

## **Yoga and Meditation**

Practicing Yoga is known to improve flexibility, balance, endurance and physical strength while Meditation helps to keep the mind sharp and clear relieves stress and improves overall well being. College promotes health benefits among the faculty and students through Yoga and Meditation. This wellness platform hugely contributes in creating stress free positive environment and healthy way of thinking and living. Every year centre for Ethics and human value conducts many programs related to Yoga and Meditation both for the faculty and students. College celebrates International Yoga day since its inception. Techniques of Meditation and various postures (Asanas) are performed to lead a healthy and stress free life. Department of physical education regularly conducts yoga classes for the students.

### **Centre for Ethics and Human Values Activities for Yoga and Meditation**

Prompted and encouraged by the other college faculty participants of the UGC sponsored National level Awareness and sensitization on Ethics & Human Values held in the college on 18-19 January 2006, the Centre for Ethics and Human Values of the institution was established on 08.02.2006. From then on, 11 UGC funded, 1 FAEA funded and 1 management funded seminars and workshops were organized by the centre. Almost all these were conducted in collaboration with Krishnamacharya Yoga Mandiram, Chennai.



Yoga has been an integral part in all these seminars and workshops. Yoga and its applications for health, stress relief, personality development, value enrichment, skill development and enhancement (in education, music, sports) emotional balancing, interpersonal relationship, conflict management, etc were covered. The sessions had special trainings of asanas, pranayamas and meditations for the above stated purposes. A special training on meditation based on yoga nidra technique of Bihar school of yoga focusing on shaping the learning skills of students was also organized.

One autism management workshop was also organized as an extension activity. This was sponsored by City Union Bank and two individuals. In this, training on elaborate meditative practices to manage autism was given to special teachers of a special children school.

## YOGA REPORTS

### YOGA - UGC SPONSORED NATIONAL SEMINAR

**SEETHALAKSHMI RAMASWAMI COLLEGE**  
(Autonomous & Affiliated to Bharathidasan University)  
(Nationally Reaccredited by NAAC (3<sup>rd</sup> Cycle) with 'A' Grade)  
Tiruchirapalli – 2



**UGC SPONSORED NATIONAL SEMINAR**  
on  
*Yoga towards Enhancement in Sports*

Date : 26<sup>th</sup> - 28<sup>th</sup> September, 2013  
Venue : Vidhya Ganapathy Hall

organized by  
**The Department of Physical Education  
&  
Centre for Ethics and Human Values**

*You are cordially invited*

## 26.09.2013, Thursday

- 9.00 a.m. : REGISTRATION  
 10.00 a.m. : INAUGURATION  
 Welcome Address : Ms.T. Suthamathi,  
 Director of Physical Education  
 Seethalakshmi Ramaswami College, Trichy  
 Presidential Address : Dr. Kanaka Bhashyam  
 Principal  
 Seethalakshmi Ramaswami College, Trichy  
 Keynote Address : Dr. Shailaja Mohan,  
 Assistant Professor,  
 Lakshmi Bai National College of Physical Education,  
 Trivandrum, Kerala  
 Special Invitee : Mr. N. Annavi,  
 International Athlete,  
 Southern Railways, Trichy  
 Special Address : Dr. P. Mariyiah,  
 Former Head, Department of Physical Education,  
 Bharathidasan University, Trichy  
 11.30 - 11.45 a.m. : Tea Break  
 11.45 a.m. - 1.00 p.m. : Session I  
 Topic : *The Application of Yoga in Sports & Exercise Psychology*  
 Resource person : Dr. Shailaja Mohan  
 Assistant Professor,  
 Lakshmi Bai National College of Physical Education,  
 Trivandrum, Kerala  
 1.00 - 2.00 p.m. : Lunch  
 2.00 - 4.30 p.m. : Paper Presentation

## 27.09.2013, Friday

- 10.00 - 11.30 a.m. : Session - II  
 Topic : *Brief Orientation to Yoga Components  
 &  
 Yoga for Holistic Well - being  
 (Body, Breath, Mind, Social & Spiritual)*  
 Resource Person : Ms.Nrithya Jagannathan  
 Yoga Specialist  
 Krishnamacharya Yoga Mandiram, Chennai  
 11.30 - 11.45 a.m. : Tea Break  
 11.45 a.m. - 1.00 p.m. : Session - III  
 Topic : *Yoga Demonstration*  
 Resource Person : Mr. B. Senthil Kumar  
 Yoga Specialist  
 Krishnamacharya Yoga Mandiram, Chennai  
 1.00 - 2.00 p.m. : Lunch  
 2.00 - 3.00 p.m. : Session IV  
 Topic : *Yoga as a Lifestyle Strategy for Youth*  
 Resource Person : Mr.B.Senthil Kumar  
 Yoga Specialist  
 Krishnamacharya Yoga Mandiram, Chennai  
 3.00 - 4.30 p.m. : Session V  
 Topic : *Yoga and Sports Psychology*  
 Resource Person : Mr.N.R.Ganesh  
 Yoga Specialist  
 Krishnamacharya Yoga Mandiram, Chennai



