

**MOTHER TERESA WOMEN'S UNIVERSITY  
KODAIKANAL**

**YOGA CENTRE**

Yoga education can supplement in university education. It can prepare the students Physically, Mentally for the integration of their Physical , Mental and Spiritual Capacity . So that the students can become healthier , saner and more integrated members of the society and of the nation. Yoga education helps in self discipline and self control, leading to immense amount of awareness, concentration and higher level of Consciousness.

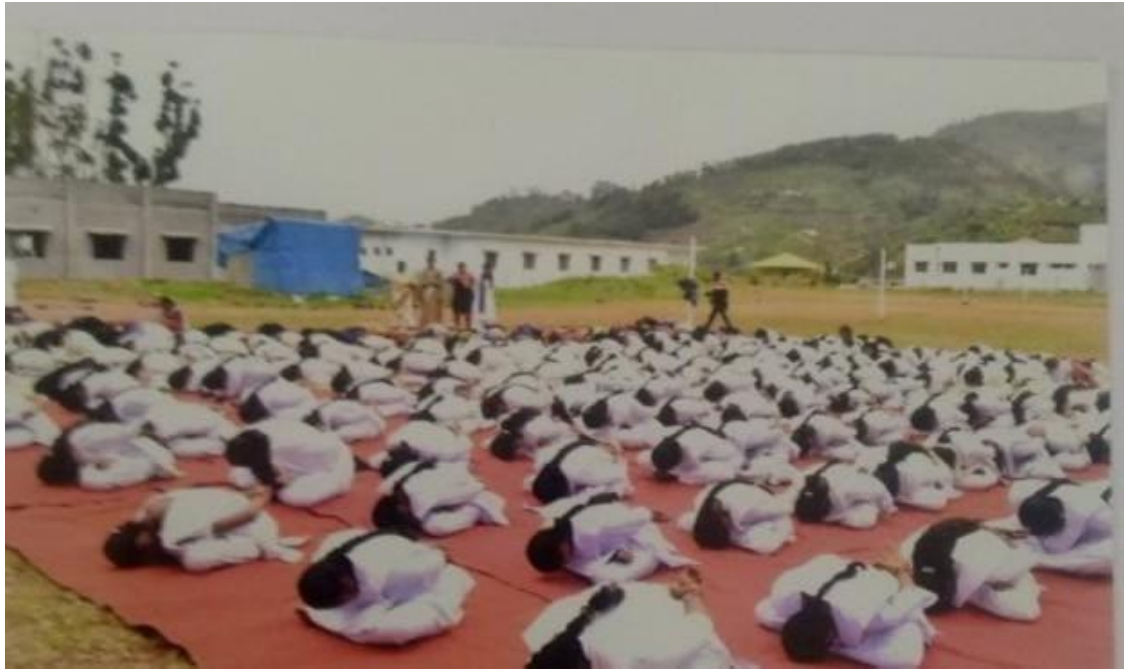
Diploma in Yoga for Human Excellence Course is given which was well designed and accepted in all Universities across the country by the World Community Service, Centre, Aliyar a yoga passed Research Centre which gives Certificate Course to Doctoral Degree. In this course for Life Force of an Individual Kayakalpa Yoga is given For physical Fitness a Simplified Physical Exercises and easy doing yoga Asana, Pranayama and mental peace of meditation methods are given. To develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity

**OBJECTIVES**

1. To enable the student to have good health
2. To practice Mental Hygiene
3. To possess Emotional stability
4. To integrate Moral values
5. To attain higher level of consciousness

**1ST INTERNATIONAL YOGA DAY 2015-2016**

A one day yoga awareness Programme was conducted as part of International Yoga Day celebrations for students and staffs on 21.06.2015.about 250 students performed the various yogasanas.





## **2<sup>ND</sup> INTERNATIONAL YOGA DAY 2016-2017**

A one day yoga awareness Programme was conducted as part of International Yoga Day celebrations for students and staffs on 21.06.2016 . about 300 students performed the various yogasanas.



