

J.J. College of Arts and Science (Autonomous), Pudukkottai.
Department of Physical Education
Special Lecture on
An Introduction to Aerobics & Zumba



J.J. College of Arts and Science (Autonomous)
Sivapuram, Pudukkottai
(A Silver Jubilee Institution)
Re-Accredited By NAAC with B++ Grade – 4th cycle
(Affiliated to Bharathidasan University)

Department of Physical Education
"Major Dhayanchand Club"
Organizes a Workshop on
"An Introduction to Aerobics and Zumba Fitness"

★ *Date* : 17. 03. 2023
★ *Time* : 10.15 am
★ *Venue* : Indoor Stadium

Resource Person



Ms. Sharmila Balakrishnan, B.Sc., B.P.Ed., NSNIS
Aerobic and Zumba Fitness Trainer
Proprietor: Grace Women Fitness Center,
Pudukkottai

Convener Dr. K. Jagathis Babu, Head
Department of Physical Education
JJ College of Arts and Science (Autonomous) Pudukkottai.

Management, Principal, Staff and Students


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
Workshop on
Hardware and Software of Human body Wellness

 **J.J. COLLEGE OF ARTS AND SCIENCE (Autonomous)**
(A Silver Jubilee Institution)
(Re-Accredited by NAAC with B⁺⁺ Grade - 4th cycle)
(Affiliated to Bharathidasan University, Tiruchirappalli)
J.J. Nagar, Sivapuram, Pudukkottai - 622 422

Department of Physical Education and Computer Applications
Jointly Organises
A One Day National Workshop on
" HARDWARE & SOFTWARE OF HUMAN BODY WELLNESS "
Date : 28.12.2022 Venue : INDOOR STADIUM A/C

Tamil Thai Vaalthu
Welcome Address - 09.30 a.m. : **Dr.J.Parasuraman**
Principal, J.J.College of Arts and Science (A),
Pudukkottai

Honoring the Guest
Presidential Address - 09.45 a.m. : **Dr.Kavitha Subramanian**
Trustee, Karpaga Vinayaga Educational Trust,
Pudukkottai

Inaugural Address
Guest Introduction - 10.00 a.m. : **Dr.K.Jagathis Babu**
Head, Department of Physical Education,
J.J.College of Arts and Science (A), Pudukkottai

Session - I
10.15 a.m. to 11.15 a.m. : **Fitness and Health - The Hardware
and Software of Wellness**
Dr. D. Maniashagu
Associate Professor, Department of Physical
Education and Health sciences,
Alagappa University, Karaikudi

11.16 a.m. to 11.30 a.m. : Tea Break
Session - II
11.30 a.m. to 1.00 p.m. : **Interactionism of " Mind - Body - Soul "**
Dr. Sangeetha Padmanabhan
Associate Professor,
LEAD College of Management,
Palakkad, Kerala

01.00 p.m. to 02.00 p.m. : Lunch Break
02.01 p.m. to 02.30 p.m. : Valediction and Certificate Distribution
Vote of Thanks : **Dr.S.J.Sathish Aaron Joseph**
Head, Department of Computer Applications
J.J.College of Arts and Science (A), Pudukkottai

02.31 p.m. : National anthem


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J.J. College of Arts and Science (Autonomous), Pudukkottai.
Department of Physical Education
Special Lecture on
Skin – The Vital Cover

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Department of Physical Education
"Major Dhayanchand Club"
Organizes a Special Lecture on

"Skin – The Vital Cover"

★ *Date* : 30.09.2022
★ *Time* : 2.00 pm
★ *Venue* : Conference Hall

Resource Person

Dr. Ramya Maduri, MBBS., DDVL.,
Consultant Dermatologist and Cosmetologist
Jayavedha Skin and Laser Clinic
Pudukkottai

Convener

Dr. K. Jagathis Babu, Head
Department of Physical Education
J.J. College of Arts and Science (Autonomous) Pudukkottai.

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J.J. College of Arts and Science (Autonomous), Pudukkottai.
Department of Physical Education
Special Lecture on
Fundamental of Boxing

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Department of Physical Education
"Major Dhayanchand Club"
Organizes a Special Lecture on
"Fundamentals of Boxing"


★ *Date* : 14.09.2022
★ *Time* : 2.00 pm
★ *Venue* : Indoor


Resource Person

Mr. R. Parthipan MA., B.Ed., B.P.Ed., NIS
Boxing Coach

Cominer
Dr. K. Jagathis Babu, Head
Department of Physical Education
J.J. College of Arts and Science (Autonomous) Pudukkottai.

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J.J. College of Arts and Science (Autonomous), Pudukkottai.
Department of Physical Education
Special Lecture on
History, Significance and a Tribute to Major Dhayanchand
Invitation



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Department of Physical Education
"Major Dhayanchand Club"
Organizes a Special Lecture on

**"History, Significance and a
Tribute to Major Dhayan Chand"**

- ★ Date : 29.08.2022
- ★ Time : 10.15 AM
- ★ Venue : Conference Hall

Chief Guest
Dr. A. Palanisamy, Professor,
Department of Physical Education and Yoga
Director,
Center for Distance and Online Education
Bharathidasan University, Thiruchirapalli.



Convenor
Dr. K. Jagathis Babu, Head
Department of Physical Education
J.J. College of Arts and Science (Autonomous)
Pudukkottai.

All are Invited
Management, Principal, Staff and Students


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.S.A., M.C.A.,
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J.J. Nagar, Sivapuram Post,
PUDUKKOTTAI - 622 422.

J.J. College of Arts and Science (Autonomous), Pudukkottai.
Department of Physical Education
Special Lecture on
Personality Development



J. J College of Arts and Science (Autonomous)
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Affiliated to Bharathidasan University, Thiruchirappalli
Sivapuram Post, Pudukkottai

DEPARTMENT OF PHYSICAL EDUCATION

"Major Dhayanchand Club"

**Organizes
A Special Lecture on**



"Personality Development"

Date & Time: 03.08.2022, 11.00 am
Venue: Indoor

Chief Guest
Dr. N.S.Sivakumar.Ph.D.,
Associate Professor,
Dept of Physical Education
Urumu Dhanalakshmi College,
Thiruchirappalli



Convenor:
Dr. K. Jagathis Babu, Head
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JJ College of Arts and Science (Autonomous)
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Management, Principal, Staff and Students


Head of the Department

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Principal

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J.J. College of Arts and Science (Autonomous), Pudukkottai.

Department of Physical Education

Special Lecture on

Academic Year - 2022-2023

Modern Trends in Athletics



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Sivapuram Post, Pudukkottai

Department of Physical Education
"Major Dhayanchand Club"
Organizes
A Special Lecture on

"Modern Trends in Athletics"

Date & Time: 11.07.2022, 11.00 am
Venue: MBA Conference Hall

Chief Guest
Mr. S.Senthil Ganesan M.P.Ed, NSNIS
Athletic Coach, SDAT
Pudukkottai

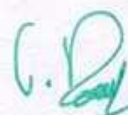
Convenes: **Dr. K. Jagathis Babu, Head**
Department of Physical Education
JJ College of Arts and Science(Auto)Pudukkottai.




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

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