



## **St. MARY'S COLLEGE (AUTONOMOUS)**

(Re-accredited with 'A' Grade by NAAC – 3<sup>rd</sup> Cycle)

Thoothukudi – 628001, Tamil Nadu, India.

(Affiliated to Manonmaniam Sundaranar University)

### **CENTRE FOR HUMAN EXCELLENCE**

#### **Yoga and Meditation**

**2018-2019**

- **Dr. G. Stella Beatrice Nirmala , Pranic Healing Trainer, who is authorized by Inner studies of Pranic healing , Philippines, Manila Basic, Advance and Psychotherapy classes internationally, is teaching pranic healing classes since 2010.**



- **Students are healing themselves using pranic healing techniques. They are healing others also at home.**



➤ Our students are practicing guided meditation ever friday at 8. 30 am for 15 minutes regularly.





## **St. MARY'S COLLEGE (AUTONOMOUS)**

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### **CENTRE FOR HUMAN EXCELLENCE**

#### **Yoga and Meditation**

**2019-2020**

Yoga and Meditation Club has done the following activities to make the students to get aware of yoga and its role in our life. It also helps the students to increase their concentration level. It inculcates the students to discover nature, stability and confidence level in their life.

#### **International Yoga Quiz competition**

**21.06.2020.**

- 756 second year students of our college has participated and got e-certificates for their participation.



Webinar

22.06.2020

Yogavum Valviyal Unmaigalum

- 502 students of our college has attended this webinar and received e-certificates for their participation.
- Sessions:
  1. Prof. Parthasarathy -
  2. Ms. Malathi – SINAM THAVIRTHAL
  3. Ms. Nageswari – UDARPAYIRCHIYIN MUKKIYATHUVAM




## Zoom Meeting

<https://us02web.zoom.us/j/82300167948?pwd=VIBLNTIwbWNubWpXUU90M2RrMERaUT09>

Meeting ID: 823 0016 7948

Password: 832988



**St. Mary's College (Autonomous), Thoothukudi**  
(Re-accredited with A+ Grade by NAAC)

College Yoga Team and NCC Unit  
Organize  
A National Webinar on  
"NahfhTk; tho;tpay; czik; fSk;"  
in view of International Yoga Day, June 2020  
on 22.06.2020



**Resource Persons**

Prof. Parthasarathy President & Yoga Therapist Five Element Yoga Reactive Therapy Thoothukudi	→	oz N t kUe;J
Ms. Malathi Yoga Teacher & Trainer Thoothukudi MKM Trust SKY Centres, Thoothukudi	→	rpdk;jtpHj;jy;
Ms. Nageswari Yoga Teacher & Trainer Thoothukudi MKM Trust SKY Centres, Thoothukudi	→	dwgapw;papd; Kf;fpaj;Jtk;

Time : 10.30AM – 12.30PM  
To Register click : <https://forms.gle/HRTZrQp2NXXtPdLLs6>  
Registration closes on : 21.06.2020

Platform : Zoom  
No registration fee  
E - certificates will be provided

**Organizing Committee**

<b>Patron</b>  Rev. Sr. Flora Mary Secretary	<b>Chairman</b>  Rev. Dr. Sr. A.S.J. Lucia Rose Principal	<b>Organizing Secretaries</b> Lt. Dr. F. Mary Priya Assistant Professor of English and Associate NCC officer Dr. G. Amala Jothi Grace Assistant Professor of Chemistry and Yoga Coordinator Mrs. B. Divya Assistant Professor of Chemistry
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**St. Mary's College (Autonomous),**  
(Re-accredited with A+ Grade by NAAC)  
Thoothukudi

**International Yoga Quiz Competition**

**Certificate of Appreciation**

**This is proudly presented to**

**S.SWATHI**

**II B.COM commerce**

**St.Mary's College (Autonomous), Thoothukudi**

**For her enthusiastic participation with 60% in the online  
Yoga Quiz organized by our college Yoga Team on  
International Yoga Day, 21<sup>st</sup> June 2020.**

*Lucia Rose*

**Dr. Sr. A. S. J. Lucia Rose**  
Principal



**St. Mary's College (Autonomous), Thoothukudi**

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**Certificate of Participation**

**This is to certify that {{Full Name}} of {{Class and  
department}} St. Mary's College (Autonomous), Thoothukudi has  
participated in the webinar on the topic "யோகாவும் வாழ்வியல்  
உண்மைகளும்" organised in view of International Yoga Day, 2020  
by our College Yoga Team and NCC Unit on 22.06.2020.**

**Dr. G. Amala Jothi Grace**  
Yoga Coordinator

**Lt. Dr. F. Mary Priya**  
ANO/SMC

**Dr. Sr. A.S.J. Lucia Rose**  
Principal



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### **CENTRE FOR HUMAN EXCELLENCE**

#### **Yoga and Meditation**

**2020-2021**

- All the second year students of our college got trained with our yoga trainer Mrs. Muthuselvi as per the following scheduled dates.

