



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்

TAMIL NADU TEACHERS EDUCATION UNIVERSITY

(Established under Tamil Nadu Act 33 of 2008)

GangaiammanKoil Street, Karapakkam, Chennai - 600 097.

Website: [www.tnteu.ac.in](http://www.tnteu.ac.in)

No. TNTEU/DoF/LS/Off.Comm/005

Date: 16.04.2019

Dr.M.Govindan, PhD  
Dean of Faculty

Circular

This is to inform you that One day Programme on Yoga and Physical Fitness is going to be conducted by the Department of Educational Psychology for the M.Ed Students and Ph.D Scholars on 16<sup>th</sup> April 2019, 10am to 12pm. Dr. A.John Lawrence, Associate Professor, St.Xavier's College of Education (Autonomous), Palayamkottai will be the Resource Person for this programme. All the students and research scholars are asked to attend the programme without fail

Dr. Govindan  
16.4.2019

DEAN OF FACULTY

Dr. M. GOVINDAN, PhD  
Dean of Faculty,  
Professor and Head,  
Department of Educational Psychology,  
Tamil Nadu Teachers Education University,  
Karapakkam, Chennai - 600 097.

TAMIL NADU TEACHER EDUCATION UNIVERSITY  
Chennai-97

DATE:16/04/2019



TIME: 10am to 1pm

*organizes*

YOGA AND PHYSICAL FITNESS

*Resource Person*



*Dr. A. John Lawrence*  
*Associate Professor*  
*St. Xavier's College Of Education*  
*(Autonomous)*  
*Palayamkottai-627 022*

# Tamil Nadu Teachers Education University

Chennai- 97



Topic	: Yoga and Physical Fitness
Date	:16.04.2019
Time	:10.00 am to 12.00 pm
Resource Person	: Dr. A.John Lawrence, Associate Professor St.Xavier's College of Education(Autonomous), Palayamkottai.
Participants	: M.Ed, M.Phil, Ph.D

Dr. A. John Lawrence has motivated the participants towards the topic by brainstorming. Dr. A. John Lawrence has discussed about the various components of Yoga and Physical Fitness. In his lecture Resource Person explained in detail about the relationship between Yoga and Physical Fitness. The Resource Person has answered all the questions raised by the participants. Those one day programme went on well with the active disclose and deliberation of the Resource Person. The programme organizers have collected the feedback from the participants.

*m. govindan*

**Dr. M. GOVINDAN, Ph.D**  
Professor & Head  
Department of Educational Psychology  
Tamilnadu Teachers Education University  
Karapakkam, Chennai-600 097.

## REPORT

**A ONE DAY PROGRAMME ON YOGA AND PHYSICAL FITNESS – 16.04.2019,**

**10am to 1pm**

A One day Programme on Yoga and Physical Fitness was conducted by the Department of Educational Psychology, Tamil Nadu Teachers Education University, Chennai on 16.04.2019, 10am to 1pm, in order to develop the knowledge of Yoga and Physical Fitness for the M.Phil students and Ph.D Scholars. Dr. A.John Lawrence, Associate Professor, St.Xavier's College of Education (Autonomous), Palayamkottai was the Resource Person. The resource person has given the detailed seminar on the topic to the participants. He has discussed about the various components on Vocational Guidance. The Resource Person has answered all the questions raised by the participants. The programme organizers have collected the feedback from the participants. A total of 20 M.Ed Students and Ph.D Scholars from the Tamil Nadu Teachers Education University, Chennai were Participated in the programme.

*m. Govindan*  
*16.4.2019*  
**DEAN OF FACULTY**  
**Dr. M. GOVINDAN, Ph.D.**  
Dean of Faculty  
Professor and Head  
Department of Educational Psychology  
Tamil Nadu Teachers Education University  
Karapakkam, Chennai - 97.

**A ONE DAY PROGRAMME ON YOGA AND PHYSICAL FITNESS- 16.04.2019**





தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்  
TAMILNADU TEACHERS EDUCATION UNIVERSITY

ATTENDANCE SHEET

S.NO	NAME	PROGRAMME
1	R.Kavitha Ceceli	Med
2	V.Sankar	Ph.D
3	R.Piramilagandhi	Ph.D
4	Sahana Sayyad	Ph.D
5	B.Princy	Med
6	R.Ganesan	Ph.D
7	S.Dhamodharan	Ph.D
8	K.Muruganantham	Ph.D
9	G.Thirumal	M.Ed
10	P.Sivakumar	Ph.D
11	N.Iyyappan	Ph.D
12	S.Ragavagiri	Ph.D
13	S.Santhanarajam	Ph.D
14	T.Vivekanandan	Ph.D
15	S.Sheeba	M.Ed
16	P.Devi	M.Ed
17	M.Renugadevi	M.Ed
18	P.Kanimozhi	Med
19	S.Sophia	M.Ed
20	J.T.Augustin Jebakumar	M.Ed

*m. Govindan*  
*16.11.2019*  
**DEAN OF FACULTY**

**Dr. M. GOVINDAN, Ph.D.**  
Dean of Faculty  
Professor and Head  
Department of Educational Psychology  
Tamil Nadu Teachers Education University  
Karapakkam, Chennai - 67.

