



Nallamuthu Gounder Mahalingam College (Autonomous) Pollachi - 642 001



7 days Faculty development Program (25.05.2020 to 31.05.2020)



Nallamuthu Gounder Mahalingam College, Pollachi.

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



DEPARTMENT OF HUMAN EXCELLENCE

FACULTY DEVELOPMENT PROGRAMME
ON

THE IMPACT OF YOGA AND MEDITATION IN STRENGTHENING BODY, MIND AND SPIRITUAL HEALTH



Title : Role Siddha Medicine and Food habits in strengthening the immune system
Date : 25.05.2020
Time: 05.00p.m to 06.00.p.m

Dr.V.M.Rajasekaran,
B.S.M.S., M.A.(YHE), Ph.D.(YHE),
Temple of consciousness, Arampuram Jothi Nagar,
Aliyar-642101, Pollachi, Tamil Nadu.



Title : Effect of Social Media on Eye Sight
Date : 27.05.2020
Time: 03.00p.m to 04.00.p.m

Dr.Krishnamoorthy T,
Cataract, Ophthalmology (Eye)
The Eye Foundation, Pollachi



Title : Happiness through Health
Date : 29.05.2020
Time: 11.00a.m to 12.00.p.m

SKY Prof.N. Nanmani,
M.A., Yoga Instructor



Title : Pathanjali Maharishi's Ancient Methods of Asanas and Pranayama
Date : 26.05.2020
Time: 11.00a.m to 12.00.p.m

Dr.S.Prasath
M.Sc., M.Sc., M.A., REA, M.F.E.D. Mphil, PGDY, DYMHM, Ph.D
Director of Physical Education,
Government Arts College, Paramakudi 623701.



Title : Holistic approach to live a Perfect and Healthy Life
Time: 11.00a.m to 12.00.p.m
Date : 28.05.2020

D.Nithilan
MIB, MBA,
Assistant Professor
Department of International Business
Sri Ramakrishna College of Arts and Science



Title : Meditation and Emotional Intelligence
Date : 30.05.2020
Time: 11.00a.m to 12.00.p.m

SKY Prof.C.Bashgaran
B.E.M.A.(YHE)



Title : The Concept of Siddhar and Life style
Date : 31.05.2020
Time: 11.00a.m to 12.00.p.m

SKY Prof.V.Nagaraj
M.A., M.A., M.Phil., M.B.A., SMP
Therapist - 641 604.



Registration link:

Free Registration:

Google Form Link : <https://forms.gle/UppXW1mAKsUTnFJb6>

WhatsApp Link : <https://chat.whatsapp.com/GXRtqTdlAP37Y2aE8UXxV>

E-Certificate will be provided

ORGANISING COMMITTEE

- 1.P. VEERASATHI VINAYAGAN, M.A. M.Phil.
Assistant Professor, Department of Human Excellence.
2. S.SHANMUGA VADIVU, M.A.,
Assistant Professor, Department of Human Excellence.
3. P.PADMA, M.A., M.com CA,
Assistant Professor, Department of Human Excellence.
4. K.SANTHI, M.A.,
Assistant Professor, Department of Human Excellence.



Name of the Program: FDP on The impact of Yoga and Meditation in strengthening Body, Mind and Spiritual Health

25.05.2020 to 31.05.2020

S. N O	Date	Event	Title	Name of the Recourse person	YouTube link
1.	25.05.2020	FDP	Role of siddha medicine and food habits in strengthening the immune system	Dr.V.M.Rajasekaran, B.S.M.S.,M.A(YHE),Ph.d(YHE). Temple of consciousness, ArutperumJothi Nagar, Aliyar-642101.Pollachi(tk),	Nil
2.	26.05.2020		Pathanjali Maharishi's Ancient Methods of Asanas and Pranayama	Dr.S.Prasath M.Sc., M.,Sc., M.A., B.Ed, M.P.Ed, M.phil, PGDY, DYMHH, Ph.d Director of Physical Education , Government Arts College , Paramakudi 623701	https://youtu.be/IH5K3NZjVLO
3.	27.05.2020		Effect of Social Media on Eye Sight	Dr.Krishnamoorthy T, Cataract, Ophthalmology (Eye) The Eye Foundation, Pollachi	https://youtu.be/beTSPXbE1ao
4.	28.05.2020		Holistic approach to live a Perfect and Healthy Life	D.Nithilan MIB.,MBA., Assistant Professor Department of International Business Sri Ramakrishna College of Arts and Science	https://youtu.be/Oo5hGVL2LCU
5.	29.05.2020		Happiness through Health	SKY Prof.,N. Nanmani, Madurai.	https://youtu.be/BA66vInKSGs
6.	30.05.2020		Meditation and Emotional Intelligence	SKY Prof.,C.Bashgaran B.E.,M.A (YHE)	https://youtu.be/R-lmN5Rd424
7.	31.05.2020		The Concept of Siddhar and Life style	SKY Prof.,V.Nagaraj M.A., M.A., M.Phil., M.B.A, SMP Thiruppur — 641 604.	https://youtu.be/go8tYrpbH1M

Seven days Faculty development Program was conducted by the Department of Human Excellence from 25.05.2020 to 31.05.2020. More than 500 participants from around Coimbatore district participated and got benefited.

