



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

3.6.3.1: Number of extension and outreach programmes conducted by the institutions including those through NSS/NCC/Red cross / YRC during the last five years (including Government initiated programmes such as swatch Bharat, AIDS Awareness, Gender Issues, etc. and those organized in collaboration with industry, community and NGO's)

Years	2014-15	2015-16	2016-17	2017-18	2018-19	Total
No.Programme	2	3	3	4	13	25

S.No	Name of the activity	Organizing unit/ agency/ collaborating agency	Name of the scheme	Year of the activity
2014-15				
1.	Village Placement Programme	Govt.ADW Middle School, Melakottaiyur	Outreach program	2014-2015
2.	Village Placement Programme	Department of Sports Management	Outreach program	2014-2015
2015-16				
1.	Village Placement Programme	Govt.ADW Middle School, Melakottaiyur	Outreach program	2015-2016
2.	Village Placement Programme	Department of Sports Management	Outreach program	2015-2016

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3.	NSS Special Camp	NSS Unit	Empowering The Youth of Future India	2015-2016
2016-17				
1.	Village Placement Programme	Bishop Allen Home for Children, Egmore, Chennai	Outreach program	2016-2017
2.	Village Placement Programme	Department of Sports Management	Outreach program	2016-2017
3.	NSS Special Camp	NSS Unit/TNPESU	Community Enrichment	2016-2017
2017-18				
1.	Village Placement Programme	Dept. of Exercise Physiology & Nutrition	Outreach program	2017-2018
2.	Village Placement Programme	Dept. of Psychology / Good Life Centre for Home for Homeless children	Outreach program	2017-2018
3.	Village Placement Programme	Department of Sports Management	Outreach program	2017-2018
4.	NSS Special Camp	NSS Unit TNPESU	Strategies To Development Youth	2017-2018
2018-19				
1.	Village Placement Programme	Anbagam	Outreach program	2018-2019
2.	Village Placement Programme	Department of Sports Management		2018-2019

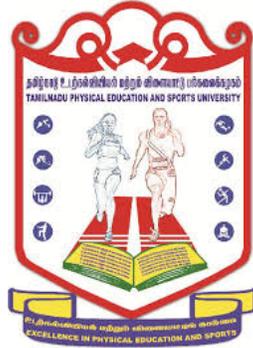
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3.	Special Tree Plantation	NSS / TNPESU	NSS	2018-2019
4.	Special Programme Campus Cleaning	NSS / TNPESU	NSS	2018-19
5.	Blood Donation and General Medical Checkup	NSS / TNPESU	NSS	2018-2019
6.	Anti Plastic Programme	NSS / TNPESU	NSS	2018-2019
7.	Dental Camp	NSS/ Meenakshi Ammal Dental College	NSS	2018-2019
8.	Special Tree Planting programme	NSS / TNPESU	NSS	2018-2019
9.	Special Road Safety Awareness	NSS/TNPESU	NSS	2018-2019
10.	Special Programme for 400 M Track cleaning	NSS/TNPESU	NSS	2018-2019
11.	Special Programme for cleaning for indoor stadium surroundings	NSS / TNPESU	NSS	2018-2019
12.	NSS Special Seven Day Camp	NSS / TNPESU	NSS	2018-2019
13.	Children Day Celebration	Department of Physical Education	Outreach program	2018-19

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2014-15

GOVT. ADW MIDDLE SCHOOL
MELAKOTTAIYUR, CHENNAI - 600127, INDIA.



TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mrs. K. Krishnaveni, MPhil scholar of TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY has served in our school from 01.12.2014 to 05.12.2014 by conducting Personality Development Classes including Self Confidence & Memory Improving classes, Physical exercises, Relaxation techniques with Yoga-Pranayams, Regular English speaking skills, Moral values teaching along with Fitness programmes during her Village Placement Programme (VPP), which was very helpful to our students.

We appreciate the work done by her.

Place: Melakottaiyur
Date: 23.12.2014

S. J. ...
Signature of HOD of the Institution

CODE NO: 35030600101
HEADMASTER
GOVT. A.D.W. MIDDLE SCHOOL,
MELAKOTTAIYUR & POST
CHENNAI - 600127

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2014-2015

A REPORT ON VILLAGE PLACEMENT PROGRAM



Village Placement Program is a part of the students M.Phil program. A total number of 03 students had participated in the program for 5 days at government ADW middle school, Melakottaiyur, Chennai. The program details are given below:

DAY	DATE	ACTIVITY
01	1.12.2014	INTROUDCTION; ICE BREAKER, USING LETTER CANCELLATION TEST.
02	2.12.2014	ACTIVITIES TO HELP IN PHYSICAL AND MENTAL WELLBEING OF STUDENTS.
03	3.12.2014	ADAPTABLE GAMES AND FUN ACTIVITIES TO AID IN MATHEMATICAL ABILITY.
04	4.12.2014	ALPHABET RECOGNITON TEST – MEMORY GAMES, READING, STORY TELLING.
05	5.12.2014	INTERACTIVE HEALTH RELATED QUIZ, CUSTOMISED GAMES, FILLING THE GAPS.


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Department of Sports Management and Psychology & Sociology

**A Report on Village Placement Programme(VPP) held during the
Academic Year 2014 – 15**

As a part of the academic curriculum, the Students of MBA & M.Phil participated in the Village Placement Programme at Keerapakam village from 06/04/2015 to 10/04/2015(5 days) for the purpose of community development. A total of 3 MBA Students and 3 M.Phil Students participated and carried out a Community Development activities such as Cleaning the School Campus, Planting trees, Conducting games with the students, etc. This programme went on very well and served the stated purpose. The students have submitted a detailed report on this programme to the Department.

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S. Prem Kumar

DR.S.PREM KUMAR
Professor of Sports Management
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.

**A REPORT ON
VILLAGE PLACEMENT PROGRAM**

ON

06/04/2015 – 10/04/2015

AT

KERAPAKAM VILLAGE

BY

II YEAR MBA STUDENTS

(2013-2015)

AND

MPHIL STUDENTS

(2014-2015)



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

TAMILNADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY

CHENNAI 600127



STUDENTS ATTENDED VPP

.NO	NAME OF THE STUDENT	REGISTER NUMBER
	C.V. NIYAS	20135407001
	B. SELVA KUMAR	20135407002
	F. SOCRATES XAVIER	20135407003
	R. MARIYAPPAN	20145409001
	RAJKUMAR - G	20145409002
	R. THALAPATHY RANJITH	20145409003

maury
DR.S.PREM KUMAR
Associate Professor in Sports Management
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur Post, Vandalur, Chennai - 600 048.

V. S. Ramesh
Registrar
30/04/15
Tamilnadu Physical Education
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CONTENTS



- ❖ Introduction about VPP
- ❖ Introduction about Department (staffs and students)
- ❖ Activity (5 days)

- Day 1: 6/4/2015

Place- Government School, Kerapakam

Works undertaken- Cleaning the school campus and surrounding areas

- Day 2: 7/4/2015

Place- Government School, Kerapakam

Works undertaken- Interacted and taught exercises for the students

- Day 3: 8/4/2015

Place- Government School, Kerapakam

Works undertaken- Cleaned and Planted trees in the school campus

- Day 4: 9/4/2015

Place- Government School, Kerapakam

Works undertaken- Conducted fun games to the students

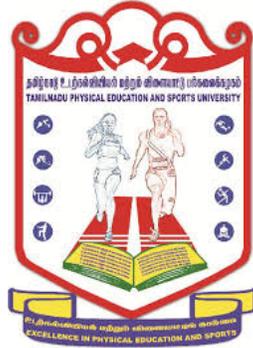
- Day 5: 10/4/2015

Place- Government School, Kerapakam

Works undertaken- Distributed prizes to the students

- ❖ Outcome of VPP

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2015-16

2015-16



2015-2016

A REPORT ON VILLAGE PLACEMENT PROGRAM

Village Placement Program is a part of the students M.Phil program. A total number of 02 students had participated in the program for 5 days at government ADW middle school, Melakottaiyur, Chennai. The program details are given below:

DAY	DATE	ACTIVITY
01	14.03.16	RAPPORT BUILDING ; IMPORTANCE OF SAFETY
02	15.03.16	TAMIL VIDEO SHOWN PORTRAYING THE BRIEF LIFE ACCOMPLISHMENTS OF DR.A.P.J.ABDUL KALAM
03	16.03.16	AWARENESS ON GOOD TOUCH AND BAD TOUCH AND ROAD SAFETY.
04	17.03.16	IMPROVING READING SKILL AND MEMORY
05	18.03.16	SIMPLE CONSONANT VOWEL CONSONANT (CVC)

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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI



CERTIFICATE

This is to certify that Mrs. L. Vidya, M.Phil. Scholar of Department of Sports Psychology and Sociology, TNPESU, Chennai has been placed for the village placement programme from 14-3-16 to 18-3-16 at Government ADM Middle School, Melkottaiyur, Chennai.

This report is submitted as the partial fulfilment of the requirement for the award of the degree Master of Philosophy.

Date:

Place:

Dr.V.Mangaiyarkarasi, Ph.D
Professor and Head of Department
Dept of Sports psychology and Sociology
TamilNadu Physical Education and Sports University



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Tamil Nadu Physical Education and Sports University, Chennai – 127
Department of Sports Management and Psychology & Sociology

A Report on Village Placement Programme(VPP) held during the
Academic Year 2015 – 16

As a part of the academic curriculum, the Students of MBA & M.Phil participated in the Village Placement Programme at Keerapakam village from 07/03/2016 to 11/03/2016(5 days) for the purpose of community development. A total of 7 MBA ^{and MPhd} Students participated and carried out a Community Development activities such as Cleaning the School Campus, Planting trees, Conducting games with the students, etc. This programme went on very well and served the stated purpose. The students have submitted a detailed report on this programme to the Department.


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DR.S.PREM KUMAR
Professor of Sports Management
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.

A REPORT ON
VILLAGE PLACEMENT PROGRAMME

ON

07/03/2016 – 11/03/2016

AT

TNPESU & KEERAPAKAM VILLAGE

BY

M.PHIL STUDENTS

(2015-2016)

AND

II YEAR MBA STUDENTS

(2014-2016)



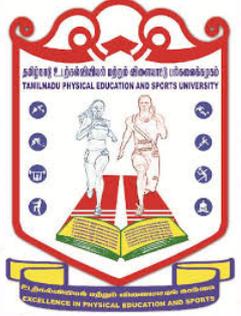
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CHENNAI, 600127

April 2016

TAMILNADU PHYSICAL EDUCATION AND SPORTS
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CHENNAI - 600127



STUDENTS ATTENDED VPP

S.NO	NAME OF THE STUDENT	REGISTER NUMBER
1	ANGARITSING ZIMIK	20155409001
2	G. JEMI RENSWICK	20155409002
3	B.SELVA KUMAR	20155409003
4	S. SENTHIL NATHAN	20155409004
5	S.PRABAVATHY	20145407001
6	C.RANJITH KUMAR	20145407003
7.	P.RANJITH KUMAR	20145407004

Dr. V.RAMESH KUMAR, MBA., Ph.D.,
Assistant Professor in Sports Management
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur Post, Vandalur, Chennai-600 127

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6/5/2016

DR.S.PREM KUMAR
Professor of Sports Management
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIV
Melakottaiyur, Chennai - 600 127.

CONTENTS



- ❖ Introduction about VPP
- ❖ Introduction about Department (staffs and students)
- ❖ Activity (5 days)

- Day 1: 07/3/2016

Place- TNPESU, Melakottaiyur

Works undertaken- Cleaning the university campus and surrounding areas

- Day 2: 08/3/2016

Place- TNPESU, Melakottaiyur

Works undertaken- Cleaned and Planted trees in the university Campus

- Day 3: 09/3/2016

Place- Government School, Keerapakam

Works undertaken- Cleaning the school campus and surrounding areas

- Day 4: 10/3/2016

Place- Government School, Keerapakam

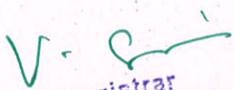
Works undertaken- Cleaned and Planted trees in the school Campus

- Day 5: 11/3/2016

Place- Government School, Keerapakam

Works undertaken- Tree Plantation Awareness Programme

- ❖ Outcome of VPP


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Camp Reports

2015 - 2016

V. Srinivasan

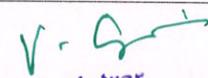
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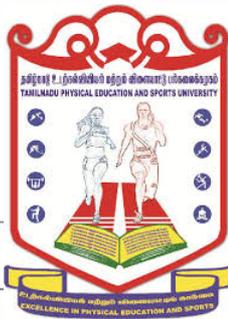


Format for submission of camp report and Accounts

Theme of the Camp- "EMPOWERING THE YOUTH OF FUTURE INDIA"

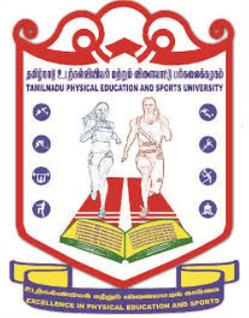
1	Name and Address of the College	TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY							
2	Data and duration of this camp	21.03.16 to 27.03.16							
3	Exact place where the camp was organized (Mention the name of Villages in case of more units)	Melakottaiyur village							
4	Exact distance from the collage	3Kms							
5	Mode of transport used	University Bus							
6	Total no. of Participants	SC		ST		Others		Total	
		M	F	M	F	M	F		
		NSS Volunteers	19	9	1	0	35	11	75
		Non Students	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	
7	Total expenditure incurred (Details to be given in the last column only)	RS.30393/-							
8	NSS Projects completed during this Camp	Details reports with Photograph must be enclosed							
(a)	Creation of RWH structure/ Deepening of tank/ Canal/ Cleaning of check dem/ construction of water storage to school	No.of RWH structure created / Renovated: .NIL No.of Canals/ Water tanks/ Check dem deepened:NIL. No. of Water storages constructed:NIL							
(b)	Education to school drop outs/ Programmes on Communal Harmony & National Integration/ Medical Camp/ Veterinary Camp etc.,	No. of School drop outs identified : NIL No. of Beneficiaries (Health Camp): M 150 F 70 Total 220 No. of Beneficiaries (Dental Camp): M 150 F 120 Total 270 No. of Beneficiaries (Veterinary Camp): NIL							
(c)	Laying of Road in K.M	NIL							
(d)	Construction of school Toilet/ Compound wall/ Basement to hand water pump etc., White washing School, Temple, Community Hall etc.,	No. of School Toilets constructed/ renovated: NIL No. of Compound wall constructed: NIL No. of Basement to hand water pump constructed: NIL No. of Buildings white washed: NIL							
(e)	Formation of Soak- Pits								


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(f)	Basic Technical Training to rural youth	Trade	No. of Youth benefitted	Duration	
		Yoga Sports Events	400	1 Hour	
(g)	Monetary value of Assets Created	S. No	Description Assets	Value in Rs.	
		Rose Garden	Length = 30m Breath = 20m	5000.00	
		Fruit Variety Sampling	100 Nos	10000.00	
		Medical Camp	490 Persons	49000.00	
		Total		64000.00	
9	Follow- up action arranged for programmes completed/ not completed during this camp	Completed			
10	Whether Self- Evaluation was done in this camp (Enclosed Proforma)	1. Self- Evaluation by P. O : Yes 2. Self- Evaluation by Volunteer (Camper) : Yes 3. Self- Evaluation by Villager : Yes			
11	Difficulties, if any experienced in the Camp.				
	S.No	Difficulties on	Nature of difficulty	Causation	Remedy Suggested
	(a)	Camp arrangements	-	-	-
	(b)	NSS Volunteers from and their activities	-	-	-
	(c)	Co-operation from Govt. Departments	-	-	-
	(d)	Co-operation from Collage	-	-	-
	(e)	Co-operation from Local People/ Youth	-	-	-
	(f)	Implementation of NSS Programme	-	-	-
	(g)	Financial	-	-	-
12	Outstanding achievement, if any during the Camp (Attach separate sheet)				


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Account of the Camp 2015-2016

Receipts	Amount Rs.	Payments	Amount Rs.
By NSS Special Camping Grant received from Tamil Nadu Physical Education and Sports University, Chennai vide Indian Bank Cheque No.422769 Dt.03.03.2016	30375.00	Mess Expenses for the Campers	23478.00
		Conveyance & Travelling	300.00
		Other organizational expense (Printing & Stationery, Medical, Photos etc.,)	6615.00
Spent by Program Officer from her pocket allowance	93.00	Amount transferred to NSS Regular Account	75.00
Total	30468.00	Total	30468.00

Signature of Programme Officer(s) NSS

Signature of Registrar with Seal

UTILIZATION CERTIFICATE

Certificate, that we have audited the above accounts with reference to the relevant facts of accounts supported by proper vouchers and found correct.

Certified that the grant has been fully utilized for the purpose for which it has been released.

Date:

Signature of Chartered Accountant with Seal


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Regular Activities 2015-2016



Opening balance as on 31.01.2016	2988.00	A. Out of pocket allowance to Programme officer for 12 Months Only (01.04.2015 to 31.03.2016)	4800.00
Balance amount in camp	75.00		
Grant received from Tamil Nadu Physical Education and Sports University, Chennai vide Indian Bank Cheque No.422749 Dt. 03.03.2016	29250.00	B. Programme Development/ Refreshments to Volunteers	3230.00
		C. Purchase of Equipments/ Utensils	2480.00
		D. Travelling Expenses to Programme Officer/ Volunteers	0.00
		E. Contingencies:	
		Programme Officer amount spent from pocket allowance	1125.00
Interest received from Bank	179.00	2. Postage	Rs. 0.00
		3. Hospitality	Rs. 0.00
		4. D.D. Commission	Rs. 0.00
		Total Expenditure on the above (A to E)	12125.00
		Closing Balance (as per Bank Pass Book & Collage Cask Book as on 31.03.2016)	21492.00
Total	33617.00	Total	33617.00

Signature of Programme Officer(s) NSS

Signature of Registrar with Seal

UTILIZATION CERTIFICATE

Certificate that we have audited the above accounts with reference to the relevant facts of accounts supported by proper vouchers and found correct.

Certified that the grant has been fully utilized for the purpose for which it has been released.

Date:

Signature of Chartered Accountant with Seal


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NSS Special Camp Report 2015- 2016


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**Tamil Nadu Physical Education and Sports
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National Service Scheme

**NSS Special Camp 2015-2016
"EMPOWERING THE YOUTH OF FUTURE INDIA"**

Our University conducted NSS Special Camping Programme
at Melakkottaiyur,
From 21.03.2016 to 27.03.2016

Venue: Chennai

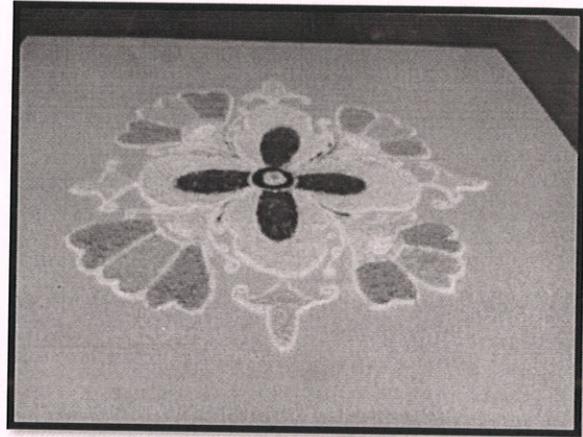
Date :

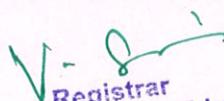

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DAY 1

Tamil Nadu Physical Education and Sports University was started the NSS special camp on 21st March 2016. On the previous day the NSS volunteers cleaned and embellish the hall with the decorated items, balloons and they drew the logo of NSS and rangoli with salt and colour powder where we are inaugurating the NSS Special Camp.

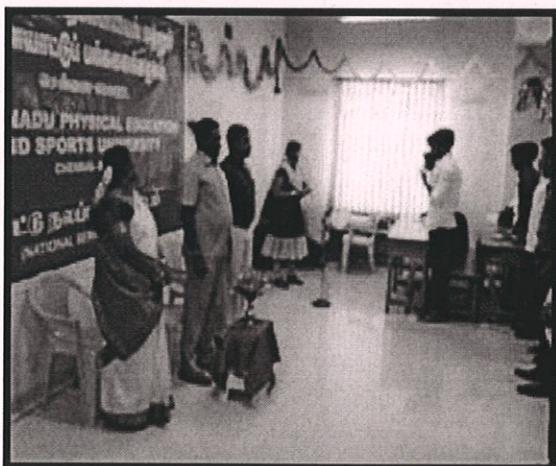
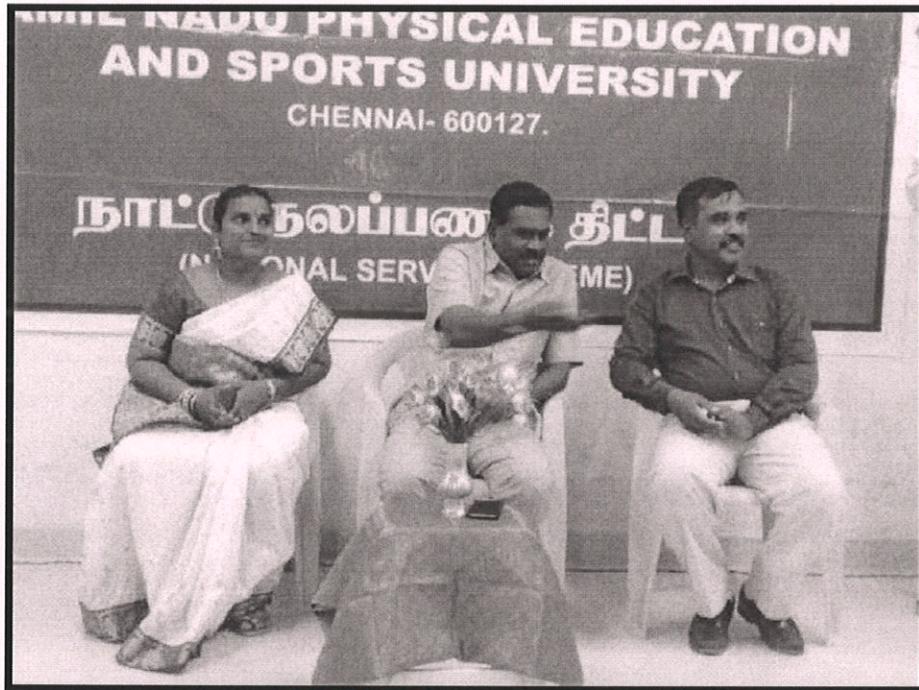



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INAGURATION

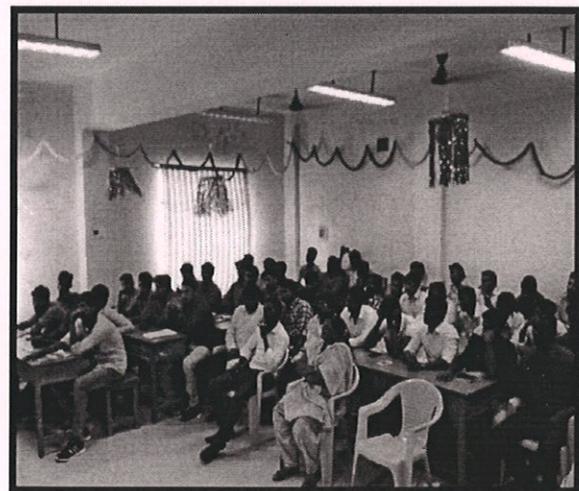
NSS Special Camp programme was inaugurated by our Registrar Dr. T. Radhakrishnan chief guest of the function at 10:30am on 21st March 2016 in our University Campus. The programme started by the prayer, lighting the lamp by Registrar, NSS Programme Officer Dr. J. Anitha and NSS Volunteers Leader M. Annamalai. Our Registrar delivered the orientation about the camp activities. The NSS Officer divided the volunteers for various duties like programme organizing committee, mess committee etc.



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TRANSGENDER

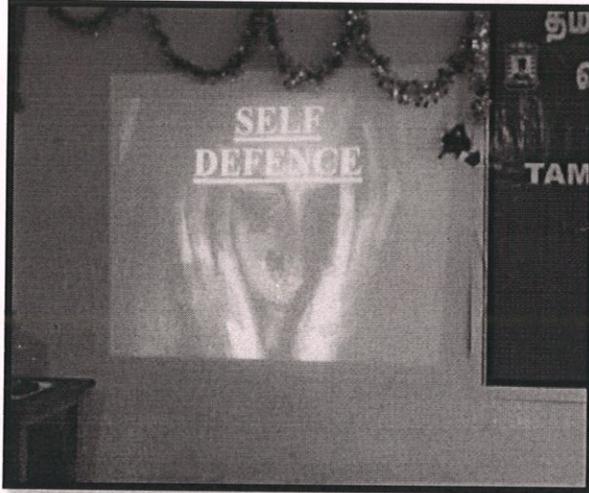
After the inauguration programme, the first session was Awareness programme on Transgender. Ms. Aishwariya (Transgender) delivered the message of how they felt mentally and physically while changing into transgender at their adolescent age and difficulties which are facing to change as absolute transgender. Also share how they treated by their family members and society. Her message was very useful and provides awareness about the transgender to young generation of NSS volunteers.




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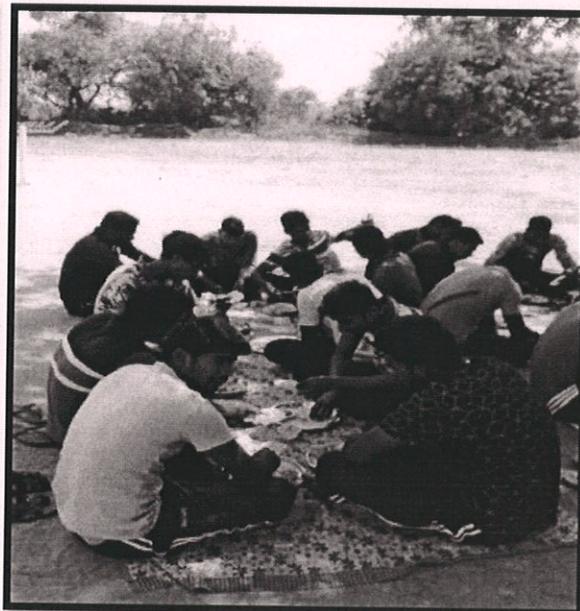
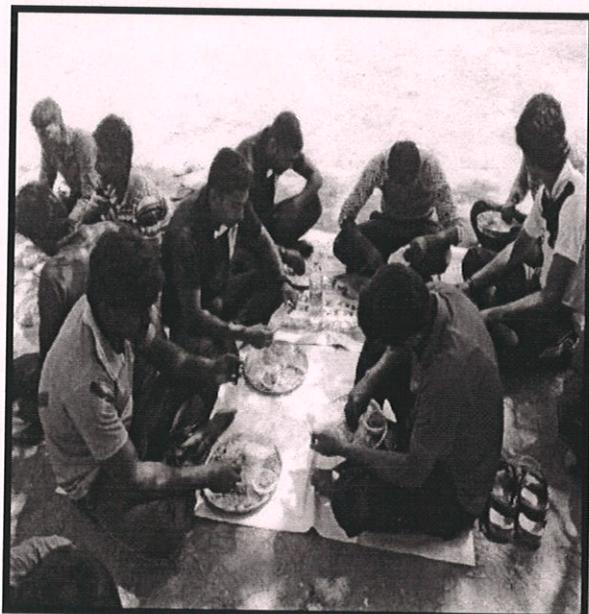
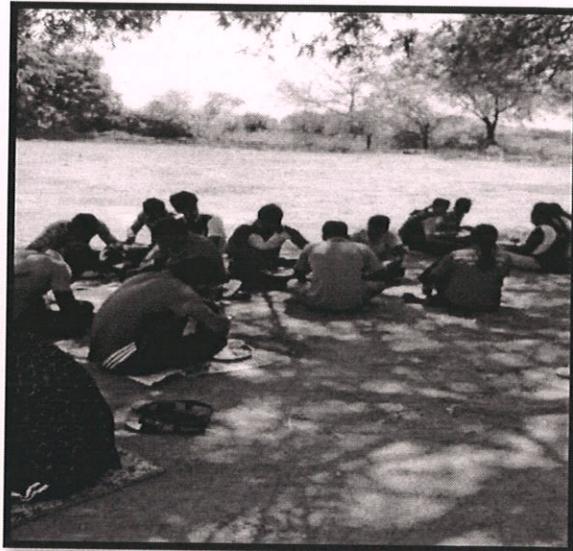
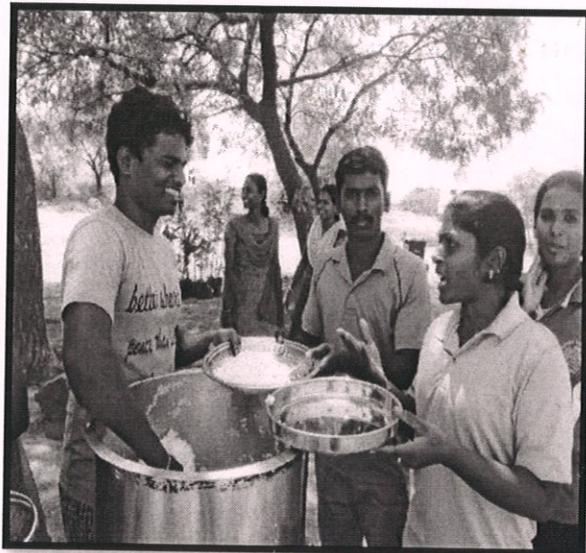
SELF DEFENSE

On the same day the second session SELF DEFENSE was taken by Ms. Uma, Now days the young generation especially girls and children are abuse by social animals, even they do not know that they are abused by them. Ms. Uma's session gave a vast knowledge about the abuse and harassment in the society and how to protect ourselves from it. She demonstrates the Self Defense technique to NSS volunteers specially the female students.



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The NSS volunteers, Guest and NSS programme officer had their lunch together under the trees.

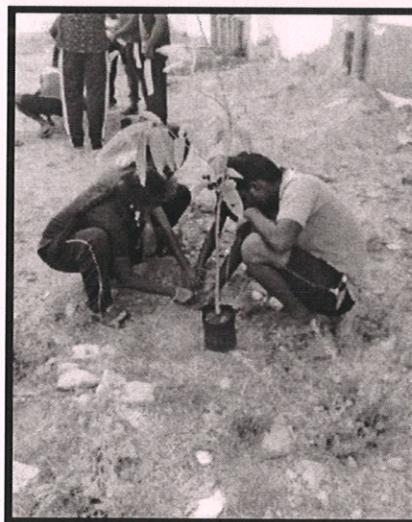
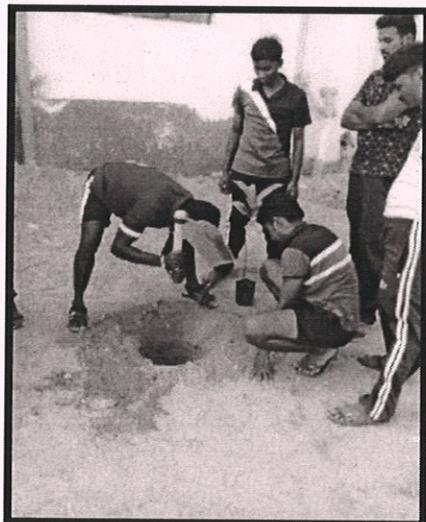
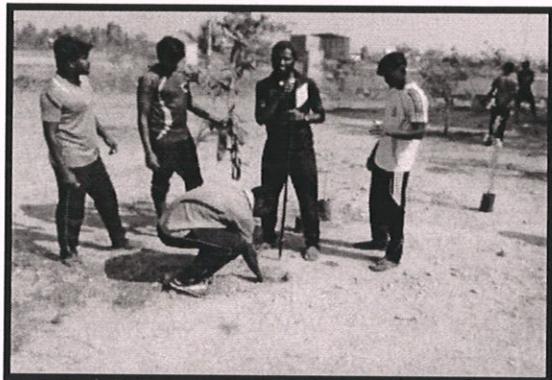


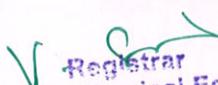
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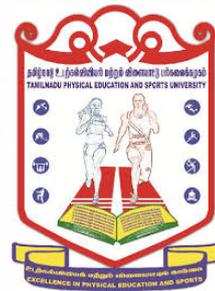
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GO GREEN

After lunch the volunteers assembled for tree plantation in the University campus. On the day they have planted around 50 fruit variety sampling.



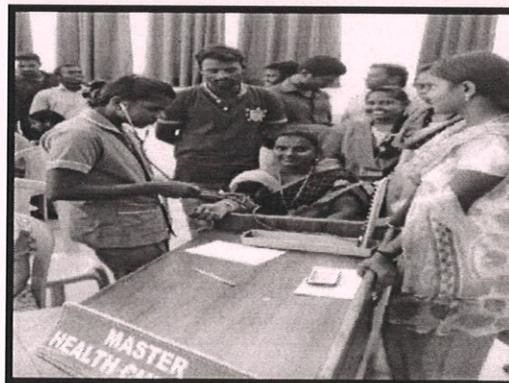
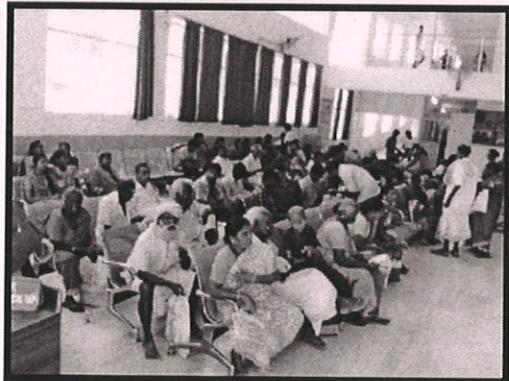
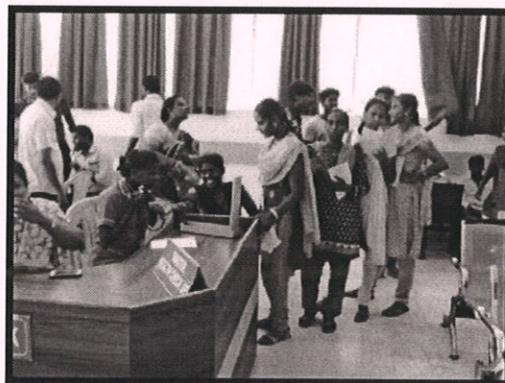

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DAY 2

HEALTH IS WEALTH

To create awareness on Healthy life..., we have conducted the Medical Camp on 22nd Mar 2016 at Tagore medical College for NSS volunteers and the villagers living in and around Kandigai and Melakkottaiyur. Blood Pressure, Height, weight & BMI, Haemoglobin test, sugar test eye and dental check up, Skin disease and also special check up for ladies are done by Doctors and nurses in Tagore Medical College. Transport facility is provided by Tagore Medical College.



