



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்  
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

Accredited with "B++" Grade by NAAC

India's First State University in Physical Education and Sports



**3.3.2.1: Total number of workshops/seminars conducted on Research methodology, Intellectual Property Rights (IPR), entrepreneurship, skill development year wise during the last five years**

S.NO.	NAME OF THE PROGRAMME	AIM OF THE PROGRAMME	DATE
<b>2015-16</b>			
1.	National Workshop on Sports Wellbeing and Social Development	Aim of the programme is to develop the mental health of the participants to improve their skills in the working environment	03.11.2015
2.	National Level NCTE Workshop on curriculum frame work in Physical Education	Aim of the programme is to develop the curriculum in the physical education courses	03-10-2015
3.	International Workshop on contemporary outlook on self through self enhancement	Aim of the programme is to develop the self skill of the participants to improve their psychological skills in the working environment	11.01.2016
<b>2016-17</b>			
4.	International Workshop in Sports Awareness and Coaching Strategies in Football	The objective of the programme is to develop the coaching skills of the participants	20.02.2018
5.	National level workshop cum state level officiating examination in Handball	The objective of the programme is to develop the officiating skills of the participants	23 <sup>rd</sup> to 24 <sup>th</sup> Feb 2018
6.	National Seminar on Performance Psychology- Cutting an edge	Aim of the programme is to develop the self skill of the participants to improve their psychological skills in the working environment	23.03.2018
<b>2018-19</b>			
7.	National workshop on professional preparation in physical education and sports science a multidisciplinary approach	The objective of the programme is to develop the professionalism skills of the participants	22-11-2018
8.	National workshop on SPSS	The objective of the programme is to develop the research data	5th January 2019

  
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		analyzing skills of the participants	
9.	National Workshop On Swiss Ball Training	The purpose of the programme is to develop the training skill in fitness centre of the participants	1st March 2019
10.	Level - I : Kinanthropometry Workshop	The purpose of the programme is to develop the training skill in fitness centre of the participants	21 <sup>st</sup> to 23 <sup>rd</sup> January 2019
11.	Level - I : Kinanthropometry Workshop	The purpose of the programme is to develop the training skill in fitness centre of the participants	10th to 12 April 2019
12.	International Conference on Exercise Physiology and Nutrition for enhancing health, fitness and Sports Performance	Aim of the programme is to develop the health and fitness of the participants to Sports Performance	5.03.2019- 07.03.2019

  
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3.2.2. WORKSHOP 2015-16 MGT & PSY

## TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by the Government of Tamil Nadu in 2005, is unique and first of its kind in India as an affiliating University, exclusively for Physical Education and Sports.

### ORGANIZING COMMITTEE

Chief Patron:

**Prof. Dr. A.M. Moorthy**  
Vice-Chancellor, TNPEUSU

Patrons:

**Dr. P. Samraj**  
Registrar (i/c), TNPEUSU

**Dr. R. Elangovan**  
Controller of Examinations (i/c), TNPEUSU

Organizing Secretary:

**Prof. Dr. V. Mangaiyarkarasi**  
Head, Dept. of Sports Management and Sports Psychology & Sociology, TNPEUSU

Co-ordinators:

<b>Dr. S. Premkumar</b>	<b>Dr. Shahin Ahmed</b>
<b>Dr. V. Rameshkumar</b>	<b>Dr. K. Kannadasan</b>
<b>Dr. P. Gopinathan</b>	<b>Dr. J. Anitha</b>

## DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY & SOCIOLOGY

A study of sports suggests ways and means to develop psychological skills to optimize sports performance. Sports sociology studies society's multi dimensional influence on sports and helps to understand different cultures and their implications on sports performance.

Sports by itself influences the society and brings out changes in the outlook of the society. Outstanding sports personalities bring out remarkable changes in the attitude and approach of the society to sports.



Address for communication:

**Prof. Dr. V. MANGAIYARKARASI**  
Head, Dept. of Sports Management and Sports Psychology & Sociology

Organizing Secretary,

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
Melakottaiyur (P.O), Vandalur, Chennai - 600 127.  
Email: deptsps2008@yahoo.com  
Mobile: 9445064025, 9841246509, 9786711402, 9444973711



## NATIONAL WORKSHOP ON SPORTS, WELL-BEING AND SOCIAL DEVELOPMENT

on  
**3<sup>rd</sup> November 2015**  
at  
**Conference Hall,  
TNPEUSU  
Chennai**

Organized By  
**DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY & SOCIOLOGY**

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
MELAKOTTAIYUR, CHENNAI 600 127.

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Dear Friends,

Warm Greetings from Tamil Nadu Physical Education and Sports University, Chennai.

It is our proud privilege to invite you to participate in the National Workshop on "SPORTS WELL-BEING AND SOCIAL DEVELOPMENT", to be held at TNPESU Campus, Melakottaiyur, Chennai 600 127 on 3<sup>rd</sup> November 2015.

The workshop will bring together academicians, researchers and professionals from the field of Sociology, Psychology and other sport sciences for intellectual exchanges, research co-operation and development of new concepts in the field and also highlight the need for facing and managing the task and to develop themselves strong to succeed and prosper.

**ABOUT THE WORKSHOP**

Sport can make a significant and distinctive contribution to individual well - being. Health is a fundamental human right and a world-wide social goal. It is essential for the fulfillment of basic human needs and an improved quality of life and the same has to be attained by all people. Health is on one hand a highly personal responsibility and on the other hand a major public concern. It is widely accepted that Sport may contribute to the development of people's well-being. Regular participation in such activities is associated with longer and better quality of life, reduced risks of a variety of diseases and creates healthy society and its lead to social development.

**REGISTRATION**

The Registration form of the workshop is enclosed. The participants are expected to submit the Registration form portion duly filled in along with Registration Fee in the form of cash to the following Coordinator latest by 29<sup>th</sup> October 2015.

**Dr. V. Ramesh Kumar**  
Assistant Professor, TNPESU – 9444498649

**REGISTRATION FEE**

**DELEGATES & RESEARCH SCHOLARS : Rs. 300/-**  
**STUDENT DELEGATES : Rs. 200/-**

The Registration fee will cover workshop file, writing material, lunch and admittance to all sessions.

**SPEAKERS OF THE WORKSHOP**

Speakers	Topic
<b>Dr. E.Vidhubala</b> Associate Professor, Cancer Institute, Adyar, Chennai	Promoting Health Through Lifestyle
<b>Dr. Viji Devanand</b> Professor of Physiology, Stanley Medical College, Chennai	Physiological Responses and Long Term Adaptations to Exercise
<b>Dr. S.Gunasekaran</b> Former Registrar & Dean, Professor & Head, Department of Sociology, Pondicherry University	Well-Being and Social Development

**NATIONAL WORKSHOP ON SPORTS, WELL-BEING AND SOCIAL DEVELOPMENT**  
3<sup>rd</sup> November, 2015

**REGISTRATION FORM**

Name : \_\_\_\_\_

Designation : \_\_\_\_\_

Institution : \_\_\_\_\_

Address for  
Correspondence : \_\_\_\_\_

Phone (Off) : \_\_\_\_\_

(Res) : \_\_\_\_\_

Mobile : \_\_\_\_\_

E-mail : \_\_\_\_\_

Registration fee paid: Rs. \_\_\_\_\_

Place : \_\_\_\_\_

Date : \_\_\_\_\_

Signature of the Participant

*Sports serve society by providing vivid examples of excellence. George F. Will*

*V-R*  
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Tamil Nadu Physical Education  
and Sports University  
Chennai



### Program Schedule

9.15 – 9.50 am.	Registration
10.00 – 10.45 am	Inauguration
10.45 – 11.45 am	Dr.E.Vidhubala, Associate Professor, Cancer Institute, Adayar, Chennai (Session I)
11.45 am – 12 pm	Tea Break
12.00 – 1.00 pm	Dr.Viji Devanand, Professor of Physiology, Stanely Medical College, Chennai. (Session II)
1.00 – 2.00 pm	Lunch Break
2.00 – 3.00 pm	Dr.S.Gunasekaran, Former Registrar & Dean, Professor & Head, Dept. of Sociology, Pondicherry University, Pondicherry. (Session III)
3.00 – 3.15 pm	Tea Break
3.30 onwards	Valedictory function

### Co-ordinators

- Dr. S. PREM KUMAR, Associate Professor, TNPSU
- Dr. SHAHIN AHMED, Associate Professor, TNPSU
- Dr. V. RAMESH KUMAR, Assistant Professor, TNPSU
- Dr. K. KANNADASAN, Assistant Professor, TNPSU
- Dr. P. GOPINATHAN, Assistant Professor, TNPSU
- Dr. J. ANITHA, Assistant Professor, TNPSU

## Invitation



### “NATIONAL WORKSHOP ON SPORTS, WELL-BEING AND SOCIAL DEVELOPMENT”

on  
03<sup>rd</sup> November 2015

at  
Conference Hall, TNPSU, Chennai.

Organized by

Department of Sports Management and  
Sports Psychology & Sociology

Tamil Nadu Physical Education and  
Sports University  
Melakottaiyur, Chennai – 600 127.

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V. Senthil  
Registrar  
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Department of Sports Management and  
Sports Psychology & Sociology  
Tamil Nadu Physical Education and Sports University, Chennai

Cordially invite you to the inaugural function of the  
"NATIONAL WORKSHOP ON SPORTS, WELL-BEING  
AND SOCIAL DEVELOPMENT"  
at 10:00 am., on Tuesday 03<sup>rd</sup> November 2015  
at TNPESU, Melakottaiyur, Chennai 600 127

**PROF. DR. A. KALANIDHI**  
Former Vice Chancellor,  
Anna University, Chennai

has kindly consented to deliver the inaugural address

**Prof. A.M. MOORTHY**  
Vice-Chancellor, TNPESU, Chennai

will felicitate the function.

**Dr. P. Samraj**  
Registrar i/c, TNPESU, Chennai

**Dr. V. Mangaiyarkarasi**  
Professor & Head,  
Organizing Secretary



Department of Sports Management and  
Sports Psychology & Sociology  
Tamil Nadu Physical Education and Sports University, Chennai

Cordially invite you to the valedictory function of  
"NATIONAL WORKSHOP ON SPORTS, WELL-BEING  
AND SOCIAL DEVELOPMENT"  
at 3.30 pm., on Tuesday 03<sup>rd</sup> November 2015  
at TNPESU, Melakottaiyur, Chennai 600 127

**Prof. A.M. MOORTHY**  
Vice-Chancellor, TNPESU, Chennai

will deliver the presidential address

**Dr. S. GUNASEKARAN**  
Former Registrar & Dean, Professor & Head,  
Pondicherry University, Puducherry

has kindly agreed to deliver the valedictory address

**Dr. P. SAMRAJ**  
Registrar i/c, TNPESU, Chennai

will felicitate the function.

**Dr. V. Mangaiyarkarasi**  
Professor & Head,  
Organizing Secretary

  
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**REPORT ON NATIONAL WORKSHOP****“SPORTS WELL-BEING AND SOCIAL DEVELOPMENT”****03.11.2015**

The Department of Sports Management and Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University Chennai organized a National workshop on the topic - “Sports, Well-Being And Social Development” at the University campus on 3<sup>rd</sup> November, 2015. The program was started with the welcome address given by Dr. V. Mangaiyarkarasi, Professor and Head, Dept. of Sports Management and Sports Psychology & Sociology, Dr. R. Elangovan, Professor and Head, Dept. Of Yoga presided the function and Dr. A. Kalanidhi, former Vice- Chancellor, Anna University, inaugurated and delivered the inaugural address. In the morning session, Dr. E.Vidhubala, Associate Professor, Cancer Institute, Adyar, Chennai spoke on Promoting health through lifestyle and Dr. Viji Devanand, Professor of Physiology, Stanley Medical College, Chennai spoke on Physiological responses and long term adaptations to exercise. In the afternoon session, Dr. S.Gunasekaran, Former Registrar & Dean, Professor & Head, Dept. of Sociology, Pondicherry University, Pondicherry spoke on well-being and social development. Dr. Shahin Ahmed, Associate Professor, Dept. of Sports Management and Sports Psychology & Sociology, TNPESU presented the report on the seminar. Prof. A.M.Moorthy, Vice- Chancellor, TNPESU, Chennai and Dr. P.Samraj, Registrar i/c, TNPESU, Chennai felicitated the function and delivered the presidential address. Dr. K.Kannadasan, Assistant Professor, proposed vote of thanks.

  
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*V. R. Govindarajan*

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## National Workshop on Sports Well Being and Social Development

On

3<sup>rd</sup> November 2015

Organized By Department of Sports Management, Sports Psychology and  
Sociology

S.No	Name of the Participant	Department
1.	Dr. Samraj	Physical Education
2.	Dr.S. Thirumalaikumar	Physical Education
3.	Dr.I. Lilly pushpam	Physical Education
4.	Dr R. Elangovan	Yoga
5.	Dr S. Selvalakshmi	Yoga
6.	Dr. V. Duraisami	Yoga
7.	Prof.GraceHelina	Exercise Physiology and Biomechanics
8.	Dr.R.Venkatesan	Exercise Physiology and Biomechanics
9.	Dr.P.K.Senthil Kumar	Exercise Physiology and Biomechanics
10.	Dr.P.RajiniKumar	Exercise Physiology and Biomechanics
11.	Dr.R. RamaKrishnan	Sports Technology
12.	Dr. R.Subramanian	Sports Coaching
13.	Dr. C.Arumugam	Sports Coaching
14.	Dr. G. Nallavan	Sports Technology
15.	Dr.S.Prem Kumar	Management
16.	Dr. V. Mangaiyarkarasi	Sociology
17.	Dr. Shahin Ahmed	Psychology
18.	Dr. P. Gopinathan	Psychology
19.	Dr. V.Murugavalavan	Health center
20.	Dr.K.Kannadasan	Sports Psychology
21.	Dr.Kumaravelu	Physical Education
22.	Dharama	Physical Education
23.	Lakshmi	Physical Education
24.	Bobby	Physical Education
25.	Vijay	Physical Education
26.	Lakshman	Psychology
27.	Jaykar	Psychology
28.	Akhil K ravi	Biomechanics
29.	M.Ponpandi	Biomechanics
30.	Gokul	Biomechanics
31.	Parthiban	Biomechanics
32.	Yogeswaran	Biomechanics
33.	Vamsi krishnan I	Physical Education
34.	Raghav krishna	Physical Education
35.	Vaishnavi. R	Physical Education

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36.	Latika	Physical Education
37.	Samhitha	Physical Education
38.	Divya	Physical Education
39.	Hanusruthi.	Physical Education
40.	Pavithra devi	Physical Education
41.	Deepa priya	Physical Education
42.	Thamira	Physical Education
43.	Janavi	Sports Caching
44.	Samera fathima	Sports Caching
45.	Divya dharshini	Sports Caching
46.	Mekala dharani	Sports Caching
47.	maheennooza	Sports Caching
48.	Roshini	Sports Caching
49.	Jeaya sree	Sports Caching
50.	Niranjani	Physical Education
51.	Hari priya	Physical Education
52.	S harini	Physical Education
53.	Haarish	Physical Education
54.	Vikram	Physical Education
55.	Deeran	Physical Education
56.	Monish.	Physical Education
57.	Balaji.	Physical Education
58.	Sanjay	Physical Education
59.	Sankalp	Physical Education

  
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**NATIONAL LEVEL NCTE WORKSHOP ON  
CURRICULUM FRAME WORK IN  
PHYSICAL EDUCATION**

**3<sup>rd</sup> October 2015.**

**Workshop Report**



**TAMIL NADU PHYSICAL EDUCATION AND  
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**National Level NCTE Workshop**  
**on**  
**Curriculum frame work in Physical Education**

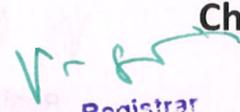
**3<sup>rd</sup> October 2015.**

**Workshop Report**



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

**Chennai -600127**

  
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## **NATIONAL LEVEL NCTE WORKSHOP ON CURRICULUM FRAME WORK IN PHYSICAL EDUCATION**

Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, South India organized the National Level NCTE Workshop on Curriculum frame work in Physical Education on 03.10 2015.

The inaugural function of the workshop was presided by the Dr.S. Sundaraj, Hon'ble Minister for Sports Minister for Sports and Youth Welfare, Govt. of Tamil Nadu and inaugurated by Dr. H.Devaraj Vice Chairman University Grants Commission, New Delhi, in the esteemed presence of Dr. A.M. Moorthy, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Dr. Santhosh Panda, Chairperson, NCTE and Dr. R.Thandavan, Vice Chancellor, University of Madras.

After the inauguration function the Scientific Session on Curriculum frame work in Physical Education was steered by the Dr. Santhosh Panda, Chairperson, NCTE with the key points and need for the changes in the Curriculum frame work in Physical Education in the presence of Prof. Dr. Jatin Soni, Vice Chancellor, Swarnim Gujarat Sports University and Dr. A.M. Moorthy, Vice Chancellor, Tamil Nadu Physical Education and Sports University.

The Diploma in Physical Education (DPED- 2 Years) curriculum frameworks was presented by Professor Dr. S.H Despande, Director, and H.V.P.Mandal College of Physical Education, Amaravathi, the experts and delegates from various physical education institutions spread through out the

  
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country carefully observed the presentation and suitable suggestions were made after healthy discussions.

The Bachelor of in Physical Education (BPEd -2 Years) curriculum frameworks was presented by Dr. Om. Prakash, Assistant Professor, Department of Physical Education. Swarnim Gujarat Sports University the experts and delegates from various physical education institutions spread through out the country carefully observed the presentation and suitable suggestions were made after healthy discussions.

The Master of in Physical Education (MPED -2 Years) curriculum frameworks was presented by Dr. P.Samraj, Registrar i/c , Professor and Head,, Department of Physical Education. Tamil Nadu Physical Education and Sports University the experts and delegates from various physical education institutions spread through out the country carefully observed the presentation and suitable suggestions were made after healthy discussions.

All the above curriculum frame work namely DPED, BPEd and MPED were modified after the deep and careful discussion in the workshop .

The list participants are enclosed here with for your perusal .

