



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



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

Accredited with "B" Grade by NAAC

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

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

Phone No: 9841832928

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127. Tamil Nadu.

### INTERNAL QUALITY ASSURANCE CELL (IQAC)

Report on

### "INDUCTION PROGRAMME FOR FRESHER'S"

**2023 - 2024**

17<sup>th</sup> to 25<sup>th</sup> July 2023

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai

**Melakottaiyur, Chennai-127**

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



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**Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127. Tamil Nadu.**

## Fresher's Induction Program approval letter

From

Dr. M. Grace Helina  
IRAC Director  
TNPSU  
Chennai-127.

To

The Registrar  
TNPESU  
Chennai - 127.

50.

Sub: TNPSU - Conduct of Induction Programme  
for fresher's 2023 - Hall and other arrange-  
ments - Requested - Reg:

As directed by the Vice-Chancellor the IABC of this University is going to organise one week Induction Programme for Fresher's from 19<sup>th</sup> to 27<sup>th</sup> July 2023. Kindly provide the Conference Hall (cleaned), chairs (500nos) Monitor and Projector and Amplifier related items, mikes etc.

Thanking you,

Yours faithfully,  
Christina





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### FRESHERS INDUCTION PROGRAM SCHEDULE



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
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Dr. M. GRACE HELINA  
IQAC Director

Date: 18.07.2023  
Venue: Conference Hall, Library building

#### INDUCTION PROGRAMME FOR FRESHERS 2023-2024

As directed by the Vice-Chancellor, the reopening date for the first years will be on 19.07.2023 (Wednesday). The IQAC of this University would like to organize 7 days Induction Programme for the freshers as per the guidelines of UGC. The following day wise programme activities are enlisted to be in the schedule of the Induction Programme. The members of the concerned Staff are requested to be present and deliver orientation on the content specified for the freshers. All Guest Lecturers and PhD Scholars of various Departments are requested to attend the sessions on all days.

Day	Date	Time	Content	Distinguished Person
1	19.07.2023	2.30 pm	Address by the Authorities	Vice Chancellor, Registrar, FO, SDE Director, COE
		3.00 pm	Managing Transition from school to higher education	Dr. Gladston Xavier Ph.D, Associate Professor - Social Work Department, Loyola College, Chennai.
2	20.07.2023	10.30am	Facilities / Activities	Dr.V.Mangalyarkarasi – Academic Director
				Dr.S.Thirumalaikumar - Anti-Ragging cell, Traditional center for Silambam and Kalaripayatu
				Dr.S. Prem kumar - Placement Cell, University Website, AISHE
				Dr.Shahin Ahmed – Centre for Psychological counselling
				Dr.P.K.Senthil kumar – RUSA, University Newsletter
				Dr.V.Duraisami - Research and Men hostel
				Dr.R.Venkatesan – NSS
				Dr.L.Lily Pushpam – Women's Complaint and Empowerment Cell,



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		2.30pm	Campus tour	Women's Hostel and Language laboratory Dr. Ashok Kumar – University Library & TNPESU Journal Dr. P.Rajalakshmi – Sports Secretary, IT cell, Extramurals, Dr. K.Kannadasan – SC/ST Cell, Badminton and TT Academy, Indoor and Outdoor play fields, Dr.Velkumar – Joint Sports Secretary & Intramurals Dr. Jayakumar – NCC Mr. C.Manoj – Travel Concession, Sports hostel ,social media, Biometric attendance
3	21.07.2023 24/07/23	10.30am 2.30pm	Mentoring, Feedback, NSQF and University Transport, NSS University Programme Co-ordinator	Dr. S.Selvakshmi, Dr. J.Anitha, Dr. K. Rajeshkumar.
4	24.07.2023	10.30am	Skill Development Programme – Human Resource Development	Prof. G.M. James - HR Consultant & Trainer, Founder/Director @ Stepup Training initiative
5	25.07.2023	10.30.am	Know your Curriculum, Exam methods and evaluation,	HOD & Unit Heads of all University Departments / COE
		2.30pm	General safety measures Basic Life Support (BLS)	Mr. William J. Caesar – Deputy Manager – Geneagles Global Health City
6	26.07.2023	10.30am	First day Fresher's show	Present students Cultural events (2 <sup>nd</sup> & 3 <sup>rd</sup> year)
7	27.07.2023	10.30.am	Fresher's eve	Fresher's Cultural events

*Due to Local holiday the day 3 was postponed to Day 4 afternoon*

*Dr. M.Grace Helina*  
IQAC Director





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### FRESHER'S INDUCTION PROGRAM INVITATION



The poster features a large tree on the left where the leaves are replaced by small icons of students. To the right of the tree, there are icons for a calendar, an alarm clock, and a location pin. The text is arranged in a clear, hierarchical manner, starting with the university name and ending with the names of the organizing officials.

