



# SRI VIJAYA VIDYALAYA COLLEGE OF ARTS & SCIENCE

Affiliated to Periyar University, Salem-11 & Recognised 2(f) and 12(b) under UGC Act, 1956.  
Accredited with 'A' grade by NAAC.

## YOGA 2018 - 2023







## மனவளக்கலை யோகா

நமது கல்லூரியில் ஏற்பாடு செய்திருந்த யோகா வகுப்பானது மிகவும் பயனுள்ளதாகப் பல்வேறு நன்மைகளை அளித்தது.

- 1.யோகா ஆசிரியர்களால் கற்றுத் தரப்பட்ட யோகா பயிற்சிகளை காலையில் எழுந்தவுடன் செய்வதன் மூலமாக ரத்த ஓட்டமானது சீராகி உடல் உறுப்புகள் புத்துணர்ச்சி பெறுவதை உணர முடிந்தது.
- 2.காலை எழுந்ததும் யோகா பயிற்சி செய்ய வேண்டும் என்று யோகா ஆசிரியர்கள் கூறியதை போலவே நாங்கள் தினமும் வீட்டில் செய்யும் பொழுது எங்களுக்கு புத்துணர்வும் படிப்பின் மீது ஆர்வமும் ஏற்பட்டது.
3. கல்லூரியில் ஒரு வார காலம் யோகா பயிற்சி நடைபெற்றது அதன் மூலமாக நாங்கள் புத்துணர்வும் புது ஆர்வமும் பெற்றோம் யோகாவை தினமும் செய்வதன் மூலம் ரத்த ஓட்டம், உடல் உறுப்புகள் மேலும் கை, கால் மூட்டுகள் அனைத்தும் வலிமை பெற்ற உணர்வை,யோகா பயிற்சிகளைத் தினமும் நாங்கள் வீட்டில் செய்யும் பொழுது காலையில் சுறுசுறுப்பாகவும் அன்றைய நாள் முழுவதும் உடல் உறுப்புகள் புத்துணர்வுடன் செயல்பட்டதையும் நாங்கள் அறிந்தோம்.
- 4.ஒரு வார கால யோகா பயிற்சி மூலமாக எங்களுக்கு தேர்வு பற்றிய பயமும், பதட்டமும் இல்லாமல் புத்துணர்வை பெற்றோம்.
- 5.ஒரு வார கால யோகா பயிற்சியின் மூலமாக எங்களுடைய சுவாசம் சீராக்கப்பட்டு மூளையின் செயல்பாட்டுத் திறன், உருவாக்கும் திறன், சமநிலை திறன், போன்றவை எல்லாம் அதிகரித்ததை எங்களால் உணர முடிந்தது.
- 6.யோகா வகுப்பில் யோகா ஆசிரியர்களால் கற்பிக்கப்பட்ட முச்சுப் பயிற்சி மிகவும் பயனுள்ளதாக இருந்தது. இந்த முச்சு பயிற்சியை நாங்கள் வீட்டில் தொடர்ந்து செய்வதன் மூலமாக புத்துணர்வாக இருப்பதை உணர முடிந்தது.
- 7.யோகா வகுப்பில் கற்றுக் கொடுக்கப்பட்ட கை, கால், முதுகு, தண்டுவடம் போன்றவற்றிற்கான பயிற்சியானது தினமும் வகுப்பில் அதிக நேரம் உட்காந்து கவனிப்பதால் ஏற்படும் சோம்பலை நீக்கி புத்துணர்வாக உணர்ச்சி செய்தது.



யோகா ஆசிரியர், எழுந்தது, உடல் உறுப்புகள், பிஎசு டி  
குமிழாய்வுத் துறைத் தலைவர்,  
விஜய வித்யாலயா கலை மற்றும்  
அறிவியல் கல்லூரி, நல்லம்பள்ளி,  
தருமபுரி-636 807.



PRINCIPAL  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI-636 701.



