



# J.J. COLLEGE OF ARTS AND SCIENCE

(AUTONOMOUS)

(A Silver Jubilee Institution)

(Re-Accredited by NAAC with 'A' Grade in 3<sup>rd</sup> cycle)

(Affiliated to **Bharathidasan University**, Tiruchirappalli)

J.J. Nagar, Sivapuram, Pudukkottai – 622 422

## Department of Physical Education, Health Education and Sports

*Organizes One Day Workshop on*



# Life Skills



(YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

### PROGRAMME (05.03.2020)

9.30 a.m. : Inaugural Function  
Thamizhthai Vazhthu

Welcome Address : **Dr. K.Jagathis Babu**  
Head, Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai

Presidential Address : **Dr. Kavitha Subramanian**  
Trustee, Karpaga Vinayaga Educational Trust  
Pudukkottai

Inaugural Address : **Dr. J.Parasuraman**  
Principal, J.J. College of Arts and Science (Autonomous)  
Pudukkottai

Introducing the  
Resource Person : **Mr. M.Kalidasan**  
Assistant Professor  
Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai

Special Address : **Major N.S.Sivakumar**  
Director of Physical Education (Associate)  
Urumu Dhanalakshmi College  
Tiruchirappalli

## VALEDICTORY

02.00 p.m

Welcome Address : **Ms. P.Catherine Joy SelvaKumari**

Assistant Professor  
Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai

Valedictory Address : **Dr. J.Parasuraman**

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

Distribution of  
Certificates

: **Thiru. N.Subramanian**

Secretary  
J.J. Group of Institutions  
Pudukkottai

Vote of Thanks : **Dr. D.Raman**

Assistant Professor  
Department of Physical Education  
J.J. College of Arts and Science (Autonomous)  
Pudukkottai

**J. J COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS), PUDUKKOTTAI  
DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

**WORKSHOP REPORT**

**“Life Skills, Yoga, Physical fitness and Health and Hygiene”**

**Preamble:**

One day workshop on “Life Skills, Yoga, Physical fitness and Health and Hygiene” was conducted on 5<sup>th</sup> March 2020 by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize a quality way of living.

**Participants:**

Nearly, 526 students from various departments 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,

1. Yoga practice for an overall Health.
2. Role of Physical Fitness to total fitness.
3. Maintain Cleanliness to gain Health and happiness.
4. Life skill importance in day to day life.

**Objectives of the workshop:**

1. Introduction to Yoga.
2. Benefits of Yoga practice.
3. Health related Physical fitness components.
4. How to improve Physical Fitness?
5. Awareness about hygienic Practice.
6. To develop a healthy environment by practicing life skills.

**Description about the program:**

On the inaugural function was started with Tamilthai Vazhthu. Eventually, welcome address 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.

The Presidential Address was delivered by **Dr.Kavitha Subramanian**, Trustee, Karpaga Vinayaga Education Trust, Pudukkottai She gave a brief Introduction to the use of life skills in everyday life.

Our faculty **Mr. M.Kalidasan**, 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 gathering.

**Programmes:**

Session	Time	Area of Discussion
Session - 1	10:15 a.m.	Demonstration of Yoga and Asanas. Benefits of Practicing it
Session - 2	11:45 a.m.	Benefits of Health related Physical fitness. 1. Cardio respiratory endurance 2. Muscular strength 3. Muscular endurance 4. Flexibility 5. Body composition
Session - 3	1:30 p.m.	Practicing good personal <b>hygiene</b> .

**Valedictory:**

Welcome address was given by **Ms. P.Catherine Joy Selvakumari**, Assistant Professor of Dept. of Physical Education, Health Education and Sports. J.J. College of Arts and Science (Autonomous) Pudukkottai.

The valedictory address was delivered by **Dr. J.Parasuraman, Principal**, J.J. College of Arts and Science (Autonomous) Pudukkottai

Our Honorable Secretary **Thiru. N.Subramanian**, J.J. groups of Institutions, Pudukkottai and our Principal **Dr.J.Parasuraman**, J.J.College of Arts and Science (Autonomous), Pudukkottai distributed the certificates to the participants who attended the workshop.

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

A short duration feedback and Thanks giving was arranged by 5:30 p.m.

**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 hygienic environment by combining Yogic practice, Healthy living, and attaining total wellness. The feedback from the participants reflected that they were equipped with a deep understanding of the topic covered About Life Skills.

  
**Head of the Department**

  
**Principal**



**Dr.J.PARASURAMAN, M.A., M.B.A., M.C.A.,  
M.Phil., B.Ed., P.D.U.**  
**PRINCIPAL**  
**J.J.College of Arts and Science**  
**(Autonomous)**  
**J.J.Nagar, Sivapuram Post,**  
**PUDUKKOTTAI-622 422**

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

**Department of Physical Education**

**Participants list for life skill workshop (5.3.2020)**

**Participants from Department of Physical Education**

SL.NO.	REGISTER NO.	NAME OF THE STUDENT	DEPARTMENT
1.	U17PE1001	M. ABIRAMI.	PHYSICAL EDUCATION
2.	U17PE1002	M. KARTHIKA	PHYSICAL EDUCATION
3.	U17PE1003	N. KARTHIKA	PHYSICAL EDUCATION
4.	U17PE1004	C. PRIYA	PHYSICAL EDUCATION
5.	U17PE1005	A.SENTHAMIL	PHYSICAL EDUCATION
6.	U17PE1006	A. SOLAIAMMAL	PHYSICAL EDUCATION
7.	U17PE2001	M.AJAY AKASH	PHYSICAL EDUCATION
8.	U17PE2002	C. AJITHKUMAR	PHYSICAL EDUCATION
9.	U17PE2004	P.L. DHARMARAJ	PHYSICAL EDUCATION
10.	U17PE2005	R.GUNA	PHYSICAL EDUCATION
11.	U17PE2007	S.KANNAN	PHYSICAL EDUCATION
12.	U17PE2008	K.KOWSIKAN	PHYSICAL EDUCATION
13.	U17PE2009	S.MAHESWARAN	PHYSICAL EDUCATION
14.	U17PE2010	T.MANOJ	PHYSICAL EDUCATION
15.	U17PE2011	M.PERUMAL	PHYSICAL EDUCATION
16.	U17PE2012	L.PRAVEEN	PHYSICAL EDUCATION
17.	U17PE2016	K.RAVIKUMAR	PHYSICAL EDUCATION
18.	U17PE2017	R.RATHINAVEL	PHYSICAL EDUCATION
19.	U17PE2018	R.SIVA	PHYSICAL EDUCATION
20.	U17PE2019	B.SIVAGANESAN	PHYSICAL EDUCATION
21.	U17PE2020	A.SURYAPRAKASH	PHYSICAL EDUCATION
22.	U17PE2022	T.VETRISELVAN	PHYSICAL EDUCATION
23.	U17PE2023	T.VIGNESH	PHYSICAL EDUCATION
24.	U17PE2024	M.VIVEK	PHYSICAL EDUCATION
25.	U18PE1001	K.AZHAGUDEIVANAI	PHYSICAL EDUCATION
26.	U18PE1002	A.NISHANTHI	PHYSICAL EDUCATION
27.	U18PE1003	K.SOWMIYA	PHYSICAL EDUCATION
28.	U18PE1004	TAMILESWARI	PHYSICAL EDUCATION
29.	U18PE1005	G.BANUPRIYAL	PHYSICAL EDUCATION
30.	U18PE2001	M.AKASHKUMAR	PHYSICAL EDUCATION
31.	U18PE2002	R.ARAVINTH	PHYSICAL EDUCATION
32.	U18PE2003	P.ARJUNAN	PHYSICAL EDUCATION
33.	U18PE2004	A.ARUNPRASATH	PHYSICAL EDUCATION
34.	U18PE2005	A.ARUNKUMAR	PHYSICAL EDUCATION
35.	U18PE2006	R.CHITRAVEL	PHYSICAL EDUCATION
36.	U18PE2008	M.GUGAN	PHYSICAL EDUCATION
37.	U18PE2010	T.JOSEANTONY	PHYSICAL EDUCATION
38.	U18PE2011	T.JOTHIBAS	PHYSICAL EDUCATION
39.	U18PE2012	P.KALAIKUMAR	PHYSICAL EDUCATION
40.	U18PE2013	T.KARTHIKEYAN	PHYSICAL EDUCATION
41.	U18PE2014	R.KAVIARASAN	PHYSICAL EDUCATION
42.	U18PE2016	S.MANIKANDAN	PHYSICAL EDUCATION
43.	U18PE2017	R.MADUSUTHAN	PHYSICAL EDUCATION

