

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**CLUB / CELL : SKILL DEVELOPMENT CLUB****ACTIVITY : WEBINAR****YEAR : 2020-2021****SKILL DEVELOPMENT CLUB**

DATE(S)	TIME	VENUE	MODE
17.03.2021 to 19.03.2021	11.00 a.m to 12.00 noon	E.M.G Yadava Women's College, Madurai	Online
Theme		Meditation	
Nature of the Activity		Webinar	
Title		How to Control our Body and Mind through Meditation?	
Name of the Organizers		Skill Development Co-ordinators: Mrs. M. Muthupandi Assistant Professor of History Mrs. R. Kayalvizhi Head & Assistant Professor of Physics Mrs.S.Divya Assistant Professor of BBA Mrs. B. Lalitha Subhanam Assistant Professor of Commerce	
Resource Person		Mrs. R. Uma Maheswari <i>Heartfulness Meditation Trainer, Madurai</i>	
Meeting Link		Meeting link Day I: https://global.gotomeeting.com/join/128530797 Meeting link Day II: https://global.gotomeeting.com/join/306649749 Meeting link Day III: https://global.gotomeeting.com/join/559000101	
Programme Link		DAY I: https://youtu.be/xIxYpJvDcYU DAY II: https://youtu.be/cFGEbdkVfTw	
No. of Beneficiaries		Faculty - 4 Students - 70	



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How to Control our Body and Mind through Meditation?

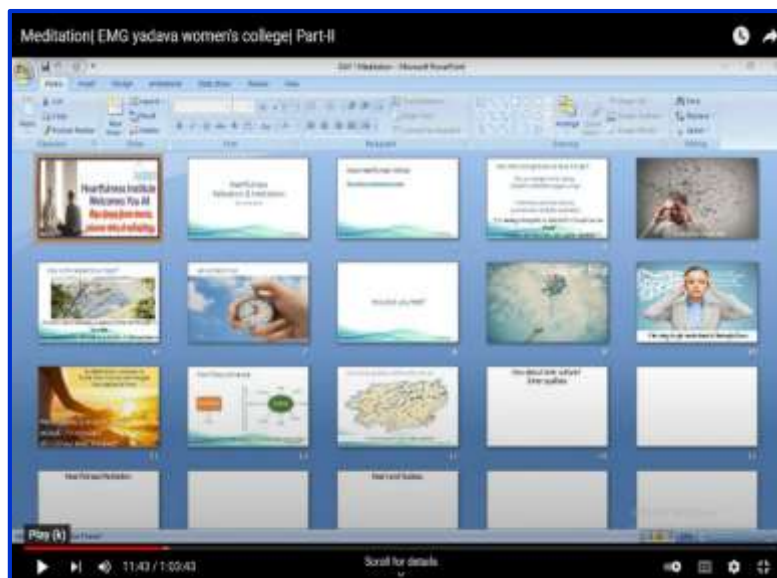
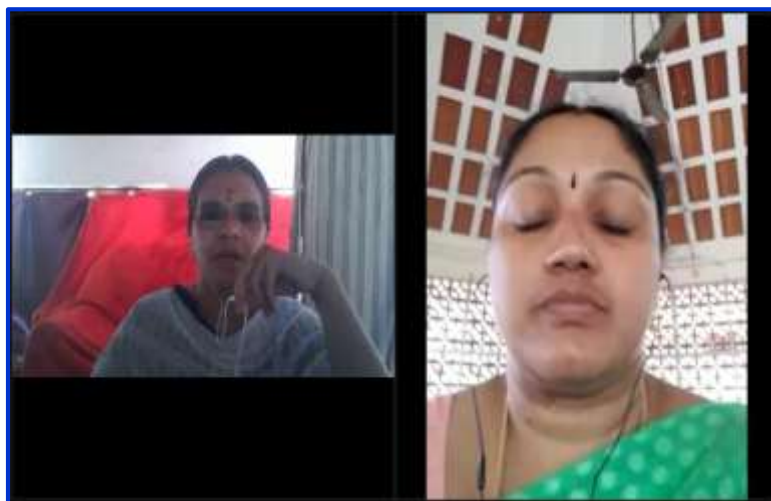
Objectives:

1. To guide students to possess self-control of their emotions and impulses.
2. To assist the participants to focus on their goal.

Programme Outcome:

Students learned positive thinking and Self-confidence.

Screen shots:



Webinar on “How to Control our Body and Mind through Meditation?”

17.03.2021 to 19.03.2021

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Enclosures:

a. Permission letter:

From:
The Coordinators,
Entrepreneurial Club & Skill Development Programme,
E.M.G.Yadava Women's College,
Madurai-14.

To:
The Principal,
E.M.G.Yadava Women's College,
Madurai-14.

Respected Madam,

Subj: Permission Letter to Conduct Online webinar.

The Entrepreneurial Club & Skill Development Programme would like to conduct a webinar for staff as well as students on "**How to control our body and mind through Meditation**" from 17.03.2021 to 19.03.2021. **Mrs. R. Uma Maheswari**, is the trainer from Heartfulness Meditation trainer, Madurai. We seriously look forward for your support in this programme.

Thank you.

Date: 18.03.2021
Place: Madurai.

Yours faithfully,
Entrepreneurial Club &
Skill Development Programme
Coordinators.


PRINCIPAL, S2
E.M.G. YADAVA WOMEN'S COLLEGE,
MADURAI-625 014.

b. Invitation:

 **E.M.G YADAVA WOMEN'S COLLEGE, MADURAI - 625014**
(An Autonomous Institution - Affiliated to Madurai Kamaraj University)
Re-accredited (3rd Cycle) with Grade A+ by NAAC CGPA3.51



ENTREPRENEURIAL DEVELOPMENT CELL & SKILL BASED DEVELOPMENT CELL
Organize Three Days Webinar

on
Meditation

Resource Person
R.Umamaheswari
Heartfulness Meditation
Trainer,
Heartfulness Institution,
Madurai.

