

**Report of Special  
Lecture and  
Demonstration on  
Techniques of Weight  
& Powerlifting Events  
07-10-2024**

## **Department of Physical Education**

### **Programme Report**

**Event:** Special Lecture and Demonstration on Techniques of Weight & Powerlifting Events, **Organized by:** Department of Physical Education and Sports, School of Education and Training, Central University of Tamil Nadu  
**Venue:** Indoor Hall, **Date and Time:** 07/10/2024, 5:30 PM

**Outline:** Dr. S. Binthu Mathavan, Assistant Professor and Organizing Secretary, welcomed all attendees and introduced the event's purpose and schedule. Dr. S. Jayaraman, Head and Convener of this programme introduced Mr. G. Jalendran, President of the Thanjavur Powerlifting Association, and his team for a Special Lecture and Demonstration. Mr. Jalendran and his team provided a detailed lecture on weight and powerlifting techniques, followed by a live demonstration showcasing the best physiques and lifting techniques.

**Honouring the Guest:** All Faculty members from the Department of Physical Education and Sports honoured Mr. Jalendran and his team for their contribution. **Participant Interaction Details:** The event concluded with a Q&A session where faculty, staff, and students (totalling around 76 attendees), engaged in discussions and provided oral feedback. Dr. Jayaraman expressed gratitude to the guest speakers, participants, and organising team for making the event successful.

**Conclusion:** The event was well-received, with active participation and valuable insights shared by the guest speakers. The feedback session highlighted the participants' appreciation and the event's impact on their understanding of weight and powerlifting techniques.

Convener

Organising secretary

Dr. S. Jayaraman, Head

Dr. S. Binthu Mathavan

**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**

**SPECIAL LECTURE AND DEMONSTRATION ON TECHNIQUES OF WEIGHT & POWERLIFTING EVENTS**

**VENUE : INDOOR HALL      DATE : 07<sup>th</sup> October 2024      TIME : 05.30 PM**

**GUEST :**  
**MR. G. JALENDRAN, (PRESIDENT)**  
**THANJAVUR DISTRICT POWERLIFTING ASSOCIATION**

**GOOD IS NOT ENOUGH, IF BETTER IS POSSIBLE**

**DON'T BE AFRAID OF BEING A BEGINNER.**

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

**Organising Secretary**  
Dr.S.Binthu Mathavan  
Assistant Professor, DPES

**Organizing Committee Members**  
Dr. Vishnuvardhan Reddy . K, (Assistant Professor)  
Dr.Nagaraja . Y (Assistant Professor)  
Dr. Akila .S (Assistant Professor)











