



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKOTTAIYUR, CHENNAI-600127

NATIONAL CADET CORPS

14th COY, 1 (TN) BN NCC, CHENNAI- A, TN P & AN



AIR FORCE DAY PARADE REPORT



DATE : 07 OCT 2024 - REG
VENU : AIR FORCE STATION



**AIRFORCE DAY PRADE AT TAMBARAM
AIRFORCE STATION**

DATE: 07 OCT 2024

ATTEND THE CADETS :

SD

- 1.CQMS. T. MARIMUTHU**
- 2. SGT. ABIN AJU**
- 3.CDT. DENISTAN**
- 4.CDT . AADIL GHORI**
- 5. CDT. SASTYDHARAN**
- 6.CDT.VEERAPATHIRAN**

SW

- 1. CDT.BOOMIKA**
- 2.CDT . SANDHIYA**
- 3.CDT. CHANDRALEKHA**
- 4 .CDT. AMIRTHA VARSHINI**

DRESS CODE : FULL UNIFORM

VENUE : AIR FORCE STATION TAMBARAM

HPT 32 (DEEPAK)



HPT 32 (DEEPAK)	
<p>The HAL HPT-32 Deepak ("lamp" in Sanskrit) is an Indian propeller-driven aircraft manufactured by HAL. It was inducted to the IAF to impart the initial training for the pilots. The aircraft has two seats in side-by-side configuration for the trainee pilot and the instructor. Fitted with a Textron Lycoming six piston twin blade engine capable of producing 260 HP, the HPT has been the workhorse at various flying training establishments of the IAF for a long span of 25 years with an incredible safety record.</p>	ORIGIN : INDIA (HAL)
	INDUCTION : 1984
	ROLE : PRIMARY TRAINER
	SPEED : 281 KMPH
	RANGE : 1400 KM
	CEILING HEIGHT : 5.5 KM
	DECOMMISSION : 2009
	OPERATIONS : INITIAL TRAINING OF PILOTS

After conducting research, I found a few possible interpretations:

1. ***Indian Army*:** HPT 32 Deepak is a type of Indian Army truck, specifically a Hindustan Petroleum (HPT) 32-ton capacity vehicle.
2. ***Engineering*:** HPT 32 Deepak could refer to a technical specification or model number for an engineering component or system.
3. ***Location*:** Deepak might be a location or address, and HPT 32 could be a corresponding code or identifier.
4. ***Personnel*:** In some contexts, HPT 32 Deepak might represent a person's name or designation.
5. ***Other*:** Without more context, other possible interpretations include:
 - a. Product model or code
 - b. Research project or study
 - c. Event or operation

To provide a precise definition, I require:

1. More context
2. Specific industry or domain
3. Clarification on the acronym "HPT"

Please provide additional details, and I'll do my best to define HPT 32 Deepak accurately.



GROUP PHOTO

THE AIR FORCE DAY CELEBRATE



THE COORDINATOR IN HAVILDAR KARIKALAN



CADET'S COORDINATED IN ANO'S



MiG 21



Mikoyan Gurevich- 21

The MiG-21 is a legendary Soviet/Russian supersonic jet fighter and interceptor aircraft, widely used by various countries.

Here's an overview:

Key Characteristics:

- 1. Length: 14.5 meters (47.6 feet)**
- 2. Wingspan: 7.2 meters (23.6 feet)**
- 3. Height: 4 meters (13.1 feet)**
- 4. Empty weight: 5,300 kg (11,680 lbs)**
- 5. Max takeoff weight: 9,400 kg (20,700 lbs)**
- 6. Engines: Single R-25 or R-13 turbojet**
- 7. Thrust: 4,100 kgf (9,039 lbf)**

***MiG-21*: A single-engine, delta-wing, supersonic jet fighter and interceptor aircraft designed by Mikoyan-Gurevich (MiG) in the Soviet Union, widely used by various countries from the 1960s to the present**



The air force officer explained in all air craft plane

*** Aircraft:***

- 1. MiG-21: Mikoyan-Gurevich-21 (Soviet/Russian supersonic jet fighter)**
- 2. Mi-8 (Pratap): Mil Mi-8 (Soviet/Russian transport helicopter)**
- 3. Pechora: S-125 Pechora (Soviet/Russian surface-to-air missile system)**

*** HPT-32 (Deepak):***

Hindustan Petroleum Turbofan-32 (Deepak) - an Indian turboprop trainer aircraft

*** AVRO HS 748:***

Avro Hawker Siddeley 748 (British-built turboprop airliner)



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

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India's First State University in Physical Education and Sports



NATIONAL CADET CORPS

1 TAMILNADU BATTALION NCC – CHENNAI 'A' GROUP

KARGIL VIJAY DIWAS 2024 CELEBRATION

REPORT

On 26th July 2024, TamilNadu Physical Education and Sports University Celebrated **KARGIL VIJAY DIWAS** -2024 to honoring the brave Soldiers who sacrificed their lives and triumphed in kargil war.

National Cadet Corps and National Service Scheme are jointly organized the program. Dr.S.Jayakumar (**Assistant Professor cum Associate NCC Officer**) and Dr.K.Rajesh Kumar (**Assistant Professor cum NSS Program Officer**) were served as Organizing Secretaries of the programme.

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NATIONAL SERVICE SCHEME
Jointly Organizing

KARGIL VIJAY DIWAS 2024 CELEBRATION
On 26th July 2024 at 10.30 am, 2nd floor of Library Building

"Honoring the brave soldiers who sacrificed their lives and triumphed in the Kargil War, their sacrifices inspire us to uphold courage and patriotism. Jai Hind!"

Chief Guest
Col. MS. Grewal
SENA MEDAL
Director States Zonal Recruitment Office, Chennai
has Consented to deliver the Chief Guest Address

Chief Patron
Prof. Dr.M. Sundar
Vice Chancellor, TNPESU

Patron
Prof.Dr. I. Lilly Pushpam
Registrar, TNPESU

Organizing Secretaries
Dr.K.Rajeshkumar Assistant Professor cum NSS Programme Officer TNPESU
Lt. Dr.S. Jayakumar Assistant Professor cum Associate NCC Officer TNPESU

All are Cordially invited

Program start at 10.30am in the 2nd Floor of Library Building.

For this Special Occasion we invited,

Col. Ms.Grewal, Sena medal (Director States ZRO Chennai) as Chief Guest and We also invited **Prof. Dr. M. Sundar, Vice chancellor, TNPESU** and **Prof. Dr. I. Lilly Pushpam , Registrar, TNPESU as Chief Patron and Patron respectively.**

The programme was attended by students of all the Departments, Head of the Departments, Professors, Associate Prof., Assistant Prof., Guest Lecture, Staffs & non-Teaching staffs.

Around 850 students from all the Departments in the Universities were participated in the event.

The NCC Cadets of 3rd and 2nd Year did piloting and Guard of Honor for the Chief Guest with the helm of the **Associate NCC Officer Lt.Dr.S.Jayakumar** and present the gift for the Guards Cadets.

The official host of the Program is by 3rd& 2nd year NCC Cadets. It starts with prayer song 'Tamil Thai Vazhthu' and the Welcome Address is presented by **Lt.Dr.S.Jayakumar**. We honored the chief Guest and higher authorities of TNPESU. The presidential Address was given by **Prof.Dr.M.Sundar, Vice Chancellor,TNPESU**, The Special Address was delivered by Our Patron **Prof.Dr.I.Lilly pushpam, Registrar,TNPESU**.

The Chief Guest Address was given by **Col.MS.Grewal,Sena Medal, Director States ZRO Chennai**. He also did a PPT Presentation about the Victory of KARGIL WAR and explained about the Army Recruitments and how to join in the Indian Army and Officer Entry. Our university students were benefited a lot from his presentation after that he presented a gift for our Patron and for the Pilots of NCC Cadets.

The Vote of Thanks was delivered by **Dr.K.Rajesh Kumar, Assistant Professor cum NSS Program Officer**. The programme ends with National Anthem.

JAIHIND!













தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

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SWACHH BHARAT ABHIYAN

REPORT

On 2nd october 2024, Tamilnadu Physical Education and Sports University celebrated the **Swachh Bharat Mission (SBM), Swachh Bharat Abhiyan, or Clean India Mission** to eliminate open defecation and improve solid waste management and to create Open Defecation Free (ODF).

The official host of the Program is by the Assistant Prof cum Associate NCC Officer Lt.Dr.S.Jayakumar with the helm of the NCC Cadets of TNPESU.



Objectives:

To promote cleanliness and hygiene within the college premises and contribute to the national Swachh Bharat Abhiyan mission.

Activities:



1. Cleaning of classrooms, corridors, and laboratories.
2. Sanitization of bathrooms and toilet facilities.
3. Removal of waste and debris from the college grounds.
4. Plantation of trees and flowers to enhance the aesthetic appeal.
5. Awareness campaign on importance of cleanliness and hygiene.

Participation:

Cadets of 14th Coy National Cadet Corps of Tamilnadu
Physical Education and Sports University.





Outcomes:

1. Clean and hygienic environment for students and staff.
2. Enhanced awareness on waste management and segregation.
3. Improved aesthetic appeal of the college campus.



Conclusion:

The Swachh Bharat cleaning initiative was a successful event that brought together students, faculty, and staff to promote cleanliness and hygiene within the college premises. We aim to maintain this momentum and strive for a cleaner, greener campus.



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78th INDEPENDENCE DAY CELEBRATION

REPORT

On 15th August 2024, Tamilnadu Physical Education and Sports University Celebrated **78th INDEPENDENCE DAY CELEBRATION** to commemorate the day when our country gained independence.

National Cadet Corps and National Service Scheme are jointly organized the function. It starts at 08.30am in the Administrative block.



For this Special Occasion we invited,

Deepa Varadhan (General Manager-HR Rialto-P&G) and Thangaraj J (Safety Officer) and Mr. Arun J (President-Rialto Enterprises Pvt Ltd) as a Chief guest.

We also invited **Prof. Dr. M. Sundar, Vice chancellor, TNPESU** and **Prof. Dr. I. Lilly Pushpam , Registrar, TNPESU** as Chief Patron and Patron respectively.

The celebration was attended by students of all the Departments, Head of the Departments, Professors, Associate Prof., Assistant Prof., Guest Lecture, Staffs & non-Teaching staffs.

Around 850 students from all the Departments in the Universities were participated in the event.

The official host of the Program is by the NCC Cadets with the helm of the **Associate NCC Officer Lt.Dr.S.Jayakumar.**

It starts with prayer song 'Tamil Thai Vazhthu' and the flag hosting is done by **Prof.Dr.M.Sundar, Vice Chancellor, TNPESU.**

After that, the flag song was sung by all and the function is commenced with a majestic march past, showcasing discipline and unity of the participating contingents.





Welcome Address is presented by **Lt.Dr.S.Jayakumar**. We honored the chief guest and higher authorities of TN PESU. The presidential Address was given by **Prof.Dr.M.Sundar, Vice Chancellor, TN PESU**.



The Chief Guest Address was given by **Deepa Varadhan (General Manager- HR Rialto-P&G)**.



The special address was delivered by Thangaraj J (Safety Officer).



The function is moving forward for the cultural events are done by various departments.



Department of Yoga



Department of Sports Management



Department of Physical Education

The chief guest honored the achievement winners on that special occasion.







The higher authorities of TNPESU and the chief guest took photograph with the NCC Cadets and the participants of the program.



The Vote of Thanks was delivered by **Dr.K.Rajesh Kumarr, Assistant Professor cum NSS Program Officer**. The program ends with National Anthem.

JAIHIND!

CAMP REPORT for
ARMY ATTACHMENT

Camp Report submitted to the Tamil Nadu Physical Education and Sports University

**Chennai for the partial fulfillment of the requirement For the degree of II YEAR NCC
CADET**



Submitted by

Amirdha Varshini.v

TN23SWA602425

Dr.Lt. S.JAYAKUMAR

Associate NCC Officer

TNPESU

1TN BATTALION NCC

CHENNAI 'A' GROUP

ACKNOWLEDGEMENT

The investigators thank Dr.M.SUNDAR, Vice-chancellor, Tamil Nadu Physical Education and Sports University and Dr.I.LILYPUSHPAM, Register, Tamil Nadu Physical Education and Sports University, Chennai for providing opportunity to undergo this NCC Camp.

My profound thanks to Dr.S.THIRUMALAI KUMAR, MPed, M.Sc (Phy), M.Sc (Yoga), M.Phil, PGDCA, PGDASPES, Ph.D Professor & HOD, Dr.S.VELKUMAR, B.Sc, M.P.Ed, M.Phil, Ph.D Assistant Professors, Department of Physical Education for their suggestion and encouragements.

We would like to extend our sincere thanks to all people mentioned below who have helped us to complete this NCC Achievement a great success.

Firstly, we would like to thank Associate NCC Officer Dr.S.Jayakumar, NCC Officer, who has been permit us for the NCC Camp programme this would be the greatest opportunity for our career.

It gives our immense pleasure to thank CSUO A.AKASH, CUO M.LINGESWARAN, CSM S.BALACHANDRU, CQMS D.MARIMUTHU, SGT ABIN AJU, SGT SUJAL V, SGT ANANDHA MURUGAN in for to help her training and selected to the camp.

We would like extend our thanks to Associate NCC Officer Dr.S.Jayakumar, NCC Officer, for providing this greatest opportunity, this will helpful to our career.

Our sincere thanks to all the Faculty members and NCC Cadet's of Tamilnadu Sports University (NCC). For their guidance, ideas, consistence and good inspiration to complete our to achieve the NCC camp.

Last but not the least, we express our thanks for our family Members for their constant encouragement, guidance and assistance.

I again thank each other for the shared excitement of exploration and the stimulation and mutual esteem associated with the collaboration.

Introduction to MRC

ARMY ATTACHMENT CAMP(Wellington, Tamil Nadu)

This is the camp that gave me a chance to experience the reality of defence life and motivated me to join the defence forces. I witnessed the shaping of new recruits. Recruits commitment and discipline let me adopt those into me.

Camp was conducted by 'Madras Regimental Centre', Wellington, Tamil Nadu. We were 36 cadets from Chennai A group , We 10 gelled with each other quickly. We left the central railway station at 2105 hrs with a Ano jayalakshmi mam We took bus to combatore and reached MRC at 1130 hrs. Saw 47 more cadets from combatore group Battalionjoining us. We got onto Ootybus, lodged our.

luggages and settled down. seats were reserved for us including an ANO. We all are entry to MRC . Our josh was at peak and we were having lot of fun. We all are settled at fring range. And started to arranged the line area.

Line Area



Day 1

Reporting for army attachment camp

05:30AM: reached at comibatore

06:00AM: comibatore to gandhipuram

07:30AM: gandhipuram to Wellington

11:00AM: reached Wellington

11:45PM: reached Barack

12:00PM: breakfast

01:00 PM: lunch

04:30PM: Tea break

05:30PM: Roll call

06:30PM: fall in for general instructions

08:30PM: dinner

09:50PM: Light off

Tomorrow fall in at 06:00AM

Schedule for 20/08/2024 to 31/08/2024

WEEKLY TRAINING PROGRAM FOR ARMY ATT CAMP OF NCC CADETS WEF 20 Aug 2024 to 31 Aug 2024					
DATE & TIME	TIMINGS	SUBJET	TYPE OF CLASS	PLACE	INSTR
TUESDAY 20 Aug 2024	0630H-0730H	PHYSICAL TRAINING	PRACTICE	LONG RG	PT INSTR
	0845H-1010H	FOOT DRILL	PRACTICE		DRILL INSTR
	1030H-1155H	INTRO TO 5.56MM INSAS RIF	LEC / PRAC		WT INSTR
	1200H-1300H	JUDGING DISTANCE	PRACTICE		JCO IC
	1630H-1730H	GAMES / SPORTS	PRACTICE		PT INSTR
WEDNESDAY 21 Aug 2024	0630H-0730H	PHYSICAL TRAINING	PRACTICE	LONG RG	PT INSTR
	0845H-1010H	FOOT DRILL	PRACTICE		DRILL INSTR
	1030H-1155H	INTRO TO 5.56MM INSAS LMG	LEC / PRAC		WT INSTR
	1200H-1300H	INDICATION OF LANDMARK	LEC / PRAC		JCO IC
	1630H-1730H	MOTIVATIONAL LEC / VIDEO	LECTURE		END INSTR
THURSDAY 22 Aug 2024	0630H-0730H	PHYSICAL TRAINING	PRACTICE	LONG RG	PT INSTR
	0845H-1010H	FOOT DRILL	PRACTICE		DRILL INSTR
	1030H-1155H	INSAS RIF KO KHOLNA AUR JHORNA	PRACTICE		WT INSTR
	1200H-1300H	MAP TO GROUND AND GROUND TO MAP	PRACTICE		END INSTR
	1630H-1730H	GAMES / SPORTS	PRACTICE		PT INSTR
FRIDAY 23 Aug 2024	0730H-1200H	TREKKING	MISC	LONG RG (MUNISWAR TEMPLE & T MYNAYAL)	JCO IC
	1630H-1730H	GAMES / SPORTS	PRACTICE		
	SATURDAY 24 Aug 2024	0800H-0840H	MOVE FROM LONG RG TO AVA HILL	MOVE	LONG RG
0845H-1155H		AVA HILL VISIT	VIS	AVA HILL	
1155H-1300H		INTERACTION WITH TRG MAJ	MISC	VIDEO HALL	
1300H ONWARDS		MOVE FROM AVA HILL TO LONG RG	MOVE	AVA HILL	
SUNDAY 25 Aug 2024	HOLIDAY (SUNDAY)				

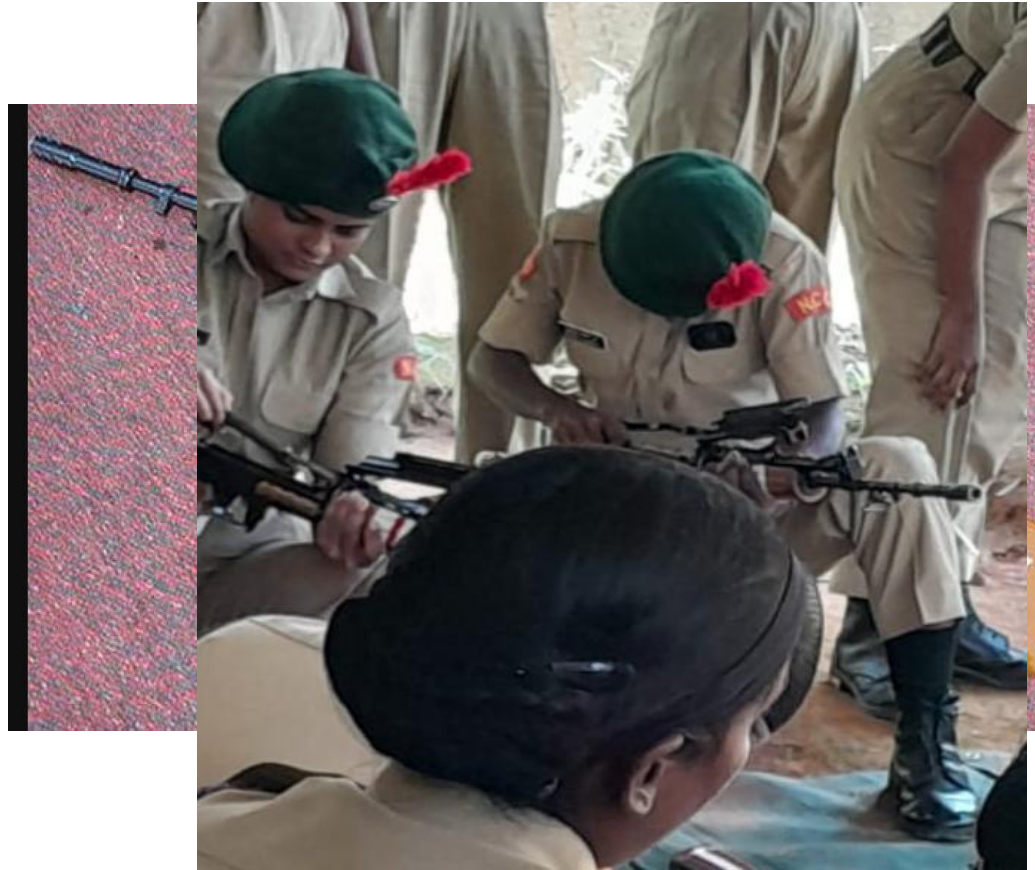
DATE & TIME	TIMINGS	SUBJET	TYPE OF CLASS	PLACE	INSTR
MONDAY 26 Aug 2024	0730H-1200H	TREKKING	MISC	LONG RG (MUNISWAR TEMPLE & T MYNAYAL)	JCO IC
	1630H-1730H	GAMES / SPORTS	PRACTICE		
TUESDAY 27 Aug 2024	0630H-0730H	YOGA	PRACTICE	LONG RG	PT INSTR
	0845H-1010H	FOOT DRILL	PRACTICE		DRILL INSTR
	1030H-1155H	CBRN	LECTURE		JCO IC
	1200H-1300H	GPS	PRACTICE		END INSTR
	1630H-1730H	GAMES / SPORTS	PRACTICE		PT INSTR
WEDNESDAY 28 Aug 2024	0630H-0730H	PHYSICAL TRAINING	PRACTICE	LONG RG	PT INSTR
	0845H-1010H	FIRING PROCEDURE OF RG	PRACTICE		WT INSTR
	1030H-1300H	SIMULATOR FIRING	LEC / PRAC		WT INSTR
	1630H-1730H	GAMES / SPORTS	PRACTICE		PT INSTR
	0630H-0730H	YOGA	PRACTICE		PT INSTR
THURSDAY 29 Aug 2024	0845H-1010H	VIS TO MUSEUM	VIS	LONG RG	JCO IC
	1030H-1155H	VIS TO MR NURSERY			
	1200H-1300H	PHOTO PRD			
	1630H-1730H	GAMES / SPORTS			
	0630H-0730H	PHYSICAL TRAINING			
FRIDAY 30 Aug 2024	0845H-1010H	FOOT DRILL	PRACTICE	LONG RG	PT INSTR
	1030H-1155H	NO 36 HAND GREN	LEC / PRAC		DRILL INSTR
	1200H-1300H	FINDING OWN POSN	PRACTICE		WT INSTR
	1630H ONWARDS	CAMP FIRE	MISC		END INSTR
	0830H-0900H	FEED BACK FORM	MISC	LONG RG	JCO IC
SATURDAY 31 Aug 2024	0905H ONWARDS	DISPATCH	MISC		JCO IC

Major class

Introduction of INSAS

The practice was classified as three type

- Introduction
- Demo class
- practice class(Kholna jodna)



PHYSICAL TRAINING

- **Strength training:** Squats, deadlifts, bench presses, and other compound strength training movements
- *Cardiovascular activities:* Mile runs, swimming, and ruck marches
- *Calisthenics:* Push-ups, pull-ups, and sit-ups
- *Timed runs:* One and a half, two, or three-mile timed runs Other fitness
- *requirements:* Flexed-arm hang, lifts, and more

JUDGING DISTANCE

The six type of method we learn in judging distance

- *Units of measure*
- *Appearance*
- *section average*
- *key range*
- *halving*
- *Bracketing*

And then

Learn about finding own position

SETTING A MAP& FINDING OWN POSITION

North

Various Method to find North

- **Watching method**
- **By stars**
- **From Mosque**
- **From sun**
- **GPS**
- **Compass ☞**

GAMES / SPORTS

In sports and games period we play many games it's improve us to develop Friendship with other group cadets

We all are play many games it's reduce our stress and enjoyable

- **Cricket 🏏**
- **Throwball**
- **Hanball**
- **Kho kho**

WEAPON TRAINING

I learn about many of the weapon

There are

1. 5.56 mm insas rifle
2. 5.56 mm insas LMG
3. Negev LMG
4. Sig 716 weapon

Grenade

Motivation lecture In the class of motivation lecture we all are inspired about



Group Captain Abhinandan Varthaman VrC is an Indian Air Force fighter pilot of Mig-21 Bison plane who on 27 February 2019 scrambled to intercept F-16 & JF-17 of Pakistan Air Force's that were conducting retaliatory airstrikes on Jammu and Kashmir. He was awarded the Vir Chakra by the Indian government.

Trekking

I love the trekking because of my biggest dream is to climb the Everest



the total hour of trekking is two and half hours

In the every step I learn the value of water & farmers because in the trekking area full of farm the farmers walk day by day to grow the plants the trekking will tough for we only but the farmers do the trekking in the daily routine. The mountain sour very slide and hard but we all are help with us and more upon.

Karate

Instructor sir teach a self defence for us

It's my pleasure to do a demo in Karate class.

Yoga

In yoga class teach about history of yoga asanas benefits of yoga

Cadet c chandralekha will be demo in yoga class.

