



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

**Melakottaiyur, Chennai-127**

## **CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES**

### **KEY INDICATOR: 7.1**

#### **7.1.1: Institution has initiated the Gender Audit and measures for the Promotion of Gender Equity during 2018-2023:**

Certified that the following photos of facilities and documents showing the measures initiated by the Institution for the Promotion of Gender Equity during 2018-2023:

**Registrar**

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



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### ACADEMIC YEAR - 2022-2023

#### 1. National Workshop on Martial Arts

On March 1, 2023, the Department of Physical Education hosted a National Workshop on Martial Arts, specifically focusing on Taekwondo. The Vice Chancellor of TNPESU, Dr M. Sundar graced the occasion as the chief guest, while the workshop also had the privilege of featuring RK. Jaljit, a Black Belt Six Taekwondo WTF Assam, and G. Thanikachalam, who serves as the Taekwondo WTF President of Tamil Nadu, as distinguished resource persons. This workshop delivered immense value by offering participants a unique opportunity to learn from these highly regarded experts, enhancing their Taekwondo skills and knowledge for personal and professional benefit.

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Melakottaiyur post, Chennai – 600127

**DEPARTMENT OF PHYSICAL EDUCATION**

**NATIONAL WORKSHOP ON MARTIAL ARTS (TAEKWONDO)**

**Resource Person**

**RK . JALJIT**  
BLACK Belt Six Taekwondo WTF Assam

**Chief Guest**  
**Dr. M. SUNDAR**  
Vice-Chancellor, TNPESU

**Resource Person**

**G. THANIKACHALAM**  
Taekwondo WTF Vice President Tamil Nadu

**Dr. K. JAYACHANDRAN**  
Organizing Secretary

**Dr. P. KUMARAVELU**  
Director

**Dr. S. MANIKANDAN**  
Convenor

**Dr. R. RAMAKRISHNAN**  
Registrar i/c



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### 2. Women's Day Celebration - 2023

The Department of Yoga orchestrated an inspiring and empowering Women's Day Celebration on March 1st, 2023 in the university premises. This remarkable event featured a prominent Chief Guest, Mrs. A. Bharathi, Inspector of Police, Thalambur Police Station, who delivered a thought-provoking Special Address, imparting valuable insights and wisdom to the audience.



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 YOGA

*YOU ARE CORDIALLY INVITED*

### WOMEN'S DAY CELEBRATION – 2023

Time: 12.00 pm

Date: 01.03.2023



#### Chief Guest & Special Address

By

**Mrs. A.BHARATHI**

**Inspector of Police**

**Thalambur Police Station - Chennai**

#### Chief Patron

**DR.M. SUNDAR**

Vice Chancellor

#### Organizing Secretary

**Dr. V. Duraisami**

Associate Professor, Head i/c,  
Department of Yoga

#### Patron

**DR.R.RAMAKRISHNAN**

Registrar

#### Joint Secretary

**Dr. S. Selvalakshmi**

Associate Professor  
Department of Yoga

#### CO-ORDINATORS

**Dr. Deb Kumar Das**

**Dr.P. Sanmugapriya**

**Miss. G. Akshaya Priya**

Guest Lecturers

Department of Yoga



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

**Melakottaiyur, Chennai-127**

## **CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES**

### **3. International Women's Day 'Empowerment and Improvement of Women in Social, Cultural, and Health Status.'**

The Department of Exercise and Physiology hosted a Valedictory Function on International Women's Day on March 8, 2023, the theme of 'Empowerment and Improvement of Women in Social, Cultural, and Health Status.' The guest speaker for the occasion was Dr. V. Duraisami, Associate Professor and Head i/c, Department of Yoga. Subsequently, the program was complemented by a series of festive activities, including engaging games and a food court, providing students with the opportunity to actively participate and enjoy.





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

**INTERNATIONAL WOMEN'S DAY**

On the theme of

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

Organized by

**The Department Of  
EXERCISE PHYSIOLOGY AND NUTRITION**

**EVENT - CARNIVAL ON 8th MARCH 2023  
(FUN GAMES AND FOOD COURTS)**

**Schedule - 08/03/2023**

9.45am - Inauguration by Mr. R. Ramesh, Finance Officer

10.00am - 11.00 am - Dept of Coaching

11.00 am - 12.30pm - Dept of Physical Education

12.30pm - 1.00 pm - Dept of Management

1.00pm - 1.30pm - Dept of Yoga and Psychology

1.30pm - 2.30pm - Dept of Bio-Mechanics and Sports Technology

2.30pm - 3.00pm - Teaching and Administrative Staff and Whoever would like to participate can join at this time

**FUN GAMES**

1. Smash the tin	12. Drawing the tail
2. Blowing the ball	13. Bowling
3. Lighting the candles	14. Pushing the ball to goal
4. Finding the egg	15. Flip the bottle
5. Coin on coin	16. Tumbler and coins
6. Picking up the peas	17. Juggling the ball
7. Aim to target	18. Pocketing the carom coins
8. Bucketing the ball	19. Ring the target
9. Housie Housie	20. Rolling the dice
10. Weighing the cake	21. Clipping
11. Eating the biscuit	

### 4. Women's Day Celebration

The Department of Physical Education orchestrated a vibrant Women's Day Celebration on March 8, 2023, dedicated to honouring the achievements and contributions of women. This empowering event was not only a commemoration but also a joyful gathering that brought together the women of the department, fostering a sense of camaraderie and unity among them. Following the program, a delightful array of fun and games engaged the



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participants, further strengthening bonds and providing a light-hearted and enjoyable way to mark this special day.





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### 5. International Women's Day Celebration

EVENT	IN-CHARGE
Singing	Dr. P. K. SENTHIL KUMAR
Dance	Dr. J. ANITHA
Oratorical	Dr. R. VENKATESAN
Carnival	Dr. M. GRACE HELINA Mr. KARNAN Staff, P&D Scholars and Students

\*The rules and regulations of the competitions and the entry form shall be submitted through google forms\*

Google form link:

SOLO SINGING  
<https://surveyheart.com/form/63af193bc0ba4f0762003636>

GROUP SINGING  
<https://surveyheart.com/form/63ae1876499610794676787>

SOLO DANCE  
<https://surveyheart.com/form/63ae1876499610794676787>

GROUP DANCE  
<https://surveyheart.com/form/63ae1876499610794676787>

ORATORICAL  
<https://surveyheart.com/form/63af193bc0ba4f0762003636>



### TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

### "INTERNATIONAL WOMEN'S DAY"

ON THE THEME OF

### "EMPOWERMENT AND IMPROVEMENT OF WOMEN IN SOCIAL, CULTURAL AND HEALTH STATUS"

ORGANIZED BY

### DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

ON 01/03/2023, 03/03/2023 AND 04/03/2023



### ABOUT THE DEPARTMENT

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 experiences are the core of the instructional methods for both undergraduate and graduate students

### OBJECTIVES OF THE PROGRAMME

- To make the world a better place for Women.
- Working for better Future.
- To achieve the sustainable development.

The following Competition will be held among Teaching & P&D Scholars, Students and Administrative Staff on 1st, 3rd and 4th of March 2023

S.No	DATE	PROGRAMME
1.	01/03/2023	Solo, Group Singing and Oratorical Competition
2.	03/03/2023	Solo and Group Dance
3.	04/03/2023	Carnival (Fun games and Food courts)

Chief Patron  
**Dr. M. SUNDAR**  
Vice-Chancellor

Patron  
**Dr. R. RAMAKRISHNAN**  
Registrar i/c

Director  
**Dr. M. GRACE HELINA**  
Professor

Covener  
**Dr. P. K. SENTHIL KUMAR**  
**Dr. R. VENKATESAN**  
Associate Professors

