

Name of the Department: Humam Excellence

Activity Calendar for the Odd Semester of Academic Year 2022-23

S.No of days	Week	Date	Proposed activity	Coordinator if any	Remark
1	18.07.22 to 22.07.22	18.07.22	To act as resource person on medical camp - "Moralisation of desire and Personality development" at Aliyar	V. Settu	
		18.07.22	To act as resource person for foundation course - "Practice and explanation of Santhi meditation" at Aliyar	N. Panneerselvam	
2		19.7.22			
3		20.7.22	To act as resource person for foundation course- "Practice and explanation of Nithyanatha meditation" at Aliyar	Dr. S.Jagadambal	
		21.07.22	To act as resource person on medical camp on - "Practice and explanation of Panchanthiriya meditation" at Aliyar	P. Veerasithi vinayagan	
4	21.07.22 to 22.07.22	21.07.22	Seminar - "Awareness programme on the eve of chess olympiad 2022" - Chief guest - Sub collector, Pollachi	S. Jeyalakshmi & All facultees	
5		22.07.22			
	23.07.22 to 29.07.22	23.07.22	Saturday		
		24.07.22	Sunday		
		25.07.22			
		26.07.22			
		27.07.22	To act as resource person on medical camp- "practice of increasing bio mangetism and Greatness of womenhood" at Aliyar	S. Jeyalakshmi	
		27.07.22	To act as resource person on "Tntrospection course" at village service progrmme, Madapalli, Thirupathur"	V. Settu	
		28.07.22			
		29.07.22			
		30.07.22	Saturday		
		31.07.22	Sunday To act as resource person-online webinar on "Physical and mental health"at Mothers matri Higher Secondary School, Singarapettai, Krishnakiri Dist.	P. Veerasithi vinayagan	
6	01.08.22 to 05.08.22	01.08.22			
7		02.08.22			
8		03.08.22	Holiday (Adiperukku)		
9	04.08.22 to 05.08.22	04.08.22	To act as a resource person on Foundation course for first year UG SF students on "Improtance of Human Excellence"	S. Jeyalakshmi	
10		05.08.22	counsiling for studuents Mental health	S. Jagadambal	

		06.08.22	Saturday		
		07.08.22	Sunday		
11		08.08.22			
		09.08.22	Holiday (Muharam)		
12	08.08.22 to 12.08.22	10.08.22	online webinar on "SKY yoga for Youth Empowerment"	N. Panneerselvam, S. Maheswari, P. Padma	
13		11.08.22			
14		12.08.22			
		13.08.22	Saturday		
		14.08.22	Sunday		
		15.08.22	Independence day (independence day)		
15	16.08.22 to 18.08.22	16.08.22	Seminar on "Women wellness through SKY Yoga"	P. Veerasithi vinayagan S. Shanmugavadivu K. Santhi	
16		17.08.22			
17		18.08.22			
		19.08.22	Holiday (Gokulastami)		
		20.08.22	Saturday		
		21.08.22	Sunday		
18	22.08.22 to 26.08.22	22.08.22	Extension on "Prevention of Diabetics through Yoga"	V. Settu Dr. S.Jagadambal D. Gnana soundari	
19		23.08.22			
20		24.08.22			
21		25.08.22			
22		26.08.22			
		27.08.22	Saturday		
		28.08.22	Sunday		
23	29.08.22 to 02.09.22	29.08.22			
24		30.08.22			
		31.08.22	Holiday (Vinayagar Chaturthi)		
25		01.09.22	counsiling for studuents Mental health	D. Gnanasoundari	
26		02.09.22			
		03.09.22	Saturday		
		04.09.22	Sunday		
27	05.09.22 to 09.09.22	05.09.22	FDP on "Stress management through yoga"	N. Panneerselvam, S. Maheswari, P. Padma	
28		06.09.22			
29		07.09.22			
		08.09.22	Holiday (Onam)		
30		09.09.22			
		10.08.22	Saturday		
		11.08.22	Sunday		

