

Application No. : **69** (504)

YMCA COLLEGE OF PHYSICAL EDUCATION
(Autonomous)
(A Project of The National Council of YMCAs of India)
NANDANAM, CHENNAI - 600 036. Reg. No. **616043**

SELECTION TRIALS 2020 - 2021 Test No. : **KCC 805**

SCORE SHEET

M.P.Ed. / B.P.E.S. / D.P.Ed. (B.P.Ed.) / B.M.S / M.Sc. & P.G. Diploma

NAME OF THE CANDIDATE : **J. JENO SINGH**
SEX : **Male**
DATE OF BIRTH & AGE : **19.03.1999 - 21**
RELIGION & COMMUNITY : **Christian, Nadar BC**
SPECIALISATION GAME / SPORT : **Basket ball**

Dr. J. SHRIDHARAN, M.B.B.S.
REG. NO. 7085
SENIOR CIVIL ASSISTANT SURGEON
TUTOR IN FORENSIC MEDICINE
THIRUMELVAI MEDICAL COLLEGE
THIRUVELLI - 627 011.

(A) Qualifying Examination	TOTAL	16.57	SIGNATURE OF STAFF	MAX 26 MARKS
(B) Games & Sports later participation	TOTAL	10	SIGNATURE OF STAFF	MAX 26 MARKS
(C) Games Skill Test	TOTAL	44	SIGNATURE OF STAFF	MAX 50 MARKS
(D) Written Test and Personal Interview	TOTAL		SIGNATURE OF STAFF	MAX 50 MARKS
(E) Track and Field Fitness Test Score	TOTAL	19	SIGNATURE OF STAFF	MAX 50 MARKS
(1) 100 M	15.28 sec	05		
(2) LONG JUMP	4.68 m.	04		
(3) SHOTPUT	6.20 m.	07		
Grand Total (A + B + C + D + E)	TOTAL	89.57	SIGNATURE OF STAFF	

Selected / Not Selected / Wait listed

Chief Co-ordinator _____ Co-ordinator _____ Principal _____

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI - 35

MPED ADMISSION 2021-2022
WRITTEN TEST - 12th AUGUST 2021

TEST NO: **STC 85**

ANSWER SHEET

Answer:

1-[B] ✓ 6-[B] ✓ 11-[D] ✓ 16-[D] ✓ 21-[C] ✓ 26-[A] ✓ 31-[D] ✓
2-[A] ✓ 7-[B] ✓ 12-[A] ✓ 17-[B] ✓ 22-[B] ✓ 27-[D] ✓ 32-[C] ✓
3-[A] ✓ 8-[B] ✓ 13-[D] ✓ 18-[A] ✓ 23-[A] ✓ 28-[C] ✓ 33-[D] ✓
4-[C] ✓ 9-[D] ✓ 14-[A] ✓ 19-[C] ✓ 24-[C] ✓ 29-[D] ✓ 34-[A] ✓
5-[A] ✓ 10-[C] ✓ 15-[B] ✓ 20-[D] ✓ 25-[B] ✓ 30-[B] ✓ 35-[B] ✓

TOTAL **25**

Name and Signature of Evaluator
Name: _____
Signature: _____

Name & Signature of Investigator
Name: _____
Signature: _____

Name & Signature of Candidate
Name: **P. Vanitha**
Signature: _____

QUESTION SHEET

1. Abduction is inside movement towards the midline of the body
A) Abduction B) Adduction C) Flexion D) Rotation
2. Which of the following is not a classification of Transfer of Training?
A) Positive Transfer B) Negative Transfer C) Zero Transfer D) Multiple Transfer
3. Carbohydrates are the main sources of energy in all activities
A) Carbohydrates B) Proteins C) Fats D) Vitamins
4. The ability to overcome a resistance with a fast contraction is called Explosive strength
A) Speed Endurance B) Strength Endurance C) Explosive Strength D) Maximum Strength
5. A First class lever has the fulcrum located between the force and resistance
A) First B) Second C) Third D) Fourth
6. Competition within the walls of an Institution is called Intramurals
A) Extramural B) Intramurals C) Inter-Collegiate D) Invitational Tournament
7. When the total number of Byes are 11, the number of byes in the upper half would be 5
A) 6 B) 5 C) 4 D) 7
8. Teaching people to utilize their free time in a constructive manner is an aim of Recreation
A) Camping B) Recreation C) Education D) Activities
9. John Gutsman is considered as the Grand Father of German Gymnastic
A) Rousseau B) Friedrich Ludwig Jahn C) Johann Friedrich Gutsman D) John Gutsman
10. 'O' Blood Group person is called Universal Donor
A) Universal Recipient B) Universal antibody C) Universal Donor D) Universal Group
11. Dynamometer is an instrument used to measure Strength
A) Endurance B) Flexibility C) Agility D) Strength
12. The International Olympic Committee was formed in the year 1894
A) 1894 B) 1883 C) 1902 D) 1910
13. Astanga Yoga has got 8 limbs
A) 5 B) 9 C) 7 D) 8
14. Perception is a branch of Physiology
A) Physiology B) Kinesiology C) Psychology D) Sociology
15. The Arjuna Award was instituted in the year 1961
A) 1951 B) 1961 C) 1971 D) 1981
16. Formula to find out the total number of matches in league tournament is: $\frac{n(n-1)}{2}$
A) $\frac{n(n+1)}{2}$ B) $\frac{n(n-1)}{2}$ C) $\frac{n(n+1)}{2}$ D) $\frac{n(n-1)}{2}$
17. Biceps muscle has 2 Origin
A) 1 B) 2 C) 3 D) 4

YMCA COLLEGE OF PHYSICAL EDUCATION, CHENNAI - 35
M.P.Ed. ADMISSION - JUNE 2017
Written Test - 19/06/2017

NAME OF THE CANDIDATE..... TEST NO.....

TOTAL MARKS = 50

I. Answer all the Questions 15X1=15

1. _____ is inside movement towards the midline of the body
A) Abduction B) Adduction C) Flexion D) Rotation
2. Which of the following is not a classification of Transfer of Training?
A) Positive Transfer B) Negative Transfer C) Zero Transfer D) Multiple Transfer
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A) Carbohydrates B) Proteins C) Fats D) Vitamins
4. The ability to overcome a resistance with a fast contraction is called _____
A) Speed Endurance B) Strength Endurance C) Explosive Strength D) Maximum Strength
5. A _____ class lever has the fulcrum located between the force and resistance
A) First B) Second C) Third D) Fourth
6. Competition within the walls of an Institution is called _____
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9. _____ is considered as the Grand Father of German Gymnastic
A) Rousseau B) Friedrich Ludwig Jahn C) Johann Friedrich Gutsman D) John Gutsman
10. 'O' Blood Group person is called _____
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11. Dynamometer is an instrument used to measure _____
A) Endurance B) Flexibility C) Agility D) Strength

12. The International Olympic Committee was formed in the year-----
A) 1894 B) 1885 C) 1902 D) 1910
13. Astanga Yoga has got ----- limbs
A) 5 B) 9 C) 7 D) 8
14. Perception is a branch of -----
A) Physiology B) Kinesiology C) Psychology D) Sociology
15. The Arjuna Award was instituted in the year-----
A) 1951 B) 1961 C) 1971 D) 1981

II. Answer all the Questions 2X10=10

16. A) What is lesson plan? Explain the parts of General Lesson plan.
(OR)
B) Explain Physical Fitness Component.
17. A) Prepare a program schedule for 5 days Leadership Training Camp.
(OR)
C) Explain any five fundamental techniques in your game of specialization.

**YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM,
CHENNAI – 35**

**MPED ADMISSION 2022-2023
WRITTEN TEST -11th JULY 2022**

TEST NO:

ANSWER SHEET

Answer:

- 1-[] 6-[] 11-[] 16-[] 21-[] 26-[] 31-[]
2-[] 7-[] 12-[] 17-[] 22-[] 27-[] 32-[]
3-[] 8-[] 13-[] 18-[] 23-[] 28-[] 33-[]
4-[] 9-[] 14-[] 19-[] 24-[] 29-[] 34-[]
5-[] 10-[] 15-[] 20-[] 25-[] 30-[] 35-[]

TOTAL

Name and Signature of Evaluator

Note:

1. Choose the correct answer from the options and fill in the answer sheet for the questions 1-15.
2. Total 35 Marks. Duration 60 minutes.
3. Write the answer by using blue/black ball point pen. Avoid over writing/striking, etc.
4. Write the answers in ANSWER SHEET - Page 1.

Name & Signature of Invigilator

Name & Signature of Candidate

1

QUESTION SHEET

1. Amount of blood pumped out from the heart in maximal contraction is-----
A) Stroke Volume B) Cardiac Output C) Tidal Volume D) Anaerobic Threshold
2. Which is not fat soluble vitamin?
A) B B) A C) D D) E & K
3. Criteria for a standard test involves :
A) Reliability B) Complexity C) Necessity D) Intensity
4. Sociological foundation of physical education discusses :-----
A) Cooperation B) Body type C) Physical fitness D) Motor fitness
5. Which is not in the first day order of Decathlon.
A) Discus B) High Jump C) 100M D) Shot put
6. Competition outside the walls of an Institution is called-----
A) Intramural B) Extramural C) League D) Knock out cum league
7. Total number of teams 29. Total number of byes in single knock out tournament is
A) 0 B) 3 C) 13 D) 1
8. A range of behaviors that can result in both physical and psychological harm to oneself, others,-----
A) Stress B) Aggression C) Anxiety D) Activities
9. ----- is a feeling of fear, dread, and uneasiness
A) Aggression B) Anxiety C) Stress D) Motivation
10. Systematic and consistent practice of mental or psychological skills for the purpose of enhancing sport performance is-----
A) Sports psychology B) Psychological skill training C) Fartlek training D) Fitness, wellbeing
11. Total medals won by India in 2020 Tokyo Olympics
A) 5 B) 6 C) 7 D) 4
12. 2024 Olympics will be held at-----
A) Los angels B) Brisbane C) Paris D) Delhi
13. Concentration in yogasana is known as,
A) Dhyana B) Pratyahara C) Dharana D) Samadhi
14. The highest sports award / honour in India is-----
A) Arjuna award B) Dhyan chand award C) Rajiv Gandhi Khel ratna D) Rashtriya Khel Pratsahan Puruskar
15. Formula to find out the total number of matches in knock-out tournament is:
(A) $\frac{n(n+1)}{2}$ (B) $(n+1)$ (C) $(n-1)$ (D) $\frac{n(n-1)}{2}$

2

16. Biological motives are called as
A) Extrinsic motives B) Secondary motives C) Artificial motives D) Primary motives
17. Surplus energy theory of play was originated by a German poet _____.
A) Karl Groos B) Stanley Hall C) Lazarus D) Schiller
18. What is the formula to find out the total number of matches in a double league?
A) $\frac{n(n+1)}{2}$ B) $[n(n+1)]$ C) $\frac{n(n-1)}{2}$ D) $[n(n-1)]$
19. Which is not a measure of central tendency?
A) Median B) Mode C) Mean D) Range
20. Isokinetic method was introduced by
A) Morgan.A B) L. Pearson C) Frank.M D) J. J. Perrine
21. The term 'Jeopardy' is associated with the game-----
A) Softball B) KhoKho C) Kabaddi D) Handball
22. The school of Gymnastics was called as _____, where the boys were taught running, jumping and throwing in Athens.
A) Palaestra B) DidasCaleum C) Appella D) Pyrrhic
23. The outer membrane covering the bone is _____.
A) Periosteum B) Canaliculi C) Medullary D) Haversion
24. The exchange of gases between body tissues and the external environment is defined as
A) Respiration B) Circulation C) Autonomic Nervous system D) Lymphatic System
25. The air flows into lungs is an active process of
A) Inspiration B) Expiration C) Exertion D) Retraction
26. Identify the odd one in relation to the parts of small intestine
A) Duodenum B) Edenum C) Ileum D) Jejunum
27. Heart is surrounded by an outer covering called
A) Myocardium B) Pericardium C) Endocardium D) Atrium
28. Each kidney weighs about _____grams
A) 100 B) 150 C) 180 D) 200
29. The product of mass and velocity is called
A) Distance B) Momentum C) Displacement D) Speed
30. Elbow extension is a typical example for
A) Second class lever B) First class lever C) Third class lever D) Fourth class lever
31. Which is called sunshine Vitamin?
A) Vitamin A B) Vitamin E C) Vitamin D D) Vitamin k

