



**SSM INSTITUTE OF ENGINEERING & TECHNOLOGY,**  
**(Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai,**  
**Accredited by NAAC),**  
**Dindigul- Palani Highway, Dindigul – 624 002**

Date: 01.08.2022

**Yoga Club of SSMIET**

**Faculty Induction Program-Activity'2022**

**Stress Management on 05.08.2022**

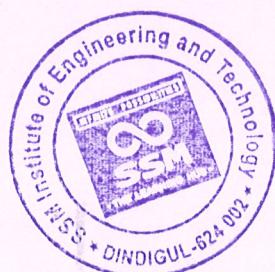
S.No.	Name of the Meditation	Purpose	Duration
1.	Lotus Mudras	Stress Buster	5 mins
2.	Murthy Mudra		5 mins
3.	Hakini Mudra	Concentration, Positive Thoughts	5 mins
4.	Dhyana Mudra		5 mins
5.	Naadi Suddhi Pranayama	Peace	5 mins
6.	Simple Yoga activities	Relieve tension and aches	10 mins

**Principal**

D.R.SELVAM SUMARAN, M.E., Ph.D., (NUS)

Principal

SSM Institute of Engineering and Technology  
Kuttathupatti Village, Sindalagundu (Po),  
Palani Road, Dindigul - 624 002.





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**Faculty Induction Program-Activity'2022**

**Photos for Stress Management on 05.08.2022**



Dr.D.SENTHIL KUMARAN, M.E., Ph.D.,(NUS)  
Principal  
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Kuttathupatti Village, Sindalagundu (Po),  
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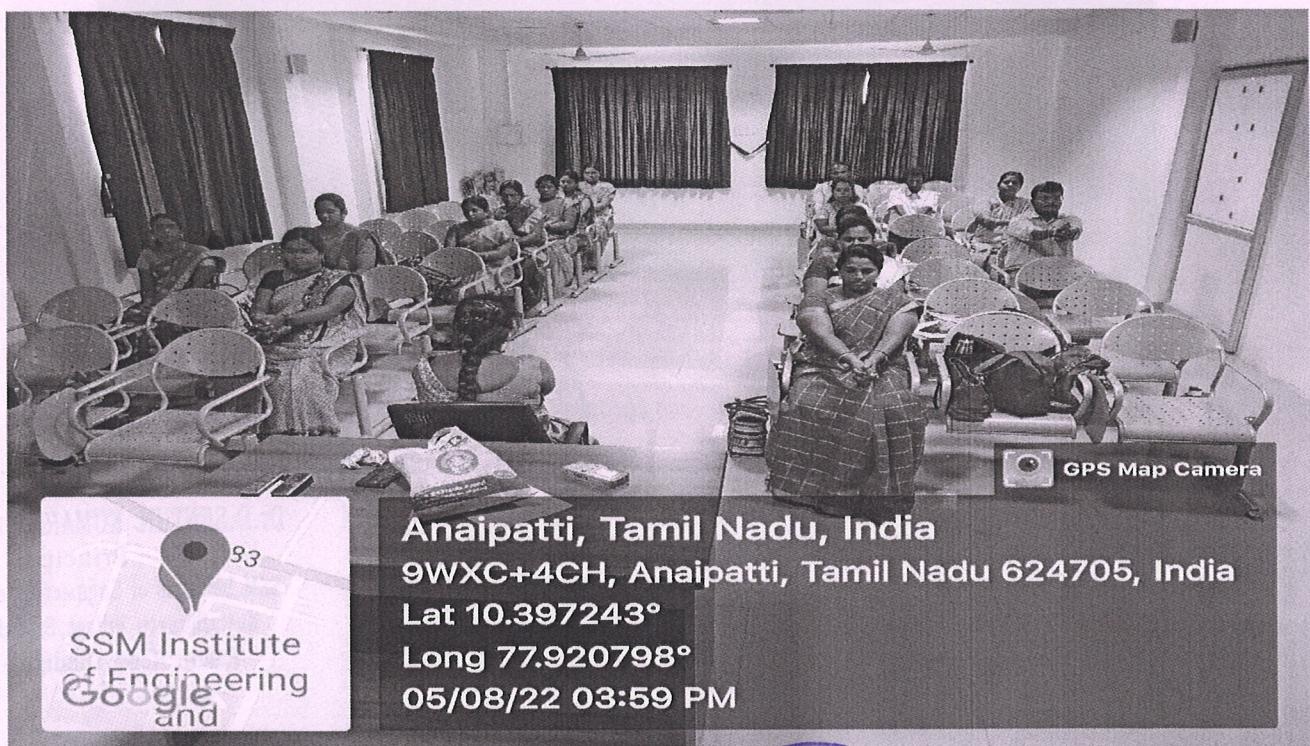
Anaipatti, Tamil Nadu, India

