduled date for the sale of the other two substances. It would also have a very small market.

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for professor said.
Students don't seem to mind the teaching staff shortage as much as they might the shortage of grounds men. "Since we are trying to become physical education teachers and there are very few graduates, we are asked to give teachers' lessons," said a student from Tumbesha.

DEPARTMENTS IN UNIVERSITY
•Department of Physical Education
•Department of Yoga
•Department of Sports Physiology and Biomechanics
•Department of Sport's Psychology and Sports Management
•Department of Advanced Sports Coaching and Sports Technology
Course offered
BSc. MEd. M Phil. PhD



When contacted regarding this issue, Vice-Chancellor Stephens said that there had been a brief three-hour session of a committee. "We are taking steps to file the questions as soon as possible (on the 12, 13 and 14 days) questions which we are bringing to the university," she said.

The UAC's funding under section 12B in addition to limitations it would impose on students of full-time and of part-time students, the above group of staff has also been formed. A full staff is one of the requirements of the UAC. The UAC will be responsible for the "internal" control and the "external" control of the quality by combining departments, which brought the total number of departments to three and to five.

Given the importance and enough to ensure with the UAC requirements for the full-time students, section 12B said a senior staff member, claiming that the university's liability

[illegible]

Through the TAPNET The TAPNET's primary goal is to improve research in areas of sports science and conditioning. The program benefits from a wide network of corporate sponsors. While one section of the TAPNET is devoted to the recruitment of students, other sections can help them by approving various kinds of their disposal.

In order to encourage top athletes to join the university, the TAPNET has a number of scholarships for students and scholarships from this academic year.

Students who have secured gold, silver and bronze at either all India or state level sports events will receive 20, 15 and 10 per cent scholarships for the next year. Students who have secured 75, 50 and 25 per cent scholarships for the next year will receive 10, 5 and 2.5 per cent scholarships for the next year. Students who have secured medals for the next year will receive 10, 5 and 2.5 per cent scholarships for the next year. Students who have secured medals for the next year will receive 10, 5 and 2.5 per cent scholarships for the next year.

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Registrar
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