



# Sri SAI RAM ENGINEERING COLLEGE

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Sai Leo Nagar, West Tambaram, Chennai - 600 044. [www.sairam.edu.in](http://www.sairam.edu.in)



**Event Title : Seven Days Yoga Session for NSS Students**

**Event Date: 29/2/24 to 6/3/24**

## Speaker Profile:

Mr.N.Balaji, M.Sc(YHE), is a dedicated and highly qualified yoga instructor with a passion for guiding individuals towards physical, mental, and emotional well-being. Holding a Master's degree in Yoga for Human Excellence (M.Sc.), he has a deep understanding of yoga's ancient philosophies, modern applications, and therapeutic benefits. he is a certified Ministry of AYUSH Yoga Instructor and has completed her Level II Certification, further demonstrating his expertise and commitment to the practice.

With a holistic approach to yoga, Mr.N.Balaji combines asanas (physical postures), pranayama (breathwork), and meditation to promote strength, flexibility, and inner peace. His teaching is rooted in the belief that yoga is not just about the body but about nurturing the mind and soul, leading to an overall sense of harmony and balance. He tailors his classes to suit students at all levels, from beginners to advanced practitioners, and provides personalized guidance to help each student achieve their unique goals.

The poster features a warm orange and yellow gradient background. At the top, it displays the Sri Sai Ram Engineering College logo on the left and right, with the college name and accreditation details in the center. Below this, the National Service Scheme (NSS) logo is on the left, and the Health & Yoga Club logo is on the right. The main title 'YOGA SESSION' is prominently displayed in large, bold, blue letters. Underneath, the instructor's name 'Mr.N. BALAJI' is highlighted in a blue box, followed by his credentials: 'MINISTRY OF AYUSH CERTIFIED YOGA INSTRUCTOR' and 'ASSISTANT PROFESSOR/ ICE DEPT'. A circular portrait of Mr. Balaji is positioned to the right of his name. At the bottom, a calendar icon indicates the dates '29.02.2024' to '06.03.2024', and a location pin icon points to 'Guru Bagavan Aashram'.

## Report:

### **Introduction:**

A seven-day yoga session was conducted for the National Service Scheme (NSS) students as part of a wellness initiative to introduce them to the holistic benefits of yoga. The session was designed to help students enhance their physical, mental, and emotional well-being through the practice of yoga. The key aim was to provide a foundational understanding of yoga, its benefits, and the importance of regular practice for overall health. The session followed the Common Yoga Protocol (CYP) recommended by the Ministry of AYUSH, ensuring a structured and effective approach to the practice.

### **Objective:**

The primary objective of the seven-day yoga session was to:

1. Introduce the students to the principles of yoga and its health benefits.
2. Help students develop a consistent yoga practice to manage stress and improve concentration.
3. Teach fundamental yoga asanas (postures), breathing exercises, and meditation techniques.
4. Promote physical fitness, mental clarity, and emotional stability among students.
5. Create awareness about the importance of integrating yoga into daily life for overall well-being.

### **Structure of the Program:**

The session was structured in a way that gradually introduced the students to different aspects of yoga each day, while ensuring ease of learning for both beginners and those with prior experience. The Common Yoga Protocol (CYP) was followed to standardize the practices and ensure they were in line with the official guidelines set by the Ministry of AYUSH.

#### **Day 1: Introduction to Yoga and Basic Breathing Techniques (Pranayama)**

The first day was dedicated to introducing students to the concept of yoga, its history, and the numerous benefits it offers. The session began with a brief lecture, followed by a focus on basic breathing techniques, particularly Anulom Vilom (alternate nostril breathing) and Kapalbhata (breath of fire). These techniques help improve lung capacity, reduce stress, and enhance mental clarity.

#### **Day 2: Surya Namaskar (Sun Salutation)**

The second day focused on the Surya Namaskar sequence, a set of twelve dynamic yoga poses performed in a flowing sequence. Surya Namaskar is a powerful practice that warms up the body, improves flexibility, tones muscles, and energizes the mind. Students were taught the correct alignment and flow of the asanas, along with the coordination of breath with movement.

