

### **7.2.1 Describe any Two best Practices successfully implemented by the Institution as per NAAC format provided in the Manual:**

#### **HOLISTIC DEVELOPMENT OF STUDENTS THROUGH ONLINE ACADEMIC INITIATIVES DURING COVID PANDEMIC**

During the COVID pandemic, a series of lockdowns were implemented by the respective Governments to reduce the COVID infection rate which had become a huge setback to the Educational Institutions to maintain the same quality of education through online. This University not only arranged the online classes as per UGC guidelines but also had invited many experts from different fields as speakers for sharing their knowledge and expertise with the students & faculty members by organizing online webinars, workshops and soft skills development programs through its departments. The University also celebrated many National / International Days such as Yoga Day, Women's Day, Sports Day, Constitution Day etc, to keep up the same campus spirit among the students and staff.

#### **Objective of Practice**

- To provide a quality and interactive program other than regular academic classes for the students to develop the skills during the COVID pandemic.
- To train the faculty and students to keep University functions in Digital format
- To build the opportunity for the students to interact with the subject specialist, alumnus and business leaders
- To make the students more confident and comfortable in using the digital tools
- To counsel the students and faculty members so as to enable them to overcome their stress, anxiety and mental health because of COVID pandemic.

#### **The Content**

In addition to the regular academic sessions online to the students, all Departments of the University were motivated to organize online programs such as webinars, etc for the purpose of developing the students' mental health as well as professional development. These programmes were arranged not only for the University students but also open to the public. It also aims at improving the quality of the educational programs in digital space for the student community.

#### **The Practice**

The programs would be normally organized on weekends or other than regular academic time to encourage more students to participate in these programmes. The brochure along with e-registration forms of each program would be circulated well in advance through university official website, social media platforms and official WhatsApp groups to the students, staff and general public. The registered participants would be encouraged to clarify their doubts if any, with experts and thereby the participants enrich their knowledge. In recognition of their participation in the program, certificates would be awarded to them. Their feedback is received at the end of every program for further refinement of the next program.

### **Evidence of Success**

- The students are familiar with using the digital tool for exam preparation, submitting the assignment, collaborating and conducting an online program
- University is well popularized in the social media and to the public audience because of this initiative
- The affiliated college faculty and students got the opportunity to develop their skills in this initiative
- Sports person, Coaches, Faculty and Team Managers used the lockdown time to develop the required skill and got the opportunity to collaborate among the like-minded persons
- Even after the lockdown, University has conducted many programs either online or Hybrid mode with good response and support from the public audience

### **Problem Encountered**

- Some of our students do not possess a laptop or personal computer. So, they had to attend these programmes through smart phones.
- Some of our students belong to rural areas where the constant internet or power was a big challenge. So, regular online classes or programs were recorded for the future access of these students.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES


7.2.1- Describe one best practice successfully implemented by the Institution as per NAAC format provided in the Manual:

The following are the supportive documents with description submitted in support of the best practice implemented in the University during the academic year 2020-2021:

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
INDEPENDENCE DAY CELEBRATION 2020 ON 15/08/2020



Tamil Nadu physical Education and Sports University celebrated the 74<sup>th</sup> Independence Day patriotically. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar, staff members and students of the university attended the programme.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY


Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- OBSERVATION OF SADBHAVANA DIWAS DAY WITH PLEDGE ON 20.08.2020.



Tamil Nadu Physical education and Sports University took efforts to celebrate the Sadbhavana Diwas. The Sadbhavana (means having good feelings for others) Diwas or Harmony Day is celebrated to commemorate the birth anniversary of the sixth Prime Minister of India, Rajiv Gandhi. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar, staff members and students of the university attended the programme.

  
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Tamilnadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Dept of Exercise Physiology and Biomechanics of Tamil Nadu Physical Education and Sports University, organized Orientation Program for the Academic year 2020-2021 on 24.08.2020



The department of Exercise Physiology and Biomechanics from Tamil Nadu Physical education and Sports University organized Orientation programme for the freshers. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the programme.

  
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and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Department of Physical Education organises National Level Online Quiz on Pedagogy in Physical Education and Sports on the eve of National Sports Day Celebrations on 27-29th August, 2020.

 **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
MELAKOTTAIYUR, CHENNAI-600127

**DEPARTMENT OF PHYSICAL EDUCATION**

On the Eve **"NATIONAL SPORTS DAY"** Celebration

DATE  
27.08.2020  
to  
29.08.2020

Invites You to Participate in the  
**NATIONAL LEVEL ONLINE QUIZ**  
ON  
**"PEDAGOGY IN PHYSICAL EDUCATION AND SPORTS"**

 **Registration FREE**

E-Certificate Provided All The Participants

**Organizing Committee**

<b>Organizing Secretary</b> <b>Dr.S.VELKUMAR</b> ASSISTANT PROFESSOR	<b>Organizing Secretary</b> <b>Dr.S.THIRUMALAI KUMAR</b> PROFESSOR	<b>Convener</b> <b>Dr.S.MANIKANDAN</b> PROFESSOR AND HEAD
<b>Patron</b> <b>Dr.V.GOPINATH</b> Registrar TNPESU	<b>Chief Patron</b> <b>Dr.SHEILA STEPHEN</b> Vice - Chancellor TNPESU	

  
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and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY - Department of Physical Education Tamil Nadu Physical education and Sports University organizes National Level Online Yoga Competition on the eve of National Sports Day Celebrations on 27-28th August 2020.





**TAMIL NADU PHYSICAL EDUCATION  
AND SPORTS UNIVERSITY**  
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Melakottaiyur, Chennai-600 127

**DEPARTMENT OF PHYSICAL EDUCATION**  
invites you to participate in the

**NATIONAL LEVEL ONLINE  
YOGA COMPETITION**

On the eve of  
**NATIONAL SPORTS DAY CELEBRATIONS**

**Date: 27<sup>th</sup> – 28th August, 2020**

<b>Participants</b>	± Open to all
<b>Fees</b>	± Free Registration
<b>Yoga Protocol</b>	± Tadasana, Padma Hastasana, Vajrasana, Sarvangasana, Bhujangasana, Dhanurasana, Vakrasana, Naukasana, Trikonasana, Halasana.
<b>Number of Poses</b>	± Any Five asanas from the yoga protocol
<b>Mode</b>	± Perform yoga at home only, the duration of the video should not exceed 3 minutes, Record all 5 Poses in a single video with dress code-Track Pant & T-Shirt. Upload the original video in the below mentioned registration link / google form.
<b>Email Id</b>	± <a href="mailto:yogasamityyogacompetition@gmail.com">yogasamityyogacompetition@gmail.com</a>
<b>Registration Link</b>	± <a href="https://forms.glo/twcyogaScF897J57">https://forms.glo/twcyogaScF897J57</a>
<b>Last Date</b>	± 28.08.2020 – 4.00 pm.
<b>Result</b>	± Results will be announced on 29.08.2020.

