

4.1.2. The institution has adequate facilities for cultural activities, yoga, sports and games (indoor and outdoor) including gymnasium, yoga centre, auditorium etc.)

Sports and Games Facilities

S.No.	Description	Total area in Sq. Mts	Year of Establishment
1	Ball Badminton Court	555.35	2015
2	Basketball Court with Flood Lit	820.00	2014
3	Carrom Board	4 boards	1980
4	Chess Board	8 boards	1980
5	Cricket Field	13596.00	1987
6	Cricket Nets	320.00	2015
7	Fitness Center	51.58	2015
8	Football Field	12200.00	1987
9	Handball Court	800.00	2014
10	Indoor Auditorium	13580.00	2011
11	Kabbadi Court	130.00	1959
12	Kho-Kho Court	400.00	2010
13	Table Tennis Board	1 board	2010
14	Volleyball Court	1450.15	2016





72nd Rank

NGM COLLEGE

(AUTONOMOUS) POLLACHI

Department of Human Excellence & Nehru Yuva Kendra- Coimbatore.

CELEBRATES

8th INTERNATIONAL DAY OF YOGA

WELCOME ADDRESS
S.JEYALAKSHMI
Head & Assistant Professor
Department of Human Excellence

PRESIDENTIAL ADDRESS
Dr.R.MUTHUKUMARAN
Principal, NGM College

SPECIAL ADDRESS
DR . K. PERUMAL,
DIRECTOR OF VISION ACADEMY,
TEMPLE OF CONSCIOUSNESS, ALIYAR



DATE 21st June 2022	TIME 10. 00 a.m. to 12.00 p.m.	VENUE Dr.Alkondan Hall
------------------------	-----------------------------------	---------------------------

International Yoga Day Festival 21.06.2022

On behalf of the Department of Human excellence and Nehru Yuvakendra Coimbatore Region, the 8th International Yoga Day was observed on June 21, 2022, at NGM College. The welcome address was made by Ms. S. Jayalakshmi, Head and Department of the Human Excellence. Dr.R. Muthukumaran, principal, NGM College, delivered the presidential address. In his keynote speech, he emphasized the need of value education as well as the importance of students' practicing yoga regularly for their health life. He presented the lofty idea to the students that "one becomes a human being when one fulfils their societal obligations without anticipating or receiving any compensation for their actions".

Dr.K.Perumal, Director, Vision for Wisdom, spiritual education centre World Community Service Centre Aliyar, delivered the special address at the event. In his keynote talk, he emphasized to the students how they may live a long life by practicing the daily yoga exercises devised by the Pathanjali maharishi, such as pranayama, breathing exercises, and various forms of asanas and Simplified Physical exercises. He said that yoga is common to all the people of the world and this Yoga Day reminds us the feeling oneness. He stressed that today's younger generation can create a healthier society by practicing this art of yoga regularly.

Certificates and prizes were awarded to all the students who have won various competitions such as Workshop, Seminar, and Yogasana practices, Food Festival, Herbal Hunt, Elocution, Essay writing, Drawing and FastWalking Competition conducted as a series of events to celebrate Yoga Day. More than 30 NGM College students performed various yoga exercises on that day. On behalf of the Department of Human excellence. Ms.S.Maheswari Assistant Professor, Department of Human Excellence delivered vote of thanks. The function was attended by faculty members from various departments, the Manager, the Dean, the Deputy Controller of Examinations and all the faculties of Human Excellence. More than 300 students participated and benefited from attending the program.



On June 21st, 2022, Dr.R. Muthukumaran, the college principal delivered a presidential address on the occasion of the 8th International Day of Yoga.

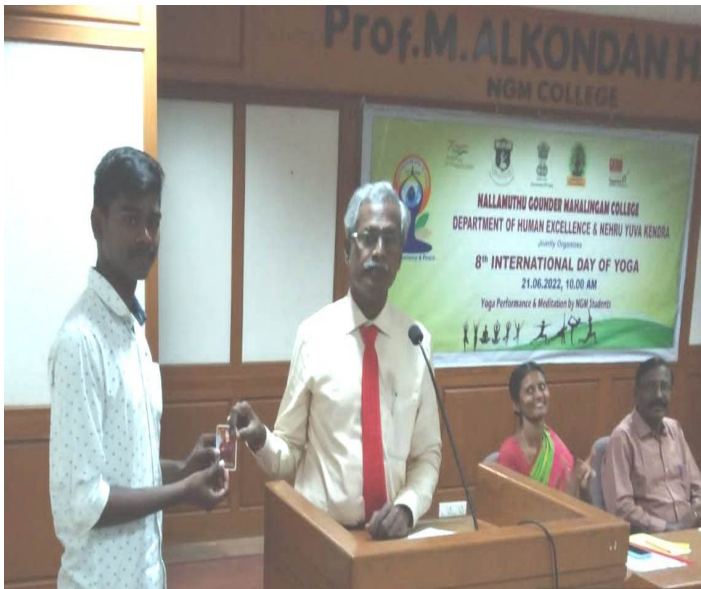


On June 21st, 2022, Dr. K. Perumal, Director of Vision for Wisdom, gave a special address on the occasion of the 8th International Day of Yoga.

