

Event Title : World of Energies (Introduction to the Pranic healing, Twin Heart Meditation, Demo on Healing)

Event Date: 21/02/23

14/2/23 12:11 PM Sri Sai Ram Engineering College Mail - Invitation to Speak on the Fascinating World of Energies



Balaji N <balaji.ice@sairam.edu.in>

Invitation to Speak on the Fascinating World of Energies

1 message

Balaji N <balaji.ice@sairam.edu.in>

To: Brundha D <brundhahester@gmail.com>

Tue, Feb 14, 2023 at 12:11 PM

Dear D.Brundha,

I trust this message finds you in good health. We are excited to extend an invitation to you to be a guest speaker at our upcoming event where we will be delving into the captivating topic of "The World of Energies." The event is scheduled to take place on 21.2.2023 and will be hosted at Sri Sairam Engineering College, West Tambaram, Chennai.

The concept of energies and their impact on various aspects of our lives is a subject of growing interest and curiosity. Your deep knowledge and expertise in this field make you an ideal candidate to enlighten our audience about the intricate world of energies, their manifestations, and their significance.

We kindly request you to consider sharing your insights in the Workshop during the event. Your expertise in Pranic healing and meditation will undoubtedly provide our attendees with a unique perspective and a better understanding of how energies influence our physical, emotional, and spiritual realms.

Event Details: Date: 21.02.2023 Time: 1.30 pm to 4.00 pm Venue: SSR Hall, Sri Sairam Engineering College, West Tambaram, Chennai-44

Your participation would be an honor, and we are committed to ensuring your experience is smooth and enjoyable. We will take care of all necessary arrangements to make your visit comfortable and convenient.

Kindly confirm your availability at your earliest convenience, and feel free to share any specific requirements you might have. You can reach us by replying to this email or contacting us directly at 9841363428.

Thank you for considering our invitation. We look forward to the possibility of having you as our esteemed guest speaker and sharing your expertise on this intriguing subject.

Warm regards,

—

N.Balaji
Assistant Professor
Instrumentation and control Department
Sri Sairam Engineering College
Chennai
Mobile No:9841363428

<https://mail.google.com/mail/u/0/?ik=tb030ea325&view=pt&search=all&permthid=thread-a-r-2650850671196632749&siml=msg-a-r-26558081208466...> 1/1

Speaker Profile:

Ms.D.Brundha is an energy healer, spiritual mentor and life coach. Her intention is to transform people by making them discover their true potential and to know who they are.

Her life purpose is to create happiness to others and helping them to come out from what they are dealing with physically and emotionally.

She helps people unleash from their limitations to bring their natural ability.

Health and Yoga Club



Cordially invite you for

WORLD OF ENERGIES

- Introduction to the Pranic Healing
- Twin Hearts Meditation
- Demo On Healing



21.02.2023, Tuesday | 1.30 pm - 4.00 pm
Venue : SSR Hall

Speaker

D. BRUNDHA
M.A. (Eng Lit.,) MD(Acu)
Energy Healer & Trainer



Sri SAIRAM ENGINEERING COLLEGE
An Autonomous Institution
West Tambaram, Chennai - 44

N. Balaji
Co-ordinator

Dr. K. Porkumaran
Principal

Dr. Sai Prakash LeoMuthu
Chairman & CEO
Sairam Institutions



Report:

****World of Energies: Exploring Pranic Healing and Twin Heart Meditation****

Introduction:

In the vast tapestry of holistic wellness practices, Pranic Healing stands out as a profound method that harnesses the inherent energies surrounding us for healing and rejuvenation. Originating from ancient esoteric traditions, Pranic Healing has evolved into a structured system accessible to all, offering a transformative approach to physical, emotional, and spiritual well-being. Complementing this practice is the Twin Heart Meditation, a powerful technique that facilitates inner peace, mental clarity, and emotional balance. In this report, we delve into the fundamentals of Pranic Healing, explore the essence of Twin Heart Meditation, and witness a demonstration of its healing capabilities.

Pranic Healing:

Pranic Healing is founded on the principle that the body possesses an innate ability to heal itself. Central to this philosophy is the concept of prana, or life energy, which permeates the universe and sustains all living beings. By understanding the subtle dynamics of prana and its influence on health, Pranic Healers are able to detect imbalances or blockages in the body's energy field and facilitate the restoration of harmony.