<b>Dr. C. Lakshmanan</b> Assistant Professor Organizing Secretary	<b>Dr. S. Manikandan</b> Professor & Head Coordinator	<b>Dr. V. Gopinath</b> Registrar Patron	<b>Dr. Shiela Stephen</b> Vice Chancellor Chief Patron
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The Department of Physical Education from Tamil Nadu Physical education and Sports University organizes National Level Online Yoga Competition on the eve of National Sports Day Celebrations Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

  
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 Tamil Nadu Physical Education  
 and  
 Sports University  
 Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY - Dept of Physical Education organizes National Level Online Quiz on "KALARIPPAYATTU AND SILAMBAM" on the eve of National Sports Day Celebrations. (29.8.2020)

The poster is for a National Level Online Quiz organized by the Department of Physical Education at Tamil Nadu Physical Education and Sports University. It features a blue background with a decorative border. At the top left is the university's logo. The text is in white and yellow. Two circular images on the sides show a person performing Kalarippayattu and another performing Silambam. The date of the quiz is listed as 27, 28, and 29 August 2020. At the bottom, the names and titles of the organizing secretaries, patron, registrar, convener, chief patron, and vice chancellor are listed.

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Accredited with "B+" by NAAC, Melakottaiyur, Chennai-600 127

**DEPARTMENT OF PHYSICAL EDUCATION**  
Invites You To Participate in the  
**NATIONAL LEVEL ONLINE QUIZ**  
ON  
**KALARIPPAYATTU AND SILAMBAM**  
ON THE EVE OF NATIONAL SPORTS DAY CELEBRATIONS  
**DATE: 27, 28, 29 AUGUST 2020**

**Dr.S.Jayakumar**  
Organizing Secretary

**Dr.S.Thirumalai Kumar**  
Organizing Secretary

**Dr.S.Manikandan**  
Convener

**Patron**  
**DR.V.GOPINATH**  
Registrar

**Chief Patron**  
**DR.SHILA STEPHEN**  
Vice Chancellor

The department of Physical Education from Tamil Nadu Physical education and Sports University organizes National Level Online Quiz on "KALARIPPAYATTU AND SILAMBAM" for the students on the eve of National Sports Day Celebrations. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

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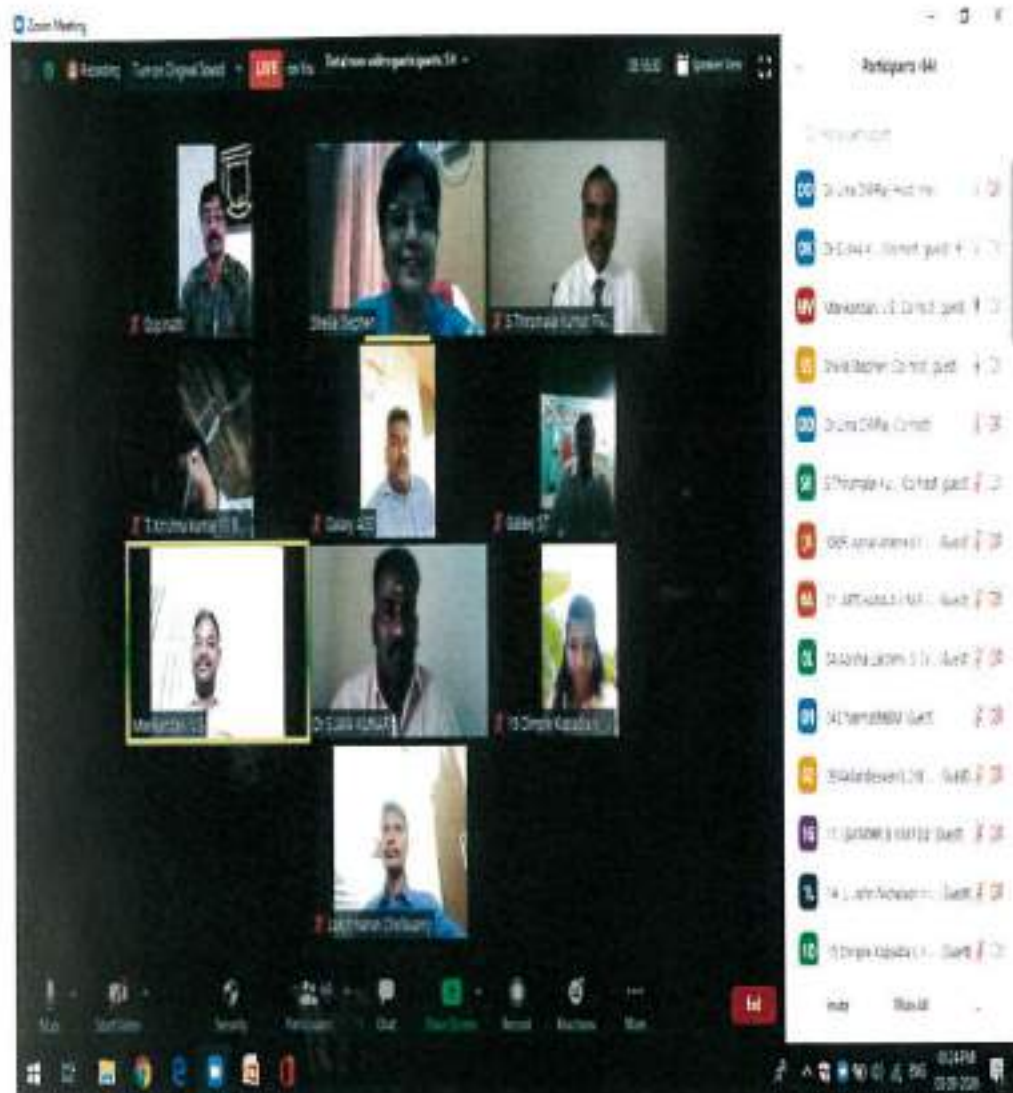


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY - DPE celebrated Teachers Day through virtual mode on 05.09.2020.



The Department of Physical Education from Tamil Nadu Physical education and Sports University took efforts to celebrate Teachers Day through virtual mode. Dr. Shiel Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

  
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and  
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Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

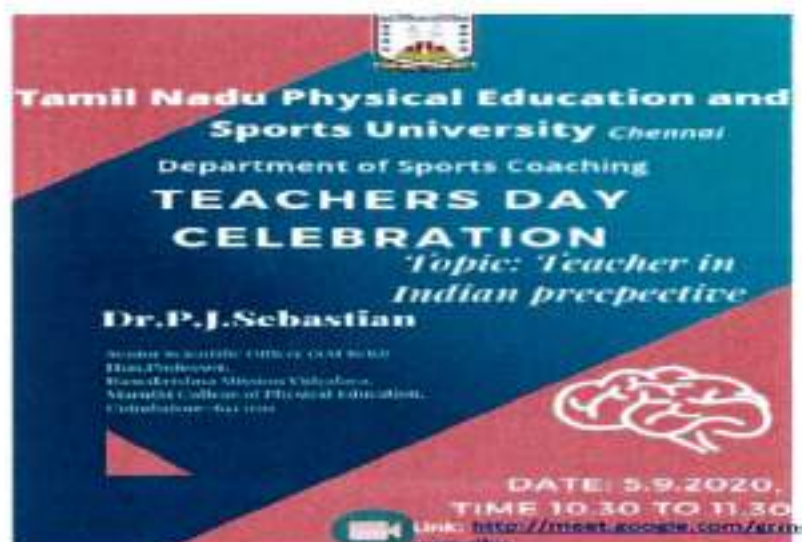
## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY organizes Virtual Teacher's Day Celebrations of TNPESU Staffs with their Family on topic "OUR TEACHERS OUR HEROES" - 05.09.2020



Tamil Nadu Physical education and Sports University organizes Virtual Teacher's Day Celebrations. Dr. Shelia Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

- DEPARTMENT OF SPORTS COACHING TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, organizes Teachers Day Celebrations on 05.09.2020



The Department of Sports Coaching from organizes Teachers Day Celebrations Tamil Nadu Physical education and Sports University. The staff members of the university attended the programme.