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44.	U18PE2018	A.MOHAMED AMEEN	PHYSICAL EDUCATION
45.	U18PE2019	K.MURUGARAJ	PHYSICAL EDUCATION
46.	U18PE2020	J.MUTHUPANDI	PHYSICAL EDUCATION
47.	U18PE2021	V.PRABHAHARAN	PHYSICAL EDUCATION
48.	U18PE2022	P.PRADEEP	PHYSICAL EDUCATION
49.	U18PE2023	S.RANJITHKUMAR	PHYSICAL EDUCATION
50.	U18PE2024	K.RAVIPRASATH	PHYSICAL EDUCATION
51.	U18PE2025	T.SANTHOSH	PHYSICAL EDUCATION
52.	U18PE2026	G.V.SARAN	PHYSICAL EDUCATION
53.	U18PE2027	T.SASIHARAN	PHYSICAL EDUCATION
54.	U18PE2028	S.THIRUNAVUKARASU	PHYSICAL EDUCATION
55.	U18PE2029	S.VISHNU	PHYSICAL EDUCATION
56.	U19PE1001	K. BHAVITHRA	PHYSICAL EDUCATION
57.	U19PE1002	S. KAVITHA	PHYSICAL EDUCATION
58.	U19PE1003	R. SHARMILA	PHYSICAL EDUCATION
59.	U19PE1004	S.SHARMILA	PHYSICAL EDUCATION
60.	U19PE1005	M.JYOTHIKA	PHYSICAL EDUCATION
61.	U19PE2001	R. AJAY	PHYSICAL EDUCATION
62.	U19PE2002	T.AJAY	PHYSICAL EDUCATION
63.	U19PE2003	K.AJITHKUMAR	PHYSICAL EDUCATION
64.	U19PE2004	M.ARUN	PHYSICAL EDUCATION
65.	U19PE2005	V.ARUN	PHYSICAL EDUCATION
66.	U19PE2006	P.ARUNKUMAR	PHYSICAL EDUCATION
67.	U19PE2007	S.BALAKUMARAN	PHYSICAL EDUCATION
68.	U19PE2008	C.DEVAGANESH	PHYSICAL EDUCATION
69.	U19PE2009	A.GOPI	PHYSICAL EDUCATION
70.	U19PE2010	R.GUNASKARAN	PHYSICAL EDUCATION
71.	U19PE2011	D.GURUSARAN	PHYSICAL EDUCATION
72.	U19PE2012	A.JEGADEESAN	PHYSICAL EDUCATION
73.	U19PE2013	M.JEGAN	PHYSICAL EDUCATION
74.	U19PE2014	R.KAMALAKANNAN	PHYSICAL EDUCATION
75.	U19PE2015	S.KARAN	PHYSICAL EDUCATION
76.	U19PE2016	T.KARTHIKEYAN.	PHYSICAL EDUCATION
77.	U19PE2017	K.KIRUTHICK	PHYSICAL EDUCATION
78.	U19PE2018	M.KOSALAIRAMAN	PHYSICAL EDUCATION
79.	U19PE2019	S.LOGESWARAN	PHYSICAL EDUCATION
80.	U19PE2020	P.MADHANRAJ	PHYSICAL EDUCATION
81.	U19PE2021	M.MADHAVASUDAN	PHYSICAL EDUCATION
82.	U19PE2022	PL.MANIKANDAN	PHYSICAL EDUCATION
83.	U19PE2023	A.MOHANRAJ	PHYSICAL EDUCATION
84.	U19PE2024	A.NAVARETHINAM	PHYSICAL EDUCATION
85.	U19PE2025	S.NESAMANI	PHYSICAL EDUCATION
86.	U19PE2026	M.PAULRAJ	PHYSICAL EDUCATION
87.	U19PE2027	R.PRABHAHARAN	PHYSICAL EDUCATION
88.	U19PE2028	R.PRAVEENKUMAR	PHYSICAL EDUCATION
89.	U19PE2029	C.PRAVEENKUMAR	PHYSICAL EDUCATION
90.	U19PE2030	N.RAHUL	PHYSICAL EDUCATION
91.	U19PE2031	S.SABARESHWARAN	PHYSICAL EDUCATION
92.	U19PE2032	R.SABARIKIMAR	PHYSICAL EDUCATION
93.	U19PE2033	M.SANTHOSHKUMAR	PHYSICAL EDUCATION
94.	U19PE2034	D,SANTHOSH	PHYSICAL EDUCATION