DRILL



Drill is the most special part in camp

I very excited to learn the drill.

Vists AVA hill

AVA hill is the dream of NCC cadets

In ava hill I see many

1. Drill nursery
 2. MRC museum
 3. Simulator firing area
 4. Physical training area
 5. GYM
- Drill nursery



MRC museum



In the museum I saw many thoughts but this thoughts stop in my mind

“ We Fight to win and win with a knockout
because of there is no Runnerup in war”

The museum is fulfill with the patriotism and many soliders dedication

In the museum I am full of goosebumps and connection I saw many rifles , uniforms history of mrc.

Simulator firing



In the simulator firing I use the gun Negev and 716 Sig rifle. It is the wonderful experience the sound effect and shooting bullets are feel like real the guns are imported from abroads and their amount around lacks it all advance gun.

Mandir parade

In the mandri parade we all are assemble at temple in the MRC temple

Three religion Gods are inside the temple it's more special things all are sung

Song start player I enjoy it at the end disturbed the prasadam. It is new for me and it is show the unity of India.

Photo parade

In the photo section we all are take the photos with commander majors and instructors.



Cultural

In cultural I performed in the parade .

Jai Hindi



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GROUP, TN, P & AN DIRECTORATE

NCC REPORT 2023-24

EVENTS CONDUCTED BY TNPESU CADETS

- **74TH REPUBLIC DAY CELEBRATION** on 26th January 2024 at 08.30am in front of the administrative building.
- **FAREWELL** for the 2021-2024th Batch cadets.
- **RANK CEREMONY** for the 2022-2025th Batch cadets.
- **KARGIL VIJAY DIWAS (RAJAT JAYANTI MAHOTSAV) 2024 Celebrations** on 26th July 2024 at 10.30am, 2nd floor of library building, TNPESU, Chennai for honouring the brave soldiers who sacrificed their lives and triumphed in the kargil War, their sacrifices inspire us to uphold courage and patriotism.
- **NCC RECRUITMENT** for the fresher's of 2025th batch held on 8th & 9th August 2024.
- **78TH INDEPENDENCE DAY CELEBRATION** on 15th August 2024 at 08.30am in front of the administrative building, TNPESU, Chennai.
- **SWACHH BHARAT ABHIYAN** was conducted on 17th September 2024 held at Tamil Nadu Physical Education and Sports University Campus, Chennai in the motive of (One step towards cleanliness).
- **"TREE PLANTATION DRIVE "** On 19th Nov 2024, in front of Library building, TNPESU, Chennai.
- **76TH RAISING DAY OF NCC CELEBRATION** held on 26th November 2024 at 10.30am in ground floor of library building, TNPESU, Chennai.

CAMPS AND ACHIEVEMENTS

- ❖ **CUO AKILA** of III BPES, Department of Physical Education has participated in the **Marina Republic Day Camp 2024 (MRDC)** and **marched in the Marina Republic Day Parade** held on 26th January 2024.
- ❖ **THEAGA FEST 2024** (State level Inter Collegiate Competition) was held on (23rd & 24th February 2024) at Sir Theagaraya College, Chennai in that the following cadets namely **CDT BOOMIKA P** I B.SC EPN, Department of EPN, Secured **Gold** in **Individual Drill**, **CDT DENISTAN I** BPES, Department of Physical Education, Secured **Gold** in **Cross Country**, **CPL LINGESHWARAN II** B.SC EPN, Department of EPN, Secured **Silver** in **Cross Country**, **CDT ABIN AJU II** B.SC EPN, Department of EPN, Secured **Bronze** in **Firing** Competitions participated and secured Prizes.
- ❖ **ALL INDIA NCC GIRLS TREKKING EXPEDITION Tamil Nadu Trekking-I (Nilgiri Trekking) Camp** is held from (06th May 2024 to 13th May 2024) Nilgiri, Ooty in that our CDT AMIRDHAVARSHINI has participated in the Camp.
- ❖ **Combined Annual Training Camp (CATC)-2024-25** was conducted at VIT, Chennai Campus from (23rd May 2024 to 01st June 2024) in that the following cadets namely,

1. CSUO AKASH A

2. CSM BALACHANDRU S

3. CQMS MARIMUTHU

4. SGT SUJAL

5. SGT ABIN AJU

6. CPL ABISHAK P

7. CDT AADIL GHORI A

8. CDT DENISTAN T

9. CDT SASTY DHARAN
10. CDT AMIRDHAVARSHINI V
11. CDT ASHMITHA K
12. CDT BOOMIKA P
13. CDT CHANDRALEKHA C
14. CDT GOWSALYAH N
15. CDT KASAPPAYEE S
16. CDT RANJITHA L
17. CDT ROSHINI
18. CDT SANDHIYA S

Are attended the camp and secured prizes in the various competitions **SGT SUJAL III B.SC BIOMECHANICS**, Department of Biomechanics secured **Gold**, **CDT DENISTAN II BPES**, Department of Physical Education Secured **Silver** and **SGT ABIN AJU III B.SC EPN**, Department of EPN Secured **Bronze** in **Cross Country in (SD Category)** and **CDT BOOMIKA P II B.SC EPN**, Department of EPN Secured **Gold** in **Cross Country (SW Category)** and **CDT BOOMIKA II B.SC EPN**, Department of EPN Secured **Gold** and **CDT KASAPPAYEE II BPES**, Department of Physical Education Secured **Silver** in **Individual Drill (SW Category)** conducted in the camp and selected for the **Group level Thal Sainik Camp (GP TSC)** in Obstacle Training(OT) Event.

- ❖ **Army Attachment Camp (AAC)** is held at Ooty, Wellington from (19th August 2024 to 30th August 2024) in that our following cadets namely **CDT AMIRDHAVARSHINI II BPES**, Department of Physical Education and **CDT CHANDRALEKHA II B.SC Yoga**, Department of Yoga has participated in the camp.
- ❖ **COMBINED ANNUAL TRAINING CUM GROUP THAL SAINIK CAMP SELECTION CAMP (CATC CUM GP TSC)** is held at VIT Vellore from 05th June 2024 to 14th June 2024 in that our following cadets namely **CDT AADIL GHORI II BPES**, Department of Physical Education ,**CDT BOOMIKA II B.SC EPN**, Department of EPN and **CDT KASAPPAYEE II BPES**, Department of Physical Education participated and selected for the **THAL SAINIK TRAINING I CAMP (TSC TRG I)**.
- ❖ **THAL SAINIK TRAINING I CAMP (TSC TRG I)** is held at Dhanalakshmi College of Engineering, Manimangalam, Tambaram from 21st June 2024 to 30th June 2024 in that our following cadets namely **CDT AADIL GHORI II BPES**, Department of Physical Education ,**CDT BOOMIKA II B.SC EPN**, Department of EPN and **CDT KASAPPAYEE II BPES**, Department of Physical Education participated and selected for the **PRE IGC THAL SAINIK CAMP**.
- ❖ **PRE IGC THAL SAINIK CAMP** is held at Sri Sairam Institute of Technology, West Tambaram from (5th July 2024 to 14th July 2024) in that our **CDT AADIL GHORI II BPES**, Department of Physical Education, **CDT BOOMIKA II B.SC EPN** , Department of EPN and **CDT KASAPPAYEE** participated in Obstacle training Event (OT) and **CDT KASAPPAYEE II BPES**, Department of Physical Education selected for the **Inter Group Competition Thal sainik camp (IGC TSC) 2024**.
- ❖ **CATC CUN IGC TSC(BOYS & GIRLS) 2024** held at Sri Sairam Institute of Technology, West Tambaram from (18 July 2024 to 27th July 2024) in that our cadet **CDT KASAPPAYEE II BPES**, Department of Physical Education **represented CHENNAI "A" GROUP** in the **OBSTACLE TRAINING and TENT PITCHING EVENTS** and the following cadets namely,
 1. CDT ABINESH
 - 2.CDT SATHIAMOORTHY
 - 3.CDT VEERAPATHIRAN

Are participated in the **COMBINED ANNUAL TRAINING CAMP (CATC) 2024**.

- ❖ **EK BHARAT SHRESHTHA BHARAT CAMP-1 (EBSB) 2024** held at Air Force Station, Tambaram, from (12th August 2024 to 23rd August 2024) Conducted by NCC Group HQ Madras "B" in that our cadets namely, **CDT DENISTAN & CDT ASHMITHA of II BPES**, Department of Physical Education are participated in the Camp.
- ❖ **COMBINED ANNUAL TRAINING CAMP CUM GROUP LEVEL –INTER GROUP COMPETITION- REUBLIC DAY CAMP SELECTION- TRAINING CAMP (CATC-CUM-GP-IGC-RDC SEL TRG I CAMP) – 2024** held at Tamil Nadu Physical Education and Sports University from (3rd September 2024 to 12th September 2024), in that the following cadets **CSM BALACHANDRU Of III B.SC SPORTS COACHING**, Department of Sports Coaching , **SGT ABIN AJU III B.SC EPN**, Department of EPN and **CDT SANDHIYA II B.SC SPORTS COACHING**, Department of Sports Coaching has participated in the Camp and **selected** for the **CATC CUM GP IGC RDC TRG-II CAM**
- ❖ **CATC CUM GP IGC RDC TRG-II CAMP** held at Madras Medical College, Park Town, Chennai-3 from (17 September 2024 to 26 Sep 2024) in that the following cadets **CSM BALACHANDRU Of III B.SC SPORTS COACHING**, Department of Sports Coaching , **SGT ABIN AJU III B.SC EPN**, Department of EPN and **CDT SANDHIYA II B.SC SPORTS COACHING**, Department of Sports Coaching has participate in the Camp.
- ❖ **CSUO AKASH A III B.SC EPN**, Department of EPN was recruited as a **AGNIVEER** for the **INDIAN ARMY** in the scheme of **AGNIPATH** on 26th October 2024 in the **ARTILLERY REGIMENT, HYDERABAD**.
- ❖ **CUO LINGESHWARAN II B.SC EPN**, Department of EPN was recruited as a **AGNIVEER** for the **INDIAN ARMY** in the scheme of **AGNIPATH** on 26th October 2024 in the **MADRAS REGIMENT (MRC), OOTY, WELLINGTON**.
- ❖ **MAHARASHTRA TREKKING-II (SHIVAJI TRAIL TREKKING-2024)** for SW held at Kolhapur, Maharashtra, from(08th November 2024 to 16th November 2024) in that our cadet **CDT BOOMIKA II B.SC EPN**, Department of EPN has participated in the camp.

- ❖ **BLC Camp (BASIC LEATERSHIP CAMP)** for the Tro Year 2024-25 conducted by 2 (TN) Air Bn NCC, Gp HQ Coimbatore at Darnal Amman Institute of Technology, Sathyamangalam from 04 Nov 2024 to 15 Nov 2024 **ABIN AJU** III B. SC EPN, Department of EPN has participated in the camp.

VISITING OF NCC CADET

- ❖ **AIRFORCE DAY PARADE (FDR) AT TAMBARAM AIRFORCE STATION** HELD ON 07 OCTOBER 2024 IN THAT THE FOLLOWING CADETS NAMELY,

1.CQMS MARIMUTHU

2.SGT ABIN AJU

3.CDT AADIL GHORI

4.CDT SASTY DHARAN

5.CDT VEERAPATHIRAN

6 .CDT AMIRDHAVARSHINI

7.CDT BOOMIKA

8.CDT CHANDRALEKHA

9.CDT SANDHIYA

ARE GOT THE CHANCE TO VISIT THE AIR FORCE STATION, TAMBARAM AND ATTENDED THE AIR FORCE DAY PARADE.

- ❖ **VISIT TO INDIAN NAVY SHIP** ON 30 OCT 2024,Indian Navy Organisation is organized a visit of NCC cadets to survey ship on 30 October 2024 in that our Cadets namely,

1. CDT. AMIRDHAVARSHINI

2.CDT.SANDHIYA

3.CDT. ASHMITHAA

4. CDT. VAISHNAVI

5.CDT .SIVAGAMI

GOT THE CHANCE TO VISIT THE NAVY SHIP



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI-600127
NATIONAL CADET CORPS
14th COY, 1 (TN) BN NCC, CHENNAI- A , TN P & AN



REPORT OF TREE PLANTATION DRIVE ON 19.11.2024

JAI HIND

SENIORS IN CHARGE:

- 1.CSM BALACHANDRU S
- 2.CQMS MARIMUTHU T
- 3.SGT ABIN AJU
- 4.SGT SUJAL V
- 5.SGT ANANDHAMURUGAN

TOTAL NUMBER OF CADETS:05

NO OF SDs CADETS :08

- 1) CDT. SASTYDHARAN
- 2) CDT. DENISTAN
- 3) CDT. ADHI GOURI
- 4) CDT. VIJAY
- 5) CDT. SATHIYAMOORTHY
- 6) CDT. SANJAY

7) CDT. ABINESH

8)CDT. VEERAPATHIRAN

NO OD SW s CADETS :10

1)CDT.AMIRTHA VARSHI

2)CDT .SANDHIYA

3) CDT. BOOMIKA

4) CDT. CHANDRALEKHA

5) CDT. USHA

6) CDT. ASHMITHA

7) CDT. ROSHINI

8) CDT. KASAPPAYEE

9)CDT. RANJITHA

10)CDT. GOWSALYA

CONTENT OF THE EVENT:

On 19th Nov 2024, 12(3rd year) seniors, 05(2nd year juniors) of **TNPESU NCC** cadets organized the “**Tree Plantation Drive** “ as a part of **NCC Day celebration** at **TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**.The event motto is to give awareness of **GREEN ENVIRONMENT** through planting saplings. The event started at 14:30 hrs ,the cadets planted different kinds of saplings like Ficus tree,Jamun tree, Teak tree, Water apple.The event got completed by 16:00 hrs

Event Time : 14:30 hrs- 16:00 hrs

S N	EVENT	DATE	LOCATION	NAME OF INSTITUTES	NO OF ANO,PI STAFF &CADETS PARTICIPATED						NUMBER OF SAPLINGS PLANTED(MANDATORY) PLANTING 15 PLANTINGS FOR AN INSTITUTE)	NAMEOF SAMPLINGS PLANTED	NO OF PHOTOS &NEWSPAPER CLIPPINGS ATTACHED	TOTAL SQ KMs COVERED
					ANO	PI STAFF	SD	SW	JD	JW				
(a)	TREE PLANTATION DRIVE	19.11.2024	MELAKK OTTAIYUR	TNPESU	01	NIL	05	03	NIL	NIL	17	Ficus tree Jamun tree, Teak tree, Water apple.	08	500M





JAI HIND

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

14TH COY, 1(TN) BN NCC, CHENNAI “A” GROUP, TN, P & AN

CAMP REPORT FOR CATC CAMP 2024-25

Held on VIT campus Chennai from 23 May 2024 to 01 June 2024

Submitted by,



TN23SWA602427

CDT P. BOOMIKA



VIT, CAMPUS CHENNAI

With the strength of 500 Cadets, 10 ANOs & PI Staffs Combined Annual Training Camp cum TSC Selection Camp is conducted by 1 (TN) BN NCC at VIT, Campus Chennai.

Aim of the Camp:

To impart training and to select cadets for Cert exam 2024-25 & Selection for COC Centrally Organized Camp.

Particularly in this camp the selection of COC is for TSC Thal Sainik Camp 2024-25 but as usual Annual training also carried out there.



At the first day of the camp Opening Ceremony is conveyed by **ADM Officer LT COL Biju** and my **Co Cadet Aadil Ghor**i did piloting for the ADM Officer.



Everyday Morning I attend roll call parade and after that first period is P.T parade and I did conditioning workouts with PI Staffs’.

The interested cadets in OT [Obstacle Training] did separate Physical Training to improve the physical fitness and I’m interested in OT event.



Second period I did drill and conducted drill competition on 6th day of the camp and I attend the theory classes in that PI Staff teaches,

- Map reading
- Health & Hygiene
- Field craft & Battle craft



I Went to Madras Christian College, Obstacle training area & Firing area for selection.



On day 7th Group commander visited for the camp and my Senior **SUO AKASH Sir** did gurads for the GC.



GC visited the theory classes.



After visiting of the camp GC went to our University TNPESU, Firing area and the full campus.



In Camp they conducted 1.6 Km Marathon Race for both SD & SW in that our 14th coy cadets secured 4 prizes.

SD CATOGERY

SGT Sujal Sir- 1st position

SGT Abin Aju Sir 2nd position

CDT Denistan 3rd positoin

SW CATOGERY

CDT Boomika 1st position





We did cultural practice for the validity function of the camp.



On day 9th validity function was conducted and distributed the prizes for winners and conducted Cultural.



I got prizes for 1.6km marathon race and drill competition conducted for all SWs and I secured 1st in both competition.





I did group dance with my co cadets and with my seniors and I took photo with GCI mam and Junior division ANO mam.





A last I took photo with all prize winners and cultural cadets and with our 14th coy commander and with ADM Officer Biju sir.



JAI HIND!

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

**14TH COY, 1(TN) BN NCC, CHENNAI "A" GROUP,
TN, P & AN**



CAMP REPORT FOR COMBIN ANNUAL TRAINING CAMP 2024-25

Submitted by,



**CADET SASTYDHARAN. T
TN23SDA602420**

**Held on VIT campus Chennai
from 23 May 2024 to 01 June
2024**

OPENING CEREMONY



**MOTIVATIONAL
SPEECH TO
LT COL BIJU
SUB**

**PI STAFF'S AND ANO'S
MOTIVATE TO THE
CADETS**



MORNING



PHYSICAL FITNESS WARMUP STRENGTHEN WORKOUT



Physical fitness is crucial for overall well-being, and its importance extends beyond physical health to mental and emotional benefits. Here are some key reasons why physical fitness is vital

Physical Benefits:

- 1. Weight Management:** Regular exercise helps maintain a healthy weight.
- 2. Cardiovascular Health:** Exercise strengthens the heart and lungs.
- 3. Increased Strength and Flexibility:** Physical fitness improves muscle tone and flexibility.
- 4. Improved Bone Density:** Exercise reduces osteoporosis risk.
- 5. Reduced Risk of Chronic Diseases:** Regular physical activity lowers risk of diabetes, hypertension, and certain cancers.

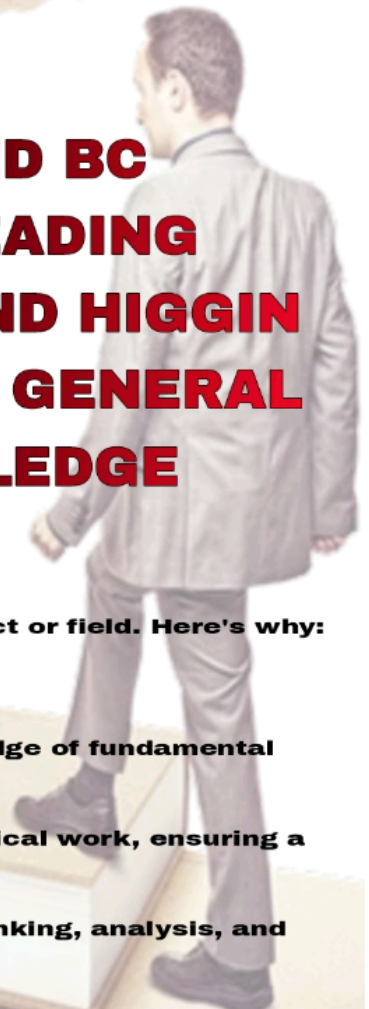
Mental and Emotional Benefits:

- 1. Stress Relief:** Exercise reduces stress and anxiety.
- 2. Improved Mood:** Physical activity releases endorphins, boosting mood.
- 3. Enhanced Cognitive Function:** Exercise improves focus, concentration, and memory.
- 4. Better Sleep:** Regular physical activity promotes quality sleep.
- 5. Increased Self-Esteem:** Physical fitness boosts confidence.

THEORY



FC AND BC MAP READING HEALTH AND HIGGIN BASIS AND GENERAL KNOWLEDGE



Theory classes are essential for building a strong foundation in any subject or field. Here's why:

Importance of Theory Classes:

- 1. Conceptual Understanding:** Theory classes provide in-depth knowledge of fundamental concepts, principles, and theories.
- 2. Framework for Practical Application:** Theory informs and guides practical work, ensuring a structured approach.
- 3. Critical Thinking and Analysis:** Theory classes encourage critical thinking, analysis, and problem-solving.
- 4. Contextual Understanding:** Theory provides historical, social, and cultural context.
- 5. Interdisciplinary Connections:** Theory reveals relationships between subjects.
- 6. Research and Development:** Theory informs research, driving innovation.
- 7. Communication and Expression:** Theory enhances articulation and expression.
- 8. Foundation for Specialization:** Theory lays groundwork for advanced studies.

Benefits:

- 1. Improved comprehension and retention**
- 2. Enhanced critical thinking and problem-solving**
- 3. Better d**

RAGADA



Punishment in Joyfulness!

That's an interesting concept! While punishment is often associated with negativity, incorporating joyfulness can make it more effective and constructive. Here are some ideas:

Positive Punishment:

- 1. Fun tasks:** Assign enjoyable tasks, like extra recess or art projects.
- 2. Reward systems:** Implement reward systems, where good behavior earns points or prizes.
- 3. Playful consequences:** Create lighthearted, humorous consequences (e.g., silly dances).

Joyful Corrections:

- 1. Redirecting behavior:** Redirect misbehavior to a positive outlet (e.g., channeling energy into sports).
- 2. Natural consequences:** Use natural consequences that promote learning (e.g., cleaning up messes).
- 3. Restorative practices:** Focus on repairing harm and rebuilding relationships.

Examples:

- 1. "Dance-off" punishment:** Students dance to make up for misbehavior.
- 2. "Artistic apology":** Create art to apologize and reflect on actions.
- 3. "Kindness challenge":** Complete kindness tasks to make

DRILL



DISCIPLINE
MODES
COOPERATION
COORDINATION
CONSISTENCY

Discipline!

Discipline is the bridge between goals and accomplishment. It's the foundation for achieving success in various aspects of life. Here's a comprehensive overview:

Types of Discipline:

- 1. Self-Discipline: Controlling one's thoughts, emotions, and actions.**
- 2. Personal Discipline: Establishing routines and habits for personal growth.**
- 3. Professional Discipline: Adhering to standards and ethics in the workplace.**
- 4. Academic Discipline: Focusing on studies and learning.**



Army NCC Drill Session:

Definition: A structured training session focused on teaching and practicing military drill movements, discipline, and teamwork to National Cadet Corps (NCC).

Objectives:

- 1. Develop discipline, unity, and teamwork among cadets.**
- 2. Improve physical fitness and coordination.**
- 3. Enhance leadership and command skills.**
- 4. Instill military values and traditions.**
- 5. Prepare cadets for ceremonial events and parades.**

Drill Session Components:

- 1. Warm-up and Stretching**
- 2. Drill Movements (e.g., marching, saluting, turning)**
- 3. Squad Drill (small group movements)**
- 4. Platoon Drill (larger group movements)**
- 5. Obstacle Course/Physical Training**
- 6. Leadership and Command Exercises**
- 7. Inspection and Dress Regulations**
- 8. Ceremonial Drill**

Drill Commands:

- 1. Attention**
- 2. Stand at Ease**
- 3. Stand Easy**
- 4. Fall In**
- 5. Fall Out**
- 6. Right/Left Turn**
- 7. About Turn**
- 8. Quick March**
- 9. Slow March**
- 10. Halt**

Drill Positions:

- 1. Attention**

EVENING PET



The Importance of Game Playing!

Game playing is essential for individuals of all ages, offering numerous benefits that extend beyond entertainment. Here are the significant advantages:



Cognitive Benefits:

1. Improves problem-solving skills
2. Enhances critical thinking
3. Boosts memory and concentration
4. Develops spatial reasoning
5. Fosters creativity

Social Benefits:

1. Encourages teamwork and collaboration
2. Develops communication skills
3. Builds relationships and friendships
4. Promotes social interaction
5. Teaches conflict resolution

Emotional Benefits:

1. Reduces stress and anxiety
2. Improves mood and emotional well-being
3. Enhances self-esteem and confidence
4. Develops emotional intelligence
5. Encourages self-expression

Physical Benefits:

1. Improves hand-eye coordination
2. Enhances fine motor skills
3. Boosts physical activity (in outdoor games)
4. Develops spatial awareness
5. Improves reaction time

Life Skills Benefits:

1. Teaches strategy and p



Personal Growth

1. "Play to learn, learn to grow."
2. "Challenge yourself, change the game."
3. "Play with purpose, live with passion."
4. "Unlock your potential, unleash your fun."
5. "Where play meets progress."

CULTURAL MEMORY



CULTURAL TEAM TNPESU

The Joy of Cultural Programs!

