



Yoga Club
in association with
Temple of consciousness
World community service center, Dindigul

HARMONY WELL: YOGA FOR FACULTIES

Stretch your limits, find your calm



DECEMBER 2023/JANUARY 2024



9.30 A.M TO 12.30 P.M
1.30 P.M TO 4.30 P.M



TEACHING FACULTY AND
NON-TEACHING STAFF MEMBERS



YOGA BLISS AWAITS

Yoga club incharge/Co-ordinator

Dr. M.Rameswari, Prof/Maths Mrs. S.Keerthana, AP/ECE

Convenor

Dr. G.Sankaranarayanan,
Dean & HoD/Mech

Principal

Dr.D.Senthil Kumaran

SCHEDULE

SESSION I

Tentative Dates	9.30 a. m to 12.30 p. m	1.30 p. m to 4.30 p. m
06.12.2023 (Wednesday)	Batch I	Batch II
08.12.2023 (Friday)	Batch I	Batch II
12.12.2023 (Tuesday)	Batch I	Batch II
14.12.2023 (Thursday)	Batch I	Batch II
22.12.2023 (Friday)	Batch I	Batch II
23.12.2023 (Saturday)	Batch I	Batch II
26.12.2023 (Tuesday)	Batch I	Batch II
28.12.2023 (Thursday)	Batch I	Batch II



SESSION II

Tentative Dates	9.30 a. m to 12.30 p. m	1.30 p. m to 4.30 p. m
18.01.2024 (Thursday)	Batch I	Batch II
20.01.2024 (Saturday)	Batch I	Batch II
22.01.2024 (Monday)	Batch I	Batch II
24.01.2024 (Wednesday)	Batch I	Batch II
27.01.2024 (Saturday)	Batch I	Batch II
29.01.2024 (Monday)	Batch I	Batch II
31.01.2024 (Wednesday)	Batch I	Batch II
02.02.2024 (Friday)	Batch I	Batch II

BATCH I

TEACHING FACULTY AND NON-TEACHING STAFF MEMBERS – FOR MALE MEMBERS

BATCH II

TEACHING FACULTY AND NON-TEACHING STAFF MEMBERS – FOR FEMALE MEMBERS

Program Co-ordinator (s)

Batch I

Dr.V.Kandavel, ASP/Mech,

Mr.M.Manikandan, AP/ECE,

Dr.K.Sakthivel, AP/Bio-chemistry

Batch II

Dr. M.Rameswari, Prof/Maths

Mrs. S.Keerthana, AP/ECE

Mrs.S.Usharani, AP/Commerce

SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY



(Approved by AICTE, New Delhi / Affiliated to Anna University, Chennai / Accredited by NAAC)
(Accredited by NBA – ECE, EEE and MECH UG programs)
Dindigul – Palani Highway, Dindigul – 624 002



**Yoga Club of SSMIET in association
with Temple of consciousness, World community service center, Dindigul**

HARMONY WELL: YOGA FOR FACULTIES

Certificate distribution for Session I & Inauguration ceremony for Session II

Join us in the presence of



Sr. Prof. Ayya M.K. Dhamodharan,
Vice President,
World Community Service Centre

Thursday
9.30 am

18

JANUARY
2024

Seminar Hall I, SSMIET

Yoga club incharge/Co-ordinator

Dr. M.Rameswari, Prof/Maths

Mrs. S.Keerthana, AP/ECE

Batch Coordinator (s): Dr. V.Kandavel, ASP/Mech, Mr. M.Manikandan, AP/ECE, Dr. K.Sakthivel, AP/Arts,

Mrs.S.Usharani, AP/Arts

Convenor

Dr. G.Sankaranarayanan, Dean (Admin) & HoD/Mech

Principal

Dr. D.Senthil Kumaran

SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi/ Affiliated to Anna University, Chennai/ Accredited by NBA & NAAC)
Dindigul – Palani Highway, Dindigul – 624 002



Harmony Well: Yoga for Faculties

The program spanned eight days, with two sessions per week, amounting to a total duration of 24 hours. The "Harmony Well" program was conducted in association with the Temple of Consciousness, World Community Service Center, Dindigul

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V. Kandavel
V. Kandavel
31/1/24
M. Venesw
S. Keerthana 31/01/24
Yoga club Co-ordinators

M. Manikandan
M. Manikandan
31/1/24

L.S. 31/01/2024
Convenor

A. A. A.
Principal

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)

Principal
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Nuttathupatti Village, Sindalegandu (Po)
Palani Road, Dindigul - 624 002





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Website : www.ssmiet.ac.in

C.No.075/SSMIET/2023

Date: 02.12.2023

CIRCULAR

YOGA CLUB

It is planned to conduct "Harmony Well: Yoga for Faculties" 8 days program (two days per week) with the total duration of 24 hours in the following schedule for the well-being of our esteemed faculty members to foster a healthy and harmonious lifestyle. After the completion of the yoga sessions, one-day trip to Aliyar may be arranged for the faculty members.

Faculty members are asked to choose their session based on their work load.

Schedule for Session I:

Date	9.30 a.m. to 12.30 p.m.	1.30 p.m. to 4.30 p.m.
06.12.2023 (Wednesday)	Batch I	Batch II
08.12.2023 (Friday)	Batch I	Batch II
12.12.2023 (Tuesday)	Batch I	Batch II
14.12.2023 (Thursday)	Batch I	Batch II
22.12.2023 (Friday)	Batch I	Batch II
23.12.2023 (Saturday)	Batch I	Batch II
26.12.2023 (Tuesday)	Batch I	Batch II
28.12.2023 (Thursday)	Batch I	Batch II

Schedule for Session II:

Date	9.30 a.m. to 12.30 p.m.	1.30 p.m. to 4.30 p.m.
18.01.2024 (Thursday)	Batch I	Batch II
20.01.2024 (Saturday)	Batch I	Batch II
22.01.2024 (Monday)	Batch I	Batch II
24.01.2024 (Wednesday)	Batch I	Batch II
27.01.2024 (Saturday)	Batch I	Batch II
29.01.2024 (Monday)	Batch I	Batch II
31.01.2024 (Wednesday)	Batch I	Batch II
02.02.2024 (Friday)	Batch I	Batch II

Batch Details:

Batch I: Teaching faculty and non-teaching staff members – for **male** members

Batch II: Teaching faculty and non-teaching staff members -for **female** members

Male – 93 members; Female – 61 members; Total count: 154 members (SSMIET & SSMCAS)

In this regard, an all faculty and staff meeting is scheduled on 04.12.2023, 04:00 p.m. at Seminar Hall 01. All faculty and staff members are asked to attend the meeting without fail.



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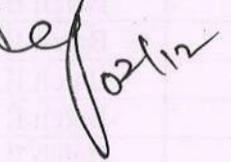
Program Coordinator(s):

Batch I – Dr.V. Kandavel, ASP/Mech & Mr.M. Manikandan, AP/ECE & Dr. K. Sakthivel, AP/Bio-Chemistry

Batch II - Dr. M. Rameswari, Prof/Maths & Mrs. S. Keerthana, AP/ECE & Mrs. S. Usharani, AP/Commerce

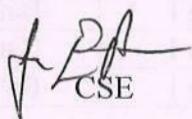

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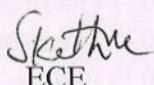
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Administrative Officer 

HoD's


CIVIL


CSE

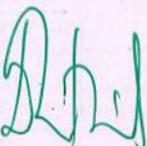

ECE


EEE


MECH


S&H


AIDS & CSBS


Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal
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C.No.136/SSMIET/2023

Date: 12.01.2024

CIRCULAR

Yoga Club

Building on the positive momentum of "Harmony Well: Yoga for Faculties" program, the certificate distribution for session I and the inauguration ceremony for session II is being planned to be conducted on 18.01.2024 (Thursday), 9.30 a.m. at Seminar Hall 1. All the faculty members are invited to attend this ceremony. Let us collectively embrace the continuation of this transformative journey towards a healthier and harmonious lifestyle. Below are the dates for Session II:

Tentative Dates	9.30 a.m to 12.30 p.m	1.30 p.m to 4.30 p.m
18.01.2024 (Thursday)		
20.01.2024 (Saturday)		
22.01.2024 (Monday)		
24.01.2024 (Wednesday)	Batch I <i>(Female)</i>	Batch II <i>(Male)</i>
29.01.2024 (Monday)		
30.01.2024 (Tuesday)		
31.01.2024 (Wednesday)		
02.02.2024 (Friday)		

Batch II: Teaching faculty and non-Teaching staff members – for male members

Batch I: Teaching faculty and non-Teaching staff members – for female members

Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)

Principal

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Kuttathupatti Village Sindalagundu (Po),
Palam Road, Dindigul - 624 002.

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13012

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Website : www.ssmiet.ac.in

C.No.137/SSMIET/2023

Date: 13.01.2024

CIRCULAR

Yoga Club

It is planned to conduct "Harmony Well: Yoga for Faculties" program session-II from 18.01.2024 (Thursday), 10.00 a.m. at Auditorium above the mess.

In this regard, all the faculty and staff members of session-II are asked to attend the meeting on 13.01.2024 (Saturday), 4.00 p.m at seminar hall 1. Meeting chaired by the undersigned and all the faculty and staff members of session-II are asked to attend the meeting without fail.

Convenor:

Dr. G. Sankaranarayanan, Dean (Admin) & HoD/Mech

A handwritten signature of the Principal, dated 13.01.24.

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Copy to: Chairman / ED for kind information

Administrative Officer

HoD's

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Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal
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Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002.





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Dindigul – Palani Highway, Dindigul – 624 002

Yoga Club "Harmony Well: Yoga for Faculties" SESSION I: DECEMBER 2023

Batch I: Teaching faculty and non-teaching staff members– for male members

Time: 9.30 a.m to 12.30 p.m

S.NO	Name	Designation	Department
1.	DR R. SATHEESH BABU	AP	MATHEMATICS
2.	R.Saravanan	AP	MATHEMATICS
3.	Dr.G.Shanmugam	PROF	PHYSICS
4.	Dr.S. Joseph Dominic Vijayakumar	PROF	MECHANICAL
5.	Dr.G.Sankara Narayanan	PROF	MECHANICAL
6.	M.Selwin	AP	MECHANICAL
7.	DR. S. PON SURIYA PRAKASH	AP	MECHANICAL
8.	THAMARAI SELVAN	AP	MECHANICAL
9.	R. SANJEEVI	AP	MECHANICAL
10.	S. KANNAN	AP	CIVIL
11.	GANESAN T	ACADEMIC INTERN	MECHANICAL
12.	DR.K. SAKTHIVEL	AP	Arts
13.	DR. M. KARUPPANASAMY	AP	Arts
14.	R. SUDHANESH	AP	Arts
15.	A. KUMARAVADIVELAN	AP	Arts
16.	S. SARAVANAN	AP	Arts
17.	DR K KANNAN	AP	Arts
18.	DR M KARUPPIAH	AP	Arts
19.	J.Christhu Raja	TECH ASSISTANT	EEE
20.	C. VELMURUGAN	LIBRAY ASST.	LIBRARY
21.	M.M.Mayilvahanan	TECH ASSISTANT	MECHANICAL

M. Rameswari
Yoga Club Incharge/ Coordinator:
Dr. M.Rameswari, Prof/Maths

Mrs. S.Keerthana, AP/ECE

V. Kandavel
Batch I Coordinator (s):
Dr. V.Kandavel, ASP/Mech

Mr. M.Manikandan, AP/ECE

Dr. K.Sakthivel,AP/Bio-chemistry

L.S. 31/10/24
Convenor



D.S. Senthil Kumaran, M.B., Ph.D., (NUS)
Principal
SSM Institute of Engineering and Technology
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Dindigul – Palani Highway, Dindigul – 624 002

Yoga Club "Harmony Well: Yoga for Faculties" SESSION I: DECEMBER 2023

Batch II: Teaching faculty and non-teaching staff members – for Female members

Time: 1.30 p.m to 04.30 p.m

S.NO	Name	Designation	Department
1.	Dr.K.Sudha	PROF / LIBRARIAN	LIBRARY
2.	Dr.M.Rameswari	PROF	MATHS
3.	R.Janani	AP	MATHS
4.	R.Vithyadevi	AP	MATHS
5.	S.Hemalatha	AP	MATHS
6.	S.Kavitha	AP	MATHS
7.	DHANALAKSHMI J	AP	CSE
8.	MOOHAMBIKAI	AP	CSE
9.	SUGANYA S	AP	CSE
10.	KEERTHANA S	AP	ECE
11.	K. MONIGA	AP	ECE
12.	R. RAMYA	AP	EEE
13.	M. MUTHULAKSHMI	AP	CIVIL
14.	SUDHA .S	AP	MATHS
15.	P. KARTHIGA RANI	AP	MATHS
16.	DHAARANI V	ACADEMIC INTERN	EEE
17.	JASMINE E	ACADEMIC INTERN	EEE
18.	P. PRABHA	AP	Arts
19.	M. LALITHA LAKSHMI	AP	Arts
20.	S. USHARANI	AP	Arts
21.	M.Amutha	LIBRAY ASST.	LIBRARY
22.	P ILAVARASI	OFFICE ATTENDER	OFFICE
23.	H. YUVASHREE	TECH ASSISTANT	Arts
24.	D.Devi shree	AP	CSE
25.	D.Shubha shree	TEACHING ASSISTANT	CSE

M. Rameswari
S. Keerthana 31/01/24

Yoga Club Incharge/ Coordinator:

Dr. M.Rameswari, Prof/Maths
Mrs. S.Keerthana, AP/ECE

L.S. 31/01/24
Convenor

M. Rameswari
S. Usharani 31/01/24

Batch II Coordinator(s):

Dr. M.Rameswari, Prof/Maths
Mrs. S.Keerthana, AP/ECE
Mrs.S.Usharani, AP/Commerce

D.S. 31/01/24



Principal

Dr.D.SENTHIL KUMARAN, M.E., Ph.D.
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindhalagundu
Palani Road. Dindigul - 624002

SSM COLLEGE OF ENGG & TECH

DINDIGUL – FC CLASS

3.00 Hrs – 8 days

நாள்	வகுப்பு	நேரம்	ஆசிரியர்கள்
I st Week 1 st day 4.12.2023	இறை வணக்கம்/குருவணக்கம் வரவேற்புரை,மனவளக்கலை அறிமுகம் உடற்பயிற்சி விளக்கம் கை,கால்,முச்சப்பயிற்சி,உடல்தளர்த்துதல் நாடிசுத்தி,தண்டுவடகூத்தி விளக்கம்/பயிற்சி தியானம்: ஆக்கினை விளக்கம், தவம் தவத்தின் மேன்மைகள்	10 நிமி 20 நிமி 40 நிமி 60 நிமி 20 நிமி	
I st Week 2 nd day 5.12.2023	இறைவணக்கம்/குருவணக்கம் நாடிசுத்தி/தண்டுவடகூத்தி/ ஆக்கினை தியானம் கை/கால் பயிற்சி காயகல்ப தத்துவம்: பயிற்சி விளக்கம் பயிற்சி செய்வித்தல்(Demo)விதிமுறைகள்	10 நிமி 30 நிமி 20 நிமி 120 நிமி	
I st Week 3 rd day 6.12.2023	இறைவணக்கம்/குருவணக்கம்/ காயகல்பம், நாடிசுத்தி/தண்டுவடகூத்தி/ ஆக்கினை தியானம் கண்பயிற்சி,கபாலபதி,மகராசனம் part 1, உடல்தளர்த்துதல் வாழ்த்தும் பயனும்(தத்துவம்)	10 நிமி 10 நிமி 30 நிமி 80 நிமி 50 நிமி	
II nd week 1 st day 11.12.2023	இறைவணக்கம்/குருவணக்கம்/ காயகல்பம், நாடிசுத்தி /தண்டுவடகூத்தி மகராசனம் I,II,உடல்தேய்த்துவிடுதல் அக்குபிரசர்,உடல்தளர்த்துதல் சாந்தி விளக்கம், சாந்தி தவம் உணவில் ஒழுங்கு	15 நிமி 10 நிமி 80 நிமி 40 நிமி 30 நிமி	
II nd week 2 nd day 12.12.2023	இறைவணக்கம்/குருவணக்கம்/ காயகல்பம், நாடிசுத்தி/தண்டுவடகூத்தி,சாந்தி தவம் உடற்பயிற்சி முழுவதும் சினம் தவிர்த்தல்(தத்துவம்)	10 நிமி 25 நிமி 60 நிமி 60 நிமி	
II nd week 3 rd day 13.12.2023	இறைவணக்கம்/குருவணக்கம்/காயகல்பம் நாடிசுத்தி/தண்டுவடகூத்தி ஆக்கினை தவம் உடற்பயிற்சி முழுவதும், சூரிய நமஸ்காரம் தூரிய தவ விளக்கம்/தூரியதவம் அறநெறிகள் [ஒழுக்கம்/கடமை/சுகை]	10 நிமி 10 நிமி 10 நிமி 60 நிமி 60 நிமி 30 நிமி	
III rd week 1 st day 18.12.2023	இறைவணக்கம்/குரு வணக்கம்/காயகல்பம் தூரிய தவம், உடற்பயிற்சி முழுவதும் ஆசை சீரமைத்தல்(தத்துவம்)	10 நிமி 90 நிமி 50 நிமி	
III rd week 2 nd day 19.12.2023	இறைவணக்கம்/குருவணக்கம்/ காயகல்பம் தூரிய தவம்,உடற்பயிற்சி முழுவதும் கவலை ஒழித்தல்(தத்துவம்) அனுபவ உரை, சான்றிதழ் வழங்குதல்	10 நிமி 90 நிமி 50 நிமி 30 நிமி	

N. Senthil Kumar 31/12/24
Yoga club Coordinators
M. Manikandan 31/12/24

Principal

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal
SSM Institute of Engineering and Technology
Kuttikudi - 624 115



L.R. 31/12/24
Convenor

(8) Physical Exercises should not be done directly on the floor. A mat or some thick spread on the floor should be used.

(9) It takes just about half-an-hour to complete the whole set of exercises.

(10) These exercises are suitable for all climatic conditions.

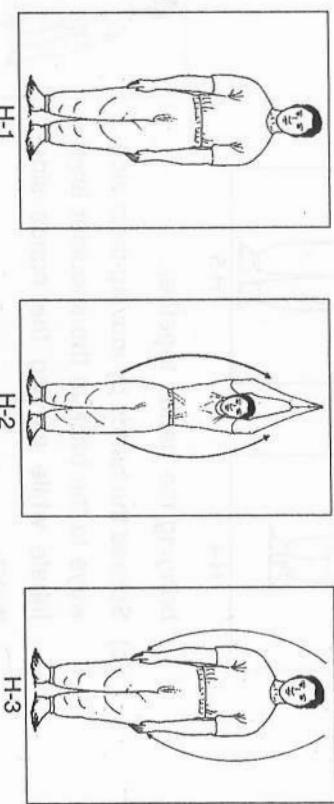
(11) Those who have undergone surgery should start practising these exercises after three or four months.

(12) Though these exercises can be practised by reading this book, it is better to learn from a qualified master of SKY. (Simplified Kundalini Yoga).

SPECIAL INSTRUCTIONS FOR WOMEN

- (1) Women should not practise these exercises during the days of their periods
- (2) Pregnant women (after two months of pregnancy) should not do the following exercises until delivery.
 - ❖ postures 1 and 2 of Neuro-Muscular Breathing Exercises and the part A and B of Makarasana.
 - (3) Other exercises contained in this book may be done by pregnant women.
 - (4) All the exercises may be practised again three months after delivery, provided the health is normal.

1. HAND EXERCISES



POSTURE 1:

- (a) Stand erect and keep the feet 6 inches (15 cm) apart as shown in Fig. H-1.
- (b) Lift the hands above the head to the full stretch and join the palms and fingers together. The arms should be close to the ears as shown in Fig. H-2. Keep the arms up in the same position for 4 complete normal breaths.
- (c) Then bring the arms down to the thighs and rest for 2 normal breaths as shown in Fig. H-3.
- (d) Do this exercise 3 times.

POSTURE 2:

- (a) Spread the hands sideways at the shoulder level (Fig. H-4). Let the palms face in front.
- (b) Move both arms to the front at 90° to the chest and join the palms and fingers in front of the chest (Fig. H-5). Exhale while



H-4



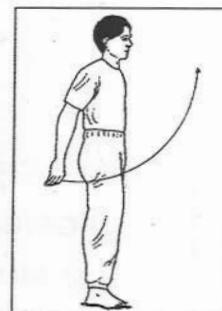
H-5



H-6

bringing the hands together.

- (c) Spread the hands by moving them sideways to the back at the shoulder level. Inhale while moving the hands sideways.
- (d) Do this exercise 5 times by moving the hands front and back. Bring the arms down (Fig. H-1).



