

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

Tamil Nadu Physical Education and Sports University

A State University Established by Government of Tamil Nadu

(University under Section 2(f) & 12(B) of the UGC Act)

Melakottaiyur, Chennai-600127, Tamil Nadu, India

4.2.2 Utilisation of Lab Equipments Summary

S. No	Documents	Department	Year	Page
1	Lab Time Table	Physical Education	2018-2023	1-16
2	Yoga Department Lab Equipment Usage Registry	Yoga	2018-2023	17-41

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION

LABORATORY TIMETABLE
ODD SEMESTER ACADEMIC YEAR 2018-2019

Class: M.P.Ed

DAY	I	II	III	IV	V
Monday	---	---	---	---	T,M&E (Dr.STK)
Tuesday	---	---	---	---	SPST (Dr.SVK)
Wednesday	---	---	---	---	T,M&E (Dr.STK)
Thursday	---	---	---	---	SPST (Dr.SVK)
Friday	---	---	---	---	---

Class	Subject	Venue	Name
M.P.Ed-I	Test,Measurement & Evaluation in physical education (T,M&E)	Test & measurement lab	Dr.S.Thirumalai Kumar (Dr.STK)
M.P.Ed-II	Scientific principles of sports training (SPST)	Human performance lab	Dr.S.Velkumar (Dr.SVK)



Professor and Head Department of
Physical Education

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION
LABORATORY TIMETABLE
EVEN SEMESTER ACADEMIC YEAR 2018-2019

Class: M.P.Ed

DAY	I	II	III	IV	V
Monday	---	---	---	---	SB&K (Dr.SVK)
Tuesday	---	---	---	---	ICT (Dr.KRK)
Wednesday	---	---	---	---	SB&K (Dr.SVK)
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Friday	---	---	---	---	---

Class	Subject	Venue	Name
M.P.Ed-I	Sports Biomechanics & kinesiology (SB&K)	Human Performance lab	Dr.S.Velkumar (Dr.SVK)
M.P.Ed-II	Information & Communication technology in physical education (ICT)	ICT lab	Dr.K.Rajeshkumar (Dr.KRK)



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Class	Subject	Venue	Name
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B.P.Ed-II	Measurement & Evaluation in physical education (M&E)	Human performance lab	Dr.S.Velkumar (Dr.SVK)



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B.P.Ed-I	Sports Training (SP)	Test & measurement lab	Dr.S.Thirumalai Kumar (Dr.STK)
B.P.Ed-II	Kinesiology & Biomechanics (K&B)	Human performance lab	Dr.S.Velkumar (Dr.SVK)



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TNPESU

DEPARTMENT OF YOGA

DEPARTMENT OF YOGA
YOGA THERAPY LABORATORY
2018 - 2019

S. NO.	Name of the Student	Date	Time	Student's Signature
1.	S. Vidya Shankari	10/7/2018	11.30 am	<u>Vidya Shankari</u>
2.	S. Loganayaki	10/7/2018	11.30 am	<u>Loganayaki</u>
3.	N. Harikrishnan	17/8/2018	2.00 pm	<u>Harikrishnan</u>
4.	Deb kumardas	22/8/2018	3.00 pm	<u>Deb</u>
5.	M. Hema malini	22/8/2018	3.00 pm	<u>M. Hema</u>

Equipments:

Processes

① Jala neti Pot

Jala neti process

② Sutraneeti tube

Sutraneeti process

③ Trataka Stand

Candle Gazing

These were used by the above students.

6.	Dipti Roy	23/8/2018	02.45 am	<u>Dipti Roy</u>
7.	Janani Priya R	23/8/2018	02.45 am	<u>Janany priya</u>
8.	Kamatchi C.	27/8/2018	2.3.00 pm	<u>Kamatchi</u>
9.	Mahalakshmi C.	28/8/2018	3.00 pm	<u>Mahalakshmi</u>
10.	Saravana kumaran S.	31/8/2018	3.30 pm	<u>Saravana</u>