  
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Sports University  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- DEPT OF EXERCISE PHYSIOLOGY AND SPORTS BIOMECHANICS TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, organizes Nutrition Week Programme from 07.09.20 to 10.09.20



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI  
Accredited with "B++" Grade by NAAC  
India's First State University in Physical Education and Sports

**NUTRITION WEEK**  
ORGANIZED BY THE DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

We Cordially invite you all for the Nutrition week programme from **07-09-2020** to **10-09-2020**

**PROGRAMME**

At 10.30 am on <b>07-09-2020</b> Welcome Address by <b>Dr. R. VENKATESAN</b> , Organising Secretary. Menu planning, preparation and presentation with explanations.	At 10.30 am on <b>10-09-2020</b> Welcome Address by <b>Dr. PK. SENTHILKUMAR</b> , Asst. Professor. Introducing the Guest Speaker and Speech by <b>Prof GRACE HELINA</b>
At 10.30 am on <b>08-09-2020</b> Three Speakers presentation from M.Sc II Year Students	Guest Speaker <b>Dr. MAHENDRAN APPUKUTTY</b> , FNSM Associate Professor Nutritionist Sports Science Programme University Teknologi MARA, MALAYSIA, has kindly consented to speak on <b>"PROBIOTICS FOR SPORTS"</b> Vote of Thanks – <b>Dr. J. ANITHA</b> , Asst. Professor.
At 10.30 am on <b>09-09-2020</b> <b>Mrs. SHINY SURENDRAN</b> , Sports Nutritionist, Chennai has kindly consented to speak on <b>"COVID-19 AND NUTRITION"</b>	
CHIEF PATRON	- <b>Dr. SHELLA STEPHEN</b> VICE- CHANCELLOR, TN PESU
PATRON	- <b>Dr. V. GOPINATH</b> REGISTRAR, TN PESU
DIRECTOR	- <b>Prof GRACE HELINA</b> HOD, TN PESU
ORGANIZING SECRETARY	- <b>Dr. R. VENKATESAN</b> Asst. Professor
MEMBERS	- <b>Dr. R. SENTHILKUMAR</b> , <b>Dr. J. ANITHA</b> Asst. Professors

The Department of Exercise Physiology and Sports Biomechanics from Tamil Nadu Physical education and Sports University organizes Nutrition Week Programme. Dr. Shelia Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, Dept of Sports Management and Sports psychology & Sociology organises Live Webinar on Gandhian Thoughts for empowering Youth on 02.10.2020



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

**Department of Sports Management and Sports Psychology & Sociology**



Dear Professional friends,

TNPESU - Department of Sports Management and Sports Psychology & Sociology cordially invites you to participate in the

**WEBINAR**

On

***"Gandhian Thoughts for Empowering Youth"***

Date: 2<sup>nd</sup> October 2020 Time : 02.30 pm

E-certificate will be provided to all the participants after filling Feedback form

Free Registration.

**Resource Person**



**Dr. S.MADHAVAN**  
Professor  
Department of Management Studies  
Maronmaniam Sundaranar University  
Tirunelveli

Organizing Secretary <b>Dr. A.Kannadasan</b> Associate Professor	Convener <b>Dr. S.Premkumar</b> Professor & HOD	Patron <b>Dr. V.Gopinath</b> Registrar	Chief Patron <b>Dr. Shelia Stephen</b> Vice-Chancellor
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 **Zoom Meeting Link**  
<https://us02web.zoom.us/j/4485371313?pwd=Vm9PTGV6ZmZbOHh5QnZTVU9hVEVhZ0pB>  
**Meeting Id : 448 537 1313 Password : tnpesu**



Department of Sports Management and Sports psychology & Sociology Tamil Nadu Physical education and Sports University organizes Live Webinar on Gandhian Thoughts for empowering Youth. Dr. Shelia Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

  
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Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, Dept OF Sports Technology organises Live Webinar on Gandhian Thoughts for Rural Development on 02.10.2020

**LIVE Live webinar**  
You're Invited to Join  
**GANDHIAN THOUGHTS  
FOR RURAL DEVELOPMENT**



**FRI | OCT | 11  
DAY | 02 | AM**

Department of Sports Technology  
Tamil Nadu Physical Education and Sports University  
Join Zoom Meeting  
<https://us04web.zoom.us/j/778726825767>  
pwd=YStwdek0yNjA1QmZYcExFNUlTMmdZd209  
Meeting ID: 778 7268 2576  
Passcode: tnst



THIRU P. PRAVEEN KUMAR

Department OF Sports Technology from Tamil Nadu Physical education and Sports University organizes Live Webinar on Gandhian Thoughts for Rural Development. The staff members of the university attended the programme.

- Inauguration of TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY SC/ST CELL on 23.10.2020.



Tamil Nadu Physical education and Sports University inaugurated of SC/ST CELL.

Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

*V. H.*  
Registrar  
Tamil Nadu Physical Education  
and  
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Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, organizes FIT INDIA 2020 - MY HEALTH! MY FITNESS! as part of Fit India Movement on 23.10.2020.

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI**  
Accredited With 'B++' Grade By NAAC  
India's First State University in Physical Education and Sports

## FIT INDIA - 2020

MY HEALTH! MY FITNESS!

**Date : 23.10.2020**

**ORGANISING COMMITTEE**

**Chief Patron**  
**Dr. SHEILA STEPHEN**  
Vice Chancellor, TNPSU

**Patron**  
**Dr. V. GOPINATH**  
Registrar, TNPSU

**Organising Secretary**  
**Dr. GRACE HELINA**  
Prof. and Head,  
Dept. Of Exercise Physiology  
and Biomechanics, TNPSU

**MEMBERS**

**Coordinator**  
**Mr. C. MANOJ**  
Physiotherapist, TNPSU

**Technical Support**  
**Dr. UMA DILLIRAJ**  
Exercise Physiologist

**Judge**  
**Mr. L. ARAVIND**  
National Director  
International Health &  
Fitness Association (IHFA)

**(No Age Limit, No Entry Fee  
Anyone Can Participate)**

**International Guest Speaker**  
**Dr. KAUKAB AZEEM**  
Assistant Professor (v) Physical Education Dept.,  
King Fahd University of Petroleum & Minerals  
President, International Fed for Fitness, Health,  
Physical Education & Iron Games

**Rules & Regulations**

1. Participants have to send 120sec Performance video (less than 50MB file size) on any kind of Exercise, any cultural arts or martial arts (such as Gym workout activities, yoga, dance, Silambam, Karate, etc)
2. Participants have to send their personal details to the Google form link on or before 20-10-2020 (click the link - <https://forms.gle/8PWj5QkdHbNttt6A>)
3. All the Participants will receive E-Certificate through e-mail.
4. The Best 5 Performances will be selected for Award of Merit certificate and all five performances will be showcased on 23-10-2020 at 11.30am through Zoom platform. (click the link - <https://us02web.zoom.us/j/84908723964>)

**Zoom Meeting Id : 849 0872 3964**  
**Password : 626054**

**For Enquiry :- 99769 37456, 82480 57246**

Tamil Nadu Physical education and Sports University organizes FIT INDIA 2020 - MY HEALTH! MY FITNESS! as part of Fit India Movement. Dr. Sheila Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY observed Vigilance Awareness Week with a pledge on 27.10.2020.