31	12.09.22 to 16.09.22	12.09.22			
32		13.09.22	counselling for students Mental health	S. Maheswari	
33		14.09.22			
34		15.09.22	Workshop on "SKY Yoga for holistic life"	V. Settu Dr. S.Jagadambal D. Gnana soundari	
35		16.09.22	Acted as Resource person	S. Shanmugavadivu	
		17.09.22	Saturday		
		18.09.22	Sunday		
37	19.09.22 to 23.09.22	19.09.22			
38		20.09.22	counselling for students health	P. Padma	
39		21.09.22			
40		22.09.22			
41		23.09.22			
		24.09.22	Saturday		
		25.09.22	Sunday		
42	26.09.22 to 30.09.22	26.09.22	Extension on "Save nature and save health"	P. Veerasithi vinayagan S. Shanmugavadivu K. Santhi	
43		27.09.22			
44		28.09.22			
45		29.09.22			
46		30.09.22			
		01.10.22	Saturday		
		02.10.22	Sunday		
47	03.10.22 to 07.10.22	03.10.22	Acted as Resource person	S. Maheswari	
		04.10.22	Pooja Holiday		
		05.10.22	Pooja Holiday		
48		06.10.22	Seminar on "Vivekandar's message to students"	N. Panneerselvam, S. Maheswari, P. Padma	
49		07.10.22			
		08.10.22	Saturday		
		09.10.22	Sunday		
50	10.10.22 to 14.10.22	10.10.22	counselling for students health	K. Santhi	
51		11.10.22	Workshop on "Yoga for Depression and Anxiety"	P. Veerasithi vinayagan S. Shanmugavadivu K. Santhi	
52		12.10.22			
53		13.10.22			
54		14.10.22			
		15.10.22	Saturday		
		16.10.22	Sunday		
55	17.10.22 to 21.10.22	17.10.22	counselling for Students health	P. Veerasithi vinayagan	
56		18.10.22			
57		19.10.22			
58		20.10.22			
59		21.10.22	Acted as Resource person	P. Padma	
		22.10.22	Saturday		
		23.10.22	Sunday		
		24.10.22	Holiday (Diwali)		
60	25.10.22 to 28.10.22	25.10.22	Conference on "Yoga helps for deaddiction"	V. Settu Dr. S.Jagadambal D. Gnana soundari	
61		26.10.22			
62		27.10.22			
63		28.10.22	counselling for Faculty health	S. Maheswari	
		29.10.22	Saturday		
		30.10.22	Sunday		

64		31.10.22	Acted as Resource person	D. Gnanasoundari	
65		01.11.22	counsiling for Faculty health	S.Shanmugavadivu	
66		02.11.22	seminar on "Empower youth to enrich the mankind"	P. Veerasithi vinayagan	
67	31.10.22 to	03.11.22		S. Shanmugavadivu	
68	04.11.22	04.11.22		K. Santhi	
		05.11.22	Saturday		
		06.11.22	Sunday		
69		07.11.22			
70		08.11.22			
71		09.11.22			
72	07.11.22 to	10.11.22			
73	11.11.22	11.11.22	Acted as Resource person	K. Santhi	
		12.11.22	Saturday		
		13.11.22	Sunday		
74		14.11.22	counsiling for Students health	V. Settu	
75		15.11.22	workshop on "yoga therapy for heart diseases"	V. Settu	
76	14.11.22 to	16.11.22		Dr. S.Jagadambal	
77		17.11.22		D. Gnana soundari	
78	18.11.22	18.11.22			
		19.11.22			
		20.11.22	Sunday		
79		21.11.22			
80		22.11.22	counsiling for Students health	N. Panneerselvam	
81	21.11.22 to	23.11.22	Extention activity on "Health Awareness through yoga"	N. Panneerselvam,	
82		24.11.22		S. Maheswari,	
83	25.11.22	25.11.22		P. Padma	
		26.11.22			
		27.11.22	Sunday		
84		28.11.22	online webinar on "relevance of yoga in modern age".	N. Panneerselvam,	
85		29.11.22		S. Maheswari,	
86	28.11.22 to	30.11.22		P. Padma	
87		01.12.22			
88	02.12.22	02.12.22			
		03.12.22	Saturday		
		04.12.22	Sunday		
89		05.12.22			
90	05.12.22 to	06.12.22	counsiling for Students health	S. Jeyalakshmi	
91	07.12.22	07.12.22	Acted as Resource person	N. Panneerselvam	
Total no.of working days = 90	Name & Signature of HoD woth seal		Name and Signature of Academic Dean with seal		Name & Signature of Principal with seal