

**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY**

Chennai – 600 127



**ANNUAL LEADERSHIP TRAINING CAMP
EXPERIENTIAL LEARNING
2018-2019**


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

ANNUAL LEADERSHIP TRAINING CAMP
Experiential Learning
2018-2019
Camp Leaders

Camp Cruiser	Dr.Sheila Stephen , Vice Chancellor
Camp Advisers	Dr.D.Sathiya Kumar, Registrar i/c Dr.C.Arumugam, Controller of Examination
Camp Director	Dr.S.Thirumalai Kumar
Camp Chief Coordinator	Dr.S.Manikandan
Camp Coordinator	Dr.P.Kumaravelu Dr.I Lilly Pushpam
Programme Directors	Dr.S.Jayakumar Dr.C.Lakshmanan
Mess & Accommodation Director	Dr.S.Velkumar
Transport Director	Dr.S.Jayakumar
Health Director	Dr.V.Muruguvalavan
Assistant Health Directors	Dr.C.Manoj Dr.K.B.Sreenivasan
Unit Director: Unit-I	Dr.I Lilly Pushpam
Unit Director: Unit-II	Dr.P.Kumaravelu
Unit Director: Unit-III	Dr.K.Rajeshkumar
Unit Director: Unit-IV	Dr.S.Velkumar
Camp fire-Assistant Coordinators	Dr.S.Palpandi Dr.K.Jayachandran

OFFICIALS AND THEIR DUTIES

Camp Director

Head of the camp looks after the overall arrangements and finance of the camp coordinates camp activities through the camp council. Allots responsibilities, look after the need of the camp staff-supervision, council meeting etc.

Programme Director

The programme director is responsible for the camp programme plan and co-ordinates activities projects and evaluation along with supervision and campers.

Health Director

Protection of health prevention of ill health, sanitation, health and inspection supervision and first aid.

Mess Director

Mess director is responsible for purchase and supply of good and fresh food and should provide nutrition more to the campers. He is also responsible for effective food service.

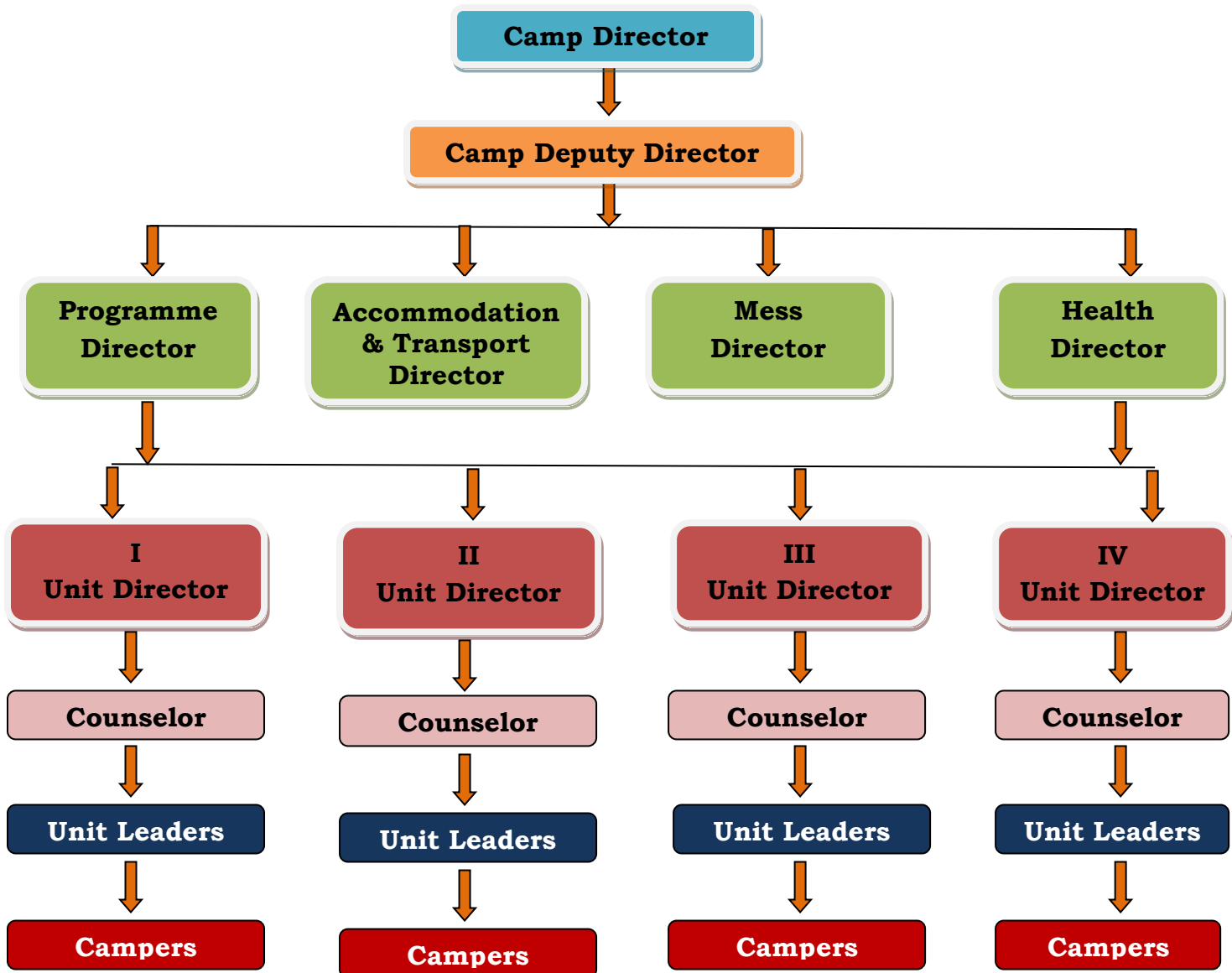
Director of Transport

In charge of transport of all equipments, campers etc.

Unit Directors

Unit directors is responsible for unit activities and shall quite their pupils in all respects. He/she should look after the discipline in the unit, individual and group problems in the unit activities, devotions and supervises the group projects.

Organization of Camp



PROGRAMME AND STAFF RESPONSIBILITY

Experiential Learning: Morning Activities	
Programme	Staff
Community Singing	Dr.I Lilly Pushpam
Physical Jerks	Dr.S.Jayakumar, Dr.C.Lakshmanan, Dr.K.Rajeshkumar, Dr.S.Velkumar
Citizenship Training	Dr.I Lilly Pushpam, Dr.S.Velkumar
First Aid	Dr.C.Manoj, Dr.K.B.Sreenivasan
Camp Stunts	Dr.C.Lakshmanan, Dr.K.Rajeshkumar
Art & Craft	Dr.P.Kumaravelu, Dr.S.Jayakumar
Experiential Learning: Evening Activities	
Progressive Games & Camp Relays	Dr.I Lilly Pushpam, Dr.K.Rajeshkumar
Camp Fire	Dr.S.Thirumalai Kumar, Dr.C.Lakshmanan
Folk Dance	Dr.S.Jayakumar, Dr.S.Velkumar
Natural Collection	Dr.P.Kumaravelu
Experiential Learning: SPECIAL PROGRAMME	
Hiking	Dr.S.Thirumalai Kumar, Dr.S.Manikandan, Dr.P.Kumaravelu, Dr.I Lilly Pushpam, Dr.K.Rajeshkumar, Dr.S.Jayakumar, Dr.S.Velkumar, Dr.C.Lakshmanan
Mock Games	Dr.S.Thirumalai Kumar, Dr.K.Rajeshkumar, Dr.S.Jayakumar, Dr.S.Velkumar, Dr.C.Lakshmanan
Cook Out	Dr.S.Thirumalai Kumar, Dr.S.Manikandan, Dr.S.Velkumar
Kit Inspection	Dr.S.Thirumalai Kumar, Dr.S.Manikandan
Camp Fire Performance	Dr.S.Thirumalai Kumar, Dr.S.Manikandan
Friends in Counsel	Dr.P.Kumaravelu, Dr.I Lilly Pushpam, Dr.S.Jayakumar, Dr.C.Lakshmanan

CAMP SCHEDULE

Day I – 11.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Cleaning the Campus
9.15 am	: Breakfast
10.00 to 11.00 am	: Cleaning
11.00 to 1.00 pm	: Layout the Campsite
1.00 to 1.45 pm	: Lunch
12.00 to 1.00 pm	: Leisure Time Activities
2.00 to 2.30 pm	: Rest
2.30 to 3.30 pm	: Preparation of Lavatory and Bathes
3.30 to 3.45 pm	: Tea
4.00 to 5.15 pm	: Preparation of Campfire Circle
5.15 to 6.30 pm	: Preparation of Tents Structure

Day I- 11.03.2019 (Monday)

The much awaited annual leadership training camp 2018-19 was started on Monday 11.03.2019 with great zeal, excitement and frolicsome atmosphere in Tamil Nadu Physical education and Sports University, the camp began with the bugle sound in the early morning 5.45 am by hearing the bugle sound all the students were gathered in campsite.



COFFEE

At 6.10 am all the staffs and students were gathered to drink coffee. It was a glad moment for all the campers.



ASSEMBLY

After drinking the coffee all the students and staffs were gathered for assembly. Then the camp director allotted cleaning work for all the campers and dismissed the assembly.



CLEANING THE CAMPSITE

By respecting the camp director instruction all the students started to clean the campsite.



BREAKFAST

Under the neem tree the breakfast was arranged for the campers at 9.15 am. By hearing the bugle sound all the campers stopped their cleaning work and went to eat breakfast. First day the food is served by II B.P.Ed students. The menus were dosa, sambar, chutney, bread, jam and egg.



CLEANING WORK

After completing the breakfast the students were started to clean the campsite at 10.00 am.



LAYOUT OF CAMPSITE

Following the camp director instruction the campers started to layout the campsite. Then based on the surface, the place is allotted for the preparation of tents, campfire circle and camp playground.



LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm by hearing the bugle sound all the campers gathered under the tree to eat lunch. The lunch is served by II B.P.Ed students. The menus were rice, sambar, rasam, chicken grave and ice cream.

REST

After completing the lunch all the campers went to take rest under the trees at 2.00 pm.



PREPARATION OF LAVATORY AND BATHES

By hearing the bugle sound all the campers were assembled in the campsite at 2.30 pm. As per the camp director instruction the students were started to prepare lavatories and bathes for all the units.



TEA

By hearing the bugle sound all the unit directors and campers were gathered to drink tea at 3.30 pm.



PREPARATION OF CAMPSITE CIRCLE

The campfire circle prepared by the campers with the help of camp director and programme director. It took a lot of time to complete this work properly.



PREPARATION OF TENTS AND STRUCTURE

At 5.15 pm the students were started to prepare their tents by using ropes, woods nail and tents etc....



DISCUSSIONS

At 7.00 pm the staffs and campers were gathered and discussed about need of organizing camp. From this discussion the campers learned about need of camping, meaning of camping, purpose of camping and selection of campsite etc.

DINNER

Near the campfire circle the dinner was arranged at 8.30 pm. All the campers gathered hear the campfire circle too eat dinner. The dinner also served by II B.P.Ed students. The menus were chapatti, curd rice, vegetable curuma, ice cream and banana.

LIGHTS OFF

After completing the dinner all the students were went to hostel to sleep.



CAMP SCHEDULE

Day II– 12.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Distribution of Equipment, Selection of Unit Directors, Unit Leaders & Naming of Units
8.30 am	: Cleaning
9.15 am	: Breakfast
10.00 am	: Community Singing
11.00 to 11.45 am	: 1 Shift Morning Activities
11.45 to 12.30 pm	: 2 Shift Morning Activities
12.00 to 1.00 pm	: Leisure Time Activities
1.00 to 1.45 pm	: Lunch
2.00 to 3.30 pm	: Rest
3.30 to 3.50 pm	: Tea
4.00 to 4.45 pm	: 1 Shift Evening Activities
4.45 to 5.30 pm	: 2 Shift Evening Activities
5.30 to 7.00 pm	:Preparation of Camp Fire Programme
7.00 to 8.30 pm	: Camp Fire Programme
8.30 to 9.30 pm	: Dinner
10.00 pm	: Lights off

Day II- 12.03.2019 (Tuesday)

RISING CALL

At 5.45 am all the campers were gathered in campsite.

