

Detailed Report on One-Day Workshop: Therapeutic Yoga for Human Excellence

Date: February 1, 2024

Organized by: Department of Public Policy

Event Title: Therapeutic Yoga for Human Excellence

Resource Person: Mrs. Marudham Arumugam

Venue: Seminar Hall, Incubation Center

Host: Department of Public Policy

Introduction

On February 1, 2024, the Department of Public Policy hosted a one-day workshop titled "Therapeutic Yoga for Human Excellence." The workshop aimed to explore the benefits of yoga in enhancing mental health and overall well-being. Mrs. Marudham Arumugam, a renowned expert in therapeutic yoga, was invited to lead the session. The event was warmly hosted by a member of the Department of Public Policy faculty.

Opening Remarks

The event commenced with a welcoming address by Dr. R. Radhai, the Head of the Department of Public Policy. Dr. Radhai set the tone for the workshop by highlighting the importance of integrating yoga into daily routines to achieve both mental and physical well-being. Her introductory remarks underscored the significance of the workshop and introduced Mrs. Marudham Arumugam as the resource person.

Workshop Overview

The core session of the workshop was conducted by Mrs. Marudham Arumugam, an esteemed expert in therapeutic yoga. The session was designed to be interactive, incorporating a PowerPoint presentation that outlined various yoga techniques and their benefits.

Key Activities

- **PPT Presentation:** Mrs. Arumugam used a comprehensive PowerPoint presentation to explain different yoga techniques and their impact on mental clarity, emotional stability, and physical health.
- **Practical Demonstrations:** Participants engaged in practical demonstrations, which included yoga postures (asanas) and breathing exercises (pranayama). These activities were aimed at helping participants experience firsthand the stress-relieving and relaxation benefits of yoga.
- **Discussion:** Mrs. Arumugam elaborated on the therapeutic benefits of yoga, emphasizing its role in enhancing human potential and achieving overall excellence. Her discussion included insights into how yoga can be integrated into daily life to promote a balanced and fulfilling lifestyle.

Participant Engagement

Participants actively engaged in the workshop, showing keen interest in both the theoretical and practical aspects of therapeutic yoga. The hands-on demonstrations allowed attendees to practice the techniques discussed, which contributed to a better understanding of the subject matter. The interactive nature of the workshop facilitated meaningful exchanges between Mrs. Arumugam and the participants.

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Conclusion

The workshop concluded with a summary of key takeaways and a Q&A session. Participants expressed appreciation for the practical insights and the opportunity to learn directly from an expert in the field. Dr. Radhai offered closing remarks, thanking Mrs. Arumugam for her valuable contribution and reiterating the importance of incorporating yoga into daily life for enhanced well-being.

Feedback and Future Recommendations

Participant Feedback:

- Positive feedback was received regarding the interactive format of the workshop.
- Participants appreciated the practical demonstrations and the applicability of the techniques discussed.

Recommendations:

- Future workshops could include follow-up sessions to track the progress of participants in incorporating yoga into their routines.
- Additional resources or take-home materials could be provided to support continued practice and learning.

The workshop successfully met its objective of promoting holistic wellness and human excellence through therapeutic yoga practices, leaving participants better equipped to integrate these practices into their lives for improved mental and physical health.

Head Coordinators

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One day workshop on

THERAPEUTIC YOGA FOR HUMAN EXCELLENCE

Venue: Seminar Hall -1

On FEB 1, 2024 | 9.00 A. M- 12.00 P. M

Resource person

Mrs. Marudham Arumugam

Dean, SSSH

Dr. D. Ayub Khan Dawood

Director

Mr. K. M. Ilanchezhian

Head, Dept of Public Policy

Dr. R. Radhai