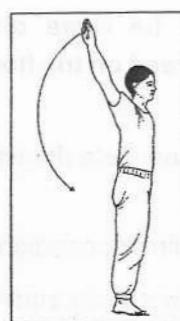
H-7

POSTURE 3:

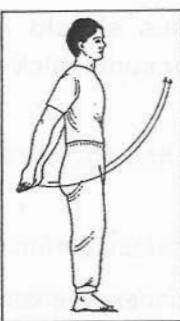
- (a) Stand erect (Fig. H-1). Join the fingers of the right hand (Fig. H-6).
- (b) Rotate the right arm clockwise (from front to back) 5 rounds as shown in Fig. H-7, H-8 and H-9.
- (c) Join the fingers of the left hand and rotate the left hand clockwise 5 rounds.
- (d) Then rotate the right hand anti-clockwise (from back to front) 5 rounds.
- (e) Thereafter, rotate the left hand anti-clockwise 5 rounds.



H-8



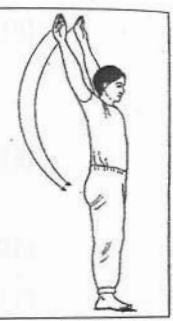
H-9



H-10



H-11



H-12

POSTURE 4:

- (a) Keep the fingers of both hands in the position shown in Fig. H-6.
- (b) Rotate both arms clockwise (from front to back) (Fig. H-10, H-11 and H-12). Elbows should be kept straight, without bending.
- (c) Do this clockwise rotation 5 times.
- (d) Then rotate both arms anti-clockwise (from back to front).
- (e) Do this anti-clockwise rotation 5 times.



H-13

POSTURE 5:

- (a) Keep the fingers in the same position as shown in Fig. H-6. Keep the right leg one foot in front of the left. Keep the right arm in front and left arm in back (Fig. H-13).
- (b) Rotate both arms clockwise simultaneously (Fig. H-13, H-14 and H-15). While the right arm goes in the front, the left should



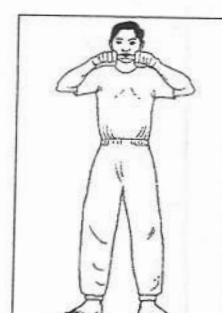
H-14



H-15



H-16



H-17

go to the back and *vice-versa*. When the right goes up, the left should go down and *vice-versa*.

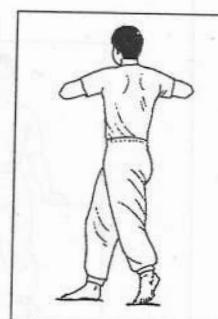
- (c) Do this 5 times.
- (d) Then repeat the same in anti-clockwise direction (H-16).
- (e) Do this rotation 5 times.

NOTE:

In postures 3,4 and 5 the head should remain straight.

POSTURE 6 : (Do this exercise with open eyes.)

- (a) Stand erect keeping the feet 18 inches (45 cm) apart. Lift your arms to your shoulder level. Keep the thumbs touching at the tips (Fig.H-17), at a distance of one foot in front of your face.
- (b) Turn the whole body gently to the right (Fig. H-18), keeping the eyes on the tips of the thumbs. When you turn right, pivot on



H-18



H-19

the big toe of the left foot and keep the right foot entirely on the ground.

- (c) Turn the whole body jointly to the left (Fig. H-19). When you turn left, pivot on the big toe of the right foot and keep the left foot entirely on the ground.
- (d) Repeat this exercise 5 times.

POSTURE 7:

- (a) Stand keeping the feet parallel and 3 inches (8 cm) apart. Place the hands on the knee-caps, bending the trunk forward. Bend the knees forward slightly (Fig. H-20). Keep the knees close together.
- (b) Rotate the knees together slowly clockwise 3 times.
- (c) Then rotate the knees anti-clockwise 3 times.
- (d) Again rotate the knees clockwise 3 times.



H-20

BENEFITS:

- (1) Circulation of blood, heat, air and life-force in hands and arms becomes normal and regular.
- (2) Hands and shoulders are strengthened.
- (3) Arthritis and conditions where the limbs become numb during rest, are reduced and possibly cured.
- (4) Pains in shoulder joints and knee joints are cured.
- (5) Trembling of hands and pain in finger joints are cured.

2. LEG EXERCISES



L-1



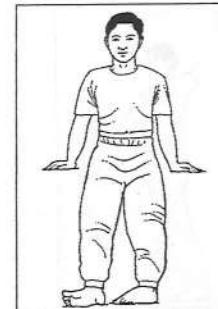
L-2

POSTURE 1:

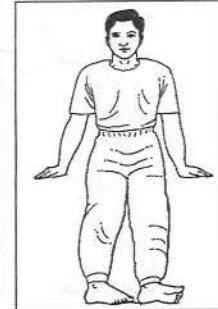
- Sit on the floor extending the legs. Keep the feet 18 inches (45 cm) apart. Keep the hands behind as shown in Fig. L-1.
- Bend the feet inward till the big toes touch the floor (or to the extent possible) as in Fig. L-2.
- Then stretch the feet outward till the little fingers touch the floor.
- Do this exercise 5 times in each direction by waving the feet inward and outward.

POSTURE 2:

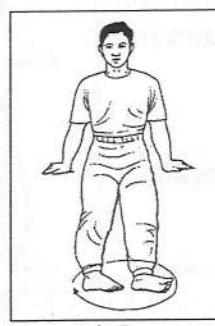
- Keep the feet 12 inches (30 cm) apart.
- Turn both the feet simultaneously towards right (Fig. L-3) so that the small finger of the right foot and the big toe of the left foot touch the floor.



L-3



L-4



L-5

- Turn both the feet simultaneously towards left (Fig. L-4) so that the small finger of the left foot and the big toe of the right foot touch the floor.
- Do this exercise 5 times each side.

POSTURE 3:

- Keep the feet one foot (30 cm) apart.
 - Rotate the feet clockwise 5 times (Fig. L-5).
- Rotate the feet anti-clockwise 5 times.
 - Again rotate the feet clockwise 5 times.

POSTURE 4 : (Foot Reflexology)

- Keep the right foot on the left thigh (Fig. L-6).
- Using both the thumbs of hands, press and massage the right foot in the manner illustrated below. The other four fingers should rest on outer foot to help the pressure being applied evenly (Fig. L-7).



L-6



L-7



L-8

Toes of the Foot:

- (c) First, massage your right toe with both the thumbs.
- (d) Then massage the next two toes of the foot, simultaneously with each thumb. The right thumb should massage the second toe of the foot and the left thumb should massage the third toe.
- (e) Similarly, the last two toes should be massaged with both the thumbs.

Foot:

- (f) Then, massage the sole of the foot starting from the region below big toe to the small toe, across the foot. Then, come down a little and start from the region below small toe and massage across the foot to the big toe.
- (g) Like this, massage the entire foot in a zigzag / criss-cross manner. No part in your foot should be left unmassaged. You should massage with your thumbs only, while the other four fingers of your hands resting on otherside of your foot.
- (h) Then, apply pressure gently on the arch (soft portion) of your foot.
- (i) Then, apply pressure on the heel.
- (j) Then, apply pressure by both the hands, on the sides of the foot from top to bottom, from bottom to top and once again from top to bottom. The thumbs should press on the inner edge and the other fingers should press on the outer edge of the foot.

Ankle - Applying pressure :

- (k) Press the parts around the ankle joint. The thumbs should press on the inner side of the joint and other four fingers should press on the outer side.

Massaging the Ankle :

- (l) Next, place the right palm over the inner side of the ankle joint and the left palm on the outer side of the ankle joint.
- (m) Massage the ankle joint simultaneously on the inner side and outer side in clockwise direction.
- (n) Massage like this for 3 times.
- (o) Next massage the ankle joint in anti-clockwise direction 3 times.
- (p) Once again massage the ankle joint simultaneously, in clockwise direction 3 times.

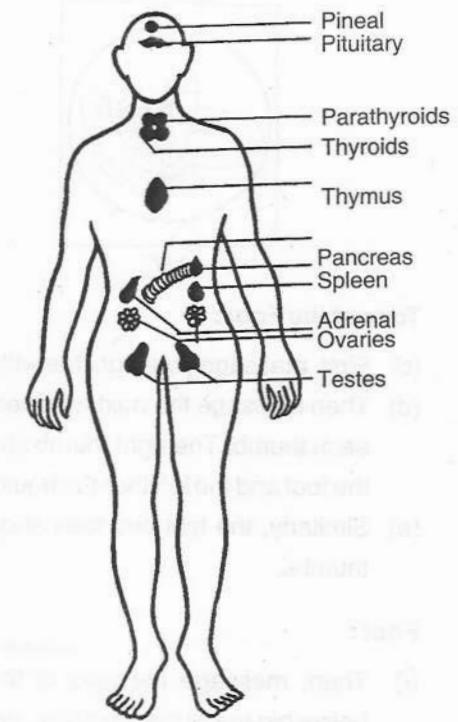
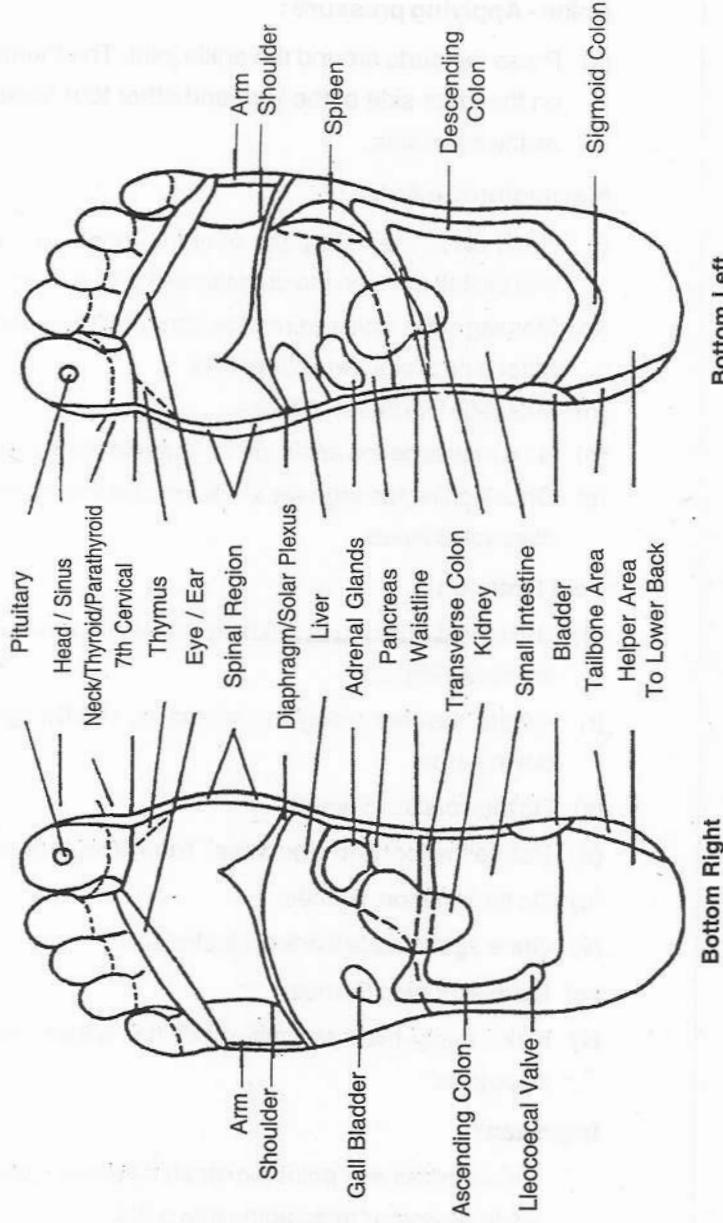
Foot Rotation :

- (q) Next, hold right leg at ankle in the right palm and the toes by the left hand (Fig. L-8)
- (r) Rotate the foot using the left hand, clockwise with toes going downwards.
- (s) Do this rotation 5 times.
- (t) Rotate the foot anti-clockwise. Toes of foot should go up.
- (u) Do this rotation 5 times.
- (v) Once again rotate the foot clockwise.
- (w) Do this rotation 5 times.
- (x) Next, apply pressure with both the hands from ankle joint to knee joint.

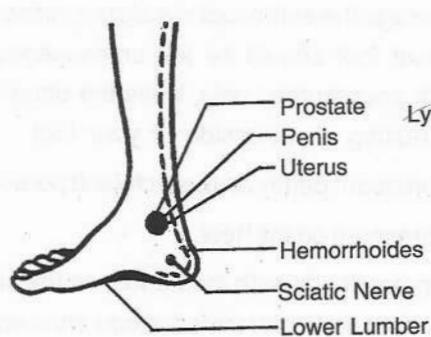
Important :

Do not press any point too much if you feel pain or tender-ness, while pressing / massaging that point.

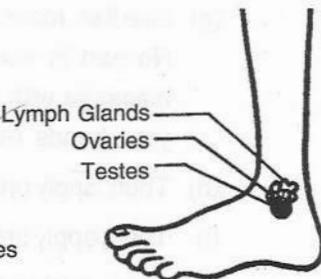
FOOT REFLEXOLOGY



INSIDE OF FOOT



OUTSIDE OF FOOT



POSTURE 5:

- (a) Keep the left foot on the right thigh.
- (b) Apply pressure on the left foot similar to the procedure followed on the right foot in Posture-4 from (b) to (x).

POSTURE 6:



L-9



L-10



L-11



L-12

- (a) Sit in the kneeling (Vajrasana) posture as shown in Fig. L-9 and L-10. Place the right big toe over the left big toe. Keep the heels apart and sit comfortably between the heels. Place hands on the back touching the spinal column and the two thumbs on the side.
- (b) Slightly press and massage the back from upper part to lower part, over the kidney region (Fig. L-11 and L-12).
- (c) Do this exercise 5 times.

BENEFITS :

- (1) Legs are strengthened.
- (2) Blood circulation gets regulated in all parts of the abdomen.
- (3) This exercise is curative and preventive for sciatica and arthritis.
- (4) By pressing and massaging the sole and the toes, important organs in the body such as heart, lungs, intestines and brain are activated.

NEURO-MUSCULAR BREATHING AND MAKARASANA-BENEFITS

These are two sets of marvellous Yogic techniques. The physical and mental benefits of these two techniques are better experienced than expressed.

Physically these two practices massage the viscera (the liver, the spleen, the intestines and the kidneys).

- ❖ strengthen the abdominal muscles.
- ❖ activate the pancreas to produce the correct quantity of insulin (thereby making blood-sugar normal)
- ❖ eliminate the complications of diabetes.
- ❖ ventilate the lungs.
- ❖ normalise the activity of the endocrine glands,
- ❖ control the activity in the uterus and ovaries in case of women and relieve them from menstrual disorders.
- ❖ regulate the functions of the sympathetic and para-sympathetic nerves.
- ❖ A regular practice of the two techniques results in radiant health.
- ❖ Distended stomach would shrink to an appreciable extent.
- ❖ Overweight of the body will get reduced gradually.
- ❖ Combined with meditation, these allay fear.
- ❖ Anxiety gets replaced by calmness.
- ❖ A new healthy attitude sets in, which will fill you with the joy of elevated thoughts.

3. NEURO-MUSCULAR BREATHING EXERCISES

POSTURE 1:

- (a) Sit in kneeling posture (Vajrasana) with the right big toe over the left big toe. Keep your knees close together. Rest your bottom comfortably between the heels. Join the index finger and thumb of each hand forming a ring stretch out the other three fingers (Fig.N-1). Fix the joined fingers in between the thighs and the abdomen (Fig. N-2) and other fingers over your thighs; Inhale slowly and deeply.



N-1



N-2



N-3

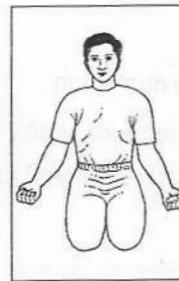


N-4

- (b) Exhale slowly and simultaneously bend forward as much as possible without any strain (Fig. N-3). Your bottom should not be raised off the heels. During bending forward, the spinal cord, neck and head should be in a straight position (Fig. N-4).
- (c) Then inhale slowly and deeply, and simultaneously raise the body to the upright position.
- (d) Do this breathing exercise 5 times.



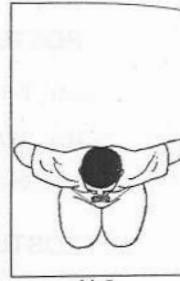
N-5



N-6



N-7



N-8

POSTURE 2:

- (a) Maintain the kneeling posture. Bend both the thumbs onto the palms of both hands (Fig.N-5). Close four fingers over the thumb (Fig.N-6). Keep the fists joined in your lap (Fig.N-7). Inhale deeply.
- (b) Exhale slowly and deeply, and simultaneously bend forward (Fig. N-8).
- (c) Then inhale slowly and deeply, while raising the body to the upright position.
- (d) Do this exercise 5 times.

NOTE:

In both exercises (Posture 1&2), you should not bend your neck or head.

POSTURE 3:

- (a) Sit comfortably in a cross-legged position (sukhasana). Cover the navel with the right palm, and touch the right ear with the left fingers (Fig.N-9). Folded left arm should touch and press the left chest. Keep the body erect and face straight.
- (b) Inhale and exhale slowly and deeply without retention of breath. By doing this, a slight pressure is created on the front of the left lung. When a deep breath is drawn, the back of the left lung and entire right lung are fully expanded.
- (c) Do deep breaths 5 times.



N-9

POSTURE 4:

- (a) Change your hands to the opposite side. Cover the navel with the left palm and touch the left ear with the right fingers (Fig. N-10).
- (b) Inhale and exhale slowly and deeply. Do not retain your breath at any stage. By doing this exercise, a slight pressure is created on the front of the right lung. When a deep breath is drawn, the back of the right lung and entire left lung are filled with air and fully expanded.
- (c) Do this breathing exercise 5 times.



N-10

POSTURE 5:

- (a) Touch the right ear with the left fingers and the left ear with the right fingers (Fig. N-11). Your left forearm should touch your chest and right forearm should be over your left forearm.
- (b) Inhale and exhale slowly and deeply. Do not retain your breath at any stage. By this exercise, back portions of both the lungs are fully expanded.
- (c) Do this breathing exercise 5 times.



N-11

POSTURE 6:

- (a) Cover the right ear with the right palm and the left ear with the left palm spreading the arms sideways (Fig. N-12). Fingers should touch the back of the head.
- (b) Inhale and exhale slowly and deeply. Here, both lungs are fully expanded.
- (c) Do this breathing exercise 5 times.



N-12

POSTURE 7:

- (a) Cup your hands and do palming of the eyes with the left palm over the left eye and the right palm over the right eye (Fig. N-13). The eyes should be closed.
- (b) Inhale and exhale slowly and deeply.
- (c) Do this breathing exercise 5 times.



N-13

NOTE:

In each of these seven postures, do not retain your breath after inhalation or exhalation.

BENEFITS :

- (1) The Neuro-muscular breathing regulates the endocrine system and oxygenises the blood.
- (2) It ventilates the lungs and increases the vital energy.
- (3) It helps curing headache, insomnia, asthma and other bronchial troubles.
- (4) Tiredness is not felt even after working for a full day.
- (5) Students are benefited in their studies due to increase in absorbing capacity, retention capacity and recalling capacity.
- (6) Functioning of the nervous system is improved.

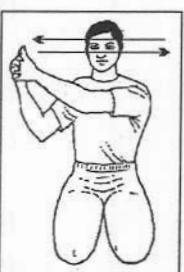
4. EYE EXERCISES

POSTURE 1:HORIZONTAL

- Sit comfortably in kneeling posture (Vajrasana) and clasp hands with the thumbs together upright (Fig. E-1). Raise the clasped hands to a level slightly lower than the eyes and keep elbows slightly bent. Focus the sight on the thumb-nails. Keep this posture throughout these eye exercises.
- Swing the hands horizontally to right and left extremes (Fig. E-2). The eyes should move along with the thumbs from left to extreme right and from there back to the extreme left. Give a slight swing to the head to follow hands but head should not be turned fully. The movement should be semi-circular.
- Do this exercise 5 times.



E-1



E-2

POSTURE 2:VERTICAL

- In the same posture with the eyes fixed on the thumbnails, keep your hands on your lap near the knees.
- Lift the hands vertically upwards as far as possible and bring them down to the lap, swinging the eyes up and down along with the thumbs (Fig. E-3). The eyes should move in unison with up-and-down movement of hands. You may move your head slightly but should not turn up or down fully.
- Do this eye exercise 5 times.



E-3

NOTE:

To remember the above two exercises, keep in mind the '+' (plus) symbol. (Posture 1 - Horizontal line; Posture 2- Vertical line).