“Sunshine is a welcome thing
It brings a lot of Brightness”

- Jimmie Davis.

This quote is become true on the second day also. Because the sunshine welcomed the campers for the second day of camping. Even though it is a second day, it is beings a lot of brightness on the campers face.



COFFEE

At 6.10 am the coffee was read to drink. All the staffs and campers were gathered to drink coffee with everyone has given a new experience and happiness to all the campers.



ASSEMBLY

By hearing the bugle sound all the campers were assembled together at 6.30 am with a lot of excitement and expectation all the campers were looking at the camp director to know what is next?



The camp director wished the campers by saying How How. The campers also wished the camp director by repeating How How. In red Indian tribal language the meaning of the word How How is I'm happy, were you happy?

FLAG HOISTING & CAMP INAUGURATION

The second day, prayer was lead by Unit-IV Maravas. After completing the prayer, the national flag was hoisted and inaugurated the camp director Dr.S.Thirumalai Kumar.



SELECTION OF UNIT DIRECTORS, UNIT LEADERS & NAMING OF UNITS

The students of II B.P.Ed were divided into four units. In this four units were unit-I and unit-II were the women's unit. Unit-III and unit-IV were the men's units.

Unit-I – 14 Women's

Unit-II – 15 Women's

Unit-III – 32 Men's

Unit-IV – 33 Men's



Then the unit directors were selected by the lot and the unit leaders were selected by the unit members. Then the camp director asked all the units to select unit names and yell for their units.

UNIT-I

Name of this unit is Kombas and the unit director was Dr.I.Lilly Pushpam. This unit includes 14 women's. This unit selected yellow colour t-shirt as their uniform. Yell of this was

Hey, Hey Hey
Giligiliya Chiyan Giligiliya (2)



UNIT-II

Name of the unit was Achak and the unit director was Dr.Kumaravelu. This unit includes 15 women's. This unit selected Green colour t-shirt as their uniform. Yell of this unit was

Oyyare Oyyare Oyarrare Oyya (2)
ho ho.....
Magizhchi



UNIT-III

Name of this unit Pubgy and the unit director was Dr.K.Rajeshkumar. this unit includes 32 men's. This unit selected blue & green colour t-shirt as their as their uniform. Yell of this unit was

Lale lalala lala.....jai pubgy



UNIT-IV

Name of this unit was maravas and the unit director was Dr.S.Velkumar. This unit includes 33 men's. This unit selected black & blue colour t-shirt as their uniform. Yell of this unit was

Jumbare Jumbare Jumbara Jumba (2)

ho ho.....



CLEANING

After completing the selection of unit directors and unit leaders, all the campers went to clean their respected place at 8.30 am.

BREAKFAST

Under the neem tree the breakfast was arranged for the campers at 9.15 am. By hearing the bugle sound all the campers stopped their cleaning work and went to eat breakfast. Second day the food was served by unit-IV Maravas. The menus were pongal, sambar, chutney, vada, bread, jam and egg.

COMMUNITY SINGING

At 10.00 am all the campers were gathered for community singing was taught by Dr.Grace Hellina, Head, department of exercise physiology and biomechanics. The first day she taught camp fire song, lost post, my name was little Johny and Tamil songs தம்பியே தங்கப்பா, காய்கறிகள் கூட்டத்திற்கு, துணிகளை துவைப்போம் நாங்கள் etc.....



1 SHIFT-MORNING ACTIVITY

The first shift morning activity started at 11.00 am. In this shift citizenship training, first aid, camp stunts and art & craft classes were taken by the staffs.

UNIT-I

The art & craft class was taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-I.



UNIT-II

The camp stunts activity was taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-II. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



UNIT-III

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-III.



UNIT-IV

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-IV. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...



II SHIFT- MORNING ACTIVITY

The second shift morning activity started at 11.45 am. In this shift also citizenship training, first aid, camp stunts and art & craft activities were taken by the staffs.

UNIT-I

The camp stunts activity was taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-I. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



UNIT-II

The art & craft class was taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-II.



UNIT-III

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-III. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...



UNIT-IV

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-IV.



LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm. By hearing the bugle sound all the campers stopped their activities and went to eat lunch. The lunch was served by unit-IV Maravas. The menus were rice, sambar, rasam, porriyal and ice cream.

REST & TEA

After completing the lunch all the campers went to take rest under the trees and tents at 2.00 pm. By hearing the bugle sound all the staffs and campers were gathered to drink tea at 3.30 pm.



I SHIFT-EVENING ACTIVITIES

The first shift evening activities started at 4.00 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The natural collection activities was taken by Dr.P.Kumaravelu for unit-I. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....



UNIT-II

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar.



UNIT-III

The folk dance class was taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-III. In this activity folk dance and Badduga dance were practiced for the unit-III campers by using various songs.

UNIT-IV

The progressive games & camp relays activities was taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-IV. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-IV campers.



II SHIFT-EVENING ACTIVITIES

The second shift evening activities started at 4.45 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar

UNIT-II

The natural collection activities was taken by Dr.P.Kumaravelu for unit-II. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....

UNIT-III

The progressive games & camp relays activities was taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-III. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-IV campers.

UNIT-IV

The folk dance class was taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-IV. In this activity folk dance and Badduga dance were practiced for the unit-IV campers by using various songs.

PREPARATION OF CAMP FIRE PROGRAMME

From 5.30 to 7.00 pm all the campers were preparing their script for their dram. After completing their script all the campers were get ready for the camp fire.



CAMP FIRE PROGRAMME

The camp fire programme was started at 7.00 pm. All the four unit students were seated on the camp fire circle according to the unit order. The first programme in camp fire was the departure of haiwatha. In this departure of haiwatha the camp director Dr.S Thirumalai Kumar acted as old medicine man and Dr. C.Lakshmanan acted as Haiwatha and Rajasekar from II B.P.Ed acted (elected through contest) as new Haiwatha.



After arrived of new haiwatha, the camp fire lighting was held in campsite. After lighting the pile of wood, all the campers joined their hands and started to sing camp fire song.



Campfire's burning, campfire's burning

Draw nearer, draw nearer

In the gloaming, in the gloaming

Come sing and be merry.

After completing the campfire song all the units started to perform their drama by order. If the units want to enter inside the camp fire ring, they have to get permission from the grand chief. Those who were entering inside the ring they must get permission by calling

Oh...my grand chief, Shall I enter inside the ring



The grand chief will give some task to them and they have to do that to get permission from the grand chief. In camp fire programme, the camp director will give marks for all the units based on their performance.



After completing all the programmes by all the units, camp fire was ended by singing the last post.

**Day is done, gone the sun,
From the sea, from the hill,
From the sky all is well, safely rest.**

DINNER

Near the camp fire circle the dinner was arranged at 8.30 pm. All the campers gathered near the camp fire circle to eat dinner. The dinner also served by unit-IV Maravas. The menus were chapatti, curd rice, vegetable kurma, chicken gravie, ice cream and banana.



LIGHTS OFF

After completing the dinner all the students were went to hostel to sleep.

CAMP SCHEDULE

Day III- 13.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Physical Jerks
8.30 am	: Cleaning
9.15 am	: Breakfast
10.00 am	: Community Singing
11.00 to 11.45 am	: 1 Shift Morning Activities
11.45 to 12.30 pm	: 2 Shift Morning Activities
12.00 to 1.00 pm	: Leisure Time Activities
1.00 to 1.45 pm	: Lunch
2.00 to 3.30 pm	: Rest
3.30 to 3.50 pm	: Tea
4.00 to 4.45 pm	: 1 Shift Evening Activities
4.45 to 5.30 pm	: 2 Shift Evening Activities
5.30 to 7.00 pm	:Preparation of Camp Fire Programme
7.00 to 8.30 pm	: Camp Fire Programme
8.30 to 9.30 pm	: Dinner
10.00 pm	: Lights off

Day III- 13.03.2019 (Wednesday)

RISING CALL

At 5.45 am all the campers were gathered in campsite. After hearing the bugle sound all the campers went to drink coffee at 6.10 am. The coffee was served by unit-III Pubgy.



ASSEMBLY, FLAG HOSTING & DEVOTION

At 6.30 am all the campers were gathered for assembly. The third day prayer was lead by unit-III Pubgy. After completing the prayer, the flag is hoisted by the staffs.



Every day the devotion story & songs were said by the campers in assembly. The stories were given faith on god and singing the songs gave as mind and relaxation.

PHYSICAL JERKS

After completing the prayer the campers started to concentrate on physical activity at 7.30 am by the name of physical jerks, the physical activities were given to the campers. In this physical jerks and physical activity done by singing the songs. Based on the songs the campers did their physical jerks. It gave a new experience and happiness to the campers.



CLEANING

After completing the physical jerks, all the campers went to clean their respected place at 8.30 am. After completing the cleaning work all the campers started to decorate their place.



BREAKFAST

Under the neem tree the breakfast was arranged for the campers at 9.15 am. By hearing the bugle sound all the campers stopped their cleaning work and went to eat breakfast. Second day the food was served by unit-III Pubgy. The menus were idly, sambar, chutney, vada, bread, jam, egg, kichadi and banana.

COMMUNITY SINGING

At 10.00 am all the campers were gathered for community singing is taught by Dr.Grace Hellina, Dr.I.Lilly Pushpam and Dr.C.Lakshmanan. The second day they taught we belong of TNPESU, Thangaye-thangamma, Thavalai kunjugal, mannai nambi elelo maramirrukuthu and Tamil songs தோஜன கனக பூயமங்கி, முட்டைகுள்ள கோழிக்குஞ்சு etc.....



I SHIFT-MORNING ACTIVITIES

The first shift morning activity started at 11.00 am. In this shift citizenship training, first aid, camp stunts and art & craft classes were taken by the staffs.

UNIT-I

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-I.

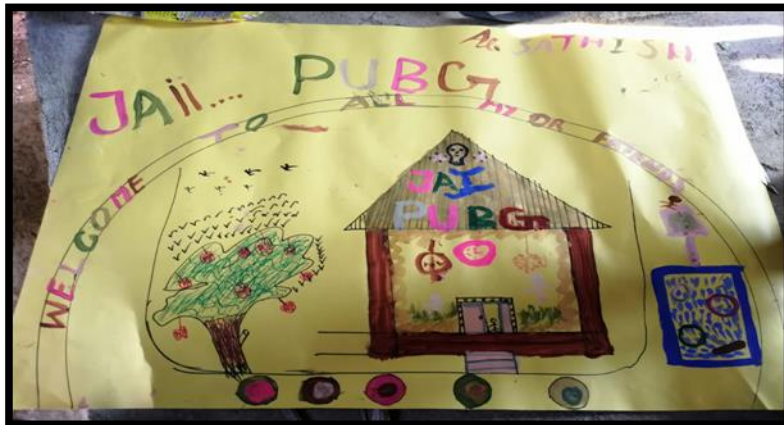
UNIT-II

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-II. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...



UNIT-III

The art & craft class was taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-III.



UNIT-IV

The camp stunts activity was taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-IV. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



II SHIFT-MORNING ACTIVITIES

The second shift morning activity started at 11.45 am. In this shift also citizenship training, first aid, camp stunts and art & craft activities were taken by the staffs.

UNIT-I

The citizenship training was taken by Dr.I Lilly Pushpam and Dr.S.Velkumar for the unit-I. In this activity Tamil thai valzthu. National anthem, Flag song and national pledge etc...

UNIT-II

The first aid class was taken by Dr.C.Manoj and K.B.Sreenivasan for the unit-II.



UNIT-III

The camp stunts activity is taken by Dr.C.Lakshmanan and Dr.K.Rajeshkumar for unit-III. In this activity pillow fight, hand push, dog fight, cock fighting, tractor pull, crying fast laughing fast etc....were conducted for the campers.