## **A REPORT ON THREE DAYS NATIONAL SEMINAR ON” YOGA TOWARDS ENHANCEMENT IN SPORTS”**

“If I had the training of yoga, I would have got International medals for India”. This was the personal experience shared by Mr.N.Annavi, International Athlete, the Special Invitee in the UGC sponsored National Seminar on “Yoga towards Enhancement in Sports” organized by the department of physical Education and Center for Ethics and Human Values on 26<sup>th</sup>& 28<sup>th</sup> September 2013 in SeethalakshmiRamaswami College, Trichy. Dr.KanakaBhasyam, Principal in her Presidential Address, stress upon the importance of yoga and need of breath control for cleansing the toxins from the body and the mind of a balanced life.

The Chief Guest Dr.Shailaja Mohan, Associate Professor in sports Psychology, Lakshmibai National College of Physical Education, Trivandram,Kerala in her keynote address highlighted the benefits of yoga and elaborated upon the Application of yoga in sports and exercise physiology. The Special invitee Mr. Annavi shared his personal experience in the field of sports and highlighted the need for yoga based training for sportsmen to improve their performance and rectified the defects that result in poor performance. Dr.P.Mariyaiya, Former Head, Department of Physical Education, Bharathidasan University, Trichy, delivered a Special address focusing on the contribution of yoga in maintaining holistic health. He spoke on yoga Therapy and the Yogic tradition of Siddhas. Mrs.T.Suthamathi, Director of Physical Education of the college welcomed the gathering.

On the second day Ms. NrithyaJagannadhan, Yoga therapist, Krishnamacharya Yoga Mandiram, Chennai gave a brief orientation to yoga components and made a presentation n yoga for holistic wellbeing. Stressing upon the need for mind focus in yoga, she brought out the difference between exercise and yoga. She simplified the concepts presented in the yoga sutras and explained how the can be practical in day to day life.This is followed by yoga demonstration by Mr.B.SenthilKumar,Yoga Therapist, Krishnamacharya Yoga Mandhram,Chennai. In the afternoon session, he made a presentation n “Yoga as a lifestyle strategy for youth” and presented the research findings on how yoga enhances the lifestyle of youth. Following this, Mr. N. R. Ganesh trained in Krishnamacharya Yoga tradition made a presentation on “Yoga and sports Psychology”. Citing yoga sutras, he applied the concepts presented in them and applied it in sports Psychology. He also explained how yoga helps sportsmen to rectify their defects and enhance their sports performance.



On the third day, Dr. R. Elangovan, Professor and Head, Department of yoga, Tamilnadu Physical Education and sports university, Chennai, conducted a demonstration on Yoga for sports women”. Dr. Elangvan in his valedictory address, statistically presented the health condition of Indian women and insisted upon the need of yoga training to overcome all the problem they face from puberty to menopause. Dr. J.Senthamarai, Committee member, Center for Ethics and Human Values welcomed the gathering and Dr. S.Usha, Coordinator, Center for Ethics and Human Values proposed the Vote of thanks. 200 students of the college participated in the seminar and 75 papers were presented by research scholars and the other delegates from the Yoga Institutions.



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Tiruchirappalli - 620 002



UGC SPONSORED NATIONAL SEMINAR  
ON  
*Complementary Approach to Aspects and Applications of  
Music and Yoga*



Date: 12, 13 & 14, August, 2014    Venue: Vidhya Ganapathy Hall

*Organised by*  
**Department of Music & Centre for Ethics & Human Values**  
Seethalakshmi Ramaswami College (Autonomous)  
Tiruchirappalli - 620 002  
Tamil Nadu, India

*You are cordially invited*



## 12.08.2014, TUESDAY

9.00 A.M	: Registration
10.00 A.M	: INAUGURATION
Lighting Kuthuvilakku	
Welcome Address	: Mrs. C. Malarvizhi, Associate professor & Head, Department of Music, Seethalakshmi Ramaswami College, Trichy -2
Presidential Address	: Dr. M. Jayanthi, Principal, Seethalakshmi Ramaswami College, Trichy -2
Keynote Address	: Veena Gana Visaradha Mrs. E. Gayathri, Vice-Chancellor, Tamilnadu Music & Fine Arts University, Chennai.
11.30 – 11.45 A.M	: Tea Break
11.45 A.M – 1.00 P.M	: Session I
Topic	: "Music Therapy"
Resource person	: Dr. Sumathy Sundar, Director, Chennai School of Music Therapy, Chennai
1.00 – 2.00 P.M	: Lunch
2.00 – 4.00 P.M	: Session II
Topic	: "Yoga for Enhancing Music skills"
Resource Person	: Mr. S. Sridharan Trustee, Krishnamacharya Yoga Mandiram, Chennai
4.00 – 05.00 P.M	: Paper Presentation

