



 Hindusthan <i>College of Arts & Science</i> <i>An Autonomous College -Affiliated to Bharathiar University</i> <i>Approved by AICTE and Govt. of Tamilnadu</i> <i>Accredited by NAAC-An ISO Certified Institution</i>		HICAS/DCODE/No. COExFD & Student Support Cell	
Nature of the Event (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)		Guest Lecture	
Name of Department/ Cell/ Club		COExFD & Student Support Cell	
Date/s	19.03.2022	No. of Day/s	One
Convenor and Coordinator Details		COExFD & Student Support Cell Committee members	
Stratum of the Event (Regional, State, National, International)		Regional	
Title of the Event		Stress Eradication (Not Stress Management) through yogic Science	
Venue		F Block Seminar Hall	
Resource Person/s Details (Affiliation and Designation)		Mr. J Ramesh Rishi Energy Medicinal Yoga Therapist Mahayogam, Kanchipuram	
Scope of the Event		The session is expected to highlight on the aspects of eradicating stress among individuals who desire to attain peace and inner happiness	
Deliberations/ Discussions		<ul style="list-style-type: none"> • Important point by the resource person • All human beings have three distinct elements – body, mind and spirit. All of us are aware of our bodies, and most of us are aware of our minds. • However, far too many of us are unaware of the spirit that resides in each one of us. Our normal awareness often extends only to our bodies and to our minds. • Only rarely do some of us get the experience of being actually aware of our own spiritual existence. • The objective of Yoga is to extend our Awareness beyond our bodies and our minds to the spirit, the Universal Life Energy that lies dormant in each and every one of us. • When our Awareness merges with the Chaitanya we get happiness and satisfaction in all aspects of our lives, eventually leading to eternal bliss. 	

Outcomes of the Event	Faculty members were keen on observing the information provided by the resource person and completed the breathing exercises taught during the session
Remarks and Feedback on the Event	Staff expressed happiness over the session and felt some more time could have been given to the resource person so that more useful tips and insights could have been gained by the faculty members.
Total No. of Participants (Mention Faculty count also if it is an Extension Activity)	200 faculty members

Image of the Event Brochure	Photographs of Event
 <p>HINDUSTHAN COLLEGE OF ARTS & SCIENCE (AUTONOMOUS) COIMBATORE</p> <p>GOExFD and Student Support Cell invites you</p> <p>STRESS ERADICATION (NOT STRESS MANAGEMENT) THROUGH YOGIC SCIENCE</p> <p>with Mr.J.Ramesh Rishi Energy Medicinal Yoga Therapist Mahayogam, Kanchipuram.</p> <p>19.3.2022 (Saturday) 9.30 A.M @ " F " BLOCK SEMINAR HALL</p>	 <p>GPS Map Camera</p> <p>Lat 10.978429° Long 76.969823° 19/03/22 10:30 AM</p>
 <p>GPS Map Camera</p> <p>Lat 11.011914° Long 76.993642° 19/03/22 10:33 AM</p>	

		<h1 style="text-align: center;">Hindusthan</h1> <p style="text-align: center;"><i>College of Arts & Science</i></p> <p style="text-align: center;"><i>An Autonomous College -Affiliated to Bharathiar University</i> <i>Approved by AICTE and Govt. of Tamilnadu</i> <i>Accredited by NAAC-An ISO Certified Institution</i></p>		HICAS/DCODE/No. MSW/ Student Support Cell	
Nature of the Event (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)		Workshop			
Name of Department/ Cell/ Club		PG & Research Department of Social Work & Student Support Cell			
Date/s	25.03.2022	No. of Day/s	Half-a-day		
Convenor and Coordinator Details		Dr. M. Punitha, Head, Dept. of Social Work, Dr. Agnes Febiola. X, Coordinator, Student Support Cell & Dr. Nathiya, Head, Dept. of Social Work, Nehru College of Arts & Science, Coimbatore			
Stratum of the Event (Regional, State, National, International)		Regional			
Title of the Event		Workshop on “Discover the Power in You through Energy Work”			
Venue		F Block Seminar Hall			
Resource Person/s Details (Affiliation and Designation)		Dr. R. Rangaraj, Wellness Coach, Satswamyam Holistic Wellness Center & Head, Dept. of Computer Science, HICAS			
Scope of the Event		Students will gain an understanding of the power in themselves by realizing their own true value as unique individuals with greater potentials to learn and unlearn or relearn in order to live a positive life.			
Deliberations/ Discussions		<p>Resource person explained about Transactional Analysis, in which he stressed that everyone is capable of being a winner in life and that people become the way they are: losing and struggling because of the decisions that they have made in their early lives and that it is possible for them to redecide and recreate their lives.</p> <p>He explained about strokes and types of strokes and that everyone requires positive strokes as they reinforce the individual’s behaviour.</p> <p>He spoke about human energy: about gathering, storing and spending energy and imparted the knowledge that right amount of energy is required for the various organs in the body to carry out their functions.</p> <p>He enabled the students to do certain activities through which they learnt different postures and movements, how to remove mental toxins and bring harmony into the soul and body.</p>			