3

32. Rounder upper back condition is known as
A) Round shoulder B) Lordosis C) Kyphosis D) Scoliosis
33. Tuberculosis is mainly an _____ infection
A) Water-borne B) Insect-borne C) Air-borne D) Contact transmission
34. The word yoga derived from the Sanskrit word 'Yuj' which means
A) To feel B) To appear C) To join D) To live
35. Pushing against any object without overcoming resistance is an example of
A) Isokinetic exercises B) Isotonic exercises C) Isometric exercises D) Isolated exercises

4

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM,
CHENNAI – 35

MPED ADMISSION 2021-2022
WRITTEN TEST -12th AUGUST 2021

TEST NO:

ANSWER SHEET

Answer:

- 1-[] 6-[] 11-[] 16-[] 21-[] 26-[] 31-[]
2-[] 7-[] 12-[] 17-[] 22-[] 27-[] 32-[]
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TOTAL

Name and Signature of Evaluator

Note:

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- Total 35 Marks. Duration 60 minutes.
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- Biceps muscle has ----- Origin
(A) 1 (B) 2 (C) 3 (D) 4

2

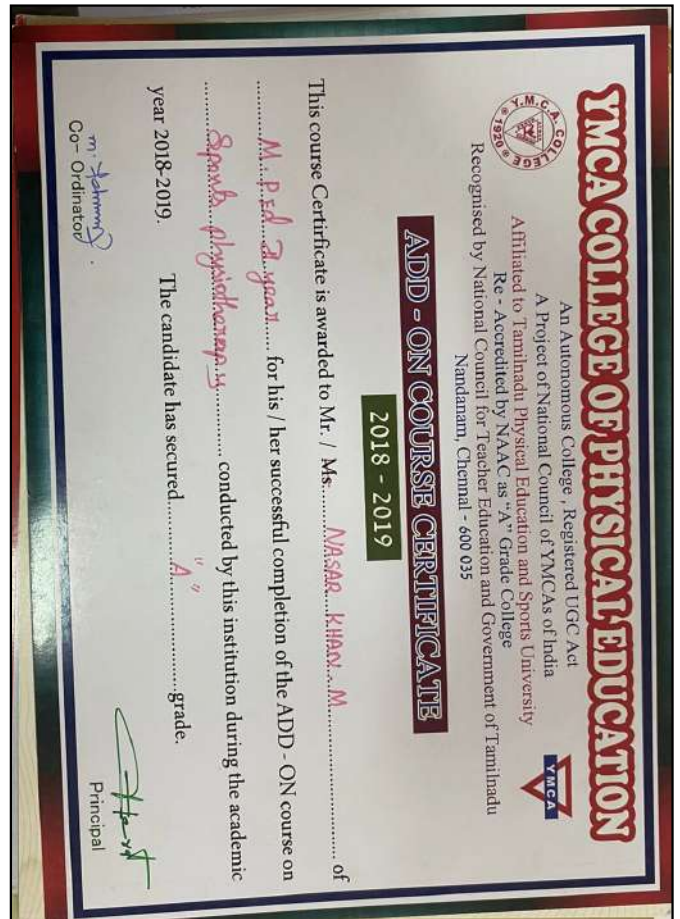
- Olympic motto "Altius" stands for
(A) Higher (B) Faster (C) Stronger (D) Deeper
- Lateral curvature of spine is
(A) Lordosis (B) kyphosis (C) Scoliosis (D) Flat Back
- The volume of air expelled after a deepest inhalation is known as
(A) Vital Capacity (B) Residual value (C) Tidal volume (D) Inspiratory reserve volume
- The School of gymnastics in Athens was called as
(A) Sparta (B) Odyssey (C) Palestra (D) Martius
- Summer Olympics 2028 will be hosted by
(A) London (B) Los Angeles (C) Atlanta (D) Rio-de-Janero
- Expansion of "EVS"
(A) Environmental Studies (B) Environmental Science
(C) Environmental society (D) Environmental social science
- Which one of the following is a communicable disease?
(A) Alzheimer (B) Diabetes (C) Tuberculosis (D) Asthma
- Plyometric training related to
(A) Running (B) Jumping (C) Agility (D) Endurance
- The amount of blood pumped out from left ventricle in one maximal contraction is
(A) Stroke volume (B) Cardiac output (C) Cardio vascular endurance (D) Minute Ventilation
- Saddle joint in human is located in
(A) Shoulder (B) Wrist (C) Elbow (D) Thumb
- "Pushing against the wall" is an example for
(A) Isotonic (B) Isokinetic (C) Isometric (D) Eccentric
- Which food group has more percentage in the food pyramid?
(A) Fats & oils (B) Bread & Cereals (C) Milk & yogurt (D) Vegetable & fruits
- "Insightful learning" theory of learning was introduced by
(A) Thorndike (B) Pavlov (C) Kohler (D) Sigmund Freud
- ICT stands for
A) Internal communication technology B) Information communication technology
C) Informal communication technology D) Internet communication technology
- Electronic Data Processing machine is,
A) Printer B) Plotter C) Computer D) Smartphone
- What percentage is 15 out of 50?
A) 25 B) 15 C) 33.33 D) 30
- Men Javelin throw gold medal winner in Tokyo Olympics
A) Neeraj Chopra B) Thompson Herah C) Ma Long D) Jan Zelzeny
- Totally how many medals India won in Tokyo Olympics
A) 1 B) 7 C) 5 D) 8

3

Answer Key: 2021-2022 (MPED Written test)

1-B	6-B	11-D	16-D	21-C	26-A	31-B
2-D	7-C	12-A	17-B	22-B	27-D	32-C
3-A	8-B	13-D	18-A	23-B	28-C	33-D
4-C	9-B	14-C	19-C	24-C	29-B	34-A
5-A	10-C	15-B	20-A	25-B	30-C	35-B

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(A) Infrared communication technology (B) Informational communication technology (C) Infrared communication technology (D) Internet communication technology
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35. Totally how many medals India won in Tokyo Olympics
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YMCA COLLEGE OF PHYSICAL EDUCATION

COACHING LESSON PLAN BASKETBALL

NAME : R. DIVYA BHARATHI
 ROLL NO : 202101004
 CLASS : I. M. P. Ed
 DURATION : 45 Minutes

TECHNIQUE : REBOUND

YMCA COLLEGE OF PHYSICAL EDUCATION

COACHING LESSON BASKETBALL

NAME : R. DIVYA BHARATHI
 ROLL NO : 202101004
 CLASS : I. M. P. Ed
 DURATION : 45 Minutes

TECHNIQUE : DRIBBLE

YMCA COLLEGE OF PHYSICAL EDUCATION

A PROJECT OF THE NATIONAL COUNCIL OF YMCA OF INDIA
 A Christian literary institution
 Autonomous College, Affiliated to TNPESU
 Recreated with X Grade by NMAC

OPTIONAL COURSE Certificate

This Course Certificate is awarded to
 Mr./Ms. M. N. RAJA KHALIL
 of M. P. Ed for his/her successful completion of the
 Optional course on ORIENTATION AND MOBILITY conducted by
 this institution during the academic year 2017-2018. The candidate has secured
20 grade & attended 20 hours of class.

Course Co-ordinator S. K. R.
 Principal H. S. R.

TASK	TASK	METHOD	ORGANISATION
INTRODUCTION PART Exchange of greeting observation by teacher. To prepare body for upcoming task of <u>REBOUND</u> . To specify learning objectives. To specify learning objectives. To specify learning objectives. MAIN PART REBOUND To learn the skill via by... To learn the techniques... To know the techniques... CONCLUSION PART Exchange of greeting... To specify learning objectives... To specify learning objectives...	ASSEMBLY AND BALL Assembly and ball... To prepare body for... To specify learning objectives... EXPLANATION OF THE SKILL To explain the skill... To explain the skill... DEMONSTRATION OF THE SKILL To demonstrate the skill... To demonstrate the skill... REBOUND To learn the skill via by... To learn the techniques... To know the techniques... CONCLUSION PART Exchange of greeting... To specify learning objectives... To specify learning objectives...	ROLE METHODS Demonstration, observation, explanation, practice, feedback, self-reflection, peer-reflection, teacher-reflection.	1. Warm up 2. Ball handling 3. Rebound drill 4. Game 5. Cool down

TASK	TASK	METHOD	ORGANISATION
<p>INTERCOURSE PART</p> <p>To know the skill only by one.</p> <p>To know the technique systematically.</p> <p>To provide the correct ball without errors.</p>	<p>Accuracy and Ball roll: students are asked to kick the ball for 10 seconds and then stand for 10 seconds. This is repeated 5 times.</p> <p>Control: students are asked to kick the ball with their right foot for 10 seconds and then with their left foot for 10 seconds. This is repeated 5 times.</p> <p>Direction: students are asked to kick the ball in different directions for 10 seconds. This is repeated 5 times.</p>	<p>IDEAL METHOD.</p> <p>CONTINUOUS EXERCISE METHOD.</p> <p>CONTINUOUS METHOD.</p>	<p>♀ ♀ ♀ ♀ ♀</p> <p>♂ ♂ ♂ ♂ ♂</p> <p>DRIBBLE</p>
<p>MINI PART</p> <p>INTERCOURSE PART</p> <p>DRIBBLE PART</p> <p>To know the skill only by one.</p> <p>To know the technique systematically.</p> <p>To provide the correct ball without errors.</p>	<p>Importance of the skill: To help in control the ball and to prevent the opponent from taking the ball.</p> <p>Importance of the skill: To help in control the ball and to prevent the opponent from taking the ball.</p> <p>Importance of the skill: To help in control the ball and to prevent the opponent from taking the ball.</p>	<p>DEMONSTRATION METHOD.</p> <p>PERFORMANCE METHOD.</p>	<p>DRIBBLE</p>
<p>DRIBBLE PART</p> <p>To know the skill only by one.</p> <p>To know the technique systematically.</p> <p>To provide the correct ball without errors.</p>	<p>Importance of the skill: To help in control the ball and to prevent the opponent from taking the ball.</p> <p>Importance of the skill: To help in control the ball and to prevent the opponent from taking the ball.</p> <p>Importance of the skill: To help in control the ball and to prevent the opponent from taking the ball.</p>	<p>DEMONSTRATION METHOD.</p> <p>PERFORMANCE METHOD.</p>	<p>DRIBBLE</p>
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INTER-SCHOOL AEROBIC-DANCE COMPETITION



TRAINING SESSIONS



INTRAMURAL COMPETITIONS



MARCHING AND COLLEGE BAND



RESEARCH/ WORKSHOPS



INTERCOLLEGIATE COMPETITIONS.





CLASSROOM TEACHING



CULTURALS AND CELEBRATIONS



ANNUAL LEADERSHIP CAMP



भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA
 नेताजी सुभाष, राष्ट्रीय क्रीडा संस्थान, पटियाला
 Netaji Subhas National Institute of Sports, Patiala

खेल प्रशिक्षण में डिप्लोमा
 सत्र: 2021-2022
 No. 634

बी/ श्रीमती/ कुमारी वी. मधुकुप्था
 सुपुत्र/ सुपुत्री श्री एन. वीरैयन

स्थान/ संगठन तमिलनाडु को भारतीय खेल प्राधिकरण, नेताजी सुभाष, राष्ट्रीय क्रीडा संस्थान, पटियाला से भारतीयोलन में नवंबर 2021 से नवंबर 2022 तक आयोजित खेल प्रशिक्षण में पाठ्यक्रम को सफलतापूर्वक पूरा करने पर खेल प्रशिक्षण में डिप्लोमा प्रदान किया जाता है।

प्रस्तांक 1472 72 / 2300 श्रेणी द्वितीय प्रतिशत 64.03

वरिष्ठ कार्यकारी निदेशक (शैक्षणिक) महानिदेशक

DIPLOMA IN SPORTS COACHING
 SESSION: 2021-2022

Shri/Smt./km. V.MADHUKUPTHA
 S/a/D/o Sh. N.VEERAIYAN

Place/Organization TAMILNADU has been awarded
 Diploma in Sports Coaching in WEIGHTLIFTING held
 from NOVEMBER 2021 to NOVEMBER 2022 at Sports Authority of India,
 Netaji Subhas, National Institute of Sports, Patiala on successful
 Completion of the Course.

