



Tamil Nadu Physical Education and Sports University  
Chennai 600 127

Criterion 3 – Research, Innovations and Extension

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***3.3.1 INSTITUTION HAS CREATED AN ECOSYSTEM FOR INNOVATIONS, INDIAN KNOWLEDGE SYSTEM (IKS) INCLUDING AWARENESS ABOUT IPR, ESTABLISHMENT OF IPR CELL, INCUBATION CENTRE AND OTHER INITIATIVES FOR THE CREATION AND TRANSFER OF TECHNOLOGY/KNOWLEDGE.***

**SUPPORTIVE DOCUMENTS**





Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai - 600 127.

**3.3.1 INSTITUTION HAS CREATED AN ECOSYSTEM FOR INNOVATIONS, INDIAN KNOWLEDGE SYSTEM (IKS) INCLUDING AWARENESS ABOUT IPR, ESTABLISHMENT OF IPR CELL, INCUBATION CENTRE AND OTHER INITIATIVES FOR THE CREATION AND TRANSFER OF TECHNOLOGY/KNOWLEDGE.**

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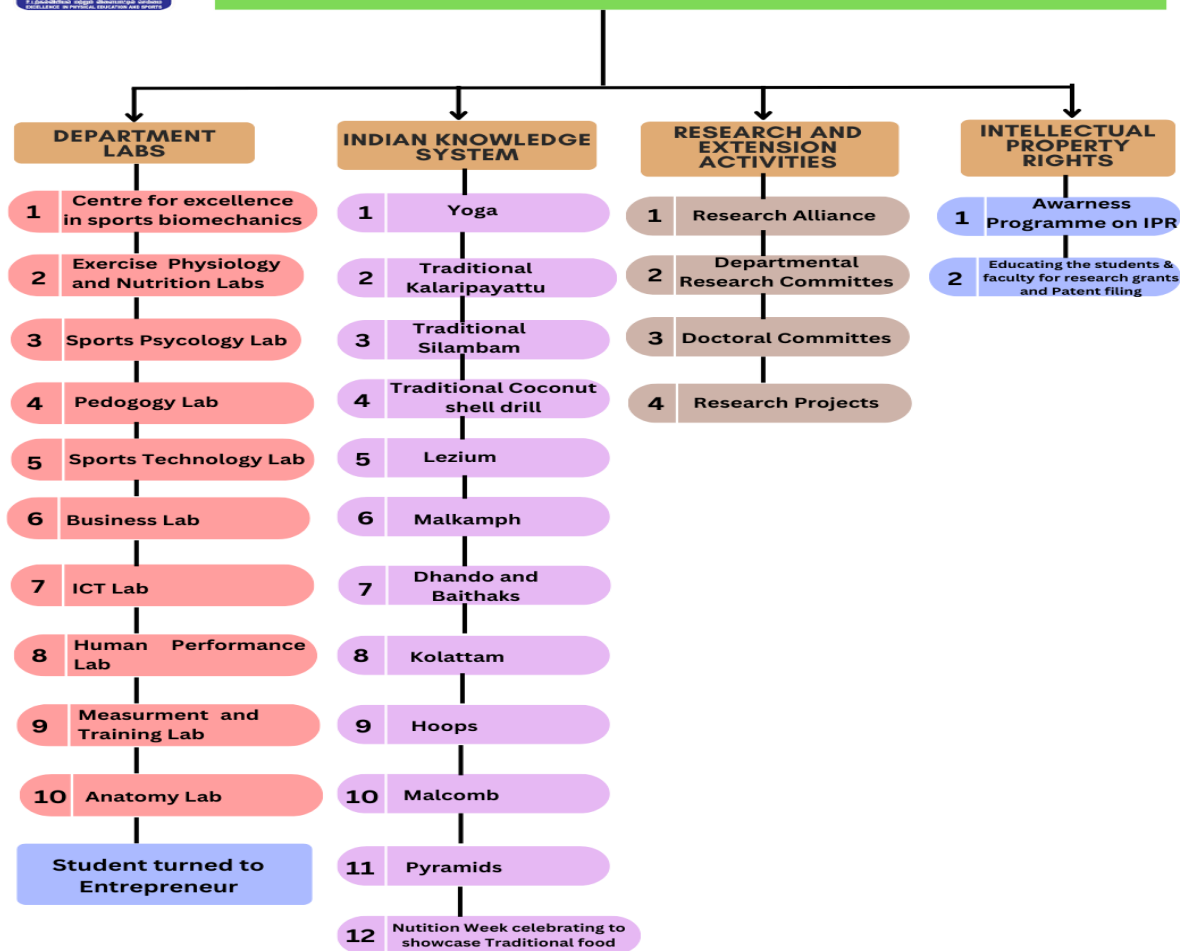
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*Flow Chart showing ecosystem for innovations, Indian Knowledge System (IKS) including awareness about IPR, establishment of IPR cell, Incubation centre.*

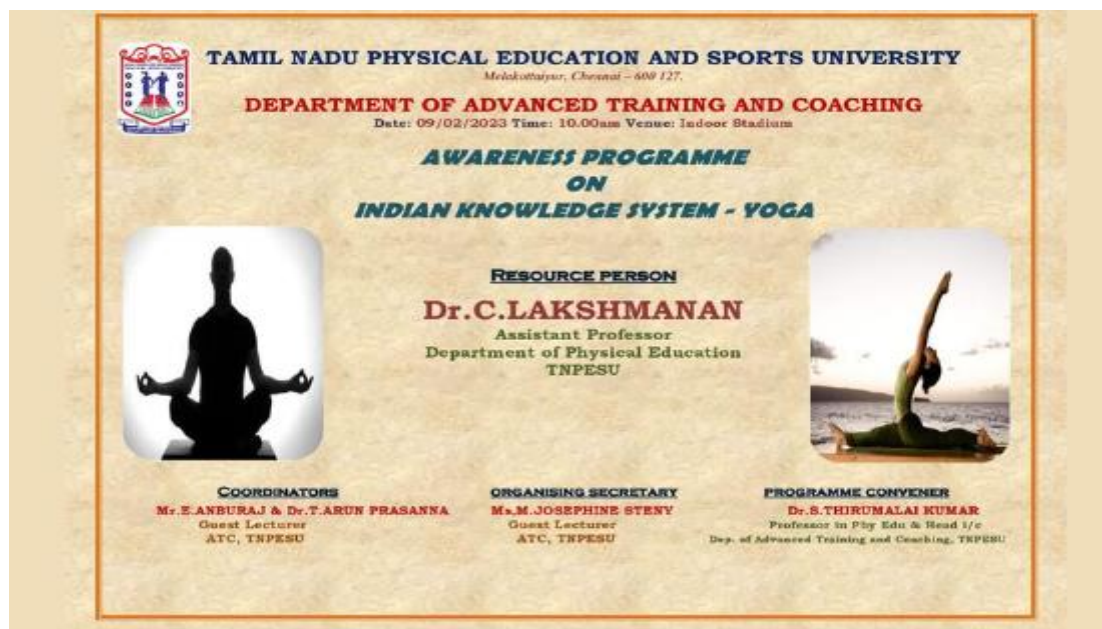


**3.3.1 Institution has created an ecosystem for innovations, Indian Knowledge System (IKS) Establishment of IPR Cell, Incubation of centre and outcomes**



Indian Knowledge system by promoting the teaching in Indian Concepts in Sports and Games such as Traditional Games and Sports, Traditional Martial Arts, Yoga, Traditional Food and Indian Language through various mandatory and optional courses.

