TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

IQAC SYSTEM

STRUCTURE OF IQAC
2022-2023

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and
Sports University
Chennai

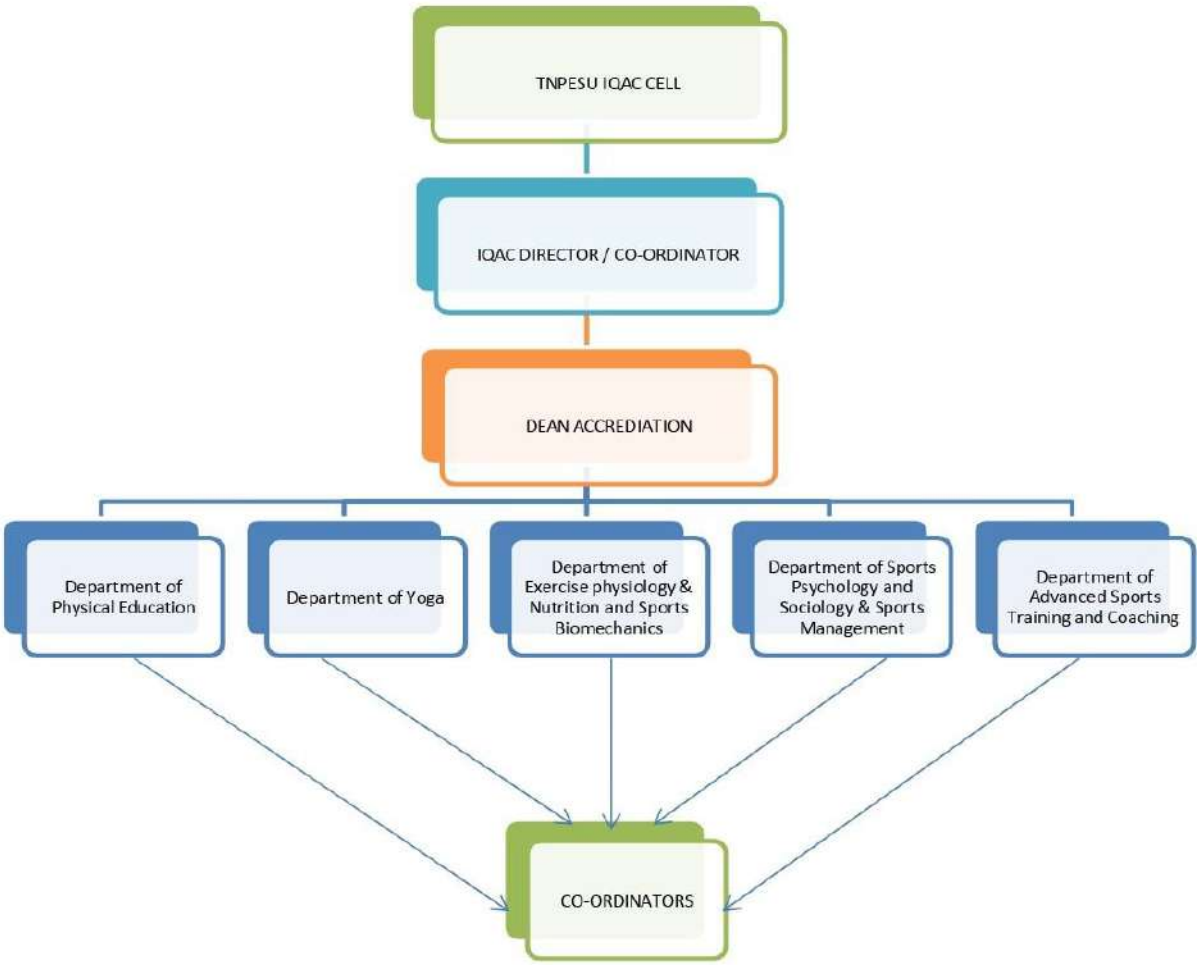
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

INTERNAL QUALITY ASSURANCE SYSTEM



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

DETAILS OF IQAC SYSTEM IN THE YEAR OF 2022-2023

Link for the structure and mechanism of the IQAC	TAMILNADU - SPORTS-UNIVERSITY (tnpesu.org)
Link for the minutes of the IQAC meeting	MINUTES & ACTION TAKEN REPORT 22-23.pdf (tnpesu.org)



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Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

6.5.1 IQAC QUALITY INITIATIVES

This university has a well-defined system in internal quality assurance cell. The cell has contributed significantly in quality assurance strategy and processes. TNPESU traditionally focused on providing high-quality athletic training and sports education. However, with the changing landscape of education, there's an increasing emphasis on holistic student development and support services. IQAC initiatives have led to the institutionalization of practices that prioritize students' overall well-being and academic success.

With regard to quality and post accreditation quality initiatives are described under

1. **Academics**
2. **Research**

1. ACADEMICS

1.1 Academic Support Centers: This University established academic support centers that offer tutoring, mentoring, and study resources to help students excel in their coursework. These centers provide support for both struggling students and those aiming to achieve excellence.

1.2 Mental Health and Wellness Programs: Recognizing the unique stresses and pressures athletes and sports science students face, we have instituted mental health and wellness programs. These initiatives provide counseling services, stress management workshops, and resources to help students manage the demands of their studies and sports commitments.

1.3 Career Guidance and Placement Services: IQAC initiatives have led to the establishment of career guidance and placement services that help students transition smoothly into their post-graduate

careers. These services include internships, placements and connections with industry partners.

1.4 Feedback Mechanisms: Regular feedback mechanisms are institutionalized to collect student opinions and suggestions regarding academic and non-academic services. This feedback is used to make continuous improvements.

2. RESEARCH

2.1 Research and Innovation Promotion: This University not just about training athletes but also advancing the field through research and innovation. IQAC initiatives are to encourage that foster research and innovation in sports science.

2.2 Research Centers and Labs: This institution established state-of-the-art research centers and laboratories equipped with cutting-edge technology such as Center for Sports Biomechanics, Exercise Physiology Lab, Sports Psychology, Sports Pedagogy and Sports Technology Lab. These facilities encourage faculty and students to engage in high-impact research and innovation projects.

2.3 Interdisciplinary Collaboration: IQAC initiatives promote interdisciplinary collaboration between sports science and other fields like physiology, psychology, nutrition, biomechanics and Yoga. This encourages a holistic approach to sports research. Such collaborations include,

i.) International Federation for Fitness, Health, Physical Education and Iron Games

ii) Temple Adventures SCUBA DIVING, Pondichery.

iii) The International Applied Tamil Team, Saudi Arabia

iv) Yoga and Manvata an International Organisation, United Kingdom

v)Tamil Nadu Women Yoga Association

vi)Tamil Nadu Youth Field Archery Association

vii) Tamil Nadu Yogasana Sports Association

viii) Narchinthanaivattam Charitable Trust, Chennai

ix) Elite universal Sports Alliance India Private Ltd

x) Tagore Medical College and Hospital, Chennai.

xi) Chettinadu Academy of Research and Education, Kelambakkam

xii) Kalvi Group of Institutions, Madurai

xiii) VIT, Chennai

xiv) Bahir Dar University

xv) Vel Tech Rangarajan Dr. Seagunthal R&D Institute of Science and Technology

xvi) Rotary Club of Chennai Lake city, District 3232.

2.4 Research Awards: To support research activities, university has taken initiatives to offer awards for research Paper publication in SCOPUS to faculty. The Staff and Students are encouraged to conduct research in their own field to receive research awards from various Forums. This encourages individuals to pursue research and innovation in Sports and sports sciences.

2.5 Publication and Dissemination: Regard to the publication and dissemination of research findings support for faculty and students to publish their work in reputable journals and present at conferences.

2.6 Industry Partnerships: This University has taken initiatives to establish partnerships with sports industry players, including sports teams, equipment manufacturers, and sports medicine organizations. These partnerships provide students with real-world opportunities to apply their research and innovation.

In conclusion, IQAC initiatives in this university are comprehensive effects, not just on education and research but also on the overall well-being of students. The institutionalization of student-centric learning and support services ensures that athletes and sports science students receive a well-rounded education and support for their physical and mental well-being. Moreover, promoting research and innovation in Sports and sports science helps advance the field and keeps the curriculum and programs relevant in a rapidly changing world. These practices collectively contribute to the holistic development.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

6.5.1 **Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes by constantly reviewing the teaching learning process, structures & methodologies of operations and learning outcomes at periodic intervals**

1.1 ACADEMIC SUPPORT CENTERS

TUTORING

S.No.	Name of the Faculty	Title handled
1	Prof.Grace Helina Head of the Department	 Why to study Exercise Physiology, Nutrition, Biomechanics and kinesiology? On 30-07-2019
2	Dr. Venkatesan Assistant Professor	 Importance of water –on 31-07-2019

3	Dr.P.K.SenthilKumar Assistant Professor	Weight Management- On 30-07-2019 
4	Dr. RajiniKumar Assistant Professor	 Movement Skills- on 31-07-2019

5	Dr.Anitha Assistant Professor	 Statistics on 31-07-2019
6	Mr.Mohandass Guest Lecturer	 Fitness and Exercise on 31-07-2019

7	Dr.S.K.Poonkuzhali Guest Lecturer	 Basics of Nutrition on 30-7-2019

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur (PO), Vandalur, Chennai - 600 127
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. V. Duraisami
Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225104001	ABISHEK P	B.P.E.S I Year
2	20225104002	AJITH J A	B.P.E.S I Year
3	20225104003	ANANDHA MURUGAN K	B.P.E.S I Year
4	20225104004	ANBARASAN S	B.P.E.S I Year
5	20225104008	DEEPAK V	B.P.E.S I Year
6	20225104009	DEVASENATHIPATHI A	B.P.E.S I Year
7	20225104011	ELBIN S S	B.P.E.S I Year
8	20225104012	GOWTHAM G	B.P.E.S I Year
9	20225104013	HARIDHASS V V	B.P.E.S I Year
10	20225104014	HARIHARAN R	B.P.E.S I Year
11	20225104015	JAGANMOORTHI R	B.P.E.S I Year
12	20225104018	KISHOREKUMAR R	B.P.E.S I Year
13	20225104019	LAWRENCE E C	B.P.E.S I Year
14	20225104020	LOGESH B	B.P.E.S I Year
15	20225104021	LOKESH V	B.P.E.S I Year
16	20225104022	MADHANRAJ G	B.P.E.S I Year
17	20225104023	MAGESH V	B.P.E.S I Year
18	20225104025	MGNTOJ KUMAR A	B.P.E.S I Year
19	20225104026	MATHESH R	B.P.E.S I Year
20	20225104027	MELCHIZEDETH ARBUDHARAJ S R	B.P.E.S I Year
21	20225104030	MUNIASAMY A	B.P.E.S I Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
Associate Professor
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. R. Venkatesan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225104032	NATARAJAN K	B.P.E.S I Year
2	20225104033	NAVEEN P	B.P.E.S I Year
3	20225104037	SADHASIVAM P	B.P.E.S I Year
4	20225104041	SANJAY G	B.P.E.S I Year
5	20225104042	SANJAY K	B.P.E.S I Year
6	20225104044	SARUKASH S	B.P.E.S I Year
7	20225104046	SIVAKUMAR M	B.P.E.S I Year
8	20225104047	SIVANESHA S	B.P.E.S I Year
9	20225104050	SRIRAM A	B.P.E.S I Year
10	20225104051	SUDHARSAN M	B.P.E.S I Year
11	20225104052	SUDHARSHAN S	B.P.E.S I Year
12	20225104053	SURIYA R	B.P.E.S I Year
13	20225104054	SURIYA U	B.P.E.S I Year
14	20225104056	THARUN E	B.P.E.S I Year
15	20225104057	VALLARASU K	B.P.E.S I Year
16	20225104060	YOGITHRAJ D	B.P.E.S I Year
17	20225101001	ABHISHEK P N	B.P.Ed I Year
18	20225101002	ABRAHAM ARPUDARAJ G	B.P.Ed I Year
19	20225101007	ARJUN P K	B.P.Ed I Year
20	20225101008	ARON A	B.P.Ed I Year
21	20225101009	ARUNKUMAR B	B.P.Ed I Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. P. K.Senthil Kumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225101010	BALAKRISHNAN P	B.P.Ed I Year
2	20225101011	BALAKRISHNAN V	B.P.Ed I Year
3	20225101012	BALAVINAYAGAM V	B.P.Ed I Year
4	20225101013	BASHEER AHAMED KA	B.P.Ed I Year
5	20225101014	BUVANESHWARAN P	B.P.Ed I Year
6	20225101016	DEVARAJ A	B.P.Ed I Year
7	20225101018	DHANUSHKODI J	B.P.Ed I Year
8	20225101019	DHARMENTHIRAN S	B.P.Ed I Year
9	20225101021	DHINAKARAN G	B.P.Ed I Year
10	20225101023	EDWIN MARSHAL C	B.P.Ed I Year
11	20225101024	ERAIANBU M	B.P.Ed I Year
12	20225101025	GENO P	B.P.Ed I Year
13	20225101026	GOKUL K	B.P.Ed I Year
14	20225101028	GOPINATH R	B.P.Ed I Year
15	20225101029	GOWTHAM G	B.P.Ed I Year
16	20225101030	HARI PRASAD S K	B.P.Ed I Year
17	20225101031	HARI PRASATH V	B.P.Ed I Year
18	20225101034	KARTHIK RAJA E	B.P.Ed I Year
19	20225101035	KAVIARASAN P	B.P.Ed I Year
20	20225101039	LOGANATHAN A	B.P.Ed I Year
21	20225101040	LOKESH M S	B.P.Ed I Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. P. Rajinikumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225101042	MGNTIKANDAN M	B.P.Ed I Year
2	20225101043	MGNTOJ KRISHNAN V	B.P.Ed I Year
3	20225101044	MATHEW D	B.P.Ed I Year
4	20225101045	MOHAMMED ASIF M	B.P.Ed I Year
5	20225101046	MOHAN K	B.P.Ed I Year
6	20225101049	NAVEEN G	B.P.Ed I Year
7	20225101050	NILA SURIYAN M	B.P.Ed I Year
8	20225101056	PRAVEEN KUMAR D	B.P.Ed I Year
9	20225101057	PRAVIN KUMAR P	B.P.Ed I Year
10	20225101061	RAGHURAMGNT R	B.P.Ed I Year
11	20225101063	RAKESH B	B.P.Ed I Year
12	20225101066	RANJITHKUMAR P	B.P.Ed I Year
13	20225101068	SAI KIRAN K	B.P.Ed I Year
14	20225101069	SALAI DEEPAN N	B.P.Ed I Year
15	20225101070	SAM JUSTIN WALTON R	B.P.Ed I Year
16	20225101071	SANKAR S	B.P.Ed I Year
17	20225101072	SANTHANAM P	B.P.Ed I Year
18	20225101073	SANTHOSH M	B.P.Ed I Year
19	20225101076	SATHISH M	B.P.Ed I Year
20	20225101077	SATHISHKUMAR S	B.P.Ed I Year
21	20225101078	SELVA T	B.P.Ed I Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. S. Prem Kumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225101085	SURIYA M	B.P.Ed I Year
2	20225101086	SURYA E	B.P.Ed I Year
3	20225101089	TAMILVANNAN R	B.P.Ed I Year
4	20225101091	VASANTH KUMAR A	B.P.Ed I Year
5	20225101092	VASANTHKUMAR S	B.P.Ed I Year
6	20225101093	VIGNESH R	B.P.Ed I Year
7	20225101094	VIGNESHVARAN P	B.P.Ed I Year
8	20225101095	VIJAIMOORTHY S	B.P.Ed I Year
9	20225101096	VIKRAM K	B.P.Ed I Year
10	20225101099	YUVARAJ S	B.P.Ed I Year
11	20225102002	ANANTHAKUMAR V	M.P.Ed I Year
12	20225102003	ARJUN A	M.P.Ed I Year
13	20225102004	AVINASH A	M.P.Ed I Year
14	20225102005	BALABHARATHY M	M.P.Ed I Year
15	20225102006	BHARATH N	M.P.Ed I Year
16	20225102007	DEVAPRAKASH A B	M.P.Ed I Year
17	20225102009	GOPI V	M.P.Ed I Year
18	20225102010	GOWTHAM R	M.P.Ed I Year
19	20225102011	GUNASEELAN G	M.P.Ed I Year
20	20225102012	JEBASINGH ROBINET P	M.P.Ed I Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. S. Jayakumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225223002	ARAVIN K	B.Sc Yoga I Year
2	20225223003	ARUNACHALAM A	B.Sc Yoga I Year
3	20225223004	BOOBALAN A	B.Sc Yoga I Year
4	20225223005	DANI DEEPAK V Y	B.Sc Yoga I Year
5	20225223006	GOKULNATH R	B.Sc Yoga I Year
6	20225223007	HEMACHANDARR K B	B.Sc Yoga I Year
7	20225223008	JAGADISH K	B.Sc Yoga I Year
8	20225223015	SUGUNESH S	B.Sc Yoga I Year
9	20225223017	ANNAND M	B.Sc Yoga I Year
10	20225223018	JAHABARALI	B.Sc Yoga I Year
11	20225223019	SAI CHARAN K	B.Sc Yoga I Year
12	20225223020	PALANI VEL RAJAN G	B.Sc Yoga I Year
13	20225223021	KANIMALAI P	B.Sc Yoga I Year
14	20225223022	RAJESH V	B.Sc Yoga I Year
15	20225223023	SANKAR P	B.Sc Yoga I Year
16	20225223024	MAHENDRAN R	B.Sc Yoga I Year
17	20225206001	CHANDRAMOULI	M.Sc Yoga I Year
18	20225206002	JAI P.T	M.Sc Yoga I Year
19	20225206003	KOUSHIK SUNDAR S	M.Sc Yoga I Year
20	20225206005	PRASANTH SS	M.Sc Yoga I Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. S. Velkumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225312001	ABIN AJU	B.ScEx.P&Nut. I Year
2	20225312002	AKASH A	B.ScEx.P&Nut. I Year
3	20225312003	ARUNKUMAR R	B.ScEx.P&Nut. I Year
4	20225312004	DHANUSH S	B.ScEx.P&Nut. I Year
5	20225312005	DINESH S	B.ScEx.P&Nut. I Year
6	20225312006	ELGIN S S	B.ScEx.P&Nut. I Year
7	20225312008	JEGADEESH A	B.ScEx.P&Nut. I Year
8	20225312009	KHIRUBHAKARAN T	B.ScEx.P&Nut. I Year
9	20225312010	LIJIN R	B.ScEx.P&Nut. I Year
10	20225312011	LINGESWARAN M	B.ScEx.P&Nut. I Year
11	20225312012	MARIMUTHU T	B.ScEx.P&Nut. I Year
12	20225312013	MOHAMEDBAISUDEEN M	B.ScEx.P&Nut. I Year
13	20225312016	SREEJESH R J	B.ScEx.P&Nut. I Year
14	20225312017	SUSIPANDIYAN S	B.ScEx.P&Nut. I Year
15	20225312018	VIMALRAJ J	B.ScEx.P&Nut. I Year
16	20225308002	BABUJIMUTHIYALU V.A	M.ScEx.P&Nut. I Year
17	20225308003	BELJIN B	M.ScEx.P&Nut. I Year
18	20225308004	DANIEL ROOPHERS V	M.ScEx.P&Nut. I Year
19	20225308008	GOKULA KRISHNAN S	M.ScEx.P&Nut. I Year
20	20225308009	HEMGNTTH KUMAR J N	M.ScEx.P&Nut. I Year
21	20225308011	JANARTHANAN T	M.ScEx.P&Nut. I Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. S. Rangarajan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225308012	JOHN CHRISTOBER RAJ E	M.ScEx.P&Nut. I Year
2	20225308014	PONKUMAR G	M.ScEx.P&Nut. I Year
3	20225308015	PRATIK NARAYAN SAHOO	M.ScEx.P&Nut. I Year
4	20225308016	PRAVEEN KUMAR B	M.ScEx.P&Nut. I Year
5	20225308017	RAJINEESHWARAN G	M.ScEx.P&Nut. I Year
6	20225308024	SUBASH V	M.ScEx.P&Nut. I Year
7	20225308026	VIGNESH A	M.ScEx.P&Nut. I Year
8	20225308028	YOGHA SAGAR C	M.ScEx.P&Nut. I Year
9	20225328001	ARCHUNAN G	B. Sc SBM &Kin I Year
10	20225328002	KARUPPUSAMY D	B. Sc SBM &Kin I Year
11	20225328004	NAREN S	B. Sc SBM &Kin I Year
12	20225328005	NITYANTA KUMAAR S V	B. Sc SBM &Kin I Year
13	20225328006	RAGHUL J	B. Sc SBM &Kin I Year
14	20225328007	RANJITHKUMAR R	B. Sc SBM &Kin I Year
15	20225328010	SHYAM B	B. Sc SBM &Kin I Year
16	20225328011	SIVABALAN N	B. Sc SBM &Kin I Year
17	20225328012	SRIDHAR B	B. Sc SBM &Kin I Year
18	20225328013	SRIMGNTTHKRISHNA R	B. Sc SBM &Kin I Year
19	20225328014	SUJAL V	B. Sc SBM &Kin I Year
20	20225328017	VIGNESH R	B. Sc SBM &Kin I Year
21	20225328018	VISHNUDHARAN P	B. Sc SBM &Kin I Year

MENTOR-MENTEE COORDINATOR

Dr. S. GELVAL
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. G. Nallavan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225316001	AJITHKUMAR K	M.Sc SBM &Kin I Year
2	20225316003	DINESH M	M.Sc SBM &Kin I Year
3	20225316004	FELIX SANOOSH P.S	M.Sc SBM &Kin I Year
4	20225316005	GOKULESH N	M.Sc SBM &Kin I Year
5	20225316007	IBRAHIM M	M.Sc SBM &Kin I Year
6	20225316008	JAGAN V	M.Sc SBM &Kin I Year
7	20225316010	JAYAGANESH S	M.Sc SBM &Kin I Year
8	20225316011	MADHANKUMAR R	M.Sc SBM &Kin I Year
9	20225316012	MIDHUN B PILLAI	M.Sc SBM &Kin I Year
10	20225316013	PRAVIN S	M.Sc SBM &Kin I Year
11	20225316015	SANTHOSH G	M.Sc SBM &Kin I Year
12	20225427002	ARAVINDHAN I	BBA Sports Mgnt I Year
13	20225427003	ARUNKUMAR M	BBA Sports Mgnt I Year
14	20225427004	DHANUSH KUMAR U	BBA Sports Mgnt I Year
15	20225427005	DINESH KUMAR M	BBA Sports Mgnt I Year
16	20225427007	JAI P	BBA Sports Mgnt I Year
17	20225427008	KARTHICK K	BBA Sports Mgnt I Year
18	20225427009	LATHAN KUMAR M	BBA Sports Mgnt I Year
19	20225427010	MGNTOHAR J	BBA Sports Mgnt I Year
20	20225427011	MITHRAKESAN A	BBA Sports Mgnt I Year
21	20225427012	MOHAMED THANZIL D	BBA Sports Mgnt I Year

MENTOR-MENTEE COORDINATOR

Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
Associate Professor
Department of Yoga
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(Estd. By the Govt. of Tamil Nadu Under Act No.9 of 2005)

MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. S. Manikandan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225427013	MUHAMMAD SAVAD T K	BBA Sports Mgnt I Year
2	20225427014	NISHANTH K	BBA Sports Mgnt I Year
3	20225427016	PRAVEEN M	BBA Sports Mgnt I Year
4	20225427017	PRAVEEN S	BBA Sports Mgnt I Year
5	20225427018	RAJESHWARAN M	BBA Sports Mgnt I Year
6	20225427019	SACHIN G M	BBA Sports Mgnt I Year
7	20225427020	SANJAYRAJ S	BBA Sports Mgnt I Year
8	20225427021	SIRANJEEVI R	BBA Sports Mgnt I Year
9	20225427022	SIVA R	BBA Sports Mgnt I Year
10	20225427024	THIRUMAL V	BBA Sports Mgnt I Year
11	20225427025	VELLAICHAMY K	BBA Sports Mgnt I Year
12	20225427026	VENGATESHPERUMAL M	BBA Sports Mgnt I Year
13	20225427027	YASAR ARAFATH A.R	BBA Sports Mgnt I Year
14	20225407001	DEBRAJ SHARMA	MBA Sports Mgnt I Year
15	20225407002	DHANRAJ V SAWANTH	MBA Sports Mgnt I Year
16	20225407003	DHANUSH R	MBA Sports Mgnt I Year
17	20225407004	DHILIPKUMAR E	MBA Sports Mgnt I Year
18	20225407005	DINESH V	MBA Sports Mgnt I Year
19	20225407006	JAYASURYA M	MBA Sports Mgnt I Year
20	20225407007	KARTHICK RAJA L	MBA Sports Mgnt I Year
21	20225407008	NAVEEN SCARIA	MBA Sports Mgnt I Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr.S.Thirumalai Kumar

Name of the Mentee:

S.No	Roll No.	Name of the students	Class
1	20225407009	PRABU R	MBA Sports Mgnt I Year
2	20225407010	PRAGADEESWARAN K	MBA Sports Mgnt I Year
3	20225407011	PRAKASH M	MBA Sports Mgnt I Year
4	20225407012	PRAVEEN K	MBA Sports Mgnt I Year
5	20225407013	PRETHIVIRAJAN M	MBA Sports Mgnt I Year
6	20225407015	ROHITHRAJ M	MBA Sports Mgnt I Year
7	20225407017	SHAURYA SHARMA	MBA Sports Mgnt I Year
8	20225407018	SIVARAMAKRISHNAN H	MBA Sports Mgnt I Year
9	20225407019	SOUPAYAN SEN	MBA Sports Mgnt I Year
10	20225407020	SOURAV MGNTNA	MBA Sports Mgnt I Year
11	20225407021	SUMGNTRAJ P	MBA Sports Mgnt I Year
12	20225407022	VENGATESAN K	MBA Sports Mgnt I Year
13	20225407023	VIJAY M	MBA Sports Mgnt I Year
14	20225407024	VIJAYA KUMAR M	MBA Sports Mgnt I Year
15	20225407025	VIPUL SATHEESAN	MBA Sports Mgnt I Year
16	20225422003	KIRAN BALAJI SRINIVASAN	M.Sc Psy I Year
17	20225422004	NANDHA GOPAL K	M.Sc Psy I Year
18	20225422006	SUNIL KUMAR SAIN S	M.Sc Psy I Year
19	20225424001	BABU G	M.Sc Sp.Psy I Year
20	20225424002	MOHAN RAJ D	M.Sc Sp.Psy I Year
21	20225424003	NRITHING.Y.LOTHA NL	M.Sc Sp.Psy I Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr.P.Kumaravelu

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225424004	PRABAKARAN R	M.Sc Sp.Psy I Year
2	20225424005	PRAVEEN G	M.Sc Sp.Psy I Year
3	20225424006	SEETHAPATHI D	M.Sc Sp.Psy I Year
4	20225424007	SRI RAMGNTUJAM N.M	M.Sc Sp.Psy I Year
5	20225424008	SUDHARSHAN S	M.Sc Sp.Psy I Year
6	20225517001	AADHITHYAN P	B.Sc Sp.Psy I Year
7	20225517002	ABISHEK A	B.Sc Sp.Psy I Year
8	20225517003	AJESH KUMAR P	B.Sc Sp.Psy I Year
9	20225517004	ARJUN S	B.Sc Sp.Psy I Year
10	20225517005	BALACHANDRU S	B.Sc Sp.Psy I Year
11	20225517006	BARATH KUMAR B	B.Sc Sp.Psy I Year
12	20225517007	DEEPAKRAJ M	B.Sc Sp.Psy I Year
13	20225517008	DEVA D	B.Sc Sp.Psy I Year
14	20225517009	DINESH D	B.Sc Sp.Psy I Year
15	20225517011	IMMGNTUVEL N	B.Sc Sp.Psy I Year
16	20225517012	JEEVAN RAJ A	B.Sc Sp.Psy I Year
17	20225517013	KALAIPRAKASH T	B.Sc Sp.Psy I Year
18	20225517014	KARTHIKEYAN K	B.Sc Sp.Psy I Year
19	20225517015	KAVIN G	B.Sc Sp.Psy I Year
20	20225517016	MAHENDRAN A	B.Sc Sp.Psy I Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. K. Rajesh Kumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225517017	MGNTI MADHAVAN M	B.ScSp.Psy I Year
2	20225517018	MGNTIGANDAN P	B.ScSp.Psy I Year
3	20225517019	MGNTIKANDAN L	B.ScSp.Psy I Year
4	20225517020	MARIYADOSS D	B.ScSp.Psy I Year
5	20225517021	MATHANKUMAR R	B.ScSp.Psy I Year
6	20225517022	MOORTHI A	B.ScSp.Psy I Year
7	20225517023	MUTHAZHAGAN B	B.ScSp.Psy I Year
8	20225517024	PARTESH GN.Y	B.ScSp.Psy I Year
9	20225517025	POOVARASAN K	B.ScSp.Psy I Year
10	20225517026	POOVARASAN V	B.ScSp.Psy I Year
11	20225517027	RAJESH P	B.ScSp.Psy I Year
12	20225517028	RAJKIRAN K	B.ScSp.Psy I Year
13	20225517029	RAMAMOORTHI V	B.ScSp.Psy I Year
14	20225517030	SANTHOSH S	B.ScSp.Psy I Year
15	20225517031	SANTHOSHKUMAR E	B.ScSp.Psy I Year
16	20225517032	SENTHAMIL R	B.ScSp.Psy I Year
17	20225517033	SENTHIL KUMAR M	B.ScSp.Psy I Year
18	20225517034	SRIDHAR S	B.ScSp.Psy I Year
19	20225517035	THOMAS R	B.ScSp.Psy I Year
20	20225517036	VIJAYAKUMAR S	B.ScSp.Psy I Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. N. Ashok Kumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215104002	ABHINESH KUMAR P	B.P.E.S II Year
2	20215104003	ADLIN AJAY K G	B.P.E.S II Year
3	20215104004	AJAY M	B.P.E.S II Year
4	20215104006	ARAVINDHAN M	B.P.E.S II Year
5	20215104007	ARIVAZHAGAN K	B.P.E.S II Year
6	20215104008	ASHWIN A	B.P.E.S II Year
7	20215104011	DEEPAN G	B.P.E.S II Year
8	20215104014	DINESHKUMAR T	B.P.E.S II Year
9	20215104016	GLADSTONE SAMUEL G	B.P.E.S II Year
10	20215104017	GODWIN J	B.P.E.S II Year
11	20215104018	GOKUL M	B.P.E.S II Year
12	20215104019	GOPI R	B.P.E.S II Year
13	20215104020	HIMAYATAMILSELVAN R M	B.P.E.S II Year
14	20215104021	JAGATHISH K	B.P.E.S II Year
15	20215104023	KARTHIKEYAN D	B.P.E.S II Year
16	20215104027	KUZANTHAIYESU A	B.P.E.S II Year
17	20215104028	MADHAVAN M	B.P.E.S II Year
18	20215104029	MARIMUTHU P	B.P.E.S II Year
19	20215104031	MOWLEESWAR K	B.P.E.S II Year
20	20215104032	MUKILAN N	B.P.E.S II Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. V. Muruguvalavan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215104033	MURUGESAN R	B.P.E.S II Year
2	20215104034	MUTHAIYA K	B.P.E.S II Year
3	20215104035	NANDA KUMAR H	B.P.E.S II Year
4	20215104036	NITHYANANDHAN P	B.P.E.S II Year
5	20215104038	PAVAN SINGH E	B.P.E.S II Year
6	20215104039	PRAVEEN RAJ R	B.P.E.S II Year
7	20215104040	RAGUL R	B.P.E.S II Year
8	20215104041	RAMGNT R	B.P.E.S II Year
9	20215104043	RIYASTHEEN S	B.P.E.S II Year
10	20215104045	SARANRAJ S	B.P.E.S II Year
11	20215104046	SATHISHKUMAR V	B.P.E.S II Year
12	20215104048	SELVAMGNTI M	B.P.E.S II Year
13	20215104049	SILAMBARASAN M	B.P.E.S II Year
14	20215104050	SRIDHAR D	B.P.E.S II Year
15	20215104052	THAMOTHARAN R	B.P.E.S II Year
16	20215104055	THILAK HEMACHANDRAN R	B.P.E.S II Year
17	20215104056	THILEEP S	B.P.E.S II Year
18	20215104059	VIGNESH G	B.P.E.S II Year
19	20215104060	VINOTHRAJ R	B.P.E.S II Year

MENTOR-MENTEE COORDINATOR

Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. Mithun Leo James

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215101002	ABIVARMGNT R	B.P.Ed II Year
2	20215101004	AJITH K	B.P.Ed II Year
3	20215101005	AJITH M	B.P.Ed II Year
4	20215101007	ALLBIN G	B.P.Ed II Year
5	20215101009	ARUMUGAM K	B.P.Ed II Year
6	20215101010	AUGUSTINE R	B.P.Ed II Year
7	20215101011	BALA BHARATHI M	B.P.Ed II Year
8	20215101012	BALA SUNDAR C	B.P.Ed II Year
9	20215101013	BALAKUMAR U	B.P.Ed II Year
10	20215101017	DEEPAK KUMAR S	B.P.Ed II Year
11	20215101020	GANDHI V	B.P.Ed II Year
12	20215101022	GOBI R	B.P.Ed II Year
13	20215101023	GOPI S	B.P.Ed II Year
14	20215101024	JAGADEESHAN G	B.P.Ed II Year
15	20215101027	JOHNVICTOR D	B.P.Ed II Year
16	20215101028	JOHNSON V	B.P.Ed II Year
17	20215101031	KARNESHWAR P	B.P.Ed II Year
18	20215101032	KARUPPASAMY PANDIAN L	B.P.Ed II Year
19	20215101037	KIRAN K R	B.P.Ed II Year
20	20215101039	KUTHBUDEEN B	B.P.Ed II Year
21	20215101043	MAGESHWAR S	B.P.Ed II Year
22	20215101045	MGNTI S	B.P.Ed II Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Mr. C. Manoj

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215101046	MGNTIKANDAN M S	B.P.Ed II Year
2	20215101048	MELVIN P M	B.P.Ed II Year
3	20215101050	MOHAMED HAROON RASHEED A R	B.P.Ed II Year
4	20215101055	NIRMAL JONES I	B.P.Ed II Year
5	20215101056	PARAMATHMA B M	B.P.Ed II Year
6	20215101059	PRAKASH D	B.P.Ed II Year
7	20215101060	PRASANTH P	B.P.Ed II Year
8	20215101064	RAMESH R	B.P.Ed II Year
9	20215101067	RATHNA KUMAR G	B.P.Ed II Year
10	20215101070	SABEER AHAMED R	B.P.Ed II Year
11	20215101076	SARAVANAN K	B.P.Ed II Year
12	20215101077	SARAVANAN V	B.P.Ed II Year
13	20215101078	SATHIYA MOORTHI D	B.P.Ed II Year
14	20215101079	SELVA PRABU E	B.P.Ed II Year
15	20215101085	SIVASUBRAMGNTIAN R	B.P.Ed II Year
16	20215101087	SUBASH N	B.P.Ed II Year
17	20215101090	SURYA V	B.P.Ed II Year
18	20215101091	TAMIL MGNTI S	B.P.Ed II Year
19	20215101094	VARUNRAJ T	B.P.Ed II Year
20	20215101095	VIGNESH M	B.P.Ed II Year
21	20215101097	VIJESHWARAN S	B.P.Ed II Year
22	20215101099	WILSON K	B.P.Ed II Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Mr. K. B. Srinivasan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215102003	ARIVAZHAGAN M	M.P.Ed II Year
2	20215102004	DINESH A	M.P.Ed II Year
3	20215102005	DINESH KUMAR S	M.P.Ed II Year
4	20215102006	GOWTHAM G P	M.P.Ed II Year
5	20215102007	GUNASEELAN A	M.P.Ed II Year
6	20215102008	JAYA KUMAR G K	M.P.Ed II Year
7	20215102009	JAYACHANDRAN J	M.P.Ed II Year
8	20215102010	JAYAKUMAR M	M.P.Ed II Year
9	20215102012	KRISHNA KUMAR T	M.P.Ed II Year
10	20215102013	KUMARESAN V	M.P.Ed II Year
11	20215102014	MAGESHWARAN A	M.P.Ed II Year
12	20215102015	MGNTIKANDAN S	M.P.Ed II Year
13	20215102019	MUTHUKUMARAN M	M.P.Ed II Year
14	20215102020	NAGULPRATHIK D	M.P.Ed II Year
15	20215102021	NAVEEN KUMAR D	M.P.Ed II Year
16	20215102022	NAVEENRAJ A	M.P.Ed II Year
17	20215102023	NICHOLAS SAVARIRAJ L	M.P.Ed II Year
18	20215102026	PRAVEEN KUMAR P	M.P.Ed II Year
19	20215102027	PRAVEEN KUMAR S	M.P.Ed II Year
20	20215102028	PRAVEENRAJ R	M.P.Ed II Year
21	20215102029	RAJKUMAR S	M.P.Ed II Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. K. Kannadasan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225518001	KIRTHAN J	M.Sc Sp.Coaching I Year
2	20225520001	AJAY S	M. Tech I Year
3	20225520002	MAGESH SOORAJ	M. Tech I Year
4	20225520003	ROHIT SADAGOPAN	M. Tech I Year
5	20225520004	VIMALNATH PANDIAN C M	M. Tech I Year
6	20225520005	VISHWAKIRAN B V S	M. Tech I Year
7	20215102030	SABARIVASAN J	M.P.Ed II Year
8	20215102031	SABARINATHAN N	M.P.Ed II Year
9	20215102033	SATHIA KUMAR M	M.P.Ed II Year
10	20215102034	SIVA PRASANTH N	M.P.Ed II Year
11	20215102035	SIVAPERUMAL P	M.P.Ed II Year
12	20215102037	VASANTHAPRIYAN S	M.P.Ed II Year
13	20215102039	VENKATESAN M	M.P.Ed II Year
14	20215102040	WILSON RAJ V	M.P.Ed II Year
15	20215308001	AKASH R	M.ScEx.Ph& Nut II year
16	20215308005	MADAVI SANNIL SUDHIR	M.ScEx.Ph& Nut II year
17	20215308006	MOHAMED SAIFUDEEN S R	M.ScEx.Ph& Nut II year
18	20215308007	MUTHU KUMAR S	M.ScEx.Ph& Nut II year
19	20215308008	NAVEEN RAJ S	M.ScEx.Ph& Nut II year
20	20215308011	SATHEESH KANNAN M	M.ScEx.Ph& Nut II year
21	20215308012	SURYA S	M.ScEx.Ph& Nut II year
22	20215308013	TALARI LEONARD ISMAYEL DEVENCY	M.ScEx.Ph& Nut II year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. V. Ramesh Kumar

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215328002	ARAVIND S	B.Sc SBM &Kin II Year
2	20215328004	DEEPAK KUMAR E	B.Sc SBM &Kin II Year
3	20215328005	DEEPAKRAJ R	B.Sc SBM &Kin II Year
4	20215328006	KARTHICK K	B.Sc SBM &Kin II Year
5	20215328007	KATHIRESAN G	B.Sc SBM &Kin II Year
6	20215328008	KEVIN FERDINAND J	B.Sc SBM &Kin II Year
7	20215328009	MEGANATHAN M	B.Sc SBM &Kin II Year
8	20215328010	NANDHA KUMAR R	B.Sc SBM &Kin II Year
9	20215328012	RITHISH K	B.Sc SBM &Kin II Year
10	20215328013	SARATHI S	B.Sc SBM &Kin II Year
11	20215328015	SUBA ASHOK S	B.Sc SBM &Kin II Year
12	20215316001	ARUN C	M.Sc SBM &Kin II Year
13	20215316003	BADHUSHA B	M.Sc SBM &Kin II Year
14	20215316005	ILAYA BHARATHI RM	M.Sc SBM &Kin II Year
15	20215316006	JACKSON A	M.Sc SBM &Kin II Year
16	20215316007	KARTHICK K	M.Sc SBM &Kin II Year
17	20215316008	KATHIRAVUN C.M	M.Sc SBM &Kin II Year
18	20215316009	KIRANYESURAJ R	M.Sc SBM &Kin II Year
19	20215316014	TAMIL SELVAN P	M.Sc SBM &Kin II Year
20	20215316015	VIGNESHWAR K	M.Sc SBM &Kin II Year
21	20215316001	ARUN C	M.Sc SBM &Kin II Year

MENTOR-MENTEE COORDINATOR

Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy)., M.P.Ed., M.Phil., Ph.D.
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Melakottaiyur (PO), Vandalur, Chennai-600 127
(Estd. By the Govt. of Tamil Nadu Under Act No.9 of 2005)

MENTOR MENTEE LIST (2022-2023)

Name of the Mentor:Dr. C. Lakshmanan
Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215223001	ADARSH K M	B.Sc Yoga II Year
2	20215223002	JEGAN KUMAR B	B.Sc Yoga II Year
3	20215223003	KUMARAN S	B.Sc Yoga II Year
4	20215223004	RAJADURAI P	B.Sc Yoga II Year
5	20215223005	RAVICHANDRAN R	B.Sc Yoga II Year
6	20215223006	SANTHOSH THIRUPPATHI P	B.Sc Yoga II Year
7	20215427004	DEEPAK P	BBA Sp.Mgnt II Year
8	20215427005	DRAVID DHASAN B	BBA Sp.Mgnt II Year
9	20215427006	HARIHARAN P	BBA Sp.Mgnt II Year
10	20215427007	JAI GANESH K	BBA Sp.Mgnt II Year
11	20215427009	KAMESHWARAN B	BBA Sp.Mgnt II Year
12	20215427010	LOGESHWARAN M	BBA Sp.Mgnt II Year
13	20215427013	MOHANRAJ S	BBA Sp.Mgnt II Year
14	20215427014	MURUGA N	BBA Sp.Mgnt II Year
15	20215427015	PRASANNA R	BBA Sp.Mgnt II Year
16	20215427017	RUTHRAN L	BBA Sp.Mgnt II Year
17	20215427018	SANJAI K	BBA Sp.Mgnt II Year
18	20215427020	SATHISH Y	BBA Sp.Mgnt II Year
19	20215427021	SURYA PRAKASH S	BBA Sp.Mgnt II Year
20	20215427022	TAMILARASAN S	BBA Sp.Mgnt II Year
21	20215427024	VISHVA V	BBA Sp.Mgnt II Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. K. Jayachandran
Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215407001	AMAL RAAJ K L	MBA Sp. Mgnt II Year
2	20215407002	ANANTHARAJ K	MBA Sp. Mgnt II Year
3	20215407005	AZHAGAPPAN.V	MBA Sp. Mgnt II Year
4	20215407007	CHIRANJEEVI S	MBA Sp. Mgnt II Year
5	20215407008	DEEPAN M	MBA Sp. Mgnt II Year
6	20215407009	DHANAJAYAM V	MBA Sp. Mgnt II Year
7	20215407011	GOKUL RP	MBA Sp. Mgnt II Year
8	20215407012	KARTHIGEYAN R	MBA Sp. Mgnt II Year
9	20215407013	KAVIYARASU E	MBA Sp. Mgnt II Year
10	20215407014	KIRUBAKARAN V	MBA Sp. Mgnt II Year
11	20215407015	LIVINGSTAN A	MBA Sp. Mgnt II Year
12	20215407016	MOHAMED PRINCE M	MBA Sp. Mgnt II Year
13	20215407017	MOHANDOSS M	MBA Sp. Mgnt II Year
14	20215407018	NAVEEN RAJ	MBA Sp. Mgnt II Year
15	20215407019	NAVEEN S	MBA Sp. Mgnt II Year
16	20215407021	SAGNIK KISHORE MUKHERJEE	MBA Sp. Mgnt II Year
17	20215407022	SAGNIK NANDI	MBA Sp. Mgnt II Year
18	20215407023	SAM DAVID A	MBA Sp. Mgnt II Year
19	20215407024	SATHISH KUMAR M	MBA Sp. Mgnt II Year
20	20215407025	SEYED AHAMED BUHARY	MBA Sp. Mgnt II Year
21	20215407027	SIVANESHWARAN P	MBA Sp. Mgnt II Year
22	20215407028	VIKRAM A S	MBA Sp. Mgnt II Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. Deb Kumar das
Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215517001	AJITH R	B. Sc Sp. Coach II Year
2	20215517002	AKASH M	B. Sc Sp. Coach II Year
3	20215517003	AKASH T	B. Sc Sp. Coach II Year
4	20215517004	ANBUSELVAN S	B. Sc Sp. Coach II Year
5	20215517005	ARISTOTLE A	B. Sc Sp. Coach II Year
6	20215517006	DHILIP M	B. Sc Sp. Coach II Year
7	20215517008	GOWTHAM R	B. Sc Sp. Coach II Year
8	20215517009	KIRUBA B	B. Sc Sp. Coach II Year
9	20215517010	KISHORE KUMAR S	B. Sc Sp. Coach II Year
10	20215517011	MGNTOJ M K	B. Sc Sp. Coach II Year
11	20215517012	MUGUNTHAN E	B. Sc Sp. Coach II Year
12	20215517013	PAVIYARASU E	B. Sc Sp. Coach II Year
13	20215517014	RAMESH J	B. Sc Sp. Coach II Year
14	20215517015	SACHIN S	B. Sc Sp. Coach II Year
15	20215517016	SILAMBARASAN K	B. Sc Sp. Coach II Year
16	20215517017	SRINATH P	B. Sc Sp. Coach II Year
17	20215517018	SURYAPRASAD R	B. Sc Sp. Coach II Year
18	20215517019	THENNARASU K	B. Sc Sp. Coach II Year
19	20215517020	VIGNESHWARAN R	B. Sc Sp. Coach II Year
20	20215517021	YOGESH J	B. Sc Sp. Coach II Year
21	20215517022	YUVAPRASATH G	B. Sc Sp. Coach II Year
22	20215517023	YUVARAJ E	B. Sc Sp. Coach II Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor:Mr. P. Karnan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20205104001	ABI V	B.P.E.S III Year
2	20205104002	ARIF A	B.P.E.S III Year
3	20205104003	AZHAGURAJ S	B.P.E.S III Year
4	20205104004	BARATH KAMGNT N	B.P.E.S III Year
5	20205104006	DAYASH S	B.P.E.S III Year
6	20205104008	DHARMA MUNEESWARAN M	B.P.E.S III Year
7	20205104009	EDWIN SHEWAK V	B.P.E.S III Year
8	20205104010	ENGARSAAL V	B.P.E.S III Year
9	20205104012	HARIHARAN M	B.P.E.S III Year
10	20205104014	JEEVAN.S	B.P.E.S III Year
11	20205104015	KARTHI T	B.P.E.S III Year
12	20205104016	KARUPPASAMY G	B.P.E.S III Year
13	20205104018	KIRUBAKARAN K	B.P.E.S III Year
14	20205104019	KUMARA GURU B	B.P.E.S III Year
15	20205104020	LOGESHWARAN R	B.P.E.S III Year
16	20205104021	LOKESH S	B.P.E.S III Year
17	20205104023	MGNTIKANDAN P	B.P.E.S III Year
18	20205104024	MGNTOJ G	B.P.E.S III Year
19	20205104025	MGNTOJPRABAKAR S	B.P.E.S III Year
20	20205104026	MATHIVANAN S	B.P.E.S III Year
21	20205104027	MOHAMED IMTHIYAS S	B.P.E.S III Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Mr. S. Saran Sakthivel
Name of the Mentee:

S.No	Roll No.	Name of the students	Class
1	20205104027	MOHAMED IMTHIYAS S	B.P.E.S III Year
2	20205104032	RADHAKRISHAN V	B.P.E.S III Year
3	20205104033	RAGUL R	B.P.E.S III Year
4	20205104034	RAHULRAJ G	B.P.E.S III Year
5	20205104035	RAJESWARAN.V	B.P.E.S III Year
6	20205104036	RAJIVGANDHI.R	B.P.E.S III Year
7	20205104037	RAMGNTUJAR.M	B.P.E.S III Year
8	20205104038	SAMBATHKUMAR M R	B.P.E.S III Year
9	20205104039	SANKAR S	B.P.E.S III Year
10	20205104041	SETHUPATHI A	B.P.E.S III Year
11	20205104043	SHAHIL KUMAR JHA R	B.P.E.S III Year
12	20205104044	SHAMSHUDDIN M	B.P.E.S III Year
13	20205104045	SUBASH D	B.P.E.S III Year
14	20205104046	SUDHARSANAM K	B.P.E.S III Year
15	20205104049	TAMILSELVAM.P	B.P.E.S III Year
16	20205104052	TONY FRANKLIN A	B.P.E.S III Year
17	20205104053	UDHAYA S	B.P.E.S III Year
18	20205104054	VASANTHARAJ A	B.P.E.S III Year
19	20205104055	VENKATESAN P	B.P.E.S III Year
20	20205104056	VIGNESHWARAN S	B.P.E.S III Year
21	20205104057	VIJAY G	B.P.E.S III Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Mr. K. Manikandan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20205517001	ABISHEK.J	B.Sc Sp. Coach III Year
2	20205517002	AKASH KRISHNA.S	B.Sc Sp. Coach III Year
3	20205517003	ANEESH.K	B.Sc Sp. Coach III Year
4	20205517004	ARUL.N	B.Sc Sp. Coach III Year
5	20205517005	DHANUSH.T	B.Sc Sp. Coach III Year
6	20205517006	DHANUSHKUMAR D	B.Sc Sp. Coach III Year
7	20205517007	DINESH KUMAR.J	B.Sc Sp. Coach III Year
8	20205517008	DINESH.B	B.Sc Sp. Coach III Year
9	20205517009	DIVAGAR.G.M	B.Sc Sp. Coach III Year
10	20205517011	DYSON.B	B.Sc Sp. Coach III Year
11	20205517012	EIRAIANBU.M	B.Sc Sp. Coach III Year
12	20205517013	GOWTHAM.A	B.Sc Sp. Coach III Year
13	20205517014	HAREESH U	B.Sc Sp. Coach III Year
14	20205517015	HARINDHAR.G.S	B.Sc Sp. Coach III Year
15	20205517017	INBARASU.M	B.Sc Sp. Coach III Year
16	20205517016	INBARASU.M	B.Sc Sp. Coach III Year
17	20205517018	JANAKIRAMGNT R	B.Sc Sp. Coach III Year
18	20205517019	JANARTHANAN.M	B.Sc Sp. Coach III Year
19	20205517021	JENIN AKASH.K	B.Sc Sp. Coach III Year
20	20205517023	JIBIN BABU TV	B.Sc Sp. Coach III Year
21	20205517024	KAMAL B	B.Sc Sp. Coach III Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc. (Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
Associate Professor
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Melakottaiyur (PO), Chennai-600 127.

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Mr. P. Adichaiappan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20205517027	KISHORE.B	B.Sc Sp. Coach III Year
2	20205517028	LOKESH.S	B.Sc Sp. Coach III Year
3	20205517029	LOKESHRAJ.R	B.Sc Sp. Coach III Year
4	20205517030	MADHU SUDHAN.S	B.Sc Sp. Coach III Year
5	20205517031	MGNTIKANDAN.M	B.Sc Sp. Coach III Year
6	20205517033	NITHISH.P	B.Sc Sp. Coach III Year
7	20205517034	PRASANTH.D	B.Sc Sp. Coach III Year
8	20205517035	PRAVEEN KUMAR.E	B.Sc Sp. Coach III Year
9	20205517036	PREMKUMAR.B	B.Sc Sp. Coach III Year
10	20205517037	RAKESH.A	B.Sc Sp. Coach III Year
11	20205517038	RAMAR.M	B.Sc Sp. Coach III Year
12	20205517039	RUBAKANTHAN.T	B.Sc Sp. Coach III Year
13	20205517040	SACHIN CHARLES.N	B.Sc Sp. Coach III Year
14	20205517041	SAKTHIVEL.T	B.Sc Sp. Coach III Year
15	20205517042	SANJAY.M	B.Sc Sp. Coach III Year
16	20205517043	SATHYA PRAKASH.B	B.Sc Sp. Coach III Year
17	20205517044	SEENU.M	B.Sc Sp. Coach III Year
18	20205517046	SESATHRI K	B.Sc Sp. Coach III Year
19	20205517047	SUBIN	B.Sc Sp. Coach III Year
20	20205517048	TAMIZHAZHAGAN M	B.Sc Sp. Coach III Year
21	20205517050	VALLUVAN.T	B.Sc Sp. Coach III Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. D. Arun Prasanna

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20205427001	AHAZ RAJ I	BBA III Year
2	20205427005	HARIHARAN R	BBA III Year
3	20205427007	KARTHICK RAJ R	BBA III Year
4	20205427008	MURUGESAN K	BBA III Year
5	20205427009	NANTHAKUMAR A	BBA III Year
6	20205427010	NAVEEN NARAYANAN M	BBA III Year
7	20205427012	SHOBAN BABU S	BBA III Year
8	20205427013	TAMILARASAN L	BBA III Year
9	20205427014	VASANTHA KUMAR V	BBA III Year
10	20205427015	VENKATESAN R	BBA III Year
11	20205427016	VETRIVEL. V	BBA III Year
12	20205427017	YUKESH D	BBA III Year
13	20205328001	AAKASH M	B.Sc Sp.BM & Kin III Year
14	20205328002	AJAY.A	B.Sc Sp.BM & Kin III Year
15	20205328004	DINESH KUMAR.S	B.Sc Sp.BM & Kin III Year
16	20205328005	HEMGNTANDHAN R	B.Sc Sp.BM & Kin III Year
17	20205328006	KAMALESH P	B.Sc Sp.BM & Kin III Year
18	20205328007	LATHISKAR.B	B.Sc Sp.BM & Kin III Year
19	20205328009	MUTHAMILARASAN.C	B.Sc Sp.BM & Kin III Year
20	20205328010	SUDHARASAN S	B.Sc Sp.BM & Kin III Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Mr. E. Anburaj

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20215520001	ARUL MINISH T	M.Tech II Year
2	20215520002	BHUVANESH G	M.Tech II Year
3	20215520003	JACOB NOVAN NELSON A	M.Tech II Year
4	20215520004	SUNDAR N	M.Tech II Year
5	20215414001	AJAY KUMAR R	M.ScSp.Psy&Soci. II Year
6	20215424001	GOKULKRISHNAN R	M. Sc Sp. Psy II Year
7	20215424002	LITHEESHWARAN K	M. Sc Sp. Psy II Year
8	20215424003	RAGHAV KRISHNA P.B.	M. Sc Sp. Psy II Year
9	20215424004	RIYAS K	M. Sc Sp. Psy II Year
10	20205312002	BALAJI.B	B. Sc Ex.ph & Nut. III Year
11	20205312005	KALAIKUMAR.M	B. Sc Ex.ph & Nut. III Year
12	20205312006	MATHAVAN.R	B. Sc Ex.ph & Nut. III Year
13	20205312007	SANJAY.A	B. Sc Ex.ph & Nut. III Year
14	20205312008	THAMILMARAI KANNAN	B. Sc Ex.ph & Nut. III Year
15	20205312009	THANASAMY.N	B. Sc Ex.ph & Nut. III Year
16	20205312010	VISHWA.V	B. Sc Ex.ph & Nut. III Year
17	20215234001	GOPALKRISHNAN K R	M. Sc YT II Year
18	20215234002	KARTHICK L	M. Sc YT II Year

MENTOR-MENTEE COORDINATOR

Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr.M. Lakshman Kumar

Name of the Mentee:

S.No	Roll No.	Name of the students	Class
1	20225102014	KUMARAN S	M.P.Ed I Year
2	20225102015	LAKSHMGNTASAMY V	M.P.Ed I Year
3	20225102016	MAGESHWARAN G	M.P.Ed I Year
4	20225102017	MAHENDRAN C	M.P.Ed I Year
5	20225102018	MOHAMED SHEIK M	M.P.Ed I Year
6	20225102020	POOVARASAN R	M.P.Ed I Year
7	20225102021	PRAKASH S S	M.P.Ed I Year
8	20225102022	PRASANTH M	M.P.Ed I Year
9	20225102023	PRASANTH S	M.P.Ed I Year
10	20225102025	RAKESH V	M.P.Ed I Year
11	20225102028	SAKTHIVEL P	M.P.Ed I Year
12	20225102029	SANJITH TK	M.P.Ed I Year
13	20225102030	SANTHOSH S	M.P.Ed I Year
14	20225102031	SANTHOSH KUMAR S	M.P.Ed I Year
15	20225102032	SRITHAR L	M.P.Ed I Year
16	20225102033	UDHAYAKUMAR M	M.P.Ed I Year
17	20225102035	VENKATESAN A	M.P.Ed I Year
18	20225102037	VIGNESH I	M.P.Ed I Year
19	20225102038	VIGNESH J	M.P.Ed I Year
20	20225102039	VIJAY K	M.P.Ed I Year

MENTOR-MENTEE COORDINATOR
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(Estd. By the Govt. of Tamil Nadu Under Act No.9 of 2005)

MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. R. Ramakrishnan

Name of the Mentees:

S.No	Roll No.	Name of the students	Class
1	20225206006	RAJESH R	M. Sc Yoga I Year
2	20225206008	YUGENDRAN S	M. Sc Yoga I Year
3	20225206009	BHARANIDHARAN B	M. Sc Yoga I Year
4	20225206010	PRAKASH B	M. Sc Yoga I Year
5	20225206011	RAM KUMAR D	M. Sc Yoga I Year
6	20225206012	VIJAY M	M. Sc Yoga I Year
7	20225234002	GOKULRAJ S	M. Sc YT I Year
8	20225234003	KIRUBANANDAN S	M. Sc YT I Year
9	20215312002	ABINESHKUMAR N	B.Sc Ex.ph& Nut II Year
10	20215312003	ADITHYAN A S	B.Sc Ex.ph& Nut II Year
11	20215312004	AJAI A	B.Sc Ex.ph& Nut II Year
12	20215312007	JAIGANDHI M	B.Sc Ex.ph& Nut II Year
13	20215312009	SURESH T	B.Sc Ex.ph& Nut II Year
14	20215312010	VIGNESH A	B.Sc Ex.ph& Nut II Year
15	20205223001	GIRIDHARAN B	B. Sc Yoga III Year
16	20205223002	PRABHAKARAN V	B. Sc Yoga III Year
17	20205223003	PRAKASH E	B. Sc Yoga III Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
Associate Professor
Department of Yoga
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. P. Sanmugapriya

Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20225104005	ASWITHA N	B.P.E.S I Year
2	20225104006	BENAZIR BUTTO P	B.P.E.S I Year
3	20225104007	DEEPA E	B.P.E.S I Year
4	20225104010	ELAMPIRAIDEVI L	B.P.E.S I Year
5	20225104016	JASPHIN ROSE J	B.P.E.S I Year
6	20225104017	KEERTHIGA D	B.P.E.S I Year
7	20225104024	MALLIGA D	B.P.E.S I Year
8	20225104028	MONIKA A V	B.P.E.S I Year
9	20225104029	MULLAI ROJA K	B.P.E.S I Year
10	20225104031	NANDHINI A	B.P.E.S I Year
11	20225104034	PITCHAIAMMA S	B.P.E.S I Year
12	20225104035	POOJA K	B.P.E.S I Year
13	20225104036	PUGAZHENTHI S	B.P.E.S I Year
14	20225104038	SAMAYADHARSHINI R	B.P.E.S I Year
15	20225104039	SANCHANA RAJ S	B.P.E.S I Year
16	20225104040	SANGEETHA K	B.P.E.S I Year
17	20225104043	SANTHIYA S	B.P.E.S I Year
18	20225104045	SAVITHA S	B.P.E.S I Year
19	20225104048	SNEHA S	B.P.E.S I Year
20	20225104049	SOWMIYA A	B.P.E.S I Year
21	20225104055	TAMILARASI S	B.P.E.S I Year
22	20225104058	VINOTHINI R	B.P.E.S I Year
23	20225104059	VISHALI B	B.P.E.S I Year

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. S. Selvalakshmi
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20225101003	AKSHAYA M	B.P.Ed. I Year
2	20225101004	ALAGUSUBHA A	B.P.Ed. I Year
3	20225101005	AMUDHAVALLI A	B.P.Ed. I Year
4	20225101006	ANBARASI S	B.P.Ed. I Year
5	20225101015	CHARUMATHI B	B.P.Ed. I Year
6	20225101020	DHARSHINI R	B.P.Ed. I Year
7	20225101022	DURGAIAMMAL M	B.P.Ed. I Year
8	20225101027	GOMATHI M	B.P.Ed. I Year
9	20225101033	JAYANTHI A	B.P.Ed. I Year
10	20225101036	KEERTHANA T	B.P.Ed. I Year
11	20225101037	LAVANYA P	B.P.Ed. I Year
12	20225101038	LAVANYADEVI M	B.P.Ed. I Year
13	20225101047	MONICA K	B.P.Ed. I Year
14	20225101048	NADHIYA S	B.P.Ed. I Year
15	20225101051	NISHNATHINI R	B.P.Ed. I Year
16	20225101052	NITHYA A	B.P.Ed. I Year
17	20225101053	PAVITHRA K	B.P.Ed. I Year
18	20225101055	POOVIZHI K	B.P.Ed. I Year
19	20225101058	PREETHI J	B.P.Ed. I Year
20	20225101059	PRIYA S	B.P.Ed. I Year
21	20225101060	PRIYADHARSHINI S	B.P.Ed. I Year
22	20225101062	RAJESHWARI V	B.P.Ed. I Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. J. Anitha
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20225101067	ROSINI A	B.P.Ed. I Year
2	20225101074	SARANYA M	B.P.Ed. I Year
3	20225101075	SARANYA P	B.P.Ed. I Year
4	20225101079	SHINY SWETHA A	B.P.Ed. I Year
5	20225101081	SNEKA S	B.P.Ed. I Year
6	20225101082	SOUNDHARYA S	B.P.Ed. I Year
7	20225101083	SUDHARSHINI K	B.P.Ed. I Year
8	20225101084	SUMEESHNA K	B.P.Ed. I Year
9	20225101087	SUSILA S	B.P.Ed. I Year
10	20225101088	TAMILMOZHI E	B.P.Ed. I Year
11	20225101090	VARSHINI S	B.P.Ed. I Year
12	20225101097	VIMALA T	B.P.Ed. I Year
13	20225101098	VISHVANANTHI M	B.P.Ed. I Year
14	20225101100	YUVASHREE R	B.P.Ed. I Year
15	20225102001	ADHITHYA A	M.P.Ed. I Year
16	20225102008	ELAKKIYA B	M.P.Ed. I Year
17	20225102013	KOWSALYA V	M.P.Ed. I Year
18	20225102019	PAVITHRA R	M.P.Ed. I Year
19	20225102024	PRIYADHARSHINI M	M.P.Ed. I Year
20	20225102026	RAMYA KRISHNAN R	M.P.Ed. I Year
21	20225102027	RANITHEE E	M.P.Ed. I Year
22	20225102034	VEENUS DAYANA S	M.P.Ed. I Year
23	20225102036	VICHITRA A	M.P.Ed. I Year

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. S. Gokila

Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20225223001	ANNAITHERASA V	B.Sc., Yoga I Year
2	20225223009	LAVANYA P	B.Sc., Yoga I Year
3	20225223010	LEEZA CHANDY	B.Sc., Yoga I Year
4	20225223011	NITHYA K	B.Sc., Yoga I Year
5	20225223012	PRIYA R	B.Sc., Yoga I Year
6	20225223013	PRIYADHARSHINI P	B.Sc., Yoga I Year
7	20225223014	SHANMUGAPRIYA N	B.Sc., Yoga I Year
8	20225223016	VINITHA S	B.Sc., Yoga I Year
9	20225223025	ROSY MEENA P	B.Sc., Yoga I Year
10	20225206004	LOGESHWARI S	M.Sc., Yoga I Year
11	20225206007	RAMYA J	M.Sc., Yoga I Year
12	20225234001	AARTHI R	M.Sc., Yoga Therapy I Year
13	20225234004	MUTHARASI K	M.Sc., Yoga Therapy I Year
14	20225312007	HEMAMALINI	B.Sc., Ex. Ph & Nut I Year
15	20225312014	SARANYA S	B.Sc., Ex. Ph & Nut I Year
16	20225312015	SELVAMOZHI S	B.Sc., Ex. Ph & Nut I Year
17	20225312019	VISHALI P	B.Sc., Ex. Ph & Nut I Year
18	20225308001	ANUPRIYA A	M.Sc., Ex. Ph & Nut I Year
19	20225308005	DHANALAKSHMI J	M.Sc., Ex. Ph & Nut I Year
20	20225308006	EVA BERYL B	M.Sc., Ex. Ph & Nut I Year
21	20225308007	FAMITHA BANU A	M.Sc., Ex. Ph & Nut I Year
22	20225308010	ISHWARYA R	M.Sc., Ex. Ph & Nut I Year
23	20225308013	MELOSHINI L	M.Sc., Ex. Ph & Nut I Year

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Miss. G. Akshaya Priya
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20225308018	REVATHI S	M.Sc. Ex. Ph & Nut I Year
2	20225308019	RIZWANA PARVEEN A R	M.Sc. Ex. Ph & Nut I Year
3	20225308020	SAKTHEESWARI S	M.Sc. Ex. Ph & Nut I Year
4	20225308021	SANDHANA PRIYA S	M.Sc. Ex. Ph & Nut I Year
5	20225308022	SANDHIYA L	M.Sc. Ex. Ph & Nut I Year
6	20225308023	SANTHIYA A	M.Sc. Ex. Ph & Nut I Year
7	20225308025	SUSHEELA KUNTUMALA	M.Sc. Ex. Ph & Nut I Year
8	20225308027	YAMUNA K	M.Sc. Ex. Ph & Nut I Year
9	20225328003	NALINI D	B.Sc. Sp. Bio & Kin I Year
10	20225328009	SHALINI S	B.Sc. Sp. Bio & Kin I Year
11	20225328015	THANALAKSHMI A	B.Sc. Sp. Bio & Kin I Year
12	20225328016	THIRUMGNTJARI A P	B.Sc. Sp. Bio & Kin I Year
13	20225316006	HEMA D	M.Sc.Sp. Bio & Kin I Year
14	20225316009	JAMUNA SRI E	M.Sc.Sp. Bio & Kin I Year
15	20225316014	SANCHARI BANERJEE	M.Sc.Sp. Bio & Kin I Year
16	20225427006	GOMATHY A	B.B.A. Sp . Mgnt I Year
17	20225427015	NISHANTHI P	B.B.A. Sp . Mgnt I Year
18	20225407014	PRIYADHARSHINI S	M.B.A. Sp. Mgnt I Year
19	20225407016	SHABREEN Z	M.B.A. Sp. Mgnt I Year
20	20225422001	INDIRA V	M.Sc. Psychology I Year
21	20225422002	JAMUNA M.S.	M.Sc. Psychology I Year
22	20225422005	SREETHU V S	M.Sc. Psychology I Year
23	20225517010	GIRISANTHI M P	B.Sc. Sp. Coaching I Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Miss. M. Josephine Steny
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20215104001	AARTHI M	B.P.E.S. II Year
2	20215104005	AKILA A	B.P.E.S. II Year
3	20215104010	CHARULATHA G	B.P.E.S. IIYear
4	20215104012	DEEPIKA R	B.P.E.S. IIYear
5	20215104013	DHARANI M	B.P.E.S. II Year
6	20215104015	EZHILOVIYA R	B.P.E.S. IIYear
7	20215104022	JAYAMALINI D	B.P.E.S. IIYear
8	20215104024	KAVIKUIL K	B.P.E.S. IIYear
9	20215104025	KEERTHIGA N	B.P.E.S. IIYear
10	20215104026	KEERTHIKA M	B.P.E.S. IIYear
11	20215104030	MEKALA S	B.P.E.S. IIYear
12	20215104037	NIVETHA L	B.P.E.S. IIYear
13	20215104042	RITHISHA R	B.P.E.S. IIYear
14	20215104044	SABITHA J	B.P.E.S. IIYear
15	20215104047	SELVA SUNDARI S	B.P.E.S. IIYear
16	20215104051	SWETHA S	B.P.E.S. IIYear
17	20215104053	THARMIKA R	B.P.E.S. IIYear
18	20215104054	THENDRAL M	B.P.E.S. IIYear
19	20215101001	ABITHA R	B.P.E.S. IIYear
20	20215101003	AGALYA A	B.P.E.S. IIYear
21	20215101006	AKSHAYA VARNIKHA D	B.P.E.S. IIYear
22	20215101008	ANITHA B	B.P.E.S. IIYear
23	20215101014	BHAVYA SRI A	B.P.E.S. IIYear

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSH...
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M... D.
Associate Professor
Department of Yoga
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...ayur (PO), Chennai-600 1...

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Mrs. V. Sharmila
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20215101016	CALISTA M	B.P.Ed. II Year
2	20215101018	DHIVYADHARSHINI R	B.P.Ed. II Year
3	20215101019	GAJALAKSHMI V	B.P.Ed. II Year
4	20215101021	GAYATHRI P	B.P.Ed. II Year
5	20215101025	JANANI B	B.P.Ed. II Year
6	20215101026	JAYALAKSHMI K	B.P.Ed. II Year
7	20215101029	KAMALI S	B.P.Ed. II Year
8	20215101030	KANAGAVALLI E	B.P.Ed. II Year
9	20215101033	KAVIYA C	B.P.Ed. II Year
10	20215101034	KAYALVIZHI S	B.P.Ed. II Year
11	20215101035	KAYATHRI D	B.P.Ed. II Year
12	20215101036	KEERTHIKA N	B.P.Ed. II Year
13	20215101038	KOWSALYA R	B.P.Ed. II Year
14	20215101040	LAKSHMI PRIYA S	B.P.Ed. II Year
15	20215101041	LAVANYA N	B.P.Ed. II Year
16	20215101042	LIBISHA Y S	B.P.Ed. II Year
17	20215101044	MAHALAKSHMI K	B.P.Ed. II Year
18	20215101047	MARIYAMMAL V	B.P.Ed. II Year
19	20215101049	MERLIN S	B.P.Ed. II Year
20	20215101051	MONICA S	B.P.Ed. II Year
21	20215101052	MONIKA T	B.P.Ed. II Year
22	20215101053	MONISHA M	B.P.Ed. II Year
23	20215101054	MUTHAZHAGI A	B.P.Ed. II Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. Shahin Ahmed
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20215101058	POOJA E	B.P.Ed. II Year
2	20215101061	PRIYADHARSHINI T	B.P.Ed. II Year
3	20215101062	RAJALAKSHMI R	B.P.Ed. II Year
4	20215101063	RAJALAKSHMI S	B.P.Ed. II Year
5	20215101065	RAMYA M	B.P.Ed. II Year
6	20215101066	RAMYA V	B.P.Ed. II Year
7	20215101068	REKHA P	B.P.Ed. II Year
8	20215101069	RITHIKA R	B.P.Ed. II Year
9	20215101071	SANDHIYA C	B.P.Ed. II Year
10	20215101072	SANDHIYA E	B.P.Ed. II Year
11	20215101073	SANTHANALAKSHMI G	B.P.Ed. II Year
12	20215101074	SANTHIYA C	B.P.Ed. II Year
13	20215101075	SARANYA A	B.P.Ed. II Year
14	20215101080	SHALINI P	B.P.Ed. II Year
15	20215101081	SHARMILA B	B.P.Ed. II Year
16	20215101082	SHESHAVARDHINI M	B.P.Ed. II Year
17	20215101083	SIVARANJANI S	B.P.Ed. II Year
18	20215101084	SIVARANJINI E	B.P.Ed. II Year
19	20215101086	SRIVARTHINI S	B.P.Ed. II Year
20	20215101088	SUBATHRA V	B.P.Ed. II Year
21	20215101089	SUBBULAKSHMI M	B.P.Ed. II Year
22	20215101092	UMAMAHESWARI L	B.P.Ed. II Year
23	20215101093	VANITHA S	B.P.Ed. II Year

MENTOR-MENTEE COORDINATOR
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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. V. Mangaiyarkarasi
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20215102001	ABINAYA S	M.P.Ed. II Year
2	20215102002	ABISHA LAKSHMI S	M.P.Ed. II Year
3	20215102011	KORABU DIMPLE KAPADIA	M.P.Ed. II Year
4	20215102016	MARY SHEEBA M	M.P.Ed. II Year
5	20215102017	MELBIN MAFFITHA P	M.P.Ed. II Year
6	20215102018	MOWNIGA M	M.P.Ed. II Year
7	20215102024	NITHYA V	M.P.Ed. II Year
8	20215102025	NIVETHA K	M.P.Ed. II Year
9	20215102032	SANDHIYA S	M.P.Ed. II Year
10	20215102036	SOUNDARYA M	M.P.Ed. II Year
11	20215102038	VASANTHALAKSHMI J H	M.P.Ed. II Year
12	20215312001	ABINAYA V	B.Sc. Ex. Phy & Nut II Year
13	20215312005	DHANALAKSHMI C	B.Sc. Ex. Phy & Nut II Year
14	20215312008	MONISHA S	B.Sc., Ex. Phy & Nut II Year
15	20215308002	ALAGU VISHALATCHI S	M.Sc. Ex. Phy & Nut II Year
16	20215308003	KAVIBALA DHANAVARSHINI K	M.Sc. Ex. Phy & Nut II Year
17	20215308004	LOGAPRIYA R	M.Sc. Ex. Phy & Nut II Year
18	20215308009	PAVITHRA S	M.Sc. Ex. Phy & Nut II Year
19	20215308010	RAMYA M	M.Sc. Ex. Phy & Nut II Year
20	20215308014	THAKSYA B	M.Sc. Ex. Phy & Nut II Year
21	20215308015	THENMOZHI K	M.Sc. Ex. Phy & Nut II Year

MENTOR-MENTEE COORDINATOR

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MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Dr. I. Lilly Pushpam
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20215328014	SASIKALA S	B.Sc. Bio & Kin II Year
2	20215328016	VESLIN SAMUEL R	B.Sc. Bio & Kin II Year
3	20215316002	ARUNADEVI R	M.Sc. Bio & Kin II Year
4	20215316004	DURGA S	M.Sc. Bio & Kin II Year
5	20215316010	NIVEDHA	M.Sc. Bio & Kin II Year
6	20215316011	PREETHI R	M.Sc. Bio & Kin II Year
7	20215316012	PRIYANKA ANIE KOSLE K M	M.Sc. Bio & Kin II Year
8	20215223007	SARIGA B	B.Sc. Yoga II Year
9	20215223008	DIVYA SRI R	B.Sc. Yoga II Year
10	20215206001	BHAVANI A	M.Sc. Yoga II Year
11	20215206002	LOGESWARI R	M.Sc. Yoga II Year
12	20215206003	KOMALA M	M.Sc. Yoga II Year
13	20215427003	ANJALI V NAIR	B.B.A Sp. Mgnt II Year
14	20215427016	PRIYA DHARSHINI G M	B.B.A Sp. Mgnt II Year
15	20215427019	SARAN SNOWPHNA R	B.B.A Sp. Mgnt II Year
16	20215407003	ASTHA CHOUBEY	M.B.A Sp. Mgnt II YEAR
17	20215407004	ASWATHI S	M.B.A Sp. Mgnt II YEAR
18	20215407010	DIVYABARATHI.G	M.B.A Sp. Mgnt II YEAR
19	20215407020	RASEENA IQBAL	M.B.A Sp. Mgnt II YEAR
20	20215422001	AKHILA BALACHANDRAN P	M.Sc. Psychology II Year
21	20215422003	SHABNA A	M.Sc. Psychology II Year
22	20215422004	SINDA V P	M.Sc. Psychology II Year

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D.
Associate Professor
Department of Yoga
Tamil Nadu Physical Education and Sports University
Melakottaiyur (PO), Chennai-600 127.

REGISTRAR
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur (PO), Vandalur, Chennai-600 127
(Estd. By the Govt. of Tamil Nadu Under Act No.9 of 2005)

MENTOR MENTEE LIST (2022-2023)

Name of the Mentor: Miss. J. Angel Priya
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20215422005	SONU K S	M.Sc. Psychology II Year
2	20215422006	VG DEVIKA DEV	M.Sc. Psychology II Year
3	20215422007	VIJITHA C	M.Sc. Psychology II Year
4	20205104005	BAVYA P	B.P.E.S. III Year
5	20205104007	DEROSHA K	B.P.E.S. III Year
6	20205104011	GOKILA P	B.P.E.S. III Year
7	20205104013	INIYAVAL V	B.P.E.S. III Year
8	20205104017	KEERTHANA R	B.P.E.S. III Year
9	20205104022	MAHALAKSHMI K	B.P.E.S. III Year
10	20205104028	MOHANA G	B.P.E.S. III Year
11	20205104029	MONALISHA J	B.P.E.S. III Year
12	20205104030	MONISHA J	B.P.E.S. III Year
13	20205104031	PUNITHA S	B.P.E.S. III Year
14	20205104042	SHABNA A	B.P.E.S. III Year
15	20205104047	SURUTHIGA R	B.P.E.S. III Year
16	20205104048	S.SWETHA	B.P.E.S. III Year
17	20205104050	TAMIZHINI.R	B.P.E.S. III Year
18	20205104051	THANGAM.K	B.P.E.S. III Year
19	20205104059	VIJAYASHANTHI.S	B.P.E.S. III Year
20	20205104060	VIMALA S	B.P.E.S. III Year
21	20205312001	ANARKALI.G	B.Sc. Ex. Phy & Nut III YEAR
22	20205312003	DHANALAKSHMI.R	B.Sc. Ex. Phy & Nut III YEAR
23	20205312004	ISHWARYA.R	B.Sc. Ex. Phy & Nut III YEAR

MENTOR-MENTEE COORDINATOR
Dr. S. SELVALAKSHMI,
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil., Ph.D
Associate Professor
Department of Yoga
Tamil Nadu Physical Education and Sports University
Melakottaiyur (PO), Chennai-600 127.

