

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

## PUDUKKOTTAI

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

### WEBINAR REPORT

## Webinar on Improving Immunity during –Covid 19 Quarantine

### **Preamble:**

A Exclusive Webinar on “Improving Immunity During Covid -19 ” was conducted on 24<sup>th</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, **How to Improve Immunity during Quarantine time?**

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

1. Improving Immunity.
2. Covid – 19
3. How to maintain Immunity by Practicing 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 Assistant **Mr. M. Arivazhagan** Assistant Professor of Dept. of Physical Education, Health Education and Sports. He gave a wonderful introduction about the resource person **Dr.A.Palanisamy, Professor and Head, Dept. of Physical Education Bharathidasan University,Trichy**


**Dr.A.Palanisamy, Professor and Head, Dept. of Physical Education Bharathidasan University,Trichy** 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 a good immune system through Yogic practice, during quarantine. 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.,  
M.Phil., B.Ed., Ph.D.**  
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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, 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, **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.

  
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**Dr. K. JAGATHISBABU Ph.D**  
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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

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### WEBINAR REPORT

## Webinar on “Understand Your Body Clock”

### **Preamble:**

A Exclusive Webinar on “Understand your body Clock” was conducted on 1<sup>st</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 on how to understand our function of our body clock.

### **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, **How one can understand our body functions and improve to lead a healthy life style?**

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

1. What is Body Clock?.
2. Body clock Problems.
3. How to improve Body Clock?
4. How to maintain Healthy Body Clock.

### **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. She gave an Introduction about the resource person **Dr.P.Sangeetha, Faculty, Ahalia School of Management, Palakad, Kerala**

**Dr. P.Sangeetha, Faculty, Ahalia School of Management, Palakad, Kerala** . She 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 regarding the human body clock function and how it is affected and also how it can be rectified and improved. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered on yoga.

  
Head of the Department

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**WEBINAR REPORT**

**Webinar on Digitalized Physical Education**

**Preamble:**

A Exclusive Webinar on "Digitalized Physical Education" was conducted on 27<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 latest technological development in the field of Physical Education

**Participants:**

Nearly, 80 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, Digitalization in the field of Physical Education

**Objectives of the workshop:**

1. Introduction to the latest technologies.
2. Benefits of the new equipment.
3. How the latest technology can help in sports?
4. To attain a accurate judgments in sports through digitalization.

**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. She introduced the resource person **Mrs. M.Sindhu**, Associate Professor, Dept.of Comp.Sci & Engg, SRR CET Karaikudi

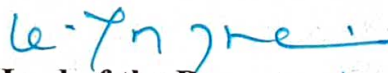


Mrs. M.Sindhu, Associate Professor, Dept.of Comp.Sci & Engg, SRR CET Karaikudi He delivered the special address to the participants.

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, and Physical Directors. The topic covered all the aspects of latest technological development in the field of Physical Education The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered on latest technological development and digitalization in the field of Physical Education.



**Head of the Department**

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### 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, 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, **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

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

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