# SRI VIJAY VIDYALAYA COLLEGE OF ARTS & SCIENCE

Affiliated to Panna University, Salem-11 & Recognised 2(f) and 12(b) under UGC Act, 1956.  
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## PG and Research Department of Mathematics (2018-2019)

### File description :

- Soft skills include attributes and personality traits that help employees interact with others and succeed in the workplace.
- Successful communication helps us better understand people and situations. It helps us overcome diversities, build trust and respect, and create conditions for sharing creative ideas and solving problem.
- It uses physical postures, breathing exercises and meditation to improve overall health.
- Enhanced memory.
- Reduced stress.
- Reduced eye strain and headaches.
- Better sleep quality.
- Microsoft office used to make professional quality documents, letters reports, etc.
- Our college is providing communication skills and soft skills development programs every year more than 40 students in our department are benefitted every year through the programme.
- Our college is providing yoga programme for students every year more than 35 students are benefitted every year through the programme.

M. Deenu

**HEAD OF DEPARTMENT**  
Department of Mathematics  
Sri Vijay Vidyalaya College of Arts  
and Science, DHARMAPURI-636 701



dmw-16


**PRINCIPAL**  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI-636 701.



**Department of Tamil**

**YOGA HEALTH FITNESS - 2021 - 2022**

S.NO	NAME	REG.NO	STUDENTS SIGNATURE
1	V.GOPIKA	C21UG165TAM002/165	V. Gopika
2	P.LAKSHMI	C21UG165TAM003/165	P. Lakshmi
3	E.NARMATHA	C21UG165TAM005/165	E. Narmatha
4	K.RAMYA	C21UG165TAM006/165	K. Ramya
5	P. RATHIYAPRIYADHARSHINI	C21UG165TAM007/165	P. Rathiya Priyadharshini
6	S SUJI	C21UG165TAM010/165	S. Suji
7	S VIJYALAKSHMI	C21UG165TAM012/165	S. Vijyalakshmi
8	D ABITHA	C21UG165TAM013/165	D. Abitha
9	G.DEEPA	C21UG165TAM014/165	G. Deepa
10	S.DEVISHREE	C21UG165TAM015/165	S. Devishree
11	S.ELLAMMAL	C21UG165TAM016/165	S. Ellammal
12	S.HARINI	C21UG165TAM017/165	S. Harini
13	M.INDHUMATHI	C21UG165TAM019/165	M. Indhumathi
14	R.KARTHIKA	C21UG165TAM020/165	R. Karthika
15	K.LOGASREE	C21UG165TAM021/165	K. Logasree
16	V.MEENA	C21UG165TAM022/165	V. Meena
17	S.MOUVEENA	C21UG165TAM023/165	S. Mouveena
18	K.MUTHUMANI	C21UG165TAM024/165	K. Muthumani
19	G.NIVEDHA	C21UG165TAM025/165	G. Nivedha
20	B.PADMA	C21UG165TAM026/165	B. Padma
21	A.PARKAVI	C21UG165TAM027/165	A. Parkavi
22	M.PAVITHRA	C21UG165TAM028/165	M. Pavithra
23	M.PAVITHRA	C21UG165TAM029/165	M. Pavithra
24	S.PRADEEPA	C21UG165TAM030/165	S. Pradeepa
25	M.PREETHI	C21UG165TAM031/165	M. Preethi
26	K.PRIYADHARSHINI	C21UG165TAM032/165	K. Priyadharshini
27	R. PRIYADHARSHINI	C21UG165TAM033/165	R. Priyadharshini
28	M.RUBIKA	C21UG165TAM034/165	M. Rubika
29	A.SARANYA	C21UG165TAM036/165	A. Saranya
30	M SARANYA	C21UG165TAM037/165	M. Saranya
31	C SATHYA	C21UG165TAM038/165	C. Sathya
32	C SATHYA	C21UG165TAM039/165	C. Sathya
33	M SATHYA	C21UG165TAM040/165	M. Sathya
34	R SATHYA	C21UG165TAM041/165	R. Sathya

  
முனைவர் இரா. ஜெயந்தி, எம்.ஏ., எம்.ஃபில்., பி.எ.டி.  
தமிழாய்வுத் துறைத் தலைவர்,  
ஸ்ரீ விஜய வித்யாலயா கலை மற்றும்  
அறிவியல் கல்லூரி, நல்லம்பள்ளி,  
தருமபுரி-636 807.





