



Madurai Kamaraj University

(University with Potential for Excellence)
Re-accredited by NAAC with 'A++' Grade in the 4th Cycle



Centre for Educational Research

organize a Two-day (2 Batches) Programme on
“Basics of Yoga for Students”
(28th to 31st March, 2023)

Programme Report

Director

Dr. R. Annadurai

Organizing Secretary

Dr. M. Rajeshkumar

Organizing Joint Secretary

Dr. B. Kannan



Programme Report - “Basics of Yoga for Students”

The Two-day (2 Batches) Programme on ‘Basics of Yoga for Students’ was organized by the Centre for Educational Research, Madurai Kamaraj University from 28th to 31st March, 2023. As an initiation, the inaugural function was done at the seminar Hall at 10.30 a.m. in the first-day programme. Dr. R. Annadurai, Director i/c welcomed the gathering with an outline about the ‘Basics of Yoga’ as an initiation.



After the welcoming address Senior Professor N. Sriram, Treasurer of WCSC – Madurai Zone, discussed various types of connections, such as the link between life and physics, the relationship between mind and soul, and the connection between soul and yoga. He emphasized the importance of valuing every minute and emphasized the need to lead a meaningful life by nurturing a strong and healthy body and mind. He stressed the significance of maintaining a positive and productive mindset, which can be achieved through the practice of yoga, ultimately shaping individuals into better human beings from every perspective. He concluded by emphasizing that everything and everyone orbits around a static origin, which he identified as the supreme power, or God. He pointed out that this Power records everything, underscoring the importance for individuals to recognize the value of their lives and strive to make it meaningful.



After the opening ceremony, the registered attendees were directed to gather in the seminar hall. They were provided with writing notebooks and books authored by Vethathiri Maharishi to aid in their training. The first session, led by Professor Surulikumaran, delved into the essence and practical applications of yoga. Following a lunch break, Professor Seetharaman kicked off the second session, where he explained the significance of the Kayakalpa practice in leading a fulfilling life. Later on, Professors Surulikumaran, Premakumari, and Grahalakshmi conducted a hands-on session on kayakalpa, guiding all participants through the exercises with enthusiasm. To conclude the first day, Prof. Surulikumar emphasized the importance of Aakinai Dhavam and the art of living, highlighting the mind as the crucial link between the mind and soul.

On the second day, Professor S. Premakumari kicked off the first session by emphasizing the significance of exercise. She emphasized that regular exercise is crucial for maintaining a healthy body. During her speech, she detailed various exercises including hand, leg, breathing, eye, stomach, and maharasanas. Following a tea break, Professor A. N. Grahalakshmi delivered a lecture on the analysis of thoughts. She defined thoughts as comparisons between events in life, originating from the mind. She went on to explain genetic magnetism and its influence on our thoughts, eloquently illustrating that the mind is the master while the body serves as the servant.



In the second session, Professor M. Surulikumarn provided an in-depth lecture on 'Shanthi Dhavam', elucidating its significance in our lives. He meticulously differentiated Shanthi Dhavam from other forms, highlighting that while all other forms channel energy from the genetic center to Akkinai, Shanthi directs excess energy from Akkinai back to the genetic center.



In the third session, Professor Premakumari revisited the exercises taught the previous day, which participants practiced with keen interest. Exactly, 4 pm, the valedictory function commenced. Several participants shared their feedback about the two-day program, followed by a valedictory address from Dr. M. Sivakumar, Chairperson and Head of the Department of Entrepreneurship Studies at Madurai Kamaraj University. Certificates were then distributed to all the participants. Yoga Professors and faculty members from various departments of Madurai Kamaraj University were in the

audience. Every participant experienced profound joy and exuded an atmosphere of happiness.



On the third day, the second batch of registered participants were kindly requested to gather in the seminar hall. To enhance their learning experience, attendees were furnished with writing notebooks and books authored by Vethathiri Maharishi. The initial session was led by Senior Professor Sriram, who delved into the purpose of yoga and its practical applications. Following the tea break, the second session began with Professor Seetharaman introducing the Kayakalpa practice and underlining its importance in leading a fulfilled life. Post a lunch break, the third session was facilitated by Professors Surulikumaran, Premakumari, and Grahalakshmi, who guided participants through a hands-on Kayakalpa session. Everyone thoroughly enjoyed participating in the exercises. The concluding session of the third day was conducted by the esteemed senior professor N. Sriram, focusing on Aakinai Dhavam and the art of living. He adeptly conveyed to all participants that the mind plays a pivotal role in connecting the mind and the soul.



On the fourth day, Professor Seetharaman kicked off the session with an in-depth lecture on 'Shanthi Dhavam', underlining its significance in our lives. He made a careful distinction between Shanthi Dhavam and other practices, highlighting that while the latter channels energy from the genetic center to Akkinai, Shanthi redirects excess energy from Akkinai back to the genetic center.

Following a tea break, Professor Grahalakshmi underscored the importance of regular exercise for maintaining a healthy body. She elaborated on various exercises, covering hands, and legs, breathing techniques, eye exercises, core workouts, and maharasanas.



During the third session of the last day, Professor Premakumari delved into the analysis of thoughts. She defined thoughts as comparisons between life events that stem from the mind. She then elucidated on genetic magnetism and its influence on our thoughts, eloquently illustrating that the mind takes the lead while the body plays a supportive role. The final session was conducted by Professor Surulikumaran, who emphasized yoga as a means to connect life from its inception to its conclusion. He stressed the importance of a purified mind through yoga, leading to a deeper understanding of the world. He emphasized that every birth on Earth holds meaning and purpose, as individuals are here to fulfill their duties and expiate their shortcomings through purposeful living. Professor Surulikumaran also pointed out that the five senses of humans function optimally when aligned with other aspects, all guided and controlled by divinity, a realization that dawns through meaningful yoga practice.



After the conclusion of the last session, the valedictory function commenced, with Dr. Annadurai, the director of the Center for Educational Research, extending a warm welcome to the dignitaries. Senior Professor N. Sriram, along with Professors Surulikumaran, Grahalakshmi, and Premakumari, as well as Madurai Kamaraj University faculty member, Dr. Sengamalam, and Center for Educational Research faculty members Dr. Rajeshkumar and Dr. Kannan were present on the dais. The participants who benefitted from the program shared their feedback, and certificates were distributed to all attendees. The participants expressed immense joy and satisfaction. Finally, Dr. M. Rajeshkumar from the Center for Educational Research extended gratitude to the esteemed authorities, special guests, dedicated team members, professors, students, scholars, technicians, and non-teaching staff, acknowledging their collective efforts and contributions that ensured the successful completion of the program without any shortcomings.





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