



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

Date: 07.07.2023

Yoga Club of SSMIET

Faculty Induction Program-Activity'2023

Stress Management on 21.07.2023

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
7.	Naadi Sudhi Pranayama	Peace	5 mins
8.	Simple Yoga activities	Relieve tension and aches	10 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.



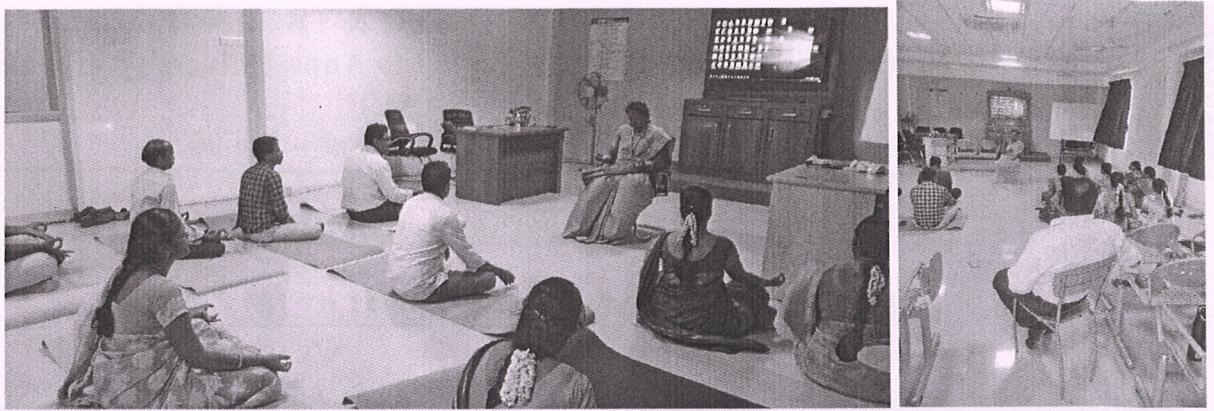
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Faculty Induction Program-Activity'2023

Photos for Stress Management on 21.07.2023



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Report on Activity - Stress Management

Report on “ Mindful Beginnings: Unveiling the impact of Yoga Stress Management on New Faculty Well-being”
on 21.07.2023

Program Objectives

Our continuous efforts in the Faculty Induction Program aim to cultivate a culture of well-being among faculty members. By seamlessly integrating yoga activities, the program strives to diminish stress levels, enhance concentration, and foster a positive mindset, ensuring a harmonious start for new faculty.

Diverse Yoga Practices

Building on the foundation of previous years, faculty members are invited to partake in an array of yoga activities. These practices, including Lotus Mudras, Murthy Mudra, Gyana Mudra, Hakini Mudra, Jnana Mudra, and Dhyana Mudra, cater to stress relief, improved concentration, and the cultivation of positive thoughts. Dr. M. Rameswari, Professor & HOD/Maths, led the invigorating session on 21.07.2023.

Voices of Faculty

Faculty feedback sheds light on the personal impact of the yoga sessions:

"The annual yoga sessions have seamlessly become an integral part of my daily routine, offering a much-needed respite and promoting mental clarity."

"The diversity in yoga activities introduced each year keeps the sessions engaging and addresses various dimensions of well-being."

Shaping Work Environment

The deliberate inclusion of yoga activities has organically influenced the work environment, as reported by faculty members. This influence extends beyond individual departments, fostering increased collaboration, heightened focus, and a sense of community that transcends traditional boundaries.

Implementation Plan

"A series of weekly yoga sessions were conducted during faculty wellness hours, each focusing on specific mudras and pranayama techniques. Instructors guided participants through the practices."

The consistent success of the stress management program through yoga activities reaffirms our commitment to the well-being of our faculty. As we look to the future, we are devoted to evolving and expanding these activities, tailoring them to meet the ever-changing needs of our faculty, and fostering a resilient and thriving academic community.



