



தமிழ்நாடு மத்தியப் பல்கலைக் கழகம், திருவாவூர்.
CENTRAL UNIVERSITY OF TAMIL NADU, THIRUVARUR - 610 005.
தமிழ்நாடு கெந்திரிய விஸ்வவித்யாலய, திருவாரூர்

National Workshop on

**“INNOVATIONS AND EMERGING TRENDS IN PHYSICAL EDUCATION
AND SPORTS SCIENCE:
INTEGRATION OF RESEARCH AND PRACTICES FOR EXCELLENCE.”**

Date: 13.03.2025 | Venue: Conference Hall, Abhijit Banerjee Block

Date: 14.03.2025 | Venue: Conference Hall, Kailash Satyathri Block

Organised by

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS,
CENTRAL UNIVERSITY OF TAMIL NADU**





**NATIONAL WORKSHOP
ON
INNOVATIONS AND EMERGING TRENDS IN PHYSICAL EDUCATION
& SPORTS SCINECES**

**Organized by
Department of Physical Education and Sports
Central University of Tamil Nadu, Thiruvarur, Tamil Nadu.**

Minute to Minute (Inauguration)

Date: 13.03.2025

- 10.00 am** : Arrival of the Chief Guest and other Distinguished Guests.
- 10.03 am** : Tamil Thai Valthu
- 10.05 am** : Welcome Address by Dr. S. Jayaraman, Head & Sports Secretary,
DPES, CUTN
- 10.10 am** : Felicitation Address by the Prof. P. Srinivasan, Dean (Student's
Welfare), CUTN
- 10.15 am** : Felicitation Address by Prof. Venkataraman S, Dean, School of
Education and Training, CUTN
- 10.20 am** : Felicitation Address by the Prof. G. Vinod Kumar, Head, Department
of Physical Education, Pondicherry University, Pondicherry.
- 10.25 am** : Vote of Thanks by Dr. K. Vishnuvardhan Reddy, Asst. Prof, DPES

THEME OF THE WORKSHOP

In an era where science and technology are reshaping every field, the domain of physical education and sports science stands at the forefront of transformative change. From advancements in sports analytics and biomechanics to breakthroughs in exercise physiology and AI-driven training methodologies, innovation is redefining performance, rehabilitation, and athlete well-being. This workshop serves as a dynamic platform to explore these cutting-edge developments, foster intellectual discussions, and bridge the gap between research and practical applications, ultimately paving the way for excellence in sports and fitness. Let us embark on this insightful journey together, igniting new ideas and shaping the future of physical education and sports science.

INAUGURATION

Dr.S. Jayaraman, Associate Professor and Head of the Department of Physical Education and Sports cum the Organizing Secretary for the National Workshop welcomes the gathering. The felicitation Addresses given by Prof. P. Srinivasan, Dean, Student's Welfare, CUTN, Prof. Venkataraman S, Dean, School of Education and Training, CUTN, Prof. G. Vinod Kumar, Head, Department of Physical Education, Pondicherry University, Pondicherry and finally vote of thanks by given by Dr. K. Vishnuvardhan Reddy, Asst. Prof, DPES.

SESSION AND SPEAKERS

This workshop has four sessions. The first session was shared by **Prof.Vinod Kumar**, Professor and Head who highlighted on implication of Nano technology in sports science, second session by **Dr.Sanjeev S. Patil**, SAI LNCPE who enlighten the topic of shaping the future: concepts of health related fitness and functional training and third session by **Dr.W. Vinu**, Associate Professor from Pondicherry University stressed on the future of physical education innovations for the next generation. The second day session

(14.03.2025) was shared by **Prof. Chandrasekar** sir who enlightening the significance of pranayama practices for sports and last session was shared by **Shri.Prasad Raj**, The Managing Director of IGNITE Sports, Chennai who stressed on understanding core stability and athletic performance.

PARTICIPANTS

The attendee for the National Workshop from faculty members from Anna University Trichy campus Dr.Murugan, Deputy Director of Physical Education, Dr.Ramesh, Assistant Professor and Head from Madurai Kamaraj University, Dr.Ravi, Director of Physical Education, Poondi Pushpam College, the scholars Annamalai University and Telangana. The students from the various departments of CUTN such as Mathematics, Physics, Education, DACE, Computer Science, Applied Psychology, Media, DJMA, Chemistry, Economics, Epidemiology and Public Health, Bio technology, Horticulture, Hindi, Commerce, Management, History, Microbiology and the PhD scholars from various departments were also attended the workshop in an enthusiastic manner.

VALEDICTORY

During Valedictory ceremony Dr.S. Jayaraman, Associate Professor and Head of the Department of Physical Education and Sports cum the Organizing Secretary for the National Workshop welcomes the gathering. Followed by **Dr.Murugan**, Assistant Director of Physical Education, Anna University, Trichy campus it was given the feedback from the participants. The most delighted and valedictory addresses was given by Prof. M. Krishnan, Hon'ble Vice-Chancellor, CUTN. The felicitation Addresses given by Prof. **R. Thirumurugan**, Registrar, CUTN and **Prof. K. Chandrashekar**, Prof & Head (Rtd) Madurai Kamaraj University, Madurai. At the end, Dr.S. Binthu Mathavan, Assistant Professor of DPES has given the vote of thanks and the second National Level workshop wind up with the National Anthem.











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VALEDICTORY (14.03.2025)

- 4.00 pm** : Arrival of the Chief Guest and other Distinguished Guests
- 4.05 pm** : Welcome Address by Dr. S. Jayaraman, Organizing Convener
- 4.10 pm** : Honouring the Guest
- 4.12 pm** : Feedback by Participants
- 4.15 pm** : Address by **Prof. M. Krishnan**, Hon'ble Vice-Chancellor,
CUTN.
- 4.25 pm** : Felicitation Address by the **Prof. R. Thirumurugan**, Registrar,
CUTN.
- 4.30 pm** : Felicitation Address by the **Prof. K. Chandrashekar**,
Prof &Head (Rtd) Madurai Kamaraj University, Madurai.
- 4.35 pm** : Vote of Thanks by Dr.S. Binthu Mathavan, Assistant Professor
- 4.40 pm** : National Anthem

**Report of
National Workshop
on
Innovations and Emerging Trends in
Physical Education
& Sports Sciences
(Integration of Research and Practice for Excellence)**

**Organized by
Department of Physical Education and Sports
Central University of Tamil Nadu, Thiruvarur, Tamil Nadu.**