

JR (Admin)  
JR (E.F.)

So  
5/3/17

**PONDICHERRY UNIVERSITY**  
**DIRECTORATE OF PHYSICAL EDUCATION AND SPORTS**

**Dr.D.SULTANA**  
Director (i/c) of Phy.Edn & Sports  
0413-2654741/9994078707

Rajiv Gandhi Cricket Stadium  
R.V.Nagar, Kalapet  
Puducherry-605014

PU/DIR/SPORTS/G.S/A.D/16-17/118-784 Date: 02.03.17



Sir/Madam,

PU / Regr / No. 2102  
Dt / 3 / 3 / 2017

Sub: **Free Yoga camp for control of Diabetes –Free Blood test & Yoga training**  
camp for Teaching and Non Teaching Staff of Pondicherry University Campus –  
Intimation – Reg.

Ref: PU DIR/PE&SPORTS/16-17dated 24-02-2017.

In continuation of my previous letter cited on the subject above, I am to inform you that under the auspices of Ministry of AYUSH, Govt of India, the Directorate of Physical Education & Sports and the World community service centre jointly organized Free Yoga Camp registration for control of diabetes to find the incidence of Diabetes & Pre Diabetes for Teaching and Non Teaching Staff of Pondicherry University Campus on Monday 27<sup>th</sup> February 2017 in Pondicherry University campus. 350 Staff of Pondicherry University registered their names in above camp. Out of which, 144 Staff are found in Diabetes (List enclosed) *risk*.

In this regards, Free Blood Test Camp will be arranged on 7<sup>th</sup> Mar 2017 at 6.30am in the Directorate of Physical Education, Rajiv Gandhi Cricket Stadium, Pondicherry University. Follow it, the Staff will be given Free Yoga Training for 10 days (Evening 1 hour-4PM-5PM).

The listed Staff of Pondicherry University campus are requested to attend the above free camp as per scheduled.

Thanking you

Yours faithfully

  
(D.SULTANA)

Director of Physical Education & Sports  
**Dr. D. SULTANA**  
Director (i/c) of Phy Edn. & Sports  
Pondicherry University  
Puducherry-605 014.

Copy to:

1. The Asst. Registrar,  
VC Secretariat, Pu –For kind information of Vice Chancellor.
2. The Asst. Registrar,  
Registrar Secretariat, Pu –For kind information of Registrar.
- ✓ 3. The System Manager,  
Pondicherry University- With request to host this circular and list of staff.

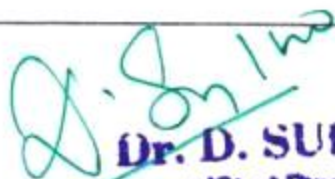
Forwarded to S.H.C.C.)

**NMB BLOOD TEST CAMP**


CAMP LOCATION : PONDICHERY UNIVERSITY  
 DATE : 7<sup>th</sup> Mar . 2017  
 YIDM IN-CHARGE : Mr. S. Murugaiyan (09443442187 / Yogapondicher  
 INVITED COUNT: **DIABETIC and PRE-DIABETIC RISK**

**USE LIST BELOW TO MARK ATTENDANCE**

SerialNum	Name	Age	Gender	Phone
6001	ARASU. S.M	53	MALE	9443287622
6002	ASAITHAMBI. K	58	MALE	9677937259
6003	CHINNASAMY. P	40	MALE	9841154354
6004	DEVAKI. A	35	FEMALE	9843992387
6005	DIANA	23	FEMALE	9677769542
6006	DURAIVIJAYAN. D	42	MALE	9994549354
6007	EZHUMALAI. B	59	MALE	9443626011
6008	EZHUMALAI. C	41	MALE	9600608912
6009	EZHUMALAI. V	46	MALE	9443616269
6010	INDIRAN. K	47	MALE	9176402175
6011	JANAKIRAMAN. G	51	MALE	9786213382
6012	JAYA	36	FEMALE	9443044808
6013	KALPANA. L	43	FEMALE	9894397004
6014	KUPPAN. K	57	MALE	9626632943
6015	MANNKANTH. K	53	MALE	9443536867
6016	MOHAMMED JASSANT. A	56	MALE	9944962792
6017	MRINAL MUKHERJEE	45	MALE	7598395915
6018	MUNUSAMY. S	58	MALE	9566552051
6019	MUTHUSAMY. P	54	MALE	9791585189
6020	NALLAPERUMALPILLAI. K	59	MALE	9598290438
6021	NANDAGOPAL. D	53	MALE	9943563828
6022	PADMAVATHI. K	53	FEMALE	8438126979
6023	PANKAJINI BEHERA	28	FEMALE	9487517508
6024	PAUL ROBERT. A	55	MALE	9845412120
6025	PERIYASAMY. K	49	MALE	9629960424
6026	PERUMAL. M	54	MALE	8870973427
6027	PONNUSAMY. E	51	MALE	9865357070
6028	RAFFI. A.Y	50	MALE	9443405550
6029	RAJASEKARAN. D	42	MALE	9486477632
6030	RAMARAJ. M	53	MALE	9442235964
6031	RAVI COUMAR. S	46	MALE	9994679705