UNIT-IV

The art & craft class is taken by Dr.P.Kumaravelu and Dr.S.Jayakumar for unit-IV.



LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm. By hearing the bugle sound all the campers stopped their activities and went to eat lunch. The lunch is served by unit-III Bubgy. The menus were rice, sambar, rasam, fish gravie and ice cream.

REST & TEA

After completing the lunch all the campers went to take rest under the trees and tents at 2.00 pm. By hearing the bugle sound all the staffs and campers were gathered to drink tea at 3.30 pm.



I SHIFT-EVENING ACTIVITIES

The first shift evening activities started at 4.00 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The progressive games & camp relays activities is taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-I. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-I campers.

UNIT-II

The folk dance class is taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-II. In this activity folk dance and Badduga dance were practiced for the unit-II campers by using various songs.



UNIT-III

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar

UNIT-IV

The natural collection activities is taken by Dr.P.Kumaravelu for unit-IV. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....

II SHIFT-EVENING ACTIVITIES

The second shift evening activities started at 4.45 pm. In this shift progressive games & camp relays, camp fire, folk dance and natural collection etc....were taken by the staffs.

UNIT-I

The folk dance class is taken by Dr.S.Jayakumar and Dr.S.Velkumar for unit-I. In this activity folk dance and Badduga dance were practiced for the unit-I campers by using various songs.



UNIT-II

The progressive games & camp relays activities is taken by Dr.I Lilly Pushpam and Dr.K.Rajeshkumar for unit-II. In this activity ball games, hoops relay, burst the balloon games were conducted for the unit-I campers.

UNIT-III

The natural collection activities is taken by Dr.P.Kumaravelu for unit-III. In this activity like fruits, bones of the animals, nest vegetables and natural woods etc....

UNIT-IV

The camp fire activities were taken by Dr.S.Thirumalai kumar for unit-II. In this activity the departure of Haiwatha drama and methods of campfire lighting ceremony were taught by the Dr.S.Thirumalai kumar

PREPARATION OF CAMP FIRE PROGRAMME

From 5.30 to 7.00 pm all the campers were preparing their script for their dram. After completing their script all the campers were get ready for the campfire.



CAMP FIRE PROGRAMME

The camp fire programme is started at 7.00 pm. All the four unit students were seated on the camp fire circle according to the unit order.

After arrived of new haiwatha, the camp fire lighting is held in campsite. After lighting the pile of wood, all the campers joined their hands and started to sing camp fire song.

After completing the campfire song all the units started to perform their drama by order.

In camp fire programme, the camp director will give marks for all the units based on their performance.



DINNER

Near the camp fire circle the dinner was arranged at 8.30 pm. All the campers gathered near the camp fire circle to eat dinner. The dinner also served by unit-III Pubgy. The menus were Noodles, chapatti, chicken gravie, vegetable kurma, ice cream and banana.

LIGHTS OFF : After completing the dinner all the students were went to hostel to sleep.

CAMP SCHEDULE

Day IV– 14.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Physical Jerks
7.45 am	: Hiking
11.00 am	: Cookout
1.00 to 1.45 pm	: Lunch
2.30 to 4.30 pm	: Awareness Programme
5.30 to 7.00 pm	: Preparation for Friends Council
7.30 to 9.00 pm	: Friends and Council
9.00 to 9.30 pm	: Dinner
10.00 pm	: Lights off

Day IV- 14.03.2019 (Thursday)

RISING CALL

At 5.45 am all the campers were gathered in campsite. After hearing the bugle sound all the campers went to drink coffee at 6.10 am. The coffee is served by unit-II Achak.

ASSEMBLY, FLAG HOSTING & DEVOTION

At 6.30 am all the campers were gathered for assembly. The fourth day prayer was lead by unit- II Achak. After completing the prayer, the flag is hoisted by the staffs. Every day the devotion story & songs were said by the campers in assembly.



PHYSICAL JERKS

After completing the prayer the campers started to concentrate on physical activity at 7.30 am by the name of physical jerks, the physical activities were given to the campers. In this physical jerks and physical activity done by singing the songs. Based on the physical jerks, the camp director conducted fun games for the campers. It gave a relaxation to the mind and more concentration.



HIKING

At 7.45 am we started our hiking by following the camp director, all the unit directors were started to walk towards the hill. While going to the hill all the campers started to dance. In that hill the campers were unable to find out the way to reach top of the hill. So, the campers created new way by cutting the bushes and thorns.



Those who want in front of the way has given the signal for alters to show right direction to reach top of the hill. After reaching the top of the hill, all the campers and staffs started to dance. After that the campers wrote their university name, department and the academic in rocks.



There we did meditation for 10-15 minutes. Afterwards all the campers started to get down the hill. While coming back three units get down, without missing the way. But one unit missed the way and went in wrong way. So, again they created new way and get down from the hill after two hours.





It's ever green moment for all the campers. Everyone enjoyed the hiking and came back to the campsite. After reaching the campsite, all the campers went to eat breakfast. The food is served by the unit-II Achak.

COOKOUT

At 12.00 pm all the units started to cook variety of dishes for the cooking competition. The campsite looked a festival.

UNIT-I

The name of the unit is Kombas. They cooked 22 varieties of dishes. This unit got first place in cooking.



UNIT-II

The name of this unit is Achak. They cooked 18 varieties of dishes. The unit got second place in cooking.



UNIT-III

The name of the unit is Pubgy. They cooked 5 varieties of dishes.



UNIT-IV

The name of this unit is Maravas. They cooked 8 varieties of dishes. This unit got third place in cooking.



The judges were invited from the other departments. The judges were Dr.S.Selvalakshmi, head i/c, department of yoga and Dr.C.Manoj, Physiotherapist.

FRIENDS AND COUNCIL

By hearing the bugle sound all the campers gathered for friends and council at 7.30 pm. In this friends and council, chances were given to all the campers to show their individual talents.



In this friends and council the chances were not only the students also the staffs. The staffs also showed their talents by dancing for various songs.

DINNER : Near the camp fire circle the dinner was arranged at 8.30 pm. All the campers gathered near the camp fire circle to eat dinner. The dinner also served by unit-II Achak. The menus were Noodles, curd rice, dosa, chicken gravie, vegetable kurma, ice cream and banana.

LIGHTS OFF : After completing the dinner all the students were went to hostel to sleep.

CAMP SCHEDULE

Day V- 15.03.2019

5.45 am	: Rising Call
6.10 to 6.25 am	: Coffee
6.30 am	: Assembly
6.45 am	: Flag Hoisting & Camp Inauguration
7.30 am	: Physical Jerks
8.30 am	: Kit Inspection Preparation
9.15 am	: Breakfast
9.30 am	: Kit Inspection & Community Singing Competition
10.30 am	: Mock Games
1.00 to 1.45 pm	: Lunch
2.00 to 3.00 pm	: Exhibition Arrangements
3.00 pm	: Exhibition and Visitors Day
4.00 pm	: Valedictory Function



Day V- 15.03.2019 (Friday)

RISING CALL

At 5.45 am all the campers were gathered in campsite. After hearing the bugle sound all the campers went to drink coffee at 6.10 am. The coffee is served by unit-I Kombas.



ASSEMBLY, FLAG HOSTING & DEVOTION

At 6.30 am all the campers were gathered for assembly. The fourth day prayer was lead by unit- II Achak. After completing the prayer, the flag is hoisted by the staffs. Every day the devotion story & songs were said by the campers in assembly.



PHYSICAL JERKS

After completing the prayer the campers started to concentrate on physical activity at 7.30 am by the name of physical jerks, the physical activities were given to the campers. In this physical jerks and physical activity done by singing the songs. Based on the physical jerks, the camp director conducted fun games for the campers. It gave a relaxation to the mind and more concentration.



KIT INSPECTION PREPARATION & BREAKFAST

At 8.00 am all the unit members were started to arrange all the kit for kit inspection. After completing the work all the campers went to eat breakfast. The food is served by unit-I Kombas. The menus were Poori, potato masala kurma, idly, chutney, bread and jam, egg and ice cream.

KIT INSPECTION & COMMUNITY SINGING COMPETITION

At 9.30 am both kit inspection and community singing competition were conducted for the campers in different place. The judge for community singing is Dr.Grace Helina, Head, department of exercise physiology and biomechanics. Under the near tree community singing competition was conducted.



For kit inspection the kits were arranged properly in campers tent. The judges for hit inspection were Dr.P.Rajinikumar, department of exercise physiology and biomechanics and Dr.S.Selvalakshmi, Head i/c department of yoga.

UNIT-I

The unit-I Kombas used chines song (Thogana Kanaga pooyamangi) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the songs. This unit got second place for kit inspection.



UNIT-II

The unit-II Achak used Tamil song (kaikarigal kuttathiruku kathirika raja) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the song. This unit got third place in community singing.



UNIT-III

The unit-III Pubgy used English song (my name is little Johny) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the song. This unit got first place in community singing and third place in kit inspection.



UNIT-IV

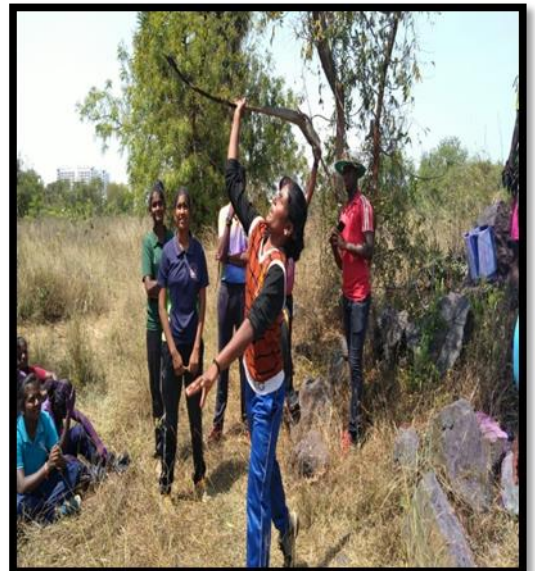
The unit-IV Maravas used Tamil song (Thambiye thangappa) for community singing. In community singing the campers showed their creativity by singing, acting and dancing for the song. This unit got first place in kit inspection and second place in community singing.



MOCK GAMES

At 10.30 am all the campers gathered for mock games. The queen of the mock game is Mrs.C.Sindhu and her servant is Mrs.S.Pushpalatha. They both disguise as a tribal queen and servant.







In this mock games a lot of fun games were conducted for campers. The queen gave blessing for the participants and winners by using colour powder, mud and water. Major purpose is to develop tolerance.

LUNCH

Under the neem tree the lunch was arranged for the campers at 1.00 pm. By hearing the bugle sound all the campers stopped their activities and went to eat lunch. The lunch is served by unit-I Kombas. The menus were chicken briyani, brinjal, onion, chicken 65 and ice cream.

EXHIBITION AND VISITORS DAY

Exhibition and visitors day started at 3.00 pm. In this exhibition all the units arranged their natural collection, their kits and their art. All the campers went and visited the exhibition.



VALEDICTORY FUNCTION

The valedictory function started at 4.00 pm. The chief guest of this function is Dr. Sheila Stephan, Vice Chancellor, Tamil Nadu Physical education and Sports University. In this function the prizes were distributed to the winners. At the end of the function feedback is given by the staffs and students of II B.P.Ed. After completing the valedictory function all the students packer their things and went to hostel.









This annual leadership training camp 2018-19 is a unforgettable, happiest and evergreen moment in every campers life.



