



ALAGAPPA UNIVERSITY

A State University Accredited with A+ Grade by NAAC (CGPA: 3.64) in the Third Cycle & Graded as Category-I University & Granted Autonomy by MHRD-UGC,



KARAIKUDI – 630 003, TAMIL NADU, INDIA

DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH SCIENCES

AROKIYA MALAR – Annual Magazine

நன்றாக இரு நல்லதை செய் . Be Good Do Good



Health / Physical Education



June 2023 – May 2024

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PHYSICAL ACTIVITY FOR DIABETICS: BEYOND TRADITIONAL EXERCISES

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Introduction

Physical activity plays a crucial role in managing diabetes and improving overall health. Regular exercise not only helps control blood sugar levels but also enhances cardiovascular fitness, aids in weight management, and promotes emotional well-being. While traditional exercises such as walking, jogging, and cycling are well-known for their benefits, there is a wide range of physical activities that can be equally effective and enjoyable for individuals with diabetes. In this blog post, we will explore physical activities such as strength training, yoga, dancing, outdoor activities, and mindful movement, highlighting their unique advantages and offering practical tips for incorporating them into your daily routine.

1. Getting Started with Strength Training

Strength training, also known as resistance training, involves exercises that target the major muscle groups in the body. This form of activity is beneficial for individuals with diabetes as it helps increase muscle mass, improve insulin sensitivity, and enhance metabolic rate. By incorporating resistance exercises such as weightlifting, resistance band workouts, or bodyweight exercises into your routine, you can build a strong foundation and support better blood sugar control. We will discuss the benefits of strength training for diabetes management and provide step-by-step instructions for getting started. For beginners, start with bodyweight exercises like squats, lunges, and push-ups. Aim for two to three sessions per week, with at least one day of rest in between. Start with one set of 10-15 repetitions for each exercise, and gradually increase as your strength improves. If you're unsure about how to do these exercises or if you have physical limitations, consider working with a fitness professional that can provide guidance and modifications.

2. Getting Started with Yoga

Yoga is a mind-body practice that combines physical postures, breathing techniques, and meditation. It offers a holistic approach to physical activity, focusing on flexibility, balance, strength, and relaxation. Regular practice of yoga can improve insulin sensitivity, reduce stress levels, and promote a sense of calmness and well-being. In this section, we will explore different types of yoga suitable for individuals with diabetes, explain their specific benefits, and guide you through a simple yoga routine that can be easily incorporated into your daily life.

For those new to yoga, consider starting with a beginner's class or online video. Look for a style that emphasizes gentle movement and relaxation, such as Hatha or Restorative yoga. Start with shorter sessions, maybe 10-15 minutes a day, and gradually increase the duration as your flexibility and strength improve. Remember, yoga is not about perfection, but about practice. Listen to your body and modify poses as needed.

3. Dancing: Moving to the Beat of Health

Dancing is a fun and versatile form of exercise that can be tailored to your interests and fitness level. Choose a style that you enjoy – whether that's salsa, hip-hop, ballroom, or Zumba. Consider joining a dance class at a local community center or follow along with online dance workout videos at home. The key is to find joy in the movement – don't worry about getting the steps perfect. Aim for around 20-30 minutes of dancing to start, gradually increasing the duration and intensity as your fitness improves.

4. Outdoor Activities: Embrace the Great Outdoors

Outdoor activities can range from low-intensity exercises like walking or gardening to more vigorous activities like hiking or kayaking. Start by identifying outdoor activities that you enjoy and fit into your lifestyle. If you're new to exercising, start with shorter, less intense activities like a daily walk in the park. As your fitness improves, gradually incorporate more challenging activities. Always remember to dress appropriately for the weather, stay hydrated, and protect your skin from the sun.

5. Mindful Movement: Tai Chi and Qigong

Tai Chi and Qigong are gentle and low-impact exercises, making them suitable for all fitness levels. You can find beginner Tai Chi and Qigong classes at community centers or online. Start with short sessions, around 10-15 minutes, focusing on coordinating the movements with your breath and cultivating a sense of mindfulness. As your balance and flexibility improve, you can gradually extend the duration of your practice.

Conclusion

Incorporating physical activity into your daily routine is essential for effective diabetes management. By going beyond traditional exercises and exploring a variety of physical activities, you can find joy, motivation, and long-term success in maintaining an active lifestyle. Strength training, yoga, dancing, outdoor activities, and mindful movement offer unique advantages and can be tailored to suit your preferences and fitness level. Remember to consult with your healthcare team before starting any new exercise regimen and listen.