Marks Obtained: 1472.72/2300 Division: SECOND Percentage: 64.03

Sr. Executive Director (Academics) Director General

Name of the Course: DIPLOMA IN SPORTS COACHING
 Name: V.MADHUKUPTHA Game/Sport: WEIGHTLIFTING
 Roll No.: 633-WI-2K21 Session: 2021-2022

Marks Sheet

1st Semester

S.No.	Subject Description	Total Credits	Internal		External		Total Marks Allotted	Marks Obtained
			Allotted	Obtained	Allotted	Obtained		
1	Coaching Dynamics	02	40	34.00	60	43.00	100	77.00
2	Sports and Exercise Physiology	02	30	27.00	70	52.00	100	79.00
3	Kinesiology & Biomechanics	02	30	17.50	70	49.00	100	66.50
4	Strength & Conditioning	03	45	30.00	105	40.00	150	78.00
5	Sports Medicine	02	30	7.00	70	45.00	100	52.00
6	Digital Learning	01	15	14.00	35	25.50	50	39.50
7	Sport Main Content - Theory - I	04	60	35.50	140	73.50	200	109.00
8	Sport Main Content - Practical - I	08	120	74.72	280	165.00	400	239.72
Total		24	370	239.72	830	493.00	1200	732.72

2nd Semester

S.No.	Subject Description	Total Credits	Internal		External		Total Marks Allotted	Marks Obtained
			Allotted	Obtained	Allotted	Obtained		
1	Professional Development	02	30	28.00	70	57.00	100	85.00
2	Sports Nutrition & Biochemistry	02	30	28.00	70	36.50	100	64.50
3	Sports Psychology	02	30	28.50	70	55.00	100	83.50
4	Anthropometry	01	15	7.00	35	24.00	50	31.00
5	Sport Main Content - Theory - II	04	60	36.50	140	90.00	200	126.50
6	Sport Main Content - Practical - II	08	120	76.00	280	173.50	400	209.50
7	Internship (2) & Project (1)	03	-	-	-	-	150	100.00
Total		22	285	204.00	665	436.00	1100	740.00

Marks Obtained: 1472.72/2300 Grace Marks: Percentage: 64.83 Grade: B

Verified Verified Director (Academics)

भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA
नेताजी सुभाष, राष्ट्रीय क्रीडा संस्थान, पटियाला
Netaji Subhas National Institute of Sports, Patiala

खेल प्रशिक्षण में डिप्लोमा No. 19
सत्र: 2021-2022

श्री/श्रीमती/कुमारी _____ अवेरेश पी एम
सुपुत्र/सुपुत्री श्री _____ पी. मुरुगन
स्थान/संगठन तमिलनाडु को भारतीय खेल प्राधिकरण, नेताजी सुभाष, राष्ट्रीय क्रीडा संस्थान, पटियाला से _____ तिरुवाजी में नवंबर 2021 से नवंबर 2022 तक आयोजित खेल प्रशिक्षण में पाठ्यक्रम को सफलतापूर्वक पूरा करने पर खेल प्रशिक्षण में डिप्लोमा प्रदान किया जाता है।

प्राप्तांक 1679.01/2300 श्रेणी प्रथम प्रतिशत 73

वरिष्ठ कार्यकारी निदेशक (शैक्षणिक) _____ महानिदेशक

DIPLOMA IN SPORTS COACHING
SESSION: 2021-2022

Shri/Smt/Km. _____ ABEHARISH P M
S/o/D/o Sh. _____ P.MURUGAN
Place/Organization _____ TAMIL NADU has been awarded
Diploma in Sports Coaching in _____ ARCHERY held
from NOVEMBER 2021 to NOVEMBER 2022 at Sports Authority of India,
Netaji Subhas, National Institute of Sports, Patiala on successful
Completion of the Course.

Marks Obtained: 1679.01/2300 Division: FIRST Percentage: 73

Sr. Executive Director (Academics) _____ Director General _____

Name of the Course _____ DIPLOMA IN SPORTS COACHING
Name: _____ VETRIVELAN S Game/Sport _____ JUDO
Roll No. _____ 451-JD-2K21 Session _____ 2021-2022

Marks Sheet

1st Semester

S.No.	Subject Description	Total Credits	Internal		External		Total Marks Allotted	Marks Obtained
			Allotted	Obtained	Allotted	Obtained		
1	Coaching Dynamics	02	40	37.00	60	37.00	100	74.00
2	Sports and Exercise Physiology	02	30	27.00	70	51.00	100	76.00
3	Kinesiology & Biomechanics	02	30	17.00	70	44.00	100	61.00
4	Strength & Conditioning	03	45	42.00	105	50.50	150	92.50
5	Sports Medicine	02	30	22.00	70	41.00	100	63.00
6	Digital Learning	01	15	13.00	35	25.00	50	42.00
7	Sport Main Content - Theory - I	04	60	40.00	140	100.00	200	140.00
8	Sport Main Content - Practical - I	08	120	87.00	280	188.00	400	275.00
Total		24	370	285.00	830	548.50	1200	825.00

2nd Semester

S.No.	Subject Description	Total Credits	Internal		External		Total Marks Allotted	Marks Obtained
			Allotted	Obtained	Allotted	Obtained		
1	Professional Development	02	30	22.00	70	42.50	100	64.50
2	Sports Nutrition & Biochemistry	02	30	27.00	70	42.50	100	69.50
3	Sports Psychology	02	30	30.00	70	54.00	100	84.00
4	Anthropometry	01	15	10.00	35	24.50	50	34.50
5	Sport Main Content - Theory - II	04	60	43.00	140	96.00	200	139.00
6	Sport Main Content - Practical - II	08	120	81.00	280	200.00	400	281.00
7	Internship (2) & Project (1)	03	-	-	-	-	150	110.00
Total		22	285	213.00	665	458.50	1100	782.50

Marks Obtained: 1608/2300 Grace Marks: 2 Percentage: 70 Grade: A

Verified _____ Verified _____ Director (Academics) _____

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भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA
नेताजी सुभाष, राष्ट्रीय क्रीडा संस्थान, पटियाला
Netaji Subhas National Institute of Sports, Patiala

खेल प्रशिक्षण में डिप्लोमा No. 451
सत्र: 2021-2022

श्री/श्रीमती/कुमारी _____ वेत्रिवेलन एस
सुपुत्र/सुपुत्री श्री _____ सारववनन
स्थान/संगठन तमिलनाडु को भारतीय खेल प्राधिकरण, नेताजी सुभाष, राष्ट्रीय क्रीडा संस्थान, पटियाला से _____ जुडो में नवंबर 2021 से नवंबर 2022 तक आयोजित खेल प्रशिक्षण में पाठ्यक्रम को सफलतापूर्वक पूरा करने पर खेल प्रशिक्षण में डिप्लोमा प्रदान किया जाता है।

प्राप्तांक 1610/2300 श्रेणी प्रथम प्रतिशत 70

वरिष्ठ कार्यकारी निदेशक (शैक्षणिक) _____ महानिदेशक

DIPLOMA IN SPORTS COACHING
SESSION: 2021-2022

Shri/Smt/Km. _____ VETRIVELAN S
S/o/D/o Sh. _____ SARAVANAN
Place/Organization _____ TAMIL NADU has been awarded
Diploma in Sports Coaching in _____ JUDO held
from NOVEMBER 2021 to NOVEMBER 2022 at Sports Authority of India,
Netaji Subhas, National Institute of Sports, Patiala on successful
Completion of the Course.

Marks Obtained: 1610/2300 Division: FIRST Percentage: 70

Sr. Executive Director (Academics) _____ Director General _____

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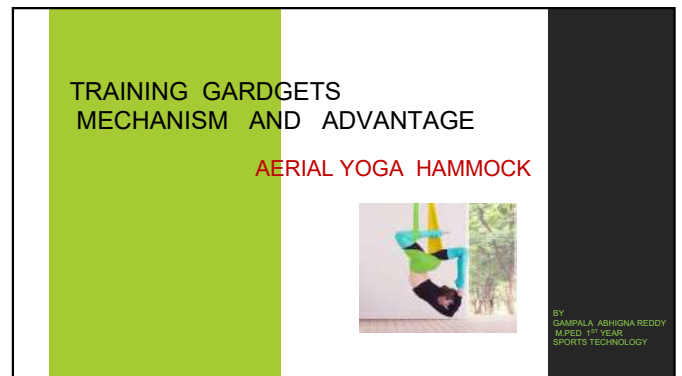
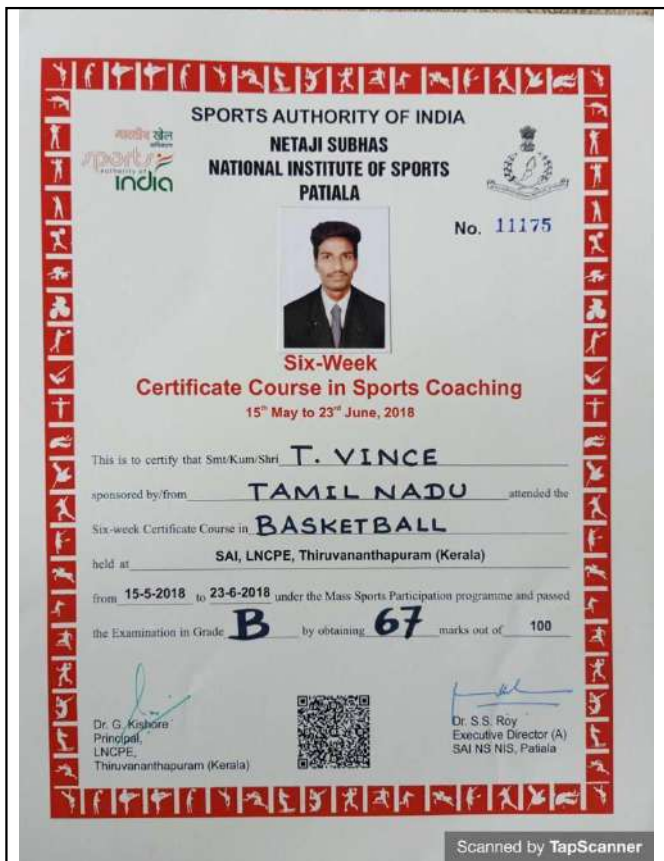
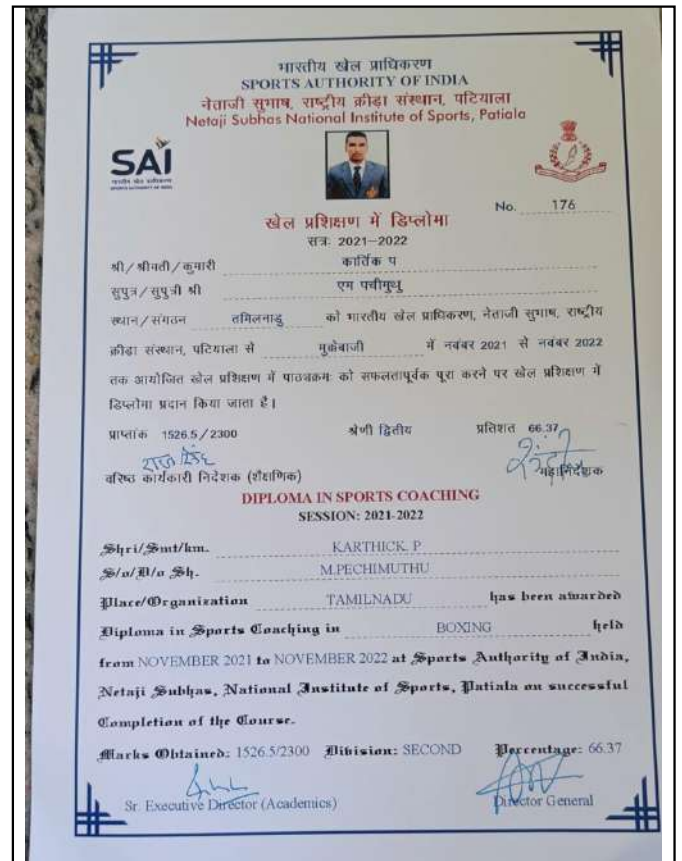
SAI G20
SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS PATIALA

S.N.O. 2749

Six-Week Certificate Course in Sports Coaching
Session May-June, 2023

This is to certify that Smt/Kum/Shri: _____ M. ASHOK _____ sponsored by/from _____ TAMIL NADU _____ attended the Six-week Certificate Course in _____ HOLKERY _____ held at SAI Southern Centre Bengaluru (Karnataka) in the month of MAY-JUNE, 2023 under the Mass Sports Participation Programme and passed the Examination in Grade 'B' by obtaining 193 marks out of 300.

Executive Director _____ SAI NSSC Bengaluru _____
Sr. Executive Director _____ SAI NSI Patiala _____



Introduction



Aerial yoga : It is a [hybrid type of yoga](#) developed by Michelle Dornignac in 2006 combining traditional [yoga poses](#), [pilates](#), and dance with the use of a [hammock](#).