  
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**NATIONAL LEVEL NCTE WORKSHOP ON CURRICULUM  
FRAME WORK IN PHYSICAL EDUCATION**

**Photographs**

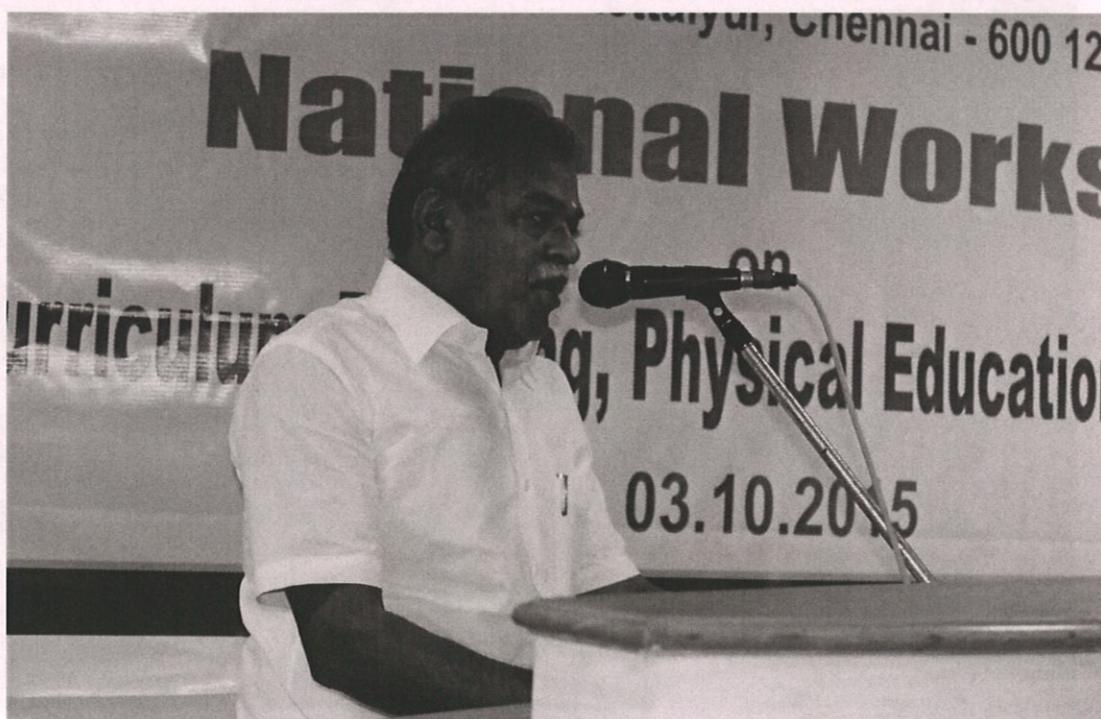


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## NATIONAL LEVEL NCTE WORKSHOP ON CURRICULUM FRAME WORK IN PHYSICAL EDUCATION

### Photographs



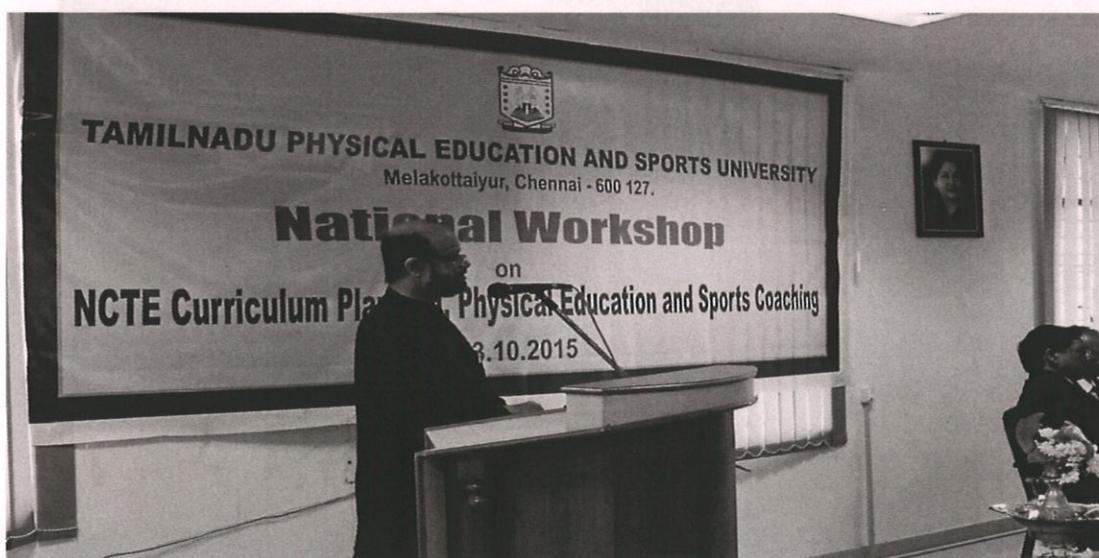
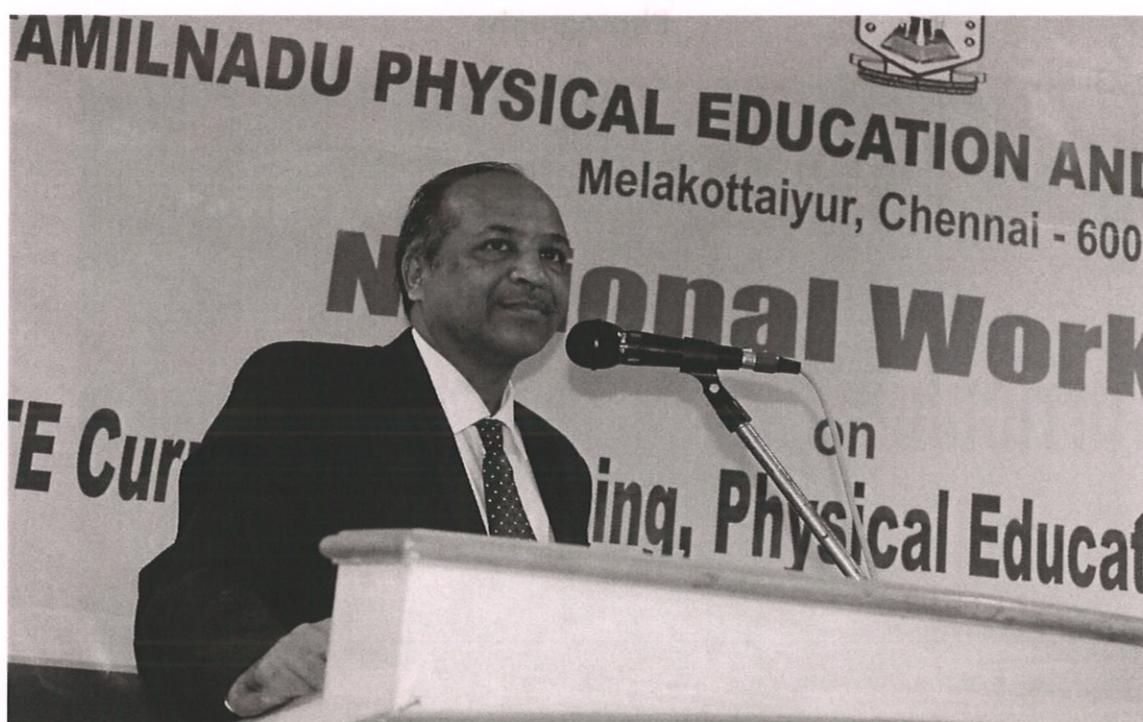
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**NATIONAL LEVEL NCTE WORKSHOP ON CURRICULUM  
FRAME WORK IN PHYSICAL EDUCATION**

Photographs



*V. K.*

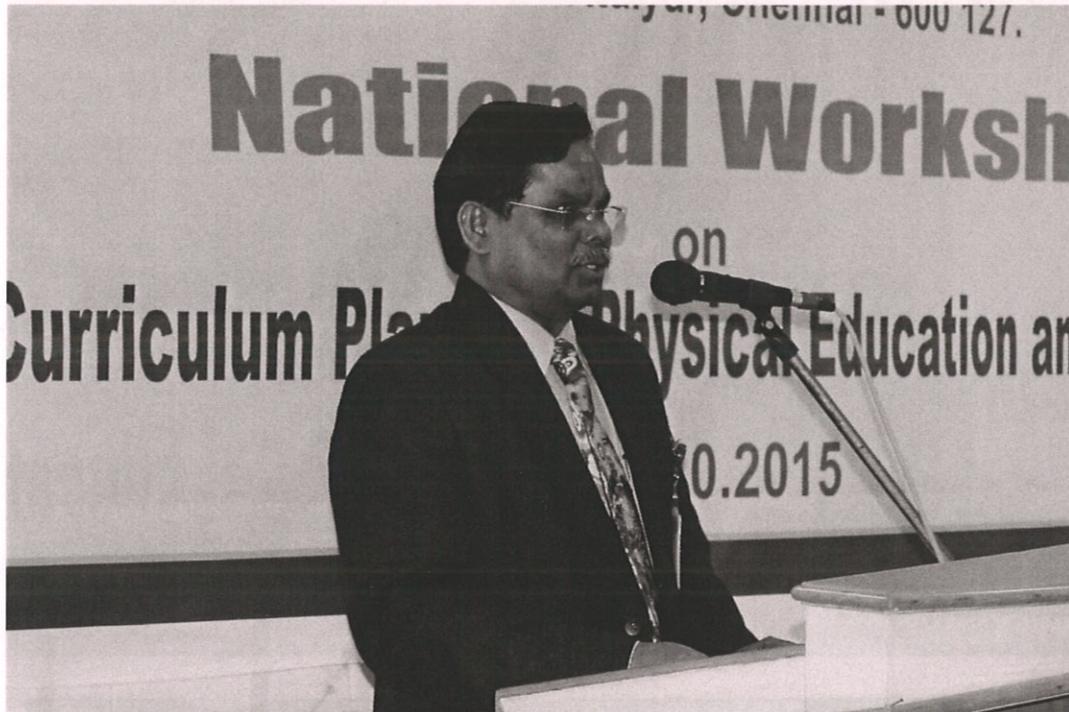
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NATIONAL LEVEL NCTE WORKSHOP ON CURRICULUM

**NATIONAL LEVEL NCTE WORKSHOP ON CURRICULUM  
FRAME WORK IN PHYSICAL EDUCATION**

**Photographs**



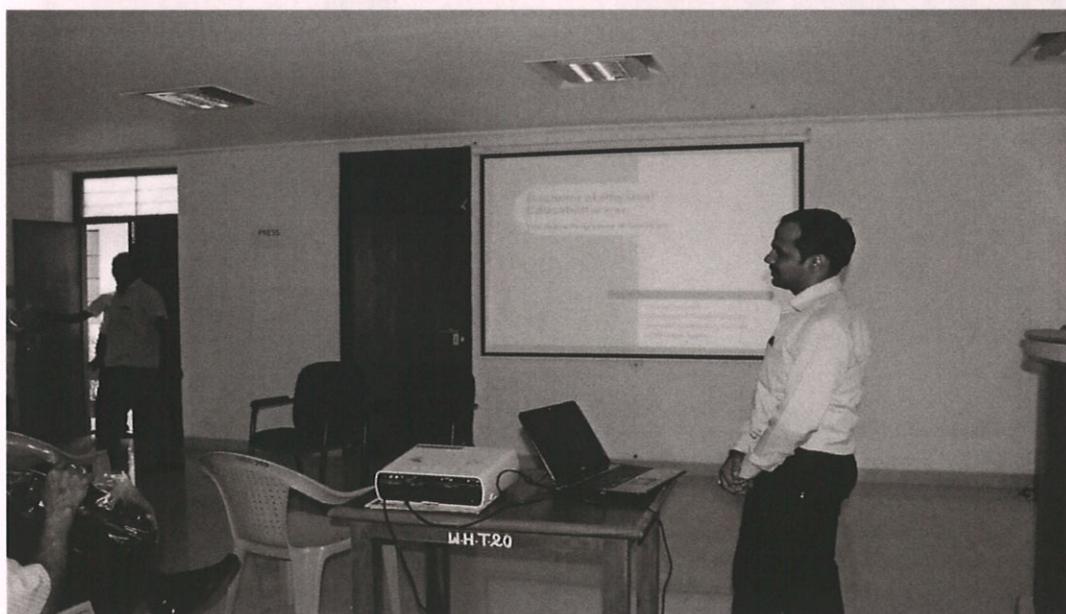
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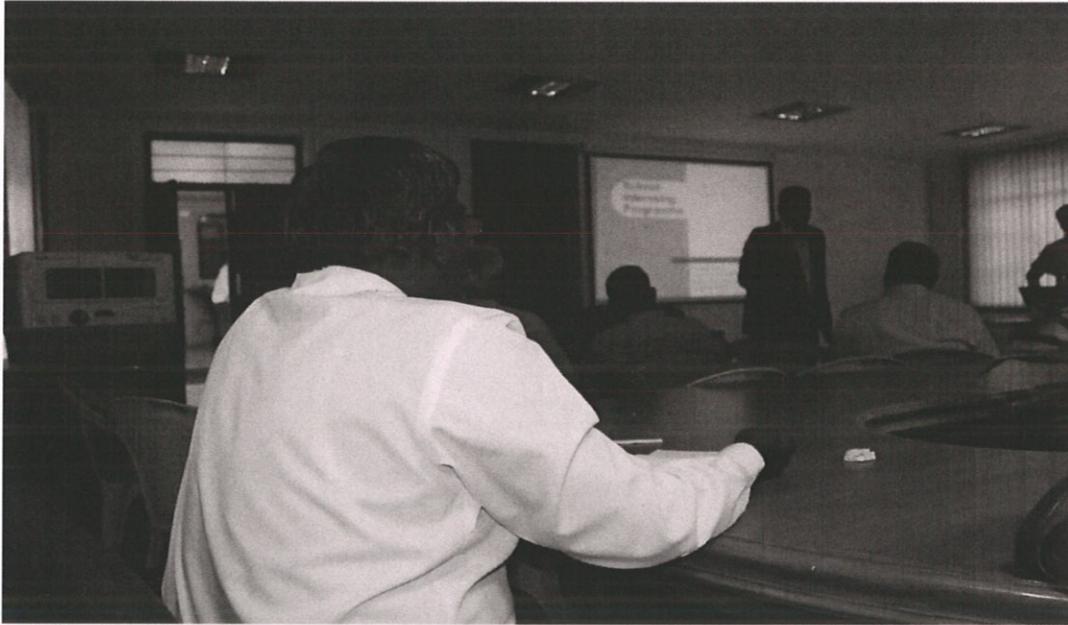


**NATIONAL LEVEL NCTE WORKSHOP ON CURRICULUM  
FRAME WORK IN PHYSICAL EDUCATION**

**Photographs**



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CHENNAI – 127

**NATIONAL WORKSHOP ON NCTE CURRICULUM FRAME WORK  
IN PHYSICAL EDUCATION**

**DETAILS ON PARTICIPATION**

S.No	Name	Designation
1	Dr. S.H. Deshpande	Director, H.V.P.Mandal, Amravathi (mah...) Pin: 444605
2	Dr. Jatin soni	Vice - Chancellor, Swarnimm Gujarat Sports University, Gandhi Nagar, Gujarat. Pin: 382016
3	Prof. Santosh Panda	Chairperson, NCTE, Hans Bhavan, Wing-ii B.S.Z.Marg, New Delhi-110002
4	Dr. S.K. Chauhan	Regional Director, NRC- NCTE, 4 <sup>th</sup> Floor, Jivan Nidhi, LIC Building, Ambedkar Circle, Bharari Singh Mary, Jaipur, Rajasthan.
5	Dr. A.M.Moorthy,	Vice - Chancellor, TNPESU, Chennai- 600127
6	Dr. P.Samraj,	Professor & Head Dept. of Phy. Education & Registrar i/c, TNPESU, Chennai-600127
7	Dr. V.Muruga Valavan	Asst. Prof Cum Medical Officer, TNPESU, Chennai-600127.
8	Rekha Dey	India Director, Sports Education Development Australia (SEDA), <a href="mailto:rekhad@sedagroup.com.au">mailto:rekhad@sedagroup.com.au</a>

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9	Dr. J. Rama Mohan Rao	Faculty Member, Acharya Nagarjuna University, Nagarjuna Nagar, (AP)
10	Prof. Y.Kishore	Dean Faculty of Physical Education & Sports Sciences, Acharya Nagarjuna University, Guntur-522510 (AP)
11	Dr. Sushil Kumar Rajput,	Chairman, Noida collage of physical education, Noida (UP)
12	Dr. K.Murugavel	Professor of Director, Dept. of Phy.Education, Bharathiar University, Comibatore-46
13	Prof. Jitendra Singh Naruka,	Former Vice - Chancallor, LNIPE, Gwalior (Govt. of India), Adviser- Sports & Research Asso. of Indian University's, Director, NCPE GP of Director NOA (INDIA)
14	Dr. G.Kishore	Principal, SAI, LNCPE, Trivandrum (KL)
15	Dr. K.Chandrasekaran	Professor of Head, Dept. of Physical Education, Madurai Kamaraj University, Madurai - 625021 (TN)
16	Prof. Dilip K. Dureha	Vice - Chancellor, LNIPE (Govt. of India) Gwalior.
17	Prof. Kalpana Slana	Dean Faculty of Education & Director ASPES, I-3 Amithy University, NOADA.
18	Dr. G.V. Pargaonkar	Principal, B.P.C.A's Collage of Phy. Education, Bhartiya Keida Mandir, Maigon Cross Road, Wadala, Mumbai - 400031 (Maharashtra)
19	Dr. K.K.Debnath	Head of the Department , Post Graduate Course, DCPE. HVPM, Amravathi (M.S)

  
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20	Dr. Om Prakash Mishra	Assistant Professor, Dept. of Physical Education, Swarnim Gujarat Sports University, Gandhi Nagar, Gajarat.
21	Dr. Y.Hemalatha	Dept.of Physical Education, J.N.V. HRD Govt. of India Wargal Medak (AP)
22	Dr. Shahin Ahmed	Associate Professor, Dept. of Sports Psychology & Sociology, TNPESU, Chennai-127.
23	Dr. N.J.Chaniyara,	Associate Professor, HL College of Commerce,
24	R.P. Luthra, (Advacate)	Ex. Swimming Coach Sports Law C-227, Nirman Vihar, Delhi-110092 #09818133399 / 09136664401 mailto:advoluthra@yahoo.co.in
25	Dr. Jagtar Singh Gill	Associate Professor, Dept. of Physical Education & Sports, PEC University of Technology, Chandrgarh #09872301898 mailto:jagtass@yahoo.com
26	Dr. Harthajan Singh Atwal	Director, Cantre for Studies in Phy. Edu. & Sports, Dibrngarh University, Assam-786004
27	Dr. K.Shanth. Ph.D,	Deputy Diretor of Physical Education, Madras Veterinary College, Vepery, Chennai-7
28	Dr. S.Thirumalai Kumar,	Associate Professor, Department of Physical Education, TNPESU, Chennai - 600 127.
29	Debkumar Dan	M.Phil Scholar, TNPESU, Chennai - 127.