95.	U19PE2035	G.SANTHOSHKUMAR	PHYSICAL EDUCATION
96.	U19PE2036	M.SARANRAJ	PHYSICAL EDUCATION
97.	U19PE2037	K.SETHURAMAN	PHYSICAL EDUCATION
98.	U19PE2038	K.SIVA	PHYSICAL EDUCATION
99.	U19PE2039	P.SIVA	PHYSICAL EDUCATION
100.	U19PE2040	S.SIVAKUMAR	PHYSICAL EDUCATION
101.	U19PE2041	N.SUGAN	PHYSICAL EDUCATION
102.	U19PE2042	M.SURENDAR	PHYSICAL EDUCATION
103.	U19PE2043	S.SURIYA	PHYSICAL EDUCATION
104.	U19PE2044	M.TAMILMARAN	PHYSICAL EDUCATION
105.	U19PE2045	V.VARATHARAJAPERUMAL	PHYSICAL EDUCATION
106.	U19PE2046	S.VEERAMANI	PHYSICAL EDUCATION
107.	U19PE2047	V.VEMBURAJ	PHYSICAL EDUCATION
108.	U19PE2048	V.VENKATRAMAN	PHYSICAL EDUCATION
109.	U19PE2049	K.VIGNESH	PHYSICAL EDUCATION
110.	U19PE2050	M.VIGNESH	PHYSICAL EDUCATION
111.	U19PE2051	R.VIGNESH	PHYSICAL EDUCATION
112.	U19PE2052	K.VISHNU	PHYSICAL EDUCATION
113.	U19PE2053	M.YOGIYYPAN	PHYSICAL EDUCATION
114.	U19PE2054	S.PONNUSAMY	PHYSICAL EDUCATION
115.	U19PE2055	P.MANOJKUMAR	PHYSICAL EDUCATION
116.	U19PE2056	M.PRANAL	PHYSICAL EDUCATION
117.	U19PE2057	R.ARAVINTH	PHYSICAL EDUCATION
118.	U19PE2058	S.SENTHILKUMAR	PHYSICAL EDUCATION
119.	U17EG1003	M.AGASYA	ENGLISH
120.	U17EG1006	N.ANJALI DEVI	ENGLISH
121.	U17EG1009	D.CELIN PUSHPA	ENGLISH
122.	U17EG1013	R.GAYATHIRI	ENGLISH
123.	U17EG1014	G.KOWSIKA	ENGLISH
124.	U17EG1016	V.HARINI	ENGLISH
125.	U17EG1018	M. ISWARYA	ENGLISH
126.	U17EG1020	S. ISWARYA	ENGLISH
127.	U17EG1021	K.JAYABHARATHI	ENGLISH
128.	U17EG1022	M.JYOTHIKA	ENGLISH
129.	U17EG1026	G.KAVITHA	ENGLISH
130.	U17EG1030	S. NITYA	ENGLISH
131.	U17EG1031	G.NIVETHA	ENGLISH
132.	U17EG1032	P.PAVITHRA	ENGLISH
133.	U17EG1033	M.PONMANI	ENGLISH
134.	U17EG1035	S.PRIYA	ENGLISH
135.	U17EG1037	P.RAMYA	ENGLISH
136.	U17EG1039	C.RATHINA	ENGLISH
137.	U17EG1040	K.RIZWAN	ENGLISH
138.	U17EG1043	S.SHARIKA SHANKAR	ENGLISH
139.	U17EG1044	N.SHENAHAS BEGAM	ENGLISH
140.	U17EG1045	P.SINDHUJA	ENGLISH
141.	U17EG1046	U.SONA	ENGLISH
142.	U17EG1047	D.SOWMYA	ENGLISH
143.	U17EG1049	S.SUBHASHINI	ENGLISH
144.	U17EG1050	K.SUNDARI	ENGLISH
145.	U17EG1053	B.VAISHALI	ENGLISH

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146.	U17EG1054	R.VAITHEESWARI	ENGLISH
147.	U17EG1058	M.YOGAMANI	ENGLISH
148.	U19MB1001	B.ABINAYA	MICROBIOLOGY
149.	U19MB1003	A.ABIRAMI	MICROBIOLOGY
150.	U19MB1004	P.ABIRAMI	MICROBIOLOGY
151.	U19MB1005	R.ABHITHA	MICROBIOLOGY
152.	U19MB1009	R.CHAMUNDESWARI	MICROBIOLOGY
153.	U19MB1014	R.KANIMOZHI	MICROBIOLOGY
154.	U19MB1015	P.KAVIYA	MICROBIOLOGY
155.	U19MB1019	CV.MONICASELAS	MICROBIOLOGY
156.	U19MB1023	M.PARKAVI	MICROBIOLOGY
157.	U19MB1027	S.PUNITHA	MICROBIOLOGY
158.	U19MB1033	G.SUSEEKA	MICROBIOLOGY
159.	U19MB1038	M.YOGAVALLI	MICROBIOLOGY
160.	U19MB2005	R.GUNA	MICROBIOLOGY
161.	U19MB2008	R.MAHANANDHA	MICROBIOLOGY
162.	U19MB2011	P.NEELAKANDAN	MICROBIOLOGY
163.	U19CS1002	AKALYA.S	COMPUTER SCIENCE
164.	U19CS1017	HARINI.S	COMPUTER SCIENCE
165.	U19CS1018	JEYAMATHI.K	COMPUTER SCIENCE
166.	U19CS1027	KOWSALYA.S	COMPUTER SCIENCE
167.	U19CS1032	MAHALAKSHMI.M	COMPUTER SCIENCE
168.	U19CS1034	MISTIKA.A	COMPUTER SCIENCE
169.	U19CS1041	NIVETHA.S	COMPUTER SCIENCE
170.	U19CS1047	PRINCY MARTINA DIVYA.G	COMPUTER SCIENCE
171.	U19CS1051	PRIYANISHA.M	COMPUTER SCIENCE
172.	U19CS1054	RONICKAM.S	COMPUTER SCIENCE
173.	U19CS1059	SANDHIYA.S	COMPUTER SCIENCE
174.	U19CS1064	SAUMYA LAKSHMI.M	COMPUTER SCIENCE
175.	U19CS1065	SEETHA LAKSHMI.M	COMPUTER SCIENCE
176.	U19CS1066	SHEREEN SHIFAYA.A	COMPUTER SCIENCE
177.	U19CS1067	SINEKA.C	COMPUTER SCIENCE
178.	U19CS1068	SIVABALA.G	COMPUTER SCIENCE
179.	U19CS1071	SOWNTHARYA.S	COMPUTER SCIENCE
180.	U19CS1074	SUBIKSHA.S	COMPUTER SCIENCE
181.	U19CS1075	SUDHA.P	COMPUTER SCIENCE
182.	U19CS1076	SUDHARANJANI.C	COMPUTER SCIENCE
183.	U19CS1077	SUGUNA.D	COMPUTER SCIENCE
184.	U19CS1070	SNEHA.S	COMPUTER SCIENCE
185.	U19CS1079	SUVETHA.B	COMPUTER SCIENCE
186.	U19CS1080	SWETHA.M	COMPUTER SCIENCE
187.	U19CS1081	SWETHA.S	COMPUTER SCIENCE
188.	U19CS1083	TAMIL SELVI M	COMPUTER SCIENCE
189.	U19CS1084	UBAKARA VINCY.A	COMPUTER SCIENCE
190.	U19CS1085	UMAMAHESHWARI.G	COMPUTER SCIENCE
191.	U19CS1087	VIDHYA.K	COMPUTER SCIENCE
192.	U19CS1088	VISALE.M	COMPUTER SCIENCE
193.	U19CS2076	PREMKUMAR.P	COMPUTER SCIENCE
194.	U19CS2078	RAGHUL.B	COMPUTER SCIENCE
195.	U19CS2110	SUBASH CHANDRA BOSE.R	COMPUTER SCIENCE
196.	U19CS2111	SUDHARSAN .B	COMPUTER SCIENCE