### **AWARENESS PROGRAMME ON INDIAN KNOWLEDGE SYSTEM - YOGA**



## TRADITIONAL MALLKHAMB DEMONSTRATION



## AWARENESS PROGRAMME ON INDIAN KNOWLEDGE SYSTEM – KALARIPAYATTU





## TRADITIONAL MARTIAL ARTS – SILAMBAM DEMONSTRATION



## **IN-HOUSE RESEARCH AND TESTING LABORATORY FACILITIES**

TNPESU provides a thriving ecosystem for research and innovations. The University has numerous in-house research and testing facilities that can be used by students and faculties which includes **08 departmental lab facilities, 01 Centre of excellence with advanced tools and research.**

South East Asia's Biggest Biomechanics Laboratory: The Center of Excellence in Biomechanics of this University was established in the University campus with the financial assistance from Government of Tamil Nadu Innovation and Imitative Scheme (Rs13.12 Corers). This innovative lab was established in an area of 21000 Square Feet. This lab is a state of art as Innovative, Research and Academic Service center tests, quantifies and interprets the players' performance in real-time environment with 3D Motion capturing systems and force plates, 32 channel EMG and Anthropometric Measurement systems. The lab has its own synthetic track, acrylic surface Tennis court, standard Basketball, Volleyball and Badminton court supported by Force plates inside the Lab under a single roof.

### **CENTRE OF EXCELLENCE IN \SPORTS BIOMECHNICS**



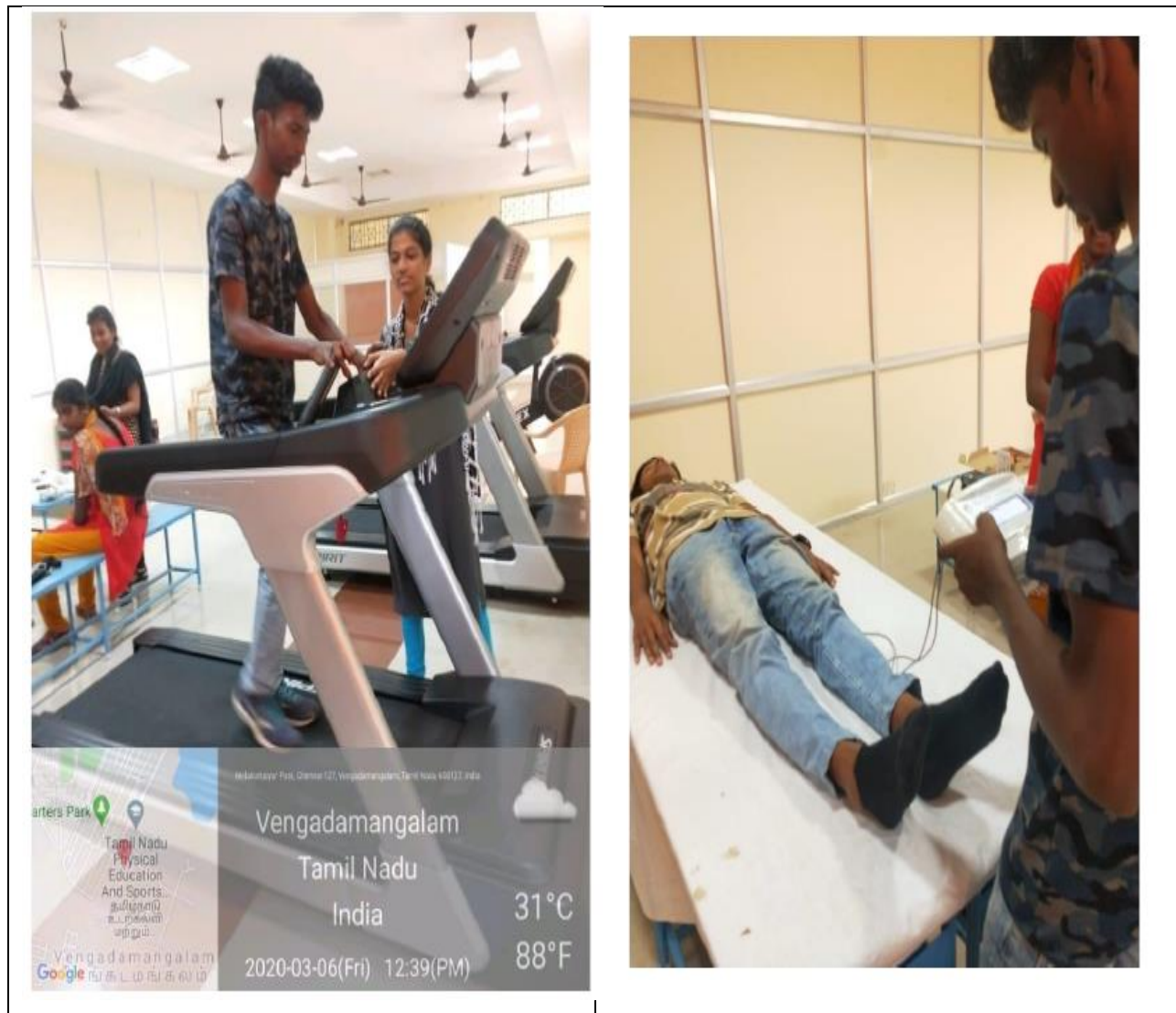








## Exercise Physiology Laboratory





## Pedagogy Laboratory for Teaching, Testing and Training in Physical Education





## ENTREPRENEURSHIP

The University is home to many of the student turned innovators and businessmen; to mention a few:

- Mr.Murali – Fitness Centre,
- Mr. Leo -Fitness cum Yoga Centre,
- Mr. Sastivelan- Fitness Center,
- Mr. Thiyagarajan Supplement shop,
- Mr. Aravind – Aravind Group of Companies, World Youngest Corporate CEO ,Actor, Director, Producer, Lyricist, Script writer,,
- Mr. Azad BB Fitness studio,
- Ms. Alagu Vishalachi- Way to Wellness : Fitness and Rehabilitation and many more such established entrepreneurs.

# HIGH DEFINITION FITNESS CENTRE (YOGA & GYM)

Address: Plot No 70, Madambakkam Main Rd, Gandhi Nagar,  
Madambakkam, Rajakilpakkam, Tamil Nadu 600073

Contact: 9042525981

01 MARCH, 2023

## Leo Antony Maliekal, M.sc EPN, B.E, ISSA CFT (USA).

I Am an Exercise Physiologist and Nutritionist and also the founder of High Definition Fitness Centre (Yoga & Gym).

I have completed my B.sc Exercise Physiology and Nutrition degree and my M.sc Exercise Physiology and Nutrition masters degree from Tamil Nadu Physical Education And Sports University from the year 2015 – 2018 And 2018 – 2020 respectively.