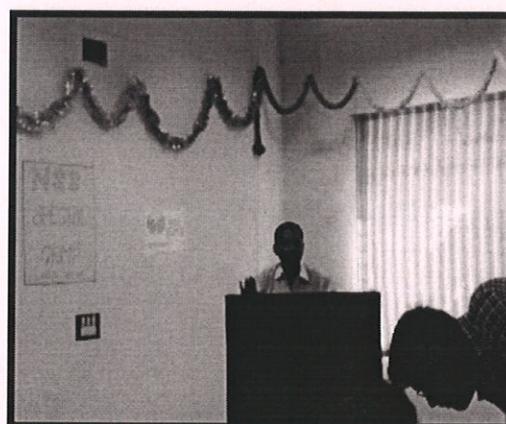
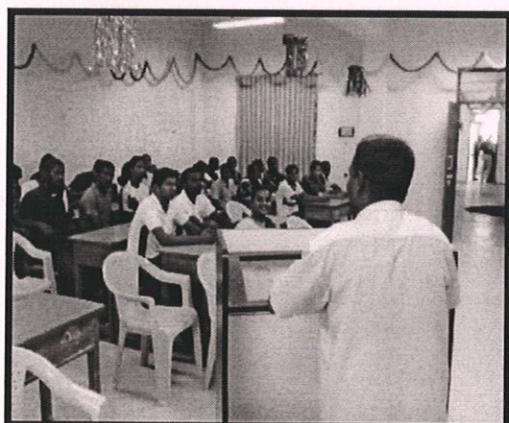
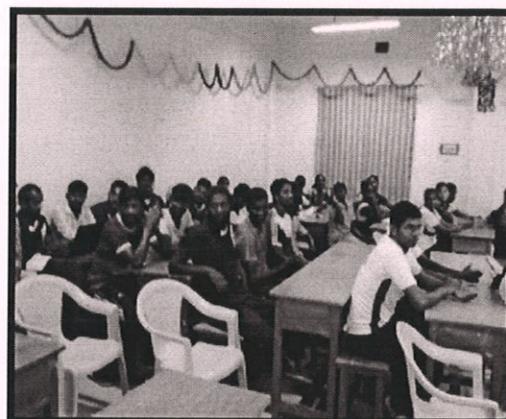
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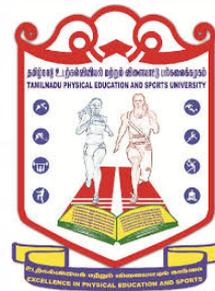
After the Medical Camp..., NSS volunteers return back to University and had lunch and got ready for the session

SIGNIFICANCE OF GO GREEN

Nowadays people are having the comprehension about the GLOBAL Warming and Tree Plantation is the best way to come out of this issue. However there is lack of knowledge about how to grow and prevent the plant. Hence to enlighten our NSS volunteers we invited Mr. Anand from GREEN CROSS ORGANIZATION. He gave importance about the various Plants and Trees; explain about the various types of soil, which was suitable to grow various trees. His speech was created more knowledge and responsiveness to our NSS volunteers.

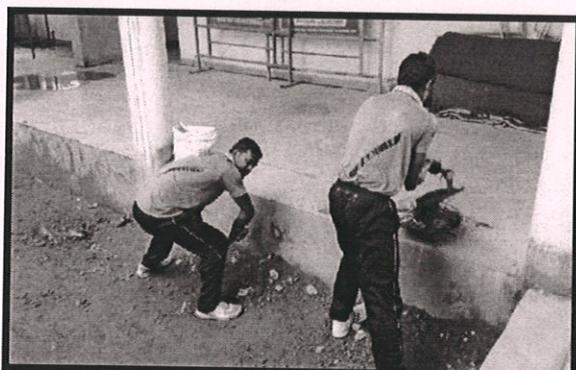
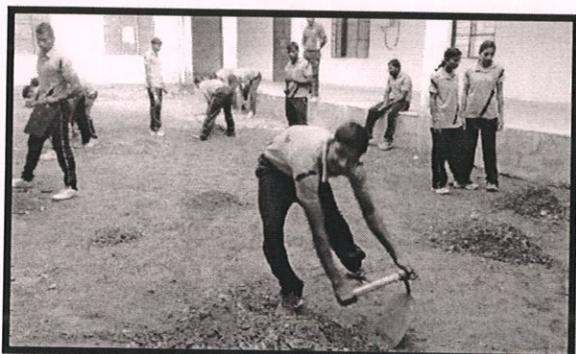


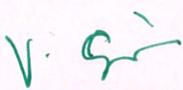
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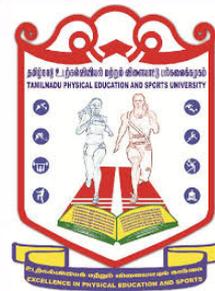


CLEANLINESS IS HEALTHINESS

We are very much cautious to keep our-self clean however we forgot the same when it comes to our society. To create awareness about the world cleanliness, our NSS volunteers involved in cleaning the University Campus followed by significance of GO GREEN session. They remove the wastages like plastics, paper cups & plates and other unwanted obstacle thrown in and around the University campus.



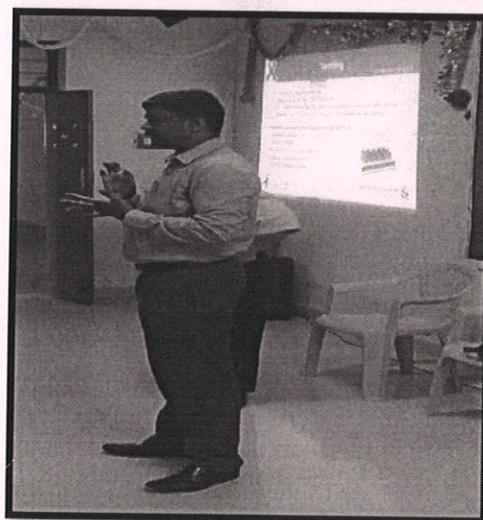
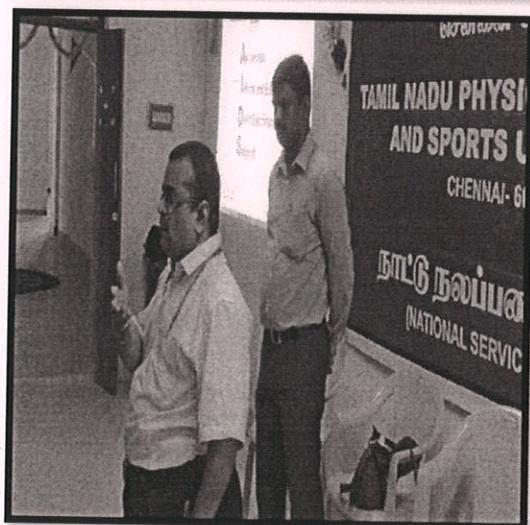
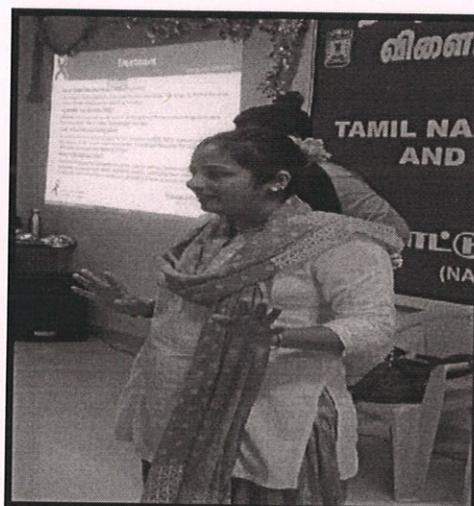

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DAY 3

AIDS AWARENESS

HIV & AIDS... Are they both same? Is it Untouchable? Is HIV virus kills the person? Most of us not have uncertainty on this... To get clarity on HIV and AIDS we invited a team from Scope International [Standard Chartered Bank] to conduct HIV awareness programme in our University campus on 23rd March 2016 for the NSS volunteers. This programme helped them to differentiate HIV and AIDS as well as how to mingle and treat the HIV affected persons. This program creates awareness about Do's and Don'ts to prevent ourselves from HIV. This programme entitled how the virus will spread to others from HIV infected person. Now volunteers have a clear knowledge about HIV and they don't have any fear about rumors regarding HIV virus.

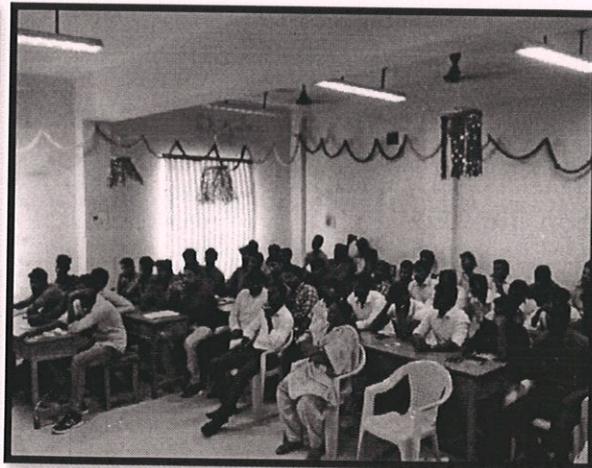
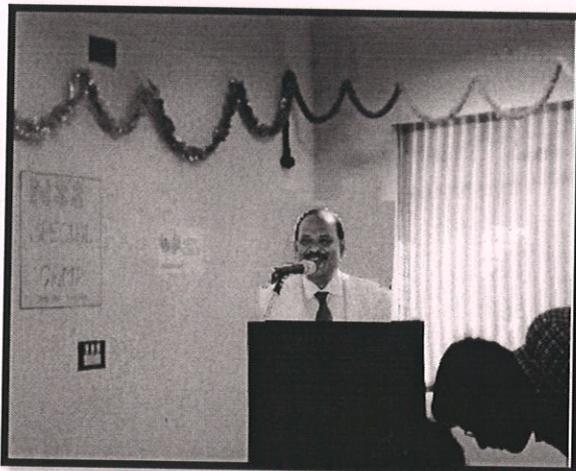



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YOGA and HEALTH

In this contemporary world everything become Fast.. Quick... & Speedy..., causes Health issues like Diabetics, Blood pressure, Mental Pressure. Etc., and people spend more money to recuperate from this, unfortunately it gives temporary relief or else they have to take medication throughout their life and it consequences side effects. Across the Globe this question occurs..., and then what is the Permanent Solution for this? Yes, the one and only Answer is **YOGA**. We invited Dr. Elangovan, Professor & Head of Yoga Department to present the session about YOGA is Health. The session covered the different types of Muthras, Aasanas which helps to stimulate our physical and mental health and helps to live a healthy life. Regular YOGA practice helps to Promotes self-healing, enhance personal power and increase self-awareness. NSS volunteers got more benefit from this program and this program insists them to deliberate on YOGA.



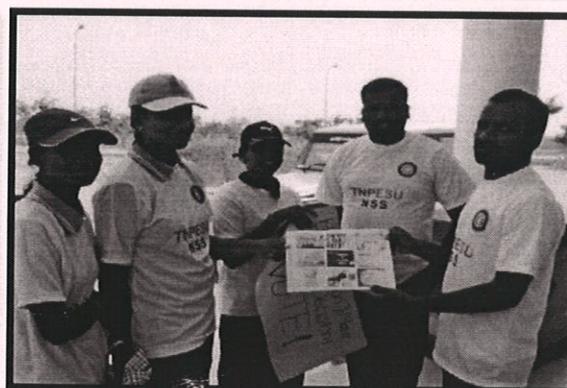
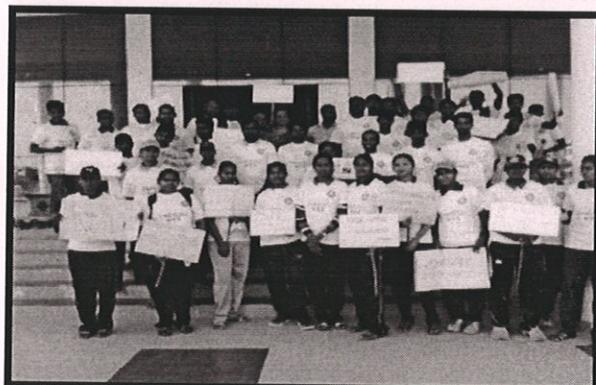
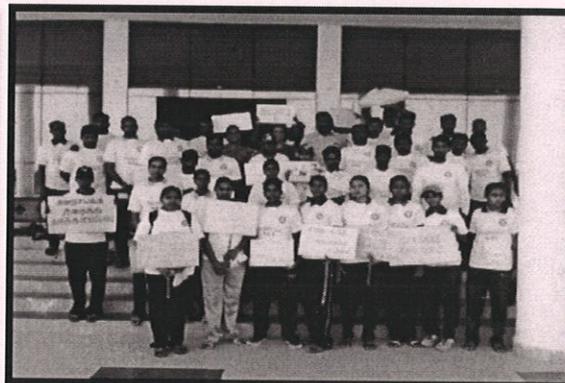
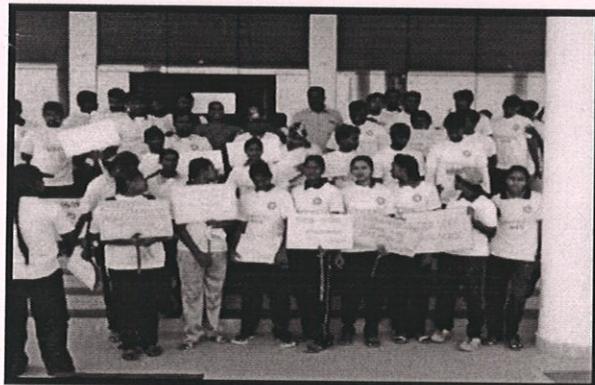
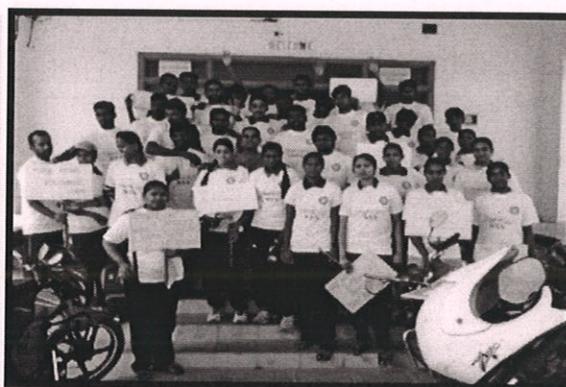
Dr. Elangovan
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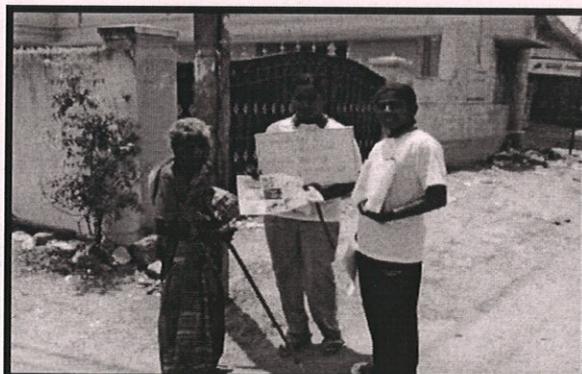
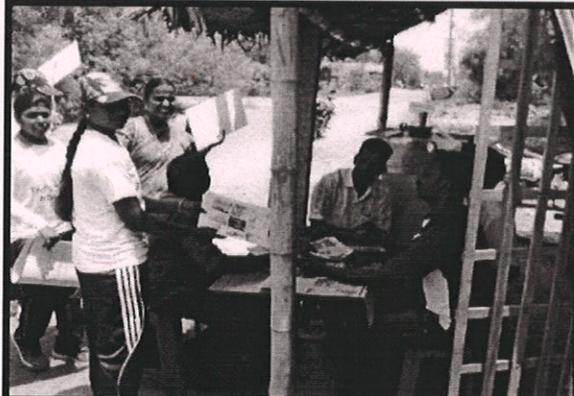
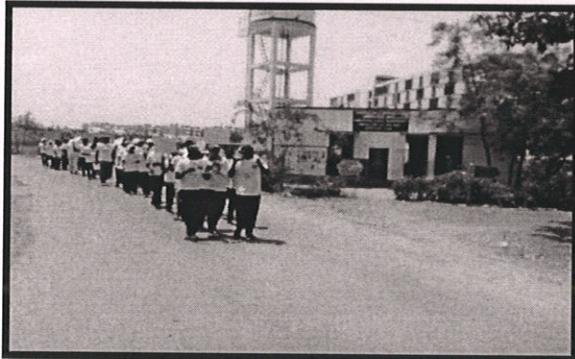
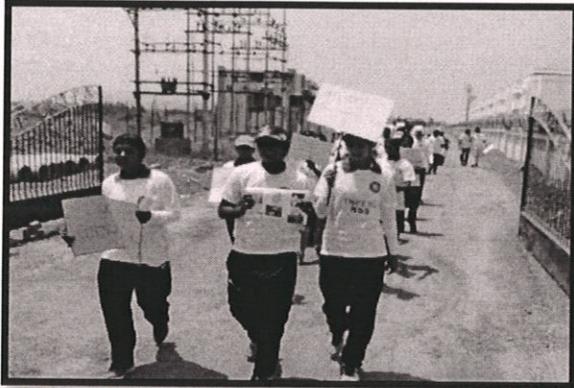
Day 4

VOTING CAMPAIGN

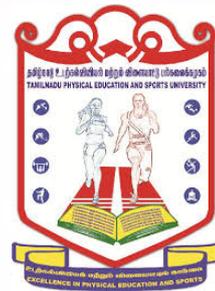
Voting is the one of the social responsibility of every individual however there is a lack of knowledge about the voting. Our Election committee counsel for 100% voting for this election. As part of creating awareness about voting, our NSS volunteers demeanor a rally from our University campus and covered the areas such as Kandigai and Melakkottaiyur village. Dr. J. Anitha, Assistant Professor cum NSS Programme officer accompanied the students.



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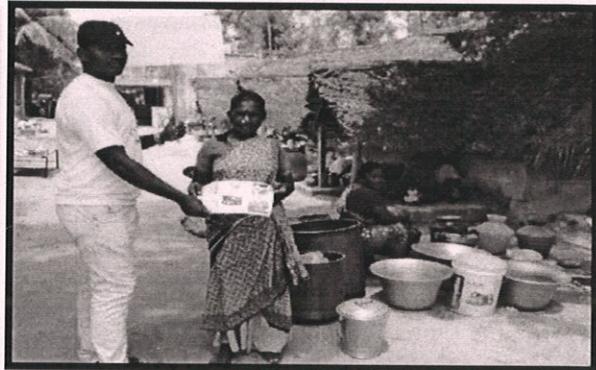


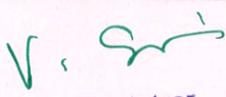
Status of Women in Indian Society

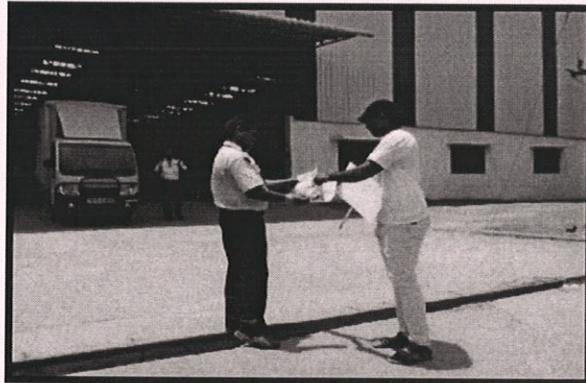
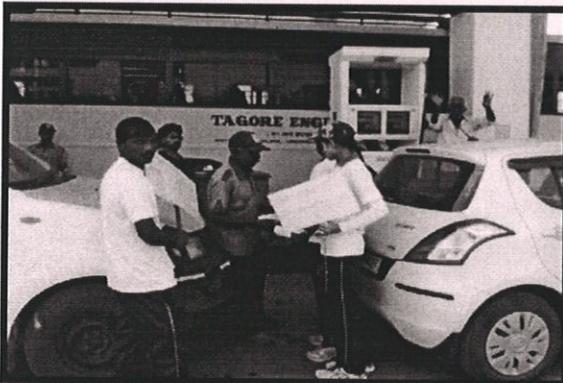
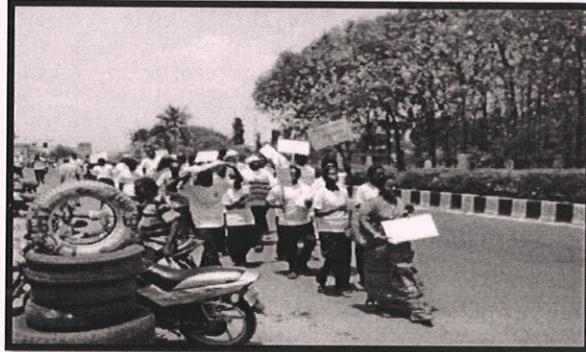
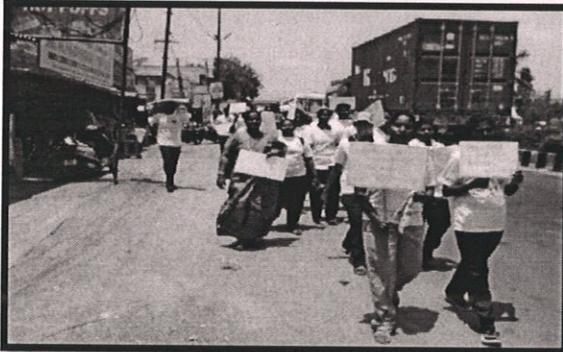
All over the world Women are playing a massive role in many areas. "There is woman behind every successful Man" They sacrifice themselves for their family and the society. Albeit Women are facing many problems, abuse, Harrassment in their home, work areas and the society in day to day life. What is the status of Women in India? Where our society goes on women empowerment? Dr. V. Mangaiyarkarasi., Professor and Head in the department of Sociology and Psychology, delivered a lecturer on status of Women in Indian Society to our volunteers on 23rd March 2016. She reveals the women roles in Ancient Age and modern Age. Exhibit the problems which are facing by women in this modern age and create awareness to safe guard and overcome from the problems and also made the male volunteers to think about it. She highlighted that women can make a difference if they realize their responsibility in the society.



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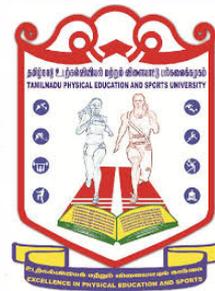



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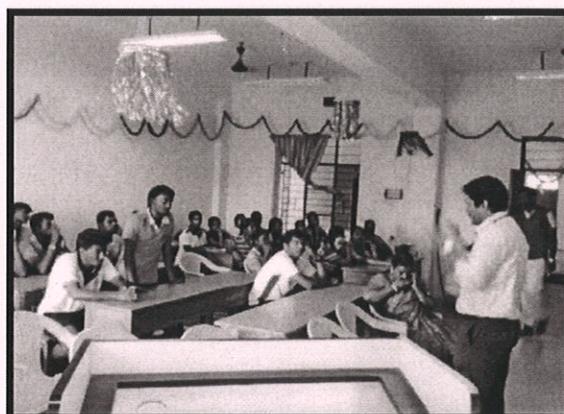
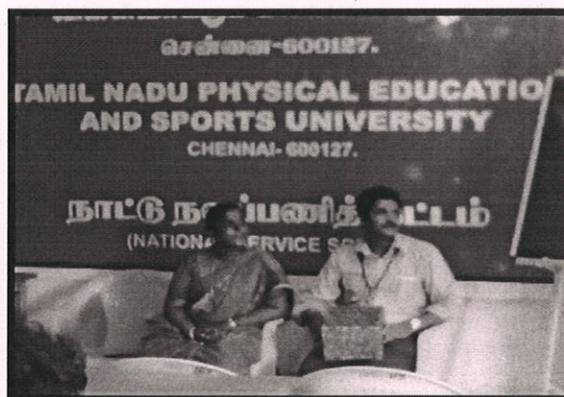
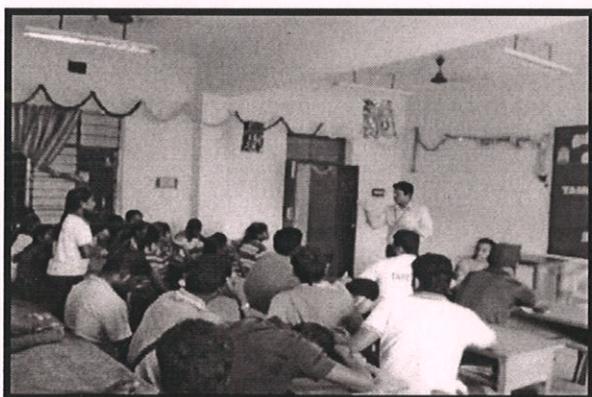
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BANKING SERVICES

We are familiar with Bank for saving & current account, deposit, withdrawn, and various Loans. Beyond that.... it's a big ?????? Nowadays Banks performing vital role in developmeent of individuals, society and nation. In this faster world, people wants to do everything quickly they don't like to stand in queue to deposit / withdraw / to pay the bills. To satisfy the customer needs Banks are providing many services like NEFT, RTGS, E-service, various education loans, investment in shares and mutual funds etc., How many of us know about these services?....

To enlighten about the services of Banking we invited Mr.Boobalan, Indian Bank Manager, Kandigai Branch. He has provided lot of information about Bank and its services, It gave more knowledge and awareness about the banking sector to the Volunteers.



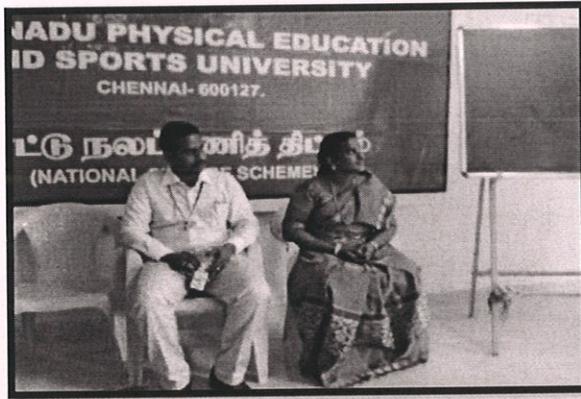
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STRESS MANAGEMENT

In this high-speed world there is a heavy competition to survive their position in all fields. To maintain the position and come up to next level, people are struggling and without knowing they fall into stress. Due to that people more effort and gone into stress. Dr. V. Rameshkumar, Asst Professor in the Department of Sports Management have delivered a lecturer on Stress Management for our NSS Volunteers at 2.30 pm on 24th March 2016. In his talk, discussion was made on what is stress, sources of stress, different types of stress. Some of the stress management strategies were also discussed and the students were given insight about the future enhancement of stress.



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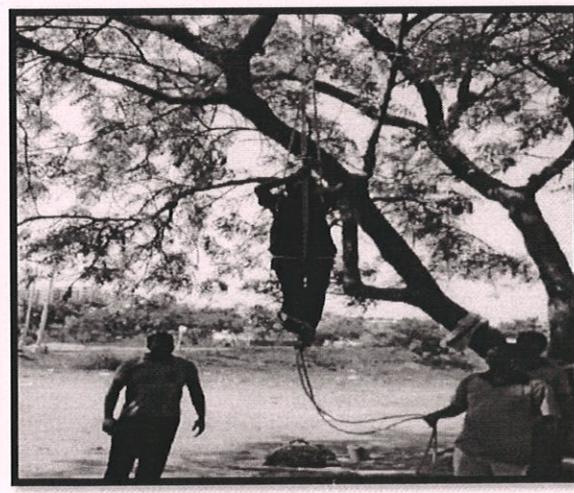
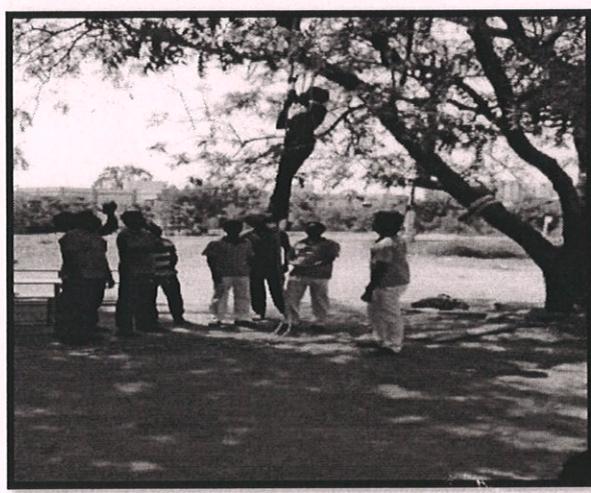
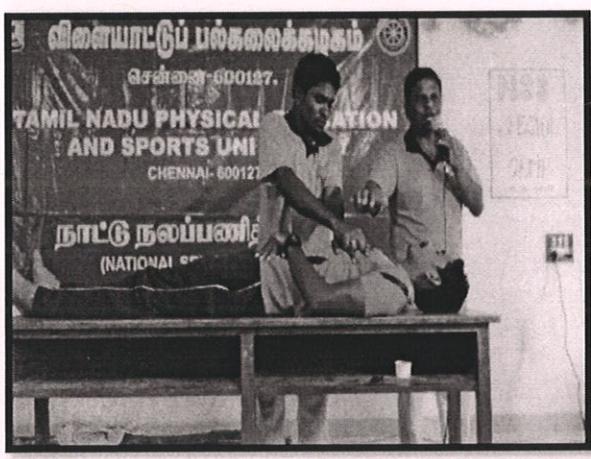
DAY 5

DISASTER AWARENESS

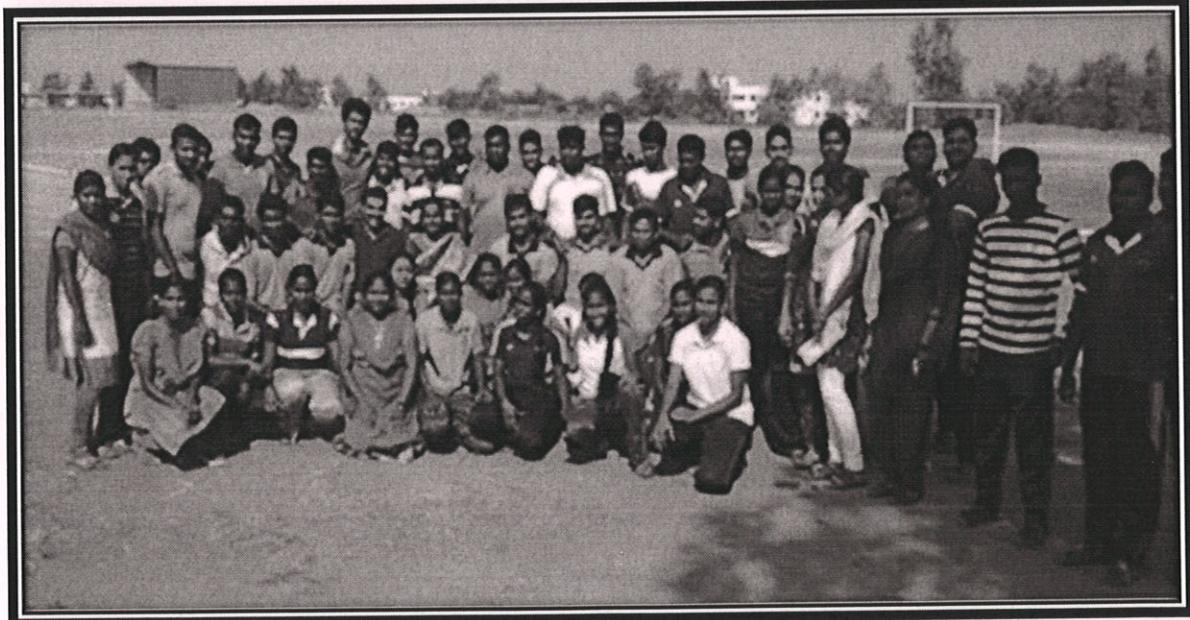
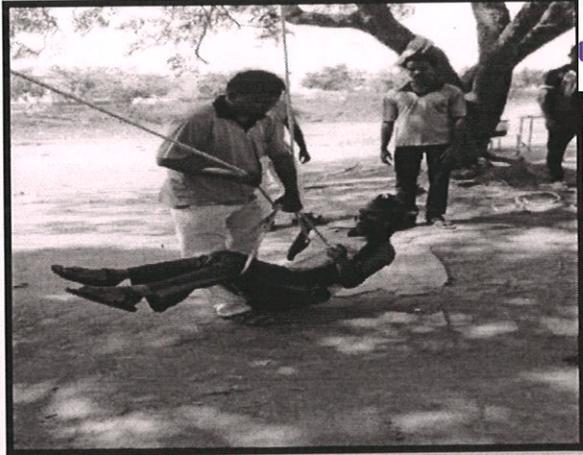
Today every section of society has woken up to the reality of recurring natural disasters. We have conducting DISASTER MANAGEMENT TRAINING for youth of the organization with a view to keep in readiness teams of youth to manage natural disasters and render effective service to the distressed people. The disastrous Tsunami and the flood havoc of recent times in Tamil Nadu have brought into focus the need for proper awareness of various Natural Disasters to be created in the public at large and in the youth in particular. With this mind, we have suitably modified the training module for Disaster Management to create a ONE day Programme of **DISASTER AWARENESS**, mainly for the youth, which was conducted by Sri Sathya Sai Organisation. This Programme is a judicious mixture of visual aids, lectures and practical demonstrations. The practical demonstrations will be done by the trained YOUTH of our organization, instilling self-confidence in the youth & others.



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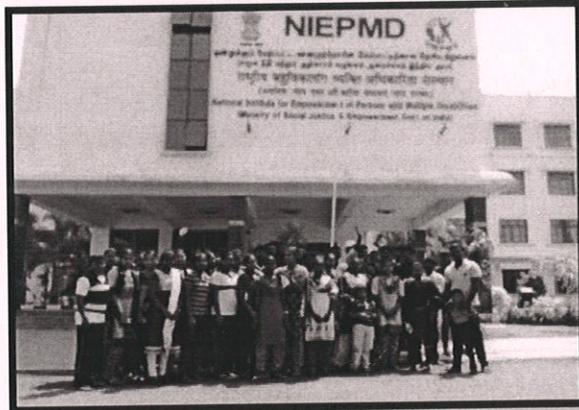
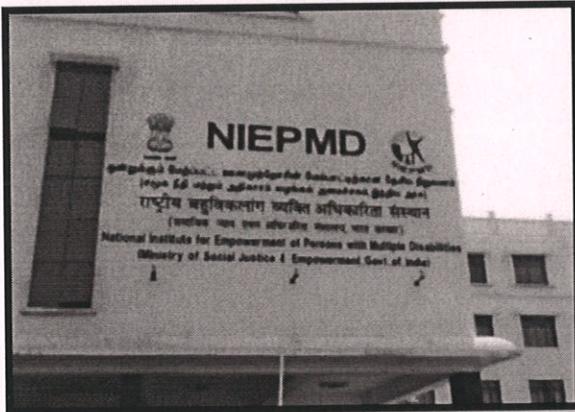
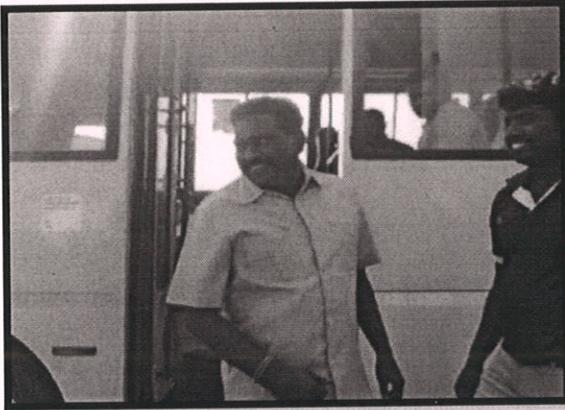



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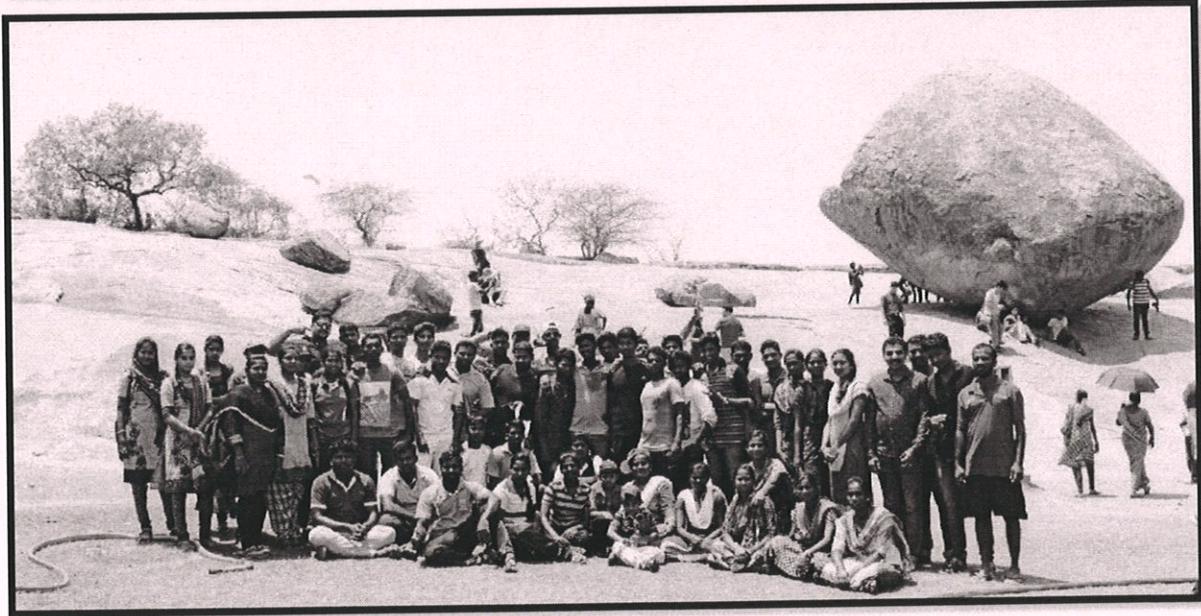
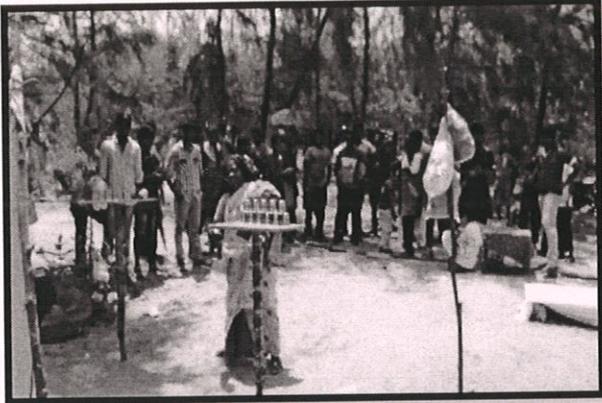


Day 6

On 26th march 2016, one day outing programme has been accomplished for NSS volunteers and NSS Programme Officer by our university bus which was inaugurated by Dr.T. Radhakrishnan (Registrar)]at 9am. First we reached to NIEPMD multi disability institute for visiting the site around 10am and had an orientation class for the NSS volunteers, then visited to Mamallapuram for site seeing.



