



## **NallamuthuGounderMahalingam College**

(An Autonomous Institution, Affiliated to Bharathiar University)

90,PalghatRoad,Pollachi -642001,Coimbatore, Tamil Nadu, India.

95<sup>th</sup> Rank in NIRF –2023 among Colleges in India.



**HUMAN EXCELLANCE THROUGH YOGA  
ORGANIZED**

**SUMMER CAMP**

**FDP- YOGA FOR HEALTHY LIFE**

**FDP- SIDDHA FOR HEALTH AND HYGIENE**

**WORKSHOP- 9<sup>TH</sup> INTERNATIONAL DAY OF YOGA**

# Workshop on Importance of Physical Health Science

Date: 05.07.2023

Invitation



## NALLAMUTHU GOUNDER MAHALINGAM COLLEGE (Autonomous)Pollachi

Department of Human Excellence

*Cordially invites you for the*  
**Workshop on**



**“Importance of Physical Health Science”**

**Dr.R.MUTHUKUMARAN**

Principal, NGM College

Will presides over the Function

In view of Celebration of

National Doctor's Day July – 1



**RESOURCE PERSON**

**ACCUPUNCTURIST SHRI. MAGI RAMALINGAM, DASC, B.Sc., M.Acu.,**

**PRESIDENT**

**TRADITIONAL ACCUPUNCTURIST ORGANISATION, TAMIL  
NADU**

DATE

05.07.2023

TIME

10.00 a.m. to 11.00 a.m

VENUE

Arutjothi Arangam

IQAC/2023-24/JULY/010

## 2.Report of the Event:

The Department of Human Excellence organized a workshop on Importance of Physical Health Science (05.07.2023, NGM College). Dr. S. Jagadambal welcomed participants, followed by NGM College Principal Dr.R.Muthukumar, emphasizing yoga and healthy lifestyles. Dr. Sr. Magi Ramalingam discussed Acupuncture's uniqueness and dietary role in chronic illness recovery. Over 200 attendees, including students, faculty, and college officials, gained valuable insights, benefiting from the workshop's comprehensive exploration of physical well-being. The event concluded with gratitude from S. Jevalakshmi, showcasing its impactful success.



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

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

# Summer Camp – Yoga for Kids 2k23

Department of Human Excellence

## Invitation



The poster features a dark brown header with the college name and department. It includes two circular images of children in yoga poses. The text is arranged in a clean, organized manner, listing dates, times, fees, and activities. Logos for the college and the Institution's Inspection Council are also present.

**NGM COLLEGE  
POLLACHI  
DEPARTMENT OF HUMAN EXCELLENCE**

**Fees:  
Rs.250/-**

**Summer Camp  
YOGA FOR KIDS**

- Improves focus & attention span
- Builds strength & Flexibility
- Helps with self-control
- Boosts self Esteem & Confidence
- Cultivates Acts of Kindness & Good habits

**02/05/2023 TO  
06/05/2023**

**10.00 AM -  
04.00 PM**

**AGE GROUP- 08-15**

**ORGANISERS:  
D.GNANASOUNDARI 9659378647  
S.MAHESWARI 9976406237**

**MUSIC WARMUPS  
ASANA  
MINDFULNESS ACTIVITIES  
GAMES  
SUN SALUTATION  
PRANAYAM  
MORAL STORIES  
CHANTING  
& AFFIRMATIONS**

**ASSISTANT PROFESSORS S.JEYALAKSHMI HOD DR.R.MUTHUKUMARAN PRINCIPAL**

**IQAC/2022-23/APR/302**

## Report of the event:

### Report of the Event

Department of Human Excellence conducted Five days Summer Camp for Kids from 02.05.2023 to 06.05.2023 organized by D.GnanaSoundari and S.Maheswari Assistant Professors, Department of Human Excellence Nallamuthu Gounder Mahalingam College. In order to teach values to the kids the programme was conducted and to give children very important life skill that can help them to succeed in their life. In the Summer Camp 20 children participated and got benefited.

Daily Chanting was practiced and after Chanting the kids partake in one hour of Pranayama and Yogasana thought by yoga instructors. Then the Kids were engaged in Karma Yoga were we helped to fold and unfold the yoga mats and arrange the hall. We introduced Yoga Postures, Games and other Fun activities for the extended care kids until 5.00pm for them to depart. Overall the kids were enjoyed and had fun spending time truly looking forward to future events.

### Objective of the program

- To manage the anxiety & stress of the children
- To learn very that important life skill that can help them to succeed in their life.
- To boost the children's self esteem
- To give the sense of personal empowerment.
- To increase body awareness and mindfulness which helps to increase concentration and memory

### Outcome of the program

Twenty children got benefited through this Summer Camp. The children learned the emotional regulation and learned to be in the present moment while relaxing and gaining a peaceful state of mind. Perfecting yogasana pose improving their balance and flexibility can give young children a sense of personal empowerment. This camp helped the children to learn different type of moves requires children to focus and on their memorization skill over into their academic performance. They learned discipline and good habits through various practice and moral stories.

Co-ordinator

*D. G. Soundari*  
*S. Maheswari*

HOD



*Principal*

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

The Department of Human Excellence at Nallamuthu Gounder Mahalingam College organized a five-day Summer Camp for Kids (May 2-6, 2023), led by Assistant Professors D. Gnanasoundari and S. Maheswari. The camp aimed to instill values and vital life skills in children aged 6-15, through a lively program encompassing yoga, mindfulness, games, and activities. The children learned focus, stress management, and mindfulness techniques. Daily Chanting, Pranayama, and Yogasana were conducted, along with Karma Yoga and fun-filled extended care sessions. The camp culminated with certificates awarded by the principal, motivating children to embrace yoga and mindfulness for lifelong benefit.



# Attendance

**SUMMER CAMP 2023 - YOGA FOR KIDS**  
**Department of Human Excellence**  
**02.05.2023 to 06.05.2023**

**Attendance**

S.No	Name of the Child	Age	School	Name of the Parent/Gardian	Mobile
1	S.Varun	8	Aram Public School	M.Amsaveni	9942913324
2	S.Lakshitha	6	Santhi School	Dr.Nirmala Sathees	9345684300
3	A.S.Desnaa	15	Satchithanantha Jothi Nikethen School	Dr.Nirmala Sathees	9345684300
4	M.Dhanyaknesh	10	Disha A Life School	Dr.Pushoorani	9750007120
5	G.GughaAthiyuga	11	Akalya Public School	Dr.Parimalam	6238535465
6	R.Sivarouhan	12	Honey Bunch School	S.Rajmohan	9003940567
7	G.Sowmitha Sree	8	Maharishi Internationla School	G.Nithya	9047276719
8	G.Barani Raja	11	Government Hr Sec School	P.Annakodi	8921067973
9	M.Harisivuganesh	11	Keshava Vidhya Mandir School	Dr.Sumathi	8973003967
10	Jl.KavithraSri	12	LMS School	B.Dhanalakshmi	9688247875
11	S.Ahnavsankar	10	Vidhyodaya School	V.Chitra	9842777715
12	K.M.Ela	7	Nachiar School	Malathy	9688111164
13	S.J.Kavin	11	Vakeeshwari Vidhya Mandir School	Jeyusudha	9976761254
14	S.Srihith	11	Sri Vidhya Mandir Hr Sec School	S.Somasundaram	9486535368
15	V.Tamilniyan	9	Vidhyodaya School	Indhumathi	9629924694
16	M.Mohana Priya	8	Government Hr Sec School	P.Annakodi	8921067973
17	R.Shikhara Ram	5	ARB International School	Ramya (IOB)	9597897558
18	P.S.Sandhij	6	PKD School	Sasi	9788164422
19	S.N.Rithuavnika	8	KMG Mat School	Chandru (Canteen)	9894036861
20	C.Dhanumithra	6	KMG Mat School	Chandru (Canteen)	9894036861

Name of the Yoga Instructors  
D.Gnanasoundari *D. Gnanasoundari*  
S.Maheswari *S. Maheswari*

*A. Maheswari*

*S. Jeyalakshmi*  
HOD  
S.Jeyalakshmi



# Feedback

**SUMMER CAMP 2023 - YOGA FOR KIDS**  
**Department of Human Excellence**  
**02.05.2023 to 06.05.2023**  
**Feedback**

S.No	Name of the Child	Age	Feedback of the Students
1	S.Varun	8	Enjoyed
2	S.Lakshitha	6	Very Useful
3	A.S.Desnaa	15	In this Camp there is Very good Atmosphere
4	M.Dhanyaknesh	10	Very Interesting
5	G.GughaAthyugu	11	Getting Good experience
6	R.Sivaranban	12	Develop social skills
7	G.Sowmitha Sree	8	good experience
8	G.Barani Raja	11	learned new life skill
9	M.Harisivaganesh	11	enjoyed
10	H.KavithraSri	12	wonderful experience
11	S.Ahinavsankar	10	learned perfect yoga
12	K.M.Ela	7	enjoyed
13	S.J.Kavin	11	more useful
14	S.Srihith	11	learned life skill *
15	V.Tamilniyan	9	improve flexibility
16	M.Mohana Priya	8	increase confidence
17	R.Shikhara Ram	5	enjoyed
18	P.S.Sandhip	6	enjoyed
19	S.N.Rithuavnika	8	enjoyed
20	C.Dhanumithra	6	Enjoyed

Note: Oral Feedback was conducted with Children and recorded.

Name of the Yoga Instructors  
D.Gnanasoundari  
S.Maheswari

*D. Gnanasoundari*  
*S. Maheswari*

*D. Gnanasoundari*

*S. Jeyalakshmi*  
HoD

S.Jeyalakshmi



Scanned with ACE Scanner

# Bills

**SUMMER CAMP 2023 - YOGA FOR KIDS**  
**Department of Human Excellence**  
**02.05.2023 to 06.05.2023**

**Registration form**

S.No.	Name of the Child	Age	Std	School	Paid
1	B Varun	8	II	Aram Public School	250
2	S.Lakshita	6	I	Santhi School	250
3	A.S.Deeana	15	X	Satchithanantha Jothi Nikothen School	250
4	M.Dhanyaknesh	10	V	Disha A Life School	250
5	G.GughaAthyuga	11	VI	Akalya Public School	250
6	R.Sivarooan	12	VII	Honey Bunch School	250
7	G.Sowmitha Sree	8	III	Maharishi Internationla School	250
8	G.Barni Raja	11	VI	Government Hr Sec School	250
9	M.Harisivaganesh	11	VII	Keshava Vidhya Mandir School	250
10	H.KavithraSri	12		LMS School	250
11	S.Abinavsankar	10	V	Vidhyodaya School	250
12	K.M.Ela	7	II	Nachiar School	250
13	S.J.Kavin	11	VII	Vakeeshwari Vidhya Mandir School	250
14	S.Sribith	11		Sri Vidhya Mandiur Hr Sec School	250
15	V.Tamilniyan	9	IV	Vidhyodaya School	250
16	M.Mohana Priya	8	III	Government Hr Sec School	100
17	R.Shikhar Ram	5	UKG	ARB International School	100
18	P.S.Sandhip	6	I	PKD School	100
19	S.N.Rithuavnika	8	III	KMG Mat School	100
20	Dhanumithra	6		KMG Mat School	100
<b>Total</b>					<b>4250</b>

Name of the Yoga Instructors  
D.Gnanasoundari  
S.Maheswari

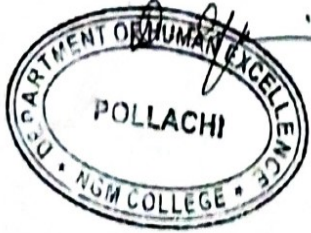
*S. Jayalakshmi*  
HOD  
S. Jayalakshmi



*Expenses*

SUMMER CAMP 2023 - YOGA FOR KIDS					
Department of Human Excellence					
02.05.2023 to 06.05.2023					
S.No	Date	Bill.No.	Particulars	Amt	Remarks
1	02.05.2023	9900	Snaks to the children	165 ✓	
2	03.05.2023	1825	Snaks to the children	351 ✓	
3	04.05.2024	10591	Snaks to the children	225 ✓	
4	05.05.2025	10974	Snaks to the children	440 ✓	
5	05.05.2026	8134	certificate	300 ✓	
6	05.05.2027	560	gifts to the children	560 ✓	
7	06.05.2028	1842	Snaks to the children	180 ✓	
			Total	2221 ✓	

Signature of the co-ordinators




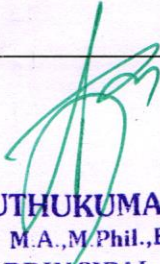
*[Signature]*  
13/5/23  
Dr. S. UMAPATHY  
Dean Research  
NGM College  
Palghat Road, Pollachi  
Tamilnadu - 642 001.

*[Signature]*  
Head & Assistant Professor,  
Department of Human Excellence,  
Nallamuthu Gounder Mahalingam College,  
Pollachi.