I secured University gold medal in my B.sc and secured second rank in my M.sc. I founded my gym, High Definition Fitness Centre in the year 2011. After completing my bachelor and masters degree in Exercise Physiology and Nutrition the course has opened my eyes on how exercise, nutrition, environment and various variables influence the human bodies in various ways. And the course has given me a deep knowledge and understanding of the human body.

In 2018 I got married to my wife Rumki Sarkar. She did her M.sc Yoga from the same Tamil Nadu Physical Education and Sports University. After marriage me and my wife have started yoga centre in the same place in 2018. And also extended a separate floor for Yoga centre above our gym centre. We are growing day by day by the grace of God and the blessings of my teachers.

Today we are a well established Fitness Centre in Madambakkam and a big land mark in our area. I really thank my professors (Dr. M. GRACE HELINA, Dr. P.K.SENTHILKUMAR and Dr.R.VENKATESAN) for guiding and educating me with the right knowledge and tools to support, grow, and develop my entrepreneurship. Also special thanks to them for developing a proper structured syllabus for Exercise Physiology and Nutrition that plays a key role in the development of all students career.

I also want to thank TNPESU and staffs for helping and guiding me directly and indirectly.

Thank you.



Leo Antony Maliekal, M.sc EPN, B.E, ISSA CFT (USA).



# YOGA ARAVIND

Dr. Aravind Lakshminarayanan

[ Film producer, Actor & Story Writer ]

Chairman - ARAVIND GROUP of Companies

info@yogaaravind.com

www.yogaaravind.com

+91 8248057246

Date : 16.11.2023

Aravind Lakshminarayanan, known by his stage name "Yoga Aravind", is an Yoga instructor, Business man, **Actor, Director, Producer, Lyricist, Script writer**, Exercise Physiologist & Nutritionist. He had won & recieved so many awards and medals includes **World Youngest corporate CEO Award** (at the age of 22), **International Men's Iconic Award** (at the age of 23), **International Youth Award - 2021** (at age 21), **State Best Youth Award - 2019** (at age 19), **Young Achiever Award - 2018** (at age 18), received **Honourary doctorate degree** (at the age of 18), 3 - World Records holder. He started & owning companies of "Aravind Group <sup>TM</sup>".

Responsibility & position holding :-

- **Board of Study (BOS) Member** of Alagappa University (An Tamilnadu State Govt University)
- **National President** of Indian Short Film Maker's Federation (ISFMF)
- **National President** of All India Men's Association (AIMA)
- **National President** of Indian Art & Culture Federation (IACF)  
[ Ministry of Culture, Govt of India ]
- **National Secretary General** of Indian Yogasana Sports Federation (IYSF)  
[ Ministry of AYUSH, Govt of India ]
- **General Secretary** of Tamilnadu Yoga Federation (TNYF)
- **General Secretary** of Tamilnadu Nutritionist Association (TNNA)
- **International Director & CEO** of Nobel World Records Pvt Ltd
- **International President** of International Award Forum (IAF)
- **International Secretary** of World Art & Culture Federation (WACF)
- **National director** (dept of Yoga & natural health) of IHFA (International Health and Fitness Association)
- **National Board Member** of Indian Film Producer Union (From - Indian Film Maker's Association)

Companies & Organizations under (ARAVID GROUP <sup>TM</sup>)

- Aravind Productions Private Limited
- Aravind Chit & Finance Private Limited
- Aravind Fireworks Agency
- Aravind Event Management Company (AEMC)
- Aravind Exercise physiology and nutrition clinic
- Aravind Traders (Electronics - Export & Import)
- Aravind Yoga Centre (AYC)
- Dream Promotions <sup>TM</sup> (Social media marketing)
- Aravind Foundation
- Vignesh Textile Engineering

Yours sincerely,

Dr. L. Aravind

Instagram : yoga\_aravind

Facebook : Yoga Aravind

Twitter : yoga\_aravind\_

**Phone**  
8939455361

**Email**  
theprinceazad112@gmail.com

**Address**  
60/A, 2nd Floor, Pillayar Koil St, Patheri,  
Chengalpattu, Tamil Nadu 603203



20 November, 2021

**From**

A Azad

Exercise Physiologist, sports Nutritionist (NSQF), fitness and  
Performance coach

COO : BB FITNESS centre srm Patheri

Founder : Monster nutrition depot Guduvancherry

Co-Founder : Prince infotech Pvt guduvancherry

CEO : prince infotech aadhanur panchayat board

**To**

The Head Dept of Exercise Physiology and Nutrition  
TNPESU-600127

Respected Sir,

Sub

TNPESU- Dept of Exercise Physiology and Nutrition students internship  
Endorsement.

I, Azad, M.Sc Exercise Physiology and Nutrition, COO of BB Fitness Studio,  
conducted 20 days workshop on "Training and performance and Basic  
nutrition" for the batches 2021, 2022 and 2023 as well as conducted a 3 months  
internship for the batches 2021, 2022 and 2023.

The name of the students participated in the 20 days workshop are as  
follows:

Regards,

A. Azad

Name : ..... Age : ..... Sex : ..... Date:.....

Dr. S. Alagu Vishalatchi BPT, M.sc exercise physiology & Nutrition founder of  
**Way to wellness fitness & Rehab centre.**

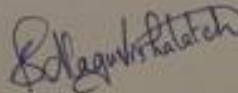
I have completed My M.sc Exercise physiology and Nutrition in TN physical  
education and sports University 2021-2023.

I was with TN women's football team as a physiotherapist for 2years.

Now I Ingurated my own centre which offers Physiotherapy & fitness at  
Mylapore.

To fulfil my Ambition and start my own business as an entrepreneur My M.sc  
EPN degree and My Professors (Dr. M. Grace Helina, Dr. PK. Senthil Kumar  
and Dr. R. Venkatesan) helped a lot.

Thank you for the support TN physical education and sports University and  
Staff.



Dr. S. ALAGU VISHALATCHI PT



No.5, Balaiah Avenue, Luz Road, Mylapore, Chennai- 600 004



## Tamil Nadu Physical Education and Sports University

23 March 2022 · 🌐

...

Hearty congratulations to Ms.Loga Priya, I M.Sc.Exercise Physiology and Nutrition Student for securing 4th position in Sports Model Category in Monster Classic 2022 Body Building and Models Champion accompanied by her Coach Mr.A.Azad, TNPESU Alumni and Founder, Hello Fitness, Chennai.