Tratak Kriya and Mindfulness



Fig - 1

Soundness of Tratak Kriya

- ✦ Relieves mental stress.
- ✦ Relieves headache, migraine etc.
- ✦ Brings an end to insomnia or sleeping difficulties.
- ✦ Freedom from negative thoughts.
- ✦ Concentration increases.
- ✦ Help to reduce anger.
- ✦ Sharpens eyesight.
- ✦ Brain functionality increases
- ✦ Tratak meditation helps in improving concentration power and mental strength.
- ✦ It helps in preventing unnecessary thoughts and distractions.
- ✦ It is known to cure ophthalmologic disorders like weak sight.
- ✦ It strengthens the optic nerves for better eyesight

Cogent of tratak

Tratak improves vision and has been known to treat several eye disorders such as weak eyesight, and it improves the internal and external optic function. It improves memory, focus, concentration and internal strength. It enhances patience & willpower. Improves clarity & decision-making. Purifies the eyes and strengthens the eye muscles by exercising them to focus on a point. Corrects short-sightedness. Improves vision, concentration and memory. Hence, recommended for school children too.

Dhirendra Singh Chauhan (Ph. D scholar)

Dr. V.A Manickam

Introduction to Yoga

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice."Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.

R. Senthilkumar
M.sc Yoga II Year

50 years of traditional professional thought in physical education:

- Resistance to diseases: a broad component referring to degenerative and contagious diseases.
- Muscular strength and endurance: the ability to continue successive exertions under conditions where a load is placed on the muscle groups being used.
- Cardiovascular endurance: the ability to maintain effort when demands are placed on the functions of the circulation and respiration.
- Muscular power: the ability to release maximum force in the shortest period of time.
- Flexibility: the degree of range of movement at specific joints and in total body movement.
- Speed: the ability to make successive movement of the same kind in the shortest period of time.
- Agility: the ability to change position in the space.
- Balance: the ability to maintain equilibrium while stationary or moving.
- Accuracy: the ability to control voluntary movements towards an object.

B. Rasammal
M.Phil Scholar

World Physiotherapy day 08.09.2023

அழகப்பா பல்கலைக்கழகம்
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the 3rd Cycle | Category - I University by MHRD - UGC
Karaikudi - 630 003, Tamil Nadu, India

உலக இயன்முறை மருத்துவ தினத்தை முன்னிட்டு
உடற்கல்வி மற்றும் சுகாதார அறிவியல் துறை
நடத்தும்

இயன்முறை மருத்துவ முகாம்

08.09.2023 வெள்ளிக்கிழமை காலை 10.00 மணி முதல் மதியம் 2.00 மணி வரை
உடற்கல்வி மற்றும் சுகாதார அறிவியல் துறை வளாகத்தில் நடைபெற உள்ளது

துவக்கி வைப்பவர்
பேராசிரியர் . க. ரவி அவர்கள்
துணைவேந்தர், அழகப்பா பல்கலைக்கழகம்
காரைக்குடி

மருத்துவ ஆலோசகர்கள்
மருத்துவர. ஆசை செல்வன் D. Ortho,
மருத்துவர்கள். கோகுல கிருஷ்ணன்
ஜெயபதி
பிரியதர்ஷினி
மருத்துவர் மற்றும் செவிலியர்கள் (Apollo hospital)

அனைத்து ஆசிரியர்கள் மற்றும் அலுவலகப் பணியாளர்கள் முகாமில் கலந்து
கொண்டு சிறப்பிக்க வேண்டுகிறோம்

பேராசிரியர் . க. உஷா ராணி
துறைத்தலைவர் மற்றும்
ஒருங்கிணைப்பாளர்

பேராசிரியர் . S. ராஜ் மோகன்
பதிவாளர் (பொ)

Fig - 2



Fig - 3

Honoring the Guest - 08.09.2023



Fig - 4 Honoring the Guest - 08.09.2023

**Two days International Conference on
“Recent Trends in Sports and Yogic Sciences”
Jointly organized by Department of Physical Education and Health Sciences,
Alagappa University College of Physical Education, Alagappa University,
Karaikudi. March 26th and 27th 2024.**



Fig – 5

Lighting the Kuthu Vilakku in the international conference by our Honorable Vice Chancellor and Other dignitaries



Fig - 6

Key note address given by Prof. Elangovan in the Inauguration of International Conference on “Recent Trends in Sports and Yogic Sciences” held at convocation Hall, Alagappa University on 26th March 2024



Fig - 7

Two days conference image (Cont.)



Fig - 8

Two days conference image (Cont.)



Fig - 9

Two days conference image (Cont.)



Fig - 10

Two days conference image (Cont.)



