



**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**

**COMMITTEE MEMBERS:**

<b>Dr. T.Poongodi</b>	- Chairman
<b>Dr. C. Sengottuvel</b>	- Coordinator
<b>Dr. P. Umaswarupa</b>	- Member

**SFCW**

<b>Mr. S. Kumar</b>	- Overall Incharge
<b>Mr. C. Thirunavukarasu</b>	- Member

**MAINTAINING REPORT:**

**Dr. C. Sengottuvel**

**OBJECTIVE:**

1. To enable the students to have good health
2. To practice mental hygiene and cognition
3. To possess emotional stability
4. To integrate moral values
5. To attain a higher level of consciousness of yoga education



**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**

**INDEX**

<b>S.No</b>	<b>DATE</b>	<b>ACTIVITIES 2024_2025</b>	<b>Pg.No.</b>
<b>1</b>	21.06.2024	International Yoga Day	<b>03</b>
<b>2</b>	09.07.2024	Students Induction Programme	<b>10</b>
<b>3</b>	12.08.2024 13.08.2024 19.08.2024 20.08.2024	Yoga for Youth Empowerment	<b>18</b>



## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

### EVENT No. 1 : International Yoga Day Celebrations

DATE: 21.06.2024



International Yoga Day was celebrated on 21st June 2024 at Dr. J.K.K. Angappa Chettiar Memorial Auditorium in the honorable presence of Shri. J.K.A. Kumararajah, Correspondent and Secretary, Salem Sowdeswari College (for women), Salem-10 and Smt. A.Kannammal, Chairman and Executive Trustee, Salem Sowdeswari College (for women), Salem -10.

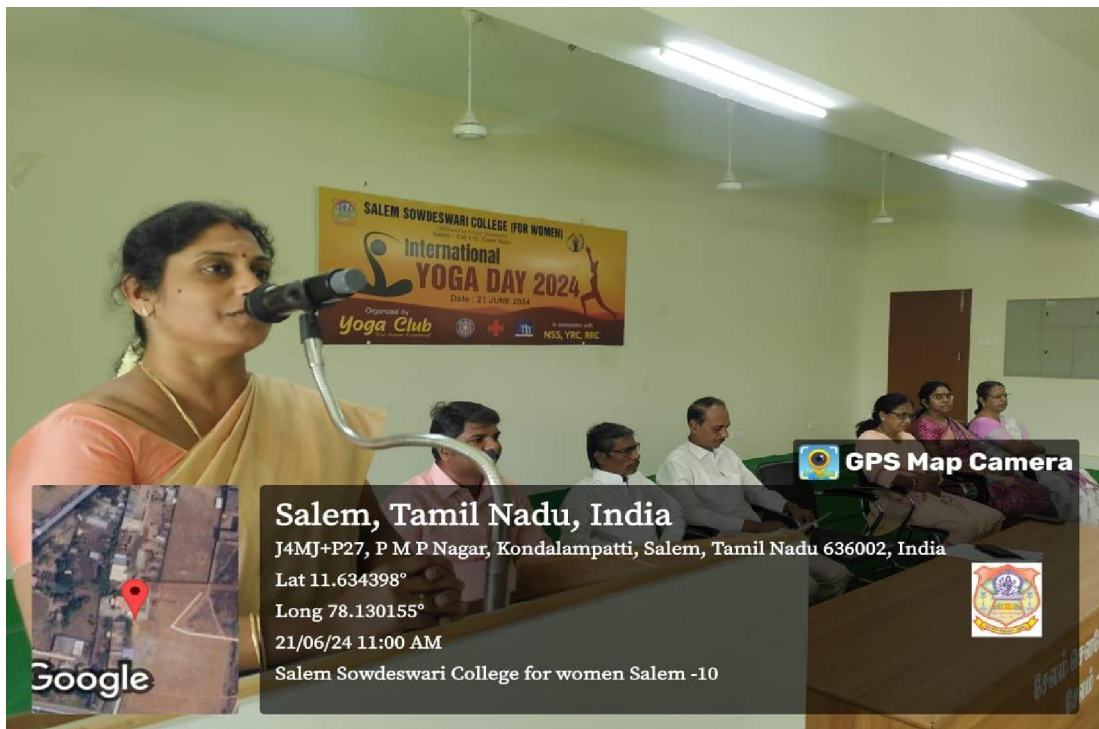




# SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025





## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

The programme was organized by Yoga Club, Red Ribbon Club, Youth Red Cross and NSS. The programme started with Tamil Thai vazhthu. Dr. P. Uma Swarupa welcomed the gathering. Our Principal(I/C), Dr. T.Poongodi felicitated the gathering. She spoke about the importance of yoga and yoga day.