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

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

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

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



**Nallamathu Gounder Mahalingam College, Pollachi**  
(Autonomous) Re-Accredited by NAAC An ISO 9001:2015 Certified Institution, Affiliated to Sharathiar 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**

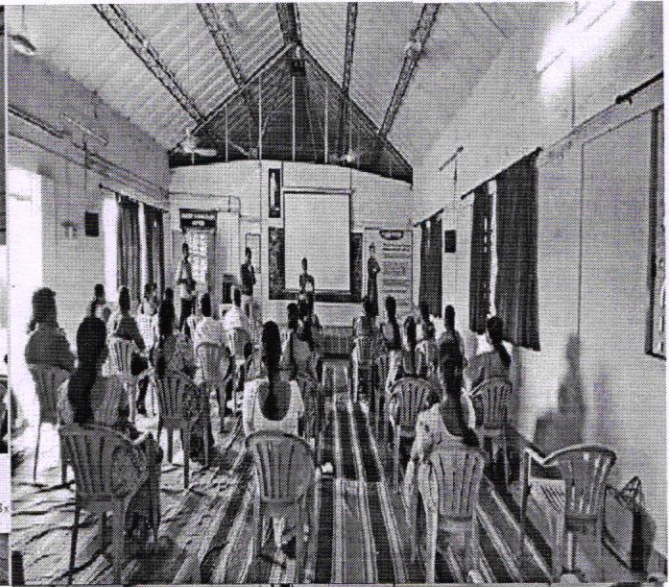
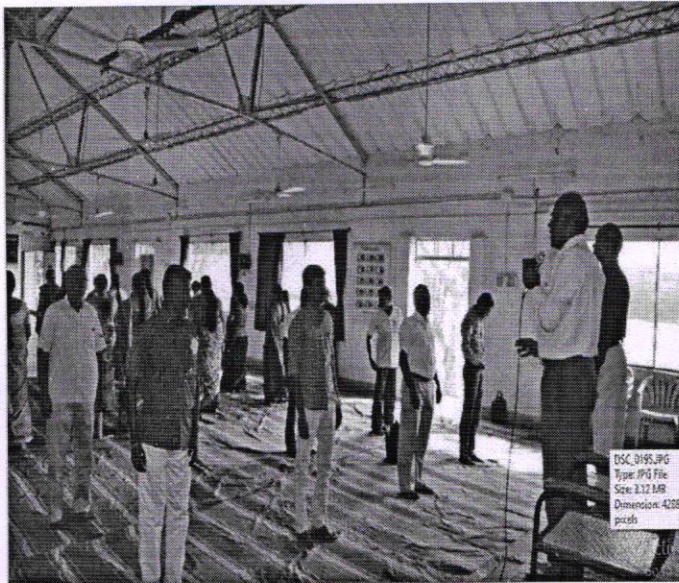
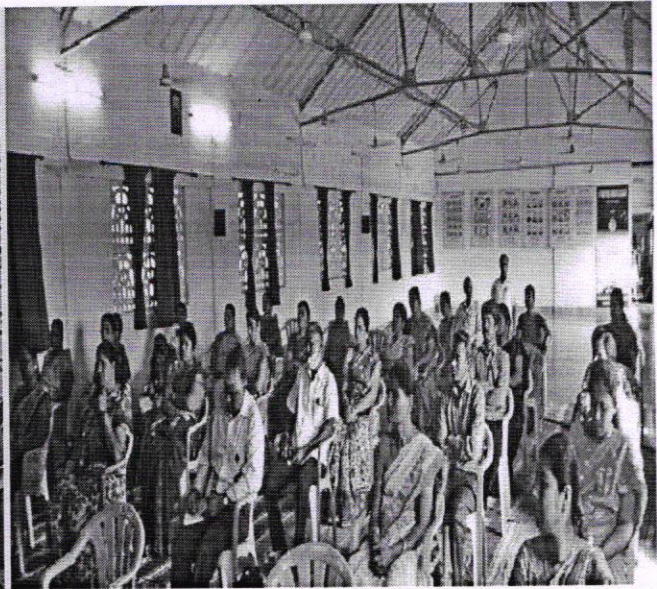
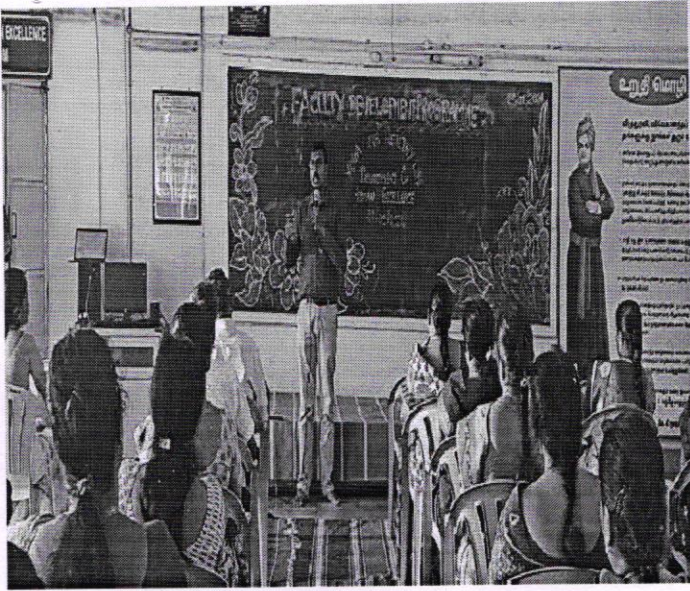
**S. Shanmuga Vadivu**  
**V. Settu**  
**S. Maheswari**  
**D. Gnanasoundari**  
**Dr. S. Jagadambal**  
**D. Yashotha**  
**A. SriKavitha**

29.01.2024 – 05.2.2024  
Time-3.00 pm to 4.00 pm.  
Venue: Arutjothi Arangam

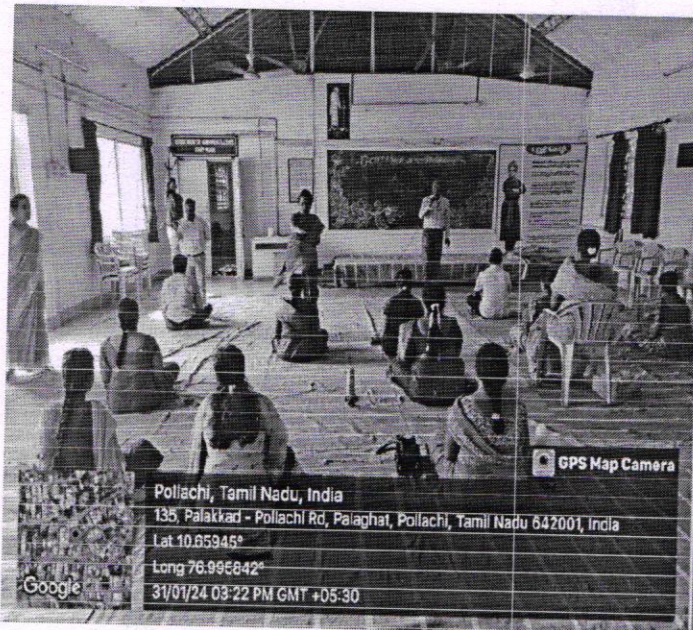
IQAC/2023-24/JAN/216

**Programme Schedule**  
29.01.2024 – 05.2.2024, Time - 3.00 pm to 4.00 pm.

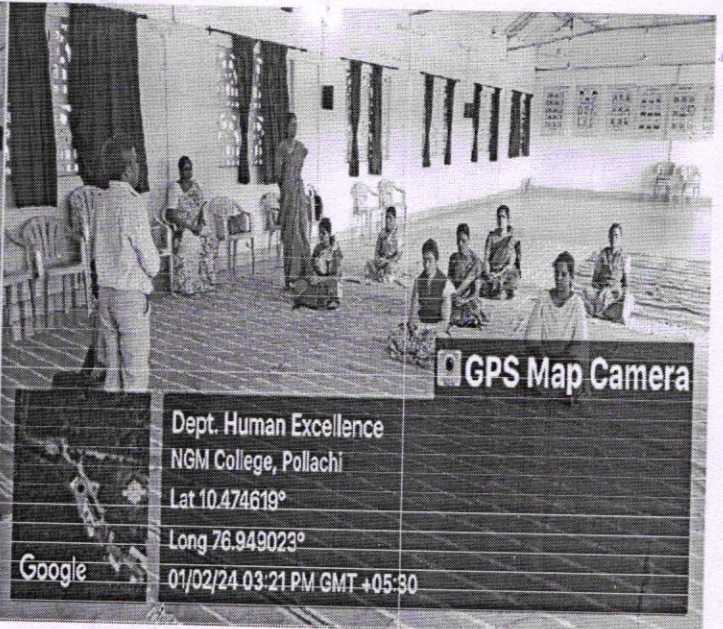
Date	Topic	Faculty
29.1.2024	Inauguration session: Yoga and Naturopathy for Healthy lifestyle	Dr. B. Ragavendrasamy, Assistant Medical Officer, Udumalpet
30.1.2024	Agna Initiation Hand and Leg Exercises Nadisudhi & Clearance Pranayama	S. Jeyalakshmi N. Panneerselvam Assistant Professor of Human excellence
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	<b>Valedictory Session</b> Feedback Felicitation & Certificate Distribution: <b>Dr. R. Muthukumaran,</b> Principal <b>Dr.S. Saravana Babu,</b> Dean- Academic <b>Dr.S. Umapathy,</b> Dean - Research	



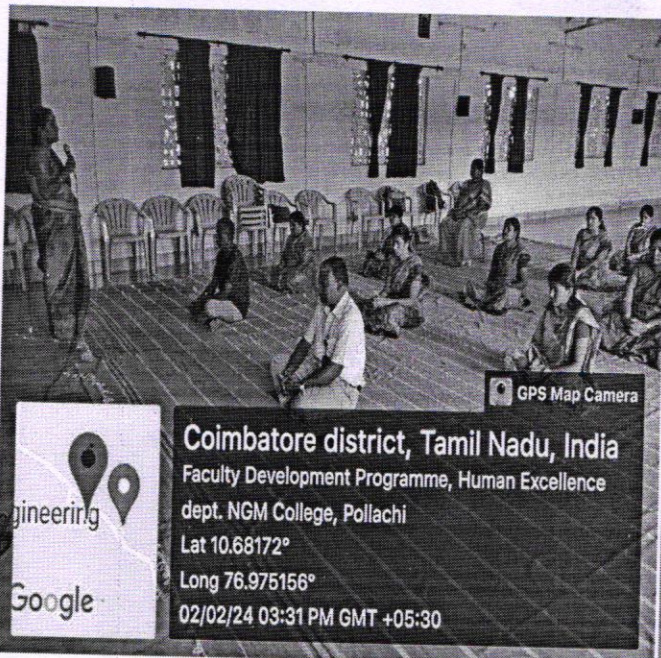
**Dr. R. MUTHUKUMARAN,**  
M.A., M.Phil., B.Ed., Ph.D.,  
PRINCIPAL  
N.G.M. College, Pollachi - 642 001  
Coimbatore District



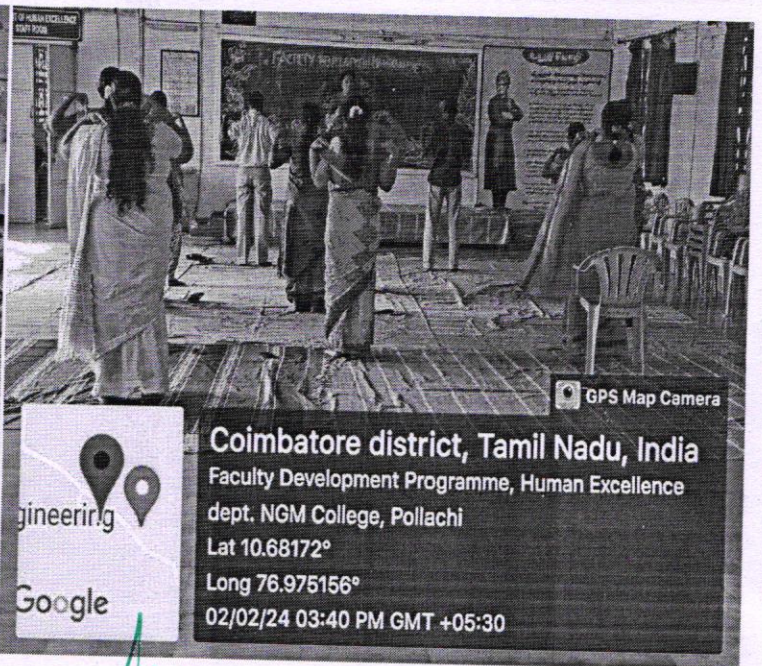
GPS Map Camera  
 Pollachi, Tamil Nadu, India  
 135, Palakkad - Pollachi Rd, Palaghat, Pollachi, Tamil Nadu 642001, India  
 Lat 10.65945°  
 Long 76.995842°  
 31/01/24 03:22 PM GMT +05:30



GPS Map Camera  
 Dept. Human Excellence  
 NGM College, Pollachi  
 Lat 10.474619°  
 Long 76.949023°  
 01/02/24 03:21 PM GMT +05:30