Through a systematic approach of cleansing, energizing, and balancing, Pranic Healing addresses a wide range of physical ailments, from minor discomforts to chronic conditions. Moreover, its non-invasive nature and absence of physical contact make it a safe and accessible modality for people of all ages and backgrounds. With regular practice, individuals can experience profound improvements in their vitality, emotional resilience, and overall quality of life.

Twin Heart Meditation:

At the core of Pranic Healing is the Twin Heart Meditation, a guided practice that cultivates deep relaxation and inner peace. Named for its focus on the heart and crown chakras, this meditation technique harmonizes the energy centers within the body, fostering a sense of interconnectedness with oneself and the universe. Through visualization and breathwork, practitioners expand their consciousness beyond personal concerns, embracing compassion, love, and forgiveness.

The benefits of Twin Heart Meditation extend beyond the individual to encompass collective healing and global harmony. By radiating loving-kindness and positive energy into the world, practitioners contribute to the collective upliftment of humanity, fostering a more compassionate and harmonious society.

Demo on Healing:

During a demonstration of Pranic Healing, participants witnessed the tangible effects of energy manipulation on physical well-being. Through a series of simple yet potent techniques, the practitioner facilitated the release of energetic blockages and stimulated the body's natural healing processes.

Attendees reported sensations of warmth, tingling, and relaxation as stagnant energy dissipated and vitality flowed freely once more.

The demonstration underscored the efficacy of Pranic Healing as a holistic approach to health and wellness. By addressing the underlying energetic imbalances that contribute to physical ailments, this practice offers a complementary alternative to conventional medicine, empowering individuals to take an active role in their healing journey.

Conclusion:

In the dynamic landscape of holistic healing, Pranic Healing and Twin Heart Meditation stand as beacons of wisdom and compassion, offering a pathway to greater well-being and spiritual growth. Through their integration of ancient wisdom and modern science, these practices invite us to explore the boundless potential of the human spirit and its capacity for transformation. As we continue to delve deeper into the world of energies, may we cultivate greater awareness, compassion, and harmony, both within ourselves and in the world around us.



Event Title : YOGA MAHOTSAV – 2023 COMMON YOGA PROTOCOL(CYP)

Event Date: 17.04.2023 to 24.04.2023



NATIONAL CADET CORPS

SAIRAM INSTITUTION ORGANISE

SAIRAM INSTITUTIONS COMBINED TRAINING CAMP (BOOT CAMP 2.0)

17.04.2023 to 24.04.2023 (7 days program)

IN

ASSOCIATION WITH HELATH&YOGA CLUB

YOGA

MAHOTSAV -2023

COMMON YOGA PROTOCOL (CYP)

VENUE: SAIRAM CAMPUS 06.00 AM TO 07.00 AM



**TRAINER
MR. BALAJI, AP / ICE
M.Sc.,(YOGA)
MHRD CERTIFIED YOGA
INSTRUCTOR**

**Lt.Dr.E.VISHWANTHAN
1 (TN) BN NCC
ASSOCIATE NCC
OFFICER**

**Dr. K. PALANI KUMAR
PRINCIPAL**

**Dr. SAI PRAKASH
LEOMUTHU
CHAIRMAN & CEO**



Report:

****Yoga Mahotsav 2023: Uniting Through the Common Yoga Protocol****

Introduction:

Yoga Mahotsav 2023 marked a celebration of unity, wellness, and spiritual rejuvenation as participants from around the globe converged to embrace the transformative power of yoga. Central to this gathering was the Common Yoga Protocol (CYP), a comprehensive framework that demystifies yoga and makes its benefits accessible to all. In this report, we explore the significance of the Yoga Mahotsav and delve into the essence of the Common Yoga Protocol.

Yoga Mahotsav:

Yoga Mahotsav served as a vibrant platform for enthusiasts, practitioners, and experts to come together and honor the timeless wisdom of yoga. Against the backdrop of breathtaking landscapes and serene surroundings, attendees immersed themselves in a diverse array of yoga practices, workshops, and discussions. From traditional asanas to meditation techniques, the event offered a holistic journey of self-discovery and personal transformation.

