



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited

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PROGRAMME REPORT ON

Yoga-Yoga (Lectures & Practices)

Resource Person

**Prof. S. Kamaraj Prof. Poornachandran Er. M. Ponnusamy Mr. D.
Nallathambi**

Organized by

COM- PMIST

Department of Commerce

Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India.

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“LECTURE AND PRACTICES IN YOGA”

Resource Person Details

Prof. S. Kamaraju

Prof. S. Poornachandran

Er. Ponnusamy

Mr. D. Nallathambi

Date: 31.08.2024

Time: 09.00 am to 11.00 am

Venue: Indoor Stadium

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OBJECTIVES OF THE PROGRAMME

The "**Lecture and Practices in Yoga**" programme aims to provide participants with a comprehensive understanding of yoga through both theoretical knowledge and practical experience. The objectives of this programme include:

- To introduce participants to the history, philosophy, and principles of yoga.
- To develop flexibility, strength, and balance through the practice of asanas (postures).
- To enhance mental clarity, focus, and emotional stability through meditation and mindfulness practices.
- To understand and practice various pranayama techniques to improve respiratory health and energy regulation.
- To increase lung capacity and optimize oxygen intake for overall vitality.
- To equip participants with yogic techniques for managing stress, anxiety, and emotional imbalances.
- To introduce relaxation methods, including Yoga Nidra, for deep rest and rejuvenation.
- To provide training in various meditation techniques to promote inner peace and self-awareness.
- To cultivate mindfulness in daily activities for a more present and fulfilling life.
- To empower participants with the skills to incorporate yoga into their daily routines for long-term benefits.
- To explore the therapeutic applications of yoga for improving physical and mental health.

This program

me aims to create a balanced approach to yoga by combining **lectures on theory** with **practical applications**, ensuring participants gain a well-rounded experience that enhances their health, awareness, and quality of life.

Brochure:

PERIYAR MANIAMMAI
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Periyar Maniammai Institute of Science and Technology

DEPARTMENT OF COMMERCE

Yoga

Prof.Kamaraju.S

Er.Ponnusamy.M

Mr.Nallathambi.D

Prof.Poornachandan.S

Venue : Indoor Stadium

Date : 31.08.2024

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Convenor
Dr.D.Umamaheswari,
Professor, Dean - Faculty of Commerce.
Dr.S.Subendiran,
Assistant Professor (SG) & Head - Commerce.

Co-ordinators
Dr.S.Prabhu,
Assistant Professor, Commerce.
Dr.K.Sumithra,
Assistant Professor, Commerce.

Event Report on “Lecture and Practices in Yoga”

The Department of Commerce, Periyar Maniammai Institute of Science & Technology organized an informative event on “Lecture and Practices in Yoga” on 31st August, 2024. The programme was attended by I B.Com (Professional Accounting) and I B.Com (Corporate Secretaryship) students.

Dr. S. Prabhu, Assistant Professor, Department of Commerce, PMIST, delivered the welcome address and provided an engaging introduction to the esteemed resource persons for the session.

The program was divided into two sessions:

Lecture Sessions and Practical Sessions.

Lecture Sessions:

- Prof. S. Kamaraju provided insights into the history and philosophy of yoga.
- Prof. S. Poornachandran explained the different paths of yoga and their significance.
- Er. Ponnusamy elaborated on the scientific aspects of yoga and its impact on health.
- Mr. D. Nallathambi discussed the role of yoga in stress management and emotional well-being.

Practical Sessions:

- Participants were guided through various asanas to improve flexibility and posture.
- Breathing exercises (pranayama) were demonstrated to enhance respiratory function and energy levels.
- Meditation and mindfulness techniques were practiced to promote relaxation and concentration. Yoga Nidra and deep relaxation techniques were introduced for stress relief.

The programme concluded with a vote of thanks delivered by Dr. K. Sumithra, who extended heartfelt gratitude to the resource persons and participants for their invaluable contributions, making the event a grand success.

Event Photos:



Prof. S. Kamaraju, a Senior Yoga Trainer from Thanjavur, delivered an insightful lecture on yoga and guided participants through practical sessions.

PARTICIPANTS LIST:

Department of Commerce

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YOGA

ATTENDANCE SHEET

DATE 31.08.2024

I B.COM PA

| S.No | Register Number | Name |
|------|-----------------|-----------------------|
| 1 | 124011180060 | AAYESHA SIDDHIKHA M |
| 2 | 124012180061 | ABDUL AZEEZ S M F |
| 3 | 124011180062 | AFROSE A |
| 4 | 124011180063 | ALIYA DHASNIM F |
| 5 | 124012180064 | AROCKIA ANTONY REX X |
| 6 | 124012180065 | ARUL JOTHI V |
| 7 | 124011180066 | ATCHAYA T |
| 8 | 124012180067 | AZHAGESAN A |
| 9 | 124012180068 | BARANIDHARAN D |
| 10 | 124011180069 | BHAVADARINI G |
| 11 | 124011180070 | BHAVAHARINI G |
| 12 | 124011180071 | DEEPIKA V |
| 13 | 124011180072 | DHANASRI B |
| 14 | 124011180073 | DHANUJA R |
| 15 | 124012180075 | DURAICHITHAMBARAM V N |
| 16 | 124012180076 | ESHWAR C |
| 17 | 124011180077 | FASHEELA TAHFEEN M |
| 18 | 124011180078 | GAYATHRIDEVI G |
| 19 | 124011180079 | GRACY S |
| 20 | 124011180080 | HARIMAHALAKSHMI R |
| 21 | 124011180081 | HARINEE G |
| 22 | 124012180082 | HARISHKUMAR R |
| 23 | 124012180083 | HARISH R |
| 24 | 124012180084 | JANIK RAO P |
| 25 | 124012180085 | KABILAN G |
| 26 | 124012180086 | KAILASH M |
| 27 | 124012180087 | KAILASH RAJ R |
| 28 | 124011180088 | KANIGA K |
| 29 | 124012180089 | KEERTHI AKASH V M |
| 30 | 124011180090 | KEERTHIKA S |
| 31 | 124011180091 | KIRUTHIKA M |
| 32 | 124011180092 | MADHUMITHA S |
| 33 | 124011180093 | MENAKA GANDHI S |
| 34 | 124012180094 | MOHAMED AJMAL KHAN M |
| 35 | 124012180095 | MOHAMED RIYAS M |
| 36 | 124012180096 | MOHAMED SALEEM M |