  
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6032	RAVI COUMAR.S	46	MALE	7871403963
6033	RAVI. S	53	MALE	7904914054
6034	SELVAM. A	54	MALE	9486649996
6035	SELVARAJ. M	56	MALE	8870226266
6036	SENTAMILSELVAN. S	54	MALE	9443107404
6037	SHANTHAKUMARI. B.R	56	FEMALE	9443560845
6038	SHANTHALAKSHMI. K	40	FEMALE	7397098453
6039	UDAYASOORIYAN. P	55	MALE	9442185812
6040	VERRAPPAN. L	57	MALE	9442211391
6041	ABIGAIL. A	22	FEMALE	9994807562
6042	AMITHA SINGH	43	FEMALE	9345918220
6043	ANBAZHAGAN. S	45	MALE	9360561155
6044	ANEBOU. V	42	MALE	9585437303
6045	ANIBAZHAGAN. K	43	MALE	9843847884
6046	ANITHA SINGH	38	FEMALE	9787136450
6047	ARAVALLI. S	56	FEMALE	8438191299
6048	ARJUNAN.S	50	MALE	7708970693
6049	ARUMUGAM. N	55	MALE	9894082606
6050	ARUMUGAM. P	55	MALE	9442902488
6051	ASWATHI. G	38	FEMALE	9443293037
6052	BALAKRISHNAN. J	57	MALE	9790530679
6053	BASKAR. G	46	MALE	8608400773
6054	BUSHANAMURTHY. K	54	MALE	9894955978
6055	CHINNADURAI. S	52	MALE	9442583903
6056	DAKSHAYINI. S	20	FEMALE	9790873824
6057	DANAZEAN. R	53	MALE	9843932255
6058	DEVANARAYANAN. N	57	MALE	9362435455
6059	DEVIKALA. R	39	FEMALE	9445204248
6060	DR. SUNOOJ. K.V.	37	MALE	9488512905
6061	EZHUMALAI	57	MALE	9787628321
6062	GANAVAL. M	56	MALE	9443127763
6063	GANESH. J	53	MALE	9245271084
6064	GANGADHARAN. A	42	MALE	7448473663
6065	GOVINDASAMY. S	56	MALE	9443126745
6066	HONEY GUPTA	24	FEMALE	8903534810
6067	ILANGOVAN. K	28	MALE	9092024516
6068	INDIRA	50	FEMALE	9443406805
6069	IOUDAYARAJ. S	56	MALE	9486747008
6070	JACKULINE BOWLA. S	30	FEMALE	8056960337
6071	JAMALUDHEEN. G	33	MALE	9655481882
6072	JAMUNA. K	39	FEMALE	9442697546