DEPARTMENT OF YOGA
NATUROPATHY LABORATORY
2018 - 2019

S.NO.	Name of the Student	Date	Time	Student's Signature
1.	C. kamatchi	17/9/2018	11.45am	kamathi
2.	S. Saravanan Kumar	20/11/2018	2.00pm	Saravanan kumar
3.	G. Nalini	20/11/2018	2.00pm	G. Nalini
4.	k. Gayatri	24/11/2019	3.00pm	Gayatri.
5.	kayathri k	25/11/2019	3.30pm	<u>kayathri</u>
6.	Rumki Sarkar	28/11/2019	3.30pm	<u>Rumki Sarkar</u>

Equipments:

- ① Immersion bath
- ② Hip bath
- ③ Chairs & stools
- ④ Oil bath, ^{massage} bed
- ⑤ Sauna bath

These were used by the students

7.	Mahalakshmi	30/1/2019	3.30pm	Mahalakshmi
8.	Dipti Roy	30/1/2019	3.30pm	Dipti Roy

DEPARTMENT OF YOGA
ANATOMY AND PHYSIOLOGY LABORATORY
2018 - 2019

S.NO.	Name of the Student	Date	Time	Student's Signature
1.	Nirmal kr Hazara	31/7/2018	11.30am	Nirmal
2.	N. Babeesh	31/7/2018	11.30am	Babeesh
3.	Dipti Roy	12/9/2018	2.00 pm	Dipti Roy
4.	C. Kamatchi	23/10/2018	3.00 pm	Kamachi
5.	C. Mahalakshmi	23/10/2018	3.00 pm	Mahalakshmi
6.	Janani Priya R	24/10/2018	2.00 pm	Janani Priya R.
7.	Babeesh N.	8/11/2018	11.30 am	Babeesh N.

Equipments:

- ① Stethoscope
- ② BP Monitor
- ③ weighting machine
- ④ Skeletal system Model
- ⑤ Thermo meter.
- ⑥ Height scale
- ⑦ spirometer

Psychological Equipments:

- ① Finger dexterity board
- ② Electronic Resting Time apparatus
- ③ Visual parameter

These were used by the students.

DEPARTMENT OF YOGA
PSYCHOLOGY PSYCHOLOGICAL LABORATORY
2018 - 2019

S.No.	Name of the Student	Date	Time	Student's Signature
1.	G. Nalini	16/10/2018	11.30 am	nalini
2.	Rumki Sarkar	8/11/2018	12.00 pm	Rumki Sarkar
3.	Kamatchi.c	8/11/2018	12.00 pm	Kamatchi

Equipments:

- ① Finger Dexterity board
- ② Electronic Resting Time apparatus
- ③ visual parameter
- ④ ~~These~~ Questionnaire

These were used by the Students

4.	Dipti Roy	9/11/2018	12.00 pm	Dipti Roy
5.	Satyaki Chakraborty	10/11/2018	12.30 pm	Satyaki Chakraborty
6.	Suruya Narayan Narayan	12/11/2018	3.00 pm	Suruya
7.	Mahalakshmi.c	13/11/2018	3.00 pm	Mahalakshmi
8.	S. Loganayagi	14/11/2018	3.30 pm	Loganayagi

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DEPARTMENT OF YOGA

DEPARTMENT OF YOGA
YOGA THERAPY LABORATORY
2019 - 2020

S.No.	Name of the Student	Date	Time	Student's Signature
1.	Sougat Modak	9/7/2019	11.00 am	Sougat
2.	C. Duraisundar	19/8/2019	11.30 am	Duraisundar
3.	Ashish kumar	21/11/2019	12.00 pm	Ashish
4.	Satyaki chakraborty	21/11/2019	2.00 pm	Satyaki chakraborty
5.	R. Sathya	7/12/2019	2.00 pm	<u>Sathya R.</u>

Equipments:Processes

① Jal neti Pot

Jal neti process

② Sutr neti tube

Sutr neti process

③ Trataka stand

Candle Gazing

6.	Sri Devi	29/1/2019	2.00 pm	Sri Devi
7.	Uma Shankari T.	29/1/2019	2.00 pm	Uma Shankari T.
8.	Varal Sanghvi	30/1/2019	3.00 pm	<u>Varal Sanghvi</u>
9.	Nalini G.	31/1/2019	3.00 pm	Nalini G.
10.	Abilasha Kumari	11/2/2019	3.00 pm	Abilasha Kumari
11.	Renuka	11/2/2019	3.00 pm	Renuka