  
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Chennai



30	B.Subaash,	Yoga Instrutor, Kanchipuram.
31	G.Ramakrishnan, Ph.D,	TNPESU, Chennai-127.
32	Dr. G.Ravindran	The Principal, Koviloor Andovar College of Phy.Edu, Koviloor-630307.
33	Prof. M.L.Kamalesh	Former Principal, LNCE. Tum, 435, Urban Estate Phase - I, Patiala-147002
34	Dr. V.Mangaiyakarasi	Professor & head, Dept. Of Sports Management and Sports Psychology & Sociology, TNPESU, Chennai-127.
35	Dr. N. Ashok Kumar	Assistant Librarian , TNPESU, Chennai – 127.
36	Dr. Ramakrishnan	Prof. & Head- Sports Technology, TNPESU, Chennai – 127.
37	Dr. PK.Senthilkumar	Asst. Professor, Dept. of Exercise Physiology & Nutrition, TNPESU, Chennai-127.
38	Dr. R.Venkatesan	Asst. Prof & Head i/c Dept. Of Ex.Phy & Biomechanics, TNPESU, Chennai-127.
39	Dr. P.Rajinikumar	Asst. Prof & Head i/c, Dept. Of Biomechanics, TNPESU, Chennai-127.
40	Dr.C. Arumugam	Asst. Prof, Dept of Advanced Trianing & Coaching, TNPESU, Chennai-127.
41	Dr.T.Radhakrishnan	Associate Professor, Dept, of Physical Education, Bharathiar University, Coimbatore – 46.

V- [Signature]  
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42	Dr.Glady Kirubakar	Assistant Professor, YMCA College of Physical Education, Nandanam, Chennai - 35
	Dr.S.Abraham Davidson	Assistant Professor, YMCA College of Physical Education, Nandanam, Chennai - 35
43	Dr.V.Gopinath	Professor, Dept, of Physical Education, Annamalai University, Annamalai Nagar.
44	Dr.K.K.Verma	Former Voice Chancellor, LNIUPE, Gwalior.
45	R.P.Luthra	Delhi
46	Dr.K.Jothi	Associate Professor, YMCA College of Physical Education, Nandanam, Chennai – 35
47	Jyoti Mann	Ph.D Scholar, AMITY University, NOIPA.
48	Dr.N.J.Chaniyara	Associate Professor, K.L College of Commerce.
49	Mr.V.Sankaralingam	Ph.D Scholar, Dept, of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai – 127.

  
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50	Dr.A.Suresh Kutty	Associate Professor, Kannur University.
51	Dr.K.V.K.Reddy	Associate Professor, LNCPE, Trivandrum.
52	G.Thamima	M.Phil Scholar, Dept, of Yoga, Tamil Nadu Physical Education and Sports University, Chennai – 127.
53	Dr.M.Pari	Director of Physical Education, S.I.V.E.T, Chennai.
54	Dr.G.Radhakrishnan	Director of Physical Education, Theagaraya College, Chennai - 21
55	Dr.James Zachariah	Assistant Professor, MCC, Tambaram, Chennai – 59.
56	Dr.Sultana	Professor & Head, Dept, of Physical Education, Pondichery University, Pondichery.
57	S.Rajamony	Assistant Professor, KACPE, Koviloor.
58	B.Soundiram	Ph.D Scholar, Dept, of Yoga, Tamil Nadu Physical Education and Sports University, Chennai – 127.
59	Dr.A.Maleques	The Principal, YMCA College of Physical Education, Bangalor.

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60	Dr.VST.Sai Kumar	The Principal, Maruthi College of Physical Education, Coimbatore.
61	Prof.Dr.Grace Helina	The Principal, YMCA College of Physical Education, Nandanam, Chennai - 35
62	K.P.Saravanan	Director of Physical Education. S.K.T College of Physical Education, Nagapattinam.
63	Dr.C.Pratheepa	Physical Director, G.T.N Arts College, Dindigul.

  
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### VALEDICTION

Time	Programme
3:30.p.m.	: Welcome Address Dr.V.Mangaiyarkarasi
3:35.p.m.	: Honouring the Chief Guest
3:40.p.m.	: Workshop Dynamics Dr.P.Gopinathan
3:45.p.m.	: Introducing the Chief Guest By Dr.Shahin Ahmed
3:50.p.m.	: Valedictory Address
4:15.p.m.	: Certificate Distribution
4:25.p.m.	: Vote of Thanks Dr.K.Kannadasan
4:30.p.m.	: National Anthem

### International Workshop

On

**"A Contemporary Outlook of Self through  
Self Enhancement"**



Organized by

DEPARTMENT OF SPORTS PSYCHOLOGY AND  
SOCIOLOGY  
TAMIL NADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY  
CHENNAI

11<sup>TH</sup> JANUARY 2016

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## Programme Schedule

International Workshop on "A Contemporary Outlook of Self  
Through Self Enhancement"  
11<sup>th</sup> January 2016

Venue: Conference Hall, TNPESU, Chennai.

Time	Programme
10:00 – 11:15.a.m.	: INAUGURATION
11:15 – 11:30.a.m.	: Tea Break
11:30 – 1:00.p.m.	: Session I
1:00 – 2:15.p.m.	: Lunch Break
2:15 – 3:30.p.m.	: Session II
3:30 Onwards	: VALEDICTORY FUNCTION

Time	Programme
10:00.a.m.	: Tamilthai Vazhtu
10:05.a.m.	: Lighting Kuthuvilakku
10:10.a.m.	: Welcome Address Dr.V.Mangaiyarkarasi

10:15.a.m.	: Honouring the Chief Guest
10:20.a.m.	: Introduction of Dr.R.Elangovan
10:20.a.m.	: Presidential Address Dr.R.Elangovan COE I/c and Finance Officer I/c – TNPESU
10:40.a.m.	: Introduction of Chief Guest
10:50.a.m.	: Inaugural Address Dr.Shamshad Ahmed Professor in Psychology, Marywood University, Scranton
11:10.a.m.	: Vote of Thanks Dr.Shahin Ahmed
Tea Break	Time: 11:15 – 11:30.a.m.
Session I	Time: 11:30 – 1:00.p.m.
Dr.Shamshad Ahmed: <i>Sports and Mental Wellbeing</i>	
Lunch Break	Time: 1:00 – 2:15.p.m.
Session II	Time: 2:15 – 3:00.p.m.
Introduction of Speaker	
Dr.Karthikeyan : <i>Role of Sports in Disability and Rehabilitation.</i>	

  
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11<sup>th</sup> January 2016

INTERNATIONAL WORKSHOP  
ON  
"A CONTEMPORARY OUTLOOK OF SELF  
THROUGH SELF ENHANCEMENT"



Department of Sports Psychology & Sociology  
Tamil Nadu Physical Education and Sports University, Chennai

Cordially invite you to the Valedictory Function of the  
**INTERNATIONAL WORKSHOP**  
ON

**"A CONTEMPORARY OUTLOOK OF SELF  
THROUGH SELF ENHANCEMENT"**

at 3:30 pm., on Monday 11<sup>th</sup> January 2016  
TNPESU, Melakottaiyur, Chennai 600 127

**Prof. A.M. MOORTHY**

Vice-Chancellor, TNPESU, Chennai

will deliver the presidential address

**Mr. SANDILE SIBEKO**

Biokineticist and Sports Motivational Speaker (S.Africa)  
Sri Ramachandra Arthroscopy & Sports Science Centre, Chennai

has kindly agreed to deliver the valedictory address

**Dr. P. SAMRAJ**

Registrar i/c, TNPESU, Chennai

will felicitate the function.

**Dr. V. Mangaiyarkarasi**

Professor & Head,  
Convenor

**Dr. Shahin Ahmed**

Associate Professor  
Organizing Secretary

  
Registrar  
Tamilnadu Physical Education  
and  
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Chennai



### Program Schedule

8.00 – 9.20 am	Registration
9.30 – 10.30 am	Inauguration
10.30 – 11.00 am	Tea Break
11.00 am – 12.15 pm	<b>Dr. SHAMSHAD AHMED,</b> Professor in Psychology, Marywood University, Scranton Certified licenced Counselor
12.15 – 1.00 pm	<b>Dr. SUNDARARAJAN</b> Sports Secretary, Anna University, Chennai
1.00 – 2.00 pm	Lunch Break
2.00 – 3.15 pm	<b>Dr. S. KARTHIKEYAN,</b> Clinical Psychologist cum lecturer, Dept. of Clinical Psychology, NIEPMD, Chennai
3.15 – 3.30 pm	Tea Break
3.30 onwards	Valedictory function



Department of Sports Psychology & Sociology  
Tamil Nadu Physical Education and Sports University, Chennai

Cordially invite you to the Inaugural Function of the  
**INTERNATIONAL WORKSHOP**  
ON

**“A CONTEMPORARY OUTLOOK OF SELF  
THROUGH SELF ENHANCEMENT”**

at 9:30 am., on Monday 11<sup>th</sup> Januaray 2016  
TNPESU, Melakottaiyur, Chennai 600 127

**Dr. SHAMSHAD AHMED**

Professor in Psychology. Marywood University, Scranton, USA.  
Certified licenced Counselor

has kindly consented to deliver the inaugural address

**Prof. A.M. MOORTHY**

Vice-Chancellor, TNPESU, Chennai

will felicitate the function.

**Dr. V. Mangalyarkarasi**  
Professor & Head,  
Convener

**Dr. Shahin Ahmed**  
Associate Professor  
Organizing Secretary

  
**Registrar**  
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**Chennai**



## REPORT ON INTERNATIONAL WORKSHOP

### "A CONTEMPORARY OUTLOOK OF SELF THROUGH SELF ENHANCEMENT"

11.01.2016

The Department of Sports Management and Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai organized an International Workshop on the topic "A Contemporary Outlook of Self through Self Enhancement" at the University campus on 11<sup>th</sup> January, 2016. Dr. Shamshad Ahmed, Professor in Psychology, Mary Wood University, Scranton, USA, Certified licensed Counsellor; Mr. Sandile Sibeko, Biokineticist and Sports Motivational Speaker (S.Africa) Sri Ramachandra Arthroscopy & Sports Science Centre, Chennai; and Dr. Karthikeyan, Clinical Psychologist cum Lecturer, Dept. of Clinical Psychology NIEPMD, Chennai; were invited to address the gathering on their expertise. Dr. R. Elangovan, Professor and Head, Department of Yoga, TNPESU felicitated the guest. In the morning session, Dr. Shamshad Ahmed spoke on Sports and Wellbeing and the impact of sports on the development of personality of an individual. In the afternoon session, Dr. Karthikeyan spoke on Role of Sports in Disability and Rehabilitation. Prof. A.M. Moorthy, Vice-Chancellor, TNPESU, Chennai and Dr. P. Samraj, Registrar i/c, TNPESU, Chennai felicitated the chief guest Mr. Sandile Sibeko for the valedictory function, and he highlighted the scope of sports psychology in India and abroad. Dr. V. Mangayarkarasi, Professor & Head, Convenor welcomed the guest. Dr. Shahin Ahmed, Associate Professor, Organising secretary, presented the dynamics of the seminar and Dr. K. Kannadasan, Assistant Professor, proposed vote of thanks.

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**International Workshop on Contemporary Outlook of Self Through Self  
Enhancement on 11<sup>th</sup> January 2016**

**Organized By Department of Sports Management, Sports Psychology and  
Sociology**

S.No	Name of the Participant	Department
1.	Dr. Samraj	Physical Education
2.	Dr.S. Thirumalaikumar	Physical Education
3.	Dr.I. Lilly pushpam	Physical Education
4.	Dr R. Elangovan	Yoga
5.	Dr S. Selvalakshmi	Yoga
6.	Dr. V. Duraisami	Yoga
7.	Prof.GraceHelina	Exercise Physiology and Biomechanics
8.	Dr.R.Venkatesan	Exercise Physiology and Biomechanics
9.	Dr.P.K.Senthil Kumar	Exercise Physiology and Biomechanics
10.	Dr.P.RajiniKumar	Exercise Physiology and Biomechanics
11.	Dr.R. RamaKrishnan	Sports Technology
12.	Dr. R.Subramanian	Sports Coaching
13.	Dr. C.Arumugam	Sports Coaching
14.	Dr. G. Nallavan	Sports Technology
15.	Dr.S.Prem Kumar	Management
16.	Dr. V. Mangaiyarkarasi	Sociology
17.	Dr. Shahin Ahmed	Psychology
18.	Dr. P. Gopinathan	Psychology
19.	Dr. V.Murugavalavan	Health center
20.	Dr.K.Kannadasan	Sports Psychology
21.	Dr.Kumaravelu	Physical Education
22.	Pushpa A	Physical Education
23.	Anbasaru S	Physical Education
24.	Silambarasan S	Physical Education
25.	Madhan A	Physical Education
26.	Prem kumar R	Physical Education
27.	Sundar G	Physical Education
28.	Shan	Physical Education
29.	Muthukumaran M	Physical Education
30.	Muthu kumaran M	Physical Education
31.	Gokula krishnan P	Sports Management
32.	Shaam J	Sports Management
33.	Prabhakaran V	Sports Management
34.	Balamuragan B	Sports Management
35.	Pravin kumar M	Sports Management
36.	Prasanth G	Sports Management
37.	Sornesh babu M	Physical Education

  
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38.	prasanna M	Physical Education
39.	R . Rohith	Physical Education
40.	S . Pushpalatha	Physical Education
41.	B . Gayathri	Physical Education
42.	M . Asha	Physical Education
43.	K . Androparabkaran	Physical Education
44.	V . Prabakaran	Sports Coaching
45.	A . Sridharan	Sports Coaching
46.	K . Manoj Kumar	Sports Coaching
47.	Y . Deenadhayan	Sports Coaching
48.	K . Maruthavanan	Sports Coaching
49.	S . Jaya Kumar	Sports Coaching
50.	S . Thilagavathi	Sports Coaching
51.	T . Sornesh Babu	Sports Coaching
52.	M . Moorthy	Sports Coaching
53.	S . Janaki	Sports Coaching
54.	R . Anitha	Sports Coaching
55.	M . Jothika	Sports Coaching
56.	M . Muthukumran	Sports Coaching
57.	M . Krishna Kumar	Sports Coaching
58.	A . Shanthi	Sports Coaching
59.	M . Mukundhan	Sports Coaching
60.	M . A . Santhoshkumar	Sports Coaching
61.	G . Sharmila	Sports Coaching
62.	A . Ashokkumar	Sports Coaching

  
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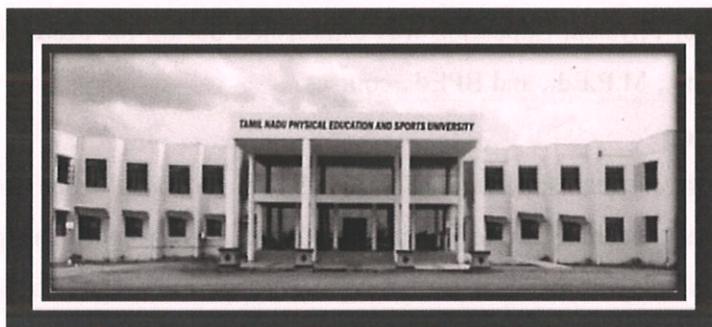


# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur Chennai-600127,  
Tamilnadu, India

Established by the Government of Tamilnadu under Act -9 of 2005 & Approved by the UGC  
Accredited with 'B++' Grade by NAAC

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



## INTERNATIONAL WORKSHOP ON SPORTS AWARENESS AND COACHING STRATEGIES IN FOOTBALL

20<sup>th</sup> February, 2018

### **Workshop Report**



Organized by

**DEPARTMENT OF PHYSICAL EDUCATION  
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
MELAKOTTAIYUR, CHENNAI- 600127  
TAMIL NADU, INDIA**

*V. Sri*

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Chennai



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

The Tamil Nadu Physical Education and Sports University, established by an Act of the Government of Tamil Nadu in 2004, is unique and first of its kind in India serving as an affiliating University, exclusively for Physical Education and Sports with the motto of “Excellence in Physical Education and Sports”. **Department of Physical Education**

Department of Physical Education was established during the academic year 2006-2007 offering Ph.D., M.Phil., M.P.Ed., and BPEd., courses.

### **About the Workshop**

This would be a great opportunities for TNPESU to create a plat form to develop the sports awareness and coaching strategies in football and to promote the physical education professionals, football players and coaches for exploring their empirical knowledge and technical advancements in the game of football at international level.

### **OBJECTIVES**

- To bring the sports awareness among the public and physical education personals.
- To enrich the scientific knowledge of coaching strategies in football.
- To popularize and promote the game of football throughout the country for high performance.
- UEFA Licensed Instructor and Trainers will deliver the practical and lecture sessions on the areas to develop their skills.
- Disseminate knowledge about the standards, initiatives and successful football experiments done by various coaches.

This workshop focuses on the following key aspects:

1. Sports Awareness
2. Scientific Training and Testing and Coaching.
3. Football Conditioning

  
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India's First State University in Physical Education and Sports



## INTERNATIONAL WORKSHOP ON SPORTS AWARENESS AND COACHING STRATEGIES IN FOOTBALL

On

20<sup>th</sup> February, 2018,



Organized by

Department of Physical Education  
Tamil Nadu Physical Education and  
Sports University  
Melakottaiyur Post, Chennai – 600127

  
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Sports University  
Chennai



**INTERNATIONAL LEVEL FOOTBALL  
INSTRUCTOR & TRAINERS**

in Association with  
Life Sports Academy, Chennai

**1. Mr. ALEXANDER ZOLLER,**

Master Sports Scientist, Germany.

**2. Mr. SIMON MANKEL,**

Sports Scientist,

UEFA licensed Coach, Germany

**3. Mr. MARIO LEFEBRE,**

Sports Scientist,

U-17 Procinsse Soccer Coach,

Germany.

**DATE AND VENUE**

The workshop will organize on **20.02.2018** at TNPESU, Melakottaiyur, Chennai

Workshop commences at **7.30 AM**, and the Spot Registration Starts at **6.30AM**.

