

**J.J. COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS),
Sivapuram, Pudukkottai**

05.07.2022

Academic Activities for the Period from July 2022 to October 2022

Odd Semester 2022 – 2023

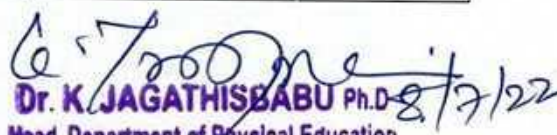
DEPARTMENT: Physical Education.

Sl.No	July: Date	Action Plan	Action Taken
1.	11.07.2022	Special Lecture. (Latest Trends in Athletics)	
2.	20.07.2022	Special Lecture. (Human Anatomy & Physiology)	
3.	29.07.2022	Special Lecture. (Methods in Physical Edn)	
Sl.No	August: Date	Action Plan	Action Taken
1.	9.08.2022	Special Lecture. (Sports Kinesiology)	
2.	16.08.2022	Work Shop (Athletics) (oneday)	
3.	29.08.2022	Special Lecture (National Sports Day celebration) (Modern Trends in Physical Edn)	

Events: Webinar, Seminar, Guest Lecture Programme, Excursion, Industrial Visit, Conference, Workshop, Man Meet, Off campus, Exhibition, Inter-Collegiate Competition, Inter-Department Competition, Educational Tour, Language Lab.

Sl.No	September: Date	Action Plan	Action Taken
1.	7. 09.2022	Special Lecture (Modern Olympics)	
2.	13.09.2022	Workshop (One day) (Combative Games)	
3.	21.09.2022	Special Lecture (Yoga)	
Sl.No	October: Date	Action Plan	Action Taken
1	3. 10.2022	Special Lecture (Gymnastics)	
2.	12.10.2022	Workshop (Major Games) (One day)	
3.	20.10.2022	Special Lecture (Sports Management)	


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**J.J. COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS),
PUDUKKOTTAI**

Academic Activities for the Period from December 2022 to March 2023

Even Semester 2022 – 2023

DEPARTMENT: Physical Education.

Sl. No	December: Date	Action Plan	Action Taken
1.	21.12.2022.	One Day Workshop On Yoga. Combined with CA Dept.	
2.	28.12.2022.	Special Lecture. Sports Physiotherapy.	
3.	30.12.2022	Special Lecture on Defensive Art (Silambam)	
Sl. No	January: Date	Action Plan	Action Taken
1.	06.01.2023	One Day Workshop on Aerobic Dance.	
2.	18.01.2023	Alumni Meet (2017-2020, 2018-2021, 2019-2022 Batch)	
3.	20.01.2023	Special Lecture Martial Demonstration.	
4.	31.01.2023.	Special Lecture Latest Trends in Football.	

Events: Webinar, Seminar, Guest Lecture Programme, Excursion, Industrial Visit, Conference, Workshop, Hands-on-Training, Man Meet, Off campus, Exhibition, Inter-Collegiate Competition, Inter - Department Competition, Educational Tour, Extension / Outreach Activities.

Sl. No	February: Date	Action Plan	Action Taken
1.	03.02.2023.	Special Lecture. Sports Nutrition and their importance.	
2.	17.02.2023.	Special Lecture. officiating and Coaching Techniques in Basketball.	
3.	24.02.2023.	College. 27th Sports Day.	
Sl. No	March: Date	Action Plan	Action Taken
1.	01.03.2023.	One day Workshop on Latest Rule changes in Athletics	
2.	16.03.2023.	Special Lecture Simple Fitness Exercise for Youth.	
3.	29.03.2023.	Special Lecture. Safety Education and First Aid.	

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le. 7/11/22
24/11/22

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