THE NEW INDIAN EXPRESS

SUNDAY STORY

SUNDAY 17.03.2019

CHENNAI

24°C 34°C

WEATHER

FORECAST

Sunny

12:00 pm 1:00 pm 2:00 pm 3:00 pm 4:00 pm

After a long wait, things are finally looking up for the State's lone sports university. It is all set to get facilities which will allow it to host a wide spectrum of top athletes and pave way for research and development, but there remain concerns that need to be addressed

TIME ON

New facilities

- ₹30 Cr Biomechanical lab
- ₹12 Cr Sports hostel
- ₹7 Cr Synthetic athletic track
- ₹7 Cr Hockey turf
- ₹12 Cr Badminton Academy
- ₹10 Cr Table Tennis Academy

Students train at the TN Physical Education and Sports University. Below students (1) swimmer

SAMEL MEERIGALA & SWAROOP SWAMINATHAN @ Chennai

THE Tamil Nadu Physical Education and Sports University in Chennai is proving to be a late bloomer. The State's lone dedicated university for this domain, which was established in 2005, has woken up from a long slumber and is booming with excitement at major projects set to take off. However, there are aspects which have to be addressed to ensure the newfound enthusiasm doesn't die down.

After moving to the sprawling campus in Melakottaiyur, along the Vandalur-Selambakkam Road, in 2011 from the rented buildings in EVK Sampath Building in Nungambakam, staff members said they expected the future of the then struggling university to immediately improve. "A dedicated sports university without grounds of its own was depressing. So we were grateful when we shifted to the 12-acre Melakottaiyur Campus. But the distance from the city was definitely an issue," said P Rajinikumar, assistant professor, Department of Exercise Physiology and Biomechanics, explaining the first few years after moving into the new campus were fairly silent.

However, after taking a few small strides in recent years towards setting up a state-of-the-art sports university by building a indoor stadium and an extensive e-library, the University is all set to get facilities which will allow the university to host a wide spectrum of top athletes and pave way for research and development.

A hockey hostel exclusively for girls is under construction courtesy the State Government and the university believes this will allow it host top athletes from across the country. "The hostel is being designed to host the athletes' coaches and families for extended stays. It will also have a swimmers' pool," said a senior professor, explaining, it will allow for knowledge transfer between the staff, athletes and students.

The largest biomechanical laboratory in the country for which construction has begun, is the primary lure the university has to bring top athletes to the campus. "Athletes and sportspersons cannot achieve their best results without biomechanical analysis. While the west is utilizing technology to reap benefits, India is far behind," said assistant professor Rajinikumar, whose brainchild the project is.

The silent feet enclosure will boast of a state-of-the-art 2D infrared camera, a multipurpose synthetic area, isokinetic machines, 16 force plates and pressure map treadmills and two large screens for real time viewing to allow for a comprehensive analysis of posture and muscle use. "The biomechanical laboratory will also have an auditorium and classroom on the first floor to introduce newcomers to these concepts," said Rajinikumar.

The university is all set to get a synthetic athletic track and a hockey turf under the Central Government's Khelo India initiative, to enable it to host sporting events. It is learnt that the State government is also funding badminton and table tennis academies on the campus. "All these projects are set to kick off soon with the funds being approved," said Vice-Chancellor Shweta Stephen.

Shortage of staff

While the new projects are welcome, the university requires a full staff to comprehensively reap the benefits of these people-intensive facilities that are in various stages of development. It is learnt that there are 22 teaching staff vacancies.

"These new facilities will require additional staff to operate them effectively," said a senior professor from the Advanced Sports Coaching Department, explaining how academics has taken a hit because of the staff vacancies.

"There are more than 500 students in the campus and sometimes, one professor is forced to handle undergraduate, post graduate and doctoral programs of a department," the senior professor said.

Students don't seem to mind the teaching staff shortage as much as they mind the shortage of groundmen. "Since we are training to become physical education teachers and there are very few groundsmen, we are asked to draw boundary lines ourselves," said a student from Tirunelveli.

DEPARTMENTS IN UNIVERSITY

- Department of Physical Education
- Department of Yoga
- Department of Exercise Physiology and Biomechanics
- Department of Sports Psychology and Sports Management
- Department of Advanced Sports Coaching and Sports Technology

Courses offered

BSc, MSc, M Phil, PhD

When contacted regarding this issue, Vice-Chancellor Stephen said that there had been a hiring freeze because of a court case. "We are taking steps to fill the vacancies as soon as possible. Out of the 22, 12 are core positions which we are looking to fill immediately," she said.

No UGC funding under section 12B

In addition to limitations it would impose on usage of facilities and affect academics of students, the shortage of staff has also affected University Grants Commission funding. A full staff is one of the requirements UGC demanded in 2017 to certify the TNPSU for central funding and the university tried to qualify by combining departments, which brought the total number of departments from eight to five.

"From this was not enough to conform with the UGC requirements for availing funds under section 12B," said a senior staff member, claiming that the university's ability to fill in filling up vacancies can stem large scale funding and hamper long-term growth of the university.

UGC grants are in the range of ₹100 crore and are easier to avail than State government funding through schemes such as Tamil Nadu Innovative Initiatives Scheme that require detailed proposals and bureaucratic clearance.

"We are working towards being recognised by UGC for funding under section 12B so that a comprehensive and large-scale improvement of facilities, infrastructure and technology is possible," said Stephen, assuring that the "vacancy lacuna" will soon be overcome.

Sports scholarships

Though the TNPSU's primary goal is to improve research in areas of sports science and coaching, the management said that the university can benefit from having top-notch in-house athletes. "While one section of students can boost performance, the other section can help them by applying various modes at their disposal," said Rajinikumar.

In order to encourage top athletes to join the university, the TNPSU has come up with monetary benefits and scholarships from this academic year.

Students who have secured gold, silver and bronze in either all India university level competitions or national level competitions will receive 100, 75, 50 per cent scholarships for their course. The university has also announced cash prizes for making the podium at all India university-level competitions representing the State. While first prize winners will receive a sum of ₹20,000, second and third prize winners will receive ₹15,000 and ₹7,000 respectively.

LAUREL MEDICAL &

THE Third Ninth Precinct School Board has elected a new president to replace the late Dr. Robert L. Brown, who died in 1995. Dr. Brown was instrumental in the school's conversion to a public charter school in 1987. He was also instrumental in the school's conversion to a public charter school in 1987. He was also instrumental in the school's conversion to a public charter school in 1987.

newly arrived students will be given special attention from across the country to bring them up to speed on the curriculum. The school also has a well-stocked library and a well-equipped laboratory in the country. Dr. Ibrahim, who has been in the country for 10 years, says that the university has a high standard of education and a high level of scholarship. He says that the university is a very good place to study and that the students are very well educated. He also says that the university is a very good place to live and that the students are very well cared for. He says that the university is a very good place to study and that the students are very well educated. He also says that the university is a very good place to live and that the students are very well cared for.

the university requires a full and comprehensive study from the faculty. These people—nonmember facilities—are in a less than ideal situation. It is noted that there are 11 non-staff vacancies.

Three new facilities will require additional staff to operate their sections. It was said a senior professor from the Advancing and Supportive Curriculum must be explained how these facilities have taken a lot of time and staff vacancies.

Students during an academic year are not in the campus and sometimes, the university has to pay for the students' graduate and the staff of a department. The

Students don't seem to mind teaching staff shortages as much as they mind the shortage of group work. "There was one training to come physical education teachers and there are very few problems as we are able to share resources ourselves," said a student of Trondheim.

DEPARTMENTS IN UNIVERSITY

- Department of Physical Education
- Department of Yoga
- Department of Exercise Physiology and Biomechanics
- Department of Sport Psychology and Sports Management
- Department of Advanced Sports Coaching and Coaching Technology

Courses of study
BSc. MEd. MPhil. PhD

When contacted earlier this week, Vice-Chancellor Stephen Smith said there had been a "partial freeze" on new hires in the last few months to fill the vacancies as well as positions due to the 22, 12 new appointments which are looking to be filled by the end of the year.

The USC funding under section 12, in addition to limitations of its imposition on usage of FACETS and direct academics of students, the above-mentioned USC funding for the Vice-Chancellor's Office and the USC Grants Commission. The funding staff is one of the employees USC demanded in 2017 to certify the USC funding for the USC and the university tried to qualify by counting departmental, which became a problem for the department from sight to two.

"Even this was not enough to cover the USC funding for the USC," said a USC funding section 12, said a senior staff member chair.

[illegible]

Registrar
Physical Education
and
Sports University
Chennai



A REPORT ON ANNUAL LEADERSHIP TRAINING CAMP

2019-2020

Submitted to the Tamilnadu Physical Education and Sports University



in partial fulfillment of

The requirements for the award of degree of

B.P.Ed (Bachelor of Physical Education)

II B.P.Ed 'A' SECTION STUDENTS



DEPARTMENT OF PHYSICAL EDUCATION

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600127

2018– 2020 Batch

March -2020

ACKNOWLEDGEMENT

- ❖ We wish to express our sincere gratitude to our respected VICE-CHANCELLOR **Dr. SHEILA STEPHEN** and our respected Registrar **Dr. V. GOPINATH** for permitting to conduct the Annual Leadership Training Camp -2020 in our campus.
- ❖ We wish to acknowledge with thanks, **Dr. S. MANIKANDAN** Professor and Head i/c of the Department, Department of Physical Education for permitting to conduct the Annual Leadership Training Camp -2020 in a successful manner.
- ❖ We wish to express our thanks to **Dr. S. JAYAKUMAR**, Assistant Professor of Physical Education for his sterling guidance throughout the preparation of this report.
- ❖ We wish to express our thanks to Our Department Staff of Physical Education for supporting and encouraging us in this Annual Leadership Training Camp -2020

Dr. S. THIRUMALAI KUMAR *Professor*

Dr. P KUMARAVELU *Assistant Professor*

Dr. I. LILLY PUSHPAM *Assistant Professor*

Dr. K. RAJSH KUMAR *Assistant Professor*

Dr. S VELKUMAR *Assistant Professor*

Dr. C. LAKSHMANAN *Assistant Professor*

Dr. V. MURUGAVALAVAN *Assistant Professor cum medical officer*

Dr. C. MANOJ *physiotherapist*

Dr. K. B. SRINIVASAN *sports physiotherapist*

Dr. K. JAYACHANDRAN *Guest Lecture*

Dr. S. PALPANDI *Guest Lecture*

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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



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 ten affiliated Colleges. Further the University now offers select Physical Education and Allied Courses, through collaborative programme and Distance Education stream also.

“EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS”

உடற்கல்வியியல் மற்றும் விளையாட்டில் செம்மை



ANNUAL LEADERSHIP TRAINING CAMP 2019-2020

Camp Responsibility

(03.03.2020 to 06.03.2020)

Camp Cruiser	Dr. Sheila Stephen, Vice Chancellor
Camp Director	Dr.S.Manikandan
Camp Chief Coordinator	Dr. S.Thirumalaikumar
Camp Coordinators	Dr. P.Kumaravelu
	Dr.I.LillyPushpam
Programme Directors	Dr.S.Jayakumar Dr.K.Rajeshkumar
Mess & Accommodation Director	Dr.S.Velkumar
Transport Director	Dr.S.Jaya kumar
Health Director	Dr. Muruguvalavan
Assistant Health Directors	Dr. C.Manoj Dr. K.B.Sreenivasan
Unit Director: Unit – I	Dr. P.Kumaravelu
Unit Director: Unit - II	Dr.I.LillyPushpam
Unit Director: Unit – III	Dr.C.Lakshmanan
Unit Director: Unit – IV	Dr.S.Velkumar
Assistant coordinators Camp fire	Dr.Palpandi Dr.Jayachandran

Programme and Staff responsibility

Morning activities

Programme	Staff
Community Singing	Dr.I.LillyPushpam
Physical Jerks	Dr.S.Jayakumar, Dr.C.Laskhmanan Dr.K.Rajeshkumar Dr.S.Velkumar.
Citizenship Training	Dr.I.LillyPushpam ,Dr.S.Velkumar
First Aid	Dr. C.Manoj, Dr. K.B.Sreenivasan
Camp Stunts	Dr.C.Laskhmanan, Dr.K.Rajeshkumar.
Art & Craft	Dr. P.Kumaravelu, Dr.S.Jayakumar.

