**Date:** 19.10.2021

## Yoga Club of SSMIET

## Faculty Induction Program-Activity'2021

## Stress Management on 23.10.2021

| S.No. | Name of the Meditation | Purpose | Duration |
|-------|------------------------|---------|----------|
| 1. | Lotus Mudras | Stress Buster | 5 mins |
| 2. | Murthy Mudra | | 5 mins |
| 3. | Gyana Mudra | | 5 mins |
| 4. | Hakini Mudra | Concentration, Positive Thoughts | 5 mins |
| 5. | Jnana Mudra | | 5 mins |
| 6. | Dhyana Mudra | | 5 mins |

**Principal**

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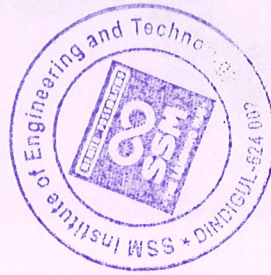Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002.

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

## Faculty Induction Program-Activity'2021

## Photos for Stress Management on 23.10.2021





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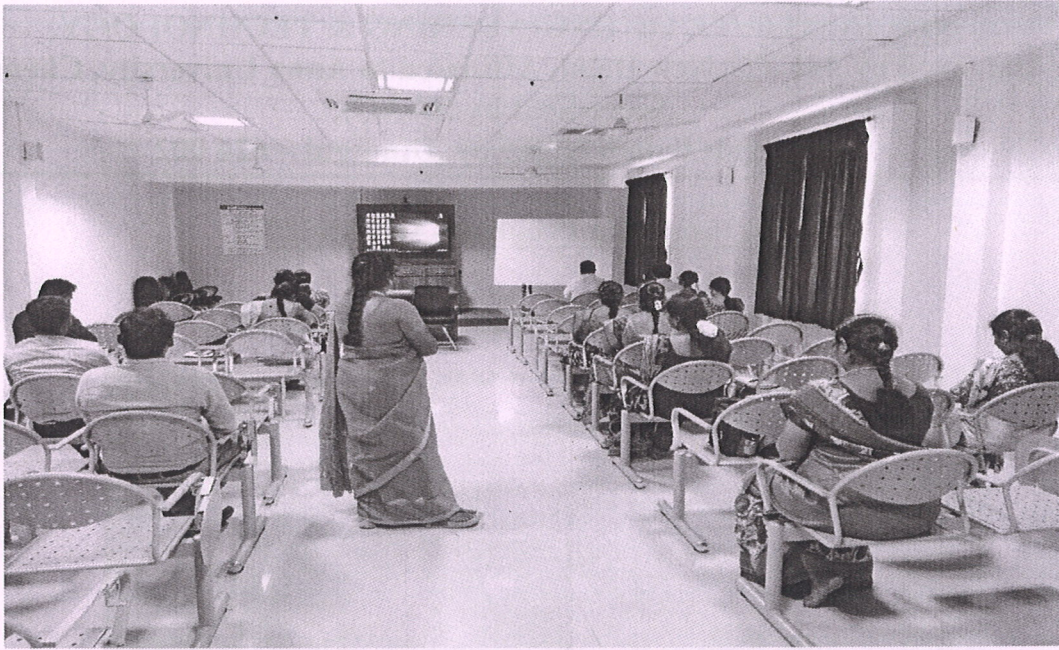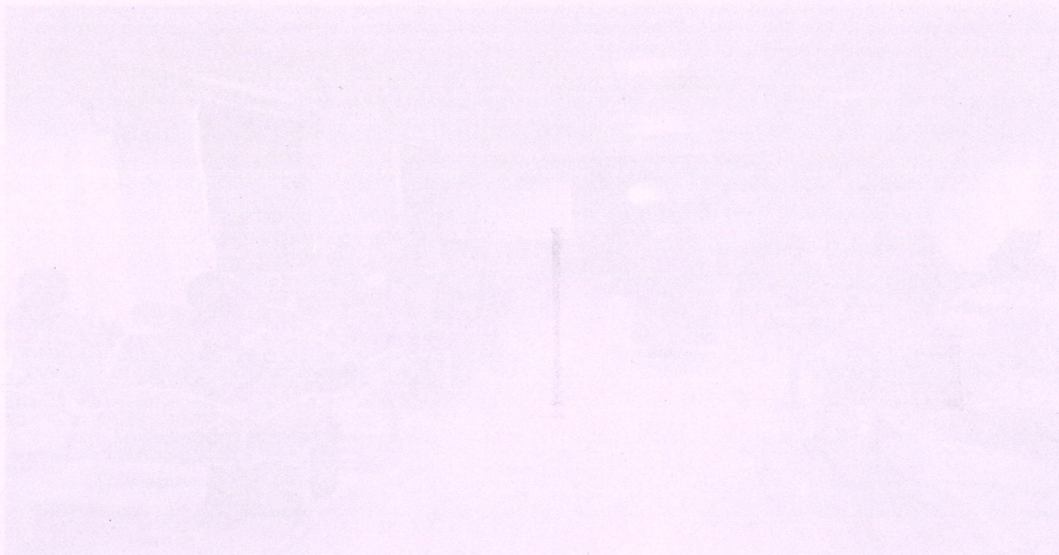Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002.