**PRINCIPAL**  
**SRI VIJAY VIDYALAYA**  
**COLLEGE OF ARTS & SCIENCE**  
**DHARMAPURI - 636701.**



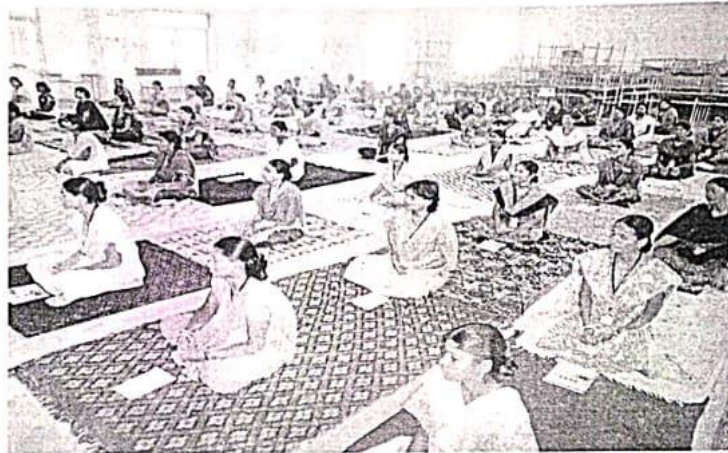


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**PG and Research Department of Mathematics (2018-2019)**

Yoga photo



*M. Ravi*  
**HEAD OF DEPARTMENT**  
Department of Mathematics  
Sri Vijay Vidyalaya College of Arts  
and Science, DHARMAPURI-636 701

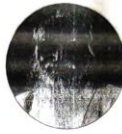


*Principal*  
**PRINCIPAL**  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI-636 701.



Vazhga Vaiyagam

Vazhga Valamudan



# Vethathiri Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC  
Aliyar - 642 101.

## Yoga for Youth Empowerment

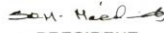
This is to certify that .....**K. ABIRAMI**.....  
has successfully completed the prescribed courses of study conducted  
during the period from **09.06.2018** ..... to **11.06.2018** .....  
for the **Foundation Course in Yoga for Youth Empowerment.**

Be Blessed by the Divine Power



  
**DIRECTOR**  
VISION-Admin



  
**PRESIDENT**  
WCSC

Vazhga Vaiyagam

Vazhga Valamudan



# Vethathiri Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC  
Aliyar - 642 101.

## Yoga for Youth Empowerment

This is to certify that .....**M. ABITHA**.....  
has successfully completed the prescribed courses of study conducted  
during the period from **09.06.2018** ..... to **11.06.2018** .....  
for the **Foundation Course in Yoga for Youth Empowerment.**

Be Blessed by the Divine Power



  
**DIRECTOR**  
VISION-Admin



  
**PRESIDENT**  
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**SRI VIJAY VIDYALAYA  
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## Department of English

This certificate is proudly presented to R. Anitha  
for participating in Soft Skill Development that organised by the  
Department of English that held on 23/11/2018 in Sri Vijay  
Vidyalaya College of Arts and Science for Women.

HEAD OF THE DEPARTMENT



SIGNATURE OF THE PRINCIPAL

Department of English  
Sri Vijay Vidyalaya College of Arts and Science  
Nallampalli-636 807, Dharmapuri-Dt.

PRINCIPAL  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI



**SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE**

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Accredited with 'A' grade by SAAC.  
Dharmapuri, Tamil Nadu.