## 13.08.2014, WEDNESDAY

10.00 – 11.30 A.M	: Session – III
Topic	: "Music and Yoga for Mind" – Lecture Session
Resource Persons	: Mrs. Nrithya Jagannathan, Senior Yoga Teacher and Therapist, Krishnamacharya Yoga Mandiram, Chennai  Ms. Mohana Natarajan, Teacher Trainee Krishnamacharya Yoga Mandiram, Chennai
11.30 – 11.45 A.M	: Tea Break
11.45 A.M – 1.00 P.M	: Session IV
Topic	: "Music and Yoga for Mind" Demonstration Session
Resource person	: Mrs. Nrithya Jagannathan, Senior Yoga Teacher and Therapist, Krishnamacharya Yoga Mandiram, Chennai  Ms. Mohana Natarajan, Teacher Trainee Krishnamacharya Yoga Mandiram, Chennai
1.00 – 2.00 P.M	: Lunch
2.00 – 4.00 P.M	: Session V
Topic	: "Music and Yoga for Brain Functioning"
Resource Person	: Dr. V.D. Swaminathan, Professor of Psychology, Director –in-charge USAB, University of Madras, Chennai
3.30 – 4.30 P.M	: Paper Presentation

## 14.08.2014, THURSDAY

10.00 – 11.30 A.M	: Session – VI
Topic	: “References to Applications of Music in Music Literature”
Resource Persons	: <b>Dr. R. Kausalya</b> Managing Trustee, Marabu Foundation, Thiruvaiyaru
11.30 – 11.45 A.M	: Tea Break
11.45 A.M – 12.45 P.M	: Valediction Function
Welcome Address	: <b>Mrs. S. V. Mythili,</b> Associate professor, Department of Music, Seethalakshmi Ramaswami College, Trichy -2
Valedictory Address	: <b>Dr. R. Kausalya</b> Director, Marabu Foundation, Thiruvaiyaru
Distribution of certificates Feed-back by participants	
Vote of Thanks	: <b>Dr. S. Usha</b> Co-ordinator Centre for Ethics and Human Values, Seethalakshmi Ramaswami College, Trichy - 2
1.00 – 2.00 P.M	: Lunch
2.00 – 3.30 P.M	: Musical Discourse
Topic	: Applications of Music Harikatha chudamani Srimathi. <b>Vishaka Hari</b> Srirangam
Accompanists : Violin,	: <b>Smt. T.H Vasantha</b>
Mrdangam	: <b>Salem Sri. Srinivasan</b>



**REPORT OF UGC SPONSORED THREE DAY NATIONAL SEMINAR ON  
“COMPLEMENTARY APPROACH TO ASPECTS OF MUSIC AND YOGA AND  
APPLICATIONS”**

Department of music and Centre for Ethics and human values conducted UGC sponsored three day national seminar on “complementary approach to aspects and applications of music and yoga” on 12.08.14 to 14.08.14. *Veena Gana Visaradha Mrs E. Gayathri, vice chancellor of Tamilnadu Music and Fine Arts University, Chennai*, inaugurated the seminar by lighting Kutthuvilakku and released souvenir (abstracts of papers presented in the seminar). She gave the keynote address. She said that Music and Yoga have common goals and explained how they are complement to each other. She stressed the importance of yoga for instrumentalists.

In the First session, *Dr. Sumathy Sundar, Director, Chennai School of Music Therapy, Chennai*, gave lecture demonstration on “Music Therapy”. She explained how ragas play vital role in giving solace to the patients. She said that music can be only a complementary medicine and it cannot cure the diseases.

In the second session, *Mr. S. Sridharan, Trustee of Krishnamacharya Yoga Mandiram, Chennai*, gave talk on various aspects of yoga for enhancing the music skills and the roles played by the eight limbs of yoga. He focused on the roles played by Yama, Niyama, Asana, Pranayama and Pratyahara, in enhancing the performance skills of both vocal and instrumental musicians.

On the first session of second day, *Mrs. Nrithya Jagannathan, Senior Yoga Teacher and Therapist, of Krishnamacharya Yoga Mandiram, Chennai*, gave lecture demonstration on “Music and Yoga for Mind”. She explained the importance of Music and yoga for mind. Mind is the major part, which controls the entire body. So mind should be tuned properly. For tuning the mind, music and yoga are the important factors that will help to develop sound health. She also taught some important yoga exercise. She highlighted the roles played by Dhyana, Dharana and Samadhi that help musicians to attain perfection in their performance.

In the afternoon session *Dr. V.D. Swaminathan, Professor of Psychology, Director – in - charge USAB, University of Madras, Chennai*, explained the role of Music and Yoga for Brain Functioning. He explained how brain reacts to the soul stirring music

and how far yoga is helpful for the enhancement of brain functioning.

