


YOGA AND MEDITATION

All the undergraduate students admitted in our college are provided Yoga & Meditation Program since 2013-2014. It includes both theory and practices, which is adopted from the World Community Service Center founded by Vethathiri Maharishi, a contemporary philosopher of the 21st century.

Yoga is practiced by all the Undergraduate students for 2 hours per week with a total of 60 hours per year. The program includes, simplified Physical Exercises, Meditation and Kayakalpa practices for the Physical Health, Improvement of Concentration and Anti-aging process for mental well-being. The continuous practices of Yoga and Meditation help for the self realization of students. All first year UG students are bestowed with "Theetchai" Meditation) like Aagna Meditation; Shanthi Meditation; Thurium Meditation and Kayakalpa practices by Simplified Kundalini Yoga (SKY) Masters.




GOBI ARTS & SCIENCE COLLEGE

(Govt. Aided Autonomous Co-educational Institution Affiliated to Bharathiar University, Coimbatore
Accredited with 'A' Grade by NAAC [4th Cycle], Nationally Ranked by NIRF, MHRD of Govt. of India)
GOBICHETTIPALAYAM, ERODE DISTRICT - 638 453.

DEPARTMENT OF HUMAN EXCELLENCE


We cordially invite you to participate in the Webinar series

Resource Persons



Dr. K. Perumal
*Director (Academic),
WCSC - Vision SKY Research Centre,
Temple of Consciousness,
Aliyar, Pollachi - 642101.*

Title: Rejuvenation Through SKY Yoga & Meditation
in Strengthening Immunity During Covid-19
Date: 12.06.2020 **Time:** 11.00 a.m. - 12.30 p.m.



Dr. S. Harshavardhen, BAMS, MA YOGA
*Consulting Ayurvedic Physician,
Trichy.*

Title: Role of Ayurveda in Strengthening Immunity
System During Covid-19
Date: 13.06.2020 **Time:** 11.00 a.m. - 12.30 p.m.

Through
Google Meet Platform

For Registration
<https://forms.gle/cdZ3ZP15a9j55QV6>

Meeting Link will be sent
30 minutes before the meeting

WhatsApp Link: <https://chat.whatsapp.com/G4V7MnCXiecJVMMaPnm358>

Organizing Members
Mrs. N. UVANESWARI
Mrs. G.P. SARASWATHE
Mrs. B. GAYATHRI
Mr. P. SHANMUGAM
Department of Human Excellence

Mrs N. UVANESWARI, Organizing Secretary - 90470 28324
Dr. P. LOGANATHAN **Prof. Dr. V. THIAGARASU**
HOD & Convener Principal & Chairman

No Registration Fee....! E-Certificate to all Participants....!

