

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



CELL : COUNSELLING CELL

ACTIVITY : PERSONAL COUNSELLING

YEAR : 2022-2023

COUNSELLING CELL AND STAFF CLUB

DATE	TIME	VENUE	MODE
15.02.2023	11:00 a.m. to 03:00 p.m.	Alamelu Ammal Memorial Hall E.M.G.Yadava Women's College,	Offline
Theme	Harnessing Energy for Holistic Well-Being		
Nature of the Activity	Hands-on Training		
Title	Pranic Healing & Arhatic Yoga		
Organisers	Mrs.R.Lakshmi Assistant Professor of Information Technology EMGYWC Mrs B. Subha Assistant Professor of Physics EMGYWC T.Anasuya Assistant Professor of Tamil EMGYWC		
Resource Person	Mr. Ramprabhu Di Pranic Psychotherapy Instructor Madurai.		
No. of Participants	Faculty:16		

HANDS-ON TRAINING ON PRANIC HEALING & ARHATIC YOGA

Objectives:

- To familiarize faculty members with Pranic Healing, a sophisticated system that harnesses prana, an invisible life-force energy, to restore balance, harmonize, and transform the body's energy processes, thereby enhancing overall health and vitality.
- To introduce Arhatic Yoga, a comprehensive spiritual practice that combines various yogic techniques to facilitate accelerated personal growth, improve physical and mental well-being, and foster spiritual development.
- To educate participants on practical methods to manage stress, anxiety, and depression through Pranic Healing techniques, empowering them with tools to achieve inner peace and emotional stability.
- To provide faculty members with insights into the integration of Pranic Healing and Arhatic Yoga into daily life, enabling them to enhance their personal and professional lives through improved energy management and self-awareness.
- To promote a holistic approach to well-being by combining the physical, mental, and spiritual aspects of health, thereby supporting faculty members in maintaining a balanced and harmonious lifestyle.

Programme Outcome:

The session successfully imparted essential knowledge about Pranic Healing, demonstrating its effectiveness in managing and alleviating common mental health issues such as anxiety, stress, and depression. Participants gained practical techniques for harnessing prana to achieve mental clarity, emotional stability, and inner peace. The introduction to Arhatic Yoga provided additional tools for personal growth and self-mastery, enabling faculty members to integrate advanced yogic practices into their daily lives. This holistic approach supported their physical health, enhanced mental well-being, and facilitated spiritual development.

Moreover, participants acquired skills to improve their overall energy management, contributing to better work-life balance and enhanced professional performance. The programme also provided a supportive community among faculty members, promoting shared experiences and mutual encouragement in the pursuit of well-being. Overall, the programme promotes comprehensive well-being and offers valuable resources for ongoing personal and professional development. Faculty members are now equipped with practical tools and knowledge to sustain a balanced and fulfilling lifestyle, contributing positively towards quality of life.

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Photographs:



The Counselling Cell and Staff Club of EMGYWC, organized a Hands-on Training on "Pranic Healing & Arhatic Yoga Programme" - 15.02.2023

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Enclosures:

a. Permission letter

From

Mrs.R.Lakshmi
Co-ordinator,
Counselling & Grievance Redressal Cell
E.M.G.Yadava Women's College
Madurai

To

The Principal,
E.M.G Yadava Women's College,
Madurai

Respected Madam,

I would like to inform you that our Counselling & Grievance Redressal Cell and Staff Club Jointly conduct a program regarding on "Pranic Healing and Arthatic yoga", E.S.R.Alamelu Ammal Memorial Seminar Hall on 15.02.2023. Kindly request you to grant us the permission to organize the programme.

Thanking you,

Place: Madurai

Date: 14.02.2023

Your's faithfully,

R.Lakshmi



E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

b. Invitation:

E.M.G.YADAVA WOMEN'S COLLEGE, MADURAI-625 014.
(An Autonomous Institution Affiliated to Madurai Kamaraj University)
Re-Accredited (3rd Cycle) with Grade A+ and CGPA 3.51 by NAAC

PRANIC HEALING & ARHATIC YOGA

Introduction Session

ORGANIZED BY

COUNSLING CELL / STAFF CLUB

ON FEBRURARY 15, WEDNESDAY 2023, TIME: 11.00 am

Venue: Alamelu Ammal Memorial Hall

RESOURCE PERSON,

Mr. RAMPRABHU.Di

Pranic Psychotherapy Instructor

Principal (i/c)
Dr. (Mrs) V.Puspalatha


ALL ARE CORDIALLY WELCOME

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

c. Nominal Roll of Participants:

1. Faculty participants of EMGYWC:


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Hands-on Training on "Pranic Healing & Arhatic Yoga Programme" - 15.02.2023

S.No.	NAME	DESIGNATION WITH DEPARTMENT
1	K.Krishnavani	Assistant Professor of BCA
2	P. Indhuja	Assistant Professor of BCA
3	Dr. K.Padmavathy	Assistant Professor of Commerce
4	Dr. M.Sriramajayam	Assistant Professor of Commerce
5	Dr. M. Neelavathy	Assistant Professor of Commerce
6	Dr.A.Mahara Devi	Assistant Professor of English
7	Dr. B. Kavikashree	Assistant Professor of English
8	K.anjana Devi	Assistant Professor of English
9	Dr. A. Kalarani	Assistant Professor of Physical Education
10	Mrs. R.Jeyanthi	Assistant Professor of English
11	Dr. M. Abirami	Assistant Professor of English
12	M.Murugeswari	Assistant Professor of MCA
13	J.Chinna	Assistant Professor of MCA
14	G.Jothimani	Assistant Professor of Tamil
15	M.Chitra	Assistant Professor of Tamil
16	S.Kasthuribai	Assistant Professor of English


Coordinator:


Principal

PRINCIPAL I/C
E.M.G. YADAVA WOMEN'S COLLEGE
MADURAI-625 014