Tamil Nadu Physical education and Sports University took efforts in the observation of Vigilance Awareness Week with a pledge. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the programme.

  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,  
Department of Advanced training and coaching organized Vigilance Awareness  
Program on 31.10.2020.



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

Accredited with "B++" Grade by NAAC

India's First State University in Physical Education and Sports

Department of Sports Coaching is Organising

# Vigilance Awareness Programme

ALL ARE WELCOME

Resource person:

**Dr.TAMILSELVI GUNASEKARAN**

M.Sc.,M.A.,M.Sc.,M.Ed.,M.Phil.,Ph.D.

P.G.Assistant

Date: 31.10.2020

Time: 10.00 am



Organising secretary  
Dr Arumugam

Department of Sports Coaching

Panton  
Dr.V.Gopinath Registrar

Chief Panton  
Dr. Sheila Stephen  
Vice Chancellor

Link:

<http://meet.google.com/grm-uyrs-dky>



The Department of Sports coaching conducted Vigilance Awareness Program with Dr. Tamilselvi Gunasekaran as the resource person. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar, staff members and the students of the university attended the programme.

V-  
Registrar

Tamilnadu Physical Education  
and  
Sports University  
Chennai






# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

Webinar on women empowerment through Martial arts (18.11.2020)

Psychology & Sociology  
Cordially invites for the  
webinar  
On  
**“Women Empowerment Through  
Martial Arts”**  
(18th November 2020 @ 11.00 a.m)  
For Free Registration, Click here : <https://forms.gle/YUNsGsASTYKHYYUw7>  
**Resource Person**  
  
**Chief Patron**  
Dr. Sheila Stephen  
Vice Chancellor

The Department of Psychology and Sociology from Tamil Nadu Physical Education and Sports University conducted a webinar on Women Empowerment Through Martial Arts. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar, staff members and the students of the university attended the programme.

  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DEPT OF YOGA organises National webinar on "Yoga- A Panacea for Metabolic Syndrome" on 27.11.2020.

Accredited with "B++" Grade by NAAC

**DEPARTMENT OF YOGA**

**National Webinar**  
on  
**YOGA: A PANACEA FOR METABOLIC SYNDROME**

**27<sup>th</sup> November, 2020 | 11.00 am**

 <b>Dr. G. RAMAKRISHNAN</b> SENIOR THERAPIST PATANJALI INSTITUTE OF YOGA AND THERAPY CHENNAI TOPIC : METABOLIC SYNDROME- PREDICTOR OF TYPE 2 DIABETES	 <b>Dr. R. REKHA</b> FACULTY, CUM NUTRITIONIST DEPARTMENT OF YOGA AND CONSCIOUSNESS ASHRA UNIVERSITY TOPIC - DIET AS A HEALTH PROMOTING LIFESTYLE TOOL FOR METABOLIC SYNDROME
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Registration is free  
Click here for registration : <https://forms.gle/rn8EUYMXz395wTYa9>

<b>COORDINATOR</b> Dr. V. Durairam	<b>ORGANISING SECRETARY</b> Dr. S. Selvalakshmi	<b>PATRON</b> Dr. V. Gopinath	<b>CHIEF PATRON</b> Dr. Sheila Stephen
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Registrar  
Tamilnadu Physical Education  
and  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, IQAC & NAAC CELL organizes a national webinar on "National Education Policy 2020: Physical Education & Sports Sciences" on 14.12.2020.

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

Dear Sports Faculties & Professionals,

**TNPESU IQAC & NAAC Cell**  
 In association with  
 Centre for Educational and Social Studies  
 proudly organizes  
**National Webinar**  
 On

**"National Education Policy 2020 : Physical Education & Sports Sciences"**

**Resource Persons**

**Dr. Padmavathi B S**  
 Director, IQAC &  
 Convenor, Sub  
 Committee - Task Force  
 on Implementation of  
 NEP in Karnataka

**Dr. Gowrishha**  
 Deputy Director, IQAC  
 & Chief Consultant,  
 Committee for draft  
 National Education  
 Policy

**Date: 14<sup>th</sup> December, 2020**  
**Time: 12.30pm**  
**Free Registration & E-certificate will be provided to all participants.**

**Click Here for Registration - <https://forms.gle/ZDnKFLVjdHQQdLRFFS>**

**Session Coordinator**  
**C Menon**  
 Director, IQAC & NAAC

**Organizing Secretary**  
**Dr. Shahin Ahmad**  
 Director, IQAC & NAAC

**Organizing Secretary**  
**Dr. & Thirumalai Kumar**  
 Director, IQAC & NAAC

**Patron**  
**Dr. V. Gopinath**

**Chief Guest**  
**Dr. Shiela Stephen**

TNPESU IQAC & NAAC CELL organizes a National webinar on "National Education Policy 2020: Physical Education & Sports Sciences", under the guidance of Dr. Padmavathi B S and Dr. Gowrishha as resource persons. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar, staff members and the students of the university participated in the programme.

Registrar  
 Tamilnadu Physical Education  
 and  
 Sports University  
 Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DEPT OF PHYSICAL EDUCATION organized "FIT INDIA CYCLOTHON - Pedal your way to Fitness" under FIT INDIA 2020 campaign on 23.12.2020.



The department of Physical Education from Nadu Physical Education and Sports University have taken efforts in organizing a Fit India 2020 campaign Cyclothon. The officials, staff members and the students of the university participated and successfully completed the event.

*V. P. S.*  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- NEW YEAR CELEBRATION 2021 at TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY on 04.01.2021.



Tamil Nadu Physical Education and Sports University celebrating new year 2021. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DEPARTMENT OF SPORTS COACHING organized National Youth Day Celebrations on 12.1.2020 at 11.30 am through the online Google meet platform.



Department of sports coaching from Tamil Nadu Physical Education and Sports University organized National Youth Day Celebrations through the online Google meet platform. The staff members and the students of the university participated in the programme.

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, PONGAL CELEBRATION 2021



Tamil Nadu Physical Education and Sports University celebrating pongal. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.

