



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR



Internal Quality Assurance Cell



Health Awareness Programme

Health Benefits of Yoga Mudras

Resource Person	:	Thiru. K. Jayabalan Yoga Mudra Trainer Virudhunagar
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Date & Time	:	10.09.2019 at 02..00 p.m.
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Dr. R. Barani

IQAC Coordinator

Dr. S.M. Meena Rani

Principal

V.V.VANNIAPERUMAL COLLEGE FOR WOMEN
(An Autonomous Institution Affiliated to Madurai Kamaraj University)
Virudhunagar – 626001

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INTERNAL QUALITY ASSURANCE CELL

Date : 06.09.2019

Circular

The IQAC of our College plans to organize a Health Awareness Programme on 10.09.2019 for the Non-Teaching Staff members of our College.

Trainer	:	Thiru. K. Jayabalan Yoga Mudra Trainer Virudhunagar
Topic	:	Health Benefits of Yoga Mudras
Time	:	2.00 p.m – 4.00 p.m.

All are cordially invited.



IQAC Co-ordinator



PRINCIPAL



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VIRUDHUNAGAR



Report

“Health Benefits of Yoga Mudras”

on 10.09.2019

IQAC of our college organized a Health Awareness Programme for the Non-teaching Staff of our college on 10.09.2019 on the topic “Health Benefits of Yoga Mudras”. Mr. Jayabalan, Trainer and Practitioner of yoga mudras motivated the audience to practice the yoga mudras. He first explained the benefits of various mudras. This was followed by the practical session. The audience eagerly raised doubts regarding mudras and gets them clarified. The non-teaching staffs were highly benefitted by this session.

IQAC Coordinator



IQAC : Health Awareness Programme for Support Staff

Date : 10.9.19

Time : 2.00 p.m

Resource Person : Thiru. K. Jayabalan
Yoga Mudra Trainer
Virudhunagar

Venue : S.P.G.R. Meeting Hall

Participants : Support Staff

Feedback from Resource Person :

All Staff members cooperate
to listening and practice.

[Signature]

S.No.	Name	Signature
1.	Tmt. P. Kamatchi Devi, B.Com.,	P. Kamatchi Devi 10.9.19
2.	Tmt. K. Sumathi, B.Com.,	K. Sumathi
3.	Tmt. R. Uma Devi, M.A.,	R. Uma Devi
4.	Tmt. R. Usha Devi, M.A.,	R. Usha
5.	Tmt. K. Kavitha, B.A.,	K. Kavitha
6.	Tmt. R. Velammal, B.Sc., PGDCA.,	R. Velammal
7.	Tmt. A. Lakshmi, B.Sc.,	A. Lakshmi
8.	Tmt. I. Uma Devi,	P. Seetha I. Uma
9.	Tmt. P. Seetha	P. Seetha
10.	Tmt. K. Sarathi Devi	K. Sarathi Devi

S.No.	Name	Signature
11.	Tmt. S. Subha, B.A.,	S. Subha
12.	Tmt. K. Umadevi, M.Com.,	K. Umadevi
13.	Tmt. S. Chitra, B.Sc., PGDCA.,	S. Chitra
14.	Tmt. P. Sudha Pandi, M.A.,	P. Sudha
15.	Selvi S. Kalai Selvi, B.Sc.,	S. Kalai Selvi
16.	Selvi M. Malathi, B.Sc.,	M. Malathi
17.	Tmt. S. Jegatheeswari, M.Sc. (S.E)	S. Jegatheeswari
18.	Tmt. S. Kalleswari, M.Sc.,	S. Kalleswari
19.	Tmt. P. Bhagavath Greetha	P. Bhagavath Greetha
20.	Tmt. R. Chitra	R. Chitra
21.	Tmt. S. Nagamani, D.C.D.D.M.	S. Nagamani
22.	Tmt. M. Kaliswari	M. Kaliswari
23.	Tmt. S. Kalpana, M.Com., D.C.A.,	S. Kalpana
24.	Tmt. M. Jeyalakshmi, B.Sc.,	M. Jeyalakshmi
25.	Tmt. S. Revathi	S. Revathi
26.	Tmt. R. Ananthi, B.A.,	R. Ananthi
27.	Tmt. M. Pandiammal	M. Pandiammal
28.	Tmt. B. Porselvi, B.Sc.,	B. Porselvi
29.	Tmt. P. Sasi Kala, B.A.,	P. Sasi Kala
30.	Selvi R. Maheswari, B.Sc.,	R. Maheswari
31.	Selvi M. Parameswari, B.Sc.,	M. Parameswari
32.	Selvi N. Parameswari, B.Sc.,	N. Parameswari
33.	Tmt. P. Perumalakkal,	P. Perumalakkal
34.	Tmt. S. Punitha Latha, B.Sc.,	S. Punitha Latha
35.	Tmt. M. Pandeeswari	M. Pandeeswari
36.	Tmt. N. Thana Lakshmi	N. Thana Lakshmi
37.	Tmt. N. Chellammal	N. Chellammal
38.	Tmt. S. Grandhimathi	S. Grandhimathi
39.	Tmt. S. Nirmala Devi	S. Nirmala Devi
40.	Tmt. S. Jeyalakshmi	S. Jeyalakshmi
41.	Tmt. P. Rajapriya	P. Rajapriya
42.	Tmt. J. Amutha	J. Amutha
43.	Tmt. P. Sundari	P. Sundari
44.	Tmt. K. Nagalakshmi	K. Nagalakshmi

S.No.	Name	Signature
45.	Tmt. S. Selvi	S. Selvi
46.	Tmt. N. Santhi	N. Santhi
47.	Tmt. D. PadmaVathy	D. PadmaVathy
48.	Tmt. R. Serma Kani	R. Serma Kani


IQAC co-ordinator


Principal