REGISTRAR
Registrar
Tamilnadu Physical Education and Sports University
Chennai

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur (PO), Vandalur, Chennai-600 127
(Estd. By the Govt. of Tamil Nadu Under Act No.9 of 2005)

MENTOR MENTEE LİST (2022-2023)

Name of the Mentor : Dr. Grace Helina
Name of the Mentee:

S.No	Roll No	Name of the Students	Class
1	20205328003	DEVIPRIYA G	B.Sc., Sp. Bio & Kine III Year
2	20205328008	MADHUMITHA.S	B.Sc., Sp. Bio & Kine III Year
3	20205517010	DIVYA.K	B.Sc. Sp. Coach III Year
4	20205517022	JESIYAL.J	B.Sc. Sp. Coach III Year
5	20205517025	KANNIGA.A	B.Sc. Sp. Coach III Year
6	20205517045	SENTHAMIZH.G	B.Sc. Sp. Coach III Year
7	20205427003	ARTHI I	B.B.A. Sp. MgntIII Year
8	20205427006	KANAGASRI K	B.B.A. Sp. Mgnt III Year
9	20205427011	NERKIGE POOF T	B.B.A. Sp. Mgnt III Year
10	20215101096	VIJAYALAKSHMI R	B.P.Ed. II Year
11	20215101098	VISHWA PRIYA R	B.P.Ed. II Year
12	20215101100	YUMA DEVI G	B.P.Ed. II Year
13	20225101065	RANJANI S	B.P.Ed. I Year
14	20225102040	YUVASHRI P	M.P.Ed. I Year
15	20215101015	BREENA BINDUJA J	B.P.Ed. II Year
16	20215101057	PAVITHRA S	B.P.Ed. II YEAR
17	20205223004	SUSMITA MODAK	B.Sc yoga III Year
18	20205223005	RAMASELVI	B.Sc yoga III Year

MENTOR-MENTEE COORDINATOR

Dr. S. SELVALAKSHMI
M.Sc.,(Yoga)., M.Sc.,(Yoga Therapy), M.P.Ed., M.Phil.
Associate Professor
Department of Yoga
Tamil Nadu Physical Education and Sports University
Melakottaiyur (PO), Chennai - 600 127

REGISTRAR

Registrar
Tamilnadu Physical Education and Sports University
Chennai

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

6.5.1 Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes by constantly reviewing the teaching learning process, structures & methodologies of operations and learning outcomes at periodic intervals

1.2 MENTAL HEALTH AND WELLNESS PROGRAMS

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

Recognizing the unique stresses and pressures athletes and sports science students face, we have instituted mental health and wellness programs. These initiatives provide counseling services, stress management workshops, and resources to help students manage the demands of their studies and sports commitments.

The following mental health and wellness programs were organized by various department of our University

Program No.1

Department of Yoga organized Guest Lecture on "CREATIVE HOPE THROUGH ACTION" - An Initiative on the eve of World Suicide Prevention Day 2022 on 9.9.2022.

Program No.2

Department of Sports Management, Sports Psychology & Sociology organized "World Mental Health Day 2022 Celebrations" on 10.10.2022.

Program No.3

Tamil Nadu Physical Education and Sport University - NSS UNIT organized One Day Workshop on "Stress Free Life" on 20th October 2022

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

6.5.1 **Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes by constantly reviewing the teaching learning process, structures & methodologies of operations and learning outcomes at periodic intervals**

CAREER GUIDENCE AND PLACEMENT SERVICES



S.No.	Academic Year 2022-2023	Page Number
1	CAREER GUIDENCE	
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	2.1 Employability Skills and Recruitment	46
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	2.3 Interview Skills and Personality Development Programme	245

Sittara
Center for Self Discovery

Date : 30/09/2022

CERTIFICATE OF PARTICIPATION

This is to certify that **Mr. Raghav Krishna**, a student of MSc. Sports Psychology, Tamilnadu Physical Education and Sports university, Chennai, has successfully completed one month (From 1st September, 2022 to 30th September, 2022) long internship programme at **Sittara**, Chetpet. During the period of his internship programme with us he was found punctual, hardworking and inquisitive.

We wish him every success in life.

Padma Anil Kumar
Founder, Sittara.

No.: 9940245662, 9940245650
Add.: Chetpet Chennai 600031
Email: sharewithsittara@gmail.com

Sittara
Center for Self Discovery

Date : 30/09/2022

CERTIFICATE OF PARTICIPATION

This is to certify that **Mr. Ajay Kumar R**, a student of MSc. Sports Psychology and Sociology, Tamilnadu Physical Education and Sports university, Chennai, has successfully completed one month (From 1st September, 2022 to 30th September, 2022) long internship programme at **Sittara**, Chetpet. During the period of his internship programme with us he was found punctual, hardworking and inquisitive.

We wish him every success in life.

Padma Anil Kumar
Founder, Sittara.

No.: 9940245662, 9940245650
Add.: Chetpet Chennai 600031
Email: sharewithsittara@gmail.com

MIND MANAS

+91 6381 767082
+91 91769 31692
mindandmanas.com
Mindandmanas@gmail.com
Shakti Tower - Tower 1,766,
Anna Salai, Tower, Chennai,
Tamil Nadu, India, 600002

Certificate

This is to certify Mr. Litheesh Waren.K M.Sc Sports Psychology, Department of Sports Prychology & Sociology, Tamil Nadu Physical Education & Sports University. Chennai has successfully completed his internship in this center from 01/09/2022 to 30/09/2022.

We wish him all the best for his future endeavors.

30/9/2022

Mind and Manas

1/766 , Shakthi towers , Anna Salai -02

Soshina Ph : 9176931692
Psychologist

INSTITUTE OF MENTAL HEALTH
KILPAUK, CHENNAI-10.

Ref. No. 005 /HM1/2022 Dated: 30.09.2022

CERTIFICATE

This is to certify that Mr.RIYAS K (20215424004),II nd year M.Sc. (SPORTS PSYCHOLOGY) from Tamilnadu Physical Education and Sports University did his internship in the Institute of Mental Health, Chennai-10 from 01-09-2022 to 30-09-2022. During this period of study and our observation in our organization his Conduct was good

ASSOCIATE PROFESSOR

DEPARTMENT OF CLINICAL PSYCHOLOGY
INSTITUTE OF MENTAL HEALTH,
CHENNAI-10.

DIRECTOR

INSTITUTE OF MENTAL HEALTH,
CHENNAI-10

DIRECTOR
INSTITUTE OF MENTAL HEALTH
KILPAUK,
CHENNAI-600 010.

LOUISE MOUNT HOSPITAL

CHENNALODE P.O. WAYANAD, KERALA-673 122

Ph: 04936 250 483, Mob : 07561891483

Date.....

CERTIFICATE

This is to certify that ***Ms. Sonu K S, MSc Psychology, Department of Sports Psychology & Sociology, Tamilnadu Physical Education & Sports University, Chennai*** *has successfully completed her internship in clinical psychology in this hospital from* ***01st September to 30th September 2022.***

She has undergone training to identify/deal with the Psychotic, Neurotic, Childhood, Personality and Substance use disorders patients. During this period her conduct, character and performance were found to be good.

This is a 100 bedded custodial care Psychiatric Hospital catering to the needs of acute and chronic psychiatric problems of child, adolescent, adult and geriatric population and also of patients with substance abuse disorders since 1989.

We wish her all the best for her future endeavors.

Dr. Linjo C.J
Clinical Psychologist

Dr. LINJO. C. J.
Clinical Psychologist
MA Psy; Mphil; M & SP; Phd
Reg. No. A.10170

E-mail:louisemount78@gmail.com, Website:www.louisemounthospital.org

LOUISE MOUNT HOSPITAL

CHENNALODE P.O. WAYANAD, KERALA-673 122

Ph: 04936 250 483, Mob : 07561891483

Date.....

CERTIFICATE

This is to certify that ***Ms. Shabna A, MSc Psychology, Department of Sports Psychology & Sociology, Tamilnadu Physical Education & Sports University, Chennai*** *has successfully completed her internship in clinical psychology in this hospital from* ***01st September to 30th September 2022.***

She has undergone training to identify/deal with the Psychotic, Neurotic, Childhood, Personality and Substance use disorders patients. During this period her conduct, character and performance were found to be good.

This is a 100 bedded custodial care Psychiatric Hospital catering to the needs of acute and chronic psychiatric problems of child, adolescent, adult and geriatric population and also of patients with substance abuse disorders since 1989.

We wish her all the best for her future endeavors.

Dr. Linjo C.J

Clinical Psychologist

Dr. LINJO. C. J.
Clinical Psychologist
MA Psy; Mphil; M & SP; Phd
Reg. No. A.10170

E-mail:louisemount78@gmail.com, Website:www.louisemounthospital.org

LOUISE MOUNT HOSPITAL

CHENNALODE P.O. WAYANAD, KERALA-673 122

Ph: 04936 250 483, Mob : 07561891483

Date.....

CERTIFICATE

This is to certify that ***Ms. Vijitha C, MSc Psychology, Department of Sports Psychology & Sociology, Tamil Nadu Physical Education & Sports University. Chennai*** *has successfully completed her internship in clinical psychology in this hospital from* ***04th July to 25th July 2022.***

She has undergone training to identify/deal with the Psychotic, Neurotic, Childhood, Personality and Substance use disorders patients. During this period her conduct, character and performance were found to be good.

This is a 100 bedded custodial care Psychiatric Hospital catering to the needs of acute and chronic psychiatric problems of child, adolescent, adult and geriatric population and also of patients with substance abuse disorders since 1989.

We wish her all the best for her future endeavors.

Dr. Linjo C.J
Clinical Psychologist

Dr. LINJO. C. J.
Clinical Psychologist
MA Psy; Mphil; M & SP; Phd
Reg. No. A.10170

E-mail:louisemount78@gmail.com, Website:www.louisemounthospital.org

LOUISE MOUNT HOSPITAL

CHENNALODE P.O. WAYANAD, KERALA-673 122

Ph: 04936 250 483, Mob : 07561891483

Date.....

CERTIFICATE

This is to certify that ***Ms. Akhila Balachandran, MSc Psychology, Department of Sports Psychology & Sociology, Tamil Nadu Physical Education & Sports University. Chennai*** *has successfully completed her internship in clinical psychology in this hospital from* ***04th July to 25th July 2022.***

She has undergone training to identify/deal with the Psychotic, Neurotic, Childhood, Personality and Substance use disorders patients. During this period her conduct, character and performance were found to be good.

This is a 100 bedded custodial care Psychiatric Hospital catering to the needs of acute and chronic psychiatric problems of child, adolescent, adult and geriatric population and also of patients with substance abuse disorders since 1989.

We wish her all the best for her future endeavors.

Dr. Linjo C.J

Clinical Psychologist

Dr. LINJO. C. J.
Clinical Psychologist
MA Psy; Mphil; M & SP; Phd
Reg. No. A.10170

LOUISE MOUNT HOSPITAL

CHENNALODE P.O. WAYANAD, KERALA-673 122

Ph: 04936 250 483, Mob : 07561891483

Date.....

CERTIFICATE

This is to certify that ***Ms. Sinda V P, MSc Psychology, Department of Sports Psychology & Sociology, Tamilnadu Physical Education & Sports University, Chennai*** *has successfully completed her internship in clinical psychology in this hospital from* ***01st September to 30th September 2022.***

She has undergone training to identify/deal with the Psychotic, Neurotic, Childhood, Personality and Substance use disorders patients. During this period her conduct, character and performance were found to be good.

This is a 100 bedded custodial care Psychiatric Hospital catering to the needs of acute and chronic psychiatric problems of child, adolescent, adult and geriatric population and also of patients with substance abuse disorders since 1989.

We wish her all the best for her future endeavors.

Dr. Linjo C.J
Clinical Psychologist

Dr. LINJO. C. J.
Clinical Psychologist
MA Psy; Mphil; M & SP; Phd
Reg. No. A 10170

E-mail:louisemount78@gmail.com, Website:www.louisemounthospital.org

INSTITUTE OF MENTAL HEALTH
KILPAUK, CHENNAI-10.

Ref. No. 005 /HM1/2022 Dated: 30.09.2022

CERTIFICATE

This is to certify that Miss. V.G. DEVIKA DEV(20215422006), IInd year M.Sc. (PSYCHOLOGY) from Tamilnadu Physical Education and Sports University did her internship in the Institute of Mental Health, Chennai-10 from 01-09-2022 to 30-09-2022. During this period of study and our observation in our organization her Conduct was good.

ASSOCIATE PROFESSOR
DEPARTMENT OF CLINICAL PSYCHOLOGY
INSTITUTE OF MENTAL HEALTH,
CHENNAI-10.

DIRECTOR
INSTITUTE OF MENTAL HEALTH,
CHENNAI-10

DIRECTOR
INSTITUTE OF MENTAL HEALTH
KILPAUK,
CHENNAI-600 010.

Sittara
Center for Self Discovery

Date : 30/09/2022

CERTIFICATE OF PARTICIPATION

This is to certify that **Mr. Gokulkrishnan R**, a student of MSc. Sports Psychology, Tamilnadu Physical Education and Sports university, Chennai, has successfully completed one month (From 1st September, 2022 to 30th September, 2022) long internship programme at **Sittara**, Chetpet. During the period of his internship programme with us he was found punctual, hardworking and inquisitive.

We wish him every success in life.

Padma Anil Kumar
Founder, Sittara.

No.: 9940245662, 9940245650
Add.: Chetpet Chennai 600031
Email: sharewithsittara@gmail.com

KOTINOS SPORTS

Kotinos Sports Private Limited

KOTINOS SPORT'S PVT LIMITED

CHENNAI

Date: 13/03/2022

TO WHOM IT MAY CONCERN

This is to certify that Mr.Vadivel Elumalai(MBA Sports management), a student of Tamilnadu physical education and sports university has successfully completed his internship in the field of Management from 10th Feb to 10 March 2022 .

His internship activities include familiarization to all the departments, their operations and process along with a management overview involved in the production process of the organization.

During the period of his internship program with us, he had been exposed to different processes and was found diligent, hardworking and inquisitive.

We wish him every success in his life and career.

For KOTINOS SPORTS PVT. LTD.

Director

Kotinos Sports

Authorised Signature

9A-1, Sarojini Street, K.K Nagar,
New Siddha Pudur, Coimbatore - 641044
Mobile : 9791316222
E-mail : kotinossports2018@gmail.com

NALANDA GURUKULA
INTERNATIONAL public school

To,

Date: 16-03-2022

The HOD
Department of Sports Management
Tamil Nadu Physical Education and Sports University
Chennai- 600127.

Subject: Internship Certificate

We are glad to inform that, **Mr. Siddarth Omprakash, Reg. No.20205407014**, Department of Sports Management (MBA) from Tamil Nadu Physical Education and Sports University has successfully completed his internship at Nalanda Gurukula International Public School from **15th February 2022 to 16th March 2022**.

During his internship, he was exposed to various activities in Sports administration. We found him extremely enthusiastic and hard working. He was very much interested to learn the functionalities pertaining to Sports and also was willing to give his best efforts to get into the depth of the subject for better understanding.

We wish him all the best in his future endeavors!

Dr. C. Anthony Raj
Principal
Principal
NALANDA GURUKULA INTERNATIONAL
Public School, Guddenahalli, Koppa Post
Periyapatna Taluk, Mysore Dist.- 571104

Near Golden Temple, Guddenahalli, Koppa Post - 571104
Periyapatna Taluk, Mysore District, Karnataka, INDIA
Cell: 9900078701, PH: 08223-268304
Email: principal@nalandagurukula.edu.in
www.nalandagurukula.edu.in

NALANDA GURUKULA
INTERNATIONAL public school

Date: 16-03-2022

To,

The HOD
Department of Sports Management
Tamil Nadu Physical Education and Sports University
Chennai- 600127.

Subject : Internship Certificate

We are glad to inform that, **Mr. S. Siva Murali, Reg. No.20205407015,** Department of Sports Management (MBA) from Tamil Nadu Physical Education and Sports University has successfully completed his internship at Nalanda Gurukula International Public School from **15th February 2022 to 16th March 2022.**

During his internship, he was exposed to various activities in Sports facility Management. We found him extremely committed and hard working. He was very eager to learn the modes of operating system pertaining to Sports and Games and also made a thorough observation on all the sporting facilities available at our campus.

We wish him all the best in his future endeavors!

Principal [Dr. A. Anbazhagan Raj]
Principal
NALANDA GURUKULA INTERNATIONAL
Public School, Guddenahalli, Koppa Post
Periyapatna Taluk, Mysore Dist.- 571104

Near Golden Temple, Guddenahalli, Koppa Post - 571104
Periyapatna Taluk, Mysore District, Karnataka, INDIA
Cell: 9900078701, PH: 08223-258304
Email: principal@nalandagurukula.edu.in
www.nalandagurukula.edu.in

EURO FOOTBALL ACADEMY

Date: 31st March 2022

To
Dr. S. Prem Kumar,
Professor and Head,
Department of Sports Management & Psychology & Sociology,
Tamil Nadu Physical Education and Sports University,
Chennai – 600 127, Tamil Nadu, India

Sub: Internship Certificate

Dear Sir,

We are glad to inform you that, Mr Sushovan Gupta (reg # 20205407018), has successfully completed his internship at our organization from 11th February 2022 to 10th March 2022.

During his internship period, he was part of the core management and coaching team, performing various grassroots football training activities including mentoring and guidance of the kids. Sushovan has always proved to be an enthusiastic and hard-working person. His commitment and dedication towards the vision and mission of the organization and his knowledge about key sports management functionalities are highly appreciated by the management.

Wish him all the best for his endeavors.

Proud to be associated with your esteemed university and would look forward to work with your organization in near future.

Yours truly,

(Director)
ANINDYA MADHAB BHATTACHARYA

(Director)
UJJAL CHATTERJEE

www.kolkatasunitedfc.com

(CIN: U74999WB2018PTC227758)
NEW SOCCEROOS FOOTBALL CLUB PRIVATE LIMITED
149A/1 Swinhoe Lane, Kolkata - 700 042, West Bengal, India
+91 83340 52866 / 79804 73146 / 98301 47753 @euroacademykolkata

CIRCLOPLAY SOLUTIONS (OPC) PVT. LTD.

Address: 28, Old Post Office Street, Venkatapuram, Ambattur, Chennai – 53

Email: sport@circloplay.com Mobile: +91 9884352806

Date: Mar 23, 2022

TO WHOM IT MAY CONCERN

This is to certify that Mr. Vignesh Sivan has successfully completed internship in the role of Marketing Associate at Circloplay Solutions (OPC) Private Limited from Feb 1, 2022 to Mar 1, 2022.

During the period of his internship, we found him sincere, hardworking and result oriented. His patience and positive attitude make him a great team member to work with.

We wish him all the best in his future endeavors.

For Circloplay Solutions (OPC) Private Limited,

Aiswarya Shiraj

Director

GREEN WAVES CONSTRUCTION

TO, The Principal / HOD .
The Department of Sports Management (MBA)
Tamil Nadu Physical Education and Sports University
Kelambakkam, Melakottaiyur,
Chennai - 600 127 .

DATE : 05-05-2022

SUB: INTERNSHIP COMPLETION CERTIFICATE - CIVIL CONSTRUCTION MANAGEMENT.

This is to certify that **MS.SREEANISHA.A ,Reg No - 20205407016** ~~20205407016~~ has done her **"INTERSHIP IN CIVIL CONSTRUCTION MANAGEMENT "AT GREEN WAVES CONSTRUCTION** , ~~for six week~~ (From April 4th 2022 to May 4th 2022) During this period of her intership program with us she had been exposed to different process was found punctual hardworking and inquisitive , we wish her successful future & career.

FOR GREEN WAVES CONSTRUCTION

For GREEN WAVES CONSTRUCTION

PROPRIETOR

(Authorized Signatory)

No: 54, Shop. F3, Arakkonam Main Road, Mevalurkuppam, Thandalam,
Sriperumbudur - 602 105.
Contact : 86376 83236 | email : greennewwaves@gmail.com
web : www.greenwavesconstruction.com

KOTINOS SPORTS **Kotinos Sports Private Limited**

KOTINOS SPORT'S PVT LIMITED

CHENNAI

Date: 13/03/2022

TO WHOM IT MAY CONCERN

This is to certify that Ms. K.Shakthi (MBA Sports management), a student of Tamilnadu physical education and sports university has successfully completed her internship in the field of Management from 10th Feb to 10 March 2022 .

Her internship activities include familiarization to all the departments, their operations and process along with a management overview involved in the production process of the organization.

During the period of her internship program with us, she had been exposed to different processes and was found diligent, hardworking and inquisitive.

We wish her every success in her life and career.

For KOTINOS SPORTS PVT. LTD.

Director

Kotinos Sports

Authorised Signature

9A-1, Sarojini Street, KK Nagar,
New Siddha Pudur, Coimbatore - 641044
Mobile : 9791316222
E-mail : kotinossports2018@gmail.com

JF SPORTS & TRADER No 8, CTH , Main Road,
Near Hindu College,
Pattabiram, Chennai-600072,
Tamil Nadu, India

March 25, 2022

The HOD,
Department of Sports Management,
Tamil Nadu Physical Education and Sports University,
Chennai-600127.

Subject: Internship Certificate

We are glad to inform you that, **Mr. MOHAN RAJ.D** , **Reg. No.20205407008**, Department of Sports Management (MBA) from Tamil Nadu Physical Education and Sports University has successfully completed his internship at **JF SPORTS & TRADERS** from **20th February 2022 to 22th March 2022**.

During his internship, he was exposed to various activities in Sports Marketing activities. We found him extremely enthusiastic and hard working. He was very much interested to learn the functionalities pertaining to Sports and also was willing to give his best efforts to get into the depth of the subject for better understanding.

We wish him all the best in his future endeavors!

JF SPORTS AND TRADERS Chennai 600 072 Pattabiram

NOOR MOHAMMED
CEO & PROPRIETOR , JF SPORTS & TRADERS

For JF SPORTS AND TRADERS

Proprietor



C2 FITNESS & WELLNESS CENTER

New No 314,old 29,west ave,
MKB Nagar, Vyasarpadi,
Chennai - 39, Tamilnadu

Monday, MARCH 28th ,2022

Subject: Internship completion letter

We are glad to inform you that Mr.Mohammed shoaib M y from Tamilnadu physical education and sports university,chennai, has successfully completed his internship at C2 fitness & wellness center from 21th Feb,2022 To 25 March,2022. During his internship, he was exposed to the various activities in C2 fitness & wellness center.

We found him extremely inquisitive and hard working. He was very much interested to learn the functions of our core division and also willing to put his best efforts and get in to the depth of the subject to understand it better.

We wish him all the best for his upcoming career. (C2 fitness & wellness center)

(Muralikrishnan)

FITNESS MANAGER & OWNER

Authorized signature

C2 FITNESS & WELLNESS
314, West Avenue,
MKB Nagar, Vyasarpadi,
Chennai - 600 039.

28/3/22

SAMY SPORTS ACADEMY

To:

Date: 22-03-2022

The HOD,
Department of Sports Management,
Tamil Nadu Physical Education and Sports University,
Chennai-600127.

Subject: Internship Certificate

We are glad to inform you that, **Mr. Kamaleswaran.k , Reg. No.20205407006**, Department of Sports Management (MBA) from Tamil Nadu Physical Education and Sports University has successfully completed his internship at Samy Sports Academy from **18th February 2022 to 20th March 2022**.

During his internship, he was exposed to various activities in Sports Academy activities. We found him extremely enthusiastic and hard working. He was very much interested to learn the functionalities pertaining to Sports and also was willing to give his best efforts to get into the depth of the subject for better understanding.

We wish him all the best in his future endeavors!

Thiru.R.Samiyappan
Secretary,
Salem Amateur Kabaddi Association.

R.சாமியப்பன்.
செயலாளர்,
சேலம் மாவட்ட அமெச்சூர் கபடி கழகம்
செல்: 98944 22899

Samy Sports Academy,
A.Thalaiyur,Maniyaravalu,
Sankari T.K, Salem - 637 103.
Cell No : 9894422899

MB CITY SPORTS,
No.1, GST Road, Near SRM Medical College,
Chamundeshwari Nagar, Potheri, Kattankulathur,
Tamil Nadu 603203.

To

The HOD,
Department of sports management,
Tamil nadu physical education and sports university,
Chennai - 600127.

Subject : Completion of Certificate of Internship.

This is to certify that Mr V. GANESH (register number 20205407003), department of sports management (MBA) from Tamil Nadu Physical Education and Sports University has successfully completed his internship in the goods sales department topic of Which sports brands are most preferred at MB CITY SPORTS from 14th Febraury 2022 to 25th March 2022.

During the period of his internship program with us, he had been exposed to different processes and was found diligent, hardworking and inquisitive. I have found his to be motivated, have excellent behaviour and is punctual with his work.

We wish him every success in his life and career.

For, MB CITY SPORTS.

Authorised Signature
- 28th March 2022

MB CITY SPORTS
No.1,G.S.T ROAD,SAMUNDEESHWARI NAGAR,
POTHERI - 603 203 (NEAR PIZZA PAPA JOHNS)
CELL : 7092235235

DIGITAL HORIZON

DIGITAL HORIZON

+918981988890 || hellotodigital@gmail.com

To
Mr. S. Prem Kumar
Professor and HOD
Sports Management, Psychology & Sociology,
Tamil Nadu Physical Education & Sports University
Chennai-600127

Date: **March 10, 2022**

Subject: **Letter of Completion**

Respected Sir,

This is in reply to your letter DSM/Project/2021-10 dated on December 18, 2021.

This is to certify that Mr. Senaritra Saha has succesfully completed his internship with in this Organization. We wish him best for his future endevours.

Regards

Suranjan Mukherjee

Suranjan Mukherjee
Co-Owner, Digital Horizon

Scanned with CamScanner

The Quaide Milleth College For Men

A Govt. Aided Research & Post Graduate Co-Educational Muslim Minority Institution
Affiliated to University of Madras | Reaccredited by NAAC | Medavakkam, Chennai.

DATE:

To,

The HOD,
Department of Sports Management,
Tamil Nadu Physical Education and Sports University,
Chennai-600127.

Subject: Internship Certificate

We are glad to inform you that, **Mr. JAGANNATHAN K , Reg.No.20205407004** Department of Sports Management (MBA) from Tamil Nadu Physical Education and Sports University has successfully completed his internship at The QUAIDE MILLETH COLLEGE from **21th February 2022 to 22th March 2022**.

During his internship, he was exposed to various activities in sports facility management. We found him extremely enthusiastic and hard working. He was very much interested to learn the functionalities pertaining to Sports and also was willing to give his best efforts to get into the depth of the subject for better understanding.

We wish him all the best in his future endeavors!

Dr. C. Godwin Paul, M.PED, M.Phil., Ph.D.
Director of Physical Education
The Quaide Milleth College for men
Medavakkam, chennai – 600100.

Dr.C.Godwin Paul, M.P.Ed., M.Phil., Ph.D.
Director of Physical Education
The Quaide Milleth College for Men
Medavakkam, Chennai - 600 100.

GREEN WAVES CONSTRUCTION

DATE : 05-05-2022

The Principal/HOD,
The Department of Sports Management (M.B.A)
TamilNadu Physical Education and sports University
Kelambakkam, Melakottaiyur,
Chennai-600127.

B: INTERNSHIP COMPLETION CERTIFICATE - CIVIL NSTRUCTION MANAGEMENT.

This is to certify that **MS.SREESONA.A ,Reg No - 20205407017** done her **"INTERSHIP IN CIVIL CONSTRUCTION MANAGEMENT T GREEN WAVES CONSTRUCTION** , ~~for six week~~ rom April.4th.2022 to May 4th.2022) During this period of her intership ogram with us she had been exposed to different process was found punctual rdworking and inquisitive , we wish her successful future & career.

OR GREEN WAVES CONSTRUCTION

For GRE... ...UCTION

...ETOR

(Authorized Signatory)

COSMOS
ACADEMY

Cosmos Academy Calicut
Florican Hill Rd, Civil Station, Malaparamba,
Kozhikode, Kerala - 673020, India
+91 495 237 5984, +91 989 596 9744
GST NO: 32AAFFE1727R1Z9
Email: sportscity@cosmossports.in
www.cosmossports.in

Sports City Dubai
34 Zabeel Street, Al Kawma, DUBAI,
+971(04) 345 9811, +971 52 565 0700

25th March 2022
Ref: CSC/LT/HR/012/2022

TO WHOMEVER IT MAY CONCERN

This is to certify that **Ms.Naipunya Sunil** (Reg No: 20205407009) studying MBA Sport Management at Tamil Nadu Physical Education and Sports University has completed her project **'A STUDY ON CUSTOMER SATISFACTION ON FACILITIES OF COSMOS SPORTS CITY, CALICUT'** in our club from 21/02/2022 to 23/03/2022.

Sincerely,

Noushad PM
Manager
Cosmos Academy

CORPORATE OFFICE
Florican Hill Rd, Civil Station, Malaparamba,
Kozhikode, Kerala - 673020, India

B M R SHOWROOM - CALICUT
Ph: +91 495 272 3380

CALICUT
Ph: +91 7736065180,
Email: admnakt@cosmossports.in

TRIVANDRUM
Ph: +91 471 257 2011,

THRISSUR
Ph: +91 487 244 4224
Email: admnthr@cosmossports.in

KOCHI
Ph: +91 484 234 1420,

MANJERI
Ph: +91 483 276 2180, +91 483 276 2181
Email: admnmjr@cosmossports.in

KANNUR
Ph: +91 7025474447,

RUN FEET SPORTS ACADEMY

(AFFILIATED TO CHENNAI DISTRICT ATHLETIC ASSOCIATION)

No:32 SASTHA AVENUE,ALAPAKKAM,CHENGALPATTU-603001.

Email id: rfsacademycpt@gmail.com

ASHOK KUMAR B.COM,MBA(SM) — RESIDENT, ob : 967797S410 .

D. BHOOBESH BBA CA,SAI CERTIFIED — SECRETARY/COACH, Mob: 9047736827.

B.SHALINI B.COM — TREASURER, Mob: 9344211159

Date:

his is the Certify to **Mr RAJKUMAR.V Reg No:20205407011 II MBA Sports Management** from Tamilnadu Physical and Sports University,Melakotaiyur, hennai Sucessfully Completed his Project **"A STUDY ON MEASURING THE FFECTIVENESS"** During From 16-02-2022 to 16-03-2022 in Our Run Feet Sports cademy,Chengalpattu. His Discipline and Conduct was **Good** During in Internship.

With any Reference to Our Office Contact D.Bhoobesh Athletics Coach - 9047736827

With Regards,

D.Bhoobesh,

Secretary,

RUN FEET SPORTS ACADEMY
No:32, Satha Avenue,
Bharathapuram, Alapakkam,
Chengalpattu-603 001.
Mob: 96779 75410, 90477 36827

BEAST MODE
UNISEX FITNESS STUDIO

FOR MORE DETAILS- 078711 21121

BEAST MODE UNISEX FITNESS STUDIO

CHENNAI

Date: 15/03/2022

TO WHOM IT MAY CONCERN

This is to certify that Mr. R. Raghul (MBA in Sports management), a student of Tamilnadu physical education and sports university has successfully completed his internship in the field of Management from 10th Feb to 10 March 2022.

His internship activities include familiarization with all the departments, their operations and process along with a management overview involved in the production process of the fitness center.

During the period of his internship program with us, he had been exposed to different processes and was found diligent, hardworking, and inquisitive.

We wish him every success in his life and career.

BEAST MODE FITNESS STUDIO
No.931/2, M.R.H Road, Omkulameol
Maduravoyal, Chennai - 600 060

Beast mode gym

Authorized signature

GOA AMATEUR BOXING ASSOCIATION

(Affiliated to Boxing Federation of India, West Zone Boxing Assen, Sports Authority of Goa & Goa Olympic Assen)

Date: 1st June 2022

TO WHOMSOEVER IT MAY CONCERN.

On behalf of Goa Amateur Boxing Association (GABA), I would like to extend my appreciation and thanks for the amazing Work done by Shri. Kabilan Sai Ashok on the marvellous Project Work meticulously done by him.

The Final Report has been so microscopically analysed, that it has become the outcome of his fantastic Work which professes True Professionalism in the Field of Sport, particularly Boxing. The period of study was from 15 Feb 2022 to 28 Mar 2022.

The Team of GABA wishes Shri. Kabilan Sai Ashok the Very Best for his Future Endeavours.

Lenny D' Gama

GABA - Vice President

IBA - ITO

orrespondence may be addressed to Ms. Danuska Da Gama , General Secretary, Goa A. Boxing Association
H.No. 183, Saligao Cottula, Bardez - Goa. 403511
Tel. 0832 2278277 / Mob: 9823254067 Email:goaboxing@gmail.com

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI – 600 127.

DEPARTMENT OF EXERCISE PHYSIOLOGY

AND NUTRITION

REPORT ON

STUDENTS PRACTICAL EXPOSURE ON SCUBA DIVING (Field visit) WAS HELD IN COLLABORATION WITH TEMPLE ADVENTURE, SCUBA DIVING PONDICHERRY ON 16.11.2022.


GPS Map Camera
Lat 12.834093°
Long 80.139679°
16/11/22 07:03 AM GMT +05:30
Google

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
Email: tnpesu@gmail.com
Phone No :044-27477906
Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600 127. Tamil Nadu.

Dr.R.Ramakrishnan

Registrar i/c

Lr.No.005/TNPESU/EPN/R2/Estd./Spesd/2022

Date:01.11.2022

To

Dr.M.Grace Helina,

Professor,

Department of Exercise Physiology and Nutrition,

TNPESU, Chennai -600127.

Sir,

Sub: TNPESU – Establishment – Permission to visit Students practical exposure on Scuba Diving -Order Issued-Reg:

Ref: 1. Vice-Chancellor approval dated:01.11.2022.

******

With reference to the above, I am by direction to inform you that Permission has been given to take MSc II year students for visit Students practical exposure on Scuba Diving on 16.11.2022 at Pondicherry.

Tamil Nadu Physical Education and Sports University Chennai 600 127.

REGISTRAR i/c
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON

STUDENTS PRACTICAL EXPOSURE ON SCUBA DIVING MSc II YEAR EXERCISE PHYSIOLOGY AND NUTRITION STUDENTS.

Year: 2021-2022

STUDENTS PRACTICAL EXPOSURE ON SCUBA DIVING MSc II YEAR WAS HELD AT PONDYCHEERY ON 16.11.2022.

Aim:

To understand the oceanic resource as the ecosystem contributing to global and regional elemental cycling and regulating the climate. The ocean provides natural resources including food, materials, substances and energy.

NO. OF PARTICIPANTS- 12

STAFF IN CHARGE – Dr.M.GRACE HELINA

Objectives:

To enter deep water with an oxygen tank for a period of time.to observe underwater nature in its most natural state.

The M.Sc II year students were taken to Pondicherry temple adventure - Scuba Diving on 16.11.2022 to understand the knowledge of Ocean various pressure, Scuba apparatus, Training with Scuba apparatus in the pool, the compression of the air , filling up of compressed air in cylinders, breathing mechanism, Dive Table etc.

The students had a practical exposure on the above said points and thoroughly understood the application part.

The following are the students underwent the practical exposures on scuba diving.

SCHEDULE OF THE DAY (16/11/2022)

6.00 am started from the TNPESU campus

8.00 am had breakfast in the middle of the way

10.00 am Reached Pondicherry

10.15am Visited the whole shop & service centre of SCUBA DIVING APPARTUS

12.30 visited the Ashram at Pondicherry

1.00 pm lunch

2.00 pm Temple reef training centre (gas filling room, various sized cylinders, pre preparation and training to the people going for SCUBA diving, presentations by Mr. ARAVIND (PADI), founder of temple reef center)

4.00 pm visited the spot where the SCUBA diving and boating activities takes place.

5.00 pm snack and tea

5.30 headed back towards Chennai

9.00 pm reached the college campus safely

INTRODUCTION

Scuba diving is a mode of underwater diving whereby divers use breathing equipment that is completely independent of a surface air supply. The name "scuba", an acronym for **"Self-Contained Underwater Breathing Apparatus**", was coined by Christian J. Lambertsen in a patent submitted in 1952.

Scuba divers carry their own source of breathing gas, usually compressed air, affording them greater independence and movement than surface-supplied divers, and more time underwater than free divers. Although the use of compressed air is common, a gas blend with a higher oxygen content, known as enriched air or nitrox, has become popular due to the reduced nitrogen intake during long and/or repetitive dives. Also, breathing gas diluted with helium may be used to reduce the likelihood and effects of nitrogen narcosis during deeper dives.



SCUBA GEARS

Scuba diving equipment, also known as scuba gear, is the equipment used by a scuba diver for the purpose of diving, and includes the breathing apparatus, diving suit, buoyancy control and weighting systems, fins for mobility, mask for improving underwater vision, and a variety of safety equipment and other accessories.



SCUBA equipment store, Pondicherry



RULES FOR SAFE SCUBA DIVING

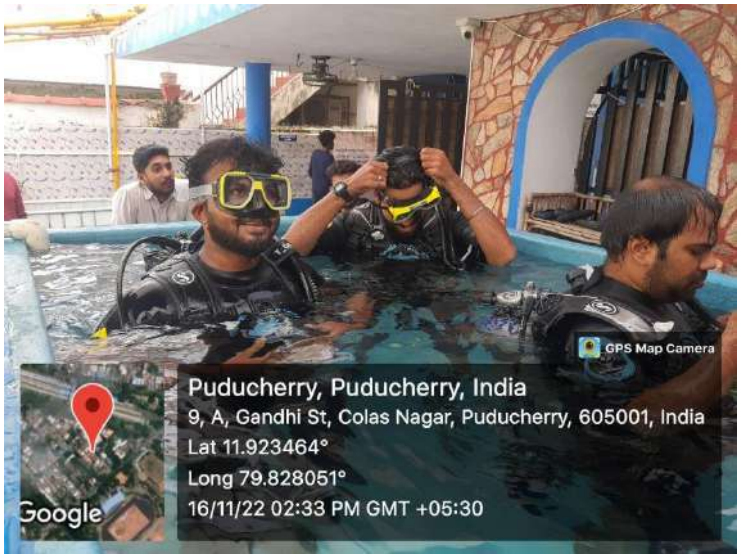
1. Get certified.
2. Strive for safety.
3. Be prepared to abort the dive.
4. Never hold your breath.
5. Use a slow ascent.
6. Always plan a safety stop.
7. Plan your dive and dive the plan.
8. Wait 24 hours before you fly.
9. Know your limitations.
10. Carry an alternate air source.
11. Don’t wait for the alternate air source.
12. Check your air.

To dive safely, divers must control their rate of descent and ascent in the water and be able to maintain a constant depth in midwater. Ignoring other forces such as water currents and swimming, the diver's overall buoyancy determines whether they ascend or descend. Equipment such as diving weighting systems, diving suits (wet, dry or semi-dry suits are used depending on the water temperature) and buoyancy compensators can be used to adjust the overall buoyancy.

At the temple reef training centre, few of my classmates got a opportunity to wear and try the gears in the training pool.

It was fun and also a good opportunity to learn more about this sporting activity.

DIVING SESSION





Students' attendance list

NOV: 16/22

SCUBA DIVING.

S.NO	NAME	SIGNATURE
1.	AKASH.R	
2.	THENMOZHI	
3.	THAKSHYA	
4.	LOGIAPRIYA	
5.	PAVITHRA.S	
6.	NAVEEN RAJ	
7.	MOHAMMED SAIFUDEEN	
8.	SURYA	
9.	MUTHUKUMAR	
10.	SATHEESH KANNAN	
11.	LEONARD ISMAYEL	

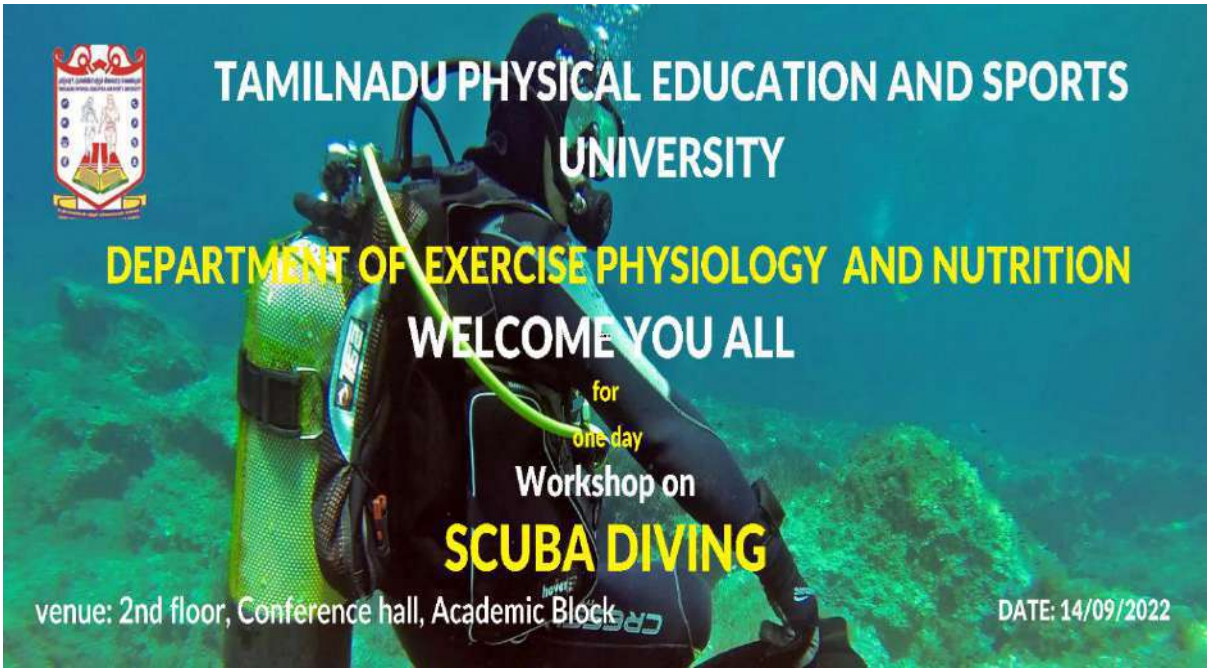
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI – 600 127.

DEPARTMENT OF EXERCISE PHYSIOLOGY

AND NUTRITION

REPORT ON ONE DAY WORKSHOP ON SCUBA DIVING WAS HELD IN COLLABORATION WITH TEMPLE ADVENTURE, SCUBA DIVING PONDICHERRY ON

14-09-2022



REPORT ON ONE DAY WORKSHOP ON SCUBA DIVING : 14-09-2022

INDRODUCTION:

The aim of this scuba diving workshop is to Inspire the Students about the Deep-Sea Recreational Diving, Underwater Rescue, maintaining a clean and pristine Ocean for future generations as oceans are the biggest regulator of weather The ocean absorbs about one-quarter of the CO2 that humans create when we burn fossil.

OBJECTIVES

- To know the importance of Horizontal to reduce Drag, leg position , principles of breadth, leg position , head down and up.
- To understand the apparatus, decompression sickness, score table.

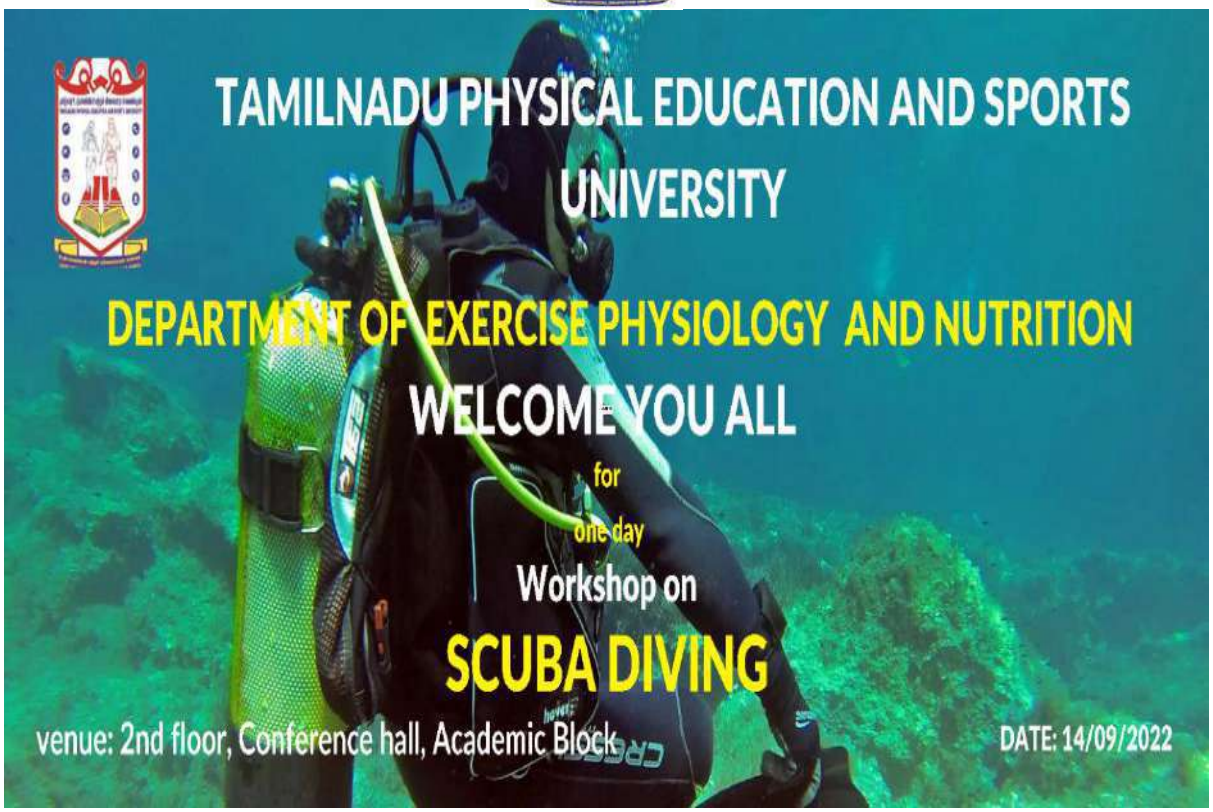
OUT COME

- Able to Dive within the limits of the Dive Computer.
- Should not touch anything in underwater
- Able to withstand the hydrostatic pressure.

BENEFICIARIES:

1. **Staff of this University.**
2. **Students of various Departments.**

Total Number of Participants : 200


TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION
WELCOME YOU ALL
for
one day
Workshop on
SCUBA DIVING
venue: 2nd floor, Conference hall, Academic Block
DATE: 14/09/2022

INVITATION:

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI - 600 127

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION
Cordially welcomes you all for the Inaugural function of one day workshop on
'SCUBA DIVING'
(at the second floor of the conference hall of academic block)

Dr. R. RAMAKRISHNA
Registrar i/c, TNPESU
has kindly consented to deliver the Inaugural address at 10.15 am on 14/09/2022

ARAVIND THARUNSRI
Director oh Temple Adventure, PADI Master Instructor, First India PADI Adaptive Instructor, Disabled Drivers International Instructor, Emergency First Response Instructor Trainer

Dr. P. K. SENTHIL KUMAR
HOD i/c, TNPESU
has kindly concented to deliver the key note address
and

Dr. M. GRACE HELINA
Professor & Organizing secretary
will deliver the Welcome address

Mr. KARNAN	**Dr. J. ANITHA**	**Dr. R. VENKATESAN**
(Guest Lecturer)	(Asst Prof. Stastics)	Associate Prof EPN

BROCHURE:



Accredited with 'B' Grade by NAAC

The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

ABOUT OUR 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 and applied, practical experiences are the core of the instructional methods for both undergraduate and Post graduate students.

MAIN OBJECTIVE OF THE SCUBA DIVING

workshop is to understand the knowledge of the apparatus, dive, breathing, underwater enironment and decompression sickness

RESOURCE PERSON

Mr. ARAVIND THARUNSRI

Director of Temple Adventure, PADI
Master Instructor, First India PADI
Adaptive Instructor

Chief Patron

Dr. M. SUNDAR
Vice- Chancellor,
TNPESU

Patron

Dr. R. RAMAKRISHNAN
Registrar i/c,
TNPESU

Organising Secretary

Dr. M. GRACE HELINA
Professor, EPN
TNPESU

Members

Dr. P. K. SENTHIL KUMAR
HOD i/c EPN., TNPESU
Dr. R. VENKATESAN
Associate Prof., EPN, TNPESU
Dr. J. ANITHA
Asst Prof., Statistician, TNPESU
Mr. KARNAN
Guest Lecturer, TNPESU

contact

Dr. M. GRACE HELINA
Professor, EPN
TNPESU
Contact no: 9841832928
Email: gracenagarajan86@gmail

Tamilnadu Physical Education and Sports University

Accredited with 'B' Grade by NAAC

ONE DAY WORKSHOP ON

"SCUBA DIVING"

14th September 2022



Organized by

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Mellakottaiyur, Chennai 600 127.

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
Email: tnpesuiqac@gmail.com
Phone No: 9841832928

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

REPORT ON

WORKSHOP

ON

"EMPLOYABILITY SKILLS AND RECRUITMENT"

ON 05.05.2023

BY

SPORTSA

AND

ORGANIZED BY

"INTERNAL QUALITY ASSURANCE CELL" (IQAC)

Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

PROGRAM CIRCULAR

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 : regtnpesu@gmail.com
Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600 127. Tamil Nadu.

Dr. R. Ramakrishnan
Registrar i/c

03.05.2023

CIRCULAR

As per the direction I inform you that, the Teaching staff including Guest Lecturers are requested to attend the staff meeting chaired by our Hon'ble Vice-Chancellor at 10.30. a.m. on 5.05.2023 at Syndicate Hall of the University without fail.

Followed by an employer from SPORTSA Mrs. Sooria James, the IQAC member will have the presentation and interaction on **"Employability Skills & Requirement"** at 11.30. a.m. organized by IQAC.

The HoD's of various Departments are requested to inform two students and all regular Ph.D's Scholars of your department to attend the above said interaction meeting.

3/5/23
Registrar i/c

To

All the Teaching Staff

All the HoD's

Copy to

Registrar Section

Finance Section

IQAC Director

PERMISSION AND SANCTION OF EXPENDITURE AMOUNT

Tamilnadu Physical Education and Sports University 1638 03 MAY 2023 Chennai-127 Office of the Registrar

From
Dr. M. Grace Helina
IQAC Director
TNPESU
Chennai – 127

03.05.2023

To
The Registrar
TNPESU
Chennai – 127

Sir,

Sub: TNPESU – IQAC – Conduct of Interaction session on **"Employability Skills Requirement"** on 05.05.2023 – Permission and sanction of expenditure amount – Requested – Reg.

****

With reference to the above subject I would like request your kind permission to conduct the interaction session on **"Employability Skills Requirement"** at 11.30. a.m. on 05.05.2023 at Syndicate Hall of our University for all Teaching staff including Guest Lecturers, two students from each departments and all regular Ph.D's Scholars.

Kindly sanction the following amount to meet the expenditure,

Tentative Budget

1. Memento and shawl - Rs.1000.00
2. Refreshment (100 members) - Rs.3500.00 (35x100)
3. Lunch (6 members) - Rs.2000.00

Total - Rs.6000.00

(Sixthousand only)

Dr. M. Grace Helina
IQAC Director

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
Email: tnpesuiqac@gmail.com Phone No: 9841832928

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

INVITATION





Dr. M. Sundar, Vice-Chancellor, Tamil Nadu Physical Education and Sports University was the chief guest of the programme and Dr. R. Ramakrishnan, Registrar, i/c felicitated the function.



RESOURCE PERSON OF THE PROGRAM



Mrs. Sooria James, Managing Director, Plus point Ventures, Chennai, was welcomed by Dr. M. Sundar Vice-Chancellor Tamil Nadu Physical Education and Sports University.

FROM SPORTSA



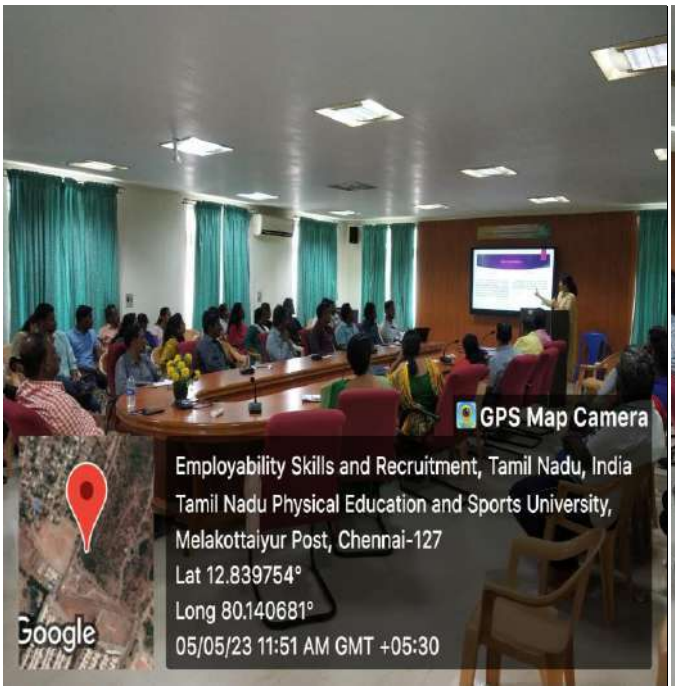
Pluspoint Ventures
No.18, Z Block
6th Street, Anna Nagar,
Chennai – 600 040

www.sportsa.in
contact@sportsa.in

Contact
044 4357 3377
044 4358 3377
+91 7825 80 7825

The resource person Mrs. Sooria James, Managing Director, Plus point Ventures gave the detailed explanation about the various employability skills and Recruitment process.







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
Email: tnpesuiqac@gmail.com Phone No: 9841832928

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

SPORTSA PRESENT THE CONTENTS OF THE PROGRAM

SPORTSA BELIEF

VISION

We are proposing to rewrite the children's health and well-being scenario in the present educational systems and institutions in the state with a radical concept that will benefit children across the spectrum of society and catapult the health and physical fitness factor of present and future generations to come, to higher standards.

MISSION

Sportsa provides physical education for schools, sports training, and total sports management services for schools and colleges to help them take their sports to the next level.

Our Integrated program Services

1. Integrated, inclusive, age appropriate Sports and Physical Education.
2. Full time certified qualified and trained teachers in a 300:1 ratio.
3. Structured, researched and customized curriculum.
4. Structured lesson plan.
5. Age appropriate games.
6. Introduction of all major games in the KG and primary level.
7. Wide range of sports, both indoor and outdoor.
8. Talent identification and school teams' development.
9. Tournament exposures like friendly matches, practice matches, inter school, and inter zone, state and national level tournaments.
10. Native and traditional sports of Tamil Nadu.
11. Archery introduction.
12. Experts coaching on Self-defense for girls.

13. Aerobics.
14. Athletics.
15. Technology driven assessment and monitoring system.
16. Age appropriate props, sporting equipment and tools.
17. Experts coaching on survival instincts and techniques.
18. First Aid Classes.
19. Drug and substance abuse awareness program.
20. Sports Day assistance.

Age appropriate curriculum – Holistic development of a child

KG level

- Fundamental motor skills development
- Variety of sports and physical activities introduced

Benefits:

- Listening, obeying, attention skills, development

Primary level

- Introduction to multiple sports

Benefits:

- To play multiple sports
- Gets the chance to purse the sports they want to play

Middle level

- Introduction to multiple organized games and sports

Benefits:

- Specific coaching for talent & development
- Participation in competition

Secondary level

- Coaching on specific sports and games

Benefits:

- Specific talent identification
- Coaching & development
- Participation in tournaments outside school

Trainers

- Educational qualification as per government norms
- Training by Sportsa on program implementation
- Psychological screening by Sportsa
- Knowledge about current trends
- Communication and interpersonal skills
- Decisive and leadership skills
- Enthusiastic and child – centred

Trainers - Resources

Our trainers are from the following reputed Institutions for Physical Education in Chennai

- YMCA College of Physical Education
- Queen Mary's College
- Tamil Nadu Physical Education and Sports University
- Madras Christian College
- Saveetha School of Physical Education
- Hindustan University

Sports Equipment and Props



Lesson Plan - Sportsa

The lesson structure has the following four parts:

(1) Introduction Activity (3-5 mins),

(2) Fitness Activity (7-8mins),

(3) Lesson (12-15mins),

(4) Game (5-7 mins).

*Time allocation can proportionally be adjusted to meet the needs of the school and their unique lesson length. Above is based on a physical education lesson of 40-minute instructional time.



Model Assessment - Sportsa

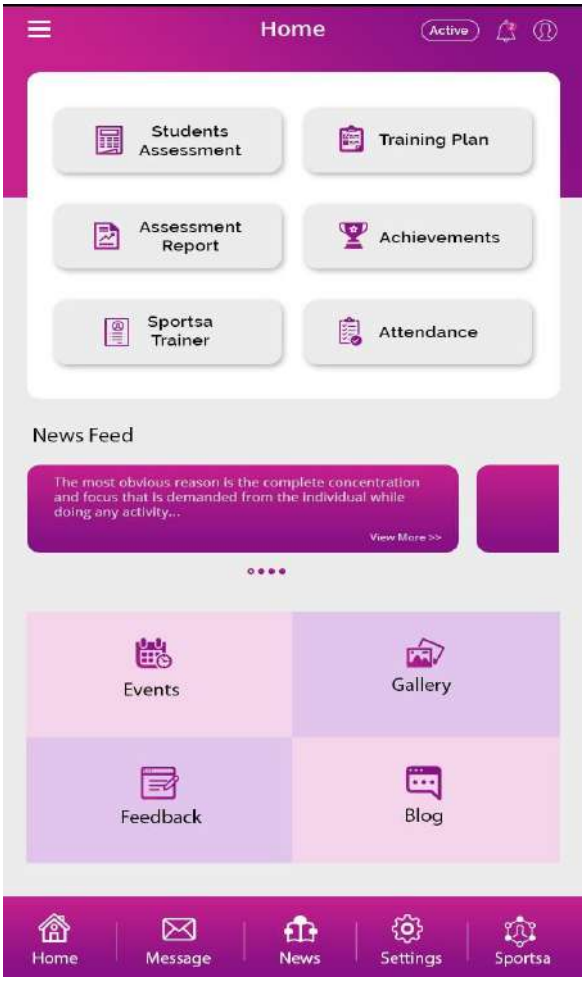
Formative Assessment- Psychomotor EXAMPLE

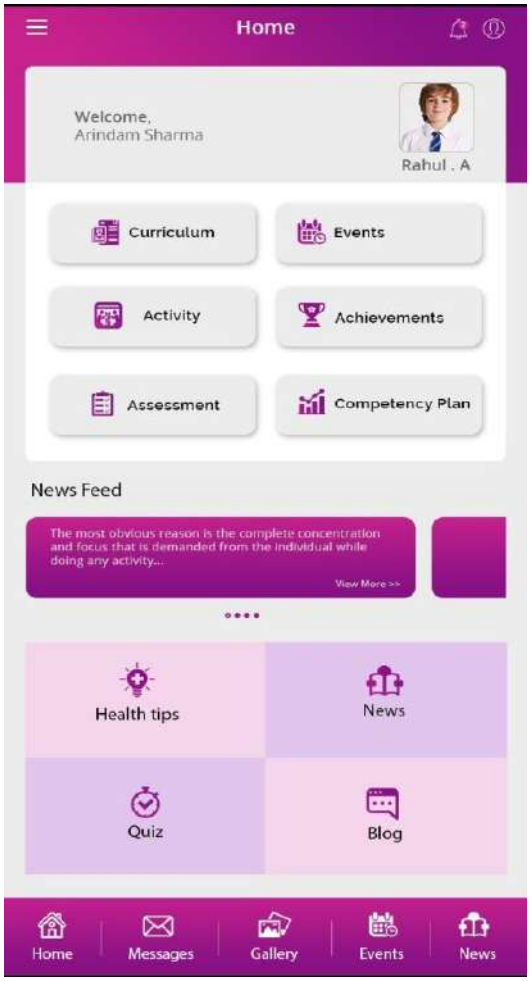
Volleyball Unit: Peer Checklist Skill- Forehand Pass														
Directions: Tally each time the performer executes the techniques properly.														
Performer_____									**Observer**_____					
Moving feet under ball w/ knees bent			Arms extended w/ proper hands and platform exposed			No swinging and meeting ball with arms			Contact made with platform			Angle of arms to target and ball height easy to get		

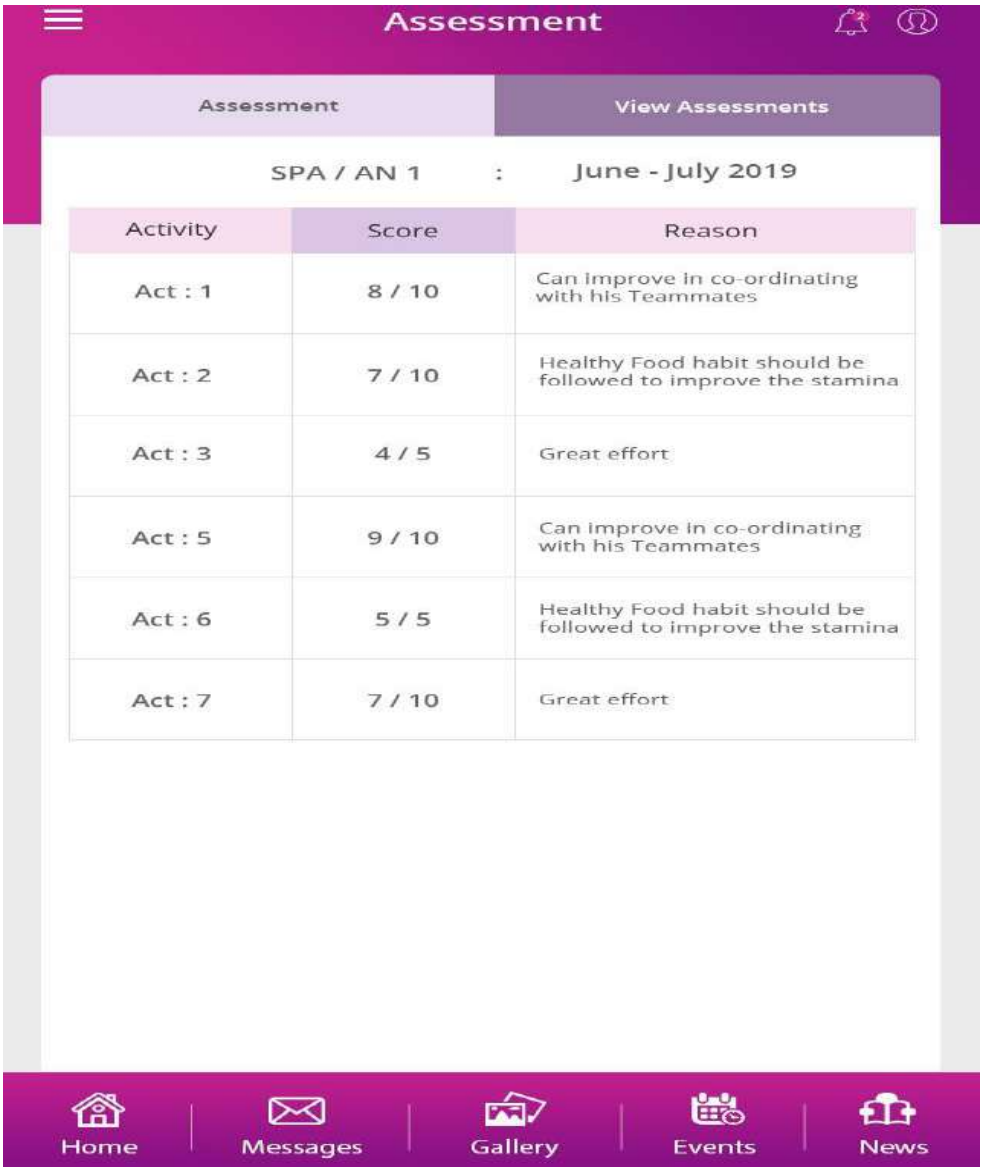
*Watch the performer to complete at least three observations per technique. KEY: X = Completed 0 = Not Completed

Mobile Application - Sportsa

- Technology-driven assessment and monitoring
- Parents' access to the lesson plan and the lessons taught the child's performance
- Principals' access to the lesson plan, trainer performance, child's performance, attendance
- Overall monitoring and performance auditing by team Sportsa


Home
Active
Students Assessment
Training Plan
Assessment Report
Achievements
Sportsa Trainer
Attendance
News Feed
The most obvious reason is the complete concentration and focus that is demanded from the individual while doing any activity...
View More >>
Events
Gallery
Feedback
Blog
Home
Message
News
Settings
Sportsa


Home
Welcome,
Arindam Sharma
Rahul . A
Curriculum
Events
Activity
Achievements
Assessment
Competency Plan
News Feed
The most obvious reason is the complete concentration and focus that is demanded from the individual while doing any activity...
View More >>
Health tips
News
Quiz
Blog
Home
Messages
Gallery
Events
News


Assessment
Assessment
View Assessments
SPA / AN 1 : June - July 2019
Activity
Score
Reason
Act : 1
8 / 10
Can improve in co-ordinating with his Teammates
Act : 2
7 / 10
Healthy Food habit should be followed to improve the stamina
Act : 3
4 / 5
Great effort
Act : 5
9 / 10
Can improve in co-ordinating with his Teammates
Act : 6
5 / 5
Healthy Food habit should be followed to improve the stamina
Act : 7
7 / 10
Great effort
Home
Messages
Gallery
Events
News

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

Our school sessions - Images








Pluspoint Ventures

Pluspoint Ventures since 2018

- Integrated Sports and Physical Education in schools
- After – school coaching
- Kindergarten Sports
- Pluspoint Sports Academy
- Corporate Fitness
- Sports Infrastructure Consulting
- Sports Events Management
- Train the Physical Education Teachers – TPET

We have been associated with

• Maharishi Vidya Mandir group of schools (45 schools) • Alagappa University, Karaikudi • Alagappa group of institutions • Church Park Schools • St Thomas Covent Schools in Chennai and Vellore • Don Bosco Schools in Chennai • Loyola College in Chennai • Loyola Institute of Technology and Science, Nagercoil • Prathyusha Engineering College	• Bharathi Vidyalaya group of schools in Gobichettypalayam • Meenakshi Educational Trust schools • Pon Vidyashram Schools • Little Millenium Play School • Viby Play School • Kalasalingam University, Linga Global School • St Joseph's Matriculation School • St Joseph's College of Engineering, Chennai

Sportsa Advisory Council

Dr Jagannath PHD **Strategic business consultant** JSI Ventures, Chennai	**Mike Hodges PHD** **Associate Professor** William Paterson University of New Jersey, USA **Founder** Physical EDGE
Dr George Abraham PHD **Principal and Correspondent Secretary** YMCA College of Physical Education, Chennai	**Dr Grace Helina PHD** **HOD Department of Exercise Physiology and Biomechanics** Tamilnadu Physical Education and Sports University
Dr Priscilla Sathianathan PHD **Child and Adolescent Psychologist** Director Memory Clinic, Chennai, India	

Employer - Sportsa

- We are a growing company
- Every year we will need an average of 20 to 30 trainers for our new projects
- We need trainers with additional skills to the basic qualification of B.PEd.

Desired skills

- Communication – English
- Specialty in training & coaching techniques
- Sports psychology
- Yoga
- Aerobics
- First aid
- Exercise physiology - age appropriate exercises and training
- Computer skills

- Sports nutrition
- Sports technology
- Kinesiology
- Sports biomechanics
- Latest rules and regulations in games and athletics
- Scientific assessment tools
- Traditional games of Tamil Nadu
- Interview skill

Suggestions

- Minimum of four internships in schools
- Inter departmental workshops
- Practical classes and assessment
- Career guidance in last semester
- Look at B.Sc physical education syllabus
- Spoken English classes
- Computer skills classes
- Interview skills in the last semester
- Selection criteria of students for B.P.Ed should be stringent for TNPESU (entrance exam, cutoff marks, certificates)

Tamil Nadu Physical Education and Sports University

one day workshop on Employability Skills and Requirement on 05/05/2023 at Syndicate Hall at 11.30 a.m. Conducted by IQAC.

S. NO.	Name / Dept / Student / Ph.D. Scholars	Signature
01	Shahin Ahmed	
2.	Lilly pushpam	
3.	Venkatesan	
4.	Dr. V. Muruga Valavan	
5.	K. KANNADASAN	
6.	K.B. SRINIVASAN	
7.	C Mony	
8	S. Prem Kumar	5/5/23
9.	V. RAMESH KUMAR	5/5/23
10	S. THIRUMALAI Kumar	5/5/23
11	G. Nallavan	5/5/23
12	P.K. SENTHILKUMAR	5/5/23
13.	R. Ramakrishnan	
14.	Dr. J. Anitha	
15.	J. ANGEL PRIYA	5/5/23
16.	Dr. P. Adichiappan	
17.	Dr. S. GOKILA	
18.	P. SRIGANAPATHY (DPE. R.S)	
19.	S. PREETHI PRISILLA (DPE)	

20. Vignesh.S.M

21. PUNITHAN.P.E (Sports Test. Rnd)

22. S.Dhayanithi (ph.D in phy.Edu)

23. A.Harikrishnan (ph.D in phy Ed)

24 K. Niranjan (ph.D in EPN)

25 J. STANLEY (Ph.D in EPN)

26 K. RAMACHANTHIRAN (ph.D. yoga)

27. S. MURALITHARAN. (Ph.D. Phy Edu)

28. D. Prasanth (B.Sc. sports coaching)

29. R. LOKESHRAJ " "

30. Jackson. A (Msc. Sports Biomechanics)

31. Arun. C " "

32. G. AKSHAYA PRIYA GUEST LECTURER (SDE)

33. S. PAVITHRA Msc-II EPN

34 LOGAPRIYA.R Msc-II EPN

35. ALAGU VISHALATCHI. S M.Sc - II EPN

36. MUTHU KUMAR. S M.Sc - II EPN

37. MOHAMED SAIFUDEEN.S.R M.Sc II EPN

38. Talari Leonard ISMAYEL DEVENCY M.Sc II EPN

39. Archana. S (Ph.d Sports Psychology)

40. R. Kani (Ph.D Scholar in Sports Coaching)

41. V. Sharmila Guest lecture Biomechanics)

42. P. RAJINIKUMAR

43. S. VELKUMAR, Asst Professor

44 Dr. S. JAYA KUMAR Asst [illegible], DPE,

45. Dr. S Rangarajan

46. Dr. M. LAKSHMAN KUMAR (GUEST LECTURER) M. Lakshman Kumar 5/5/22


Thank You!
SPORTSA
RAISE THE BAR

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

Accredited with "B" by NAAC

INTERNAL QUALITY ASSURANCE CELL (IQAC) & PLACEMENT CELL

Report of

Communication Development Programme

ON

14th November 2022



2

Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

From

Dr. S Prem Kumar

Professor and Placement Coordinator

TNPESU, Chennai – 127

To

The Registrar i/c

TNPESU

Chennai – 600127

Sir

Sub : Submission of Report of the Communication Development Programme – reg

I hereby bring it to your kind notice that the IQAC and the placement cell of the university jointly organized Communication Development Programme for the fresher students of UG and PG programmes on 14.11.2022 at 10.30 AM. I am now submitting the report of the programme for your kind perusal.

Thanking You

Yours Sincerely

(Dr. S Prem Kumar)

Organizing Secretary

Encl. 1) Report

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Report of

Communication Development Programme

Introduction

Communication Development Programme for the first year UG & PG Students was organized by the Internal Quality Assurance Cell(IQAC) and Placement Cell, TNPESU for the benefits of all the fresher students of this University on 14.11.2022 at Academic Block - Conference Hall, TNPESU campus.

Objectives

To improve the communication ability of the students to enable their proficiency over language

Outcome of the Programme

At the end of this Workshop, the students were able to understand

- The Common Errors and solutions
- The Writing Skills through Controlled and Guided Activities
- The Coherence, Cohesion and Competence in Oral Discourse
- The different aspects of communication using the four macro skills – LSRW

REQUISTION LETTER

Department of Sports Management and Sports Psychology & Sociology
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
(A State University Established Under Act No. 9 of 2005)
Vandalur - Kelambakkam Road, Melakottaiyur, Chennai - 600 127.

Dr. S. Prem Kumar, M.B.A., M.Phil., Ph.D.
Professor and Head

To

The Registrar i/c
TNPESU, Chennai-127

08/11/22

Sir,

Sub: IQAC - Placement Cell - Communication Skills Enhancement Programme on 14/11/22 - Permission Requested - Reg.

I hereby bring it to your kind notice that a Communication Skills Enhancement Programme is proposed to be organised on 14/11/22 for the first year UG and PG students at our University by IQAC and Placement Cell of the University. Hence I request you to permit us to organise the above mentioned programme on 14/11/22 at our University and sanction Rs 6000/- towards the organising of this programme. ~~do all the needful~~.

Thanking you,

Yours Sincerely

8/11/22

(S. Prem Kumar)
Placement Coordinator

Encl.: Budget Proposal.

Forwarded to the Registrar
08/11/22

www.tnpesu.org Mobile : +91 9443212071 E-mail : premkumar@tnpesu.edu.in

Skill Enhancement Programme

Date : 14/11/2022

Time : 10.30 Am

Budget Proposal For Organising the Event :

1) Honorarium to the Resource Person For two sessions (Rs 2500 x 2) } Rs 5000/-

2) Purchase of shawls for the Guests Rs 1000/-

Total Estimated Expense Rs 6000/-

8/11/22

(S. Prem Kumar)

Placement Co-ordinator

14/11/22

IQAC Director

தமிழ்நாடுஉடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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Email : tnpesuiqac@gmail.com
Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600 127. Tamil Nadu.

Dr. M. Grace Helina

IQAC Director

Ref: NO: TNPESU/IQAC/2022/CDP1 Date: 11.11.2022

CIRCULAR

This is to inform that, the Internal Quality Assurance Cell and Placement Cell of this university jointly organize a Communication Development Programme for all the first year UG and PG Students of all the departments on 14.11.2022 at 10.30 AM in the conference hall of the Academic block (Second floor). All the first year UG and PG Students of all the departments are asked to attend the programme and get benefitted.