### **Day 3: Asanas for Strength and Flexibility**

On the third day, the focus shifted to physical postures (asanas) aimed at increasing strength and flexibility. The students practiced poses such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Bhujangasana (Cobra Pose). These asanas are beneficial for improving posture, strengthening the core, and increasing flexibility, especially in the back and legs.

### **Day 4: Balancing and Relaxation Poses**

The fourth day was dedicated to improving balance and incorporating relaxation techniques. Students practiced Vrikshasana (Tree Pose), Garudasana (Eagle Pose), and Savasana (Corpse Pose). These poses are designed to improve coordination, build focus, and calm the nervous system. The day ended with a 10-minute relaxation session in Savasana, helping students internalize the practice and experience deep relaxation.

### **Day 5: Pranayama and Meditation**

On the fifth day, emphasis was placed on advanced breathing techniques and meditation. Students practiced Bhastrika (bellows breath) to energize the body, and Ujjayi Pranayama (victorious breath) to calm the mind. Following the pranayama practice, a short guided meditation session was conducted to help students relax their minds and develop concentration.

### **Day 6: Stress-Relieving Asanas and Breathing Techniques**

The penultimate day focused on poses that specifically help relieve stress and anxiety, such as Setu Bandhasana (Bridge Pose) and Paschimottanasana (Seated Forward Bend). Students also practiced Nadi Shodhana (alternate nostril breathing) and learned techniques to release tension in the body and calm the mind.

### **Day 7: Integration of Yoga Practices**

The final day of the session aimed to integrate the various practices learned throughout the week. The students participated in a full session that combined Surya Namaskar, asanas for strength and flexibility, pranayama, and meditation. The session ended with a Savasana to help students internalize the practice, followed by a group discussion on how to incorporate yoga into daily life for continued physical and mental well-being.

### **Conclusion:**

The seven-day yoga session was a highly beneficial and engaging experience for the NSS students. Through daily practice, the students not only improved their physical health but also gained valuable tools to manage stress, improve concentration, and cultivate mindfulness. By incorporating the Common Yoga Protocol, the session provided a comprehensive introduction to the foundational practices of yoga, which can easily be continued in daily life.

The students reported increased energy, better focus, improved mood, and a greater sense of calm, making this session a successful initiative in promoting health and well-being. Moving forward, it is recommended that the NSS students continue incorporating yoga into their routines,

as its benefits extend far beyond the physical realm, promoting mental clarity, emotional balance, and overall vitality.





**Event Title : YOGA MAHOTSAV - 2024 COMMON YOGA PROTOCOL**

**Event Date: 29.03.2024 to 2.04.2024**

**NATIONAL CADET CORPS**  
**1 (TN) BTY NCC 4 (TN) NAVAL TECH NCC 1 (TN) AIR SQN NCC**  
**SRI SAIRAM ENGINEERING COLLEGE ORGANISE**  
**(BOOT CAMP 3.0)**  
29-03-2024 to 02.04.2024 (5 DAYS) in  
ASSOCIATION WITH HEALTH & YOGA CLUB  
**YOGA MAHOTSAV -2024**  
**COMMON YOGA PROTOCOL (CYP)**  
**VENUE: SAIRAM CAMPUS 06.00 AM TO 07.00 AM**

**TRAINER**  
**Mr. N. BALAJI, M.Tech ( Ph.D )**  
**Assistant Professor / ICE**  
**Ministry of AYUSH certified yoga**  
**Instructor**

**DR K PORKUMARAN**  
**PRINCIPAL**

**DR SAI PRAKASH LEO MUTHU**  
**CHAIRMAN & CEO**

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Report:

**\*\*Yoga Mahotsav 2024: Uniting Through the Common Yoga Protocol\*\***

Introduction:

Yoga Mahotsav 2024 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 2024 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 : Orientation Program for First Year Students**

**Event Date: 15.09.24**

### **Speaker Profile:**

Mr. Sivaraman

Yoga Practitioner

East Thirumazhisai Street, Manavalakalai Mandram, Arakattalai, East Tambaram, Chennai 59

Mr. Sivaraman is a dedicated and experienced yoga practitioner with a passion for promoting physical, mental, and spiritual well-being through the practice of yoga. Based in East Thirumazhisai Street, Chennai, he has been a consistent and enthusiastic advocate for yoga in his community. He is deeply committed to the teachings of yoga and has honed his practice over many years, embracing both the traditional and modern aspects of this ancient discipline.