On the third day of the seminar, *Dr. R. Kausalya, Managing Trustee, Marabu Foundation, Thiruvayaru*, spoke on the topic “References to Applications of Music in Music literature”. She mainly took evidences from Thevaram hymns and described some miraculous incidents which had therapeutic values.

The seminar came to an end with the performance of *Smt Visaka Hari, a popular Harikatha exponent*. She explained how the composers have intelligently applied the ragas to portray their various moods in their songs. Music is a pathway through which mind travels and contemplates the Almighty with bhakti and finally attains salvation was the motto of her speech.

*Dr. R. Kausalya* gave valedictory address. Scholars from various states participated and presented papers. All the topics were very interesting and informative. More than hundred papers were presented. A Book with ISBN containing all the papers also got published.

## **THE INTERNATIONAL YOGA DAY CELEBRATION**

It is a great initiative by the central government headed by Prime Minister Mr. Narendra Modi for creating awareness of the glorious divine art, Yoga. Chief guest Yogasri Alalmpatti N. Ramaswamy, a famous trainer and instructor enumerated the principles of Yoga in the International Yoga Day Celebration held on 20<sup>th</sup> June 2015 at Seethalakshmi Ramaswami College. He asked the students to be more conscious of the food they intake as it is the prime source of living. He listed out yam, papaya, par-boiled rice to keep oneself fit and energetic. Following the ancestors the younger generation must cultivate the habit of including fresh fruits and vegetables in their diet with regular yoga. His dedication to yoga took him to greater heights. IAS, IPS, high rank officials understanding the effectiveness of yoga equip themselves with this art to excel. Learning the effectiveness shaped by yoga, Vivekananda, a great Yogi advised the people to practice yoga. Regular practice is more important to learning the art of yoga.

Dr. Jayanthi, Principal welcomed the gathering and told that people run races to succeed. At present smart work can place oneself higher. Both hard work and smart work, good physique and mind are needed. But Yoga is the only weapon for sound body and mind. Explaining the importance of yoga for better performance she motivated the students for the practical session of yoga. Dr. Selvameena, Vice Principal, also was present. T. Suthamathi, Associate Professor, Department of Physical Education delivered the vote of thanks.

## INTERNATIONAL YOGA DAY CELEBRATION



**Yogasri Alampatti N. Ramaswamy,**  
a famous trainer and instructor  
enumerated the principles of Yoga in the  
International Yoga Day Celebration held on  
20<sup>th</sup> June 2015.





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Tiruchirappalli - 620 002



## UGC SPONSORED ONE WEEK WORKSHOP ON

### YOGA FOR HOLISTIC HEALTH

Date : 14.12.2015 to 19.12.2015

Venue : Vidya Ganapathy Hall

Organised by

**The Department of Physical Education  
&  
Centre for Ethics and Human Values**

14.12.2015, Monday

10.00 a.m.

Welcome Address

#### INAUGURATION

**Mrs. T. Suthamathi**

Director of Physical Education

Seethalakshmi Ramaswami College, Trichy

Presidential Address

**Dr. M. Jayanthi**

Principal

Seethalakshmi Ramaswami College, Trichy

Keynote Address

**Dr. A. Palanisamy**

Associate Professor & Sports Secretary

Department of Physical Education

Bharathidasan University, Trichy.

3.00 - 4.30 p.m.

Topic

Resource Person

Yoga for Holistic Health

**Captain Dr. N.S. Sivakumar**

Director of Physical Education

Urumu Dhanalakshmi College, Trichy



15.12.2015, Tuesday & 16.12.2015, Wednesday

10.00 - 11.30 a.m.  
3.00 - 4.30 p.m.

Basic and Specific Asanas,  
Strengthening Exercises, **Demonstration**

Resource Person :

Captain **Dr. N.S. Sivakumar**  
Director of Physical Education  
Urumu Dhanalakshmi College, Trichy.

17.12.2015 Thursday & 18.12.2015 Friday

9.30 a.m. - 11.30 a.m.  
3.00 p.m. - 4.30 p.m.

Pranayama, Trataka & Meditation - **Demonstration**

Resource Person :

**Mr. S. Senthil Kumar**  
Co-ordinator, Vivekananda Kendra, Kanniyakumari.

19.12.2015, Saturday

10.00 - 11.00 a.m.:

**VALEDICTION**

Welcome Address :

**Dr. J. Senthamarai**  
Associate Professor, Department of Hindi  
Seethalakshmi Ramaswami College, Trichy.

Valedictory Address :

**Dr. R. Kalidasan**  
Asst. Professor (SG) & UGC Research Awardee  
Department of Physical Education  
Bharathidasan University, Trichy.