Organizing Secretary  
**Dr. J. ANITHA**  
Assistant Professor

Members  
Mr. KARNAN (Guest Lecturer)  
P&D Scholars and Students of EPN





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

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





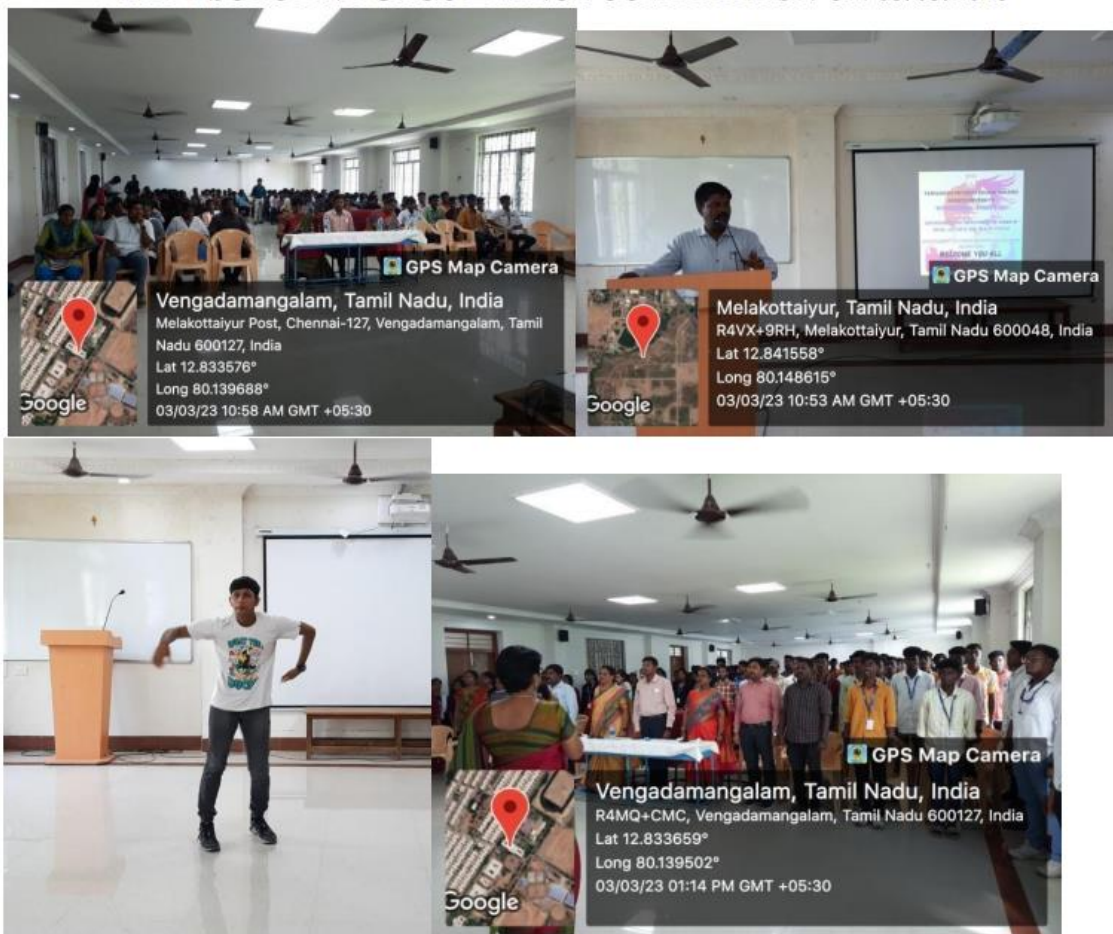
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Judges (Dr. P.K Senthil Kumar, DR.D.SATHIAKUMAR, and K. Saranya Devi) Judging the Singing Competition.

### 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





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





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### Valedictory Function and Prize Distribution Ceremony







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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

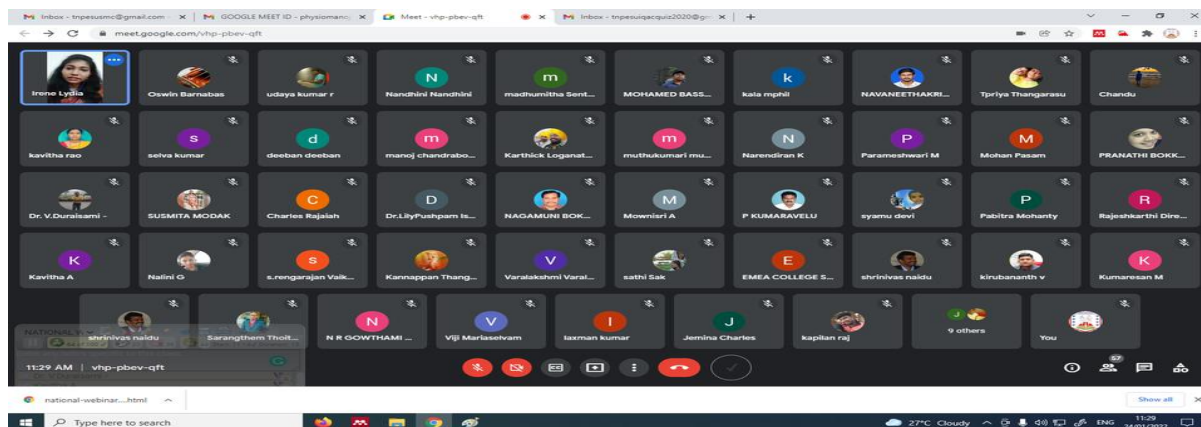
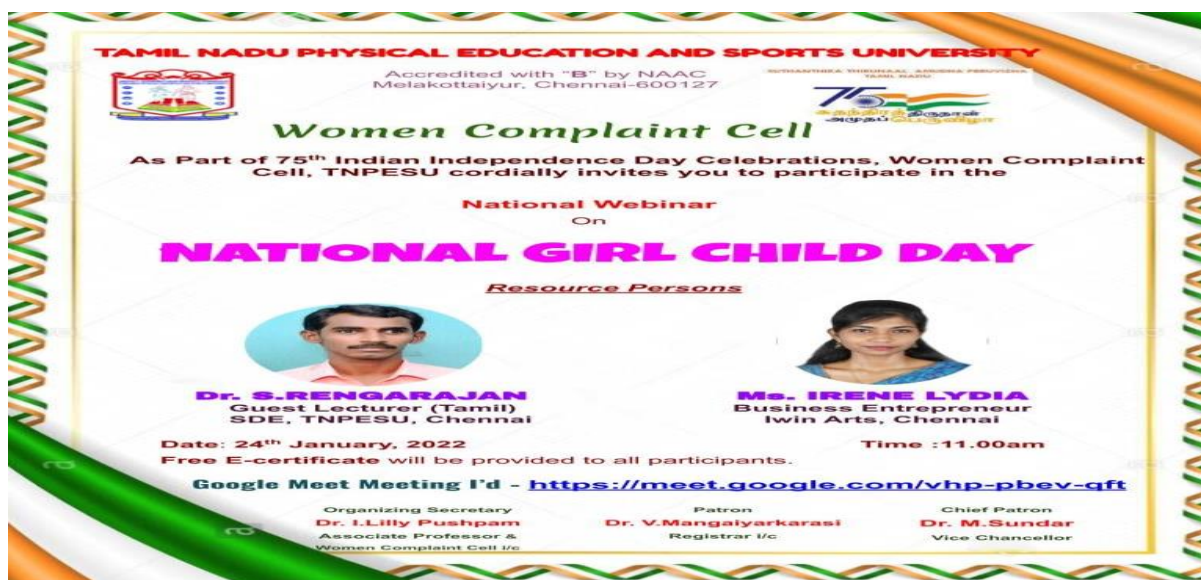
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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

**Academic Year (2021-2022)**

### 6. National Webinar on National Girl Child Day

The Women Complaint Cell of Tamil Nadu Physical Education and Sports University organised a National Webinar on National Girl Child Day on Monday, January 24, 2022. Video call link: <https://meet.google.com/vhp-pbev-qft>. Dr.S.Rengarajan, Guest Lecturer (Tamil), Tamil Nadu Physical Education and Sports University and Mrs.Irene Lydia, a business entrepreneur were the resource persons for this event. Many students were benefitted from this event.





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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The screenshot displays a Google Meet session in progress. The central video feed features a woman with long dark hair, identified as Irene Lydia. To the right, a sidebar lists participants: 'You' (with the university logo), 's.rengaraj', 'Omkar Maheshetty', and '58 others'. The bottom of the screen shows the Google Meet control bar with icons for mute, video, chat, and other functions. The browser's address bar shows 'meet.google.com/vhp-pbev-qft'. The Windows taskbar at the bottom displays the time as 11:16 AM on 24/01/2022, with a weather widget showing 27°C Cloudy.