**PARTICIPANTS**

Physical Education Personal, Sports Scientists, Sports Administrators, Coaches Players and who associated with the game of Football.

**ACCOMMODATION**

The participants are asked to make their own arrangements for accommodation. However accommodation may be arranged on payment with prior request.

**REGISTRATION FEES**

Registration fees includes Workshop Kit, Lunch, Tea and admission to all sessions

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## INTERNATIONAL WORKSHOP ON SPORTS AWARENESS AND COACHING STRATEGIES IN FOOTBALL

Organized by

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

in Association with  
**Life Sports Academy, Chennai**

### REGISTRATION FORM

Name (in capital letter) :  
Designation :  
Correspondence Address :

Mobile No :  
Email :

Payment details: Cash / DD :  
DD/Cheque No:                      Date:  
Amount:                                      Bank/Branch:

Signature of Participant

**REGISTRATION FEES**  
**Scholars / Students of TNPESU: Rs.200**  
**Delegates: Rs.250/-**

**Note:** Workshop commences at 7.30 AM,  
and the Spot Registration Starts at  
6.30AM.

  
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## **ORGANIZING COMMITTEE**

### **VICE-CHANCELLOR'S CONVENER COMMITTEE**

**Thiru. Dheeraj Kumar, IAS- Convener**

**Thiru. Pradeep Yadav, IAS- Member**

**Dr.R.Subramanian- Member**

### **PATRON**

**Dr.T.Radhakrishnan**

**Registrar**

### **WORKSHOP DIRECTOR**

**Dr.S.Thirumalai Kumar**

**ORGANIZING SECRETARY      Dr.S.Manikandan**

### **COORDINATORS**

**Dr.P.Kumaravelu**

**Dr.I.Lilly Pushpam**

### **MEMBERS**

**Dr.K.Rajeshkumar**

**Dr.S.Jayakumar**

**Dr.S.Velkumar**

**Dr.C.Lakshmanan**

**For more details and communication**

**-Dr. S.Manikandan**

**Organizing Secretary**

**Professor,**

**Department of Physical Education  
Tamil Nadu Physical Education and  
Sports University  
Melakottaiyur Post, Chennai – 600127  
Mobile : 09843523292  
[dr.v.s.manikandan@gmail.com](mailto:dr.v.s.manikandan@gmail.com)**

**V. S. Manikandan**  
**Registrar**  
**Tamilnadu Physical Education**  
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The Department of Physical Education, Tamil Nadu Physical Education and Sports University Chennai-600127. Organized the

**“International Workshop On Sports Awareness And Coaching Strategies In Football**

” on 20-02-2018 . The workshop was inaugurated by the **Dr.T.Radhakrishnan** , Registrar Tamil Nadu Physical Education and Sports University. **Dr.P.Gopinathan, Sports Secretary** , has delivered to the Special address. **Dr.S.Thirumalaikumar** Professor and Head, Department of Physical Education. Tamil Nadu Physical Education and Sports University presided over the function.

After the inaugural function the Introductory session . **Mr. ALEXANDER ZOLLER,**

Master Sports Scientist, Germany, , **Mr. MARIO LEFEBRE,** Sports Scientist, Soccer Coach, Germany were handled technical Session. And also Morning Practical Session also conducted. The participants were enlightened by the expert lecturer given by the expert and the session ends with deliberations and discussions.

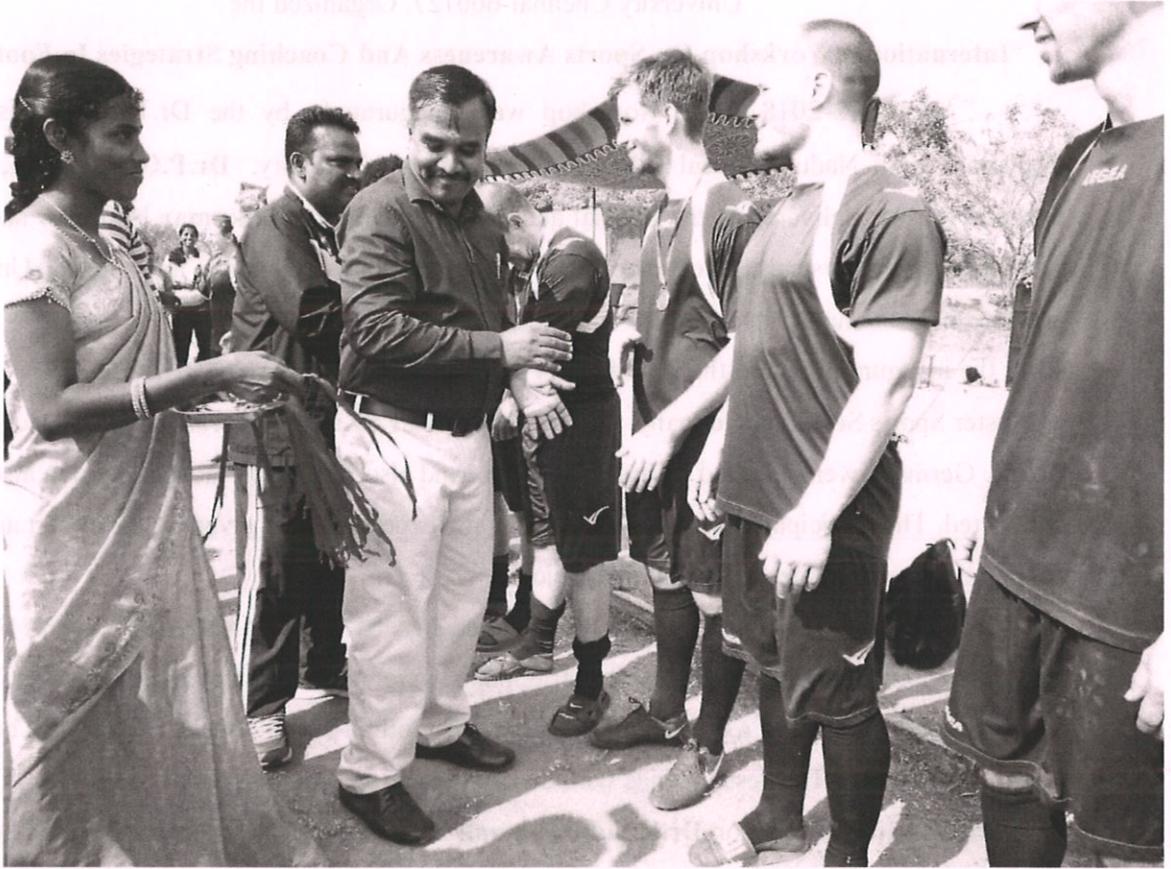
The second session of the day was handled **Mr. SIMON MANKEL,** Sports Scientist, UEFA licensed Coach, Germany . The participants were enlightened by the expert on Coaching Strategies and Rules and regulation in the game of football and the session ends with questions and answer section. The session ends with discussion and interpretation.

In the valedictory function **Dr.R.Subramainan** Professor and Head, Department of Sports Coaching, Tamil Nadu Physical Education and Sports University has delivered the valedictory address & distributed the certificates. Dr.S.Thirumalaikumar has delivered to the Special address. **Dr.S.Manikandan** Professor Department of Physical Education, Tamil Nadu Physical Education and Sports University preside over the function. **Dr.S.Manikandan** Organizing secretary **“International Workshop On Sports Awareness And Coaching Strategies In Football,** Proposed the vote of thanks.

  
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## Inaugural Function



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## Technical Session



  
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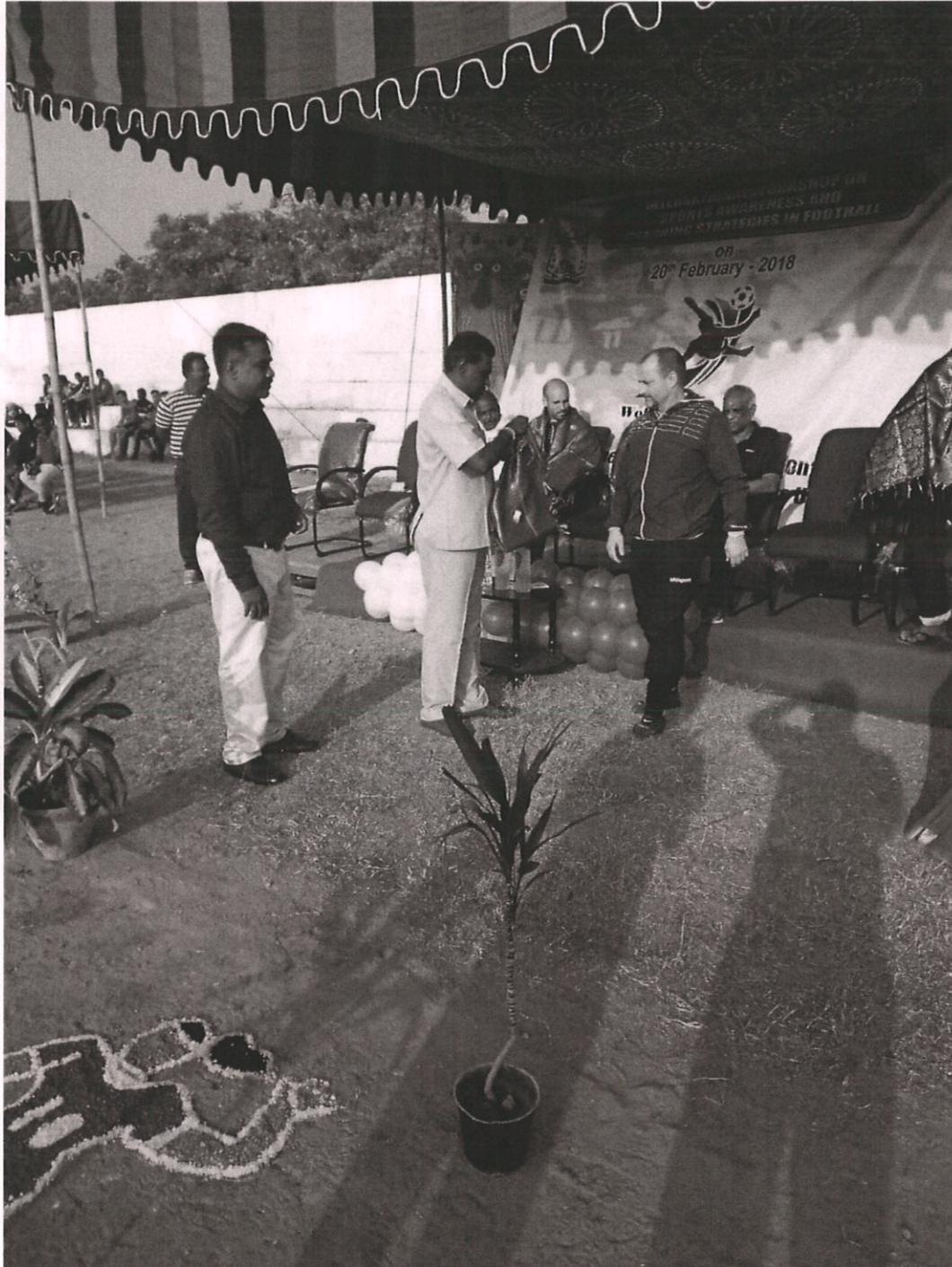
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7	ROHITH K	Tamil Nadu Physical Education and Sports University
8	V. Srinivas	Tamil Nadu Physical Education and Sports University
9		Tamil Nadu Physical Education and Sports University
10		Tamil Nadu Physical Education and Sports University
11	K. NIRMAL RAO	Tamil Nadu Physical Education and Sports University
12	S. PRADHAN	Tamil Nadu Physical Education and Sports University
13	PRASANTH	Tamil Nadu Physical Education and Sports University
14	K. KRISHNIA MARI	Tamil Nadu Physical Education and Sports University

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Chennai - 600 127

**INTERNATIONAL WORKSHOP IN SPORTS AWARENESS AND  
COACHING STRATEGIES IN FOOTBALL**

**DETAILS OF THE PARTICIPANTS**

S.No.	Student Name	DESIGNATION AND NAME OF THE INSTITUTION
1	SHANGMASO LAYAM	Tamil Nadu Physical Education and Sports University
2	PHUNGAMTHAM JAJO	Tamil Nadu Physical Education and Sports University
3	RICHARD PK	Tamil Nadu Physical Education and Sports University
4	B GAYATHRI	Tamil Nadu Physical Education and Sports University
5	ELBETHEL L. ZADENG	Tamil Nadu Physical Education and Sports University
6	JEGANATHAN S	Tamil Nadu Physical Education and Sports University
7	ROHITH R	Tamil Nadu Physical Education and Sports University
8	RAJ KUMAR G	Tamil Nadu Physical Education and Sports University
9	S SUBHASH CHANDRA BOSE	Tamil Nadu Physical Education and Sports University
10	C SANTHIYA	Tamil Nadu Physical Education and Sports University
11	K NIRMAL RAJ	Tamil Nadu Physical Education and Sports University
12	S PRADEEP	Tamil Nadu Physical Education and Sports University
13	PRAKASH	Tamil Nadu Physical Education and Sports University
14	K JESINTHA MARI	Tamil Nadu Physical Education and Sports University

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**and**  
**Sports University**  
**Chennai**



15	MOHAMAD FARSEEN K P	Tamil Nadu Physical Education and Sports University
16	RAHUL R	Tamil Nadu Physical Education and Sports University
17	A ARTCHARANA	Tamil Nadu Physical Education and Sports University
18	B MANI MOZHI	Tamil Nadu Physical Education and Sports University
19	RAMAN	Tamil Nadu Physical Education and Sports University
20	D SHYNI ROSE	Tamil Nadu Physical Education and Sports University
21	ANAL JHANSY G	Tamil Nadu Physical Education and Sports University
22	ARAVIND S	Tamil Nadu Physical Education and Sports University
23	INBA NILA S	Tamil Nadu Physical Education and Sports University
24	VIKRAM DHARMA R	Tamil Nadu Physical Education and Sports University
25	BALA SUDARAM M	Tamil Nadu Physical Education and Sports University
26	PRITHVIKA K	Tamil Nadu Physical Education and Sports University
27	PREETHI PRISILLA S	Tamil Nadu Physical Education and Sports University
28	DINAKAR. N	Tamil Nadu Physical Education and Sports University
29	SHYAM SAMPATH E	Tamil Nadu Physical Education and Sports University
30	GURHMINGTHANGA N	Tamil Nadu Physical Education and Sports University
31	SAKTHIVEL	Tamil Nadu Physical Education and Sports University
32	MATHU SUDAN SUBEDI	Tamil Nadu Physical Education and Sports University
33	BAVATHARANI P	Tamil Nadu Physical Education and Sports University

  
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34	PAVITHRA P	Tamil Nadu Physical Education and Sports University
35	JOTHIKA R	Tamil Nadu Physical Education and Sports University
36	SOWMYA D	Tamil Nadu Physical Education and Sports University
37	BOMMIKA K	Tamil Nadu Physical Education and Sports University
38	PUSHPA A	Tamil Nadu Physical Education and Sports University
39	ANBASARU S	Tamil Nadu Physical Education and Sports University
40	SILAMBARASAN S	Tamil Nadu Physical Education and Sports University
41	MADHAN A	Tamil Nadu Physical Education and Sports University
42	PREM KUMAR R	Tamil Nadu Physical Education and Sports University
43	SUNDAR RAJ G	Tamil Nadu Physical Education and Sports University
44	SHAN M A	Tamil Nadu Physical Education and Sports University
45	MUTHUKUMARAN M	Tamil Nadu Physical Education and Sports University
46	MUTHU KUMARAN M	Tamil Nadu Physical Education and Sports University
47	GOKULA KRISHNAN P	Tamil Nadu Physical Education and Sports University
48	SHAAM J S	Tamil Nadu Physical Education and Sports University
49	PRABHAKARAN V	Tamil Nadu Physical Education and Sports University
50	BALAMURAGAN B	Tamil Nadu Physical Education and Sports University
51	PRAVIN KUMAR M	Tamil Nadu Physical Education and Sports University
52	PRASANTH G	Tamil Nadu Physical Education and Sports University

  
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54	PRASANNA M	Tamil Nadu Physical Education and Sports University
55	VASANTH KUMAR S	Tamil Nadu Physical Education and Sports University
56	KALAI SELVAN R	Tamil Nadu Physical Education and Sports University
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58	KALAI SWAREN E	Tamil Nadu Physical Education and Sports University
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60	PARTHIBAN M	Tamil Nadu Physical Education and Sports University
61	VIJAYAN V	Tamil Nadu Physical Education and Sports University
62	SARAVANAN RAJENDRAN	Tamil Nadu Physical Education and Sports University
63	VENKATESAN K	Tamil Nadu Physical Education and Sports University
64	THINAKARAN K	Tamil Nadu Physical Education and Sports University
65	YOKESHWARAN R	Tamil Nadu Physical Education and Sports University
66	SARANYA P	Tamil Nadu Physical Education and Sports University
67	SHANMUGA PRIYA S	Tamil Nadu Physical Education and Sports University
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69	MEENA K	Tamil Nadu Physical Education and Sports University
70	KUMAR V	Tamil Nadu Physical Education and Sports University
71	GANAPATHI G	Tamil Nadu Physical Education and Sports University

  
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73	SRIDHARAN A	Tamil Nadu Physical Education and Sports University
74	ELAKIYA PRIYA P	Tamil Nadu Physical Education and Sports University
75	DHANUSH SRI RAM	Tamil Nadu Physical Education and Sports University
76	ALEX S	Tamil Nadu Physical Education and Sports University
77	PRAKASH M	Tamil Nadu Physical Education and Sports University
78	JAYA PRASALINI M J	Tamil Nadu Physical Education and Sports University
79	GANTHI DOSS T	Tamil Nadu Physical Education and Sports University
80	VENKATESAN A	Tamil Nadu Physical Education and Sports University
81	KARTHIKEYAN N	Tamil Nadu Physical Education and Sports University
82	JAMAL SHERIF G F	Tamil Nadu Physical Education and Sports University
83	HARIKARAN D	Tamil Nadu Physical Education and Sports University
84	AJITH KUMAR N	Tamil Nadu Physical Education and Sports University
85	DHAKSHANI G	Tamil Nadu Physical Education and Sports University
86	SHARMILA G	Tamil Nadu Physical Education and Sports University
87	SOWMIYA R	Tamil Nadu Physical Education and Sports University
88	NAIRA BANU V	Tamil Nadu Physical Education and Sports University
89	RAKESH B	Tamil Nadu Physical Education and Sports University
90	PAVITHRAN P	Tamil Nadu Physical Education and Sports University

