



# Madurai Kamaraj University

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



## Centre for Educational Research

organize a two-day  
**“Awareness Programme on Yoga”**  
(21<sup>st</sup> & 22<sup>nd</sup> December, 2022)

### Programme Report

**Director**

**Dr. R. Annadurai**

**Organizing Secretary**

**Dr. M. Rajeshkumar**

**Organizing Joint Secretary**

**Dr. B. Kannan**



## Report of the Awareness Programme on Yoga



The two-day Awareness Programme on ‘Yoga’ was organized by the Centre for Educational Research, Madurai Kamaraj University from the 21<sup>st</sup> to 22<sup>nd</sup> of December 2022. As an initiation, the inaugural function was done at Sir C.V. Raman 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 ‘Kundalini Yoga’ as an initiation.



Following the Welcoming Address, the beloved and most respectable Vice-Chancellor, Professor J. Kumar delivered the presidential address in an excellent trigger of the function. He noted that in line with International Yoga

Day which is being celebrated 21<sup>st</sup> of June, this event made one more step in the action of our university and he stressed that every discipline could be achieved by its effective practice and yoga is one of the good practices through which one's discipline could be reached its zenith without any doubt. He added that nowadays 'system of faith' is lost because of attitudinal problems and a good attitude should be attained only when these types of practices make not only physical health and also mental fitness to make every decision good and productive. In addition, Vice-chancellor highlighted the importance of 'Sirassasanam' and its effectiveness in a greater way and he appreciated the team who made this event successful as a conclusion.



In the next part, the inaugural address was given by Sr. Prof. K. Perumal, Director-Academy, Temple of Consciousness, Aliyar. He started with the statement as "Yoga is a way of Life". He stated that Yoga consists of many branches, whereas Vedhathiri Magarishi made Yoga Simple and everyone at any age could be done for their benefit. Prof. Perumal clarified the concepts of Yoga among which he focused on the 'Kayakalpa Yoga' which helps to increase the span of life, postpone aging, and channel the young mind. He also stressed that Yoga is not only for physical and mental health and also helps us to introspect ourselves and to realize the cause-effect system. He concluded that Meditation is part of yoga through which everybody could reach near to God and thus you, the practiced person mastered yourself as an intuitional.

As the next part, our respected Registrar i/c, MKU felicitated the gathering and event. He started with the statement YOGA came from the Tamil Word "YOGAM" which means "Mystic Power" and Yoga otherwise called 'Discipline'. He did put his worry about our body flexibility nowadays,

especially after the COVID-19 period, particularly the persons affected by Corona Virus who are in need of Yoga practices for while at least to make them better. In addition, he rushed that today's fast-food culture makes our health culture poorer and he stressed that only when people do all their actions interestingly the results will be meaningful and effective. Dr. M. Sivakumar pointed out in his final as Yoga is to be done interestingly by realizing its value and benefits to make our lives better definitely.



As a next component, Sr. Prof. V. Ramamoorthy, Director-Admin, Temple of Consciousness, Aliyar gave his Thematic Address of this Programme. In that, he added his view on yoga with the following: Yoga is the way to connect life from origin to end; the mind is important and it is purified by practicing Yoga and thus it helps in realizing the world clearly. Every birth on the earth could not be done without any meaning or objectives whereas everyone came here to do their duties and expend their sins by meaningful living. The five senses of humans function well only other parts can function in their action well and these are done and controlled by divinity and it could be realized only when we realize the importance of practicing yoga meaningfully. We are all given birth to eradicate all our sins within the span

of life and it could be lengthened only when you practice appropriate yoga to complete your meaning of birth.



In the next, Sr. Prof. N. Sriram, Treasurer, WCSC – Madurai Zone, gave his Special Address. he explained different types of connections namely, the connection between life and physic, the connection between mind and soul, the connection between soul and yoga, etc., He noted that every minute is precious and thus we have to live our lives meaningful by means of making our body and mind strong and healthy. He added that thinking should be positive and productive and these will be achieved only when practicing yoga by means of making everyone a good human being in all his perspectives. He highlighted the quotes of principles to make our lives better as “Ullathi Unardhal”, Nallathai Seithal”, and “Alladhai Vidual” and he concluded with everything and everybody is being revolved around a static origin which is nothing but the supreme power, The God, and everything is being recorded by that Power and thus we people should realize the value of our lives and make it meaningful. As the final part, The Vote of Thanks which was proposed by Dr. M. Rajeshkumar, CER, MKU by honouring the higher Authorities, Respecting the Special Guests and Team, Appreciating Professors, students, scholars, technicians, and non-teaching staff for their contributions and participation to make the proposed programme completed without any lacking.



After the completion of the inaugural function, the registered participants are requested to assemble at the seminar hall in the department of education. The participants were supplied with writing notebooks and books of Vethathiri Maharishi to go along with the training easily. The first session was started by Professor Seetharaman elaborated on the purpose of yoga and its applications. After a lunch break, the second session started Professor Seetharaman presented the Kayakalpa practice and explained its importance to leading a happy life. Professor Surulikumaran, Professor Premakumari and Professor Grahalakshmi hosted a kayakalpa practical session all the participants followed their instructions and learned kayakalpa practices and they enjoyed doing this exercise. The last session of the first day was handled by Prof. Surulikumar and concentrated especially on Aakinai Dhavam and the art of living. He made all the participants understand that the mind is the central point between mind and soul.



On the second day first session was started by Professor S. Premakumari saying the importance of exercise. To have a sound body exercise is essential and all do it regularly is the subject of her speech and elaborated various exercises like hand, leg, breathing, eye, stomach and

maharasanas so on. After the tea break a lecture on the analysis of thoughts was given by Professor A. N. Grahakshmi defined thought as a comparison between events of life and these thoughts from the mind. And she further explained genetic magnetism and its impact on thoughts. She beautifully clarified that the mind is the master and the body is the servant. In the second session, Professor M.Surulikumarn delivered a lecture on 'Shanthi Dhavam' and he explained about Shanthi dhavam and its importance for our life. He elaborately explained the difference between Shanthi dhavam and other dhavams. All other dhavams upload energy to Akkinai from the genetic centre but Shanthi has downwards the excess energy accumulated in Akkinai to the genetic centre. In the third session Professor, Premakumari once again explained the exercise which was taught yesterday was practiced with interest. Around 4 pm. The valedictory function was started few participants presented feedback about the two-day programme. Then the certificates were distributed to all the participants. All the participants felt very happy and breathed a sense of happiness.