Resource Person

வாழ்க வையகம் வாழ்க வளமுடன்

தேவையும் பழக்கமும்

து.பேரா. S. மகேஸ்வரி அவர்கள்
Asst.Professor of Human Excellence,
Nallamuthu Gounder Mahalingam College,
Pollachi.

நாள்: 31.05.2020 காலை 6.30 to 7.30

YouTube நேரலை

ZOOM ONLINE MEETING ID: 9486641404
“ZOOM ONLINE” நேரலை நிகழ்ச்சி

உடுமலை அந்வுத்திருக்கோயில்

காலை:5.00-6.00 - உடற்பயிற்சி, 6.00-630 - துரியம்

SKY sky yoga

On 31.05.2020 SKY Meditation centre, Udumalpet conducted an online motivation speech, S.Maheswari, Assistant professor, Nallamuthu Gounder Mahalingam ,College, acted as a resource person and delivered a speech on Needs and Habits. There were more than 120 participants attended and got benefited.

6th INTERNATIONAL DAY OF YOGA – 21st June 2020



**Nallamuthu Gounder Mahalingam College,
Pollachi – 642 001**
Re-Accredited by NAAC, Certified institution, Affiliated by
Bharathiar University, Coimbatore.



**United Nations
International Day of Yoga June 21st, 2020**



Title : Yoga for Wellness and Happiness
Resource person: Dr. K. Perumal,
Director, WCSC—VISION Academy,
Temple of Consciousness,
Arupuram Jothi Nagar, Aliyar.

Date : June 21st, 2020.
Time : 11.30 a.m. to 1.00 p.m.

We are pleased to inform you that the Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, Coimbatore is celebrating the International Day of Yoga by organizing Webinar on “Yoga for wellness and happiness.”

Yoga Performance is open for all students

Google meet Link: meet.google.com/qqw-yjhb-vhy
Registration Link : <https://forms.gle/s6KG6hUU91Vtd9RD9>
E—Certificate will be provided

Organizing Committee
Faculties, Department of Human Excellence






**Nallamuthu Gounder Mahalingam College,
Pollachi – 642 001**
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Bharathiar University, Coimbatore.



Department of Human Excellence

Cordially invites you to
the 6th United Nations International Day of Yoga
Celebrations organized by
Department of Human Excellence
on 21st June 2020 at 11.30a.m
through Google Meet
21 June
Yoga for Harmony & Peace