  
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92	PERUMAL A	Tamil Nadu Physical Education and Sports University
93	MUTHU PANDI K	Tamil Nadu Physical Education and Sports University
94	PANDI SELVI M	Tamil Nadu Physical Education and Sports University
95	SANTHI A	Tamil Nadu Physical Education and Sports University
96	BALA MURUGAN J	Tamil Nadu Physical Education and Sports University
97	SRIMA S	Tamil Nadu Physical Education and Sports University
98	JAYA SURYA S	Tamil Nadu Physical Education and Sports University
99	MEYYAZHAGAN S	Tamil Nadu Physical Education and Sports University
100	PRIYANKA K	Tamil Nadu Physical Education and Sports University
101	SOWMIYA S	Tamil Nadu Physical Education and Sports University
102	VITHYA G	Tamil Nadu Physical Education and Sports University
103	WILSON ABRAHAM	Tamil Nadu Physical Education and Sports University
104	AROCYA VIJAY ALBERT	Tamil Nadu Physical Education and Sports University
105	BALA BHARATHIYAN	Tamil Nadu Physical Education and Sports University
106	ADITHYA A	Tamil Nadu Physical Education and Sports University
107	AJANYA M	Tamil Nadu Physical Education and Sports University
108	AKALYA E	Tamil Nadu Physical Education and Sports University
109	AKASH J	Tamil Nadu Physical Education and Sports University

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111	ALEX PRABHU K	Tamil Nadu Physical Education and Sports University
112	AMUTHA S	Tamil Nadu Physical Education and Sports University
113	ANBALAGAN A	Tamil Nadu Physical Education and Sports University
114	ANJUGA BHARATHI A	Tamil Nadu Physical Education and Sports University
115	ANUSHYA VALLI M	Tamil Nadu Physical Education and Sports University
116	ARVINDAN M	Tamil Nadu Physical Education and Sports University
117	ASHA M	Tamil Nadu Physical Education and Sports University
118	ASHOK S SUNDARAM	Tamil Nadu Physical Education and Sports University
119	BABU A	Tamil Nadu Physical Education and Sports University
120	BASKAR R	Tamil Nadu Physical Education and Sports University
121	BEBITTO GODWIN S A	Tamil Nadu Physical Education and Sports University
122	VINITH CRISTAL	Tamil Nadu Physical Education and Sports University
123	BRAIN MARISON	Tamil Nadu Physical Education and Sports University
124	CHINNADURAI M	Tamil Nadu Physical Education and Sports University
125	CHRISTIAN JEBAKUMAR	Tamil Nadu Physical Education and Sports University
126	DEEPAK RAJA	Tamil Nadu Physical Education and Sports University
127	DEEPIKA M	Tamil Nadu Physical Education and Sports University
128	PEEPIKA P	Tamil Nadu Physical Education and Sports University

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129	DIWAKAR S	Tamil Nadu Physical Education and Sports University
130	DIVYA S	Tamil Nadu Physical Education and Sports University
131	DOUGLUS AZARIYA K	Tamil Nadu Physical Education and Sports University
132	GAYATHRI M K	Tamil Nadu Physical Education and Sports University
133	GEETHA S	Tamil Nadu Physical Education and Sports University
134	JAYAKUMAR M	Tamil Nadu Physical Education and Sports University
135	JOCKEY K JOSE	Tamil Nadu Physical Education and Sports University
136	KALAISELVI S	Tamil Nadu Physical Education and Sports University
137	KANNADASEN M	Tamil Nadu Physical Education and Sports University
138	VINITH FRANKIE D	Tamil Nadu Physical Education and Sports University
139	KOMALA M	Tamil Nadu Physical Education and Sports University
140	KUMAR C	Tamil Nadu Physical Education and Sports University
141	KUMARA GURU A	Tamil Nadu Physical Education and Sports University
142	LIMYA RAJ J I	Tamil Nadu Physical Education and Sports University
143	MADHAVI M	Tamil Nadu Physical Education and Sports University
144	MAHESWARI N	Tamil Nadu Physical Education and Sports University
145	MAHESH K	Tamil Nadu Physical Education and Sports University
146	MANIKANDAN A	Tamil Nadu Physical Education and Sports University
147	MANIKANDAN C	Tamil Nadu Physical Education and Sports University

  
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148	MANI MARAN K	Tamil Nadu Physical Education and Sports University
149	MANI MEHALAI K	Tamil Nadu Physical Education and Sports University
150	MADHAN LAL	Tamil Nadu Physical Education and Sports University
151	BHARATH KUMAR M	Tamil Nadu Physical Education and Sports University
152	MEENA E	Tamil Nadu Physical Education and Sports University
153	MILLAR SANTHOSH KUMAR E	Tamil Nadu Physical Education and Sports University
154	MINI M	Tamil Nadu Physical Education and Sports University
155	MOHAMAD ASIF M S	Tamil Nadu Physical Education and Sports University
156	MURALIDARAN A	Tamil Nadu Physical Education and Sports University
157	MURUGESH A	Tamil Nadu Physical Education and Sports University
158	MUTHU MANI M	Tamil Nadu Physical Education and Sports University
159	NAVARASAN M	Tamil Nadu Physical Education and Sports University
160	NAVEEN C	Tamil Nadu Physical Education and Sports University
161	NAVEEN KUMAR D	Tamil Nadu Physical Education and Sports University
162	NAVIN RAJ	Tamil Nadu Physical Education and Sports University
163	NAVIN RAJA R	Tamil Nadu Physical Education and Sports University
164	NIVETHA K	Tamil Nadu Physical Education and Sports University
165	PADMA PRIYA KS	Tamil Nadu Physical Education and Sports University
166	PARAMESHWARI A	Tamil Nadu Physical Education and Sports University

  
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167	PARTHIPAN SANKAR	Tamil Nadu Physical Education and Sports University
168	PRAKASH S	Tamil Nadu Physical Education and Sports University
169	PREETHI S	Tamil Nadu Physical Education and Sports University
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171	PRIYA DHARSHINI K	Tamil Nadu Physical Education and Sports University
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173	RISIKASH R M	Tamil Nadu Physical Education and Sports University
174	RUBA VATHI S	Tamil Nadu Physical Education and Sports University
175	SANTHIYA K	Tamil Nadu Physical Education and Sports University
176	SANJAY ADITHYA S	Tamil Nadu Physical Education and Sports University
177	SARANYA A	Tamil Nadu Physical Education and Sports University
178	SARAVANAN A	Tamil Nadu Physical Education and Sports University
179	SARAVANAN C	Tamil Nadu Physical Education and Sports University
180	SATHISH R	Tamil Nadu Physical Education and Sports University
181	SEETHAPATHY D	Tamil Nadu Physical Education and Sports University
182	SENTHIL R	Tamil Nadu Physical Education and Sports University
183	SIVANI S	Tamil Nadu Physical Education and Sports University
184	SIMSON P	Tamil Nadu Physical Education and Sports University
185	SIVA BHARATHI C	Tamil Nadu Physical Education and Sports University

V. K.



186	SUBASH K	Tamil Nadu Physical Education and Sports University
187	SUBASH ARAVINDAN A	Tamil Nadu Physical Education and Sports University
188	SUDHARSAN R	Tamil Nadu Physical Education and Sports University
189	THEN MOZHI K	Tamil Nadu Physical Education and Sports University
190	ULAGA NATHAN N	Tamil Nadu Physical Education and Sports University
191	UMA MAHESWARI E	Tamil Nadu Physical Education and Sports University
192	VENNU GOPAL T	Tamil Nadu Physical Education and Sports University
193	BIBISH A	Tamil Nadu Physical Education and Sports University
194	VIGNESH S	Tamil Nadu Physical Education and Sports University
195	VIGNESH V	Tamil Nadu Physical Education and Sports University
196	VIGNESH RAJA V	Tamil Nadu Physical Education and Sports University
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198	VIJAY B	Tamil Nadu Physical Education and Sports University
199	VIJAY N	Tamil Nadu Physical Education and Sports University
200	VIJAY ADHIYA R	Tamil Nadu Physical Education and Sports University

  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur Chennai-600127,  
Tamilnadu, India

Established by the Government of Tamilnadu under Act -9 of 2005 & Approved by the UGC  
Accredited with 'B++' Grade by NAAC

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



## NATIONAL LEVEL WORKSHOP CUM STATE LEVEL OFFICIATING EXAMINATION IN HANDBALL

23<sup>rd</sup> & 24<sup>th</sup> February 2018

# Workshop Report



**Organized by**

DEPARTMENT OF PHYSICAL EDUCATION  
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
MELAKOTTAIYUR, CHENNAI- 600127  
TAMIL NADU, INDIA

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Sports University  
Chennai



NATIONAL LEVEL  
WORKSHOP CUM STATE  
LEVEL OFFICIATING EXAMINATION  
IN HANDBALL

23<sup>rd</sup> & 24<sup>th</sup> February 2018

REGISTRATION FORM

Name \_\_\_\_\_

Designation \_\_\_\_\_

Institution \_\_\_\_\_

Address \_\_\_\_\_

Phone/Mobile \_\_\_\_\_

E-mail ID \_\_\_\_\_

Registration Fee : TNPESU Students/ Others  
(Specify of the category Applicable)

Demand Draft No. \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

ORGANIZING COMMITTEE

CHIEF PATRON

VICE-CHANCELLOR'S CONVENER COMMITTEE

Thiru DHEERAJ KUMAR, IAS. Convener

Thiru PRADEEP YADAV, IAS. Member

Dr R.SUBRAMANIAN. Member

PATRON

Dr T.RADHAKRISHNAN

Registrar

WORKSHOP DIRECTOR

Dr. S THIRUMALAIKUMAR

Professor & Head

Department of Physical Education

Tamil Nadu Physical Education and Sports University

Chennai-600127

WORKSHOP CONVENER

Dr S MANIKANDAN

Professor, Department of Physical Education

Tamil Nadu Physical Education and Sports University

Chennai-600127

WORKSHOP COORDINATORS

Dr.P.KUMARAVELU

Dr.L.LILLY PUSHPAM

Assistant Professors,

Department of Physical Education

Tamil Nadu Physical Education and Sports University

Chennai-600127

WORKSHOP ASSISTANT COORDINATORS

Dr.K.RAJESHKUMAR,

Dr.S.JAYAKUMAR,

Dr C.LAKSHMANAN,

Assistant Professors, Dept. of Physical Education

Tamil Nadu Physical Education and Sports University

Chennai-600127

ORGANIZING SECRETARY

Dr. S.VELKUMAR,

Assistant Professor

Department of Physical Education

Tamil Nadu Physical Education and Sports University

Chennai-600127



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EDUCATION AND SPORTS  
UNIVERSITY

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NATIONAL LEVEL  
WORKSHOP CUM STATE LEVEL  
OFFICIATING EXAMINATION IN  
HANDBALL

23<sup>rd</sup> & 24<sup>th</sup> February 2018



Organized by

DEPARTMENT OF PHYSICAL EDUCATION

TAMIL NADU PHYSICAL EDUCATION AND

SPORTS UNIVERSITY

MELAKOTTAIYUR, CHENNAI- 600127

TAMIL NADU,

INDIA

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai-600127

The Department of Physical Education organized a two days "National level Workshop cum State Level Officiating Examination in Handball" on 23 and 24 February 2018. The Workshop will featured many enlightening sessions. Young investigators will have the opportunities to exchange the current knowledge with senior professionals in the field of Sports and Handball. The main aim was to bring together leading academicians, sports scientists, researchers and scholars and students to exchange and share their experience related to various aspects of Handball.

About the University:

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

Department of Physical Education

V. R. Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



The Department of Physical Education offers the following Research and Academic Programmes.

B.P.Ed 2 Years (Recognized by NCTE).

M.P.Ed 2 Years (Recognized by NCTE).

M.Phil Regular 1 Year

Ph.D Regular /Part Time

### **About the Workshop**

The workshop organized under the auspicious of the staffs & Students of the TNPESU to discuss the latest IHF rules changes and mechanism of officiating methods in association with the Tamilnadu Handball Association and National eminent person in Handball have kindly we served as the resources for the Workshop.

### **Venue**

The Venue of the Workshop is at Admin Building at TNPESU Chennai-600127.

### **Location**

TNPESU is located 15 km away from Tambaram Bus Stand and Railway Station. The city is well connected by Vandalur. To Kelampakkam road Kandigai bus stop. Located city of heart of the Tamil Nadu in Chennai. which is surrounded by many places of tourist interest

## **ORGANIZING COMMITTEE**

### **CHIEF PATRON**

### **VICE-CHANCELLOR'S CONVENER COMMITTEE**

Thiru.DHEERAJ KUMAR, IAS- Convener

Thiru.PRADEEP YADAV, IAS- Member

Dr.R.SUBRAMANIAN- Member

### **PATRON**

Dr.T.RADHAKRISHNAN

Registrar

### **WORKSHOP DIRECTOR**

Dr.S.THIRUMALAIKUMAR

Professor & Head

Department of Physical Education

Tamil Nadu Physical Education and Sports University

Chennai-600127

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and  
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Chennai



**WORKSHOP CONVENER**

**Dr.S.MANIKANDAN**

**Professor, Department of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127**

**WORKSHOP COORDINATORS**

**Dr.P.KUMARAVELU**

**Dr.I.LILLY PUSHPAM**

**Assistant Professors,  
Department of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127**

**WORKSHOP ASSISTANT COORDINATORS**

**Dr.K.RAJESHKUMAR,**

**Dr.S.JAYAKUMAR,**

**Dr.C.LAKSHMANAN.,**

**Assistant Professors, Dept. of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127**

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

**Dr. S.VELKUMAR.,**

**Assistant Professor  
Department of Physical Education  
Tamil Nadu Physical Education and Sports University  
Chennai-600127**

The Department of Physical Education, Tamil Nadu Physical Education and Sports University Chennai-600127. Organized the "National level Workshop cum State Level Officiating Examination in Handball" on 23-02-2018 and 24-02-2018.

The workshop was inaugurated by the Dr.T.Radhakrishnan, Registrar Tamil Nadu Physical Education and Sports University. **Dr.A.Saravanan** Convener -Referees Board Handball Federation of India Secretary General- Tamilnadu Handball Association has delivered to the Special address. **Dr.S.Thirumalaikumar** Professor and Head, Department of Physical Education. Tamil Nadu Physical Education and Sports University presided over the function.

After the inaugural function the Introductory session Handball was handled **Dr.A.Saravanan** Convener -Referees Board Handball Federation of India, Secretary General-Tamilnadu Handball Association. The participants were enlightened by the expert lecturer given by the expert and the session ends with deliberations and discussions.

The second session of the day was handled Mr **.M.Karthikayan** Handball Coach Sports Authority of India. The participants were enlightened by the expert on Rules and regulation in the game of Handball and the session ends with questions and answer section.

  
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The second day morning 6.30am session handled by The Expert **Mr.M.Karthikeyan** Handball Coach Sports Authority of India. The participants were enlightened by the expert on Practical classes and officiating Signals in the game of Handball and the session ends with discussion and interpretation.

In the last session sessions written examination was conducted for the candidates during the examination hall **Dr.S.Manikandan.**, Professor. **Dr.P.Kumaravelu.**, Assistant Professor.,**Dr.S.Velkumar.**, Assistant Professor. **Dr.C.Lakshmanan.**, Assistant Professor in Department of Physical Education and **Mr.M.Karthikeyan** was Supervised in the examination, after the written examination Vivo Voce also conducted to all the candidates.

In the valedictory function **Dr.S.Thirumalaikumar** Professor and Head, Department of Physical Education Tamil Nadu Physical Education and Sports University has delivered the valedictory address & distributed the certificates. **Dr.A.Saravanan** Convener -Referees Board Handball Federation of India Secretary General- Tamilnadu Handball Association has delivered to the Special address. **Dr.S.Manikandan** Professor Department of Physical Education, Tamil Nadu Physical Education and Sports University preside over the function. **Dr.S.Velkumar** Organizing secretary "National level workshop cum state level officiating examination in Handball". Proposed the vote of thanks.

The list of participants are enclosed here with your perusal

  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI - 127.