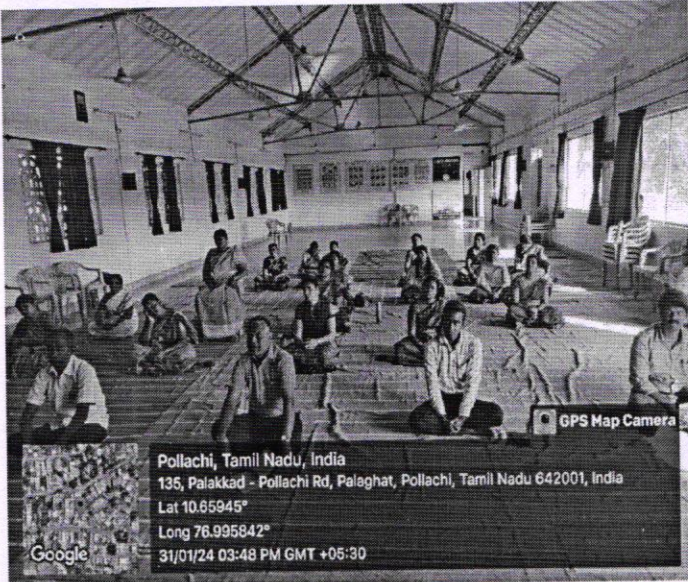


GPS Map Camera  
 Coimbatore district, Tamil Nadu, India  
 Faculty Development Programme, Human Excellence  
 dept. NGM College, Pollachi  
 Lat 10.68172°  
 Long 76.975156°  
 02/02/24 03:31 PM GMT +05:30



GPS Map Camera  
 Coimbatore district, Tamil Nadu, India  
 Faculty Development Programme, Human Excellence  
 dept. NGM College, Pollachi  
 Lat 10.68172°  
 Long 76.975156°  
 02/02/24 03:40 PM GMT +05:30

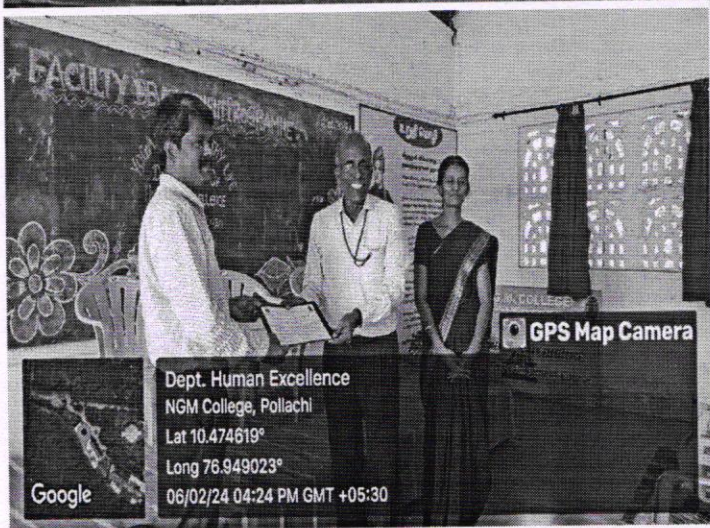
**Dr. R. M. KUMARAN,**  
 M.A., M.Ed., Ph.D.  
 PRINCIPAL  
 N.G.M. College, Pollachi - 642 001  
 Coimbatore District



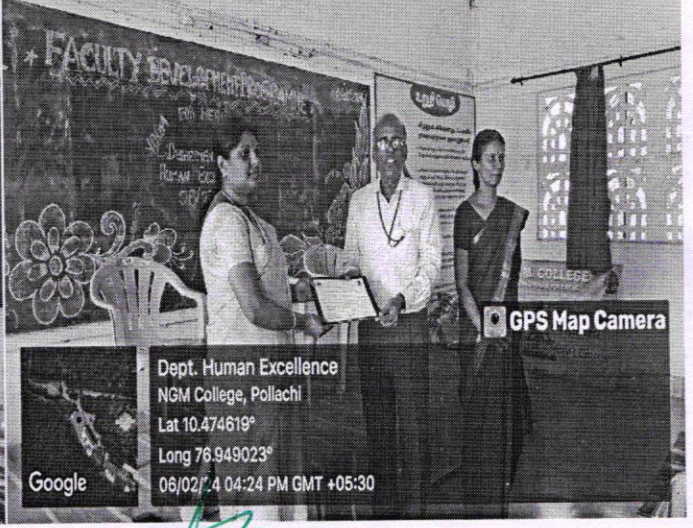
GPS Map Camera  
Pollachi, Tamil Nadu, India  
135, Palakkad - Pollachi Rd, Palaghat, Pollachi, Tamil Nadu 642001, India  
Lat 10.65945°  
Long 76.995842°  
31/01/24 03:48 PM GMT +05:30  
Google




GPS Map Camera  
Dept. Human Excellence  
NGM College, Pollachi  
Lat 10.474619°  
Long 76.949023°  
06/02/24 04:30 PM GMT +05:30  
Google



GPS Map Camera  
Dept. Human Excellence  
NGM College, Pollachi  
Lat 10.474619°  
Long 76.949023°  
06/02/24 04:24 PM GMT +05:30  
Google



GPS Map Camera  
Dept. Human Excellence  
NGM College, Pollachi  
Lat 10.474619°  
Long 76.949023°  
06/02/24 04:24 PM GMT +05:30  
Google

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

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	Ms A Gomathi	B.Com - B&T	9965652211	A. Gomathi
2	K. VITAYAKUMAR	B.Sc. IT	9486242224	K. V. Jayaraj
3	R. SEKAR	IT	9384448916	R. Sekar
4	Dr. P. Sathishkumar	Per Botany	9788103543	P. Sathishkumar
5	P. Subodhram A	Commerce (CA)	9976773723	P. Subodhram
6	Dr. S. Paanyadi	Commerce (CA)	9842063008	S. Paanyadi
7	Dr. P. Jayanthi	Commerce (CA)	9942566770	P. Jayanthi
8	Dr. P. Jeeva	B. Com - BT	701005120	P. Jeeva
9	MS J. MADHUBALA	B. Com - PA	9750797279	J. Madhubala
10	Dr G. AKILANDESWARI	B. Com (Finance)	8270529545	G. Akilandeswari
11	Dr. S. Kokilavil	B. Com (Finance)	9659021592	S. Kokilavil
12	Dr. S. Parimaladevi	English (Media)	9865489093	S. Parimaladevi
13	Ms. B.V. Nithi Varshini	Social Work	8590171269	B.V. Nithi
14	Dr. T. Gowran	Chemistry	9715397500	T. Gowran
15	Dr. N. BAGYALAKSHMI	Commerce	9843020126	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 TB	9884915659	B. Rohini
19	Dr. M. Akshayale	B. Com BPS	9688064882	M. Akshayale
20	Ms V Purnima	B. Com - BPS	8508076065	V. Purnima
21	D. Divya	M. Com TB	9488872553	D. Divya

S.no	Name of the Staff	Department	Phone No.	Signature
22	✓ Dr. M. Sathiyabama	B.Com (E-Commerce)	9790016126	M. V. L. S.
23	✓ K. Sudha	B.Com (E-Commerce)	9539665946	K. Sudha
24	✓ Dr. T. S. Kavitha	B.Com	81883150371	C. Kavitha
25	✓ Dr. M. Shanmuga Priya	B.Com (CA)	9688751431	M. Shanmuga Priya
26	✓ Dr. M. Nilamala	B.Com (CA)	9976046158	M. Nilamala
27	✓ Dr. E. Renuka	B.Com (Finance)	9976961355	E. Renuka
28	✓ M. Marimuthu	Dept of Zoology	9095542135	M. Marimuthu
29	✓ Dr. K. DHANALAKSHI	TAMIL	9080413249	D. K. Dhanalakshi
30	✓ Dr. S. Sankaraji	PG Botany	7094373012	S. Sankaraji
31	✓ Ms. R. Sangeetha	Tamil (Aided)	9952365088	S. R. Sangeetha
32	✓ Dr. P. Maheswari	Tamil "	8012005938	P. Maheswari
33	✓ Latha. M	Computer Science (Aided)	9946939238	Latha. M
34	✓ Dr. B. ARULSTOCHI	Tamil (Aided)	9344885715	B. Arulstochi
35	✓ Dr. R. Anasweni	B.com (Finance)	9688078378	R. Anasweni
36	✓ Dr. T. Mohana Sundari	B. Com - CA	8012291119	T. Mohana Sundari
37	✓ Dr. R. Ramya	"	9788552042	R. Ramya
38	R. Raja Nopalan	"	9994432558	R. Raja Nopalan
39	M. Udayathri	"	6383049198	M. Udayathri
40	Dr. D. Rajasekaran		9976048847	
41				
42				
43				
44				
45				
46				

## 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. Jaava	B. Com (CB)	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. Purnima	B. Com - BPS	8508076065	
6	Dr. M. Shanmuga Priya	B. Com (CA)	9688751431	
7	Dr. M. Nirjala	B. Com (CA)	9976046152	
8	Dr. N. Bappalaxmi	Commerce	9843080126	N. Bappalaxmi
9	Dr. T. Gowrani	Chemistry	9715397500	
10	Dr. T. S. Karthika	B. Com	8883150371	
11	Dr. K. Dhanalaxhi	Tamil	9080473249	
12	Dr. P. Maheswari	"	8012005932	
13	Dr. S. Parimalathi	English	9865489093	
14	Dr. M. V. Sathya	E-Commerce	9790016121	
15	K. Sudha	E-Commerce	9539665946	
16	Dr. S. Gowri	PG Botany	7094373012	
17	D. Divya	M. Com IB	9488872553	
18	Dr. B. Rohini	M. Com IB	9884915659	
19	Dr. M. Akshaya	B. Com BPS	9688069882	
20	Ms. R. Sumiya	Tamil	9952365081	
21	M. Latha	CS (Aided)	9946939238	

S.no	Name of the Staff	Department	Phone No.	Signature
22	R. SAILOR	IT	9384448916	R.S.
23	D. Rajambaram	Re J	9576048847	D.R.
24	K. V. Jayalaxmi	B. Sc. ST	9486242274	K.V.
25	P. S. Sankaranarayanan	B. Com PA	9879250978	P.S.
26	Dr. P. Sathishkumar	Ph Botany	9788103543	P.S.
27	M. M. Anand	LAB 25720	9095542135	M.M.
28	Dr. K. M. RUGAVEW	Asst Prof Eca	9442920521	K.M.
29	Ms S. TAYALAKSHMI	Zoology	9944008420	S.T.
30	Dr. G. Akilandeswari	Finance	8870529555	G.A.
31	Ms A. Gomathi	B. Com BJ	996565220	A.G.
32	Dr. B. Anuljathi	Tamil	9344488575	B.A.
33	M. Gayathri	B. WMA	8383049198	M.G.
34	Dr. P. Anitha	Commerce (CA)	9576333300	P.A.
35	Dr. T. Mohana Sundari	B. Com (CA)	8012291119	T.M.
36	Poakalathan A	Commerce (CA)	9976775760	P.A.
37	Dr. E. Reanga	B. Com (Finance)	9976961355	E.R.
38	Dr. R. Ramya	B. Com (CA)	9788552042	R.R.
39	Dr. T. S. Laxitha	B. Com	8883150371	T.S.
40	Dr. S. K. Lakshmi	B. Com (Finance)	9659027592	S.K.
41	Ms B. V. Nithe Varshini	Social Work	8590132267	B.V.
42				
43				
44				
45				
46				

S.no	Name of the Staff	Department	Phone No.	Signature
22	Dr. T. Gowdani	Chemistry	971537500	D. Gowdani
23	M. Narasimhan	Zoology	9895542135	M. Narasimhan
24	Latha M	CS (Aided)	9916939238	Latha
25	M. Gayathri	B. Com CA	6393049198	M. Gayathri
26	Dr. P. Latha	Commerce (A)	9576233300	P. Latha
27	Dr. T. M. Suresh	Commerce (A)	8072291119	T. M. Suresh
28	Dr. F. Renuge	B. Com (Finance)	9976961355	F. Renuge
29	Dr. M. V. Sathyanarayana	B. Com (Finance)	979004125	M. V. Sathyanarayana
30	Dr. S. Prangadi	Commerce - CA	9842063008	S. Prangadi
31	Dr. P. Jayanthi	Commerce - CA	9942566770	P. Jayanthi
32	Dr. R. Ramya	B. Com (CA)	9788552042	R. Ramya
33	Ms. V. Pournima	B. Com BPS	8508076065	V. Pournima
34	Dr. M. Shanmugapriya	B. Com CA	9688751431	M. Shanmugapriya
35	Dr. M. Arumala	B. Com CA	9976066158	M. Arumala
36	Dr. T. S. Karthi	B. Com	8883150371	T. S. Karthi
37	Dr. S. Kailash	B. Com (Finance)	9659027592	S. Kailash
38	Ms. B. V. Nithi Vashini	Social Work	8590171269	B. V. Nithi Vashini
39	Dr. R. Anandani	B. Com (Finance)	9682078378	R. Anandani
40				
41				
42				
43				
44				
45				

