



**AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN**  
(SPONSORED BY AIMAN EDUCATION & WELFARE SOCIETY)  
Affiliated to Bharathidasan University  
Recognized by UGC under Section 2(f) & 12 (B)  
ISO 9001:2015 Certified Institution  
K. Sathanur, Tiruchirappalli-620 021

**Date: 10.06.2024**

## **CIRCULAR**

### **INTERNAL QUALITY ASSURANCE CELL (IQAC) & YOGA CLUB**

#### **Jointly organising**

Three- Days Workshop for MIND, BODY, STRESS RELAXATION AND YOGA is to be performed on 11.06.2024 to 13.06.2024 at 10.00 to 11.00 am in conference Hall. M/s S.Vasanth, Heartfullness Centre, Vadugappatti, has been invited as the Resource Person.

All are Welcome.!

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## **CIRCULAR**

**INTERNAL QUALITY ASSURANCE CELL (IQAC) & YOGA CLUB**

**Jointly organising**

**Relaxation Session on Mental Wellbeing**

One Day ORIENTATION PROGRAME ON YOGA AND MENTAL WELLBEING is to be conducted on 14.06.2024 at 10.00 to 11.00 am in Heartfullness Centre, Vadugappatti, for all the Teacheing staff members.

All are invited to avail the opportunity to relax our body and mind

  
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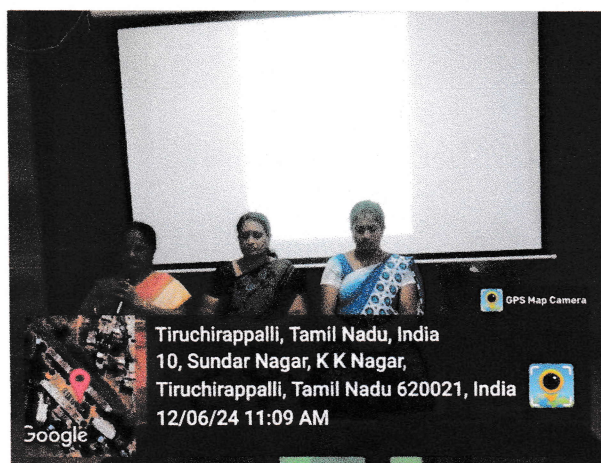
### INTERNAL QUALITY ASSURANCE CELL(IQAC) & YOGA CLUB



*Our guest speaker Mrs. S Vasanthal mindfully explaining the benefits of yoga and meditation*



*Our teaching and non-teaching staff members meditating for mental peace*



*Our Chief guest on dais, meditating as well as giving instructions for meditating in a proper way*



*Our staff members were taken to Mindfulness centre, Vadugapatti for mindful practices*

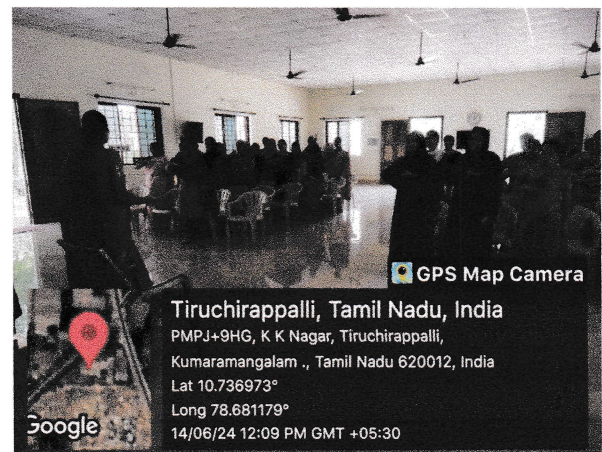




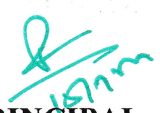
*Picture of Heartfulness Meditation centre*



*Staff was benefitted through mind-blowing speech on benefits of yoga and meditation on a regular basis*



*At last staff members were asked to proceed for oath session where, every staff stood and took oath regarding doing meditation and receiving mindful benefits out of it*

  
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INTERNAL QUALITY ASSURANCE CELL (IQAC & YOGA CLUB)

11/06/2024

## AGENDA

|                     |                                                                 |
|---------------------|-----------------------------------------------------------------|
| QIRAT               | : Ms. M. Aneesha Fathima I-M.Com                                |
| WELCOME ADDRESS     | : Mrs. S. Uma Maheshwari                                        |
| CHIEF GUEST ADDRESS | : Mrs S. Vasanthal<br>Heartfulness Meditation Centre – Trichy   |
| TOPIC               | : 4 days' Workshop on Mind, Body, Stress<br>Relaxation and Yoga |
| VOTE OF THANKS      | : Mrs. S. Uma Maheshwari                                        |