Evening activities

Progressive Games	Dr.I.LillyPushpam ,Dr.K.Rajeshkumar
Camp Fire	Dr. S.Thirumalaikumar, Dr.C.Laskhmanan
Folk Dance	Dr.S.Jayakumar, Dr.S.Velkumar
Natural Collection, Treasure Hunt	Dr. P.Kumaravelu

SPECIAL PROGRAMMES

Hiking	Dr. S.Thirumalaikumar, Dr.S.Manikandan Dr. P.Kumaravelu, Dr.I.LillyPushpam Dr.K.Rajeshkumar, Dr.S.Jayakumar Dr. S.Velkumar, Dr.C.Laskhmanan
Mock Games	Dr. S.Thirumalaikumar, Dr.K.Rajeshkumar,Dr.S.Jayakumar, Dr. S.Velkumar,Dr.C.Laskhmanan
Cook Out	Dr. S.Thirumalaikumar, Dr.S.Manikandan, Dr. S.Velkumar
Kit Inspection	Dr. S.Thirumalaikumar, Dr.S.Manikandan
Camp Fire Performance	Dr. S.Thirumalaikumar, Dr.S.Manikandan
Friends in Counsel	Dr. P.Kumaravelu, Dr.I.LillyPushpam Dr.S.Jayakumar, Dr.C.Laskhmanan

DAILY CAMP SCHEDULE

DAY I - 03.03.2020

5:45 am	: Rising Call.
6:10 to 6:25am	: Coffee.
6.30 am	: Assembly
6:45 am	: Flag Hoisting & Camp Inauguration.
7:30 am	: Distribution of Equipment. Selection of Unit Directors, Unit Leaders & Naming of Units.
8:30 am	: Cleaning.
9:15 am	: Breakfast.
10:00 am	: Community Singing.
11:00 to 11:45 am	: 1 Shift Morning Activities
11:45 to 12:30 pm	: 2 Shift Morning Activities
12:00 to 1:00 pm	: Leisure Time Activities.
1:00 to 1:45 pm	: Lunch.
2:00 to 3:30 pm	: Rest.
3:30 to 3:50 pm	: Tea.
4:00 to 4:45 pm	: 1 Shift Evening Activities
4:45 to 5:30 pm	: 2 Shift Evening Activities
5:30 to 7:00 pm	: Preparation of Camp Fire Programme.
7:00 to 7:45 pm	: Camp Fire Program
8:00 to 9:30 pm	: Dinner.
10:00 pm	: Lights off.

DAILY CAMP SCHEDULE

DAY II - 04.03.2020

5:45 am	: Rising Call.
6:10 to 6:25	: Coffee.
6.30	: Assembly
6:45 am	: Flag Hoisting & devotion.
7:30 am	: Physical Jerks
8:30 am	: Cleaning.
9:15 am	: Breakfast.
10:00 am	: Community Singing.
11:00 to 11:45 am	: 1 Shift Morning Activities
11:45 to 12:30 pm	: 2 Shift Morning Activities
12:00 to 1:00 pm	: Leisure Time Activities.
1:00 to 1:45 pm	: Lunch.
2:00 to 3:30 pm	: Rest.
3:30 to 3:50 pm	: Tea.
4:00 to 4:45 pm	: 1 Shift Evening Activities
4:45 to 5:30 pm	: 2 Shift Evening Activities
5:30 to 7:00 pm	: Preparation of Camp Fire Programme.
7:00 to 7:45 pm	: Camp Fire Program.
8:00 to 9:30 pm	: Dinner.
10:00 pm	: Lights off.

DAILY CAMP SCHEDULE

DAY III - 05.03.2020

5:45 am	: Rising Call.
6:10 to 6:25	: Coffee.
6.30	: Assembly
6:45 am	: Flag Hoisting & devotion.
7:30 am	: Physical Jerks
7:45 am	: Hiking.
11:00	: Cookout.
1:00 to 1:45 pm	: Lunch
2:30 pm to 4:30pm	: Awareness Programme
5:30 to 7:00 pm	: Preparation.
7:00 to 7:45 pm	: Dinner.
8:00 to 9:30 pm	: Friends and Council.
10:00 pm	: Lights off.

DAILY CAMP SCHEDULE

DAY IV - 06.03.2020

5:45 am	: Rising Call.
6:10 to 6:40	: Coffee.
6.30	: Assembly
6:45 am	: Flag Hoisting & devotion.
7:30 am	: physical Jerks
8:30 am	: Kit inspection Preparation.
9:15 am	: Breakfast.
9:30 am	: Kit inspection & community singing competition.
10:30 am	: Mock games.
1:00 to 1:45 pm	: Lunch.
2:00 to 3:00 pm	: Rest.
3:00 pm	: Exhibition and Visitors day.
4:00 pm	: Valedictory function.

CAMPING

Introduction:

For students of the college leadership training camp is organized every year. Its main purpose is to train leaders in camping. At present there is a great need for large-scale training of personnel for camp organization. It is hoped that a camp would give the campers fresh experience and that it would provide them with a comprehensive view of the educational aspects of organized camping.

Meaning of camping:

Camping is the temporary living quarters (or) place where people temporarily living outside or the natural environment. Modern urban society use camping as to organize an effective method for fruitful social living and for individual benefit. Camping is largely a control process of education, method by which certain benefit can be secured for the participant by offering them open, the jungle or plains away from their houses and generally far away from urban development. Camping provides an excellent opportunity acquiring and appraising of nature, for adventure for discovery for developing social relationship and for change from routine work/activities and the normal environment camp is fun recreation outdoors activities that is conducted outside the classroom.

The need for organized camping:

Camping has become quite a necessary part of one's life and education in the world of today, particularly for city dwellers and those residing in highly industrial area. These people are unable to get the sunshine, open air, contact with the soil, sun, wind and sky, which our ancestors enjoyed in abundance. Organised camping aims to make for this loss without the disadvantage of primitive life.

Leadership:

Camp is ideal place for building up leadership, it strengthens self-confidence, initiative resourcefulness, health and citizenship, and hence should be encouraged and supported by all, needless to add that the whole programme is based on scientific principles and under competent leadership.

Scope of camping:

Classroom environment can provide the students only the bookish knowledge. It does not help in the all round development of their personality camping has a significant place in modern system of education.

- Camping provides an opportunity to the student for different experiences. It takes them away from monotonous life of school and provides them with new environment full of challenging situation
- It provides an opportunity to the student to make practical use of their acquired knowledge.

- It makes the student self depended, courageous and self-confidence.
- Importance of discipline and regularity in the life can be learning in the letter way through camp life.
- New experience can be added to their knowledge.
- It establishes a close conduct between the participant and nature.
- Camp life is an important medium through which the qualities of leadership can be developing in the student
- It develops the qualities of tolerance broad mindedness, active co-operation and balance adjustment.
- It helps in the development of scientific attitude towards life
- It also increases partial knowledge of other subject.

Objectives of camping:

A worth camp will have definite objectives and ideals. These objectives should include the following

- Ideal climate for learning
- Wholesome fun and joy
- Learning new skills and ways of spending leisure time
- Social adjustment and social relationship
- Formation of good habits and development of character
- Preservation of health and safety
- Development of interest and love for the outdoors.

Camping is training for health, happiness efficiency and character.

Growth of Organised camps:

Camping in general must be of an organized nature. Organised camping has passed through there stages of development as to its main emphasis. There are:

- I. The recreational stage, provision of wholesome health and fun.
- II. The educational stage- supplement the school curriculum by making provision for dramatics, arts and crafts, dancing, music etc.,
- III. The stage of social organization and responsibility – provision of an atmosphere where camper develops independence of self – control and self-reliance, and at the same time- shares with other’s rights, duties and responsibilities.

Types of camping:

In view of the variety of activities, the duration, sponsorship etc. it will be useful to attempt classification for camps. Thus camps may be divided as follows

1. Mobile camps
2. Sponsored camps
3. Fixed period camps and
4. Camp according to activities

1. Mobile camps:

This type of camp is the most advanced and whichever form of mobility is used, requires high degree of competence in the basic skills. From of mobility are walking, cycling, canoeing, pony trekking and sailing, of these walking demands the greatest skills in planning, as well great physical exertion. Thus mobile camp involves movement of campers from one place to another by walking, cycling, sailing, etc.

2. Sponsored camps:

Sponsored camps are of three types

- a. Private camps
- b. Organization camps and
- c. Public camps

a) Private camps:

Private persons or parties who charge fees and make a living for them sponsor private camps

b) Organization camps:

These camps are sponsored by certain bodies and associations (e.g.) scout camp, Red Cross camp, YMCA, YWCA Camps, etc.

c) Public camps:

Public camps are generally free and inexpensive since they are generally supported from public funds. Municipal corporations and forest departments are the agencies that encourage public camps.

3. Fixed period camps:

These are camp with duration fixed according to the programme by the parries themselves. Usually these camps are short in duration.

1. One day camp 2.Two days camp 3.Four days camp 4.One week camp
5. Two weeks camp 6.One months camp 7.Two months camp, etc.

4. Camp according to activities:

Usually in a camp variety of camp activities are offered to campers. However special camps are also conducted according to individual needs and interest. It is possible for a group of students or individual members of a club having common interest to organize such camps. Ex., of these types of camps is salt-water camps, ranch camps, mountain, climbing camps, hockey camps, tennis camps, etc.

SELECTION OF CAMPSITE

The following factors must be taken into consideration in the selection of a campsite for an organized camp.

1. Water supply:

An adequate supply of pure water is one of the most essential requirements in a good campsite. The amount of water which will be required for the maximum population of their camp for the required period including not only the quantity consumed as drinking water but also that which is to be used for cooking, bathing, etc.

2. Soil drainage, swamps, overflows areas:

Nearby swamps will usually serve, as breeding place for mosquitoes and a camp should not be located within a mile of a swamp or marshy area. The ground selected for a campsite should have a gentle slope in order to provide natural drainage.

2. Location as to prevision winds:

The campsite should be located and planned to take advantage of the prevailing winds. In general ground sloping to one direction and well protected on other sides by hills or trees is most desirable.

4. Site of the campsite:

A campsite should have some fairly level places of sufficient area to permit orderly layout of campsite should have sufficient area for game and recreational activities. The site of area needed for campsite depends upon the type of the camp. If possible the site should also have sufficient range of hiking.

5. Water for swimming, boating, etc:

The presence of water either in form of a running stream, river, lake or ocean is fundamental requisite for a good campsite. Swimming, Boating, Water games etc. are some of the water activities of the camp that appeals to all campers.

6. Transportation facilities:

The campsite should be within easy reach of the railroad, motor, bus station for convenience in transportations of campers and in shipping food and other supplies. It is desirable to have camp located at least three to five miles from such a point.

7. Privacy: The camp must be free from distractions so that gives the camper felling of natural environments conditions. They should be enjoying the thrill of coolness of the breezes and the quietness of the environment around the wooded and open spaces.

8. Natural beauty:

Natural beauty should not be overlooked in selection of a campsite. The organizers should choose places where natural can be felt and enjoyed by the camper's old forts, cabins or sites of historical importance lend interest and reality to camp activities

9. Dangerous hazards:

A careful survey of the proposed campsite should be made to detect the presence of poisonous reptiles and vegetation. Regions infested with malaria carrying and yellow fever carrying mosquitoes should be avoided.

10. Sources of fresh food supplies:

Because of the importance of fresh meat, vegetable, milk and fruits in camp diet, it is necessary to have the camp located in a region where such articles of diet can be secured from nearly farms or can be easily transported into camp in good condition.

11. Physician and expert advice:

It is important to secure the service of physician or sanitary to example source of water supply, inquire into general health conditions and to inspect areas of source of good supply before deciding to select area for the campsite.

LAYOUT OF CAMPSITE

When campsite is chosen in accordance with the principle laid down for selection of campsite, the organizers of the camp have to consider the manner in which the site can be planned and laid out. The planning of the site is depended on the factors of organizations as well as on of space, health and safely and facilities for control should also be considered.

1. Fixing boundaries
2. Entrance and exit
3. Location of tents and structures
4. The campfire circle
5. The camp playground
6. Lavatories and bathes

ORGANISATION OF CAMPS

The camp is now organized in democratic lines and the campers are given a chance to share responsibilities. Campers should be divided into units of 20- 30 members under the guidance of a unit director or unit counsellor.

