From
Dr. M. Grace Helina
Professor & Programme Director, International Women’s Day
Department of Department of Exercise Physiology and Biomechanics,
Tamil Nadu Physical Education and Sports University,
Chennai – 127

To
The Registrar,
Tamil Nadu Physical Education and Sports University,
Chennai – 127.

Sir,

Sub: Conduct of International Women’s Day programme - Theme:
Empowerment and Improvement of Women-Social, Cultural and Health status-
Details Submitted - Permission Requested - Reg:

The Department of Exercise Physiology and Nutrition has planned to organize the
international women’s day programme on different dates from 1st to 8th March 2023. The
following are the details of the programme. Kindly permit us to conduct the same. The
competitions will be held for students, Teaching and Administrative staff of this university.

<table>
<thead>
<tr>
<th>s.no</th>
<th>Events</th>
<th>Date</th>
<th>Entry fee</th>
<th>Students / staff visit to carnival</th>
<th>Inauguration/ valedictory</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Solo, Group Singing and Oratorical Competition</td>
<td>1-03-2023</td>
<td>Free</td>
<td>At 10 am at the conference hall of the second floor of Academic Block for singing and M.Sc 1st year class room for Oratorical</td>
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<tr>
<td>2.</td>
<td>Solo and Group Dance Competition</td>
<td>03-03-2023</td>
<td>Free</td>
<td>At 10 am at the conference hall of the second floor of Academic Block</td>
<td></td>
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</tbody>
</table>
3. Carnival  
   - Fun Games and Food Court  
   - 08-03-2023  
   - Rs. 2/- for each fun game (on spot prizes for winner of fun game) and Rs. 5/- to Rs. 25/- for food items  

| From 10 am to 1.00 pm Dept. of Physical Education and Coaching  
| From 1.00 to 2.30 pm other Depts, Staff and Administrative staff.  
| Venue: Dept. of EPN class rooms.  

Inauguration of Carnival at 9.45 am on 08-03-2023 and Valedictory function at 3.30 pm on the same day at the second floor Conference hall of the Academic Block.

Thanking You,

Yours Faithfully

[Signature]

Dr. M. Grace Helina

Forwarded

17-2-23
<table>
<thead>
<tr>
<th>EVENT</th>
<th>IN-CHARGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>singing</td>
<td><strong>Dr. P. K. SENTHIL KUMAR</strong></td>
</tr>
<tr>
<td>Dance</td>
<td><strong>Dr. J. ANITHA</strong></td>
</tr>
<tr>
<td>Oratorical</td>
<td><strong>Dr. R. VENKATESAN</strong></td>
</tr>
<tr>
<td>Carnival</td>
<td><strong>Dr. M. GRACE HELINA</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Mr. KARNAN</strong></td>
</tr>
<tr>
<td></td>
<td>Staff, P.hd Scholars and Students</td>
</tr>
</tbody>
</table>

*The rules and regulations of the competitions and the entry form shall be submitted through google forms*

**Google form link:**

**SOLO SINGING**
- https://surveyheart.com/form/63ef1928c0bc4f0724000635

**GROUP SINGING**
- https://surveyheart.com/form/63ee197e24995107546fb787

**SOLO DANCE**
- https://surveyheart.com/form/63ee197e24995107546fb787

**GROUP DANCE**
- https://surveyheart.com/form/63ee1543d19fea075f9e719d

**ORATORICAL**
- https://surveyheart.com/form/63ef1cabd82210073f343f5a
ABOUT THE DEPARTMENT
The Department of Exercise Physiology and Nutrition (EPN) combines study in Exercise Physiology, Human Nutrition, Sports Nutrition and Biological Sciences along with various sports training. Opportunities for research, theory and practical experiences are the core of the instructional methods for both undergraduate and graduate students.

OBJECTIVES OF THE PROGRAMME
- To make the world a better place for Women.
- Working for better Future.
- To achieve the sustainable development.

The following Competition will be held among Teaching & P.hD Scholars, Students and Administrative Staff on 1st, 3rd and 8th of March 2023

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<th>S.No</th>
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<th>PROGRAMME</th>
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<td>1.</td>
<td>01/03/2023</td>
<td>Solo, Group Singing and Oratorical Competition</td>
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<td>2.</td>
<td>03/03/2023</td>
<td>Solo and Group Dance</td>
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<tr>
<td>3.</td>
<td>08/03/2023</td>
<td>Carnival (Fun games and Food courts)</td>
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</tbody>
</table>

Chief Patron
Dr. M. SUNDAR
Vice-Chancellor

Patron
Dr. R. RAMAKRISHNAN
Registrar i/c

Director
Dr. M. GRACE HELINA
Professor

Convenors
Dr. P. K. SENTHIL KUMAR
Dr. R. VENKATESAN
Associate Professors

Organizing Secretary
Dr. J. ANITHA
Assistant Professor

Members
Mr. KARNAN (Guest Lecturer)
P.hD Scholars and Students of EPN
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.
DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

Cordially invite you all for the Valedictory function of

"INTERNATIONAL WOMEN'S DAY"
On the Theme
Empowerment and Improvement of Women in Social, Cultural and Health status

[DATE: 08/03/2023: VENUE: Conference hall, 2nd floor, Academic Block]

Dr. M. SUNDAR
Vice-Chancellor, TNPESU
has kindly consented to deliver the Valedictory Address at 3.30pm on 08/03/2023