## 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

01-02-2024

S.No	Name of the Staff	Department	Phone No	Signature
1	K. Vijaya Kumar	B.E. IT	9486242274	
2	M. Shanmugas Priya	B.Com (CA)	9688751431	
3	Dr. M. Nirmala	B.Com (CA)	9976046158	
4	R. SEKAR.	IT	9384448916	
5	R. Senthil Kumar	B. Com PA	9894457975	
6	Dr. B. Rohini	M. Com IB	9884915659	
7	Ms. R. Suresh	Tamil	9952365088	
8	Dr. B. ARULJOOTHI	Tamil	934488575	
9	D. Divya	M. Com IB	9488872553	
10	Dr. K. Primaladevi	Tamil	9080473237	
11	Dr. P. Maheswari	"	8012005932	
12	Ms. J. MADHUBALA.	B. Com - PA	9750797279	
13	Dr. R. Aravind	B. Com (Finance)	5688078878	
14	Dr. S. Parimaladevi	English (Aided)	9865489093	
15	Dr. S. Kavitha	B. Com (Finance)	9659027592	
16	Dr. G. Akilandeswari	Finance	8870529555	
17	Dr. F. Renuga	B. Com (Finance)	9976961355	
18	Ms. A. Gomathi	B. Com BI	9965652211	
19	Dr. T. Gowrani	Chemistry	9715397600	
20	Dr. M. Moosumathi	Zoology	9095342135	
21	Latha. M	CS Aided	9946939238	

## 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. ARULJOITHI	Tamil	9344885715	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	BCS (Aided)	9946939238	Latha. M
12	K. Vijay Kumar	B. Sc. IT	9486442274	K. Vijay Kumar
13	Dr. K. Shanmugadevi	Tamil	9080473249	K. Shanmugadevi
14	Ms. A. Gomathi	B. Com BT	9965652211	A. Gomathi
15	Dr. T. Gowri	Chemistry	9715397500	T. Gowri
16	M. Manimuttu	Zoology	995542135	M. Manimuttu
17	M. Gayatri	B. Com CA	6383049198	M. Gayatri
18	Dr. P. Anitha	Commerce (CA)	9976333300	P. Anitha
19	Dr. T. Mahanadurbi	Commerce (CA)	80029119	T. Mahanadurbi
20	P. K. Lakshmi A	Commerce (CA)	9976773723	P. K. Lakshmi A
21	S. P. Jayanthi	Commerce (CA)	9922566770	S. P. Jayanthi

S.no	Name of the Staff	Department	Phone No.	Signature
22	Dr. S. Peengodi	Communcion	9842 063008	
23	Dr. M. Ananayala	B.com BPS	7683062882	
24	Dr. P. Sathishkumar	PG Botany	9788103543	
25	Mrs. D. Somanaya	PG Botany	7094372012	
26	Dr. G. Anandakumari	Commerce (Finance)	9870829555	
27	Dr. E. Renuge	"	9976961355	
28	Dr. M. V. Sathyaabama	B.Com (Finance)	9790061226	
29	Dr. N. BAGYALAKSHMI	Commerce	9842020126	
30	Dr. S. Peengodi	Commerce - CA	9842063008	
31	Dr. P. Jayanthi	Commerce - CA	9942566720	
32	Dr. R. Ramya	B.Com (CA)	9188552042	
33	Ms. V. Poornima	B.Com BPS	8508076065	
34	Dr. T. S. Kavitha	B.Com	8883152371	
35	Dr. S. Kalavathi	B.Com (Finance)	9659027592	
36	Dr. M. Jagan	B.Com (CA)	7010055120	
37	Ms. B. V. Nithi Vashini	Social Work	8590189269	
38	Dr. R. Anasweni	B.Com (Finance)	9689072372	
39	K. Sudha	B.Com (Commerce)	9539665946	
40				
41				
42				
43				
44				
45				

## 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

05-02-2024

S.No	Name of the Staff	Department	Phone No	Signature
1	MS. S. JAYARAJESHWARI	Zoology	9944008420	[Signature]
2	MS. S. MADHUBALA	B.com-PA	9750797279	[Signature]
3	Dr. S. Parimaladevi	English	9865489093	[Signature]
4	Dr. K. Bhimalalini	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	9244488575	[Signature]
11	Dr. P. Maheswari	"	8012005932	[Signature]
12	Dr. M. V. Sathya	P-Commerce	9790016126	[Signature]
13	K. Sudha	P-Commerce	9539665946	[Signature]
14	Dr. M. Manimuth	Dept. of Zool	9075542125	[Signature]
15	R. SEKAR.	ASST. PROF. IT	9384448916	[Signature]
16	K. Vijayakumar	B.C.C.IT	9486242274	[Signature]
17	Ms. A. Gomathi	B.Com BT	9965652211	[Signature]
18	Dr. T. Gowrani	Chemistry	9715397500	[Signature]
19	M. Gayathri	B.com IB	6203049198	[Signature]
20	Dr. P. Anitha	Commerce (CA)	9976333300	[Signature]
21	Dr. T. Mohan	Commerce	8072291119	[Signature]

## 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

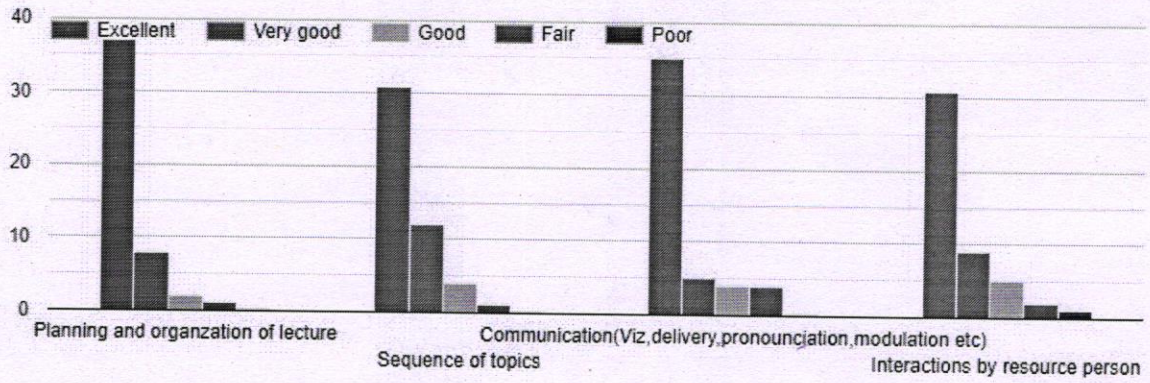
S.No	Name of the Staff	Department	Phone No	Signature
1	R. SELVAR	PT	9384448916	R. Selvar
2	Dr. S. Pazimaladevi	English	9865489073	S. Pazimaladevi
3	Dr. K. Thanalathi	Tamil	9080473249	K. Thanalathi
4	MS. J. MADHUBALA	B.com - PA	9750797279	J. Madhubala
5	Dr. B. ARULJOTHI	Tamil	9344885715	B. Aruljothi
6	R. Susiya	Tamil	9952365088	R. Susiya
7	Ms. S. JAYAKANESHI	Zoology	9944008620	S. Jayakaneshi
8	Mrs. D. Divya	M.com IB	9488872553	D. Divya
9	Dr. B. Rohini	M.com IB	9854915659	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)	9978773723	A. Prakash
13	Ms. A. Gomathi	B.com BI	9965652211	A. Gomathi
14	Dr. T. Ganesan	Chemistry	9715397000	T. Ganesan
15	Litha.M	CS Aided	9946939238	Litha.M
16	M. Gayatri	B.com IA	6383049148	M. Gayatri
17	Dr. P. Anitha	Commerce(CA)	9976333360	P. Anitha
18	Dr. T. Mahesh Suresh	Commerce(CA)	8012291119	T. Mahesh
19	Dr. S. Poongodi	"	9842063008	S. Poongodi
20	Dr. P. Jayanthi	"	994266770	P. Jayanthi
21	Dr. M. Arinayala	B.com Bpe	9688069880	M. Arinayala

S.no	Name of the Staff	Department	Phone No.	Signature
22	Dr. P. Ramesh	PG Botany	70912373012	Dr. P. Ramesh
23	Dr. P. Anilakumar	Comm. (Finance)	8870529555	Dr. P. Anilakumar
24	Dr. E. Renuka	"	9976961355	Dr. E. Renuka
25	Dr. M. V. Sathyanarayana	B. Com (B.A.)	9790016126	M. V. Sathyanarayana
26	Dr. N. Balakrishna	Commerce	9843020196	N. Balakrishna
27	Dr. R. Ramesh	B. Com (CA)	9788552444	Dr. R. Ramesh
28	Ms. V. Purnima	B. Com B.S.	8508076065	Ms. V. Purnima
29	Dr. M. Shanmugapriya	B. Com CA	9888751431	Dr. M. Shanmugapriya
30	Dr. M. Nirmala	B. Com CA	9976046188	Dr. M. Nirmala
31	Dr. T. S. Karitha	B. Com	8883150271	Dr. T. S. Karitha
32	Dr. S. Kalkilavathi	B. Com (Finance)	9659627592	Dr. S. Kalkilavathi
33	Dr. M. Jeeva	B. Com B.S.	7010055120	Dr. M. Jeeva
34	Ms. B. V. Nithi Varshini	Social Work	8590176269	B. V. Nithi Varshini
35	Dr. R. Anurag	B. Com (Finance)	9688078322	Dr. R. Anurag
36	K. Susha	B. Com B. Commerce	9539665946	K. Susha
37	Dr. E. Renuka	B. Com (Finance)	9976961355	Dr. E. Renuka
38	Dr. P. Sathish Kumar	PG Botany	9788103543	Dr. P. Sathish Kumar
39				
40				
41				
42				
43				
44				
45				

Feedback

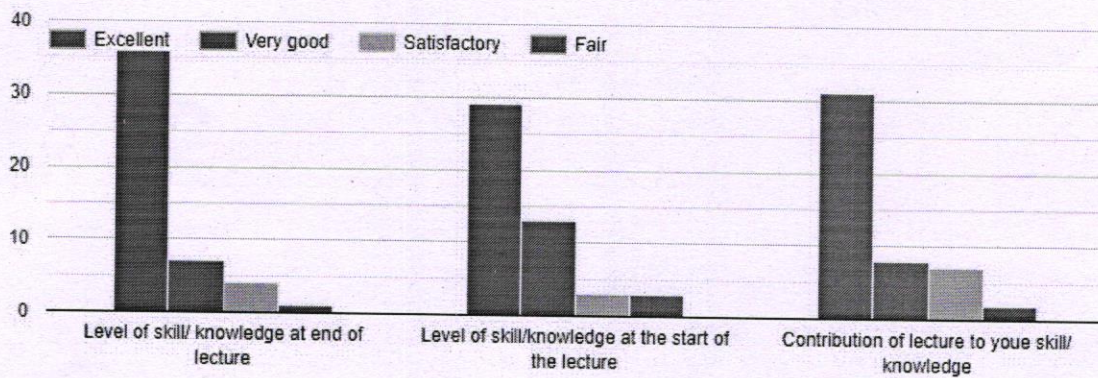
Presentation by resource persons:

Copy



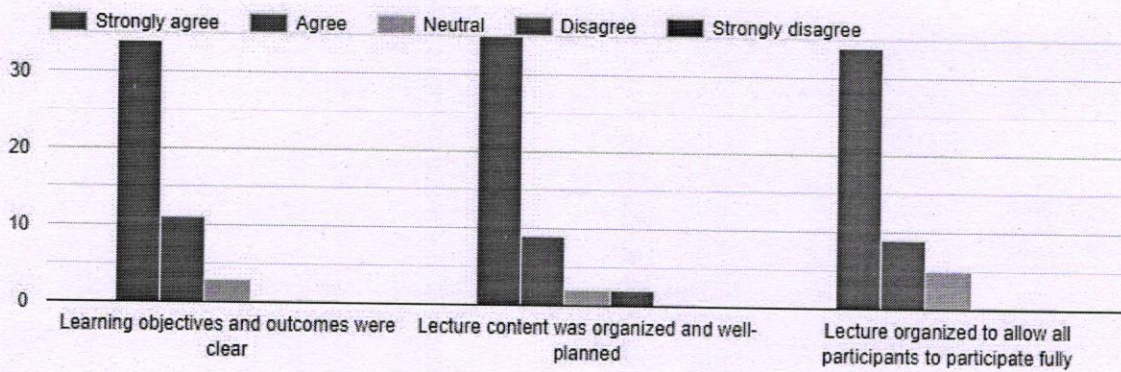
Contribution to learning:

Copy



Lecture content:

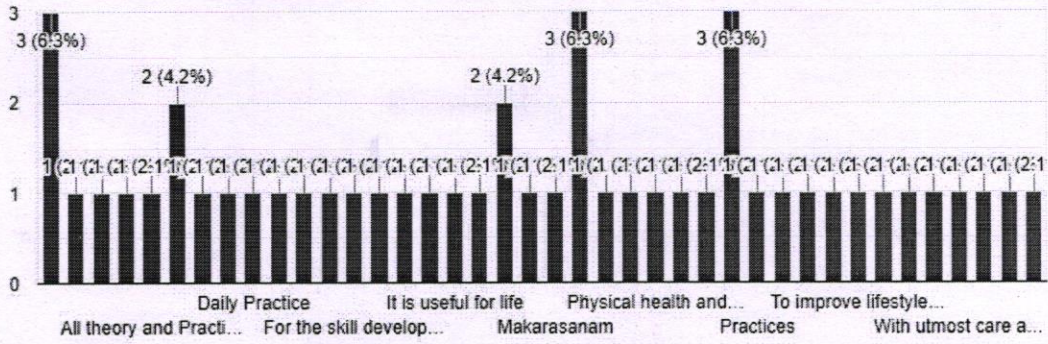
Copy



**What aspects of these lectures where most useful or valuable?**

Copy

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, Combatores



## 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 VALAMUDANI VAZHGA VAIVAGAMI

## 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

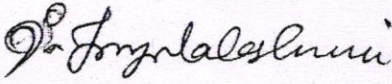
He received worth of one and half crores from various funding agencies like MIT,USA- SVYASA, MSRIT - SVYASA(Private Funding), Private funding from Donor