  
V. Gopinath  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai



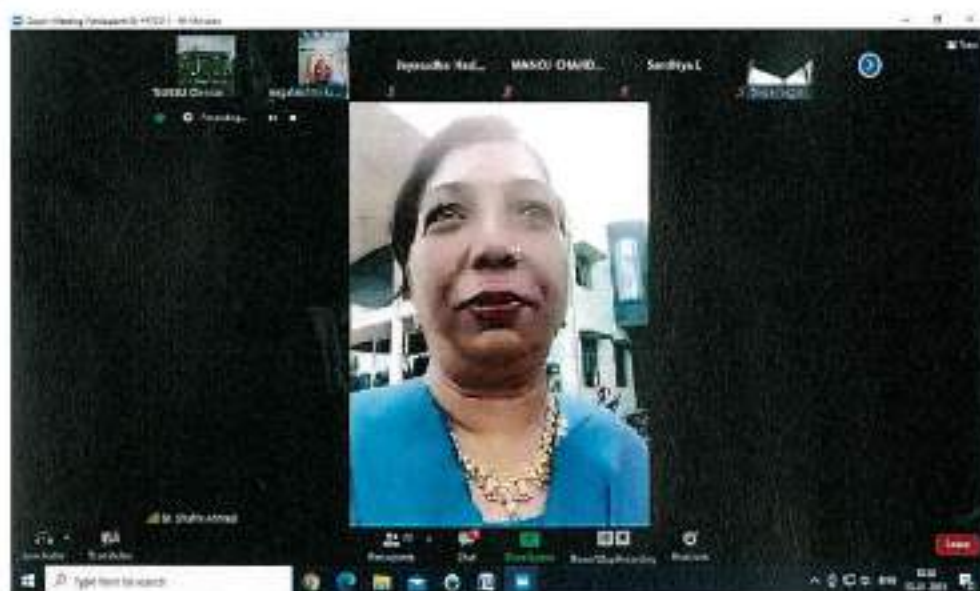


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, IQAC organized a Virtual talk on "Psychological Perspectives of Gender Equality" on 13.01.2021.



Tamil Nadu Physical Education and Sports University IQAC organized a Virtual talk on "Psychological Perspectives of Gender Equality". The staff members and the students of the university participated in the programme.

  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, administered Voter's Day pledge on 25.01.2021 in view of National Voter's Day Celebration as per the direction of Election Commission of India.



Tamil Nadu Physical Education and Sports University administered Voter's Day pledge in view of National Voter's Day Celebration as per the direction of Election Commission of India. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.

V-G  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- 72nd Republic Day Celebrations at Tamil Nadu Physical Education and Sports University on 26.01.2021.



Tamil Nadu Physical Education and Sports University celebrated 72<sup>nd</sup> Republic Day Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Fresher's orientation program on 12.02.2021 by the Department of Sports Management and Sports Psychology & Sociology.



The Department of Sports Management and Sports psychology & Sociology from Tamil Nadu Physical Education and Sports University conducted a Freshers orientation program. Dr. kannadasan, staff members of the department and the students participated in the program.

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, Women's Day Celebrations on 08.03.2021.



Tamil Nadu Physical Education and Sports University celebrated Women's Day. Dr. Shiela Stephen the Vice chancellor, staff members and the students of the university participated in the event.

*V. S.*  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- B.Sc III year Students of Exercise Physiology and Nutrition department have undergone Village Placement Program from 12th March to 14th March 2021.



The Students of Tamil Nadu Physical Education and Sports University Conducted Survey on Nutritional Status and health issues Visited Maruthi College of Physical Education, Collected Physical and physiological Parameters from village people of Ooty (Finger Post) and Cunnur.

*V. K.*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Glimpses of TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DPE ROLLING TROPHY 2021 VALEDICTORY FUNCTION ON 12.03.2021.



Department of Physical Education from Tamil Nadu Physical Education and Sports University conducted Valedictory function. The staff members and the students of the university participated in the event.

  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- HOLI CELEBRATION BY DEPARTMENT OF YOGA, TNPESU ON 29.03.2021



Department of Yoga from Tamil Nadu Physical Education and Sports University. The staff members and the students of the university participated in the event.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai

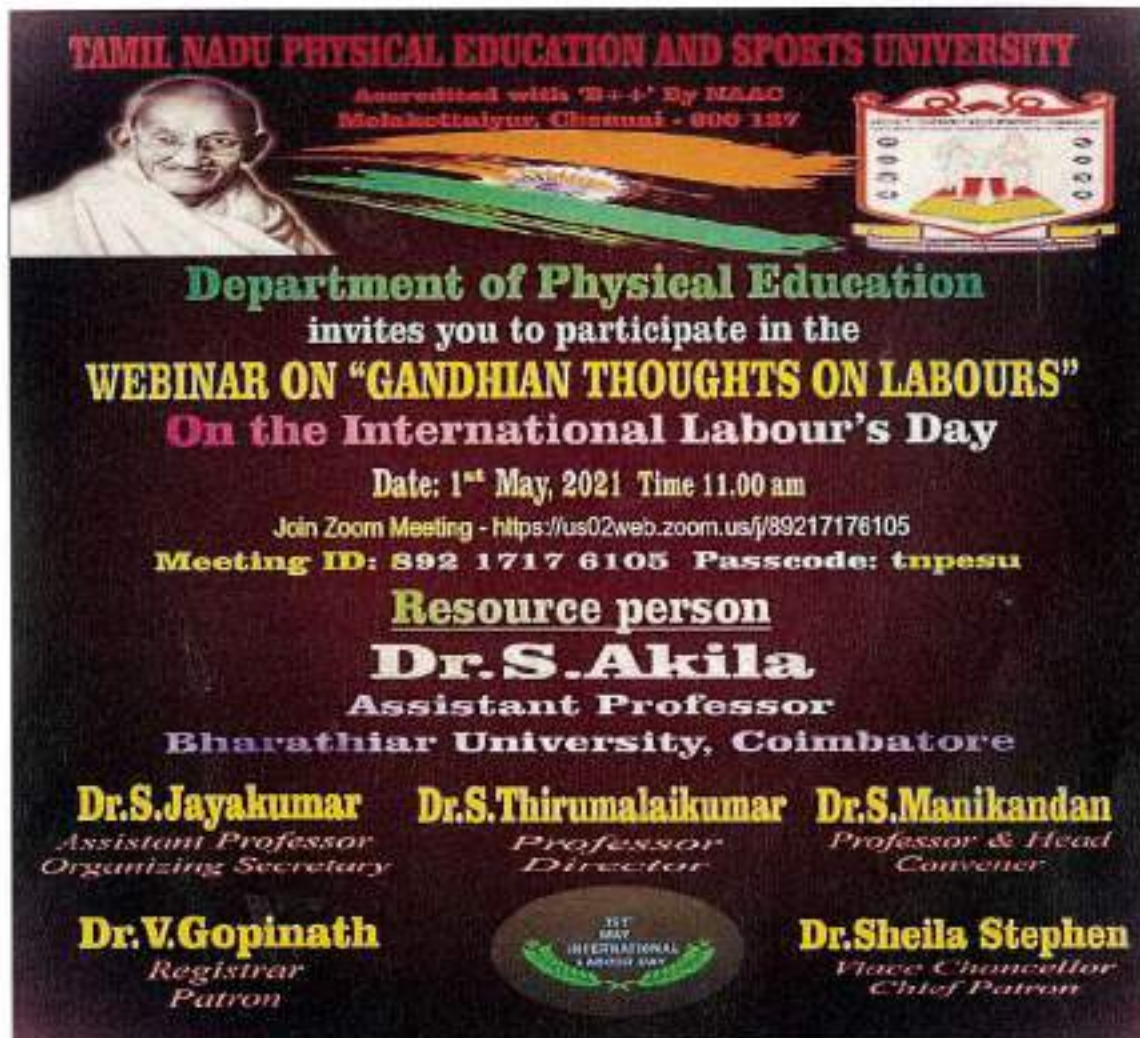


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DEPT OF PHYSICAL EDUCATION organizes National webinar on "Gandhian Thoughts on Labors" on 01.05.2021



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Accredited with 'B++' By NAAC  
Melakottaiyur, Chennai - 600 127