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

**INTERNAL QUALITY ASSURANCE CELL**  
organizes

**FRESHERS  
INDUCTION  
PROGRAM**

**19.07.23 - 27.07.203**

**02.30 PM**

**Conference Hall, Library Building**

**All are Invited**

**Dr.M.Grace Helina**  
IQAC Director

**Dr.R.Ramakrishnan**  
Registrar i/c

**Dr.M.Sundar**  
Vice Chancellor



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### FRESHER'S INDUCTION PROGRAM BANNERS



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS  
UNIVERSITY**

## **FRESHERS INDUCTION PROGRAM 2023-2024**

INTERNAL QUALITY ASSURANCE CELL

Date 19.07.23 to 27.07.23



Conference Hall, Library Building



**TAMIL NADU PHYSICAL EDUCATION  
AND SPORTS UNIVERSITY**

INTERNAL QUALITY ASSURANCE CELL

## **FRESHERS INDUCTION PROGRAM 2023-2024**



19.07.23 to 27.07.23



Conference Hall,  
Library Building





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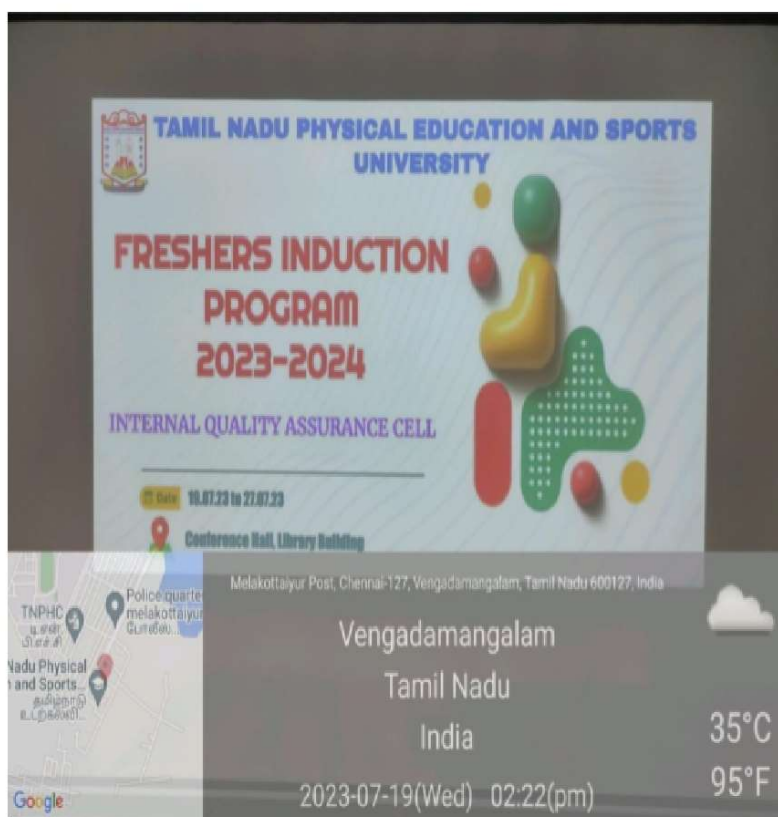
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### **Fresher's Induction programme**

The Fresher's Induction program for one week was organized by the **Internal Quality Assurance cell** of this University from 19<sup>th</sup> July to 27<sup>th</sup> July 2023 at the Conference Hall of the Library Building in Tamil Nadu Physical Education and Sports University.







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### FRESHERS INDUCTION PROGRAM FIRST DAY SCHEDULE

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

**INTERNAL QUALITY ASSURANCE CELL**

**FRESHERS INDUCTION PROGRAM  
2023-2024**

On 19.07.2023 at the Conference Hall, Library Building at 02.30 PM

**PROGRAMME SCHEDULE**

02.30 pm	Invocation - Tamil Thai Vazhihu	
02.35 pm	Welcome Address	Dr. M.Grace Helina, IQAC Director
02.40 pm	Honouring the Guests	
02.45 pm	Special Address	Dr.M.Sundar, Vice Chancellor, TNPESU Dr.R.Ramakrishnan, Registrar i/c, TNPESU Thiru.R.Ramesh, Finance Officer, TNPESU Dr.D.Sathiakumar, Director, SDE, TNPESU
03.00 pm to 04.00 pm	Session For Freshers	Title : Managing Transition from School to Higher Education Resource Person : Dr.Gladston Xavier PhD., Associate Professor, Social Work Department, Loyola College, Chennai.
04.05 pm	Vote of Thanks	PT. C.MANOJ, Physiotherapist, TNPESU
04.10 pm	National Anthem	





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### FRESHER'S INDUCTION PROGRAM EXPENDITURE APPROVAL

#### LETTER

From

Dr M. Grace Helina  
Director IBAC  
TNPESU  
Chennai -127.

