

Centre For Liberal Arts (CFLA) KPR Institute of Engineering and Technology



Event No. : 1
Date : 07.10.2021
Venue : Kalaiarangam
Type of Event : Workshop
Title of the Event : Workshop on “**Ethics and Holistic Life**”
In Association with : Department of Computer Science and Engineering
Resource Person : **Ms. Jeyalakshmi S,**
Head & Assistant Professor,
Department of Human Excellence,
NGM College, Pollachi.
SKY Yoga Professor
Convener : **Dr Vanitha S,** Head / CFLA
Co-conveners : **Ms. Kalpana T,** Students Counsellor/ CFLA
Ms. Sasikala C, Asst. Prof / CSE
No. of Participants : 200 II-year students (Academic year 2021-2022)

Outcome:

The program has been organized by the Centre for Liberal Arts in association with Computer Science and Engineering Department. It is planned as a part regular academic course subject Ethics and Holistic Life.

Ms. Jeyalakshmi S, Head & Assistant Professor, Department of Human Excellence, NGM College, Pollachi, SKY Yoga Professor is the resource person. She has more than 23 years of deep practical experience in and as a professor for yoga for everyday practices. This session initially starts with creating awareness to the students about the importance of maintaining the balance between the everyday hassles and building inner peace within oneself. During the session, the students was provided with the

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practical exposure to the exercises that will help them to try establishing the peace within oneself irrespective of the outer world.

The event is started with the welcome address given by Dr. Vanitha S, Head/ CFLA. The students from II-year CSE & AD departments participated the event. The program was attended by 200 students. The session outcome and feedback received from the participants are excellent and they eagerly participated the program. The resource person clarified their doubts as well. The vote of thanks is given by Ms Sasikala C, AP / CSE.

KPR Institute of Engineering and Technology
Learn Beyond (Autonomous, NAAC "A")

CENTRE FOR LIBERAL ARTS

Organize
Workshop on
Ethics and Holistic Life

 **Resource Person**
S. Jeyalakshmi
BBM, M.Com, Diploma in Vethathirian philosophy, MA. M.Phil(Yoga)
Head & Assistant professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College, Pollachi.
SKY Yoga Professor

 7 October 2021
 10.00 am to 12.00 noon  KPR Kalaiarangam

kpriet.ac.in     /KPRIETonline





FEEDBACK:

The session provides real time application strategies which can be applied in day to day life.

The session is really active and energetic.

We learnt and practiced new techniques and postures which would help us in leading an active lifestyle.

ATTENDANCE: 200 II-year students (Academic year 2021-2022)