

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

Re-Accredited by NAAC with B⁺⁺ Grade in 4th Cycle

Affiliated to Bharathidasan University – Tiruchirappalli

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

Collaboration Activity Report on

Basics of Boxing

On 12.07.2023 Department of Physical Education and Altius Sports Academy jointly organized an Activity on Basics of Boxing. In this Collaborative Activity Mr. R. Parthipan MA., B.Ed., B.P.Ed., NIS, Boxing Coach from Altius Sports Academy came over here to teach the basics of Boxing to the II year and III year B.Sc Physical education students. Nearly 54 students participated and benefitted by this activity. 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 and PowerPoint presentations, then they learnt the skill practically also. There was an interactive session and feedback session about the collaborative activity. In the end the vote of Thanks was given by Mrs. P. Catherine Joy selvakumari.


HEAD OF THE DEPARTMENT

Dr. K. JAGATHISBABU Ph.D
Head, Department of Physical Education
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PRINCIPAL

Dr. J. PARASURAMAN, M.A., M.B.A., M.C.A.,
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Collaboration Activity Report on

TIE BREAKING SYSTEM IN ATHLETIC FIELD EVENTS

On 10.08.2023 Department of Physical Education and Altius Sports Academy jointly organized an Activity on Tie breaking system in athletic field events. In this Collaborative Activity **Mr. Senthil Ganesan**, President, ALTIUS SPORTS ACADEMY, Pudukkottai came over here to teach the Tie breaking system in athletic field events to the II year and III year B.Sc Physical education students. Nearly 54 students participated and benefitted by this activity. The welcome address was given by Dr. K. Jagathis Babu, Head, Department of Physical Education, J.J College of Arts and Science (Autonomous) Pudukkottai. Students were taught through oral and PowerPoint presentations, then they learnt the skill practically also. There was an interactive session and feedback session about the collaborative activity. In the end the vote of Thanks was given by Mrs. S. Sathya Ganthi


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Collaboration Activity Report on

Basic Rules and Regulation in Horizontal Jumps (Athletics)

On 22.09.2023 Department of Physical Education and Altius Sports Academy jointly organized an Activity on Basic Rules and Regulation in Horizontal Jumps (Athletics). In this Collaborative Activity **Mr. Senthil Ganesan**, President, ALTIUS SPORTS ACADEMY, Pudukkottai came over here to teach the Basic Rules and Regulation in Horizontal Jumps (Athletics) to the II year and III year B.Sc Physical education students. Nearly 54 students participated and benefitted by this activity. The welcome address was given by Dr. K. Jagathis Babu, Head, Department of Physical Education, J.J College of Arts and Science (Autonomous) Pudukkottai. Students were taught through oral and PowerPoint presentations, then they learnt the skill practically also. There was an interactive session and feedback session about the collaborative activity. In the end the vote of Thanks was given by Mr. R. Karthikeyan


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Collaboration Activity Report on Yoga for Stress Management

On 22.12.2023 Department of Physical Education and Altius Sports Academy jointly organized an Activity on Yoga for Stress Management. In this Collaborative Activity **Mr. YOGA .R.PANDIAN**, Founder Aathma Yoga Center came over here to teach Yoga for Stress Management to the I Year, II year and III year B.Sc Physical education students. Nearly 83 students participated and benefitted by this activity. The welcome address was given by Dr. K. Jagathis Babu, Head, Department of Physical Education, J.J College of Arts and Science (Autonomous) Pudukkottai. Students were taught through oral and PowerPoint presentations, then they learnt the skill practically also. There was an interactive session and feedback session about the collaborative activity. In the end the vote of Thanks was given by Mrs. P. Catherine Joy Selvakumari


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Collaboration Activity Report on

An Introduction to Combined Events in Athletics

On 23.02.2024 Department of Physical Education and Altius Sports Academy jointly organized an Activity on An Introduction to Combined Events in Athletics . In this Collaborative Activity **Mr. Senthil Ganesan**, President, ALTIUS SPORTS ACADEMY, Pudukkottai came over here to teach the An Introduction to Combined Events in Athletics to the I Year, II year and III year B.Sc Physical education students. Nearly 83 students participated and benefitted by this activity. The welcome address was given by Dr. K. Jagathis Babu, Head, Department of Physical Education, J.J College of Arts and Science (Autonomous) Pudukkottai. Students were taught through oral and PowerPoint presentations, then they learnt the skill practically also. There was an interactive session and feedback session about the collaborative activity. In the end the vote of Thanks was given by Mr. R. Karthikeyan


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