Prof. Soundararajan, Vethathiri SKY Yoga, gave the special address. He started the session by chanting 'Vazhga Vaiyagam, Vazhga Vazhamudan' thrice. The students were asked to repeat after him. Prof. Soundararajan was accompanied by Prof. Govindarajan, Prof. Rajeshwari and three other professors from SKY Yoga.

Prof. Rajeshwari gave the instructions while Prof. Govindarajan demonstrated it to the students.





## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025



The yoga session began with exercises for the hands. The first position was to raise the hands above the heads in a prayer position. Prof. Rajeshwari explained that this position will stimulate blood circulation to the arms. Then she asked the students to keep the fingers in samana mudra, where all four fingers and the thumb are brought together to touch. Students were asked to rotate one arm first clockwise and then anticlockwise. Then they did the same with the other arm. The next exercise was to rotate both arms in the clockwise and anti clockwise direction. These exercises will strengthen the hands.



## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025



Students then sat in vajrasana position and kept their hands in adi mudra under their stomach and bent forward. Yoga exercises for the eyes were also taught. They were then taught breathing exercises.

Prof. Rajeshwari stated that the Surya namaskar must be done with the left leg first. After completing the 12 asanas with the left leg, the Surya namaskar must be done with the right leg.

To alleviate leg pain, Prof. Rajeshwari taught the students eka padasana. This involved standing on one leg and balancing.



**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**







**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**

Around 148 students benefited from the programme. Students provided positive feedback to the programme. Dr. P. Uma Swarupa proposed the vote of thanks. The program came to a close with the rendition of the national anthem.

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SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010


YOGA CLUB 2024-2025

Event No.2: Students Induction Programme


Date: 09.07.2024



**SALEM SOWDESWARI COLLEGE**  
(FOR WOMEN)  
(Affiliated to Periyar University), Salem-636010.



**YOGA CLUB**  
Cordially invites you for the  
**Students Induction Programme**



**“சிறந்த இலக்குகளை நோக்கி”**

Date: 09.07.2024 Time: 10.30 AM  
Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

*Special Address by*  
**Dr. A.S.RAMESH**  
Senior Professor Vethathiri SKY Yoga  
&  
Assistant Professor, Department of Psychology  
Vidyaa Vikas College of Education, Tiruchengode.

*In the Honourable Presence of*  
**Shri. J.K.A.KUMARARAJAH, Correspondent & Secretary**  
Salem Sowdeswari College (for Women), Salem-10.

*Felicitations by*  
**Dr.T.Poongodi, Principal (I/C)**  
Salem Sowdeswari College (for Women), Salem-10.



**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**

**FACULTY RESPONSIBILITIES**

<b>S. No.</b>	<b>Name of the Faculty</b>	<b>Work done by the Faculty Members</b>
1	Dr.C.Sengottuvel	Invitation & Banner preparation, Invitation distribution, Resource Person arrangement and Overall coordination, Welcome Address
2	Dr.P.Uma Swarupa	Auditorium arrangements, Students and seating arrangements, Invitation distribution, MC Preparation, Vote of Thanks, Report Preparation
3	Mr.S.Kumar	Invitation Preparation, Banner Preparation & Circular



**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**

**AGENDA**

Tamilthai Vazhthu

**Dr.C.Sengottuvel**

Welcome Address

Assistant Professor

PG & Research Department of Commerce

**Shri. J.K.A.Kumararajah**

Presidential Address

Correspondent & Secretary

Salem Sowdeswai College (for Women)

**Dr. T.Poongodi**

Principal In-Charge

Salem Sowdeswari College (for Women)

Felicitation Address

**Mr.S.Kumar**

Faculty In-charge (SFCW)

Salem Sowdeswari College (for Women)

**Dr. A.S.RAMESH**

Senior Professor Vethathiri SKY Yoga &

**Keynote Address**

Assistant Professor, Department of Psychology

Vidyaa Vikas College of Education,

Tiruchengode.

**Dr.P.Uma Swarupa**

Vote of Thanks

Assistant Professor

PG & Research Department of Commerce

National Anthem





## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

On this propitious day (09.07.2024), the YOGA CLUB has arranged a Students Induction Programme on the title “Towards Better Goals” at Salem Sowdeswari College (For Women), Salem-10 for first year students. Around 500 students participated in the programme.



The resource person Dr.A.S.Ramesh, Senior Professor Vethathiri SKY Yoga & Assistant Professor, Department of Psychology, Vidyaa Vikas College of Education, Tiruchengode was invited to give a special lecture on “Towards Better Goals”. The event was coordinated by Dr.C.Sengottuvel, Assistant Professor, PG & Research Department of Commerce..



## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

The programme began with the Tamizh Thaaai Vazhthu.



Dr. C. Sengottuvel, Assistant Professor in the PG & Research Department of Commerce and Yoga Club Coordinator, welcomed the gathering.





## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

The session was handed over to the Resource Person, Dr.A.S.Ramesh, Senior Professor Vethathiri SKY Yoga & Assistant Professor, Department of Psychology, Vidyaa Vikas College of Education, Tiruchengode. He addressed the participants about how Yoga impacts our health both mentally and physically. Further, he explained how Yoga helps students to gain greater clarity in life and achieve self-understanding.







## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

Further, the resource person clarified about how Yoga connects the consciousness of our mind with the universe. Practicing yoga can uplift humanity both spiritually and materially. Thus, the session was highly useful and beneficial to all the participants.



The event concluded with a question-and-answer session and a feedback session, during which students actively interacted with the resource person and clarified their doubts.







**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**

Dr. P. Uma Swarupa, Assistant Professor in the PG & Research Department of Commerce, delivered the vote of thanks.



The program ended with the National Anthem.



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SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

Event No. 3: Yoga for Youth Empowerment

Date: 12.08.2024, 13.08.2024, 19.08.2024, 20.08.2024



SALEM SOWDESWARI COLLEGE  
(FOR WOMEN)  
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**YOGA CLUB**  
**In Association with**  
**Salem Dadagapatti Manavalakalai Mandram Trust**  
Cordially invites you for the  
**Certificate Programme on**  
**YOGA FOR YOUTH EMPOWERMENT**

Date: August 12, 13, 19 & 20 Time: 10.30 AM  
Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

*Special Address by*  
**G.P.R. PALANESAMY**  
Senior Professor - Vethathiri SKY Yoga  
Salem Dadagapatti Manavalakalai Mandram Trust.

*In the Honourable Presence of*  
**Shri. J.K.A.KUMARARAJAH, Correspondent & Secretary**  
Salem Sowdeswari College (for Women), Salem-10.

*Felicitations by*  
**Dr.T.Poongodi, Principal (I/C)**  
Salem Sowdeswari College (for Women), Salem-10.

FACULTY RESPONSIBILITIES



**SALEM SOWDESWARI COLLEGE (FOR WOMEN)**

**SALEM - 636010**

**YOGA CLUB 2024-2025**

<b>S. No.</b>	<b>Name of the Faculty</b>	<b>Work done by the Faculty Members</b>
1	Dr.C.Sengottuvel	Invitation & Banner preparation, Auditorium arrangements, Students arrangements, Resource Person arrangement and Overall coordination
2	Dr.P.Uma Swarupa	Invitation distribution, Auditorium arrangements, Students arrangements, MC Preparation, Report Preparation
3	Mr.S.Kumar	Invitation Preparation, Banner Preparation & Circular
4	Dr.P.M.Kavitha	Overall discipline, Students arrangements, Certificate Distribution

**AGENDA**

	<b>Tamil Thaa Vazhthu</b>
Welcome Address	Dr.C.Sengottuvel, Assistant Professor of Commerce, Salem Sowdeswari College (For Women), Salem
Felicitation Address	<b>Dr.T.Poongodi</b> , Principal In-Charge, (Aided) Salem Sowdeswari College (For Women), Salem
Special Address	G.P.R.Palanesamy, Senior Professor-Vethathri Sky Yoga, Salem Dadagapatty Manavalakalai Mandram Trust





## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

Vote of Thanks	Dr.P.M.Kavitha, Head, Department of Tamil, Salem Sowdeswari College (For Women), Salem
	<b>National Anthem</b>

The Yoga Club organized a Yoga Empowerment Programme at Salem Sowdeswari College (For Women), Salem-10, specifically for final-year students over four days (August 12, 13, 19, and 20) and 145 final-year students participated in the programme.

The event featured resource persons Mr.G.P.R.Palanisamy, Mr.V.S.Soundarajan, and Mrs.K.B.Amsa Rekha, all senior professors from Vethathri Sky Yoga, Salem Dadagapatty Manavalakalai Mandram Trust, Salem. They were invited to empower the students with simplified yoga practices, Thavam, and various Dikshas. The programme was coordinated by Dr.C.Sengottuvel, Assistant Professor, PG and Research Department of Commerce, Salem Sowdeswari College (For Women).







## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

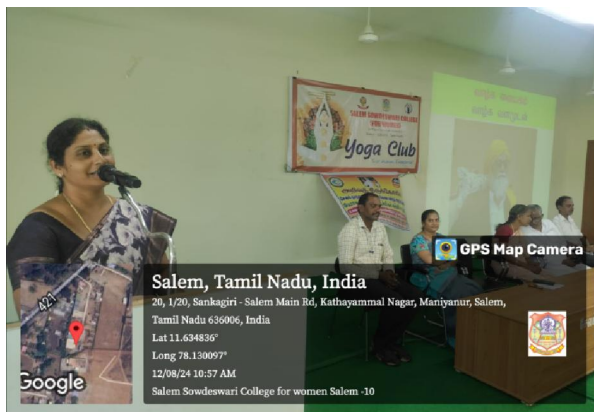
SALEM - 636010

YOGA CLUB 2024-2025

The event commenced with the Tamizh Thaaai Vazhthu, followed by a welcome address and introduction of the chief guests by Dr.C.Sengottuvel.



The gathering was graced by the presence of Dr.T.Pongodi, the Principal-Incharge, Salem Sowdeswari College (For Women), Salem who extended her felicitations."



The session was then handed over to Senior Professor Mrs.K.B.Amsa Rekha from Vethathri Sky Yoga, who spoke to the participants about Simplified Kundalini Yoga and Akinai Thavam.



## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025



Mrs.K.B.Amsa Rekha provided the following explanations to the participants: "In Simplified Kundalini Yoga, the first step is penance. Mindful observation of the vital energy between the eyebrows is called 'Akinai.' Previously, this energy was focused on the lower body, but now it shifts to the area between the eyebrows. This transition marks a turning point for spiritual ascension. The master guides the Kundalini energy, which is dormant in the Mooladhara, up through the spinal column to the forehead, between the eyebrows. This process, known as 'Touch Initiation,' is similar to a hen warming her eggs to bring-forth life. During Akinai Diksha, the guru uses his energy to elevate the disciple's Kundalini from the root to the point between the eyebrows, allowing the practitioner to experience heightened vitality.



## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025



The body, formed by the union of both mother and father, requires the guru's vitality for spiritual birth, just as milk nourishes the body. The Kundalini energy, now centered between the eyebrows, turns the mind inward, away from the five senses. As the mind aligns with life energy, the senses calm down, with four of the five senses subdued, leaving only the sensation of pressure in pain. The mind enters an alpha wave state (8-13 cycles per second), resulting in calmness, clarity, and insight. This preliminary practice of penance brings about a state of mental calmness, sharpness, insight, and the storage of Sivakantha. Following this, the teachers administered Akinai Diksha to all participants. The session was highly beneficial and well-received by everyone involved."

On the second day (13.08.2024), Senior Professor Mrs.K.B.Amsa Rekha from Vethathri Sky Yoga provided an in-depth explanation of Shanthi Thavam:





## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025



"This practice focuses on the base of the spinal cord, specifically the area above the sexual gland located near the anus. During this penance, known as Shantyyoga, the practitioner should concentrate on this specific area, either at the front or back of the body. By focusing the mind on the base of the spine, about an inch above the asana's opening, peace is easily attained.

The practice involves elevating vital energy, leading to self-enlightenment and spiritual elevation, which is the essence of peace. Shantyyogam, also known as descending penance, involves bringing the mind and energy downwards to achieve tranquility. Through this practice, physical energy is transformed into mental energy and vice versa as needed. Therefore, one should learn this practice properly, recognizing its value and significance."









## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

On the third day (19.08.2024), senior professors from Vethathri Sky Yoga offered participants an in-depth explanation of the significance of practicing Kayakalpa Payirchi. They also demonstrated the practice and introduced the students to simplified yoga exercises.



On the final day (20.08.2024), participants engaged in Duriya Tavam. This is the third taught penance, known as Nayana Deeksai, where the teacher imparts initiation through their gaze. It is akin to a fish hatching its eggs and nurturing its young through its vision. This penance, performed by halting sensation on the scalp, is referred to as Duriyam. Duriya Tavam enhances mental agility, sophistication, and emotional





## SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2024-2025

resilience. The noble thoughts cultivated through this practice are reflected in the hearts of many, purifying both inner and physical impurities. Following this, participants practiced simplified yoga techniques, and performed Surya Namaskaram. The session concluded with a question-and-answer and feedback segment, during which students actively interacted with the teachers, addressed their doubts, and shared feedback.

At the conclusion of the program, certificates of participation were awarded to all participants. The certificates were distributed by Principal-Incharge, Dr.T.Poongodi, alongside the teachers from Vethathri Sky Yoga.



Dr.P.M.Kavitha, Head of the Department of Tamil at Salem Sowdeswari College (For Women), delivered the vote of thanks, and the program concluded with the National Anthem.



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