

Event ID : IQAC/2023-24/JAN/215

	Nallamuthu Gounder Mahalingam College (Autonomous) Re-Accredited by NAAC and ISO 9001:2015 Certified Institution Affiliated to Bharathiar University, Coimbatore Pollachi – 642 001																		
	<table border="1" style="width: 100%;"><tr><td colspan="2">Title of the Event : Yoga for Healthy Life</td></tr><tr><td colspan="2">Department : Human Excellence</td></tr><tr><td colspan="2">Name of the Organizer : Human Excellence All Faculty</td></tr><tr><td colspan="2">Category : Faculty Development Programme</td></tr><tr><td>Date : From 29.01.2024 To 06.02.2024</td><td>No. of Days : 7 days</td></tr><tr><td colspan="2">No. of Participants: 50</td></tr><tr><td colspan="2">In Collaboration with</td></tr><tr><td>Target Audience : Teaching and Non-Teaching</td><td>Beneficiaries of the Event : Staffs</td></tr><tr><td colspan="2">Youtube Link: https://youtu.be/7Q588CHmjYw?si=FkuLOyVko2wwVpv9</td></tr></table>		Title of the Event : Yoga for Healthy Life		Department : Human Excellence		Name of the Organizer : Human Excellence All Faculty		Category : Faculty Development Programme		Date : From 29.01.2024 To 06.02.2024	No. of Days : 7 days	No. of Participants: 50		In Collaboration with		Target Audience : Teaching and Non-Teaching	Beneficiaries of the Event : Staffs	Youtube Link: https://youtu.be/7Q588CHmjYw?si=FkuLOyVko2wwVpv9
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Nallamuthu Gounder Mahalingam College, Pollachi

(Autonomous) Re-Accredited by NAAC An ISO 9001:2015 Certified Institution, Affiliated to Bharathiar University, Coimbatore

Faculty Development Programme

on Yoga for Healthy Life

Organized by Department of Human Excellence

Inaugural session

Dr. B. Ragavendrasamy, B.N.Y.S., Ph.D.,
Assistant Medical Officer,
Government Hospital, Udumalpet.

Topic: Yoga and Naturopathy for Healthy lifestyle



Patron

Dr.R. Muthukumaran,
Principal

Convenors

S. Jeyalakshmi, HoD
N. Panneerselvam
Dr. P. Veerasithi Vinayagan
K. Santhi

Advisors

Dr.S.Saravana Babu, Dean- Academic
Dr.S.Umapathy, Dean - Research

Convenors

S. Shanmuga Vadivu
V. Settu
S. Maheswari
D. Gnanasoundari
Dr. S. Jagadambal
D. Yashotha
A. Srikavitha

29.01.2024 – 06.2.2024
Time-3.00 pm to 4.00 pm.
Venue: Arutjothi Arangam

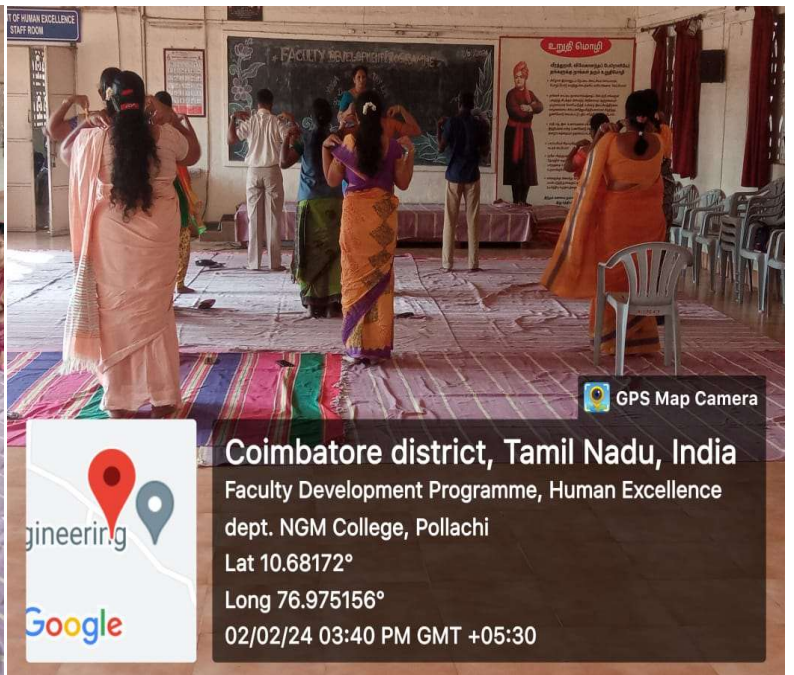
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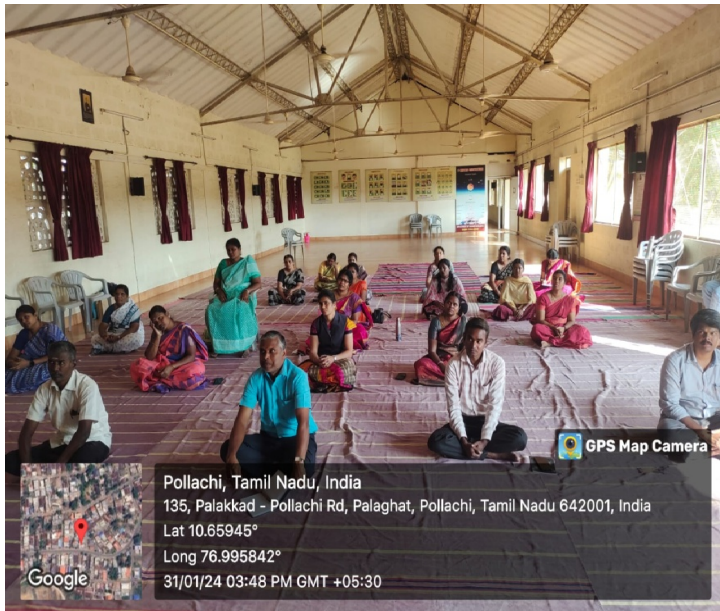
Programme Schedule

29.01.2024 – 05.2.2024, Time - 3.00 pm to 4.00 pm.