### **3<sup>TH</sup> INTERNATIONAL YOGA DAY 2017-2018**

A one day yoga awareness Programme was conducted as part of International Yoga Day celebrations for students and staffs on 21.06.2017 . About 310 students performed the various yogasanas and Pranayama.



### **4<sup>TH</sup> INTERNATIONAL YOGA DAY 2017-2018**

The fourth International Yoga Day was celebrated in Mother Teresa Women's University , Kodaikanal on 21.06.2018 . About 310 students performed the various yogasanas and Pranayama.



#### 4<sup>TH</sup> INTERNATIONAL YOGA DAY FOR PUBLIC 2018-2019

As part of the 4<sup>th</sup> International Yoga Day celebrations, an Awareness Programme on Yoga was given to the public of Kodaikanal on 21.06.2018. Dr. A. Suganthi, Registrar, Mother Teresa women's University, Inaugurated the programme and spoke about the benefits of yoga and health. She also requested the participants to practice simple asana daily for vibrant and healthy living. Kodaikanal counselor, Mrs. Asha delivered a motivation talk



## 5<sup>TH</sup> INTERNATIONAL YOGA DAY CELEBRATION 2019 - 2020

A one day yoga awareness Programme was conducted as part of International Yoga Day celebrations for students and staffs on 21.06.2019 . The Vice Chancellor, Dr.Vaidehi Vijayakumar presided over the Inaugurated ceremony, and insisted the importance of Yoga practices an their impact on health. Dr.A.Suganthi, Registrar, in her inaugural address, highlighted the necessarily of going yoga and motivated the students and staff to practice yoga daily.



## 5<sup>TH</sup> INTERNATIONAL YOGA DAY FOR PUBLIC 2019-2020

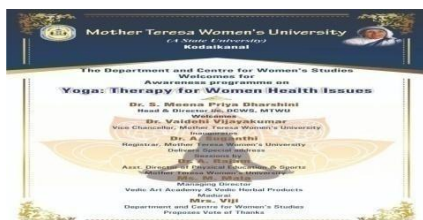
As part of the 5<sup>th</sup> International Yoga Day celebrations, an Awareness Programme on Yoga was given to the public of Kodaikanal on 21.06.2019 The Vice Chancellor, Dr.Vaidehi Vijayakumar presided over the Inaugurated ceremony, and insisted the importance of Yoga practices an their impact on health. Dr.A.Suganthi, Registrar, in her inaugural address,highlighted the necessarily of going yoga and motivated the students and staff to practice yoga daily.



## YOGA AWARENESS PROGRAMME FOR STUDENTS AND STAFF MEMBER ON 09.02.2016



Yoga Awareness Programme was conducted in our Pallapatti Centre, Dindigul on **19.07.2019**. Totally 47 participants have actively participated. Students, Staff, Public Men and Women are the category of participants.





Yoga Awareness Programme for our Chennai Centre has been conducted on **02.08.2019** at our Chennai centre. Students ,Staff , Public Men and Women and School Students– Narikuravazharkal , totally 155 participants have attended this class.



Yoga Awareness Programme was conducted on **09.08.2019** our Coimbatore Centre Participants are Students ,Staff , and Public Men and Women. Total in number is –75







Yoga Awareness Programme was conducted on **19.08.2019** in our Madurai Centre..Participants are Students ,Staff , and Public Men and Women .-Total participants-200



Yoga Awareness Programme for our Women's University College of Education  
On **27.08.2019** Participants -Students ,Staff , and Public Men and Women Number-110



**GOVERNMENT ARTS COLLEGE FOR WOMEN . YOGA AWARENESS PROGRAMME ON  
31.08.2019**



**YOGA AWARENESS PROGRAMME ON 12.09.2019–SAKTHI COLLEGE FOR WOMEN AT ODDENCHATRAM**



One week certificate course in yoga **07.01.2020 to 11.01.2020** in Mother Teresa Women's University, Kodaikanal . Participants staff and students- 102





One week certificate course in Yoga Programme for Foreigners at Vattankanal on 07.01.2020 to 11.01.2020





