



PONDICHERRY UNIVERSITY
Directorate of Physical Education and Sports
Puducherry - 14.

Cordially invites you to the inaugural function of the

**TWO DAY WORKSHOP ON
HEALTH NUTRITION & FITNESS**

on Tuesday 23rd August 2011 at 2.00 p.m.

at

*Ramanajaum School of Mathematics Building
Statistics Dept. Seminar Hall*

Dr. R. Venguattaramane
Dean, School of Humanities
Pondicherry University

will preside over the function

Dr. K. Jothi,
Organising Secretary

Dr. G. Sivaraman
Dr. K. Chandrasekaran
Co-ordinators

PROGRAMME

DAY - I

23rd August 2011

2.00 - 2.30 p.m. : **Registration**

2.30 - 3.00 p.m. : **Inauguration**

3.00 - 3.30 p.m. : **Medical Checkup**

3.30 - 4.30 p.m. : **I - Session**

RECREATIONAL GAMES

Dr. G. Vasanthi

ASSO. PROF., DEPT. OF PHYSICAL EDUCATION, P.U.
(Prizes will be distributed)

4.30 - 5.30 p.m. : **II - Session**

YOGA

Dr. D. Sakthi Gnanavel,

Prof. and Head

Dept of Physical Education, P.U.

Dr. D. Sulthana,

Prof. Dept. of Physical Education, P.U.



PONDICHERY UNIVERSITY
Directorate of Physical Education and Sports
Puducherry - 14.

Cordially invites you to the Valedictory function of the

**TWO DAY WORKSHOP ON
HEALTH NUTRITION & FITNESS**

on Wednesday 24th August 2011 at 1.30 p.m.
at

Ramanajaum School of Mathematics Building
Statistics Dept. Seminar Hall

Mr. S. Loganathan,
Registrar,
Pondicherry University

*to be the chief guest and distribute the certificate
to the participants*

Dr. K. Jothi,
Organising Secretary

Dr. G. Sivaraman
Dr. K. Chandrasekaran
Co-ordinators

PROGRAMME

Day - II

24th August 2011

- 6.30 - 7.30 a.m. : III - Session
AEROBICS (Practical)
Dr. K. Jothi Dayanandan
Director Physical Education & Sports (i/c), P.U.
- 7.30 - 8.30 a.m. : IV - Session
TAICHI (Practical)
Mr. Prabhath Baskaran
Asst. Professor, School of Performing Arts, P.U.
- 8.30 - 9.00 a.m. : Breakfast
- 10.00 - 11.00 a.m. : V - Session
TENSION & RELAXATION (PRACTICAL)
Prof. R. Raju
Dean, School of Performing Arts, P.U.
- 11.00 - 11.15 a.m. : Tea Break
- 11.15 - 12.15 p.m. : VI - Session
HEALTH NUTRITION
Dr. S. Hari Priya, Asst. Prof.
Dept. of Food Science, P.U.
- 12.15 - 1.15 p.m. : VII - Session
AGE MANAGEMENT
Dr. Kannan Pugzhandi
Medical Officer cum Asso. Prof.
Y.M.C.A . College of Physical Education
Chennai.
- 1.15 p.m. : Valedictory Function
- 1.45 p.m. : Lunch