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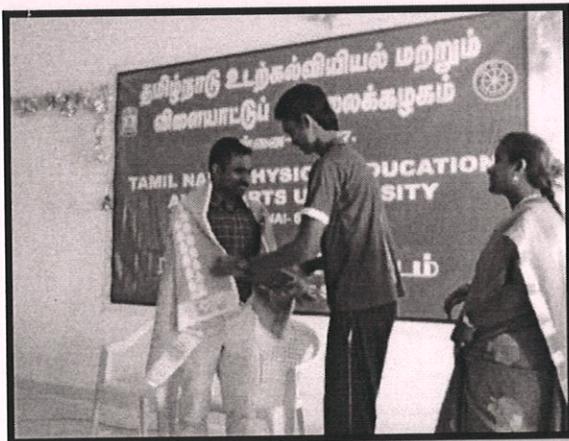
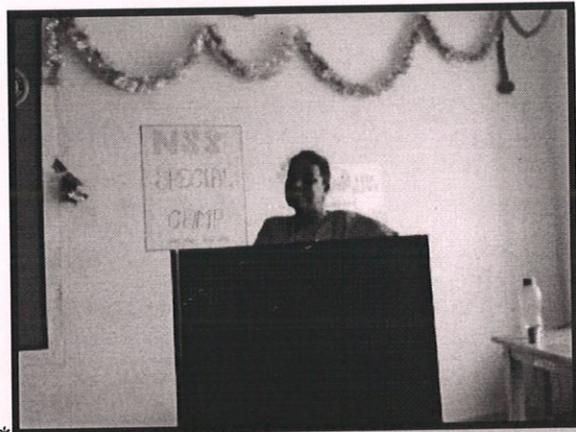
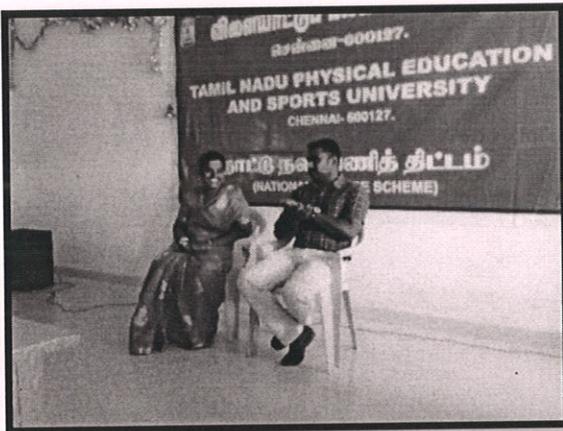
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Day 7

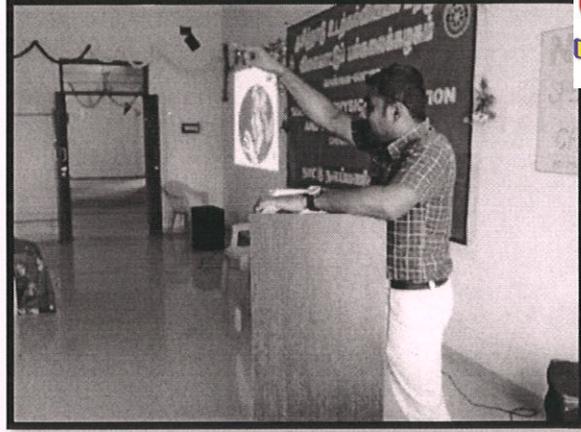
NSS AN IDEAL PATH TO SUCCESS

On 27th March 2016 the valedictory function was started at 10 am. Dr. P. Rajini Kumar, NSS Programme Coordinator was the chief guest for the programme. The programme started with prayer song. NSS programme officer delivered the welcome address, followed by the chief guest address on the subject of "NSS an ideal path to success". He explains the essential of NSS, the services which necessitate by the NSS volunteers to the community, the role of NSS during Natural Calamities and Disaster and provide the wide picture about Objectives, Organizational Setup and Regional Centers of NSS.



V. S.

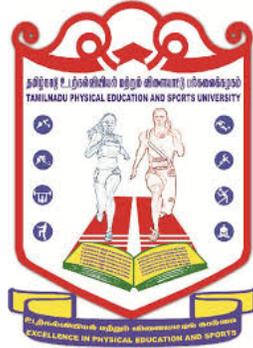
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Finally cultural programme performed by the volunteers and the programme ends with the special banquet.

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2016-17



2016-2017

A REPORT ON VILLAGE PLACEMENT PROGRAM

Village Placement Program is a part of the students M.Phil program. A total number of 04 students had participated in the program for 10 days at Bishop Allen Children for Home, Egmore, Chennai. The program details are given below:

DAY	DATE	ACTIVITY
01	20.02.2017	INTROUDCTION USING CARDS WITH PRINTED POSITIVE MESSAGES ; ICE BREAKER
02	21.02.2017	SELF CONFIDENCE AND BODY LANGUAGE; BREATHING AND MEDITATION
03	22.02.2017	YOGA SESSIONS; LIFE SKILLS TEACHING
04	23.02.17	ANGER MANAGEMENT ; LIFE SKILLS TOWARDS A BETTER SELF
05	24.02.2017	TEAM BUILDING; LIFE SKILLS TEACHING
06	27.02.17	LIFE SKILLS ; YOGA NITRA
07	28.02.17	LIFE SKILLS; PSYCHOLOGICAL SKILLS- Thoughts, Feelings and Actions; YOGA – Swan Meditation
08	01.03.17	HOW TO BE ASSERTIVE ; RELAXATION TECHNIQUES
09	02.03.17	SLEEP, HYGIENE, ; YOGA AND GROUP ACTIVITY
10	03.03.17	MOTIVATION AND GOAL SETTING


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3.6-3



BISHOP AELEN HOME FOR CHILDREN

(Registration No.2002 / CW-4 / 2012 / Dt.07.07.14)

No.11/8, Chinnakulandai Street, Varadarajapuram, Pudupet, Chennai - 600 002.

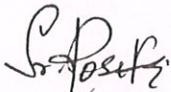
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TO WHOMSOEVER IT MAY CONCERN

We hereby acknowledge that as part of Village Placement Program (VPP), students named Victoria Shobana Prabu, Jayashree Nallappa, P.Banumathy and Dhandapani.S pursuing M.Phil from Department of Sports Psychology & Sociology, Tamilnadu Physical Education & Sports University conducted various sessions on Life Skills, Psychological Skills and Yoga from 20/03/2017 to 08/04/2017 at our premises. All the sessions were very motivating and were a guiding factor to all our students.


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BISHOP AELEN HOME FOR CHILDREN
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Chennai - 600 002



Tamil Nadu Physical Education and Sports University, Chennai – 127

Department of Sports Management and Psychology & Sociology

**A Report on Village Placement Programme(VPP) held during the
Academic Year 2016 – 17**

As a part of the academic curriculum, the Students of MBA & M.Phil participated in the Village Placement Programme at Keerapakam village from 03/04/2017 to 07/04/2017(5 days) for the purpose of community development. A total of 10 MBA ^{and MPhil} Students participated and carried out a Community Development activities such as Cleaning the School Campus, Planting trees, Conducting games with the students, etc. This programme went on very well and served the stated purpose. The students have submitted a detailed report on this programme to the Department.


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DR. S. PREM KUMAR
Professor of Sports Management
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**A REPORT ON
VILLAGE PLACEMENT PROGRAMME**

ON

03/04/17 – 07/04/17

AT

ANGANWADI PLAY SCHOOL, KEERAPAKKAM

BY

M.PHIL STUDENTS

(2016-2017)

AND

II YEAR MBA STUDENTS

(2015-2017)



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

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,

CHENNAI, 600127

April 2017


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Sports University
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**STUDENTS ATTENDED VPP**

S.NO	NAME OF THE STUDENT	REGISTER NUMBER
1	Anish Kumar	20155407001
2	Bendangangshi AO	20155407002
3	Gnanadev.E	20155407003
4	Jaisal K	20155407004
5	Joel Augustine	20155407005
6	Khareithan Phungcham Nao	20155407006
7	Lakshmi Surendra.S	20155407007
8	Madhu Sudhan Subedi	20155407008
9	R.C Shankersan	20155407010
10	M. Shanmuga Sundaram	20165409001

V. Ramesh

Dr.V.RAMESH KUMAR, MBA., PHD.,
Assistant Professor In Sports Management
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai-600 127

V. Ramesh
Registrar
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S. Prem Kumar

DR.S.PREM KUMAR
Professor of Sports Management
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Melakottaiyur, Chennai - 600 127.

CONTENTS



- ❖ Introduction about VPP
- ❖ Introduction about Department (staffs and students)
- ❖ Activity (5 days)

- Day 1: 03/4/2017

Place- Anganwadi Play School, Keerapakkam.

Works undertaken:

1. Drawing competition amongst the students
2. Taught the students to write Alphabets.
3. Taught rhyming poems

- Day 2: 04/4/2017

Place- Anganwadi Play School, Keerapakkam.

Works undertaken-

1. Cleaned the area school surroundings.
2. Taught numbers 1 up to 10 in English.
3. Shown them animated fun videos.

- Day 3: 05/4/2017

Place- Anganwadi Play School, Keerapakkam

Works undertaken-

1. Teaching Students difference between wild animals and domestic animals.
2. Balloon fight amongst the school children's.

- Day 4: 10/3/2016

Place- Anganwadi Play School, Keerapakkam

Works undertaken-

1. Took some exercise classes
2. Organized singing competition.

- Day 5: 11/3/2016

Place-Anganwadi Play School, Keerapakkam

Works undertaken- Tree Plantation Awareness Programme

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- ❖ Outcome of VPP



NSS Special Camp Report 2016- 2017


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National Service Scheme

**NSS Special Camp 2016-2017
"COMMUNITY ENRICHMENT"**

Our University conducted NSS Special Camping Programme
at Melakkottaiyur,
From 13.03.2017 to 19.03.2017

Venue: Chennai

Date :

DAY 1

National Service Scheme Special Camp organized by Tamil Nadu Physical Education and Sports University and it started on 13th March 2017. NSS volunteers made the arrangements like cleaning and adorn the Hall with the decorative items, balloons and they drew the logo of NSS in rangoli with salt and color powder in front of the inaugural Hall.


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INAGURATION

NSS Special Camp programme was inaugurated by Registrar Dr. T. Radhakrishnan chief guest of the function at 09:30am on 13th March 2017 in our University Campus. The programme started with the prayer song "Thamizh Thaa Vaazhthu" followed by lighting the Kuthuvilakku by Dr. Radhakrishnan, Registrar; Dr. J. Anitha, NSS Program Officer; Dr. Thirumalai Kumar, HOD of Physical Education; Dr. Muruga valavan, Medical Officer and NSS Volunteer Leader Moorthy. Our Registrar delivered the orientation about the camp activities. The NSS Officer divided the volunteers for various duties like programme organizing committee, mess committee etc.

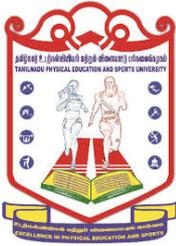
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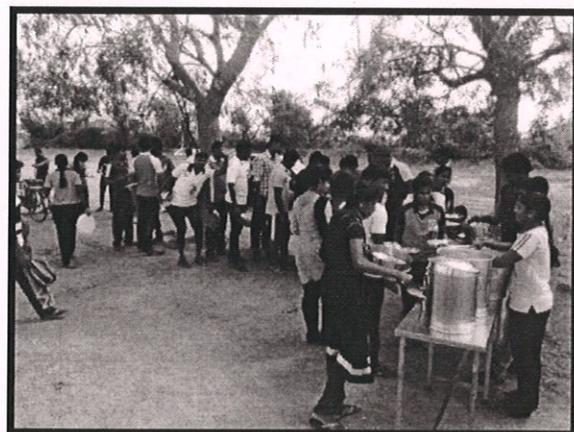
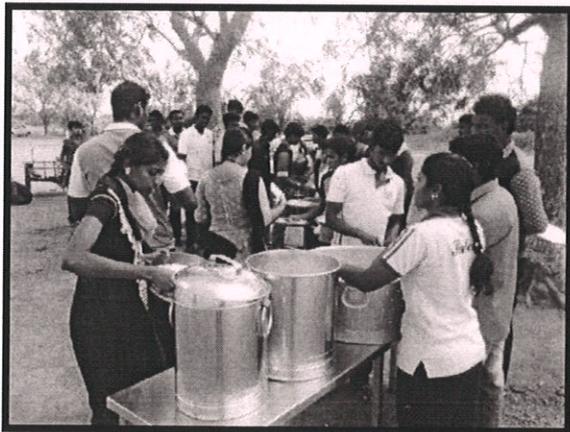
AWARENESS PROGRAM ON TREE PLANTATION

After the inaugural, Tree Plantation program was held by Ms. Shoba from "Nizhal shade organization". The idea was to bring about awareness on the role of trees in our lives and on the need to plant, propagate and care for trees for the benefit of all. She has provided the importance of various trees, Medicinal values of trees, plants and herbs; how to protect and increase the numbers of vanishing trees. And also gave awareness about suitable climate for plantation of various trees. Her message was very useful and provides awareness about the tree plantation to our NSS students and they are actively participated in this program. The Mission of Nizhal is to promote tree culture in urban areas, to create awareness of the role of trees, planting the right kind of trees and caring for trees, through collaborative efforts.

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LUNCH BREAK



GO GREEN

Last December Chennai was affected poorly by Cyclone Vardah with its massive winds uprooted over 10000 trees in Chennai alone and it results high degree of temperature in


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this summer. To protect our city from this warm we have taken an small initiative and sapling 200 trees in and around of our University Campus.



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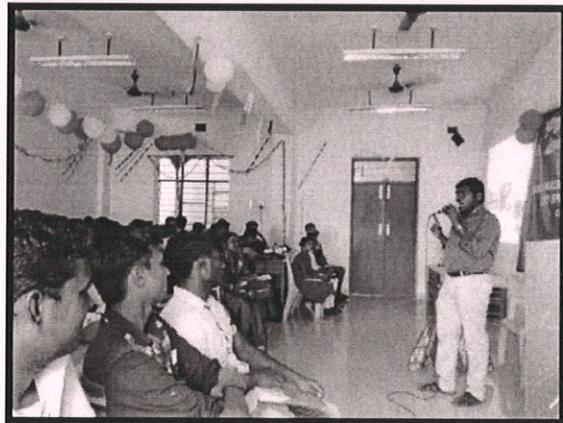
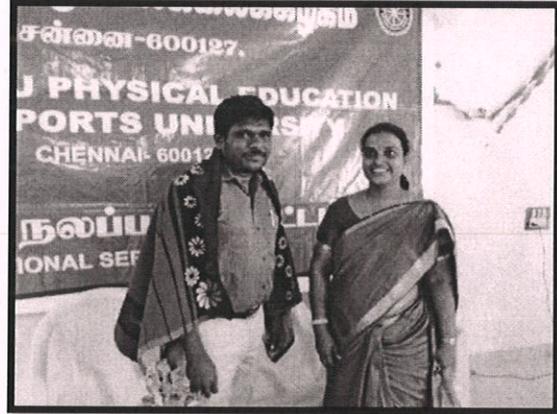
DAY-2

ACCIDENT FREE NATION

In this contemporary world everything become Fast.. Quick... & Speedy..., results drastic increase in vehicles even though our road facility is backward to 3 decades, Due to which accidents are increased drastically. To give awareness about the Accident Free Nation we have invited "Thozhan Organization". They bring awareness on importance of stop live and abiding traffic signal; consciousness to wear helmet and seat belt; on the risks of driving with distractions (Mobile phone etc.) and drunken driving and safe road crossing.

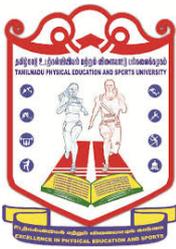
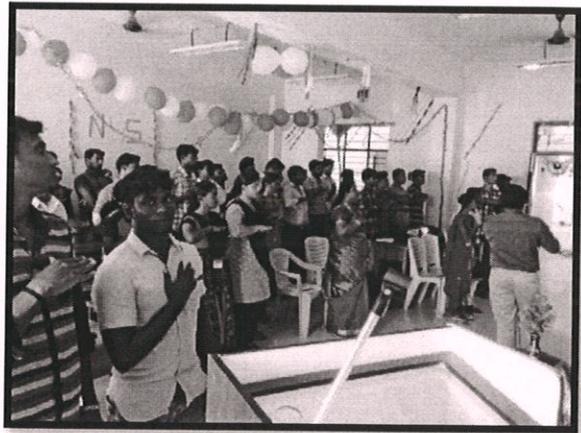
With the help of Thozhan team we achieve

- Guiding vehicles to stop before signal stop line.
- Campaign through speakers on safety rules and its necessities.
- One to one conversation with people in signal for seat belt and helmet insistence.

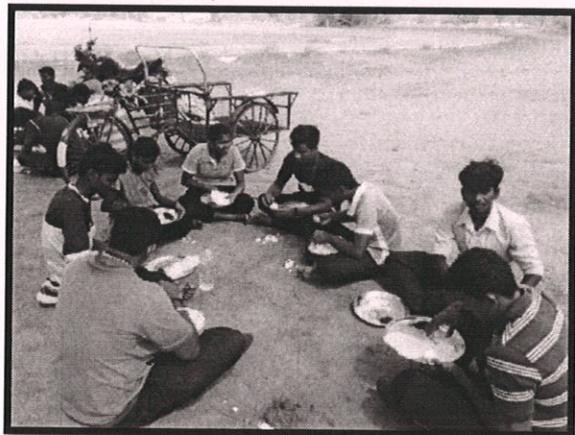
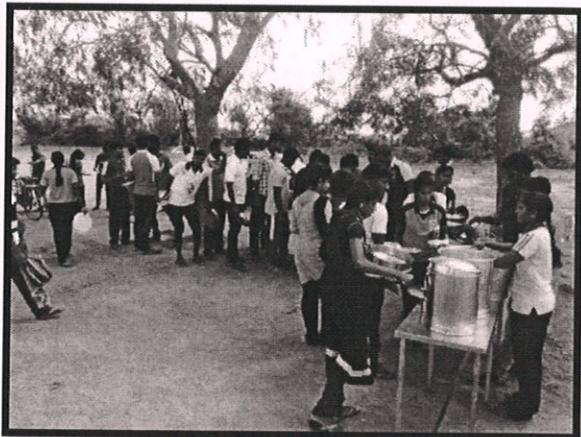
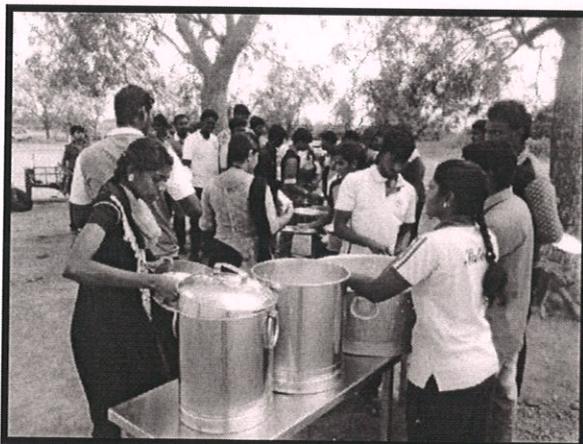


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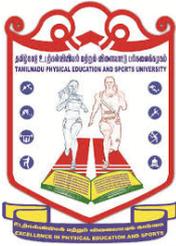


LUNCH BREAK



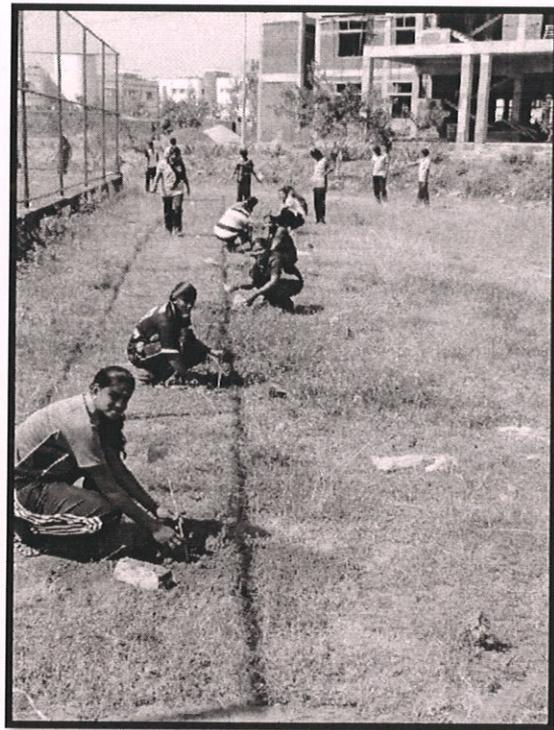
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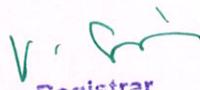
After Lunch..., NSS volunteers return back and got ready for tree plantation

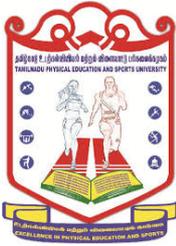


GO GREEN

Last December Chennai was affected poorly by Cyclone Vardah with its massive winds uprooted over 10000 trees in Chennai alone and it results high degree of temperature in this summer. To protect our city from this warm we have taken an small initiative and sapling 200 trees in and around of our University Campus.




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DAY - 3

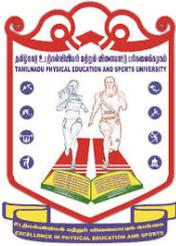
AIDS AWARENESS

HIV (Human Immunodeficiency Virus) & AIDS (Acquired Immune Deficiency Syndrome).... Are they both same? Is it Untouchable? Is HIV virus kills the person? Most of us not have uncertainty on this... To get clarity on HIV and AIDS we invited a team from Scope International [Standard Chartered Bank] to conduct HIV awareness programme in our University campus on March 2017 for the NSS volunteers.

This programme helped them to differentiate HIV and AIDS as well as how to mingle and treat the HIV affected persons. This program creates awareness about Do's and Don'ts to

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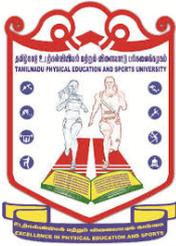
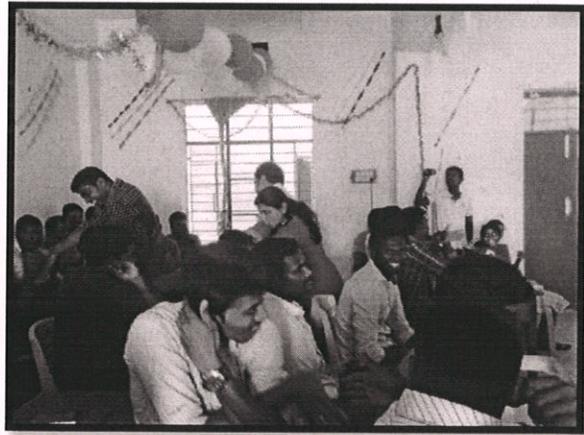
prevent ourselves from HIV. This programme entitled how the virus will spread to others from HIV infected person. Now volunteers have a clear knowledge about HIV and they don't have any fear about rumors regarding HIV virus



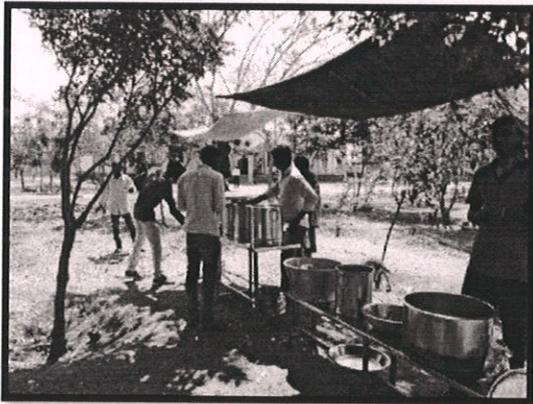
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M...



LUNCH BREAK

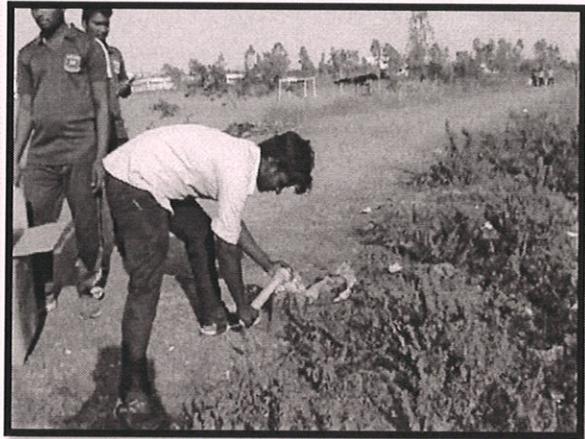
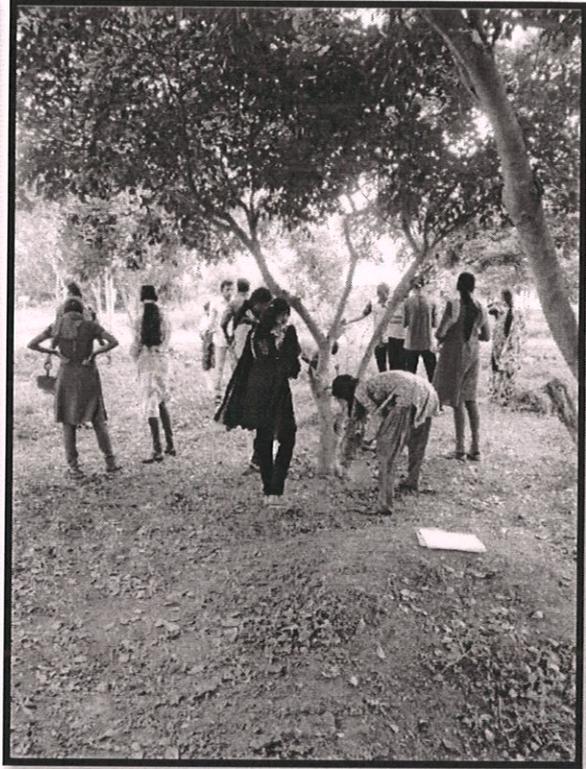
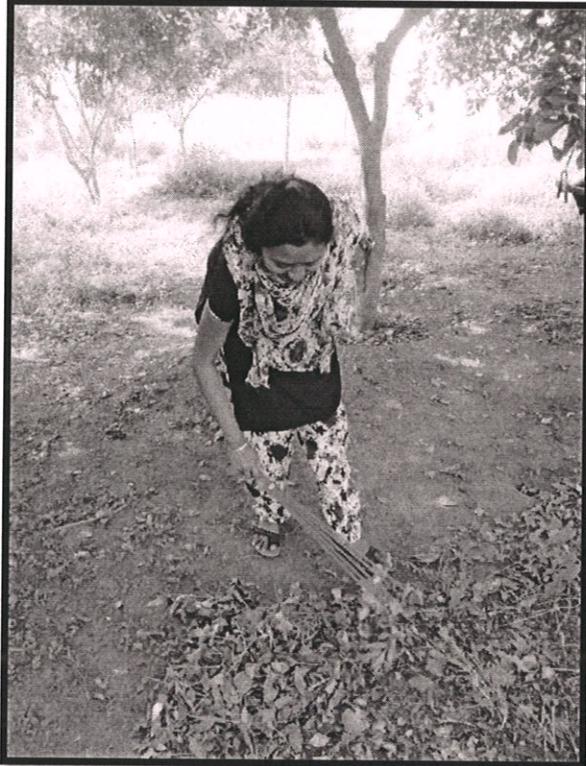


CLEANLINESS IS HEALTHINESS

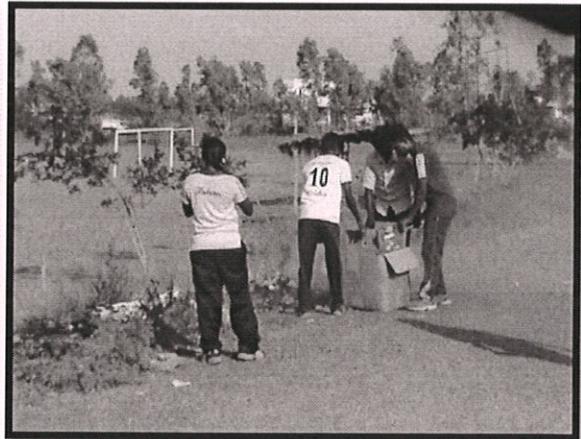
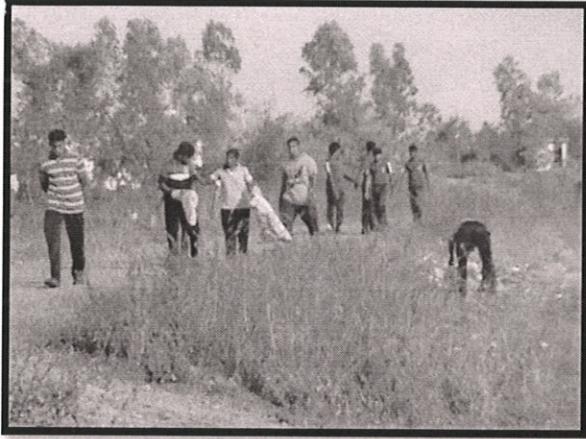
We are very much cautious to keep our-self clean however we forgot the same when it comes to our society. To create awareness about the world cleanliness, our NSS volunteers

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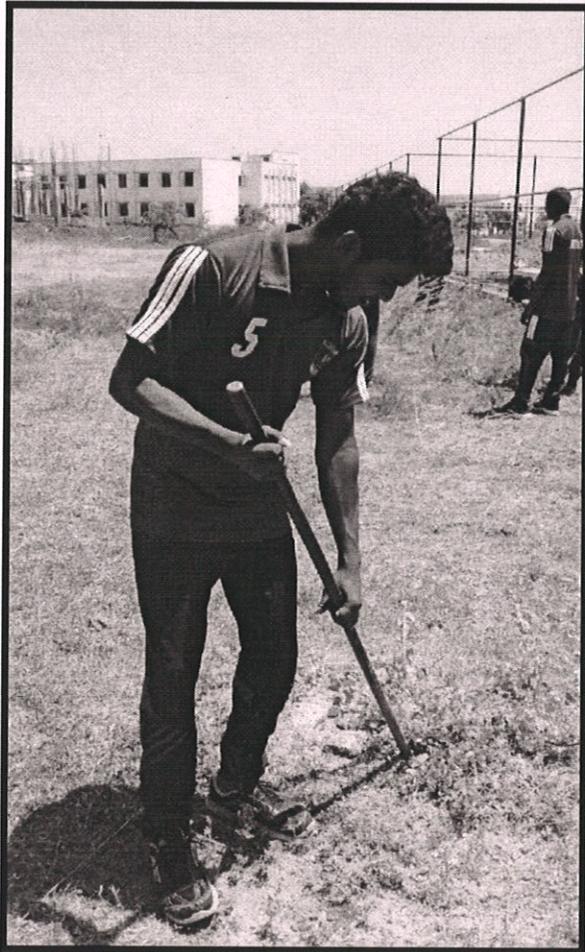
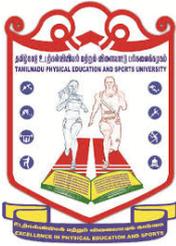
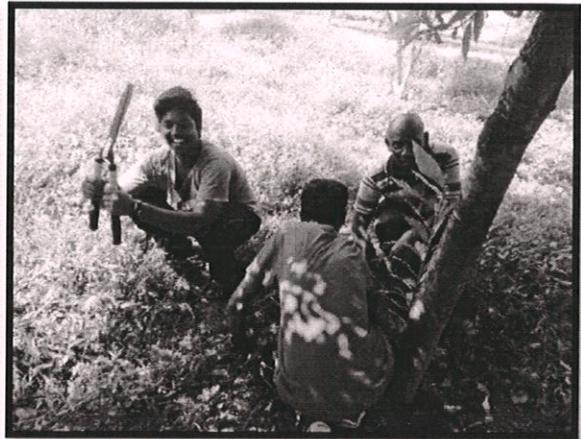
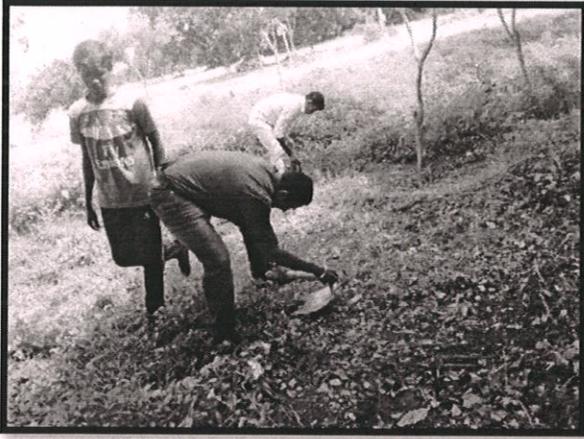
involved in cleaning the University Campus followed by significance of GO GREEN session. They remove the wastages like plastics, paper cups & plates and other unwanted obstacle thrown in and around the University campus.



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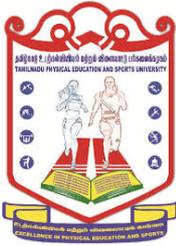
DAY - 4

On 17th March 2017, one day outing programme has been accomplished for NSS volunteers and NSS Programme Officer by our university bus to theme park Queens Land.