## Faculty Induction Program-Activity'2021

## Report on Activity - Stress Management on 23.10.2021

**Enhancing Faculty Well-being through Yoga: A stress Management Initiative**

### Objective

The primary objectives include reducing faculty stress levels, improving concentration, and fostering a positive mindset through the practice of yoga activities.

### Selected Yoga Activities

The chosen activities include Lotus Mudras, Murthy Mudra, Gyana Mudra for stress relief, and Hakini Mudra, Jnana Mudra, Dhyana Mudra for enhanced concentration and positive thoughts which is given to all new faculty who joined in the Academic Year 2021-2022. This activities are give by Dr. M. Rameswari, Professor & HOD/Maths, SSMIET on 23.10.2021.

### Training Resources

Faculty members were offered workshops on the correct execution of Lotus Mudras, Murthy Mudra, Gyana Mudra, and other practices.

### Faculty Feedback

One faculty member noted, 'The Lotus Mudras have become a quick stress-reliever for me during busy days. I feel more centered and focused after each session.'

### Impact on Work Environment

"The initiative has contributed to a more positive work environment, with faculty reporting increased collaboration and a sense of collective well-being."

### Future Recommendations

Based on feedback, future recommendations include incorporating mindfulness sessions and expanding the initiative to include more faculty members. The introduction of yoga activities has positively influenced faculty well-being, fostering a healthier and more resilient academic community.
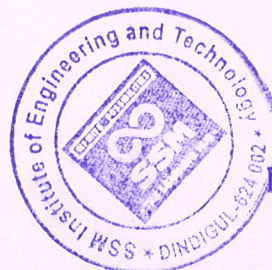
Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)
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Jad, Di... ... 002.

# SSM Institute of Engineering and Technology, Dindigul.

## Yoga Club of SSMIET

### Faculty Induction Program-Activity'2021

### Stress Management on 23.10.2021

### Attendance Sheet

| S.No. | Faculty Name | Designation | Department | Faculty Signature |
|-------|-------------|-------------|------------|-------------------|
| 1 | G.Sahayaraj | Assistant Professor | Automobile | G. Sahayaraj |
| 2 | V.Seenivasaperumal | Assistant Professor | Automobile | V. Seenivasaperumal |
| 3 | S.Saranya | Assistant Professor | Civil | S.Sa |
| 4 | P.M.Sharan Karthik | Assistant Professor | Civil | |
| 5 | Dr.G.Prabu | Associate Professor | CSE | C.Pr |
| 6 | N.J. Divya | Assistant Professor | CSE | N.J.D |
| 7 | S.Divya | Assistant Professor | CSE | S.Div |
| 8 | N.Anu Lavanya | Assistant Professor | CSE | |
| 9 | A.Priyanka | Assistant Professor | CSE | |
| 10 | R.Sangeetha | Assistant Professor | ECE | |
| 11 | R.Vinotha | Assistant Professor | ECE | Vinotha |
| 12 | S.Abirami | Assistant Professor | ECE | Sidhi |
| 13 | ~~K.Divya~~ | ~~Assistant Professor~~ | ~~ECE~~ | |
| 14 | T.Soundharya | Assistant Professor | ECE | T.Sou |
| 15 | S.Bavithra | Assistant Professor | EEE | S.Bavitha |
| 16 | S.Vijaya Samundeeswari | Assistant Professor | EEE | S.Vij |
| 17 | A.S.F.Subhamathi | Assistant Professor | EEE | |
| 18 | P.Dheenathayalan | Assistant Professor | Mechanical | |
| 19 | U.Karthick | Assistant Professor | Mechanical | U.Kar |
| 20 | T.Karthickmunisamy | Assistant Professor | Mechanical | T.Karthickmuni |
| 21 | V.Preethi | Assistant Professor | Mechanical | Preethi |
| 22 | M.Selwin | Assistant Professor | Mechanical | Selwin |

**Faculty-In Charge**

**Principal**

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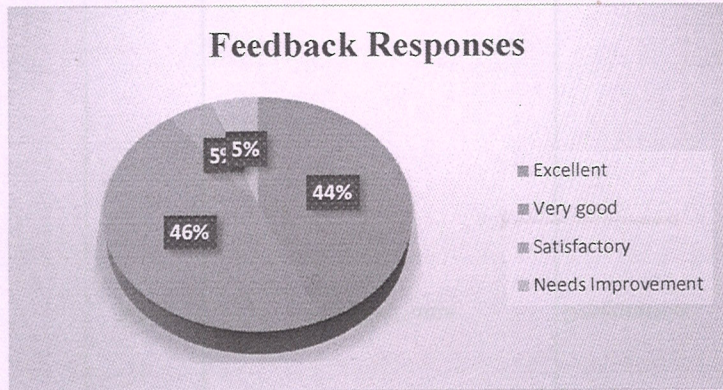# SSM Institute of Engineering and Technology, Dindigul.

