

Report of Special Lecture on “Building a Strong Foundation: Core Basis for All Athletes” on 28-10-2024



தமிழ்நாடு மத்தியப் பல்கலைக் கழகம்
तमिलनाडु केन्द्रीय विश्वविद्यालय CENTRAL UNIVERSITY OF TAMIL NADU
திருவாரூர் | திருவாரூர் | THIRUVARUR



DEPARTMENT OF PHYSICAL EDUCATION
AND SPORTS,
SCHOOL OF EDUCATION & TRAINING



SPEAKER :

SHRI. PRASAD RAJ

MANAGING DIRECTOR, IGNITE 101 SPORTS, CHENNAI.



**“BUILDING A STRONG FOUNDATION:
CORE BASICS FOR ALL ATHLETES”**

VENUE : INDOOR HALL DATE : 28th October 2024 TIME : 05.00 PM

Convener

Dr. Jayaraman. S, (HOD)
Associate Professor, DPES.

Organising Secretary

Dr. Vishnuvardhan Reddy.K
Assistant Professor

Organizing Committee Members

Dr.Nagaraja . Y (Assistant Professor)
Dr.S.Binthu Mathavan (Assistant Professor)
Dr. Akila . S (Assistant Professor)

PROGRAMME REPORT

Event: Special Lecture on “Building a Strong Foundation: Core Basis for All Athletes”

Organized by: Department of Physical Education and Sports, School of Education and Training, Central University of Tamil Nadu

Venue: Indoor Hall

Date and Time: 28/10/2024, 5:00 PM

Outline

The event commenced with a warm welcome from **Dr. K. Vishnuvardhan Reddy**, Assistant Professor and Organizing Secretary, who provided an overview of the evening's purpose and schedule. Following this, **Dr. S. Akila**, Assistant Professor in the Department of Physical Education and Sports, introduced **Shri Prasad Raj**, Managing Director of IGNITE 101 Sports, Chennai.

Shri Prasad Raj delivered an engaging lecture focused on core-based exercises for athletes, highlighting the importance of bodyweight exercises, the use of Swiss balls, and various other techniques. The session included a live demonstration, showcasing practical applications of the discussed concepts.

Honoring the Guest

At the conclusion of the demonstration, faculty members from the Department of Physical Education and Sports honored Shri Prasad Raj for his invaluable contributions to the event.

Participant Interaction Details

The event concluded with an interactive Question and Answer session, during which approximately 93 attendees—including faculty, staff, and students—actively engaged in discussions and provided valuable feedback. **Dr. Jayaraman** expressed heartfelt gratitude to the guest speaker, participants, and the organizing team for their efforts in making the event a resounding success.

Conclusion

Overall, the event was well-received, characterized by enthusiastic participation and meaningful insights shared by the guest speaker. Feedback collected during the session underscored participants' appreciation for the event and its positive impact on their understanding of the significance of core-related workouts in daily life.