Date	Topic	Faculty
29.1.2024	Inauguration session: Yoga and Naturopathy for Healthy lifestyle	Dr. B. Ragavendrasamy, Assistant Medical Officer, Udumalpet
30.1.2024	Agna Initiation Hand and Leg Exercises Nadisudhi & Clearance Pranayama	S. Jeyalakshmi N. Panneerselvam Assistant Professor of Human excellence
31.1.2024	Kayakalpa Philosophy Breathing, Eye and kabalapathy Exercises	Dr. P. Veerasithi Vinayagan K. Santhi Assistant Professor of Human excellence
1.2.2024	Introspection practices Maharasana I & II Exercises	S. Shanmuga Vadivu, V. Settu Assistant Professor of Human excellence
2.2.2024	Shanthi Initiation Massage, Acupressure, Relaxation Exercises	S. Maheswari D. Gnanasoundari Assistant Professor of Human excellence
5.2.2024	Thuriya Initiation Suryanamaskar Muthras	Dr. S. Jagadambal D. Yashotha A. Srikavitha Assistant Professor of Human excellence
6.2.2024	Valedictory Session Feedback Felicitation & Certificate Distribution: Dr. R. Muthukumaran, Principal Dr.S. Saravana Babu, Dean- Academic Dr.S. Umapathy, Dean – Research	







Faculty Development Program for seven days

Department of Human Excellence

Date: From 29.01.2024 to 06.02.2024 Time: 3 - 4 pm Avenue: Aruljothi Arangam

S.No	Name of the Staff	Department	Phone No	Signature
1	✓ Me A Gomathi	B.Com - B&I	9965652211	A. Gomathi
2	✓ K. V. VAYALAKUMAR	B.Sc. IT	9486242224	K. V. Vayalaku
3	✓ R. SEKAR	IT	9384448916	R. Sekar
4	✓ Dr. P. Sathishkumar	Per Botany	9788103543	P. Sathishkumar
5	✓ P. Lakshman A	Commerce (CA)	9976773723	P. Lakshman
6	✓ Dr. S. Poongodi	Commerce (CA)	9842063008	S. Poongodi
7	✓ Dr. P. Jayanthi	Commerce - CA	9942566770	P. Jayanthi
8	✓ Dr. P. Jeyaraj	B. Com - BI	7010055120	P. Jeyaraj
9	✓ MS. J. MADHUBALA	B. Com - PA	9750797279	M. J. Madhubala
10	✓ Dr. G. AKILANDESWARI	B. Com (Finance)	8870529555	G. Akilandeswari
11	✓ Dr. S. Kokilavilli	B. Com (Finance)	9659021592	S. Kokilavilli
12	✓ Dr. S. Parimaladevi	English (Aided)	9865489093	S. Parimaladevi
13	✓ Ms. B. V. NITHI VASANTHINI	Social Work	8590171269	B. V. Nithi
14	✓ Dr. T. GLOWRANI	Chemistry	9715397500	T. Glowrani
15	✓ Dr. N. BAGYALAKSHMI	Commerce	9843080126	N. Bagyalakshmi
16	✓ Dr. P. ANITHA	Commerce (CA)	9976333300	P. Anitha
17	✓ Ms. S. JAYALAKSHMI	Zoology	9944008420	S. Jayalakshmi
18	✓ Dr. B. Rohini	M. com IB	9884915659	B. Rohini
19	✓ Dr. M. Akhayanayagi	B. com BPS	9688069882	M. Akhayanayagi
20	✓ Ms. V. Poornima	B. Com - BPS	8508076065	V. Poornima
21	✓ Dr. Divya	M. com IB	9488872553	Dr. Divya