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : R. KAVITHA CECELI  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : yoga and physical fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation : very good

  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : V. Sankar  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : Yoga and physical Fitness  
Name of the Resource Person : Dr.A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

  
Signature of the participant



# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : SAHANA SAYYAD.  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : YOGIA AND PHYSICAL FITNESS.  
Name of the Resource Person : DR. A. JOHN LAWRENCE.

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	<input checked="" type="checkbox"/>		
2	Preparation of the topic		<input checked="" type="checkbox"/>	
3	Presentation of the subject	<input checked="" type="checkbox"/>		
4	Clarity in presentation		<input checked="" type="checkbox"/>	
5	Usefulness of the programme			<input checked="" type="checkbox"/>

Any Suggestion for Updation :



Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : B. Princy  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : Yoga and Physical Fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

B. Princy .  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness


### FEEDBACK FORM

Name of the Participant : GIANESAN · R  
Course of Study : M.Ed / M.Phil / Ph.D  
Title of the Programme : YOGA AND PHYSICAL FITNESS  
Name of the Resource Person : DR · A · JOHN LOWRANCE

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject		✓	
4	Clarity in presentation			✓
5	Usefulness of the programme			✓

Any Suggestion for Updation :

  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : Dr. S. Dharmadharan  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : yoga and physical fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic		✓	
3	Presentation of the subject		✓	
4	Clarity in presentation			✓
5	Usefulness of the programme	✓		

Any Suggestion for Updation :

S. Dharmadharan  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : MURUGANATHAN K.  
Course of Study : M.Ed / M.Phil / Ph.D  
Title of the Programme : YOGA AND PHYSICAL FITNESS.  
Name of the Resource Person : Dr. A. JOHN LAWRENCE.

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme	✓		

Any Suggestion for Updation :

  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : *Thommal. R.*  
Course of Study : *✓* M.Ed / M.Phil/ Ph.D  
Title of the Programme : *Yoga and Physical Fitness.*  
Name of the Resource Person : *Dr. A. John Lawrence.*

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	<i>✓</i>		
2	Preparation of the topic	<i>✓</i>		
3	Presentation of the subject		<i>✓</i>	
4	Clarity in presentation		<i>✓</i>	
5	Usefulness of the programme			<i>✓</i>

Any Suggestion for Updation :

*A. S. R.*  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : P. SIVAKUMAR  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : Yoga and physical fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

P. Siva Kumar  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : N. LYAPPAN  
Course of Study : M.Ed / M.Phil/ Ph.D ✓  
Title of the Programme : Yoga and physical fitness  
Name of the Resource Person : ~~Mr. A. M.~~ Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	.	✓	
2	Preparation of the topic			✓
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation :

  
Signature of the participant



# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : S. RAGAVAGIRI  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : YOGA AND PHYSICAL FITNESS  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic	✓		
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation :

  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness


### FEEDBACK FORM

Name of the Participant : S. Santhana Rajan  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : Yoga and Physical Fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : T. VIVEKANANDAN  
Course of Study : M.Ed / M.Phil/ Ph.D ✓  
Title of the Programme : Yoga and physical Fitness  
Name of the Resource Person : Dr.A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic	✓		
3	Presentation of the subject			✓
4	Clarity in presentation	✓		
5	Usefulness of the programme		✓	

Any Suggestion for Updation :

  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : S. SHEEBA  
Course of Study : M.Ed / M.Phil / Ph.D  
Title of the Programme : Yoga and physical fitness  
Name of the Resource Person : Dr. A. Joun Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme	✓		

Any Suggestion for Updation :

*S. Sheeba*  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : P. DEVI  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : yoga and physical fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject	✓		
4	Clarity in presentation		✓	
5	Usefulness of the programme			✓

Any Suggestion for Updation :

  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : M. RENUKA DEVI  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : YOGA AND PHYSICAL FITNESS  
Name of the Resource Person : DR. A. JOHN LAWRENCE

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic			✓
3	Presentation of the subject		✓	
4	Clarity in presentation			✓
5	Usefulness of the programme			✓

Any Suggestion for Updation :

M. Renuka Devi  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : P.KANIMOZHI  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : YOGA AND PHYSICAL FITNESS  
Name of the Resource Person : DR.A.JOHN LAWRENCE

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme	✓		

Any Suggestion for Updation :

P. Kamini  
Signature of the participant

# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : B. Sophia  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : yoga and physical Fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic	✓		
2	Preparation of the topic		✓	
3	Presentation of the subject			✓
4	Clarity in presentation		✓	
5	Usefulness of the programme	✓		

Any Suggestion for Updation :

B. Sophia  
Signature of the participant



# TAMILNADU TEACHERS EDUCATION UNIVERSITY

Date: 16/04/2019

Chennai -97

Time: 10am to 12pm

## Yoga and Physical Fitness

### FEEDBACK FORM

Name of the Participant : T.T Augustin Jebakumar  
Course of Study : M.Ed / M.Phil/ Ph.D  
Title of the Programme : Yoga and Physical Fitness  
Name of the Resource Person : Dr. A. John Lawrence

Kindly tick the relevant box as your suggestion

S No	Item	Excellent	Good	Fair
1	Relevancy of the topic		✓	
2	Preparation of the topic	✓		
3	Presentation of the subject		✓	
4	Clarity in presentation			✓
5	Usefulness of the programme	✓		

Any Suggestion for Updation

: very good

  
Signature of the participant