Cultural programs bring people together, fostering unity, understanding, and celebration of diversity. Here's what makes them special:



CULTURAL WINNER ' S





**TAMILNADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY 14TH COY, 1(TN) BN NCC, CHENNAI "A" GROUP,
TN, P & AN**



EK BHARAT SHRESHTHA BHARAT



**NAMI : CDT.K ASHMITHAA
REG NO : TN23SWA602426
SUB : EBSB CAMP REPORT
VENU : TAMBARAM AR FORCE STATION
DATE : AUG 12 (TO) 28**

PET PRADE



In everyday morning we have PET parade on 6.00 to 7:30. In that parade we do actiulties litke warm up, fitness, walking and joking

THEROY SECTION



Everyday we have theory section from 8:30 to 12:30. In this section we have cultural exchange program between Uttar Pradesh Directorate and Tamil Nadu Directorate

SPORTS EVENT



1. Volleyball
2. kho-kho.
3. Running
4. Throw Ball
5. Basketball



EXPA CADET PROGRAM



The EXPA CADET Program is a two-day training program for NCC cadets in India that focuses on developing communication, creativity, and critical thinking skills. The program is conducted in NCC camps across the country and uses interactive, experiential, and exercise-based training.



The EXPA CADET Program aims to:

1. Develop confident and articulate cadets.
2. Develop the youth of India into responsible citizens.
3. Create a forum for former NCC cadets.
4. Promote international understanding through developmental activities.

LECTURE



The Tambaram air force station officers give lecture about join Indian Air force **AGNIVEERVAYU**

MOVIE TIME



CULTURAL PROGRAM



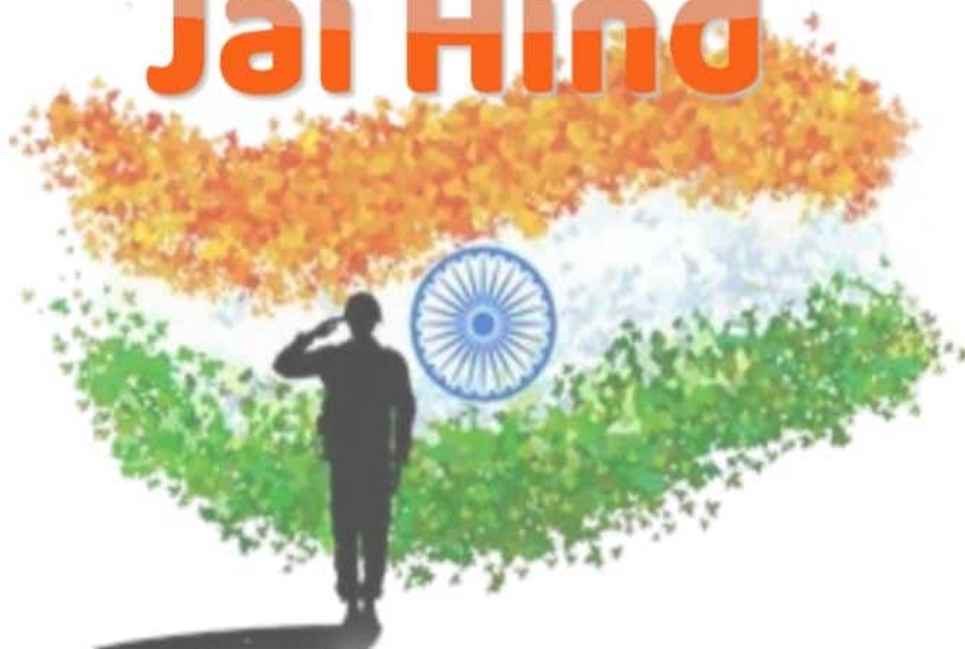
ABOUT CAMP

The Ek Bharat Shrestha Bharat (EBSB) Camp is an annual National Cadet Corps (NCC) camp that aims to promote a sense of unity and nationalism among cadets. The camp is held between paired states and involves activities to promote cultural exchange and mutual understanding.

Some activities that may take place at an EBSB Camp include :

- 1.Cultural performances.
- 2.Language learning.
- 3.Sharing best practices.
- 4.Sports.
5. Visiting places of interest.
- 6.Practical training on topics like flood rescue, fire extinguishing, and medical emergencies.
- 7.Competitions like collage preparation, essay writing, quiz, and caption making.

Jai Hind





**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI -60127**

NATIONAL CADET CORPS

14TH COY, 1(TN) BN NCC CHENNAI "A", TN P & AN



THAL SAINIK CAMP , TRG-I , TRG-II

PRE IGC CAMP REPORT



NAME : CDT AADIL GHORI.A

REG NO : TN23SDA602415

SUB : TSC , TRG-I, TRG-II, PRE IGC

CAMPS VENUE AND DATE

THAL SAINIK CAMP

TRG-I

VENUE - VELLORE VIT

DATE - 05 JUNE 2024 TO 14 JUNE 2024

TRG-II

VENUE - DHANALAKSHMI COLLEGE OF ENGINEERING

DATE - 21 JUNE 2024 TO 30 JUNE 2024

PRE ISC LAUNCH

VENUE - SRI SAIRAM ENGINEERING COLLEGE

DATE - 05 JULY 2024 TO 14 JULY 2024

The logo of the National Cadet Corps (NCC) is centered in the background. It features a shield divided into three vertical sections: red on the left, purple in the middle, and light blue on the right. A yellow laurel wreath encircles the shield. At the top of the wreath is the motto in Devanagari script, 'एकता आनन्दः' (Ekta Anand). In the center of the shield, the letters 'NCC' are prominently displayed. Below the shield, a yellow crossed-swords emblem is visible.

TRAINING - I

A decorative banner with a grey outline and a white fill, featuring a wavy, ribbon-like design with loops at both ends. It is positioned at the bottom of the image.

एकता और अनुशासन



**AFTER THE OBSTACLE PRACTICE MUTHURANGAM
COLLEGE TO OUR ACCOMMODATION VIT COLLEGE GO
IN TANKER.**



**AND ALL RIFLE SUBMIT
OUR CHENNAI 'A'
GOTHROOM**



**AFTERNOON SD'S AND SW'S TENT
PITCHING PRACTICE , AND
TEACH HOW TO MAKE TENT .**

**MY FIRST TENT PITCHING FIRST
PRACTICE START IN VELLORE VIT.**





**TRG -1 LAST DAY JOSH PUSH
UPS ,ITS A EMOTIONAL AND
LOTS OF MEMBERS GIVE IN THIS
TSC FIRST CAMP**



**OUR COLLEGE
CDT . KASAPPAYEE
CDT . BOOMIKA
CDT . AADIL GHORI**

**WE ALL
SELECTED FOR
NEXT
CAMP(TRG-2)**



The logo of the National Cadet Corps (NCC) is a shield divided into three vertical sections: red on the left, purple in the center, and light blue on the right. A yellow laurel wreath encircles the central purple section, with the letters 'NCC' in yellow at its base. Above the shield, there is a yellow emblem consisting of three stylized hands or leaves.

TRAINING - II

A white banner with a grey outline, featuring the NCC motto in Hindi: 'एकता और अनुशासन' (Ekta aur Anushasan).

एकता और अनुशासन



TRG - 2 SELECTED OBSTACLE TRAINING SD TEAM



**DHANALAKSHMI COLLEGE
FIRING RANGE , AND TSC
TRG -2 FIRING AREA.**

**EK GOLI EK DHUSHMAN -
ONE BULLET ONE ENEMY**



OBSTACLES TRAINING

THE TRAINING IN CROSSING THE OBSTACLES/BARRIER BY NCC CADETS IS A VERY IMPORTANT ASPECT OF NCC SYLLABUS. THE OBSTACLES COURSE TRAINING NOT ONLY MAKES THE CADETS PHYSICALLY STRONG BUT ALSO DEVELOPS A HIGH DEGREE OF CONFIDENCE AND DEVELOPS THE QUALITIES OF COURAGE AND WILL POWER OF FACE ALL TYPES OF CHALLENGE AND BARRIERS IN LIFE



**OBSTACLE AREA GROUP
PHOTO SD'S & SW'S
WITH PI STAFF**



**A FEELING OF BELONGING AND
LOYALTY AMONG A GROUP OF PEOPLE,
AND A WAY OF ACTING AND THINKING
THAT SHOW SUPPORT FOR THE TEAM**



**TRG - 2 LAST DAY JOSH
PUSH UPS, AND
UNBREAKABLE BONDING
IN OUR TEAM**

The logo of the National Cadet Corps (NCC) is a shield divided into three vertical sections: red on the left, purple in the center, and light blue on the right. In the center of the shield, there is a yellow emblem featuring a crown at the top, a banner with the letters 'NCC' in the middle, and two crossed swords at the bottom. The text 'PRE IGC- LAUNCH' is written in large, bold, black capital letters across the middle of the shield.

PRE IGC- LAUNCH

A white banner with a grey outline, featuring the NCC motto in Hindi: 'एकता और अनुशासन' (Ekta aur Anushasan).

एकता और अनुशासन

SW TOTAL - 06 OBSTACLES



**SD'S & SW'S PREPARE FOR A
GROUP TIMING SW'S TOTAL 6
MEMBERS CROSS IN
OBSTACLES , SD'S TOTAL 9
MEMBERS CROSS IN
OBSTACLES**

SD TOTAL - 10 OBSTACLES



**OUR ALL TSC CADET'S
PREPARE FOR NEXT LEVEL
TSC IGC CAMP . THE IGC IS
STATE LEVEL CAMP ALL
STATE BEST CADET'S ARE
PARTICIPATES IN IGC.**



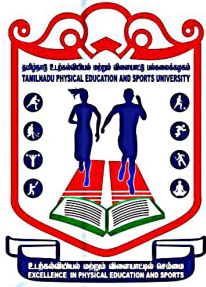
SD'S TENT PITCHING
PRACTICE , AND OUR
BEST TIMING IN THIS
CAMP 6 MINUTES 54
SECONDS , THIS TIME
IS OUR TEAM BEST
TIMING IN COMPARE
OTHER CAMP .



I CAN'T SELECT FOR THIS ANOTHER CAMP
BECAUSE SOME INJURY ISSUES, AND THIS
CAMP , CADETS , FRIENDS THOSE ARE
UNMEMORABLE MOMENT IN THIS CAMP . I
LEARNED THOSE CAMP YOU LOOSE ARE WIN
THAT'S NOT A MATTER YOU WHAT LEARN THIS
CAMP THAT IS IMPORTANT OUR LIFE .
SUCCESS IS NOT FINAL ; FAILURE IS NOT FATAL
: IT IS THE COURAGE TO CONTINUE THAT
COUNTS .

JAI HIND

**TAMILNADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY
14TH COY, 1 (TN) BN NCC , CHENNAI "A" GROUP,
TN,P & AN**



**CAMP REPORT FOR COMBINE
ANNUAL TRAINING CAMP
2024-2025**



**NAME: CDT A.AADIL GHORI
REG NO:TN23SD602415
SUB: CATC CUM TSC CAMP REPORT
VENUE: VIT CHENNAI
DATE: 23 MAY 2024 TO 01
JUNE 2024**

OPENING CEREMONY



CATC CUM TSC

**MOTIVATIONAL
SPEECH FOR CATC
PRESENT CADETS**

VIT AUDITORIUM

THEORY CLASS



*** FC & BC**

FIELD CRAFT &
BATTLE CRAFT

*** MR**

MAP READING

*** HEALTH AND
HYGIENIC**

*** WEAPON
TRAINING**

DRILL SESSION



**FIRST CAMP SENIOR TAKE A
ATTENDANCE, AFTER PI STAFF GIVE
A WARM UP, EXAMPLE TOUCH AND
BACK ETC.
AND MARCH PAST PRACTICE.**

OBSTACLE TRAINING



**OBSTACLE PRACTICE IS VERY
IMPORTANT FOR OUR LIFE,
BECAUSE ITS HELPS ANY
DIFFICULT SITUATION'S.**

VENUE: MCC CLG OBSTACLES AREA



“ HAT ”

HOLDING

AIMING

TRIGGERING

DISCIPLINE

FEARLESS

BEARING

CONCENTRATION

CLOSSING ADDRESS



**1 TN BN NCC CADETS ALL
PARTICIPANTS IN CLOSSING ADDRESS
CALTURALS**



“ JAI HIND ”



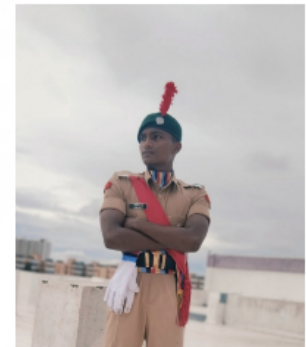
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI-600127

NATIONAL CADET CORPS

14th COY, 1 (TN) BN NCC, CHENNAI- A , TN P & AN



EK BHARAT SHRESHTHA BHARAT



NAME : DENISTAN. T
RG NO : TN23SDA602418
VENU : AIR FORCE
STATION TAMBARAM
DATE : AUG 12 (TO) 23

MORNING PET PARADE

6 to 7:30



NEXT SECTION CULTURE EXCHANGING PROGRAM

TN' DIRECTED AND UP' DIRECTED

8:30 to 12:30



EXPA PROGRAM

INTERESTING SECTION



EXPA CADET PROGRAM

**THIS PROGRAM IS VERY
USEFUL OF THE CAMP**

sub :

- # DEVELOP TO LEADERSHIP
QUALITIES**
- # TIME MANAGEMENT**
- # Financial Literacy**
- # MAKE MONEY**
- # SAVE MONEY**
- # IMPROVE YOURSELF**
- # DOVE TO THE
YOUR DISCIPLINE**
- # STAGE FAIRNESS**
- # DEVELOP THE
COMMUNICATION**

DAY NIGHT CULTURAL PROGRAM

8:30 to 9:30



EBSB CAMP CONDUCT MULTIPLE SPORTS EVENTS

1.VOLLEYBALL

2. kho-kho.

3. RUNNING

4. throw ball

5. basketball



Cultural and knowledge based learning

**I have learnt basic of
Hindi ,Fluent English ,
learn a culture,
traditions, music,
tourism, cuisine, and
sports of the paired
state Uttar Pradesh,**



JAI
HIND

#Deni



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University & Cheran College of Physical Education jointly organized **Out Reach Programme "On Modern Kabaddi & Recent, Advanced, Scientific Training In India"** on 23rd September 2023 at Cheran College of Physical Education, Karur.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Cheran CPE Principal and Staffs Public, Cheran CPE students from various out Side people and Egypt Kabaddi team participated in the **"On Modern Kabaddi & Recent, Advanced, Scientific Training In India"** to promote **Kabaddi Training**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On Modern Kabaddi & Recent, Advanced, Scientific Training In India”	Cheran CPE, Karur	Dr.K.RAJESHKUMAR	654	23.09.23

1. BRIEF DESCRIPTION OF THE PROGRAMME:

Introduction to Modern Kabaddi & Advanced Training in India

Kabaddi, a sport with deep roots in Indian culture, has transformed from a traditional pastime into a competitive, international event. This evolution has been driven by increased professionalism, global exposure, and the integration of advanced training techniques. As Kabaddi gained popularity through leagues like the Pro

Kabaddi League (PKL), it became imperative for athletes to adopt modern, scientific approaches to training and performance.

Advanced training in Kabaddi encompasses a combination of physical conditioning, strategic gameplay, and psychological resilience. These methods are designed to enhance athletic performance while reducing injury risk. This shift towards science-based training is crucial for developing elite athletes who can compete at national and international levels.

The outreach program on "Modern Kabaddi & Recent, Advanced, Scientific Training in India" aims to provide insights into the evolution of Kabaddi, highlighting contemporary training practices, sports science's role, and the challenges and opportunities within the sport. Through this program, participants will explore how Kabaddi has transformed from a rustic game into a globally recognized sport, offering exciting opportunities for athletes, coaches, and sports enthusiasts.

Join us as we delve into the intricacies of modern Kabaddi, learn about the latest training methodologies, and discover how India is fostering a new generation of Kabaddi champions. This outreach program is designed to inspire and educate, shedding light on the innovative practices that are shaping the future of Kabaddi in India and beyond.

OBJECTIVES OF THE OUTREACH PROGRAM ON MODERN KABADDI & RECENT, ADVANCED, SCIENTIFIC TRAINING IN INDIA

1. **Educate about the Evolution of Kabaddi:**
 - To provide a comprehensive overview of the history and evolution of Kabaddi, highlighting the transition from traditional to modern forms of the game.
2. **Demonstrate Advanced Training Techniques:**
 - To showcase the latest scientific training methodologies used in Kabaddi, focusing on physical conditioning, skill development, and injury prevention.
3. **Promote Strategic Gameplay and Tactics:**
 - To discuss contemporary Kabaddi tactics and strategies, illustrating how scientific approaches are influencing game plans and team dynamics.
4. **Highlight the Role of Sports Science:**
 - To emphasize the impact of sports science in Kabaddi training, including nutrition, psychology, biomechanics, and data analytics.

5. Encourage Participation and Interest in Kabaddi:

- To inspire a new generation of athletes and sports enthusiasts to participate in Kabaddi, showcasing its growth and global appeal.

6. Foster Community Engagement:

- To build stronger community ties by promoting Kabaddi as a sport that reflects cultural heritage while embracing modernity.

7. Strengthen Networking and Collaboration:

- To create opportunities for coaches, athletes, and sports organizations to network, share best practices, and collaborate on future projects.

8. Promote Gender Equality and Inclusivity:

- To discuss the role of women in Kabaddi and encourage gender equality, ensuring that the sport is inclusive and accessible to all.

9. Encourage Ongoing Development and Research:

- To motivate further research and development in Kabaddi, leading to continuous improvement in training techniques and game performance.

10. Celebrate the Success of Kabaddi in India:

- To acknowledge and celebrate the success of Kabaddi in India, recognizing the contributions of players, coaches, and other stakeholders who have helped to modernize the sport.

PHOTOS:









**NAME OF
OUTSIDE**

BENEFICIARIES:

S. No	Name of the Students	Place
1	ARAVIND M	Cheran CPE

2	BALAKRISHNAN G	Cheran CPE
3	CHANDIRASEKAR G	Cheran CPE
4	CHANDRU M	Cheran CPE
5	CHINNARAJ G	Cheran CPE
6	EZHILRASI S	Cheran CPE
7	GOPINATH T	Cheran CPE
8	GOVINDHARAJ S	Cheran CPE
9	HARIBALAN D	Cheran CPE
10	HARIGANESH S	Cheran CPE
11	HARIHARAN P	Cheran CPE
12	HARIPRASANTH V	Cheran CPE
13	JAGATHISHWARAN N	Cheran CPE
14	KARTHIK R	Cheran CPE
15	MADHAN S	Cheran CPE
16	MADHUMITHA P	Cheran CPE
17	MOGANATHAN B	Cheran CPE
18	MUGESH K	Cheran CPE
19	NITHISH KUMAR M	Cheran CPE
20	PAHAVATHSING G	Cheran CPE
21	PREM KUMAR S	Cheran CPE
22	PRIYAN V	Cheran CPE
23	RAJA S	Cheran CPE
24	RANJITH R	Cheran CPE
25	SANJAIRAJ S	Cheran CPE
26	SANJAYKUMAR S	Cheran CPE
27	SARATH G S	Cheran CPE
28	SASIKUMAR V	Cheran CPE
29	SATHEESWARAN S	Cheran CPE
30	SIVAKASI T	Cheran CPE
31	SIVA V	Cheran CPE
32	SUBA KANI KUMAR K	Cheran CPE
33	SURYA P	Cheran CPE
34	VIKRAM M	Cheran CPE
35	YUVARAJ R	Cheran CPE
36	ADITHYA.M	Cheran CPE
37	AJITHKUMAR.G	Cheran CPE
38	AKASH DEIVENDRAN.D	Cheran CPE

39	AKILDEEN.S	Cheran CPE
40	ANANTHRAJ K	Cheran CPE
41	ANNAMALAI.R	Cheran CPE
42	ARAVIND S	Cheran CPE
43	AYYADURAI S	Cheran CPE
44	BALA SUBRAMANIAN P	Cheran CPE
45	BLESSING MANOJ. J	Cheran CPE
46	DEEPANRAJ. M	Cheran CPE
47	DEVA.S	Cheran CPE
48	GANAPATHI.G	Cheran CPE
49	GANESH MURUGAN M	Cheran CPE
50	GOBINATH M	Cheran CPE
51	KANAGAVEL K	Cheran CPE
52	KARIYAMALAI.R	Cheran CPE
53	KAVINKUMAR.C	Cheran CPE
54	MADHAVAN N	Cheran CPE
55	MAHENDHIRAN.M	Cheran CPE
56	MANIKANDAPRAVEEN R	Cheran CPE
57	MANOJ KUMAR V	Cheran CPE
58	MUTHU VIGNESH S	Cheran CPE
59	PONRAJ.R	Cheran CPE
60	PRABHA S	Cheran CPE
61	PREMNATH M	Cheran CPE
62	SANTHOSH.R	Cheran CPE
63	SRINATH.S	Cheran CPE
64	SUDHARSAN.M	Cheran CPE
65	SURENDRA.M	Cheran CPE
66	SURYA PRAKASH P	Cheran CPE
67	SUTHISH.M	Cheran CPE
68	TAMILVALAVAN.T	Cheran CPE
69	THAMBIDURAI V	Cheran CPE
70	ULAGARAJ S	Cheran CPE
71	VIGNESH.V	Cheran CPE
72	VIJAY.N	Cheran CPE
73	ABINAYA A	Cheran CPE
74	AJITHKUMAR N	Cheran CPE
75	AJITH M	Cheran CPE

76	AJITH P	Cheran CPE
77	AKASH M	Cheran CPE
78	ANBARASU R	Cheran CPE
79	ARVIND R K	Cheran CPE
80	ARULMANI V	Cheran CPE
81	BALU S	Cheran CPE
82	DEEPAK RAHUL A	Cheran CPE
83	DEEPIKA T	Cheran CPE
84	GUNASEELAN Y	Cheran CPE
85	JEEVA B	Cheran CPE
86	JEEVAJOTHI R	Cheran CPE
87	KAMALI R	Cheran CPE
88	KAMESH K	Cheran CPE
89	KAVINRAJ D	Cheran CPE
90	LAVANYA P	Cheran CPE
91	MAHENDHIRAN R	Cheran CPE
92	MANIMEGALA S	Cheran CPE
93	MANIKANDAN M	Cheran CPE
94	MANIKANDAN P	Cheran CPE
95	MOHAN.D	Cheran CPE
96	RAJESH N	Cheran CPE
97	NANDHINI K	Cheran CPE
98	NAVEENKUMAR M	Cheran CPE
99	PRABU M	Cheran CPE
100	PREETHA P	Cheran CPE
101	SHANKAR G S	Cheran CPE
102	SHANMUGAM P	Cheran CPE
103	SUDHAKARAN V	Cheran CPE
104	SURYA M	Cheran CPE
105	TAMILSELVI K	Cheran CPE
106	THIRUPATHI P	Cheran CPE
107	THIVAKARAN M	Cheran CPE
108	VAIRAPERUMAL R	Cheran CPE
109	VIJAY R	Cheran CPE
110	VIJAY V	Cheran CPE
111	VINITHA R	Cheran CPE
112	YOGESH G	Cheran CPE

113	ABARNA D	Cheran CPE
114	AMALA PRADEEPA H	Cheran CPE
115	BALACHANDAR M	Cheran CPE
116	CHARLES V	Cheran CPE
117	DAVID WILSON A	Cheran CPE
118	MANJULA R	Cheran CPE
119	ANUMAN T	Cheran CPE
120	ELAVARASI E	Cheran CPE
121	FYZALAHAMED.M	Cheran CPE
122	GOKUL K	Cheran CPE
123	JEYASUBHA R	Cheran CPE
124	THIYAGARAJAN.S	Cheran CPE
125	KARTHIKEYAN S	Cheran CPE
126	KERRIN S	Cheran CPE
127	KOWSALYA.S	Cheran CPE
128	MALEESHWARAN R	Cheran CPE
129	MINI THANCIYA U	Cheran CPE
130	MOHANRAJ S	Cheran CPE
131	MUGESH A	Cheran CPE
132	MUKESH B	Cheran CPE
133	NIVETHTHA C	Cheran CPE
134	PACKIYALAKSHMI E	Cheran CPE
135	THIRUKUMARAN K	Cheran CPE
136	PANDIYAN P	Cheran CPE
137	PRABAKAR S	Cheran CPE
138	PRAKASH M	Cheran CPE
139	PRITHVI S	Cheran CPE
140	PRIYA P	Cheran CPE
141	RAJESH KUMAR B	Cheran CPE
142	SANTHOSH R	Cheran CPE
143	SATHISH KUMAR K	Cheran CPE
144	SIVA K	Cheran CPE
145	SRIKRISHNAN C	Cheran CPE
146	VIGNESH T	Cheran CPE
147	GOWTHAMAN M	Cheran CPE
148	VIJAYAN M	Cheran CPE
149	RAJKUMAR .R	Cheran CPE

