



SRI VENKATESWARA COLLEGE OF ENGINEERING

National Cadet Corps (Army)

In association with

Mangadu MVKM –

World Community Service Center

Jointly Organizing

Foundation Course in YOGA

June 15 – 21, 2022

A REPORT





National Cadet Corps (Army)

In association with

Mangadu MVKM –

World Community Service Center

Jointly Organizing

Foundation Course in YOGA

(June 15 – 21, 2022)

Venue : **Shri Jayendra Sarawathi Platinum Jubilee Complex,
SVCE**

Patron: **Prof. S. Ganesh Vaidyanathan**, Principal,

Coordinators : Dr. A. Bhaskaran, Coy Comdr, Prof and Head of Applied Physics

Dr. N.K. Mohanty, Prof., Dept of Electrical and Electronics Engg

Mr. E. Sivakumar, Asst. Prof, Dept of Information and Technology

Mrs. G. Bharathy, Asst Prof, Dept of Applied Physics

NOTE:

This program is being organized as per the File No.- STDC/Yoga Day Celebration/635/2021-2022,

Date: - 24.03.2022, email from SRO Tech AICTE, dated Apr 20, 2022, 4:11 PM

Registration link <https://forms.gle/Ws89dBkP31uWcGmj9>

(Certificates will be issued for those who are successfully completing the training)

AGENDA

(Date and Time : June 15 – 21, 2022 9.30 am to 11.00 am)

Foundation Course in YOGA

(as per the File No.- STDC/Yoga Day Celebration/635/2021-2022, Date: - 24.03.2022, email from SRO Tech AICTE, dated Apr 20, 2022, 4:11 PM)

Day : 1: Wednesday (15-6-2022, 9.25 am to 11.00 am)

- ❖ *Invocation of God and Guru*
- ❖ *Introduction to Manavalakalai*
- ❖ *SKY Yoga Instructions*
- ❖ *Explanation regarding Physical exercises - hand / leg- Demo and practices*
- ❖ *Agna Initiation, Meditation and Explanation*
- ❖ *Meditation*
- ❖ *Instructions from Meditator*

Day : 2: Thursday (16-6-2022, 9.25 am to 11.00 am)

- ❖ *Agna Meditation*
- ❖ *Philosophy of Kayakalpa*
- ❖ *Explanation regarding – Aswini Mudhra (Toning up of nerves), Ojus breathe*
- ❖ *Kayakalpa - demonstration and practice*
- ❖ *Rules, benefits and clearing the doubts*

Day : 3: Friday (17-6-2022, 9.25 am to 11.00 am)

- ❖ *Kayakalpa – practice,*
- ❖ *Explanation regarding – Shanthi Yoga – Meditation*
- ❖ *Exercise upto Kayakalpathy*
- ❖ *Rules, benefits of Asanas*
- ❖ *Surya Namaskar – Demonstration and practice*

Day : 4: Saturday (18-6-2022, 9.25 am to 11.00 am)

- ❖ *Shanthy Meditation*
- ❖ *Physical Exercise – II (Makarasana to Relaxation)*
- ❖ *Stress management*
- ❖ *Asanas*

Day : 5: Monday (20-6-2022, 9.25 am to 11.00 am)

- ❖ *Physical Exercise complete*
- ❖ *Thuriya Med – Explanation*
- ❖ *Thuriya Med Initiation and practice*
- ❖ *Moderation in Food, etc.*
- ❖ *Thankfulness*
- ❖ *Blessings and their benefits*
- ❖ *Clearing doubts*

Day : 6: Tuesday (21-6-2022, 9.25 am to 11.00 am)

CELEBRATION OF “INTERNATIONAL DAY OF YOGA”

- ❖ *Kayakalpa and Surya Namaskar – full*
- ❖ *Simplified physical exercises – full*
- ❖ *Thuriya Meditation*
- ❖ *Importance of Introspection*
- ❖ *Feedback*
- ❖ *Certificate distribution*



REPORT

Name of the event: Foundation Course in YOGA

Date & Time of the event: 15 June 2022 to 21 June 2022

Objective

To expose the participants about the fundamentals of Yoga and its importance in personal life and in maintaining a work-life balance, and thus improve the discipline of physical and mental health.

Summary of the program

In line with AICTE directions for the Celebration of International Yoga Day 2022, the coordinators' proposal of Certification course on yoga through MVKM-Mangadu, Chennai, TamilNadu, was approved by the Principal, SVCE.

