



QUEEN MARY'S COLLEGE

(Autonomous)
CHENNAI – 4.

Department of Physical Education, Health Education and Sports

24.02.2025

20-21.02.2025 conducted Workshop on “Exercise Physiology” for two days.

On day 1 the first session on the "Effects of Exercise on Circulatory & Muscular System" was delivered by the resource person **Miss. G.Rajalakshmi** Assistant Professor, Saveetha School of Physical Education, the second session was presented by **Dr. Glady Kirubakaran**, Associate Professor, YMCA College of Physical Education, on "Energy Metabolism"

On day 2 **Miss. G.Rajalakshmi** Assistant Professor, Saveetha School of Physical Education, delivered the lecture on the “Effects of Exercise on Respiratory System” and the second session was headed by **Dr. N. Sundar Raj**, Professor, Saveetha School of Physical Education on "Anti Dopping".

Workshop ended with small discussion and student's queries were answered by the resource persons.

Programme Schedule


Inauguration
20th February 2025
10.00a.m.
Tamil Thaaai Vaazhthu
Welcome Address
Dr. E. UMA
Associate Professor & Head
Dept. Phy. Edn., Health Edn. & Sports
Presidential Address
Dr. B. UMA NAHESWARI
Principal - QMC
Resource Person

Day - 1 20-02-2025	Day - 2 21-02-2025
<i>Session - 1</i> 10.30a.m. - 1.00p.m. "Effects of Exercise on Circulatory & Muscular System" Miss. G.Rajalakshmi Assistant Professor Saveetha School of Physical Education	<i>Session - 1</i> 10.30a.m. - 1.00p.m. "Effects of Exercise on Respiratory & Nervous System" Miss. G.Rajalakshmi Assistant Professor Saveetha School of Physical Education
<i>Session - 2</i> 2.00p.m. - 4.00p.m. "Energy Metabolism" Dr. Glady Kirubakaran Associate Professor YMCA College of Physical Education	<i>Session - 2</i> 2.00p.m. - 3.00p.m. "Anti Dopping" Dr. N. Sundar Raj Professor Saveetha School of Physical Education <i>Validation</i> 3.30p.m. - 4.00p.m. <i>Note of Thanks & Certificate distribution</i> 4.00p.m. - 4.15p.m. <i>National Anthem</i>

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QUEEN MARY'S COLLEGE(A)
Chennai-600004.

Two Days Workshop on
"Exercise Physiology"


Organised by
Dr. E.UMA
Associate Professor & Head
Department of Physical Education, Health Education and Sports

on
20th and 21st February 2025
at
Room No. 10, Golden Jubilee Block

All are Invited