To

The Registrar  
TNPESU  
Chennai -127.

Sir,

Sub: TNPESU - IBAC - Induction Programme for  
Freshers - Expenditure - Submitted request  
-reg:-

The IBAC of this university has planned to conduct an Induction Programme for a week from 19<sup>th</sup> July to 24<sup>th</sup> July 2023. It was already approved by the Vice-chancellor. Here by I enclose the approval letter and Schedule of the Induction programme. Kindly sanction the expenditure amount of Rs. 20,000/-

- |   |        |   |
|---|--------|---|
| 1. Staff Tea (50) x 15  | - 750  | - on 19 <sup>th</sup> July                    |
| 2. Students (500) x 10  | - 5000 | - on 19 <sup>th</sup> July                    |
| 3. Memento VC, Reg, Fo, SDC, Mr. Williams, Mr. John (6 x 500) | 3000   | - on 19 <sup>th</sup> & 20 <sup>th</sup> July |
| 4. Dr. Gladson (motivational speaker)                         | 5000   | - on 19 <sup>th</sup> July                    |
| 5. Dr. James (skill development)                              | 5000   | - on 24 <sup>th</sup> July                    |
| 6. Miscellaneous  | 1250   |   |

Total Rs. 20,000

Thanking you.

Yours Faithfully,  
Grace Helina





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The programme started with the Tamil Thai Vazhthu and welcome address by  
Dr. M. Grace Helina - IQAC Director.



Tamil Thai Vazhthu by students



Welcome address by Dr. M. Grace Helina - IQAC Director.



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### Dignitaries on the Dias



The Fresher's Induction Program was inaugurated by the **Honourable Vice-chancellor Dr. M. Sundar** at 2.30 pm on 19/07/2023 and he addressed the 1<sup>st</sup> year students of all programme. The parents were also invited for the inaugural function

The Vice- chancellor, Registrar, Finance Officer and Director of School of Distance Education briefed about the University, the Management and its function.





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**Dr. Gladston Xavier, Associate Professor** – Social Work Department, Loyola College, and Chennai was invited as the Resource Person and he enlightened about “Managing Transition from School to Higher Education”.



Resource person **Dr. Gladston Xavier's** talk about  
“Managing Transition from School to Higher  
Education”



**Dr. Gladston Xavier** interacted with the students





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### **Resource Person Profile**

**Gladston Xavier Ph.D**  
**Curriculum Vitae Summary**

I am currently an Associate Professor in Social Work, Till June 2019, I was the Head of the Social Work Department, in Loyola College, Chennai. Prior to this I was Dean of Arts Faculties. Since 2000, I have been teaching forced migration, community organization, social action, peace building, social research methodology and human rights related subjects. In 2003 I was instrumental in constituting a specialization called Human Rights consisting of eight distinct papers. In addition to teaching, I co-founded the Loyola Under-Graduate Outreach Program in 2001. In the area of research, I was part of the founding core group of Loyola Institute for Social Science Training and Research (LISSTAR) the official social science research organ of the college. I have guided 12 M. Phil Students and 6 PhD students successfully.

I am the co-director of the Caux Scholars Program at Asia Plateau, Panchgani, India. It is a peace-building program that brings together scholars from 20 countries for an intensive experiential process. In 2018, I was elected as the deputy chairperson of the Asia Pacific Refugee Rights Network (APRRN). In July 2019, I was inducted into the UN ECOSOC through the International Institute for Human Rights, Environment and Development. I have lectured/presented papers/visited/conducted workshops/ in over 45 universities in 65 countries. These include, Oxford, Harvard, Colombia, University of North Carolina, Hasselt, Leuven, Sophia, Mahidol, Chulalongkorn, Coventry, Antioquia, Fatima Jinnah and Peshawar Universities to name a few. I was a Fulbright Fellow under the teaching specialist program in the USA during the academic year 2021-2022

Apart from the regular academic activities, I have been practicing Social Work and conflict transformation at the national and the international levels. The specific areas of work have been in Forced Migration, Community development and Conflict transformation. Since 1997, I have been working with Organization for Eelam Refugees Rehabilitation a refugee self help organization that works in all the Sri Lankan Refugee camps in Tamil Nadu. Starting off as a trainer in counseling I had designed a bare foot counseling modules to be used in camp settings. Later I moved in to the human resources department where I was responsible for the capacity building of staff at various levels. Currently I am part of the human rights and peace building team that takes care of advocacy at the local and international levels. Additionally, I conduct the summary reviews, facilitate strategic planning, and develop proposals for ECHO, DCA, USAID, Australian Aid and other donors to ensure funding. During the COVID pandemic, I lead the Chennai City's Psycho-social intervention with a team of over 500 volunteers and reached out to over 600,000 people.