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

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## **CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES**

### **7. “Dissemination of Women Empowerment Through Sensitizing to Martial Arts, Traditional Games and Yoga”**

A Programme on “Dissemination of Women Empowerment Through Sensitizing to Martial Arts, Traditional Games and Yoga” Under the Scheme - DISSEMINATION OF INNOVATIVE TECHNOLOGY (DIT) organized by TAMIL NADU STATE COUNCIL FOR SCIENCE AND TECHNOLOGY (Department of Higher Education, Government of Tamil Nadu) and TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY was organised at the University from 22.02.2022 to 26.02.2022 (5 Days). Dr.V.Mangayarkarasi, Professor of Sports Sociology, Tamil Nadu Physical Education and Sports University and Dr.P.R.L.Rajavenkatesan, Associate Professor and Head, School of Law, VIT University were the resource persons for this event. Many students were benefited from this event.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

**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**  
MELAKOTTAIYUR, CHENNAI 600127

*Invitation*

The Vice-Chancellor, Registrar, Members of the Syndicate, Staff and Students of Tamil Nadu Physical Education and Sports University request your august presence at the Inaugural Function of

**Dissemination Of Women Empowerment Through Sensitizing To Martial Arts, Traditional Games And Yoga**  
*Catalyzed and supported by*  
**TAMIL NADU STATE COUNCIL FOR SCIENCE AND TECHNOLOGY**  
*Under the Scheme*  
**DISSEMINATION OF INNOVATIVE TECHNOLOGY (DIT)**  
**at 10.30 am on 22<sup>nd</sup> February, 2022**  
**Venue: Conference Hall, Academic Building, II Floor, TNPSU, Chennai**

**Dr.M.Sundar**  
Vice Chancellor, TNPSU  
*has kindly consented to be the Chief Guest and will deliver the Inaugural Address*

**Dr. V.Mangaiyarkarasi**  
Professor and Syndicate Member  
Department of Sports Psychology & Sociology, TNPSU  
*has kindly consented to deliver the Keynote Address*

**All Are Welcome**  
Organising Committee TNSCST & TNPSU



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

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### 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

MELAKOTTAIYUR, CHENNAI 600127

## Invitation

*The Vice-Chancellor, Registrar, Members of the Syndicate, Staff and Students of Tamil Nadu Physical Education and Sports University request your august presence at the Valedictory Function of*

### Dissemination Of Women Empowerment Through Sensitizing To Martial Arts, Traditional Games And Yoga

*Catalyzed and supported by*

**TAMIL NADU STATE COUNCIL FOR SCIENCE AND TECHNOLOGY**

*Under the Scheme*

**DISSEMINATION OF INNOVATIVE TECHNOLOGY (DIT)**

**at 3.15 pm on 26<sup>th</sup> February, 2022**

**Venue: Conference Hall, Academic Building, II Floor, TNPESU, Chennai**

### Dr.V.Gopinath

Registrar, TNPESU

*has kindly consented to be the Chief Guest and will deliver the Valedictory Address*

### Dr. P.R.L. Rajavenkatesan

Associate Professor and Head VIT School of Law  
Vellore Institute of Technology-VIT, Chennai

*has kindly consented to deliver the Special Address*

**All Are Welcome**

Organising Committee TNSCST & TNPESU





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### 8. International Webinar on Integrated Approach of Yoga Therapy

The Department of Yoga organized International Webinar on Integrated Approach of Yoga Therapy for Disorders in Women from 11th to 17th June 2022 in association with B.S.Abdur Rehman Crescent Institute of Science and Technology, Chennai. Dr.V.Duraisami was the Organising Secretary of this Conference. Many participants from Tamil Nadu Physical Education and Sports University, B.S.Abdur Rehman Crescent Institute and other Institutions attended the Conference.

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Melakottaiyur, Chennai-600 127, Tamilnadu., India

**Department of Yoga**

*In Association with*  
**B.S.Abdur Rahman Crescent Institute of Science & Technology**  
Deemed to be University, Vandalur, Chennai-600 048, Tamilnadu., India

**International Webinar**  
on  
**"INTEGRATED APPROACH OF YOGA THERAPY FOR DISORDERS IN WOMEN"**

**Date: 11th June 2022 to 17th June 2022 | Time : 5.30 pm to 7.00 pm**

**Core Committee**

 <b>Chief Patron</b> <b>Dr. M. Sundar</b> Vice Chancellor TNPESU	 <b>Patron</b> <b>Dr. V. Gopinath</b> Registrar TNPESU	 <b>Organizing Secretary</b> <b>Dr. V. Duraisami</b> Associate Professor & Head I/C Dept. of Yoga-TNPESU	 <b>Organizing Secretary</b> <b>Dr. S. Selvakumar</b> Director & Head Dept. of Physical Education- BSARCIST
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**Joint Secretary**  
**Dr. S. Selvalakshmi**  
Assistant Professor

**Coordinators**

<b>Dr. D. Umamaheswari,</b> Guest Lecturer	<b>Mr. M. Praveenkumar,</b> Guest Lecturer	<b>Ms. G.Akshya Priya,</b> Guest Lecturer
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**CLICK FOR REGISTRATION :**  
<https://forms.gle/2eqTWEO5iBwdS9BF8>



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

**Melakottaiyur, Chennai-127**

## **CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES**

### **ACADEMIC YEAR (2020-2021)**

#### **9. WEBINAR ON “WOMEN EMPOWERMENT THROUGH MARTIAL ARTS” ON 18.11.2020**

The Department of Sports Management and Sports Psychology & Sociology organized a live webinar on “Women Empowerment through Martial Arts” on 18<sup>th</sup> November 2020 @ 11.00 am onwards. The registration of the event was done through Google forms well in advance and no fee was collected from the participant. Around 163 registrations were received and participated in the live webinar conducted through zoom app.

The program was started with a welcome address by Dr.S.Premkumar, Professor & Head, Dept. of Sports Management and Sports Psychology & Sociology. Prof.V.Mangaiyarkarasi the webinar convener introduced the keynote speaker Dr.Kobudo A.S.Krishnamurthy, M.A.,M.Phil.,Ph.D., Chief Instructor and Technical Director RYU KYU Kobudo Shimbukan & OkinawaShorinryu Mu Ken Kai Karate do, South Asia. He delivered a lecture for an hour and addressed need of martial arts for women in the present scenario with the virtual demonstration of various techniques to handle different situations like chain snatching etc., He also addressed various queries / clarifications posted by the participants in the chat box. The entire program was live and interactive. The responses received from the participants are highly commendable and appreciative. The webinar was formally ended-up with a vote of thanks by Dr.K.Kannadasan, Organizing Secretary of this webinar. All the participants were asked to fill-up the feedback link at the end of the





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session to receive the e-certificates for their participation.



**Tamil Nadu Physical Education and Sports University, Chennai**  
(Accredited with "B++" Grade by NAAC)  
**Department of Sports Management and Sports Psychology & Sociology**  
*Cordially invites for the webinar*  
**On**  
***"Women Empowerment Through Martial Arts"***  
(18th November 2020 @ 11.00 a.m)  
For Free Registration, Click here : <https://forms.gle/YUNsGsASTYKHvYUw7>

**Resource Person**



**Dr. Kobudo A.S. Krishnamurthy**  
M.A., M.Phil., Ph.D.  
Chief Instructor and Technical Director  
RYU KYU Kobudo Shimbukan & Okinawa Shorinryu  
Mu Ken Kai Karate do, South Asia.

<b><u>Chief Patron</u></b> Dr. Sheila Stephen Vice Chancellor	<b><u>Organizing Committee</u></b>	
<b><u>Patron</u></b> Dr. V.Gopinath Registrar		
<b><u>Webinar Convener</u></b> Prof. V.Mangaiyarkarasi Dept. of Sports Psychology & Sociology	<b>Dr.S.Premkumar</b> Professor & Head	<b>Dr. Shahin Ahmed</b> Professor
<b><u>Organizing Secretary</u></b> Dr. K.Kannadasan Dept. of Sports Psychology & Sociology	<b>Dr. V.RameshKumar</b> Assistant Professor	



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Tamil Nadu Physical Education and Sports University, Chennai

(Accredited with "B++" Grade by NAAC)

Department of Sports Management and Sports Psychology & Sociology

Date: 18.11.2020

*Live webinar*

Time: 11.00 am

### "WOMEN EMPOWERMENT THROUGH MARTIAL ARTS"

#### Programme Schedule

- 11.00 am : Welcome Address  
**Dr. S. Premkumar**, Prof. & Head,  
Dept. of Sports Management and Sports Psychology & Sociology,
- 11.02 am : Inaugural Address  
**Dr. Sheila Stephen**,  
Vice Chancellor, TNPESU
- 11.15 am : Introduction of Keynote Speaker  
**Prof. V. Mangaiyarkarasi**  
Dept. of Sports Management and Sports Psychology & Sociology
- 11.17 am : **Dr. Kobudo A.S. Krishnamurthy** (Keynote Address)  
M.A., M.Phil., Ph.D.  
Chief Instructor and Technical Director  
RYU KYU Kobudo Shimbukan & Okinawa Shorinryu Mu Ken  
Kai Karate do, South Asia.
- 12.30 pm : Vote of Thanks - **Dr. K. Kannadasan**, Organizing Secretary