Fig - 11

Two days conference image (Cont.)



Fig - 12 Two days conference image (Cont.)

Workshop - Feb One week 5th to 10th 2024



Fig - 13



Fig - 14

Workshop image (Cont.)



Fig - 15

Workshop image (Cont.)



Fig - 16



Fig – 17

Awards Received by the Faculty Members

- Karmaveerar Kamarajan International Award – 2022
- International best personality Award --2023, Multidisciplinary international conference held on 24/09/2023,Sharjah,dubai.
- Jawaharlar Nehru International Award by World Tamil illakkiya Peravai Thailand on 04-04-2023
- A.P.J Abdulkalam International Award by World Tamil illakkiya Peravai Thailand on 04-04-2023.
- Karma veerar Kamarajar International Award by ,Andaman Tamil Sangam, Andaman on 06-09-2022
- Dr.B.R.Ambethkar International Award by, Andaman Tamil Sangam, Andamanon 06-09-2022

VILLAGE PLACEMENT PROGRAMME



DATE: 10.03.2023 – 12.03.2023

Name of the Adopted Village: K. Alagapuri



Fig - 18

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ALAGAPPA UNIVERSITY

(A State University Accredited with "A+" Grade by NAAC (CGPA: 3.64) in the Third Cycle and Graded as Category-I by MHRD-UGC, 2020: QS India Rank: 24, QS ASIA Rank: 222, NIRF Rank: 28)
Karaikudi-630 004, Tamil Nadu, India.

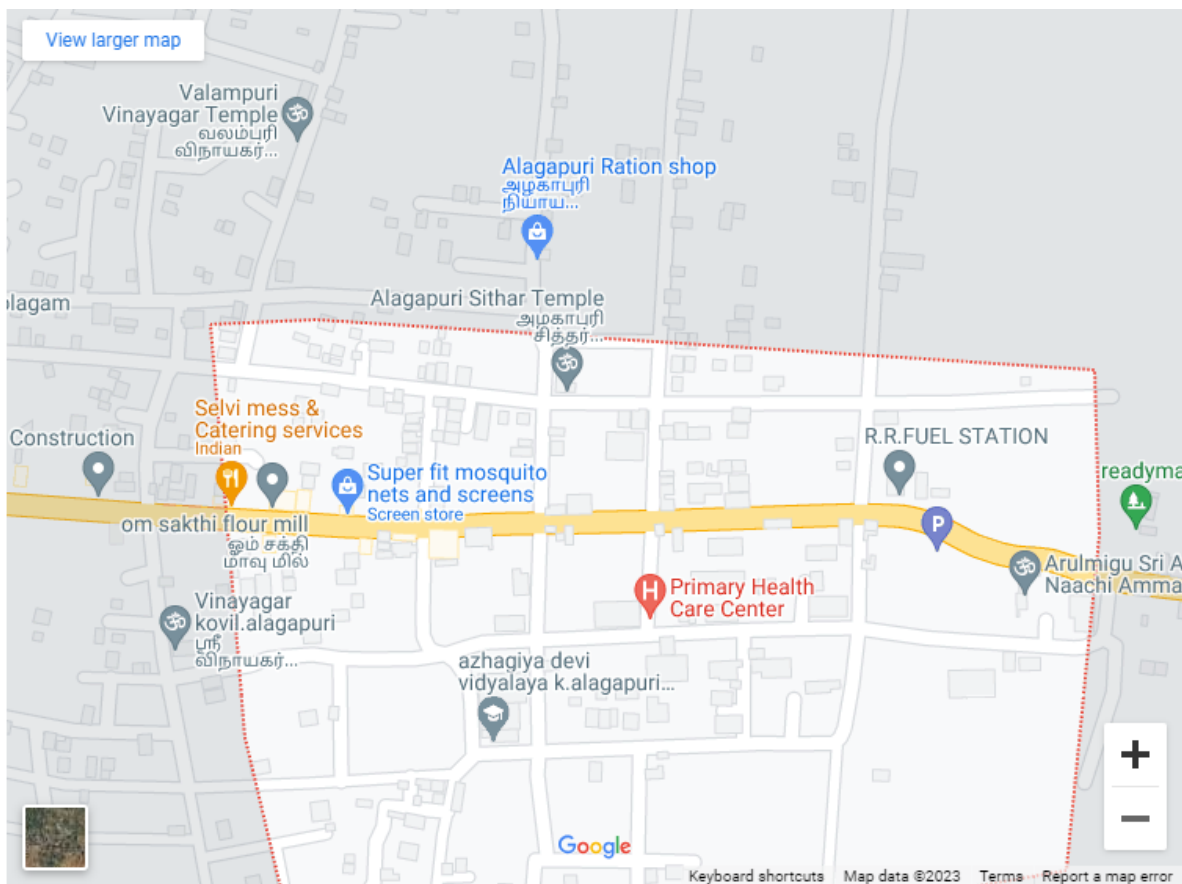
Department level Coordinator: Dr. M.KALAISELVI