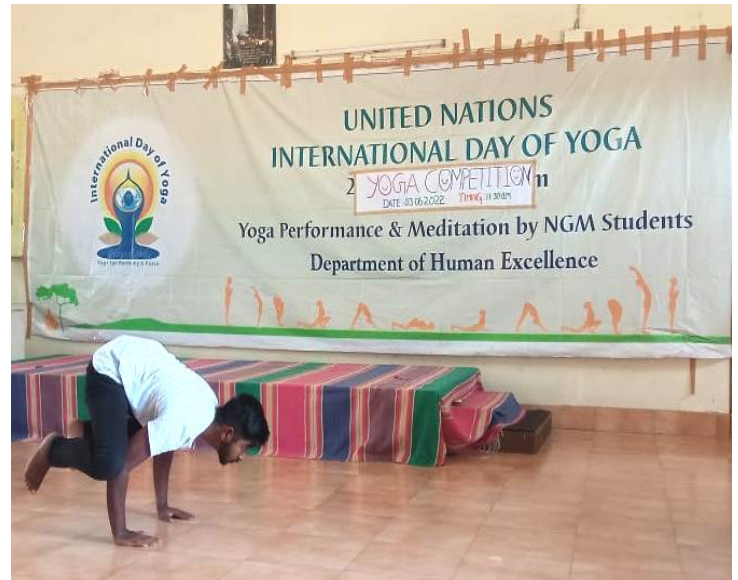
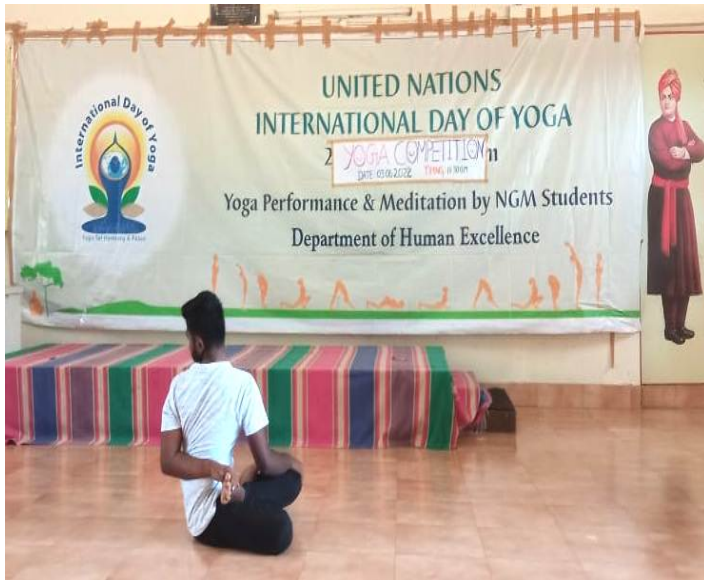


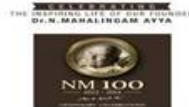
The 8th International Day of Yoga was observed by the audience, who also enjoyed NGM College students' yoga performance.

Yoga performance by NGM College students



Challenging Asanas





IQAC/2022-23/AUG/020



Nallamuthu Gounder Mahalingam College, Pollachi

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Institution, Affiliated to Bharathiar University
Pollachi, Coimbatore (DC), Tamil Nadu, India.

2 Days Workshop for Soft skill on

Agna Meditation(Initiation) for Students

24.08.2022 & 25.08.2022

Organized by

Department of Human Excellence

CHIEF GUESTS

Prof. N.Sreekanth (SKYYoga)

Prof. P.Sumathi (SKYYoga)

Temple of Consciousness, Aliyar

Organised by

S.Jeyalakshmi (HOD)

N.Panneerselvam,

P.Veersithivirayagan,

S.Shannugavodivu,

V. Sattu.

Asst.Professors,

Department of Human Excellence,

NGM College,

Pollachi,

Principal

Dr.R.Muthukumaran

NGM College,

Pollachi,

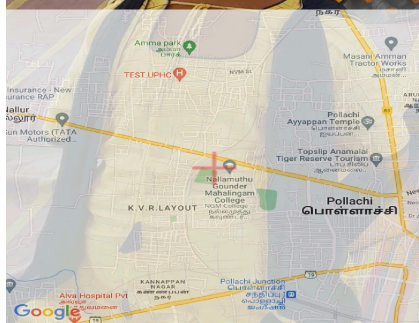
IQAC/2022-23/AUG/020

Report of the Event:

The Department of Human Excellence was conducted two days workshop for soft skill development in the title of mediation Tesuquein agan. From 24.08.2022 to 25.08.2022. First day 950 students were participated and got initiated Agna meditation. In the morning was conducted by the prof. Prof. N.Sreekanth , SKY Yoga from temple of Conciseness at Aliyar. In the morning was conducted by the prof. P.Sumathi, SKY Yoga from temple of Conciseness at Aliyar. All the students benefited by this program.







Department of Human Excellence
NGM COLLEGE, POLLACHI
Tamil Nadu
India



24°C
75°F

2022-08-24(Wed) 10:48(am)



Santhi Meditation - Initiation
Department of Human Excellence,
NGM COLLEGE, POLLACHI 6420001

Tamil Nadu, India

2022-09-02(Fri) 10:03(am)

28°C

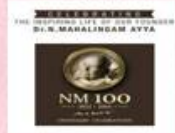
82°F

Skill Development Program

Invitation









Nallamuthu Gounder Mahalingam College, Pollachi

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Affiliated to Bharathiar University

Pollachi, Coimbatore (D), Tamil Nadu, India.

ONE DAY
Workshop on skill development programme for students

IQAC/2022-23/SEP/062

Organised by

Department of Human Excellence

"My Dream My Future"



CHIEF GUEST

Prof. M. K. JANAKI RAMAN

Cognitive Psychologist & Family Counselor and Family Chemistry
Foundation of India, Chennai SKY Yoga Senior Professor.

Date: 26.09.2022

Venue: Bharathiar Arangam

Session I - 9.30 am - 12.00 noon

Session II - 2.00 pm - 4.00 pm

HOD

**S.Jeyalakshmi and
All Faculty members of Department of
Human Excellence,
NGM College,
Pollachi**

Principal

**Dr.R.Muthukumaran
NGM College,
Pollachi,**

Be blessed by the Divine!



Event of the report:

On September 26, 2022, the Department of Human Excellence organized a one-day workshop with the theme "My Dream, My Future." As the chief speaker, M.K. Janaki Raman, senior professor and family counsellor at SKY Yoga in Chennai, spoke about preserving discipline, self-motivation, communication, and self-assurance for the benefit of the student body, mind and the spirit. More than 450 students from various departments took part in this session and benefited from it.



**Nallamuthu Gounder Mahalingam College
Pollachi**

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100
YEARS
OF
D.S. MAHALINGAM 1912



Department of Human Excellence

Organises

Administrative Training Programme

for

Non-Teaching Staff

Yoga for Healthy Work-life Balance



Patron
Dr. R. Muthukumaran
Principal



Convener
S. Jeyalakshmi
HoD

19.10.2022 & 20.10.2022

4 pm - 5 pm

Venue

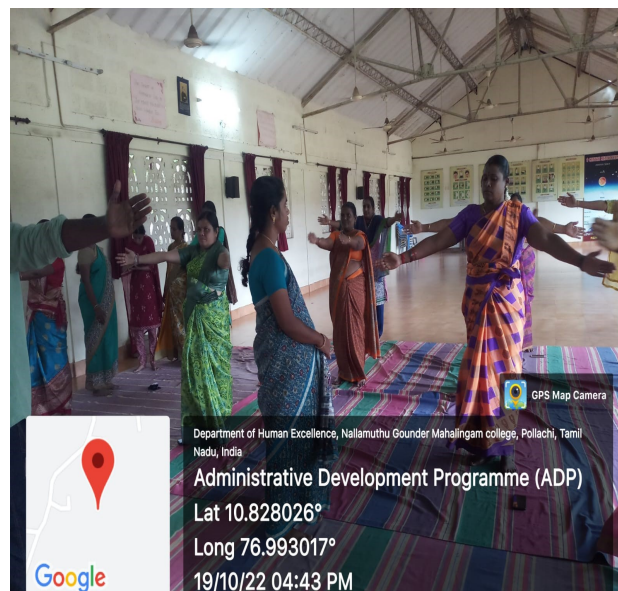
Aruljothi Arangam

**Organizing
Committee**
N.Panneerselvam
P. Veerasithi
vinayagan
S. Shanmuga vadivu
V. Settu
S. Maheswari
P. Padma
D. Gnanasoundari
K. Santhi
Dr. S. Jagadambal
Asst. Professors

Event of the report:

The Department of Human Excellence was conducted two days Administrative Training Program for Non Teaching Faculty From 19.10.2022 & 20.10.2022. On the first Day Assistant Professors of P.Veerasinghi Vinayagan and S.Shanmuga Vadivu demonstrated Yogasanas, Nadisuddhi pranayama practices, and Simplified physical exercise. More than 13 members attended and got benefited by this Yoga training.