## INTERNSHIP

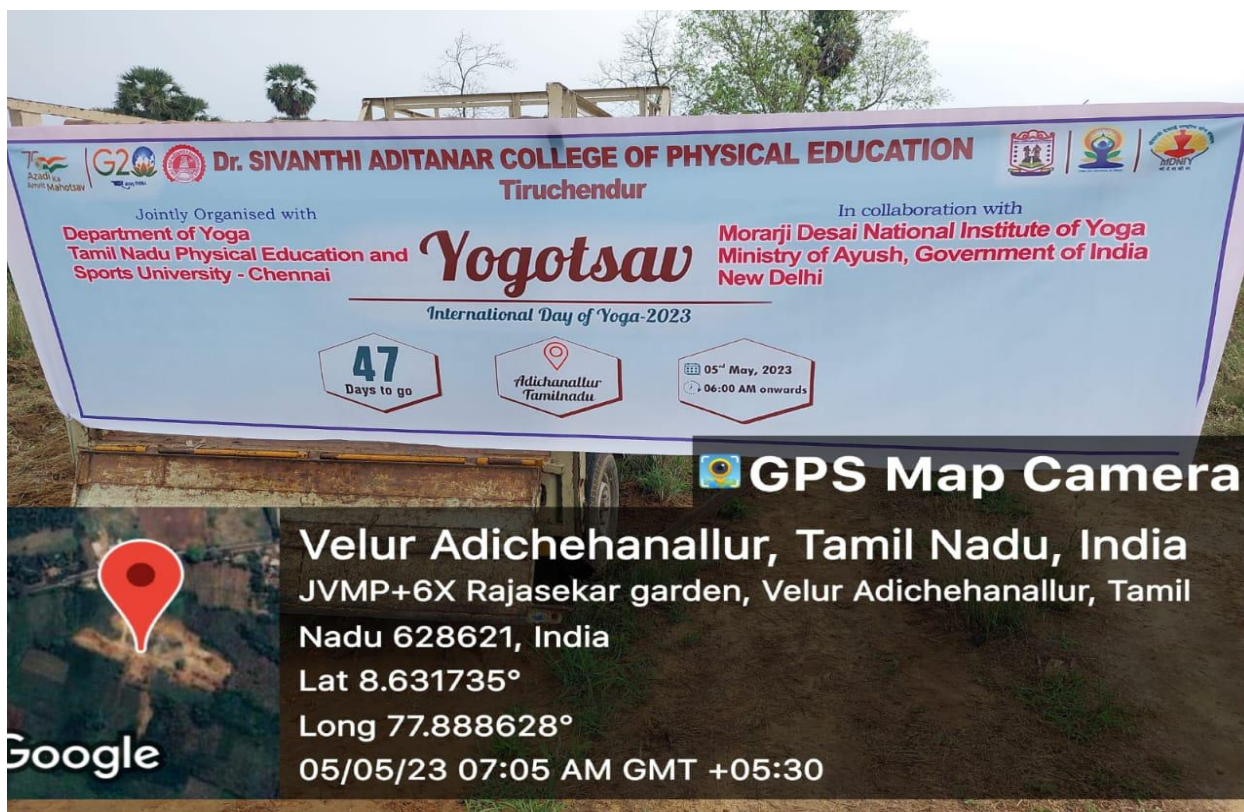
This University has been establishing a very strong ecosystem to support innovation, entrepreneurship, and industry collaborations. Various Department of this University is having Internship, Industrial Visits with the objective to give real time exposure and coordinate research and development projects between University Departments and Industries



## **TO IMPART THE INDIAN KNOWLEDGE SYSTEM: YOGA,**

- An exclusive Department of Yoga is established in this University at its inception imparting UG, PG and Doctoral programmes in Yoga and Yoga Therapy.
- This department is promoting Indian Knowledge System – YOGA by means of academic, research and extension activities. International Yoga Day, was celebrated in a traditional way following the AYUSH protocol every year in the University Campus and Raj Bhavan, Governor's Secretariat of Tamilnadu campus. On 05.05.2023 the Department of Yoga celebrated International Day of Yoga - Countdown 47 - IDY'23 in the Iconic Place called Adichanallur, Tamilnadu with financial assistance (Rs. 2 Lakhs) from Ministry of AYUSH.
- Yoga Department has received Mass Yoga World Record award from All India Record on 21-06 2022 and Awareness of Pollution, total Health and Well being through Yoga from NOVA World Record on June 18-06-2023.





கலந்து கொண்டனர்.



