



**V.V.VANNIAPERUMAL COLLEGE FOR WOMEN**  
( Belonging to Virudhunagar Hindu Nadars )  
An Autonomous Institution Affiliated to Madurai Kamaraj University  
Re-accredited with 'A' Grade (3<sup>rd</sup> cycle) by NAAC  
Virudhunagar - 626 001



## **INTERNAL QUALITY ASSURANCE CELL**



## **Stress Management Programme**

**07.01.2022**

**Resource Person : Dr. R. Pasukkanna,**  
**Tamil Traditional Treatment Expert,**  
**Founder & Chairman, Kanna Foundation,**  
**Coimbatore.**

**Topic : மனமே மருந்து**

**Venue : Jegathambal - Rajendran Library Meeting Hall**  
**(Downstairs)**

**Dr. P. Saritha**  
**Dr. R. Salini**  
**Staff-in-charge**

**Dr. R. Barani**  
**IQAC Coordinator**

**Dr. S.M. Meena Rani**  
**PRINCIPAL**



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Virudhunagar - 626 001



## **INTERNAL QUALITY ASSURANCE CELL**



Date: 06.01.2022

### **CIRCULAR**

The Internal Quality Assurance Cell of our college is organizing a Stress Management Programme for the Teaching and Non-Teaching Faculty Members of our college on 07.01.2022 at 2.00 p.m. The attendee list is attached herewith. The remaining Faculty who are interested may also attend the programme.

Resource Person : **Dr. R. Pasukkanna,**  
Tamil Traditional Treatment Expert,  
Founder & Chairman, Kanna Foundation,  
Coimbatore.

Topic : மனமே மருந்து

Venue : Jegathambal - Rajendran Library Meeting Hall  
(Downstairs)

*Savitri P. Sahasr. R.*  
6/1/2022  
Staff-in-charge

*R. Anand*  
6/1/2022  
IQAC Coordinator

*J. M. Meena Rani*  
PRINCIPAL



## V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

An Autonomous Institution Affiliated to Madurai Kamaraj University

( Belonging to Virudhunagar Hindu Nadars )

Virudhunagar-626 001

Re-accredited with 'A' Grade (3<sup>rd</sup> cycle) by NAAC



### INTERNAL QUALITY ASSURANCE CELL

#### Report on Stress Management Programme

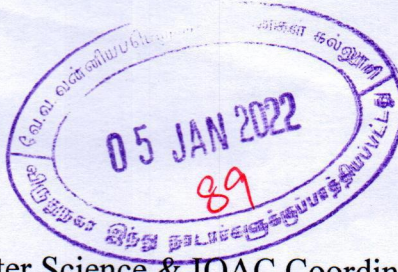
Stress is a feeling of emotional or physical tension. Stress wreaks havoc on our emotional equilibrium, as well as our physical health. It narrows our ability to think clearly, function effectively, and enjoy life. Effective stress management helps us to break the hold stress and the individual can be happier, healthier, and more productive. To reduce stress and its consequences a Stress Management Programme was organized for the teaching and non-teaching faculty members (Aided & Self-financing stream) on Friday, 07<sup>th</sup> January, 2022 by the Internal Quality Assurance Cell (IQAC) in collaboration with Kanna Foundation, Coimbatore.

Dr. R. Pasukkanna, Tamil Traditional Treatment Expert, Founder & Chairman, Kanna Foundation acted as resource person and addressed on the topic மனமே மருந்து. He created awareness on stress management using Mudras. The participants got glimpse of Mudra Science and its immense benefits on an individual's health & happiness. Five fingers of the hand represent five elements. Harmonial balance is required among the five elements to remain healthy and free from any illness or disease. By curling, crossing, stretching and touching the fingers, we can communicate with the body and mind in a certain way since each part of the hand corresponds to a specific part of the mind or body. This is because several of our nerves terminate in our fingers and the exerting pressure on these points leads to modulation of various areas of our brain and activation of different energy pathways and chakras in the body. He has also demonstrated some mudras and the participants actively participated and clarified their doubts.

Saints P  
Staff-In charge

R. Anu  
IQAC Coordinator





COMP.SCCR)

From

Dr. R. Barani

Associate Professor of Computer Science & IQAC Coordinator

V.V.Vanniaperumal College for Women

Virudhunagar

To

The Secretary

V.V.Vanniaperumal College for Women

Virudhunagar

Through

The Principal

Respected Sir / Madam,

The Internal Quality Assurance Cell has planned to organize a Stress Management Programme for the Teaching and Non-teaching faculty of our college.