In terms of peace building, my work has been in the North and East of Sri Lanka. Since 2003 I have been training civil society leaders, NGO staff and other community volunteers. This process has resulted in formulating a community-based peace-building model which is successful in many parts of Sri Lanka. I have facilitated negotiation processes in Sri Lanka between the Sinhala and Tamil Speaking communities, in India between conflicting churches in Nagaland and among staff of various organizations in India, Nepal, Sri Lanka, Afghanistan and Pakistan.



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In the capacity of a consultant, I have undertaken several monitoring, evaluation and research projects for organizations such as: Act for Peace, OXFAM, Dan Church Aid, Christian Aid, DANIDA, GTZ / FLICT, UNAIDS, UNICEF and UNDP. Most of these evaluations were on development, sustainable livelihoods, disaster relief and Peace Building. After serving as acting Chair of the APRRN, Currently I am a board member of the Asia Pacific Refugee Rights Network, a member based organization with 450 members of the Asia Pacific region. As a part of this, I am on the team that developed the Partners' Implementing Framework of the UNHCR. I am also part of the UNHCR's right to protection of refugee's working group.

The creative contributions to the field of Social Work and Peace building have been: Developing a case analysis framework to understand communities, evolving Social Work interventions for human rights, understanding the community through the community wheel, establishing people oriented management systems human resources management, asset based community development, using theatre for social transformation, community confidence building strategies, measuring livelihoods and research for empowerment.

I have published 7 books and written scripts for 13 documentary films. Some of these films were made in Sri Lanka, Cambodia and Afghanistan. Personal interviews have appeared in all popular news channels and prominent print media. Most recently, I have taken to natural farming and supporting landless farmers in subsistence agriculture.

### **Vote Of Thanks:**

Vote of thanks was given by **Mr. C. Manoj, Physiotherapist** and the first day of inauguration was an end with the National Anthem.



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### **Day: 2**

On Day 2 at 10.30am on 20/07/2023 the Professors, Associate Professors and Assistant Professors oriented the fresher's on Facilities and Activities **Dr. N. Mangaiyarkarasi** addressed about the "Academics and its implementation."



**Dr. S. Thirumalikumar**, Anti-Ragging Cell, speech about the "Traditional center for Silambam and Kalaripayatu" in the University,







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**Dr. S. Premkumar** gave the brief explanation to the students about “Placement Cell, University Website and AISHE”.



**Dr. Shahin Ahmed** gave explanation about uses and benefits of “Centre for Psychological counselling” to the students.







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Dr. P.K. Senthilkumar - Explain about RUSA and University Newsletter.



Dr. V. Duraisami gave basic details to the students about the facilities of “Research”, rules and regulations followed in the “Men hostel”, Followed by Dr. R. Venkatesan speech about “NSS” Programme in the University. And Dr. I. Lilly Pushpam gave some basic details of “Women’s Complaint and Empowerment Cell”, rules and regulations in the “Women’s Hostel and benefits of Language Laboratory” and Continued by





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**Dr. Ashok Kumar** - speech about benefits of “University Library & TNPESU Journal”.



**Dr. P. Rajinikumar** - Sports Secretary, some brief explanation to the students about “IT cell and Extra murals” in the University,





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**Dr. K. Kannadasan** - SC/ST Cell, “Badminton and Table Tennis Academy, Indoor and Outdoor play fields” explanation about these facilities and benefits of students for how to utilize for their developments.



**Dr. Velkumar** - Joint sports Secretary brief Speech about the “Intramurals” to the freshers.







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Phone No: 9841832928

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127, Tamil Nadu.

**Dr. Jayakumar** - brief explanation about in the University “NCC” programme to the students,



**Mr. C. Manoj** explanation to the students about benefits in the “University Travel Concession”, facilities of “Sports hostel”, uses of “Social media” and Biometric attendance”.



### **Afternoon session:**

In the afternoon “Campus tour” was fixed at 2.30 pm the **Guest Lecturers and Ph. D Scholars** of various Departments took fresher’s inside the Campus to see various facilities, Laboratories and Departments.





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127, Tamil Nadu.

### **Day: 3**

On the 3<sup>rd</sup> day at 10.30 am on 21/07/2023 was planned to have Mentoring, Feedback, NSQF and University Transport by **Dr. S. Selvalakshmi**, **Dr. J. Anitha** and NSS, University programme co-ordinator by **Dr. K. Rajeshkumar** since that day was announced as local holiday by the collector of the Chengalpattu District it was postponed to 24<sup>th</sup> at 2.30 pm.

**Dr. J. Anitha** briefed about the Feedback System followed in the University.





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Dr. S. Selvalakshmi briefed about the Mentor Mentee system and its function



Dr. K. Rajeshkumar explains to the students about NSS activities, and University Programme facilities to the fresher's.