| | | |
|----|--------------|-------------------|
| 37 | 124012180097 | NAVEEN P |
| 38 | 124012180098 | NIRANJAN M |
| 39 | 124012180100 | NIZAL JAFFERA |
| 40 | 124011180101 | PARKAVI M |
| 41 | 124012180102 | PRAVEEN F |
| 42 | 124012180103 | PRITHIV C |
| 43 | 124011180104 | REEMA NACHIYA B |
| 44 | 124011180105 | RENUGA DEVI A B |
| 45 | 124011180106 | RITHIKA B |
| 46 | 124012180107 | ROHITH R |
| 47 | 124011180108 | RUBA V |
| 48 | 124012180111 | SANTHOSH S |
| 49 | 124011180112 | SASIVARTHINI B |
| 50 | 124012180113 | SENTHALIRAN R |
| 51 | 124012180114 | SENTHILNATHAN C |
| 52 | 124012180115 | SIVAGURUMOORTHY K |
| 53 | 124012180117 | SUNDAR A |
| 54 | 124012180119 | THAMEEM J |
| 55 | 124012180120 | THANJAI R |
| 56 | 124012180121 | THIYAGAVAN T |
| 57 | 124012180122 | UDHAYA S |
| 58 | 124011180123 | VARSHA V |
| 59 | 124011180124 | VARSHINI E |
| 60 | 124012180127 | NARENDRIRAN S |

1. 
K. S. Prasad

CO-Ordinators

1. Dr. S. Prasad
2. Dr. K. S. Prasad


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YOGA
ATTENDANCE SHEET

DATE 31.08.2024

I B.COM CS

| S.No | Register Number | Name |
|------|-----------------|-------------------|
| 1 | 124011170212 | BHARATHI S |
| 2 | 124012170213 | DHINESH KUMAR S |
| 3 | 124012170214 | DIVAKAR M |
| 4 | 124012170215 | FASITH AHAMED M |
| 5 | 124012170216 | FAZUL RAHMAN M |
| 6 | 124012170217 | HARISHKUMAR R |
| 7 | 124011170218 | HEMAVARSHA |
| 8 | 124011170219 | JEGADHEESWARI K |
| 9 | 124011170221 | JOTHIKA K |
| 10 | 124011170222 | LAVANYA B |
| 11 | 124012170223 | MOHAMED SHARIF T |
| 12 | 124012170224 | MOHAMED YAHOOOF M |
| 13 | 124012170225 | MOHAMED SUAIB M |
| 14 | 124012170226 | MOHAMMED UZAJR J |
| 15 | 124011170227 | RAHINI R |
| 16 | 124012170228 | RISHIKESAN K |
| 17 | 124012170229 | SAI PRASATH S |
| 18 | 124012170230 | SAISARAN V R |
| 19 | 124012170231 | SANJAY D |
| 20 | 124012170232 | SARAN KUMAR M |
| 21 | 124012170234 | SADHAM HUSSAIN H |
| 22 | 124011170235 | SIVAKAMI K |
| 23 | 124012170236 | SIVAPRAKASAM T |
| 24 | 124012170237 | THIRUMURUGAN A |
| 25 | 124012170238 | TIRUMARAN G |
| 26 | 124012170239 | VISHAL G |
| 27 | 124012170240 | VISHWA S |
| 28 | 124012170241 | YASIK RAJA I |

[Signature]
[Signature]
CO-Ordinators

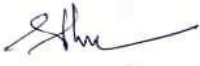

1. Dr. S. PRASAD
2. Dr. K. Anitha

[Signature]
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Outcome of the Programme

- Participants gained a deeper understanding of yoga philosophy and its practical applications.
- Improved physical flexibility, strength, and posture through guided asana practice.
- Enhanced mental clarity, emotional balance, and stress management skills.
- Increased awareness of breath control techniques, leading to better respiratory health.
- Development of meditation and mindfulness habits for sustained well-being.
- Integration of yoga practices into daily routines for long-term benefits.

1. 
2. 
Co-ordinators.

1. DR. S. PRABHU
2. DR. K. SUMITHRA



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Participant Feedback:

The participants actively engaged in the sessions and expressed their appreciation for the structured approach of the program. Many found the practical sessions particularly beneficial in improving their flexibility, breathing, and mindfulness. Attendees also highlighted the effectiveness of meditation techniques in reducing stress and enhancing focus.