<b>Date</b>	<b>Department</b>
22-02-2021	Chemistry, Maths (SSC), Psychology
25-02-2021	Physics, Maths Regular, BBA
02-03-2021	Botany, B.Com (Regular)
04-03-2021	Computer, B.Com (General A)
08-03-2021	Microbiology, Zoology
10-03-2021	History,
12-03-2021	B.A English (Regular),
02-03-2021	B.Com (Corporate), B.Com (General B)
21-03-2021	B.A English (SSC)











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### **CENTRE FOR HUMAN EXCELLENCE**

#### **Yoga and Meditation**

**2021-2022**

**“International Yoga day” was celebrated virtually with the aim “Be with Yoga, Be at Home”**

#### **Event 1: Yoga for All!**

- **Principal, faculty and the students attended the session. I and II Year UG actively participated in the celebration by practicing yoga at home by clicking on their videos in the morning at 8. 15 a.m. Students and staff performed various yoga postures and asana enthusiastically. 489 participants (Zoom-253, YouTube 186) attended this event through online mode.**



**St. Mary's College (Autonomous)**  
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Thoothukudi- 628001, Tamil Nadu

**"Be with Yoga, Be at Home!"**

To celebrate 7th International Day of Yoga (IDY)  
on 21.06.2021

Our College Yoga Team, NCC Unit, NSS Units & Sports Team

Organise

**Events**

- \* **Yoga for All!**  
(Interested faculty & students can participate and do Yoga)
- \* **Online Yoga Quiz Test**  
(For the First & Second year students of all discipline)
- \* **IDY Webinar**

**Timings**

- 8:15 a.m. to 8:45 a.m.
- 9:00 a.m. to 1:00 p.m.
- 3:00 p.m. to 4:30 p.m.



**"Yoga for Health and Well Being"**

**Dr. S. Selsalakshmi,**  
Assistant Professor & Head (i/c), Department of Yoga,  
Tamil Nadu Physical Education & Sports University, Chennai.

