



# 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: International Day of yoga June 21st 2024</b>                                                                                                                                                                                     |                                                                                                                                                                   |
| <b>Department : Human Excellence</b>                                                                                                                                                                                                                                            |                                                                                                                                                                   |
| <b>Name of the Organizer : S. Jeyalakshmi, N.Panneerselvam, P. Veersithivinayagan, S. Shanmugavadivu, V. Settu.S.Maheswari, G.Gnanasoundari K.Santhi, S.Jagathambal , D. Yashotha, A. Srikavitha, Asstant Professors., Department of Human Excellence,NGM College, Pollachi</b> |                                                                                                                                                                   |
| <b>Category : Offline</b>                                                                                                                                                                                                                                                       |                                                                                                                                                                   |
| <b>Date :21.06.2024</b>                                                                                                                                                                                                                                                         | <b>No. of Days :1</b>                                                                                                                                             |
| <b>No. of Participants: 206</b>                                                                                                                                                                                                                                                 |                                                                                                                                                                   |
| <b>In Collaboration with : Nil</b>                                                                                                                                                                                                                                              |                                                                                                                                                                   |
| <b>Target Audience : NGM College Students</b>                                                                                                                                                                                                                                   | <b>Beneficiaries of the Event : NGM College Students, Mahalingam College of Engineering and Technology- Pollachi, Natchimuthu Polytechnic College - Pollachi,</b> |
| <b>Youtube Link: <a href="https://youtu.be/TYz_QhJ4ZvA?si=j9-1EmLCXw1av4">https://youtu.be/TYz_QhJ4ZvA?si=j9-1EmLCXw1av4</a></b>                                                                                                                                                |                                                                                                                                                                   |

IQAC/2024-25/JUNE/001



DEPARTMENT OF HUMAN EXCELLENCE  
NGM COLLEGE, POLLACHI

NATIONAL CADET CORPS (NCC) of  
NALLAMUTHU GOUNDER MAHALINGAM COLLEGE, POLLACHI  
MAHALINGAM COLLEGE OF ENGINEERING AND TECHNOLOGY, POLLACHI  
NACHIMUTHU POLYTECHNIC COLLEGE, POLLACHI  
POLLACHI COLLEGE OF ARTS AND SCIENCE, POOSARIPATTI

&

NATIONAL SERVICE SCHEME (NSS), NGM COLLEGE, POLLACHI  
*in Association with*



NEHRU YUVA KENDRA, COIMBATORE  
Ministry of Youth Affairs & Sports  
Celebrate



**10<sup>th</sup> International Day of Yoga-2k24**

*Yoga for Self and Society*

|                                                 |   |                                                                                      |
|-------------------------------------------------|---|--------------------------------------------------------------------------------------|
| Invocation                                      | : | Students                                                                             |
| Welcome Address                                 | : | Lt. Dr. M. Chithirai Selvan<br>Associate NCC Officer, NGM College                    |
| Presidential Address                            | : | Dr. R. Manicka Chezian<br>Principal (i/c), NGM College, Pollachi                     |
| Inaugural Address                               | : | Tmt. S. Jeyalakshmi<br>Head, Department of Human Excellence<br>NGM College, Pollachi |
| Special Address on Yoga for<br>Self and Society | : | Dr. Hema Manoharan<br>Advocate and Professor—SKY Yoga, Pollachi.                     |
| Yoga Demonstration                              | : | Thiru. V. Settu, Assistant Professor<br>Department of Human Excellence, NGM College  |
| Yoga Day Pledge                                 | : | Participants                                                                         |
| Vote of Thanks                                  | : | Dr. R. Somasundaram<br>NSS Programme Coordinator, NGM College                        |
| National Anthem                                 |   |                                                                                      |

Date: 21/06/2024

Time: 7:00 am to 8:30 am

Venue: Vivekanandar Arangam

## **Report of the Event**

Department of Human Excellence conducted 10<sup>th</sup> International Day of Yoga on June 21, 2024 at Dr. Mahalingam College of Engineering Technology (MCET) Pollachi, in Pollachi Art and Science College Poosaripatti, Pollachi, Nachimuthu Polytechnic Pollachi, Nehru Yuva Kendra Coimbatore, and the NSS and NCC units from Nallamuthu Gounder Mahalingam College, jointly organized an event focusing on the theme "Yoga for Self and Society."

Mr. N. Panneerselvam, Assistant Professor, Department of Human Excellence conducted meditation to create a spiritual environment around the hall. Dr. Chithiraiselvan, Assistant Professor, Department of Commerce, NGM College Pollachi, gave a heartfelt welcoming speech to commence the program. The inaugural address was given by Ms. S. Jayalakshmi, Head of the Department of Human Excellence.

Dr. R. Manicka chezhian, Principal (I/C) of NGM College, delivered the presidential address, emphasizing the importance of value education and the regular practice of yoga for a healthy life. He highlighted how yoga can play a pivotal role in enhancing individual well-being, which in turn contributes to the betterment of society. NGM Principal (I/C) inspired students with the idea that true humanity is achieved through fulfilling societal obligations selflessly, and that empowered individuals contribute significantly to a balanced and harmonious society.

