



NALLAMUTHU GOUNDER MAHALINGAM COLLEGE
POLLACHI, COIMBATORE-642001



**PG DEPARTMENT OF CHEMISTRY & DEPARTMENT OF HUMAN
EXCELLENCE**

Organizes
CAPACITY BUILDING PROGRAMME

On

"LIFE SKILLS THROUGH SKY YOGA FOR STUDENTS"

Date: 14.11.2022
to
18.11.2022



Time: 12.15 - 1.14 pm

Resource Persons

Ms. S. Jayalakshmi & Mr. N. Panneerselvam

"Yoga is the way of life"

Mr. P. Veerasithi Vinayagan & Ms. S. Shanmuga Vadivu **"Yoga for harmonizing inner self and body"**

Mr. V. Settu & Ms. S. Maheswari

"Mend your mental health through Yoga"

Ms. P. Padma & Ms. K. Santhi

"Quite mind is the healthiest mind"

Ms. D. Gnasoundari & Dr. S. Jagadambal

"Yoga the stress buster"

Chief Patron

Dr. R. Muthukumaran
Principal

Patron

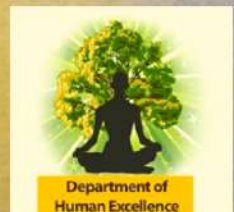
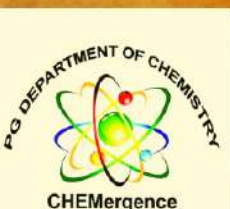
Dr. S. Saravanababu
Dean-Academic
Dr. S. Umapathy
Dean-Research

Convenor

Dr. K. Poonkodi,
Asst. Professor & Head
PG Chemistry
Ms. S. Jeyalakshmi,
Asst. Professor & Head
Human Excellence

Organizing Committee Members

Ms. K. Vimaladevi
Ms. R. Mini
Dr. V. Prabhu
Ms. M. Anusuya



IQAC/2022-23/NOV/132