

	Nallamuthu Gounder Mahalingam College (Autonomous) Re-Accredited by NAAC with A++ and ISO 9001:2015 Certified Institution Affiliated to Bharathiar University, Coimbatore Pollachi – 642 001
Name of the Event: Capacity Building Programme on Empowering Students with Life Skills through Indian Knowledge System	
Department : Human Excellence	
Name of the Organizer : Mrs.S.Jeyalakshmi (HOD), Mr.N.Panneerselvam, Dr.P.Veersithivinayagan, Dr.S.Shanmugavadivu, Mr.V.Settu, Dr.S.Maheswari , Mrs.G.Gnanasoundari, Mrs.K.Santhi, Dr.S.Jagadambal, Mrs.D.Yashotha, Mrs.A.Srikavitha	
Category : Students	
Date : 03.02.2025 to 07.02.2025	No. of Days : Five Days
No. of Participants: 21	
In Collaboration with: PG Department of Chemistry	
Target Audience : Students	Beneficiaries of the Event : Students
Link to the Activity report on the website : https://youtu.be/SpjzkUTVnwo	



NALLAMUTHU GOUNDER MAHALINGAM COLLEGE
(An Autonomous ISO 9001:2015 Certified Institution Affiliated to Bharathiar University, Re-accredited by NAAC with A++ Grade)

POST GRADUATE DEPARTMENT OF CHEMISTRY & DEPARTMENT OF HUMAN EXCELLENCE

JOINTLY ORGANIZES

Capacity Building Programme

ON

Empowering Students with Life Skills through Indian Knowledge System"

Date

03.02.2025 -07.02.2025



Venue: Aruljothi Arangam

Time: 4 - 5 pm

RESOURCE PERSONS

- | | |
|--|---|
| • Yoga and Lifestyle behaviour for Holistic well-being | Dr. S. Shanmugavadivu & Mr. N. Panneerselvam |
| • Yoga and Meditation for student wellness | Ms. D. Gnanasoundari & Mr. U. Settu |
| • Stress Management for Mind-Body Balance | Dr. S. Maheswari & Ms. A. Srikanth |
| • Yoga practices for physical and mental wellbeing | Dr. P. Veerasithi Vinayagan & Ms. D. Yashotha |
| • Role of Yoga practices for Digital addiction | Dr. S. Jagadambal, & Ms. K. Santhi |

CONVENOR

Dr. K. Vimaladevi
Assistant Professor & Head
PG Department of Chemistry
Ms. S. Jeyalakshmi
Assistant Professor & Head
Department of Human Excellence

CHAIRMAN

Dr. R. Manicka Chezian
Principal (i/c)

ADVISORS

Dr. S. Saravana Babu, Director Academics
Dr. S. Umapathy, Dean - Research
Dr. R. Muthukumar, Dean - Student Affairs

Organizing Committee Members

Mr. N. Panneerselvam
Dr. P. Veerasithi Vinayagan
Dr. S. Shanmugavadivu
Mr. V. Settu
Dr. S. Maheswari

Ms. K. Santhi
Ms. D. Gnanasoundari
Dr. S. Jagadambal
Ms. D. Yashotha
Ms. A. Srikanth

Dr. M. Anusuya
Dr. M. Velayutham Pillai
Dr. N. Karpagam

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Report of the Event

Event Report

The Postgraduate Department of Chemistry and the Department of Human Excellence at NGM College, Pollachi, jointly organized a capacity-building program titled **"Empowering Students with Life Skills through the Indian Knowledge System"** from **February 3, 2025, to February 7, 2025**. This initiative aimed to equip students with essential life skills rooted in India's rich traditional wisdom, fostering overall well-being and resilience. The program included **breathing meditation, various meditation techniques, yoga asanas, Kayakalpa practice, and simplified physical exercises**, offering students a well-rounded approach to holistic well-being. These sessions helped participants cultivate **mindfulness, inner balance, and emotional stability** while enhancing their **concentration and self-awareness**. The simplified physical exercises improved **flexibility, posture, and overall vitality**, making it easier for students to integrate wellness practices into their daily routines. The combination of yoga, meditation, and physical exercises **empowered students with essential life skills rooted in India's rich traditional wisdom, promoting resilience, mental clarity, and a healthier lifestyle**. Additionally, they elaborated on the significance of **yoga** in shaping lifestyle behaviors, emphasizing the importance of a holistic approach to well-being. More than **20 students** actively participated in the session and benefited from these transformative practices.


For P. Manickam
Head & Assistant Professor,
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First Day Report (03.02.2025)

On the first day, **Dr. S. Shanmuga Vadivu** started the session with the practice of **breathing meditation**, guiding students toward mindfulness and inner balance. She introduced the **philosophy of Agna Meditation**, explaining its benefits in enhancing **concentration, emotional stability, and self-awareness**. Additionally, she emphasized the **role of yoga in shaping lifestyle behaviors**, highlighting the importance of a holistic approach to well-being.