#### Zoom Meeting Link:

<https://us02web.zoom.us/j/3467573284?pwd=RUhUUTZFenhDeWVuY3ZjdldsRXVrdz09>

Meeting ID: 346 757 3284

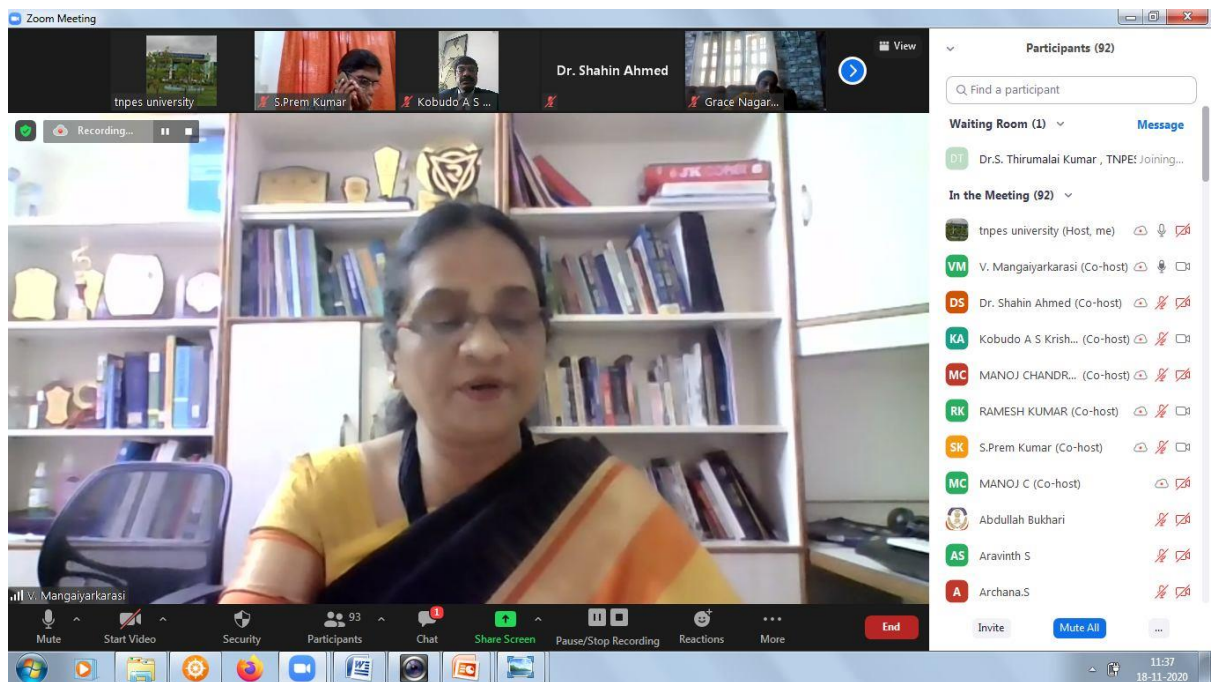
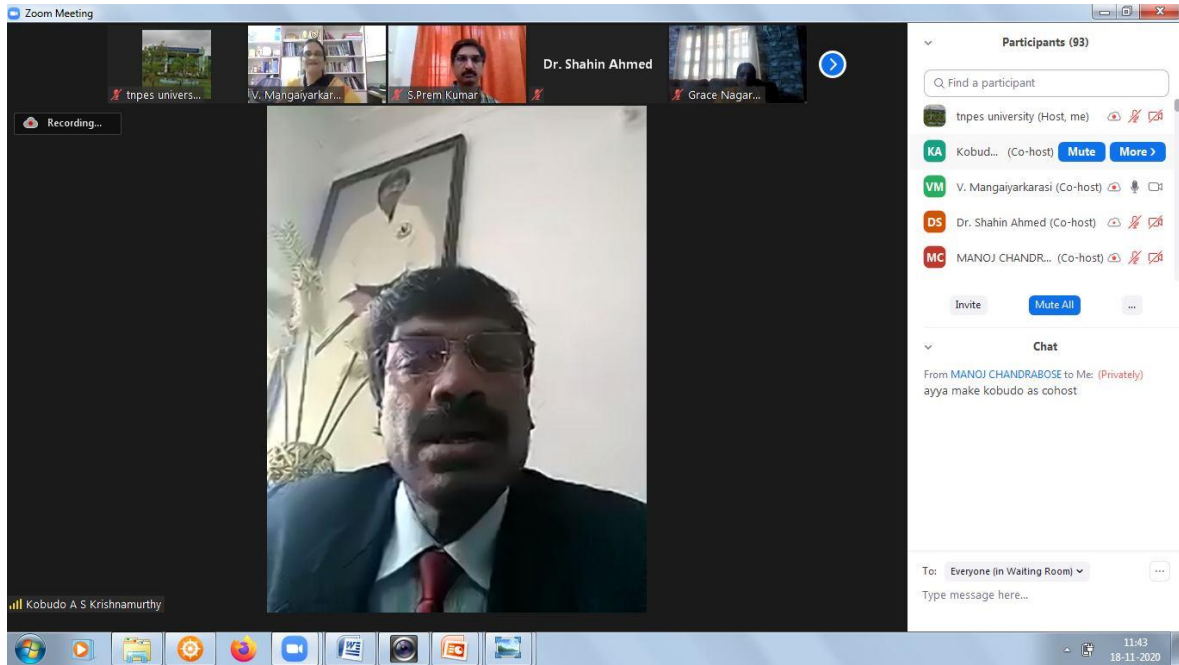
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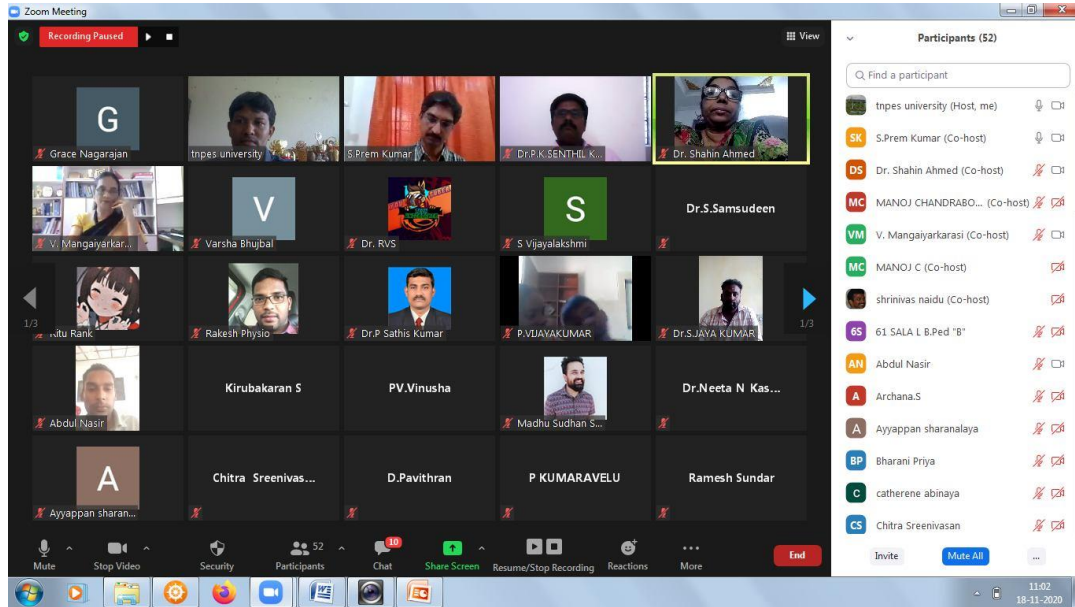




# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES






# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### 10. VIRTUAL TALK ON "PSYCHOLOGICAL PERSPECTIVES OF GENDER EQUALITY" ON 13.01.2021.



