



## Capability Enhancement and Development Schemes

### Yoga and Meditation

Yoga, the priceless gift of Ancient Indian heritage and tradition personifies the unity of mind and body, thought and action. Yoga bestows self-possession, contentment, harmony and brings about the realization of oneness. It is the art and science of healthy living, the need of the hour.

In our College, Yoga was integrated into the curriculum since 1994. At present Yoga is offered in Part IV-Value Education. Exclusive training classes on Yoga and Meditation are organized for the welfare of the students. Yoga and Meditation classes are handled by the qualified faculty members in Yoga and by Professional Yoga experts. Apart from the students, Yoga classes are conducted for the Faculty, Non -Teaching Staff, Parents and also for the general public.

Professional Yoga instructors from Universal Peace Foundation, Thirumoorthi Hills, an Institute of International repute teach meditation and also provide counseling to students, which helps in enhancing the social well being and alleviates the symptoms of depression, attention deficit, hyperactivity and sleep disorders.

Our students demonstrate exceptional yoga postures during the College Day and Sports Day celebrations.

Multipurpose halls available in the campus are used for the conduct of Yoga classes.

#### Our Faculty Skilled in Yoga

Staff	Designation	Qualification in Yoga
Dr.R.Sathya	Assistant Professor Department of Commerce (SF)	M.Sc Yoga & Naturopathy, Physical Education and Sports University, Chennai.
Mrs.P.Rajeswari	Head Department of English (SF)	PG Diploma in Clinical Yoga & Nature Cure Physical Education and Sports University, Chennai.

## International Yoga Day Celebrations

- As per the instructions from HRD ministry through DGNCC, on 21<sup>st</sup> Jun 2015, 50 NCC cadets from our college participated and performed Yoga collectively at Government Arts College, Coimbatore along with 2000 cadets from various institutions.



- On 21<sup>st</sup> June 2016 in Indoor Stadium 300 students performed Yoga collectively under the guidance of Dr.R.Sathya, Assistant Professor, Department of Commerce (SF). A lecture on the 'Significance of Yoga and Meditation' was given by Mrs.P.Rajeswari, Head, Department of English (SF).



- On 21<sup>st</sup> Jun 2017 our 400 NSS students performed Yoga at Indoor Auditorium.

Click here for Yoga Day Images: <http://www.gvgvc.ac.in/gallery-yoga-day-2017-2018.html>

Click here to view the activities of Value Education: <http://www.gvgvc.ac.in/value-education.html>

- Our institution offered guidance to our neighbouring institutions on Yoga Day
- Our Faculty Mrs.P.Rajeswari, Head, Department of English (SF) has been the resource person and organized International Yoga Day on 21st June 2015 at Rudraveni Muthusamy Polytechnic College, Palappampatti.

