



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்

TAMIL NADU TEACHERS EDUCATION UNIVERSITY

(Established under Tamil Nadu Act 33 of 2008)

GangaiammanKoil Street, Karapakkam, Chennai - 600 097.

Website: www.tnteu.ac.in

No. TNTEU/DoF/LS/Off.Comm/003

Date: 25.11.2018

Dr.M.Govindan, PhD
Dean of Faculty

Circular

This is to inform you that One day Programme on Exercising at Home for Physical Fitness is going to be conducted by the Department of Educational Psychology for the M.Ed Students and Ph.D Scholars on 04th December 2018, 10am to 12pm. Dr. A.John Lawrence, Associate Professor, St.Xavier's College of Education (Autonomous), Palayamkottai will be the Resource Person for this programme. All the students and research scholars are asked to attend the programme without fail

25.11.2018

DEAN OF FACULTY

Dr. M. GOVINDAN, Ph.D.
Dean of Faculty
Professor and Head
Department of Educational Psychology
Tamil Nadu Teachers Education University
Karapakkam, Chennai - 97.

[Signature]

REGISTRAR
TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI-600 097



[Signature]

VICE-CHANCELLOR
TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI - 600 097.

TAMIL NADU TEACHERS EDUCATION UNIVERSITY.

Chennai-97



DATE:4/12/2018

TIME:10am to 12pm

Organizes

EXERCISING AT HOME FOR PHYSICAL FITNESS



Resource Person

*Dr. John Lawrence, Associate
professor,*

St. Xavier's College of Education

(Autonomous)

Palayamkottai-627022



TAMIL NADU TEACHERS
EDUCATION UNIVERSITY
CHENNAI-97

Tamil Nadu Teachers Education University


Chennai- 97



Topic	: Exercising at home for physical fitness
Date	:04.12.2018
Time	:10.00 am to 12.00 pm
Resource Person	: Dr. A.John Lawrence, Associate Professor St.Xavier's College of Education(Autonomous), Palayamkottai.
Participants	: M.Ed, M.Phil, Ph.D

Dr. A. John Lawrence has motivated the participants towards the topic by brainstorming. Dr. A. John Lawrence has discussed about the various components of physical fitness. In his lecture Resource Person explained in detail about Exercising at home for physical fitness. The Resource Person has answered all the questions raised by the participants. Those one day programme went on well with the active disclose and deliberation of the Resource Person. The programme organizers have collected the feedback from the participants.

Mr. Govindan


REGISTRAR
TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI-600 097



Dr. M. GOVINDAN, Ph.D
Professor & Head
Department of Educational Psychology
Tamilnadu Teachers Education University
Karapakkam, Chennai-600 097.


VICE-CHANCELLOR
TAMIL NADU TEACHERS EDUCATION UNIVERSITY
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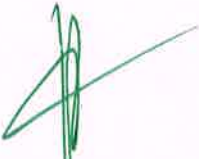
REPORT

A ONE DAY PROGRAMME ON EXERCISING HEALTHY HOME FOR HEALTHY NATION – 04.12.2018, 10am to 12pm

A One day Programme on Exercising at Home for Physical Fitness was conducted by the Department of Educational Psychology, Tamil Nadu Teachers Education University, Chennai on 04.12.2018, 10am to 12pm, in order to develop the knowledge of Exercising at Home for Physical Fitness for the M.Ed Students and Ph.D Scholars. Dr. A.John Lawrence, Associate Professor, St.Xavier's College of Education (Autonomous), Palayamkottai was the Resource Person. The resource person has given the detailed seminar on the topic to the participants. He has discussed about the various components on Vocational Guidance. The Resource Person has answered all the questions raised by the participants. The programme organizers have collected the feedback from the participants. A total of 19 M.Ed Students and Ph.D Scholars from the Tamil Nadu Teachers Education University, Chennai were Participated in the programme.

m. Govindan
4/12/2018
DEAN OF FACULTY

Dr. M. GOVINDAN, Ph.D.
Dean of Faculty
Professor and Head
Department of Educational Psychology
Tamil Nadu Teachers Education University
Karapakkam, Chennai - 97.


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A ONE DAY PROGRAMME ON EXERCISING AT HOME FOR PHYSICAL FITNESS

04.12.2016



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TAMILNADU TEACHERS EDUCATION UNIVERSITY

ATTENDANCE SHEET

S.NO	NAME	PROGRAMME
1	S.Dhamodharan	Ph.D
2	K.Muruganantham	Ph.D
3	G.Thirumal	M.Ed
4	P.Sivakumar	Ph.D
5	N.Iyyappan	Ph.D
6	S.Ragavagiri	Ph.D
7	S.Santhanarajam	Ph.D
8	T.Vivekanandan	Ph.D
9	S.Sheeba	M.Ed
10	P.Devi	M.Ed
11	P.kanimozhi	M.Ed
12	M.Renugadevi	M.Ed
13	B.Sophia	M.Ed
14	J.T.Austin Jebakumar	M.Ed
15	R.Kavitha Ceceli	M.Ed
16	V.Sankar	Ph.D
17	R.Piramilagandhi	Ph.D
18	Sahana Sayyad	Ph.D
19	R.Vennila	M.Ed
20	R.Ganesan	Ph.D

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m. Govindan
4.12.2018

DEAN OF FACULTY

Dr. M. GOVINDAN
Dean of Faculty
Professor and Head
Department of Education
TAMILNADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI - 600 097.

TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant

: Dr. S. Dharmadharan

Course of Study

: M.Ed / M.Phil/ Ph.D

Title of the Programme

: Exercising at Home for physical fitness

Name of the Resource Person

: Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject		✓	
4	Clarity in presentation			✓
5	Usefulness of the programme		✓	

Any Suggestion for Updation

:

S. Dharmadharan
Signature of the participant

[Signature]
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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : MURUSANTHAM .k
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at Home for physical Fitness.
Name of the Resource Person : Dr. John Lawrence .

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic	✓		
3	Presentation of the subject		✓	
4	Clarity in presentation	✓		
5	Usefulness of the programme			✓

Any Suggestion for Updation :


Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM


Name of the Participant : THIRUMAL.G.
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at Home for Physical Fitness.
Name of the Resource Person : Dr. A. John Lawrence.

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation :

C.Thirumal.G.
Signature of the participant


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Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : P. SIVA KUMAR
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at home for physical fitness
Name of the Resource Person : Dr. A. John Lawrence


Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic		✓	
3	Presentation of the subject		✓	
4	Clarity in presentation		✓	
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

P. Siva Kumar

Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

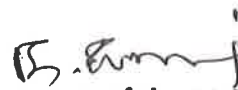
FEEDBACK FORM

Name of the Participant : N. IYAPPAN
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at Home for physical fitness
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic			✓
3	Presentation of the subject		✓	
4	Clarity in presentation			✓
5	Usefulness of the programme		✓	

Any Suggestion for Updation :


Signature of the participant


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Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : S. RAGHAVAGIRI

Course of Study : M.Ed / M.Phil/ Ph.D

Title of the Programme : EXERCISING AT HOME FOR PHYSICAL FITNESS

Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic			✓
2	Preparation of the topic		✓	
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation :

S. Raghavagiri
Signature of the participant


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Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness


FEEDBACK FORM

Name of the Participant : S. Samthana rajan
Course of Study : M.Ed / M.Phil/ PH.D
Title of the Programme : Exercising at Home for physical fitness
Name of the Resource Person : Dr A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme	✓		

Any Suggestion for Updation :


Signature of the participant


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Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : T. VIVEKANANDAN
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at home for physical fitness
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic			✓
3	Presentation of the subject		✓	
4	Clarity in presentation	✓		
5	Usefulness of the programme			✓

Any Suggestion for Updation :


Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : S. SHEEBA
Course of Study : M.Ed / M.Phil / Ph.D
Title of the Programme : Exercising at home for physical fitness
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic			✓
3	Presentation of the subject		✓	
4	Clarity in presentation	✓		
5	Usefulness of the programme			✓

Any Suggestion for Updation :


Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : P. DEVI
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at Home for physical fitness
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	.	✓	
2	Preparation of the topic	✓		
3	Presentation of the subject		✓	
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

P. Devi

Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : P. KANIMOZHI
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : EXERCISING AT HOME FOR PHYSICAL FITNESS
Name of the Resource Person : Dr. A. JOHN LAWRENCE

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme	✓		

Any Suggestion for Updation :

P. Kanimozhi
Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant

: M. RENUKA DEVI

Course of Study

: M.Ed / M.Phil/ Ph.D

Title of the Programme

: EXERCISING AT HOME for Physical
FITNESS

Name of the Resource Person

: Dr. A. JOHNLAWRENCE


Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic			✓
2	Preparation of the topic	✓	✓	
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

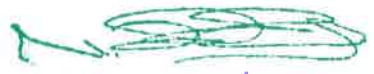
Any Suggestion for Updation

:


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Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : B. Sophia
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at Home for physical fitness
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme	✓		

Any Suggestion for Updation :

B. Sophia
Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : J.T Augustin Jebakumar
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at home for Physical Fitness
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion


S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic	✓		
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation : very good


Signature of the participant


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KARAPAKKAM, CHENNAI - 600 097

TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant

: R. KAVITHA CECELI

Course of Study

: M.Ed / M.Phil/ Ph.D

Title of the Programme

: Exercising at home for physical fitness

Name of the Resource Person

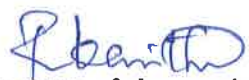
: Dr. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation

: Very good


Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant

: V. Sankar

Course of Study

: M.Ed / M.Phil/ Ph.D

Title of the Programme

: Exercising at Home for physical

Name of the Resource Person

: Dr. A. John Lawrence Fitness

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic			✓
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation

:

V. Sankar
Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : R. Piramulagandhi
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : Exercising at Home for Physical Fitness
Name of the Resource Person : Dr. A. John Lawrence.

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

R. Piramulagandhi
Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : SAHANA SAYYAD.
Course of Study : M.Ed / M.Phil/ Ph.D
Title of the Programme : EXERCISING AT HOME FOR PHYSICAL FITNESS.
Name of the Resource Person : Dr. A. JOHN LAWRENCE

Kindly tick the relevant box as your suggestion


S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :


Signature of the participant


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TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant

: R. Vennala

Course of Study

: M.Ed / M.Phil/ Ph.D

Title of the Programme

: Exercising at Home for Physical Fitness

Name of the Resource Person

: Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic			✓
2	Preparation of the topic	✓		
3	Presentation of the subject		✓	
4	Clarity in presentation			✓
5	Usefulness of the programme	✓		

Any Suggestion for Updation

:

Signature of the participant


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VICE-CHANCELLOR
TAMILNADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI - 600 097.

TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

Exercising at Home for Physical Fitness

FEEDBACK FORM

Name of the Participant : *ganesan.R*
Course of Study : *M.Ed / M.Phil / Ph.D*
Title of the Programme : *Exercising at Home for physical fitness*
Name of the Resource Person : *Dr. A. John Lawrence*

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic		✓	
3	Presentation of the subject	✓		
4	Clarity in presentation	✓		
5	Usefulness of the programme			✓

Any Suggestion for Updation :

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Signature of the participant

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