Following the meditation session, **Mr. N. Panneerselvam** led participants through a series of **yoga stretches**, demonstrating their role in improving **flexibility, posture, and relaxation**. He explained how stretching serves as a **preparatory step** before engaging in deeper yoga practices, ensuring the body is warmed up and aligned.

The session concluded with the **practice of Surya Namaskar**, a dynamic sequence of postures that harmonizes **breath and movement**. Mr. N. Panneerselvam explained its **physiological and mental benefits**, such as improved circulation, enhanced vitality, and mental clarity. The **first day of the program** successfully laid the foundation for a **transformative journey**, encouraging students to integrate **meditation, yoga, and mindful lifestyle choices** into their daily lives for holistic development.

More than **20 students** from various departments **participated and benefited** from this session, gaining valuable insights into the **importance of yoga and meditation** for overall well-being.


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Second Day Report (04.02.2025)

On the second day, **04.02.2025**, a session titled "**Yoga & Meditation for Student Wellness**" was conducted, focusing on the transformative benefits of yoga and meditation in students' lives. Mr. V. Settu led the meditation session, guiding participants through deep relaxation techniques and mindfulness practices. He elaborated on the role of yoga in improving concentration, reducing stress, and enhancing emotional balance, helping students cultivate a focused and positive mindset for academic and personal growth.

Following this, **Ms. D. Gnanasoundari** engaged the students in a practical session, introducing them to **stretching exercises and simple yoga postures** designed for student wellness. She demonstrated techniques that promote flexibility, reduce fatigue, and improve posture, ensuring that students can integrate these practices into their daily routines. The session concluded with relaxation techniques that emphasized the importance of mindful breathing and self-awareness, reinforcing the holistic benefits of yoga and meditation in fostering a healthy and balanced lifestyle.


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Third Day Report (05.02.2025)

On the **third day (05.02.2025)**, a session titled "**Stress Management for Mind-Body Balance**" was conducted to help students understand and manage stress effectively. **Ms. A. Srikavitha** led the session with a guided meditation, introducing students to the philosophy of **Shanthi Meditation**, which cultivates inner peace and emotional stability. She also demonstrated **hand exercises** from the **Simplified Physical Exercises system developed by Shri Vethathiri Maharishi**, highlighting their benefits in improving blood circulation, reducing tension, and enhancing focus. Additionally, co-staff members provided **Shanthi Meditation initiation**, allowing students to experience deep relaxation and mindfulness.

Following this, **Dr. S. Maheswari** led an insightful session on **stress management for Mind-Body Balance**, emphasizing the connection between physical well-being and mental clarity. She guided students through a series of **leg exercises** from Shri Vethathiri Maharishi's **Simplified Physical Exercises**, which are designed to improve flexibility, enhance energy flow, and reduce stress. The session concluded with discussions on the importance of maintaining balance in life through regular practice of meditation and physical exercises, encouraging students to adopt these techniques for sustained mental and physical wellness. More than **20 students** from various departments **participated and benefited** from this session,


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Fourth Day Report (06.02.2025)

On the fourth day (06.02.2025), a session titled **"Yoga Practices for Physical and Mental Well-Being"** was conducted to highlight the significance of yoga in maintaining a balanced lifestyle. **Ms. D. Yashotha** began the session with **Agna Meditation**, guiding students to focus their attention on the space between the eyebrows to enhance concentration and inner peace. She also provided a **demonstration of Breathing Exercises, Eye Exercises, and Kapalabhati Practices**, which are part of **Shri Vethathiri Maharishi's Simplified Physical Exercises**. These techniques help in improving oxygen intake, strengthening the respiratory system, and enhancing mental clarity, contributing to students' overall well-being.

Following this, **Dr. P. Veerasithi Vinayagan** elaborated on the role of **yoga practices in achieving physical and mental well-being**. He emphasized the importance of maintaining a **daily routine of meditation and exercises**, explaining how regular practice can reduce stress, improve focus, and enhance emotional stability. By integrating yoga into their daily lives, students can cultivate discipline, manage academic pressure more effectively, and foster a sense of inner harmony. The session concluded with a discussion on practical ways to incorporate these techniques into students' routines, encouraging them to embrace yoga as a lifelong tool for holistic health. More than **20 students** from various departments **participated and benefited** from this session.


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Fifth Day Report (07.02.2025)

