



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

KEY INDICATOR: 7.2

7.2.1: Describe two best practices successfully implemented as per NAAC format provided in the manual:

Certified that the following documents and photos are attached in support of measures Initiated by the Institution for successfully implementing the best practices in the University.

Sl. No.	Title of Practice	Page Nos
1	STUDENT OUTREACH INITIATIVES FOR RURAL COMMUNITY DEVELOPMENT	1-291
2	EQUIPPING STUDENTS WITH ORGANIZING SKILLS THROUGH SPORTS EVENTS	291-452

Registrar
Registrar

Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.



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TITLE OF THE PRACTICE: 1

STUDENT OUTREACH INITIATIVES FOR RURAL COMMUNITY DEVELOPMENT

The process of increasing or raising the standard of living for those who reside in rural areas is known as rural development. The nation's development is greatly depending on its rural development. India's population is primarily concentrated in rural areas. The prosperity of India's villages has a significant impact on the country's welfare. The University's Student Outreach Initiatives make every effort to promote development in the communities.

Objectives of the Practice:

- i) To work with communities to make them realize the importance of participative democracy, sustainable development, rights, economic opportunity, equality and social justice and focus on their achievement.
- ii) To actively engage communities in making sense of the issues which affect their lives, setting goals for improvement and responding to problems and needs through empowerment and active participation.
- iii) To promote health awareness among the people in the villages and thereby ensuring health benefits to the greatest number of people and
- iv) To make the students understand the issues of rural development and also make them social conscious.

The Context:

The curriculum of all Under Graduate and Post Graduate Regular Programmes at the University consist of Student Outreach Initiatives in the name of Village Placement Programme. Each Regular Course student spend five days in a village as part of the Student Outreach Initiatives, where they will participate in community service projects such as health awareness campaigns, literacy initiatives, programs promoting clean air and water, sports and recreation, and other initiatives promoting rural development. Students must participate in this program and as a result, they will receive two credits for doing so.

The Practice:

Every year, students enrolled in various regular courses choose villages either close to or far from the University and get formal approval from the local body administration to carry out students outreach initiatives. Once the request has been approved, the dates are set, along with a full plan of the activities to be performed throughout the course of the five days of the visit to the hamlet. The students engage in learning activities during their time in the villages in accordance with the program schedule created with this goal in mind.

Evidence of Success of Students Outreach Initiatives:

The success of the student outreach initiatives is demonstrated by the following: an improvement in village sanitation; an increase in village child education; the availability of affordable medical aid to the villagers through ayurveda, herbs, naturopathy, and yogic science; and



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the promotion of self-help groups among village women through the community services provided by students in villages through the University's Student Outreach Initiatives. Rural development is the process of raising the standard of living and economic prosperity of those who reside in rural areas. Through its student outreach initiatives, the University actively contributes to rural development. This program has benefited numerous villagers, and it is certain that the university will continue to promote rural development.

Problems Encountered and Recourses Required:

The main problem encountered is mobilization of funds for the programme. Though the University pays for it, if more funds are available, it could be carried out in a better way. The other problem is lack of accommodation facilities for the students and students to stay in some villages for this programme which may affect its operations. However, the students and staff have been able to overcome these shortcomings and come out very well as the motto of this programme is a noble one.



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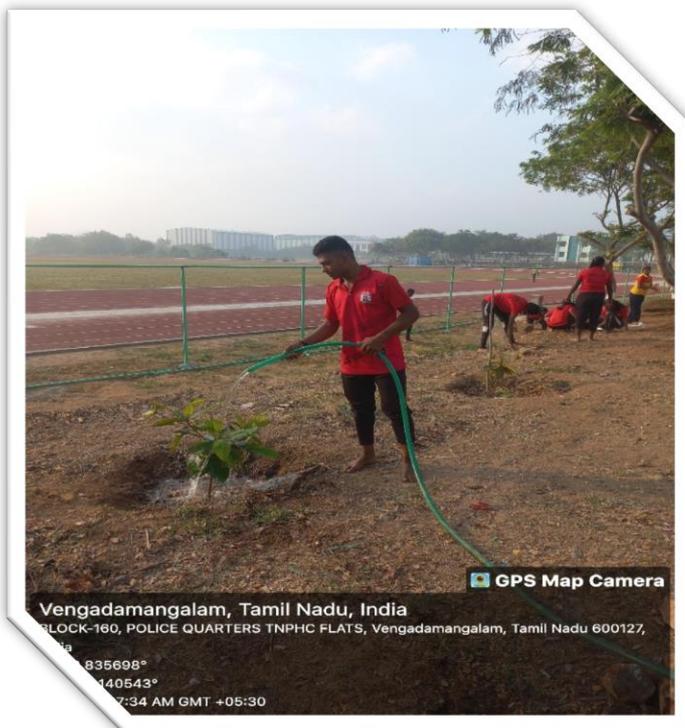
STUDENT OUTREACH INITIATIVES FOR RURAL COMMUNITY DEVELOPMENT

ACADEMIC YEAR - 2022-2023

Village placements programme

THIRD DAY OF [VPP] PROGRAM IN TNPESU

DATE: 07.03.2023



❖ Today let's start with love of nature (^.^)

- A relational approach for understanding nature's contributions to human well-being.
- If someone is caring, they are affectionate, helpful, and sympathetic.



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- “The clearest way into the Universe is through a forest wilderness.” **“Trees give peace to the souls of men.”** “If you would know strength and patience, welcome the company of trees.”



- Our Team As Under Gone To The Process Of Clearing The Slope.



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- This Image Show that adding water to make more harder than before, Because we all ready added Lime-Soil to make stabilization the steps instead of breaking



SPRINKLING WATER

- On the ground with a 2:1 slope, sprinklers that are adjusted properly throw roughly 40% of their radii above the head and 60% below (because of gravity).



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- This Image Show That Our Team Has Mixing The **RIGHT AMOUNT OF LIME-SOIL** And They Add To The Steps, To Make The Steps In A Stabilization Position.

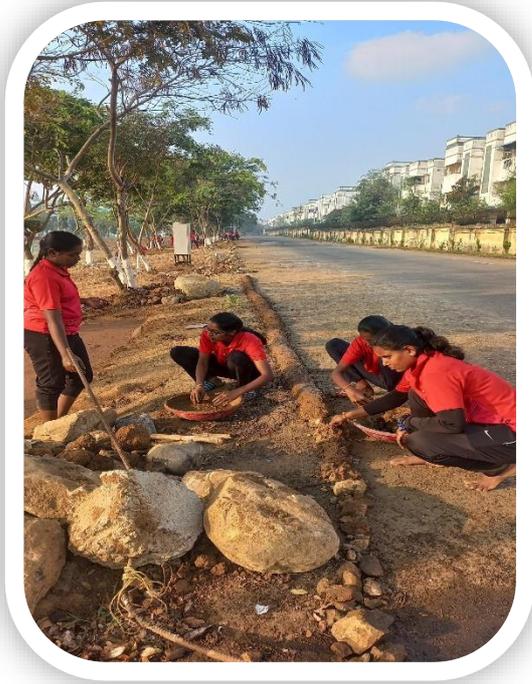




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➤ ...This Team Is Preparing Magnificent Designs In Driveway Place, Design Are The Art – Is Made By **#WOMEN...**



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➤ This Image Relates That Our **AKKI TEAM MEMBERS**♥Are Back On The Working Field...



«...At Last The Morning Session From {6:30 Till 8:40 A.M}.

This Morning Being As Magnificent Day Like Wise We

Done A wonderful Job And We Made Memoranda

Moment By Taking **GROUP PHOTO**...»



❖ Morning Session From 10:00 Till 1:00 P.M

Starts😊



- This Session Is Started By **Clearing The Slope.**
- Both small **Pebble Rocks And The Dry Leaf** 🙌
Separately Gathered.
- **You Can Notice By Watching This Two Image.**



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➤ After Clearing This Place. It's Look Like This👉



Our team Has Started The Work 🛠 To Build The Last Structure Steps In Slope.



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- Each and every members in team are doing they given work with wonderful Co-ordination.



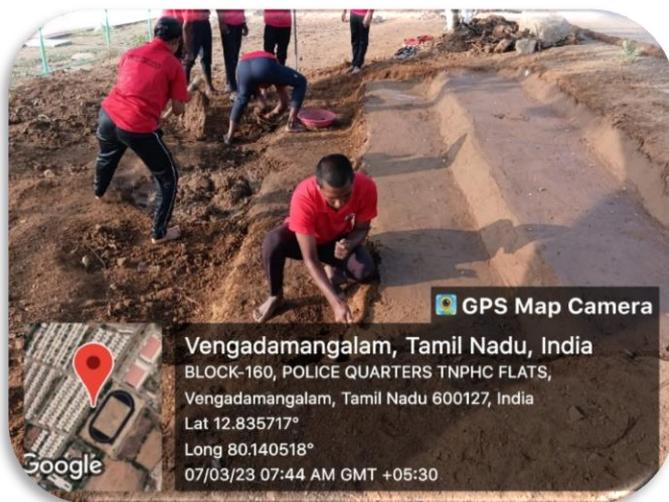
- Teamwork is the collaborative effort of a group to achieve a common goal or to complete a task in the most effective and efficient way.
- The ability of team members to work together, communicate effectively, anticipate and meet each



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other's demands, and inspire confidence, resulting in a coordinated collective action.

- This Are The Things That Our Team Has WITH Coordination...



- A Great Deal Of **Effort Or Endurance**.
- When you work hard and lead a comfortable life filled with love that is also a success.



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- When you put in **Hard Work** in work, we get the determination and focus & we can all work hard for a better future



- ❖ Our Team leader [**MISS - SAMEE AND RANGINI**] guiding they (**TEAM MEMBERS**) by his words to do the work in a Proper way With coordination and being motivated 🙌...



- ❖ **B.PEd Fire** 🙌 **Starts From Here**, After Hearing The Team Leader Motivation Words...



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GPS Map Camera

Vengadamangalam, Tamil Nadu, India
BLOCK-160, POLICE QUARTERS TNPHC FLATS, Vengadamangalam, Tamil Nadu 600127, India
Lat 12.835715°
Long 80.140532°
07/03/23 04:50 PM GMT +05:30



GPS Map Camera

Vengadamangalam, Tamil Nadu, India
BLOCK-160, POLICE QUARTERS TNPHC FLATS, Vengadamangalam, Tamil Nadu 600127, India
Lat 12.835715°
Long 80.140532°
07/03/23 04:51 PM GMT +05:30



GPS Map Camera

Vengadamangalam, Tamil Nadu, India
BLOCK-160, POLICE QUARTERS TNPHC FLATS, Vengadamangalam, Tamil Nadu 600127, India
Lat 12.835715°
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BLOCK-160, POLICE QUARTERS TNPHC FLATS, Vengadamangalam, Tamil Nadu 600127, India
Lat 12.835715°
Long 80.140532°
07/03/23 04:52 PM GMT +05:30



GPS Map Camera

Vengadamangalam, Tamil Nadu, India
BLOCK-160, POLICE QUARTERS TNPHC FLATS, Vengadamangalam, Tamil Nadu 600127, India
Lat 12.835715°
Long 80.140532°
07/03/23 04:52 PM GMT +05:30



GPS Map Camera

Vengadamangalam, Tamil Nadu, India
BLOCK-160, POLICE QUARTERS TNPHC FLATS, Vengadamangalam, Tamil Nadu 600127, India
Lat 12.835715°
Long 80.140532°
07/03/23 04:54 PM GMT +05:30

This Are The Result of word's...



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Evening Session from (4:00 till 6:00 P.M)



They Were Planning To Display [ALL INDIA ATHLETIC MEET 2022-23]

So our Team Members Are Making Man-Made Slope For Display By Using Small Pebble Rocks, Bricks, Lime-Soil And Soil..





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Our Team Members Are Making wonderful design for the Display



Result For The Hard Work



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At Last Hard Work Always Pays Off, Whatever You Do

THIS WAS **THE END OF 3DAY (VPP) JOURNEY**

TOMORROW WILL BEING CONTINUE WITH

NEW

CHATER...:-)

Village placement programme

We Were The Students Of **1st B.PED 'B' Section** And Our Department Is Going To Do (VPP) **Village Placement Program**

From [04.03.2023 Till 09.03.2023]

This Was The **4th-Fouth** Of Our Program, We Were Doing Steps In The Slope For The Visitor To Sit And Watch The Athletics Events Which Was Going To Held In

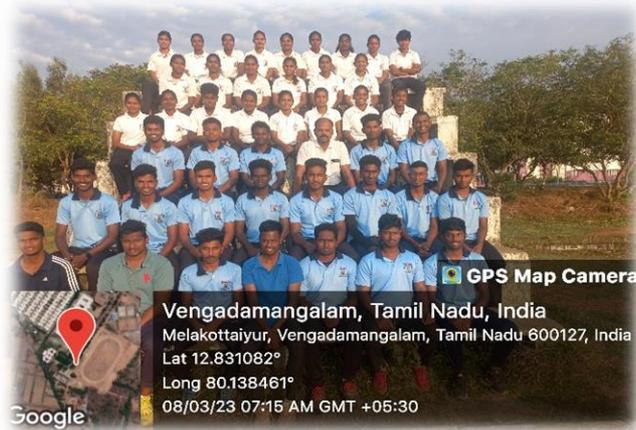


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Today At Morning Session We Gladly Started By Take Group Photo..



- This Photo Shows That We Don't Have Any OBSTACLE For Us And That's Our TEAM.



Then We Gather For The Attendance In A File Order



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THIS WAS THE LAST AND SEVENTH STEPS OUR TEAM MATES MAKES..



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Our team mates are under gose to the process of making display for athletics meet 2022-23..

Here We See Special Celebration Of INTERNATION WOMEN'S DAY

... MARCH 8TH ...

THERE IS NO FORCE MORE POWERFUL THAN A WOMEN DETERMINED TO RISE.



OUR TEAM MATES ARE WORKING HARD THAN BEFORE AND AS YOU CAN SEE BY THIS IMAGES...



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This Team Mates Are Arranging The Small Pebbles Stone On The Driveway..



- This Team Mates Are Doing Sieve Method To Separating Pebbles And Stone From The Sand
- This separated sand used as lime-soil for applying steps



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Our Last Steps Has Completed By Team Work, Hard Work Never Fails..

Think of the life of the working women as the decathlon. If you even finish it's a miracle

THIS WAS THE END OF TODAY JOURNEY. AND EVENING SEISSON WILL BE AS WOMEN'S DAY CELEBRATION...

DATE: 8TH-MARCH-2023



Village Placement Programme(VPP)

Department: Department Of Physical Education

Year/Semester: 1stB.P.Ed, 2ndsemester

Date and Duration: 4th Mar, 2023 From 9th Mar, 2023 (06:30am-06:00pm)

Brief Description

Department Of Physical Education, Tamil Nadu Physical Education and Sports University Has Organized **Village Placement Programme (VPP)** For The Session Of 2022-2023

Learning Outcome:

- I. Increase The self Confidence and Team Working Sprit Among The Students.
- II. A New Generation Of Cleaning Concepts.
- III. Get Organized.
- IV. It Provides Opportunities For Students To Study Campus.
- V. Improved Reporting Skill.
- VI. Improved Interaction Skill.
- VII. Personality Development.

.....THIS ARE THE OUTCOME FROM VILLAGE PLACEMENT PROGRAMME.....

___WHILE IN THE MORNING SEISSON WE JUST STARTED BY TAKING GROUP PHOTO___





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And Followed By Our Team Mates Are Making A Display To Mention As “All India Inter-University Athletics Meet 2022-23”



❖ This Shows Our Union...
❖ TO Make This Display Slope Is More Difficult But Though By The **Tear Work** We Made This..

Now Then, The Final Steps To Do Is Cleaning Process

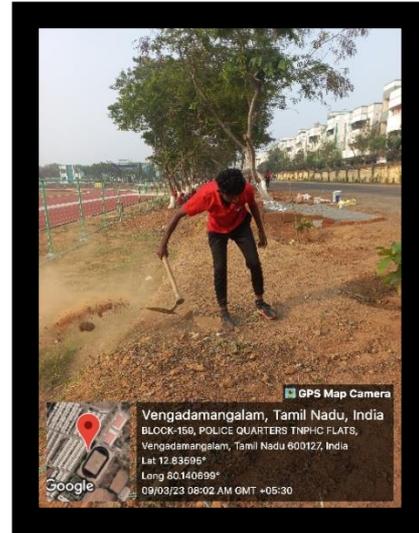




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..After Cleaning Process Completed..

Here now our team is preparing a **shamiyana tent** for the visitor to sit and watch comfortably, so our team mates are making a deep hole as stick to places over they



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The **Love Of Nature** Helps To Tie Other Three Side Of The Shamiyana Tent By Using Tree



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HERE AND ALL FOR THE MORNING SESSION FROM **[06:30AM-08:30AM]** HAD COMPLETED

NOW STARTS OF MORNING SESSION **10:00am Till 01:00pm.**



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Our Team Mates Are Give **Final Touch Up** For The Slope Display

The Other Side, Our Team Mates Are Preparing And Gathering All Equipment For Measuring The Cricket Ground. To The Purpose Customer Wants So Upcoming Shops For This All-India Meet To Satisfied The Visitors.





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...This Day Morning Session As Ended By **Taking Selfie Of Our Team Mates...**

EVENING SESSION FROM [04:00pm-06:00pm]

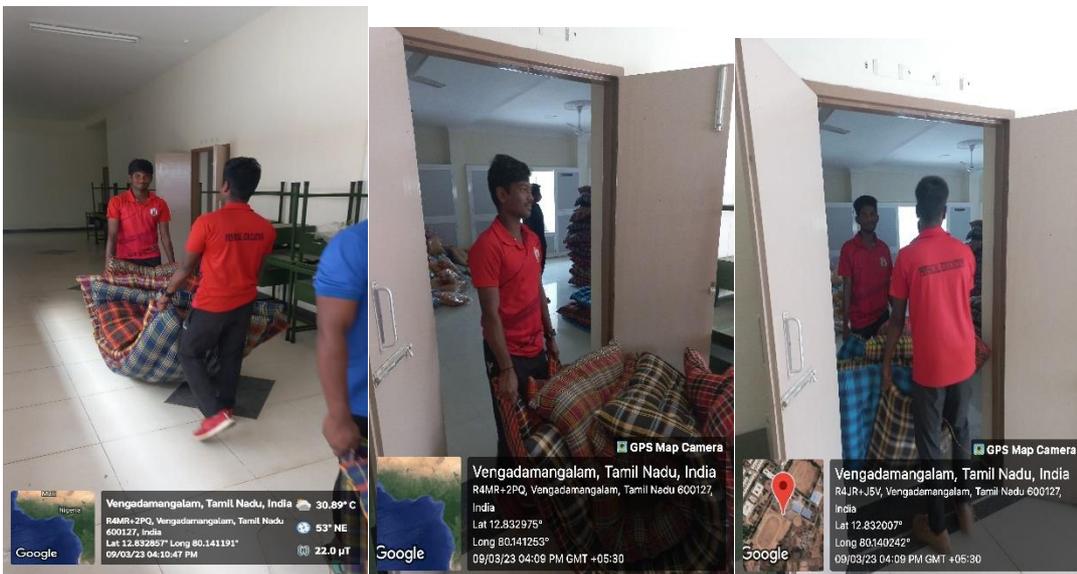




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This was the last day of our Village Placement Programme(VPP) our team mates learned a lots of thinks like **Team Work, Hard Work, Time Punctuality, Good Communication, Communicating Ideas, Collaboration, Determination, Success, Togetherness..**

- At Last This 5days Of VPP Programme As Came To An End
- Thank You TNPESU For Given Wonderful Opportunity For Our Team Members

THE END OF OUR TEAM JOUENEY WITH VPP PROGRAMME

Village placements programme

SECOND DAY OF [VPP] PROGRAM IN TNPESU

- In morning session we took group photo



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Then we moved to our work spot, which was look like this



- This photo show that we need to clear up and make some arrange on this field.



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- IMPROVEMENTS OF CLEANING METHODS FOR HIGH Q-SLOPE ... SLOPE MAINTENANCE GUIDELINES: Inspect & Maintain Slope Drains And Dry leaf 🍃 Do Not Over-Irrigate Slope Landscaping.



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- Girls Are Not weak, they were also equal to Boys In Both Ways – IN STRENGTH AND THE POWER



THIS THREE PHOTO SHOWS HOW WE MEASURING THE SLOPE TO BUILD STEPS ON IT..



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1. Fix two parallel stringlines from top to bottom of the slope, as far apart as the required step width.
2. Measure a line to find the length of the Slope.
3. To measure the height difference between the levels, rest one end of a length of timber on the top of the slope and place a spirit level on it.



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- Effect of slope gradient on the subsurface water flow velocity of sand layer profile, so we add sand to the waters on slope



- Testing your soil is the first step in determining when to add lime to your soil since you want to ensure you are applying the right amount.
- Lime-Soil stabilization is the process of adding lime to the soil to improve its properties like density, bearing capacity.



- **Our Team As Completed Half-Off The Process In The Morning Session.**

[EVENING SESSION]



- Steps are the beauty of man-made by its own hands.



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- This team forms a wonderful design with small gravel rocks for driveway and adding Lime-Soil on it



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The formula for measuring how many steps you need is really simple. It's the height of the hill from top to bottom in inches divided by anywhere between 4 and 5 for this type of stair.



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Because ours was 28 inches from the top of the slope to the bottom when you divide by 7, you get.. 4!



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IN SECOND DAY WE WERE SUCCESSFUL
COMPLETED 5 DIFFERENT STEPS ON THE SLOPE

➤ This steps show our success 🏡 of making on slope





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At last we completed the work and we made split seconds memories....



..THIS WAS THE SECOND DAY JOURNEY OF VILLAGE PLACEMENTS PROGRAMME..



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Village placement programme

Date:04.03.2023

Were The Students Of **1st B.PED 'B' Section** And Our Department Is Going To Do (VPP) **Village Placement Program** From [04.03.2023 Till 09.03.2023]

This Was The **First Day** Of Our Program, We Were Doing Steps In The Slope For The Visitor To Sit And Watch The Athletics Events Which Was Going To Held In **TNPESU**



✚ This Was The First Image Before Clearing The Slope



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📍 This Was The Second Image With Clearing Process



📍 This Image Show Our Team Has Completed Clearing



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Controlling Unwanted Trees OR Plants And Invasive Species, Breaking Down And Returning To The Soil To Improve Its Productivity , So New Plants Can Grow And Healthy Trees Can Flourish Is The Benefits Of Burning Leaves





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- Add Moisture With A Garden Sprinkler OR Drop Some Of Water And Allow The Soil To Become Saturated But Not Soggy And Turn Into Mud.



- After The Process Start



- Our Team As Completed Half-Off The Process In The Morning Session.

TEAM WORK NEVER FAILS...

{EVENING-SESSION}



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ur Team
Is Back
On Work



YOUR FUTURE IS CREATED BY WHAT YOU DO TODAY



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✚ After Soaking The Water In The Soil Its Easy To Make Steps



✚ First Steps Has Hopefully Completed...





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And Last But Not Least Second Steps Process Accomplished



**..THIS WAS THE FIRST DAY JOURNEY OF VILLAGE
PLACEMENT PROGRAMME..**



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UNIVERSITY
CHENNAI - 600 127**

**DEPARTMENT OF EXERCISE
PHYSIOLOGY AND NUTRITION
INTERNSHIP PROGRAMME**

***Submitted to the Tamil Nadu Physical
Education and Sports University
Chennai for the fulfillment of the
Requirement for the Degree of***

**MASTER OF SCIENCE IN
EXERCISE PHYSIOLOGY
AND NUTRITION**

Submitted By

A.Kaviarashi

Roll No:20205308006



DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

February-2022



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INTRODUCTION

Eating a healthy balanced diet accompanied by regular exercise is essential in maintaining physical and mental health and well-being. Villages being the backbone of our country, it is essential to educate them with the importance of a healthy lifestyle among the villagers

AIM OF THE VILLAGE PLACEMENT PROGRAMME:

The aim of the village placement programme was to understand and discuss the lifestyle, food, activity among the villagers and the football players from the village.

VILLAGE DETAILS

Name of the village : Neyyattinkara

Name of the district :

Thiruvananthapuram Total

Population : 70,850

Number of male:

34513 Number of

female:36337

Language : Malayalam, Tamil &

English Average Life span: 85

YRS

Literacy Rate : 98.72%



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DAY - 1

12.00 PM : Reached to destination

2.00 - 3.00 PM : Refreshment and lunch

4.00 - 8 PM : Sightseeing and enquiry for interaction with villagers on the subsequent days

8.00 - 10 PM :Dinner & Cultural

DAY – 2

6.00 - 7.00 AM :Physical activity

8 - 8.30 AM : Gathering and discussion for the day plan

9.00 - 10 AM : Refreshment and breakfast

10.30 - 2.30 PM: Interaction with people at village and discussion

2.30 - 3.30 PM

:Lunch 4 - 8 PM

:Sightseeing

8.00 - 10 PM :Dinner & Cultural

DAY – 3

6.00 - 7.00 AM :Physical activity

8 - 8.30 AM : Gathering and discussion for the day plan

9.00 - 10 AM : Refreshment and breakfast



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CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

10.30 - 2.30 PM: Data collection and interaction with the football players from the village

2.30 - 3.30 PM

:Lunch 4 - 8 PM

:Sightseeing

8.00 - 10 PM :Dinner & Cultural

DAY – 4

6.00 - 7.00 AM :Physical activity

8 - 8.30 AM : Gathering and discussion for the day plan

9.00 - 10 AM : Refreshment and breakfast

10.30 - 2.30 PM: Awareness program regarding the food and exercise at village

2.30 - 3.30 PM

:Lunch 4 - 8 PM

: Sightseeing

8.00 – 10 PM :Dinner & Cultural

Importance of Diet and Exercise for villagers:

Diet and a good activity level are important to lead a healthy and happy life. Majority of our Indian population is from villages and hence, it is our responsibility to educate them with the right knowledge.



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Importance of Exercise and practice for Football players:

Football is one of the most popular games in the world and fans across the world religiously follow their favorite players.

The health benefits of football include:

- ❖ Improving heart health and blood pressure
- ❖ Increasing muscle mass and bone strength in inactive individuals
- ❖ Reducing body fat
- ❖ Building strength, stamina and speed
- ❖ Training your brain, improving concentration and coordination • Promoting teamwork, being social and boosting your confidence

Energy systems used for playing football:

The complexity of training undertaken by a footballer means that they not only utilize their aerobic system, but their anaerobic system during a game too.

Aerobic exercise is when the oxygen you breathe is carried to your muscles via your lungs,

and heart - to give them the energy they need to perform the activity. Aerobic exercise is therefore associated with lower intensity activity. However, when the activity is performed at high intensities, the anaerobic system becomes the predominant energy system. This is because your anaerobic system can produce energy much more rapidly.

One cannot perform exercise anaerobically for long periods of time with energy resources becoming depleted quickly. So, your body works aerobically to replenish the oxygen debt built up



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during the intense periods.

Football players tend to perform a mix of high intensity - like sprinting - and low intensity - like jogging - exercises during a match:

- 25% of time is spent walking*
- 37% of time is spent jogging*
- 20% of time is spent performing high intensity running • 11% of time is spent sprinting*
- 7% of time is spent running backwards*

Footballers follow specific strength and power training programmes in order to enhance their performance on the pitch.

The actions performed in football are a result of multi-joint, multi muscle movements, with muscles coordinating with each other to produce efficient movement, multi-directional forces and a stable structure to produce them movements. Therefore, football strength programmes will be designed around these movements.



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This is because a footballer's entire body needs to be engaged during a match. Strength is required to defend, tackle, sprint, jump up and, of course, strike the ball, while also reducing the risk of injury.

The muscles used during a game include:

- ❖ Upper body - From throw-ins to running and jumping, strong upper body muscles and joints will give you a competitive edge.
- ❖ Core stability - Your core stability is needed to maintain good postures when performing movements like making quick turns and protecting the ball by holding your opponent off.
- ❖ Lower body - An obvious one, but footballers build up strength throughout different muscles in the lower body - from the ankle to the glutes - allowing them to kick, sprint, balance and much more.

IMPORTANCE OF DIET ON ATHLETES

Nutrition is important for an athlete because it provides energy required to perform the activity. The food they take leaves an impact on strength, training, performance and recovery. Not only the type of food is important for sport nutrition but also the time is equally important for what they eat throughout the day. Athletes who exercise strenuously for more than 60 to 90 minutes every day may need to increase the amount of energy they get from carbohydrates to between 65 and 70 per cent. More recent advice also provides guidelines for carbohydrate and protein based on grams per kilogram (g/kg) of body weight. The current recommendations for fat intake are for most athletes to follow



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similar recommendations to those given for the general community, with the preference for fats coming from olive oils, nuts, avocado, nuts and seeds. Athletes should also aim to minimize intake of high-fat foods such as biscuits, cakes, pastries, chips and fried foods.

Current recommendations for carbohydrate requirements vary depending on the duration, frequency and intensity of exercise. Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the athlete's diet. More refined carbohydrate foods (such as white bread, jams and lollies) are useful to boost the total intake of carbohydrate, particularly for very active people.

Protein and sporting performance

Protein is an important part of a training diet and plays a key role in post-exercise recovery and repair. Protein needs are generally met by following a high-carbohydrate diet, because many foods, especially cereal-based foods, are a combination of carbohydrate and protein.

The amount of protein recommended for sporting people is only slightly higher than that recommended for the general public.

Water and sporting performance

Dehydration can impair athletic performance and, in extreme cases, may lead to collapse and even death. Drinking plenty of fluids before, during and after exercise is very important. Don't



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wait until you are thirsty. Fluid intake is particularly important for events lasting more than 60 minutes, of high intensity or in warm conditions.

Dietary tips for sport or competition day

-Aiming for a diet rich in carbohydrates, moderate in proteins and low in fats.

- Eating a meal two to four hours before the event. It must be rich in carbs and protein.
- If a meal is not possible, a snack two hours before the game is prescribed.
- Not to anything one hour prior to the competition as it will affect your performance. It gives you time to digest your previous meal.

ASSESSMENT

S No	Name	Age	Height (cm)	Weight (cm)	BMI
1	Ajith	23	145	40	19.02
2	Raghav	24	155	52	21.64
3	Biju	18	159	57	22.55
4	Vijendranath	17	172	64	21.63
5	Vinu Kuttan	21	176	72	23.24
6	Favas abdul	27	185	87	25.42
7	Prashanth	32	150.1	48	21.30
8	Vachaspathi	30	175	68	22.20
9	Pinto raynier	27	182	83	25.06
10	Pavithran	28	177	73	23.30
11	Shijohn	20	168	58.4	20.69
12	Srinath	19	157.2	49	19.83
13	Aashish	14	152	41.5	17.96
14	Venugopal	22	145.5	43	20.31
15	Anoop	25	172	68.4	23.12

S No	Name	Age	Weight (cm)	Tricep (mm)	Thigh (mm)	Suprailiac (mm)	Abdominal (mm)	FAT %
1	Ajith	23	40	10	15	20	25	16
2	Raghav	24	52	7	10	7	22	10
3	Biju	18	57	11	15	19	20	14
4	Vijendranath	17	64	13	20	23	25	17
5	Vinu Kuttan	21	72	7	16	18	12	12



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6	Favas abdul	27	87	6	12	15	10	10
7	Prashanth	32	48	7	14	10	6	9
8	Vachaspathi	30	68	5	11	9	7	8
9	Pinto raynier	27	83	10	15	13	15	13
10	Pavithran	28	73	13	17	23	14	16
11	Shijohn	20	58.4	12	15	19	13	13
12	Srinath	19	49	9	10	18	12	10
13	Aashish	14	41.5	7	8	10	14	7
14	Venugopal	22	43	10	18	11	15	12
15	Anoop	25	68.4	15	20	14	17	15



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

SUMMARY & RECOMMENDATION:

By measuring the various aspects of body composition and through the 24 hours recall method of the football players from the said village, we came to a conclusion that they were taking a meal rich in cereals and meat, especially fish and beef. We also found that they sleep less number of hours (5-6 hours). On the body composition analysis part, we found that they were all ectomorphs with athletic fat percentage (7% - 18%) and good percentage of lean mass or fat free mass. As a team of Exercise physiology and nutrition students, we gave them above discussed recommendations to improve the overall performance of their sports.

We suggested them to include aerobic training along with their regular practices and strength training as it helps to recover between plays and sustain your performance for the length of a game. We also suggested planning their off season to retest their maximal level at the conclusion of a training cycle to measure the progress. We emphasized the importance of sleep for at least 7-8 hours or even more depending upon the individual body need as it repairs and replenishes the tissues and eventually helps for the better performance. On the nutrition point of view, we insisted on proper hydration along with consumption of fiber even upto 35 grams per day as they were majorly lacking in it. We suggested taking dietary fiber in the form of roots, tubers, certain fruits and vegetables and pulses & legumes. We



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

suggested them to eat a balanced meal for optimal health and performance. We also emphasized on intake of micro nutrients like calcium, iron, zinc, selenium, magnesium and Vitamins D & K through various fruits and vegetables.

CONCLUSION:

Diet and proper training are of great importance to common people and as well as players. Players must fuel their bodies with the appropriate nutritional foods and involve in the right type of exercises to excel in the sports performance. This village placement program facilitated us to educate the importance of diet, exercise and healthy lifestyle among the villagers and the football players.



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, chennai-127



REPORT ON VPP-2022



OUR TEAM:

We are 10 members team made activities in Rathinamangalam village panchayat in chengalpat district.

S.NO	NAME	CLASS
1	DHAKSHAYANI.G	II MPEd
2	ABISHALAKSHIMI.S	I MPEd
3	AKSHAYAVARNIKA.D	I BPEd 'A'
4	RAMYA.V	I BPEd 'B'
5	SRIVARTHINI.S	I BPEd 'B'
6	SHALINI.P	I BPEd 'B'
7	MONISHA.M	I BPEd 'B'
8	MUTHAZHGI.A	I BPEd 'B'
9	UMAMAHESWARI.L	I BPEd 'B'
10	YUMA DEVI.G	I BPEd 'B'



DAY -1

we met the village president and submitted our VPP Assessment and get the permission from the Village president.



V47X+WJM, Vengadamangalam, Tamil Nadu
600048, India

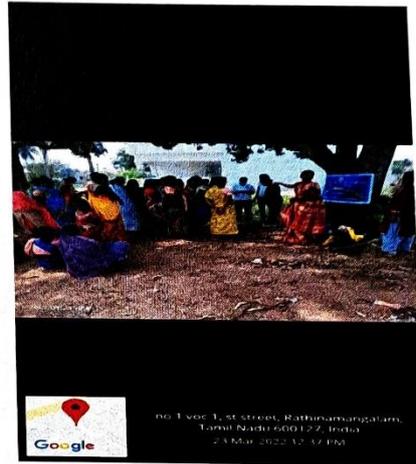
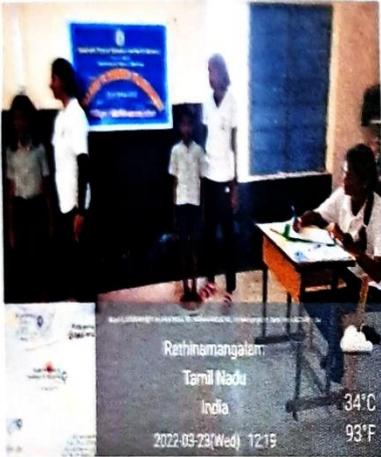
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CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

DAY-2

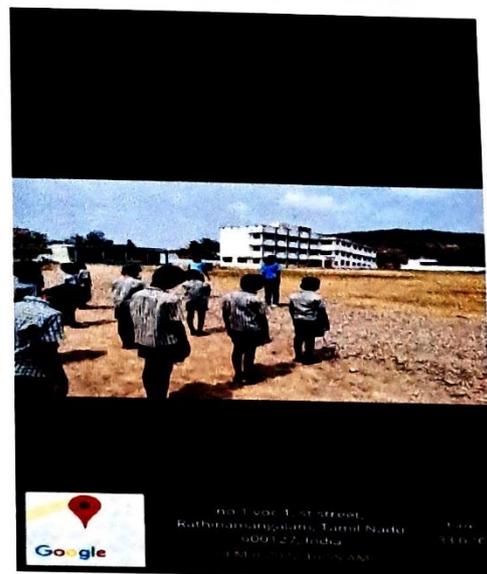
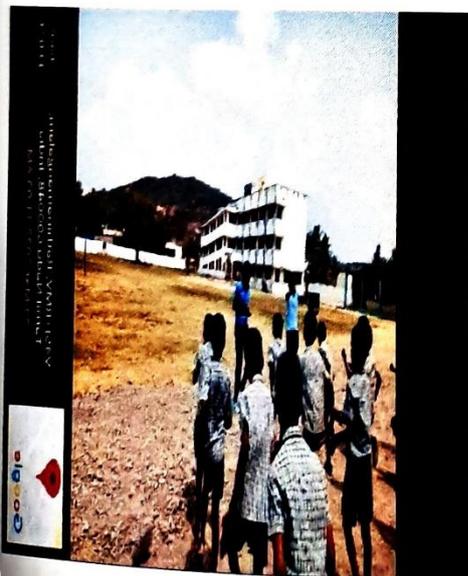
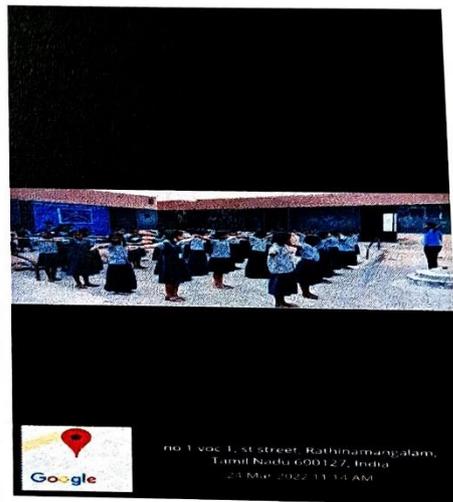
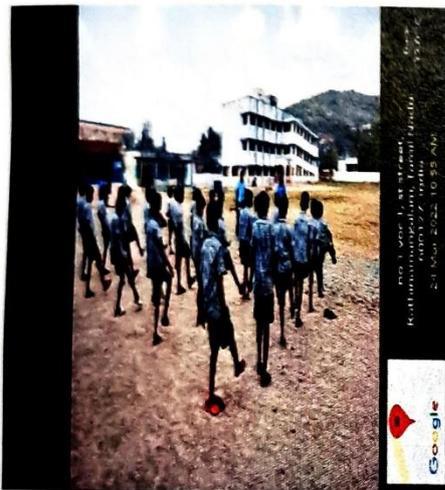
we start collecting data towards Rathinamangalam village covered nearby school area and village people.





DAY-3

We did the flexibility activities for school children's and village peoples.

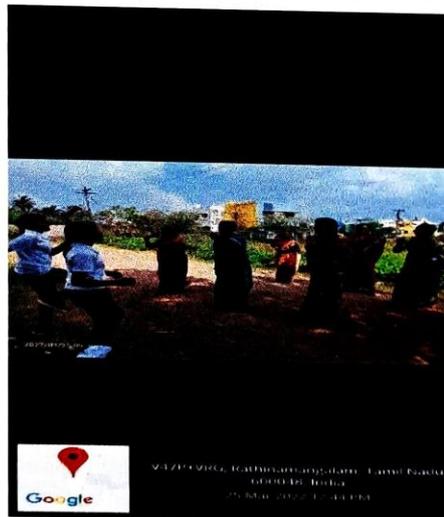
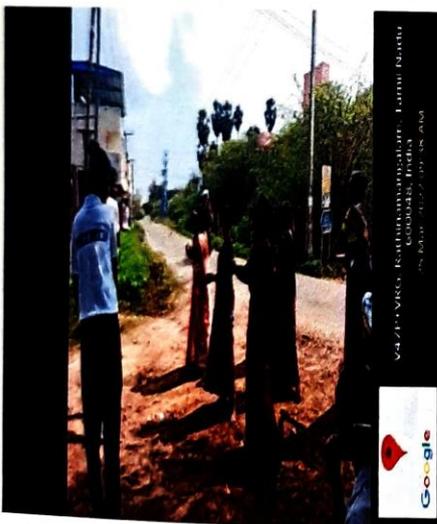




CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day -4

We did the cardio respiratory fitness activities for children's and village people.