Vote of Thanks :

**Dr. S. Usha**  
Co-ordinator  
Centre for Ethics & Human Values,  
Seethalakshmi Ramaswami College, Trichy.

National Anthem



*You are Cordially Invited*

## **REPORT ON THE UGC SPONSORED ONE WEEK WORKSHOP ON YOGA FOR HOLISTIC HEALTH**

‘Yoga is the harmless remedy and effective preventive measure to be adopted by all to overcome the current day crisis’ was the remark of Dr. A. Palanisamy in the UGC sponsored one week workshop on **Yoga for Holistic Health**. It was organized by the Department of Physical Education and Centre for Ethics and Human Values of Seethalakshmi Ramaswami College, Trichy from 14.12.2015 to 19.12.2015. Around 280 students were trained in the workshop.

Dr. A. Palanisamy, Associate Professor & Sports Secretary, Department of Physical Education, Bharathidasan University, Trichy delivered the keynote address. He, in his address, distinguished yoga from exercises in general. He also enlisted the benefits of yoga. Prior to that, Dr. M. Jayanthi, principal of the college, delivered the presidential Address. She stressed upon the need of yoga in the context of ill health and emotional imbalance. Vice-principal of the college Dr. R. Selvameena and Captain Dr. N.S. Sivakumar, Director of Physical Education, Urumu Dhanalakshmi College, Trichy felicitated the workshop. Mrs. T. Suthamathi, Director of Physical Education of the college welcomed the gathering. In the afternoon, Captain Dr. N.S. Sivakumar gave hands-on training on basic asanas. In the morning session of the second day, Dr. R. Lalitha, Associate Professor in Commerce of the college instructed on the relaxation and eye exercises. In the afternoon session, Captain Dr. N.S. Sivakumar gave training on specific and strengthening exercises. In the morning session of the third day, Dr. V. Uma, Director of Physical Education, ADM College, Nagapattinam trained the students on strengthening exercises and asanas for women. In the afternoon session, Captain Dr. N.S. Sivakumar continued with his training on further Asanas. On the fourth and fifth day, Mr. S Senthil Kumar, Co-coordinator, Vivekananda Kendra, Kanyakumari trained the participants on pranayama and meditation. Apart from demonstrations, he made use of power-point presentation and videos.

The Valediction of the workshop was held on 19.12.2015. Dr. R. Kalidasan, Assistant Professor & UGC Research Awardee, Department of Physical Education, Bharathidasan University delivered the Valedictory address. He

insisted on the practice of yoga with all its eight limbs to reap the expected result. He statistically presented the health condition of the country in the global scenario and ushered all to practice the age old but effective science of yoga. He appreciated the college for organizing the fruitful workshop for the benefit of students and distributed certificates to the participants. Dr. J. Senthamarai, Associate Professor in Hindi of the college welcomed the gathering and Dr. S. Usha, Associate Professor in Sanskrit & Co-coordinator, Centre for Ethics and Human Values, proposed vote of thanks. The student participants made a demonstration of the Asanas learnt by them in the workshop.





## INTERNATIONAL YOGA DAY 2016- REPORT

International Yoga Day was celebrated on 21<sup>st</sup> June 2016 at Seethalakshmi Ramaswami College. Yogasri N. Ramaswami, Yoga trainer and Dr. R. Lalitha, Associate Professor, Department of Commerce, Seethalakshmi Ramaswami College were the chief guests. Enlisting the benefits of Yoga he stressed on the importance of Yoga for women. He added that yoga builds physical fitness too. Then he spoke on meditation and said that it is a stress relieving factor. He advised that Yoga and meditation build and co-build physical and mental strength in all. Practical sessions on asanas, meditation and pranayama were held. Students and staff of various departments benefitted. Dr. R. Selva Meena, Vice Principal welcomed the gathering and Mrs. T. Suthamathi, Director of Physical Education proposed the vote of thanks.

International Yoga Day was celebrated on 21<sup>st</sup> June 2016 at Seethalakshmi Ramaswami College. Yogasri N. Ramaswami, Yoga Trainer was the chief guest. Enlisting the benefits of Yoga he stressed on the importance of yoga for women.





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Tiruchirappalli - 620 002.



**UGC Sponsored National Seminar  
on**

***Conflict Management for  
Youth Development***



**Date : 22nd & 23rd December 2016**

**Venue : Sri Vidhya Ganapathy Hall**

Organised by:

**Centre for Ethics & Human Values**

Seethalakshmi Ramaswami College (Autonomous)  
Tiruchirappalli - 620 002.

