



CIRCULAR

S1/18490/2017

14.02.2017

Sub: Employees' Holistic Health Development Programme at Aliyar

- Ref :
1. Orders of the Administrator dated 07.09.2013.
 2. Circular No. S/2013 dated 11.09.2013.
 3. Circular No. S/2013 dated 10.10.2013.
 4. Circular No. S/2014 dated 04.01.2014.
 5. Circular No.S/2014 dated 29.03.2014.
 6. Circular No.S/2014 dated 05.08.2014.
 7. Circular No. S/2015 dated 06.04.2015
 8. Circular No.S1/2016 dated 26.10.2016
 9. Circular No.S1/2017 dated 27.01.2017
 10. Order of the Vice-Chancellor dated 14.02.2017

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As you are aware,the University is conducting 5 days Manavalakkalai yoga training programme at Temple of Consciousness, Aliyar from 02.10.2013 onwards for the employees of our University. Accordingly 93rd batches of staff members (both Teaching and Non-teaching) participated and benefited in the above 5 days programme at Aliyar. All the participants are cherished and enhanced their Self-esteem. From the feedback of participants, the highlights of this Aliyar holistic training programme are:

1. Physical Bio-Rhythm maintenance by simplified Asanas.
2. Mental Peace and Equanimity through introspection
3. Organizational citizenship by developing Morality, Ethics, Charity in work
4. Family Peace by Family-work life balance
5. Goal setting by Channelizing Thought energy

Therefore, all the Heads of Departments / Section Heads are requested to , circulate this circular and motivate concerned subordinates to enroll in any one of the batch of Programme during the year January' 2017 to December'2017 as given below. The participants can avail 'On other Duty' without affecting the regular activities.

Schedules from January' 2017 to December'2017

Batch.No	Date	Language
Batch - 94 :	18.01.2017 to 22.01.2017	Tamil
Batch - 95 :	01.02.2017 to 05.02.2017	Tamil
Batch - 96 :	15.02.2017 to 19.02.2017	Tamil
Batch - 97 :	01.03.2017 to 05.03.2017	Tamil
Batch - 98 :	15.03.2017 to 19.03.2017	Tamil
Batch - 99 :	12.04.2017 to 16.04.2017	Tamil
Batch - 100 :	19.04.2017 to 23.04.2017	Tamil
Batch - 101 :	03.05.2017 to 07.05.2017	Tamil
Batch - 102 :	17.05.2017 to 21.05.2017	Tamil
Batch - 103 :	24.05.2017 to 28.05.2017	Tamil
Batch - 104 :	14.06.2017 to 18.06.2017	Tamil
Batch - 105 :	21.06.2017 to 25.06.2017	Tamil
Batch - 106 :	12.07.2017 to 16.07.2017	Tamil

Batch.No	Date	Language
Batch - 107	19.07.2017 to 23.07.2017	Tamil
Batch - 108	02.08.2017 to 06.08.2017	Tamil
Batch - 109	16.08.2017 to 20.08.2017	Tamil
Batch - 110	13.09.2017 to 17.09.2017	Tamil
Batch - 111	27.09.2017 to 01.10.2017	Tamil
Batch - 112	11.10.2017 to 15.10.2017	Tamil
Batch - 113	25.10.2017 to 29.10.2017	Tamil
Batch - 114	15.11.2017 to 19.11.2017	Tamil
Batch - 115	22.11.2017 to 26.11.2017	Tamil
Batch - 116	29.11.2017 to 03.12.2017	Tamil
Batch - 117	13.12.2017 to 17.12.2017	English
Batch - 118	20.12.2017 to 24.12.2017	Tamil

REGISTRATION DESK : Mr. N. Sivakarun, Special Officer, Centre for Yoga Studies, Annamalai University, Intercom No. 257 Mobile No. 9842414919

Note : Take multiple copies of the enclosed Registration form and send it to registration desk minimum one week before the commencement of programme.

V. Narayanan
for Registrar

To

- All the Heads of Departments of Study
- The Principal, RMMC
- The Principal, RMDC..
- The Controller of Examinations
- The Director, DDE
- The Medical Superintendent, RMMCH.
- The Principal, RMCoN

- Copy to :
- All Officers in the University / DDE / Exam
 - .. All the Section Heads
 - .. All the Warden of Hostels
 - .. The Executive Engineer (Civil / Electrical / Public Health)
 - .. Public Relations Manager, University Office
 - .. D.R.O. - III
 - .. P.A. to Vice-Chancellor
 - .. P.A. to Registrar
 - .. Security Officer

with a request to circulate among employees

(P.T.O.)

ANNAMALAI UNIVERSITY



EMPLOYEES ' HOLISTIC HEALTH DEVELOPMENT PROGRAMME AT ALIYAR

REGISTRATION FORM

Name and Token Number:

Designation and Department:

Mobile Phone Number:

Email Id:

Family member participation details:

Office Address:

Residential Address:

Declaration: I am willing to participate in this programme at Aliyar. I am happy to submit my registration fee (Indian Rupees 2500 per person) by cheque /DD.

OR

Registration fee of Rs.-----/-(@ Rs.2500/- Per person) may be deducted from my salary account.

Signature with date:

Head of Department /
Section Head