Geo Tag Photo:



Title of the Programme : Yoga for Healthy Work-life Balance

[illegible]

Shyl.

P. V. Thiel

PRINCIPAL
N. G. M. COLLEGE, POLLACHI

S. prostratum



Feedback Form

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Pollachi - 642 001

EVENT FEED BACK FORM

Name of the Participant (Optional) : *M. Bhamu mathi*
Department / Organization : *Non - Teaching*
Designation: _____ Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient			✓		
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area				✓	
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?				✓	
	Career oriented			✓		
	Innovative learning if any			✓		

Overall how would you rate the Event?

1.Below Average	2.Average	3.Good	4.Excellent	5.Outstanding

Any other Suggestion: *It is very useful.*



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *V. Brundha Dasi*
Department / Organization : *Non - Teaching*
Designation: _____ Date : *19/10/2022*

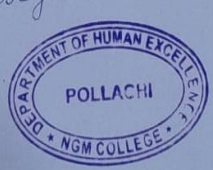
Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient		✓			
	The methodology used in the workshop was appropriate			✓		
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area			✓	✓	
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?				✓	
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1.Below Average	2.Average	3.Good	4.Excellent	5.Outstanding

Any other Suggestion: *Excellent programme*



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EVENT FEED BACK FORM

Name of the Participant (Optional) : T. Senifer
Department / Organization : Non-Teaching
Designation: Date : 19/10/2022

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient			✓		
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area				✓	
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?			✓		
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:

21/10/2022



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EVENT FEED BACK FORM

Name of the Participant (Optional) : V. Anitha
Department / Organization : Non-Teaching
Designation: Date : 19/10/2022

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient				✓	
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area			✓		
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?			✓		
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:

Thanks for arranging this programme



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *B. mangalaprem*

Department / Organization : *non-teaching*

Designation:

Date :

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient				✓	
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area				✓	
	The trainers had excellent communication skills			✓		
	Doubts/quires were answered satisfactory			✓		
3.	The Content					
	The Programme content was relevant for me?				✓	
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *P. Mohala*

Department / Organization : *Non-Teaching*

Designation:

Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient				✓	
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area			✓		
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?			✓		
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *K. Arulselvi*

Department / Organization : *Non-Teaching*

Designation: _____ Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient			✓		
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area				✓	
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?				✓	
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *N. Nandhini*

Department / Organization : *B.Sc physics - non teaching.*

Designation: _____ Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient				✓	
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area			✓		
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?			✓		
	Career oriented			✓		
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *Kanniammal*

Department / Organization : *Non-Teaching*

Designation: Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient			✓		
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area			✓		
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?			✓		
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1.Below Average	2.Average	3.Good	4.Excellent	5. Outstanding

Any other Suggestion:



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *B. Dhanalakshmi*

Department / Organization : *Non-Teaching*

Designation: Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient				✓	
	The methodology used in the workshop was appropriate			✓		
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area				✓	
	The trainers had excellent communication skills			✓		
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?				✓	
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1.Below Average	2.Average	3.Good	4.Excellent	5. Outstanding

Any other Suggestion:



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EVENT FEED BACK FORM

Name of the Participant (Optional) : *K. Crowtham*

Department / Organization : *Non-teaching*

Designation: _____ Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient			✓		
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area			✓		
	The trainers had excellent communication skills				✓	
	Doubts/quires were answered satisfactory				✓	
3.	The Content					
	The Programme content was relevant for me?			✓		
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:



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

Nallamuthu Gounder Mahalingam College

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EVENT FEED BACK FORM

Name of the Participant (Optional) : *J. Sowmiya*

Department / Organization : *Non-Teaching*

Designation: _____ Date : *19/10/2022*

Please rate the session on the scale indicated. Your comments are most appreciated

S.No	Particulars	Below Average	Average	Good	Excellent	Outstanding
1.	About the Programme?					
	The Programme timings were very convenient			✓		
	The methodology used in the workshop was appropriate				✓	
2.	Speaker/Resource Person					
	The trainers had very strong expertise in the area			✓		
	The trainers had excellent communication skills			✓		
	Doubts/quires were answered satisfactory			✓		
3.	The Content					
	The Programme content was relevant for me?				✓	
	Career oriented				✓	
	Innovative learning if any				✓	

Overall how would you rate the Event?

1. Below Average	2. Average	3. Good	4. Excellent	5. Outstanding

Any other Suggestion:



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