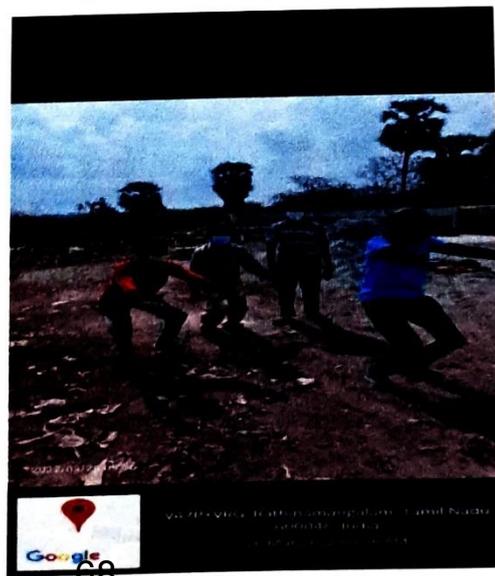
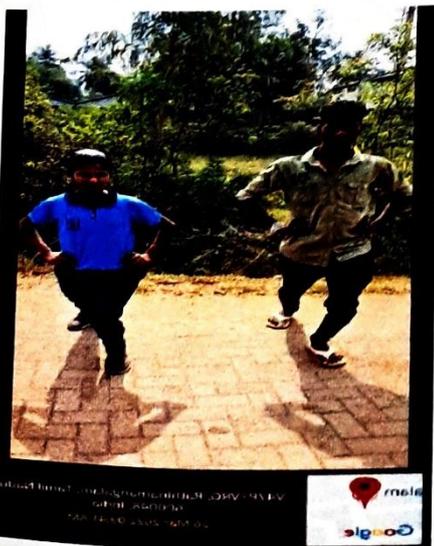
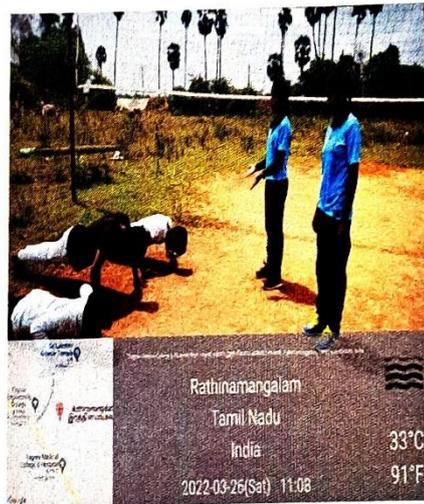




CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day -5

We did activities for muscular strength and body composition for children's and village people.





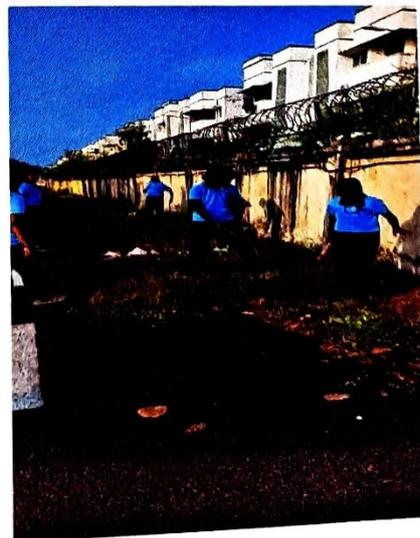
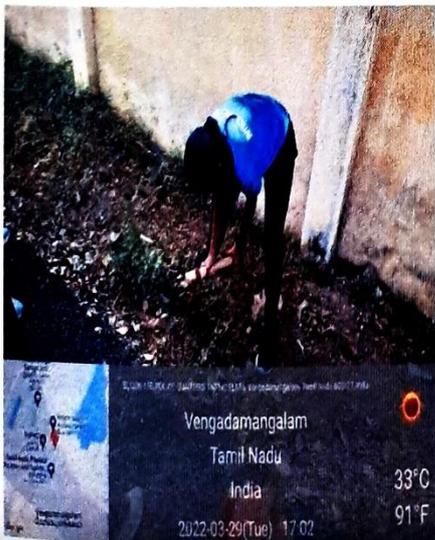
DAY-6

As per programme schedule day – 6 will be activities for muscular endurance but on that day bus & auto strike so our team are not able to do the programme on that day.



DAY-7

As per programme schedule day – 7 expert talk on active life styles, result analysis, exercises prescription and certification & awards but on that day bus & auto strike so we clean the campus on that day.



TAMILNADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY

Melakottaiyur, chennai 127

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAM (kolathur village)



Unnamed Road,
Polacheri, Tamil
26 Mar 2022 12:27

mist
33.0
°C

REPORT ON VPP 2022



GROUP MEMBERS

- 1.A.VINOBALAN 2nd m.ped
- 2.S.DIWAKAR 2nd m.ped
- 3.E.YOGESH 2nd m.ped
- 4.V.WILSON 1stm.ped
- 5.M.SATHYAKUMAR 1st m.ped
- 6.P.SIVAPERUMAL 1st m.ped
- 7.S.MANOJ 2nd b.ped
- 8.M.MOHAN 2nd b.ped
- 9.A.VASANTH 2nd b.ped

PROGRAM SCHEDULES

Day	EVENT
1	Motivation Talks and Recreational Activities
2	Assessment and Grouping
3	Activities for Flexibility
4	Activities For Cardio Respiratory fitness
5	Activities for Muscular strengthen Body Composition



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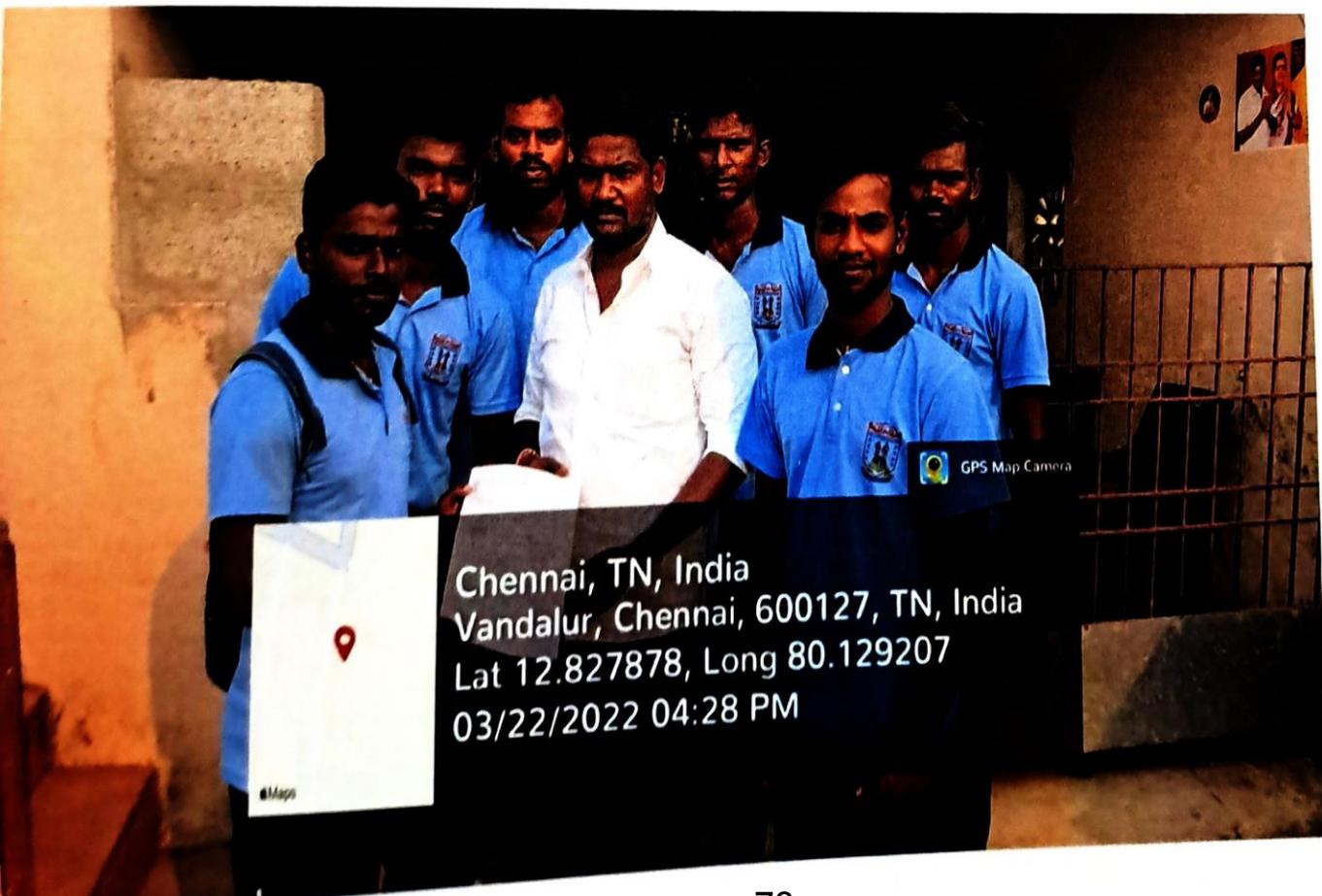
Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

pic (kolathur) team

Day 1 => 22/03/2022

we met the village president and ward members submitted our vpp Assessment and get the permission from the village president





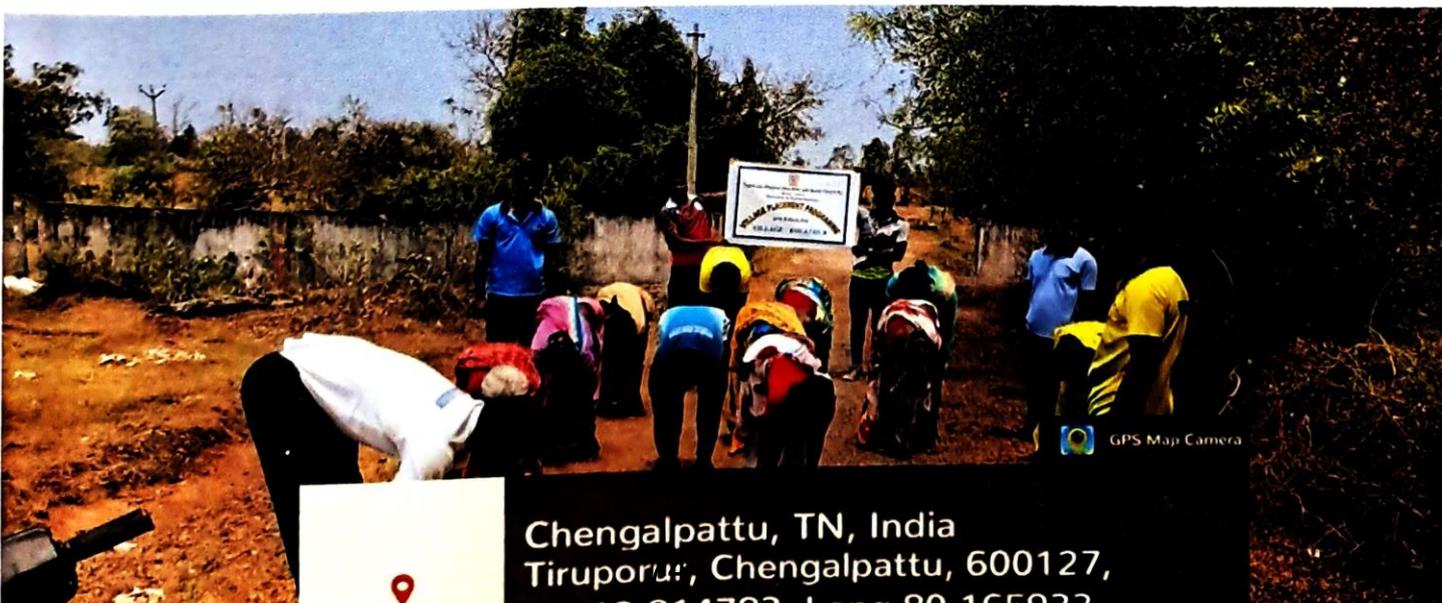
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Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day => 2 23/03/2022

We start collecting data toward kolathur village covered nearby panchayat office area





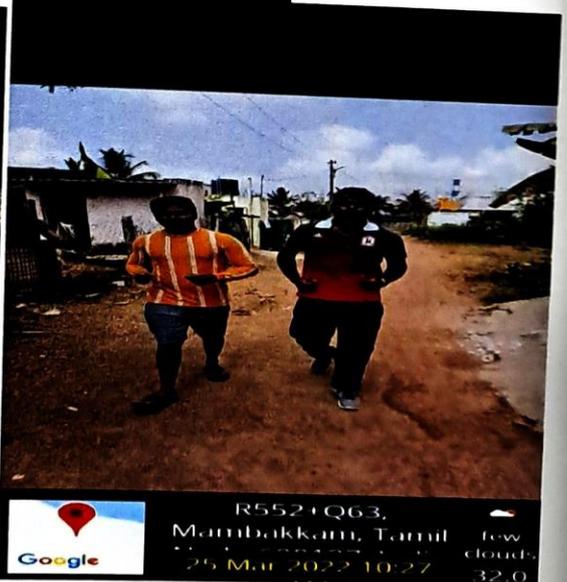
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day 3=>24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

* first we approach school, to get permission from headmaster for cover all age catagery.

*Bending series for all age person, to improve flexibility among them



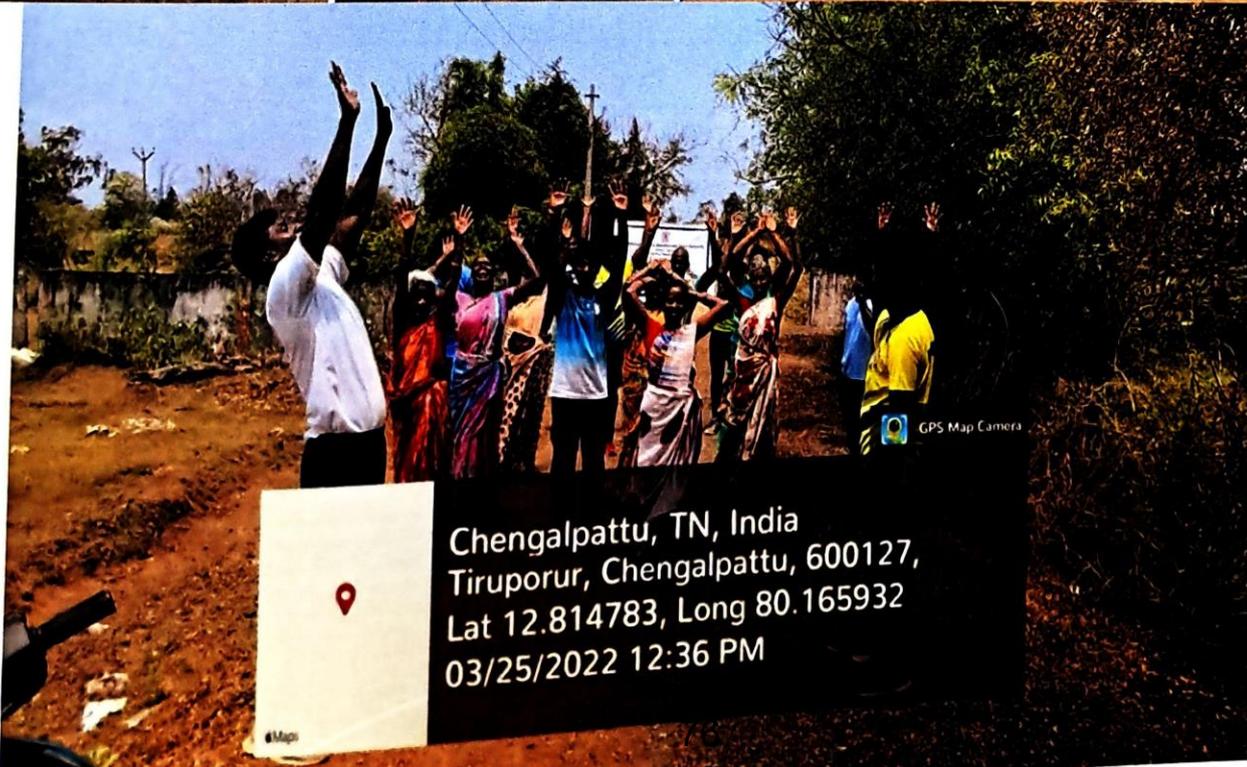
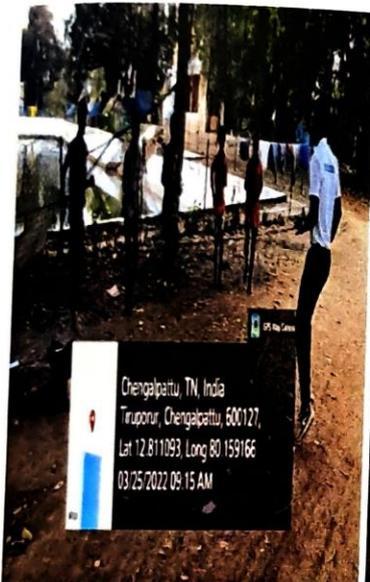
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Day=>4(25/03/2022)

We teach them cardio respiratory training to the people. We arranged a community hall in that village and conducted a cardiac respiratory workout. village people and sanitary workers also participated in this event





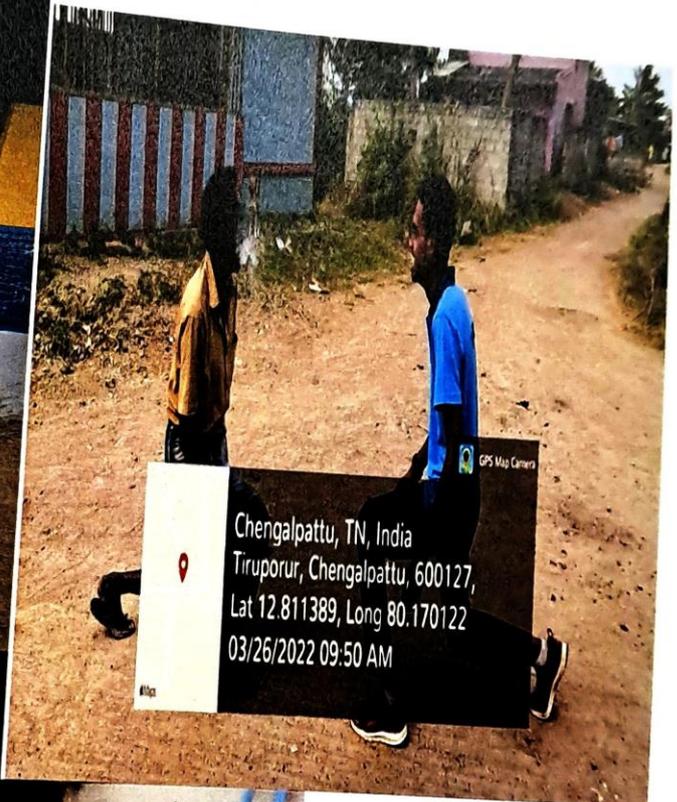
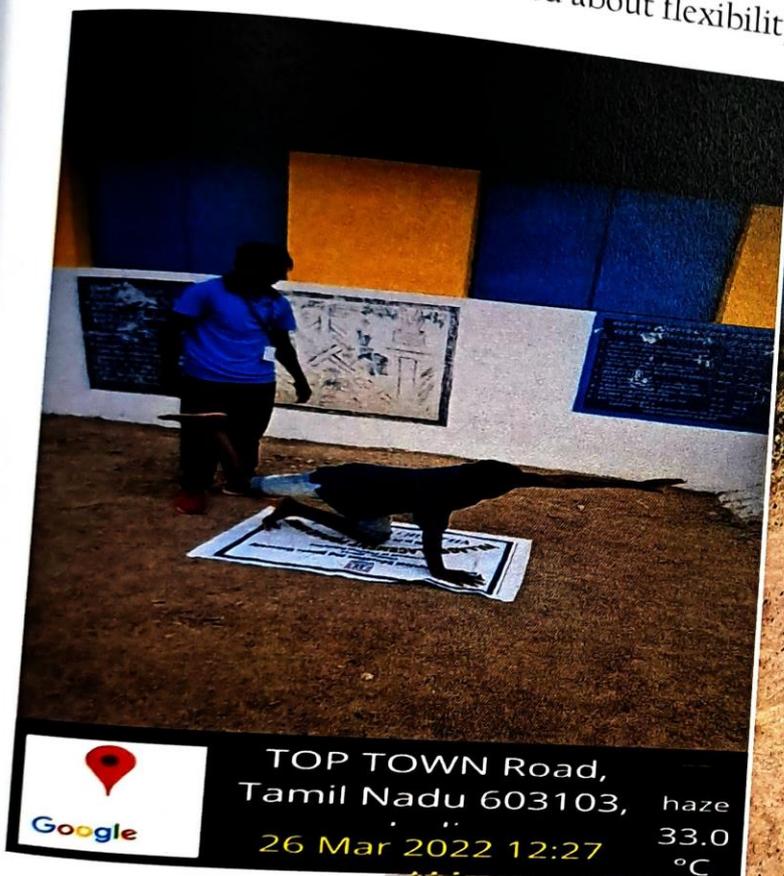
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Day 5 (26/03/2022)

We trained about flexibility and muscular endurance





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CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day 6=>(29/03/2022)

University cleaning inside the campus and main block garden





TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

(2021-2022)

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME RECORD THIRUVIDANDHAI
2021-2022



GOPALAKRISHNAN .T
2ND - M.P.ED
Reg No : 20215102009



GROUP MEMBERS:

- 1 .T.GOPALAKRISHNAN 2nd M.P.Ed (Incharge)
- 2 . D. VIGNESH- 2nd M.P.Ed
- 3 . T. SELVAKUMAR- 2nd M.P.Ed
- 4 .GUNASEELAN- 1st M.P.Ed
- 5 . JEYACHANDRAN- 1st M.P.Ed
- 6 . SRITHAR- 2nd B.P.Ed
- 7 . SOWDHRI - 2nd B.P.Ed
- 8 . SURESH- - 2nd B.P.Ed
- 9 .P.P. SAKTHIVEL- - 2nd B.P.Ed
- 10.RATHINAKUMAR - 1st B.P.Ed
- 11.TAMILMANI.S-

Program Schedules

Day	Event
Day- 1	Motivational Talks and Recreational Activities
day- 2	Activities for Flexibility
day-3	Activities for Cardio Respiratory fitness
day-4	Activities for Muscular Strengthen & Body Composition
day-5	Activities for Muscular Endurance



May 1 - 22/03/2022

We met the village president submitted our VPP Assessment and
get the permission from the Village president.

திருவிடந்தை உராட்சி மன்ற அலுவலகம்
திருப்போரூர் உராட்சி ஒன்றியம்
தலைவர்,
சுமதி. கு. அழகா குமார், ரிசங்கல் டி.டி. மாவட்டம்-603112.
குமாரசாமி
அ. ச. தா. சிவசாமி குமாரசாமி



GPS Map Camera



Thiruvandhurai, Tamil Nadu, India
Q65R+R85, Thiruvandhurai, Tamil Nadu 603112, India
Lat 12.759492°
Long 80.241046°
23/03/22 11:46 AM

We started the programme from THIRUVIDANDHAI bus stand,
cleaning and motivational talk.



2-23/03/2022

start collecting data towards thiruvidadhai village covered nearby panchayat office area.



Kanchipuram, Tamil Nadu, India
Q64R+PC6, Kanchipuram, Tamil Nadu 603112, India
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Long 80.24117°
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Kanchipuram, Tamil Nadu, India
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Kanchipuram, Tamil Nadu, India
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Kanchipuram, Tamil Nadu, India
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23/03/22 12:13 PM



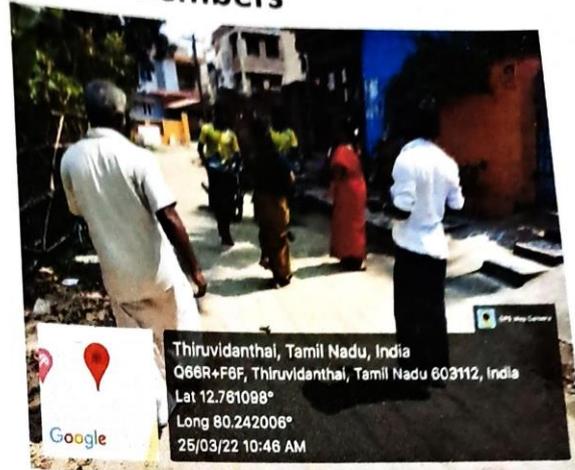
Kanchipuram, Tamil Nadu, India
Q64R+PC6, Kanchipuram, Tamil Nadu 603112, India
Lat 12.758402°
Long 80.241021°
23/03/22 12:38 PM

Data Collection and physical activity



Day -3 - 24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

First we approach village people cover all age category.

Bending series for all age person, to improve flexibility among the

for hip, lat muscle, neck region etc.

lake cleaning near thiruvandhail village

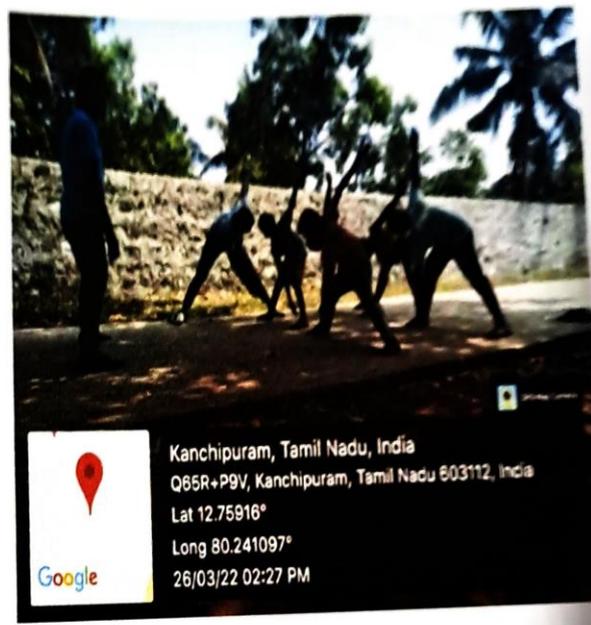


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Day - 4 - 25/03/2022

We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event

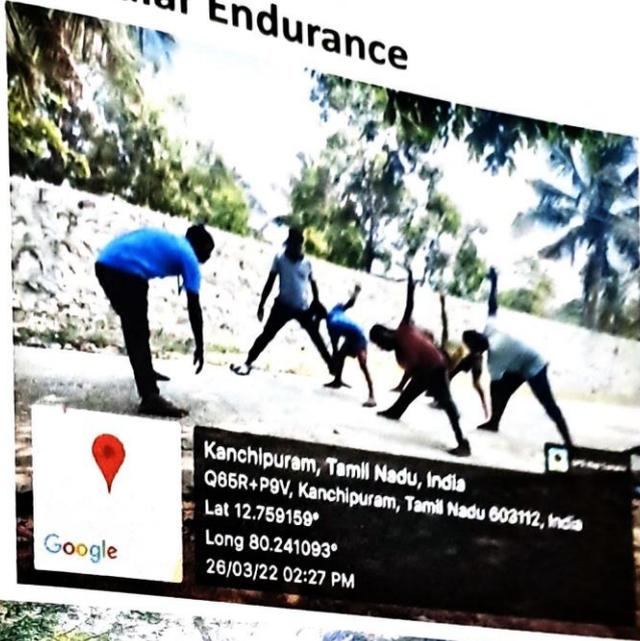




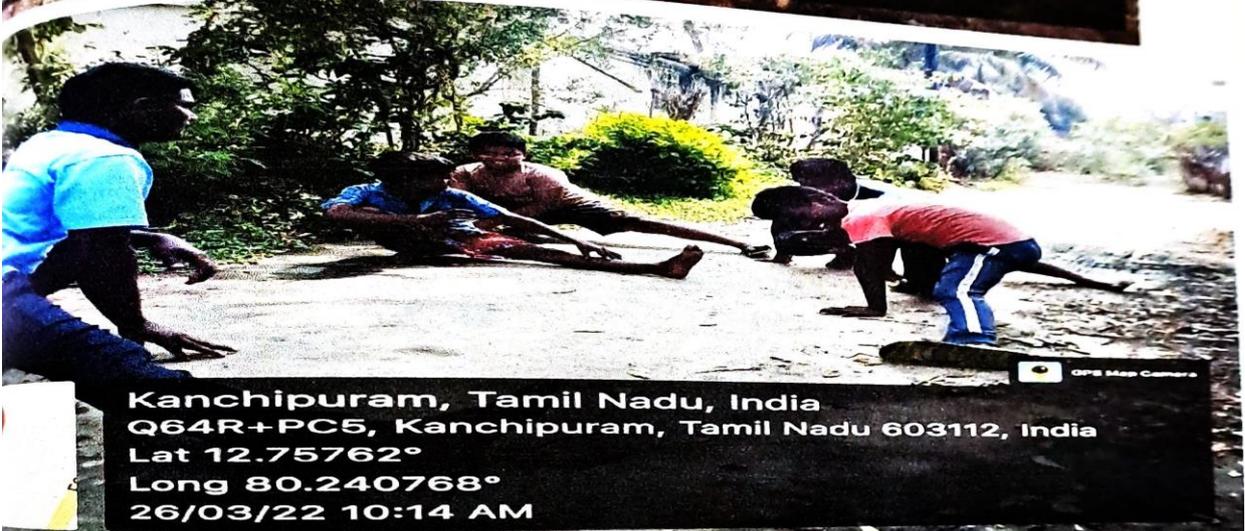
CR about flexibility and Muscular Endurance



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Q65R+P9V, Kanchipuram, Tamil Nadu 603112, India
Lat 12.759159°
Long 80.241093°
26/03/22 02:27 PM



Kanchipuram, Tamil Nadu, India
Q64R+PC5, Kanchipuram, Tamil Nadu 603112, India
Lat 12.75762°
Long 80.240768°
26/03/22 10:14 AM



Kanchipuram, Tamil Nadu, India
Q64R+PC5, Kanchipuram, Tamil Nadu 603112, India
Lat 12.757617°
Long 80.24078°
26/03/22 10:14 AM



**TAMILNDU PHYSICAL EDUCATION AND
SPORTSUNIVERSITY**

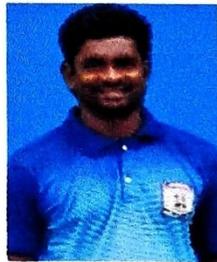
Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION



VILLAGE PLACEMENT POGRAMME RECORD

2021-2022



V.KIRUBANANDAN

2ND - M.P.ED

Reg No : 20205102011

Submitted to :

Dr.P.Kumaravelu



GROUP MEMBERS:

- 1) V.KIRUBANANDAN 2nd M.P.Ed(Incharge)
- 2) MANIKANDAN.S 1ST M.P.Ed
- 3) A.MAHESHWARAN 1ST M.P.Ed
- 4) R.BHARATHI 2ND B.P.Ed
- 5) ARJUN 2ND B.P.Ed
- 6) ABUBAKKAR SIDDING 2ND B.P.Ed

Program Schedules

Day	Even t
Day-1	Motivational Talks and Recreational Activities
Day-2	Assessment and Grouping
Day-3	Activities for Flexibility
Day-4	Activities for Cardio Respiratory fitness
Day-5	Activities for Muscular Strengthen & Body Composition
Day-6	Activities for Muscular Endurance
Day-7	Expert talk on Active Life Style, Result Analysis and Excise Prescription and Certification and Awards



Day 1 - 22/03/2022

we met the village president and Police Station ,
submitted our VPP Assessment and get the permission
from the Village president.



Pic-2: Requesting Village President and Police Station for VPP

We went to panjachat head house , and we got permission. And police station , we got permission from S.I

We started the programme from VELICHA bus stand, cleaning and motivational talk.



Day -2- 23/03/2022

we start collecting data towards VELICHAI village covered near by panchayat office visit area Dr.S.Velkumar.



Pic-3: Data Collection And Physical Activities



Day -3 – 24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

First we approach school , to get permission for Headmaster cover all age catagery.

Bending series for all age person, to improve flexibility among them. For hip, lat muscle, neck region etx.

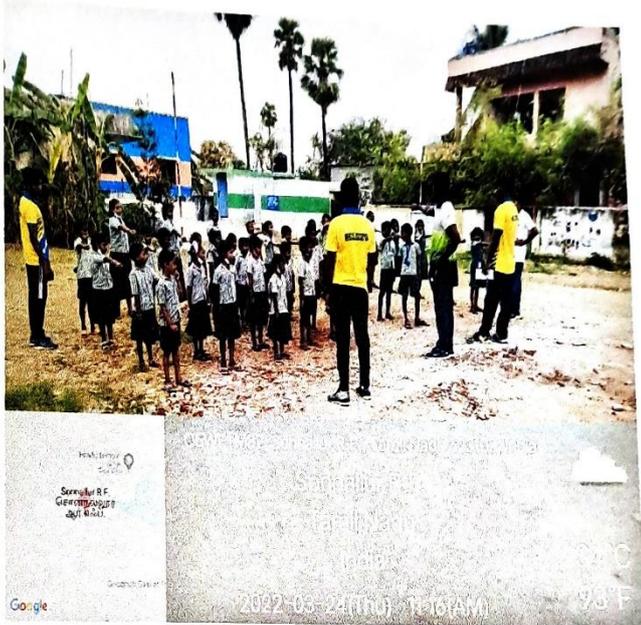
Lake cleaning near VELICHA I village.



Day - 4 - 25/03/2022

We teach them cardio respiratory training to the peoples.
We arranged a community hall in that village and
conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this
event



Activities for cardio respiratory fitness.





TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day – 5 – 26/03/2022

We trained about flexibility and Muscular Endurance





GROUP MEMBERS:

1. VIGNESH.V 2nd MPED
2. SENTHIL KUMAR 2nd MPED
3. SABARINATHAN.N 1st MPED
4. RAJKUMAR.S 1st MPED
5. ILANGKATHIR.K 2nd BPED
6. LOURDHU STARWIN 2nd BPED
7. IFTHIKAAR.A.J 2nd BPED.

Program Schedules

Day	Event
Day-1	Motivational Talks and Recreational Activities
Day-2	Assessment and Grouping
Day-3	Activities for Flexibility
Day-4	Activities for Cardio Respiratory fitness
Day-5	Activities for Muscular Strengthen & Body Composition
Day-6	Activities for Muscular Endurance
Day-7	Expert talk on Active Life Style, Result Analysis and Excise Prescription and Certification and Awards



Day 1 - 22/03/2022

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Pic-2: Requesting Village President and Police Station for VPP

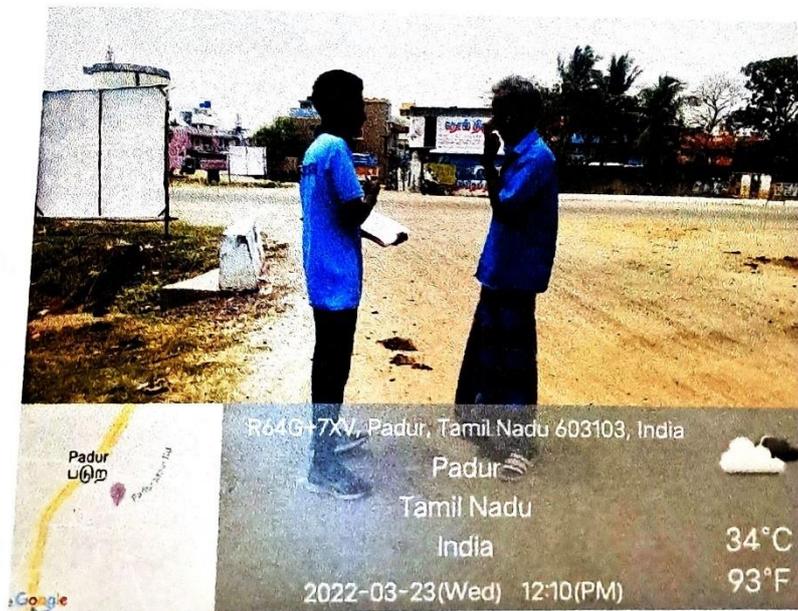
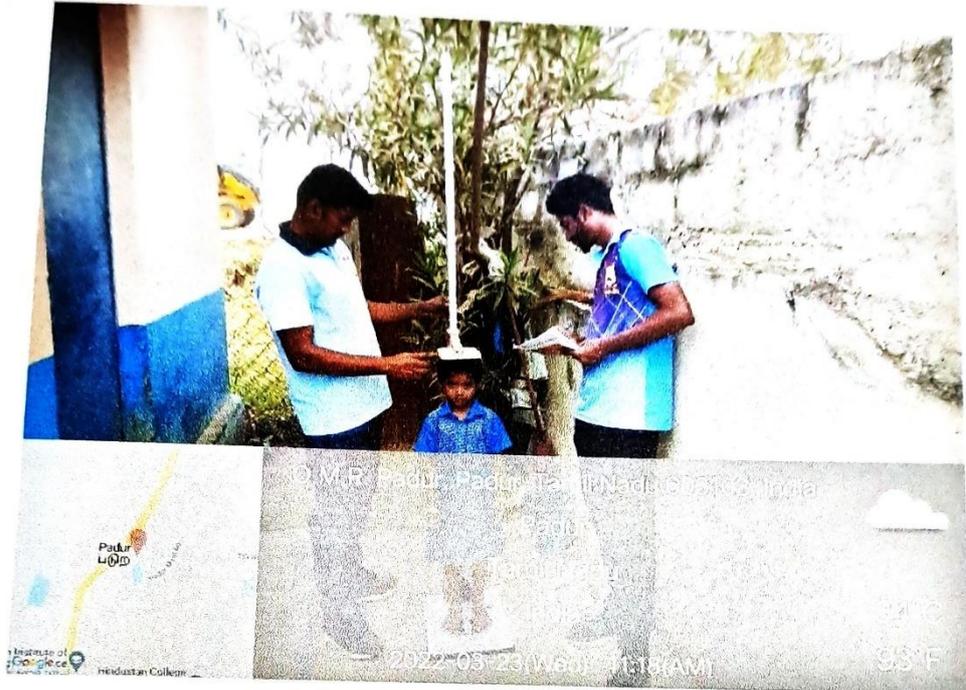
We went to panjachat head house , and we got permission. And police station , we got permission from S.I

We started the programme from VELICHA I bus stand, cleaning and motivational talk.



Day -2- 23/03/2022

we start collecting data towards PADUR village covered near by panchayat



Pic-3: Data Collection And Physical Activities



Day -3 – 24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

First we approach school , to get permission for Headmaster for cover all age catagery.

Bending series for all age person, to improve flexibility among them. For hip, lat muscle, neck region etx.

Lake cleaning near VELICHA I village.



Day – 4 – 25/03/2022

We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event



Activities for cardio respiratory fitness.





Day – 5 – 26/03/2022

We trained about flexibility and Muscular Endurance





Day – 6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.





TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

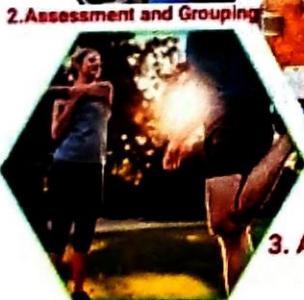
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai – 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME



1. Motivational talk and Recreation activities



3. Activities for Flexibility



2. Assessment and Grouping



4. Cardio Respiratory Fitness



6. Muscular Endurance



5. Muscular Strengthen and Body composition

REPORT
ON
VPP - 2022
100

GROUP MEMBERS:

1. M.Mowniga
2. V.Nithya
- 3.B.Jarani
- 4.A.Agalya
- 5.N.Keerthika
- 6.Kayalvizhi
- 7.S.Kamali
- 8.Bavya shree
- 9.M.Ramya
- 10.R.Kowsalya
- 11.T.MONIKA

Program Schedules

Day	Event
Day-1	Motivational Talks and Recreational Activities
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Day-5	Activities for Muscular Strengthen & Body Composition
Day-6	Activities for Muscular Endurance

Pic-Melakottaiur Team.

Day 1 - 22/03/2022

we met the village president and ward member, submitted our VPP Assessment and get the permission from the Village president.



R4WW+GGM, melakottaiyur, Kandigai, Tamil Nadu 600127, India

Latitude

12.84637344°

Longitude

80.14616485°

Local 01:30:31 PM

GMT 08:00:32 AM

Altitude -48.57 meters

Tuesday, 22-03-2022

Pic-2: Requesting Village President and Ward member for VPP

We went to panjachat head house , and we got permission. Village , we got permission from Ward member and president. We started the programme from Melakottaiur bus stand , cleaning and motivational talk.

Day-2-23/03/2022

we start collecting data towards Melakottaiur village covered nearby panchayat office area.



**Pic-3: Data Collection
And Physical Activities**

Day-3 – 24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

First we approach school, to get permission from Headmaster for cover all age category.

Bending series for all age person, to improve flexibility among them.

For hip, lat muscle, neck region etc.

Lake cleaning near Samathuvapuram village.

