



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 for residential students

24.08.2019

Trainer	:	Ms. V.Ramya Master Choa Kok Sui (MCKS) Pranic Healing Centre, Virudhunagar
Volunteers	:	Ms. Maharani Senthilvel, Ms. K. Banumathi & Ms. Sinthia Ganesan Master Choa Kok Sui (MCKS) Pranic Healing Centre, Virudhunagar
Topic	:	Super Brain Yoga and Twin Heart Meditation
Time	:	4.00 - 5.00 p.m

Dr. R. Barani
IQAC Coordinator

Dr. S.M. Meena Rani
Principal

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Virudhunagar – 626001

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INTERNAL QUALITY ASSURANCE CELL

Date : 21.08.2019

Circular


Internal Quality Assurance Cell of our college organizes a Health Awareness Programme for the residential students at Multi-Purpose Hall on 24.08.2019. The students are asked to attend the meeting without fail.


Trainer : Ms. V.Ramya
Master Choa Kok Sui (MCKS) Pranic Healing Centre,
Virudhunagar

Volunteers : Ms. Maharani Senthilvel, Ms. K. Banumathi
&
Ms. Sinthia Ganesan
Master Choa Kok Sui (MCKS) Pranic Healing Centre,
Virudhunagar

Topic : Super Brain Yoga and Twin Heart Meditation

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IQAC Co-ordinator


PRINCIPAL



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Report

on

Super Brain Yoga and Twin Heart Meditation

On 24.08.2019 (Saturday) evening 4.00 - 5.00 p.m a meeting was held at Multi-Purpose Hall for hostel students. Volunteers of Master Choa Kok Sui (MCKS) Pranic Healing Centre, Virudhunagar introduced Pranic healing to the students. V.Ramya, a Trainer educated the students how to feel the energy, how to be successful and also demonstrated Super Brain Yoga and Twin Heart Meditation, 1700 residential students and tutors were benefitted.

IQAC Coordinator



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IQAC : Health Awareness Programme for the
Residential Students.

Date : 24-08-19

Time : 4.00pm. -
5.00p.m.

Trainer : Ms. V. Ramya
Master Choa Kok Sui (MCKS) Pranic Healing Centre,
Virudhunagar.

Volunteers : Ms. Maharani Senthilvel, Ms. K. Banumathi,
&
Ms. Sinthia Ganesan.
Master Choa Kok Sui (MCKS) Pranic Healing Centre,
Virudhunagar.

Topic : Super Brain Yoga and Twin Heart Meditation


Venue : Multi-purpose Hall


Participants : First year Residential Students.

Feedback From Resource Person:

Good response from participants
Couldn't teach meditation because of lack of
mike facility and hence requested to come again.

Maharani
K. Banumathy.

R. 
IQAC co-ordinator

 R. Ramya
Principal