

## STUDENT INDUCTION PROGRAMME 2019-2020

### DEPARTMENT OF PHYSICS

**Place :-** Thirumoorthi Hills

**Date :** 27.09.2019

The Department of Physics organized a Field Trip under induction programme to Thirumoorthi Hills, Paranjothi Ashram and Udumalai Thirupathi Temple on 27.09.2019 for IB.Sc Physics Students.

At Paranjothi Ashram:

GnanaVallal Paranjothi Mahan is a great exponent of the Kundalini Yoga and the preceptor of the Universal Peace Sanctuary enlighten the students on Yoga and Meditation. He also explained the students on the benefits of meditation .The students realised that Peace of mind,Sound health, Determined spirit, Courage, Unshakable self-confidence, Shape memory power and the Ability to solve problems are the fruits of Yoga and Meditation.



They also visited Thirumoorthi Hills and UdumalaiThirupathi temple, there the students enjoyed the beauty of Nature, the significance of Water Conservation.



The trip enabled the students to develop their Spiritual and Aesthetic values.