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197.	U19CS2112	SUNDARRAJAN.P	COMPUTER SCIENCE
198.	U19CS2113	SURYA PRAKASH.K	COMPUTER SCIENCE
199.	U19CS2115	THARUN KUMAR.S	COMPUTER SCIENCE
200.	U19CS2116	THARUN RAM.K	COMPUTER SCIENCE
201.	U19CS2117	THIRUMAN.T	COMPUTER SCIENCE
202.	U19CS2118	VAIRA KUMAR.S	COMPUTER SCIENCE
203.	U19CS2120	VENKATESHAN.P	COMPUTER SCIENCE
204.	U19CS2121	VIGNESH.C	COMPUTER SCIENCE
205.	U19CS2122	VIGNESH.G	COMPUTER SCIENCE
206.	U19CS2123	VIGNESH.KC	COMPUTER SCIENCE
207.	U19CS2125	VIGNESHWARAN.R	COMPUTER SCIENCE
208.	U19CS2126	VIJAY.S	COMPUTER SCIENCE
209.	U19CS2127	VINOTH.R	COMPUTER SCIENCE
210.	U19CS2128	VINOTH KUMAR.P	COMPUTER SCIENCE
211.	U19CS2129	VIVEKANATHAN.S	COMPUTER SCIENCE
212.	U19CS2130	YUVANSHANKAR.S	COMPUTER SCIENCE
213.	U19CS2124	VIGNESH.R	COMPUTER SCIENCE
214.	U19CS2079	RAGUNATHAN.S	COMPUTER SCIENCE
215.	U19CS2018	BALAGURU .S	COMPUTER SCIENCE
216.	U19CS2087	RENGARAJ.R	COMPUTER SCIENCE
217.	U19CS2101	SHANMUGAM.R	COMPUTER SCIENCE
218.	U19CS2108	SRIRAM.K	COMPUTER SCIENCE
219.	U19CS2119	VENKATACHALAM.U	COMPUTER SCIENCE
220.	U19CS2098	SARUGESH.M	COMPUTER SCIENCE
221.	U19CS2104	SIVANESAN.CM	COMPUTER SCIENCE
222.	U19CS2095	SANTHOSH.G	COMPUTER SCIENCE
223.	U19CA1001	AARTHI.K	COMPUTER APPLICATION
224.	U19CA1002	ABINAYA.K	COMPUTER APPLICATION
225.	U19CA1005	ANITHA.J	COMPUTER APPLICATION
226.	U19CA1006	BAVADHARANI.V	COMPUTER APPLICATION
227.	U19CA1009	DIVYA.A	COMPUTER APPLICATION
228.	U19CA1010	DURGA.V	COMPUTER APPLICATION
229.	U19CA1015	GOWRISANKARI.K	COMPUTER APPLICATION
230.	U19CA1018	KEERTHY PRIYA.M	COMPUTER APPLICATION
231.	U19CA1021	MAHESHWARI.N	COMPUTER APPLICATION
232.	U19CA1024	MANIKA NANDHINI.V	COMPUTER APPLICATION
233.	U19CA1025	MANONMANI.M	COMPUTER APPLICATION
234.	U19CA1027	MUTHUMEENA.R	COMPUTER APPLICATION
235.	U19CA1032	PRIYA.S	COMPUTER APPLICATION
236.	U19CA1033	RAKSHANA.J	COMPUTER APPLICATION
237.	U19CA1037	THANGESHWARI.G	COMPUTER APPLICATION
238.	U19CA1038	USHAVENI.N	COMPUTER APPLICATION
239.	U19CA1040	VINOTHINI.N	COMPUTER APPLICATION
240.	U19CA1042	YARABEGAM.S	COMPUTER APPLICATION
241.	U19CA2002	ABDUR RAHUMAN M	COMPUTER APPLICATION
242.	U19CA2005	AMARAN M	COMPUTER APPLICATION
243.	U19CA2006	ARAVIND S	COMPUTER APPLICATION
244.	U19CA2007	ARAVINDAN B	COMPUTER APPLICATION
245.	U19CA2009	ARO EDISAN ALWA C	COMPUTER APPLICATION
246.	U19CA2012	ARUN PANDIYAN S	COMPUTER APPLICATION
247.	U19CA2013	ASHOK P	COMPUTER APPLICATION

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248.	U19CA2016	BALAUBRAMANIAN B	COMPUTER APPLICATION
249.	U19CA2019	DHARMAR G	COMPUTER APPLICATION
250.	U19CA2022	DHATCHNA MOORTHY K	COMPUTER APPLICATION
251.	U19CA2026	ELAMARAN K	COMPUTER APPLICATION
252.	U19CA2029	GOWTHAM N	COMPUTER APPLICATION
253.	U19CA2030	GUNAL M	COMPUTER APPLICATION
254.	U19CA2033	HARIHARASUDHAN M	COMPUTER APPLICATION
255.	U19CA2036	IMRANKHAN I	COMPUTER APPLICATION
256.	U19CA2038	JAMIR ALI M	COMPUTER APPLICATION
257.	U19CA2041	KAMALESH O	COMPUTER APPLICATION
258.	U19CA2046	KARTHIKEYAN V	COMPUTER APPLICATION
259.	U19CA2048	KARUNAKARAN R	COMPUTER APPLICATION
260.	U19CA2050	KARUPPIAH N	COMPUTER APPLICATION
261.	U19CA2052	KEERTHIVASAN V	COMPUTER APPLICATION
262.	U19CA2053	MADHAN M	COMPUTER APPLICATION
263.	U19CA2056	MANIMARAN N	COMPUTER APPLICATION
264.	U19CA2060	MATHAN B	COMPUTER APPLICATION
265.	U19CA2064	MOHAMED FAISEL S	COMPUTER APPLICATION
266.	U19CA2068	MOAMED MOHIDEEN A	COMPUTER APPLICATION
267.	U19CA2072	MOHAMMED IRFAN S	COMPUTER APPLICATION
268.	U19CA2077	NAGAPRAVEEN.R	COMPUTER APPLICATION
269.	U19CA2080	NANDAKUMAR.K	COMPUTER APPLICATION
270.	U19CA2081	NARASIMMAN.A	COMPUTER APPLICATION
271.	U19CA2084	PERIYASAMY.P	COMPUTER APPLICATION
272.	U19CA2087	PREMKUMAR.M	COMPUTER APPLICATION
273.	U19CA2090	RAJAGANAPATHI.R	COMPUTER APPLICATION
274.	U19CA2091	RAJESHKUMAR.S	COMPUTER APPLICATION
275.	U19CA2092	RAMESH.R	COMPUTER APPLICATION
276.	U19CA2093	RANJITH.M	COMPUTER APPLICATION
277.	U19CA2105	SELVAKUMAR.M	COMPUTER APPLICATION
278.	U19CA2106	SENTHILKUMAR.N	COMPUTER APPLICATION
279.	U19CA2107	SHANMUGASUNDARAM.M	COMPUTER APPLICATION
280.	U19CA2108	SHEIK DAWOOD.B	COMPUTER APPLICATION
281.	U19CA2115	SIVINANDHA.S	COMPUTER APPLICATION
282.	U19CA2137	VIGNESHWARAN.A	COMPUTER APPLICATION
283.	U19CA2138	VIJAY.K	COMPUTER APPLICATION
284.	U19CA2139	VIJAY.N	COMPUTER APPLICATION
285.	U18CA1001	AARTH.I.R	COMPUTER APPLICATION
286.	U18CA1002	AARTHY.M.R	COMPUTER APPLICATION
287.	U18CA1007	ALMAAS ASMINA.B	COMPUTER APPLICATION
288.	U18CA1010	ARUL ROJINI.A	COMPUTER APPLICATION
289.	U18CA1013	CHARUMATHI.D	COMPUTER APPLICATION
290.	U18CA1015	DHARSHINI.G	COMPUTER APPLICATION
291.	U18CA1019	HARISUDHA.M	COMPUTER APPLICATION
292.	U18CA1020	HEMALATHA.P	COMPUTER APPLICATION
293.	U18CA1022	JOSELIN.P	COMPUTER APPLICATION
294.	U18CA1023	KA AVIYA PRIYA.M	COMPUTER APPLICATION
295.	U18CA1034	MANGAYARKKARASI.B	COMPUTER APPLICATION
296.	U18CA1036	NABISHA BEGAM.M	COMPUTER APPLICATION
297.	U18CA1039	NOORJAHAN.S	COMPUTER APPLICATION
298.	U18CA1041	OVIYA.PL	COMPUTER APPLICATION