**Department of Physical Education**  
invites you to participate in the  
**WEBINAR ON "GANDHIAN THOUGHTS ON LABOURS"**  
**On the International Labour's Day**

**Date: 1<sup>st</sup> May, 2021 Time 11.00 am**  
Join Zoom Meeting - <https://us02web.zoom.us/j/89217176105>  
**Meeting ID: 892 1717 6105 Passcode: tnpsu**

**Resource person**  
**Dr.S.Akila**  
Assistant Professor  
Bharathiar University, Coimbatore

**Dr.S.Jayakumar** Assistant Professor  
Organizing Secretary

**Dr.S.Thirumalaikumar** Professor  
Director

**Dr.S.Manikandan** Professor & Head  
Convener

**Dr.V.Gopinath** Registrar  
Patron

**Dr.Sheila Stephen** Vice Chancellor  
Chief Patron

1<sup>ST</sup> MAY  
INTERNATIONAL  
LABOUR DAY

Department of Physical Education from Tamil Nadu Physical Education and Sports University conducted National webinar on "Gandhian Thoughts on Labors". Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TNPESU DEPT OF YOGA organizes National Webinar on Fundamental Duties on 04.06.2021



The poster is for a National Webinar on Fundamental Duties organized by the Department of Yoga at Tamil Nadu Physical Education and Sports University. It features the university's logo and name at the top, followed by accreditation details. The main title 'NATIONAL WEBINAR ON FUNDAMENTAL DUTIES' is prominently displayed in yellow and white text. Below the title, the date and time are given as 'Date- 04-06-2021 | Time- 11 am'. A central section identifies the 'RESOURCE PERSON' as 'Moj G. Senthinathan (Retd)' with a photo and his title 'Physical Risk and Business continuity professional Mumbai'. Below this, the 'CORE COMMITTEE' is listed with roles and names: 'CHIEF PATRON' (Dr. Shiela Stephen, Vice Chancellor), 'PATRON' (Dr. V. Gopinath, Registrar), 'CONVENER' (Dr. S. Selvalakshmi, Assistant Professor & Head I/C), and 'ORGANIZING SECRETARY' (Dr. V. Duraisami, Assistant Professor). At the bottom, 'WEBINAR COORDINATORS' are listed: 'Dr. D. Unamahaswari, Guest Lecturer', 'Dr. K. Subbulakshmi, Guest Lecturer', and 'Mrs. B. Maheswari, Guest Lecturer'. A graphic of colorful hands holding a banner with the words 'FUNDAMENTAL DUTIES' is on the right side.

**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  
**DEPARTMENT OF YOGA**

**NATIONAL WEBINAR ON FUNDAMENTAL DUTIES**  
Date- 04-06-2021 | Time- 11 am

**RESOURCE PERSON**

  
**Moj G. Senthinathan (Retd)**  
Physical Risk and Business continuity professional  
Mumbai

**CORE COMMITTEE**

**CHIEF PATRON**  
Dr. Shiela Stephen  
Vice Chancellor

**PATRON**  
Dr. V. Gopinath  
Registrar

**CONVENER**  
Dr. S. Selvalakshmi  
Assistant Professor & Head I/C

**ORGANIZING SECRETARY**  
Dr. V. Duraisami  
Assistant Professor

**WEBINAR COORDINATORS**

Dr. D. Unamahaswari,  
Guest Lecturer

Dr. K. Subbulakshmi,  
Guest Lecturer

Mrs. B. Maheswari,  
Guest Lecturer

The Department of Yoga Tamil Nadu Physical Education and Sports University conducted National Webinar on Fundamental Duties. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai




# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES


- TNPESU DEPT OF YOGA ORGANISES NATIONAL WEBINAR ON GANDHIJI THOUGHTS AND VALUES ON 07.06.2021




**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  
**DEPARTMENT OF YOGA**

**NATIONAL WEBINAR ON  
GANDHIJI THOUGHTS  
AND VALUES**

Date- 07-06-2021 | Time- 11 am



**RESOURCE PERSON**



**Mr. A. Senthil Kumaran**  
Social Science BT Assistant (Versatile and Eminent Orator in History)  
The Lakshmi Mills Higher Secondary School, Kovilpatti, Thoothukudi District

**CORE COMMITTEE**

<b>CHIEF PATRON</b> <b>Dr. Shiela Stephen</b> Vice Chancellor	<b>CONVENER</b> <b>Dr. S. Selvalakshmi</b> Assistant Professor & Head I/C
<b>PATRON</b> <b>Dr. V. Gopinath</b> Registrar	<b>ORGANIZING SECRETARY</b> <b>Dr. V. Duraisami</b> Assistant Professor

**WEBINAR COORDINATORS**

<b>Dr. D. Umamaheswari</b> Guest Lecturer	<b>Dr. K. Subbulakshmi</b> Guest Lecturer	<b>Mrs. B. Maheswari</b> Guest Lecturer
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The Department of Yoga from Tamil Nadu Physical Education and Sports University conducted National webinar on Gandhiji thoughts and values. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar and staff members of the university participated in the event.

  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TNPESU DEPT OF YOGA organizes Online World Environment Day Celebrations from 05.06.2021 to 07.06.2021.



### 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

## ONLINE WORLD ENVIRONMENT DAY CELEBRATION

Date- 05.06.2021 to 07.06.2021



#### ORGANIZING SECRETARY

**Dr. S. Selvalakshmi**  
Assistant Professor & Head I/C

#### JOINT SECRETARY

**Dr. V. Duraisami**  
Assistant Professor

#### COORDINATORS

**Dr. D. Umamaheswari,**  
Guest Lecturer

**Dr. K. Subbulakshmi,**  
Guest Lecturer

**Mrs. B. Maheswari,**  
Guest Lecturer

ORGANIZED BY  
**DEPARTMENT OF YOGA  
TNPESU**



Tamil Nadu Physical Education and Sports University DEPT OF YOGA organised Online World Environment Day Celebrations to spread love and to cherish our mother Earth and her belongings. Staff members and the students had participated to celebrate the same.

  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- DAY CELEBRATION 2021 by organizing Online Demonstration of Common Yoga Protocol under the theme "YOGA FOR WELLNESS - BE WITH YOGA, BE AT HOME" on 21.06.2021.

The poster is for the 7th International Day of Yoga Celebrations. It features a yellow background with green and red text. At the top left is the university logo. The text reads: "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". Below this is "DEPARTMENT OF YOGA". The main title is "Yoga for Wellness" in large green letters, with "Be with Yoga, Be at Home" in cursive below it. Logos for the Ministry of AYUSH and myGov are shown. The central text says "7th International Day of Yoga Celebrations we organize online Demonstration of Common Yoga Protocol On 21st June-2021 (Monday) @ 6.30 am". A "To Join" button is at the bottom right.

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

DEPARTMENT OF YOGA

**Yoga for Wellness**  
*Be with Yoga, Be at Home*

MINISTRY OF AYUSH | myGov

**7<sup>th</sup>**

**International Day of  
Yoga Celebrations**

*we organize online*  
Demonstration of Common Yoga Protocol

On **21<sup>st</sup> June-2021** (Monday)  
**@ 6.30 am**

To Join

Tamil Nadu Physical Education and Sports University celebrated 7<sup>th</sup> International Yoga Day by organizing online demonstration of common yoga protocol under the theme "YOGA WELLNESS - BE WITH YOGA, BE AT HOME".