Dr. R. Pasukkanna, Tamil Traditional Treatment Expert, Founder & Chairman, Kanna Foundtaion, Coimbatore, has consented to address our faculty members on 07.01.2022 on the topic மனமே மருந்து.

We request you to grant us permission to organize the above programme.

Thanking you,

Virudhunagar

05.01.2022

Recommended  
DTC  
5-1-22

Yours sincerely

R. Barani

Yes  
5/1



# V.V. VANNIAPERUMAL COLLEGE FOR WOMEN (AUTONOMOUS)

(Belonging to Virudhunagar Hindu Nadars)  
VIRUDHUNAGAR - 626 001. (TAMIL NADU)

Re-accredited with 'A' Grade by NAAC



Estd. 1962



An ISO 9001:2008  
Certified Institution

**Dr. (Tmt) S.M. Meena Rani, M.Sc., M.Phil., P.G.D.C.A., Ph.D.,**  
Principal  
Mobile : 89033 00236  
e-mail : [vvvcgeneral@bsnl.in](mailto:vvvcgeneral@bsnl.in)  
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Fax : 04562 - 248694  
Cell : 94890 88703  
website : [www.vvvcollge.org](http://www.vvvcollge.org)

To

06.01.2022

Dr. R. Pasukkanna  
Tamil Traditional Treatment Expert  
Founder & Chairman  
Kanna Foundation  
Coimbatore

Dear Sir,

Warm Greetings!

We take immense pleasure in inviting you as a resource person for the Stress Management Programme to address our Teaching and Non-teaching faculty members on the topic மனமே மருந்து on 07.01.2022 at 2.00 p.m.

We keenly look forward to your benign presence to orient us towards achieving a balanced life.

Thanking You,

**IQAC Coordinator**

**PRINCIPAL**

# Internal Quality Assurance Cell

## STRESS MANAGEMENT PROGRAMME

Date : 7.1.2022

Time : 2.00 PM

Venue : Jegathambal - Regendean Library Meeting Hall  
(Downstairs)

Resource Person : Dr. R. Pasukkanna  
Tamil Traditional Treatment Expert,  
Founder & Chairman, Kanne Foundation,  
Coimbatore.

Topic : Stress Management

### Members Present

S.No.	Name	Designation	Signature
	Senior Teacher Member	<u>Dr. R. Pasukkanna</u>	
1.	Dr. (Tmt.) S. Cinthana, M.A., M.Phil, Ph.D.,	Assistant Professor of English	<u>S. Cinthana</u>
2.	Dr. (Tmt.) V. Navaneethamani, M.A., B.Ed., M.Phil, Ph.D.,	Assistant Professor of English	<u>V. Navaneethamani</u>
3.	Dr. (Tmt.) K. Malavathi, M.A., M.Phil, Ph.D.,	Assistant Professor of English	<u>K. Malavathi</u> 7/1/22
4.	Dr. (Tmt.) I. Rathinamala, M.Sc., M.Phil, Ph.D.,	Assistant Professor of Physics	
5.	Tmt. S. Veni, M.Sc.,	Assistant Professor of Computer Science (3P)	<u>S. Veni</u> 7/1/22
6.	Tmt. K. Karthikeyan, M.Sc., M.Phil, M.Tech.,	Assistant Professor of Information Technology	<u>K. Karthikeyan</u> 7/1/22
7.	Dr. (Tmt.) P. Saritha, M.Sc., M.Com., M.Phil, Ph.D.,	Assistant Professor of Commerce	<u>P. Saritha</u> 7/1/2022
8.	Dr. (Tmt.) R. P. Aditya, M.Sc., M.Phil, Ph.D.,	Assistant Professor of Mathematics	

S.NO	Name	Designation	Signature with Date
9.	Dr. (Tmtg.) R. Salini, M.Sc, PhD,	Assistant Professor of Biochemistry	Salini R. 01/11/2022
10.	Selvi. N. Malathi, M.Sc.,	Assistant Professor of Mathematics	N. Malathi 7.1.2022
11.	Selvi. S. Swathi Sundari, M.Sc.,	Assistant Professor of Mathematics	S. Swathi Sundari 7/1/22
12.	Tmtg. R. Subha, M.Sc, M.Phil, D.C.T,	Assistant Professor of Home Science	Subha 7/1/22
13.	<del>Dr. (Tmtg.) R. Subha, M.Sc, M.Phil, D.C.T,</del>	<del>Assistant Professor of Home Science</del>	<del>Subha 7/1/22</del>