150	RAGAVAN .D	Cheran CPE
151	NANDHA KUMAR C	Cheran CPE
152	VEERA SENBAGAPANDI.C	Cheran CPE
153	ASWIN R	Cheran CPE
154	DHARANI A	Cheran CPE
155	ELAKKIYAN K	Cheran CPE
156	ESAKKIRAJ B	Cheran CPE
157	ESWARAN M	Cheran CPE
158	GOKULA KANNAN S	Cheran CPE
159	GUHAN R	Cheran CPE
160	HARIHARA PRABHU M	Cheran CPE
161	HEMESHSURYA V	Cheran CPE
162	HEROSE N	Cheran CPE
163	JERUSEL JOSE J	Cheran CPE
164	JOPRIN VINSO S	Cheran CPE
165	JOY PRASATH R	Cheran CPE
166	KALAISELVI B	Cheran CPE
167	KALEESWARAN K	Cheran CPE
168	KARTHICK M	Cheran CPE
169	KARTHICK R	Cheran CPE
170	KAVINKUMAR R	Cheran CPE
171	MAHENDRAN K	Cheran CPE
172	MALARVIZHI A	Cheran CPE
173	MANIKANDAN K	Cheran CPE
174	MANIVASAGAM B	Cheran CPE
175	MANIVEL M	Cheran CPE
176	MANOJKUMAR R	Cheran CPE
177	MANOJKUMAR V	Cheran CPE
178	MANTHRA P	Cheran CPE
179	MADHAN S	Cheran CPE
180	MATHANAGOPAL A	Cheran CPE
181	MICHELRAJ C	Cheran CPE
182	MONISHA J	Cheran CPE
183	MOUNIKA T	Cheran CPE
184	MUHAMMED MURSHID N P	Cheran CPE
185	MURUGAN M	Cheran CPE
186	MUTHUKUMAR G	Cheran CPE

187	PONRAJ M K	Cheran CPE
188	PRADEEP M	Cheran CPE
189	PRAMOTH P	Cheran CPE
190	PRAVEENKUMAR C	Cheran CPE
191	RAGUL D	Cheran CPE
192	SABARINATHAN S	Cheran CPE
193	SABITHKUMAR M	Cheran CPE
194	SAKTHIVEL P	Cheran CPE
195	SANTHOSH T	Cheran CPE
196	SANTHOSHKUMAR K	Cheran CPE
197	SARAVANAPRABU A	Cheran CPE
198	SHIVA J	Cheran CPE
199	SUDHA L	Cheran CPE
200	SUDHAKAR M	Cheran CPE
201	THIYAGARAJAN R G	Cheran CPE
202	VASUDEVAN M	Cheran CPE
203	VIGNESHWARAN T	Cheran CPE
204	VIMALRAJ R	Cheran CPE
205	ABINESH M	Cheran CPE
206	AMMUKKUTTI T	Cheran CPE
207	ANAS K	Cheran CPE
208	ARUMUGAM K	Cheran CPE
209	DHANALAKSHMI S	Cheran CPE
210	GOPALAKRISHNAN P	Cheran CPE
211	INDRAJITH K	Cheran CPE
212	JAYAMURUGAN C	Cheran CPE
213	KALAIYARASAN S	Cheran CPE
214	KALIRAJ D	Cheran CPE
215	KARTHIK P	Cheran CPE
216	KARUPPASAMY S	Cheran CPE
217	KOWSALYA U	Cheran CPE
218	MAHARAJAN V	Cheran CPE
219	MADHAN B	Cheran CPE
220	MURALI R	Cheran CPE
221	MURUGASELVAM G	Cheran CPE
222	MURUGAN A	Cheran CPE
223	MUTHU MADASAMY M	Cheran CPE

224	NANDHINI P	Cheran CPE
225	NISHANTH A	Cheran CPE
226	NISHANTH V	Cheran CPE
227	PALANISAMY S	Cheran CPE
228	PAVAN KALYAN K	Cheran CPE
229	PRASANTH S	Cheran CPE
230	RAMESH P L	Cheran CPE
231	RAMYA C	Cheran CPE
232	RAMYA R	Cheran CPE
233	RASUL R	Cheran CPE
234	ROBIN DURAI M	Cheran CPE
235	SANDHIYA R	Cheran CPE
236	SARATHI M	Cheran CPE
237	SARAVANAN S	Cheran CPE
238	SATHISH R	Cheran CPE
239	SATHISH KUMAR K	Cheran CPE
240	SIVASHANMUGA ARAVINTH J	Cheran CPE
241	SREERAG P V	Cheran CPE
242	SRIDHAR M	Cheran CPE
243	SRIRAM S	Cheran CPE
244	SUJENDHIRAN G	Cheran CPE
245	SURESH KUMAR V	Cheran CPE
246	TAMILSELVI S	Cheran CPE
247	THANAPAL G	Cheran CPE
248	THAVASU M	Cheran CPE
249	VELLAISAMY S	Cheran CPE
250	VIDYABALA B	Cheran CPE
251	VIGNESHWARAN T	Cheran CPE
252	MANIKANDAN K	Cheran CPE
253	ABINAS O	Cheran CPE
254	ABINAYA K	Cheran CPE
255	AJITH R	Cheran CPE
256	THAVASUMANI V	Cheran CPE
257	ANANDHAN S	Cheran CPE
258	ARUN S	Cheran CPE
259	ASHOK KUMAR J	Cheran CPE
260	BALAKRISHNAN S	Cheran CPE

261	BHARATH A	Cheran CPE
262	BHARATH M	Cheran CPE
263	BOOMIKA K	Cheran CPE
264	DHANASEKAR M	Cheran CPE
265	DHANUSHRAJ S	Cheran CPE
266	DHARSHINI P	Cheran CPE
267	DHILIP A	Cheran CPE
268	DIVYA S	Cheran CPE
269	DINESH P	Cheran CPE
270	DINESHKUMAR K	Cheran CPE
271	DINESHKUMAR S	Cheran CPE
272	FRANK SHIVANI J	Cheran CPE
273	GOBINATH M	Cheran CPE
274	GOBINATHAN M	Cheran CPE
275	GOKULAKANNAN M	Cheran CPE
276	GOKULAN D	Cheran CPE
277	GOWTHAM M	Cheran CPE
278	GURUPRASAD S	Cheran CPE
279	ILAVARASAN M	Cheran CPE
280	INDHUMATHI P	Cheran CPE
281	JANANI S	Cheran CPE
282	JEBAMANI P	Cheran CPE
283	JEGAN S	Cheran CPE
284	KALEESWARAN S	Cheran CPE
285	KALIDHAS K	Cheran CPE
286	KAMALESH M	Cheran CPE
287	KAMALI S	Cheran CPE
288	KARTHIK M	Cheran CPE
289	KARTHIKEYAN V M	Cheran CPE
290	LAKSHMI PRIYA P	Cheran CPE
291	MAHALAKSHMI S	Cheran CPE
292	MAHENDRAN V	Cheran CPE
293	MAHESH KUMAR A	Cheran CPE
294	MANIKANDAN S	Cheran CPE
295	MANOJ K	Cheran CPE
296	MIRUDHULA S	Cheran CPE
297	MONIK R	Cheran CPE

298	MUGESH KANNAN S	Cheran CPE
299	MUKILAN S	Cheran CPE
300	NALLASIVAN S	Cheran CPE
301	NARESH K	Cheran CPE
302	NIRMALKUMAR R	Cheran CPE
303	NIRUBANSAKARAVARTHI M	Cheran CPE
304	NITHISHKUMAR P	Cheran CPE
305	OVIYABHARATHI T	Cheran CPE
306	PALANISAMY R	Cheran CPE
307	PARTHIBAN P	Cheran CPE
308	PARTHIBAN U	Cheran CPE
309	PAVITHRAN S	Cheran CPE
310	PRAVEEN A	Cheran CPE
311	PRAVEEN K	Cheran CPE
312	RAGAVI N	Cheran CPE
313	RAGUL R	Cheran CPE
314	RAJALINGAM M	Cheran CPE
315	RAJAPANDI K	Cheran CPE
316	RAJAPANDI R	Cheran CPE
317	RAJARAJAN T	Cheran CPE
318	RAJESHWARI P	Cheran CPE
319	RAJKUMAR T	Cheran CPE
320	RAMAKRISHNAN S	Cheran CPE
321	RAMASAMY M	Cheran CPE
322	RANJITHKUMAR S	Cheran CPE
323	RITHAN A	Cheran CPE
324	SAM J KIRUBAKARAN	Cheran CPE
325	SANDEEP KUMAR S	Cheran CPE
326	SANGEETHA M	Cheran CPE
327	SANJAI M	Cheran CPE
328	KIRUBAKARAN V	Cheran CPE
329	SANTHOSH M	Cheran CPE
330	SARANBABU S	Cheran CPE
331	SARATHKUMAR J	Cheran CPE
332	SASIKUMAR V	Cheran CPE
333	SASIKUMAR S	Cheran CPE
334	SILAMBARASAN P	Cheran CPE

335	SNEKA R	Cheran CPE
336	SOUNDHARYA K	Cheran CPE
337	SUDHARSHANA S	Cheran CPE
338	SUMITHRA V	Cheran CPE
339	SUNDHAR M	Cheran CPE
340	SURYA S	Cheran CPE
341	SURYAMITHRA M	Cheran CPE
342	SUSEENTHRAN M	Cheran CPE
343	THANGA PANDI G	Cheran CPE
344	THANGAPANDI S	Cheran CPE
345	UDHAYAKUMAR V	Cheran CPE
346	VEERASHANKAR M	Cheran CPE
347	VIGNESH M	Cheran CPE
348	VIGNESH R	Cheran CPE
349	VINITH M	Cheran CPE
350	YAMUNA DEVI K	Cheran CPE
351	YOGARAJ V	Cheran CPE
352	BABUPERIYASAMY K	Cheran CPE
353	AAGASH K S	Cheran CPE
354	ABHIN ANSARI N	Cheran CPE
355	AJITHUKUMAR S	Cheran CPE
356	ANANDA KUMAR V	Cheran CPE
357	ANANTHU P D	Cheran CPE
358	ARJUN M	Cheran CPE
359	BARATH T	Cheran CPE
360	BOOMINATHAN L	Cheran CPE
361	CHANDRASEKAR B	Cheran CPE
362	CHANDRU P	Cheran CPE
363	DEVARAJ P	Cheran CPE
364	DINESH J	Cheran CPE
365	DINESHPANDI M	Cheran CPE
366	DHINESH S	Cheran CPE
367	ESAKKI PANDI M	Cheran CPE
368	GOKUL A	Cheran CPE
369	GOKUL S	Cheran CPE
370	GOKUL S	Cheran CPE
371	GOWTHAMAN D	Cheran CPE

372	HARIHARAN K	Cheran CPE
373	HIRITHIK ROSHAN V	Cheran CPE
374	INDHUMATHI M	Cheran CPE
375	INDRAPRIYADHARSHINI V	Cheran CPE
376	JAYASURYA P	Cheran CPE
377	JEEVANANDHAM T	Cheran CPE
378	JEGANATHAN P	Cheran CPE
379	KATHIRAVAN P	Cheran CPE
380	KATHIRVEL S	Cheran CPE
381	KEERTHIKRAJA S	Cheran CPE
382	MANICKA MOHAN S	Cheran CPE
383	MADHAVAN K	Cheran CPE
384	MATHESH P	Cheran CPE
385	MOHAMMED YASIR ARAFATH S	Cheran CPE
386	MUTHURAJ R	Cheran CPE
387	NAGAJOTHIYAN R	Cheran CPE
388	NAGARATHINAM G	Cheran CPE
389	NALLATHAMBI P	Cheran CPE
390	NAUSATH ALI S	Cheran CPE
391	PRAKASH E	Cheran CPE
392	RAJESH R	Cheran CPE
393	RAJMOHAN R	Cheran CPE
394	RAVIKUMAR T	Cheran CPE
395	SANJEEVI M	Cheran CPE
396	SATHPRASATH S	Cheran CPE
397	SELVAGANESH S	Cheran CPE
398	SHERIN SANJAY KUMAR T	Cheran CPE
399	SRITHAR L	Cheran CPE
400	SUKASH S	Cheran CPE
401	SUMAN S	Cheran CPE
402	TAMILARASU M	Cheran CPE
403	TAMILSELVAN K	Cheran CPE
404	VASANTH S	Cheran CPE
405	VASANTHAKUMAR T	Cheran CPE
406	VIGNESH R	Cheran CPE
407	VISHNU K T	Cheran CPE
408	YOGARAJ D	Cheran CPE

409	AJITHKUMAR R	Cheran CPE
510	ATHIRASA U	Cheran CPE
511	BALAJI P	Cheran CPE
512	DHIVAGAR M	Cheran CPE
513	DURAIMANI SHARMA A	Cheran CPE
514	EDWINRAJ G	Cheran CPE
515	ELANGO S	Cheran CPE
516	GOPALA KRISHNAN A	Cheran CPE
517	GOWTHAM R	Cheran CPE
518	GUNASEELAN P	Cheran CPE
519	HARIHARASUDHAN K	Cheran CPE
520	HEMANISHA N	Cheran CPE
521	JAISURYA A	Cheran CPE
522	JIPSON B	Cheran CPE
523	KAMALESH K	Cheran CPE
524	KARTHICK E	Cheran CPE
525	KARTHIKA J	Cheran CPE
526	KATHIRAVAN S	Cheran CPE
527	KATHIRESAN J	Cheran CPE
528	KAVI KUMAR A	Cheran CPE
529	KAVIN KUMAR R	Cheran CPE
530	KOKILAVANAN C	Cheran CPE
531	MAHADEVAN V	Cheran CPE
532	MAHESH.A	Cheran CPE
533	MANIKANDAN G	Cheran CPE
534	MANOHARAN M	Cheran CPE
535	MARI SELVAM N	Cheran CPE
536	MEGASURIYA S	Cheran CPE
537	MIDHUN P K	Cheran CPE
538	MUGESH R	Cheran CPE
539	MUKILA R	Cheran CPE
540	MURALI K	Cheran CPE
541	MUTHU RAMAN C	Cheran CPE
542	NAGARAJAN S	Cheran CPE
543	NAVANEETHAKANNAN P	Cheran CPE
544	PACKIYARAJ M	Cheran CPE
545	PONVALAVAN S	Cheran CPE

546	POOMINATHAN E	Cheran CPE
547	PRASANTH M	Cheran CPE
548	PRAVEENKUMAR K	Cheran CPE
549	PRAVEEN SELVAN D	Cheran CPE
550	RAJA PANDI C	Cheran CPE
551	RAMAMOORTHY B	Cheran CPE
552	RAMAR P	Cheran CPE
553	RANJITH K	Cheran CPE
554	RANJITH R	Cheran CPE
555	RATHISH S	Cheran CPE
556	SAKTHEVEL S S	Cheran CPE
557	SANTHANASEKAR C	Cheran CPE
558	SANTHANASUBASH K	Cheran CPE
559	SATHISHKUMAR N	Cheran CPE
560	SINGARAVELAN A	Cheran CPE
561	SONIYA C	Cheran CPE
562	SUBASH T	Cheran CPE
563	SUDHARSAN T	Cheran CPE
564	UDHAYA KUMAR R	Cheran CPE
565	VASANTHRAJA M	Cheran CPE
566	VIDUTHALAISELVAN B	Cheran CPE
567	VIMALRAJ K	Cheran CPE
568	VISHNU PRAKASH V	Cheran CPE
569	ABDULAGATHU P	Cheran CPE
570	ABIJITHAN B	Cheran CPE
571	ABINESH P	Cheran CPE
572	ANTONY CHRISTOBER A	Cheran CPE
573	ARJUNAN S	Cheran CPE
574	ARUN J	Cheran CPE
575	ARUNKUMAR K	Cheran CPE
576	BALA G	Cheran CPE
577	BALAJI P	Cheran CPE
578	BALAMURUGAN V	Cheran CPE
579	BALAMURUGAN V	Cheran CPE
580	CHANDRU V	Cheran CPE
581	DHARANITHARAN M	Cheran CPE
582	DINESH KUMAR G	Cheran CPE

583	GOKUL J	Cheran CPE
584	GOWTHAM K	Cheran CPE
585	GUNA S	Cheran CPE
586	HEMALATHA R	Cheran CPE
587	KALEESHWARAN K	Cheran CPE
588	KANIMOZHI O	Cheran CPE
589	KARTHICK M	Cheran CPE
590	KARTHIK T	Cheran CPE
591	KATHIRESAN D	Cheran CPE
592	KAVIYARASAN M	Cheran CPE
593	KEERTHANA S	Cheran CPE
594	KISHORE R	Cheran CPE
595	LAVANYA M	Cheran CPE
596	LOGESHWARAN M	Cheran CPE
597	MADHAN KUMAR M	Cheran CPE
598	MAHAPRABHU M	Cheran CPE
599	MAKESHWARI V	Cheran CPE
600	MANIKANDAN M	Cheran CPE
601	MANO A	Cheran CPE
602	MAREESWARAN K	Cheran CPE
603	MAYA KRISHNAN S	Cheran CPE
604	MIDHUN KUMAR S	Cheran CPE
605	NAVIN S	Cheran CPE
606	NILAVARASAN G	Cheran CPE
607	POOVARASAN P	Cheran CPE
608	PRASANTH G	Cheran CPE
609	PRATHIKSHA R	Cheran CPE
610	RAGU S	Cheran CPE
611	RAJA N	Cheran CPE
612	RAJEEV M	Cheran CPE
613	RAJESH KUMAR P	Cheran CPE
614	SAKTHIKODI P	Cheran CPE
615	SAMSITHA M	Cheran CPE
616	SANJAI D	Cheran CPE
617	SANJAY S	Cheran CPE
618	SANJAYGIRI R	Cheran CPE
619	SANTHOSKUMAR S	Cheran CPE

620	SHOBIYA S	Cheran CPE
621	SILAMBARASAN C	Cheran CPE
622	SIVAMANI K	Cheran CPE
623	SRIHARIHARAN R	Cheran CPE
624	SUBASH S	Cheran CPE
625	DHAYANANTH C	Cheran CPE
626	THILLAIVARMAN M	Cheran CPE
627	UMAPATHI V	Cheran CPE
628	VARUN PRAKASH V	Cheran CPE
629	BALAMURUGAN M	Cheran CPE
630	ELAYABHARATHI S	Cheran CPE
631	ESWAR P	Cheran CPE
632	GOKULAKANNAN M	Cheran CPE
633	GOWSICK M	Cheran CPE
634	HARIAH	Cheran CPE
635	KALAIYARASI V	Cheran CPE
636	MANI P	Cheran CPE
637	MANIBHARATHI U	Cheran CPE
638	MANOJ KUMAR M	Cheran CPE
639	NAVINTHU R	Cheran CPE
640	PALANIANDAVAR S	Cheran CPE
641	PONNAIYAN P	Cheran CPE
642	PRAKASH K	Cheran CPE
643	PRASANTH A	Cheran CPE
644	RAMJI M	Cheran CPE
645	SANKAR S	Cheran CPE
646	SANTHOSH KUMAR M	Cheran CPE
647	SARAVANAN B	Cheran CPE
648	SELNA SHERIN KM	Cheran CPE
649	SELVAGANAPATHY B	Cheran CPE
650	SRIKANTH C	Cheran CPE
651	SRINIVASAN K	Cheran CPE
652	VELMURUGAN C	Cheran CPE
653	VELMURUGAN R	Cheran CPE
654	VINOTH S	Cheran CPE

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY**

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University & Chettinad Academy, Chennai jointly organized **Out Reach Programme "On Injury Insights and Injury Prevention in Kabaddi"** on 21 Sep 2023 at On Injury Insights and Injury Prevention in Kabaddi Programme Started at Chettinad Academy, Chennai.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Chettinad Academy Vice Chancellor and Chettinad Academy Staffs and Egypt Kabaddi Training team from various out Side people participated in the **"On Injury Insights and Injury Prevention in Kabaddi"** to promote **Kabaddi Injury Training**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On Injury Insights and Injury Prevention in Kabaddi”	Chettinad Academy, Chennai	Dr.K.RAJESHKUMAR	50	21.09.23

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO INJURY INSIGHTS AND INJURY PREVENTION IN KABADDI:

The "Injury Insights and Injury Prevention in Kabaddi" program is designed to educate players, coaches, and fans about the risks and safety measures associated with Kabaddi. As a contact sport that requires strength, agility, and quick reflexes, Kabaddi can expose players to various injuries. This program aims to reduce these risks through education, training, and best practices for injury prevention.

OBJECTIVES:

- Increase awareness about the common types of injuries in Kabaddi and their causes.
- Provide practical guidance on injury prevention techniques and safety measures.
- Promote a culture of safety among players, coaches, and spectators.
- Encourage the use of proper equipment and training methods to minimize injury risk.

GIMPS / PHOTOS:

The Chettinad Academy Honor our University Vice Chancellor.





**NAME OF
OUTSIDE**

BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	MOHAMED SHIEF	EGYPT
2	TEETO	EGYPT
3	HERBANA	EGYPT
4	GEMEY	EGYPT
5	HAMEERA	EGYPT
6	ABINAYA R	CHETTINAD ACADEMY
7	AKASH R	CHETTINAD ACADEMY
8	ALLBIN G	CHETTINAD ACADEMY

9	ALLWIN G	CHETTINAD ACADEMY
10	ANITHA B	CHETTINAD ACADEMY
11	ARUMUGAM K	CHETTINAD ACADEMY
12	ARUNADEVI R	CHETTINAD ACADEMY
13	AZHAGAPPAN V	CHETTINAD ACADEMY
14	BATHRI K	CHETTINAD ACADEMY
15	BEEMSING C	CHETTINAD ACADEMY
16	BHARATH G	CHETTINAD ACADEMY
17	BHARATHI KANNAN V	CHETTINAD ACADEMY
18	DEEPAKKUMAR S	CHETTINAD ACADEMY
19	DINESHKUMAR S	CHETTINAD ACADEMY
20	DIVYA S V	CHETTINAD ACADEMY
21	GOPI S	CHETTINAD ACADEMY
22	HARIHARAN S	CHETTINAD ACADEMY
23	ILAYA BHARATHI RM	CHETTINAD ACADEMY
24	JAYASURIYA M	CHETTINAD ACADEMY
25	KARTHIKEYAN R	CHETTINAD ACADEMY
26	KOWSALYA R	CHETTINAD ACADEMY
27	LOGANATHAN A	CHETTINAD ACADEMY
28	MANIKANDAN K	CHETTINAD ACADEMY
29	MARIYA VINO RATHNARAJ A	CHETTINAD ACADEMY
30	MEGALA V	CHETTINAD ACADEMY
31	NIRMAL JONES I	CHETTINAD ACADEMY
32	PASUPATHI S	CHETTINAD ACADEMY
33	PRADEEP C	CHETTINAD ACADEMY
34	PRAKASH D	CHETTINAD ACADEMY
35	PRAKASH M	CHETTINAD ACADEMY
36	PRAVEEN KUMAR R	CHETTINAD ACADEMY

37	RAGHURAMAN J	CHETTINAD ACADEMY
38	RUBAN V	CHETTINAD ACADEMY
39	SAMRAJ A	CHETTINAD ACADEMY
40	SANTHOSH M	CHETTINAD ACADEMY
41	SARAVANAN C	CHETTINAD ACADEMY
42	SENTHAMILSELVAN A	CHETTINAD ACADEMY
43	SURYA E	CHETTINAD ACADEMY
44	SURYA S	CHETTINAD ACADEMY
45	VANITHA S	CHETTINAD ACADEMY
46	LOKESH	CHETTINAD ACADEMY
47	VICKY	CHETTINAD ACADEMY
48	NAVANIDHAN	CHETTINAD ACADEMY
49	ARAVINDHAN	CHETTINAD ACADEMY
50	RAKKESH	CHETTINAD ACADEMY

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY**

MEALAKOTTAIYUR, CHENNAI-127.

National Service Scheme



Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University & Mass College of Physical Education jointly organized **Out Reach Programme "On Kabaddi Coaching Pedagogy in India"** on 23rd September 2023 at Mass College of Physical Education, Villuppuram.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Mass CPE Principal and Staffs Public, Mass CPE students from various out Side people and Egypt Kabaddi team participated in the **"On Kabaddi Coaching Pedagogy in India"** to promote **Kabaddi Skills**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On Kabaddi Coaching Pedagogy in India”	Mass CPE, Karur	Dr.K.RAJESHKUMAR	100	23.09.23

1. BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION:

The term "pedagogy" refers to the method and practice of teaching, and in the context of Kabaddi, it encompasses a wide range of skills, knowledge, and strategies that coaches must impart to their players. Traditional Kabaddi coaching has often relied on experience and oral transmission of techniques. However, as the sport has evolved, so has

the approach to coaching, with a greater emphasis on scientific methods, structured training programs, and data-driven analysis.