### Text book

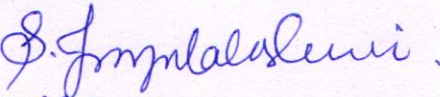
- ✦ He has published two chapters in the textbook "**Reference Manual for Physicians : Clinical Yoga Naturopathy**"

### 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**

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

... excellence  
... Assistant Professor



# Nallamuthu Gounder Mahalingam College

(Autonomous)

Re-Accredited by NAAC and ISO 9001:2015 Certified  
Institution Affiliated to Bharathiar University, Coimbatore  
Pollachi - 642 001

<b>Name of the capability enhancement program:</b> Siddha for Health and Hygiene	
<b>Department :</b> Human Excellence	
<b>Name of the Organizer :</b> S. Jeyalakshmi, D. Yashotha, A. Srikavitha	
<b>Category :</b> Offline	
<b>Date :</b> 08.02.2024	<b>No. of Days :</b> 1
<b>No. of Participants:</b> 205	
<b>In Collaboration with :</b> Nil	
<b>Target Audience :</b> NGM College Students	<b>Beneficiaries of the Event :</b> NGM College Students
Youtube Link: <a href="https://youtu.be/N7WNfwxz9NM?si=QfclBvaXBP8wCJ4l">https://youtu.be/N7WNfwxz9NM?si=QfclBvaXBP8wCJ4l</a>	

IQAC/2023-24/FEB/236



Nallamuthu Gounder Mahalingam College  
(Autonomous) Pollachi

**DEPARTMENT OF HUMAN EXCELLENCE**  
organizes

**Professional Development Programme**  
on  
**Siddha for Health & Hygiene**

**Resource Person**

**Dr. G. SWETHALAKSHMI, BSMS**

Maharishi Siddha Clinic, Pollachi

08.02.2024, 9-11 AM

ARULJOTHI ARANGAM

**Patron**

Prof. Dr. R. Muthukumaran, Principal

**Advisors**

Dr. S. Saravana Babu, Dean-Academic

Dr. S. Umapathy, Dean-Research

**Conveners**

S.Jeyalakshmi (HOD)

A.Srikavitha

D.Yashotha

**Co - Conveners**

N.Panneerselvam

Dr. P.Veersithivinayagan

S.Shanmugavadivu

V. Settu

S.Maheswari

D.Gnanasoundari

K.Santhi

Dr. S.Jagadambal



## Professional Development Program

## Department of Human Excellence

Date: 08.02.2024 Time: 9-11 Am

Venue: Anuljothi Arangan

08-02-2024

S.No	Name of the Student	Reg.No	Phone No	Signature
1	E. Sreeja	22-BC-115	6369436573	E. Sreeja
2	G. I. Agalya	22-BC-76	9655223265	G. I. Agalya
3	S. Anandharaj	22-TM-10	812266272	S. Anandharaj
4	S. Narasimhan	22-TM-33	9566537233	S. Narasimhan
5	D. Keerthana	22-TM-29	9571665131	D. Keerthana
6	T. Sripriya	22-TM-46	8903596343	T. Sripriya
7	M. Sharmila	22-TM-114	85264168127	M. Sharmila
8	K. Anisha Begum	22-TM-12	9360286998	K. Anisha Begum
9	P. Shalini	22-TM-20	9746204115	P. Shalini
10	S. Tamilaresi	22-TM-47	7339074064	S. Tamilaresi
11	S. Gayathri	22-TM-24	822244383	S. Gayathri
12	V. Geetha Sri	22-TM-79	9566925595	V. Geetha Sri
13	S. Tamilmani	22-TM-48	638552792	S. Tamilmani
14	C. Gobika	22-TM-05	6382839943	C. Gobika
15	R. Blessina	22-TM-14	8072637751	R. Blessina
16	N. Durga Devi	22-BC-35	6335110563	N. Durga Devi
17	C. R. M. Varsha	22-BC-116	8012445205	C. R. M. Varsha
18	N. Nithesha	22-BC-109	9075543181	N. Nithesha
19	S. Anandmithra	22-BC-97	9750610106	S. Anandmithra
20	C. Manju	22-BC-107	8838454334	C. Manju
21	P. Duriga Devi	22-BC-103	96379354292	P. Duriga Devi

## Professional Development Program

## Department of Human Excellence

Date: 08.02.2024 Time: 9-11 Am

Avenue: Aruljothi Arangam

08-02-2024

S.No	Name of the Student	Reg.No	Phone No	Signature
22	RITHIKA.P	22-TM-42	8248334898	Rishi
23	G.J.LAVANYA	22-TM-29	6881266057	G.J.Lavanya
24	D.Rathiyasathi	22-TM-41	9842254962	D.Rathiyasathi
25	Bushanandhini	22-TM-51	9965351739	Bushanandhini
26	B. Akilakarani	22-CE-029	9442293481	B. Akilakarani
27	S. Anithi	22-CE-027	9189522183	S. Anithi
28	P. Rajyoga	22-CE-052	686328986	P. Rajyoga
29	S. K. Indira	22-CE-35	6369828295	S. K. Indira
30	R. Divya dharshini	22-CE-31	7806315451	R. Divya dharshini
31	G. Pradeepa	22-CE-60	9349799731	G. Pradeepa
32	Sugitha.T	22-CE-58	9025258263	Sugitha.T
33	R. Leelabharani	22-CE-41	9629494709	R. Leelabharani
34	K. Mathuvandini	22-CE-44	860135693	K. Mathuvandini
35	R. Reepa	22-CE-54	7449090657	R. Reepa
36	E. Muthubharitha	22-CE-46	986182626	E. Muthubharitha
37	S. Zahara fathima	22-CE-56	9942660394	S. Zahara fathima
38	E. Nirmaladevi	22-BI-38	9862862225	E. Nirmaladevi
39	N. Sowmya	22-BI-16	7904546325	N. Sowmya
40	S. Chitra	22-TM-15	9025419762	S. Chitra
41	M. Malathi	22-CE-99	9845327114	M. Malathi
42	R. Kaviya	22-CE-96	8178601126	R. Kaviya

S.no	Name of the Student	Reg No	Phone No	Signature
47	P. Lakshmi Christy	22-CE-010	9683144339	P. Lakshmi
48	S. Hari Sagar	22-CE-02	2139962412	S. Hari Sagar
49	S. Adhwin	22-CE-62	9944452535	S. Adhwin
50	K. Mohanraj	22-BE-23	9566586116	K. Mohanraj
51	G. Karan Kumar	22-BE-16	8500577400	G. Karan Kumar
52	A. K. Animesh	22-BE-15	9751630222	A. K. Animesh
53	A. L. Chaitanya	22-CE-06	6100477122	A. L. Chaitanya
54	M. Anil	22-CE-11	80227700	M. Anil
55	T. Anurag	22-CE-10	977377166	T. Anurag
56	M. Anush	22-CE-27	9345516532	M. Anush
57	B. Anandharan	22-CE-43	9110863310	B. Anandharan
58	S. Anurag	22-CE-51	934032810	S. Anurag
59	R. Anurag	22-CE-03	8590143441	R. Anurag
60	T. Anurag	22-CE-07	936162140	T. Anurag
61	A. Anurag Prarth	22-BC-083	9025362089	A. Anurag Prarth
62	M. Anurag Singh	22-BC-086	6382132992	M. Anurag Singh
63	S. Anurag Gory	22-BC-061	5423340402	S. Anurag Gory
64	M. Anurag Shrestha	22-BC-080	7904374006	M. Anurag Shrestha
65	A. Anurag	22-BC-088	8590143441	A. Anurag
66	S. Anurag Sunda	22-BC-010	9860689611	S. Anurag Sunda
67	A. Anurag	22-BC-013	7502987000	A. Anurag
68	U. Anurag B	22-CE-25	7907366430	U. Anurag B
69	M. Anurag N	22-CE-16	9344611257	M. Anurag N
70	R. Anurag Kumar	22-CE-20	8000344516	R. Anurag Kumar
71	S. Anurag Prakash	22-CE-04	9844498730	S. Anurag Prakash

S.no	Name of the Student	Reg.No	Phone No	Signature
72	G. GOKUL	22-BC-70	6379926021	<i>G. Gokul</i>
73	S. MAYANGAN	22-CE-13	9363259192	<i>S. Mayangan</i>
74	Sethuraj	22-CE-28	97907169772	<i>Sethuraj</i>
75	K. Pankarthis	22-CE-19	6369596984	<i>K. Pankarthis</i>
76	J. JERVA	22-BC-74	6361372704	<i>J. Jerva</i>
77	S. Mani Bhaskari	22-BC-77	9345673349	<i>S. Mani Bhaskari</i>
78	S. Madhan	22-BC-76	9025382583	<i>S. Madhan</i>
79	A. Vatsava	22-BC-072	9842011291	<i>A. Vatsava</i>
80	P. GOWTHAM	22-CE-06	6302312201	<i>P. Gowtham</i>
81	M. Saravanan Kumar	22-CE-22	8760657144	<i>M. Saravanan Kumar</i>
82	G. Arthi Kumar	22-CE-001	9307002530	<i>G. Arthi Kumar</i>
83	V. Masilamani	22-CE-16	9346364107	<i>V. Masilamani</i>
84	R. Tiju	22-BI-14	9207235510	<i>R. Tiju</i>
85	ANNABORAT. A	22-BI-05	825579409	<i>A. Annaborat</i>
86	K. Dinesh	22-BI-09	8072517831	<i>K. Dinesh</i>
87	J. Praveen Kumar	22-CE-78	1306254845	<i>J. Praveen Kumar</i>
88				
89				
90				
91				
92				
93				
94				
95				
96				

## Professional Development Program

## Department of Human Excellence

Date: 08.02.2024 Time: 9-11 Am

Venue: Aruljothi Arangan

08-02-2024

S.No	Name of the Student	Reg.No	Phone No	Signature
85	B. Sita Lakshmi	22-BC-51	74651527	S. Lakshmi
86	K. Anantha	22-BC-41	5571628767	K. Anantha
87	P. Rohini	22-BC-56	8103192135	P. Rohini
88	B. Anitha	22-BC-50	9339566780	B. Anitha
89	M. Purnima Nayagi	22-BC-113	6281550204	M. Purnima
90	H. Wardhini	22-BC-108	7573615302	H. Wardhini
91	J. Abhinaya	22-BC-95	7342427641	J. Abhinaya
92	S. Deva Sree	22-BC-102	9771721512	S. Deva Sree
93	P. Deepa	22-BC-101	6354183549	P. Deepa
94	R. Nayana	22-BC-110	9311935112	R. Nayana
95	S. Prithvi	22-BC-100	7339630945	S. Prithvi
96	S. Jagamaheswari	22-CE-42	9361439793	S. Jagamaheswari
97	H. Nandhini	22-CE-48	7558175960	H. Nandhini
98	J. Shreshth	22-CE-19	6344351665	J. Shreshth
99	K. Poojitha	22-BC-120	8523943395	K. Poojitha
100	K.S. Madalakshmi	22-CE-45	6374368259	K.S. Madalakshmi
101	B. Madhuri	22-CE-43	6383015552	B. Madhuri
102	M. Sneha	22-CE-59	8148261347	M. Sneha
103	J. Sandhya	22-CT-53	9597498275	J. Sandhya
104	R. Thangasangatha	22-CT-58	6380417564	R. Thangasangatha

## Professional Development Program

## Department of Human Excellence

Date: 08.02.2024 Time: 9-11 Am

Avenue: Aruljothi Arangam

08-02-2024

S.No	Name of the Student	Reg No	Phone No	Signature
95	Perkathumir	22-CT-34	6274528456	H. N. S.
106	Saravathi S	22-CT-54	9840327294	S.
107	Parvathiksha B	22-CT-49	7418485215	A. Anish
108	Dharsini S	22-CT-38	7904055836	S. S. S.
109	DHARSHINI S	22-CT-37	7418736835	S. S. S.
110	DEVAGI R	22-TM-18	9290361665	R. S.
111	K. Muthu Latha	22-CT-108	9364115918	P. S.
112	L. Lavanya	22-CT-111	8825613799	L. S.
113	V. Navamani	22-TM-34	7868973458	V. Navamani
114	K. Sandhya Sree	22-TM-43	9360691854	S. S.
115	Madhana Venkatesh	22-CC-100	8807710617	M. S.
116	Perkathumir D	22-CC-108	6383427220	D. S.
117	Viveka R	22-CC-117	9361324292	R. S.
118	Uma Nandhini	22-CC-90	9344599858	M. S.

