



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

(A Silver Jubilee Institution)
Re-Accredited By NAAC with B++ Grade - 4th cycle
(Affiliated to Bharathidasan University)

Celebration of International Yoga Day

Departments of Physical Education
Microbiology & Computer Application
Jointly Organizes a Workshop on

"Need for Yogic Practices for Sedentary Life Style"

On the Theme of **"Yoga for Vasudhaiva kutumbakam"**
One Earth, One Family, One Future

★ **Date** : 21.06.2023

★ **Time** : 9.00 am

★ **Venue** : Indoor Stadium

Chief Guest



Resource Person

Mr. Yogachariya R. Pandian BBA., MA(Yoga), NIS (Yoga)

Founder: Rathma Yoga Center

Pudukkottai



Organizers



Dr.P.Jeevan, Head, Dept. of Microbiology

Dr. S.J.Sathish Aaron Joseph, Head, Dept of Computer Application

Dr. K. Jagathis Babu, Head, Dept. of Phy. Edn

Management, Principal, Staff and Students

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Department of Physical Education
Major Dhayan Chand Club

Organizes a Special Lecture on

**"Career Opportunities in
Physical Education"**

Resource Person

Dr. K. John Bosco Ph.D.

Asst. Professor ,
Department of Physical Education
H.H.The Rajahs College, Pudukkottai



Date : 13.07.2023

Time : 11.00 am

Venue : MBA conference Hall

Under the Presidentship of
Dr. K. Jagathis Babu, Head, Dept. of Physical Education

Management, Principal, Staff and Students



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Department of Physical Education
Major Dhayan Chand Club
Organizes a Special Lecture on

" A Potential Paradigm for Health Education "

Resource Person

Dr. M. Suresh Kumar Ph.D
Head, Department of Physical Education,
Ganesar College of Arts and Science,
Melasivapuri.



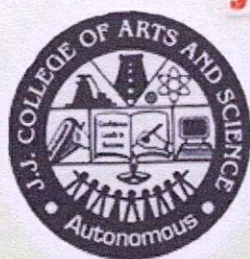
Date : 04.08.2023 (Friday)

Time : 11.00 am

Venue : Conference Hall (First Floor)

Under the Presidentship of
Dr. K. Jagathis Babu, Head, Dept. of Physical Education

Management, Principal, Staff and Students



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**Department of Physical Education
Major Dhayanchand Club**

Organizes a Special Lecture on

**Overseas Career Opportunities
for Physical Education Professionals**

Resource Person

Mrs.A.Bharathi, M.P.Ed., Dip. in Yoga.,
Physical Directress,
Indian Talent Academy- Basketball Coach,
The Indian School, Kingdom of Bahrain.



Date : 18.08.2023 (Friday)

Time : 11.00 am

Venue : Conference Hall

Under the Presidentship of

Dr. K. Jagathis Babu, Head, Dept. of Physical Education

Management, Principal, Staff and Students

INVITATION

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



(Re- Accredited by NAAC B++ - Grade, 4th Cycle)

(Affiliated to Bharathidasan University) - Tiruchirappalli

Pudukkottai -622422, Tamilnadu, India

**Department of Physical Education and Business Administration
Jointly Organizes
an International Workshop on
Yoga for Wellbeing**

Resource Persons

**Dr. K. Ketheeswaran, Senior Lecturer Grade-1,
Sports Science Unit, University of Jaffna,
Srilanka**



**Mr. Yogachariya. R. Pandian BBA., MA(Yoga), NIS (Yoga)
Founder: Aathma Yoga Center
Pudukkottai**

**Date
04.03.2024**

**Venue
Indoor Stadium**

**Registration Fee
Rs. 200/-**

**Organizing secretary
Dr.K.Jagathis Babu
Dr. V. Sathya Rekha**

**Organizing Members
(Dept. of Phy.Edn)
Mrs. P. Catherine
Mrs. S. Satya Ganthi
Mr. R.Karthikeyan**

**Organizing Members
(Dept. of Business
administration)
Mrs. M.Sureka
Mr. N.Shanmuga Sundaram**

**All are Invited
The Management, Principal , Staff, Students**