In collaboration with

**Krishnamacharya Yoga Mandiram, Chennai**

*You are cordially invited*

### 22-12-2016, Thursday

- 9.00 a.m. : Registration
- 10.00 a.m. : INAUGURATION  
Prayer and Lighting Kuthuvilakku
- Welcome Address : **Dr. S. Usha**  
Associate Professor in Sanskrit  
Coordinator  
Centre for Ethics & Human Values  
Seethalakshmi Ramaswami College  
Tiruchirappalli
- Presidential Address : **Dr. M. Jayanthi**  
Principal  
Seethalakshmi Ramaswami College  
Tiruchirappalli
- Keynote Address : **Dr. D. Bharadwaj**  
Psychologist & Professor of  
Alternate Medicine, Bangalore
- 11.15 a.m. - 11.30 a.m. : Tea Break
- 11.30 a.m. - 12.30 p.m. : Session I
- Topic : Understanding Conflict from the  
Perspective of Youth  
- A Psychologist's Approach
- Resource Person : **Ms. Sandhya Chandrashekar**  
Research Associate  
Krishnamacharya Yoga Mandiram  
Chennai

- 12.30 p.m. - 1.30 p.m. : Session II
- Topic : Conflicts in Relationships
- Resource Person : **Dr. Sangeetha Makesh**  
Counseling Psychologist and  
Relationship Consultant, Chennai
- 1.30 p.m. - 2.00 p.m. : Lunch
- 2.00 p.m. - 3.00 p.m. : Session III - Parallel Sessions
- Topic : Conflict Management and Yoga (Students)
- Resource Person : **Mrs. Nrithya Jagannathan**  
Senior Yoga Teacher and Therapist  
Krishnamacharya Yoga Mandiram, Chennai
- Topic : Counseling Strategies for Teachers
- Resource Person : **Dr. Sangeetha Makesh**  
Counseling Psychologist and  
Relationship Consultant, Chennai
- 3.00 p.m. - 4.00 p.m. : Session IV
- Asana Practice (Students) : Yoga Interventions for Stress Management  
& Paper Presentation

### 23-12-2016, Friday

- 10.00 a.m. - 11.30 a.m. : Session V
- Topic : Understanding Conflict from the  
Perspective of the Bhagavad Gita
- Resource Person : **Sri. S. Sridharan**  
Trustee  
Krishnamacharya Yoga Mandiram, Chennai
- 11.30 a.m. - 11.45 a.m. : Tea Break
- 11.45 a.m. - 1.00 p.m. : Session VI - Practice Session - Students
- Topic : Pranayama and Meditative practice  
Focusing on Management of Stress



Resource Person :	<b>Sri. S. Sridharan</b> Trustee, Krishnamacharya Yoga Mandiram & Paper Presentation
1.00 p.m. - 2.00 p.m.	Lunch
2.00 p.m. - 3.00 p.m.	Session VII
Topic :	Role of Traditional Arts in Conflict Management
Resource Person :	<b>Mrs. Nrithya Jagannathan</b> Senior Yoga Teacher and Therapist, Krishnamacharya Yoga Mandiram, Chennai
3.00 p.m. - 4.00 p.m.	Session VIII
Topic :	Stri Sangha - Collaborative Women's Support Systems and their roles in Coping with Conflict
Resource Person :	<b>Ms. Sandhya Chandrashekar</b> Research Associate Krishnamacharya Yoga Mandiram, Chennai
4.00 pm.	Valediction
Welcome Address :	<b>Dr. J. Senthamarai</b> Associate Professor in Hindi Seethalakshmi Ramaswami College, Trichy-2
Valedictory Address :	<b>Dr. Papri Nath</b> Assistant Professor (Organizational Behaviour and Human Resource Management), IIM, Trichy
Distribution of Certificates :	<b>Dr. R. Selvameena</b> Vice-Principal & SF Incharge Head, Department of Chemistry Seethalakshmi Ramaswami College, Trichy-2
Feedback by Participants	
Vote of Thanks :	<b>Dr. S. Usha</b> Associate Professor in Sanskrit, Coordinator Centre for Ethics and Human Values Seethalakshmi Ramaswami College, Trichy-2



**UGC SPONSORED NATIONAL SEMINAR ON  
CONFLICT MANAGEMENT FOR YOUTH DEVELOPMENT  
REPORT**

The centre for Ethics & Human Values of Seethalakshmi Ramaswami College, Trichy in collaboration with Krishnamacharya Yoga Mandiram organised a **UGC sponsored National Seminar on Conflict Management for Youth Development** on 22 & 23 -12-2016. The purpose behind organising this seminar is to help the students to identify the conflict they face and to suggest ways and means to manage conflicts to bring out the fullest talents and potentials in them.

Dr.M. Jayanthi , Principal of the college delivered the presidential address. She in her speech referred to several practical day- to-day conflicts faced by youth and suggested yoga as a means to resolve them. Dr.D.Bharadwaj, Psychologist & Professor of Alternate Medicine, Bangalore delivered the keynote address. He defined conflict as a negative opposition and insisted upon building up a strong value system as an internal mechanism to resolve the internal and external conflicts.

