



**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**                      **Ms. Catherine Joy Selvakumari**  
**Mr. M. Kalidasan**                **Mr. M. Arivazhagan**

Cisco WebEx Meeting Link:  
<https://meetingsapac22.webex.com/meetingsapac22/j.php?MTID=mf9d9684093d9c74c90977b762b83c935>

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

Resource Person : Mr.V.Ramesh  
Assistant Professor in Yoga  
SRMIST , Vadapalani  
Chennai.

Date : 21. 06. 2021.  
Number of Participants : 50

  
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, Sivapuram Post,  
PUDUKKOTTAI-622 422

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


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Pudukkottai - 622 422, Tamilnadu, India

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

**"IMPROVING IMMUNITY DURING - COVID19  
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, Tiruchirapalli


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

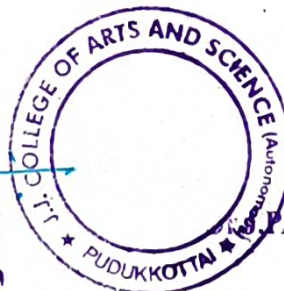
**Webinar on Improving Immunity during –Covid 19 Quarantine**


Resource Person : Dr.A.Palanisamy,  
Professor and Head,  
Dept. of Physical Education  
Bharathidasan University,Trichy

Date : 24. 06. 2020.

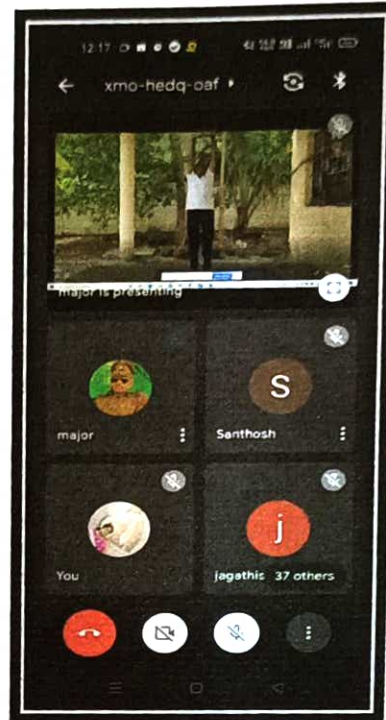
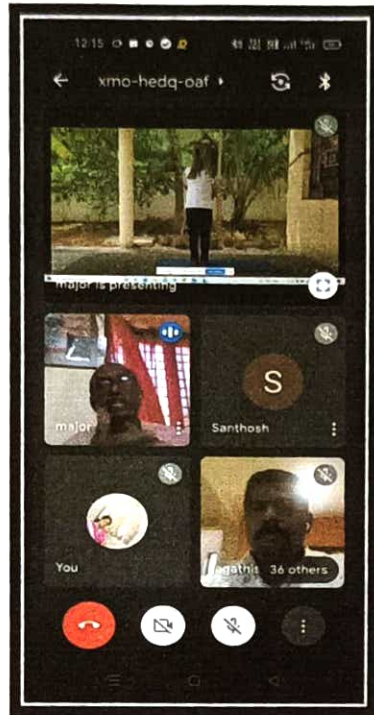
Number of Participants : 90

  
Head of the Department  
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Principal  
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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

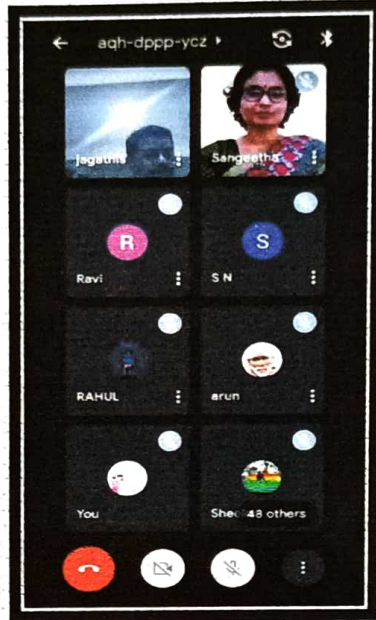
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**Principal**  
**J.J. PARASURAMAN, M.A., M.B.A., M.C.A.,**  
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**Webinar on Understand Your Body Clock**

