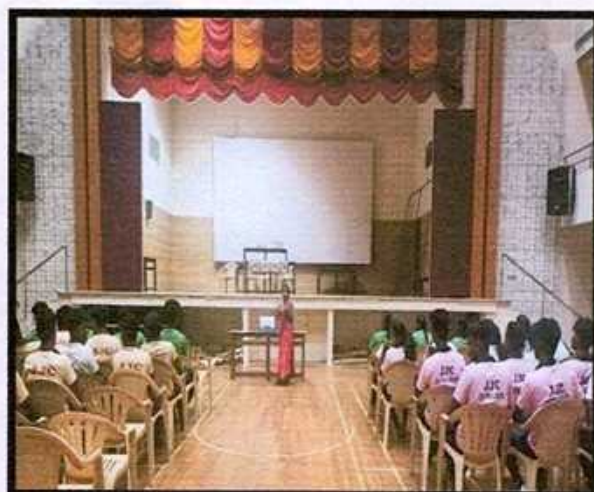
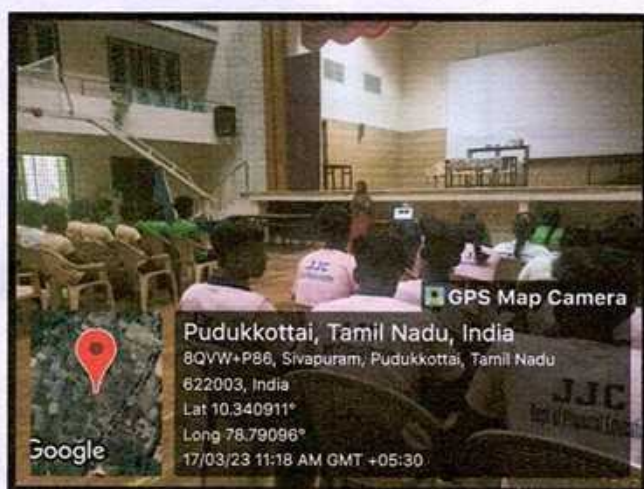


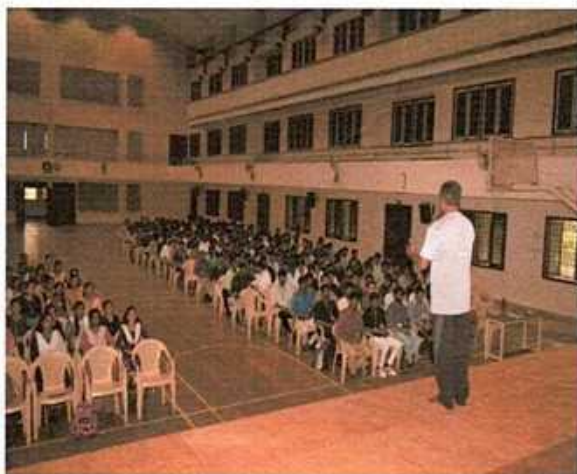
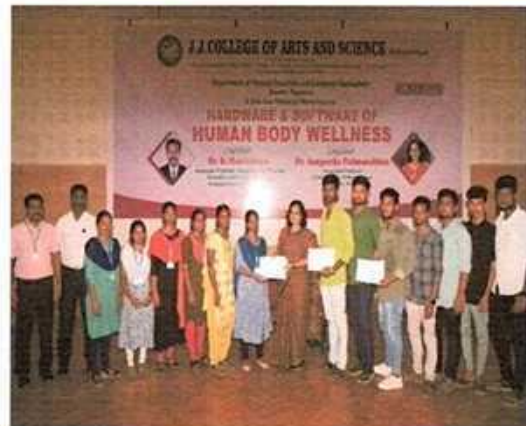
J.J. College of Arts and Science (Autonomous), Pudukkottai.
Department of Physical Education
Special Lecture on
An Introduction to Aerobics & Zumba