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Department of Yoga, TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY organised “National Online Yoga Quiz Competition” between 18th June, 2021 and 20th June, 2021

**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 "D++" Grade by NAAC

**DEPARTMENT OF YOGA ORGANIZES**

**ONLINE NATIONAL  
YOGA  
QUIZ  
COMPETITION**

**On the event of International Day of Yoga 2021**  
Last date for online Registration - 17th June 2021  
Quiz will be conducted from -18th to 20th June 2021

**CORE COMMITTEES**

<b>CHIEF PATRON</b> Dr. Sheila Stephen Vice Chancellor	<b>PATRON</b> Dr. V. Gopinath Registrar	<b>ORGANIZING SECRETARY</b> Dr. S. Selvalakshmi Assistant Professor & Head I/C
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**STAFF COORDINATORS**

Dr. D. Umamaheswari, Guest Lecturer	Dr. K. Sukhulakshmi, Guest Lecturer	Mrs. B. Maheswari, Guest Lecturer
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The Department of Yoga of Tamil Nadu Physical Education and Sports University Organised “National Online Yoga Quiz Competition” for the students to disseminate knowledge and value of Yoga in our regular life.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Inauguration of INDIAN BANK ATM @ TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, Campus on 01.07.2021



Tamil Nadu physical Education and Sports University has taken efforts to open the Indian bank ATM right in front of the main gate of the campus. Dr. Shiela Stephen the Vice chancellor, Dr. V. Gopinath the Registrar, staff members, students of the university and bank officials attended the programme.

V. Gopinath  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- 75th Independence Day Celebration at TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 15.08.2021



Tamil Nadu Physical education and Sports University, celebrated 75<sup>th</sup> India Independent Day. Dr. V. Gopinath the Registrar and staff members, and students of the university attended in the celebration.

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, hosted a webinar on Independence Day (15/08/2021)

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
127 Melakottaiyur, Chennai-127  
Department of Yoga

**INDIAN INDEPENDENCE - A GLORIOUS HISTORY**  
Date- 15.08.21 | Time- 10.30 to 11.30

**RESOURCE PERSON**  
Maj. Madhan Kumar (Retd)

**CHIEF PATRON**  
Dr. V. Gopinath  
Registrar

**ORGANISING SECRETARY**  
Dr. V. Duraiswami  
Managing Learning Resources Professor and Head, UG

**JOINT SECRETARY**  
Dr. S. Selvakumaran  
Assistant Professor

**WEBINAR COORDINATORS**  
Dr. D. Unnamattarasu, Guest Lecturer  
Mr. Praveen Kumar, Guest Lecturer  
Mrs. S. Maheswari, Guest Lecturer

Click here for registration :  
<https://forms.gle/KuunVWmouuKQKV7>

Tamil Nadu Physical education and Sports University, hosted webinar on India Independence – A glorious history, which make the students and the participants to understand more about the glorious history of India.

*V. Gopinath*  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Observed the Sadbhavana Diwas at TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY on 19.08.2021.



Tamil Nadu Physical education and Sports University organized Observance of Sadbhavana Diwas. Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



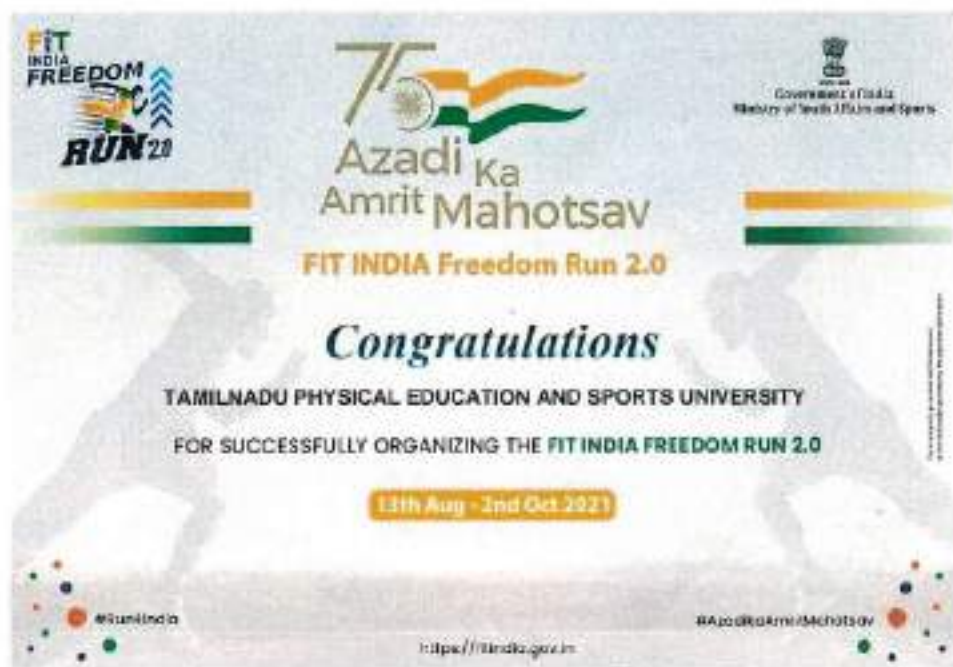


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- DEPT OF PHYSICAL EDUCATION, TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, organised FIT INDIA FREEDOM RUN 2.0 on 29.09.2021.



Tamil Nadu Physical education and Sports University FIT INDIA movement run 2.0. The staff members and the students of the university attended the programme.

*V. Ravi*  
V. Ravi  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- DEPT OF YOGA, TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, organised National Webinar on MAHATMA GANDHI'S LIFE AND MESSAGE on 02.10.2021


The poster is for a national webinar organized by the Department of Yoga at Tamil Nadu Physical Education and Sports University. It features a blue and purple background with a portrait of Mahatma Gandhi in the top right corner. The text is in white and yellow. The event details are: Date- 02.10.2021 | Time- 9.00 am. The resource person is Dr. S. Sudha, M.A., M.Phil., Ph.D., Associate Professor, Department of Political Science, Madras Christian College. The core committee includes Dr. V. Gopinath as Chief Patron, Dr. V. Duraisami as Organizing Secretary, and Dr. S. Selvalakshmi as Joint Secretary. The webinar coordinators are Dr. D. Unnikrishnan, Mrs. C. Mageswari, and Mr. Praveen Kumar.

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
(Established by the Govt. of Tamil Nadu Under Act No.5 of 2005, A State Open University)  
Accredited with 'B++' Grade by NAAC  
**DEPARTMENT OF YOGA**

**NATIONAL WEBINAR ON  
MAHATMA GANDHI'S  
LIFE AND MESSAGE**

**Date- 02.10.2021 | Time- 9.00 am**

**RESOURCE PERSON**

  
**Dr. S. Sudha, M.A., M.Phil., Ph.D**  
Associate Professor, Department of Political Science, Madras Christian College

**CORE COMMITTEE**

**CHIEF PATRON**  
**Dr. V. Gopinath**  
Registrar

**ORGANIZING SECRETARY**  
**Dr. V. Duraisami**  
Associate Professor, Head I/C,  
Department of Yoga

**JOINT SECRETARY**  
**Dr. S. Selvalakshmi**  
Assistant Professor

**WEBINAR COORDINATORS**

**Dr. D. Unnikrishnan**  
Guest Lecturer

**Mrs. C. Mageswari**  
Guest Lecturer

**Mr. Praveen Kumar**  
Guest Lecturer

Department of Yoga from Tamil Nadu Physical education and Sports University a national webinar on Mahatma Gandhi's Life and Message. Dr. V. Gopinath the Registrar, Dr. Selvalakshmi and staff members of the university attended the programme.

