



Sakthi Polytechnic College, Sakthi Nagar – 638 315
Department of Basic Engineering



Date: 04.09.2025

Report on Seven Days Yoga Practice and Certificate Distribution Ceremony

The Department of Basic Engineering, in association with **Vethathiri Maharishi's Manavalakalai Mandram**, Bhavani, organized a **Seven-day Yoga and Meditation Training Programme** for all the first-year students from **26.06.2025 to 11.07.2025**. This initiative aimed to introduce students to holistic wellness practices, including various forms of **yoga and meditation techniques**.

The sessions were conducted by a dedicated team from Vethathiri Maharishi's Manavalakalai Mandram and concluded with the **issuance of a yoga training certificate** to all participating students, **entirely free of cost**. The training significantly benefited the students by enhancing their physical, mental, and emotional well-being.

To mark the completion of the programme, a **Certificate Distribution Ceremony** was conducted on **04.09.2025** by the Department of Basic Engineering. The event was graced by **Arulnithi M. Udayakumar**, Professor at Manavalakkalai Mandram, as the **Chief Guest**, along with his esteemed team members: **Prof. T.R. Sekar, Prof. S. Viswanathan, Prof. P. Kalaiselvi, Prof. R. Sangeetha, and Prof. U. Gobinath**, who were also the trainers during the yoga sessions.

Prof. Arulnithi M. Udayakumar delivered a **special address**, offering valuable advice and insights to the students on incorporating yoga into daily life. The event was presided over by **Dr. S. Senthil Arasu**, Principal of Sakthi Polytechnic College, who delivered the **presidential address**, and **Dr. K. R. Muthuswamy**, Director of the institution, who gave the **felicitation address**.

The event was well-coordinated by the **first-year staff members**, whose dedicated efforts ensured the successful organization of both the training programme and the ceremony. All **first-year students actively participated** and benefited from this enriching experience.