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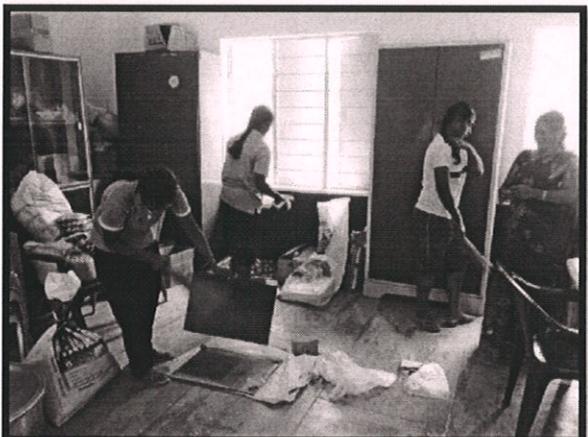
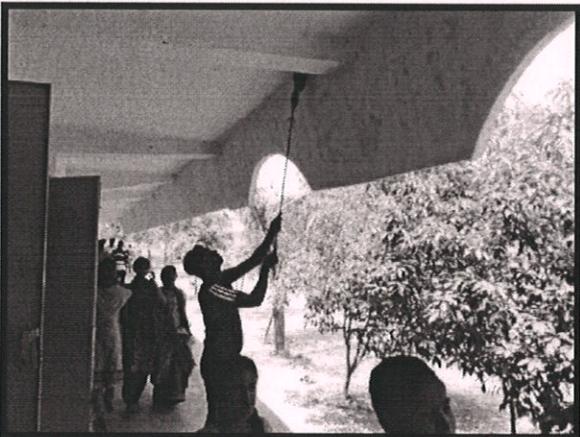
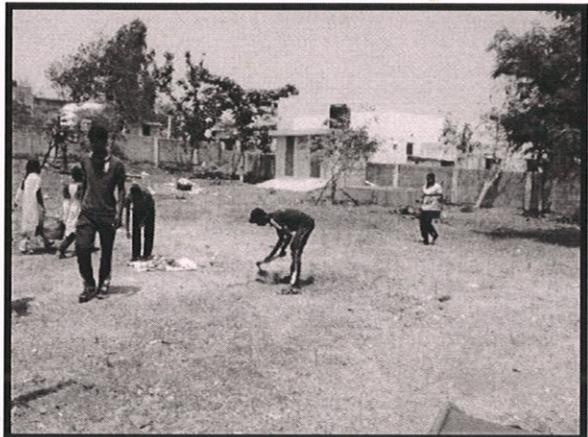
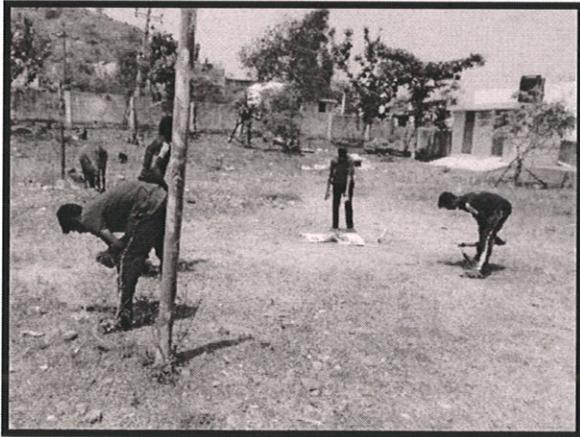
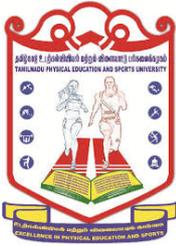
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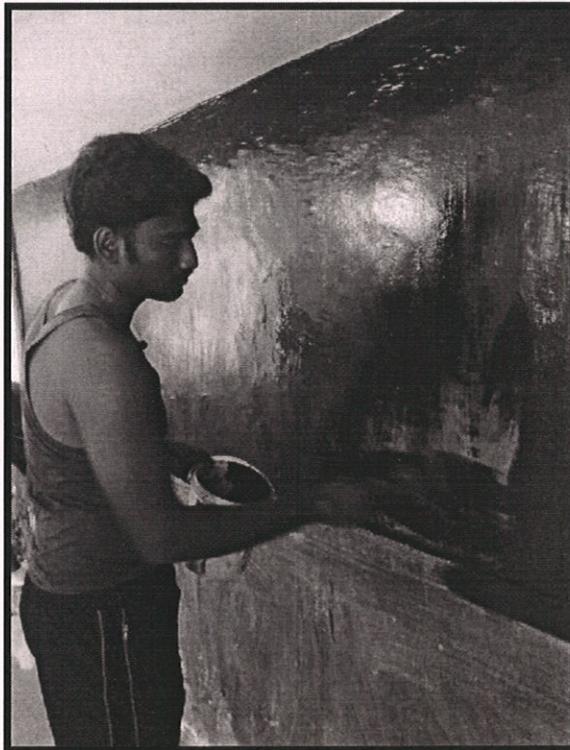
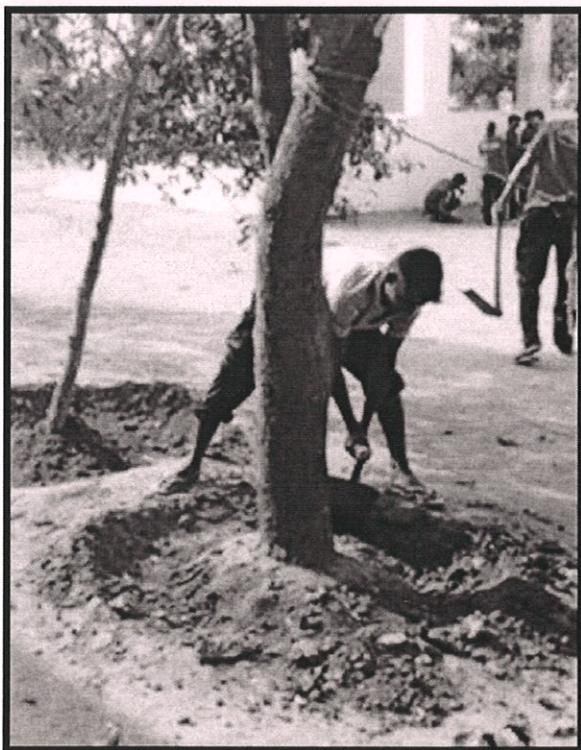
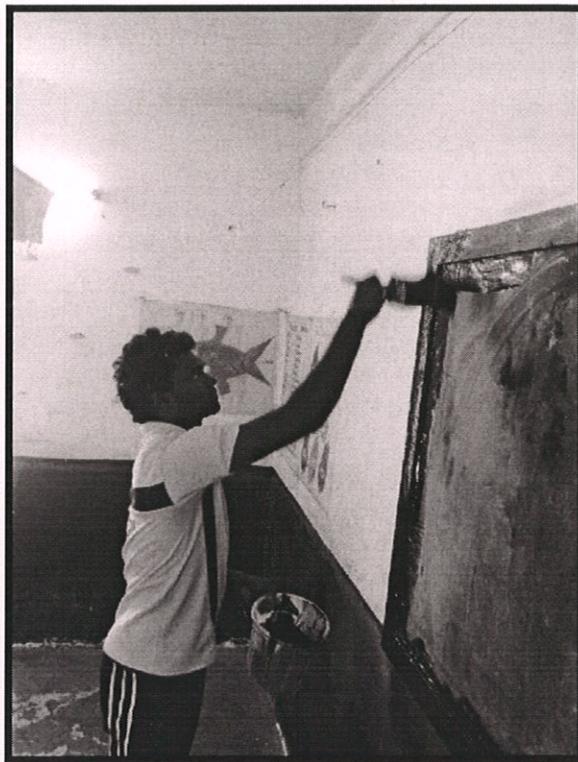
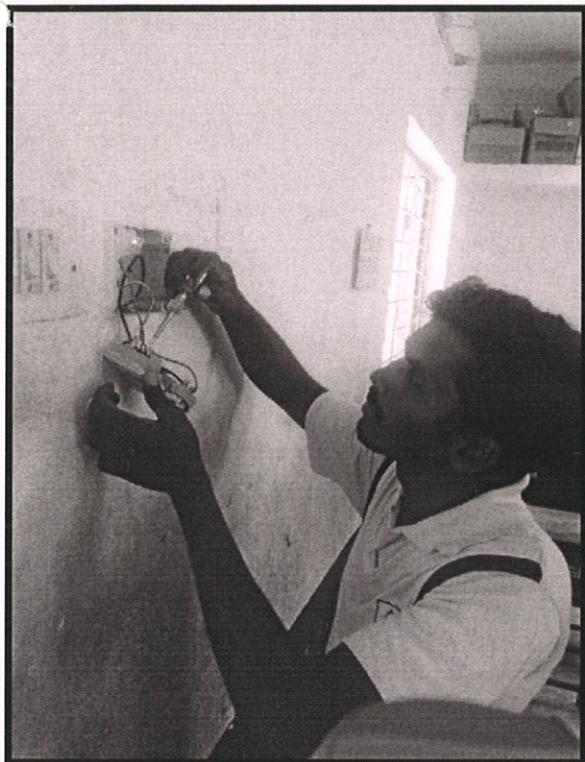
DAY 5
SCHOOL CLEANING

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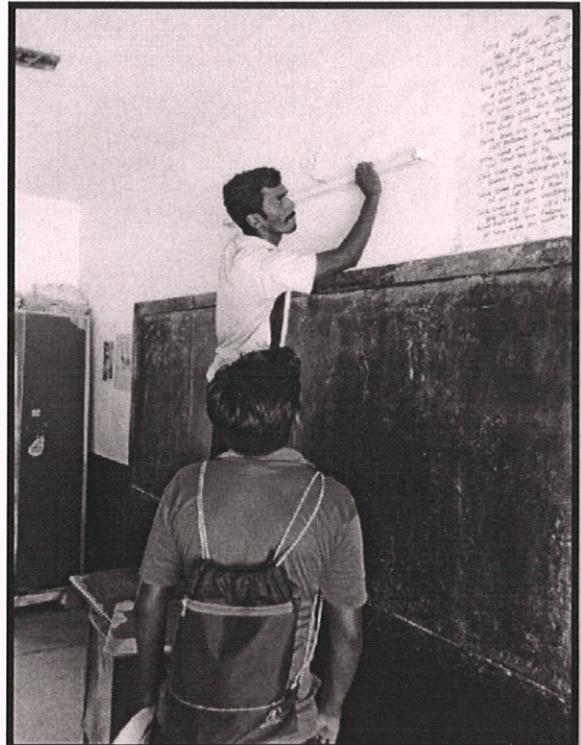
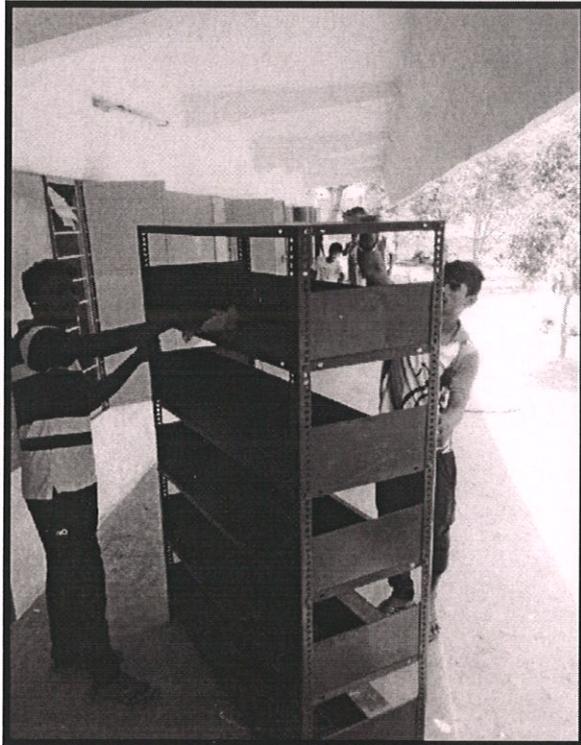
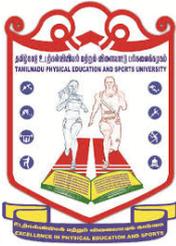
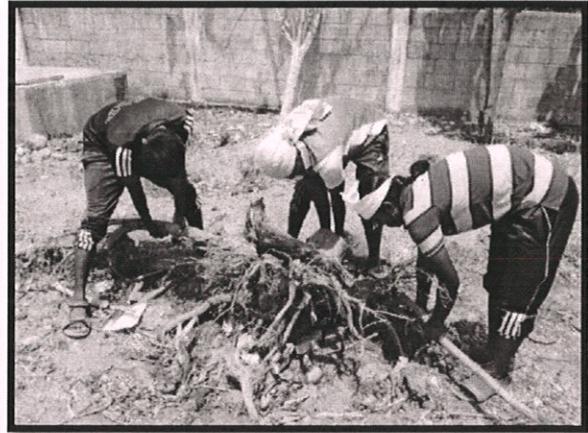
NSS Volunteers took the pledge and involved in the cleaning of School premises. As part of the Mass cleanliness campaign all the NSS volunteers reported at the College. Along with the Programme officer Dr Anitha they cleaned **Panchayat Union Primary School, Ottiyambakkam**. They cleaned Class rooms, Staff room, Ground, water tank. Some of the volunteers did the white wash for class rooms, painted the black boards and electrical work. The roads and the surrounding areas lying adjacent to the School were cleaned by the volunteers. The waste plastics, bottles were collected. Many common people and our NSS Volunteers participated in this cleaning programme.



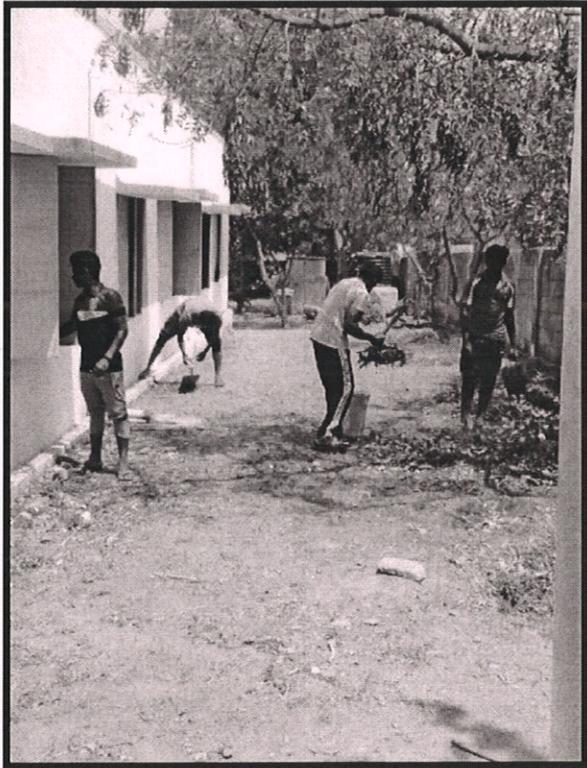
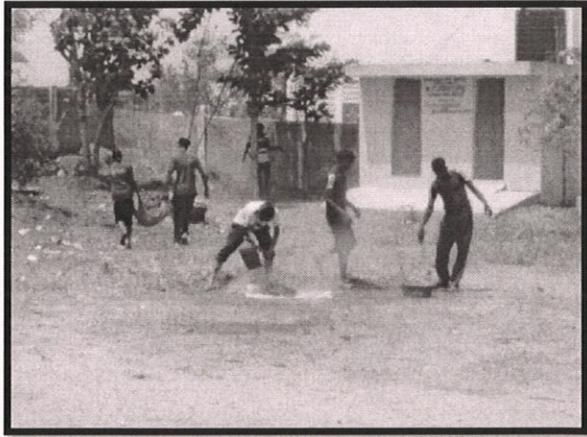
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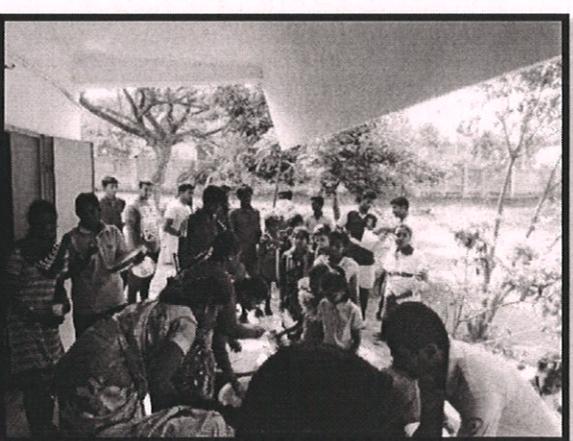
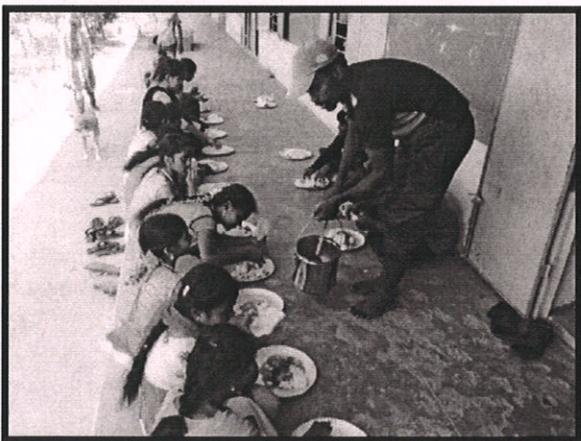
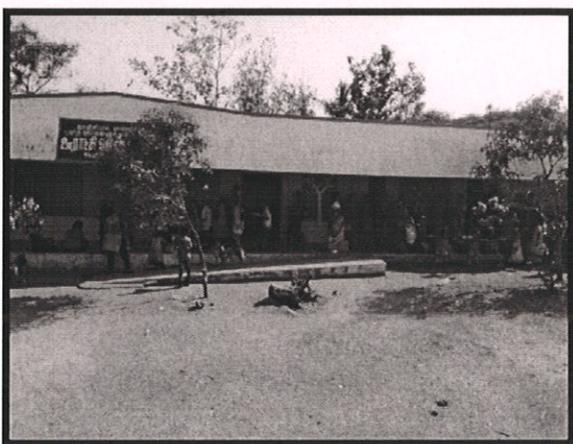
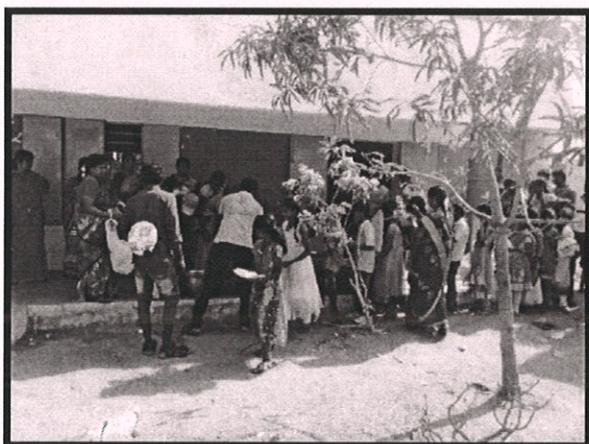
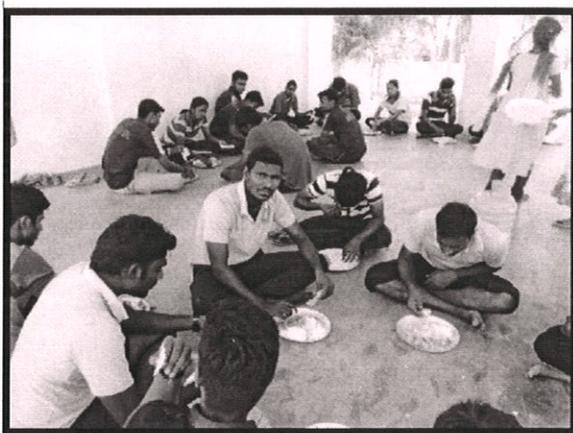
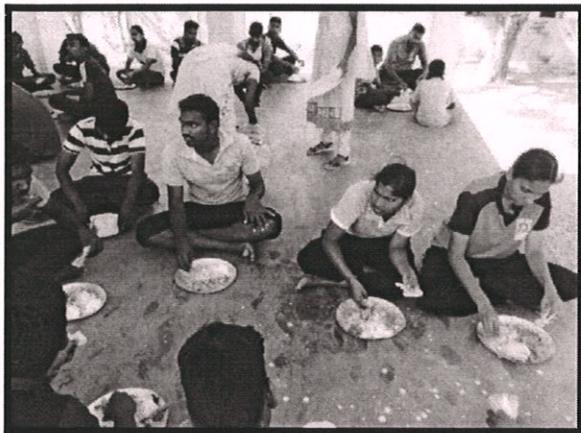


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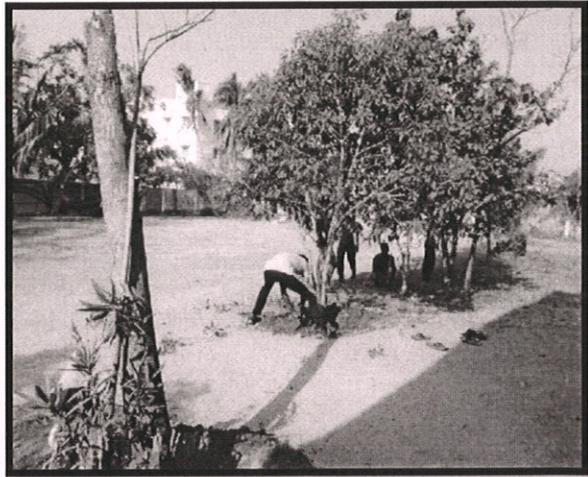
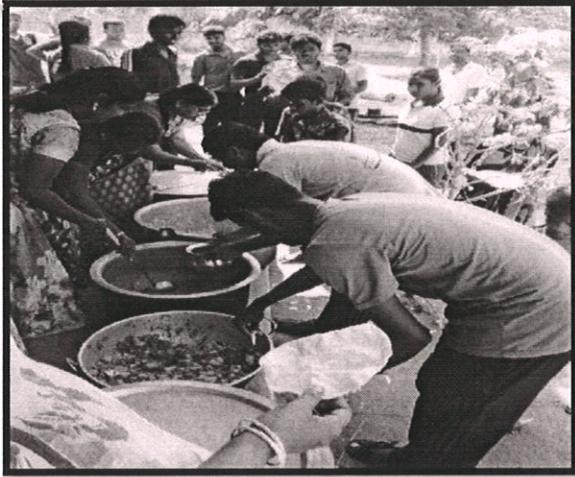


LUNCH BREAK

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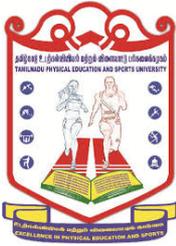


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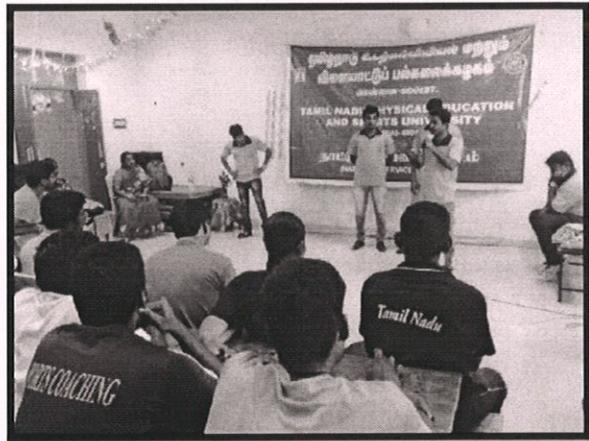


DAY 6
DISASTER AWARENESS

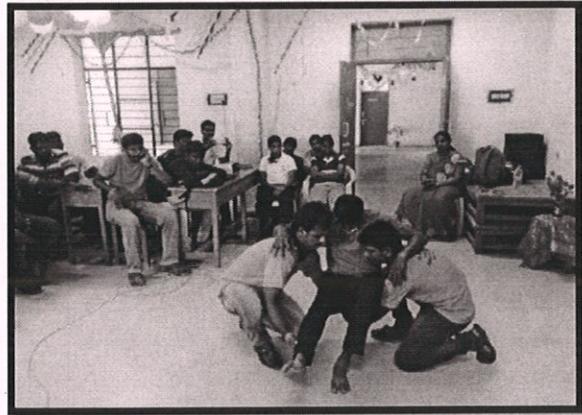
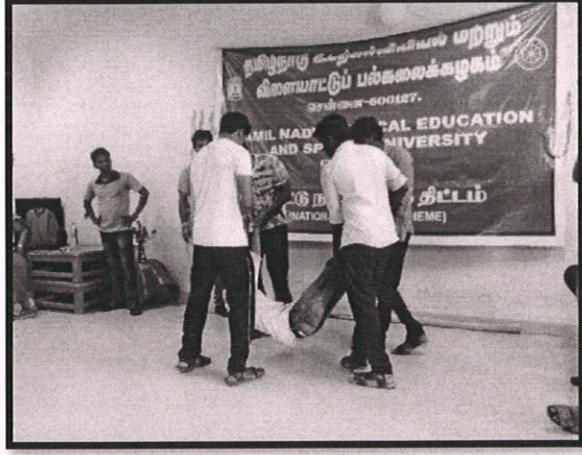
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Sports University
Chennai



Today every section of society has woken up to the reality of recurring natural disasters. We have conducting DISASTER MANAGEMENT TRAINING for youth of the organization with a view to keep in readiness teams of youth to manage natural disasters and render effective service to the distressed people. The disastrous Tsunami, Cyclone and the flood havoc of recent times in Tamil Nadu have brought into focus the need for proper awareness of various Natural Disasters to be created in the public at large and in the youth in particular. With this mind, we have suitably modified the training module for Disaster Management to create a ONE day Programme of **DISASTER AWARENESS**, mainly for the youth, which was conducted by Sri Sathya Sai Organisation. This Programme is a judicious mixture of visual aids, lectures and practical demonstrations. The practical demonstrations will be done by the trained YOUTH of our organization along with volunteers, instilling self-confidence in the youth & others. The training was very informative. NSS volunteers gained knowledge in ways to respond during any kind of disaster.

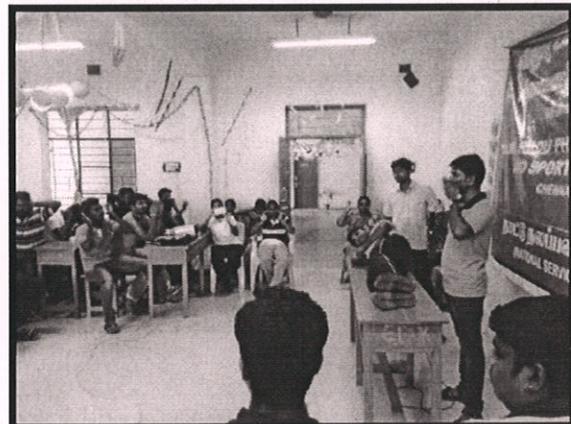
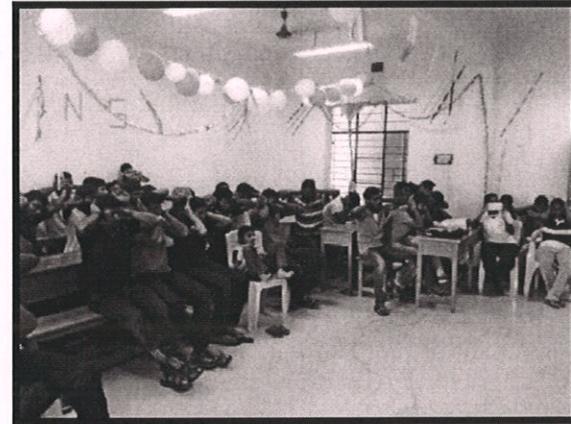
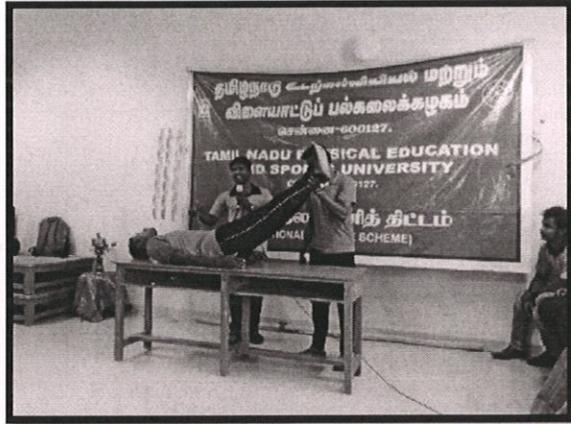
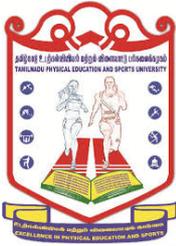


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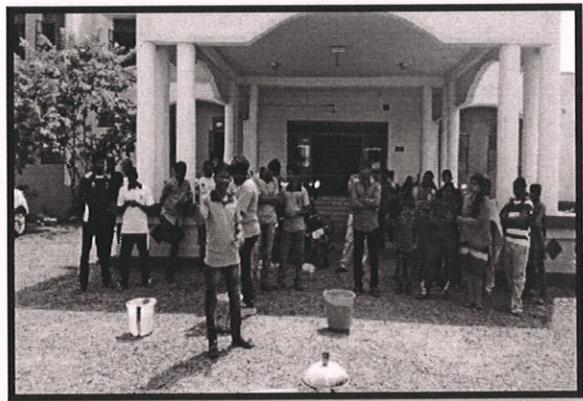
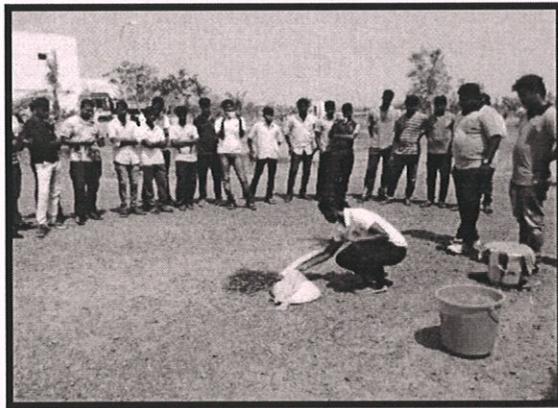
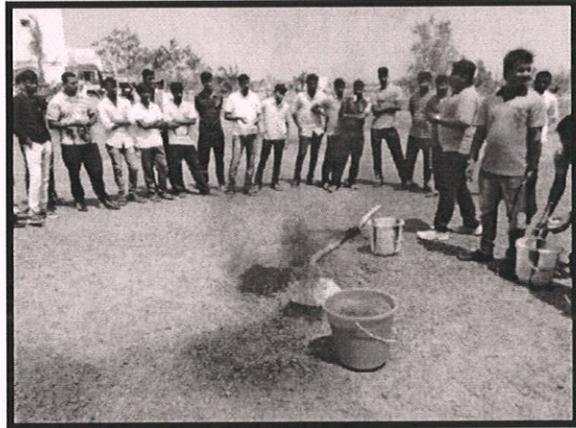
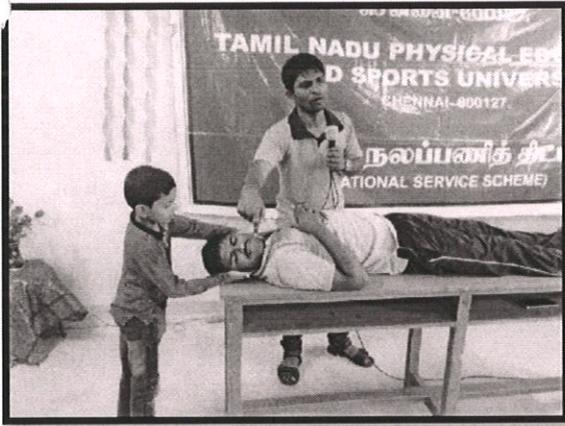


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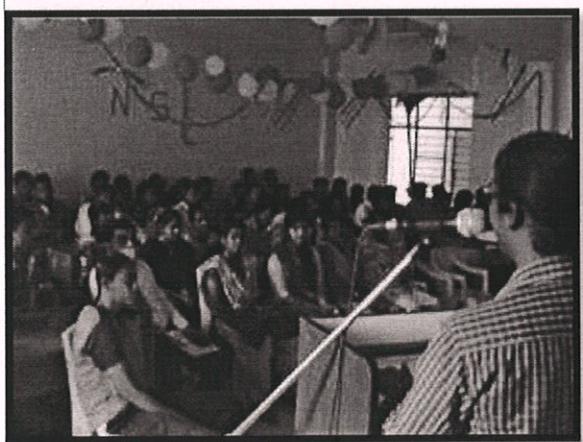
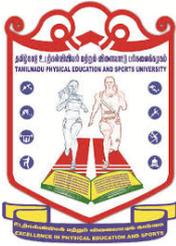
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DAY-7 TRAFFICKING

On 19th March 2017, Human Trafficking is the second largest and fastest growing criminal industry in the world and a billion of dollar industry that victimizes millions of people. To enlighten our NSS students about Trafficking we have invited Mr. Anto & Mr. Samuel. They have provided awareness about human trafficking.

Mr. Anto
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NSS IMPORTANCE

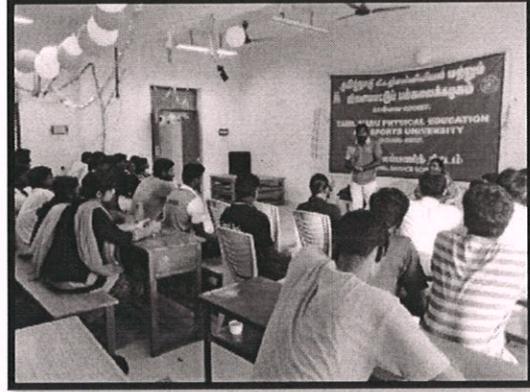
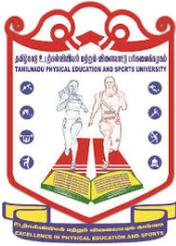
The valedictory function was started at 12 pm. Dr. P. Rajini Kumar, NSS Programme Coordinator was the chief guest for the programme. The programme started with prayer

V. S. S.

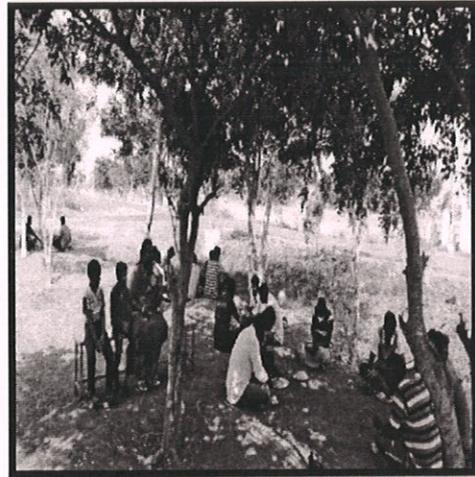
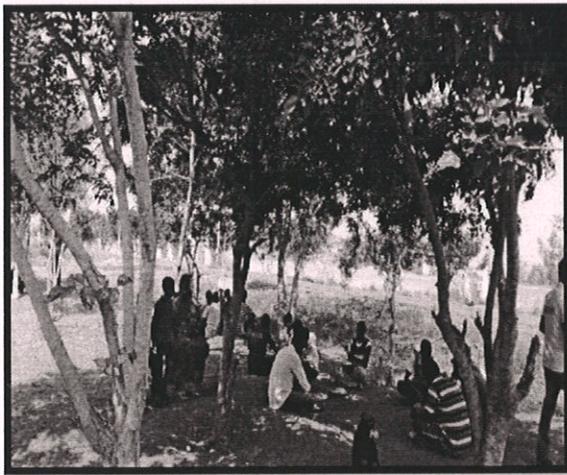
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song. NSS programme officer delivered the welcome address, followed by the chief guest address on the subject of "NSS an ideal path to success". He explains the essential of NSS, the services which necessitate by the NSS volunteers to the community, the role of NSS during Natural Calamities and Disaster and provide the wide picture about Objectives, Organizational Setup and Regional Centers of NSS.



