



INTERNAL QUALITY ASSURANCE CELL (IQAC)

Organises

**A One-week Virtual Multidisciplinary
Short Term Course (STC)**

on

“YOGA: THE TOOL FOR HARMONIZING THE SELF AND THE WORLD”

09th February to 16th February, 2022



Registration Details:

Rs.500/- for the Faculty and Rs.300/- for the Research Scholars and Students

Last Date for Registration: 08-02-2022

About the University

In the early 1920s Rajah Sir S. R. M. Annamalai Chettiar founded Sri Minakshi College, Sri Minakshi Tamil College and Sri Minakshi Sanskrit College at Chidambaram. In 1928 these colleges evolved into Annamalai University as per Annamalai University Act 1928 (Tamil Nadu Act 1 of 1929).

One of the most significant developments is the enactment of the Annamalai University Act, 2013 (Tamil Nadu Act 20 of 2013), which has come into force from September 25, 2013. Recently Annamalai University has been made an Affiliated University with effect from the academic year 2021-22. Annamalai University is accredited with 'A' Grade by NAAC in 2014. "The NIRF-2020" by the Ministry of Human Resource Development (MHRD) has ranked the University in the band 101 - 150 in the overall category as well as the University Category. In the Pharmacy Category the ranking is 12th in India. In the Medical Category the ranking is 35th. "The Times Higher Education World University Ranking - 2021" has ranked Annamalai University in 1000+ for Overall category. In the Subject Category Ranking, 2021, the University is ranked 601+ for Clinical & Health Subjects, in the band of 801-1000 for Engineering, 801+ for Life Sciences and 1000+ in the Physical Sciences Subjects. "The QS World University Ranking - 2021" has ranked Annamalai University in the band of 301-350 in Asia Ranking, and 39 in India Ranking. "The CWTS Leiden Ranking 2019", on scientific impact of universities and on universities' involvement in scientific collaboration & scientific performance, has ranked the University at 23rd based on the number of publications and 7th based on the proportion of publications that, compared with other publications in the same field and in the same year, belong to the top 10% most frequently cited. Among the top 212 ranked institutions for Higher Education in India the "SCImago Institutional Ranking (2019)" has ranked Annamalai University as 9th in Tamil Nadu and 29th in India.

Annamalai University is one of the largest unitary, teaching, and residential Universities in Southern Asia comprising of 10 Faculties and 55 Departments of study. This University has played a pivotal role in providing access to higher education to thousands of youth cutting across the social spectrum, especially from economically and socially disadvantaged classes. In this respect, this University's service to the nation is tremendous.

IQAC, Annamalai University

Quality ought to be the defining element of higher education and the IQAC (Internal Quality Assurance Cell) Annamalai University is the heart that pumps quality initiatives through the nerves of academic and administrative cells of our University. It also devises and implements mechanisms to ensure the sustenance as well as improvement of quality in all aspects of higher education. The IQAC, Annamalai University, ensures that the process of education meets international needs in the era of globalization. It devises methods and methodology to harvest the impact of technology on the educational delivery. Above all, it explores all the avenues to make the University participate in different internal and external audits to bring accountability and credibility to its quality initiatives and measures.

About the STC

Yoga is an ancient treasure that our country has given to the world. It is a tool to open the mind and body and bring about transformation. It is a process that aids in confronting one's limits and transcend them. Our habits, good or bad, can be looked upon as a way of resisting change by gluing one to immediate gratification. This distorts our perception or focus that affects our quality of life. The feeling of being out of control, unable to resist temptation, is usually a sign of physical or psychological addiction, and has mechanical aspects. Though we "know" the pleasure is not worth the pain it will cause, it is still often surprisingly difficult to resist it. Self-destructiveness involves, among other things, going for an immediate pleasure, even though the end result is pain. That is the reason why people, with all the conveniences are not happy in life. Materialism is causing havoc in human life. How to overcome such pleasure seeking approach? People know that it should be done through will power. We also know that we lack that skill. Hence we see our fellow human beings as competitors, and fight with them on every possible reason like gender, religion etc. Yoga is a psychophysical approach to life and to self-understanding that can be creatively adapted to the needs of the times.