**27.02.2020**

**Resource Person:** Prof. Dr. Bruhild Landwehr, Institute of Pre-Primary and Primary Education, Faculty of Education, University of Leipzig, Germany

**Title:** International Workshop on "Indian Culture – German Culture Similarities & Differences"



## Two Days National Workshop on 26.07.2018 & 27.07.18

### RECENT TRENDS IN PHYSICAL FITNESS AND WELLNESS

**YOGA AND PSYCHOLOGY:** Dr. V.Vallimurugan to take the class on 26.08.2018 at morning session. He have dimension knowledge in the area of yoga. He give valuable contribution and guidance of yoga .



Dental Health and Care

One day Awareness Programme and Screening Camp on “Dental Health and Care” was organized by the Department of chemistry & Physical education wing, Mother Teresa Women’s University, Kodaikanal on 06.03.2019.

Dr. K. Vengateshan, BDS., PG Dip (Implant logy)., CC (Endo)., CC (Implant logy), delivered a lecture on Dental Health and care and offered free consultation and dental screening for participants who had dental Problems. Dr. A. Suganthi, Registrar, presided over the Programme, and Dr. C. Hilda Devi, Convener committee member, delivered the Felicitation address. About 115 participants benefited from the Programme



### **DISTRICT LEVEL YOGA COMPETITION**

The District Level Yoga Competition – Systematic Voters Education Election Participation Mother Teresa Women’s University students participated in the District Level Yoga Competition and other events during the awareness programme of SVEEP Trophy which was held on 30.03.2019 at Dindigul Collect rate Indoor Stadium , Dindigul.

- Dr. A. Rajam , Assistant Director of Physical Education and Sports of university went as Team Manager. Our students own the 5 prizes and certificates
- K. Nalayini II M.Sc Chemistry I Prize (21 to 25 age group)
- A. Karpaga Priya I M.Sc Chemistry II Prize
- M. Sujatha II Phy (18 to 20 age group ) I Prize
- B. Subasini II Bot II Prize
- N. Logeswari II B.A Eng IV Prize

The Inaugural and the Valedictory Functions were held in Dindigul District Sports Officer Mr. S. Soundara Rajan, Dindigul Election officer, Mr. S. Kattu Raja, Revenue Inspector, District Yoga Association Secretary, Mrs. R. Nithya and Yoga Association organizer Mr. V. Raja Gopal participated in this function.

University team constituted - 5 members



## WORLD HEALTH DAY

### REPORT – ONE DAY AWARENESS PROGRAMME ON WORLD HEALTH DAY

An one day awareness programme on Women's Health was organized by Mother Teresa Women's University on 10.04.2019. Dr.P.Ponrathi MBBS Senior Civil Surgeon, Government Hospital, Kodaikanal. Delivered the awareness Lecture on various health issues faced by women of several age-group

Dr. Arun Selvaraj, Director, FIMRC, spoke about the anemic problems faced by women. Dr.A.Suganthi , Registrar Mother Teresa Women's University presided over the programme. Dr. C. Hilda Devi Prof.& Head delivered the felicitation address. Dr.A.Rajam, Assistant Director of Physical Education had organized the programme about 150 participants including Teaching & Non Teaching faculty and Students attended the programme.



Health centre cell and Health club jointly organized Health Awareness Programme on 30.08.2019 inside Mother Teresa Women's University campus. The special guest Dr.VijilaIsac, MBBS, DNB(Family Medicine), Family Physician, Vanallen Hospital, Kodaikanal.





**One day Awareness Programme on “Prevention of Outbreak Corona Virus disease” was conducted on 13.03.2020**



### **FITNESS CENTRE**

Health education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity. A fitness center may provide both indoor and outdoor health and fitness activities. All in all, we could say that a fitness center is more than a gym. It provides simple work out without any gym machines and equipment but offers a wider variety of group classes and activities,

Two Gym centre available in our Ananthagiri campus and Attuvampatti Campus.

