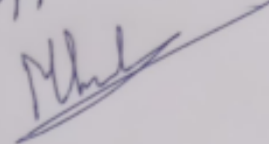
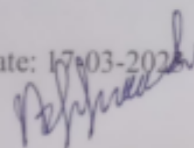


From

Dr.M.Grace Helina

Professor & Programme Director, International Women's Day
Department of Department of Exercise Physiology and Biomechanics,
Tamil Nadu Physical Education and Sports University,
Chennai - 127

Date: 17-03-2023



To

The Registrar,

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

Sir,

Sub: Conduct of International Women's Day programme - Theme:
Empowerment and Improvement of Women-Social, Cultural and Health status-
Details Submitted - Permission Requested - Reg:

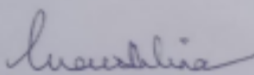
The Department of Exercise Physiology and Nutrition has planned to organize the international women's day programme on different dates from 1st to 8th March 2023. The following are the details of the programme. kindly permit us to conduct the same. The competitions will be held for students, Teaching and Administrative staff of this university.

s.no	Events	Date	Entry fee	Students /staff visit to carnival	Inauguration/valedictory
1.	Solo, Group Singing and Oratorical Competition	1-03-2023	Free	At 10.am at the conference hall of the second floor of Academic Block for singing and M.Sc Ist year class room for Oratorical	
2.	Solo and Group Dance Competition	03-03-2023	Free	At 10 am at the conference hall of the second floor of Academic Block	

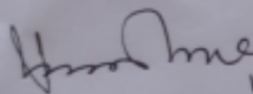
3.	Carnival - Fun Games and Food Court	08-03-2023	Rs. 2/- for each fun game (on spot prizes for winner of fun game) and Rs. 5/- to rs.25/- for food items	From 10 am to 1.00 pm Dept. of Physical Education and Coaching From 1.00 to 2.30 pm other Depts, Staff and Administrative staff. Venue: Dept. of EPN class rooms.	Inauguration of Carnival at 9.45 am on 08-03-2023 and Valedictory function at 3.30 pm on the same day at the second floor Conference hall of the Academic Block.
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Thanking You,

Yours Faithfully


Dr.M.Grace Helina

Forwarded


7/2/23

EVENT

IN-CHARGE

singing

Dr. P. K. SENTHIL KUMAR

Dance

Dr. J. ANITHA

Oratorical

Dr. R. VENKATESAN

Carnival

Dr. M. GRACE HELINA

Mr. KARNAN

Staff, P.hd Scholars
and Students

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

Google form link:

SOLO SINGING

<https://surveyheart.com/form/63ef1928c0bc4f0724000635>

GROUP SINGING

<https://surveyheart.com/form/63ee197e24995107546fb787>

SOLO DANCE

<https://surveyheart.com/form/63ee197e24995107546fb787>

GROUP DANCE

<https://surveyheart.com/form/63ee1543d19fea075f9e719d>

ORATORICAL

<https://surveyheart.com/form/63ef1cabd82210073f343f5a>



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

"INTERNATIONAL WOMEN'S DAY"

ON THE THEME OF

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

ORGANIZED BY

**DEPARTMENT OF EXERCISE PHYSIOLOGY AND
NUTRITION**

ON 01/03/2023, 03/03/2023 AND 08/03/2023



ABOUT THE DEPARTMENT

The Department of Exercise Physiology and Nutrition (EPN) combines study in Exercise Physiology, Human Nutrition, Sports Nutrition and Biological Sciences along with various sports training. Opportunities for research, theory and practical experiences are the core of the instructional methods for both undergraduate and graduate students

OBJECTIVES OF THE PROGRAMME

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

The following Competition will be held among Teaching & P.hD Scholars, Students and Administrative Staff on 1st, 3rd and 8th of March 2023

S.No	DATE	PROGRAMME
1.	01/03/2023	Solo, Group Singing and Oratorical Competition
2.	03/03/2023	Solo and Group Dance
3.	08/03/2023	Carnival (Fun games and Food courts)

Chief Patron
Dr. M. SUNDAR
Vice-Chancellor

Patron
Dr. R. RAMAKRISHNAN
Registrar i/c

Director
Dr. M. GRACE HELINA
Professor

Convenors
Dr. P. K. SENTHIL KUMAR
Dr. R. VENKATESAN
Associate Professors

Organizing Secretary
Dr. J. ANITHA
Assistant Professor

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



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai - 600 127.

