



K. S. RANGASAMY COLLEGE OF ARTS AND SCIENCE
(AUTONOMOUS)
TIRUCHENGODE-637215



DEPARTMENT OF BIOCHEMISTRY

Health and Hygiene programme on
“YOGA FOR HUMAN EXCELLENCE”

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From

Dr. G.Saravanan,
Assistant Professor & Head,
Department of Biochemistry,
K.S.Rangasamy College of Arts and Science (Autonomous),
Tiruchengode - 637215.

To

The Principal,
K.S.Rangasamy College of Arts and Science (Autonomous),
Tiruchengode – 637215.

Respected Sir,

Sub: Requisition for conducting **Health and Hygiene** Programme – Reg

We are planned to organize one day **Health and Hygiene Programme on “Yoga for Human Excellence”** in our Biochemistry Department during 26th April, 2023.

Resource Person : Ms.P.Sathya,
Assistant Professor,
Department of Yoga,
KSRCAS (A),
Tiruchengode.

Participants : Students

Date : 26.04.2023


Thanking you,

Place : KSRCAS

Date :24.04.2023

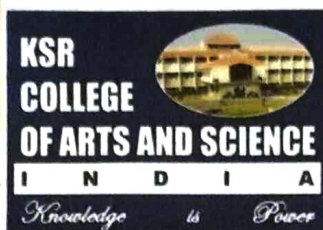
Yours faithfully,


(Dr. G.Saravanan)


24/4/23

**K.S.RANGASAMY COLLEGE OF ARTS AND SCIENCE
(AUTONOMOUS),**

TIRUCHENGODE – 637215.



DEPARTMENT OF BIOCHEMISTRY

Cordially invites you for the

HEALTH & HYGIENE PROGRAMME on

“YOGA FOR HUMAN EXCELLENCE”

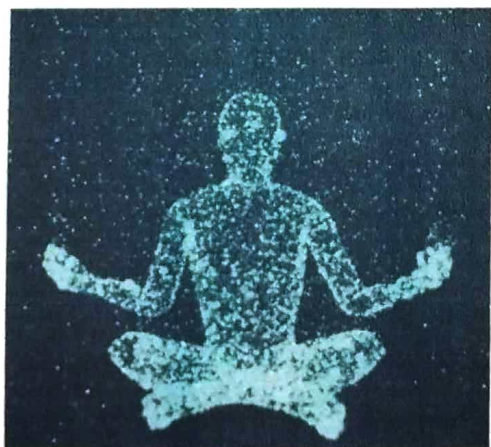
By

Ms.P.Sathya,

Assistant Professor, Department of Yoga,

K.S.Rangasamy College of Arts and Science (Autonomous),

Tiruchengode – 637215.



Venue : PG Biochemistry Laboratory

Time :10.00 am

Date : 26.04.2023

Contact : biochemistryksrcas@gmail.com

CIRCULAR

Date : 24.04.2023

From


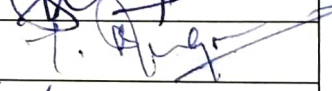
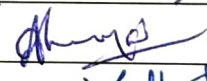
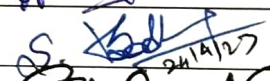
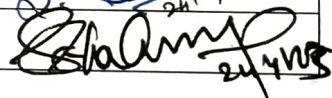
The Head,
Department of Biochemistry,
KSRCAS (A),
Tiruchengode - 637215.

Dear Students,

On behalf of Biochemistry, we are organizing an Awareness program on the topic
“Yoga for Human Excellence” by Mrs.P.Sathya, Assistant Professor, Department of
Yoga, KSRCAS. All the faculty members and students of biochemistry department are
invited to attend the program on 26.04.2023.

Copy to :

Faculty members and Biochemistry Department students.