POSTURE 3:DIAGONAL-I

- Sitting in the same posture, keep your hands near the outside of your left thigh.
- Move the hands up and down diagonally starting from left lower corner (thigh) to right upper corner (shoulder) (Fig. E-4).
- Then bring your hands back to the starting point outside the left thigh with eyes fixed on the thumb-nails. Your neck may turn slightly.
- Do this exercise 5 times.
- All the above movements should be semi-circular.



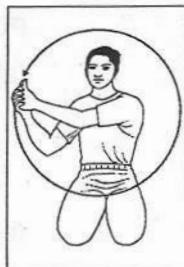
E-4

POSTURE 4:DIAGONAL-II

- Sitting in the same posture, keep your hands near your right thigh. The eyes should remain focused on thumb-nails.
- Move the hands up and down diagonally starting from right lower corner (thigh) to left upper corner (shoulder) (Fig. E-5).
- Then bring your hands back to the outside of right thigh with eyes fixed on the thumb-nails. All the above movements should be semi-circular.
- Do this exercise 5 times.
- All the above movements should be semi-circular.



E-5



E-6

NOTE:

To remember the above 2 exercises, keep in mind the 'X' (multiplication) symbol.

POSTURE 5: COUNTER CLOCKWISE ROTATION

- In the same posture with the eyes fixed on the thumb-nails, keep your hands on your lap.
- Slowly move the hands and arms in a big circle in clockwise direction (Fig. E-6.) Stretch your arms as much as possible to form a circle. The eyes should move freely, following the direction of thumb. Move your head slightly with the rotation.
- Do this exercise 5 times.



E-7

POSTURE 6: ANTI-CLOCKWISE ROTATION

- Repeat the same as above in anti-clockwise direction (Fig. E-7).
- Do this exercise 5 times.



E-8

POSTURE 7: TO AND FRO

- Draw the hands close to the eyes at a distance of 3 inches (7.5 cm) from the nose tip by bending the elbows
- Then extend the hands away from the eyes fully straightening the arms (Fig. E-8).
- Then bring your hands back close to your nose tip by bending the elbows.
- Repeat this to and fro movements 5 times, all the while keeping the eyes on the thumb-nails.



E-9

PALMING (EYE RELAXATION):

After completing the eye exercises, practise 'palming' your eyes. Lightly cover your closed left eye with your left palm and your closed right eye with your right palm (Fig. E-9). Fingers of left hand should touch the centre of forehead and fingers of right hand should be placed over left hand fingers.

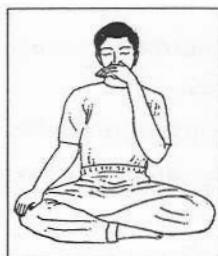
Relax your eyes for at least one full minute.

BENEFITS:

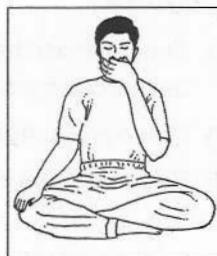
- This exercise helps to correct defects in eyesight by toning up the muscles around the eyes.
- It also prevents eye-strain, itching and other eye disorders.
- By continuous practice, one can reduce the use of spectacles.

5. KAPALABATHI

Kapalabathi should be done with eyes closed. From beginning to end of this practice, retain "moola bandham". Get details of *moola bandham* from the nearest branch of World Community Service Centre.



K-1



K-2

- (a) Sit comfortably in normal posture (Sukhasana). Place right hand on right lap.
- (b) Close the left nostril with the left thumb (Fig.K-1).
- (c) Exhale forcefully through the right nostril. Then inhale through the same right nostril.
- (d) Then close the right nostril with the index finger of left hand and at the same time remove left thumb from left nostril (Fig. K-2) .
- (e) Exhale forcefully through left nostril and inhale through the same left nostril.
- (f) Repeat this sequence 10 times. Keep left hand on left lap. Rest for one minute. This is one cycle.

During this practice, breath should not be retained or stopped. While exhaling, breath should be forcefully let out; inhaling is done quickly, but gently and naturally. Mouth should be kept closed at all times.

NOTE:

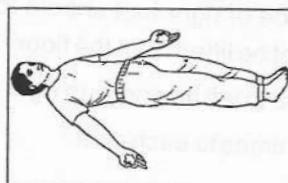
Those with high blood pressure, hernia or heart problems need not do this exercise.

BENEFITS:

- (1) Sinus problems are cured.
- (2) Dust and other particles in the nose and sinuses are removed.
- (3) Body becomes energised.
- (4) Supply of blood to brain increases.

6 (A). MAKARASANA (Part-A)

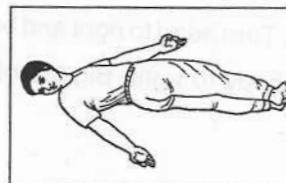
POSTURE 1:



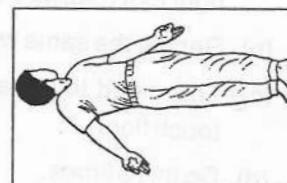
MA-1

In Part A of Makarasana, the basic posture is lying down flat on the back.

The hands are kept at 45° to the body with palms facing up (Fig. MA-1). The tips of the thumb and the first finger of both hands are joined together like a ring. The other three fingers should be stretched. This is known as "Chin mudra". This hand posture should be maintained throughout Makarasana Part-A.



MA-2



MA-3

Imagine that your whole body is being energised by the Divine power.

- Bring the feet together so that the heels and big toes of both feet are joined (Fig. MA-1).
- Now turn your head to the right side, simultaneously turning the body to the left side (Fig. MA-2). Take care that the shoulders are not raised from the ground.

(c) Return to the normal lying position. Now turn the head to the left side and twist the body to the right side keeping the shoulders on the ground (Fig.MA-3).

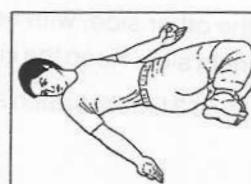
(d) Turning head to the right and then to the left makes one set. Do three similar sets.

NOTE :

When the head turns to the right, the body twists to the left and vice versa. This twist should be mastered well to understand the rest of the exercises.



MA-4



MA-5



MA-6

POSTURE 2:

(a) Bend the knees (Fig. MA-4). The heels should be brought near the thighs and kept on the floor. The knees and feet should be kept together.

(b) In this position, do the same twist of head and body as mentioned in 1(b) above.

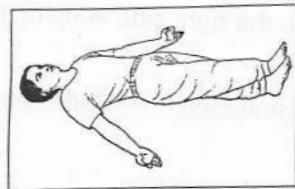
Turn head to the right side and twist the body and knees to the left side (MA-5).

(c) Then turn head to the left side and twist the body and knees to the right side (Fig. MA-6). Keep the shoulders on the floor. While turning, knees should not be spread.

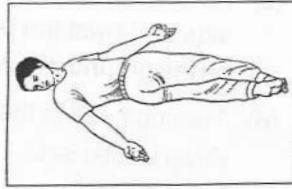
(d) Do this exercise 3 times to each side.

POSTURE 3:

(a) Extend the legs straight. Keep the right foot crossed over the left foot at the ankles (Fig. MA-7).



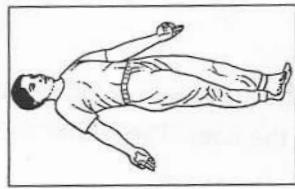
MA-7



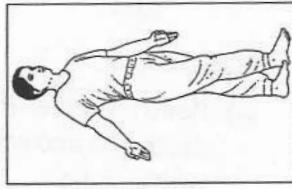
MA-8

- (b) In this position, do the same twist of head and body as shown in (Fig. MA-8) i.e., Turn the head to the right side and the body to the left side.
- (c) Do this on the other side, with head turning to the left side and body to the right side. Keep the knees straight.
- (d) Do this exercise 3 times to each side.

POSTURE 4:



MA-9

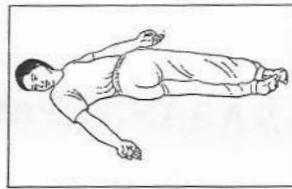


MA-10

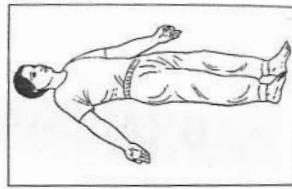
- (a) In the same position, keep the left foot crossed over the right foot at the ankles (Fig. MA-9).
- (b) Do the same twist. Turn head to the right side and body to the left side.
- (c) Turn head to the left and body to the right. Knees should not be bent and shoulders should not be raised from the floor.
- (d) Do this 3 times to each side.

POSTURE 5:

- (a) Keep the right ankle between the big toe and the next toe of the left foot (Fig. MA-10).



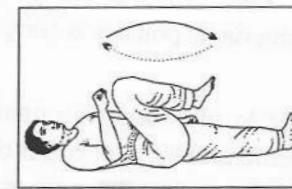
MA-11



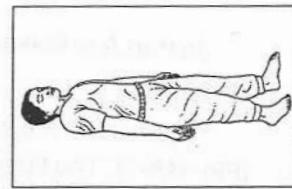
MA-12

- (b) Do the twist. Turn head to right and body to left (Fig. MA-11). The big toe of right foot should touch the floor. The shoulders should not be lifted from the floor.
- (c) Turn head to left and body to right.
- (d) Do this 3 times to each side.

POSTURE 6:



M-13



M-14

- (a) Keep the left ankle between the big toe and the next toe of the right foot (Fig. MA-12).
- (b) Repeat the same twist. Turn head to right and body to left.
- (c) Turn head to left and body to right. Big toe of left foot should touch floor.
- (d) Do this 3 times.

POSTURE 7:

- (a) Raise your fists and legs above the ground.
- (b) Stretch your left leg and left hand and simultaneously draw back your right hand and right leg (Fig. MA-13).
- (c) Then stretch the left leg and left hand in front and simultaneously draw back the right leg and right hand as much as possible.

(d) Move your legs as you do in cycling. The movement should be elliptical and cyclic. Stretch your legs to full length and keep them above the ground. The heels should not touch the floor. The head should remain on the floor.

(e) Do this exercise 10 times.

RELAXATION :

After finishing this exercise, relax your body. Keep the fingers of hand free. Keep both legs apart (Fig. MA-14).

Relax for a minute in this posture.

NOTE :

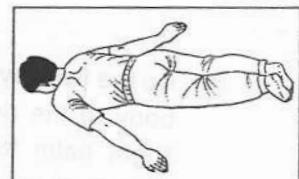
Pregnant women are advised not to do the exercises of Makarasana Part A and B.

6 (B). MAKARASANA (Part-B)

POSTURE 1 :

In the second half (Part B) of Makarasana, the basic position is lying on one's stomach.

The hands are kept on both sides at 45° to the body with palms facing down.



MB-1

(a) Keep the legs straight (Fig. MB-1). Bring the feet together so that the big toes and heels of both are joined.



MB-2

(b) Turn the head to the right so as the left cheek rests on the ground and twist the body to the extreme right (Fig. MB-2). The right palm should be flat on the floor. The left palm should be turned to face upwards.



MB-3

(c) Now turn the head to the left so as the right cheek rests on the ground and twist the body to the extreme left (Fig. MB-3). The palms should flip so that the left palm is flat on the floor and the right palm faces up-wards. While twisting, as far as possible the shoulders should not raise off the floor.

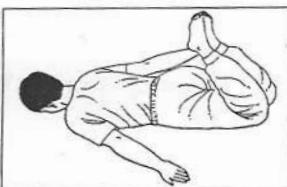
(d) Repeat the twist 3 times to each side.

NOTE :

Turn your head and body to the same side. The chest should not be lifted from the floor.

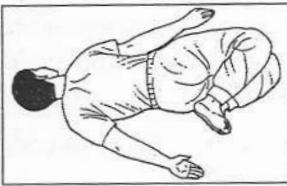
POSTURE 2:

- (a) Bend the legs at the knees (Fig. MB-4). Keep both feet joined together from big toe to heel. The chest should be placed firmly on the floor.



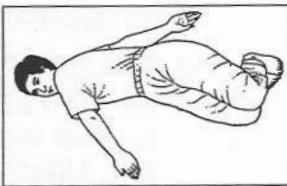
MB-4

- (b) Do the twist by turning the head and body to the right side (Fig. MB-5). Right palm touches floor and left palm faces upwards.



MB-5

- (c) Then turn the head and body to the left side. Turn the left palm facing downwards and right palm facing upwards (MB-6).

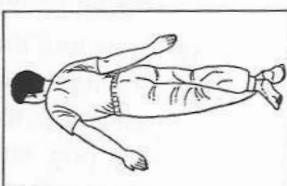


MB-6

- (d) Do this exercise 3 times to each side.

POSTURE 3:

- (a) Keep the right foot crossed over the left foot at the ankles (Fig. MB-7).



MB-7

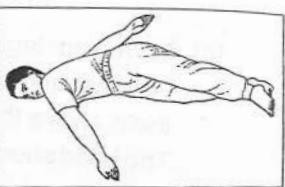
- (b) Turn the head and body to the right side (Fig. MB-8). The right palm touches floor and the left palm faces upwards. The chest and shoulders should not be lifted.



MB-8

- (c) Turn the head and body to the left side (Fig. MB-9). Turn the left palm pressing the floor and the right palm facing upwards.

- (d) Do this exercise 3 times to each side.



MB-9

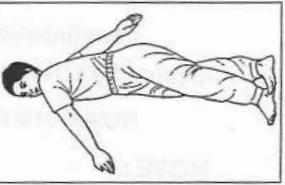
POSTURE 4:

- (a) Keep the left foot over the right foot crossing at the ankles.

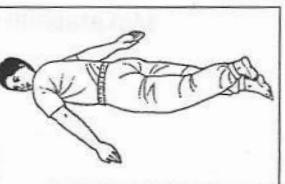
- (b) Repeat the twist by turning the head and body to the right.

- (c) Turn the head and body to the left. Turn also the hands.

- (d) Do this exercise 3 times.



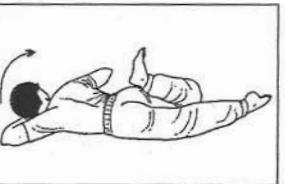
MB-10



MB-11

POSTURE 5:

- (a) Raise the right foot. Keep the big toe and the next toe of the right foot on either side of the left ankle. The left ankle is in between the big toe and next toe of the right foot (MB-10).

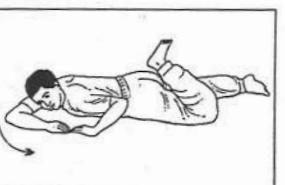


MB-12

- (b) Repeat the twist by turning the head and body to the right. Right heel should touch floor. Knees should be straight.

- (c) Turn the head and body to the left. Shoulder should not be raised.

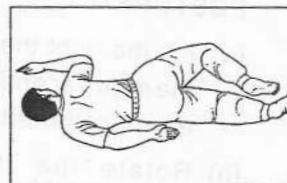
- (d) Do this exercise 3 times to each side.



MB-13

POSTURE 6:

- (a) Raise the left foot. Keep the right ankle in between the big toe and next toe of the left foot (MB-11).
- (b) Repeat the twist by turning the head and body to the right. Left heel should touch floor.
- (c) Turn the head and body to the left.
- (d) Do this exercise 3 times to each side.



MB-14

POSTURE 7 : (Keep eyes open.)

- (a) Keep the arms raised and bent at the elbows. Extend the fingers and keep middle fingers touching each other below the face. Raise the head, chest and hands from ground. Keep the legs extended straight.
- (b) Now turn the body from the waist to the right (Fig. MB-12) and fold the right leg in such a way that the calf-muscles of the right leg touch the right thigh. Hands are moved to the right side and eye sight is focused on the middle fingers.
- (c) Now turn the body from the waist to the left (Fig. MB-13) and fold the left leg in such a way that the calf-muscles of the left leg touch the left thigh.

Which-ever side the head turns, the leg of that side should be folded, the other leg being kept straight. The whole exercise will resemble the movement of a crocodile.

- (d) Do 5 twists to each side.

RELAXATION:

Turn your face to the right side placing the left cheek on the floor. Stretch the left leg on the floor and bend the right leg at the knee. Bend the right hand at elbow and place it above your head

with palm facing down (Fig. MB-14). Place the left arm by your side with palm facing upwards. Close your eyes.

Relax for a minute in this posture.

NOTE :

Pregnant women are advised not to do the exercises of Makarasana Part A and B.

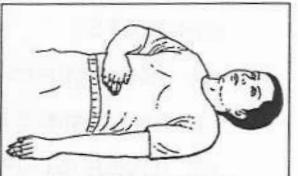
BENEFITS :

- (1) It strengthens the abdominal muscles.
- (2) It normalises the activity of the endocrine glands.
- (3) It helps to cure diabetes, arthritis, sciatica, high blood pressure, hip pain, spinal pain and neck pain.
- (4) As the spinal column is systematically twisted from bottom to top, the backbone and discs get strengthened.
- (5) All nerves emanating from the backbone are strengthened.
- (6) Legs and abdominal region are strengthened.
- (7) Obesity is reduced.
- (8) For women, it regulates the menstrual cycle and helps to cure uterus problems.

7. MASSAGE

POSTURE 1 :

(a) Lie down on the back. Keep the whole body relaxed. Close your eyes. Keep your right palm above the navel (Fig. M-1).



M-1

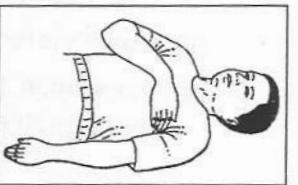
(b) Massage around navel clockwise 3 times.

(c) Do the same anti-clockwise 3 times.

(d) Again massage around navel clockwise 3 times.

POSTURE 2 :

(a) Place your right hand over the left lung (Fig. M-2).



M-2

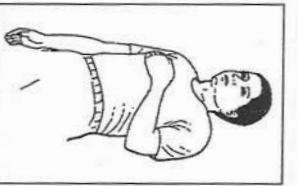
(b) Massage around the left lung clockwise 3 times.

(c) Do the same anti-clockwise 3 times.

(d) Again massage around the left lung clockwise 3 times.

POSTURE 3 :

(a) Keep your left hand over the right lung (Fig M-3).



M-3

(b) Massage around the right lung clockwise 3 times.

(c) Do the same anti-clockwise 3 times.

(d) Again massage around the right lung clockwise 3 times.

POSTURE 4:

(a) Fix the right thumb in the ear-pit of the right ear and the left thumb in the ear-pit of the left ear (Fig. M-4).



M-4

(b) Rotate the thumbs clockwise 3 rounds.

(c) Do the same anti-clockwise 3 times.

(d) Again rotate clockwise 3 times.

(e) Further, press and massage all parts of the external ears including ear-lobes, using thumbs and forefingers.

POSTURE 5:

(a) Place the thumbs on the temples. (Fig. M-5).



M-5

(b) Move them clockwise 3 times.

(c) Do the rotation anti-clockwise 3 times.

(d) Again rotate clockwise 3 times.

POSTURE 6:

(a) Place your palm on your eyes (Fig. M-6).



M-6

(b) Massage the nose by pressing the sides of the nose with the little fingers, from up to down.

(c) Do this exercise 3 times.

POSTURE 7:

(a) Place the right palm on the right side of the face and the left palm on the left side of the face (Fig. M-7).



M-7

(b) Massage the face by moving the right hand anti-clockwise (cheek,

eyebrow, forehead, temple, face) and left hand clockwise.

- © Do this exercise 3 times.

BENEFITS:

- (1) It regulates the flow of bio-magnetism in stomach and chest.
- (2) Internal organs are strengthened.
- (3) It helps to cure the hearing problems and regulates the function of ear.
- (4) It also regulates the blood circulation in face and makes the face bright.

8. ACU-PRESSURE

- (1) Lie down on the back and close your eyes. Pressure will be applied to 14 points on the body.

Bend your left arm at the elbow joint diagonally and let the first three fingers of the left hand touch and press the top of the spine in the upper back (Fig. A-1). This is point number 1. This position should be retained throughout the Acu-pressure exercise.



A-1

- (2) With the tip of the right index finger press the point No. 2, which is one inch directly below the chest cavity (Fig. A-2 & A-3). Other fingers should not touch the body. Thus pressing, meditate on this point No. 2 for 30 seconds.



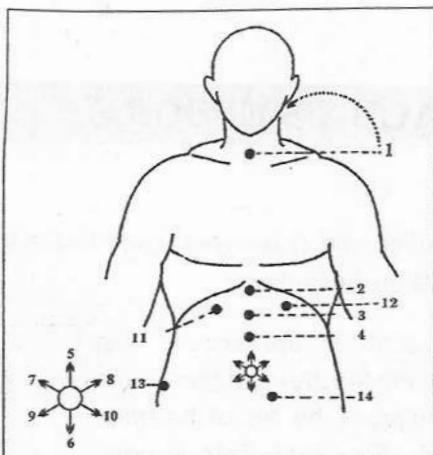
A-2

- (3) Shift the tip of the right index finger downwards by one inch to point No. 3, marked in the illustration A-3. As before, meditate on this point for 30 seconds.

