

Organizing committee

Thiru.M.D. Sarpparajan , Secretary & Correspondent,
V.H.N.S.N.College Managing Board
Patron

V.H.N.S.N.College Managing Board

Thiru.V.Palanichamy
President

Thiru.V.P.P.K.V.N.Rajamohan
Vice president

Tmt. G.Ramya
Vice president

Thiru.S.S.S.A.S.Sakthi Babu
Treasurer

Dr.P.Sundara Pandian, Principal
Chairman

Dr.R.Palaniappan, Coordinator – SF Programmes
Co-Chairman

Dr.P.Kulanthaivelu, Head, Department of Physical Education
Organizing Secretary

Ms.G.Revathi, Physical Training Instructor

Dr.K. Selva Kumar, Assistant Professor in Physical Education
Joint Organizing Secretaries

Executive Committee

Ms.N. Yahalakshimi, Assistant Professor in Physical Education
Dr. M.Ayya Durai, Assistant Professor in Physical Education
Dr. P.Rajmohan, Assistant Professor in Commerce (SF)

Registration through Google Form

<https://forms.gle/urBuJVKnGMZXzByL8>

Last date for registration - on or before 12.10.2022

REGISTRATION FEES

for Students and Research Scholars - Rs.175 for Professionals: Rs.250

(Fee including Certificate and working lunch)

PAYMENT DETAILS

Account Number: 038100050306036, Name: N.Yahalakshmi

Bank : Tamilnadu Mercantile Bank, Branch: Aruppukottai ,IFSC Code: TMBL0000038

Google Pay: 9080347543

FOR MORE DETAILS

Please Contact - +919445405817, +918754382334

Email id: physicaleducation@vhsnc.edu.in

VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE



An Autonomous Institution, affiliated to Madurai Kamaraj University
Re-accredited with 'A' Grade by NAAC, 49th rank in College Category by NIRF 2022
Virudhunagar, Tamilnadu-626 201

Low Cost Access to High Quality Education



DEPARTMENT OF PHYSICAL EDUCATION

Organises

ONE-DAY NATIONAL LEVEL WORKSHOP ON

A Systematic Approach for High Performance in Indian Team Games



Shri VASUDEVAN BASKARAN

Indian Hockey Captain brought
Olympic Gold Medal at Moscow Olympics 1980 and Arjuna Awardee
Coach for India Men's & Junior Hockey Teams

&

Competitive Yoga - A New Approach



Dr. G. RADHAKRISHNAN

Yogacharya Grand Master, 4times World Champion 2003,2011,2017,2020
Director of International Sports Yoga Federation

On

14th October, 2022, Friday

in collaboration with

Department of Physical Education
The American College,
Madurai-625002

Web: www.vhsnc.edu.in

Mail: physicaleducation@vhsnc.edu.in
+919445405817, +918754382334

Venue –V.P.S.A.Paramasiva Nadar –Thillai Sivakami Ammal Conference Hall – M.B.A Block

GREETINGS

We cordially invite you to the National Level Workshop on “A Systematic Approach for High Performance in Indian Team Games” and “Competitive Yoga – A New Approach” scheduled for Friday, 14th October 2022.

About the VHNSN college

Virudhunagar Hindu Nadars' SenthikumaraNadar College was established in the year 1947. The College embodies a rich tradition of excellence in teaching and research. The mission of the college is to educate, and empower rural girls and boys. The institution has admirable infrastructural facility and sound vision which is supported by the successive Management Board members, Principal, Faculty and Students. Among the numerous historic milestones the College has witnessed the visits of many luminaries including Thiru K.Kamaraj and Dr. A.P.J. Abdul Kalam. The College is accredited with 'A' Grade in the fourth cycle of accreditation by NAAC. The College has secured 49th Rank in College category by NIRF 2022. Our College is fully equipped with sports facilities like standard Swimming Pool with 8 lanes, Multipurpose Gymnasium Hall, 400 meter Standard Track, Basketball court with flood lights, Multi Gym, Pyramid for Meditation, Tennis Complex, indoor badminton courts etc.,