As a member of Manavalakalai Mandram, an established organization in the region, Mr. Sivaraman actively participates in yoga sessions, workshops, and community wellness programs. He is well-versed in a variety of yoga styles and has gained profound knowledge in areas such as Hatha Yoga, Pranayama (breathing techniques), and Meditation. His approach emphasizes holistic health, incorporating both physical asanas (postures) and mindfulness practices to promote overall balance and peace.

Mr. Sivaraman's expertise and dedication to yoga have earned him respect within his local community, where he frequently shares his knowledge with fellow practitioners. His sessions are known for their supportive and inclusive atmosphere, allowing individuals from all backgrounds and skill levels to benefit from the transformative power of yoga.



## Report:

### Introduction:

As part of the Orientation Program for First-Year Engineering Students, a special session was organized to introduce students to the Health and Yoga Club of the institution. The purpose of this session was to raise awareness about the importance of physical and mental well-being, especially during the demanding years of engineering education. The Health and Yoga Club is dedicated to promoting a holistic approach to health, integrating physical fitness, mental relaxation, and stress management. The session aimed to highlight the various activities and benefits the club offers, encouraging students to prioritize their health alongside their academics.

### Objectives:

The key objectives of the Health and Yoga Club orientation session were:

1. To introduce students to the significance of maintaining a healthy lifestyle throughout their academic journey.
2. To familiarize students with the activities and programs organized by the Health and Yoga Club.
3. To promote the benefits of regular physical exercise, yoga, and mindfulness in managing academic stress.
4. To encourage students to engage in holistic wellness practices that can improve both physical fitness and mental clarity.
5. To provide resources and guidance on how students can join the club and make the most of its offerings.

### Structure of the Program:

The session on health and wellness was structured in a way that combined information with practical demonstration. The program was organized as follows:

**Introduction to the Health and Yoga Club:** The session began with an introductory talk about the Health and Yoga Club, its mission, and its activities. The club's coordinators explained the



various services offered, including yoga classes, fitness training, mindfulness workshops, and health awareness campaigns. Students were encouraged to join the club and participate in the various health-focused programs that take place throughout the academic year.

**Benefits of Yoga and Physical Fitness:** A key segment of the session focused on the health benefits of yoga and regular exercise. The speaker, a certified yoga instructor, highlighted how yoga not only improves flexibility and strength but also helps in reducing stress, enhancing focus, and improving overall well-being. The students were introduced to basic yoga techniques, including breathing exercises (pranayama) and simple asanas, which are helpful for both mental and physical health. It was emphasized that yoga is an excellent way to combat stress and anxiety, common challenges faced by students during their academic life.

**Interactive Yoga Demonstration:** Following the theoretical session, the students participated in a short yoga demonstration. The instructor guided the students through basic yoga postures such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Savasana (Corpse Pose), with a focus on proper breathing techniques and mindfulness. The session aimed to provide students with a firsthand experience of yoga's calming and centering effects. The students were encouraged to practice these techniques regularly to enhance their focus, reduce stress, and maintain a balanced lifestyle.

**Mental Well-being and Stress Management:** The program also addressed the importance of mental health and stress management. A brief workshop was conducted on techniques such as meditation, deep breathing exercises, and mindfulness, which can be easily incorporated into daily routines to foster emotional well-being. The Health and Yoga Club's role in organizing regular workshops and sessions on these topics was emphasized, and students were encouraged to participate actively in such programs to build resilience against stress.

