



Estd. 1919



**PHYSICAL EDUCATION
FOUNDATION OF INDIA**

NATIONAL SPORTS PROMOTION ORGANIZATION

TAMIL NADU STATE CHAPTER

**NATIONAL
EDUCATION
POLICY 2020**

National College (Autonomous), Tiruchirappalli
Bharathidasan Institute of Management, Tiruchirappalli
Physical Education Foundation of India, Tamil Nadu State Chapter

Organizes

ONE DAY NATIONAL WORKSHOP

NEP 2020

REDEFINING SPORTS AND PHYSICAL EDUCATION

IN HIGHER EDUCATION



**INTEGRATED
LEARNING**



**PHYSICAL
LITERACY**



**HOLISTIC
DEVELOPMENT**



**EXCELLENCE
& LEADERSHIP**



**SPORTS INTEGRATION
IN CURRICULUM**



**FITNESS & WELLNESS
FOR ALL**



**SKILL DEVELOPMENT
THROUGH SPORTS**



**INCLUSIVE & EQUITABLE
OPPORTUNITIES**



Date: 12th September 2026, Saturday
Venue: National College, Tiruchirappalli
Contact: 99941 18478, 96264 62237

Programme Schedule

09.15 a.m - 10.00 a.m

10.15 a.m - 11.00 a.m

Registration

Session - I / Dr. R. Srikanth

From Curriculum to Competencies: OBE for
Physical Education & Sports Sciences in HEIs

11.20 a.m - 12.05 p.m

Session - II/ Dr. S.Thirumalaikumar

Ethics, Integrity, and Anti-Doping Regulations in Academic Sports

12.05 p.m - 12.50 p.m

Session - III/Dr. R.Ram Mohan Singh

NEP 2020 Practical Implementation: Making Sports Integration
Work in Autonomous Colleges

02.00 p.m - 02.45 p.m

Session - IV/Dr. C.Vijay

Stable & Unstable Movement Mechanics for Youth Growth &
Physical Rehabilitation

02.45 p.m - 03.30 p.m

Session - V/Dr.Dharmesh Kubendiran

Sports Injury Prevention and Rehabilitation - Sports

SPEAKERS



**Dr. R.RAM
MOHAN SINGH**

Professor,
Department of Physical
Education & Sports
Pondicherry University,
Puducherry.



Dr. S.THIRUMALAIKUMAR

Professor and Head
Department of Physical Education
Tamil Nadu Physical Education
and Sports University, Chennai



Dr. DHARMESH KUBENDIRAN

Sports Biomechanics & Kinesiology
Trimmers & Toners
Sports Therapy Institute
Chennai.



Dr. R.SRIKANTH

Special Officer
Department of Collegiate Education,
Govt. of Karnataka
& PEFI Coordinator, Karnataka



Dr. C.VIJAY

Founder & CEO,
Smart 7 Wellness
Chennai

SAT Sep 12th
2026

Venue:
Rajaji Hall
National College, Tiruchirappalli

For Registration



Seminar Concept



Academic & Curricular Integration

Seamlessly Merging Physical Education into Standard Degree Structures under CBCS. Major, Minor and Vocational Track Pathways in Sports Sciences



Outcome-Based Education (OBE)

Shifting from passive sports participation to structured, measurable competencies in motor skills, sports tactics, and movement literacy



Health & Holistic Campus Wellness

Fostering lifelong fitness habits, psychological resilience and active lifestyles across university campuses aligned with Fit India.



Ethics, Leadership & Character Building

Inculcating integrity, fair play, emotional stability, team coordination, and moral excellence through sports engagement.

"Physical Education is not just an activity; it is an essential part of education that builds health, character, and a successful life." - NEP 2020 Vision

Inaugural Session

12.09.2026 @ 10.00 a.m



Shri. K. RAGHUNATHAN

Secretary, National College (Autonomous)
Tiruchirappalli.