

REPORT ON YOGA AND MEDITATION PRACTICE



Central University of Tamil Nadu
[Established by an Act of Parliament, 2009]
THIRUVARUR - 610 005. TAMIL NADU.



Yoga and Meditation Practice
for Faculty, Staff and Students
(On the occasion of International Yoga Day 2025)



DATE
05.05.2025 to 09.05.2025

Time
06.30 AM to 07.30 AM

Venue:
Yoga and Meditation Hall, Near Indoor Hall

ORGANISED BY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
Central University of Tamil Nadu,
Thiruvapur, Tamil Nadu.

REPORT ON YOGA AND MEDITATION PRACTICE SESSIONS

Event: Yoga and Meditation Practice.

Organized by: Department of Physical Education and Sports, School of Education and Training, Central University of Tamil Nadu

Outline

The Department of Physical Education and Sports, Central University of Tamil Nadu (CUTN), successfully conducted Yoga and Meditation Practice Sessions for faculty, staff, and students from 05th May 2025 to 09th May 2025. The sessions were held daily in the morning from 6:30 AM to 7:30 AM at the Yoga and Meditation Hall, located near the Indoor Hall, CUTN.

The sessions were led by **Dr. K. Vishnuvardhan Reddy**, Assistant Professor, Department of Physical Education and Sports, CUTN. The daily practice included basic to intermediate yoga postures (asanas), breathing techniques (pranayama), and guided meditation to enhance physical and mental well-being.

The programme received enthusiastic participation with over 60+ participants attending regularly across the five-day session. The sessions promoted health awareness and stress reduction among the university community.

Dr. S. Jayaraman
Head
DPES, CUN

Dr. K. Vishnuvardhan Reddy
Assistant Professor
DPES, CUN





Date - 05/5/25 to 09/5/25.

YOGA AND MEDITATION PRACTICE.

[On the occasion of International Yoga Day - 2025]

Day - 1

Sl. NO.	Name of the Candidate	Dept./course	Mob. NO.	Signature.
①	R. Atchaya	I. Msc. Mathematics	7339347050	R. Atchaya
②	DR. V. Gunasekaran	Materials Science	9894789648	Dr. V. Gunasekaran
3.	SHANMUGAM.S	PGDPM	8940809162	Shanmugam.S
④	S. JAYASOOLYA	PGDPM	8940224435	S. Jayasoolya
<u>Day-2</u>				
④	DR. V. Gunasekaran	Materials Science	9894789648	Dr. V. Gunasekaran
⑤	Dr. Pranjali Garg	Dept. of History	9017664489	P.G.
⑥	Prof. Archana Garg	Chemistry (MDO)	7988738804	A.C.
7	T.K. Venkatesh Chalapathy	Economics	8106966370	T.K.V.
8	P S Manjula		8903182197	Manjula
9	Koshan Harun K	Physics	9447262987	Koshan Harun K
10	Shaavan C Suraadnan	Economic	9961364474	Shaavan C Suraadnan
11	Darung Chandra DJ	Maths	9747236808	Darung Chandra DJ
12	Thapan Joe Joseph	Economics	7012509097	Thapan Joe Joseph
13	Febin	Economics	8921083255	Febin
14	Jishnuraj P.V	Maths	996514375	Jishnuraj P.V
15	Muzzamil	Phy	6375229624	Muzzamil
16	Litresh - A	Maths	9025239350	Litresh - A
17	Mohamed Adhil.A	"	9843674278	Mohamed Adhil.A
18	Madhul	Physics	9003844420	Madhul
19	M.R.D. Asarudeen	Economics	8959403128	M.R.D. Asarudeen
20	Dr. K. Chandru	Chemistry	9894763635	Dr. K. Chandru

Sl. No.	Name of the candidate	Dept. / course	Mob. No.	Signature.
21	K.S. SNIYADHAKSHMI	ECONOMICS 1 Yr	9655011386	
22	Nandhini A	"	9790373714	
23	S. Mahalakshmi	"	9361312290	
24	K. Bavaru	"	7448726149	
25	R. Sowmya	"	8015459807	
26	N. Srinithi	"	8270157913	
27	S. JAYASUAYA	P.G.D.F.M	89400227435	
28	SANTHOSH	P.G.D.F.M		
29	SHANMUGAM.S	P.G.D.F.M	8940805162	
30	ARAVANDHU	P.G.D.F.M		
31	G. Velumani	Asst. Librarian	9444955990	
<u>Day-3</u>				
1.	G. Velumani	Asst. Librarian	9444955990	
2.	R. Atchaya	I. Mec. Mathematics	9339347052	
3.	clara siju Joshua	I. "	8767512893	
4.	Dhinya Priya. N.R	"	9566327697	
5.	JAYASUAYA.S	P.G.D.F.M	89400227435	
6.	T. MOHAN DAS.	Chemistry	9965048959	
7	T.K Venkatachalapati	Economics	8106966370	
8	Mangule	"	8903182197	
9	Sivaguru	P.G.D.F.M	6369518277	
10.	KPRAB	"	9849568703	
11.	SHANMUGAM.S	P.G.D.F.M	8940805162	
<u>Day-4</u>				
1.	T.K. Venkatachalapati	Economics	8106966370	
2.	P.S mangule	"	8903182197	
3.	K. Chandru	chemistry	9894763635	

Sl. No.	Name of the Candidate	Dept. / course.	Mob. No.	Signature
4.	Dr. Pranjali Garg	History	9017664489	P.G.
5.	Prof. Archana Garg	Chemistry (MDU)	7988738804	A.G.
6.	SHANMUGAM . S	PGDFM	8940805162	S. Shanmugam
7.	JAYASOBYA . S	PGDFM	8940227455	
8.	IKARAD K	Physical education	9843568703	
Day - 5		09.05.25		
1.	K. Chandru	Chemistry	9894763635	
2.	Dr. Pranjali G	History	9017664489	P.G.
3.	Prof. Archana G.	Chemistry (MDU)	7988738804	A.G.
4.	Dr. T.K Venkatachalapa -thy	Economics	8106966370	T.K. Venkatachalapa
5.	P.S. Manjula	..	8903182197	Manjula
6.	SHANMUGAM . S	PGDFM	8940809162	S. Shanmugam
7.	IKARAD . K	Physical education	9843568703	
8.	ARAVINDHU . B	PGDFM	93424471837	
9.	SANTHOSH KUMAR . M	PGDFM	9944048337	
10.	JAYASOBYA . S	PGDFM	8940227455	
11.	ARVANDHI - A	PGDFM	9944048337	
12.	SIVAGURU R	PGDFM	6369518277	Ravi