The NSS volunteers, NSS Coordinator Dr.P. Rajinikumar Guest and NSS programme officer had their lunch together under the trees.



20.08.2017

The Registrar,
TNPEUSU,
Chennai-600 127

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Chennai

Respected Sir,

		370.00
18	Refreshment to Volunteers on 15.12.16	920.00
19	Refreshment to Volunteers on 31.01.17	860.00
20	Printing Charges	700.00
21	D.J., store	200.00
22	Ram Filling Station - Fuel	100.00
		38,633.00



Kindly find the bill and vouchers note enclosed with his letter.

Yours sincerely,

J.ANITHA

Mr. S. S.
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 Chennai



Here with I enclose the particulars of bills and vouchers of Special camp of the year 2016-17.

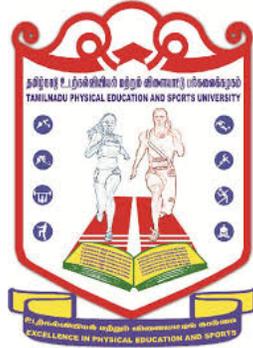
SI.No	Particulars	Amount (Rs)
01	Invitation	600.00
02	Ethirajulu Naidu	1,450.00
03	Sree Sumathi Stores	123.00
04	Towel	3,280.00
05	Rahaman Decoration Centre	1,396.50
06	Meals - Speaker	375.00
07	New jeeva super market	4,260.00
08	Stationery - Bala Plastics	1,175.00
09	P.K. Sakthivel vegetable store	684.00
10	Milk (5 days)	1,300.00
11	Petrol	500.00
12	Certificate print (75 Nos)	1,200.00
13	Kola Power and colors	120.00
14	Sun Broilers Chicken center (3 days)	2,640.00
15	Petrol	1,000.00
16	EGG (3 days) (3* 4 * 75) - Prem	900.00
17	Vadai & Coffee (100 Nos.)	1,800.00
18	Balamurugan store 14.03.17	674.00
19	Balamurugam store 15.03.17	280.00
20	Balamurugam store 16.03.17	290.00
21	Malliga travels	1,200.00
22	petrol	80.00
	Total	25,327.50

Kindly find the bill and vouchers note enclosed with his letter.

Yours sincerely,

J.ANITHA

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Chennai



2017-18

3.6.3

VPP



Number of Students Attended – 06 (2017 & 2018)

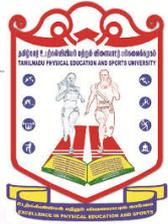
The Questionnaires on Health and Nutrition aspects were given to in and around the Yelagiri Village people and They were also tested on various parameters in Physiology and Biomechanics.

VPP and Educational Trip




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3 - VPP - Mr. Sri Ram.



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VILLAGE PLACEMENT PROGRAMME

RECORD NOTE

YELAGIRI - JOLARPETTAI

BY

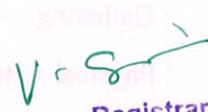
SRIRAM.M

Roll.no: 20165308005

SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR
THE

DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS

APRIL 2018.


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A REPORT OF THE VILLAGE PLACEMENT PROGRAMME

INTRODUCTION

The Physical Fitness and Health Awareness Is Very Less in Rural Places Compared to Urban Places. But Physical Fitness Health and Hygiene Are Very Much Important and Also Needed for Them. So, It Is the Duty of the Student to Create Awareness in Villages.

Aim of The Village Placement Programme:

The Aim of The Village Placement Programme Was to Evaluate The Level Of Cardio Respiratory Fitness In School Going Student, And To Create An Awareness Of The Importance Of Proper Fitness And Nutrition In The Rural Lifestyle.

The Programme Was Conducted in A Village Named Yelagiri Hills, Vellore District, Tamilnadu. This Is Project Was Carried Out for About 5 Days Dated From 5th Jan 11th.

SCHEDULE DURING PROJECT

SCHEDULE FOR A DAY

Gathering At 6.00am

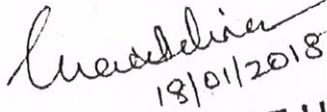
6.30 - 7.30am	: Physical Activity.
7.30 - 9.00am	: (Morning) Break Fast.
9.00 - 9.30am	: Refreshments.
9.30 - 11.30 Am	: Collecting Information About Village Details.
11.30 - 1.00pm	: Assessment Of Village Women.
1.00 - 2.00pm	: Lunch.
2.00 - 3.30pm	: Assessment Of Women At Home
3.30 - 4.00pm	: Refreshments.

DAY - 1:

DATE: 05.01.2018

6.00am	: Gathering
6.30 - 7.30am	: Physical Activity (Aerobic Exercise)


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18/01/2018
Dr. (Mrs.) GRACE HELINA
Professor & Head
Department of Exercise Physiology and Biomechanics
Tamil Nadu Physical Education and Sports University
Vandalur - Kelambakkam
Chennai (PO), Chennai



7.30 – 9.00am : (Morning) Breakfast.
9.00 – 9.30am : Refreshments.

11.30 – 1.00pm : Assessment Of Village People (Height, Weight, BMI),
1.00 – 2.00pm : Lunch
2.00 – 3.30pm : Assessment Of Women At Home (Health Status).
3.30 – 4.00pm : Refreshments.

DAY – 2:

DATE: 06.01.2018

6.00am : Gathering
6.30 – 7.30am : Physical Activity (Step Exercise)
7.30 – 9.00am : (Morning) Breakfast.
9.00 – 9.30am : Refreshments.

11.30 – 1.00pm : Assessment Of Village People (Nutritional Status)
1.00 – 2.00pm : Lunch
2.00 – 3.30pm : Assessment Of Women At Home (24. Hours Recall).
3.30 – 4.00pm : Refreshments.

DAY – 3:

DATE: 07.01.2018

6.00am : Gathering
6.30 – 7.30am : Physical Activity (Stretching)
7.30 – 9.00am : (Morning) Breakfast.
9.00 – 9.30am : Refreshments.

11.30 – 1.00pm : Assessment Of Village People (24. Horse Recall)
1.00 – 2.00pm : Lunch
2.00 – 3.30pm : Assessment Of Women At Home (Nutritional Status).


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3.30 – 4.00pm : Refreshments.

DAY – 4:

DATE: 08.01.2018

6.00am : Gathering
6.30 – 7.30am : Physical Activity (Strength Exercise)
7.30 – 9.00am : (Morning) Breakfast.
9.00 – 9.30am : Refreshments.

11.30 – 1.00pm : Assessment Of Village People (Medical)
1.00 – 2.00pm : Lunch
2.00 – 3.30pm : Assessment Of Women At Home (Medical).
3.30 – 4.00pm : Refreshments.

DAY – 5

DATE: 09.01.2018

6.00am : Gathering
6.30 – 7.30am : Physical Activity (Muscular Endurance)
7.30 – 9.00am : (Morning) Breakfast.
9.00 – 9.30am : Refreshments.

11.30 – 1.00pm : Assessment Of Village People (Medical)
1.00 – 2.00pm : Lunch
2.00 – 3.30pm : Assessment Of Women At Home (Medical).
3.30 – 4.00pm : Refreshments.

DAY – 6

DATE: 10.01.2018

6.00am : Gathering
6.30 – 7.30am : Physical Activity (Yoga)
7.30 – 9.00am : (Morning) Breakfast.
9.00 – 9.30am : Refreshments.

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- 11.30 – 1.00pm : Assessment Of Village People (Fitness Assessment)
1.00 – 2.00pm : Lunch
2.00 – 3.30pm : Assessment Of Women At Home (Fitness Assessment).
3.30 – 4.00pm : Refreshments.

DATE: 11.01.2018

DAY - 7

- 6.00am : Gathering
6.30 – 7.30am : Physical Activity (Higque Training)
7.30 – 9.00am : (Morning) Breakfast.
9.00 – 9.30am : Refreshments.
11.30 – 1.00pm : Assessment Of Village People (Life Patten)
1.00 – 2.00pm : Lunch
2.00 – 3.30pm : Assessment Of Women At Home (Life Patten).
3.30 – 4.00pm : Refreshments.

Like the Schedule mentioned above for a day continued for remaining days also.

Mostly village people are all hard worked since they involve in all sort of works like ploughing, gardening and buddy field work etcetera,.But we selected 10 sedentary women at home without doing any kind of such work and we have taken the physical parameters like weight, body fat and water content using body fat analyser and height by using inch taps. After all the calculations made, then were categorized according to the gradins of obesity and given suggestions about diet and exercise.

DETAILS ON THE VILLAGE OF YELAGIRI HILLS

- ABOUT VILLAGE : YELAGIRI HILLS
NAME OF VILLAGE : THAYALUR
NAME OF DISTRICT : VELLORE
TOTAL POPULATION : 4565
MALE : 2289
FEMALE : 2276
SCHOOL : 1 – GOVERNMENT SECONDARY SCHOOL
TRANSPORTATION : SATISFACTORT

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AVERAGE LIFE SPAN : 89
WATER FACILITY : SATISFACTORY
BASIC FACILITY : SATISFACTORY
LANGUAGE : TAMIL
ECONOMIC STATUS : LOWER MIDDLE CLASS AND MIDDLE CLASS
RELIGION : HINDU, MUSLIM AND CHRISTIAN
WATER POND : 1
GOVERNMENT HOSPITAL: 1
BANK : NO
POST OFFICE : NO

FITNESS AWARENESS

Fitness is a term is often used as the synonymous to health in a limited manner. Fitness denotes, different facets of health. The term fitness is the capacity of the capacity of the individual to live and function effectively, purposefully and zestfully, here and now and to meet confidently the problems and crises which are among life's expectations.

Fitness is the state of which characteristics the degree to which the person is able to function. Ability to function depends upon the physical, mental, emotional, social, and spiritual components fitness.

PHYSICAL FITNESS:

Physical fitness is an individual matter viewed in relation to the specific needs of each individual. It is the term refers to the total dynamic physiological state of the individual. It is made up of a series of components like strength, flexibility endurance and body composition and so on.

NEED AND IMPORTANCE OF FITNESS:

The human body was created for movement to walk, dance, jump and play with proper fitness. Increased physical fitness. Increased physical fitness not only improves health but also improves out proper fitness. Increased physical fitness not only improves out performance at work.

HEALTH AWARENESS

HEALTH RELATED PHYSICAL FITNESS

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It is concerned with the development of those qualities that offer protection against disease and frequently are associated with physical activity.

For e.g., inactivity will cause some degenerative diseases, such as obesity and coronary heart disease, such as obesity and coronary heart disease. Health related physical fitness is important to everyone.

Health related fitness programmes should focus on maximising the participation of children, women and older people

Health related fitness programmes is the only preparation for the women and children in villages, in helping them how to develop an active life style.

COMPONENTS OF HEALTH-RELATED FITNESS

1. Cardio-vascular endurance
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body composition

ASSESSMENT OF BODY MASS INDEX (BMI) OF WORKING AND NON-WORKING (YELAGIRI VILLAGE)

TABLE-1

S.NO	NAME	AGE(yrs)	HEIGHT (cm)	WEIGHT (kg)	BMI
1.	AMLU.M	23	141	43	20.4
2.	AMARAVATHY.E	45	151	56	20.6
3.	RANI.S	34	148	56	26.6
4.	SUMITHRA.S	29	148	49	24.2
5.	SRI DEVI.M	35	155	50.1	20.8
6.	JANAKI.P	26	162	59	22.6
7.	GOWRI.T	32	152	59	25.6
8.	ANBUSELVI.V	26	148	35.5	16.0
9.	ANJALI.K	26	150	40.5	18.4
10.	DHANAM.V	28	149	54	24.5
11.	DHANALAKSHMI.T	26	149	46	20.7
12.	MARIYA REJI.P	38	154	58	25.2
13.	LAKSHMI.K	30	148	55	23.9
14.	RENGAMMAL.P	30	149	55.5	22.9
15.	REKA.H	30	154	42	18.2
16.	SHANTHOSEI.E	28	157	70	29.1
17.	THULASI.T	29	146	55	26.1
18.	MEENA.B	23	143	70	34.3
19.	RENUKA.N	37	156	67	27.9
20.	SANDHYA.T	21	146	46	21.9


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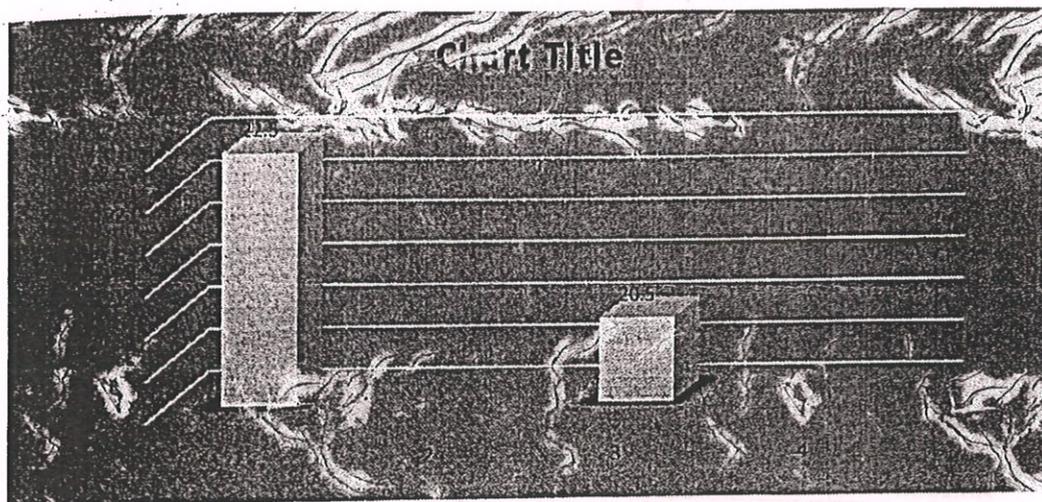


COMPARISON OF BODY MASS INDEX (BMI) BETWEEN WORKING AND NON – WORKING WOMEN PEOPLE AMONG YELAGIRI VILLAGE

BODY MASS INDEX (BMI)	Average (mean)	Non-working women	Working
		22.38	20.58

From the table was body mass index (BMI) average (mean) value of non-working women 22.38 and the working women 20.58 respectively. Further the analysis shows that the working women were better in body mass index (BMI) when compared to non-working women.

BODY MASS INDEX (BMI)



BMI NON- WORKING WOMEN 22.5 WORKING WOMEN 20.5

BODY MASS INDEX (BMI)

FORMULA: $BMI = \frac{WEIGHT(kg)}{HEIGHT(m)^2}$

	FEMALES	MALES
Acceptable (BMI)	19-24	20-35
Moderately	25-30	26-30
Very high BMI	30+	30+

TABLE – III

CLASSIFICATION OF OBESITY

BMI	CLASSIFICATION
<18.5	Under weight
18.5 – 24.9	Normal weight
25.0 – 29	Over weight

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30.0 – 34.9	Class I obesity
35.0 – 39.9	Class II obesity
>40.0	Class III obesity



BODY FAT ANALYSER

This is the physiological instruments which is used to obtain and individual's body weight, body fat and water content. When we set one person's age, sex and height (incms), we can able person's body weight, body fat and their water content accurately from this instruments. So it is very useful in getting an individual's physiological parameters.

CONCLUSION

DIET + EXERCISE = THE IDEAL COMBINATION

The above formula has an added advantage because the very approach to life change, resulting in good quality life. So we student, has created this formula in their mind to live happily and joyfully without any diseased stress and fatigue.

The body fat for the non – working women's from melakottaiyur village 23.50 % of body mass index (BMI). The involving to physical activity, the diet and intake the nature foods. Etc..there was reducing the body fat.

The concluded that the non-working women were better in body mass index BMI when compared to working women.

RECOMMENDATIONS ABOUT DIET AND EXERCISE:

According to the above assessments, tables and calculations, 60% of the women are normal in all aspects, 40% of the women are abnormal (i.e. with high BMI and body fat).

Women in that village are advised to take nutrition's food whichever is necessary. They are advised to take more cereals, grains, pulses, milk, greens, vegetables and fruit.

Women in that village are advised to concentrate on physical activities and physical exercise like walking, jogging, skipping and stretching exercises at it prevent diseases like diabetes, obesity and coronary heart diseases.


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CHENNAI-127



VILLAGE PLACEMENT PROGRAMME

YELAGIRI – JOLARPETTAI

BY

MAHARANI.V

Rollno.20165308003

SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR THE

DEPARTMENT OF EXERCISE PHYSIOLOGY & BIOMECHANICS

From 5th Jan to 11th Jan 2018

Registrar
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Sports University
Chennai

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
CHENNAI-127



VILLAGE PLACEMENT PROGRAMME

YELAGIRI – JOLARPETTAI

BY

MAHARANI.V

SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR THE

DEPARTMENT OF EXERCISE PHYSIOLOGY & BIOMECHANICS

From 5th Jan to 11th Jan 2018

V. S.

Registrar
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CERTIFICATE

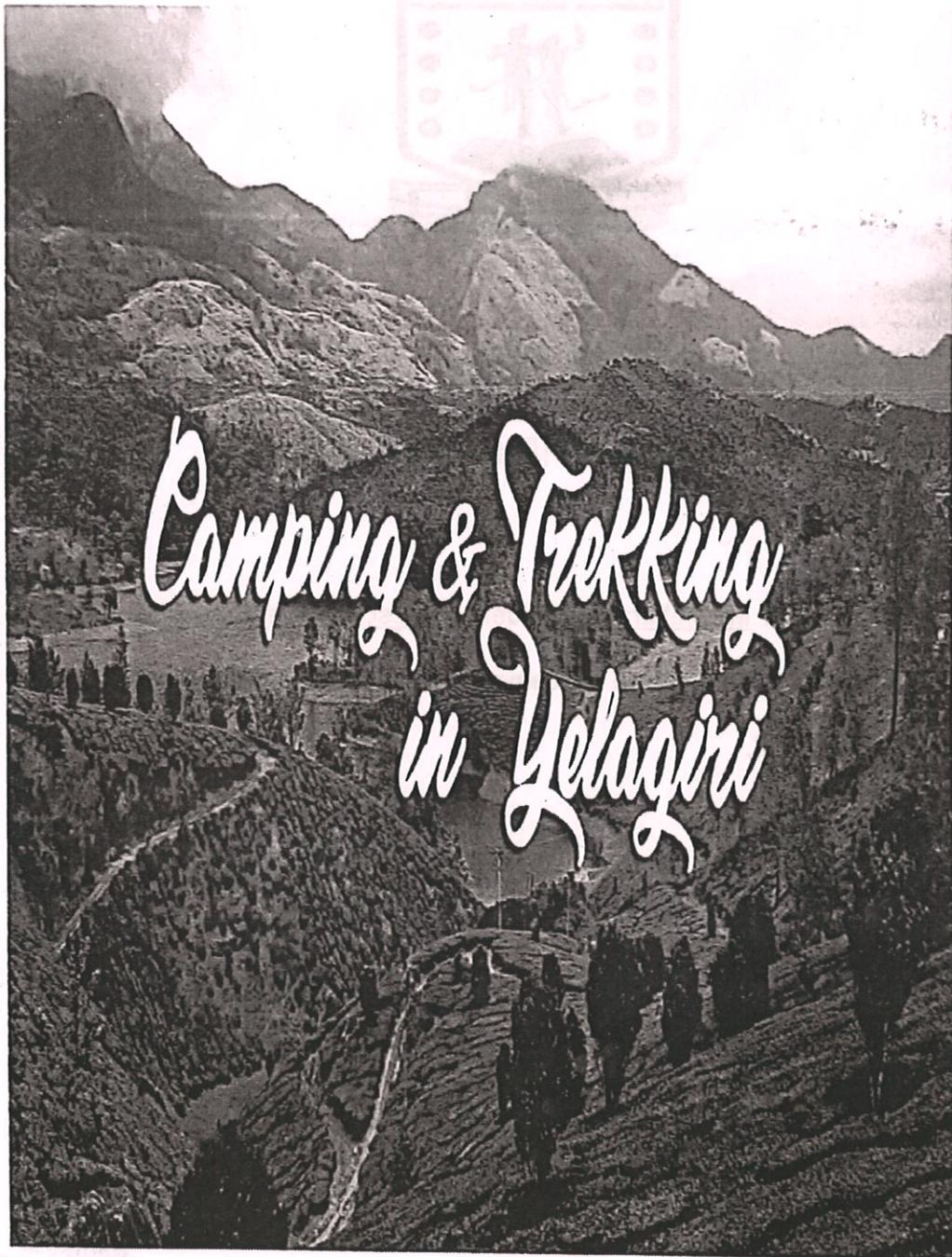
This is to certificate that Ms.Maharani.V student of M.sc. in exercise physiology and nutrition has completed "The Village Placement Programme at yelagiri village, work during 6th to 10th Jan 2018.

Grace Helina
18/01/2018
Dr. (Mrs.) GRACE HELINA
Professor & Head
Department of Exercise Physiology and Biomechanics,
Tamilnadu Physical Education and Sports University,
Vandiar - Kelambakkam Road,
Mettur (PO), Chennai-600 077

Staff-In-Charge
Dr.R.Venkatesan
Assistant professor

V. S. Srinivasan
Registrar
Tamilnadu Physical Education
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Camping & Trekking in Yelagiri

V - 2 - 2

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1. INTRODUCTION

Contents

1. INTRODUCTION

2. ABOUT VILLAGE

3. FITNESS AWARENESS

4. HEALTH AWARENESS

5. NUTRITIONAL ASSESSMENT

6. RECOMMENDATIONS & CONCLUSION

M. S.
Registrar
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1. INTRODUCTION

Village placement programme (VPP) is the practical part of syllabus in M.Sc. (Exercise physiology & nutrition).

The health awareness and nutritional awareness is very less in rural places compared to urban places. But physical fitness, health and hygiene are very much important and also needed for them. So it is the duty of the students to create awareness in villages.

We selected villages named aathanavur, mangalam, and puthur in elagiri 213 km from State Capital Chennai. This project was carried out for about 5days dated from 6th to 10th Jan 2018.

SCHEDULE DURING PROJECT

Date 05.01.2018	-	Leaving From Chennai At 1.30Pm At 6.30pm Reaching To Yelagiri Hills Followed By Instruction (Prof. Grace Helina)
6.00am	-	Wakeup
6.15am	-	Tea
6.30am To 7.30am	-	Physical Exercise (Dr.Grace Helina, Dr.Venkatesan, Mrs. Uma, Mr.Ponpandi)
8.00am	-	Breakfast
8.30 To 9.00am	-	Cleaning
9.15 To 9.30am	-	Community Singing


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10.00 To 12.30pm	-	Going To Nearby Village on the Hill for VPP
1.30 To 2.30pm	-	Lunch
2.30 To 3.30pm	-	Rest
3.45pm	-	Tea
4.00 To 5.00pm	-	Physical Activities
5.00 To 6.00pm	-	Preparation for Cultural Programme
6.30 To 7.30pm	-	Cultural
8.00pm	-	Dinner
9.00pm	-	Lights Off

Like the schedule mentioned above for a day continued for remaining days also.

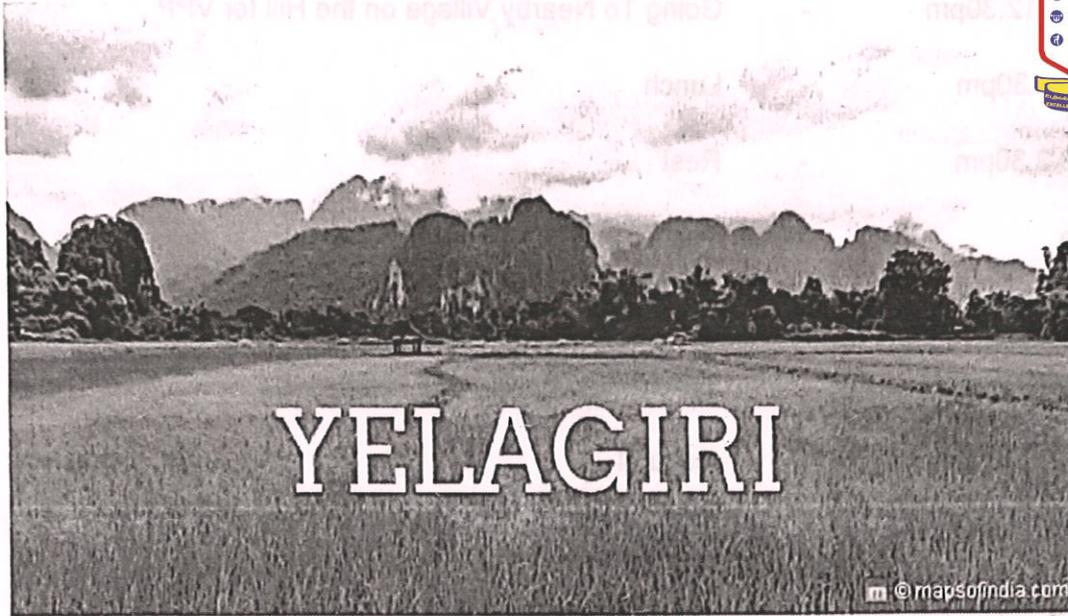
2. ABOUT VILLAGE

Yelagiri (also spelt **Elagiri** on some signboards) is a town in TamilNadu, a state in the south of India.

Yelagiri or Elagiri is a small hill station located in between the towns of Vaniyambadi and Jolarpettai (Tamil Nadu, India). The hill station dates back to the British colonial days.

"The Whole of Yelagiri was once the private property of the Yelagiri Zamindar Family. It was taken over by the government of India during the Early 1950s. The house of the Yelagiri Zamindars still exists in Reddiyur."

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Locality Name : Elagiri Hills (ஏலகிரிஹில்ஸ்)
Block Name : Jolarpet
District : Vellore
State : Tamil Nadu
Language : Tamil and Telugu, Urdu, Malayalam and
Kannada
Time zone : IST (UTC+5:30)
Elevation / Altitude : 405 meters.
Area : 29.2 sq.km
Population : 4409
Female population : 50.8 % (2239)
Male Population : 49.2 % (2170)
Working population : 50.8%
Economical status : 90% below poverty line
Cultivation : rice, millets, wheat
Basic Facilities : not satisfactory
Altitude : 1048.5 mtrs (3,643 feet)
Climate : Summer: 34A°C Winter: 11A°C
Humidity : 52%
Telephone Code/Std Code: 04179
Pin Code : 635853
Post Office Name : Pakkirithakka

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People

The people of Yelagiri are very simple living and helpful. They have yet not been influenced by the urbanization of the rest of the world and live in deep harmony and peace with one another. The rich culture of the people of the hill town is clearly reflected in their daily work including agriculture, horticulture and forestry.

Religion and Language

The predominant religion in Yelagiri is Hinduism and thus cultural and religious activities here are mainly influenced by Hinduism and agriculture. Tamil is the most widely spoken language in the town.

Food

The cuisine of Yelagiri comprised of traditional South Indian cuisine mainly rice based meals. Cooked vegetables garnished with coconut are eaten with rice. Jackfruit is the specialty of the region. The popular sweet dishes of Yelagiri include paysam and jangiri. The very air of Yelagiri carries the sweet smells of mangoes, oranges, jack-fruits, roses and spices.

Yelagiri comprises of 14 small villages. Their traditions, habits and the structure of their houses are very unique and attract tourist attention.


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3. FITNESS AWARENESS

Fitness is a term is often used as the synonymous to health in limited manner. Fitness denotes, different facets of health. The term fitness is the capacity of the individual to live and function effectively, purposefully and zestfully, here and now to meet confidently the problems and crises which are among life's expectations.

Fitness is the state of which characteristics the degree to which the person is able to function. Ability to function depends upon the physical, mental, emotional, social and spiritual components of fitness.

PHYSICAL FITNESS

Physical fitness is an individual matter viewed in relation to the specific needs of each individual. It is the term refers to the total dynamic physiological state of the individual. It is made up of a series of components like strength, flexibility, endurance and body composition and so on.

NEED AND IMPORTANCE OF FITNESS

The human body was created for movement to walk, dance, jump and play with proper fitness. Increased physical fitness not only improves health but also improves out performance at work.


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4. NUTRITIONAL AWARENESS

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, biosynthesis, catabolism and excretion.

It is no secret that the food choices we make affects our health and is responsible for how we feel today, tomorrow and in the coming future. Food is the essential to life and thus the quality and quantity of food you ingest in turn affects your body functioning, the way we think, how we feel, your energy levels and thus plays a crucial role in expectancy. Good and adequate nutrition sets the foundation of a healthy living.

Nutritional assessment

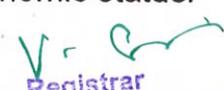
24 hours dietary recall methods was used to assess the dietary intake of people. Quantity of food consumed, quantities of ingredients like vegetables, fruits, chicken, mutton, egg and cooking methods.

Anthropometric assessment

1. BMI (height and weight)

Dietary survey

Cereals and pulses were consumed by all the tribal people daily. Green leafy vegetables were consumed in alternate days. Regular intake of milk and milk products was only by 21%. Meat, poultry, fish and egg were consumed monthly twice due to their poor economic status.


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5. Health Awareness

Adequate and proper nutrition is an important aspect of a healthy lifestyle. Therefore, it is essential to promote an awareness of the nutrients contained in foods in relation to their roles in body maintenance, growth, reproduction, and health and disease prevention in humans.

Elagiri people live with inadequate money. They consume daily food from vagaries of nature and suffer from debility due to minimum nutrient food consumption.

Malnutrition which was quite common among the tribal people was also a health problem such as deficient in calcium, vitamin c, riboflavin and animal protein, hearing deficiency. Tribal people have succumbed to poor access to health service, there is no such utilization of health service, some social, cultural and economic factors are responsible for these; some poor utilization of health services; are unique and some of problems accessibility are noticed in tribal areas; difficult terrain and sparsely distributed tribal population in forests and hilly region suffer from these problem.

Deficiency:

Vitamin c deficiency

Bone mineral deficiency

Non syndromic hearing loss (inability to clear)

Iron deficiency anemia (IDA)

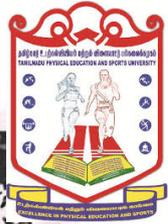

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Assessing nutritional knowledge for tribal people – assessment of 24 hours recall method



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Morning Activities

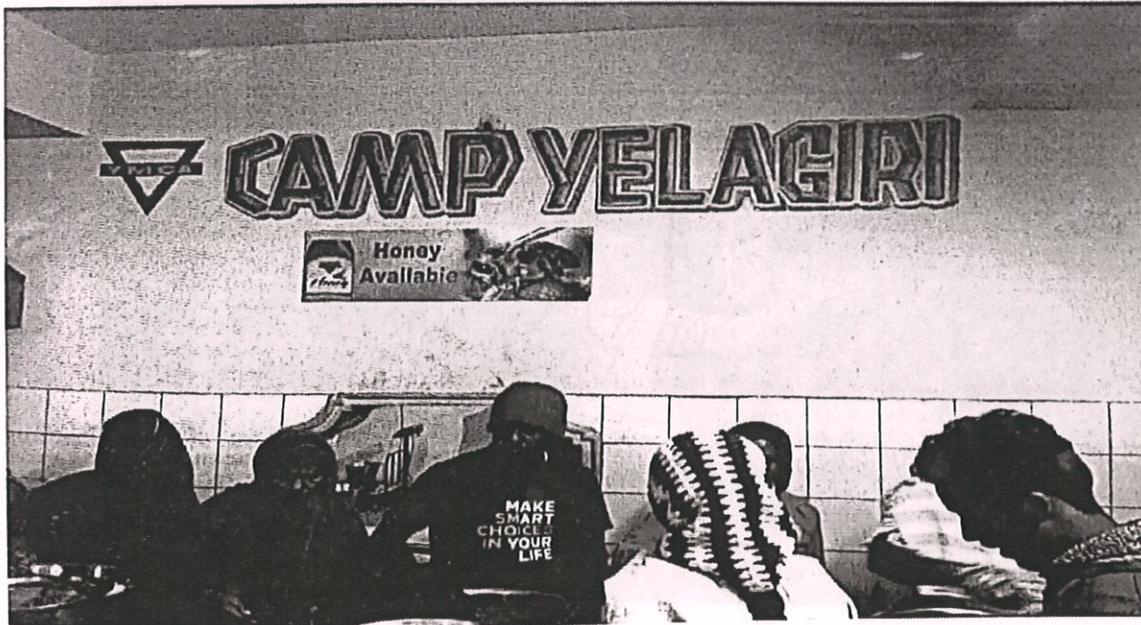


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Morning Activities



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ASSESSMENT

BODY FAT ANALYZER

This is the physiological instrument which is used to obtain an individual's body weight, body fat and water content. When we set one person's age, sex and height. We can able to get that person's body weight, body fat and their water content accurately from this instrument. So it is very useful in getting an individual's physiological parameters.

ASSESSMENT OF BODY FAT AND WATER CONTENT OF WOMEN (ATHANUR VILLAGE)

S.NO	NAME	AGE (yrs)	HEIGHT (cm)	WEIGHT (kg)	BODY FAT (%)	WATER CONTENT (%)	BMI
1	GOVINDHAN	75	147	57	23.4	55.9	17
2	SUGUNA	25	140	52	24.0	55.4	21
3	SUBRAMANI	72	140	43.7	16.1	61.2	20
4	RAMAKKA	60	143	34.8	23.4	55.9	17
5	RAJESHWARI	26	145	39.8	22.0	56.9	18
6	GOPAL	51	154	60.3	31.4	50.0	26
7	LAKSHMI	41	141	46.2	21	50.3	23
8	DURGA	35	157	54.8	15.6	61.6	22

Blood Pressure

Blood pressure is one of the vital signs, along with respiratory rate oxygen saturation and body temperature. Normal resting blood pressure in an adult is approximately 120 mmHg systolic and 80 mmHg diastolic(120/80 mmHg)


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ASSESSMENT OF BLOOD PRESSURE OF ADULTS (17 TO 21) (PUTHUR)

S.NO	NAME	AGE	SYSTOLE	DIASTOLE	PULSERATE
1	GEETHA	20	116	73	80
2	PREETHI	18	123	89	72
3	MANJU	21	106	60	79
4	KAVITHA	19	108	72	82
5	GAYATHRI	17	99	68	76
6	VIJAYALAKSHMI	18	102	71	75
7	SHEELA	19	110	78	71

HANDGRIP TEST

S.NO	NAME	AGE	HEIGHT	WEIGHT	LEFTHAND	RIGHT HAND
1	SATHISH	18	163	57	90	90
2	ARUNACHALAM	19	156	55	90	85
3	SILAMBARASAN	19	168	50	70	62
4	GOPAL	24	155	62	90	75
5	PRADEEP	23	181	87	80	70
6	PRAKASH	17	165	65	75	90
7	RAJESH	21	169	51	62	66

5. Recommendation & conclusion

Women in that village are advised to take nutritious food whichever is necessary. They are advised to take more cereals, grains, pulses, milk, green leafy, vegetables, poultry, mutton, egg and fruits.


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2017-2018

A REPORT ON VILLAGE PLACEMENT PROGRAM

Village Placement Program is a part of the students M.Sc/ M.Phil program. A total number of 09 students had participated in the program for 10 days at Good Life Center (Home for Homeless Children) Tambaram, Chennai. The program details are given below:

DAY	DATE	ACTIVITY
01	11.04.2018	INTRODUCTION; BRAIN GYM ACTIVITIES; FUN ACTIVITY; ATTENTION GAMES
02	12.04.2018	BEHAVIOR MANAGEMENT; CULTIVATING NEWSPAPER AND BOOKS READING HABIT; ART THERAPY
03	13.04.18	SOCIAL MATURITY SKILLS AND COGNITIVE FAILURE ASSESSMENT; GOAL SETTING AND MORALITY; GAMES AND RULES TECHNIQUES IN SPORTS
04	14.04.18	STUDY SKILLS DEVELOPMENT; LOGICAL THINKING; YOGA AND WARM UP
05	15.04.18	LIFE SKILLS TEACHING; PRE-WRITING SKILLS;PROJECT MANAGEMENT
06	16.04.18	COGNITIVE FAILURE ASSESSMENT; IMPROVING MEMORY AND PERSONALITY DEVELOPMENT
07	17.04.18	COUNSELING SKILLS



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GOOD LIFE CENTRE®

(Home for Homeless Children)

7-B, LOGANATHAN STREET (NEAR VIDYA THEATRE), TAMBARAM WEST, CHENNAI - 600045, INDIA.