9WXC+4CH, Anaipatti, Tamil Nadu 624705, India

Lat 10.397255°

Long 77.9208°

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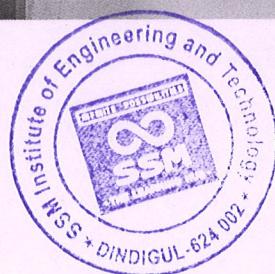
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9WXC+4CH, Anaipatti, Tamil Nadu 624705, India

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**Faculty Induction Program-Activity'2022**

**Activity - Stress Management**

**Report on Continuity of Faculty Well-being through Yoga Activities on  
05.08.2022**

**Objective**

The ongoing objective of our Faculty Induction Program for New faculty stress management program is to sustainably enhance faculty well-being by integrating yoga activities into their routine. This initiative aims to reduce stress levels, improve concentration, and foster a positive mindset among faculty members.

**Selected Yoga Activities**

Continuing from the previous years, faculty members are encouraged to engage in stress-relief and concentration-enhancing yoga activities. This includes Lotus Mudras, Murthy Mudra, Gyana Mudra for stress relief, and Hakini Mudra, Jnana Mudra, Dhyana Mudra for enhanced concentration and positive thoughts. The session for the current year was led by Dr. M. Rameswari, Professor & HOD/Maths, on 05.08.2022.

**Faculty Feedback**

"The annual yoga sessions have become a crucial part of my routine, providing a much-needed break and promoting mental clarity."

"I appreciate the variety of yoga activities introduced each year; it keeps the sessions interesting and addresses different aspects of well-being."

**Impact on Work Environment**

The sustained effort in integrating yoga activities into the faculty routine has contributed to a positive work environment. Faculty members consistently report increased collaboration, improved focus, and a sense of community that transcends departmental boundaries.

## **Future Recommendations:**

Based on ongoing feedback, future recommendations include:

- Expanding the variety of yoga activities introduced each year to cater to diverse preferences and needs.
- Exploring opportunities for peer-led sessions to encourage faculty members to share their knowledge and experiences.
- Establishing a virtual platform to facilitate participation for faculty members who may face scheduling constraints.

The annual continuity of the stress management program through yoga activities has proven effective in promoting sustained faculty well-being. As we look ahead, we remain committed to refining and expanding these activities to meet the evolving needs of our faculty, ensuring a resilient and thriving academic community.

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# SSM Institute of Engineering and Technology, Dindigul.



Yoga Club of SSMIET

**Faculty Induction Program-Activity'2022**

Stress Management on 05.08.2022

## Attendance Sheet

S.No.	Faculty Name	Designation	Department	Faculty Signature
1	SUREKA K	Assistant Professor	CSE	R.K.
2	DHANALAKSHMI J	Assistant Professor	CSE	J. Dh.
3	MOOHAMBIKAI M	Assistant Professor	CSE	M.
4	SUGANYA S	Assistant Professor	CSE	Suganya
5	MURUGAN G	Associate Professor	CSE	Murugan
6	ALDO TENIS A	Assistant Professor	CSE	Aldo Tenis
7	KEERTHANA S	Assistant Professor	ECE	K. Keerthana
8	MANIKANDAN A	Assistant Professor	ECE	M. Manikandan
9	GANAPRIYA K	Assistant Professor	ECE	Ganapriya
10	RAMCHANDRAN A	Assistant Professor	ECE	Ramchandran
11	KARTHIKA P	Assistant Professor	ECE	Karthika
12	RAJARAJESHWARI G	Assistant Professor	ECE	Rajarajeshwari
13	MOHANA KARTHIGA P	Assistant Professor	EEE	Mohana
14	ROY CELESTINA J	Assistant Professor	CIVIL	Roy
15	YASIKA T	Assistant Professor	CIVIL	Yasika
16	KARTHIICK M.P	Assistant Professor	CIVIL	Karthick
17	K. DIVYA	Assistant professor	ECE	K. Divya