Organising Team



Chief Patron:

Prof. RM. KATHIRESAN

Vice-Chancellor,
Annamalai University

Patron:

Prof. K. SEETHARAMAN

Registrar i/c, Annamalai University

Convener

Prof. S. ARIVUDAINAMBI

Director, IQAC, Annamalai University

Co-ordinators

Prof. S. RAMESHKUMAR

Deputy Director, IQAC

Dr. T. SELVAMUTHUKUMARAN

Deputy Director, IQAC

Dr. S. KARTHIKKUMAR

Deputy Director, IQAC

Dr. K. SANJEEVI

Deputy Director, IQAC

Mr. K. JAYAPRAKASH

Deputy Director, IQAC

Organizing Secretaries

Dr. K. VENKATACHALAPATHY

Assistant Professor & Director i/c, Centre for Yoga Studies

Dr. V. SUSEELA

Assistant Professor

Dr. K. SAILEELA

Assistant Professor

ANNAMALAI UNIVERSITY

Contact:

The Director, IQAC

Annamalai University

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Account Details:

The Registrar

Annamalai University, ICICI Bank

A/c No. 621201156619

IFSC: ICIC0006212

For the Teachers,
Research Scholars
and Students

SESSION -1
4.00 pm to 5.30 pm

09-02-2022

SESSION -2
5.30 pm to 7.00 pm

Topic:
Practical Approach to Spirituality

Dr. S.VISWANATHAN

Managing Partner cum Consultant -
Mind, Body & Aesthetic Medicine
Obstetricians Gynecologist
Zi Clinic, Chennai
Former Director
Centre for Yoga Studies
Annamalai University

Topic:
Achieving Inner Control

Prof. V.SURESH

Former Prof and Head
Department of Psychology
Former Director
Centre for Yoga Studies
Annamalai University

4.00 pm to 5.30 pm

10-02-2022

5.30 pm to 7.00 pm

Topic:
Values for Universal Harmony

Dr. BK. PANDIAMANI

Director
Value Education Programmes
Brahma Kumaris, Shantivan
Talheti, Rajasthan

Topic:
Nature : The Immune Booster

Dr. B.N.BRAHMACHARYA

Managing Trustee
Arogya Mandira Trust
Holistic Health Centre
Bengaluru

4.00 pm to 5.30 pm

11-02-2022

5.30 pm to 7.00 pm

Topic:
Physical Health and Well being
for Transformation

Prof. P.V.SHELVAM

Dean
Faculty of Education
Annamalai University

Topic:
Alleviating Suffering :
Therapeutic Values of Yoga

Prof. R.ELANGOVAN

Professor & Head
Faculty of Yoga Sciences & Therapy
Meenakshi Academy of
Higher Education and Research
Chennai

4.00 pm to 5.30 pm

12-02-2022

5.30 pm to 7.00 pm

Topic: Chakra Dharana for
Evaluation of Consciousness

**Swami GAMBHIRANANDA
SARASWATI**

Shiv Darshan Yoga Vidyalaya
(A Unit of Bihar School of Yoga)
Satyananda Ashram, Chennai

Topic:
Yoga for Harmonious Relations

Prof. SONY KUMARI

Professor, Division of Yoga
& Management Studies
S-VYASA Deemed to be University
Bengaluru

SESSION -1

4.00 pm to 5.30 pm

14-02-2022**SESSION -2**

5.30 pm to 7.00 pm

Topic:

Taming the Mind

Dr. R.LAKSHMINARAYANA

Assistant Professor
Department of Yoga Vijnana
National Sanskrit University
Tirupati
Andhra Pradesh

Topic:

Neuroscience of Mindfulness

Dr. SURESH KUMAR MURUGESAN

Mental Health Practitioner
Head, PG Department of
Psychology
The American College
Madurai

4.00 pm to 5.30 pm

15-02-2022

5.30 pm to 7.00 pm

Topic:

Yoga as Positive Psychology

Dr. ARPIT KUMAR DUBEY

Assistant Professor (Sanskrit)
Faculty In-charge of Language Department
Morarji Desai National Institute of Yoga
New Delhi

Topic:

Yoga: A Tool
as Preventive Medicine**Dr. ETHIRAJAN A K**

General Physician
Internal Medicine
Yoga Consultant
Chennai

4.00 pm to 5.00 pm

16-02-2022

5.00 pm to 6.00 pm

Topic:

Science of
Self Transformation through Yoga**Dr. K.VENKATACHALAPATHY**

Director i/c, Centre for Yoga Studies
Annamalai University

Topic:

Practice Session

Dr. V.SUSEELA

Assistant Professor of Yoga
Annamalai University

6.01 pm

Valedictory

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