- (4) Shift the tip of the right index finger further downwards by another inch to point No. 4 in the illustration A-3, which is one inch above the navel. Meditate here for 30 seconds.

- (5) Place the tip of the right index finger in the centre of the navel at point No. 5 and press upwards. If you imagine the navel as a clock, then the point No. 5 is at 12 o' clock. Meditate on this point for 30 seconds.

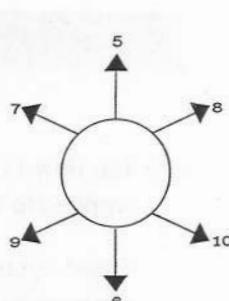
- (6) Next, place the tip of the right thumb in the centre of the navel



A-3

and press downwards. This is point No. 6 corresponding to 6 o'clock. Meditate on this point for 30 seconds.

- (7) Place the tip of the index finger of the right hand in the centre of the navel at point No. 7 and press upwards diagonally, at an angle of 45° towards right shoulder, as if the navel clock shows 10:30. Meditate on this point for 30 seconds.
- (8) Place the tip of right index finger in the centre of navel at point No. 8. With the same finger press upwards diagonally at an angle of 45° towards the left shoulder as if the time is at 1:30 on the navel-clock. Meditate on this point for 30 seconds.
- (9) Place the right index finger in the centre of the navel at point No. 9 and press downwards diagonally towards right thigh. The time on the navel-clock is 7:30. Meditate on this point for 30 seconds.
- (10) Place the tip of the right thumb at point No. 10 and press downwards diagonally towards the left thigh. The time on the navel clock corresponds to 4:30. Meditate on this point for 30 seconds.



(11) Place the tip of the right index finger at point No. 11, which is one inch below the centre of the lowest rib on the right chest. Press and meditate on this point for 30 seconds.

(12) In the same manner, with right index finger, touch point No. 12, which is one inch below the centre of the lowest rib on the left chest. Press and meditate on this point for 30 seconds.

(13) With the right thumb, press on point No. 13 which is one inch below the extreme right side of the lowest rib. Meditate on this point for 30 seconds.

(14) In the same way, place the right index finger and press point No. 14 which is on the left side, exactly mid-way between the navel and the left groin (that is, thigh joint). Press and Meditate on this point for 30 seconds.

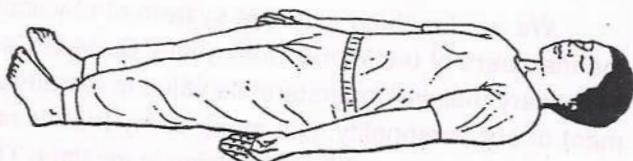
Then remove both hands from the body and keep them on the floor. Relax for one minute.

NOTE : When doing the above exercise the right finger should directly touch the skin of body and not through any cloth.

BENEFITS:

- (1) Short circuit of electrical energy in any part of the body would be cleared.
- (2) Acu-pressure is a preventive for heart ailments. It reduces high blood pressure.
- (3) It regulates the nervous system and reduces tension.
- (4) It is very helpful in alleviating insomnia.

9. RELAXATION



Lie down on the back. Keep the legs relaxed, about one-and-a-half feet apart. Close your eyes. Keep the hands relaxed with palms facing up as shown in figure. Now start relaxing the body from the feet upwards. Relax all the ten parts of the body one by one as given below. Feet, Legs, Knees, Thighs, Hip, Stomach, Chest, Hands, Neck, Head.

- (1) Think of your feet and start relaxing. While relaxing, give this auto-suggestion:

"My feet are relaxed. Blood-circulation is good; heat-circulation is good; air-circulation is good; life-force circulation is good and magnetic energy circulation is good. I am getting sufficient strength in my feet. Let them take rest. The feet are relaxing. Relax, Relax, Relax."

NOTE : This should be repeated as you relax the other parts of the body mentioned below, by substituting the particular part as "legs", "thighs", "stomach", etc.

- (2) Next relax the legs (calf-muscles).
(3) Relax the knees.

(4) Relax the thighs.

(5) Relax the abdomen.

(6) Relax the stomach.

(7) Relax the chest.

(8) Relax the shoulder and arms.

(9) Relax the neck.

(10) Finally relax the head and face.

"Then, think of each part from the head down to the feet, making sure all parts are relaxed."

(i.e.) The head is relaxed. The neck is relaxed. The shoulders and arms are relaxed. The chest is relaxed. The stomach is relaxed. The abdomen is relaxed. The thighs are relaxed. The knees are relaxed. The calf muscles are relaxed. The feet are relaxed.

"The whole body is completely relaxed."

Keep the eyes gently closed. Do not think of any particular thing. Think only of the breath going in and out.

"Lie in this position for 10 minutes."

This relaxation can be done at the end of the exercises. If you feel sleepy at the close of this exercise, you may sleep for a few minutes.

GETTING UP :

While getting up, first gently move the fingers, hands, legs and body. Then, always roll over to the left side and slowly get up.

NOTE :

Those who are suffering from insomnia can do both acupressure and relaxation exercises and can get good sleep.

BENEFITS:

- (1) This relaxation is very helpful in bringing down high blood-pressure.
- (2) It helps to prevent heart trouble, if practised regularly.
- (3) It reduces the tension in the body and mind and brings calmness.
- (4) Body gets full rest.
- (5) It regulates the circulation of blood, heat, air, life-force and bio-magnetism throughout the body.

EPILOGUE

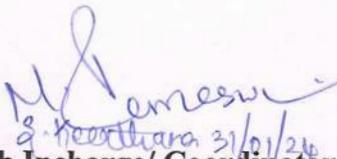
LIVE IN HEALTH AND HARMONY

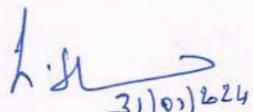
We are teaching a simple system of physical exercises to the members of our World Community Service Centre, and it is necessary that we understand its value in the all-round development of our personality. Not many of my friends remember now that I have been a qualified physician in my time. The experience in the art of healing, added to my intensive study of various categories of physical exercises being followed in many countries, enabled and equipped me to work out a system which I later subjected to field-tests. I was very much gratified with the results and then only did I prescribe it for our members through the book Physical Exercises for Health And Longevity.

The unique speciality of our system is that no limb or internal organ of the practitioner is subjected to any strain. Also, the time required for the entire series is very short and, however busy a life you may lead, you can fit the exercises into your schedule. No mechanical aids or implements are required, nor do you have to seek out an open space. The immediate objective of the exercises is physical fitness of course, but the benefits go far beyond that, as I shall proceed to explain on a scientific basis.

A formula I have often told you is that sin-imprint is the result of a deed (or thought or word, for that matter) that causes harm or inflicts pain or suffering. By the same token, virtue is the result of a deed that helps to eradicate the sin imprint and thereby preserve and consolidate happiness that is the bounty of Nature to man. Virtue breaks the shackles that keep Consciousness tied down and aids the Consciousness to rise to higher levels. That way, the

					6/12/23	8/12/23	AB	Thru	6/12/23	8/12/23
20.	DR M KARUPPIAH	AP	Arts							
21.	J.Christu Raja	TECH ASSISTANT	EEE							
22.	V.Visva Rathinam	TECH ASSISTANT	ENGLISH C II-Session 1	-	-	-	-	-	-	-
23.	C. VELMURUGAN	LIBRAY ASST.	LIBRARY							
24.	M.M.Mayilvahanan	TECH ASSISTANT	MECHANICAL							
25.										
26.										
27.										

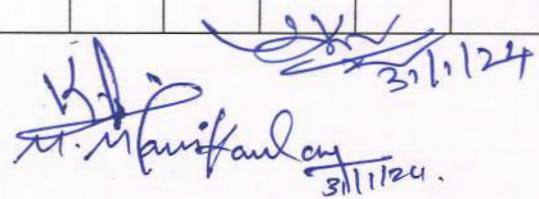

 Yoga Club Incharge/ Coordinator:
 Dr. M. Rameswari, Prof/Maths
 Mrs. S. Keerthana, AP/ECE


 31/12/23

CONVENER.


 Dr. D. SENTHIL KUMARAN, M.E., Ph.D., I.A.U.S.
 Principal
 SSM Institute of Engineering and Technology
 Kuttathupatti Village, Sindhalagundu(Po),
 Palani Road, Dindigul - 624 002.




 31/12/23

Batch I Coordinator(s):
 Dr. V.Kandavel, ASP/Mech
 Mr. M. Manikandan, AP/ECE
 Dr. K.Sakthivel, AP/Bio-chemistry



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

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Dindigul – Palani Highway, Dindigul – 624 002

Yoga Club

"Harmony Well: Yoga for Faculties"

SESSION I: DECEMBER 2023

Batch II: Teaching faculty and non-teaching staff members – for Female members

Time: 1.30 p.m to 04.30 p.m

Attendance Sheet

S.NO	Name	Designation	Department	06.12.23	08.12.23	12.12.23	14.12.23	21.12.23	21.12.23	26.12.23	28.12.23
6.	S.Kavitha	AP	MATHS	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							
7.	DHANALAKSHMI J	AP	CSE	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							
8.	MOOHAMBIKAI	AP	CSE	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							
9.	SUGANYA S	AP	CSE	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							
10.	KEERTHANA S	AP	ECE	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							
11.	K. MONIGA	AP	ECE	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	AB	✓ ✓ ✓ ✓ ✓ ✓					
12.	R. RAMYA	AP	EEE	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							
13.	M. MUTHULAKSHMI	AP	CIVIL	Muthu ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							
14.	SUDHA .S	AP	MATHS	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓							

S.NO	Name	Designation	Department	06.12.23	08.12.23	12.12.23	14.12.23	21.12.23	24.12.23	26.12.23	28.12.23
24.	H. YUVASHREE	TECH ASSISTANT	Arts	H.Yash H.Yash	H.Yash H.Yash						
25.	D.Devi shree	AP	CSE	D.Devi D.Devi	D.Devi D.Devi						
26.	D.Shubha shree	TEACHING ASSISTANT	CSE	D.Shubha D.Shubha	AB D.Shubha						
27.											
28.											
29.											

M.Rameswari
S.Keerthana 31/01/24
Yoga Club Incharge/ Coordinator:
Dr. M.Rameswari, Prof/Maths
Mrs. S.Keerthana, AP/ECE

L.H
31/01/24

CONVENER.

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S.Ushanani
S.Keerthana 31/01/24
Batch II Coordinator (s):
Dr. M.Rameswari, Prof/Maths
Mrs. S.Keerthana, AP/ECE
Mrs.S.Ushanani, AP/Commerce

Yoga Session I Feedback Form - Harmony Well Program

Thank you for participating in the "Harmony Well: Yoga for Faculties" program.

Your feedback is essential for our continuous improvement. Please share your thoughts by choosing the most appropriate response for each question.

* Indicates required question

1. Email *

2. Name of the Participant (Ex. Mr. / Mrs. / Ms. ABCD) *

3. Gender - Batch *

Mark only one oval.

Male - Batch I

Female - Batch II

4. Teaching Faculty / non-teaching staff member *

Mark only one oval.

Teaching Faculty

Non-Teaching Staff

5. Department *

Mark only one oval.

- Mechanical
- ECE
- EEE
- AIDS
- CSBS
- Arts
- S & H
- Civil
- CSE
- Library
- Office
- Other

6. Organization of the Yoga Sessions: *

Mark only one oval.

- Very Well Organized
- Well Organized
- Adequately Organized

7. Choose the top 3 things you liked most about the class! *

Check all that apply.

- Meditation
- Simplified Exercise
- Body Transformation or Rejuvenation (Kayakalpa)
- Talk session related to well-being
- Surya Namaskara/Sun Salutation

8. Did the yoga sessions contribute to stress reduction and relaxation? *

Mark only one oval.

Strongly Agree

Agree

Neutral

Disagree

9. Did you experience any physical discomfort or challenges during the yoga sessions? *

Mark only one oval.

Yes

No

10. How would you rate the effectiveness of the instructors? [Scale of 1-5, 1 being poor, 5 being excellent] *

Mark only one oval.

1 2 3 4 5

11. Kindly share some insights gained from the yoga sessions. *



12. Which Program or technique further you need? *

Mark only one oval.

- Exercise
- Meditation
- Kayakalpa
- Introspection

13. How would you rate your overall experience with the "Harmony Well: Yoga for Faculties" program? [Scale of 1-5, 1 being poor, 5 being excellent]

Mark only one oval.

1 2 3 4 5

14. Additional Comments:

28/1/24
M. S. Shanthi
S. Krishnamoorthy
Yoga club Coordinator
gushan

2/1/24
M. Manikandan

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2/1/24
Principal
Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal

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

2/1/24
L.H.
Convenor



Yoga Session I Feedback Form - Harmony Well Program

45 responses

[Publish analytics](#)

Name of the Participant (Ex. Mr. / Mrs. / Ms. ABCD)

45 responses

Dr. G. Shanmugam

Dr.K.Sakthivel

Mrs.S.Usharani

Dr. S. Ponsuriyaprakash

Mrs.

Dr. M. Lalitha Lakshmi

Mrs.M.MOOHAMBIKAI

Mrs. J. Dhanalakshmi

Mr. D. Thamarai selvan

Mrs.D.Subha Shree

Mr.R.SUDHANESH

Ms.V.DHAARANI

Ms E.Jasmine

Ms.VITHYADEVI R

Mayilvahanan M M

Mr.R.SANJEEVI

Mrs. S. HEMALATHA

Mr. SARAVANAN R

Mrs. D.Devi Shree

Mr.S.Kannan

Dr M Karuppanasamy



Mrs. R. Janani

Mrs S SUGANYA

Mrs.R.Ramya

Mrs

Dr. R. Satheesh Babu

Mrs.P.Karthiga Rani

Mrs.S.SUDHA

Ms. MUTHULAKSHMI

Mrs.K.Moniga

Mrs.P.Prabha

Mr. A. KUMARAVADIVELAN

Mr. M. SELWIN

CHRISTHU RAJA.J

Dr. S. Joseph dominic vijayakumar

Dr. K.Sudha

Mrs. M. Rameswari

Mr.S.SARAVANAN

Dr.M.Karuppih

Mr.C . VELMURUGAN

Mr.K.KANNAN

P ILAVARASI

KEERTHANA S

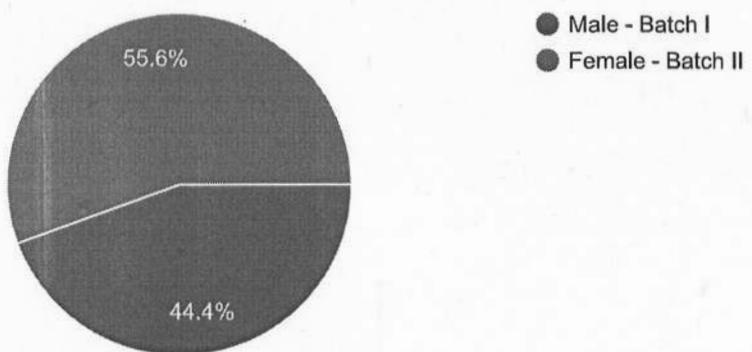
Mrs.M.AMUTHA



Gender - Batch

45 responses

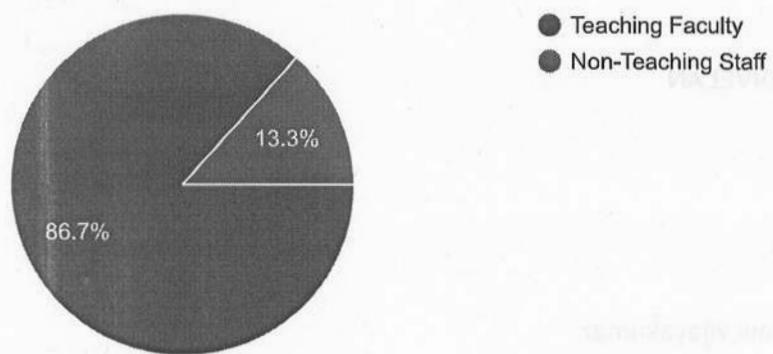
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Teaching Faculty / non-teaching staff member

45 responses

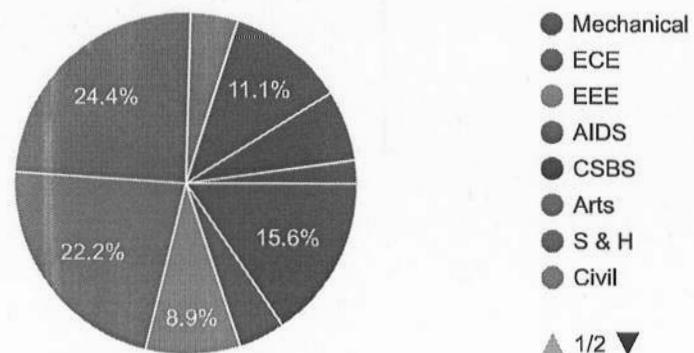
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Department

45 responses

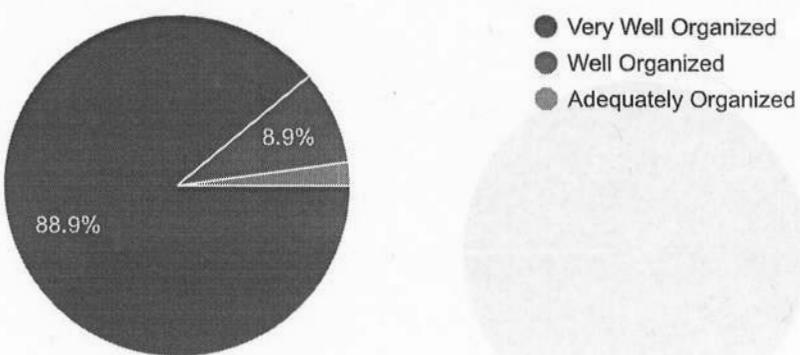
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Organization of the Yoga Sessions:

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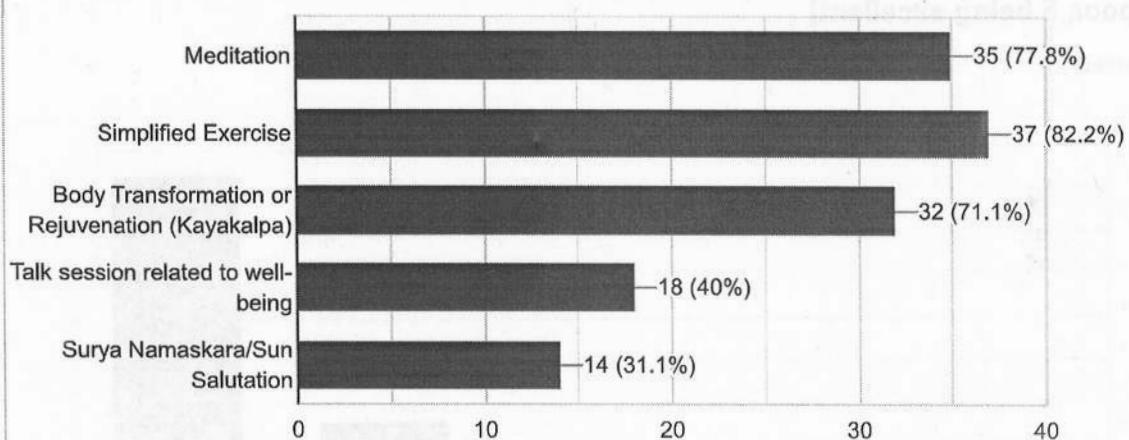
45 responses



Choose the top 3 things you liked most about the class!

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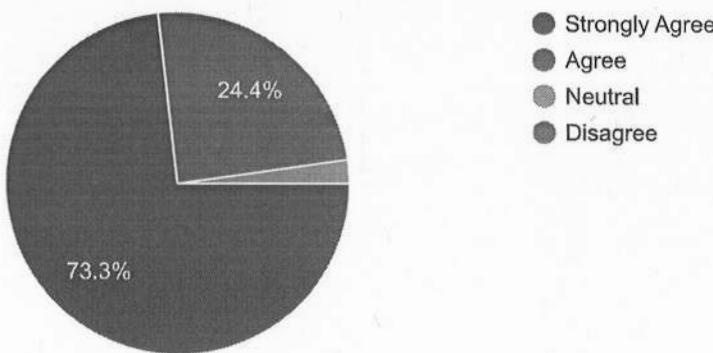
45 responses



Did the yoga sessions contribute to stress reduction and relaxation?

