



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

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## **NAAC – SSR CRITERION V SUPPORTIVE DOUMENTS FOR**

### **5.3.3 Average number of sports and cultural activities / competitions organised at the institution level per year**

***REPORT OF THE TECHNICAL FEST /  
ACADEMIC FESTS ORGANIZED  
SUPPORTIVE DOCUMENTS***

*National Level Athletics Clinic And  
Technical Officiating Examination*

Date : 09<sup>th</sup> & 10<sup>th</sup> April, 2022

**Organizing Committee**

*Chief Patron*



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

*Patrons*



**Dr.V.Gopinath**  
Registrar, TNPESU



**Mrs. Latha**  
Secretary, TNAA

*Organizing Secretary*



**Dr.I.Lilly Pushpam**  
Associate Professor, TNPESU

*Organizing committee*

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*Organizing Secretary*

**Dr.I.Lilly Pushpam**  
Associate Professor, TNPESU



*For further Details Contact*

**////ORGANIZING SECRETARY////**

**Dr.I.Lilly Pushpam**

Associate Professor

Department of Physical Education  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Chennai-600127  
Mobile : 7904284844, 8939613174  
Email ID : lilyharisports@gmail.com



**TAMIL NADU PHYSICAL  
EDUCATION AND  
SPORTS UNIVERSITY**

Melakottaiyur Chennai-600127,  
Tamilnadu, India

"India's First State University in Physical Education and Sports"

**NATIONAL LEVEL ATHLETICS  
CLINIC AND TECHNICAL  
OFFICIATING EXAMINATION**

Date : 09<sup>th</sup> & 10<sup>th</sup> April, 2022



Organized by

**TAMIL NADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY**

&

**TAMIL NADU ATHLETICS ASSOCIATION**

#### Dear Sir/Madam

We are pleased to inform you that the Tamil Nadu Physical Education and Sports University in collaboration with and Tamil Nadu Athletics Association is going to organize two days "National Level Athletics Clinic and Technical Officiating Examination" clinic that will feature many enlightening sessions. Young investigators will have the opportunities to exchange their current knowledge with senior professionals in Track and Field. The main aim is to bring together leading academicians, sports scientists, research scholars, and students to exchange and share their experiences related to various aspects of Athletics. We look forward to welcoming you to TNPESU at this clinic which should be a very special and memorable experience for all the participants.

#### About the University:

The Tamil Nadu Physical Education and Sports University established by an act of the Government of Tamilnadu in 2004 is unique and the first of its kind in India as an affiliating university, exclusively for physical education and sports. The said Act came into force with effect from 15th September 2005 after obtaining the assent from His Excellency, the President of India on 05.08.2005.

#### About the Clinic

This is an advanced level clinic organized under the auspicious of the staff & Students of the TNPESU to discuss the latest World Athletics rules, changes, and mechanism of officiating. National eminent persons in Athletics have kindly consented to be the resources for the Clinic.

#### Venue

Academic Building, TNPESU, Chennai-600127

#### Location

TNPESU is located 18 km away from Tambaram Bus Stand and Railway Station. The city is well connected by Vandalur to Kelampakkam road Kandigai bus stop, Chennai which is surrounded by many places of tourist interest such as Mahabalipuram and Kovalam. Direct bus service No. is 55M

## Resource Persons

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

**Mr.Srinivasan**  
TNAA Expert

**Dr.I.Lilly Pushpam**  
Associate Professor  
Dept. of Physical Education, TNPESU

## Registration fee

(Including Clinic & Officiating Examination Fees)

**Rs.900/- FOR TNPESU STUDENTS**

**Rs.1000/- FOR OTHERS**

- ★ Unfurnished accommodation will be provided on prior request.
- ★ The Participants must make their own arrangements for Food.

*Delegates should bring with them the following items:*

- ★ Dress Code suitable for Educational Institution
- ★ Stamp size photos-2
- ★ Whistle



#### Day – I

10:00 am : Registration  
10.30 am : Inaugural Function

#### Session I

11.00 – 11.45am : Introduction about Athletics  
11.45 – 12.00 am : Tea Break

#### Session II

12.00 – 12.45 am : Rules and Regulations – Track

#### Session III

12.45 – 01.30 pm : Rules and Regulations - Track  
01.30 – 02.30 pm : Lunch

#### Session IV

2.30 – 03.30 pm : Duties of Officials  
3.30 – 03.45 pm : Tea Break

#### Session V

03.45 – 05.45 pm : Rules and Regulations – Jumps

#### Day – II

#### Session I

07:00- 08.30 am : Rules and Regulations – Throws  
08.30 -10.00 am : Break Fast

#### Session II

10.00 – 12.00 am : Rules and Regulations – Combined Events  
12.00 – 12.15 am : Tea Break

#### Session III

12.15 – 01.15 pm : Examination  
01.15 – 02.30 pm : Lunch

#### Session IV

03.00 – 04.00 : Viva-Voce  
04.00 - 05.00 : Valedictory Function



**NATIONAL LEVEL WORKSHOP &  
OFFICIATING EXAMINATION IN KABADDI**

Organized by

**Department of Physical Education,  
TamilNadu Physical Education and  
Sports University  
Melakottaiyur post, Chennai – 600127**

in Association with

**Tamilnadu Amateur Kabaddi Association, Tirupur**

**REGISTRATION FORM**

Name (in capital letter) :

Class / Designation :

Department

Correspondence Address :

Mobile No :

Email :

Register Through The Google Form Link  
Given Below :

[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSF\\_MZSR5V6GEE28VXEBXJFPLAD24B2CT\\_VEIEFKVVDZAH11QI/VIEWFORM?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSF_MZSR5V6GEE28VXEBXJFPLAD24B2CT_VEIEFKVVDZAH11QI/VIEWFORM?usp=sf_link)

& SPOT ENTRY

**REGISTRATION FEES**

**Scholars / Students of TN PESU: Rs.750**

**Others: Rs.800/-**

**Note: Workshop commences at 10 am and  
the Spot Registration Starts at 9am.**

**ORGANIZING COMMITTEE**

**CHIEF PATRON**

Dr.M.Sundar

**Vice-Chancellor**

**PATRON**

Dr.V.Gopinath

**Registrar**

**WORKSHOP CONVENER**

Dr.S.Manikandan

**WORKSHOP DIRECTOR**

Dr.S.Thirumalaikumar

**ORGANIZING SECRETARY**

Dr.S.Jayakumar

**COORDINATORS**

Dr.P.Kumaravelu

Dr.L.Lilly Pushpam

**MEMBERS**

Dr.K.Rajeshkumar

Dr.S.Velkumar

Dr.C.Lakshmanan

Dr.K.Jayachandran

Dr.S.Gokila

For more details and communication

**Dr. S.Jayakumar**

**Organizing Secretary**

**Assistant Professor,**

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

**Melakottaiyur Post, Chennai – 600127**

**Mobile: 9444553332 / 9940584940**

**maduraijaya@gmail.com**



**TAMIL NADU PHYSICAL EDUCATION  
AND SPORTS UNIVERSITY**

**Melakottaiyur Post, Chennai – 600127**

**Established by the Government of Tamilnadu under Act – 9 of 2005  
& Approved by the UGC**

**India's State First University of Physical Education Cum Sports**



**NATIONAL WORKSHOP CUM  
OFFICIATING EXAMINATION  
IN KABADDI**

**12TH & 13TH APRIL, 2022**



*Organized by*

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

**In Association With  
Tamil Nadu Amateur Kabaddi  
Association**



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
**Mellakottaiyoor Chennai 127**

**Department of Physical Education**

# *Invitation*

The Vice Chancellor, The Registrar, The Members of the Syndicate,  
Staffs and Students of Tamil Nadu Physical Education and Sports University  
Invites you to the

**A NATIONAL LEVEL WORKSHOP & STATE LEVEL  
OFFICIATING EXAMINATION IN KHO KHO**

at 10 am in Auditorium, Library Building, Tnpesu Campus.

**on 18th April 2022**

**Dr. M. SUNDAR,**

Vice Chancellor, TN PESU

had kindly consented to be the Chief Guest and will deliver the Inaugural Address

**Dr. S. Manikandan,**

Professor and Head, Department of Physical Education Tnpesu  
will preside over the function.

**Dr. C. Lakshmanan,**  
**Organising Secretary.**







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**5.3.3 Sports and Cultural events / competitions organized by the institution are provided in the below mention link**

**NATIONAL LEVEL ONLINE QUIZ ON KALARIPPAYATTU AND SILAMBAM**

The poster is for a National Level Online Quiz organized by the Department of Physical Education at Tamil Nadu Physical Education and Sports University, Chennai. It features a blue background with a yellow border. At the top left is the university's logo. The text is in English and Tamil. It invites participation in the quiz on the eve of National Sports Day celebrations, scheduled for August 27, 28, and 29, 2020. The quiz is on Kalarippayattu and Silambam. The organizing secretaries are Dr. S. Jayakumar and Dr. S. Thirumalai Kumar. The convener is Dr. S. Manikandan. The patron is Dr. V. Gopinath, Registrar. The chief patron is Dr. Sheila Stephen, Vice Chancellor. There are two circular images: one on the left showing a person performing Kalarippayattu and one on the right showing a person performing Silambam. At the bottom center is a small image of a traditional Kalarippayattu maram (cane).

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

**Dr. S. Jayakumar**  
Organizing Secretary

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

**Dr. S. Manikandan**  
Convener

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

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



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**NATIONAL LEVEL ONLINE YOGA COMPETITION ON THE EVE OF NATIONAL  
SPORTS DAY CELEBRATION**





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

**DEPARTMENT OF PHYSICAL EDUCATION**  
invites you to participate in the  
**NATIONAL LEVEL ONLINE  
YOGA COMPETITION**  
On the eve of  
**NATIONAL SPORTS DAY CELEBRATIONS**  
**Date: 27<sup>th</sup> – 28th August, 2020**

<b>Participants</b>	: Open to all
<b>Fees</b>	: Free Registration
<b>Yoga Protocol</b>	: Tadasana, Padma Hastasana, Vajrasana, Sarvangasana, Bhujangasana, Dhanurasana, Vakarasana, Naukasana, Trikonasana, Halasana.
<b>Number of Yogasana</b>	: Any Five asanas from the yoga protocol
<b>Mode</b>	: Perform yoga at <b>home</b> only, the duration of the video should not exceed <b>3</b> minutes, Record all <b>5</b> Postures in a single video with dress code-Track Pant & T-Shirt. Upload the original video in the below mentioned registration link / google form.
<b>Email Id</b>	: <a href="mailto:tnpesuonlineyogacompetition@gmail.com">tnpesuonlineyogacompetition@gmail.com</a>
<b>Registration Link</b>	: <a href="https://forms.gle/UwcyobaScFJk67T57">https://forms.gle/UwcyobaScFJk67T57</a>
<b>Last Date</b>	: 28.08.2020 - 4.00 pm.
<b>Result</b>	: Results will be announced on 29.08.2020

<b>Dr. C.Lakshmanan</b> Assistant Professor Organizing Secretary	<b>Dr. S.Manikandan</b> Professor & Head Convener	<b>Dr. V.Gopinath</b> Registrar Patron	<b>Dr. Sheila Stephen</b> Vice Chancellor Chief Patron
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## **FIT INDIA 2020- MY HEALTH! MY FITNESS**

### **TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI**

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# **FIT INDIA - 2020**



## **MY HEALTH ! MY FITNESS !**

**Date : 23.10.2020**

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

#### **ORGANISING COMMITTEE**



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



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



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

#### **MEMBERS**



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



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



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

#### **International Guest Speaker**



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

#### **Rules & Regulations**

1. Participants have to send 120sec Performance video (less-than 50MB file size) on any kind of Exercise, any cultural arts or martial arts (such as Gym workout activities, yoga, dance, Silambam, Karate, etc )
2. Participants have to send their personal details to the Google form link on or before 20-10-2020  
(click the link - <https://forms.gle/8PWjSQkdhtbNntt6A>)
3. All the Participants will receive E-Certificate through e-mail.
4. The Best 5 Performances will be selected for Award of Merit certificate and all five performances will be showcased on 23-10-2020 at 11.30am through Zoom platform.  
(click the link - <https://us02web.zoom.us/j/84908723964>)

Zoom Meeting Id : 849 0872 3964  
Password : 626054

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



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## TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 127



**FIT INDIA MOVEMENT  
MY HEALTH ! MY FITNESS !**



Date : 23.10.2020

Time : 11.00am

### Programme Schedule

- 11.00 am - Tamil Thai Vazhthu
- 11.02 am - Welcome Address – **Prof.Grace Helina,**  
**Organizing Secretary,**  
**TNPESU**
- 11.04 am - Welcome Dance - Host University
- 11.10 am - Felicitation - **Dr.V.Gopinath, Registrar, TNPESU**
- 11.12 am - Winners Videos Broadcast
- 11.25 am - Inaugural & Presidential Address : **Dr.Sheila Stephen,**  
**Vice Chancellor,**  
**TNPESU**
- 11.30 am - Consolation Prize Videos Broadcast
- 11.40 am - Introduction of Guest Speaker : **Prof.Grace Helina,**  
**Organizing Secretary**
- 11.42 am - Invited Speaker Address : **Dr.Kaukab Azeem,**  
**Assistant Professor,**  
**King Fahd University & President,**  
**IFFHPEI**
- 12.15 pm - Response from Participants
- 12.20 pm - Distribution of Certificates
- 12.25 pm - Vote Of Thanks – **C.Manoj, Coordinator, TNPESU**
- 12.36 pm - National Anthem

<https://us02web.zoom.us/j/84908723964>

Meeting ID: 849 0872 3964 Passcode: 626054

<https://www.youtube.com/channel/UC7hRVDK2SpNUTLfwJTXNcIA>





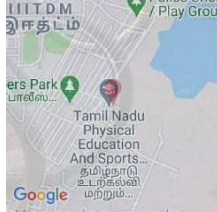
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## **FIT INDIA CYCLOTHON**



Unnamed Road, Vengadamangalam, Tamil Nadu 600127, India

Vengadamangalam

Tamil Nadu

India

2020-12-23(Wed) 06:57(am)



22°C

72°F



Unnamed Road, Vengadamangalam, Tamil Nadu 600048, India

Vengadamangalam

Tamil Nadu

India

2020-12-23(Wed) 07:05(am)



22°C

72°F





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## **PEDAGOGIC ATHLETICS COMPETITION**





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