



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, 2023

A REPORT





National Cadet Corps (Army)

In association with

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Jointly Organizing

Foundation Course in YOGA

(June 15 – 21, 2023)

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

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

Coordinators:

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

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

Dr. K Ganesh Prasath, CareTaker – Air wing, Asst Prof, Dept of BioTechnology

Dr. M Sukumar, CareTaker – Army wing, Asst Prof, Dept of Applied Physics

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

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/WD663whqPors3MZh7>

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

AGENDA

(Date and Time : June 15 – 21, 2023 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: 15-6-2023 , 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: 16-6-2023 , 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: 19-6-2023 , 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: 20-6-2023 , 9.25 am to 11.00 am

- ❖ *Shanthy Meditation*
- ❖ *Physical Exercise – II (Makarasana to Relaxation)*
- ❖ *Stress management*
- ❖ *Asanas*
- ❖ *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 (21-6-2023 , 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

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 2023, 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 Saraswathi 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 Yoga Asanas, 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	40
No of Faculty/Staff	5
No of Students	35
No of Male	28
No of Female	12

Day 1 (June 15, 2023)

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

Post God and Guru Salutations, Surya Namaskar exercises were explained via 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 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.

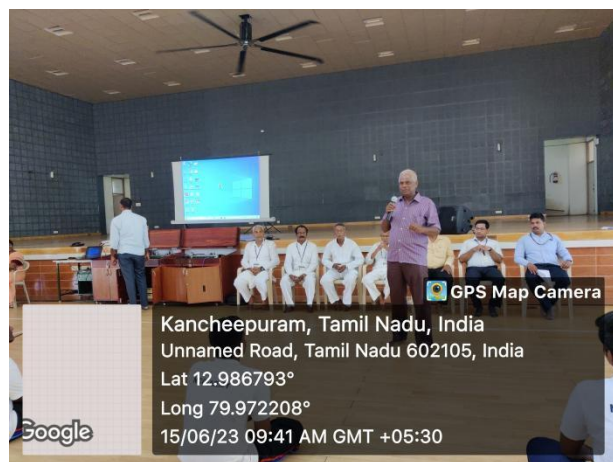


Figure 1: Welcoming Address by Coordinator

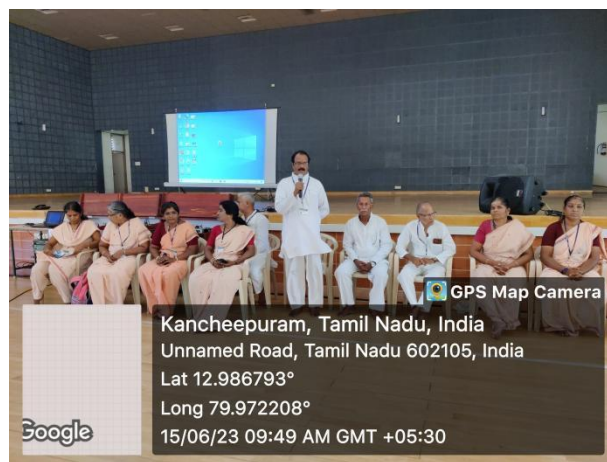


Figure 2:Trainer addressing participants

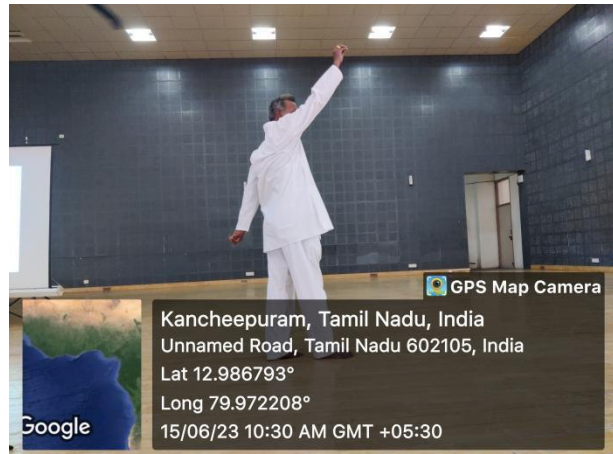


Figure 3:Trainer Teaching Yoga to Participants



Figure 4: Participants doing exercises

Day 2 (June 16, 2023)

