

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

Resource Persons Details for Webinar and Workshop				
Sl. No	Date	Name of the Resource Person	Designation	Title of Lecture
1.	21.06.2020	Mr. V.Ramesh .	Professor in Yoga, SRMIST , Vadapalani, Chennai.	Enhancing Immunity through Yoga
2.	01.07.2020	Dr.A.Palanisamy,	Professor and Head, Dept. of Physical Education, Bharathidasan University,Trichy	Improving Immunity During Covid -19
3.	21.06.2021	Major. N. S. Sivakumar,.	Director of Physical Education, (Associate), Urumu Dhanalakshmi College, Thiruchirapalli	Holistic Health through Yoga
4.	01.07.2021	Dr.P.Sangeetha	Faculty, Ahalia School of Management, Palakkad, Kerala	Understand Your Body Clock
5.	27.07.2021	Mrs. M. Sindhu	Associate Professor, Department of Computer science and Engineering, SRR CET, Karaikudi	Digitalized Physical Education
6.	29.07.2021	Dr.C.Ramesh	Associate Professor, Department of Physical Education, Madurai Kamarajar University, Madurai	Yoga For All
7.	29.11.2021	Dr. Sundar Balasubramanian	Department of RadiationOncology, Medical University of South Carolina, Founder and CEO of Prana Science institute, Charleston, South Carolina,U.S.A	Workshop on Yogic Breathing (Pranayama)


 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, Sivaperam Post,
 PUDUKKOTTAI-622 432