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
Accredited with "B++" by NAAC  
Melakottaiyur, Chennai-600127

**INTERNAL QUALITY ASSURANCE CELL (IQAC)**


Dear ALL,

TNPESU - Internal Quality Assurance Cell cordially invites you to participate in the  
**Virtual Talk**  
On  
***"Psychological Perspectives of Gender Equality"***

Date: 13<sup>th</sup> January, 2021  
Registration : Open to ALL


Time : 10.25 am

*Resource Person*



**Dr. K.NAGALAKSHMI**  
ASSOCIATE PROFESSOR  
Department of Psychology, Annamalai University

Organizing Secretary <b>Dr. Shahin Ahmed</b> Director, IQAC	Patron <b>Dr. V.Gopinath</b> Registrar	Chief Patron <b>Dr. Sheila Stephen</b> Vice-Chancellor
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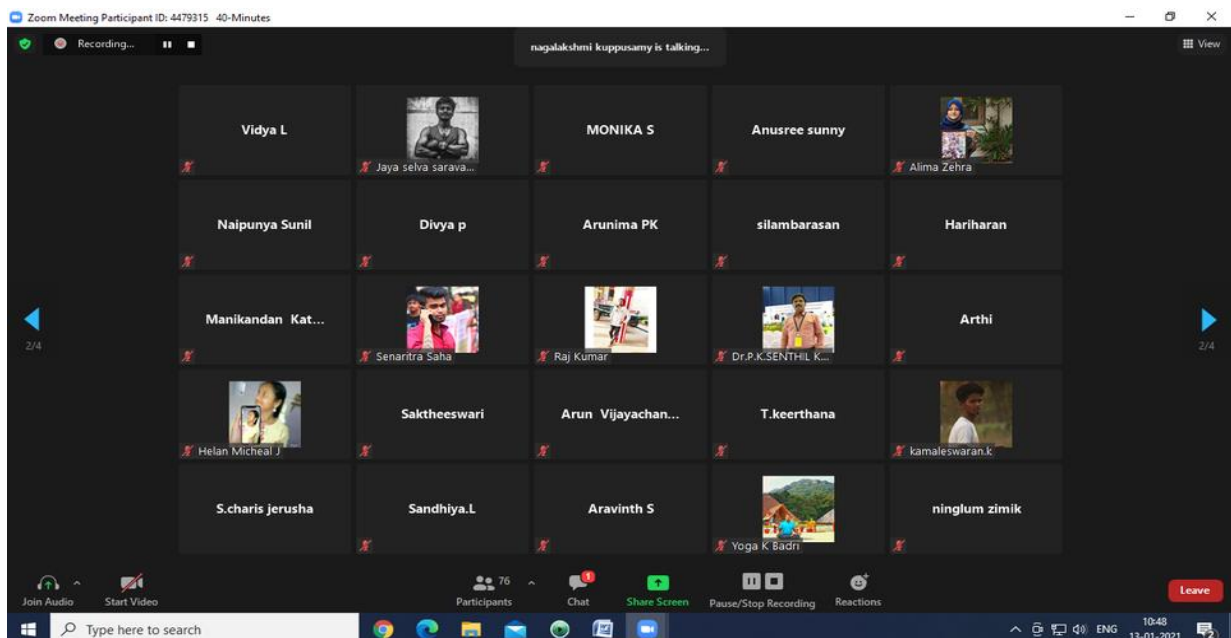
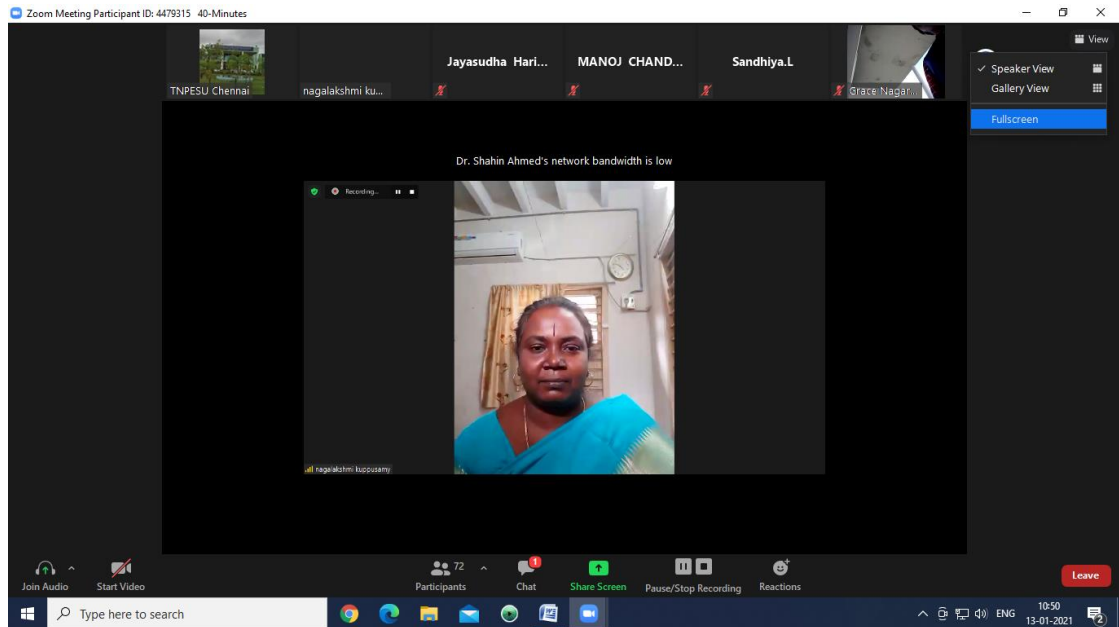
Zoom Meeting ID   
9849 1234 5678  
Passcode : tnpesu



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES







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The Internal Quality Assurance Cell (IQAC) of the Tamil Nadu Physical Education and Sports University organized a virtual talk programme on "Psychological Perspectives of Gender Equality" for the benefits of the students and staff of the University. Dr.K.Nagalaksmi, Assistant Professor, Department of Psychology, Annamalai University, Chidambaram was the resource person for the programme. Dr.Shahin Ahmed, Professor of Sports Psychology and IQAC Coordinator of the University was the organizing secretary for the programme. The staff members and the students of all Departments of the University participated the programme and got benefited.



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### 11. WOMEN'S DAY CELEBRATIONS ON 08.03.2021 IN THE UNIVERSITY CAMPUS



Vengadamangalam, Tamil Nadu, India  
Unnamed Road, Vengadamangalam, Tamil Nadu  
600127, India

The Tamil Nadu Physical Education and Sports University celebrated Women's Day Programme on 08.03.2021 in the University Campus. Dr. Shiela Stephen, Vice chancellor of the University participated and presided over the function and all women teaching and non-teaching staff members and the students of the University participated the programme.



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### **12. NATIONAL WEBINAR ON WOMEN SAFETY ORGANIZED ON 29-05-2021**

Total Number of Participants – Teaching, Administrative staff and students –

The Department of Exercise Physiology and Biomechanics organized a webinar on “WOMEN’S SAFETY-2021” on 29th May 2021 in digital space. The main objective of this webinar is to equip and enlighten the Participants about the crucial issue of the Safety of Women with rising, women’s rights, women’s safety especially at workplaces, Cyber Crimes and that they are free from sexual harassment. This webinar was conducted to share the views on globally, one in three women have experienced some form of violence in their life time which causes long term physical and mental health problems. Violence and abuse affect not only the victims but also their children, families and communities. Compacting violence against women and ensuring women safety is the need of the hour. The Resource person, Dr. S AMUTHA, Assistant professor, Department of Education Technology, Bharathidasan University, Trichy. More than 200 Participants from various colleges and Universities and students of Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University participated in this webinar with great enthusiasm. The main purpose of this program was to create awareness about women’s safety and security. The resource person mentioned that women are constantly subjected to crimes like Female Feticide, Child Marriage, Dowry Harassment, Domestic Honor Killing, Prostitution, Trafficking, Cyber Crime, etc. she also suggests to ensure the widest possible dissemination of provision of the law economic development and equality.

A webinar on WOMEN’S SAFETY-2021 was organized by of Department of Exercise Physiology and Biomechanics. Dr. Sheila Stephen, vice-chancellor, TNPESU acted as Chief Parton, Dr. V. Gopinath, Registrar TNPESU acted as Parton Dr. S. Grace





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Helina, Professor and Head acted as Organizing Secretary, Dr. P.K.Senthilkumar, Dr. R.Venkatesan, Dr. J. Anitha and Ms.G.Rajalakshmi acted as coordinators of this webinar.

YouTube Link: <https://www.youtube.com/watch?v=XHpf75JgEzA>

Violence, Acid Attack, Sexual Offense Honor Killing, Prostitution, Trafficking, Cyber Crime, etc. she also suggests ensuring the widest possible dissemination of provision of the law economic development and equality. A webinar on WOMEN'S SAFETY-2021 was organized by of Department of Exercise Physiology and Biomechanics. Dr. Sheila Stephen, vice-chancellor, TNPESU acted as Chief Parton, Dr. V. Gopinath, Registrar TNPESU acted as Parton Dr. S. Grace Helina, Professor and Head acted as Organizing Secretary, Dr. P.K. Senthilkumar, Dr. R.Venkatesan, Dr. J. Anitha and Ms. G. Rajalakshmi acted as coordinators of this webinar.

