


**J.J. College of Arts and Science (Autonomous),  
Pudukkottai.  
Department of Physical Education**

**Webinar on Enhancing Immunity through Yoga**


 **J.J. College of Arts and Science (Autonomous)**  
Re-Accredited by NAAC with 'A' Grade in 3rd Cycle  
(Affiliated to Bharathidasan University)  
Pudukkottai - 622 422, Tamilnadu, India

**Department of Physical Education Health Education  
And Sports**  
Organizes  
A Webinar on

**ENHANCING IMMUNITY THROUGH YOGA**

On  
**21<sup>st</sup> June 2020**  
Time : **11.30 a.m.**

Resource person

  
**Mr. V. Ramesh**  
Assistant Professor in Yoga  
SRMIST, Vadapalani,  
Chennai

**Mr. N. Subramanian** Secretary  
**Dr. J. Parasuraman** Principal  
**Dr. K. Jagathis Babu** Organizing Secretary

**Organizing Committee :**  
Dr. D. Raman  
Mr. M. Kalidasan  
Ms. Catherine Joy Selvakumari  
Mr. M. Arivazhagan

Cisco WebEx Meeting Link:  
<https://meetingsapac22.webex.com/meetingsapac22/j.php?MTID=mf9d9684093d9c74c90977b762b83e935>

> No Registration fee.  
> E - Certificate will be provided.