This outreach program on "Kabaddi Coaching Pedagogy in India" explores the transformation of Kabaddi coaching, highlighting the shift towards a more structured and scientific approach. It aims to bridge the gap between tradition and modernity, focusing on the key elements that contribute to effective coaching.

The program will cover various aspects of Kabaddi coaching, including:

- **Fundamentals of Kabaddi:** Understanding the core skills and techniques required for the sport.
- **Advanced Coaching Techniques:** Exploring innovative methods to train players, emphasizing physical fitness, skill development, and game strategy.
- **Role of Technology in Coaching:** Investigating how data analytics, video analysis, and other technological tools are used to enhance coaching effectiveness.
- **Building a Winning Team:** Strategies for team building, motivation, and fostering a winning mentality among players.
- **Promoting Inclusivity and Gender Equality:** Discussing the importance of diversity and inclusion in coaching practices.
- **Development of Future Coaches:** Encouraging the next generation of Kabaddi coaches through mentoring, education, and collaboration.

This outreach program is designed to provide valuable insights for coaches, players, and sports enthusiasts interested in the evolving pedagogy of Kabaddi in India. It aims to foster a community of knowledgeable coaches dedicated to promoting the sport and nurturing future generations of Kabaddi players. Join us as we explore the dynamic world of Kabaddi coaching, where tradition meets innovation, and discover the pedagogical approaches that are shaping the future of Kabaddi in India.

OBJECTIVES OF THE OUTREACH PROGRAM ON KABADDI COACHING PEDAGOGY IN INDIA

1. **Enhance Coaching Skills and Knowledge:**
 - To provide a comprehensive understanding of Kabaddi coaching techniques, focusing on both traditional and modern approaches.
2. **Introduce Scientific Coaching Methods:**
 - To showcase how science and technology are integrated into Kabaddi coaching, emphasizing areas like sports psychology, biomechanics, and data analytics.
3. **Promote Collaborative Learning:**
 - To foster a collaborative environment where coaches can share experiences, insights, and best practices, encouraging continuous learning and development.
4. **Focus on Team Building and Leadership:**

- To discuss effective strategies for team building, leadership development, and motivation, helping coaches create cohesive and successful teams.

5. Emphasize Inclusivity and Gender Equality:

- To highlight the importance of inclusive coaching practices that promote gender equality and encourage the participation of women in Kabaddi.

6. Encourage Effective Communication:

- To explore the significance of communication in coaching, including methods to build strong relationships with players and enhance team dynamics.

7. Promote Physical Fitness and Injury Prevention:

- To provide insights into training regimens that focus on physical fitness, conditioning, and injury prevention for Kabaddi players.

8. Share Technological Innovations in Coaching:

- To introduce tools and technologies that can enhance Kabaddi coaching, such as video analysis, performance tracking, and data-driven decision-making.

9. Support Professional Development for Coaches:

- To encourage ongoing professional development for Kabaddi coaches, including certification programs, workshops, and mentorship opportunities.

10. Encourage Youth Development in Kabaddi:

- To focus on the role of coaches in nurturing young talent, creating pathways for aspiring Kabaddi players, and promoting grassroots development.

11. Foster a Sense of Community:

- To build a community of Kabaddi coaches who are committed to advancing the sport, sharing resources, and supporting one another's growth.

12. Celebrate Coaching Achievements and Milestones:

- To acknowledge and celebrate the achievements of Kabaddi coaches, recognizing their contributions to the sport's growth and development in India.

These objectives aim to cover a wide range of topics relevant to Kabaddi coaching, ensuring that the outreach program provides value to coaches, players, and other stakeholders interested in the pedagogical aspects of Kabaddi.

PHOTOS:





NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	AARTHI M	Mass CPE
2	ABHINESH KUMAR P	Mass CPE
3	ADLIN AJAY K G	Mass CPE
4	AJAY M	Mass CPE
5	AKILA A	Mass CPE
6	ARAVINDHAN M	Mass CPE
7	ARIVAZHAGAN K	Mass CPE
8	ASHWIN A	Mass CPE
9	BHALAMURUGAN M S	Mass CPE
10	CHARULATHA G	Mass CPE

11	DEEPAN G	Mass CPE
12	DEEPIKA R	Mass CPE
13	DHARANI M	Mass CPE
14	DINESHKUMAR T	Mass CPE
15	EZHILOVIYA R	Mass CPE
16	GLADSTONE SAMUEL G	Mass CPE
17	GODWIN J	Mass CPE
18	GOKUL M	Mass CPE
19	GOPI R	Mass CPE
20	HIMAYATAMILSELVAN R M	Mass CPE
21	JAGATHISH K	Mass CPE
22	JAYAMALINI D	Mass CPE
23	KARTHIKEYAN D	Mass CPE
24	KAVIKUIL K	Mass CPE
25	KEERTHIGA N	Mass CPE
26	KEERTHIKA M	Mass CPE
27	KUZANTHAIYESU A	Mass CPE
28	MADHAVAN M	Mass CPE
29	MARIMUTHU P	Mass CPE
30	MEKALA S	Mass CPE
31	MOWLEESWAR K	Mass CPE
32	MUKILAN N	Mass CPE
33	MURUGESAN R	Mass CPE
34	MUTHAIYA K	Mass CPE
35	NANDA KUMAR H	Mass CPE
36	NITHYANANDHAN P	Mass CPE
37	NIVETHA L	Mass CPE
38	PAVAN SINGH E	Mass CPE

39	PRAVEEN RAJ R	Mass CPE
40	RAGUL R	Mass CPE
41	RAMAN R	Mass CPE
42	RITHISHA R	Mass CPE
43	RIYASTHEEN S	Mass CPE
44	SABITHA J	Mass CPE
45	SARANRAJ S	Mass CPE
46	SATHISHKUMAR V	Mass CPE
47	SELVA SUNDARI S	Mass CPE
48	SELVAMANI M	Mass CPE
49	SILAMBARASAN M	Mass CPE
50	SRIDHAR D	Mass CPE
51	NISHNATHINI R	Mass CPE
52	NITHYA A	Mass CPE
53	PAVITHRA K	Mass CPE
54	POOVARASAN M	Mass CPE
55	POOVIZHI K	Mass CPE
56	PRAVEEN KUMAR D	Mass CPE
57	PRAVIN KUMAR P	Mass CPE
58	PREETHI J	Mass CPE
59	PRIYA S	Mass CPE
60	PRIYADHARSHINI S	Mass CPE
61	RAGHURAMAN R	Mass CPE
62	RAJESHWARI V	Mass CPE
63	RAKESH B	Mass CPE
64	RAM PRABHA S	Mass CPE
65	RANJANI S	Mass CPE
66	RANJITHKUMAR P	Mass CPE
67	ROSINI A	Mass CPE
68	SAI KIRAN K	Mass CPE

69	SALAI DEEPAN N	Mass CPE
70	SAM JUSTIN WALTON R	Mass CPE
71	SANKAR S	Mass CPE
72	SANTHANAM P	Mass CPE
73	SANTHOSH M	Mass CPE
74	SARANYA M	Mass CPE
75	SARANYA P	Mass CPE
76	SATHISH M	Mass CPE
77	SATHISHKUMAR S	Mass CPE
78	SELVA T	Mass CPE
79	SHINY SWETHA A	Mass CPE
80	SHYAM Y	Mass CPE
81	SNEKA S	Mass CPE
82	SOUNDHARYA S	Mass CPE
83	SUDHARSHINI K	Mass CPE
84	SUMEESHNA K	Mass CPE
85	SURIYA M	Mass CPE
86	SURYA E	Mass CPE
87	SUSILA S	Mass CPE
88	TAMILMOZHI E	Mass CPE
89	TAMILVANNAN R	Mass CPE
90	VARSHINI S	Mass CPE
91	VASANTH KUMAR A	Mass CPE
92	VASANTHKUMAR S	Mass CPE
93	VIGNESH R	Mass CPE
94	VIGNESHVARAN P	Mass CPE
95	VIJAIMOORTHY S	Mass CPE
96	VIKRAM K	Mass CPE
97	VIMALA T	Mass CPE
98	VISHVANANTHI M	Mass CPE

99	YUVARAJ S	Mass CPE
100	YUVASHREE R	Mass CPE

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY**

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized **Out Reach Programme "On 77th Independence Day Celebration Mini Marathon Competition"** on 14th Aug 2023 at TNPESU out Side Campus Chennai Campus.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Staffs various out Side people participated in the **"On 77th Independence Day Celebration Mini Marathon Competition"** to promote **Marathon Awareness**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme –	TNPESU out Side	Dr.K.RAJESHKUMAR	200	14.08.23

	“On 77th Independence Day Celebration Mini Marathon Competition”	Campus Chennai Campus.			
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BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO THE 77TH INDEPENDENCE DAY CELEBRATION MINI MARATHON COMPETITION:

As India commemorates its 77th Independence Day, it is an opportunity to reflect on the nation's journey toward freedom, celebrate its rich heritage, and honor the spirit of unity and resilience. To mark this special occasion, the "77th Independence Day Celebration Mini Marathon Competition" aims to bring people together through a fun and energetic event that promotes health, wellness, and community engagement.

The mini marathon is designed for participants of all ages and fitness levels, creating a festive atmosphere where individuals can come together to celebrate their love for the country while engaging in physical activity. This event is more than just a race—it's a celebration of India's independence and a chance to unite people from diverse backgrounds in a shared experience of joy and camaraderie.

OBJECTIVES OF THE OUTREACH PROGRAMME ON 77TH INDEPENDENCE DAY CELEBRATION MINI MARATHON COMPETITION:

1. **Celebrate India's Independence Day:**
 - To commemorate India's 77th Independence Day by organizing a mini marathon that brings people together in a celebration of national pride and unity.
2. **Promote Physical Fitness and Healthy Lifestyles:**
 - To encourage physical activity and a healthy lifestyle among participants, emphasizing the benefits of regular exercise for overall well-being.
3. **Foster Community Engagement and Inclusivity:**
 - To create an inclusive event that welcomes participants from all walks of life, fostering community spirit and encouraging people of all ages to join.
4. **Encourage Family Participation and Togetherness:**

- To offer a family-friendly event with activities for all ages, promoting family participation and strengthening community bonds.

5. Recognize Achievements and Encourage Friendly Competition:

- To recognize the achievements of participants by awarding prizes in various categories, promoting a spirit of friendly competition and motivating people to excel.

PHOTOS:





T.N.Police, Tamil Nadu 600048, India
Chengalpattu
Tamil Nadu
India

2023-08-14 (Mon) 07:26 (AM)



25°C
77°F



**NAME OF
OUTSIDE**



BENEFICIARIES:

S. No	Name of the Students	Place
1	VASANTHRAJA M	Kandigai, Police Quarters
2	VIDUTHALAISELVAN B	Kandigai, Police Quarters

3	VIMALRAJ K	Kandigai, Police Quarters
4	VISHNU PRAKASH V	Kandigai, Police Quarters
5	ABDULAGATHU P	Kandigai, Police Quarters
6	ABIJITHAN B	Kandigai, Police Quarters
7	ABINESH P	Kandigai, Police Quarters
8	ANTONY CHRISTOBER A	Kandigai, Police Quarters
9	ARJUNAN S	Kandigai, Police Quarters
10	ARUN J	Kandigai, Police Quarters
11	ARUNKUMAR K	Kandigai, Police Quarters
12	BALA G	Kandigai, Police Quarters
13	BALAJI P	Kandigai, Police Quarters
14	BALAMURUGAN V	Kandigai, Police Quarters
15	BALAMURUGAN V	Kandigai, Police Quarters
16	CHANDRU V	Kandigai, Police Quarters
17	DHARANITHARAN M	Kandigai, Police Quarters
18	DINESH KUMAR G	Kandigai, Police Quarters
19	GOKUL J	Kandigai, Police Quarters
20	GOWTHAM K	Kandigai, Police Quarters
21	GUNA S	Kandigai, Police Quarters
22	HEMALATHA R	Kandigai, Police Quarters
23	KALEESHWARAN K	Kandigai, Police Quarters

24	KANIMOZHI O	Kandigai, Police Quarters
25	KARTHICK M	Kandigai, Police Quarters
26	KARTHIK T	Kandigai, Police Quarters
27	KATHIRESAN D	Kandigai, Police Quarters
28	KAVIYARASAN M	Kandigai, Police Quarters
29	KEERTHANA S	Kandigai, Police Quarters
30	KISHORE R	Kandigai, Police Quarters
31	PREMNATH M	Kandigai, Police Quarters
32	SANTHOSH.R	Kandigai, Police Quarters
33	SURYA P	Vengadamangalam
34	VIKRAM M	Vengadamangalam
35	YUVARAJ R	Vengadamangalam
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**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY****MEALAKOTTAIYUR, CHENNAI-127.****National Service Scheme****Report of the Programme**

The National Service Scheme, Tamil Nadu Physical Education and Sports University & Mother Theresa College of Physical Education jointly organized **Out Reach Programme "On Comprehensive Fitness, Tactics, Techniques and Skill Training for Excelling in Kabaddi"** on 25th to 26th September 2023 at Mother Theresa College of Physical Education, Pudhukottai.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Mother Theresa CPE Principal and Staffs Public, Mother Theresa CPE students from various out Side people and Egypt Kabaddi team participated in the **"On Comprehensive Fitness, Tactics, Techniques and Skill Training for Excelling in Kabaddi"** to promote **Kabaddi Tactics**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On Comprehensive Fitness, Tactics, Techniques and Skill Training for Excelling in Kabaddi”	Mother Therasa CPE, Pudhukottai	Dr.K.RAJESHKUMAR	100	25.09.23 to 26.09.23

1. BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION:

To excel in Kabaddi, athletes must undergo comprehensive training that addresses multiple facets of the game. This outreach program, "On Comprehensive Fitness, Tactics, Techniques, and Skill Training for Excelling in Kabaddi," provides a detailed exploration of the modern approaches to Kabaddi training, emphasizing the importance of holistic development for players.

The program covers several key areas critical for success in Kabaddi:

- **Comprehensive Fitness Training:** A look into the physical conditioning required for Kabaddi, including strength training, cardiovascular fitness, flexibility, and endurance. It also addresses injury prevention and rehabilitation practices to ensure players can maintain peak performance throughout the season.
- **Strategic Tactics and Game Theory:** An examination of the tactics and strategies used in Kabaddi, exploring offensive and defensive plays, team formations, and match analysis. This section provides insights into how teams strategize to gain a competitive edge.
- **Technical Skills and Techniques:** An overview of the essential skills needed for Kabaddi, such as raiding, tackling, dodging, and positioning. It also explores how players can hone their techniques through targeted drills and practice sessions.
- **Skill Development and Adaptability:** A discussion on the importance of skill development and adaptability in Kabaddi. It includes training methods to improve reflexes, decision-making, and situational awareness on the field.
- **Integration of Sports Science and Technology:** An exploration of how sports science and technology are used in Kabaddi training, including video analysis, performance tracking, and data-driven insights. This section demonstrates how modern tools can enhance training effectiveness.

This outreach program aims to provide coaches, players, and sports enthusiasts with a comprehensive understanding of what it takes to excel in Kabaddi. It serves as a platform for sharing knowledge, promoting best practices, and inspiring the next generation of Kabaddi players and coaches. Join us as we dive into the world of Kabaddi training, exploring the latest advancements and techniques that are shaping the future of this exciting sport.

OBJECTIVES OF THE OUTREACH PROGRAM ON COMPREHENSIVE FITNESS, TACTICS, TECHNIQUES, AND SKILL TRAINING FOR EXCELLING IN KABADDI

- 1. Enhance Comprehensive Fitness:**
 - To provide in-depth training on fitness requirements for Kabaddi, including strength, endurance, flexibility, agility, and speed.
- 2. Promote Effective Tactics and Strategies:**
 - To share best practices for Kabaddi tactics, covering both offensive and defensive strategies, as well as team coordination and game plans.
- 3. Develop Technical Skills and Techniques:**
 - To focus on developing core technical skills, such as raiding, tackling, dodging, and positioning, through targeted training and drills.
- 4. Introduce Advanced Training Methods:**
 - To introduce participants to advanced training methods, emphasizing sports science and technology's role in enhancing Kabaddi performance.
- 5. Emphasize Injury Prevention and Recovery:**
 - To highlight the importance of injury prevention, providing guidance on proper warm-ups, stretching, and recovery techniques to maintain peak performance.
- 6. Encourage Skill Adaptability:**
 - To encourage players to develop versatile skill sets, promoting adaptability in various game situations and against different opponents.

7. Promote Collaboration and Teamwork:

- To foster a collaborative environment among coaches, players, and other stakeholders, emphasizing the role of teamwork in Kabaddi success.

8. Support Gender Equality and Inclusivity:

- To advocate for gender equality in Kabaddi, encouraging the participation of women and promoting inclusive training practices.

9. Build a Strong Kabaddi Community:

- To create a sense of community among Kabaddi enthusiasts, encouraging networking and the sharing of knowledge and experiences.

10. Provide Mentoring and Development Opportunities:

- To offer mentorship and development opportunities for aspiring coaches and players, supporting their growth within the sport.

11. Utilize Technology for Performance Analysis:

- To demonstrate the use of technology, such as video analysis and data tracking, to improve individual and team performance.

12. Encourage Continuous Learning and Improvement:

- To promote a culture of continuous learning, motivating coaches and players to stay updated with the latest trends and advancements in Kabaddi training.

PHOTOS:









NAME OF OUTSIDE BENEFICIARIES:

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98	VISHVANANTHI M	Mother Therasa CPE
99	YUVARAJ S	Mother Therasa CPE
100	YUVASHREE R	Mother Therasa CPE

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Signature of Registrar

NSS PO Officer

Signature of Registrar



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized **Out Reach Programme "On Orientation Programme on Latest Ammunition of National Security Guards"** on 26 Aug 2023 at NSG Programme Started NSG Hub Kollappakkam Chennai Campus.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and NSG Guards and Officers from various out Side people participated in the **" On Orientation Programme on Latest Ammunition of National Security Guards "** to promote **About Ammunition Awareness.**

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On Comprehensive Fitness, Tactics, Techniques and Skill Training for Excelling in Kabaddi”	NSG Hub Kollappakkam Chennai Campus.	Dr.K.RAJESHKUMAR	50	26.08.23

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION:

The National Security Guards (NSG) are India's premier counter-terrorism and counter-insurgency force, known for their elite training, rapid response capabilities, and state-of-the-art equipment. As security threats evolve, the NSG constantly updates its

arsenal to maintain its effectiveness in protecting national security. The "Orientation Programme on the Latest Ammunition of National Security Guards" offers a unique opportunity to explore the advanced weaponry and tactical equipment used by the NSG, shedding light on the tools that enable them to perform high-risk operations with precision and efficiency.

This outreach program provides a comprehensive overview of the latest ammunition and related technologies that the NSG employs. It also explores how these advancements contribute to the NSG's operational capabilities and their role in ensuring the safety and security of India.

OBJECTIVES OF THE ORIENTATION PROGRAMME ON LATEST AMMUNITION OF NATIONAL SECURITY GUARDS

1. Familiarize with Advanced Weaponry and Ammunition:

- To introduce participants to the latest firearms, ammunition types, and explosives used by the NSG, explaining their technical specifications, uses, and advantages.

2. Understand Tactical Applications:

- To discuss how the NSG applies advanced ammunition in various tactical scenarios, highlighting the strategic role these tools play in counter-terrorism and high-risk operations.

3. Showcase Technological Innovations:

- To explore the technological advancements in NSG's equipment, such as night vision, thermal imaging, communication systems, and surveillance tools.

4. Highlight Protective Gear and Safety Measures:

- To examine the protective equipment used by NSG operatives, including body armor, helmets, and other safety gear designed to ensure operatives' protection during operations.

5. Discuss Rigorous Training and Skill Development:

- To provide insights into the training programs and skill development processes that NSG personnel undergo to effectively utilize advanced ammunition and equipment.

Gimps/Photos:



GPS Map Camera



Vengadamangalam, Tamil Nadu, India

BLOCK-161, POLICE QUARTERS TNPHC FLATS, Vengadamangalam,


Tamil Nadu 600127, India

Lat N 12° 50' 5.9604"

Long E 80° 8' 27.8988"

26/08/23 12:36 PM GMT +05:30



 **GPS Map Camera**

Vengadamangalam, Tamil Nadu, India

BLOCK-161, POLICE QUARTERS TNPHC FLATS,
Vengadamangalam, Tamil Nadu 600127, India


Lat N 12° 50' 5.9604"

Long E 80° 8' 27.8988"

26/08/23 12:18 PM GMT +05:30





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26/08/23 12:17 PM GMT +05:30





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Lat N 12° 50' 5.9604"

Long E 80° 8' 27.8988"

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Lat N 12° 50' 5.9604"

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University & Paavai engineering College jointly organized **Out Reach Programme "Kabaddi Players Approach in analysis. Prediction & Strategy"** 25th September 2023 at Paavai engineering College Namakkal.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Paavai engineering College Principal and Staffs Public, Paavai engineering College students from various out Side people and Egypt Kabaddi team participated in the **"On Comprehensive Fitness, Tactics, Techniques and Skill Training for Excelling in Kabaddi"** to promote **Kabaddi Strategy**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On Kabaddi Players Approach in analysis. Prediction & Strategy”	Paavai engineering College, Namakkal	Dr.K.RAJESHKUMAR	100	25.09.23

1. BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION:

Kabaddi, known for its intense physicality and rapid pace, has become increasingly data-driven in recent years. As the sport evolves, players and coaches are turning to advanced analysis and predictive techniques to refine their strategies and improve gameplay. The ability to analyze matches, predict opponents' moves, and develop effective strategies is becoming essential for success in professional Kabaddi.

This outreach program on “Kabaddi Players Approach in Analysis, Prediction & Strategy” delves into how data and analytics are transforming the way Kabaddi is played. It explores how players and coaches use these tools to gain insights into their performance, understand opponents' tactics, and develop winning strategies.

- **Data Analysis in Kabaddi:** How players and coaches collect and analyze data to gain insights into their performance and identify areas for improvement. This includes studying player statistics, match trends, and key performance indicators (KPIs).
- **Predictive Techniques:** The use of predictive modeling to anticipate opponents' strategies and tactics. This involves analyzing past matches, identifying patterns, and developing counter-strategies to outsmart the competition.
- **Strategic Planning:** Developing comprehensive game plans and strategies that leverage data analysis and prediction. This section explores how coaches and players use this information to make informed decisions during matches, from selecting raiding patterns to positioning defenders.
- **Technology and Tools:** An examination of the technology and tools used in Kabaddi analysis, such as video analysis software, wearable fitness trackers, and data visualization platforms. This section highlights how these tools contribute to improved performance and strategic planning.
- **Adapting to Changing Game Dynamics:** Discussing the importance of flexibility and adaptability in Kabaddi strategy. As the sport evolves, players and coaches must adjust their approaches based on new insights and emerging trends.

The outreach program aims to provide a comprehensive understanding of how analysis, prediction, and strategy play a crucial role in Kabaddi. By exploring these concepts, participants will gain a deeper appreciation for the complexity and sophistication of the sport, as well as practical knowledge they can apply to their own coaching and playing strategies.

OBJECTIVES OF THE OUTREACH PROGRAM ON KABADDI PLAYERS APPROACH IN ANALYSIS, PREDICTION & STRATEGY:

1. Introduce Data Analysis in Kabaddi:

- To explain the role of data analysis in Kabaddi, providing insights into how players and coaches use statistics, performance metrics, and other analytical tools to improve gameplay.

2. Showcase Predictive Techniques:

- To demonstrate how predictive modeling can be used to anticipate opponents' moves and strategies, helping players and coaches develop effective counter-strategies.

3. Discuss Strategic Planning:

- To explore how coaches and players develop game plans and strategies, emphasizing the use of data-driven insights to inform decision-making during matches.

4. Highlight Technology's Role in Kabaddi:

- To showcase the technology and tools used for Kabaddi analysis, including video analysis software, wearable fitness trackers, and data visualization platforms.

5. Promote Flexibility and Adaptability:

- To emphasize the importance of adapting to changing game dynamics, illustrating how analysis and prediction can lead to flexible and adaptable strategies in Kabaddi.

6. Encourage Collaboration and Knowledge Sharing:

- To foster a collaborative environment where players, coaches, and analysts can share their knowledge and experiences, promoting continuous learning and improvement.

7. Emphasize In-Game Strategy and Decision-Making:

- To discuss how analysis and prediction inform in-game strategy and decision-making, covering key aspects like raiding patterns, defensive setups, and match tempo.