IQAC Director

BENEFICIARIES

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME:B.Sc (Sports Coaching) **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225517001	AADHITHYAN P	Male	
2	20225517002	ABISHEK A	Male	
3	20225517003	AJESH KUMAR P	Male	
4	20225517004	ARJUN S	Male	
5	20225517005	BALACHANDRU S	Male	
6	20225517006	BARATH KUMAR B	Male	
7	20225517007	DEEPAKRAJ M	Male	
8	20225517008	DEVA D	Male	
9	20225517009	DINESH D	Male	
10	20225517010	GIRISANTHI M P	Female	
11	20225517011	IMMANUVEL N	Male	
12	20225517012	JEEVAN RAJ A	Male	
13	20225517013	KALAIPRAKASH T	Male	
14	20225517014	KARTHIKEYAN K	Male	
15	20225517015	KAVIN G	Male	
16	20225517016	MAHENDRAN A	Male	
17	20225517017	MANI MADHAVAN M	Male	
18	20225517018	MANIGANDAN P	Male	
19	20225517019	MANIKANDAN L	Male	
20	20225517020	MARIYADOSS D	Male	

21	20225517021	MATHANKUMAR R	Male	
22	20225517022	MOORTHI A	Male	
23	20225517023	MUTHAZHAGAN B	Male	
24	20225517024	PARTESHGN.Y	Male	
25	20225517025	POOVARASAN K	Male	
26	20225517026	POOVARASAN V	Male	
27	20225517027	RAJESH P	Male	
28	20225517028	RAJKIRAN K	Male	
29	20225517029	RAMAMOORTHI V	Male	
30	20225517030	SANTHOSH S	Male	
31	20225517031	SANTHOSHKUMAR E	Male	
32	20225517032	SENTHAMIL R	Male	
33	20225517033	SENTHIL KUMAR M	Male	
34	20225517034	SRIDHAR S	Male	
35	20225517035	THOMAS R	Male	
36	20225517036	VIJAYAKUMAR S	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME:B.Sc., Yoga **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225223001	ANNAITHERASA V	Female	
2	20225223002	ARAVIN K	Male	
3	20225223003	ARUNACHALAM A	Male	
4	20225223004	BOOBALAN A	Male	
5	20225223005	DANI DEEPAK V Y	Male	
6	20225223006	GOKULNATH R	Male	
7	20225223007	HEMACHANDARR K B	Male	
8	20225223008	JAGADISH K	Male	
9	20225223009	LAVANYA P	Female	
10	20225223010	LEEZA CHANDY	Female	
11	20225223011	NITHYA K	Female	
12	20225223012	PRIYA R	Female	
13	20225223013	PRIYADHARSHINI P	Female	
14	20225223014	SHANMUGAPRIYA N	Female	
15	20225223015	SUGUNESH S	Male	
16	20225223016	VINITHA S	Female	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME: B.Sc., Sports Biomechanics and Kinesiology YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225328001	ARCHUNAN G	Male	
2	20225328002	KARUPPUSAMY D	Male	
3	20225328003	NALINI D	Female	
4	20225328004	NAREN S	Male	
5	20225328005	NITYANTA KUMAAR S V	Male	
6	20225328006	RAGHUL J	Male	
7	20225328007	RANJITHKUMAR R	Male	
8	20225328008	SATHEESH M	Male	
9	20225328009	SHALINI S	Female	
10	20225328010	SHYAM B	Male	
11	20225328011	SIVABALAN N	Male	
12	20225328012	SRIDHAR B	Male	
13	20225328013	SRIMANTHKRISHNA R	Male	
14	20225328014	SUJAL V	Male	
15	20225328015	THANALAKSHMI A	Female	
16	20225328016	THIRUMANJARI A P	Female	
17	20225328017	VIGNESH R	Male	
18	20225328018	VISHNUDHARAN P	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME: B.Sc., Exercise Physiology and Nutrition **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225312001	ABIN AJU	MALE	
2	20225312002	AKASH A	MALE	
3	20225312003	ARUNKUMAR R	MALE	
4	20225312004	DHANUSH S	MALE	
5	20225312005	DINESH S	MALE	
6	20225312006	ELGIN S	MALE	
7	20225312007	HEMAMALINI	FEMALE	
8	20225312008	JEGADEESH A	MALE	
9	20225312009	KHIRUBHAKARAN T	MALE	
10	20225312010	LIJIN R	MALE	
11	20225312011	LINGESWARAN M	MALE	
12	20225312012	MARIMUTHU T	MALE	
13	20225312013	MOHAMEDBAISUDEEN M	MALE	
14	20225312014	SARANYA S	FEMALE	
15	20225312015	SELVAMOZHI S	FEMALE	
16	20225312016	SREEJESH R J	MALE	
17	20225312017	SUSIPANDIYAN S	MALE	
18	20225312018	VIMALRAJ J	MALE	
19	20225312019	VISHALI P	FEMALE	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME: BBA **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225427001	ABDULLAH S	Male	
2	20225427002	ARAVINDHAN I	Male	
3	20225427003	ARUNKUMAR M	Male	
4	20225427004	DHANUSH KUMAR U	Male	
5	20225427005	DINESH KUMAR M	Male	
6	20225427006	GOMATHY A	Female	
7	20225427007	JAI P	Male	
8	20225427008	KARTHICK K	Male	
9	20225427009	LATHAN KUMAR M	Male	
10	20225427010	MANOHAR J	Male	
11	20225427011	MITHRAKESAN A	Male	
12	20225427012	MOHAMED THANZIL D	Male	
13	20225427013	MUHAMMAD SAVAD T K	Male	
14	20225427014	NISHANTH K	Male	
15	20225427015	NISHANTHI P	Female	
16	20225427016	PRAVEEN M	Male	
17	20225427017	PRAVEEN S	Male	
18	20225427018	RAJESHWARAN M	Male	
19	20225427019	SACHIN G M	Male	
20	20225427020	SANJAYRAJ S	Male	
21	20225427021	SIRANJEEVI R	Male	
22	20225427022	SIVA R	Male	
23	20225427023	SWATHI K	Female	

24	20225427024	THIRUMAL V	Male	
25	20225427025	VELLAICHAMY K	Male	
26	20225427026	VENGATESHPERUMAL M	Male	
27	20225427027	YASAR ARAFATH A.R	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

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DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME: B.P.E.S **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225104001	ABISHEK P	Male	
2	20225104002	AJITH J A	Male	
3	20225104003	ANANDHA MURUGAN K	Male	
4	20225104004	ANBARASAN S	Male	
5	20225104005	ASWITHA N	Female	
6	20225104006	BENAZIR BUTTO P	Female	
7	20225104007	DEEPA E	Female	
8	20225104008	DEEPAK V	Male	
9	20225104009	DEVASENATHIPATHI A	Male	
10	20225104010	ELAMPIRAIDEVI L	Female	
11	20225104011	ELBIN S S	Male	
12	20225104012	GOWTHAM G	Male	
13	20225104013	HARIDHASS V V	Male	
14	20225104014	HARIHARAN R	Male	
15	20225104015	JAGANMOORTHI R	Male	
16	20225104016	JASPHIN ROSE J	Female	
17	20225104017	KEERTHIGA D	Female	
18	20225104018	KISHOREKUMAR R	Male	
19	20225104019	LAWRENCE E C	Male	
20	20225104020	LOGESH B	Male	
21	20225104021	LOKESH V	Male	
22	20225104022	MADHANRAJ G	Male	
23	20225104023	MAGESH V	Male	

24	20225104024	MALLIGA D	Female	
25	20225104025	MANOJ KUMAR A	Male	
26	20225104026	MATHESH R	Male	
27	20225104027	MELCHIZEDETH ARBUDHARAJ S R	Male	
28	20225104028	MONIKA A V	Female	
29	20225104029	MULLAI ROJA K	Female	
30	20225104030	MUNIASAMY A	Male	
31	20225104031	NANDHINI A	Female	
32	20225104032	NATARAJAN K	Male	
33	20225104033	NAVEEN P	Male	
34	20225104034	PITCHAIAMMA S	Female	
35	20225104035	POOJA K	Female	
36	20225104036	PUGAZHENTHI S	Female	
37	20225104037	SADHASIVAM P	Male	
38	20225104038	SAMAYADHARSHINI R	Female	
39	20225104039	SANCHANA RAJ S	Female	
40	20225104040	SANGEETHA K	Female	
41	20225104041	SANJAY G	Male	
42	20225104042	SANJAY K	Male	
43	20225104043	SANTHIYA S	Female	
44	20225104044	SARUKASH S	Male	
45	20225104045	SAVITHA S	Female	
46	20225104046	SIVAKUMAR M	Male	
47	20225104047	SIVANESHA S	Male	
48	20225104048	SNEHA S	Female	
49	20225104049	SOWMIYA A	Female	
50	20225104050	SRIRAM A	Male	
51	20225104051	SUDHARSAN M	Male	
52	20225104052	SUDHARSHAN S	Male	
53	20225104053	SURIYA R	Male	
54	20225104054	SURIYA U	Male	
55	20225104055	TAMILARASI S	Female	
56	20225104056	THARUN E	Male	

57	20225104057	VALLARASU K	Male	
58	20225104058	VINOTHINI R	Female	
59	20225104059	VISHALI B	Female	
60	20225104060	YOGITHRAJ D	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME:M.Sc., Sports Coaching **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	**20225518001**	KIRTHAN J	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME:M.Sc., Yoga **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225206001	CHANDRAMOULI	Male	
2	20225206002	JAI P.T	Male	
3	20225206003	KOUSHIK SUNDAR S	Male	
4	20225206004	LOGESHWARI S	Female	
5	20225206005	PRASANTH SS	Male	
6	20225206006	RAJESH R	Male	
7	20225206007	RAMYA J	Female	
8	20225206008	YUGENDRAN S	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME:M.Sc., Yoga Therapy **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225234001	AARTHI R	Female	
2	20225234002	GOKULRAJ S	Male	
3	20225234003	KIRUBANANDAN S	Male	
4	20225234004	MUTHARASI K	Female	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME: M.Sc., Sports Biomechanics and Kinesiology YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225316001	AJITHKUMAR K	Male	
2	20225316002	BISHWATH P B	Male	
3	20225316003	DINESH M	Male	
4	20225316004	FELIX SANOOSH P.S	Male	
5	20225316005	GOKULESH N	Male	
6	20225316006	HEMA D	Female	
7	20225316007	IBRAHIM M	Male	
8	20225316008	JAGAN V	Male	
9	20225316009	JAMUNA SRI E	Female	
10	20225316010	JAYAGANESH S	Male	
11	20225316011	MADHANKUMAR R	Male	
12	20225316012	MIDHUN B PILLAI	Male	
13	20225316013	PRAVIN S	Male	
14	20225316014	SANCHARI BANERJEE	Female	
15	20225316015	SANTHOSH G	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME:M.Sc., Psychology **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225422001	INDIRA V	Female	
2	20225422002	JAMUNA M.S.	Female	
3	20225422003	KIRAN BALAJI SRINIVASAN	Male	
4	20225422004	NANDHA GOPAL K	Male	
5	20225422005	SREETHU V S	Female	
6	20225422006	SUNIL KUMAR SAIN S	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME: M.Sc., Sports Biomechanics and Kinesiology **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225424001	BABU G	Male	
2	20225424002	MOHAN RAJ D	Male	
3	20225424003	NRITHING.Y. LOTHA NL	Male	
4	20225424004	PRABAKARAN R	Male	
5	20225424005	PRAVEEN G	Male	
6	20225424006	SEETHAPATHI D	Male	
7	20225424007	SRI RAMANUJAM N.M	Male	
8	20225424008	SUDHARSHAN S	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME: M.Sc., Exercise Physiology and Nutrition **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225308001	ANUPRIYA A	Female	
2	20225308002	BABUJIMUTHIYALU V.A	Male	
3	20225308003	BELJIN B	Male	
4	20225308004	DANIEL ROOPHERS V	Male	
5	20225308005	DHANALAKSHMI J	Female	
6	20225308006	EVA BERYL B	Female	
7	20225308007	FAMITHA BANU A	Female	
8	20225308008	GOKULA KRISHNAN S	Male	
9	20225308009	HEMANTH KUMAR J N	Male	
10	20225308010	ISHWARYA R	Female	
11	20225308011	JANARTHANAN T	Male	
12	20225308012	JOHN CHRISTOBER RAJ E	Male	
13	20225308013	MELOSHINI L	Female	
14	20225308014	PONKUMAR G	Male	
15	20225308015	PRATIK NARAYAN SAHOO	Male	
16	20225308016	PRAVEEN KUMAR B	Male	
17	20225308017	RAJINEESHWARAN G	Male	
18	20225308018	REVATHI S	Female	
19	20225308019	RIZWANA PARVEEN A R	Female	
20	20225308020	SAKTHEESWARI S	Female	
21	20225308021	SANDHANA PRIYA S	Female	
22	20225308022	SANDHIYA L	Female	
23	20225308023	SANTHIYA A	Female	
24	20225308024	SUBASH V	Male	

25	20225308025	SUSHEELA KUNTUMALA	Female	
26	20225308026	VIGNESH A	Male	
27	20225308027	YAMUNA K	Female	
28	20225308028	YOGHA SAGAR C	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE **DATE :14.11.2022 TIME: 12.00 P.M**

PROGRAMME: MBA **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225407001	DEBRAJ SHARMA	Male	
2	20225407002	DHANRAJ V SAWANTH	Male	
3	20225407003	DHANUSH R	Male	
4	20225407004	DHILIPKUMAR E	Male	
5	20225407005	DINESH V	Male	
6	20225407006	JAYASURYA M	Male	
7	20225407007	KARTHICK RAJA L	Male	
8	20225407008	NAVEEN SCARIA	Male	
9	20225407009	PRABU R	Male	
10	20225407010	PRAGADEESWARAN K	Male	
11	20225407011	PRAKASH M	Male	
12	20225407012	PRAVEEN K	Male	
13	20225407013	PRETHIVIRAJAN M	Male	
14	20225407014	PRIYADHARSHINI S	Female	
15	20225407015	ROHITHRAJ M	Male	
16	20225407016	SHABREEN Z	Female	
17	20225407017	SHAURYA SHARMA	Male	
18	20225407018	SIVARAMAKRISHNAN H	Male	
19	20225407019	SOUPAYAN SEN	Male	
20	20225407020	SOURAV MANNA	Male	
21	20225407021	SUMANRAJ P	Male	
22	20225407022	VENGATESAN K	Male	
23	20225407023	VIJAY M	Male	
24	20225407024	VIJAYA KUMAR M	Male	
25	20225407025	VIPUL SATHEESAN	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME:M.Tech in Sports Technology **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225520001	AJAY S	Male	
2	20225520002	MAGESH SOORAJ	Male	
3	20225520003	ROHIT SADAGOPAN	Male	
4	20225520004	VIMALNATH PANDIAN C M	Male	
5	20225520005	VISHWAKIRAN B V S	Male	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME: B.P.Ed., **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225101001	ABHISHEK P N	Male	
2	20225101002	ABRAHAM ARPUDARAJ G	Male	
3	20225101003	AKSHAYA M	Female	
4	20225101004	ALAGUSUBHA A	Female	
5	20225101005	AMUDHAVALLI A	Female	
6	20225101006	ANBARASI S	Female	
7	20225101007	ARJUN P K	Male	
8	20225101008	ARON A	Male	
9	20225101009	ARUNKUMAR B	Male	
10	20225101010	BALAKRISHNAN P	Male	
11	20225101011	BALAKRISHNAN V	Male	
12	20225101012	BALAVINAYAGAM V	Male	
13	20225101013	BASHEER AHAMED KA	Male	
14	20225101014	BUVANESHWARAN P	Male	
15	20225101015	CHARUMATHI B	Female	
16	20225101016	DEVARAJ A	Male	
17	20225101017	DEVOTTHAM A	Male	
18	20225101018	DHANUSHKODI J	Male	
19	20225101019	DHARMENTHIRAN S	Male	
20	20225101020	DHARSHINI R	Female	
21	20225101021	DHINAKARAN G	Male	
22	20225101022	DURGAIAMMAL M	Female	
23	20225101023	EDWIN MARSHAL C	Male	

24	20225101024	ERAIANBU M	Male	
25	20225101025	GENO P	Male	
26	20225101026	GOKUL K	Male	
27	20225101027	GOMATHI M	Female	
28	20225101028	GOPINATH R	Male	
29	20225101029	GOWTHAM G	Male	
30	20225101030	HARI PRASAD S K	Male	
31	20225101031	HARI PRASATH V	Male	
32	20225101032	JANANI MP	Female	
33	20225101033	JAYANTHI A	Female	
34	20225101034	KARTHIK RAJA E	Male	
35	20225101035	KAVIARASAN P	Male	
36	20225101036	KEERTHANA T	Female	
37	20225101037	LAVANYA P	Female	
38	20225101038	LAVANYADEVI M	Female	
39	20225101039	LOGANATHAN A	Male	
40	20225101040	LOKESH M S	Male	
41	20225101041	MAGESH S	Male	
42	20225101042	MANIKANDAN M	Male	
43	20225101043	MANOJ KRISHNAN V	Male	
44	20225101044	MATHEW D	Male	
45	20225101045	MOHAMMED ASIF M	Male	
46	20225101046	MOHAN K	Male	
47	20225101047	MONICA K	Female	
48	20225101048	NADHIYA S	Female	
49	20225101049	NAVEEN G	Male	
50	20225101050	NILA SURIYAN M	Male	
51	20225101051	NISHNATHINI R	Female	
52	20225101052	NITHYA A	Female	
53	20225101053	PAVITHRA K	Female	
54	20225101054	POOVARASAN M	Male	
55	20225101055	POOVIZHI K	Female	
56	20225101056	PRAVEEN KUMAR D	Male	

57	20225101057	PRAVIN KUMAR P	Male	
58	20225101058	PREETHI J	Female	
59	20225101059	PRIYA S	Female	
60	20225101060	PRIYADHARSHINI S	Female	
61	20225101061	RAGHURAMAN R	Male	
62	20225101062	RAJESHWARI V	Female	
63	20225101063	RAKESH B	Male	
64	20225101064	RAM PRABHA S	Female	
65	20225101065	RANJANI S	Female	
66	20225101066	RANJITHKUMAR P	Male	
67	20225101067	ROSINI A	Female	
68	20225101068	SAI KIRAN K	Male	
69	20225101069	SALAI DEEPAN N	Male	
70	20225101070	SAM JUSTIN WALTON R	Male	
71	20225101071	SANKAR S	Male	
72	20225101072	SANTHANAM P	Male	
73	20225101073	SANTHOSH M	Male	
74	20225101074	SARANYA M	Female	
75	20225101075	SARANYA P	Female	
76	20225101076	SATHISH M	Male	
77	20225101077	SATHISHKUMAR S	Male	
78	20225101078	SELVA T	Male	
79	20225101079	SHINY SWETHA A	Female	
80	20225101080	SHYAM Y	Male	
81	20225101081	SNEKA S	Female	
82	20225101082	SOUNDHARYA S	Female	
83	20225101083	SUDHARSHINI K	Female	
84	20225101084	SUMEESHNA K	Female	
85	20225101085	SURIYA M	Male	
86	20225101086	SURYA E	Male	
87	20225101087	SUSILA S	Female	
88	20225101088	TAMILMOZHI E	Female	
89	20225101089	TAMILVANNAN R	Male	

90	20225101090	VARSHINI S	Female	
91	20225101091	VASANTH KUMAR A	Male	
92	20225101092	VASANTHKUMAR S	Male	
93	20225101093	VIGNESH R	Male	
94	20225101094	VIGNESHVARAN P	Male	
95	20225101095	VIJAIMOORTHY S	Male	
96	20225101096	VIKRAM K	Male	
97	20225101097	VIMALA T	Female	
98	20225101098	VISHVANANTHI M	Female	
99	20225101099	YUVARAJ S	Male	
100	20225101100	YUVASHREE R	Female	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

ORGANISED JOINTLY BY IQAC AND PLACEMENT CELL

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME: M.P.Ed., **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225102001	ADHITHYA A	Female	
2	20225102002	ANANTHAKUMAR V	Male	
3	20225102003	ARJUN A	Male	
4	20225102004	AVINASH A	Male	
5	20225102005	BALABHARATHY M	Male	
6	20225102006	BHARATH N	Male	
7	20225102007	DEVAPRAKASH A B	Male	
8	20225102008	ELAKKIYA B	Female	
9	20225102009	GOPI V	Male	
10	20225102010	GOWTHAM R	Male	
11	20225102011	GUNASEELAN G	Male	
12	20225102012	JEBASINGH ROBINET P	Male	
13	20225102013	KOWSALYA V	Female	
14	20225102014	KUMARAN S	Male	
15	20225102015	LAKSHMANASAMY V	Male	
16	20225102016	MAGESHWARAN G	Male	
17	20225102017	MAHENDRAN C	Male	
18	20225102018	MOHAMED SHEIK M	Male	
19	20225102019	PAVITHRA R	Female	
20	20225102020	POOVARASAN R	Male	
21	20225102021	PRAKASH S S	Male	
22	20225102022	PRASANTH M	Male	
23	20225102023	PRASANTH S	Male	

24	20225102024	PRIYADHARSHINI M	Female	
25	20225102025	RAKESH V	Male	
26	20225102026	RAMYA KRISHNAN R	Female	
27	20225102027	RANITHEE E	Female	
28	20225102028	SAKTHIVEL P	Male	
29	20225102029	SANJITH TK	Male	
30	20225102030	SANTHOSH S	Male	
31	20225102031	SANTHOSH KUMAR S	Male	
32	20225102032	SRITHAR L	Male	
33	20225102033	UDHAYAKUMAR M	Male	
34	20225102034	VEENUS DAYANA S	Female	
35	20225102035	VENKATESAN A	Male	
36	20225102036	VICHITRA A	Female	
37	20225102037	VIGNESH I	Male	
38	20225102038	VIGNESH J	Male	
39	20225102039	VIJAY K	Male	
40	20225102040	YUVASHRI P	Female	

TOTAL BENEFICIARIES: 146

INVITATION


TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai-600127
INTERNAL QUALITY ASSURANCE CELL &
PLACEMENT CELL
Cordially invite you for the
COMMUNICATION SKILL DEVELOPMENT PROGRAMME
For All First Year Students
On 14.11.2022 at the Conference Hall (Academic Block) at 10.30 AM
Dr. M.SUNDAR
Vice Chancellor, TNPESU
has kindly accepted to inaugurate the function and deliver the inaugural address
Dr. R.RAMAKRISHNAN
Registrar i/c, TNPESU
has kindly accepted to felicitate the function
Ms. P.RENUKA INDUMATHI
Founder and Course Director
Communication and Softskill Trainer
Viruksam Academy, Chennai
has kindly accepted to be the resource person
Dr.S.PREM KUMAR
Dr.MIDHUN LEO JAMES
Organizing Secretaries
Dr. M.GRACE HELINA
Programme Coordinator


TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai-600127
INTERNAL QUALITY ASSURANCE CELL &
PLACEMENT CELL
COMMUNICATION SKILL DEVELOPMENT PROGRAMME
For All First Year Students
On 14.11.2022 at the Conference Hall (2nd Floor, Academic Block) at 10.30 AM
PROGRAMME SCHEDULE
10.30 am Invocation
10.35 am Welcome Address Dr. M.Grace Helina, Programme Coordinator
10.40 am Honouring the Guests
10.45 am Inaugural Address Dr.M.Sundar, Vice Chancellor, TNPESU
10.50 am Felicitation Address Dr.R.Ramakrishnan, Registrar i/c, TNPESU
10.55 am Introduction of Resource Person Dr. Midhun Leo James, Organizing Secretary
11.00 am to 12.50 pm Session - For all First Year Students Title : Communication Skill Development Resource Person : Ms. P Renuka Indumathi
12.50 pm Vote of Thanks Dr.S.Prem Kumar, Organizing Secretary
12.55 pm National Anthem

BROCHURE

TNPESU

Accredited with "B" Grade by NAAC



Tamil Nadu Physical Education and Sports University established by an act of the government of Tamil Nadu in 2004, is unique and the first of its kind in India as A university, exclusively for physical education and sports. After obtaining the accent from his Excellency the president of India on 5th august 2005, the said act came into force with effect from 15th September 2005.

The Objective of the Programme

- To improve the communication ability of the students to enable their proficiency over language

Target Audience

- The First year Under Graduation and Post Graduation Students

Resource Person: Ms. P Renuka Indumathi

Founder and Course Director
Communication and Softskill Trainer
Viruksam Academy - Chennai

ORGANIZING COMMITTEE

Chief Patron
Dr. M Sundar
Vice Chancellor, TNPESU

Patron
Dr. R Ramakrishnan
Registrar i/c

Programme Coordinator
Dr. M Grace Helina
IQAC Director

Organizing secretaries
Dr. S Prem Kumar
Dr. Midhun Leo James

Organizing Committee Members

Dr. S Thirumalai Kumar	Dr. S Manikandan
Dr. PK Senthil Kumar	Dr. V Duraisami
Dr. P Rajini Kumar	Dr. G Nallavan
Dr. K Kannadasan	Dr. V Ramesh Kumar
Mr. C Manoj	Mr. KB Srinivasan

Student Coordinators
Mr. Ninglum Zimik
Ms. Rosy Lunghar

Tamil Nadu Physical Education and Sports University, Chennai - 600127

Accredited with "B" Grade by NAAC

Communication Skill Development Programme

For First year UG & PG Students

14.11.2022, Monday
At Conference Hall. (Academic Block, 2nd Floor)

Organized by

Internal Quality Assurance Cell
&
Placement Cell

E- BANNER


TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI-600127
Internal Quality Assurance Cell
&
Placement Cell
Organize
COMMUNICATION SKILL DEVELOPMENT PROGRAMME
For First year UG & PG Students
Date : 14.11.2022
Time :10.30 AM
Venue : Conference Hall, Academic Block

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REPORT

REPORT OF ONE DAY COMMUNICATION DEVELOPMENT PROGRAMME

A one-day workshop on Communication Skills Development for the first year UG and PG students was organized by the Internal Quality Assurance Cell and Placement cell on 14.11.2022 at Tamil Nadu Physical Education and Sports University.

The Resource Person Ms. P Renuka Indumathi, Founder and course director of Viruksham Academy, Madanandhapuram, Chennai handled the sessions. The workshop was started at 10.30 AM, at the Academic Block – Conference hall with the commencement speech by Dr. M Grace Helina, IQAC Director. The one day programme inaugurated by the Registrar, Dr. R Ramakrishnan. In his inaugural speech, he urged the first year UG and PG students to take full advantage of the session in order to improve their communication abilities.

Ms. Renuka Indumathi presented topics like barriers, commonly confused areas, and some real life demonstrations during the workshop's first session. The participants were given with some useful information on communication skills and some easy ways to improve communication abilities. Then they were given some exercises and role play activities. In the last session, the resource person gave some useful information and tips on communication skill development.

In the valedictory program held at the end, Ms. Susheela and Mr. Hemanth from the department of Exercise Physiology and Nutrition gave their feedback by explaining how the program helped them to understand the overview of communication skills enhancement and made them more confident. In his valedictory address, the Vice Chancellor Dr. M Sundar, congratulated both the participants and the resource person for the successful completion of the programme and requested the participants to constantly improve upon their skills and competencies for their personal and professional growth. The program ended with a vote of thanks by Dr. S Prem Kumar, Organizing Secretary and Placement Cell Director.

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Photo Album


GPS Map Camera
Vengadamangalam, Tamil Nadu, India
Melakottaiyur Post, Chennai-127,
Vengadamangalam, Tamil Nadu 600127, India
Lat 12.833712°
Long 80.139509°
14/11/22 10:46 AM GMT +05:30
GPS Map Camera
Vengadamangalam, Tamil Nadu, India
Melakottaiyur Post, Chennai-127,
Vengadamangalam, Tamil Nadu 600127, India
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Long 80.139542°
14/11/22 11:00 AM GMT +05:30
GPS Map Camera
Vengadamangalam, Tamil Nadu, India
Melakottaiyur Post, Chennai-127,
Vengadamangalam, Tamil Nadu 600127, India
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Vengadamangalam, Tamil Nadu, India
Melakottaiyur Post, Chennai-127,
Vengadamangalam, Tamil Nadu 600127,
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Long 80.139561°
14/11/22 10:52 AM GMT +05:30
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Vengadamangalam, Tamil Nadu, India
Melakottaiyur Post, Chennai-127,
Vengadamangalam, Tamil Nadu 600127, India
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Long 80.139561°
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Melakottaiyur Post, Chennai-127,
Vengadamangalam, Tamil Nadu 600127, India
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Vengadamangalam, Tamil Nadu, India
Melakottaiyur Post, Chennai-127,
Vengadamangalam, Tamil Nadu 600127, India
Lat 12.833698°
Long 80.139524°
14/11/22 11:06 AM GMT +05:30

RESOURCE PERSON PROFILE

Ms.Renuka Indumathi P

Founder and Course Director at Viruksham Academy at Madanandapuram, Chennai

Soft Skill Trainer, PoSH Trainer, Adolescent Counselor,. Reg. No. 13079/HS-Nsim/RPL

Educational Qualification: B. Com., B.Ed., B.Sc., M.Sc. (Psychology).

She is a Certified Child Educator, Adolescent Counselor, Trainer in Soft Skill, PoSH Act 2013, Advanced and PG Diploma in Montessori Method & Early Childhood Education.

She has over all 20 years of working experience, particularly eight years experiences in Teaching & Training field. She worked as a Principal cum Montessori Teacher Trainer in Sri Krish Teachers Training Institute & in Peter International School (CBSE), Chennai. Trained more than Thousand Five Hundred Teachers and conducted Soft Skills, Communication and Personality Development sessions to the college students, working professionals etc. Ms. Renuka has also conducted Training Sessions and Workshop Programs in Schools, Colleges, Industrial Sectors, Advocate Office, IT Office etc. Developed and designed Effective Teacher Training Programs.

She has done Analysis and Case study on Behavioral Management of a Child for the development thorough knowledge of Children's growing needs. She is Passionate about Teaching, Training, Providing Career Guidelines, Placement Training, Coaching and Professional Training in the educational process.

She is now

- Conducting Government Certification Courses on **Teachers Training program on Montessori and Primary Level.**

- Conducting Certification Course on **Personality Development and Communication Skills.**
- Providing Training on Career Management, Communication &Personality Development, Soft Skill and Self Improvement Classes to the Teachers, Fresh Graduates, College Students, IT Professionals and other Professionals.
- Providing POSH Training (Prevention of Sexual Harassment - Act 2013)

RESOURCE PERSON CERTIFICATE

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
(Estd. by the Govt. of Tamil Nadu Under Act)
Accredited with "B" Grade by NAAC
bsite : www.tnpesu.org
ail : regtnpesu@gmail.com
Phone No. 044-27477906
andalur-Kelambakkam Road, Melakottaiyur Post, Chennai - 600 127. Tamil Nadu
Dr.R.Ramakrishnan
Registrar i/c

Date:14.11.2022.

CERTIFICATE OF APPRECIATION

This certificate is presented to **Ms. P Renuka Indumathi**. Founder and Course Director at Viruksham Academy, Madhanandhapuram, Chennai in grateful appreciation for sharing her time and expertise as the resource person for the Communication Skill Development Programme for the first year Under-Graduation and Post-Graduation students organized by Tamilnadu Physical Education and Sports University, Chennai on 14.11.2022.

Registrar i c
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

PARTICIPANT'S ATTENDANCE

DATE :14.11.2022 TIME: 10.30 A.M

PROGRAMME: B.P.E.S YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225104001	ABISHEK P	Male	
2	20225104002	AJITH J A	Male	
3	20225104003	ANANDHA MURUGAN K	Male	
4	20225104004	ANBARASAN S	Male	
5	20225104005	ASWITHA N	Female	
6	20225104006	BENAZIR BUTTO P	Female	
7	20225104007	DEEPA E	Female	
8	20225104008	DEEPAK V	Male	
9	20225104009	DEVASENATHIPATHI A	Male	
10	20225104010	ELAMPIRAIDEVI L	Female	
11	20225104011	ELBIN S S	Male	
12	20225104012	GOWTHAM G	Male	
13	20225104013	HARIDHASS V V	Male	
14	20225104014	HARIHARAN R	Male	
15	20225104015	JAGANMOORTHI R	Male	
16	20225104016	JASPHIN ROSE J	Female	
17	20225104017	KEERTHIGA D	Female	
18	20225104018	KISHOREKUMAR R	Male	
19	20225104019	LAWRENCE E C	Male	
20	20225104020	LOGESH B	Male	
21	20225104021	LOKESH V	Male	
22	20225104022	MADHANRAJ G	Male	
23	20225104023	MAGESH V	Male	
24	20225104024	MALLIGA D	Female	
25	20225104025	MANOJ KUMAR A	Male	
26	20225104026	MATHESH R	Male	
27	20225104027	MELCHIZEDETH ARBUDHARAJ S R	Male	

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
28	20225104028	MONIKA A V	Female	
29	20225104029	MULLAI ROJA K	Female	
30	20225104030	MUNIASAMY A	Male	
31	20225104031	NANDHINI A	Female	
32	20225104032	NATARAJAN K	Male	
33	20225104033	NAVEEN P	Male	
34	20225104034	PITCHAIAMMA S	Female	
35	20225104035	POOJA K	Female	
36	20225104036	PUGAZHENTHI S	Female	
37	20225104037	SADHASIVAM P	Male	
38	20225104038	SAMAYADHARSHINI R	Female	
39	20225104039	SANCHANA RAJ S	Female	
40	20225104040	SANGEETHA K	Female	
41	20225104041	SANJAY G	Male	
42	20225104042	SANJAY K	Male	
43	20225104043	SANTHIYA S	Female	
44	20225104044	SARUKASH S	Male	
45	20225104045	SAVITHA S	Female	
46	20225104046	SIVAKUMAR M	Male	
47	20225104047	SIVANESHA S	Male	
48	20225104048	SNEHA S	Female	
49	20225104049	SOWMIYA A	Female	
50	20225104050	SRIRAM A	Male	
51	20225104051	SUDHARSAN M	Male	
52	20225104052	SUDHARSHAN S	Male	
53	20225104053	SURIYA R	Male	
54	20225104054	SURIYA U	Male	
55	20225104055	TAMILARASI S	Female	
56	20225104056	THARUN E	Male	
57	20225104057	VALLARASU K	Male	
58	20225104058	VINOTHINI R	Female	
59	20225104059	VISHALI B	Female	
60	20225104060	YOGITHRAJ D	Male	



DATE :14.11.2022 TIME: 10.30 A.M

PROGRAMME:B.Sc., Yoga YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225223001	ANNAITHERASA V	Female	
2	20225223002	ARAVIN K	Male	
3	20225223003	ARUNACHALAM A	Male	
4	20225223004	BOOBALAN A	Male	
5	20225223005	DANI DEEPAK V Y	Male	
6	20225223006	GOKULNATH R	Male	
7	20225223007	HEMACHANDARR K B	Male	
8	20225223008	JAGADISH K	Male	
9	20225223009	LAVANYA P	Female	
10	20225223010	LEEZA CHANDY	Female	
11	20225223011	NITHYA K	Female	
12	20225223012	PRIYA R	Female	
13	20225223013	PRIYADHARSHINI P	Female	
14	20225223014	SHANMUGAPRIYA N	Female	
15	20225223015	SUGUNESH S	Male	
16	20225223016	VINITHA S	Female	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME: B.Sc., Exercise Physiology and Nutrition **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225312001	ABIN AJU	MALE	Abin
2	20225312002	AKASH A	MALE	A Akash
3	20225312003	ARUNKUMAR R	MALE	Arun R.
4	20225312004	DHANUSH S	MALE	S. Dhanush
5	20225312005	DINESH S	MALE	S. Dinesh.
6	20225312006	ELGIN S	MALE	Elgin
7	20225312007	HEMAMALINI .B	FEMALE	Hema
8	20225312008	JEGADEESH A	MALE	
9	20225312009	KHIRUBHAKARAN T	MALE	T. Khirubhakaran
10	20225312010	LIJIN R	MALE	Lijin R
11	20225312011	LINGESWARAN M	MALE	M. Lingeswaran
12	20225312012	MARIMUTHU T	MALE	T. Marimuthu
13	20225312013	MOHAMEDBAISUDEEN M	MALE	Baisudeen
14	20225312014	SARANYA S	FEMALE	S. SARANYA
15	20225312015	SELVAMOZHI S	FEMALE	S. Selvamozhi
16	20225312016	SREEJESH R J	MALE	Sreejesh
17	20225312017	SUSIPANDIYAN S	MALE	S. Susipandiyan
18	20225312018	VIMALRAJ J	MALE	J. Vimalraj
19	20225312019	VISHALI P	FEMALE	P. Vishali

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME: B.Sc., Sports Biomechanics and Kinesiology **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225328001	ARCHUNAN G	Male	
2	20225328002	KARUPPUSAMY D	Male	
3	20225328003	NALINI D	Female	
4	20225328004	NAREN S	Male	
5	20225328005	NITYANTA KUMAAR S V	Male	
6	20225328006	RAGHUL J	Male	
7	20225328007	RANJITHKUMAR R	Male	
8	20225328008	SATHEESH M	Male	
9	20225328009	SHALINI S	Female	
10	20225328010	SHYAM B	Male	
11	20225328011	SIVABALAN N	Male	
12	20225328012	SRIDHAR B	Male	
13	20225328013	SRIMANTHKRISHNA R	Male	
14	20225328014	SUJAL V	Male	
15	20225328015	THANALAKSHMI A	Female	
16	20225328016	THIRUMANJARI A P	Female	
17	20225328017	VIGNESH R	Male	
18	20225328018	VISHNUDHARAN P	Male	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 10.30 A.M**

PROGRAMME: BBA **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225427001	ABDULLAH S	Male	
2	20225427002	ARAVINDHAN I	Male	I. Aravindhan
3	20225427003	ARUNKUMAR M	Male	
4	20225427004	DHANUSH KUMAR U	Male	Dhanush kumar
5	20225427005	DINESH KUMAR M	Male	M. Dinesh Kumar
6	20225427006	GOMATHY A	Female	A. Gomathy
7	20225427007	JAI P	Male	
8	20225427008	KARTHICK K	Male	
9	20225427009	LATHAN KUMAR M	Male	
10	20225427010	MANOHAR J	Male	
11	20225427011	MITHRAKESAN A	Male	
12	20225427012	MOHAMED THANZIL D	Male	
13	20225427013	MUHAMMAD SAVAD T K	Male	
14	20225427014	NISHANTH K	Male	K. Nishanth.
15	20225427015	NISHANTHI P	Female	P. Nishanthi
16	20225427016	PRAVEEN M	Male	
17	20225427017	PRAVEEN S	Male	S. Praveen
18	20225427018	RAJESHWARAN M	Male	
19	20225427019	SACHIN G M	Male	G. M. Sachin
20	20225427020	SANJAYRAJ S	Male	
21	20225427021	SIRANJEEVI R	Male	R. Siranjeevi
22	20225427022	SIVA R	Male	
23	20225427023	SWATHI K	Female	
24	20225427024	THIRUMAL V	Male	
25	20225427025	VELLAICHAMY K	Male	K. Vellaichamy
26	20225427026	VENGATESHPERUMAL M	Male	M. Venkatesh
27	20225427027	YASAR ARAFATH A.R	Male	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 10.30 A.M

PROGRAMME:B.Sc (Sports Coaching) YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225517001	AADHITHYAN P	Male	
2	20225517002	ABISHEK A	Male	
3	20225517003	AJESH KUMAR P	Male	
4	20225517004	ARJUN S	Male	
5	20225517005	BALACHANDRU S	Male	
6	20225517006	BARATH KUMAR B	Male	
7	20225517007	DEEPAKRAJ M	Male	
8	20225517008	DEVA D	Male	
9	20225517009	DINESH D	Male	
10	20225517010	GIRISANTHI M P	Female	
11	20225517011	IMMANUVEL N	Male	
12	20225517012	JEEVAN RAJ A	Male	
13	20225517013	KALAIPRAKASH T	Male	
14	20225517014	KARTHIKEYAN K	Male	
15	20225517015	KAVIN G	Male	
16	20225517016	MAHENDRAN A	Male	
17	20225517017	MANI MADHAVAN M	Male	
18	20225517018	MANIGANDAN P	Male	
19	20225517019	MANIKANDAN L	Male	
20	20225517020	MARIYADOSS D	Male	
21	20225517021	MATHANKUMAR R	Male	
22	20225517022	MOORTHI A	Male	
23	20225517023	MUTHAZHAGAN B	Male	
24	20225517024	PARTESHGN.Y	Male	

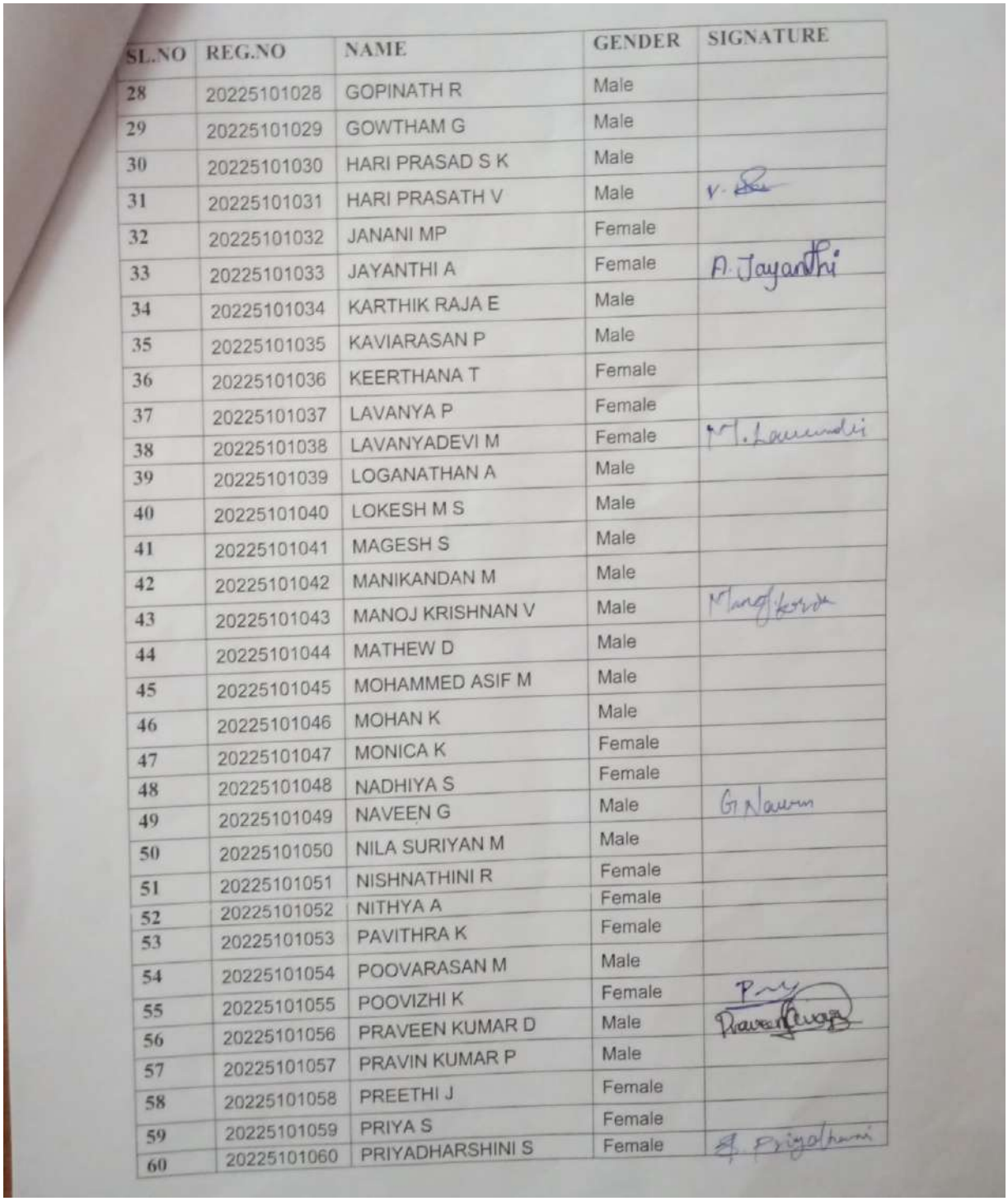
SL.NO	REG.NO	NAME	GENDER	SIGNATURE
25	20225517025	POOVARASAN K	Male	Poovarasan. K
26	20225517026	POOVARASAN V	Male	POOVARASAN.V
27	20225517027	RAJESH P	Male	Rajesh.P.
28	20225517028	RAJKIRAN K	Male	RajKiran. K.
29	20225517029	RAMAMOORTHI V	Male	V. Ramamoorthi
30	20225517030	SANTHOSH S	Male	S. Santhosh
31	20225517031	SANTHOSHKUMAR E	Male	
32	20225517032	SENTHAMIL R	Male	R. Senthamil.
33	20225517033	SENTHIL KUMAR M	Male	M. senthil kumar
34	20225517034	SRIDHAR S	Male	S. Sridhar.
35	20225517035	THOMAS R	Male	R. Thomas
36	20225517036	VIJAYAKUMAR S	Male	S. Vijayakumar

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 12.00 P.M

PROGRAMME: B.P.Ed., YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225101001	ABHISHEK P N	Male	
2	20225101002	ABRAHAM ARPUDARAJ G	Male	
3	20225101003	AKSHAYA M	Female	
4	20225101004	ALAGUSUBHA A	Female	
5	20225101005	AMUDHAVALLI A	Female	
6	20225101006	ANBARASI S	Female	
7	20225101007	ARJUN P K	Male	
8	20225101008	ARON A	Male	
9	20225101009	ARUNKUMAR B	Male	
10	20225101010	BALAKRISHNAN P	Male	
11	20225101011	BALAKRISHNAN V	Male	
12	20225101012	BALAVINAYAGAM V	Male	
13	20225101013	BASHEER AHAMED KA	Male	KA. Bashar
14	20225101014	BUVANESHWARAN P	Male	
15	20225101015	CHARUMATHI B	Female	
16	20225101016	DEVARAJ A	Male	
17	20225101017	DEVOTTHAM A	Male	
18	20225101018	DHANUSHKODI J	Male	
19	20225101019	DHARMENTHIRAN S	Male	
20	20225101020	DHARSHINI R	Female	
21	20225101021	DHINAKARAN G	Male	
22	20225101022	DURGAIAMMAL M	Female	
23	20225101023	EDWIN MARSHAL C	Male	
24	20225101024	ERAIANBU M	Male	
25	20225101025	GENO P	Male	
26	20225101026	GOKUL K	Male	
27	20225101027	GOMATHI M	Female	



SL.NO	REG.NO	NAME	GENDER	SIGNATURE
28	20225101028	GOPINATH R	Male	
29	20225101029	GOWTHAM G	Male	
30	20225101030	HARI PRASAD S K	Male	
31	20225101031	HARI PRASATH V	Male	V. Sk
32	20225101032	JANANI MP	Female	
33	20225101033	JAYANTHI A	Female	A. Jayanthi
34	20225101034	KARTHIK RAJA E	Male	
35	20225101035	KAVIARASAN P	Male	
36	20225101036	KEERTHANA T	Female	
37	20225101037	LAVANYA P	Female	
38	20225101038	LAVANYADEVI M	Female	M. Lavanya
39	20225101039	LOGANATHAN A	Male	
40	20225101040	LOKESH M S	Male	
41	20225101041	MAGESH S	Male	
42	20225101042	MANIKANDAN M	Male	
43	20225101043	MANOJ KRISHNAN V	Male	Manoj
44	20225101044	MATHEW D	Male	
45	20225101045	MOHAMMED ASIF M	Male	
46	20225101046	MOHAN K	Male	
47	20225101047	MONICA K	Female	
48	20225101048	NADHIYA S	Female	
49	20225101049	NAVEEN G	Male	G Naveen
50	20225101050	NILA SURIYAN M	Male	
51	20225101051	NISHNATHINI R	Female	
52	20225101052	NITHYA A	Female	
53	20225101053	PAVITHRA K	Female	
54	20225101054	POOVARASAN M	Male	
55	20225101055	POOVIZHI K	Female	P
56	20225101056	PRAVEEN KUMAR D	Male	Praveen
57	20225101057	PRAVIN KUMAR P	Male	
58	20225101058	PREETHI J	Female	
59	20225101059	PRIYA S	Female	
60	20225101060	PRIYADHARSHINI S	Female	S. Priyadharshini

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
61	20225101061	RAGHURAMAN R	Male	
62	20225101062	RAJESHWARI V	Female	
63	20225101063	RAKESH B	Male	
64	20225101064	RAM PRABHA S	Female	S Ram Prabha.
65	20225101065	RANJANI S	Female	
66	20225101066	RANJITHKUMAR P	Male	
67	20225101067	ROSINI A	Female	
68	20225101068	SAI KIRAN K	Male	
69	20225101069	SALAI DEEPAN N	Male	
70	20225101070	SAM JUSTIN WALTON R	Male	
71	20225101071	SANKAR S	Male	
72	20225101072	SANTHANAM P	Male	
73	20225101073	SANTHOSH M	Male	
74	20225101074	SARANYA M	Female	
75	20225101075	SARANYA P	Female	
76	20225101076	SATHISH M	Male	
77	20225101077	SATHISHKUMAR S	Male	
78	20225101078	SELVA T	Male	T Selva.
79	20225101079	SHINY SWETHA A	Female	
80	20225101080	SHYAM Y	Male	
81	20225101081	SNEKA S	Female	
82	20225101082	SOUNDHARYA S	Female	
83	20225101083	SUDHARSHINI K	Female	K. Sudharshini
84	20225101084	SUMEESHNA K	Female	
85	20225101085	SURIYA M	Male	
86	20225101086	SURYA E	Male	
87	20225101087	SUSILA S	Female	
88	20225101088	TAMILMOZHI E	Female	
89	20225101089	TAMILVANNAN R	Male	
90	20225101090	VARSHINI S	Female	
91	20225101091	VASANTH KUMAR A	Male	
92	20225101092	VASANTHKUMAR S	Male	
93	20225101093	VIGNESH R	Male	

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
94	20225101094	VIGNESHVARAN P	Male	
95	20225101095	VIJAIMOORTHY S	Male	
96	20225101096	VIKRAM K	Male	
97	20225101097	VIMALA T	Female	
98	20225101098	VISHVANANTHI M	Female	
99	20225101099	YUVARAJ S	Male	
100	20225101100	YUVASHREE R	Female	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 12.00 P.M

PROGRAMME: M.P.Ed., YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225102001	ADHITHYA A	Female	
2	20225102002	ANANTHAKUMAR V	Male	
3	20225102003	ARJUN A	Male	
4	20225102004	AVINASH A	Male	
5	20225102005	BALABHARATHY M	Male	
6	20225102006	BHARATH N	Male	
7	20225102007	DEVAPRAKASH A B	Male	
8	20225102008	ELAKKIYA B	Female	
9	20225102009	GOPI V	Male	
10	20225102010	GOWTHAM R	Male	
11	20225102011	GUNASEELAN G	Male	
12	20225102012	JEBASINGH ROBINET P	Male	
13	20225102013	KOWSALYA V	Female	
14	20225102014	KUMARAN S	Male	
15	20225102015	LAKSHMANASAMY V	Male	
16	20225102016	MAGESHWARAN G	Male	
17	20225102017	MAHENDRAN C	Male	
18	20225102018	MOHAMED SHEIK M	Male	
19	20225102019	PAVITHRA R	Female	
20	20225102020	POOVARASAN R	Male	
21	20225102021	PRAKASH S S	Male	
22	20225102022	PRASANTH M	Male	
23	20225102023	PRASANTH S	Male	
24	20225102024	PRIYADHARSHINI M	Female	
25	20225102025	RAKESH V	Male	
26	20225102026	RAMYA KRISHNAN R	Female	
27	20225102027	RANITHEE E	Female	

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
28	20225102028	SAKTHIVEL P	Male	
29	20225102029	SANJITH TK	Male	
30	20225102030	SANTHOSH S	Male	
31	20225102031	SANTHOSH KUMAR S	Male	
32	20225102032	SRITHAR L	Male	
33	20225102033	UDHAYAKUMAR M	Male	
34	20225102034	VEENUS DAYANA S	Female	
35	20225102035	VENKATESAN A	Male	
36	20225102036	VICHITRA A	Female	
37	20225102037	VIGNESH I	Male	
38	20225102038	VIGNESH J	Male	
39	20225102039	VIJAY K	Male	
40	20225102040	YUVASHRI P	Female	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 12.00 P.M

PROGRAMME:M.Sc., Yoga YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225206001	CHANDRAMOULI	Male	
2	20225206002	JAI P.T	Male	
3	20225206003	KOUSHIK SUNDAR S	Male	
4	20225206004	LOGESHWARI S	Female	S.Logeshwari.
5	20225206005	PRASANTH SS	Male	
6	20225206006	RAJESH R	Male	
7	20225206007	RAMYA J	Female	
8	20225206008	YUGENDRAN S	Male	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 12.00 P.M

PROGRAMME:M.Sc., Yoga Therapy YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225234001	AARTHI R	Female	
2	20225234002	GOKULRAJ S	Male	
3	20225234003	KIRUBANANDAN S	Male	
4	20225234004	MUTHARASI K	Female	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME: M.Sc., Exercise Physiology and Nutrition **YEAR: I**

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225308001	ANUPRIYA A	Female	
2	20225308002	BABUJIMUTHIYALU V.A	Male	
3	20225308003	BELJIN B	Male	
4	20225308004	DANIEL ROOPHERS V	Male	–
5	20225308005	DHANALAKSHMI J	Female	
6	20225308006	EVA BERYL B	Female	
7	20225308007	FAMITHA BANU A	Female	
8	20225308008	GOKULA KRISHNAN S	Male	
9	20225308009	HEMANTH KUMAR J N	Male	
10	20225308010	ISHWARYA R	Female	
11	20225308011	JANARTHANAN T	Male	
12	20225308012	JOHN CHRISTOBER RAJ E	Male	
13	20225308013	MELOSHINI L	Female	
14	20225308014	PONKUMAR G	Male	
15	20225308015	PRATIK NARAYAN SAHOO	Male	
16	20225308016	PRAVEEN KUMAR B	Male	
17	20225308017	RAJINEESHWARAN G	Male	
18	20225308018	REVATHI S	Female	
19	20225308019	RIZWANA PARVEEN A R	Female	
20	20225308020	SAKTHEESWARI S	Female	
21	20225308021	SANDHANA PRIYA S	Female	–
22	20225308022	SANDHIYA L	Female	
23	20225308023	SANTHIYA A	Female	
24	20225308024	SUBASH V	Male	–
25	20225308025	SUSHEELA KUNTUMALA	Female	
26	20225308026	VIGNESH A	Male	–
27	20225308027	YAMUNA K	Female	
28	20225308028	YOGHA SAGAR C	Male	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 **TIME: 12.00 P.M**

PROGRAMME: M.Sc., Sports Biomechanics and Kinesiology YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225316001	AJITHKUMAR K	Male	
2	20225316002	BISHWATH P B	Male	
3	20225316003	DINESH M	Male	
4	20225316004	FELIX SANOOSH P.S	Male	
5	20225316005	GOKULESH N	Male	
6	20225316006	HEMA D	Female	
7	20225316007	IBRAHIM M	Male	
8	20225316008	JAGAN V	Male	
9	20225316009	JAMUNA SRI E	Female	
10	20225316010	JAYAGANESH S	Male	
11	20225316011	MADHANKUMAR R	Male	
12	20225316012	MIDHUN B PILLAI	Male	
13	20225316013	PRAVIN S	Male	
14	20225316014	SANCHARI BANERJEE	Female	
15	20225316015	SANTHOSH G	Male	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 12.00 P.M

PROGRAMME: MBA YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225407001	DEBRAJ SHARMA	Male	Debraj
2	20225407002	DHANRAJ V SAWANTH	Male	
3	20225407003	DHANUSH R	Male	
4	20225407004	DHILIPKUMAR E	Male	
5	20225407005	DINESH V	Male	
6	20225407006	JAYASURYA M	Male	
7	20225407007	KARTHICK RAJA L	Male	
8	20225407008	NAVEEN SCARIA	Male	
9	20225407009	PRABU R	Male	
10	20225407010	PRAGADEESWARAN K	Male	
11	20225407011	PRAKASH M	Male	
12	20225407012	PRAVEEN K	Male	
13	20225407013	PRETHIVIRAJAN M	Male	
14	20225407014	PRIYADHARSHINI S	Female	S. Priyadharshini
15	20225407015	ROHITHRAJ M	Male	
16	20225407016	SHABREEN Z	Female	
17	20225407017	SHAURYA SHARMA	Male	
18	20225407018	SIVARAMAKRISHNAN H	Male	
19	20225407019	SOUPAYAN SEN	Male	
20	20225407020	SOURAV MANNA	Male	
21	20225407021	SUMANRAJ P	Male	
22	20225407022	VENGATESAN K	Male	
23	20225407023	VIJAY M	Male	
24	20225407024	VIJAYA KUMAR M	Male	
25	20225407025	VIPUL SATHEESAN	Male	

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 12.00 P.M

PROGRAMME: M.Sc., Sports Psychology YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225424001	BABU G	Male	
2	20225424002	MOHAN RAJ D	Male	
3	20225424003	NRITHING.Y. LOTHA NL	Male	
4	20225424004	PRABAKARAN R	Male	
5	20225424005	PRAVEEN G	Male	
6	20225424006	SEETHAPATHI D	Male	
7	20225424007	SRI RAMANUJAM N.M	Male	
8	20225424008	SUDHARSHAN S	Male	S. Sudharshan

DETAILS OF STUDENTS ATTENDANCE

DATE :14.11.2022 TIME: 12.00 P.M

PROGRAMME:M.Sc., Psychology YEAR: I

SL.NO	REG.NO	NAME	GENDER	SIGNATURE
1	20225422001	INDIRA V	Female	
2	20225422002	JAMUNA M.S.	Female	
3	20225422003	KIRAN BALAJI SRINIVASAN	Male	
4	20225422004	NANDHA GOPAL K	Male	
5	20225422005	SREETHU V S	Female	
6	20225422006	SUNIL KUMAR SAIN S	Male	

FEEDBACK



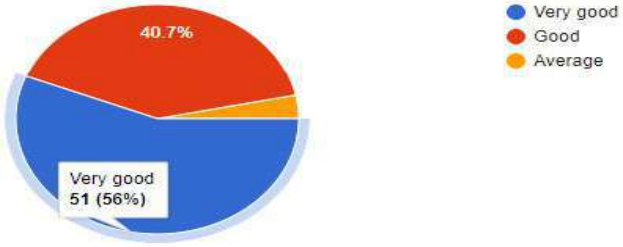
Question 1. How do you feel about the content of the programme?

91 responses



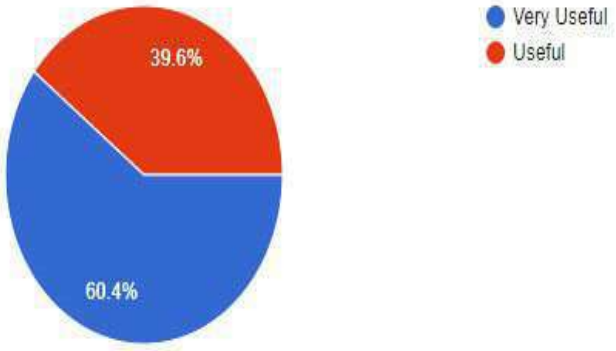
Question 2. How was the delivery of contents of the programme?

91 responses



Question 3. Was the programme useful for the development of communication skills?

91 responses



	A	B	C	D	E	F	G	H	I
1	Timestamp	Email Address	Score	Name in Block Letters (M	Register Number	Program	Mobile Number	Question 1. How do you	Question 2. How
2	11/21/2022 9:12:30	dhemabiomech@gmail.com		HEMA .D	20225316006	MSc.Sports Biomechanic	6379418894	Very good	Good
3	11/21/2022 9:13:55	thanalakshminainar2004@gmail.com		THANALAKSHMI. A	202209500002 71	BSc. Sports Biomechanic	9750766003	Very good	Good
4	11/21/2022 9:27:12	yoghasagar21@gmail.com		YOGHA SAGAR.C	20225308028	MSc. Exercise Physiolo	9444271733	Good	Very good
5	11/21/2022 9:28:06	babuberyl23@gmail.com		EVA BERYL.B	20225308006	MSc. Exercise Physiolo	7358557080	Good	Good
6	11/21/2022 9:28:33	susheelapulipati@gmail.com		SUSHEELA KUNTUMAL	20225308025	MSc. Exercise Physiolo	9923123733	Very good	Very good
7	11/21/2022 9:28:35	ajithkumaravnks@gmail.com		AJITHKUMAR K	1	MSc.Sports Biomechanic	+919047253238	Good	Good
8	11/21/2022 9:29:50	sandanam2002@gmail.com		SANDHANA PRIYA S	20225308021	BSc. Exercise Physiolo	9787487372	Very good	Very good
9	11/21/2022 9:30:06	gokulakrishnans234@gmail.com		Gokula Krishnan S	20225308008	MSc. Exercise Physiolo	+91 6382489166	Very good	Very good
10	11/21/2022 9:31:36	meloshini08@gmail.com		MELOSHINI L	20225308013	MSc. Exercise Physiolo	6383646990	Very good	Very good
11	11/21/2022 9:32:01	rizwana73parveen@gmail.com		A. R. RIZWANA PARVEE	20225308019	MSc. Exercise Physiolo	9791955049	Good	Good
12	11/21/2022 9:39:09	adhya090801@gmail.com		L.SANDHIYA	20225308022	MSc. Exercise Physiolo	6383180034	Very good	Very good
13	11/21/2022 9:45:47	banufamitha12@gmail.com		A.FAMITHA BANU	20225308007	MSc. Exercise Physiolo	9176176707	Very good	Good
14	11/21/2022 9:46:28	dhanalakshmij02@gmail.com		DHANALAKSHMI J	20225308005	MSc. Exercise Physiolo	9363080406	Very good	Very good
15	11/21/2022 9:52:05	sjkraj439@gmail.com		JOHN CHRISTOBER RA	20225308012	MSc. Exercise Physiolo	9150856332	Very good	Good
16	11/21/2022 9:59:29	kiddo2107@gmail.com		J N HEMANTH KUMAR	20225308009	MSc. Exercise Physiolo	9629859579	Good	Good
17	11/21/2022 11:05:20	subashmoto01@gmail.com		SUBASH V	20225308024	MSc. Exercise Physiolo	9597349412	Very good	Very good
18	11/21/2022 11:08:17	saktheeswari50@gmail.com		S.SAKTHEESWARI	20225308020	MSc. Exercise Physiolo	9361565340	Good	Good
19	11/21/2022 11:09:03	revathis71716@gmail.com		REVATHI S	20225308018	MSc. Exercise Physiolo	6385740032	Good	Good
20	11/21/2022 11:18:54	karankhirubha@gmail.com		KHIRUBHAKARAN T	20225312009	BSc. Exercise Physiolo	7305904710	Very good	Very good
21	11/21/2022 11:19:18	lingeswaranlkm@gmail.com		M. LINGESWARAN.	20225312011	BSc. Exercise Physiolo	9361108084	Very good	Very good
22	11/21/2022 11:21:03	priyanu0711@gmail.com		ANUPRIYA.A	20225308001	MSc. Exercise Physiolo	9150195123	Very good	Good
23	11/21/2022 11:22:08	kmdhanush2005@gmail.com		DHANUSH.S	20225312004	BSc. Exercise Physiolo	7397741450	Good	Good
24	11/21/2022 11:22:58	marimuthuthanappan@gmail.com		MARIMUTHU T	20225312012	BSc. Exercise Physiolo	9566504260	Good	Good
25	11/21/2022 11:24:44	hemamalini3004@gmail.com		HEMAMALINI.P	20225312007	BSc. Exercise Physiolo	9840029276	Very good	Good

26	11/21/2022 11:25:47	dinesh6338026@gmail.com	S.Dinesh	20225312005	BSc. Excercise Physiolo(	7200454201	Good	Good
27	11/21/2022 11:28:34	ponkumarg1011@gmail.com	PONKUMAR.G	20225308014	MSc. Excercise Physiolo	6382623367	Very good	Very good
28	11/21/2022 11:30:38	belijin.b2001@gmail.com	Belijin B	20225308003	MSc. Excercise Physiolo	9361869349	Very good	Very good
29	11/21/2022 11:31:12	banerjeesanchari25@gmail.com	Sanchari Banerjee	20225316014	MSc.Sports Biomechanic	+917044609218	Very good	Very good
30	11/21/2022 11:52:17	elginlmy@gmail.com	S.S. ELGIN.	20225312006	BSc. Excercise Physiolo(	7397092793	Very good	Very good
31	11/21/2022 11:59:14	palanivelvishali@gmail.com	VISHALI. P	20225312019	BSc. Excercise Physiolo(	8925147643	Very good	Good
32	11/21/2022 12:04:18	arumkumar.r2004@gmail.com	ARUN KUMAR.R	20225312003	BSc. Excercise Physiolo(	7094415686	Very good	Very good
33	11/21/2022 12:11:39	rajineeshg576@gmail.com	RAJINEESHWARAN. G	20225308017	MSc. Excercise Physiolo	9384524083	Very good	Very good
34	11/21/2022 12:15:32	selvamozhi2005@gmail.com	S. SELVAMOZHI	20225312015	BSc. Excercise Physiolo(	8148936654	Very good	Very good
35	11/21/2022 12:22:02	akashajikumar210@gmail.com	A. AKASH	20225312002	BSc. Excercise Physiolo(	9042125307	Very good	Very good
36	11/21/2022 12:22:03	abinaju19@gmail.com	ABIN AJU	20225312001	BSc. Excercise Physiolo(	8590812048	Good	Good
37	11/21/2022 12:22:11	saranyas90030@gmail.com	SARANYA.S	20225312014	BSc. Excercise Physiolo(	7200137334	Very good	Very good
38	11/21/2022 12:22:52	lijinraj2005r@gmail.com	Lijin R	20225312010	MSc. Excercise Physiolo	8300475715	Very good	Good
39	11/21/2022 12:46:41	sreejeshrj2003@gmail.com	SREEJESH.RJ	20225312016	BSc. Excercise Physiolo(	9789562902	Very good	Very good
40	11/21/2022 14:45:20	vignesh.jr00@gmail.com	R.VIGNESH	20225328017	BSc. Sports Biomechanic	8248877243	Very good	Very good
41	11/21/2022 14:46:53	mdali65863@gmail.com	IBRAHIM M	20225316007	MSc.Sports Biomechanic	9600358367	Very good	Very good
42	11/21/2022 14:48:47	jamunasrielangovan@gmail.com	E. JAMUNA SRI	20225316009	MSc.Sports Biomechanic	9360496779	Good	Very good
43	11/21/2022 14:53:30	Sisshalini911@gmail.com	SHALINI S	20225328009	BSc. Sports Biomechanic	9474265227	Very good	Very good
44	11/21/2022 23:18:54	mohamedbaisudeen5@gmail.com	Mohamed Baisudeen	20225312013	BSc. Excercise Physiolo(	6380075167	Very good	Very good
45	11/22/2022 7:38:57	sujalv740@gmail.com	SUJAL V	20225328014	BSc. Sports Biomechanic	6238167953	Very good	Very good
46	11/22/2022 10:47:48	felixsanu24@gmail.com	Felix Sanoosh P.S	20225316004	MSc.Sports Biomechanic	8304847574	Good	Good
47	11/24/2022 11:06:29	gomathy0415@gmail.com	GOMATHY.A	20225427006	BBA Sports Managemen	6381315125	Good	Very good
48	11/24/2022 11:09:14	pratiksahoo120@gmail.com	Pratik Narayan Sahoo	20225308015	MSc. Excercise Physiolo	8105682542	Good	Good

49	11/24/2022 11:09:48	Praveenkumarraina03@gmail.com	Praveen Kumar. B	20225308016	MSc. Excercise Physiolo		6374166205	Very good	Good
50	11/24/2022 11:10:20	babujimuthiyalu7@gmail.com	V.A.BABUJIMUTHIYALU	20225308002	MSc. Excercise Physiolo		733918875	Very good	Very good
51	11/24/2022 11:10:22	gmsachin2005@gmail.com	SACHIN. G. M	20225427019	BBA Sports Managemen		8681918483	Good	Very good
52	11/24/2022 11:14:49	rsivajudoka123@gmail.com	SIVA.R	20225427022	BBA Sports Managemen		99527599979	Good	Good
53	11/24/2022 11:14:53	Sudarshanabi.2000@gmail.com	சுதர்ஷன்	20225424008	MSc. Sports Psychology	+918838490738		Very good	Very good
54	11/24/2022 11:29:09	pandiyans2003@gmail.com	SUSIPANDIYAN.S	20225312017	BSc. Excercise Physiolo		7305726780	Very good	Very good
55	11/24/2022 11:31:00	hariharanips712@gmail.com	R.HARIHARAN	14	BPES	08525082475		Very good	Very good
56	11/24/2022 11:38:39	mr.ziva001@gmail.com	SIVARAMAKRISHNAN I	20225407018	MBA Sports Managemer		9790338061	Very good	Very good
57	11/24/2022 11:42:33	indiravijay2918@gmail.com	V.INDIRA	20225422001	MSc. Psychology		9941285653	Good	Good
58	11/24/2022 11:43:24	saransarukkash@gmail.com	S.SARUKASH	20225104044	BPES		9629689779	Very good	Very good
59	11/24/2022 11:49:43	vallarasukutty250@gmail.com	K.VALLARASU	20225104057	BPES		8825684630	Good	Good
60	11/24/2022 11:51:50	kumarasamyanandhamurugan@gamil.com	K.ANANDHA MURUGAN	20225104003	BPES		9345930226	Very good	Very good
61	11/24/2022 11:53:06	aswitha171104@gmail.com	ASWITHA.N	20225104005	BPES		8838622391	Very good	Very good
62	11/24/2022 11:54:26	keerthigakeerthi@gmail.com	D.KEERTHIGA	20225104017	BPES		77081524441	Very good	Very good
63	11/24/2022 12:05:34	deepaelumalai01@gmail.com	E.DEEPA	20225104007	BPES		9342225081	Very good	Very good
64	11/24/2022 12:05:37	ramakrishnanramu469@gmail.com	R.KISHORE KUMAR	20225104018	BPES		9344326619	Very good	Very good
65	11/24/2022 12:14:37	logulogesh496@gmail.com	B.LOGESH	20225104020	BPES		9514105721	Average	Average
66	11/24/2022 12:16:53	logulogesh496@gmail.com	B.LOGESH	20225104020	BPES		9514105721	Good	Good
67	11/24/2022 12:21:08	tjanarthanan99@gmail.com	Janarthanan T	20225308011	MSc. Excercise Physiolo		8838531229	Very good	Very good
68	11/24/2022 12:21:39	melchizedak920@gmail.com	MELCHIZEDETH ARBU	20225104027	BPES		6262677657	Good	Very good
69	11/24/2022 12:26:21	ishwaryarajan28@gmail.com	Ishwaraya	20225308010	MSc. Excercise Physiolo		9042065057	Very good	Good
70	11/24/2022 12:33:57	subhinsubhin1@gmail.com	SUBHIN.P	20205517047	BSc. Sports Coaching		8778088447	Very good	Good
71	11/24/2022 12:36:18	naveencp411@gmail.com	P.NAVEEN	20225104033	BPES		9677647457	Good	Good

72	11/24/2022 12:47:25	kmuthuk819@gmail.com	Vellaichamy	20225427025	BBA Sports Managemen		7603933902	Good	Good
73	11/24/2022 13:00:41	dhanraj.sawanth@gmail.com	DHANRAJ V SAWANTH	20225407002	MBA Sports Managemer		9791119056	Very good	Very good
74	11/24/2022 13:14:13	mohanmoogli2000@gmail.Co	MOHAN RAJ D	20225424002	MSc. Sports Psychology	+919094860003		Good	Good
75	11/24/2022 13:17:13	entrenadorashabz@gmail.com	Shabreen	20225407016	MBA Sports Managemer		8072012370	Average	Good
76	11/24/2022 13:19:27	vengatesank09@gmail.com	VENGATESAN K	20225407022	MBA Sports Managemer		875457227	Average	Average
77	11/24/2022 14:15:42	rajv57870@gmail.com	VIMALRAJ J	20225312018	BSc. Excercise Physiolo		9345439259	Very good	Very good
78	11/24/2022 15:09:20	donsavithacricket@gmail.com	SAVITHA . s	20225104045	BPES		9629844388	Very good	Very good
79	11/24/2022 16:24:01	praveenkumudha50@gmail.com	PRAVEEN S	20225427017	BBA Sports Managemen		7358268803	Very good	Very good
80	11/24/2022 16:37:50	benazirbuttobenazirbutto@gmail.com	P.BENAZIR BUTTO	20225104006	BPES		9363082755	Good	Good
81	11/24/2022 16:37:52	rose04513@gmail.com	JASPHIN ROSE J	20225104016	BPES		6374228607	Good	Good
82	11/24/2022 16:45:26	rajsundar6239@gmail.com	SANCHANA RAJ	20225104039	BPES		6369208122	Very good	Very good
83	11/24/2022 18:58:14	dhanuselvi65@gmail.com	DHANUSH R	20225407003	MBA Sports Managemer		9150996262	Good	Good
84	11/24/2022 19:34:51	sunilkumarsain271@gmail.com	SUNIL KUMAR SAIN S	20225422006	MSc. Psychology		7014837056	Very good	Very good
85	11/24/2022 19:55:52	spriyadharshini250701@gmail.com	S.PRIYADHARSHINI	20225407014	MBA Sports Managemer		6382035106	Good	Average
86	11/24/2022 21:08:00	muhammedsavad222@gmail.com	MUHAMMAD SAVAD TK	20225427013	BBA Sports Managemen		7025575768	Average	Good
87	11/25/2022 22:40:41	drsreethuvs1019@gmail.com	SREETHU V S	20225422005	MSc. Psychology		8289872537	Good	Good
88	11/26/2022 15:10:45	karthickrajalogagurunathan30@gmail.com	KARTHICK RAJA L	20225407007	MBA Sports Managemer		6382717778	Very good	Very good
89	11/27/2022 5:41:50	jamunaselvaraj5@gmail.com	M. S. JAMUNA	20225422001	MSc. Psychology		7358602734	Good	Very good
90	11/28/2022 18:39:02	ninglumzimikmao@gmail.com	NINGLUM ZIMIK	A1901SMFW179	Ph.D. Research Scholar		9003165530	Very good	Very good
91	11/29/2022 9:12:45	dhanavijay132000@gmail.com	M. VIJAY	20225407023	MBA Sports Managemer		9344641704	Very good	Very good
92	11/30/2022 7:30:25	praburajalingam2002@gmail.com	R.PRABU	20225407009	MBA Sports Managemer	09342505117		Average	Good

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Dr. S.Prem Kumar, Organizing Secretary
Dr.M.Grace Helina, IQAC Director
Dr. R.Ramakrishnan, Registrar i/c
Dr. M.Sundar, Vice Chancellor



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 127

CERTIFICATE

INTERNAL QUALITY ASSURANCE CELL & PLACEMENT CELL

COMMUNICATION SKILL DEVELOPMENT PROGRAMME

This certificate is presented to Mr/Ms.YUVASHREE R, Department of PHYSICAL EDUCATION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. AARTHI R , Department of YOGA, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. ANUPRIYA A, Department of EXERCISE PHYSIOLOGY AND NUTRITION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. BABUJIMUTHIYALU V.A, Department of EXERCISE PHYSIOLOGY AND NUTRITION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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Dr. S.Prem Kumar, Organizing Secretary
Dr.M.Grace Helina, IQAC Director
Dr. R.Ramakrishnan, Registrar i/c
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This certificate is presented to Mr/Ms. BALABHARATHY M, Department of PHYSICAL EDUCATION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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Dr. S.Prem Kumar, Organizing Secretary
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Dr. R.Ramakrishnan, Registrar i/c
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This certificate is presented to Mr/Ms. BASHEER AHAMED KA , Department of PHYSICAL EDUCATION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. BELJIN B, Department of EXERCISE PHYSIOLOGY AND NUTRITION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. BHARATH N, Department of PHYSICAL EDUCATION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. DEBRAJ SHARMA , Department of MBA, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. JAYAGANESH S, Department of SPORTS BIOMECHANICS AND KINESIOLOGY, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. JAYANTHI A , Department of PHYSICAL EDUCATION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. JEBASINGH ROBINET P, Department of PHYSICAL EDUCATION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. DEVOTTHAM A , Department of PHYSICAL EDUCATION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. DHANALAKSHMI J, Department of EXERCISE PHYSIOLOGY AND NUTRITION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. FELIX SANTHOSH P.S, Department of SPORTS BIOMECHANICS AND KINESIOLOGY, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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This certificate is presented to Mr/Ms. GOKULA KRISHNAN S, Department of EXERCISE PHYSIOLOGY AND NUTRITION, TNPESU for his/her participation in the "Communication Skill Development Programme" organized by IQAC & Placement Cell, Tamil Nadu Physical Education and Sports University, Chennai on 14th November, 2022.

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Dr. S.Prem Kumar, Organizing Secretary
Dr.M.Grace Helina, IQAC Director
Dr. R.Ramakrishnan, Registrar i/c
Dr. M.Sundar, Vice Chancellor

தமிழ்நாடுஉடற்கல்வியியல் 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: 9841832928
Email: tnpesuiqac@gmail.com
Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600127. Tamil Nadu.

REPORT

FOR

TRAINING PROGRAMME

ON

INTERVIEW SKILLS AND PERSONALITY DEVELOPMENT

11.04.2023

ORGANIZED

BY

INTERNAL QUALITY ASSURANCE CELL

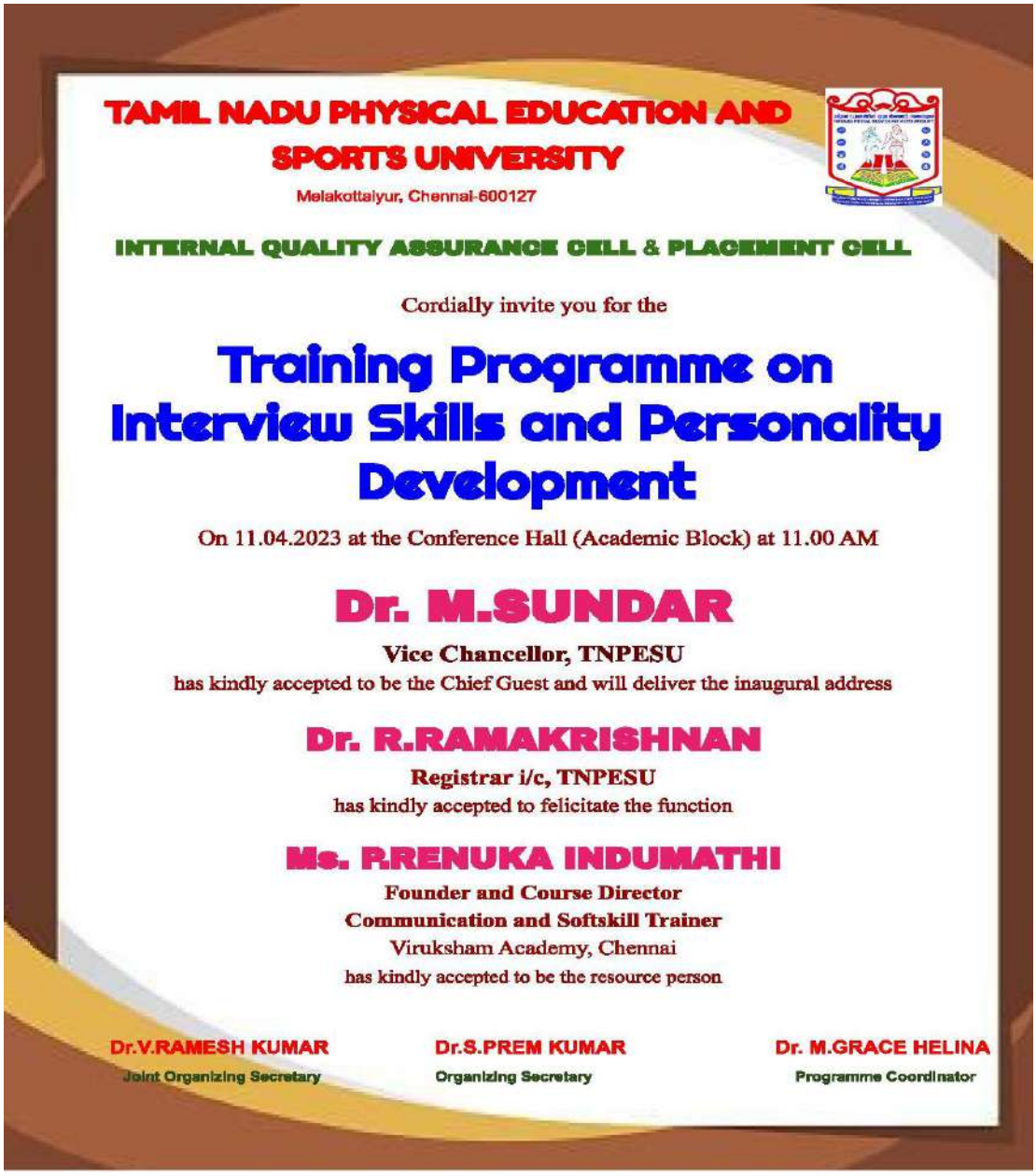
(IQAC)

AND

PLACEMENT CELL

Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

INVITATION OF THE PROGRAMME



ORGANIZING COMMITTEE OF THE TRAINING PROGRAMME



PROGRAMME SCHEDULE



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Accredited with "B" Grade by NAAC
India's First State University in Physical Education and Sports

Prof. M. GRACE HELINA **Date: 29.03.2023**
IQAC Director

Circular

1. As per the direction of the Vice-Chancellor, I bring it to the kind notice of the various criterion Heads, Department Heads, Co-ordinator's, Directors, and all the staff members are requested to complete the / completed programme of / activities/ celebratations/ Workshops/ Seminars/ Conferences and submit the detailed reports on or before 10th of April, 2023.

2. The Placement Officer Dr. S. Premkumar is requested to organize a Training Programme on interview skills and personality development on 12th April, 2023 for the outgoing students of various departments. The HoD's are requested to coordinate / cooperate in this regard.

3. New feedback Google forms will be sent by Dr. J. Anitha to different HoD's to collect data from the students and submit it on or before 25th of April, 2023.

4. Dr. S. Selvalakshmi is requested to monitor the mentor mentee system of our University and to submit the detailed reports on or before 28th of April, 2023.

5. All the criterion Heads are requested to submit all the details of the particular criteria on or before 28th of April, 2023. The members of various criteria are requested to coordinate and cooperate in this regard.

Submitted to the Vice Chancellor Approval

IQAC Director **Registrar** **Vice Chancellor**

SETTLEMENT OF ACCOUNTS

26/6/2023

From

S. Prem Kumar,
Professor and Placement Co-ordinator
TNPESU, Chennai - 600127.

To

The Registrar i/c,
TNPESU,
Chennai - 600127.