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### DAY: 4

On 4<sup>th</sup> day at 10.30 am on 24/07/2023 the training programme was scheduled on Skill Development Programme – Human Resource Development. **Prof. G.M. James HR Consultant & Trainer, Founder, Director @ Stepup Training Initiative** and **Mr. Solomon HR Consultant** gave training to fresher's on various aspects of Human Resource Development. They also conducted many activities and Question answer session. All the students benefited and enjoyed attending this session.





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Melakottaiyur, Chennai-127

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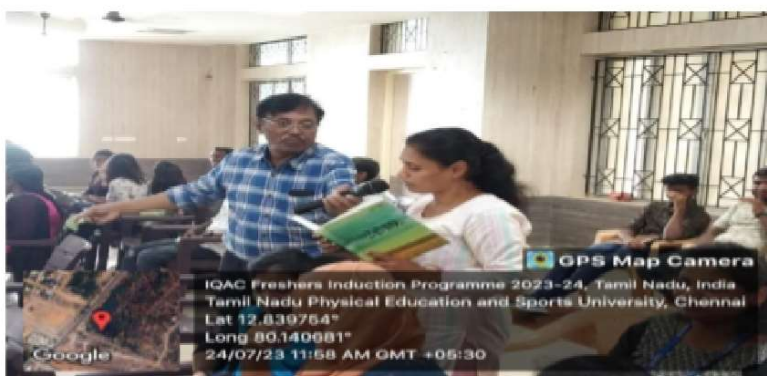
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Resource Persons interact session with the students







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Phone No: 9841832928

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127, Tamil Nadu.

### Resource Person Profile

#### MOTIVATIONAL CORPORATE COMMUNICATION AND BEHAVIOURAL TRAINER, CONSULTANT



**SOLOMON VICTOR STANLEY**  
Founder and Director of  
StarTree Consulting Inc.  
Mobile: +91 9710381986  
Email: [solomon.startree@gmail.com](mailto:solomon.startree@gmail.com)

Solomon is a young corporate motivational speaker and highly skilled corporate Facilitator by profession with around 15 years of experience in Training and development industry. He is a Founder and the Managing Director of STARTREE Consultancy- Chennai. He is also heading "STEP UP" initiative pvt ltd- Chennai. He obtained a degree in electrical and electronic engineering from sriram engineering college. He travelled the length and breadth of India and reached 65 plus engineering colleges, Arts & science colleges and institutions in the last 14 years. He is associated with top corporate clients in India especially Larsen and Toubro India Ltd, Hyundai, TCS, AstraZeneca, Cognizant, CSS Corp, Royal Enfield, Flipkart, ICICI, Accenture, TATA BlueScope, BOT International Apollo etc. He is resourceful at maintaining business relationship with clients and customers to achieve quality program and service norms by resolving service related issues and creating a dynamic environment that motivates high performance amongst team members. Thorough knowledge and working experience in various area of Training management like collecting references, Train the trainer program, analysis of prospects, follow-ups, Meeting top frontline management executives at all levels, Convincing customers, negotiation and sales conversion are his asserts.

#### Key Result Areas

##### Service Enhancement / Operations

- Ensuring that the service levels relevant to client service are adhered to.
- Suggesting enhancements that will improve process efficiency at the client and the bank side.
- Ensuring that all service requests (received by phone, e-mail or via other channels) are handled and solved within the turnaround times agreed with the client.
- Monitoring and tracking the solution path of their own service requests and acts proactively towards the client if the predicted time for resolution cannot be met.
- Spearheading training, learning and development process for the employees and students
- Determining training needs and conducting programs to enhance efficiency in operations towards accomplishment of corporate objectives.
- Evaluating the effectiveness of training programs by developing pre/ post assessment programs.
- Conducting performance reviews of members and providing feedback on areas of improvements.

#### Experience

##### (Certified life skills trainer from IAO-International Accreditation Organization)

Experienced ESL, Business English, IELTS, TOEFL -Motivational Trainer and Consultant.  
Educating students (Non-English speaker) at different level of English language, giving need based training in the language, training students for various Cambridge examinations across A1,A2,B1,B2,C1,C2 levels and giving spoken English and soft skills training across colleges and corporate in India and overseas.

#### Achievements

Honored by Bapatla engineering college- Andhrapradesh in the year 2020  
Honored by Annai Veilankanni's college for women- saidapet, Chennai. in the year 2019  
Honored by SRM university in the year 2018  
Honored by Stella Maris college- Chennai. in the year 2017  
Honored by SRM Easwari engineering college in the year 2016 and 17  
Received an appreciation letter from Dr. A.P.J. Abdul kalam sir for organizing PRO-EXPO 2008  
Organized a big rally for dengue awareness 2012, around 1500 students have  
Participated at Chennai with People pro trainers & const. pvt ltd.  
AWBI -Animal welfare board of India's authorized volunteer. Rescued hundreds of dogs and cats with  
BMAD, Animal welfare organization and BlueCross Chennai.