8. Promote Skill Development through Analysis:

- To demonstrate how players can use data analysis to identify areas for skill development and improvement, leading to more effective training sessions.

PHOTOS:



NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	ABISHEK P	Mother Therasa CPE
2	AJITH J A	Mother Therasa CPE
3	ANANDHA MURUGAN K	Mother Therasa CPE
4	ANBARASAN S	Mother Therasa CPE
5	ASWITHA N	Mother Therasa CPE
6	BENAZIR BUTTO P	Mother Therasa CPE
7	DEEPA E	Mother Therasa CPE
8	DEEPAK V	Mother Therasa CPE
9	DEVASENATHIPATHI A	Mother Therasa CPE
10	ELAMPIRAIDEVI L	Mother Therasa CPE
11	ELBIN S S	Mother Therasa CPE
12	GOWTHAM G	Mother Therasa CPE
13	HARIDHASS V V	Mother Therasa CPE
14	HARIHARAN R	Mother Therasa CPE
15	JAGANMOORTHY R	Mother Therasa CPE
16	JASPHIN ROSE J	Mother Therasa CPE
17	KEERTHIGA D	Mother Therasa CPE
18	KISHOREKUMAR R	Mother Therasa CPE
19	LAWRENCE E C	Mother Therasa CPE
20	LOGESH B	Mother Therasa CPE
21	LOKESH V	Mother Therasa CPE
22	MADHANRAJ G	Mother Therasa CPE
23	MAGESH V	Mother Therasa CPE
24	MALLIGA D	Mother Therasa CPE
25	MANOJ KUMAR A	Mother Therasa CPE

26	MATHESH R	Mother Therasa CPE
27	MELCHIZEDETH ARBUDHARAJ S R	Mother Therasa CPE
28	MONIKA A V	Mother Therasa CPE
29	MULLAI ROJA K	Mother Therasa CPE
30	MUNIASAMY A	Mother Therasa CPE
31	NANDHINI A	Mother Therasa CPE
32	NATARAJAN K	Mother Therasa CPE
33	NAVEEN P	Mother Therasa CPE
34	PITCHAIAMMA S	Mother Therasa CPE
35	POOJA K	Mother Therasa CPE
36	PUGAZHENTHI S	Mother Therasa CPE
37	SADHASIVAM P	Mother Therasa CPE
38	SAMAYADHARSHINI R	Mother Therasa CPE
39	SANCHANA RAJ S	Mother Therasa CPE
40	SANGEETHA K	Mother Therasa CPE
41	SANJAY G	Mother Therasa CPE
42	SANJAY K	Mother Therasa CPE
43	SANTHIYA S	Mother Therasa CPE
44	SARUKASH S	Mother Therasa CPE
45	SAVITHA S	Mother Therasa CPE
46	SIVAKUMAR M	Mother Therasa CPE
47	SIVANESHA S	Mother Therasa CPE
48	SNEHA S	Mother Therasa CPE
49	SOWMIYA A	Mother Therasa CPE
50	SRIRAM A	Mother Therasa CPE
51	SUDHARSAN M	Mother Therasa CPE
52	SUDHARSHAN S	Mother Therasa CPE
53	SURIYA R	Mother Therasa CPE
54	SURIYA U	Mother Therasa CPE

55	TAMILARASI S	Mother Therasa CPE
56	THARUN E	Mother Therasa CPE
57	VALLARASU K	Mother Therasa CPE
58	VINOTHINI R	Mother Therasa CPE
59	VISHALI B	Mother Therasa CPE
60	YOGITHRAJ D	Mother Therasa CPE
61	ABHISHEK P N	Mother Therasa CPE
62	ABRAHAM ARPUDARAJ G	Mother Therasa CPE
63	AKSHAYA M	Mother Therasa CPE
64	ALAGUSUBHA A	Mother Therasa CPE
65	AMUDHAVALLI A	Mother Therasa CPE
66	ANBARASI S	Mother Therasa CPE
67	ARJUN P K	Mother Therasa CPE
68	ARON A	Mother Therasa CPE
69	ARUNKUMAR B	Mother Therasa CPE
70	BALAKRISHNAN P	Mother Therasa CPE
71	BALAKRISHNAN V	Mother Therasa CPE
72	BALAVINAYAGAM V	Mother Therasa CPE
73	BASHEER AHAMED KA	Mother Therasa CPE
74	BUVANESHWARAN P	Mother Therasa CPE
75	CHARUMATHI B	Mother Therasa CPE
76	DEVARAJ A	Mother Therasa CPE
77	DEVOTTHAM A	Mother Therasa CPE
78	DHANUSHKODI J	Mother Therasa CPE
79	DHARMENTHIRAN S	Mother Therasa CPE
80	DHARSHINI R	Mother Therasa CPE
81	DHINAKARAN G	Mother Therasa CPE
82	DURGAIAMMAL M	Mother Therasa CPE
83	EDWIN MARSHAL C	Mother Therasa CPE
84	ERAIANBU M	Mother Therasa CPE

85	GENO P	Mother Therasa CPE
86	GOKUL K	Mother Therasa CPE
87	GOMATHI M	Mother Therasa CPE
88	GOPINATH R	Mother Therasa CPE
89	GOWTHAM G	Mother Therasa CPE
90	HARI PRASAD S K	Mother Therasa CPE
91	HARI PRASATH V	Mother Therasa CPE
92	JANANI MP	Mother Therasa CPE
93	JAYANTHI A	Mother Therasa CPE
94	KARTHIK RAJA E	Mother Therasa CPE
95	KAVIARASAN P	Mother Therasa CPE
96	KEERTHANA T	Mother Therasa CPE
97	LAVANYA P	Mother Therasa CPE
98	LAVANYADEVI M	Mother Therasa CPE
99	LOGANATHAN A	Mother Therasa CPE
100	LOKESH M S	Mother Therasa CPE

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY**

MEALAKOTTAIYUR, CHENNAI-127.

National Service Scheme



Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized **Out Reach Programme "On National Sports Day Awareness Mini Marathon Competition"** on 28 Aug 2023 at On National Sports Day Awareness Mini Marathon Competition Programme Started Police Quatres, Pillaiyar Kovil St, Melakottaiyur.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and from various Athlete participated in the **"On National Sports Day Awareness Mini Marathon Competition"** to promote A Sports.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On National Sports Day Awareness Mini Marathon Competition”	Police Quatres, Pillaiyar Kovil St, Melakottaiyur	Dr.K.RAJESHKUMAR	50	28.08.23

BRIEF DESCRIPTION OF THE PROGRAMME:

An outreach program for a "National Sports Day Awareness Mini Marathon Competition" is designed to promote physical activity, community engagement, and a celebration of sports and fitness. Here's an introduction that outlines the purpose, structure, and key components of this program.

INTRODUCTION TO NATIONAL SPORTS DAY AWARENESS MINI MARATHON COMPETITION:

The "National Sports Day Awareness Mini Marathon Competition" is a community-based event aimed at celebrating National Sports Day, promoting fitness, and encouraging community participation in sports activities. This program features a mini marathon—a shorter-distance running event—that brings people together to foster a sense of unity, health, and sportsmanship.

OBJECTIVES:

- Celebrate National Sports Day with a community-focused event that encourages physical activity.
- Promote awareness about the importance of sports and exercise for overall health and well-being.
- Foster a sense of community through participation in a shared event.
- Encourage individuals of all ages and abilities to engage in sports and fitness activities.

GIMPS / PHOTOS:







NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	AJITHKUMAR K	TRICHY
2	DINESH M	TRICHY
3	FELIX SANOOSH P.S	CHENNAI
4	GOKULESH N	CHENNAI
5	HEMA D	CHENNAI
6	IBRAHIM M	CHENNAI
7	JAGAN V	CHENNAI
8	JAMUNA SRI E	CHENNAI
9	JAYAGANESH S	CHENNAI
10	MADHANKUMAR R	CHENNAI
11	MIDHUN B PILLAI	CHENNAI
12	PRAVIN S	CHENNAI
13	SANCHARI BANERJEE	CHENNAI
14	SANTHOSH G	CHENNAI
15	ARAVINDHAN I	CHENNAI
16	ARUNKUMAR M	ERODE
17	DHANUSH KUMAR U	KOVAI
18	DINESH KUMAR M	KAOVAI
19	GOMATHY A	TRICHY
20	JAI P	TRICHY
21	KARTHICK K	TRICHY
22	LATHAN KUMAR M	TRICHY
23	MANOHAR J	MADURAI
24	MITHRAKESAN A	MADURAI
25	MOHAMED THANZIL D	MADURAI
26	MUHAMMAD SAVAD T K	CHENNAI

27	NISHANTH K	CHENNAI
28	NISHANTHI P	CHENNAI
29	PRAVEEN M	CHENNAI
30	PRAVEEN S	CHENNAI
31	RAJESHWARAN M	CHENNAI
32	SACHIN G M	CHENNAI
33	SANJAYRAJ S	CHENNAI
34	SIRANJEEVI R	CHENNAI
35	SIVA R	CHENNAI
36	THIRUMAL V	CHENNAI
37	VELLAICHAMY K	VELUR
38	VENGATESHPERUMAL M	KANCHIPURAM
39	YASAR ARAFATH A.R	CHENGALPATTU
40	SRIRAM A	CHENGALPATTU
41	SUDHARSAN M	DINDUGAL
42	SUDHARSHAN S	DINDUGAL
43	SURIYA R	DINDUGAL
44	SURIYA U	MADURAI
45	TAMILARASI S	ARIYALUR
46	THARUN E	TRICHY
47	VALLARASU K	CHENNAI
48	VINOTHINI R	RANIPET
49	VISHAL B	VELUR
50	YOGITHRAJ D	TRICHY

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
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MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University & Light Workers Academy jointly organized **Out Reach Programme "Modern Kabaddi and Recent, Advance, Scientific Training In India"** on 22th Sep 2023 at **Modern Kabaddi and Recent, Advance, Scientific Training In India** Programme Started TNPESU Caampus, Melakottaiyur, Chennai.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Light Workers Academy Staffs Staffs from various out Side people participated in the " **Modern Kabaddi and Recent, Advance, Scientific Training In India** " to promote **Kabaddi Training**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme - "Modern Kabaddi and Recent, Advance, Scientific Training In India"	Light Workers	Dr.K.RAJESHKUMAR	50	22.09.23

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO THE OUTREACH PROGRAMME ON "MODERN KABADDI AND RECENT, ADVANCED, SCIENTIFIC TRAINING IN INDIA":

The "Modern Kabaddi and Recent, Advanced, Scientific Training in India" outreach program aims to educate Kabaddi players, coaches, and enthusiasts about the latest developments in Kabaddi training methods. This program emphasizes the integration of scientific approaches, technology, and advanced training techniques to improve performance and safety in the sport. It provides a platform for sharing knowledge and best practices to help Kabaddi athletes reach their full potential.

OBJECTIVES:

- Explore recent trends and advancements in Kabaddi training in India.
- Highlight the role of scientific methods in enhancing athletic performance and injury prevention.
- Educate players, coaches, and trainers about the benefits of using technology and data analysis in Kabaddi.
- Promote best practices in physical conditioning, recovery, and performance enhancement.

GIMPS/PHOTOS:



**NAME OF
OUTSIDE**

BENEFICIARIES:

S.No	Number of outside beneficiaries:	University/College
1	M.STALIN	LIGHT WORKERS ACADEMY

2	B.VEERAMANIKANDAN	LIGHT WORKERS ACADEMY
3	V.HENORY	LIGHT WORKERS ACADEMY
4	R.KISHORE SHRI	LIGHT WORKERS ACADEMY
5	M.JAI ANUSURYA	LIGHT WORKERS ACADEMY
6	SHREYAS HARIHARAN	LIGHT WORKERS ACADEMY
7	PRANAUUDAYKUMAR	LIGHT WORKERS ACADEMY
8	G.NIRMALADEVI	LIGHT WORKERS ACADEMY
9	G.NARESH	LIGHT WORKERS ACADEMY
10	A.MATHAN	LIGHT WORKERS ACADEMY
11	R.RAMYA RAGARID SRI	LIGHT WORKERS ACADEMY
12	P.DHIVYASHREE	LIGHT WORKERS ACADEMY
13	S.R.SARAVANAN	LIGHT WORKERS ACADEMY
14	S.HARIEESWARAN	LIGHT WORKERS ACADEMY
15	M.DEVA KUMAR	LIGHT WORKERS ACADEMY
16	K.MOULEESWAR	LIGHT WORKERS ACADEMY
17	A.UMAPARVATHI	LIGHT WORKERS ACADEMY
18	DR.V.AMUTHA	LIGHT WORKERS ACADEMY
19	DR.G.NITHYA	LIGHT WORKERS ACADEMY
20	DR.K.AMBETHKAR	LIGHT WORKERS ACADEMY

21	T.S.PRAVEEN	LIGHT WORKERS ACADEMY
22	P.NATARAJAN	LIGHT WORKERS ACADEMY
23	M.NIRAIPANDIYAN	LIGHT WORKERS ACADEMY
24	M.ESWARAN	LIGHT WORKERS ACADEMY
25	K.MAHENDRAN	LIGHT WORKERS ACADEMY
26	R.DHARSHINI	LIGHT WORKERS ACADEMY
27	C.GOMATHI	LIGHT WORKERS ACADEMY
28	S.ANITHA	LIGHT WORKERS ACADEMY
29	S.JEEVIKA	LIGHT WORKERS ACADEMY
30	DR.S.SUMATHI	LIGHT WORKERS ACADEMY
31	MR. V.PRASANTH	LIGHT WORKERS ACADEMY
32	MR. N.VASANTH	LIGHT WORKERS ACADEMY
33	MR. G.MURURAN	LIGHT WORKERS ACADEMY
34	MR. M.G.PARTHIPAN	LIGHT WORKERS ACADEMY
35	MRS. N.MURANANTHI	LIGHT WORKERS ACADEMY
36	DR. A.NELSON DURAI	LIGHT WORKERS ACADEMY
37	DR. R.THANALAKSHMI	LIGHT WORKERS ACADEMY
38	MR. R.SIVA	LIGHT WORKERS ACADEMY
39	R.JACOB	LIGHT WORKERS ACADEMY

40	E.SOLUILANGU	LIGHT WORKERS ACADEMY
41	R.SARAVANARAJA	LIGHT WORKERS ACADEMY
42	S.MOHAN PRABU	LIGHT WORKERS ACADEMY
43	A.VINOBALAN	LIGHT WORKERS ACADEMY
44	A.PAPITHA	LIGHT WORKERS ACADEMY
45	K.MITHRA	LIGHT WORKERS ACADEMY
46	K.KAVITHA	LIGHT WORKERS ACADEMY
47	K.SATHYAMOORTHY	LIGHT WORKERS ACADEMY
48	R.RAJAN	LIGHT WORKERS ACADEMY
49	J.ARAVINDHAN	LIGHT WORKERS ACADEMY
50	M.THILAKAVATHI	LIGHT WORKERS ACADEMY

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
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MEALAKOTTAIYUR, CHENNAI-127.

National Service Scheme

Report of the Programme



The National Service Scheme, Tamil Nadu Physical Education and Sports University organized An Extension Activity “On Building the Leaders of Tomorrow” on 07th to 08th April 2024 at An Extension Activity “On Building the Leaders of Tomorrow” Programme Started at Coonoor, Ooty.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Coonoor Village People and The Baharat State Scouts Office Student are participated in the “On Building the Leaders of Tomorrow” to promote **Best Leaders In World**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	An Extension Activity “On Building the Leaders of Tomorrow”	Coonoor, Ooty	Dr.K.RAJESHKUMAR	50	07.04.24 to 08.04.24

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO THE EXTENSION ACTIVITY "BUILDING THE LEADERS OF TOMORROW":

The "Building the Leaders of Tomorrow" extension activity is designed to continue developing leadership skills and foster a sense of community among participants. This activity provides a platform for emerging leaders to apply what they've learned, gain new insights, and build a network of like-minded individuals. It encourages personal growth, teamwork, and leadership excellence through a series of interactive sessions, mentorship programs, and community-based projects.

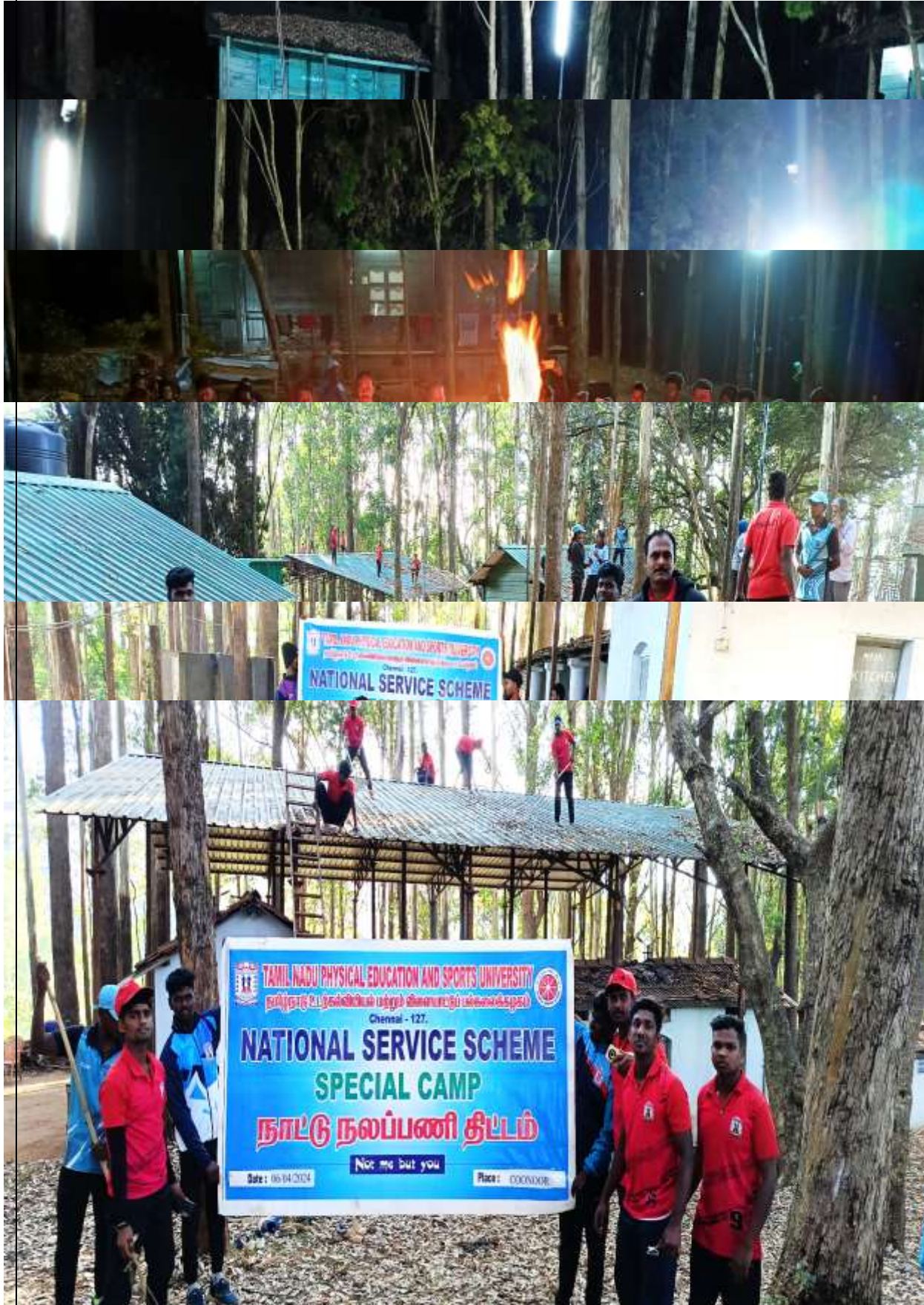
OBJECTIVES:

- Reinforce and expand on foundational leadership skills and concepts.
- Offer practical opportunities for participants to apply leadership skills in real-world contexts.
- Foster a sense of community and networking among emerging leaders.
- Encourage participants to become positive role models and change agents in their communities.

GIMPS / PHOTOS:



Nilgiris, Tamil Nadu, India
8QWM+824, Tamil Nadu 643105, India
Lat 11.345668°
Long 76.782093°
07/04/24 09:04 PM GMT +05:30



**NAME OF
OUTSIDE**

BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	AARTHI M	Coonoor, Ooty
2	ABHINESH KUMAR P	Coonoor, Ooty
3	ADLIN AJAY K G	Coonoor, Ooty
4	AJAY M	Coonoor, Ooty
5	AKILA A	Coonoor, Ooty
6	ARAVINDHAN M	Coonoor, Ooty
7	ARIVAZHAGAN K	Coonoor, Ooty
8	ASHWIN A	Coonoor, Ooty
9	BHALAMURUGAN M S	Coonoor, Ooty
10	CHARULATHA G	Coonoor, Ooty
11	DEEPAN G	Coonoor, Ooty
12	DEEPIKA R	Coonoor, Ooty
13	DHARANI M	Coonoor, Ooty
14	DINESHKUMAR T	Coonoor, Ooty
15	EZHILLOVIYA R	Coonoor, Ooty
16	GLADSTONE SAMUEL G	Coonoor, Ooty
17	GODWIN J	Coonoor, Ooty
18	GOKUL M	Coonoor, Ooty
19	GOPI R	Coonoor, Ooty
20	HIMAYATAMILSELVAN R M	Coonoor, Ooty
21	JAGATHISH K	Coonoor, Ooty
22	JAYAMALINI D	Coonoor, Ooty
23	KARTHIKEYAN D	Coonoor, Ooty
24	KAVIKUIL K	Coonoor, Ooty
25	KEERTHIGA N	Coonoor, Ooty
26	KEERTHIKA M	Coonoor, Ooty

27	KUZANTHAIYESU A	Coonoor, Ooty
28	MADHAVAN M	Coonoor, Ooty
29	MARIMUTHU P	Coonoor, Ooty
30	MEKALA S	Coonoor, Ooty
31	MOWLEESWAR K	Coonoor, Ooty
32	MUKILAN N	Coonoor, Ooty
33	MURUGESAN R	Coonoor, Ooty
34	MUTHAIYA K	Coonoor, Ooty
35	NANDA KUMAR H	Coonoor, Ooty
36	NITHYANANDHAN P	Coonoor, Ooty
37	NIVETHA L	Coonoor, Ooty
38	PAVAN SINGH E	Coonoor, Ooty
39	PRAVEEN RAJ R	Coonoor, Ooty
40	RAGUL R	Coonoor, Ooty
41	RAMAN R	Coonoor, Ooty
42	RITHISHA R	Coonoor, Ooty
43	RIYASTHEEN S	Coonoor, Ooty
44	SABITHA J	Coonoor, Ooty
45	SARANRAJ S	Coonoor, Ooty
46	SATHISHKUMAR V	Coonoor, Ooty
47	SELVA SUNDARI S	Coonoor, Ooty
48	SELVAMANI M	Coonoor, Ooty
49	SILAMBARASAN M	Coonoor, Ooty
50	SRIDHAR D	Coonoor, Ooty

Signature of NSS PO Officer

Signature of Registrar



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Event

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized an extension activity "NSS Special Camp" on 06th to 12th April 2024 at Coonoor, Ooty.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and Public, students from various out Sside people participated and worked in the "NSS Special Camp" to promote **Leadership Quality**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	An Extension Activity -"NSS Special Camp"	Coonoor, Ooty	Dr.K.RAJESHKUMAR	150	06.04.24 to 12.04.24

1. BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION:

The National Service Scheme (NSS) Special Camp in Coonoor, Ooty, is a programme aimed at fostering community service and social responsibility among youth. Through various activities, workshops, and outreach initiatives, participants engage in meaningful projects to address local issues, promote environmental sustainability, and empower communities. The program serves as a platform for youth to develop leadership skills, cultural understanding, and a sense of civic duty while making a positive impact on society.

OBJECTIVES:

The objectives of the National Service Scheme (NSS) Special Camp in Coonoor, Ooty, typically include:

COMMUNITY ENGAGEMENT:

To actively involve youth in community development projects and initiatives that address local needs and challenges.

SOCIAL AWARENESS:

To raise awareness among participants about social issues, such as education, healthcare, environmental conservation, and gender equality.

SKILL DEVELOPMENT:

To provide opportunities for participants to develop leadership, teamwork, communication, and problem-solving skills through hands-on experience.

EMPOWERMENT:

To empower marginalized communities through various socio-economic and educational interventions.

ENVIRONMENTAL CONSERVATION:

To promote environmental sustainability and conservation efforts through tree planting, waste management, and awareness campaigns.



NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	R.DHARSHINI	Coonoor, Ooty
2	C.GOMATHI	Coonoor, Ooty
3	S.ANITHA	Coonoor, Ooty
4	S.JEEVIKA	Coonoor, Ooty
5	DR.S.SUMATHI	Coonoor, Ooty
6	MR. V.PRASANTH	Coonoor, Ooty
7	MR. N.VASANTH	Coonoor, Ooty
8	MR. G.MURURAN	Coonoor, Ooty
9	MR. M.G.PARTHIPAN	Coonoor, Ooty
10	MRS. N.MURANANTHI	Coonoor, Ooty
11	DR. A.NELSON DURAI	Coonoor, Ooty
12	DR. R.THANALAKSHM	Coonoor, Ooty
13	MR. R.SIVA	Coonoor, Ooty
14	R.JACOB	Ottuppatrai, Coonoor, Ooty
15	E.SOLUILANGU	Ottuppatrai, Coonoor, Ooty
16	R.SARAVANARAJA	Ottuppatrai, Coonoor, Ooty
17	S.MOHAN PRABU	Ottuppatrai, Coonoor, Ooty
18	A.VINOBALAN	Ottuppatrai, Coonoor, Ooty
19	A.PAPITHA	Ottuppatrai, Coonoor, Ooty
20	K.MITHRA	Ottuppatrai, Coonoor, Ooty
21	K.KAVITHA	Ottuppatrai, Coonoor, Ooty
22	K.SATHYAMOORTHY	Ottuppatrai, Coonoor, Ooty
23	R.RAJAN	Ottuppatrai, Coonoor, Ooty
24	J.ARAVINDHAN	Ottuppatrai, Coonoor, Ooty
25	M.THILAKAVATHI	Ottuppatrai, Coonoor, Ooty

26	M.STALIN	Ottuppatrai, Coonoor, Ooty
27	B.VEERAMANIKANDAN	Ottuppatrai, Coonoor, Ooty
28	V.HENORY	Ottuppatrai, Coonoor, Ooty
29	R.KISHORE SHRI	Ottuppatrai, Coonoor, Ooty
30	M.JAI ANUSURYA	Ottuppatrai, Coonoor, Ooty
31	SHREYAS HARIHARAN	Ottuppatrai, Coonoor, Ooty
32	PRANAUUDAYKUMAR	Ottuppatrai, Coonoor, Ooty
33	G.NIRMALADEVI	Ottuppatrai, Coonoor, Ooty
34	G.NARESH	Ottuppatrai, Coonoor, Ooty
35	A.MATHAN	Ottuppatrai, Coonoor, Ooty
36	R.RAMYA RAGARID SRI	Ottuppatrai, Coonoor, Ooty
37	P.DHIVYASHREE	Ottuppatrai, Coonoor, Ooty
38	S.R.SARAVANAN	Ottuppatrai, Coonoor, Ooty
39	S.HARIEESWARAN	Ottuppatrai, Coonoor, Ooty
40	M.DEVA KUMAR	Ottuppatrai, Coonoor, Ooty
41	K.MOULEESWAR	Ottuppatrai, Coonoor, Ooty
42	A.UMAPARVATHI	Ottuppatrai, Coonoor, Ooty
43	DR.V.AMUTHA	Ottuppatrai, Coonoor, Ooty
44	DR.G.NITHYA	Ottuppatrai, Coonoor, Ooty
45	DR.K.AMBETHKAR	Ottuppatrai, Coonoor, Ooty
46	T.S.PRAVEEN	Ottuppatrai, Coonoor, Ooty
47	P.NATARAJAN	Ottuppatrai, Coonoor, Ooty
48	M.NIRAIPANDIYAN	Ottuppatrai, Coonoor, Ooty
49	M.ESWARAN	Ottuppatrai, Coonoor, Ooty
50	K.MAHENDRAN	Ottuppatrai, Coonoor, Ooty
51	NISHNATHINI R	Ottuppatrai, Coonoor, Ooty
52	NITHYA A	Ottuppatrai, Coonoor, Ooty
53	PAVITHRA K	Ottuppatrai, Coonoor, Ooty

54	POOVARASAN M	Ottuppatrai, Coonoor, Ooty
55	POOVIZHI K	Ottuppatrai, Coonoor, Ooty
56	PRAVEEN KUMAR D	Ottuppatrai, Coonoor, Ooty
57	PRAVIN KUMAR P	Ottuppatrai, Coonoor, Ooty
58	PREETHI J	Ottuppatrai, Coonoor, Ooty
59	PRIYA S	Ottuppatrai, Coonoor, Ooty
60	PRIYADHARSHINI S	Ottuppatrai, Coonoor, Ooty
61	RAGHURAMAN R	Ottuppatrai, Coonoor, Ooty
62	RAJESHWARI V	Ottuppatrai, Coonoor, Ooty
63	RAKESH B	Ottuppatrai, Coonoor, Ooty
64	RAM PRABHA S	Ottuppatrai, Coonoor, Ooty
65	RANJANI S	Ottuppatrai, Coonoor, Ooty
66	RANJITHKUMAR P	Ottuppatrai, Coonoor, Ooty
67	ROSINI A	Ottuppatrai, Coonoor, Ooty
68	SAI KIRAN K	Ottuppatrai, Coonoor, Ooty
69	SALAI DEEPAN N	Ottuppatrai, Coonoor, Ooty
70	SAM JUSTIN WALTON R	Ottuppatrai, Coonoor, Ooty
71	SANKAR S	Ottuppatrai, Coonoor, Ooty
72	SANTHANAM P	Ottuppatrai, Coonoor, Ooty
73	SANTHOSH M	Ottuppatrai, Coonoor, Ooty
74	SARANYA M	Ottuppatrai, Coonoor, Ooty
75	SARANYA P	Ottuppatrai, Coonoor, Ooty
76	SATHISH M	Ottuppatrai, Coonoor, Ooty
77	SATHISHKUMAR S	Ottuppatrai, Coonoor, Ooty
78	SELVA T	Ottuppatrai, Coonoor, Ooty
79	SHINY SWETHA A	Ottuppatrai, Coonoor, Ooty
80	SHYAM Y	Ottuppatrai, Coonoor, Ooty
81	SNEKA S	Ottuppatrai, Coonoor, Ooty

82	SOUNDHARYA S	Ottuppatrai, Coonoor, Ooty
83	SUDHARSHINI K	Ottuppatrai, Coonoor, Ooty
84	SUMEESHNA K	Ottuppatrai, Coonoor, Ooty
85	SURIYA M	Ottuppatrai, Coonoor, Ooty
86	SURYA E	Ottuppatrai, Coonoor, Ooty
87	SUSILA S	Ottuppatrai, Coonoor, Ooty
88	TAMILMOZHI E	Ottuppatrai, Coonoor, Ooty
89	TAMILVANNAN R	Ottuppatrai, Coonoor, Ooty
90	VARSHINI S	Ottuppatrai, Coonoor, Ooty
91	VASANTH KUMAR A	Ottuppatrai, Coonoor, Ooty
92	VASANTHKUMAR S	Ottuppatrai, Coonoor, Ooty
93	VIGNESH R	Ottuppatrai, Coonoor, Ooty
94	VIGNESHVARAN P	Ottuppatrai, Coonoor, Ooty
95	VIJAIMOORTHY S	Ottuppatrai, Coonoor, Ooty
96	VIKRAM K	Ottuppatrai, Coonoor, Ooty
97	VIMALA T	Ottuppatrai, Coonoor, Ooty
98	VISHVANANTHI M	Ottuppatrai, Coonoor, Ooty
99	YUVARAJ S	Ottuppatrai, Coonoor, Ooty
100	YUVASHREE R	Ottuppatrai, Coonoor, Ooty

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY**

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized **An Extension Activity "On Research Oriented Kalaripayattu Techniques"** on 25th to 26th March 2024 at **On Research Oriented Kalaripayattu Techniques** Programme Started TNPESU Caampus, Melakottaiyur, Chennai.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and University Staffs from various out Side people participated in the **"On Research Oriented Kalaripayattu Techniques"** to promote **Kalaripayattu Techniques**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	An Extension Activity "On Research Oriented Kalaripayattu Techniques"	TT Indoor, TNPESU	Dr.K.RAJESHKUMAR	110	25.03.24 to 26.03.24

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO THE EXTENSION ACTIVITY "ON RESEARCH ORIENTED KALARIPAYATTU TECHNIQUES":

The "Research Oriented Kalaripayattu Techniques" extension activity is designed for practitioners and enthusiasts of Kalaripayattu who seek to enhance their knowledge and skills through research-driven training. This program explores advanced techniques, historical contexts, and the broader cultural significance of

Kalaripayattu. It also provides a platform for collaborative research, allowing participants to contribute to the understanding and evolution of this traditional martial art.

OBJECTIVES:

- Promote a deeper understanding of Kalaripayattu's history, philosophy, and cultural significance.
- Explore advanced techniques and their applications in modern settings.
- Encourage research and scholarship in Kalaripayattu, fostering innovation and knowledge sharing.
- Develop a community of practitioners committed to preserving and advancing the art.

GIMPS/PHOTS:







NAME OF OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	University/College
1	R.DHARSHINI	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
2	C.GOMATHI	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
3	S.ANITHA	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
4	S.JEEVIKA	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
5	DR.S.SUMATHI	SRI SARADA COLLEGE OF PHYSICAL EDUCATION
6	MR. V.PRASANTH	G.S COLLEGE OF PHYSICAL EDUCATION
7	MR. N.VASANTH	G.S COLLEGE OF PHYSICAL EDUCATION
8	MR. G.MURURAN	G.S COLLEGE OF PHYSICAL EDUCATION
9	MR. M.G.PARTHIPAN	G.S COLLEGE OF PHYSICAL EDUCATION
10	MRS. N.MURANANTHI	G.S COLLEGE OF PHYSICAL EDUCATION
11	DR. A.NELSON DURAI	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
12	DR. R.THANALAKSHMI	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
13	MR. R.SIVA	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
14	R.JACOB	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
15	E.SOLUILANGU	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
16	R.SARAVANARAJA	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION

17	S.MOHAN PRABU	Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION
18	A.VINOBALAN	STUDENT
19	A.PAPITHA	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
20	K.MITHRA	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
21	K.KAVITHA	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
22	K.SATHYAMOORTHY	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
23	R.RAJAN	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
24	J.ARAVINDHAN	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
25	M.THILAKAVATHI	SHREE BHAVANI COLLEGE OF PHYSICAL EDUCATION
26	M.STALIN	K.R COLLEGE OF PHYSICAL EDUCATION
27	B.VEERAMANIKANDA N	K.R COLLEGE OF PHYSICAL EDUCATION
28	V.HENORY	K.R COLLEGE OF PHYSICAL EDUCATION
29	R.KISHORE SHRI	K.R COLLEGE OF PHYSICAL EDUCATION
30	M.JAI ANUSURYA	K.R COLLEGE OF PHYSICAL EDUCATION
31	SHREYAS HARIHARAN	ST.JOSPEH'S UNIVERSITY
32	PRANAUUDAYKUMA R	ST.JOSPEH'S UNIVERSITY
33	G.NIRMALADEVI	AVINASHILINGAM INSTITUTE
34	G.NARESH	ANNAMALAI UNIVERSITY
35	A.MATHAN	ANNAMALAI UNIVERSITY

36	R.RAMYA RAGARID SRI	ANNAMALAI UNIVERSITY
37	P.DHIVYASHREE	PMT
38	S.R.SARAVANAN	PMT
39	S.HARIEESWARAN	PMT
40	M.DEVA KUMAR	PMT
41	K.MOULEESWAR	TNPESU
42	A.UMAPARVATHI	TNPESU
43	DR.V.AMUTHA	CHERAN COLLEGE OF PHYSICAL EDUCATION
44	DR.G.NITHYA	CHERAN COLLEGE OF PHYSICAL EDUCATION
45	DR.K.AMBETHKAR	CHERAN COLLEGE OF PHYSICAL EDUCATION
46	T.S.PRAVEEN	CHERAN COLLEGE OF PHYSICAL EDUCATION
47	P.NATARAJAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
48	M.NIRAIPANDIYAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
49	M.ESWARAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
50	K.MAHENDRAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
51	S.KALEESWARAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
52	P.DINESH	CHERAN COLLEGE OF PHYSICAL EDUCATION
53	P.PARTHIBAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
54	M.ARGUN	CHERAN COLLEGE OF PHYSICAL EDUCATION

55	S.KATHIR VEL	CHERAN COLLEGE OF PHYSICAL EDUCATION
56	R.KAVIN KUMAR	CHERAN COLLEGE OF PHYSICAL EDUCATION
57	K.THIRUKUMARAN	CHERAN COLLEGE OF PHYSICAL EDUCATION
58	R.RAMYA	CHERAN COLLEGE OF PHYSICAL EDUCATION
59	U.KOWSALYA	CHERAN COLLEGE OF PHYSICAL EDUCATION
60	M.BALAKUMARAM	SHRI PARANJOTHI YOGA COLLEGE
61	N.MADHANA KAMARAJ	SHRI PARANJOTHI YOGA COLLEGE
62	S.KRISHNA PRASATH	SHRI PARANJOTHI YOGA COLLEGE
63	M.AMSALEKHA	HITHAM YOGA
64	NAHA ATTRI	HITHAM YOGA
65	C.SARAVANAN	HITHAM YOGA
66	B.PAZHANI SAMY	HITHAM YOGA
67	R.DINESH	HITHAM YOGA
68	H.PHARATH KUMAR	HINDUSTAN COLLEGE
69	ARULMOZHI SARAVANAN	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
70	A.SANJAI	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
71	G.KARTHIKAYAN	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
72	R.SARAN	JENNEY'S COLLEGE OF PHYSICAL EDUCATION
73	K.KIRTHIKA	JENNEY'S COLLEGE OF PHYSICAL EDUCATION

74	M.ALBIN	ST.JOHN'S COLLEGE OF PHYSICAL EDUCATION
75	DR .J.GNANAVAKTHAN	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
76	R.NARMADHA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
77	N.NARMADHA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
78	M.SOUNDARYA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
79	D.MOHANAPRIYA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
80	M.SOWMIYA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
81	H.MOHASENA	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
82	R.MURALI	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
83	C.GOPALKRISHNAN	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
84	S.GOBIKRISHNAN	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
85	V.ASHOKKUMAR	SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION
86	M.KIRUBARAJ	MASS COLLEGE OF PHYSICAL EDUCATION
87	M.GOVINDARAJ	MASS COLLEGE OF PHYSICAL EDUCATION
88	A.GOWTHAM	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
89	P.RAJADURAI	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
90	S.RANJAN	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
91	K.SELVA AVINASH	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
92	P.SURYA	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION

93	S.ABINESH SELVAM	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
94	P.SREEKANTH	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
95	P.HARI PARAKASH	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
96	K.PORKALAI	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
97	S.MARIYA SHAJI	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
98	K.RAJALAKSHMISHAJ I	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
99	T.RAKSHANA	DHANALAKSHMI COLLEGE OF PHYSICAL EDUCATION
100	P.GOWRI ROOBINI	MEENATCHI COLLEGE OF PHYSICAL EDUCATION
101	M.JANANI	MEENATCHI COLLEGE OF PHYSICAL EDUCATION
102	B.AKSHAIKRISHNAN	MEENATCHI COLLEGE OF PHYSICAL EDUCATION
103	DR .SANMUGAPRIYA VASUDEVAN	SHRI PARANJOTHI YOGA COLLEGE
104	M.MANIKANDAN	MRC COLLEGE
105	DR.M.THIRUMURUGA N	MRC COLLEGE
106	MR.T.SELVAKUMAR	TNPESU
107	MR.A.ARAVINDHARAJ	TNPESU
108	MR.S.NAVANI	TNPESU
109	MR.HARI	TNPESU
110	MR.LOKESH	TNPESU

Signature of NSS PO Officer

Signature of Registrar



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY**

MEALAKOTTAIYUR, CHENNAI-127.



National Service Scheme

Report of the Programme

The National Service Scheme, Tamil Nadu Physical Education and Sports University organized An **Extension Activity “On Voting Awareness Programme”** on 10 April 2024 at On Voting Awareness Programme Started Potanical Garden, Ooty.

All the participants in this Event along with Dr.K.RAJESHKUMAR, Assistant Professor cum NSS Programme Officer, TNPESU and from various people was participated in the **"On Voting Awareness Programme"** to promote **Voting Awareness**.

S.No	Programme	Place	NSS PO Name	No of Beneficiaries	Date
1.	Out Reach Programme – “On Voting Awareness Programme”	Potanical Garden, Ooty	Dr.K.RAJESHKUMAR	30	10.04.24

BRIEF DESCRIPTION OF THE PROGRAMME:

INTRODUCTION TO VOTING AWARENESS PROGRAMME:

The "Voting Awareness Programme" is a community initiative designed to promote voter participation and raise awareness about the importance of voting in elections. This program aims to engage citizens, increase voter turnout, and ensure that people understand their voting rights and responsibilities. It also seeks to combat voter apathy and misinformation by providing clear, accurate information about the voting process.

OBJECTIVES:

- Raise awareness about the importance of voting and civic engagement.
- Educate the public about voting rights, registration processes, and election procedures.
- Encourage voter participation and increase turnout in local, regional, and national elections.
- Address common barriers to voting, such as misinformation, accessibility issues, and lack of awareness.

GIMPS/PHOTOS:



NAME
OF

OUTSIDE BENEFICIARIES:

S.No	Number of outside beneficiaries:	Village
1	NADHIYA S	OOTY

2	NAVEEN G	OOTY
3	NILA SURIYAN M	OOTY
4	NISHNATHINI R	OOTY
5	NITHYA A	OOTY
6	PAVITHRA K	OOTY
7	POOVIZHI K	OOTY
8	RAKESH B	OOTY
9	RAM PRABHA S	OOTY
10	RANJANI S	OOTY
11	RANJITHKUMAR P	OOTY
12	ROSINI A	OOTY
13	SAI KIRAN K	OOTY
14	SALAI DEEPAN N	OOTY
15	SAM JUSTIN WALTON R	OOTY
16	SANKAR S	MADURAI
17	SANTHANAM P	MADURAI
18	SANTHOSH M	MADURAI
19	SARANYA M	MADURAI
20	SARANYA P	MADURAI
21	SATHISH M	MADURAI
22	SATHISHKUMAR S	POLLACHI
23	SELVA T	POLLACHI
24	SHINY SWETHA A	KOVAI
25	SNEKA S	METTUPALAIYAM
26	SOUNDHARYA S	METTUPALAIYAM
27	SUDHARSHINI K	METTUPALAIYAM
28	SUMEESHNA K	METTUPALAIYAM
29	SURIYA M	METTUPALAIYAM

30

SELVAKUMAR T

METTUPALAIYAM

Signature of NSS PO Officer

Signature of Registrar

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY MEALAKOTTAIYUR, CHENNAI-127.



NATIONAL SERVICE SCHEME

Report on

Drug Awareness Rally

(22nd March 2024)

Prepared by: Dr.K.RAJESH KUMAR

Assistant professor cum NSS Programme Officer Tamil Nadu Physical Education and Sports University Chennai – 127

Submitted to: Prof.I.LILYPUSHPAM

Registrar

Tamil Nadu Physical Education and Sports University Chennai - 127

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY MEALAKOTTAIYUR, CHENNAI-127.



NATIONAL SERVICE SCHEME

Report on

Drug Awareness Rally

22.03.2024



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Drug Awareness Rally

INTRODUCTION:

Welcome to our Drug Awareness Rally, an event dedicated to raising awareness about the dangers of drug abuse and promoting a healthy, drug-free lifestyle. We are delighted to see such a diverse group of people coming together with a shared goal: to educate, inspire, and create a safer community.

Today, as we gather here, we are reminded of the impact that drug abuse has on individuals, families, and entire communities. The statistics are staggering, but what is even more concerning is the human story behind those numbers—the loss, the struggles, and the dreams left unfulfilled. Yet, it is events like this that give us hope. Together, we have the power to make a difference, to change lives, and to build a future where drug abuse no longer has a hold on our communities.

Our programme today is designed to inform and inspire action. We have a lineup of speakers who will share their experiences and insights, from experts in addiction and recovery to law enforcement officials and those who have triumphed over addiction. Their stories and expertise will provide us with valuable knowledge and tools to combat this pressing issue.

Throughout the day, we will also have interactive workshops, informational booths, and activities designed to engage attendees of all ages. These sessions aim to educate about the risks associated with drug abuse and provide practical resources for those seeking help or looking to support others in their journey toward recovery.

Most importantly, this rally is about building connections and fostering a sense of community. It is about showing support for those who are struggling and offering a hand to those in need. It's about reinforcing the idea that no one is alone in this fight.

We encourage you to participate actively, ask questions, and share your thoughts and experiences. Let's use this opportunity to learn from one another and to forge stronger bonds within our community.

Thank you for being here today. Your presence signifies a commitment to making a difference. Let's work together to create a safer, healthier, and more compassionate world. We hope you enjoy the programme and leave feeling empowered to take action against drug abuse.

பஹோதை பஹோருள் விழிப்புணர்வு ஹற்றிய முன்னுதை:

மனினை் பவறுத்து ஒதுக்க பவண்டியவற்றுள் மிக முக்கியமோன ஒன்று பஹோதைப் ஹழக்கம் ஆகும். பஹோதைப் பஹோருள்களோல் னைனிமனினை் வோழ்வு சீழைவிவபைபாடு நோட்டின் பஹோருளோனோனோமும் சோீா்குதைகிறது. இனோல் பஹோதைப் பஹோருள்கதள ஒழிப் ஹைற்கு மத்ைிய, மோநினை் னைசுகள் ஹல்பவறு நடவடிக்கைகள் எடுத்து வருகின்றன. ஆனாலும் பஹோதைப்பஹோருட்களின் ஊடுருவல் பவறுக்க முடியோனை் விருட்சமோய் வளோீா்ந்து வருகிறது.

மூதளதய மமுங்கச் பசய்து, புத்ைிதயத் னைடுமோறச் பசய்யும் ஒருவினை் கிறக்கபம பஹோதை. இந்னைப் பஹோதையில் ஒருவினை் சுகம் கிதடப் ஹைனோகச் சினை்னோீா் எண்ணுகின்றனோீா். இவோீா்கள் விளக்கில் விழும் வீட்டில் பூச்சிகளோய் வோழ்தவத் பைபாதைக்கின்றனோீா். உண்தமயில் பஹோதை னைருவைவாக நிதனக்கும் அற் ஹசுகம் பஹும் அழிவுக்குக் பகோண்டு பசல்வதை அவோீா்கள் உணோீா்வைவில்தை.

இதளபயோஔோம் முல் முல்பயோஔோம் வதை பஔோதைப் ஔக்கத்ஔிற்கு அடிதமயோகிச் சீழ்வதை இப்பஔோது கோண முடிகிறது. மது, கஞ்சோ, புதகயிதை, அஔின், ஔிவைன் சுகோஔோம், பஔோதைப்ஔோக்கு, குட்கோ, ஔோன்ஔோக் என்று பஔோதைப் பஔோருட்களின் ஔடியல் மிக நீண்டது.

“ஔன்றோள் முகத்தையும் இன்னோஔோல் என்மற்றுச் சோன்பஔோஔோம் முகத்துக் களி”

எஔ்து வள்ளுவோஔோம் குறள். ‘பஔோதைக்கு அடிதமயோனவதனப் பஔ்ற ஔோய் கூட மைக்க மோட்டோள். அப்படியிருக்க சோன்பஔோஔோம்கள் என்னும் பஔோிபயோஔோம் எப்படி மைப்பஔோஔோம்கள்’ எஔ்து ஔைன் பஔோருள். ஔைன் மூம் பஔோதை ஒழிக்கப்பஔுபவண்டிய ஒன்று என்ற நம் முன்பஔோஔோம் கருத்து புன்னோகும்.

ஔள்ளி மோணவோஔோம்கள் மத்ஔியிபை பஔோதைப் ஔக்கம் ஔைகேரித்து வருவது பவைதன் ஔும் விஷயமோகும். பஔோதையினோல் வகுப்பிபை மோணவோஔோம்கள் ஆட்டம் பஔோடுவது, ஆசேரியதை அவமோனப் ஔுத்துவது பஔோன்ற அவைங்கள் இப்பஔோது கல்வி நிதையங்களிபை ஔைப்பகறி வருகின்றன. பஔ்களும் கூட, பஔோதைக்கு அடிதமயோவதைக் கோணமுடிகிறது.

வருங்கோத் ஔைவோஔோங்களாகக் கருப்பஔும் மோணவோஔோம்கள் பஔோதைப் ஔக்கத்ஔிற்கு அடிதமயோனோல் ஔோட்டின் ஔைஔோஔோகோம் என்னாவது? மோணவோஔோம்கள் மட்டுமில்தை; ஆசேரியரும் பஔோதையில் வகுப்புக்கு வருகிறோஔோம்கள். இதை என் பசோல்வது? பவட்கித் ஔைத குனிவதைத் ஔைிபவறு என்ன பசய்ய முடியும்? பவலிபய யிதை பமய்ஔோல் விதளச்சல் என்னாவது?