Since 2015, Alagappa University organizes Village Extension Programme (VEP) (Formerly known as Village Placement Programme) every year for the final year Post Graduate students as

a part of their curriculum aimed at exposing students to problems faced by Indian villages. Under this programme, students should visit an under developed village and analyze the socio-economic status of the people belonging to various communities and religions. For this year, the Department of Bioinformatics, Department of Geology, Department of Physical Education and Health Science and Department Education was assigned a village called 'K. Alagapuri' located 5 km away from the Science Campus. The ultimate objective of this program was to identify the demands and requirements of the village people through conducting a detailed socio-economic survey and door-to-door awareness programs and/or campaign emphasizing the importance of education, women empowerment, environmental pollution, health and nutrition.

About K. Alagapuri Village

K Alagapuri is a small village, located in the Chettinad region, district of Sivaganga, Tamil Nadu. The area "K Alagapuri" lies under takula of Karaikudi, Sakkottai Block. On road, it is 5 km away from Science campus. This village is famous for its Alagapuri sither temple and Amman temple. The town is famous for its Veerasekara Umaiyambigai Temple (Sakkottai area). Nearby Kandamur is famous for Kandamur Sivan Kovil—which is a replica of the Madurai Meenakshi Temple—built by Nagarthars.



According to the India census, in 2018 the population of K Alagapuri Village was about 1589. Males constituted 700 of the total population, while females constituted 859. K Alagapuri had an average literacy rate of 65%, which was higher than the national average of 49.5%. Male literacy rate was 42% and female literacy rate was 35%. In K Alagapuri village, 200 of the population are under 6 years of age.

The work schedule-VEP base camp at ‘K Alagapuri’

Day 1–(10.03. 2023)–Meeting with Villagers Representatives-The day for “Swachhh Bharat Abhiyan” Activity

On 20th September 2019, around 24 students coordinated by a Faculty Member Dr. P. Boomi, Assistant Professor of Department of Bioinformatics started from Science Campus at around 7.30 A.M to K Alagapuri through a tempo traveler. All students reached the K Alagapuri Village at 9.00 A.M. After reached the village, the VPP students started to prepare for the inauguration of the program. The commencement of the program began with the inaugural function by a group of VPP Co-ordinator Dr. P. Boomi (Department of Bioinformatics) Dr. K. Prabakaran (Department of Geology), Dr. M. Kalaiselvi (Department of Physical Education and Health Sciences) and Dr. M. Mahendra Prabu (Department of Education) along with village people that was held in the Panchayat marriage hall (government building) at 9.30 AM. Totally 58 PG students were participated in this program (Bioinformatics-24, Geology- 25, Dept. of Physical Education- 05 and Dept. of Education- 04). The VPP coordinator Dr. P. Boomi welcomed the gathering and K. Alagapuri councillor inaugurated the camp and gave the inaugural address. The President of Kotayur delivered a special speech on the topic “Service”. He explained the need for students to serve society. He emphasized the importance of the role of young minds in the development of our country through service. He encouraged the student volunteers to serve the society wholeheartedly. After that special program of the volunteers was conducted and the planned program of the program was announced. Finally, Dr. K.Prabakaran proposed the vote of thanks. Followed by the inauguration, all the students were asked to assemble in the same building. They had their breakfast and discussed together for the first day program.

Later the students were given an opportunity to get acquainted with the villagers and get to know the environment. Hence, there was a one-to-one interaction between the villagers and the student’s volunteers. The village people responded well in return. No matter what difficulties we faced, they stood by us to help us through all the risks. They provided us with beds to sleep on, water to use and drink, toilets etc. The students realized that the Ganesha temple was ugly (garbage, waste plastic paper, Trash). All the students washed and cleaned the place well. After cleaning, there was a meeting in the afternoon to discuss the plan for the evening's activities. Students noted down each and every minor detail which they came across in the introduction session.