Sir,

Sub: Placement Cell - Training Programme on Interview Skills and Personality Development - Settlement of Accounts - Requested - Reg.

I hereby laying it to your kind notice that the Placement Cell and the IQAC jointly organised a Training Programme on Interview Skills and Personality Development on 11.04.2023 at 11.00 AM at Conference Hall of our University for the final year UG and PG Students. I received an advance amount of Rs 7000/- for the conduct of the above programme. The following is the details of expenses:

Sl.No	Bill No.	Particulars	Amount
1	–	Honorarium to the Resource Person	Rs 5000/-
2	05C/000174	Purchase of Shawal	Rs 219/-
3	SP/251	Purchase of Nuts (Gift)	Rs 510/-
4	255	Lunch & Water	Rs 1470/-
		Total	Rs 7,199/-

I have herewith enclosed the bills for your kind perusal and request you to settle the accounts.

Thanking you,

Yours sincerely
26/6/23

①

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

CLAIM FORM

Claim on the Tamil Nadu Physical Education and Sports University, Chennai

byThiru/Tmt. & Selvi. P. Renuka Indumathi,

(IN BLOCK LETTERS)

DATE	PARTICULARS	AMOUNT Rs.	P
11/04/2023	Honorarium for being a Resource person for Training Programme for final year UG & PG students on 11/04/2023	5000/-	-
	(Rupees in words) Five Thousand only	5000/-	-

Station : Chennai - 600127

Date : 11/04/2023

Address : Virukssham Academy, Chennai

Signature and Designation:

Counter Signed
Rs.5 Stamp

Signature.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Receipt

V.No

Date : 11/04/2023

Received a sum of Rs. 5000/- (Rupees Five Thousand only

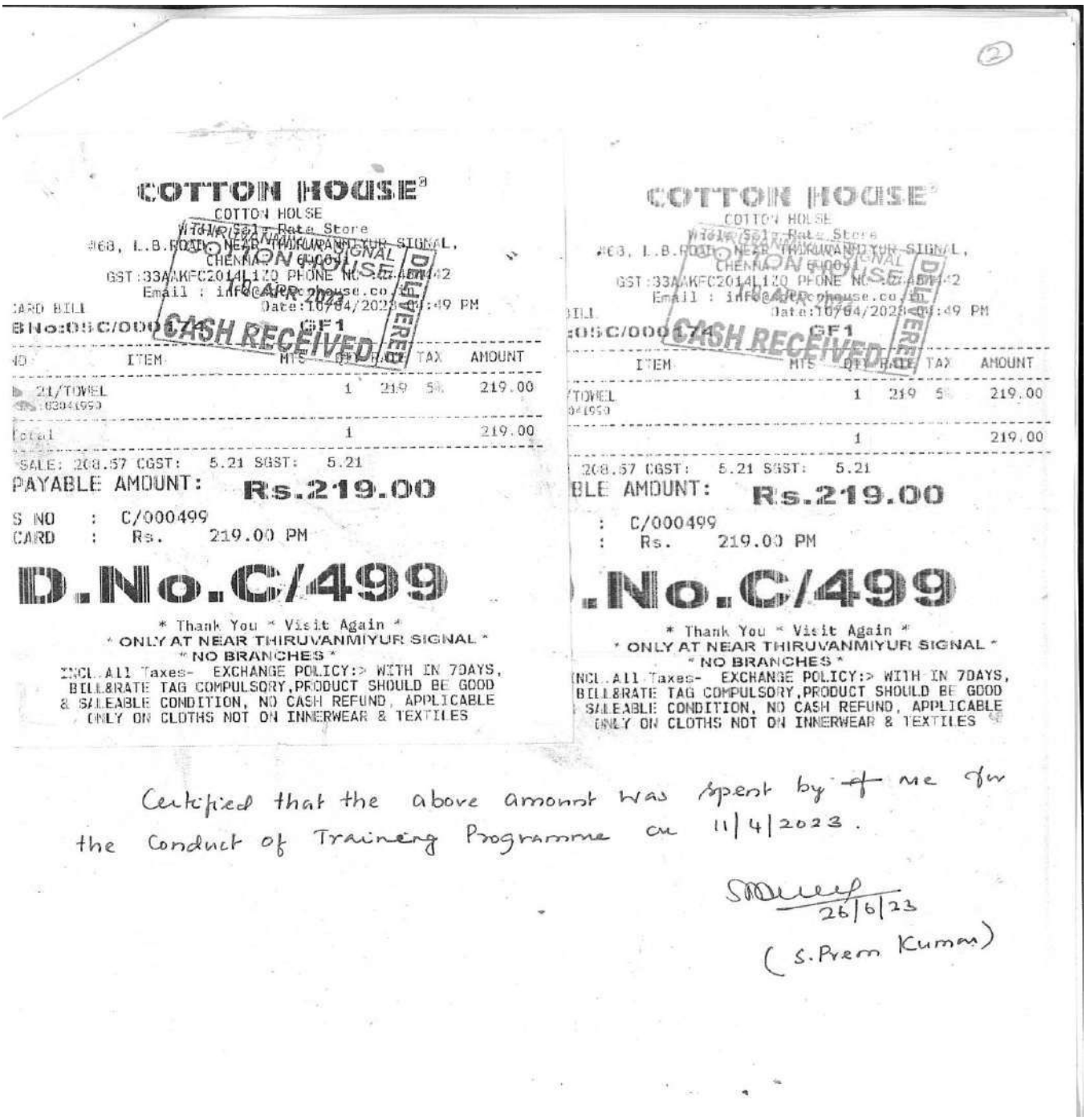
) from the

Registrar, Tamil Nadu Physical Education and Sports University, Chennai being the

Honorarium for being the Resource person for Training Programme on Interview Skills and Personality Development organised by IQAC and Placement ~~Cell~~ Cell for final year students on 11/04/2024

Name : Ms. P. Renuka Indumathi,
Address : Founder and Comse Director,
Virukssham Academy,
Madhanandapuram,
Chennai - 600116.

Signature



COTTON HOUSE
COTTON HOUSE
Wide Selection Rate Store
#68, L.B.ROAD, NEAR THIRUVANMIYUR SIGNAL,
CHENNAI-600041
GST:33AAKFC2014L1ZQ PHONE NO:044-2
Email : info@cotton house.co.in
CARD BILL Date:10/04/2023 07:49 PM
BNo:05C/000474 CF1

NO	ITEM	MTS	QTY	RATE	TAX	AMOUNT
	21/TOWEL		1	219	5%	219.00
	6304999					
Total			1			219.00

SALE: 208.57 CGST: 5.21 SGST: 5.21
PAYABLE AMOUNT: Rs.219.00
S NO : C/000499
CARD : Rs. 219.00 PM

CASH RECEIVED

D.No.C/499

* Thank You * Visit Again *
* ONLY AT NEAR THIRUVANMIYUR SIGNAL *
* NO BRANCHES *
INCL.All Taxes- EXCHANGE POLICY:> WITH IN 7DAYS,
BILL&RATE TAG COMPULSORY,PRODUCT SHOULD BE GOOD
& SALEABLE CONDITION, NO CASH REFUND, APPLICABLE
ONLY ON CLOTHS NOT ON INNERWEAR & TEXTILES

COTTON HOUSE
COTTON HOUSE
Wide Selection Rate Store
#68, L.B.ROAD, NEAR THIRUVANMIYUR SIGNAL,
CHENNAI-600041
GST:33AAKFC2014L1ZQ PHONE NO:044-2
Email : info@cotton house.co.in
Date:10/04/2023 07:49 PM
CF1
ITEM MTS QTY RATE TAX AMOUNT
TOWEL 1 219 5% 219.00
1 219.00
208.57 CGST: 5.21 SGST: 5.21
BLE AMOUNT: Rs.219.00
: C/000499
: Rs. 219.00 PM
CASH RECEIVED
.No.C/499
* Thank You * Visit Again *
* ONLY AT NEAR THIRUVANMIYUR SIGNAL *
* NO BRANCHES *
INCL.All Taxes- EXCHANGE POLICY:> WITH IN 7DAYS,
BILL&RATE TAG COMPULSORY,PRODUCT SHOULD BE GOOD
SALEABLE CONDITION, NO CASH REFUND, APPLICABLE
ONLY ON CLOTHS NOT ON INNERWEAR & TEXTILES

Certified that the above amount was spent by me for the Conduct of Training Programme on 11/4/2023.

26/6/23
(S.Prem Kumar)

KRISHNA SUPER MARKET
NO.398,KELAMBAKKAM MAIN ROAD
KANDIGAI-600127

GSTIN : 33KWJPK9866D1ZY PH: 8807698114,6
fssai:12423008000228
TAX INVOICE

Name : Bill No: SP1251
Add : Date : 11/04/23
Gst : Time: 10:59 AM
PH:

Particulars	Qty	MRP	S.Rate	Amt
RAFFINO NUTS HSN:	1.00	600.00	510.00	510.0
Total:	1	600.00	510.00	510.00

Tot Items: 1
Bill Discount 0.00
Round off: 0.00
Net Amt : 510.00
YOU HAVE SAVED: 90.00

SGST%	SGSTAMT	CGST%	CGSTAMT	GOODS WITH OUT T
0	0.00	0	0.00	510.00

Payment Details
Cash Tendered : 290.00

USER NAME : KSM
Current Bill Loyalty : 0.00
Previous Bill Loyalty: 0.00
Total Bill Loyalty : 0.00
CUSTOMER DETAILS :

Thank You For Shopping

KRISHNA SUPER MARKET
NO.398,KELAMBAKKAM MAIN ROAD
KANDIGAI-600127

GSTIN : 33KWJPK9866D1ZY PH: 8807698114,6
fssai:12423008000228
TAX INVOICE

Name : Bill No: SP1251
Add : Date : 11/04/23
Gst : Time: 10:59 AM
PH:

Particulars	Qty	MRP	S.Rate	Amt
RAFFINO NUTS HSN:	1.00	600.00	510.00	510.0
Total:	1	600.00	510.00	510.00

Tot Items: 1
Bill Discount 0.00
Round off: 0.00
Net Amt : 510.00
YOU HAVE SAVED: 90.00

SGST%	SGSTAMT	CGST%	CGSTAMT	GOODS WITH OUT T
0	0.00	0	0.00	510.00

Payment Details
Cash Tendered : 290.00

USER NAME : KSM
Current Bill Loyalty : 0.00
Previous Bill Loyalty: 0.00
Total Bill Loyalty : 0.00
CUSTOMER DETAILS :

Thank You For Shopping

Certified that the above amount was spent by me for the Conduct of training programme on 11/4/23

26/6/23

(S. Prem Kumar)

(4)

Reg No. : TN17A0004719 TAX INVOICE Cell : 73733 80345
GST No : 33ABWPE1469J2ZB 94448 35252
Food License No. : 12418008003375
E-Mail : adityacateringservice64@gmail.com

ADITYA CATERING SERVICE
No. 4/65, Sannakarai, Melmangalam (Post), Aranthangai (Tk), Pudukottai District.

No. 255 Date : 20/4/23

To The Registrar, TNPESU

S. No.	Particulars	HSN/SAC	Qty.	Amount Rs.	Ps.
1	Meals (Rs. 130)		10	1300	
2.	Watter can		10	100	
	CGST 2.5%			35	
	SGST 2.5%			35	
	Round Off				
	Total			1470/-	

Inwords.....

For Aditya Catering Services

Customer Signature

K.Elayaraja
(K.ELAYARAJA)

Certified that the above amount was spent by me for the conduct of training programme on 24/4/2023

26/6/23

(S. Prem Kumar)

The programme started on 11.04.2023 at 11.00 a. m. Conference Hall in Academic block with Tamil thai Vazhthu by our students.





Dr. M. Grace Helina, Programme Co-ordinator gave the welcome address of the Training programme. She was honouring the Chief Guest with a shawl.





Dr. M. Sundar, Vice-Chancellor of Tamil Nadu Physical Education and Sports University delivered the inaugural address of the training programme. The Felicitation address was given by Dr. R. Ramakrishnan Registrar i/c, Tamil Nadu Physical Education and Sports University.

Dr. V. Rameshkumar, Assistant Professor in the department of Sports Management, the Joint Organizing Secretary of the training programme introduced the Resource person Ms. P. Renuka indumathi.



The Resource people Ms. P. Renuka indumathi deliver the detailed speech about the Interview Skills and Personality Development for Final year Students.





Ms. P. Renuka Indumathi elucidates the Personality Development for the students with slide show.

- Positive Mind Set
- Self – Confidence
- Positive Approach
- Posture – Gesture
- Non – Verbal Communication
- Behavioural Aspects
- Strength & Weakness
- Effective Listening



The resource person Ms. P. Renuka Indumathi interacts with the students and she clarify the questions raised by the students about Interview Skills and Recruitment and Resource person gave a clear explanation and also she explain about;

- How to face the interview
- How to improve their confidence
- Develop their communication skill
- Various competitive exams offered by the government and private sectors
- How to face the HR interview



STUDENT ATTENDANCE SHEET

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
1.	K. Kanagasri	III -BBA(Sports Management)	K.
2.	ASTHA CHOUBEY	II - MBA(Sports Mgmt)	
3.	I. Arthi	III-BBA(Sports management)	I.
4.	Jesiyal J	III. B.Sc (Sports Coaching)	
5	G. Senthamizh	III BSc [Sports Coaching]	G.
6	K. Divya	III BSc (Sports Coaching)	K.
7	Saonik Kishore Mukherjee	II-MBA (Sports Management)	Saonik Mukherjee
8	SIVARAM A.S	II MBA (Sports Management)	
9	Saonik Nandi	II MBA (Sports Management)	Saonik Nandi
10	NAVEEN S	II MBA (Sports Management)	
11	Mohamed Prince M	II MBA (Sports Mgt)	
12.	N. Sachin charles	III BSc sports coaching	N.
13.	M. Manikandan	III BSc sports coaching	M.
14.	T. Sakthivel.	III B.Sc Sports coaching	
15	M. BABARASU	III BSC Sports Coaching	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
16	A. Ashish	IIIrd yrs BSc sports coaching	A. Ashish
17	Sayed Ahamed Buhary	IInd MBA	
18.	K.L. AMAL RAAJ	II MBA (SM)	K.L.
19.	P. Gireeshkuletan.	I MBA (SM)	P.
20	M. MOHANDOSS	I MBA (SM)	M.
21	VAZHAGIAPPAN	II MBA (SM)	V.
22.	Nithish. P	III BSc sports coaching.	
23.	B. PREM KUMAR.	III BSc sports coaching.	B.
24	B. SATHYA PRAKASH	III BSc SPORTS COACHING	B.
25	M. RAMAR	III BSC SPORTS COACHING	M.
26	M. EIRAIANBU	III BSc Sports Coaching	
27.	L. Jerin Akash	III BSC Sports Coaching	L.
28.	V. HAREESH	III B.Sc (sports coaching)	V.
29.	R. Jayagiraman.	III-B.Sc (Sports Coaching)	
30.	D. Prasanth	III-B.Sc (Sports Coaching)	D.

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
31	M. SEENU	III B.Sc. (sports coaching)	M. Seenu.
32	P. SUBHIN	III B.Sc (Sports coaching)	P. Subhin
33	B. Dinesh	III B.Sc (Sports coaching)	B. Dinesh
34	G. S. HARINIDHAR	III B.Sc (Sports Coaching)	G.S. Harinidhar.
35	J. DINESH KUMAR	III B.Sc (sports coaching)	J. Dinesh Kumar.
36	M. TAMIZHAZHAGAN	III B.Sc (sports coaching)	M. Tamizhazhagan
37	M. Janarthanan	III B.Sc (Sports coaching)	M. Janarthanan
38	S Madhu Sudhan	III B.Sc (sports coaching)	S. Madhu Sudhan
39	R. Maheshwaraj	III B.Sc (sports coaching)	R. Maheshwaraj
40	B. GIRIDHARAN	III BSc YOGA	B. Giridharan
41	K.R. Gopalkrishnan	II nd MSC yoga-therapy	K.R.G.
42	L. KARTHICK.	II M.Sc yoga therapy	L. Karthick
43	E. PRAKASH	III rd BSc YOGA	E. Prakash
44	V. Prabhakaran	III rd BSC yoga	V. Prabhakaran
45	A. Sanjay	III B.Sc, EPN	A. Sanjay

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
	Tamil Marai Kumaran. T	B.Sc (EPN) - III	
	KALAI KUMAR . M.	"	
	BALAJI. B	"	
	Mathanjan. R	"	
	G. Bhuvanesh	M.Tech (Sports Tech)	
	S. Sudharsan	B.Sc (Bio) - III	
	M. Aakash	III yr. Bsc biomech	
	C. Mathamizharasan.	III rd BSc biomech	
	R. HEMANANDHAN	III rd BSc biomech	
	LATHISHKAR. B	III rd B.Sc. Biomech	
	S. DINESHKUMAR	III rd BSc. Biomechanics	
	N. Thanasamy	III rd BSc. (EPN)	
	Raghav Krishna	II nd M.Sc. Sports Psychology	
	SATHEESH KANNAN. M	II nd MSc. EPN	
	R. AKASH	II nd MSc. EPN	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
	Ilaya Bharathi	M.Sc Sports Biomechanics	
	Sumit Madhej	M.Sc EPN IInd year	
	Talasi Leonard ISMAYEL DEVENYY	M.Sc EPN IInd year	
	Naveen Raj.	M.Sc EPN IInd year	
	Deepan. M	MBA IInd year	
	LITHEESH KUMARAN. K	M.Sc Psychology	
	E. KAVIYARASU	MBA(SM) IInd Year	
	V. DHANAJAYAM	MBA(SM) IInd yr	
	MUTHU KUMAR. S	M.Sc Exphy & Nutrition II	
	Fr Praveen Kumar	B.Sc. Sports coaching	
	AHAZ RAJ. I	BBA(sports Management)	
	Tamilarasan. I	BBA(Sports Management)	
	S. SORAN BABU	BBA(SM)	
	YUKESH. D	BBA(SM)	
	R. NAVEEN RAJ	MBA (SM)	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
	A. Gowtham	BSc Sports Coaching	A. Gowtham
	B. DYSON	BSc Sports Coaching	B. Dyson
	D. DHANUSH KUMAR	III - B.Sc Sports Coaching	
	TAMIL SELVAN .P	II M.Sc Sports Biomedia	
	VIGNESHWAR.K	II M.Sc SPORTS BIOMEC	
	DURGA.S	MSC II yr SPORTS BIOMEC	
	NIVEDHA.M	MSC II yr sports Biomech	
	ARUNADEV.R	Msc II yr sports Biomech	
	MURUGESAN.K	III BBA - SM	
	R. Preethi	MSc II year Sports Biomech	
	B. BADHUSHA	MSc 2nd Year Sports Biomech.	
	V.G DEVIKA DEV	II Msc Psychology	
	SONU. K.S	II Msc. psychology	
	AKHILA BALACHANDRAN	II Msc. psychology	
	Vijitha.c	"	

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
	Shubna - A	Msc. Psychology	Shubna
	Bhavani - A	II M.Sc Yoga	A.Bhavani
	Susmita Modak	B.Sc III Yoga	
	Komala.M	II M.Sc Yoga	M.K.
	Sinda. Vp	Msc. Psychology	
	R. Logapriya	MSC. Exercise physiology	Priya
	Raseena Iqbal	MBA. SM. II od	
	ASWATHI.S	MBA SM-II od	
	R. Dhanalakshmi	III year BPN	R. Dhanu
	R. Iswarya	III year BPN	R. Iswarya
	G. Arul Kali	II year BPN	G. Arul Kali
	ALAGU VISHALATCHI. S	M.Sc II EPN	
	MOHAMED SAIFUDEEN SR	M.Sc. II EPN	
	PAVITHRA. S	Msc. II EPN	S. Pavithra
	THARSYA. B	M.Sc II EPN	B. Tharsya

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Training Programme on Interview Skills and Personality Development

Attendance Sheet

S. No	Name of the Student	Name of the Course	Signature of the Student
	1. STANLEY	PhD (Ex. Phy & Adv	
	Dr. T. Anu Prasana (G.C)	Sports Coaching	
	Deiphibari Lyngdoh.	Sports Management	
	Deepa Nataraja	Phy. Edu.	
	D. NINGLUM Zimik	Ph.D(PE&M)	

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

6.5.1 Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes by constantly reviewing the teaching learning process, structures & methodologies of operations and learning outcomes at periodic intervals

1.4 FEEDBACK MECHANISMS

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005.

A State Govt. University)

Melakottaiyur, Chennai - 600127



FEEDBACK

REPORT

Academic Year 2022-2023

Dr.M.SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127.

Head - Sports Tv. & Tech.

Dept of EPOV

Dept of Yoga.

Dept of Physical Education

Dept. of Sports Psy. & Sociology

FEEDBACK ANALYSIS OF STAKE HOLDERS AND ACTION TAKEN REPORT

ACADEMIC YEAR 22-23

INTRODUCTION

Feedback is the most important determinant of the success of any educational institution. The institution collected feedback on various aspects of curriculum from different departments in Tamilnadu Physical Education and Sports University. Feedbacks have been collected from Students, Teachers, Alumni and Employers. It was analyzed using statistical techniques and given a valuable suggestions and recommendation for the development of curriculum, teaching and learning process.

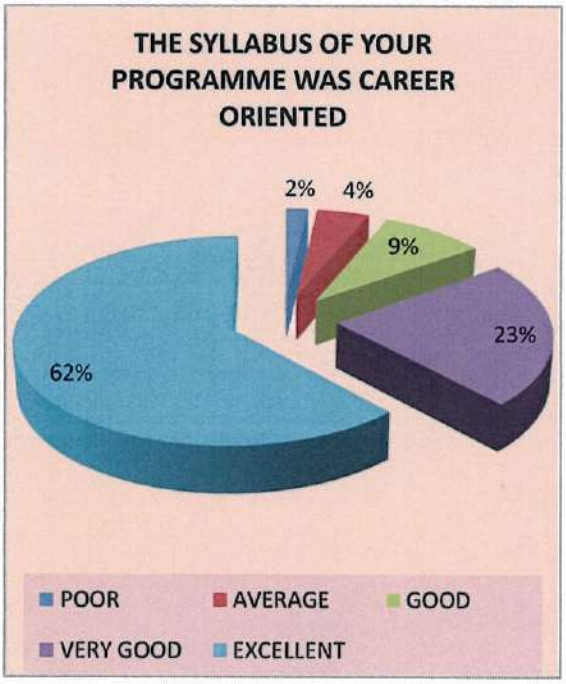
STUDENT'S FEEDBACK

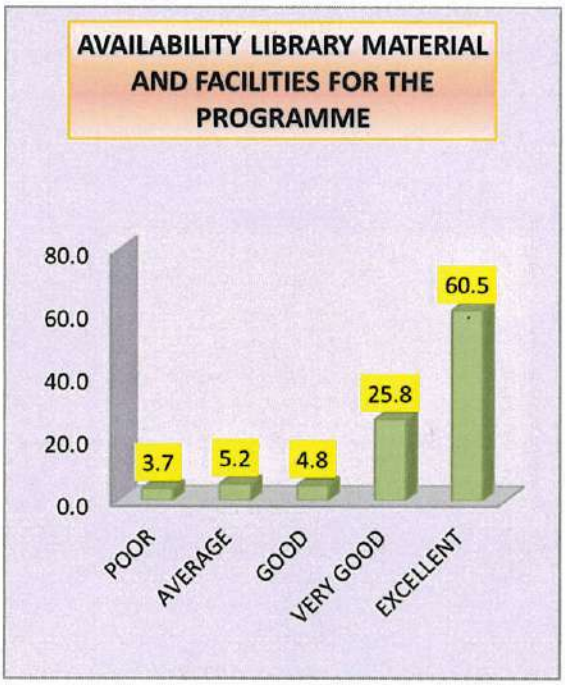
Student's feedback is considered as the most effective and reliable method for design the curriculum. Our pass out students of various departments has given their sincere feedback on aspects of curriculum. Based on the comments of the students, the analysis carried out.

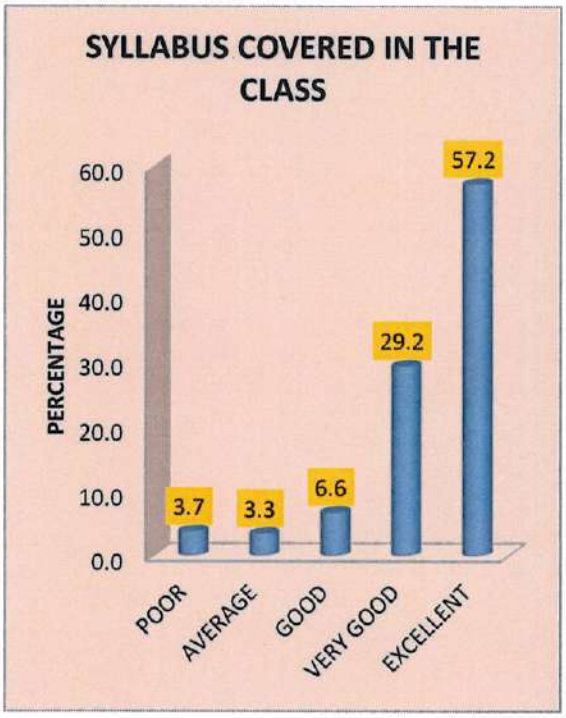
FEEDBACK ANALYSIS REPORT

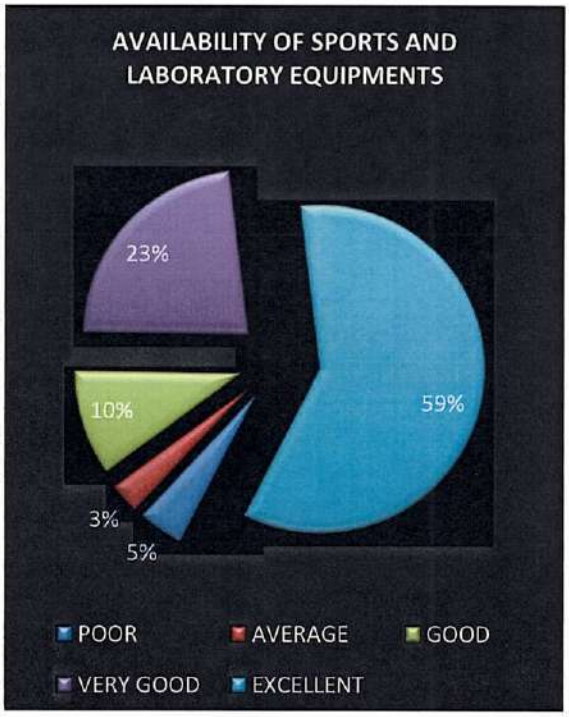
From the below diagram, we infer that

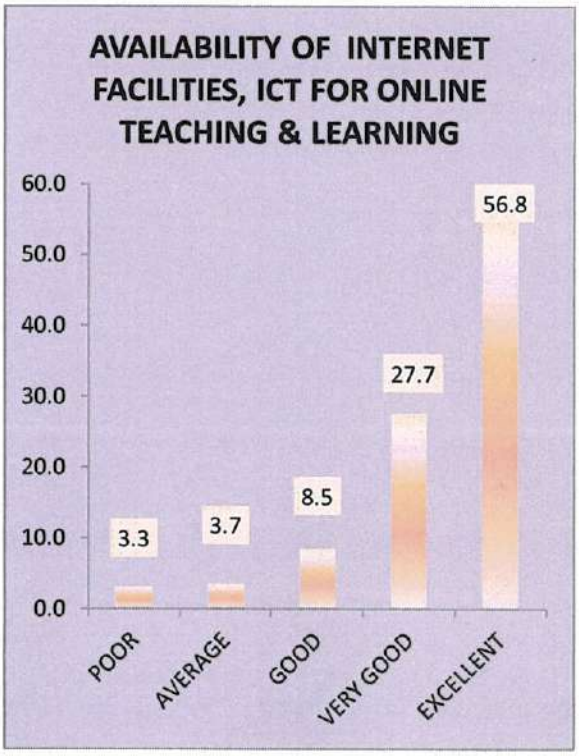
- Data regarding the availability of relevant reading materials in the library reviewed by the students. From the analysis it is evident that more than half of the students rated the availability of reference books are not adequate..
- Enhancement is requiring for the students to adopt new techniques and educational tools for curriculum development.
- 53% of Strategies and methods which are used in the pedagogy proposed in the curriculum are acknowledged by more than 80% of the respondent.
- The respondents keen that availability of internet facilities, ICT for online teaching and learning, up gradation of knowledge have to improve.
- Opportunities for out of classroom learning like attending lectures, seminar, workshop, value added course, conferences and competition has to entertain.

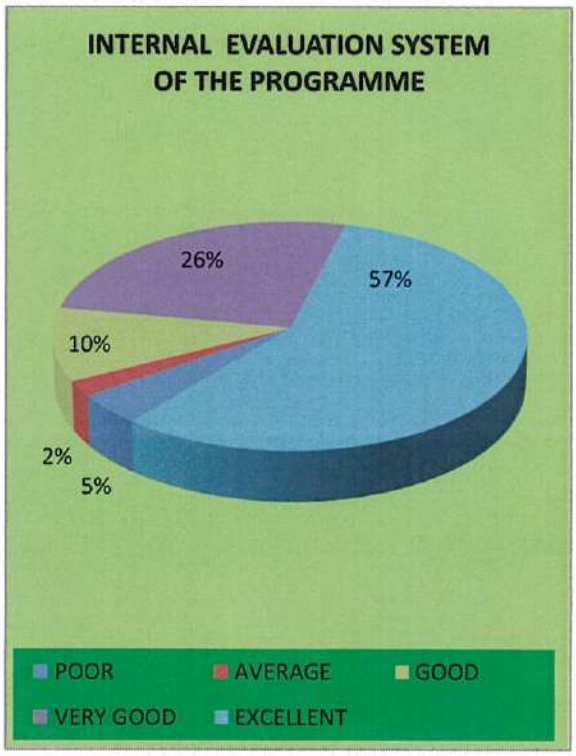

THE SYLLABUS OF YOUR PROGRAMME WAS CAREER ORIENTED
2%
4%
9%
23%
62%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

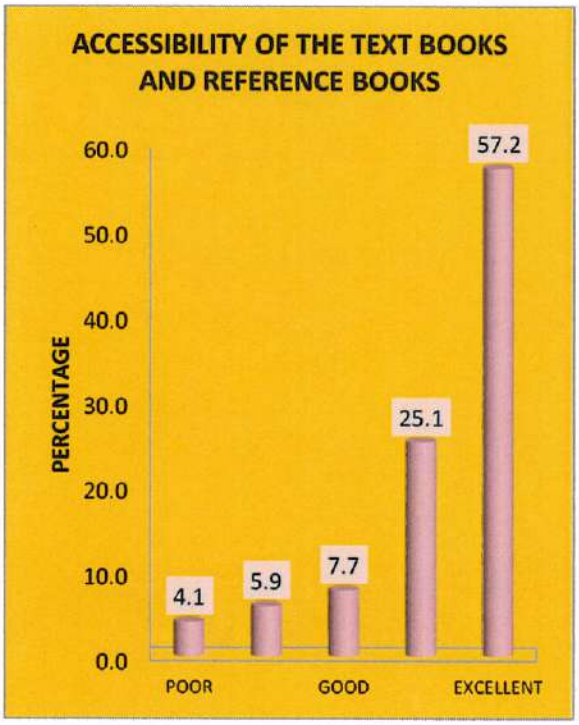

AVAILABILITY LIBRARY MATERIAL AND FACILITIES FOR THE PROGRAMME
80.0
60.0
40.0
20.0
0.0
3.7
5.2
4.8
25.8
60.5
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

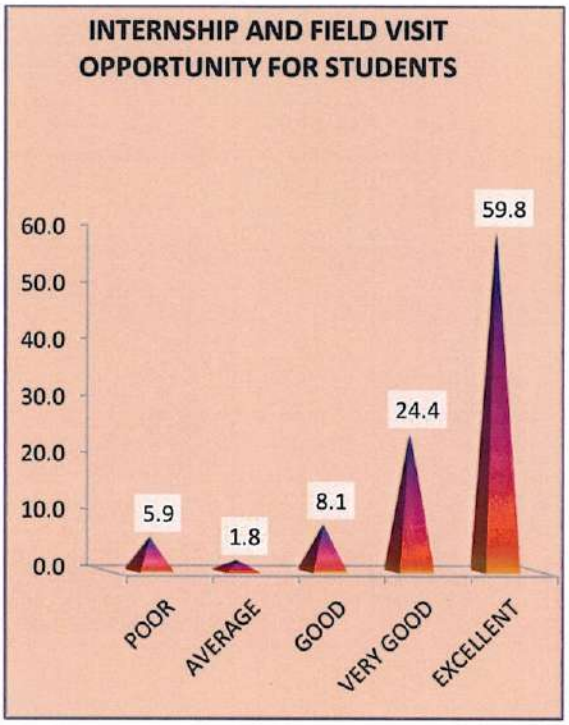

SYLLABUS COVERED IN THE CLASS
PERCENTAGE
60.0
50.0
40.0
30.0
20.0
10.0
0.0
3.7
3.3
6.6
29.2
57.2
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

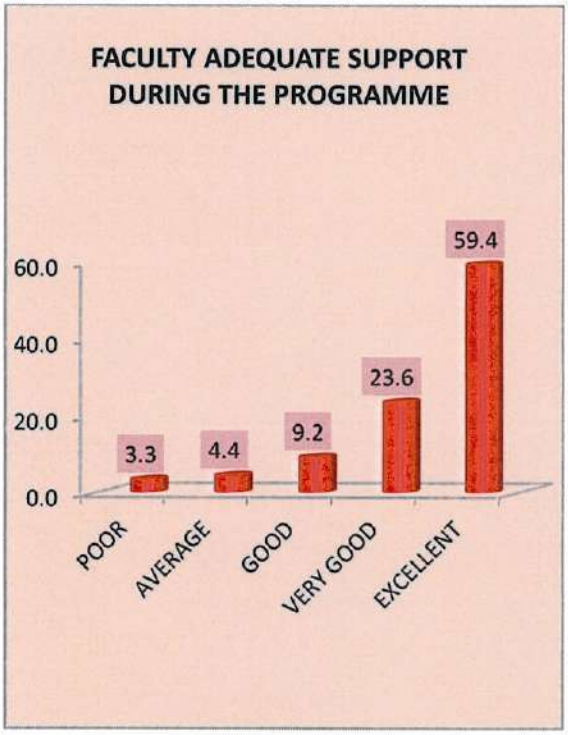

AVAILABILITY OF SPORTS AND LABORATORY EQUIPMENTS
23%
59%
10%
3%
5%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

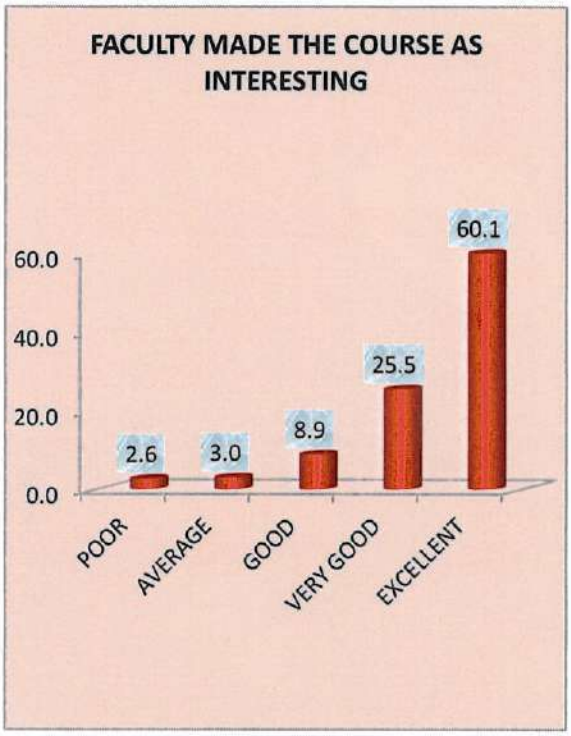

AVAILABILITY OF INTERNET FACILITIES, ICT FOR ONLINE TEACHING & LEARNING
60.0
50.0
40.0
30.0
20.0
10.0
0.0
3.3
3.7
8.5
27.7
56.8
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

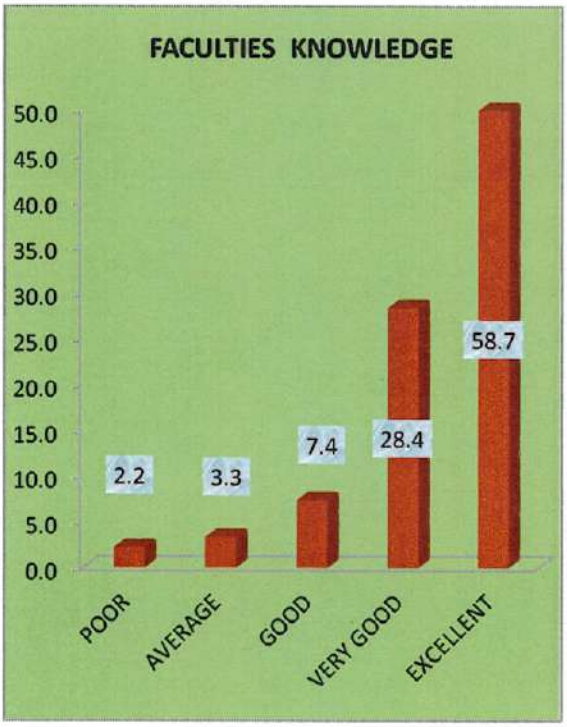

INTERNAL EVALUATION SYSTEM OF THE PROGRAMME
26%
57%
10%
2%
5%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

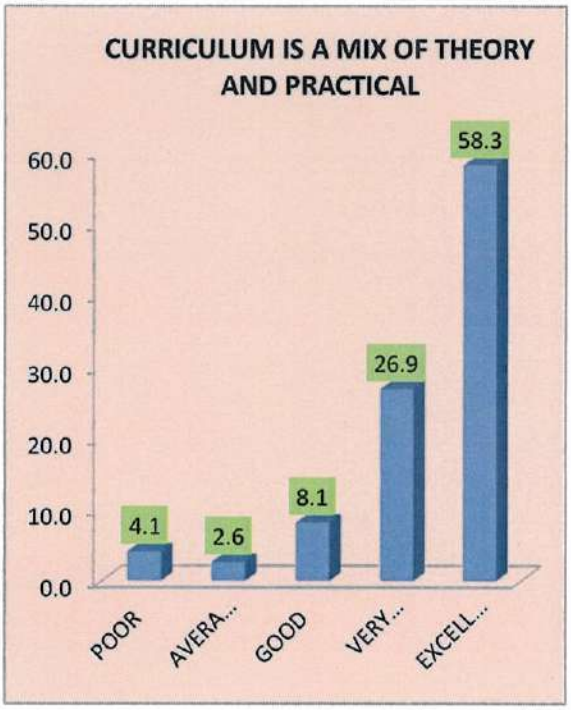

ACCESSIBILITY OF THE TEXT BOOKS AND REFERENCE BOOKS
PERCENTAGE
60.0
50.0
40.0
30.0
20.0
10.0
0.0
4.1
5.9
7.7
25.1
57.2
POOR
GOOD
EXCELLENT

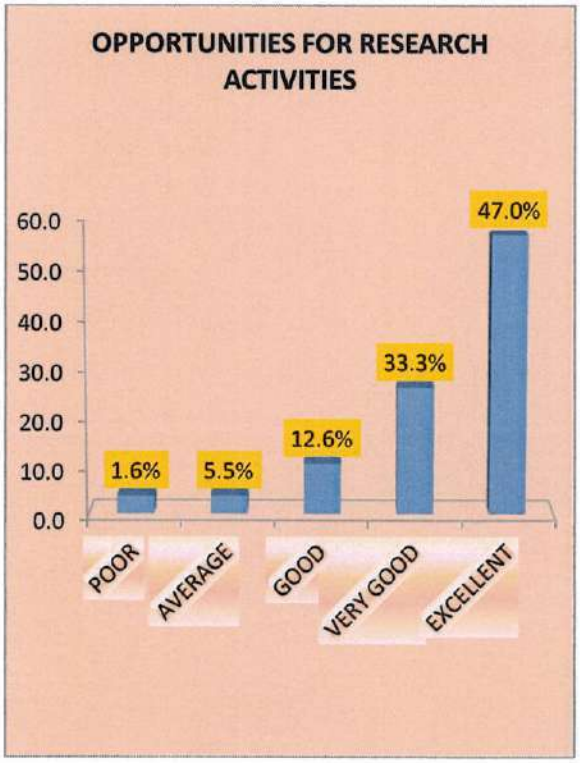

INTERNSHIP AND FIELD VISIT OPPORTUNITY FOR STUDENTS
60.0
50.0
40.0
30.0
20.0
10.0
0.0
5.9
1.8
8.1
24.4
59.8
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

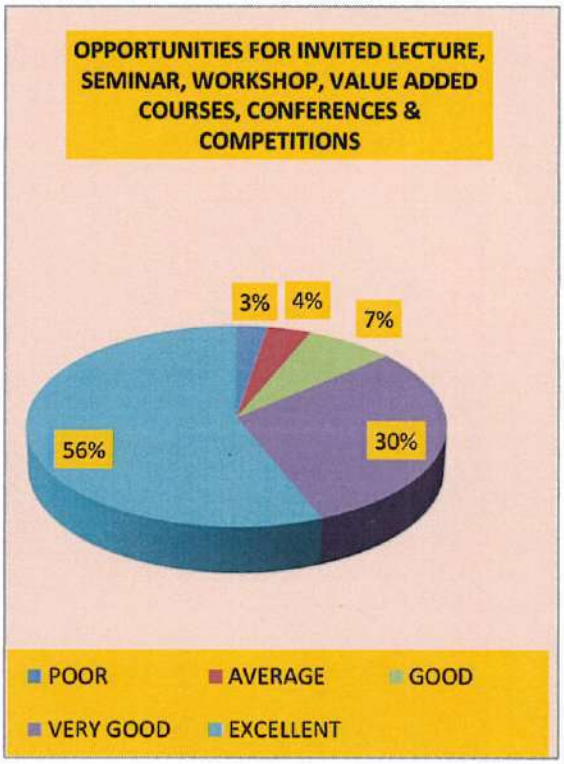

FACULTY ADEQUATE SUPPORT DURING THE PROGRAMME
60.0
40.0
20.0
0.0
3.3
4.4
9.2
23.6
59.4
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

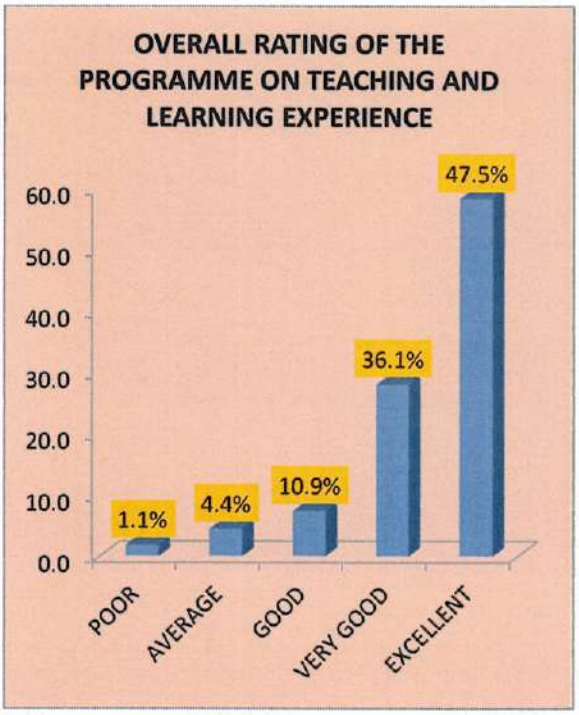

FACULTY MADE THE COURSE AS INTERESTING
60.0
40.0
20.0
0.0
2.6
3.0
8.9
25.5
60.1
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

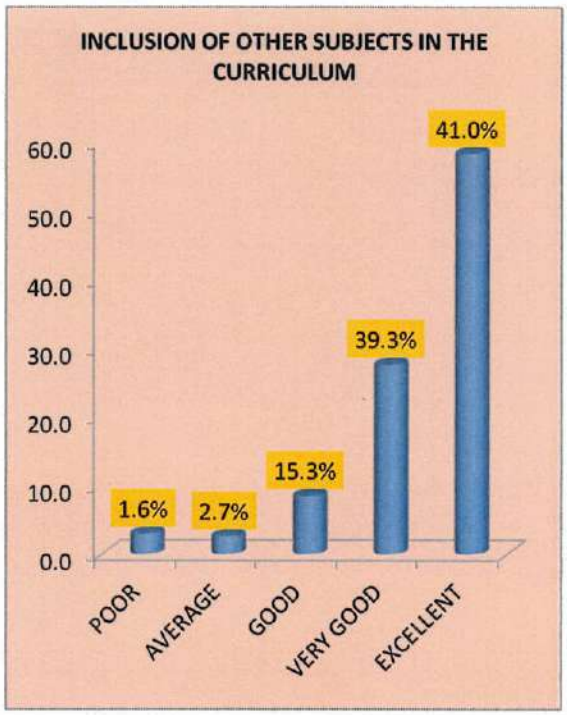

FACULTIES KNOWLEDGE
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
2.2
3.3
7.4
28.4
58.7
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

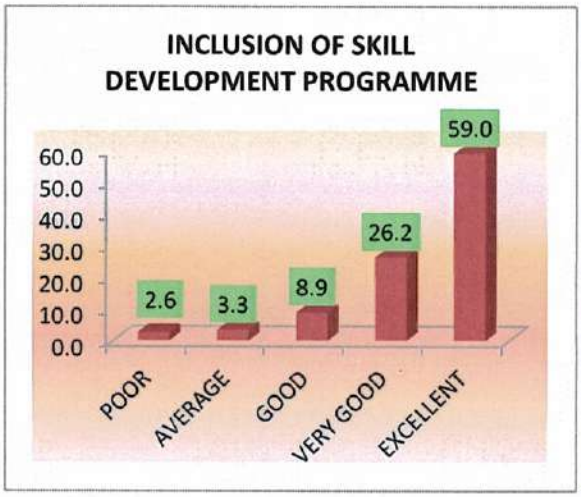

CURRICULUM IS A MIX OF THEORY AND PRACTICAL
60.0
50.0
40.0
30.0
20.0
10.0
0.0
4.1
2.6
8.1
26.9
58.3
POOR
AVERA...
GOOD
VERY...
EXCELL...

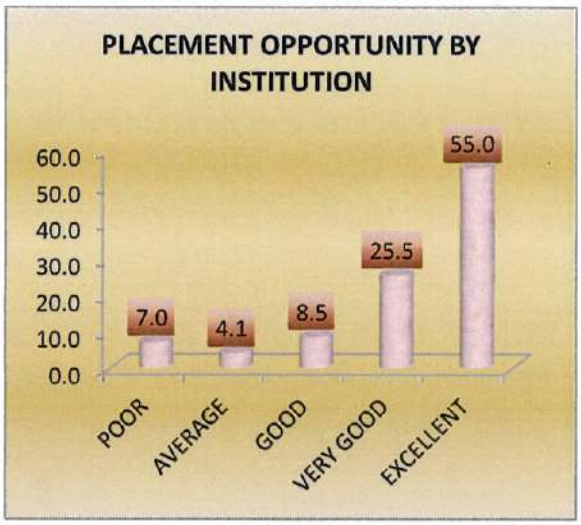

OPPORTUNITIES FOR RESEARCH ACTIVITIES
60.0
50.0
40.0
30.0
20.0
10.0
0.0
1.6%
5.5%
12.6%
33.3%
47.0%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

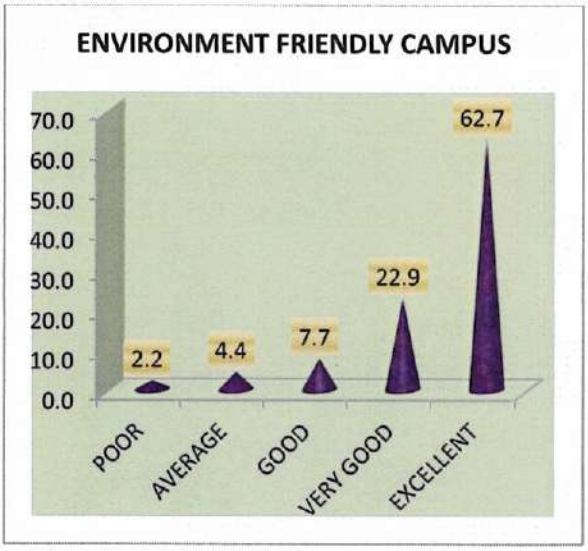

OPPORTUNITIES FOR INVITED LECTURE, SEMINAR, WORKSHOP, VALUE ADDED COURSES, CONFERENCES & COMPETITIONS
3%
4%
7%
30%
56%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

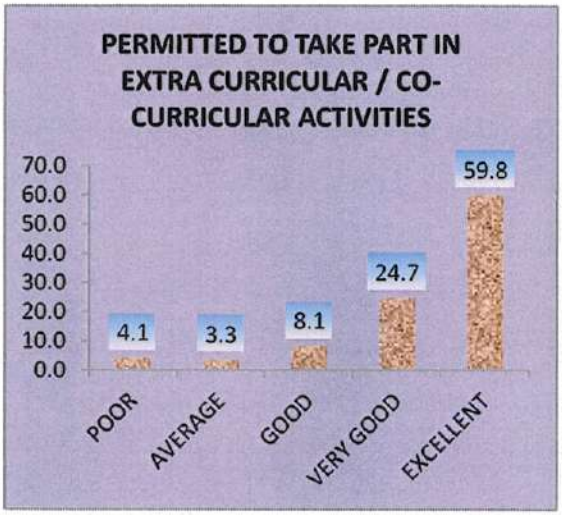

OVERALL RATING OF THE PROGRAMME ON TEACHING AND LEARNING EXPERIENCE
60.0
50.0
40.0
30.0
20.0
10.0
0.0
1.1%
4.4%
10.9%
36.1%
47.5%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


INCLUSION OF OTHER SUBJECTS IN THE CURRICULUM
60.0
50.0
40.0
30.0
20.0
10.0
0.0
1.6%
2.7%
15.3%
39.3%
41.0%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


INCLUSION OF SKILL DEVELOPMENT PROGRAMME
60.0
50.0
40.0
30.0
20.0
10.0
0.0
2.6
3.3
8.9
26.2
59.0
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


PLACEMENT OPPORTUNITY BY INSTITUTION
60.0
50.0
40.0
30.0
20.0
10.0
0.0
7.0
4.1
8.5
25.5
55.0
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

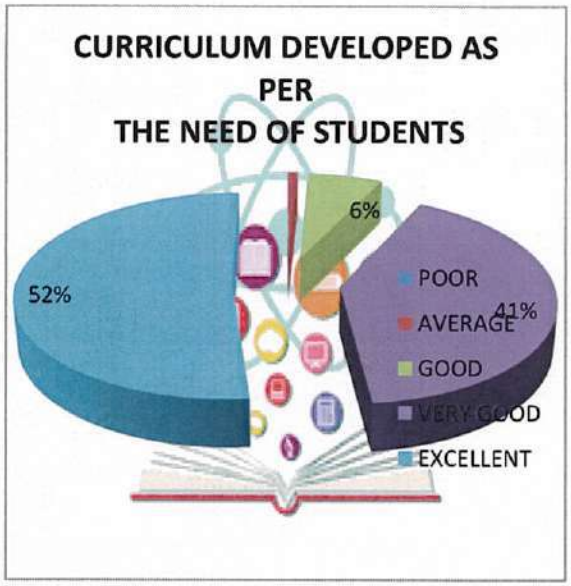

ENVIRONMENT FRIENDLY CAMPUS
70.0
60.0
50.0
40.0
30.0
20.0
10.0
0.0
2.2
4.4
7.7
22.9
62.7
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

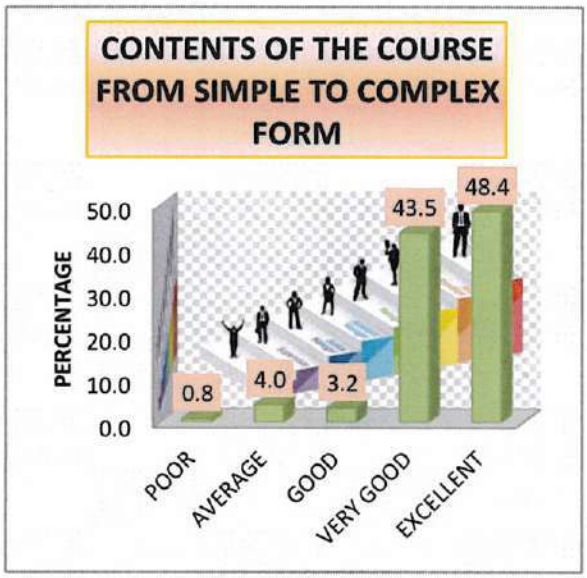

PERMITTED TO TAKE PART IN EXTRA CURRICULAR / CO-CURRICULAR ACTIVITIES
70.0
60.0
50.0
40.0
30.0
20.0
10.0
0.0
4.1
3.3
8.1
24.7
59.8
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

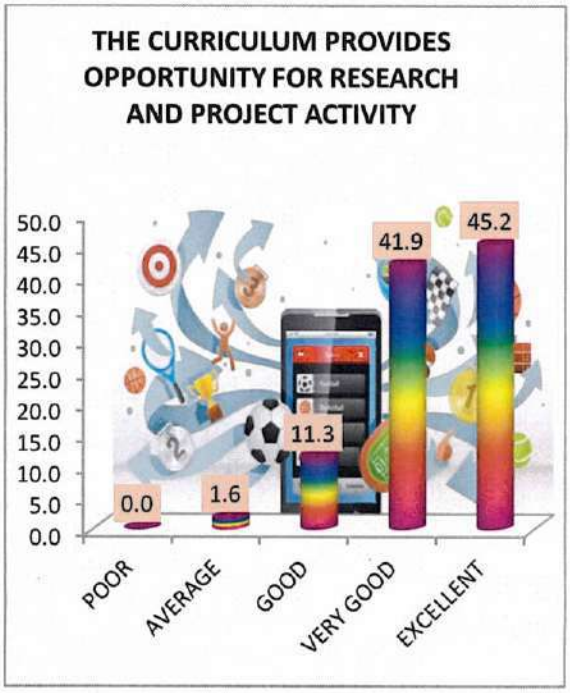
TEACHER'S FEEDBACK

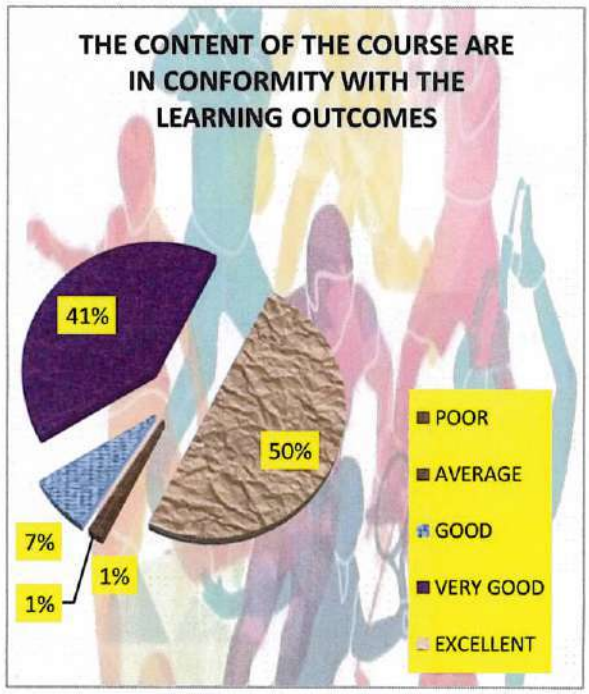
ACADEMIC YEAR 2022-2023

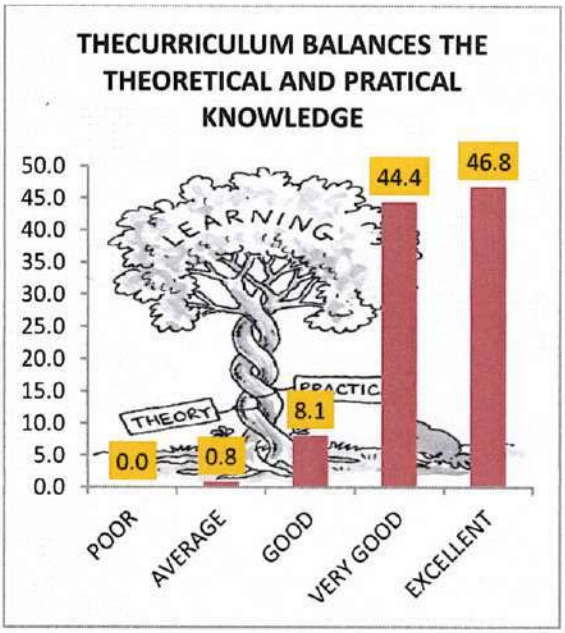
Collecting feedback from the teachers is most essential for the success of every institution. As teachers play a pivotal role in designing and implementing the curriculum, the inputs received from their feedback was taken into consideration for further necessary action wherever applicable. All these feedbacks were analyzed by using a five-point rating scale. The maximum score is five and the minimum score is one, where 5 indicates Excellent, 4 means very good, 3 indicates good, 2 indicates average and 1 indicates poor. The faculty opinion about the curriculum development mentioned below. The teacher's feedback was collected annually from various department faculties of Tamilnadu Physical Education and Sports University about the curriculum. The feedback was analyzed using statistical tools towards the improvements in the quality of course design for the academic year 2022-2023. Around 125 feedback forms collected for consideration to the development of curriculum. The results are listed below.

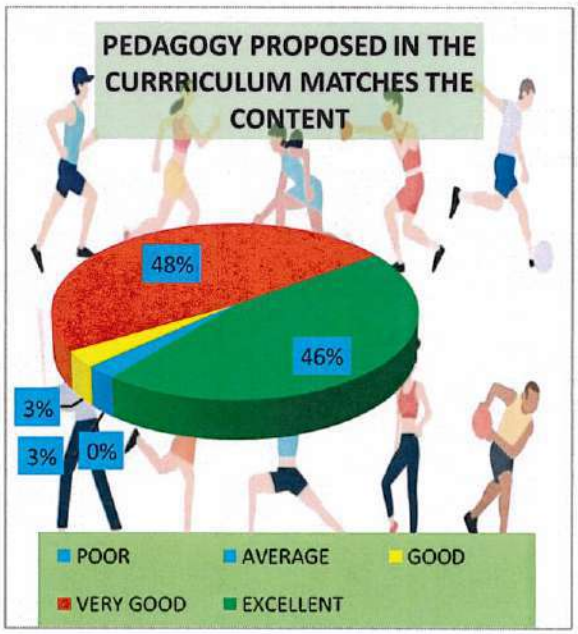


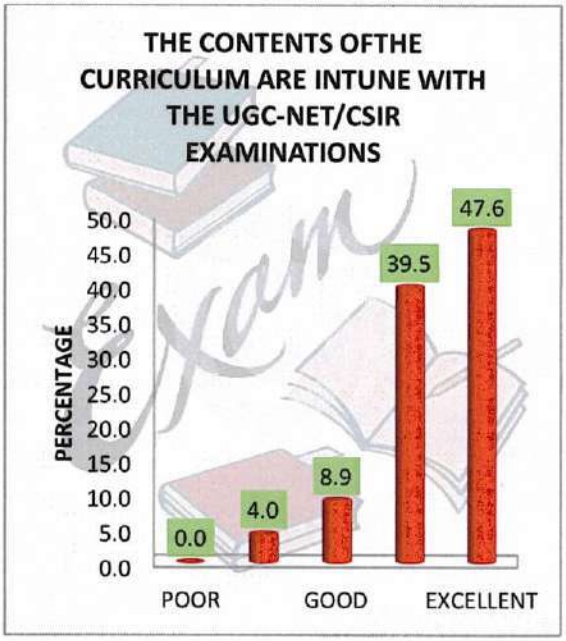


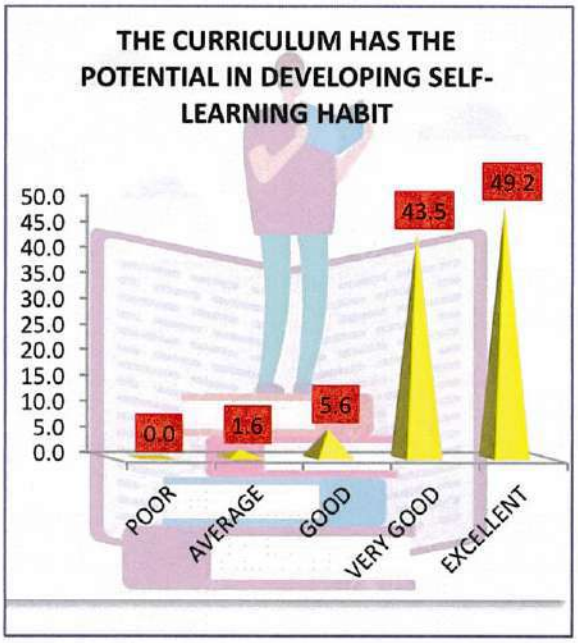

THE CURRICULUM PROVIDES OPPORTUNITY FOR RESEARCH AND PROJECT ACTIVITY
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
0.0
1.6
11.3
41.9
45.2
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

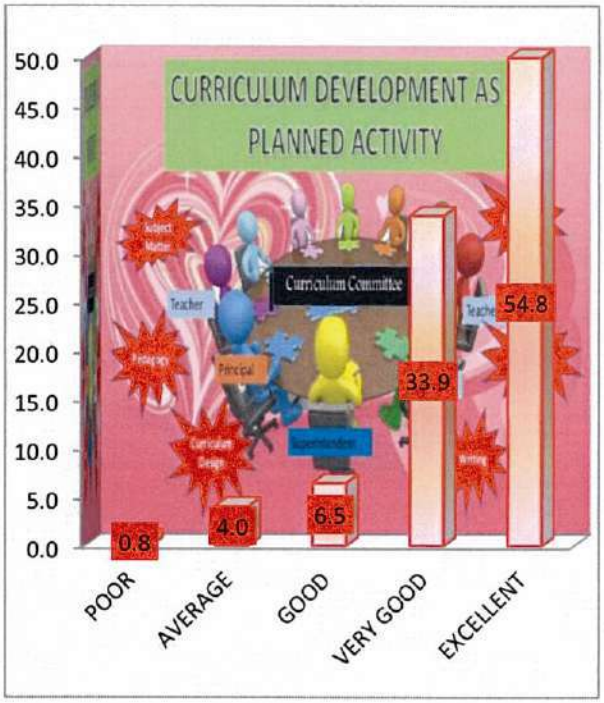

THE CONTENT OF THE COURSE ARE IN CONFORMITY WITH THE LEARNING OUTCOMES
41%
50%
7%
1%
1%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

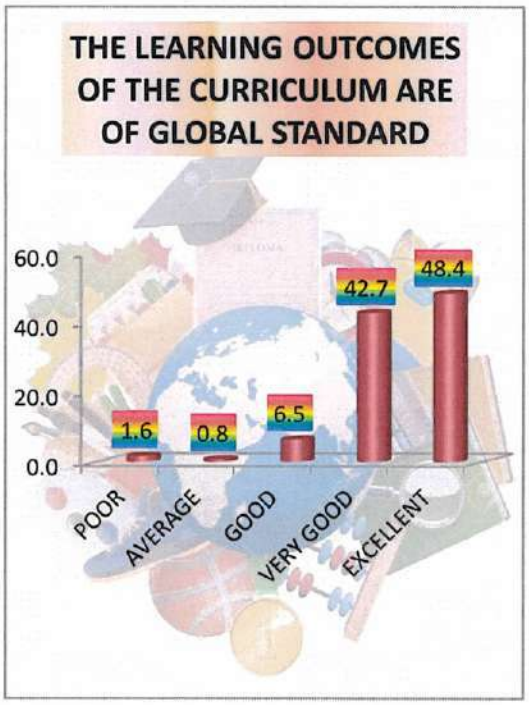

THECURRICULUM BALANCES THE THEORETICAL AND PRATICAL KNOWLEDGE
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
LEARNING
THEORY
0.0
0.8
8.1
44.4
46.8
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

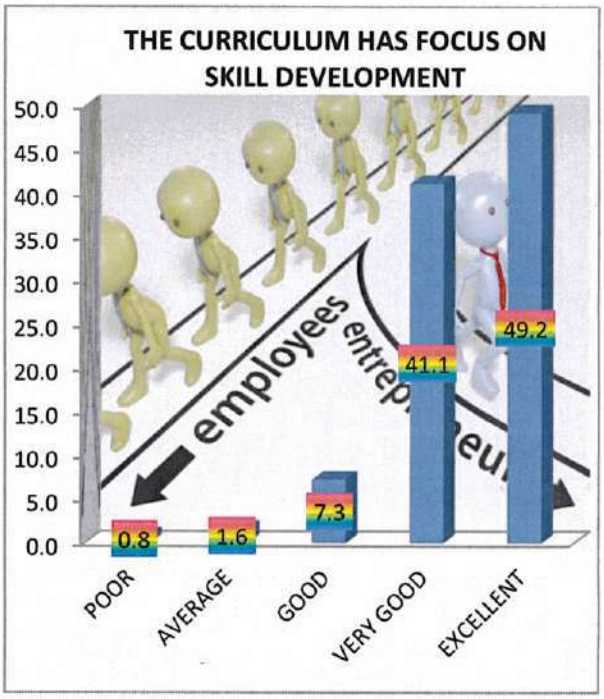

PEDAGOGY PROPOSED IN THE CURRRICULUM MATCHES THE CONTENT
48%
46%
3%
3%
0%
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

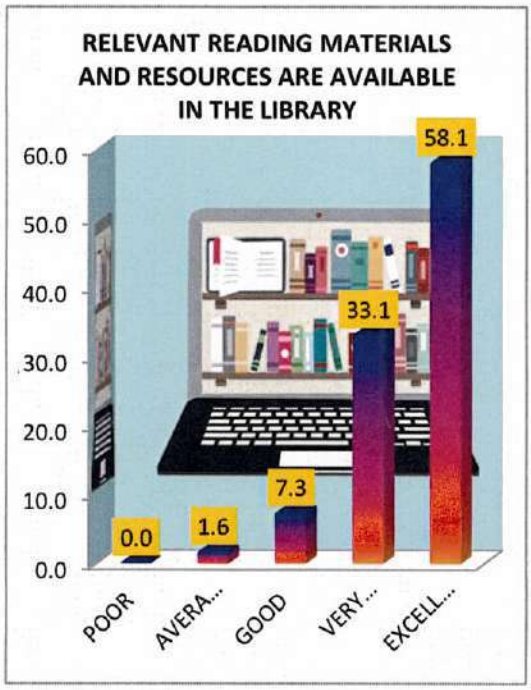

THE CONTENTS OFTHE CURRICULUM ARE INTUNE WITH THE UGC-NET/CSIR EXAMINATIONS
PERCENTAGE
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
0.0
4.0
8.9
39.5
47.6
POOR
GOOD
EXCELLENT

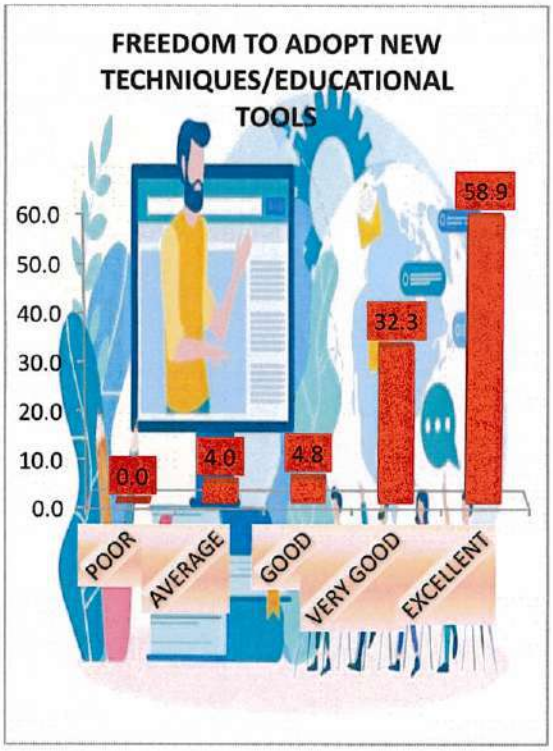

THE CURRICULUM HAS THE POTENTIAL IN DEVELOPING SELF-LEARNING HABIT
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
0.0
1.6
5.6
43.5
49.2
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

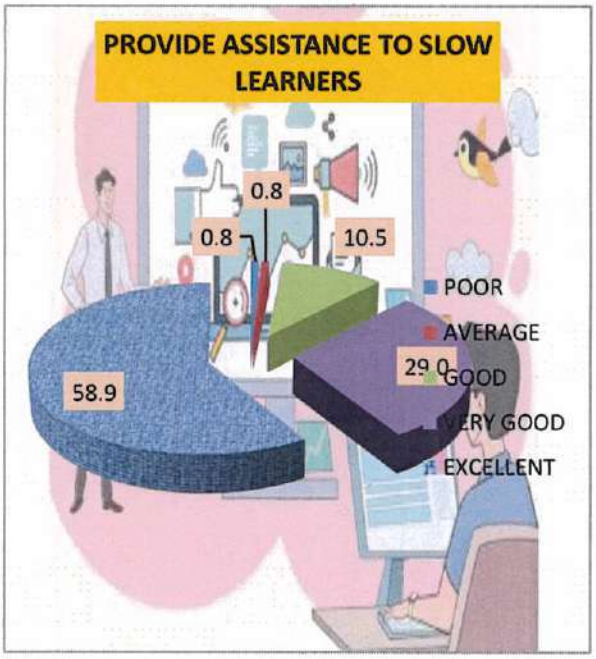

CURRICULUM DEVELOPMENT AS PLANNED ACTIVITY
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
Curriculum Committee
Teacher
Principal
0.8
4.0
6.5
33.9
54.8
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

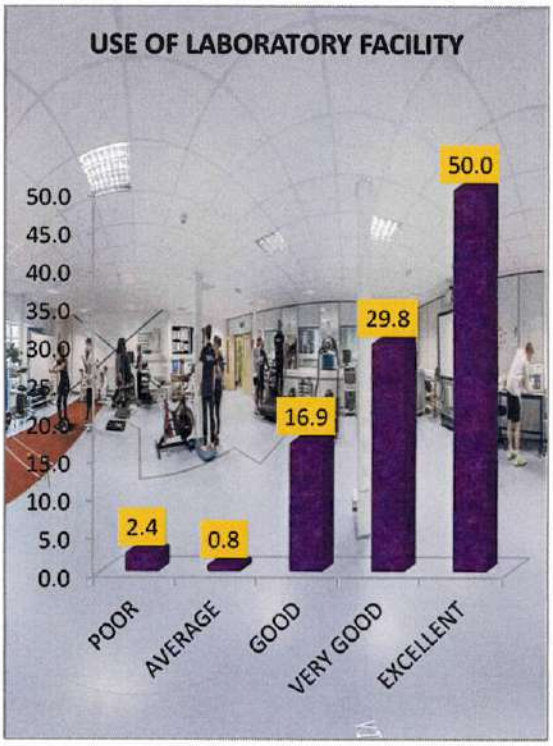

THE LEARNING OUTCOMES OF THE CURRICULUM ARE OF GLOBAL STANDARD
60.0
40.0
20.0
0.0
1.6
0.8
6.5
42.7
48.4
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


THE CURRICULUM HAS FOCUS ON SKILL DEVELOPMENT
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
0.8
1.6
7.3
41.1
49.2
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

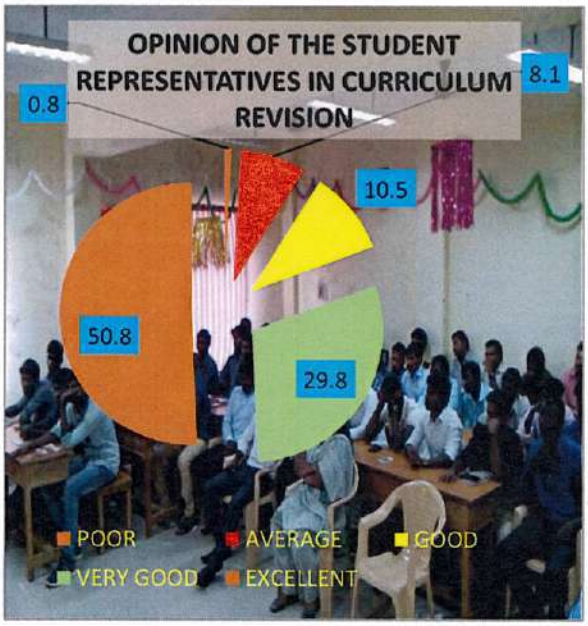

RELEVANT READING MATERIALS AND RESOURCES ARE AVAILABLE IN THE LIBRARY
60.0
50.0
40.0
30.0
20.0
10.0
0.0
0.0
1.6
7.3
33.1
58.1
POOR
AVERA...
GOOD
VERY...
EXCELL...