The circular and invitation for participating in the event were disseminated to the students, staff, and faculty of SVCE. The participants were registered through Google Form. The venue for the event was Shri Jayendra Sarawathi Platinum Jubilee Complex. As the venue was furnished, yoga mat was made optional.

A team of ten skilled trainers from MVKM conducted lectures and practical sessions on ashtanga yoga including Yogasanas, meditation, and Kayakalpa yoga. The participants were initiated to Agya meditation, Shanthi meditation, and Turiya meditation as a part of the program.

Total No of participants	90
No of Faculty/Staff	19
No of Students	71
No of Male	66
No of Female	24

Day 1 (June 15, 2022)

The first day started with a prayer song. Dr. A. Baaskaran, Coordinator welcomed the trainers and addressed the participants. Later Ms. Usha, one of the trainers, introduced MVKM and charted the agenda for rest of the event.

Post God and Guru Salutations, hand and leg exercises were explained via video clips. The participants were made to practice the exercises with the support of trainers. A lady and a gentleman trainer demonstrated the exercises simultaneously with the participants. The participants were initiated to Agya meditation (Agya Deeksha) by the trainers. The trainers instructed the participants to practice the day's learning at their home and concluded the session.



Picture 1: Trainer addressing participants



Picture 2: Participants doing exercises



Picture 3: Participants listening the instructions



Picture 4: Participants doing exercises

Day 2 (June 16, 2022)

The second day started with a short address by Dr. A. Bhaskaran, Coordinator. Later Ms. Usha, had a discussion with the participants about the previous day's experience. Post God and Guru Salutations, the participants were made to practice hand and leg exercises and Agya meditation. The trainers explained the importance of life and nervous system activation. Kayakalpam, as an art to delay aging was explained. Ashwini mudra and its effects were explained. The importance of "Ojhus" and "Ojhus" breathe was demonstrated. The participants were made to practice the exercises with the support of trainers. A lady and a gentleman trainer demonstrated the exercises simultaneously with the participants. The trainers instructed the participants to practice Ashwini mudra and Ojhus breathe at their home and concluded the session.



Picture 5: Trainer addressing participants



Picture 6: Participants doing exercises



Picture 7: Participants doing exercises



Picture 8: Participants doing exercises

Day 3 (June 17, 2022)

The third day started with a short address by Dr. A. Bhaskaran, Coordinator. Later Ms. Usha, had a discussion with the participants about the previous day's experience. Post God and Guru Salutations, the participants were made to practice hand and leg exercises and Agya meditation. The trainers explained the importance of meditating at the Kundalini and bringing the focus back to Mooladhara chakra from Agya chakra. The participants were initiated to "Shanthi Deeksha". Later the participants made to practice shanthi meditation with the support of trainers. The trainers instructed the participants to practice Shanthi meditation at their home and concluded the session.



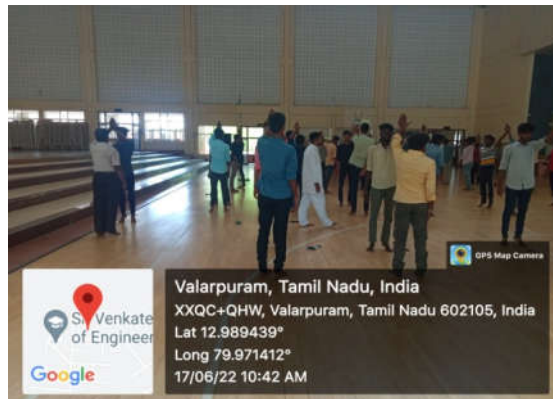
Picture 9: Participants doing exercises



Picture 10: Participants doing exercises



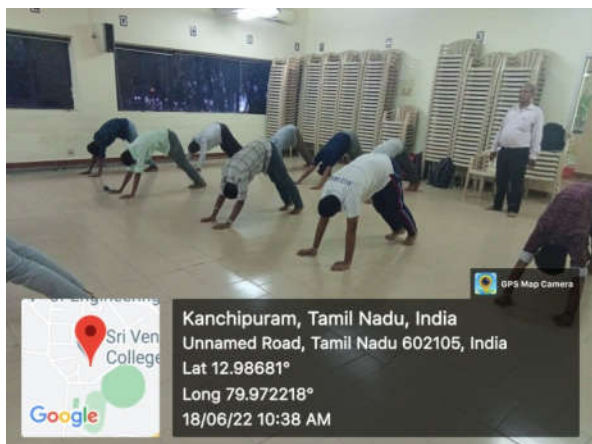
Picture 11: Participants doing exercises