## NATIONAL LEVEL WORKSHOPE CUM STATE LEVEL

### OFFICIATING EXAMINATON IN HANDBALL

#### DETAILS ON PARTICIPATION

S.NO	NAME	DESIGNTION	ADDRESS
1	P . Saravanakumar	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
2	S . Santhosh	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
3	K . Rajesh	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
4	D . Magesh	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
5	S . Meyyazhgn	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
6	S . Preethi Prisilla	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
7	S . Pradeep	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
8	R . Rohith	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
9	S . Pushpalatha	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
10	B . Gayathri	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
11	M . Asha	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
12	K . Androparabkaran	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
13	V . Prabakaran	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
14	A . Sridharan	Ph.d research	Department of Physical Education

  
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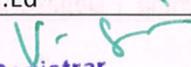


		scholar	Tamil Nadu Physical Education and Sports University
15	K . Manoj Kumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
16	Y . Deenadhayalan	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
17	K . Maruthavanan	Bsc sports coaching	Department of Physical Education Tamil Nadu Physical Education and Sports University
18	S . Jaya Kumar	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
19	S . Thilagavathi	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
20	T . Sornesh Babu	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
21	M . Moorthy	M.Phil	Department of Physical Education Tamil Nadu Physical Education and Sports University
22	S . Janaki	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
23	R . Anitha	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
24	M . Jothika	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
25	M . Muthukumran	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
26	M . Krishna Kumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
27	A . Shanthi	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
28	M . Mukundhan	Bsc sports coaching	Department of Physical Education Tamil Nadu Physical Education and Sports University
29	M . A . Santhoshkumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
30	G . Sharmila	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
31	A . Ashokkumar	Bsc sports coaching	Department of Physical Education

  
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			Tamil Nadu Physical Education and Sports University
32	J . Jebitha	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
33	G . Prakash	Bsc sports coaching	Department of Physical Education Tamil Nadu Physical Education and Sports University
34	G . Boopathy	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
35	R . Ramprakash	Bsc sports coaching	Department of Physical Education Tamil Nadu Physical Education and Sports University
36	S . Nagaraj	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
37	V . Kumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
38	S . Anitha	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
39	M . A . Shan	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
40	C . Elango	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
41	N . Ganapathy	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
42	M . Sneha	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
43	E . Haribabu	Bsc sports coaching	Department of Physical Education Tamil Nadu Physical Education and Sports University
44	S . Silambarasan	Bsc sports coaching	Department of Physical Education Tamil Nadu Physical Education and Sports University
45	M . Anusuya	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
46	P . Karuppasamy	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
47	R . Ramaeshraja	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
48	D . Kamalakannan	B.P.Ed	Department of Physical Education

  
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and  
Sports University  
Chennai

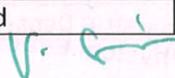


			Tamil Nadu Physical Education and Sports University
49	V . Raguvaran	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
50	H . Haseena	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
51	S . Aravind	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
52	K . Jesinthamary	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
53	M . Nalinadevi	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
54	V . Daniel	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
55	G . Gnanaraj	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
56	F . Vignesh	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
57	B . Ranjani	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
58	R . Kishore Kumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
59	R . Meena	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
60	S . Ganesan	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
61	S . Sriabirami	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
62	S . Subhashchandhiraboe	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
63	G . Raikumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
64	R . Arockyavijay albert	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
65	C . Jabasilvan	B.P.Ed	Department of Physical Education

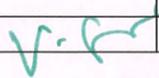
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and  
Sports University  
Chennai



			Tamil Nadu Physical Education and Sports University
66	K . Karthika	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
67	R . Rajasekar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
68	E . Manigandan	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
69	D . V . Sherlin	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
70	M . Chandru	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
71	P . Karthick	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
72	P . Gokulakrishnan	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
73	R . Subash	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
74	Muthan Deenan	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
75	P . Dhinesh	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
76	R . Mukilan	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
77	D . Thenmozhi	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
78	V . Prabharan	M.Phil	Department of Physical Education Tamil Nadu Physical Education and Sports University
79	A . Bhuvanesh	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
80	S . Srima	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
81`	S . Sakthivel	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
82	A . Artchana	B.P.Ed	Department of Physical Education

  
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Sports University  
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			Tamil Nadu Physical Education and Sports University
83	E . Sevvanthi	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
84	C . Santhiya	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
85	J . S . Sham	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
86	T . Kamalesh	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
87	S . Surya	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
88	S . Eswaran	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
89	M . Rebbakal	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
90	C . Ramesh	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
91	B . Sujitha	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
92	C . Ramki	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
93	G . Prasanth	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
94	P . Sumathi	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
95	P . Gurusamy	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
96	S . Alex	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
97	P . Sriganapathy	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
98	M . Muthukumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
99	A . Anandkumar	B.P.Ed	Department of Physical Education

  
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 and  
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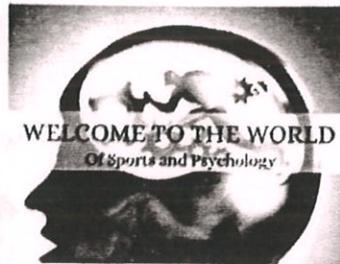
			Tamil Nadu Physical Education and Sports University
100	E . Santhoshpaulnewman	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
101	E . Divyabharathi	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
102	K . Nirmalaraj	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
103	G . Dhakshayani	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
104	A . Venkatesan	M.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
105	P . Arunkumar	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University
106	A . Perumal	B.P.Ed	Department of Physical Education Tamil Nadu Physical Education and Sports University

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3.3.2

3-3-2 D.PSY - WORKSHOP 2018-19-



The Faculty Members and Students of the  
Department of Sports Management and Sports Psychology & Sociology  
Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai



*Cordially invite you to the inauguration of the  
National Seminar on  
Performance Psychology – Cutting an Edge  
at 10 a.m. on Friday 23rd March 2018  
at the Conference Hall, TNPEU*

**Dr. T. Radhakrishnan**

Registrar, TNPEU

*will preside over the function*

**Thiru. Dheeraj Kumar, IAS**

Principal Secretary to Government,  
Youth Welfare and Sports Development Department

*has graciously consented to inaugurate and deliver the inaugural address.*

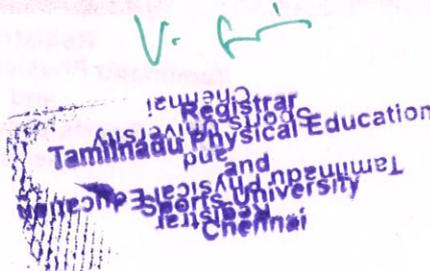
**Dr. R. Subramaniam**, Member Convener Committee

*will offer felicitations.*

Seminar Convener

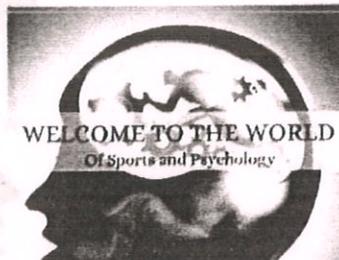
**Dr. Shahin Ahmed**

Professor & Head,  
Dept. of Sports Management  
and Sports Psychology & Sociology, TNPEU





*Invitation*



The Faculty Members and Students of the  
Department of Sports Management and Sports Psychology & Sociology  
Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai



*Cordially invite you to the Valedictory of the  
National Seminar on  
Performance Psychology – Cutting an Edge  
at 4 p.m. on Friday 23rd March 2018  
at the Conference Hall, TNPEU*

**Dr. R. Subramanian**

*Member, Convener Committee,  
Professor and Head, Department of Advanced Training and Coaching and Technology*

*will preside*

**Dr. T. Radhakrishnan**

*Registrar, TNPEU*

*will deliver the valedictory address*

Seminar Convener

**Dr. Shahin Ahmed**

*Professor & Head,  
Dept. of Sports Management  
and Sports Psychology & Sociology, TNPEU*

*V. R.*

**Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai**

## ORGANIZING COMMITTEE

### Chief Patron

Vice-Chancellor's Convener Committee TNPESU

Thiru. Dheeraj Kumar, IAS – Convener

Thiru. Pradeep Yadav, IAS – Member

Dr. R. Subramanian, Member, TNPESU

### Patron

Dr. T. Radhakrishnan

Registrar, TNPESU

## SEMINAR CONVENER

### Dr. Shahin Ahmed

Professor & Head, Dept. of Sports Management and Sports Psychology & Sociology, TNPESU

## CO-ORDINATORS

Dr. V. Mangaiyarkarasi

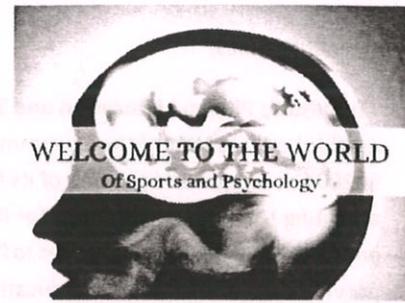
Dr. S. Prem Kumar

Dr. K. Kannadasan

Dr. V. Ramesh Kumar

Dr. P. Gopinathan

Mr. M. Kumaresan



WELCOME TO THE WORLD  
Of Sports and Psychology

## NATIONAL SEMINAR ON "PERFORMANCE PSYCHOLOGY - CUTTING AN EDGE"



Organised by

Department of Sports Management and Sports Psychology and Sociology,

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

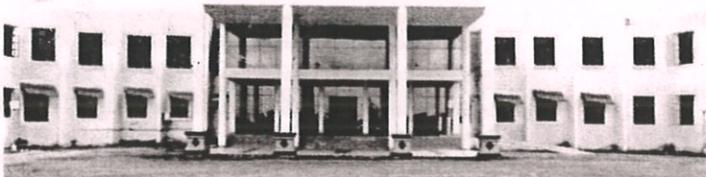
Venue:

Conference Hall,  
Tamil Nadu Physical Education and Sports University,  
Melakotaiyur, Chennai - 600 127

Date: 23<sup>rd</sup> March 2018

Time: 10 AM

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



Address for communication:

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

Melakottaiyur (P.O), Vandalur, Chennai – 600 127.

Email: deptsp2008@yahoo.com

Phone: 9841246509, 9786711402

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Tamilnadu Physical Education  
and  
Sports University  
Chennai

Dear Colleagues,

**Tamil Nadu Physical Education and Sports University**, established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliating University, exclusively for Physical Education and Sports. The University strives to fulfill its mission to provide excellence in physical education and sports and is accredited with grade B++ by NAAC.

On behalf of Tamil Nadu Physical Education and Sports University, it is with great pleasure that the **Department of Sports Management and Sports Psychology and Sociology**, greets you to a one-day National Seminar on **Performance Psychology: Cutting an edge** on 23<sup>rd</sup> March 2018 at the Conference Hall, TNPESU. The workshop endeavors to bring together the academicians, psychologists, physical educationists, coaches, counselors, and students collectively to share and deliberate both theoretical and functional knowledge through performance psychology, in the scientific environment.

**Performance Psychology** focuses on the factors that enable individuals, teams and group to reach their goals for accomplishing success. As success and fear of failure grows larger in our society, many individuals in sports, and other high performance domains are increasingly seeking out psychological competence to help them to become better tomorrow than they are today. Therefore, Performance Psychology focus on identifying and applying psychological principles that facilitate peak sport performance, enhance people's participation in physical activities and help athletes achieve optimal human performance. It is an emerging discipline that strives to meet the demands by producing scientifically proven strategies for building stronger mental health and facilitating peak performance among top achievers in all arenas.

The **Department of Sports Management and Sports Psychology and Sociology** aims to provide an environment which facilitates in-depth, quality education to students. The Department offers Masters and M. Phil Programs in Sports Management, Psychology, Sociology, Sports Psychology, Sports Psychology and Sociology. It also offers Doctoral Program in Sports Management, Sports Psychology and Sports Sociology.

### REGISTRATION

The Registration form of the seminar is enclosed. The participants are expected to submit the Registration form enclosed duly filled in along with Registration Fee on or before 19th March 2018 to

**Dr. V. Ramesh Kumar,**  
Assistant Professor, TNPESU  
Phone: **9444498649.**

### REGISTRATION FEE

**DELEGATES : Rs. 300/-**  
**RESEARCH SCHOLARS & STUDENTS : Rs. 200/-**

The Registration fee will cover workshop file, writing material, Tea, Lunch and admittance to all sessions.

### SPEAKERS

Speakers	Topic
<b>Dr. C. Veerender</b> Sports Psychologist, Personality Development Trainer, You and Me, Organisation for Human Dynamics Management	Enhancing Sports Performance through Psychological Counseling
<b>Dr. S. Senthil</b> Psychologist and Corporate Trainer	Quantum Psychology - Peak Performance

  
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**and**  
**Sports University**  
**Chennai**



## REPORT ON NATIONAL SEMINAR

### “PERFORMANCE PSYCHOLOGY – CUTTING AN EDGE”

23.03.2018

The Department of Sports Management and Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai organized a National Seminar on the topic “Performance Psychology - Cutting An Edge” at the University campus on 23<sup>rd</sup> March, 2018. The gathering was welcomed by Dr. Shahin Ahmed, Professor and Head, Dept. Of Sports Management and Sports Psychology and Sociology and program convenor, the seminar was presided by the Registrar, Dr. T. Radhakrishnan, and the program was inaugurated and the inaugural address was delivered by Thiru Dheeraj Kumar, IAS, Principal Secretary, Dept. Of Sports and Youth Welfare. Dr. C.Veerender, Sports Psychologist, Personality Development Trainer, You and Me, was the resource person for the morning session. He spoke on Enhancing Sports performance through Psychological Counselling. In the afternoon, Dr. S.Senthil, Psychologist and Corporate Trainer, Organization for Human Dynamics Management spoke on Quantum Psychology – Peak Performance. Dr. K. Kannadasan, Asst. Professor, Dept. Of Sports Management and Sports Psychology and Sociology, presented the report of the seminar and Dr. Ramesh Kumar, Asst. Professor, Dept Of Sports Management and Sports Psychology and Sociology, proposed vote of thanks.

  
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**and**  
**Sports University**  
**Chennai**



## National Seminar on Performance Psychology – Cutting Edge

On 23<sup>rd</sup> March 2018

Organized By Department of Sports Management, Sports Psychology and  
Sociology

S.No	Name of the Participant	Designation	Department
1.	Dr. Samraj	Associate Prof	Physical Education
2.	Dr.S. Thirumalaikumar	Associate Prof	Physical Education
3.	Dr.I. Lilly pushpam	Asst.Prof	Physical Education
4.	Dr R. Elangovan	Associate Prof	Yoga
5.	Dr S. Selvalakshmi	Asst.Prof	Yoga
6.	Dr. V. Duraisami	Asst.Prof	Yoga
7.	Prof.GraceHelina	Associate Prof	Exercise Physiology and Biomechanics
8.	Dr.R.Venkatesan	Asst.Prof	Exercise Physiology and Biomechanics
9.	Dr.P.K.Senthil Kumar	Asst.Prof	Exercise Physiology and Biomechanics
10.	Dr.P.RajiniKumar	Asst.Prof	Exercise Physiology and Biomechanics
11.	Dr.R. RamaKrishnan	Associate Prof	Sports Technology
12.	Dr. R.Subramanian	Associate Prof	Sports Coaching
13.	Dr. C.Arumugam	Asst.Prof	Sports Coaching
14.	Dr. G. Nallavan	Asst.Prof	Sports Technology
15.	Dr.S.Prem Kumar	Associate Prof	Management
16.	Dr. V. Mangaiyarkarasi	Associate Prof	Sociology
17.	Dr. Shahin Ahmed	Associate Prof	Psychology
18.	Dr. P. Gopinathan	Asst.Prof	Psychology
19.	Dr. V.Murugavalavan	Asst.Prof	Health center
20.	Dr.K.Kannadasan	Asst.Prof	Sports Psychology
21.	Dr.Kumaravelu	Asst.Prof	Physical Education
22.	Dharama	Teaching Asst	Physical Education
23.	Lakshmi	Teaching Asst	Physical Education
24.	Bobby	Teaching Asst	Physical Education
25.	Vijay	Ph.d	Physical Education
26.	Lakshman	Ph.d	Psychology
27.	Jaykar	Ph.d	Psychology
28.	Akhil K ravi	M.Sc	Biomechanics
29.	M.Ponpandi	M.Sc	Biomechanics
30.	Gokul	M.Sc	Biomechanics
31.	Parthiban	M.Sc	Biomechanics
32.	Yogeswaran	M.Sc	Biomechanics
33.	Vamsi krishnan I	B.P.Ed	Physical Education
34.	Raghav krishna	B.P.Ed	Physical Education

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35.	Vaishnavi. R	B.P.Ed	Physical Education
36.	Latika	B.P.Ed	Physical Education
37.	Samhitha	B.P.Ed	Physical Education
38.	Divya	M.P.Ed	Physical Education
39.	Hanusruthi.	M.P.Ed	Physical Education
40.	Pavithra devi	M.P.Ed	Physical Education
41.	Deepa priya	M.P.Ed	Physical Education
42.	Thamira	M.P.Ed	Physical Education
43.	Janavi	B.Sc	Sports Caching
44.	Samera fathima	B.Sc	Sports Caching
45.	Divya dharshini	B.Sc	Sports Caching
46.	Mekala dharani	B.Sc	Sports Caching
47.	maheennooza	B.Sc	Sports Caching
48.	Roshini	B.Sc	Sports Caching
49.	Jeaya sree	B.Sc	Sports Caching
50.	Niranjani	B.P.Ed	Physical Education
51.	Hari priya	B.P.Ed	Physical Education
52.	S harini	B.P.Ed	Physical Education
53.	Haarish	B.P.Ed	Physical Education
54.	Vikram	B.P.Ed	Physical Education
55.	Deeran	B.P.Ed	Physical Education
56.	Monish.	B.P.Ed	Physical Education
57.	Balaji.	B.P.Ed	Physical Education
58.	Sanjay	B.P.Ed	Physical Education
59.	Sankalp	B.P.Ed	Physical Education

  
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# Tamil Nadu Physical Education and Sports University

Accredited with "B++" Grade by NAAC

India's First State University in Physical Education and Sports

CHENNAI - 600127

## Workshop Report



**NATIONAL WORKSHOP ON PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION AND SPORTS SCIENCES - A MULTI DISCIPLINARY APPROACH**

**22 Nov 2018 to 28 Nov 2018 (7 Days)**

**A Faculty Development Initiative**

**By**

**Department of Physical Education**

**Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai**



## Tamil Nadu Physical Education and Sports University

Chennai-600127

The Tamil Nadu Physical Education and Sports University, established by an Act of the Government of Tamil Nadu in 2004, is unique and first of its kind in India serving as an affiliating University, exclusively for Physical Education and Sports with the motto of "Excellence in Physical Education and Sports". This University has Five Departments under three faculties offering programmes for Bachelor's, Master's and research levels. Department of Physical Education was established during the academic year 2006-2007 offering Ph.D.,

M.Phil., M.P.Ed., and B.P.Ed courses. **Theme of the Workshop** The quality of the Nation depends upon the qualities of its citizens. The qualities of its citizens depend not exclusively but in critical measures upon the quality of their education. The quality of their education depends more than upon any other single factor, upon the qualities of their teachers.

The teacher faces a greater challenge today than at any time in history. As a guide, he has to teach the student how to learn rather than stuff his mind with factual information. Teachers are being challenged to utilize new approaches and methods in an effort to improve learning outcomes. They have to seek improved ways for teaching by developing new approaches to face the professional challenges. To enhance the quality of professional preparation in physical education & sports sciences and to face the challenges, we have proposed to organize a **National Workshop on Professional Preparation in Physical Education and Sports Sciences - A Multi Disciplinary Approach** which aims to disseminate the recent advancements in Professional Preparation and Challenges to the Physical Education and Sports Sciences Professionals. A broad range of topics and application areas have been devised as sub-themes for this workshop in such a way that the participants can have hands - on experience (Theory and

  
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Practical Sessions) in the respective fields. This faculty development initiative will have the following sub themes.

