



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

Re-Accredited by NAAC with B⁺⁺ Grade in 4th Cycle

Affiliated to Bharathidasan University – Tiruchirappalli

J.J. Nagar, Sivapuram Post, Pudukkottai – 622 422

Department of Physical Education

3.7.1. Summary of the MoU / Linkage / Collaboration (2022 – 2023)

Name of the Organization with Contact details	Department	Year of Signing	Duration	Starting Date	Ending Date
Aathma yoga Center , Gnana Arul Plaza , East Main Street , Pudukkottai	Physical Education	2020	3 Years	9.10.2020	8.10.2023
Nature of the MoU / Linkage / Collaboration: Learning Pranayama and Meditation a. Nadi Suddhi ,Sitali & Sitkari b. Chin Mudra,Chinmaya Mudra, Adi Mudra, Brahma Mudra, Prana Mudra					

Name of the Organization with Contact details	Department	Year of Signing	Duration	Starting Date	Ending Date
Altius Sports academy, No.68, NGO colony, Machuvadi, Pudukkottai- 622001	Physical Education	2020	3 Years	25.09.2020	24.09.2023
Nature of the MoU / Linkage / Collaboration: 1.Learning fundamentals of boxing a. Stance , Punches 2.Basics of Judo a. Self-defensive Skills 3.An Introduction to Aerobics and Zumba a. How to maintain Fitness through Aerobics and Zumba					


HEAD OF THE DEPARTMENT

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