



Madurai Kamaraj University

(University with Potential for Excellence)

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 Course”
(03.09.2019 to 08.09.2019)

Venue: Temple of Consciousness, Aliyar

Programme Report

Director

Dr. R. Annadurai

Organizing Secretary

Dr. M. Rajeshkumar



Programme Report



Day – 1 (03.09.2019)

On the day one all the participants are assembled at the Centre for Educational Research, Madurai Kamaraj University around 2.00 pm. Madurai Kamaraj University bus took all the 50 participants to Madurai Railway Junction at 3.15 pm. We started our journey towards Pollachi Junction by Amirtha Express and we reached Pollachi Junction 6.55 pm. Then Temple of Consciousness bus took all the participants to Aliyar Temple of Consciousness and we reached around 7.45 pm. Temple of Consciousness staff members received all the Madurai Kamaraj University participants and provided accommodation with supper.

Day -2 (04.09.2019)

The day Two started with registration. The participants were supplied with writing note book, books of vethathiri maharishi to go along with the training easily.



Session 1: The session faculty Mariammal started saying about the objectives of this programme and concentrated specially on Akkinai Dhavam and the art of living. She made each participant to understand that mind is the bridge between body and soul. It was really an illuminating one for very me.



Session 2: After a tea break, session 2 started, Senthilkumar , an expert in physical exercise started the session saying the importance of exercise to do Yoga and Dhava. A sound body only can have sound mind. To have a sound

body, exercise is essential and we should do it regularly is the theme of his speech. It is wonderful after saying the importance of exercise, he taught us various exercises including hand exercise, leg exercise, breathing exercise, maharasanas and so on.



Session 3: After a delicious lunch, third session started at 4.00 p.m. Senior faculty Dr. A. Perumal introduced kayakalpa practice and explained its importance to lead a happy and long life. He further delineated that kaya is body and kalpa means perennial. To protect this body perennial, kaya kalpa is the source and further explained kaya kalpa protect mind also with patience, good will and soon. It is a thought provoking speech.

Session 4: Kaya kalpa training was practically introduced by senthilkumar and the participants enjoyed in doing this exercise. The way of senthilkumar in presenting this exercise is curious one and made everyone to probe it further. The day ended with meditation from 7.30 – 8.00 pm at the Mani Mandabam.

Day – 3 (05.09.2019)

Time for regular exercise between 6.45 to 8.00 am. The exercise which was taught the previous day was practiced with interest during this regular exercise time. Senthilkumar monitored this with enthusiasm.



Session 1: Professor Vivekanandhan gave a talk on the ‘Holiness of Guru’. He started his speech with the life history of Vedathri Maharishi. He defined and distinguished guru and teacher saying teacher is the one who learns and realizes but guru is the one who realizes and learns/teaches.

Session 2: A lecture on Analysis of Thoughts: A Practice was done by Sumathi Seenivasan. She defined thought as a comparison between events of life and these thoughts from mind. And she further explained about genetic magnetism and its impact on thoughts. She beautifully clarified that mind is the master and body is the servant.

Session 3: During third session, Dr. Sangeetha delivered a lecture on ‘Shanthi Dhavam’ and she explained about shanthi dhavam and its importance for our life. She made a shuttle difference between shanthi dhavam and other dhavams. Other dhavams upload energy to Akkinai from genetic centre but

shanthi dhavam downwards the excess energy accumulated in Akkinai to geo centre. It was a fine speech enjoyed by everyone.

Session 4: The last session was handled by Sumathi Subramanian. During her talk, she introduced introspection to find out our problems and she trained everyone to rectify it. She pondered over how greed erupts from our mind. This delivery was highly enlightening. The second day came to a halt with meditation as usual during 7.30 – 8.00 pm.

Day – 4(06.09.2019)

The day started with regular exercise between 6.45 – 8.00 am. Session one Mr. K. Perumal gave a talk on ‘Peaceful Family’. It was beautiful that gave a fine definition for family and explained that how a family can flourish. He cites reason for a glorious family as health, prosperity and mental health. There should be strong love bond among family members. Children should be showered with parental care and there should not be any bickering in front of children. It was a fine tuning of family members.