S.NO.	Name of the Participants	Department	Signature with Date
13.	Dr. (Tmtg.) A. Uma Devi	Mathematics	A. Uma Devi
14.	Dr. (Tmtg.) M. C. Maheswari	Mathematics	M. C. Maheswari
15.	Dr. (Tmtg.) P. Geetha	Mathematics	P. Geetha
16.	Dr. (Tmtg.) P. Soudhakar	Mathematics	P. Soudhakar
17.	Dr. (Tmtg.) P. Vinthiya Gouri	Tamil	P. Vinthiya Gouri 7.1.2022
18.	Dr. (Tmtg.) T. Velmaril	Tamil	T. Velmaril 7/1/2022
19.	Dr. (Tmtg.) N. Susila	Tamil	N. Susila 7.1.2022
20.	Dr. (Tmtg.) S. Uma Devi	Tamil	S. Uma Devi 7.1.2022
21.	Dr. (Tmtg.) N. Amuthavalli	Tamil	N. Amuthavalli 7.1.2022
22.	Dr. (Tmtg.) C. Narasimhan	Tamil	C. Narasimhan 7.1.2022
23.	Dr. (Tmtg.) J. Nalini Devi	Tamil	J. Nalini Devi 7/1/2022

No.	Name of the Participants	Department	Signature with Date
4.	Dr. (Tmtg.) M. Tamil Selvi	Tamil	Dr. Tamil Selvi 7/1/2022
5.	Tmtg. A. Athiashita Kumari	English	A. Athiashita Kumari 7.1.2022
6.	Dr. (Tmtg.) S. Cinthana	English	
27.	Dr. (Tmtg.) S. Anitha	English	S. Anitha 7.1.2022
28.	Dr. (Tmtg.) S. Sharmalee	English	S. Sharmalee 7.1.2022
29.	Dr. (Tmtg.) V. Thiyal Nayaki	English	V. Thiyal Nayaki 7.1.22
30.	Dr. (Tmtg.) M. Geetha	History	M. Geetha 7.1.2022
31.	Dr. (Tmtg.) M. Babyrani	History	M. Babyrani 7.1.2022
32.	Dr. (Tmtg.) S. Lalitha	History	S. Lalitha 7.1.22
33.	Dr. (Tmtg.) P. Malavizhi	History	P. Malavizhi
34.	Tmtg. M. Maheswari	History	M. Maheswari 7/1/2022
35.	Tmtg. B. Anurthe	History	B. Anurthe 7.1.2022
36.	Dr. (Tmtg.) M. Bavani	History	M. Bavani 7/1/2022
37.	Dr. (Tmtg.) R. Malathi	History	R. Malathi 7.1.2022
38.	Dr. (Tmtg.) K. Uma Maheswari	Physics	K. Uma Maheswari 7.1.2022
39.	Dr. (Tmtg.) P. Malliga	Physics	P. Malliga 7.1.2022
40.	Dr. (Tmtg.) A. Anjagan Pawanthi	Physics	A. Anjagan Pawanthi 7.1.2022

S.No	Name of the Participants	Department	Signature Date
41.	Dr. (Tmtg.) R. Hepzi Pramila Devamani	Physics	R. Hepzi 7/11/22
42.	Tmtg. M. Shanalakshmi	Chemistry	M. Shanalakshmi 7/11/22
43.	Dr. (Tmtg.) M. Anurthe	Chemistry	M. A 7/11/22
43.	Tmtg. R. Nagasathya	Chemistry	R. Nagasathya 7/11/22
44.	Dr. (Tmtg.) J. Kavitha	Chemistry	J. Kavitha 7/11/22
45.	Dr. (Tmtg.) P. Annapoolam	Biochemistry	P. Annapoolam 07/11/2022
46.	Dr. (Tmtg.) R. Mallika	Biochemistry	Mallika 07/11/2022
47.	Dr. (Tmtg.) R. Renuka	Biochemistry	R. Renuka 07/11/22
48.	Dr. (Tmtg.) J. Rani	Zoology	J. Rani 7/11/2022
49.	Dr. (Tmtg.) M. Tamilselvi	Zoology	M. Tamilselvi 7/11/2022
50.	Dr. (Tmtg.) R. Radhalakshmi	Zoology	R. Radhalakshmi 7/11/2022
51.	Dr. (Tmtg.) P. Vijaya	Zoology	P. Vijaya 7/11/2022
52.	Dr. (Tmtg.) B. Karumai Selvi	Botany	B. Karumai Selvi 7/11/2022
53.	Dr. (Tmtg.) R. Murugalakshmi Kumari	Botany	R. Murugalakshmi 7/11/2022
54.	Dr. (Tmtg.) D. Vijayarani	Home Science	D. Vijayarani 7/11/22