Convener

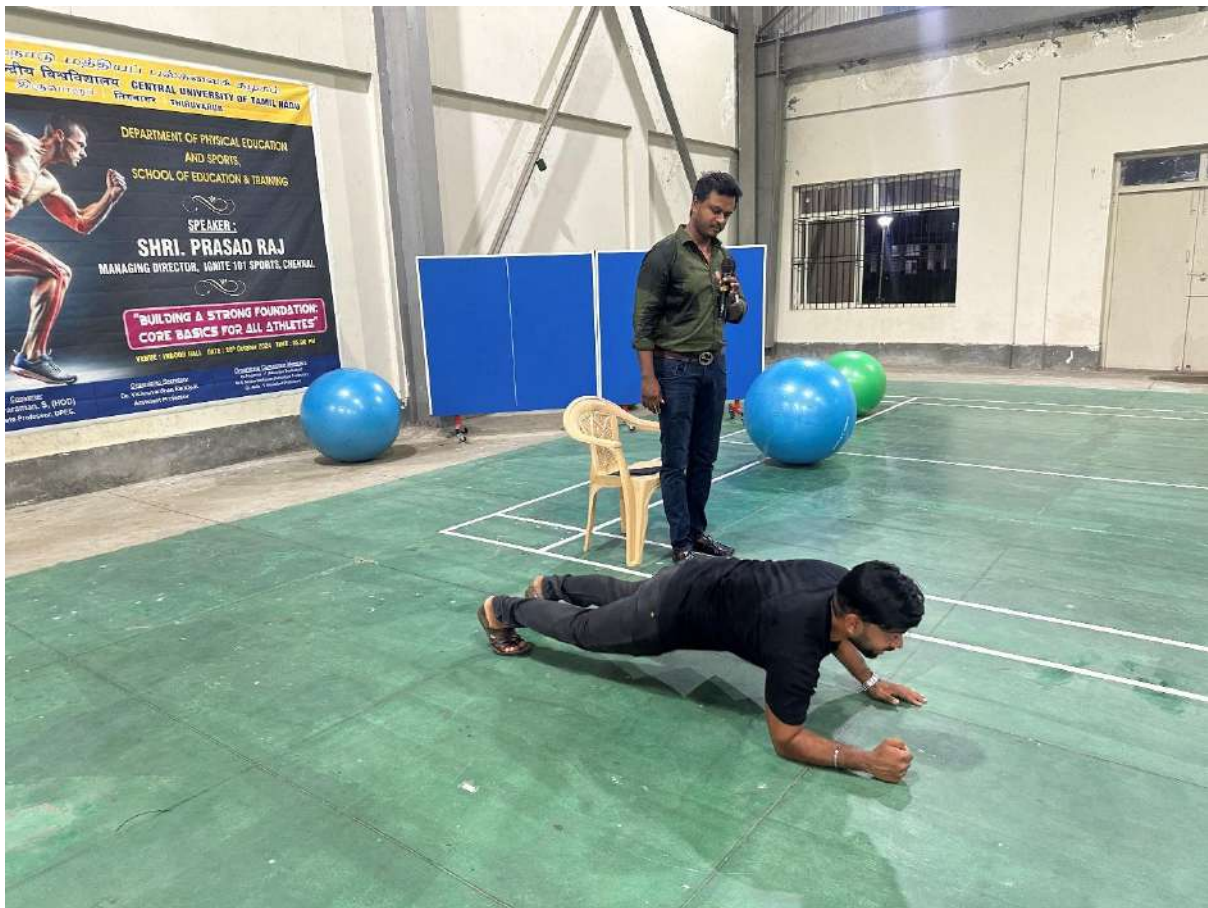
Organizing Secretary

Dr. S. Jayaraman, Head

Dr. K. Vishnuvardhan Reddy







CENTRAL UNIVERSITY OF TAMIL NADU
 (Established by an Act of Parliament, 2009)
 Special Lecture and Demonstration on the
BUILDING A STRONG FOUNDATION - CORE BASICS FOR ALL THE ATHLETES
 Organized by
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
 Date: 28th October, 2024 (Monday) Time: 5:00P.M.

REGISTRATION

Sl. No	Name	Designation/Class	Institution	Contact No	Signature
1.	Sri Harini . K	IMA Eco III year	CUTN	8220149375	<i>[Signature]</i>
2.	Sumithra . G	IMA - Eco 3 rd year	CUTN	6374109442	<i>[Signature]</i>
3.	Paadeeba . M	Int - BSc, BEd (1 st yr)	CUTN	720066 2932	<i>[Signature]</i>
4.	Shalini . M	IMSc, chemistry	CUTN	9385583084	<i>[Signature]</i>
5.	Niranjani . K	PBSc, BEd (3 rd year)	CUTN	9095978780	<i>[Signature]</i>
6.	Keerthana Siva	IMSc Chem. (2 nd yr)	CUTN	6238870081	<i>[Signature]</i>
7.	S. KARTHIKEYAN	IMSc. Maths (1 st year)	CUTN	8903749892	<i>[Signature]</i>
8.	S. Naveen	IMSc. Physio (1 st yr)	CUTN	7358359021	<i>[Signature]</i>
9.	Aiswarya . P . L	IMSc Mathematics	CUTN	8590929088	<i>[Signature]</i>
10.	YAZHINI . S . N	IMPA Music (1 st yr)	CUTN	9445508349	<i>[Signature]</i>

Sl. No	Name	Designation/Class	Institution	Contact No	Signature
11.	Anagha KM	II MA History	CUTN	7736989348	
12.	Thamush Keerthi	II MA History	CUTN	8778886919	
13.	Keshithirisi P	II MSW	CUTN	9188426098	
14.	Kavya P	II MSW	CUTN	9039197845	
15.	SHAMSAN VK	1 st MBA	CUTN	9562263202	
16.	Vishaynriya M Raj	1 st MSc Psy	CUTN	9491355492	
17.	Nahla Jasmiri	1 st MSc Psy	CUTN	9497394415	
18.	Narvas U	1 st m.com	"	8129988848	
19.	A. Ananthamurugan	DACE	"	8925024478	
20.	S. RAMANAS	DACE	"	7094948555	
21.	Shardh Parvat	1 st Year MSc chemistry	"	7501063433	
22.	Aswanidev Suresh	1 st Year, MSc chem	CUTN	9207400196	
23.	MUTTAPPA	IMSC 3 rd year	CUTN	7204004221	
24.	M. Ponkumaravel.	IMSc 1 st year	CUTN	8300477937	M. Ponkumaravel
25.	Devang Chandras J	I MSc 1 st year	CU "	81974236104	