ஈள்ளிகள், பஈருந்து நிதையங்கள் பஈஔன்ற பஈஔு இடங்கதளக் குறிதவத்து பஈஔைத் பஈஔுருட்களின் ைகசிய விறஈதனப் ஈை்வோகி விட்டது. பமலும் கதடகளிலும் கூட குட்கோ. ஈஔன்றஈைஔாக் பஈஔன்றதவ ைகசியமோக விறஈதன ஆகி வருகிறது. இைற்பகன்பற பஈஔைத் பஈஔுள் விநிபயோகிப்பஈஔோஔீஔ் ஈைஔீஔ் உள்ளனோஔீஔ்.

பஈரும்ஈஔைஔான பஈஔைத் பஈஔுட்கள் பவளி நோட்டிலிருந்பை கடத்ை்வைப் ஈடுகின்றன. விமோன நிதையங்களிலும் பசோதைனச் சோவடிகளிலும் பமற்பகோள்ளும் கடுதமயோன பசோதைனகளயும் மீறி அதவ உள்நோட்டுக்குள்

ைகசியமோகப் ஈயணித்துவிடுகின்றன. ைஅற்பகன தகபைஔீஔ்நை கடத்ைல்கோைஔீஔ்கள் உள்ளனோஔீஔ்.

ஈணம் சம்ஈஔைிப் ஈதை பநோக்கமோகக் பகோண்ட ‘அறமற்ற வணிகபம’ இைற்குக் கோணைம். அறமற்ற வணிகம் சமுைஔாயப் ஈஔவம் என்று கோந்ை்வடிகள் கூறுவோஔீஔ். அநை அறமற்ற வணிகம் இப் ஈது பஈருகிவிட்டது. யோஔீஔ் எப் ஈடிப் பஈஔோனோல் என்ன, எனக்குப் ஈணம் பவண்டும் என்ற மனநிதைபய கடத்ைல்கோைஔீஔ்களிடம் இருக்கிறது.

இந்ை ைகசிய வியோஈஔைத்ைஔால் குறுகிய கோதை்ைில் பஈருந்பைபாதக சம்ஈஔைிைக் முடிகின்றது. கஞ்சோ வியோஈஔோிகள் வீட்டில் அண்தமயில் நதடபஈற்ற பசோதைனயில் ஈை பகோடி மைப்புள்ள பசோத்துக்கள் முடக்கப் ஈட்டுள்ளன என்னும் பசய்ைிபய இைற்குச் சோன்று.

சமூகத்தைச் சிதைக்கும் பஈஔைப்பஈஔுள் விறஈதனதயத் ைடுப் ஈைற்கு மத்ை்வ ைஅசும் மோநிை ைஅசும் முயற்சிகள் எடுத்து வருகின்றன. ‘ஆஈபைஷன் கருடோ’ என்று ைடுப்பு முயற்சியின் மூைம் மத்ை்வ ைஅசு ஈைதைக் தகது பசய்துள்ளது. ஈைஔீஔ் மீது வழக்குப் ஈைிவு பசய்துள்ளது.

பஹோதை இல்ஹோஹை மிழகத்தை உருவாக்க, 'பஹோதை இல்ஹோப் ஹோதை இயக்கம்'
' சோஹோஹில் விழிப்புணர்ஹோஹ் ஹிஹைச்சோஹைத்தைத் மிழக ஹைசு
பஹற்பகோண்டது. ஆஹோஹும் இஹை முயற்சிகளோல் முழுப்ஹயன் விதளயவில்தை என்ஹ
துஹோன் உண்தம. நோஹைபோஹும் கஞ்சோ கடத்ஹையவோஹோத் தகது என்ற பசய்ஹை
வந்துபகோண்டுஹோன் உள்ளது.

பஹோதைப் பஹோருள் ஹைடுப்புக்கோன விழிப்புணர்ஹோஹ் ஹிஹைச்சோஹைம் நமக்குப்
புஹையல்ஹை. ஹள்ளி, கல்லோரிகளிலுள்ள நோட்டுநைப்ஹணித் ஹைட்டங்கஹும் பைபோண்டு
நிறுவனங்கஹும் ஹை ஆண்டுகளோக இஹை விழிப்புணர்ஹோஹ் ஹிஹைச்சோஹைத்தைச்
பசய்துவந்துள்ளன. ஹைசோங்கஹும் அவ்வப்ஹோது கஹும் நடவடிக்கை எடுத்துத்ஹோன்
வந்ஹைருக்கிறது. ஆஹோஹும் பஹோதைப் ஹைக்கம் குதறந்ஹோஹைஹை.

ஹைஹ்கோன முக்கியக் கோஹைஹைம் கடத்ஹைக்கோஹோஹோஹ்களின் வலுவோனறிதை
முக்கியமோனது. கடுதமயோன கண்கோணிப்ஹின் மூஹைம் பஹோதைப் பஹோருள் கடத்து
வோஹோஹ்கதளக் கண்டறிய பவண்ஹும். பஹோதைப் பஹோருளின் மூஹைத்தைக் கண்டறிந்து
ஹைதன முதளயிபைபய கிள்ளி எறிஹைவில் விழிப்புடன் பசயல்ஹை பவண்ஹும்.

உஹையோகிப்ஹவஹும் உஹைத்ஹையோளஹும் குற்றவோளிக்ஹைஹைம். ஆஹோஹும் முஹைல்
குற்றவோளி உஹைத்ஹையோளபை. ஹைதன உணோஹோஹ்ந்து உஹைத்ஹைதயத் ஹைக்கும்
விஹைமோகச் பசயல்ஹைஹைல் எல்ஹைஹைம் சேரியோகிவிஹும்.

அஹின், கஞ்சோ, பெஹைஹையின், ஹிஹைவுன் சுகோஹோஹ், பஹோதைப்ஹோக்கு பஹோன்றதவ
மட்டுபம பஹோதைப் பஹோருள் என்ஹது பஹோஹை இதவ மட்டுபம ஹிமுஹைல்

பசய்யப் றுகின்றன. மதுவும் ப றோதைப் ப றோருள்ளோன் என் றது மறக்கடிக்கப் ற டு வருகிறது

OBJECTIVES OF THE DRUG AWARENESS RALLY PROGRAMME

The Drug Awareness Rally Programme is designed to raise awareness about drug abuse and its impact on individuals, families, and communities. It aims to promote education, prevention, and support for those affected by substance use disorders. Here are the key objectives of this programme:

1. Raise Awareness about the Dangers of Drug Abuse

- Educate participants about the short-term and long-term risks associated with drug abuse, including health risks, legal consequences, and the impact on relationships and communities.

2. Promote Prevention and Early Intervention

- Encourage participants to recognize the early signs of drug abuse and understand the importance of early intervention to prevent the progression of addiction.

3. Provide Information and Resources

- Share information on available resources, support systems, and treatment options for those struggling with drug abuse or addiction. This includes contact information for local rehabilitation centers, support groups, and crisis helplines.

4. Foster Community Engagement and Support

- Build a sense of community by encouraging open dialogue and mutual support among attendees. Highlight the importance of community involvement in reducing drug abuse and supporting those in recovery.

5. Encourage Healthy Lifestyle Choices

- Promote alternative activities and healthy lifestyle choices that can help prevent drug abuse, such as sports, hobbies, volunteering, and education.

6. Empower Participants to Take Action

- Inspire attendees to become advocates for drug awareness and prevention in their own circles, whether at home, in schools, or within the broader community. Provide practical tips on how they can contribute to reducing drug abuse.

7. Celebrate Success Stories and Positive Outcomes

- Share stories of recovery and success to inspire hope and demonstrate that overcoming drug abuse is possible. Highlight the achievements of individuals and organizations dedicated to fighting drug abuse.

8. Strengthen Collaboration Among Stakeholders

- Bring together various stakeholders, including schools, law enforcement, healthcare providers, and community organizations, to foster collaboration and develop coordinated strategies for drug prevention and support.

OUT COME THE PROGRAMME

Tamilnadu Physical Education and Sports University, our **Vice Chancellor Dr. M. Sundar**, along with our **Registrar Dr. I. Lilly Pushpam** and Teaching Faculties with 50 NSS around 50 TNPESU students.

National Service Scheme volunteers and Sports University students celebrated the Drug Awareness Rally Programme Special Speech and Rally on 22nd March 2024.

The Drug Awareness Rally Programme Special Speech and Rally was inaugurated by Honourable **Prof. M. Sundar Vice Chancellor TNPESU** inaugurated the Programme. All the staff, students and NSS volunteers of our university took part in this Drug Awareness Rally Programme.

The Drug Awareness Rally Programme Rally was started from TNPESU Campus.

In this Drug Awareness Rally Programme more than 80 students were participated.

Name of the University	TNPESU
Name of the Place	TNPESU Campus
No. of Staffs	05
No. of Volunteers Participated	50 NSS volunteers and University Students 30
No.of. Out Side Beneficiaries	20

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

Phone No :044-27477906

Email : sportssecretarytnpesu@gmail.com

Mobile: 9944557785

7904659412

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

Dr.K.Rajeshkumar
NSS Programme Officer

Dated: 20.03.2024

CIRCULAR

I am by direction to inform that, the "Drug Awareness Rally" for NSS will be going to held at TNPESU Campus from 22.03.2024 which is organizing by National Service Scheme. In this regard NSS & University students are requested to participate in the Drug Awareness Rally without fail.

Copy to:

All the HOD, TNPESU

Dr.K.Rajeshkumar
NSS Programme Officer

Dr.K.RAJESH KUMAR, M.Phil., Ph.D.,
Programme Officer
National Service Scheme
Tamil Nadu Physical Education and Sports University
Chennai - 600 127

PROGRAMME COMMITTEE/RESPONSIBILITY

CHIEF PARTON Prof.M.SUNDAR

Vice Chancellor

Tamil Nadu Physical Education and Sports University Chennai 127

PARTON Dr.I.LILYPUSHPAM

Registrar

Tamil Nadu Physical Education and Sports University Chennai 127

PROGRAMME ORGANIZING SECRETARY

Dr.K.RAJESHKUMAR

Assistant Professor Cum NSS Programme Officer

Tamil Nadu Physical Education and Sports University Chennai 127

Programme Circular:



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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Programme Officer
National Service Scheme
Tamil Nadu Physical Education and Sports University
Chennai - 600 127

Programme Beneficiaries:

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Name of the Place	TNPESU Campus
No. of Staffs	05
No. of Volunteers Participated	50 NSS volunteers and University Students 30
No.of. Out Side Beneficiaries	20

NAME OF THE STUDENTS:

S.No	Name of Student
1	SWETHA S
2	THAMOTHARAN R
3	THARMIKA R
4	THENDRAL M
5	THILAK HEMACHANDRAN R
6	THILEEP S
7	UTHAYA JOTHI A

8	VASUDEVAN A
9	VIGNESH G
10	VINOTHRAJ R
11	SWETHA S
12	DEEPIKA R
13	DHARANI M
14	DINESHKUMAR T
15	EZHILOVIYA R
16	GLADSTONE SAMUEL G

17	GODWIN J
18	GOKUL M
19	GOPI R
20	HIMAYATAMILSELVAN R M
21	JAGATHISH K
22	JAYAMALINI D
23	KARTHIKEYAN D
24	KAVIKUIL K
25	KEERTHIGA N
26	KEERTHIKA M
27	KUZANTHAIYESU A
28	MADHAVAN M
29	MARIMUTHU P

30	MEKALA S
31	MOWLEESWAR K
32	MUKILAN N
33	MURUGESAN R
34	MUTHAIYA K
35	NANDA KUMAR H
36	NITHYANANDHAN P
37	NIVETHA L
38	PAVAN SINGH E
39	PRAVEEN RAJ R
40	RAGUL R
41	RAMAN R
42	RITHISHA R
43	RIYASTHEEN S
44	SABITHA J
45	SARANRAJ S
46	SATHISHKUMAR V
47	SELVA SUNDARI S
48	SELVAMANI M
49	SILAMBARASAN M
50	SRIDHAR D

NAME OF THE BENEFICIARIES:

S.No	Name Out Side Beneficiaries
1	VASANTHRAJA M
2	VIDUTHALAISELVAN B
3	VIMALRAJ K
4	VISHNU PRAKASH V
5	ABDULAGATHU P
6	ABIJITHAN B
7	ABINESH P
8	ANTONY CHIRISTOBER A
9	ARJUNAN S
10	ARUN J
11	ARUNKUMAR K
12	BALA G
13	BALAJI P
14	BALAMURUGAN V
15	BALAMURUGAN V
16	CHANDRU V
17	DHARANITHARAN M
18	DINESH KUMAR G
19	GOKUL J
20	GOWTHAM K

Staff Name List

S.No	Name of Staffs	Designation
1	Dr.G.KUMARAN	Associate Professor
2	Dr.P.KUMARAVELU	Associate Professor
3	Dr.J.VENKATESAN	Associate Professor
4	Dr.C.LAKSHMANAN	Assistant Professor
5	Dr.S.JAYAKUMAR	Assistant Professor

PROGRAMME REPORT:

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GIMPS / PHOTOS

Our University Vice Chancellor and Registrar start the Programme



Student went to Rally



Attendance:

S.No	Name	Dept. Name	Class	Contact number	Signature
1	G.GUNASEELAN	PHYSICAL EDUCATION	II M.P.E.D	9629737131	G. Gunaseelan.
2	S.S.PRAKASH	PHYSICAL EDUCATION	II M.P.E.D	9092389483	S.S. Prakash.
3	V.RAKESH	PHYSICAL EDUCATION	II M.P.E.D	9500136040	V. Rakesh.
4	A.AVINASH	PHYSICAL EDUCATION	II M.P.E.D	9944030837	A. Avinash
5	V.KOWSALYA	PHYSICAL EDUCATION	II M.P.E.D	8838851141	V. Kowsalya.
6	A.VICHITRA	PHYSICAL EDUCATION	II M.P.E.D	7305688401	A. vichitra
7	P.YUVASHRI	PHYSICAL EDUCATION	II M.P.E.D	6384902839	P. Yuvashri
8	M.BALAKAMESH	PHYSICAL EDUCATION	I M.P.E.D	8754980250	M. Balakrishna.
9	M.DHEERAJ	PHYSICAL EDUCATION	I M.P.E.D	9847514403	M. Dheeraj
10	M.AJITH	PHYSICAL EDUCATION	I M.P.E.D	6374827972	Ajith. M.
11	V.JOHNSON	PHYSICAL EDUCATION	I M.P.E.D	8825878187	V. Johnson.
12	R.ABHA	PHYSICAL EDUCATION	I M.P.E.D	9361720016	R. Abha.
13	R.AUGUSTIN	PHYSICAL EDUCATION	I M.P.E.D	9344193687	R. Augustine
14	R.ABIVARMAN	PHYSICAL EDUCATION	I M.P.E.D	9159460231	Abivarmar. R.
15	S.SIVARANJANI	PHYSICAL EDUCATION	I M.P.E.D	7539978938	S. Sivaranjani

16	B.SASI	PHYSICAL EDUCATION	I M.P.E.D	9498033343	B. Sasi
17	V.MANOJKRISHAN	PHYSICAL EDUCATION	II B.P.E.D	8248081880	V. Manojkrishan
18	K.MONICA	PHYSICAL EDUCATION	II B.P.E.D	7826967942	K. Monica
19	MAKSHAYA	PHYSICAL EDUCATION	II B.P.E.D	7598826372	M. Akshaya
20	P.BALAKRISHNAN	PHYSICAL EDUCATION	II B.P.E.D	7092459208	P. Balakrishnan
21	P.K.ARJUN	PHYSICAL EDUCATION	II B.P.E.D	6282234185	P.K. Arjun
22	A.DEVARAJ	PHYSICAL EDUCATION	II B.P.E.D	9150584226	A. Devaraj
23	V.BALA VINAYAGAM	PHYSICAL EDUCATION	II B.P.E.D	9150584226	V. Balavignayagam
24	E.KARTHICK RAJ	PHYSICAL EDUCATION	II B.P.E.D	7305356032	E. Karthick Raj
25	K.A.BASHEER AHAMED	PHYSICAL EDUCATION	II B.P.E.D	7339268181	K.A. Basheer Ahamed
26	D.MATHEW	PHYSICAL EDUCATION	II B.P.E.D	7339268181	D. Mathew
27	V.BALAKRISHNAN	PHYSICAL EDUCATION	II B.P.E.D	7708658659	V. Balakrishnan
28	G.NAVEEN	PHYSICAL EDUCATION	II B.P.E.D	9943533036	G. Naveen
29	R.NISHNTHINI	PHYSICAL EDUCATION	II B.P.E.D	8489713413	R. Nishanthini
30	A.NITHYA	PHYSICAL EDUCATION	II B.P.E.D	9150874240	A. Nithya
31	K.PAVITHRA	PHYSICAL EDUCATION	II B.P.E.D	8525957004	K. Pavithra
32	K.POOVIZHI	PHYSICAL EDUCATION	II B.P.E.D	8681053531	K. Poovizhi
33	D.PRAVEEN KUMAR	PHYSICAL EDUCATION	II B.P.E.D	6385101107	D. Praveen Kumar
34	P.PRAVEEN KUMAR	PHYSICAL EDUCATION	II B.P.E.D	6381460244	P. Praveen Kumar
35	J.PREETHI	PHYSICAL EDUCATION	II B.P.E.D	9360393945	J. Preethi
36	S.PRIYA	PHYSICAL EDUCATION	II B.P.E.D	7339049022	S. Priya
37	S.PRIYADHARSHINI	PHYSICAL EDUCATION	II B.P.E.D	9025966173	S. Priyadharsini
38	R.RAGHURAM	PHYSICAL EDUCATION	II B.P.E.D	8778192781	R. Raghuram
39	V.RAJESHWARI	PHYSICAL EDUCATION	II B.P.E.D	7010909174	V. Rajeshwari

40	RAKESH	PHYSICAL EDUCATION	II B.P.E.D	9360898558	Rakesh
41	S.RAM PRABHA	PHYSICAL EDUCATION	II B.P.E.D	7604853934	Ram Prabha
42	S.RAJANI	PHYSICAL EDUCATION	II B.P.E.D	8072102679	Rajani
43	P.RANJITH KUMAR	PHYSICAL EDUCATION	II B.P.E.D	8608622664	Ranjith
44	A.ROSINI	PHYSICAL EDUCATION	II B.P.E.D	6374191239	Rosini
45	SAI KIRAN	PHYSICAL EDUCATION	II B.P.E.D	9344409169	Sai Kiran
46	N.SALAI DEEPAN	PHYSICAL EDUCATION	II B.P.E.D	8148149983	Salai Deepan
47	SAM JUSTIN WALTON	PHYSICAL EDUCATION	II B.P.E.D	8610707220	Sam Justin
48	S.SANKAR	PHYSICAL EDUCATION	II B.P.E.D	6379838764	Sankar
49	SANTHANAM	PHYSICAL EDUCATION	II B.P.E.D	8807816237	Santhanam
50	M.SANTHOSH	PHYSICAL EDUCATION	II B.P.E.D	9894612539	Santhosh
51	M.SARANYA	PHYSICAL EDUCATION	II B.P.E.D	8925352029	Saranya
52	P.SARANYA	PHYSICAL EDUCATION	II B.P.E.D		P.Saranya

PROGRAMME FEEDBACK:

1. Surveys and Questionnaires

- Distribute surveys or questionnaires to attendees at the end of the event. Include questions about the overall experience, key takeaways, suggestions for improvement, and their likelihood of attending future events.

2. Focus Groups

- Conduct focus groups with a selection of attendees, including different age groups, stakeholders, and participants in various sessions. This allows for more in-depth discussions and feedback.

3. Feedback Boxes

- Set up feedback boxes at the event where attendees can submit anonymous comments, suggestions, or questions. This can be useful for gathering honest and candid feedback.

4. Interviews with Key Stakeholders

- Interview key stakeholders such as organizers, sponsors, speakers, and volunteers to gain insights into the planning and execution of the event.

5. Social Media and Online Platforms

- Monitor social media channels and online platforms for feedback and comments related to the rally. This can provide additional perspectives from those who may not have filled out surveys or attended focus groups.

RESOURCE PERSON PROFILE Prof.M.SUNDAR

Vice-Chancellor

TNPESU

Thiru R.N.Ravi, Hon'ble Governor of Tamil Nadu and Chancellor of the Tamil Nadu Physical Education and Sports University, Chennai has appointed Dr. M. Sundar, as Vice Chancellor of the Tamil Nadu Physical Education and Sports University for a period of three years with effect from the date of his assumption of office.

Dr. M. Sundar, is presently working as Principal, College of Physical Education, Alagappa University, Karaikudi. He has a rich teaching experience of about 26 years and 11 years as Professor.

He has published 15 research papers and authored 7 books. He has presented 25 papers in International events and organized 8 International Academic/Research events. He has guided 9 Ph.D., scholars. He received Excellence in Sports Department – My Stamp Award from Indian Postal Department in 2019 and also received Mahatma Gandhiji Award from Indian Cultural Development Organisation in 2009.

He is familiar with University Administration having 11 years of administrative experience as Principal, College of Physical Education and Head of Para-Sports Centre at Alagappa University. Besides, he has also functioned as Member of Board of Studies and Academic Council of Alagappa University, Madurai Kamaraj University, Avinashilingam University and other Educational Institutions. He has also functioned as Member of Executive Council, Sports Development Authority of Tamil Nadu.

He served as Technical Official, Track Referee, Indian Coach, Team Manager and Organizing Secretary at various National and International events, including 20th Asian Athletic Championships, 19th Commonwealth Games, Asian Athletic Grand prix, South-West Asian Para Games, SWAARC International Para Athletic Championship, ATTF International Para Athletic Championship. He coached many students, out of that few bagged medals at International and National level events.

He has visited 10 foreign countries viz. Canada, France, Thailand, Malaysia, Singapore, Sri Lanka, UAE, Nepal, Indonesia and Tanzania, for academic and research purposes.

Dr. I.LILLY PUSHPAM

Registrar TNPESU

Educational Qualification :

Sl.No	Degrees Obtained	University/Institution	Year of passing
1.	B.A	Madras University	1990
2.	B.P.Ed	Madras University	1992
3.	M.P.Ed	Alagappa University College of Physical Education Karaikudi	1996
4.	M.Phil	Alagappa University College of Physical Education Karaikudi	2000
5.	Ph.D	Alagappa University College of Physical Education Karaikudi	2004

kabaddi.

- Acted as Coach cum Manager Madras University Cross Country Team.
- Acted as Coach cum Manager Volleyball Inter University Tournament at Kerala.
- Represented Madras University Kabaddi Team twice in the South Zone Inter University kabaddi Tournament.
- Represented Madras University Hockey Team in the South Inter University Hockey tournament.
- Represented Salem Division Cricket team Captain.
- Acted as Coach cum Manager for TNPESU Basketball Team South Zone Inter University Tournament at Kerala 2016-2017.
- Acted as Coach cum Manager for TNPESU Kabaddi Team.
- South Zone Inter University Tournament at Chennai.
- Acted as Coach cum Manager for TNPESU Athletic Team Inter Collegiate Athletic Sports Meet 2016-2018.
- Acted as Coach cum Manager for University of Calicut South Zone Inter University(Women) Basketball tournament 10th to 14th Dec 2016.
- Acted as a coordinator for all India Kabaddi women Tournaments at TNPESU Organized South Zone women kho-kho tournament at TNPESU.
- Organized South Zone women kho-kho Tournament at TNPESU.
- In Charge for Basketball TNPESU Team 2016 till date.
- In Charge for Athletics TNPESU Team 2016 till date.

Department Individual Achievements :

- Serving as Member in Research Committee in Tamil Nadu Physical Education and Sports University.
- Serving as Theory co-ordinator in the Department of Physical Education in TNPESU (2016-17).
- Acted as Flying squad for DDE Courses for Affiliated Colleges.
- Acting as women complaint cell coordinator Tamil Nadu Physical Education and Sports University 2016 till date.
- Question Paper setter in Tamil Nadu Physical Education and Sports University and other Universities SRM, Savitha.
- Acted as a University selection committee for Kabaddi, Basketball, Cricket, Hockey and Athletics.
- Member in Editorial Board in the National Journal of Physical Education and Sciences, Kakatiya University, Warangal-2016 onwards.

YOUTUBE or SOCIAL MEDIA LINKS

<https://instagram.com/t.n.p.e.s.u?igshid=MzRlODBiNWFlZA==> t.n.p.e.s.u Instagram link



K. Rajesh Kumar

Dr.K.RAJESH KUMAR, M.Phil., Ph.D.,
Assistant Professor & NSS Programme Officer
Department of Physical Education
Tamil Nadu Physical Education and Sports University
Chennai - 600 127

Signature of Organizing Secretary