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

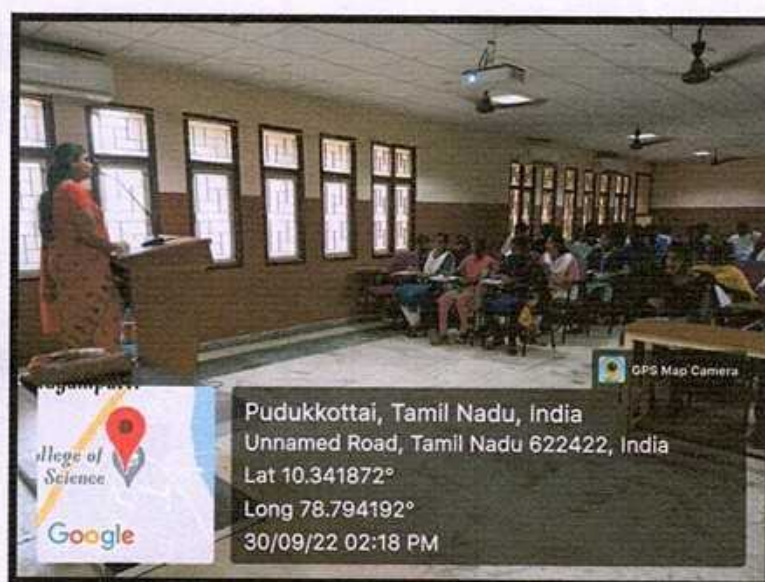


G. Parasuraman
Principal
Dr. J. PARASURAMAN, M.A., M.B.A., M.C.A., M.Phil., B.Ed., Ph.D.
PRINCIPAL
 J.J. College of Arts and Science (Autonomous)
 J.J. Nagar, Sivapuram Post,
 PUDUKKOTTAI - 622 422.



Dr. J. PARASURAMAN, M.A., M.B.A., M.C.A.,
M.F.M., 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
Special Lecture on
Skin – The Vital Cover

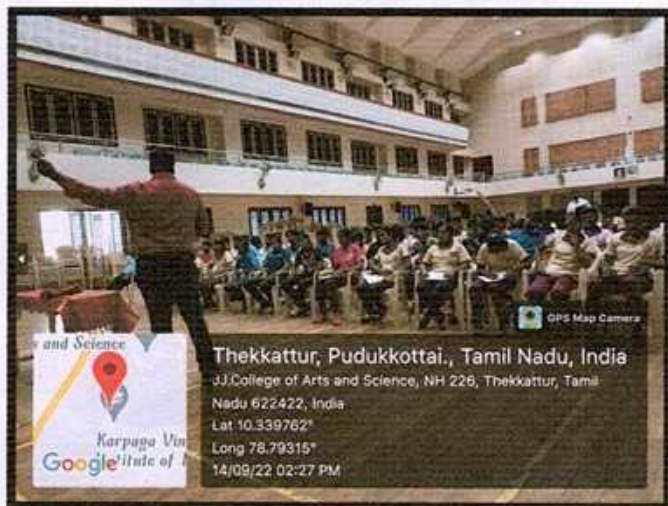


(Signature)
Head of the Department
Dr. K. JAGATHISBABU Ph.D
 Head, Department of Physical Education
 J.J.College of Arts and Science(Autonomous)
 Pudukkottai-622422



(Signature)
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
Special Lecture on
Fundamental of Boxing



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



Dr. J. Parasuraman
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
Special Lecture on
History, Significance and a Tribute to Major Dhayanchand




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, MA,M.B.A.,MCA,
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
Special Lecture on
Personality Development



K. Jagathisbabu
Head of the Department

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



J. Parasuraman
Principal

Dr.J.PARASURAMAN, MA, 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
Special Lecture on
(Academic year - 2022 - 2023)
Modern Trends in Athletics



Dr. K. Jagathisbabu
Head of the Department

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



G. D. Parasuraman
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.