Common Yoga Protocol (CYP):

At the heart of Yoga Mahotsav was the Common Yoga Protocol, a set of simple yet potent practices designed to harness the holistic benefits of yoga. Developed by esteemed yogic masters and endorsed by leading authorities, CYP serves as a universal blueprint for integrating yoga into daily life. Through a structured sequence of asanas, pranayama, and meditation, practitioners cultivate physical strength, mental clarity, and emotional balance.

The beauty of CYP lies in its accessibility and inclusivity, making yoga accessible to people of all ages, backgrounds, and fitness levels. Whether practiced individually or in community settings, CYP serves as a potent tool for enhancing overall well-being and fostering a deeper connection with oneself and the world.

Conclusion:

Yoga Mahotsav 2023 and the Common Yoga Protocol exemplify the transformative potential of yoga as a unifying force for humanity. As we continue to navigate the complexities of modern life, these practices offer a timeless refuge of peace, harmony, and inner resilience. Through their integration into our daily lives, may we cultivate greater health, happiness, and spiritual fulfillment, embodying the true essence of yoga – union of body, mind, and spirit.



Event Title : Countdown Programme for 9th International Day of Yoga

Event Date: 02.06.23 to 20.06.23

NATIONAL SERVICE SCHEME
in association with HEALTH & YOGA CLUB

Countdown Programme for
9th International Day of
YOGA 2023

15 Days Training Programme on Common Yoga Protocol (CYP)

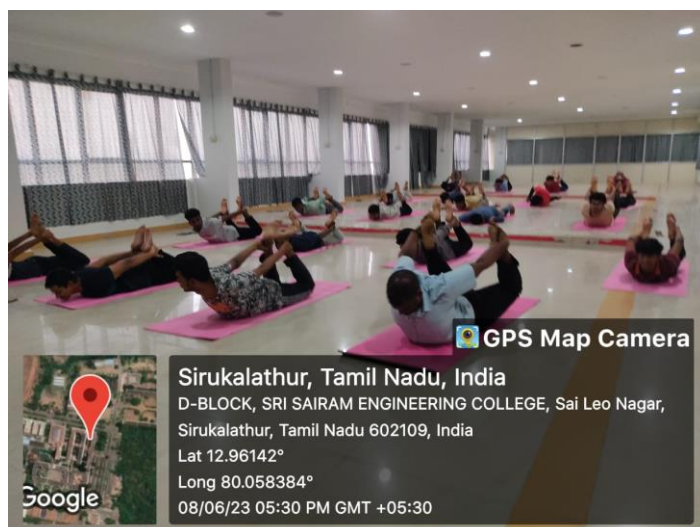
02-06-2023 to 20-06-2023 | 4.30 to 5.30 PM | Sairam Yoga Center

Yoga for mind, Body and Soul
Mr. N. BALAJI, AP/ICE
M.Sc.(Yoga), Ministry of AYUSH certified -
Yoga Protocol Instructor

Mrs. S. Janaki, Yoga
Dr. G. Sathish Kumar, NSS
Co-ordinators

Dr. K. Porkumar
Principal/SEC

Dr. Sai Prakash LeoMuthu
Chairman & CEO



Report:

Countdown Programme for the 9th International Day of Yoga

Introduction:

As the world prepares to celebrate the 9th International Day of Yoga, the countdown programme serves as a precursor to the main event, igniting enthusiasm and anticipation among participants worldwide. This annual celebration, initiated by the United Nations, underscores the universal appeal and profound benefits of yoga in promoting holistic well-being and harmony. In this report, we explore the significance of the countdown programme and its role in galvanizing global participation in this auspicious occasion.

Countdown Programme:

The countdown programme for the 9th International Day of Yoga serves as a prelude to the main event, offering a series of activities and initiatives to engage individuals and communities in the spirit of yoga. Through a combination of online campaigns, promotional events, and collaborative initiatives, the countdown programme seeks to raise awareness about the transformative power of yoga and encourage widespread participation.