**ஆதிச்சநல்லூரில்**

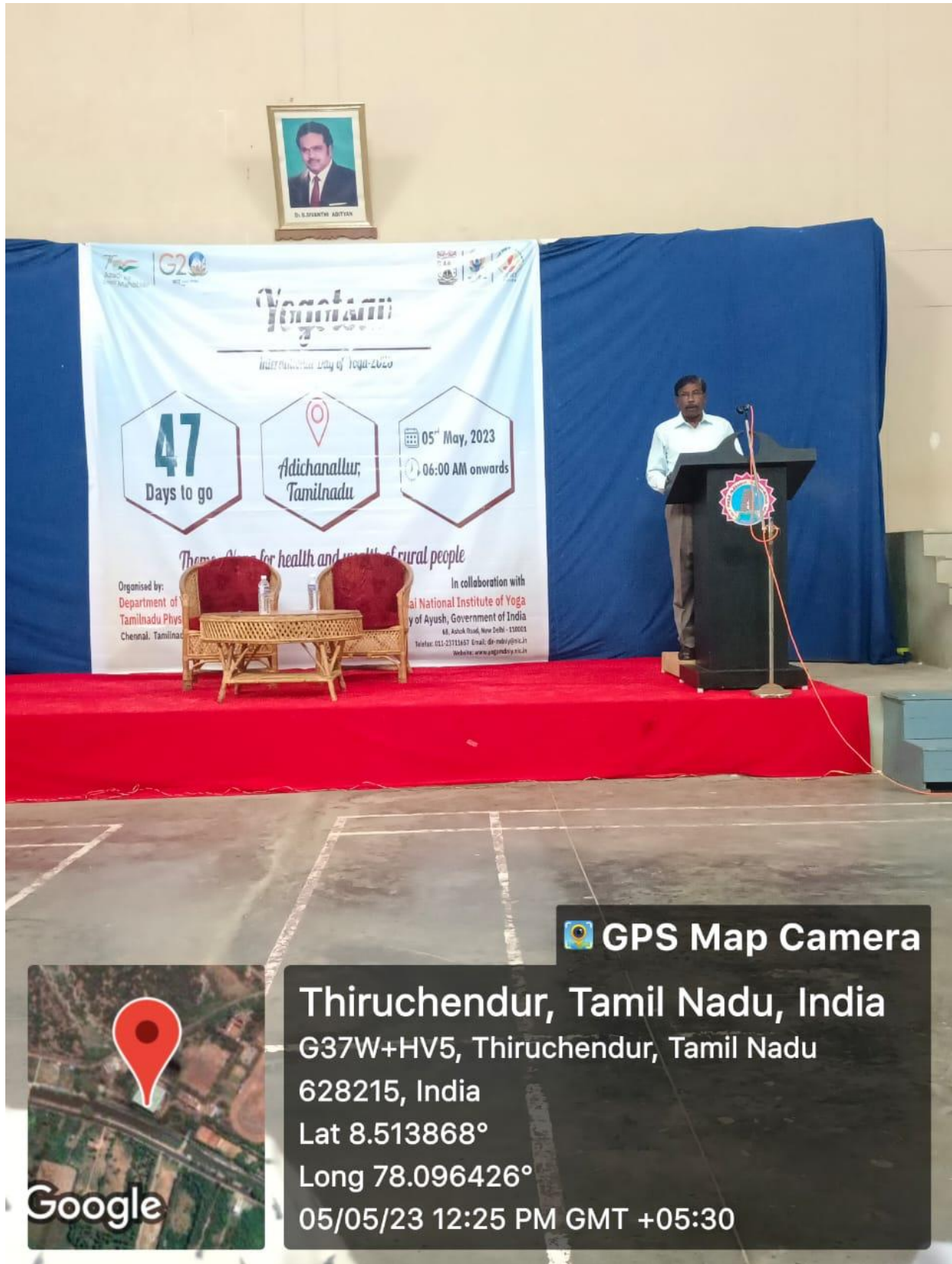
## **யோகாசன விழிப்புணர்வு நிகழ்ச்சி**

**கல்லூரி மாணவர்கள், போலீசார் பங்கேற்பு**

ஸ்ரீவைகுண்டம், மே.6 -

சர்வதேச யோகா தினத்தை முன்னிட்டு நாட்டின் பல்வேறு பகுதிகளில் யோகாசன விழிப்புணர்வு நிகழ்ச்சிகள் நடத்தப்பட்டு வருகின்றன. இதன் ஒரு பகுதியாக நேற்று தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டு பல்கலைக்கழகம், திருச்செந்தூர் சிவந்தி ஆதித்தனார் உடற்கல்வியியல் கல்லூரி ஆகியவை இணைந்து நடத்தும் யோகா விழிப்புணர்வு நிகழ்ச்சி, ஸ்ரீவைகுண்டம் அருகே உள்ள ஆதிச்சநல்லூரில் உலகதரம் வாய்ந்த அருங்காட்சியகம் அமைய உள்ள இடத்தில் நடைபெற்றது. தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டு பல்கலைக்கழக யோகா துறை தலைவர் துரைசாமி யோகாசன பயிற்சிகளை அளித்தார். சிவந்தி ஆதித்தனார் உடற்கல்வியியல் கல்லூரி முதல்வர் சாம் ராஜ் யோகாசன விழிப்புணர்வு நிகழ்ச்சி குறித்து விளக்கி பேசினார். இதில் ஸ்ரீவைகுண்டம் போலீஸ் இன்ஸ்பெக்டர் அன்னராஜ் தலைமையில் போலீசார் மற்றும் பல்வேறு கல்லூரிகளை சேர்ந்த மாணவர்கள் கலந்து கொண்டு யோகாசன பயிற்சிகளை மேற்கொண்டனர். இதில் ஆதிச்சநல்லூர் பஞ்சாயத்து தலைவர் சங்கர்கணேஷ் மற்றும் பலர் கலந்துகொண்டனர். இதற்கான ஏற்பாடுகளை தமிழ்நாடு உடற்கல்வி மற்றும் விளையாட்டு பல்கலைக்கழகமும், திருச்செந்தூர் சிவந்தி ஆதித்தனார் உடற்கல்வியியல் கல்லூரியும் இணைந்து செய்திருந்தன.









Tamil Nadu Physical Education and Sports University added a new photo.

26 March · 🌐

# Yogotsav

International Day of Yoga-2024

88

DAYS TO

IDY

2024

Theme : Importance of Yoga for Sports Person in Rural Area

Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai

25

March 2024

07:30 AM onwards

**Organised by:**  
Department of Yoga,  
Tamil Nadu Physical Education and Sports University  
Chennai, Tamil Nadu

**In collaboration with**  
Morarji Desai National Institute of Yoga  
Ministry of Ayush, Government of India  
Old, Plot No. 1, New Plot No. 1, 110001  
Mobile: 981-0311952 Email: dmndy@nic.in  
Website: www.dmndy.org.in



**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

MELAKKOTTAIYUR, CHENNAI-600 127, TAMIL NADU, INDIA

**Organized by  
DEPARTMENT OF YOGA**

**8th International Day of Yoga Celebration**

*On 21 June 2022 @ 6.45 am*

**Demonstration of Common Yoga Protocol**

*"Importance of International day of Yoga Holistic Health of every Individual"*

**&**

**World Record Event**


**"One Hour non-stop 75 Suryanamaskar"**

**All are Welcome**

**Location:  
TNPESU, Chennai-600127**




## Mother Language Day Celebration



**Tamil Nadu Physical Education and Sports University**  
Accredited with B Grade by NAAC  
Chennai,

**Department of Yoga**  
Invites you for National Webinar  
on International Mother Language Day  
Date-21-02-2022 | Time- 11.00am

Topic: "தாய் மொழியைப் போற்றுவோம்"  
**Resource Person**



**Dr.T.MALAIYARASI,**  
Assistant Professor,  
Department Of Tamil, Agurchand Manmull Jain College, Shift II  
Meenambakkam, Chennai - 61.

**CORE COMMITTEE**


<b>PARTON</b> Dr. V.Gopinath Registrar	<b>CHIEF PARTON</b> Dr. M.Sundar Vice Chancellor
<b>Organizing Secretary</b> Dr. S. Selvalakshmi Asst.Professor	<b>Webinar Convener</b> Dr. V. Duraisami Associate Professor, Head i/c

**WEBINAR CO ORDINATORS**


Dr. S. Rengarajan Guest Lecturer, SDE	Mr. M. Praveen Kumar Guest Lecturer	Dr. D Umamaheswari Guest Lecturer
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## SWAMI VIVEKANDAR BIRTHDAY CELEBRATION






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



**Department of Physical Education & National Service Scheme**  
Jointly Organising National Webinar on  
**"Swami Vivekananda Life and Message to the Youth"**  
On the eve of NATIONAL YOUTH DAY Celebration  
Date: 12.01.2022 Time :12.15 pm  
**Resource Person**



**Dr.T. Thangamani** Assistant Professor., SRKV Maruthi College of Physical Education.

<b>Patron</b> <b>Dr. V. Gopinath</b> Registrar	<b>Chief Patron</b> <b>Dr. M. Sundar</b> Vice - Chancellor		
<b>Organizing Secretary</b> <b>Dr. S. Velkumar</b> Assistant Professor cum NSS Program Officer	<b>Director</b> <b>Dr. P. Kumaravelu</b> Assistant Professor cum TNPESU NSS Coordinator	<b>Convener</b> <b>Dr. S. Thirumalai Kumar</b> Professor Department of Physical Education	<b>Organizing Secretary</b> <b>Dr. S. Manikandan</b> Professor & Head Controller of Examinations i/c



## **ESTABLISHMENT OF INDIAN KNOWLEDGE SYSTEM: TRADITIONAL KALAIPAYATTU AND SILAMBAM TRAINING CENTER**

- To impart the Indian Knowledge System: Traditional Kalaipayattu and Silambam Training Center was established in this university campus though the financial assistance from Government of Tamil Nadu Innovation and Imitative Scheme (Rs160Lakhs).
- This center is offering training in Traditional Kalaipayattu and Silambam for the students of this University and public.
- A month long summer coaching camp was organized during the 1<sup>st</sup> May 2023 to 31<sup>st</sup> May 2023 to impart the traditional knowledge to the children.