#### **Objectives:**

1. To Create a woman-focused workout environment that promotes confidence in our clients.
2. To Promote the success of our clients in meeting their fitness goals.

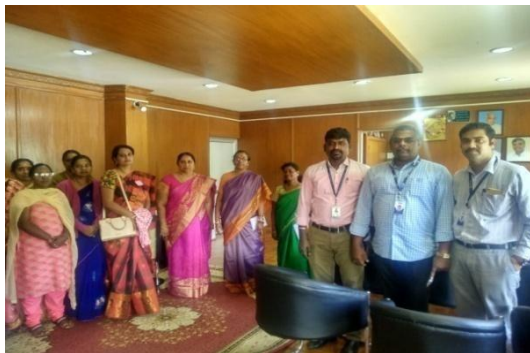
3. To Celebrate their successes and help them set new fitness goals
4. To improve one's cardio respiratory fitness,
5. To improve muscular strength and endurance, or flexibility,
6. To attain body composition goals - for those who need to lose weight, or weight gain

## **FIT INDIA PROGRAMME**

**29.08.2019**

### **Fitness Pledge taken by Staff & Students**

" I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbors to be physically fit and make India a fit nation".



**06.02.2020 & 07.02.2020**

### **04. 2 days Self Protection Training - Silambam.**

Classes handled by Mr. Vadivel a Silmbum Trainer



**FITNESS PRACTICE THE STUDENTS ON 25.08.2018**





### **FITNESS PRACTICE THE STUDENTS ON 31.01.2019**



### **SPORTS**

The Sports Cell of our Mother Teresa Women's University, Kodaikanal has been formed to promote related activity. Both students and staff members are the members of this club. It actively involved all sports related matters then and their and gives a valid solution to promote sports activities among students and staff for the carrier progression and life wellness . It also helps to our university to prepared for fund based project in sports submit UGC/funding agencies to get helps

### **OBJECTIVES**

1. To develop Physically, Mentally, and Socially involved
2. To enable the students to have good health
3. To practice Mental Hygiene
4. To possess emotional stability
5. To integrate moral Values

## **ANNUAL GENERAL BODY MEETING ON 13.07.2014**

Annual General Body Meeting of our University for the year 2014-2015 for Sports was conducted at Mother Teresa Women's University campus on 13.07.2014. Vice Chancellor Dr. K. Manimegalai, Dr. K. Kala Registrar i/c, Dr. A. Rajam, Asst. Director of Physical Education & Sports, Dr. Kamali, Dean Student faculty Member, Mrs. Rathi Devi, Finance Officer, Dr. T.M.S. Chanthramathi Jabarani, Principal MTWU College, and all other Principals/Physical Directors/Sports in charge of all affiliated Colleges of Mother Teresa Women's University have participated in this meeting.



## **ANNUAL GENERAL BODY MEETING ON 13.07.2015**

Annual General Body Meeting of our University for the year 2015-2016 for Sports was conducted at Mother Teresa Women's University campus on 13.07.2015. Vice Chancellor Dr. K. Manimegalai, Dr. K. Kala Registrar i/c, Dr. A. Rajam, Asst. Director of Physical Education & Sports, Dr. Kamali, Dean Student faculty Member, Mrs. Rathi Devi Finance Officer, Dr. T.M.S. Chanthramathi Jabarani, Principal MTWU College, and all other Principals/Physical Directors/Sports in charge of all affiliated Colleges of Mother Teresa Women's University have participated in this meeting.



## **ANNUAL GENERAL BODY MEETING ON 12.07.2016**

Annual General baby meeting of our University for the year 2016-2017 for sports was conducted at Mother Teresa Women's University campus on 12.07.2016. our Vice Chancellor Dr.G.Valli, Dr.K.Kala Registrar i/c, Dr.A.Rajam, Asst Director of Physical Education & Sport, Dr.Kamali, Dean Student faculty Member, Mrs.Rathi Devi Finance Officer, Dr.T.M.S.Chanthramathi Jabarani, Principal MTWU College, and all other principals/Physical Directors/ Sports in charge of all affiliated College of Mother Teresa Women's University have participated in this meeting.



