

# J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)

## PUDUKKOTTAI

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### WEBINAR REPORT

## Enhancing Immunity through Yoga

### Preamble:

A Exclusive Webinar on “Enhancing Immunity through Yoga” was conducted on 21<sup>st</sup> June 2020 by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the health benefits that can be attained through Yoga

### Participants:

Nearly, 50 students participated in the workshop.

### Background and need:

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, **Enhancing Immunity through Yoga**

### Description about the program:

The Webinar was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai.


Our faculty **Mr. M. Kalidasan**, Assistant Professor of Dept. of Physical Education, Health Education and Sports. He has introduced about the resource person **Mr.V.Ramesh Assistant Professor in Yoga, SRMIST , Vadapalani, Chennai.**

**Mr.V.Ramesh Assistant Professor in Yoga, SRMIST , Vadapalani, Chennai.** He delivered the special address to the participants.


A formal vote of thanks was proposed by **Ms. P.Catherine Joy Selvakumari**, Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

### Conclusion:

The workshop conducted was beneficial to all the students, Professor, Physical Education Teachers and Physical Directors. The topic covered all the aspects of enhancing immunity through Yogic practice, for attaining total wellness. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

  
**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.PARASURAMAIAH M.A.,M.B.A.,M.C.A.,**  
**M.Phil.,B.Ed.,Ph.D.**  
**PRINCIPAL**  
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# J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)

## PUDUKKOTTAI

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### WEBINAR REPORT

### Holistic Health through Yoga

#### **Preamble:**

A Exclusive Webinar on “**Holistic Health through Yoga**” was conducted on 21<sup>st</sup> June 2021 by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the health benefits that can be attained through Yoga

#### **Participants:**

Nearly, 60 students participated in the workshop.

#### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, **Yoga practice for an overall Health.**

#### **Objectives of the workshop:**

1. Introduction to Yoga.
2. Benefits of Yoga practice.
3. How to attain Holistic Health?
4. To attain a healthy society.

#### **Description about the program:**

The Webinar was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai.

Our faculty **Mr. M. Arivazhagan**, Assistant Professor of Dept. of Physical Education, Health Education and Sports. He has introduced about the resource person **Major. N. S. Sivakumar**, Director of Physical Education, (Associate), Urumu Dhanalakshmi College, Thiruchirapalli.

**Major. N. S. Sivakumar**, Director of Physical Education, (Associate), Urumu Dhanalakshmi College, Thiruchirapalli. He delivered the special address to the participants.



A formal vote of thanks was proposed by **Ms. P.Catherine Joy Selvakumari**, Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

**Conclusion:**

The workshop conducted was beneficial to all the students, Professor, Physical Education Teachers and Physical Directors. The topic covered all the aspects of having an Healthy Yogic practice, for attaining total wellness. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

  
Head of the Department

  
Principal

**Dr. K. JAGATHISBABU Ph.D**  
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**Dr.J.PARASURAMAN, M.A., M.B.A., M.C.A.,  
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DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### WEBINAR REPORT

## Webinar on Yoga for All

### **Preamble:**

A Exclusive Webinar on “Yoga for all ” was conducted on 29<sup>th</sup> July 2021 by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the health benefits that can be attained through Yoga

### **Participants:**

Nearly, **73** students participated in the workshop.

### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, **How one can understand our body functions and improve to lead a healthy life style?**

### **Objectives of the workshop:**

1. What is Yoga?
2. Can Everyone have a Yoga practice?
3. How to attain and maintain Healthy Life style through yoga?

### **Description about the program:**

The Webinar was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai.

Our faculty **Ms. P.Catherine Joy Selvakumari**, Assistant Professor of Dept. of Physical Education, Health Education and Sports. He gave a wonderful introduction about the resource person **Dr.C.Ramesh**, Associate Professor, Dept. of Phy.Edu, Madurai Kamaraj University, Madurai.



**Dr.C.Ramesh, Associate Professor, Department of Phy.Edu, Madurai Kamaraj University ,Madurai.** He delivered the special address to the participants.

A formal vote of thanks was proposed by **Mr. M. Arivazhagan** Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

**Conclusion:**

The workshop conducted was beneficial to all the students, Professor, Physical Education Teachers and Physical Directors. The topic covered all the aspects of having an Healthy Yogic practice, for attaining total wellness. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered on yoga.

  
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

**Dr.J.PARASURAMAN, M.A., M.B.A., M.C.A.,  
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### **WEBINAR REPORT**

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

### **Preamble:**

A Exclusive Webinar on “**Workshop on Yogic Breathing (Pranayama)**” was conducted on 29<sup>th</sup> November 2021 by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the health benefits that can be attained through Yogic Breathing

### **Participants:**

Nearly, 185 students participated in the workshop.

### **Background and need:**

It was the workshop conducted by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai. The workshop was based on, **practicing Pranayama for an overall Health.**

### **Objectives of the workshop:**

1. Introduction to Yoga.
2. Benefits of Yoga Breathing.
3. Pranayama Practice

### **Description about the program:**

The Webinar was started with the welcome address which was given by **Dr. K. Jagathis Babu**, Head, Dept. of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai.

Our faculty **Mr. V .Pratheep Kumar** , Assistant Professor of Dept. of Physical Education, Health Education and Sports. He has introduced about the 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** He delivered the special address to the participants.

A formal vote of thanks was proposed by **Mr. K.Dhayalan.** Assistant Professor, Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

**Conclusion:**

The workshop conducted was beneficial to all the students, Professor, Physical Education Teachers and Physical Directors. The topic covered all the aspects of having an Healthy Yogic Breathing practice, for attaining total wellness. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered.

  
Head of the Department.

**Dr. K. JAGATHISBABU Ph.D**  
Head, Department of Physical Education  
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**Principal**

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