About the Department

The Department of Physical Education has matched the academic achievements of the College with its performance par excellence in the field of sports and games. This department excels in sports and games by winning university titles in Basketball, Ballbadminton, Kho-kho, Basketball, Handball and Football etc. Our student B. Abinash Kumar got Silver Medal in Khelo India Youth Games 2021. About 15 students of our college have been representing Madurai Kamaraj University teams in various games and sports year after year. Our Department has organized UGC sponsored two days National Level Seminar on Recent Trends in Yoga and Holistic Health during the year 2011. Department of Physical Education has received a sum 1,45,000/- from University Grant Commission to conduct minor research project in the academic year 2011, in the year 2012 grant of 40 lakhs for outdoor training facility. In 2015 our Department has received a grant of 1 crore from UGC for constructing new Gymnasium and 12 lakhs for purchasing equipments. Our Department has received Rs.7,00,000/- from UGC to conduct a career oriented curriculum on Yoga Meditation in the academic year 2014. In this order, our College has successfully started the Department of Physical Education for under graduation students (B.Sc Physical Education) from 2019 onwards.



Preamble of Workshop

Session I - The primary aim is to explore the factors influencing team function and performance in the context of the high - performance sport. High - performance work teams are composed of a combination of purpose and goals, talent, skills, performance ethics, incentives and motivation, efficiency, leadership, conflict, communication, power and empowerment and norms and standards.

Session II - Indians are proud to say Yoga originated from our soil. Then it spread throughout the world. Nowadays Yoga therapies draw on yoga exercises, practices of philosophies to improve physical & mental health. From 2015 we celebrate International Yoga Day all over the world. Our Central Government gives special care to yoga. Due to this development yoga has a separate face; called as “Competitive Yoga” like Khelo India Games, National games Interuniversity competition etc. We must know the rules and regulation and features of competitive yoga. This workshop will give a pathway to analyze the rules and regulations and methods of competition.

About Resource persons

Shri.Vasudevan Baskaran

He born on 17th August 1950 is a former field hockey player who played for India. Post his retirement from play; he has also coached many players for the Indian hockey team.

- Won the Prestigious Arjuna Award in 1979-80 for his performance as a player at the Olympics
- Represented India at the 1980 Summer Olympic Games, held in Moscow and roped in a gold medal for the country in the Team competition category.
- Coached the Junior World Cup Men's Hockey Team that won the silver medal at the 1997 Junior World Cup, held in Milton Keynes.
- Coached the Junior team that won the Champions Trophy in 1997 which was held in Chennai.
- Served as a coach for the Indian National Team many times, 2006 Men's Hockey World Cup being the last time. It was held in Monchengladbach, Germany.

Dr.G. Radhakrishnan, Ph.D.,

Achievements and Awards - Yogacharya Grand Master, 4times World Champion 2003, 2011, 2017, 2020 in Argentina, 2003 at Portugal, 2times National Champion, 17 times State champion, 3 Guinness World Record certificate holder. Kalaimamani, Dr APJ Abdul Kalam Young Servant Award, Yoga Chakravarthy, 2 times Grand Master award from Argentina, Yoga chandran award from china, Yoga Ratan award from Chandigarh. Positions - Director of International Sports Yoga Federation, Director for Asia, International Yoga Federaton, Joint Director of Amazing Olympia World Record, Canada, Ambassador of Siv-ananda World Peace Foundation, South Africa. Former Yoga Instructor of IAS Academy, Mussorie. Faculty of ministry of Ayush Yoga courses. International Yoga Jury. Received Ph.D.

How to reach

The VHNSN College is located at Virudhunagar to Aruppukottai Road. Cabs, Town Buses are available from all parts of the Virudhunagar and Aruppukottai.

Target participants

Physical Education Professionals, Coaches, Players, Trainers, Sports Administrators, Sports Organizers, Officials, Sports NGO's, Students and Research Scholars.