HAMMOCK : Aerial yoga requires a special kind of [hammock](#), a prop designed to support up to 300 kilograms on average. The rig typically consists of support chains, a webbing strap, a silk hammock and [carabiners](#). Two support chains hang from the ceiling to less than one meter above ground level, and the hammock is connected at the height set by the user.

2

Quality Material



Made of high quality polyamide fibre, durable and strong, safe for you to do yoga training.

It has low stretch design in vertical direction, helpful for pose training.



THE HAMMOCK FABRIC GIVES ENOUGH CONTACT AREA SO THAT IT FEELS COMFORTABLE FOR THE BODY AND SKIN.

3

BEST AERIAL HAMMOCK MATERIAL

Low Stretch, or Non-Stretch **fabric** is by far the most commonly used for **Yoga Hammocks**. It's **recommended** for both beginners and professionals, because it is easy to climb.



4

COMFORT

The hammock fabric gives enough contact area so that it feels comfortable for the body and skin. The double point of this Aerial Yoga Swing is great for relaxation, stretching, stress reduction, and back pain..



5

STRESS RELIEF

Doing yoga with this can condition physiological balance, eliminate of inner calm tensions and get spiritual cultivation. Aerial Yoga is magic and has the power to release every mental and body related tension.



6

PERFECT FOR FLEXIBILITY AND BALANCE

Whether using it for inversion therapy for spinal decompression or upper body strength building such as using it as a dip stand, the versatile yoga inversion sling is sure to invigorate your health. Doing yoga with this can condition physiological balance, eliminate of inner calm tensions and get spiritual cultivation.



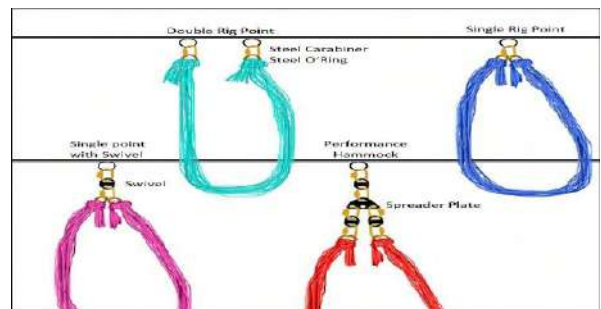
7

DOING AT HOME OR GYM ?

Yoga hammock, applicable for professional and beginners. Everything you need to setup and do flying yoga at home!



8



9

AERIAL YOGA POSES USING HAMMOCK



10



THANK YOU

YMCA COLLEGE OF PHYSICAL EDUCATION

NANDANAM, CHENNAI – 600 035

(A Project of the National Council of YMCAs of India)



INTRAMURAL & ANNUAL SPORTS MEET 2021-2022

DATE: 20th MAY 2022

MEET MANUAL

1

OPENING CERMONY

- ❖ ASSEMBLE OF HOUSES
- ❖ WELCOMING / ARRIVAL OF CHIEF GUEST
- ❖ PRAYER SONG / TAMIL THAI VAZLUTHU
- ❖ WELCOME ADDRESS
- ❖ FLAG HOISTING
- ❖ MARCH PAST
- ❖ HONORING THE GUEST
- ❖ CHIEF GUEST INTRODUCTION
- ❖ CHIEF GUEST ADDRESS
- ❖ PRESIDENTIAL ADDRESS
- ❖ DECLARING ANNUAL SPORTS MEET OPEN
- ❖ LIGHTING THE OLYMPIC TORCH
- ❖ ATHLETE OATH
- ❖ OFFICIAL OATH
- ❖ CULTURAL DEMONSTRATION
- ❖ COMMENCEMENT OF EVENTS

2

CLOSING CERMONY

- ASSEMBLE OF HOUSES
- ARRIVAL OF CHIEF GUEST
- PRAYER SONG & TAMIL THAI VAZLTHU
- LOWERING THE FLAG
- WELCOME ADDRESS
- HONORING THE GUEST
- MEET REPORT
- CHIEF GUEST INTRODUCTION
- CHIEF GUEST ADDRESS
- PRESIDENTIAL ADDRESS
- CULTURAL DEMONSTRATION
- PRIZE DISTRIBUTION
- DECLARING ANNUAL SPORTS MEET CLOSE
- VOTE OF THANKS
- NATIONAL ANTHEM

3

ATHLETES OATH

“In the name of all competitors, I promise that we shall take part in the INTRAMURAL ANNUAL SPORTS MEET for the year 2021 – 2022, respecting and abiding by the rules which govern them, committing ourselves to a game without use of doping and drugs, in the true spirit of sportsmanship, for the glory of games and Honor of our team”.

OFFICIAL OATH

“In the name of all judges and officials, I promise that we shall officiate in INTRAMURAL ANNUAL SPORTS MEET for the year 2021 – 2022, with complete impartiality, respecting and abiding by the true spirit of sportsmanship”.

4

INTRAMURAL COMMITTEE MEMBERS

Director for Men: Mr. PRAVEEN DOSS

Secretary for Men: Mr. M. A. SATHISH KUMAR

Joint secretary for Men: Mr. S. Daisan

HOUSE	CAPTAINS	VICE CAPTAINS
BHAKTHI	Mr.J.JEBIN KUMAR	Mr. G.GOWTHAMAN
JOTHI	Mr. LEKETOULIE LIEZIETSU	Mr. VETRI RAJ
KEERTHI	MR.THISON DHAS C	Mr. S.TONY DEVA AMIRTHAM
MOORTHY	Mr. MANASH BARHOI	Mr.KISHORE
PREETHI	Mr.STEVE AUSTIN	Mr.M.RAMESH
SAKTHI	Mr.ANOOP J KALOOR	Mr. NIJAY JOSHEP PARAKAL
SHANTHI	Mr. N.BRITTO KAANI AJITHAN	Mr.K.A. AKASH
SPOORTHI	Mr. M.SATHYAVANAN	Mr. STEVE RAYMAN C

Director for Women: Dr. J. KOMALA

Secretary for Women: Ms. S. PRIYADHARSHINI

Joint secretary for Women: Ms. G.MOHANA

HOUSE	CAPTAINS	VICE CAPTAINS
PADMINI	K.S.PADHMA PRIYAA	J.JENO RAJI
RANJINI	K.BHARATHI	G.HILDA
SAROJINI	M.BHAVITHRA	R.SWATHI
SHALINI	M.VIGNESHWARI	S.YAMUNA RANI

5

JURY OF APPEAL

Dr. GEORGE ABRAHAM
Principal & Secretary
YMCA College of Physical Education

Dr. Mrs. K. JOTHI DAYANANDAN
Associate Professor
YMCA College of Physical Education

Dr. S. JACKSON SUDERSHING
Assistant Professor
YMCA College of Physical Education

Dr. J. GLORY DARLING MARGARET
Assistant Professor
YMCA College of Physical Education

Dr. S. GLADY KIRUBAKARAN
Assistant Professor
YMCA College of Physical Education

6

MANAGEMENT OFFICIALS

COMPETITION DIRECTORS

Mr. B. PRAVEEN DOSS
Dr. J. KOMALA

TECHNICAL DELEGATE

Dr. K. KARTHIKEYAN

TECHNICAL MANAGER

Dr. G. BOBBY

MEETING MANAGER

Mr. M. A. SATHISH KUMAR
Ms. G. MOHANA

EVENT PRESENTATION MANAGER

Ms. S. PRIYADHARSHINI

7

COMPETITION OFFICIALS

COMPETITION SECRETARY	DISAN
CALL ROOM REFEREE	THISON DHAS
CHIEF JUDGE	VIGNESHWARI
JUDGE	ARUN
	JENO RAJI
	FELISTRO
	KISHORE
	BHARAKA
	BIJAYA
TRACK EVENT REFEREE	CHINNADURAI
CHIEF JUDGE	VISHWA
JUDGE	THOMSON DURAI
FINISHING JUDGE	ISERAL
	RANJITH
	STEFFI
	ABHIGNA
TIME KEEPER	ALFI
	ANU
	ANOOP
	MAHESH
	STALIN
	JEYARAM
	NITHISH

8

CHIEF LAP SCORER
LAP SCORER

FIELD EVENT REFEREE(JUMP)
CHIEF JUDGE
JUDGE

RAJA
RAGURAM
BALAJI
KISHOR
BALAJI.C
CINCY
MARIYA
BALAJI
VINITHA
KAVIYA
VIBISHA
SATHYA VANAN
JJOJOY
SIDHANTH
BRITTO
STEVE.DHANASEKAR
THANGA PANDI
KASIMAYAN
TONY
ASHOK
YAMUNA RANI
KEERTHANA
VINOYHA
SUSMITHA
PADHMA PRIYA

9

ARUN CHANDAR
BEBITO
TEENA
SUDARVANAN
PRAVEEN
DANIEL
ARUN
DINESH KUMAR
DEEPANANTHAN
SOWTHAM
MEGANATHAN
MOHAN
FIELD EVENT REFEREE(THROW)
CHIEF JUDGE
JUDGE

JEBIN KUMAR
LAKETOULIE,
KISHORE
SWATHI G
PETTER
GOWTHAM
BHAVITHRA
GOPI
ALBY
BHARATHI
ROHIT
ABILAS

10

SATHESH
 VINOTH
 RABIN
 DHIVIA BHARATHI
 P.C
 VINOTH
 JAIN
 CHANDRU
 PRASHANT
 ILYAS
 VEL MANI

ADDITIONAL OFFICIALS

ANNOUNCER

DOCTOR/PHYSIOTHERAPIST

STEWARDS

RECORDERS

M.VIGNESHWARI
 Dr. PRINCE
 Mr. K.MUGHIL
 BIJAYA
 BHARAKA
 KARTHI
 JAYA BHARATHI
 SILAS
 KIMI

ORDER OF MARCH PAST

S.NO	HOUSES
1.	BHAKTHI
2.	JOTHI
3.	PADMINI
4.	KEERTHI
5.	MOORTHI
6.	RANJINI
7.	PEERTHI
8.	SAKTHI
9.	SAROJINI
10.	SHANTHI
11.	SPOORTHI
12.	SHALINI

LIST OF HOUSES PARTICIPATION FOR MEN

S.NO	HOUSE	NO. OF PARTICIPANTS	BIB NO
1.	BHAKTHI	18	001 – 018
2.	JOTHI	18	019 – 036
3.	KEERTHI	22	037 – 058
4.	MOORTHI	18	059 – 076
5.	PREETHI	20	077 – 096
6.	SAKTHI	14	097– 110
7.	SHANTHI	15	111- 125
8.	SPOORTHI	17	126 – 142

LIST OF HOUSES PARTICIPATION FOR WOMEN

S.NO	HOUSE	NO. OF PARTICIPANTS	BIB NO
1.	PADMINI	23	145-165
2.	RANJINI	19	166-184
3.	SAROJINI	17	185-202
4.	SHALINI	33	203-235

LIST OF PARTICIPATANTS

MEN

BAKTHI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	WESLIN	001	100M
2	GUGAN	002	200M
3	PARVEEN	003	400M,4x400
4	RAGURAM	004	800M,4x400
5	BEVITO	005	1500M
6	ADARSH	006	10000M,4x 400
7	BOSE	007	5K WALK
8	AJITH V R	008	LJ,4x100
9	MOHAN RAJ	009	TJ,
10	VARITH	010	HJ
11	GOWTHAM	011	PV,4x400
12	SAGAR DAS	012	SP
13	JEBIN	013	DT, 4x400
14	PC	014	JT, 4x400
15	NIMAL	015	HT
16	ROBIN	016	4x100
17	FIAS	017	4x100
18	HARI NATRAYAN	018	4x100

JOTHI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	MAGILAN	019	100M, 4x100, 4x400®
2	KISHORE	020	200M, 4x100,4x400®
3	DEEPANA	021	400M
4	THILAK ANJANAN	022	800M, 4x400®
5	MANISH	023	1500M
6	LAEL LALU	024	10000M
7	VINITH	025	5K WALK
8	HARSH SHARMA	026	LJ
9	SATYA	027	TJJT®
10	K. VETRI RAJ	028	HJ
11	S. GIRIDHARAN	029	PV
12	SIMIYON	030	DT
13	REX RONALDO	031	ST
14	DEEPANA DHAN	032	JT
15	ARUN	033	HT
16	YASHWATH	034	4x100
17	SIVALINGAM	035	4x100
18	ARUN KUMAR	036	4x400®

