



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

INTERNATIONAL WOMEN'S 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)

Schedule - 08/03/2023

9.45am - Inauguration by Mr. R. Ramesh, Finance Officer

10.00am - 11.00 am - Dept of Coaching

11.00 am - 12.30pm - Dept of Physical Education

12.30pm - 1.00 pm - Dept of Management

1.00pm - 1.30pm - Dept of Yoga and Psychology

1.30pm - 2.30pm - Dept of Bio-Mechanics and Sports Technology

2.30pm - 3.00pm - Teaching and Administrative Staff and Whoever would like to participate can join at this time

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



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. V. DURAISAMI

Research Director & HOD i/c, Dept of Yoga, TNPESU
has kindly consented to deliver the Valedictory Address
at 3.30pm on 08/03/2023

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**



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VALEDICTORY FUNCTION @3.30PM ON 8th MARCH 2023

PROGRAMME

3.30pm - Tamil Tai Valzhthu

3.33pm - Welcome address by Dr. Grace Helina

3.35pm - Presentation of Memento

3.40pm - Presentation of Report by Dr. J. Anitha

3.45pm - Participants Remark

3.50pm - HOD Remarks by Dr. P. K. Senthil Kumar

3.54pm - Dance by Dept of EPN

3.58pm - Speech by Alagu Vishalatchi of the Dept
of EPN

4.02pm - Dance by Dept of EPN

4.06pm - Lucky Dip to all Beautiful Ladies of
Teaching and Administrative staff

4.12pm - Valedictory Address by Dr. V. Duraisami

4.20pm - Prize Distribution

4.30pm - Vote of Thanks by Mr. P. Karnan

4.35pm - National Anthem