**CENTRE FOR YOGA EDUCATION**

**ALAGAPPA UNIVERSITY, KARAIKUDI.**

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| **Aim and Purpose**  **(Suggested)** | **AIM**  1) To enable the students 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  6) To enable the students to become competent and committed professionals as yoga trainer. |
| **PURPOSE**  The original context of yoga is spiritual development practices to train the body and mind to self observe and become aware of their own nature. The purpose of yoga is to cultivate discernment, awareness, self-regulation and higher consciousness in the individual. As the split occurring between those seeking physical developments versus those seeking spiritual development has widened, the lack of awareness and attention to inner experience has disconnected the practitioner from his body. |

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| **Name** | **Designation & Dept./Division/College.** | **Status** |
| Faculty | Dr.S.Saroja,  Assistant Professor,  Alagappa University College of Physical Education, Karaikudi. | Coordinator |
| Faculty | (From Coordinator’s Faculty or other faculty) | Member |
| Faculty | (From Other Faculty)   1. Dr.RM. Vidhyavathi,   Assistant Professor,  Department of bio-informatics.   1. Dr. U. Arumugam ,   Assistant Professor,  Corporate Secretaryship.   1. Dr.M.Sivakumar,   Assistant Professor,  Department of Physics, | Member |
| Faculty | (From another Faculties) | Member |
| Student Representative | (From Coordinator’s Dept.) | Member |
| Student Representative | (From other Faculties) | Member |

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| **Range of Activities**  **(Suggested)** |  |
| To conduct orientation programme for Affiliated college physical Education teachers. All India Yoga Competition (Syllabus, Rules & Regulations) |
| To conduct Yoga awareness programme for university students(Practical) |
| To conduct Inter collegiate yoga competition on 19th January 2017 |
| To conduct summer yoga camp for school , college students and public |
| To conduct Awareness program for affiliated college students( International Yoga Day Syllabus) |

**Activities Carried out**

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| **Year** | **Description of Activity** | **Date** | **Participants/**  **Beneficiaries** |
| 2016 | Yoga Awareness programme- yoga for Human Excellence | 16.03.2016 | University teaching staff |
| 17.03.2016 | University Administrative staff |
| 2016 | International Day of Yoga | 21.6.2016 | school students(1000 students) |
| 2016 | Annual summer Yoga coaching camp | 27th April to 12th may 2016 | School, college students and public. |
| 2017 | Workshop and Activity based Yoga(WAY-2017) | 8th February 2017 | University Departments & Affiliated college students |
| 2017 | Inter collegiate Yoga Competition | 24th February | University Departments & Affiliated college students |
| **ACADEMIC** | | | |
| 2016 | Certificate course in Yoga- Distance Education | --------- | University students and public |

**Any other**

**Alagappa University**

**Centre for yoga education**

**Organized**

**Workshop and activity based yoga (way-2017)**

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**Flux for WAY-2017**

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**Inaugural function on the Dias (from the left to right) Dr.P.Baskaran Dronacharya Awardee, Prof.V.Balachandran Registrar, Dr,S.Saroja**

**Co-Ordinator for Yoga.**

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**Lighting the KuthuVilaku**

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**Participants from Affiliated Colleges and University Department Students**

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**Presidential Address given by Prof.V.Balachandran, Registrar**

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**Special Address given by Dr.P.Baskaran, Dronacharya Awardee**

**YOGA DEMONSTRATION BY DR.P.BASKARAN**

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**STUDENTS DEMONSTRATION**

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**VALEDICTORY FUNCTION**

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**FEEDBACK**

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**CERTIFICATE DISTRIBUTION**

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**Vote of thanks**