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. DURAIASAMI
Associate Professor & Head i/c

Joint Secretary
Dr. S. SELVALAKSHMI
Assistant Professor

Co-coordinators
Dr. D. Uma Maheswari
Mr. M. Praveen Kumar

CONTACT US

Dr. V. DURAIASAMI
Associate Professor & Head i/c
Department of Yoga
Tamil Nadu Physical Education & Sports University
Melakottaiyur, Chennai – 600127.
9842708648
Email:
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, TNPESU
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 assent 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.