  
Head of the Department

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

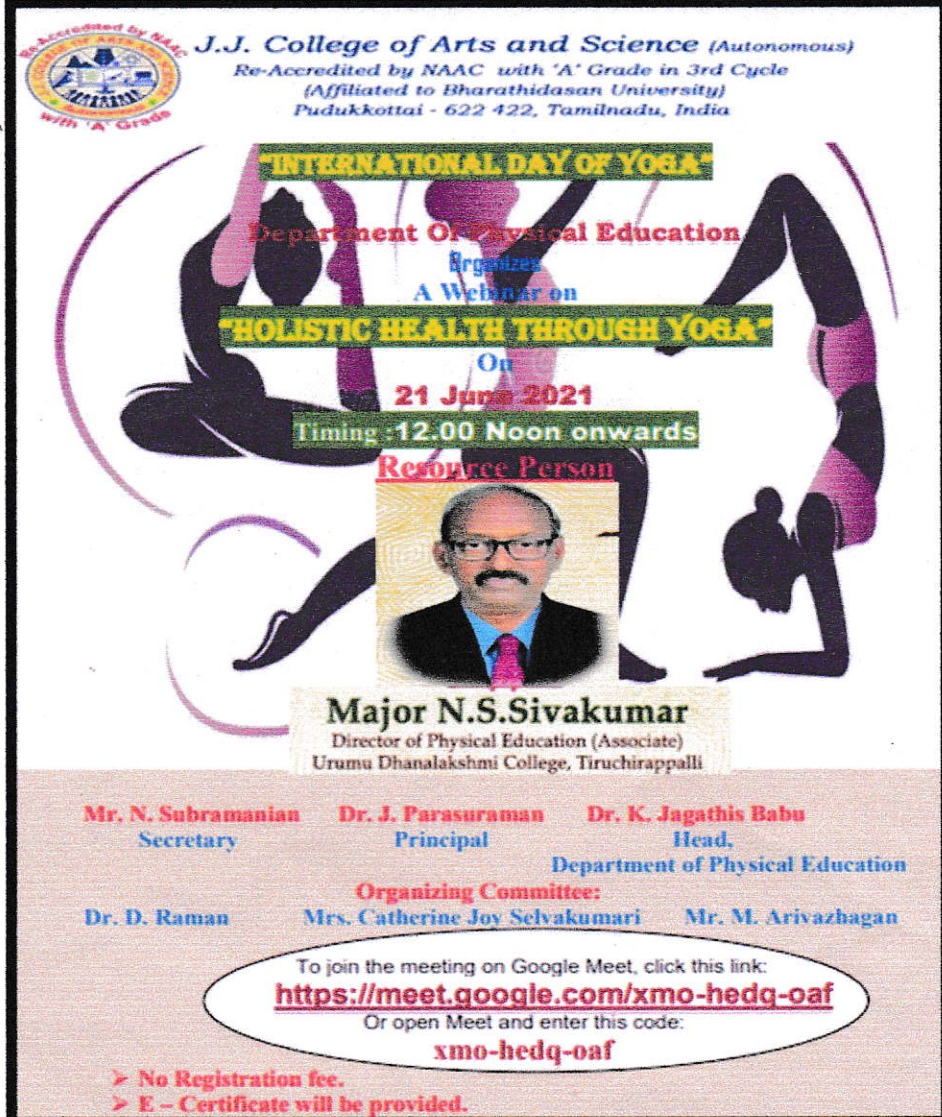


  
Principal

**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, Sivapurem Prst.,  
PUDUKKOTTAI-622 422

**J.J. College of Arts and Science (Autonomous),  
Pudukkottai.  
Department of Physical Education**

**Webinar on Holistic Health through Yoga Invitation**



**Accredited by NAAC**  
**With 'A' Grade**


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Pudukkottai - 622 422, Tamilnadu, India

**INTERNATIONAL DAY OF YOGA**

Department Of Physical Education  
Organizes  
A Webinar on  
**"HOLISTIC HEALTH THROUGH YOGA"**

On  
**21 June 2021**  
Timing : 12.00 Noon onwards

**Resource Person**



**Major N.S.Sivakumar**  
Director of Physical Education (Associate)  
Ururu Dhanalakshmi College, Tiruchirappalli

**Mr. N. Subramanian** Secretary  
**Dr. J. Parasuraman** Principal  
**Dr. K. Jagathis Babu** Head,  
Department of Physical Education

**Organizing Committee:**  
**Dr. D. Raman**      **Mrs. Catherine Joy Selvakumari**      **Mr. M. Arivazhagan**

To join the meeting on Google Meet, click this link:  
**<https://meet.google.com/xmo-hedq-oaf>**  
Or open Meet and enter this code:  
**xmo-hedq-oaf**

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**Principal**

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PUDUKKOTTAI - 622 422

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


**Department of Physical Education**

**Webinar on Yoga for All Invitation**

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Pudukkottai - 622 422, Tamilnadu, India

**DEPARTMENT OF PHYSICAL EDUCATION**  
ORGANIZES  
A WEBINAR ON  
**"YOGA FOR ALL"**  
ON  
**29.07. 2021, 2 PM ONWARDS**

**Resource Person:**  
**Dr.C. Ramesh**  
Assistant Professor,  
Department of Physical Education  
Madurai Kamaraj University,  
Madurai.



**Mr. N. Subramanian**  
Secretary


**Dr. J. Parasuraman**  
Principal

**Dr. K. Jagathis Babu**  
Head,  
Department of Physical Education


**Organizing Committee:**  
Dr. D. Raman  
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Mr. M. Arivazhagan

**E – Certificate will be provided.**

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[zis-wzbo-siw](https://meet.google.com/zis-wzbo-siw)


  
**Head of the Department**  
**Dr. K. JAGATHISBABU Ph.D**  
Head, Department of Physical Education  
J.J.College of Arts and Science(Autonomous)  
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**Principal**  
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**J.J. College of Arts and Science (Autonomous),  
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Department of Physical Education**

**Workshop on Yogic Breathing (Pranayama) Invitation**

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Pudukkottai -622422, Tamilnadu, India


**Internal Quality Assurance Cell (IQAC)  
and  
Department of Physical Education  
(Major Dhyanchand Club)**  
jointly  
Organizes  
International Workshop On

**"YOGIC BREATHING (PRANAYAMA)"**

on  
**29.11.2021, 11 AM Onwards**

**Resource Person**

**Dr. Sundar Balasubramanian**  
Department of Radiation Oncology  
Medical University of South Carolina,  
Founder and CEO of Prana Science  
Institute, Charleston, South  
Carolina,U.S.A



**Patron**  
Dr.J.Parasuraman  
Principal

**Chief Patron**  
Mr.N.Subramanian  
Secretary

**Organizers**  
Dr. K. Jagathis Babu, Head  
Department of Physical Education

Dr. K. Dhayanidhi, Head  
Department of Tamil

**Venue: Indoor Stadium**

  
Head of the Department

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

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