

Programme organised

Year	2020-2021
Date	Events
29th July to 1st August 2021	National Webinar series on Health, Fitness and Rehabilitation
13-15.03.2021	Leadership Camp
16.03.2021	In Association with "PENN" Inauguration of Udayal Padai and Training of self-defense for women by KRAV MAGA
18.03.2021	Visit to Velu Naachiyar Palace at Sivaganga and Distribution of Udayal Padai Badge



QUEEN MARY'S COLLEGE (AUTONOMOUS)

CHENNAI-4

(Affiliated to University of Madras), Re-accredited by NAAC with 'A' Grade

Department of Physical Education, Health Education and Sports

Proudly organizing Four days National Webinar from
29th July to 1st August 2020 , Time 11.00.A.M to 12 .00.P.M

TOPICS

29.07.2020 : Health , Fitness , Physical Education & Diet
- **Dr.K.Jothi**

30.07.2020 : Sleep & Fitness
- **Dr.Grace Helina**

31.07.2020 : Principles of exercise & Rehabilitation
- **Dr.Sethu**

1.08.2020 : Health, Sports & Wellbeing
- **Dr. Jackson Sutharsingh. J**



Dr.(Mrs).K.Jothi
Associate Professor
YMCA College of Physical Education



Dr.S.Sethu
Assistant Professor
Department of Physical Education and Sports
Manonmaniam Sundaranar University



Dr.(Mrs)Grace Helina
Prof. and Head Dept. of Exercise
Physiology , Nutrition and Biomechanics
Tamilnadu Physical Education and Sports University



Dr. JACKSON SUTHARSINGH.J
Controller of Examination &
Assistant Professor
YMCA College of Physical Education

Dr.E.Uma
Associate Professor & Head
Organising Secretary

DR.VARALAKSHMI ANANDKUMAR
PRINCIPAL (i/c)







QUEEN MARY'S COLLEGE(A)
Chennai – 600004.

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION & SPORTS
Cordially invites you for the

“LEADERSHIP CAMP”
from 13-03-2021 Saturday to 15.03.2021 at
Queen Mary's College Campus
Chief Guest

Dr. Prabha Ganapathy M.D., D.G.O.
Pankajam Memorial Hospital, Nanganallur
has graciously agreed to be the Chief Guest and inaugurate the Function

Dr. B. UMA MAHESHWARI M.Sc., M.Phil., Ph.D.
Principal - QMC
has kindly consented to Preside over the Function

Speakers :

<p>Dr. Prabha Ganapathy M.D., D.G.O. Pankajam Memorial Hospital, Nanganallur</p> <p>Mr. Ramakrishnan Tamil Nadu State Volleyball Association, Chief Technical Convener</p> <p>Mr. Berlin Ravi Secretary Volleyball Association, Puduchery, Former volleyball National Player</p> <p>Mr. Sivakumar National Referee, Puduchery</p> <p>Yoga Sironmani Dr. H. Baalachandar Founder - Baalachandar's Yoga Ashram Director of Siddhar Yoga, Pulpani Ashram, Palani Yoga Tutor - QMC</p> <p>Mr. Vasudevan District Programme Officer, Community Based Disaster Risk Management, Villupuram District</p> <p>Mr. Thangaraj Joint Secretary of Indian Red Cross Society</p>	<p>“Health and Hygiene” on 13.03.2021</p> <p>“Recreational activities” on 13.03.2021</p> <p>“Sports Psychology” on 14.03.2021</p> <p>“Recreational Games” on 14.03.2021</p> <p>“Demonstration on Yoga” on 14.03.2021</p> <p>“Disasters Management” on 15.03.2021</p> <p>“First Aid & Demonstration” on 15.03.2021</p>
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Organiser :

Dr. E. UMA, M.Sc., M.P.Ed., M.Phil., Ph.D.,
Associate Professor & Head
Dept. of Physical Edn., Health Edn. & Sports
Queen Mary's College

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Chennai – 600004.

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION & SPORTS
Cordially invites you for the

Valedictory Function of
“LEADERSHIP CAMP”
on 15.03.2021 at 10.00a.m.
Queen Mary's College Campus
Chief Guest

Mr. VASUDEVAN M.Sc., M.Phil., Ph.D.
Director – Integrated Institute of Disaster Management, Viluppuram
has graciously agreed to be the Chief Guest and deliver a lecture on
“Disaster Management”

Dr. B. UMA MAHESHWARI M.Sc., M.Phil., Ph.D.
Principal - QMC
has kindly consented to Preside over the Function

Special Invitee

Mr. THANGARAJ
Joint Secretary of Indian Red Cross Society

Organiser :

Dr. E. UMA, M.Sc., M.P.Ed., M.Phil., Ph.D.,
Associate Professor & Head
Dept. of Physical Edn., Health Edn. & Sports
Queen Mary's College