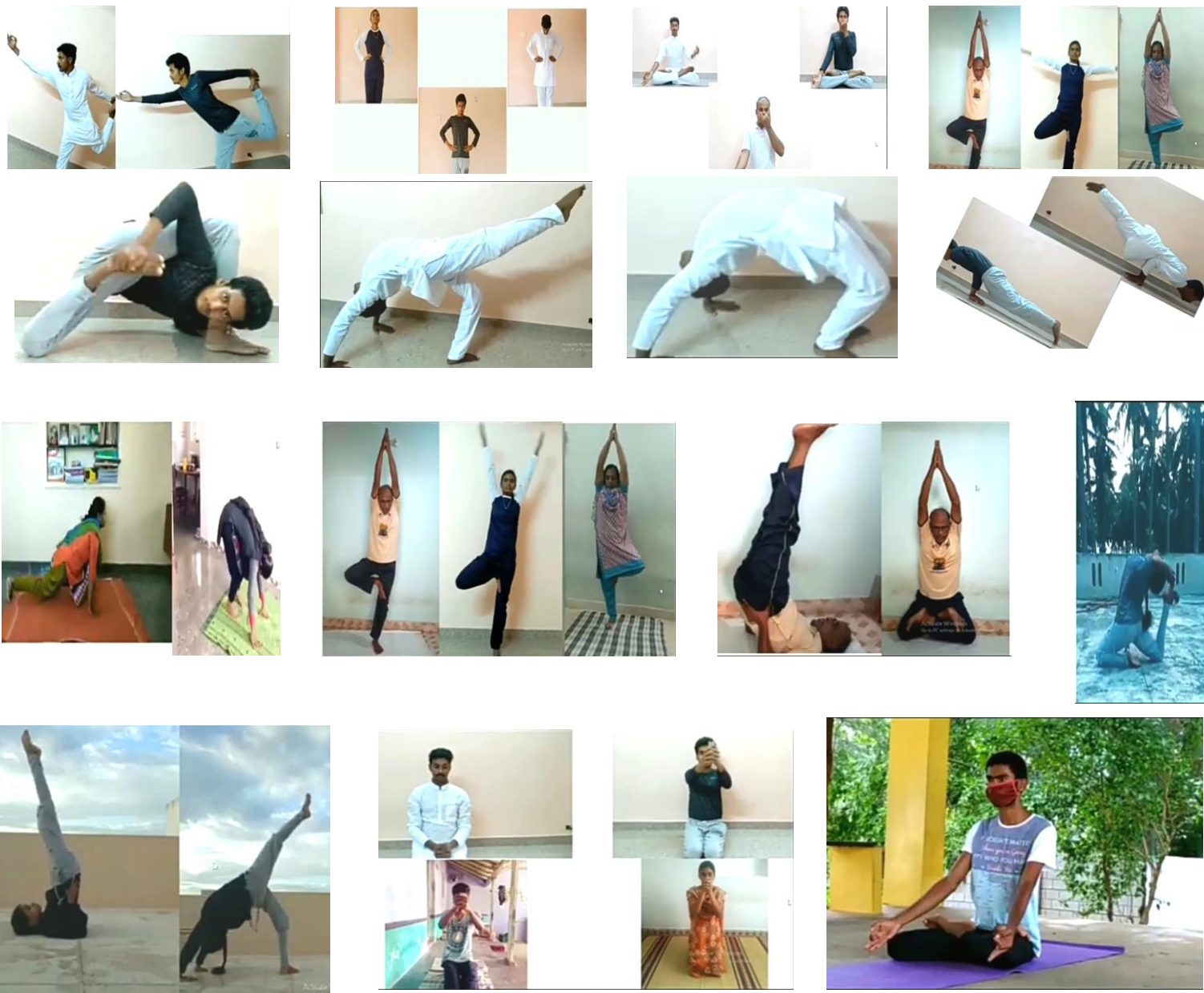


Programme

Prayer song	
Meditation	: N. Panneerselvam Assistant Professor, Department of Human Excellence
Welcome Address	: Dr. P.M.Palanisamy Principal, NGM College.
Presidential Address	: Dr. K.Perumal Director, WCSC—VISION Academy, Temple of Consciousness, Arupuram Jothi Nagar, Aliyar.
Title	:Yoga for Wellness and Happiness
Pledge	: NGM College Students
Yoga Performance	: NGM College Students
Vote of Thanks	: S. Jagathambal Assistant Professor, Department of Human Excellence

National Anthem...

Students' Yoga performance



6th International Day of yoga was celebrated on 21st June 2020 in NGM College Pollachi. The function started by 10:00 A.M. and ended by 01:30 Noon. Nearly 80 students had demonstrated various types of yoga performances through Google meet platform. The Principal, Dr.P.M.Palanisamy welcomed the gathering. Dr.K.Perumal, Director, World Community Service Centre, VISION Academy, Aliyar was the chief guest. C.Jagadambal, Assistant Professor, Department of Human Excellence, delivered vote of thanks. More than 450 students and Faculties from Various departments participated in the programme.