### **Traditional Kalariyapattu and Silambam Training Centre**



Installment	GO Dated	Amount
I	G.O. <u>M.s.</u> No. 19 YW & SD dated: 18.07.2018	13150000
II	G.O.Ms No. 36 YW & SD dated: 18.10.2019	1400000
III	G.O.(Ms) No.22, YW & SD dated30.07.2021	1450000
	TOTAL	16000000
	Balance	NIL





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

## SUMMER COACHING CAMP

Age: 6 to 18 (Boys & Girls)  
Date: May 1<sup>st</sup> to 31<sup>st</sup> 2023  
Time: 6:30am to 8:30am & 4:30pm to 6:30pm

**Kalaripayattu**


**Silambam**




Registration Fee-Rs.200  
Coaching fee-Rs.350




Venue: TNPESU, Kalaripayattu Center.



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

**Invitation**


*Tamil Nadu Physical Education and Sports University Cordially Invites  
Your August Presence for the Felicitation Ceremony of*

**SUMMER COACHING CAMP IN  
KALARIPAYATTU AND SILAMBAM**


Date: 31.05.2023      Time: 3.30 pm  
Venue: TNPESU- Traditional Kalari and Silambam Training Center

**Dr.M.SUNDAR**  
Vice Chancellor, TNPESU  
*has kindly consented to be the Chief Guest and will deliver Felicitation Address*


**Dr.R.RAMAKRISHNAN**  
Registrar i/c, TNPESU  
*will felicitate the Function*



**Mr.P.KARTHIKEYAN**  
Kalaripayattu Trainer  
**Mr.S.SANDEEP KUMAR**  
Silambam Trainer  
TNPESU- Traditional Kalari and Silambam Training Center



**Mr. E.ANBURAJ**  
Dr.T.AKUN PRASANNA  
**Ms.JOSEPHINE STENY**  
Guest Lecturers,  
Dept. of Advanced Training and Coaching, TNPESU



**Dr.S.THIRUMALAI KUMAR**  
Programme Director  
Professor in Physical Education &  
Head i/c,  
Dept. of Advanced Training and Coaching, TNPESU



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005, A State Govt. University)  
Accredited with "B" Grade by NAAC

Website : [www.tnpesu.org](http://www.tnpesu.org)

Phone No : 044-27477906

Email : [regtnpesu@gmail.com](mailto:regtnpesu@gmail.com)

Vandalur-Kelambakkam Road, Melakottaiyur Post, Chennai – 600 127. Tamil Nadu.

**Dr.R.Ramakrishnan**

Registrar i/c

Lr. No.1529/R2/Estd./Coaching Camp/2023

Date: 25.04.2023.

To

**Dr. S. Thirumalai Kumar,**  
Professor,  
Department of Physical Education,  
TNPESU, Chennai – 600127.

Sir,

Sub: TNPESU – Establishment - Permission to Organize Coaching Camp –  
Orders Issued – Reg.

Ref: 1. Your Letter No.1529, dated: 25.04.2023.  
2. The Vice-Chancellor approval, dated:25.04.2023.

\*\*\*\*\*

With reference to the above, I am by direction to inform you that permission  
has been given to organize the Silambam and kalari summer coaching camp at Tamil  
Nadu Physical Education and Sports University from 1<sup>st</sup> May to 31<sup>st</sup> May 2023.

  
25/4/23  
REGISTRAR i/c



# WOMEN EMPOWERMENT PROGRAMME THROUGH TRADITIONAL GAMES AND YOGA

**DISSEMINATION OF WOMEN EMPOWERMENT  
THROUGH SENSITIZING TO MARTIAL ARTS,  
TRADITIONAL GAMES AND YOGA**

*Organizing committee*

**Chief Patron**

**Dr. M. Sundar**  
Vice-Chancellor, TNPESU

**Dr. R. Srinivasan**  
Member Secretary, TNSCST

**Patron**

**Dr. V. Gopinath**  
Registrar

**Dr. V. Ramaswami**  
Officer -in Charge ( DIT ) , TNSCST

**Programme Coordinator**

**Dr. S. Thirumalai Kumar**  
Professor, Department of Physical Education, TNPESU

**"A strong woman stands up for herself.  
A stronger woman stands up for everybody else"**

**WOMEN  
IMPORTANT**

**TAMIL NADU STATE COUNCIL FOR  
SCIENCE AND TECHNOLOGY**  
(Department of Higher Education, Government of Tamil Nadu)  
DOTE CAMPUS, CHENNAI 600 025

**Tamil Nadu Physical Education  
And Sports University**  
MELAKOTTIYUR, CHENNAI 600127

**Organizes**

**DISSEMINATION OF WOMEN EMPOWERMENT  
THROUGH SENSITIZING TO MARTIAL ARTS,  
TRADITIONAL GAMES AND YOGA**

**Under the Scheme**  
*Dissemination Of Innovative Technology (DIT)*

**Date: 22.02.2022 - 26.02.2022  
(5 Days) - Offline Mode**

**Venue:**  
Tamil Nadu Physical Education  
and Sports University, Chennai.



## NUTRITION WEEK AND WORKSHOP ON TRADITIONAL FOOD

The Department of Exercise Physiology and Nutrition promotes the Indian Traditional Food System through its curriculum, research and extension activities. Every year the Nutrition week in the first week of September is celebrated as a mega event to showcase the values and importance of Traditional food.





Tamil Nadu Physical Education and Sports University

25 August 2023 - 📅

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TNPESU DEPT OF EXERCISE PHYSIOLOGY AND NUTRITION organizes NUTRIFEST'23 in commemoration of National Nutrition Week Celebration from 01.09.23 to 07.09.23.



**About Us**

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 affliated University, exclusively for Physical Education and Sports. After obtaining the assent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

**Motto**

"நாடுபுகழ் பெற உயர்வு அடைய உயர்வு அடைய உயர்வு அடைய"

"To reach the top, to reach the top, to reach the top"

**Tamil Nadu Physical Education and Sports University**  
Accredited with 'A' Grade



**NATIONAL NUTRITION WEEK CELEBRATION**  
**NUTRIFEST'23**  
1st - 8th September



"Healthy Diet Giving Affair"

Organized by  
**Department of Exercise Physiology and Nutrition**

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

**Tamil Nadu Physical Education and Sports University**  
Melakottaiyur, Chennai-600 127

**CORDIALLY INVITES YOU FOR**

**NATIONAL NUTRITION WEEK CELEBRATION**  
**NUTRIFEST'23**

**PROGRAMME SCHEDULE**

DATE	EVENT	PROG.
1st SEPTEMBER FRIDAY	NUTRITION FIELD TRIP	1. Kandy Milk Fe
2nd SEPTEMBER MONDAY	BLMAGUAM PLANTING	1. Zongzi Pot 2. Nuts Box Area 3. Tag OF VM
3rd SEPTEMBER TUESDAY	NUTRIFEST DAY 1	1. Aduge 2. Aduge 3. Documentary
4th SEPTEMBER THURSDAY	NUTRIFEST DAY 2	1. Trained Group 2. Healthy Group
5th SEPTEMBER FRIDAY	NUTRIFEST DAY 3 & CLOSING CEREMONY	1. Cooking Demon 2. Food Stall 3. Photo Session



Tamil Nadu Physical Education and Sports University

13 September 2019 - 📅

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Department of Exercise physiology and Sports Biomechanics organized One day Workshop on Sports nutrition -2019 Ministry of Human Resource Development, Government of India






Glimpses of TNPESU DEPT OF EXERCISE PHYSIOLOGY AND Nutrition organized an International Workshop on "The Emerging Trends in Sports Nutrition" in commemoration of the National Nutrition Week Celebration on 31.08.2023.