Day - 4 - 25/03/2022

We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event



56, வண்டலூர்-கேளம்பாக்கம்
சாலை, Kovilancheri, Tamil Nadu

am - Vandalur Rd, Kandigai, Tamil Na

Longitude
80.14815988°

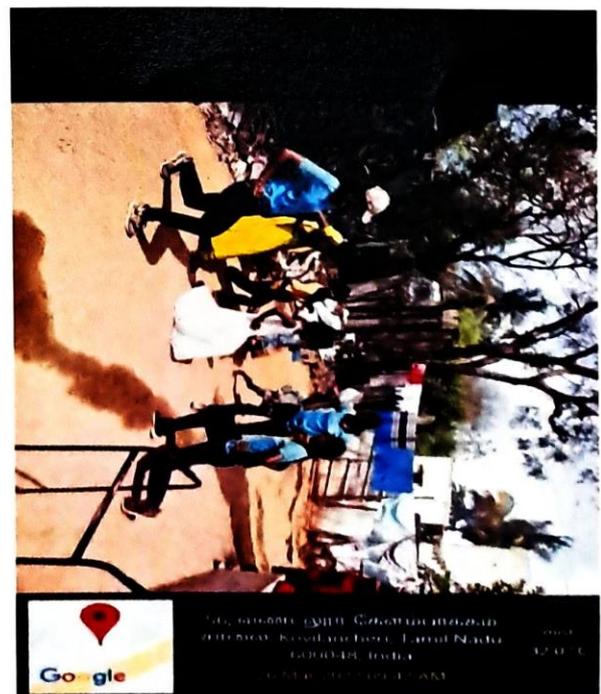


CHF, Melakottaiyur, Tamil Nadu 6001

Longitude
80.14875744°

Day-5-26/03/2022

We trained about flexibility and Muscular Endurance



TAMILNDU PHYSICALEDUCATION AND SPORTS UNIVERSITY
Melakottaiyur, Chennai- 127.

DEPARTMENT OF PHYSICAL EDUCATION

VILLAGE PLACEMENT PROGRAMME



1. Motivational talk and Recreation activities



2. Assessment and Grouping



3. Activities for Flexibility



4. Cardio Respiratory Fitness



6. Muscular Endurance



5. Muscular Strengthen and Body composition



**REPORT
ON
VPP - 2022**



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

GROUP MEMBERS:

1. K. Priyatharshini
2. A. Priyatharshini
3. T. Priyatharshini
4. A. Saranya
5. C. Sandhiya
6. G. santhanalakshmi
7. E. Sandhiya
8. R. Rajalakshmi
9. V. Subathra
10. vishvapriya
11. Monika

Program Schedules

Day	Event
Day-1	Motivational Talks and Recreational Activities
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Day-4	Activities for Cardio Respiratory fitness
Day-5	Activities for Muscular Strengthen & Body Composition

Day 1 - 22/03/2022

we met the village president and ward member, submitted our VPP Assessment and get the permission from the Village president.



Pic-2: Requesting Village President and Ward member for VPP

We went to panjachat head house , and we got permission. Village , we got permission from Ward member and president. We started the programme from Samathuvapuram bus stand , cleaning and motivational talk.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day-2- 23/03/2022

we start collecting data toward Mambakkam village covered nearby panchayat office area.



Pic-3: Data Collection And Physical Activities



Day-3 – 24/03/2022

Fitness awareness Campaign by our team members



Activities for flexibility.

First we approach school , to get permission from Headmaster for cover all age catagery.

Bending series for all age person, to improve flexibility among them.

Forhip, lat muscle, neck region etc.

Lake cleaning near Keerapakkam village.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Day-4-25/03/2022

We teach them cardio respiratory training to the peoples. We arranged a community hall in that village and conducted a cardiac respiratory workout.

Village People and Sanitary workers also participated in this event





Day-5-26/03/2022

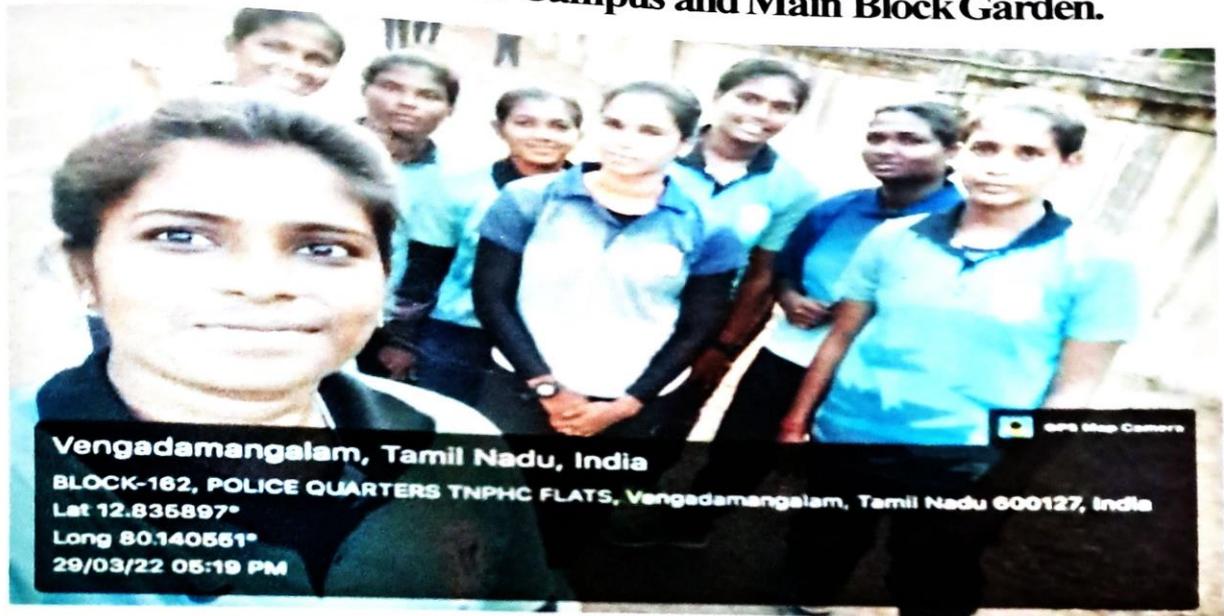
We trained about flexibility and Muscular Endurance





Day-6 – 29/03/2022

University Cleaning Inside the Campus and Main Block Garden.





TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

(2020-2021)



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

தமிழ்நாடு உற்சுகல்விவியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்



DEPARTMENT OF YOGA

PRACTICAL RECORD NOTE BOOK

Name : ..R. AARTH..I.....
Enrollment No. : ..2022-5234001....
Course : ..M.SC.(YOGA THERAPY)
Subject : ..VILLAGE PLACEMENT PROGRAM
Year : ..2022 - 2024.....



Melakottaiyur, Chennai- 127, Tamil Nadu, India.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF YOGA

PRACTICAL RECORD NOTE BOOK

Record Note submitted to Department of Yoga Tamil Nadu
Physical Education and Sports University, Chennai.

Submitted by :

Name :.....AARTHI.....R.....

Enrollment No :.....20225234001.....

Course :.....M.Sc. YOGA THERAPY.....

Year :.....2022 - 2024.....

Venue :.....T.N.P.E.S.U.....

Date of Submission :.....21/11/24.....



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

மேலக்கோட்டையூர் முதல் நிலை ஊராட்சி மன்றம்

திருப்போரூர் ஒன்றியம்

TNPHC, ஸ்ரீ செல்வ விநாயகர் கோவில், மேலக்கோட்டையூர், கண்டிகை,
செங்கல்பட்டு மாவட்டம்

திருமதி. ஆ. கௌதமி ஆறுமுகம் D.Ted, DCE

தலைவர்,

மேலக்கோட்டையூர் முதல் நிலை ஊராட்சி மன்றம்

சான்றிதழ் / CERTIFICATE

தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டு பல்கலைக்கழக M.Sc (Yoga Therapy) முதலாம் ஆண்டு மாணவி ரா. ஆர்த்தி அவர்கள் மேற்படி பல்கலைக்கழக கிராம சேவை திட்டத்தின் மூலமாக மற்ற மாணவர்களோடு இணைந்து இந்த கிராமத்தில் உள்ள தமிழ்நாடு காவலர் வீட்டுவசதிக் கழகம், ஸ்ரீ செல்வ விநாயகர் கோவிலில் முகாமிட்டு 8.11.2022 முதல் 12.11.2022 வரை எங்கள் பகுதியில் உள்ள மக்களுக்கு யோகா பயிற்சிகளை கற்றுத் தந்தார்கள். மேலும் யோகா சிகிச்சை, இயற்கை மருத்துவ முகாம்; இயற்கை உணவு தயாரிப்பு பயிற்சி, ஆயுர்வேத, சித்த, வர்மா, அக்குபிரலூர் மற்றும் அக்குபஞ்சர் சிகிச்சை, ஆண்கள் மற்றும் பெண்களுக்கான சிறப்பு யோகா மற்றும் உடல் நல ஆலோசனைகள் போன்ற நிகழ்ச்சிகளை நடத்தினார்கள். எங்கள் பகுதியில் உள்ள மக்களுக்கு இந்த முகாம் மிகவும் பயனுள்ளதாக அமைந்திருந்தது என்று சான்றளிக்கின்றேன்.

I certify that Ms R. Aarthi pursuing M.Sc Yoga Therapy, 1st Year from Tamil Nadu Physical Education and Sports University along with their class students organized Yoga camp at Tamil Nadu Police Housing Corporation, Sri Selva Vinayagar Temple in our village as a part of their village service programme from 8.11.2022 to 12.11.2022 and taught yoga practices to our villagers. Also they organized Yoga Therapy, Nature Cure Camp, Uncooked food preparation Workshop, Ayurvedha, Siddha, Varma, Accupressure and Accupuncture Medical camps, Special Yoga and Health Awareness Camp for Men and Women. I certify that this programme was very useful for our villagers.

தேதி/ Date :

இடம்/ Place :

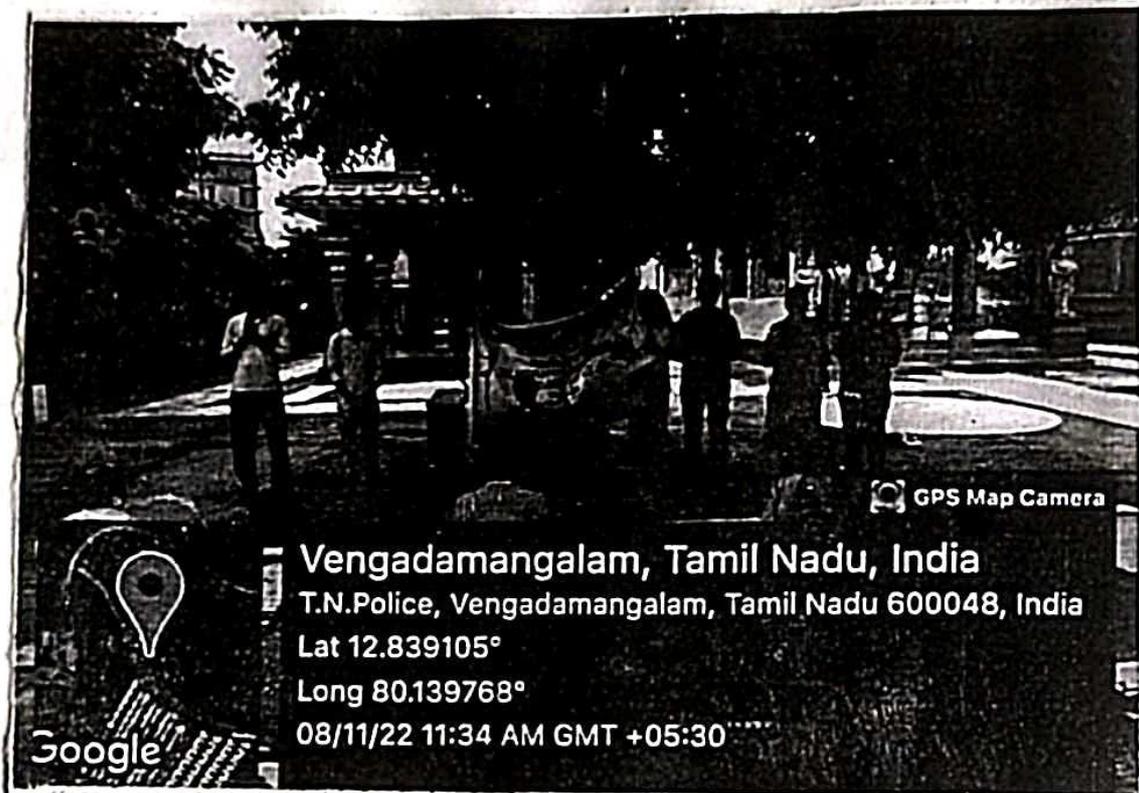
திருமதி. ஆ. கௌதமி
A. Gowthami
திருமதி. ஆ. கௌதமி ஆறுமுகம் D.Ted, DCE



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Day - 1

Duration - 2 Hours.

Planning:

Introduction

First we ~~go~~ went and meet the head of the village and inform him that we would like to conduct the enlightenment program of yoga, we conduct the program in Vengadamangalam village temple. We get permission from the temple president. and he here me. All students are gathered temple and explain about the our program.

People thought on yoga :-

Simply people think that yoga is not but exercise. And if we do, we feel pain in the body. They are also saying that we have already many problems like joint pain, knee pain, lower, lower back pain, Hence they don't want to strain their body. As a student of yoga I have all the responsibilities to eradicate their misconception on yoga.

Explaining the Concept and purpose of yoga.

most of the people, just hear the word alone but after speaking with them they are ready to learn yoga enthusiastically. We can't start suddenly by giving theories of yoga and other concepts to make them understand.

* Yoga helps to improve your health.

* Prevent digestive problems.

* To strength your muscles.

* Found a healthy life style.

* To improve your flexibility.

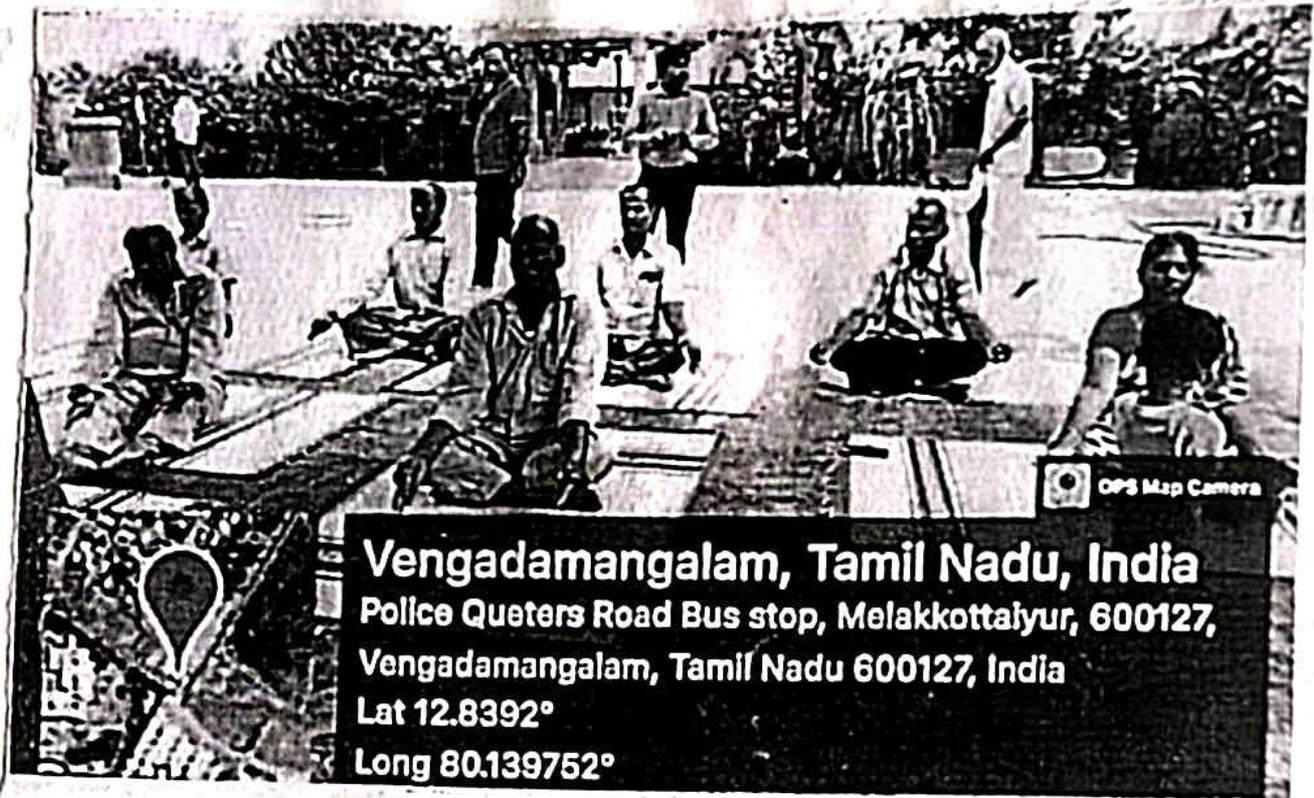
* Help your focus.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Day - 2

Duration - 2 Hours

Planning :

- To teach Diet & Food habit.
- To teach Simple mudras
- To keep the relax

Introduction :

In the second day beginning class itself they all come with the complaint that everyone has pain in each and every part the body. Hence they are not ready to do practice. We decide - to pacify them by saying that this is how your muscle get strengthened.

Practices :

* Begin the day with prayer

* Do some loosening exercises



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Day - 3

Duration : 2 hours

Planning :

→ To recall the practice of previous class.

→ To introduce asanas and its benefits.

→ To inform the contra-indication.

→ To make them practising some basic asana.

Introduction :

After gathering people we begin the practice with prayer. Next, they do some loosening exercise and Surya Namaskar for twelve rounds.

Next we introduce the topic asanas and its benefits and importance to all human being.

Asana :

→ Asana is a yoga pose of the body.

→ It is designed to help master the body and enhance the body function.

21/01/2021



Day - 4

Duration - 2 hours.

Planning:

- To recollect the previous practice class.
- To instruct the rest of asanas.
- To keep them relax.
- And given pranayama breathing technique.
- Introduce about mudras and benefits.

Recalling the prayer:

- * Begin with the prayer
- * Do some loosening exercise
- * Do asanas learnt in the previous class.
- * Breathing technique pranayama is techniques in fourth day.
- * First we explain about the pranayama importance and benefits.

Benefits of pranayama and mudras:

Improve the respiratory system.

Improve blood circulation.

And improve lung capacity.

The contraindication of each and every practice we explain.

The mudras are very simple and beneficial
In this mudra Psycho - neuro fingers locks.

Recalling the practices:

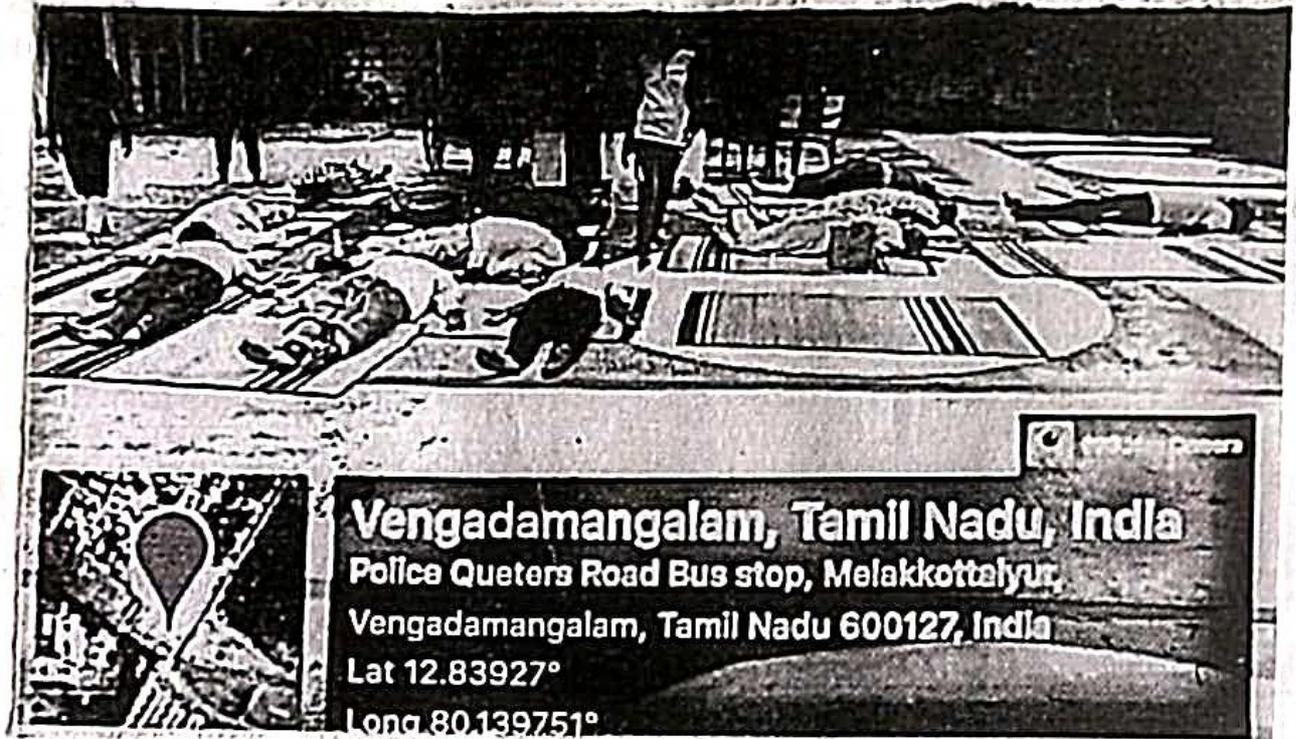
Thus in the fourth day class we almost cover all the basic asanas, pranayamas, mudras, Surya Namaskar which can be practiced by the people in their day-by-day life. We wind up the fourth day with the ending prayer.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Day - 5

Duration - 2 hours.

planning:

→ To teach pranayama & mudra.

→ To know their experience.

→ To thank people for providing opportunity.

Introduction:

* In the fifth day class, all look energetic and at the same time all are ready to learn the new concept pranayama and mudra.

* We begin the day with prayer.

* We explain the terms 'pranayama' and 'mudra' and its benefits too.

Benefits:

* Helps to relieve from stress, anxiety and depression.

* Effective in mental alignment.

* Expands our life span.

Certificate

Name: R. RAMATHILAGAM .

Class: Msc yoga therapy

Roll No: DE170101119007 .

Exam No:

Institution Tamil Nadu physical Education and
Sports University.

This is certified to be the bonafide work of the student in the
_____ Laboratory during the academic
year 2020/2021 .

No of practicals certified _____ out of _____ in the
subject of _____

.....
Teacher In-charge

.....
Examiner's Signature

.....
Principal

Date:

Institution Rubber Stamp

(N.B: The candidate is expected to retain his/her journal till he/she passes in the subject.)



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

இரண்டாம் கட்டளை ^{நிராமீ} ஊராட்சி மன்றம்

பல்லாவரம் தாலுகா

காஞ்சிபுரம் மாவட்டம் - 600 122

கிராம நிர்வாக அலுவலர்

நாள்: 06-04-2021

CERTIFICATE

This is to certify that Mrs. R. Ramathilagam of Ms. Yoga Therophy 1st year from TNPESU Participated in the village placement programme related to Yoga at Sai Samrpanam Hall Pesisil Garden, Irandam Kattalai, Kanchipuram District, Tamilnadu, Pallavaram Taluk from 26th March 31st March 2021. She taught yoga and Meditation for people of Irandamkattalai Village.

G. Abilash

கிராம நிர்வாக அலுவலர்
11. தண்டலம் கிராமம்
12. தரப்பாக்கம் கிராமம்
13. இரண்டாம்கட்டளை கிராமம்
பல்லாவரம் வட்டம்

Village placement programme.

SHANTI MANTRA.

OM Saha nav avatu.

Saha nan bhunaktu.

Saha viryam karavahai.

tejasvi nav adhitam astu.

ma vidvisavahai.

OM Santih Santih Santih!!



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES





Date

Expt. No.

Page No. 3

Village placement Programme.

1st day (26.02.2022)

In partial fulfilment of my Msc. yoga.

Therapy at TPESU Chennai, R. Ramathilagam,

have duly conducted the village placement programme at. Tendukulam Gramapanchayath

Kovur. from 26th to 31th March 2022.

The programme was attended by about Ten Members inclusive of both ladies and children of the Community.

It was brief introduction of yoga by myself.

The attendant members were shown the introductory loosening exercise. The following

were the asans demonstrated on the first day.

1 Maneluleusana.

2 Merkarasana.

3 Bhujangasana.

4 Salbhasana.

5 Vajrasana.

6 padmasana.

7 Bhastrika - breathing exercise and finally
4-5 minutes meditation.

Teacher's Signature : _____



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES





2nd Day. (27-03-2018)

The Second day of the programme began with loosening exercises. Next, we all joined in prayer. Immediately after the prayer, the members were told to carry out the previous days asanas. I also made sure that doubts were cleared by checking out their demonstrated asanas.

Next, a brief theory class on Ashwanga yoga - nyama - niyama, followed. The following asanas were introduced.

- 1 DHYANA VEERASANA.
- 2 SIMHACHARIYANASANA.
- 3 SHASHANKASANA.
- 4 TADASANA
- 5 TRIKONASANA.

Teacher's Signature : _____



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

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Date

Expt. No.

Page No. 6

3rd day, (28.03.2021)

The day began with the loosening exercises.

Then the group joined in prayer. The prayer was followed by the practice of the previous day's postures. Once the remedial session was over,

the following asanas were introduced and demonstrated.

- 1 DWIKONASANA
- 2 yoga Muehrg,
- 3 Natsyarsana,
- 4 shala bhasana.
- 5 DHANURASANA

I had also introduced Linga Muehrg, Aath:

Muehrg. Anuloma vilom.



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4th Day

(29-03-2018)

We started the day with loosening exercises and prayer.

The participants demonstrated the previously taught postures (asanas) for corrections were made to certain participants. On this day I introduced the Surya Namaskar and explained its benefits to the participants. In addition to this, the following asanas were explained and duly demonstrated till the participants were thorough with postures.

1. Paschi Suthanasana.
2. Suptha Vajrasana.
3. Kapalabhati.
4. AATISAR.
5. Ujai.
6. Anulom vilom.

The 4th day ended with 4-5 minutes meditation and prayer.

Teacher's Signature : _____



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

F



5th Day

(30.03.2021)

We started the day with loosening exercises and prayer.

1 Pawanmuktasana (Anti rheumatic group)

Goolf Namam

Goolf Chakrei

Goolf Ghoornam.

Jam Namam.

poorna Titalk asana.

2 Pawanmuktasana (digestive (abdominal group).

1 Padachakrasana.

peela Sanchalanasana.

Gupta pawanmuktasana.

Ju lana Lurhakanasana (Crockery and rolling)

Mankasana.

3 Pawanmuktasana (Energy block postures).

Raju koshhamasana.

Chokki Chalanasana.

Nauka Sanchalanasana.

Kashtha Tanshamasana.

Kanva Chalanasana.

Teacher's Signature : _____



Date

Expt. No.

Page No. 9

6th DAY,

(31.03.2020)

The sixth day was mostly dedicated to
Memorabilia Exercises.

Soon after the participants finished with the
loosening exercises the previously taught asanas,
were redone so as to check their proficiency.

There was an interactive session with the
participants for about half an hour.

The programme was success. The community,
members cooperated whole heartedly. It was made a
part of the programme.

I plan a follow up programme sometime
after the holidays.



Date

Expt. No.

Page No. 10

PRAYER.

Om! Asatome Sadyamaya.

Tamasome Jyotmeyamaya.

Mrityorome Amritmeyamaya.

Om Shanti, Shanti, Shanti.

Teacher's Signature : _____



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(2018-2019)



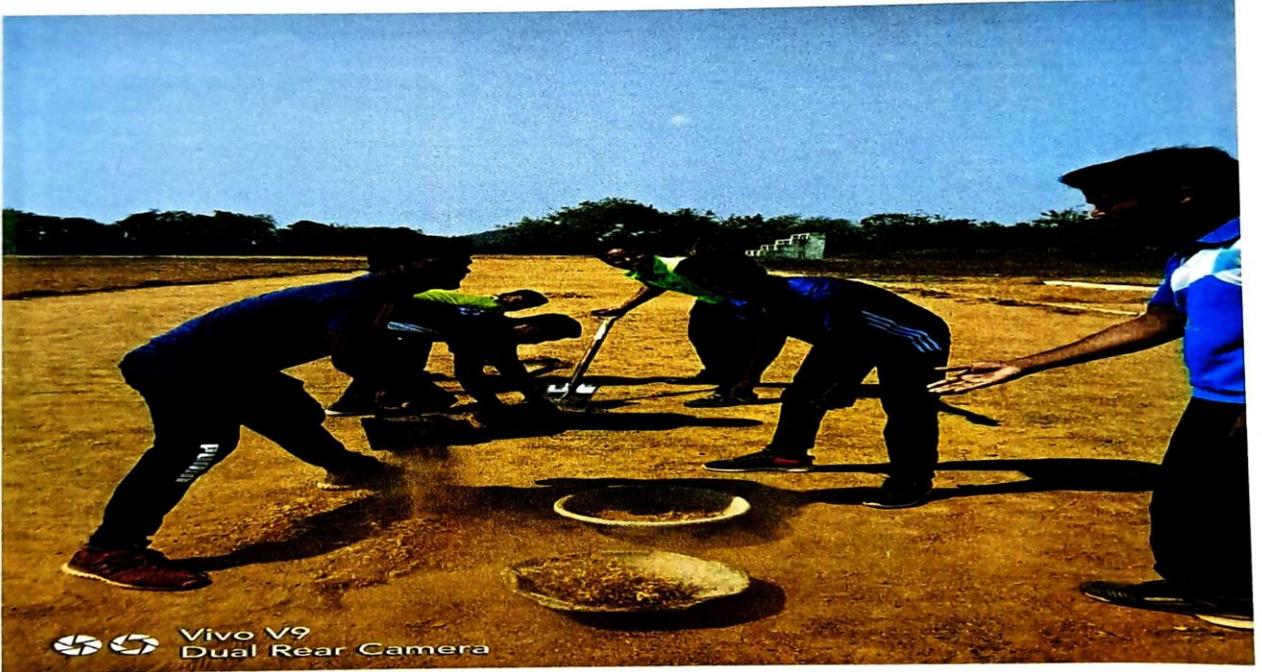
தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

Accredited with "B++" Grade by NAAC

India's First State University in Physical Education and Sports

VILLAGE PLACEMENT PROGRAMME



DEPARTMENT OF PHYSICAL EDUCATION

M. Phil (2018-2019)

Report on Village placement Programme from 13-03-2019 to 17-03-2019



MUTHAN DEENAN

M.Phil in Physical Education

Register No : 20185103002

Team Members

20185103001

20185103002

- MOHMMAD CHOTEMIYA
- MUTHAN DEENAN

20185103003

20185103004

- DINESH BABU C
- KEERTHANA.V

20185103005

20185103006

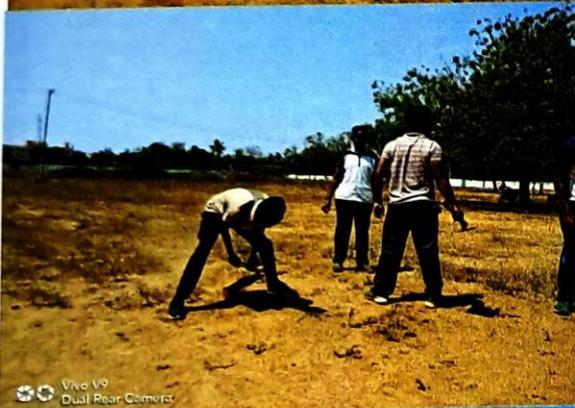
- SAMBATH KUMAR.R
- SENTHIL MUTHUPANDI.S

INTRODUCTION

The course is known as “Village Placement Programme”. It is a field based course conducted in a village for a period of 5 days at the beginning of the Second semester for all the programmes. Each student, at the end of the course will be evaluated for 50 marks.



DAY-1 (13-03-2019)



Day-1 we went to Kadigai Government School and Clean all the School surroundings and along with Volleyball Court Separately.



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DAY-2 (14-03-2019)



Day-2 we cleaned Indore Stadium surroundings of Tamil Nadu Physical Education



DAY-3 (15-03-2019)





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DAY-4 (16-03-2019)



Day-4 we prepared field for Green house purpose at Tamil Nadu Physical Education Sports University backside of Gym and watering the plants.



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

DAY-5 (17-03-2019)



Day-5 we prepared for Green house at Tamil Nadu Physical Education Sports University backside of Gym and watering the plants.





COORDINATOR



VPP Leaders

1. B. VIJAY
2. S. DHIVAKAR
3. C. BRAIN MARISON
4. R. SATHISH
5. C. NAYEEN
6. S. PREETHI
7. M. MINI



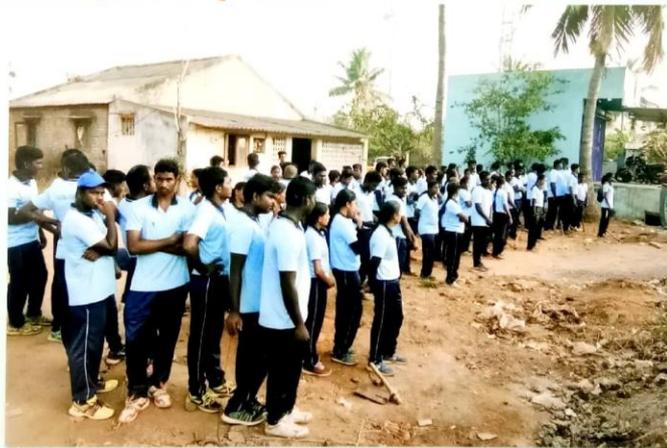
Day	Activity
1 st Day 25-3	Cleaning at [Kandigai and Melakottaiyur]
2 nd Day 26-3	Awareness at [Police quarters, Kandigai, Melakottaiyur]
3 rd Day 27-3	Conducting the game [Anbagam in Mambakkam]
4 th Day 28-3	Create the Cricket pitch and volley ball court [Melakottaiyur near police quarters]
5 th Day 29-3	Cleaning process in [Vandaloor Zoological park]





Ist Day

The Ist year B.P.Ed gather for the Village Placement Program.
For cleaning kandigai and Melakottaiyur.





Over student's cleaning the Public ground in kandigai.





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In
Melakottaiyur
Church
ground.





2nd Day



Over student's reading for the rally to awareness about

- > Importance of voting
- > Importance of sports
- > Health
- > Cleanliness

In police quarters, Kandagai, Melakottaiyur.



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES





CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

Anbayanam 3rd May

We are conducting a minor game's for home peoples like 10 metre race, breaking ballon, ♣️ lucky corner ex.

We provide a snacks and medal's for winner's.





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The home incharge giving a beautiful speech for our student's.



The Anbagam principal giving the medals for the winner's



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



End
of
the
Day



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



4th Day

We are going to read: a
Cricket pitch and volley court
in Melakottaiyur public ground
near police quarters.



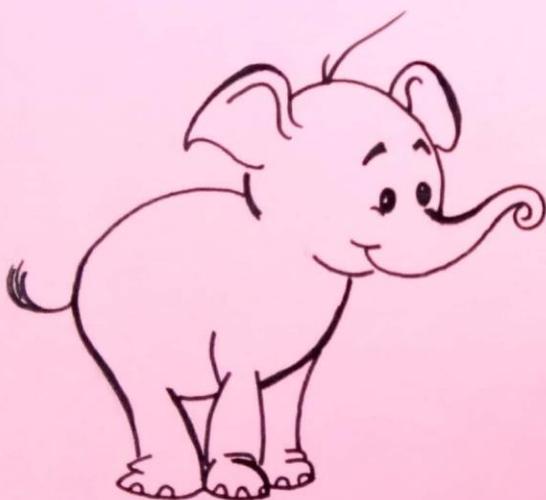


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5th May

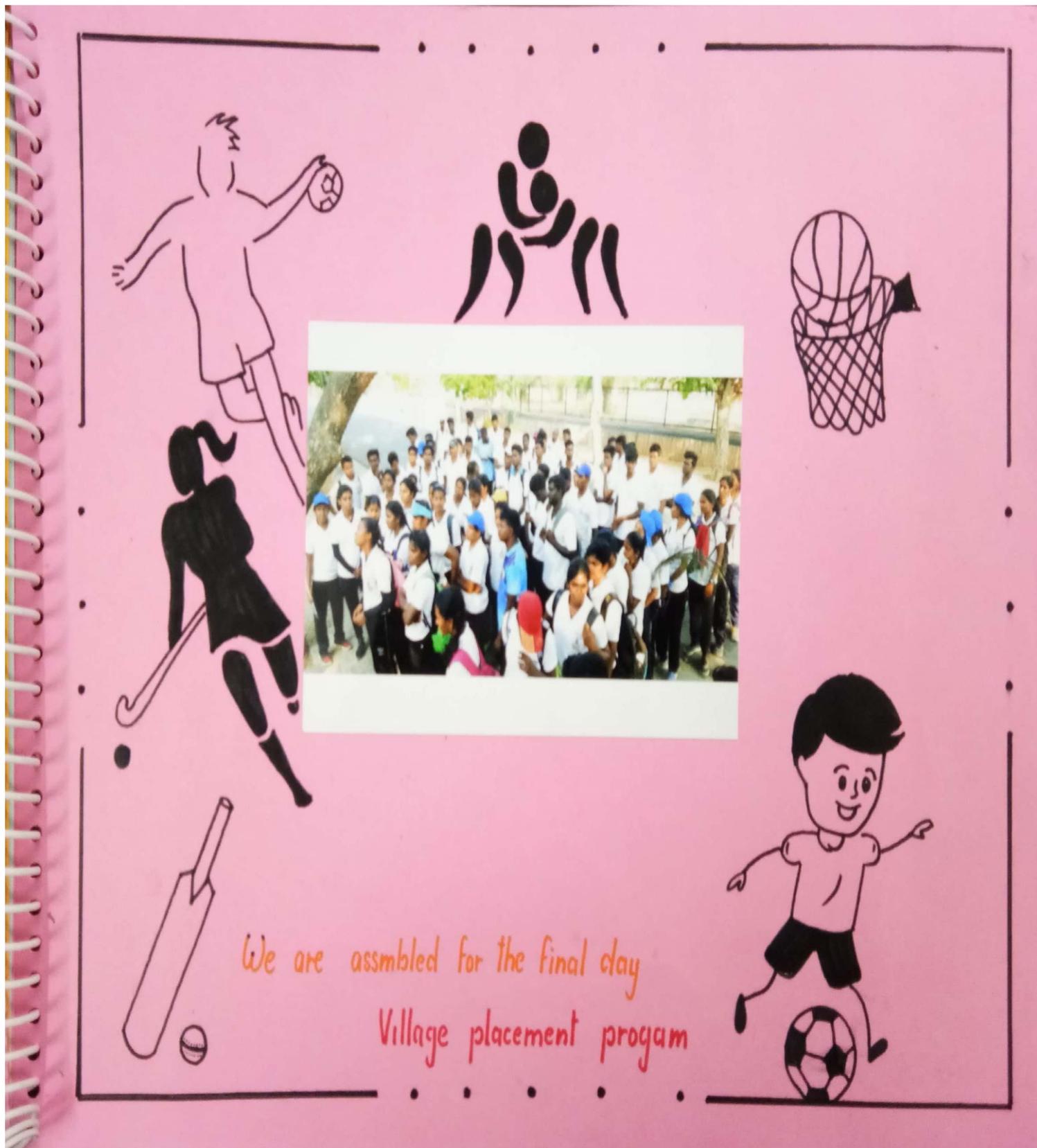
Vandalur
ZOO

Cleaning process at Arignar
annar Zoological park, Vandalur.





CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



10/11/2018



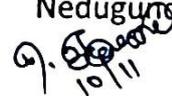
Nedugundram Village Panchayat, Gandhi Road, Perungalathur 600 048

+91 44 27452223,7402606062

Certificate

This is to certify that Ms./Mr./Mrs. K.J.Sridevi of M.Phil Yoga from Tamil Nadu Physical Education and Sports University, has conducted Village Placement Program at Sadanandapuram village for 5 days from 29/10/2018 to 02/11/2018 as partial fulfillment towards her academic requirement 2018-19 with the permission from the panchayat office, Nedugundram, Perungalathur, Chennai-48. She conducted the yogic practices to the surrounding schools and to the people of the village helping them to know the need of yoga for healthy being. I wish her success in their future endeavors.


ஊராட்சி செயலர்
நெடுங்குன்றம் ஊராட்சி

Special Officer
Nedugundram Panchayat

10/11



Date

Expt. No.

Page No.

My VPP



Teacher's Signature : _____

ACKNOWLEDGEMENTS

I Express my deep sense of gratitude to Dr. S. Selvalakshmi, Assistant professor & Head i/c, Department of yoga, TNPEU for her guidance and support in conducting the vpp program successfully

I express heart-felt thanks to Dr. V. Duraisami Assistant professor, Department of yoga, TNPEU for his support and encouragement

My special thanks to Anand Sir, i/c Sri Sadhananda Ashram, Sadanandapuram for giving us permission to conduct vpp program for 5 days in a very encouraging mode and giving us ideas to drive the program to success.