Key components of the countdown programme may include:

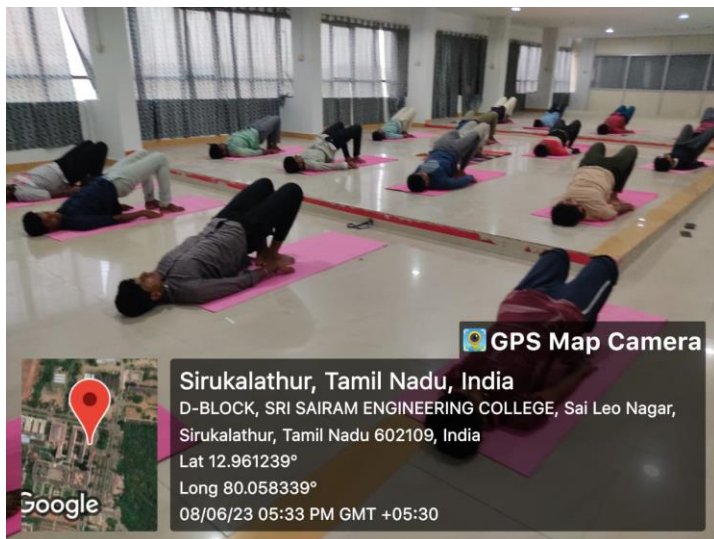
1. **Awareness Campaigns:** Through social media platforms, websites, and traditional media channels, awareness campaigns are launched to disseminate information about the significance of yoga and the upcoming International Day of Yoga. These campaigns may feature testimonials, success stories, and educational content highlighting the physical, mental, and spiritual benefits of yoga practice.
2. **Community Engagement:** Local communities and yoga organizations are encouraged to participate in the countdown programme by organizing yoga workshops, seminars, and public demonstrations. These events serve as opportunities for individuals to experience the joy of yoga firsthand and connect with like-minded practitioners in their area.
3. **Collaborative Efforts:** Partnerships with government agencies, non-profit organizations, and corporate entities are forged to maximize outreach and engagement. By collaborating with stakeholders from diverse sectors, the countdown programme can reach a wider audience and inspire collective action towards promoting yoga as a universal practice for well-being.
4. **Online Resources:** A dedicated online platform is established to provide resources, tools, and instructional materials for individuals interested in exploring yoga. From guided meditation sessions to instructional videos on yoga asanas, these resources empower participants to embark on their yoga journey and cultivate a regular practice.

Significance:

The countdown programme for the 9th International Day of Yoga holds immense significance as a catalyst for promoting global awareness and participation in this transformative event. By fostering a sense of unity, inclusivity, and shared purpose, the programme reinforces the universal appeal of yoga as a holistic practice that transcends cultural, geographical, and linguistic barriers.

Conclusion:

As the countdown programme unfolds, it heralds the arrival of the 9th International Day of Yoga with fervor and excitement. Through its multifaceted approach to engagement and outreach, the programme lays the foundation for a celebration that transcends borders and unites humanity in the pursuit of health, happiness, and spiritual well-being. As participants eagerly await the main event, the countdown programme serves as a reminder of the profound impact that yoga can have on individual lives and the world at large.



Event Title : 9th International Yoga Day Celebrations

Event Date: 21.06.23

15/6/23, 1:54 PM Sri Sai Ram Engineering College Mail - Invitation to Speak at International Yoga Day Celebrations



Balaji N <balaji.ice@sairam.edu.in>

Invitation to Speak at International Yoga Day Celebrations

1 message

Balaji N <balaji.ice@sairam.edu.in>

To: Sowmithran K <sowmithranakarulnithi@gmail.com>

Thu, Jun 15, 2023 at 1:53 PM

Dear Prof. K.Sowmithran,

I hope this message finds you well. We are excited to extend an invitation to you to be a guest speaker at our upcoming International Yoga Day celebrations. The event is scheduled to take place on June 21st, 2023, and will be hosted at Sri Sairam Engineering College, West Tambaram, Chennai.

International Yoga Day is a significant occasion that promotes the physical, mental, and spiritual well-being of individuals around the world. As a respected expert in the field of Yoga, your insights and expertise would greatly enhance our event and contribute to its success.

We envision your participation in the event to include a Keynote Speech on a topic related to Yoga for Human Excellence. Your unique perspective and knowledge in this area would undoubtedly inspire and educate our attendees, who are enthusiastic about embracing the benefits of yoga.

Event Details: Date: June 21st, 2023 Time: 10.00 to 11.30 am Venue: Sigma Auditorium, Sri Sairam Engineering College Campus.

