



Madurai Kamaraj University

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



Centre for Educational Research

&

The World Community Service Centre Temple of Consciousness, Aliyar

Jointly organize a
Six-day Short-term Course on
“Yoga for Holistic Life”
(16th to 21st November, 2021)

Venue: Temple of Consciousness, Aliyar

Programme Report

Director

Dr. R. Annadurai

Organizing Secretary

Dr. M. Rajeshkumar

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Short-term Course Report



Life is a boon given by God to man. Man always seeks a life of happiness and peace. Man has to realize his own position and worth, and live in harmony with the others as human life is a worthy gift. The worth of human life and the magnitude of the mind can be realized only through the yoga practices. Yoga practices can elevate and enrich the mind. The quality of the mind is the quality of the individual. The level of the mind decides the level of the individual. “Manavalakkalai” offered by Temple of Consciousness at Aliyar consists of meditation practices, introspection, sublimation and attainment of perfection. Realizing the importance of yoga in this world of machines, Centre for Education and

Research, Madurai Kamaraj University, Madurai came out with a plan to organize a short term course on “Yoga for Holistic Life” for staff members. As yoga teaches us how to balance body and mind to lead a healthy life, it is important to get the training on yoga to move towards wisdom.

Day 1

Journey to the enlightenment started from Madurai Kamaraj University on 16.11.2021. Participants from Madurai Kamaraj University and other colleges started their journey to Pollachi from Madurai Junction. From Pollachi, the participants reached the Temple of Consciousness, Aliyar by bus. Conveyance has been arranged by Aliyar Ashram. Participants reached Aliyar at 8.45pm. After dinner, a brief orientation regarding the course was given to the participants.



Day 2

All the participants were asked to register at the main office at 9.00am. Session I started at 10.00am. Senior Professor Vedha Subbiah elaborated the purpose of the course. He vividly explained the benefits of meditation. In Session II Prof. Uzhavan Muthuvel explained the benefits of physical exercise. All the participants sincerely did the exercises following the instructions of the professor. Session III started after lunch at 4.00pm with 'Agna' meditation. Dr. N.A. Perumal enumerated the benefits of Kayakalpa. The participants practiced Kayakalpa with interest. They were given instructions about next day's schedule. They were asked to do meditation at Maharishi Mani Mandapam every day at 6.00am and 7.30pm. Each and every participant followed it and meditated at the scheduled time.



Day 3

The day's I Session started with 'Agha' meditation. Mr. Janakiraman conducted the counseling session. "How to be always happy?" was the topic discussed by him. He explained the four elements: health, wealth, relationship, self confidence, necessary for a happy life. Session II was about "Analysis of Thoughts". What are thoughts? How thoughts develop? How to analyse thoughts? are the key points discussed. Dr. Sumathy Srinivasan further discussed that regular analysis of thoughts would increase awareness. Thoughts are the basis for all actions both good and evil. Noble thoughts lead to the uplift of the self. She said analyzing the thoughts would help overcome desires, anger and worries.





Each session of the day started with 'Aghna' meditation. Session III was conducted by Prof. Murugan. He gave lecture on "Moralization of Desire". Desires cannot be suppressed but can be analysed with total awareness. He suggested the ways to moralize the desires. The topic discussed in Session IV was "Neutralization of Anger". Dr. Sakthi Kumaravel conducted the session. He said that neutralizing anger is very important. Anger is capable of ruining one's physical and mental health. He pointed out that the practice of Kundalini meditation would help to conserve life energy and neutralize anger. He also listed out the methods to neutralize anger.

Day 4

In Session I, the topic "Karma Yoga" was under discussion. Dr. Vivekanandan explained the term 'karma yoga' and its functions. He insisted the importance of karma yoga to attain yogic state. He explained

the five features to lead a harmonious life. Karma means duty. Doing one's duties without expectations is 'karma yoga'. Session II was conducted by Prof. Uzhavan Muthuvel. He described the process and importance of Shanthi meditation. He also gave practice to the participants on Shanthi meditation.



Session III was "Family Harmony". Prof. Ramamoorthy explained the ways to retain peace within the family. Finding faults and having expectations will spoil the harmony in the family. He elaborated the importance of the role played by tolerance and love in a family with everyday examples. In Session IV Prof. Uzhavan Muthuvel made the participants familiarize with the simplified physical exercises. With his enthusiastic and humorous comments, the participants learnt the exercises quickly.

Day 5

I Session started with Agna meditation. Dr. K. Perumal gave lecture on “Eradication of Worries”. He explained that worries ruin physical and mental health and life appears to be a misery and a failure. He further said that worries can be eradicated through awareness regarding the laws of Nature, the prevailing social customs, the purpose of life and living in accordance with the knowledge. In Session II, Thuriyam initiation was given to all the participants. Dr. Sakthi Kumaravel conducted the session. The participants learnt how to concentrate on the centre called ‘Thuriyam’ and they did Thuriyam meditation successfully.

Doubts regarding the topics were discussed, meditation methods taught, the exercises practiced and the healthy habits to be followed were clarified during the session. There was a downpour of questions from the participants and all their doubts were clarified by the experts.



Day 6

Morning session started with Thuriyam meditation. Dr. Lakshman Kumar enumerated the “Benefits of Blessings”. He described that the act of blessing brings peace to the mind. Cultivating the habit of blessing the others constantly helps eradicate anger and feelings of enmity. Under the system of Simplified Kundalini Yoga, the participants begin to bless at the end of every meditation as the waves are stronger and the blessings become more effective during meditation.



After tea break, the participants gave their feedback. Some of the participants from Madurai Kamaraj University gave wonderful feedback. Then the certificates were issued to the participants. The participants departed with the knowledge of yoga. They became aware of exercises, meditation and kayakalpa practice. This short term course on “Yoga for Holistic Life” made all the participants realize they are part of the Divine and try to achieve the purpose of their lives.



Centre for Educational Research felt very happy and breathed a sense of satisfaction for having successfully conducted this short term course on Yoga for Holistic Life. Centre for Educational Research expresses its gratitude to Madurai Kamaraj University for it having given its full support for this programme. After having lunch, around 1.45 pm. The Temple of Consciousness bus took all the participants to Pollachi Junction and 3.00 pm. All the participants boarded Coimbatore - Madurai Train and reached Madurai 7.45pm.

Photos









