

Chief Guest on International Yoga Day (21.06.2022)

Arulnithi Vedhasubbiya, M.A (YHE), PGD (YOGA),



Registration Fee & Details

1. Hardcopy of Certificate will be given. The registration amount is Rs. 200 for each participant.
2. Only limited number of participants are allowed. Registration will be on first come first serve basis

Organizing Committee

Organizing Secretaries	Dr. K.M. Prabu, AP, Dept. of Physics	Mr. K. Kannan, HOD, PG Dept. of Commerce
	Dr. R. Sathiyakala, AP, Dept. of BBA	Mr. M. Pandiaraj, AP, Dept. of BCA
Organizing Members	Dr. S. Jaikumar, AP, Dept. of Maths	Mr. N. Chandrasekaran, AP, Dept. of Che.
	Dr. M. Balamurugan, AP, Dept. of Maths	Mrs. R. Jayalakshmi, AP, Dept. of CS
	Dr. S. Thambidurai, AP, Dept. of Physics	Mrs. P. Sridevi, AP, Dept. of English
	Dr. R. Dhineshkumar, AP, Dept. of Physics	Mr. M. Prakash, AP, Dept. of English
	Dr. V. Chinnadurai, AP, Dept. of Botany	Mr. D. Arulprakash, AP, Dept. of English
	Dr. D. Kalaiselvan, AP, Dept. of Zoology	Mr. P. Murugan, AP, Dept. of BBA & CA
	Mr. K. Sridharan, AP, Dept. of BCA	Mr. S. Deivam, AP, Dept. of Tamil
	Mr. G. Ramanan, AP, Dept. of CS	Mr. S. Perumal, AP, Dept. of Tamil

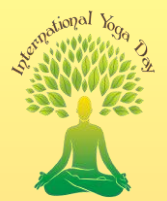
Yoga Trainers

V. Dasarathan, M.A (Tamil), M.A (Yoga),

D. Prema, M.A (His), M.A (Tamil), M.A (Yoga), B.Ed., M.Phil.,

M. Jayalakshmi, M.A (Sociology), M.A (Yoga),

M. Achuthanantham, M.A (Yoga),



**SRI VIDYA MANDIR ARTS & SCIENCE COLLEGE
(AUTONOMOUS)**

An Autonomous Institute Affiliated to Periyar University, Salem
Recognized 2(f) & 12(B) Under UGC Act of 1956
Accredited by NAAC with 'A' Grade [3.27]

**Vignesh Nagar, Katteri - 636 902, Uthangarai, Krishnagiri - Dt
Tamil Nadu, India**

INTERNAL QUALITY ASSURANCE CELL (IQAC)

Organizes

15 DAYS

YOGA TRAINING PROGRAMME - 2022

(05.05.2022 to 21.05.2022)

Time: 12.00 Pm to 1.00 Pm

Chief Patron : Thiru. V. Chandrasekaran, Founder

Sri Vidya Mandir Group of Educational Institutions, Uthangarai.

Patron : Dr. T. Balasubramanian, Principal

Sri Vidya Mandir Arts & Science College (Autonomous), Katteri.

Co-Patron : Dr. N. Gunasekaran, Vice Principal & IQAC Coordinator

Sri Vidya Mandir Arts & Science College (Autonomous), Katteri.

Convenor : Dr. J. Satish Kumar, IQAC Coordinator

Sri Vidya Mandir Arts & Science College (Autonomous), Katteri.

All are cordially invited

About the College

Sri Vidya Mandir Arts & Science College (Autonomous)

The visionary Philanthropists of Sri Vidya Mandir Higher Educational Trust started Sri Vidya Mandir Arts & Science College in Katteri in the year 2000 with the noble aim of uplifting economically and educationally backward district, Dharmapuri and Krishnagiri into a number one educational destination in Tamil Nadu.

The College is surrounded by the culturally rich pilgrimage centers, Hanumantheertham (2km) and Theerthamalai (15km), associated with the famous Epic, The Ramayana. The College is located in a sprawling campus of more than 50 acres. The Queen of Mountains, the Eastern Ghats, has bestowed her bountiful nature and conducive climate around the area. The College is well connected with the nearby cities and is located in the Salem-Vellore State High Ways. Currently the college functions with the strength of around 4300 students, 150 faculty members. The College offers 13 UG courses, 9 PG courses, 7 M.Phil programmes and 3 Ph.D (Part time/Full time), 3 Ph.D (Part time) programmes. The college was recognized by the University Grants Commission (UGC) under section 2(f) & 12(B) of UGC Act, 1956 on 26th August 2013. The curricular model developed SVM originally integrating teaching, research and extension has earned the institute UGC status by the NAAC in 2015 with 'A' Grade (3.27). Recently, the college is conferred with Autonomous Status by the UGC from the academic year 2020-2021 onwards and retains the same NAAC Grade 'A' with 3.27 CGPA till 2025. So far the college stands proud by clinching 80 gold medals and a number of ranks.