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Phone No: 9841832928

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### **Resource Person Profile**

**Prof.G M James**

HR Consultant & Trainer

Founder/Director @ Stepup Training Initiative, Chennai – India

☎09840340932

✉[geemjames@gmail.com](mailto:geemjames@gmail.com)

[www.stepuptraininginitiative.com](http://www.stepuptraininginitiative.com)



- **HR Consultant /Trainer** for the past 15years conducting workshops in India and Abroad
- On invitation visited Abu Dhabi(UAE), Manila (Philippines), Bali(Indonesia), KL ( Malaysia) for **consultation/ as resource person**
- **Vice President at Strides Consulting Inc.** (Training &Management consultancy, Chennai)
- **Key Skills:** Language training, HRD, Soft Skills for Personal and Professional effectiveness
- **Competency:** Designing training materials, conducting training, training for trainers, helping potential trainers to develop their own training materials and work sheets.
- **Areas of training:** Communication, Leadership, Soft skills, Attitude shifting and value clarification, English language LSRW skills, Employability Skills
- **Target audience:** corporate personnel, junior judges , University and school teachers, retail dealers, trainers, bank managers ,school heads, students, youth leaders, NGO Leaders, students facing competitive examinations

### **Profile Summary**

June 2008 – Date	Conducted soft skills and HRD training for: <ul style="list-style-type: none"><li>▪ TATA STEEL (Retail Marketing &amp; Dealers)</li><li>▪ Central Union Bank, Chennai</li><li>▪ Engineering and Arts and Science Colleges(Tamil Nadu and Karnataka)</li><li>▪ Corporate Managers and TLs</li><li>▪ Several colleges &amp; Schools (Teachers)</li><li>▪ School heads for policy interventions</li></ul>
June 2011 – May 2013	Director – HRD (Personnel & Administration) – ITES Organization Chennai



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1976- 2011	<p>Served as <b>English Language Professor at Loyola College, Chennai</b> while holding several prominent administrative positions as listed below:</p> <ul style="list-style-type: none"><li>▪ Dean of Students (1996-1999)</li><li>▪ Dean, Foundation Studies (Ethics and Religious Studies ,dealing with Soft skills, Life skills, Social skills) 2008-2011</li><li>▪ Higher Education Commission Member for the TamilNadu Jesuit Colleges (2004-2007)</li><li>▪ Director, Training and Placement(1999-2002)</li><li>▪ HOD English(2003-200</li></ul>
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தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
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Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127, Tamil Nadu.

### Publications

- English language books ( Loyola College)-*English for Empowerment*
- Value clarification book-*In Harmony*
- Training modules, Worksheets, HRD materials, Corporate training materials
- A Soft skills program with three modules , with 32 units for about 60 sessions of 90 minutes each (theory+practical) with a brand name *PEP* ( Performance Enhancement Programme)

### Other Training & Development

**Topics:** *English Language, Communication, Teacher Development, HRD, Soft skills, Value Education*

**2002-2008:** Language training and Teacher Development Programmes for School teachers throughout India-outsourced by Ratnasagar Publications New Delhi

**1995-2013:** College teachers, Youth Leaders, Trainers, School teachers, NGOs, Students, Lower level and middle level corporate managers, Bank ( independently and outsourced by College for Leadership and HRD, Mangalore and Stride corporate training company, Chennai)

**2011:** Twice served as a resource person for **Judges at National Judicial Academy, Bhopal** in

**Communication and Language skills** for Judgement writing organized by National Judicial Excellence Enhancement Programme [JEEP] Bhopal- 8 May, 2011 and 12 September, 2011

Serving as an internal Language auditor for the BEC trainers for Stride company

**2013:** Preparing candidates for final examination (Ethics and Integrity) and interview for

UPSC ( IAS,IPS, Etc.) exams at Ganesh IAS Academy, Chennai

**2014-2021:** as VP of Strides, training the trainers to be facilitators, training Engineering students in English language and Life coping skills, HRD, Communication, Employability skills. Quality auditor for the training programmes.

### Contact Information

20/11 Lavanya Vilas  
Ragavaiah Road  
T.Nagar 600017  
Ph. 044-42333318





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

**Melakottaiyur, Chennai-127**

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

Mob.9840340932



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### **Day: 5**

On the 5<sup>th</sup> day at 10.30 am on 25/07/2023 the all **Head of the Department and Unit Heads** briefed about the “Curriculum, Internal marks, Department functions, Activities, Achievements” etc., Followed by the **Controller of Examination Dr. V. Muruguvalavan** briefed about the Exam methods and evaluation procedure.





