

# 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 04<sup>th</sup> 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

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**DEAN OF FACULTY** 

Dr. M. GOVINDAN, Ph.D.

Dean of Faculty

Professor and Head

Department of Educational Psychology

Tamil Medu Feachers Education University

Karapakkam, Chennai - 97.

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

Registrar's Office

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



Topic	: Exercising at home for physical fitness
Date	:04.12.2018
Time	:10.00 am to 12.00 pm
Resource	: Dr. A.John Lawrence,
Person	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 aboutExerscising 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.

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



Dr. M. GOVINDAN, Ph.D.
Professor & Head
Department of Educational Psychology
Tamilacidu Teachers Education University
Karapakkan, Cheonal-800 627.



### 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.

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.

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



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

### A ONE DAY PROGRAMME ON EXERCISING AT HOME FOR PHYSICAL FITNESS 04.12.2018







### தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம் 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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KARAPAKKAM, CHENNAI-600 097



DEAN OF FACULTY

DEPARTMENT OF LANGUE LYCH.

DEPARTMENT OF LANGUE LYCH.

TAMILNASJ TEACHERS EDUCATION UNIVERSITY

KARAPAKKAM, CHENNAI - 600 097.

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### **FEEDBACK FORM**

Name of the Participant

: Dr. S Dhamodharan

**Course of Study** 

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

Title of the Programme

: Exercising at Home for physical Pitness

Name of the Resource Person

: Dr. A. John Lawrance

Kindly tick the relevant box as your suggestion

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

**Any Suggestion for Updation** 

Signature of the participant

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



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 lowerence.

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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TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI-600 097



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** 

: Exercing at Home for Physical Fitness.

Name of the Resource Person

Do. A. Tohn Laurene.

Kindly tick the relevant box as your suggestion

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

**Any Suggestion for Updation** 

Signature of the participant

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



Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### FEEDBACK FORM

Name of the Participant

: P. BIVA KUMAR

**Course of Study** 

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

**Title of the Programme** 

: Exercistre et nome for physical : Dr. A. John Lawrence

Name of the Resource Person

Kindly tick the relevant box as your suggestion

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

**Any Suggestion for Updation** 

P. Siva Kom

Signature of the participant

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



VICE-CHANCELLOR TAMILNADU TEACHERS EDUCATION UNIVERSITY

KARAPAKKAM, CHENNAI - 600 097.

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

Name of the Resource Person

:Exercising at Home for Physical :Exercising at Home for Physical : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

Item	Excellent	Good	Fair
Relevancy of the topic			
Preparation of the topic		50	V
Presentation of the subject		*/	
Clarity in presentation			
Usefulness of the programme		V	
	Relevancy of the topic  Preparation of the topic  Presentation of the subject  Clarity in presentation	Relevancy of the topic  Preparation of the topic  Presentation of the subject  Clarity in presentation	Relevancy of the topic  Preparation of the topic  Presentation of the subject  Clarity in presentation

**Any Suggestion for Updation** 

Signature of the participant

TAMIL NADU TEACHERS EDUCATION UNIVERSITY KARAPAKKAM, CHENNAI-600 097

Registrar's Office

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

### **FEEDBACK FORM**

Name of the Participant

:S. RAGAVAGIRI

**Course of Study** 

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

**Title of the Programme** 

:EXERCISING AL HOME FOR PHYSICAL FITNESS

Name of the Resource Person

: Dr. A. John Low vence

Kindly tick the relevant box as your suggestion

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

**Any Suggestion for Updation** 

Signature of the participant

REGISTRAR

TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI-600 097



Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### **FEEDBACK FORM**

Name of the Participant

: S. Santhana vajans

**Course of Study** 

: M.Ed / M.Phil/ PH.D

Title of the Programme

: Exercising out Home for prayer w fitness

Name of the Resource Person

: Dr A . John lawrence

Kindly tick the relevant box as your suggestion

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

**Any Suggestion for Updation** 

Signature of the participant

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



Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

### **FEEDBACK FORM**

Name of the Participant

: T. NIVEKANANDAN

**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	ltem	Excellent	Good	Fair
1	Relevancy of the topic			
2	Preparation of the topic			1
3	Presentation of the subject		1	
4	Clarity in presentation	1		
5	Usefulness of the programme			~

**Any Suggestion for Updation** 

Signature of the participant

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

Registrar's Office

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: Dr. A. John Lawrence

Name of the Resource Person

Kindly tick the relevant box as your suggestion

S No	ltem	Excellent	Good	Fair
1	Relevancy of the topic	V		
2	Preparation of the topic			<b>V</b>
3	Presentation of the subject		V	
4	Clarity in presentation	V	·	
5	Usefulness of the programme			<b>/</b>

**Any Suggestion for Updation** 

Signature of the participant

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



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: Dr. A. John Lawrence

Name of the Resource Person

Kindly tick the relevant box as your suggestion

S No	ltem	Excellent	Good	Fair
1	Relevancy of the topic	2 1	7	
2	Preparation of the topic	n		
3	Presentation of the subject		4	
4	Clarity in presentation	^		
5	Usefulness of the programme		7	

**Any Suggestion for Updation** 

Signature of the participant

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



KARAPAKKAM, CHENNAI - 600 097.