YouTube Link: <https://www.youtube.com/watch?v=XHpf75JgEzA>



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(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005. A State Govt. University)  
Accredited with "B++" Grade by NAAC  
**DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION**

**NATIONAL WEBINAR  
ON WOMEN  
SAFETY - 2021**

**DATE : 29<sup>th</sup> MAY, 2021 - 11.00 AM**

**CORE COMMITTEE**



**CHIEF PATRON**  
**Dr. SHEILA STEPHEN**  
Vice Chancellor



**PATRON**  
**Dr. V. GOPINATH**  
Registrar



**ORGANIZING SECRETARY**  
**Dr. GRACE HELINA**  
Professor & Head

**RESOURCE PERSON**



**Dr. S. AMUTHA**  
Assistant Professor (Selection Grade)  
Department of Educational Technology  
Bharathidasan University, Tiruchirappalli

**WEBINAR COORDINATORS**



**Dr. R VENKATESAN**  
ASSISTANT PROFESSOR  
TN PESU



**Dr. P K SENTHIL KUMAR**  
ASSISTANT PROFESSOR  
TN PESU



**Dr. J ANITHA**  
ASSISTANT PROFESSOR  
TN PESU



**Ms. G. RAJALAKSHMI**  
GUEST LECTURER  
TN PESU



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### NATIONAL WEBINAR ON **WOMEN** SAFETY - 2021

DATE : 29<sup>th</sup> MAY, 2021 - 11.00 AM



#### PROGRAM SCHEDULE

<b>11.00 am</b>	Welcome Address	- <b>Dr. GRACE HELINA</b> Professor and Head
<b>11.03 am</b>	Felicitation Address	- <b>Dr.V.Gopinath</b> Registrar, TNPESU
<b>11.07 am</b>	Introducing the Vice Chancellor	- <b>Dr. J. ANITHA</b> Assistant Professor
<b>11.10 am</b>	Inaugural Address	- <b>Dr. SHEILA STEPHEN</b> Vice Chancellor, TNPESU
<b>11.20 am</b>	Introducing the Guest Speaker	- <b>Dr. P. K. SENTHIL KUMAR</b> Assistant Professor
<b>11.23 am</b>	Expert Address	- <b>Dr. S. AMUTHA</b> Assistant Professor ( Selection Grade) Department of Educational Technology Bharathidasan University, Tiruchirappalli.
<b>12.23 pm</b>	Discussion	
<b>12.33 pm</b>	Participants response	
<b>12.38 pm</b>	Vote of Thanks	- <b>Dr. R. VENKATESAN</b> Assistant Professor

CLICK HERE FOR REGISTRATION : <https://forms.gle/rabqKJYTP51RivYj6>





# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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### ACADEMIC YEAR (2018-2019)

#### 13. Annual Gender Sensitisation Action Plan



Tamil Nadu Physical Education and Sports University  
(Estd. By the Govt. Tamil Nadu Under Act No.9 of 2005)  
Melakottaiyur(PO), Vandalur, Chennai – 600 127

**Dr. Lilly Pushpam Isaac**  
**Women Complaint Cell Co-ordinator (WCC)**  
Assistant Professor  
Department of Physical Education,  
Tamil Nadu Physical Education and Sports University \_\_\_\_\_

#### **Annual Gender Sensitization Annual Plan**

The women complaint cell committee (WCC) takes care of Women's need in the university and ensure gender equity in the campus. The functions of the (WCC) is

- I) Receiving complaints if any.
- II) Making enquiry in the issues.
- III) Providing possible solution / counselling the concerned persons.
- IV) Maintaining the records.

In addition to this routine function, the WCC conduct various activities to make same gender equity is in the campus. The annual gender sensitization Action plan is described below:

- Conducting Awareness Programme Such as Women Harassment, liberty, Ragging, Women Rights, Etc.
- Organizing exclusive Programme an women empowerment to the girl students.
- Consulting the students on the academic and other aspects.

**Dr. Lilly Pushpam Isaac**  
(Women Complaint Cell Co-ordinator )

**Dr. LILLY PUSHPAM ISAAC**  
B.A., B.Ped., M.Ped., M.Phil., Dy.NIS(Ath), Ph.D.,  
Asst Professor  
Department of Physical Education  
Tamil Nadu Physical Education and  
Sports University,  
Melakottaiyur, Vandalur, Chennai-600 127.



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### 14. Special Talk On Health, Hygiene And Safety During Menstrual Cycle

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
DEPARTMENT OF PHYSICAL EDUCATION

#### “HEALTH, HYGIENE AND SAFETY DURING MENSTRUAL CYCLE”

Special and Exclusive Talk for Women Students of Department of Physical Education

Invited Speaker: Mrs. V. Valli, DNDM, Staff Nurse, Health Centre on 07.03.2019.

Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." To keep our mind and body is our prime duty. Women's reproductive and sexual health has a distinct difference compared to men's health. Health is basic human right. Women health and hygiene are more important especially during Menstrual Cycle.

The Department of Physical Education organized a Special and Exclusive Talk for Women Students of Department of Physical Education on “Health, Hygiene and Safety during Menstrual” Cycle” on 07.03.2019.

Dr. S.Thirumalai Kumar, Professor and Head, Department of Physical Education, welcomed the gathering and introduced the guest speaker to the audience.

Invited Speaker given the lecture on “Health, Hygiene and Safety during Menstrual Cycle” it was followed by the question and answer session. All the Women students of BPed., MP.Ed and MPhil (Phy. Edn) were benefitted.



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**Dr.S.Thirumalai Kumar**

Dr.S. THIRUMALAI KUMAR  
Professor and Head  
Dept. of Physical Education  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Post,  
Chennai-600 127.



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Vandalur – Kelambakkam Road, Melakottaiyur (PO), Chennai – 600 127.

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[www.tnpsu.org](http://www.tnpsu.org)

**Dr. S.Thirumalai Kumar**  
Professor & Head  
Department of Physical Education

Mobile : 09841019670 & 06381274527

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

06.03.2019

### Circular

This is to inform you that there will be a Special and Exclusive Talk for Women Students of Department of Physical Education on 07.03.2019 at 11.00 am. The invited speaker Mrs. V. Valli, DNDM, Staff Nurse, Health Centre, will give the special talk on “Health, Hygiene and Safety during Menstrual Cycle” followed by question and answer session .

All the women students of the department of physical education are asked to assemble in the BPED. II year class room 07.03.2019 at 11.00 am.

**Dr.S.Thirumalai Kumar**

Dr.S. THIRUMALAI KUMAR  
Professor and Head  
Dept of Physical Education  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Post,  
Chennai-600 127.



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### **15. Women Empowerment Special Training Programme - Martial Arts – Self Defence**

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
DEPARTMENT OF PHYSICAL EDUCATION**

**Women Empowerment Special Training Programme - Martial Arts – Self Defense**

**Date : 08.03.2019**

**Venue: Indoor Stadium, TNPESU**

**Martial Arts – Self Defense as part of Women Empowerment Special Training Programme organized for the Women Student of Dept of Physical Education .**

**Invited Martial Arts Expert : Dr. K.Jayachndran PhD**

Martial arts are codified systems and traditions of combat practiced for a number of reasons such as self-defense, military and law enforcement applications, physical, mental and spiritual development; as well as entertainment and the preservation of a nation's intangible cultural heritage.

Benefits of Martial Arts for Women : Gain Self-Defense Tactics. Women who pursue martial arts studies learn useful self-defense maneuvers. Develop Overall Self-Confidence. Empower yourself by studying the martial arts. Improve Socialization Skills. Boost Physical Health. Relieve Stress. Learn Mindfulness. Develop a Healthy Lifestyle.

The Department of Physical Education organized a Women Empowerment Special Training Programme - Martial Arts – Self Defense on 08.03.2019.

Invited martial arts expert Dr. K.Jayachndran taught the skill and techniques Martial Arts – Self Defense through Karate. It was followed by the question and answer session. All the Women students of Department of Physical Education were benefitted.

**Dr.S.Thirumalai Kumar**

**Dr.S. THIRUMALAI KUMAR**  
Professor and Head  
Dept of Physical Education  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Post,  
Chennai-600 127.





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Tamil Nadu Physical Education and Sports University  
Department of Physical Education

Women Empowerment Special Training Programme - Martial Arts – Self Defense

Date : 08.03.2019

Venue: Indoor Stadium, TNPESU

Invited Martial Arts Expert : Dr. K.Jayachndran PhD



**Dr.S.Thirumalai Kumar**

Dr.S. THIRUMALAI KUMAR  
Professor and Head  
Dept. of Physical Education  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Post,  
Chennai-600 127.



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### 16. Posters On Women Safety



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**Dr. S.Thirumalai Kumar**  
Professor & Head  
Department of Physical Education

Mobile : 09841019670 & 06381274527  
Email : [drstkpe@gmail.com](mailto:drstkpe@gmail.com)

05.03.2019

#### Circular

This is to inform you that there will be a Special and Exclusive Martial Arts and Self Defense programme for Women Students of Department of Physical Education on 08.03.2019 at 10.00 am. The invited Martial Expert Dr. K.Jaychndran PhD will teach skills and techniques of Martial Arts – Self Defense through Karate as part of the Women Empowerment Special Training Programme.