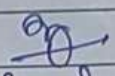
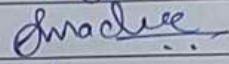
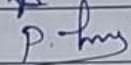
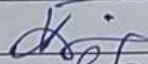
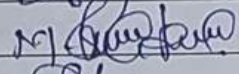
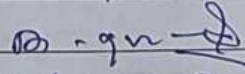
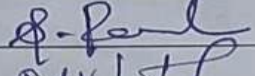
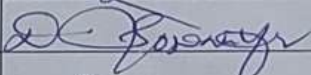
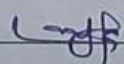
S.no	Name of the Staff	Department	Phone No.	Signature
22	✓ Dr. M. V. Sathiyabama	B.Com (E-Commerce)	9790016126	M. V. S.
23	✓ K. Sudha	B.Com (E-Commerce)	9539665946	K. Sudha
24	✓ Dr. T. S. Karitha	B.Com	888 3150371	Dr. T. S. Karitha
25	✓ Dr. M. Sharmaya Priya	B.Com (CA)	9688751431	M. Sharmaya Priya
26	✓ Dr. M. Nirmala	B.Com (CA)	9976046158	M. Nirmala
27	✓ Dr. E. Renuka	B.Com (Finance)	9976961355	E. Renuka
28	✓ M. Marimuthu	Dept of Zoology	9095542135	M. Marimuthu
29	✓ Dr. K. DHANARAJAN	TAMIL	9080473249	D. K. Dhana Rajan
30	✓ Dr. S. Sorniya ^{mi}	P& Botany	7094373012	S. Sorniya
31	✓ Ms. R. Suresh	Tamil (Aided)	9952365088	S. Renu
32	✓ Dr. P. Maheswari	Tamil "	8012005932	P. Maheswari
33	✓ Latha. M	Computer Science (Aided)	9946939238	Latha. M
34	✓ Dr. B. ARULJOTHI	Tamil (Aided)	9344885715	B. Aruljothi
35	✓ Dr. R. Arasaveni	B.com (Finance)	9688078378	R. Arasaveni
36	✓ Dr. T. Mohana Sundari	B.Com - CA	8072291119	T. Mohana Sundari
37	✓ Dr. R. Ramya	"	9788552042	R. Ramya
38	R. Raja Vopalan	"	9994432558	R. Raja Vopalan
39	M. Gayathri	"	6383049198	M. Gayathri
40	Dr. D. Rajasekaran		9976048847	
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Faculty Development Program for seven days

Department of Human Excellence

Date: From 29.01.2024 to 06.02.2024 Time: 3 - 4 pm Avenue: Aruljothi Arangam

Date: 30.01.2024

S.No	Name of the Staff	Department	Phone No	Signature
1	Dr. M. Jeeva	B.com CBE	7010055120	
2	Ms. J. MADHUBALA	B.com - PA	9750797279	
3	Dr. S. Poongodi	Commerce - CA	9842063008	
4	Dr. P. Jayanthi	Commerce - CA	9942566770	
5	Ms. V. Parvina	B.com - BPS	8508076065	
6	Dr. M. Shanmuga Priya	B.com (CA)	9688751431	
7	Dr. M. Nirmala	B.com (CA)	9976041152	
8	Dr. N. Bappalaxmi	Commerce	9843080126	N. Bappalaxmi P.
9	Dr. T. Gowrani	Chemistry	9715397500	T. Gowrani
10	Dr. T.S. Karika	B.com	8883150371	C. Karika
11	Dr. K. Dhanalakshmi	Tamil	9080473249	
12	Dr. P. Maheswari	"	8012005932	P. Maheswari
13	Dr. S. Parimelachi	English	9865489093	
14	Dr. M. V. Sathiyabama	E-Commerce	9790016121	M. V. Sathiyabama
15	K. Sudha	E-commerce	9539665946	K. Sudha
16	Dr. S. Sornaja	PA Botany	7094373012	
17	D. Divya	M.com IB	9488872553	D. Divya
18	Dr. B. Rohini	M.com IB	9884915659	B. Rohini
19	Dr. M. Akshaya	B.com BPS	9688069882	M. Akshaya
20	Ms. R. Suresh	Tamil	9952365088	R. Suresh
21	M. Latha	CS (Aided)	9946939238	

S.no	Name of the Staff	Department	Phone No.	Signature
22	R. SELLAR.	IT.	9384448916	R. SELLAR.
23	D. Rajinikanth	Re J	9976048847	D. Rajinikanth
24	K. V. Jayalaxmi	B. Sc. IT	9486242224	K. V. Jayalaxmi
25	P. S. S. S. S. S. S.	B. Com PA	9884454978	P. S. S. S. S. S.
26	Dr. P. Sathishkumar	Ph Botany	9788103543	Dr. P. Sathishkumar
27	M. M. M. M. M.	LAB 25720	9095542135	M. M. M. M. M.
28	Dr. K. M. R. R. R.	Asst. Prof. Eco	9442920521	Dr. K. M. R. R. R.
29	Ms. S. JAYALAKSHMI	Zoology	9944008420	Ms. S. JAYALAKSHMI
30	Dr. G. Akilandeswari	Finance	8870529555	Dr. G. Akilandeswari
31	Ms. A. Gomathi	B. Com BT	996565220	Ms. A. Gomathi
32	Dr. B. Anuljathi	Tamil	9344885715	Dr. B. Anuljathi
33	M. Gayathri	B. Com BA	8383049198	M. Gayathri
34	Dr. P. Anitha	Commerce (CA)	9976333300	Dr. P. Anitha
35	Dr. T. Mohana Sundari	B. Com (CA)	8012291119	Dr. T. Mohana Sundari
36	P. K. K. K. K.	Commerce (CA)	9976775720	P. K. K. K. K.
37	Dr. E. Ranga	B. Com (Finance)	9976961355	Dr. E. Ranga
38	Dr. R. Ranga	B. Com (CA)	9788552042	Dr. R. Ranga
39	Dr. T. S. S. S. S.	B. Com	8883150371	Dr. T. S. S. S. S.
40	Dr. S. K. K. K. K.	B. Com (Finance)	9659027592	Dr. S. K. K. K. K.
41	Ms. B. V. N. N. N.	Social Work	859017267	Ms. B. V. N. N. N.
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Faculty Development Program for seven days