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299.	U18CA1043	PARKAVI.A	COMPUTER APPLICATION
300.	U18CA1045	PAVITHRA.S	COMPUTER APPLICATION
301.	U18CA1051	SIVAKAMIS	COMPUTER APPLICATION
302.	U18CA1058	SWATHI.S	COMPUTER APPLICATION
303.	U18CA1060	VIVALYA.R	COMPUTER APPLICATION
304.	U18CA2001	AASHIK ALI.K	COMPUTER APPLICATION
305.	U18CA2002	A.ABARNATH	COMPUTER APPLICATION
306.	U18CA2006	M.ABDUL SALAM	COMPUTER APPLICATION
307.	U18CA2008	AKASH.P	COMPUTER APPLICATION
308.	U18CA2024	ASHOK.R	COMPUTER APPLICATION
309.	U18CA2029	J.DINESH	COMPUTER APPLICATION
310.	U18CA2040	R.IRUTHAYARAJ BRITTO	COMPUTER APPLICATION
311.	U18CA2045	K.KAMALESHAN	COMPUTER APPLICATION
312.	U18CA2046	KARAN.S	COMPUTER APPLICATION
313.	U18CA2055	S,KUMARESH	COMPUTER APPLICATION
314.	U18CA2056	M.MADESH	COMPUTER APPLICATION
315.	U18CA2058	A.MANI BHARATHI	COMPUTER APPLICATION
316.	U18CA2059	P.MANIKANDAN	COMPUTER APPLICATION
317.	U18CA2063	R.MOHAMED ASIK	COMPUTER APPLICATION
318.	U18CA2064	I. MOHAMED RASUL	COMPUTER APPLICATION
319.	U18CA2072	MOHAMMED KALANDAR.J	COMPUTER APPLICATION
320.	U18CA2079	NAVEENKUMAR.R	COMPUTER APPLICATION
321.	U18CA2081	PANDIAN. R	COMPUTER APPLICATION
322.	U18CA2086	G.PRAVEEN	COMPUTER APPLICATION
323.	U18CA2096	S.SAI SRINIVASAN	COMPUTER APPLICATION
324.	U18CA2099	SATHEESH KUMAR.R	COMPUTER APPLICATION
325.	U18CA2106	P.SIVA	COMPUTER APPLICATION
326.	U18CA2129	V.YUGANESH	COMPUTER APPLICATION
327.	U17BO1001	K.ABIRAMI	BOTANY
328.	U17BO1002	S.DHARMAYOKINI	BOTANY
329.	U17BO1003	G.ELAKKIYA	BOTANY
330.	U17BO1004	M.ELAVARASI	BOTANY
331.	U17BO1005	D.HEMALATHA	BOTANY
332.	U17BO1006	K.KARTHIKA	BOTANY
333.	U17BO1007	V.KARTHIKA	BOTANY
334.	U17BO1008	R.MALARVIZHI	BOTANY
335.	U17BO1009	K.PARVATHI	BOTANY
336.	U17BO1011	M. PRABHA	BOTANY
337.	U17BO1012	K. PRADEEPA	BOTANY
338.	U17BO1014	R. REETHIKA	BOTANY
339.	U17BO1015	B. RENUKADEVI	BOTANY
340.	U17BO1016	M.SANTHIYA	BOTANY
341.	U17BO1017	J.SANKAVI	BOTANY
342.	U17BO1018	I.SENTAMILPAAVAI	BOTANY
343.	U17BO1020	R.SOWMYA	BOTANY
344.	U17BO1021	P. THENMOZHI	BOTANY
345.	U17BO2001	J.ARULFELIX	BOTANY
346.	U17BO2003	V.HARIHARAN	BOTANY
347.	U17BO2004	D. JESUDOSS HALWIN	BOTANY
348.	U17BO2005	C. KARTHIKEYAN	BOTANY
349.	U17BO2006	S.KEERTHIVAASAN	BOTANY