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graph TD; CD[Camp Director] --> CDD[Camp Deputy Director]; CDD --> ETD[Education & Transport Director]; CDD --> MD[Mess Director]; CDD --> HD[Health Director]; ETD --> IID[II Unit Director]; MD --> MID[III Unit Director]; HD --> HUID[IV Unit Director]; IID --> IC[Counsellor]; MID --> MC[Counsellor]; HUID --> HC[Counsellor]; IC --> IGL[Group Leaders]; MC --> MGL[Group Leaders]; HC --> HGL[Group Leaders]; IGL --> ICP[Campers]; MGL --> MCP[Campers]; HGL --> HCP[Campers]; HD --> HCP;
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This basically refers to following routines, obeying rules and regulations, and observing punctuality and regularity with least regimentation from superiors. The camp leadership must recognize the realities that go with group behavior when the gregarious instinct is at its best. Children and even adults are won't indulge in follies and foolhardiness during the camp but no one should be allowed to transgress the limits of morality and ethics. Those new to camp life need proper guidance especially when they experience things hitherto unknown to them. Enforcement of discipline must be viewed against pragmatics of such variables as age, sex, socio-cultural background etc. of the campers.

1. Notify camp rules to all and keep them reminding regularly
2. Keep a watchful eye on campers especially the trouble creators
3. Bring the guilty to book immediately and without exception. Physical punishment or fine may not be an effective measure all the time. Give adequate opportunity for improvement. Do not hesitate to pack off the adequate unrepentant offender (one who does not measure up to standards)

4. Keep the rules simple and easy to follow but enforce them without reservation. Never compromise on regularity, punctuality, cleanliness, good conduct etc.

5. Along with unit in charge, entrust responsibility to the student leaders to enforce discipline. Allow the small irritants to be resolved at the lower level itself.

6. Be very particular about rules governing personal safety of the campers, control of social vices like gambling, smoking, unauthorized entry of food stuff, undesirable elements etc. Ruthlessly enforce “out of bounds” rule.

7. Make the leadership set the example first. Campers will follow and assimilate what they observe happening around.

8. Be firm and resolute in taking and implementing decisions. This is the only secret of success.

CAMP PROGRAMME AND ACTIVITIES:

This covers everything that happens during entire camp experience. It should certainly provide the most unique opportunity for all by doing. The campers, councilors and directors plan the programme on a co-operative basis.

Principal on which the programme should be based is as follows.

- The programme must be adjusted to the age and ability campers
- It shall be based on the campers need
- There must be balance between group and individual, active and quiet
- It must be provide maximum learning adventure and minimum of hazards
- It must be suitable to the size
- The programme of activities must have carryover values
- The programme must be flexible

A good programme usually of the following

1. Camp craft:

This is necessary for successful camping. It develops self-reliance and ability to cope with emergencies and enables one to appreciate outdoor life. It includes knowledge of the necessary equipments and their use (vise) to pitch tents, make gadgets, gather fuel, make fire, know natural objects, lay and follow trails, in short, to adjust the camp environment and be comfortable.

2. Aquatics:

When activities not only provide fun the campers but also ensure safety. Swimming, boating, rowing and water games have a thrill of there and provide skills of great importance.

3. Nature love:

It creates interest in nature and love for the beautiful and develops power of observation. It gives practical information about flowers, trees insects, rocks, stars and etc.

4. Devotion:

Camp life environment inspire everyone to think of GOD and his creation. The quite hills, still waters, rising and setting sun are conducive. It leads you to meditation and fortifies your religion and eternal truths. The devotional programme is to be based on the law of love, brother hood and respect for the human personality.

5. Music:

Sing games, song of thanks and meals and playing various kinds of musical instruments develop sprits and inspiration in camp life. It is an ideal from of fan, fellowship and recreation.

6. Handicrafts:

Nothing gives greater for a person than creation something with his own hands. Creative talents often lie dormant for opportunities. Plenty of simple and inexpensive things can be made at the camp card-board work, tape making, mat weaving, making articles with Palmyra leaves painting, clay modeling, coloring of grass and weeds, making of thing with barks of trees, seeds feathers, and quills, craftwork, exhibition of finished articles can be arranged on the visitors.

7. Camp games:

Outdoor activities are great attraction for the young competitions in skillful activities test the initiative and resourcefulness and bring about joy if achievement and recognition. They give relaxation and recreate the worn out mind out and nervous system and build up vigor and health.

8. Hikes:

This provides an opportunity for all campers to study the nature and at the same time provides fun and recreation. The feeling of tiredness is lost in the exploration of nature. This is an inexpensive and value able physical activity.

9. Camp fire ceremonies:

This part of camp life is the most enjoyable of all activities. They provide the greatest opportunity to the campers for self-expression. The opening and closing of campfire new are all part of this programme.

10. Physical Jerks 11. Stunts and Contests 12. Community Singing

13. Special Activities- Mock Sports, Folk Dancing etc.

14. Flag Hoisting ceremony 15. Treasure Hunt – paper chase Trails

16. Competitions (inter unit) 17. Discussions, Talks etc., 18. Sentry Duty.

OFFICIALS AND THEIR DUTIES

Camp director:

Head of the camp looks after the overall arrangements and finance of the camp co-ordinates camp activities through the camp council. Allots responsibilities, looks after the need of the camper's staff – supervision, council meeting etc.

Camp Deputy Director:

Assisting the director, preparing the camp guide, records and reports.

Programme director:

The programme director is responsible for the camp programme plan and co-ordinates activities projects and evaluation along with supervisions and campers

Health director:

Protection of health prevention of ill health, sanitation, health and inspection supervision and First Aid.

Recreation Director:

Leisure time activity and campfire activity and etc.

Mess director:

Mess director is responsible for purchase and supply of good and fresh food and should provide nutrition more to the campers. He is also responsible for effective food service

Director of Transport:

In charge of transport of all equipments, campers etc.

Director of Accommodation:

In charge of all accommodation.

Unit Leaders:

Responsible for unit activities, discipline and cleanliness of the unit.

Housing director:

Housing director is in charge for providing proper accommodation and other facilities such as bath, lavatories for the campers. He divides campers into homogeneous groups

Unit director:

He is responsible for unit activities and shall quite his pupils in all respects. He should look after the discipline in the unit, individual and group problems unit activities, devotion and supervises the group projects

Counselors:

Counselors are with the unit director and group leaders and look after the needs, health and welfare of the campers. He shall be responsible for enforcing the punctuality on the campers and work with the group in various group activities.

THE DEPARTURE OF HAIWATHA

The adaptation from long follows poem in a very suitable drama for the first night of a camp in which the Red Indian Tribal play is used. It may well follow the campfire, opening ceremonies and as a setting for the election of the Grand Chief which should follow immediately.

The group of players, which may be any number from twelve or more, should enter and take their places in a circle around the fire inside the larger ring of campers and visitors. After a moment's pause the person taking part of the Medicine man should say.

My brothers, we are gathered hear tidings of great sorrow, to every man soon or later comes the all of panguk. The voice that bids him journey to the spirit land. Happy that man to whom the call cometh when his fame is at its height for then shall his people mourn for him most truly. Our beloved chieftain Hiawatha has heard the dread summona; even now must we sing his farewell and depart from us forever.

All show great concern, murmur their protest and point and gaze at Hiawatha, Hiawatha rising says. My work is done I have made of you who were a week and scattered people a strong and united nation. I have taught you how to live, now go and going let me show you how to die”.

He then walks the exit and sings to them

“Mourns ye not over my departure

Mourn ye not: Oh mourn ye not, people

I, Hiawatha, soon will have departed,

Mourn ye not: My journey is eternal,

I, Hiawatha, soon will have gone forever”.

As Hiawatha backs away with one hand uplifted., the actors run towards him taking various kneeling positions and sing.

Fare thee well, then Hiawatha

Fare thee well O! Fare thee well forever

Sinks the sun our prophet goeth onward

Fare thee well may stars shine on the journey

Oh Hiawatha, Through Shadow Everlasting.

By this time Hiawatha is out of sight and some distance away. He sings, "Mourn ye not" again and the group who have moved to the edge of the ring answerer with "Fare the Well" Hiawatha again sings: Mourn ye not: and his voice is only faintly heard. During this verse the group follow out straining to catch the last sound of Hiawatha's voice and the scene closes here.

CAMP FIRE LIGHTING CEREMONY

The following six objectives of camping are personified and they enter the campfire ring one by one with an unlighted torch and go round the leap of wood with slow steps. Finally they stand around and as they say their parts they light their torches and raise them overhead. After each one has said his part and lighted torch, they set fire to the pile of wood and call upon the fire spirit and the Supreme Being to scarify campfire activities.

1. Spirit of Character:

"I am the spirit of character which is spotless. With my presence in this camp there shall be purity, unselfishness, sportsmanship & respect for all in thought, word and deed of all the campers. Their character shall be as pure as the flame of my torch".

2. Spirit of Health:

"I am the spirit of Health. I shall give strength to the body, mind and spirit of the campers. I shall keep them free from all the sickness, moral, mental and physical. They shall be as flame as my torch".

3. Spirit of Democracy:

"I am the spirit of Democracy. I shall prevail over the privileges and duties of the campers. I shall enable them to establish self government, self-discipline and sacrifice, my torch is the symbol of equality of all human beings like the flame of my torch".

4. Spirit of Friendship:

"I am the spirit of friendship. I shall establish understanding, loyalty, co-operation and love amongst all the campers, their love shall be as right – as of my torch".

5. Spirit of Citizenship:

"I am the spirit of Citizenship. I shall make the campers a happy community. They shall develop patriotism, leadership, follower ship and consideration for others and above all the love of God and service to mankind irrespective of race, caste, color or creed. They shall be free as the flame of my torch".

6. Spirit of Fun and Happiness:

“I am the spirit of Fun and Happiness. I shall be in this camp through rain or sunshine. I shall replace the hardship and difficulties of a camp light. The flame of my torch is like the cheerfulness, which overcomes all troubles

Campfire lighting ceremony:

Arrange firewood in the center of the council ring, have some waste cotton place that different places on the firewood.

Four persons take part in the lighting ceremony.

Each one stands, outside the council ring, (East, West, North and South respectively) with an unlighted torch.

Each one performs the following, one after the other.

1. Person from the East:

After lighting this torch he enter the council ring towards the center where firewood is kept

“I am the messenger from the land of Sun rise, I have brought with me tidings of great import namely the principles of panchasila and peaceful co-existence. May these principles take deep root among all the nations of the world”.

He stands still with the torch in his hand lifted up.

2. Person from the North:

He enters the council ring from his place (after lighting his torch comes to the center of the ring and says)

“I am the messenger of God from north, bring with me warmth and love of our people to all those living in the other parts of the universe. May our love be ever – expanding”.

He keeps the torch lifted up.

3. Person from the west:

He similarly does the preliminaries like the first two and then says.

“I am the messenger of the Accident. I am bringing with me the Glad tiding that our people have resolved who help all needy people in the other part of the world. May our help given in good faith be taken by others without fear or suspicion”.

He keeps the torch lifted up.

4. Person from the South:

Preliminaries are the same. He then utters.

“I am the messenger from south. The southern wind that give a soothing and salutary feeling to all living beings with deep love cherished by our people to those living in the other parts of the universe”.

All “ We from east, west, north and south have met in this ancient sea port and let as light the fire in remembrance of our unity”. Then they light the fire. After this they turn that and exit (to their original places).

SOME CAMP FIRE CONTENTS

TALK FAST: Two players stand back to back. The leader holds his watch. At a signal the two turn, face each other and talk strenuously to each other. This goes on for 30 seconds and the leader calls ‘stop’ the judges select the winner.

WHISTLING FAST: Same as talk fast except that contestants whistle instead of talking.

LAUGHING FAST: Same as talk fast except that contestants laugh instead of talking.