Year	Department (UG & PG)	Class Incharge	Signature
I	B.Sc., Biochemistry	MB.S.V.SARANYAN	
II	B. Sc., Biochemistry	Mrs. B. Suganya	
III	B. Sc., Biochemistry	Dr.A.Praveena	
I	M. Sc., Biochemistry	S. Madhura	
II	M. Sc., Biochemistry	DR.V.V. SATHIBABU UDDANDRAO	


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GUEST / VISITING FACULTY PROFILE

Date : 26.04.2023

Topic : Yoga for human Excellence

1. Name of the Guest / Visiting Faculty : P. SATHYA
2. Official Address :
- Designation : Asst. Prof. in Yoga
- Name of the Organization : KSR CAS
3. Address :
- Street : 6/60, Vellikuttai
- Street : Kadachanallur (Post)
- District : Nammakal
- State : Tamil Nadu
- Pin Code : 638008
- E-mail ID : Psathya606@gmail.com
- Phone No : 8526575953
4. Educational Qualification : MA,
5. Subject Specialization : YOGA
6. Experience : 10 Years
7. Countries Visited : —
8. Members/ Role in Academic Bodies : Member in World Community service Center
9. Others if any : —


Signature

**K.S.Rangasamy College of Arts and Science (Autonomous),
Tiruchengode – 637215.**

Department of Biochemistry

Topic : Yoga for Human Excellence

Date : 26.04.2023

S.No	Reg No	Name of the Student	Year & Department	Signature
1.	20UBC011	G. MATHESH	III-B.Sc Bio chemistry	matresh
2.	22UBC018	V. Gnesh . M	I-B.Sc-Biochemistry	V. Gnesh . M
3.	21UBC012	YASHINI . D	II-B.Sc Biochemistry	Yashini
4.	21UBC001	ABINAYA . R	II-B.Sc Biochemistry	Abinaya
5.	21UBC003	KEERTHANA . H	II-B.Sc Biochemistry	M. V.
6.	21UBC005	G. PADMA	II-B.Sc BIOCHEMISTRY	G. Padma
7.	21UBC006	S. PAVITHRA	I-BSC Biochemistry	S. Pavithra
8.	21UBC011	C. VINODHINI	II-B.Sc Biochemistry	C. Vinodhini
9.	22UBC004	P. Dharmash	I-BSC Biochemistry	P. Dharmash
10.	22UBC015	S. SOWDIPARVA	I-BSC Biochemistry	S. Sowdiparva
11.	22UBC002	N. DEEPIKA	I-BSC-Biochemistry	N. Deepika
12.	22UBC016	M. Suthakar	I-BSC Biochemistry	M. Suthakar
13.	20UBC014	R. S. Ramachandran	III-B.Sc Biochemistry	R. S. Ramachandran
14.	20UBC016	A. Sangavi	III-B.Sc Biochemistry	A. Sangavi
15.	20UBC005	G. Indhumathi	III-B.Sc Biochemistry	G. Indhumathi
16.	20UBC019	D. Suganya	III-B.Sc Biochemistry	D. Suganya
17.	20UBC002	R. Ashika	III-B.Sc Biochemistry	R. Ashika
18.	20UBC007	S. Keerthana	III-B.Sc Biochemistry	S. Keerthana
19.	20UBC003	P. Priyadharsini	III-B.Sc Biochemistry	P. Priyadharsini
20.	20UBC018	S. Shrinithi	III-B.Sc Biochemistry	S. Shrinithi
21.	20UBC010	M. Madhumitha	III-B.Sc Biochemistry	M. Madhumitha
22.	20UBC012	M. Naveen	III-B.Sc BC	M. Naveen
23.	20UBC023	S. Yashraj	III-B.Sc BC	S. Yashraj
24.	20UBC017	R. Sowbhatrakshi	III-B.Sc BC	R. Sowbhatrakshi
25.	20UBC021	J. Varun	III-B.Sc BC	J. Varun
26.	20UBC004	M. Motul	III-B.Sc BC	M. Motul
27.	20UBC001	A. Akilan	III-B.Sc BC	A. Akilan
28.	20UBC009	LINGESH WADAN	III-B.Sc BC	L. Lingesh Wadan
29.	20UBC008	LAUSHAMAN . S	III-B.Sc BC	Laushaman . S
30.	20UBC000	UDHAYADHARSHINI . B	III-B.Sc BC	Udhayadharshini . B
31.	22PBC018	T. Soundharya	I-M.Sc (BC)	T. Soundharya
32.	22PBC007	K. Karan	I-M.Sc (BC)	K. Karan
33.	22PBC012	R. Muthuraj	I-M.Sc (BC)	R. Muthuraj
34.	22PBC004	G. Gayathri	I-M.Sc (BC)	G. Gayathri
35.	22PBC013	M. Pragasamswaran	I-M.Sc (BC)	M. Pragasamswaran
36.	22PBC015	L. PRIYADHARSHINI	I-M.Sc [BC]	L. Priyadharshini

