

**J.J. College of Arts and Science (Autonomous)
Sivapuram (Po), Pudukkottai.622 422.
Department of Physical Education**




Webinar on Holistic Health through Yoga


Resource Person : **Major. Dr. N. S. SIVAKUMAR,**
Associate Professor,
Urumu Dhanalakshmi College,
Trichy.

Date : **21. 06. 2021.**

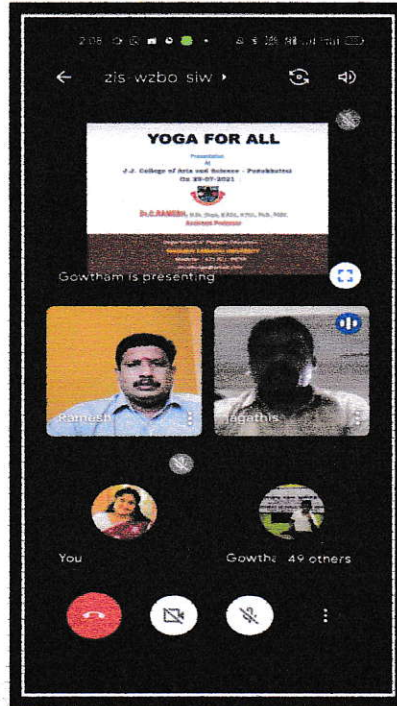
Number of Participants : **60**


Head of the Department
Dr. K. JAGATHISABU Ph.D
Head, Department of Physical Education
J.J.College of Arts and Science(Autonomous)
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Principal
P.J.PARASURAMAN, M.A., M.B.A., M.C.A.,
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Webinar on Yoga for All

Resource Person : **Dr.C.Ramesh,**
Associate Professor, Dept.of Phy.Edu
Madurai Kamaraj University
Madurai.

Date : **29. 07. 2021.**

Number of Participants : **73**

K. Jagathis Babu
Head of the Department

Dr. K. JAGATHISBABU Ph.D
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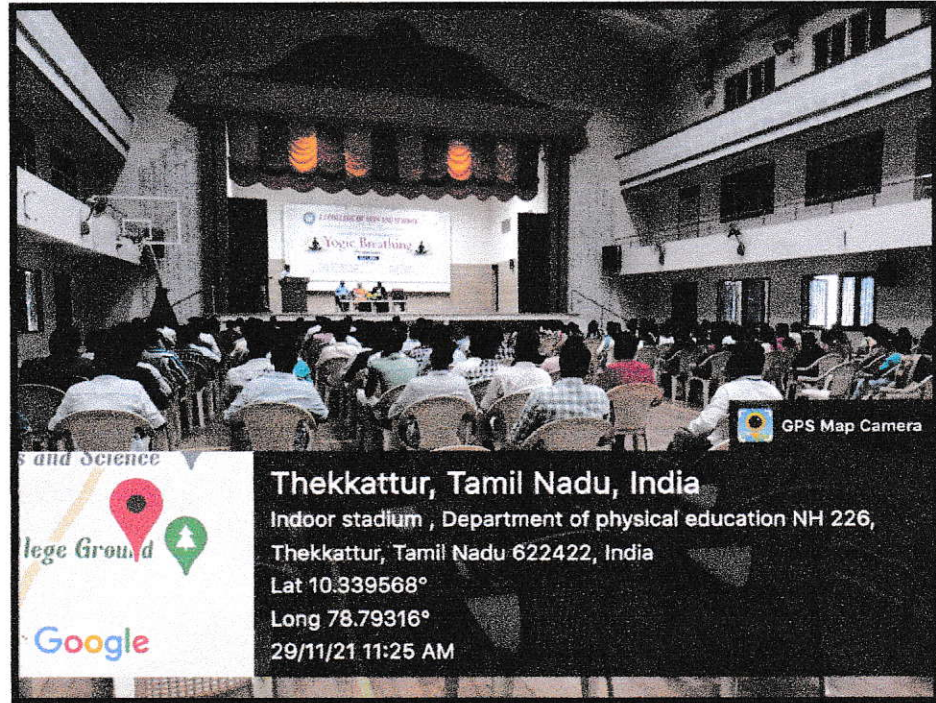


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One Day Workshop on Yogic Breathing (Pranayama)



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

Date : **29. 11. 2021.**

Number of Participants : **185**


Head of the Department

Dr. K. JAGATHISBABU Ph.D
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Principal

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