Dr. Hemalatha Manoharan, Advocate and Professor in SKY Yoga Pollachi, delivered the special address. In her keynote talk, she emphasized the theme "Yoga for Self and Society," detailing how yoga practices such as pranayama, breathing exercises, and various forms of asanas can foster inner strength, confidence, and resilience. She highlighted that yoga can help individuals manage and overcome health issues such as stress, anxiety, and hormonal imbalances. Additionally, yoga can boost self-esteem, helping individuals face career challenges with greater confidence and manage personal and family responsibilities more effectively. By incorporating yoga into their daily routine, people can learn to balance work and life demands more efficiently. Dr. Hemalatha Manoharan stressed that yoga is a universal practice that fosters a sense of oneness and can lead to a healthier society, especially when adopted by the younger generation. She urged everyone to embrace yoga as a means to achieve personal empowerment and societal well-being.

NGM, MCET, NPT, Yuva Kendra, Arts and Science College, students performed various yoga exercises, demonstrating their commitment to the practice. On behalf of the Department of Human Excellence, Dr. R. Somasundaram, Assistant Professor, NSS Programme coordinator delivered the vote of thanks, expressing gratitude to all participants and organizers. More than 200 students participated and benefited from the program, making it a grand success and a significant step towards enhancing both individual and societal well-being through the practice of yoga.









# DEPARTMENT OF HUMAN EXCELLENCE

10<sup>th</sup> International Day of Yoga -

Theme; Self and Society

Date-21.06.2024

Time 07:00 to 8.00 am

Venue ; Vivekanandar Arangam

| S.No | Student's name       | Name of the Institution | Department    | Signature            |
|------|----------------------|-------------------------|---------------|----------------------|
| 1    | S. Gomathi           | NGM college             | BSC. CS       | S. Gomathi           |
| 2    | K. Priyadharshini    | NGM college             | BSC. CS       | Priya                |
| 3    | M. Haridharani       | NGM college             | B.COM. BPS    | M. Haridharani       |
| 4    | R. Devangi           | NGM college             | BA - Tamil    | R. Devangi           |
| 5    | R. Priyadharshini    | NGM college             | B.COM         | R. Priyadharshini    |
| 6    | K. Manika Devi       | NGM college             | BSC. CS (SF)  | K. Manika Devi       |
| 7    | V. Vishnu Santosh    | NGM college             | B.Sc. CS (SF) | V. Vishnu Santosh    |
| 8    | R. Karun Kishore     | NGM college             | B.COM (E-COM) | R. Karun Kishore     |
| 9    | A. Praveen           | NGM college             | B.COM (CA)    | A. Praveen           |
| 10   | GOWTHAM N.           | NGM College             | BSC. CS CSE   | Gowtham N.           |
| 11   | D. SIVARAJ           | NGM college             | BBA CSE       | D. SIVARAJ           |
| 12   | S. Balakumaran       | NGM College             | B.COM. CA 'B' | S. Balakumaran       |
| 13   | M. Mithusha          | NGM college             | BBA           | M. Mithusha          |
| 14   | S. Mugenthiran       | NGM college             | BBA           | S. Mugenthiran       |
| 15   | B. Vidhya Kishore    | NGM college             | B.Sc. CS (SF) | B. Vidhya Kishore    |
| 16   | K. Lokesh Bhagavathy | NGM college             | BBA           | K. Lokesh Bhagavathy |
| 17   | V. Anandharaj        | NGM college             | B.COM. BDI    | V. Anandharaj        |
| 18   | G. YAMINI            | MCET college            | B.E - civil   | G. YAMINI            |
| 19   | R. Shreya            | MCET                    | B.E - CSE     | R. Shreya            |
| 20   | N. JANANI            | NPTC                    | ECF (Aided)   | N. JANANI            |
| 21   | P. Dharmash          | NGM college             | BBA (SE)      | P. Dharmash          |
| 22   | TARUN H              | NPTC                    | MELH (SS)     | TARUN H              |
| 23   | Hari prakash. c.     | NGM collage             | B.COM (B.LI)  | Hari prakash. c.     |