My special thanks to my husband and my children for supporting me to make the event to a grand success.

I thank one and all who directly or indirectly helped us for uninterruptedly driving this program to a markable event.

Teacher's Signature : _____



Date

Expt. No.

Page No. 3

Village Placement Program

The village placement program (VPP) is the part of the Course Curriculum at TN PESU with a motto to serve and develop rural areas through service activities such as health camps, conducting yogic practices for wholistic living as well as to overcome the lifestyle disorders. VPP is a platform to share the knowledge and get benefited through the service and experience.

The purpose of the programme is to introduce simple yogic practices to village people of all ages. The participants were also given yoga therapy for ailments like backpain, stress Diabetes along with diet suggestions.

The school children around the Ashram were focused and were given yogic practices to help them increase their concentration and interest towards studies. As the children are the future of nation they should be like building blocks of the nation.

Women, especially housewives are the busiest persons who work for the family members and take upon their stress helping them finish their daily routine successfully. But at the end of the day, women are not caring

Teacher's Signature : _____



their time for themselves. This programme helped the women to take out time for themselves and pamper their Body and mind through simple yogic practices which really motivated the women around the ashram.

The Sadananda Ashram was a serene, peaceful place, which helped us increase the aura while conducting the practices.

Eminent Resource persons from all the divisions of alternative medicines were invited and they helped the students as well as the participants with their knowledge to overcome the lifestyle disorders and taught us the way of life through alternative medicinal system which were set by our ancestors to us.

The vsp programme was combinedly done by M.phil scholars and M.sc yoga/yoga therapy first year students under the guidance of Dr. S. Selvalakshmi and Dr. V. Duraisami our faculty members, helping us gain and get expose to the knowledge. This will help us to go long way successfully in our journey called yoga.

Teacher's Signature : _____



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழக யோகா துறை மாணவர்கள் நடத்தும் கிராமப்புற யோகா விழிப்புணர்வு முகாம்.

நேரம் :
காலை 9.00 மணி முதல்
மாலை 4.00 மணி வரை



இடம் :
சதானந்தபுரம் மடம்
பெருங்களத்தூர்

29.10.2018	திங்கட்கிழமை எளிய முறை யோகா பயிற்சிகள் சித்த மருத்துவம் மற்றும் வர்மா
30.10.2018	செவ்வாய்கிழமை யோகா சிகிச்சை அனைத்து வியாதிகளுக்கும்
31.10.2018	புதன்கிழமை - ஹோமியோபதி சிகிச்சை மற்றும் பிசியோதெரப்பி
01.11.2018	வியாழக்கிழமை - மருந்தில்லா இயற்கை மருத்துவம்
02.11.2018	வெள்ளிக்கிழமை - இயற்கை மருத்துவ ஆலோசனை, இயற்கை உணவு தயாரிப்பு பயிற்சி, அக்குபிரஷர் மற்றும் அக்குபஞ்சர் சிகிச்சை

சிறப்பு அம்சங்கள் :

- * மகளிருக்கான சிறப்பு யோகா மருத்துவ ஆலோசனைகள், பெண் யோகா ஆசிரியைகள் மூலம் பயிற்சி அளிக்கப்படும்
- * சர்க்கரை நோய், ரத்த அழுத்தம், அதிக உடல் எடை, சுவாசப் பிரச்சனைகள் போன்ற உடல் சார்ந்த நோய்களுக்கு யோகா பயிற்சிகள் அளிக்கப்படும்.
- * குழந்தைகளுக்கு ஞாபகசக்தி, மனக்குவிப்பு திறன், நலவாழ்வு பெற சிறப்பு பயிற்சிகள் கற்பிக்கப்படும்.
- * யோகா துறை மாணவர்கள் - கா.ஜா.ஸ்ரீ தேவி, T. உமா சங்கரி, சுதிப்தா சில்4, நாஸியா ஹ்லியன், ஆஷிஷ் குமார், அபிலாஷ குமாரி, எஸ். நாகலக்ஷ்மி, சி.துரைசுந்தர், ஜெ. தீவாகரன், ஆர். பால சுமிதா, ராஜேஷ் பரமானிக், மெளப்ரமோனிக், ஹசிபுல், ஸ்ரீ ஜீத் கோஷ், ரேணுகா, ராஜேஷ்வரி

முனைவர் செ. செல்வலட்சுமி
முனைவர், வெ. துரைசாமி



Date

Expt. No.

Page No. 5

~~Program Report~~

Under the guidance of Dr. S. Selvalakshmi Assistant professor & Head i/c, a 5 day VPP program was proposed by M.Phil, M.Sc yoga & M.Sc Yoga Therapy students for the academic year 2018-19

Sadanandapuram Village was chosen as the location to conduct the VPP programme. Permission to conduct the program was taken by the village panchayat by our respectable Madam. The program was scheduled for 5 days from 29-10-2018 to 02-11-2018

Phanplets were designed and printed with the schedule for 5 days and were distributed through house visits around the ashram. Paper inserts of the same were sent to the people the day before to look forward people to utilize the programme

Banners were tied at prime locations in the village to attract the villagers.

Program schedule was prepared for the 5 days and the resource persons were invited with a special invitation personally and through post.

Teacher's Signature : _____



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Melakottaiyur (Post), CHENNAI - 600 127.

DEPARTMENT OF YOGA
VILLAGE PLACEMENT PROGRAMME

கிராமப்புற விழிப்புணர்வு இலவச யோகா முகாம்



We Cordially invite you to the Village Placement Programme on Yoga,
from 29th Oct to 2nd Nov 2018
at Sadanandapuram Ashram, Chennai - Tamilnadu.

Organized by

M.Phil. Scholars,
M.Sc Yoga &
M.Sc Yoga Therapy Students

Co - Ordinators

Dr. S. SELVALAKSHMI
Assistant Professor & HOD i/c
Dr. V. DURAISAMI
Assistant Professor



Date

Expt. No.

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Required items for inauguration and for
facilitations were planned and executed very well.

Programme Schedule:

29-10-2018 (Monday)

10 am - 11 am : Inauguration by Head i/c
Dr. S. Sivalakshmi

11 am - 12.30 Noon : Yogic practices for women
at Ashram
Yoga at Schools (Parallel
Sessions)

1.30 pm - 3 pm : Siddha workshop by
Dr. S. Murugesan

3.15 pm - 4.30 pm : Yoga for school children
Yoga & Yoga therapy
for participants at Ashram

30-10-2018 (Tuesday)

9 am - 10 am : Yogic practices for
participants at Ashram

10 am - 11 am : Yoga for women

11 am - 11.30 am : Refreshments

11.30 am - 12.30 Noon : Yoga Therapy Camp

Teacher's Signature : _____

1.30 pm - 3 pm : By S. Satish practitioner
from Mysara Bangalore
yoga Therapy by Dr. Rama
Krishna

3.15 pm - 4.30 pm : yoga for school children
one on one case study
and therapy for the
participants at Ashram

31-10-2018 (Wednesday)

9 am - 10 am : Yogic practices for participant
at ashram

10 am - 11 am : yoga for women

11.30 am - 12.30 Noon : Physiotherapy camp
by Dr. Shankari Devi

1.30 pm - 3 pm : Homeopathy camp by
Dr. Ranjini

3.15 pm - 4.30 pm : yoga for children
Case study

01-11-2018 (Thursday)

9 am - 10 am : yoga for participants
at Ashram

10 am - 11 am : yoga for women

11.30 am - 12.30 Noon : Acupressure camp
by Leo Antony

Teacher's Signature : _____

Expt. No.

1.30 pm - 3pm : Acupressure therapy to the participants of ashram
 3.15 pm - 6.30 pm : yoga for children
 yoga for participants at Ashram

02-11-2018 (Friday)

9 am - 10 am : yoga for participants at Ashram.

10 am - 11 am : yoga for women

11.30 am - 12.30 Noon : panchakarma camp by Dr. Rajagopalan

12.30 - 1.30 Noon : Karma yoga at Ashram

4.00 - 5.30 pm : validation programme

Teacher's Signature : _____



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Date

Expt. No.

Page No. 9

Highlights of Yajna (29-10-2018)

* Inauguration by Head i/c, Dept of Yoga
Dr. S. Selvalakshmi

* Yogic practices for the participants at Ashram

* Siddha Camp by Dr. S. Murugesan helped the participants and the students to know the herbs around us and their benefits to cure ailments.

* Yogic practices for school children at Vivekananda School, Government school and at Velammal school were conducted parallelly.

* The students were (M.Phil & M.Sc Yoga/Yoga Therapy) ~~was~~ given special session by S. Murugesan to augment knowledge in Siddha Medicine and Case studies were practically dealt to know and have hands on practice.



CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Highlights of Day-2 (30-10-2018)

* Participants were very enthusiastic in the sessions. The basic yogic practices like Pawan muktasana Series and simple yogic postures like Trikonasana, Padahasthasana, Ardha Kati Chakrasana were taught.

* Yoga for women was conducted in the ashram where the women were given therapy to their ailments.

* Yoga for school children at the 3 schools went on very enthusiastically. The children were encouraged for the group practices.

* Common public were benefited with yoga therapy by Mr. Satish. Excellent feedback was given by participants as well as our M.Sc Yoga Therapy students got hands on experience through the case studies.

* Students were enriched with knowledge of yoga therapy by Dr. Ramakrishna. He shared his experience of case studies.

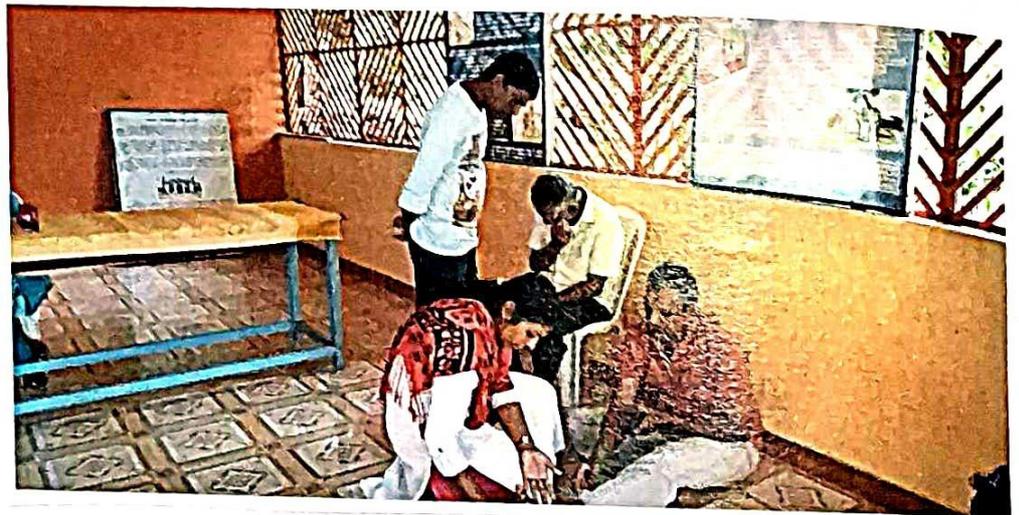
Teacher's Signature : _____



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CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Highlight of Day-3 (31-10-2018)

* Yogic practices were given to the participants at Adhram. Breathing techniques (rectional breathing) were taught and requested them to atleast do seasonal breathing practices.

* Modified versions of Sarvangasana, Halasana, Badhe Konasana were taught to the women participants.

* Yoga nidra practices were of great interest shown by the people who have come for treatment.

* Physio therapy was given to our students as well as to the participants from outside.

* The workshop on Homeopathy was of great use to our students. Free Homeopathy medicines were given to the then prevailing Dengu fever.

* Yoga for children at 3 schools were of full swing. Children were very happy to come out for yogic practices.

* Case studies were dealt in the evening.

Teacher's Signature : _____



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Highlights of Day-4 (01-11-2018)

* The yogic Practices to perform daily were taught to participants at Ashram

* Women were given yogic practices and yoga Nidra. It was of great impact on the stressed women. A positive feedback helped us to understand their opinion.

* Acupressure, Acupuncture Camp was of great benefit to a person of 73 age especially, because this was his last attempt to cure his shoulder and hand pain on his right side. He felt great relief and literally shed tears and thanked all of us for this great treatment.

* The camp was so colourful with all the equipment display, charts and live demo. The students' queries were handled effectively by the resource person and it was a great opportunity for us to learn from his experience.

* The school children were categorized into three groups and competitions were conducted to encourage the kids' participation and prizes were given for first, second

Teacher's Signature : _____



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and third places for all the three groups and for all the three schools along with the certificate at valid chengam Junction.

The one on one session by the resource person on yoga therapy was helpful for us to learn and also helped the participants help overcome from their emotions.

The resource person was felicitated and given away a token of love from the team



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Highlights of Day - 5 (02-11-2018)

* Yogic practices for the participants were concluded with the queries answered.

* Women participants were given help in dietary planning for their healthy being.

* The sessions were concluded at three schools. The Management was happy with our services and look forward such camps in future also.

* The guru Pooja was the moment matched with our concluded day. Karma Yoga was extended to the village people who came to attend the pooja and lunch was arranged by school management to all the people of the village.

* The valedictory function was done in the evening concluding the five day VPP programme.

The following eminent persons were the chief guest of the valedictory function.

* Dr. S. Selvalakshmi - Head i/c, Dept of Yoga, TNPSU

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- * Dr. V. Duraisami - Asst Professor, Dept of Yoga, TN PESU
- * Mr. Anandan - Secretary of Sadananda Ashram
- * Thiru Madurai Pandiyanar - Committee member of Sadananda Ashram
- * Mrs. Leelavati - Associate and service provider of Sadananda Ashram
- * Mr. Elamrazhudhi - Ashram's yoga guru
- * Dr. Uma - Guest lecturer, (yoga) TN PESU
- * Mrs. Kallike - Guest lecturer, Dept of Yoga TN PESU

The chief guest appreciated and encouraged such programmes in future. Suggestions were given to enhance the program. The over all feedback was positive and encouraged the efforts put by the team towards the success.

The School children were distributed with prize and certificate for the competition conducted at the school.

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The children at Ashram were helped with donation to buy their uniform. Donation was extended to the Ashram management as a token of love for helping us providing the venue and food in the afternoon.

Diwali gifts were given by our HOD s/c Madam to all of us as a token of appreciation in conducting the programme well organized.

Thus the five day programme came to an end with a group photo session and we were almost late to pick our way home.

— X —

Teacher's Signature : _____



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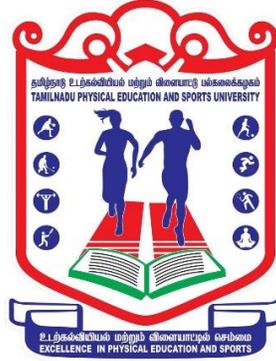
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A REPORT ON “VILLAGE PLACEMENT PROGRAMME”

CONDUCTED BETWEEN: 3/11/2022 TO: 7/11/2022

At

SACRED HEART HSS, IRUPUKURICHI



DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY & SOCIOLOGY

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI – 600127

NOVEMBER – 2022



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List of Students Participation

Reg.No	Name of the Student
M.Sc., Sports Psychology and Sociology	
20215414001	AJAY KUMAR
M.Sc., Sports Psychology	
20215424001	GOKUL KRISHNAN R
20215424002	LITHEESHWARAN K
20215424003	RAGAV KRISHNA P.B
20215424004	RIYAS K
M.Sc., Psychology	
20215422001	AKHILA BALACHANDRAN P
20215422003	SHABNA A
20215422004	SINDA V P
20215422005	SONU K S
20215422006	VG DEVIKA DEV
20215422007	VIJITHA C



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Cuddalore Dist.(TN) from **03.11.2022** to
07.11.2022.



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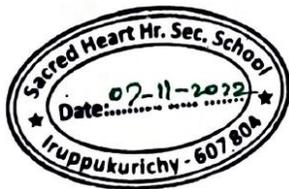
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History of the school

The school has a very long history. It was started long back as a paddy school in the British Government and was converted to St. Joseph's Primary School by Mr. D. Antonymuthu with proper academic structure.

In the year 1907 the school got government recognition and began to have its existence at Sacred Heart Church premise at Iruppukurichy, then South Arcot District and now at present Cuddalore district.

In the year 1958 it was elevated to middle school, as per the wish of the local people the Archbishop of Pondicherry and Cuddalore, the General Manager of the school gave permission to upgrade it to a high school and it was since then had the name Sacred Heart High School.

People of the locality constantly wanting it make the school as a secondary school even came forward to donate their own lands around 7.51 acres, find a new location and pleaded the then General Manager Most Rev. Dr. S. Michael Augustine to make it Higher Secondary School. The plea of the people was accepted and it was in the year 1992 the school began to function as Higher Secondary school.

Location of the school its nature and Up gradation

SACRED HEART HSS, IRUPUKURICHI was established in 1992 and it is managed by the Pvt. Aided. It is located in rural area. It is located in KAMMAPURAM block of CUDDALORE district of Tamil Nadu. The school consists of Grades from 6 to 12 and is affiliated with State Board for both secondary and high secondary level. The school is Co-educational and it doesn't have an attached pre-primary section. Tamil is the medium of instructions in this school since 2018. And by the year 2019 June



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parallel English medium sections were started by now Headmaster and Correspondent of the school, Rev Fr. P. Susairaj, and now that the school has English medium upto 9th standard.

Infrastructure of the school

The school has Private building. It has got 36 classrooms for instructional purposes. All the classrooms are in good condition. It has 2 other rooms for non-teaching activities. School has got a computer lab and an Atal Tinkering lab sponsored by the central Government. The school has a separate room for Headmaster/Teacher. The school has a library and has 5500 books in its library. The school does not need ramp for disabled children to access classrooms. Though in remote village, the school has Pucca boundary wall. The source of Drinking Water in the school is Tap Water from bore-well and it is functional. The school has 82 boys toilet and it is functional. And 50 girls toilet and it is functional. The school has a well -spaced playground. The school is Provided and Prepared in School Premises providing mid-day meal.

Staff and students in the school at present

The school has both government aided staff handling standard from 6th to 8th, 14 in number receiving government salary and self-financed staff 35 in number receiving salary from the management.

There are 738 boys and 317 girls altogether 1055 studying in this educational institution. They are from a very poor socio- economic situation. The parental support and the living conditions are very poor.

Activities of the school

The school has regular academic programme with additional study hours at the morning and evening, before and after the prescribed school time. The school also conducts special hours of learning during



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holidays with the special interest of the student and with the permission of the parent and educational authorities.

The school apart from educational programmes also conducts sports events and other extra-cultural events, cultural events and all awareness programmes that would help the student complete well-being. Special camp programmes both for boys and girls are conducted for the complete growth of the children.

Hostels for the school

The school has got an attached Hostel for boys. It started in the year 1992 by Rev. Fr. John Bosco and it has 303 boys residing in it. The boys' hostel provides good educational atmosphere, playing skills and good disciplined life style. Parallel to boys hostel a girls hostels well function in the Sacred Heart Church campus in the same village which started in the same year 1992.

In the year 1998, the state government also provided hostel facility for both boys and girls and two separate hostels came into function.

This year special plan

The school has planned to conduct more mental health programs for the students as the covid-19 situation had caused a greater instability in learning abilities. The students are also found more aggressive and violent in their behavior. It has organized so for many such awareness program and planning to have more.



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Day 1

Date : 3/11/2022

9:30am – 10:00am :- Reporting time

10:00am – 10:30am :- Introduction given by the schoolPrincipal

10:30am – 11:00am :- Rapport establishment.

Ice breaking (positive affirmation)

11:00am – 1:00pm :- **“Memory improving game and Creative thinking”**

- Memory test



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- Story creating

Activity :- To improve their memory the students were seated in their respective places and given the instructions about the game . One of the students was instructed to tell the name of an object and the next student had to tell the previous thing and has to add a new object and it should be continued.After that, Students were Displayed some pictures and asked them to create a story using those pictures.



Outcome: - After doing that, the students said that they liked to do more games like this and it helps to improve their memory level and creativity.

1:00pm – 2:00pm: - Break

2:00pm – 4:00pm :-“Activity to reduce stage fear



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(Just a minute (JAM))”

Activity :- The students were asked to count by their self, and instructed to remember their numbers. Then selected a number randomly and asked the student to come forward and some familiar topics were given to them and asked them to explain that topic in 2 or 3 sentence or what ever they want to talk about that particular topic. The students were asked to speak about the given topic for 1 minute.



Outcome: The students said that they feel very shy at beginning, after come forward they feel very comfort. And noticed that their fear got reduced and increased their confidence to stand in front of everyone.



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4:00pm – 4:30pm :- Break

4:30pm – 5:00pm :-“ **Stroop Test**”

Activity :- The test named as “stroop” it is a neuropsychological test used to measure a person’s selective attention capacity and skills, processing speed. The test consist of colour names, the written colour names is printed in a different colour of ink, and asked them to read the colour of ink alone.



Outcome :- The students told that it was very difficult to segregate it in to two. Laterly they were interested to do the activity and took initiation to do it correctly.

Day 2

Date : 4/11/2022

9:00am – 10:00am :- Reporting time



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10:00am – 10:30am :- Introduction given by the School principal

10:30am – 11:00am :- Rapport establishment

Ice breaking (positive affirmation)

11:00am – 1:00pm :- “**Non verbal communication**”

- Let's stop stepping back

Activity :- The students were divided into 4 groups, and asked the first group to come forward. Then instructed them to stand straight position without looking anyone. And the first student was instructed by some actions, he had to pass it to the student in front of him without any sounds, it would be repeated. At last, the first and last student were need to do it together.



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Outcome :- The students said that they feel very relaxed and had more confident.

1:00pm – 2:00pm :- Break

2:00pm – 4:00pm :- **“Reduce shyness and improveConfidence”**



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Activity :- The students were asked to count by their self , and instructed them to not forget their number. Then we randomly selected a number and asked that student to stand in the circle that we provided . And the student asked to pass smile to everyone and instructed to do what ever they like.



Outcome :-This activity help them to improve their confidence and to reduce fear and shyness.

4:00pm – 4:30pm :- Break

4:30pm – 5:00pm :- “Self motivation quote”

Activity :- The students were asked to repeat the quotes that given by the instructor.

- Believe in yourself
- I can do
- I can do anything
- I am the best



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- We are thebest

Outcome :- After doing this the students seems energetic.

Day 3

Date : 5/11/22

9:30am – 10:00am :- Reporting time

10:00am – 10:30am :- Introduction given by the school principal

10:30am –11:00am :- Ice breaking

(Move on – Jump forward)



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(Move back –Jump backward)

11:00am – 1:00pm :-“**concentration and team building**”

Activity :- The students from the class divided into different groups and 2 teams were participated at a time. The game goes like each team should stand in opposite direction. The student need to take the



bottle in front of them, before taking the bottle students were asked to follow the instructions.

Outcome :- The students seem to be very attentive and concentrated.

1:00pm – 2:00pm :- Break

2:00pm – 4:00pm - “**Self realisation and team work**”

Activity :- The students from the class divided into groups of four. The game is to draw a big circle in the class and draw a small circle inside it and put some bottles inside the small circle. Only one child out of four children should pick up the bottles inside the circle but that one child should not step inside the



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big circle. For that, other children help the child from outside the game. The bottles inside the small circle mean about the success.



Outcome :- The students said that they had the idea of the game proposed .They self realised about how a team work is important in everyone’s success.

4:00pm – 4:30pm Break

4:30pm – 5:00pm :- **“Self motivation story”**



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Activity :- A success women

Day 4

Date :- 6/11/2022

10:00am – 10:30am :- Reporting time
10:30am – 11:30am :- Rapport establishment

Ice breaking

11:30am – 12:30pm :- warming up exercise



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Activity :- This session involves simple yoga exercises such as shoulder rotation, Head rotation, Wrist rotation etc. And to activate them the whole session some breathing exercises also provided.



12:30pm – 1:30pm :- Break

1:30pm – 4:30pm :- village visit



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We all gather at iruppukurichy village. We splitted into six team. And we visited the homes in the



village. Then we provided some awareness programs regarding personal hygiene, menstruation process and the problems faced by them.

Day 5

Date :7/11/2022

9:30am – 10:00am :- Reporting time

10:00am – 10:30am :- Rapport establishment

Ice breaking(move on - move back)

Activity :- The session includes some yoga exercises such as butterfly postures and some other postures that can be useful to reduce menstrual pain and also provided awareness about menstrual hygiene.



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Outcome :- The students said that it was Very useful and new to them and understood that how to reduce pain during periods.

1:00pm – 2:00pm :-Break

2:00pm – 5:30pm :- Talent hunt (cultural programs)

- Expressive arts therapy
- Dance therapy
- Cross the bridge
- Ramp walk



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CONCLUSION

A team of ten students of II M.Sc., from the Department of sports Psychology and sociology, got an opportunity to do the village placement program (VPP) at SACRED HEART HIGHER SECONDEARY SCHOOL in IRUPPUKURICHY Village / CUDDALORE District, Tamil Nadu, as part of the course work. It was a five day program and created many opportunities to share and learn from each other's experiences.



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As students of Sports Psychology and Sociology the primary aim was to work with the target group so as to be able to train and develop their body and mind in order to improve their physical and psychological well-being.

Various session such a music therapy, dance therapy, one to one interaction, small sided games, ball games, exercise to improve motor coordination were conducted that incorporated life skills, social skills, Psychological skills and Yoga from 3.11.2022 to 07.11.2022; a total of five days were spent and SACRED HEART HIGHER SECONDEARY SCHOOL.





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TITLE OF THE PRACTICE: 2

EQUIPPING THE STUDENTS WITH ORGANIZING SKILLS THROUGH SPORTS EVENTS

The Tamil Nadu Physical Education and Sports University has been established for the purpose of promoting sports. Hence, organizing major sports events at various levels has become a practice in the University in order to imbibe organizing skills among the students as well as to effectively utilizing the available facilities and resources.

Objectives of the Practice:

The following are the objectives:

1. Encouraging a spirit of sportsmanship and fair play among university athletes.
2. Facilitating interaction and integration among students from different regions across India.
3. Encouraging the development of a vibrant sports culture within universities.
4. Enhancing the quality of sports education and research through participation and exposure to high level competition.
5. Facilitating interaction and collaboration between Universities and Sports institutions to advance sports development in the country.
6. Making use of the available sports facilities optimally in the University campus and
7. Giving opportunities to the University students to have hands on experience in organizing major events.

The Context:

During the period of 2018-2019 to 2022-2023, the Tamil Nadu Physical Education and Sports University organized thirty-five sports events at various levels such as Intramural sports events, Inter-Collegiate Sports Events, District level Sports Events, State level events, Zone level Inter-University sports events and All India level Inter-University sports events.

Qualified officials and judges were appointed to ensure fair play during each tournament. The rules and regulations of Association of Indian Universities (AIU) and International Athletic Federation were followed in letter and spirit. All logistics and accommodation were taken care of by the University. Many records were created and the previous records broken. The students of different Departments are placed at different committees for organizing the events along with the faculty members.

The Practice:



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தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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The University has made it compulsory in organizing at least two major events at National/Regional level in the University campus during an academic year. Many Inter-collegiate Tournaments/open meets are hosted in the University regularly. The students and staff are involved in organizing the events which will be very much helpful for the students to gain hands on experience.

Evidence of Success:

The students of this University are given opportunity to organize project meets in the University campus for exhibiting their organizing skills. The students have the capability of organizing sports events on their own in the aspects of planning, execution and post-event analysis as they have already been trained by the University by making them volunteers for the major sports events held in the University campus regularly.

Problem Encountered and Resources Required:

The main problem encountered is mobilization of funds for the events. Though the University pays for it, if more funds are available, it would be possible for the University to organize more such sports events in the University campus which would help the students to gain more practical exposure.



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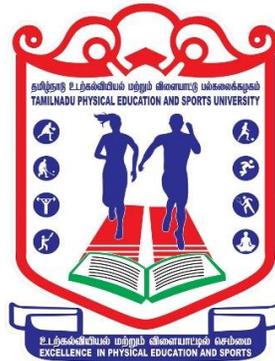
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A REPORT ON “VILLAGE PLACEMENT PROGRAMME”

CONDUCTED BETWEEN 21/03/22 – 26/03/22

At

ANBAGAM



DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY & SOCIOLOGY

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI – 600127

MARCH – 2022



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List of Participants

Reg.No.	Name of the Student
M.Sc., Sports Psychology and Sociology	
20205414001	SATHIYA V
M.Sc., Sports Psychology	
20195424001	ASIF RAHMAN
20195424002	LEONARD LOTHAN
20195424003	LHOUVIVOR BELHO
20195424004	MUHAMMED AJMAL
20195424005	SASIKALA R
20195424006	TALIWAPANG L.K.R
M.Sc., Psychology	
20205422001	AADOTHU CHANDU
20205422002	RASBINA SHERIN P
20205422003	SRI PRIANGA G



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Vice-Chairman:
Lion Er. D. SANTHANAM

Chief Advisor:
Thiru. K. DEENADHAYALAN, I.A.S.,

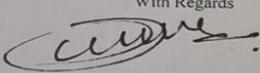
Director:
Sevarathna Dr. P. VEERAMANI

29/03/2022

To,
Professor . Dr.V.MANGAIYARKARASI M.A., M.B.A. M.Phil., Phd.,
Dept of Sports Management, Sports Psychology & Sociology,
Tamil Nadu Physical Education & Sports University,
Chennai-600127

Certificate

This is to certify that Miss.SATHIYA.V 2nd year (M.sc Sports Psychology / Sociology) conducted a village placement Program in our Anbagam Home successfully from 21/03/2022 to 26/03/2022 Morning 9.30 am to 5.30 pm. I wish her all success in her future carrier.

With Regards

DR.P.VEERAMANI
FOUNDER AND DIRECTOR, ANBAGAM


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TN - South India.



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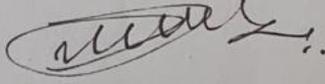
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29/03/2022

To.
Professor . Dr.V.MANGAIYARKARASI M.A., M.B.A. M.Phil., Phd.,
Dept of Sports Management, Sports Psychology & Sociology,
Tamil Nadu Physical Education & Sports University,
Chennai-600127

Certificate

This is to certify that Mr.AADOTHU CHANDU 2nd year (M.sc Psychology) conducted a village placement Program in our Anbagam Home successfully from 21/03/2022 to 26/03/2022 Morning 9.30 am to 5.30 pm. I wish him all success in his future carrier.

With Regards

DR.P.VEERAMANI
FOUNDER AND DIRECTOR, ANBAGAM

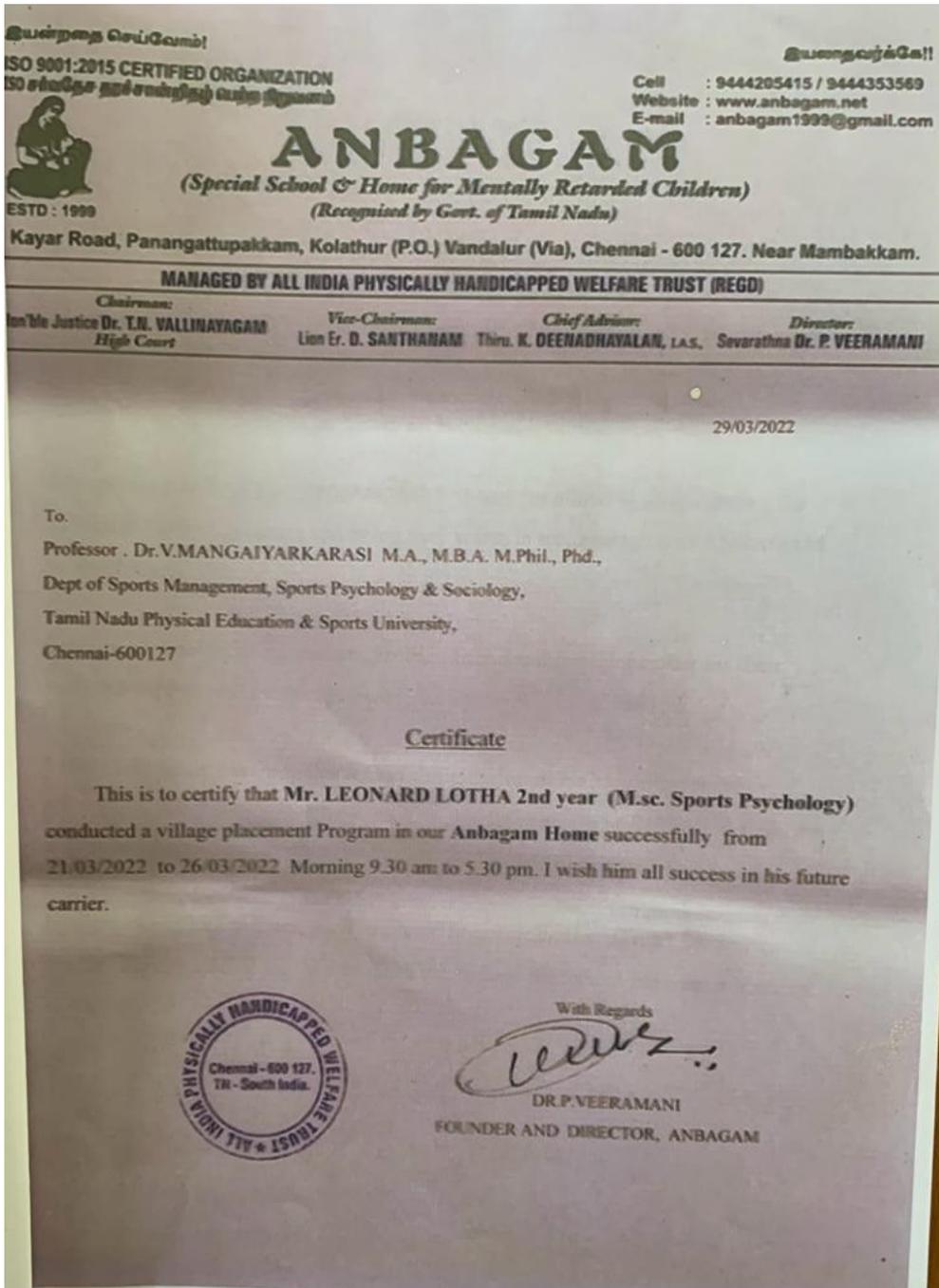




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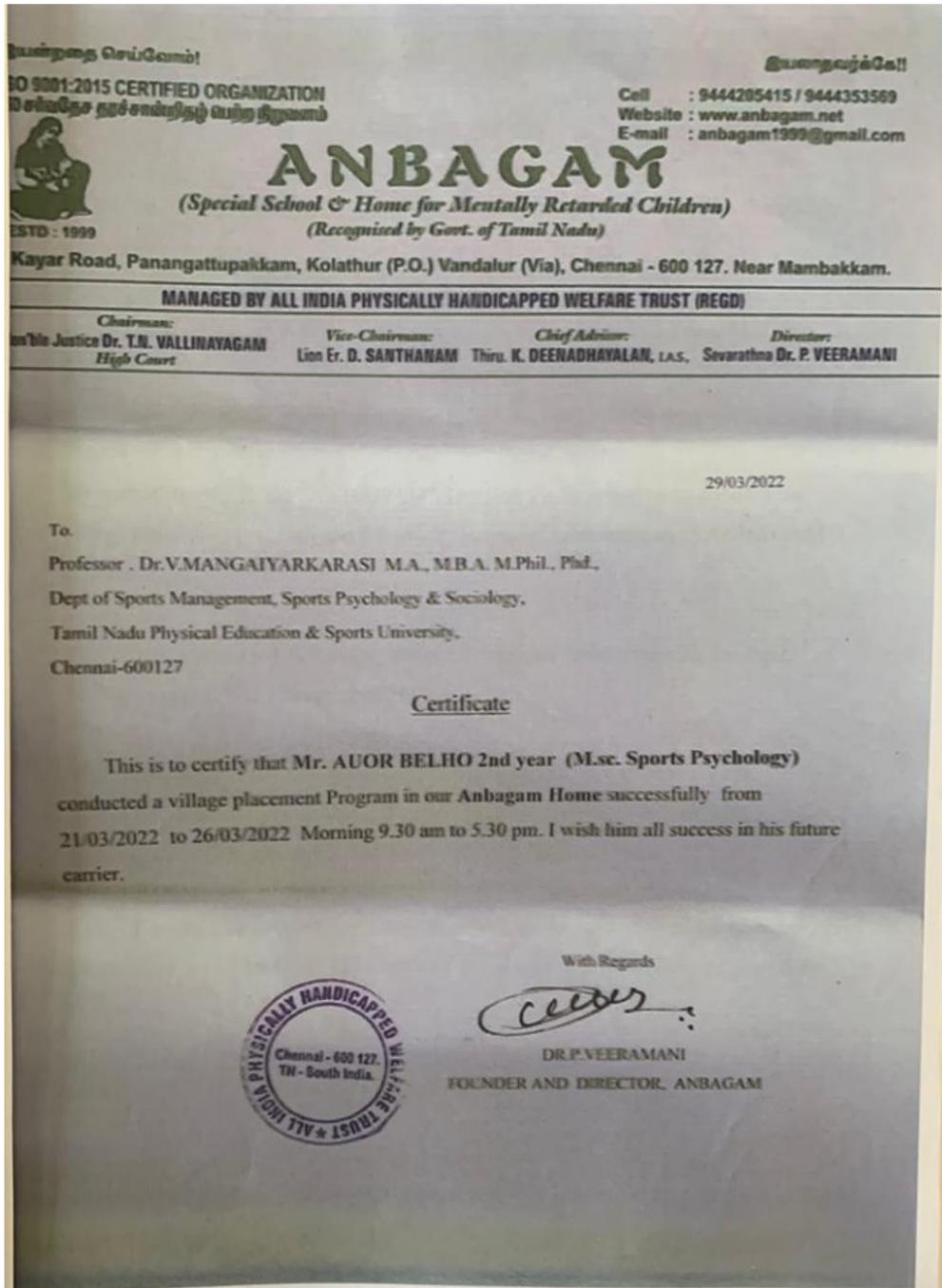




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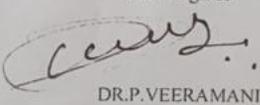
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Professor . Dr.V.MANGAIYARKARASI M.A., M.B.A. M.Phil., Phd.,
Dept of Sports Management, Sports Psychology & Sociology,
Tamil Nadu Physical Education & Sports University,
Chennai-600127

Certificate

This is to certify that Miss. RASBINA SHERIN 2nd year (M.sc Psychology) conducted a village placement Program in our Anbagam Home successfully from 21/03/2022 to 26/03/2022 Morning 9.30 am to 5.30 pm. I wish her all success in her future carrier.

With Regards


DR.P.VEERAMANI
FOUNDER AND DIRECTOR, ANBAGAM





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29/03/2022

To.
Professor . Dr.V.MANGAIYARKARASI M.A., M.B.A. M.Phil., Phd.,
Dept of Sports Management, Sports Psychology & Sociology,
Tamil Nadu Physical Education & Sports University,
Chennai-600127

Certificate

This is to certify that Miss. SRI PRIYANGA.G 2nd year (M.sc Psychology) conducted a village placement Program in our Anbagam Home successfully from 21/03/2022 to 26/03/2022 Morning 9.30 am to 5.30 pm. I wish her all success in her future carrier.

With Regards

DR.P.VEERAMANI
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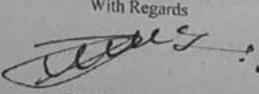
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29/03/2022

To.
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Dept of Sports Management, Sports Psychology & Sociology,
Tamil Nadu Physical Education & Sports University,
Chennai-600127

Certificate

This is to certify that Mr. MUHAMMED AJMAL 2nd year (M.sc. Sports Psychology) conducted a village placement Program in our Anbagam Home successfully from 21/03/2022 to 26/03/2022 Morning 9.30 am to 5.30 pm. I wish him all success in his future carrier.

With Regards

DR.P.VEERAMANI
FOUNDER AND DIRECTOR, ANBAGAM





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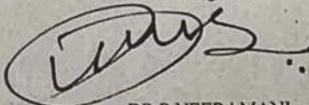
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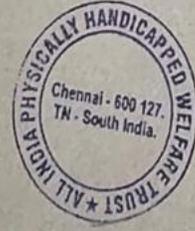
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This is to certify that Miss. SASIKALA 2nd year (M.sc. Sports Psychology)
conducted a village placement Program in our Anbagam Home successfully from
21/03/2022 to 26/03/2022 Morning 9.30 am to 5.30 pm. I wish her all success in her future
carrier.