All the women students of the department of physical education are asked to assemble in the TNPESU Indoor stadium 08.03.2019 at 10.00 am.

**Dr.S.Thirumalai Kumar**

Dr.S. THIRUMALAI KUMAR  
Professor and Head  
Dept of Physical Education  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Post,  
Chennai-600 127.



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### **18. Annual Leadership Training Camp For Both Boys And Girls**

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

**Chennai – 600 127**



**ANNUAL LEADERSHIP TRAINING CAMP**

**2018-19**





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### ANNUAL LEADERSHIP TRAINING CAMP

#### 2018-19 Camp Leaders

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



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### **OFFICIALS AND THEIR DUTIES**

#### **Camp Director**

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

#### **Programme Director**

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

#### **Health Director**

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

#### **Mess Director**

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

#### **Director of Transport**

In charge of transport of all equipments, campers etc.

#### **Unit Directors**

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

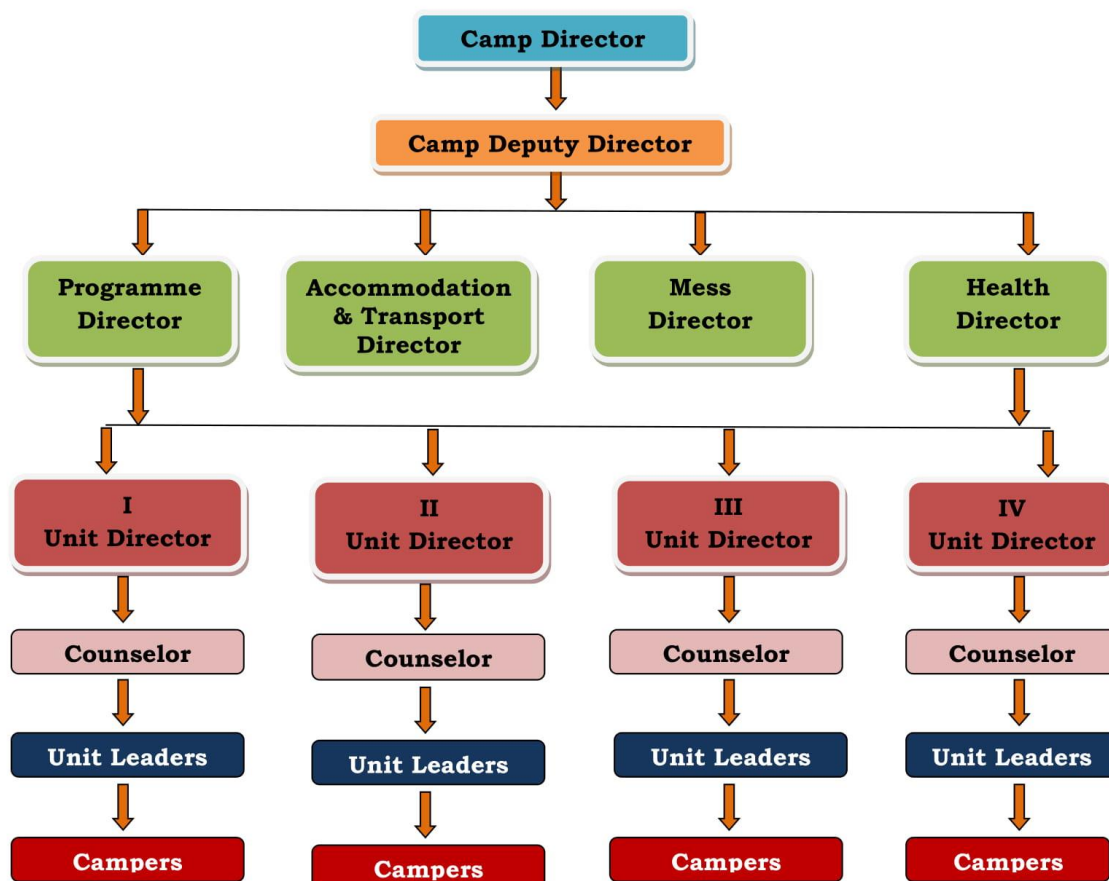


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### Organization of Camp







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### PROGRAMME AND STAFF RESPONSIBILITY

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



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### CAMP SCHEDULE

#### Day I – 11.03.2019

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



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### Day I- 11.03.2019 (Monday)

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



### COFFEE

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







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### ASSEMBLY

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



### CLEANING THE CAMPSITE

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





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### **BREAKFAST**

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



### **CLEANING WORK**

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





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### LAYOUT OF CAMPSITE

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



### LUNCH

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

### REST

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







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### PREPARATION OF LAVATORY AND BATHES

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



### TEA

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





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### PREPARATION OF CAMPSITE CIRCLE

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



### PREPARATION OF TENTS AND STRUCTURE

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





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### DISCUSSIONS

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

### DINNER

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

### LIGHTS OFF

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







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**Melakottaiyur, Chennai-127**

## **CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES**

### **CAMP SCHEDULE**

#### **Day II- 12.03.2019**

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



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

**Day II- 12.03.2019 (Tuesday)**

### **RISING CALL**

At 5.45 am all the campers were gathered in campsite.

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

- Jimmie Davis.

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



### **COFFEE**

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





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### ASSEMBLY

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



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

### FLAG HOISTING & CAMP INAUGURATION

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







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### SELECTION OF UNIT DIRECTORS, UNIT LEADERS & NAMING OF UNITS

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

Unit-I – 14 Women's

Unit-II – 15 Women's

Unit-III – 32 Men's

Unit-IV – 33 Men's



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



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### UNIT-I

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

Hey, Hey Hey

Giligiliya Chiyan ..... Giligiliya (2)





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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### UNIT-II

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

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





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### UNIT-III

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

Lale lalala lala.....jai pubgy







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### UNIT-IV

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

Jumbare Jumbare Jumbara Jumba (2)

ho ho.....





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### CLEANING

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

### BREAKFAST

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

### COMMUNITY SINGING

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





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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### 1 SHIFT-MORNING ACTIVITY

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

#### UNIT-I

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



#### UNIT-II

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







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### UNIT-III

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



### UNIT-IV

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



### II SHIFT- MORNING ACTIVITY

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





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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### UNIT-I

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



### UNIT-II

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





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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### UNIT-III

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



### UNIT-IV

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





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### LUNCH

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

### REST & TEA

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



### I SHIFT-EVENING ACTIVITIES

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





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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### UNIT-I

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



### UNIT-II

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







# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### UNIT-III

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

### UNIT-IV

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



### II SHIFT-EVENING ACTIVITIES

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

### UNIT-I

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

### UNIT-II



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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

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

### UNIT-III

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

### UNIT-IV

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

### PREPARATION OF CAMP FIRE PROGRAMME

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



### CAMP FIRE PROGRAMME

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



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



**Campfire's burning, campfire's burning**

**Draw nearer, draw nearer**

**In the gloaming, in the gloaming**

**Come sing and be merry.**

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

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





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



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

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

### DINNER

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



### LIGHTS OFF

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





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## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

### CAMP SCHEDULE

#### Day III– 13.03.2019

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



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

**Day III- 13.03.2019 (Wednesday)**

### **RISING CALL**

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



### **ASSEMBLY, FLAG HOSTING & DEVOTION**

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



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



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### PHYSICAL JERKS

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



### CLEANING

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



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### **BREAKFAST**

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

### **COMMUNITY SINGING**

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





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### I SHIFT-MORNING ACTIVITIES

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

#### UNIT-I

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

#### UNIT-II

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



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### UNIT-III

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



### UNIT-IV

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



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### II SHIFT-MORNING ACTIVITIES

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

#### UNIT-I

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

#### UNIT-II

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





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### UNIT-III

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



### UNIT-IV

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



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### **LUNCH**

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

### **REST & TEA**

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





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### I SHIFT-EVENING ACTIVITIES

