

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

AQAR (2022 - 2023)

Department of Physical Education

3.3.2. Details of the Resource Person

Sl. No.	Name & Designation	Address	Date	Topic
1	Ms. M. Sharmila Balakrishnan, Aerobic and Zumba Fitness Trainer,	Grace Fitness Trainer Pudukkottai	17 th March 2023	An Introduction to Aerobics and Zumba
2.	Dr. D. Maniazhagu, Associate Professor, Department of health Education and Sciences, Alagappa University, Karaikudi	Associate Professor, Department of health Education and Sciences, Alagappa University, Karaikudi	28 th December 2022	Fitness and Health, Hardware and software of Human body wellness
	Dr. Sangeetha Padmanaban, Associate Professor, LEAD College of Management, Palakkad, Kerala	Associate Professor, LEAD College of Management, Palakkad, Kerala		Interactionism of Mind-Body-Soul, Hardware and software of Human body wellness
3	Dr. Ramya Maduri, MBBS, DDVL., Dermatologist and Cosmetologist, Jayavedha Clinic Pudukkottai	Dermatologist and Cosmetologist, Jayavedha Clinic Pudukkottai	3 ^{0th} September 2022	Skin the vital cover
4	Mr. R. Parthiban B.P.Ed, NIS, Boxing Coach, Pudukkottai	Boxing Coach, Pudukkottai	14 th September 2022	Fundamentals of Boxing
5	Dr. A. Palanisamy P.hd, Professor, Bharathidasan University, Trichirapalli	Professor, Bharathidasan University, Trichirapalli	29 th August 2022	History, significance and Tribute to Major Dhyan chand
6	Dr. N.S. Sivakumar, P.hd, Associate Professor Urumu Dhanalaksmi college, Trichirapalli	Urumu Dhanalaksmi college, Trichirapalli	3 rd August 2022	Personality Development Special Lecture
7	Mr. S. Senthil Ganesan, M.P.Ed., NSNIS, Athletic Coach, SDAT, Pudukkottai	Athletic Coach, SDAT, Pudukkottai	11 th July 2022	Modern Trends in Athletics

6.7.2022
Head of the Department
Dr. K. JAGATHISBABU Ph.D
 Head, Department of Physical Education
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 Pudukkottai-622422



6.7.2022
Principal
Dr. J. PARASURAMAN, M.A.M.B.A., M.C.A., M.Phil., B.Ed., Ph.D.
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