

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

ORGANIZING COMMITTEE

CHIEF PATRON
Dr.M.SUNDAR

VICE CHANCELLOR

PATRON
Dr.I.LILYPUSHPAM

REGISTRAR

FINANCE COMMITTEE
Dr. R. RAMAKRISHNAN

Finance Officer I/C

ORGANIZING SECRETARY

DR.R.VENKATESAN
PROFESSOR AND HEAD

PROGRAMME COORDINATOR
DR.P.K.SENTHIL KUMAR
PROFESSOR

GUEST LECTURERS
MRS. PUNITHA
MISS . DURGA DEVI

About Us



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.

OBJECTIVE OF THE NUTRITION WEEK CELEBRATION:

Nutrition week campaign intent is to increase consumer demand for healthy diets and improve access to Adequate, Age-Appropriate, Nutrient-Dense, Diverse, Safe, And Sustainable Diets.

- A healthy diet with essential nutrients is important for the body.
- Raise awareness about malnutrition
- Malnutrition can lead to increased healthcare costs and prolonged hospital stays.
- NutritionDay is a worldwide project that aims to improve the quality of nutritional care in health care institutions.
- Nutrition day events can teach people why nutrition is important and how to maintain good health through a nutritious diet.

Target populations:

It will be more useful for all the students and staff of this university to get the latest information about a balanced diet to manage all your health problems.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

ORGANIZING

A ONE-WEEK WORKSHOP CUM NATIONAL NUTRITION WEEK CELEBRATION 2024

FROM 2 ND SEPTEMBER TO 9TH SEPTEMBER

WITH THEME OF

“NUTRITIOUS DIETS FOR EVERYONE”



ORGANIZING SECRETARY

DR.R.VENKATESAN
PROFESSOR AND HEAD

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

CHENNAI -600 127

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தமிழ்நாடு உடற்கல்வியியல்
மற்றும் விளையாட்டுப்
பல்கலைக்கழகம்
Melakottaiyur, Chennai - 600127.

INAUGURAL CEREMONY INVITATION

DEPARTMENT OF EXERCISE
PHYSIOLOGY AND NUTRITION

Cordially Invites All For

A ONE-WEEK WORKSHOP CUM
NATIONAL NUTRITION WEEK
CELEBRATION 2024

Seminar on

“ NUTRITIOUS DIET FOR EVERYONE “

CHIEF GUEST

Prof.Dr.M.SUNDAR

VICE CHANCELLOR

has kindly consented to deliver
the Inaugural Address

Date: 3rd Sept 2024

Time: 12.30 pm

Venue: Conference hall -
Academic Block.

ALL ARE CORDIALLY INVITED
FOR THE NUTRITION WEEK
CELEBRATION -2024.



TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY

DEPARTMENT OF EXERCISE
PHYSIOLOGY AND NUTRITION

Organize

A ONE-WEEK WORKSHOP CUM NATIONAL
NUTRITION WEEK CELEBRATION 2024

FROM 2 ND SEPTEMBER TO 9TH SEPTEMBER



SEMINAR

Seminar will be conducted
on 03.09.2024 at EPN class
room around 1.30 pm to 4 pm
eligibility - all dept students

SEMINAR TOPIC: NUTRITIOUS DIETS FOR EVERYONE

FITNESS CHALLENGE

Fitness Challenge (beep test)
competition will be conducted on
04.09.2024 at EPN practical lab
Academic block around 2.30 pm to 4 pm
eligibility - all dept students



DEBATE

Debate will be conducted on
05.09.2024 at EPN class room
around 1.30 pm to 4 pm
eligibility - all dept students

DEBATE TOPIC: 1. TRADITIONAL FOOD FOR HEALTH PERFORMANCE
2. MODERN FOOD FOR HEALTH PERFORMANCE

WALKATHON

Walkathon (m-10km and w-5km) will
be conducted on 06.09.2024 at
synthetic track around 4pm to 6pm
Eligibility - All department Students



Cultural competition will be conducted on 10.09.2024 at 11am to 12pm
Eligibility - All department Students



BADMINTON

Badminton match will be conducted
on 07.09.2024 at indoor stadium
around 1.30 pm to 4 pm
Eligibility - our dept students
only

ORGANIZING SECRETARY

Dr.R.VENKATESAN

PROFESSOR AND HEAD
Department of Exercise Physiology and Nutrition

PHONE: 9444703070