Name of the Participants	Department	Signature with Date
Trnty. S. Balasaraswathi	Home Science	S. Balasaraswathi 7/1/22
Dr. (Trnty.) G. Karthigai Lakshmi	Computer Science	G. Karthigai 7.1.2022
Trnty. K. Annbuseli	Computer Science	Annbuseli 7.1.2022
Dr. (Trnty.) M. Chamundeswarai	Computer Science	M. Chamundeswarai 7/1/22
Dr. (Trnty.) R. Barani	Computer Science	R. Barani 7/1/2022
Dr. (Trnty.) A. Rama	Commerce	
Dr. (Trnty.) P. P. Shanthi	Commerce	P. P. Shanthi 1-1-22
Dr. (Trnty.) M. Ponni Selvi	Commerce	M. Ponni Selvi 07/01/2022
Dr. (Trnty.) J. Mahanayagi	Commerce	J. Mahanayagi 07/01/22
Dr. (Trnty.) R. Panchavaram	Commerce	R. Panchavaram 7.1.2022
Dr. (Trnty.) P. Thenrathi	Commerce	P. Thenrathi 7.1.2022
Dr. (Trnty.) P. Clara Jeyaseeli	Library	P. Clara Jeyaseeli
Dr. (Trnty.) B. Nagajothi	Tamil (SF)	B. Nagajothi 7/1/2022
Trnty. C. Vijayalakshmi	English (SF)	C. Vijayalakshmi 7/1/2022
Dr. (Trnty.) S. Kavitha Rani	English (SF)	S. Kavitha Rani
Trnty. K. Chitra Lakshmi	Mathematics (SF)	K. Chitra Lakshmi

S.No.	Name of the Participants	Department	Signature with Date
71.	Tmtg. P. Kalaiseli	Mathematics (SR)	P. Kalaiseli
72.	Tmtg. K. Sudha Rameshwarai	Biochemistry (SR)	B. Sudha 7/11/2022
73.	Tmtg. R. Alonia Jemmi Christobel	Biochemistry (SR)	R. Alonia 7/11/2022
74.	Tmtg. J. Jaya	Microbiology	
75.	Tmtg. N. Santhi	Computer Applications (SR)	N. Santhi 7/11/2022
76.	Tmtg. R. Nagajyothi	Computer Applications (SR)	R. Nagajyothi 7/11/2022
77.	Tmtg. J. Polkodi	Computer Applications (SR)	J. Polkodi 7/11/22
78.	Tmtg. M. Priya Vani	Computer Applications (SR)	M. Priya Vani 7/11/22
79.	Tmtg. V. G. Jyothi Mani	Computer Applications (SR)	V. G. Jyothi Mani 7/11/22
80.	Dr. (Tmtg.) P. T. Karthimathi	Commerce (CA) (SR)	P. T. Karthimathi 7/11/22
81.	Dr. (Tmtg.) B. Suganya	Commerce (CA) (SR)	B. Suganya 7/11/22
82.	Dr. (Tmtg.) C. Amirtha Selvi	Commerce (SR)	C. Amirtha Selvi 7-1-2022
83.	Dr. (Tmtg.) V. Shantha Meene	Commerce (SR)	V. Shantha Meene 7-1-2022
84.	Dr. (Tmtg.) B. Nandhini	Commerce (SR)	B. Nandhini 7-1-22