In the first session Ms.Sandhya Chandrashekar, Research Associate Krishnamacharya Yoga Mandiram, Chennai spoke on Understanding Conflict from the Perspective of youth - a Psychologist's approach. She traced the different stages undergone by youth in which conflicts creep up in them.

In the second session Dr.Sangeetha Makesh, Counselling Psychologist and Relationship Consultant, Chennai spoke on Conflict in Relationship. She focused on mental relation. Talking about different stages in relations, she listed out the do-s & don't-s during conflicts.

In the third session Mrs.Nirthya Jagannathan ,Senior yoga teacher and Therapist , Krishnamacharya Yoga Mandiram, Chennai spoke on conflict Management to students. She related the yogic philosophy & specified attachment to impermanent things as causes of conflict and said that yoga helps to culture the mind that in turn will manage the conflict.

In the parallel session Dr.Sangeetha Makesh, Counselling Psychologist and Relationship Consultant, Chennai spoke on counselling psychology & strategies for teachers. She insisted upon the counsellor being a facilitator but not an advisor. She also listed out the do-s & don't-s of a counsellor.

Then Asana practice session for stress management was conducted for students by Ms. Nrtya Jagannathan and Ms. Sandhya Chandrashekar.

In the next session, Shri. S. Sridharan Trustee, Krishnamacharya Yoga Mandiram, Chennai, spoke on understanding conflict from the perspective of Bhagavad Gita. Elaborating upon the conflicts of Arjuna, he highlighted upon the solution to manage conflicts preached by Krishna.






Then in session six, he conducted Pranayama and Meditative practice session for stress management.

In session seven, Mrs.Nrithya Jagannathan spoke on Role of traditional arts in conflict management. Demonstrating the power of music and dance experimentally by playing different tunes and dance sequences and giving illustrations of genius like Einstein, who bloomed by his violin, she insisted upon arts as giving an identity to youth that helps them to easily manage conflicts.

In the eighth session Mrs. Sandhya Chandrashekar spoke on Shri Sangha –collaborative women’s support system and their roles in coping with conflict. She highlighted upon the exclusive conflict faced by women and stressed upon friends as a supportive mechanism to resolve conflicts.

In the valedictory address, Dr.Papri Nath Assistant Prof, IIM, Trichy, specified that difference in perspective cause conflicts and cited examples. She also elaborated on strategies to manage conflicts in relations. Dr. R. Selvameena, Vice principal & sf-in-charge of the college distributed certificates to the delegates. Dr. J. Senthamarai, Associate Prof in Hindi & organising secretary of the seminar welcomed the gathering & Dr.S.Usha , Associate Prof in Sanskrit & coordinator, Centre for Ethics and Human Values proposed the vote of thanks.

## FITNESS MANAGEMENT

<b>Session VI</b>	<b>'Nutrition for Fitness' -Video Conferencing</b>	<b>SEETHALAKSHMI RAMASWAMI COLLEGE</b> Autonomous & Affiliated to Bharathidasan University Accredited with 'A' Grade by NAAC Tiruchirappalli - 620 002 Tamilnadu   <i>workshop on</i> <b>FITNESS MANAGEMENT</b> <div style="border: 1px solid #ccc; padding: 5px; margin: 10px 0;"><b>Date : 12th &amp; 13th February 2018</b> <b>Venue : Sri Vidhya Ganapathy Hall</b> <b>&amp;</b> <b>Manicka Vinayagar Hall</b></div> <i>organised by</i> <b>DEPARTMENT OF PHYSICAL EDUCATION</b> <i>and</i> <b>SEERAS DIET CLINIC</b> <i>in collaboration with</i> <b>INDIAN DIETETIC ASSOCIATION</b> <b>Coimbatore Chapter, Coimbatore.</b>   
<b>Resource person</b>	<b>Mrs.K.Madhusmitha</b> Bariatric Nutritionist Sydney Australia	
<b>3:00 p.m - 4:00 p.m</b>	<b>VALEDICATION</b>	
<b>Welcome Address</b>	<b>Mrs.T.Suthamathi</b> Director of Physical Education Seethalakshmi Ramaswami College Tiruchirappalli.	
<b>Valedictory Address</b>	<b>Dr.A.Palanisamy</b> Professor and Head Department of Physical Education Bharathidasan University Tiruchirappalli.	
<b>Vote of Thanks</b>	<b>Miss.G.Preethi</b> Assistant Physical Director Seethalakshmi Ramaswami College, Tiruchirappalli.	