DEPARTMENT OF YOGA
NATUROPATHY LABORATORY
2019 - 2020

S.No.	Name of the Student	Date	Time	Student's Signature
1.	S. Renuga	20/9/2019	11.30 am	<u>S. Renuga</u>
2.	R. Balasmita	23/10/2019	12.00 pm	<u>Balasmita</u>
3.	S. Nagalakshmi	7/11/2019	2.00 pm	<u>Nagalakshmi</u>
<u>Equipments:</u>				
① Immersion bath				
② Hip bath				
③ Chairs & Stools				
④ oil bath massage bed				
⑤ Sauna bath				
4.	Dhivakaran J	7/11/2019	2.00 pm	<u>Dhivakaran J.</u>
5.	Sudipta sil	8/11/2019	2.00 pm	<u>Sudipta Sil.</u>
6.	Ashish kumar	9/11/2019	3.00 pm	<u>Ashish Kumar.</u>
7.	Nazia Hossain	9/11/2019	3.00 pm	<u>Nazia Hossain</u>
8.	Sougt Modak	2/12/2020	3.30 pm	<u>Sougt Modak</u>

DEPARTMENT OF YOGA
ANATOMY AND PHYSIOLOGY LABORATORY

2019 - 2020

SNO.	Name of the Student	Date	Time	Student's signature
1.	Sougat Modak	30/9/2019	11.30 am	Sougat modak
2.	Nazia Hossain	12/11/2019 12/11/2019	2.00 pm	Nazia Hossain
3.	Sudipta Sil	12/11/2019 12/11/2019	2.00 pm	Sudipta sil

Equipments:

① Stethoscope

② BP Monitor

③ Weighting machine

④ Skeletal system Model

⑤ Thermometer

⑥ Height Scale

⑦ Spiro meter

4.	Abilasha kumari	12/11/2019	2.30 pm	Abilasha kumari
5.	Balasmitra	13/11/2019	2.30 pm	Balasmitra
6.	Dhurai Sundar C.	13/11/2019	3.00 pm	Durai Sundar C.

DEPARTMENT OF YOGA
PSYCHOLOGICAL LABORATORY
2019-2020

S.No.	Name of the Student	Date	Time	Student's Signature
1.	K. Murarani	4/12/2019	11.30 am	K. Murarani
2.	K. Badri	4/12/2019	11.30 am	K. Badri
3.	Abhishek kumar	10/12/2019		Abhishek kumar

Equipments:

- ① Finger Dexterity board
- ② Electronic Resting Time apparatus
- ③ Visual parameter
- ④ Questionnaire

4.	Nagalakshmi	10/12/2019	12.00 pm	Nagalakshmi
5.	Dhivakaran	11/12/2019	12.00 pm	Dhivakaran
6.	Renuka S.	13/12/2019	12.30 pm	Renuka S.
7.	S. K. Hasibul	13/12/2019	2.00 pm	S. K. Hasibul
8.	Sathya R	13/12/2019	3.00 pm	Sathya R
9.	Nalini G.	14/12/2019	3.30 pm	Nalini G.

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DEPARTMENT OF YOGA

DEPARTMENT OF YOGA
YOGA THERAPY LABORATORY
2020 - 2021

S.No.	Name of the Student	Date	Time	Student's Signature
1.	Abishak kumar	22/7/2020	11.30 am	<u>Abishak</u>
2.	N. Lakshman Raj	29/7/2020	11.45 am	Lakshman Raj
3.	Abilash R.	12/8/2020	12.30 pm	Abilash
4.	Abisha R.	12/8/2020	12.30 pm	<u>Abisha</u>
5.	Gokila S.	5/10/2020	2.00 pm	<u>Gokila</u>

Equipments:

Processes

① Jala neti Pot

Jala neti process

② Sutra neti tube

Sutra neti process

③ Trataka stand

Candle Gazing

④ Probs

6. M. Vijayarani

10/11/2020

2.00 pm

Vijayarani

7. S. Monika

10/11/2020

2.00 pm

Monika

8. Adarsh

28/8/2021

3.00 pm

adarsh

9. Kumaran

28/8/2021

3.00 pm

Kumaran

10. Suganya devi

28/8/2021

3.00 pm

Suganya devi

DEPARTMENT OF YOGA
NATUROPATHY LABORATORY

2020 - 2021

No.	Name of the student	Date	Time	Student's Signature
1.	Gowri keerthy M.	15/12/2020	12.00pm	Gowri Keerthy
2.	Suganya devi N.	15/12/2020	12.00pm	Suganya devi.

Equipments:

- ① Immersion bath
- ② Hip bath
- ③ Chairs & Stools
- ④ Oil bath massage bed
- ⑤ Sauna bath

3.	Muthu kumar A.	16/12/2020	12.00pm	Muthukumar A.
4.	Suge vignesh T	16/12/2020	12.30pm	vignesh.
5.	Vijaya kumari.	17/12/2020	12.30pm	Vijaya kumar.
6.	Gokila	18/12/2020	2.00 pm	Gokila
7.	Badri k.	18/12/2020	3.00 pm	Badrik
8.	Dhurai Sundar	19/12/2020	3.30pm	Dhurai Sundar

DEPARTMENT OF YOGA
ANATOMY AND PHYSIOLOGY LABORATORY
2020 - 2021

No.	Name of the Student	Date	Time	Student's Signature
1.	Bairavi R.	30/11/2020	2.00 pm	Bairavi
2.	Gokila S.	30/11/2020	2.00 pm	GOKILA S
Equipments:				
① Stethoscope				
② BP Monitor				
③ Weighting machine				
④ Skeletal system Model				
⑤ Thermometer				
⑥ Height scale				
⑦ Spiro meter				
3.	Abhishek kumar	17/12/2020	2.30 pm	Abhishek
4.	Durai Sundar	17/12/2020	3.00 pm	Durai Sundar
5.	Monika S.	18/12/2020	3.00 pm	Monika
6.	Abisha R.	18/12/2020	3.30 pm	Abisha R.

DEPARTMENT OF YOGA
PSYCHOLOGICAL LABORATORY

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2020 - 2021

S.No.	Name of the Student	Date	Time	Student's signature
1.	Lakshman Raj N.	10/12/2020	11.30 am	<u>Lakshman Raj</u>
2.	Niraimathi T.	22/12/2020	11.30 am	<u>Niraimathi</u>
<u>Equipments:</u>				
① Finger Dexterity board				
② Visual parameter				
③ Electronic Resting Time apparatus				
3.	Sujam Sikdar	22/12/2020	11.30 am	<u>Sujam Sikdar</u>
4.	Gowri keerthi	23/12/2020	12.00 pm	<u>Gowri keerthi</u>
5.	Suganya devi N.	23/12/2020	12.00 pm	<u>Suganya devi N.</u>
6.	Muthu kumari A.	24/12/2020	2.00 pm	<u>Muthu kumari</u>
7.	Abilash R.	24/12/2020	2.00 pm	<u>Abilash R.</u>
8.	Abisha R.	24/12/2020	2.00 pm	<u>Abisha R.</u>
9.	Ashok kumar V.	25/12/2020	3.00 pm	<u>Ashok kumar</u>
10.	Varani	25/12/2020	3.00 pm	<u>Varani</u>
11.	Gokila S.	26/12/2020	3.30 pm	<u>Gokila</u>

