



Madurai Kamaraj University

(University with Potential for Excellence)

Centre for Educational Research



Report of the Five-day Training Programme on
“Yoga for Holistic Life Course”
(held on: 19th to 23rd April, 2017)

Director

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Report on Training Programme on Yoga for Holistic Life Course

Yoga helps in controlling and uniting an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful life. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind particularly for working people. Yoga and meditation are great remedies to remove their tensions which definitely affect their health. There are many stresses on those who work in education. As teaching fraternity are the builders of the future generation, they should be healthy both physically and mentally.

To enhance both the physical and mental health of the University Faculty Members, College Teachers, Research Scholars and Administrative Staff Members, our Madurai Kamaraj University, Centre for Educational Research has organized a training programme on “Yoga for Holistic Life Course” in collaboration with the World Community Service Centre, Aliyar for five days from 19.04.2017 to 23.04.2017. Totally 29 staff members from the University and from the colleges affiliated to the University have participated in this training programme.

The organizing committee asked the participants to be on time at Madurai on 18th April, 2017. The team took him at 3.00 pm and reached aliyar at 8.15 pm. They have been given accommodation and food at Temple of consciousness, Aliyar.



The training programme on “Yoga for Holistic Life Course” has started on 19th April 2017 with the Registration at 9.00 am. Participants have been given programme kit with the schedule of the training programme.



The training programme consisted of physical exercises to improve the physical health, meditation sessions to enrich the mental health and various other sessions to enhance the personality and family values.



Every day at 6am and 7.30 pm the participants assembled for meditation at Manimandabam in the campus. From 6.45 am to 8.00 am, they did physical exercise theory sessions have been conducted from 10 am to 1 pm and from 4 pm to 6.45 pm. During lunch hours, the participants were asked to utilize the library. The participants were well treated with good hospitality. World Community Service Centre has arranged good accommodation and healthy food which made the participants feel at home.



The programme were meticulously planned and neatly executed distribution of certificates to the participants on 23rd April 2017. After the successful completion of the training programme, the participants gained confidence that they could lead their lives with peace and harmony which would surely reflect on their work life.



The organizing committee asked the participants to be on time at Aliyar on 23rd April, 2017. The team took him at 2.30 pm and reached Madurai at 8.00 pm. In that programme 29 participants participated. The participants very much appreciated the

program and opined that the program was much beneficial to them. The whole yoga program helped to improve their physical and mental condition.

Programme Photos