Department of Human Excellence

Date: From 29.01.2024 to 06.02.2024 Time: 3 - 4 pm Avenue: Aruljothi Arangam

31-01-2024

S.No	Name of the Staff	Department	Phone No	Signature
1	A. Ponniya	P& Botany	7094373012	A. Ponniya
2	S. JAYALAKSHMI	ZOOLOGY	9944008420	S. Jayalaxmi
3	Ms. R. Suriya	Tamil	9952365088	R. Suriya
4	Dr. K. Dhamalakshmi	Tamil	9080473239	K. Dhamalakshmi
5	Dr. P. Maheswari	"	8012005932	P. Maheswari
6	MS. J. MADHUBALA	B.Com - PA.	9750797219	J. Madhubala
7	Dr. B. ARULJOTHI	Tamil	9244885715	B. Aruljothi
8	PRAKALATHAN A	Commerce (CA)	9916773723	P. Prakashan
9	Dr. P. Sathish Kumar	P& Botany	9788103543	P. Sathish Kumar
10	K. Vijayakumar	B.Sc. IT	9486242274	K. Vijayakumar
11	R. SEKAR.	IT	9384448916	R. Sekar
12	K. Sudha	B.Com (E-Commerce)	9539665946	K. Sudha
13	S. Parimala devi	English	9865489093	S. Parimala devi
14	Dr. N. Boggala Lakshmi	Commerce	9843020126	N. Boggala Lakshmi
15	Dr. M. V. Sathya	E-Commerce	9790016126	M. V. Sathya
16	Dr. G. Akilandeswari	Finance	8870529555	G. Akilandeswari
17	Dr. M. Tejra	B. Comp - BI	2010055120	M. Tejra
18		Banking and Insurance		
19	Dr. B. Rohini	M. Com IB	9884915659	B. Rohini
20	D. Divya	"	9488872553	D. Divya
21	Ms. A. Gomathi	B.Com - BI	9965652211	A. Gomathi

S.no	Name of the Staff	Department	Phone No.	Signature
22	Dr. T. Gowdani	Chemistry	9715397500	Dr. T. Gowdani
23	M. Narimanthu	Zoology	9895542135	M. Narimanthu
24	Latha. M	CS (Aided)	9946939238	Latha. M
25	N. Gayathri	B.com CA.	6393049198	N. Gayathri
26	Dr. P. Latha	Commerce (CA)	9976233300	Dr. P. Latha
27	Dr. T. M. Mahasundar	Commerce (CA)	8072291119	Dr. T. M. Mahasundar
28	Dr. E. Renuge	B. Com (Finance)	9976961355	Dr. E. Renuge
29	Dr. M. V. Sathyaabama	B. Com (Finance)	979004126	Dr. M. V. Sathyaabama
30	Dr. S. Prasad	Commerce - CA	9842063008	Dr. S. Prasad
31	Dr. P. Jayanthi	Commerce - CA	9942566770	Dr. P. Jayanthi
32	Dr. R. Ramya	B. Com (CA)	9789552042	Dr. R. Ramya
33	Ms. V. Poornima	B. Com BPS	8508076065	Ms. V. Poornima
34	Dr. M. Shanmugapriya	B. Com CA	9688751431	Dr. M. Shanmugapriya
35	Dr. M. Arumala	B. Com CA	9976046158	Dr. M. Arumala
36	Dr. T. S. Karthi	B. Com	8883150371	Dr. T. S. Karthi
37	Dr. S. K. K. K. K.	B. Com (Finance)	9659027592	Dr. S. K. K. K. K.
38	Ms. B. V. Nithi Varshini	Social Work	8590171269	Ms. B. V. Nithi Varshini
39	Dr. R. Anand	B. Com (Finance)	9688078378	Dr. R. Anand
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Department of Human Excellence

01-02-2024

S.No	Name of the Staff	Department	Phone No	Signature
1	K. Vijaya Kumar	B.E. IT	9486242274	K. Vijaya Kumar
2	M. Shanmugas Priya	B.Com (CA)	9688751431	M. Shanmugas Priya
3	Dr. M. Normala	B.Com (CA)	9976046158	Dr. M. Normala
4	R. SEKAR	IT	9384448916	R. SEKAR
5	R. Seetha Lakshmi	B.Com PA	9894457975	R. Seetha Lakshmi
6	Dr. B. Rohini	M.Com IB	9884915659	Dr. B. Rohini
7	Ms. R. Suresh	Tamil	9952365088	Ms. R. Suresh
8	Dr. B. ARULSATHI	Tamil	934488575	Dr. B. ARULSATHI
9	D. Divya	M.Com IB	9488872553	D. Divya
10	Dr. K. Thirumalaiah	Tamil	9080473237	Dr. K. Thirumalaiah
11	Dr. P. Maheswari	"	8018005932	Dr. P. Maheswari
12	Ms. J. MADHUBALA	B.Com - PA	9750797279	Ms. J. MADHUBALA
13	Dr. R. Amritha	B.Com (Finance)	9688078378	Dr. R. Amritha
14	Dr. S. Parimaladevi	English (Aided)	9865489093	Dr. S. Parimaladevi
15	Dr. S. Kokilavathi	B.Com (Finance)	9659027592	Dr. S. Kokilavathi
16	Dr. G. Akilandeswari	Finance	8870529555	Dr. G. Akilandeswari
17	Dr. E. Renuga	B.Com (Finance)	9976961355	Dr. E. Renuga
18	Ms. A. Gomathi	B.Com BI	9965652211	Ms. A. Gomathi
19	Dr. T. Geetha	Chemistry	9715397100	Dr. T. Geetha
20	Dr. M. Anandam	Zoology	9095342135	Dr. M. Anandam
21	Latha M	OS Aided	9946939238	Latha M