**Best Wishes From**

Rev. Sr. Flora Mary  
Secretary

Dr. Sr. A.S.J. Lucia Rose  
Principal

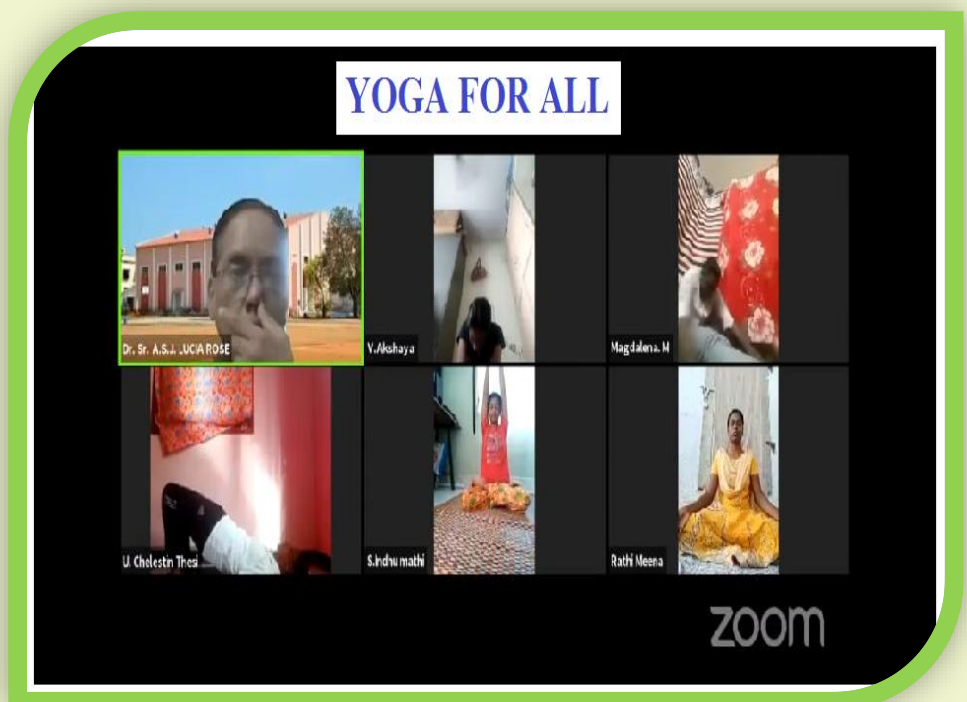
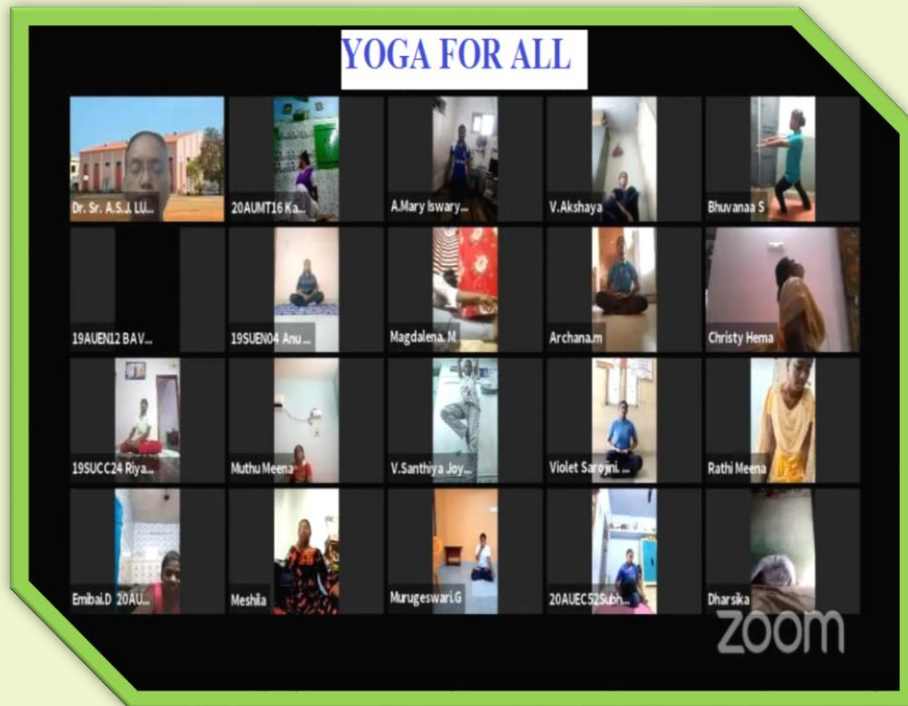
Dr. Sr. C. Shilpina  
Deputy Principal

**Coordinators**

Dr. G. Amala Jothi Grace  
Asst. Prof. of Chemistry (Yoga Coordinator)  
Dr. B. Divya  
Asst. Prof. of Chemistry  
Dr. E. Mary Priya  
Asst. Prof. of English (NCC Officer)  
Ms. M. Mangalaeswari  
Asst. Prof. of English (NSS Officer)

Dr. E. Maria Jennifer Thaya  
Asst. Prof. of History (NSS Officer)  
Dr. N. Sumathi  
Asst. Prof. of English (NSS Officer)  
Dr. V. L. Stella Arputha Mary  
Head, Dept. of Maths (NSS Officer)  
Ms. A. Christy Ananthi Hemalatha  
Director of Phy. Education





## Event 2: Online Yoga Quiz

- An online quiz on yoga was conducted for both I and II year students to motivate them to develop a healthy habit and lifestyle and thereby promote emotional and mental wellbeing in students through yogic practices. 867 students of our college attended this quiz.



## Event 3: Yoga for Health and Well Being

- As the theme of 2021 Yoga Day is "Yoga for Well-Being", a webinar on “Yoga for Health and Wellbeing” was organized in the evening in which Dr. S. Selvalakshmi, Assistant Professor and Head (i/c), Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai acted as the resource person and addressed the students on yoga and its importance.
- 475 participants attended this webinar through online mode. (Zoom- 264, YouTube- 210).







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### CENTRE FOR HUMAN EXCELLENCE

#### Yoga and Meditation

**2022 - 2023**

#### Seminar on Yoga for Women Well – being

**25.06.2022**

- This event was conducted in view of celebrating International Yoga Day. Dr. N.Sethu, Assistant Professor, Department of Physical Education, Manonmaniam Sundaranar University, and Tirunelveli is the Resource Person. Around 800 students attended the meeting.





## Rejigging Programme

**20.10.2022 & 21.10.2022**



➤ Mr. Jegan, International Renowned speaker from Madurai was the chief Guest. The programme was inaugurated by the principal Dr. A.S.J. Lucia Rose. Both Undergraduate and Postgraduate students were the participants. Madurai Jegan created a package of energy vibes among the youth.







## Yoga Training Schedule

- As a part of Curricula, all the second-year students are attending regular yoga training twice a week.