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

### **FEEDBACK FORM**

Name of the Participant

: P. KANI MOZHI

**Course of Study** 

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

**Title of the Programme** 

: EXERCISING AT HOME FOR PHYSICAL

FITNESS

Name of the Resource Person

: Or. A. JOHN LAWRENCE

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	V		
2	Preparation of the topic		<b>/</b>	
3	Presentation of the subject	-		~
4	Clarity in presentation		V	
5	Usefulness of the programme	~		

**Any Suggestion for Updation** 

Signature of the participant

REGISTRAR
TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, THENHAM-500 097

Registrar's Office

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### **FEEDBACK FORM**

Name of the Participant

:M. RENUGIA DEVI

**Course of Study** 

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

**Title of the Programme** 

: SXERCISINOT AT HOME BOY Physical : 97. A. JOHNLOWYENCE

Name of the Resource Person

Kindly tick the relevant box as your suggestion

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

**Any Suggestion for Updation** 

Signature of the participant

REGISTRAR TAMIL NADU TEACHER'S EDUCATION UNIVERSITY KARAPAKKAM, CHENNAL600 097



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** 

Title of the Programme

: Exercising at Home for physical : Dr. A. John Lawrence Fitness

Name of the Resource Person

Kindly tick the relevant box as your suggestion

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

**Any Suggestion for Updation** 

B. Signature of the participant

TAMIL NADU TEACHERS EDUCATION UNIVERSITY KARAPAKKAM, CHENNAL-600 097



Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### **FEEDBACK FORM**

Name of the Participant

: J. J Augustin Jebakumar. : M.Ed/M.Phil/Ph.D

**Course of Study** 

Title of the Programme

Name of the Resource Person

: Exercising at home for physical Fet. : Dr. A. John hoursense

Kindly tick the relevant box as your suggestion

S No	ltem	Excellent	Good	Fair
1	Relevancy of the topic		M	
2	Preparation of the topic	En		
3	Presentation of the subject	~		
4	Clarity in presentation		V	
5	Usefulness of the programme			~

**Any Suggestion for Updation** 

: very good

Signature of the participant

TAMIL NADU TEACHERS EDUCATION UNIVERSITY KARAPAKKAM, CHENNAL-600 097



TAMILNADU TEACHERS EDUCATION UNIVERSITY KACEPPARK MENGLESCHER - CENTRY)

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** 

: Excepcising at Home for physical

Name of the Resource Person

: Or John Law renco

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	V		
2	Preparation of the topic		V	
3	Presentation of the subject	V	>	
4	Clarity in presentation		~	
5	Usefulness of the programme			<b>\</b>

**Any Suggestion for Updation** 

: Very good

Signature of the participant

TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAL-800 097



VICE-CHANCELLOR

VICE-CHANCELLOR

TAMILNADU TEACHERS EDUCATION UNIVERSITY

KARAFAKKAM, CHEMMAN, 600 097.

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 : Dr.A. John Lawrence Fitness

Name of the Resource Person

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		<b>✓</b>	
2	Preparation of the topic			<b>V</b>
3	Presentation of the subject	<b>/</b>		
4	Clarity in presentation		<b>\</b>	
5	Usefulness of the programme			~

Any Suggestion for Updation

Signature of the participant

TAMIL NADU TEACHERS EDUCATION UNIVERSITY KARAPAKKAM, CHENNAI-600 097



KARAPAKKAM, CHENNAI - 600 097,

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### **FEEDBACK FORM**

Name of the Participant

: R. Piramilagandhi.
: M.Ed/M.Phil/Ph.D
: Exercising at Home for Physical
: Dr. A. John Lawrence.

Fitness

**Course of Study** 

**Title of the Programme** 

Name of the Resource Person

Kindly tick the relevant box as your suggestion

S No	ltem	Excellent	Good	Fair
1	Relevancy of the topic	V		
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

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



TAME MARKET TEACHERS EDUCATION UNIVERSITY KARAPAKISAM, CHENNAI - 600 897.

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	ltem	Excellent	Good	Fair
1	Relevancy of the topic			1.
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

TAMIL NADU TEACHERS EDUCATION UNIVERSITY KARAPAKKAM, CHENNAI-600 097



TAMILNADU TEACHERS EDUCATION UNIVERSITY KARAPARKAM, CHENNAL - 600 097;

Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### FEEDBACK FORM

Name of the Participant

: R. Vennacila

**Course of Study** 

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

**Title of the Programme** 

Name of the Resource Person

:Exercising at Home for physical Eitness : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	ltem	Excellent	Good	Fair
1	Relevancy of the topic			<u></u>
2	Preparation of the topic	~		=
3	Presentation of the subject		L-	
4	Clarity in presentation			L-
5	Usefulness of the programme			

**Any Suggestion for Updation** 

Signature of the participant

REGISTRAR TAMIL NADU TEACHERS EDUCATION UNIVERSITY KARAFAKKAM, CHENNAL 600 097



Date: 04/12/2018

Chennai -97

Time: 10am to 12pm

# **Exercising at Home for Physical Fitness**

#### **FEEDBACK FORM**

Name of the Participant

**Course of Study** 

**Title of the Programme** 

: Execusing at Home for physical Pitness : Dr. A. John Lowerance

Name of the Resource Person

Kindly tick the relevant box as your suggestion

S No	ltem	Excellent	Good	Fair
1	Relevancy of the topic		V	
2	Preparation of the topic		V	
3	Presentation of the subject		-	
4	Clarity in presentation			
5	Usefulness of the programme			L-

**Any Suggestion for Updation** 

Signature of the participant

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



TAMILNADU TEACHERS EDUCATION UNIVERSITY KARAPAKKAM, CHENNAL-600 09%.