

# J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS) PUDUKKOTTAI

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

## Special Lecture Report

### **An Introduction to Aerobics & Zumba**

#### **Preamble:**

A Special Lecture on “An Introduction to Aerobics & Zumba” was conducted by “Major Dhayanchand Club” on 17<sup>th</sup> March 2023 in the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Latest Trends and Innovation in the field of Athletics

#### **Participants:**

Nearly, 76 students participated in the special Lecture.

#### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, “An Introduction to Aerobics & Zumba”

#### **Description about the program:**

The Special Lecture was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. and he has introduced about the resource person **Ms. M. sharmila Balakrishnan**, Aerobic and Zumba Fitness Trainer, Grace Fitness Trainer Pudukkottai

**Ms. M. Sharmila Balakrishnan**, Aerobic and Zumba Fitness Trainer, Grace Fitness Trainer Pudukkottai delivered the special address to the participants.

A formal vote of thanks was proposed by **Mr. R. Karthikeyan**, Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

#### **Conclusion:**

The workshop conducted was beneficial to all the students, Professor,. The topic covered all the aspects of prevailing at present in the field of Aerobics and Zumba with a Practical Session. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

**Head of the Department**

**Dr. K. JAGATHISBABU Ph.D**

Head, Department of Physical Education  
J.J.College of Arts and Science(Autonomous)  
Pudukkottai-622422



**Principal**

**Dr. J. PARASURAMAN**, M.A, M.B.A, M.C.A,  
M.Phil., B.Ed., Ph.D.

**PRINCIPAL**

J.J. College of Arts and Science (Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422.

# **J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)**

## **PUDUKKOTTAI**

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### **One day Workshop Report**

#### **Hardware and software of Human body wellness**

#### **Preamble:**

A Special Lecture on "Hardware and software of Human body wellness" was conducted by "Major Dhayanchand Club" on 28<sup>th</sup> December 2022 in the Department of Physical Education, along with Department of Computer Application J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Fitness among students community

#### **Participants:**

Nearly, students participated in the special Lecture.

#### **Background and need:**

It was the workshop conducted by the Department of Physical Education, along with Department of Computer Application J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, Fitness and Health, Interactionism of Mind-Body

#### **Description about the program:**

The Special Lecture was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. and he has introduced about the resource person **Dr. D. Maniazhagu**, Associate Professor, Department of health Education and Sciences, Alagappa University, Karaikudi and **Dr. Sangeetha Padmanaban**, Associate Professor, LEAD College of Management, Palakkad, Kerala

**Dr. D. Maniazhagu**, Associate Professor, Department of health Education and Sciences, Alagappa University, Karaikudi delivered the special address to the participants on the topic **Fitness and Health**.

**Dr. Sangeetha Padmanaban**, Associate Professor, LEAD College of Management, Palakkad, Kerala delivered the special address to the participants on the topic **Interactionism of Mind-Body**

A formal vote of thanks was proposed by **K. Vishalini** III B.Sc Physical Education, from Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

#### **Conclusion:**

The workshop conducted was beneficial to all the students, , The topic covered all the aspects of related to the Fitness and Health and sound body of the Physical education students as Sportsperson. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

  
**Head of the Department**  
**Dr. K. JAGATHISBABU Ph.D**  
Head, Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai-622422



  
**Principal**  
**Dr. J. PARASURAMAN, M.A., M.B.A., M.C.A**  
M.Phil., B.Ed., Ph.D  
**PRINCIPAL**  
J.J. College of Arts and Science  
(Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422

# **J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)**

## **PUDUKKOTTAI**

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### **Special Lecture Report**

#### **Skin – The Vital Cover**

#### **Preamble:**

A Special Lecture on “**Skin – The Vital Cover**” was conducted by “Major Dhayanchand Club” on 3<sup>0th</sup> September 2022 in the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Need for personality development among students community

#### **Participants:**

Nearly, **76** students participated in the special Lecture.

#### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, “**Skin – The Vital Cover**”

#### **Description about the program:**

The Special Lecture was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. and he has introduced about the resource person **Dr. N.S. Sivakumar**, P.hd, Associate Professor Urumu Dhanalaksmi college, Trichirapalli

**Dr. Ramya Maduri**, MBBS, DDVL., Dermatologist And Cosmetologist , Jayavedha Clinic Pudukkottai delivered the special address to the participants.

A formal vote of thanks was proposed by **K. Vishalini** III B.Sc Physical Education, from Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

#### **Conclusion:**

The workshop conducted was beneficial to all the students, , The topic covered all the aspects of related to the Skin Care and hygiene of the Physical education students as Sportsperson. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

**Head of the Department**

**Dr. K. JAGATHISBABU** Ph.D

Head, Department of Physical Education  
J.J.College of Arts and Science(Autonomous)  
Pudukkottai-622422



**Principal**

**Dr. J. PARASURAMAN**, M.A, M.B.A, M.C.A  
M.Phil., B.Ed., Ph.D.  
**PRINCIPAL**

J.J. College of Arts and Science (Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422.

# J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)

## PUDUKKOTTAI

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### Special Lecture Report Fundamental of Boxing

#### **Preamble:**

A Special Lecture on “**Fundamental of Boxing**” was conducted by “Major Dhayanchand Club” on 14<sup>th</sup> September 2022 in the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Latest Trends and Innovation in the field of Athletics

#### **Participants:**

Nearly, 76 students participated in the special Lecture.

#### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, “**Fundamental of Boxing**”

#### **Description about the program:**

The Special Lecture was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. and he has introduced about the resource person **Mr. S. Senthil Ganesan**, M.P.Ed., NSNIS, Athletic Coach, SDAT, Pudukkottai

**Mr. R. Parthiban** B.P.Ed, NIS, Boxing Coach, Pudukkottai delivered the special address to the participants.

A formal vote of thanks was proposed by **Mr. V. Pratheep Kumar** Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

#### **Conclusion:**

The workshop conducted was beneficial to all the students, Professor,. The topic covered all the aspects of prevailing at present in the field of Boxing with a Practical Session. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

  
Head of the Department

**Dr. K. JAGATHISBABU Ph.D**

Head, Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai-622422



  
Principal

**Dr. J. PARASURAMAN,** M.A., M.B.A., M.C.A.,  
M.Phil., B.Ed., Ph.D.  
PRINCIPAL  
J.J. College of Arts and Science (Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422.

# J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)

## PUDUKKOTTAI

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### Special Lecture Report

#### **History, Significance and a Tribute to Major Dhayanchand**

##### **Preamble:**

A Special Lecture on “History, Significance and a Tribute to Major Dhayanchand” was conducted by “Major Dhayanchand Club” on 29<sup>th</sup> August 2022 in the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Latest Trends and Innovation in the field of Athletics

##### **Participants:**

Nearly, **50** students participated in the special Lecture.

##### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, “History, Significance and a Tribute to Major Dhayanchand”

##### **Description about the program:**

The Special Lecture was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. and he has introduced about the resource person **History, Significance and a Tribute to Major Dhayanchand**- Dr. A. Palanisamy P.hd, Professor, Bharathidasan University, Trichirapalli

**Dr. A. Palanisamy P.hd**, Professor, Bharathidasan University, Trichirapalli delivered the special address to the participants.

A formal vote of thanks was proposed by **k.Dhayalan** Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

##### **Conclusion:**

The workshop conducted was beneficial to all the students, Professor The topic covered all the details about major Dhayanchand. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

  
**Head of the Department**

**DR. K. JAGATHIS BABU**  
Head, Department of Physical Education  
J.J.College of Arts and Science(Autonomous)  
Pudukkottai-622422



  
**Principal**

**Dr.J.PARASURAMAN**, M.A.,M.B.A.,M.C.A.,  
M.Phil.,B.Ed.,Ph.D.  
**PRINCIPAL**  
J.J. College of Arts and Science (Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422.

# **J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)**

## **PUDUKKOTTAI**

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### **Special Lecture Report** **Personality Development**

#### **Preamble:**

A Special Lecture on “**Personality Development**” was conducted by “Major Dhayan Chand Club” on 3<sup>rd</sup> August 2022 in the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Need for personality development among students community

#### **Participants:**

Nearly, 50 students participated in the special Lecture.

#### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, “**Personality Development**”

#### **Description about the program:**

The Special Lecture was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. and he has introduced about the resource person **Dr. N.S. Sivakumar**, P.hd, Associate Professor Urumu Dhanalaksmi college, Trichirapalli

**Dr. N.S. Sivakumar**, P.hd, Associate Professor Urumu Dhanalaksmi college, Trichirapalli delivered the special address to the participants.

A formal vote of thanks was proposed by **P.Catherine Joy Selvakumari**, Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

#### **Conclusion:**

The workshop conducted was beneficial to all the students, Professor, The topic covered all the aspects of related to the personality enhancement of the students. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

  
**Head of the Department**  
**Dr. K. JAGATHISBABU Ph.D**  
Head, Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai-622422



  
**Principal**  
**Dr. J. PARASURAMAN**, M.A., M.B.A., M.C.A.,  
M.Phil., B.Ed., Ph.D.  
**PRINCIPAL**  
J.J. College of Arts and Science (Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422.

# **J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)**

## **PUDUKKOTTAI**

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### **Special Lecture Report**

### **Modern Trends in Athletics**

#### **Preamble:**

A Special Lecture on “**Modern Trends in Athletics**” was conducted by “Major Dhayanchand Club” on 11<sup>th</sup> July 2022 in the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Latest Trends and Innovation in the field of Athletics

#### **Participants:**

Nearly, 65 students participated in the special Lecture.

#### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, “**Modern Trends in Athletics**”

#### **Description about the program:**

The Special Lecture was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. and he has introduced about the resource person **Mr. S. Senthil Ganesan**, M.P.Ed., NSNIS, Athletic Coach, SDAT, Pudukkottai

**Mr. S. Senthil Ganesan**, M.P.Ed., NSNIS, Athletic Coach, SDAT, Pudukkottai delivered the special address to the participants.

A formal vote of thanks was proposed by **Mr. V. Pratheep Kumar** Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

#### **Conclusion:**

The workshop conducted was beneficial to all the students, Professor,. The topic covered all the aspects of prevailing at present in the field of Athletics. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

Head of the Department

**Dr. K. JAGATHISBABU Ph.D**  
Head, Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai-622422



Principal

**Dr. J. PARASURAMAN**, M.A., M.B.A., M.C.A.,  
M.Phil., B.Ed., Ph.D.  
**PRINCIPAL**  
J.J. College of Arts and Science (Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422.