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DEPARTMENT OF BIOCHEMISTRY

Health and Hygiene

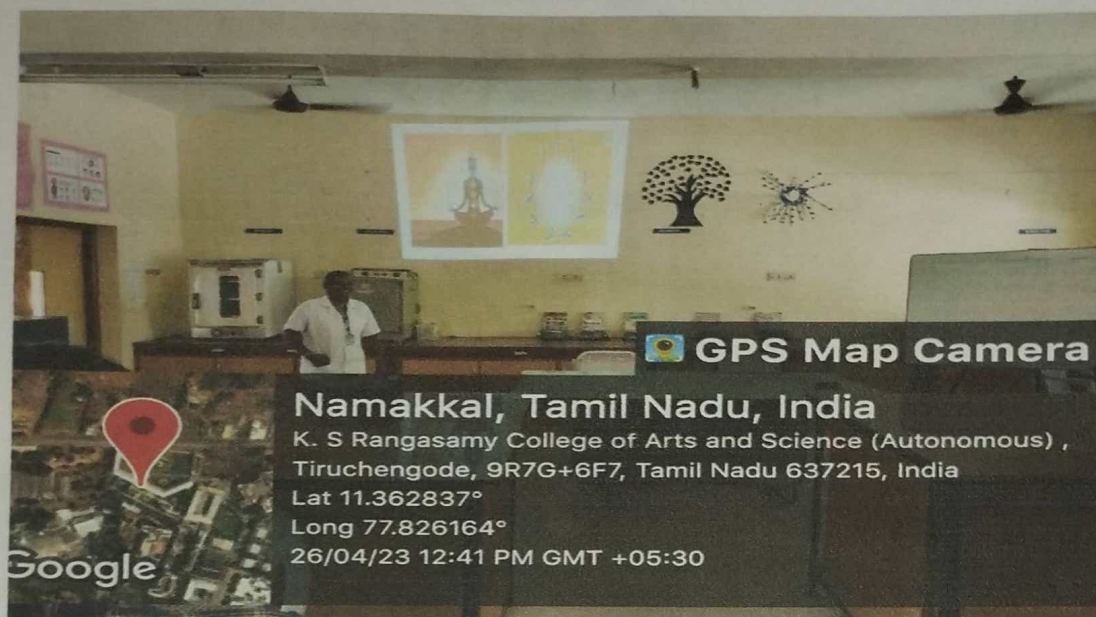


Fig 1: Explaining about the components of yoga



Fig 2: Students are actively listening the sessions

Report
Skill Enhancement Program (Health and Hygiene)

1. Resource Person : Ms.P.Sathya,
Assistant Professor,
Department of Yoga,
KSRCAS (A),
Tiruchengode.
2. Topic : “Yoga for Human Excellence”
3. Time and date : 26.04.2023
4. Outcome of the programme

The Department of Biochemistry has planned to conduct Skill enhancement activities for students on 26.04.2023 on the topic “**Yoga for Human Excellence**” The program was successfully conducted. Dr.G.Saravanan, Head / Department of Biochemistry have introduced the resource person of the programme Ms.P.Sathya, Assistant Professor, Department of Yoga. She has delivered his lecture on “yoga for Human Excellence” and its impacts in our life. The importance of Yoga in our lives cannot be underestimated. It is a science that focuses on improving not only physical health but also mental and spiritual well-being, which are the foundations of our life. Yoga is rightly called ‘A science to live in harmony with self and the world’ – it is not only for keeping our body fit but also helps us to keep our mind and soul active. The practice blends the body, mind, and soul together and enables us to be happy, peaceful, and content by transforming our attitudes, behaviour, and outlook towards life. It makes us more positive, optimistic and cheerful. The motive of the program is to develop the knowledge on the yoga and its importance on health in life which benefit to develop the knowledge of the students. About 53 students from the department have attended the programme and had positive review on the program.


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