With Regards

DR.P.VEERAMANI
FOUNDER AND DIRECTOR, ANBAGAM

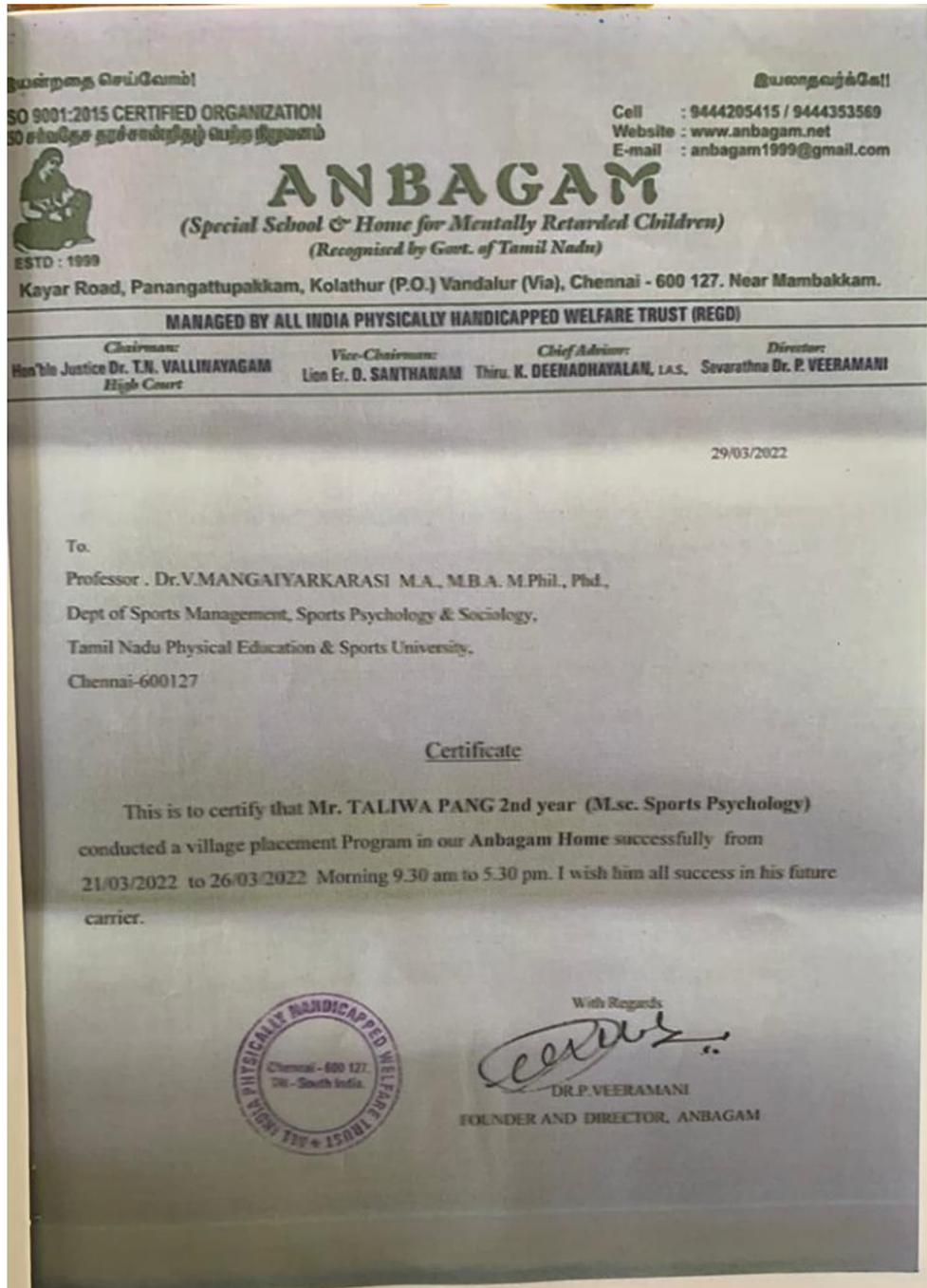




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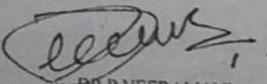
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Dept of Sports Management, Sports Psychology & Sociology,
Tamil Nadu Physical Education & Sports University,
Chennai-600127

Certificate

This is to certify that Mr. ASIF RAHMAN 2nd year (M.sc. Sports Psychology) conducted a village placement Program in our Anbagam Home successfully from 21/03/2022 to 26/03/2022 Morning 9.30 am to 5.30 pm. I wish him all success in his future carrier.


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TN - South India.

With Regards

DR.P.VEERAMANI
FOUNDER AND DIRECTOR, ANBAGAM



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9	Day 6 Activities
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INTRODUCTION

The Tamilnadu Physical Education and Sports University, Chennai has incorporated the Village Placement Programme (VPP) as a part of the M.Sc., Degree courses on line with NSS Programme, which facilitates a holistic approach to serve. VPP gives an opportunity to graduate students / Scholars to apply the wisdom and knowledge gained from the syllabus-based learning to be applied in practical real life situations, with service, as core motto. Comprising a scheduled between 5 to 10 working days. Programmes are organized and carried out at the venue of the target group to enable students to interact, serve and help target audience, in their capacities and interests.

As students of the Department of Sports Psychology and Sociology our primary aim was to choose a target group which could be trained to develop their body and mind for better performance. Our team was a perfect combination of II M.Sc. Sports Psychology Students.

We conducted various sessions on Life skills, Psychological skills and Yoga from **21-03-2022 to 26.03.2022**, totally we spent Eight days there.

We were team of Eight students of II M.Sc. Sports Psychology got an opportunity to do our village placement programme (VPP) at ANBAGAM in Panagattupakkam Village / Kanchipuram District, Tamil Nadu, as part of our course work. It was an eight days programme and created many opportunities to share and learn from each other. Particularly, people at the Home were so enthusiastic and supportive to do variety of activities related to physical and mental health.

ANBAGAM



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Anbagam, the special school and also a home for the Mentally Retarded and Multiple Disabled Persons. It is a Registered Organization under the All India Physically Handicapped Welfare Trust. For the past 20 years it served the special population in the outskirts of Chennai.

The Services which includes:

1. Early intervention
2. General Medical Assistance
3. Physiotherapy
4. Occupational therapy
5. Special school
6. Inclusive preparatory school
7. Skill development programs
8. Parent empowerment programs
9. Play therapy
10. Home for Aged
11. Adult independent living programs
12. Guidance and counseling
13. Training programs for care givers and parents of children with disabilities.
14. Providing appliances to PwD

Presently Anbagam is taking care of around 60 mentally retarded and multiple disabled children with residential care. Having a dedicated trained professionals and special educators, vow to ensure all round and comprehensive development of each child / adult admitted in the home.



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The contribution made to ANBAGAM is fully exempted from paying of Income. Tax under 80G of Income Tax Act and also fully eligible to accept foreign contribution for its activities in Rehabilitation of the Disabled Persons.





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VILLAGE PLACEMENT PROGRAMME PLAN

The duration of the VPP was for one week and it commenced on 21Mar 2022 and concluded on 26Mar 2022.

Working schedule was from Monday to Saturday.

Working Shift was 7 hours a day.

The total weeks of internship is one week.

Working time at Anbagam:

Monday to Saturday:9:30am to 4.30pm



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Day 1: MONDAY Date: 21-03-2022

9:30am-10:00am:Reporting time

10:00am - 11:30am:INTRODUCTION

- Introduction about ANBAGAM was given by manager Mr.KANAGARAJ
- Introduction about the Tamil Nadu Physical Education and Sports University
- Introduction about the students attending Village Placement Programme

11:30am - 12:00am:Rapport Establishment

Initially, they give their introduction as much they remember about themselves. As most of the Guests at ANBAGAM were under medication, we planned our area of activities to be scheduled in mid-morning and late evening. We initially assessed the condition of their mental health in consultation with the Secretary ofANBAGAM.

12:00am-12:45pm:One to one interaction.

Each of the Anbagamguests were called and asked to talk about themselves and about their families and how they felt about being about staying atAnbagam. Through these interaction we got to know a lot about them and their background.

12:45pm - 2:00pm:Activities (Singing, Laughing Therapy, Motor Movement)



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The session started with a few volunteers singing songs. After the singing, a 30 minutes session was handled for minor motor movements (Hand movements) exercise while sitting so that the participants can be comfortable. These motor movements help in grasping little things such as pen and pencil or plate



or glass that can be helpful in daily life situations. Later the session was then changed to Laughing Therapy. The participants had fun while doing this relaxation exercise.

After 2:00pm, complete rest. (Suggested management)



by Anbagam





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DAY 2: TUESDAY

DATE: 22.03.2022

9:30 am – 10:00 am Reporting time

10:00 am – 11:30 am Physical exercise

A low-intensity sustained-state workout is any exercise that keeps your heart rate at a steady pace of about 50% of its maximum ability and lasts for an extended period (at least 30 minutes).



11:30 am – 11:40 am Break time

11:40 am – 12:30 pm Finding Shapes, Objects, Colors

Everybody was gathered and we started the session by teaching traffic rules education such as “Red Light” “Orange Light” “Green Light” “Zebra Crossing” “School Zone” “Footpath” etc. The next activity was Shapes Finding (to improve creative skills). We showed some shapes and asked to identify the given shape and things that cross the participants' minds when they see the shape such as triangle (Samosa),



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Circle (Ball, Ring,) etc. Participants were really excited and all are cooperated with us and at last art identification was done. This activity includes a drawing outline of daily life things such as tree, vehicles, infrastructure (chair, table, house, TV) etc.



12:30 pm – 2:00 pm Lunch Break

2:00 pm – 3:00 pm Common Group Fun Activities

As the session was after lunch, we tried to entertain the group with common activities like singing, dancing, storytelling and people shared their experience and with beautiful memories.

3:00 pm – 3:30 pm Emotions

Types of emotions were taught, as well as how to recognize them and common thinking puzzle game was conducted.

3:30pm – 4:00 pm Ball passing game was conducted

Students and the participants sat in a circle. Then pass the ball to the person next to them in the circle. When the ball is passed, a song is played, and when the song stops playing, the person holding the ball should either sing a song or dance or tell a story or do something fun.



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4.00 pm – 4.15 pm Laughing Therapy

At this session people really enjoyed a lot more active and more cooperative. This therapy helps to relieve pain, stress and improve person's sense of wellbeing.



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Day3: Wednesday

Date:23/3/22

9:30 am-10:00 am: Reporting time

10:00 am to 11:00am:Physical exercise (Low intensity workout)

What is a LISS workout?

A low-intensity sustained-state workout is any exercise that keeps your heart rate at a steady pace of about 50% of its maximum ability and lasts for an extended period (at least 30 minutes).

Lower-intensity workouts are easier to complete and can be easier to stick with over time. They also tend to leave you less worn out at the end, meaning you're more likely to be able to maintain an active lifestyle throughout the day.

The low-impact nature of LISS workouts makes them great for people with joint pain or injuries. Regardless of your fitness level, participating solely in high-intensity workouts can lead to overuse injuries. Balancing LISS and HIIT workouts allows you to build muscle and stamina while enhancing your cardiovascular health.





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11:00am-11:15am Tea break

11:15am-12:30pm: Ball passing with music (co-curricular activity)

Social skills are an integral part of an individual's survival in a society. Children with intellectual disability show significant limitations both in intellectual functioning and adaptive behavior as expected of children of similar age preventing the typical acquisition of adaptive social skills.

Co-curricular activities help in making the environment of the school alive which helps the students and teachers to get to know the real interests of the students and further convert them into unique talents and also to build a good character



12:30pm-1:30pm: Lunch Break

1:30pm-2:30pm: FABS Exercise (Flexibility, Aerobic, Balancing and Strength)



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The FABS Training Programme gives you all the knowledge, theory and practical skills required to deliver safe, effective and enjoyable exercise sessions for older people. This will allow you to take exercise classes in community and care settings or one-to-one sessions for people who cannot get to classes.

FABS will enable you to:

- Teach seated, supported and standing exercise for older adults
- Understand anatomy and physiology and the major changes associated with ageing and inactivity and the impact of these changes on quality of life and wellbeing
- Understand how to support and motivate the older adult to adhere to physical activity
- Understand guidelines and training principles in relation to the older adult

2:30pm-3:00pm: Numerical Session (Addition, Subtraction)

Recall of math facts is difficult for many students with disabilities; the errors they make in recalling math facts can result in accurate at all levels of computation. Teaching basic addition and subtraction.





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3:00pm – 4:00pm Guessing Games

A disabled challenged person brain thrives on imagination – and that's what makes this activity so much fun. By hiding an object in a bag or in the palm of our hands, a mentally challenged individual need to think creatively when figuring out what's inside.



4:00pm- 5:00pm Sitting relaxation techniques

The benefits of using a relaxation technique are overwhelming. Regular practice of relaxation techniques will assist you in relieving muscle tension, reduce anxiety, and improve your overall wellbeing. Other physiological benefits include:

- Decrease in heart rate
- Decrease in respiration rate
- Decrease in blood pressure
- Decrease in muscle tension
- Decrease in metabolic rate and oxygen consumption



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DAY 4: THURSDAY

DATE: 24-03-2022

9:30 am-10:00 am Reporting time

10:00 am-11:00 am Physical activity and warm up exercise



This session involved some basic stretching and simple yoga exercises, such as jumping jacks, head rotation, wrist rotation, shoulder rotation, hip rotation. And apart from these exercises, they were also taught some breathing exercises which helps in smooth flow of the blood and also to get them active for the day's session.

11:00 am-11:30am Tea Break

11:30 am-12:30 am Target practice (for concentration)



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In this session, individuals were asked to hit the cups which were arranged in a pyramid shape, with a ball. Every individual was given the chance to play the game and the rule was that, whoever struck the most cup was declared as the winner. Target practice improves concentration power and also the hand-eye coordination. Hand-eye coordination, or eye-hand coordination, is the ability to do activities that require the simultaneous use of our hands and eyes, like an activity that uses the information our eyes perceive (visual spatial perception) to guide our hands to carry out a movement.

- We use our eyes to direct attention to a stimulus and help the brain understand where the body is located in space (self-perception).
- We use our hands to simultaneously carry out a determined task based on the visual information our eyes receive.



12:30 am-2:00 am Lunch Break

2:00 pm-3:00 pm Musical Ball

In this session, individuals were asked to sit in a parallel way facing each other. Then they were told about the rules i.e., individuals have to start passing the ball in a zig zag formation when the music starts playing. The music will go on more 30 seconds or more. As soon as the music stops, the last individual holding the ball have to stand up and do a performance which can be a song, dance, storytelling, or anything that he or she wish to.



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Musical ball can help an individual or people with limited mobility develop motor skills, sense of awareness and as they are asked to perform any activity that they love, that automatically helps in boosting up their confidence.



3:00 pm-4:00 pm Recreational Break

4:00 pm-5:00 pm Writing (helping them to write their names)

In this session, they were asked to come forward and write their own names in either Tamil or English and anyone who made mistakes in spelling their names or didn't know how to write their names were corrected and also taught how to write their names properly. It is known that writing by hand boosts your





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creativity, improves your memory power, it also relieves stress, depression and anxiety, it enhances our focus, and writing by hand also slows down mental aging.

Day

5:

Friday

Date:25/03/2022

9:30am – 10:00am: Reporting time

10:00am – 11:00am: Physical activity and some warming exercise

Regular physical activity and exercise for senior citizens helps improve mental and physical health, both of which will help you to maintain your independence as you age. It helps to prevent many common diseases such as heart disease and diabetes. It also improves over all immune function. Exercise produces endorphins (feel good hormone), which act as a stress reliever and leaves feeling happy and satisfied. It has been linked to improving sleep which is especially important for older adults. Exercise improves strength and flexibility, balance and coordination, reducing the risk of falls. It regulates motor skills, improve mental health and wellbeing.



11:00am – 11:15am: Tea break



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11:15am – 12:30pm: Musical Chair

Music has been shown to activate many areas of brain, including the circuit that helps us to understand what others are thinking and feeling, and to predict how they might have behave - a social skill scientists call “Theory of mind”, which is linked to empathy. Music is generally an effective means by which to study cooperation and pro- social behavior from a neutral perspective.



12:30pm – 2:00pm: Lunch break

2:00pm – 3:00pm: Individual Talent Exploring

By triggering one’s talent we can able to identify their area of interest. Likewise, we trigger and found some people’s area of interest like singing, dancing, and sharing some of their pleasure moments. some share their dreams and views about us also. Singing is not only an art but also helps to strengthens the immune system, posture, helps with sleep. It also acts as a anti-depressants. It lowers stress, improves mental alertness.

3:00pm – 4:00pm: Throwball with speaking activity



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Maintaining strong social ties is important for aging people to feel a sense of purpose and avoid feelings of loneliness or depression. To avoid this, we planned for this activity of passing the ball to another person who is close to them and asking about their views about that particular individual, thereby they develop the sense of unity and togetherness.



4:00pm – 4:30pm: Relaxation

In this timing, we give some relaxing exercise as warm down. We finally wind the session with the laughing therapy.



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DAY 6: SATURDAY

DATE: 26-03-2022

9:30 am-10:00 am Reporting time

10:00 am-11:00 am Physical activity and warm up exercise.

This session involved some basic stretching and simple yoga exercises, such as jumping jacks, head rotation, wrist rotation, shoulder rotation, hip rotation. And apart from these exercises, they were also taught some breathing exercises which helps in smooth flow of the blood and also to get them active for the day's session.



11:00am – 11:30am Tea Break (Due to excess workout)

11:30am – 12:30pm Target Ball (for concentration)

In this activity, We made the individuals to hit the water cups which were arranged in a pyramid shape, with the ball. Every individual was given the three chances to play the game, whoever made the most cups fall down was declared as the winner. This activity (hitting the material with the ball) improves the concentration power and also the hand-eye coordination.

Hand-eye coordination, or eye-hand coordination, is the ability to do activities that require the simultaneous use of our hands and eyes, like an activity that uses the information our eyes perceive to guide our hands to carry out a movement.



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- We use our eyes to direct attention to a stimulus and help the brain understand where the body is located in space.
- We use our hands to simultaneously carry out a determined task based on the visual information our eyes receive.



12:30pm - 3:00pm Lunch Break (Extended by ANBAGAM Management)

3:00pm – 3:30pm Group discussion

We all asked them to share their best and happiest moment in the lives, they shared their life experience, and they gave some tips for us to handle the situation in the simplest way

3:30pm – 4:00pm Activity (Word Connection)

We conducted an activity, Connecting the words, which make them to think and recollect their memories and their verbal communication also gets developed through this game, I.e, a word has been given by the instructor and the participant should say the related word to the given word, and the next participant should say the next word that relates to the previous word and it goes on until the last participant says.

4:00pm – 4:15pm



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We ended the one week Village Placement Programme by thanking all the ANBAGAM guests and staff for taking part in the programme and supporting us throughout the process.

CONCLUSION

A team of TEN students of II M.Sc., from the Department of sports Psychology, got an opportunity to conduct the village placement program (VPP) at ANBAGAM in Panagattupakkam Village / Kanchipuram District, Tamil Nadu, as part of the course work. It was a seven day program and created many opportunities to share and learn from each other's experiences.

As students of Psychology, Sports Psychology, Sports Psychology and Sociology the primary aim was to work with the target group so as to be able to train and develop their body and mind in order to improve their physical and psychological well-being.

Various session such a music therapy, dance therapy, one to one interaction, small sided games, ball games, exercise to improve motor coordination were conducted that incorporated life skills, social skills, Psychological skills and Yoga from 21.03.2022 to 26.03.2022; a total of seven days were spent and Anbagam.



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தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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Accredited with 'B++' Grade by NAAC

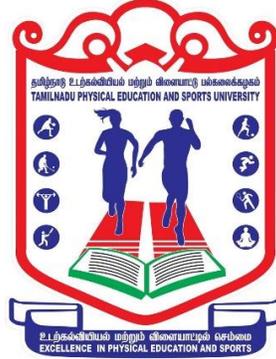
India's First State University in Physical Education and Sports

A REPORT ON “VILLAGE PLACEMENT PROGRAMME”

(March 08th – 2021 to March14th -2021 (7 Days))

At

ANBAGAM



DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY & SOCIOLOGY

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI – 600127

MARCH– 2021



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List of Participants

S.No	Name of the Student	Registration No:
M.Sc., Sports Psychology and Sociology		
1.	DHINU J	20195414001
M.Sc Sports Psychology		
1.	A BARANI PRIYA	20195424001
2.	M BHUVANA PRIYADARSHINI	20195424002
3.	S KISHORE KUMAR	20195424005
4.	MUFEED CK	20195424006
5.	MUHAMMED AKHIL A	20195424007
6.	NAGAMWAR SANKHIL	20195424008
7.	SHAREEEFA THASMI	20195424009
8.	SREECHITHRA K	20195424010
9.	SUHAIRA VP	20195424011



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ISO 9001:2015 CERTIFIED ORGANIZATION
ISO சர்வதேச தரச்சான்றிதழ் பெற்ற நிறுவனம்

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

ILITIES



ESTD : 1999

ANBAGAM

(Special School & Home for Mentally Retarded Children)

(Recognised by Govt. of Tamil Nadu)

Kayar Road, Panagattupakkam, 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:
Thiru. K. DEENADHAYALAN, I.A.S.,

To,

Date: 14.03.2021

Dr.V.Mangaiyarkarasi, Phd.

Professor,

Dept of Sports Management and

Sports Psychology & Sociology,

Tamilnadu Physical Education &

Sports University, Chennai-600127

Certificate

This is to certify that Miss.Suhaira.VP M.Sc. 2nd year in the Department of/Sports Psychology & Sociology, conducted a village placement Program in our Anbagam Home successfully from 08.03.2021 to 14.03.2021 Morning 10 am to 12.30pm. I wish her all success in his future carrier.

With Regard

DR.P.VEERAMANI

FOUNDER AND DIRECTOR, ANBAGAM



Sevaratna Dr.P. VEERAMANI
Founder & Director
ANBAGAM

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



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Melakottaiyur, Chennai-127

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INTRODUCTION

The Tamilnadu Physical Education and Sports University, Chennai has incorporated the Village Placement Programme (VPP) as a part of the M.Sc., Degree courses on line with NSS Programme, which facilitates a holistic approach to serve. VPP gives an opportunity to graduate students / Scholars to apply the wisdom and knowledge gained from the syllabus-based learning to be applied in practical real life situations, with service, as core motto. Comprising a scheduled between 5 to 10 working days. Programmes are organized and carried out at the venue of the target group to enable students to interact, serve and help target audience, in their capacities and interests.

As students of the Department of Sports Psychology and Sociology our primary aim was to choose a target group which could be trained to develop their body and mind for better performance. Our team was a perfect combination of II M.Sc. Sports Psychology Students.

We conducted various sessions on Life skills, Psychological skills and Yoga from **08-03-2021 to 14-03-2021**; totally we spent 7 days there..

We were team of ten students of II M.Sc. Sports Psychology and got an opportunity to do our village placement programme (VPP) at ANBAGAM in Panagattupakkam Village / Kanchipuram District, Tamil Nadu , as part of our course work. It was a seven days programme and created many opportunities to share and learn from each other. Particularly, people at the Home were so enthusiastic and supportive to do variety of activities related to physical and mental health. Due to the pandemic situation of covid 19, we only allotted few hours a day. We were presented there as per the covid protocol and we all were covered face with masks and we were maintaining social distance from them as per the covid protocol. But we made them more active and made them smile . our allotted time was from 10am to 12.30. they didn't allowed us for the afternoon session due to this pandemic and afternoon is their resting time also. But we did our maximum to engage with us.



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ABOUT THE INSTITUTION

ANBAGAM

Anbagam, the special school and also a home for the Mentally Retarded and Multiple Disabled Persons. It is a Registered Organization under the All India Physically Handicapped Welfare Trust. For the past 20 years it served the special population in the outskirts of Chennai.

The Services which includes:

- 1. Early intervention*
- 2. General Medical Assistance*
- 3. Physiotherapy*
- 4. Occupational therapy*
- 5. Special school*
- 6. Inclusive preparatory school*
- 7. Skill development programs*
- 8. Parent empowerment programs*
- 9. Play therapy*
- 10. Home for Aged*
- 11. Adult independent living programs*
- 12. Guidance and counseling*
- 13. Training programs for care givers and parents of children with*



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disabilities.

14. Providing appliances to PwD

Presently Anbagam is taking care of around 60 mentally retarded and multiple disabled children with residential care. Having a dedicated trained professionals and special educators, vow to ensure all round and comprehensive development of each child / adult admitted in the home.

The contribution made to ANBAGAM is fully exempted from paying of Income Tax under 80G of Income Tax Act and also fully eligible to accept Foreign Contribution for its activities in Rehabilitation of the Disabled Persons.



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VILLAGE PLACEMENT PROGRAMME PLAN

The duration of the VPP was for 1 week and it commenced on 8th march 2021 and concluded on 14th march 2021..

Working schedule was from Monday to Sunday

Working Shift was 2 hours and 30 minutes in a day..

The total weeks of internship were 1 week.

Working time at Anbagam:

Monday to Sunday 10.30_{am} to 4.30_{pm}



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FIELD EXPERIENCE ON ANBAGAM

Day 1:

9.30-10.00am - Reporting time.

We were excited to visit them. So we reached there at sharp 10am.



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10am onwards - communication with the staffs and admitted students.

We were there at sharp 10am, then we visited the staffs and spent 5 minutes with them. After that we met Mrkanagaraj the Manager of Anbagam, he gave the introduction about the institute and also the students admitted there. Each and everyone introduced themselves. They were highly interested to talk they were more cooperative than what we expected. Due to covid 19 we were keeping social distance and we weared mask and sanitize after every activities. We only permitted 2 and half hours to spent with them due to covid 19. so we speed up the things. Rapport establishment is the first thing we did there. We made them relax. Then we teach them some common words to interact easily. Like when we say “heihei” they replied like “hoi hoi”. so they learned it . when we lose the flow, we bring them back to the state. Then we take a break for 5 min. After 5 min we teach them to do physical activites and we gave them a small awareness on the physical activities. They want to do more physical activities and they were more engaged in physical activities. All were relaxed and they were smiling.



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11am onwards - breathing exercise and laughing therapy.

After the physical activity we entered in to the breathing techniques. Then teach them about breathing exercise. Inhale and to hold for seconds and ask them to slowly exhale the breath. At the first they weren't in the track. But after 3 try they came in the track and they were more interested to learn more.

After the breathing exercise we asked them to smile slowly without showing the teeth. So that was the first smile. Everyone did perfectly. After 3 try we ask them to smile by showing the teeth and they did it perfectly too. After this one we understand their curiosity and something big they are expecting. And suddenly at loud voice we ask them to laugh louder. At that time only few laughed. Then we all the 10 laughed loudly, at that moment they also started to laugh loudly. That was one of the best moment. We laughed highly, and they followed us.



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11.50am onwards - physical activity and wind up section

Their lunch time was close. So we repeat the physical activity. Through physical activities we checked their attention. Most of them did it fastly only few were too slow. we didn't forced anyone. But we let them do in their own way and we teach new techniques.

Nearly to the windup section at 12.10pm we ask them to summarise. We ask them to say what we learn today. And some of them replied correctly.

12.25pm - Lunch time and rest time(ANBAGAM MANAGEMENT)

Day 2

9.30am-10.00am - Reporting Time



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10.00am onwards - start visiting



We were on sharp time. We were eager to meet them . started with rapport establishment. After rapport we ask them to recall the previous day. First they were silent and one of them came to us and he almost recalled the previous day. That was a good moment. We asked them about the breakfast. They were satisfied and they were more energetic than yesterday.

10.45 onwards - breathing exercise

Like the day 1 , we repeat the breathing excercise for some more time. They were very cooperative and they didn't made any noise over there . they were relaxed after the breathing exercise.,

11.00am onwards - ring throw game

we entered with a game and we named ourselves “ring throw”, we split them into two teams and named the team 1 lotus and team 2 lilly. So the game is to pass the ring as fast as possible to the end. We gone for 9 rounds. They were very concentrated and they were eager to start the game. At the beginning the team lotus was too slow and they lost it. But we made some changes after that they won continuously 5 rounds. And last rounds won by team lilly. They both team were enjoying their winning moments.



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11.50 onwards - laughing therapy

Like the previous day we repeat the laughing therapy again for some more minutes. But this time we asked them to laugh loudly by doing actions of a flying butterfly. That was the cutest moment . they did like a butterfly. They were flying like a butterfly.

12.15pm onwards- physical activity

We were close to the windup session. They were more energetic and excited after the laughing therapy. We repeat the physical activity again like “head, houlder, knees, abz”.

12.25pm - started windup session by asking them to recall the activities done.

12.30 - Lunch time and rest time(ANBAGAM MANAGEMENT)



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Day 3

2.00pm - reporting time

Due to the doctor's visit in anbagam, we wouldnt allowed there in the morning session and they asked us to come afternoon only for few hours. So this day we started with rapport establishment. Asked them to recall the previous day activities. To activate them, we started with laughing therapy. Then we did some physical activities. After that we did breathing exercise. They were falling into sleep. Because afternoon they go to sleep till evening.

2.40pm onwards - windup session

They all were tired. Afternoon was their rest time. So we windup the session .

Day 4

9.30-10.00 - Reporting Time

10.00am onwards -

Start with the rapport establishment. Day3 was not that much effective. So we start with the code words that we teach them. So they were energetic and much more active than the previous day.



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10.30 onwards - breathing exercise

Only few minutes of breathing exercise.

10.45 onwards - laughing therapy

The laughing therapy is the most entertaining one and the most interested one. This day we start with smile to laugh. This day we ask them to laugh and move like a wind. They were moving and jumping , some of them were running and laughing. So that was one of the best moment in anbagam. We were also the part of it.

11.20am onwards - Musical ball



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We start with a game after 5 minutes of rest. We named it ‘ musical ball’, this game is all about the music and the ball. We sit them comfortably in a circle. And we command them when the music stops, those who is with the ball, gonnaout. So they move it fastly. What we understand that they wanna compete they don’t wanna to go out of the game. So for them we felt like its a survival task. We gone for 5 rounds . they were happy.

12.00 onwards - physical activity and windup session

After the game , we lead them to a small physical activities. After that we asked them to summarise by each one.

12.30pm - lunch and rest time

Day 5-

9.30-10.00am - reporting time

10.00 onwards -

Start with rapport establishment. Asked them to recall the things taught the previous day. They positively respond to us. And they were expecting much more from us.

10.20 onwards -

Start with physical activity. Like stretching etc.

10.40 onwards -

Breathing exercise .

11.00 onwards -

We teach them english alphabets and natural numbers. Only few are already knew about it,. we teach them english letters also in reverse mode. Like that also teach them natural numbers in reverse mode also. It takes more time. They made mistakes. We corrected them. That was a difficult session.



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11.50 onwards - bottle game

We entered into a game and we named 'bottl game'. we filled the bottles with water and made them in an order. We gave them a soft ball and ask them to throw to the bottles. Those who target the most bottles , they won. They did it very well. Almost all of them made it in a right way, they enjoyed it.





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12.15onwards - laughing therapy and physical activity

After the game we repeat the laughing therapy again for a few minutes only. After that we did some physical activity.

12.25 onwards - windup session and summarisation



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12.30 onwards - lunch and rest time

Day 6-

9.30-10.00am- reporting time

10.00am onwards -

Start with rapport establishment. Ask them about the break fast and morning routines. Then we ask them to recall the previous day activities. They were responding good. We can see the change in them. They more active than the first day.

10.30 onwards - physical activities

Start with some exercises

11.00am onwards - we gave a small awareness class on hygiene

11.20am onwards - breathing exercise

11.35am onwards - in and out game

After the breathing exercise , we start with a game called in and out. We divided them in four teams. And we draw 4 big circles. When we say 'in' they have to come in to the circle. When we say 'out' they have to come out the circle. Some of them are very fast in games . but few were couldn't catch the speed. But that was a good game.



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12.05pm onwards - NSS clap



Commonly called NSS clap .it has a rhythm. So we teach them . at the beginning they couldn't get the flow. But later they came in the track. The clap in the rhythm of

'123 123 1 2 3'.



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12.15 - laughing therapy.

12.20 - physical activities and windup session

12.30 - lunch time and rest time.

Day 7

9.30-10.00am - reporting time

10.00am onwards -

Start with rapport. Ask them about the last 6 days activities. Some of them recalled it. Some of them recalled a few. But everyone tried their best.

10.25am onwards - physical activity

10.40am onwards - breathing exercises

10.50am onwards - repeat the NSS clap in different mode. Teach them to clap it in slow, then medium, then fast.

11am onwards - after the 10min break we start the cultural programs. Most of them very actively participated . they were singing individually and also as a team. They perform solo dance and group dance. That was a good experience.



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12.00pm onwards - laughing therapy.

Claps with laughing therapy

12.10pm onwards - snacks distributions

12.25pm - feedback session.

12.45pm - certificate ceremonial.



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TITLE OF THE PRACTICE: 2

EQUIPPING STUDENTS WITH ORGANIZING SKILLS THROUGH SPORTS EVENTS

The Tamil Nadu Physical Education and Sports University has been established for the purpose of promoting sports. Hence, organizing major sports events at various levels has become a practice in the University in order to imbibe organizing skills among the students as well as to effectively utilizing the available facilities and resources.

Objectives of the Practice:

1. Encouraging a spirit of sportsmanship and fair play among university athletes.
2. Facilitating interaction and integration among students from different regions across India.
3. Encouraging the development of a vibrant sports culture within universities.
4. Enhancing the quality of sports education and research through participation and exposure to high level competition.
5. Facilitating interaction and collaboration between Universities and Sports institutions to advance sports development in the country.
6. Making use of the available sports facilities optimally in the University campus and
7. Giving opportunities to the University students to have hands on experience in organizing major events.

The Context:

During the years 2018-2023, the University organized thirty-five sports events at various levels such as Intra-mural events, Inter-Collegiate Events, District level Events, State level events, Zone level Inter-University events and All India level Inter-University sports events. Qualified officials were appointed to ensure fair play during each tournament. The rules and regulations of Association of Indian Universities and International Sports Federations were followed strictly. All logistics and accommodation were taken care of by the University. Many new records were created. The students of the University are placed at different committees for organizing the events along with the faculty members.

The Practice:

The University has made it compulsory in organizing at least two major events at National/Regional level in the University campus during an academic year. Many Inter-collegiate Tournaments/open meets are hosted in the University regularly. The students and staff are involved in organizing the events which will be very much helpful for the students to gain hands on experience.

Evidence of Success:



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The students of this University are given opportunity to organize project meets in the University campus for exhibiting their organizing skills. The students develop capability of organizing sports events on their own in the aspects of planning, execution and post-event analysis as they have already been trained by the University by making them volunteers for the major sports events held in the University campus regularly.

Problem Encountered and Resources Required:

The main problem encountered is mobilization of funds for the events. Though the University pays for it, if more funds are available, it would be possible for the University to organize more such sports events in the University campus which would help the students to gain more practical exposure.



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(Estd. by the Govt. of Tamil Nadu under Act No.9 of 2005)

Website: www.tnpesu.org

Phone: 04427477906/128

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

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

ALL INDIA INTER UNIVERSITY ATHLETIC (MEN & WOMEN) CHAMPIONSHIP 2022-2023

(2022-2023)

REPORT

Associations of Indian Universities (AIU) had allocated the All – India Inter Universities Athletics (Men & women) Championship 2022 -2023 to Tamil Nadu Physical Education and Sports University. Tamil Nadu Physical Education and Sports University had been organized the All India Inter University Athletics (Men & Women) Championship 2022-2023 on 13th March to 16th March 2023 in the University's Synthetic track.



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In this event more than 2000 Athletes of 176 Universities from 23 States were participated. The event was started on 13th March 2023 at 6.15 am. The Inaugural ceremony of All India Inter University Athletics (Men & Women) Championship 2022 – 2023 was held in the Tamil Nadu Physical Education and Sports University Synthetic track at 10.30 am. The ceremony was started with Marchpast and continued with cultural events.

The Valedictory function of All India Inter University Athletics (Men & Women) Championship 2022 – 2023 was held at the Synthetic track, TNPESU, Chennai at 12 pm on 16th March 2023. Our University Vice Chancellor (Dr. M. Sundar) honored the Chief Guest. Chief Guest honored the winners of overall championship, Overall Men and Overall Women of All India Inter University Athletics (Men & Women) Championship 2022-2023.

ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP (MEN & WOMEN) 2022 - 2023

organized by

Tamil Nadu Physical Education and Sports University
Chennai - 600 127.

Date : 13.03.2023

Time : 10.30 am

Programme Schedule

- 10.30 am : Arrival of Chief Guest
- 10.40 am : Invocation Tamil Thai Valthu
- 10.45 am : Welcome Address - **Dr. M.Sundar**, Vice Chancellor
- 10.50 am : Honoring the Guests
- 10.55 am : Flag Hoisting by Chief Guest & Dignitaries
- 11.00 am : March - Past
- 11.30 am : Olympic Torch Lighting
- 11.40 am : Oath Taking
- 11.45 am : Chief Guest Address

Thiru.UDHAYANIDHI STALIN

Hon'ble Minister for Sports and Youth Welfare Department, Special Programme Implementation Department & Poverty Alleviation Programme and Rural Indebtedness Government of Tamil Nadu & Pro Chancellor, TNPESU

- Vote of thanks : **Dr. P. Rajinikumar**, Sports Secretary, TNPESU
- Followed by Cultural



Invitation

ALL INDIA INTER UNIVERSITY ATHLETIC CHAMPIONSHIP (MEN & WOMEN) 2022 - 2023

organized by

Tamil Nadu Physical Education and Sports University
Chennai - 600 127.

தமிழ்நாடு உடற்கல்வி மற்றும் விளையாட்டு
பல்கலைக்கழகம்

சென்னை - 600 127.



Under the Auspices of

Association of Indian Universities - New Delhi - 110 002.



Venue : Synthetic Track, TNPESU
Date & Time : 13.03.2023, 10.30 am



Tamil Nadu Physical Education and Sports University

Accredited with "B" by NAAC
Chennai - 600 127.

Under the auspices of

Association of Indian Universities - New Delhi - 110 002.

The Vice Chancellor, Members of the Syndicate, Staff and Students request your August Presence at the Inaugural Function of

ALL INDIA INTER UNIVERSITY ATHLETIC

CHAMPIONSHIP (MEN & WOMEN) - 2022-2023

at 10.30 am on 13th March 2023

Venue: Synthetic Track, TNPESU, Chennai

Thiru. UDHAYANIDHI STALIN

Honble Minister for Sports and Youth Welfare Department, Special Programme Implementation Department & Poverty Alleviation Programme and Rural Inebtedness Government of Tamil Nadu & Pro Chancellor, TNPESU has kindly consented to be the Chief Guest and inaugurate the Championship

Guests of Honour

Dr. Atulya Misra, IAS, Additional Chief Secretary to Government,
Youth Welfare and Sports Development Department

Thiru. J. Meghanatha Reddy, IAS

Chief Executive Officer/ Member Secretary, Sports Development Authority of Tamilnadu

Thiru. A.R Rahul Nadh, IAS

District Collector, Chengalpattu District

Thiru. K. Josh Thangaiiah

Deputy Commissioner of Police, Pallikaranai

Special Guests

Thiru. S.S. Balaji MLA, Thiruporur

Thiru. A.M.S.G.Ashokan MLA, Sivakasi

Thiru. G.Anbalagan MLA, Kumbakonam

Thiru. E.Raja MLA, Sankarankoil

Thiru.Dr.T.Sadhan Thirumalai Kumar

MLA, Vasudevanallur

Dr. P. Rajinikumar

Sports Secretary

Invited Guests

Thiru. Manathi Ganesan, Arjuna Awardee

Dr.Arathi Arun, Gold Medalist, CW Games

Thiru.Sivaraj, Virudhunagar Ath Association

Thiru. Senthil Kumar Subramanian,

MD, Kalvi Group

Thiru. M.V.M.Velmohan, Correspondent,

Velammal Group

Dr.M.Sundar

Vice Chancellor



சுழிமநாடு உடற்கல்வி மற்றும் விளையாட்டு பல்கலைக்கழகம்

NAAC மூலம் "B" உடன் அங்கீகாரம் பெற்றது.

சென்னை - 600 127

அனுசரணையின் கீழ்

இந்தியப் பல்கலைக்கழகங்களின் சங்கம் - புது தில்லி - 110 002.

துணைவேந்தர், சிண்டிகேட் உறுப்பினர்கள், ஊழியர்கள் மற்றும் மாணவர்கள் ஆகஸ்ட் மாத தொடக்க விழாவில் உங்கள் வருகையைக் கோருகிறார்கள்.

அகில இந்திய பல்கலைக்கழகங்களுக்கு இடையேயான தட்கள்

சாம்பியன்ஷிப் (ஆண்கள் & பெண்கள்) 2022 - 2023

13 மார்ச் 2023 அன்று காலை 10.30 மணிக்கு

இடம்: சிந்தடிக்க டிராக், TNPESU, சென்னை

திரு. உதயநிதி ஸ்டாலின்

மாண்புமிகு அமைச்சர் விளையாட்டு மற்றும் இளைஞர் நலத்துறை, சிறப்புத் திட்ட அமலாக்கத் துறை & ஏற்றுமை ஒழுப்பத் திட்டம் மற்றும் சமீபநாடு அரசின் கிராமப்புறக் கட்டளைகளைக் கடைப்பிடிக்கும் சார்பு அகில இந்தியப் பல்கலைக்கழகங்களின் சாம்பியன்ஷிப்பைத் துவக்கி வைக்க அன்புடன் சம்மதம் தெரிவித்துள்ளார்.