S.no	Name of the Staff	Department	Phone No.	Signature
22	M. Gayathri	B.com ca.	8383049198	Gayathri
23	Dr. P. Anitha	Commerce (CA)	9976333300	Anitha
24	Dr. T. Mohan Sundar	Commerce (CA)	8072291119	T. Mohan
25	Dr. S. Poongodi	Commerce (CA)	9822063008	Poongodi
26	Dr. P. Jayanthi	Commerce (CA)	9942566770	P. Jayanthi
27	Pradeepan. A	Commerce (CA)	9976775728	Pradeepan
28	Dr. M. Al. Nanayalai	B.com BPS	9688069888	M. Al. Nanayalai
29	Dr. P. Sathish Kumar	Pr Botany	9788103543	P. Sathish Kumar
30	Mrs. D. Suresh	Pr Botany	9094373012	D. Suresh
31	Dr. M. Sathya Prasad	B.Com (CA)	9790016111	M. Sathya Prasad
32	Dr. N. BAGMALAKSHMI.	Commerce	9843020126	N. Bagmalakshmi
33	Dr. S. Poongodi	Commerce-CA	9842063008	Poongodi
34	Dr. P. Jayanthi	Commerce-CA	9942566770	P. Jayanthi
35	Dr. R. Rameya	B.Com (CA)	9788552042	R. Rameya
36	Ms. V. Poornima	B.Com BPS	8508008605	Poornima
37	Dr. T. S. Karthika	B.com	8883150371	T. S. Karthika
38	Dr. M. J. Jeeva	B. Com (B.F)	2010085120	M. J. Jeeva
39	Ms. B. V. Nithi Devi	Social Work	8590177269	B. V. Nithi Devi
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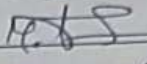
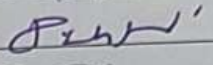
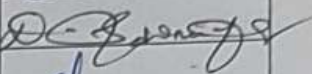
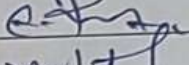
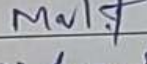
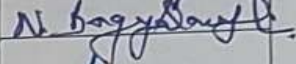
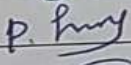
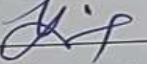
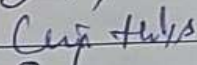
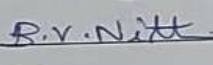
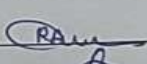
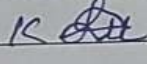
Faculty Development Program for seven days

Department of Human Excellence

Date: From 29.01.2024 to 06.02.2024 Time: 3 - 4 pm Avenue: Aruljothi Arangam

02-02-2024

S.No	Name of the Staff	Department	Phone No	Signature
1	Dr. B. ARULJOTHI	Tamil	93441885715	B. Aruljothi
2	Dr. S. Parimaladevi	English	9865489093	S. Parimaladevi
3	R. SEKAR	IT	9384448916	R. Sekar
4	Dr. P. Maheswari	Tamil	801205932	P. Maheswari
5	MS. J. MADHUBALA	B. Com - PA	9750797279	J. Madhubala
6	Ms. R. Suriya	Tamil	9952365088	R. Suriya
7	Dr. M. Shanmuga Priya	B. Com (CA)	9688751431	M. Shanmuga Priya
8	Dr. M. Nirmala	"	9976046158	M. Nirmala
9	Dr. B. Rohini	M. Com IB	9884915659	B. Rohini
10	D. Divya	M. Com IB	9488872553	D. Divya
11	Latha. M	B. Com (Aided)	9946939238	Latha. M
12	K. Vijayakumar	B. Sc. IT	9486442274	K. Vijayakumar
13	Dr. K. Shanmugavelu	Tamil	9080473249	K. Shanmugavelu
14	Ms. A. Gomathi	B. Com BT	9965652211	A. Gomathi
15	Dr. T. Ganesan	Chemistry	9715397500	T. Ganesan
16	M. Manimuttu	Zoology	9098842135	M. Manimuttu
17	M. Gayathri	B. Com CA	6383049198	M. Gayathri
18	Dr. P. Anitha	Commerce (CA)	9976333300	P. Anitha
19	Dr. J. Mahasudhan	Commerce (CA)	8002291119	J. Mahasudhan
20	P. K. Lakshmi A	Commerce (CA)	9976773723	P. K. Lakshmi A
21	Dr. P. Jayanthi	Commerce (CA)	9942566770	P. Jayanthi