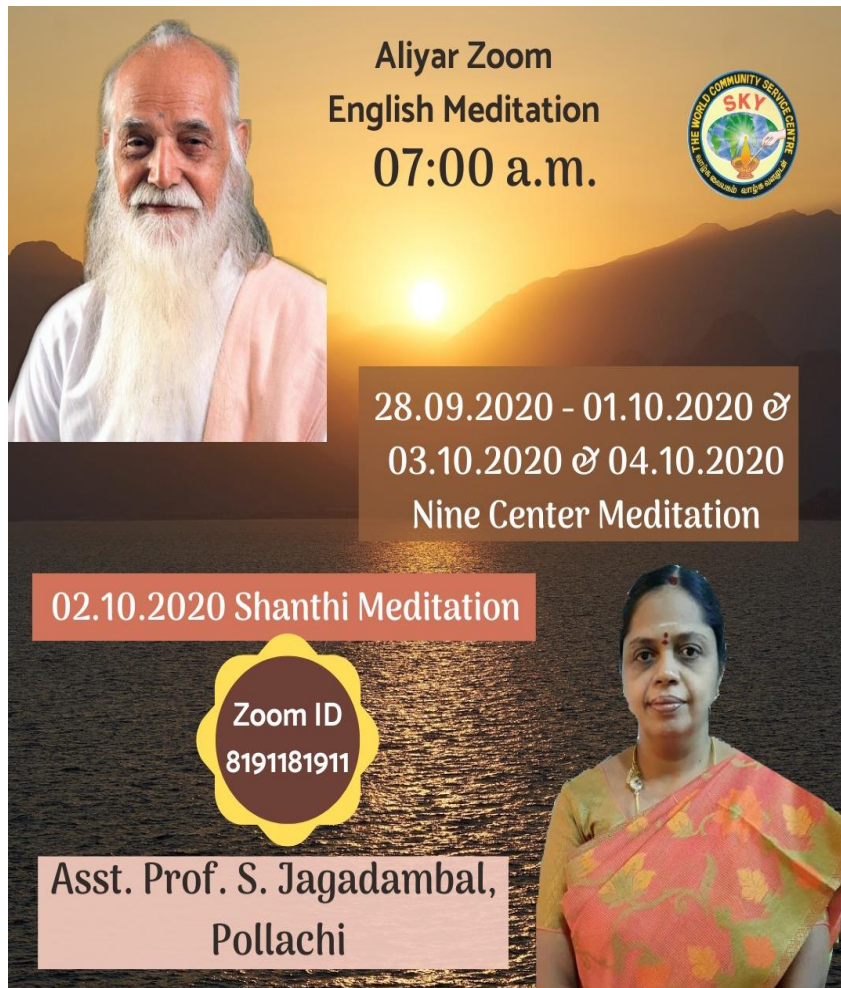
YouTube link - <https://youtu.be/gzBruHbRAA>

Resource Person



SKY Yoga Centre, Aliyar, conducted an online Webinar Program on 24.08.2020, Dr.S.Jagadambal, Assistant professor, Department of Human Excellence, Nallamuthu Gounder Mahalingam College, acted as a resource person and delivered a speech on “The power of Subconscious mind for your success”. There were more than 400 participants from various fields participated and got benefited.

Resource Person



Aliyar Zoom
English Meditation
07:00 a.m.

28.09.2020 - 01.10.2020 &
03.10.2020 & 04.10.2020
Nine Center Meditation

02.10.2020 Shanthi Meditation

Zoom ID
8191181911

Asst. Prof. S. Jagadambal,
Pollachi



SKY Yoga Centre, Aliyar, conducted One week online Intensive Program from 28.09.2020 to 04.10.2020. Dr.S.Jagadambal, Assistant professor, Department of Human Excellence, Nallamuthu Gounder Mahalingam College, conducted Nine Centre Meditation and Shanthi meditation. More than 100 participants from various fields participated and got benefited.

Resource Person

வாழ்க வையகம் வாழ்க வளமுடன்

 SKY Meditation (AMMA)
Center, Singapore

ZOOM Meeting ID : 321 542 6747

உடல் நலம் காக்க

நாள்: 06-Oct-2020
நேரம்: மாலை (7:30 – 9) மணி (Singapore)
மாலை (5:00 – 6:30) மணி (India)

SKY பேராசிரியர்
வெ.சேட்டு,
பொள்ளாச்சி



On 06.10.2020 SKY Meditation centre, Singapore conducted an online motivation speech, V.Settu, Assistant professor, Nallamuthu Gounder Mahalingam, college, acted as a resource person and delivered a speech on Physical health in this program. There were more than 180 participants from various countries participated and got benefited.

வாழ்க வையகம் வாழ்க வளமுடன்

 SKY Meditation (AMMA)
Center, Singapore

ZOOM Meeting ID : 321 542 6747

Password: 999

குணத்தால் உயர்வோம்!

நாள்: 12-Dec-2020
நேரம்: மாலை (7:30 – 9) மணி (Singapore)
மாலை (5:00 – 6:30) மணி (India)

SKY பேராசிரியர்
பன்னீர்செல்வம்,
பொள்ளாச்சி



On 12.12.2020 SKY Meditation centre, Singapore conducted an online motivation speech. N.Panneerselvam, Assistant professor, Nallamuthu Gounder Mahalingam College, acted as a resource person and delivered a speech on Refinement of character in this program. There were more than 200 participants from various countries participated and got benefited.