  
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6073	JANAHI VIJAYAKUMAR	51	FEMALE	8973877891
6074	JANAKI. M	41	FEMALE	9487063652
6075	JAYAMURUGAN	49	MALE	9585437303
6076	JAYARAMAN. C	50	MALE	9442194465
6077	JOTHI. K	52	MALE	9159499350
6078	JUBY JOHN EIPE	32	MALE	9884347427
6079	KALA. V	48	FEMALE	9894260810
6080	KALIAMOORTHY. K	51	MALE	9159793125
6081	KALPANA. V	47	FEMALE	9489145698
6082	KATHAVARAYAN. P	51	MALE	8098085731
6083	KESSAVARAMAN. E	40	MALE	8940541405
6084	KRISHNAMOORTHY. V	51	MALE	93451972218
6085	KRISHNARAJ. P	51	MALE	8056529980
6086	KUMARI.P	48	FEMALE	9445645535
6087	LATCHUMANAN. G	58	MALE	7418224924
6088	LATHA	49	FEMALE	9500497528
6089	LATHA. A	42	FEMALE	9443273226
6090	MAHENDRA	30	MALE	9487421851
6091	MAILAINATHAN. A	49	MALE	9489136689
6092	MANGALAMBIGAI. M	40	FEMALE	9894584256
6093	MEERA. A	36	FEMALE	9.89437E+11
6094	MEGARAJAN. D	57	MALE	9486747581
6095	MOUNISSAMY. T	51	MALE	9443624458
6096	MRINAL MUKHERJEE	45	MALE	7598395915
6097	MUNISAMY. D	57	MALE	8098145033
6098	MUNNIAMMAL. D	34	FEMALE	9994679705
6099	MURUGAN. K	51	MALE	9442360118
6100	MURUGAN. R	51	MALE	9486521397
6101	MUTHUKUMARAN. B	31	MALE	9894840153
6102	MUTHUMIL. A	37	MALE	9841450611
6103	NAGAMUTHU. V	50	MALE	9786990209
6104	NAGARAJU. A	38	MALE	8903692109
6105	NAMACHIVAYAM. M	48	MALE	9442890983
6106	PADMAVATHI	56	FEMALE	0413-2250840
6107	PADMAVATHI. D	34	FEMALE	9486458339
6108	PANDURANGAN. R	56	MALE	9486028818
6109	PANNIR SELVAME. M	47	MALE	9952460200
6110	PARTHASARATHY. V	56	MALE	9788084365
6111	PAZANISAMI	56	MALE	9942111477
6112	PERUMAL. C	50	MALE	9629952931
6113	PUNITHAVATHY. R	27	FEMALE	8939458771

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6114	RADHA. M	52	MALE	8870430191
6115	RAHUL GANDHI. P	31	MALE	9531847882
6116	RAJAMANI. S	52	MALE	7598871347
6117	RAJENDIRAN. G	59	MALE	0413-2656177
6118	RAJKUMAR. R	52	MALE	9994602448
6119	RAMACHANDRAN. G	40	MALE	9677740254
6120	RAMESH BABU. P	53	MALE	9585483372
6121	RAMESH. R	53	MALE	NIL
6122	RENUKADEVI. R	41	FEMALE	8903952584
6123	SANKARADEVI. C	42	FEMALE	8903502660
6124	SANTARA. G	40	MALE	8122595631
6125	SARAN. M	21	MALE	9940809843
6126	SATHISH. E	32	MALE	9787464209
6127	SEKAR. S.D	42	FEMALE	90034496481
6128	SENTHIL. P	52	MALE	9994509590
6129	SHAKUNTHALA DABUR	57	FEMALE	9944227978
6130	SINGARAVELOU. D	50	MALE	9442175571
6131	SIVAKOZHUNDU @ JAYARAMAN. R	53	MALE	9443843712
6132	SIVAMOORTHY. A	37	MALE	9757742526
6133	SIVASANKARI. R	33	FEMALE	9944514664
6134	SIVASANKARI. T	30	FEMALE	7339149338
6135	SUMATHILAKSHMI. S	45	FEMALE	9445262318
6136	SURENIDRAN. J	59	MALE	9994737470
6137	SYANAR. M	37	MALE	9486399651
6138	TAMBIRASSU. M	49	MALE	9488825619
6139	TAMILMATHI	49	FEMALE	9944962585
6140	UDAYACHANDRAN. M	28	MALE	9445155429
6141	VASUGI. D	53	FEMALE	9486664778
6142	VELUPRASAD. S.D.	48	MALE	9486907948
6143	VIJAYALAKSHMI. S	45	FEMALE	9655422157
6144	VIKKARAMAN. P	48	MALE	7708274050

