

Convener

Prof. Dr. P. K. Subramaniam

Dean & HOD
Department of Physical
Education and Sports
Pondicherry University

Organizing Secretary

Prof. Dr. G. Vasanthi

Director (i/c)
Directorate of Sports
Pondicherry University

Co- Conveners

**Dr. G. Sivaraman &
Dr. K. Chandrasekaran**

Assistant Directors
Directorate of Sports,
Pondicherry University

Co-ordinators

**Dr. S. Jagadeeswari &
Dr. R. Ram Mohan Singh**

Assistant Professors
Department of Physical
Education and Sports
Pondicherry University

DATE

21 & 22 June 2020

3 pm to 5 pm



PONDICHERRY UNIVERSITY

Directorate of Sports & Department of
Physical Education and Sports

6th International Yoga Day 2020

NATIONAL WEBINAR ON

"Holistic Health Through
Yoga for Human Excellence"



Resource Person



Prof. Dr. K. Chandrasekaran

Head

Department of Physical Education
Madurai Kamaraj University

Topic : Need of Yoga @ COVID-19



Prof. Dr. D. Sultana

Department of Physical Education and
Sports, Pondicherry University

Topic: Scientific Benefits of Pranayama



Prof. Dr. G. Vinod Kumar

Department of Physical Education and
Sports, Pondicherry University

Topic: Yoga for Wellbeing

Yoga for Mind and Body
(A demonstration
of Yogasanas by
Special Athletes of Puducherry)

**FREE
Registration**

E-CERTIFICATE WILL BE ISSUED

For further details
Dr. S. Jagadeeswari
jaga.prof@gmail.com

ORGANISING COMMITTEE

Prof. Dr. M. Elayaraja
Pondicherry University

Mr. K. Tiroumourougane
Associate Professor
DPES, Pondicherry University

Dr. A. Praveen
Assistant Professor
DPES, Pondicherry University

Dr. R. Murugesan
Assistant Professor
Dept. of Physical Education
Pondicherry University(CC)

Dr. C. Suresh Kumar
Assistant Professor
Dept. of Visual Communication
Pondicherry University(CC)

TECHNICAL SUPPORT

Computer Centre
Pondicherry University

Registration Link

<https://forms.gle/ZPAyYjkvaYMKZZLi8>

"Yoga is the journey of the
self, through the self, to the
self."