

**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.

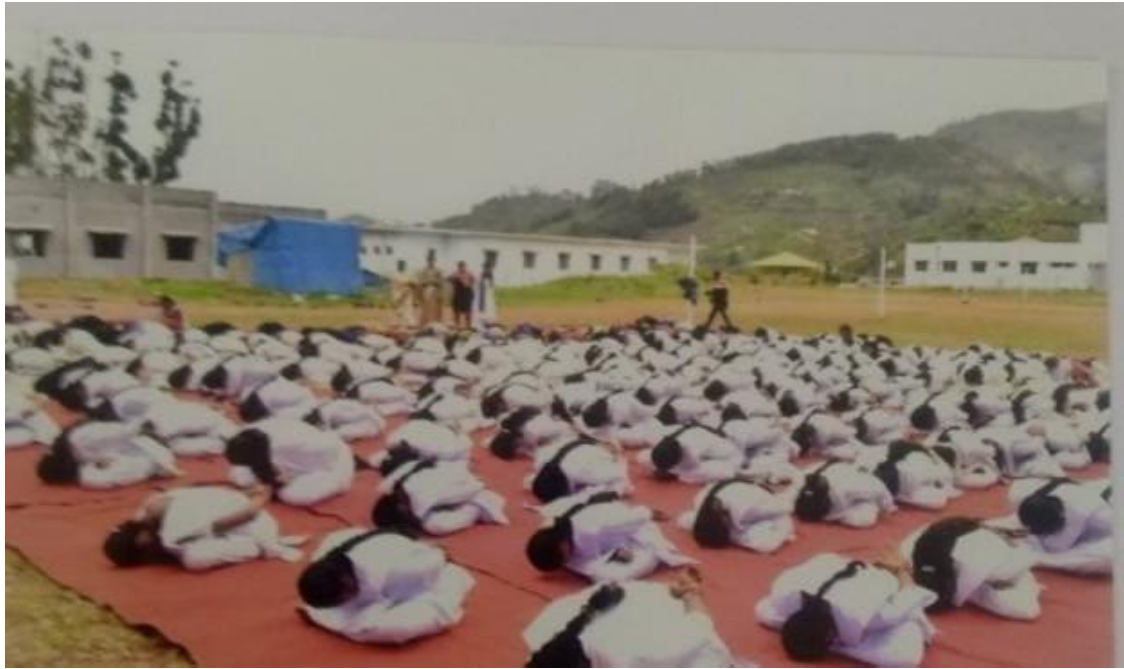
Diploma in Yoga for Human Excellence Course is given which was well designed and accepted in all Universities across the country by the World Community Service, Centre, Aliyar a yoga passed Research Centre which gives Certificate Course to Doctoral Degree. In this course for Life Force of an Individual 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,highilghted 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

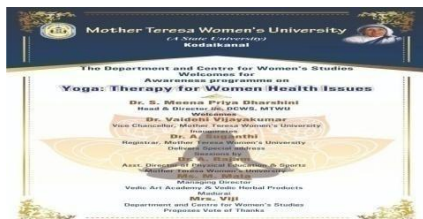
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## YOGA AWARENESS PROGRAMME FOR STUDENTS AND STAFF MEMBER ON 09.02.2016



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 OTTANCHATRAM**



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 & 27.07.2018

### 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 has dimension knowledge in the area of yoga. He gave 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