KEERTHI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	JEGAN	037	TJ,100M@,4x100
2	BALAJI	038	100M,4x100
3	ABIN	039	200MTS,4x100@,4x400@
4	VINOTH	040	400MTS,4x400
5	ALFI	041	800M,4x100@
6	IBRAHIM	042	1500M
7	MOHAN	043	5000 WALK
8	ELANGO	044	10000M
9	NARASIMAN	045	LJ,4x100
10	DEENA	046	400@
11	TONY	047	HJ
12	MEGANATHAN	048	PV,4x400
13	ABISHEK	049	SP
14	ANDREW	050	DT
15	ASHOKE	051	JT,4x400
16	AKASH	052	HT
17	FELISHTRO	053	TJ@,4x400@
18	BALAJI G	054	800M@
19	THISON DHAS	055	400M@
20	RANJITH	056	10000M@
21	MANI	057	SP@
22	JHONAN	058	1500@

MOORTHY HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	JAI ASHWIN	059	100M,4x100
2	SANJAI	060	200M
3	PINTO	061	400M,4x100
4	SURIYA PRAKASH	062	800M
5	SANTOSH	063	1500M
6	ANEESH	064	5000 WALK
7	ANUMAN	065	10000M
8	VELMANI	066	LJ,4x100
9	HIRAN HARISH	067	TJ
10	ARUN PANDI	068	HJ
11	KEERTHIVASAN	069	PV
12	BALA GANESH	070	SP
13	KISHORE	071	DT
14	KIRAN KUMERA	072	JT
15	NIRMAL	073	HT
16	K.RAJA	074	4x100
17	SANJAI	075	4x400
18	SILAS	076	HJ@

15

PREETHI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	M.THOMSON DURAI	077	100M,4x100
2	MONISH	078	200M, 4x400
3	S. BHAVANAN	079	400M, 4x400
4	J. AKASH JOBEL	080	800M, 4x400
5	M. HARIHARSUDHAN	081	1500M
6	DENIEL FELIX	082	5 K WALK
7	T. SHIBU	083	1000 M,4x100
8	P.PRANAV	084	LJ,4x400
9	M. JEGAN KUMAR	085	TJ,4x100
10	C. DHANASEKARAN	086	HJ
11	HARISH	087	PV
12	S. VASUDEVAN	088	SP
13	R. MAYAVAN	089	DT
14	R. PRAVEEN RAJ	090	JT
15	S. BHAVANAN	091	HT
16	KALAI SELVAN	092	4x100
17	HARISH	093	4x100@
18	KANIKKAINATHAN	094	4x400@
19	C.GOKUL CHANGAR	095	4x400@
20	RAHUL	096	LJ@

SHAKTHI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	MANI KANDAN	097	100M,4x100
2	RAMASAMY	098	200M,4x100
3	STEVE JOSE	099	400M,4x100
4	NIRANJAN	100	5000 WALK
5	JEEVANANTHAM	101	LJ
6	S.VISWA	102	PV,4x400
7	THAI MANO	103	SP
8	NITHISH	104	DT
9	NITHISH KUMAR	105	JT
10	ESAKI PANDIAN	106	4x100
11	RAJA	107	4x400
12	ARAVIND	108	4x400
13	ABISHAK KUMAR S	109	TJ
14	ROHIT	110	4x400

16

SHANTHI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	CHRISTOPHER	111	100M,4x100
2	KARTHIK	112	200M,4x100
3	AROKIYA PRAKASH	113	400M,4x400
4	DINESH	114	800M,4x400
5	SOWTHAM	115	1500M,4x400
6	ABIN	116	10000M
7	ASHWIN	117	5K WALK
8	JOHN	118	LJ
9	BRITTO KAANI AJITHAN	119	TJ,4x100
10	GUNA SEKAR	120	HJ,4x100
11	ANKLEEN	121	PV
12	VICTOR	122	SP
13	VICTOR	123	DT
14	NAVEEN	124	JT
15	VENKATESH	125	4x400

SPOORTHY HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	BOOPATHI	126	100M, 4x100
2	ROSHAN	127	200M
3	DINESH	128	400M, 4x400
4	DEEPAN	129	800M, 4x100
5	JAYARAM	130	1500M
6	VAIBU	131	10000M
7	SEKIN SHJU	132	5KM W
8	SIBIN LALU	133	LJ,4x100
9	SATHYA VANAN	134	TJ, 4x100
10	JAYA SURIYA	135	HJ
11	AKASH	136	PV
12	MAHDHWARAN	137	SP
13	BALAJI	138	DT, 4x400
14	GOKUL KRISHAN	139	JT, 4x400
15	RAJESH MOORTHY	140	HT
16	THARUN	141	4x400
17	JOE REGGAN	142	4*400MTS RELAY@

17

LIST OF PARTICIPATANTS

WOMEN

RANJINI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	UMEKULSUM	166	3K WALK, 4x400
2	A.DEEPIKA	167	3000M, HJ, 4x100, ABR@
3	S.DEEPIKA	168	200M, TJ
4	S. ESTHER	169	1500M, LJ,4x400
5	S. VIJAYASANTHI	170	800M
6	MARYGOLD	171	SP
7	R.KIRUBA THANGAM	172	3K WALK, TJ
8	STEFFY JOSE	173	SP
9	W.MEENA	174	200M, HT, 4x100, ABR
10	R.RAJALAKSHMI	175	DT, 4x100
11	W.AUXILIA	176	PV,4x100@
12	MARIYA	177	HT
13	SOWMIYA	178	JT
14	RISHIVANTHIYA	179	JT
15	G. RAMYA	180	100M, 4x100M
16	LEELAVATHI	181	3000M, ABR
17	B.SANDHIYA	182	400M, HJ,4x100M, ABR
18	K. BHARATHI	183	800M,4x400, ABR
19	G. HILDA	184	DT

SAROJINI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	G. MONISHA	185	100MT, LJ, 4x100, ABR
2	M.MONISHA	186	TJ
3	D.RAJATHI	187	3K WALK, HT
4	V.HEMALATHA	189	HT
5	M.SANDHIYA	190	SP
6	K. MEENATCHI	191	3000M, 4x400@
7	R. ESTHER SHINY	192	1500M, 4x400
8	M.S. NANDHINI	193	100M, LJ, 4x100, ABR
9	C.S. ROMEA	194	800M, 4x400
10	ALBY MARIAM BIJU	195	SP
11	DEVIKA	196	300M, JT, 4x400, ABR
12	GAYATHRI	197	DT, SP@
13	M. BHAVITHARA	198	JT, 4x100, 400M@, ABR@
14	J. MARIYA	199	HJ, 4x100, ABR
15	S. JANANI	200	200M
16	SOWMIYA	201	200M,4x400
17	P. BHUVANESHWARI	202	400M

18

PADMINI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	M.ROHINI	143	100M, LJ, 4x400, ABR
2	S. KALAIYARASI	144	1500M, DT, 4x100, ABR
3	A.AGNES EDITH	145	1500M, HJ, 4x100
4	R. PUNTHESWARI	146	3K WALK, 4x400, ABR, LJ@
5	SHIVANI	147	3000M, HJ, 4x100@
6	PADMA PRIYA	148	HT
7	JENO RAJI	149	200M, SP, 4x100
8	KEERTHANA	150	SP
9	ARCHANA DEVI	151	200M, 4x400M, ABR
10	S. LOKESHWARI	152	800M, 4X400
11	K. PRIYA	153	JT
12	R. SUMUKA	154	800M, 4x100M
13	DEIVANI	155	LJ
14	SOWNTHARYA	156	JT
15	JULIYAN	157	400M
16	PRAVEENA	158	PV
17	MERCY	159	3000M, TJ
18	YANASMATHI	160	400M
19	HARINI SRI	161	PV
20	SHIVARAJINI	162	HT
21	NILA BHARATHI	163	100M
22	SOWMIYA	164	DT
23	SHAMILI	165	3K WALK

SHALINI HOUSE			
S.NO	NAME	BIB NO	EVENTS
1	AKSHARA	203	100M, DT, 4x100, ABR
2	JEEVALOCHINI	204	100M, 4x100
3	SWETHA	205	100@, SP@
4	RAMYA	206	400M, TJ, 4x100
5	RIJISHYA	207	200M, 4x400
6	ABHIGNA REDDY	208	200M@
7	MERLIN	209	400, TJ, 4x100, ABR
8	SUJATHA	210	200M
9	BARAKHA	211	400@
10	S. YAMUNA RANI	212	800M, HJ, 4X400, ABR
11	KAVIMALAR	213	800M, HJ, 4X400
12	NIYHYA	214	800@
13	MADHUMITHA	215	1500M, PV
14	ANJUGAM	216	1500M, PV
15	ARCHANA	217	3000M
16	ASHWINI	218	3000M, LJ

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17	VANISHA	219	3000M@, DT@
18	LINCY	220	3K WALK, LJ, PV, 4X400, ABR
19	SWAATHI	221	3K WALK
20	KEERTHANA	222	3KM@
21	JASMINE	223	DT
22	VAISHNAVI	224	DT@
23	KAMALI	225	SP
24	VINITHA	226	SP
25	KAVITHA	227	JT
26	HEMAVATHY	228	JT
27	SUGANTHI	229	HT
28	VIGNESHWARI	230	HT
29	ANANTHI	231	HT@
30	RAKSHA	232	LJ@
31	DHARMASRI	233	HJ@
32	CINDHIYA	234	TJ@
33	KAVITHA	235	1500@

EVENT WISE PARTICIPANTS LIST MEN

100M	
PARTICIPANTS	001,019,038,059,077,097,111,126
RESERVE	037
200M	
PARTICIPANTS	002,020,039,060,078,098,112,127
400M	
PARTICIPANTS	003,021,040,061,079,099,113,128
RESERVE	055,046
800M	
PARTICIPANTS	004,022,041,062,080,114,129
RESERVE	054
1500M	
PARTICIPANT	005,023,042,063,081,115,130
RESERVE	058
10000M	
PARTICIPANT	006, 024, 044, 065, 083, 100, 116, 131.
RESERVE	056
5K WALK	
PARTICIPANT	007,025,043,064,082,117,132.
LONG JUMP	
PARTICIPANT	008,026,045,066,084,101,118,133.
RESERVE	096
TRIPLE JUMP	
PARTICIPANT	109,009,027,037,067,085,119,134.
RESERVE	053
HIGH JUMP	
PARTICIPANT	010,028,047,068,086,120,135.
RESERVE	076,109.

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POLE VAULT	
PARTICIPANT	011,029,048,069,087,102,121,136.
SHOT PUT	
PARTICIPANT	012,031,049,070,088,103,122,137
RESERVE	057
DISCUS THROW	
PARTICIPANT	013,030,050,071,089,104,123,138.
HAMMER THROW	
PARTICIPANT	015,033,052,073,091,140.
JAVELIN THROW	
PARTICIPANT	014,032,051,072,090,105,124,139.
RESERVE	027

EVENT WISE PARTICIPANTS LIST WOMEN

100MTS	
PARTICIPANT	180,185,143,163,203,204
RESERVE	205
200MTS	
PARTICIPANT	210,207,151,149,201,200,174,168.
RESERVE	208
400MTS	
PARTICIPANT	182,157,160,206,209.
RESERVE	198,211
800MTS	
PARTICIPANT	213,212,154,152,194,183,170
RESERVE	214
1500MTS	
PARTICIPANT	169,192,144,145,215,216
RESERVE	235
LONG JUMP	
PARTICIPANT	220,218,155,143,193,169
RESERVE	232,146
HIGH JUMP	
PARTICIPANT	167,182,199,145,147,212,213
RESERVE	233
TRIPLE JUMP	
PARTICIPANT	209,206,159,186,172,168
POLE VAULT	
PARTICIPANT	176,158,161,215,216.
RESERVE	220
SHOT PUT	
PARTICIPANT	226,225,150,195,190,173,171
RESERVE	205,197
DISCUS THROW	
PARTICIPANT	175,184,197,144,164,203,223
RESERVE	219,224

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JAVELIN THROE	
PARTICIPANT	228,227,156,153,198,196,179,178
HAMMER THROW	
PARTICIPANT	177,174,187,189,148,162,229,230

RELAY LETTERS		
BAKTHI		A
JOTHI		B
KEERTHI		C
MOORTHI		D
PREETHI		E
SANTHI		F
SAKTHI		G
SPOORTHI		H
PADMINI		I
RANJINI		J
SAROJINI		K
SHALINI		L