The second day started with welcoming a chief guest Gp Capt. V. Ganesh Narayan, (commanding officer). A short address was given by Prof S.Ganesh Vaidyanathan,(Principal) and Dr. A. Bhaskaran, Coordinator. Dr.k.Ganesh Prasath, CareTaker (Air wing) introduced the chief guest.. Later chief guest delivered a talk about his journey and benefits of yoga. He visited the students' projects. Mr. Manohar, yoga trainer, 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 and Eye exercises. The trainers instructed the participants to practice the day's learning at their home and concluded the session.

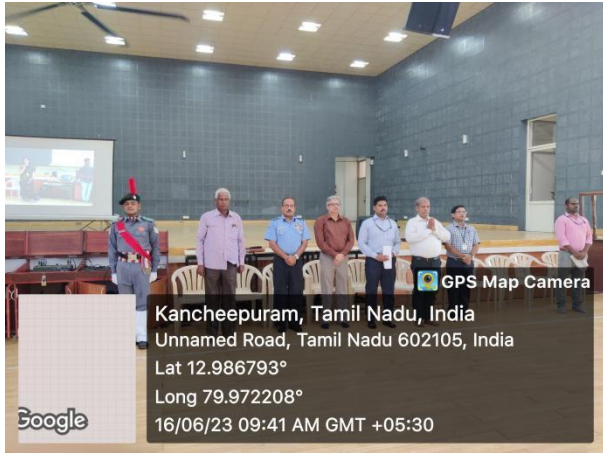


Figure 5: Started with a Prayer Song

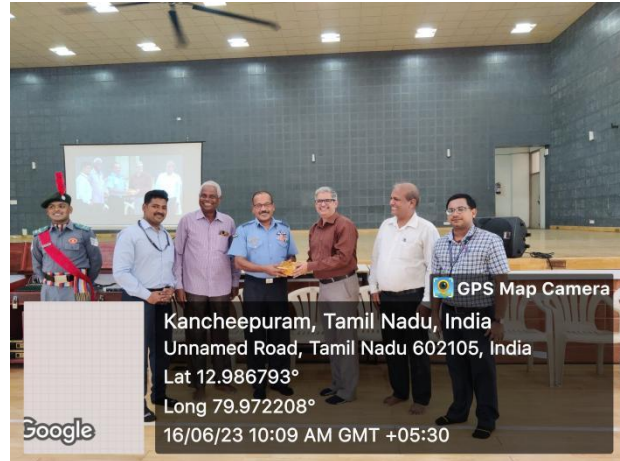


Figure 6: Welcoming Chief Guest



Figure 7: Chief Guest Visiting Students Project



Figure 8: Participants doing exercises

Day 3 (June 19, 2023)

The third day started with a short address by Mr. E.Sivakumar, Coordinator. Later Mr. Manohar, 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" breath 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.