### Sub Themes

( Theory and Practical Sessions )

- ❖ Developments in Physical Education and Sports Sciences
- ❖ Professional Preparation, Communication Skills, Leadership Skills and Teaching Ethics
- ❖ Talent Identification, Competitive Sports, Science of Coaching, Traditional Games, Recreation and Martial Arts.
- ❖ Yoga, Science of Exercise and Nutrition, Biomechanics, Sports Medicine, Physiotherapy and Injury Management
- ❖ Personality Development, Psycho-Social Developments, Sports Management and Sports Technology
- ❖ Research Aptitude and Attitude in Physical Education and Sports Sciences

**Organizing Committee**  
Chief Patron : **Dr. Sheila Stephen** Vice –  
Chancellor Tamil Nadu Physical Education and Sports University Patron  
: **Dr.T.Radhakrishnan** Registrar Tamil  
Nadu Physical Education and Sports University Organizing Secretary : **Dr.S.**

  
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**Thirumalai Kumar** Professor and Head Department of  
Physical Education,  
Tamil Nadu Physical Education and Sports University **Chief Coordinator**

: **Dr.S.Manikandan**  
Professor Department of Physical Education,  
Tamil Nadu Physical Education and Sports University **Coordinators**

: **Dr. P. Kumaravelu & Dr. I. Lilly Pushpam** Assistant Professors  
Department of Physical Education,

Tamil Nadu Physical Education and Sports University **Members** :

Dr. K.Rajeshkumar, Assistant Professor Dr.S.Jayakumar,

Assistant Professor Dr.S.Velkumar, Assistant Professor Dr.

C.Lakshmanan, Assistant Professor Dr.K.Jayachandran, Guest Lecturer

Dr. S. Palpandi, Guest Lecturer Department of Physical Education,

Tamil Nadu Physical Education and Sports University

The Department of Physical Education, Tamil Nadu Physical Education and Sports

University, Chennai – 600 127, a Faculty Development Initiative by *National Workshop on*

**Professional Preparation in Physical Education and Sports Sciences - A Multi Disciplinary**

**Approach on 22.11.2018 to 28.11.2018 (7 Days).**

### **Day – 1 (22.11.2018)**

The workshop was inaugurated by **Dr.Sheila Stephen**, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. Dr. S. Thirumalai Kumar, Organizing Secretary welcomed the gathering, Dr. I. Lilly Pushpam Assistant Professor readout the Theme of the Workshop, **Dr.Sheila Stephen**, Vice Chancellor, Tamil Nadu Physical Education and Sports University, delivered the inaugural address. Dr. S. Velkumar, Assistant Professor proposed the Vote of Thanks.

After the inauguration function the Scientific Sessions commenced The first resource of the day was **Dr. V. Gopinath**, Professor & Director (i/c) for Centre for Yoga Studies, Annamalai University, Annamalai Nagar – 608002. The participants were enlighten by the resourceful speech given by the speaker and the session ends with deliberations and discussions.

  
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**Chennai**



Title of the Lecture : Research Developments in Physical Education and Sport Sciences

The second resource of the day was **Dr. S. Selvalakshmi**, Assistant Professor & Head i/c, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Yoga for Holistic Health**

The third resource of the day was **Dr. K. Jothi Dayanandan**, Associate Professor, YMCA College of Physical Education, Nandanam, Chennai – 600 035. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Management of an Aerobics Class – Theory and Practical**

**Day – 2 (23.11.2018)**

The first resource of the day was **Dr. V. Muruguvalavan**, Assistant Professor Cum Medical Officer, Health Centre, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

The second resource of the day was **Dr. R. Subramanian**, Professor and Head, Department of Advanced Sports Training and Technology, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Current Scenario in Sport Coaching and Doping**

The third resource of the day was **Dr. K.B. Srinivasan, M.P.T**, Sports Physiotherapist, Health Centre, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

  
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**Title of the Lecture : Management of Sports Injuries**

The fourth resource of the day was **Dr. V. Duraisami**, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Yoga for Stress Management and Well-Being**

**Day – 3 (24.11.2018)**

The first resource of the day was **Dr. P. Anbalagan**, Associate Professor, Department of Physical Education, Bharathiar University, Coimbatore - 641046. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Traditional and Tribal Sports (Theory and Practical)**

The second resource of the day was **Dr. P. Rajini Kumar**, Assistant Professor, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Sport Bio-Mechanics**

**Day – 4 (25.11.2018) Sunday**

**Dr.S.Thirumalai Kumar, Organizing Secretary** delivered a resourceful lecture on Professional Preparation and the participants were asked to prepare a assignment on **“Innovative and Creative Ideas in the Promotion of Our Profession”** It was organized as a competition In the afternoon, the participants Visited to Anna Centenary Library, Gandhi Mandapam Rd, Surya Nagar, Kotturpuram, Chennai, Tamil Nadu – 600085.

**Day – 5 (26.11.2018)**

  
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The first resource of the day was **Dr. P.K. Senthil Kumar**, Assistant Professor, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Nutritional Ergogenic Aid**

The second resource of the day was **Dr. S. Prem Kumar**, Professor, Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Sport Management: Perspectives and Prospects**

The third resource of the day was **Dr. V. Mangaiyarkarasi**, Professor, Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Social Gerontology: An Overview**

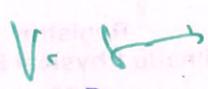
The fourth resource of the day was **Dr. J. Anitha**, Assistant Professor, Statistics & Computer Application, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Testing of Hypothesis**

**Day – 6 (27.11.2018)**

The first resource of the day was **Dr. C. Manoj, M.P.T**, Physiotherapist, Health Centre, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Sport Physiotherapy**

  
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The second resource of the day was **Dr. Grace Helina**, Professor and Head, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Physiology of Exercise: Perspectives and Prospects**

The third resource of the day was **Dr. N. Ashok Kumar**, Assistant Librarian, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Role of Citation Styles in Plagiarism**

The fourth resource of the day was **Dr. Shahin Ahmed**, Professor and Head, Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Role of Emotional Intelligence in Sports**

**Day – 7 (28.11.2018)**

The first resource of the day was **Dr. K. Kannadasan**, Assistant Professor, Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The participants were enlightened by the speaker on the topic and the session ends with discussions.

**Title of the Lecture : Personality and Sport Performance**

After Scientific Session followed by Group Photo and Valedictory Function

In the valedictory function Dr. S. Manikandan , Professor welcomed the gathering, Dr. **Dr.T. Radha Krishnan, Registrar**, Tamil Nadu Physical Education and Sports University,

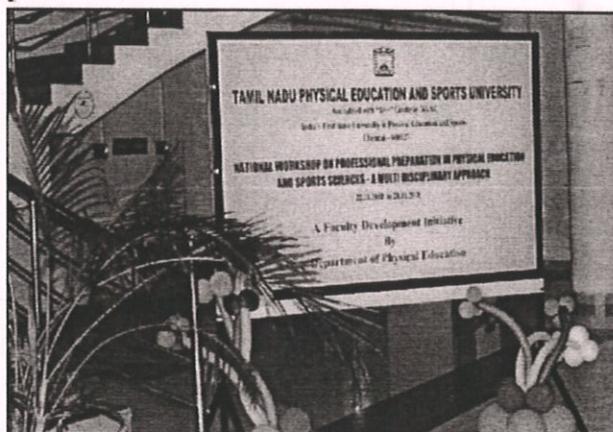
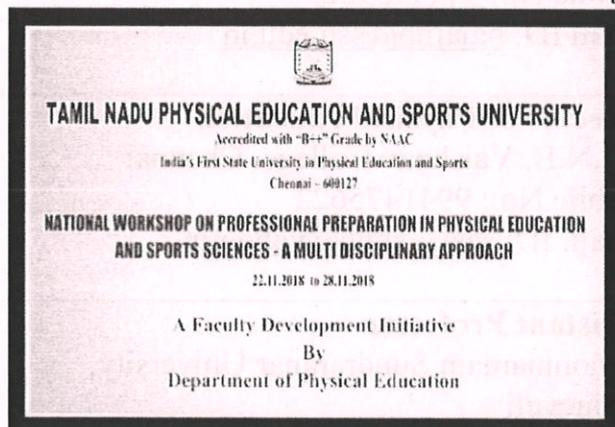
  
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**Chennai**



delivered the valedictory address. Dr. S. Thirumalai kumar, Organizing Secretary proposed the Vote of Thanks.

The list participants are enclosed.

**NATIONAL WORKSHOP ON PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION AND SPORTS SCIENCES - A MULTI DISCIPLINARY APPROACH**  
**Photographs**



  
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**NATIONAL WORKSHOP ON PROFESSIONAL PREPARATION IN  
PHYSICAL EDUCATION AND SPORTS SCIENCES DISCIPLINARY  
APPROACH**

DETAILS OF PARTICIPANTS

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Accredited with "B++" Grade by NAAC  
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The Department of Statistics and Computer Applications,  
Tamil Nadu Physical Education and Sports University  
cordially invite you to the Inaugural Function of

**"NATIONAL WORKSHOP ON SPSS IN STATISTICS"**

**A FACULTY DEVELOPMENT INITIATIVE  
by  
DEPARTMENT OF STATISTICS AND COMPUTER APPLICATIONS**

to be held on Saturday 5<sup>th</sup> January 2019 at 10.00 am  
in the Conference Hall, Administrative Block, TNPESU

**Dr. Sheila Stephen**  
Vice Chancellor

Tamil Nadu Physical Education and Sports University  
has kindly consented to be the Chief Guest and  
to deliver the Inaugural Address

*All are Cordially Invited*

**Dr. J. Anitha**  
Organising Secretary

  
Registrar  
Tamil Nadu Physical Education  
and  
Sports University  
Chennai



3.3.2

Workshop

### Report of SPSS-Teachers Professional Development programme

The Department of Statistics and Computer Application has organised a national workshop on SPSS in statistics. This workshop held on Saturday 5<sup>th</sup> January 2019 in the conference hall at Tamil Nadu and Sports University campus national workshop conducted for the faculty of TNPESU as a faculty professional development programme. Our Honourable Vice Chancellor Dr. Sheila Stephen Madam inaugurated the workshop in the morning at 10.00 and Dr. Karthikeyan, Assistant Professor in the Dept. Of Physical Education from Annamalai University was the Resource Person for the morning session. Mr. Janson, College of Business from Coimbatore was the Resource Person for the afternoon session and Dr. D. Sathiyakumar was the chief guest for the valedictory function at 4.30 pm on 05/01/2019.

  
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Teaching Professional  
development.

## TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Workshop on SPSS in Statistics on 05 - 01-2019.

### Programme schedule

10.00 AM- Inauguration

10.30 AM to 10.45 AM- Tea Break

11.00 AM to 1.00 PM- I session by Dr. Karthikeyan.P (Annamalai University)

1.15 PM to 2.00 PM- Lunch

2.00 PM to 4.15 PM II session by Dr. R. Palanisamy (CBE)

4.15 PM to 4.30 PM- Tea Break

5.00 PM to 5.30 PM- Valedictory

### Inaugural Function- 10.00 AM

- Tamil Thai Vaazhthu.
- Lighting the Kuthu Vilakku
- Welcome Address by Dr. J.Anitha.
- Honouring the Chief Guests.
- Inaugural Address by Vice- Chancellor.
- Tea Break.

### Valedictory Function 4.30 PM

- Tamil Thai Vaazhthu
- Welcome Address.
- Response from the Participants.
- Valedictory Address by Dr. D. Sathiakumar.
- Vote of thanks by Dr. J. Anitha.
- National Anthem.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Workshop on SPSS in Statistics on 02-01-2019

Programme schedule

10:00 AM - Inauguration

2/28/2020

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*V. S. Srinivasan*  
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2/28/2020

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# SPSS in Statistics workshop.



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5		Dr. K Rajeshkumar	K. Rajeshkumar
6		Dr. S Jayakumar	S. Jayakumar
7		Dr. S. Velkumar	
8		Dr. C. Lakhmanan	C. Lakhmanan
9		Dr.S.Selvalakshmi	S. Selvalakshmi
10	Yoga	Dr.V.Duraisami	V. Duraisami
11	Exercise Physiology & Biomechanics	Dr.Grace Helina	Grace Helina
12		Dr.R.Venkatesan	R. Venkatesan
13		Dr.P.K.Senthil Kumar	P. K. Senthil Kumar
14		Dr.P.Rajini Kumar	P. Rajini Kumar
15		Dr. J. Anitha	J. Anitha
16	Sports Management and Sports Psychology & Sociology	Dr.Shahin Ahmed	Shahin Ahmed
17		Dr.V.Mangaiyarkarasi	V. Mangaiyarkarasi
18		Dr.S.Prem kumar	S. Prem kumar
19		Dr.V.Ramesh Kumar	V. Ramesh Kumar
20		Dr.K.Kannadasan	K. Kannadasan
21		Dr.P.Gopinathan	P. Gopinathan
22	Advanced Sports Training and Sports Technology	Dr.R.Subramanian	R. Subramanian
23		Dr.R.Ramakrishnan	R. Ramakrishnan
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26		Mr. C. Manoj	C. Manoj
27		Mr. K.B. Srinivasan	K. B. Srinivasan
28	Librarian	Dr. N. Ashok Kumar	N. Ashok Kumar

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**CHENNAI – 127**

**(Guest Lecturer)**

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6	Mr. Pon Pandi	Sports Biomechanics	
7	Mr. S. Kani Mrs. R. Kani	Sports Coaching	
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11	D. Umamaheswari	Yoga	
12	V. Mohandoss	Sports Bio Mechanic	

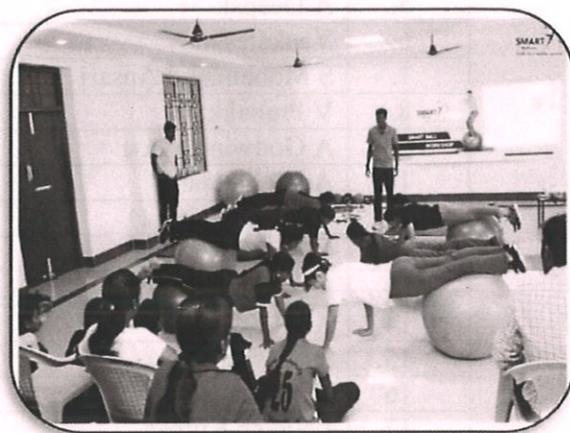
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## National Workshop on SWISS BALL Training – 1<sup>st</sup> March 2019

No. of Participants - 62

**Beneficiaries – Students and Staff.**



The Department of Exercise Physiology, Tamil Nadu Physical Education and Sports University organised Pre Conference Workshop on Smart Ball Training (Swiss ball) on 1<sup>st</sup> March 2019. Dr. Grace Helina, Organising Secretary welcomed the gathering, the workshop was inaugurated by Dr. C. Arumagam, Controller of Examination, Tamil Nadu Physical Education and Sports University, Chennai – 600 127. The session was handled by Mr. Vijay CEO, Smart 7 wellness. The students learned about the different techniques in working out with the Swiss ball. The certificates were distributed by Dr. V. Mangayarkarasi, Prof. Dept. of Sports Psychology and Sociology distributed the Certificates.



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### Swissball Workshop 1<sup>st</sup> March 2019 – List of Participants

Number of participants: 62

Sl. NO	Name	Course
1.	Talari Leonard Ismayel Deveny	B. Sc I year
2.	NirmalaA	M. Sc II year
3.	Prakash Raj A	B. Sc
4.	A Sumitha	
5.	A Deepak	
6.	Venkatesan N	B. Sc III year
7.	S Mohammed Ansari	B. Sc
8.	V Pranalik	B. Sc
9.	A Godwin Joshua	B. Sc
10.	Appu Kumar S	B. Sc
11.	Sathish Kumar D	
12.	Chandru T	B. Sc
13.	Anand S	B. Sc II year
14.	Ajith K	B. Sc I year
15.	S Sheshathiri	B. Sc I year
16.	M Vignesh waran	B. Sc
17.	J Niresh Kumar	B. Sc
18.	T Kavitha	B. Sc I year
19.	R Logapriya	B. Sc I year
20.	Pavithra S	B. sc I year
21.	A Santhiya	B Sc I year
22.	R Murugan	B. Sc III year
23.	Diwagar R	B. Sc
24.	S Sirajudeen	B. Sc
25.	K Rohith Kumar	M. Sc I year biomechanics and Kinesiology
26.	M manikandan	B. Sc
27.	M Rekha	B. Sc
28.	Santhiya P	
29.	Gayathri S	B. Sc
30.	A Balamani	B. Sc
31.	A Pandieeshwari	B. Sc
32.	R Kiruthika	B. Sc
33.	A Kavitha	B. Sc
34.	Lavanya P	B. Sc
35.	M Premila Muthu	B. Sc
36.	A Abineshwari	B. Sc
37.	Malavika S	B. Sc
38.	S Monisha	B. Sc
39.	K jeevitha	B. Sc

  
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40.	Kowsalya T	B. Sc
41.	S Kowsalya	B. Sc
42.	Nagalakshmi T	B. Sc
43.	Tejin Namdol	B. Sc
44.	Jayasudha H	B. Sc
45.	Vismaya C V	B. Sc
46.	Mathumitha M	B. Sc
47.	S Silambarasan	B. Sc
48.	U D Sasti Velan	M. Sc
49.	R Vinothini	M. Sc
50.	S Rajeshwari	M. Sc
51.	K Kanimohi	M. Sc
52.	M Monika	M. Sc
53.	Mohmmad Chotemiya	M.Phil Phy Edn
54.	D Harigaran	P.hD Scholar – DPE
55.	Vimalanathan Raguvarman	M. Sc Sports Spychology
56.	R Karthigeeya	M. Sc Sports Psychology
57.	P Kumaravelu	Assistant Professor
58.	Dr K Jayachandran	Guest Lecturer
59.	Yaswantha Reddy B	P.hD Scholar
60.	A Sridharan	Assistant Professor
61.	C Govardhan	P.hD Scholar
62.	N Karthikeyan	P.hD Scholar

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## ISAK - LEVEL I KINANTHROPOMETRY WORKSHOP – 21<sup>st</sup> to 23<sup>rd</sup> January 2019.