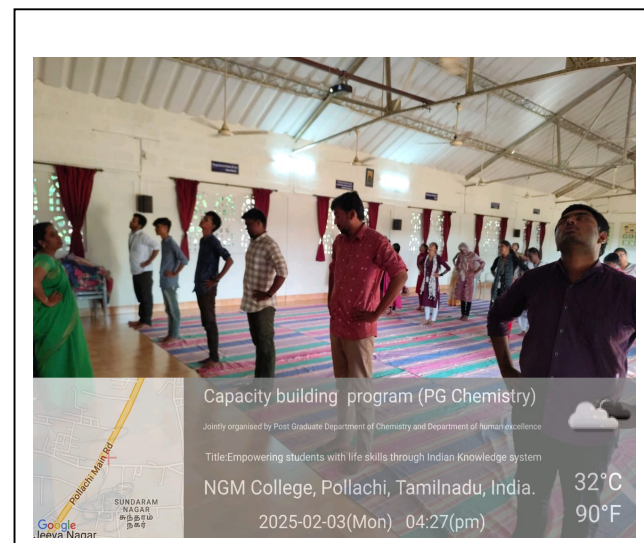
On the fifth day, **Dr. C. Jagadambal** provided an insightful explanation of the principles behind Thuriya Meditation, emphasizing its role in fostering mental clarity and inner peace. Following her detailed discourse, the **co-staff members** facilitated a **Thuriya Initiation** session for the participants. This initiation served as a practical and experiential gateway for students to immerse themselves in the transformative practice of Thuriya Meditation. By engaging in this process, students experienced a deeper meditative state, enabling them to comprehend the profound spiritual and mental benefits of this ancient technique.

Ms. **K. Santhi** then elaborated on the benefits of Thuriya Meditation in addressing **digital addiction**. She highlighted how consistent practice aids in reducing mental distractions, enhancing focus, and restoring emotional stability. She introduced practical strategies such as mindful breathing, structured screen breaks, and incorporating meditation into daily routines. More than **20 students** actively participated in the session and benefited from these transformative practices.


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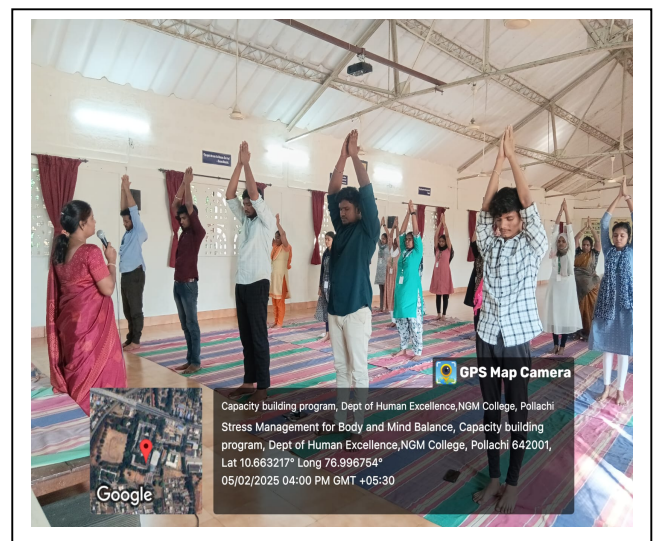
First Day photo (03.02.2025)



Second Day photo (04.02.2025)



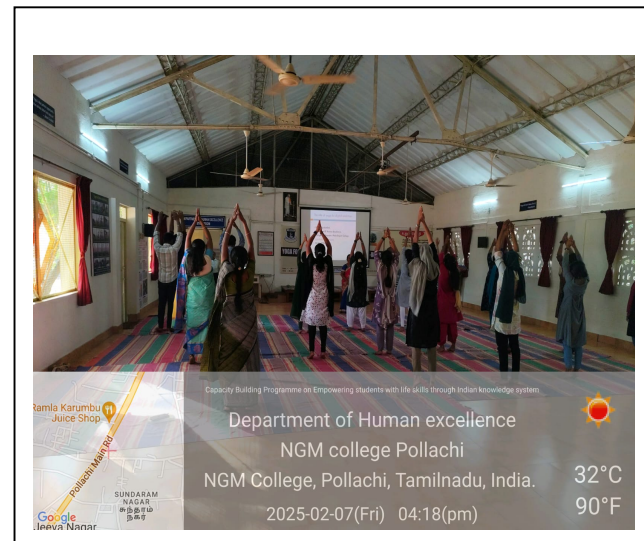
Third Day photo (05.02.2025)



Fourth Day photo (06.02.2025)



Fifth Day photo (07.02.2025)



4. Attendance

Nallamuthu Gounder Mahalingam College

(Autonomous) Pollachi.

Accredited by NAAC with the Highest Grade A++

Post Graduate Department of Chemistry &
Department of Human Excellence
Jointly Organizes

Capacity Building Program on Empowering Students with Life Skills Through Indian Knowledge System

Date: 03.02.2025 to 07.02.2025

Venue: Aruljothi Arangam

Time: 04:00 pm to 05:00 pm

S.No.	Name	E-Mail ID	Phone No.	03.02.2025	04.02.2025	05.02.2025	06.02.2025	07.02.2025
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Feedback

5. Feedback

The session saw the enthusiastic participation of more than 80 students, who actively engaged in discussions and gained valuable insights into managing social media consumption effectively. Many participants expressed their gratitude, stating that the session provided them with a new perspective on their digital habits and motivated them to incorporate mindful practices into their daily lives. The event concluded with a heartfelt appreciation for Prof. V. Manickavachakam for his enlightening talk, leaving students inspired to develop a healthier and more conscious approach to social media usage.

6. Details of the Resource Person

Prof.V.Manickavachakam, M.A.,M.Phil(Yoga)
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