கௌரவ விருந்தினர்கள்

டாக்டர் அதுல்யா மிஸ்ரா, ஜி.ஏ.எஸ்., அரசின் கூடுதல் தலைமைச் செயலாளர்,

இளைஞர் நலம் மற்றும் விளையாட்டு மேம்பாட்டுத் துறை

திரு. ஜி. மேகநாத் ரெட்டி, ஜி.ஏ.எஸ்
தமிழ்நாடு விளையாட்டு மேம்பாட்டு ஆணையத்தின் முதன்மை செயல் அலுவலர்/ உறுப்பினர் செயலர்

திரு. ஏ.ஆர்.ராகுல்நாத், ஜி.ஏ.எஸ்

மாவட்ட ஆட்சியர், செங்கல்பட்டு மாவட்டம்

திரு. கே. ஜோஷி தங்கையா

துணை போலீஸ் கமிஷனர், பள்ளிக்கரணை

சிறப்பு விருந்தினர்கள்

திரு. எஸ்.ஸ்பாலாஜி எம்.எல்.ஏ., திருப்போரூர்

திரு. ஏ.எம்.எஸ்.ஜி.அசோகன் எம்.எல்.ஏ., சிவகாசி

திரு. ஜி.அன்பழகன் எம்.எல்.ஏ., கும்பகோணம்

திரு. இராஜா எம்.எல்.ஏ., சங்கரன்கோவில்

திரு. டாக்டர்.டி.சுதன் திருமலை குமார்

எம்.எல்.ஏ., வாசுதேவநல்லூர்

அழைக்கப்பட்ட விருந்தினர்கள்

திரு. மானதி கணேசன், அர்ஜுனா விருது பெற்றவர்

Dr.Arathi Arun, Gold Medalist, CW Games

Thiru.Sivaraj, Virudhunagar Ath Association

Thiru. செந்தில் குமார் சுப்ரமணியன், எம்.டி., கல்வி குழுமம்

திரு. எம்.வி.எம்.வேல்போகன், திருப். வேல்போகன்



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INAUGURAL CEREMONY

1. Arrival of Chief Guest:





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2. Honoring Chief Guest





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3. Flag Hoisting





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4. March - Past





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5. Olympic Torch Lighting:





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6. Chief Guest Address:





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7. Vote of Thanks:





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8. Cultural:





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CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES





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ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

Organised by: TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

COMPETITION SCHEDULE

DAY- 1

EVEN T NO.	TIME	EVENT S	CATEGOR Y	ROUN D
MORNING SESSION				
101	6:15AM	10000M	MEN	FINAL
102	7:00AM	10000M	WOMEN	FINAL
103	7:45AM	SHOT PUT	MEN	TRAILS/FINAL
104	8:00AM	100M HURDLES	WOMEN	HEPTA -1
105	8:00AM	POLE VAULT	MEN	TRAILS/FINAL
106	8:20AM	TRIPLE JUMP	WOMEN	TRAILS/FINAL
107	8:50AM	1500M	MEN	FINAL
108	9:00AM	1500M	WOMEN	FINAL
109	9:00AM	HIGH JUMP	WOMEN	HEPTA -2
110	9:15AM	100M	MEN	ROUND 1
111	9:30AM	100M	WOMEN	ROUND 1
112	9:50AM	400M	MEN	ROUND 1
113	10:00AM	400M	WOMEN	ROUND 1
AFTERNOON SESSION				
114	2:00PM	SHOT PUT	WOMEN	HEPTA -3
115	2:15PM	TRIPLE JUMP	MEN	TRAILS/FINAL
116	2:20PM	400M	MEN	SEMI FINAL
117	2:35PM	400M	WOMEN	SEMI FINAL
118	2:45PM	100M	MEN	SEMI FINAL
119	3:00PM	100M	WOMEN	SEMI FINAL
120	3:15PM	4X400M RELAY	MIXED	ROUND 1
121	3:30PM	200M	WOMEN	HEPTA -4



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ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

Organised by: TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

COMPETITION SCHEDULE

DAY- 2

EVEN T NO.	TIME	EVENTS	CATEGOR Y	ROUN D
MORNING SESSION				
201	6:00AM	20KM RACE WALK	MEN	FINAL
202	6:30AM	20KM RACE WALK	WOMEN	FINAL
203	7:00AM	5000 M	MEN	FINAL
204	7:30AM	5000 M	WOMEN	FINAL
205	7:45AM	LONG JUMP	WOMEN	HEPTA -5
206	8:00AM	100M	MEN	DECA - 1
207	8:20AM	110M HURDLES	MEN	ROUND 1
208	8:40AM	100M HURDLES	WOMEN	ROUND 1
209	9:00AM	LONG JUMP	MEN	DECA - 2
210	9:10AM	HIGH JUMP	MEN	TRIALS/FIN A L
211	9:30AM	HAMMER THROW	MEN	TRIALS/FINA L
212	9:35AM	4X400M RELAY	MIXED	SEMI FINAL
213	10:30AM	JAVELIN THROW	WOMEN	HEPTA -6
214	10:45AM	SHOT PUT	MEN	DECA - 3
AFTERNOON SESSION				
215	2:00PM	HIGH JUMP	MEN	DECA - 4
216	2:15PM	100M HURDLES	WOMEN	SEMI FINAL
217	2:30PM	SHOT PUT	WOMEN	TRIALS/FIN A L
218	2:45PM	110M HURDLES	MEN	SEMI FINAL
219	3:00PM	HAMMER THROW	WOMEN	TRIALS/FIN A L
220	3:00PM	400M	MEN	FINAL
221	3:15PM	400M	WOMEN	FINAL



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ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

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COMPETITION SCHEDULE

DAY- 3

EVEN T NO.	TIME	EVENTS	CATEGOR Y	ROUN D
MORNING SESSION				
301	7:00AM	800M	MEN	ROUND 1
302	7:20AM	800M	WOMEN	ROUND 1
303	7:45AM	110M HURDLES	MEN	DECA - 6
304	8:00AM	LONG JUMP	WOMEN	FINAL
305	8:15AM	JAVELIN THROW	MEN	FINAL
306	8:30AM	200M	MEN	ROUND 1
307	8:30AM	POLE VAULT	WOMEN	FINAL
308	8:45AM	200M	WOMEN	ROUND 1
309	9:05AM	DISCUS THROW	MEN	DECA - 7
310	9:15AM	110M HURDLES	MEN	FINAL
311	9:40AM	100M HURDLES	WOMEN	FINAL
312	10:10AM	400M HURDLES	MEN	ROUND 1
313	10:45AM	400M HURDLES	WOMEN	ROUND 1
314	11:00AM	JAVELIN THROW	WOMEN	FINAL
315	11:30AM	POLE VAULT	MEN	DECA - 8
AFTERNOON SESSION				
317	3:00PM	JAVELIN THROW	MEN	DECA - 9
318	3:00PM	400M HURDLES	MEN	SEMI FINAL
319	3:05PM	LONG JUMP	MEN	TRIALS/ FINAL
320	3:15PM	400M HURDLES	WOMEN	SEMI FINAL
321	3:30PM	200M	MEN	SEMI FINAL
322	3:45PM	200M	WOMEN	SEMI FINAL
323	4:00PM	800M	MEN	SEMI



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ALL INDIA INTER-UNIVERSITY ATHLETICS CHAMPIONSHIP 2022-23

Organised by: TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

COMPETITION SCHEDULE

DAY- 4

EVEN T NO.	TIME	EVEN T S	CATEGOR Y	ROUN D
MORNIN G SESSION				
401	6:00AM	HALF MARATHON	MEN	FINA L
402	6:15AM	HALF MARATHON	WOMEN	FINA L
403	7:30AM	800M	MEN	FINA L
404	7:40AM	800M	WOMEN	FINA L
405	8:00AM	DISCUS THROW	MEN	TRIALS /FINAL
406	8:30AM	HIGH JUMP	WOMEN	TRIALS /FINAL
407	9:00AM	200M	MEN	FINA L
408	9:10AM	200M	WOMEN	FINA L
409	9:40AM	4X400M RELAY	MEN	SEMI FINAL
410	9:55AM	4X400M RELAY	WOMEN	SEMI FINAL
411	10:20AM	400M HURDLES	MEN	FINA L
412	10:30AM	400M HURDLES	WOMEN	FINA L



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VALEDICTORY FUNCTION



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1. Honoring the Athletes:





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UNIVERSITIES PARTICIPATED IN ALL INDIA ATHLETICS CHAMPIONSHIP 2022 - 2023

S.No.	University
1.	Acharya Nagarjuna University in Guntur, Andhra Pradesh.
2.	Adamas University in Kolkata, West Bengal.
3.	Alagappa University in Karaikudi, Tamil Nadu.
4.	Al-Falah University in Dhouj, Haryana.
5.	Aligarh Muslim University in Aligarh, Uttar Pradesh.
6.	Andhra University in Visakhapatnam, Andhra Pradesh.
7.	Anna University in Chennai, Tamil Nadu.
8.	Annamalai University in Chidambaram, Tamil Nadu.
9.	Apex University Educational institution in Jaipur, Rajasthan.
10.	Atal Bihari Vajpayee Vishwavidyalayain Bilaspur, Chhattisgarh.
11.	Avinashilingam University in Coimbatore, Tamil Nadu.
12.	Baba Mastnath University in Haryana.
13.	Banaras Hindu University in Varanasi, Uttar Pradesh
14.	Bengaluru North University in Tamaka, Karnataka.
15.	Bangalore University in Bengaluru, Karnataka.
16.	Barkatullah Vishwavidyalaya in Bhopal, Madhya Pradesh.
17.	Bengaluru City University in Bengaluru, Karnataka.
18.	Berhampur University in Berhampur, Odisha
19.	Bhagat Phool Singh Mahila Vishwavidyalaya University in Sonipat, Haryana
20.	Bhagwant University, Ajmer in Rajasthan.
21.	Bhakta Kavi Narsinh Mehta University in Dungarpur, Gujarat.
22.	Bharath Institute of Higher Education and Research Higher educational institution in Chennai
23.	Bharathiar University in Coimbatore, Tamil Nadu
24.	Bharathidasan University in Tamil Nadu
25.	Bharati Vidyapeeth Deemed University in Pune, Maharashtra
26.	Bhupal Noble's University in Udaipur, Rajasthan
27.	Binod Bihari Mahto Koyalanchal University, Dhanbad in Jharkhand
28.	Bir Tikendrajit University - STATE PRIVATE UNIVERSITY in Manipur
29.	Chaudhary Ranbir Singh University in Jind, Haryana
30.	Chaudhary Charan Singh University in Meerut, Uttar Pradesh
31.	Chandigarh University in Ajitgarh, Punjab
32.	Chaudhary Bansi Lal University in Bhiwani, Haryana
33.	Chaudhary Devi Lal University in Haryana
34.	Dayananda Sagar University in Bengaluru, Karnataka
35.	Davangere University in Tholahunase, Karnataka



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36.	Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur, Uttar Pradesh
37.	Devi Ahilya Vishwavidyalaya University in Indore, Madhya Pradesh
38.	Deenbandhu Chhotu Ram University Of Science And Technology, Murthal, Haryana
39.	Desh Bhagat University in Punjab
40.	Dhanamanjuri University in Imphal, Manipur
41.	Dr. Babasaheb Ambedkar Marathwada University in Aurangabad, Maharashtra
42.	Dr. Bhimrao Ambedkar University in Agra, Uttar Pradesh
43.	Dr. B.R Ambedkar University in Andhra Pradesh
44.	Dr. M.G.R. Educational And Research Institute university in Chennai, Tamil Nadu



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45.	Dr. Shyama Prasad Mukherjee University in Ranchi, Jharkhand
46.	Dr. Ram Manohar Lohia Avadh University in Faizabad, Uttar Pradesh
47.	Dr. Vishwanath Karad MIT World Peace University School of Pharmacy Faculty of pharmacy in Pune, Maharashtra
48.	Fakir Mohan University in Balasore, Odisha
49.	GLS (Gujarat Law Society) University in Ahmedabad, Gujarat
50.	Gondwana University in Gadchiroli, Maharashtra
51.	Guru Jambheshwar University of Science and Technology University in Hisar, Haryana
52.	Guru Kashi University in Punjab
53.	Guru Nanak Dev University in Amritsar, Punjab
54.	Gurugram University in Haryana
55.	Gurukul Kangri Deemed to be University, Haridwar, Uttarakhand
56.	Hemchand Yadav Vishwavidyalaya University in Chhattisgarh
57.	HNGU-Hemchandracharya North Gujarat University in Patan, Gujarat
58.	Hemvati Nandan Bahuguna Garhwal University in Srinagar, Uttarakhand
59.	Himachal Pradesh University in Shimla, Himachal Pradesh
60.	HSNC University, Mumbai
61.	IIMT University Meerut, Uttar Pradesh
62.	Indira Gandhi University Meerpur in Haryana
63.	Institute of Management Technology in Ghaziabad, Uttar Pradesh
64.	Jadavpur university in Kolkata, West Bengal
65.	Jai Narain Vyas University, Research institution in Jodhpur, Rajasthan
66.	Jain Private university in Bengaluru, Karnataka
67.	Jananayak Chandrashekhar University in Basantpur Ehatmali, Uttar Pradesh
68.	JRN University in Udaipur, Rajasthan
69.	Kakatiya University in Warangal, Telangana
70.	KANNUR UNIVERSITY in Kannur, Kerala
71.	Karnatak University, Dharwad, Karnataka
72.	Karnataka State Law University in Hubli, Karnataka
73.	Karpagam Academy of Higher Education University in Coimbatore, Tamil Nadu
74.	Kavayitri Bahinabai Chaudhari North Maharashtra University Jalgaon in Bambhori Pr. Chandsar, Maharashtra
75.	Kalinga Institute of Industrial Technology Private university in Bhubaneswar, Odisha
76.	Krishna University in Andhra Pradesh
77.	D.S.B Campus, KUMAUN UNIVERSITY, NAINITAL in Uttarakhand
78.	Kurukshetra University in Thanesar, Haryana
79.	Kuvempu University in Shimoga, Karnataka
80.	Lalit Narayan Mithila University in Darbhanga, Bihar
81.	LNCT University, Bhopal, Madhya Pradesh



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82.	Lakshmbai National Institute Of Physical Education University in Gwalior, Madhya Pradesh
83.	Lok Jagruti Kendra, Ahmedabad
84.	Lovely Professional University in Phagwara, Punjab
85.	Maa Shakumbhari University in Uttar Pradesh
86.	Madurai Kamaraj University in Madurai, Tamil Nadu
87.	Magadh University in Bodh Gaya, Bihar
88.	Maharaja Ganga Singh University in Rajasthan
89.	Maharaja Krishnakumarsinhji Bhavnagar University in Bhavnagar, Gujarat
90.	Maharaja Sriram Chandra Bhanjadeo University in Baripada, Odisha
91.	Maharaja Surajmal Brij University in Chak Sakeetra, Rajasthan
92.	Maharshi Dayanand University in Rohtak, Haryana



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93.	Mahatma Gandhi Kashi Vidyapith University in Varanasi, Uttar Pradesh
94.	Mahatma Gandhi University in Kottayam, Kerala
95.	Manav Rachna International Institute Of Research And Studies University in Faridabad, Haryana
96.	Mangaluru University in Konaje, Karnataka
97.	Manonmaniam Sundaranar University Distance learning center in Chennai, Tamil Nadu
98.	Meenakshi Academy of Higher Education & Research University in Chennai, Tamil Nadu
99.	Mewar University in Rajasthan
100.	Mahatma Jyotiba Phule Rohilkhand University in Bareilly, Uttar Pradesh
101.	Mohanlal Sukhadia University in Udaipur, Rajasthan
102.	National Sports University Central university
103.	Nehru Gram Bharati Deemed university in Hanuman Ganj, Uttar Pradesh
104.	North-Eastern Hill Central university in Shillong, Meghalaya
105.	OPJS University in Rawatsar Koojla, Rajasthan
106.	Osmania university in Hyderabad, Telangana
107.	Pandit Deendayal Upadhyaya Shekhawati University in Rajasthan
108.	Patliputra University in Patna, Bihar
109.	Parul University in Gujarat
110.	Periyar University in Salem, Tamil Nadu
111.	Prof.Rajendra singh university,prayagraj
112.	Pt. Ravishankar Shukla University Higher educational institution in Raipur, Chhattisgarh
113.	Punjab Agricultural University in Ludhiana
114.	Panjab University Chandigarh
115.	Punjabi University, Patiala State university in Patiala, Punjab
116.	Punyashlok Ahilyadevi Holkar Solapur University in Kondi, Maharashtra
117.	Rabindra Bharati University in Kolkata, West Bengal
118.	Rabindranath Tagore University in Raisen, Madhya Pradesh
119.	Raichur University in Karnataka
120.	Raja Mahendra Pratap Singh State University in Aligarh, Uttar Pradesh
121.	Rajiv Gandhi University of Health Sciences in Bengaluru, Karnataka
122.	Ranchi University in Ranchi, Jharkhand
123.	Rani Channamma University in Godihal, Karnataka
124.	Rani Durgavati Vishwavidyalaya University in Jabalpur, Madhya Pradesh
125.	Rashtrasant Tukadoji Maharaj Nagpur University in Nagpur, Maharashtra
126.	REVA University in Karnataka
127.	Sambalpur University in Sambalpur, Odisha
128.	Sant baba bhag singh university,Jalandhar
129.	Sant Gadge Baba Amravati University in Amravati, Maharashtra
130.	Sardar Patel University in Anand, Gujarat
131.	Saurashtra University in Rajkot, Gujarat



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132.	Savitribai Phule Pune University in Pune, Maharashtra
133.	Shaheed Mahendra Karma Vishwavidyalaya, Bastar, Chhattisgarh
134.	Shivaji University, Research institution in Kolhapur, Maharashtra
135.	Shri Govind Guru University in Vinzol, Gujarat
136.	Shri Jagdishprasad Jhabarnal Tibrewala University in Jhunjhunu, Rajasthan
137.	Shri Khushal Das University in 7 Stg, Rajasthan
138.	Soban Singh Jeena University in Uttarakhand
139.	Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya university in Kanchipuram, Tamil Nadu
140.	Sri Krishnadevaraya University in Anantapuramu
141.	SRM Institute of Science and Technology Higher educational institution in Chennai, Tamil



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	Nadu
142.	Swami Ramanand Teerth Marathwada University, in Nanded, Maharashtra
143.	Swami Vivekanand Subharti University in Meerut, Uttar Pradesh
144.	Tamil Nadu Physical Education and Sports University in Vengadamangalam, Tamil Nadu
145.	Tamil University in Thanjavur, Tamil Nadu
146.	The University of Burdwan in Bardhaman, West Bengal
147.	Maharaja Bhupinder Singh Punjab Sports University in Kishanpur urf Bakhshiwala, Punjab
148.	Thiruvalluvar University in Vellore, Tamil Nadu
149.	University of Allahabad in Allahabad, Uttar Pradesh
150.	University of Calcutta in Kolkata, West Bengal
151.	University of Calicut in Malappuram, Kerala
152.	University of Delhi in New Delhi
153.	University Of Jammu in Jammu, Jammu & Kashmir
154.	Kalyani Public university in Kalyani, West Bengal
155.	University of Kerala in Thiruvananthapuram, Kerala
156.	University Of Kota in Kota, Rajasthan
157.	University of Lucknow in Lucknow, Uttar Pradesh
158.	University of Madras in Chennai, Tamil Nadu
159.	University Of Mumbai in Mumbai, Maharashtra
160.	University Of Mysore in Mysore, Karnataka
161.	University of North Bengal in Siliguri, West Bengal
162.	University of Rajasthan in Jaipur, Rajasthan
163.	Utkal University, Bhubaneswar, odisha
164.	Veer Bahadur Singh Purvanchal University in Jaunpur, Uttar Pradesh
165.	Veer Kunwar Singh University in Arrah, Bihar
166.	Veer Narmad South Gujarat University in Surat, Gujarat
167.	Vels Institute of Science, Technology & Advanced Studies in Chennai, Tamil Nadu
168.	Vinoba Bhave University in Hazaribagh, Jharkhand
169.	VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY Ballari, Karnataka
170.	Vikrama Simhapuri University in Nellore, Andhra Pradesh
171.	Vikram University, in Ujjain, Madhya Pradesh
172.	Visva-Bharati University in Santiniketan, West Bengal
173.	Visvesvaraya Technological University in Belgaum, Karnataka
174.	WEST BENGAL STATE UNIVERSITY in Berunanpukuria, West Bengal
175.	Yashwantrao Chavan Maharashtra Open University, Maharashtra
176.	Yogi Vemana University in Andhra Pradesh



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**SOUTH WEST INTER UNIVERSITY ATHLETICS (MEN &
WOMEN) CHAMPIONSHIP 2022-2023**

REPORT

Association of Indian Universities (AIU) had allocated the South West Inter University Athletics (Men & Women) Championship 2022-2023 to Tamil Nadu Physical Education and Sports University. Tamil Nadu Physical Education and Sports University had been organized the South West Inter University Athletics (Men & Women) Championship 2022-2023 on 9th January to 12th January 2023 in the University's Synthetic track.

In this event more than 3500 Athletes of 180 Universities from 11 States were participated. The event was started on 9th January 2023 at 6 am. The Inaugural ceremony of South West Inter University Athletics (Men & Women) Championship 2022-2023 was held in the Tamil Nadu Physical Education and Sports University Synthetic Track at 5 pm. This ceremony was started with March Past and continued with cultural events.

The Valedictory function of South West Inter University Athletics (Men & Women) Championship 2022-2023 was held at the Synthetic Track, TNPESU, Chennai at 2 pm on 12th January 2023. Our Vice-Chancellor Dr. M. Sundar honored the Chief Guest. The Valedictory address was delivered by Thiru. R. Chandrashekar, President of Tamil Nadu Paralympic Sports Association, Chennai.



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INAUGURAL CEREMONY

1. Arrival of chief guest



2. Flag Hoisting





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3. March Past



4. Olympic Torch Light





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5. Vote of Thanks



6. Culturals





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**DAY 1 MORNING SESSION - JANUARY 9, 2023, MONDAY**

06:00am	10000M	Men	Final
06:45am	10000M	Women	Final
07:30am	Shot Put	Men	Q. Round
07:35am	100 M Hurdles Hepta	Women	Heats
07:50am	1500 M	Men	Round - I
08:10am	Triple Jump	Women	Final
08:15am	1500 M	Women	Round - I
08:40am	100M	Men	Round - I
09:00am	High Jump Hepta	Women	Final
09:40am	100M	Women	Round - I
10:30am	Shot Put	Women	Q. Round
10:40am	400M	Men	Round - I
11:40am	400M	Women	Round - I
12:30pm	100M	Men	Semifinals
12.45pm	100m	Women	Semifinals

DAY 1 EVENING SESSION - JANUARY 9 2023 MONDAY

02:00pm	Triple Jump	Men	Q. Round
02:00pm	Shot Put Hepta	Women	Final
03:00pm	400m	Men	Semifinals
03:15pm	400m	Women	Semifinals
03:30pm	200m Hepta	Women	Heats
03:45pm	4x400 M Relay	Mixed	Round - I

DAY 2 MORNING SESSION - JANUARY 10 2023 TUESDAY

06:00am	20 km Race Walk	Men	Final
06:30am	20 km Race Walk	Women	Final
07:30am	5000m	Men	Round - I
08:00am	Long Jump Hepta	Women	Final
08:30am	5000m	Women	Round - I
09:30am	High Jump	Men	Q. Round

Venue: Synthetic Track, TNPESU Campus, Chennai

ALL TIMES ARE SUBJECT TO CHANGE.
ALL TIMES ARE IN IST.



09:30am	100m Deca	Men	Heats
09:35am	Javelin Throw	Men	Q. Round
10:00am	110 M Hurdles	Men	Round - I
10:00am	Triple Jump	Women	Final
10:15am	Shot Put	Men	Final
10:45am	100 M Hurdles	Women	Round - I
10:45am	Long Jump Deca	Men	Final
11:00am	1500m	Men	Final
11:10am	1500m	Women	Final
11:20am	High Jump	Women	Q. Round
11:20am	Hammer Throw	Men	Final
11:50am	Shot Put Deca	Men	Final
11:55am	4x400 M Relay	Mixed	Semifinals
12:30pm	Javelin Throw Hepta	Women	Final

DAY 2 EVENING SESSION - JANUARY 10 2023 TUESDAY

02:00pm	Triple Jump	Men	Final
02:00pm	Javelin Throw	Women	Q. Round
02:10pm	110 M Hurdles	Men	Semifinals
02:35pm	100 M Hurdles	Women	Semifinals
02:35pm	Shot Put	Women	Final
02:40pm	High Jump Deca	Men	Final
03:00pm	100m	Men	Final
03:10pm	100m	Women	Final
03:30pm	Hammer Throw	Women	Final
03:30pm	400m	Men	Final
03:35pm	400m	Women	Final
03:40pm	800m Hepta	Women	Heats
04:00pm	4x100 M Relay	Men	Round - I
04:30pm	4x100 M Relay	Women	Round - I
05:00pm	400m Deca	Men	Heats
05:15pm	4x400 M Relay	Mixed	Final

Venue: Synthetic Track, TNPSU Campus, Chennai

ALL TIMES ARE SUBJECT TO CHANGE.
ALL TIMES ARE IN IST.

**DAY 3 MORNING SESSION - JANUARY 11 2023 WEDNESDAY**

06:30am	5000m	Men	Final
06:55am	5000m	Women	Final
07:30am	110 M Hurdles Deca	Men	Heats
07:35am	Discus Throw	Men	Q. Round
08:00am	Long Jump	Women	Q. Round
08:05am	800m	Men	Round - I
08:30am	800m	Women	Round - I
08:55am	200m	Men	Round - I
09:00am	Pole Vault	Women	Final (NS*)
09:00am	Discus Throw Deca	Men	Final
09:00am	High Jump	Men	Final
09:50am	200m	Women	Round - I
10:30am	Javelin Throw	Men	Final
10:30am	3000m Steeplechase	Men	Final (NS)
10:45am	3000m Steeplechase	Women	Final (NS)
10:50am	400m Hurdles	Men	Round - I
11:00am	Long Jump	Men	Q. Round
11:30am	400m Hurdles	Women	Round - I
12:00pm	Javelin Throw	Women	Final
12:15pm	110 M Hurdles	Men	Final
12:15pm	Pole Vault Deca	Men	Final (NS)
12:30pm	100 M Hurdles	Women	Final

DAY 3 EVENING SESSION - JANUARY 11 2023 WEDNESDAY

02:00pm	Discus Throw	Women	Q. Round
02:10pm	High Jump	Women	Final
02:15pm	200m	Men	Semifinals
02:30pm	Javelin Throw Deca	Men	Final (NS)
02:30pm	200m	Women	Semifinals
03:00pm	Pole Vault	Men	Final (NS)
03:00pm	4x400 M Relay	Men	Round - I

Venue: Synthetic Track, TNPESU Campus, Chennai

ALL TIMES ARE SUBJECT TO CHANGE.
ALL TIMES ARE IN IST.



03:30pm	4x400 M Relay	Women	Round - I
04:00pm	400m Hurdles	Men	Semifinals
04:00pm	1500m Deca	Men	Heats (NS)
04:20pm	400m Hurdles	Women	Semifinals
04:35pm	4x100 M Relay	Men	Semifinals
04:50pm	4x100 M Relay	Women	Semifinals
05:05pm	800m	Men	Semifinals
05:20pm	800m	Women	Semifinals

DAY 4 MORNING SESSION - JANUARY 12 2023 THURSDAY

06:00am	Half Marathon	Men	Final
06:30am	Half Marathon	Women	Final
07:30am	800m	Men	Final
07:40am	800m	Women	Final
08:30am	Long Jump	Men	Final
08:40am	200m	Men	Final
08:50am	200m	Women	Final
08:00am	Discus Throw	Men	Final
09:30am	4x400 M Relay	Men	Semifinals
09:50am	4x400 M Relay	Women	Semifinals
10:30am	Discus Throw	Women	Final
10:30am	400m Hurdles	Men	Final
10:40am	400m Hurdles	Women	Final
10:50am	Long Jump	Women	Final
11:05am	4x100 M Relay	Men	Final
11:15am	4x100 M Relay	Women	Final
11:45am	4x400 M Relay	Men	Final
11:55am	4x400 M Relay	Women	Final

*NS – Nehru Stadium, Chennai (Only for Steeplechase & Pole Vault)

Venue: Synthetic Track, TNPESU Campus, Chennai

ALL TIMES ARE SUBJECT TO CHANGE.
ALL TIMES ARE IN IST.

**UNIVERSITIES PARTICIPATED IN SOUTH WEST ZONE
(MEN & WOMEN) ATHLETICS CHAMPIONSHIP 2022-2023**

Organised by

Tamil Nadu Physical Education and Sports University, Chennai

9th to 12th January 2023

S.No.	NAME OF THE UNIVERSITY
1.	Acharya Nagarjuna University, Nagarjunanagar, Andhra Pradesh.
2.	Adikavi Nannaya University, Rajamahendravaram, Andhra Pradesh.
3.	Alagappa University, Karaikudi, TN.
4.	Alliance University, Bangalore, Karnataka.
5.	AMET University, Kanathur, Chennai, TN.
6.	Amrita Vishwa Vidhyapeetham, Ettimadai, Coimbatore, TN.
7.	Andhra University (Department of Physical Education and Sports Sciences), Visakhapatnam, A.P.
8.	Anna University (Sports Board), Chennai, TN.
9.	Annamalai University, Annamalai nagar, Cuddalore, TN.
10.	Apex University, Jaipur, Rajasthan
11.	APJ Abdul Kalam Technological University, Thiruvananthapuram, Kerala
12.	Avinashilingam Institute for Home Science and Higher Education, Coimbatore, TN.
13.	Banasthali Vidyapith University, Rajasthan.
14.	Bangalore University, Jnana Bharathi Campus, Bengaluru, Karnatka.
15.	Bangaluru North University, Tamaka, Kolar, Karnataka.
16.	Barkatullah University, Bhopal, M.P.
17.	Bengaluru City University, Gandhinagar, Bengaluru, Karnataka.
18.	Bhagwan Mahavir University, Surat, Gujarat.
19.	Bhakta Kavi Narsinh Mehta University, Jungadh, Gujarat.
20.	Bharath Institute Of Higher Education and Research University, Selaiyur, Chennai, TN.
21.	Bharathidasan University, Tiruchirappalli, TN.
22.	Bharathiyar University, Coimbatore, TN.
23.	Bhupal Nobles University (University Sports Board), Udaipur, Rajasthan.
24.	Central University of Gujarat, Gandhinagar, Gujarat.

25.	Central University of Karnatka, Kalaburagi, Gulbarga, Karnataka.
26.	Central University of Kerala, Kasargod, Kerala.
27.	Chettnad Academy of Research & Education, Kelambakkam, Tamil Nadu.
28.	Christ University, Bangalore, Karnataka.
29.	Crescent Institute of Science & Technology, Vandalur, TN.
30.	Davangere University, Shivagangithri, Davangere, Karnataka.
31.	Dayananda Sagar University, Bangalore, Karnataka.
32.	Devi Ahilya University, Indore, M.P.
33.	Dharmsinh Desai University, Nadiad, Gujarat.
34.	Dr. Babasaheb ambedkar Marathwada University, Aurangabad, Maharashtra.
35.	Dr. B.R.Ambedkar University, Srikakulam, A.P.
36.	Dr. Harisingh Gour Vishwavidyalaya Sagar, Madhya Pradesh
37.	Dr.M.G.R Educational and Research Institute, Maduravoyal, Chennai, TN.
38.	Dr.YSR University of Health Sciences, Vijayawada, Andhra Pradesh.
39.	Dravidian University, Kuppam, Andhra Pradesh.
40.	D Y Patil International University, Akurdi, Pune, Maharashtra.
41.	Ganpat University, Mehsana, Gujarat.
42.	GLS University, Ahmedabad, Gujarat.
43.	Goa University, Taleigao Plateau Goa, Goa.
44.	Gondwana University, Gadchiroli, Maharashtra.
45.	Gujarat Technological University, Gujarat.
46.	Gujarat University, Ahmedabad, Gujarat.
47.	Gujarat Vidyapith University, Gandhi Nagar, Ahmedabad, Gujarat.
48.	Gulbarga University, Kalaburagi, Karnataka.
49.	Hemchandracharya North Gujarat University, Patan, Gujarat.
50.	Hindustan Institute of Technology and Science University, Chennai, TN.
51.	Hyderabad (Sind) National Collegiate (HSNC) University, Worli, Mumbai, Maharashtra
52.	IIS University, Jaipur, Rajasthan.
53.	Indian Institute of Teacher Education (State University-Government of Gujarat),Gandhi nagar, Gujarat.
54.	Institute of Sports Science and Technology (ISST), Pune, Maharashtra.
55.	Indira Gandhi National Tribal University, Amarkantak, M.P.
56.	ITM University, Gwalior, M.P.

57.	Jai Narain Vyas University (Board of Sports), Jodhpur, Rajasthan.
58.	Jain University, Bangalore, Karnataka.
59.	Janardan Rai Nagar Rajasthan Vidyapeeth University, Rajasthan.
60.	Jawaharlal Nehru Technological University, Ananthapuramu, A.P.
61.	Jawaharlal Nehru Technological University, Kakinadam, A.P.
62.	Jawaharlal Nehru Technological University, Kukatpally, Hyderabad, Telangana.
63.	Jiwaji University, Gwalior, M.P.
64.	J.R.R Sanskrit University, Jaipur, Rajasthan.
65.	JSS Academy of Higher Education Research University, Mysuru, Karnataka.
66.	Kachchh University, Mundra road, Bhuj-Kachchh, Gujarat.
67.	Kadi Sarva Vishwavidyalaya University, Gandhi nagar, Gujarat.
68.	Kakatiya University (University Sports Board), Telangana
69.	Kalasalingam Academy of Research & Education, Krishnakoil, TN.
70.	Kannur University, Mangattuparamba, Kannur, Kerala.
71.	Karnatak University, Dharwad, Karnataka.
72.	Karnataka State Akkamahadevi Women's University, Vijayapur, Karnataka.
73.	Karnataka State Law University, Navanagar, Hubballi, Karnataka.
74.	Karnataka State Rural Development and Panchayat Raj University, Gadag, Karnataka.
75.	Karpagam Academy of Higher Education, Coimbatore, TN.
76.	Karunya Institute of Technology and Sciences, Coimbatore, TN.
77.	Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon, Maharashtra.
78.	Kerala University of Health Sciences, Thrissur, Kerala.
79.	KLE Technological University, Hubballi, Karnataka.
80.	Koneru Lakshmaiah Education Foundation, Guntur, Andhra Pradesh.
81.	Krishna University, Machilipatnam, Andhra Pradesh.
82.	Kuvempu University (Directorate of Physical Education), Shankaraghatta, Karnataka.
83.	Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, M.P.
84.	LNCT University, Bhopal, M.P.
85.	Lok Jagruti Kendra University (LJ University), Ahmedabad, Gujarat.
86.	Madhav University (Department of Physical Education), Pindwara, Rajasthan.
87.	Madhyanchal Professional University, Ratibad, Bhopal, M.P.

88.	Madurai Kamaraj University, Palkalai Nagar, Madurai, TN.
89.	Maharaja Chhatrasal Bundelkiland University, Chhatarpur, M.P.
90.	Maharaja Ganga Singh University, Bikaner, Rajasthan.
91.	Maharaja Krishnakumarsinhji Bhavnagar University, Bhavnagar, Gujarat.
92.	Maharaja Sayajirao University of Baroda, Vadodara, Gujarat.
93.	Maharaja Surajmal Brij University, Bharatpur, Rajasthan.
94.	Maharani Cluster University, Sheshadri road, Bengaluru, Karnataka.
95.	Maharishi Arvind University, Jaipur, Rajasthan
96.	Maharshi Dayanand Saraswati University, Ajmer, Rajasthan.
97.	Maharashtra University of Health Sciences, Nashik, Maharashtra.
98.	Mahatma Gandhi University, Kottayam, Kerala.
99.	Mahatma Gandhi University, Nalgonda, Telangana.
100.	Malaviya National Institute of Technology, Jaipur, Rajasthan.
101.	Mangalore University (Department of Physical Education), Mangalagangothri, Karnatka.
102.	Manonmaniam Sundaranar University, Tirunelveli, TN.
103.	Maulana Azad University, Jodhpur, Rajasthan.
104.	MBM University, Jodhpur, Rajasthan.
105.	Meenakshi Academy of Higher Education & Research University, Chennai.
106.	Mewar University, Chittorgarh, Rajasthan.
107.	MIT World Peace University, Pune, Maharashtra.
108.	Mohanlal Sukhadia University, Udaipur, Rajasthan.
109.	Mother Teresa Women's University, Kodaikanal, TN.
110.	National Sanskrit University, Tirupati, A.P.
111.	Navrachana University, Vadodara, Gujarat.
112.	NIMS University, Jaipur, Rajasthan.
113.	Nitte (Deemed to be University), Mangalore, Karnataka.
114.	Noorul Islam Centre For Higher Education, Kumaracoil, Kanyakumari, TN.
115.	OPJS University, Churu, Rajasthan.
116.	Osmania University (Department Of Physical Education), Hyderabad, Telangana.
117.	Pacific Academy of Higher Education and Research University (University Sports Board), Udaipur, Rajasthan.

118.	Palamuru University, Mahabubnagar, Telangana.
119.	Pandit Deendayal Upadhyaya Shekhawati University, Sikar, Rajasthan
120.	Parul University, Vadodara, Gujarat.
121.	Periyar University, Salem, TN.
122.	PES University, BSK III Stage, Bangalore, Karnataka.
123.	Pondicherry University (Directorate of Physical Education and Sports), Pondicherry.
124.	Punyashlok Ahilyadevi Holkar Solapur University, Solapur, Maharashtra.
125.	Rabindranath Tagore University, Bhopal, Madhya Pradesh.
126.	Raichur University, Raichur, Karnataka.
127.	Raja Shankar Shah University, Chhindwara, M.P.
128.	Rajiv Gandhi Proudhyogiki Vishwavidyalaya, Gandhi nagar, Bhopal, Gujarat.
129.	Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, Tamil Nadu.
130.	Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.
131.	Rajiv Gandhi University of Knowledge and Technologies Kadapa, A.P.
132.	Raj Rishi Bharteihari Matsya University (RRBMU), Alwar, Rajasthan.
133.	Ramakrishna Mission Vivekananda Educational And Research Institute, Coimbatore, TN.
134.	Rani Channamma University, Bhootaramanahatti, Belagavi, Karnataka.
135.	Rani Durgavati Vishwavidhyalaya, Jabalpur, M.P.
136.	Rashtriya Raksha University, Lavad, Dehgam, Gandhinagar, Gujarat.
137.	Rayalaseema University, Kurnool, A.P.
138.	REVA University, Bengaluru, Karnataka.
139.	Sabarmati University, Ahmedabad, Gujarat.
140.	SAGE University, Indore, M.P.
141.	SAM Global University, Bhopal, M.P.
142.	Sathyabama University, Chennai.
143.	Sangam University, Bhilwara, Rajasthan.
144.	Sanjay Ghodawat University, Kolhapur, Maharashtra.
145.	Sant Gadge Baba Amravati University, Amravati, Maharashtra.
146.	Sardar Patel University, Vallabh Vidhyanagar, Gujarat.

147.	Sardar Vallabhbhai National Institute of Technology, Surat, Gujarat.
148.	Sastra University, Thanjavur, TN.
149.	Satavahana University, Malkapur road, Karimnagar, Telangana.
150.	Sathyabama Institute of Science and Technology, Chennai, TN.
151.	Saurashtra University, Rajkot, Gujarat.
152.	Saveetha Institute of Medical And Technical Sciences, Chennai, TN.
153.	Savitribai Phule Pune University, Ganeshkhind, Pune, Maharashtra.
154.	Shivaji University, Kolhapur, Maharashtra.
155.	Shri Dharmasthala Manjunatheshwara University, Dharwad, Karnataka.
156.	Shri Govind Guru University, Godhra, Gujarat.
157.	Shri Jagdishprasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan.
158.	Shri Khushal Das University, Hanumangarh junction, Rajasthan.
159.	Shyam University, Dausa, Rajasthan.
160.	Somaiya Vidyavihar University, Mumbai, Maharashtra
161.	Sree Sankaracharya University of Sanskrit, Kalady, Ernakulam, Kerala.
162.	Sri Chandrasekarendra Saraswathi Viswa Maha Vidyalaya (SCSVMV) University, Kancheepuram, TN.
163.	Sri Krishnadevaraya University, Ananthapuramu, Andhra Pradesh.
164.	Sri Padmavati Mahila Visvavidyalayam (Women's University), Tirupati, A.P.
165.	Sri Ramachandra Institute of Higher Education and Research, Porur, Chennai, TN.
166.	Sri Venkateshwara Institute of Medical Sciences (SVIMS) University, Tirupati, A.P.
167.	Sri Venkateshwara University, Tirupati, Andhra Pradesh.
168.	SRM University, Kattankulathur, TN.
169.	SR University, Warangal, Telangana.
170.	St. Peter's Institute of Higher Education and Research, Avadi, Chennai, TN.
171.	Swami Ramanand Teerth Marathwa University, Nanded, Maharashtra.
172.	Swarnim Gujarat Sports University, Gandhi nagar, Gujarat.
173.	Symbiosis International (Deemed University), Pune, Maharashtra.
174.	Tamil University, Vagai Valagam, Thanjavur, TN.
175.	Tantia University, Sri Ganganagar, Rajasthan.
176.	Telangana University (Department of Physical Education & Sports), Nizamabad, Telangana.