Picture 12: Participants doing exercises

Day 4 (June 18, 2022)

The fourth day started with a short address by Dr. A. Bhaskaran, Coordinator. Later Ms. Usha, had a discussion with the participants about the previous day's experience. Post God and Guru Salutations, the participants were made to practice physical exercises, kayakalpa yoga, and Shanthi meditation. The trainers explained the importance of Yogasanas with the support of video clips. The trainer discussed the effect of each posture of "Surya Namaskar" over the body parts. The participants were made to perform Surya Namaskar with the support of trainers' demonstration. The importance of keeping calm and stress management were discussed. The trainers answered the participants' queries patiently. The trainers instructed the participants to practice the day's learning at their home and concluded the session.



Picture 13: Participants doing exercises



Picture 14: Participants doing exercises



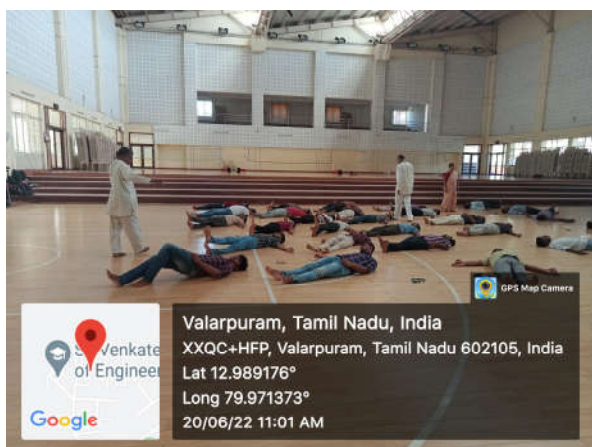
Picture 15: Trainer demonstrating exercises



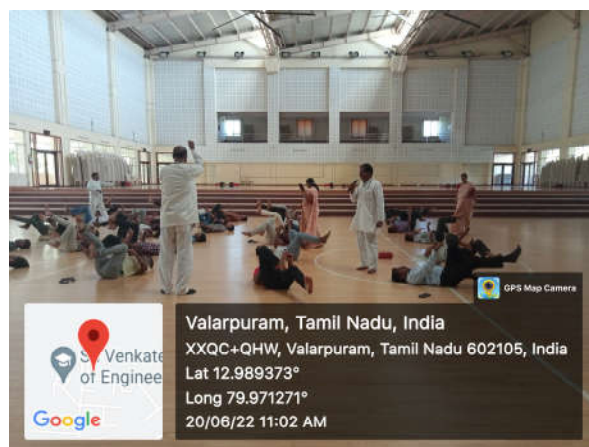
Picture 16: Participants doing exercises

Day 5 (June 20, 2022)

Ms. Usha started with a discussion with the participants about the previous day’s experience. Post God and Guru Salutations, the participants were made to practice physical exercises, kayakalpa yoga, Surya Namaskar, and Shanthi meditation. The trainers explained the concept of “Shasrara chakra”, a one thousand petal lotus on the head in astral body, with the support of video clips. The trainer discussed the effect of meditating at that chakra and named it as “Thuriya Meditation”. The tutor explained about the process of moving the focus from Mooladhara to Shasrara and initiated the participants to Thuriya meditation. The participants were guided to thuriya meditation. Dr. Nalinkanth Mohanty, Coordinator, explained the importance of celebrating International Yoga Day and its themes over the years from 2015. He discussed about the Ministry of AYUSH efforts and a video to practice yogasanas. Later, the trainers instructed the participants to practice Thuriya meditation at their home and concluded the session.