22

ORDER OF EVENTS

TIME	EVENT
8.00 AM	1,500m (MEN &WOMEN) FINALS
8.10 AM	Shot put (MEN)
8.10 AM	Triple jump(WOMEN)
8.20 AM	400m (MEN)
8.20 AM	800m (WOMEN)
8.40 AM	High Jump (MEN)
8.40 AM	Shot Put (WOMEN)
9.00 AM	800m (MEN)
9.00 AM	400m (WOMEN)
9.30 AM	Javelin Throw (MEN)
9.30 AM	High Jump (WOMEN)
10.00 AM	Long Jump (MEN)
10.00 AM	Discus Throw
10.30 AM	100m (MEN)
10.30 AM	200m (WOMEN)
11.30 AM	Hammer Throw (MEN)
11.30 AM	Pole Vault (WOMEN)
12.00 AM	200m (MEN)
12.00 AM	Javelin Throw (WOMEN)
2.30 PM	Triple Jump (MEN)
2.30 PM	100m (WOMEN)
2.40 PM	Discuss Throw (MEN)
2.40 PM	Long Jump (WOMEN)
3.15 PM	Pole Vault (MEN)
3.15 PM	Hammer Throw (WOMEN)
3.30 PM	4 x 400m Relay (MEN)
3.30 PM	4 x 100m Relay (WOMEN)
3.45 PM	4 x 100m Relay (MEN)
3.45 PM	4X400m Relay (WOMEN)
3.50 PM	4 x 100m Obstacle Relay (WOMEN)

Thank You

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM,
CHENNAI - 35

M.P.Ed. ADMISSION 2022-2023
WRITTEN TEST -11th JULY 2022

TEST NO:

PGIMBC 33

ANSWER SHEET

Answer:

1- B	6- B	11- D	16- cd	21- A	26- d	31- c
2- A	7- B	12- A	17- D	22- B	27- A	32- c
3- A	8- A	13- A	18- c	23- D	28- B	33- c
4- A	9- B	14- c	19- B	24- A	29- B	34- c
5- A	10- A	15- c	20- D	25- A	30- A	35- B

TOTAL

28.19

S. Glory

Name and Signature of Evaluator

Note:

1. Choose the correct answer from the options and fill in the answer sheet for the questions 1-35.
2. Total 35 Marks. Duration 60 minutes.
3. Write the answer by using blue/black ball point pen. Avoid over writing/striking, etc.
4. Write the answers in ANSWER SHEET - Page 1.

D.S.V.

Name & Signature of Invigilator

JEGAN KUMAR M

Name & Signature of Candidate

QUESTION SHEET

- Amount of blood pumped out from the heart in maximal contraction is _____.
A) Stroke Volume
B) Cardiac Output
C) Tidal Volume
D) Anaerobic Threshold
- Which is not fat soluble vitamin?
A) B
B) A
C) D
D) E & K
- A criterion for a standard test involves.
A) Reliability
B) Complexity
C) Necessity
D) Intensity
- Sociological foundation of physical education discusses.
A) Cooperation
B) Body type
C) Physical fitness
D) Motor fitness
- Which is not in the first day order of Decathlon?
A) Discus
B) High Jump
C) 100M
D) Shot put
- Competition outside the walls of an Institution is called _____.
A) Intramural
B) Extramural
C) League
D) Knock out cum league
- Total number of teams 29. Total number of byes in single knock out tournament is _____.
A) 0
B) 3
C) 13
D) 1
- A range of behaviors that can result in both physical and psychological harm to our self, others, _____.
A) Stress
B) Aggression
C) Anxiety
D) Activities
- _____ is a feeling of fear, dread, and uneasiness.
A) Aggression
B) Anxiety
C) Stress
D) Motivation
- Systematic and consistent practice of mental or psychological skills for the purpose of enhancing sport performance is _____.
A) Sports psychology
B) Psychological skill training
C) Fartlek training
D) Fitness, wellbeing
- Total medals won by India in 2020 Tokyo Olympics.
A) 5
B) 6
C) 7
D) 4
- 2024 Olympics will be held at _____.
A) Los Angeles
B) Brisbane
C) Paris
D) Delhi
- Concentration in yogasana is known as
A) Dhyana
B) Pratyahara
C) Dharana
D) Samadhi
- The highest sports award / honour in India is
A) Arjuna award
B) Dhyana Chand award
C) Rajiv Gandhi Khel Ratna
D) Rashtriya Khel Protsahan Puruskar
- Formula to find out the total number of matches in knock-out tournament is _____.
A) $n(n+1)/2$
B) $(n+1)$
C) $(n-1)$
D) $n(n-1)/2$
- Biological motives are called as _____.
A) Extrinsic motives
B) Secondary motives
C) Artificial motives
D) Primary motives
- Surplus energy theory of play was originated by a German poet.
A) Karl Groos
B) Stanley Hall
C) Lazarus
D) Schiller

18. What is the formula to find out the total number of matches in a double league?
- $[n(n+1)]/2$
 - $[n(n+1)]$
 - $[n(n-1)]/2$
 - $[n(n-1)]$
19. Which is not a measure of central tendency?
- Median
 - Mode
 - Mean
 - Range
20. Isokinetic method was introduced by
- Morgan.A
 - L. Pearson
 - Frank.M
 - J. J. Perrine
21. The term 'Jeopardy' is associated with the game.
- Softball
 - Kho Kho
 - Kabaddi
 - Handball
22. The school of Gymnastics was called as _____, where the boys were taught running, jumping and throwing in Athens.
- Palaestra
 - Didas Caleum
 - Appella
 - Pyrrhic
23. The outer membrane covering the bone is
- Periosteum
 - Canaliculi
 - Medullary
 - Haversion
24. The exchange of gases between body tissues and the external environment is defined as _____.
- Respiration
 - Circulation
 - Autonomic Nervous system
 - Lymphatic System
25. The air flows into lungs is an active process of _____.
- Inspiration
 - Expiration
 - Exertion
 - Retraction
26. Identify the odd one in relation to the parts of small intestine.
- Duodenum
 - Edenum
 - Ileum
 - Jejunum
27. Heart is surrounded by an outer covering called.
- Myocardium
 - Pericardium
 - Endocardium
 - Atrium
28. Each kidney weighs about _____ grams.
- 100
 - 150
 - 180
 - 200
29. The product of mass and velocity is called
- Distance
 - Momentum
 - Displacement
 - Speed
30. Elbow extension is a typical example for
- Second class lever
 - First class lever
 - Third class lever
 - Fourth class lever
31. Which is called sunshine Vitamin?
- Vitamin A
 - Vitamin E
 - Vitamin D
 - Vitamin K
32. Rounder upper back condition is known as
- Round shoulder
 - Lordosis
 - Kyphosis
 - Scoliosis
33. Tuberculosis is mainly an _____ infection.
- Water-borne
 - Insect-borne
 - Air-borne
 - Contact transmission
34. The word yoga derived from the Sanskrit word 'Yuj' which means _____.
- To feel
 - To appear
 - To join
 - To live
35. "Pushing against any object without overcoming resistance" is an example of
- Isokinetic exercises
 - Isotonic exercises
 - Isometric exercises
 - Isolated exercises

Application No. : YMCA2200286

Reg. No. :



YMCA COLLEGE OF PHYSICAL EDUCATION

(Autonomous)

(A Project of The National Council of YMCAs of India)

NANDANAM, CHENNAI - 600 035.



SELECTION TRIALS 2022-2023

Test No. : PG-MBC 33

SCORE SHEET

M.P.Ed. / B.P.E.S. / D.P.Ed. / B.P.Ed. / B.M.S / M.Sc. / P.G. Diploma

NAME OF THE CANDIDATE : JEGAN KUMAR M
 SEX : M F
 DATE OF BIRTH & AGE : 24.08.1999 / 23
 RELIGION & COMMUNITY : HINDU / MBC
 SPECIALISATION GAME / SPORT : CRICKET
 MOBILE NO : 8973273363
 MAIL ID : jegan.kumar.24899@gmail.com



(Office use only)

- | | | | | |
|---|-------|------------------------------------|--|--------------------|
| (A) Qualifying Examination
MAX 25 MARKS | TOTAL | <input type="text" value="18.66"/> | | SIGNATURE OF STAFF |
| (B) Games & Sports latest participation
MAX 25 MARKS | TOTAL | <input type="text" value="20"/> | | SIGNATURE OF STAFF |
| (C) Games Skill Test
MAX 50 MARKS | TOTAL | <input type="text" value="47"/> | | SIGNATURE OF STAFF |
| (D) Written Test and Personal Interview M.P.Ed.
MAX 50 MARKS | TOTAL | <input type="text" value="31"/> | | SIGNATURE OF STAFF |
| (E) Track and Field Fitness Test Score
MAX 50 MARKS | TOTAL | <input type="text"/> | | SIGNATURE OF STAFF |

- (1) 100 M
- (2) LONG JUMP
- (3) SHOTPUT

Grand Total (A + B + C + D + E) TOTAL SIGNATURE OF STAFF

Selected / Not Selected / Wait listed

Chief Co-ordinator

Co-ordinator

Principal



The National Council of YMCAs of India

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Nandanam, Chennai - 600 035.



ADD ON COURSE Certificate

This Course Certificate is awarded to
Mr/Ms.....*J. KALAI SELVAM*.....
of.....for his / her successful completion of the
Optional Course on.....*SPECIAL OLYMPICS*.....conducted
by this institution . the candidate has secured*B*.....grade & attended
.....&.....hours of class during the academic year 2022/23

Dr. Pon. Anbarasu
Course Co-ordinator

Mr. P. ASIR PANDIAN
Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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ADD ON COURSE

Certificate

This Course Certificate is awarded to
Mr/Ms.....*KARTHICK MOSES J*.....
of.....for his / her successful completion of the
Optional Course on.....*SPORTS THERAPY*.....conducted
by this institution . the candidate has secured*B*.....grade & attended
.....*7*.....hours of class during the academic year 2022/23

Dr. Pon. Anbarasu
Course Co-ordinator

Mr. P. ASIR PANDIAN
Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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ADD ON COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....KISHAN.....C.....S.....

of.....for his / her successful completion of the

Optional Course on.....SPORTS.....TOURISM.....conducted

by this institution . the candidate has securedB.....grade & attended

.....9.....hours of class during the academic year 2022/23

Dr. Pon. Anbarasu
Course Co-ordinator

Mr. P. ASIR PANDIAN
Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



ADD ON COURSE

Certificate

This Course Certificate is awarded to
Mr/Ms.....*NATESH.....B*.....
of.....for his / her successful completion of the
Optional Course on.....*SPORTS.....NUTRITION*.....conducted
by this institution . the candidate has secured*B*.....grade & attended
.....*6*.....hours of class during the academic year 2022/23

Dr. Pon. Anbarasu
Course Co-ordinator

Mr. P. ASIR PANDIAN
Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



ADD ON COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....DEEPSHIKA.....SHAN.....

of.....for his / her successful completion of the

Optional Course on....F.I.T.N.E.S.S.....M.A.N.A.G.E.M.E.N.T.....conducted

by this institution . the candidate has securedB.....grade & attended

.....6.....hours of class during the academic year 2022/23

Dr. Pon. Anbarasu
Course Co-ordinator

Mr. P. ASIR PANDIAN
Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



ADD ON COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....THE JASE TYD.....

of.....MPED I.....for his / her successful completion of the

Optional Course on.....SOFT SKILL.....conducted

by this institution . the candidate has securedA.....grade & attended

.....10.....hours of class during the academic year 2022/23

Dr. Pon. Anbarasu
Course Co-ordinator

Mr. P. ASIR PANDIAN
Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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OPTIONAL COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....Y.M.: MRITUN...RAJAGOPAL.....

of...BPED-I B...for his / her successful completion of the

Optional Course on...ON FIELD SPORTS INJURY...MANAGEMENT...conducted

by this institution. The candidate has securedA.....grade & attended

.....30.....hours of class during the academic year 2022-23.

Dr. J. SAMUEL JESUDOSS
Course Co-ordinator

Mr. P. ASIR PANDIAN
Interim Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



The National Council of YMCAs of India

Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION

An Autonomous College, registered under UGC Act, Affiliated to Tamilnadu Physical Education and Sports University
Nandanam, Chennai - 600 035.



OPTIONAL COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....STEFFY JOSE.....

of.....MPED.....for his / her successful completion of the

Optional Course on.....Bharathiyam Course.....conducted

by this institution. The candidate has securedA.....grade & attended

.....30.....hours of class during the academic year 2022-23.

Dr. J. SAMUEL JESUDOSS
Course Co-ordinator

Mr. P. ASIR PANDIAN
Interim Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



OPTIONAL COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....S. PRATHAP.....

of.....MPED.....for his / her successful completion of the

Optional Course on.....Silambam.....conducted

by this institution. The candidate has securedA.....grade & attended

.....20.....hours of class during the academic year 2022-23.