|    |                     |              |                      |                     |
|----|---------------------|--------------|----------------------|---------------------|
| 24 | Dr. Ramya           | NGM College  | B.com(SF)            | S. P. R.            |
| 25 | M. Divya            | NGM College  | B.com B (SF)         | Divya               |
| 26 | S. Jayachitra       | NGM College  | B.com'A(SF)          | S. Jayachitra       |
| 27 | P. Deepika          | NGM College  | B.com (Aided)        | P. Deepika          |
| 28 | M. Mangala Gowri    | NGM College  | BSW (SF)             | M. Mang             |
| 29 | Atheena Elsa Dinan  | NGM College  | B.A.Economic (Aided) | Atheena             |
| 30 | B. Gobika           | NGM College  | B.Sc. CS             | B. Gobika           |
| 31 | G. Deepa            | NGM College  | B. Com               | G. Deepa            |
| 34 | V. Anandhraj        | NGM College  | B.com B.T            | V. Anandhraj        |
| 35 | S. JAYASURYA        | NGM College  | B.Sc. LA             | S. Jayasurya        |
| 36 | R. Shreeasaram      | NPT College  | Mechanical (Aided)   | R. Shreeasaram      |
| 37 | M. AJUN             | NPT College  | Mechanical (SF)      | M. Ajun             |
| 38 | M. Rithisha Kothala | NPT College  | FCECSF)              | M. Rithisha         |
| 39 | S. ASWITH           | NPT COLLEGE  | M.ECHANICAL(SF)      | S. Aswith           |
| 40 | M. YASWANTH         | NPTC College | EEE                  | M. Yaswanth         |
| 41 | G. Pramesh          | NPTC College | MCS                  | G. Pramesh          |
| 42 | S. Praefheesh       | NPTC College | EEE                  | S. Praefheesh       |
| 43 | S. Sidelharth       | NPTC College | EEF                  | S. Sidelharth       |
| 44 | K. Krishna Kantty   | NGM College  | B.com BPS            | K. Krishna Kantty   |
| 45 | S. Parthasurathi    | NGM College  | B.com (T.B)          | S. Parthasurathi    |
| 46 | M. Phatathi         | NGM College  | B.com (B.I)          | M. Phatathi         |
| 47 | B. Praveen Babu     | NGM College  | B.com (B.I)          | B. Praveen Babu     |
| 48 | T. Lamuraj          | NGM College  | B.com (B.I)          | T. Lamuraj          |
| 49 | R. Varunak          | NGM College  | B.com (CA)           | R. Varunak          |
| 50 | P. Vimalstan.       | NGM College  | B.com (CA)           | P. Vimalstan.       |
| 51 | A. Shankar          | NPTC College | MCS                  | A. Shankar          |
| 52 | G. Logeshwaran      | NGM College  | B.com (CA)           | G. Logeshwaran      |
| 53 | A. Suettha          | NGM College  | B.A. Engr. Lit       | A. Suettha          |
| 54 | P. Shri Harguni     | NGM College  | B.com (P.A)          | P. Shri Harguni     |
| 55 | M. Harguni          | NGM College  | B.com (PA)           | M. Harguni          |
| 56 | T. Parthima         | NGM College  | BCA                  | T. Parthima         |
| 57 | S. Hariharan        | NGM College  | B.com E-commerce     | S. Hariharan        |
| 58 | M. Manoj            | NGM College  | B.A Tamil            | M. Manoj            |
| 59 | M. S. RAJANARAYANAN | NGM College  | B.Sc Chemistry       | M. S. RAJANARAYANAN |
| 60 | S. Silva Sheema     | NGM College  | B.com CA             | S. Silva Sheema     |
| 61 | V. Kamal            | NGM College  | B. Com               | V. Kamal            |

|    |                   |               |                         |                   |
|----|-------------------|---------------|-------------------------|-------------------|
| 62 | B. Thonmozhi      | NGM Pollachi  | B.Sc CS - B             | B. Thi            |
| 63 | S. Tamunadurai    | MCET Pollachi | BE - AUTO-I             | Tamunadurai       |
| 64 | N. Madhusudani    | MCET Pollachi | BE. EEE-A               | Madhusudani       |
| 65 | V. Harivansha     | NPTC Pollachi | DEEE (Aided)            | V. Harivansha     |
| 66 | A. Rithanyan      | NPTC Pollachi | CEM                     | Rithanyan         |
| 67 | S. Kabilash       | MCET Pollachi | BE <sup>Ind</sup> CSE-B | S. Kabilash       |
| 68 | R. Jaya Surya     | MCET Pollachi | BE - EEE-A              | R. Jaya Surya     |
| 69 | V. Abhishek       | MCET Pollachi | B.Tech AITD B           | V. Abhishek       |
| 70 | Rohit R Savaiah   | NPTC Pollachi | DEEE                    | Rohit R Savaiah   |
| 71 | P. K. Menon       | NPTC Pollachi | D ECE                   | P. K. Menon       |
| 72 | A. Arundhamsaun   | MCET Pollachi | ECE-                    | A. Arundhamsaun   |
| 73 | V. Vishnu Prasad  | MCET Pollachi | BE MECH                 | V. Vishnu Prasad  |
| 74 | R. Viswanath      | MCET Pollachi | BE ECE                  | R. Viswanath      |
| 75 | N.S. KAVIN        | MCET Pollachi | B.E MECH                | N.S. KAVIN        |
| 76 | N. S. Suresh      | NPTC Pollachi | DEEE                    | N. S. Suresh      |
| 77 | P. M. Suresh      | NPTC Pollachi | D. ECE                  | P. M. Suresh      |
| 78 | V. Chander        | MCET Pollachi | EEE                     | V. Chander        |
| 79 | M. Mohandass      | MCET Pollachi | AIML                    | M. Mohandass      |
| 80 | R. Maniraj        | MCET Pollachi | VLSI                    | R. Maniraj        |
| 81 | S. Dhanraj        | NGM Pollachi  | BSC. CS - B             | S. Dhanraj        |
| 82 | M. Antheswaran    | NGM Pollachi  | BSc. CS - B             | M. Antheswaran    |
| 83 | V. Bharath        | NGM Pollachi  | B.Sc CS - B             | V. Bharath        |
| 84 | M. Sugunan        | NGM Pollachi  | B.COM                   | M. Sugunan        |
| 85 | B. Dhanraj        | NGM Pollachi  | B.COM (CA)              | B. Dhanraj        |
| 86 | S. Kavipriya      | NGM Pollachi  | B. Com PA               | S. Kavipriya      |
| 87 | S. Vidhyasri      | NGM Pollachi  | B. Com (Aided)          | S. Vidhyasri      |
| 88 | K. Shalini Monika | NGM Pollachi  | B.Sc., CS (aided)       | K. Shalini Monika |
| 89 | R. Dhanraj        | NGM Pollachi  | B. Com (CA)             | R. Dhanraj        |
| 90 | S. Santhya        | NGM Pollachi  | B. Com                  | S. Santhya        |
| 91 | M. SARVINI        | NGM Pollachi  | BCE                     | M. SARVINI        |
| 92 | P. Bharathi       | NGM Pollachi  | B.A. ECONOMICS          | P. Bharathi       |
| 93 | A. N. Ramasubha   | NGM Pollachi  | B.A.                    | A. N. Ramasubha   |
| 94 | V. Kamalakkannan  | NGM Pollachi  | B. Com sf               | V. Kamalakkannan  |
| 95 | M. MOHANDASS      | NGM Pollachi  | B.A.                    | M. MOHANDASS      |
| 96 |                   |               |                         |                   |
| 97 |                   |               |                         |                   |