S.No	Name of the Participants	Department	Signature with Date
85.	S. (Tmtg.) A. Anna Devi	Commerce (PA) (CSF)	A. Anna Devi 7/1/22
86.	S. (Tmtg.) G. Balasaraswathi	Commerce (PA) (CSF)	G. Balasaraswathi 7/1/22
87.	Tmtg. P. Kalavelu	Assistant	
88.	Tmtg. R. Uma Devi	Assistant	R. Uma Devi 7/1/22
89.	Tmtg. P. Varuki	Assistant	
90.	Tmtg. P. Kariampal	Steno Typist	P. Kariampal 7.1.22
91.	Tmtg. R. Usha Devi	Typist	R. Usha Devi 7/1/22
92.	Tmtg. C. Lilly Rose	Lab Assistant	C. Lilly Rose 7.1.22
93.	Tmtg. M. Navamani	Lab Assistant	M. Navamani 7/1/2022
94.	Tmtg. S. K. Karitha	Lab Assistant	
95.	Tmtg. I. Uma Devi	Library Assistant	I. Uma Devi 7/1/22
96.	Tmtg. A. Shanthi	Office Assistant	A. Shanthi 7.1.22
97.	Tmtg. C. Hema	Office Assistant	
98.	Tmtg. K. Selva Rani	Office Assistant	K. Selvarani
99.	Tmtg. P. Sarikala	Laboratory Assistant	P. Sarikala
100.	Tmtg. V. Vijayalakshmi	Library Assistant	V. Vijayalakshmi
101.	Tim		

S.No.	Name of the Participants	Department	Signature with Date
101.	Truty S. Revathi	Xerox in-charge	S. Revathi
102.	Truty M. Uma Pawalthy	Xerox in-charge	U. Uma Pawalthy
103.	Dr. R. Malathy	English (Self)	R. Malathy 7.1.22
104.	Mrs. R. Grayathni	Library	R. Grayathni 7.1.22
105	Dr. P. P. SATHYATHY		

### Visitor's Impression

[illegible]

5000 2500

ଅନ୍ତରାଳ ଦିଅ...!

Postman's 1982 paper

συννομεν σὺ ἀνὴρ γὰρ...!

20/10/20

7/1/2022

சிறைமாமுனை கிணியை சிந்தித்தபின்  
கருவியை கருணத்திலே அடமின் கண்ணை உயக்க  
வைத்தது. கிந்த மொழி குழங்குகள்தான் கிணியை  
கொண்டது. தேவியை சிப்பந்தியை உரிமையாக  
பெறும் குழைந்ததில் கெழல் கெழல்  
துணை புரிய வேண்டுமே சிந்தித்த,  
கிணியை வேளக உருப்பிவ் குரு படைபடை  
கிணியை வேண்டுமே சிந்தித்த சிந்தித்த  
உருப்பிவ் கிணியை வேண்டுமே கிணியை  
வேண்டுமே சிந்தித்த கிணியை வேண்டுமே அல்ல  
குணியை அருப்பிவ் கிணியை

Effective stress management helps us to break the hold stress and the individual can be happier, healthier and more productive. To reduce stress and its consequences a Stress Management Programme was organized for the teaching and non-teaching faculty members (Aided & Self-financing stream) on Friday, 07th January, 2022 by the Internal Quality Assurance Cell (IQAC) in Collaboration with Kanna Foundation, Coimbatore.

Dr. R. Pasukkanna, Tamil Traditional Treatment Expert, Founder & chairman, Kanna Foundation acted as resource person and addressed on the topic 'மனதில் மனம்' (Mind in Mind). He created awareness on stress management using Mudras. The participants got glimpse of Mudra Science and its immense benefits on an individual's health and happiness. Five fingers of the hand represent five elements. Harmonial balance is required among the five elements to remain healthy and free from any illness or disease. By curling, crossing, stretching and touching the fingers, we can communicate with the body and mind in a certain way since each part of the hand corresponds to a specific part of the mind or body. He has also demonstrated some mudras and the participants actively participated and clarified their doubts.