## Yoga Club of SSMIET
### Faculty Induction Program-Activity'2021
### Stress Management on 23.10.2021
### Feedback Responses

| S.No. | Faculty Name | Designation | Department | How comfortable did you find the Lotus Mudra during your practice? | How would you rate the ability of Jnana Mudra to create a sense of peace and inner tranquility? | On a scale of "excellent" to "poor," how effective was the Gyana Mudra in enhancing your concentration and mental clarity? | What impact did the Hakini Mudra have on your memory and cognitive function? | On a scale of "excellent" to "poor," how successful was Dhyana Mudra in inducing a state of peace and relaxation for you? |
|---|---|---|---|---|---|---|---|---|
| 1 | G.Sahayaraj | Assistant Professor | Automobile | Excellent | Excellent | Excellent | Excellent | Excellent |
| 2 | V.Seenivasaperumal | Assistant Professor | Automobile | Very good | Excellent | Excellent | Very good | Excellent |
| 3 | S.Saranya | Assistant Professor | Civil | Excellent | Excellent | Excellent | Excellent | Excellent |
| 4 | P.M.Sharan Karthik | Assistant Professor | Civil | Very good | Very good | Very good | Very good | Excellent |
| 5 | Dr.G.Prabu | Associate Professor | CSE | Very good | Very good | Very good | Very good | Excellent |
| 6 | N.J. Divya | Assistant Professor | CSE | Very good | Very good | Very good | Satisfactory | Very good |
| 7 | S.Divya | Assistant Professor | CSE | Very good | Excellent | Excellent | Excellent | Excellent |
| 8 | N.Anu Lavanya | Assistant Professor | CSE | Excellent | Excellent | Excellent | Excellent | Excellent |
| 9 | A.Priyanka | Assistant Professor | CSE | Very good | Very good | Very good | Excellent | Excellent |
| 10 | R.Sangeetha | Assistant Professor | ECE | Excellent | Excellent | Excellent | Excellent | Excellent |
| 11 | R.Vinotha | Assistant Professor | ECE | Excellent | Excellent | Very good | Very good | Very good |
| 12 | S.Abirami | Assistant Professor | ECE | Very good | Very good | Very good | Very good | Very good |

| 13 | K.Divya | Assistant Professor | ECE | Excellent | Excellent | Very good | Very good | Very good | | |
|----|---------|---------------------|-----|-----------|-----------|-----------|-----------|-----------|---|---|
| 14 | T.Soundharya | Assistant Professor | ECE | Excellent | Very good | Very good | Satisfactory | Excellent | | |
| 15 | S.Bavithra | Assistant Professor | EEE | Excellent | Very good | Excellent | Excellent | Satisfactory | | |
| 16 | S.Vijaya Samundeeswari | Assistant Professor | EEE | Need Impro | Excellent | Very good | Very good | Very good | | |
| 17 | A.S.F.Subhamathi | Assistant Professor | EEE | Excellent | Excellent | Need Impro | Excellent | Very good | | |
| 18 | P.Dheenathayalan | Assistant Professor | Mechanical | Very good | Very good | Excellent | Excellent | Excellent | | |
| 19 | U.Karthick | Assistant Professor | Mechanical | Excellent | Excellent | Very good | Very good | Satisfactory | | |
| 20 | T.Karthickmunisamy | Assistant Professor | Mechanical | Excellent | Need Impro | Excellent | Excellent | Excellent | | |
| 21 | V.Preethi | Assistant Professor | Mechanical | Excellent | Excellent | Excellent | Very good | Very good | | |
| 22 | M.Selwin | Assistant Professor | Mechanical | Very good | Very good | Excellent | Excellent | Excellent | | |
| | | | **Excellent** | 8 | 6 | 4 | 4 | 3 | **25** | |
| | | | **Very good** | 3 | 5 | 6 | 6 | 6 | **26** | |
| | | | **Satisfactory** | 0 | 0 | 0 | 1 | 2 | **3** | |
| | | | **Needs Improvem** | 1 | 1 | 1 | 0 | 0 | **3** | |

**Feedback Responses**



- Excellent — 46%
- Very good — 44%
- Satisfactory — 5%
- Needs Improvement — 5%

Faculty-In Charge

Principal

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