## WORKSHOP ON TRADITIONAL FOOD



**Tamil Nadu Physical Education and Sports University**

**CHIEF PATRON**  
**Dr.M.SUNDAR**  
VICE CHANCELLOR


**PATRON**  
**Dr.R.RAMAKRISHNAN**  
REGISTRAR I/C

**ORGANIZING SECRETARY**  
**Dr.R.VENKATESAN**  
ASSOCIATE PROFESSOR AND NSS COORDINATOR  
TNPSU, MELAKOTTAIYUR,  
CHENNAI - 600127

**PROGRAMME COORDINATOR**  
**Dr. K.RAJESH KUMAR**  
NSS PROGRAMME OFFICER  
NATIONAL SERVICE SCHEME  
TNPSU, MELAKOTTAIYUR,  
CHENNAI - 600127

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
MELAKOTTAIYUR, CHENNAI - 600127.  
ACCREDITED WITH B GRADE BY NAAC

**CORDIALLY INVITES YOU ALL FOR**  
**WORKSHOP ON TRADITIONAL FOOD FOR LIFE LONGEVITY AND HIGH PERFORMANCE**



**On 02.11.2022,**  
AT CONFERENCE HALL, II FLOOR  
ACADEMIC BLOCK AT 10 AM

**Dr.M.SUNDAR**  
VICE CHANCELLOR  
has kindly consented to deliver the Inaugural Address

**Dr.R.RAMAKRISHNAN**  
REGISTRAR I/C  
has kindly consented to deliver the Felicitation Address

**Mrs.KRISHNAKUMARI JAYAKUMAAR**  
TRADITIONAL NUTRITIONIST  
AND  
**Mrs..KRITHIGA PRABAKARAN**  
Founder of Organic Positive  
has kindly consented to deliver the Keynote Address

**Dr.S.THIRUMALAI KUMAR**  
PROFESSOR AND HEAD  
has kindly consented to deliver the Special Address



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**


**CHIEF PATRON**  
**Dr.M.SUNDAR**  
VICE CHANCELLOR

**PATRON**  
**Dr.R.RAMAKRISHNAN**  
REGISTRAR I/C

**ORGANIZING SECRETARY**  
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*"குன்னம் எப்படியோ, எண்ணம் அப்படியோ! உணவின் தூய்மை உணர்ந்து, வாழ்வை எளிமையாக்கும் உன்னதப் பாஷை, சிறுதானிய உணவு முறையில் பொதிந்துள்ளது"*  
- நம்மாழ்வார் -


**Objectives of the Traditional Food Workshop is to Educate the People on Agricultural Bio Diversity and Encourage conservation by popularizing traditional recipes made from lesser known crop varieties. To educate people on eating in season and encourage them to have local grown food.**

**Target populations: it will be useful for the all the students and staff of this university and general public to get insight on traditional food systems can contribute to create a health society to build strong nation.**

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
ACCREDITED WITH B GRADE BY NAAC



**CORDIALLY INVITES YOU ALL FOR**  
**"ONE DAY WORKSHOP ON TRADITIONAL FOOD FOR LIFE LONGEVITY AND HIGH PERFORMANCE"**

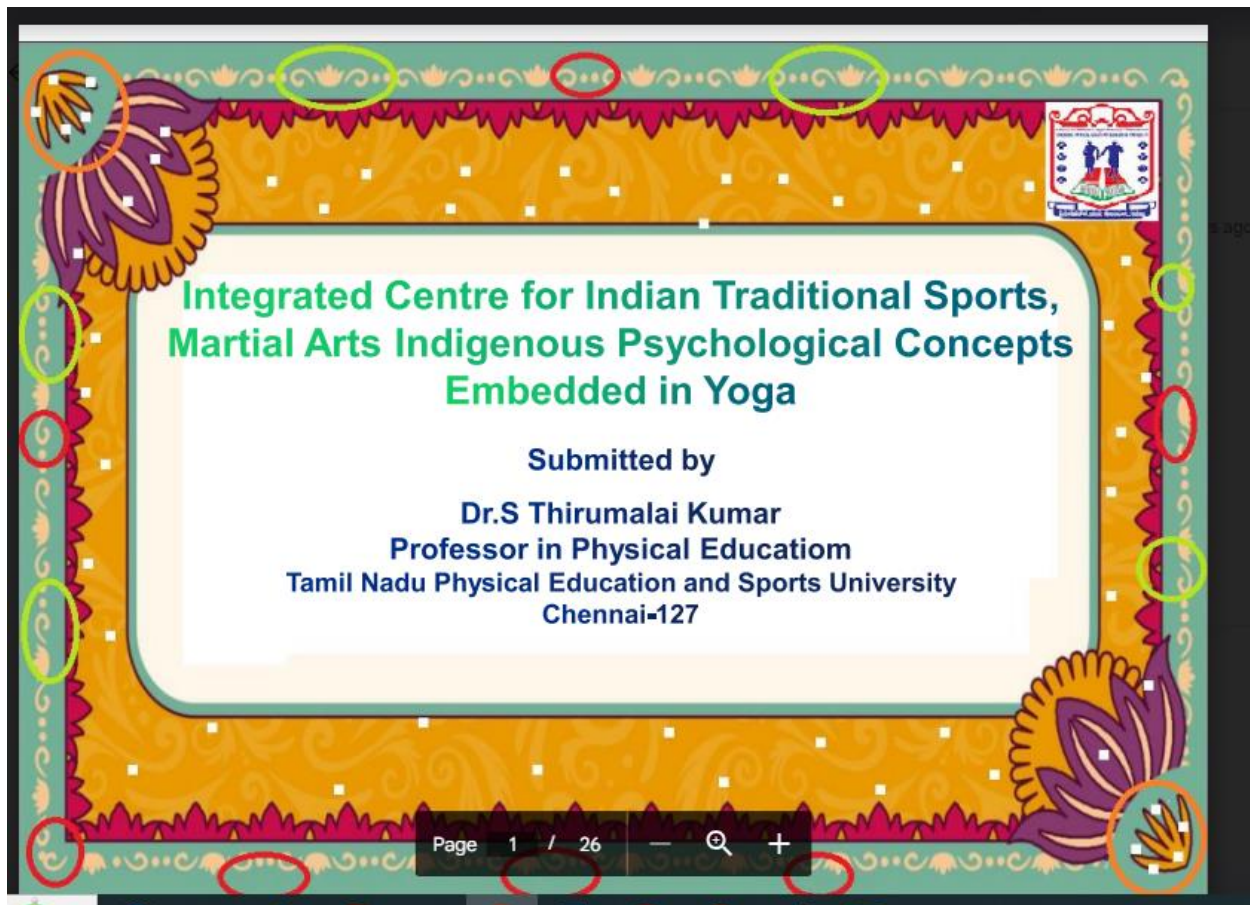


**ORGANIZING SECRETARY**  
**Dr.R.VENKATESAN**  
ASSOCIATE PROFESSOR AND NSS COORDINATOR  
NATIONAL SERVICE SCHEME  
TNPSU, MELAKOTTAIYUR,  
CHENNAI - 600127