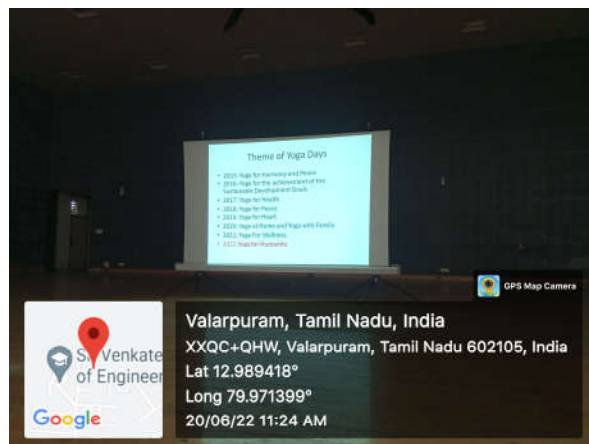
Picture 17: Participants doing exercises



Picture 18: Participants doing exercises



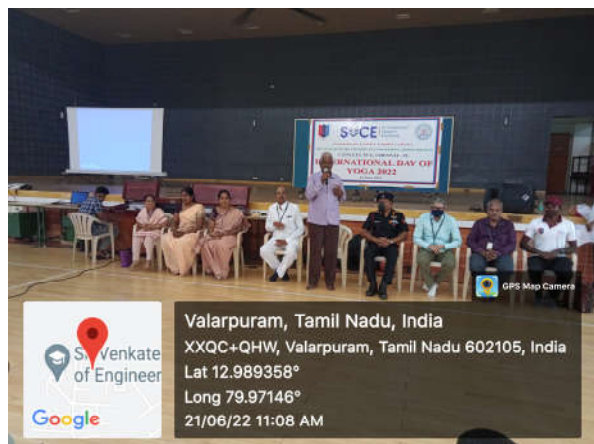
Picture 19: Participants doing exercises



Picture 20: Yoga Day themes explained

Day 6 (June 21, 2022)

The last day started with a short address by Dr. A. Bhaskaran, Coordinator. Later Ms. Usha, had a discussion with the participants about the previous day's experience. Post God and Guru Salutations, the participants were made to practice everything they were taken through in the past days. The valedictory function started with prayer song. Ms. G. Bharathy, Asst Prof, Applied Physics delivered the Welcome Address. Dr. A. Bhaskaran delivered the summary of the six day program. Dr. S. Ganesh Vaidyanathan, Principal, delivered the valedictory address. Col. Mr. Jobby Philip, Officer Commanding, NCC delivered a Special address and distributed the certificates to the participants. Mr. E. Sivakumar, Assistant Professor, department of Information Technology delivered the vote of thanks. The program came to end with the National Anthem.



Picture 21: Dr. A Bhaskaran delivering welcome address



Picture 22: Principal delivering the valedictory



Picture 23: Principal honoring the chief Guest



Picture 24: Principal honoring a trainer



**SRI VENKATESWARA COLLEGE OF ENGINEERING
PENNALUR, SRIPERUMBUDUR**

VALEDICTORY FUNCTION

VALEDICTORY ADDRESS

by

Dr. S. GANESH VAIDYANATHAN

Principal

SRI VENKATESWARA COLLEGE OF ENGINEERING

SPECIAL ADDRESS

by

Col. Jobee Philip

Officer Commanding,

1 (TN) Comp Tech Coy NCC, Chennai 25

**Venue: Shri Jayendra Sarawathi Platinum Jubilee Complex,
SVCE**

Time: 11:00 AM- 12:15 PM

Date: 21/06/2022

AGENDA

(Date and Time : June 21, 2022 , 11am – 12 noon)