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

#### UNIT-I

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

#### UNIT-II

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



#### UNIT-III

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





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### UNIT-IV

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

### II SHIFT-EVENING ACTIVITIES

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

### UNIT-I

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



### UNIT-II

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



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### UNIT-III

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

### UNIT-IV

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

#### PREPARATION OF CAMP FIRE PROGRAMME

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



#### CAMP FIRE PROGRAMME

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

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

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



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



### DINNER

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

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





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

**Melakottaiyur, Chennai-127**

## **CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES**

### **CAMP SCHEDULE**

#### **Day IV– 14.03.2019**

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



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Melakottaiyur, Chennai-127

## CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

**Day IV- 14.03.2019 (Thursday)**

### **RISING CALL**

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

### **ASSEMBLY, FLAG HOSTING & DEVOTION**

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



### **PHYSICAL JERKS**

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



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### HIKING

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



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





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





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

### **COOKOUT**

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

### **UNIT-I**

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



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### UNIT-II

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



### UNIT-III

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





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### UNIT-IV

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



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





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### FRIENDS AND COUNCIL

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



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

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

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



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### **CAMP SCHEDULE**

#### **Day V– 15.03.2019**

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





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**Day V- 15.03.2019 (Friday)**

### **RISING CALL**

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



### **ASSEMBLY, FLAG HOSTING & DEVOTION**

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





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### PHYSICAL JERKS

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





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### **KIT INSPECTION PREPARATION & BREAKFAST**

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

### **KIT INSPECTION & COMMUNITY SINGING COMPETITION**

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



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

### **UNIT-I**

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



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### UNIT-II

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



### UNIT-III





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



### UNIT-IV

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





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### MOCK GAMES

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







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

### **LUNCH**

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



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### EXHIBITION AND VISITORS DAY

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







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### VALEDICTORY FUNCTION

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







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



Tamil Nadu Physical Education and Sports University Biography  
Published **The New Indian Express** Magazine on 17.03.2019 Sunday.





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

**Melakottaiyur, Chennai-127**

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### **19. Awareness Programme On Women Empowerment And Sexual Harassment At Colleges, Universities And Workplaces.**

#### **Tamil Nadu Physical Education and Sports University Chennai 600127**

Awareness Programme for the Female students on Women Empowerment and sexual Harassment at Colleges, Universities and Workplaces on 18.03.2019.

Awareness Speech was given by

1. Dr Sheila Stephen, Vice Chancellor, TNPESU
2. Dr. Shahin Ahmed, Professor and Head, Department of Sports Psychology & Sociology

Power Point Show prepared by Dr Umamahesware, Mrs Karthiga and Ms. Nivethitha.

All the women students attended the awareness programme. There was question answer session for the students at the end of the programme





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### FACILITIES AVAILABLE FOR WOMEN IN THE UNIVERSITY

#### UNIVERSITY BUS





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### TRANSPORT - Government Bus



Vengadamangalam, Tamil Nadu, India  
Melakottaiyur, Vengadamangalam, Tamil Nadu 600127, India  
Lat N 12° 49' 52.74055"  
Long E 80° 8' 17.84857"





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### Security for Women





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### CCTV



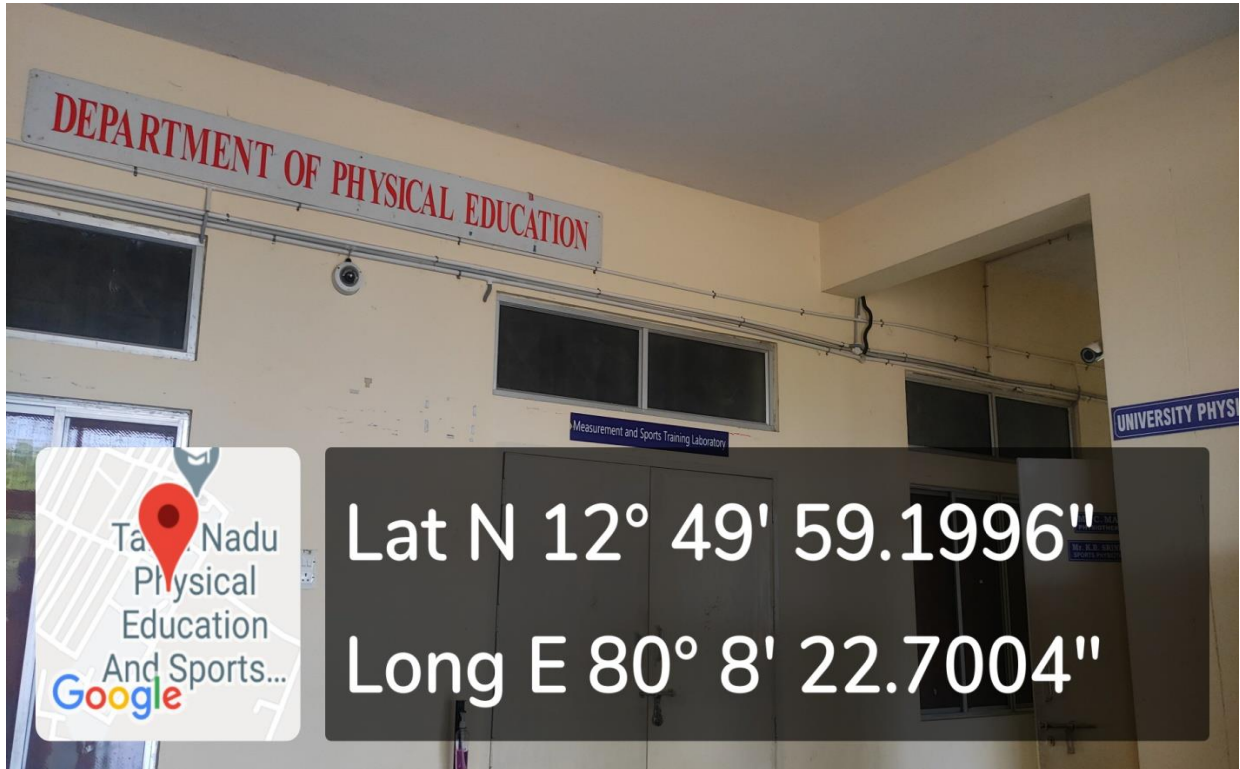




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### Health Centre



### Medical Facility Room





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### Sports Equipment Store Room







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### Hostel - Safety





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### Mess Hall for Women





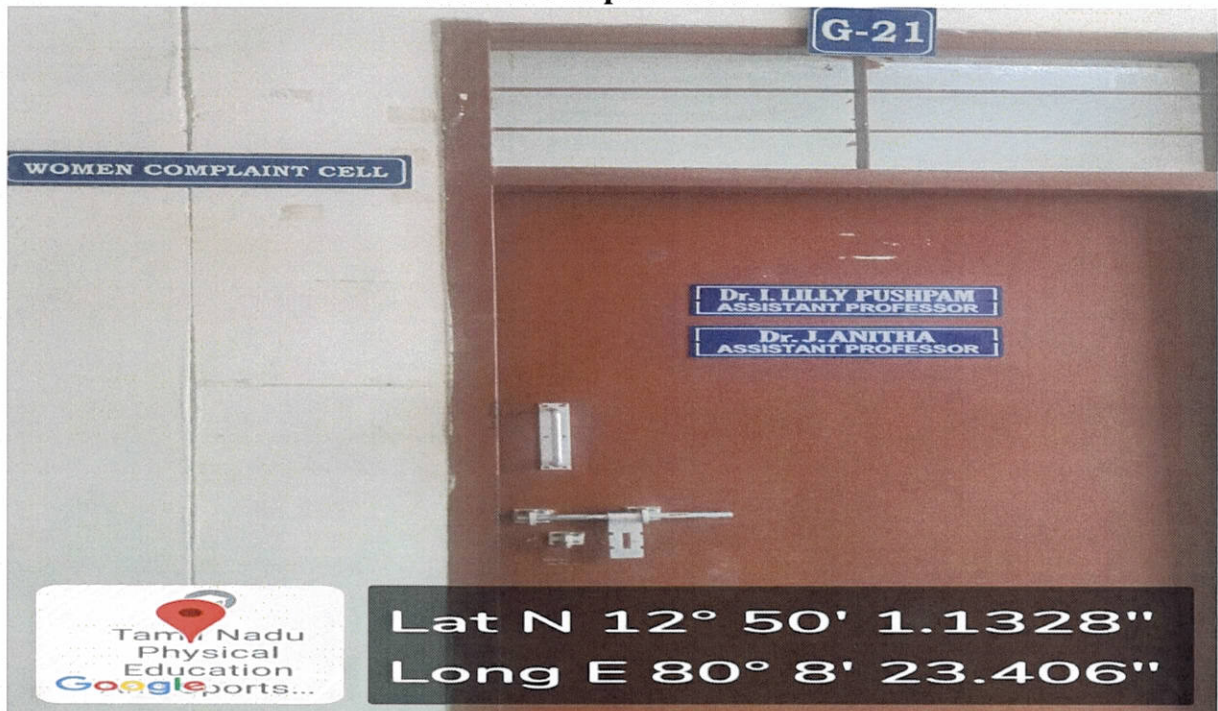


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### Women Complaint Cell



*[Handwritten Signature]*

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