Resource Person



The poster is for a 'World Record Attempt' by the 'Manushi Institute of Yoga'. It features the institute's logo at the top left, which includes the tagline '...Science meets Tradition...'. To the right of the logo are two circular emblems: one for 'OWR' (Online World Records) and another for '25th Anniversary Celebrations' (1995-2020). The main text in the center reads 'World Record Attempt on June 16 & 17 - 2021' followed by 'ONLINE YOGA THERAPY LECTURE MARATHON for 24 hours Non - Stop by MANUSHI Institute of Yoga STUDENTS'. At the bottom left, contact information is provided: 'Mobile : +91 97873 44486', 'email : manushiyoga@gmail.com', and 'www.manushiyoga.in'. On the right side, there is a portrait of the speaker, C. Jagadambal, with a text box overlay that reads: 'Speaker : C. JAGADAMBAL Yoga and Meditation for Enhanced Mood and mental Well-Being'. The background of the poster is dark blue with some decorative elements like a white veil and a small orange circle.

Manushi
Institute of Yoga
...Science meets Tradition...

World Record Attempt
on June 16 & 17 - 2021

**ONLINE
YOGA
THERAPY
LECTURE
MARATHON**

for 24 hours
Non – Stop by
MANUSHI
Institute of Yoga
STUDENTS

Mobile : +91 97873 44486
email : manushiyoga@gmail.com
www.manushiyoga.in

Speaker :
C. JAGADAMBAL
Yoga and Meditation for
Enhanced Mood and
mental Well-Being

Manushi Institute of Yoga, conducted an online Yoga Therapy Lecture Marathon Program as a world record on behalf of international yoga day celebration 16&17.09.2021, Dr.S.Jagadambal, Assistant professor, Department of Human Excellence, Nallamuthu Gounder Mahalingam College, acted as a resource person and delivered a speech on “Yoga and Meditation for enhanced mood and mental wellbeing”. More than 300 participants from various countries attended and got benefited.



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 Affiliated to Bharathiar University, Coimbatore
 90, Palghat Road, Pollachi - 642 001



Department of
Human Excellence

Department of Human Excellence
 Organizes Webinar on
Yoga for Healthy lifestyle
On 7th INTERNATIONAL DAY OF YOGA



International Day of Yoga

IQAC/2021-22/JUN/007

INAUGURAL ADDRESS
Dr. Antony Selvados Thanamani
 Principal I/C, NGMC

Date : 21.6.2021, Monday
Time: 8 am to 9 am
platform - Microsoft Teams

E-Certificates to all the participants



PRESIDENTIAL ADDRESS
Sr. Prof., M.K. DHAMODHARAN
 Vice President , World
 Community Service Centre,
 Director - SMART

Register here:
<https://forms.gle/imqebFeQ5pG3XReU9>

7th International Day of yoga was celebrated on 21st June 2021 in NGM College Pollachi. The function started by 10:00 A.M. and ended by 01:30 Noon. Dr.P.M.Palanisamy welcomed the gathering. Prof.,M.K.Dhamodharn, Vice president World community service center, Dindugal was the chief guest. S.Jeyalakshmi, Assistant Professor, Department of Human Excellence, delivered vote of thanks. More than 184 students and Faculties from Various departments participated in the program.

வாழ்க வையகம் வாழ்க வளமுடன்

 **SKY Meditation (AMMA)**
Center, Singapore

ZOOM Meeting ID : 321 542 6747

Password: 999

யோக நெறிகள்

நாள்: 26-JAN-2021

நேரம்: மாலை (7:30 – 9) மணி (Singapore)
மாலை (5:00 – 6:30) மணி (India)

SKY பேராசிரியர்
வெ.சேட்டு.
திருவண்ணாமலை



On 26.01.2021 SKY Meditation centre, Singapore conducted an online motivation speech, V.Settu, Assistant professor, Department of Human Excellence, Nallamuthu Gounder Mahalingam College, acted as a resource person and delivered a speech on Principles of Yoga in this program. There were more than 150 participants from various countries participated and got benefited.

Resource Person

NALLAMUTHU GOUNDER MAHALINGAM COLLEGE POLLACHI
(An Autonomous Institution,
Reaccredited by NAAC Affiliated to Bharathiar University, Coimbatore)
Post Graduate Department of Chemistry

Faculty Development Program (Online)
Sponsored by AICTE -Training and Learning (ATAL) Academy
On
"NOVEL MATERIALS FOR NEXT GENERATIONS"

30/07/2021

Session - I (9.30 am to 11.30 am)
"Novel Polyoxometalate-Metal Oxide hybrid materials for Photocatalytic water-splitting"

Dr. Manoj Raula
Assistant Professor
Department of Chemistry
Amity Institute of Applied Sciences (AIAS)
Amity University, Noida, Uttar Pradesh, India

11.30 -11.45 pm
Tea break

Session - II (11.45 am to 1.00 pm)
"SKY Yoga for Stress Management"

Dr. S. Jagadambal
Assistant Professor
Department of Yoga for Human Excellence,
Nallamuthu Gounder Mahalingam College, Pollachi,
Tamil Nadu, India.

