



RAJAPALAYAM RAJUS' COLLEGE

(A Linguistic Minority & Co-Educational Institution)
(Re-Accredited with 'B++' Grade by NAAC 3rd Cycle) (Affiliated to Madurai Kamaraj University)
Rajapalayam-626117, Tamilnadu, India

In Association with
Physical Education Foundation of India(PEFI)
Tamil Nadu Chapter

Recognised by
The Ministry of Youth Affairs and Sports
National Sports Promotion Organization (NSPO)

&
**Department of Physical Education
and Internal Quality Assurance Cell**

Organises
**7 Day International FDP on
"COVID 19 and General Health Awareness"**

Date : 01st – 07th July 2021

Time : 10.30 AM to 12.30 PM IST

No Registration Fee

For Registration Link:
<https://bit.ly/covidfdp>



Plat Form: Google Meet



&



Chief Patron

Shri.P.R.Vijayarahavan
Secretary

Patrons

Dr.R.Jaganath
Principal i/c

Mr.N.Ramesh
Vice – Principal

Dr.Piyush Jain
Founder & Secretary
PEFI, New Delhi

Convenors

Dr.L.Muthukumar
Director of Physical Education

Mr.S.Sabari Ganesh
PEFI, Secretary, Tamilnadu Chapter

Organizing Secretaries

Mr.R.Vishnushankar
IQAC Co-ordinator

Mr.P.R.Ramji
Asst. Professor

Mrs.R.Vinitha
Asst. Professor

Technical Support

M.R.Vinothpranav, K.Satheesh, R.Somnath

Note : E – Certificate will be given to the registered participants who submit the feedback everyday after the Completion of the Session

Contact

Dr.L.Muthukumar
Director of Physical Education

Mobile No: 9345773800

Email ID: physicaleducation@rrc.ac.in

Programme Schedule

01-07-2021 / 10.30am to 12.30pm


**D
A
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1**
Dr.J.GLORY DARLING MARGARET

*Assistant Professor
YMCA College of Physical Education
Nandanam, Chennai*

Mental Health : The Next Pandemic

02-07-2021 / 10.30am to 12.30pm


**D
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2**
Dr.K.CHANDRASEKARAN

*CHAIRPERSON, Professor and Head
Department of Physical Education
Madurai Kamaraj University, Madurai*

Yoga for Today

03-07-2021 / 10.30am to 12.30pm


**D
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3**
Dr.VIDYA CHAKRAVARTHY

*Plantbased Doctor
Ayurveda and Clinical Nutrition
Bengaluru, Karnataka*

Plant Based Diet and Nutrition

04-07-2021 / 10.30am to 12.30pm


**D
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4**
Dr.S.SETHU

*Assistant Professor
Department of Physical Education & Sports
Manonmaniam Sundaranar University, Tirunelveli*

ABC of Physical Literacy

05-07-2021 / 10.30am to 11.30am


**D
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5**
Dr.MOHAMMED RIAZ

*Occupational Safety & Health Officer
Abu Dhabi Indian School
Abu Dhabi, UAE*

COVID 19 : Solution for Survival II

05-07-2021 / 11.30am to 12.30pm

**Dr.A.SHARMILA**

*Associate Professor
School of Commerce Studies
Jain (Deemed to be University), Bangalore*

Institutional Health Awareness

06-07-2021 / 10.30am to 12.30pm


**D
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6**
Ms.SHIKHA SUNDRIYAL

*Yoga Teacher
Founder, Sthir Wellness
New Delhi*

Scope of Yoga in the Post-Covid World

07-07-2021 / 10.30am to 12.30pm


**D
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7**
Dr.K.MURUGAVEL

*Senior Professor and Head
Department of Physical Education
Bharathiar University, Coimbatore*

A Preventive Role of Exercise Across the Coronavirus**Wear a Mask****Avoid Crowds****Wash Your Hand****Contactless**