We believe that your contribution would significantly enrich our event, and we sincerely hope you can join us in this endeavor. Your presence would be an honor, and we are committed to providing you with all the necessary arrangements and support to ensure a seamless and enjoyable experience.

Please confirm your availability at your earliest convenience, and let us know if you have any specific requirements or preferences. You can reach us at 9629547313 Ms.S.Janaki, Assistant Professor, Event Coordinator Sri Sairam Engineering College or simply reply to this email.

Thank you for considering our invitation. We look forward to the possibility of your participation and the opportunity to showcase your expertise on this special occasion.

Warm regards,

—

N.Balaji
Assistant Professor
Instrumentation and control Department
Sri Sairam Engineering College
Chennai
Mobile No:9841363428



**NSS UNITS, UBA, YRC, HEALTH & YOGA CLUB
NCC (1TN BTY NCC | 1TN AIR SQN NCC)**
organises



**9th International
YOGA
DAY CELEBRATIONS**

21.06.2023, Wednesday
 10.00 am to 11.30 am
 Sigma Auditorium

Yoga Facilitators
Prof. K. SOWMITHRAN M.A (Yoga)
 &
Prof. PONNI SOWMITHRAN M.A (Yoga)
 SKY Trust, WCSC.



East Tambaram Thirumazhisai Street Trust, East Tambaram, Chennai

Ms. S. Janaki
 Co-ordinator

Dr. K. Porkumaran
 Principal / SEC

Dr. Sai Prakash LeoMuthu
 Chairman & CEO
 Sairam Institutions





REPORT:

****9th International Yoga Day Celebrations: Uniting in Wellness****

Introduction:

The 9th International Day of Yoga witnessed a global celebration of unity, mindfulness, and holistic well-being as individuals from diverse backgrounds came together to embrace the transformative power of yoga. Initiated by the United Nations, this annual event serves as a testament to the universal appeal and profound benefits of yoga in fostering physical, mental, and spiritual harmony. In this report, we delve into the highlights of the 9th International Yoga Day celebrations and their significance in promoting a culture of wellness and compassion worldwide.

Event Highlights:

The 9th International Yoga Day celebrations unfolded with a myriad of activities and initiatives aimed at engaging participants of all ages and abilities. From virtual gatherings to community events, the festivities showcased the versatility and accessibility of yoga as a practice for personal and collective transformation.

Key highlights of the celebrations included:

1. **Global Participation:** Participants from every corner of the globe, spanning continents and cultures, came together to mark the occasion with enthusiasm and reverence. Through virtual platforms and local gatherings, individuals connected with one another in the spirit of unity and shared purpose.
2. **Mass Yoga Sessions:** Mass yoga sessions held in parks, public squares, and online platforms provided opportunities for individuals to experience the joy and serenity of practicing yoga in community settings. Guided by experienced instructors, participants engaged in a variety of yoga asanas, pranayama, and meditation techniques, promoting physical vitality and mental clarity.
3. **Educational Workshops:** Educational workshops and seminars offered insights into the science, philosophy, and therapeutic applications of yoga. Experts and practitioners shared their knowledge and experiences, empowering attendees to deepen their understanding of yoga's profound impact on health and well-being.
4. **Cultural Performances:** Cultural performances, including music, dance, and poetry, highlighted the rich tapestry of yoga's cultural heritage and its enduring legacy as a source of inspiration and creativity. Through artistic expressions, participants celebrated the beauty and diversity of yoga's teachings and traditions.

Significance:

The 9th International Yoga Day celebrations hold profound significance as a global affirmation of humanity's collective commitment to wellness, unity, and compassion. Amidst the challenges and uncertainties of the modern world, yoga serves as a timeless refuge of peace, resilience, and inner strength, empowering individuals to navigate life's complexities with grace and equanimity.

Conclusion:

As the 9th International Yoga Day celebrations draw to a close, the echoes of unity and wellness reverberate across the globe, inspiring hope and transformation in hearts and minds. Through its inclusive and participatory nature, this annual event reaffirms yoga's universal appeal as a pathway to health, happiness, and spiritual fulfillment. As we reflect on the joys and insights gleaned from this auspicious occasion, may we carry forward the spirit of yoga in our daily lives, fostering greater harmony and compassion in the world.