11.30 -11.45 pm
Lunch Break

(2.30pm-3.30pm)
Valedictory Address

Dr. Sanjeevi Raja
Former Dean and Head
Department of Physics
Alagappa University, Karaikudi, Tamil Nadu

3.30-4.00 pm
Quiz Assessment (25 questions -50marks)

Post Graduate department of Chemistry, conducted an online Faculty Development Program on 30.07.2021, Dr.S.Jagadambal, Assistant professor, Department of Human Excellence, Nallamuthu Gounder Mahalingam College, acted as a resource person and delivered a speech on "SKY Yoga for Stress Management". There were more than 500 participants from various departments participated and got benefited.

Event ID: IQAC/2021-22/SEP/051

Online webinar On “Philosophy of Cause & Effect” on 16.09.2021

IQAC 2021-22

Nallamuthu Gounder Mahalingam College
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Institution, Affiliated to Bharathiar University
Pollachi, Coimbatore (Dt), Tamilnadu, India.
“Commemoration of the 65th Formation Day”
Department of Human Excellence 72nd Rank

Online Webinar on
“Philosophy of Cause & Effect”
16th September 2021, 9.00 am to 11.00 am

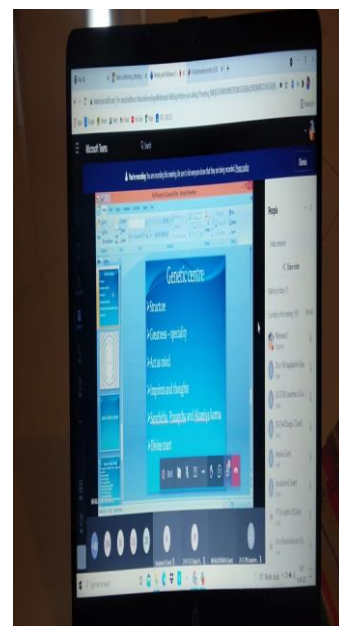
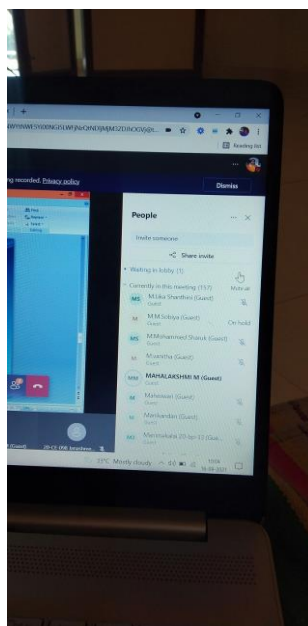
Resource Person
Ms.MMahalakshmi
M.B.A.,M.A(YHE)

Organizing Secretaries
S.Maheswari
V.Settu
Assistant Professor
Dept of Human Excellence

Principal
Dr. R. Muthukumaran
NGM College
HOD
S.Jeyalakshmi
Department of Human Excellence

Platform :  Microsoft Teams
<https://bit.ly/3EfehRC>

E-Certificates will be provided for all participants.



Online Webinar program organized by the Department of Human Excellence on ‘**Philosophy of Cause & Effect**’ on 16.09.2021. Mrs.D.Gnanasoundari, Assistant professor, Department of Human Excellence, gave an introductory address. Resource Person Mrs.M.Mahalakshmi, M.B.A.,M.A(YHE) Applied Psychology delivered a speech regarding the title of Cause & Effect for life. Mrs.S.Maheswari, Assistant professor, Department of Human Excellence gave the vote of thanks at the end of the program. More than 160 Students from various department participated in the program.

Online webinar On “India and Peace” on 17.09.2021



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Commemoration of the 65th Formation day



Department of Human Excellence

**ONLINE WEBINAR
ON**

India and Peace

Date: 17.09.2021
Time: 09: A.M to 11 A.M



Organizing Committee:

1. N.Panneerselvam, Assistant Professor,
2. P.Veerasithi Vinayagan, Assistant Professor
3. Shanmuga vadivu, Assistant Professor
4. V.Settu, Assistant Professor
5. P.Padma, Assistant Professor

**Dr.R.Muthukumar, Principal,
NGM College Pollachi**

Platform Link: Google meet
E- Certificate will be provided



Resource Person
Dr. S.Kamaraju,
M.Com, M.Phil., M.B.A, (M.A Yoga) Ph.D., Thanjavur.