E - mail : goodlife1996@gmail.com

PHONE : 044 - 2226 4151

044 - 2226 4152

095 - 0012 9070

Web - site : www.goodlifecentre.org

CHILDREN'S HOME

7-B, Loganathan Street, Tambaram (W) Chennai - 45.



BOY'S HOME

1, 3rd Street, Thangavel Nagar, Mannivakkam, Chennai - 48.

TO WHOM IT MAY CONCERN

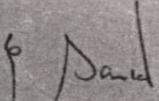
25.4.2018

This is to certify that Ms ZEEANAT ATHAR, doing her M.Phil (Psychology) in TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY has placed in our organization from 11.4.2018 to 17.4.2018 as part of Village Placement Program(VPP)

During this period, she was involved and engaged in learning by doing various sessions on Life Skills, Psychological Skills and Yoga for the children in our organization.

All the sessions were very motivating and were a guiding factor to all our students.

We wish her all the best in her future endeavors.


(K. BASKARAN)
Hon. Secretary



Donations are tax deductible under section 80-G of the Income-tax Act 1961.

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Institutions of society



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GOOD LIFE CENTRE®

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7-B, LOGANATHAN STREET (NEAR VIDYA THEATRE), TAMBARAM WEST, CHENNAI - 600045, INDIA.

E-mail : goodlife1996@gmail.com

Web - site : www.goodlifecentre.org

PHONE : 044 - 2226 4151

044 - 2226 4152

095 - 0012 9070

CHILDREN'S HOME

7-B, Loganathan Street, Tambaram (W) Chennai - 45.



BOY'S HOME

1, 3rd Street, Thangavel Nagar, Mannivakkam, Chennai - 48.

TO WHOM IT MAY CONCERN

25.4.2018

This is to certify that Ms MONISHA A R, doing her M.Sc (Psychology) in TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY has placed in our organization from 11.4.2018 to 17.4.2018 as part of Village Placement Program(VPP)

During this period, she was involved and engaged in learning by doing various sessions on Life Skills, Psychological Skills and Yoga for the children in our organization.

All the sessions were very motivating and were a guiding factor to all our students.

We wish her all the best in her future endeavors.

(K. BASKARAN)

Hon. Secretary



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catering to all sections of society

PAN No. : AAATG5302P





Tamil Nadu Physical Education and Sports University, Chennai – 127
Department of Sports Management and Psychology & Sociology

A Report on Village Placement Programme(VPP) held during the
Academic Year 2017 – 18

As a part of the academic curriculum, the Students of MBA & M.Phil participated in the Village Placement Programme at Kumizhi village from 03/04/2018 to 09/04/2018(5 days) for the purpose of community development. A total of 11 MBA Students participated and carried out a Community Development activities such as Cleaning the School Campus, Planting trees, Conducting games with the students, etc. This programme went on very well and served the stated purpose. The students have submitted a detailed report on this programme to the Department.

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DR.S.PREM KUMAR
DR.S.PREM KUMAR
Professor of Sports Management
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.

**A REPORT ON
VILLAGE PLACEMENT PROGRAMME**

CONDUCTED BETWEEN

03/04/2018 AND 09/04/2018

AT

KUMIZHI VILLAGE, KANCHIPURAM DISTRICT

BY

II YEAR MBA (SPORTS MANAGEMENT) STUDENTS

(2016-2018 BATCH)



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

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI-600127

APRIL-2018

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PUPS KUMIZHI

To whom so ever it may concern.

This is to certify that,



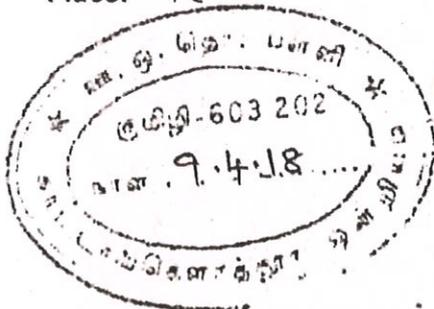
- Mariya Mol George
- Sellachi.D
- Alosious Vijay Kumar.P
- Chinna Kannan.K
- Domnic Savio
- Jaya Kumar.K
- Kannadasan.S
- Muniswara Siva.A
- Rishi swaminathan.M.P
- Vignesh.A
- Yuvaraj.S,

MBA graduates of Tamilnadu Physical Education and Sports University have served in our school from 03/04/2018 to 09/04/2018. by conducting awareness programmes for personal safety, road safety, held motivational discussions, conducted vocabulary building activities and taught memory techniques during their Village Placement Programme(VPP) which was very beneficial to our students.

We appreciate the work done by them.

Date: 9.4.18

Place: Kumizhi



V. Geetha
Registrar
Tamilnadu Physical Education
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Chennai

V. Geetha (V.GEETHA)
Signature of Head of Institution
290501022
HEADMASTER, P.U.P. SCHOOL
KUMIZHI PIN-603 202.



STUDENTS ATTENDED THE PROGRAMME

S.NO	NAME OF THE STUDENTS	REGISTER NUMBER	NUMBER OF WORKING DAYS (5)
1	MARIYAMOL GEORGE	20165407001	4
2	SELLACHI.D	20165407002	4
3	ALOSIOUS VIJAYA KUMAR.P	20165407003	5
4	CHINNA KANNAN.K	20165407005	5
5	DOMINIC SAVIO.A	20165407006	4
6	JAYAKUMAR.K	20165407007	5
7	KANNADASAN.S	20165407008	4
8	MUNISWARA SIVA.A	20165407009	5
9	RISHISWAMINATHAN.M.P	20165407010	5
10	VIGNESH.A	20165407011	5
11	YUVARAJ.S	20165407013	5

Dr.V.RAMESH KUMAR, MBA., Ph.D.
Assistant Professor In Sports Management
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur Post, Vandalur, Chennai-600 127

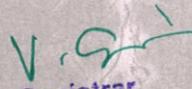
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DR.S.PREM KUMAR
Professor of Sports Management
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY CHENNAI



NSS GRANT FOR SPECIAL ACITIVITIES Submission of Utilization Certificate and Reports (2017-2018)


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Camp Reports

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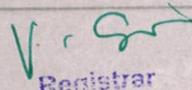
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Format for submission of camp report and Accounts

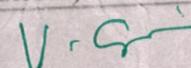
Theme of the camp – “STRATEGIES TO DEVELOP YOUTH”

1	Name and Address of the college	TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY							
2	Data and duration of this camp	23.03.2018 to 29.03.2018							
3	Exact place where the camp was organized (Mention the name of village in case of more units)	University campus ,Melakottaiyur							
4	Exact distance from the college	3Kms							
5	Mode of transport used	University Bus							
6	Total no of Participants	SC		ST		Others		Total	
		M	F	M	F	M	F		
		NSS Volunteers	14	19	--	--	20	22	75
		Non NSS Students	06	04	--	--	05	02	15
	Total	20	23	--	--	25	24	90	
7	Total expenditure incurred (Details to be given in the last column only)	Rs.23625/-							
8	NSS Projects completed during this camp	Details reports with Photograph must be enclosed							
(a)	Creation of RWH structure/Deepening of tank/ canal/ Cleaning of check dem/ construction of water storage to school	No. of RWH structure created / Renovated: NIL No. of Canals/ Water tanks/ Check dem deepened : done 01 No. of Water storages constructed : NIL							
(b)	Education to school drop outs/ Programmes on Communal Harmony & National Integration/ Medical camp/ Veterinary Camp etc.,	No. of School drop outs identified : NIL No. of Beneficiaries (Health Camp) :M-150 F-100, Total-250 No. of Beneficiaries (Veterinary Camp):Nil							
(c)	Laying of Road in K.M	NIL							
(d)	Construction of school Toilet/ Compound wall/ pump etc., White washing Schools, Temple, Community Hall etc.,	No. of School Toilets constructed/ renovated: NIL No. of Compound wall constructed: NIL No. of Basement to hand water pump constructed : NIL No. of Buildings white washed : NIL							


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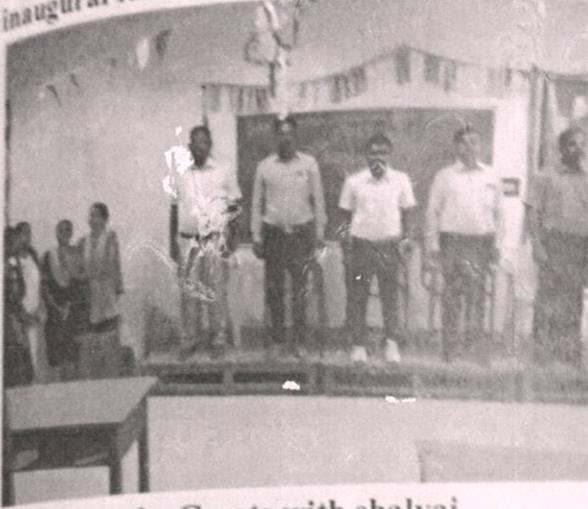


(c)	Formation of Soak - Pits			
(f)	Basic Technical Training to rural youth	Trade	No. of Youth benefitted	Duration
		Yoga Sports Events	120	1 hour 30 min
(g)	Monetary value of Assets Created	S.No	Description	Value in Rs.
		Garden	Length=30m Breath=20m	4000.00
		Flower Variety Sampling	50 Nos	6000.00
		Medical Camp	250 persons	25000.00
		Total	35000.00	
9	Follow-up action arranged for programmes completed/ not completed during this camp	Completed		
10	Whether Self - Evaluation was done in this camp (Enclosed Proforma)	1. Self- Evaluation by P.O : Yes 2. Self- Evaluation by Volunteer (Camper) : Yes 3. Self- Evaluation by Villager : Yes		
11	Difficulties, if any experienced in the camp.			
	S.No	Difficulties on	Nature of difficulty	Causation
				Remedy Suggested
	(a)	Camp arrangements		
	(b)	NSS Volunteers from and their activities		
	(c)	Co-operation from Govt. Departments		
	(d)	Co-operation from Collage		
	(e)	Co-operation from local People/ Youth		
	(f)	Implementation of NSS Programme		
	(g)	Financial		
12	Outstanding achievement, if any during the camp (Attach separate sheet)			


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DAY-1-23.03.2018

National Service Scheme special camp organized by Tamilnadu Physical Education and Sports University and it started on 22nd march 2018. NSS Volunteers made the arrangements like cleaning and arranging the Hall with the decorative items. The camp started with Tamil Thai Vazthu and inaugural function by NSS Cordinator and Guests.



Honouring the Guests with shalvai.

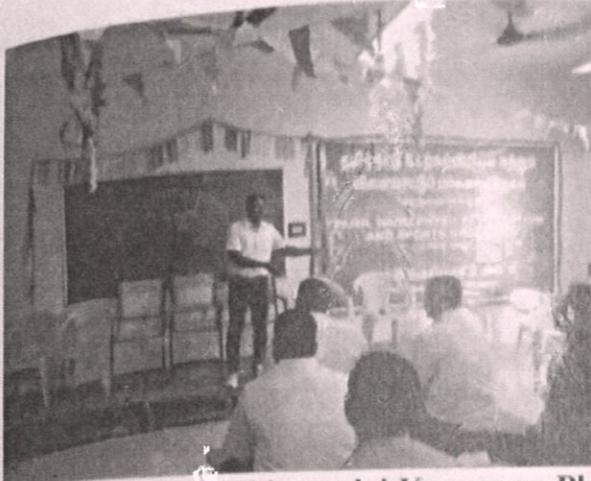


Special Guest Address.

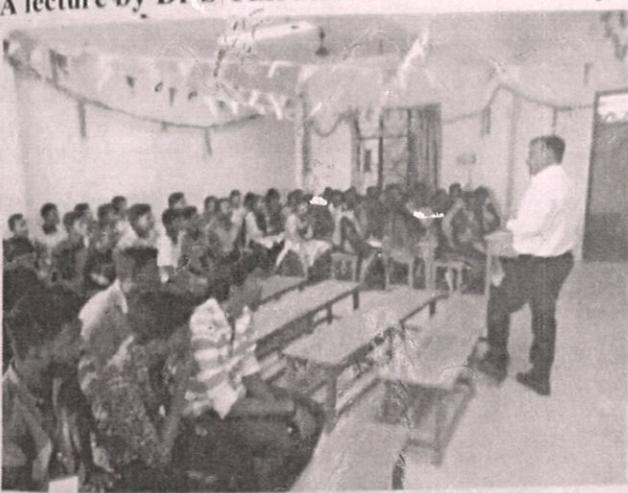


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A lecture by Dr Rajini Kumar about NSS.



A lecture by Dr S Thirumalai Kumar on Physical Education and Sports.



A lecture by Dr Selvalakshmi on Women Harrasment.



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DAY-2.(24.02.2018)

Students Reporting and Physical Activities.



Ground Clearing.

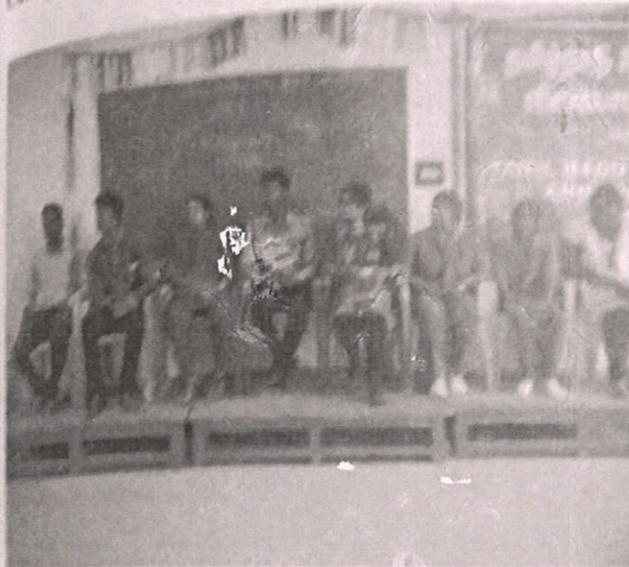


Cleaning work under the Guidance of our Registrar Dr T.Radhakrishnan.



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Health Checkup for our NSS Volunteers and for our university faculties and students by Tagore Medical College. Honouring the Doctors with Shalvai.



While Doctors doing Health Checkup for our NSS Volunteers and university faculties and students.



Thanking the Tagore Medical College Doctors by NSS Program Officer Dr S Jaya Kumar.



V. Srinivasan

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Water Tank Cleaning by our NSS Volunteers with the Guidance of NSS Program Officer



The Registrar Dr. T. Radhakrishnan appreciates the NSS Volunteers and Program Officer for cleaning the Tank.



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A lecture about yoga by Dr Baskaran Yoga Expert to NSS Volunteers.



Cleaning our University campus.



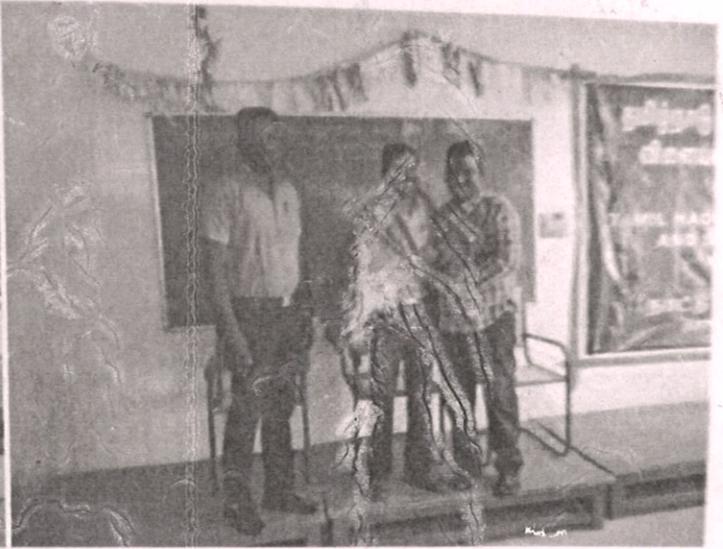
Plastic papers, bags cleaning



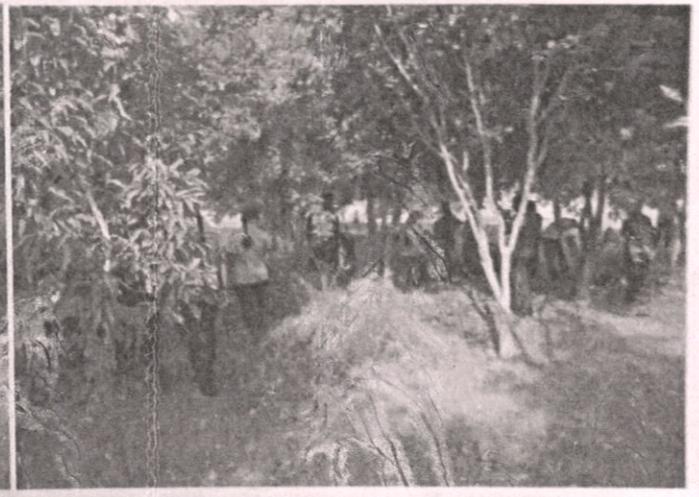
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DAY-4(26.02.2018)

Inviting Physiotherapist Mr Manoj and Honoring with Shalvai and He took a class on First Aid



Special Cleaning Program Near Hostel Premises.



DAY-5(27.03.2018)

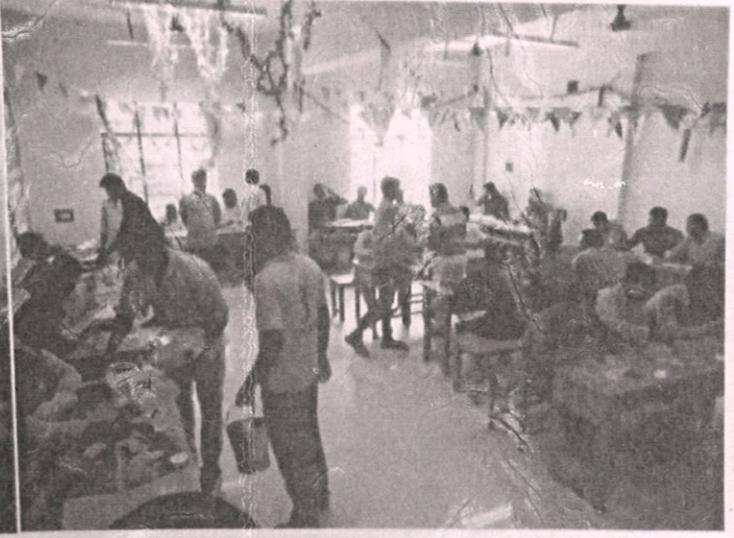
Inviting Dr Micheal Asst Prof, Dept of Criminology, DG Vaishnava College.



...ing with Shalvai and a special lecture on Understanding of Crime and Criminal Beha



Special Lunch for the NSS Volunteers.



DAY-6(28.03.2018)

NSS Volunteers create Gardening on Stone.



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Special preparation for Road Safety.



DAY-7(29.03.2018)

Tree Plantation Program. Dr Mangaiyarkarasi Inagurated the program.

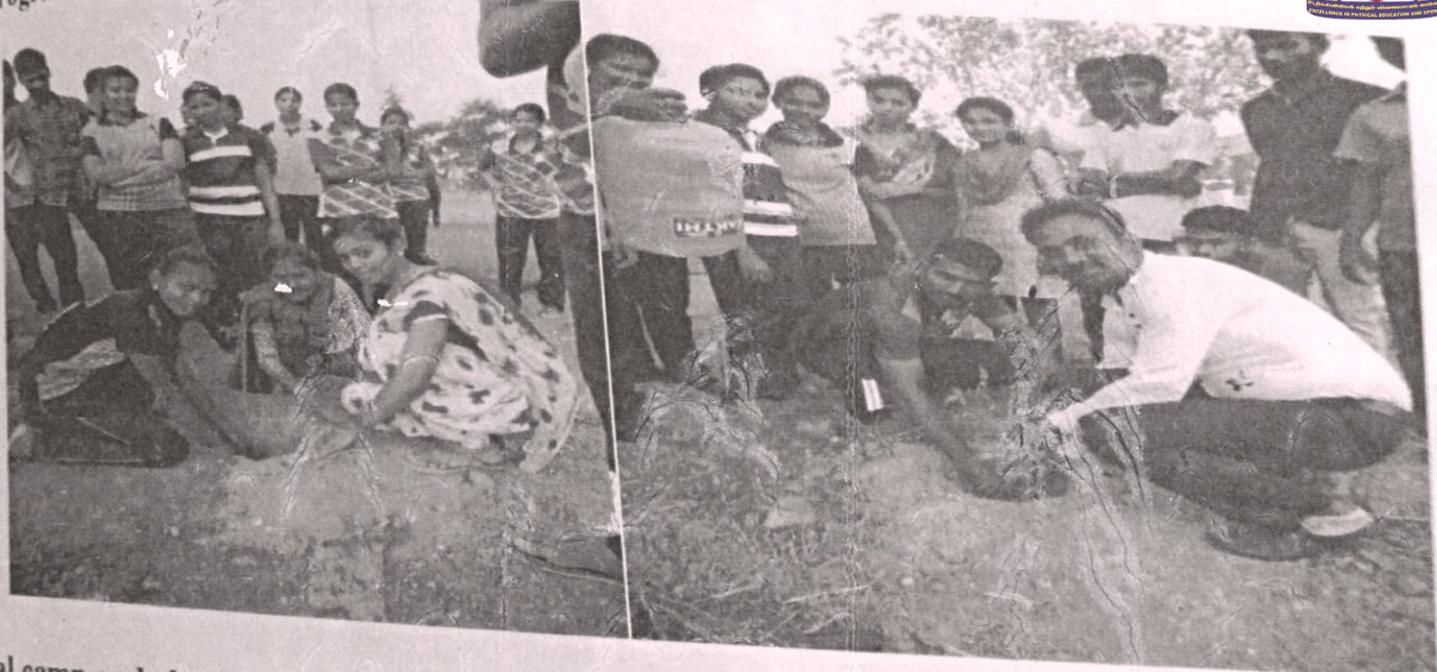


Our NSS Volunteers planted the Trees.

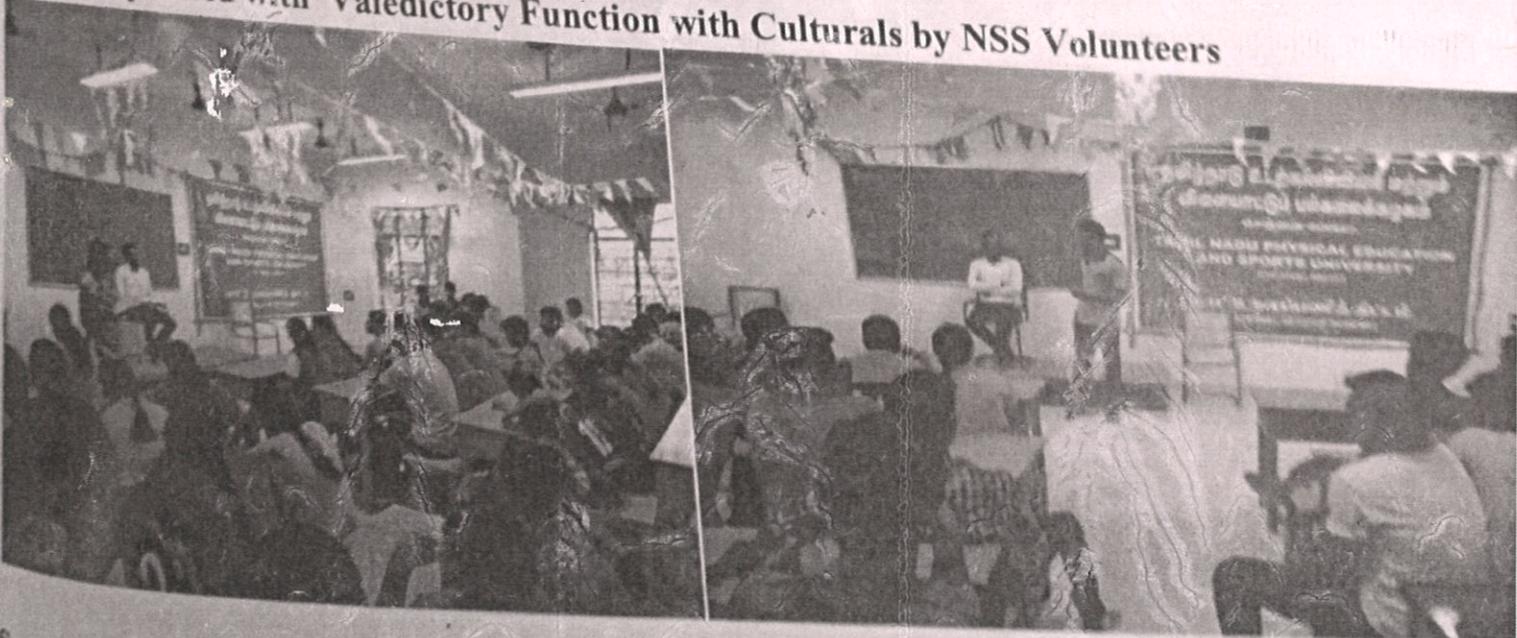



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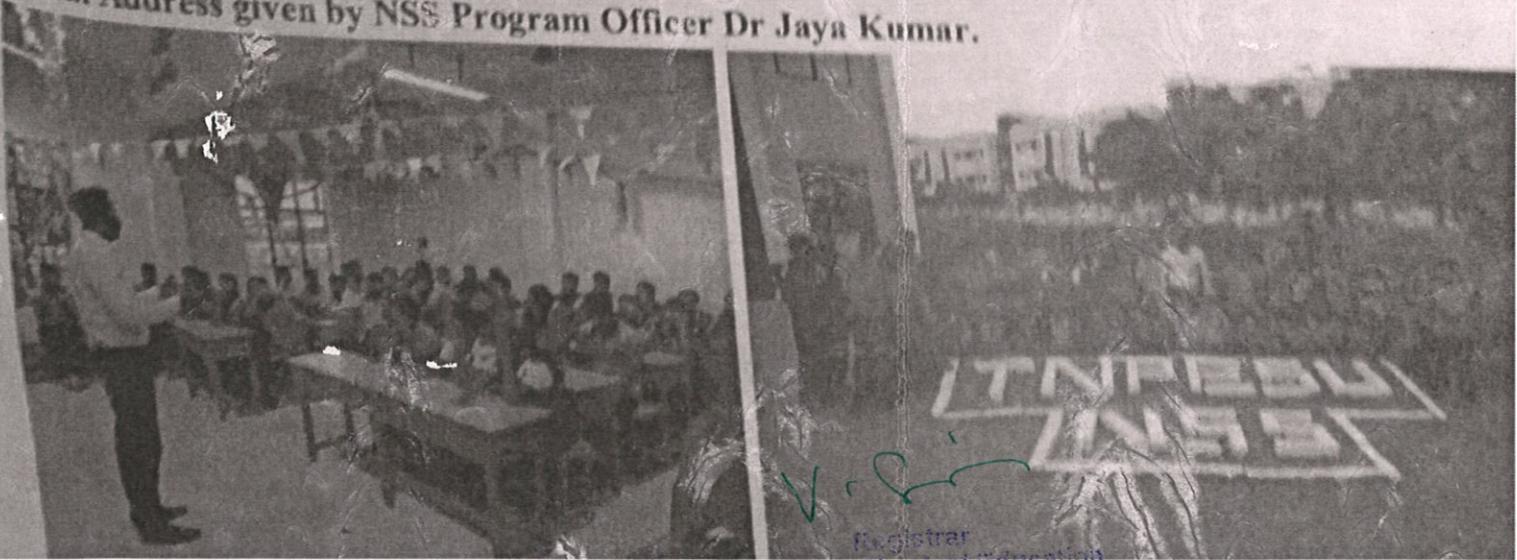
NSS Program Officer Planted the Tree.



Special camp ended with Valedictory Function with Culturals by NSS Volunteers



Special Address given by NSS Program Officer Dr Jaya Kumar.



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FIRST DAY - 23.03.2018 Friday

- 9.00 am to 9.45 am
 - 9.45 am to 11.30 am
 - 11.30 am to 11.45 am
 - 11.45 am to 1.30 pm
 - 1.30 pm to 2.30 pm
 - 2.30 pm to 4.00 pm
 - 4.00 pm to 4.15 pm
 - 4.15 pm to 5.30 pm
 - 5.30 pm
- : Inauguration
 - : Class on NSS
 - By Dr P.Rajini Kumar
NSS Coordinator
 - : Tea Break
 - : Importance Physical Education and Sports
 - by Dr.S.Thirumalai Kumar
 - : Lunch Break
 - : Yoga and Health
 - By Dr.Selvalakshmi
 - : Tea Break
 - : Field work
 - : Discussion on NSS Activities of Next Day

SECOND DAY - 24.03.2018 Saturday

- 7.00 am to 8.30am
 - 8.30 am to 9.30
 - 9.30 am to 1.30 pm
 - 1.30 pm to 2.30 pm
 - 2.30 pm to 4.30 pm
 - 4.30 pm to 4.45 pm
 - 4.45 pm to 5.45 pm
 - 5.45 pm
- : Physical Activity
 - : Breakfast
 - : Medical Check Up
 - By Tagore Medical College
 - : Lunch Break
 - : Special Activities
 - : Tea Break
 - : Asset creation
 - : Discussion on the next day programme

THIRD DAY - 25.03.2018 Sunday

- 7.00 am to 8.00am
 - 8.00 am to 9.00am
 - 9.30 am to 11.00 am
 - 11.00 am to 11.15 am
 - 11.15 am to 1.30 pm
 - 1.30 pm to 2.30 pm
 - 2.30 pm to 4.00 pm
 - 4.00 pm to 4.15 pm
 - 4.15 pm to 6.00 pm
- : Swach Bharath
 - : Breakfast
 - : Theory of Yoga
 - by Dr.Baskaran Yoga Instructor
 - : Tea Break
 - : Practical of Yoga
 - by Dr.Baskaran
 - : Lunch Break
 - : Cultural Preactice
 - : Tea Break
 - : Asset creation

FOURTHDAY - 26.03.2018 Monday

- 7.00 am to 8.30 am
 - 8.30 am to 9.30 am
 - 9.30 am to 11.30am
 - 11.45 am to 11.30 am
 - 11.30 am to 1.15 pm
 - 1.15 pm to 2.15 pm
 - 2.15 pm to 3.30 pm
 - 3.30 pm to 3.45 pm
 - 3.45 pm to 5.30 pm
 - 5.30 pm
- : Physical fitness awareness
 - : Breakfast
 - : First aid & Health awareness
 - By Mr.C.Manoj, Physiotherapist
 - : Tea Break
 - : First aid Demonstration
 - By Mr.Srinivasan, Physiotherapist
 - : Lunch Break
 - : Tree Plantation
 - : Tea Break
 - : Asset creation
 - : Cultural activities

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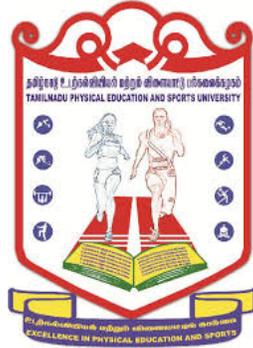




NSS SPECIAL CAMP STUDENTS NAME LIST

S.No	Name	Class	S.No	Name	Class
1	HEMAMALINI.R	II BPEd	49	NIROSHA K	II M.P.Ed
2	PRIYA.B	II BPEd	50	AROKIA DAVIDEAJ N	II M.P.Ed
3	KAVITA.E	II BPEd	51	DEENAN M	II M.P.Ed
4	KARTHIKA.K	II BPEd	52	S.YUVAPRIYA	II M.P.Ed
5	NANDHINI	II BPEd	53	KEERTHANA V	II M.P.Ed
6	JAYA PRASHALINI M.J	II BPEd	54	ASWINI.K	II M.Sc Ex. Phy
7	PREETHI PRISILLA.S	II BPEd	55	DIVYA MALA M	II M.Sc Ex. Phy
8	NALINA DEVI.M	II BPEd	56	MAHARANIV	II M.Sc Ex. Phy
9	PRIYANKA.K	II BPEd	57	VINOTHINI.R	II M.Sc Ex. Phy
10	VIDHYA.G	II BPEd	58	SRIRAM	II M.Sc Ex. Phy
11	PERRTHIVIKA.K	II BPEd	59	SONALISHA.A	II B.Sc(Ex. Phy)
12	SOWMIYA.S	II BPEd	60	NAGALAKSHMI.T	II B.Sc(Ex. Phy)
13	SHYNE ROSE.D	II BPEd	61	KOWSALYA.S	II B.Sc(Ex. Phy)
14	PANDI SELVAM	II BPEd	62	REKHA.M	II B.Sc(Ex. Phy)
15	SANDHYA.G	II BPEd	63	SILAMBARASAN.S	II B.Sc(Ex. Phy)
16	INBANIKAS	II BPEd	64	R.KIRTHIKA	II B.Sc(Ex. Phy)
17	SHANTHI.A	II BPEd	65	A.KAVITHA	II B.Sc(Ex. Phy)
18	SARANYA.K	II BPEd	66	VENKADESAN	II B.Sc(Ex. Phy)
19	KOTISHWARI	II BPEd	67	ASWINI.K	II M.Sc Ex. Phy
20	SUMATHI.P	II BPEd	68	SILMABARASAN.S	III B.SC, S.C
21	APARNA.I	II BPEd	69	MANOJ.P	III B.SC, S.C
22	SUJITHA.B	II BPEd	70	PRATHAP.S	III B.SC, S.C
23	E.ANBARASI	II BPEd	71	MARIMUTHU.K	III B.SC, S.C
24	C.ELANGO	II BPEd	72	S.VEENUS DAYANA	II BSC S.C
25	JEGAVEERAPANDIYAN	II BPEd	73	P.PAVITHIRAN	II BSC S.C
26	A.RAVIND.S	II BPEd	74	A.GUNASEELAN	II BSC S.C
27	MOHAN SOLOMONRAJ.R	II BPEd	75	M.MATHAN KUMAR	II BSC S.C
28	M.DASARATHAN	II BPEd	76	B.BALAMURUGAN	II BSC S.C
29	M.DINESH KUMAR	II BPEd	77	K.MARUTHAVANAN	II BSC S.C
30	K.ANDROPRAKARAN	II BPEd	78	ARAVINTH KUMAR.S	II BSC S.C
31	P.DINESH	II BPEd	79	G.NITHISH KUMAR	II BSC S.C
32	MANOJ KUMAR.K	II BPEd	80	MADAN KUMAR.A	II BSC S.C
33	C.RAMKI	II BPEd	81	A.MATHAN	II BSC S.C
34	S.AKASH	II BPEd	82	M.MATHAN RAJ	II BSC S.C
35	C.BOOBALAN	II BPEd	83	M.PRAKASH	II BSC S.C
36	A.ANAND KUMAR	II BPEd	84	G.PRAKASH	II BSC S.C
37	R.VIGNESH	II BPEd	85	M.YOGESHWAREN	II BSC S.C
38	G.GNANARAJ	II BPEd	86	A.AJITH	II BSC S.C
39	S.UDAYA KUMAR	II BPEd	87	R.AKASH	II BSC S.C
40	P.KARUPPASAMY	II BPEd	88	RAJALAKSHMI	II BSC S.C
41	N.DINAKAR	II BPEd	89	ANUSHYA	II BSC S.C
42	VIJAY.K.R	II BPEd	90		
43	A.VIGNESH	II BPEd			
44	A.KIRUBAHARAN	II BPEd			
45	R.RAMESH RAJA	II BPEd			
46	PAVITHRA.K	II BPEd			
47	KARUPPASAMY T.	II M.P.Ed			
48	NITHYA.K	II M.P.Ed			

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2018-19



2018-2019

A REPORT ON VILLAGE PLACEMENT PROGRAM

Village Placement Program is a part of the students M.Sc/ M.Phil program. A total number of 12 students had participated in the program from 11/04/2019 to 17/04/2019 at ANBAGAM (Special School and Home for Mentally Retarded Children, Mambakkam, Chennai. The program details are given below:

DAY	DATE	ACTIVITY
01	11.04.2019	RAPPORT BUILDING – RELAXATION EXERCISES
02	12.04.2019	PERSONALITY DEVELOPMENT – MUSIC THERAPY; DANCE THERAPY; RELAXATION EXERCISE
03	13.04.2019	GAMES AND RULES OF A SPORTS; WARMING UP EXERCISES; ONE TO ONE INTERACTION; GAME; RELAXATION EXERCISE
04	14.04.2019	REVIEWING THE SESSIONS
05	15.04.2019	YOGA AND WARM UP ; PASSING THE BALL; STANDIG AND MOVING
06	16.04.2019	LIFE SKILLS TEACHING ; YOGA EXERCISES; BALL GAME ; BLACKBOARD GAME; ONE TO ONE INTERACTION; BALL GAME
07	17.04.2019	REGULAR YOGIC EXERCISES ; TEACHER STUDENT GAME; BALL GAME

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Certificate of Participation



ISO 9001:2015 CERTIFIED ORGANIZATION
ISO சான்றிதழ் பெற்ற நிறுவனம்

Cell : 9444205415 / 9444353569
Website : www.anbagam.net
E-mail : anbagam1999@gmail.com



ESTD : 1999

ANBAGAM
(Special School & Home for Mentally Retarded Children)
(Recognised by Govt. of Tamil Nadu)

Kayar Road, Panangattupakkam, Kolathur (P.O.) Vandalur (Via), Chennai - 600 127. Near Mambakkam.