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350.	U17BO2007	M.MUTHURAMAN	BOTANY
351.	U17BO2008	S. NAGENDRAN	BOTANY
352.	U17BO2009	A.NAVANEETHAKRISHNAN	BOTANY
353.	U17BO2010	A.NIRMALRAJ	BOTANY
354.	U17BO2011	S.PANDIARAJAN	BOTANY
355.	U17BO2012	S.PAZHANIVEL	BOTANY
356.	U17BO2014	K.SATHEESKUMAR	BOTANY
357.	U17BO2015	K.THIRUMALAI	BOTANY
358.	U17BO2016	M. VEERAMUTHUKUMAR	BOTANY
359.	U17BO2018	M. IYYAPPAN	BOTANY
360.	U19CH1012	A.GEETHA	CHEMISTRY
361.	U19CH1007	B.BRAHATHI	CHEMISTRY
362.	U19CH1019	M.JOTHI	CHEMISTRY
363.	U19CH1022	P.KARTHIKA	CHEMISTRY
364.	U19CH1035	PL.RUKMANI	CHEMISTRY
365.	U19CH1026	K.MAHESWARI	CHEMISTRY
366.	U19CH1018	S.JAYALAKSHMI	CHEMISTRY
367.	U19CH1009	A.DHARANISATHYA	CHEMISTRY
368.	U19CH1002	A.ALAGUMUTHUMEENA	CHEMISTRY
369.	U19CH2013	K.JAYAPRAKASH	CHEMISTRY
370.	U19CH2005	R.BHUVASANKAR	CHEMISTRY
371.	U19CH2012	SM.JAINNULABUDEEN	CHEMISTRY
372.	U17CM2001	ABDUL RASHEED .S	COMMERCE
373.	U17CM2003	ABINESH DURAI.A	COMMERCE
374.	U17CM2005	ADITHYA.J	COMMERCE
375.	U17CM2006	AJITHKUMAR.V	COMMERCE
376.	U17CM2007	AKILAN.P	COMMERCE
377.	U17CM2008	ALAGAPPAN.A	COMMERCE
378.	U17CM2010	AMIRTHALINGAM.CT	COMMERCE
379.	U17CM2012	ANWARMOHAMMED .M	COMMERCE
380.	U17CM2015	BALAKRISHNAN.K	COMMERCE
381.	U17CM2018	BARANIKUMAR.P	COMMERCE
382.	U17CM2019	BHARATHI.R	COMMERCE
383.	U17CM2020	BHARATHIKANNAN.K	COMMERCE
384.	U17CM2021	CLINTONSHABA.A	COMMERCE
385.	U17CM2022	DANIEL.A	COMMERCE
386.	U17CM2023	DEVA.A	COMMERCE
387.	U17CM2024	DHARMARAJ.BA	COMMERCE
388.	U17CM2025	GANESAN.P	COMMERCE
389.	U17CM2026	GOPALAKRISHANAN.K	COMMERCE
390.	U17CM2027	GOPIKRISHNAN.M	COMMERCE
391.	U17CM2028	GUHAN.G	COMMERCE
392.	U17CM2030	GUNASEKARAN.K	COMMERCE
393.	U17CM2031	GUNASEKARAN.K	COMMERCE
394.	U17CM2032	GURUSANJAI S	COMMERCE
395.	U17CM2033	HARIHARAN.M	COMMERCE
396.	U17CM2035	HARIKRISHNAN.M	COMMERCE
397.	U17CM2036	HARISH.G	COMMERCE
398.	U17CM2037	HARISH.S	COMMERCE
399.	U17CM2039	JEGAN.G	COMMERCE
400.	U17CM2040	KABILAN.R	COMMERCE

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401.	U17CM2041	KAMALESHWARAN.R	COMMERCE
402.	U17CM2042	KAMESH.S	COMMERCE
403.	U17CM2043	KARNAN.P	COMMERCE
404.	U17CM2044	KARTHIKEYAN.S	COMMERCE
405.	U17CM2045	KRISHNAN.L	COMMERCE
406.	U17CM2046	MANIKANDAN.M	COMMERCE
407.	U17CM2047	MANIKANDAN.R	COMMERCE
408.	U17CM2049	MANIKANDAN.R	COMMERCE
409.	U17CM2050	MANIKANDAN.S	COMMERCE
410.	U17CM2052	MARIMUTHU.M	COMMERCE
411.	U17CM2053	MARIYAPPAN.K	COMMERCE
412.	U17CM2054	MATHESH.S	COMMERCE
413.	U17CM2055	MOHAMMED AKSAL JASAM.H	COMMERCE
414.	U17CM2056	MOHAMMED ASLAM.AH	COMMERCE
415.	U17CM2057	MOHAMMED KASIM.A	COMMERCE
416.	U17CM2058	MOHAMMED RIZWAN.M	COMMERCE
417.	U17CM2059	MOHAMMED SALMAN.B	COMMERCE
418.	U17CM2060	MOHANRAJ.A	COMMERCE
419.	U17CM2061	MURALIKRISHNAN.K	COMMERCE
420.	U17CM2016	P. BALASUBRAMANIYAN.	COMMERCE
421.	U17CM2001	ABDUL RASHEED .S	COMMERCE
422.	U17CM2003	ABINESH DURAI.A	COMMERCE
423.	U17BA1001	AKIL ANSIYA .J	BUSINESS ADMINISTRATION
424.	U17BA 1002	BHUVANESHWARI.U	BUSINESS ADMINISTRATION
425.	U17BA 1004	DHEVA DHARSHINI.R	BUSINESS ADMINISTRATION
426.	U17BA 1005	KARTHIKA.B	BUSINESS ADMINISTRATION
427.	U17BA 1006	KEERTHANA.J	BUSINESS ADMINISTRATION
428.	U17BA 1008	RAGAVI.P	BUSINESS ADMINISTRATION
429.	U17BA 1010	ROOBINI.V	BUSINESS ADMINISTRATION
430.	U17BA 1011	SORNAMUGL.R	BUSINESS ADMINISTRATION
431.	U17BA 1012	SUUGANTHI.R	BUSINESS ADMINISTRATION
432.	U17BA 1013	SUGANYA.R	BUSINESS ADMINISTRATION
433.	U17BA 1014	SUVETHA.S	BUSINESS ADMINISTRATION
434.	U17BA 1015	TAMILSELVI.K	BUSINESS ADMINISTRATION
435.	U17BA2001	ABINESH.N	BUSINESS ADMINISTRATION
436.	U17BA 2003	AKILAN.R	BUSINESS ADMINISTRATION
437.	U17BA 2004	ANAND.G	BUSINESS ADMINISTRATION
438.	U17BA 2005	ANAND.K	BUSINESS ADMINISTRATION
439.	U17BA 2006	ARAVIND.C	BUSINESS ADMINISTRATION
440.	U17BA 2007	ARAVIND.A	BUSINESS ADMINISTRATION
441.	U17BA 2010	BAHATH.S	BUSINESS ADMINISTRATION
442.	U17BA 2011	BALANATH.P	BUSINESS ADMINISTRATION
443.	U17BA 2012	BHUVANESHWARAN.B	BUSINESS ADMINISTRATION
444.	U17BA 2013	CHIDAMBARAM.C	BUSINESS ADMINISTRATION
445.	U17BA 2015	EDWIN RAJ.M	BUSINESS ADMINISTRATION
446.	U17BA 2016	GEERTHAN.G	BUSINESS ADMINISTRATION
447.	U17BA 2017	GUHAN.L	BUSINESS ADMINISTRATION
448.	U17BA 2018	GURU PRAKASH.GN	BUSINESS ADMINISTRATION
449.	U17BA 2019	HARIHARN.M	BUSINESS ADMINISTRATION
450.	U17BA 2020	JAYASEELAN.A	BUSINESS ADMINISTRATION
451.	U17BA 2021	KABILAN.M	BUSINESS ADMINISTRATION