REC

19:00:00 LAKSHMI has left the meeting

10:19 AM | Webinar on India & Peace

Dept. of HUMAN EXCELLENCE
Nallamuthu Gounder Mahalingam College
Pollachi
Coimbatore District- Tamil Nadu
2021-09-17(Fri) 10:19(am)

29°C
84°F

Online webinar program organized by the Department of Human Excellence on ‘**India and Peace**’ on 17.09.2021. N.Panneerselvam, Assistant professor, Department of Human Excellence, gave an introductory address. Dr.N.Muthukumar, Principal Nallamuthu Gounder Mahalingam College, delivered welcome address during the occasion. Resource Person DR.S.Kamaraju, M.com, M.Phil. M.B.A, MA. (Yoga) Ph.D. delivered a speech regarding the title of India and Peace. P.Padma, Assistant professor, Department of Human Excellence gave the vote of thanks at the end of the programme. More than 250 students from various departments participated in the program.

Online webinar On “SKY Yoga for Lifestyle Enhancement” on 21.09.2021



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Commemoration of the 65th Formation Day

DEPARTMENT OF HUMAN EXCELLENCE

Online webinar on

SKY Yoga for Lifestyle Enhancement



21.09.2021
10-11 am



Resource Person

Mr. K. Sowmithran,

M.A. (YHE), Dip in Siddha, Varma

Organising committee

K. Santhi, Assistant Professor

D. Gnanasoundari, Assistant Professor

S. Jagadambal, Assistant Professor

Convener

S. Jeyalakshmi, HoD

Teams link

<https://bit.ly/3tQcfCQ>

**E- Certificate will be
provided**

Principal

Dr. R. Muthukumaran

IQAC/2021-22/SEP/063

Online webinar program organized by the Department of Human Excellence on ‘SKY Yoga for Lifestyle Enhancement’ on 21.09.2021. Mrs.S.Jeyalakshmi, Assistant professor, Department of Human Excellence, gave an introductory address. Resource Person Mr.K.Sowmithran, SKY Prof., delivered a speech. Mrs..K.Santhi, Assistant professor, Department of Human Excellence gave the vote of thanks at the end of the program. More than 100 students from various department participated in the program.

Online webinar On “Eight Asanas for Healthy Life” on 23.09.2021

IQAC/2021-22/SEP/073

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65
YEARS OF
ACADEMIC EXCELLENCE

'Commemoration of the 65th Formation day'

nirf
72nd RANK

Department of Human Excellence

ONLINE WEBINAR
ON

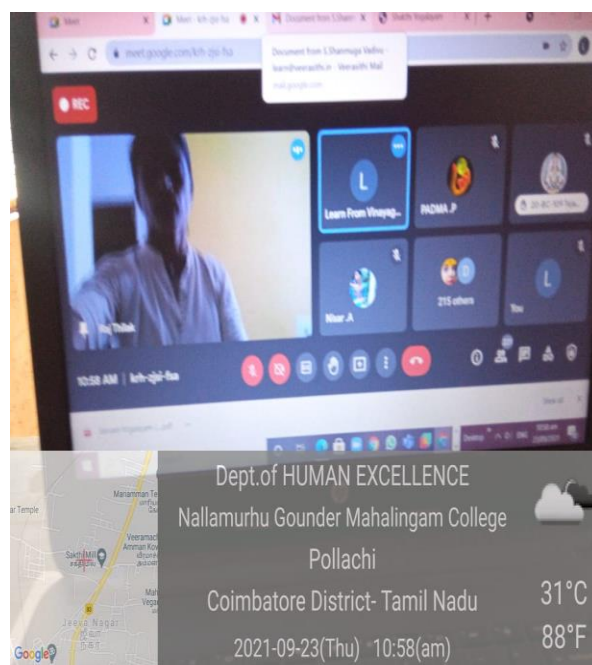
Eight Asanas for Healthy Life

Resource Person
V. Premalatha,
SKY Yoga Professor, (M.A Yoga) Ph.D., Scholar, Coimbatore

Date: 23.09.2021
Time: 09:A.M to 11 A.M

Platform Link: Google meet
E- Certificate will be provided

Organizing Committee:
1. N.Panneerselvam, Assistant Professor,
2. P.Veerasithi Vinayagan, Assistant Professor
3. Shanmuga vadivu, Assistant Professor
4. V.Settu, Assistant Professor
5. P.Padma, Assistant Professor



Online webinar program organized by the Department of Human Excellence on ‘**Eight Asanas for Healthy Life**’ on 23.09.2021. Mrs.S.Shanmuga vadivu, Assistant professor, Department of Human Excellence, gave an introductory address. Resource Person V.Premalatha, M.Sc. Applied Psychology delivered a speech regarding the title of Eight Asanas for Healthy Life. Mr.P.Veerasithi vinayagan, Assistant professor, Department of Human Excellence gave the vote of thanks at the end of the program. More than 150 students from various department participated in the program.

