




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

**Webinar on Improving Immunity during –Covid 19 Quarantine**




*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

**"IMPROVING IMMUNITY DURING - COVID 19  
QUARANTINE"**

On  
**24<sup>th</sup> June 2020**  
**Timing : 11. a.m onwards**  
Resource person



**Dr. A. Palanisamy**  
Professor and Head  
Department of Physical Education  
Bharathidasan University, Tiruchirappalli

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


  
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.L.,**  
**M.P.H., B.Ed., P.T.D.,**  
PRINCIPAL  
J.J. College of Arts and Science  
(Autonomous)  
J.J. Nagar, Sivapuram Post,  
PUDUKKOTTAI - 622 422.

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

**Webinar on Holistic Health through Yoga Invitation**

**J.J. College of Arts and Science (Autonomous)**  
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(Affiliated to Bharathidasan University)  
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)  
Urumu 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**

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


  
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PUDUKKOTTAI - 622 422

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

**Webinar on Understand Your Body Clock Invitation**




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Pudukkottai - 622 422, Tamilnadu, India

**DEPARTMENT OF PHYSICAL EDUCATION**  
ORGANIZES  
WEBINAR ON

**"UNDERSTAND YOUR BODY  
CLOCK"**

ON  
**01.07.2021, 2 PM ONWARDS**

**Resource Person:**  
**Dr. Sangeetha .P**  
Faculty,  
Ahalia School of  
Management  
Palakad, Kerala



**Mr. N. Subramanian**  
Secretary


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

**Dr. J. Parasuraman**  
Principal


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Mr. M. Arivazhagan

**E - Certificate will be provided.**

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**Head of the Department**  
**Dr. K. JAGATHISBABU Ph.D**  
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Pudukkottai-622422



  
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PUDUKKOTTAI - 622 422

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

**Webinar on Digitalized Physical Education Invitation**




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Pudukkottai - 622 422, Tamilnadu, India

**DEPARTMENT OF PHYSICAL EDUCATION**  
ORGANIZES  
A WEBINAR ON

**"DIGITALIZED PHYSICAL EDUCATION"**

ON  
**27.07. 2021, 2 PM ONWARDS**

Resource Person:  
**Mrs. M. SINDHU**  
Assistant Professor,  
Department of computer  
Science & Engineering,  
SRR CET, Karaikudi.



**Mr. N. Subramanian**  
Secretary


**Dr. J. Parasuraman**  
Principal

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


**Organizing Committee:**  
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Or Open meet and enter this code:  
**gmm-dcce-dbu**

  
**Head of the Department**  
**Dr. K. JAGATHISBABU Ph.D**  
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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. K. Jagathis Babu**  
Head,  
Department of Physical Education

**Dr. J. Parasuraman**  
Principal


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Head of the Department  
**Dr. K. JAGATHISBABU Ph.D**  
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J.J. College of Arts and Science (Autonomous)  
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PUDUKKOTTAI - 622 422

**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. Dhyanidhi, 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)  
Pudukkottai-622422



  
Principal

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