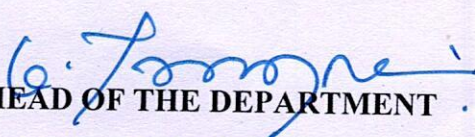


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Workshop Report on Need for Yogic Practices for Sedentary Life Style

On 21.06.2023 Department of Physical Education and Major Dhayan Chand Club organized an Workshop for International Yoga Day. In this Workshop Activity **Mr. YOGA .R.PANDIAN**, Founder Aathma Yoga Center came over here to Share his views on the **Need for Yogic Practices for Sedentary Life Style** to the II year and III year B.Sc Physical education, Computer Application, Microbiology students. Nearly 288 students participated and benefitted by this Workshop. The welcome address was given by Dr. K. Jagathis Babu, Head, Department of Physical Education, JJ College of Arts and Science (Autonomous) Pudukkottai. Students were taught through oral, PowerPoint presentations and by demonstration of Yoga skills .Then they learnt the skill practically also. There was an interactive session and feedback session After the workshop. Students asked about their doubts about Yogic Practices and got them clarified. In the end the vote of Thanks was given by the Major Dhayan Chand Club Secretary V. Lakshmanan III B.Sc Physical Education


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Special Lecture Report on Career Opportunities in Physical Education

On 13.07.2023 Department of Physical Education and Major Dhayan Chand Club organized a Special Lecture Programme on Career Opportunities in Physical Education. In this Special Lecture Programme **Dr. John Bosco Ph.D, Assistant Professor, Department of Physical Education, H.H. The Rajah's College, Pudukkottai** came over here to share his views on the **Career Opportunities in Physical Education** to the I year, II year and III year B.Sc Physical education, Nearly 68 students participated and benefitted by this Special Lecture Programme. The welcome address was given by the Major Dhayan Chand Club Secretary V. Lakshmanan III B.Sc Physical Education. Dr. K. Jagathis Babu, Head, Department of Physical Education, JJ College of Arts and Science (Autonomous) Pudukkottai Introduced the speaker. Students were taught through oral, PowerPoint presentations about Career opportunities. There was an interactive session and feedback session after the lecture. Students asked about their doubts about Career Opportunities and got them clarified. In the end the vote of Thanks was given by Major Dhayan Chand Club Joint Secretary Malathi II year B.Sc Physical education.

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Special Lecture Report on **A Potential Paradigm for Health Education**

On 04.08.2023 Department of Physical Education and Major Dhayan Chand Club organized a Special Lecture Programme on A Potential Paradigm for Health Education. In this Special Lecture Programme **Dr. N.Suresh Kumar Ph.D**, Head, Department of Physical Education, Senthamil College, Melasivapuri came over here to share his views on the **A Potential Paradigm for Health Education** to the I year, II year and III year B.Sc Physical education, Nearly 82 students participated and benefitted by this Special Lecture Programme. The welcome address was given by the Major Dhayan Chand Club Secretary V. Lakshmanan III B.Sc Physical Education. Dr. K. Jagathis Babu, Head, Department of Physical Education, JJ College of Arts and Science (Autonomous) Pudukkottai Introduced the speaker. Students were taught through oral, PowerPoint presentations about Health Education. There was an interactive session and feedback session after the lecture. Students asked about their doubts about Various Health issue relevant in Sports field and got them clarified. In the end the vote of thanks was given by Major Dhayan Chand Club Joint Secretary Malathi II year B.Sc Physical education.


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Special Lecture Report on **Overseas Career Opportunities for Physical Education Professionals**

On 18.08.2023 Department of Physical Education and Major Dhayan Chand Club organized a Special Lecture Programme on Overseas Career Opportunities for Physical Education Professionals. In this Special Lecture Programme **Mrs. A.Bharathi, M.P.Ed.,Dip. In Yoga,Physical Directress, Indian Talent Academy, Basketball Coach** came over here to share his views on the **Overseas Career Opportunities for Physical Education Professionals** to the I year, II year and III year B.Sc Physical education, Nearly 52 students participated and benefitted by this Special Lecture Programme. The welcome address was given by the Major Dhayan Chand Club Secretary V. Lakshmanan III B.Sc Physical Education. Dr. K. Jagathis Babu, Head, Department of Physical Education, JJ College of Arts and Science (Autonomous) Pudukkottai Introduced the speaker. Students were taught through oral, PowerPoint presentations about Overseas Career opportunities . There was an interactive session and feedback session fter the lecture. Students asked about their doubts about overseas Career Opportunities and got them clarified. In the end the vote of thanks was given by Major Dhayan Chand Club Joint Secretary Malathi II year B.Sc Physical education.


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International Workshop Report on Yoga for Wellbeing

On 04.03.2024 Department of Physical Education and Major Dhayan Chand Club organized an International Workshop on Yoga for Wellbeing. In this Workshop **Dr. K.Keetheeshwaran**, Senior lecturer, Grade-I, Sports Science Unit, University of Jaffna, Srilanka and **Mr. Yogachariya . R. Pandian**, Founder Aathma Yoga Center, Pudukkottai, came over here to Share their views on the **Yoga for Wellbeing** to the I Year, II year and III year B.Sc Physical education, students. Nearly 82 students participated and benefitted by this Workshop. The welcome address was given by the Major Dhayan Chand Club Secretary V. Lakshmanan III B.Sc Physical Education. Dr. K. Jagathis Babu, Head, Department of Physical Education, JJ College of Arts and Science (Autonomous) Pudukkottai Introduced the speaker. Students were taught through oral, PowerPoint presentations and by demonstration of Yoga skills. Then they learnt the skill practically also. There was an interactive session and feedback session after the workshop. Students asked about their doubts about Yogic Practices and got them clarified. In the end the vote of thanks was given by Major Dhayan Chand Club Joint Secretary Malathi II year B.Sc Physical education.


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