



# THE TAMIL NADU DR. AMBEDKAR LAW UNIVERSITY

## SCHOOL OF EXCELLENCE IN LAW



(State University Established Act No.43 of 1997)

M.G.R. Salai, Perungudi, (Near Taramani Railway Station) Chennai - 600113.



# " INTERNATIONAL VIRTUAL CONFERENCE "

## ON PHYSICAL FITNESS & YOGA'

### - A REMEDY TO COVID-19

on

Sunday, 26<sup>th</sup> July, 2020 @ 9.30 a.m to 4.20 p.m

#### Presidential Address



**Prof. (Dr.) T.S.N. SASTRY,**  
Hon'ble Vice-Chancellor, TNDALU, Chennai

#### Organized by

**Physical Education & Sports  
School of Excellence In Law**

The Tamil Nadu Dr.Ambedkar Law University,  
Chennai – 600 113.

#### Inaugural Address



**Dr. R.SRINIVASAN,**  
Controller of Examinations,  
TNDALU, Chennai

#### Welcome Address



**Prof. (Dr.) V.BALAJI,**  
Director of U.G. Courses,  
School of Excellence in Law, TNDALU, Chennai

### RESOURCE PERSONS



#### Yogachariya G.Vijayakumar

International Registered Yoga Teacher, USA,  
Guinness World Record Holder.

**Topic -** Yoga for General Health Spinal  
Awareness and Detoxification followed  
by Demonstration  
10.15 a.m - 11.30 a.m



#### Thiru. S. Thiruvangadam

Inspector of Police, Yoga Specialist,  
Vigilance and Anti –Corruption, Tamil Nadu.

**Topic -** Yoga for General Health Spinal  
Awareness and Detoxification followed  
by Demonstration  
10.15 a.m - 11.30 a.m



#### Dr. Sanjaya Othalawa

Lecture - Department of Sports Sciences and Physical  
Education, Sabaragamuwa University of Srilanka.

**Topic -** Sports Science  
11.30 a.m - 12.15 p.m



#### Dr. Nishan Singh Deol

HOD - Department of Physical Education,  
Punjab University, Patiala.

**Topic -** Importance of Fitness to  
Law Professionals  
12.15 p.m - 12.45 p.m



#### Dr. Lim Boon Hooi

Centre for Sports & Exercise Sciences  
University of Malaya, Kuala Lumpur,  
Malaysia.

**Topic -** Music and Arousal Regulation  
in Sports  
1.15 p.m - 2.00 p.m



#### Prof. (Dr.) George Abraham,

Principal, YMCA, Chennai  
4 Gold Medals-World Master Athletics  
Championship

**Topic -** Importance of Physical Fitness  
- Covid-19  
2.00 p.m - 2.45 p.m



#### Dr. Kavita Kholgade

Secretary,  
Khel Rang, FSSA Director of Physical Education  
SMRK College Nashik

**Topic -** Physical Fitness for Women & Children  
against Covid-19  
2.45 p.m - 3.30 p.m



#### Dr. Ranjit Oommen Abraharam,

Assistant Professor(SS),  
TNDALU

**Topic -** Sports law and Policy  
3.30 p.m - 4.15 p.m

### Rules for Participatnts :

1. It is mandatory for every participants to register by filling up the online form till 25th July 2020  
[The link will be mentioned in the webinar brochure]
2. No Registration fee
3. You may join the webinar meeting form 9.30a.m onwards
4. Online registration is mandatory / E-Certificat will be issued to the participants after valuable feedback
5. feed back form link will be provided at the end of the session

[CLICK HERE TO REGISTER](#)



[CLICK HERE TO JOIN](#)



Meeting Number (access code) : 126 587 9149

Meeting Password : PFY@C19

**FOR ANY QUERIES CONTACT :**

*Organizing Secretary*

**Dr. K.Paramasivam,**

Assistant Director of Physical Education, SOEL, TNDALU, Chennai

**Ph: 9789862587**

*Joint Organizing Secretary*

**Thiru. B.Haja Hassan,**

Assistant Professor, SOEL, TNDALU, Chennai