



UNIVERSITY COLLEGE OF ENGINEERING TINDIVANAM
(A Constituent College of Anna University Chennai)
Melpakkam – 604 307.

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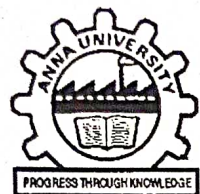
INTIMATION LETTER

The National Sports Organization summer residential camp for the academic year 2023 – 24 has been scheduled from 07 / 08 / 2024 to 13/ 08 / 2024. Hence, students who have enrolled NSO are hereby instructed to participate in the summer camp during the scheduled period without fail. It is also informed that as per regulation 2021, participation in NSO camp and the grade obtained in the NSO program is mandatory for the award of degree. **During this period, free boarding and lodging facility will be given for all the students in the hostel premises.** Hence, All the participants has to bring the below mentioned items without fail.

- 1) T - Shirts
- 2) Lower / Shorts
- 3) Canvas Shoe
- 4) Bedding Items (Day Scholar)

R. K. P. S.

R. K. P. S.
31/07/24
DEAN



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Department of Physical Education

NSO –Summer Residential Camp Programme for
53 Students Enrolled in 1st - Year 2023 – 2024 Batch (Regulation 2021)

05.00 am – 06.00 am	: Refresh Time
06.00 am.	: Attendance
06.10 am – 06.40 am	: Warming Up (Exercise / Stretching: Jogging, Aerobics, Strengthening, Speed, Endurance, Agility and Flexibility)
06. 40 am – 08.00 am	: Options Games / Events – 1) Athletics 2) Badminton 3) Ball Badminton 4) Cricket 5) Foot Ball 6) Kho – kho 7) Kabaddi 8) Volley Ball 9) Yoga
08. 00 am	: Class Dispose
08.00 am – 09.00 pm	: Breakfast
09.00 am – 11.00 am	: Refresh Time& Rest Period
11.00am – 12.00 pm	: Special Section (First Aid, Mediation, Water Resource Management, Fire Fighting& etc.)
12.00 pm – 01.30 pm	: Lunch
01.30 pm – 04.30 pm	: Break / Rest Period
04.30 pm	: Attendance
04.40 pm – 05.00 pm	: Warming Up (Exercise – Jogging, Aerobics, Strengthening, Speed, Endurance, Agility and Flexibility)
05. 00 pm - 06.30 pm	: Options Games / Events – 1) Athletics 2) Badminton 3) Ball Badminton 4) Cricket 5) Foot Ball6) Kho – kho 7) Kabaddi 8) Volley Ball 9) Yoga
06. 30 pm	: Class Dispose
06.30 pm – 08.00 pm	: Refresh Time
08.00 – 09.00 pm	: Dinner
09.30 pm	: Attendance
09.40 pm – 05.00 am	: Bed Time / Sleeping Time

Note: - All are an above mentioned are under the supervision of the respective **Director of Physical Education.**