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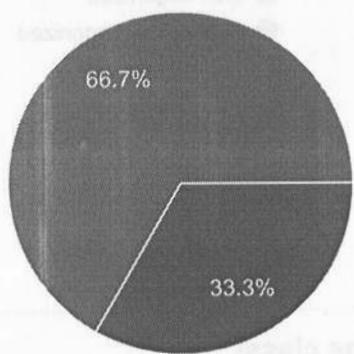
45 responses



Did you experience any physical discomfort or challenges during the yoga sessions?

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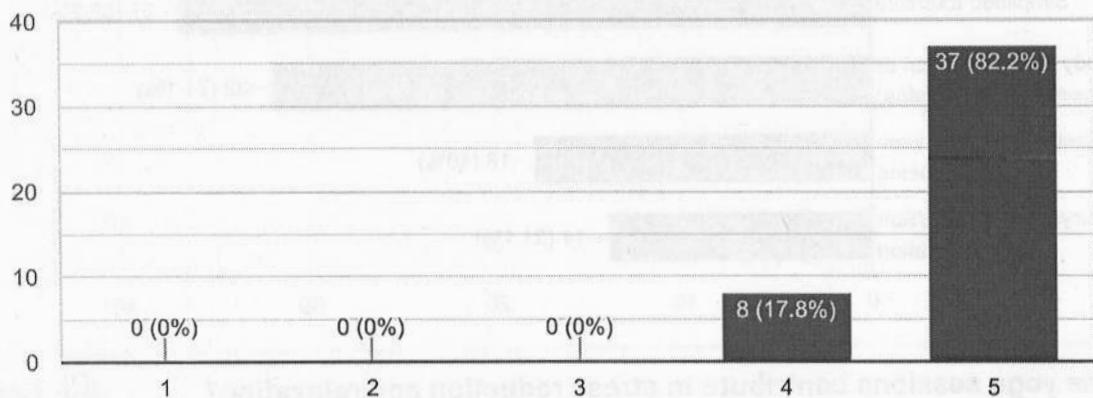
45 responses



How would you rate the effectiveness of the instructors? [Scale of 1-5, 1 being poor, 5 being excellent]

Copy

45 responses



Kindly share some insights gained from the yoga sessions.

45 responses

Stress relief

Excellent coordination and training by the amazing trainers

Highly useful

It is helpful to the stress reduction and relaxation

Gained lot for mental health from Introspection.

Mind relaxation and body flexibility

Time did not comfort after lunch break

I think it makes me flexible and also helps to sleep better

Felt mind calmness and body flexibility

Good

It's very useful to us

Self Care through simple exercise, Meditation.

Breathing exercise are more helpful and meditation helps us to refresh our mind and make to relieve the stress.

Very good and effective

Peaceful mind

My sleeping time increased after yoga session

Concentration of breathing is the most impact factor in this session

Feel happy to do

Nil

Good for health and helps to manage stress.

Vaazhlga Valamudan slogan



Meditation and Exercises

Able to understand about my health.

Leg exercise is good for me

I was able to feel that my body and mind were getting better with the change

Mentally relaxed

Mind relaxation..

Mind relaxation and By integrating yoga into our lives, we gain tools to navigate the complexities of our emotions.

Learnt basics of Yoga, exercises, meditation and much more.

Mind get relaxed and calm after getting through yoga

Relaxation

Self realization with motivational talk.

Very Well Organized....Really it have created a new path in my life...Learnt to manage my anger...Understood the importance of having Good Thoughts...Started to think everything in a positive manner.

Nice program

I feel the pleasant and peacefulness within the soul

Through regular yoga practice, I've developed a stronger awareness of the connection between my mind and body. The intentional movements and breathwork have allowed me to feel more present and in tune with how my body responds to different postures.

Deep understanding

உடல்நலம்,அமைதி ஆகியவற்றை நான் உள்ளார்ந்து உணர்ந்தேன்.

Yoga starts insights any thinking

Yes

No

Felt calmness and self realization



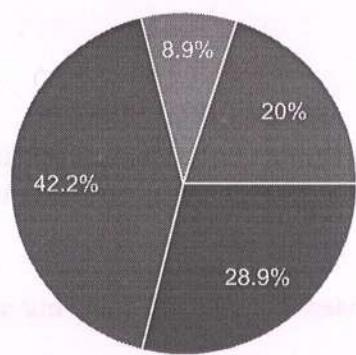
Very good

Simple exercises practising daily helps us to attain good health.

Which Program or technique further you need?

Copy

45 responses

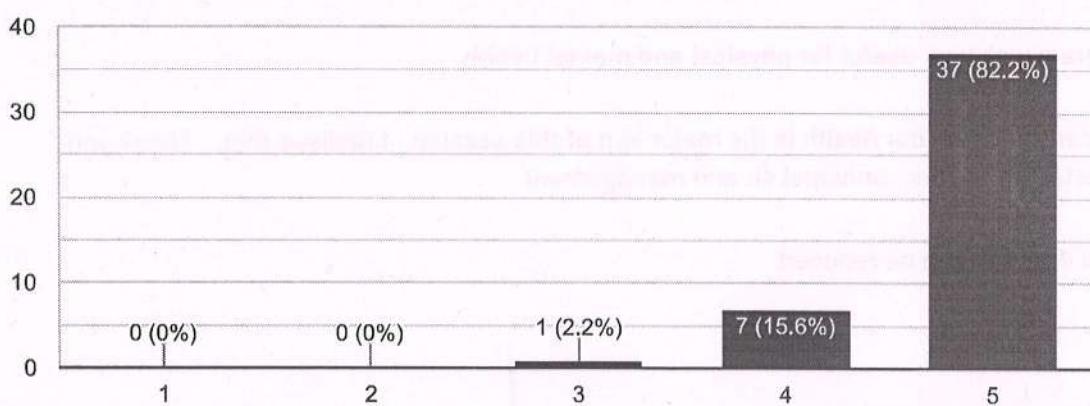


- Exercise
- Meditation
- Kayakalpa
- Introspection

How would you rate your overall experience with the "Harmony Well: Yoga for Faculties" program? [Scale of 1-5, 1 being poor, 5 being excellent]

Copy

45 responses



*M. Senthil Kumar
S. Keerthana 31/01/24,
Yoga Club Coordinators*

*L.S.
Convenor 31/01/24*



Principal
Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002



Additional Comments:

34 responses

Good

Keep the service as long as possible

Excellent program

30 mins Meditation by ground sitting might cause discomfort, because suddenly the body not at all prepared for ground sitting for 30 mins. That discomfort doesn't give a way to concentration while THAVAMs.

Instead of that, may concentrate more physical exercises that leads to spect our own body ability.

Thank you .!

No comments

The session was very good and i can feel the difference and inner peace

Program was very useful for physical and mental health.

Concentration on our health is the major aim of this session...I realised that... Thank you Experts, organisers , principal sir and management

Time duration can be reduced

Nil

Yoga is most important for our life

Every thing is ok.

If possible for alternative weeks conducted

Had a good time, my first yoga session. Thank you organizers for organizing the session..

None

Nothing

Thanks for the yoga opportunity and thanks for the all trainers

Very Useful for everybody. So it can conduct every year.



Really very effective and useful..

Yoga is not just about physical postures, but also about cultivating emotional intelligence and resilience.

Very well organized. Meditation makes my mind calm and relax.. Thank you for this wonderful session. Need to engage myself with this yoga session daily.

Overall good

Very good organized event

Thanks a lot for organizing this event.

Please conduct this kind of similar sessions in the next semester also.

Useful program. Eye opener for the next level.

I request you to kindly establish a Yoga and Meditation centre within our campus.

I thank the management and principal for providing a yoga session to us. The initiative to incorporate yoga into our routine is truly commendable, and I am grateful for the positive impact it has had on our well-being. The opportunity to participate in the yoga sessions has been enriching me. The thoughtful consideration of our holistic development, beyond academic pursuits, reflects the college's commitment to nurturing not only our minds but also our bodies and spirits. Thank you once again.

It brings me peace and clarity. Thank you

உடலையும் உள்ளத்தையும் உலகத்தையும் சரி செய்ய யோகாவைவிட சிறந்த மருத்துவம் வேறு எதுவும் இருக்க முடியாது.

Yoga is best in anything

No

Happy to be a part of yoga program

Excellent Program

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Dindigul – Palani Highway, Dindigul – 624 002



Harmony Well: Yoga for Faculties

Report

30.01.2024

The primary goal of the "Harmony Well: Yoga for Faculties" program was to enhance the well-being of our esteemed faculty members by providing them with a holistic and rejuvenating experience through a carefully planned eight-day yoga program.

The program spanned eight days, with two sessions per week, amounting to a total duration of 24 hours. The "Harmony Well" program was conducted in association with the Temple of Consciousness, World Community Service Center, Dindigul adding a spiritual and community service dimension to the holistic well-being initiative. The sessions were thoughtfully crafted to promote a healthy and harmonious lifestyle, addressing both physical and mental aspects of well-being. The sessions included a diverse range of yoga practices, such as physical postures, breathing exercises, meditation, and relaxation techniques. These were meticulously chosen to cater to the varied needs of the participants, fostering not only physical health but also mental clarity and emotional well-being.

Session I:

Tentative Dates	9.30 a.m to 12.30 p.m	1.30 p.m to 4.30 p.m
06.12.2023 (Wednesday)	Batch I	Batch II
08.12.2023 (Friday)	Batch I	Batch II
12.12.2023 (Tuesday)	Batch I	Batch II
14.12.2023 (Thursday)	Batch I	Batch II
21.12.2023 (Thursday)	Batch I	Batch II
22.12.2023 (Friday)	Batch I	Batch II
26.12.2023 (Tuesday)	Batch I	Batch II
28.12.2023 (Thursday)	Batch I	Batch II

Number of Participants:

Batch I: Teaching faculty and non-Teaching staff members – for male members

Batch II: Teaching faculty and non-Teaching staff members – for female members

Male – 21 members; Female – 25 members; Total count: 46 members (SSMIET & SSMCAS)

Dr. G. Sankaranarayanan, Dean & HoD/Mech, Dr. M. Rameswari, Prof/Maths and Mrs. S. Keerthana, AP/ECE are the program coordinators. The coordination among the

program coordinators ensured the smooth execution of the sessions, with a commitment to the success of the program evident in their active involvement

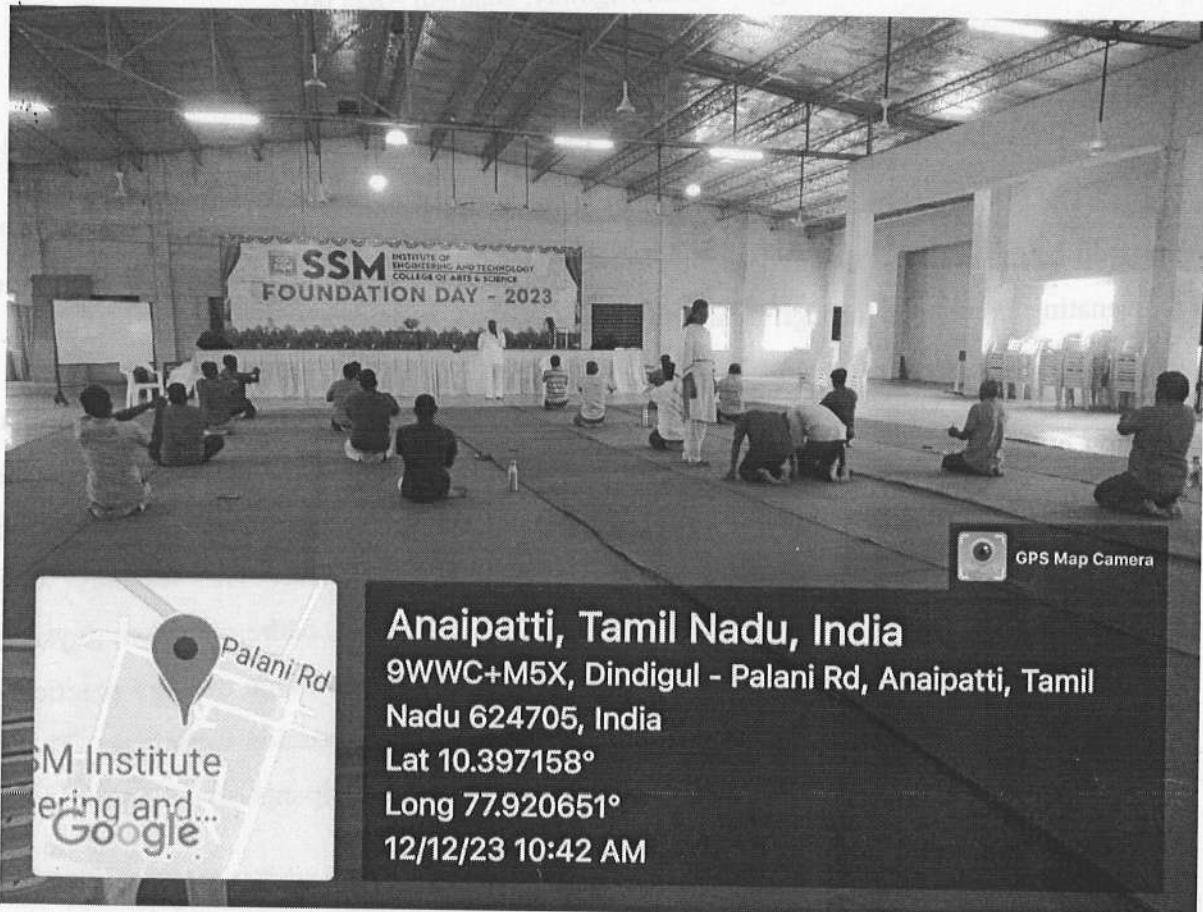


Fig. 1 Batch I Faculty Embracing Yoga Practice

The sessions included comprehensive teachings and practice of Vethathiri Maharishi's Simplified Exercises, covering various aspects such as hand exercises, leg exercises, breathing exercises, eye exercises, Kabalabhati, Makarasana, acupressure, massaging, and relaxation techniques. These exercises, based on bio-magnetism and developed through extensive research by Vethathiri Maharishi, were incorporated to enhance the physical, mental, and spiritual well-being of the participants in the program.

Key Highlights:

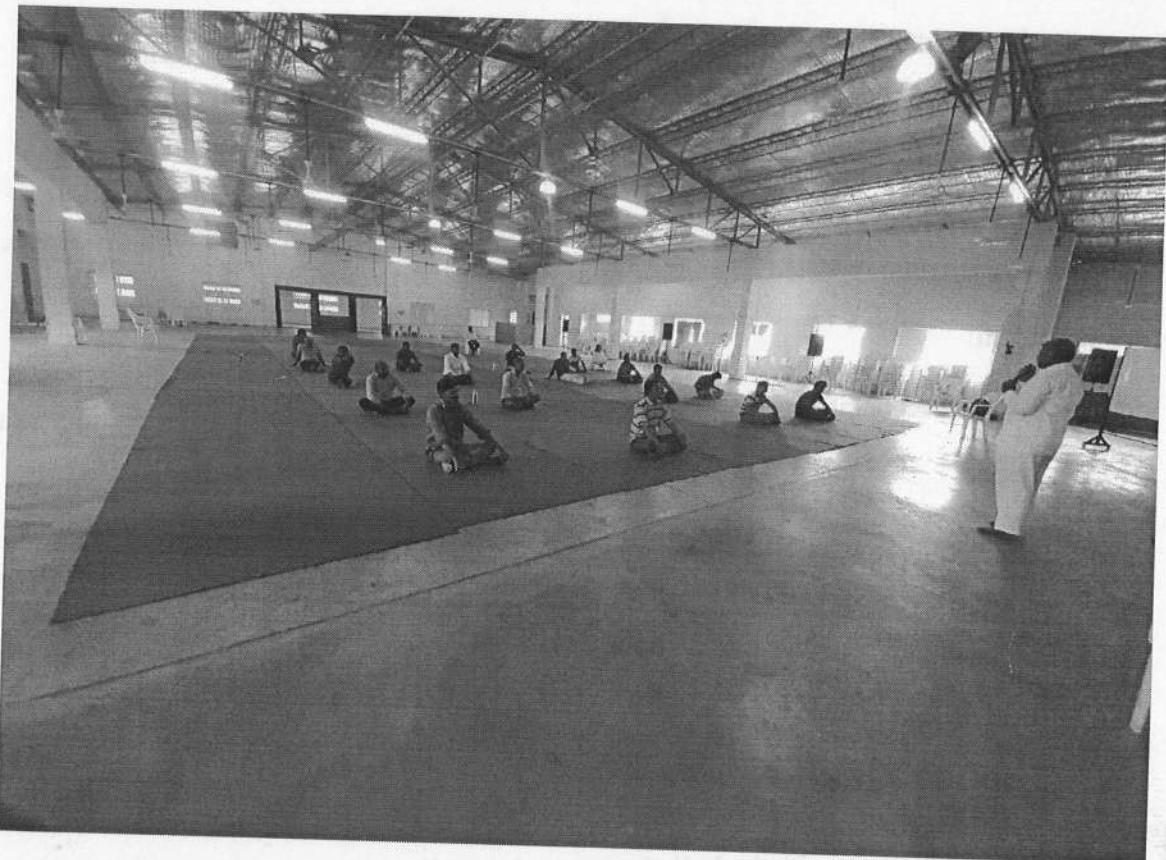
Hand Exercises:

- Participants experienced improved strength in hands and shoulders.
- Conditions like arthritis, numbness, and joint pain were addressed effectively.

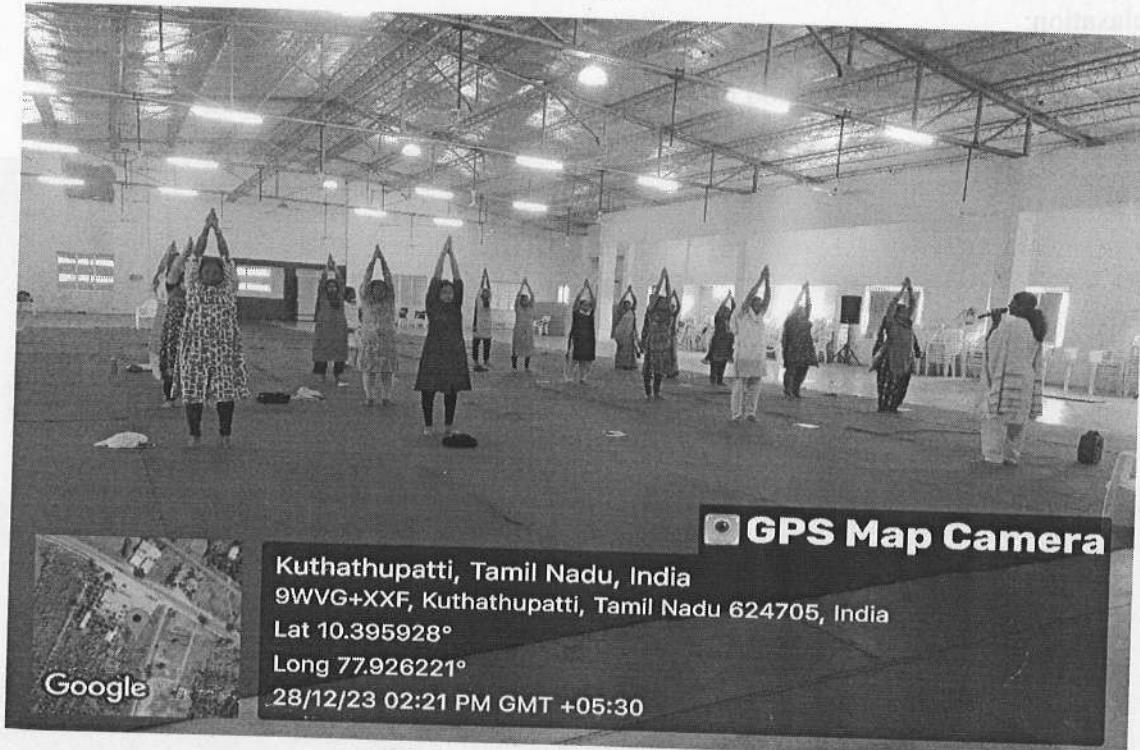
Leg Exercises:

- Blood circulation in the legs and abdomen was regulated, contributing to overall vitality.

- Relief from sciatica and arthritis symptoms was reported.



(a)



(b)

Fig 2. (a), (b) Yoga exercises embraced by faculty members

Breathing Exercises:

- Lower abdomen muscles were strengthened, fostering a sense of well-being.
- Participants noted enhanced lung function and improved mental focus.

Eye Exercises:

- Eye exercises proved beneficial in improving eyesight and alleviating eye strain.
- Participants reported a sense of relaxation and rejuvenation.

Kabalabhati:

The practice of Kabalabhati helped in clearing nasal passages, promoting respiratory health.