M. James  
Faculty-In Charge

Principal

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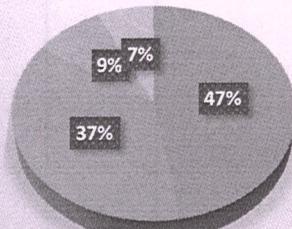
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Feedback Responses

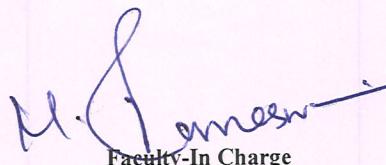
S.No.	Faculty Name	Designation	Department	To what extent did the Lotus Mudras contribute to creating a sense of calmness and relaxation?	How would you rate the impact of Murthy Mudra in enhancing your concentration and fostering positive thoughts?	Mention the impact of Naadi Suddhi Pranayama on your sense of peace and balance.	To what extent did the Naadi Suddhi Pranayama contribute to a feeling of peace and balance?	How likely are you to incorporate these yoga activities into your routine for ongoing relief from tension and aches?
1	SUREKA K	Assistant Professor	CSE	Excellent	Excellent	Excellent	Excellent	Excellent
2	DHANALAKSHMI J	Assistant Professor	CSE	Excellent	Excellent	Excellent	Excellent	Excellent
3	MOOHAMBIAKAI M	Assistant Professor	CSE	Excellent	Very good	Excellent	Very good	Very good
4	SUGANYA S	Assistant Professor	CSE	Excellent	Very good	Excellent	Excellent	Very good
5	MURUGAN G	Associate Professor	CSE	Very good	Very good	Very good	Satisfactory	Very good

6	ALDO TENIS A	Assistant Professor	CSE	Excellent	Very good	Satisfactory	Excellent	Very good
7	KEERTHANA S	Assistant Professor	ECE	Excellent	Very good	Very good	Very good	Very good
8	MANIKANDAN A	Assistant Professor	ECE	Very good	Satisfactory	Very good	Very good	Very good
9	GANAPRIYA K	Assistant Professor	ECE	Excellent	Need Improvement	Excellent	Very good	Excellent
10	RAMCHANDRAN A	Assistant Professor	ECE	Excellent	Excellent	Excellent	Need impro	Excellent
11	KARTHIKA P	Assistant Professor	ECE	Very good	Very good	Excellent	Very good	Very good
12	RAJARAJESHWARI G	Assistant Professor	ECE	Excellent	Excellent	Satisfactory	Excellent	Excellent
13	MOHANA KARTHIGA P	Assistant Professor	EEE	Excellent	Excellent	Excellent	Excellent	Very good
14	ROY CELESTINA J	Assistant Professor	CIVIL	Need Improveme	Excellent	Excellent	Excellent	Excellent
15	YASIKA T	Assistant Professor	CIVIL	Excellent	Excellent	Excellent	Satisfactory	Excellent
16	KARTHICK M.P	Assistant Professor	CIVIL	Need Improveme	Excellent	Very good	Excellent	Excellent
				<b>Excellent</b>	7	5	6	4
				<b>Very good</b>	3	4	4	6
				<b>Satisfactory</b>	0	1	2	2
				<b>Need Improvement</b>	2	1	0	1
								0
								4
								27
								21
								5

## Feedback Responses



- Excellent
- Very good
- Satisfactory
- Need Improvement

  
Faculty-In Charge

  
Principal

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