|     | Name                  | college name | Department        | signature                |
|-----|-----------------------|--------------|-------------------|--------------------------|
| 98  | A. dinesh             | NGM          | B.Sc. CS          |                          |
| 99  | S. Shanmugakundam     | NGM          | B.Sc. CS          | <u>ds</u>                |
| 100 | K. Gopalakrishnan     | NGM          | B.Sc. CS          | <u>S. Ganga</u>          |
| 101 | S. Abirath            | NGM          | B.Sc. CS          | <u>S. Abirath</u>        |
| 102 | A. R. Veluvignesh     | NGM          | B.Sc. CS          | <u>A. R. Veluvignesh</u> |
| 103 | K. Jeyaraj Mahalingam | NGM          | B.Sc. CS          | <u>K. Jeyaraj</u>        |
| 104 | M. Ananth Kumar       | NGM          | B.Sc. CS          | <u>M. Ananth</u>         |
| 105 | R. Ganesh             | NGM          | B.Sc. CS          | <u>R. Ganesh</u>         |
| 106 | S. S. Binai           | NGM          | B.Sc. CS          | <u>S. S. Binai</u>       |
| 107 | S. Siva Kumar         | NGM          | B.Sc. CS          | <u>S. Siva</u>           |
| 108 | T. Sandhya            | NGM          | B.Sc. Maths       | <u>T. Sandhya</u>        |
| 109 | V. Bhavana            | NGM          | B.Sc. Mathematics | <u>V. Bhavana</u>        |
| 110 | V. Sathya Praga       | NGM          | B.Sc. Mathematics | <u>V. Sathya Praga</u>   |
| 111 | N. Nagajothi          | NGM          | B.Sc. Mathematics | <u>N. Nagajothi</u>      |
| 112 | A. Hemma              | NGM          | B.Sc. CS [Aided]  | <u>A. Hemma</u>          |
| 113 | N. Indhumathi         | NGM          | B.Sc. CS [Aided]  | <u>N. Indhu</u>          |
| 114 | A. Pavithra           | NGM          | B.Sc. CS [Aided]  | <u>A. Pavithra</u>       |
| 115 | S. Pradeepa           | NGM          | B.Sc. Mathematics | <u>S. Pradeepa</u>       |
| 116 | L. Mahendrapriya      | NGM          | B.Sc. Mathematics | <u>L. Mahendrapriya</u>  |
| 117 | K. V. Sharmapathi     | NGM          | B.Sc. Mathematics | <u>K. V. Sharmapathi</u> |
| 118 | A. Bhavashree         | NGM          | B.Sc. Mathematics | <u>A. Bhavashree</u>     |
| 119 | K. Madhusree          | NGM          | B.Sc. Mathematics | <u>K. Madhusree</u>      |
| 120 | C. Ramya              | NGM          | B.Sc. Mathematics | <u>C. Ramya</u>          |
| 121 | P. Dhanya             | NGM          | B.Sc. Mathematics | <u>P. Dhanya</u>         |
| 122 | Rajalakshmi. K        | NGM          | B.Sc. Mathematics | <u>K. Rajalakshmi</u>    |
| 123 | B. Babha praveen      | NGM          | B.Sc. Mathematics | <u>B. Babha praveen</u>  |
| 124 | S. Sukiksha           | NGM          | B.Sc. Mathematics | <u>S. Sukiksha</u>       |
| 125 | B. Balasubharani      | NGM          | B.Sc. CS [Aided]  | <u>B. Balasubharani</u>  |
| 126 | K. Kaviya             | NGM          | B.Sc. CS [Aided]  | <u>K. Kaviya</u>         |
| 127 | S. Sushanandhini      | NGM          | B.Sc. Maths       | <u>S. Sushanandhini</u>  |
| 128 | A. Ajitha             | NGM          | B.Sc. Maths       | <u>A. Ajitha</u>         |
| 129 | S. Kaviya             | NGM          | B.Sc. Maths       | <u>S. Kaviya</u>         |
| 130 | K. Geopika            | NGM          | B.Sc. Maths       | <u>K. Geopika</u>        |
| 131 | L. Kousika            | NGM          | B.Sc. CS          | <u>L. Kousika</u>        |
| 132 | P. Anitha             | NGM          | B.Sc. CS          | <u>P. Anitha</u>         |
| 133 | P. Kalayamoni         | NGM          | B.Sc. CS          | <u>P. Kalayamoni</u>     |
| 134 | S. Vigneshwari        | NGM          | B.Sc. CS          | <u>S. Vigneshwari</u>    |
| 135 | P. Pavithra           | NGM          | B.Sc. CS          | <u>P. Pavithra</u>       |
| 136 | S. Subashini          | NGM          | B.Sc. CS          | <u>S. Subashini</u>      |
| 137 | D. Kaviya             | NGM          | B.Sc. CS          | <u>D. Kaviya</u>         |
| 138 | S. Shreyasini         | NGM          | B.Sc. CS          | <u>S. Shreyasini</u>     |
| 139 | K. Lavanya            | NGM          | B.Sc. CS          | <u>K. Lavanya</u>        |