MANAGED BY ALL INDIA PHYSICALLY HANDICAPPED WELFARE TRUST (REGD)

Chairman:
Hon'ble Justice S. MOHAN
Supreme Court (Retd).

Vice-Chairman:
Lion Er. D. SANTHANAM

Director:
Sevarathna Dr. P. VEERAMANI

Chief Advisor:
T.S.R. K. DEENADHARAN, I.A.S.

TO,
DR. SHANIN AHMED, M.A., M.PHIL., PH.D., M.B.A.,
PROFESSOR AND HEAD,
DEPT OF SPORTS MANAGEMENT,
SPORTS PSYCHOLOGY & SOCIOLOGY,
TAMIL NADU PHYSICAL EDUCATION &
SPORTS UNIVERSITY, CHENNAI-600127

24/04/2019

CERTIFICATE

THIS IS TO CERTIFY THAT MRS. DEEKSHA SETHI M.PHIL. (PSYCHOLOGY/SPORTS PSYCHOLOGY) CONDUCTED A VILLAGE PLACEMENT PROGRAMME IN OUR ANBAGAM HOME SUCCESSFULLY FROM 11/04/2019 TO 17/04/2019 MORNING 9.30 AM TO 5.30 PM. I WISH HER ALL SUCCESS IN HER FUTURE CARRIER.



WITH REGARD

DR. P. VEERAMANI

FOUNDER AND DIRECTOR, ANBAGAM

Sevarathna Dr. P. VEERAMANI
Founder & Director
ANBAGAM

Special School & Home for Mentally Retarded Children
(Recognised by Govt. of Tamil Nadu)
Kayar Road, Panangattupakkam, Kolathur P.O.
Chennai - 600 127

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2015 CERTIFIED ORGANIZATION
2015 தரச்சான்றிதழ் பெற்ற நிறுவனம்

Cell : 9444205415 / 944435
Website : www.anbagam.net
E-mail : anbagam1999@gmail



ANBAGAM

(Special School & Home for Mentally Retarded Children)
(Recognised by Govt. of Tamil Nadu)

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Lion Er. D. SANTHANAM

Director:

Sevarathna Dr. P. VEERAMANI

Chief Advisor:

Thiru. K. DEENADHAYALAN, I.A.S.

TO,

DR. SHANIN AHMED, M.A., M.PHIL., PHD., M.B.A.

24/04/2019

PROFESSOR AND HEAD,

DEPT OF SPORTS MANAGEMENT,

SPORTS PSYCHOLOGY & SOCIOLOGY,

TAMILNADU PHYSICAL EDUCATION &

SPORTS UNIVERSITY, CHENNAI-600127

CERTIFICATE

THIS IS TO CERTIFY THAT MR. VIMALANATHAN RAGUVARMAN MSC (PSYCHOLOGY/SPORTS PSYCHOLOGY) CONDUCTED A VILLAGE PLACEMENT PROGRAMME IN OUR ANBAGAM HOME SUCCESSFULLY FROM 11/04/2019 TO 17/04/2019 MORNING 9.30 AM TO 5.30 PM. I WISH HIM ALL SUCCESS IN HER FUTURE CARRIER.



WITH REGARD

DR. P. VEERAMANI

FOUNDER AND DIRECTOR, ANBAGAM

Sevarathna Dr. P. VEERAMANI

Founder & Director

ANBAGAM

Special School & Home for Mentally Retarded Children

(Recognised by Govt. of Tamil Nadu)

Kavar Road, Panagattupakkam, Kolathur P.O

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Tamil Nadu Physical Education and Sports University, Chennai – 127

Department of Sports Management and Psychology & Sociology

**A Report on Village Placement Programme(VPP) held during the
Academic Year 2018 – 19**

As a part of the academic curriculum, the Students of MBA & M.Phil participated in the Village Placement Programme at Government ADW School, Melakottaiyur from 11/03/2019 to 15/03/2019(5 days) for the purpose of community development. A total of 11 MBA Students participated and carried out a Community Development activities such as Cleaning the School Campus, Planting trees, Conducting games with the students, etc. This programme went on very well and served the stated purpose. The students have submitted a detailed report on this programme to the Department.


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DR.S.PREM KUMAR
Professor of Sports Management
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.



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



A REPORT ON "VILLAGE PLACEMENT PROGRAMME"

CONDUCTED BETWEEN 11/03/2019 - 15/03/2019

AT

GOVT. ADW MIDDLE SCHOOL, MELAKOTTAIYUR

BY

II YEAR MBA (SPORTS MANAGEMENT) STUDENTS

(2017-2019 BATCH)



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

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI - 600127

MARCH - 2019

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Chennai

GOVERNMENT ADW MIDDLE SCHOOL, MELAKOTTAIYUR



TO WHOM IT MAY CONCERN

This is to certify that,

- INDHU. R
- SANDHIYA. E
- DASS. M
- DHIVAKAR. S
- ELBETHEL L. ZADENG
- MANOJ KUMAR. B
- MATHUN RUNGSUNG
- NIKHIL KUMAR
- NINGLUM ZIMIK
- SAISANATHOSH. G
- SARAVANA KUMAR. N

MBA (Sports Management) students of Tamil Nadu Physical Education and Sports University have served in our School from 11/03/2019 to 15/03/2019 by conducting sport games for the students, conducting quiz competition, presenting motivational career advice for further studies, teaching of health education and physical exercises during their Village Placement Programme (VPP) which was very beneficial to our students.

We appreciate the work done by them.

Date :

2/05/2019

Place :

Chennai

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

Karthikeyan
Signature of Head of Institution

STUDENTS ATTENDED THE PROGRAMME



SL/NO	NAME	REGISTER NUMBER	NUMBER OF WORKING DAYS (5)
1	INDHU. R	20175407001	5
2	SANDHIYA. E	20175407002	5
3	DASS. M	20175407003	4
4	DHIVAKAR. S	20175407004	5
5	ELBETHEL L. ZADENG	20175407005	5
6	MANOJ KUMAR. B	20175407006	4
7	MATHUN RUNGSUNG	20175407007	5
8	NIKHIL KUMAR	20175407008	5
9	NINGLUM ZIMIK	20175407009	5
10	SAISANATHOSH. G	20175407010	5
11	SARAVANA KUMAR. N	20175407011	5

Ramesh
3/5/19
Dr. V. RAMESH KUMAR, MBA., Ph.D.
Assistant Professor In Sports Management
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur Post, Vandalur, Chennai-600 127

V. Srin
Registrar
Tamil Nadu Physical Education
and
Sports University
Chennai

Prem
3/5/19
DR. S. PREM KUMAR
Professor of Sports Management
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai - 600 127.

3-6-



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REPORT ON REGULAR ACTIVITY



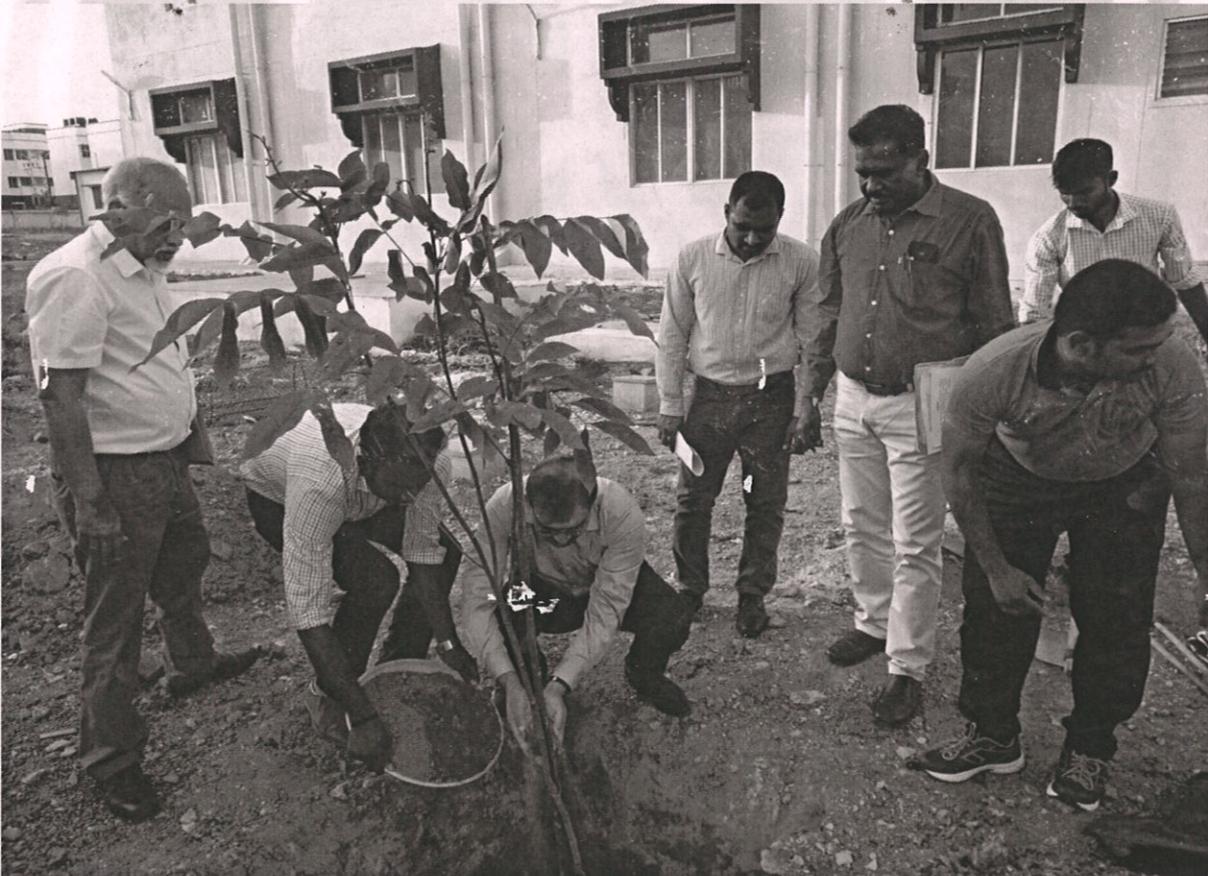
DEPARTMENT OF PHYSICAL EDUCATION

(2018-2019)

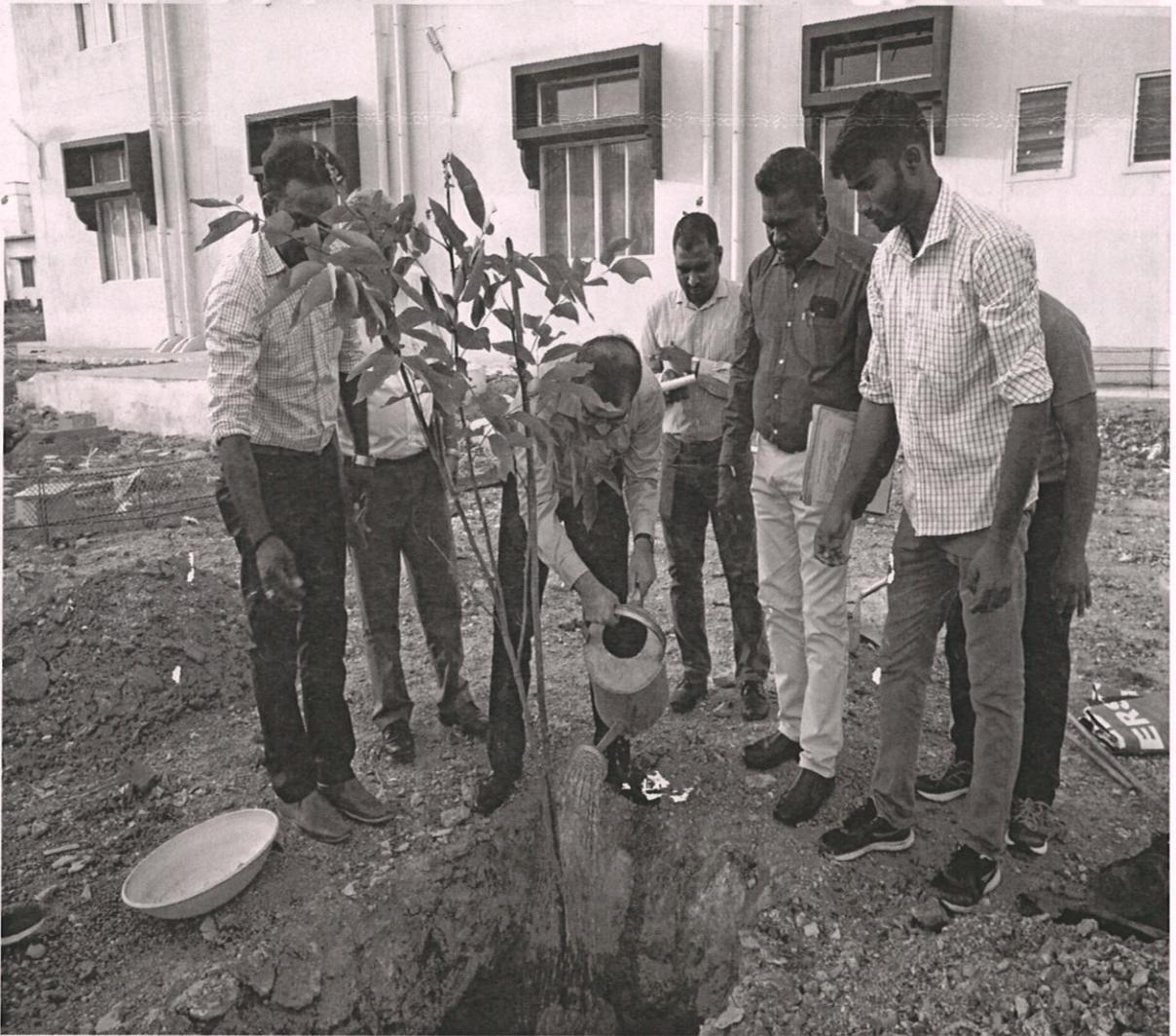
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**Special Tree planting Programme organized by NSS Unit of
TNPESU, The special guest Principal Secretary Deeraj
kumar I.A.S 12th July 2018**




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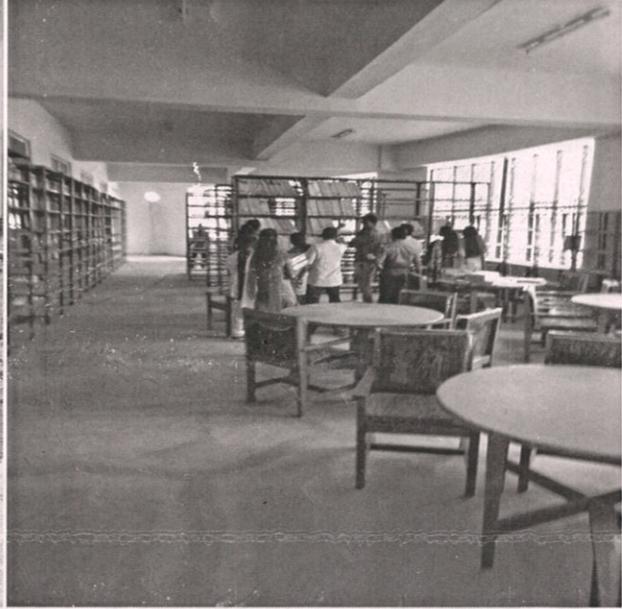


V. Senthil

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Special programme Campus cleaning and Library Shifting 12th June 2018

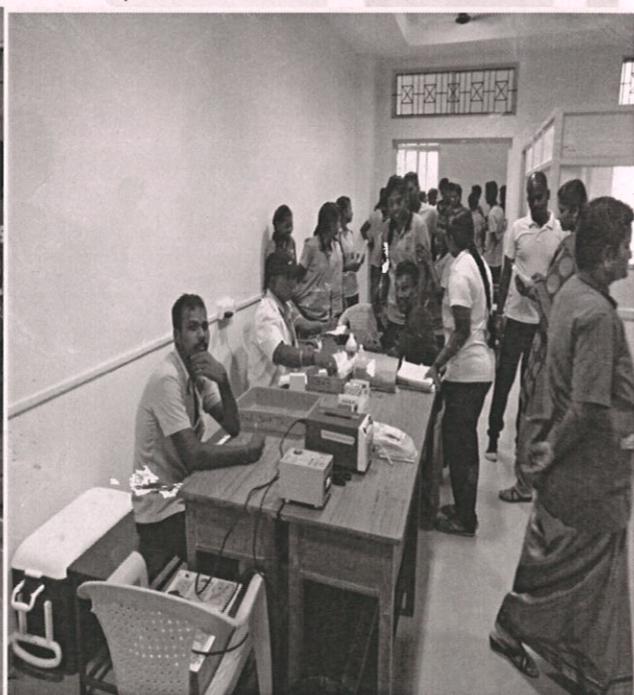
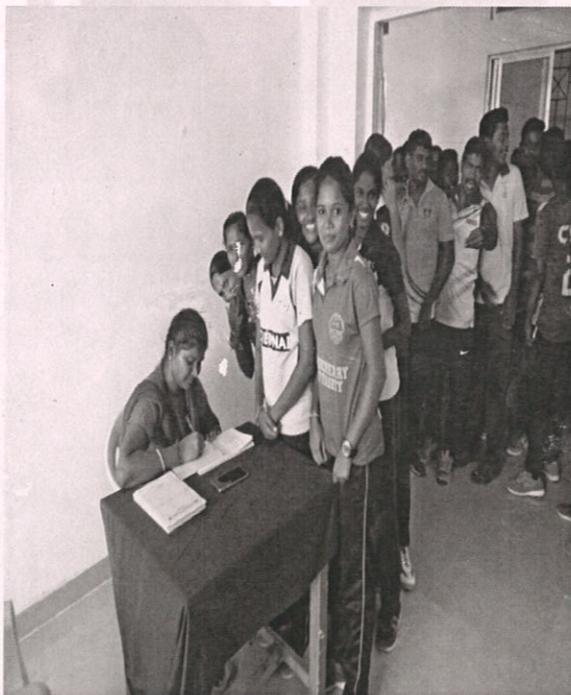
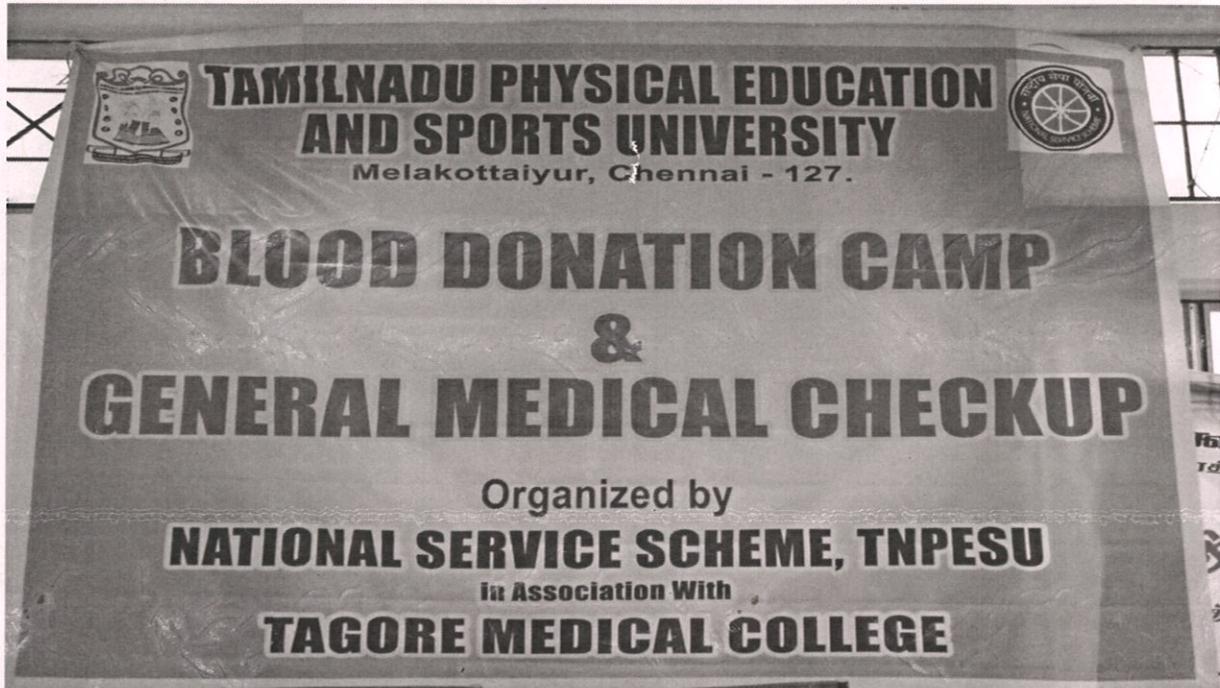


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Blood donation and General Medical checkup

5th July 2018



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Registrar
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V. R. Govindarajan
Registrar
Tamilnadu Physical Education
and
Sports University
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V. Srinivasan

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V. G. S.

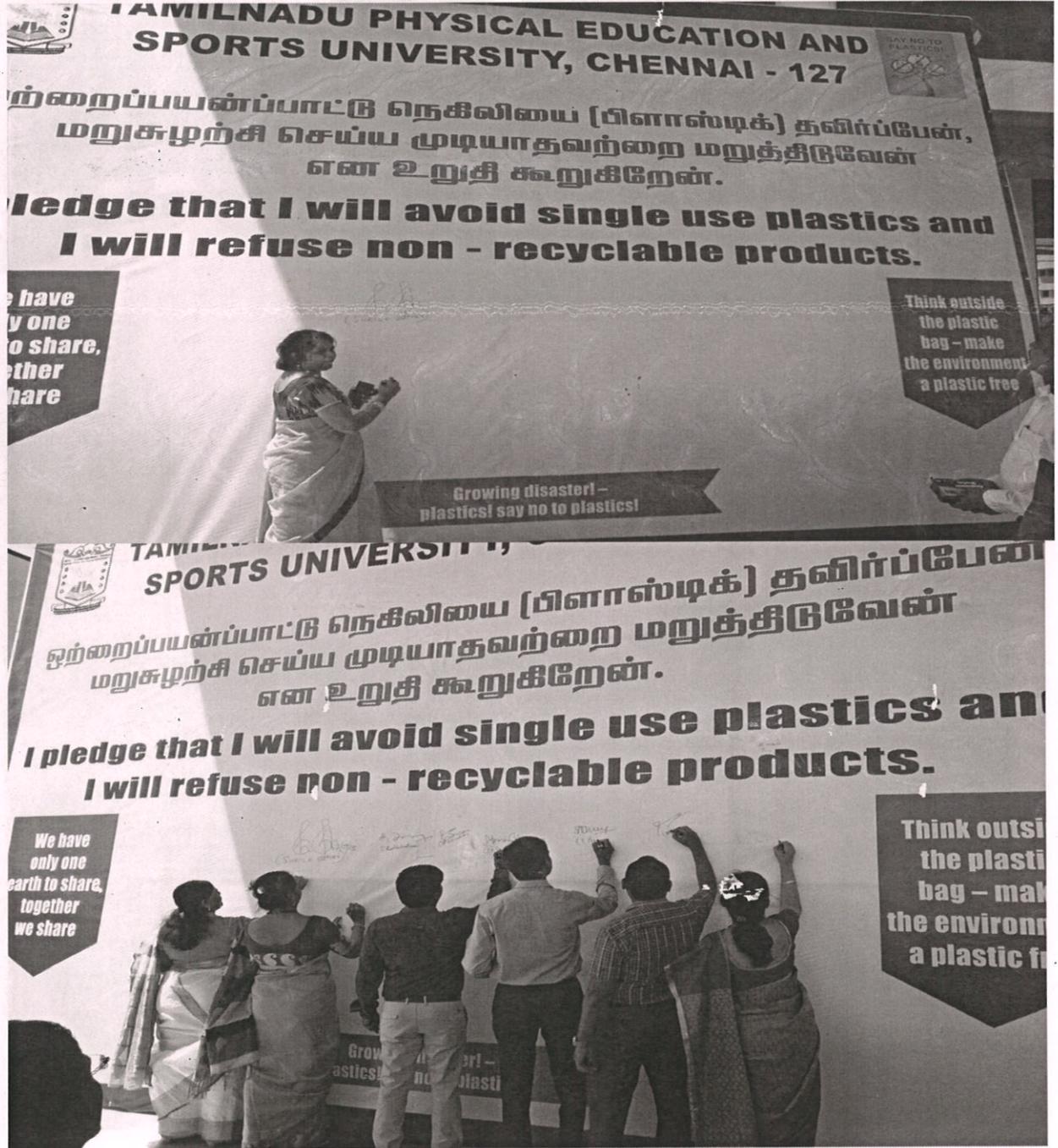
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Anti Plastic Programme

“I pledge that I will avoid single use plastics and I will refuse non- recyclable products”

7th Sep 2018



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ஒற்றைப்பயன்பாட்டு நெகிலியை (பிளாஸ்டிக்) தனிர்ப்பேன்
மறுசுழற்சி செய்ய முடியாதவற்றை மறுத்திடுவேன்
என உறுதி கூறுகிறேன்.

**I pledge that I will avoid single use plastics and
I will refuse non - recyclable products.**

We have

Think out
the plas

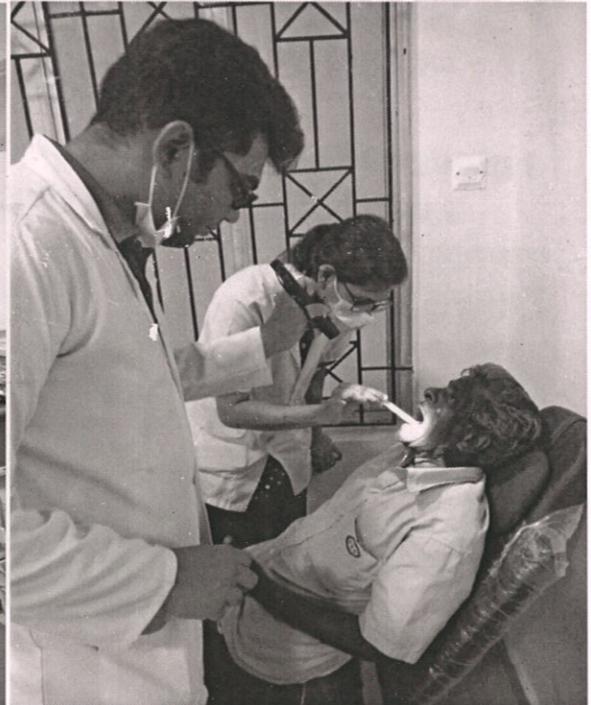
PHYSICAL EDUCATION

U. S. S.
Registrar
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Chennai



Dental camp

22nd Oct 2018



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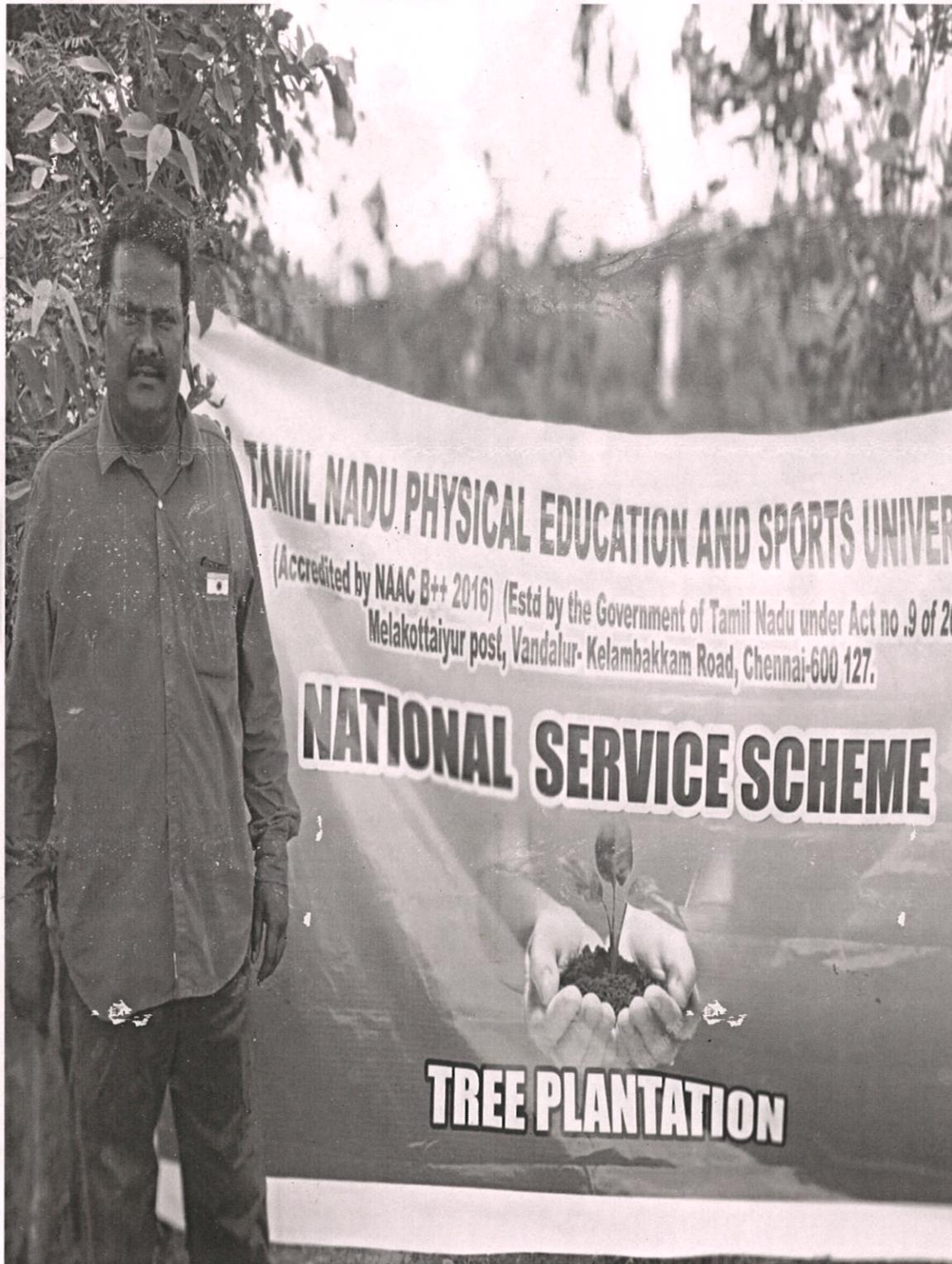


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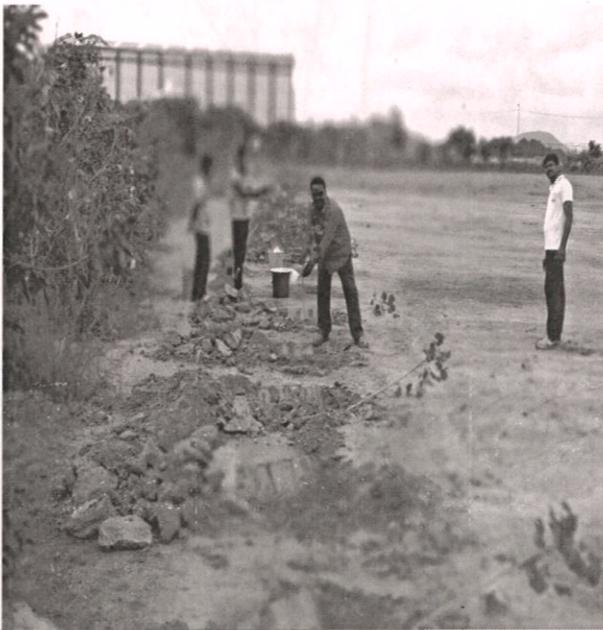
**Special Tree planting Programme organized by NSS Unit of
TNPESU, 26th January 2019**




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



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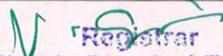
Handwritten notes in pink ink, partially illegible.



Dr. V. S. Srinivasan
Registrar

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Sports University
Chennai




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Chennai



Handwritten signature in pink ink.

Handwritten signature in green ink.