R. Pasukkanna

IQAC Coordinator

J. M. Thirumala Ravi

Principal



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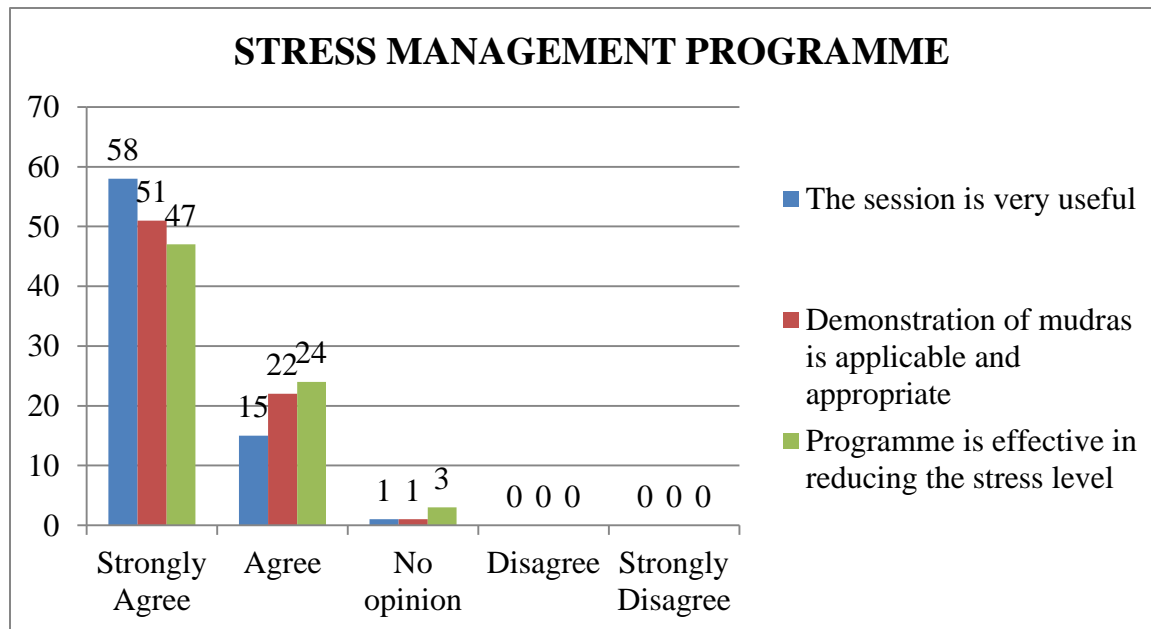
**INTERNAL QUALITY ASSURANCE CELL**

**FEEDBACK FORM**

1. E-Mail :
2. Name of the Teaching/Non- Teaching Faculty :
3. Designation : Associate Professor & Head  
Associate Professor  
Assistant Professor & Head  
Assistant Professor  
Office Assistant  
Steno-typist  
Typist  
Lab Assistant  
Library Assistant  
Xerox Incharge
4. Department :
5. The session is very useful : Strongly Agree  
Agree  
No Opinion  
Disagree  
Strongly Disagree
6. Demonstration of mudras is applicable and appropriate: Strongly Agree  
Agree  
No Opinion  
Disagree  
Strongly Disagree
7. The programme is effective in reducing the stress level : Strongly Agree  
Agree  
No Opinion  
Disagree  
Strongly Disagree
8. Any other Suggestions

## FEEDBACK ANALYSIS

	The session is very useful	Demonstration of mudras is applicable and appropriate	Programme is effective in reducing the stress level
Strongly Agree	58	51	47
Agree	15	22	24
No opinion	1	1	3
Disagree	-	-	-
Strongly Disagree	-	-	-
Total	74	74	74



## INFERENCE

It is clear from the above analysis, faculty members are more benefitted out of the stress management programme. Out of 74 faculty members, 58 of them have felt that the session is very useful, 51 of them have felt that the demonstration of mudras is applicable and appropriate and 47 of them have said that the programme is effective in reducing the stress level.

## SUGGESTIONS

- If possible arrange this program to students.
- We need similar type of programmes in future also
- Need like this course in future also
- Need more meeting like this
- Need some other programme like that
- We need more information about Mutra.
- Repeat kindly arrange the programme for all non-teaching staff for many times, I will need additional information about muthra
- Nice need more information about mutra



# V.V. VANNIAPERUMAL COLLEGE FOR WOMEN (AUTONOMOUS)

(Belonging to Virudhunagar Hindu Nadars)  
VIRUDHUNAGAR - 626 001. (TAMIL NADU)

Re-accredited with 'A' Grade by NAAC



Estd. 1962



An ISO 9001 - 2008  
Certified Institution

**Dr. (Tmt) S.M. Meena Rani, M.Sc., M.Phil., P.G.D.C.A., Ph.D.,**

Principal

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website : [www.vvvcollge.org](http://www.vvvcollge.org)

To

**Dr. R. Pasukkanna,**

Tamil Traditional Treatment Expert,

Founder & Chairman, Kanna Foundation,

Coimbatore.

Respected Sir,

Warm Greetings.

We feel elated to express our sincere thanks to you for sharing your expertise on the topic  
மனமே மருந்து in the Stress Management Programme organized by the Internal Quality  
Assurance Cell on 07.01.2022.

**IQAC Coordinator**

**PRINCIPAL**