|     |                      |     |              |                      |
|-----|----------------------|-----|--------------|----------------------|
| 140 | G. Shwetha           | NGM | BSC, CS      | Shwetha              |
| 141 | M. S. umamaheswari   | NGM | BSC, CS      | Umayaheswari         |
| 142 | M. Anjali            | NGM | BSC. CS      | M. Anjali            |
| 143 | A. Jagantha          | NGM | BSC CS       | A. J.                |
| 144 | G. Kiruthika         | NGM | BSC. CS      | Kiruthika            |
| 145 | B. Malavathi         | NGM | BSC. CS      | B. Malavathi         |
| 146 | D. Karthikeyani      | NGM | BSC. CS      | D. Karthikeyani      |
| 147 | N. Dharmini          | NGM | BSC. CS      | N. Dharmini          |
| 148 | R. Ramya Shree       | NGM | BSC. CS      | R. Ramya Shree       |
| 149 | M. Sowmya            | NGM | BSC. CS      | Sowmya M.            |
| 150 | M. Farhana           | NGM | BSC. CS      | M. Farhana           |
| 151 | V. Nandhini          | NGM | BSC. CS      | V. Nandhini          |
| 152 | K. Sangavi           | NGM | BSC. CS      | K. Sangavi           |
| 153 | M. Abinaya           | NGM | B. SC. CS    | M. Abinaya           |
| 154 | S. Lakshya           | NGM | B. SC. CS    | S. Lakshya           |
| 155 | K. Sreema            | NGM | B. SC. CS    | K. Sreema            |
| 156 | P. Preethika         | NGM | B. SC. CS    | P. Preethika         |
| 157 | N. Pooja             | NGM | BSC. CS      | N. Pooja             |
| 158 | M. G. Kavanya        | NGM | B. SC. CS    | M. G. Kavanya        |
| 159 | M. Archana           | NGM | B. SC. CS    | M. Archana           |
| 160 | M. Gowthami          | NGM | BSC. CS      | M. Gowthami          |
| 161 | S. Shanmuki          | NGM | B. SC. MATHS | S. Shanmuki          |
| 162 | S. Hanumanthini      | NGM | B. SC. Maths | S. Hanumanthini      |
| 163 | T. Pavithra          | NGM | B. Com       | T. Pavithra          |
| 164 | S. Kavitha           | NGM | B. Com       | S. Kavitha           |
| 165 | S. Dharmesh          | NGM | B. Com.      | S. Dharmesh          |
| 166 | S. Bhadrini          | NGM | B. Com       | S. Bhadrini          |
| 167 | K. Vignesh Sribalaji | NGM | B. Com       | K. Vignesh Sribalaji |
| 168 | R. S. Nithya Shree   | NGM | B. Com       | R. S. Nithya Shree   |
| 169 | K. Abinaya           | NGM | B. Com       | K. Abinaya           |
| 170 | S. Lakshana          | NGM | B. Com       | S. Lakshana          |
| 171 | K. B. Veeratheswarar | NGM | B. Com.      | K. B. Veeratheswarar |
| 172 | S. Sowmya            | NGM | B. Com       | S. Sowmya            |
| 173 | A. Kiruthika         | NGM | B. Com       | A. Kiruthika         |
| 174 | M. Sangeetha         | NGM | B. Com       | M. Sangeetha         |
| 175 | S. Sangeetha         | NGM | B. Com       | S. Sangeetha         |
| 176 | P. Durga             | NGM | B. Com       | P. Durga             |
| 177 | G. Sangeetha         | NGM | B. Com       | G. Sangeetha         |
| 178 | R. Vignani           | NGM | B. Com       | R. Vignani           |
| 179 | M. Uthmani           | NGM | B. Com       | M. Uthmani           |
| 180 | V. Pavithra          | NGM | B. Com       | V. Pavithra          |
| 181 | S. DHARSHINI         | NGM | B. Com       | S. DHARSHINI         |

