



YOGA CLUB

PROGRAMME DETAILS

<u>2010-2011</u>				
S.No	Programme Name	Resource Person	Date	Targeted Audience
1	Inauguration of YOGA Club	Sri Gopalakrishnaji, Faculty, Art of living, Vyakthivikas Kendra	09.08.2010	YOGA Club members and Faculties
2	A training programme entitled "Surya Namaskar"	Mrs.ShanthiKasinathan, Teacher, ESIC, Nungambakkam, Chennai.	09.10.2010	YOGA Club Student members
3	Second Training Programme	Yoga Club coordinators	12.03.2011	Students (Girls)
<u>2011-2012</u>				
S.No	Programme Name	Resource Person	Date	Targeted Audience
1	The regular training	Mr.S.Ganesan, Yoga Trainer, Mayiladuthurai	26.11.2011	All M.C.A Students
2	YOGA Training programme	Mrs.ShanthiKasinathan, Teacher, ESIC, Nungambakkam, Chennai.	15.05.2012	YOGA Club Student members
<u>2012-2013</u>				
S.No	Programme Name	Resource Person	Date	Targeted Audience
1	Yoga training and Guest lecture programme	Dr.V.Natarajan, Professor, Department of yoga Education, Annamalai University.	17.09.2012	YOGA Club members and Faculties
2	International Training and guest lecture	Mr.P.Thomas, Budhapest ,Hungary	25.09.2012	YOGA Club members and Faculties
3	The regular training	Yoga Club coordinators	13.02.2013	All M.C.A Students
4	Guest lecture programme on "A path to success"	Mr. Sandor, Budhapest ,Hungary	26.04.2013	YOGA Club members and Faculties

5	International Training and guest lecture	Mr. Sandor, Ms.Gabreila , Budhapest ,Hungary	26.04.2013	YOGA Club members and Faculties
<u>2013-2014</u>				
S.No	Programme Name	Resource Person	Date	Targeted Audience
1	Meditation in Yoga	Dr.S.Rajasiman, B.D.S. Dental Surgeon.	31.01.2014	YOGA Club members 2 nd year U.G. and P.G. students
2	International Training and guest lecture	Prof.Dr.GEZHATimchok, Board of Member European Union Yoga, Republic of Slovika, Europe	24.02.2014	YOGA Club members and Faculties
<u>2014-2015</u>				
S.No	Programme Name	Resource Person	Date	Targeted Audience
1	Regular training	yoga coordinators	11.08.2014	YOGA Club members and Faculties
2	“Pros and Cons of Women Health through Yoga”	Dr.PriyadarshiniBharathM.B.B.S.D.G.O,Women Health and Gynecologist	27.08.2014	P.G. girls and women staff members
3	Special Yoga Training	Mrs.ShanthiKasinathan, Yoga Trainer, AgarwalVidyalaya , Chennai	30.09.2014 and 01.10.2014	staff and student members
4	Yoga training for I year UG students	Yoga Coordinators	09.03.2015 To 13.03.2015	I year UG students
5	Special Yoga Training	Yoga Coordinators	21.04.2015	Staff Members
<u>2015-2016</u>				
S.No	Programme Name	Resource Person	Date	Targeted Audience
1	1st International Yoga Day,	Mr.N.Gnanasundar, Member Board of Management, A.V.C. College of Engineering	21.06.2015	Staffs and UG students
2	Stress Management and Healthy Life for Faculty Members	Prof.D.Jayanthini Manavalakai yoga Mandram,	05.08.2015	Staffs Men/Women
3	Meditation	Dr.M.Rajasimman B.D.S	21.12.2015	Staffs Men/Women

2016-2017

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	2 nd International yoga day	Prof.S.Thirumaran, Manavalakai yoga Mandram,	21.06.2016	Staffs and UG students
2	“Learn to Meditate” A Three Day Mediation Workshop	Dr.J.S.Anandhan,MD., Ph.D, Ayurvedic and accupunture therapist	21.09.2016 to 23.09.2016	Second to final year Students from All UG departments

2017-2018

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	3 rd International yoga day.	Mr.K.Sethuraman, Former Member, A.V.C Educational Institution	21.06.2017	Staffs and UG students
2	Meditation Programme	Mr.B.K.Balamurugan Yoga Trainner	26.03.2018	Students

2018-2019

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	4 th International yoga day	Mr.K.Sethuraman, Former Member, A.V.C Educational Institution	21.06.2018	Staffs and UG students

2019-2020

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	5 th International yoga day	Dr.P.S.Thiruvarul Kamala Arumugam B.S.M.S., MD(S) Spl. Med, Assistant Medical officer (Siddha)	21.06.2019	Staffs and UG students
2	Benefits of Yoga (During I year Induction Invite)	Dr.P.S.Thiruvarul Kamala Arumugam B.S.M.S., MD(S) Spl. Med, Assistant Medical officer (Siddha)	09.08.2019	I year Students
3	Yoga for Health	Isha Yoga Foundation, Coiambatore	23.05.2020	Staffs and students

2020-2021

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	6th International yoga day	Dr.M.Rajasimman., B.D.S.	21.06.2020	Staffs and UG students
2	Path way to success	Mrs.K.Kavitha B.A., DYHE, (Diploma in Yoga & Human Excellence)	10.11.2020	Students
3	Path way to success	Mr. Jothimanikandan.M M.Sc, B.Ed., Heartfulness Meditation & yoga trainer, Coordinator – Pattukottai Zone	11.11.2020	Students

2021-2022

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	7th International yoga day	Dr.P.S.Thiruvarul Kamala Arumugam B.S.M.S., MD(S) Spl. Med, Assistant Medical officer (Siddha)	21.06.2021	Staffs and UG students
2	Yoga & Meditation	Dr.M.Rajasiman, B.D.S., Teacher Art of Living, Mayiladuthurai.	02.11.2021	Students

2022-2023

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	9th International yoga day	Mr.R.Sankar,M.Sc,B.Ed,AMIE,MBA, District Co ordinator Heartfulness Yoga centre, Mayiladuthurai.	21.06.2023	MBA Students

2023-2024

S.No	Programme Name	Resource Person	Date	Targeted Audience
1	10th International yoga day	Mr.R.Sankar,M.Sc,B.Ed, Mrs. Abirami Anandhkrishnan, M.Sc., B.Ed., M.Phil., M.A. (Yoga Sastra) Yoga Protocol Instructor, Kumbakonam and Mrs. Kala Shankar, M.A., Heartfulness Meditation Trainer, Mayiladuthurai.	21.06.2024	UG students

		AMIE,MBA, District Co ordinator Heartfulness Yoga centre, Mayiladuthurai.		
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YOGA Coordinator