Outcomes of the Event	The students were from different Colleges of Coimbatore and they enjoyed participating in the workshop. The workshop gave students an opportunity to come together as social work students and get to know different individuals. At the same time their skills such as organizing, planning and executing such workshops improved.
Remarks and Feedback on the Event	Students expressed that the workshop organized was educative and that they benefitted from it.
Total No. of Participants (Mention Faculty count also if it is an Extension Activity)	81 students three faculty members from Nehru College participated.

Image of the Event Brochure

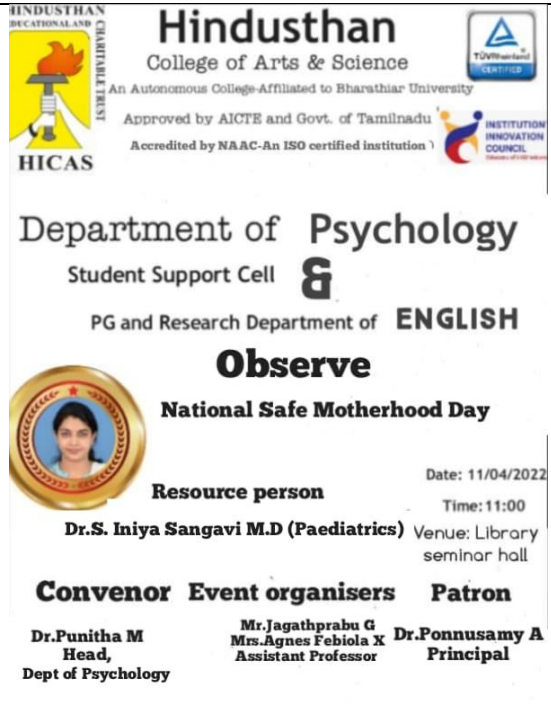


Photographs of Event





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Nature of the Event (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)		Seminar	
Name of Department/ Cell/ Club		Department of Psychology, Student Support Cell, Department of English	
Date/s	11.04.2022	No. of Day/s	One
Convenor and Coordinator Details		Convenor: Dr. M. Punitha, Head, Dept. of Psychology Coordinators: Dr. Agnes Febiola, Coordinator, Student Support Cell, Mr. Jagath Prabhu, Asst. Professor, Dept. of Psychology	
Stratum of the Event (Regional, State, National, International)		Regional	
Title of the Event		National Safe Motherhood Day	
Venue		Library Seminar Hall	
Resource Person/s Details (Affiliation and Designation)		Dr. S Iniya Sangavi (MD in Paediatrics) ESI Hospital, Coimbatore	
Scope of the Event		Students are facilitated to understand the importance of observing such important days. The programme will enable them to understand the need for women to have safe and healthy motherhood.	
Deliberations/ Discussions		<ul style="list-style-type: none"> • The resource person shared that the very aim of organizing such programmes is to create awareness among the younger population the importance of reducing the death of women during pregnancy and childbirth. • Statistical Data were shared by the resource person where she gave important details about how our country was progressing in reducing the number of deaths of women who are admitted for delivery. • It is the right of every woman to have a safe delivery and the mortality rates of are low when they are duly admitted in hospital and attended to. • She shared that under Janani Suraksha programme of Safe Motherhood, financial assistance is provided to poor pregnant women for institutional delivery and post-delivery care. 	

<p>Outcomes of the Event</p>	<p>The students benefitted from the awareness programme as it was a different one from other programmes and the information shared was new and useful to the students</p>
<p>Remarks and Feedback on the Event</p>	<p>The programme was an insightful one to enhance the knowledge of students</p>
<p>Total No. of Participants (Mention Faculty count also if it is an Extension Activity)</p>	<p>120 students</p>
<p style="text-align: center;">Image of the Event Brochure</p> 	<p style="text-align: center;">Photographs of Event</p> 