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26.	Akshaya k	IMSc. Mathematics	CUTN	7339563083	Akshaya k
27.	Archana A	I-MSc. Physics	CUTN	994292733	Archana A
28.	Udhaya Prakash	I-MSc. Chemistry	CUTN	6382654432	Udhaya Prakash
29.	Jaya Shriya M	II.MA. Economics.	CUTN	9344868224	Jaya Shriya M
30.	Rishki warthan	I.M.A. Economics	CUTN	9779279115	Rishki warthan
31.	Sarabeeswar	I.M.Sc. Maths	CUTN	9080812784	Sarabeeswar
32.	S. Thiragar.	IM.sc Maths	CUTN	8870414469	S. Thiragar.
33.	Balaji AR.	IMSc. Maths	CUTN	9790229266	Balaji AR.
34.	Smritha gurus. m	IMSc. Maths	CUTN	8270977276	Smritha gurus. m
35.	M. pasupati	IMSc. Chemistry	CUTN	6383415365	M. pasupati
36.	Kakhan G	IMSc. Physics	CUTN	8015864889	Kakhan G
37.	P. Saran	I MSc. physics	CUTN	7558183637	P. Saran
38.	M. Praveesh	I msc chemistry	CUTN	9898319250	M. Praveesh
39.	Gowika B	I MBA - General	CUTN	9786082464	Gowika B
40.	Svetika K	I MBA - General	CUTN	9159070582	Svetika K

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41.	Aryan Raj	MBA 1 st	CUTN	9294941213	
42.	Bhupendra kumar	Education IV year	"	9761742466	
43.	Yogesh Singh Tiwar	"	"	8690976270	
44.	Rama Raj	Horticulture	"	9534514982	
45.	B. kirathika	M.A. Tamil	CUTN	9361000942	
46.	S. Bagyalakshmi	M.A. Tamil	CUTN	8610611543	
47.	VARUN KUMAR .C	"	"	9445644366	
48.	RAGUNATHA . R	M.A. Classical Tamil	CUTN	8072529834	
49.	R. MOHAN RAJ.	"	"	8610873871	
50.	Dr. Jhijhan Raji	M.O	CUTN	812238889	
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52.	Suresh Nair K-L	I.M.Sc. Biotech	"	993925472	
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54.	I. RAJESH	PGDPM	CUTN	8754632582	
55.	B. Babu.	PGDPM	CUTN	8778044740	

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57.	S. SHANMUGAM	PGDPM	CUTN	8940805162	
58.	S. Reagan	PGDPM	CUTN	9361334634	
59.	ARAVINDHAR B	PGDPM	CUTN	9392471837	
60.	Prakashraj . P	DJMA.	CUTN.CC	8640958524	
61.	R Suresh	PGDPM	CUTN	6369516277	
62.	S. JAYASURYA	PGDPM	CUTN	8940227435	
63.	T. Kalyanraj	Tamil	CUTN	7010363059	
64.	Poliny M.p	M.Sc.	CUTN	9693948958	
65.	Ahsana Ashraf	M.Lib. I.Sc	CUTN	9074093317	
66.	Methuxu Anusree	imsc chemistry	CUTN	8838979568	
67.	Keziah Mariam Mathew	imsc chemistry	CUTN	7607094211	
68.	Abirami MG	IMSC chemistry	CUTN	8248877869	
69.	Sushibi Venkat	JMSC chemistry	CUTN	9778302919	
70.	Dejaree Anand	IMSC Chemistry	CUTN	948883465	

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71.	M. Palanikumar	IMA Economics 1yr	CUTN	9087971894	
72.	Anukerthana P	IMSc Physics 1yr	CUTN	9080511312	
73.	Dasarajagopal	B.com Voc	CUTN	80083011100	
74.	JAYADEESAN. J	PGDFM	CUTN	7905524183	
75.	HARAN K	PGDFM	CUTN	9843568703	
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77.	Nitish Singh	MSc (Horti)	CUTN	9616060919	
78.	Abhishek kr.	"	"	9891767818	
79.	Vinod Kr. Sharma	"	"	9887969788	
80.	Akash Tomr	PhD DPES	CUTN	9946422831	
81.	AARAVINDH	PGDFM	CUTN	936066858	
82.	S.R. Deepthavathi	IM.Sc Maths	CUTN	9043024631	
83.	M. Mithra	IM.Sc Physics	CUTN	8940924131	
84.	Abhilash. P.	Msw	CUTN	7061428312	
85.	Shruti R. Sani	Psychology	CUTN	9188487228	

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86.	R. Atchaya	IMSC-MATHS	CUTN	7339347052	
87.	K. Deekak	PGDFM	CUTN	8531094026	
88.	G. Jeeba Sheela	Hindi	CUTN	8903371466	
89.	Prabha. E	DPES	CUTN	9894888415	
90.	A. Manikandan	PGDFM	CUTN	6383784970	
91.	M. CHARU NIVEDITA	DPES	CUTN	9443849114	
92.	R. NIJANTHAN	DPES	CUTN	8667273323	
93.	J. Evangelin	Natus	CUTN	9074315508	
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