Day 2–(12.03.2023) – Rally on importance of Green Environment and prevention of accident



Fig - 19

On the second day we used all the professors and all the students organised a rally to spread awareness on prevention of accidents and the guidelines issued to curb the spread of severe disease. The students under the guidance of their programme officers participated in the awareness rally. The volunteers stressed the need to obey traffic rules and wear helmet while driving vehicles. The students were enthusiastic to perform in all streets. To stop the use of plastic, the students from schools led by 28 VPP students peaked with a rally around campus. Also they spread awareness amongst public regarding use of cloth bags instead of Poly bags. All the students carrying the banners with message encouraging the use of cloth bags instead of plastic bags were as successful in gaining public attention. Holding banners and placards on the theme “Be safe to earth, reduce the use of plastic. The students were heard shouting slogans in Tamil, ‘No More Plastic’ and ‘save water’. Moreover, the students took out a massive rally against drug.



Fig - 20

Day 3 - Free Health Check-up Camp

On the third day of the camp, VPP coordinators and students was conducted medical camp between 7.30 AM to 10.30 AM. The camp was started with formal inauguration at same building at 7.30.AM. Dr. Mohan, Dr. Vijayalakshimi and Dr.Sreena described thr Amim and objective of the medicine and treatment. A total of 521 patients got the benefits of the free camp. The patients above 40 years were screened for Diabetes, Hypertension and cardiovascular diseases using ECG. Blood Sugar and Blood Pressure were tested and general check-up was conducted. They were given treatment on spot with the help of specialists from homeopathy medicine.

The Valedictory Function of the three Days VPP Camp was held on 12.03.2023 with villagers. All the students and coordinators were happy about the program. The program ended with the National Anthem.

கணக்கு மன்றம் நடட்டம் அனுப்பப்பட்டது காரைக்குடிக்கு இளை வரா வட்டம் தம் தகராட்சி உள்பட னது தெரு விளக்குகள் து வந்தார்.

பம்
டபீரி
னவரி
ரயம
சிவ
ழவக்
ணை
ட்ட
ர்.
டத்த
யில்
தாக
இத
கக்
லை
னர்.
பேச்
மறி
சய்த

இலவச மருத்துவ முகாம்



பம்
கால்
மியர்
யார்
மாடு
களை
தகா
டடல்
டுப்பு
குநர்
ராம்,
டை
ரீரீயு
நத்து
யார்
டுப்து
னர்.

► காரைக்குடி அருகே அழகப்பா பஸ்கலைக்கழகம் சார்பில் நடந்த இலவச மருத்துவ முகாமை தலைமையேற்ற ஜி.வி. துவக்கி வைத்தார்.

காரைக்குடி, மார்ச் 17: காரைக்குடி அருகே சாக்கோட்டை ஒன்றியம் அழகாபுரில் அழகப்பா பஸ்கலைக்கழக உதவி தகவலியல் துறை, பூவி அமைப்பியல் துறை, கல்விசீலம் துறை மற்றும் உடற்கல்வி, ககாதார அறிவியல்துறை சார்பில் கிராம சேவை முகாம் நடத்தது. முகாமை துணைவேந்தர் ஜி.வி. துவக்கி வைத்து பேசுகையில், "அழகப்பா பஸ்கலைக்கழகம் சார்பில் ஏதாவது ஒரு கிராமம் தெர்வு செய்யப்பட்டு இதுபோன்ற

முகாம்கள் நடத்தப்பட்டு வருகிறது. இந்த முகாமைகளில் சுற்றுப்புற சூழலை மேலாண்மை காப்பது, மழைநீரை சேமிப்பது, கொழுந்தோய்களில் இருந்து பாதுகாத்து கொள்வது குறித்து பொது மக்களுக்கு, மாணவர்கள் விழிப்புணர்வு ஏற்படுத்த அவர்கள், மேலும் மரக்களை பாதுகாப்பது மற்றும் சூழத்தை கல்விசீல முக்கியத்துவம் குறித்து எடுத்து கூறப்படும். மாணவ, மாணவிகள் கிராமத்தினை நேர்நின்று விழிப்புணர்வு ஏற்படுத்துவார்கள்" என

அறிவியல் புவ முதல் மைமர் பேராசிரியர் ஜெயகாந்தன், கிராம சேவை முகாம் திட்ட, ஒருங்கிணைப்பாளர் பேராசிரியர் நாராயணமூர்த்தி, துணை ஒருங்கிணைப்பாளர் நடராஜன், கரேஷ், துறை ஒருங்கிணைப்பாளர்கள் பூமி, பிரபாகரன், மகேந்திரபிரபு, கலைச்செல்வி உள்பட பலர் கலந்து கொண்டனர். மருத்துவர்கள் மோகன், விஜயலட்சுமி, ஜி.வி. ஆகியோர் தலைமையில் மக்களுக்கு மருத்துவ ஆலோசனை

Fig - 21