Makarasana:

- Participants experienced regulation of the endocrine system.
- Flexibility and health of the spine were maintained.

Acupressure:

Practitioners found relief from tension and stress through acupressure techniques.

Massaging:

Massaging exercises provided a holistic approach to relieving tension in vital organs.

Relaxation:

Participants reported lower blood pressure and an increased sense of overall well-being.



Fig. 3 Batch I Faculty Group Photo

Conclusion:

The "Harmony Well: Yoga for Faculties" program has successfully achieved its primary goal of enhancing the well-being of our faculty members. The positive feedback, active participation, and integration of Vethathiri Maharishi's Simplified Exercises contribute to the overall success of the program. The collaboration with the Temple of Consciousness and World Community Service Center further enriched the experience, aligning with our commitment to fostering holistic well-being within the academic community.

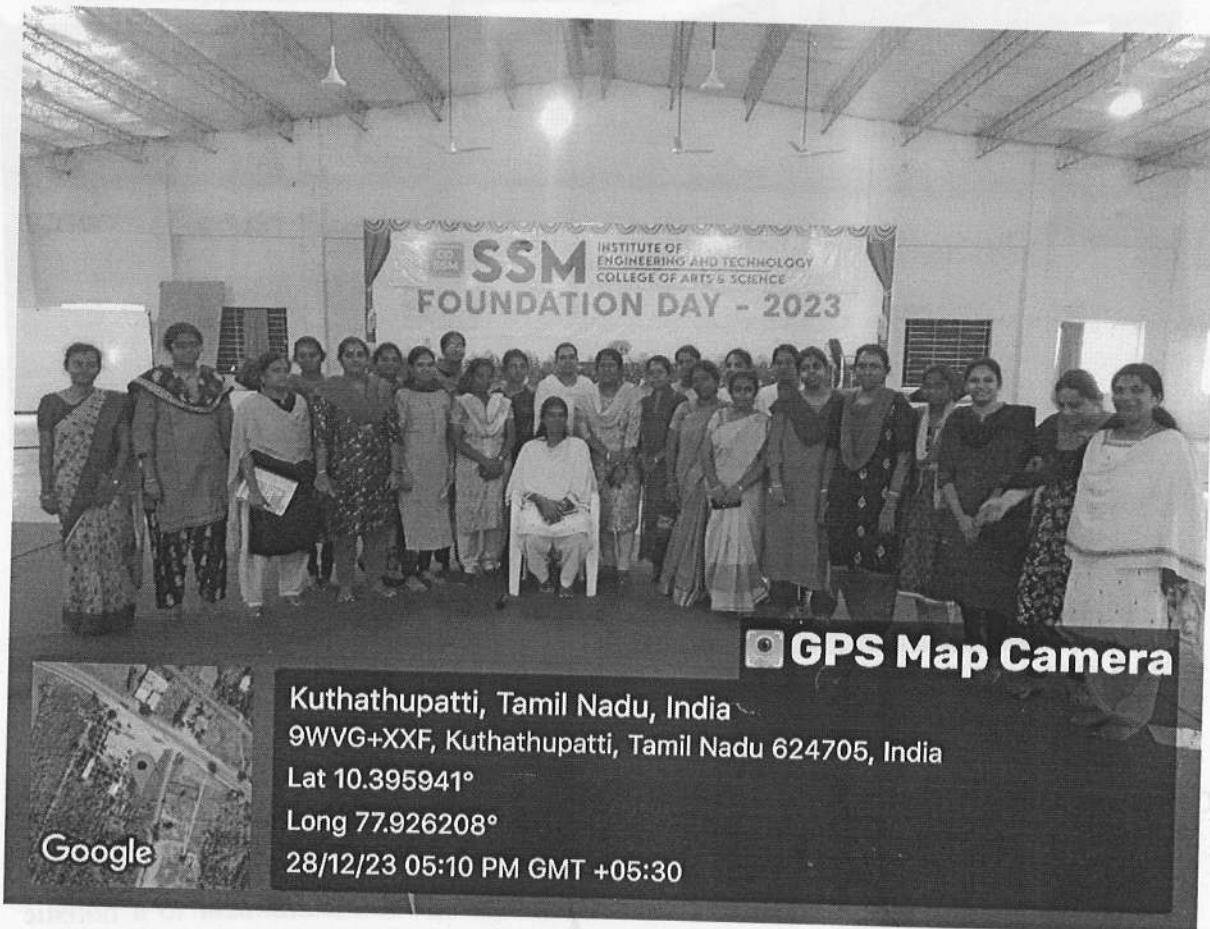


Fig. 4 Batch II Faculty Group Photo

The "Harmony Well: Yoga for Faculties" program, initiated by SSM Institute of Engineering and Technology, reached a significant milestone with the completion of Session I and the commencement of Session II. The event's success was marked by the Certificate Distribution Ceremony for Session I and the Inauguration Ceremony for Session II, held on January 18, 2024, at Seminar Hall 1.

Welcoming Ceremony:

The event began with a warm welcome extended to the respected Principal, faculty members, and distinguished guest, Professor Ayya M.K.Dhamodharan. The welcome address

acknowledged the presence of the esteemed individuals and expressed gratitude for their participation.

Guest of Honor: Professor Ayya M.K.Dhamodharan, Vice-President of the World Community Service Center (WCSC), was acknowledged as the chief guest. His distinguished profile and significant contributions to spiritual and educational spheres were highlighted during the introduction.

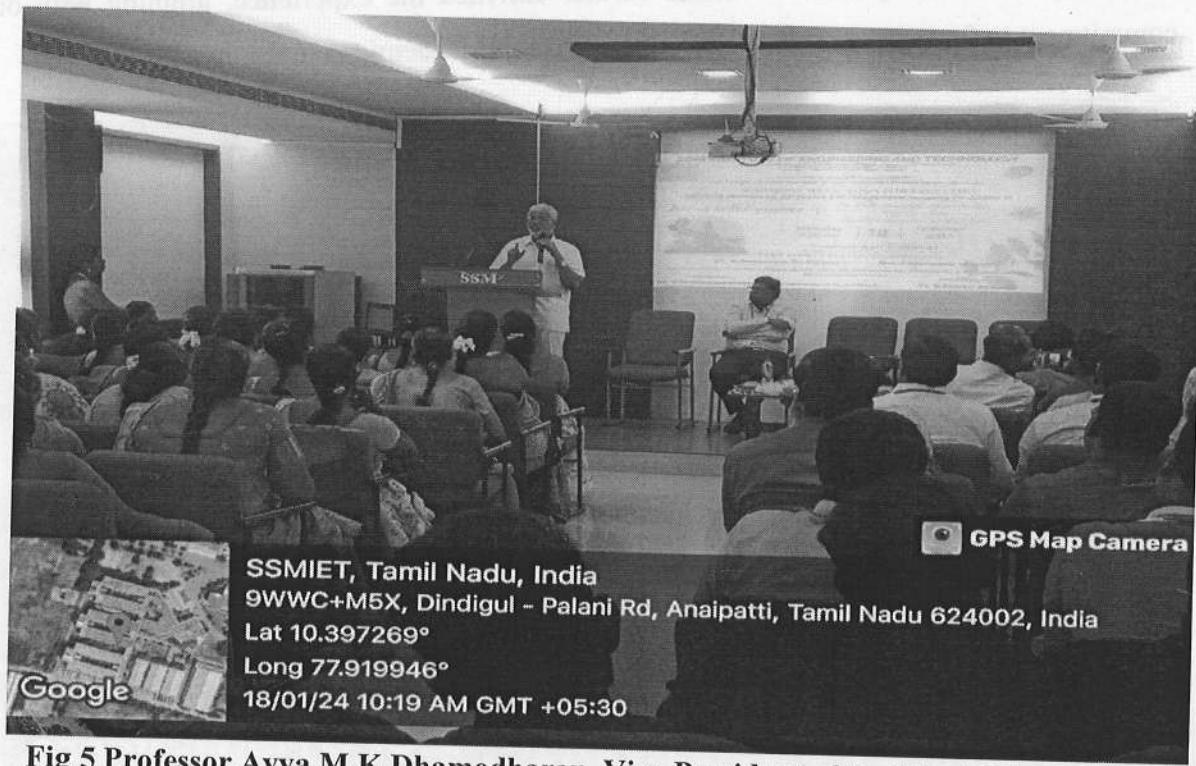


Fig 5 Professor Ayya M.K.Dhamodharan, Vice-President of the World Community Service Center (WCSC) addressing the gathering

Convenor Address:

The Convenor addressed the gathering, emphasizing the commitment to a holistic environment that prioritizes not only academic growth but also the overall well-being of students and staff. The role of yoga in fostering a balanced and mindful approach to education was underscored.

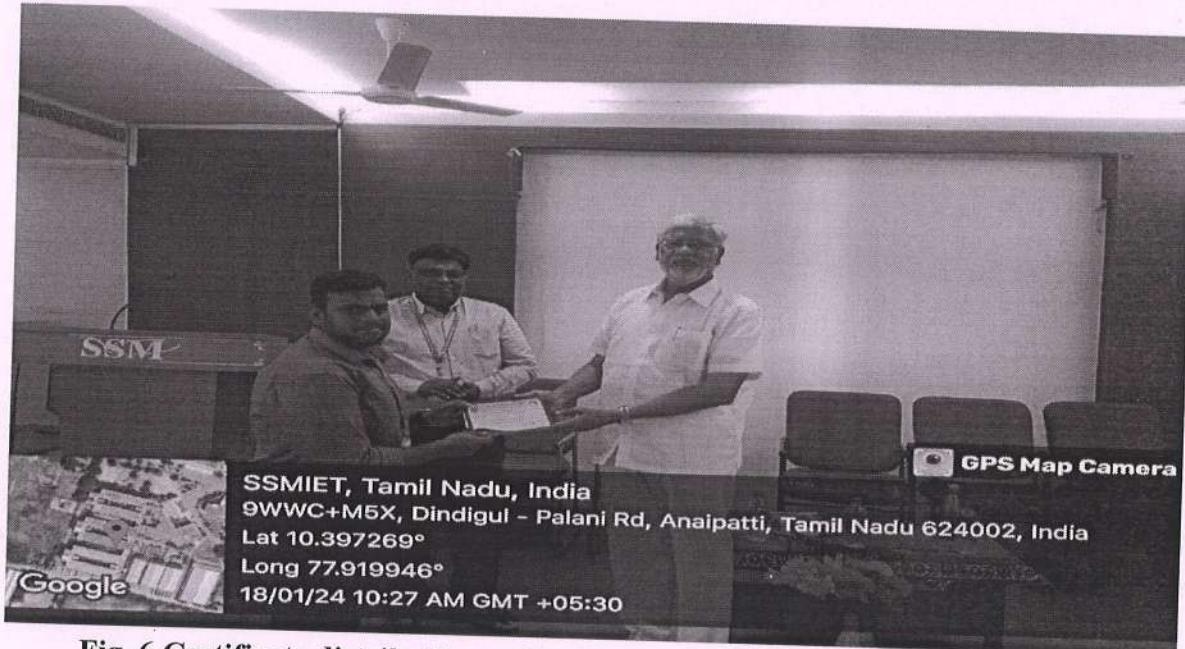
Participant Feedback: Participants from Session I were invited to share their feedback about the yoga sessions. This provided valuable insights into the effectiveness of the program and highlighted the positive impact on participants' physical and mental well-being.

Certificate Distribution:

Certificates were distributed to participants who successfully completed Session I. The acknowledgment of their dedication and commitment marked a moment of achievement for the participants.

Vote of Thanks:

A heartfelt vote of thanks was extended to the Management, Principal, Professor Ayya M.K.Dhamodharan, and all dedicated trainers of Arivu Thiru Kovil for their invaluable contributions to the society. Special thanks were given to the Yoga Club coordinators, Dr. M. Rameswari Mam, and Mrs. S. Keerthana Mam, for their dedication and commitment.



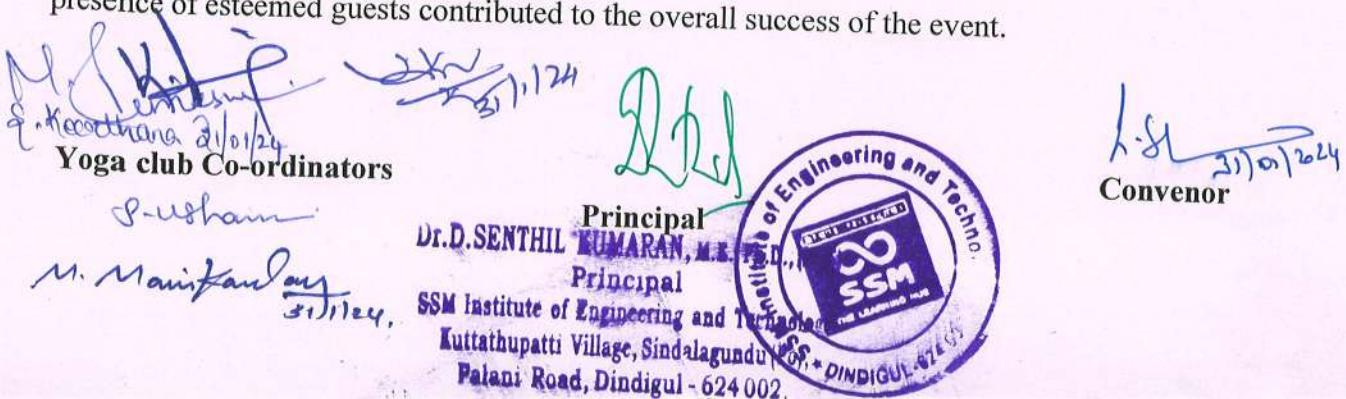
**Fig. 6 Certificate distribution to Session 1 participants by Professor Ayya
M.K.Dhamodharan**

Commencement of Session II:

The event seamlessly transitioned into the commencement of Session II. A call to embrace new beginnings, continued learning, and the pursuit of well-being was made. Female faculties were specifically invited to make arrangements and join the upcoming sessions.

Conclusion:

The event marked a significant step in the ongoing journey of "Harmony Well: Yoga for Faculties." It not only celebrated the accomplishments of Session I but also set the tone for the continued success of Session II. The active participation, positive feedback, and the presence of esteemed guests contributed to the overall success of the event.





SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

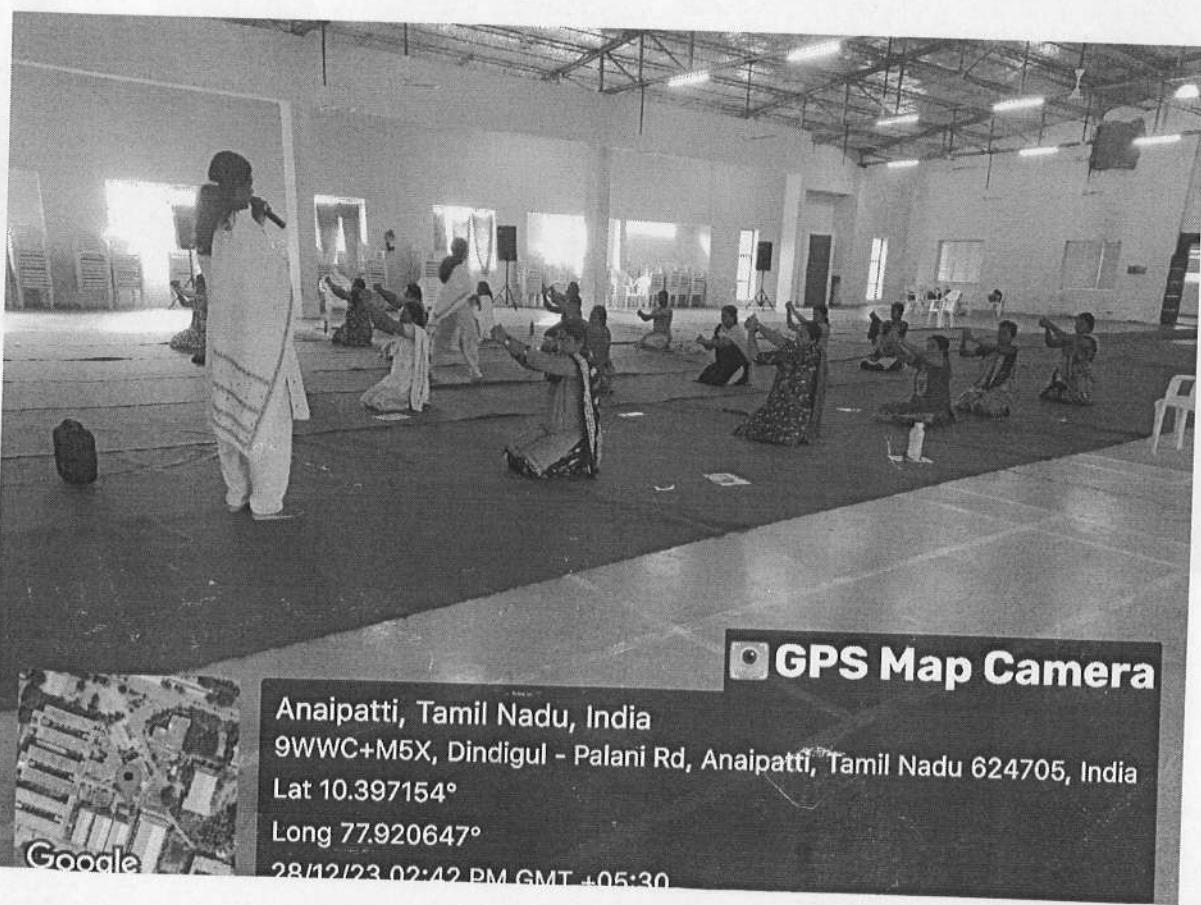
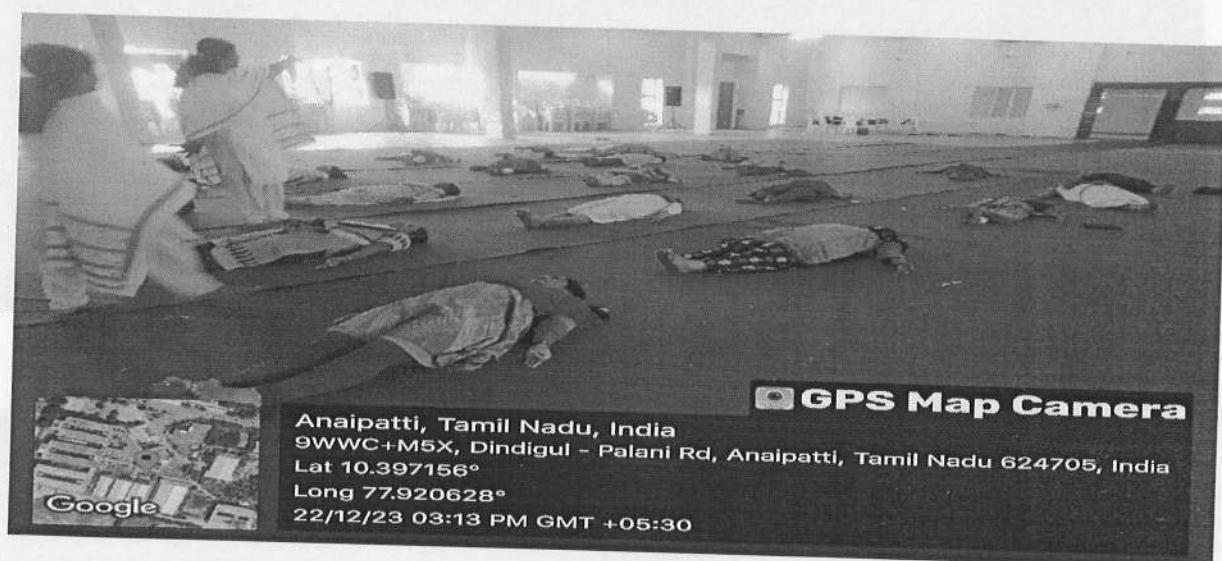
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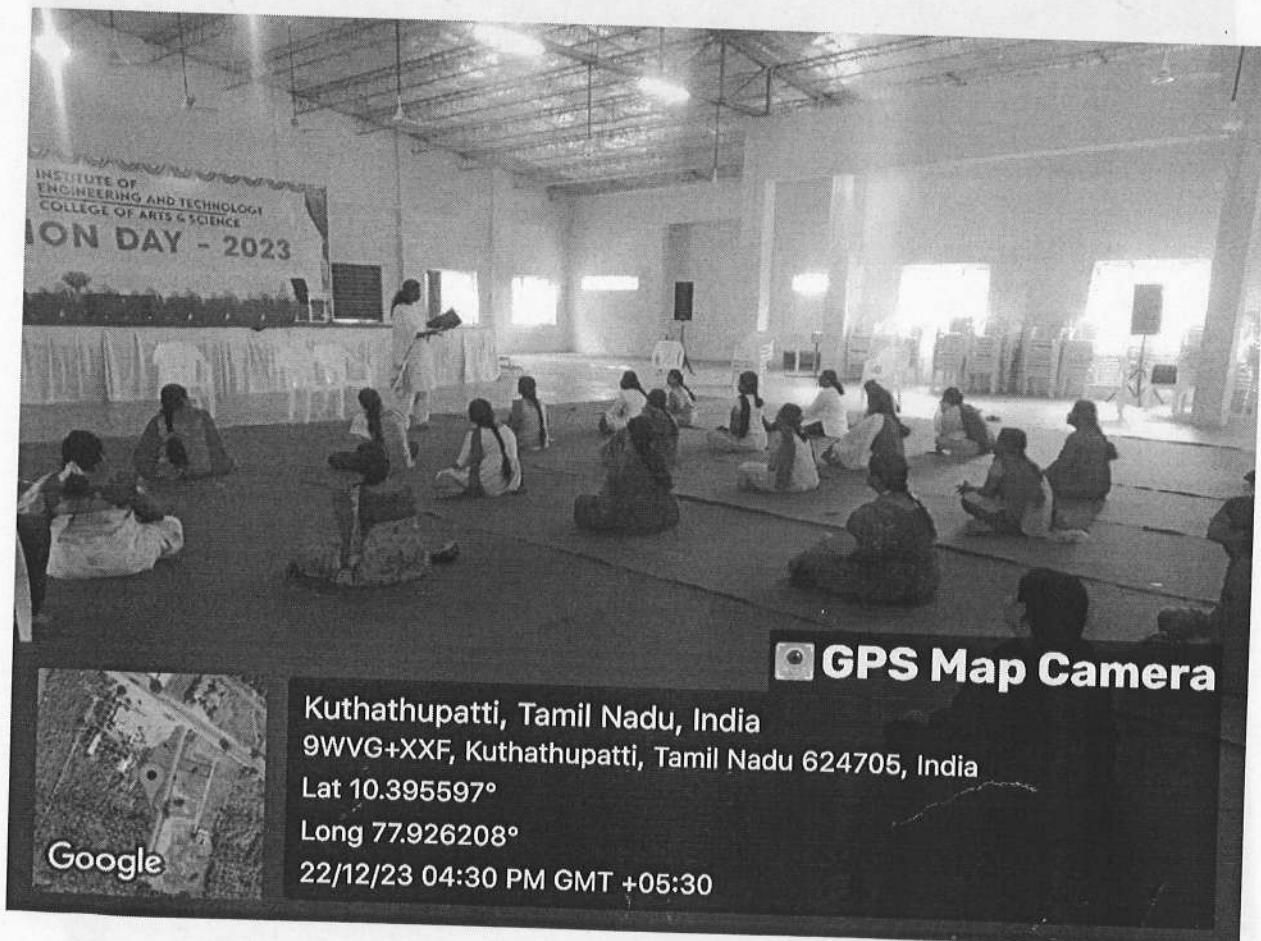
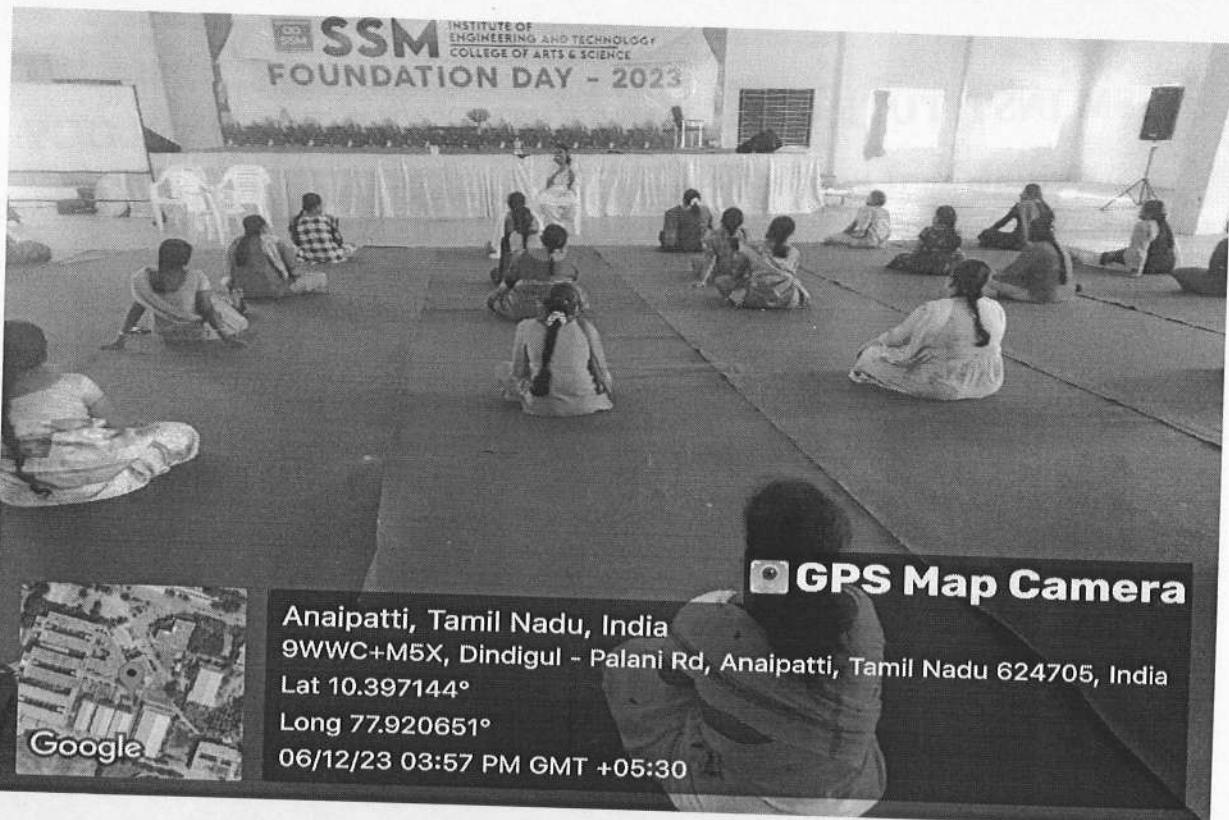