**DEPARTMENT OF  
GEOGRAPHY**

**CERTIFICATE OF COMPLETION OF BRIDGE  
COURSE**

This Certificate is presented to Ms. P.PAVITHRA  
Department of Geography . Has Successfully Completing the Bridge Course held  
in the year 2018-2019 Program Organized by Department of Geography Sri Vijay  
Vidyalaya College of Arts and Science, Nallampalli, Dharmapuri-636 807.



*Dr. A. Anand*  
**COURSE  
COORDINA  
TOR**

*R. Vaasini*  
**HEAD OF THE  
DEPARTMENT**

*Anelisee*  
**PRINCIPAL**  
PRINCIPAL  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI-636 801



# SRI VIJAY VIDYALAYA COLLEGE OF ARTS & SCIENCE

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## PG and Research Department of Mathematics (2018-2019)

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- Our college is providing communication skills and soft skills development programs every year more than 40 students in our department are benefitted every year through the programme.
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M. Deivan

**HEAD OF DEPARTMENT**  
Department of Mathematics  
Sri Vijay Vidyalaya College of Arts  
and Science, DHARMAPURI-636 701



dmw-16

**PRINCIPAL**  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI-636 701.




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Affiliated to Periyar University, Salem-11 & Recognised 2(f) and 12(b) under UGC Act, 1956.  
Accredited with 'A' grade by NAAC.

## Department of English

This certificate is proudly presented to Priyanka S  
for participating in Bridge Course that organised by the  
Department of English that held on 18.06.2019 - 22.06.2019 in Sri Vijay  
Vidyalaya College of Arts and Science for Women.

  
**HEAD OF THE DEPARTMENT**  
HEAD  
Department of English  
Sri Vijay Vidyalaya College of Arts and Sci-  
Nallampalli-636 807, Dharmapuri-(Dt.



  
**SIGNATURE OF THE PRINCIPAL**

**PRINCIPAL**  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI-636701

Vazhga Vaiyagam



Vazhga Valamudan

## Vethathiri Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC

Aliyer - 642 101.

### Yoga for Youth Empowerment

This is to certify that ....R...Dexayani..... B.Sc. Mathematics.....

has successfully completed the prescribed courses of study conducted

during the period from ....24/6/2019..... to ....29/6/2019.....


for the **Foundation Course in Yoga for Youth Empowerment.**

Be Blessed by the Divine Power

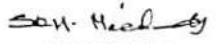


Date :



  
DIRECTOR  
VISION-Admin



  
PRESIDENT  
WCSC



S.Naina



M.Aarthi



A.Arulselvi



Aswini Aswini



M. Janani shree



Notes Comments









**SRI VIJAY VIDYALAYA**  
**COLLEGE OF ARTS & SCIENCE**  
Affiliated to Periyar University, Salem-11 & Recognised 2(f) and 12(b) under UGC Act, 1956.  
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Dharmapuri, Tamil Nadu.



## DEPARTMENT OF BUSINESS ADMINISTRATION

### SOFTSKILL TOPICS [CRITICAL THINKING WHILE SOLVING PROBLEMS]


#### OBJECTIVES OF SOFT SKILLS TRAINING

By the end of the soft skills training program, the students should be able to:

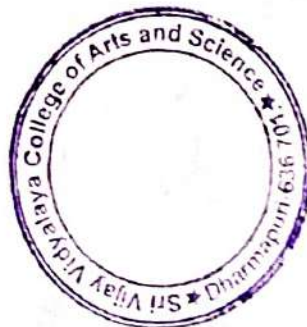
- Develop effective communication skills (spoken and written).
- Develop effective presentation skills.
- Conduct effective business correspondence and prepare business reports which produce results.
- Become self-confident individuals by mastering interpersonal skills, team management skills, and leadership skills.
- Develop all-round personalities with a mature outlook to function effectively in different circumstances.
- Take part effectively in various selection procedures adopted by the recruiters.