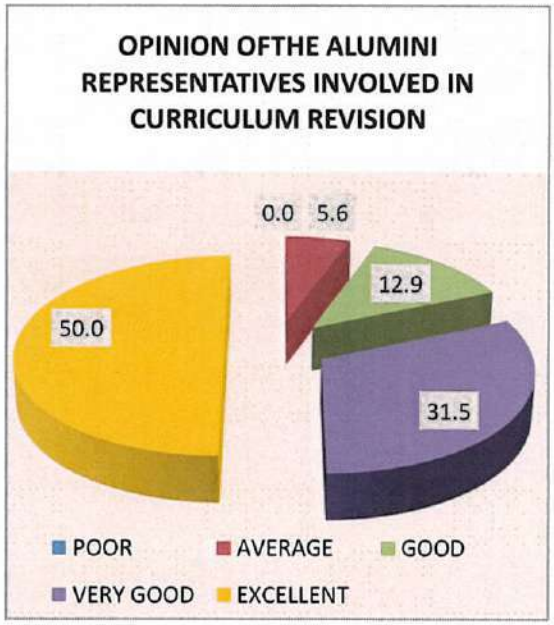

FREEDOM TO ADOPT NEW TECHNIQUES/EDUCATIONAL TOOLS
60.0
50.0
40.0
30.0
20.0
10.0
0.0
0.0
4.0
4.8
32.3
58.9
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

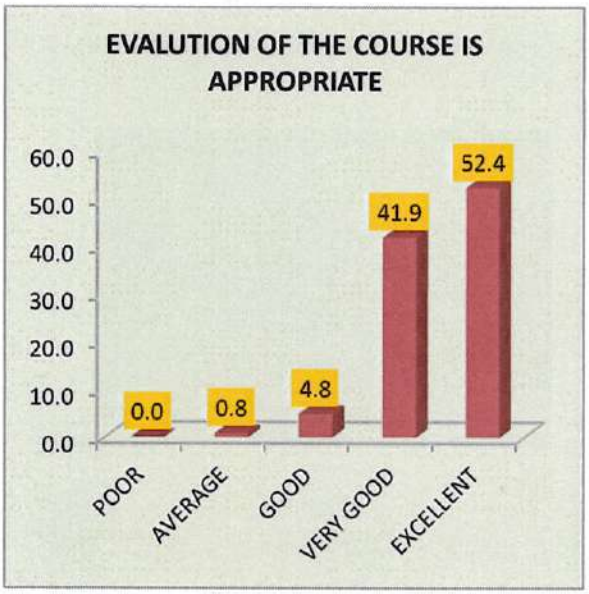

PROVIDE ASSISTANCE TO SLOW LEARNERS
0.8
0.8
10.5
29.0
58.9
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

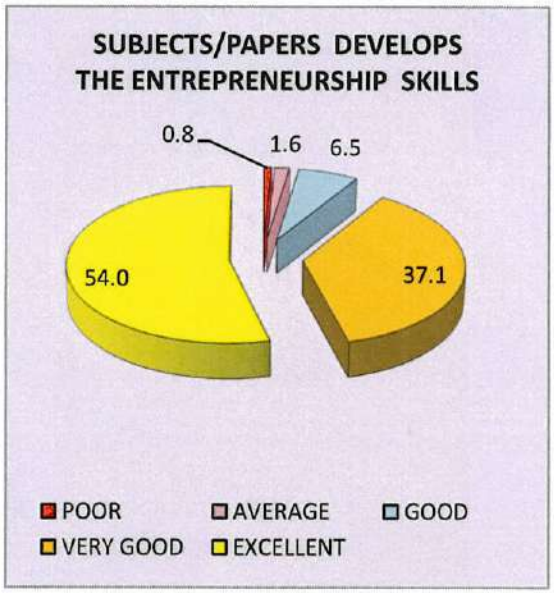

USE OF LABORATORY FACILITY
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
2.4
0.8
16.9
29.8
50.0
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

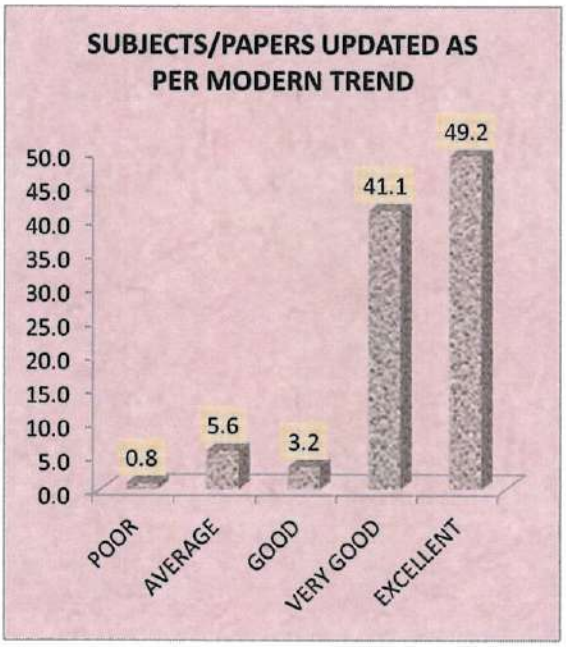

FACULTY MEMBERS INVOLVED IN CURRICULUM
60.0
40.0
20.0
0.0
0.0
4.8
4.8
31.5
58.9
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

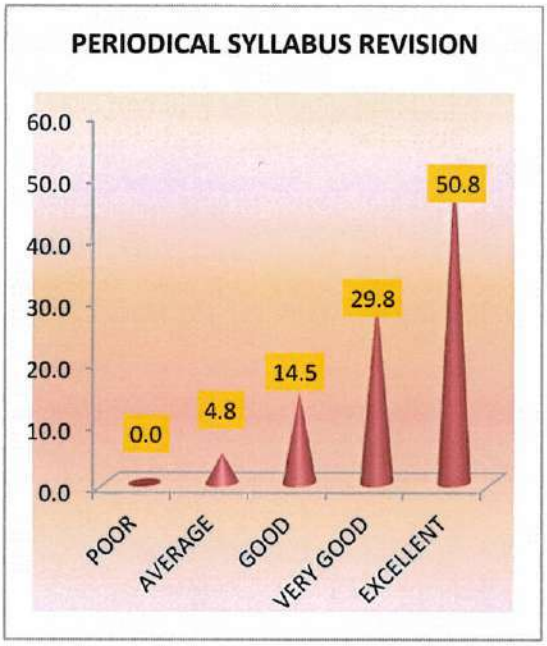

OPINION OF THE STUDENT REPRESENTATIVES IN CURRICULUM REVISION
0.8
8.1
10.5
50.8
29.8
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT

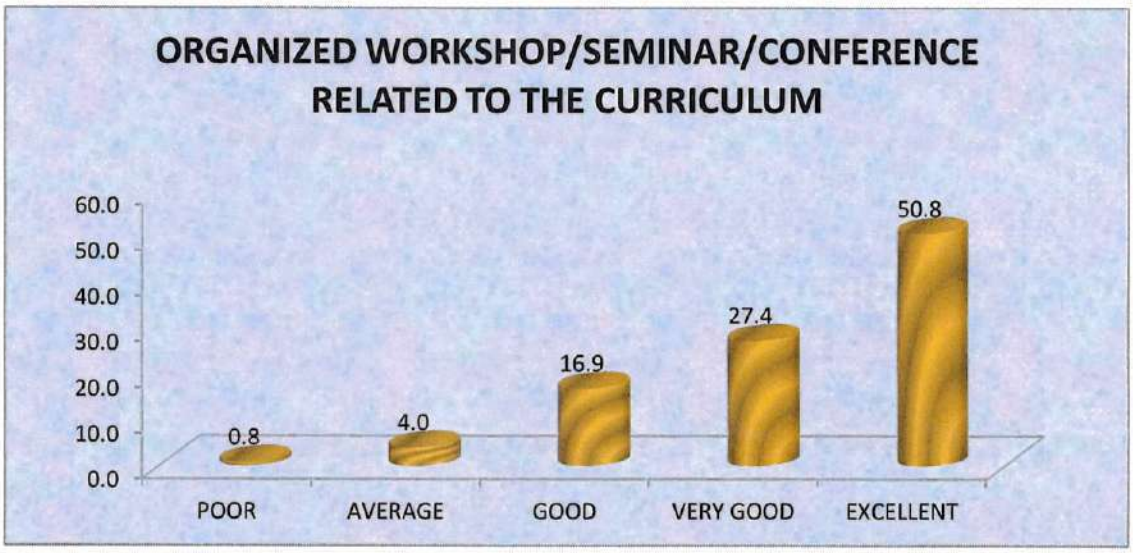

OPINION OFTHE ALUMINI REPRESENTATIVES INVOLVED IN CURRICULUM REVISION
0.0
5.6
12.9
50.0
31.5
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


EVALUTION OF THE COURSE IS APPROPRIATE
60.0
50.0
40.0
30.0
20.0
10.0
0.0
0.0
0.8
4.8
41.9
52.4
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


SUBJECTS/PAPERS DEVELOPS THE ENTREPRENEURSHIP SKILLS
0.8
1.6
6.5
54.0
37.1
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


SUBJECTS/PAPERS UPDATED AS PER MODERN TREND
50.0
45.0
40.0
35.0
30.0
25.0
20.0
15.0
10.0
5.0
0.0
0.8
5.6
3.2
41.1
49.2
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT


PERIODICAL SYLLABUS REVISION
60.0
50.0
40.0
30.0
20.0
10.0
0.0
0.0
4.8
14.5
29.8
50.8
POOR
AVERAGE
GOOD
VERY GOOD
EXCELLENT



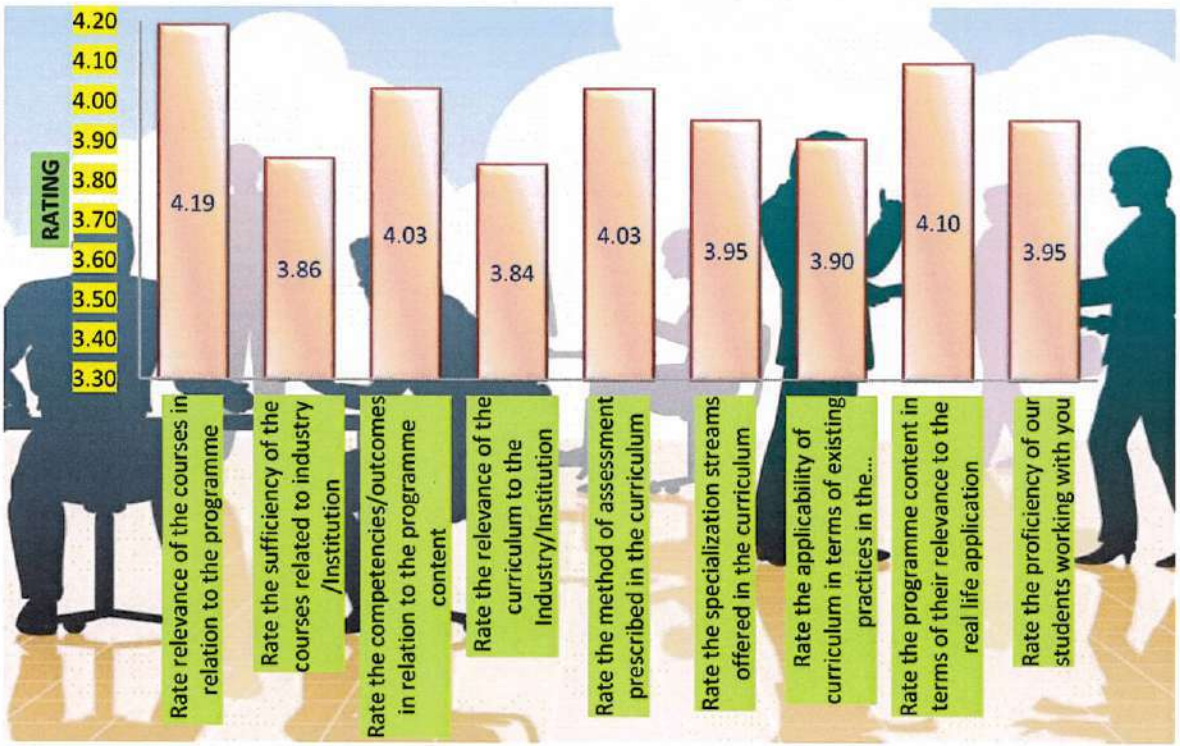
REPORT OF TEACHER'S FEEDBACK

Teachers have a great deal of subject knowledge. Thus it is analyzed that

- Teacher's feedback has revealed that there was transparency in the evaluation procedure adopted in the departments.
- Opportunities for out of classroom learning like attending lectures, seminar, workshop, value added course, conferences and competition has to entertain
- The respondent has average opinion that the syllabus of their programme was career oriented.
- Teachers suggested that recent course can be implemented in the curriculum which will benefit in upcoming area of job opportunities.
- Teachers have rated curriculum has inclusion of other course.
- The respondents have rated overall rating of the programme on teaching and learning experience are excellent.

EMPLOYERS' FEEDBACK REPORT FOR THE YEAR 2022-2023

- Rate relevance of the courses in relation to the programme: 4.19
- Rate the sufficiency of the courses related to industry /Institution that are included in the programme: 3.86
- Rate the competencies/outcomes in relation to the programme content:4.03
- Rate the relevance of the curriculum to the Industry/Institution: 3.84
- Rate the method of assessment prescribed in the curriculum: 4.03
- Rate the specialization streams offered in the curriculum: 3.95
- Rate the applicability of curriculum in terms of existing practices in 3.90
- Rate the programme content in terms of their relevance to the real life the Industry/Institution: 4.10
- Rate the proficiency of our students working with you: 3.95

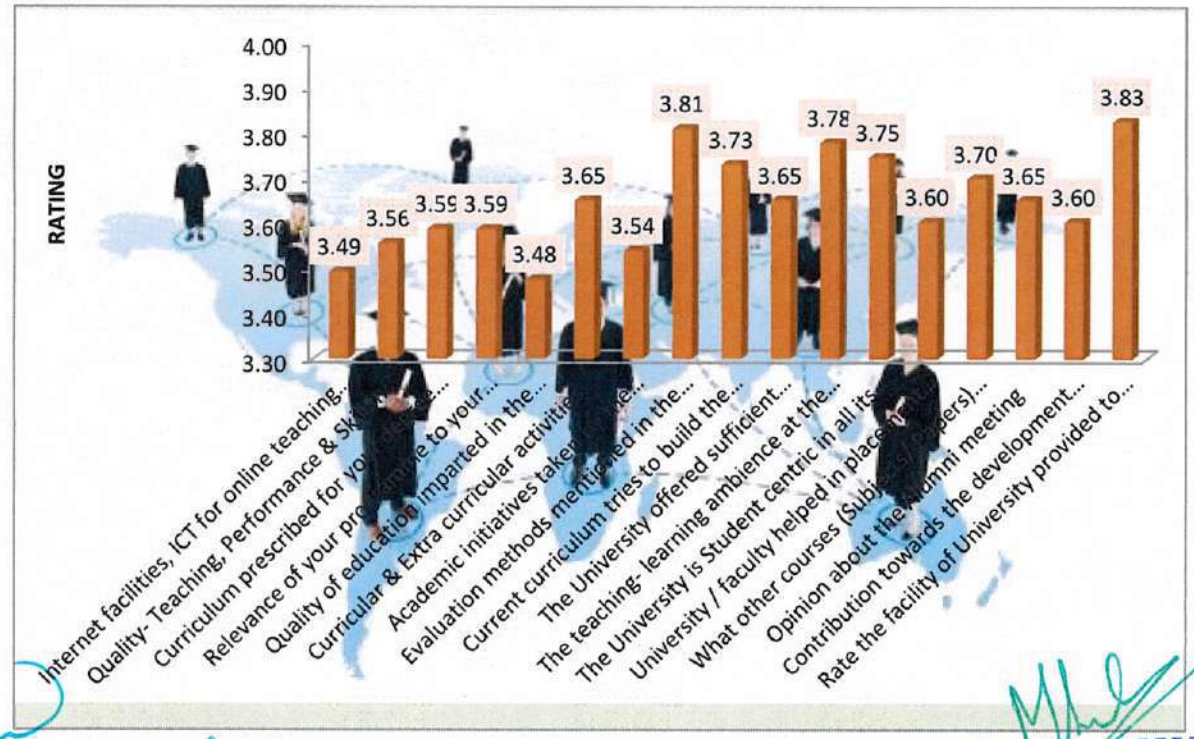


ALUMNI ANALYSIS FEEDBACK REPORT FOR 2022-2023

Collecting feedback from the stakeholders is most crucial for the success of every institution. All these feedbacks were analyzed by using a five-point rating scale.

Feedback analysis report

- The feedback analysis reports that the alumnae clearly stated that their satisfactions towards the curriculum have highly appreciated.
- They have satisfied for their expectations towards the employability point of view.
- From the analysis, the alumni given the rating 3.56 for the quality of teaching, performance and skill in delivering theory and practice by the faculties.
- Majority of them pointed to focus more on research based teaching, learning strategies to expose the students the latest development in research.
- Library facilities must be augmented to meet the current requirement of the students to enable efficient learning.
- Many responses indicated that students felt their lecturers were/are knowledgeable, skilled, enthusiastic, committed, and prepared. Comments were also typically made concerning lecturers' willingness and ability to employ effective teaching methods and incorporate various learning materials



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Dept. of EPN

Dept of Yoga (Dept of Physical Education)

Dept. of Sports Psy. & Sociology

STUDENTS' FEEDBACK AND ACTION TAKEN REPORT

The following gives a detailed report of the issue as received by the students and the action taken for those issues by the institution during 2022 – 2023.

Based on the feedback and the action taken are illustrated in the following table.

S. No	Feedback	Action Taken
1	Syllabus may be revised based on the need of the Placement as well as the choice of Elective courses must be increased.	The University has revised the Curriculum and more number of elective courses were added in each Programme. Students can able to choose multi-disciplinary electives from any of the Departments of the university.
2	More practical training sessions are desired by the students.	Teachers paid more attention to practical sessions and made their teaching more experiential.
3	Depth of the course content needs to be increased for achieving the expected Course Outcomes.	Teachers made students familiar with ideas of POs and COs and their expected outcomes.
4	External Exposure and skill development for the students can be increased.	Student Induction Programmes were organized for the Fresher Further Invited Lectures, Webinars, Virtual Workshop, Conferences and Competitions are conducted by the various departments for the students.
5	Majority of the students strongly agreed that the interaction by teachers with students is more feasible and reliable.	Conveyed the gratitude to Faculty members and suggested to retain it. Teachers made efforts to relate the curriculum with real life situations.

HOD/Sports Teach

Dept. of EPOV

Dept. of Yoga (Dept of Physical Education)

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Dept of Sports Psy. & Counsy

TEACHERS' FEEDBACK AND ACTION TAKEN REPORT

The following gives a detailed report of the issue as received by the Teachers and the action taken for those issues by the institution during 2022 – 2023.

Based on the feedback and the action taken are illustrated in the following table.

S. No	Feedback	Action Taken
1	Periodic collaborative meetings with industry and academic experts for enriching the knowledge transfer experience.	Students are encouraged to undergo MOOC courses offered through the SWAYAM portal for gaining their domain-specific knowledge.
2	Increased numbers of Teaching Faculties are requested.	The Guest Faculties and the Part time lecturers were newly appointed in various departments to handle the classes more effectively.
3	Staff members can be allowed to attend FDP programs during the semester in premier institutions.	The management encouraged staff members to attend FDP programs during semester based on the quality of the program.
4	Emphasis should be given to E-content development.	Teachers are requested to produce E-Contents for all the subjects handled by the concerned.
5	Teachers should have the freedom to adopt innovative techniques/strategies of teaching such as seminar presentations, group discussions etc	Teachers were encouraged to adopt more innovative techniques and strategies for teaching. More smart room in college has being created.

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Dept. of EPN

Dept of Yoga (Dept of Physical Education). Dept. of Sports Psy. & Sociology

ALUMNIS' FEEDBACK AND ACTION TAKEN REPORT

The following gives a detailed report of the issue as received by the Alumni and the action taken for those issues by the institution during 2022 – 2023.

Based on the feedback and the action taken are illustrated in the following table.

S. No	Feedback	Action Taken
1	More exposure to field visits in curriculum.	All the teachers were notified about the issue and they were encouraged to have more field visits as a part of their curriculum.
2	Courses like social awareness and human values may be implemented.	As a part of Social responsibility, the Value added courses like Value Education and Environmental Education has been introduced.
3	Training on personality and professional development be provided to enhance employability skills.	It is recommended to University's Central Training and Placement Cell(CTPC) to organize online guest lecture series / workshops for enhancing personality and employability skills for fresher's.
4	Online access to digital resources(open and subscription) be provided by Library for referencing.	It is suggested to university's knowledge Development cell and Central Library to increase number of digitized reference books, share open resource weblinks and subscription links with students, and provide login access to the digital library facilities for digitized learning.
5	Strengthen Alumni network through alumni association. Frequent alumni interactions can be arranged.	Alumni's were invited as Officials and Resource person for the Competition and tournament. Department has planned to conduct more alumni meets from group of alumnus and individuals.

HOD/Sports Teach

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AND SPORTS UNIVERSITY
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Dept of EPN

Dept of Yoga (Dept of Physical Education). Dept of Sports Psy

Sociology

EMPLOYERS' FEEDBACK AND ACTION TAKEN REPORT

The following gives a detailed report of the issue as received by the Employers and the action taken for those issues by the institution during 2022 – 2023.

Based on the feedback and the action taken are illustrated in the following table.

S. No	Feedback	Action Taken
1	Suggestion to enhance general communication skills.	The students have given as much as importance to improve their Communication skills.
2	Students must have awareness about the Industry.	The students are expected to go for Internship to the Industries of their own choices and gain the real time experiences in order to get placed in the same organization.
3	Add-on skill-based certification courses can be started.	It is suggested to higher authorities to continue Certificate and PG diploma courses on collaborative basis with skill Development Organizations.
4	Suggested to ensure participation of students in practical activities and skill development programmes.	Lecture on linguistic communication, contextual communication and learning and writing skill organized.

Dept. of EPN

Dept of Yoga.

(Dept of Physical Education).

Dept of Sports Psy & Sociology.

Hod Sports Tech

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 6 GOVERNANCE, LEADERSHIP AND MANAGEMENT

REPORT

For

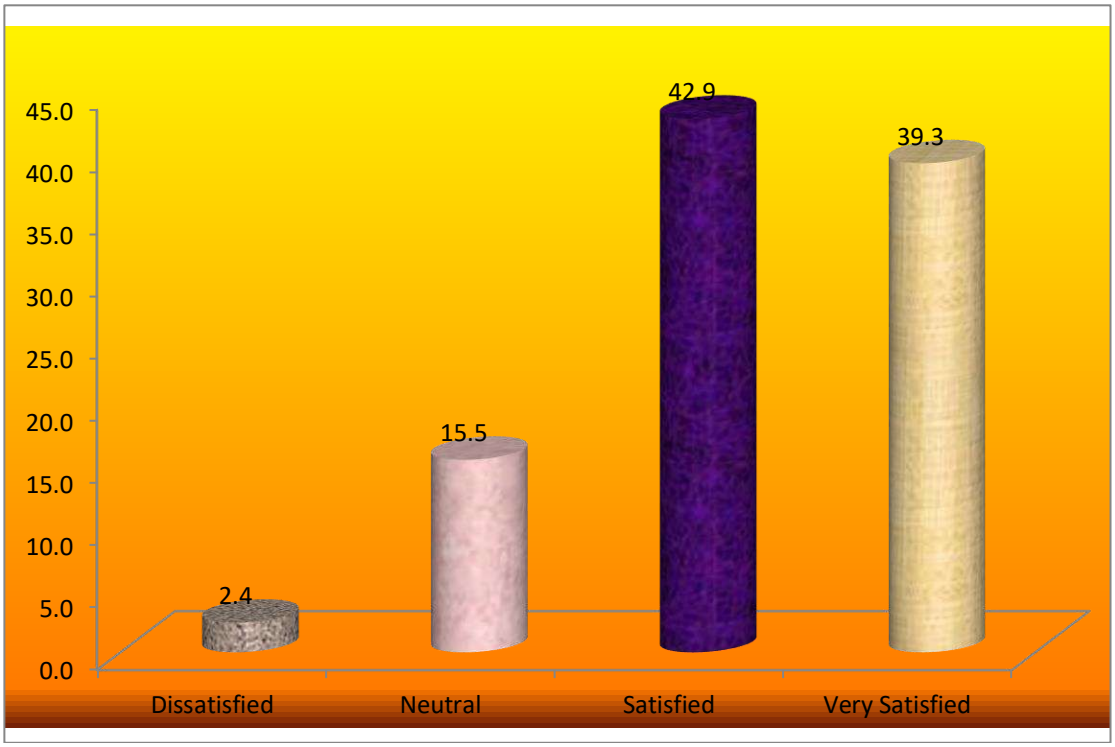
STUDENTS OPINION SURVEY

2022-2023

STUDENTS OPINION SURVEY

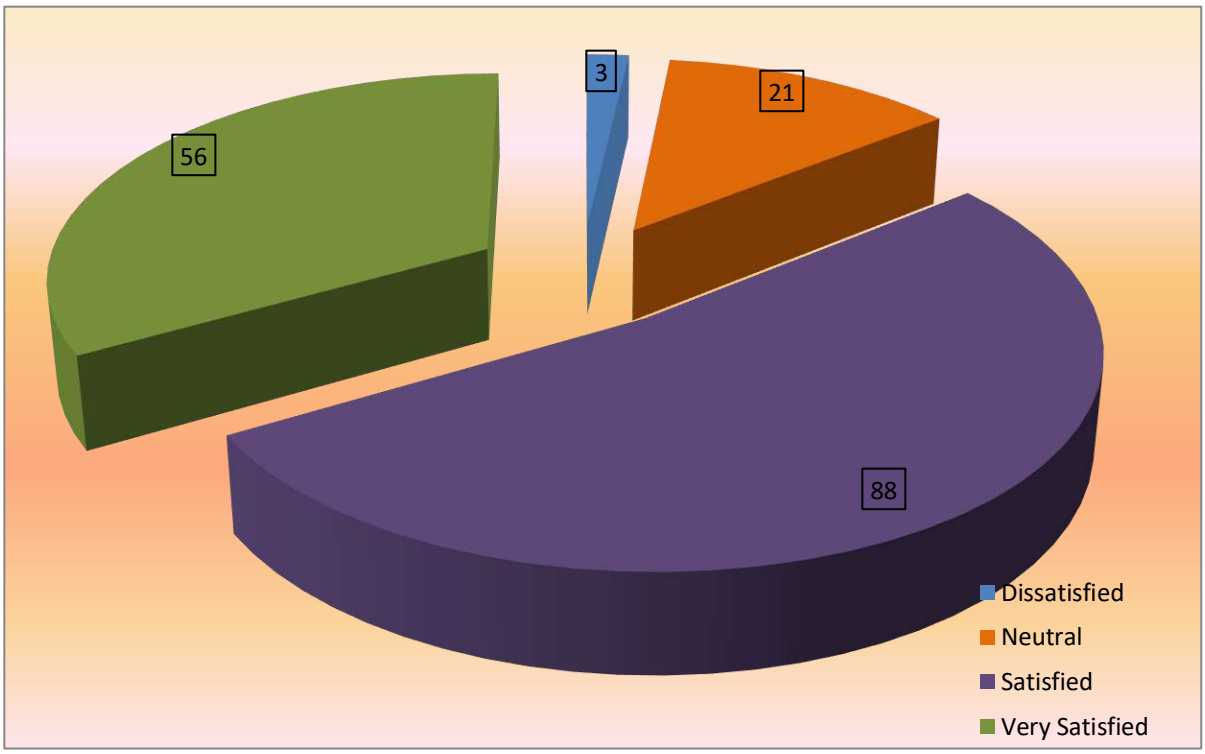
1 .OVERALL ACADEMIC EXPERIENCE AT THE UNIVERSITY

Opinion	Frequency	Percentage
Dissatisfied	4	2.4
Neutral	26	15.5
Satisfied	72	42.9
Very Satisfied	66	39.3
Total	168	100.0



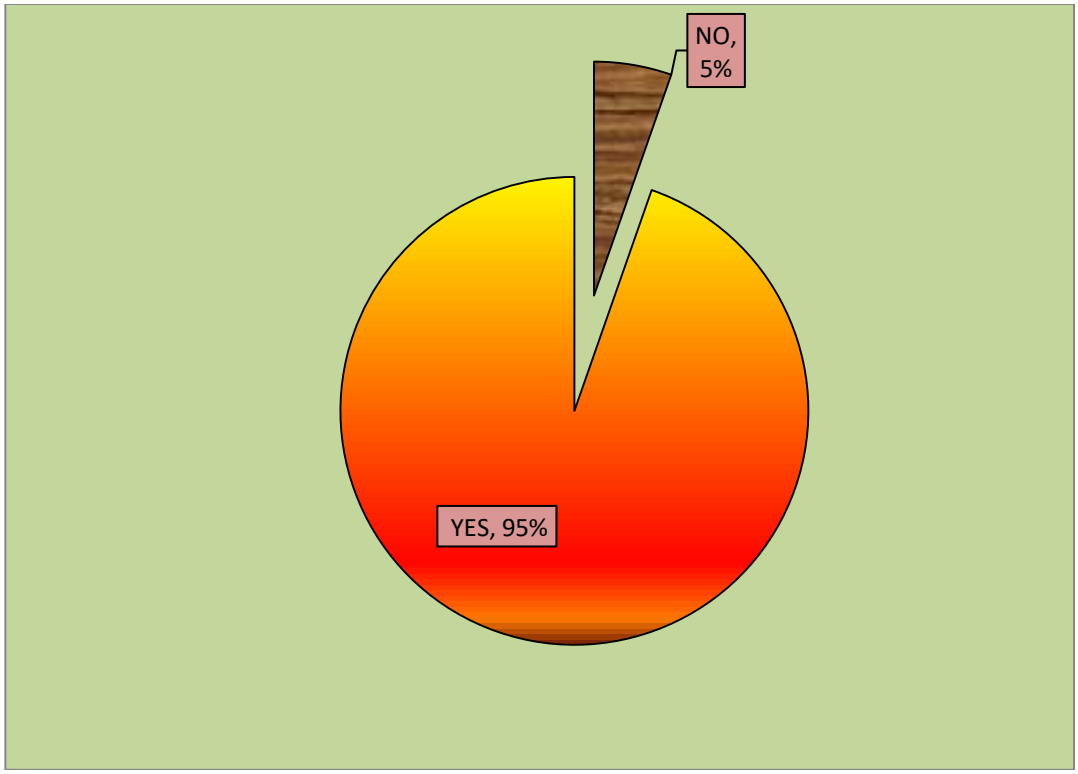
2. RATE THE QUALITY OF INSTRUCTION

Opinion	Frequency	Percentage
Dissatisfied	3	1.8
Neutral	21	12.5
Satisfied	88	52.4
Very Satisfied	56	33.3
Total	168	100.0



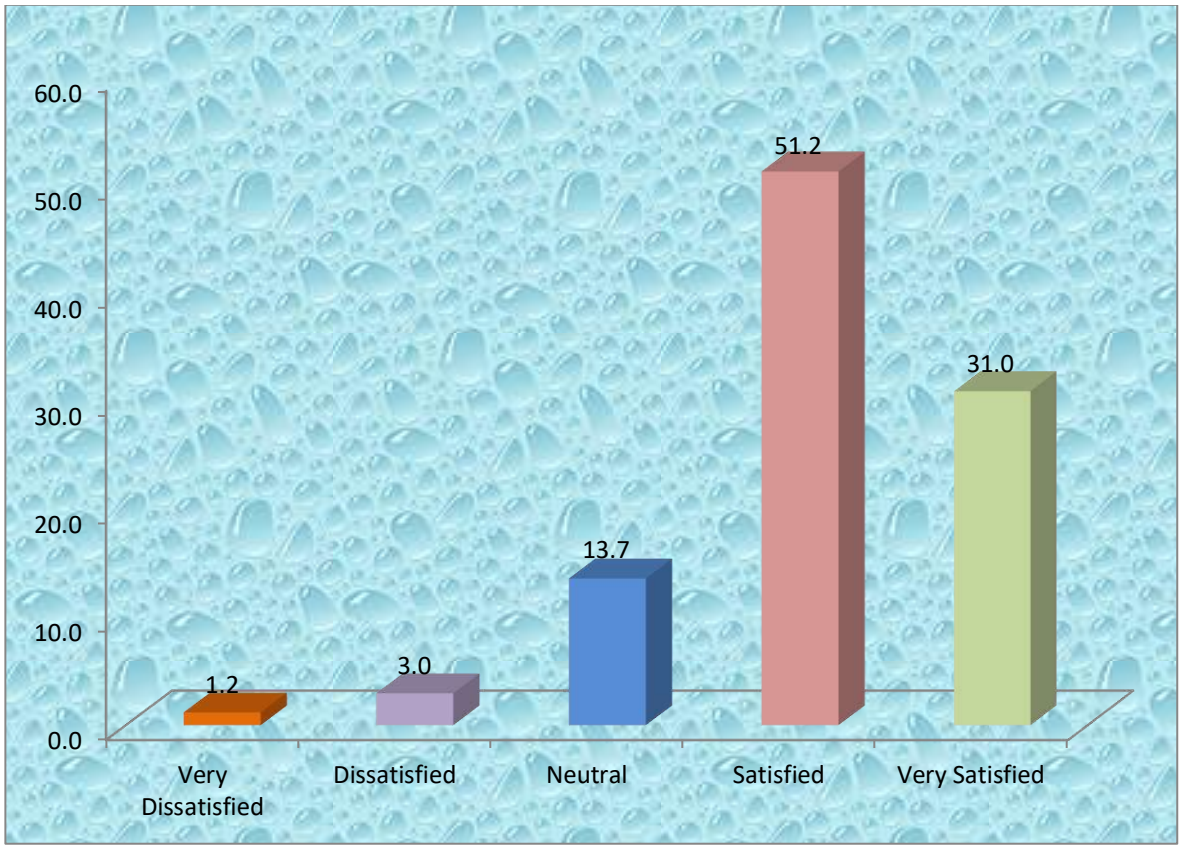
3. SATISFIED WITH VARIETY OF COURSES OFFERED IN YOUR PROGRAM OF STUDY

Opinion	Frequency	Percentage
Dissatisfied	3	1.8
Neutral	21	12.5
Satisfied	88	52.4
Very Satisfied	56	33.3
Total	168	100.0



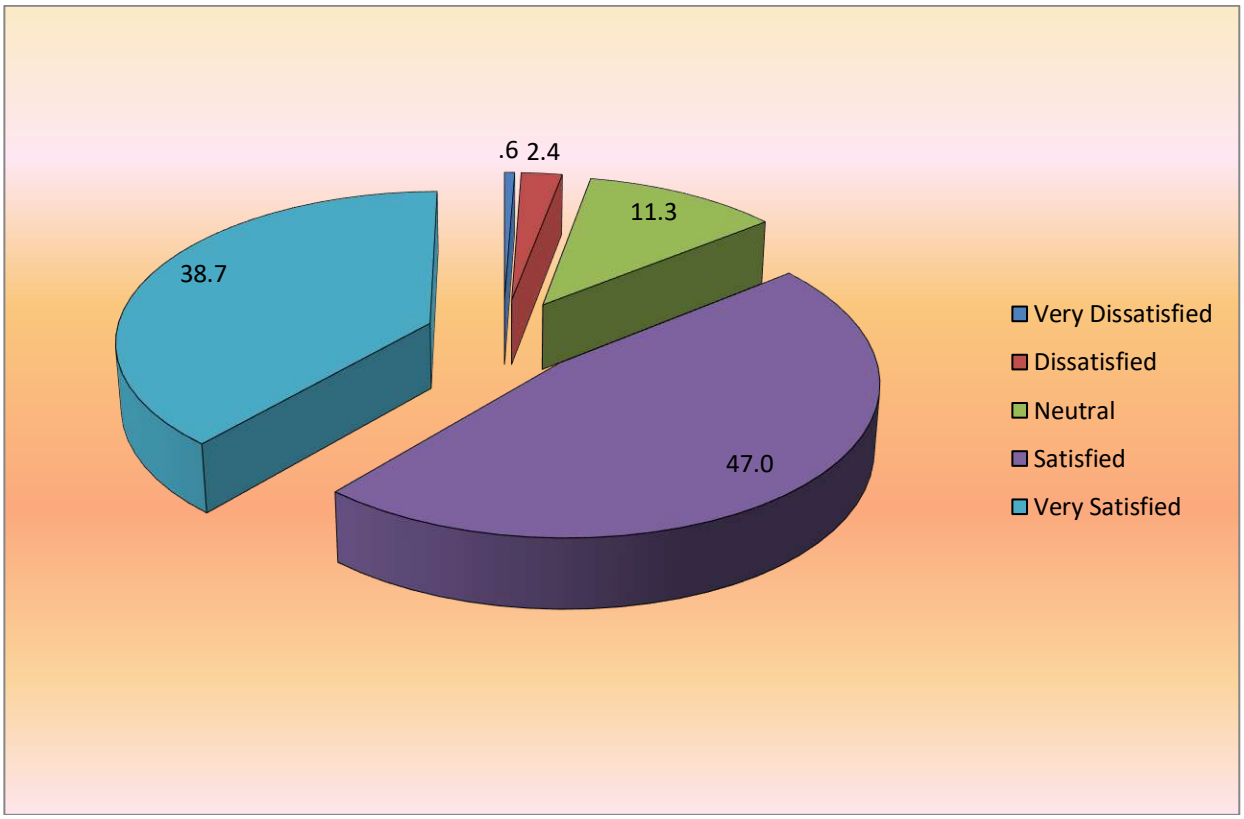
4. OPINION ABOUT THE CLASSROOM SIZE

Opinion	Frequency	Percentage
No	9	5.4
Yes	159	94.6
Total	168	100.0



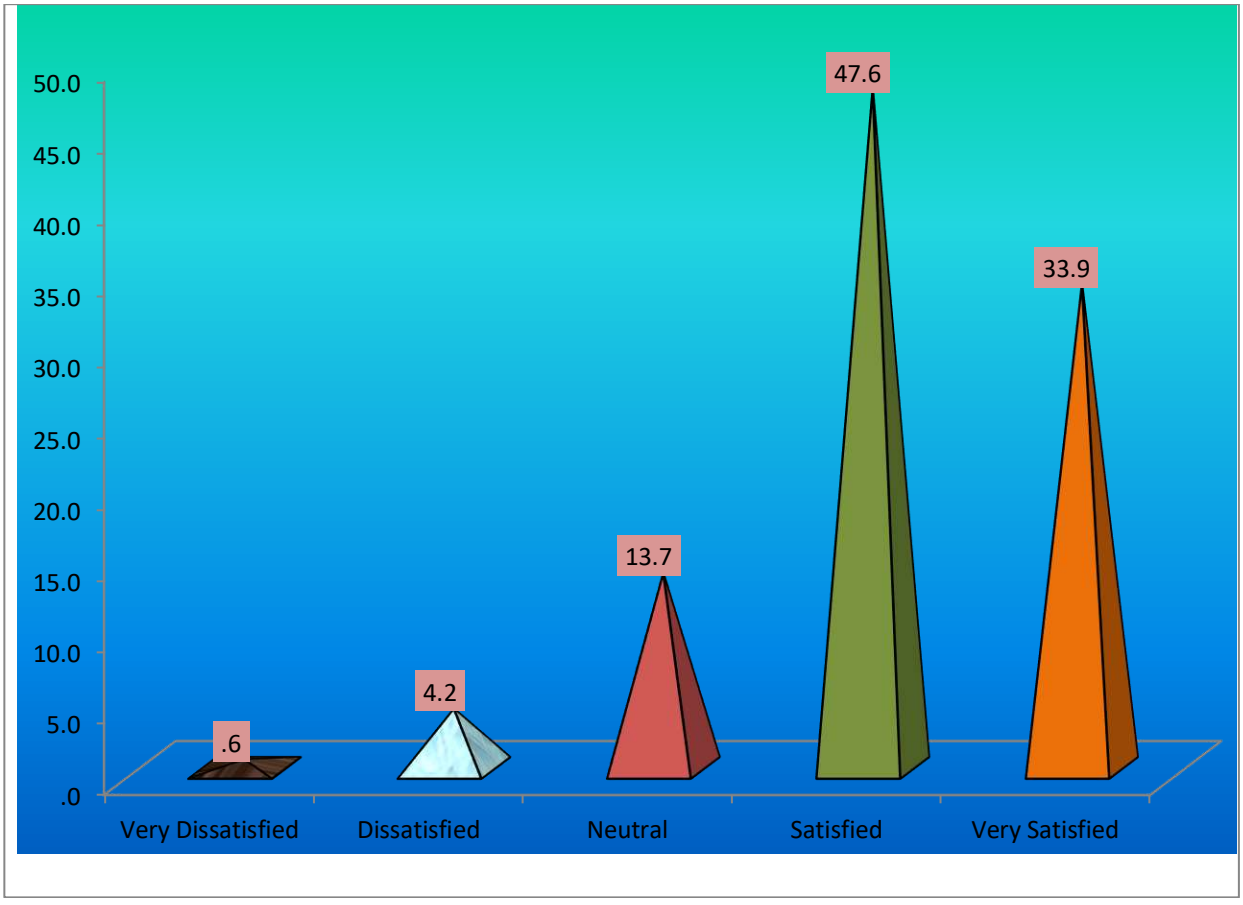
5. AVAILABILITY OF PROFESSORS IN THE DEPARTMENT

Opinion	Frequency	Percentage
Very Dissatisfied	2	1.2
Dissatisfied	5	3.0
Neutral	23	13.7
Satisfied	86	51.2
Very Satisfied	52	31.0
Total	168	100.0



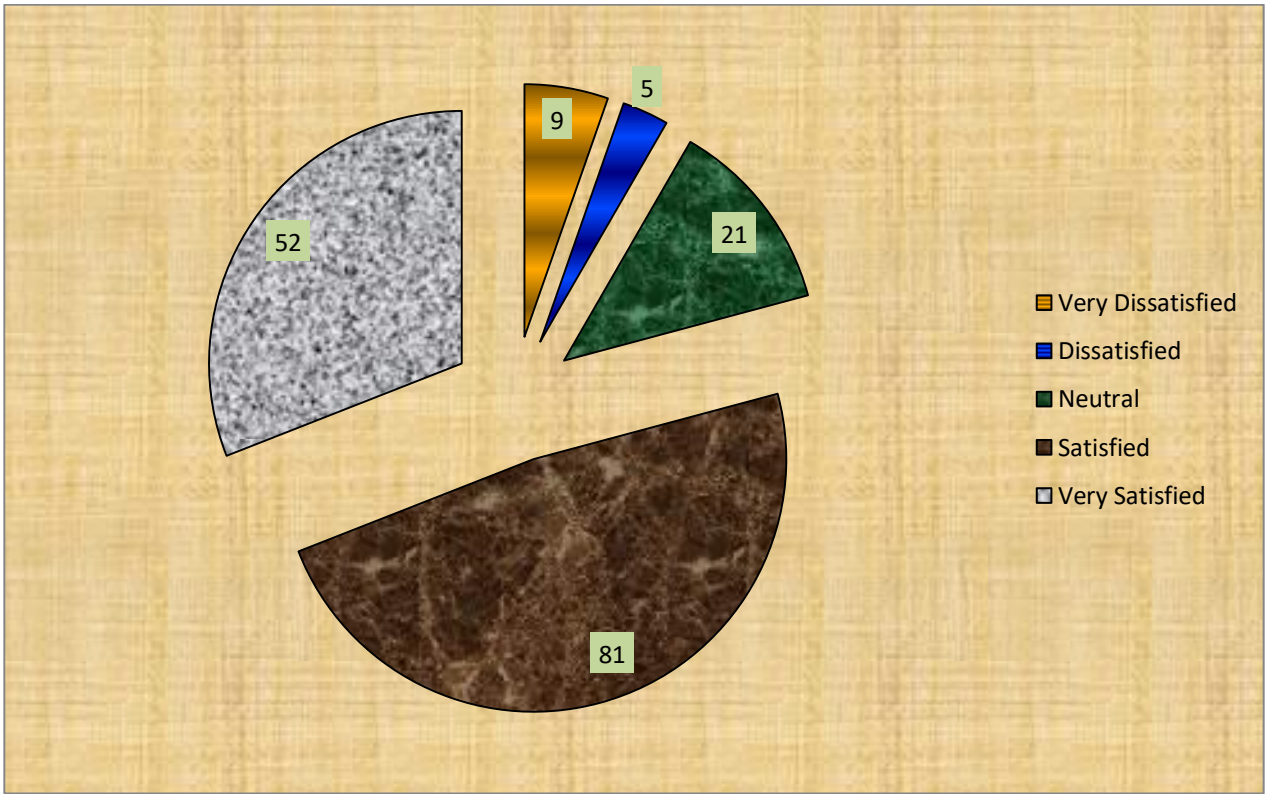
6. AVAILABITY OF THE ACADEMIC SUPPORT SERVICE

Opinion	Frequency	Percentage
Very Dissatisfied	1	.6
Dissatisfied	4	2.4
Neutral	19	11.3
Satisfied	79	47.0
Very Satisfied	65	38.7
Total	168	100.0



7. RATE THE CAMPUS FACILITIES

Opinion	Frequency	Percentage
Very Dissatisfied	9	5.4
Dissatisfied	5	3.0
Neutral	21	12.5
Satisfied	81	48.2
Very Satisfied	52	31.0
Total	168	100.0



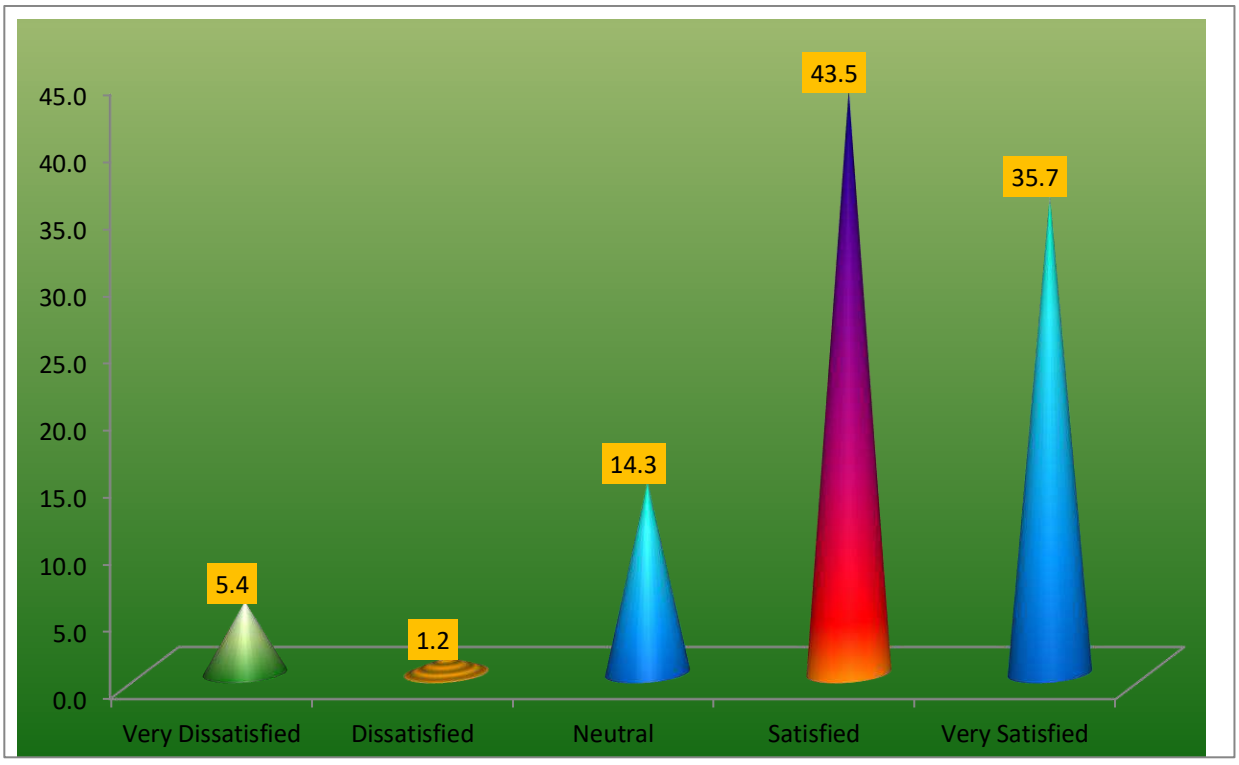
8. RATE THE SPORTS FACILITIES

Opinion	Frequency	Percentage
Very Dissatisfied	9	5.4
Dissatisfied	2	1.2
Neutral	24	14.3
Satisfied	73	43.5
Very Satisfied	60	35.7
Total	168	100.0



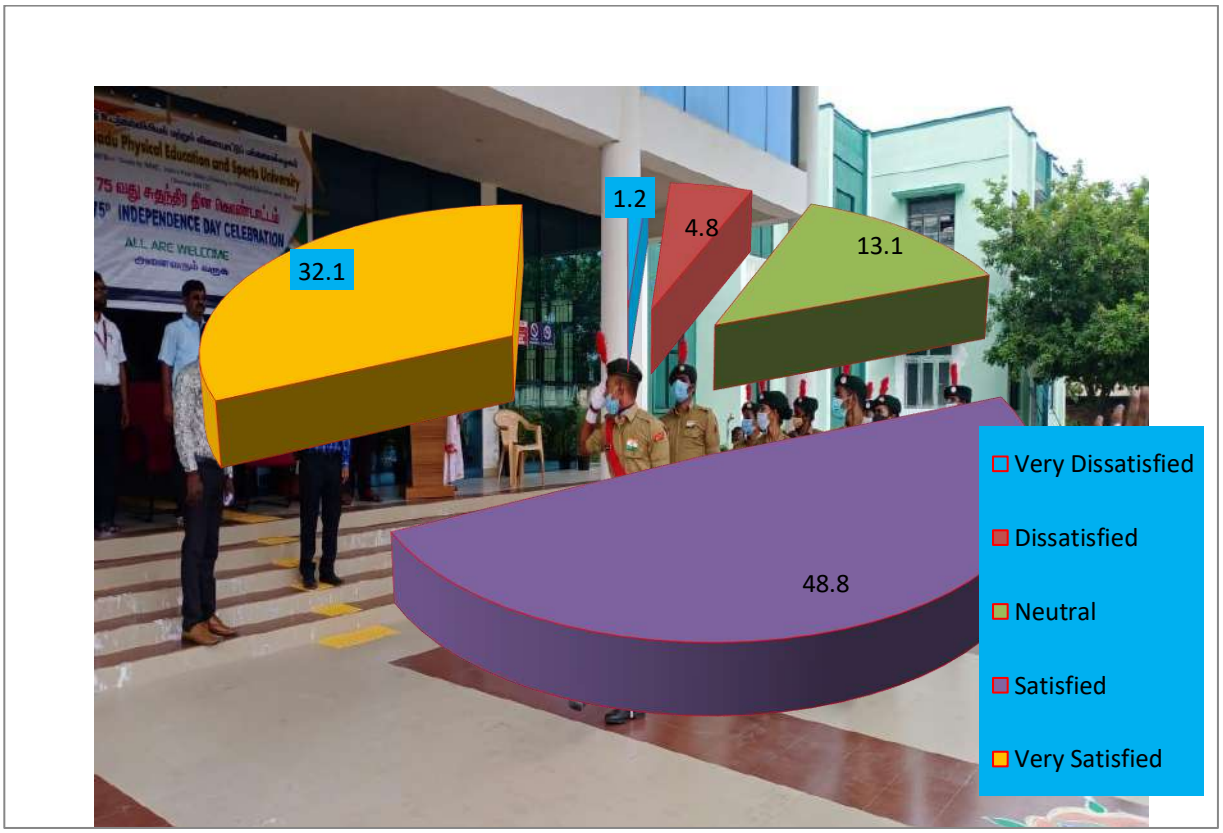
9. LIBRARY FACILITIES

Opinion	Frequency	Percentage
Dissatisfied	1	.6
Neutral	10	6.0
Satisfied	81	48.2
Very Satisfied	76	45.2
Total	168	100.0



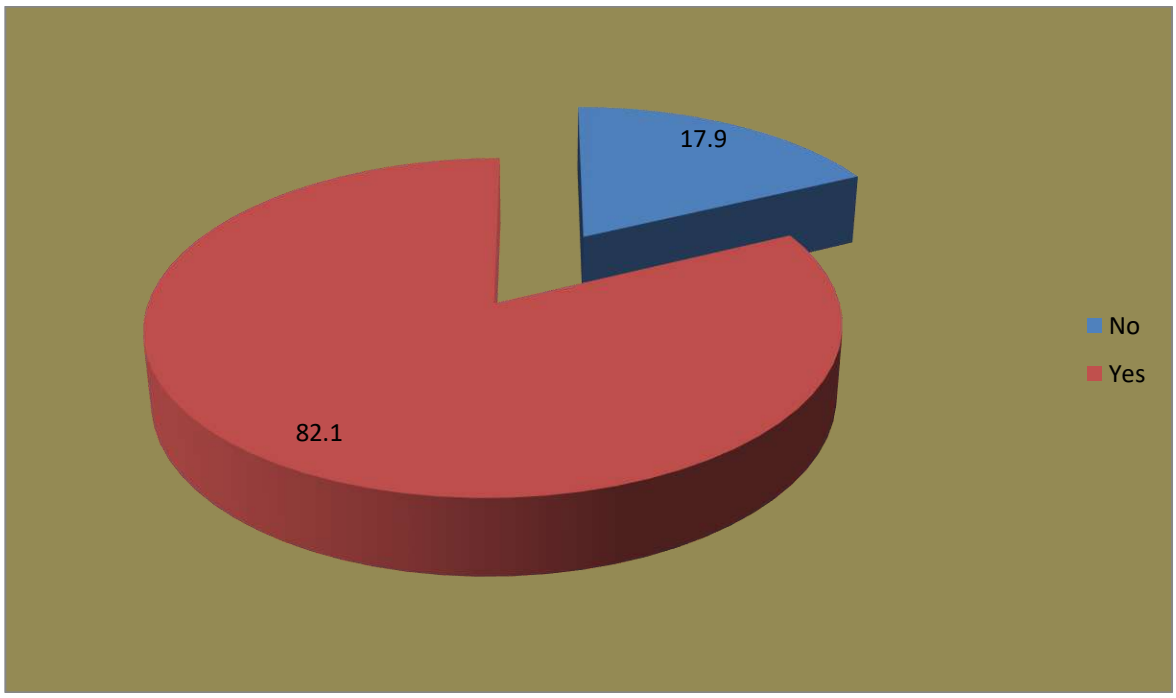
10. EXTRACURRICULAR ACTIVITIES AVAILBLES ON CAMPUS

Opinion	Frequency	Percentage
Very Dissatisfied	2	1.2
Dissatisfied	8	4.8
Neutral	22	13.1
Satisfied	82	48.8
Very Satisfied	54	32.1
Total	168	100.0



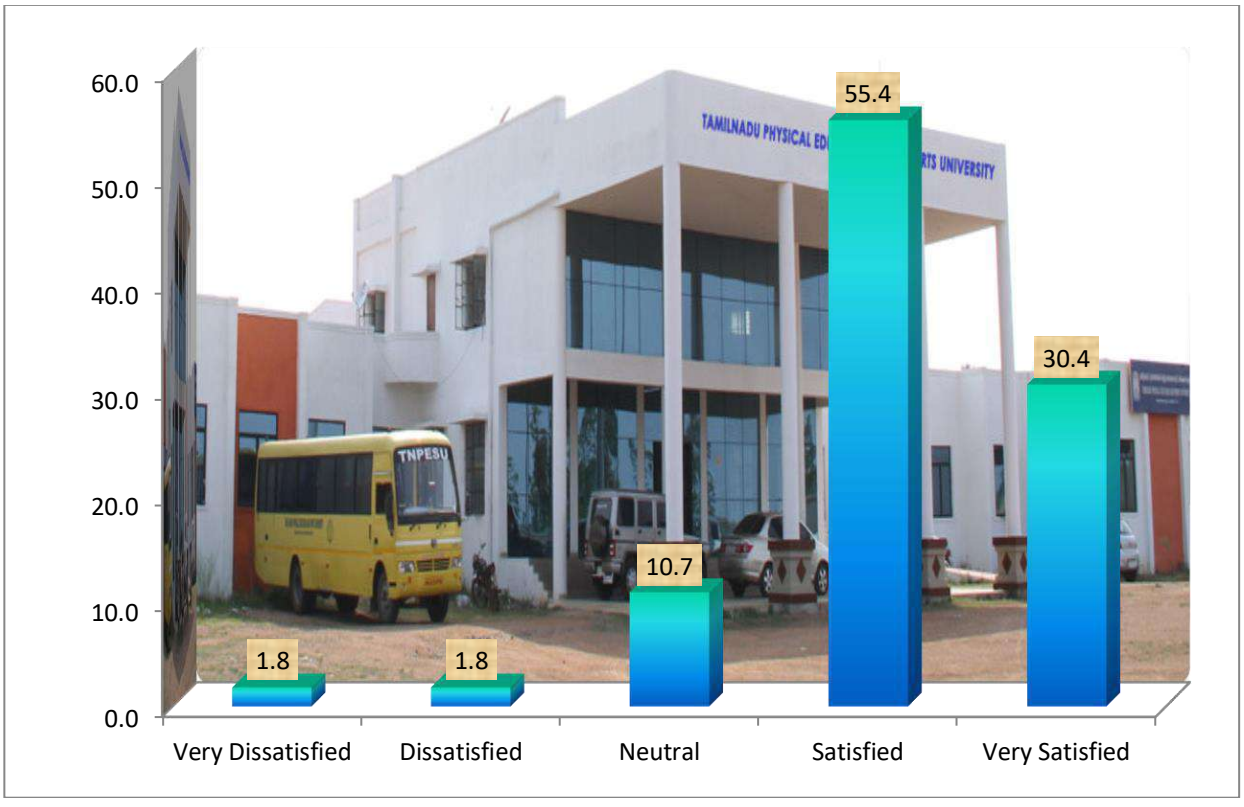
11. ACADEMIC ADVISING SERVICES OFFERED BY THIS UNIVERSITY

Opinion	Frequency	Percentage
No	30	17.9
Yes	138	82.1
Total	168	100.0



12. RATE THE UNIVERSITY BUS COMMINICATIONS

Opinion	Frequency	Percentage
Very Dissatisfied	3	1.8
Dissatisfied	3	1.8
Neutral	18	10.7
Satisfied	93	55.4
Very Satisfied	51	30.4
Total	168	100.0



13. SATISFICTION OF YOUR EXPERIENCE AS A STUDENT AT THE TNPESU

Opinion	Frequency	Percentage
Very Dissatisfied	3	1.8
Dissatisfied	4	2.4
Neutral	28	16.7
Satisfied	75	44.6
Very Satisfied	58	34.5
Total	168	100.0



Criterion 6 - Governance, Leadership and Management

Key Indicator – 6.5.3

6.5.3 - Incremental improvements made for the preceding during the year with regard to quality (in case of first cycle) Post accreditation quality initiatives (second and subsequent cycles)

ADMINISTRATIVE AND TECHNOLOGICAL REFORMS

Criterion 6 - Governance, Leadership and Management

Key Indicator – 6.5.3

ADMINISTRATIVE AND TECHNOLOGICAL REFORMS



Criterion 6 - Governance, Leadership and Management

Key Indicator – 6.5.3

Skin Fold Caliper



Digital Spirometer



Criterion 6 - Governance, Leadership and Management

Key Indicator – 6.5.3

Digital Hand Dynamometer



Anthropometric Rods



Criterion 6 - Governance, Leadership and Management

Key Indicator – 6.5.3

Rowing Machine



Swiss Ball



Criterion 6 - Governance, Leadership and Management

Key Indicator – 6.5.3

Kettle Bell



Digital Back Leg Dynamometer



Criterion 6 - Governance, Leadership and Management

Key Indicator – 6.5.3

Sit And Reach Box



Finger Dexterity Test



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

6.5.1 Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes by constantly reviewing the teaching learning process, structures & methodologies of operations and learning outcomes at periodic intervals

2.3 INTERDISCIPLINARY COLLABORATION

Criterion 6 - Governance, Leadership and Management
Key indicator – 6.5.1

2.3 INTERDISCIPLINARY COLLABORATION

S. No.	Organisation with which MoU is signed	Year of signing MoU
1	INTERNATIONAL FEDERATION FOR FITNESS HEALTH PHYSICAL EDUCATION AND AIRON GAMES	2018
2	TNPESU DEP OF EXERCISE PHYSIOLOGY AND NUTRITION AND SCUBA DIVING PONDICHERRY	2022
3	TNPESU DEP OF YOGA AND THE INTERNATIONAL APPLIED TAMIL TEAM, SAUDI ARABIA	2022
4	TNPESU DEP OF YOGA AND MANVATA AN INTERNATIONAL ORGANIZATION, UNITED KINGDOM	2022
5	TNPESU DEP OF YOGA AND TAMILNADU WOMEN YOGA ASSOCIATION	2018 & 2022
6	TNPESU DEP OF YOGA AND TAMILNADU YOUTH FIELD ARCHERY ASSOCIATION	2022
7	TNPESU DEP OF YOGA AND TAMILNADU YOGASANA SPORTS ASSOCIATION	2022
8	TNPESU DEP OF YOGA AND NARCHINTHANAIVATTAM CHARITABLE TRUST, CHENNAI	2022
9	ELITEUNIVERSAL SPORTS ALLIANCE INDIA PRIVATE LIMITED AND TNPESU	2023
10	TAGORE MEDICAL COLLEGE AND HOSPITAL AND TNPESU	2022
11	CHETTINAD ACADEMY OF RESEARCH AND EDUCATION KELAMBAKKAM AND TNPESU	2022
12	TNPESU AND KALVI GROUP OF INSTITUTIONS MADURAI	2022
13	BAHIR DAR UNIVERSITY AND TNPESU	2023
14	VEL TECH RANGARAJAN DR.SAGUNTHAL R&D INSTITUTE OF SCIENCE TECHNOLOGY AND TNPESU	2022
15	ROTARY CLUB OF CHRNNAI LAKE CITY DIST 3232 AND TNPESU	2023
16	VIT, CHENNAI	2020

भारतीय गैर न्यायिक

एक सौ रुपये Rs. 100

₹. 100 ONE HUNDRED RUPEES

भारत INDIA

INDIA NON JUDICIAL

தமிழ்நாடு तमिलनाडु TAMILNADU 09 AUG 2022 CX 374725

Tamil Nadu Physical Education and Sports University

M. KURSHITH BEGUM
STAMP VENDOR
58/3, Fanepet 2nd St.,
Nandanam, Chennai - 600 035.
L.No.12542/B1/1083
Lic. Dt. 07/05/2022

Temple Adventures

MEMORANDUM OF UNDERSTANDING (MOU)

Between

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

AND

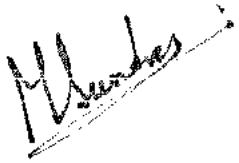
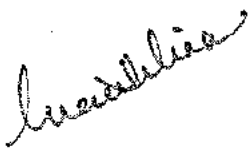
S.B.ARAVIND – TEMPLE ADVENTURES, ECW@

PROSCUBA DIVE ACADEMY, PONDICHERY

This MOU is Signed on 15.08.2022

Tamil Nadu Physical Education and Sports University, Department of and Exercise Physiology and Nutrition and Temple Adventures @Proscuba Dive Academy to develop an Academic exchange and cooperation programme in education and research, have agreed to the following:

1. Based on the principles of mutual benefit and respect for each other's independence, the two institutions will foster student training in PADI SCUBA Diving.
2. Conduct of Conference, Workshop, and seminars.
3. Visit to Scuba Academy by the Department MSc II year Students as the part of their curriculum to learn and understand about the Ocean environment, Scuba Diving apparatus, Filling up of the gas cylinders and compressed gas etc.,
4. Costs of Rs.24000 per student for PADI SCUBA DIVING COURSE will be charged of which Rs. 4000 per student will be kept by the university. Rs. 20,000 will be paid to Temple Adventures @Proscuba Dive Academy prior to the start of the course.
5. This contract comes into the effect on the date of signature for an initial period of three years and can be renewed for another three-year period after the previous contract has expired. Extension of contract is an active step six month before expiry of the previous contract and subject to prior existence of actual cooperation activities in the previous three year period of contract. If the contract is not actively renewed, it expires automatically. It may be amended by agreement of the parties. In case of termination arises one-year written notice must be issued.
6. This agreement may be modified at any time after due consultation between the two institutions.

Tamil Nadu Physical Education and Sports University	Signature	Temple Adventures, ECW @ Proscuba Dive	Signature
Dr. M. SUNDAR, Vice- Chancellor, TNPESU.		**Mr. S,B. ARAVIND,** Director, ECW, Temple Adventures Proscuba Dive Academy PADI, Master Instructor Pondicherry – 605001	
Dr. M. GRACE HELINA, Professor, Exercise Physiology and Nutrition.			
Dr. P.K. SENTHIL KUMAR, HOD i/c Exercise Physiology and Nutrition.			



Dr.M.SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127.

For EAST COAST WATERSPORTS PVT LTD



Directors

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION
&
S.B. ARAVIND TEMPLES ADVENTURE, ECW @ PROSCUBA DIVA ACADEMY, PONDICHERRY

This MOU is signed between the **Vice Chancellor of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the **Director, S.B. Aravind Temples Adventure, ECW @ Proscuba Diva Academy Pondicherry, India.** This MOU is valid for the period of Three years only from the date of signing.

Party 1 is represented by **Vice Chancellor** Tamil Nadu Physical Education and Sports University.
Party 2 is represented **Director** S.B. Aravind Temple Adventure, Ecw @ Proscuba Diva Academy Pondicherry, India

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1 Shall provide support and collaboration to **Party 2** pertaining and relating to the following matters:

1. Based on the principles of mutual benefit and respect for each other's independence, the two institutions will foster student training in PADI SCUBA Diving.
2. Conduct of Conference, Workshop, and seminars.

Party 2 Shall provide support and collaboration to **Party 1** pertaining and relating to the following matters:

1. Visit to Scuba Academy by the Department MSc II year Students as the part of their curriculum to learn and understand about the Ocean environment, Scuba Diving apparatus, Filling up of the gas cylinders and compressed gas etc.,
2. Costs of Rs.24000 per student for PADI SCUBA DIVING COURSE will be charged of which Rs. 4000 per student will be kept by the university. Rs. 20,000 will be paid to Temple Adventures @Proscuba Dive Academy prior to the start of the course.

Party 1 and Party 2 This contract comes into the effect on the date of signature for an initial period of three years and can be renewed for another three-year period after the previous contract has expired. Extension of contract is an active step six month before expiry of the previous contract and subject to prior existence of actual cooperation activities in the previous three-year period of contract. If the contract is not actively renewed, it expires automatically. It may be amended by agreement of the parties. In case of termination arises one-year written notice must be issued.

	Dr. M. SUNDAR, VICE CHANCELLOR	**Mr. S. B. ARAVIND, DIRECTOR**
Place: Chennai	Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University,	S.B. Aravind Temples Adventure, Ecw @ Proscuba Diva Academy,
Date: 15-08-2023	Melakottaiyur Post, **Chennai, Tamil Nadu, India**	**Pondicherry, India**

TAMIL NADU PHYSICAL EDUCATION

AND SPORTS UNIVERSITY

Chennai -127

Accredited with "B" by NAAC

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION



REPORT ON

ONE DAY W ORKSHOP ON SCUBA DIVING

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON

ONE DAY WORKSHOP ON SCUBA DIVING

INDRODUCTION:

The aim of this scuba diving workshop is to Inspire the Students about the Deep-Sea Recreational Diving, Underwater Rescue, maintaining a clean and pristine Ocean for future generations as oceans are the biggest regulator of weather The ocean absorbs about one-quarter of the CO2 that humans create when we burn fossil.

OBJECTIVES

- To know the importance of Horizontal to reduce Drag, leg position , principles of breadth, leg position , head down and up.
- To understand the apparatus, decompression sickness, score table.

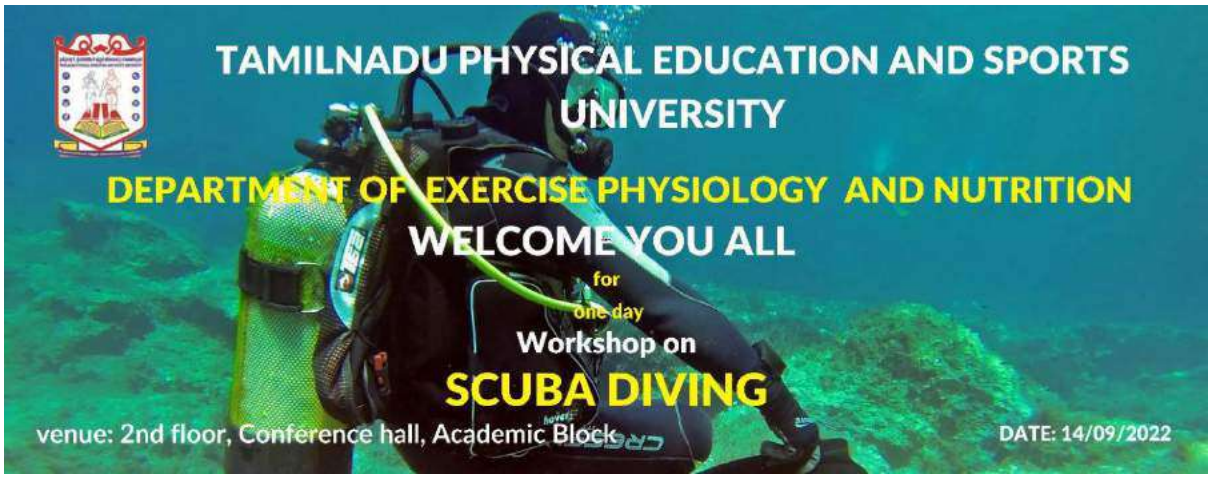
OUT COME

- Able to Dive within the limits of the Dive Computer.
- Should not touch anything in underwater
- Able to withstand the hydrostatic pressure.

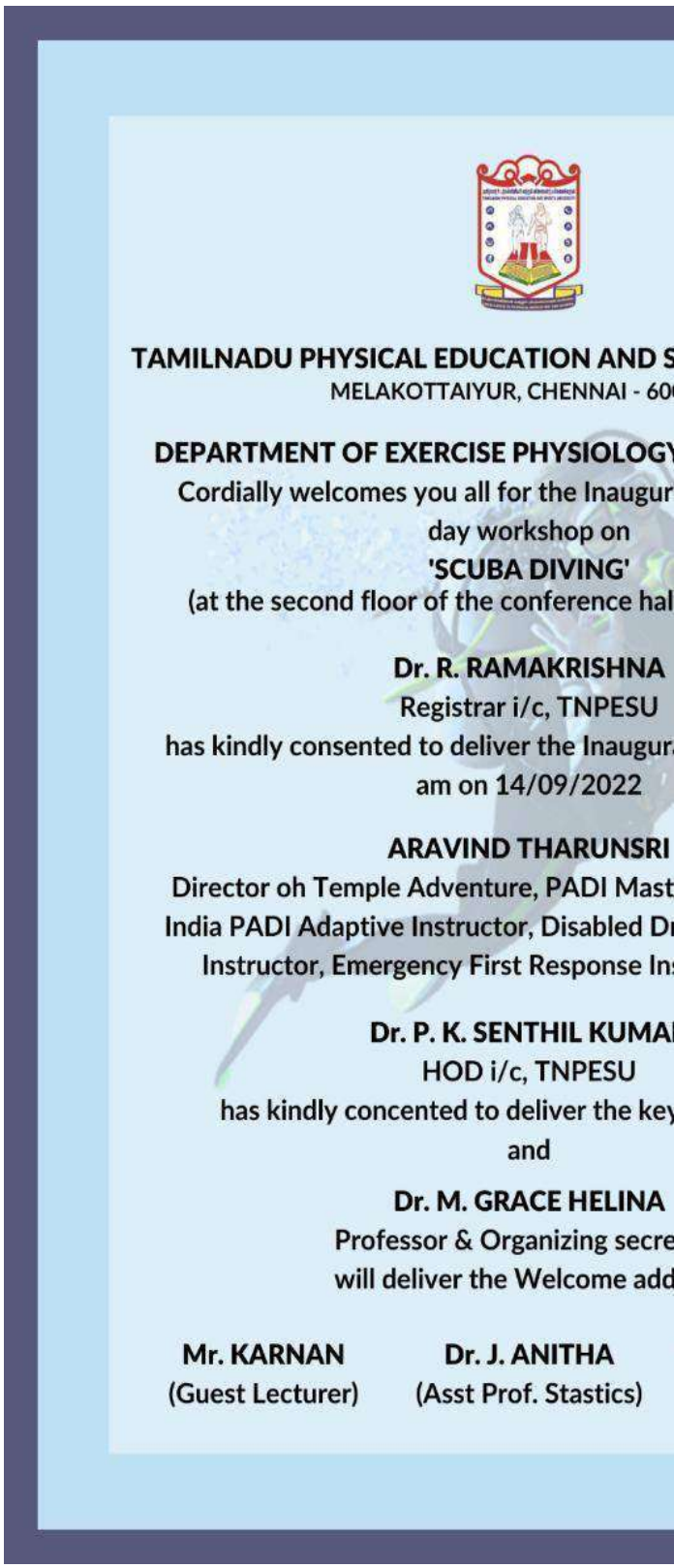
BENEFICIARIES:

1. **Staff of this University.**
2. **Students of various Departments.**

Total Number of Participants : 200



INVITATION:



TAMILNADU PHYSICAL EDUCATION AND S
MELAKOTTAIYUR, CHENNAI - 60

DEPARTMENT OF EXERCISE PHYSIOLOGY
Cordially welcomes you all for the Inaugur
day workshop on
'SCUBA DIVING'
(at the second floor of the conference hal

Dr. R. RAMAKRISHNA
Registrar i/c, TNPESU
has kindly consented to deliver the Inaugur
am on 14/09/2022

ARAVIND THARUNSRI
Director oh Temple Adventure, PADI Mast
India PADI Adaptive Instructor, Disabled Dr
Instructor, Emergency First Response Ins

Dr. P. K. SENTHIL KUMA
HOD i/c, TNPESU
has kindly concented to deliver the key
and

Dr. M. GRACE HELINA
Professor & Organizing secre
will deliver the Welcome add

Mr. KARNAN
(Guest Lecturer)

Dr. J. ANITHA
(Asst Prof. Stastics)

BROCHURE:



Accredited with 'B' Grade by NAAC

The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

ABOUT OUR 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 and applied, practical experiences are the core of the instructional methods for both undergraduate and Post graduate students.

MAIN OBJECTIVE OF THE SCUBA DIVING

workshop is to understand the knowledge of the apparatus, dive, breathing, underwater enironment and decompression sickness

RESOURCE PERSON

Mr. ARAVIND THARUNSRI

Director of Temple Adventure, PADI
Master Instructor, First India PADI
Adaptive Instructor

Chief Patron

Dr. M. SUNDAR
Vice- Chancellor,
TNPESU

Patron

Dr. R. RAMAKRISHNAN
Registrar i/c,
TNPESU

Organising Secretary

Dr. M. GRACE HELINA
Professor, EPN
TNPESU

Members

Dr. P. K. SENTHIL KUMAR
HOD i/c EPN., TNPESU
Dr. R. VENKATESAN
Associate Prof., EPN, TNPESU
Dr. J. ANITHA
Asst Prof., Statistician, TNPESU
Mr. KARNAN
Guest Lecturer, TNPESU

contact

Dr. M. GRACE HELINA
Professor, EPN
TNPESU
Contact no: 9841832928
Email: gracenagarajan86@gmail

Tamilnadu Physical Education and Sports University

Accredited with 'B' Grade by NAAC

ONE DAY WORKSHOP ON

"SCUBA DIVING"

14th September 2022



Organized by

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Mellakottaiyur, Chennai 600 127.

PROGRAMME REPORT

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

REPORT ON ONE DAY WORKSHOP ON WORLD HEART DAY

DATE: 29-09-2022 **VENUE: Administrative Building**

WELCOME YOU ALL

The Inaugural function of the work shop started at 10.30 am on 14-09-2022 with Thamil Tai Vazhthu. Dr. M. Grace Helina the Organizing Secretary of the workshop welcomed the Gathering. The Inaugural Address was delivered by Dr. R. Ramakrishnan the Registrar i/c followed by the Key Note Address which was delivered by Dr. P.K. Senthil Kumar HOD i/c of the Department.

Mr. Aravind Tharunsri Director Temple tower and the PADI Master instructor handled the sessions on SCUBA Diving He enlightened about the apparatus with demo and the pressure of water decompression sickness etc., followed by the interactions by the participants.

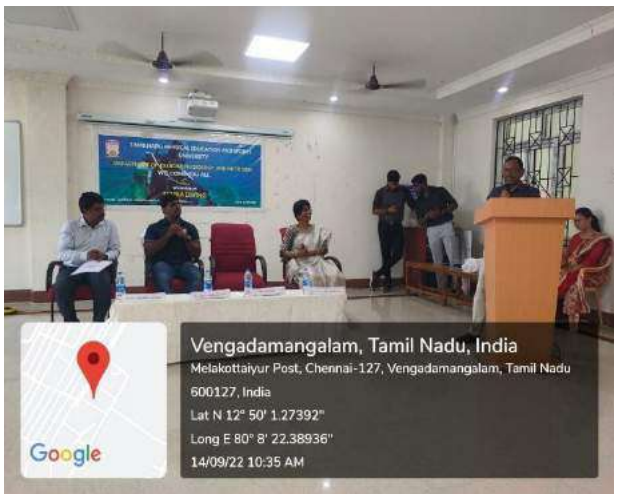
During the Valedictory function the welcome address was delivered by Dr. R. Venkatesan, Associate Professor .The response from the participants was recorded and the valedictory address was delivered by the Vice- Chancellor, TNPESU. The vote of thanks was proposed by Dr. J. Anitha, Asst. Professor and the programme was end with National Anthem.

GLIMPSES

INAUGURAL FUNCTION:













VALIDITARY FUNCTION



CERTIFICATE:



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai - 600 127.

CERTIFICATE OF PARTICIPATION

This is to Certify that

.....

has participated in one day workshop on **"SCUBA DIVING"** on 14/09/2022 at 2nd floor of the Conference Hall of Academic Block, Tamil Nadu physical Education and Sports University, Melakottaiyur, Chennai - 600 127.

Dr. M. GRACE HELINA	**Dr. P. K. SENTHIL KUMAR**	**Dr. R. RAMAKRISHNAN**
Professor, EPN & organizing secretary	HOD i/c, EPN	Registrar i/c, TNPESU

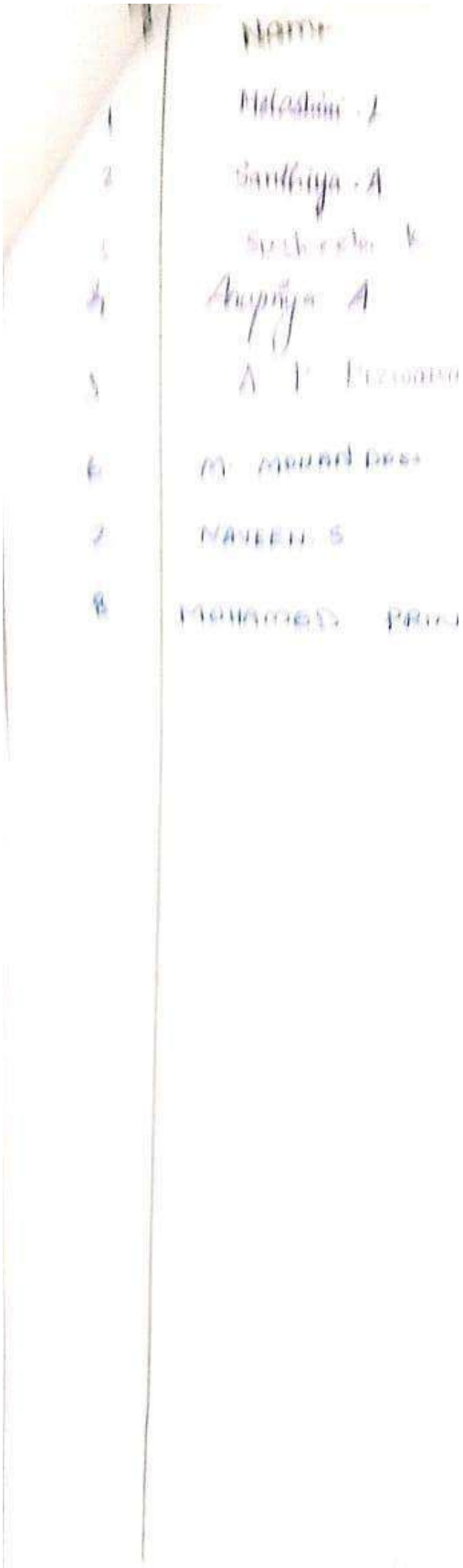
Tamil Nadu phy
Dept. of Exer
One day
Scri
Venue : 2nd floor
Date : 14/09/2022
REG

S.NO.	Name
1.	K. Praveen
2.	SOURAV MANN
3.	SIVARAMA KRISHN
4.	DHANRAJ. V. SAWA
5.	SHAURYA SHARMA
6.	NAVEEN SCARIA
7	VIPul Sathees
8.	Vijayakumar. m
9.	Daniel Roophas.
10.	S. AJAY
11.	P. U magesh Soora
12.	S. Rohit Sadagopar
13.	M. Sudhan

	Name
	S. PRIYADHARSHIN
2.	I. Arthi
3.	T. Nerkige Prof
4.	K. Kanagasri
5.	Deiphibari Lyngd
6.	R. Saran Srowphn
7.	Astha Choubey
8.	V. Indira
9.	YUVA SREE.S
10	Sreethu V.S

S.No	Name
1.	Jk. Murugesh
2.	E. Kaviyarasu
3.	L. Ruthiran
4.	V. Dhanajayan
5.	Gokula krishnan.
6)	Hariharan. P
7)	B Dravid dhasan
8)	Mogeshwaran
9)	K. Jai Ganesh
10	V. VISHVA
11)	P Sivaneshwaran
12)	K. L. AMAL
13)	J.N. Hemanth kumar

S.NO.	Name
1	Naveen narayanan
2	Vasanthakumar. V
3	PONKUMAR.G
4	Janarthanan. T
5	A. LIVINGSTAN
6	A. SAM DAVID
7	ANANTHARAJ.k
8	KARTHIGEYAN.P
9	GOKUL R.P
10	sathish kumar. M
11	Kirubakaran. V
12	Seyed Ahamed Baha


Name
1
2
4
5
6
7
8

No.	Name
1)	Karthick Raj
2)	VIJAY .M
3.	DHANUSH . R
4.	V.DINESH
5.	R. Prabu
6.	K. Vengatesan
7.	Jayasurya .M
8.	UIKRAM
9.	Sagnik K. N
10.	Sagnik Nan

Name	Staff
S. TAMILARASAN	BBA Csm
Rameshwaran. B	BBr
Nirthing.y.Latha	MSC. S
G. Praveen.	M.Sc.
Sunil kumar	M.Sc.
G. Rajineshwaran	M.SC. E
Pratik Sahoo	M.Sc. E
C. Yogha Sagar	M.Sc E

RESOURCE PERSON **PROFILE**

PROFILE OF S. B. ARAVIND THARUNSRI **,sbaravind10@gmail.com**
9003122231

TECHNICAL PROFESSIONAL QUALIFICATION

- PADI master Instructor – 2006
- PADI Adaptive techniques – 2018
- PADI Free Diver Instructor – 2016
- DDI Disabled Diver International -2016 • First Aid Instructor Trainer – 2016
- Scuba Pro Technician – 2012 • TDI Diver – 2011
- NIS Swimmers – 2008 • MSC Fitness – 2006
- PGDSC Tennis – 2004
- Volley Ball (Nationals, State and youth) SGFI - 1993 to 1997

RECENT PROJECT HISTORY .