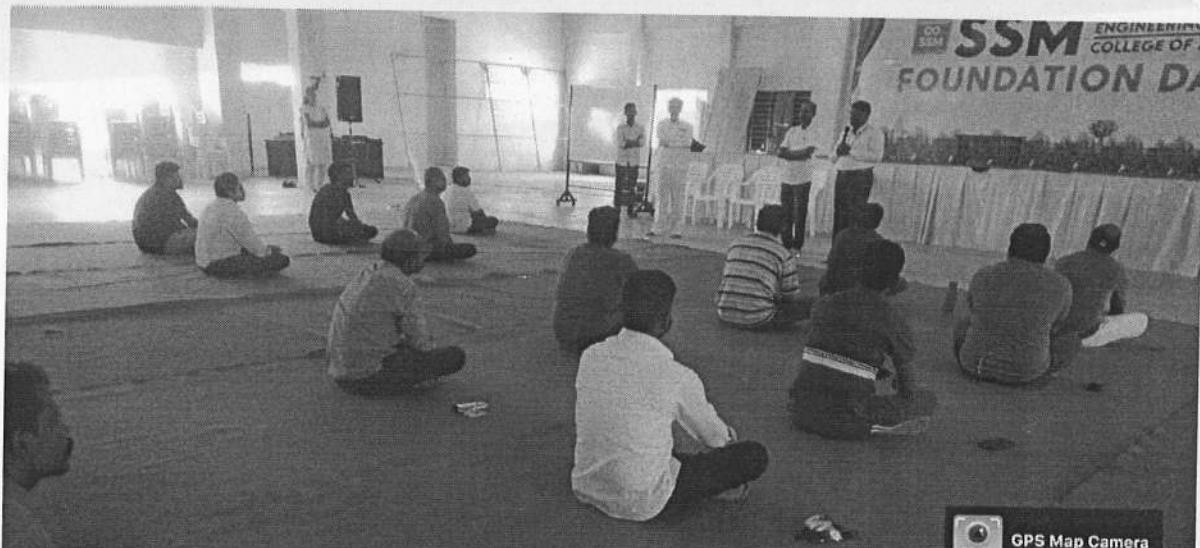
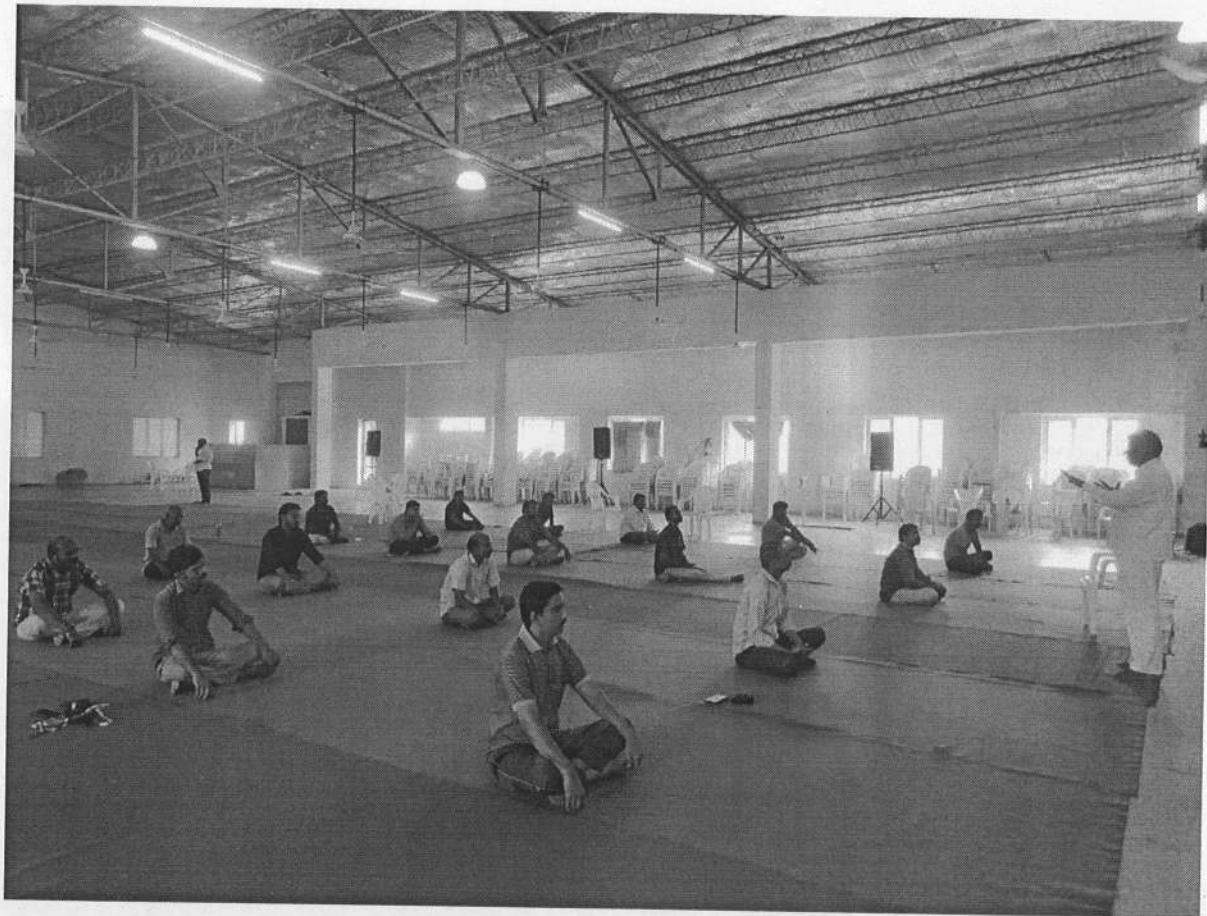
Harmony Well: Yoga for Faculties

30.01.2024

"Snapshot Moments: A Glimpse into Captivating Photos from Batch I & II Faculty's Yoga Session 1"







Pallapatti, Tamil Nadu, India

9WPQ+WG, Pallapatti, Tamil Nadu 624002, India

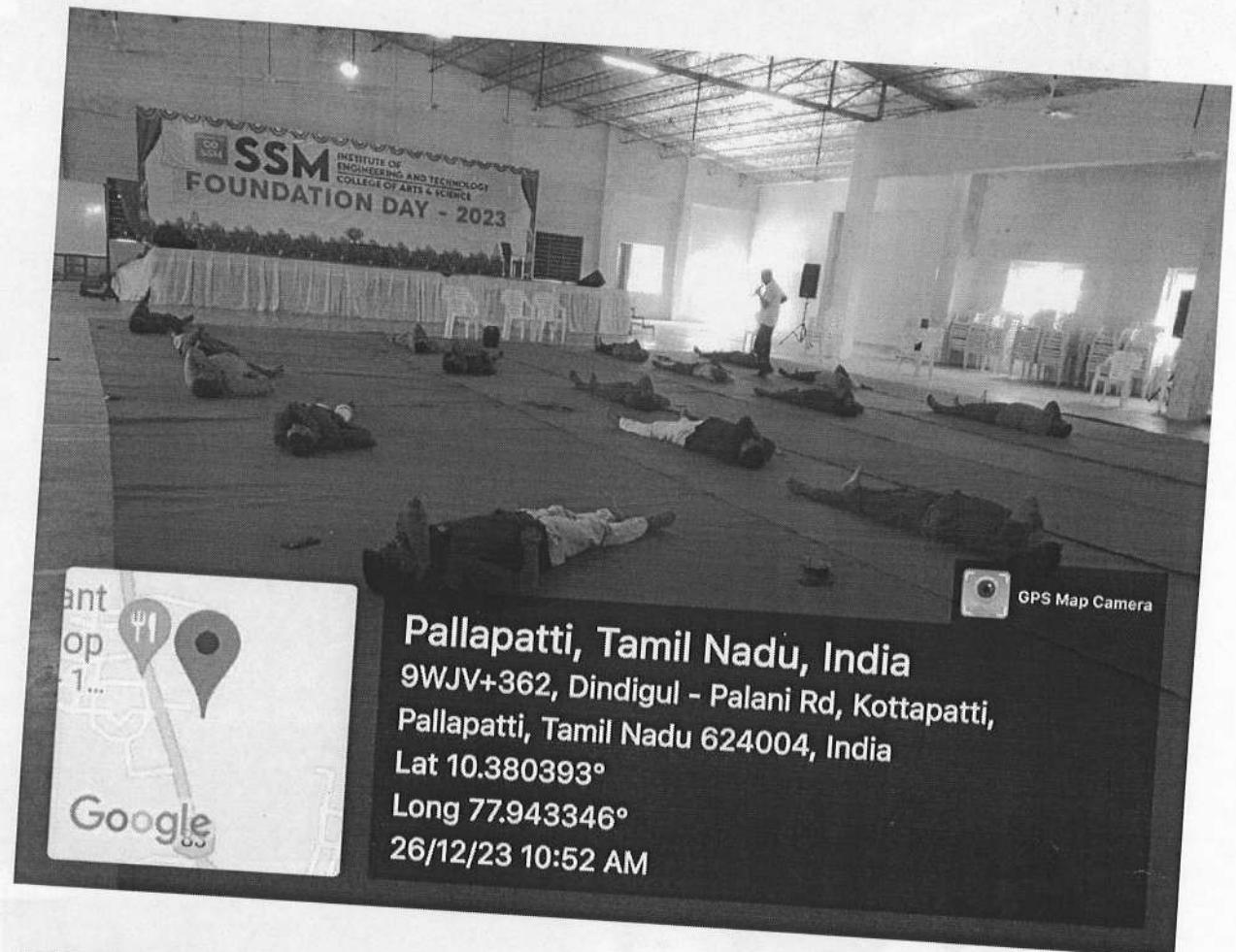
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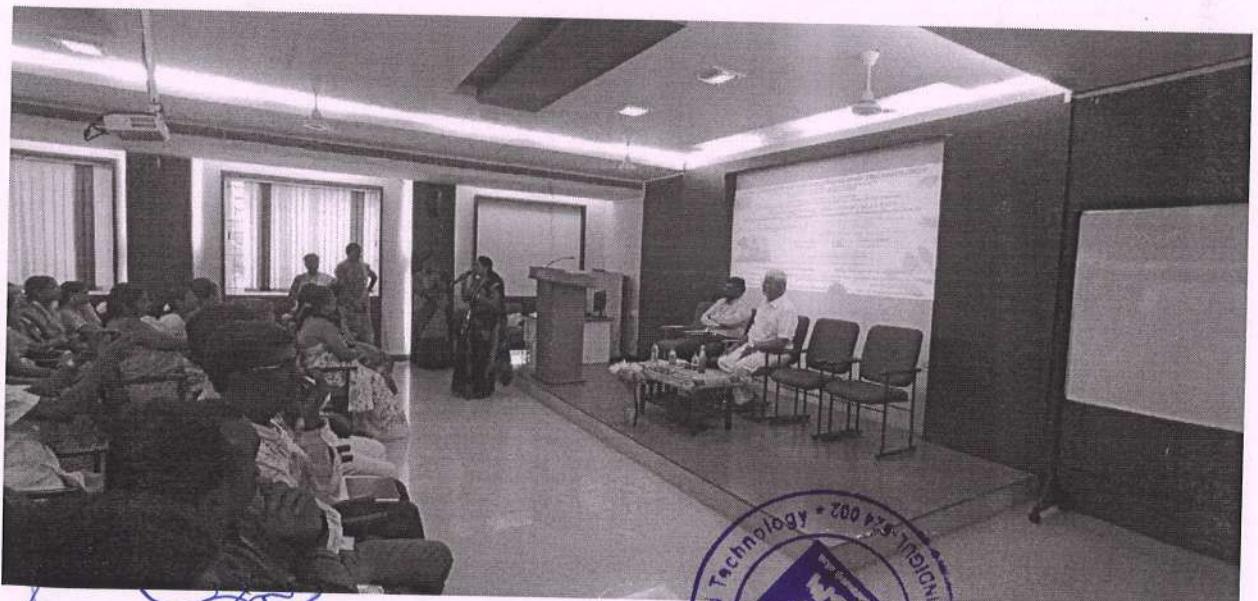
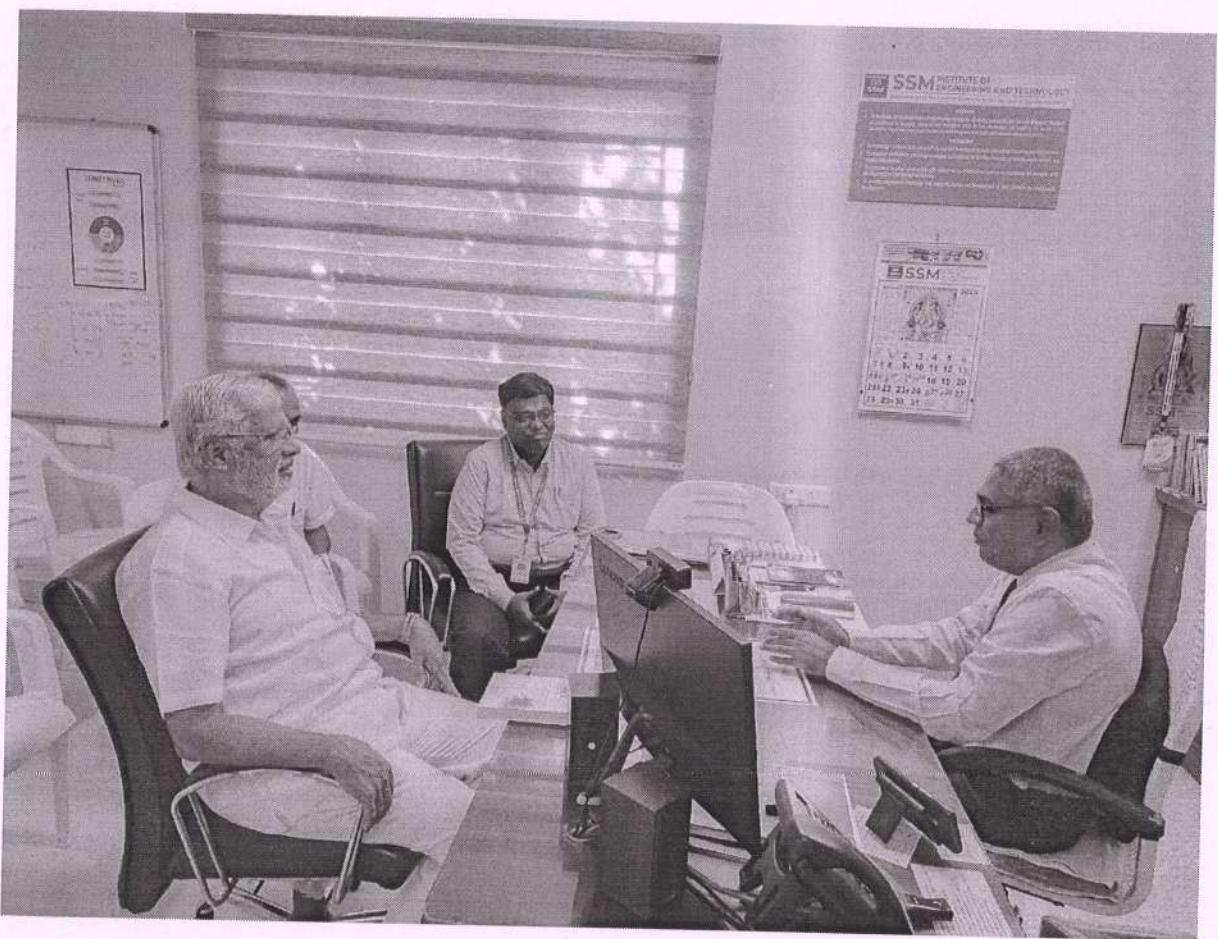
Long 77.93799°

06/12/23 10:21 AM



GPS Map Camera





M. K. Venkateswaran 31/1/24
S. K. Moorthy 31/1/24
Yoga club Co-ordinators

K. Manikandan 31/1/24
R. Usham 31/1/24

Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (IITB)
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindlagundu (P.O.),
Palani Road, Dindigul - 624 002

Principal



K. S. 31/1/24
Convenor



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Dindigul – Palani Highway, Dindigul – 624 002



Harmony Well: Yoga for Faculties

30.01.2024

SSM Institute's Harmony Well Program Graces the Pages of Dinamalar on January 24, 2024

சேதுராமன், பாரதுயார் கூறுனா.