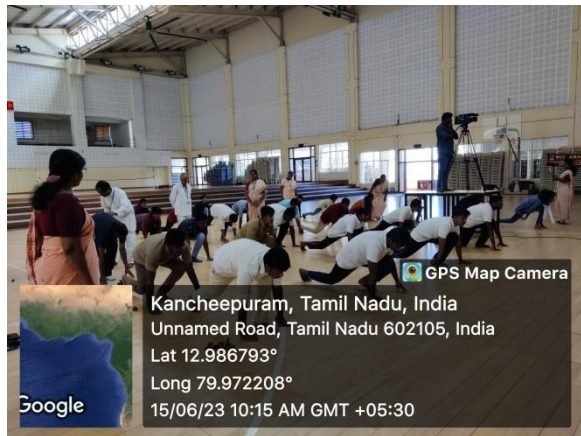


Figure 9: Participants doing exercises

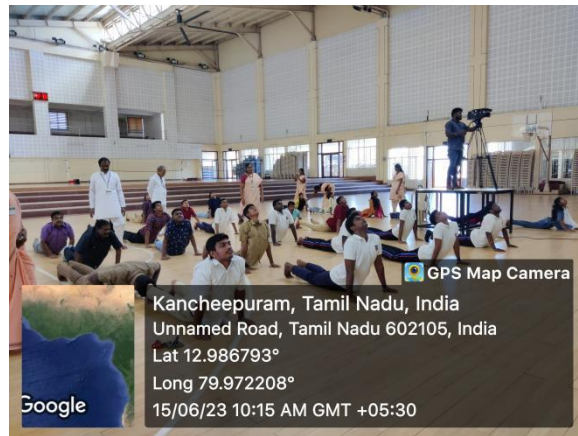


Figure 10: Participants doing exercises



Figure 11: Participants doing exercises



Figure 12: Participants doing exercises

Day 4 (June 20, 2023)

The fourth day started with a short address by Dr. A. Bhaskaran, Coordinator. Later Mr. Manohar, had a discussion with the participants about the previous day's experience. Post God and Guru Salutations, 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 practiced shanti meditation with the support of trainers. The trainers instructed the participants to practice Shanti meditation at their home and concluded the session. 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 importance of keeping calm and stress management were discussed. The trainers answered the participants' queries patiently and concluded the session.

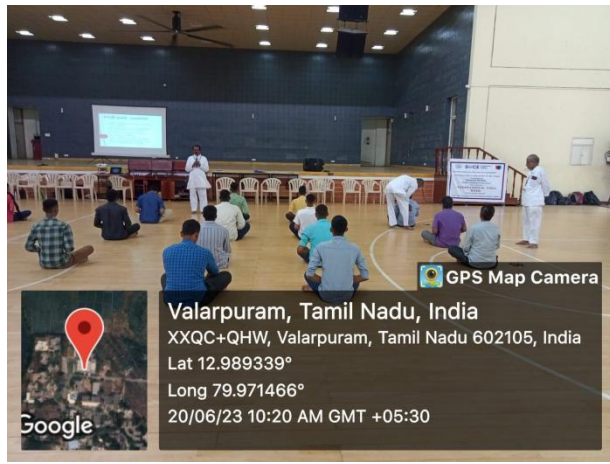


Figure 13: Trainer taking class to Participants

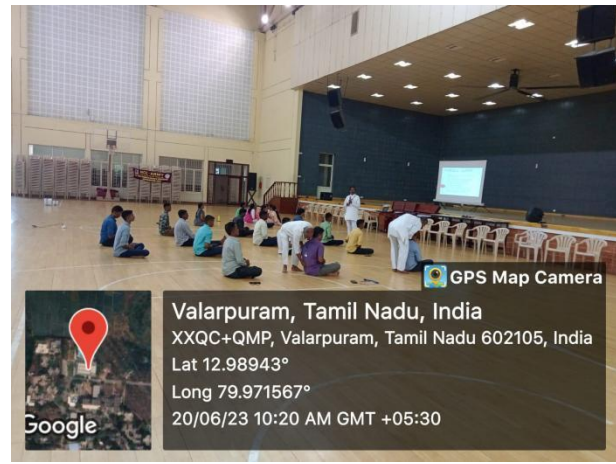


Figure 14: Trainer inspecting each Participants

Day 5 (June 21, 2023)

The final day started with a short address by Dr. A. Bhaskaran, Coordinator. Mr. Manohar, 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 previous days. NCC cadets from Jeppiar Engineering College and Mr. Ishtaq Ahmed, NCC Officer, attended the event. Mr. Manohar 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 "Sahasrara chakra", a one thousand petal lotus on the head in the 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 Sahasrara and initiated the participants to Thuriya meditation. The participants were guided to thuriya meditation. Dr. K S Badrinathan Dean – Education Development, honored the dias as Chief Guest for the valedictory event. He delivered a short talk on the importance of Yoga and also took an oath to practice yoga daily. He felicitated the trainers with a shawl. Later, the trainers instructed the participants to practice Thuriya meditation at their home and concluded the session.