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452.	U17BA 2022	KALIDASH.T	BUSINESS ADMINISTRATION
453.	U17BA 2023	KALIMUTHU.V	BUSINESS ADMINISTRATION
454.	U17BA 2025	KARTHICKEYAN.G	BUSINESS ADMINISTRATION
455.	U17BA 2026	KARTHICKEYAN.R	BUSINESS ADMINISTRATION
456.	U17BA 2028	KAVIYARASAN.A	BUSINESS ADMINISTRATION
457.	U17BA 2029	MADHANKUMAR.S	BUSINESS ADMINISTRATION
458.	U17BA 2030	MOHAMEDRIYASTEEN.N	BUSINESS ADMINISTRATION
459.	U17BA 2034	PRABAKAR.S	BUSINESS ADMINISTRATION
460.	U17BA 2036	PRAKASHRAJ.D	BUSINESS ADMINISTRATION
461.	U17BA 2037	PREMCHANDH.M	BUSINESS ADMINISTRATION
462.	U17BA 2039	RAHUL.M	BUSINESS ADMINISTRATION
463.	U17BA 2040	RAHUL.M(20-05-2000)	BUSINESS ADMINISTRATION
464.	U17BA 2041	RAJKUMAR.B	BUSINESS ADMINISTRATION
465.	U17BA 2043	RANJITH.S	BUSINESS ADMINISTRATION
466.	U17BA 2046	SANJAY.M	BUSINESS ADMINISTRATION
467.	U17BA 2047	SARAVANAN.B	BUSINESS ADMINISTRATION
468.	U17BA 2048	SHANMUGAPANDIAN.M	BUSINESS ADMINISTRATION
469.	U17BA 2049	SIVA.K	BUSINESS ADMINISTRATION
470.	U17BA 2050	SUUDHARSAN.M	BUSINESS ADMINISTRATION
471.	U17BA 2051	SUKESH.A	BUSINESS ADMINISTRATION
472.	U17BA 2053	THIRUMURUGAN.S	BUSINESS ADMINISTRATION
473.	U17BA 2055	VIGNESHKUMAR.D	BUSINESS ADMINISTRATION
474.	U17BA 2056	VIGNESHWARN.M	BUSINESS ADMINISTRATION
475.	U17BA 2057	VIJAYAKUMAR.G	BUSINESS ADMINISTRATION
476.	U17BA 2059	YUVA.JP	BUSINESS ADMINISTRATION
477.	U17 BT 1007	CHITHIRAI SELVI .A.	BIOTECHNOLOGY
478.	U17 BT 1008	DEVADHARSHINI. P.	BIOTECHNOLOGY
479.	U17 BT 1009	GAYATHRI .P.	BIOTECHNOLOGY
480.	U17 BT 1010	GOKULAVANI R.	BIOTECHNOLOGY
481.	U17 BT 1011	GOWSALYA .S.	BIOTECHNOLOGY
482.	U17 BT 1012	KAIRUNISHA. I.	BIOTECHNOLOGY
483.	U17 BT 1013	KANAKAVALLI .B.	BIOTECHNOLOGY
484.	U17 BT 1014	KANMANI .A.	BIOTECHNOLOGY
485.	U17 BT 1015	KARPAGAVALLI .B.	BIOTECHNOLOGY
486.	U17 BT 1016	KARUNYA. S.	BIOTECHNOLOGY
487.	U17 BT 1017	LAVANYA. B.	BIOTECHNOLOGY
488.	U17 BT 1018	MAHALAKSHMI .T.	BIOTECHNOLOGY
489.	U17 BT 1019	MAHESHWARI .S.	BIOTECHNOLOGY
490.	U17 BT 1020	MEENAKSHI .B.	BIOTECHNOLOGY
491.	U17 BT 1021	NANTHINI .P.	BIOTECHNOLOGY
492.	U17 BT 1022	NAVEENA .R.	BIOTECHNOLOGY
493.	U17 BT 1023	NERTHI .K.	BIOTECHNOLOGY
494.	U17 BT 1024	NOVA .J.	BIOTECHNOLOGY
495.	U17 BT 1025	OVIYA .A.	BIOTECHNOLOGY
496.	U17 BT 1026	PANDISELVI .K.	BIOTECHNOLOGY
497.	U17 BT 1029	PRAVEENA .C.	BIOTECHNOLOGY
498.	U17 BT 1030	RASIKA .R.	BIOTECHNOLOGY
499.	U17 BT 1031	REENA .K.	BIOTECHNOLOGY
500.	U17 BT 1032	REVATHI .R.	BIOTECHNOLOGY
501.	U17 BT 1034	SAKTHIKALA .S.	BIOTECHNOLOGY
502.	U17 BT 1035	SANGEETHA .M.	BIOTECHNOLOGY

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503.	U17 BT 1042	SRINIDHI .R.	BIOTECHNOLOGY
504.	U17 BT 1044	SURYA .G.	BIOTECHNOLOGY
505.	U17 BT 1046	UMA PRABHA. N.	BIOTECHNOLOGY
506.	U17 BT 1047	VEERA DHANA VARSHINI. P.	BIOTECHNOLOGY
507.	U17 BT 1048	VIMALA .V.	BIOTECHNOLOGY
508.	U17 BT 1049	YAZHINI .K.	BIOTECHNOLOGY
509.	U17 BT 1050	YOGESHWARI .R.	BIOTECHNOLOGY
510.	U17 BT 1051	SHANMUGHAPRIYA. V.	BIOTECHNOLOGY
511.	U17 BT 2001	AJAY. S.	BIOTECHNOLOGY
512.	U17 BT 2005	BALA SUBRAMANIAN .J.	BIOTECHNOLOGY
513.	U17 BT 2006	BARATH KUMAR .M.	BIOTECHNOLOGY
514.	U17 BT 2007	GANESH .A.	BIOTECHNOLOGY
515.	U17 BT 2008	GUNASEKARAN .K.	BIOTECHNOLOGY
516.	U17 BT 2009	JAYAKUMAR .S.	BIOTECHNOLOGY
517.	U17 BT 2010	JEGADEESH .S.	BIOTECHNOLOGY
518.	U17 BT 2011	MANIKANDAN. M.	BIOTECHNOLOGY
519.	U17 BT 2012	MANIKANDAN. M.	BIOTECHNOLOGY
520.	U17 BT 2013	PANDI TAMIZHARASAN .P.	BIOTECHNOLOGY
521.	U17 BT 2014	PRABHU .T.	BIOTECHNOLOGY
522.	U17 BT 2015	PRASANTH. P.	BIOTECHNOLOGY
523.	U17 BT 2017	RAMESH .S.	BIOTECHNOLOGY
524.	U17 BT 2018	SANMUGAVEL. S.	BIOTECHNOLOGY
525.	U17 BT 2019	SAVARINATHAN .K.	BIOTECHNOLOGY
526.	U17 BT 2020	SURESH PANDIYAN. T.	BIOTECHNOLOGY

  
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  
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(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**



**One Day Workshop on Life Skills  
(Yoga, Physical Fitness, Health and Hygiene)**

**Resource Person** : **Major. Dr. N. S. SIVAKUMAR,**  
**Associate Professor,**  
**Urumu Dhanalakshmi College, Trichy.**

**Date** : **05. 03. 2020.**

**Number of Participants** : **550**

  
**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)

(A Silver Jubilee Institution)

(Reaccredited by NAAC with 'A' Grade in 3<sup>rd</sup> Cycle), (Affiliated to Bharathidasan University, Tiruchirappalli)  
Sivapuram, Pudukkottai - 622 422.