177.	The Gandhigram Rural Institute, Gandhigram, Dindigul, TN.
178.	The Tamilnadu Dr. Ambedkar Law University, Chennai, TN.
179.	Thiruvalluvar University, Vellore, TN.
180.	Tumkur University, B.H. Road, Tumkur, Karnataka.
181.	University of Agricultural Sciences, Bangalore, Karnataka.
182.	University of Agricultural Sciences, Raichur, Karnataka
183.	University of Calicut, Kerala.
184.	University of Hyderabad, Hyderabad, Telangana.
185.	University of Kerala, Thiruvananthapuram, Kerala
186.	University of Kota, Kota, Rajasthan.
187.	University of Madras, Chetpet, Chennai, TN.
188.	University of Mumbai (University Sports Pavilion), Mumbai, Maharashtra.
189.	University of Mysore, Mysore, Karnataka.
190.	University of Rajasthan, Jaipur, Rajasthan.
191.	Veer Narmad South Gujarat University, Surat, Gujarat.
192.	Vel Tech Rangarajan Dr. Sagunthala R&D Institute of Science and Technology, Chennai, TN.
193.	Vels institute of Science Technology and Advanced Studies, Chennai, TN.
194.	Vignan's University, Vadlamudi, Gudur, Andhra Pradesh.
195.	Vijayanagara Sri Krishnadevaraya University, Ballari, Karnataka.
196.	Vikrama Simhapuri University, Nellore, Andhra Pradesh.
197.	Vikram University, Ujjain, M.P.
198.	Vinayaka Mission's Research Foundation, Salem, T.N.
199.	Visvesvaraya Technological University, Belagavi, Karnataka.
200.	VIT-AP University, Inavolu, Amaravati, Andhra Pradesh.
201.	Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.
202.	Yenepoya University, Mangalore, Karnataka.
203.	Yogi Vemana University, Vemanapuram, Kadapa, A.P.

TAMIL NADU & PUDUCHERY STATE

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai - 127.

DEPARTMENT OF PHYSICAL EDUCATION 2nd STATE LEVEL TOURNAMENTS FOR MEN AND WOMEN

DPE - TNPESU ROLLING TROPHY 2021-22

Men

Basketball
Cricket
Football
Handball
Hockey
Kabaddi
Kho - Kho
Volley ball
Culturals



Women

Basketball
Cricket
Football
Handball
Hockey
Kabaddi
Kho - Kho
Volley ball
Culturals

DEPARTMENT OF PHYSICAL EDUCATION

Venue: Tamil Nadu Physical Education and Sports University,
Melakottaiyur, Chennai - 600 127.

(2020-2021)

DPE ROLLING TROPHY (MEN/WOMEN) 2020-21

ORGANIZING COMMITTEE

CHIEF PATRON
Dr. Sheila Stephen, Vice - Chancellor, TNPESU

PATRON
Dr. V.Gopinath, Registrar, TNPESU

ORGANIZING SECRETARY
Dr. P.Kumaravelu, Asst. Professor,
Department of Physical Education

JOINT ORGANIZING SECRETARY
Dr. C.Lakshmanan, Joint Secretary(Sports) TNPESU

TOURNAMENT CONVENER
Dr. S.Manikandan, Professor and Head
Department of Physical Education

TOURNAMENT DIRECTOR
Dr. S.Thirumalai Kumar
Professor and NAAC Co-ordinator, Department of Physical Education

CO-ORDINATORS

Game	Incharge	Phone	Volunters	Phone
Basketball	Dr.Lilly Pushpam	7904284844	J.Arun	9092468110
Cricket	Dr. C.Lakshmanan	7397372306	R.Ragul	8190939870
Football	Dr. S.Manikandan	9843523292	S.Vikram	9791345343
Handball	Dr. S.Velkumar	8072203266	S.Pradeep	8190944045
Hockey	Dr. K.Rajeshkumar	9944557785	RBharath	9566867772
Kabaddi	Dr. S.Jayakumar	944455332	P.Mythili	9677108846
Kho - Kho	Dr. C.Lakshmanan	7397372306	R.Gokul	8056061783
Volley ball	Dr. P.Kumaravelu	9894254700	S.SubashChandrabose	7845681557

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Department of Physical Education,
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**TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY**
Melakottaiyur, Chennai - 127.

DEPARTMENT OF PHYSICAL EDUCATION
State Level Tournaments
For Men and Women
DPE - TNPESU ROLLING TROPHY 2020-21

MEN
BASKETBALL
CRICKET
FOOTBALL
HANDBALL
HOCKEY
KABADDI
KHO - KHO
VOLLEY BALL



WOMEN
BASKETBALL
CRICKET
FOOTBALL
HANDBALL
HOCKEY
KABADDI
KHO - KHO
VOLLEY BALL

Organized by
Final Year M.PEd., Students
Department of Physical Education
Venue: Tamilnadu Physical Education and Sports university
Melakottaiyur, Chennai - 600 127.
11TH & 12TH MARCH 2021





POCO M2 PRO





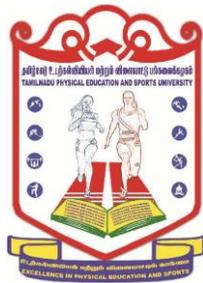
(2019-2020)

REPORT

Of

**TAMIL NADU STATE LEVEL INTER-UNIVERSITY HOCKEY
TOURNAMENT 2019-20 (MEN & WOMEN)**

Organized by



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY CHENNAI -
127**

Under the auspices of



SPORTS DEVELOPMENT AUTHORITY OF TAMILNADU

TAMIL NADU STATE LEVEL INTER-UNIVERSITY HOCKEYTOURNAMENT 2019-20 (MEN & WOMEN)

S.No.	Content
1.	Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Men)
2.	Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Women)
3.	Photo Gallery
4.	Details of Players Rewarded Cash Prize

SDAT Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 **(Men)**

(03.10.2019 to 05.10.2019)

The tournament was conducted in two phases separately for Men & Women based on the South Zone Interuniversity Tournament schedule for the academic year 2019-20.

The men tournament was scheduled from 03rd to 05th October 2019 in which 05 teams all over state had participated.

List of Teams Participated

1. SRM Institute of Science & Technology, Chennai
2. Anna University, Chennai
3. Manonmaniam Sundaranar University, Tirunelveli
4. Karunya University, Coimbatore
5. Tamil Nadu Physical Education and Sports University, Chennai For Men, the tournament was conducted in league basis and the following fixture was drawn in the managers meeting held on 03rd **October 2019 @ 6.30 am.**

League Fixture

Match 1 – TNPESU Vs Karunya Uni. – 03/10/2019 @ 8 a.m. Match 2 – Anna uni. Vs M S Uni. - 03/10/2019 @ 9.30 a.m.

Match 3 – Karunya Uni. Vs SRM Institute of Science & Tech. -03/10/2019 @3.p.m.

Match 4 – TNPESU Vs Anna Uni. - 03/10/2019 @ 4.30 p.m.

Match 5 – M S Uni. Vs SRM Institute of Science & Tech. 04/10/2019 @ 7 a.m.

Match 6 – Karunya Vs Anna Uni. 04/10/2019 @ 8.30 a.m. Match 7 – TNPESU Vs M S Uni. 04/10/2019 @ 3 p.m.

Match 8 – SRM Vs Anna Uni. - 04/10/2019 @ 4.30 p.m. Match 9 – M S

Uni. Vs Karunya - 05/10/2019 @ 7 a.m. Match 10 – TNPESU Vs SRM Uni.

- 05/10/2019 @ 8.30 a.m.

INAUGURATION OF THE TOURNAMENT

The tournament was inaugurated by Dr.V.Gopinath, Registrar, Tamil Nadu Physical Education and Sports University and Dr.K.Kannadasan, Sports Secretary, welcomed the gathering. The team manager, coaches, officials, players, TNPESU Students and other invited guests were present.

FINAL RESULTS OF THE TOURNAMENT

<i>Winners</i>	<i>SRM IST, Chennai</i>
<i>Runners-up</i>	<i>Anna University, Chennai</i>
<i>Third Place</i>	<i>Manonmaniam Sundaranar University, Tirunelveli</i>
<i>Fourth Place</i>	<i>Karunya University, Coimbatore</i>

VALEDICTORY FUNCTION

The valedictory function was held on 05th October 2019 @ 10.00 am. All the top four position winners were awarded trophies. Dr.Sheila Stephen, Vice-Chancellor, TNPESU awarded the trophies and cash prize to the winners. Dr.V.Gopinath, TNPESU was the guest of honour and Dr.K.Kannadasan, Sports Secretary proposed the vote of thanks.

Prize Distribution



Winners – SRM IST



Runners-up – Anna University



Third Place – M S University



Fourth Place – Karunya University

SDAT Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Women)

(18.12.2019 & 19.12.2019)

The second phase of the tournament was conducted for Women alone during 18th & 19th December 2019 in which 06 teams all over state had participated.

List of Teams Participated

1. Anna University, Chennai
2. Annamalai University, Chidambaram
3. Alagappa University, Karaikudi
4. Bharathiyar University, Coimbatore
5. Tamil Nadu Physical Education and Sports University, Chennai
6. University of Madras, Chennai

The tournament was conducted on knockout cum league basis and the following fixture was drawn in the managers meeting held on 18th December 2019 @ 6.30 am.

Knockout cum League Fixture

Knockout cum League Fixtures

Date : 18.12.2019

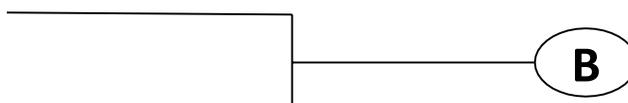
Venue: TNPESU,

Hockey Field

1 Anna University

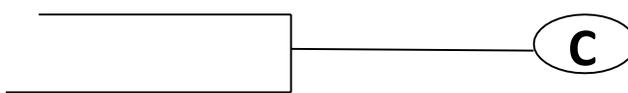


2 TNPESU



3 Annamalai Uni.

4. Bharathiyar Uni.



5. Uni. Of Madras

6. Alagappa Univ.



League

Match 3 - A vs Winner of B @ 2.30 pm / 18.12.2019 Match 4 -
Winner of C Vs D @ 4.15 pm / 18.12.2019 Match 5 - A vs Winner
C @ 7.00 am / 19.12.2019

Match 6 - Winner of B vs D @ 8.45 am / 19.12.2019 Match 7 –
Winner of C Vs Winner of B @ 2.30 pm /

19.12.2019

Match 8 - A vs D @ 4.15 pm / 19.12.2019

INAUGURATION OF THE TOURNAMENT

The tournament was inaugurated by Dr.C.Arumugam, Controller of Examinations i/c, Tamil Nadu Physical Education and Sports University and Dr.K.Kannadasan, Sports Secretary, welcomed the gathering. The team managers, coaches, officials, players, TNPESU Students and other invited guests were present.

FINAL RESULTS OF THE TOURNAMENT

<i>Winners</i>	<i>Bharathiyar University, Coimbatore</i>
<i>Runners-up</i>	<i>Anna University, Chennai</i>
<i>Third Place</i>	<i>Alagappa University, Karaikudi</i>
<i>Fourth Place</i>	<i>Tamil Nadu Physical Education and Sports University, Chennai</i>

VALEDICTORY FUNCTION

The valedictory function was held on 19th December 2019 @ 5.30 pm. All the top four position winners were awarded trophies. Dr.V.Gopinath, Registrar, TNPESU awarded the trophies and cash prize to the winners and Dr.K.Kannadasan, Sports Secretary proposed the vote of thanks.

PRIZE DISTRIBUTION



Winners – Bharathiyar University



Runners-up – Anna University



Third Place – Alagappa University



Fourth Place – TNPESU

Photo Gallery





SDAT Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Men)

(03.10.2019 to 05.10.2019)

Details of Players Rewarded Cash Prize

Note: The following teams to be issued merit certificates

Team: SRM IST, Chennai

Position: Winners

S.No.	Name of the Player	Cash Prize
1.	Mr.M.Subramani	10000.00
2.	Mr.Nambiganesh	10000.00
3.	Mr.E. Yuvaraj	10000.00
4.	Mr.S.Manikandan	10000.00
5.	Mr.R.SenthilNayagam	10000.00
6.	Mr.R.RajaPrabhakar Kamal	10000.00
7.	Mr.M.Manikandan	10000.00
8.	Mr.G.Saravanakumar	10000.00
9.	Mr.H.B.Jeeva kumar	10000.00
10.	Mr.M.Hariharan	10000.00
11.	Mr.R.Ranjith	10000.00
12.	Mr.R.Dinesh Raja	10000.00
13.	Mr. R.Senthilkrishnan	10000.00
14.	Mr. V. Veeratamizhan	10000.00
15.	Mr.S.Shanmugavel	10000.00
16.	Mr.P.Baskaran	10000.00
17.	Mr.N.Nagarjun	10000.00
18.	Mr.M.Elampari	10000.00

Team: Anna University, Coimbatore

Position: Runners-up

S.No.	Name of the Player	Cash Prize
1.	Mr.A.Praveen Saloman	7500.00
2.	Mr.I.Kareemulla	7500.00
3.	Mr.N.Saranbose	7500.00
4.	Mr.X.Sibi David	7500.00
5.	Mr.A.Jegan	7500.00
6.	Mr.G.Joseph	7500.00
7.	Mr.S.Kaleelrahuman	7500.00
8.	Mr.B.R.Santhosh	7500.00
9.	Mr.B.K.Ranjith	7500.00
10.	Mr.P.Shanmugam	7500.00
11.	Mr.A.Vallarasu	7500.00
12.	Mr.R.Vignesh	7500.00
13.	Mr.T.Rakeshwar	7500.00
14.	Mr.G.Saravanan	7500.00
15.	Mr.D.Chytanya	7500.00
16.	Mr.K.Lenin Kumar	7500.00
17.	Mr.C.Kalaiarasan	7500.00
18.	Mr.M.Karthikeyan	7500.00

Team: Manonmaniam Sundaranar University, Tirunelveli **Position:** Third Place

S.No.	Name of the Player	Cash Prize
1.	Mr.Dhinakaran.V	5000.00
2.	Mr.Dinesh Kumar.C	5000.00
3.	Mr.Raja.P	5000.00
4.	Mr.Jeberson Joshua.S	5000.00
5.	Mr.Anbumani.K	5000.00
6.	Mr.Samuel Rajkumar.M	5000.00
7.	Mr.Mareeswaran.S	5000.00
8.	Mr.Mohammed Yaseen.S	5000.00
9.	Mr.Vinoth.I	5000.00
10.	Mr.Karuppaiah.C	5000.00
11.	Mr.Madhu.K	5000.00
12.	Mr.Kavin Kishore.J	5000.00
13.	Mr.Vijayakumar.S	5000.00
14.	Mr.Karthi.S	5000.00
15.	Mr.Selvaraj.K	5000.00
16.	Mr.Nandha Krishnan.K	5000.00
17.	Mr.Vignesh.K	5000.00
18.	Mr.Nishi Deva Arul.R	5000.00

SDAT Tamil Nadu State Level Inter-University Hockey Tournament 2019-20 (Women)

(18.12.2019 & 19.12.2019)

Details of Players Rewarded Cash Prize

Note: The following teams to be issued merit certificates

Team: Bharathiyar University, Coimbatore

Position: Winners

S.No.	Name of the Player	Cash Prize
1.	V.Kavitha	10000.00
2.	J.Ammukuty	10000.00
3.	S.Malarvizhi	10000.00
4.	V.Priyadharshini	10000.00
5.	A.Gayathri	10000.00
6.	P.Deepthi	10000.00
7.	S.Deepika	10000.00
8.	R.Kavya	10000.00
9.	S.Haripriya	10000.00
10.	R.Nandhini	10000.00
11.	M.Ranjitha	10000.00
12.	S.Leemaroshni.S	10000.00
13.	Ashwini.S	10000.00
14.	T.M.Nithya Priya	10000.00
15.	S.Poorani	10000.00
16.	R.Elakiya	10000.00
17.	A.Pavithra	10000.00
18.	V.Jeevalatha	10000.00

Team: Anna University, Coimbatore

Position: Runners-up

S.No.	Name of the Player	Cash Prize
1.	Menaga R	7500.00
2.	Tharangani P V	7500.00
3.	K Dharma	7500.00
4.	Anukirthiga K	7500.00

5.	M Santhiya	7500.00
6.	S Poonkodai	7500.00
7.	K Gowri	7500.00
8.	S Uma	7500.00
9.	K Sindhu	7500.00
10.	V Revathi	7500.00
11.	P Sathyapriya	7500.00
12.	A Meghna	7500.00
13.	G Monisha	7500.00
14.	Indhumathi S	7500.00
15.	P Kavipriya	7500.00
16.	G Aswini	7500.00
17.	S Sowmiya	7500.00
18.	D Anupriya	7500.00

Team: Alagappa University, Karaikudi

Position: Third Place

S.No.	Name of the Player	Cash Prize
1.	K.Vijayalakshmi	5000.00
2.	N.Karpagajothi	5000.00
3.	P.S.Athira	5000.00
4.	S.Archan	5000.00
5.	B.Princiya	5000.00
6.	T.Abina	5000.00
7.	P.K.Akshaya	5000.00
8.	Anakha S.Nair	5000.00

9.	Kochuthresia	5000.00
10.	M.A.Anigha	5000.00
11.	M.Ambili	5000.00
12.	K.Michael Clara	5000.00
13.	K.Anusuya	5000.00
14.	P.Nandhini	5000.00
15.	B.Sakthi	5000.00
16.	M.Saranya	5000.00
17.	M.Archanadevi	5000.00
18.	Ashika K M	5000.00



REPORT

Of

SOUTH ZONE INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)



Organized by

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI -127**

Under the auspices of

**ASSOCIATION OF INDIAN UNIVERSITIES
(28.12.2019 - 31.12.2019)**

SOUTH ZONE INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)



The Tamil Nadu Physical Education and Sports University has been entrusted the responsibility of Organizing the South Zone and All India Inter University Hockey Women Tournament 2019-20 by Association of Indian Universities. The tournament was scheduled from 28th to 31st December 2019. Totally the entries were received from 36 teams all over South India and in which 29 teams were reported for the tournament. The tournament was conducted as per the rules and regulations of Association of Indian University and FIH.

Knockout cum league format was followed.

The inauguration was held on 28th December 2019 at 8.am and Dr. Shiela Stephen, Vice Chancellor was consented to be the Chief Guest. The top four teams namely University of Mysore, Mangalore University, Calicut University and Sri Krishnadevaraya University, Anantapur were entered into league. University of Mysore emerged as Winners, Mangalore University bagged runners-up, Calicut University and Sri Krishnadevaraya University bagged the third and fourth places respectively. Thiru. Ganeshan Arjuna awardee and former Indian Kabaddi Player and the Registrar of TNPESU Dr.V Gopinath distributed the trophies to the teams. All the top four finishers qualified for All India Inter University Hockey Women Tournament 2019-20.

Winners



Runners-up



Tamil Nadu Physical Education and Sports University

Fixtures & Results

South Zone Inter University Hockey Women's tournament 2019-2020. (28th December to 31st December 2019)

S.No	Date	Day	Match. No	Time	Pitch	Team	Vs	Team	Results
1	28/12/19	Saturday	1	8.15 AM	A	M.S University (TN)	Vs	JNTU (AP)	M S Univ. (JNTU walkover)
			2		B	Bharathidasan Univ	Vs	M.G. University , Kerala	2-2 (Tie breaker 3-4)
			3		C	Pondicherry University	Vs	Periyar University	0-11
			4	9.45 AM	A	Sri Venkateshwara Univ	Vs	University of Mysore	0-11
			5		B	VTU , Belgaum	Vs	Karunya Inst. of Tech & Sci	-----
			6		C	Sri Krishnadevaraya Univ (AP)	Vs	Annamalai University	8-0
			7	11.15AM	A	JNTU (Telangana	Vs	Dr. Ambedkar University, Srikakulam	-----
			8		B	Christ University	Vs	TNPESU	TNPESU (Christ Univ. walkover)
			9		C	Bharathiyar University	Vs	Adikavi Nannaya University	17-0
			10	1.30 PM	A	Andhra University	Vs	Bangalore University	Andhra (Bangalore Univ. walkover)
			11		B	University of Kerala	Vs	Acharya Nagarjuna University	Univ. Of Kerala (ANU walkover)
			12		C	Karnatak University	Vs	RGUKT (AP)	3-1
			13	3.30 PM	A	University of Madras	Vs	Akkamahadevi Women's University	13-0
			14		B	Osmania University	Vs	Kannur University	1-1 (Tie Breaker 3-0)
			15		C	M K University	Vs	Krishna University (AP)	5-0
2	29/12/19	Sunday	16	6.30 AM	A	M S University	Vs	M.G University	0-4
			17		B	Periyar University	Vs	University of Mysore	0-4
			18	7.45 AM	A	Team Didn't turn up		Sri KrishnathavarayaUniversity	
			19	7.45 AM	B	Team Didn't turn up	Vs	TNPESU	
			20	9.00 AM	A	Bharathiyar University	Vs	Andhra University	10-0
			21		B	University of Kerala	Vs	Karnatak University	10-0
			22	10.15 AM	A	University of Madras	Vs	Osmania University	7-0
			23		B	M K University	Vs	Thiruvallur University	5-0
	29/12/19	Sunday	24	2.30 PM	B	M G University	Vs	University of Mysore	0-3

			25		A	Krishna Theravaraya University	Vs	TNPESU	3-0
			26	3.45 PM	A	Bharathiyar University	Vs	University of Kerala	2-1
			27		B	University of Madras	Vs	M K University	3-0
			28		B	Anna University	Vs	University of Mysore	1-7
			29	6.30 AM	A	Krishna Thevaraya University	Vs	Alagappa University	2-1
			30	7.45 AM	A	University of Calicut	Vs	Bharathiyar University	2-1
			31	7.45 AM	B	University of Madras	Vs	Mangalore University	0-1
			32	3.45 PM	A	University of Mysore	Vs	Sri Krishna Devaraya Univ	8-0
			33		B	University of Calicut	Vs	Mangalore University	0-1
			34	6.30 AM	A	Sri Krishna Devaraya Univ	Vs	University of Calicut	0-2
			35		B	University of Mysore	Vs	Mangalore University	1-0
			36	2.30 PM	A	Sri Krishna Devaraya Univ		Mangalore University	
			37	4.00 PM	A	University of Calicut	Vs	University of Mysore	

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University of Mysore

Runner Up: Mangalore University

Third Place : University of Calicut

Fourth Place: Sri Krishnadevaraya University

ANNEXURE II

TOURNAMENT INVITATION



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Accredited with "B++" Grade by NAAC

Melakottaiyur (Post), Chennai – 600127



The Vice-Chancellor, Members of the Syndicate,
Staff and Students request your august presence at the
Valedictory Function of

Southzone Inter University Hockey Tournament for Women 2019-20

at 07.30 am on 28th December, 2019

Venue: Hockey Field, TNPESU, Chennai

Dr. SHEILA STEPHEN

Vice Chancellor

Tamil Nadu Physical Education and Sports University
has kindly consented to be the chief guest
and inaugurate the Tournament

Dr. V.GOPINATH

Registrar

Tamil Nadu Physical Education and Sports University, Felicitates

All Are Welcome

Dr.K.Kannadasan
Sports Secretary

ANNEXURE III
VALEDICTORY INVITATION

TOURNAMENT INFORMATION BOOKLET



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Accredited with "B++" Grade by NAAC
Melakottaiyur (Post), Chennai – 600127



The Vice-Chancellor, Members of the Syndicate,
Staff and Students request your august presence at the
Valedictory Function of

**Southzone Inter University Hockey
Tournament for Women 2019-20**

at 05.00 pm on 31st December, 2019.

Venue: Hockey Field, TNPESU, Chennai

Thiru. Manathi P. Ganesan

Arjuna Awardee

Former Indian Kabaddi Player

has kindly consented to be the Chief Guest
and will distribute the Trophies

Dr. V. Gopinath

Registrar

Tamil Nadu Physical Education and Sports University

will deliver Presidential address

All Are Welcome

Dr. K. Kannadasan
Sports Secretary



**Tamil Nadu Physical Education
and Sports University**

Chennai - 600 127



South Zone Inter University

Hockey Tournament for Women 2019-20

Date: 28th to 31st, December 2019

INFORMATION BOOKLET

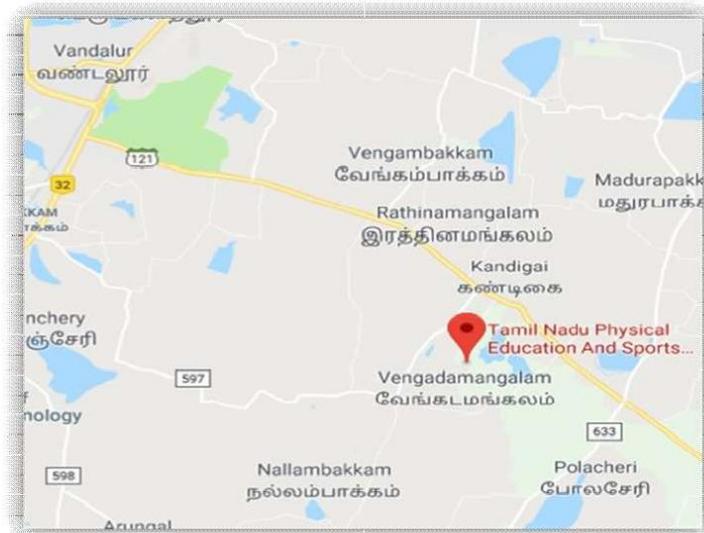
About the University

The Tamil Nadu Physical Education and Sports University established by an act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency, the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

The university is located at Melakottaiyur (Vandalur – Kelambakkam Road) with a sprawling campus of 125 acres. At present the University has three faculties, five Departments and 20 affiliated Colleges in Physical Education and 4 colleges in Yoga. The following departments offer UG/ PG/ M.Phil/ PhD

1. Department of Physical Education
2. Department of Yoga
3. Department of Exercise Physiology and Biomechanics
4. Department of Sports Management and Sports Psychology & Sociology
5. Department of Advanced Sports Training and Technology

Further the University offers select courses in Physical Education and Allied health sciences, through School of Distance Education.



Chancellor

HON'BLE THIRU. BANWARILAL PUROHIT

Pro Chancellor

HON'BLE THIRU K. A. SENGOTTAIYAN

Principal Secretary

THIRU. DHEERAJ KUMAR, IAS

Vice Chancellor

DR.SHEILA STEPHEN

Registrar

DR. V.GOPINATH

Controller of Examinations i/c

DR. C. ARUMUGAM

Finance Officer i/c

DR.S.THIRUMALAIKUAR

Sports Secretary

DR. K.KANNADASAN

OATH

We swear that we will take part in South Zone Inter University Hockey Tournament for Women 2019-20, respecting the rules and regulations which govern them and desirous of participating in them, in the true spirit of sportsmanship for the honour of our nation and glory of sports.

**Tamil Nadu Physical Education and Sports University
Programme Schedule of South Zone Inter University
Hockey Tournament for Women 2019-20**

Date of Competition: 28.12.2019 to 31.12.2019

1. Team managers / coaches meeting on 27.12.2019 at 4.00pm in the conference hall, TNPESU
2. Officials meeting on 27.12.2019 at 5.00pm in the conference hall, TNPESU
3. Inauguration of the South Zone Inter University Hockey Tournament for Women is on 28.12.2019 at 7.30am
4. Commencement of the Knockout matches starts on 28.12.2019 from 8.30am onwards.
5. League Matches starts from 30.12.2019 at 2.15 pm onwards
6. Valedictory function and prize distribution on 31.12.2019 at 5.45pm

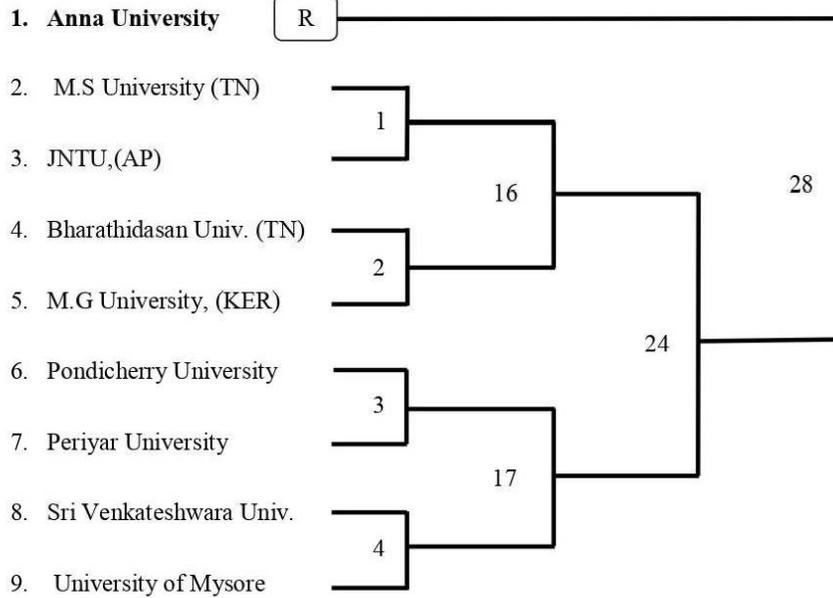
**Dr. K Kannadasan
Organizing Secretary**



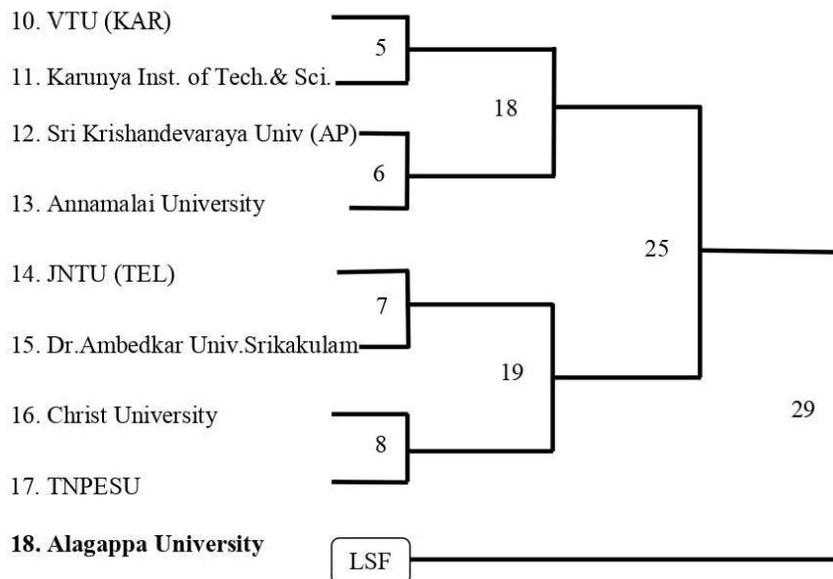
Tamil Nadu Physical Education and Sports University
SOUTH ZONE INTER-UNIVERSITY HOCKEY TOURNAMENT
(WOMEN) 2019-2020



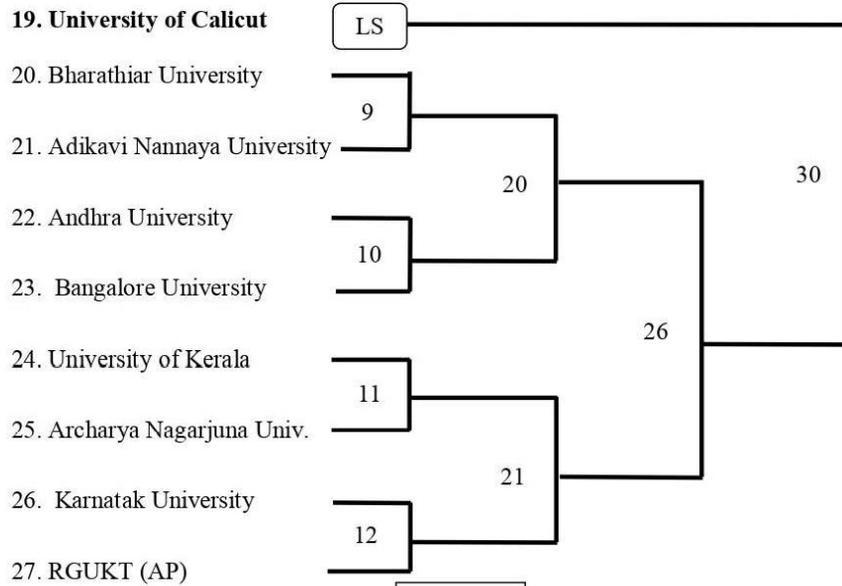
Pool A



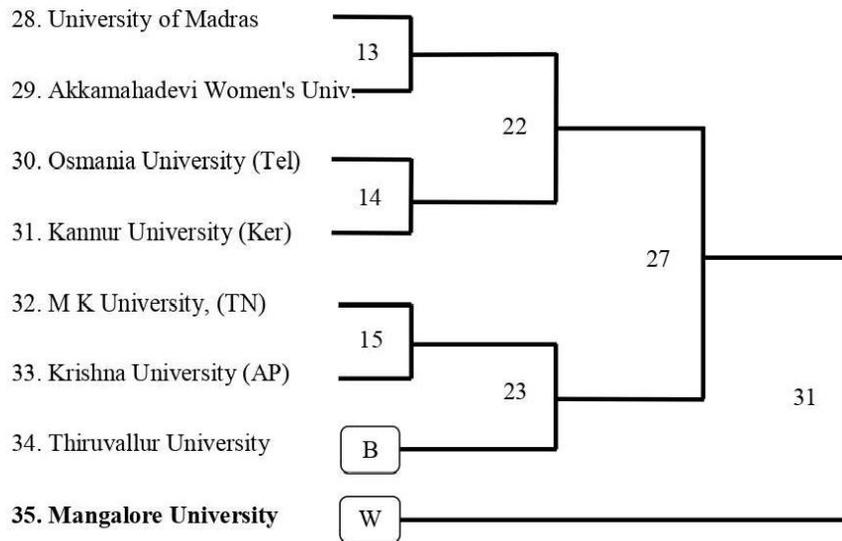
Pool B



Pool C



Pool D



Time Date	6.30-8.15am	8.15-10.00.am	10.00 - 11.45 pm	11.45 - 1.15 pm	2.15 - 4.00 pm	4.00 - 5.45 pm
28.12.2019	Inauguration	1-3	4-6	7-9	10-12	13-15
29.12.2019	16-18	19-21	22-23	-	24-25	26-27
30.12.2019	28-29	30-31	-	-	L1	L2
31.12.2019	L3	L4	-	-	L5	L6

Jury of Appeal

Dr. Sheila Stephen	Vice Chancellor, TNPESU
Dr. V. Gopinath	Registrar, TNPESU
Dr.K.Kannadasan	Organizing secretary, TNPESU
Dr. Gurdeep Singh	AllIU Observer
Dr. P. Rajinikumar	Former Sports Secretary

ALL INDIA INTER-ZONAL INTER- UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)



Organized by

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI -127**

Under the auspices of

ASSOCIATION OF INDIAN UNIVERSITIES

(02.01.2020 – 05.01.2020)

ALL INDIA INTER-ZONAL INTER-UNIVERSITY HOCKEY TOURNAMENT 2019-20 (WOMEN)



The Tamil Nadu Physical Education and Sports University has organized the All India Inter University Hockey Women Tournament 2019-20 under the auspices of Association of Indian Universities. The tournament was held from 02nd to 05th January 2020. The top four teams from all the four regions North, South, East and West Zone Universities and a total of 16 teams were participated. The tournament was conducted in league cum knockout format in accordance with the regulations of AIU, New Delhi. Dr.Gurdeep Singh,

former Joint Secretary (Sports), AIU witnessed the conduct of the tournament in the capacity of AIU observer. The Ranchi University, Jharkhand emerged as Winners, followed by Punjabi University, Patiala, ITM Gwalior and University of Mysore bagged the third and fourth place respectively. The trophies were distributed by the Vice Chancellor, Dr.Sheila Stephen and the Registrar of the University Dr.V.Gopinath. Moreover, all the top eight teams have been qualified for the Khelo University Games 2020.



Winners

Ranchi University, Jharkhand



lior

Third Place



Runners-up

***Punjabi University,
Patiala***

Fourth Place

***University of Mysore,
Karnataka***



ANNEXURE I
FIXTURES & RESULTS

**All India Inter-Zonal University Hockey Women Tournament
2019-2020**

Organized by

*Tamil Nadu Physical Education and Sports
University, Chennai - 127 (02nd to 05th January
2020)*

**Top 16 Teams Participated In All India Inter-Zonal University Hockey
Women Tournament 2019-2020**

North Zone

1. Punjabi University, Patiala
2. GND University, Amritsar
3. Kurukshetra University, Haryana
4. MDU, Rohtak

South Zone

1. University of Mysore
2. Mangalore University
3. University of Calicut
4. Sri Krishnadevaraya University

East Zone

1. VBS Purvanchal, Uttar Pradesh
2. Sambalpur, University Odisha
3. Ranchi University
4. M.G, Kashi Vidyapith, Varanasi

West Zone

1. ITM Gwalior
2. Jiwaji University, Gwalior
3. University of Rajasthan, Jaipur
4. Savitri Bai Phule Pune University, Pune

Match Day : 1**02/01/2020 League Match Results**

Date	Pool	Match No.	Match Particulars	Timing	Pitch	Results
02.01.2020	A	M-1	Punjabi Uni. Vs Sri Krishnadevaraya University	10.00am	A	6-0
	A	M-2	Jiwaji University, Gwalior Vs Ranchi Univ.	11.15 am	A	1-2
	B	M-3	University of Mysore Vs Savitri Bai PhulePuneUniversity, Pune	12.30 pm	A	9-1
	B	M-4	Sambalpur Vs Kurukshetra Uni.	12.30 pm	B	4-1
	C	M-5	ITM Gwalior Vs M G K V Varanasi	2.00 pm	A	3-0
	C	M-6	GNDU Amritsar Vs University of Calicut	2.00 pm	B	6-2
	D	M-7	VBS Purvanchal Vs MDU Rohtak	4.15 pm	A	1-3
	D	M-8	Mangalore University Vs Uni. of Rajasthan	4.15 pm	B	1-1

Match Day : 2

Date	Pool	Match No.	Match Particulars	Timing	Pitch	RESULTS
03.01.2020	A	M-9	Punjabi Uni. Vs Ranchi University	6.30 am	A	2-1
	A	M-10	Jiwaji uni. Vs Sri Krishnadevaraya University	6.30 am	B	2-1
	B	M-11	University of Mysore Vs Kurukshetra University	7.45 am	A	4-1
	B	M-12	Sambalpur Vs Savitri Bai PhulePune University, Pune	7.45 am	B	2-1
	C	M-13	ITM Gwalior Vs University of Calicut	9.00 am	A	6-1
	C	M-14	GNDU Amritsar Vs M G K V Varanasi	9.00 am	B	3-0
	D	M-15	VBS Purvanchal Vs University of Rajasthan, Jaipur	10.15 am	A	1-0
	D	M-16	Mangalore University Vs MDU Rohtak	10.15 am	B	2-2
	A	M-17	Ranchi Uni. Vs Sri Krishnadevaraya University	2.00 pm	A	3-0

	A	M-18	Punjabi Uni. Vs Jiwaji Uni.	2.00 pm	B	2-1
	B	M-19	Kurukshetra Univ. Vs Savitri Bai Phule Pune University, Pune	3.15 pm	A	5-0
	B	M-20	University of Mysore Vs Sambalpur	3.15 pm	B	1-4
	C	M-21	University of Calicut Vs M G K V Varanasi	4.30 pm	A	7-0
	C	M-22	ITM Gwalior Vs GNDU Amritsar	4.30 pm	B	2-0
	D	M-23	University of Rajasthan Vs MDU Rohtak	6.30 am	A	0-1
	D	M-24	VBS Puruvanchal Vs Mangalore University	6.30 am	B	0-1

Match Day : 3 & 4

Date	Pool	Match No.	Match Particulars	Timing	Pitch	Results
04.01.2020	Q-F-1	M-25	Punjabi university Vs GNDU	2.00 pm	A	2-1
	Q-F-2	M-26	MDU Rohtak Vs Mysore University	2.00 pm	B	1-1 (Tie Breaker 1-2)
	Q-F-3	M-27	Sambalpur University Vs Ranchi University	3.30 pm	A	1-1 (Tie Breaker 0-2)
	Q-F-4	M-28	ITM Gwalior Vs Mangalore university	3.30 pm	B	1-0
05.01.2020	S-F-1	M-29	Punjabi university Vs University of Mysore	6.30 am	A	2-1
	S-F-2	M-30	Ranchi University Vs ITM Gwalior	6.30 am	B	1-0
	Losers Final	M-31	ITM University Vs University of Mysore	2.00 pm	A	2-0
	Final	M-32	Ranchi University Vs Punjabi University	3.15 pm	A	1-0

Top Four Team Standings

- 1. Ranchi University, Jharkand - Winners**
- 2. Punjabi University, Patiala – Runners - Up**
- 3. ITM Gwalior – Third Place**
- 4. University of Mysore – Fourth Place**

ANNEXURE II
INVITATION



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Accredited with "B++" Grade by NAAC
Melakottaiyur (Post), Chennai – 600127

The Vice-Chancellor, Members of the Syndicate, Staff and Students
request your august presence at the Valedictory Function of

**All India Inter Zonal University Hockey
Tournament for Women 2019-20**

at 03.30 pm on 05th January, 2020
Venue: Hockey Field, TNPESU, Chennai

Dr. SHEILA STEPHEN
Vice Chancellor
Tamil Nadu Physical Education and Sports University
has kindly consented
to distribute the trophies

Dr. GURDEEP SINGH
Former Joint Secretary (Sports) & AIU Observer
will be the Guest of Honour

Dr. V.Gopinath
Registrar
Tamil Nadu Physical Education and Sports University
Felicitates

All Are Welcome

Dr.K.Kannadasan
Sports Secretary

ANNEXURE III

TOURNAMENT INFORMATION BOOKLET



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
ALL INDIA INTER ZONAL UNIVERSITY HOCKEY TOURNAMENT
(WOMEN) 2019-2020**

Venue: Tamil Nadu Physical Education and Sports University, Chennai

Date: 02nd to 05th January 2020

The Results of the Inter University Hockey Women at different Zones

Position	North Zone	South Zone	West Zone	East Zone
Winner	Punjabi University	S-1	ITM Gwalior	VBS Purvanchal
Runner-Up	GNDU Amritsar	S-2	Jiwaji University, Gwalior	B.H.U Varanasi
Third Place	Kurukshetra University	S-3	University of Rajasthan, Jaipur	Ranchi University
Fourth Place	MDU Rohtak	S-4	Savitri Bai PhulePune University, Pune	Sambalpur

Note: South zone Hockey Tournament (Women) is scheduled to be held from 28th to 31st December 2019.

