

## REGISTRATION DETAILS

### How to Register

Send us filled in Registration form available in pamphlet to below mentioned address

### REGISTRATION FORM

Name :

Designation :

University / College :

Department :

Address :

Mobile Number :

E-mail ID :

Signature of Participant

No Registration Fee

## ORGANIZING COMMITTEE

### Chief Patron

**Dr. M. SUNDAR**  
Vice-Chancellor

### Patron

**Dr.V.Gopinath**  
Registrar

### Organizing Secretary

**Dr. V. DURAISAMI**  
Associate Professor & Head i/c

### Joint Secretary

**Dr. S. SELVALAKSHMI**  
Assistant Professor

### Co-coordinators

**Dr. D. Uma Maheswari**  
**Mr. M. Praveen Kumar**

## CONTACT US

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Phone: 044-27477906/175

Tamil Nadu Physical Education  
And Sports University,  
Department of Yoga,  
Chennai, Tamil Nadu 600127

## Organizes

**TWO DAYS NATIONAL WORKSHOP ON**

**IMPORTANCE OF VARMA  
AND YOGA THERAPY FOR  
MODERN LIFESTYLE**



**DATE : 11, 12.02.2022**

**TIME : 10.00 AM**

**Venue: Auditorium Hall, Library  
Building, TNPEU**



## ABOUT UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

It is a rare coincidence that the University has started functioning from December 2005, declared by the United Nations as International year for Sport and Physical Education. At present the University has three Faculties, five Departments and ten affiliated Colleges. Further the University now offers select Physical Education and Allied Courses,.

## KNOW OUR YOGA DEPARTMENT

The Department of yoga strives for excellence to meet the world's latest expectations in infrastructure, education, holistic care, research and extension and to establish benchmarks that today other yoga institutions emulate.

Our Department of yoga offers the following courses.

Regular Courses :

- Ph.D in Yoga (Full & Part Time)
- M.Sc in Yoga
- M.Sc in Yoga Therapy
- B.Sc in Yoga



## OBJECTIVE OF THE WORKSHOP

The objective of this workshop is to familiarize the Yoga and varma Therapy in the modern lifestyle.

## THEME OF WORKSHOP

1. It will focus on Yoga and varma Therapy in the modern lifestyle.

## TARGET AUDIENCE

Regular and SDE students,  
Academician,  
Research Scholars,  
Yoga and Varma Therapist.