## Professional Development Program

Department of Human Excellence

Date: 08.02.2024 Time: 9-11 Am

Avenue: Anuljothi Arangam

08-02-2024

S.No	Name of the Student	Reg.No	Phone No	Signature
1				
2	R S Sakethi Anja	22-B-29	8807092728	R S Anja
3	R. Anand Kumar	22-BI-02	7397612872	R. Anand
4	K. Thangaj	22-DI-27	922922016	K. Thangaj
5	P. Manikandan	22-CT-26	9997621123	P. Manikandan
6	B. Kavin	22-CT-10	6369193438	B. Kavin
7	P. Viroth Kumar	22-CT-22	637662384	P. Viroth
8	D. Yamunadevi	22-BI-31	7603316003	D. Yamunadevi
9	N. Sakthivel	22-CT-22	9349313602	N. Sakthivel
10	S. Saravanan	22-CT-15	9581611113	S. Saravanan
11	M. Anitha Kumar	22-CT-11	9442501128	M. Anitha
12	A. Maheshwaran	22-CT-12	7358860035	A. Maheshwaran
13	A. Anand Kumar	22-CT-03	6374603560	A. Anand Kumar
14	K. JEEVA	22-TM-05	7904878160	K. Jeeva
15	R. Anand Kumar	22-TM-06	9344785141	R. Anand
16	S. Reetha	22-TM-08	9344785141	S. Reetha
17	R. Saravanan	22-BI-30	7105732288	R. Saravanan
18	S. Anand Kumar S. Anand	22-CT-09	7596110216	S. Anand
19	M. Mohammed Saikhan	22-BE-21	637441991	M. Mohammed Saikhan
20	R. Lakshmi Anand Kumar	22-CT-05	9750932144	R. Lakshmi
21	M. Anand Kumar	22-CT-07	9940842199	M. Anand Kumar
21	P. Sreedevi	22-BE-60	9224621122	P. Sreedevi

S no	Name of the Student	Reg.No	Phone No	Signature
22	B. Dasanjan	22-AM-01	8825181082	B. Das
23	R. Lokesh	22-AM-04	7901827854	R. Lokesh
24	B. Prasanna	22-AM-07	7908262210	B. Prasanna
25	M. Sathish	22-BC-52	9674520000	M. Sathish
26	K. Sudhakar	22-BC-21	9344563470	K. Sudhakar
27	E. Tharunkumar	22-BC-69	6374476443	E. Tharunkumar
28	S. Hariprasanth	22-CE-10	9976960828	S. Hariprasanth
29	N.P. Harisharan	22-CC-70	9940982816	N.P. Harisharan
30	F. Logeshwaran	22-BC-75	9025618414	F. Logeshwaran
31	M. Raj Prathap	22-BC-87	8825554899	M. Raj Prathap
32	G. Arjun	22-BC-66	9688274672	G. Arjun
33	F. Vinith	22-BC-94	9882859200	F. Vinith
34	S. Abdul Kalam	22-BC-62	7334173353	S. Abdul Kalam
35	M. Babbar	22-CT-20	8838826177	M. Babbar
36	N. Dharamnesh	22-BC-07	7603951647	N. Dharamnesh
37	V.P. Bhat Kumar	22-CC-64	638573578	V.P. Bhat Kumar
38	V. Vathasath	22-CT-25	9158628242	V. Vathasath
39	S. Vijaykumar	22-BC-29	7812827494	S. Vijaykumar
40	V. Harish Prasad	22-BC-19	9715975151	V. Harish Prasad
41	P. Mohan	22-CC-09	7845444329	P. Mohan
42	R. Harisharan	22-CC-71	6319359571	R. Harisharan
43	N. Sathish	22-CC-82	9976518780	N. Sathish
44	Saraju Simon	22-CC-81	8940546631	Saraju Simon
45	Mano Daniel	22-CC-76	9894225814	Mano Daniel
46	P. Gowthamraj	22-CE-007	6369741568	P. Gowthamraj

## Professional Development Program

Department of Human Excellence

Date: 08.02.2024 Time: 9-11 Am

Avenue: Aruljothi Arangam

08-02-2024

S.No	Name of the Student	Reg.No	Phone No	Signature
43	P.V. Prateekha	22-BC-114	9080759441	P.V. Prateekha
44	D. Varshini	22-BC-117	9181493440	D. Varshini
45	K. Praveenharshini	22-TM-37	7708962873	K. Praveen
46	M. Punitha	22-TM-39	7708483298	M. Punitha
47	Abhaya C.T	22-CT-32	9003324609	Abhaya C.T
48	K. Madhumathi	22-CT-45	6374610929	K. Madhumathi
49	P. Ritika	22-CT-41	806682627	P. Ritika
50	B. Madhu Hitha	22-CT-46	9360066970	B. Madhu
51	P. Gopika	22-CT-39	830027417	P. Gopika
52	T. Maanika	22-CC-101	8178968266	T. Maanika
53	M. Vanitha	22-CC-116	6382554621	M. Vanitha
54	N. Bhuvaneshwari	22-BC-99	870006988	N. Bhuvaneshwari
55	V. Parvathi	22-BC-98	6369831335	V. Parvathi
56	E. Anjali Priya	22-TM-13	7695885076	E. Anjali Priya
57	V. Anjaliya	22-TM-10	9087816463	V. Anjaliya
58	K. Anandhi	22-TM-11	9597448279	K. Anandhi
59	A. Deepika	22-TM-14	7418829440	A. Deepika
60	M. Gopika	22-TM-26	9942760783	M. Gopika
61	T. Aboorva Harini	22-TM-09	8248671118	T. Aboorva Harini
62	M. Deepakshi	22-TM-30	63791118203	M. Deepakshi
63	A. Sathya	22-BC-121	8012648258	A. Sathya

## Professional Development Program

## Department of Human Excellence

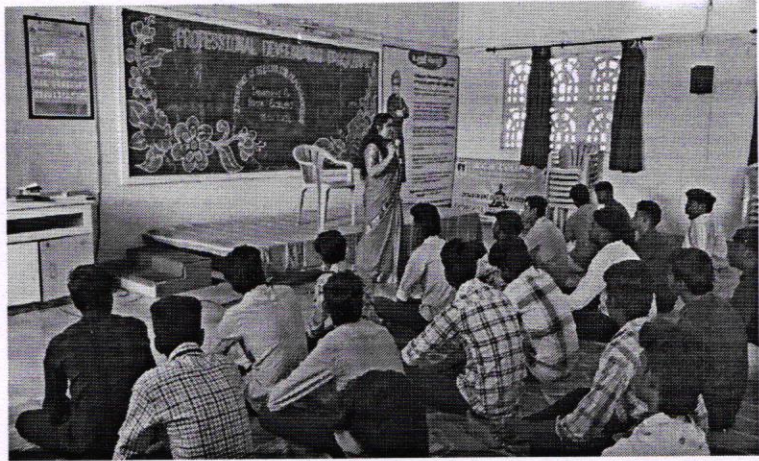
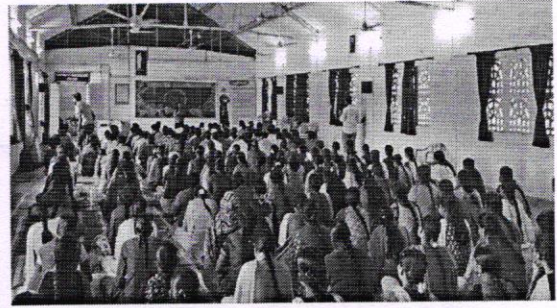
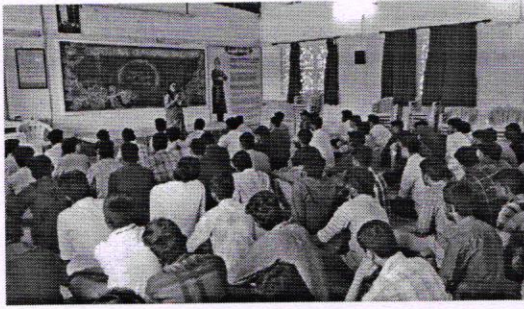
Date: 08.02.2024 Time: 9-11 Am

Avenue: Aruljothi Arangam

08-02-2024

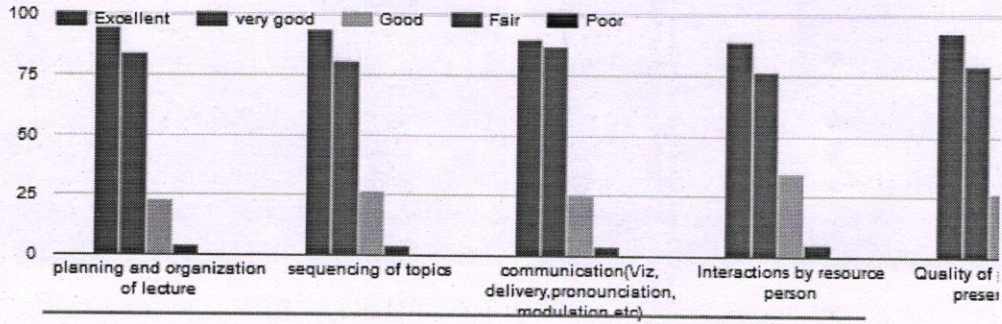
S.No	Name of the Student	Reg.No	Phone No	Signature
64	S. Kiruba	22 CE - 38	6383865956	S. Kiruba
65	S. Ragavi	22 CE - 53	9626911957	S. Ragavi
66	S. Geepika	22 CE - 34	652542442	S. Geepika
67	K. Putavathi	22 CE - 55	6381200785	K. Putavathi
68	K. Nandhini	22 CE - 47	8098992760	K. Nandhini
69	R. Durugadevi	22 CE - 52	9560448042	R. Durugadevi
70	K. Pragnyashree	22 CC - 104	7708460201	K. Pragnyashree
71	Abitha. M	22 CC - 26	9331111119	Abitha. M
72	Flaw. Preetha S	22 CC - 92	8012172420	Flaw. Preetha S
73	Guna. Sudasi A	22 CC - 91	7339502836	Guna. Sudasi A
74	T. Gayathri	22 BT - 36	9788287715	T. Gayathri
75	K. Smitthra	22 BT - 47	8521802264	K. Smitthra
76	A. Ramya	22 CE - 106	9342181030	A. Ramya
77	V. Vidhyashree	22 BC - 111	8754890608	V. Vidhyashree
78	B. Vidhyashree	22 BC - 118	7118961945	B. Vidhyashree
79	A. Keerthana	22 BC - 106	9346911793	A. Keerthana
80	K. Harini	22 BC - 104	9072552298	K. Harini
81	M. Pargana	22 BC - 112	6383585636	M. Pargana
82	V. KIRUBAMALINI	22 - TM - 28	9629853379	V. KIRUBAMALINI
83	Pavithra. R	22 CC - 83	9597269659	Pavithra. R
84	Snali. D	22 CC - 112	6385358945	Snali. D

# Photos



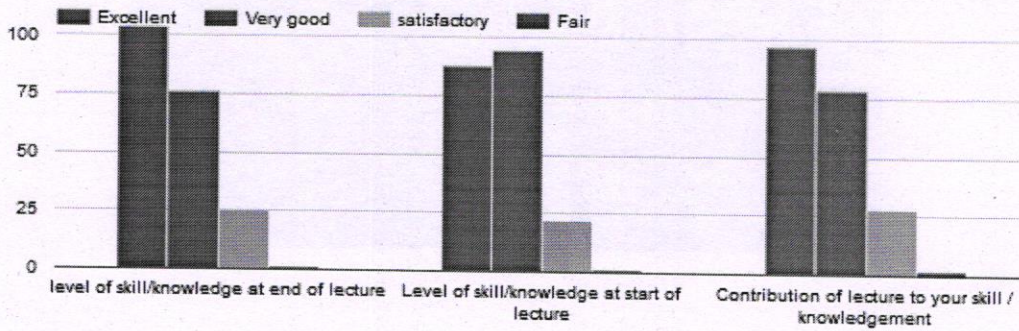
Presentation by resource persons

Copy



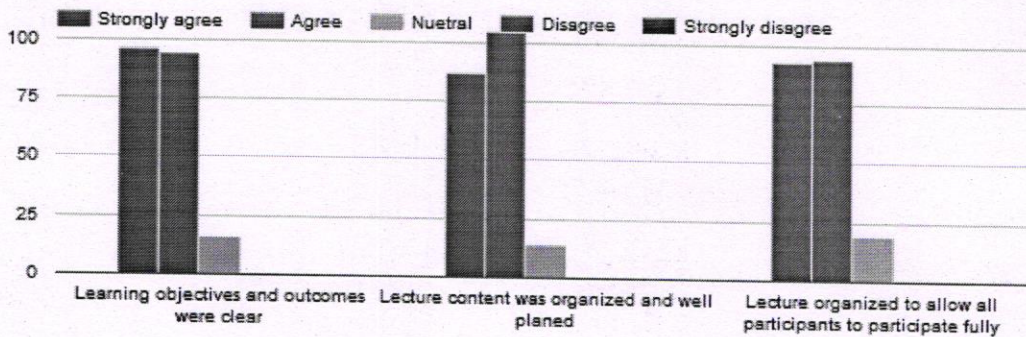
Contribution to learning

Copy



Lecture content

Copy



What aspects of this lectures were most useful or valuable?