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

Cordially Invite you all for
the Valedictory Function of

"INTERNATIONAL WOMEN'S DAY"

On the Theme

**Empowerment and Improvement of Women in Social,
Cultural and Health status**

[DATE: 08/03/2023: VENUE: Conference hall, 2nd floor, Academic Block]

Dr. M. SUNDAR

Vice-Chancellor, TNPEU

has kindly consented to deliver the Valedictory Address
at 3.30pm on 08/03/2023

Dr. R. RAMAKRISHNAN

Registrar i/c, TNPEU

has kindly consented to deliver the Felicitation Address

PROGRAMME DIRECTOR

Dr. M. GRACE HELINA

Professor

CONVENORS

Dr. P. K. SENTHIL KUMAR

HOD i/c, Associate Professor

Dr. R. VENKATESAN

Associate Professor

ORGANISING SECRETARY

Dr. J. ANITHA

Assistant Professor

MEMBERS

MR. KARNAN (GL)

P.hD, Scholars

and **STUDENTS OF EPN**



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

INTERNATIONAL WOMENS DAY

On the theme of

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

Organized by

**The Department of
EXERCISE PHYSIOLOGY AND NUTRITION**

EVENT - OROTORICAL COMPETITION

***THEME: ABOUT WOMEN ACHIEVEMENT / GENDER
EQUALITY / HEALTH***

RULES

- 1.No entry fee.
- 2.2 entries from a class
3. Time limits – 5 minutes
4. Speaker shall talk either in Tamil or in English.
5. The entry form must be signed by the class teacher and HOD.
6. Judges decision will be final.
7. The last date of submission of the entry form is on or before 25th February through Google form.
8. The oratorical competition will be held at 10 am at the MSc 1st year class room of EPN on 1st March 2023.
9. The prizes will be distributed at 3.30 pm on 8th March 2023 during the valedictory function.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

INTERNATIONAL WOMENS DAY

On the theme of

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

Organized by

**The Department of
EXERCISE PHYSIOLOGY AND NUTRITION**

EVENT - SOLO AND GROUP SINGING COMPETITION

RULES

1. No entry fee.
2. Not more than 8 persons in a group.
3. Instrument/ Karaoke Music shall be used
4. Words vulgarity strictly prohibited.
5. Time limits not exceeding five minutes for group and 4 minutes for solo.
6. The entry forms must be signed by the class teacher and HOD.
7. Judges decision will be final.
8. The last date of submission of the entry form is on or before 25th February through Google form.
9. The dance solo/ group competition will be held at 10 am on 1st March 2023 at the conference hall of the second floor of academic block.
10. The prizes will be distributed at 3.30 pm on 8th March 2023 during the valedictory function.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

INTERNATIONAL WOMENS DAY

On the theme of

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

Organized by

**The Department of
EXERCISE PHYSIOLOGY AND NUTRITION**

EVENT - SOLO AND GROUP DANCE

RULES

1. No entry fee.
2. Not more than 8 persons in a group.
3. Music any kind but the words vulgarity strictly prohibited.
4. Decent dress and shall be apt for the song.
5. Time limits not exceeding five minutes for group and solo.
6. The entry forms must be signed by the class teacher and HOD.
7. Judges decision will be final.
8. The last date of submission of the entry form is on or before 25th February 2023 through Google form.
9. The dance solo/ group competition will be held at 10 am on 3rd March at the conference hall of the second floor of academic block.
10. The prizes will be distributed at 3.30 pm on 8th March 2023 during the Valedictory function.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

INTERNATIONAL WOMENS DAY

On the theme of

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

Organized by

**The Department of
EXERCISE PHYSIOLOGY AND NUTRITION
EVENT - CARNIVAL ON 8th March 2023
(FUN GAMES AND FOOD COURTS)**

FUN GAMES

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

FUN GAMES



RULES

1. Entry fee for each game is Rs. 2/.
2. The winner will get the prize on the spot.
3. A person shall play any game and any number of times by paying Rs. 2/. for each game.
4. Will be held at 10 am to 1.00 pm for Dept. of Physical Education and Coaching.
5. From 1.00 pm to 2.30 pm for other Depts., Staff & PhD Scholars and Administrative Staff.

FOOD COURT

Food items will be sold in food stalls for Rs 5 to 25/-.

Food items will be available from 10 am to 3.00 pm on 8th March 2023.

FUN GAMES AND FOOD COURT VENUE: Dept. of EPN class rooms.

-Enjoy the a Day with fun and joy.



REGISTRATION FORMS

Registration to be made through google forms.
Google forms can be accessed with the **Link** and **QR code** given below.

ORATORICAL COMPETITION



<https://surveyheart.com/form/63ef1cabd82210073f343f5a>

SOLO SINGING



<https://surveyheart.com/form/63ef1928c0bc4f0724000635>

GROUP SONG



<https://surveyheart.com/form/63ee197e24995107546fb787>

SOLO DANCE



<://surveyheart.com/form/63ee1717c0bc4f0724fa2da7>

GROUP DANCE



<https://surveyheart.com/form/63ee1543d19fea075f9e719d>