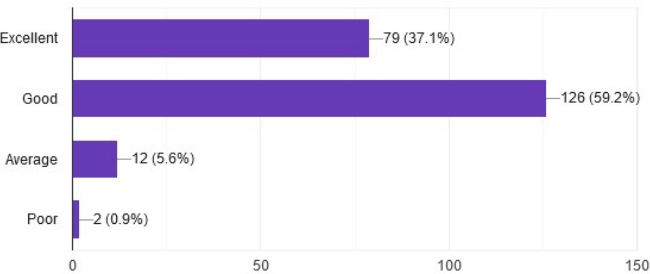
|     |                  |     |        |                  |
|-----|------------------|-----|--------|------------------|
| 182 | J. SANTHIYA      | NGM | B. com | J. Santhiya      |
| 183 | C. Priyabhaskini | NGM | B. com | C. Priyabhaskini |
| 184 | S. Nallavathi    | NGM | B. com | S. Nallavathi    |
| 185 | K. Harini        | NGM | B. com | K. Harini        |
| 186 | S. Madhumitha    | NGM | B. com | S. Madhumitha    |
| 187 | V. Pavithra      | NGM | B. com | V. Pavithra      |
| 188 | A. shanthi       | NGM | B. com | A. shanthi       |
| 189 | K. S. Srimathi   | NGM | B. com | K. S. Srimathi   |
| 190 | P. Yogeswari     | NGM | B. com | P. Yogeswari     |
| 191 | S. Vidhyasri     | NGM | B. com | S. Vidhyasri     |
| 192 | G. Danuja        | NGM | B. com | G. Danuja        |
| 193 | H. Suresha       | NGM | B. com | H. Suresha       |
| 194 | N. Ritha Sanyasa | NGM | B. com | N. Ritha Sanyasa |
| 195 | M. Sandhya       | NGM | B. com | M. Sandhya       |
| 196 | V. Gobikrishna   | NGM | B. com | V. Gobikrishna   |
| 197 | G. Navana        | NGM | B. com | G. Navana        |
| 198 | T. Bhagyashree   | NGM | B. com | T. Bhagyashree   |
| 199 | S. Madhupriya    | NGM | B. com | S. Madhupriya    |
| 200 | K. Mythili       | NGM | B. com | K. Mythili       |
| 201 | S. Jagorathina   | NGM | B. com | S. Jagorathina   |
| 202 | G. Kirupalini    | NGM | B. com | G. Kirupalini    |
| 203 | S. Rekhanandhini | NGM | B. com | S. Rekhanandhini |
| 204 | R. BOOMIKA       | NGM | B. com | R. Boomika       |
| 205 | C. Aichaya       | NGM | B. com | C. Aichaya       |
| 206 | S. Sureshi       | NGM | B. com | S. Sureshi       |

FEEDBACK

1. Event Organization: How would you rate the overall organization of the event?



213 responses

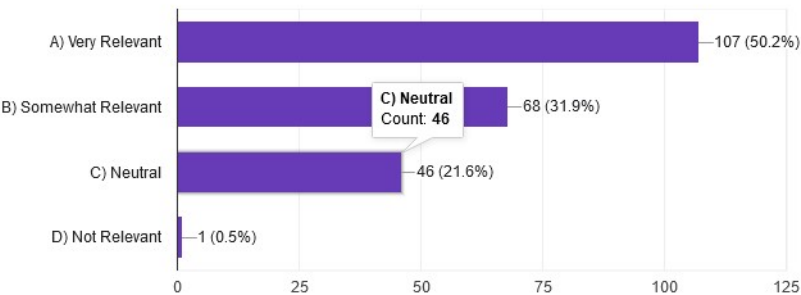


The event organization received a total of 213 responses in a recent survey, with 79 participants rating the event as "Excellent." This indicates that approximately 37.09% of the attendees were highly satisfied with the event. 126 participants rating the event as "Good." This represents approximately 59.15% of the respondents, indicating that the majority of attendees were satisfied with the event's overall quality.