**Conclusion:**

The Health and Yoga Club session during the Orientation Program for First-Year Engineering Students was an informative and engaging experience that successfully introduced students to the importance of health and wellness in their academic lives. The students gained valuable insights into the physical, mental, and emotional benefits of yoga, exercise, and mindfulness. By participating in the club's activities, students can enhance their academic performance, manage stress more effectively, and develop lifelong habits for maintaining a healthy and balanced lifestyle.

The program concluded with an invitation for students to join the Health and Yoga Club and take part in its various initiatives, ensuring that their well-being is prioritized alongside their academic pursuits. This initiative is expected to contribute significantly to fostering a healthy and supportive campus environment.



**Event Title : 10<sup>th</sup> International Yoga Day Celebrations**

**Event Date: 21.06.24**



**EOMS CODE: JA07A**

Ref: SEC/ADO/Intl. Yoga/ 2024-2025/CIR/0014

Date:20.06.2024

**CIRCULAR**

We are happy to inform all the staff members and students that the 10<sup>th</sup> International Yoga Day function will be organized on 21<sup>st</sup> June 2024 (Friday) by doing basic asanas between 06.30 a.m. to 08.30 a.m. through Virtual mode (Online).

Meeting Link:

<https://netacad.webex.com/netacad/j.php?MTID=m9ff4fa6214713d88d5ec850c166f9d4b>

Meeting ID:

2634 523 5805

Meeting Password:

yoga@123

Time: 06.30 a.m. – 08.30 a.m.

All the students and faculty members are requested to join this event in making the function a grand success.

  
PRINCIPAL

To

1. All the HOD's (To be circulated among all the Staff Members and students)
2. IQAC

Copy submitted to the Chairman

## **Speaker Profile:**

1. Janaki S is a passionate yoga educator and practitioner with a profound commitment to promoting health and well-being through the ancient science of yoga. She holds a Master's degree (M.Sc) in Yoga for Human Excellence, equipping her with a deep understanding of yoga's physical, mental, and spiritual dimensions.

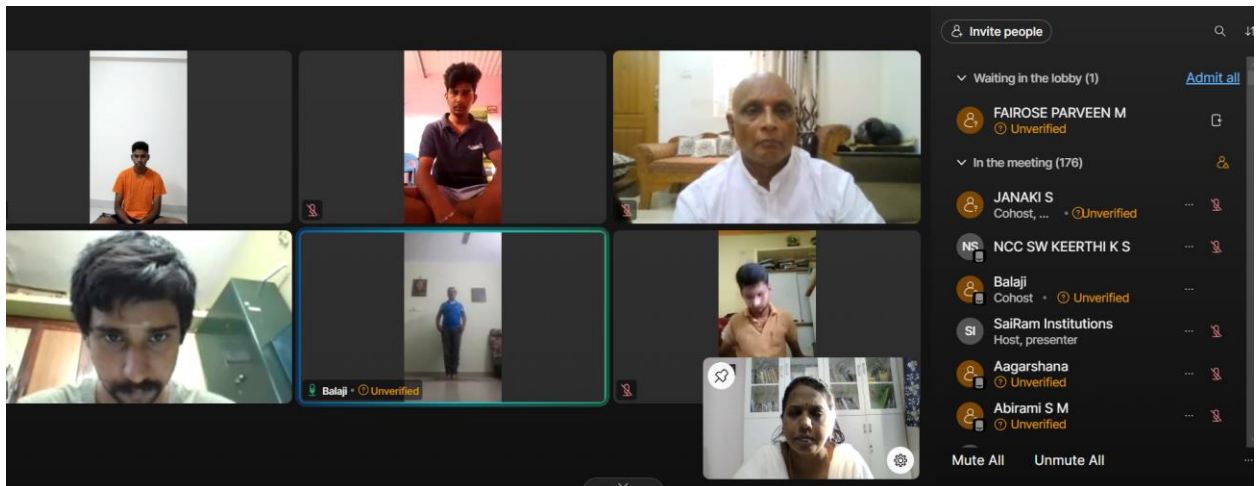
In addition to her academic accomplishments, Janaki has successfully completed a 200-hour Yoga Teacher Training Course, earning her certification as an internationally qualified yoga instructor. Her training and experience enable her to teach yoga to diverse groups, tailoring her sessions to meet individual needs and abilities.