Dr. J. SAMUEL JESUDOSS
Course Co-ordinator

Mr. P. ASIR PANDIAN
Interim Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



OPTIONAL COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms..... NIJAY JOSEPH

of..... MIPEDfor his / her successful completion of the

Optional Course on..... Band groupconducted

by this institution. The candidate has secured Agrade & attended

..... 25hours of class during the academic year 2022-23.

Dr. J. SAMUEL JESUDOSS
Course Co-ordinator

Mr. P. ASIR PANDIAN
Interim Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



OPTIONAL COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....*S. ABILASH*.....

of.....*MPED*.....for his / her successful completion of the

Optional Course on.....*Yoga*.....conducted

by this institution. The candidate has secured*A*.....grade & attended

.....*30*.....hours of class during the academic year 2022-23.

Dr. J. SAMUEL JESUDOSS
Course Co-ordinator

Mr. P. ASIR PANDIAN
Interim Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



OPTIONAL COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....*SWATHY*.....

of.....*MPED*.....for his / her successful completion of the

Optional Course on.....*Personal Trainer*.....conducted

by this institution. The candidate has secured*A*.....grade & attended

.....*25*.....hours of class during the academic year 2022-23.

Dr. J. SAMUEL JESUDOSS
Course Co-ordinator

Mr. P. ASIR PANDIAN
Interim Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



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Nandanam, Chennai - 600 035.



OPTIONAL COURSE

Certificate

This Course Certificate is awarded to

Mr/Ms.....**J. SANTHOSH**.....

of...**B.P.E.S.-I**....for his / her successful completion of the

Optional Course on.....**GYM INSTRUCTOR**.....conducted

by this institution. The candidate has secured**'A'**.....grade & attended

.....**20**.....hours of class during the academic year 2022-23.

Dr. J. SAMUEL JESUDOSS
Course Co-ordinator

Mr. P. ASIR PANDIAN
Interim Correspondent & Secretary

Dr. S. JOHNSON PREMKUMAR
Principal i/c



Y.M.C.A College of Physical Education

Autonomous & Re-Accredited with 'A' Grade by NAAC



GENERAL LESSON PLAN

LESSON PLAN IS BASED ON CBSE SYLLABUS

PRESENTED BY:

NAME : CHINDHIYAA R S

ROLL NO : 202102507

CLASS : BPEd II

ASSEMBLY AND ROLL CALL :(2MINS)

- ▶ **The class asked to assemble in a single line and attendance will be taken.**



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EQUIPMENTS:
CONE
CHUMMAN
HULA HOOPS

CLASS : 8TH STD
DURATION OF THE CLASS
:45MINS

GENERAL WARMING UP: (5mins)

STORY TELLING METHOD

- ▶ The teacher should tell the story along with the actions , then the students are asked to follow the teacher



FORMAL PART: CALISTHENICS

EXERCISE – SWINGGING SEIES WITH CLAP (16 COUNT)

POSITION : ATTENTION

- ▶ Count 1 and 2: swing your arms twice toward sideward
- ▶ count 3 and 4: raise your both arm above the head and clap twice without knee bend.
- ▶ Count 5 to 15 : continue the 1 to 4 steps till 15th count
- ▶ Count 16: back to position



EXERCISE – BENDING SERIES (4 count)

POSITION : ATTENTION

- ▶ Count1: Raise your both arms forward.
- ▶ Count2: Bend your upper body downward and touch your toes.
- ▶ Count3: Raise your upper body straight
- ▶ Count 4: Back to position



SPECIAL PART : HOOPS EXERCISE (12 MINS)

POSITION : ATTENTION

GRIP : PENCIL GRIP

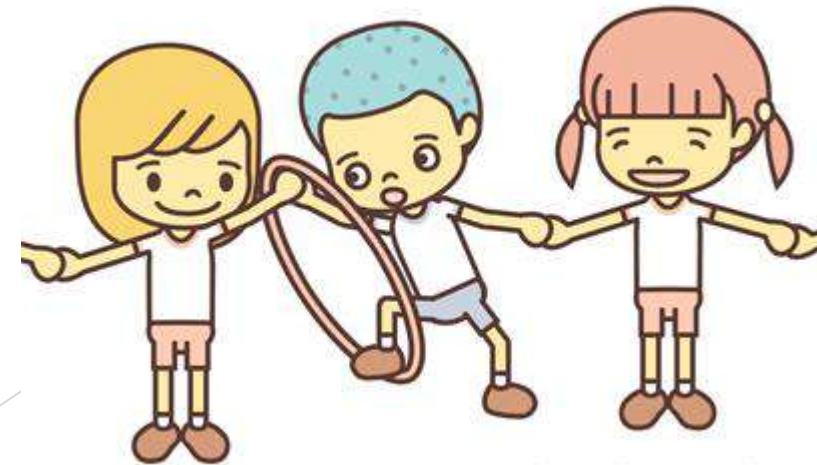
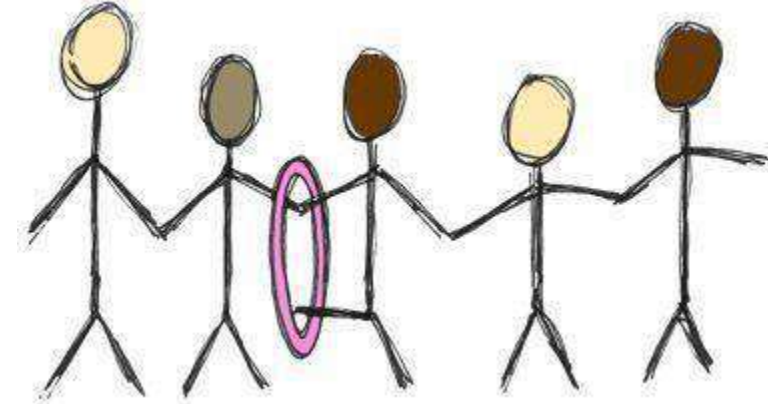
- ▶ **Count1: Raise your both arms forward along with hoops.**
- ▶ **Count2: Raise your both arms above the head without elbow bent.**
- ▶ **Count3: same as count one.**
- ▶ **Count 4: Back to position**



RECREATIVE PART (15 MINS)

HULA HOOP RELAY

- ▶ **The class was divided into two teams and ask them to join the hands and form a circle.**
- ▶ **Loop hula hoop on one players arm.**
- ▶ **Without letting go of the other players hands ,he must step into and through the hoop.**
- ▶ **so it can slide it onto the next players arm and other player must repeat the until the last player complete the task.**



REVIWE AND DISMISSAL: (3 MINS)

- ▶ **The class is brought to single in line formation .After reviewing the lesson and dismissed by “Three claps and go”.**





Y.M.C.A College of Physical Education

Autonomous & Re-Accredited with 'A' Grade by NAAC



PARTICULAR LESSON PLAN

LESSON PLAN IS BASED ON CBSE SYLLABUS

PRESENTED BY:

NAME : CHINDHIYAA R S

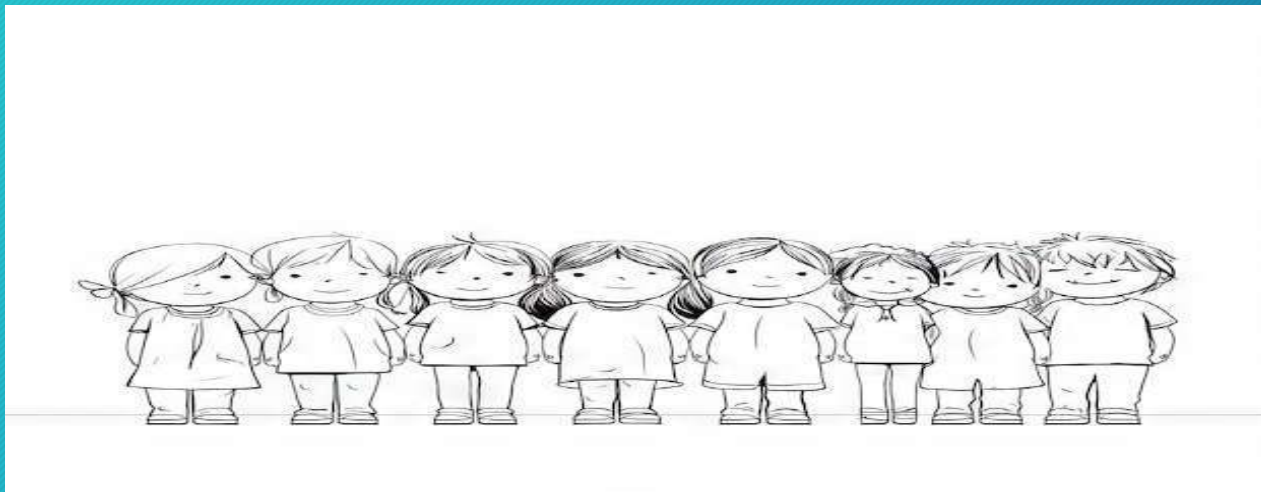
ROLL NO : 202102507

CLASS : BPEd II

ASSEMBLY AND ROLL CALL (2min)

EQUIPMENTS:
MEASURING TAPE
CHUNNAM
CONE
WHITSLE

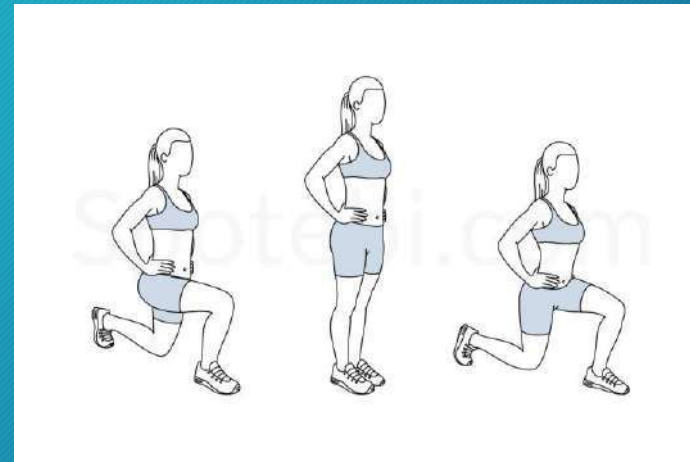
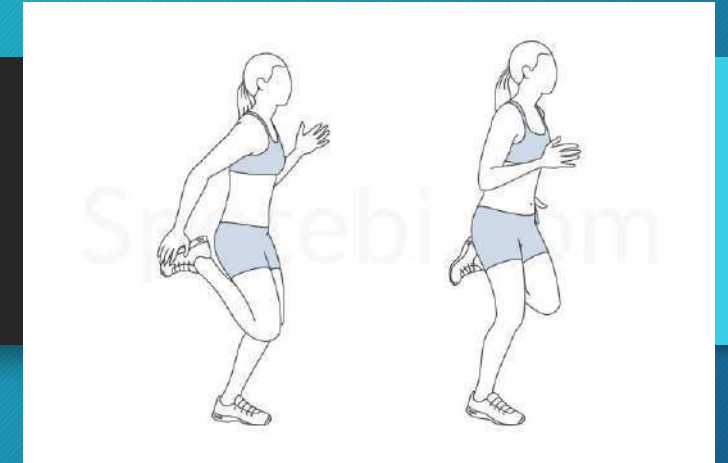
- The student are asked to form a single line and attendance will be taken.



CLASS : 7TH STD
DURATION OF THE
CLASS: 45 MINS

SUITABLE WARMING UP (5 Min)

- shuttle Run
- T Run
- Ground Touch Run
- Lunges
- Butt kicks
- Squads



The student are asked to form a line. Teacher should give the exercises.