Registrar
Tamilnadu Physical Education
and
Sports University
Chennai



V. Senthil
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

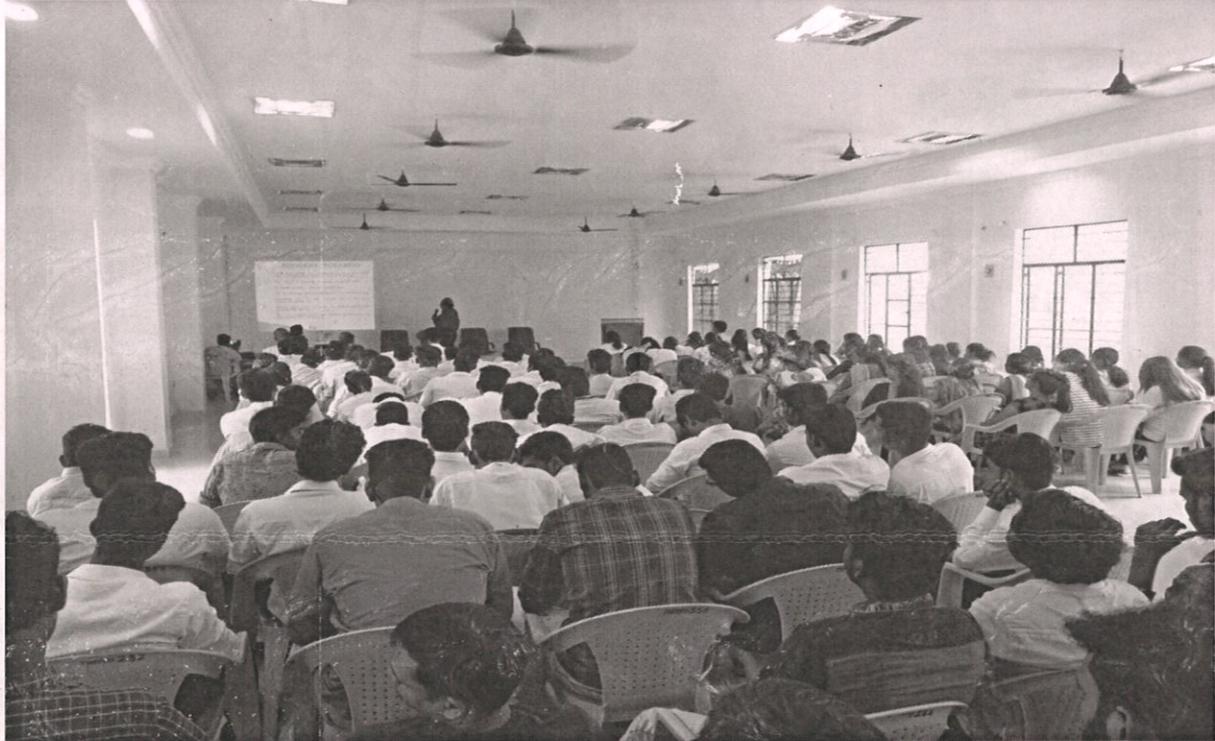
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V. Srinivasan
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Special Road safety awareness Programme organized by NSS Unit of TNPEUSU, 11th Feb 2019




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Tamil Nadu Physical Education
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Sports University
Chennai



V. S.

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Tamil Nadu Physical Education
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Chennai






**சாலை விதிகளும்
அபராதமும்**

சாலை பாதுகாப்பு வாரம்

2019



**ஓட்டுநர் உரிமம்
இல்லாமல் பயணம் செய்தல்**

அபராதம்

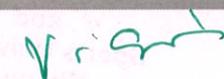
**ரூ. 5000*/
3 மாத சிறை தண்டனை**

1





#சாலை_பாதுகாப்பு_வாரம்


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**வாகன கார்பீடு
இல்லாமல் இருந்தால்**

அபராதம்

**ரூ 2000*/
3 மாத சிறை தண்டனை**

2



#சாலை_பாதுகாப்பு_வாரம்

**வாகன தரச்சான்றிதழ்
இல்லாமல்**

அபராதம்

**அதிகபட்சம் ரூ5000*/
குறைந்தபட்சம் ரூ2000*/**

3



#சாலை_பாதுகாப்பு_வாரம்

V. S. S.
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வாகனத்தின்
RC புக இல்லாமல் இருந்தால்

அபராதம்

ரூ 2000*/

4



#சாலை_பாதுகாப்பு_வாரம்

18 வயதுக்கு
கீழ் உள்ளவர்கள்

அபராதம்

ரூ 500*/

5



#சாலை_பாதுகாப்பு_வாரம்

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தலைக்கவசம்
இன்றி பயணம்

அபராதம்

ரூ 100*/

6



#சாலை_பாதுகாப்பு_வாரம்

சீட் பெல்ட்
அணியாமல் பயணித்தால்

அபராதம்

ரூ 1000*/

7



#சாலை_பாதுகாப்பு_வாரம்



Special Programme for 400M Track cleaning for NSS Volunteers organized by NSS Unit of TN PESU



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V. Senthil
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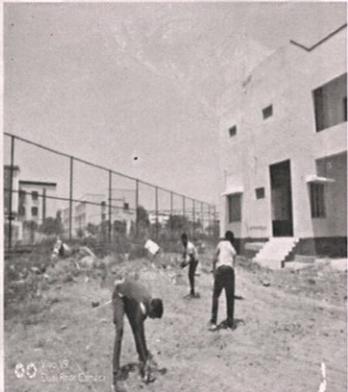
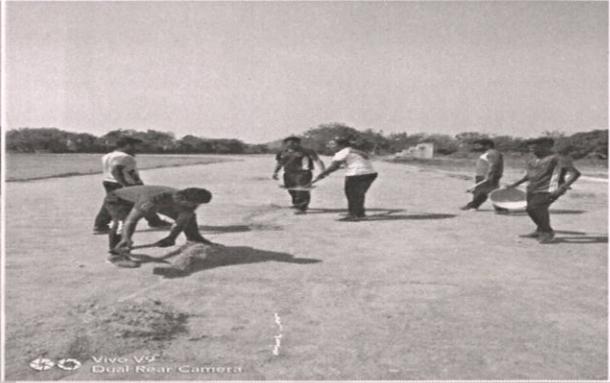
V Registrar
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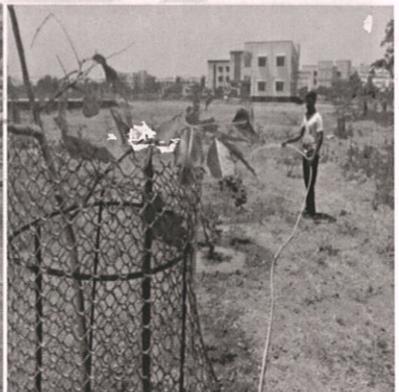
Special Programme for cleaning for Indore Stadium surroundings of Tamil Nadu Physical Education Sports University and watering the plants for NSS Volunteers organized by NSS Unit of TNPESU



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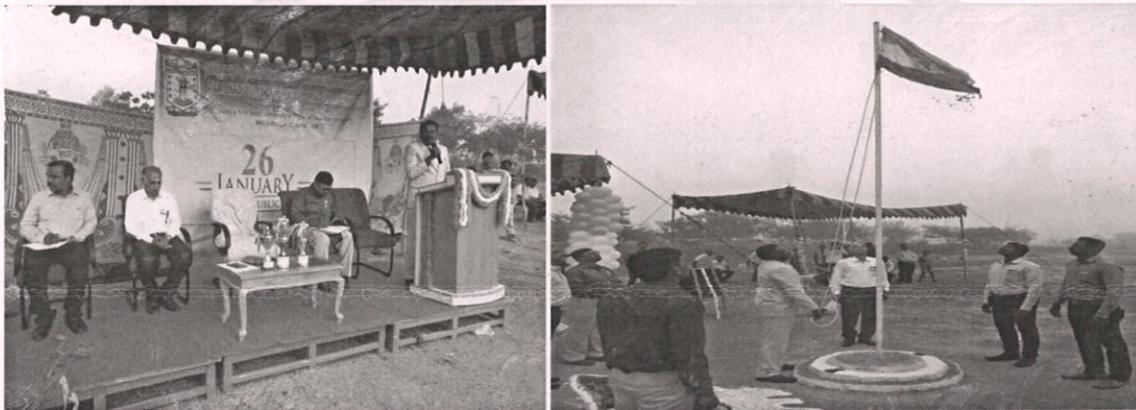

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Voters day oath taking



Republic day celebration

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Swaach Bharath activity



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Chennai*

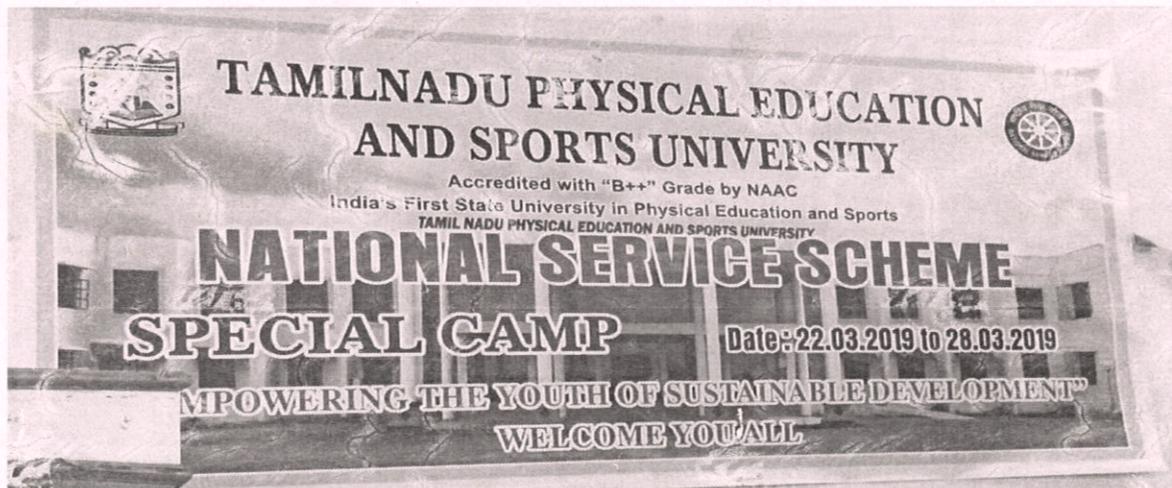


A REPORT ON

SEVEN DAYS NSS SPECIAL CAMP

(22.03.2019 TO 28.03.2019)

"NOT ME, BUT YOU"



**ORGANIZED BY NSS UNIT OF
TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY
MELAKOTTAIYUR, CHENNAI-600127**


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INTRODUCTION:

NATIONAL SERVICE SCHEME popularly known as NSS was launched in Gandhi's Birth Centenary Year 1969, under the Ministry of Youth Affairs & Sports Govt. of India. The scheme was launched simultaneously in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service and promotion of National solidarity.

In India, the idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his student audience time and again was that they should always keep before them, their social responsibility. The first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with the national goods & services so essential to society. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive so that the life of the villagers might be raised to a higher material and moral level".

NSS works on the premise that it is possible to awaken the villagers and slum dwellers to their responsibilities and develop in them the confidence, to tackle their common problems with energy, enthusiasm and in a co-operative spirit, based on mutual aid and self-reliance. The role of students is limited as activists, enablers, catalytic agents with wider communities and as programme aids.

The main objectives of National Service Scheme (NSS) are:

- Understand the community in which they work.
- Understand themselves in relation to their community.
- Identify the needs and problems of the community and involve them in problem solving.
- Develop among themselves a sense of social and civic responsibility.
- Utilize their knowledge in finding practical solutions to individual and community problems.

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- Develop competence required for group-living and sharing of responsibilities.
- Gain skills in mobilizing community participation.
- Acquire leadership qualities and democratic attitudes.
- Develop capacity to meet emergencies and natural disasters and Practice national integration and social harmony.

MOTO of NSS "NOT ME, BUT YOU" reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programme.

SPECIAL DAY NSS CAMPING: Special Camping forms an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community.

The primary objectives of the special camping programmes are:-

- Making education more relevant to the present situation to meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the community situation.
- To provide opportunities to students to play their due roles in the implementation of various development programmes by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities.
- Encouraging the students and non-students youth to work along with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community:
- Building up potential youth leaders by exploring the latent potential among the campers, both students as well as local youth (rural and urban), with a view to involve them more intimately in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.

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- Emphasizing the dignity of labour and self-help and the need for combining physical work with intellectual pursuits, and
- Encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.

Tamil Nadu Physical Education and Sports University has been organizing one day and seven days NSS Camp every year since its inception in 2005. The theme of the NSS Camp held this year was EMPOWERING THE YOUTH OF SUSTAINABLE DEVELOPMENT, as per the guidelines of Programme officer of Sports University, Chennai. The objective of this camp was to begin the interface with community, rapport building with community members and developing understanding of the village keeping in view the rationale of village adoption i.e. develop long term institutional relation with the community and contribution to the upliftment of people therein as well as create awareness among teacher trainees regarding their responsibilities towards the society.

The volunteers participated enthusiastically in the camp under the able supervision of Dr.P.Kumaravel program coordinator of NSS under the guidance of Dr.S. Jayakumar, program officer, Tamil Nadu Physical Education and Sports University, Chennai.

A week long plan for the special camp was fixed out which is as follow:

DATE	ACTIVITIES
22 nd March, 2019	<ul style="list-style-type: none">➤ Morning Assembly with Physical Jerks➤ Inauguration Ceremony➤ Class On NSS Activities➤ Class On Power of Down Time➤ Women Harassment➤ Field Work➤ Green House Project Work

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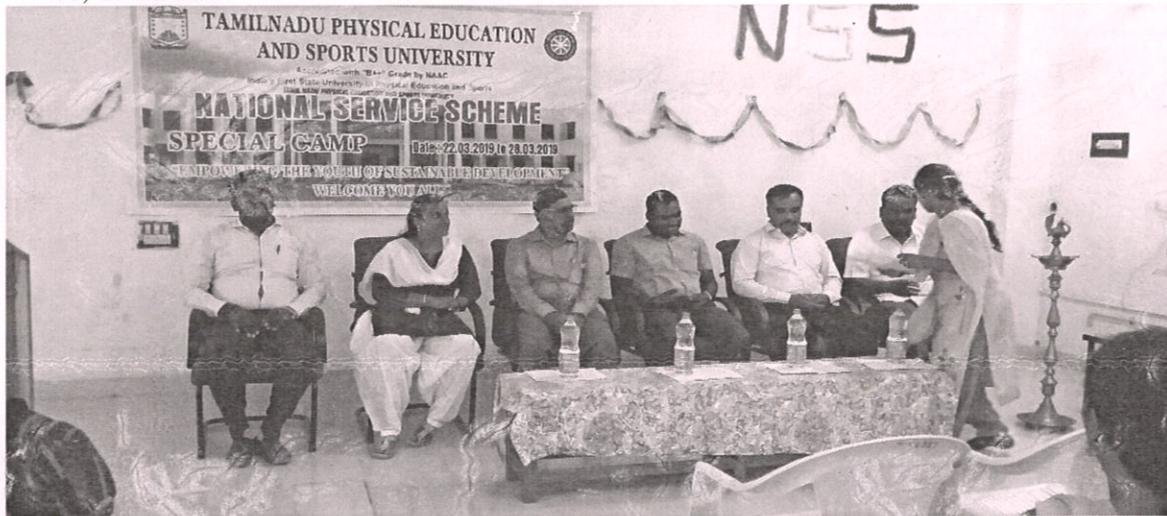
23 th March,2019	<ul style="list-style-type: none">➤ Physical Jerks & Devotion➤ Organic Farm Visit➤ Preparation for Green House Project➤ Asserts Creation
24 th March,2019	<ul style="list-style-type: none">➤ Swatchh Bharat➤ Village Service Programme➤ Cultural Activities➤ Green House Project Work
25 th March,2019	<ul style="list-style-type: none">➤ Physical Fitness Awareness➤ First Aid Health Awareness➤ First Aid Demonstration➤ Tree Plantation➤ Asserts Creation➤ Cultural Activities
26 th March,2019	<ul style="list-style-type: none">➤ Swatchh Bharat➤ Class On Weight Management Principles & Practice➤ Importance of Camp➤ Yoga and Health➤ Field Work
27 th March,2019	<ul style="list-style-type: none">➤ Physical Jerks➤ Medical Camp Tagore College➤ Green House Project➤ Culturals
28 th March,2019	<ul style="list-style-type: none">➤ Swatchh Bharat➤ Class On Diabetics➤ Green House Project➤ Valedictory Ceremony

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FIRST DAY OF CAMP

The camp began with the inaugural function in the University Campus. The programme began when Dr S Thirumalai Kumar Head of the Department, Department of Physical Education, TNPESU accompanied by Dr.P. Kumaravelu NSS Coordinator and Dr.S. Jayakumar program officer welcomed Chief Guest Dr. D.Sathiya Kumar, Registrar i/c, TNPESU.



The function began with Lamp Lighting Ceremony by the chief guest Dr. D.Sathiya Kumar Registrar i/c, TNPESU joined by Dr. S. Thirumalai Kumar, Dr.P.Kumaravelu NSS coordinator and Dr.S.Jayakumar program officer.



Chief Guest Dr. D.Sathiya Kumar Registrar i/c, TNPESU, during lamp lighting ceremony at Inauguration Ceremony

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Photo: chief guest Dr D.Sathiyakumar, guest Dr S. Thirumali kumar, , Dr P. Rajini Kumar
Dr.P.Kumaravel NSS coordinator Dr J. Anitha and Dr.s. Jyakumar Program Officer



Dr.P.Kumaravel NSS coordinator to Honouring the Chief Guest Dr. D. Sathiya Kumar
Registrar i/c with Shawl



Dr. S.Jayakumar to Honouring the Guest Dr.S Thirumali Kumar sir with Shawl

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Dr.P.Kumaravel NSS coordinator to Honouring the Guest Dr.P. Rajini Kumar sir with Shawl

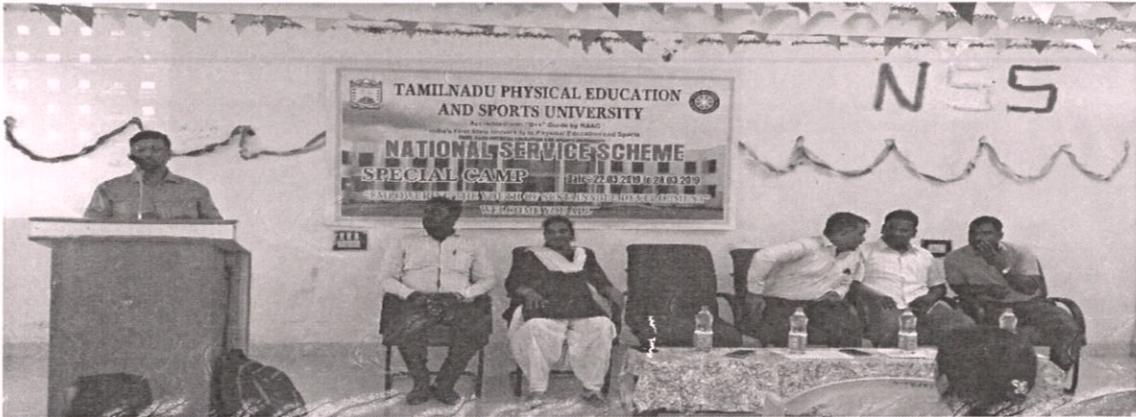


Dr. S.Jayakumar program officer to Honouring the Guest Dr.J. Anitha with Shawl



Dr. S.Thirumalai Kumar sir to Honouring Dr.P. Kumalavel NSS coordinator with Shawl

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Dr.D.Sathiya Kumar Registrar i/c delivered the inaugural address. He discussed the various factors effecting the depletion of natural resources.



Dr. P Rajini Kumar, sports secretary, TNPSU while discussing about NSS Activities with NSS Volunteers



Photo : Dr P. Rajini Kumar and Dr.S. Jayakumar program officer

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Dr S. Thirumalai Kumar giving a presentation on power of down time.



Dr.S. Thirumalai Kumar sir to Honouring Guest Dr.Selvalakshmi Ma'am with Shawl



The evening session of the camp had Dr.Selvalakshmi to conduct 'women arrestment Awareness Drive' for the girl students.

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The NSS Unit's volunteers cum students of TNPESU organized Swachh Bharat Abhiyan on 22nd March, 2019.



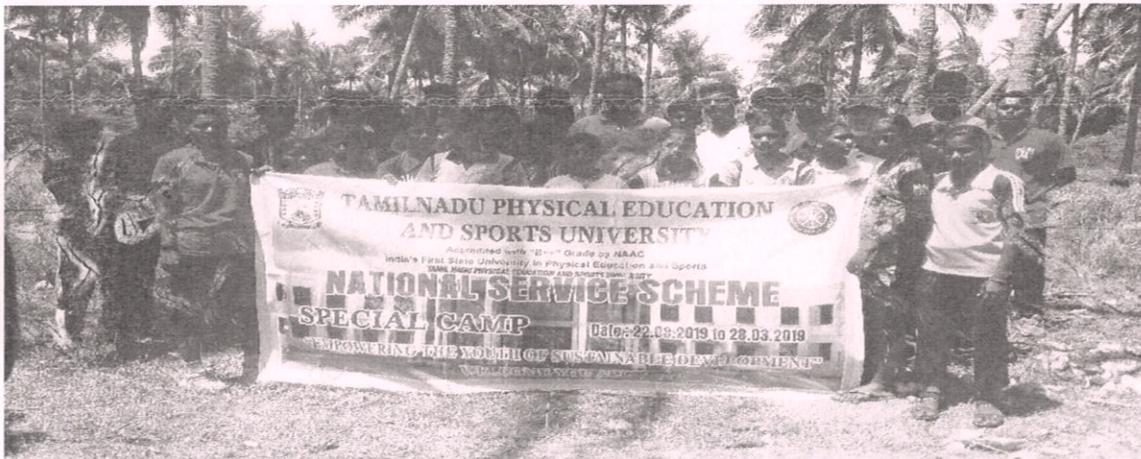
Green house project work was started on 22nd march 2019


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SECOND DAY OF NSS CAMP



The NSS volunteers started their day with the physical training coordinated by Dr S. Jayakumar, Assistant Prof. of the university.



NSS volunteers and staff during their visit at organic farm



An educational visit to Organic farm at Chennai, was organized on second day 23rd of March, 2019 of seven days NSS camp at TN PESU.

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Farmer explaining the procedure and maintenance of trees in organic ways with NSS volunteers



NSS coordinator thanks to the farmer for giving the opportunity to our NSS volunteers



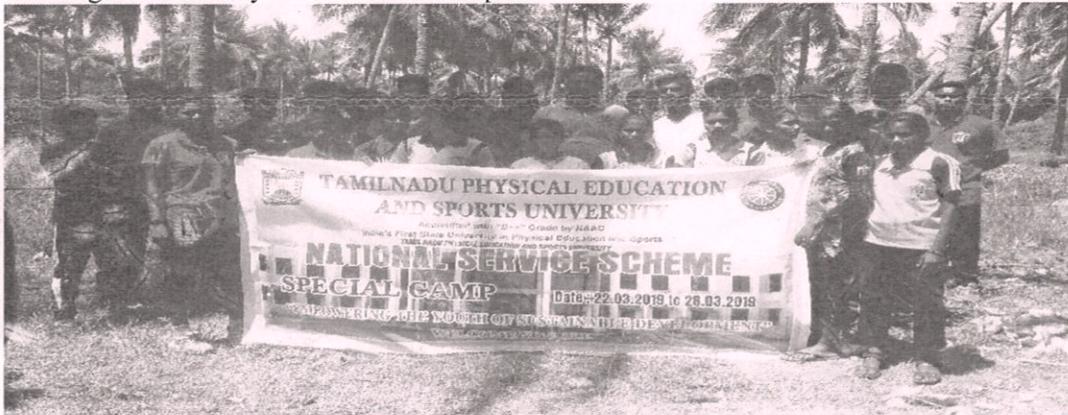
Day two NSS volunteers prepared for green house


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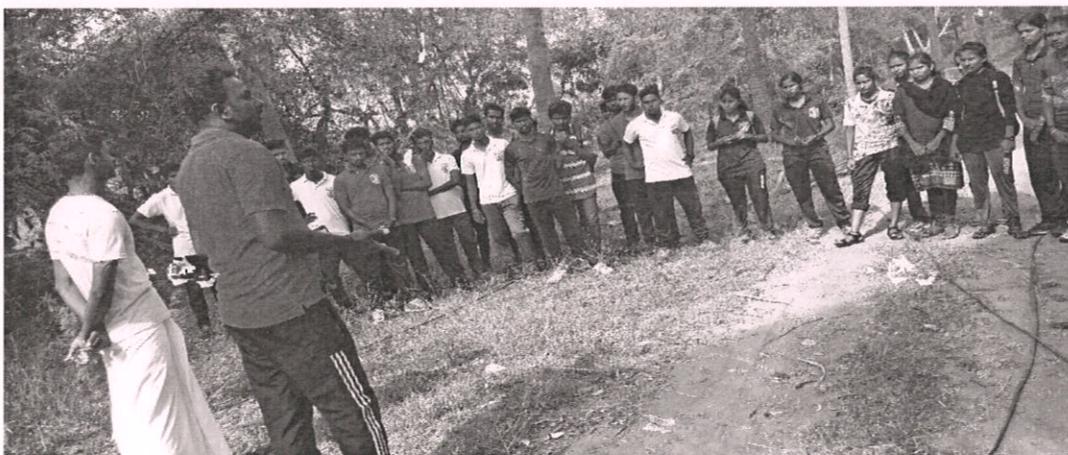
THIRD DAY OF NSS CAMP



NSS Volunteers took actively participated in the abhiyan by performing cleanliness drive in village melakottaiyure as well as campus.



Village service programme at keerapakkam.



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Third day the volunteers spend time for green house project work.



NSS volunteers practicing in cultural.


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FOURTH DAY OF NSS CAMP



The NSS Volunteers started their day with the physical training.



Dr.S. Jayakumar to honouring Dr. C Manoj with shawl.



Mr. C. Manoj physiotherapist while delivering his presentation on First Aid.

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NSS volunteers planting the tree during tree plantation drive at TNPESU.



NSS Volunteers performing cultural.



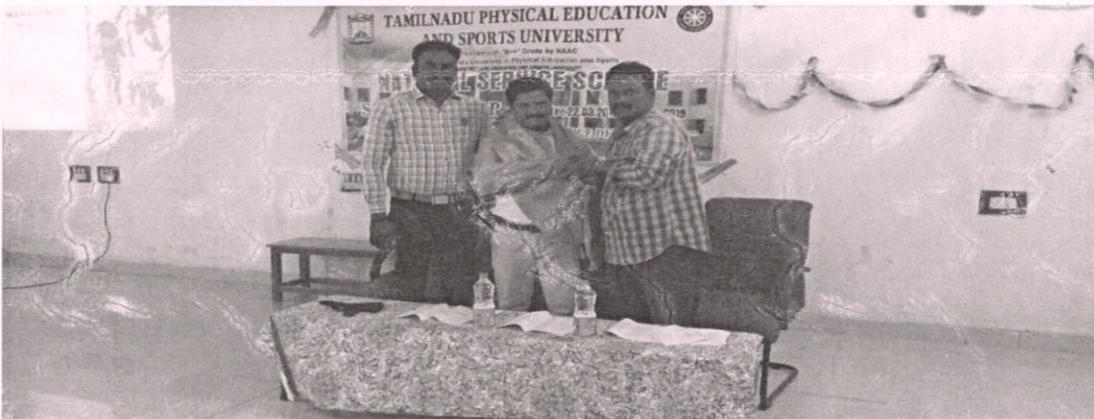
Mr K. Srinivasan demonstrating life saving techniques on volunteers.

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FIFTH DAY OF NSS CAMP



NSS volunteers took actively participated in the abhiyan by performing cleanliness drive in village melakottaiyure as well as University campus



Class on Weight Management Principles and Practice by Dr.P.K Senthil kumar



Dr.J. Anitha while discussing with NSS Volunteers about the Importance of Camp

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Dr. Duraisamy while delivering his presentation on Yoga and Health



NSS Volunteers took actively participated in the Abhiyan by performing cleanliness



To creating letter formation TN PESU , NSS by using stones

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SIXTH DAY OF NSS CAMP



The NSS volunteers started their day with the Physical Training



Tagore Medical College, conducted free medical camp at melakottaiyur



Simultaneously a blood donation camp Organized by Tagore Medical College in our University campus on 6th day. 27th of march, 2019 of seven days NSS camp.

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Mandatory checkup before Blood donation



Green house project work on 27th March, 2019.



NSS Volunteers performing cultural baduga dance

V. Govi

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SEVENTH DAY OF NSS CAMP



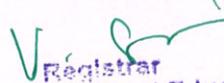
NSS volunteers took actively participated in the abhiyan by performing cleanliness drive in melakottiyur as well as campus. On 28th March, 2019.



Dr. C Lakshmanan while delivering his presentation on Diabetics



Green house project work on last day of the camp

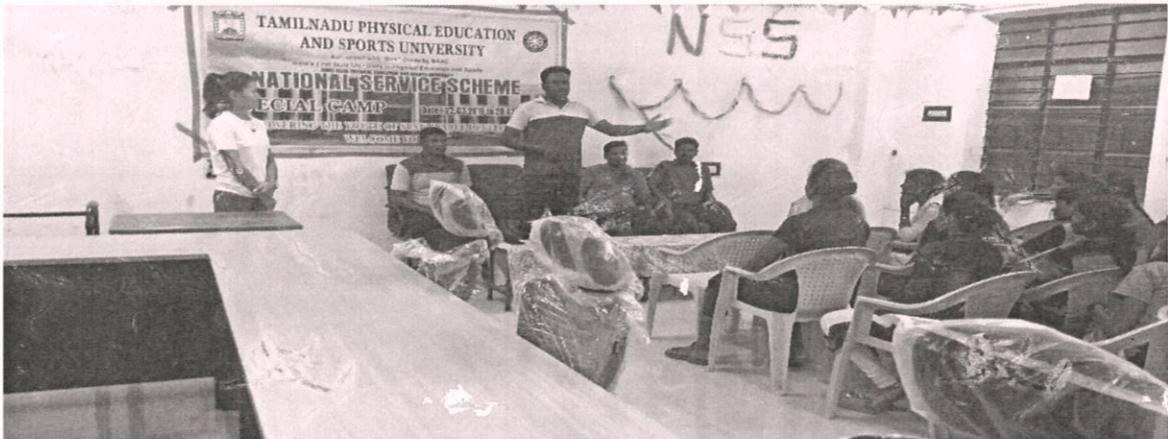

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Group photo while the greenhouse project work successfully completed.



In afternoon session Dr C. Lakshmanan, Assistant Professor, Dr Jayachandran and Dr.S. Palpandi guest lectures was the guest for the valedictory ceremony of NSS camp.



The valedictory commenced with the presentation of detailed report of 7 days activities of NSS camp by Dr S. Jayakumar, NSS coordinator.

Dr. S. Jayakumar
Registrar
Tamilnadu Physical Education
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Chennai



Group photo during the valedictory ceremony



The Chief Guest Dr.C. Lakshmanan appreciated the sense of dedication with which the students carried out the camp activities under the guidance of the program officers.



In the end Dr.S.Jayakumar program officer expressed his thanks to the NSS coordinators, faculty and students in making the camp a great success.

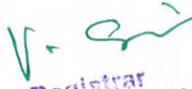
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CONCLUSION

- ❖ The programme aims to instill the idea of social welfare in students, and to provide service to society without bias.
- ❖ NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity.
- ❖ In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources.
- ❖ It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster's victims.

Thank you


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

**VISITING HOME FOR MENTALLY CHALLENGED
AND AGED AND CELEBRATION OF CHILDREN'S DAY
PROVING FOOD AND SWEET**

Venue: Anbagam, Kayar Road, Panangattupakkam, Kollathur (Post), Chennai-600 127.

Date : 11.30 AM, 14.09. 2018

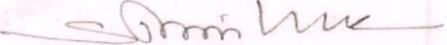
"Anbagam" is a Special School and home for Retarded and Multiple Disables under All India Physically Handicapped Welfare Trust, The home substantially improved our services towards rehabilitating with satisfaction.

The mentally retarded and Multiple Disabled with the sole aim of improving the living standards of the disabled in planned and possible manner and also to make sure this Socially innocents body recognized by Govt. of India.

Children's Day is celebrated across India to increase awareness of the rights, care and education of children. It is celebrated on 14 November every year as a tribute to India's First Prime Minister, Jawaharlal Nehru.

The staff and students of Department of Physical Education along with Dr. T. Radhakrishnan, Registrar of this University visited the Anbagam- Home for Mentally Retarded, Aged and orphanage. On the occasion of Children's Day, the inmates were given colorful balloons, sweet, vegetarian and non- vegetarian lunch cooked from the University mess. The expenses were met out by the staff of the Department of Physical education. University bus facility was extended to carry the cooked food staff and students. All the inmates of the home were happy.


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


Dr.S.Thirumalai Kumar

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

ISO 9001:2015 CERTIFIED ORGANIZATION
ISO சர்வதேச தரச்சான்றிதழ் பெற்ற நிறுவனம்



ESTD : 1999

Kayar Road, Panangattupakkam, Kolathur (P.O.) Vandalur (Via), Chennai - 600 127. Near Mambakkam.

ANBAGAM

(Special School & Home for Mentally Retarded Children)
(Recognised by Govt. of Tamil Nadu)

Cell : 9444205415 / 9444353569
Website : www.anbagam.net
E-mail : anbagam1999@gmail.com

MANAGED BY ALL INDIA PHYSICALLY HANDICAPPED WELFARE TRUST (REGD)

<i>Chairman:</i> Hon'ble Justice S. MOHAN <i>Supreme Court (Retd).</i>	<i>Vice-Chairman:</i> Lion Er. D. SANTHANAM	<i>Director:</i> Sevarathna Dr. P. VEERAMANI	<i>Chief Advisor:</i> Thiru. K. DEENADHAYALAN, I.A.S.
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To,
The Vice chancellor,
TNPESU.

Date:14-11-2018.

Greetings from "Anbagam"
Sir/Madam,

We sincerely acknowledge the Department of Physical Education, TNPESU, for organizing the "Children's Day" celebration in our home on 14-11-2018 (Wednesday). We are happy for their visit on this day and we thank for the Lunch provided by them to our inmates of the home. Further we sincerely acknowledge the service of the following persons.

1. Dr.Sheila Stephen, Vice Chancellor, Tamilnadu Physical Education & Sports University.
2. Dr.T.Radhakrishnan, Register, TNPESU.
3. Dr.S.Thirumalaikumar, Professor & Head, Dept of Physical Education.
4. Dr.S.Manikandan, Professor, DPE, TNPESU.
5. Dr.P.Kumaravelu, Asst, Professor, DPE, TNPESU.
6. Dr.K.Rajeshkumar, Asst.Professor, DPE, TNPESU.
7. Dr. S.Velkumar, Asst, Professor, DPE, TNPESU.
8. Dr.C.Lakshmanan, Asst,Professor, DPE, TNPESU.

And the

Student Volunteers of the Department of Physical Education, Tamilnadu Physical Education & Sport Universit

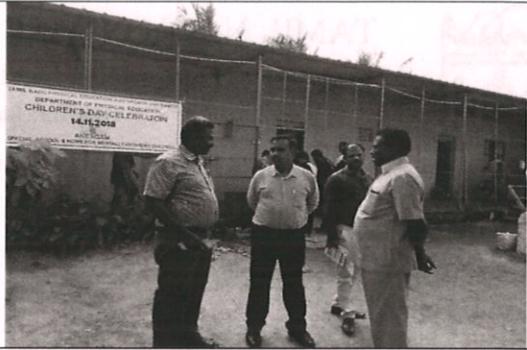
Thanking You,

Yours Sincerely,

Dr.P.Veeramani,
Founder and Director,
Anbagam.



Registrar
Tamilnadu Physical Education
and
Sports University
Chennai



V. Senthil

Registrar
Tamilnadu Physical Education
and
Sports University
Chennai



TAMIL NADU PHYSICAL EDUCATION AND SPORTS university

(Estd. By the Govt. Of Tamil Nadu Under Act No.9 of 2005)

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

Accredited with “B++” Grade by NAAC

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

Mobile : 09841019670 & 06381274527

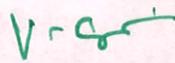
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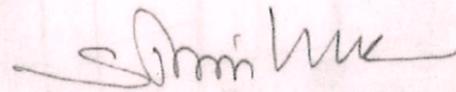
13.09.2018

Circular

This is to inform you that the Children Day Functions will be organized by the Staff and Students of Department of Physical Education on 14 .09.2018 at "Anbagam" a Special School and home for Retarded and Multiple Disables under All India Physically Handicapped Welfare Trust, Kayar Road, Panangattupakkam, Kollathur (Post), Chennai-600 127. Dr. T. Radhkrishnan, Registrar will felicitate the occasion. The inmates of the home will be given colorful balloons, sweet, vegetarian and non- vegetarian lunch cooked from the University mess. University bus will start from 11.00 am from the academic building.

Dr. S Manikandan, Professor , Department of Physical Education is requested to coordinate the event.


Registrar
Tamilnadu Physical Education
and
Sports University
Chennai



Dr.S.Thirumalai Kumar

Dr.S. THIRUMALAI KUMAR
Professor and Head
Dept of Physical Education
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