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Faculty Induction Program-Activity'2023

Stress Management on 21.07.2023

Attendance Sheet

S.No.	Faculty Name	Designation	Department	Faculty Signature
1	J.Roy Celestina	Assistant Professor	Civil	
2	S.Kannan	Assistant Professor	Civil	
3	M.Muthulakshmi	Assistant Professor	Civil	
4	P.Rakshana	Assistant Professor	Civil	
5	A.Padma Priya	Associate Professor	CSE	
6	T.Rani Mangammal	Assistant Professor	CSE	
7	R.Ravi	Assistant Professor	CSE	
8	V.Sudharsana	Assistant Professor	CSE	
9	R.Sudha	Assistant Professor	ECE	
10	K.Moniga	Assistant Professor	ECE	
11	M.Kalidasan	Assistant Professor	ECE	
12	R.Ramya	Assistant Professor	ECE	

Faculty-In Charge

Principal

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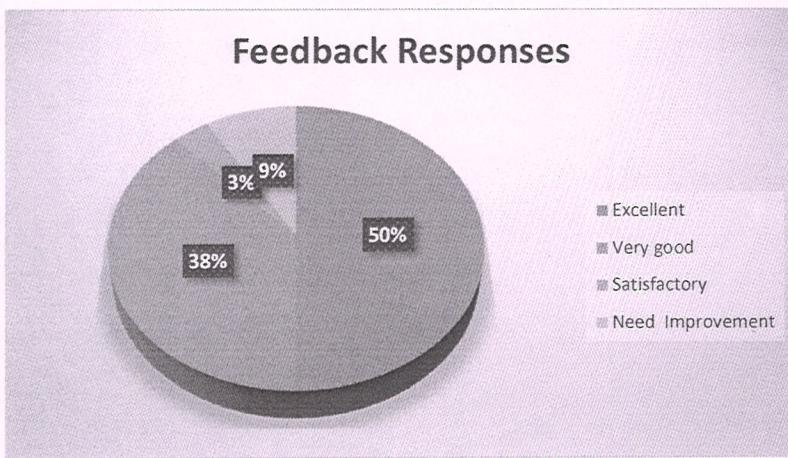
Yoga Club of SSMIET

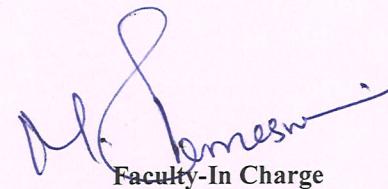
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Feedback Responses

S.No.	Faculty Name	Designation	Department	On a scale of "excellent" to "poor," how would you rate the effectiveness of Lotus Mudras in reducing stress?	How did the Murthy Mudra contribute to enhancing your concentration and fostering positive thoughts?	In terms of concentration, how would you rate the effectiveness of the Hakini Mudra practice?	How did the combination of breath control and concentration in Naadi Sudhi Pranayama affect your mental state?	How would you rate the effectiveness of the simple yoga activities in relieving tension and aches?
1	J.Roy Celestina	Assistant Professor	Civil	Excellent	Excellent	Excellent	Excellent	Excellent
2	S.Kannan	Assistant Professor	Civil	Very good	Excellent	Need Improvement	Very good	Excellent
3	M.Muthulakshmi	Assistant Professor	Civil	Excellent	Excellent	Excellent	Excellent	Need Improvement
4	P.Rakshana	Assistant Professor	Civil	Very good	Very good	Very good	Very good	Excellent
5	A.Padma Priya	Associate Professor	CSE	Very good	Very good	Very good	Very good	Excellent
6	T.Rani Mangammal	Assistant Professor	CSE	Very good	Very good	Very good	Satisfactory	Very good
7	R.Ravi	Assistant Professor	CSE	Need Improvement	Excellent	Satisfactory	Excellent	Excellent
8	V.Sudharsana	Assistant Professor	CSE	Excellent	Excellent	Excellent	Need improvement	Excellent
9	R.Sudha	Assistant Professor	ECE	Very good	Very good	Very good	Excellent	Excellent
10	K.Moniga	Assistant Professor	ECE	Excellent	Excellent	Excellent	Excellent	Excellent
11	M.Kalidasan	Assistant Professor	ECE	Excellent	Excellent	Need Improvement	Very good	Very good
12	R.Ramya	Assistant Professor	ECE	Very good	Very good	Very good	Excellent	Excellent
				Excellent	5	7	4	5
				Very good	6	5	5	4
				Satisfactory	0	0	1	1
				Need Improvement	1	0	2	1
								1
								5




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