TNPESU

DEPARTMENT OF YOGA

DEPARTMENT OF YOGA
YOGA THERAPY LABORATORY

2021 - 2022

No.	Name of the Student	Date	Time	Student's signature
1.	Vignesh	18/8/2021	12.00 pm	Vignesh
2.	Ashok kumar	18/8/2021	12.00 pm	Ashok kumar
<u>Equipments:</u>		<u>Processes</u>		
① Jala neti Pot		Jala neti process		
② Sutra neti tube		Sutra neti process		
③ Trataka stand		Candle Gazing		
④ Probs				
3.	Gopalkrishnan KR	29/9/2021	12.00 pm	Gopala
4.	Karthick L	29/9/2021	12.00 pm	Karthick may
5.	Bhavani A	17/11/2021	12.30 pm	Bhavani
6.	Logeswari R	17/11/2021	2.00 pm	Logeswari
7.	Sariga B	18/11/2021	2.00 pm	Sariga
8.	Rajadurai P	18/11/2021	3.00 pm	Rajadurai
9.	Jegankumar B	24/11/2021	3.00 pm	Jegankumar
10.	A. Muthukumari	24/11/2021	3.00 pm	Muthukumar

DEPARTMENT OF YOGA
NATUROPATHY LABORATORY
2021 - 2022

S.No.	Name of the Student	Date	Time	Student's signature
1.	A. Muthukumari	6/10/2021	11.30am	A. Muthukumari
2.	olympia mukharjee	17/11/2021	2.00pm	Olympia
3.	sujan sikdor	17/11/2021	2.00pm	Sujan

Equipments:

- ① Immersion bath
- ② Hip bath
- ③ chairs & stools
- ④ oil bath massage bed
- ⑤ Sauna bath

4.	Gopal krishnan k.R	10/3/2022	2.00pm	Gopal Krishnan
5.	Logeswari R	10/3/2023	2.00pm	Logeswari
6.	Karthick	11/3/2023	2.30 pm	Karthick
7.	Rajadurai P	12/3/2023	3.00 pm	Rajadurai
8.	Logeswari	12/3/2023	3.30 pm	Logeswari

DEPARTMENT OF YOGA
ANATOMY AND PHYSIOLOGY LABORATORY
2021 - 2022

S.NO.	Name of the Student	Date	Time	Student's Signature
1.	C. Duraisundar	29/10/2021	11:45 am	<u>Duraisundar</u>
2.	M. Vijayarani	30/11/2021	2:00 pm	<u>Vijayarani</u>

Equipments

- ① Stethoscope
- ② BP Monitor
- ③ weighting machine
- ④ Skeletal system Model
- ⑤ Thermometer
- ⑥ Height Scale
- ⑦ Spirometer

3.	Karthick L	5/11/2022	2:00 pm	Karthick
4.	Logeswari R	25/4/2022	3:00 pm	Logeswari
5.	Komala M.	25/4/2022	3:00 pm	Komala
6.	Vignesh T	26/4/2022	3:30 pm	<u>Vignesh</u>

DEPARTMENT OF YOGA
PSYCHOLOGICAL LABORATORY

2021 - 2022

S.No.	Name of the Student	Date	Time	Student's Signature
1.	Vignesh T.	2/12/2021	11.30 am	Vignesh
2.	Ashok kumar V.	25/2/2022	2.00 pm	ashok kumar
Equipments:				
① Questionnaire				
② Electronic Resting Time apparatus				
③ Visual Parameters				
3.	Bairavi R.	25/2/2022	12.00 pm	Bairavi
4.	Gokila S.	12/3/2022	12.00 pm	gokila
5.	Nisaimathi	12/3/2022	12.30 pm	Nisaimathi
6.	Sujan Sikder	14/3/2022	2.00 pm	Sujan Sikder
7.	Gowri karthi	14/3/2022	2.00 pm	Gowri karthi
8.	Muthu kumar	15/3/2022	3.00 pm	Muthukumar
9.	Suganya devi	26/3/2022	3.00 pm	Suganyadevi
10.	Vijaya ^{kumari} kar	30/3/2022	3.00 pm	Vijayakumari
11.	Sariga	30/3/2022	3.30 pm	Sariga