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





## TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DEPT OF SPORTS MANAGEMENT, SPORTS PSYCHOLOGY & SOCIOLOGY** organised Special Talk on **MENTAL HEALTH OF YOUNG ADULTS DURING PANDEMIC** in commemoration of **WORLD MENTAL HEALTH DAY 2021** on **08.10.2021**.



Department of Sports Management from Tamil Nadu Physical education and Sports University organized a special talk on Mental health of young adults during the pandemic in commemoration of World Mental Health Day. Dr. V. Gopinath the Registrar and staff members of the university attended the programme.

- Pooja Celebration @ Department of Yoga, TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 13.10.2021



Tamil Nadu Physical education and Sports University celebrated pooja, the staff members of the university attended the programme.

$$v = \frac{h}{m\lambda}$$



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, IQAC organised the FRESHER'S INDUCTION PROGRAM 2021 on 21.10.2021 & 22.10.2021



Tamil Nadu Physical education and Sports University organized a Fresher's Induction. Dr. V. Gopinath the Registrar, Dr. Shahin Ahmed, staff members and the students of the university attended the programme.

- Glimpses of THIRUMOOLAR JEYANTHI CELEBRATION @ DEPARTMENT OF YOGA TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 20.10.2021.



Tamil Nadu Physical education and Sports University celebrated Thirumoolar Jeyanthi, staff members of the university attended the programme.

Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DEPT OF ADVANCED TRAINING AND COACHING STUDENTS' INDUCTION PROGRAMME - 17.11.2021.



Department of Advanced Training and Coaching from Tamil Nadu Physical education and Sports University organized an Induction programme, the staff members and the students of the university attended the programme.

*V. An*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, is organised national webinar on "INDIAN CONSTITUTION"\* In commemoration of Samvidhan Diwas-Constitution Day on 26.11.2021.

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Accredited with 'B' by NAAC  
Melakottaiyur, Chennai-600 127

In commemoration of Samvidhan Divas (Constitution Day), the day of adoption of our Constitution, Tamil Nadu Physical Education and Sports University cordially invites you to participate in the

**National Webinar**  
On

**"INDIAN CONSTITUTION"**

SCHEME IN CHARGE - ANJANA PERIYASAMY  
TANU-100

**Resource Person**

**Dr. R.R.L. RAJAVENKATESAN**  
Associate Professor & HOD  
VIT School of Law  
VIT, Chennai

Date: 26<sup>th</sup> November, 2021  
Time: 3.00pm

Free E-certificate will be provided to all participants.

Google Meet Meeting Id - <https://meet.google.com/jut-rbh-hoc>

Coordinator: PT. C. Manoj, Physiotherapist  
Organizing Secretary: Dr. S. Thirukumar, Professor  
Panelist: Dr. V. Srinivasan, Assistant Professor  
Guest Person: Vice-Chancellor, Government College for Women, Chennai

Tamil Nadu Physical education and Sports University conducted a national webinar on "INDIAN CONSTITUTION"\* In commemoration of Samvidhan Diwas-Constitution Day. Dr. V. P.R.L. Rajavenkatesan and staff members of the university attended the programme.

*N. P. S.*  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, DEPT OF PHYSICAL EDUCATION organises FRESHER'S MARTIAL ARTS DEMONSTRATION 2021 on 26.11.2021.

**INVITATION**

The Head, Faculty members & Martial Arts specialisation students request your  
honourable presence at the inaugural function of

**FRESHERS MARTIAL ARTS DEMONSTRATION - 2021-2022**

On 26th Nov. 2021, Friday at 5.00 pm  
at Auditor, Stadium, TNPSU campus

**Inaugural Chief Guest**

**R.K. JALJIT SINGH**

\* 4th & 5th Dan Judo (Judo) 1st Dan Taekwondo & Judo  
\* 1st Dan Judo (Judo) 1st Dan Taekwondo & Judo  
\* 1st Dan Judo (Judo) 1st Dan Taekwondo & Judo  
\* 1st Dan Judo (Judo) 1st Dan Taekwondo & Judo

**Guest of Honour**

**G. THARAKACHALEN**

\* President of Tamil Nadu Judo Association of TN  
\* President of Tamil Nadu Taekwondo Association of TN  
\* President of Tamil Nadu Judo Association of TN  
\* President of Tamil Nadu Taekwondo Association of TN

**Prof. Dr. S. MANIKANDAN**

\* Chairman of Tamil Nadu Judo Association of TN  
\* Chairman of Tamil Nadu Taekwondo Association of TN  
\* Chairman of Tamil Nadu Judo Association of TN  
\* Chairman of Tamil Nadu Taekwondo Association of TN

**Dr. M. JAYARAJAN**

\* Head, Department of Physical Education, TNPSU  
\* Head, Department of Physical Education, TNPSU  
\* Head, Department of Physical Education, TNPSU  
\* Head, Department of Physical Education, TNPSU

Department of Physical Education from Tamil Nadu Physical education and Sports University organized Freshers Martial arts Demonstration. The staff members and the students of the university attended the programme.

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, organised INTER COLLEGIATE YOGA COMPETITION 2021 on 6.12.2021.

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

**Invitation**

**INTER COLLEGIATE YOGA COMPETITION**

**CHIEF GUEST**

**"Udaga Amalathi Thiruvannam"**  
**His Holiness GURUMAHAN**

Founder, Sri Paranjothi Yoga  
College & Universal Peace  
Foundation, Thirumoozhi Hills

**Date: 06-12-2021**  
**Time: 10.00am**  
**Venue: Auditorium, University Library Building**

Dr. C. Lakshminarayana  
Registrar, Physical Education  
and Sports University, TNPSU

Dr. V. Gopinath  
Registrar, Physical Education  
and Sports University, TNPSU

Dr. V. Gopinath  
Registrar, Physical Education  
and Sports University, TNPSU

Tamil Nadu Physical education and Sports University conducted a Inter Collegiate Yoga Competition. Dr. V. Gopinath the Registrar, staff members and the students of the university participated in the programme.

V-  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, SC/ST CELL observed the Commemoration of the 65th Death Anniversary of Dr.B.R. Ambedkar on 06.12.2021



Tamil Nadu Physical education and Sports University organized Observance of the commemoration of 65th death anniversary of Dr. B.R. Ambedkar. The staff members and the students of the university attended the programme.

Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

- Glimpses of Observation of "INDIAN CONSTITUTION" In commemoration of Samvidhan Diwas-Constitution Day at TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 26.11.2021



Tamil Nadu Physical education and Sports University organized a Glimpse of Observation of Indian Constitution in commemoration of Samvidhan Diwas-Constitution Day. The staff members and the students of the university attended the programme.

- Christmas and New Year Celebrations at TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, on 30.12.2021.



Tamil Nadu Physical education and Sports University celebrated Christmas and New Year. Dr. Gopinath the registrar and the staff members of the university attended the programme.

*V. Gopinath*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai