



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 CULTURAL COMPETITIONS / EVENTS ORGANIZED***

### **5.3.3 Number of sports and cultural events / competitions organised by the institution during the year**

#### **Essay Competition (Azadi Ka Amrit Mahotsav)**

An essay competition on "Contribution of V.O.Chidambaram on Indian Independence" was held on August 5, 2022, in the Department in honour of India's 75<sup>th</sup> anniversary of independence. Participants in the event were BBA, MBA, and research scholar students. Ms. Dephibari Lyngdoh, a full-time PhD student, took first place; Ms. Astha Choubey, a second-year MBA student, took second; and Ms. Kanagasri, a third-year BBA student, took third place. The event's judge was Dr. J. Anitha, Assistant Professor in the department of statistics and computer applications, TNPESU. Dr.V.Ramesh Kumar, Assistant Professor was the Organizing Secretary of the event and Dr.P.Adichiappan, Guest Lecturer in the Department was the Joint Organising Secretary of this Event.





தமிழ்நாடு தனித்தன்மை மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
TAMIL NADU



## **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

Melakottaiyur, Chennai-600127

### **DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY & SOCIOLOGY**

**organizes**

### ***Essay Competition (Tamil / English) on Contribution of V.O.Chidambaram on Indian Independence***

in view of celebrating the 75th Independence Day of India ('Azadi Ka  
Amrit Mahotsav') to inspire the National Spirit in the minds of youth  
and unity and integrity of our great nation on 5<sup>th</sup> August, 2022.

**Dr. V.Ramesh Kumar**

Organizing Secretary

**Dr.P.Adschiappen**

Joint Organizing Secretary

**Dr.S.Prem Kumar**

Professor & Head

**Dr. R.Ramakrishnan**

Registrar i/c

**Dr. M.Sundar**

Vice Chancellor













## **Oratory Competition (Azadi Ka Amrit Mahotsav)**

In honour of India's 75th anniversary of independence, an oratory competition on the "Contribution of Tamilians for Indian Freedom Struggle" was organised on August 11, 2022, in the Department. Students from the BBA and MBA programmes took part in the event. Second-year MBA student Ms. Astha Choubey won first place, followed by second-year BBA student Mr. Hariharan and second-year MBA student Mr. Mohammed Prince. Dr. Grace Helina, a professor at the Department of Exercise Physiology and Nutrition, TNPESU and Mrs. Mary Josephine, the headmistress of the Government High School in Velankanni, served as the event's judges. Dr.V.Ramesh Kumar, Assistant Professor was the Organizing Secretary of the event and Dr.P.Adichiappan, Guest Lecturer in the Department was the Joint Organising Secretary of this Event.





தமிழ்நாடு இயல்புக் கல்வியும் விளையாட்டும்  
பல்கலைக்கழகம்



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**Dr. V.Ramesh Kumar**

Organizing Secretary

**Dr.P.Adichiappan**

Joint Organizing Secretary

**Dr.S.Prem Kumar**

Professor & Head

**Dr. R.Ramakrishnan**

Registrar i/c

**Dr. M.Sundar**

Vice-Chancellor















## **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

Melakottaiyur, Chennai-600127

Department of Exercise Physiology and Biomechanics

Cordially invite you all for

### **TEACHERS DAY PROGRAMME**

Organized by the Students of II Year M.Sc Exercise Physiology and Biomechanics

at 11.30 am on 5<sup>th</sup> September 2022

Venue: Conference hall, 2<sup>nd</sup> floor of Academic Block

**Dr.M.SUNDAR**

Vice chancellor, TNPESU

has kindly consented to be the Chief Guest and will deliver the Teachers Day address

**Dr.R.RAMAKRISHNAN**

Registrar i/c , TNPESU

has kindly consented to give the felicitation address

**Dr.P.K.SENTHIL KUMAR**


**M.Sc 2<sup>nd</sup> year Students**

**Dr.M.GRACE HELINA**

Head i/c

Professor  
Organizing Secretary

Department of Exercise Physiology and Biomechanics

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



## TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



**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: [tnpesu@gmail.com](mailto:tnpesu@gmail.com)

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

Dr.R.Ramakrishnan

Registrar i/c

Lr.No.003/TNPESU/EPN/R2/Estd./Tdp/2022

Date:30.08.2022

To

Dr.M.Grace Helina,

Professor,

Department of Exercise Physiology and Nutrition,

TNPESU, Chennai -600127.

Sir,

Sub: TNPESU – Establishment – Permission to Teachers day  
programme-Order Issued-Reg:

Ref: 1. Vice-Chancellor approval dated:30.08.2022.

\*\*\*\*\*

With reference to the above, I am by direction to inform you that  
Permission has been given to Teachers Dayprogrammeat 2<sup>nd</sup> floor  
conference hall Academic Block, TNPESU



*[Handwritten Signature]*  
20/8/22

REGISTRAR i/c

Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





## **TEACHERS DAY PROGRAMME - REPORT**

**Organized by**

**Students of II Year M.Sc. Exercise Physiology and Biomechanics**

**Venue: Conference Hall, 2<sup>nd</sup> Floor, Academic Block**

**Date: 05-09-2022**

**Time: 11.30 am to 12.30 pm**



**Dr. P.K Senthil Kumar**  
**Head i/c**

**M.Sc. II year Students**  
**Exercise Physiology**  
**and Biomechanics**

**Dr. M. Grace Helina**  
**Professor**  
**Organizing Secretary**



The M.Sc II year students of the Department of Exercise Physiology and Biomechanics organized the Teachers Day programme at 11:30 am on 5<sup>th</sup> September 2022 at the second floor of the conference hall of the Academic Building. The program began with TamilthaiVazhthu and Mr. Mohamed Saifudeen of M.Sc. II Year Exercise Physiology & Nutrition welcomed the gathering. It's an Indian tradition to honor our guests on this special day, so the presentation of the shawls were taken place, to honor our Chief Guest Dr. M. Sundar the Vice Chancellor of Tamil Nadu Physical Education and Sports University Dr. M. Grace Helina, Professor and Organizing Secretary presented a shall, Dr. R. Ramakrishnan Registrar i/c was honored by Dr. P. K Senthil Kumar Head i/c, also Dr. P. K Senthil Kumar was honored by Mr. Surya of II year M.Sc student. The program continued with Felicitation Address by Dr. R. Ramakrishnan, Registrar i/c, TNPESU. After the felicitation address, a cake cutting took place. Followed by Students Speech Mr. Sanil, Exercise Physiology & Nutrition, and Mr. Vigneshwar, Sports Biomechanics & Kinesiology of M.Sc II Year. A beautiful dance was performed by Mr. Kevin, Sports Biomechanics & Kinesiology of M.Sc II Year. Again there was a Students Speech from Mr. Naveen, Exercise Physiology & Nutrition, and Ms. S. Madhumitha, Sports Biomechanics & Kinesiology of M.Sc II Year followed by a Dance performance from Ms. Logapriya, M.Sc II Year, Exercise Physiology & Nutrition. Our Chief Guest Dr. M. Sundar, the Vice Chancellor of Tamil Nadu Physical Education and Sports University, delivered a message on Teachers Day that enlightened the staff and students.



### **OBJECTIVES:**

- 1. To encourage the students to enthusiastically participating and appreciating the untiring work of their faculty members.**
- 2. To motivate the students to become the future leaders.**

### **BENEFICIARIES**

Staff and Students of the Department of Exercise Physiology and Biomechanics.

**Total number of Participants: 80**

### **Presentation of Mementos**

Students from the Department of Exercise Physiology and Biomechanics shown a modest token of appreciation to the faculty members for their dedicated service on this Very Special Day of Teacher's Day celebration.

There was a short speech of remarks by Dr. P.K Senthil Kumar Head i/c, Exercise Physiology, and Nutrition. Ms. Priyanka of M. Sc II year Sports Biomechanics & Kinesiology delivered a vote of thanks. The refreshments were served to all teachers and participants. The program was concluded with a National Anthem.

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Mr. Mohamed Saifudeen of M.Sc II year welcoming the gathering







**Presentation of Shawl**





Mr. Sannil, Mr. Vigneshwara, Mr. Naveen and Ms. S. Madhumitha students from the department of Exercise Physiology and Biomechanics delivered a speech on Teacher's Day.



Teacher's Day Programme the Chief Guest Dr. M. Sundar the Vice Chancellor of Tamil Nadu Physical Education and Sports University cut the cake.



**The Vice Chancellor** of the Tamil Nadu Physical Education and Sports University, Honorable Chief Guest Mr. M. Sundar, delivered the Teacher's Day message.





**Presentation of Mementos**



Dr. P.K Senthil Kumar Head i/c, Exercise Physiology, and Biomechanics , word of appreciation to all students as remarks.





Dr. M. Grace Helina, Professor, the Organizing Secretary, Dr. P.K. Senthil Kumar, Associate Professor, Head i/c, Dr. J. Anitha, the Statistician, Assistant Professor, Mr. Saran (Guest Lecturer), and others posed for pictures with M.Sc. II-year Students, Exercise Physiology and Biomechanics.

### Students Attendance List:

#### Exercise Physiology and Nutrition

1 <sup>st</sup> year B. Sc		2 <sup>nd</sup> year B. Sc		3 <sup>rd</sup> year B. Sc	
Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Abin Aju	1	Abhinesh Kumar	1	G. Anarkali
2	Akash	2	Adithyam	2	B. Balaji
3	Arun Kumsr. R	3	Abinaya	3	R. Dhanalakshmi
4	Dhanush. S	4	Dhanalakshmi	4	R. Ishwarya
5	Dinesh. S	5	Monisha	5	M. Kalaikumar
6	Jegadeesh. A	6	Jai Gandhi	6	R. Madhavan
7	Khirubhakaran. T	7	Suresh	7	A. Sanjay
8	Elgin S.S	8	vignesh	8	T. Tamil marikumaran
9	Ligin	9	Ajay	9	N. Thanasamy
10	Lingeshwaran. M				
11	Marimuthu. T				
12	Mohammed Baisudeen. M				

13	Saranya. S				
14	Susipandiyan. S				
15	Sreejesh				
16	Vimalraj. J				
17	Vishali. P				
<b>1<sup>st</sup> Year M. Sc</b>		<b>2nd Year M. Sc</b>		<b>Ph. D Scholars</b>	
1	Anupriya A	1	Akash	1	Rosy Lunghar
2	Balajimuthiyalu. V.A	2	Alagu Vishalatchi	2	Niranjan
3	Beljin B	3	KavibalaDhanavarshini	3	Stanly
4	Daniel Roophers. V	4	Logapriya		
5	Dhanalakshmi J	5	Thakshya		
6	Eva Beryl B	6	Thenmozhi		
7	Famitha Banu A	7	Pavithra		
8	Gokula Krishnan S	8	Surya		
9	Hemath Kumar J N	9	Satheesh Kanan		
10	Ishwarya R	10	Muthu Kumar		
11	Janartham T	11	Madhavi Sannil		
12	John Christopher Raj	12	Mohammed Saifudeen		
13	Meloshini L	13	Naveen Raj		
14	Ponkumar G	14	Ismayel		
15	Pratik Narayan Sahoo. P				
16	Praveen Kumar B				
17	Rajineeshwasran G				
18	Revathi S				
19	Rizwana Parveen AR				
20	Saktheeswari .S				
21	Sandhana Priya S				
22	Sandhiya L				
23	Santhiya A				
24	Subhash V				
25	Susheela Kuntumala				
26	Vignesh A				
27	Yamuna K				
28	Yogha Sagar .C				



### Sports Biomechanics and Kinesiology:

1 <sup>st</sup> year B. Sc		2 <sup>nd</sup> year B. Sc		3 <sup>rd</sup> year B. Sc	
Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Archunan.G	1	Aravind. S	1	Aakash. M
2	E.Balachandar (#)	2	Deepak Kumar E	2	Ajay. A
3	Janani.P	3	Deepak Raj. R	3	Devi Priya. G
4	Karuppasamy.D	4	Karthick. K	4	Dinesh Kumar. S
5	Naren.S	5	Kathiresan. G	5	Hemanandhan. R
6	Nalini. D	6	Kevin Ferdinand. J	6	Kamalesh. P
7	Nityanta Kumar. S.V	7	Meganathan. M	7	Lathishkar. B
8	Raghul.J	8	Nandha Kumar. R	8	Madhumitha. S
9	Ranjith Kumar.R	9	Rithish. K	9	Muthamizharasan. C
10	Satheesh.M	10	Sarathi. S	10	Sudharasan. S
11	Shalini.S	11	Sasikala. S		
12	Shyam.B	12	Suba Ashok. S		
13	Sridhar.B	13	Veslin Samuel. R		
14	Srimanth Krishna K.R				
15	Sivabalan. N				
16	Sujal.V (#)				
17	Thanalakshmi.A				
18	Thirumanjari.A.P				
19	Vignesh.R				
20	Vishnudharan.P				
1 <sup>st</sup> Year M.Sc		2 <sup>nd</sup> Year M.Sc			
1	Ajith Kumar. K	1	Arun. C		
2	Bishwath.B.P	2	Arunadevi. R		
3	Dinesh.M	3	Badhusa. B		
4	Felix Sanoosh.P.S	4	Durga. S		
5	Gokulesh.N	5	Ilayabharathi. R.M		
6	Hema.D	6	Jackson. A		
7	Ibrahim.M	7	Karthick. K		
8	Jagan.V	8	Kiran Yesuraj. R		
9	Jaya Ganesh.S	9	Nivedha. M		
10	Jamuna Sri.E	10	Preethi. R		
11	Midhun B Pillai	11	Priyanka Anie Kosle		
12	Madhan Kumar.R	12	Tamilselvan. P		
13	Pravin.S	13	Vigneshwar. K		
14	Sanchari Banerjee				
15	Santhosh.G				

*(Signature)*  
Registrar  
Tamilnadu Physical Education  
and Sports Commission

**TAMILNADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY-  
CHENNAI - 600127.**

**Accredited with "B" by NAAC**



**REPORT**

**On**

**"INTERNATIONAL WOMEN'S DAY CELEBRATION"**

**On 01.03.2023**

**Organized by**

**DEPARTMENT OF EXERCISE PHYSIOLOGY**

**AND NUTRITION**

Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai





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Phone No :044-27477906

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

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

Dr.R.Ramakrishnan

Registrar i/c

Lr.No.002/TNPESU/EPN/R2/Estd./Iwd/2022

Date:30.08.2022

To

Dr.M.Grace Helina,

Professor,

Department of Exercise Physiology and Nutrition,

TNPESU, Chennai -600127.

Sir,

Sub: TNPESU – Establishment – Permission to International  
women's day-celebration -Order Issued-Reg:

Ref: 1. Vice-Chancellor approval dated:30.08.2022.

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With reference to the above, I am by direction to inform you that  
Permission has been given to international women's day celebration  
at 2<sup>nd</sup> floor conference hall Academic Block, TNPESU



  
REGISTRAR i/c  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai

Details of International Women's Day Celebration – University							
Theme: Empowerment and Improvement of Women in social, cultural and health status							
Sr. no	Name of college s / Universities	Date & Location	Events/Sports played	No. of Total Participation	Prize money Distributed if any	Details of Guests	Photo Link
1	Tamil Nadu Physical Education and Sports University	01/03/2023	Solo, Group Singing and Oratorical Competition	15+4+15	Prize by Gift for the First Three winners in each category	<p>Chief Patron — Dr. M. SUNDAR</p> <p>Patron - Dr. R. Ramakrishnan</p> <p>Director - Dr.M. Grace Helina</p> <p>Convenors – Dr.P.K. Senthil Kumar and Dr. R. Venkatesan</p> <p>Associate Professors</p> <p>Organising Secretary – Dr.J. Anitha</p> <p>Members – Mr. Karnan ( Guest Lecturer) P.hD Scholars and students of EPN.</p> <p>Judges for Singing ( Dr. P.K Senthil Kumar, DR.D.SATHIAKUMAR, and K. Saranya Devi)</p> <p>Judges for Oratorical: (Dr. Grace Helina, Dr. V.Ramesh Kumar, and S. Rajeshwari)</p>	
2		03/03/2023	Solo and Group Dance	10+11	Prize by Gift for the First Three winners in each category	Judges for Dance: (Dr. V. Mangaiyarkarasi, Dr. K.Kannadasan, and Dr. J.Anitha	
3		08/03/2023	Carnival (Fun games and Food Courts)				

# TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY- MELAKOTTAIYUR - Chennai - 600127.

EVENT	IN-CHARGE	 <b>TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY</b> <b>"INTERNATIONAL WOMEN'S DAY"</b> <b>IN THE THEME OF</b> <b>EMPOWERMENT AND IMPROVEMENT OF</b> <b>WOMEN IN SOCIAL, CULTURAL AND</b> <b>HEALTH STATUS"</b> <b>ORGANIZED BY</b> <b>DEPARTMENT OF EXERCISE PHYSIOLOGY AND</b> <b>NUTRITION</b> <b>ON 04/03/2023, 05/03/2023 AND 06/03/2023</b>	<b>ABOUT THE DEPARTMENT</b> The Department of Exercise Physiology and Nutrition (EPN) combines study in Exercise Physiology, Human Nutrition, Sports Nutrition and Biological Sciences along with various sports training. Opportunities for research, theory and practical experience are the core of the instructional methods for both undergraduates and postgraduate students.												
<b>Singing</b> <b>Dance</b> <b>Ceremonial</b> <b>Cultural</b>	<b>Dr. P.K. SENTHIL KUMAR</b> <b>Dr. J. AMITHA</b> <b>Dr. R. YESHATHESAN</b> <b>Dr. M. GRACE HEELINA</b> <b>Dr. KARUNY</b> <b>Staff: P. Adithyan</b> <b>and Others</b>		<b>OBJECTIVES OF THE PROGRAMME</b> <ul style="list-style-type: none"> <li>To make the world a better place for Women.</li> <li>Working for better future.</li> <li>To achieve the sustainable development.</li> </ul> <p>The following Competition will be held among Teaching &amp; P.G.D Scholars, Students and Staff/Institute Staff on 1st, 3rd and 4th of March 2023</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>S.No</th> <th>DATE</th> <th>PROGRAMME</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>03/03/2023</td> <td>Solo, Group Singing and Ceremonial Competition</td> </tr> <tr> <td>2.</td> <td>05/03/2023</td> <td>Solo and Group Dance</td> </tr> <tr> <td>3.</td> <td>06/03/2023</td> <td>Ceremonial (Fun games and Food courts)</td> </tr> </tbody> </table>	S.No	DATE	PROGRAMME	1.	03/03/2023	Solo, Group Singing and Ceremonial Competition	2.	05/03/2023	Solo and Group Dance	3.	06/03/2023	Ceremonial (Fun games and Food courts)
S.No	DATE	PROGRAMME													
1.	03/03/2023	Solo, Group Singing and Ceremonial Competition													
2.	05/03/2023	Solo and Group Dance													
3.	06/03/2023	Ceremonial (Fun games and Food courts)													
<p>*The rules and regulations of the competitions and the entry forms shall be submitted through google forms*</p> <p>Google Form links:</p> <p><b>SINGING</b>  <a href="https://forms.gle/8m5v8m5v8m5v8m5v">https://forms.gle/8m5v8m5v8m5v8m5v</a></p> <p><b>GROUP SINGING</b>  <a href="https://forms.gle/8m5v8m5v8m5v8m5v">https://forms.gle/8m5v8m5v8m5v8m5v</a></p> <p><b>SOLO DANCE</b>  <a href="https://forms.gle/8m5v8m5v8m5v8m5v">https://forms.gle/8m5v8m5v8m5v8m5v</a></p> <p><b>GROUP DANCE</b>  <a href="https://forms.gle/8m5v8m5v8m5v8m5v">https://forms.gle/8m5v8m5v8m5v8m5v</a></p> <p><b>CEREMONIAL</b>  <a href="https://forms.gle/8m5v8m5v8m5v8m5v">https://forms.gle/8m5v8m5v8m5v8m5v</a></p>		<p style="text-align: center;"> <b>Chief Patron</b>  <b>Dr. M. SUNDAR</b>            Vice-Chancellor         </p> <p style="text-align: center;"> <b>Patron</b>  <b>Dr. R. RAMAKRISHNAN</b>            Registrar         </p> <p style="text-align: center;"> <b>Director</b>  <b>Dr. M. GRACE HEELINA</b>            Professor         </p> <p style="text-align: center;"> <b>Convener</b>  <b>Dr. P. K. SENTHIL KUMAR</b>  <b>Dr. R. YESHATHESAN</b>            Associate Professors         </p> <p style="text-align: center;"> <b>Organizing Secretary</b>  <b>Dr. J. AMITHA</b>            Assistant Professor         </p> <p style="text-align: center;"> <b>Monitor</b>  <b>Ms. KARUNYA Ganesan</b>            PGD Scholar and Students of EPN         </p>													

## INTERNATIONAL WOMEN'S DAY CELEBRATION -2023

**THEME: EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL,  
CULTURAL AND HEALTH STATUS.**

## SINGING COMPETITION

**DATE: 1<sup>st</sup> March, 2023**

**VENUE: 2<sup>nd</sup> floor, Conference Hall, Academic Block.**

### **SOLO SINGING:**

<b>PARTICIPANTS</b>	<b>DEPARTMENT</b>
1.AARTHI	YOGA MSC
2.VISHALI	EPN BSC
3.MUTHARASI	BPED
4.MARIYAMMAL	BPED
5.ISMAYIL	EPN MSC
6.SHAKTHI	MSC EPN
7.GOKUL	MBA
8.DR. ANGELPRIYA	STAFF
9.HEMA	BSC SPORTS COACHING
10.HARINI	MBA
11.RAMESH	BSC SPORTS COACHING
12. RAFI	BPED
13.SUBASH	MSC EPN
14.SANDHIYA	MSC EPN
15.GOPI	BPED

### **GROUP SINGING:**

1.FAMITHA,RIZWANA PARVEEN, ANUPRIYA	EPN MSC
2.SAIFUDEEN, SURIYA, PRIYA, ISMAYIL	EPN MSC
3.JAYANTHI, VALLI	STAFF
4.VICTORIA, SHANTHI	STAFF

### **WINNERS (SOLO SINGING)**

1. ISMAYIL MSC EPN
2. GOKUL - MBA
3. MARIYAMMAL-BPED

### **WINNERS (GROUP SINGING)**

1. FAMITHA, RIZWANA, ANUPRIYA – MSC EPN

**SAIFUDEEN, SURIYA, PRIYA, ISMAYIL – MSC EPN**

4. JAYANTHI, VALLI - STAFF



## **ORATOTICAL COMPETITION:**

**DATE: 1<sup>ST</sup> March, 2023**

**VENUE: 2<sup>nd</sup> floor Conference Hall, Academic Block.**

<b>PARTICIPANTS</b>	<b>DEPARTMENT</b>
1.ASTA CHOUBEY	MBA
2.LAVANYA	BSC YOGA
3.PRIYA	BSC YOGA
4.GOMATHI	BBA
5.RASEENA	MBA
6.NIVETHA	MSC BIOMECHANICS
7.DURGA	BSC BIOMECHANICS
8.MADHUMITHA	MSC BIOMECHANICS
9.FELIX	BSC BIOMECH
10.HEMA	BSC BIOMECH
11.AJAI	MSC PSYCHOLOGY
12.LANISHKAR	MBA
13.KEVIN	BSC BIOMECH
14.PRIYADHARSHINI	MBA
15.MAHALAKSHMI	BPED

### **WINNERS:**

1. ASTA CHOUBEY -MBA
2. MADHUMITHA- MSC BIOMECHANICS
3. KEVIN- BSC BIOMECHANICS

## **DANCE COMPETITION**

**DATE: 3<sup>rd</sup> March 2023**

**VENUE: 2<sup>nd</sup> floor Conference Hall, Academic Block.**

### **SOLO DANCE**

<b>PARTICIPANTS</b>	<b>DEPARTMENT</b>
1.SUSHMITHA	MSC YOGA
2.SHANMUGA PRIYA	MSC YOGA
3.SATHYA	BSC SPORTS COACHING
4.DEEPIKA	BPED
5.JEEVAN	BSC SPORTS COACHING
6.STANLEY	BPED
7.SATISH	MBA
8.KISHORE	YOGA
9.REKHA	MBA
10.FARIDA	BSC EPN

**GROUP DANCE:**

2. R. EZHILOVIYA, R. RITHISHA, M, DHAARANI, M. AARTHI, R. DEEPIKA, R. THARMIKA, S. SELVA, SUNDHARI, MEGALA	BPED
2.AARTHI, RAMYA, SARIGA, DIVYASRI, KOMALA, VINITHA, SUSHMITHA	MSC YOGA
3.SHANMUGA PRIYA, R.PRIYA, LEEZA, SUSHMITHA, LOGESHWARI	MSC YOGA
4.GOKUL, KIRUBANANDHAN, SEGAN, SANTHOSH, GOKULNATH, HEMACHANDRAN	BSC YOGA
5.NERKIGE POOF, SARAN SNOWPHANA	MBA
6.SACHIN CHARLES, MATHU SUTHANAN, HARIINDHAR, SEENU, JANARTHANAN, ANBU, TAMIZHAGAN, NITHISH, HARISH	BSC SPORTS COACHING
7.SRINATH, GOWTHAM, SURYA PRASAD, THENNARASU, YOKESH, SACHIN	BSC SPORTS COACHING
8.THOMAS, MARIYA DOSS, BALACHANDAR, MADHAN, KARTHIKEYAN, KAVIN	MSC BIOMECHANICS
9.AJITH KUMAR, IBRAHIM, MADHAN KUMAR, AAKASH, NANDHA KUMAR, RITHISH, DHOLKAPPIYAR	BSC BIOMECHANICS
10.NIVETHA, JAMUNA, DEVI, THIRUMANJARI, SHALINI, THANALAKSHMI, NALINI	BPED
11.AJAI AND TEAM	MSC PSYCHOLOGY

**WINNERS SOLO DANCE:**

1. KEVIN – BIOMECHANICS
2. SUSHMITHA – YOGA
3. SATHIYA – SPORTS COACHING

**GROUP DANCE:**

1. AJAI AND TEAM – MSC PSYCHOLOGY
2. SRINATH AND TEAM – SPORTS COACHING
3. IBRAHIM AND TEAM – MSC BIOMECHANICS

## Tamil Nadu Physical Education and Sports University

### International Women's Day Celebration

Theme: Empowerment and Improvement of women in Social Cultural and Health Status

Day 1 Theme Singing and Oratorical Competition on 1<sup>st</sup> March 2023





**Judges (Dr. P.K Senthil Kumar, DR.D.SATHIAKUMAR, and K. Saranya Devi) Judging the Singing Competition.**







**Judges (Dr. Grace Helina, Dr. V. Ramesh Kumar, and S. Rajeshwari) Judging the Oratorical Competition**

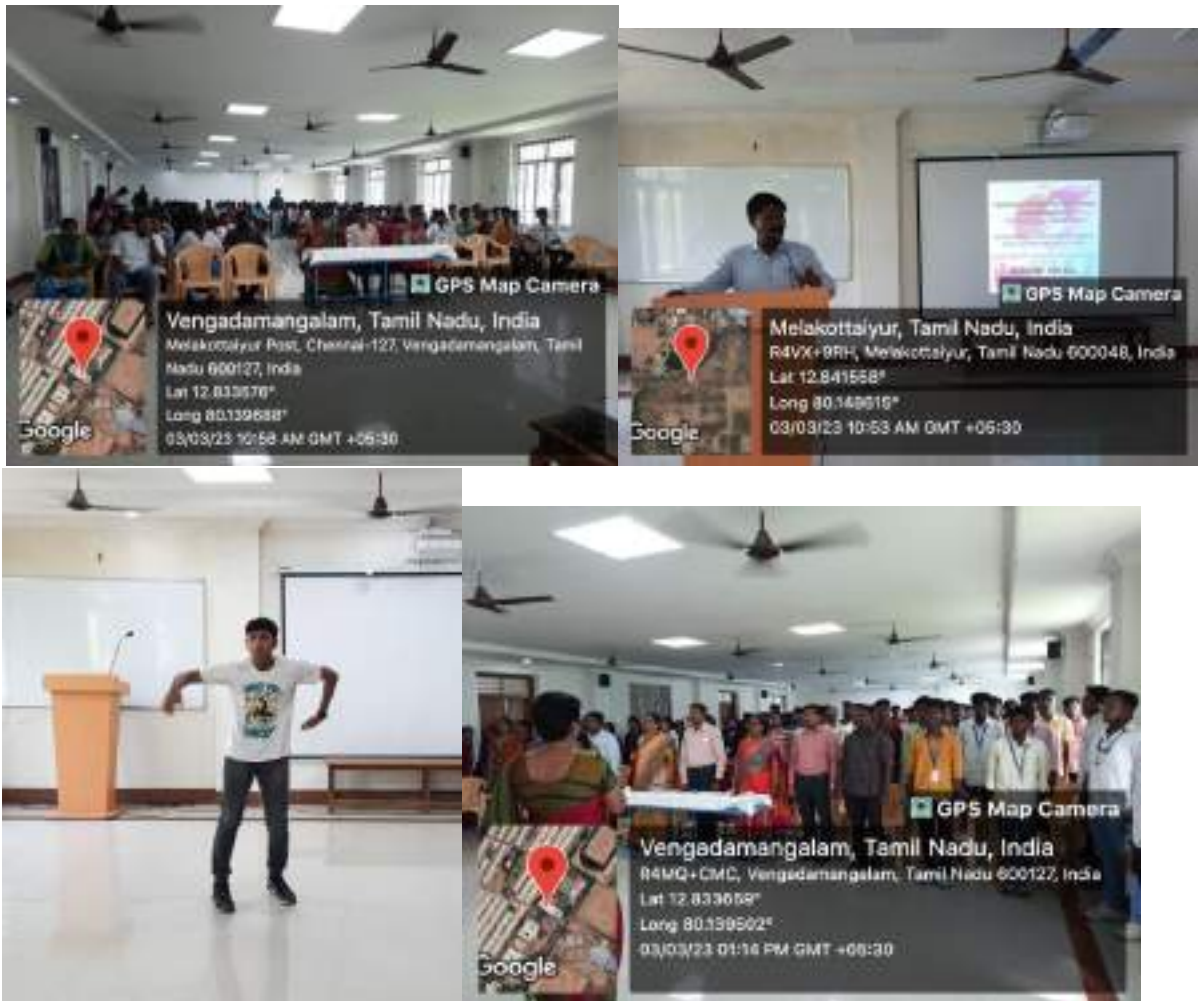








## DAY 2 SOLO AND GROUP DANCE COMPETITION ON 03/03/2023



**Judges:** (Dr. V. Mangaiyarkarasi, Dr. K.Kannadasan, and Dr. J.Anitha) Judging the Dancing Competition











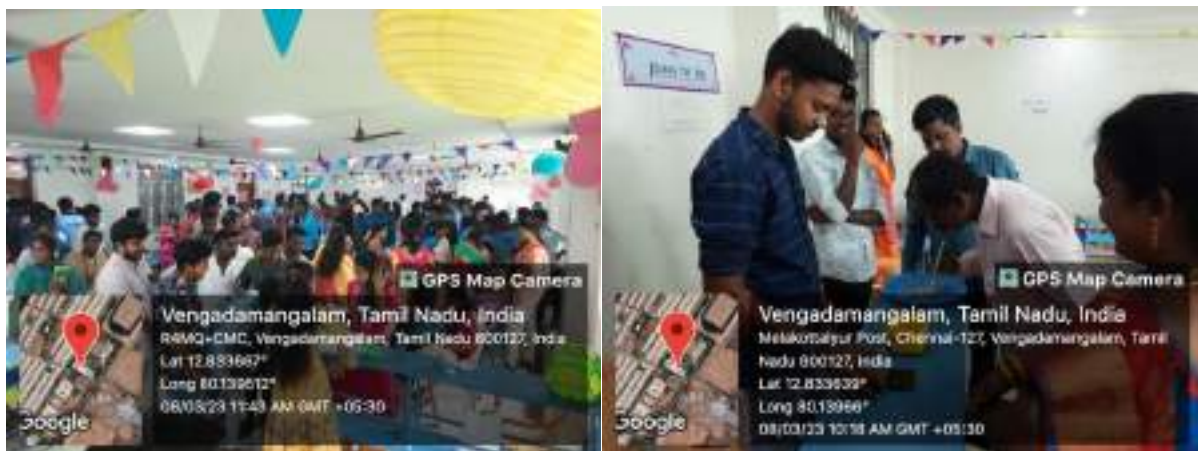




### Day 3 Inauguration of Carnival on 8<sup>th</sup> March 2023

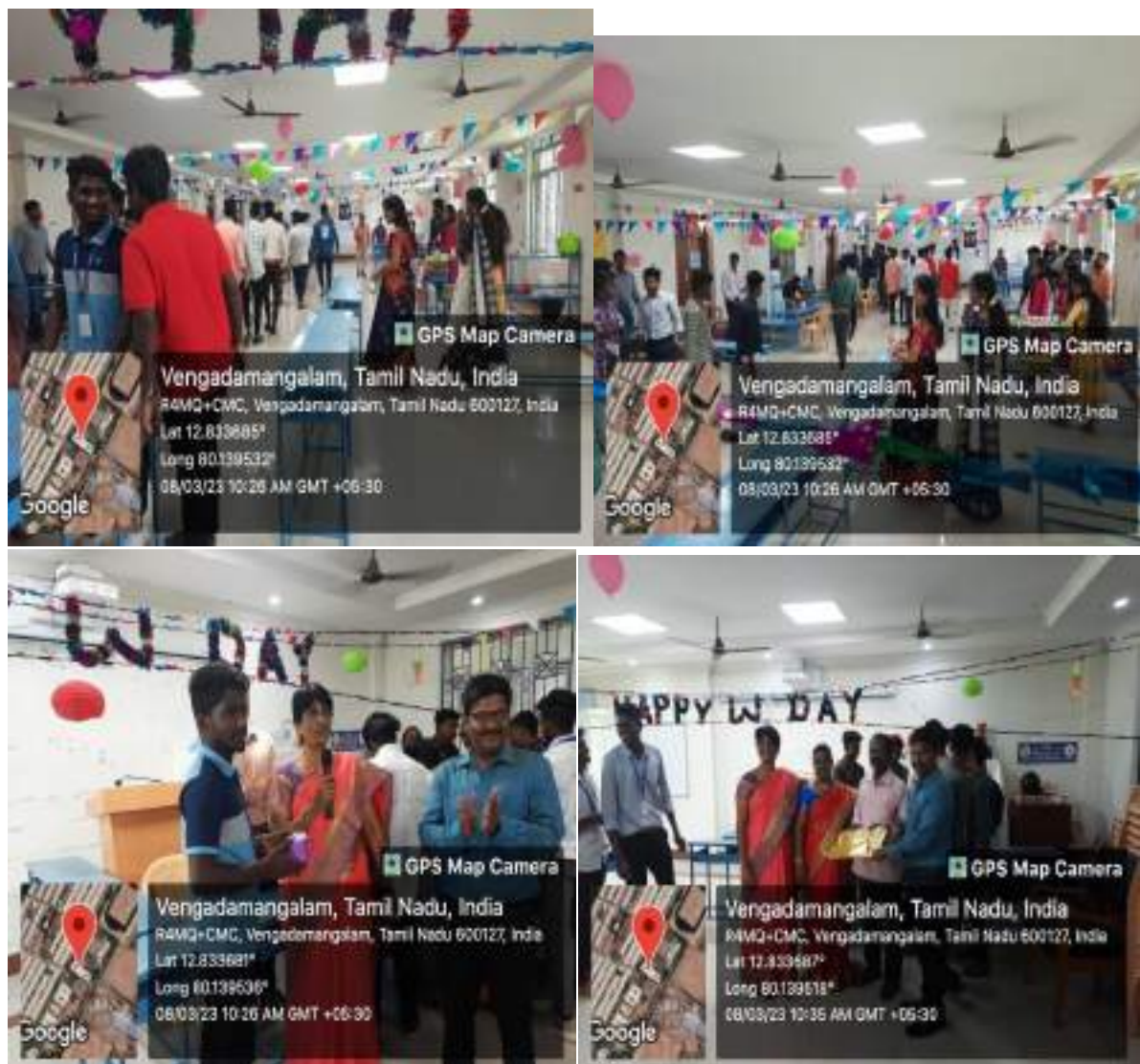


### Finance Officer Mr. R. RAMESH Experiences all the Fun Games









**Tambola Prize Distribution Closing Function**



## Valedictory Function and Prize Distribution Ceremony



**Prize Distribution office staff and Guest Lecturer**



**Singing and Oratorical Competition Winners**





**Solo and Group Dance Winners**









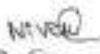
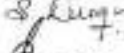
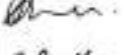
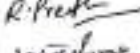

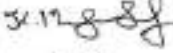
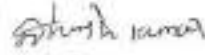





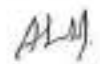




INTERNATIONAL WOMEN'S DAY - 2023  
ORGANIZED BY DEPARTMENT OF EXERCISE PHYSIOLOGY  
AND NUTRITION.

CARNIVAL ON 08/03/2023 (FUN GAMES)

PARTICIPANTS LIST

S.NO	NAME / CLASS	SIGN
1.	K. Kanagasu III BBA Sports Management	K. Kanagasu
2.	I. ARTHI II-BBA Sports management	I. Arthi
3.	R. Ishwarya II - BSc EPN	R. Ishwarya
4.	R. Dhanalakshmi "	R. Dhanalakshmi
5.	G. Anarkali "	G. Anarkali
6.	B. THIARSA II <sup>nd</sup> M.Sc EPN	B. Thiarsa
7.	S. PAVITHRA II <sup>nd</sup> MSc EPN	S. Pavithra
8.	ANAGU VISHALATHI.S II EPN M.Sc	Anagu Vishalathi.S
9.	RACEENA IQBAL - MBA-II <sup>nd</sup>	Raceena Iqbal
10.	ASTHA CHOUBEY - MBA-II <sup>nd</sup>	Astha Choubey
11.	ASNATHI.S - MBA-II <sup>nd</sup>	Asnathi.S
12.	R. Logapriya II <sup>nd</sup> MSc EPN	R. Logapriya
13.	M. Komala II M.Sc yoga	M. Komala
14.	Susmita Modak III BSc yoga	Susmita Modak
15.	A. Bhavani II MSc yoga	A. Bhavani
16.	Shabna - A II <sup>nd</sup> MSc psychology	Shabna
17.	Vijitha "	Vijitha
18.	Arshika Balachandran "	Arshika Balachandran
19.	Soni K.S "	Soni K.S
20.	Srida - Vp "	Srida - Vp
25.	SAM DAVID - A "	Sam David - A