2. Event Content: How relevant was the theme "Yoga for Self and Society" to the event activities?



213 responses

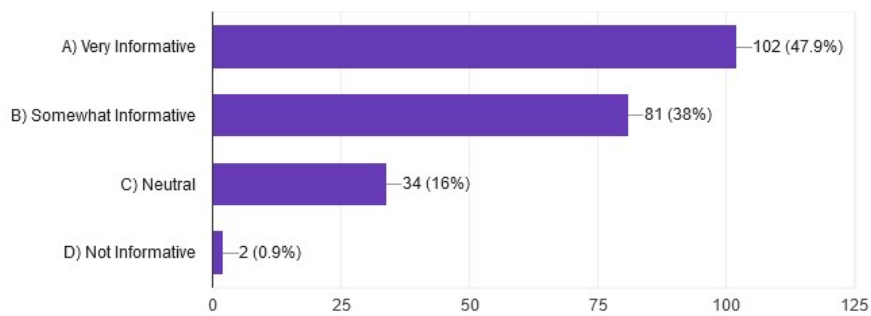


The survey on event content received a total of 213 responses, with 107 participants describing the content as "very relevant." This accounts for approximately 50.23% of the respondents, indicating that half of the attendees found the event content highly pertinent to their interests or needs. 68 participants rating the content as "somewhat relevant." This constitutes approximately 31.92% of the respondents, suggesting that nearly a third of the attendees found the event content to be moderately aligned with their interests or needs.

### 3. How informative and engaging was the keynote address

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213 responses

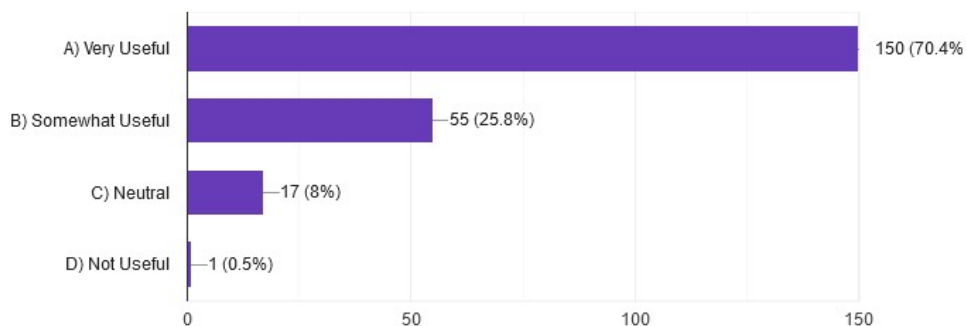


The survey assessing the informativeness of the class received a total of 213 responses, with 102 participants rating it as "very informative." This represents approximately 47.89% of the respondents, indicating that nearly half of the attendees found the class highly educational and beneficial. 81 participants rating it as "somewhat informative." This accounts for approximately 38.03% of the respondents, indicating that a significant portion of attendees found the class to be moderately educational.

### 4. Were the yoga practices and exercises demonstrated useful for your personal well-being?

[Copy](#)

213 responses

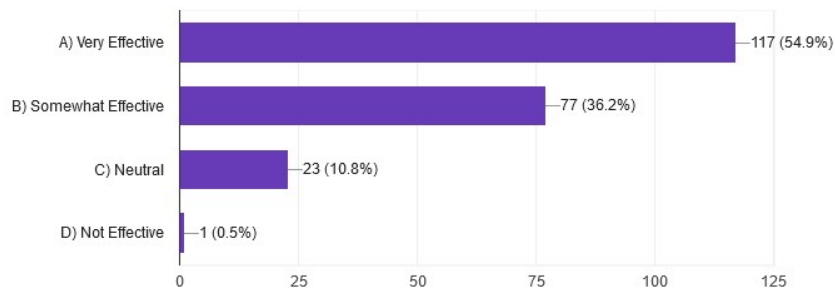


In International Day of Yoga Program, demonstration of yoga practices garnered a total of 213 responses, reflecting a predominantly positive reception. Out of the respondents, 150 people found the demonstration to be very useful, highlighting the effectiveness and benefits of the yoga practices showcased. Another 55 individuals reported the demonstration as somewhat useful, indicating that while they recognized some value, there may be areas for improvement or additional elements that could enhance the experience. Overall, the demonstration was well-received, with the majority of participants acknowledging its utility and impact.

**5. Speeches and Addresses:** How effective was presidential address in emphasizing the importance of yoga for self and society?

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213 responses

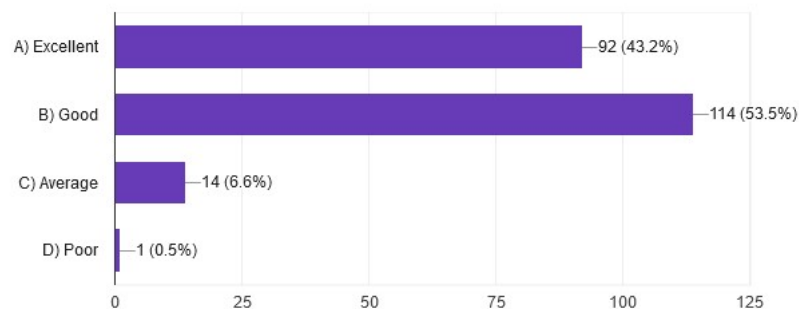


During the International Day of Yoga program, the speeches and addresses were evaluated by 213 participants, revealing a largely favorable reception. Out of these, 117 respondents found the speeches very effective, highlighting their clarity, relevance, and motivational impact. Another 77 participants considered the speeches somewhat effective, suggesting they perceived some value but identified areas for improvement.