TEACHING THE TECHNIQUE (8 min)

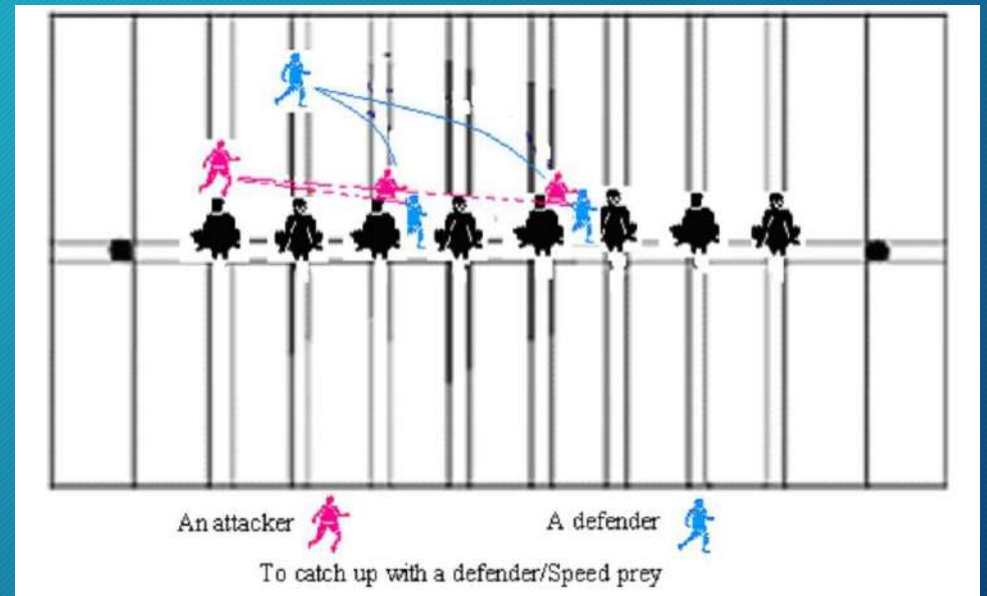
CHAIN KHO - KHO KHO



- “Chain Kho” is to pass the Kho to your adjacent player from one pole to other pole.
- **STEP 1** : Sitting in the sitting box
- **STEP 2** : Judging the direction and when the chaser get a kho , he should get up from the sitting box .
- **STEP 3** : Move 3 step sideward and touch and give the kho to neighbor player.
- **STEP 4** : After passing kho to other player , you shuld sit in his sitting box.

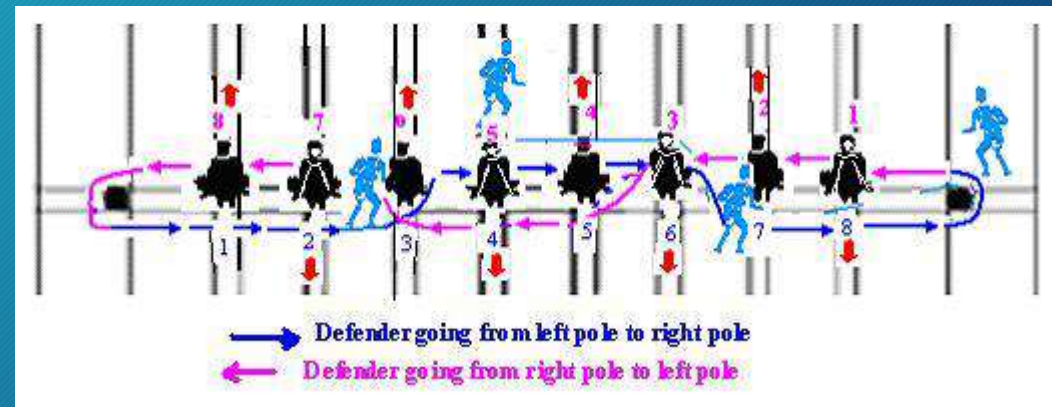
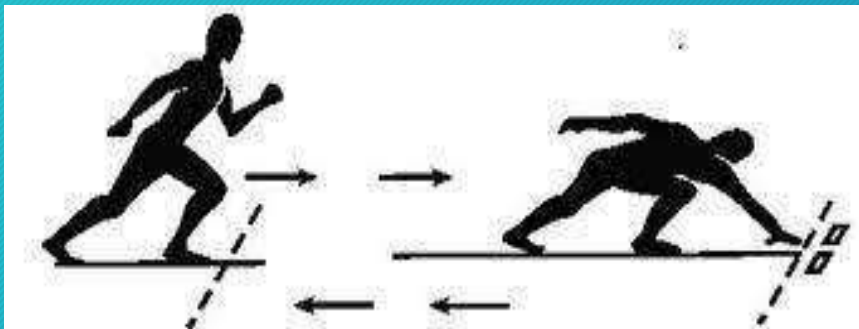
PRACTICING THE TECHNIQUE (15 min)

- DRILL 1 ; Single kho with partner
- DRILL 2 : Chain kho without defender
- DRILL 3 : Chain Kho with defender



BIOMECHANICS PRINCIPLES OF THE CHAIN KHO :

- Agility is an important factor for Kho-Kho players because chasers cannot change direction once they start running toward the pole. Kho-Kho players need a **high degree of running maneuverability and total body agility**.
- Transfer of weight: the back foot the lead foot is essential for generating power.



LEAD UP ACTIVITY (12 MINS)

CHAIN KHO RELAY



- Divide the class into 4 teams.
- Each team should have 9 students.
- 8 students will sit in the sitting box and 1 will be start the game with the kho.
- The continuous kho will happen until the last person complete the relay.
- Which team complete the chain kho relay from one post to other post is consider as winner team.

REVIEW AND DISMISSAL (3 MIN)

- The class is brought to single in formation. After reviewing the lesson and class dismissed by “clap and say kho”



YMCA COLLEGE OF
PHYSICAL EDUCATION
COACHING LESSON PLAN

BASKETBALL

FAYAS
MPED Ist
No: 030

CONTENT

TASK

METHOD

ORGANISATION

INTRODUCTORY PART:

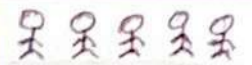
Exchange of greetings Introduction of the task
To prepare body for upcoming task
To specifically prepare the body to tackle upcoming task.

Assembly and roll call: Students are asked to line up for attendance and coach should give brief introduction about technique
General warming up: Stretching, jogging, bounding, hopping.
Types of leg swing -
Specific warming up: Two man pass, three man pass, shuttle run, Squats, sprint.

ORAL METHOD

CONTINUOUS, ~~INTERVAL~~ METHOD.

CONTINUOUS METHOD.



MAIN PART

Interrupted Part "SET SHOT"

To learn the skill one by one

To learn the technique systematically

To learn the technique systematically

Importance of the skill: To Tackle the defender and score Basket.
Demonstration of the skill: The coach should demonstrate whole skill of "SET SHOT"
Explanation of the skill:
Preparation: Students should in parallel stands TPP [Triple Thread position]
Execution: Shooting pocket and go to shooting pocket aim the ring and shot the ball
Follow through: Remain the position for one second and back to parallel stand

Drill 1: Students are fall in line formation and do set shot aim the coach then coach pass the ball to next person to do the same

Drill 2: MIRROR method with ball.

Drill 3: Shot the ball on the basket with defender

Demonstration method

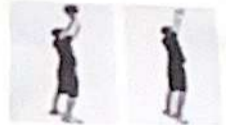
Presentation method

Continuous method.

Part by part method

Repetition method

Repetition method.



Uninterrupted part:

Competition (vs) game

To get practice to simulate technique in game

Distraction

Competition situation

- Divide group into two
- One offence and another defence
- Offence will perform set shot
- The team which score more goal in set part will be the winner in game
- 2 minutes of half court game
- After 2 minutes the offence will convert to defence

Repetition method

Concluding part

To bring body mechanism to normal

To clarify doubt if any and dismissal the class

Limbering down exercise: Warm down exercise and full stretching

Review and dismissal: Reassemble, clarification of doubt and dismissal.

Interval method

Co-operation method.



Bio-mechanics

Muscle involved

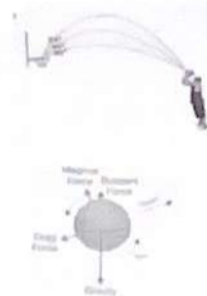
- Shooting pocket in L-shape and 90° angle
- In the air body and centre of gravity parallel to the playing surface
- The ball travel in air projectal angle
- Ball travel 70° angle get more percentage of shot
- The ball travel in air with [Magnus force, Buoyant force, Drag force, Gravity]
- Third class Lever used.

UPPER BODY

- Forearm
- Triceps
- Biceps
- Trapezius
- wrist
- elbow
- Shoulder joint

LOWER BODY

- Gluteus maximus
- Quadriceps
- Hamstrings
- Calf muscles
- Hip
- Knee joint
- Ankle joint





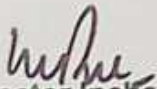
**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS, PATIALA**

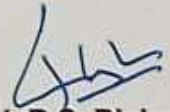


N^o 002033

**Six-Week Certificate Course in Sports Coaching
Session December 2022 - January 2023**

This is certified that ~~Smt~~/Kum/Shri AARTHI. S sponsored by/from
TAMILNADU attended the Six-week Certificate Course in
SWIMMING held at SAI, NS Southern Centre Bangalore (Karnataka)
in the month of December 2022-January 2023 under the Mass Sports Participation Programme and passed
the Examination in Grade 'A' by obtaining 236 marks out of 300.


Regional Director Incharge
SAI NSSC Bangalore


Col. R.S. Bishnoi
Sr. Executive Director
SAI NS NIS Patiala




SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS PATIALA



S.NO. 00012

Six-Week Certificate Course in Sports Coaching
Session May-June, 2023

This is to certify that Smt/Kum/Shri M. DEEPANADHAN sponsored by/from
TAMIL NADU attended the Six-week Certificate Course in
YOGA held at SAI NS NIS, Patiala (Punjab)
in the month of MAY-JUNE, 2023 under the Mass Sports Participation Programme and passed the
Examination in Grade B by obtaining 201 marks out of 300.


Prof. Kalpana Sharma
Director (Academics)
SAI NS NIS Patiala


Col. Raj Singh Bishnoi
Sr. Executive Director
SAI NS NIS Patiala



TAMILNADU STATE VOLLEYBALL ASSOCIATION

(Affiliated to Volleyball Federation of India & Tamil Nadu State Olympic Association)

S.No : 064

Certificate

Mr / Mrs / Ms M. Gnanavel

of Kallakurichi district has successfully completed the

State Volleyball Referee Examination

held at Sivagangai, Tamil Nadu from 17th to 19th March 2023

and declared Pass.

Dr. PON GOUTHAM SIGAMANI
PRESIDENT

A.J. MARTIN SUDHAKAR
GENERAL SECRETARY



TAMILNADU STATE VOLLEYBALL ASSOCIATION

(Affiliated to Volleyball Federation of India & Tamil Nadu State Olympic Association)

S.No : 217

Certificate

Mr / Mrs / Ms M. Madhusri

of Tiruchy district has successfully completed the

State Volleyball Referee Examination

held at Sivagangai, Tamil Nadu from 17th to 19th March 2023

and declared Pass.

Dr. PON GOUTHAM SIGAMANI
PRESIDENT

A.J. MARTIN SUDHAKAR
GENERAL SECRETARY



TAMILNADU BASKETBALL ASSOCIATION (TNBA)

(Affiliated to Basketball Federation of India, TNOA, SDAT) Registered Under Societies Act

AADHAV ARJUNA
President

AEZAZ AHMED
Secretary

Date : 08.02.2024

To
The President / Secretary
District Basketball Association

Dear Sir / Madam

Subject : Certificates for Referees passed in TNBA 'C' Panel Exam held in December 2022

Ref : Referee Clinic & Exam for inclusion to TNBA 'C' Panel held on 09.12.2022 & 10.12.2022 @ Jawaharlal Nehru Indoor Stadium Chennai

The following Referees have passed the TNBA 'C' Panel Examination held on 09.12.2022 & 10.12.2022 @ Jawaharlal Nehru Indoor Stadium Chennai. Out of 132 Referees who passed the Exam only 70 Referees are eligible to receive the Certificates based on their performance in officiating Tournaments held at Tamilnadu during the year 2023.

Out of the 70 Referees listed below 68 Referees are promoted to TNBA 'B' Panel with effect from 01.01.2024 and will be in 'B' Panel till 31.12.2026. Two Referees Mr.V.Abishek from Chennai & Mr.T.Poovarasam from Dindigul will continue to be in 'C' Panel as they need more exposure.

S.No.	Name	District	Zone
1.	Ms.T.Sujitha	Chengalpattu	
2.	Mr.V.Abishek		
3.	Ms.S.Priyadharshini		
4.	Mr.S.Poovarasam		
5.	Mr.R.Manova Manuel Raj	Chennai	
6.	Mr.Rocky Erantz		
7.	Mr.S.Jeyash Krishnan		Chennai
8.	Mr.A.Shahul Hameed	Ranipet	
9.	Mr.B.Francis	Tiruppattur	
10.	Mr.S.Anbarasu	Vellore	
11.	Mr.D.Jayakrishnan		
12.	Mr.M.Mugil Vanan		
13.	Mr.D.Ramkumar	Villupuram	
14.	Mr.G.Satheesh Kumar		

... contd pg (2) ...