Online Workshop on “Yoga for Heart Care” from 29.09.2021 to 01.10.2021



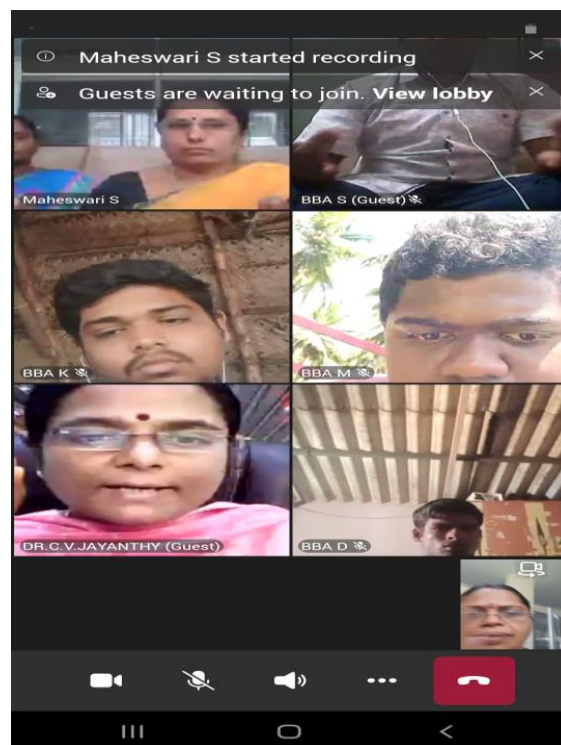
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Pollachi, Coimbatore (Dt), Tamilnadu, India.

Department of Human Excellence & Manushi Institute of yoga Chidambaram
Jointly organises
3 days workshop on
Yoga for Heart care
“Commemoration of the 65th Formation Day”
Date: 29/09/2021 to 01/10/2021
Time: 9.00 am - 11.00 am

Chief guests:
29.09.2021- Dr.S.Natarajan
Programme Director, Manushi Institute of yoga, Chidambaram, Tamilnadu
30.09.2021- Dr.CV. Jayanthi
Founder, Manushi Institute of yoga, Chidambaram, Tamilnadu
01.10.2021- Dr.K.Perumal,
Director, WCSC VISION Aliyar.

Organisers:
Dr.S.Jagadambal
D.Gnanasoundari
Co-Organisers
S.Maheswari
V.Settu
Principal
Dr.R.Muthukumaran
NGM College
HOD
S.Jeyalakshmi
Department of Human Excellence

Platform: MS Teams
*E-certificate will be provided for participants



Online Workshop program organized by the Department of Human Excellence on behalf of World Heart Day (Sep29) on the Topic ‘Yoga for Heart Care’ on 29.09.2021.

Day 1

Welcome Address was given by Dr.S.Jagadambal, Asst.Prof, Department of Human Excellence, Introduction of Chief Guest- Prof. D. Gnanasoundari. Resource Person was Dr. S, Natarajan, Programme Director, Manushi Yoga Institute, Chidambaram. Topic- ‘Asanas for Healthy Heart’ Vote of thanks was given by Dr. S.Jagadambal. Asst.Prof, Department of Human Excellence.

Day 2

Welcome address was given by Prof. D. Gnanasoundari, Asst.Prof, Dept of HE. Introduction of Chief guest by Dr. S. Jagadambal, Asst.Prof, Department of Human Excellence, Resource Person Dr.C.V.Jayanthi, Founder, Manushi Yoga Institute. Chidambaram . Topic

‘Pranayama & Mudras for Effective Cardio Vascular Functions’. Vote of thanks was given by S. Maheswari Asst.Prof, Department of Human Excellence.

Day 3

Meditation & Welcome address by S.Maheswari Asst.Prof, Dept of HE. Resource Person – Prof. Pr.k.Shanmugasundram, Topic – **‘Kayakalpa for Holistic Health’** Practical session by V.Settu Asst., Prof., Department of Human Excellence. Vote of thanks was given by Prof. D. Gnanasoundari, Asst., Prof., Department of Human Excellence. More than 200 Students from various departments participated & benefited through this Workshop.