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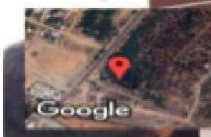
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All department HOD's explain about departments functions and activities with PPT slides



IQAC FRESHERS INDUCTION PROGRAM 2023-2024 - DAY 5  
Tamil Nadu Physical Education and Sports University  
Chennai, Tamil Nadu - 600127  
India  
2023-07-25(Tue) 10:44(am)



GPS Map Camera  
IQAC Freshers Induction Programme 2023-24, Tamil Nadu, India  
Tamil Nadu Physical Education and Sports University, Chennai  
Lat 12.839754°  
Long 80.140681°  
25/07/23 11:56 AM GMT +05:30



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### **Afternoon Session :**

At 2.30 pm on the same day we have invited Doctors from Gleneagles Global Health City to have the session on “General Safety Measures Basic Life Style Support” by Mr. **William** and **Dr. Mirthula**. They presented a topic on “Mental Fitness”.



**Dr. Mirthula** discuss the topic of “Mental fitness” with students





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Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127, Tamil Nadu.

### **Day: 6**

On the 6<sup>th</sup> day at 10.30 am on 26/07/2023 "First day Fresher's show" was arranged. **The Senior Students** (II and III years) of Various Programme Welcomed the fresher's with Dance, Music, yoga and other talents were exhibited.

#### **Solo Bharathanatiam:**



#### **Group Song by Girls:**





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### Group Dance by boys:



### Group Yoga by girls:





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### Group Dance by boys:



### Solo Silambam:





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### Motivational Speech:



### **Student's participation list**

#### **Seniors Students**

Department: BBA & MBA – Sports Management

##### **II - MBA**

1. M. Vijay – Motivational Speech

##### **III – BBA**

❖ Group dance by:

1. Kameshwaran
2. Mohanraj
3. Logeshwaran
4. Jaiganesh
5. Hariharan
6. Tamil arasan
7. Prasanna
8. Ruthra

##### **II – BBA**

1. Gomathy – Silambam and Motivation speech





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#### Department: EPN B.Sc & M.Sc

##### II - MSC – EPN

❖ Group Singing by:

1. A. Anupriya
2. A. Santhiya
3. Rizwana
4. Famitha

##### II – B.Sc

1. P. Vailshali – Solo Song
2. John Christopher – Motivational Speech
3. Santhiya – Classical Dance
4. Muhamed Faisudin – Silambam

#### Department: Yoga B.Sc

1. Gokul – Silambam

##### II – B.sc

❖ Artistic Yoga:

1. Lavanya
2. Nithya
3. Vinitha
4. Annai Therasa

#### Department: Sports Biomechanics

Group Dance.



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### **Programme participants by Fresher's**

#### **DEPARTMENT: YOGA**

##### ❖ Rythmic Yoga

1. Nivedha
2. Raja vamsi

##### Gymnastic Yoga Performance:

1. Yamini
2. Harshitha

##### ❖ Traditional Yoga:

1. Misham
2. Arumuganathan

##### ❖ Lamp yoga:

1. Bala

##### ❖ Group yoga

1. Arumuganathan
2. Bala
3. Ragu
4. Misham
5. Domnic alex
6. Saranya selvan
7. Amel Nallippilly

#### **DEPARTMENT: SPORTS COACHING & TECHNOLOGY**

1. Dharani – Singing

#### **DEPARTMENT: EPN B. SC & M. SC**

##### ❖ Yoga by

1. Minupriya
2. Karthika

##### ❖ Group Dance by:

1. R. Shobika
2. M. Roshini



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3. Ranjitha



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❖ Solo song

1. Mathumitha - Singing
2. Sachin kumar - Singing
3. Guna Balan – Singing

❖ Group Dance by

1. Vijayalakshmi & Team

Department: Physical Education

❖ Group dance by

1. Usha & Team

❖ Karate

1. Amirthavarshini & Team

Department: Sports Psychology & sociology and Sports Management

❖ Group Dance by

1. Nandhinin & Team

❖ Singing MBA

1. Sahail
2. Radha Krishnan

Department: Sports Biomechanics

❖ Group Song by

1. Veera
2. Aswin
3. Manikandan

Price Distribute to students for best Performance

1. Sohail - Sports Management – Singing
2. Arumuganathan – Yoga – Lamp Yoga
3. Padeep Sakar &
4. Jeeva Prakash – Sports coaching – Silambam
5. Misham – Yoga
6. Shobika, Roshini, Ranjitha – EPN- Dance





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7. Amirthavarshini - BPed
8. Aakash Raj – EPN
9. Pradeep Jeeva – Sports coaching



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### **Day: 7**

The last day at 10.30 am on 27/07/2023 the “**Fresher’s eve**” was organized. The fresher’s showcased their talents in the different forms. Followed by the fresher’s revealed their “Feedback”.