Date: 17th, 18th & 19th March 2021
Time: 11.00 a.m to 12.00p.m

Secretary & Correspondent
Tmt. E.M.G. Indirani

President
Thiru.E.M.G.S.Pothiraja

Principal
Dr.(Mrs).V.Pushpalatha

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c. Nominal Roll of Participants

1. Student participants from our college:

How to Control our Body and Mind through Meditation?- 17.03.2021 to 19.03.2021			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1	20ENA09	R.Deepa	B.A (ENG)
2	18ENB52	I.Sabeena Barveen	B.A (ENG)
3	18ENB70	S.Vaishnavi	B.A (ENG)
4	19ENA06	C.Anitha	B.A (ENG)
5	20BBA22	S.Mahalakshmi	BBA
6	19CGB17	A.Hazeena Falila	B.Com (S.F)
7	19CGB24	A.Kavitha	B.Com (S.F)
8	19CGB11	V.Dhanashri	B.Com (S.F)
9	19CGB37	R.Priyadharshini	B.Com (S.F)
10	19CGB09	K.Devagi	B.Com (S.F)
11	19BBA03	M.Deepa Vishalatchi	BBA
12	19ENC31	K.Nishalini	B.A (ENG)
13	19CGB13	S.Dhivya	B.Com (S.F)
14	19CGB62	S.Vinitha	B.Com (S.F)
15	20CSA03	R.Bharathi	B.Sc (C.S) A
16	20PHY15	J. Priyadharshini	B.Sc (Phy)
17	20MKA15	R. Kaviya Priya	B.Sc (Mat)
18	20BBA36	M.B. Raitha Afrin	BBA
19	19CCA29	G. Pathala lakshmi	B.Com(C.A) "A"
20	18CCC11	P.T.Haritha	B.Com (C.A)
21	19CGB57	S.Thasbiga Fathima	B.Com(S.F)
22	20CCB11	M.Divya	B.Com(C.A)
23	20CCB08	C.Bhuvaneshwari	B.Com(C.A)

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24	20CGB19	T.Kathambari	B.Com(S.F)
25	20CCB17	M.Jeseema Yasmin	B.Com(C.A) B
26	20CCB16	M.Jananny	B.Com(C.A) B
27	19CCC23	K.Naveena	B.Com (C.A)C
28	19CCC36	P.Sethuroopathi	B.Com(C.A) C
29	19CCC06	S.Bharathi	B.Com (C.A) C
30	19CCC33	R.Santha Rubini	B.Com (C.A)
31	20BBA14	M.Karishma	BBA
32	20BBA13	M.Jeyashree	BBA
33	20CCB42	C.Soniya	B.com (C.A)
34	20CCB49	J.Yuvashree	B.Com (C.A)
35	20CCB41	R.Sathyaprabha	B.Com(C.A)
36	20BBA58	S.Vinothini	BBA
37	20BBA35	P.Prathika	BBA
38	20BBA47	S.Sneka	BBA
39	20BBA41	K.Santhiya	BBA
40	20BBA27	S.Muthumahalakshmi	BBA
41	20BBA57	K.Varshini	BBA
42	19CCC32	S.Sakthidevi	B.Com(C.A)
43	20CGB16	M.Janani	B.Com (S.F)
44	19CGB56	M.Teena	B.Com(S.F)
45	20ENC25	M.Ramya	B.A(ENG)
46	20ENA38	R.Shobana	BA(ENG)R
47	19CCB46	R.Swathidharshini	B.Com(C.A)
48	19ENA66	S.Thirisha	B.A(ENG) R
49	18CCC27	V.Nishanthini	B.Com
50	18CCA46	R.SwethaShree	B.Com(C.A)
51	20CCB01	M.Aarthilakshmi	B.Com (C.A)
52	20BBA13	M.Jeyashree	BBA

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53	20BBA24	P.L.Maheswari	BBA
54	20BBA36	M.B.Raitha Afrin	BBA
55	20BBA10	D.Harini	BBA
56	20BBA23	S.Mahalakshmi	BBA
57	20BBA46	M.Sivaranjani	BBA
58	20BBA03	A.Babitha	BBA
59	19CCC23	K.Naveena	B.Com (C.A)
60	20BBA22	S.Mahalakshmi	BBA
61	20CGB74	C.Vaisaly	B.Com(S.F)
62	20BBA20	G.Mahalakshmi	BBA
63	19CCC18	N.Kaviya	B.Com(C.A)
64	20CCB47	S.Varshini	B.Com(C.A)B
65	20CCB35	<u>P.Ponvel @ Gowri</u>	B.Com(C.A)B
66	20CCB19	T.Jeyasri	B.Com(C.A) B
67	20CCB25	T.Keerthanaa	B.Com(C.A) B
68	20BBA16	K.Koushika	BBA
69	19CGB31	R.Muthumari	B.Com(S.F)
70	20CCB48	M.Vishalini	B.Com(C.A)

2. Faculty of our College

How to control our body and mind through Meditation? - 17.03.2021 to 19.03.2021		
S.No.	NAME	DESIGNATION WITH DEPARTMENT
1	Dr. Mrs. V. Selva Subashini	Assistant Professor of BBA
2	Mrs. V.C. Aathi Lakshmi	Assistant Professor of History
3	Mrs. C. Thamarai pandi Selvi	Assistant Professor of English
4	Mrs. M.Chitra	Assistant Professor of Tamil