## 12.02.2018 Monday

9:30 a.m - 11:00 a.m

### Inauguration

#### Welcome Address

**Mrs.N.Chellam**  
Organising Secretary  
SEERAS Diet Clinic  
Seethalakshmi Ramaswami College  
Tiruchirappalli.

#### Presidential Address

**Dr.R.Padmavathy**  
Principal  
Seethalakshmi Ramaswami College  
Tiruchirappalli.

#### Special Invitee

**Padma Shri V.Nanammal**  
India's Oldest Yoga Teacher  
Ozone Yoga Centre  
Coimbatore.

#### Inaugural Address

**Dr.S.Uma Mageshwari**  
President  
Indian Dietetic Association  
Coimbatore Chapter  
Coimbatore.

#### Key note Address

**Dr.K.Chandrasekaran**  
Professor and Head  
Department of Physical Education  
Madurai Kamaraj University  
Madurai

### SESSION I

#### Development Of Holistic Health Through Yoga

#### Resource person

**Dr.K.Chandrasekaran**  
Professor and Head  
Department of Physical Education  
Madurai Kamaraj University  
Madurai.

### SESSION II

#### 'Yoga for Personality Development

### SESSION III

#### 'Yoga for Health and Healing' - Demo

#### Resource person

**Dr.D.Prasanna Balaji**  
Head  
Department of Physical Education  
National College  
Tiruchirappalli.

## 13.02.2018 Tuesday

### SESSION IV

#### 'Aerobic for Ultimate Fitness' - Aerobic workout

#### Resource person

**Ms.Laishram Shila Devi**  
Assistant Professor  
Department of Physical Education  
National College  
Tiruchirappalli.

### SESSION V

#### 'Fit for Eternal Life' - Meditation

#### Resource person

**Mrs.G.Sangeetha**  
Professor  
Department of Architecture  
National Institute of Technology  
Tiruchirappalli.



**SEETHALAKSHMI RAMASWAMI COLLEGE (AUTONOMOUS)  
TIRUCHIRAPALLI-2**

**Report**

**Workshop on Fitness Management (12.02.2018 – 13.02.2018)**

**Organized by**

**Department of Physical Education and  
SEERAS Diet Clinic**

A two day Workshop on Fitness Management was organised by SEERAS Diet Clinic in collaboration with Indian Dietetic Association, Coimbatore chapter, Coimbatore was inaugurated on 12.02.2018, Monday at 9:30 a.m.

SEERAS Diet Clinic Organising Secretary Ms. N. Chellam delivered the Welcome address. The Managing Trustee of SeethalakshmiRamaswami College Sri. R. Panchapakesan honored the chief guest's Principal, SeethalakshmiRamaswami College Dr. R. Padmavathy, offered the presidential address INDIA'S oldest yoga teacher and Padma Shri awardee V. Nanammal was the special guest of the event. She showcased her skills among students, emphasizing the importance of exercise.

Inaugural Address was delivered by President of Indian Dietetic Association, Coimbatore chapter Dr. Uma Mageshwari. While addressing the gathering she highlighted the importance of healthy foods for the upcoming younger generation.

Dr. K. Chandrasekaran, Professor of Physical Education Department, Madurai Kamaraj University, Madurai emphasized that the youth should provide equal importance to both their mental and physical fitness on the topic "DEVELOPMENT OF HOLISTIC HEALTH THROUGH YOGA".

Dr. D. PrasannaBalaji, Head, Department of Physical Education, National College, Tiruchirappalli gave a technical session on 'YOGA FOR PERSONALITY DEVELOPMENT. He motivated the audience by his inspiring speech and informative videos.

Dr. T. Suthamathi, Physical Director SeethalakshmiRamaswami College, Tiruchirappalli proposed the vote of thanks.

The second day workshop started enthusiastically with an Aerobic workout – "AEROBIC FOR ULTIMATED FITNESS" for the students by Ms. LaishramShila Devi, Assistant Professor, Department of Physical Education, National College, Tiruchirappalli. A hand on aerobic practice was given to the participants. Yoga for health and healing – A

Demonstration was also held in the same session.

Mrs. G. Sangeetha, Professor, Department of Architecture, National Institute of Technology, Tiruchirappalli conducted a meditation session under the topic 'FIT FOR ETERNAL LIFE' during the afternoon session.

Following that an exclusive video conferencing was arranged to the students and Faculties of our college under the topic "NUTRITION FOR FITNESS". Mrs. K. Madhusmitha, Bariatric Nutritionist from Sydney, Australia, an alumna of SeethalakshmiRamaswami College interacted the participants for more than an hour. It was the first video conferencing lecture held in our campus.

The valedictory function was presided over by the Professor and Head, Dept. of Physical Education, Bharathidasan University, Tiruchirappalli Dr. A. Palaniswami. He addressed the gathering about the importance of Fitness and Diet for the younger generation.

Mrs. T. Suthamathi, Director of Physical Education Department, SeethalakshmiRamaswami College, Tiruchirappalli welcomed the gathering.

Miss. G. Preethi, Assistant Physical Directress, SeethalakshmiRamaswami College, Tiruchirappalli proposed the vote of thanks.



**Padma Shri awardee V. Nanammal was the special guest of the event.**