League Matches

Pool A	Pool B	Pool C	Pool D
Punjabi University	S-1	ITM Gwalior	VBS Purvanchal
Jiwaji University, Gwalior	B.H.U Varanasi	GNDU Amritsar	S-2
Ranchi University	Kurukshetra University	S-3	University of Rajasthan, Jaipur
S-4	Savitri Bai PhulePune University, Pune	Sambalpur	MDU Rohtak

Note: The South Zone positioning teams will be placed in respective places according to AIU regulations.

Detailed Information of All India Inter University Inter Zonal Hockey Tournament for Women 2019-2020

1. Venue of the Competition

South Zone and All India Inter University Inter Zonal Hockey Tournament for Women 2019-2020 will be held at Tamil Nadu Physical Education and Sports University, Melakottaiyur, Chennai, 600127. The venue is located about 35kms from Chennai Central Railway Station and 15kms from Tambaram Railway Station. The Chennai city is well connected by Road, Train and Air Transportation.

2. Date of the Competition:

All India Inter University Inter Zonal Tournament – 02nd to 05th January 2020

3. How to reach the Venue:

- 1) The Teams arriving by train have to alight at Chennai Central Railway Station.
- 2) Then get a local Electric train from Chennai Park Station (Located opposite to Chennai Central Railway Station) and reach Tambaram Railway Station.
- 3) To reach the University campus conveniently the teams are requested to board 55M which will drop the passengers inside the campus.
- 4) If not 55M, then the Teams are requested to board on the following buses to reach Kandigai bus stop (nearest bus stop from the university) 515,517,555 and 505. The buses are available once in every 10 minutes originating from Tambaram Railway Station.

4. Reception at Railway Station:

There will be a reception counter near the main entrance of Tambaram Railway Station. Reception counter starts functioning from 27th December 2019 by 7.00 am. onwards.

5. Accommodation:

The team will be provided with unfurnished rooms/halls for their stay during the days of competitions. We have very limited lodging facilities: hence the teams are requested to arrive at the venue of the tournament a day before and to leave the venue within 24 hours after losing their last match in the tournament. (Teams arriving early & departing late shall make their own arrangements of overstay).

6. Officiating & Ball Charges;

Officiating Charges of Rs.1500/- to be paid per match per team and Rs. 350/- towards match ball to the concerned officials before the commencement of their match.

7. Rules of the Competition:

- The rules of the FIH and the guidelines of the AIU will be followed for the tournament.
- The organizing Committee reserves the rights to change the venue, if necessary.
- The decisions of the officials shall be final and binding. Protests, if any, shall be decided by the jury of Appeal formed as prescribed by the AIU.
- A participating team may lodge protest on technical matters, within two hours of the completion of their match along with protest fee of Rs. 1000/-

8. Requirements for the competition:

- a) Your university flag
- b) Identification Cards of the players and four copies of the eligibility proforma duly typed and signed by the competent authority.
- c) A caution deposit of Rs.2000/- per team, which will be returned to teams while leaving the campus.
- d) Competitors should report to the match with proper sportswear well in advance.
- e) Managers are requested to submit quadruplicate copies of the eligibility proforma duly attested by the competent authority.

9. Return Journey reservation:

The teams are requested to look after the travel arrangement themselves. The return journey reservation, if any, should be booked at Chennai Central itself. No such facility is available at the venue of the tournament.

10. Manager's Meeting :

The meeting with the manager's will be held on 01st January 2020 at 5.00pm in the conference hall, Tamil Nadu Physical Education and Sports University, Chennai.

11. Precautions to be taken by the Team Managers:

- a) It is better to bring Mosquito nets or any other form of mosquito repellents for the safety of the teams.
- b) Unfurnished rooms will be given as accommodation. Kindly instruct your players to bring proper bedding.
- c) Swimming in the beaches of Chennai is dangerous to life. Kindly see that your players do not swim in the beaches if you visit the same.

12. Places of sightseeing around Chennai:

- a) Vandalur is famous for Arignar Anna Zoological Park, located 10kms from the tournament venue.

- b) Chennai is famous for Marina Beach located 1 hour 30 minutes journey from the tournament venue.
- c) Mahabalipuram is famous for seashore temples and monuments, located 30kms from the tournament venue.
- d) Kovalam beach is about 10kms from the tournament venue.
- e) MGM Theme Park & VGP is about 22kms from the tournament venue.
- f) Kishkintha Theme park is about 20kms from the tournament venue

The weather condition at Chennai is cold during night and early morning. So accordingly come with preparation for your stay. We wish your team better time and comfort during your stay at Chennai. For further assistance, you can contact any of the personnel whose contact numbers are given below.

For further contact and information:

Website: www.tnpesu.org

Email: sportssecretarytnpesu@gmail.com

1. Dr.P.Rajinikumar
Assistant Professor
Mobile No. 9941923899
2. Dr.C.Lakshmanan
Assistant Professor
Mobile. No:9047832206
3. Mr.M.PonPandi
Lecturer
Mobile. No: 7358594616/9578388765

Dr.K.Kannadasan
Sports Secretary, TNPESU

Photo Gallery



(2018-2019)

REPORT

of

**TAMIL NADU STATE INTER UNIVERSITY
BADMINTON TOURNAMENT FOR MEN & WOMEN
2018-2019**

Organized by



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

Under the auspices of



SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU

Date: 29th to 31st October 2018

**SDAT TAMIL NADU STATE INTER UNIVERSITY BADMINTON
TOURNAMENT FOR MEN AND WOMEN 2018-2019**

REPORT

Thirteen (13) Men Teams and Eight (8) Women Teams representing various Universities across Tamil Nadu participated in this Tournament.

List of men teams

1. SRM University, Chennai
2. Bharath University, Chennai
3. AMET University, Chennai
4. B.S. Abdur Rahman University, Chennai
5. TN PE and Sports University, Chennai
6. Kalasalingam University, Srivilliputhur
7. Sathyabama University, Chennai
8. Bharathiyar University, Coimbatore
9. Madurai Kamaraj University
10. Dr.MGR Education & Research University, Chennai
11. Alagappa University, Karaikudi
12. University of Madras
13. Anna University, Chennai

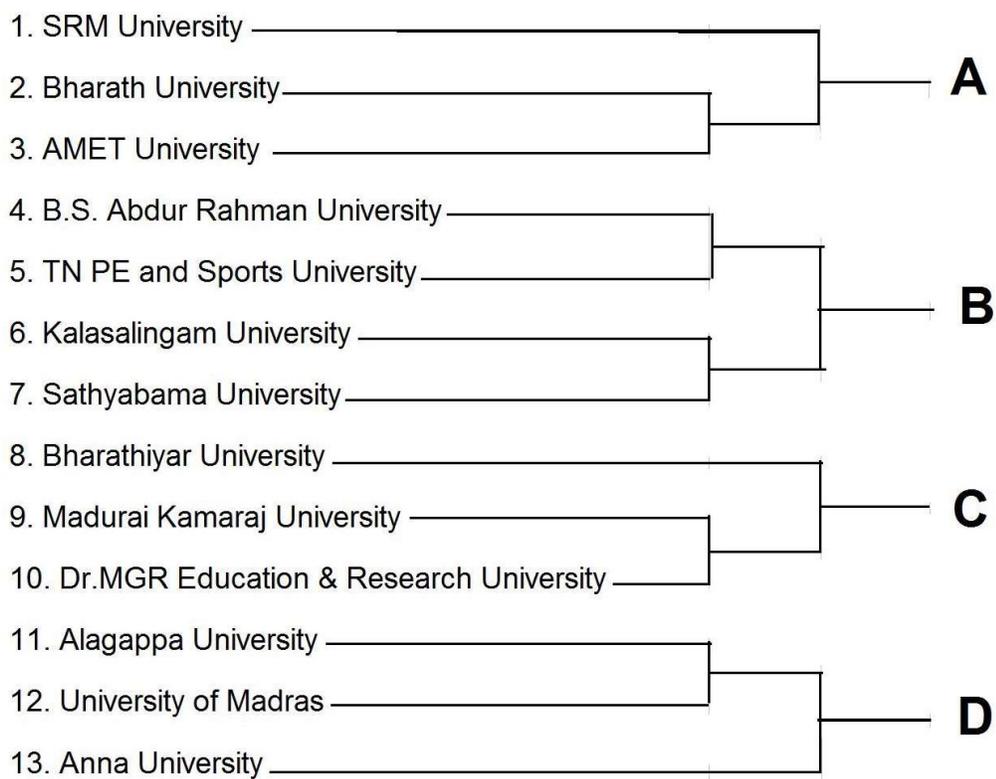
List of women teams

1. Anna University, Chennai
2. Alagappa University, karaikudi
3. TN PE and Sports University
4. SRM University, Chennai
5. AMET University, Chennai
6. Bharathiyar University, Coimbatore
7. Dr.MGR Education & Research University, Chennai
8. University of Madras

BADMINTON Women Team Fixtures (Knock out cum League)

1. Anna University _____
 2. Alagappa University _____
 3. AMET University _____
 4. TN PE and Sports University _____
 5. University of Madras _____
 6. Bharathiyar University _____
 7. Dr.MGR Education & Research University _____
 8. SRM University _____
- A**
B
C
D

BADMINTON Men Team Fixtures (Knock out cum League)



INAUGURATION OF THE TOURNAMENT

The tournament was inaugurated by Thiru. P. Balakrishna Reddy, Former Minister for Youth Welfare and Sports Development Department. Thiru. Dheeraj Kumar, IAS, Principal Secretary to Government, Youth Welfare and Sports Development Department was the Guest of Honour. Dr. Sheila Stephen, Vice Chancellor, Tamil Nadu Physical Education and Sports University presided over the function. Dr.P.Rajinikumar, Sports Secretary, welcomed the gathering.

The tournament was conducted in knock out cum league method. The tournament was conducted in TNPESU Indoor stadium.



**TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY**
Accredited with 'B++' Grade by NAAC
Melakottaiyur, Chennai - 600 127
Under the auspices of

SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU
The Vice Chancellor, Members of the Syndicate, Staff and Students of Tamil Nadu
Physical Education and Sports University cordially invite you to the Inaugural Function of

**"TAMIL NADU STATE INTER UNIVERSITY BADMINTON
TOURNAMENT 2018-2019 FOR MEN & WOMEN"**

*to be held on Monday 29th October, 2018 at 10.00 AM
in the University Indoor Stadium*

Hon'ble. Minister for Sports and Youth Welfare Department

Thiru. P.BALAKRISHNA REDDY
*Government of Tamil Nadu
has kindly consented to be the Chief Guest and to Inaugurate the Tournament*

Thiru. DHEERAJ KUMAR IAS
*Principal Secretary to Government,
Youth Welfare and Sports Development Department
will be the Guest of Honour*



Dr.SHEILA STEPHEN
*Vice Chancellor
Tamil Nadu Physical Education and Sports University
will preside over the function*

Dr. P.RajiniKumar
Sports Secretary

Dr. T.Radhakrishnan
Registrar

FINAL RESULTS OF THE TOURNAMENT

Results of Men

Winners	SRM IST, Chennai
Runners-up	Anna University, Chennai
Third Place	Bharathiyar University, Coimbatore
Fourth Place	B.S.Abdur Rahman University

Results of Women

Winners	SRM IST, Chennai
Runners-up	Anna University, Chennai
Third Place	University of Madras
Fourth Place	Tamil Nadu Physical Education and Sports University

VALEDICTORY FUNCTION

All the first four place winners were awarded trophies in both men and women category. Dr.Sheila Stephen, Vice Chancellor, TNPESU awarded the trophies and individual cash prize in the form of crossed cheques to the winners. Dr.T.Radhakrishnan, Registrar, TNPESU was the guest of honour and Dr.P.Rajinikumar, Sports Secretary proposed the vote of thanks.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



Accredited with 'B++' Grade by NAAC
Melakottaiyur, Chennai - 600 127

Under the auspices of

SPORTS DEVELOPMENT AUTHORITY OF TAMIL NADU

The Vice Chancellor, Members of the Syndicate, Staff and Students of
Tamil Nadu Physical Education and Sports University
cordially invite you to the Valedictory Function of

"TAMIL NADU STATE INTER UNIVERSITY BADMINTON TOURNAMENT 2018-2019 FOR MEN & WOMEN"

to be held on Wednesday 31st October, 2018
at 12.00 Noon
in the University Indoor Stadium

Dr. SHEILA STEPHEN

*Vice Chancellor
Tamil Nadu Physical Education and Sports University
has kindly consented to be the Chief Guest and
will deliver Valedictory Address*

Dr. T. RADHAKRISHNAN

*Registrar
Tamil Nadu Physical Education and Sports University
will be the Guest of Honour*

Dr. P. Rajinikumar
Sports Secretary

Dr. T. Radhakrishnan
Registrar

The HINDU, English daily

AROUND THE CITY



Double delight: SRM triumphed in both sections.
▪ SPECIAL ARRANGEMENT

TNCA league: Sunday's matches postponed
All the TNCA lower division league matches, scheduled to be played on Nov. 4 (Sunday), stand postponed owing to inclement weather and wet ground conditions.

SRM IST clinches both crowns
SRM IST won both the men's and women's titles of the Tamil Nadu inter-university badminton tournament at the Tamil Nadu Physical

Education University recently.
The results (finals):
Men: SRM bt Anna University 3-1.
Women: SRM bt Anna University 2-1.
Ganapathy-Ganesan duo takes honours
Ganapathy & Ganesan secured 68.89 per cent to win the TNSC-P.S. Govindachari weekly open bridge tournament. The pair of Haripriya & Maj Anand finished runner-up with 64.05 per cent.

Express, English Daily



SRM IST won the men's and women's titles of the Tamil Nadu inter-university badminton tournament held at Tamil Nadu Physical Education University recently. The results (finals): Men: SRM bt Anna University 3-1. Winner :SRM IST; Runner: Anna University. 3rd Place: Bharathiyar University. Women: SRM bt Anna University 2-1. Winner: SRM IST. Runner: Anna University. 3rd Place: Madras University.

8

Team managers and coaches meeting on 29th October at 7.30 a.m. at University conference hall



Inaugural function of the tournament









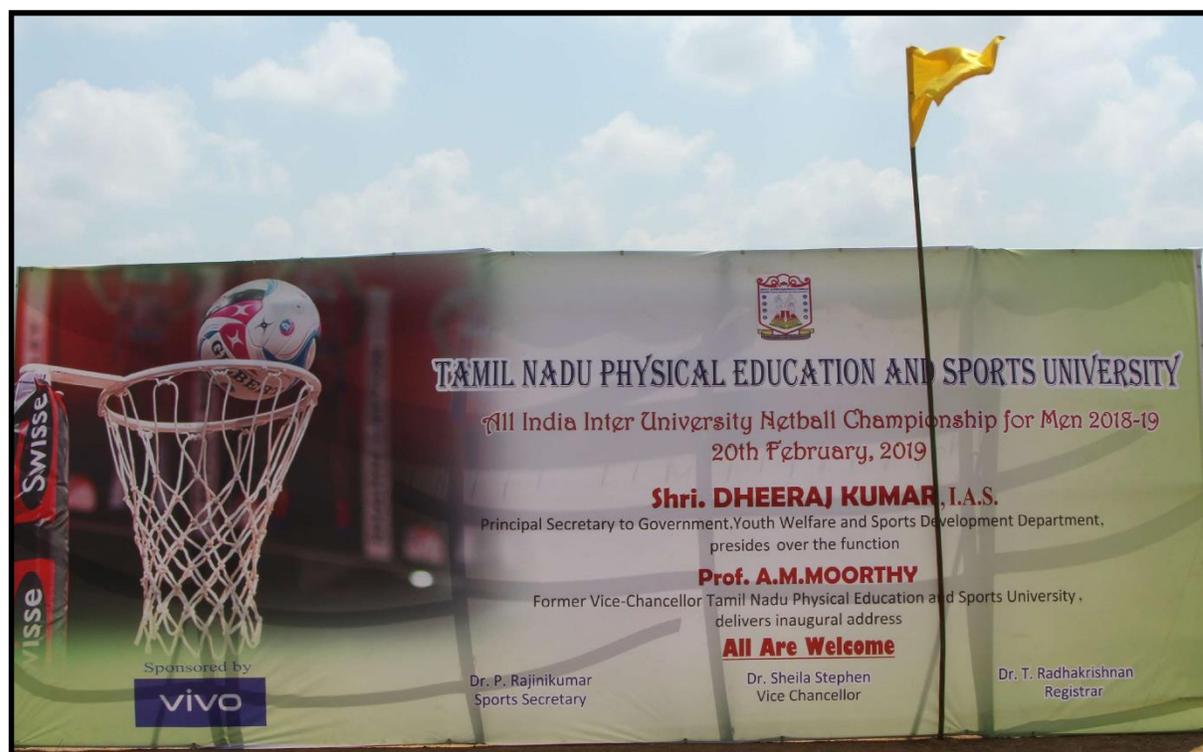
Action Photos

Distribution function



Tamil Nadu Physical Education

Chennai - 600 127



All India Inter University Netball Championship for Men 2018-19

Date: 20th to 23rd February 2019

TOURNAMENT REPORT

TAMIL NADU PHYSICAL EDUCATION SPORTS UNIVERSITY

Report of All India Inter University Netball Championship for Men 2018-19

About University

The Tamil Nadu Physical Education and Sports University established by an act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. The university is located at Melakottaiyur (Vandalur –Kelambakkam Road) with a sprawling campus of 125 acres. At present the University has three faculties, five Departments and 20 affiliated Colleges in Physical Education and 4 colleges in Yoga.

About the tournament

The AIU has entrusted the responsibility of organising All India Inter University netball tournament for men for the year 2018-19 to Tamil Nadu Physical Education and Sports University, Chennai. The tournament dates were scheduled to be conducted from 20th February to 23rd February. The official communication regarding the entry of the tournament was sent to all the universities across India and the same was uploaded in the university official website. 66 teams representing various universities across India confirmed their entry for the All India Inter University championship for men 2018-19.

Drawing of fixtures

The fixture for the All India Inter University was drawn based on the knock out cum league principles and the previous year teams were placed in the direct quarterfinals round. The fixture has been enclosed at the end of this tournament report.

Inauguration of the All India Inter University Netball Tournament 2018-19



The inaugural function of the All India Inter University Netball Championship for Men 2018-19 was held on 20-02-2019 at 10.30 am at Tamil Nadu Physical Education and Sports University campus. Dr. Sheila Stephen, Vice-Chancellor, Tamil Nadu Physical Education and Sports University welcomed the gathering. Prof. A. M. Moorthy, Former Vice-Chancellor, Tamil Nadu Physical Education and Sports University inaugurated the tournament and delivered inaugural address and Dr. T. Radhakrishnan, Registrar of the University proposed the vote of thanks. Forty Four (44) Men Teams representing Universities from all over India turned up for this tournament which was held between 20-02-2019 and 23-02-2019. Dr. P. V. Shelvam, Professor, Annamalai University was an AIU observer in the championship.





The tournament venue has been upgraded with four official standard netball courts with fencing in each court. The moveable tents for team and officials in each court were arranged. Sufficient number of Shamanyas was arranged for the other teams and spectators. The courts were well prepared and marked by our university volunteers and courts were drenched with water during the break. The drinking water points were available sufficiently. The coaches and managers were given decent accommodation inside the campus and players as well.

Each match was started on time and inaugurated with a guest of honor and players introduction.

Medical team with Ambulance at the tournament venue

A medical team was deputed from Tagore Medical College with an ambulance and they were present on all days of the tournament and the players got benefited extensively. In addition to the medical team, our university physiotherapists were deputed to treat the acute injuries and facilitate first aid.







RESULTS OF THE ALL INDIA INTER UNIVERSITY NETBALL CHAMPIONSHIP

FOR MEN 2018-19

Winners	Annamalai University, Chidambaram
Runners	Mangalore University, Mangalore
Third Place	Calicut University, Calicut
Fourth Place	Osmania University, Hyderabad

The knock out stage and league stage results has been enclosed at the end this report.

Valedictory Function

Annamalai University won the All India Inter University Netball championship for men 2018-19, Mangalore University secured second place, University of Calicut and Osmania Universities secured third and fourth positions respectively. All the first four place winners were awarded trophy. Dr.S.Thirumalai Kumar, Professor and Head, Dept. of Physical Education, TNPESU welcomed the gathering. Dr. C. Arumugam, Controller of Examinations, Tamil Nadu Physical Education and Sports University was the chief guest and delivered valedictory address and distributed the trophies and certificates to the winners. Dr. P. Rajinikumar, Organizing Secretary, TNPESU, presented the tournament report and proposed the vote of thanks.



Winners - Annamalai University, Chidambaram



Runners - Mangalore University, Mangalore



Third Place – University of Calicut, Kerala



Fourth Place – Osmania University





Tamil Nadu Physical Education and Sports University



Chennai-600 127



All India Inter University Netball Championship for Women 2018-19

Date: 25th to 28th February 2019

TOURNAMENT REPORT

Tamil Nadu Physical Education Sports University

All India Inter University Netball Championship for Women 2018-19

About University

The Tamil Nadu Physical Education and Sports University established by an act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. The university is located at Melakottaiyur (Vandalur –Kelambakkam Road) with a sprawling campus of 125 acres. At present the University has three faculties, five Departments and 20 affiliated Colleges in Physical Education and 4 colleges in Yoga.

Inauguration

The All India Inter University Netball tournament for women 2018-19 was organized by Tamil Nadu Physical Education Sports University. 64 university teams from all over India confirmed their entries for the championship.

The inaugural function of the All India Inter University Netball Championship for Women 2018-19 was held on 25-02-2019 at 3.30 pm at Tamil Nadu Physical Education and Sports University campus. Thiru. Dheeraj Kumar, IAS, Principal Secretary to Government, Youth Welfare and Sports Development Department inaugurated the tournament and Dr.Sheila Stephen, Vice-Chancellor, Tamil Nadu Physical Education and Sports University presided over the function. Dr.P.Rajinikumar, Sports Secretary of the University welcomed the gathering. Forty (40) Women Teams representing Universities from all over India participated in this

tournament between 25-02-2019 and 28-02-2019. Dr. P. V. Shelvam, Professor, Annamalai University was the AIU observer in the championship.





Action photos







Medical and First aid



Results of the All India Inter University Netball Championship for women

2018-19

Winners	Annamalai University, Chidambaram
Runners	Kurukshetra University, Haryana
Third Place	Mangalore University, Mangalore
Fourth Place	M G University, Kerala

Valedictory Function

Annamalai University won the All India Inter University Netball championship for women 2018-19, Kurukshetra University secured second place, Mangalore University and M G University secured third and fourth positions respectively. Thiru.Raj.Thiruvengadam, President, Tamil Nadu Netball Association, was the chief guest and delivered valedictory address and distributed the trophies to the winners. Mrs. S. Kalyani, Senior Manager, Indian Bank, Nallambakkam Branch was the Guest of Honour. Dr. P. Rajinikumar, Organizing Secretary, TNPESU, presented the tournament report and proposed the vote of thanks.



Players Introduction



Winners – Annamalai University, Chidambaram



Runners – Kurukshetra University



Third Place - Mangalore University

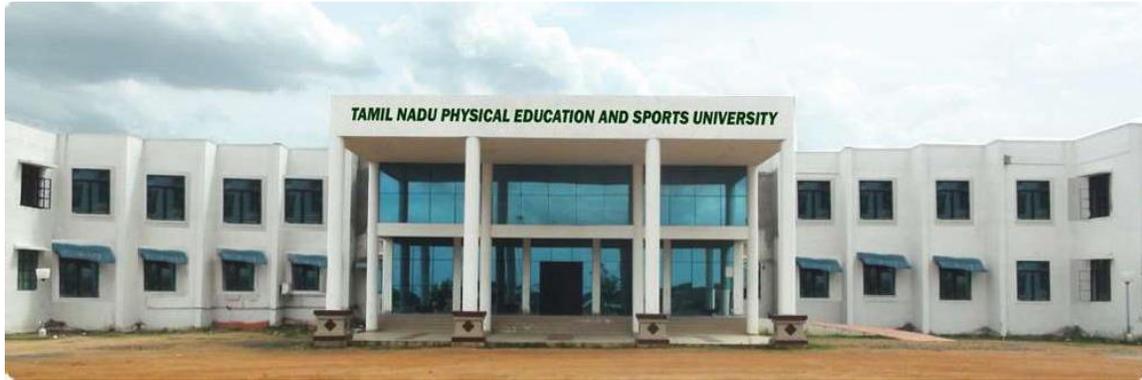


Fourth Place – M G University



Tournament report and Vote of Thanks





Tamilnadu Physical Education And Sports University

Chennai – 600 127

Invitation

The Head And Faculty Members Of Department Of
Physical Education Request Your August Presense At
The Inagural Function Of

DHYANCHAND STATE LEVEL

HOCKEY ROLLING TROPHY 2018-

2019

On March 21st & 22nd 2019, at 7:00 a.m

IN THE HOCKEY FIELD TNPESU



**TAMILNADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY
CHENNAI-127**

*The Head, Class Teacher, Faculty member,
and Hockey specialization students of
Department of Physical Education cordially invite you to the*

**Dhyanchand State level Hockey Tournament-
Valedictory Function**

to be held at Hockey Field , TN PESU at 4.30 pm on Friday 22nd March 2019

DR. SHEILA STEPHEN

Vice-Chancellor, TN PESU

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

MRS. M. RENUKALAKSHMI

General Secretary, Hockey Unit of Tamilnadu

has kindly consented to deliver special address

DR. D. SATHIAKUMAR

Registrar i/c

Director, School of Distance Education, TN PESU

has kindly consented to felicitate

“All are cordially invited”

Dr. K. RAJESH KUMAR

Organizing secretary

Dr. S. THIRUMALAI KUMAR

Tournament Director

Hockey Specilization Students

Department of Physical Education

TN PESU



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

DHYANCHAND STATE LEVEL HOCKEY ROLLING TROPHY 2018-2019

INAUGURATION CEREMONY

Programme schedule

- ❖ PRAYER
- ❖ WELCOME ADDRESS
- ❖ HONORRING THE CHIEF GUEST
- ❖ CHIEF GUEST ADDRESS AND INAGURATION OF DHYANCHAND HOCKEY TOURNAMENT
- ❖ VOTE OF THANKS
- ❖ NATIONAL ANTHEM



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

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India's First State University in Physical Education and Sports

DHYANCHAND STATE LEVEL HOCKEYROLLING TROPHY 2018-2019

VALEDICTORY CEREMONY

Programme schedule

- ❖ **TAMIL THAI VALTHU ❖**
- WELCOME ADDRESS**
- ❖ **HONOURING THE CHIEF GUEST ❖**
- CULTURAL**
- ❖ **TOURNAMENT REPORT**
- ❖ **VALEDICTORY ADDRESS & DISTRIBUTION OF TROPHIES**
- ❖ **VOTE OF THANKS**
- ❖ **NATIONAL ANTHEM**



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

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India's First State University in Physical Education and Sports

DHYANCHAND STATE LEVEL HOCKEY ROLLING TROPHY 2018-

2019

JURY OF APPEAL

- ❖ **Dr. SHEELA STEPHEN (VICE - CHANCELLOR)**
- ❖ **Dr. D. SATHIAKUMAR (REGISTRAR)**
- ❖ **Dr. S. THIRUMALAIKUMAR (PROFESSOR AND HEAD)**

TOURNAMENT DIRECTOR

- ❖ **DR. S. THIRUMALAIKUMAR (PROFESSOR AND HEAD)**

TOURNAMENT ORGANIZING SECRETARY

- ❖ **Dr. K. RAJESHKUMAR**
(Asst. Professor & Joint Secretary)

FINANCE COMMITTEE

1. Prabakaran (M.P.Ed - II YEAR)
2. Sham (M.P.Ed - II YEAR)
3. Gokulakrishnan (B.P.Ed - II YEAR)
4. Perumal (M.P.Ed - I YEAR)
5. Balasubramanian (M.P.Ed - II YEAR)

OFFICIAL INCHARGE

1. Nirmal (B.P.Ed - II YEAR)
2. B. Gayathri (B.P.Ed - II YEAR)
3. Manimegalai (B.P.Ed - I YEAR)

REGISTRATION COMMITTEE

1. Keerthana (M.P.hil)
2. Sowmiya (B.P.Ed - II YEAR)
3. Anusiya (B.P.Ed - II YEAR)
4. Jegadeshwari (M.P.Ed - II YEAR)

DECORATION & AUDIO

1. Perumal (M.P.Ed - I YEAR)
2. Anitha .S (B.P.Ed - II YEAR)

GROUND & EQUIPMENT

1. S. Pushpalatha (B.P.Ed - I YEAR)
2. Roopavathi (B.P.Ed - I YEAR)
3. Santhosh (B.P.Ed - II YEAR)
4. Priyanka (M.P.Ed - I YEAR)

TRANSPORT & PURCHASE

1. Barath (M.P.Ed - I YEAR)
2. Siva prasadh (M.P.Ed - I YEAR)
3. Millar Santhoshkumar (M.P.Ed - I YEAR)
4. Gopi (B.Sc - I YEAR)

REFRESHMENT & FOOD

1. Delly raj (B.P.Ed - II YEAR)
2. Akash (B.Sc - II YEAR)
3. Vijayakarthis (B.P.Ed - I YEAR)
4. Dinesh (BSc - I YEAR)
5. Gayathri (B.P.Ed - I YEAR)
6. Thenmozhi (B.P.Ed - I YEAR)

FIRST AID MANAGEMENT

1. Akash .J (B.P.Ed - I YEAR)
2. Murugesan (B.P.Ed - I YEAR)
3. Dakshayani (B.P.Ed - II YEAR)

WATER COMMITTEE

1. Sham (M.P.Ed - II YEAR)
2. Christian Jebakumar (B.P.Ed - I YEAR)
3. Gopi (B.P.Ed - II YEAR)
4. Prakah (B.Sc - I YEAR)

5. Janaki (B.P.Ed - II YEAR)
6. R.Anitha (B.P.Ed - II YEAR)
7. Priyadharashini (B.P.Ed - I YEAR)
8. Dinesh (B.Sc - I YEAR)
9. Prakash (B.Sc - I YEAR)
10. Subash (B.P.Ed - I YEAR)

BALL BOYS & GIRLS

1. Amuta (B.P.Ed - I YEAR)
2. Parameeswari (B.P.Ed - I YEAR)
3. Geetha (B.P.Ed - I YEAR)
4. Anjugabarathi (B.P.Ed - I YEAR)
5. Manimegalai (B.P.Ed - I YEAR)
6. Shivani (B.P.Ed - I YEAR)
7. Preethi (B.P.Ed - I YEAR)
8. Gopi (B.P.Ed - I YEAR)
9. Srima (B.P.Ed - I YEAR)

ACCOMIDATION

1. Navin raj (B.P.Ed - I YEAR)
2. Chinna (B.P.Ed - I YEAR)
3. Salamon (M.P.Ed - I YEAR)

CALL ROOM

1. Mythili (B.P.Ed - II YEAR)
2. Dhakshayani (B.P.Ed - II YEAR)
3. Perumal (M.P.Ed - I YEAR)

SCORE BOARD

1. Janaki (B.P.Ed - II YEAR)
2. R. Anitha (B.P.Ed - II YEAR)

RECEPTION COMMITTEE

1. Srima. S (B.P.Ed - II YEAR)
2. Navin Kumar (B.P.Ed - I YEAR)

SYSTEM WORK

1. Sudarsan (B.P.Ed - I YEAR)
2. B. Gayathri (B.P.Ed - II YEAR)



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

DHYANCHAND STATE LEVEL HOCKEY ROLLING TROPHY

2018-2019

KNOCK OUT (Morning)

DATE: 21.03.2019

DAY: Thursday

TIME: 7.30am to 12.00pm

SL.NO	FIXTURES	TIMING
1	TNPESU - STANLEY MEDICAL COLLEGE	(7.30 am to 8.30 am)
2	SRM - ITI	(9.00 am to 10 am)
3	PACHAYAPPA'S - GKM	(10.00 am to 11.00 am)
4	GURUNANAK - Bye	(11.00am to 12.00 pm)

LEAGUE – (Evening)

DATE: 21.03.2019

DAY: Thursday

TIME: 7.30am to 12.00pm

FIRST MATCH	B – D	(3.00 pm to 4.00 pm)
SECOND MATCH	A – C	(4.00 pm to 5.00 pm)



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

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LEAGUE (Morning)

DATE: 22.03.2019

DAY: Friday

TIME: 6.30am to 8.30am

A – B	(6.30 am to 7.30 am)
C – D	(7.30 am to 8.30 am)

LEAGUE (Evening)

A – D	(2.00 pm to 3.00 pm)
B – C	(3.00 pm to 4.00 pm)

Thank you

VOTE OF THANKS INAUGURATION FUNCTION

Tamil Nadu Physical Education and Sports University Hockey Specialization Students was conducted the DHYANCHAND STATE LEVEL HOCKEY ROLLING

TROPHY 2018-2019 on March 21st & 22nd 2019 with the help of their Hockey Coach and Department of Physical Education.

In this regards the Vote Of Thanks for Inaugural Function was proposed by Dr.K.Rajeshkumar (Asst.Professor & Joint Secretary).

MATCH LIST WINNERS OF THE EVENT

- Winners - Pachaiyappa Arts and Science College
Chennai
- Runners - SRM University Chennai
- Third place - Stanley Medical College Chennai

WELCOME ADDRESS

VALEDICTORY FUNCTION

Tamil Nadu Physical Education and Sports University Hockey Specialization Students was conducted the DHYANCHAND STATE LEVEL HOCKEY ROLLING TROPHY 2018-2019 on March 21st & 22nd 2019 with the help of their Hockey Coach and Department of Physical Education.

In this regards the welcome address for Function was proposed by Dr.K.Rajeshkumar (Asst.Professor & Joint Secretary).

TOURNAMENT REPORT

Good evening to Everyone Present Here

I take this great privilege to present the “DHYANCHAND STATE LEVEL HOCKEY ROLLING TROPHY” report organized by Hockey Specialization Students of Department of Physical Education, TNPESU.

India celebrates National sports day every year on 29th August. The day is celebrated to commemorate the great, legendary hockey player, Major Dhyan Chand Singh. Who made India proud by his extraordinary sporting skills?

Our Hockey Specialization players have planned to conduct the “DHYANCHAND STATE LEVEL HOCKEY ROLLING TROPHY” on 21st and 22nd MARCH 2019.

We formed the various committees and we have given the entry form all Colleges / Universities in the state level.

The tournament first match was inaugurated by Dr. P. KUMARAVELU Asst.Professor, on 21st March 2019 at 7.30 am. And second, third, fourth and another match was inaugurated by Dr. Thirumalaikumar Professor, Head of the Department.

Dr. Arumugam Controller of Examination, Dr. Rajinikumar Asst Professor, Dr. Kannadasan Asst Professor, Dr. selvalakshmi Asst Professor.

Dr. V. Sridhar Director of Physical Education Match on 21st and 22nd March 2019. Various team participated in this tournament. The tournament was conducted in Knockout come league. Totally 10 teams have participated in this tournament.

After getting the final results

❖ Winners: Pachaiyappa Arts and Science College Chennai ❖ Runners: SRM University Chennai

❖ *Third place: Stanely Medical College Chennai*

- *Best player: T. MANI from Pachayappas College Chennai*
- *Best goal keeper: V. DINESH from SRM University Chennai*
- *best Defender: M. NAMBI from Pachayappas College Chennai*
- *Best centre half: B. PICHUMUTHU from Pachayappas College Chennai*

Mrs. M. RENUKALAKSHMI has accepted chief guest for the closing function and very kind enough to distribute the prices.

Thank you

HONORING THE PLAYERS

- WINNERS GOES TO **PACHAPPAYAS COLLEGE**
- RUNNERS GOES TO **SRM COLLEGE**
- THIRD PLACE GOES TO **STANLEY COLLEGE**

❖ **BEST PLAYER GOES TO : T. MANI (PACHAYAPPA'S**
COLLEGE CHENNAI)

❖ **BEST GOAL KEPER GOES TO:V. DINESH (SRM**
UNIVERSITY)

❖ **BEST DEFENDER GOES TO: M. NIMBI**
(PACHYAPPA'S COLLEGE CHENNAI)

❖ **BEST CENTRE HALF GOES TO:B. PICHUMANI**
(PACHAYAPPA'S
COLLEGE CHENNAI)

VOTE OF THANKS VALEDICTORY

FUNCTION

Tamil Nadu Physical Education and Sports University Hockey Specialization Students was conducted the DHYANCHAND STATE LEVEL HOCKEY ROLLING

TROPHY 2018-2019 on March 21st & 22nd 2019 with the help of their Hockey Coach and Department of Physical Education.

In this regards the Vote Of Thanks for Valedictory Function was Proposed by Dr.K.Rajeshkumar (Asst.Professor & Joint Secretary).

EVENTS PHOTOS INAUGURAL

FUNCTION



Entrance Banners



On The Dies



Chief Guest



Chief Guest Welcome With Shall

DURING MATCHES ON (DAY 1)



Jersey Distribution



Inaugural Match Teams



TNPESU Team



SMC team



First Match TNPESU Vs SMC



During Match



Coach Guide in First Half



Medical from Tagore Hospital



Refreshment for All the Players and TNPESU Students



DURING MATCH ON (DAY 2)



Chief Guest Welcome With Shall



Players Introduction



SMC vs. SRM



Chief Guest Welcome for 2nd Match



Player's introduction



Chief Guest Welcome for 3rd Match

VALEDICTORY FUNCTION



Trophies



Chief Guest Welcome Entrance



Chief Guest Welcome



Welcoming our Registrar



Chief Guest Gathered On the Stage



Honoring the Chief Guest



Honoring the Special Guest



Honoring the Registrar



Chief Guest Address



Special Gift Given By Chief Guest



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES



Cultural given by M.P.Ed & B.P.Ed students



Tournament Report Speech



Winner Team



Best Player Award



TNPESU Hockey Specialization Students

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