



Sankari Main Road (NH-47), PeriyaSeeragapadi, Salem - 636 308, Tamil Nadu, India

**DATE: 13.09.2022**

**TIME: 6.00AM TO 7.30 AM**

**PHYSICAL ACTIVITY – MILD EXERCISE & YOGA ASNAAS**

The session had the same warming up exercises and asanas as in the previous sessions with some new asanas added into practice such as halasana, padukasana, sarvang asana, padmasana, sihasana, bhramri pranayama, shavasana, makarasana. Several exercises were done for good eye sight. The speaker told various methods too that can help in improving vision. The expert speaker also gave life lessons in between the asanas. The session was winded up by the recitation of shantipath and om Namaste. Dr. Savita thanked the speaker Dr. Nirupma Bhatti for sparing her valuable time and gracing the occasion and teaching students yoga and offering a different perspective in order to lead a happy and healthy life.



Mr. N. Jayaraman , Physical Director, VMKVEC, elaborated with the importance of yoga. Yoga is the hype of the moment in the fitness world. But fortunately, this ancient discipline is something more than just a passing trend. Its roots are really ancient, and the modern evolution that we know is certainly different from its original nature. It remains, though, the desire for many people to approach this meditative discipline so fascinating which can help us find that difficult balance and give us that physical and mental energy so important to deal with our daily routine. He also An external expert Sri.R.Venkateswara Rao Qualified Yoga

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Therapist & Certified Yoga Trainer & Founder, Healthy Yoga Research Center, Visakhapatnam (India) explained Objectives & Outcomes of Yoga, Importance of yoga, Benefits of Yoga practice, Flexibility & Mobility Asanas, Surya Namaskara Asanas, Sitting Asanas, Immunity boosting asanas and Stress Management and relaxation technics. The goal is a balanced life, with time for work, relationships, relaxation, and fun - and the resilience to hold up under pressure and meet challenges head on tension free. All faculties are there to look after them and a friendly and soothing atmosphere is prevailing in the campus.

**DATE: 14.09.2022**

**TIME: 6 AM TO 7.30 AM**

**PHYSICAL ACTIVITY – MILD EXERCISE & YOGA ASNAAS**

This COVID -19 pandemic has taught lesson for all people to be physically active. It may be a short break from sitting at your desk and doing some walking or stretching. Doing some physical activity will ease muscle strain, relief mental tension, improve blood circulation, and improve muscle activity. The activities were coordinated by physical director.



**TIME: 9.15 AM TO 10.15 AM**

**UNIVERSAL HUMAN VALUES**

The day start with Mr. Adaikalaselvan /BTE topic included a brief explanation on “**Understanding in Self**” in Universal Human Values was given to first year students during Student Induction Program (SIP). The characters of an individual are either natural or nurtured from the environment. The difference between Identity and self is explained in detail with real time examples. The different dimensions of self and its coexistence with body, the priority need of living are detailed with suitable



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COLLEGE

Sankari Main Road (NH-47), PeriyaSeeragapadi, Salem - 636 308, Tamil Nadu, India

DATE: 15.09.2022

TIME: 6 AM TO 7.30 AM

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