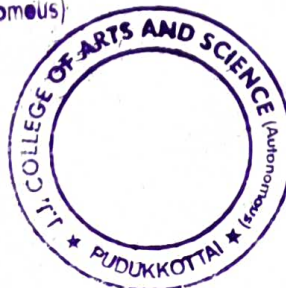
**Resource Person** : **Dr.P.Sangeetha,**  
**Faculty, Ahalia School of Management**  
**Palakad, Kerala**

**Date** : **01. 07. 2021.**

**Number of Participants** : **60**

*K. Jagathisbabu*  
**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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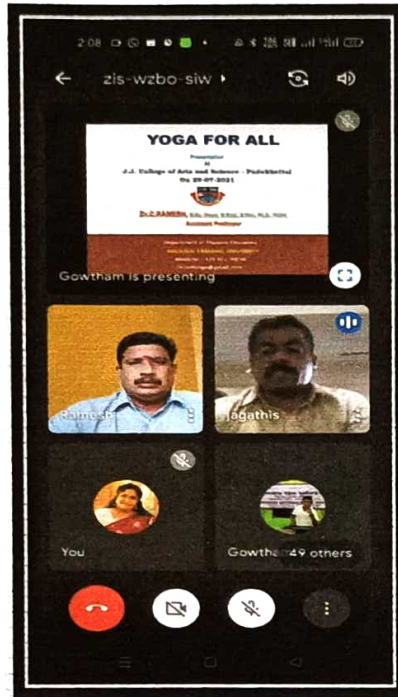


*G. J. Parasuraman*  
**Principal**

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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**

  
**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**

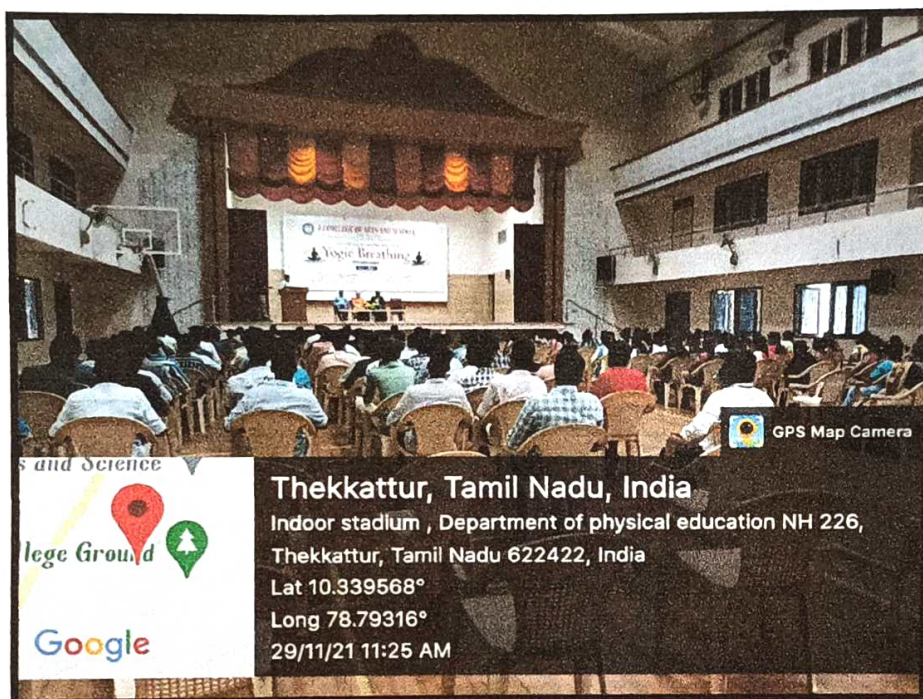
**Dr.J.PARASURAMAN, M.A., M.B.A., M.A.,**  
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**Department of Physical Education**

**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

  
Principal

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