## **ANNUAL GENERAL BODY MEETING ON 18.07.2017**

Annual General Body Meeting of our University for the year 2017-2018 for Sports was conducted at Mother Teresa Women's University campus on 18.07.2017 Respected Vice Chancellor Dr.G.Valli, Dr.N.Geetha Registrar i/c, Dr. A. Rajam, Asst. Director of Physical Education & Sports, Dr. Kamali, Dean Student faculty Member, Controller of Examination i/c Dr.Vimala Computer Science, Mrs.Rathi Devi Finance Officer, Dr.T.M.S.Chanthramathi Jabarani, Principal MTWU College, Dr.T.Sarala Women's University College of Education and all other Principals/Physical Directors/ Sports in-charge of all affiliated Colleges of Mother Teresa Women's University have participated in this meeting.



## **ANNUAL GENERAL BODY MEETING ON 17.07.2018**

Annual General baby meeting of our University for the year 2018-2019 for sports was conducted at Mother Teresa Women's University campus on 17.07.2018. our Vice Chancellor Dr.G.Valli, Dr.A.Suganthi Registrar Dr.A.Rajam, Asst Director of Physical Education & Sport, Dr.Kamali, Dean Student faculty Member, Principal MTWU College , B.Ed. College , and all other principals/Physical Directors/ Sports in charge of all affiliated College of Mother Teresa Women's University have participated in this meeting. Sports Calendar for 2018-2019 and sports collection matters were discussed in this meeting



## **ANNUAL GENERAL BODY MEETING ON 27.06.2019**

The Annual General Body Meeting was held on 27.06.2019 in our University Campus. The Meeting was presided over by the Respected Vice – Chancellor. In the Presidential Address our Respected vice - Chancellor Dr.Vaidehi VijayaKumar has motivated all the participants to produce best result towards the achievements on Sports. The Registrar Dr.A.Suganthi. Controller of Examination Dr.S. Paul Mary Daborra, The Dean Development Council Dr.D.Ramani, Finance officer Mrs.D.Karthiyayini and Convener Dr.A.Rajam Asst Director of Physical Director and Sports Education and Sports participated in this meeting.



## **SPORTS DAY CELEBRATION ON 08.04.2015**

Sports Day Celebration has been conducted for students and staffs on 08.04.2015 . Our Vice Chancellor, Dr.K.Manimekalai presided over the Inaugural ceremony. In here presidential address she insisted the importance of sports practices and their impact on health. Dr.N.Kala , Registrar, in her inaugural address, highlighted the necessity of Physical Activity and in her speech she motivated the students and staff to practice any game daily. Dr. M.Sundar Principal, Alagappa University College of Physical Education delivered the Chief address, with the details about the importance of sports and Mrs. V.Pandeeswari (Asian Gold Medalist) in her Special Address she nicely pointed out that how to face the several problems to achieve the medals in sports . Many Athletic events have been conducted in this sports day celebration. Lastly the dignitaries on the Dias distributed the prize winner,

About 200 students and staff benefited and enjoy this sports events Dr.A.Rajam, Assistant Director of Physical Education and Sports has organized and conducted the this function along with other staff and students.





### **SPORTS DAY CELEBRATION ON 31.03.2016**

Sports Day Celebration has been conducted for students and staffs on 31.03.2016 . Our Vice Chancellor, Dr.G.Valli presided over the Inaugural ceremony. In here presidential address she insisted the importance of sports practices and their impact on health. Dr.K.Kala , Registrar, in her inaugural address, highlighted the necessity of Physical Activity and in her speech she motivated the students and staff to practice any game daily.

Dr. A.Shenbagavalli Principal, Mother Teresa Women's University delivered the Chief address, with the details about the importance of sports and Mr.M.Sridhar how to involve society members and achieve the Sports events delivered in him Special Address she nicely pointed out that how to face the several problems to achieve the medals in sports . Many Athletic events have been conducted in this sports day celebration. Lastly the dignitaries on the Dias distributed the prize winner, About 250 students and staff benefited and enjoy this sports events Dr.A.Rajam, Assistant Director of Physical Education and Sports has organized and conducted the this function along with other staff and students.