■ தின்டுக்கல் எஸ்.எஸ்.எம். பொறியியல் கல்லூரியில் நடந்த ஆசிரியர்களுக்கான மனவளக்கலை யோகா பயிற்சியில் பங்கேற்றவர்களுக்கு பேராசிரியர் தாமோதரன் சான்றிதழ் வழங்கினார். அருகில் கல்லூரி மன சங்கரநாராயணன்.

கோட்டை பாறை ப் பட்டி சேர்ந் தவர் மதன் குமார் 25. பொங்கல் விளையாட்டு போட்டி நடந்த போது ஊர் மக்களுடன் தகராறு செய்து ரகளையில் ஈடு பட்டார். இதை கண்டித்த உறவினர் சண்முகத்தை கர, காற்று அடிக்கும் பம் பினால் தாக்கினார். வடமதுரை எஸ்.ஐ., அங்கு முத்து மதன்குமாரை கைது செய்தார்.

படும் கல்லூரி களுக்கா யாற்ற பேரா முறை பணிஃபணி வழங்கு ஆண் நிர்வா துள்ள

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எஜ

எஸ்.எஸ்.எம்.கல்லூரியில் யோகா பயிற்சி

தின்டுக்கல், ஜூன்.24-

தின்டுக்கல் எஸ்.எஸ்.எம். பொறியியல், விதாழில்நுட்ப கல்லூரி மில் ஆசிரியர்களுக்கான மனவளக்கலை யோகா பயிற்சி பேராசிரியர் தாமோதரன் தலைமை

யில் நடந்தது. ஆசிரியர் கள் சரவணன், தேனப் பன், உமையான், சங்கீதா, பிரியா, பார்த்திபன் யோகா பயிற்சி அளித்தனர். ஆசிரியர்களுக்கு உடற்ப யிற்சி, காயகல்பம், தியா னம், தற்சோதனை பயிற் சிகள் நடத்த பட்டன. தாளாளர் சண்முகவேல், முதல்வர் செந்தில்குமரன் பங்கேற்ற வர்களுக்கு பயிற்சி சான்றிக்கம் வழங்கினர். கல்லூரியில் மன சங்கரநாராயணன் நக்கு கூறினார்.



M. Mani
24/01/24

Yoga club Co-ordinators

S. Usha
M. Mani
24/01/24

Principal

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H. S. 24/01/24
Convenor

தினமலர் - 24/11/24



■ திண்டுக்கல் எஸ்.எஸ்.எம். பொறியியல் கல்லூரியில் நடந்த ஆசிரியர்களுக்கான மனவளக்கலை யோகா பயிற்சியில் பங்கேற்றவர்களுக்கு பேராசிரியர் தாமோதரன் சான்றிதழ் வழங்கினார். அருகில் கல்லூரி மன சங்கரநாராயணன்.

எஸ்.எஸ்.எம்.கல்லூரியில் யோகா பயிற்சி

திண்டுக்கல், ஜூ.24- திண்டுக்கல் எஸ். எஸ்.எம். பொறியியல், தொழில்நுட்ப கல்லூரி யில் ஆசிரியர்களுக்கான மனவளக்கலை யோகா பயிற்சி தொழில்நுட்ப கல்லூரி யில் ஆசிரியர்களுக்கு உடற்ப மனவளக்கலை யோகா பயிற்சி பேராசிரியர் தாமோதரன் தலைமை சிகள் நடத்த பட்டன. கள் சரவணன், தேனப் தாளாளர் சண்முகவேல், பன், உமையாள், சங்கீதா, முதல்வர் செந்தில்குமரன் பிரியா, பாஞ்சிபன் யோகா பயிற்சி அளித்தனர். பங்கேற்ற வர்களுக்கு பயிற்சி சான்றிதழ் வழங்கினார். கல்லூரி மன கினர். கல்லூரி மன சங்கரநாராயணன் நன்றி கூறினார்.

வாழ்க வையகம்



வாழ்க வளர்முடன்



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has successfully completed the requirements for

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பயிற்சியாளர் நிலை

பெயர்.....**K. MONI.GA**

முகவரி.....**D.L.D.I.C.U.L**

அறிவுத்திருக்கோபில், திண்டுக்கல்

வயது...**31**

பயிற்சி	தேதி	இடம்	ஆசிரியர் கையாப்பாடு
1. உடற்பயிற்சி	6.12.23		
2. காயகல்பப் பயிற்சி	8.12.23	<i>SSM COLLEGE</i>	
3. ஆக்கினை	6.12.23		
4. சாந்தி	14.12.23		
5. துரியம்	26.12.23		
6. அகத்தாம்பு முதல் நிலை			
7. அகத்தாம்பு இரண்டாம் நிலை			
8. அகத்தாம்பு மூன்றாம் நிலை			
9. பிரம்மஞானப் பயிற்சி			
10. அருள்சிதியர் பயிற்சி			
11. துணைப்பேராசிரியர் பயிற்சி			

வாழ்க வையகம்



வாழ்க வளமுடன்



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அறிவுக்திருக்கோயில், திண்டுக்கல்

பெயர்..... R. SANJAYA.....

முகவரி..... DINDIGUL..... வயது..... 20.....

பயிற்சி	தேதி	இடம்	ஆசிரியர் கைவீடுப்பம்
1. உடற்பயிற்சி	6.12.23	SSR	
2. காயகல்பப் பயிற்சி	8.12.23	CBG.B	
3. ஆக்கினை	6.12.23		
4. சாந்தி	14.12.23		
5. துரியம்	26.12.23		
6. அகத்தாய்வு முதல் நிலை			
7. அகத்தாய்வு இரண்டாம் நிலை			
8. அகத்தாய்வு மூன்றாம் நிலை			
9. பிரம்மஞானப் பயிற்சி			
10. அருள்நிதியர் பயிற்சி			
11. துணைப்பேராசிரியர் பயிற்சி			

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A handwritten signature in blue ink, appearing to read 'DR. D. SENTHIL KUMARAN'.

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A large, flowing handwritten signature in black ink, appearing to read 'A. Thirumurthy'.

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அறிவுத்திருக்கோயில், திண்டுக்கல்

பெயர்....P. CHRISTHUP RAJA

முகவாரி.....DINDIGUL.....வயது...33.....

பயிற்சி	தேதி	இடம்	ஆசிரியர் கையொப்பம்
1. உடற்பயிற்சி	<u>6.12.23</u>	<u>SSM</u>	<u>COLLEGE</u>
2. காயகல்பப் பயிற்சி	<u>8.12.23</u>		
3. ஆக்கினை	<u>6.12.23</u>		
4. சாந்தி	<u>14.12.23</u>		
5. துரியம்	<u>26.12.23</u>		
6. அகத்தாய்வு முதல் நிலை			
7. அகத்தாய்வு கிரண்டாம் நிலை			
8. அகத்தாய்வு மூன்றாம் நிலை			
9. பிரம்மஞானப் பயிற்சி			
10. அருள்நிதியர் பயிற்சி			
11. துணைப்பேராசிரியர் பயிற்சி			

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பெயர்.....T. GANESAN.....

முகவரி.....T. KAVI.....வயது.....

பயிற்சி	தேதி	இடம்	ஆசிரியர் கையொப்பம்
1. உபற்பயிற்சி	6.12.23		
2. காயகல்பப் பயிற்சி	8.12.23	CSM COLLEGE	
3. ஆக்கினை	6.12.23		
4. சாந்தி	14.12.23		
5. துரியம்	26.12.23		
6. அகத்தாய்வு முதல் நிலை			
7. அகத்தாய்வு கிரண்டாம் நிலை			
8. அகத்தாய்வு மூன்றாம் நிலை			
9. பிரம்மஞானப் பயிற்சி			
10. அருள்நிதியர் பயிற்சி			
11. துணைப்பேராசிரியர் பயிற்சி			

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பெயர்..... S.KEERTHANA.....

முகவரி..... வயது..... 31.....

பயிற்சி	தேதி	இடம்	ஆசிரியர் கையாப்பம்
1. உபற்பயிற்சி	6.12.2023		
2. காயகல்பப் பயிற்சி	8.12.2023		
3. ஆக்கினன்	6.12.2023	SSNL COLLEGE	
4. சாந்தி	14.12.2023		
5. துரியம்	26.12.2023		
6. அகத்தாய்வு முதல் நிலை			
7. அகத்தாய்வு கிரண்டாம் நிலை			
8. அகத்தாய்வு மூன்றாம் நிலை			
9. பிரம்மஞானப் பயிற்சி			
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11. துணைப்பேராசிரியர் பயிற்சி			

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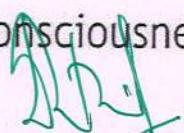
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Feed Back
=

28/12/23

இந்த முன் பின்த பயிற்சி கடமை.

இந்த 8 முன் பின்த பயிற்சி கடமை
தொகை 2 முறைகளில், மூன்றாவது முறை திருச்சிராமபுரம்
கிடைக்கிறது. இன்னும் பின்த பயிற்சி அன்றை போல
அனந்தப்படி வருகிறது. இந்தக் கணக்கை கீழே கொண்டு
தொகை 1 முறை பயிற்சியினால் பின்த பயிற்சி.

இனி இந்த பின்த பயிற்சியினை முன்
ஏடுத்துக் கிடைக்கிறோம் கிடைக்கிறோம்.

அன்றை,

ஓ. ரீதாக்ஷா தெவேஷி
கதிவுப் பேரவையினர்

SSM IET, DGL

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Principal
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தீர்மானம் புதிய அநுமாயம் 28^{வகுக்காலம்}
2 மாதங்கள்...
பல ஆண்டுகளுக்கு பிறகு என் உடனவுடன் பிரசரம்

ஏன்றால் தீர்மானமாக்கி விடுவேன்...
மனங் குழப்பம் நின்று... ஒதுளிந்த விளதை

பொறுத்த நாளை 2 மாதங்கள்...
விட்டு வாய்மீற்று நாள்கி ...

21/08/2018.

— ரஷ்மி. ம.
AP / Mechanical Engg.
SSMIET.

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இந்திரா வளர்ச்சி
இந்திரா கலைஏனிட்

28/12/2023

முதிர்ப்புக்குடிய மேலா/பிள்ளை.

விழைக்கும், நடந்து எடுத்துக் கொண்டால்

அதைக் கிடைத்த முயற்சி எடுத்து முன்வது
பாப்பூல்வந்தாந் கிடைத்து. முதிர்ப்புக்கு நிறைவேந்தும்
இதுமிகுங்கும் கிடைத்து. தாங்கள் இருந்து
பயிற்சி முன்வதும் தனிமையாகவும் ஏதோந்து
முரியும் விஷங்கும் கிடைத்து

சிறுவர்

ந. சுப்ரமணியர்


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S. JOSEPH DOMINIC VIJAYAKUMAR, Prof/Mech, 9942614577

1. Religion base முனிசி Program தொன்றும் கணிச ஜி
தெக்னிகல் நிலைப்பாடு.
2. பிரதிவேகம் ஏற்படு எனின் முதல் தாங்கள் மனமாக.
3. விரும்பி இடம் வழிவிடதோடு ஒரு மூன்று க்கு மீண்டும்
வேண்டும் சீர்க்காரணம் கொள்ளுவதற்குமிகும்.
4. Positive slogan ஏற்கூடிய தாங்கள் கூடி தான் Vibration
உடல்களுக்கு கொடுக்கலாம். ஏதோ பிரதிவேகம் தெக்னிகல்
Positive woody ஏர்கள் கூட்டுத் தொழில் மூலமாக கூடுபலமாக.
5. முறையின் அங்காச பகுதிகள் தீர்த்தங்கள் கூடுமாக
இருந்து விடுவதோடு அங்கு அங்கு அங்கு அங்கு அங்கு.
6. தீர்த்த முறைகளைப், ஏற்கூடிய சீர்க்காரணம் கூடும்
குதிரை தீர்த்தங்கள் ஏற்கூடிய விரும்புதல்கள்.
7. சுயாதாரகால் தீர்த்த ஏற்கூடிய அங்கு கூடும் குதிரை
விரும்புதல்கள்.
8. தீர்த்த முறைகள் ஏற்கூடிய ஏற்கூடிய அங்கு குதிரை
கூடும் குதிரை.
9. முறையின் கூடும் ஏற்கூடிய ஏற்கூடிய அங்கு குதிரை
ஏற்கூடிய கூடும் குதிரை.
10. yoga program கூடும் ஏற்கூடிய ஏற்கூடிய ஏற்கூடிய குதிரை.

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திட்டி : 28.12.2023

டி.எஃ. : தீண் ரஷ் கரு.

முழுநீண்ட மாலையாகி! விழுது விழுதுக்காலி!

கல்லூரி போன்ற பொட்டுப்பாடு கொலைக்கையில் பயிற்சி ஏற்பட்டிருக்கிற இத்பாடு எடுத்த கல்லூரி கிடங்கியர்களுக்கு போன்றது. போன் பெயரின் வகுப்பில் பல்லுக்குடலை கூட்டுத்தான்து பல்லு கட்டுமயாற்கின்றனவர், கொலைக்கைக்கிணங்கும் கிடப்படுத்தும் குறைங்கிய காலைக்கு கொண்டு வரன். கோட்டு கிடைக்கிய கிடப்படுத்துதலே, கீழ்க்கண்ட கிடைத்தலை போன்ற அந்தினாயிக் குடும்பத்தின் மீதும் விரும்பும். இதை காட்டுவினி அச்சுப்பும் வாந்தியில் கீடு பகுதியாக அமுலுகு வோகி இடுத்து. மீதும் போன்ற இடுத்து. கீடு கிடுப்பான புதியக்கீடு அமுலுக்கும், காலைக்கு கொடுத்த ஒளியுரிக்கூக்கும் போன்றுள்ள பல. காலைக்கு கொடுத்த ஒளியுரிக்கூக்கும் போன்றுள்ள பல. கோட்டு படிப்படியாக செய்கிற காலைக்கு கொண்டு கீடும் விரும்புகிறது. விருத்துத்துத்து காலை உடலுமிகு கீடும் விரும்புகிறது. காலைக்கு கொண்டு கீடும் விரும்புகிறது. கீடும் விரும்புகிறது.

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அ. குமாரவாடிவலன்.
A. KUMARAVADIVELAN
AP/CS.
SSMCAS.



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R. Sathish Babu/Maths
SSM IET

உத்திர அமைச்சர், மாநில வினாக்கள்.

குழலி குந்த தொவாங்கல் பயிற்சிய துறைக்குறுப்பு
உத்தாங்கல், அநாடு ஏப்புற மூலி வினாக்களிடுதல்
மன்ற ஒளிர்ணவ இதிவாந்தும் இதிவாந்தும்.

ஒன்று கீழ் கூறுத்தான்த் திடு குக்கிய வினாக்கள்
அன்றையால் "காந்தி வினா" என்றும் பல காந்தி
பல உடலங்களுடும் ஒன்றேஷனல் திரும்ப கணவு செய்து
ஒருங்கூட கிடைக்கிறது.

நாந்தி திடு மூலி வினாக்கள் திடுப்பு 155/16
நிறுத்தம் 2நாடு. அன்றையால் குந்த மூலி காந்தி.

குப்பயார்ஜனா நிறுத்தப்பட விடப்படுவது என்று
கொன்றாலும், குந்தங்களுக்கு சிரித் திடுவிப்பு.
என் முன்னுடைய குந்த மூலி வினாக்கள் நிறுத்தப்படுவது
அந்தை கிடைக்க பயிற்சி பார்வை விடப்படுவது,

இப்பகுதியில் கொட்டி நாந்தி இனிவால். வாங்
மொனாந்து. பிரேரணை பிரேரணை குந்தங்களுக்கு நிறுத்தப்படுவது
என் முன்னுடைய அன்றையால் குந்த மூலி வினாக்கள் நிறுத்தப்படுவது.


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இங்கூ புதியன்

28/12/23

வினாக்கல் திட்டம் மேற்கூரி கெள்ளியன் அடிப்படை
பலிசீடு வைக்குமினவு கோவை மதுரை நாகரிகம்
குடும்ப.

இங்கூ கொஞ்ச வெற்று கொது வெற்று புதிய புதிய
கோவை விழ அவேலியும் என மிருந்து. மாத ஒன்றே
ஒட்டு விடு விடு புதிய கோவை மதுரை
குடும்பத்திற்கு முயிந்து, மூலம் ஏதோ அதைத் தாங்க
கொல்லும்போது உணர்கிளை.

என் பின்னாலிடம் கோவை குடும்பத்திற்கு என்
கொல்லும் கோவை மேஜ்டிளை. என் உடல்களிப்பும்
என் கொது அவேலியாக வைக்க திட்ட எடுப்பதோ
கோவை விழுசி நிலை மாநாட்டுத் துணியிடம் கூறிய
கொதுத்தின்போது.

என் பின்னாலிடம் குடும்ப மாது மாதமாக
கொல்லும். அவேலியும் நான்கு மாது, என்னால் அதைகிட்டியோடு
கொல்லும். அவேலியும் நான்கு மாது, என்னால் அதைகிட்டியோடு
கொல்லும். நான் என் குடும்பம் பார்த்து கூறு
நான்மொத்தம் கொடுப்பேன்.



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குடும்பத்திற்கு,
K. H. பார்த்து
(கோ. கோவை)

Name: R Janani, AP-Mathematics

Feedback on Yoga Session

First of all, I thank the team who trained us for the 8 days. In my career, its the first session/Program I attended related to yoga.

This program helps me to realize the current status of my health. I learnt a lot from this session. I can find changes in of doing exercise. my pattern from day 1 to day 8.

I feel positivity in myself. I started practicing to reduce my anger by the method they thought us. Everyday of the session, we learnt something new not only yoga, but also a good message. Every message is very useful and simple, which we can practice in our day to-day life.

Whole heartly, I thank everyone in this team, for sharing / teaching their experiences / knowledge they gained.



Thanks

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Happy to be a part of wonderful Yoga session.
Initially felt unknown, when I got strong support
a team to kickstart the program. But once started and
being a part of Yoga session, each day felt a
day of calmness and selflessness. Rather than a day
of busy schedule, performing yoga postures and
meditation make us to realize theyself. Thanks to yoga
trainers man and sir who taught and motivated us at
every part of program. Hope to continue the yoga postures
and exercises throughout our daily routine. Hope to have
more yoga sessions and trainings in future.

- Keerthana S -

AP EEE, SSMIET.


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Finally, I thank Ann Thru bent to gave
this wonderful opportunity to me. It help me
to improve my body flexibility and stamina.
First day, it was very difficult to do
all exercises. But I really full the day by
day improvement. especially vagharasam.
I regularly do these exercises in the
morning. It's help me to energetic on the
whole day. The Meditation session helps me
to control my mind. and felt the
calmness. overall this session was really
helpful in my lifetime to make me, to
lead a healthy life. and Finally I thank
our principal to give this wonderful
opportunity.

Thankyou

Dr. D. SENTHIL KUMARAN, M.E., Ph.D., (NUS)

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