Prayer Song

Welcome Address

Mrs. G. Bharathy,
Asst Professor, Applied

Physics

Report
Coordinator of the program

Capt. Dr.A. Bhaskaran

Valedictory Address
Principal, SVCE

Dr.S.Ganesh Vaidyanathan

Special address and
Distribution of certificates

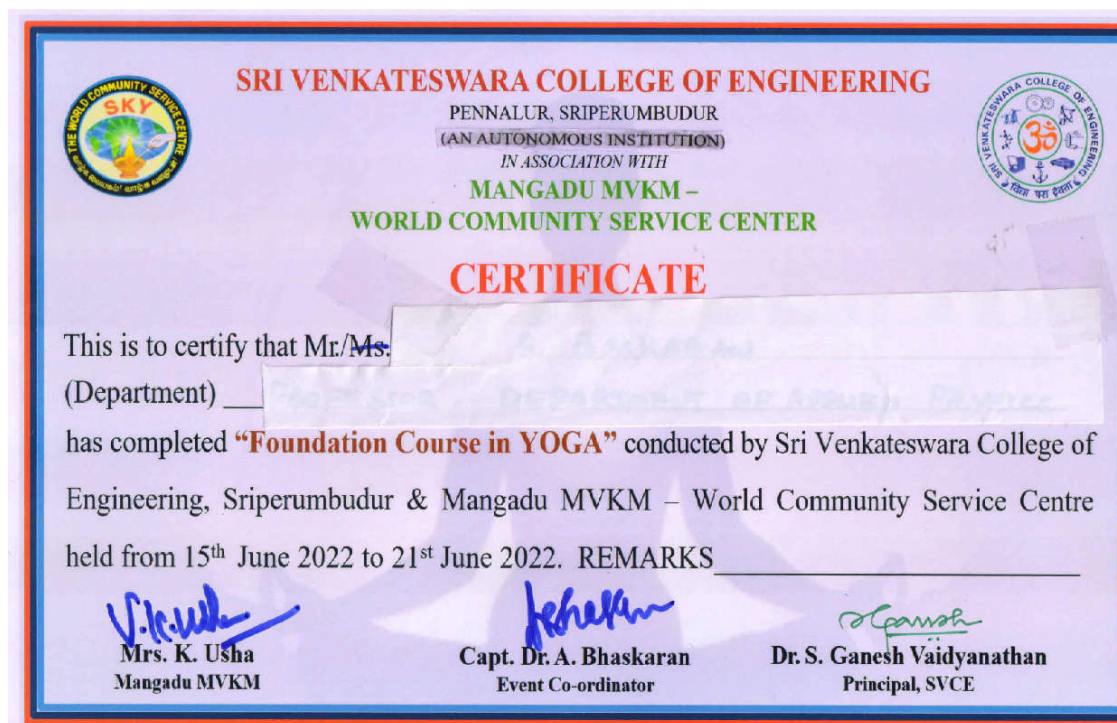
Col. Jobee Philip
Officer Commanding

Vote of Thanks

Mr. E. Sivakumar
Asst Professor, Information
Technology

National Anthem

Sample Certificate



Benefits

This program facilitated the participants to

1. Get an exposure on simple and effective physical exercises
2. Agya, Shanthi, and Thuriya meditation techniques
3. Kayaklapa yoga to maintain their youth and lead a long and healthy life.

List of Participants

S.No.	Name	S.No.	Name	S.No.	Name
1	Akshay C	31	Jayanth K A	61	Priya dharshini S
2	Anirudh S	32	Jeevitha K	62	Priyanga L
3	Anjali Devi	33	Jeffrin Sam	63	R D Sharan
4	ARAVIND.A	34	K. Kalaimani	64	R Karthikeyan
5	Arun Sundar M	35	Kaushick	65	R Sanjay
6	Arvind Raj V	36	Kaushika Devi	66	R. Suren
7	Ashwinth kumar S S	37	Kavin Amuthan k	67	Rahul M C
8	Ayyanar	38	Keerthana M	68	Raj kumar S
9	Barathraj	39	Keerthivaasan A	69	Rajeswaran
10	Bhuvanesh	40	Kiransekar S	70	Raveena
11	Binu N	41	Lathikaa Shri	71	Ravi C
12	Dhanush R	42	Logesh kumar	72	Robin kumar
13	Dikshit K	43	Lok Ranjan	73	S Rajalakshmi
14	Dileep Kumar	44	MAGESH S	74	S. RAMESH
15	Dr. A Baskaran	45	Mahith	75	S.B.CHARAN
16	Dr. J M Gnanasekar	46	Manigandan S	76	Saambavi
17	Dr. Janardhanan	47	Manimaran K	77	Saniya
18	Dr. Nalinkanth Mohanty	48	Manne Anjali	78	Sankar S
19	Dr. Umadevi	49	Miruthula J	79	Shruthi
20	Dr. V. Arun Prasad Raja	50	Mohan K	80	Sree harrish P
21	Dr.T.Senthuilnathan	51	Monish	81	Sridharan M
22	E. Sivakumar	52	Ms. Bharathy G	82	Subash V
23	G Neha Jain	53	Naresh Raj . P	83	Tejeshwar T S U
24	Gokul Nambyar	54	Nithish kumar B	84	Thakshith Balaji S
25	Haish Raghav	55	Nithish s	85	Thirunavukkarasu.P.S
26	Hema B	56	Oviya	86	Vaishnavi
27	Hemanth R	57	P.MAHISHA	87	Varun kumar M
28	J. Buvana	58	Pavan Krishna .S	88	Venkat sri S S
29	Jaswanth	59	Praveen kumar R	89	Vithu
30	Jayakumar C	60	Preetham	90	Yogitha