

A. Veeriyar Vandayar Memorial
SRI PUSHPAM COLLEGE (AUTONOMOUS)

Poondi - 613 503, Thanjavur District, Tamilnadu.

(Affiliated to Bharathidasan University)

Tel : 04374 - 239523 Fax : 04374 - 239328

E-mail : avmspc@live.com, avmspc@hotmail.com

Website : www.sripushpamcollege.co.in



I wish to convey that the project proposal submitted by Dr. E. Ravichandran, Assistant Professor, Department of Physical education, A.V.V.M Sri Pushpam College (Autonomous) is approved with the sanction of seed money Rs.14,000/- (Rupees Fourteen thousand only). The items of expenditure for which the total allocation has been approved are given below.

Project code	SMMRP-18PE-09
Title of the project	<i>Effects of cross training on long distance running performance for college men</i>
Date of sanction	July 2, 2018
Project duration	Six months
Financial allocation	
Heads	Grant approved
Hiring services	-
Contingency	6000
Chemicals and Consumables	-
Field work and travel	8000
Total	14000

1. The grant should be exclusively utilized for the purpose for which it was sanctioned. It may be ensured that the expenditure should not exceed the limit of sanctioned amount under each head.
2. Hiring services is meant for specialized technical work, such as sample analysis, for which the college has no infrastructure or such services are available on payment basis.
3. Contingency: The admissible contingency grant may be utilized for photo stat copies and microfilms, typing, stationary, postage, computation and printing needed for the project.
4. Chemicals and consumables: to meet expenditure on chemicals, glassware and other consumables items, money can be claimed against purchase order through Research Advisory Committee and principal.
5. Travel and field work: The amount allocated under the field under the head travel / field work is to be utilized for data collection and collection of other information such as documents and visit to libraries within the general scope and sphere of the ongoing project.
6. All project work should be carried out without any detriment to the regular academic work, working during the college holidays will be permitted but no privileges are allowed thereon.
7. Monetary committee will be interacting with the project fellow periodically in order to ensure the outcome of the project.
8. Final report of the research work should be submitted to the Office of the Research Advisory Committee on or before of 31st January 2019.

Date : 2/7/2018



Principal
A.V.V.M. SRI PUSHPAM COLLEGE
(Autonomous)
Poondi, Thanjavur Dt.



**A.V.V.M. Sri Pushpam College
(Autonomous),
Poondi-613 503, Thanjavur (Dt)**

MINOR RESEARCH PROJECT - SEED MONEY - 20 18-19

Date:- 30.01.2019

Statement of Expenditure

Project Investigator : *Dr. E. Ravichandran*
Designation and Department : *Assistant professor*
Project Code : *SMMRP- 18 PEO9*
Project Title : *Effects of cross training on long distance running performance for college men.*

S. No.	Sanction Heads	Total Funds Allocated (Rs)	Total Expenditure (Rs)	Balance, if any (Rs)
1.	Hiring services	—	—	
2.	Contingency	6,000	6,150	
3.	Chemicals and Consumables	—	—	
4.	Field work and Travel	8,000	8,000	
Total		14,000/-	14,150/-	

The fund sanctioned under each head has been utilized for the purpose for which it was sanctioned.

[Signature]
Research Advisory Committee

[Signature]
Project Investigator

[Signature]
Principal
31/1/2019

PRINCIPAL
A.V.V.M. SRI PUSHPAM COLLEGE
(Autonomous)
Poondi, Thanjavur Dt.



[Signature]
Finance Officer