172 responses

Useful

Yes

Valuable

Useful

Valuable

Good

Good

Very useful

Satisfaction

### Report of the Event

Department of Human Excellence conducted One day workshop on Siddha for Health and Hygiene on 08.02.2024. In the presence of chief guest Dr. G. Swethalakshmi, BSMS, Maharishi siddha clinic, Pollachi.

The workshop started with inagural by S. Jayalakshmi, Hod, Department of Human Excellence and introduction of the resource person by our staffs D.yashotha & A. Srikavitha.

Doctor madam started her lecture on 09.15 Am. She explained clearly about Siddha philosophy, siddha medicine, Natural food, Benefits of greens, Hygienic food, and omissions of fast food items. Also she explained in detail about varma therapy. Finally she clarifies the doubts asked by the students. Totally 206 students learned the siddha and varma therapy.

*S. Jayalakshmi*

Head & Assistant Professor,  
Department of Human Excellence,  
Maharishi Siddha Clinic,  
Pollachi.

**Details of the Resource Person**

Name: Dr. G. Swethalakshmi

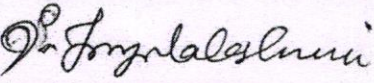
Educational Qualification: BSMS Mar-2022


Present Designation: Maharishi Siddha Clinic, Pollachi

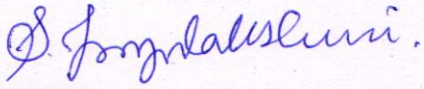
Clinical Experience: Dr. Bas Siddha Health Care, Vellore  
Siddha Intern, Jyothi Siddha Clinic, Chennai

Skills: Varma Therapy, Medicine Preparation, Female Yoga, Patient  
Centered Care, Pregnancy Care, Siddha Detoxification, Siddha  
Diagnostic Methods

Publication: In Vitro Study on Anti Diabetic and Anti Radical Activities of Siddha  
Medicine Avarai Kudineer Chooranam

  
**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**

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

EventID:IQAC/2023-24/JUNE/003



## Nallamuthu Gounder Mahalingam College

(Autonomous)

Re-Accredited by NAAC and ISO 9001:2015 Certified Institution Affiliated to  
Bharathiar University, Coimbatore  
Pollachi-642 001

**Name of the Workshop/Seminar:** 9<sup>th</sup> International Day of yoga

**Department:** Human Excellence

**Name of the Organizer:** S. Jeyalakshmi, N. Panneerselvam, P. Veersithivinayagan,  
S. Shanmugavadivu, V. Settu. S. Maheswari, P. Padma, G. Gnanasoundari,  
K. Santhi, S. Jagadambal & Lt. Dr. M. Chithirai Selvan  
& Mr. S. Vignesh

**Category :** 7.1.11 Institution celebrates/organizes national and international commemorative days, events and festivals:

**Date:** 21.06.2023

**No. of Days:** One day

**No. of Participants:** 250

**Target Audience:** Students & staff

**Beneficiaries of the Event:** Students

**Link to the Activity report on the we**  
<https://youtu.be/qJsrX-tRwDs>



IQAC/2023-24/JUNE/003

**NATIONAL CADET CORPS (NCC)****NALLAMUTHU GOUNDER MAHALINGAM COLLEGE, POLLACHI****MAHALINGAM COLLEGE OF ENGINEERING AND TECHNOLOGY, POLLACHI****NACHIMUTHU POLYTECHNIC COLLEGE, POLLACHI****POLLACHI COLLEGE OF ARTS AND SCIENCE, POOSARIPATTI***in Association with***DEPARTMENT OF HUMAN EXCELLENCE & NSS, NGM COLLEGE, POLLACHI***Celebrate***9<sup>th</sup> International Day of Yoga-2k23**

<b>Invocation</b>	:	<b>Students</b>
<b>Welcome Address</b>	:	<b>Lt. Dr. M. Chithirai Selvan</b> <i>Associate NCC Officer, NGM College</i>
<b>Presidential Address</b>	:	<b>Dr. R. Muthukumar</b> <i>Principal, NGM College</i>
<b>Yoga Demonstration</b>	:	<b>Thiru. V. Settu, Assistant Professor</b> <i>Department of Human Excellence</i>
<b>Yoga Day Pledge</b>	:	<b>Participants</b>
<b>Introduction to</b>		
<b>Resource Person</b>	:	<b>Tmt. S. Jeyalakshmi</b> <i>Head, Department of Human Excellence</i> <i>NGM College, Pollachi</i>
<b>Special Address on Humanity</b>		
<b>and Yoga</b>	:	<b>Dr. S. Pragadeeswaran</b> <i>Professor, Department of Business</i> <i>Administration, Annamalai University,</i> <i>Chidambaram.</i>
<b>Vote of Thanks</b>	:	<b>Mr. S. Vignesh Kumar</b> <i>NSS Programme Coordinator, NGM College</i>
<b>National Anthem</b>		

**Date : 21/06/2023    Time: 7:30 am to 9:30 am    Venue: Vivekanandar Arangam**



**NALLAMUTHU GOUNDER MAHALINGAM COLLEGE,  
(Autonomous) POLLACHI.**

Department of Human Excellence

**National Cadet Corps (NCC) & National Service Scheme (NSS)**

In Association with

Mahalingam College of Engineering and Technology, Pollachi

Nachimuthu Polytechnic College, Pollachi

Pollachi College of Arts and Science, Poosaripatti

**9<sup>th</sup> INTERNATIONAL DAY OF YOGA - 21<sup>st</sup> June 2023.**

**Programme**

Time: 07.30 a.m. to 9.30 p.m. (2 hours)

Venue: Vivekanandar Arangam

Prayer song	: N.G.M College Students	(2 min)
Meditation	: <b>Dr.S. JAGADAMBAL</b> , Assistant Professor, Department of Human Excellence	(5 min)
Welcome Address	: <b>Lt.Dr.M.Chithirai Selvan</b> Associate NCC Officer, NGM college	(10 min)
Presidential Address	: <b>Dr.R.MUTHUKUMARAN</b> , Principal, NGM College.	(15min)
<b>* Honoring the Guest</b>		
Yoga Demonstration	: <b>Mr.V.Settu</b> , Assistant Professor, Department of Human Excellence	(30 min)
Pledge	: <b>NGM, Students</b>	(2 min)
Introduction	: <b>S.Jeyalakshmi</b> ,HOD., Department of Human Excellence.	(5 min)
Special Address	: <b>Dr.S.PRAGADEESWARAN</b> , B.E(Mech),M.B.A., M.Sc.,(Appl.Psy.),M.Sc.(Yoga), Ph.D(Business Admin), Professor, Department of Business Administration, Annamalai University Chidambaram.	(45 min)
Vote of Thanks	: <b>Mr.S.Vignesh</b> , NSS - Program Coordinator NGM College, Pollachi	(5 min)
National Anthem		(1 min)

PRINCIPAL  
N.G.M. COLLEGE, POLLACHI

### 3. Report of the Event

The Department of Human Excellence, National Cadet Corps (NCC), and National Service Scheme (NSS), in association with Mahalingam College of Engineering and Technology, Pollachi, Nachi Muthu Polytechnic College, Pollachi, and Pollachi College of Arts and Science, Poosaripatti, celebrated the 9th International Day of Yoga on June 21st, 2023 at Vivekanandar Arangam, NGM College, Pollachi. The event commenced with an invocation, setting a peaceful and serene atmosphere for the day's activities. Lt. Dr. M. Chithirai Selvan, Associate NCC Officer at NGM College, delivered a welcome address.

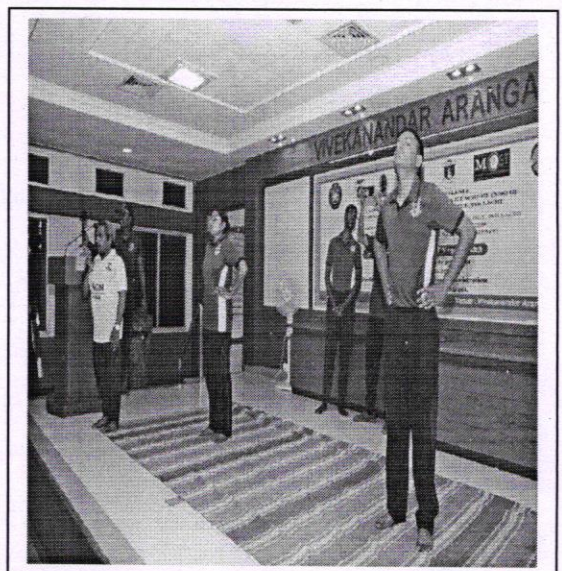
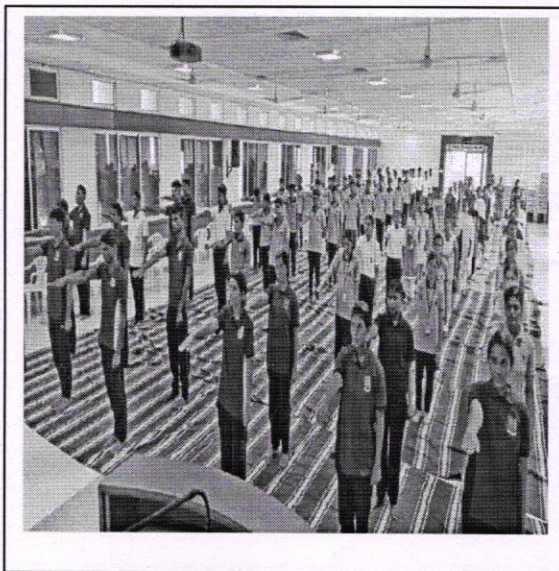
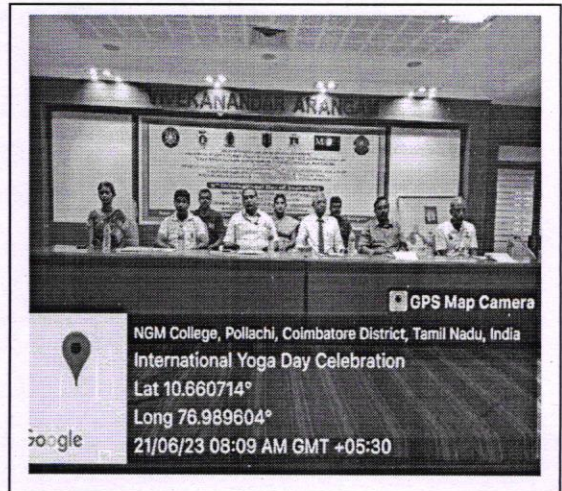
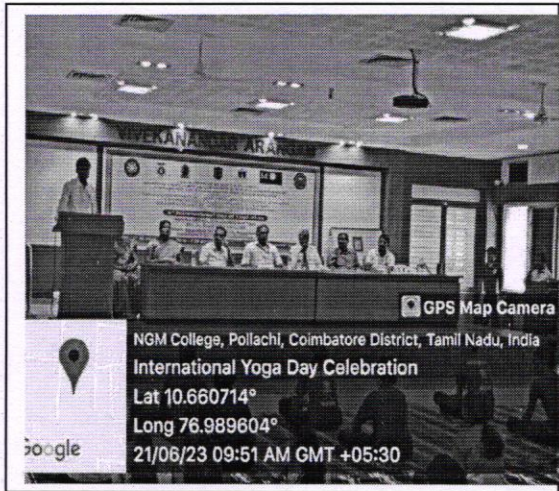
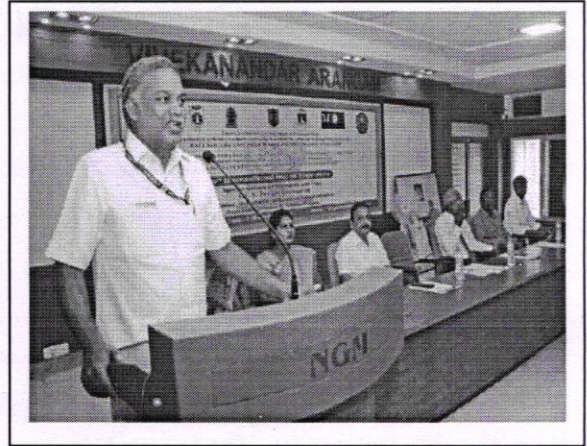
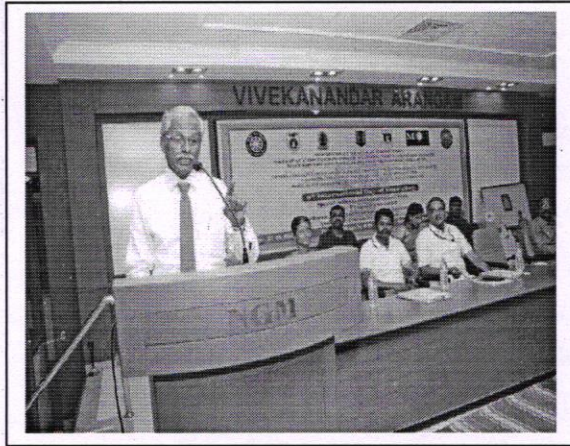
Dr. R. Muthukumar, the Principal of NGM College, delivered the presidential address, in his speech he emphasized the significance of yoga in promoting physical and mental well-being, recognizing its positive impact on overall health.