# PROPOSAL FOR INDIAN KNOWLEDGE SYSTEMS

## OUTCOME BASED RESEARCH PROJECTS

Proposal were submitted by the Faculty members for Indian knowledge System's Outcome based Research projects (Bhāratīya-jñāna-saṁvardhana-vojanā ) and to establish IKS Centers (Bhāratīya-jñāna-saṁpoṣaṇa-gaveṣaṇa-kendram)



Endorsement from the Head of the Institution  
(not included in the page limit)

This is to certify that:

1. Certified that the Institute welcomes participation of Dr.S. Thirumalai Kumar as the Principal Investigator and ----- as the Co-Investigator for the project titled Integrated Effect of Indian Traditional Sports and Martial Arts with indigenous psychological concepts embedded in Yoga on Selected Health, Wellness and Psycho-Social Psycho-Social Aspects of Generation Y and Z, and that in the unforeseen event of discontinuance by the Principal Investigator, the Principal CoInvestigator will assume the responsibility of the fruitful completion of the project with due information to IKS Division of MoE @AICTE.
2. The date of project starts from the date on which the Institute receives the grant from Indian Knowledge Systems Division of MoE @ AICTE, New Delhi.
3. The investigator will be governed by the rules and regulations of Institute and will be under administrative control of the Institute for the duration of the project.
4. The grant-in-aid by the IKS Division of MoE @AICTE, New Delhi will be used to meet the expenditure on the project and for the period for which the project has been sanctioned as mentioned in the sanction order.
5. No administrative or other liability will be attached to the IKS Division of MoE @AICTE, New Delhi at the end of the project.
6. The Institute will provide basic infrastructure and other required facilities to the investigator for undertaking the research project.
7. The Institute will take into its books all assets created in the above project and its disposal would be at the discretion of the IKS Division of MoE @AICTE, New Delhi.
8. The Institute assumes to undertake the financial and other management responsibilities of the project.

Signature of the Head of the Institution with seal



  
To be signed by the Director of the Institute /  
Principal Investigator /  
Co-Investigator and stamped  
(Name) Dr. S. Thirumalai Kumar  
(Designation) Principal Investigator  
(Signature) \_\_\_\_\_  
For the Principal Investigator  
(Name) \_\_\_\_\_  
(Designation) \_\_\_\_\_  
(Signature) \_\_\_\_\_

Date: 30/10/2022

## **INTELLECTUAL PROPERTY RIGHTS (IPR) CELL**

TNPESU has established an Intellectual Property Rights (IPR) cell in the University. An Awareness programme on Intellectual Property Rights was conducted on 28<sup>th</sup> October 2022 by the Internal Quality Assurance Cell. The cell educate the student and the faculty with regards to filing application of research grants, patent filing.

Tamil Nadu Physical Education and Sports University Innovation and Incubation Centre is an Ideal Research and Development Innovation Ecosystem of the university which enable to nurture the ideas through research developing promoting start up culture among young entrepreneurs.

The main aim of the TNPESU-IIC is to ensure the collaboration with educational institutions, Corporate, industries, knowledge hubs and other socio-economic related agencies.

The Innovation and Incubation Centre (IIC) at TNPESU, nurtures a unique platform for Teachers, Scholars, Students, sports persons, Industrialists and Common man in and around the Region, to imagine, test and cultivate the innovation ideas, and translate them into valuable Products to serve the society. The Innovation and Incubation Centre (IIC) is to promote and research based ideas and entrepreneurship spirit among the students.

## STRUCTURE AND FUNCTION OF TNPESU-IIC

Tamil Nadu Physical Education and Sports University Innovation and Incubation Centre (TNPESU-IIC) is comprised of,



## **AWARENESS PROGRAMME INVITATION**



**TAMIL NADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY**

CHENNAI-127

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### **INVITATION**

## **AWARENESS PROGRAMME ON INTELLECTUAL PROPERTY RIGHTS**

Date: 28<sup>th</sup> October 2022

Time: 2.00pm, Venue: University Syndicate Hall

Organised by

**INTERNAL QUALITY ASSURANCE CELL**

**Dr. M.SUNDAR**

Vice- Chancellor, TN PESU

has kindly consented to deliver the Chief Guest Address

**Dr. R.RAMAKRISHNAN**

Registrar i/c, TN PESU

has consented to deliver the Felicitation Address

**ALL ARE INVITED**

Organizing Secretaries

**Dr. S. THIRUMALAI KUMAR  
Mr. K.B.SRINIVASAN**

Programme Coordinator

**Dr. M. GRACE HELINA  
IQAC Director, TN PESU**

**Tamil Nadu Physical Education and Sports University  
Department of Physical Education**

**Awareness Programme on “Indian Flag Code”**

**Date : 24.01.2019**

**Venue : Old Library Hall**

Ref : . Under Secretary to Government - No. 15/1/2019-Public, Government of India Ministry of Home Affairs Public Section New Delhi — 01. Dated the 7<sup>th</sup> January, 2019 - Strict compliance of the provisions contained in the ‘Flag Code of India, 2002’ and ‘The Prevention of Insults to National Honour Act, 1971’.

Indian National Flag represents hopes and aspirations of the people of our country and hence should occupy a position of honour. There is universal affection and respect for, and loyalty to, the National flag. Yet, a perceptible lack of awareness is often noticed amongst people as well as organizations/agencies of the Government.

In this regard an awareness programme is organized by the Department of Physical Education to make them aware about acts and codes such as ‘The Prevention of Insults to national Honour Act, 1971’ and ‘Flag Code of India, 2002’ which governs display of National Flag were explained to the students of the Department of Physical education. Physical Education Teachers working in educational institutions are responsible person for the flag hoisting in various functions, they must know the do’s and don’ts related to the national flag.

Dr. P.Kumarvelu, Assistant Professor in Physical Education explained the act ‘The Prevention of Insults to national Honour Act, 1971’ and

Dr. S.Thirumalai Kumar Professor and Head explained the ‘Flag Code of India, 2002’ and insisted upon not to use flags made of plastic papers as they are not biodegradable. Participants were the staff and students of Department of Physical Education.

Hard and soft copies of the above acts and code were given to the staff and students for their reference.







## TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Accredited with "B" by NAAC  
Melakottaiyur, Chennai-600127

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"

SUTHANTHIRA THIRUNAL AMUDHA PERUVIZHA  
TAMIL NADU

### Resource Person



### Dr. P.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 l'd - <https://meet.google.com/jut-rrbh-hoc>

Coordinator  
PT. C. Manoj  
Physiotherapist

Organizing Secretary  
Dr. S. Thirumalai Kumar  
Professor

Patron  
Dr. V. Gopinath  
Registrar

Chief Patron  
Vice Chancellor  
Convener Committee

Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai - 600 127.