Session 2: ‘Overcoming of Anger’ is the title on which Dr. Shakthi Kumaravel showered a talk. When somebody was obstructed to achieve his/her

wishes, anger explodes is his definition for anger. He suggests ways to overcome anger and he gave a practice on that. It was really useful to pacify the minds of participants.

Session 3: Mr. Veda Subbiah delivered a talk on karma yoga during session 3. He explained about karma with reference to Bhagavat Geetha. He delineated ten postulate of karma which were propounded Vedathri Maharishi for a peaceful life. Respect women with gratitude 1% of income is used for services and purification of soul will be performed by dhavam are among the postulates. All the participants are enjoyed his speech.

Session 4 : This session was devoted for kaya kalpa training; Yoga and other exercises. This session was handled by senthilkumar. It was very much useful. With meditation, the day closed.

Day -5 (07.09.2019)

The morning started with exercise, yoga and dhavam during 6.45 to 8.00 am. as usual. Many participants felt that they are used to this practice and felt easy as it is done regularly. Senthilkumar conducted this session very interestingly.



Session 1: This session was handled by Subramaniyan on 'Naadi Suthi and Thanduvada Suthi' He gave a very simple definition for nadi and its importance. He said that there are 3 nadies they are Idakalai Nadi, Pinkala Nadi and Suzhumunai Nadi. Idakalai refers to cool impact, Pingala refers to heat. These cycles are connected by suzhumunai nadi. These naadees meet at seven points in our body. They are called as Chakkaras, it seemed as science. The session started with Subramaniyan with his speech on 'Thanduvada Suthi/Naadi Suthi' He started his speech explaining soul, mind and body. The records of geomagnetic waves is 'soul' and the recording agent is mind. Both are absorbed in body. These are his explanations about these three. The experience of soul, he said, is facilitated by dhava. Further he explained about naadi as Santhira Naadi and Suriya Naadi. It was thought provoking and made as realized about the role of our ancestors in our making.



The next session: Sakthi Kumaravel handled this session for 'Thuriya Dhavam'. He astonished everyone by saying 'Pazhakathirrkum, Vizhakkathirrkum idayil Usaladum Oru Piravi Manithan' ie. Man is a creature who oscillates between habit and reason'. He humorously explained the role of

'Dhava' in human life. And further he said that liberating soul from pollution is Dhitchai. And the one who can offer Dhitchai is 'Guru'. He was explaining three types of Dheeksha as Sparisha, Nayana and Gnana. He compressed soul with water and it is water which stands tree and it does not have any kind of taste. In the same way soul does not have any kind of whims and fancies. Both soul and water are the same. He was illuminating everyone's mind and was wonderful.

Day – 6 (08.09.2019)

The day six started with regular exercise between 6.45 – 8.00 am. And the first session was handled by Mrs. Perumal on the topic 'Vaazhathum Payanum'. In this session all the participants understood the importance of 'Vaazhathum Payanum' and the power of 'Vazhathu'. She explained vazhathu creates positive energy among people and environment.



Around 11.45 AM. Valedictory function was started with Dr. N. A. Perumal's welcome address. He listed out the achievements of World Community Service Centre and welcomed everyone. A few participants presented feedback about the training and Madurai Kamaraj University was

represented by Dr. Ganesan. Mr. P. Rengasamy, Zonal President WCSC introduced the chief guest Dr. Srinidhi K. Parthasarathi giving his talents and achievements. Then the chief guest addressed the gathering. Everyone was shocked with his familiarity with Tamil Bhakthi Literature especially in Andal Thiruppaavai, though he hails from Karnataka. He was detailing his university's association with WCSC. Then the certificates were distributed to all the participants. The valedictory came to a happy end with Sakthi Kumaravel delivering a vote of thanks. 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 2.00 pm. The Temple of Consciousness bus took all the participants to Pollachi Junction and 3.15 pm. All the participants boarded Coimbatore – Madurai Passenger Train and reached Madurai 8.00pm.