**Dr. Deb Kumar Das, Guest Lecturer** proposed the vote of thanks and the Induction Programme came to an end with the **National Anthem**.

### **Lamp yoga:**



### **Yoga by Girls:**





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### Group Dance:



### Group Gymnastic Yoga:





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Vandalur - Kelambakkam Road, Melakottaiyur Post, Chennai – 600127, Tamil Nadu.

### Solo Karate:



### **End of the day get feedback from freshers**

Date: 27.07.2023

### Feedback from Fresher's

1. B. PED – Gayathri Devi
2. M. Sc(Yoga) – Yamini
3. M. Sc (EPN) – Anisha
4. M. Sc (Sociology) – S. Aarthi
5. MBA – Vignesh
6. B. Sc(Coaching) – D. Dharshini
7. M. Sc (Biomechanics) – Madhumitha





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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



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Phone No: 9841832928

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### Vote of thanks

The Fresher's Induction Program was end with the Vote of thanks by **Dr. Deb Kumar Das**





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### Teaching staff Attendance sheet



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
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India's First State University in Physical Education and Sports

#### Teaching Staff List

19<sup>th</sup> to 27<sup>th</sup> July 2023

INDUCTION PROGRAMME – Fresher's - 2023-24

Sl. No	Name of the Department	Staff Name	Designation		
1	Physical Education	Dr.S.Manikandan,	Professor & Head of CPE-12	S. Mani	
2		Dr.S.Thirumalai Kumar	Professor	S. Thirumalai	
3		Dr.I.LillyPushpam	Associate Professor	I. Lilly	
4		Dr.P.Kumaravelu	Associate Professor	P. Kumaravelu	25/7
5		Dr.K.Rajeshkumar	Assistant Professor	K. Rajesh	
6		Dr.S.Jayakumar	Assistant Professor	S. Jayakumar	25/7
7		Dr.S.Velkumar	Assistant Professor	S. Velkumar	
8		Dr.C.Lakshmanan	Assistant Professor	C. Lakshmanan	
9	Yoga	Dr.V.Duraisami	Associate Professor & HOD I/c	V. Duraisami	25/7/23
10		Dr.S.Selvalakshmi	Associate Professor	S. Selvalakshmi	25/7/23
11	Exercise Physiology & Biomechanics (Statistics)	Dr.Grace Helina	Professor	G. Helina	
12		Dr.R.Venkatesan	Associate Professor	R. Venkatesan	
13		Dr.P.K.Senthil Kumar	Associate Professor & HOD I/c	P. Senthil Kumar	25/7/23
14		Dr.P.Rajini Kumar	Associate Professor	P. Rajini Kumar	25/7/23
15	Sports Management and Sports Psychology & Sociology	Dr.J.Anitha	Assistant Professor	J. Anitha	25/7/23
16		Dr.S.Premkumar	Professor	S. Premkumar	25/7/23
17		Dr.V.Mangaiyarkarasi	Professor & Head	V. Mangaiyarkarasi	25/7/23
18		Dr.Shahin Ahmed	Professor	S. Shahin	
19	Advanced Sports Training and Sports Technology	Dr.V.Ramesh Kumar	Assistant Professor	V. Ramesh Kumar	
20		Dr.K.Kannadasan	Associate Professor	K. Kannadasan	
21		Dr.R.Ramakrishnan	Professor & Head	R. Ramakrishnan	25/7/23
22		Dr.G.Nallavan	Associate Professor	G. Nallavan	



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### Guest Lecturers Attendance sheet



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#### List of Guest Lecturers 2023 – 2024

Sl. No	Name of the staff	Department	Signature
1	Dr. S. Rengarajan	Tamil, SDE	
2	Dr. K. Jayachandran	Physical Education	
3	Dr. S.Gokila	Physical Education	
4	Dr. T. Appu	Physical Education	
5	Dr. Deb Kumar Das	Yoga	
6	Thiru. K. Siva Rajeswaran	Yoga	
7	Dr. V. Yoganandhan	Yoga, SDE	
8	Tmt. V. Sharmila	Sports Biomechanics & Kinesiology	
9	Mr. A. Jackson	Sports Biomechanics & Kinesiology	
10	Mr. P. Tamil Selvan	Sports Biomechanics & Kinesiology	
11	Dr. P. Adichaiappan	Sports Management	
12	Mrs. J. Angel Priya	Sports Management	
13	Dr. M. Gnanasundari	Sports Management	
14	Thiru. M. Lakshman Kumar	Sports psychology & Sociology	
15	Tmt. R. Kani	Advanced Sports Coaching	
16	Dr. T. Arun Prasanna	Advanced Sports Coaching	
17	Thiru. E. Anburaj	Advanced Sports Coaching	

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