S.NO	NAME / CLASS	SIGN
1.	V.G. DEVENA DEVI - II M.Sc Psychology.	
2.	R. ARUNADEVI - M.Sc II <sup>nd</sup> yr Sports Biomech	
3.	M. NIVEDHA - M.Sc I yr Sports Biomechanics	
4.	S. DURGA - M.Sc II yr Sports Biomechanics	
5.	Basilashra - M.Sc II year Sports Biomechanics	
6.	Reethi M.Sc II yr Sports Biomechanics	
7.	Vigneshwar M.Sc II yr Sports Biomechanics	
8.	K. Murali Krishna III BBA - SM	
9.	D. DHANUSHA KUMAR - II BSC	
10.	A. GOWTHAM - III BSC	
11.	B. DADAN - III BSC	
12.	Y. KESHA D - II BBA	
13.	S. SOBAN BABU - III BBA	
14.	G. TAMILASARAN - III BBA	
15.	Ahaz Raf. I - III BBA	
16.	F. BENDEEN KUMAR - III BSC	
17.	Tamil Selvan. M.Sc II <sup>nd</sup> Biomechanics	

S.NO	NAME / CLASS	SIGN
1.	N. Sachin Charles / BSc Sports Coaching III <sup>rd</sup> YR	N. Sachin Charles
2.	Rajasekhar / MSc Sports Psychology	Rajasekhar
3.	B. Praem Kumar / BSc Sports Coaching III <sup>rd</sup> year.	B. Praem Kumar
4.	P. NITHISH / BSc Sports Coaching III <sup>rd</sup> Year	P. Nithish
5.	M. JAYARAJU / BSc Sports Coaching II	M. Jayaraju
6.	M. Manikandan "	M. Manikandan
7.	T. SATHYAN "	T. Sathyan
8.	S. RAJESH "	S. Rajesh
9.	B. SATHYA PRAKASH / BSc Sports Coaching III <sup>rd</sup> YEAR	B. Sathya Prakash
10.	M. R. AMAR / BSc Sports Coaching III <sup>rd</sup> YEAR.	M. R. Amar
11.	M. GIRAJANU "	M. Girajanu
12.	U. JENNY ALISHA / BSc Sports Coaching III <sup>rd</sup> YEAR	U. Jenny Alisha
13.	U. HAREESH / (B.Sc Sports Coaching) III <sup>rd</sup> year	U. Hareesh
14.	K. SESATHAI - / (BSc Sports Coaching) III <sup>rd</sup> Year	K. Sesathai
15.	JANAGIRAMAN R / (BSc Sports Coaching) III <sup>rd</sup> Year	J. Janagiraman

S.NO	NAME / CLASS	SIGN
16.	D. Prasanth B.Sc (sports coaching - IV)	D. Prasanth
17.	M. Seenu B.Sc (sports coaching - IV)	M. Seenu
18.	P. SUBHAM B.Sc (sports coaching) 2 <sup>nd</sup> yr	P. Subham
19.	B. Dinesh B.Sc (sports coaching) 2 <sup>nd</sup> yr	B. Dinesh
20.	G. S. Harindhar B.Sc (sports coaching) 2 <sup>nd</sup> yr	G. S. Harindhar
21.	J. Dinesh Kumar B.Sc (sports coaching) 2 <sup>nd</sup> yr	J. Dinesh Kumar
22.	M. Tamizharasan B.Sc (sports coaching) 2 <sup>nd</sup> yr	M. Tamizharasan
23.	M. Janarthanan B.Sc (sports coaching) 2 <sup>nd</sup> yr	M. Janarthanan





S.No	NAME / CLASS	SIGN
1	ATAY KUNAR R MSc SPORTS PSYCHOLOGY AND SOCIOLOGY II	
2	RAGHAV KRISHNA HSC SPORTS PSYCHOLOGY II	
3	GOKUL KRISHNAN R "	
4	BALAJI B BSc EPW III	
5	Thirumangal "	
6	Mahaveen R "	
7	Gr. Bhuvanesh M.Tech [Sports Tech]	
8	S. Sudharasan BSc Biomech - III	
9	M. Akash B.Sc Biomechanics - III	
10	C. Muthuramiah B.Sc Biomechanics - III	
12	V. Prabhakaran B.Sc. YOGA III	
13	E. PRAKASH B.Sc YOGA II	
14	L. KARTHIK M.Sc Yoga therapy II	
15	A. SANTAY B.Sc Sports physiology and nutrition	
16	Tamil Marai Kumaran B.Sc (EPW) - III	
17	M. KALAI RUMAR B.Sc " "	
18	P. HEMANANDHAN 3rd year BSc Sports Biomech	
19	LATHISH KAR B 3rd year BSc Sports Biomech	
20	S. DINESH KUMAR 3rd B.Sc. Sports Biomechanics	
21	B. GIRIDHARAN 3rd BSc YOGA	
22	K.R. GOPAL KRISHNAN 2nd MSc yoga therapy	
23	MOHAN DESS M. II M.B.A (3M)	
24	ANANTHARAJ K " "	
25	Sam DAVID A " " "	

Registrar  
Tamilnadu Physical Education  
and  
Sports University