Dr. R. RAMAKRISHNAN
Registrar i/c, TNPESU
has kindly consented to deliver the Felicitation Address

PROGRAMME DIRECTOR
Dr. M. GRACE HELINA
Professor

CONVENORS
Dr. P. K. SENTHIL KUMAR
HOD i/c, Associate Professor
Dr. R. VENKATESAN
Associate Professor

ORGANISING SECRETARY
Dr. J. ANITHA
Assistant Professor

MEMBERS
MR. KARNAN (GL)
P.hD, Scholars
and STUDENTS OF EPN
INTERNATIONAL WOMENS DAY

On the theme of
EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL, CULTURAL AND HEALTH STATUS

Organized by
The Department of
EXERCISE PHYSIOLOGY AND NUTRITION

EVENT - OROTORICAL COMPETITION

THEME: ABOUT WOMEN ACHIEVEMENT / GENDER EQUALITY / HEALTH

RULES

1. No entry fee.
2. 2 entries from a class
3. Time limits – 5 minutes
4. Speaker shall talk either in Tamil or in English.
5. The entry form must be signed by the class teacher and HOD.
6. Judges decision will be final.
7. The last date of submission of the entry form is on or before 25th February through Google form.
8. The oratorical competition will be held at 10 am at the MSc 1st year class room of EPN on 1st March 2023.
9. The prices will be distributed at 3.30 pm on 8th March 2023 during the valedictory function.
INTERNATIONAL WOMENS DAY

On the theme of

EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL, CULTURAL AND HEALTH STATUS

Organized by

The Department of

EXERCISE PHYSIOLOGY AND NUTRITION

EVENT - SOLO AND GROUP SINGING COMPETITION

RULES

1. No entry fee.
2. Not more than 8 persons in a group.
3. Instrument/ Karaoke Music shall be used
4. Words vulgarity strictly prohibited.
5. Time limits not exceeding five minutes for group and 4 minutes for solo.
6. The entry forms must be signed by the class teacher and HOD.
7. Judges decision will be final.
8. The last date of submission of the entry form is on or before 25th February through Google form.
9. The dance solo/ group competition will be held at 10 am on 1st March 2023 at the conference hall of the second floor of academic block.
10. The prices will be distributed at 3.30 pm on 8th March 2023 during the valedictory function.
INTERNATIONAL WOMENS DAY

On the theme of
EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL, CULTURAL AND HEALTH STATUS

Organized by
The Department of
EXERCISE PHYSIOLOGY AND NUTRITION

EVENT - SOLO AND GROUP DANCE

RULES

1. No entry fee.
2. Not more than 8 persons in a group.
3. Music any kind but the words vulgarity strictly prohibited.
4. Decent dress and shall be apt for the song.
5. Time limits not exceeding five minutes for group and solo.
6. The entry forms must be signed by the class teacher and HOD.
7. Judges decision will be final.
8. The last date of submission of the entry form is on or before 25th February 2023 through Google form.
9. The dance solo/group competition will be held at 10 am on 3rd March at the conference hall of the second floor of academic block.
10. The prices will be distributed at 3.30 pm on 8th March 2023 during the Valedictory function.
INTERNATIONAL WOMENS DAY

On the theme of

EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL, CULTURAL AND HEALTH STATUS

Organized by

The Department of
EXERCISE PHYSIOLOGY AND NUTRITION

EVENT - CARNIVAL ON 8th March 2023
(FUN GAMES AND FOOD COURTS)

FUN GAMES

1. Smash the tin
2. Blowing the ball
3. Lighting the candles
4. Finding the egg
5. Coin on coin
6. Picking up the peas
7. Aim to target
8. Bucketing the ball
9. Housie Housie
10. Weighing the cake
11. Eating the biscuit
12. Drawing the tail
13. Bowling
14. Pushing the ball to goal
15. Flip the bottle
16. Tumbler and coins
17. Juggling the ball
18. Pocketing the carom coins
19. Ring the target
20. Rolling the dice
21. Clipping
FUN GAMES

RULES
1. Entry fee for each game is Rs. 2/.
2. The winner will get the prize on the spot.
3. A person shall play any game and any number of times by paying Rs. 2/ for each game.
4. Will be held at 10 am to 1.00 pm for Dept. of Physical Education and Coaching.
5. From 1.00 pm to 2.30 pm for other Depts., Staff & PhD Scholars and Administrative Staff.

FOOD COURT
Food items will be sold in food stalls for Rs 5 to 25/.

Food items will be available from 10 am to 3.00 pm on 8th March 2023.

FUN GAMES AND FOOD COURT VENUE: Dept. of EPN class rooms.

-Enjoy the a Day with fun and joy.
REGISTRATION FORMS

Registration to be made through google forms. Google forms can be accessed with the Link and QR code given below.
ORATORICAL COMPETITION

https://surveyheart.com/form/63ef1cabd82210073f343f5a
SOLO SINGING

https://surveyheart.com/form/63ef1928c0bc4f0724000635
GROUP SONG

https://surveyheart.com/form/63ee197e24995107546fb787
SOLO DANCE

://surveyheart.com/form/63ee1717c0bc4f0724fa2da7
GROUP DANCE

https://surveyheart.com/form/63ee1543d19fea075f9e719d