#### FIVE IMPORTANT OF SOFT SKILLS

- Soft skills are the combination of people skills,
- social skills, communication skills,
- emotional intelligence,
- Personality traits that make it easy to get along and work harmoniously with other people.

  
HEAD

Department of Business Administration  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE,  
NALLAMPALLI, Dharmapuri Dt.  
Pin : 636 092



  
PRINCIPAL  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI - 636701.



# SRI VIJAY VIDYALAYA COLLEGE OF ARTS & SCIENCE

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Accredited with 'A' grade by NAAC,  
Dharmapuri, Tamil Nadu.



Vazhga Valya. am



Vazhga Valamudan

## Vethathari Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC  
Aliyar - 642 101.

### Yoga for Youth Empowerment

This is to certify that ...S...SANDHIYA.....I...B.Sc...NUTRITION..AND...DIETETICS.....  
has successfully completed the prescribed courses of study conducted  
during the period from .....25.10.2021..... to .....28.10.2021.....

for the Foundation Course in Yoga for Youth Empowerment.

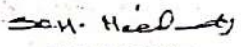
Be Blessed by the Divine Power



Date :



  
DIRECTOR  
VISION-Admin

  
PRESIDENT  
WCSC



Signature of HOD  
HEAD

Department of Nutrition & Dietetics,  
Sri Vijay Vidyalaya College of Arts & Science,  
Nallampalli, Dharmapuri-636 807.





Signature of Principal

PRINCIPAL  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI - 636701.

Vazhga Vaiyagam



Vazhga Valamudan

## Yethathiri Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC

Aliyor - 642 101.

### Yoga for Youth Empowerment

This is to certify that .....KEERTHANA.....M..... B.Sc.....PHYSICS.....

has successfully completed the prescribed courses of study conducted

during the period from .....04..10..2021..... to .....15/10/2021.....

for the **Foundation Course in Yoga for Youth Empowerment.**

Be Blessed by the Divine Power



Date :



  
DIRECTOR  
VISION-Admin



  
PRESIDENT  
WCSC

Vazhga Valyagam



Vazhga Valamudan

# Vethathiri Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC  
Allyor - 642 101.

## Yoga for Youth Empowerment

This is to certify that PRIYADHARSHINI G [B.SC CHEMISTRY]

has successfully completed the prescribed courses of study conducted

during the period from 08-08-2020 ..... to .. 16-08-2022 .....


for the **Foundation Course** in Yoga for Youth Empowerment.

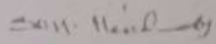
Be Blessed by the Divine Power



Date :



  
DIRECTOR  
VISION-Admin

  
PRESIDENT  
WCSC



**MICROSOFT OFFICE 365 PRODUCTIVITY  
SUITE OFFERINGS  
BEGINNERS LEVEL**



This is to certify that **Rithikashree R** has successfully completed the  
**Digital Training on Microsoft Office 365 Productivity Suite Offerings Beginners Course**  
offered by Naan Mudhalvan in partnership with Microsoft on April 24, 2023

*Handwritten signature*

Department of Science  
Sri Vijay Vidyalaya College of Arts & Science  
Nallampalli - 636 607  
[naanmudhalvan.tn.gov.in/](http://naanmudhalvan.tn.gov.in/)



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PRINCIPAL  
SRI VIJAY VIDYALAYA  
COLLEGE OF ARTS & SCIENCE  
DHARMAPURI - 636701.



[naanmudhalvan.azurewebsites.net/](http://naanmudhalvan.azurewebsites.net/)

Vazhga Vaiyagam



Vazhga Valamudan

## Yethathiri Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC

Aliyar - 642 101.

### Yoga for Youth Empowerment

This is to certify that ..K..LEENA.....B.Sc.MATHEMATICS.....

has successfully completed the prescribed courses of study conducted

during the period from ..08..08..2022..... to .....16..08..2022.....

for the **Foundation Course in Yoga for Youth Empowerment.**

Be Blessed by the Divine Power



Date :



DIRECTOR  
VISION-Admin

PRESIDENT  
WCSC