S.no	Name of the Staff	Department	Phone No.	Signature
22	Dr. S. Poongodi	Communcatn	9842 063008	
23	Dr. M. Aranganaga	B.com BPS	9688069882	
24	Dr. P. Sathishkumar	Per Botany	9788103543	
25	Mrs. D. Ponniya	PGE Botany	7094373012	
26	Dr. G. Arindeswarar	Commerce (Finance)	9870829555	
27	Dr. E. Renuge	"	9976961355	
28	Dr. M. V. Sathya shree	B.Com (Economics)	9790066126	
29	Dr. N. BAGYALAKSHMI	Commerce	9843020126	
30	Dr. S. Poongodi	Commerce - CA	9842063008	
31	Dr. P. Jayanthi	Commerce - CA	9942566720	
32	Dr. R. Ramya	B.Com (CA)	9188552042	
33	Ms. V. Ponnima	B.Com BPS	8508076065	
34	Dr. T. S. Kavitha	B.Com	888315371	
35	Dr. S. Keralavizhi	B.Com (Finance)	9659027592	
36	Dr. M. Jeeva	B.Com (RED)	7010055120	
37	Ms. B. V. Nithi Varshini	Social Work	8890189269	
38	Dr. R. Anasweni	B.Com (Finance)	9689073372	
39	K. Sudha	B.Com (Economics)	9539665946	
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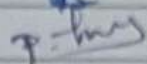
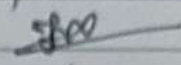
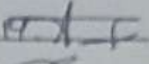
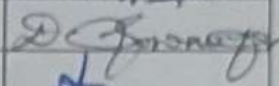
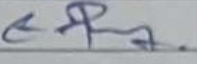
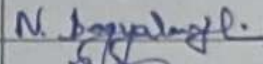
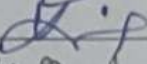
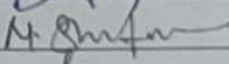
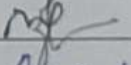
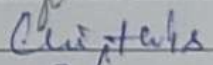
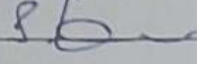
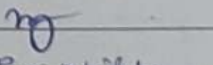
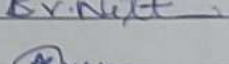
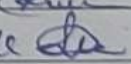
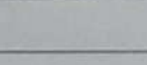
Faculty Development Program for seven days

Department of Human Excellence

Date: From 29.01.2024 to 06.02.2024 Time: 3 - 4 pm Venue: Aruljothi Arangam

05-02-2024

S.No	Name of the Staff	Department	Phone No	Signature
1	MS. S. TAYALAKSHMI	Zoology	9944008420	[Signature]
2	MS. J. MADHUBALA	B.Com-PA	9750797279	[Signature]
3	Dr. S. Parimaladevi	English	9865489093	[Signature]
4	Dr. K. Dharmalalithi	Tamil	9080473249	[Signature]
5	D. Divya	M.Com IB	9488872553	[Signature]
6	B. Rohini	M.Com IB	9884915659	[Signature]
7	MS. R. Suresh	Tamil	9952365088	[Signature]
8	Dr. M. Malathi	Comp. Science	9965661106	[Signature]
9	Latha. M	computer science	9946939238	[Signature]
10	Dr. B. ARULJOTHI	Tamil	9344188575	[Signature]
11	Dr. P. Maheswari	"	8012005932	[Signature]
12	Dr. M. V. Sathyabama	B.Commerce	9790016126	[Signature]
13	K. Sudha	B-Commerce	9539665946	[Signature]
14	Dr. M. Narinuth	Dept of Zool	907582120	[Signature]
15	R. SEKAR.	Asst. Prof. IT	9384048916	[Signature]
16	K. Vijayakumar	B.Sc. IT	9486242274	[Signature]
17	Ms. A. Gomathi	B.Com BT	9965652211	[Signature]
18	Dr. T. Gowderi	Chemistry	9715397500	[Signature]
19	M. Gayathri	B. Com. VA.	6203049198	[Signature]
20	Dr. P. Anil	Commerce (CA)	9976333300	[Signature]
21	Dr. T. Mohan Sundar	Commerce CA	8072291119	[Signature]

S.no	Name of the Staff	Department	Phone No.	Signature
22	Dr. S. Poongodi	Commerce (CA)	9842 06008	
23	Dr. P. Jayanthi	"	9922566770	
24	Pudakalathan. A	"	9976773403	
25	Dr. M. Arundhanayala	B.com (Ops)	9698069889	
26	Dr. S. Suresh	P.G. Botany	7094373012	
27	Dr. G. Arundhanayala	Commerce (Finance)	8870029555	
28	Dr. F. Renuka	"	9976961355	
29	Dr. N. BAGYALAKSHMI	Commerce	984-3020126	
30	Dr. R. Ramya	B.com (CA)	9788552042	
31	Ms. V. Poojamma	B.Com BPS	8508076065	
32	Dr. M. Shonmugapriya	B-com CA	9688751431	
33	Dr. M. Nirmala	B-com CA	9976046188	
34	Dr. T. S. Kavitha	B.com	8883150371	
35	Dr. S. Kailashini	B.com (Finance)	9659627592	
36	Dr. M. Jeeva	B.com BPS	7010055200	
37	Ms. B.V. Nithi Varshini	Social Work	8590131267	
38	Dr. E. Anisavani	B.com (Finance)	9688078379	
39	K. Sudha	B.com B.Commerce	9539665946	
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Faculty Development Program for seven days