A captivating yoga demonstration was conducted by Thiru. V. Settu, Assistant Professor, Department of Human Excellence. Through graceful postures and controlled breathing techniques, he showcased the immense benefits of yoga for both the body and mind, inspiring the participants to embrace this ancient practice. Participants then took the Yoga Day Pledge, affirming their commitment to incorporate yoga into their daily lives for a healthier and more balanced lifestyle.

Dr. S. Jagadambal, Assistant Professor, Department of Human Excellence, led a meditation session, providing an opportunity for participants to experience inner peace and tranquility. S. Jeyalakshmi, Head, Department of Human Excellence at NGM College, introduced the esteemed resource person for the event, Dr. S. Pragadeeswaran, Professor, Department of Business Administration, Annamalai University, Chidambaram, delivered a special address on the connection between humanity and yoga. He emphasized how yoga promotes compassion, mindfulness, and a sense of interconnectedness, leading to a harmonious society.

The event concluded with a heartfelt vote of thanks by Mr. S. Vignesh, the NSS Programme Coordinator at NGM College, and expressing gratitude to all the participants, guests, and organizers who made the event a resounding success. The program culminated with the singing of the National Anthem. More than 250 students demonstrated various yoga asanas as per the Yoga protocol, showcasing their dedication and enthusiasm for yoga. The event attracted over 500 students, faculty members from various departments, the Manager, the Dean, the Deputy Controller of Examinations and all the faculties of Department of Human Excellence. All the participants were benefitted from the 9<sup>th</sup> International Day of yoga celebrations.

#### 4. GeoTag Photo



9th International Day of Yoga  
Department of Human Excellence  
Time 07:30 to 9:30 Venue Vivekanandar Arangam

S NO	Name	Reg No	Department	Name of the Institution	Signature
1.	K. Monika Devi	TN22SW1781	BSc CS	NGMC	K. Monika
2.	P. Gowtham	21117	History	NGMC	P. Gowtham
3.	T. Dharmapriya	TN21SDA1111	B.COM	NGMC	T. Dharmapriya
4.	D. Parameswari	TN21SDA1111	B.B.A	NGMC	D. Parameswari
5.	F. Fathima	TN22SH181	BCD	NGMC	F. Fathima
6.	S.M. Komalavani	TN21SDA1111	B.A Economics	NGMC	S.M. Komalavani
7.	M. Abinaya	TN21SDA1111	B. A/History	NGMC	M. Abinaya
8.	S. Kanishkavi	TN21SDA1111	B.A. History	NGMC	S. Kanishkavi
9.	M. JAMUNAJEVI	TN21SDA1111	BA Defence	PCAS	M. JAMUNAJEVI
10.	D. LAVANYA	TN21SDA1111	B.A. Defence	PCAS	D. Lavanya
11.	M. Deepak	TN21SDA1111	B.COM E COM	NGMC	M. Deepak
12.	N. Surya	TN21SDA1111	B.Sc (Zoology)	NGMC	N. Surya
13.	A. Ashik	TN21SDA1111	B.COM E COM	NGMC	A. Ashik
14.	A. Pathik	TN21SDA1111	BSC (CS)	PCAS	A. Pathik
15.	MUKESH L	TN21SDA1111	B.A (H)	PCAS	M. Mukesh
16.	R. ARJUNAN	TN21SDA1111	B.A (H)	PCAS	R. Arjunan
17.	M. DEVESH	22MES06	MECH	NPTC	M. D. V. S.
18.	VINITHKUMAR M	TN21SDA 220533	B. Com (Ecom)	PCAS	Vinithkumar
19.	M. PRAKASH	TN21SDA 220528	B.Com (Ecom)	PCAS	M. Prakash
20.	Abinavsh. G	22ECS01	ECE (SF)	NPTC	Abinavsh. G
21.	LASHIKUNJAR	22MES04	MECH	NPTC	L. Ashikunjar
22.	Pm. Ashwin	22ECS67	ECE (SF)	NPTC	P. Ashwin
23.	Yaswanth Singh	22PT26	PT (SF)	NPTC	Y. Singh
24.	S. Ajay Kumar	22CT02	CT (SF)	NPTC	S. Ajay Kumar
25.	S. Subash	22CT26	CT (SF)	NPTC	S. Subash
26.	N. GURU KRISHN	22MES11	MECH	NPTC	N. Guru Krishna
27.	G. GOKUL	22EES12	EEE	NPTC	G. G. Gokul
28.	TARUN. H	22MES13	MECH	NPTC	H. Tarun
29.	M. Gowtham	22MES11	MECH	NPTC	M. Gowtham
30.	P. K. Manoj	22ECS24	ECS (SF)	NPTC	P. K. Manoj
31.	A. ANESHWARAN	22EES26	EEE (SF)	NPTC	A. Aneshwaran
32.	G. PRAVESH	22MES09	MCS	NPTC	G. Praveesh
33.	A. Harish	22CCN58	CCN	NPTC	A. Harish

S. Komalavani  
Head & Assistant Professor,  
Department of Human Excellence,  
Nallamuru College of Engineering College,  
Pellachi.

9th International Day of Yoga  
Department of Human Excellence  
Time 07.30 to 9.30 Venue Vivekanandar Arangam

SNO	Name	Reg. No	Department	Name of the Institution	Signature
①	S. Tharunika	22CT29	CT	Ka NPTC	TL
②	S. Seshkhal Sankar	22 ECS 30	ECS	NPTC	Seshkhal
3)	V. Vashnavi Devi	22 ECS 50	ECS	NPTC	V. V.
4	Madhurantham C.M	22CT16	CT	NPTC	M. S. J.
5	A. Atchaya	22ECS09	ECS	NPTC	A
6	K. Mitha Udayakrishnan	INDISWANGA 20	AIGDS	D. M. CET	Mitha
7	Sathyaajothi J	INDISWANGA	EEF	D. M. CET	Sathyaajothi J
8	N. Subhakarshini	22-07-59	B. Com (Med)	NGM (NSS)	N. Subhakarshini
9	S. Sridhiga	22-07-57	B. Com (Med)	NGM (NSS)	S. Sridhiga
10	S. Sanyuktha	22-BW-27	B. SW (IE)	NGM (NSS)	S. Sanyuktha
11.	A. Akshaya	22-BM-39	BBA	NGM (NSS)	A. Akshaya
12.	K. Priyadharshini	22-BM-41	B. Com. PPS	NGM (NSS)	K. Priyadharshini
13	S. Kumuthini	22-CH-21	B. Sc Chemistry	NGM (NSS)	S. V. K.
14.	S. Reshma	22-CH-28	B. Sc Chemistry	NGM (NSS)	S. Reshma
15.	S. Priyanka	22-ZI-30	B. Sc Zoology	NGM (NSS)	S. Priyanka
16.	S. Mangayarkkani	22-CH-23	B. Sc Chemistry	NGM (NSS)	S. Mangayarkkani
17	M. Keerthika	22-BL-45	BCA	NGM (NSS)	Keerthika
18.	M. Madhavan	22-TM-33	BA Tamil	NGM (NSS)	M. Madhavan
19	Shruthi V	22-BM-52	BBA	NGM (NSS)	Shruthi V
20	G. Ranganaidu	22-08-110	B. Sc. CS (SI)	NGM (NSS)	Ranganaidu
21	V. Nithyashree	22-BC-111	BCA	NGM (NSS)	V. Nithyashree
22	S. Ushadha	22-06-55	B. Com. PA	NGM (NSS)	S. Ushadha
23.	K. Deepa	22-TM-16	BA Tamil	NGM (NSS)	K. Deepa
24.	S. Deepa	22-CP-35	B. Com PA	NGM (NSS)	S. Deepa
25	S. Sathyaajothi	22-CP-51	B. Com PA	NGM (NSS)	S. Sathyaajothi
26	S. Jothishree	22-CP-13	B. Com PA	NGM (NSS)	S. Jothishree
27.	K. S. Sneha	21-BM-28	BBA	NGM	Sneha
28	V. Virekha	21-BM-27	BBA	NGM	V. Virekha
29	T. Sri Sathyaajothi	21-BM-55	BBA	NGM	T. Sri
30	M. Abi	22-BE-43	B. Com (E-Com)	NGM (NSS)	M. Abi
31	A. Shalini	22-BE-56	B. Com (E-Com)	NGM (NSS)	A. Shalini
32.	S. Gayathri	22-BM-45	BBA	NGM College	S. Gayathri
33	V. Priyadharshini	22-BI-10	B. Com (BPT)	NGM College (NSS)	V. Priyadharshini

*S. Jayalalini*  
Head & Assistant Professor  
Department of Human Excellence  
Vallamthi Govt. Mahalingam College,  
Pallachi

9th International Day of Yoga  
Department of Human Excellence  
Time 07.30 to 9.30 Venue Vivekanandar Arangam

S NO	Name	Reg. No	Department	Name of the Institution	Signature
34	T. Hemalatha	21-CE-95	BSC. CS	NGMC	[Signature]
35	Gayathri <sup>05681</sup>	21-CE-92	Bsc. CC	NGMC	V. Gayathri
36	Shree Pa. V	22-EL-57	Englit (Add)	NGMC	V. Pa. V
37	Nivetha. R	22-TM-35	BA Tamil	NGMC	R. Nivetha
38	Abanva Harini T	22-TM-09	BA Tamil	NGMC	T. Harini
39	Vidhyayathra S	22-MA-50	BK NATMS	NGMC (NSS)	Vidhya S
40	S. Mahipala	22-IT-40	BSC. IT	NGMC (NSS)	[Signature]
41	R. Sasmitha	22-JT-55	BSE-IT	NGMC (NSS)	R. Sasmitha
42	M. Manoj Kumar	21-HT-10	BA History	NGMC	M. Manoj Kumar
43	C. Vasuki	21-EC-59	BA Economics	NGMC	C. Vasuki
44	K. Manjasa Thi	22-BI-40	B. Sc Botany	NGMC	K. Manjasa Thi
45	G. Sasmitha	21-BC-86	B. C. A	NGMC	G. Sasmitha
46	T. Sanyal Kumar	21-BC-87	B. A. B	NGMC	T. Sanyal
49	R. Pragasini	22-CA-18	B. COM	NGMC	R. Pragasini
50	M. Sanyasi	21-CE-91	B. CS (C.S)	NGMC	M. Sanyasi
51	A. Vinitha Alina	21-BI-18	B. COM (SI)	NGMC	A. Vinitha Alina
52	B. Dharshan	22-CC-44	B. COM (CA)	NGMC	B. Dharshan
53	N. Sri Kumar	22-CC-137	B. COM (CA)	NGMC	N. Sri Kumar
54	M. Helana Prath	22-AM-04	B. C. (AIPM)	NGMC	M. Helana Prath
55	M. Mahan Kumar		B. C. A	NGMC	M. Mahan Kumar
56	S. Gokul	22-CC-68	B. COM (CA)	NGMC	S. Gokul
57	V. Kamalakar		B. COM	NGMC	V. Kamalakar
58	M. Ancharadevi	22-CC-31	B. COM (A)	NGMC	M. Ancharadevi
59	M. Kaga Vasithini	22-CC-43	B. COM (A)	NGMC	M. Kaga Vasithini

[Signature]

Head & Assistant Professor,  
Department of Human Excellence,  
Nallamuthu College of Engineering & Technology,  
Pollachi.

9th International Day of Yoga  
Department of Human Excellence  
Time 07.30 to 9.30 Venue: Vivekanandar Arangam

S NO	Name	Reg. No	Department	Name of the Institution	Signature
1	Rohith Saravan	22EC27	ECE	NPTC	Rohith
2	S. Prathush	22EES37	EEE	NPTC	S. Prathush
3	Narayan Suresh	22EC24	ECE	NPTC	Narayan
4	Shankar A	22MCSB	MCS	NPTC	A. Shankar
5	Devendray S.I	22MCS02	MCS	NPTC	S.I. Dev
6	Siddhant S	21MCS05	MCS	NPTC	Siddhant
7	Kanishk Kumar	22MS06	MS	NPTC	Kanishk
8	K. TANUJA	22MS05	MS	NPTC	K. Tanuja
9	B S DHAKSHEEL	22MCS03	MCS	NPTC	B. S. Dhak
10	M. RAJWANTH	22EES53	EES	NPTC	M. RAJWANTH
11	P S Dhanasekar	TN22SDF9855	CYS	MCET	P. S. Dhanasekar
12	P Naganjan	TN22SDF9856	Automobile	MCET	P. Naganjan
13	M. Nithin	TN22SDF9858	CSE	MCET	M. Nithin
14	R. DHANUSH	TN22SDF9856	Automobile	MCET	R. Dhhanush
15	S. PRAVEEN	TN22SDF98533	MECHANICAL	MCET	S. Praveen
16	J. Akash	TN22SDF98521	Mechanical	MCET	J. Akash
17	H. Navaneethan	TN22SDF98597	EIE	MCET	H. Navaneethan
18	V. Shree Bhuvanesh	TN22SDF98598	Mechanical	MCET	V. Shree
19	M. Karthik Raja	21-CE-013	BSC. CS	NGM	M. Karthik Raja
20	N. Gowtham	21-CC-073	B.COM CA	NGM	N. Gowtham
21	D. K. Vasanthan	TN15CA81867	AI&DS	MCET	D. K. Vasanthan
22	Anand. A.	TN15CA81867	EEE	MCET	Anand..

S. Jayalalitha