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS



## Life Skills



(YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

**05.03.2020**

*Certificate*

This is to certify that Mr./ Ms./ Dr.....

..... participated  
in the one day workshop on "LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)"  
Organized by DEPARTMENTS OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS  
J.J.COLLEGE OF ARTS AND SCIENCE (Autonomous), Pudukkottai, on 5<sup>th</sup> March, 2020.

Mr.N.Subramanian  
Secretary

Dr.J.Parasuraman  
Principal

Dr.K.Jagathis Babu  
Organising Secretary

**J. J. COLLEGE OF ARTS AND SCIENCE**  
**(AUTONOMOUS)**  
**(Re-Accredited by NAAC with “A” Grade in Third Cycle)**

**PUDUKKOTTAI – 622 422**

**DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND  
SPORTS**

Cordially  
Invite you for the Special Lecture  
on

**“International Day of Yoga“**  
**(Importance of yoga for Students)**

by

**Dr. A.S. NAGESWARAN**  
Member of Syndicate,  
Associate Professor and Head,  
Department of Physical Education,  
H.H. The Rajah’s College (Autonomous), Pudukkottai  
Under the president ship of  
**Dr. J. PARASURAMAN**

**Principal,**

J. J. College of Arts and Science (Autonomous), Pudukkottai.

**On 22. 06. 2018 at 10.30 a.m.**

**at**

**A/C Gallery Hall**

Management, Principal, Staff and Students

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

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

**SPECIAL LECTURE REPORT**

**“Special Lecture on International Day of Yoga”**

(Importance of yoga for Students)

**Preamble:**

A **Special Lecture on International Day of Yoga** has been conducted on 22<sup>nd</sup> August 2018 by the Department of Physical Education, Health Education and Sports, J.J. College of Arts and Science (Autonomous) Pudukkottai, in order to emphasize the Importance of yoga for Students

**Participants:**

Nearly, 250 students participated in the special lecture.

**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,

1. Prevention from diseases.
2. Gain Strength and stamina.
3. Enhance flexibility
4. Ease stress and anxiety level.

**Objectives of the workshop:**

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.

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

On the inaugural function was started with lighting ceremony and Tamilthai Vazhthu. Eventually, welcome address 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.

The Presidential address was given by our principal **Dr. J. Parasuraman**, JJ college of arts and science (Autonomous), Pudukkottai.

The Inaugural address was rendered by . **Dr.Kavitha Subramanian Trustee, Karpagavinayaga Educational Trust, Pudukkottai** . She gave a brief note on How yoga has changed everyone lifestyle.

Our faculty **Mr. M. Kalidasan**, Assistant Professor of Dept. of Physical Education, Health Education and Sports, introduced the resource person **Dr. A.S. NAGESWARAN**, Member of Syndicate, Associate Professor and Head, Department of Physical Education, H.H. The Rajah's College (Autonomous),

**Dr. A.S. NAGESWARAN**, Member of Syndicate, Associate Professor and Head, Department of Physical Education, H.H. The Rajah's College (Autonomous), He has delivered special address to the gathering.

### **Valedictory:**

A short duration feedback and Thanks giving was arranged by 5:30 p.m. the valedictory address was delivered by **Dr. J. Parasuraman**, JJ college of arts and science (Autonomous), Pudukkottai.,

Our honorable secretary **Thiru. N. Subramanian**, J.J. groups of Institutions, Pudukkottai distributed the certificates to the participants who attended the workshop.

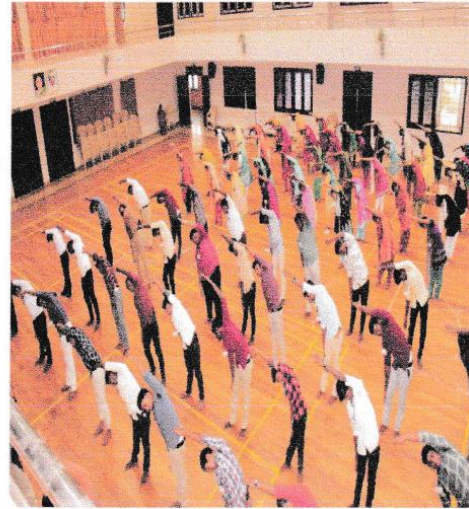
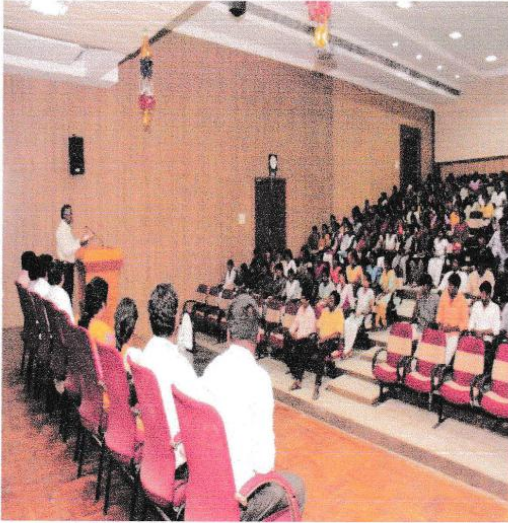
A formal vote of thanks was proposed by **Dr. D. Raman**, Assistant Professor of Department of Physical Education, J.J. College of Arts and Science (Autonomous), Pudukkottai.

**Conclusion:**

The Special Lecture conducted was beneficial to all the students, The topic covered all the aspects and importance of asana in daily life and the feedback from the participants reflected that they were equipped with a deep understanding of the topic covered in the field of Yoga on the day of International Yoga day

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

**Department of Physical Education**



**Special Lecture on International Day of Yoga**  
(Importance of yoga for Students)

**Resource Person** : **Dr. A.S. NAGESWARAN.**  
**Member of Syndicate,**  
**Associate Professor and Head,**  
**Department of Physical Education,**  
**H.H. The Rajah's College (Autonomous),**  
**Pudukkottai**

**Date** : **22. 06. 2018**

**Number of Participants** : **250**

  
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.**  
**PRINCIPAL**  
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**PUDUKKOTTAI-622 422**