Department of Human Excellence

Date: From 29.01.2024 to 06.02.2024 Time: 3 - 4 pm Avenue: Aruljothi Arangam

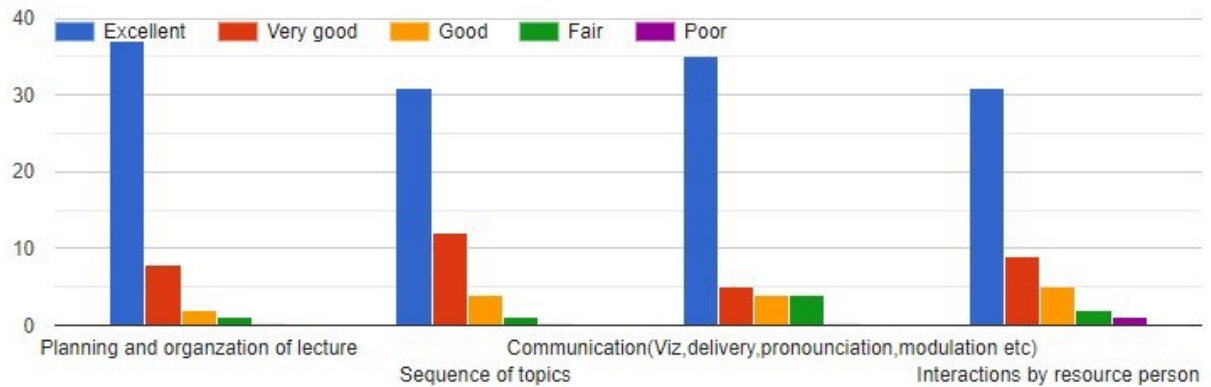
06-02-2024

S.No	Name of the Staff	Department	Phone No	Signature
1	R. SELVAR	PT	9384448916	R. Selvar
2	Dr. S. Pazimaladevi	English	9865489073	S. Pazimaladevi
3	Dr. K. Phamalakshi	Tamil	9080473249	K. Phamalakshi
4	MS. J. MADHUBALA	B.com - PA	9750797279	J. Madhubala
5	Dr. B. ARULJOTHI	Tamil	9344885715	B. Aruljothi
6	R. Suriya	Tamil	9952365088	R. Suriya
7	Ms. S. JAYALAKSHMI	ZOOCORAY	9944008620	S. Jayalakshmi
8	Mrs. D. Divya	M.com IB	9488872553	D. Divya
9	Dr. B. Rohini	M.com IB	9884915659	B. Rohini
10	K. Vijayakumar	B.Sc. IT	9486242274	K. Vijayakumar
11	M. N. Srinivasan	Zoology	9095542135	M. N. Srinivasan
12	PRAKALATHAN. A	COMMERCE (CA)	9976773723	A. Prakash
13	Ms. A. Gomathi	B.com BI	9965652211	A. Gomathi
14	Dr. T. Ganesan	Chemistry	9715397000	T. Ganesan
15	Latha. M	CS Aided	9946939238	Latha. M
16	M. Gayathri	B.com VA	8383049148	M. Gayathri
17	Dr. P. Anitha	Commerce (CA)	9976333360	P. Anitha
18	Dr. T. Maheswari	Commerce (CA)	8072291119	T. Maheswari
19	Dr. S. Poongodi	"	9842063008	S. Poongodi
20	Dr. P. Jayanthi	"	994266770	P. Jayanthi
21	Dr. N. Arinayala	B.com BPO	9688069883	N. Arinayala

S.no	Name of the Staff	Department	Phone No.	Signature
22	Dr. S. Srinivas	PG Botany	70912373012	Dr. S. Srinivas
23	Dr. G. Anil Kumar	Commerce (Finance)	8870529555	G. Anil Kumar
24	Dr. E. Renuka	"	9976961355	E. Renuka
25	Dr. M. V. Sathya Kumar	B.Com (Finance)	9790016126	M. V. Sathya Kumar
26	Dr. N. BAGYALAKSHMI	Commerce	9843020126	N. Bagyalakshmi
27	Dr. R. Renuka	B.Com (CA)	9788552444	R. Renuka
28	Ms. V. Poornima	B.Com BPS	8508076065	V. Poornima
29	Dr. M. Shanmugapriya	B.Com CA	9688751431	M. Shanmugapriya
30	Dr. M. Nirmala	B.Com CA	9976046188	M. Nirmala
31	Dr. T. S. Karthikeyan	B.Com	8883150371	T. S. Karthikeyan
32	Dr. S. Karthikeyan	B.Com (Finance)	9659627592	S. Karthikeyan
33	Dr. M. Jeeva	B.Com BPS	7000055120	M. Jeeva
34	Ms. B. V. Nithi Varshini	Social Work	859018269	B. V. Nithi Varshini
35	Dr. R. Anand	B.Com (Finance)	9688078322	R. Anand
36	K. Sathya	B.Com (Finance)	9539665946	K. Sathya
37	Dr. E. Renuka	B.Com (Finance)	9976961355	E. Renuka
38	Dr. P. Sathish Kumar	PG Botany	9788103543	P. Sathish Kumar
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Presentation by resource persons:

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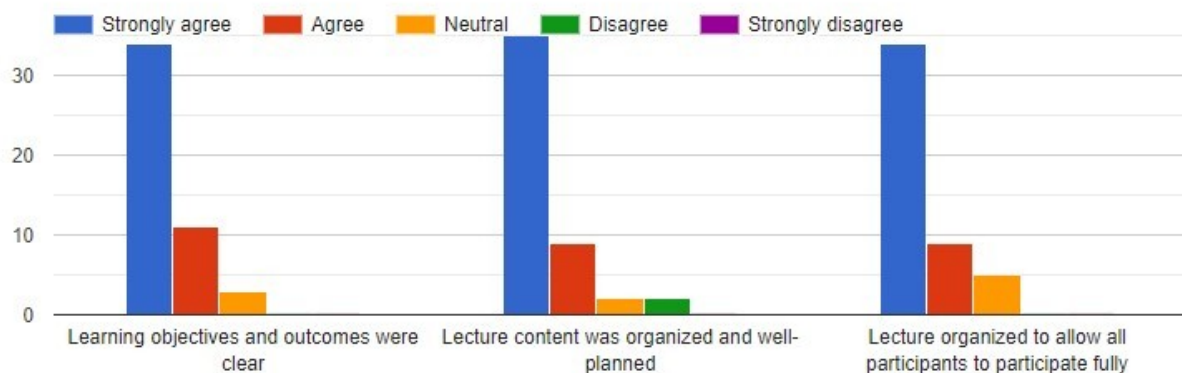
Contribution to learning:

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Lecture content:

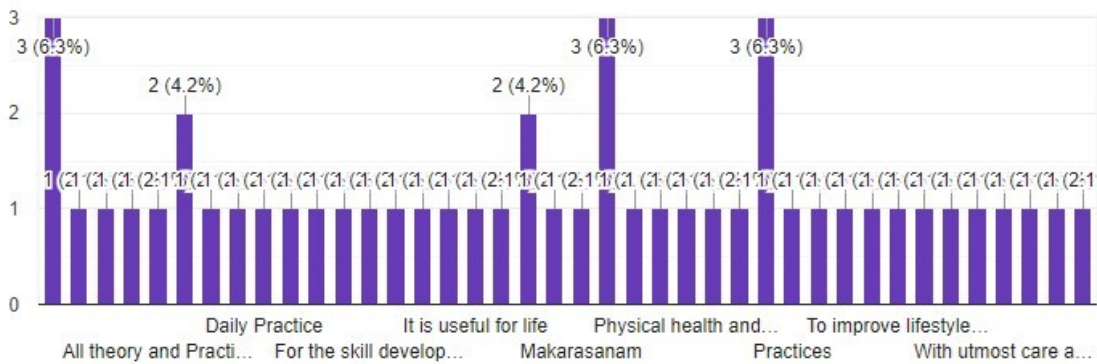
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What aspects of these lectures where most useful or valuable?

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48 responses



Any other suggestions:

48 responses

No

Nil

Excellent

Well organized

Overall, satisfied

Very nice proramme

Excellent

Very useful



Nallamuthu Gounder Mahalingam College
(Autonomous), Pollachi 642 001.
Re-Accredited by NAAC & ISO 9001-2015 Certified 95th
Institution, Affiliated to Bharathiar University, Combatore



CERTIFICATE OF PARTICIPATION

This is to certify that

*Mr / Ms. / Dr... J. MADHUBALA.....has attended
the FACULTY DEVELOPMENT PROGRAMME entitled
'Yoga for Healthy Life' from 29.01.2024 to 06.02.2024
organized by the Department of Human Excellence,
NGM College, Pollachi.*

S. Jeyalakshmi.

HoD

S. Jeyalakshmi

S. Saravanababu

Dean -Academic
S. Saravanababu

S. Umapathy

Dean-Research
S. Umapathy

Dr. R. Muthukumaran

Principal
Dr. R. Muthukumaran

VAZHGA VALAMUDAN! VAZHGA VATYAGAM!

Event Report: Faculty Development Programme on Yoga for Healthy Life

The Department of Human Excellence organized a 7-day Faculty Development Programme titled "Yoga for Healthy Life" from January 29, 2024, to February 6, 2024. The program aimed to promote holistic well-being among faculty members through the practice and understanding of yoga.

Inauguration Session:

Ms. S. Jeyalakshmi, Assistant Professor and Head of the Department of Human Excellence, commenced the inaugural session with a warm welcome address. Dr. Ragavendara Swamy, BNYS, delivered a lecture on the integration of yoga and natural living for a healthy lifestyle.

Daily Sessions Highlights:

Day 2: Dr. P. Veerasithi Vinayagan enlightened participants on Agna initiation and led demonstrations on various exercises including leg exercises, neuromuscular breathing exercises, and eye exercises.

Day 3: Mr. N. Panneerselvam, Assistant Professor, elucidated the science of Kayakalpa.

Day 4: Ms. S. Shanmuga Vadivu emphasized the significance of anger neutralization and worry eradication, followed by practical demonstrations by Mr. V. Settu on physical exercises.

Day 5: Ms. S. Maheshwari discussed the importance of shanthi initiation and its benefits, accompanied by demonstrations on physical exercises, massage, acupressure, and relaxation techniques by Dr. D. Gnanasoundari.

Day 6: Dr. S. Jagadambal shed light on the greatness of Thuriya meditation and its benefits, while Dr. P. Veerasithi Vinayagan conducted demonstrations on the practice of Surya Namaskar.

Valedictory Session:

The program concluded with a valedictory session where certificates were distributed to both teaching and non-teaching faculty members from various departments. Several participants

shared their feedback on the impact of the program. The event concluded on a patriotic note with the singing of the national anthem.

Participant Engagement:

Over 50 faculty members from diverse departments actively participated and benefited from the Faculty Development Programme.

The event successfully fostered a deeper understanding of yoga and its application for a healthy lifestyle among the faculty community. It provided a platform for learning, practice, and reflection, contributing to the overall well-being of the participants

Details of the Resource Person

Name: Dr.B.Ragavendrasamy
Present Designation: Assistant medical officer
Yoga and Naturopathy Lifestyle Clinic
Postal Address: Government Hospital, Udumalpet
Educational Qualification: B.N.Y.S., Ph.D.

1. He has presented research paper- More then 10

He received worth of one and half crores from various funding agencies like MIT,USA- SVYASA, MSRIT - SVYASA(Private Funding), Private funding from Donor

Text book

✚ He has published two chapters in the textbook "**Reference Manual for Physicians : Clinical Yoga Naturopathy**"

Awards

- ❖ 'Best Doctor' award for the year 2022
- ❖ 'Uyir' Award (Meaning 'Life') from MIDNA Global and Govt. School.


Head & Assistant Professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College,
Pollachi.


Dr. R. MUTHUKUMARAN,
M.A.,M.Phil.,B.Ed.,Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District