  
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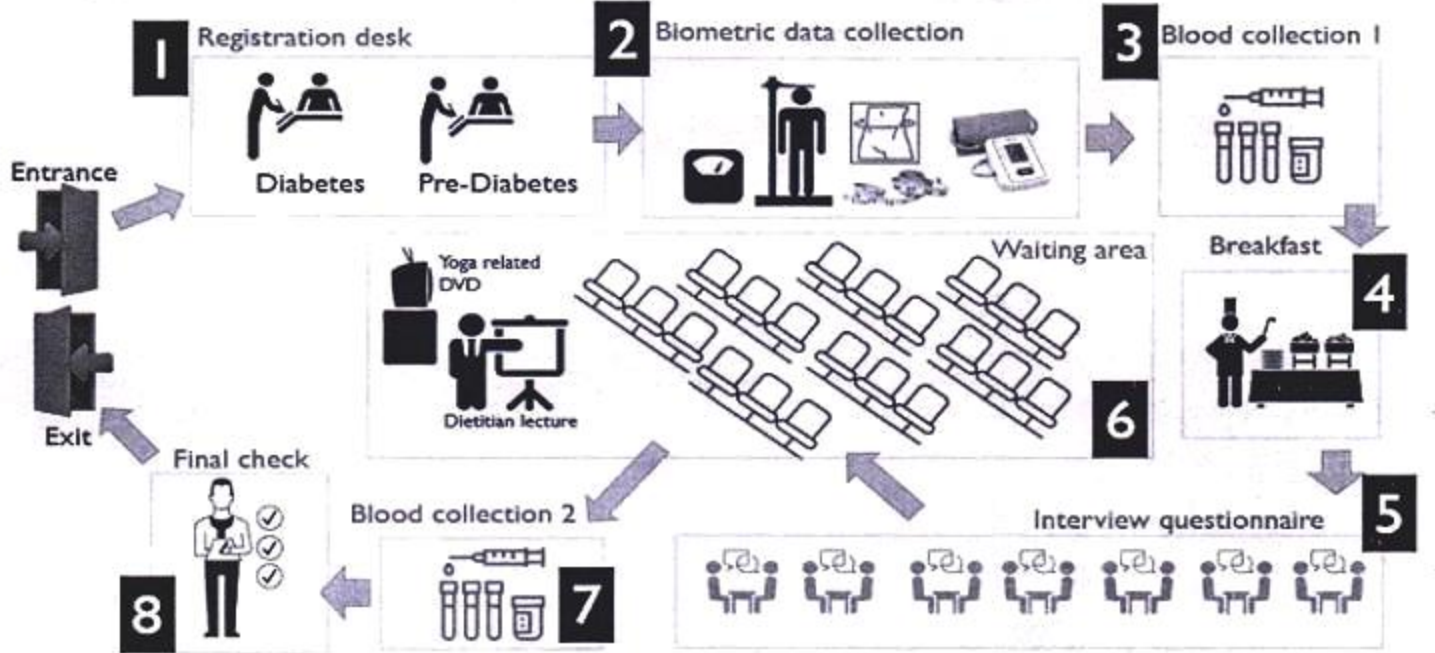


# இரத்த பரிசோதனை முகாம்



யோகா பயன்படுத்தி நீரிழிவு கட்டுப்பாடு

## BLOOD TEST CAMP PROCEDURE



### இரத்த பரிசோதனை முகாம் வழிமுறைகள்

முன்தினம் இராவு 7 மணிக்கு முன் சாப்பிட வேண்டும்.  
முன்தினம் அசைவ உணவு தவிர்க்க வேண்டும்.  
முன்தினம் மது அருந்தக்கூடாது.



கேம்ப் அன்று காலியான வயிற்றுடன் வர வேண்டும்.

✓ கேம்ப் அன்று டோக்கனை மறக்காமல் கொண்டு வரவும்.

கேம்புக்கு காலை 6:30 மணிக்கு வரவும்  
கேம்ப்பில் பங்கேற்பவர்களுக்கு இலவச காலை உணவு கிடைக்கும்.

கேம்ப் முடிய காலை 10:00 மாணிக்கு மேல் ஆகும்.  
இரண்டு முறை இரத்த பரிசோதனைக்கு பின்னரே கேம்புக்கு வெளியே செல்ல முடியும்

Date: 7<sup>th</sup> March 2017 at 6.30 AM

Location: Rajiv Gandhi Cricket Stadium, P.U.

DR. D. SUNDARARAJU  
Director of Clinical & Sports  
Pondicherry University  
Puducherry - 605 014