About IQAC

The Internal Quality Assurance Cell of Sri Vidya Mandir Arts and Science College was established in the year 2013 with 10 members. But at present, it is functioning with 19 members. The IQAC is verbalized as per guidelines of NAAC and acting as nodal agency of the institution for synchronizing quality related activities. It fashions learner-centric environment beneficial to quality education and aptitude development. It is also intricate in academic enhancement programmes, quality facets seminars, conferences FDS and feedback leading to incessant perfection and accomplishing academic distinction. The IQAC plays an important role in committing the quality assurance of the College out the Year.

About the Programme

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.

Objectives of Programme

- To enable the student to have good health
- To practice mental hygiene
- To possess emotional stability
- To integrate moral values
- To attain higher level of consciousness

Expected Outcome

Improve flexibility and strength, Yoga stretches your muscles.

Many poses in yoga can strengthen the core muscles in your stomach and back.

Ease stress and anxiety levels, Reduce low back pain.

Programme Schdeule

05.06 & 07.05.2022	Rubbing, Running, Thoppukaranam, Sooriyanamskaram
09.05.2022	Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Kaipayirchi, Kaalpayrichi, Kidney massage, Mochupayrchi, NarambuThasai Nar Payrchi, Savaasanam
10.05.2022	Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Kaipayirchi, Kaalpayrichi, Kidney massage, Mochupayrchi, NarambuThasai Nar Payrchi, Kanpayrchi, Kabaalapati, Magarsanam 1 & 2, Savaasanam
11.05.2022	Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Kaipayirchi, Kaalpayrichi, Kidney massage, Mochupayrchi, NarambuThasai Nar Payrchi, Kanpayrchi, Kabaalapati, Magarsanam 1 & 2, Udal theithal (Massage), Acupressure, Savaasanam
12.05.2022	Quiz Programme
13 & 14.05.2022	Eliya Murai Udai Payirchigal
16.05.2022	Nindra Nilai Aasanangal: Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Thaadaasanam 1 & 2, Neck bending, Shoulder movement, Trunk Movement, Chakaranam, Egapatha aasanam, Trigonaasanam 1 & 2, Ukkatasanam, Savaasanam
17.05.2022	Amarantha Nilai Aasanangal: Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Thaadaasanam 1 & 2, Neck bending, Shoulder movement, Trunk Movement, Chakaranam, Egapatha aasanam, Trigonaasanam 1 & 2, Badmasanam, Yogamuthra, Vagrasanam, Mahamuthra, Arthaustrasanam, Ustrasanam, Sastangaasanam, Mandugaasanam, Savaasanam
18.05.2022	Kuppura Padutha Nilai Aasanangal: Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Thaadaasanam 1 & 2, Neck bending, Shoulder movement, Trunk Movement, Chakaranam, Egapatha aasanam, Trigonaasanam 1 & 2, Badmasanam, Yogamuthra, Vagrasanam, Mahamuthra, Arthaustrasanam, Ustrasanam, Sastangaasanam, Mandugaasanam, Makkaranam, Salabasabnam, Sethubandasanam, Navukkuasanam, Dhanuraasanam, Arthaasanam, Savaasanam
19.05.2022	Mallanthu Padutha Nilai Aasanangal: Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Thaadaasanam 1 & 2, Neck bending, Shoulder movement, Trunk Movement, Chakaranam, Egapatha aasanam, Trigonaasanam 1 & 2, Badmasanam, Yogamuthra, Vagrasanam, Mahamuthra, Arthaustrasanam, Ustrasanam, Sastangaasanam, Mandugaasanam, Salabasabnam, Sethubandasanam, Navasanam, Dhanuraasanam, Artha aalabaasanam, Artha bavana mukthasanam, Bavana mukthasanam, Uthana pathasanam, Charasanam, Sarvaangaasanam, Savaasanam
20.05.2022 & 21.05.2022	Yoga Day Asanas: Nindra Nilai Aasanangal: Rubbing, Running, Thoppukaranam, Sooriyanamskaram, Thaadaasanam, Neck bending, Shoulder movement, Trunk Movement, Chakaranam, Egapatha aasanam, Trigonaasanam, Ukkatasanam Amarantha Nilai Aasanangal: Badmasanam, Yogamuthra, Vagrasanam, Mahamuthra, Sastangaasanam, Mandugaasanam, Vakrasanam Kuppura Padutha Nilai Aasanangal: Makkaranam, Salabasabnam, Navukkuasanam, Dhanuraasanam Mallanthu Padutha Nilai Aasanangal: Artha aalaasanam, Artha bavana mukthasanam, Bavana mukthasanam, Uthana pathasanam, Navaasanam, Charasanam, Sarvaangaasanam, Savaasanam