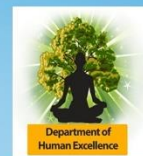




Nallamuthu Gounder Mahalingam College, Pollachi.

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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., V.H.E.L., Ph.D., V.H.E.L.
Temple of consciousness, Aranyasana Ashram, Nagar,
Aiyar-642101, Pollachi-04.



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

Dr.Krishnamoorthy T.
Consultant, 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. Nannani,
M.A., Yoga Institute



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., B.Ed., M.P.Ed., M.Phil., PG.DY., D.Y.M.H., Ph.D.
Department of Physical Education,
Government Arts College, Paramasivadi-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
M.B.B.S.,
Assistant Professor
Department of Integrative Sciences
St. Paul's College, Coimbatore



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., V.H.E.L.



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., S.M.P.
Thiruppur — 641 604.



Registration link:

Free Registration:

Google Form Link: <https://forms.gle/UppXWmAkUtaF3b6>

WhatsApp Link: <https://chat.whatsapp.com/GXR8qTdlAP37V2aL8UXvY>

E-Certificate will be provided

ORGANISING COMMITTEE

P. VEERASUTHI VINAYAGAN, M.A., M.Phil.
Assistant Professor, Department of Human Excellence.
P. S. SHANMUGA VADIVU, M.A.,
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R. PPAIDAMA, M.A., M.Com. CA
Assistant Professor, Department of Human Excellence.
J. K. SANTHI, M.A.,
Assistant Professor, Department of Human Excellence.