- Founder of Temple Adventures and East coast water sports pvt Ltd – 2007
. TNPA – Direct DSPs & Customs dive training
- Coastal Security Group and inland Military Dive Training
- Forest department dive Training
- SIGMA marine Police dive Training • Fisheries department dive training • Fire service dive training
- Wildlife institute of India dive training / Dugong Project
- CMFRI – Reef building Projects / conservation projects and island survey of corals
- Airforce dive training, suryalanka-2016

INVOLVEMENTS

- CG Dornier-791 Aircraft search – 2015
- Marine vessel search and recovery operation-2015
- Salvaged more than 50+ Boats and Engines
- Participated in panel discussion 2nd National Conference on “coastal security imperatives
in India – challenges and responses -2017

SOCIAL AVTIVITIES

- Flood Rescue – 2015
- Underwater Cleanup’s
- Public awareness program’s about Plastic pollution, Shore and underwater cleanup’s, Conservation, Artificial reef and Kid’s program

EXTRA-CURRICULAR AVTIVITIES

- Certify sky diver 2019
- Certify paraglider from 2008
- Fitness instructor
- India Sri Lanka swimming 2018

COMMITTEE FOR PREPARING BROCHURE, INVITATION , BANNER AND
CERTIFICATE- Staff Incharge Dr. M. Grace Helina, Professor.

1. Ms. Thakshaya M.Sc II Year

2. Mr. Mohammed Saifudeen M.Sc II Year

3. Ms. Sakthi Vishalakshi M.Sc II Year

4. Mr. Muthu Kumar

COMMITTEE FOR REFRESHMENT– Staff Incharge Dr. J. Anitha, Asst. Professor.

1. Akash M.Sc II Year

2. Ms. Dhanalakshmi B. Sc III Year

3. Ms. Ishwarya B.Sc. III Year

COMMITTEE FOR CERTIFICATE WRITING AND DISTRIBUTION - Staff in charge
Dr. M. Grace Helina, Professor.

1. Ms. Pavithra M.Sc II Year

2. Mrs. Ramya M.Sc II Year

3. Ms. Logapriya M.Sc II Year

PHOTOGATHY

1. Mr. Satheesh, M.Sc II Year.

2. Mr. Muthu, M.Sc II Year

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

&

THE INTERNATIONAL APPLIED TAMIL TEAM, SAUDI ARABIA

Dr. M. SUNDAR, VICE CHANCELLOR	Dr. SEMMAL SYED MEERASA
Tamil Nadu Physical Education and Sports University, **Chennai, Tamil Nadu, India**	Chief Scientific Advisor, The International Applied Tamil Team, **Saudi Arabia**

This MOU is signed between the **Vice Chancellor of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the **Chief Scientific Advisor, The International Applied Tamil Team, Saudi Arabia.** This MOU is valid for the period offive years only from the date of signing.

Party 1 is represented by **Vice Chancellor** Tamil Nadu Physical Education and Sports University.
Party 2 is represented **Chief Scientific Advisor** The International Applied Tamil Team, **Saudi Arabia.**

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the International Students Oration Competition.
2. Thirumoolar Thirumandiram and other Siddhar Literature Research can be conducted via the Tamil Nano Workshop.
3. Virtual Scientific Tamil Games (Quiz Events) can be conducted.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Tamil Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct தமிழ் நுண் பயிலரங்கம் in our university campus and surrounding the villages.

Party 1 and Party 2 agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

M Sundar 4/8/22

Semmal 4/8/22.

	Dr. M. SUNDAR, VICE CHANCELLOR	Dr. SEMMAL SYED MEERASA
Place: Chennai	Department of Yoga, Tamil Nadu Physical Education and Sports University,	Chief Scientific Advisor
Date: 04-07-2022	Melakottaiyur Post, **Chennai, Tamil Nadu, India**	The International Applied Tamil Team, **Saudi Arabia**

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
AND
MANAVATA AN INTERNATIONAL ORGANIZATION, UNITED KINGDOM

Dr. M. SUNDAR, VICE CHANCELLOR	SRINIVASA CHOWDARY ALLURI
Tamil Nadu Physical Education and Sports University, **Chennai, TamilNadu, India**	Founder and President of Manavata an international Organization & Founder of Global IT company called Sandhata Technologies Ltd, **London.**

This MOU is signed between the **Vice Chancellor of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the **Srinivasa Chowdary Alluri, Founder President of Manavata an international Organization & Founder of Global IT company called Sandhata Technologies Ltd, London.** This MOU isvalid for the period offive years only from the date of signing.

Party 1 is represented by Vice Chancellor Tamil Nadu Physical Education and Sports University.
Party 2 is represented Srinivasa Chowdary Alluri, Founder President of Manavata an International Organization & Founder of Global IT company called Sandhata Technologies Ltd, London

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the Vishwa Manavata Samastha.
2. Joint Educational and Research Activities.
3. Exchange of Lectures and discussions.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct yoga camps and free yoga classes in our university campus and surrounding the villages.
- Party 1 and Party 2 agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

13/10/22

13/10/22

	Dr. M. SUNDAR, VICE CHANCELLOR	SRINIVASA CHOWDARY ALLURI, Founder and President
Chennai 13.10.2022	Department of Yoga, Tamil Nadu Physical Education and Sports University,Chennai, Tamilnadu, India	Manavata an international Organization, Charity Number: 1120315 (Manavata UK), 3417 / 01 (India: Vishwa Manavata Samastha). 000918874 (USA: Manavata Inc)& Founder of Global IT company called Sandhata Technologies Ltd, London.

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
&
TAMILNADU WOMEN YOGA ASSOCIATION ®

Dr. M. SUNDAR, VICE CHANCELLOR	Mr. K. RATNA SABAPATHY, GENERAL SECRETARY
Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India	General Secretary, Tamil Nadu Women Yoga Association, Chennai, Tamil Nadu, India

This MOU is signed between the Dr. M. Sundar, Vice Chancellor of **Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the Mr. K. Ratna Sabapathy, **General Secretary, Tamil Nadu Women Yoga Association, Chennai, Tamil Nadu, India.** This MOU is valid for the period of five years only from the date of signing.

Party 1 is represented by Vice Chancellor Tamil Nadu Physical Education and Sports University.

Party 2 is represented Mr. K. Ratna Sabapathy, General Secretary, Tamil Nadu Women Yoga Association, Chennai, Tamil Nadu, India

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the Tamil Nadu Women Yoga Association.
2. diet plan to people and women, girls, girl child, geriatric women in specific shall be provided by TNPESU and TWYA experts. Rs. 500/- shall be collected per head and it shall be paid in TNPESU account and in which 50% each shall be shared by the University and expert.
3. Conduct of certificate and value-added courses in yoga and health, Yoga, and fitness both in online and off line. 30 hrs classes and both the parties have agreed to share 50 % each out of total fee collected.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct yoga camps and free yoga classes and archery camp in our university campus and surrounding the villages.
- Party 1 and Party 2 agree to terminate the above-mentioned Collaboration with 3 months' notice even without assigning any reason and without harming the interest of the students.

MSundar 19-11-2022

	Dr. M. SUNDAR, VICE CHANCELLOR	Mr. K. RATNA SABAPATHY, GENERAL SECRETARY
Chennai 13.11.2022	Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India	Tamil Nadu Women Yoga Association, Chennai, Tamil Nadu, India

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

&

TAMILNADU YOUTH FIELD ARCHERY ASSOCIATION ®

Dr. M. SUNDAR, VICE CHANCELLOR	Mr. K. RATNA SABAPATHY, GENERAL SECRETARY
Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India	Tamil Nadu Youth Field Archery Association, Chennai, Tamil Nadu, India

This MOU is signed between the Dr. M. Sundar, Vice Chancellor of **Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the Mr. K.Ratna Sabapathy, General Secretary, **Tamil Nadu Youth Field Archery Association, Chennai, Tamil Nadu, India.** This MOU is valid for the period of five years only from the date of signing.

Party 1 is represented by Vice Chancellor Tamil Nadu Physical Education and Sports University.

Party 2 is represented Mr. K. Ratna Sabapathy General Secretary, Tamil Nadu Youth Field Archery Association, Chennai, Tamilnadu,India

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the Tamil Nadu Youth Field Archery Association.
2. Joint Educational, archery activities and Research Activities.
3. Exchange of Lectures and discussions.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- Conduct of certificate and value-added courses in Instructor Certification & training courses, Field Archery Officials and Judging Courses.
- Archery both in online and off line. 30 hrs classes and both the parties have agreed to share 50 % each out of total fee collected.
- The experts Shall be exchanged. Consultancy in the form of prescription of Archery / plan to people and Men & Women, girl child, geriatric men & women in Specific shall be provided by TNPESU and TYFAA experts. Rs. 500/- shall be collected per head and it shall be paid in TNPESU account and in which 50% each shall be shared by the University and expert.
- To conduct Field Archery camps and Field Archery classes and archery camp in our university campus and surrounding the villages.
- Party 1 and Party 2 agree to terminate the above-mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

M Sundar 18-11-2022

	Dr. M. SUNDAR, VICE CHANCELLOR	Mr. K. RATNA SABAPATHY, GENERAL SECRETARY
Chennai 13.11.2022	Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India.	Tamil Nadu Youth Field Archery Association, Chennai, Tamil Nadu, India.

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

&

TAMILNADU YOGASANA SPORTS ASSOCIATION®

Dr. M. SUNDAR, VICE CHANCELLOR	Mr. K. RATNA SABAPATHY, GENERAL SECRETARY
Tamil Nadu Physical Education and Sports University, Chennai. Tamil Nadu, India.	General Secretary, Tamil Nadu Yogasana Sports Association, Chennai. Tamil Nadu, India

This MOU is signed between the Dr. M. Sundar, Vice Chancellor of **Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the Mr. K. Ratna Sabapathy, General Secretary, **Tamil Nadu Yogasana Sports Association, Chennai, Tamil Nadu, India**. This MOU is valid for the period of five years only from the date of signing.

Party 1 is represented by Vice Chancellor Tamil Nadu Physical Education and Sports University.

Party 2 is represented Mr. K. Ratna Sabapathy, General Secretary, Tamil Nadu Yogasana Sports Association, Chennai, Tamil Nadu, India

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the Tamil Nadu Yogasana Sports Association.
2. Joint Educational, and Research Activities.
3. Exchange of Lectures and discussions & Train University students for All India Inter university and International & National Tournament.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct yoga camps and free yoga classes and yoga competition in our university campus and surrounding the villages.
- Party 1 and Party 2 agree to terminate the above-mentioned Collaboration with 3 months' notice even without assigning any reason and without harming the Interest of the students.

17-11-2022

	Dr. M. SUNDAR, VICE CHANCELLOR	Mr. K. RATNA SABAPATHY, GENERAL SECRETARY
Chennai 13.11.2022	Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India	Tamil Nadu Yogasana Sports Association, Chennai, Tamil Nadu, India.

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,CHENNAI

AND

NARCHINTHANAIVATTAM CHARITABLE TRUST,CHENNAI

Dr. M. SUNDAR, VICE CHANCELLOR	**Mrs. HEMA KANNAN**
Tamil Nadu Physical Education and Sports University, **Chennai, TamilNadu, India**	Trustee,Narchinthanaivattam Charitable trust, Chennai,Tamilnadu, India

This MOU is signed between the **Vice Chancellor** of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, **Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the, **Mrs. HEMA KANNAN** Trustee,Narchinthanaivattam Charitable trust, valasaravakkam, Chennai,Tamilnadu, India.

This MOU is valid for the period of five years only from the date of signing.

Party 1 is represented by Vice Chancellor, Tamil Nadu Physical Education and Sports University Chennai,Tamilnadu, .

Party 2 is represented by Trustee,Narchinthanaivattam Charitable trust, Chennai,Tamilnadu,

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matter mentioned below:

Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in Narchinthanaivattam conducting Yoga and Health Related Activities
2. Joint Educational, and Research Activities.
3. Exchange of Lectures and discussions & Train University students for their achivements.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Guest Lectures, Workshops, Conferences for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct yoga camps. free yoga offline and online classes and Yoga-Competitions, Conferences, Workshops and Events in our university, surrounding the villages and other areas for the welfare of public/Yoga Practitioners/Yoga Teachers/Yoga Faculties.
- **Party 1 and Party 2** agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

	Dr. M. SUNDAR, VICE CHANCELLOR	**Mrs. HEMA KANNAN**
Chennai 08.12.2022	Department of Yoga, Tamil Nadu Physical Education and Sports University,Chennai, Tamilnadu, India	Trustee,Narchinthanaivattam Charitable trust, Chennai,Tamilnadu, India

REGISTRATION DETAILS

How to Register

Send us filled in Registration form available in pamphlet to below mentioned address

REGISTRATION FORM

Name :

Designation :

University / College :

Department :

Address :

Mobile Number :

E-mail ID :

Signature of Participant

- ☐ Rs.100/- for TNPESU University Students, Rs. 100/- for other University/college Students and Rs.100/- for Faculty members. The Registration Fee through Demand Draft.
- ☐ Spot Registration also Accepted

ORGANIZING COMMITTEE

Chief Patron
Dr. M. SUNDAR
Vice-Chancellor

Patron
Dr.R.RAMAKRISHNAN
Registrar I/C

Organizing Secretary
Dr. V. DURAISAMI
Associate Professor & Head i/c

Joint Secretary
Dr. S. SELVALAKSHMI

Co-coordinators
Dr. DEB KUMAR DAS
Dr. P. SANMUGAPRIYA
Ms. G. AKSHAYA

CONTACT US

Dr. V. DURAISAMI
Associate Professor& Head i/c
Department of Yoga
Tamil Nadu Physical Education & Sports University
Melakottaiyur, Chennai – 600127.
9842708648
Phone: 044-27477906/175

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai, Tamil Nadu 600127

DEPARTMENT OF YOGA

In Associate with

"Manavata, London, United Kingdom" & Vishwa Manavata Samastha, Hyderabad, India

Organized by

ONE DAY INTER NATIONAL WORKSHOP ON

RESEARCH PERSPECTIVES OF YOGA FOR HOLISTIC AND FITNESS

Date:13.10.2022
Time:10.00 AM
Venue: Meditation Hall, Dept of Yoga, TNPESU



ABOUT UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

It is a rare coincidence that the University has started functioning from December 2005, declared by the United Nations as International year for Sport and Physical Education. At present the University has three Faculties, five Departments and Nineteen Physical Education affiliated Colleges and five yoga affiliated colleges. Further the University now offers select Physical Education and Allied Courses.

KNOW OUR YOGA DEPARTMENT

The Department of yoga strives for excellence to meet the world's latest expectations in infrastructure, education, holistic care, research and extension and to establish benchmarks that today other yoga institutions emulate.

Our Department of yoga offers the following courses.

Regular Courses :

- Ph.D in Yoga (Full & Part Time)
- M.Sc in Yoga
- M.Sc in Yoga Therapy
- B.Sc in Yoga

OBJECTIVE OF THE WORKSHOP

The objective of this workshop is to familiarize the Yoga Research and Holistic Health and Fitness.

THEME OF WORKSHOP

It will focus on Yoga Research and Holistic Health and Fitness.

TARGET AUDIENCE

Regular and SDE students, Academician, Research Scholars, &Yoga Therapist and medical professionals.



SPEAKERS:

SRINIVASA CHOWDARY ALLURI,
Founder President of Manavata an International Organization & Founder of Global IT company called Sandhata Technologies Ltd, London

2. **SAKUNTALARANI AVULA,**
Trustee and Faculty member of Manavata.

एक सौ रुपये

Rs. 100

ONE HUNDRED RUPEES

₹ 100

सत्यमेव जयते

भारत INDIA

INDIA NON JUDICIAL

तमिलनाडु TAMILNADU

CW 152884

29 DEC 2022

EUSAI

AGREEMENT

This agreement is made on this **07th day of January 2023** ("Effective Date") by andbetween:

ELITEUNIVERSAL SPORTS ALLIANCE INDIA PRIVATE LIMITED, a company, duly incorporated underthe laws of India, having its registered office at Flat No. 24, SN. 43/5, Warje Malwadi, Bl-A, Nr. Ganesh Matha Mandir, Pune, Maharashtra, India, 411029 hereinafter referred to as "EUSAI" or the "Company", which expression shall, unless it is repugnant to the context or meaning thereof,be deemed to mean and include its successors in interest and permitted assigns and affiliates being the party of the FIRST PART;

AND

Tamilnadu Physical Education and Sports University referred to as "University" which expression shall, unless it be repugnant to the context or meaning thereof, be deemed to mean and include its successors in interest and permitted assigns and affiliates through **Vice-Chancellor Tamilnadu Physical Education and Sports University** being party of the **OTHER PART.**

EUSAI and University are hereinafter referred to collectively as the "Parties"

ELITE UNIVERSAL SPORTS ALLIANCE OF INDIA PRIVATE LIMITED,
Flat No. 24, SN. 43/5, Warje Malwadi, B1-A, Nr. Ganesh Matha Mandir, Pune - 411029

Dr. M. SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY

SUBJECT SPORTS OF EUSAI

For the first and second years of the term, EUSAI shall film and create footage for a minimum of the following University sports each of Year One and Year Two of the term:

American Tackle Football

Basketball

eSports

Kabaddi

Volleyball

EUSAI has the right to add or remove any sport as per its commercial value to the Company.

EUSAI has the responsibility to film, create footage, and commercially exploit all the rights granted under this agreement on the basis of commercial viability and degree of Indian viewership.

EUSAI will promote the Participating Universities on television by providing students a platform to display their sporting talent and shall allow the broadcaster to film, edit and produce media of the games for Pan-India media distribution in the manner mutually agreed between parties and the broadcaster.

Tournament Schedule: University agrees that it shall, in consultation with EUSAI, modify the schedule of play for the tournament games for each University subject sport ("Tournament Game(s)") to accommodate the live television broadcast of said games. The University agrees that it shall work in good faith with EUSAI and the broadcaster to jointly develop, finalize, and publish a schedule of the dates of the Tournament Games and a schedule of the dates of games that will be broadcast on television ("Broadcast Game(s)") no later than 180 (one hundred eighty) days prior to the commencement of the Tournament Games.

Member Universities must provide student athlete information to the EUSAI through its subsidiary IndianInsantity.com

Dr. M. SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI-600 127.

For the first 3 (three) years of the term, divided in equal proportion amongst all universities for the relevant season of the league for the relevant subject sport.

For each subsequent year of the term, divided among registered participating universities by a method of weighted averages of each participating university, which method shall be based on the NCAA weighted averages system based on the performance of the university in the league.

All deposits forming part of the Central Pool shall be collected in a separate account maintained by the Company intended solely for this purpose.

The Company shall be responsible for providing the University with bank statements for said account on a quarterly basis if requested by the University in writing. All deposits forming part of the Distribution Pool received by the Company shall be divided within a period of 60 (sixty) days from the end of each financial year.

The University shall ensure that all expenses and costs associated with the participation of the University in any subject sport tournament, such as expenses for travel, food, lodging and board of all players and staff of the team of the Participating University as well as their kit expenses, shall be borne by the University.

Participating Universities shall be responsible for appointing any staff that may be required for the purposes of or the participation of their teams in the University sport tournaments, including any coaches, medical officers or event managers. The remuneration of all other expenses related to such staff, including for their travel, food, lodging and board, shall be the responsibility of the University.

All expenses in relation to public relations or advertisement locally and in the campus, of any University Sport Tournaments and/or any Team and/or any Player forming part of the Team fielded by the Participating University shall be the responsibility of the Participating University.

Elite Universal Sports Alliance India Pvt. Ltd.

ELITE UNIVERSAL SPORTS ALLIANCE OF INDIA PRIVATE LIMITED,
Flat No. 24, SN. 43/5, Warje Malwadi, B1-A, Nr. Ganesh Matha Mandir, Pune - 411029

Dr.M.SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
THALAIYANAIYUR (P), CHENNAI-600 127.

commencement of Tournament Games by registering the relevant information on the website Indianinsanity.com. The rosters must include each player's name, jersey number, height, weight, shoe size, academic major, home city and such other information as required to be provided as per the website Indianinsanity.com. EUSAI shall have the sole power to decide, if a Participating University shall not be allowed to participate in any University subject sport tournament, in the event of Participating University not meeting the requirements stated above.

The University shall ensure that all the teams participating in Tournament Games have a full-time student to manage the statistics relating to each team of the University subject sport ("University Subject Sport Statistics"). The statistics shall include the common statistics customary for each University subject sport (such as points per game, field goal attempts, free throws made, free throws attempted, rebounds (offensive and defensive), blocked shots, steals, turnovers, and fouls) and, as required, be posted on the Indianinsanity.com website.

Insurance: The University shall ensure that the team that participates in University subject sport tournaments shall provide its own medical, travel and accident insurance for all members of its official party.

PROMOTION

EUSAI shall undertake reasonable measures to promote the University subject sport tournaments, the University subject sport intellectual property rights, the Participating Universities, the University, and the teams.

The University shall provide maximum promotion to the subject sport team(s), by ensuring that all merchandise, clothing and other items worn by its students at any sporting or intercollegiate events shall include the name, logo and mascot.

The University shall ensure that the official website of a Participating University contains the team name, logo, the University subject sport tournament and details of EUSAI in such a manner that creates maximum visibility for the teams and the University subject sport tournaments.

AFFIRMATIVE CONVENANTS BY EUSAI

EUSAI will promote the Universities' Teams on national TV by providing students a platform to display their sporting talent and to organize a National Broadcast Company to shoot, edit and

Elite Universal Sports Alliance India Pvt. Ltd.

Dr. M. SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY

(whether existing now or created or discovered in the future), i.e. the right to transmit, re-transmit, broadcast, reproduce, issue copies, translate, adapt, record, copy or edit in any manner as required and otherwise use and exhibit for an unlimited number of times, the feed, footage, the unilateral commentary, gaming modules, programs, highlights or images that may be developed by EUSAI or ancillary programming produced by EUSAI or any person appointed for the purpose, in the territory, and via all media and means of electronic and print communication to the public now known or hereafter invented (including but not limited to electronic communication, public address systems, cable and satellite television, analogue and digital terrestrial television, IPTV, HITS, DTH, and other addressable television sets/ platforms, the internet, mobile, radio, all forms of mobile communications technology and/or mobile broadcast technology and any other future forms of media technology, media platforms, delivered to any and all devices and whether on a free, pay or pay-per-view basis, any form of on-demand services, by downloading, streaming and including any enhanced and interactive coverage, with or without user interface, on a linear, on-demand or other basis or exploitation on land, air or high seas by any form of media) whether live, near-live, delayed, deferred as highlights, clips or stills or whether data or information based, and in any languages (including dubbing rights) of the territory.

A "Commercial License" will be a license granted to EUSAI by the University to use the, photographs, likenesses and logos of the University, players and coaches as an endorsement in support of the Product.

MERCHANDISING & LICENSING AUTHORIZATION

EUSAI will own all commercial and intellectual property rights, including copyrights and trademarks to the name, logo and mascot selected by the Universities but will share revenue back to the concerned Universities.

Each Participating University, when purchasing equipment for the University subject sport and merchandise for players from their respective established systems, MUST contain the name, logo, and mascot. The vendors and/or Universities must submit an 8% (eight percent) Licensing Charge from the total of equipment and merchandise cost to EUSAI.

The University undertakes that it will take all necessary steps as required to restrict and limit any form of piracy that is occurring in relation to any of the merchandise.

The Original Term shall stand automatically extended on the same terms and conditions for a period of 10 (ten) years. If the University desires to opt out prior to the completion of the 10 (ten) year period, they must give a 5 (five) year notice period to avoid automatic extension of the term. If the notification is not received 5 (five) years prior to the original tenure termination, there will be a 10 (ten) year automatic extension.

This Agreement may be terminated by mutual consent of the Company and the University.

The University has the right to send a notice in the event of any material non-compliance with any provisions of this Agreement provided that University has provided EUSAI a notice of such material non-compliance and EUSAI has not corrected such material non-compliance in a period of 1 (one) year.

CONFIDENTIALITY

No confidential information belonging to any party to this Agreement shall be disclosed by the receiving party to any third party. Disclosure of such confidential information shall be restricted, on a need-to-know basis, solely to employees, agents, advisors, consultants and representatives of the receiving party, who have been advised of their obligation with respect to the confidential information and are bound by confidentiality obligations similar to those imposed on the parties under this Agreement. Each party shall hold in strictest confidence, shall not use for any purpose other than this Agreement, and shall take all necessary precautions to secure all confidential information of the other party. EUSAI and the University hereby acknowledge that the content of this Agreement is confidential and agree to take whatever measures are reasonably necessary to preserve such confidentiality, unless disclosure is required by law. Any public announcement or disclosure in relation to this Agreement can be done by either party only through a press release which has been mutually agreed upon in writing by both parties prior to its release. The terms of this Agreement shall not be released as part of any public announcement and shall at all times be treated as confidential information by both parties.

NO PARTNERSHIP OR AGENCY

Nothing contained or implied in this Agreement shall be interpreted as constituting a partnership, agency or trust between the parties hereto and no party has any authority to bind the other party in any manner whatsoever.

ELITE UNIVERSAL SPORTS ALLIANCE OF INDIA PRIVATE LIMITED,
Flat No. 24, SN. 43/5, Warje Malwadi, B1-A, Nr. Ganesh Matha Mandir, Pune - 411029

Elite Universal Sports Alliance India Pvt. Ltd.

DR. M. SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR (P), CHENNAI 600 127

AMENDMENT

No modification or amendment to this Agreement, assumed by any party in connection with this Agreement, shall be effective unless it is in writing and signed by both parties.

IN WITNESS WHEREOF the Parties hereto have set and subscribed their respective hands and seal on the date and place first hereinabove written.

For and on behalf of Elite Universal Sports Alliance India.

For Eliteuniversal Sports Alliance India Pvt. Ltd.

Authorized Signatory

Authorized signatory

For and on behalf of The University

Dr.M.SUNDAR
VICE CHANCELLOR
TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
CHENNAI-600 127.

Authorized signatory

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TWENTY RUPEES
INDIA NON JUDICIAL
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22 NOV 2022
TAGORE MEDICAL COLLEGE & HOSPITAL
14AC 920311
S. SARASWATHI
STAMP VENDOR
LC No: 9228/2A/85 DT.16-04-19
Adyar, Chennai-600 02
Cell: 91766 50088

MoU FOR PROVIDING HEALTHCARE SERVICES AND COLABORATIVE ACIVITIES

This Agreement is made and entered in to at Chennai on this 01th JANUARY 2023.

Tagore Medical College and Hospital, having itsspeciality hospital at Rathinamangalam, Melakottaiyur, Chengalpet district, Tamilnadu – 600127, represented by **Dr. R. Karunanithi , Medical Superintendent** (Hereinafter called "**TMCH**") which term shall, unless repugnant to the subject or context thereof mean and include its successors, administrators, executors, representatives and permitted assigns) **OF THE ONE**

AND

M/s TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,established by an Act of the Government of Tamil Nadu in 2004, represented by Dr.M.Sundar, VICE CHANCELLORoffice at Address :Tamilnadu Physical Education and Sports University, Melakottaiyur, Chennai, Tamil Nadu 600127, hereinafter referred as "**TNPESU**'. And both jointly shall be referred to as the "**PARTIES**" in this agreement. Both the PARTIES are agreeing"**TMCH**"to provide Healthcare Services for the Staff & Studentof "**TNPESU**"hereinafter referred as "**MEMBERS**".

WHEREAS"TMCH"wish to facilitate: (a) hospital / healthcare services for the **"MEMBERS"** and their family, (b) the continuity of the care and treatment appropriate to the needs of the **"MEMBERS"** as patients, and (c) routine healthcare services and health check-ups (d) Provide Privilege cards offering discounts as per **"TMCH"** policies as amended from time to time.

1. **TERM:** Thepartiesagreethatthiscontractshallbeforaperiodof three yearseffectivefrom date of signing this agreement. Each party has the right to terminate this contract withoutcausewitha minimumof30 days` writtennotice prior to termination.

2. **SCOPEOF WORKFOR"BMCH":**
   a. **"TMCH"** will provide Privilege Card to the **"MEMBERS"**of **"TNPESU"** and extend the facilities to their dependents as per the terms detailed in **ANNEXURE-A**
   b. **"TMCH"**shall conduct a free Health Checkup once in a year for **"MEMBERS"** either at the **"TNPESU"** premises or at **"TMCH"** as mutually agreed on the venue as well as the cost of Checkup wherever necessary. Where such Checkups to be mutually planed with advance notice of 30days by either parties. List of such examinations is detailed in **ANNEXURE- B**
3. **SERVICE:**
   a. Details related to the list of services provided by **"TMCH"** and the chargesapplicable shall be as per tariff of **"TMCH"** which shall be informed to **"TNPESU"** and the updates on new services and change in rates shall be provided to **"TNPESU"** on time to time basis.
   b. Appropriate Consent shall be obtained from the **"MEMBERS"** who are offered the healthcare services.
   c. Once the consent is acceptedafterallqueries,it willbefinal inallrespectoffinancialsettlements as per the billing procedure of **"TMCH".**
4. **TMCH WILL GIVE PRIVELEGE OF:**
   a. Priorityinadmissionto!CUorwardsfor the **"MEMBERS".**
   b. Provide Services against Insurance Claims based on the available insurance tie-ups on credit to the eligible extent. In case of no such Tie-ups **"TMCH"** shall provide service against payment and anyhow shall provide appropriate bills as per desired format for the patient to claim reimbursement with their insurance provider (insurance company / TPA).
   c. **"TMCH"** will coordinate with family members during their enquiries and smooth response

e. All discounts and privileges shall be as per the terms of Privilege Card.

f. In case of serious patients who are required to be shifted to other hospital due to any reasons (either due to attendant's willingness or if there is a need of advance facility) **"TMCH"** will provide full support discharging the patient as per the protocol and medical ethics with possiblehelpwhileshiftingthe patient.

g. Perform Medical Camp in the Events &Programs as organized by **"TNPESU"**and provide Medical Team, including Ambulance and attend to the injuries / medical emergencies while such events.

5. **"TNPESU" SHALL:**

a. Agree to co-ordinate with representatives of **"TMCH"**and follow their advice, however thechoice of hospitalization and right to choose treatments will still lie with the**"MEMBERS"**.

b. Support **"TMCH"** on all joint events / activities as mutually planned on special occasions or various International Day's Celebrations.Also Support **"TMCH"** through its **NSS &Health Center** / other volunteers in any of the events organized.

c. Organize to support **"TMCH"** on Blood Donations through its Members.

6. **BOTH PARTIES SHALL:**

a. Together perform collaborative research, lectures, symposiums etc., and exchange researchers pertaining here to.

b. Promote substation of collaborative research proposals to state and central government agencies for mural – extra research funds.

c. Exchange information and materials in those fields, which are of interest of both parties.

d. Exchange of Undergraduate and Post Graduate Students of **"TNPESU"** and **"TMCH"**

e. Support each other on event / programs organized by either **"PARTIES"**

f. Agree to promote the activities related to enhancing their Educational and Academic Researches in the necessary fields.

7. **PAYMENTTERMS:**

a. For any services provided to the **"MEMBER"** bills will be raised on the respective Member or their dependent (who is covered under the Privilege Card as per Annexure I). In such case, the payments have to be done by the concerned **"MEMBER"** or dependent on or before the

8. **QUALITY:**

   a. Hospitalmanagementassurestoprovidequalityserviceasperstandardmedicalpractice.Itisdesirable bybothpartiesthattheserviceperformedby**"TMCH"**shouldbemaintainedat develreasonablysatisfactorytothe**"MEMBER"**.Intheeventsuchisnotthecase,**"MEMBER"**shalli mmediately notify **"TMCH"** with specific case and **"TMCH"** will make sure to rectify to the **"MEMBER".**

   b. **"TMCH"** has necessary license and approvals as per the Government's Mandatory norms.

9. **TERMINATION:**

   a. Either Parties may terminate thiscontract providing 30 days' noticewithnofurtherobligation, exceptforservicesrenderedpriortothedateofTerminationNotice.

10. **NOTICES:** Any communications or notices required to be given under this Agreement shall be made in writing and in English language with registered A/D mail and/or courier and shall be deemed to have been duly and validly given upon receipt thereof by the party to whom such notice addressed. Such communications and notices shall be sent to the following addresses:

Tagore Medical College and Hospital	**Address:** Rathinamangalam, Melakottaiyur, Chengalpet district, Tamilnadu - 600127 **Email ID:tagoremch@gmail.com**
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY	**Address:** Tamilnadu Physical Education and Sports University, Melakottaiyur, Chennai, Tamil Nadu 600127 **Email Id: vctnpesu@gmail.com**

11. **LEGAL**: This agreement shall be governed by the laws of India and shall be subject to the exclusive jurisdiction of the courts in Chennai.

HOSPITAL Dr.R.KARUNANITHI MEDICAL SUPERINTENDENT	EDUCATION AND SPORTS UNIVERSITY Dr.M.SUNDAR VICE CHANCELLOR

WITNESS

1. Sivanandham
Gen-Operation.

2. K-DILLIBABU
HR manager

3. M. Baskar.

WITNESS:

1.Dr.R.RAMAKRISHNAN
REGISTRAR I/C

2.Dr.V.MURUGAVALAVAN
PROFESSOR CUM MEDICAL OFFICER

3. Dr.K.RAJESH KUMAR
ASSISTANT PROFESSOR &
NSS PROGRAMME OFFICER

Children, If Unmarried Father & Mother)

B. Free Registration

C. 10% discount on room rent & diagnostics as inpatient

D. 10% discount on Hospital Pharmacy (on admission)

E. Discount Health Checks up on discounted rate (Rs. 699/- and Rs.999 packages) applicable for staffs and dependents

F. Free ambulance pickup for all inpatient service within Hospital limit

** Dependents shall avail only the facility of privilege card. Any other facilities shall be applicable only if The **"TNPESU"** specifies to extend and mutually agreed between **"TMCH"** and**"TNPESU"**.

FOR TAGORE MEDICAL COLLEGE AND HOSPITAL	**FOR TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**
Dr.R.KARUNANITHI **MEDICAL SUPERINTENDENT**	**Dr.M.SUNDAR** **VICE CHANCELLOR**

1. Random Blood Sugar
2. Eye Examination
3. Height & Weight
4. Blood Pressure
5. Pulse
6. Temperature
7. Physician Consultation

Please Note:

* On all above tests the Member shall be given a Medical Report

** Medicines and other tests; Charges as per the Privilege Card procedure

*** Any other test, checkup or service shall be considered for billing as per the MoU Terms

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HOSPITAL	EDUCATION AND SPORTS UNIVERSITY
Dr.R.KARUNANITHI MEDICAL SUPERINTENDENT	Dr.M.SUNDAR VICE CHANCELLOR

WITNESS

1. Sivanandham
Clinical Operation.

2. K - DILLIBABU
HR manager

3. M. Baskar.

WITNESS:

1.Dr.R.RAMAKRISHNAN
REGISTRAR I/C

2.Dr.V.MURUGAVALAVAN
PROFESSOR CUM MEDICAL
OFFICER

3. Dr.K.RAJESH KUMAR
ASSISTANT PROFESSOR &
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FOR TAGORE MEDICAL COLLEGE AND HOSPITAL	**FOR TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**
Dr.R.KARUNANITHI **MEDICAL SUPERINTENDENT**	**Dr.M.SUNDAR** **VICE CHANCELLOR**

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HUNDRED RUPEES

सत्यमेव जयते

भारत INDIA

INDIA NON JUDICIAL

தமிழ்நாடு தமிழ்நாடு TAMILNADU

7 NOV 2022

CT 506909

S. VIJAYALAKSH
STAMP VENDOR
L.No. 16/CGL/200
South Mada Stree
Thiruppurur - 603 1
Cell : 988498188

Memorandum of Understanding

between

Chettinad Academy of Research and Education, Kelambakkam(CARE)

and

Tamil Nadu Physical Education and Sports University, Chennai (TNPESU)

This MOU is executed on 22nd December, 2022 at Kelambakkam by and between Chettinad Academy of Research & Education (CARE), Deemed to be University under Sec.3 of the UGC Act,1956 having its Institution-cum-Office at Rajiv Gandhi Salai (OMR), Padur, Kelambakkam - 603 103, Tamil Nadu, hereinafter referred to as "CARE" represented by its Registrar and Tamil Nadu Physical Education and Sports University, established by an Act of the Government of Tamil Nadu, 2004, having its Institution at Melakottaiyur, Chennai - 600 127, Tamil Nadu, hereinafter referred to as "TNPESU "represented by its Vice-Chancellor.

S. Jeyendrasaraswathi

activities leading to, number of publications and patents and;

Whereas TNPESU offers select Physical Education and Allied Courses through collaborative programme and Distance Education stream and its mission is to engage in relentless pursuit of Excellence In the promotion and development of Physical Education and Sports through innovative programmes In teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources and to facilitate the application of research finding to refine and sharpen the coaching and training techniques in Physical Education and Sports.

Whereas both the Institutions desire educational and research cooperation in the areas of Exercise Physiology, Biomechanics, Movement Science and High Performance Training of different sports and games for those including students, faculty members and further to co-operate in the fields with which both institutions are willing;

In pursuance of the above, the two Institutions agree to formalize an MoU as follows and the same are general forms of co-operation:

1. Scope:

1. Joint educational and research activities in the areas of Sports Science, Exercise, Physiology, Biomechanics, Movement Science and Sports Physiotherapy.
2. Exchange of academic materials and academic publications.
3. Exchange of faculty members for research, lectures and seminars.
4. Exchange of students for training research in the above related areas.
5. Technical collaboration in the areas of development of sports infrastructure, sports academy, sports training, organization of competitions of different sports and games.
6. Mutual utilization of sports facilities and sports Infrastructure to organize workshops, physical education programs and sports competitions upon mutually agreed terms.
7. Consultancy services provided by both universities for carrying out special events that are related to sports.
8. Mutual utilization of sports coaching to organize coaching camps, conferences, clinical workshops and competitions.

2. Publications:

Publications, if any, in respect of the activity under this MoU shall be in the name of the personnel involved from both the parties. In all publications (papers, reports, etc.) it shall be duly acknowledged that the work has been carried out by CARE and TNPESU under this MoU.

S. Jayendrasaraswathi

person(s) except to the personnel authorized by either of the parties on the need to know the [illegible] execution of work under this MoU.

Each party agrees that it shall not file any application seeking Intellectual Property Rights (IPR) in its own name or in the name of its associates or any other person(s), in relation to any joint activity covered or information disclosed under this MoU. However, parties can seek Intellectual property rights on joint names of the parties as mutually agreed on case to case basis on such terms and conditions as may be mutually agreed.

The expenditure incurred and to be incurred for the maintenance of IPR shall be borne by each party equally or in proportion to the extent of ownership as may be decided by the Steering Committee as may be provided for in a separate agreement to that effect.

4. Monitoring, Reporting & Evaluation:

Both the Institutions shall meet once in three months to monitor, report and evaluate the progress as envisaged under the MoU.

5. Commencement, Amendment, Renewal & Termination:

It is mutually agreed that the implementation of this Memorandum of Understanding will commence on the day of signing of this MoU, and will continue thereafter for five (5) years, subject to revision from time to time or modification/amendment by mutual agreement. Representatives from both institutions may discuss the terms of a renewal at least six months prior to the natural termination of the current Memorandum of Understanding. The MoU may be terminated by either party by giving 3 months written notice. In the event of termination, both parties shall ensure that the Interest of students/faculty under this MoU are safeguarded to the extent possible.

6. Other terms:

It is mutually agreed that themes of joint activity and the conditions for utilizing the results achieved and arrangements for all forms of cooperation including visits and student/faculty exchanges shall be negotiated for each specific case.

It is mutually agreed that all financial arrangements will be negotiated and identified in an agreement prior to the commencement of the associated activity.

S. Jeyendrasaraswathi





The MoU is made out in 2 (two) original copies one for each party. All original copies hereof are identical and legally equal.

In witness whereof, this MoU was executed by the parties hereto on the date, month arid year mentioned above.

FOR CHETTINAD ACADEMY OF RESEARCH AND EDUCATION

S. Jayendrasaraswathi

FOR TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Dr.M.SUNDAR
VICE CHANCELLOR

WITNESS :

1. 22/12/2022
Dr. R. SRIDHAR

2. (Dr. S. ARVIND)

3. 23/12/2022
Dr. G. KIRUBALAN

WITNESS :

1. **Dr. R. RAMAKRISHNAN**
REGISTRAR I/C

2. **Dr. V. MURUGU VALAVAN**
PROFESSOR CUM MEDICAL OFFICER

3. **Dr. K. RAJESH KUMAR**
ASSISTANT PROFESSOR &
NSS PROGRAMME OFFICER

equest for Sports Medicine Physician, Physiotherapist team and Ambulance

ALTH CENTRE TNPESU <hctnpesu08@gmail.com>
sportsmedicine@care.edu.in

7 March 2023 at 15

07.03.202

From

Dr.V.Murugu Valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To

The Dean
Chettinad Hospital and Research Institute,
Kelambakkam

Respected Sir,

Sub: Request for Sports Medicine Physician, Physiotherapist team and Ambulance–Reg.

****

We would like to inform you that we are conducting **All India Inter-University Athletic Meet** from 13th to 16th March 2023. You ar cordially invited.

In this regard more than 3000 athletes from various universities in all over India are participating in various events such as running, throwin and jumping.

We have already signed an MOU previously. In this connection I kindly request you to provide a Sports Medicine team, Physiotherapis eam and Ambulance during the above mentioned period.

The Meet will start around 6am and will be completed around 6pm daily.

Thanking you sir,

Yours faithfully,

Dr. V. Murugu valavan
Professor cum Medical Officer,
Health Centre,
Tamilnadu Physical Education and Sports University,
Vandalur to kelambakkam road,
Melakkottaiyur post,
Chennai – 600 127
TAMILNADU, INDIA

Mobile: +91 **94434 66208**
+91 63816 24404

Email Id: hctnpesu08@gmail.com
muruguvalav@gmail.com

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Labels

Request for Sports Medicine physician team and ambulance for Tamilnadu and Puducherry state inter physical education tournaments –Reg.

HEALTH CENTRE TNPESU <hctnpesu08@gmail.com> Thu, 10 Aug, 17:23
to sportsmedicine

From
Dr.V.Murugu valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To
Dr.Aravind Shanmugam
Professor
Department of Sports Medicine Chettinad Medical College and Hospital Chennai

Sub: Request for Sports Medicine physician team and ambulance for Tamilnadu and Puducherry state inter physical education tournaments – Reg.

****

We would like to inform you that we are conducting Tamilnadu and Puducherry state inter physical education tournaments 2022-2023 from 17th to 20th April 2023. You are cordially invited.

In this regard more than 800 Sports persons from various parts of tamilnadu and Puducherry will be participating in various events such as like football, volleyball, basketball, kabadi, koko etc.,

We have already signed an MOU previously.

In this connection with above I kindly request you to provide SportsMedicine physician team and ambulance during the above mentioned period.

The Meet will start around 6am and will be completed around 6pm daily.

Thanking you sir,

Yours faithfully,

(Dr. V. Murugu valavan)

Reply Forward

Gmail HEALTH CENTRE TNPESU <hctnpesu08@gmail.co

equest for Physiotherapist team for Tamilnadu and Puducherry state inter physical education tournaments

ALTH CENTRE TNPESU <hctnpesu08@gmail.com> 10 April 2023 at 15
sportsmedicine@care.edu.in

From

Dr.V.Murugu valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To

Dr.Aravind Shanmugam

Professor
Department of Sports Medicine
Chettinad Medical College and Hospital Chennai

Sub: Request for Sports Medicine physician team for Tamilnadu and Puducherry state inter physical education tournaments –Reg.

****

We would like to inform you that we are conducting **Tamilnadu and Puducherry state inter physical education tournaments for UC programmes 2022-2023** from 10th to 12th April 2023. You are cordially invited.

In this regard more than 800 Sports persons from various parts of tamilnadu and Puducherry will be participating in various events such a ike football, volleyball, basketball, kabadi, koko etc.,

We have already signed an MOU previously.

In this connection with above I kindly request you to provide SportsMedicine physician team during the above mentioned period. The Meet will start around 6am and will be completed around 6pm daily.

-

Dr. V. Murugu valavan

Professor cum Medical Officer,
Health Centre,
Tamilnadu Physical Education and Sports University,
Vandalur to kelambakkam road,
Melakkottaiyur post,
Chennai - 600 127
TAMILNADU, INDIA

Mobile: +91 **94434 66208**

+91 63816 24404

Email Id: hctnpesu08@gmail.com
muruguvalav@gmail.com

Gmail HEALTH CENTRE TNPESU <hctnpesu08@gmail.co

equest for Physiotherapist team for Tamilnadu and Puducherry state inter physical education tournaments

10 April 2023 at 14

:ALTH CENTRE TNPESU <hctnpesu08@gmail.com>
: senthil.p@care.edu.in

From

Dr.V.Murugu Valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To

Dr.P.Senthil
Professor Dean i/c
Chettinad School of Physiotherapy Care,
Kelambakkam

Respected Sir,

Sub: Request for Physiotherapist team for Tamilnadu and Puducherry state inter physical education tournaments –Reg.

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The Meet will start around 6am and will be completed around 6pm daily.

Thanking you sir,

Yours faithfully,

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Dr. V. Murugu valavan

Professor cum Medical Officer,
Health Centre,
Tamilnadu Physical Education and Sports University,
Vandalur to kelambakkam road,
Melakkottaiyur post,
Chennai – 600 127
TAMILNADU, INDIA

Mobile: +91 **94434 66208**

+91 63816 24404

Email Id: hctnpesu08@gmail.com
muruguvalav@gmail.com

Request for Physiotherapy team for State Level Inter-Collegiate Tournaments 2023-2024

HEALTH CENTRE TNPESU <hctnpesu08@gmail.com>
to senthil.p, V.S

Mon, 11 Sept, 14:12

To

Dr.P.Senthil
Professor Dean i/c
Chettinad School of Physiotherapy Care,
Kelambakkam

Sub: Request for Physiotherapy team for **State Level Inter-Collegiate Tournaments 2023-2024** –Reg

****

We would like to inform you that we are conducting **State Level Inter-Collegiate tournaments 2023-2024** from **13th to 15th September 2023**. You are cordially invited.

In this regard more than 4000 Sports persons varies Colleges from in Tamilnadu will be participating in various events such as like football, volleyball, basketball, kabadi, koko etc.,

We have already signed an MOU previously.

In this connection with above I kindly request you to provide **Physiotherapy Team** during the above mentioned period.

The Meet will start around 6am and will be completed around 6pm daily.

Thanking you

Dr. V. Murugu valavan

Professor cum Medical Officer,
Health Centre,
Tamilnadu Physical Education and Sports University,
Vandalur to kelambakkam road,
Melakkottaiyur post,
Chennai – 600 127
TAMILNADU, INDIA

Mobile: +91 **94434 66208**

+91 63816 24404

Email Id: hctnpesu08@gmail.com

Request for Sports Medicine physician team and ambulance for State Level Inter-Collegiate Tournaments 2023-2024

HEALTH CENTRE TNPESU <hctnpesu08@gmail.com>
to sportsmedicine, V.S

11 Sept 2023, 14:12

To

Dr.Aravind Shanmugam
Professor
Department of Sports Medicine
Chettinad Medical College and Hospital Chennai

Sub: Request for Sports Medicine physician team and ambulance for **State Level Inter-Collegiate Tournaments 2023-2024** –Reg

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In this connection with above I kindly request you to provide Sports Medicine physician team and ambulance during the above mentioned period.

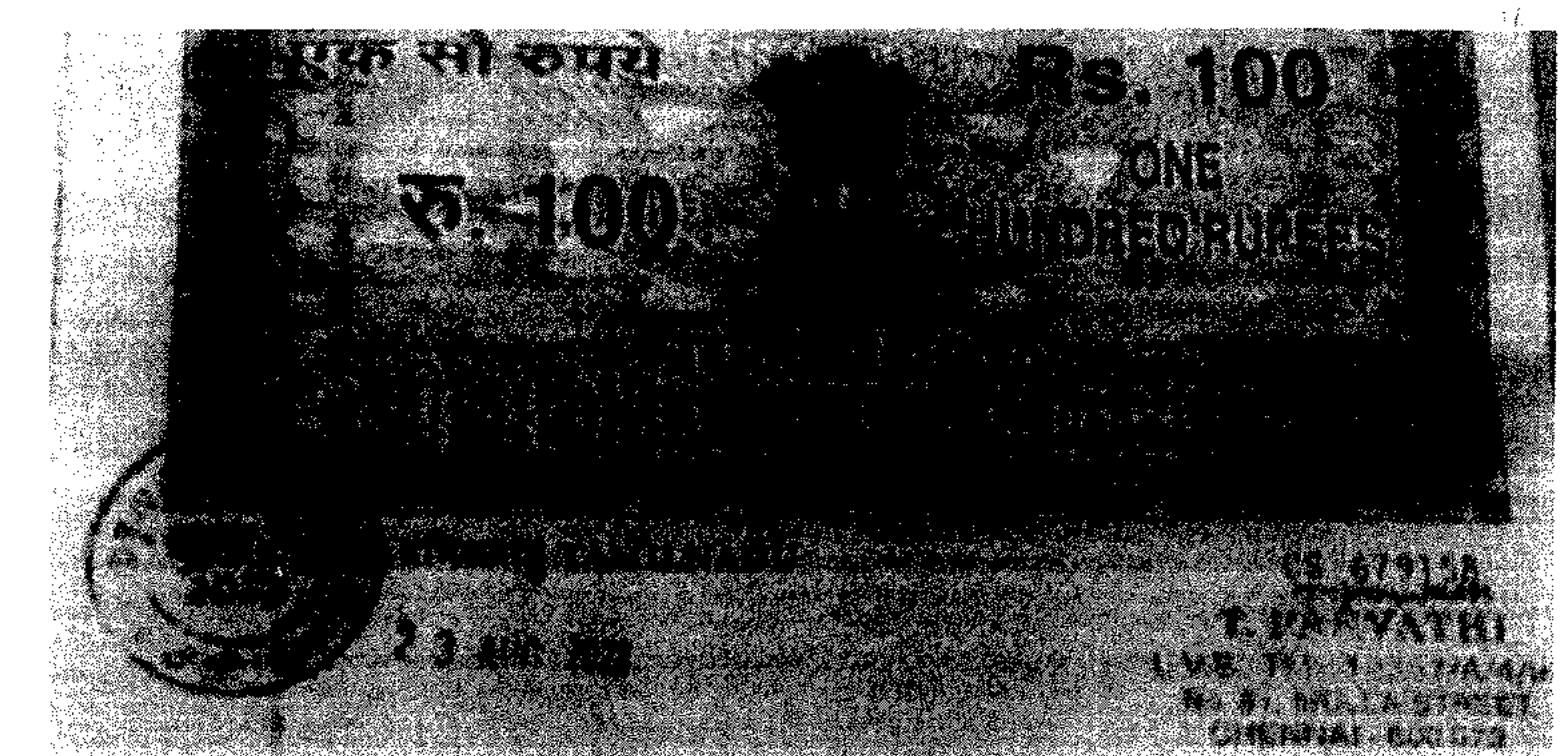
The Meet will start around 6am and will be completed around 6pm daily.

Thanking you

Dr. V. Murugu valavan

Professor cum Medical Officer,
Health Centre,
Tamilnadu Physical Education and Sports University,
Vandalur to kelambakkam road,
Melakkottaiyur post,
Chennai – 600 127
TAMILNADU, INDIA

Mobile: +91 **94434 66208**



Vice-Chancellor
Tamil Nadu Physical Education and Sports Unive
Melakottaiyur, Chennai-600 127.

WHEREAS CARE offers inter disciplinary and multi disciplinary high quality innovative programmes of study in the broad fields of health Sciences and related technologies and having well qualified and dedicated faculty members, visiting faculty drawn from industries, other Universities and R&D Institutions and also having state of the art instructional and infrastructural facilities, renders health care service of international standard and promotes various bio-medical research and development activities leading to, number of publications and patents and,

Whereas TNPESU offers select Physical Education and Allied Courses through collaborative programme and Distance Education stream and its mission is to engage in relentless pursuit of Excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources and to facilitate the application of research finding to refine and sharpen the coaching and training techniques in Physical Education and Sports

Whereas both the Institutions desire educational and research cooperation in the areas of Exercise Physiology, Biomechanics, Movement Science and High Performance Training of different sports and games for those including students, faculty members and further to co-operate in the fields with which both institutions are willing;

In pursuance of the above, the two Institutions agree to formalize an MoU as follows and the same are general forms of co-operation:

1. Scope:

1. Joint educational and research activities in the areas of Sports Science, Exercise Physiology, Biomechanics, Movement Science and Sports Physiotherapy.
2. Exchange of academic materials and academic publications.
3. Exchange of faculty members for research, lectures and seminars.
4. Exchange of students for training, research, study tours in relevant areas.
5. Technical collaboration in the areas of development of sports infrastructure, sports academy, sports training, organization of competitions of different sports and games.
6. Mutual utilization of sports facilities and sports infrastructure to organize workshops, physical education programs and sports competitions upon mutually agreed terms.
7. Consultancy services provided by both universities for carrying out special events that are related to sports.
8. Mutual utilization of sports coaching to organize coaching camps, conferences, clinical workshops and competitions.

2. Publications:

Publications, if any, in respect of the activity under this MoU shall be in the name of the personnel involved from both the parties. In all publications (papers, reports, etc.) it shall be duly acknowledged that the work has been carried out by CARE and TNPESU under this MoU.

Chancellor
Physical Education and Sports University
, Chennai-600 127.

3. Confidentiality and IPR-Protection:

Both parties here-under agree that any information disclosed by one party to the other under this MoU shall be maintained as proprietary confidential information. All such proprietary information shall be kept in confidence and the party receiving such information agrees to prevent disclosure to any other person(s) except to the personnel authorized by either of the parties on the need to know the basis for execution of work under this MoU.

Each party agrees that it shall not file any application seeking Intellectual Property Rights (IPR) in its own name or in the name of its associates or any other person(s), in relation to any joint activity covered or information disclosed under this MoU. However, parties can seek intellectual property rights on joint names of the parties as mutually agreed on case to case basis on such terms and conditions as may be mutually agreed.

The expenditure incurred and to be incurred for the maintenance of IPR shall be borne by each party equally or in proportion to the extent of ownership as may be decided by the Steering Committee as may be provided for in a separate agreement to that effect.

4. Monitoring, Reporting & Evaluation:

Both the institutions shall meet once in three months to monitor, report and evaluate the progress as envisaged under the MoU.

5. Commencement, Amendment, Renewal & Termination:

It is mutually agreed that the implementation of this Memorandum of Understanding will commence on the day of signing of this MoU, and will continue thereafter for five (5) years, subject to revision from time to time or modification/amendment by mutual agreement. Representatives from both institutions [illegible] discuss the terms of a renewal at least six months prior to the natural termination of the current [illegible] be terminated by either party by giving 3 months [illegible] both parties shall ensure that the interest of [illegible] to the extent possible.

[illegible] the modalities of joint activity and the conditions for utilizing the results achieved and [illegible] forms of cooperation including visits and student/faculty exchanges shall be [illegible] in specific case.

[illegible] agreed that all financial arrangements will be negotiated and identified in an agreement [illegible] commencement of the associated activity.

Vice - Chancellor
Tamil Nadu Physical Education and Sports University
Melakottaiyur, Chennai-600 127.

Any dispute or differences arising out of interpretations of the clauses listed above shall be resolved by mutual consultation and if the mutual consultation fails, the same shall be settled as per the provisions of the Arbitration and Conciliation Act, 1996 and its amendments and the Award of the Arbitrator shall be final and binding on the parties to the MoU. In general, Courts in Chennai alone shall have the jurisdiction.

The MoU is made out in 2 (two) original copies one for each party. All original copies hereof are identical and legally equal.

In witness whereof, this MoU was executed by the parties hereto on the date, month and year mentioned above.

FOR CHETTINAD ACADEMY OF RESEARCH AND EDUCATION

FOR TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DR.MUNDAR
VICE CHANCELLOR

WITNESS :

1. Dr. S. RAMAKRISHNAN
REGISTRAR I/C

2. Dr. V. MURUGU VALAVAN
PROFESSOR CUM MEDICAL OFFICER

3. Dr. K. RAJESH KUMAR
ASSISTANT PROFESSOR &
NSS PROGRAMME OFFICER

Request for Sports Medicine physician and Physiotherapy team for All India Open Person With Disabilities Sports Meet-2023

HEALTH CENTRE TNPESU <hctnpesu08@gmail.com> Thu, 10 Aug, 17:15
to senthil.p

From
Dr.V.Murugu valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To
Dr.P.Senthil
Professor Dean i/c
Chettinad School of Physiotherapy Care,
Kelambakkam

Sub: Request for Sports Medicine physician and Physiotherapy team for All India Open Person With Disabilities Sports Meet-2023 –Reg.

*****

We would like to inform you that we are conducting All India Open Person With Disabilities Sports Meet-2023 from 12th to 13th August 2023. You are cordially invited.

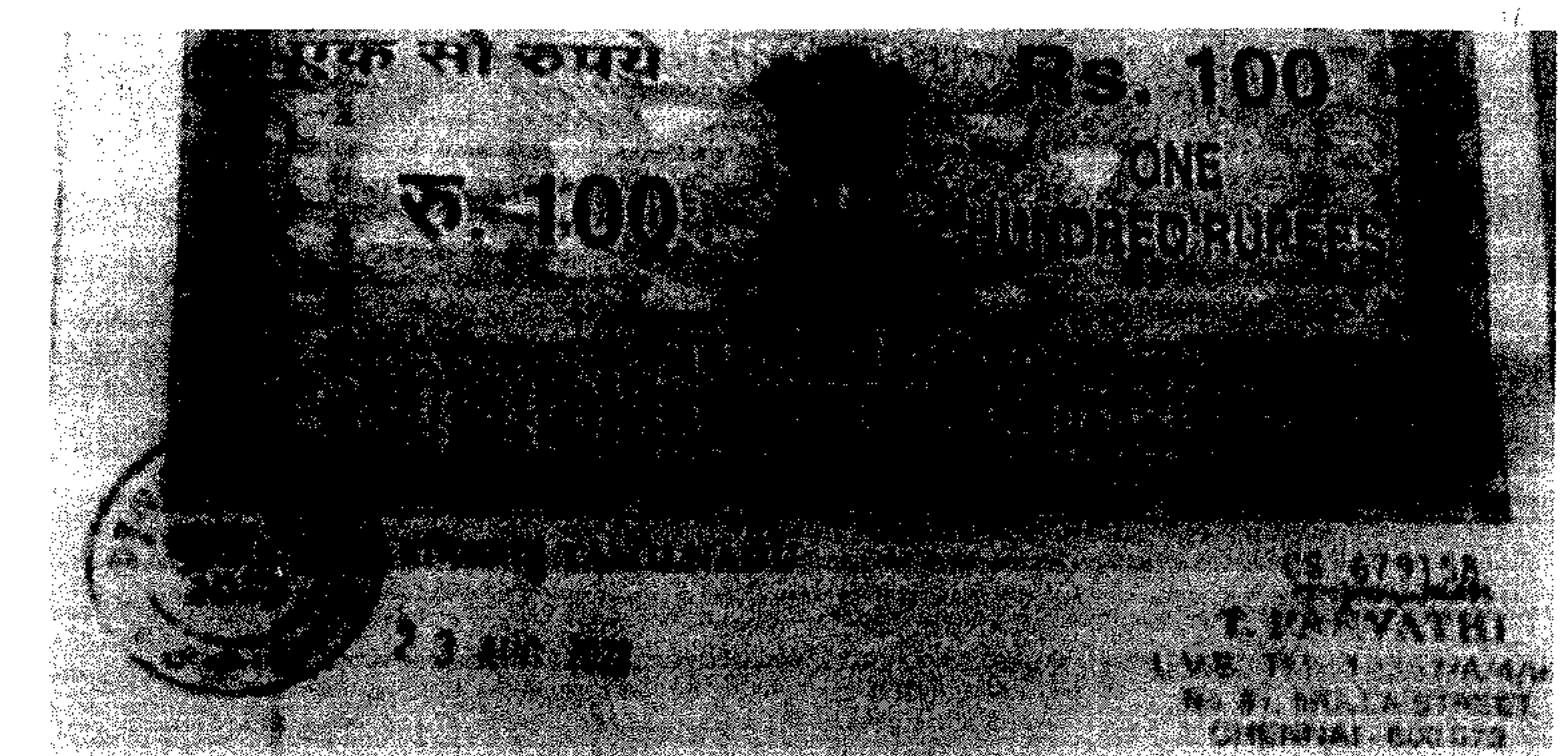
We have already signed an MOU previously. In this connection I kindly request you to provide a Sports Medicine team, Physiotherapist team during the above mentioned period.

The Meet will start around 7am and will be completed around 5pm daily.

Thanking you sir,

Yours faithfully,
(Dr. V. Murugu valavan)

Reply Forward



Vice-Chancellor
Tamil Nadu Physical Education and Sports Unive
Melakottaiyur, Chennai-600 127.

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Chancellor
Physical Education and Sports University
, Chennai-600 127.

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It is mutually agreed that the implementation of this Memorandum of Understanding will commence on the day of signing of this MoU, and will continue thereafter for five (5) years, subject to revision from time to time or modification/amendment by mutual agreement. Representatives from both institutions [illegible] discuss the terms of a renewal at least six months prior to the natural termination of the current [illegible] be terminated by either party by giving 3 months [illegible] both parties shall ensure that the interest of [illegible] to the extent possible.

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Vice - Chancellor
Tamil Nadu Physical Education and Sports University
Melakottaiyur, Chennai-600 127.

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FOR CHETTINAD ACADEMY OF RESEARCH AND EDUCATION

FOR TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEIVASUNDAR
VICE CHANCELLOR

WITNESS :

1. Dr. S. RAMAKRISHNAN
REGISTRAR I/C

2. Dr. V. MURUGU VALAVAN
PROFESSOR CUM MEDICAL OFFICER

3. Dr. K. RAJESH KUMAR
ASSISTANT PROFESSOR &
NSS PROGRAMME OFFICER

Compose

Inbox
Starred
Snoozed
Sent
Drafts 3
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Labels

Request for Sports Medicine physician team and ambulance for Tamilnadu and Puducherry state inter physical education tournaments –Reg.



HEALTH CENTRE TNPESU <hctnpesu03@gmail.com> Sun, 16 Apr, 21:52
to sportsmedicine

From

Dr.V.Murugu valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To

Dr.Aravind Shanmugam
Professor
Department of Sports Medicine
Chettinad Medical College and Hospital Chennai

Sub: Request for Sports Medicine physician team and ambulance for Tamilnadu and Puducherry state inter physical education tournaments –Reg.

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We would like to inform you that we are conducting **Tamilnadu and Puducherry state inter physical education tournaments 2022-2023** from 17th to 20th April 2023. You are cordially invited.

In this regard more than 800 Sports persons from various parts of tamilnadu and Puducherry will be participating in various events such as like football, volleyball, basketball, kabadi, koko etc.,

We have already signed an MOU previously.

In this connection with above I kindly request you

equest for Sports Medicine physician team and ambulance for Tamilnadu and Puducherry state inter physic ducation tournaments –Reg.

ALTH CENTRE TNPESU <hctnpesu08@gmail.com>
sportsmedicine@care.edu.in

16 April 2023 at 21

From

Dr.V.Murugu valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To

Dr.Aravind Shanmugam

Professor

Department of Sports Medicine
Chettinad Medical College and Hospital Chennai

Sub: Request for Sports Medicine physician team and ambulance for Tamilnadu and Puducherry state inter physical education tournaments –Reg.

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The Meet will start around 6am and will be completed around 6pm daily.

-

Dr. V. Murugu valavan

Professor cum Medical Officer,
Health Centre,
Tamilnadu Physical Education and Sports University,
Vandalur to kelambakkam road,
Melakkottaiyur post,
Chennai – 600 127
TAMILNADU, INDIA

Mobile: +91 **94434 66208**

+91 63816 24404

Email Id: hctnpesu08@gmail.com
muruguvalav@gmail.com

Compose

Inbox
Starred
Snoozed
Sent
Drafts 3
More

Labels

Request for debuting Medical Officer towards conduct of medical fitness test B.Sc Sports Coaching. Which will held on 10.07.2023

HEALTH CENTRE TNPESU <hctnpesu08@gmail.com> Sat, 8 Jul, 23:29
to senthil.p

From 08.07.2023
Dr.V.Murugu valavan
Professor Cum Medical officer
Health Centre Tamil Nadu Physical Education and Sports University,
Chennai-127.

To
Dr.P.Senthil
Professor Dean i/c
Chettinad School of Physiotherapy Care,
KelambakkamDear Sir,

Sub: Request for debuting Medical Officer towards conduct of medical fitness test B.Sc Sports Coaching. Which will held on 10.07.2023

In continuation with MOU I kindly request you to debut Medical Officer towards conduct of medical fitness test for B.Sc Sports Coaching. Which will held on 10.07.2023 in our University campus.

Time of Medical Examination 7.00 am to 1.00 pm

Yours faithfully
Dr.V.Murugu Valavan

Dr. V. Murugu valavan

Professor cum Medical Officer,

Health Centre,

equest for Physiotherapist team and ambulance for Tamilnadu and Puducherry state inter physical education urnaments

ALTH CENTRE TNPESU <hctnpesu08@gmail.com> 16 April 2023 at 21
: senthil.p@care.edu.in

From

Dr.V.Murugu Valavan
Professor Cum Medical officer
Health Centre
Tamil Nadu Physical Education and Sports University,
Chennai-127.

To

Dr.P.Senthil
Professor Dean i/c
Chettinad School of Physiotherapy Care,
Kelambakkam

Respected Sir,

Sub: Request for Physiotherapist team and ambulance for Tamilnadu and Puducherry state inter physical education tournaments –Reg.

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The Meet will start around 6am and will be completed around 6pm daily.

Thanking you sir,

Yours faithfully,

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Dr. V. Murugu valavan

Professor cum Medical Officer,
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Tamilnadu Physical Education and Sports University,
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TAMILNADU, INDIA

Mobile: +91 **94434 66208**

+91 63816 24404

Email Id: hctnpesu08@gmail.com
muruguvalav@gmail.com

MEMORANDUM OF UNDERSTANDING

BETWEEN

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY CHENNAI-127

AND

KALVI GROUP OF INSTITUTIONS, MADURAI

ON

COOPERATION IN THE FIELD OF TECHNOLOGY ASSISTANCE FOR COMPETITION, SPORTS, COACHES

Tamil Nadu Societies registration Act, 1975 (TNA of 1975) having which office at134, First Main Road, K. K. Nagar, Madurai – 625 020 (herein after referred to us KGI) represented herein by its authorized representative, namely, the Chairman, of the SECOND PARTY. (Collectively referred to as the **"Parties"**).

WHEREAS the KGI has come forward to assist the TNPESU in the conduct of competitions, coaching camps and thus contribute to WARDS THE OVER ALL DEVELOPMENT OF in the State;

WHEREAS the TNPESU, Chennai, has agreed to the proposal of the KGI, Madurai to work together to promote SPORTS in Tamil Nadu.

WHEREAS both the parties share the common objectives and goals for promoting and developing sports and sportspersons, therefore, resolve to work together on the following terms;

1. To give expertise and technical support for training and coaching.
2. To give expertise and technical support for Organizing competitions
3. Assist sports in registering for a competition hosted by the client over the calendar year without any financial assistant in any manner
4. Managing the competition's outcomes and publishing them to the public as soon as possible.
5. Assisting in the tracking of sports' performance records throughout time.
6. Monitoring the training records of Sports..

OTHER TERMS AND CONDITIONS

- The Parties agree that the KGI, Madurai shall be given with the information and data about competition and sports that they requests.
- The Parties agree that the Client will provide a brief overview of the Event's expectation to allow the Technological partner to prepare in advance.
- The Technological partner KGI agrees to reasonably support the client in effective management of competition, sports, district units, clubs, officials and coacher.
- The Technological partner KGI (Service Provider) can record and upload contents in TNPESU Official website with the prior approval from the University

INDEMNIFICATION

- **KGI, Madurai**and **CLIENT** agree that **KGI, Madurai** is under no obligation to disclose any specific data or information(s) without the knowledge of the CLIENT.
- CLIENT understands and agrees that KGI, Madurai is handover all data to the CLIENT once the agreement was cancelled.

EFFECTIVENESS, TERM AND TERMINATION

- This agreement shall commence on and from the Effective Data and shall continue and be in force for 03 (Three) years from the Effective Data (the "Original Term")
- TNPESU can withdraw the MOU from it without any obligation if it so desires.
- IF either Party desires to opt out prior to the completion of full term i.e 03 (Three) years, they must give 03 (Three) months' notice to other party.
- There will be no automatic extension of this agreement on completion of full term i.e 03 (Three) years.
- This agreement may be terminated by mutual consent of the parties.

- In an event where any provision of this Agreement is found to be void and unenforceable by a court of competent jurisdiction, then the remaining provisions will remain to be enforced in accordance with the Parties' intention.

ENTIRE AGREEMENT

- This Agreement contains the entire agreement and understanding among the Parties hereto with respect to the subject matter hereof, and supersedes all prior agreements, understandings, inducements and conditions, express or implied, oral or written, of any nature whatsoever with respect to the subject matter hereof. The express terms hereof control and supersede any course of performance and/or usage of the trade inconsistent with any of the terms hereof.

AMENDMENTS

- The Parties agree that any amendments made to this Agreement must be in writing where they must be signed by both Parties to this Agreement.
- As such, any amendments made by the Parties will be applied to this Agreement.

SIGNATURE AND DATE

- The Parties hereby agree to the terms and conditions set forth in this Agreement and such is demonstrated throughout by their signatures below:

CLIENT

Name:_**Dr. M.Sundar**

(Vice Chancellor of TNPESU)

Signature: _____

Date: 26 December 2022

KALVI GROUPS OF INSTITUTIONS

Name:_**Dr. S. Senthil Kumar**

(Chairman of Kalvi Groups of Institutions)

Signature: _____

Date: 26 December 2022

(V. KUMARESH)

(M. Mohammed Imtia Yusu

1. (R. Ramakrishnan)

2. (Dr. I. LILLY PUSHPAM)

MEMORANDUM OF UNDERSTANDING

Between

BAHIR DAR UNIVERSITY

Federal Democratic Republic of Ethiopia

and

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY (TNPESU)

Chennai, India

MEMORANDUM OF UNDERSTANDING

Between

BAHIR DAR UNIVERSITY (BDU)

Federal Democratic Republic of Ethiopia

and

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY (TNPESU)

Chennai, INDIA.

WHEREAS,

Bahir Dar University was established by merging two former higher education institutions; namely the Bahir Dar Polytechnic and Bahir Dar Teachers' College. The Bahir Dar Polytechnic Institute, which has transformed itself into Technology and Textile institutes, was established in 1963 under the technical cooperation between the Government of USSR and the Imperial Government of Ethiopia. The institute was a premier institute in producing technicians for the nation. The Bahir Dar Teachers' College, by then known as the Academy of Pedagogy, was established in 1972 by the tripartite agreement of the Imperial Government of Ethiopia, UNESCO and UNDP and started actual work in the following year under the auspices of the Ministry of Education and Fine Arts. Its general objective was to train multipurpose primary education professionals capable of adopting primary education to rural life and rural development. Its specific objectives were to train primary school teacher trainers, supervisors, educational leaders, adult education organizers and community development agents.

The two institutions of higher learning were integrated to form the Bahir Dar University following the Council of Ministers regulation no. 60/1999 GC. The University was inaugurated on May 6, 2000. Bahir Dar University is now among the largest universities in the Federal Democratic Republic of Ethiopia, with more than 52,830 students in its

219 academic programs; 69 undergraduate, 118 masters, and 32 PhD programs; Bahir Dar University has Five colleges, four institutes, two faculties and one school. The academic units of the University include College of Science, College of Agriculture and Environmental Sciences, College of Medical and Health Sciences, College of Business and Economics, College of Education and Behavioral Sciences, Bahir Dar Institute of Technology, Ethiopia Institute of Textile and Fashion Technology, Institute of Land Administration, Institute of Disaster Risk Management and Food Security Studies, Faculty of Humanities, Faculty of Social Sciences, School of Law, Sport academy and Maritime academy. The research centers of the university are Blue Nile water Institute, Biotechnology research Institute, Pedagogy and Education research Institute, Energy research Institute, Textile, garment and fashion design, Abay culture and development research center, Geo-spatial data and technology center, Institute of Economics research and Demographic surveillance.

WHEREAS,

TNPESU Institute of Science & Technology (formerly known as TNPESU University) established by an Act of the Government of Tamilnadu in 2004, is unique and the first of its kind in India as an affiliated University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.
It is a rare coincidence that the University has started functioning from December 2005, declared by the United Nations as international year for Sport and Physical Education. At present the University has three Faculties, five Departments and ten affiliated Colleges. Further the University now offers select Physical Education and Allied Courses, through collaborative program and Distance Education stream also.

The signatories agree:

ARTICLE 1: Common Shared Vision

1.1 Signatories of this agreement share the following common vision: the promotion and enhancement of the dissemination of knowledge in order to provide society with superbly trained professional engineers, and in the creation of knowledge through the scholarly research activities of its faculty, staff, and students in order to provide society with the vitally needed highly qualified personnel.

1.2. Signatories of this agreement agree in principle to establish for themselves a preferential Institutional partner status.

ARTICLE 2: Responsible offices

BDU and TNPESU agree to appoint an overall coordinator for the administration. The coordinator will serve as the contact person on campus, being responsible for arrangements associated with visits, ensuring that necessary approvals are in place and the general welfare of the students/faculty.

ARTICLE 3: Commitment of the signatories

BDU and TNPESU commit themselves to work together in a collaborative, collegial relationship of mutual benefit with the contribution of complementary skills and resources towards the common shared vision.

3.1. Student exchange programme

3.1.1. BDU and TNPESU would offer opportunities to undergraduate and postgraduate students from the partner institution to carry out projects in their own laboratories.

3.1.2. BDU and TNPESU agree in principle to intake in the regular engineering curriculum undergraduate and postgraduate students from the partner institution for one semester or one year.

3.1.3. Proposals for students must be done in advance and agree upon with sufficient notice to both parties. The exact number of students will be agreed upon by the two institutions on an annual basis. In any given year, the number of students hosted can vary.

3.1.4. The home institution will be responsible for screening and selecting students, subject to acceptance by the host institution.

3.1.5. The host institution will assist the students to obtain housing and with other matters of hospitality but is not obliged to provide financial assistance of any kind.

3.1.6. Participating students shall be responsible for obtaining their own visas and completing the required immigration formalities.

3.1.7. Students participating to the programme will pay appropriate tuition fees at their home institution during the period at the host institution. They will also pay for all personal expenses at the host institution, including visa, housing, travel, meals and health insurance. They will be exempted from tuition fees at the host institution.

3.2. **Faculty exchange programme**

The agreement also envisions co-operation for faculty exchange through deputation for short term assignments spread over not more than a year in areas mutually identified.

3.3. **Other activities**

The above-mentioned activities are not exclusive; other may be considered, such as:

- Joint projects,
- Collaborative research activities, including joint supervision of doctoral students,
- Joint academics programs,
- Other areas of mutual interest.

When relevant, the above-mentioned activities will be described in a specific document.

ARTICLE 4: Administrative provisions

4.1 **Terms and termination**

This agreement will become effective upon signing and shall be effective for three (3) years, or until earlier termination by either party in keeping with the terms of this Agreement. This agreement shall be renewed if both the parties agree at the end of the three-year-term.

4.2 **Modification**

If any exchanges in the above clauses or a modification are intended, then it can be carried out by mutual consent of both the parties.

ARTICLE 5: Legal Effect

This MoU is not intended to impose any legal obligation whatsoever on either party, but not limited to an obligation to bargain in good faith. The parties do not intend to be bound by any agreement until both agree to and sign a definitive written contract. Neither party can rely on any promises inconsistent to this paragraph. This paragraph supersedes all other conflicting terms.

Signatures:

IN WITNESS WHEREOF, the parties have hereunto set their hands and affixed their signatures.

Dr. M. Sundar
Vice Chancellor
TNPESU
Chennai, India

Dr. Bimrew Tamrat Admasu
Scientific Director, BiT,
Bahir Dar University
Ethiopia

Dr. V. Murugavalavan
CoE
TNPESU
Chennai, India

Dr. Alebachew Asfaw, Dean
College of Business & Economics
Bahir Dar University
Ethiopia

Memorandum of Understanding

for Institute-Industry Interaction

Between

(VEL TECH Rangarajan Dr. Sagunthala R&D Institute of Science and Technology)
Deemed University u/s 3 of UGC Act, 1956

Vel Tech
Rangarajan Dr. Sagunthala
R&D Institute of Science and Technology
(Deemed to be University Estd. u/s 3 of UGC Act, 1956)

And

Tamil Nadu Physical Education and Sports University

in connection with

Collaborative Programmes in R&D

SEP 2022

M.1 MEMORANDUM OF UNDERSTANDING

M. 1.1 This Agreement made and entered into force this 22nd day of September 2022 between **Vel Tech Rangarajan Dr. Sagunthala R&D Institute of Science and Technology** which is imparting quality education in a multi-cultural ambience, intertwined with extensive application-oriented research with International Standards, located at #42&60, Avadi-Veltech Road, Chennai, TamilNadu (hereinafter referred to as **VELTECH** which expression shall where the context so admits include its successors and permitted assigns) of the one part

AND

M. 1.2 The **Tamil Nadu Physical Education and Sports University** established by an Act of the Government of Tamil Nadu in 2004 to impart excellence in physical education, sports science and technology, which is located at Melakottaiyur village, Vandalur –Kelampakkam Road, Chennai 600127, (hereinafter referred to as **TNPESU** which expression shall where the context so admits include its successors and permitted assigns) of the one part.
Each shall be referred to as 'party' individually and 'parties' jointly.