DOG CALLING CONTEST: Two contestants stand back to back and on the signal turn and begin calling like the dog whistling is not allowed, only calling. Both call at the same time pretending that the other player is a dog. Time is called at the end of 30 seconds; the judges or the campers pick out the winner.

DOG BARKING CONTEST: Each of the two contestants is given 20 seconds to bark like a dog. The judges or the campers pick the winner.

ALPHABET TALKING: Two contestants stand facing each other. The idea is for them to talk to each other using only letter of the alphabet. The first says A, B, C, D, E to which the second answers F, G, H, I etc. going through the alphabet twice. Judges pick the winner.

TRACTOR PULL: Two pairs compete at one time. One Partner is the horse and on the other the rider. The horses kneel either side of a line on the floor facing away from the line and riders mount their back, facing in the same direction and with legs firmly wrapped round the horse’s body. The riders reach back and grasp each other’s wrists. At the signal they pull attempting to pull the other line. The pair loses when pulled over the line or the rider dislodged from the horse.

RED-PICK-UP: The ends of 6 feet rope together; have the contestants take hold of the rope and stretch it right. Three feet beyond each of the contestants place a handkerchief on the

ground in wigwag fashion. At the signal they pull each trying to pick up the handkerchief first. One wins if he secures the handkerchief first the other lets go of the rope.

PAT & MIKE: The blindfolded antagonists are armed with a towel. They may stand or lie down any way they please, grasping extended left hands. To start, one of them ask Mike, where are you” His opponent ducks down, sways backward or sideward and answer, “Here I am”. His opponent listens and hits on the shoulders. He gets one point. They continue until one of them scores 3 points.

WAND WRESTLING: Contestants sit on the floor with the lower foot touching the opponent’s and hold a stick with both hands. At the given signal they pull. They contestant who loses the grip or leaves the ground loses. Note: In alternate pulls, change the grip contestants.

COCK FIGHTING: Contestants are permitted to hold whichever ankle they please. At the signal they hop towards each other attempting to knock the other fellow off the balance .If the player releases his grip either hand, he is defeated.

DOG FIGHT: The Contestants get down on their hands and knees. Two towels or belts are secured about their necks. The contest is tug-of-war to see who can pull the other over a line drawn mid-way between them. Should one of the players slip the belt off his head either accidentally or otherwise, he is defeated.

LEG WRESLE: Two opponents lie on their back on the floor with heads o opposite directions; trunk close and near arms locked at the elbows. Three counts are given. On the first, each player lifts the leg nearest to the opponents to a vertical position. On the other hand he brings it back to the floor. On the third, he lifts it again, hooks his opponent’s leg and attempts to roll him over backward. Three trials may be given.

HAND PUSH: Two Contestants stand facing each other, feet together, with arms bent at elbows and hands facing the opponents. On the signal each tries to push the other pushing only the hand. The one who is thrown off the balance is defeated or the one who misses hitting the hand is defeated. Three trials may be given.

PILLOW FIGHT: The Contestants stand on a plank 8 ft long supported at either end 2 ft above the ground facing each other. A Pillow is given to each constant to his opponent and unbalances him. Blows may be warded off with free hand but it is a foul to grasp opponent’s pillow or strike him with the free hand. The object is to unbalance the opponent and throw him to the ground. Three trials may be given and ends may be changed after each trial.

KIT INSPECTION

Campers are required to follow the instructions given below

1. All wet clothing and towels must be hung behind the tents of the unit.
2. All dry clothing should be folded neatly or hung up in an orderly fashion.
3. Beds should be rolled and arranged.
4. Suitcases, boxes and bags should be placed on racks.
5. Shoes, Plates etc. Should be placed on racks.
6. Paper bits, matchsticks and such things should be removed.
7. The floor should be swept neatly.
8. The area outside the unit also should be cleaned up well.

SUGGESTIONS:

1. Make and use sufficient number of shoe racks, plate's stands, etc
2. Use flowers and leaves for natural decoration. Do not make the decoration artificial.
3. Make an emblem or floral design in front of the unit.
4. Have an eye on the other units and try to introduce novelty.

TEN COMMANDMENTS FOR CAMP GAME LEADERSHIP

1. Know your game. No matter how simple or how often you have played the game, reviews it mentally before using it.

2. Plan the game so that a series may be conducted from one formation. Don't spend unnecessary time moving from a circle to a line back to a circle again.

3. Needed equipment should be checked and placed conveniently before you start.

4. Change to another game before there are signs of weariness or boredom.

5. Don't be whistle crazy or soon the group will not listen to the whistle at all.

6. Get into the game yourself. Don't only look as though you are having fun; be sure you enjoy the game too.

7. You must have sense of humour; be enthusiastic and lenient. This is not the place for ironclad discipline, although orderliness and attention are essential.

8. Use as wide a variety of games as possible. Variety makes for increased skills in running, dodging, the handling of balls and other equipments.

9. See that everyone plays. Never have more than one game per session such as dodge ball where the less skilled or less fortunate has to drop out because of a penalty.

10. Alternate slower games with the more strenuous games.

REPORT OF THE ANNUAL LEADERSHIP TRAINING CAMP 2020

On the 3rd march 2020 to 6th march 2020, Co-curricular Unit of Tamilnadu Physical Education and Sports University, Department of Physical Education organised an Annual Leadership Training Camp at Melakottaiyur, the camp was attended by all students of II.B.P.Ed Department of Physical Education and our Department Staffs. About 59 participants from II B.P.Ed 'A' section students joined this four days camp.

The objectives of the camp were to fun and instill leadership qualities and improve teamwork among the 98 students who attended this camp. The activities at the camp were handled by several group leaders from a classes of II- B.P.Ed.

All participants, and staffs of the various department in our university had gathered at the campsite area at 05.45 am. Upon arrival at the campsite, they were given a briefing by the facilitators. Then, they were put into groups and asked to set up tents. By 7 am, most of them had accomplished this task successfully.

First day of camp started with cleaning work after that group moving to their shifts before dinner the participants had to engage in their group activity during the camp fire. They were required to come up with names and theme songs for their groups under VISION OF HIAWATHA.

The second day of the camp was much more hectic. The students had a rigorous exercise session which involved aerobics and jogging around the campsite. Then, after breakfast they were to display their survival skills. In the afternoon, the participants had another round of physical activities. They had engaged in natural collection in the nearby university campus. Further, the night camp fire program was more interesting amid camp attendees when students and some staffs had exhibit their performing skills like singing, dancing, drama etc.

Third day were arranged for Trekking Camp at **Keerapakkam Hills** totally 59 students (29 boys + 20 girls) of class II B.P.Ed 'A' section participated in the camp along with the Physical Education Department Staffs.

There was so many activity on the fourth day of the camp community singing competition and mock game etc. On the feedback session the participants rated the program highly and hoped that annual leadership training camp likely to take place annually for the calibration of students.

The leadership camp was found more meaningful and success among all students and other camp attendees showed their tremendous support and cooperation by actively participating in all the activities throughout the duration of the camp.

ANNUAL LEADERSHIP TRAINING CAMP 2019-2020

SELECTED PHOTOS



The campers Assembled for the inauguration



Flag hoisted during the inauguration by our camp director Dr.S. Manikandan



campers given bouquet to our staff's



After the inauguration instruction given by Dr.S. Thirumalaikumar sir cam chief coordinator



After the inauguration the campers divided teams and selected team leaders



Every unit was have separate name and team yell sound



After the instructions we started our tent site cleaning



Girls tent site



We entered Community singing session after the breakfast



The Songs was explained by Dr. S. Thirumalaikumar sir and Dr.I. Lillypushpam ma'am



1 st First aid management session by Dr.C. Manoj sir



2 nd shift drawing room by Dr. S. Jayakumar sir



Leisure activities



Cracy Camp stunt by Dr. K. Rajeshkumar and Dr.S. Lakshmanan



Lunch time



A team incharge for food supply



Evening shift (story of Hiawatha)



Cam fire programme



Cultural activities



Day two assembled for rising call



Day started with Physical jerks by Dr. C. Lakshmanan



Keeping our campsite clean



Cleaning process



Routine sif Community singing



First aid management session



Citizenship training



Camp stunt



Drawing rooom



First aid session



Afternoon shift



Folk dance practice



Preparation of cam fire programme



character of Hiawatha the legend



Camp fire programme with some joyful activitoes



Morning assemble



Physical jerks



Hiking



Trekking at keerapakkam hills



At the top of hill



Group photo during trekking



Cookout competition



Scoring during the competition



Assembled for day intruction



Scoring board for everyday team activities



Judges for the singing competition



Community singing competition



Queen



Mock game



We gathered for mock games



Such colourful Picture during the games



Campers showed their arts in the Exhibition



Prize distribution



Every team was have special quality and talents



Campers shared their feedback



Valedictory function



Finally the cam was ended with national anthem

CONCLUSION

Great thanks to our respected VICE CHANCELLOR Dr SHEILA STEPHEN and respected REGISTRAR Dr. V. GOPINATHAN on behalf of all staffs and students for giving us such great opportunities for conducting this ANNUAL LEADERSHIP TRAINING CAMP 2020 for four days in a successful manner, which was fun and more informative on leadership skills. This met more than our expectation level.

“A wonderful practical course both practical and professional”.