Figure 15: Participants doing exercises



Figure 16: Chief guess honoring the Trainers

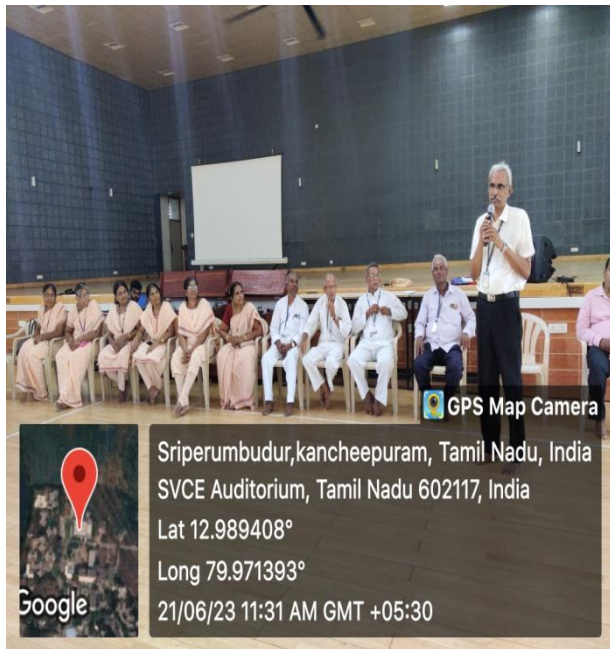


Figure 17: Valedictory Address

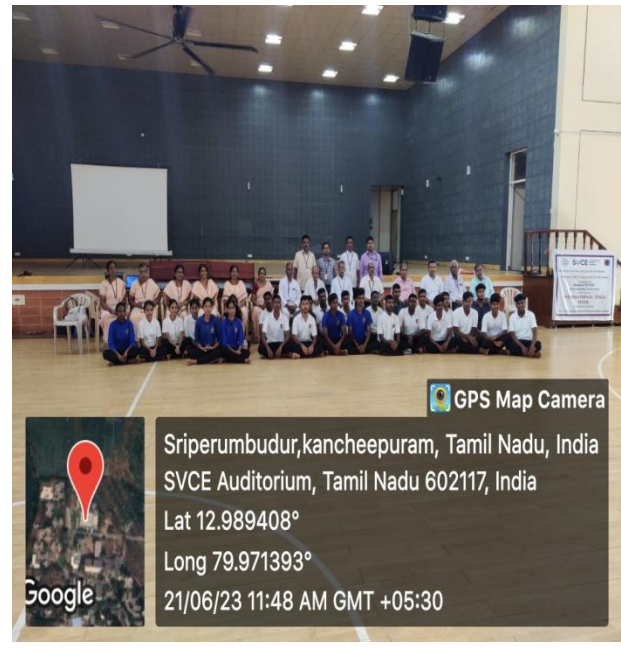


Figure 18: Group photo



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

Foundation Course in YOGA

VALEDICTORY FUNCTION

VALEDICTORY ADDRESS

by

Dr. K. S BADRINATHAN,
Dean Education Development

Venue: Shri Jayendra Sarawathi Platinum Jubilee Complex, SVCE

Time: 11:00 AM- 12 noon

Date: 21/06/2023

AGENDA

(Date and Time : June 21, 2023 , 11am – 12 noon)

Prayer Song

Welcome Address
Head Of the department,

Capt. Dr.A. Bhaskaran,
HOD/Applied Physics

Report

Dr. M. Sukumar
AP/APH & Coordinator

Valedictory Address
& Honoring Trainers

Dr.K S.Badrinathan
Dean Education Development

Vote of Thanks

Mr. E. Sivakumar,
AP/INT, Coordinator

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.