TNPESU

DEPARTMENT OF YOGA

DEPARTMENT OF YOGA
YOGA THERAPY LABORATORY
2022-2023

S.No.	Name of the Student	Date	Time	Student's signature
1.	B. Sariga	18/11/2022	11.30 am	B. Sariga
2.	S. kumaran	18/11/2022	11.30 am	S. kumaran
3.	B. Giridharan	19/11/2022	2.00 pm	B. Giridharan
<u>Equipments:</u>		<u>Processes</u>		
① Jala neti Pot		Jala neti process		
② Sutra neti tube		Sutra neti process		
③ Trataka stand		Candle Gazing		
④ Probs				
4.	Komala M.	24/11/2022	2.00 pm	Komala M.
5.	Bhavani A.	29/11/2022	2.00 pm	Bhavani A.
6.	Logeswari R.	29/11/2022	3.00 pm	Logeswari R.
7.	Karthick	30/11/2022	3.00 pm	Karthick S.
8.	Kopal krishnan	1/12/2023	3.00 pm	Kopal krishnan
9.	Ramaselvi	2/12/2023	3.30 pm	Ramaselvi
10.	Prabhakaran	2/12/2023	3.30 pm	Prabhakaran

DEPARTMENT OF YOGA
NATUROPATHY LABORATORY

2022 - 2023

S.No.	Name of the Student	Date	Time	Student's signature
1.	L. karthik	14/10/2022	11.30 am	Karthik L
2.	Bhavani	10/2/2022	12.00 pm	Bhavan
3.	Komala	10/2/2022	12.00 pm	Komala

Equipments:

① Immersion bath

② Hip bath

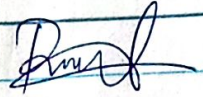
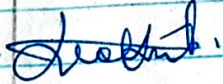
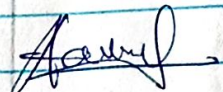
③ Chairs & stools

④ oil bath massage bed

⑤ Sauna bath

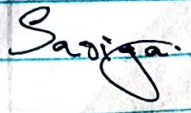
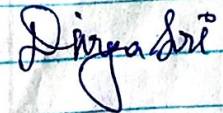
4.	Raja dhurai	20/9/2022	12.30 pm	Rajadurai
5.	Ramaselvi	20/9/2022	2.00 pm	Ramaselvi
6.	Giridharan	21/9/2022	3.00 pm	Giridharan
7.	Prabhakaran	21/9/2022	3.00 pm	Prabakaran
8.	Arthi R	22/9/2022	3.30 pm	Arthi

DEPARTMENT OF YOGA
ANATOMY AND PHYSIOLOGY LABORATORY
2022 - 2023

S.NO.	Name of the Student	Date	Time	Student's signature
1.	Ramya J.	3/11/2022	11.30 am	
2.	S. Logeshwari	15/2/2023	12.00 pm	
3.	R. Arthi	15/2/2023	12.00 pm	
4.	K. Mutharasi	6/4/2023	2.00 pm	

Equipments:

- ① Stethoscope
- ② BP Monitor
- ③ Weighting machine
- ④ Skeletal system model
- ⑤ Thermometer
- ⑥ Height scale
- ⑦ Spirometer

5.	Sariga B	7/4/2023	3.00 pm	
6.	Dinysa Sri R.	7/4/2023	3.00 pm	

DEPARTMENT OF YOGA
PSYCHOLOGICAL LABORATORY

2022 - 2023

S.No.	Name of the student	Date	Time	Student's signature
1.	Kirubhanandhan S.	14/10/2022	11.45 am	<i>[Signature]</i>
2.	S. Gokul raj.	14/10/2022	11.45 am	<i>Gokul Raj</i>
3.	Chandra mouli	8/11/2022	2.00 pm	<i>Chandra Mouli</i>

Equipments:

① Finger Dexterity board

② Visual parameter

4.	Bharani	14/2/2023	11.30 am	<i>[Signature]</i>
5.	Logeswarar	14/2/2023	11.30 am	<i>Logeswarar S.</i>
6.	Komala	16/2/2023	11.45 am	<i>Komala</i>
7.	Karthick	17/2/2023	12.00 pm	<i>Karthick</i>
8.	Gopalakrishnan K.R.	23/2/2023	12.00 pm	<i>Gopalakrishnan</i>
9.	Santhosh Thirupathi	20/3/2023	3.00 pm	<i>Santhosh</i>
10.	Kumaran	20/3/2023	3.00 pm	<i>Kumaran</i>
11.	Ramagelvi	21/3/2023	3.30 pm	<i>Ram</i>