Janaki's dedication to spreading the benefits of yoga was evident on International Yoga Day 2024, where she conducted an engaging and impactful yoga session. Her class included a blend of asanas (postures), pranayama (breathing techniques), and meditation, inspiring participants to embrace yoga as a way of life.

With her expertise, empathetic teaching style, and commitment to fostering holistic well-being, Janaki S continues to empower individuals to achieve harmony of body, mind, and spirit through yoga.

2. Mr.N.Balaji, M.Sc(YHE), is a dedicated and highly qualified yoga instructor with a passion for guiding individuals towards physical, mental, and emotional well-being. Holding a Master's degree in Yoga for Human Excellence (M.Sc.), he has a deep understanding of yoga's ancient philosophies, modern applications, and therapeutic benefits. he is a certified Ministry of AYUSH Yoga Instructor and has completed her Level II Certification, further demonstrating his expertise and commitment to the practice.

With a holistic approach to yoga, Mr.N.Balaji combines asanas (physical postures), pranayama (breathwork), and meditation to promote strength, flexibility, and inner peace. His teaching is rooted in the belief that yoga is not just about the body but about nurturing the mind and soul, leading to an overall sense of harmony and balance. He tailors his classes to suit students at all levels, from beginners to advanced practitioners, and provides personalized guidance to help each student achieve their unique goals.





## Report:

The 10th International Yoga Day was celebrated virtually on June 21, 2024, with the theme “Yoga for Humanity and Wellness.” Despite being conducted online, the event attracted participants from around the world, highlighting the universal appeal and accessibility of yoga.

### Opening Session

The event began at [mention time] with a welcome address by [name and designation of the host/organizer]. The inaugural session featured a brief introduction to the significance of International Yoga Day, followed by a keynote speech by [mention guest or dignitary]. Participants were encouraged to integrate yoga into their lives to improve physical and mental health.

### Online Yoga Session

The centerpiece of the celebration was a live-streamed yoga session led by experienced instructors. Participants followed along with the Common Yoga Protocol, which included:

1. **Warm-Up Exercises:** Gentle stretches to prepare the body for yoga.
2. **Asanas (Postures):** A sequence of poses designed to enhance flexibility, strength, and balance.
3. **Pranayama (Breathing Exercises):** Techniques to improve respiratory health and reduce stress.
4. **Meditation:** A guided session promoting mindfulness and relaxation.

The session was interactive, with instructors offering modifications for different skill levels and responding to participants' questions via chat.

### Additional Activities

Several supplementary activities were organized to engage participants:

1. **Webinars:** Experts discussed the role of yoga in managing stress, improving immunity, and enhancing productivity in daily life.
2. **Live Q&A Sessions:** Participants interacted with yoga instructors and wellness experts to clarify doubts and seek personalized advice.
3. **Social Media Challenges:** A “Yoga Pose Challenge” encouraged participants to share pictures of their favorite yoga postures on social media, fostering a sense of community.

### Global Reach and Participation

The online format allowed people from different countries and time zones to join. Over [mention approximate number] participants logged in through platforms such as [mention platforms used, e.g., Zoom, YouTube, or others]. The event created a global sense of togetherness, transcending physical boundaries.

## **Closing Session**

The event concluded with a vote of thanks by [name and designation], who expressed gratitude to the participants, organizers, and technical team. The day ended with a pledge to continue practicing yoga and spreading its benefits to others.

## **Outcome**

The 10th International Yoga Day celebration demonstrated the power of yoga as a unifying force, even in the virtual realm. The event successfully raised awareness about yoga's role in fostering health and harmony across the globe.