**6. Facilities and Arrangements:** How would you rate the facilities and arrangements at the event venue?

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213 responses

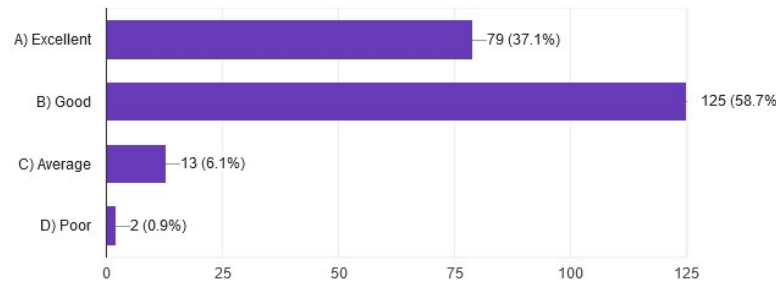


The facilities and arrangements for the International Day of Yoga program were well-received, as evidenced by 213 participant responses. Of these, 92 individuals rated the facilities and arrangements as excellent, commending the organization, accessibility, and overall environment. An additional 114 respondents considered them good, reflecting satisfaction with the quality while possibly suggesting minor areas for improvement.

**7. Participation and Interaction:** How would you rate the level of participation and interaction during the event?

 Copy

213 responses

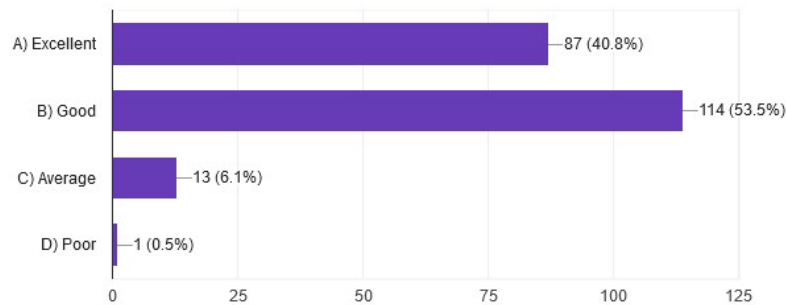


Participant engagement and interaction were well-regarded, based on feedback from 213 attendees. Out of these, 79 participants rated the level of participation and interaction as excellent, praising the inclusiveness and dynamic nature of the event. Another 125 respondents described it as good, indicating general satisfaction while potentially identifying areas for slight enhancement.

**8. Overall Experience:** How would you rate your overall experience at the International Yoga Day celebration?

 Copy

213 responses

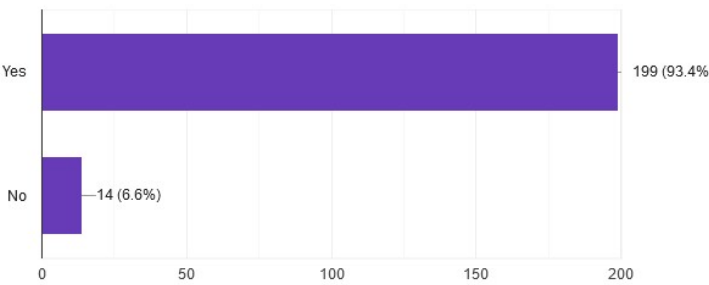


The overall experience of the International Day of Yoga program was positively received, according to feedback from 213 participants. Among them, 87 individuals rated their experience as excellent, highlighting the event's successful execution and enjoyable atmosphere. An additional 114 respondents deemed their experience good, reflecting satisfaction while possibly noting minor areas for improvement.

9. Would you recommend this event to others?

 Copy

213 responses



An impressive 199 individuals recommended the program to others, highlighting its success and the value it provided. This strong endorsement underscores the program's positive impact and effectiveness, suggesting that the vast majority of attendees found it beneficial and worth sharing with others.

10. **Suggestions for Improvement:** What aspects of the event did you find most beneficial?

213 responses

|                |
|----------------|
| Good           |
| Good           |
| Nil            |
| No suggestions |
| Yes            |
| No             |
| -              |
| Everything     |
| Nothing        |

### **Details of the Resource Persons**

**Name: Dr. Hemalatha Manoharan,**

**Qualification:** B.Sc (Physics), B.A. B.L., M.A (YHE), M.Phil., Ph.D.,

- ✓ Working as Panel Advocate in Pollachi.
- ✓ Sky Yoga Professor in Pollachi.
- ✓ Conducting yoga classes in Pollachi Temple of Consciousness

Certificate