Thank you

BY

II - B.P.Ed “A” Section Students

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai -127

Accredited with "B" by NAAC

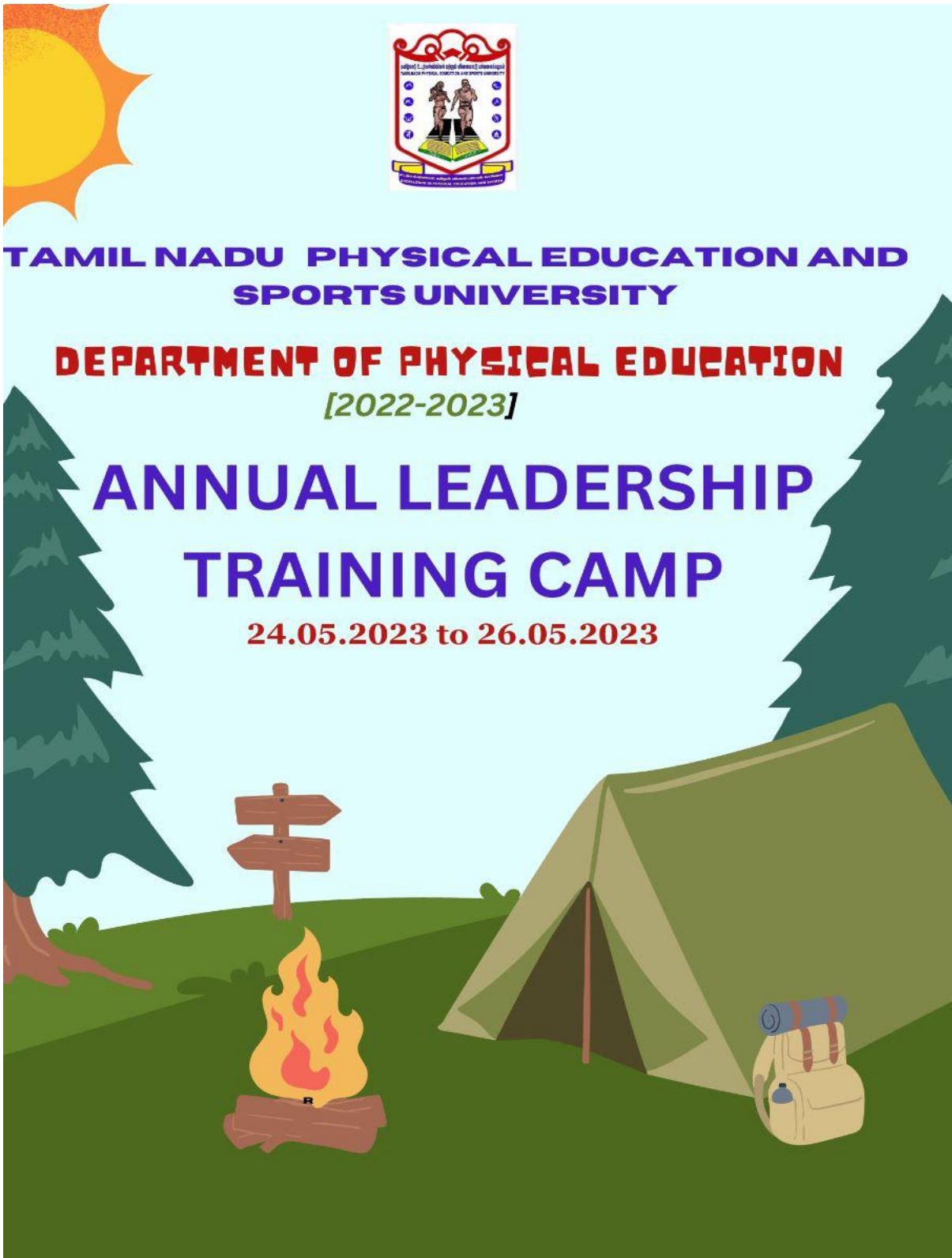


DEPARTMENT OF PHYSICAL EDUCATION

Report on (PROG TYPE) ON ANNUAL LEADERSHIP TRAININGCAMP

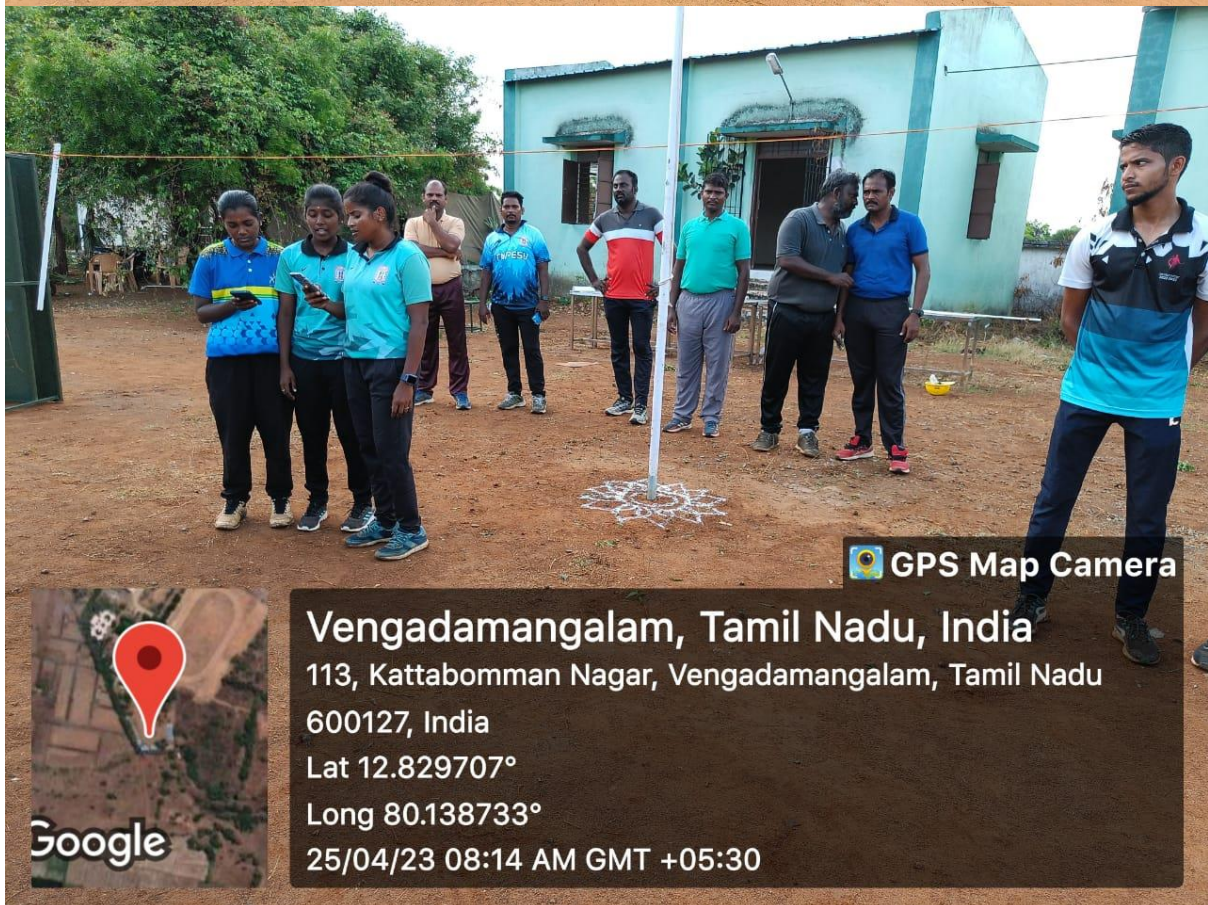
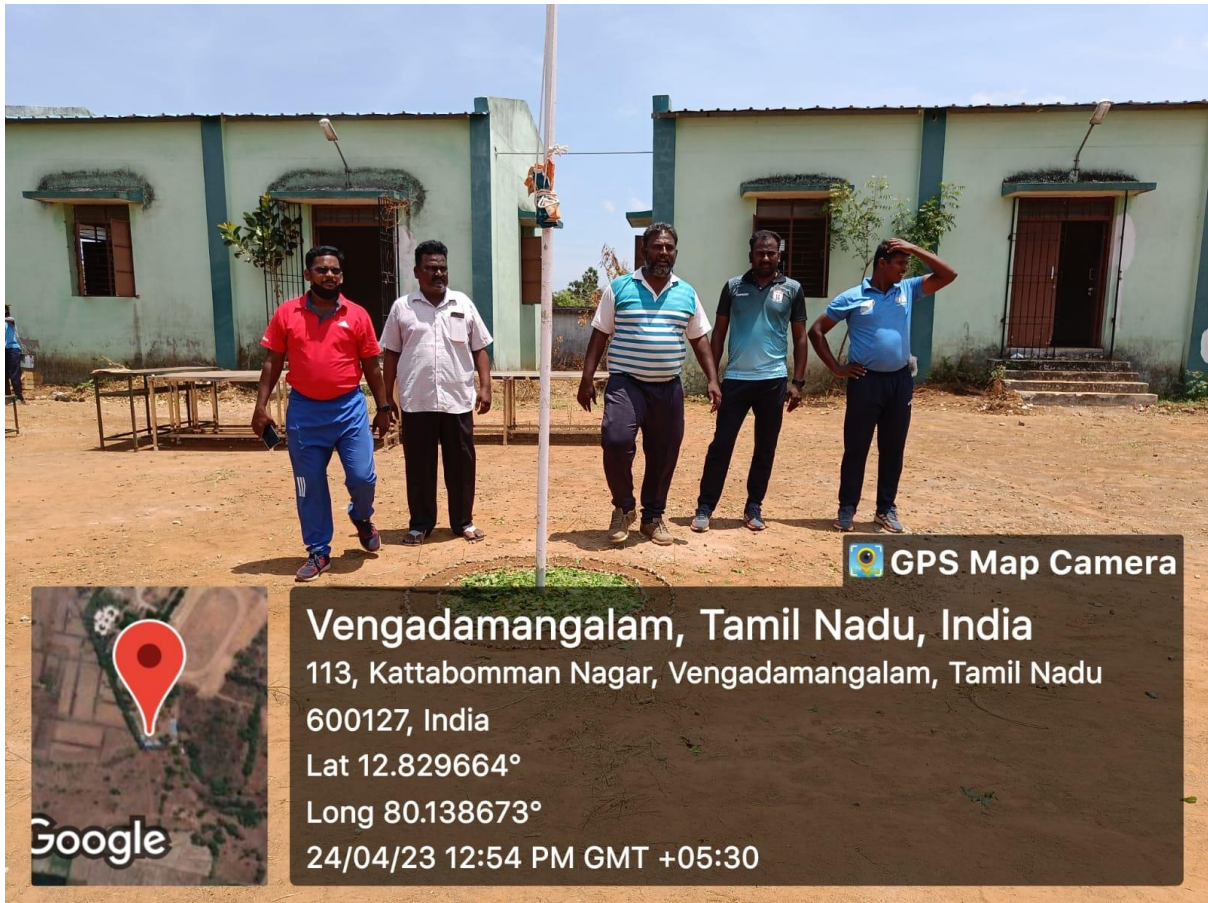
24thTO 26THMAY 2023

PROGRAM INVITATION



GLIMPSES / PHOTO





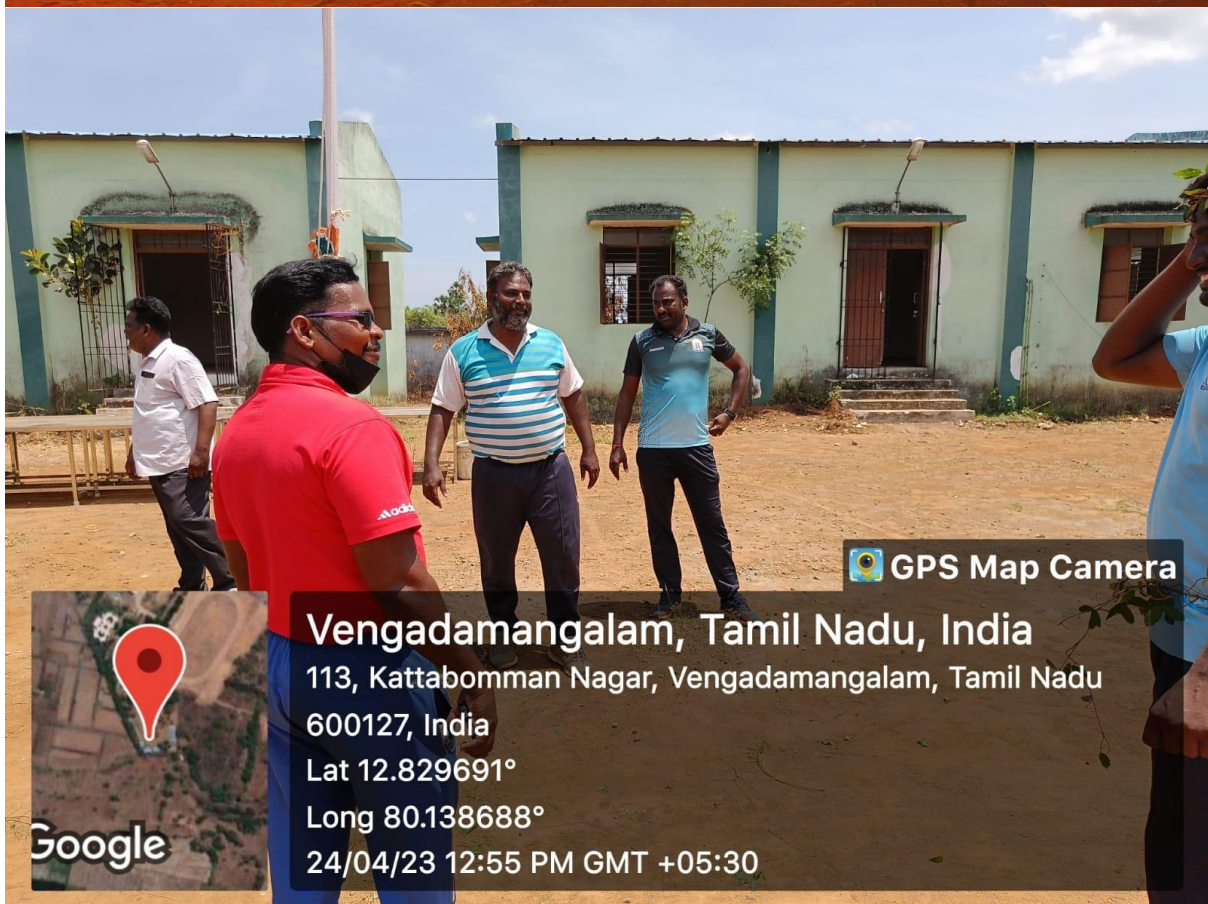
















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