PREAMBLE

M.2 PREAMBLE

M2.1
VEL TECH Rangarajan Dr. Sagunthala R&D Institute of Science and Technology is an Institution deemed to be University offering Under Graduate, Post Graduate and Doctoral Programmes in Engineering, Management and Science. For more than two decades, Vel Tech has been carrying out academic and high quality research activities in diversified technology domains in association with national partners like DRDO / DST / ARAI / FCRI and international partners from Taiwan, USA, Korea Germany and France.

Whereas VEL TECH has primarily been engaged in R&D activities in Aerodynamics, Wind Engineering and allied areas. It has developed core competency in many areas of Technology

including Automotive Aerodynamics Performance and Building Aerodynamics Research. It has developed and commercialized a number of processes/ products/knowledge leads in diverse areas including Aerodynamics study on Road vehicle aerodynamics, VEL TECH Chennai has the state-of-the-art infrastructure that comprises, among others, a sophisticated Aerodynamics laboratory, which is envisaged to be essential for developing specialty sports aerodynamics. Further, it undertakes various important research projects with funding from prominent funding agencies.

M2.2 TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY which was established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

At present the University has three Faculties, Five Departments and Twenty Four Affiliated Colleges. Further the University now offers select Physical Education and Allied Courses, through collaborative programme and Distance Education stream also is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005. Sports engineering is the only course in TNPESU that emphasizes the application of engineering technology to sports. The course covers areas in human movement sciences, mechanical and electronic, and software engineering with a strong focus on sports as the application. Sports Engineers design sports equipment and facilities, training equipment, sports clothing, rehabilitation facilities used by sportspersons, orthopedic appliances and high-performance human-machine systems.

M2.3 Whereas TNPESU, after having identified the strengths of VEL TECH R & D as well as infrastructural facilities, has approached VEL TECH, evincing interest in undertaking joint collaborative research in the areas of Sports Aerodynamics and development as well as evaluation of sports equipments, apparels and Infrastructure for Indian sports personnel and other aerodynamic related research.

M2.4 Whereas TNPESU is convinced about the mutual benefits of undertaking joint collaborative research with VEL TECH in multi-dimensional areas depending on mutual interest as well as expertise.

M2.5 As a prelude to such collaborative research activities between VEL TECH and TNPESU, it has been agreed by both parties to sign an Umbrella MoU, which shall pave the way for undertaking specific activities later depending on specific requirements.

Now therefore in consideration of the premises and mutual covenants hereinafter contained the parties hereto agree as follows:

M3 SCOPE OF THE MoU

The scope of this MoU is limited to retaining VEL TECH as one of the esteemed collaborators of TNPESU for Research & Development, as per scope of work detailed in ANNEXURE I to this MoU (hereinafter called ACTIVITY), to be undertaken from time to time depending on requirements and this is envisaged to lead to further research/training collaborations between VEL TECH and TNPESU. Terms and conditions shall be mutually decided on case to case basis.

M4 RESPONSIBILITIES OF TNPESU

M4.1 TNPESU shall send specific request seeking the expertise of VEL TECH in respect of the ACTIVVITY on case to case basis.

M4.2 TNPESU shall bear the consumable cost in respect of the ACTIVITY.

M4.3 TNPESU shall ensure deployment of quality Research Scholars with bachelor/ master degree in Mechanical or Sports engineering for the research project.

M4.4 TNPESU shall extend cooperation and provide inputs while finalizing any joint research project proposed by VEL TECH for submission to a funding agency.

M4.5 TNPESU shall extend the access of its library facilities to the personnel deputed by VEL TECH in connection with the ACTIVITY.

M5 RESPONSIBILITIES OF VEL TECH

M5.1 VEL TECH shall extend necessary cooperation in terms of expertise as well as available infrastructure to TNPESU in connection with the ACTIVITY.

M5.2 VEL TECH shall ensure deployment of necessary personnel for the Research Guidance and Development and expert talk in emerging areas like aerodynamics, computational fluid dynamics, structural dynamics, wind engineering and other allied subjects of interest.

M5.3 VEL TECH shall coordinate the ACTIVITY related to Testing and Evaluation in research project of aerodynamic studies using wind tunnel and other laboratory at VEL TECH.

M5.4 VEL TECH shall be responsible for Wind Tunnel analysis, data collection and processing at VEL TECH.

M6 EFFECTIVE DATE, DURATION AND TERMINATION OF MOU

M6.1 The MoU shall be effective from the date of signing (hereinafter called EFFECTIVEDATE) and shall remain in force for the period of two years from the EFFECTIVEDATE.

M6.2 The MoU shall be reviewed after two years on receipt of request for renewal from TNPESU and may be renewed based on mutually agreeable terms and conditions.

M6.3 During the tenure of the MoU parties hereto can terminate the MoU either for violation of any of the clauses of the MoU or other work by giving one-month notice in writing to the defaulting party (VEL TECH or TNPESU). Failure of either party to terminate the MoU on account of breach or default by the other shall not constitute a waiver of that Party's right to terminate this MoU.

M7 SETTLEMENTS

In the event of termination of the MoU, the right and obligations of the parties here to shall be settled by mutual discussions.

M8 CONFIDENTIALITY

During the tenure of the MoU and for a period of 3 years thereafter, both VEL TECH and TNPESU (including their sub-contractors if any) shall treat as strictly confidential and

prevent disclosure thereof of all the information and data exchanged/generated under this MoU for any purposes other than that in accordance with this MoU.

GENERAL PROVISIONS

M9.1 VEL TECH shall not be responsible for any damage to property / plant / material /personnel of the TNPESU and athletes during the course of, or consequent to the ACTIVITY taken up under this MoU.

M 9.2 VEL TECH shall during the tenure of the MoU or thereafter, be free to take-up, without any prejudice to TNPESU, collaborative assignments, similar to or same as the ACTIVITY, for other parties on terms and conditions as it may decide upon.

M9.3 This MoU shall be the sole repository of the terms and conditions agreed to herein by and between VEL TECH and TNPESU and no amendment thereof shall take effect and be binding on either of them except as provided for in clause M.14 hereunder.

M.9.4 The MoU represents the entire understanding between the parties and supersedes any and all understandings either oral or written hitherto with respect to the subject matter of the Agreement.

M.10 PUBLICATIONS

M.10.1 Publications, if any, in respect of the ACTIVITY shall be in the names of the Scientific & Technical, personnel connected with the ACTIVITY.

M.11 INTELLECTUAL PROPERTY RIGHTS (IPR)

M.11.1 In case of joint R & D proposals sent for funding, IPR will be vested with both VEL TECH and TNPESU based on the extent of contributions by the investigators from the respective institutions.

M. 12 FORCE MAJEURE

M.12.1 Neither party shall be held responsible for non-fulfilment of its respective obligations under this MoU due to the exigency of one or more of the force majeure events such as but not limited to Acts of God, War / Flood / Earthquake / Strike / Lockouts /

Epidemics riots, Civil Commotion etc. provided on the occurrence and cessation of any such events, the party affected thereby shall give a notice in writing to the other party within one month of such occurrence or cessation. If the force majeure conditions continue beyond six months, the parties shall then mutually decide about the future course of action.

M.13 NOTICES

M.13.1 All notices and other communications required to be served on the TNPESU under the terms of this MoU, shall be considered to be duly served if it shall have been delivered to, left with or posted by registered mail/e-mail to the TNPESU at its last known address. Similarly, any notice to be given to the VEL TECH shall be considered as duly served if the same shall have been delivered to left with or posted registered mail/e-mail to
VEL TECH at its following address:

Chancellor, VEL TECH Rangarajan Dr. Sagunthala R&D Institute of Science and Technology a Deemed University located at #42&60, Avadi-Veltech Road, Chennai, Tamil Nadu.

M.14 ARBITRATION

M.14 Except as hereinbefore provided, any dispute arising out of this MoU, shall be settled by mutual discussion. In case the dispute is not settled, the same shall be referred to the arbitration of two arbitrators, one to be appointed by each party to the dispute and in case of difference of opinion between them to an umpire appointed by the said two arbitrators before entering on the reference, and the decision of such arbitrators or umpire, as the case may be shall be final and binding on both parties. The venue of arbitration shall be at such place as may be fixed by such arbitrators or umpire and the arbitration proceedings shall take place under the Indian Arbitration and Conciliation Act, 1996.

M.15 AMENDMENTS TO THE MoU

M.15.1 No amendment or modification of this MoU shall be valid unless the same is made in writing by both the parties or their authorised representatives and specifically stating the same to be an amendment of this MoU. The modifications/changes shall be effective from the date on which they are made / executed, unless otherwise agreed to

SEAL OF PARTIES

In witness there of the parties hereto have signed this MoU on the day, month and year, as mentioned hereinbefore.

Parties

For and on behalf of VEL TECH

Signature:

Name: Dr. S. Salivahanan

Designation: Vice Chancellor

Seal

Date: 22.09.2022

Witnesses (Name & Address)

Dr. E. Kannan
Registrar
Vel Tech Rangarajan Dr. Sagunthala
R&D Institute of Science and Technology

Date: 22.09.2022

For and on behalf of TNPESU

Signature:

Name: Dr. M. Sundar

Designation: Vice Chancellor

Seal

Date: 22.09.2022

Witnesses (Name & Address)

Dr. R. Ramakrishnan
Registrar
Tamil Nadu Physical Education and Sports University

Date: 22.09.2022

Annexure I (ACTIVITY)

Scope of the work

(This forms part of the collaborative agreement between VEL TECH and TNPESU, Chennai)

The scope of the work pertaining to this MoU involves the following:

- Study and analysis of sports aerodynamics and allied studies using wind tunnel experiments and Computational Fluid Dynamics.
- The Student Exchange Program between the institution for the UG and PG students in Sports Aerodynamics and performance projects.
- Development of prototype on Sports aerodynamics to improve performance with considering aerodynamic effects.
- The Faculty Exchange Program for the short term course in Sports technology and allied programs.
- Knowledge and facilities sharing between the two institutions such as Adjunct Professors, Guest lectures, organising workshops and conferences together.
- Presenting and publishing collaborative work in conferences and journals respectively.

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,CHENNAI

AND

NARCHINTHANAIVATTAM CHARITABLE TRUST,CHENNAI

Dr. M. SUNDAR, VICE CHANCELLOR	**Mrs. HEMA KANNAN**
Tamil Nadu Physical Education and Sports University, **Chennai, TamilNadu, India**	Trustee,Narchinthanaivattam Charitable trust, Chennai,Tamilnadu, India

This MOU is signed between the **Vice Chancellor** of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, **Chennai, Tamil Nadu, India** (hereafter named as Party 1) and the, **Mrs. HEMA KANNAN** Trustee,Narchinthanaivattam Charitable trust, valasaravakkam, Chennai,Tamilnadu, India.

This MOU is valid for the period of five years only from the date of signing.

Party 1 is represented by Vice Chancellor, Tamil Nadu Physical Education and Sports University Chennai,Tamilnadu, .

Party 2 is represented by Trustee,Narchinthanaivattam Charitable trust, Chennai,Tamilnadu,

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in Narchinthanaivattam conducting Yoga and Health Related Activities
2. Joint Educational, and Research Activities.
3. Exchange of Lectures and discussions & Train University students for their achivements.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Guest Lectures, Workshops, Conferences for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct yoga camps, free yoga offline and online classes and Yoga-Competitions, Conferences, Workshops and Events in our university, surrounding the villages and other areas for the welfare of public/Yoga Practitioners/Yoga Teachers/Yoga Faculties.
- **Party 1 and Party 2** agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

	Dr. M. SUNDAR, VICE CHANCELLOR	**Mrs. HEMA KANNAN**
Chennai 08.12.2022	Department of Yoga, Tamil Nadu Physical Education and Sports University,Chennai, Tamilnadu, India	Trustee,Narchinthanaivattam Charitable trust, Chennai,Tamilnadu, India

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

Tamil Nadu Physical Education and Sports University, **Chennai, TamilNadu, India**	Founder and President of Manavata an international Organization & Founder of Global IT company called Sandhata Technologies Ltd, **London.**

This MOU is signed between the (hereafter named as Party 1) and the . This MOU isvalid for the period offive years only from the date of signing.

Party 1 is represented by Tamil Nadu Physical Education and Sports University.

Party 2 is represented , Founder President of Manavata an International Organization & Founder of Global IT company called Sandhata Technologies Ltd, London

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Shall provide support and collaboration to pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the Vishwa Manavata Samastha.
2. Joint Educational and Research Activities.
3. Exchange of Lectures and discussions.

Shall provide support and collaboration to pertaining and relating to the following matters:

- To extend their support in organizing the Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct yoga camps and free yoga classes in our university campus and surrounding the villages.
- agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

13/10/22

10/10/

Chennai 13.10.2022	Department of Yoga, Tamil Nadu Physical Education and Sports University,Chennai, Tamilnadu, India	Manavata an international Organization, Charity Number: 1120315 (Manavata UK), 3417 / 01 (India: Vishwa Manavata Samastha), 000918874 (USA: Manavata Inc)& Founder of Global IT company called Sandhata Technologies Ltd, London.

MEMORANDUM OF UNDERSTANDING (MOU)

Signed Between

DEPARTMENT OF YOGA, TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

&

THE INTERNATIONAL APPLIED TAMIL TEAM, SAUDI ARABIA

Dr. M. SUNDAR, VICE CHANCELLOR	Dr. SEMMAL SYED MEERASA
Tamil Nadu Physical Education and Sports University, **Chennai, Tamil Nadu, India**	Chief Scientific Advisor, The International Applied Tamil Team, **Saudi Arabia**

This MOU is signed between the Vice Chancellor of Tamil Nadu Physical Education and Sports University, Melakottaiyur Post, Chennai, Tamil Nadu, India (hereafter named as Party 1) and the Chief Scientific Advisor, The International Applied Tamil Team, Saudi Arabia. This MOU is valid for the period offive years only from the date of signing.

Party 1 is represented by Vice Chancellor Tamil Nadu Physical Education and Sports University.
Party 2 is represented Chief Scientific Advisor The International Applied Tamil Team, **Saudi Arabia.**

The two parties hereby mutually agree upon and place on record their signatures on this document with their full conscious understanding and acceptance in the matters mentioned below:

Party 1 Shall provide support and collaboration to Party 2 pertaining and relating to the following matters:

1. Students of Yoga Department & Other Dept Students will be able to take part in the International Students Oration Competition.
2. Thirumoolar Thirumandiram and other Siddhar Literature Research can be conducted via the Tamil Nano Workshop.
3. Virtual Scientific Tamil Games (Quiz Events) can be conducted.

Party 2 Shall provide support and collaboration to Party 1 pertaining and relating to the following matters:

- To extend their support in organizing the Tamil Guest Lecture, Workshop, Conference for the students and faculty of Tamil Nadu Physical Education and Sports University.
- To conduct தமிழ் நுண் பயிலரங்கம் in our university campus and surrounding the villages.

Party 1 and Party 2 agree to terminate the above mentioned Collaboration with 3 months notice even without assigning any reason and without harming the Interest of the students.

Semmal 4/8/22.

	Dr. M. SUNDAR, VICE CHANCELLOR	Dr. SEMMAL SYED MEERASA
Place: Chennai	Department of Yoga, Tamil Nadu Physical Education and Sports University,	Chief Scientific Advisor
Date: 04-07-2022	Melakottaiyur Post, **Chennai, Tamil Nadu, India**	The International Applied Tamil Team, **Saudi Arabia**



TAMIL NADU 24AC 324384

14 JUL 2023

A. BHANALAKSHMI
Stamp Vendor
L.No.20028/B4/B/B7/9
144, Amman Koil Stree
Chennai-600 001.

MEMORANDUM OF UNDERSTANDING

Between Rotary Club of Chennai Lake City Dist 3232

&

Tamil Nadu Physical Education and Sports University, Chennai (TNPESU)

This MOU is executed on July 15, 2023, by and between Rotary Club of Chennai Lake City Dist 3232 Service Organization, hereinafter referred to as "Rotary Club Of Chennai Lake City Dist 3232" represented by Rtn Arulmozhi Ramanathan Chairman of Lake Restoration, and Tamil Nadu Physical Education and Sports University, established by an Act of the Government of Tamil Nadu, 2004, having its Institution at Melakottaiyur, Chennai - 600 127, Tamil Nadu, hereinafter referred to as "TNPESU "represented by its Vice-Chancellor.

Whereas Rotary International is a global service organization that brings together business and professional leaders to provide humanitarian service and advance goodwill and peace around the world. Rotary has seven areas of focus, which guide its efforts to create positive change in communities and address some of the world's most pressing challenges. Whereas Rotary District 3232 has been actively involved in several water-related projects, including the restoration of ponds and water bodies. And as part of its efforts to protect the environment and conserve water, the Rotary has identified the restoration of a pond and fencing as a potential project. The project is expected to benefit the local community by providing a source of clean water, promoting groundwater recharge, and creating a habitat for fish and other aquatic species. It also aligns with Rotary's commitment to sustainable development and environmental protection.

_Whereas The Tamil Nadu Physical Education and Sports University, the country's first State University, exclusively for Physical Education and Sports is established by an Act of Government of Tamil Nadu in 2004. Whereas TNPESU is located at the sprawling campus at Melakottaiyur, Chennai with 125 acres of land, bordered with a huge lake at one side. On the other side of the campus there is a vast spread of land, which is barren with boulder rocks, which extends up to 5 to 6 acres of land. This is an ideal space for creating reservoir, more water can be stored during the rainy season as the water from the other side (lake)of the compound, can flow inside, during the rainy season .

Whereas additional storage of water and increase of the water table can be achieved, as well as beauty of the campus enhanced with flora and fauna and landscaping and by creating a pathway in middle of the reservoir.

Whereas the vision of the TNPESU is to engage a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit.

In pursuance of the above, the RC Lake City and TNPESU agree to formalize an MOU as follows and the same are general forms of co-operation.

1. Scope:

1. Increase the water capacity of the area. -As part of its efforts to protect the environment and conserve water, promoting groundwater recharge, and creating a habitat for fish and other aquatic species.

2. Enhance the beauty of the campus with creation of islands, increasing the flora and fauna.

3. A plain mud pathway created in the centre of the ponds.

4. Following the establishment of ponds, the NSS division of TNPSEU will participate in the upkeep of the ponds and the maintenance of the trees surrounding the ponds. Rotary and NSS will collaborate in conducting an environmental awareness program, engaging other NSS groups of other Educational Institutions. They will organize marathons and rallies to raise awareness among the younger generation.

5. Organizing workshops and seminars can be conducted by both sides for students and public for creating awareness on importance of water and environment.

6. More palm trees and country-breed trees can be planted to increase the green coverage.

1. The pond creation work will be completed by 50 to 60 days of time from the commencement of the work with, plus or minus 5 days of time.
2. Due to unforeseen circumstances of natural calamities like heavy rain, earthquake, machinery shut down, pandemic conditions, strike, work may be stopped.

3. No other organizations, institution, or clubs, can intrude or interfere with the pond restoration, tree plantation, or fencing work.

4. TNPESU will render full support to RC Lake City in this regard.

5. If there are any electrical wires or any connecting pipes passing at the proposed site of restoration. TNPESU will communicate before the commencement of the work.

6. TNPESU will provide accommodation to the workers operating JCB and to other labourers carrying out fencing work workers until the restoration work is completed.

7. RC Lake City will update on the progress of work on every 3rd day to the TNPESU site engineer.

8. Work will be executed as mentioned in the detailed report submitted to the-CSR funding agency TIIC approved by the GOVT.

9. A detailed project summary and utilization certificate will be handed over to TNPESU at the end of the project.

2. Publications:

Publications, if any, in respect of the activity under this MOU shall be in the name and of the personnel involved from both the parties. In all publications (papers, reports, etc.) it shall be duly acknowledged that the work has been carried out by Rotary Club of Lake City RID 3232 and TNPESU under this MOU.

3. Confidentiality and IPR-Protection:

Both parties here-under agree that any information disclosed by one party to the other under this MOU shall be maintained as proprietary confidential information. All such proprietary Information shall be kept in confidence and the party receiving such information agrees to prevent disclosure to any other person(s) except to the personnel authorized by either of the parties on the need to know basis for execution of work under this MOU.

Each party agrees that it shall not file any application seeking Intellectual Property Rights (IPR) in its own name or in the name of Its associates or any other person(s), in relation to any joint activity covered or information disclosed under this MOU. However, parties can seek Intellectual property rights on joint names of the parties as mutually agreed on case to case basis on such terms and conditions as may be mutually agreed.

4. Monitoring, Reporting & Evaluation:

Both the organizations shall meet once in 15 days to monitor, report and evaluate the progress as envisaged under the MOU.

5. Commencement, Amendment, Renewal & Termination:

It is mutually agreed that the implementation of this Memorandum of Understanding will commence on the day of signing of MOU, that is on July 15, 2023 and handing over the cheque favouring "**Rotary club of Chennai Lake City CSR India Grant.**" will be handed over to "The Rotary Club of Chennai Lake city, and will continue thereafter till the creation of ponds. The MOU may be terminated by either party by giving 10 days prior notice. In the event of termination, both parties shall ensure that the Interest of the pond and campus under this MOU are safeguarded to the extent possible.

Notices

Any communications or notices required to be given under this agreement shall be made in writing and in English language with registered A/D mail and/ or courier and shall be deemed to have been duly and validly and given upon receipt thereof by the party to whom such notice addressed. Such communications and notices shall be sent to the following addresses:

Rotary Club of Chennai Lake City District 3232.	Address: F100, VGN Platina, Ayappakkam, Chennai 600077. Email Id:arulramg@gmail.com
Tamilnadu Physical Education And Sports University.	Address: Tamilnadu Physical Education and Sports University, Melakottaiyur, Chennai, Tamilnadu 600127 Email ID:vctnpseu@gmail.com

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management

Key indicator – 6.5.1

6.5.1 Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes by constantly reviewing the teaching learning process, structures & methodologies of operations and learning outcomes at periodic intervals

2.4 RESEARCH AWARDS

S.No. IAF/2020/951

INTERNATIONAL AWARD FORUM

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CERTIFICATE OF AWARD

OWNERED BY

Approved by : Govt of India
ISO Certified Company
9001: 2015

ACADAMIC RESEARCH AWARD 2020

AWARDED TO

Dr. P.K. Senthil Kumar (Age : 53yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of
Kinanthropometry and Body Composition Assessment

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

07-12-2020
DATE

H.E. DR. L. GOWTHAM
President
International Award Forum

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S.No. IAF/2019/720

INTERNATIONAL AWARD FORUM

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CERTIFICATE OF AWARD

OWNERED BY

Approved by : Govt of India
ISO Certified Company
9001: 2015

LEADERSHIP IN RESEARCH AWARD 2019

AWARDED TO

Dr. Mrs. S. Selvalakshmi (Age : 45yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of
Women with Dementia and Yoga

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

24-07-2019
DATE

H.E. DR. L. GOWTHAM
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WWW. AWARDFORUM.IN

S.No. IAF/2018/501

INTERNATIONAL AWARD FORUM

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CERTIFICATE OF AWARD

OWNERED BY

Approved by : Govt of India
ISO Certified Company
9001: 2015

RADIANT RESEARCH AWARD 2018

AWARDED TO

Dr. M. Grace Helina (Age : 59yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of
Fitness and Nutrition

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

05-09-2018
DATE

H.E. DR. L. GOWTHAM
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S.No. IAF/2022/1160

INTERNATIONAL AWARD FORUM

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CERTIFICATE OF AWARD

OWNERED BY

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ISO Certified Company
9001: 2015

TRAILBLAZER RESEARCH AWARD 2022

AWARDED TO

Mr. Niranjan (Age : 31yrs)

[Ph.D Scholar (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of
Lifestyle Modification and Interventions on
Selected Body Composition

Awarded By

INTERNATIONAL AWARD FORUM

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YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

20-09-2022
DATE

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S.No. IAF/2022/1150

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BEST RESEARCH AWARD 2022

AWARDED TO

J. Stanley (Age : 24yrs)

[Ph.D Scholar (TNPESU)]

Chennai, Tamilnadu, India.

For Conducting Research in the area of Athletic Performance and Role of Nutrition among Men Athletes

Awarded By

INTERNATIONAL AWARD FORUM

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YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

20-09-2022

DATE

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S.No. IAF/2023/1250

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ISO Certified Company
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RESEARCH EXCELLENCE AWARD 2023

AWARDED TO

Dr. S. Manikandan (Age : 41yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of Academic Performance and Cognitive Functioning with Yoga among University Students

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

24-01-2023
DATE

H.E. DR. L. GOWTHAM
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S.No. IAF/2022/1100

INTERNATIONAL AWARD FORUM

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CERTIFICATE OF AWARD

OWNERED BY

Approved by : Govt of India
ISO Certified Company
9001: 2015

EMINENT RESEARCH AWARD 2022

AWARDED TO

Dr. S. Thirumalai Kumar (Age : 51yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of
Stress Reduction and Coping Mechanisms with
Yoga Practice

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

18-08-2022
DATE

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S.No. IAF/2023/1300

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CERTIFICATE OF AWARD

OWNERED BY

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ISO Certified Company
9001: 2015

RESILIENCE RESEARCH AWARD 2023

AWARDED TO

Dr. M. Grace Helina (Age : 59yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of Irregular Menstruation and Yoga

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

21-02-2023
DATE

H.E. DR. L. GOWTHAM
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International Award Forum

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S.No. IAF/2019/750

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9001: 2015

RESEARCH EXCELLENCE AWARD 2019

AWARDED TO

Rosy Lungar (Age : 29yrs)

[Ph.D Scholar (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of
Nutrient intake with Yoga among Menopause
Women of Kandigai Village

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

28-08-2019
DATE

H.E. DR. L. GOWTHAM
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S.No. IAF/2020/901

INTERNATIONAL AWARD FORUM

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CERTIFICATE OF AWARD

OWNERED BY

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ISO Certified Company
9001: 2015

EMERGING RESEARCHER AWARD 2020

AWARDED TO

Dr. J. Anitha (Age : 46yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of Yoga and Sleep Quality among University Students

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

15-09-2020
DATE

H.E. DR. L. GOWTHAM
President
International Award Forum

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Certificate
OF ACHIEVEMENT

LIONS CLUBS INTERNATIONAL

District 324 J - 2022-23

Lions Clubs International, District 324 J Proudly Present this Certification to

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY *for the meritorious service rendered in the field of* **RESEARCH IN SPORTS AND SPORTS SCIENCES**

In recognition of its extraordinary contribution, commitment and tireless efforts for the welfare of the society.We here with present the **AWARD FOR RESEARCH IN SPORTS AND SPORTS SCIENCES** *During the Lions 19th Annual District Convention held at Sri Natarajan Thirumana Mandapam, Redhills, Chennai-52 On 16th April 2023.*

MJF Lion B.V.Ravindran (BVR)
District Governor

PMJF Lion Er.P.Jeyakodi
DCP - Convention

IJFHPEIG
ISSN: 2349- 722X

INTERNATIONAL FEDERATION FOR FITNESS, HEALTH, PHYSICAL EDUCATION AND IRON GAMES

Reg. No 638

EMERGING RESEARCHER OF THE YEAR AWARD - 2019

This Certificate is awarded to

Dr. J. ANITHA

of Tamil Nadu Physical Education and Sports University for conducting research in the area of Kinematic variables and performance of male basketball players in set shot

Kaukab Azeem

Dr. KAUKAB AZEEM
Chief in Editor

IJFHPEIG
ISSN: 2349- 722X

INTERNATIONAL FEDERATION FOR FITNESS, HEALTH, PHYSICAL EDUCATION AND IRON GAMES

Reg. No 638

BEST RESEARCH AWARD - 2019

This Certificate is awarded to

Dr. M. GRACE HELINA

of Tamil Nadu Physical Education and Sports University for conducting research in the area of Aerobic Exercise and Diet modification among women with NIDDM

Kaukab Azeem

Dr. KAUKAB AZEEM

Chief in Editor

IJFHPEIG
ISSN: 2349- 722X

INTERNATIONAL FEDERATION FOR FITNESS, HEALTH, PHYSICAL EDUCATION AND IRON GAMES

REG. NO 638

RESEARCH PIONEER AWARD - 2019

THIS CERTIFICATE IS AWARDED TO

Dr. P. RAJINIKUMAR

of Tamil Nadu Physical Education and Sports University for conducting Research in the area of Kinematic variables and goalkeeping performance in Penalty Stroke.

Kaukab Azeem

DR. KAUKAB AZEEM
CHIEF – IN – EDITOR

IJFHPEIG
ISSN: 2349- 722X

INTERNATIONAL FEDERATION FOR FITNESS, HEALTH, PHYSICAL EDUCATION AND IRON GAMES

Reg. No 638

OUTSTANDING CONTRIBUTION TO RESEARCH AWARD - 2019

This Certificate is awarded to

Dr. P.K. SENTHILKUMAR

of Tamil Nadu Physical Education and Sports University for conducting research in the area of Body fat percentage and Vo2 max among male and female students.

Kaukab Azeem

Dr. KAUKAB AZEEM
Chief – in – Editor

IJFHPEIG
ISSN: 2349- 722X

INTERNATIONAL FEDERATION FOR FITNESS, HEALTH, PHYSICAL EDUCATION AND IRON GAMES

Reg. No 638

DISTINGUISHED RESEARCH AWARD - 2019

This Certificate is awarded to

Dr. R. VENKATESAN

of Tamil Nadu Physical Education and Sports University for conducting Research in the area of aerobic training on lipid profile among athletes.

Kaukab Azeem

Dr. KAUKAB AZEEM
Chief – in – Editor

IJFHPEIG
ISSN: 2349- 722X

INTERNATIONAL FEDERATION FOR FITNESS, HEALTH, PHYSICAL EDUCATION AND IRON GAMES

REG. NO 638

EXCELLENCE IN RESEARCH AWARD - 2019

Dr. S. THIRUMALAIKUMAR

of Tamil Nadu Physical Education and Sports University for conducting Research in the area of Exercise on level of pain among women with fibromyalgia.

Kaukab Azeem

Dr. KAUKAB AZEEM
Chief – in – Editor

IJFHPEIG
ISSN: 2349- 722X

INTERNATIONAL FEDERATION FOR FITNESS, HEALTH, PHYSICAL EDUCATION AND IRON GAMES

Reg. No 638

TRAILBLAZER IN RESEARCH AWARD - 2019

THIS CERTIFICATE IS AWARDED TO

Dr. S. VELKUMAR

of Tamil Nadu Physical Education and Sports University for conducting Research in the area of Thera band training on selected dribbling and passing skills among handball players.

Kaukab Azeem

DR. KAUKAB AZEEM
CHIEF – IN – EDITOR

Temple Adventures

REG NO : 36486

STUDENT RESEARCH AWARD -2023

This certificate is proudly presented to

DHANALAKSHMI J

M.Sc II Year, EPN,TNPESU

for conducting research in the area of Hydration Status and Diving Performance among the scuba divers

Aravind Tharunsri
Director,
Temple adventures

Temple Adventures

REG NO : 36486

LEADERSHIP IN RESEARCH AWARD-2023

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Dr.J. ANITHA

Tamil Nadu Physical Education and Sports University

In appreciation of significant contribution to research in the area of analysis of fitness for scuba divers

ARAVIND THARUNSRI
DIRECTOR,
TEMPLE ADVENTURE

Temple Adventures
REG NO : 36486

RESEARCH COLLABORATION AWARD- 2022

This certificate is proudly presented to

Dr.M.GRACE HELINA

Tamil Nadu Physical Education and Sports University

In appreciation of significant contribution to research in the area of Scuba Diving

Aravind Tharunsri
Director Temple adventures

Temple Adventures

REG NO : 36486

OUTSTANDING RESEARCH AWARD-2023

THIS CERTIFICATE IS PROUDLY PRESENTED TO

G.RAJINEESHWARAN

M.Sc II Year, EPN,TNPESU

for conducting research in the area of of Specific Exercise Regimens on Physical Fitness and Performance in Recreational Scuba Divers

Aravind Tharunsri
DIRECTOR,
TEMPLE ADVENTURES

Temple Adventures

REG NO : 36486

RESEARCH EXCELLENCE AWARD-2023

This certificate is proudly presented to

J.N.HEMANTH KUMAR

M.Sc II Year, EPN,TNPESU

for conducting research in the area of pranayama on selected cardio respiratory variables among the scuba divers

Aravind Tharunsri
Director ,
Temple adventures

Temple Adventures

REG NO : 36486

ACADAMIC RESEARCH AWARD-2022

This certificate is proudly presented to

J.STANLEY

PhD Scholar, EPN,TNPESU

for conducting research in area of decompression sickness during depth diving among the scuba divers

Aravind Tharunsri
Director,
Temple adventures

Temple Adventures

REG NO : 36486

BEST RESEARCH AWARD - 2023

This certificate is proudly presented to

KAVIARASHI ANBAZHAGAN

PhD Scholar, EPN,TNPESU

for conducting research in the area of physical fitness and health benefits of scuba divers

Aravind Tharunsri

DIRECTOR,
TEMPLE ADVENTURES

Temple Adventures

REG NO : 36486

RESEARCH VISIONARY AWARD-2023

This certificate is proudly presented to

L.SANDHIYA

M.Sc II Year, EPN,TNPESU

for conducting research in the area of Yoga for Dive Stress and Anxiety Management among the scuba divers

ARAVIND THARUNSRI
DIRECTOR ,
TEMPLE ADVENTURES

Temple Adventures

REG NO : 36486

IMPACTFUL RESEARCH AWARD-2022

This certificate is proudly presented to

NIRANJAN. K

PhD Scholar, EPN,TNPESU

for conducting research in the area of Effects of depth diving on nitrogen narcosis among the scuba divers

ARAVIND THARUNSRI

DIRECTOR,

TEMPLE ADVENTURES

Temple Adventures

REG NO : 36486

BEST RESEARCH AWARD - 2023

This certificate is proudly presented to

PONKUMAR G

M.Sc II Year, EPN,TNPESU

for conducting research in the area of Aerobic Training among the scuba divers

Aravind Tharunsri
Director,
Temple adventures

Temple Adventures

REG NO : 36486

RESEARCH DISCOVERY AWARD-2023

THIS CERTIFICATE IS PROUDLY PRESENTED TO

PRATHIK NARAYAN SAHOO

M.Sc II Year, EPN,TNPESU

for conducting research in area of Nutritional Strategies for Minimizing Nitrogen Narcosis among the scuba divers

ARAVIND THARUNSRI

DIRECTOR,
TEMPLE ADVENTURES

Temple Adventures

REG NO : 36486

EMERGING RESEARCHER AWARD - 2022

This certificate is proudly presented to

ROSY LUNGAR

PhD Scholar, EPN,TNPESU

for conducting research in assessment of body composition variables among the women scuba divers

ARAVIND THARUNSRI
DIRECTOR,
TEMPLE ADVENTURES

S.No. IAF/2018/610

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9001: 2015

RESEARCH RENAISSANCE AWARD 2018

AWARDED TO

Dr. R. Venkatesan (Age : 46yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of Yogic Practices and Body Composition among IT Professionals

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

19-12-2018
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S.No. IAF/2019/800

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9001: 2015

OUTSTANDING RESEARCH AWARD 2019

AWARDED TO

Dr. R. Venkatesan (Age : 46yrs)

[Tamilnadu Physical Education and Sports University, (TNPESU)]
Chennai, Tamilnadu, India.

For Conducting Research in the area of
Traditional Food and Health

Awarded By

INTERNATIONAL AWARD FORUM

CONGRATULATIONS ON RECEIVING THIS AWARD.
YOU HAVE BEEN GREAT, KEEP UP THE GREAT WORK

12-11-2019
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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

Criterion 6 - Governance, Leadership and Management
Key indicator – 6.5.1

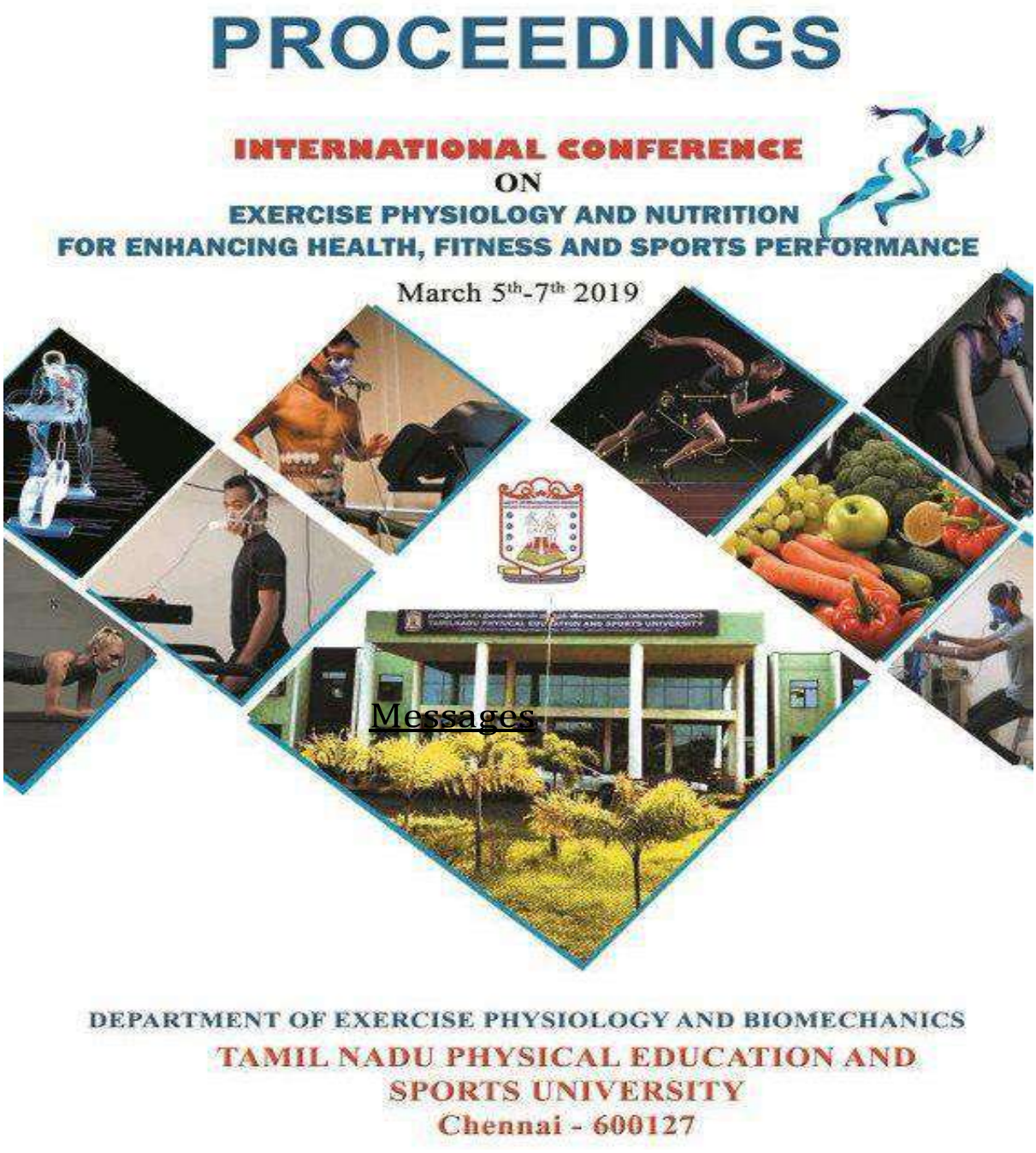
6.5.1 Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes by constantly reviewing the teaching learning process, structures & methodologies of operations and learning outcomes at periodic intervals

2.5 PUBLICATION AND DISSEMINATION

Number of research papers in the Journals notified on UGC website during the academic year 2022-23						
Title of paper	**Name of the author/s**	**Department of the teacher**	**Name of journal**	**Year of publication**	**ISSN number**	Link to article/paper /abstract of the article
Effect of Suryanamaskar Practices with and Without Yoga Nidra On Stress Among High School Students- A Randomized Controlled Trial	Dr. K. Jaiganesh[1], Dr. S. Parthasarathy [2]*., and Mr. Duraisamy [3]	Yoga	*International Journal of Life science and Pharma Research*	Apr. 2022	ISSN 2250-0480	https://www.ijlpr.com/index.php/journal/article/view/1423/1212
Efficacy of Knee Traction with Stimulation and without Stimulation on Physical Activity Level among Knee Osteoarthritis Patients	V Senthil, Dr.P Uma and Dr. Grace Helina	Exercise Physiology and Biomechanics	International Journal of Physiology, Nutriton and Physical Education	Jul-22	2456-0057	https://doi.org/10.22271/journalofsport.2022.v7.i2a.2551
Role of aerobics exercise and kettlebell training imporving on selected health related physical fitness parameters in obses male adults	John Bosco Anitha, Karuppasamy Govindasamy ,chandrababu suresh, saran Mithin Anandd,dilpreet Kaur,Alli Aloui,Hiba Boughanmi, Imen	Statistics and Computer Applications	Health,Sports and Rehabilitation	2022	2520-2677	https://doi.org/10.34142/HSR.2022.08.04.01
Comparative analysis of mean platelet volume among female volly ball rugby players andd yoga practitioners	Johnboso Anitha,Dilpreet kaur, Arvind Malik, Govindasamy ,Saran,Mithin ,Suresh,Pranamik	Statistics and Computer Applications	Health,Sports and Rehabilitation	2022	2520-2677	https://doi.org/10.34142/HSR.2022.08.03.04

Optimization for Friction Welding Input Factors to Maximize Tensile Strength and Minimize Axial Shortening in ASTM A516 Grade 70 steel Rods	G. Senthilkumar , T.Mayavan and R.Ramakrishnan	Dept of Sports Technology	Journal of Applied Science and Engineering	2022		http://jase.tku.edu.tw/articles/jase-202210-25-5-0008
A Wearable Biometric Performance measurement System for Boxing - A SURVEY	J. Brindha, Nallavan	Dept of Sports Technology	2022 IEEE World Conference on Applied Intelligence and Computing	2022		https://ieeexplore.ieee.org/document/9848915
A TEST OF PLYOMETRIC TRAINING AND CIRCUIT TRAINING ON SPEED AND STRIDE LENGTH OF TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY ATHLETES	DR.P.KUMARAVELU	PHYSICAL EDUCATION	LAMPYRID	2023	2041-4900	NOT FOUND
Differential effects of a 12-week aerobic exercise program on health-related physical fitness, physiological and biochemical markers among obese adults: a randomized controlled trial.	Johnboso Anitha,Dilpreet kaur, Arvind Malik, Govindasamy ,Saran,Mithin ,Suresh,Pranamik	Statistics and Computer Applications	Health,Sports and Rehabilitation	2023	2520-2677	https://doi.org/10.34142/HSR.2023.09.02.01

The effect of 12 week step and floor aerobic exercise programs on physical and psychophysiological health parameters in obese men	Anitha ,Govindasamy, Suresh,Kaur, Marwah,Jayasigh,Albert, Lakshmanan	Statistics and Computer Applications	Health,Sports and Rehabilitation	2023		https://czasopisma.ujd.edu.pl/index.php/sport/article/view/1792





Prof Dr G L Khanna
Director (Project)
Indian Institute of Sports Science and Research,
Ministry of Youth Affairs and Sports,
Govt. of India
New Delhi

Message

I am delighted to learn that that Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University will host an International Conference on Exercise Physiology and Nutrition with an aim to bring together leading academic scientists, researchers and scholars to exchange and share their practical experiences and research results on advances in the field of Exercise Physiology and Nutrition. I am sure that the conference will provide a premier interdisciplinary platform for researchers, practitioners and educators to present and discuss the most recent innovations, trends, and concerns as well as practical challenges encountered and solutions adopted in the fields of Exercise Physiology. The experts will come out with the paper on way forward in Exercise Physiology for our Nation. I wish the Participants and the Organizers a great success.

Prof Dr G L Khanna
Director (Project)
Indian Institute of Sports Science and Research

WOMEN WITH NIDDM

G. Sona Santhakumari* & Prof. Dr. Grace Helina**

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Abstract

The aim of this study was to find out the differentiation of aerobic exercises, diet modification and combined group on blood glucose level among women with NIDDM. 80 women NIDDM patients undergoing treatment in Government Hospitals and Diabetic Centre selected as subjects in the age group of 35 to 45 and divided into experimental group I, which underwent combined aerobic and diet modification, experimental group II which underwent aerobic exercise, experimental group III which underwent diet modification and control group did not undergo any treatment consist of 20 subjects each, blood glucose level was statistically analyzed using ANCOVA. It was concluded that combined group was better in reducing the blood glucose among middle aged women with NIDDM.

Key words: Aerobic Exercise, Diet, NIDDM

Introduction

Diabetes Mellitus is a constitutional disease with heritable tendencies. A disorder caused by decreased production of insulin, or by decreased ability to use insulin. Mellitus comes from a Latin word that means “sweet like honey” (Strukic, 1981). Non-Insulin dependent diabetes mellitus (NIDDM), is non-insulin dependent form and develops slowly and is usually milder and more stable. Insulin may be produced by pancreas but action is impaired. This form occurs mainly in adults and the person is usually overweight. Acidosis is infrequent. The majority of patients improves with weight loss and is maintained on diet therapy. Women who have had large babies or large families are also prone to develop this type of diabetes later in life (Srilakshmi, 2007). Any exercise or activity that elevates the heart rate to one hundred and twenty beats per minute for at least twelve minutes is said to be aerobic (Creggaing, 1984).

Fennicchia et al. (2004) conducted a study on the effects of acute and chronic resistance training on glucose and insulin responses to women with type II diabetes. The result of the study showed that exercise training significantly observed in glucose concentrations in diabetic patients. The same results were drawn by Fritz and Rosenqvist. Praet et al.,(2008) compared the clinical benefits of a twelve month exercise intervention programme consisting of either brisk walking or a medical fitness programme in type II diabetes patients. It was concluded that, physical activity was associated with effective intervention to modulate glycemic control and lower risk of developing hypertension in a graded fashion. Davenport et.al (2008) developed to document the effectiveness of a structured low intensity walking protocol on capillary glucose control in GDM women. . It was concluded that, an effective role in glucose regulation for this structured walking programme. Oshida et al. (2006) discussed the exercise therapy [mild exercises (walking , cycling and swimming) and resistance training] for aged diabetic peoples. The purposes of exercise therapy for diabetes are to improve insulin resistance and to prevent diabetic complications. This combination therapy would bring about not only improvement of insulin resistance but also restoration of quality of life for aged diabetic subjects. Malhotra et al; (2005), conducted a study on 20 patients with type II diabetes were put on a 40 days yoga routine. At the end of the 40 days of performing the asanas, on average the participants had a decrease in fasting glucose levels, a significant decrease in waist-hip ratio and beneficial change in insulin levels. Practicing and performing yoga postures as part of a regular exercise routine may further help in diabetics to increase insulin sensitivity and attain normal glucose metabolism.

Methodology

The aim of this study was to find out the differentiation of aerobic exercises, diet modification and combined group on blood glucose level among women with NIDDM. 80 women NIDDM patients undergoing treatment in Government Hospitals and Diabetic Centre selected as subjects in the age group of 35 to 45 and divided into experimental group I, which underwent combined aerobic and diet modification, experimental group II which underwent aerobic exercise, experimental group III which underwent diet modification and control group did not underwent any treatment consist of 20 subjects each, blood glucose level was statistically analyzed using ANCOVA.

Results

TABLE I

SHOWING THE MEAN AND STANDARD DEVIATION OF BLOODGLUCOSE

Fasting blood glucose				
Group	Pre test		Post test	
	Mean	SD	Mean	SD
Combined Group	146.85	23.01	104.15	17.25
Aerobic Group	147.15	26.44	113.90	16.12
Diet Group	140.65	23.93	109.40	19.17
Control Group	139.20	28.80	119.80	19.67
Postprandial blood glucose				
Combined Group	212.50	28.12	149.05	18.11
Aerobic Group	212.00	47.03	146.15	16.43
Diet Group	207.20	28.83	151.25	21.52
Control Group	193.65	47.67	159.95	23.57

Pre mean value of fasting blood glucose for the experimental groups and control groups were 146.85, 147.15, 140.65 and 139.20 respectively. The post mean value of fasting blood glucose or the experimental groups and the control groups were 104.15, 113.90, 109.40 and 119.80 respectively. Hence there is a significant difference between experimental and control groups, which shows the effect of training on them.

The pre mean value of post prandial blood glucose for the experimental groups and control groups were 212.50, 212.00, 207.20 and 193.65 respectively. The post mean value of post prandial blood glucose for the experimental groups and the control groups were 149.05, 146.15, 151.25 and 159.95 respectively. Hence there is a significant difference between experimental and control groups, which shows the effect of training on them.

TABLE II

SHOWING THE ANCOVA OF BLOOD GLUCOSE

Adjusted Means					
Variables	SV	df	SS	MS	F
Fasting blood glucose	BG	3	3632.70	1210.90	5.74*
	WG	75	15808.76	210.78	
	T	78	19441.46		
Postprandial blood glucose	BG	3	3976.60	1325.53	4.26*
	WG	75	23316.33	310.88	
	T	78	27292.93		

*Significant at 0.05 level of confidence.

(The table value required for significance at 0.05 level with df 3 and 75 is

2.72)

From the table II, it was proved that there was a significant difference existed between aerobic exercise group, diet modification group, combined group and control group on fasting blood glucose and postprandial blood glucose, since the F value of 5.74 and 4.26 were greater than the table value of 2.72 with df 3 and 75.

TABLE III

SHOWING THE POST HOC TEST OF BLOOD GLUCOSE

Variables	Combined Group	Aerobic Group	Diet Group	Control Group	MD	CI
Fasting blood glucose	102.64	112.26			9.62	13.11
	102.64		110.65		8.01	
	102.64			121.70	19.06*	
		112.26	110.65		1.61	
		112.26		121.70	9.44	
			110.65	121.70	11.05	
Postprandial blood glucose	147.38	144.61			2.76	15.93
	147.38		151.02		3.64	
	147.38			163.40	16.02*	
		144.61	151.02		6.40	
		144.61		163.40	18.78*	
			151.02	163.40	12.38	

From table III it was evident that combined group was better than the control group in reducing the fasting blood glucose. It's also proved that combined group and aerobic group was better than the control group in reducing the post prandial blood glucose.

Conclusion

It was concluded that combined group was better in reducing the blood glucose among middle aged women with NIDDM.

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ANALYSIS OF BODY MASS INDEX, PERCENTAGE OF BODY FAT AND MAXIMALOXYGEN CONSUMPTION AMONG MALE AND

FEMALE STUDENTS OF TNPESU

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Abstract

The main purpose of the study was to analyze and compare the fitness in terms maximal oxygen consumption (VO_2 max) by 1.5 Mile Run/walk test and body mass index, percentage of body fat among the male students and female students of Department of Exercise Physiology and Nutrition, TNPESU. Twenty six young male and female students from each of the Active as well as inactive lifestyle were recruited by simple random sampling and their age ranged between 18- 23 years. Body Mass Index (BMI) of all the subjects was computed by Weight (kg)/Height (m^2). Skinfold measurement also assumes that subcutaneous fat is a reliable indicator of total body fat. Durnin and Womersley (1974) validated the sum of four SFT (biceps, triceps, subscapular and suprailiac) against densitometry and devised sex and age dependent population-based linear regression equationsto estimate total body density. Once density is calculated, the Siri (1961) equation is used to estimate percentage body fat: Fat (%) = [(4.95 / D) – 4.5] x 100. Indirect estimation of maximal oxygen consumption (VO_2 max) was done with help of 1.5 Mile Run/walk test of each group of subjects. This study try to compare whether there is any difference between male and female student student's t test were used for statistical treatment of the data. The results reveal that there significant difference between male and female student on Body mass index, Percentage of body fat and VO_2 max of the male and female students of Active as well as inactive lifestyle. The male young students do have a statistical significantly

higher value of predicted maximal oxygen consumption (VO_2 max) than the inactive lifestyle female young students.

Key: Body Mass Index, Percentage of Body Fat and VO_2 Max

Introduction

Maximum oxygen consumption (VO_2 max) reflects the maximum capacity of a person to absorb, carry and consume O_2 (Albouaini, et al, 2007) .VO_2 max reflects a person's overall fitness level, which is one's maximum potential for using oxygen to make ATP. Thisis also known as aerobic capacity. VO_2 max is defined by the limits of one's oxygen transport system, so this value does not vary from moment to moment in the same way that VO_2 will change. Individuals who are more physically fit will be able to use oxygen more efficiently (have a higher VO_2 max), and can therefore produce more ATP and perform more work with less effort. Factors that can affect VO_2 max include general respiratory and cardiovascular health, the amount of mitochondria in the muscle cells, and vascularization of the muscle tissue. A person can increase their VO_2 max over time with physical training.

The body's use of oxygen during a bout of exercise can be measured by monitoring oxygen uptake (VO_2). The maximal ability of the body to deliver and consume oxygen (VO_2max) is the product of the maximal cardiac output (L blood/min) and the arterial-venous oxygen difference (ml O_2/L blood) (ACSM, 2008). VO_2max is considered the "gold standard" measure of cardiorespiratory fitness (ACSM, 2010) it is used as an objective indicator of cardiovascular function and as a benchmark for determining recommended exercise intensity.

The present study was initiated to estimate the VO_2 max in inactive female student. Most of the VO_2 max studies are in male. Very few studies have been taken in female student.We intended to take VO_2 max levels in female having sedentary life-style.

Methods

For the purpose of the study sixteen female (N=16) healthy sedentary students from the middle class socioeconomic background, having age range of 18 to 23 years were recruited for the study on the basis of random sampling from the Department of Exercise Physiology and Nutrition, TNPESU, TamilNadu. The experimental protocol was fully explained to participants to dispel their hesitation and ensure maximum cooperation. The participants had no history of any major disease and did not follow any physical conditioning program, apart from some recreational sports. Body Mass Index (BMI) of all the subjects was computed by Weight (kg)/Height (m^2). Skinfold measurement also assumes that subcutaneous fat is a reliable indicator of total body fat. Durnin and Womersley (1974)

validated the sum of four SFT (biceps, triceps, subscapular and suprailiac) against densitometry and devised sex and age dependent population-based linear regression equations to estimate total body density. Once density is calculated, the Siri (1961) equation is used to estimate percentage body fat: Fat (%) = [(4.95 / D) – 4.5] x 100. Indirect estimation of maximal oxygen consumption (VO_2 max) was done with help of 1.5 Mile Run/walk test of each group of subjects. VO_2max is computed with the following equation:

VO_2max (ml. kg-1.min-1) = 88.02 + (3.716 * gender) - (0.0753 * body weight in pounds) - (2.767 * time for 1.5 miles in minutes and fractions of minutes)

Where gender = 1 for males and 0 for females.

This study try to compare whether there is any difference between male and female Student student's t tests were used for statistical treatment of the data.

Results

Means and standard deviation of age, body height, body mass, BMI and VO_2max of the male and female participants are presented in table 1. Though age did not show any inter- group variation, but the values of all other parameters are significantly higher among males than the female students.

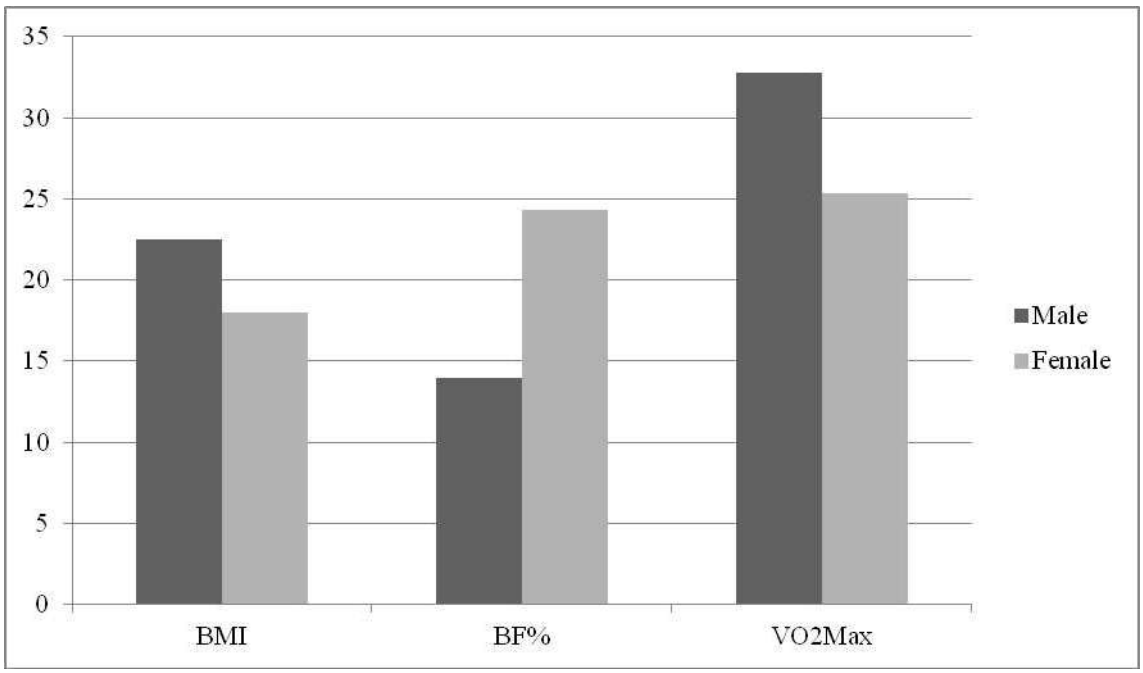
From statistical analysis it was observed that, the mean and standard deviation value of BMI in female students was 17.97 ± 2.57 kg/m^2, and in male students, it was 22.5 ± 2.95 kg/m^2. The obtained 't' value 4.18 shows statistical difference in the BMI of both genders. Themean value of Percentage of Body Fat (BF %) in female students was 24.33 ± 4.12, and in male students, it was 13. 95 ± 3.64. Percentage of Body Fat (BF %) values in female students were more as compared to values in male students. The mean value of VO_2 max in female students was 25.34 ± 3.95 ml/kg/min, and in male students, it was 32.79 ± 3.67 ml/kg/min. VO_2 max values in male students were more as compared to values in female students.

Table I: Physical parameters and VO_2max of sedentary male and female University students

Variables		Mean	SD	SDE	't''
Body Mass Index (BMI)	Female	17.97	2.57	.71461	**4.18***
	Male	22.5	2.95	.81964	
Percentage of Body Fat (BF %)	Female	24.33	4.12	1.14106	**6.82***
	Male	13.95	3.64	1.00746	
VO_2Max	Female	25.34	3.95	1.09596	**4.98***
	Male	32.79	3.67	1.01802	

*Significant Table Value 2.05 with df=24

Figure I: Physical parameters and VO_2max of sedentary male and female University students



Discussion

Age and gender are two known important non-modifiable factors that determine Cardiorespiratory Fitness. Being physically fit has been associated with "the ability to carry out daily tasks without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies" (United States President's Council of Physical Fitness, 1977). Such fitness is reflected in specific measures of work capacity and oxygen uptake (Cooper, 1977). Max VO_2 values vary with age, sex, weight, daily physical activity level and type of exercise. In this study, it was established that statistically significant difference in Body Mass Index (BMI), Percentage of Body Fat (BF %) and VO_2 max value of male and female gender, VO_2 max value being more in male gender. Our study results showed significant higher VO_2 max in male students as compared with female students. The study suggested females had a lower level of aerobic fitness as compared with male students (Nabi,Rafiq and Qayoom, 2015).

Conclusion

This study also concluded that significant difference was found between male and female students on Physical parameters and VO_2max. This study also concluded that body height, body weight and BMI of the male is significantly higher value than female and percentage of body fat significantly greater value in female than male. The male students' shows a significantly higher value of VO_2 max than female.

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ESTIMATION OF TOTAL ENERGY EXPENDITURE AMONGJUVENILE FEMALE STUDENTS OF TNPESU

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Abstract

The purpose of the study was to assess the body weight, height, age and sex, body surface area (BSA), basal metabolic rate (BMR) and their relationships to total energy expenditure (TEE) and physical activity level (PAL).Female energy requirements need be balance with total daily energy expenditure (TEE). Hence, meeting of energy needs for all components of TDEE must be the most important concern for active females. In addition, the study intended to provide an indication of the level of energy requirement for the female student of TNPESU. The predictive equations for RMR used in this study is, equations based on weight and/or height of adolescent, or equations that are the most commonly used in clinical settings although based on adults. Harris and Benedict equations are commonly used in prediction of BMR in healthy subjects and the WHO/FAO recommended energy requirements for developing countries. In this study involving 26 female students were randomly selected from Department of Exercise Physiology and Nutrition, TNPESU and their age ranged between 18 to 23 years. Physical activity Level was measured by twenty-four hour activity diary and TEE calculated as a product of BMR and PAL. The measured mean and standard deviation of BMI 19.03± 2.54Kg and BSA for female students was 1.41 ± 0.11m^2, the mean and standard deviation for were1264.46 ± 55.96 Kcal/day, the mean and standard deviation of PAL was 1.41 ± 0.11 and mean and standard deviation of TEE was 1652.88 ± 72.42 Kcal/day in female student. It was revealed that total energy expenditure of female student in TNPESU was high with the values being above the mean daily calorie requirement per capita for Indian (2058 Kcal/day) but within the WHO/FAO recommended energy requirements (2,360 Kcal/day) for developing countries. High energy expenditure was attributed to high energy levels spent in sports activities which were physical and effort exhaustive.

Keywords: Body Mass Index (BMI), Body Surface Area (BSA), Basal Metabolic Rate (BMR) and their relationships to Total Energy Expenditure (TEE) and Physical Activity Level (PAL).

INTRODUCTION

Energy is defined as the capacity to do work. Energy requirements are based on the energy needs for optimal growth and development for each individual at their stage in life in order to maximize long-term good health. Energy requirements for humans are not the same as nutritional requirements. The level of energy intake from food that will balance energy

expenditure when the individual has a body size and composition, and level of physical activity, consistent with long-term good health; and that will allow for the maintenance of economically necessary and socially desirable physical activity (FAO/WHO/UNU, 1985).

The basal metabolic rate (BMR) is measure of the minimal amount of energy (kcal)needed to maintain basic and essential physiological functions such as breathing, blood circulation, and temperature regulation. Basal metabolic rate varies according to age, gender,body size, and body composition. For assessment of BMR, the individual needs to be rested and fasted and should be in controlled environment. Since this is not always practical, we use the term resting metabolic rate (RMR), or resting energy expenditure (REE), to indicate the energy required to maintain essential physiological processes in a relaxed, awake, and reclined state. The RMR is approximately 10%higher than the BMR (Kinney, 1983, Matures, 1997, Turley, et al, 1993).

Thermogenesis relates to the changes in energy expenditure in response to a variety of factors such as food, cold, medications or hormones (Warwick, 1989). The thermo genic effect of food (TEF) contributes the greatest in healthy individuals, accounting for approximately 10-15% of energy expenditure (Mifflin, et al, 1990, Owen, et al, 1986). TEF refers to the energy associated with the digestion, absorption, transportation and storage of ingested nutrients (Frankenfield, 1998, Toth, 2001). Physical activity is the most variable of the components, typically accounting for approximately 20 -30% of energy expenditure (Jequier&Schutz, 1983), but may account for as little as 5% during bed rest or as much as 75% in elite athletes (Toth, 1999). Energy expenditure from physical activity varies within individuals from day -to-day and between individuals. In practice, it is difficult to measure energy expended from physical activity.

METHODOLOGY

For the purpose of the study twenty sixfemale (N=26) student were selected randomly from Department of Exercise Physiology and Nutrition, Tamilnadu Physical Education and Sports University, Chennai. Their age ranged between 18 -23 years were recruited for the study.The standing heights were measured using a stadiometer. Each participant were assessed while in good standing posture on the foot rest of the device with minimal clothing without shoes but with the head facing forward, shoulders relaxed, arms hanging loosely on both sides, palms facing forwards, feet together and knees straight. The subjects stand on the scale looking straight ahead, relaxed, remove shoes and motionless. Weight measurements were taken when the scale stabilized and recorded to the nearest 0.5kg.Body surface area (BSA) was calculated using DuBois equation: BSA (m2) = (Body Height) $^{0.725}$ × (Body Weight) $^{0.425}$ × 0.007184. The predictive equations for BMR used in this study is, equations based on weight and/or height of adolescent, or equations that are the most commonly used in clinical settings although based on adults. Harris and Benedict equationsare commonly used in prediction of BMR in healthy subjects.Females BMR = BMR = 655.1 + (9.563 × weight in kg) + (1.850 × height in cm) – (4.676 × age in years).

The data obtained during the investigation was analyzed using SPSS 16.0 for Windows P.C. The descriptive statistics were expressed as a mean ± SD for each variable. Pearson product moment correlation was carried out to detect the relationship for each parameter: Age, Weight, Height, Body mass index, Body surface area (BSA), basal metabolic rate (BMR) and their relationships to total energy expenditure (TEE). The lower and upper normal limits were determined at 5th and 95th percentiles. A p value < 0.05 was taken as statistically significant.

RESULTS

Descriptive data of Mean and Standard Deviation for the study participants are shown in Table 1.

Table 1

	Age years)	eight (kg)	eight (cm)	BMI kg/m²)	BSA (m^2)	BMR al/day)	TEE al/day)
n	19.31	43.7	51.73	19.03	1.36	264.46	52.88
	1.64	5.25	7.54	2.54		55.96	2.42
	18	35	132	15.6	1.2	1170	1521
	23	52	169	26.8	1.59	1373	1785

The mean age of female student was 19.31± 1.64 years (range 18 - 23 years).The mean height of the females was 151.73± 7.54cm. Similarly the mean weight female student was 43.7± 5.25kg.With regard to the mean BMI female student was 19.03± 2.54 kg.The measuredmean and standard deviation of BSA for Female students was 1.36 ± 0.10m^2, the mean and standard deviation ofBMR were 1264.46 ± 55.96 Kcal/dayand mean and standard deviationof TEE was 1652.88 ± 72.42 Kcal/day in female student.

Correlation and coefficient for young female studentsare shown in Table 2.

Table2

Subjects	**Parameters**	**Correlation and Coefficient (r)**	**emarks**
Female Students	and Age	-0.24	**NS**
	and Weight	0.80	S
	and Height	0.43	S
	and BMI	0.40	S
	and BSA	0.77	S
	and BMR	0.79	S

*Significant Table Value 0.330 with df 24

This table 2 shows that predicted TEE has a negative association with age of young female students (r = 0.24; P< 0.10). It is evident from the table 2 that there is a positive correlation (r = 0.80) between predicted TEE and body weight of the young female students and height of young female students (r =0.43; P> 0.10). The predicted TEE has a positive correlation with BMI and BSA of both (r =0.40) and (r = 0.77) young female students respectively. BMR of the subjects has positive correlation (r = 0.79) with predicted TEE.

DISCUSSION

Dietary energy intake of a healthy, well-nourished population should allow for maintaining an adequate BMI at the population's usual level of energy expenditure. At the individual level, a normal range of 18.5 to 24.9 kg/m^2 BMI is generally accepted (WHO 1995 and 2000).When a female has an adequate amount of food, body weight and body energy stores that are within the acceptable range of normality, their health will not be impaired and physiological function will not be compromised.Lack of sufficient energy stores during

these period results in the energy deficiency phase taking place, body weight falls and BMRis lowered. Ferro–Luzzi (2000) explained that energy imbalance leads to marked changes in body weight as well as quantity and quality of energy output. Therefore, long standing energy deficiency is reflected by both changes in body weight and activity pattern.The normal range of PAL for light to light active lifestyle is between 1.4 - 1.6.

Determination of TEE using observed BMR and PAL revealed a higher TEE in females above the mean daily calorie per capita ofIndian which is 2058 Kcal/day. However, the TEE was below 2,360 Kcal/day, which is an energy intake level for developing countries. In the present investigation, age was observed to have only insignificant relationship with the TEE in the female students. When correlating each physical parameter with TEE, it was established that body height, body weight, BSA and BMI of the female students have significant correlation with TEE. This study also shows that there is a significant correlation between the predicted BMRof young female students.

CONCLUSION

The present study results suggest that current mean daily calorie per capita of female in the study area does not meet the energy needs of females. Therefore, there is still a need for recommended energy requirements to be met to complement the energy needs of the students.

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RELATIONSHIP BETWEEN PLAYING ABILITY FROM SELECTED PHYSICAL FITNESS, ANTHROPOMETRIC, AND PHYSIOLOGICAL VARIABLES OF SRI LANKAN YOUTH TABLE KABIDI PLAYERS

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ABSTRACT: The present study aims to find out the relationship between playing ability and selected physical fitness, anthropometric, and physiological variables of Sri Lankan youth kabidi players The study was conducted for boys aged from 18 to 28 years represented 41st national sports festival competition 2015at Sri Lanka. The players participated from nine provinces for national sports competition in kabidi (108players) were identified as subjects for this study. The kabidi playing ability was selected as dependent variable and assessed by subjective rating. The Muscular Strength, Muscular Endurance, Cardio Respiratory Endurance, Flexibility, Agility, Elastic Power, Height, Weight, Upper Arm Relaxed Girth. Fore Arm Girth, Chest Girth, Wrist Girth, Waist Girth, Thigh Girth, Calf Girth, Angle Girth, Acromiale Raiale Length, Raialesylion Dactylion, Midstylion Dactylion Length, Foot Length, Leg Length,. Forced Expiratory Volume in One Second and VO2 Max were selected as independent variables and tested by standardized procedure. The data collected for playing ability and other selected independent variables. In order to examine the association between playing ability and selected independent variables simple correlation was calculated (P>.05). The result of present study shown significant association with kabbadi playing ability and the selected criterion variables among Sri Lankan kabbadi players.

INTRODUCTION: In Sri Lanka Kabadi is one of major sports, which is played all over the Sri Lanka. This game is also getting a good status in Asian sports. This game is classified as a team game. Sport is a medium through which a player develops both physical and mental abilities and finally it results into a conscious method of doing whatever one does most effectively, whereas in other arts we utilize mental and physical abilities partially. Kabbadi is basically an Indian game, which requires both skill and power. Kabaddi combines the characteristics of wrestling and rugby. Kabaddi is played in more than sixty five countries especially Asian countries. Anthropometric measurements relevant to human movement gained formal recognition as a discipline with the inauguration of the International Society for Advancement of Kinanthropometry in 1986.

Anthropometrics of all continents have participated in several major multidisciplinary studies that are being or have been conducted to assess the physical characteristics of people. Kinanthropometry has been defined as the quantitative interface between human structure and function (Ross, Drinkwater, Bailey, Marshall, Leahy, 1980) [1]. This interface is examined through the measurement and analysis of age, body size, shape, proportion, composition and maturation as they relate to gross body function. Previous reports have shown that body structure and morphological characteristics are important determinants of performance in many sports and certain physical impressions such as body composition (body fat, body mass, muscle mass) and physique (somatotype) can significantly influence athletic performance (Carter, 1970 & Duquet and Carter, 2001) [2] [3].

In performance and high performance sport, a great importance is given to the physical condition. It is in fact the preoccupation for the adaptation of the sportsman's body to growing physical and mental efforts, to which all the parts of the human body participate. The contemporary Kabadi game, characterized by high intensity motor activities, places upon players a wide spectrum of requirements on all their capabilities. One can hardly single out any ability or a characteristic which is not engaged in the performance of Kabadi players. Kabadi is a strength game. Without endurance the player cannot perform well, in the same time the player's need all the characteristics i.e. speed, agility, flexibility, endurance etcetera. Nowadays most of the players having good height can perform well in the game situation.Without physical characteristics players cannot achieve the aim of the game, so physical characteristics is very essential for the better performance of Kabadi. The purpose of the study was to predict the Kabadi playing ability from selected Anthropometrical and Physical variables among College level Players.

The gold standard for the measurement of cardio respiratory fitness is the maximal oxygen uptake (VO2max). The level of cardio respiratory fitness is highly associated with the performance of other physical fitness parameters such as strength and power output in young people and in adults ***[Ortega, 2008].*** To identify athletic potentiality, norms of the anthropometric, physical and cardio respiratory fitness profiles have an importance because they represent the achievement level of a particular group to which observed score can be compared. Various factors like socio-economic condition, diet, physical activity may reflect on these measurements. Thus there is a wide range of normalcy and the need to develop local norms has been emphasized. Several studies have been carried out on the physical and Cardio respiratory fitness status of the children of school-age populations ***[Reilly, 1990].*** In Sri Lanka, limited studies on the anthropometric, physical, and cardiorespiratory fitness of youth have been reported. In view of the above, a study was undertaken to investigate the relationship between anthropometric, physiological and physical fitness variables with football playing ability of Sri Lankan national level football players.

METHODOLOGY

The purpose of the study was to find out the association between football playing ability and selected anthropometric, physiological, and physical fitness variables of

Sri Lankan boys kabadi players. To achieve this purpose the population and sample were identified from 41st Sri Lankan sports festival. The players participated from nine province *(Central, Eastern, North Central, Northern, North Western, Sabaragamuwa, Southern, Uva and Western)* for national sports competition (2015) in kabadi (108 players) were identified as subjects for this study. The age of the subjects ranged between 18 and 28years as per the eligibility proforma of the individual. The kabadi playing ability was selected as dependent variable and assessed by subjective rating. The Muscular Strength, Muscular Endurance, Cardio Respiratory Endurance, Flexibility, Agility, Elastic Power, Height, Weight, Upper Arm Relaxed Girth. Fore Arm Girth, Chest Girth, Wrist Girth, Waist Girth, Thigh Girth, Calf Girth, Angle Girth, Acromiale Raiale Length, Raialesylion Dactylion, Midstylion Dactylion Length, Foot Length, Leg Length,. Forced Expiratory Volume in One Second and VO2 Max were selected as independent variables and tested by standardized procedure. The data were collected for playing ability and other selected independent variables. In order to examine the relationship between playing ability and selected independent variables simple correlation was calculated (P>.05).

RESULTS

Table – I

MEAN, STANDARD DEVIATION AND CORRELATION BETWEEN PERFORMANCE AND SELECTED PREDICTOR VARIABLES AMONGKABADDI PLAYERS

S.No	Variables	Mean	Stranded Deviation	'r' Value	Sig
1	Perfom.	6.64	1.07	1.000	.
2	MST	28.82	3.97	.557	.000
3	SED	36.37	2.72	.446	.000
4	CRE	79.37	2.52	.442	.000
5	FLEX	29.41	2.17	.356	.000
6	AGI	17.91	.73	.155	.055
7	EX.P	11.29	.65	.348	.000
8	HT	1.69	.03	.195	.022
9	WT	69.25	3.47	.144	.068

10	UAR	29.03	2.17	.315	.000
11	FA	28.63	3.11	.510	.000
12	CHE	79.96	2.52	.426	.000
13	WRI	17.09	1.35	.321	.000
14	WAI	70.62	3.29	.245	.005
15	THI	53.31	5.78	.302	.001
16	CAL	33.31	2.67	.347	.000
17	ANG	19.37	1.10	.264	.003
18	UAL	27.58	1.64	.172	.038
19	FAL	28.90	2.02	.262	.003
20	HAN	18.80	1.37	.417	.000
21	FOOT	26.03	1.35	.340	.000
22	LL	81.41	2.57	.226	.009
23	FEV1	4.29	.24	.464	.000
24	VO_2 Max	4.59	.22	.479	.000

Correlation of criterion (Performance) variable with the predictor variables is presented. From the table it is clear that except Body Mass (Weight), all the selected (Muscular Strength, Muscular Endurance, Cardio-Respiratory Endurance, Flexibility, Agility, Elastic Power, Standing Height, Upper Arm Relaxed Girth, Forearm Girth, Chest Girth, Wrist Girth, Waist Girth, Thigh Girth, Calf Girth, Ankle Girth, Upper Arm Length, Forearm Length, Hand Length, Foot length, Leg Length, Forced Expiratory Volume in 1 sec size (FEV1) and VO_2 Max) predictor variables are having significant correlation with criterian variable at 0.05 level of confidence.

DISCUSSION

The result of present study was significantly relationship between the selected criterion variables and playing ability. There are numerous studies which were supported the result of this study. Performance in any sports activity depends to a large extent on physical fitness. Sports trainers concentrate on improving the physical fitness and motor abilities of a player, i.e., speed, strength, endurance, flexibility.

Improving the physical fitness of a player is also called conditioning. A sound conditioning programme forms the most important part of training any sports person. Conditioning or physical fitness is categorized into general and specific fitness. General fitness refers to the common qualities required for any sports person irrespective of the sport i.e., motor qualities such as strength, endurance, flexibility and coordination ability. Every sport demands motor abilities at various levels above the average. Specific fitness is achieved when a player acquires the required motor ability at the intensified level for the particular sport. For example, specific fitness in kabaddi is with reference to strength, speed and co-ordination. These findings are in accordance with the Verma (2011) [4].

Kabaddi favors body development with a muscular strength stamina and endurance; because of its special feature "Can't hold" enriches cardiovascular endurance and resistance. Fine flexibility and agility is developed as one needs to move faster in such a small area of 20'–30' [10–12 mts]. Player's eyes and body movement become quicker. On the other hand in physical skills speed, power [strength], endurance, flexibility, swift action, and proper coordination between hand eyes and limbs. If your body is flexible then only you can kick, swiral grapple with ankle legs and things. Here more than speed acceleration is paramount; strong leg muscles give more punch to the player. Agility and stamina are also very essentially. These findings are in accordance with the Jadhav (2011) [5].

CONCLUSION

Based on the results, it was concluded except body mass all other independent variables selected for this study was positively correlated with kabadi playing ability.

IMPLICATIONS

- ✓ The coaches are suggested to consider not only the sports skills but also to include anthropometric, physiological and physical fitness quality of the players while selecting on screening.
- ✓ The sports talent identification drive should be made with the help of anthropometric, physiological and physical fitness variables.

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[6] INFLUENCE OF COMBINED CARDIO AND RESISTANCE TRAINING ON MEAN ARTERIALBLOOD PRESSURE AND RESTING PULSE RATE AMONG MIDDLE AGED MEN

[7]

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***Dr. P.K. SENTHILKUMAR,** Assistant Professor, TNPESU.

[9] ABSTRACT

[10] The aim of this study was to find out the influence of combined cardio and resistance training on mean arterial blood pressure and resting pulse rate among middle aged men. To achieve the purpose, sixty (N=60) sedentary middle aged men were randomly selected and their age ranged between 30 and 40 years and they were assigned into two groups, cardio and resistance training group (CRTG) and Control group (CG) consisting of thirty (n=30) in each. After assessing the mean arterial blood pressure and resting pulse rate initially, the experimental groups underwent training intervention for twelve weeks. After the completion of twelve weeks experimental period, all the subjects were measured of their mean arterial blood pressure and resting pulse rate. The results revealed that the cardio and resistance training produce significant alteration on mean arterial blood pressure and resting pulse rate among sedentary middle aged men comparing to initial and final scores. The differences were found to be significant P <0.05. Thus, it was concluded that cardio and resistance training is the best training intervention for sedentary middle aged men to enhance overall health and wellbeing.

[11]

[12] **Key Words:** Cardio and Resistance Training, Mean arterial blood pressure andResting pulse rate

[13]

[14] INTRODUCTION

[15] Sedentary lifestyle is threatening the health of every individual in every moment of life. In middle aged and elderly people such lifestyle, encourages or increases the risk of obesity, muscle weakness, postural deficiencies, diabetes, hypertension and coronary heart disease. A regular physical activity causes important changes that it shows in the increase of health related fitness and in the decrease of the risk factors in many of developing medical conditions in inactive people (Physical Activity Guidelines Advisory Committee Report, 2008). Exercise is one of the important tools used to diagnose and understand functions of cardiovascular system. Exercise causes increase in cardiovascular function to deliver required oxygen and other nutrients to the exercising muscles and muscle blood flow increases drastically during exercise (Guyton, 2008). There are numerous variables which can be taken from the individuals of a population to clarify physical health of that particular population of which, one important variable is blood pressure. Blood pressure varies and is influenced by age, sex, health, race or ethnicity, socioeconomic status, occupation, education, living arrangements, personal circumstances and environmental factors (Thomas et al, 2002).

[16] METHODOLOGY

[17] For the purpose of the study (N=60) sixty sedentary middle aged men were selected from Chennai city. They were in the age group of 30 – 40 years. The study was formulated as a true random group design consisting of a pre-test and post test. The subjects were randomly assigned to two equal groups consisting of thirty (n=30) sedentary middle aged men each. The groups were assigned as cardio and resistance training group (CRTG) and control group (CG) respectively. Pre tests were conducted for all the 60 subjects on mean arterial blood pressure and resting pulse rate. Blood pressure was measured via a sphygmomanometer. Mean Arterial Pressure was calculated by using the formula:

[18] Mean Arterial Pressure = Diastolic pressure + 1/3 pulse pressure

Where, Pulse pressure = (systolic pressure – diastolic pressure)

[19] Resting pulse rate was measured through electronic heart rate monitor. After the experimental period of twelve weeks post test were conducted and the scores were recorded. The differences between the initial and final scores were considered as the influence of cardio and resistance training group (CRTG) on mean arterial blood

[20] pressure and resting pulse rate. The obtained data were statistically analyzed using ANCOVA.

[21] **Exercise Program:** The cardio and resistance training was performed 3 days/ week for 12 weeks. They performed both resistance and cardio training on the same session, in which the cardio exercise were performed first and were immediately followed by the resistance exercises. All the training sessions were carefully supervised by the experienced personal trainers. The resistance training program included nine exercises (inclined leg press, knee extension, leg curl, seated row, biceps curl, bench press, inverted fly, triceps curl and abdominal exercises) performed until failure. These exercises were chosen to emphasize both major and minor muscle groups, using single as well multi-joint exercises, based in the recommendation of ACSM (2009). The schedule of the training program consisted of three workouts per week, During the first three weeks, subjects performed three sets of 10-12 RM (repetition maximum) plus 25 min of cardio training at 65 to 70% MHR (maximum heart rate); in weeks 4 and 6: 8-10 RM (repetition maximum) plus 30 min of cardio training at 70 to 75% MHR (maximum heart rate); in weeks 7 and 9: 6-8 RM (repetition maximum) plus 30 min of cardio training at 75 to 80% MHR (maximum heart rate), and ending with weeks 10 and 12 performing between 4 and 6 RM (repetition maximum) plus 30 min of cardio training at 80 to 85% MHR (maximum heart rate). The recovery between sets lasted 120 seconds. The cardio training program was performed on a treadmill walking and elliptical training. Each session lasted 30 min and had the intensity individually monitored according to the HRmax. The program began after the adaptation period and the initial and final five minutes were always used to warm-up and cool-down respectively.

[22] RESULTS

[23] Table I: influence of Cardio and Resistance training on mean arterial blood pressure and resting pulse rate among sedentary middle aged men

[24]

MEAN ARTERIAL BLOOD PRESSURE (Scores in mmHg)							
	ECT G	**CG**	**S V**	**SS**	**df**	**MS**	**Obtained F**
Pre Test	**97.82**	**98.47**	B	**6.34**	**1**	**6.337**	**1.10**
			W	**334.71**	**58**	**5.77**	

Post Test	**96.37**	**98.43**	B	**64.07**	**1**	**64.07**	**7.39**
			W	**503.07**	**58**	**8.67**	
Adjusted	**96.58**	**98.22**	B	**39.81**	**1**	**39.81**	
			W	**361.80**	**57**	**6.35**	**6.27**
Mean Gain	**1.45**	**0.03**					
RESTING PULSE RATE (Scores in beats per minute)							
Pre Test	**76.30**	**75.60**	B	**7.35**	**1**	**7.350**	**1.09**
			W	**389.50**	**58**	**6.72**	
Post Test	**73.70**	**75.53**	B	**50.42**	**1**	**50.42**	**9.50**
			W	**307.77**	**58**	**5.31**	
Adjusted	**73.40**	**75.83**	B	**86.69**	**1**	**86.69**	
			W	**28.01**	**57**	**0.49**	**176.42**
Mean Gain	**2.60**	**0.07**					

[25] *Significant at 0.05 level of confidence for 1 and 58 (df) = 4.00, 1 and 57 (df) = 4.00

[26]

[27]

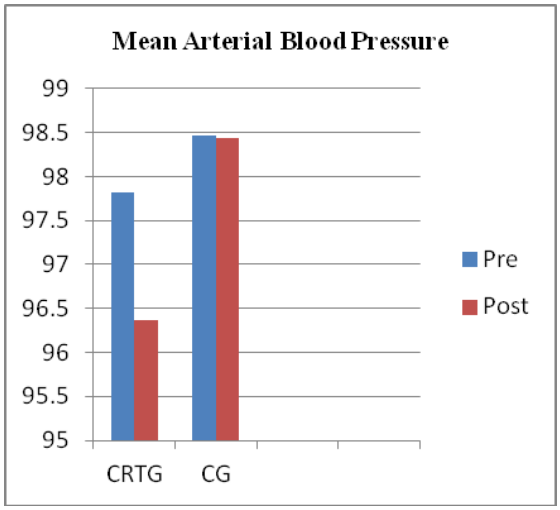
[28] Figures: Pre and Post Test Mean scores on mean arterial blood pressure and

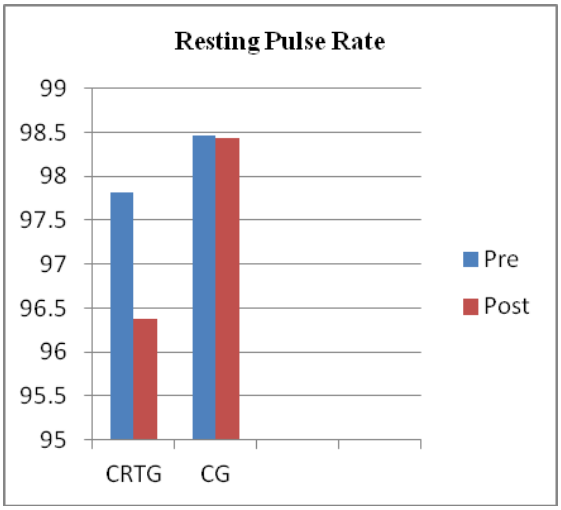
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[34] The results presented in Table I proved that there was significant variation due to Cardio and Resistance training on mean arterial blood pressure and resting pulse rate. The obtained adjusted post test F values 6.27 and 176.42 were greater than therequired F value of 4.00 to be significant at 0.05 level.

[35]

[36] DISCUSSIONS

[37] In our study, the statistical analysis showed a significant reduction in the resting Heart Rate of the subject. In addition, it was found a fall of systolic blood pressure after stopping of exercise however it did not fall below the resting values however it found that Diastolic Pressure changed on a minor scale similar to Systolic Pressure the pointin conformation with the study on diastolic blood pressure. Endurance training increases the number of capillaries in trained skeletal muscle, thereby allowing a greater capacity for blood flow in the active muscle (Terjung 1995). This enhanced capacity for blood flow is associated with a reduction in total peripheral resistance; thus, the left ventricle can exert a more forceful contraction against a lower resistance to flow out of the ventricle (Blomqvist and Saltin 1983). Arterial blood pressure at rest,blood pressure during submaximal exercise, and peak blood pressure all show a slightdecline as a result of endurance training in normotensive individuals (Fagard and Tipton 1994). The most important finding of this study was the decrease in resting diastolic blood pressure following Cardio and Resistance training period. These resultsare in agreement with several previous studies which reported a significant decline in resting diastolic blood pressure but no change in resting systolic blood pressure, as a result of Cardio and Resistance training intervention. The results obtained by Berent *etal.* (2011) in a study on the relative advantages of resistance exercises in combination with resistance and aerobic exercises in cardiac patients are in line with the present study.

[38]

[39]

[40] CONCLUSIONS

[41]

[42] Our obtained results showed that doing combined cardio and resistance exercise for twelve weeks led to a reduction in mean arterial blood pressure and resting pulse rate among middle aged men. Lifestyle modification and awareness, exercise in any form has become an important part of life.

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KINEMATIC ANALYSIS OF TOPSPIN SERVE IN TENNIS

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Abstract

The purpose of the study was to kinematically analyzed of Topspin Serve in Tennis. The researcher aimed to analyses the tennis service biomechinally for measuring and finding the contribution of the ball toss height, shoulder angle, elbow angle and wrist angle on the topspin service performance. The 10 subjects were selected at random from different colleges in Chennai. The study was conducted on ten male tennis players. Their age were ranged between 18 and 25 years. The top spin serve were videotaped by using the Sony digital video camera (Model: HDR – XR55OE). The camera was mounted on the Sony tripod. The camerawas placed at the height of 1.23m from the ground level and the length between the end line of tennis court and the camera was 6.40 m perpendicular to the base line of tennis court in the sagittal plane. Then the calibration frame for two dimensional analysis was placed 1m from the base line and 7.75m opposite to the camera. The subjects have three trails to serve topspin serve. The recorded video was inserted in KINOVEA motion analysis software and the data's were collected. The collected data's were statistically analyzed with Pearson product moment correlation. Keywords: Tennis, Biomechanics, Top Spin Service

INTRODUCTION

The aim of the tennis serve is to hit the ball into the opponent's service area while making it is hard as possible for them to return. Therefore players are continually being challenged to increase their serve velocity and use a variety of different serves in order to gain an edge over their opponent **(Fleisig et al, 2003).**

The serve is the shot that starts each and every point. A serve is hit from either the deuce court, standing to the right side of the center mark when facing the net at the baseline, or the ad court, standing to the left side of the center mark. Serves are hit using a continental grip, which allows players to hit a variety of different types, including flat, kick and slice serves.

Bruce elliott & tony marsh. (1989) Angles of incidence and reflection of the impact between the ball and the court showed that backspin trials had larger angles of incidence and reflection than topspin strokes. **(Matthew k. Seeley, Tim L. Uhl , Jean Mccrory 2008**) results could have implications for performance of and injury related to the abbreviated versus traditional serve technique. Although the abbreviated serve has anecdotally been described as advantageous, the present data do not indicate any significant advantages or disadvantages in performing the abbreviated serve technique versus the traditional serve.

METHODOLOGY

The researcher aimed to analyses the tennis service biomechinally for measuring and finding the contribution of the ball toss height, shoulder angle, elbow angle and wrist angle on the topspin service performance. The subjects were selected at random from different colleges in Chennai. The study was conducted on ten male tennis players. Their age were ranged between 18 and 25 years. The top spin serve were videotaped by using the Sony digital video camera (Model: HDR – XR55OE). The camera was mounted on the Sony tripod. The camera was placed at the height of 1.23m from the ground level and the length between the end line of tennis court and the camera was 6.40 m perpendicular to the base line of tennis court in the sagittal plane. Then the calibration frame for two dimensional analysis

was placed 1m from the base line and 7.75m opposite to the camera. The subjects have three trails to serve topspin serve. The recorded video was inserted in KINOVEA motion analysis software and the data's were collected. The collected data's were statistically analyzed with Pearson product moment correlation.

RESULT AND DISCUSSION

TABLE I

TABLE SHOWING THE DESCRIPTIVE STATISTICS OF SELECTED **VARIBLES**

	Minimum	Maximum	Mean	SD
Performance	16.00	22.00	18.80	1.93
Ball toss height	1.48	2.08	1.69	0.18
Shoulder angle	69.00	77.00	73.00	2.58
Elbow angle	48.00	56.00	51.90	2.60
Wrist angle	11	15	13.4	1.46

The result presented in table I showed the minimum, maximum mean and standard deviation values of service performance are 16.00, 22.00, 18.80 and 1.93 respectively. The results presented in table I showed in minimum, maximum, mean and standard deviation values of ball toss height are 1.48, 2.08, 1.69 and 0.18 respectively. The results presented in table I showed the minimum, maximum, mean and standard deviation values of shoulder angle are 69.00, 77.00, 73.00 and 2.58 respectively. The results presented in table I showed the minimum, maximum, mean and standard deviation values of elbow angle are 48.00, 56.00, 51.90 and 2.60 respectively. The results presented in table I showed the minimum, maximum, mean and standard deviation values of service performance are 11.00, 15.00, 13.40 and 1.43 respectively.

TABLE II

TABLE SHOWING THE CORRELATION VALUES OF SELECTED VARIABLES

Variables	Performance	Ball toss height	Shoulder angle	Elbow angle	Wrist angle
Performance	#	**0.826***	**-0.780***	**-0.663***	0.434
Ball toss height		#	-0.598	-0.472	0.417
Shoulder angle			#	0.469	-0.090
Elbow angle				#	-0.093
Wrist angle					#

***Significant at 0.05 level of confidence. The table value is 0.602

The results presented in table II showed that there was significant positive relationship between serve performance and ball toss height since obtained ‘r’ value 0.826 was greater than the table ‘r’ value 0.602.

There was significant negative relationship between serve performance and shoulder angle since obtained ‘r’ value 0.780 was greater than the table ‘r’ value 0.602.

Also there was significant negative relationship between serve performance and elbow angle since obtained 'r' value 0.663 was greater than the table 'r' value 0.602.

There was no significant relationship between serve performance and wrist angle since obtained 'r' value 0.434 was lesser than the table 'r' value 0.602.

CONCLUSION

1. It was concluded that there was a significant relationship between topspin service performance and selected variables namely Ball Toss Height, Shoulder Angle, Elbow angle.

2. It was concluded that there was no significant relationship between topspin service performance and wrist angle.

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CORRELATION BETWEEN KINEMATIC VARIABLES AND GOALKEEPING PERFORMANCE IN PENALTY STROKE

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Abstract

The purpose of the study was to find out the correlation between kinematic variables and goalkeeping performance in penalty stroke in field hockey. To achieve the purpose of this study, ten Inter-Collegiate goalkeepers were selected as subjects from Chennai and age group was ranged from 19 to 25 years. The selected kinematic variables in the penalty stroke position werestance width, knee angle and trunk lean.The overall penalty stroke performance of the goalkeeper was measured using the 10 point scale which consists of five penalty strokes. Each goalkeeper was given five trials only. The successful trials of each goalkeeper were digitized and analysed by taking the mean values. The goalkeepers preferred stance width and

the knee angle and trunk angle also was measured by using kinovea software. Canon EOS 600D and SONY HDR-XR550E camera was positioned on a camera tripod 1.50m off the ground 6.40 m directly in front of the goalkeeper and 5.00m directly perpendicular of the goalkeeper. The Collected data from the video camera were connected to the computer and the required frame was analysed through the software. The collected data were statistically analyzed by using Pearson product moment correlation and the level of significance was fixed at 0.05level. It was concluded that the kinematic variable stance width had a significant relationship with goalkeeping performance. The knee angle and trunk lean did not have significance with penalty stroke position in goalkeeping performance.

Keywords: *Kinematic, Penalty Stroke, Goalkeeping, Stance width, Knee angle, Trunk lean.*

INTRODUCTION

A game of field hockey is won by outscoring the opposition. The goalkeeper forms the last line of defence for a team and their task is to intercept shots that are made from within a 14.6m radius from the goal.An excellent goalkeeper can influence a game decisively to his team's advantage, when his calmness and ability to communicate themselves to the rest of the defence. His reliability gives not only his defence, but also his forwards, confidence in themselves and trust in him, qualities which can inspire the whole team to an outstanding performance and, at the same time, cripple theopposition. If on the other hand, the last line of defence is weak and suffers from nervousness and unsureness, his influence on his team's performance is always negative, even if he does not let in a goal during the game. For instance the forwards are then afraid to mount an attack with numerical superiority and all too easily fallback upon nervous defence (Wein, 1973).

Goalkeepers were not considered the glamorous men in earlier days but now with recent revolution in the development of the game things have changed and there is a general recognition of importance of goalkeeper.A good goalkeeping performance not only frustrates opponents in their attempt to score goals but also spread an air off confidence to fellow defenders. The goal keeper should endeavor to play calmly with concentration and to act with determination before and during the game.To build him up both physically and psychologically the goalkeeper in training should frequently play in other positions also both as a defender and as an attacker (Whitaker, 1986).

Goalkeeping is an exciting job, one that can result in dramatic saves which keep a team in a game. Some of the basic skills the goalkeeper must develop are mobility, quick reflexes and agility to clear rebounds and to utilize the sliding tackle to challenge an attacker who has broken clear of other opponents. It is also essential for the goalkeeper to direct the defence. But his primary duty is to save goals. He must never forget where the goal posts are and he has to work hard to improve his defence mechanism at penalty-corners and strokes (Cadman, 1985).

Ball and Giblin (2009) analysed the minimising movement time is essential for a field hockey goalkeeper and stance width is considered important to agility. The aim of this study was to examine if an optimal stance width exists for field hockey goalkeepers and if so, does it vary for different movement directions and for different individuals. Ten state and national level goalkeepers made simulated saves from ten different stance widths ranging from 0.4 m to 1.2 m. AMTI force plate data was used to identify start of movement time and timing gates in the corner of the goals recorded the end of movement time. On a group basis, a stance width of 1.1 m was optimal for minimising movement time for high and low saves and for right and left saves. On an individual basis, 1.1 m was the optimal stance for eight of ten subjects. Only two subjects performed optimally at their preferred stance width. Where shots to the corner of the goals are likely, goalkeepers should adopt a wide stance.

There are few studies examining goalkeeping technique and none exist in field hockey. In soccer, technique differences have been identified between goalkeepers of different skill levels (Suzuki et al., 1987) and between saves to the dominant and non-dominant sides (Spratford et al., 2007). These studies reported that a more direct path towards the save point was evident in more elite performers (Suzuki, et al., 1987) and on the dominant compared to the non-dominant side (Spratford et al., 2007).In spite of the importance of stance width in numerous sports, it is perhaps surprising that there are only a few studies focusing on this feature of sport skills. The aim of this study was to examine stance width, knee angle and trunk lean existed for goalkeeping performance.

Methodology

Ten inter-Collegiate level male field hockey goalkeepers were selected for the study. The age of subjects ranged from 19 to 25 years. The scores of the subject in

penalty stroke were used as the criterion in the study. Subjects were instructed to react as fast as possible to the signal and to use their normal save movement when completing each trial. Each subject wore their full goalkeeping gear as used in games (pads, kickers, helmet, gloves protective equipment and stick) and performed simulated saves. The performance of the goalkeepers was captured by video however the accuracy of penalty strokeassessment of the overall goalkeeping performance. Each goalkeeper has given five trials only. For each saves 2 points, like that 10 points was given andthe average rating of five penalty strokes on the overall goalkeeping performance was considered as the score of subjects. The successful trials of each goalkeeper were digitized and analysed.From this penalty stroke position, each goalkeeper's stance width was measured from the distance between outer edges of the both the foot included the goalkeepers preferred stance width and the knee angle and trunk angle also was measured by using KINOVEA software. Canon EOS 600D camerawas positioned on a camera tripod 1.50m off the ground 6.40 m directly in front of the goalkeeper and SONY HDR-XR550E camera was positioned on a camera tripod 1.50m off the ground 5.00m directly perpendicular of the goalkeeper. The Collected data from the software to find out the inter relationship between various factors namely stance width, knee angle, trunk lean and goalkeeping performance Pearson product moment correlations was used by using SPSS. The level of significance was fixed at 0.05.

Results

The Table I showed that mean, standard deviation and goalkeeping performance in penalty stroke in field hockey.

TABLE –I

SHOWING MEAN, STANDARD DEVIATION AND GOALKEEPING PERFORMANCE IN PENALTY STROKE

	Mean	S.D	Stance Width (meters)	Knee Angle (degrees)	Trunk Angle (degrees)	Goalkeeping Performance in penalty stroke	Critical "r" Value

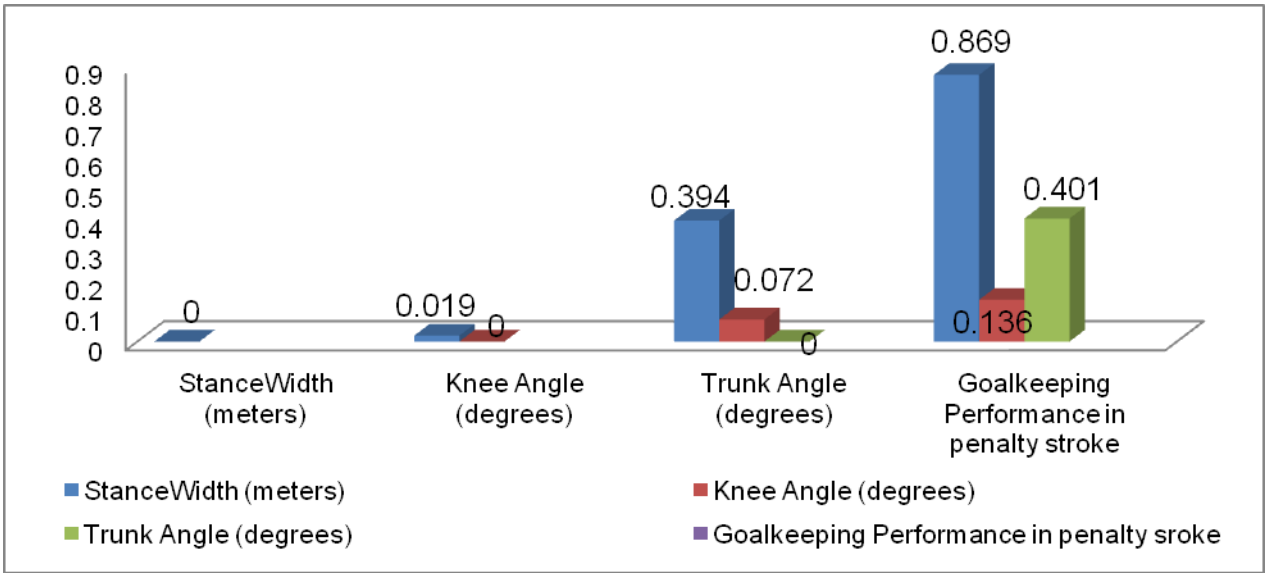
StanceWidth (meters)	0.68	0.20	0	0.019	0.394	0.869**	0.632
Knee Angle (degrees)	129.47	0.74		0	0.072	0.136	
Trunk Angle (degrees)	108.49	4.83			0	0.401	
Goalkeeping Performance In penalty stroke	6.80	1.93				0	

*Significant at the 0.05 level 0.632. **Significant at the 0.01 level 0.765 (df=8)

It was inferred from the Table –I that the goalkeeping performance was significantly correlated with stance width (0.869) at the 0.05 level of 0.765.The knee angle (0.019) and trunk angle (0.394) was did not have significance with goalkeeping performance.

FIGURE- 1





CONCLUSION

It was concluded that the stance width had a significant relationship with goalkeeping performance. The stance width was important for the goalkeepers to react quickly to save the goals in penalty stroke. Hence, it was recommended to coaches and goalkeepers adopting (0.72m to 1.00m) stance width ideal to save the goals.

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DIFFERENTIATION OF SPEED AND AGILITY BETWEEN UNIVERSITYHOCKEY AND FOOTBALL PLAYERS

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ABSTRACT

This research was aimed at to find out the difference between hockey and football players on speed and agility. To achieve the purpose of these study 15 male hockey players and 15 male football players were selected randomly from university level. Their age groups are between 18 to 25 years. The tests were conducted to the entire subject on the selected variables namely speed and agility. Speed was measured through 50 meters run and the scores recorded in seconds. Agility was measured through 4 x 10 meters shuttle run and the scores recorded in seconds. The data collected on selected criterion variables were subjected to statistical analysis using t test technique. It concluded that there was a significant difference between hockey and football players on speed and agility. It was also concluded that the hockey players had better speed and agility than football players.

Key words: Speed, agility hockey, football.

INTRODUCTION

Sports are the top level profession among various professions in the world. Day by day sports and games become a part of human life these sports and games have various types like individual event, group event, and team games. Before days all this sports and games played only for recreational aspect but it becomes a professional competition like between the individual, group, state, and country. When it is become a competition at various level the professional like to improve the sports performance and popularize the sports.

Physical activities and sports serving as vehicles to achieve and maintain social relationship with other people. sport for all becomes a very popular slogan all over the world today. The modern world is a world of competition. In every phase of life people have to face one or other kind of competition. In this competitive world sports and games occupy. The main aim of modern sports competition is to detect and develop human ability at an early stage of life and channelize it in the right direction to realize the achievements aimed at in particular sports and games.

Improvisation of the sports performance athletes should be good in the fitness and skills. To develop this fitness and skill the professionals are introduce so many training methods according to the individual and teams and games.

METHODOLOGY

This research was aimed at to find out the difference of speed and agility between hockey and football players from university and state level.

To achieve the purpose of these study 15 male hockey players and 15 male football players were selected at randomly. The players are selected from university level. Their age groups are between 18 to 25 years. The tests were conducted to the entire subject on the selected physical fitness variables namely speed and agility.

The criterion measures of the study were given below:

1. Speed was measured through 50 meters run and the scores recorded in seconds.
2. Agility was measured through 4 x 10 meters shuttle run and the scores recorded in seconds.

The data collected on selected criterion variables were subjected to statistical analysis using t statistical technique to find out the significant difference if any, between the groups on selected criterion variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as appropriate.

RESULTS

TABLE – I

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN HOCKEY ANDFOOTBALL PLAYERS SCORES ON SPEED AND AGILITY

Variables	Group	Mean	Mean difference	Standard deviation	Std error mean	df	t-ratio
Speed	Hockey	6.67	0.97	0.95	0.26	28	3.07*
	Football	7.58		0.65	0.17		
Agility	Hockey	7.87	2.96	1.15	0.30	28	7.65*
	Football	10.83		0.98	0.26		

*Significant, Required table value is 2.05 with degrees of freedom 28.

According to Table I, speed mean value of hockey players is 6.67 sec and the mean value of football players is 7.58 sec. The obtained ‘t’ ratio of 3.07 on speed were found to be greater than the required table value of 2.05 at 0.05 Level of significance for 28 degrees of freedom. The results of the study showed that there was a significant difference between university men hockey players and football players on speed.

According to Table I, agility mean value of hockey players is 7.87 sec and the mean value of football players is 10.83 sec. The obtained ‘t’ ratio of 7.65 on agility were found to be greater than the required table value of 2.05 at 0.05 Level of significance for 28 degrees of

freedom. The results of the study showed that there was a significant difference between university men hockey players and football players on agility.

This result of the study in line with the studies of Bhat, & Moiz, (2013) suggestion that agility was significantly more in field hockey players. Field hockey players and football players did not differ in terms of dynamic balance. Simonek, Horicka, & Hianik (2017) reported that Complex reaction speed, acceleration, maximum speed, speed of whole-bodychange of direction and agility represent the basic components of sport performance mainlyin sport games and combat sports.

For better understanding of the results mean values presented in a bar diagram in figure 1.

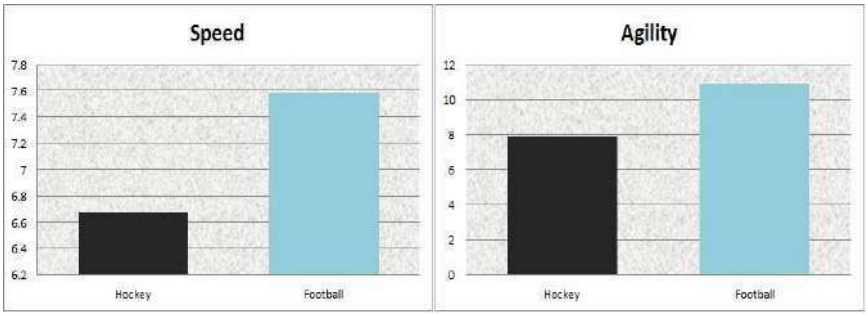


Figure 1

Showing the mean values of selected variables among Hockey and Football Players

The findings suggest that specific training procedures for each speed and agility component should be utilized already in junior ages. Cherappurath, (2015) reported that handball players have greater speed than basketball players. However, no significant difference was elicited between handball and basketball players for the variable of agility. Lockie, Schultz, Callaghan, and Jeffriess, (2016) There is a relationship between dynamic stability as measured by functional reaching and multidirectional speed in field sport athletes, possibly because of similarities in movement demands and muscle recruitment. Dynamic stability training could strengthen muscles for multidirectional sprinting and develop functional joint motion.

The implications of the current study suggest that specific training based on their porticipating sports and playing position and conditioning may be required. The lower level of physical outputs may suggest that training at elite level versus amateur level need to be specific to the level of the players. Coaches may consider fitness requirements of players andmodify the training schedule accordingly.

CONCLUSION

1. It was concluded that there was a significant difference between hockey and football players on speed and agility.
2. It was also concluded that the hockey players had better speed and agility than football players.

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KINEMATIC ANALYSIS OF INSTEP KICK IN FOOTBALL

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Abstract

We attempted to establish which applied kinematics variables significantly contributed to the efficiency of the instep kick in football. The sample comprised 10 inter collegiate level players were selected from TNPESU. The selected subject age ranged from 18 to 25 years. The study was determined to select the biomechanic variables namely last step length, releasing angle of ball and speed of releasing only. The study was formulated as a random group design with 10 subjects. Each participant performed three kicks with maximum strength that were video recorded with on camera positioned 2 meter away from the place of kick. Data were collected by analyzing the video recording of each kick. Data processing was performed using the KINOVEA motion analysis software. Collected data were analysed with PearsonProduct Moment Correlation technique and correlation co efficient were tested at 5% level of significance. It was concluded that there was a significant relationship between instep kick performance and biomechanical parameter last step length and Speed of releasing ball. There was no significant relationship between instep kick performance and releasing angle of ball.

Keywords:instep kick, biomechanics, last step length, releasing angle of ball, speed of ball.

Introduction:

Biomechanical techniques are important tools for many sport discipline, but in football they are particularly useful for defining the characteristics of skills, improving, mechanical effectiveness in execution, and identifying factors that influence successful performance. Knowledge and understanding of biomechanics can enhance learning and performance of sport-specific skills (Ismail et al., 2010; Amiri-Khorasani et al., 2010).The instep kick is one of the most anlaysed kicking action in football (Dorge et al.,2012). Variations of the instep kick are often used in football, such as when passing the ball at medium and long distance, when shooting at the goal, and when performing penalty kicks (Kelli and Katis, 2017).The biomechanics of kicking in football is particularly important for guiding and monitoring the training process. Studies in the biomechanics of instep kick have focused on numerous variables in different population, but all seek to establish optimal variables or variables that are most predictive of success, which is most typically defined by the resulting ball velocity (Isamail at al., 2010).The speed of the ball in an instep kick depends on several factors, including speed of the foot of the kicking leg beforecontact with ball, body posture at the moment of kicking the ball, length of the runup to the ball and its angle (Bartfied at al., 2012; Stankovic et

al., 2004;Memmarbashi and Hossaini 2010; Dorge et al., 2002). When using their preferred leg to perform an instep kick, football players practice a straighter approach to the ball, place their standing foot closer to the ball, and kick the ball with greater pelvic tilt and greater knee extension of the supporting leg impact the speed of the ball(Harrison and Mannering, 2006; Kellis et al., 2004; Orloff et al., 2008).These mechanical characteristics of the elasticity, which also influence the speed of the ball (Anderson et al., 2008) during a football game at the moment the ball is kicked at the rival's goal, the efficiency of the kick depends on the conformation of body posture relative to the path of the oncoming ball. For hard kick, such as penalty kick or goal kick, two basic mechanical elements must be considered: swinging of the leg to accelerate the foot and the brief interaction of the foot with ball. The motion of the foot takes roughly one-tenth of a second andthe impact last kicks; the foot must be given maximum speed in order to transfer a high momentum to the ball (Wesson, 2002). The speed of the ball also depends on muscle strength, and the muscle potential is conditioned bythe angle of running to ball (Masuda et al., 2005). The muscle accelerate the thigh, pivoting it about the hip foot approaches impact with the ball, the leg straightens and at impact the foot is locked firmly with the leg. if the interaction of the foot with the ball was perfectly elastic with no frictional energy losses, the speed transferred to the ball would simply follow two laws of conservation: conservation of energy and conservation of angular momentum (Wesson,2002).

Methodology:

The study sample comprised 10 Inter collegiate level football players. The sample age ranged from 18 to 25 years. The study was delimited to instep kick for distance was selected as dependent variables and selected biomechanical variables namely last step length, speed of ball releasing and ball releasing angle selected as independent variables. The study was formulated as random group design with 10 subjects. Each participant performed three full force kicks with dominant

The selected variables namely, last step length, releasing angle of ball, speed of releasing ball were assessed by video capturing technique. Investigator was used the capturing technique videos capture Yi action camera. In this study, the camera was used to capture the instep kick performance of the players. The camera was placed perpendicular to the kicking place at a distance of 2 meters to capture the instep kick performance. Yi camera was used to record the trials at 65 frames per second. The camera was mounted on a tripod at height of 1m from the ground level. It was placed at a distance of 2 meters from the plane of action. The calibration frame of 1mx1m is place nearer to the plane action of players. The players are asked to perform instep kick at three times .the recorded video was upload to computer in which the video is analyzed using Kinovea motion analysis software. The last step length was measure from the tools available in the software. The releasing angle of ball was measured with help of protractor tool in the software. And speed of ball releasing of ball was measured through the software for calculation of the speed of release. Speed of release was calculate by the change in displacementof the centre of the ball from the release frame in the captured video to next frame with respect to time. Collected data was analyzed with Pearson product moment correlation technique and correlation co-efficient were tested at

0.05 level of significance.

Results

TABLE I

SHOWING THE MEAN STANDARD DEVIATION MINIMUM AND MAXIMUM VALUES OFSELECTED VARIABLES

	Instep kick performance	**Last step length**	**Releasing angle**	**Releasing speed**
Mean	39.15	0.741	28.4	4.01
SD	6.836016	0.112787903	2.67498702	0.703088425
MIN	25.25	0.58	24	2.9
MAX	47.4	0.93	32	4.9

Table I showing the mean, standard deviation, minimum and maximum values of instep kick performance

was 39.15, 6.84, 25.25 and 47.4 respectively, Last step length was 0.741, 0.11, 0.58 and 0.93 respectively, Releasing angle was 28.4, 2.67, 24 and 32 respectively and releasing speed was 4.01, 0.70, 2.9 and 4.9respectively.

TABLE II

THE COEFFICIENT OF CORRELATION OF INSTEP KICK PERFORMANCE AND SELECTEDVARIABLES

S.No	Dependent Variable	Independent Variables	Obtained 'r' value	Required 'r' value
1	Instep kick performance	Last stride length	0.636*	0.576
2		Release angle	0.217	
3		Releasing speed	0.694*	

* Significant at 0.05 level Table value (df, 8) (0.05) = 0.576

The obtained co-efficient correlation of Instep kick performance and Last stride length was - 0.636. The obtained 'r' value of - 0.636 was more than the required 'r' value of 0.576. The obtained co-efficient correlation of Instep kick performance and Release angle was 0.217. The obtained 'r' value of 0.217 was more than the required 'r' value of 0.576. The obtained co-efficient correlation of Instep kick performance and releasing speed was 0.694. The obtained 'r' value of 0.694 was more than the required 'r' value of 0.576. There was significant relationship between Instep kick performance and Last stride length, there was no significant relationship between Instep kick performance and Release angle and there was significant relationship between Instep kick performance and releasing speed at 0.05 level of significance. From the results it was exposed that there was a significant negative relationship founded between last stride length and instep kick performance, there was a significant positive relationship founded between speed of releasing ball and instep kick performance and there was no significant relationship founded between releasing angle of ball and instep kick performance.

Conclusion

It was concluded that there was a significant relationship between instep kick performance and selected variables namely last step length and speed of releasing ball. It was concluded that there was no significant relationship founded between releasing angle of ball and instep kick performance.

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CONCULSIONS

From the present study it is concluded that yogic practices with moderate physical activities significantly decreased LDL and increased HDL than the Control group among middle aged obese men.

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EFFECT OF YOGIC PRACTICES WITH AND WITHOUT MUD THERAPY ONPULSE RATE AND BODY MASS INDEX AMONG TYPE II DIABETIC MEN

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&

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ABSTRACT

The present random group experimental study was designed to find out the effect of yogic practices with and without mud therapy on pulse rate and body mass index among type II diabetic men. To achieve thepurpose of the study, forty-five (45) type II diabetic men residing in Chennai aged between40-60 were selected randomly in three groups, namely experimental group1,experimental group2 and control group of fifteen (15) subjects each. Training period of this study was twelve weeks. Experimental group1 underwent yoga practices with mud therapy for twelve (12) weeks, six days a week for a maximum of one hour in the morning. Experimental group2 underwent yoga practices without mud therapy practices for twelve (12) weeks, six days a week for a maximum of one hour in the morning. The control group was kept in active rest. The pretest and posttest were conducted before and after the training for both the groups. To analyze the data (ANCOVA) test was used. The test of significance was fixed as 0.05 level of confidence. It was concluded that Yogic practices with Mud therapy (Group I) and Yogic practices without Mud therapy (Group II) decreased pulse rate and body mass index than the Control group among type II diabetic men. It was concluded that Yogic practices with Mud therapy (Group I) were slightly effective than Yogic practices without Mud therapy (Group II) on pulse rate and body mass index (decreased) among type II diabetic men.

INTRODUCTION

The time and money spent on health related activities is and not an expense. The World Health Organization projected the increase likely to reach 35% by the year 2035. In India, an estimated 67 million people have diabetics the highest number compared to any other country in the world and 30 million pre- diabetes. Studies show that there is an increase in type II diabetes inIndia. Research suggests that one in ten in Tamil Nadu is affected by diabetic. Diabetes mellitus is most common chronic disease, lifelong condition that affects the body ability to use the energy found in food. There are two major types of diabetes type 1 and type 2. All the types of diabetes have something in common. The purpose of the present study was to find out the effect of yogic practices with and without Mud therapyon pulse rate and body mass index among type II diabetic men.**Kosuri, M., & Sridhar, G. R. (2009)** found that the Participation of subjects with T2DM in yoga practice for 40 days resulted in reduced BMI, improved well-being, and reduced anxiety.

Swathi Gowda et. al., (2017) suggested that lifestyle change by integration of specific non-drug Yoga and Naturopathic intervention is useful in the management of MetS.

METHODOLOGY:

For the study, forty five (45) aged type II diabetic diabetics men in Chennai were selected at random as subjects based on their pulse rate and body mass index and their age was ranged from 40 to 60 years. Yogic practices with mud therapy were given six days (Monday to Saturday) per week for twelve weeks. All the subjects were randomly assigned to experimental groups and control group each consisted of 15 subjects. Experimental group1 was involved in yogic practices with mud therapy practices for twelve (12) weeks, Experimental group 2 was involved in yogic practices without mud therapy practices for twelve (12) weeks and control group was kept in active rest. Initially pre-test was taken and after the experimental period of twelve weeks, post-test was taken from all the three groups. Analysis of Co-variance (ANCOVA) was used to find out the difference among the experimental groups 1 & 2 and control group. The test of significance was fixed as 0.05 level of confidence.

RESULTS AND DISCUSSION:

The Analysis of Covariance (ANCOVA) on pulse rate through yogic practices with and without mud therapy practices and control group was analyzed and are presented in Table-I.

Table-I: COMPUTATION OF ANALYSIS OF COVARIANCE OF TRAINING GROUPSAND CONTROL GROUP ON PULSE RATE (in numbers)

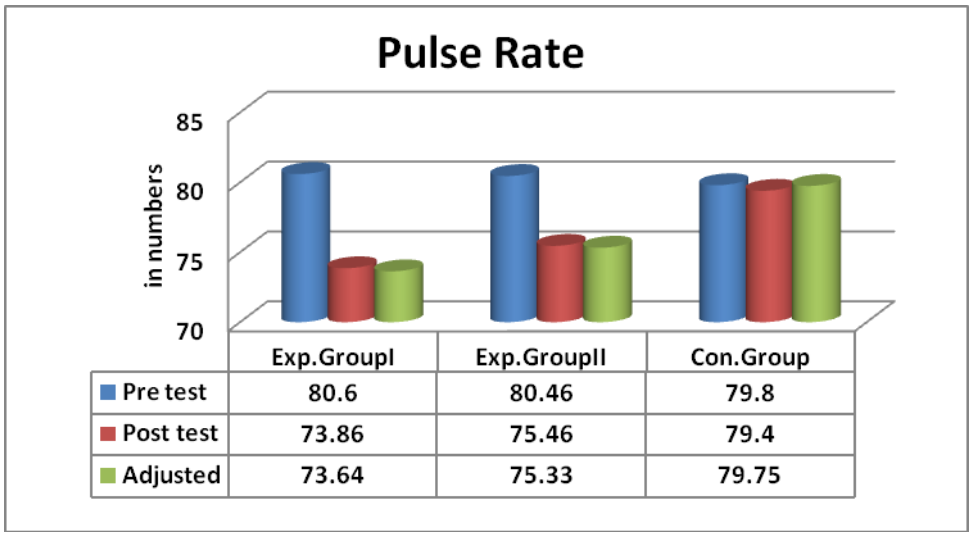
Test	EXP GROUP-I	EXP GROUP-II	CON GROUP	SV	SS	Df	MS	F
Pre test	80.6	80.46	79.8	Between	5.51	2	2.75	1.45
				Within	79.73	42	1.89	
Post test	73.86	75.46	79.4	Between	243.24	2	121.62	30.94*
				Within	165.06	42	3.93	
Adjusted	73.64	75.33	79.75	Between	279.09	2	139.54	46.09*
				Within	124.12	41	3.02	

***Significant at 0.05 level of confidence** (Table F-ratio at 0.05 level of confidence with df one and 28(df) =3.22, one and 27(df)=3.23).

As shown in Table I, The obtained F value on posttest means was 30.94, which was

greater than the required table value of 3.22 the study was significances. Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 46.09 was greater than the required table value of 3.23 and hence it was accepted that there was significant differences among the treated groups.

Bar diagram showing the mean difference of experiment groups and control group onPulse Rate (in numbers)



*Significant at 0.05 level of confidence.

Table-II

COMPUTATION OF ANALYSIS OF COVARIANCE OF TRAINING GROUPS ANDCONTROL GROUP ON BODY MASS INDEX (in kg/m²)

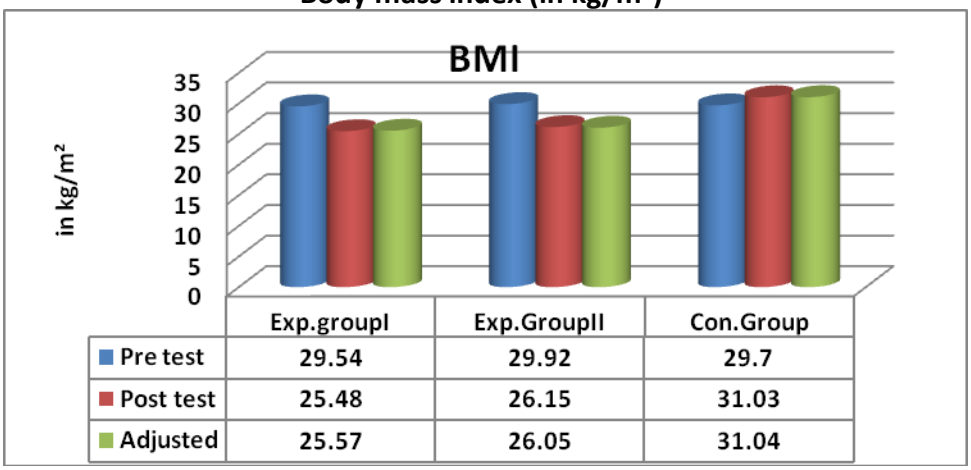
Test	EXP GROUP-I	EXP GROUP-II	CON GROUP	SV	SS	Df	MS	F
Pre test	29.54	29.92	29.70	Between	1.12	2	0.56	0.58
				Within	40.65	42	0.96	
Post test	25.48	26.15	31.03	Between	275.53	2	137.76	94.80*
				Within	61.03	42	1.45	
Adjusted	25.57	26.05	31.04	Between	275.25	2	137.62	110.29*
				Within	51.15	41	1.24	

***Significant at 0.05 level of confidence** (Table F-ratio at 0.05 level of confidence with df one and 28(df) =3.22, one and 27(df)=3.23).

As shown in Table II, the obtained F value on post test means was 94.80, which was greater than the required table value of 3.22 the study was significances. Taking into

consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 110.29 was greater than the required table value of 3.23 and hence it was accepted that there was significant differences among the treated groups.

Bar diagram showing the mean difference of experiment groups and control group on Body mass index (in kg/m²)



CONCULSIONS

It was concluded that Yogic practices with Mud therapy (Group I) and Yogic practices without Mud therapy (Group II) decreased pulse rate and body mass index than the Control group among type II diabetic men. Yogic practices with Mud therapy (Group I) were slightly effective than Yogic practices without Mud therapy (Group II) on pulse rate and body mass index (decreased) among type II diabetic men.

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This study clearly indicates that the family still remaining the strong integrating social unit in form and function, mutually and interdependence. Most of the elderly widows felt that they are ill treated by their family members. Especially their relationship with daughter-in-laws is not in smooth. The following problems have been identified based on information collected from the aged respondents.

The health related problems included –no proper vision, inability to walk, hearing impairment, no sleep and loss of memory. The psychological problems included fear of death, loneliness, isolation, frustration, depression, loss of interest in life, anxiety, lack of confidence, and mental rigidity. The economic problems were lack of money for clothing, medicine, pocket money, savings and pension and also for food. Most of them feel that they do not have social status and they are not given any opportunities to participate in social functions. They revealed that they are waiting for the last day and their feelings towards to the society have to respect the elder. They also suggested that children's has to take care of parents in their old age.

EFFECTS OF YOGIC PRACTICES AND BRISK WALKING ON FUNCTIONALVARIABLES AMONG DIABETIC PATIENTS

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Abstract

The purpose of the study was to find out the relative effect of yogic practices and brisk walking on functional variables among diabetic patients. To achieve the purpose of the study, thirty (N=30) male subjects who were undergoing treatment in Government Hospital, Chennai for diabetic were randomly selected in the age group of thirty five to forty five years as subjects for this study with their consent and they were assigned into three different groups. The groups were considered as experimental group-I, experimental group-II and control group consisting of ten diabetic patients in each. Random group design was followed in this study. Experimental group-I underwent yogic practices, experimental group-II underwent brisk walking and control group was not given any special treatment. Pre-tests were conducted for all the subjects on functional variables such as resting pulse rate, breath holding time and mean arterial blood pressure. The experimental groups participated in their respective exercises, namely brisk walking for twelve weeks and yogic exercises for twelve weeks. The post--tests were conducted on the above said dependent variables after a period twelve weeks. The difference between the initial and final scores was considered the effect of respective experimental treatments. To test the statistical significance ANCOVA was used. In all cases 0.05 level was fixed to test. The results of the study showed that there was significant reduction in resting pulse rate and significant improvement in breath holding time. However, there were no changes in Mean arterial blood pressure among the diabetic patients.

Key word: Resting pulse rate, Breath holding time and Mean arterial blood pressure

INTRODUCTION

Yoga may be attractive as an alternative to traditional aerobic and strength training programs because it requires little space, virtually no equipment, has limited harmful side effects and with its focus on relaxation, body awareness, and meditation provides a qualitatively different exercise experience which may be perceived as less strenuous and more pleasurable. Given these characteristics, yoga satisfies many of the conditions which have been shown to be strongly related to participation in physical activity, such as low perceived barrier to participation, being enjoyable, and having a low-to-moderate intensity Although yoga has

received a considerable amount of study to date demonstrating significant cardio-respiratory musculoskeletal and metabolic health benefits the degree to which the physical activity component of yoga may have contributed to these benefits has received virtually no attention.

Walking sometimes called 'weight bearing exercise because of carrying our body weight. It improves management of conditions such as hypertension, high cholesterol, joint and muscular pain or stiffness and diabetes, walking improve blood circulation and helps the blood deliver oxygen to the lungs and tissues more efficiency. It develops stronger bones, increases bone density and helps in preventing osteoporosis. Walking increases cardiovascular and pulmonary fitness, muscle strength and endurance. It reduces body fat and hence the risk of coronary heart diseases and stroke. It lowers blood pressure and reduces high cholesterol and improves blood lipid profile. Walking also reduces the risk of cancer in the colon and helps in preventing osteoarthritis and enhances mental wellbeing. Walking helps to improve flexibility and co-ordination hence to improve body balance, control body weight and reduces the risk of non-insulin dependent diabetes. Walking is now widely endorsed as a great way to get daily exercise (Stan Reents & Pharm, 2006).

Methods

The purpose of the study was to find out the relative effect of yogic practices and brisk walking on selected functional variables among diabetic patients. Random group design was followed in this study. Thirty (N=30) diabetic patients were randomly selected as subjects for this study with their consent from who were undergoing treatment in Government Hospital, Chennai. The subjects were divided into three groups, experimental group-I, experimental group-II and control group. Experimental group-I underwent yogic practices, experimental group-II underwent brisk walking and control group was not given any special treatment. Pre--tests were conducted for all the subjects on selected functional variables such as resting pulse rate breath holding time and mean arterial blood pressure. The experimental groups participated in their respective exercises, namely brisk walking for twelve weeks and yogic exercises for twelve weeks. The post--tests were conducted on the above said dependent variables after a period twelve weeks. The difference between the initial and final scores was considered the effect of respective experimental treatments. To test the statistical significance ANCOVA was used. In all cases 0.05 level was used.

Results on Resting Pulse Rate

Table 1

Computation of analysis of covariance of resting Pulse rate

	Yogic Practices Group	Brisk Walking Group	Control Group	S V	Sum of Squares	df	MS	obtained F
Pre-Test Mean	64.90	62.40	63.30	B	32.07	2	16.03	0.33
				W	1301.40	27	48.20	
Post-Test Mean	57.30	58.60	63.50	B	213.80	2	106.90	**4.01***
				W	719.00	27	26.63	
Adjusted Post- Test Mean	56.42	59.33	63.65	B	262.57	2	131.28	**18.55***
				W	184.02	26	7.08	
MD	-7.60	-3.80	0.20					

Table F-ratio at 0.05 level of confidence for 2 and 27 (df) =3.35, 2 and 26 (df) =3.37.
*Significant at 0.05 level

The effect of Yogic practices and brisk walking on Resting Pulse Rate is presented in Table 1. The analysis of covariance proved that there was significant difference between the experimental group and control group as the obtained F-value 18.55 was greater than the required table F-value to be significant at 0.05 level. The results presented in Table 2 proved that there was significant difference between Yogic practices group and control group (MD: 7.23) and Brisk walking group and control group (MD: 4.32). Comparing between the treatment groups, it was found that there was no significant difference between yogic practices and brisk walking group among diabetic patients. Thus, it was found that yogic practices and brisk walking were significantly better than control group in beneficially altering Resting Pulse Rate of the diabetic patients.

Table 2

Scheffe's Confidence Interval Test Scores on Resting Pulse Rate

MEANS				Required C.I.
Yogic practices Group	Brisk walking Group	Control Group	Mean Difference	
56.42	59.33	-	2.90	3.08
56.42	-	63.65	**7.23***	3.08
-	59.33	63.65	**4.32***	3.08

***** Significant at 0.05 level.

Results on Breath Holding Time

Table 3

Computation of analysis of covariance of Breath Holding Time

	Yogic Practices Group	Brisk Walking Group	Control Group	S V	SS	df	MS	Obtained F
Pre-Test Mean	32.60	31.10	32.30	B	12.60	2	6.30	0.19
				W	915.40	27	33.90	
Post-Test Mean	37.50	34.60	32.60	B	121.40	2	60.70	2.14
				W	765.30	27	28.34	
Adjusted Post- Test Mean	37.01	35.34	32.35	B	111.17	2	55.59	9.86*
				W	146.55	26	5.64	
MD	4.90	3.50	0.30					

Table F-ratio at 0.05 level of confidence for 2 and 27 (df) =3.35, 2 and 26 (df) =3.37.
*Significant at 0.05 level

The effect of Yogic practices and brisk walking on Breath Holding Time is presented in Table 4. The analysis of covariance proved that there was significant difference between the experimental group and control group as the obtained F-value 9.86 was greater than the required

table F-value to be significant at 0.05 level. Since significant F-value was obtained, the results were further subjected to post-hoc analysis and the results presented in Table 4 proved that there was significant difference between Yogic practices group and control group (MD:4.65) and brisk walking group and control group (MD: 2.99). Comparing between the treatments groups, it was found that there was no significant difference between Yogic practices and brisk walking group among diabetic patients. Thus, it was found that Yogic practices and brisk walking were significantly better than control group in beneficially altering Breath Holding Time of the diabetic patients.

Table 4

Scheffe's Confidence Interval Test Scores on Breath Holding Time

MEANS				Required C.I.
Yogic practices Group	Brisk walking Group	Control Group	Mean Difference	
37.01	35.34	-	1.67	2.75
37.01	-	32.35	4.65*	2.75
-	35.34	32.35	2.99*	2.75

***** Significant at 0.05 level.

Results on Mean Arterial Blood Pressure

Table 5

Computation of Analysis of Covariance of Mean Arterial Blood Pressure

	Yogic Practices Group	Brisk Walking Group	Control Group	SV	SS	df	MS	Obtained F
Pre-Test Mean	93.30	91.50	92.30	B	16.27	2	8.13	0.23
				W	940.70	27	34.84	
Post-Test Mean	84.90	87.10	91.60	B	233.27	2	116.63	6.99*
				W	50.20	27	16.67	
Adjusted Post-Mean	84.55	87.43	91.63	B	252.49	2	126.24	10.40*
				W	315.47	26	12.13	
MD	-8.40	-4.40	-0.70					

Table F-ratio at 0.05 level of confidence for 2 and 27 (df) =3.35, 2 and 26 (df) =3.37.

*Significant at 0.05 level

Table 6

Scheffe's Confidence Interval Test Scores on Mean Arterial Blood Pressure

MEANS				Required C.I.
Yogic practices Group	Brisk walking Group	Control Group	Mean Difference	
84.55	87.43	-	2.88	4.03
84.55	-	91.63	**7.08***	4.03
-	87.43	91.63	**4.20***	4.03

***** Significant at 0.05 level

The effect of Yogic practices and brisk walking on Mean Arterial Blood Pressure is presented in Table 5. The analysis of covariance proved that there was significant difference between the experimental group and control group as the obtained F-value 10.40 was greater than the required table F-value to be significant at 0.05 level. Since significant F-value was obtained, the results were further subjected to post-hoc analysis and the results presented in Table 6 proved that there was significant difference between Yogic practices group and control group (MD:7.08) and Brisk walking group and control group (MD: 4.20). Comparing between the treatments groups, it was found that there was no significant difference between Yogic practices and brisk walking group among diabetic patients. Thus, it was found that yogic practices and brisk walking were significantly better than control group in beneficially altering Mean Arterial Blood Pressure of the diabetic patients.

Conclusion

The twelve weeks Yogic practices and brisk walking induced to exert more energy and exercise themselves along with their usual medication. As the subjects began to do the physical exertion there was increased blood circulation, which resulted in stabilization of blood pressure. With the additional aerobic power, the blood pressure began to stabilize. Hence, there was reduction in blood pressure. The findings proved that the twelve weeks of yogic and walking exercises has beneficially altered mean arterial blood pressure significantly and altering Breath Holding Time and resting pulse rate.

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HEALTH AWARENESS: WOMEN NEED EMPOWERMENT

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Introduction: Women's status has been often described in terms of their level of education, employment, income, health and fertility, as well as, the role they play within their family, community and society. The socio-economic and health status of rural women is low when compared to the urban, especially in the 'son-preference' society.

Traditionally, women bear primary responsibilities for the well being of their families. Whereas, they are systematically denied to access to the resources they need to gain to fulfill their responsibilities such as, education, health care, job training and freedom to choose family planning services. The discrimination against women has been continuing from the early stage of their childhood. Discrimination deprives women of their right to health. In developing countries, women are under fed, undernourished and undereducated, because they are discounted as a liability, whereas, men considered as an asset. Women are the foundation upon which the family and society are built.

They stand in the queue for education, nutrition and empowerment. Even to enjoy socio-economic status in the society, she needs good health.

In recent years, concern has been increasing on 'women empowerment' with regards to socio-economic status. Empowerment is defined as a process by which women take control and ownership of their choices. Thus, it is the process of acquiring the ability to make strategic life choices in a context where this ability has previously been denied. In order to attain the socio-economic empowerment, basically women needs good health throughout their life irrespective of their geographical existence. Women must have easy access to healthcare program and benefit at cheaper cost. Hence, women should have an awareness on importance of health to keep themselves 'healthy women', to make healthy family and to craft wealthy nation.

AN OVERVIEW OF WOMEN'S HEALTH

Health of the women determines the health status of a country. In developing countries women are caught in the cycle of poverty and poor-health and suffer to a great degree than men. At the same time, it is women who bear the primary responsibility for actions needed to end hunger and strive for education, nutrition, health and family income.

Gender disparities in nutrition are evident from infancy to adulthood. Statistically malnutrition is a significant direct cause of death among girls below age five. Girls are breast-fed less frequently for shorter durations in infancy. In childhood and adulthood, males are fed first and better. One study found anemia in over 95% of girls aged 6 – 14 in Calcutta, around 67% in the Hyderabad area, 73% in the New Delhi area, and 18% in the Madras. Prevalence of anemia among women aged 15 –24, and 25 – 44 years follows similar patterns. Besides posing risks during pregnancy, anemia increases women's susceptibility to diseases such as TB, reduces the energy women have available for daily activities such as household chores, childcare and agricultural labour.

Facts and Figures:-

- Of the 150 million women who become pregnant each year, the World Health Organization (WHO) estimates that half a million dies from pregnancy-related causes
- Unsafe abortion alone kills as many as 200,000 women each year, out of which 99% of them are in developing countries.
- Anemia prevalence in pregnant women within 15 – 49 years percent in 87.5, 1991 census
- Stress and tension affect the women more then men.

Factors Determining Women's Health :

Poverty and economic inequalities

Globally, of the estimated 1.3 billion people living in poverty, more than 70% are females. India has exceptionally high rates of child malnutrition, because tradition in India requires that women eat last and least throughout their lives, even when pregnant and lactating. Women work longer hours and their work is more arduous than men's yet their work is unrecognized.

Women and Education

The female disadvantage in India is also evident in education. The educational level of women also influences the family size, birth rates, and infant mortality. Greater exposure of women to education has resulted in an increased sharing of responsibility within the family, more employment, lower fertility and lower maternal mortality, bringing up healthy family and greater participation in social and political activities.

According to 2001 census of India, 46% of Indian women population is illiterate, which is twice higher than men. In developed and developing countries, more than 90% of women aged 25 and above have never been to school. A variety of

socio-economic factors are responsible for women's lower educational attainment, including direct casts, the need for female labour, low expected returns and social restrictions. Because women's literacy level and health status are closely linked, increase in female education is key to improving their health.

Literate are generally the best informed about the merits of a healthy life style and the advantages of seeking preventive care or medical treatment of health problems when they need it.

Women and work

Women make up nearly 70% of the world's poor; and more than 65% of them are illiterate women work longer hours and paid less. According to the Census 1991, 27.20% of the total labour force is female, representing 16.80% of the total female population. Beginning in childhood, most rural women carry out multiple productive roles, in addition to bearing children and performing household labour. The tiring physical tasks allocated to women, combined with limited food intake, exacerbate malnutrition among Indian women. Working conditions and environmental pollution further impairs women's health.

Son-preference and its consequences

Daughters are generally considered a net liability being dowry is required for their marriage. These result in a strong preference for sons. In most extreme, their preference leads to female infanticide and more sex selective abortion. If women are particularly anxious to have a male child, they may deliberately try to become pregnant as soon as possible after a female was born. The preference for sons is apparent in the relative neglect of female children, who receive smaller quantities of notorious food, less medical care, are more likely to be removed from school. Thisinequitable treatment continues into women's adulthood. Sons are always given preference, as heir and as old-age insurance for their parents.

Women's position in the Family and Society

Discrimination against women has been rooted in the ancient scriptures of Hindus regard as sacred, and woman must subordinate herself to a man, must serve her husband and worship him as her God, even if he is a worst criminal.

The position of women in traditional Indian society can be measured by their autonomy in decision-making and by the degree of access they have to the outside world. The consequences of women's unfavorable status in India include discrimination in the allocation of household resources, such as food, access to healthcare and education. Women in India, especially in agricultural areas, are expected to perform a variety of strenuous tasks within the household, and in agricultural lands. These occupations have serious consequences for undernourished females, including adolescents and who may be required to carry heavy loads or to adopt unnatural postures for prolonged periods. Women are also susceptible to unusually high rates of physical assaults such as rape, burning, and beating.

Impact of Pollution on Women

The smoke from household biomass stoves within a three-hours period is equivalent to smoking 20 packs of cigarettes. A woman spends at least three hours per day in cooking, often in a poorly ventilated area. The impact includes eye problems, respiratory problems and cancer.

Conclusion

The poor health of Indian women is a serious emerging concern at national, state, societal and individual levels. It affects the children who are the next generation of citizens and workers. It reduces productivity, not only at the household level but also in the informal and formal economic sectors. Improving women's health is an integral part of social and economic development. It is economically efficient, if

measures are initiated to improve women's healthcare in a most cost-effective manner available at rural level.

Government, NGOs, mass media and public campaign must create health Awareness among women periodically. No family will survive without women being the life partners of men; and the men have the responsibility to look after their partners' health.

Mass communication should be used to improve knowledge and practices related to contraception, safe sex, safe motherhood practices, nutrition, HIV/AIDS prevention, and gender relationships.

Women must be taught the long-term benefits of proper nourishment and self care. A conscious building up of women's health will lead to an increased span of good health for the women, improved child health, and a happy future for the family as a social unit will lead to a development country.

Healthy Women makes Wealthy Nation

Strategies for Change

Improving women's health requires a strong and sustained government commitment, a favourable policy environment, and well-targeted resources. The government's strategy should include balancing the roles of the public and private sectors to minimize resources and to extend care to women whom government programmes do not reach. The public sectors will continue to play a key role in providing services such as family planning, maternity care and control of infectious diseases that promote equity and economic efficiency and confer widespread benefits. However, not all health services – even those that are publicly funded need to be provided by the state. The challenge for the government is to help direct and improve privately provided services through appropriate regulatory arrangements and by

encouraging an expansion of their scope to include promotion and prevention, in addition to curative cares.

RELATIVE EFFECT OF ISOLATED AND COMBINED INTERVAL TRAINING ANDCONTINUOUS RUNNING ON SELECTED ENDURANCE COMPONENTS AMONG STATE LEVEL FOOTBALL PLAYERS

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Abstract

The purpose of the study was to find out the relative effect of isolated and combined interval training and continuous running on selected endurance components among state level football players. The study was formulated as a true random group design, consisting of a pre-test and post-test. Sixty state level football players from Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects (N=60) were randomly assigned to four equal groups of fifteen subjects each. Pre test was conducted for all the subjects on selected speed and endurance components. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II, Experimental Group III and Control Group in an equivalent manner. Experimental Group I was exposed to interval training, Experimental Group II was exposed to continuous training, Experimental Group III was exposed to combined interval and continuous training and Control Group underwent no training. The duration of experimental period was 12 weeks. After the experimental treatment, all the sixty subjects were tested on their selected endurance components. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of

significance was fixed to test hypotheses. The combined interval and continuous training group had shown better performance on endurance components among the state level football players than the interval training, continuous training and control groups.

Keywords: Interval Training, Continuous Training,

Introduction

Interval training is a form of progressive conditioning in which the intensity of the activity, the duration of each set, the number of sets, the time or kind of rest periods between sets or the order of the sets are varied. The variables associated with interval training include the number of repetitions, the duration of effort, work intensity and duration of recovery (Dhayanithi, 1991). Continuous training means the trainee uses 60-80% of his maximum heart rate for at least 30-60 minutes at least four or five times a week. This method suits long distance runners as well as football players, because it means that their endurance levels will increase. It is the way which they would normally compete. It is a good way for an athlete to

build up their cardio-vascular endurance levels. It also forms the basis for all other training methods both anaerobic and aerobic.

Methodology

The study was formulated as a true random group design, consisting of a pre-test and post-test. Sixty state level football players from Tamilnadu, India was selected as subjects at random and their ages ranged from 18 to 25 years. The subjects (N=60) were randomly assigned to four equal groups of fifteen subjects each. Pre test was conducted for all the subjects on selected endurance components. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II, Experimental Group III and Control Group in an equivalent manner. Experimental Group I was exposed to interval training, Experimental Group II was exposed to continuous training, Experimental Group III was exposed to combined interval and continuous training and Control Group underwent no training. The duration of experimental period was 12 weeks. After the experimental treatment, all the sixty subjects were tested on their selected endurance components. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

Results

TABLE I

COMPUTATION OF ANALYSIS OF COVARIANCE ON MUSCULAR ENDURANCEAND CARDIORESPIRATORY ENDURANCE

		ITG	CTG	CICTG	CG	SOV	Sum of Squares	df	Means Squares	F-ratio
Muscular Endurance	**Pre-test Means**	34.93	34.66	35.06	34.33	**BG**	4.717	3	1.572	0.826
						WG	106.533	56	1.902	
	Post-test Means	40.20	39.66	42.53	35.06	**BG**	439.533	3	146.511	67.031*
						WG	122.400	56	2.186	
	Adjusted Means	40.22	39.65	42.56	35.02	**BG**	431.245	3	143.748	65.235*
						WG	121.194	55	2.204	
Cardio Respiratory Endurance	**Pre-Test Means**	1547.33	1535.33	1527.06	1536.00	**BG**	3119.133	3	1039.71	1.588
						WG	36673.60	56	654.886	
	Post-Test Means	1684.33	1700.33	1737.00	1539.66	**BG**	337713.333	3	112571.111	216.781*
						WG	29080.00	56	519.286	
	Adjusted Means	1685.44	1700.22	1736.04	1539.62	**BG**	335338.51	3	111779.505	214.245*
						WG	28695.45	55	521.736	

Muscular endurance obtained F-ratio for the post-test was 67.031 and the table F-ratio was 2.76. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 56. The obtained F-ratio for the adjusted post-test means was 235 and the table F-ratio was 2.77. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 55. This proved that there was a significant difference among the means due to the experimental trainings on muscular endurance.

Cardio respiratory endurance obtained F-ratio for the post-test was 216.781 and the table F-ratio was 2.76. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 56. The obtained F-ratio for the adjusted post-test means was 214.245 and the table F-ratio was 2.77. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 55. This proved that there was a significant difference among the means due to the experimental trainings on Cardio respiratory endurance.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe‟s post hoc test. The results were presented in table 2.

TABLE II

THE SCHEFFE'S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST-TEST MEANS ON MUSCULAR ENDURANCE AND CARDIO RESPIRATORYENDURANCE

	Adjusted Post-Test Means				Mean Difference	Confidence Interval
	ITG	CTG	CICTG	CG		
MUSCULAR ENDURANCE	40.22	39.65	---	---	0.57	**1.56**
	40.22	---	**42.56**	---	2.34*	
	40.22	---	---	**35.02**	5.20*	
	---	**39.65**	**42.56**	---	2.91*	
	---	**39.65**	---	**35.02**	4.63*	
	---	---	**42.56**	**35.02**	7.54*	
CARDIO RESPIRATORY ENDURANCE	1685.44	1700.22	---	---	14.78	**24.04**
	1685.44	---	**1736.04**	---	50.60*	
	1685.44	---	---	**1539.62**	145.82*	
	---	**1700.22**	**1736.04**	---	35.82*	
	---	**1700.22**	---	**1539.62**	160.60*	
	---	---	**1736.04**	**1539.62**	196.42*	

The combined interval and continuous training group had shown better performance on endurance components among the state level football players than the interval training, continuous training and control groups.

Conclusions

1. The interval training group had shown significant improvement in all the selected endurance components among state level football players after undergoing interval training group for a period of twelve weeks.
2. The continuous training group had shown significant improvement in all the selected endurance components among state level football players after undergoing the continuous training group for a period of twelve weeks.
3. The combined interval and continuous training group had shown better performance on endurance components among the state level football players than the interval, continuous training and control groups.

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SPORTS TRAINNING PRINCIPLES

Pritam patel

The Balance Principle for Optimal Performance

The Balance Principle dictates that all training must be properly proportioned in order to achieve optimal results. This broad principle operates at many levels of human performance. *All things in moderation* applies to sports training as well general health and well being.

This principle suggests that the right mix of training activities, diet, and healthy lifestyle habits are required for optimal functioning. Going to extremes can result in poor performance, illness, and injury. Overtraining, consuming too much of certain foods and nutrients (even water), or adopting crash diets are examples.

Physiologically, the human body seeks balance, or homeostasis, to restore itself to a constant internal environment. Training places specific stresses on the body which, during recovery, are brought back into balance. Extreme efforts over time can keep the body out of balance, which is detrimental to health and performance. Psychologically, athlete's need breaks from the intensity of training and competition. For physiological and psychological reasons, programs should allow athletes to overload and recover adequately over time.

Coaching Tips Related to the Balance Principle

1. Training Activities. Design your total training program to include the proper proportions of activities and time allocated to develop them. This is a basic goal of the annual program plan.

2. Training Intensity. *More is better* thinking may not produce the best results. Then again, undertraining will not promote adequate progress. Find the best balance of intensity and recovery. Be sensitive to signs of overtraining in your athletes.

3. Muscle Balancing. Opposing muscle strength should fall within certain ranges. For example, hamstrings should be 60-75% of the strength of the quadriceps. The very nature of sport movements can promote imbalances. Training should include flexibility, muscle testing, and balancing antagonists to prevent injuries.

4. Body Composition. Achieving the best balance of body fat vs. lean body mass is important, moreso for some sports than others. Monitoring body mass index can help guide dietary and training decisions.

5. Nutrition. Athletes' diets must include essential nutrients in proper proportions that may shift depending upon sport demands. Lack of proper nutrients (e.g., iron, protein) can slow progress. Monitoring food intake and supplements can help athletes achieve best results.

6. Evaluation. Evaluating various aspects of athletes' health and performance can assist in identifying areas where imbalances may occur and what is needed to correct them.

The Individualization Principle and Sports Training

The Individualization Principle dictates that sports training should be adjusted according to each athlete's characteristics and needs, such as age, gender, rate of progress, and previous experience. The goal of individualization is to capitalize on each athlete's strengths, exploit their genetic potential, and strengthen their weaknesses.

Training program revisions for individual athletes can come in many forms. Adjustments can be made to for skill level _size, medical conditions, injuries, motivational level, or other natural assets. While personal attention is time consuming, it can speed up an athlete's training progress.

The Overload Principle for Sports Fitness and Skills

The Overload Principle is a basic sports fitness training concept. It means that in order to improve, athletes must continually work harder as they their bodies adjust to existing workouts. Overloading also plays a role in skill learning.

Overloading taps the body's mechanisms that bring about the desired changes that go hand-in-hand with specificity. Improving cardiovascular fitness involves sustaining submaximal activities for extended periods of time. Increasing strength requires lifting progressively heavier weight loads. The principle applies to duration and volume of training, as well.

For example, if a football player's goal is to improve upper body strength, he would continue to increase training weight loads in upper body exercises until his goal was achieved.

If the training load was not increased to push him to higher levels of strength, he would show little improvement.

Overload and Sport Skill Learning

Sport skills are learned through a variety of techniques and concepts. It is the quality of practice that counts, rather than quantity and intensity.

Learning movements correctly the first time is ideal. But when learned skills require substantial corrections, *overlearning* helps.

Overlearning means repeatedly practicing a skill beyond what is required to perform it. Simply, it is a method of overloading learning where quality and quantity are used to overcome errors. Normally, skills are best learned when fatigue does not affect the athlete's ability to correctly pattern movements.

The Recovery Principle for Sports Training

The Recovery Principle dictates that athletes need adequate time to recuperate from training and competition. Many believe that an athlete's ability to recover from workouts is just as important as the workout itself.

It is during rest periods that athletes' bodies adapt to the stress placed upon them during

intense workout sessions and competitions. Rest also provides time for a mental preparation and reflection.

The Recovery Principle applies both to immediate rest needed between bouts of exercise, as well as to longer time intervals of several hours to about two days.

When you sprint as fast as possible or lift heavy weights, you will notice that your heart still pumps hard and you breathe heavy for a while after you stop. The term "metabolic recovery" describes what takes place after you exercise as your body returns to **homeostasis**, its normal stable resting state (see graphic below). Your metabolic rate or oxygen consumption can be elevated for hours after you stop exercising.

The Reversibility Principle in Sports Training

Reversibility means that an athlete can lose the effects of training when they stop, and can gain the effects when they begin to train again.

Detraining occurs within a relatively short time period after an athlete ceases to train. Performance reductions may occur in as little as two weeks or sooner.

In trained athletes, research indicates that detraining may result in greater losses in muscular power than strength. Strength losses are due to first to neural mechanisms, and next due to atrophy of muscles.

What is interesting is that strength levels after detraining are rarely lower than pre training levels, so training has a residual effect even when it is discontinued. But when the athlete returns to training, the rate of strength acquisition is high.

The Reversibility Principle Does Not Apply to Retaining Skills

Motor learning research reveals that sport skills are retained for much longer periods of time than physiological effects of training. *A skill once learned is never forgotten,* especially if well learned.

Coordination appears to store in long-term motor memory and remains nearly perfect for decades, particularly for continuous skills (e.g., cycling, swimming). (Also see Sport Memory) Over time, strength, endurance, and flexibility are lost, but athletes remember how to execute sport skills and strategies. (3)

The challenge often concerns regaining precise timing after detraining. In other words, the motor skill programs remain intact but the body's physical tools for executing the programs become rusty and must be resharpened.

Coaching Tips on Applying the Reversibility Principle

1. Conditioning. After long rest intervals, begin a conditioning program to rebuild sport fitness. After several weeks of detraining due to illness or for other reasons, athletes may need to increase training volume and reduce intensity to regain general conditioning.

2. Active Rests. During the off season, active participation in other sports or activities minimizes detraining effects and can even facilitate skill learning. Avoid long rest periods with complete inactivity.

3. Retraining. Increase exercise gradually and progressively after long periods of inactivity. Athletes should avoid performing intense work without first reconditioning. (See the Overload Principle)

4. Avoid Maximum Attempts. Athletes should not attempt to lift single maximum weight loads early in conditioning. They will remember *how* to properly execute the lifts, but may sustain an injury if they overestimate *how much* weight they can lift compared to their peak performance.

5. Flexibility. Emphasize stretching exercises to regain joint flexibility. This is particularly important for older adults who participate in senior sports.

The Specificity Principle for Sports Training

The Specificity Principle is key to developing effective fitness training programs for sports. Specificity also underlies how athletes learn sport skills. However, the principle is sometimes misinterpreted.

Specificity and Sports Fitness

Specificity refers to the type of changes the body makes in response to sports training. Very simply, *what you do is what you get.*

When an athlete trains, he or she repeatedly performs activities to prepare for the exact requirements of the sport. In time, the athlete's body becomes better able to meet the demands of the sport as it adapts to the training regimen.

Adaptations to training are most evident in elite athletes. For example, the effects of years of rigorous training clearly distinguish the bodies of distance runners from throwers.

For distance runners, major adaptations from the demands of sustained running include a larger, stronger heart and increased blood vessels to supply oxygen to the specific muscles involved in running. In contrast, adaptations to training for throwers include increased size and thickness of specific muscles of the body that are trained to improve power.

This principle applied to sports fitness training means that the overall energy demands of the sport determine which fitness components (e.g., strength, power, endurance) should be developed so that the requirements of the sport are matched.

For example, basketball fitness training should include some distance work with intermittent speed and agility training. In contrast, golfers would require little distance work, but train for power and flexibility.

The Transfer Principle for Sports Training

The Transfer Principle suggests that learning and performing one activity affects the performance of related skills and activities. This principle is essential for designing practice strategies that have the greatest positive impact on competitive performance. Correctly applying this principle saves valuable training time while accelerating results.

Transfer of learning is defined as the influence of previous experiences on learning new skills or performing skills in new contexts. According to the transfer principle, effects may be positive, negative, or zero when there is no influence at all. The goal for sport coaches is to select practice activities and use instructional techniques that optimize positive transfer to the competitive arena.

5. Point out to the athlete how training activities will improve sport performance. For example, call attention to the shifting of weight, the hip lead, and the arm movement in softball throw when teaching the javelin throw.

The Variation Principle

The Variation Principle suggests that minor changes in training regimens yield more consistent gains in sport performance. Training programs for virtually every sport include variations in intensity, duration, volume, and other important aspects of practice.

The most well known method of practice variability concerns training in phases. Typically, an annual sports training program includes phases of training for conditioning, intensive sport-specific work, in-season maintenance, and an off-season regimen. Training in phases, or periods, is called *periodization*.

Periodization was used by Eastern Europeans for about 50 years. Macrocycles (a year), mesocycles (about a month), and microcycles (a week) include planned changes in exercises, intensity, volume, and other training variables that target the athlete's goals for peaking during the competitive season.

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