**Number of participants – 12**

**Beneficiaries – Students, Ph. D. Scholars and Staff.**



IASK Kinanthropometry Level – I Workshop was Conducted from January 21<sup>st</sup> to 23<sup>rd</sup> 2019. There were 12 members participated from TNPESU. The course was inaugurated by the Registrar Dr.Radhakrishnan. He spoke about the Department and its activities and he also pointed out that the only Department has conducted many programme like National and International level. Prof. Grace Helina Organizing Secretary welcomed the gathering. The Course was started with the welcome address by Prof. Grace Helina the Organising Secretary. Dr. Anup Adhikari Level IV Kinanthropometrist, Canada was the Expert

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The following students were participated in Level I Kinanthropometry Workshop On 21<sup>st</sup> to 23<sup>rd</sup> January 2019

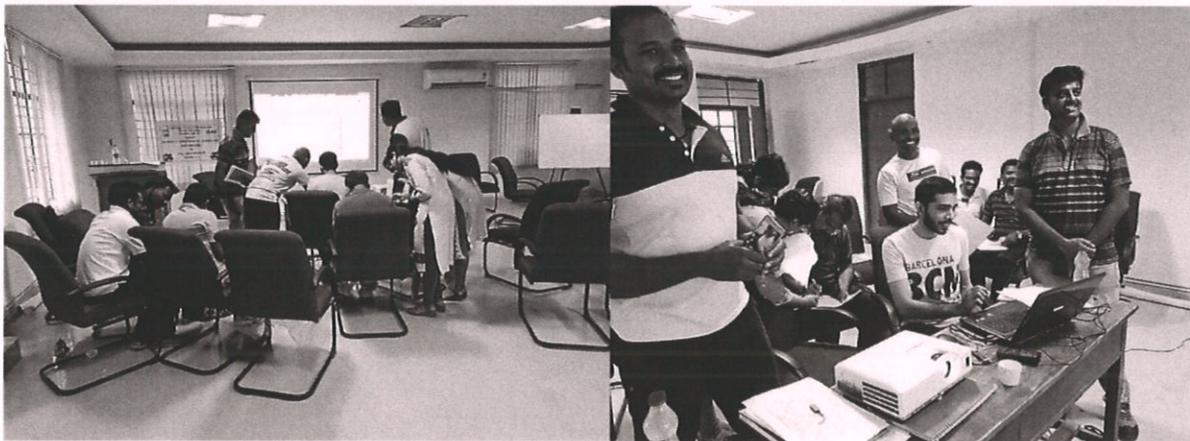
S.No	Name of the Student	Designation	Department
1.	Hariharan	Ph.D Scholar	Physical Eductaion
2.	R.Purushothaman		Physical Education
3.	Banu Teja	II- M.Sc Sports Biomechanics	Sports Biomechanics
4.	Uma	Guest Lecturer	Exercise Physiology
5.	Sona Shanthakumar	Ph.D Scholar	Exercise Physiology
6.	Vignesh	II- M.Sc Sports Biomechanics	Sports Biomechanics
7.	Vignesh	II-Exercise Physiology & Nutrition	Exercise Physiology
8.	Rohitkumar	II- M.Sc Sports Biomechanics	Sports Biomechanics
9.	Sridhar	Ph.D Scholar	Physical Education
10.	Kalaiselvan	Ph.D Scholar	Physical Education
11.	Karthikeyan	Ph.D Scholar	Physical Education
12.	Jamal Sheriff	Ph.D Scholar	Physical Education

  
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## ISAK - KINANTHROPOMETRY LEVEL 1 WORKSHOP (INTERNATIONAL)

Conducted from 10<sup>th</sup> to 12<sup>th</sup> of April 2019 for 2<sup>nd</sup> batch. There were 9 members participated from all over the country. 2 members from Delhi, 01 member from Kerala, 01 from selam, 02 members from Chennai and 03 from TNPESU. The course was inaugurated by the Registrar i/c, Director School of Distance Education Dr. Sathyakumar. He spoke about the Department and its activities and he also pointed out that the only Department has conducted many programme like National and International level. Prof. Grace Helina Organizing Secretary welcomed the gathering.



The following students were participated Level I Kinanthropometry Workshop organised by Dept. Of Exercise Physiology and Biomechanics & Kinesiology on 10<sup>th</sup> 12<sup>th</sup> April 2019

S.No	Name of the Student	Designation	Department
1.	Balasubramani	Ph.D Scholar	Physical Education RMKV , Coimbatore
2.	C.Chandarasan	Ph.D Scholar	Physical Education RMKV , Coimbatore
3.	V.Balaji	Ph.D Scholar	Physical Education RMKV , Coimbatore
4.	G.Bobby	Asst Prof	Physical Education, YMCA, Chennai
5.	Sai Kiran Reddy	Asst. Prof	Physical Education, YMCA, Chennai
6.	Santhosh Mathew	Ph.D Scholar	Physical Education, TNPESU
7.	M.Rajkumar	Ph.D Scholar	Physical Education
8.	C.Giovardhan	Ph.D Scholar	Physical Education
9.	Ajith	Ph.D Scholar	Physical Education

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International Conference on Exercise Physiology and Nutrition  
for Enhancing Health, Fitness and Sports Performance from 5<sup>th</sup> to

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPT. OF EXERCISE PHYSIOLOGY AND BIOMECHANICS ORVANIZED THE

INTERNATIONAL CONFERENCE ON EXERCISE PHYSIOLOGY AND NUTRITION FOR ENHANCING HEALTH, FITNESS  
AND SPORTS PERFORMANCE FROM 05-3- 2019 to 07-03-2019.

REPORT

The International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance was inaugurated by our Honourable Vice- Chancellor Dr. Sheila Stephan at 9.45 am on 05-03-2019. Prof. Grace Helina the Organizing Secretary welcomed the gathering. Dr. C. Arumugam Controller of Examination & The Registrar in-charge read the message sent by Dr. Jatin Soni the Vice- Chancellor Swarnim Gujarat Sports University who was not present as a Chief Guest for the days function . Dr. Anup Adhikari delivered the Key Note Address followed by the Resource Persons Presentation on various topics related to the Conference Theme. About 157 scientific papers have been received for oral presentation and 50 papers for poster presentation. The proceedings of the conference was released by the Vice-Chancellor with ISBN No.978-81-937479-1-9.

On 6<sup>th</sup> march 2019 the scientific sessions and the poster presentation started at 8.30 am. More than 135 oral and 30 poster papers were presented by the Delegates. At 6.30 pm we had Cultural Evening followed by a Grand Dinner.

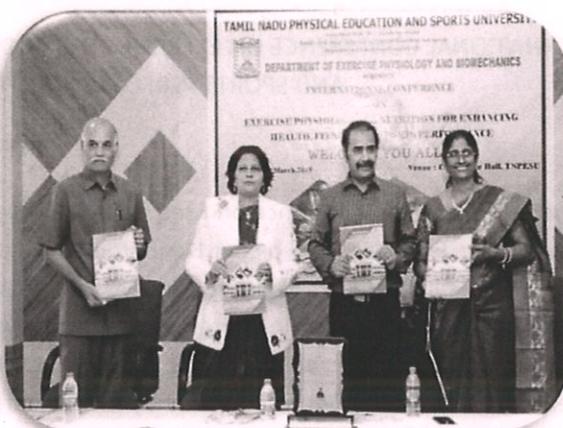
On 7<sup>th</sup> started with the Scientific session at 8.30 am and the Panel Discussion was started at 10 am and there were 08 panelist Discussed on the topic RECENT TRENDS IN SPORTS SCIENCES and Dr. GL Khanna chaired the Session, Dr. Rajini Kumar Asst. Prof. of the Department Moderated the panel Discussion session.

The Valedictory function started at 12 Noon Dr. R. Venkatesan , Asst. Professor Welcomed the gathering, Dr. P.K. Senthil Kumar read the Conference Report 04 Delegates gave the Feedback about the Conference , Dr. Sheila Stephan , Vice- Chancellor addressed the gathering, Dr. C. Arumugam , Registrar i/c and Controller of Exams delivered the Felicitation Address, Dr. Grace Helina, the Organizing Secretary and The Prof. and Head proposed the Vote of thanks and the Conference was end with the National Anthem.

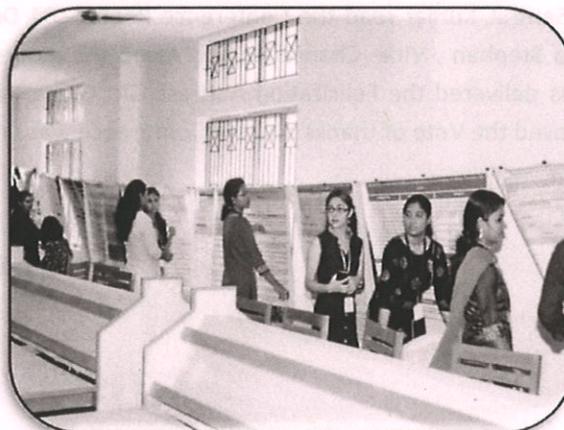
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**International Conference on Exercise Physiology and Nutrition  
for Enhancing Health, Fitness and Sports Performance from 5<sup>th</sup> to  
7<sup>th</sup> March 2019.**



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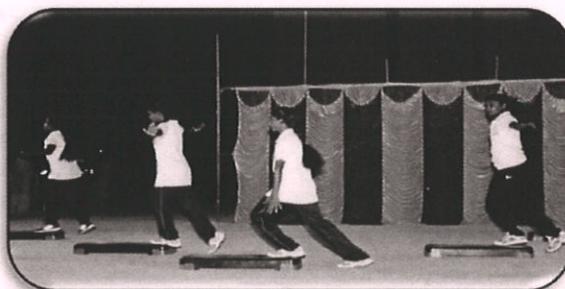
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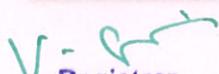
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### Cultural Evening



  
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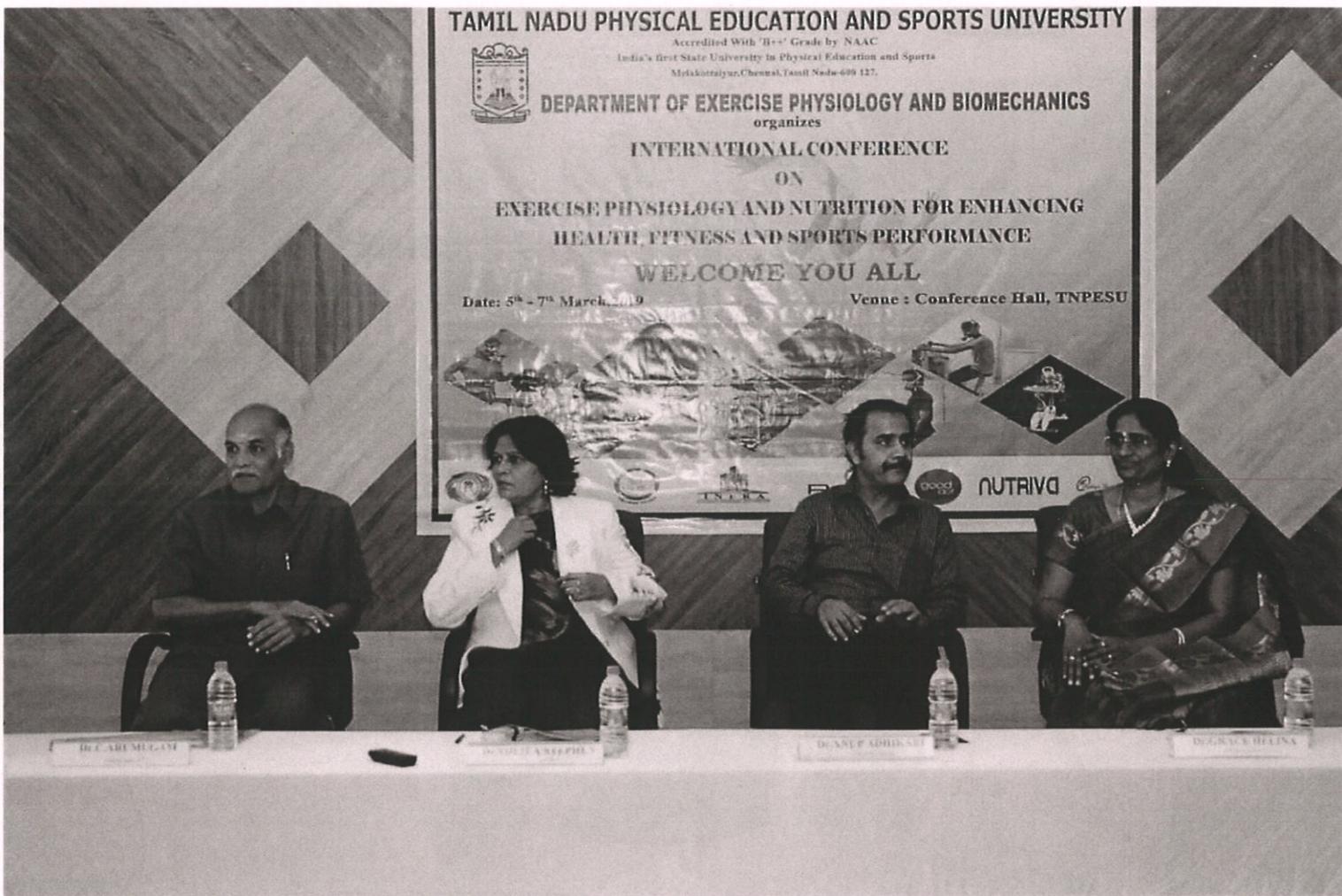


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*M. Sri*  
Registrar  
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# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

## DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS



organizes

### INTERNATIONAL CONFERENCE

ON

### EXERCISE PHYSIOLOGY AND NUTRITION FOR ENHANCING HEALTH, FITNESS AND SPORTS PERFORMANCE

#### PANEL DISCUSSION

Date: 7<sup>th</sup> March, 2019

Venue : Conference Hall, TN PESU



PROF. G. KHANNA

Professor, Department of Physical Education and Sports, University of Madras, Chennai, Tamil Nadu, India



Dr. JET ARIBAKI

Professor, Department of Physical Education, University of Madras, Chennai, Tamil Nadu, India



Dr. Karim Ismail

Assistant Professor (V), Physical Education Department, King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia



Dr. Arvind Kulkarni

Professor, Karolinska University Hospital, Stockholm, Sweden



Dr. Ashwini Kumar

Former Principal, IITR, Roorkee, India



Dr. Parvati Singh

Professor, Dept. of Sports Science, Faculty of Education, Punjab University, Patiala, India



Dr. Thang Prabhu

Professor & HOD, Department of Exercise Physiology, Laboratory, National Institute of Physical Education, Chennai (IN)

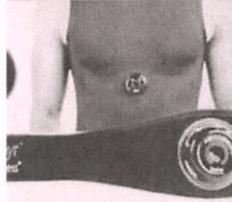
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(UAE, OMAN, QATAR, KUWAIT)



play like warriors,  
gy real warriors use.

train the most  
Special Forces,  
biological and  
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	M. Varma
15.	D. Savitha and V. Raji Sugumar
16.	Dr. M.Ramajayam
17.	Dr. S. Geetha
18.	S. Sundararajan
19.	Mohandass Veeraraghavan and R.Purushothaman
20.	Motakin Ahmed and Dr. G.D. Ghai
21.	M. Ponpondi and Dr. P. Rajini kumar
22.	Abin Wilson and Dr. George Abraham
23.	Dr. G. Rajeshwari
24.	Dr.P. Kulothungan Dr. K. Sekarbabu and Dr. G. Ravindran
25.	S. Malar and Dr. D. Maniazhagu
26.	Sindhu V.S
27.	Vikaash Malik and Dr. R. Ramaakrishnan
28.	A.S.Selvam and Dr. R. Elangovan
29.	Dheeraj Singh and Geethali Thilak
30.	N. Sundarraj and Dr. D. Sathyakumar
31.	Dr. J. Anitha
32.	Garg Hemanth and Debnath Saumyajith
33.	Nargis Jahan Ohab
34.	Rajesh C.B. and Dr. George Abraham
35.	N. Ramesh and Dr. G. Ravindran
36.	Dr. R. Subramanian

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	Dr. P.K.Senthilkumar
82.	Dr. V. Mangayarkarasi
83.	Dr. K. Ketheeswaran
84.	Dr. A. Prabhukumar
85.	S.Manjappan and Dr. S. Alagesan
86.	M. Rajkumar. Dr. P. Rajinikumar
87.	Mr. Dodakondalaroa and K. Usharani
88.	T. Santhose and Dr. D. Maniazhagu
89.	S. Srividhya , Malay mandal and Pralay Majumdar
90.	M. Girinathan Dr. I. Lilly Pushpam
91.	Vishwanathan and Ajith
92.	Radhakrishnan , Venkatesan, Kiran & Sharmila
93.	S. Selvamurugamani and P. K. Senthil Kumar
94.	Dr.D. Hari and Prof. Lakshmikanth Ratod
95.	T. Satheesh Kumar and Dr. E. Simson Jesudass
96.	Dr. Arif Khan. L
97.	Dr. Sudhir Kumar Sharma and Dr. Gohil
98.	Dr. A. Ruby Jesintha
99.	Jayadeep V. K. and Dr. G.Vasanthi
100.	Agam Pratap Singh Dr. Vinita Bajpai Misra
101.	Dr. B. Chittibabu
102.	Shubham Pal, Josyula Tejaswi
103.	Agam Pratap Singh

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	Dr. Vinita Bajpai Misra
104.	Dr. B. Chittibabu
105.	Shubham Pal, Josyula Tejaswi
106.	J. Parthiban and R. Purushothaman
107.	Kalaiselvan and Dr. P. Rajinikumar
108.	K.J. Sridevi and Dr. Selvalakshmi
109.	Dr. S. Josephine
110.	Dr. M. Saroja
111.	Linu and Dr. K. Balasubramanian
112.	Yerukala Narendra Dr. K. Usharani
113.	Dr. K. Senthilkumar and Dr. D. Sathyakumar
114.	Shonan Padte and Dr. Vasanthi Kadhiravan
115.	Dr. I. Lilly Pushpam and Mohamad Chotomiya
116.	Dr. Kunjikannan R.
117.	Harish G. Krshna Bipin Ghimire
118.	Najibul Haque
119.	G. Vinayagam and Dr. V. Selvamuthukrishnan
120.	Javied Ahmad and Dr. C. VairavasUndram
121.	k. Vishnuvardhanreddy and L.B.Lakshmikanth Rathod
122.	Lakshmikanthan Vidhya and Dr. Ahmad Shahin
123.	Siju P John and

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	Dr. Geogr Abraham
124.	V. Kumar and Dr. S. Arumugam
125.	Pritampatel
126.	Dr. T. Jayabal and Dr. V. Saminathan
127.	Dr. Karupaiah and Dr. Sathish Franklin
128.	Dr. R. Kaliarasi
129.	Rakesh Bharthi and Dr. D. Maniazhagu
130.	Dr. S. Palpandi and Dr. T. Radhakrishnan
131.	Pasammohan , Dr. George Abraham and Dr. G. Sarah Sarojini
132.	Prof. Amit D. Patel and Dr. Vishal Banne
133.	R. Meera and Dr. R. Mohanakrishnan
134.	R. Ramya and Dr. D. Rajalakshmi
135.	Siddalingamurthy B.R. and Dr. I. Lillypushpam
136.	Manikumar, Monisha , Nagaraj and Co

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