



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

# Women Empowerment Cell

## The Role of Yoga in Mental Health

20.03.2021



Report by  
S.Kavitha



Principal  
Dr.D.Senthil Kumaran

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



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai Accredited by NAAC)

Dindigul – Palani Highway, Dindigul – 624 002

Phone: 0451-2448800-99 (100 Lines)

Fax: 0451-2448855

Email: [ssmiedgl@gmail.com](mailto:ssmiedgl@gmail.com) Website: [www.ssmiet.ac.in](http://www.ssmiet.ac.in)

Date: 16.03.2021

From

Mrs. S. Kavitha, Assistant Professor/ Maths

Mrs.A.Geetha,AP/ECE

SSM Institute of Engineering and Technology,  
Dindigul.

To

The Principal,  
SSM Institute of Engineering and Technology,  
Dindigul.

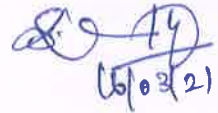
Respected Sir,

Subject: Seeking Permission for conducting a social activity program on "The Role of Yoga in Mental Health " at Vedha Spinning Mills Private Limited -Reg.

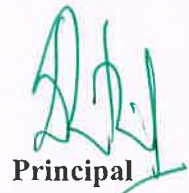
It has planned to conduct an a social activity program on " The Role of Yoga in Mental Health" for the women mill workers of Vedha Spinning Mills Private Limited, Dindigul on 20<sup>th</sup> March (Saturday), 2021 by Women Empowerment cell of SSMIET. So, we request you to kindly provide permission to conduct the programme.

Thanking You.

Yours Sincerely,

  
(16/03/21)



  
Principal

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



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai Accredited by NAAC)

Dindigul – Palani Highway, Dindigul – 624 002

Phone: 0451-2448800-99 (100 Lines)

Fax: 0451-2448855

Email: [ssmiedgl@gmail.com](mailto:ssmiedgl@gmail.com) Website: [www.ssmiet.ac.in](http://www.ssmiet.ac.in)

WEC/2020-2021(02)


16-03-2021

### CIRCULAR

The Women Empowerment has planned to organize "The Role of Yoga in Mental Health" for the women mill workers of Vedha Spinning Mills Private Limited, Dindigul on 20.03.2021. Women Empowerment cell faculty members will train the mill workers.

#### Faculty In charges

1. Mrs.V.Nivedhitha,AP/CSE
2. Dr.R.Subha,AP/Mech
3. Mrs.A.Geetha,AP/ECE
4. Mrs.C.Merlin Rani,AP/Civil
5. Mrs.P.Kothai Natchiar,AP/English

  
16/03/21  
A. Geetha  
Co Ordinators

Mrs.S.Kavitha,AP/Maths

Mrs.A.Geetha,AP/ECE



Principal

Dr.D.Senthil Kumaran





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 AND TECHNOLOGY

(Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai Accredited by NAAC)

Dindigul – Palani Highway, Dindigul – 624 002

Phone: 0451-2448800-99 (100 Lines)

Fax: 0451-2448855

Email: [ssmiedgl@gmail.com](mailto:ssmiedgl@gmail.com) Website: [www.ssmiet.ac.in](http://www.ssmiet.ac.in)

### **WOMEN EMPOWERMENT CELL** **SOCIAL RESPONSIBLE ACTIVITY**

#### **“The Role of Yoga in Mental Health” for Mill Women Workers**

##### **BRIEF NOTE**

In recognition of the challenges faced by mill workers in maintaining mental health, we believe that incorporating yoga into their routine can be transformative. The ancient practice of yoga is known for its holistic approach to physical and mental well-being.

Our college women faculty, with expertise in both yoga and mental health, lead a series of sessions designed specifically for mill workers. These sessions focused on:

1. **Stress Reduction:** Techniques to manage and alleviate workplace stress through mindful breathing and relaxation exercises.
2. **Mindfulness Practices:** Incorporating mindfulness into daily activities to enhance focus, concentration, and overall mental clarity.
3. **Physical Well-being:** Simple yoga postures and stretches to promote flexibility, improve posture, and relieve physical tension associated with prolonged hours of work.
4. **Community Building:** Creating a supportive and inclusive environment for mill workers to share experiences and connect with one another.

The training sessions conducted on 20.03.2021, Saturday 10am accommodating the workers' schedules. Sessions took place in a comfortable and conducive environment.

**Benefits:** Participated in this program had been offered numerous benefits, including improved mental resilience, enhanced focus on work tasks, and a sense of community among mill workers. Their well-being is of utmost importance, and by investing in their mental health, we aim to contribute to a more positive and productive work environment.

We believe that by fostering a culture of mental well-being through yoga, we can positively impact the lives of mill workers. The dedication of our college women faculty ensures a thoughtful and supportive approach to this initiative.

20 women were benefitted through this activity.



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



## Photos



*Handwritten signature*  
**U. D. SENTHIL KUMARAN, M.E., Ph.D., (MOSI)**  
**Principal**  
**SSM Institute of Engineering and Technology**  
**Kuttathupatti Village, Sindalagundu (P.O),**  
**Palani Road, Dindigul - 624 002.**



  
**Dr. D. SENTHIL KUMARAN, M.C., Ph.D., MUSA**  
 Principal  
 SSM Institute of Engineering and Technology  
 Kuttathupatti Village, Sindalagundu (P.O.)  
 Palani Road, Dindigul - 624 002.



## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai Accredited by NAAC)

Dindigul – Palani Highway, Dindigul – 624 002

### Participants Name list

S.NO	NAME	SIGNATURE
1.	மணிசெல்வசுரை	மணிசெல்வசுரை
2.	மகாலட்சுமி	மகாலட்சுமி
3.	உதயாதேவி	உதயாதேவி
4.	சுரேந்திரன்	சுரேந்திரன்
5.	உமர்	உமர்
6.	சுந்தர்	சுந்தர்
7.	பாக்கன்	பாக்கன்
8.	வினாய்	வினாய்
9.	சிவசுந்தரி	சிவசுந்தரி
10.	சிவசுந்தரி	சிவசுந்தரி
11.	சேனி	சேனி
12.	சுந்தர்	சுந்தர்
13.	சுந்தர்	சுந்தர்
14.	சுந்தர்	சுந்தர்
15.	சுந்தர்	சுந்தர்
16.	சுந்தர்	சுந்தர்
17.	சுந்தர்	சுந்தர்
18.	சுந்தர்	சுந்தர்
19.	சுந்தர்	சுந்தர்
20.	சுந்தர்	சுந்தர்



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