### **SPORTS DAY CELEBRATION ON 16.03.2017**

Sports Day Celebration has been conducted for students and staffs on 16.03.2017 . Our Vice Chancellor, Dr.G.Valli presided over the Inaugural ceremony. In here presidential address she insisted the importance of sports practices and their impact on health. Dr.A.Geetha , Registrar, in her inaugural address, highlighted the necessity of Physical Activity and in her speech she motivated the students and staff to practice any game daily.

Dr. K.Murugavel Professor & Head, Director of physical Education & Sports , Bharathiyar Univerisity ,Coimbatore delivered the Chief address, with the details about the importance of sports and Mr.M.K.Srinivasan Chief Manager State Bank of India ,Kodaikanal in him Special Address she nicely pointed out that how to face the several problems to achieve the medals in sports . Many Athletic events have been conducted in this sports day celebration. Lastly the dignitaries on the Dias distributed the prize winner, About 295 students and staff benefited and enjoy this sports events Dr.A.Rajam, Assistant Director of Physical Education and Sports has organized and conducted the this function along with other staff and students.



Our Mother Teresa Women's University Volley Ball Team has participated in the Inter collegiate Volley Ball Tournament 2019-2020 for women which was held at Mother Teresa Women's University, Kodaikanal. On **18.09.2019 and 19.09.2019**.



**19.02.2020 & 22.02.2020**

**4 days Out Door Game practice to PG Students.**

Practices were given in Kho- Kho , Volley Ball, Kabaddi & Athletic events  
by Dr. A. Rajam & Mrs. R. Viji PD





**06.03.2020 & 07.03.2020**

**07. Out Door Game practice to UG students**

Practices were given in Kho- Kho , Volley Ball, Kabaddi & Athletic events by Dr.A. Rajam & Mrs. R. Viji PD



**11.03.2020**

**08 Indoor games for Staff and Students.**

Recreation events - Basket Ball, Shuttle Badminton & Chess  
Fit India Movement – Yoga Practice conducted by  
Dr.A. Rajam & R. Viji PD



16.03.2020

**10. Out Door Game practice to B.Ed students**

Practices were given in Kho- Kho , Volley Ball, Kabaddi , Athletic and Yoga events by Dr.A. Rajam & Mrs. R. Viji PD



## **CULTURAL CENTRE**

In our University , the Cultural Centre is doing continuous efforts to develop cultural talents of students and staff wherever it is possible. It is always in the back for the success of any function which contain recreation agenda particularly in Independence Day Function, Republic Day Function, College Day Function and Sports Day Functions first year orientation students function and Foreigners Programme or any type of functions. One Team of Drum Set playing is developed among our University students that is used from University function to Convocation Programme. It is used by the Kodaikanal Municipality Function and provided Drum Set Equipments to our university development

### **OBJECTIVES:**

- 1) To Increase ones self-confidence.
- 2) To give a boost to one's self- esteem
- 3) To face the outer world more confidently.
- 4) To face the academic challenges in a much better way.

Cultural programmes have been arranged as a part of Independence Day Celebration and Republic Day Celebration on 15.08.2018 and 26.01.2020 in our Mother Teresa Women's University, Attuvampatti Campus. The Vice Chancellor, Dr.Vaidehi Vijayakumar presided over the function.. Dr. A.Suganthi in her inaugural address, Teaching and Non Teaching staff actively participated. About 100 students performed the various cultural activities , along with the teaching faculty. A.Rajam, Assistant Director of Physical Education and Sports, Coordinated the hole programme.

**GERMAN PEOPLE YOGA PROGRAMME ON 27.02.2020**



**INDEPENDENCE DAY CELEBRATION ON 15.08.2018**



**INDEPENDENCE DAY CELEBRATION ON 15.08.2019**





# REPUBLIC DAY CELEBRATION ON 26.01.2020