FDP CO-ORDINATOR

Mrs. S. UMA MAHESHWARI

  
PRINCIPAL

B. VANI

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## **INTERNAL QUALITY ASSURANCE CELL (IQAC) & YOGA CLUB**

### **ONE DAY FACULTY DEVELOPMENT PROGRAM ON RELAXATION SESSION ON MENTAL WELLBEING**

#### **ATTENDANCE FOR TEACHING STAFF**

| S.No | NAME                  | DEPARTMENT                 | 14.06.2024                 |
|------|-----------------------|----------------------------|----------------------------|
| 1    | Dr.M.Munafur Hussaina | Vice Principal & HOD of CS | <i>M. Munafur Hussaina</i> |
| 2    | Mrs.Y.Ferunisha       | Asst. Prof in Arabic       | <i>Y. Ferunisha</i>        |
| 3    | T.Priya               | Physical director          | <i>T. Priya</i>            |
| 4    | Dr.K.Sumathy          | Asst.Prof in English       | <i>K. Sumathy</i>          |
| 5    | Mrs.Prasanna Devi     | Asst. Prof in English      | <i>P. Prasanna Devi</i>    |
| 6    | Mrs.G.Revathi         | HOD of Commerce            | <i>G. Revathi</i>          |
| 7    | Mrs.K.Kalpana         | Asst. Prof in Commerce     | <i>K. Kalpana</i>          |
| 8    | Mrs.D.Lena Vino       | Asst.Prof in C.Sc          | <i>D. Lena Vino</i>        |
| 9    | Dr.R.Vasumathi        | Asst. Prof in C.Sc         | <i>R. Vasumathi</i>        |
| 10   | Ms. Nirmala Roy       | Asst.Prof in Physics       | <i>N. Nirmala Roy</i>      |
| 11   | Ms.T.Nasreen Banu     | HOD& Asst.Prof in Physics  | <i>T. Nasreen Banu</i>     |
| 12   | Mrs.C.Priya           | Asst.Prof in Mathematics   | <i>C. Priya</i>            |
| 13   | Mrs.A.Pappa           | Asst.Prof in Mathematics   | <i>A. Pappa</i>            |
| 14   | Mrs.M.Jasmin Uhanitha | HOD Nutrition & Dietetics  | <i>M. Jasmin Uhanitha</i>  |
| 15   | Ms.H.Shamsun Nafeela  | Asst.Prof in N&D           | <i>H. Shamsun Nafeela</i>  |
| 16   | Ms G Kaleeswari       | Asst.Prof in N&D           | <i>G. Kaleeswari</i>       |
| 17   | Ms C Nisha Lakshmi    | Asst.Prof in N&D           | <i>C. Nisha Lakshmi</i>    |
| 18   | Ms.V.Shandhiya        | Asst.Prof in N&D           | <i>V. Shandhiya</i>        |
| 19   | Ms.S.Indhumathi       | Asst.Prof in N&D           | <i>S. Indhumathi</i>       |
| 20   | Dr.S.Sathya           | HOD of Tamil               | <i>S. Sathya</i>           |



|    |                                  |                         |                    |
|----|----------------------------------|-------------------------|--------------------|
| 21 | Dr.R.Vaithegi                    | Asst.Prof in Tamil      | <i>P. Vaithegi</i> |
| 22 | Ms.Blessy Reb <sup>ccc</sup> eka | Asst.Prof in Psychology | <i>A. Blessy</i>   |
| 23 | Ms.Zulaikha Beevi                | Asst.Prof in Psychology | <i>M. Zulaikha</i> |
| 24 | Ms.Karpaga Lakshimi              | Asst.Prof in English    | <i>K. Lakshmi</i>  |
| 25 | Ms.Bakiya Lakshmi                | Asst.Prof in Maths      | <i>B. Lakshmi</i>  |
| 26 | Ms.Jesra Sabreen                 | Asst.Prof in CS         | <i>J. Sabreen</i>  |
| 27 | Mrs.Prasanna Devi                | Asst. Prof in English   |                    |
| 28 | Mrs. Meena Mahadevan             | Asst. Prof in Maths     |                    |
| 29 | Shandhya Venkatesan              | Asst. Prof in N&D       |                    |

29. P. Sumathi

Lab. Programmer.

*KS*  
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*Dr. P.*



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## INTERNAL QUALITY ASSURANCE CELL (IQAC) & YOGA CLUB

### 3 DAYS FACULTY DEVELOPMENT PROGRAM ON MIND, BODY, STRESS RELAXATION AND YOGA

#### ATTENDANCE FOR NON -TEACHING STAFF

| S.No | NAME               | DEPARTMENT                            | 11.06.2024     | 12.06.2024     | 13.06.2024     |
|------|--------------------|---------------------------------------|----------------|----------------|----------------|
| 1    | Ms.K.Hussain Banu  | Office Supt.                          |                |                |                |
| 2    | Mrs. R.Zabeen      | Office Secretary & Scholarships Nodal | Zabeen         | Zabeen         | Zabeen         |
| 3    | Mrs. Anees Fathima | Mubaliga Staff                        | Ay             | Ay             | Ay             |
| 4    | Mrs Kala           | Sweeper                               | B. Balu        | B. Balu        | B. Balu        |
| 5    | Mrs.Marikannu      | Sweeper                               | R. Lankaraj    | R. Lankaraj    | R. Lankaraj    |
| 6    | Mrs. P.Sumathi     | Sweeper                               | P. Anandhi     | P. Anandhi     | P. Anandhi     |
| 7    | Mrs.M.Sumathi      | Sweeper                               | M. Anandhi     | M. Anandhi     | M. Anandhi     |
| 8    | Mrs.R.Chithra      | Sweeper                               | R. Chithra     | R. Chithra     | R. Chithra     |
| 9    | Mrs. Sirai Selvi   | Sweeper                               | M. Sirai Selvi | M. Sirai Selvi | M. Sirai Selvi |
| 10   | Mrs. Manonmani     | Sweeper                               | S. Manonmani   | S. Manonmani   | S. Manonmani   |
| 11   | Mrs.Gomathi        | Sweeper                               | T. Gomathi     | T. Gomathi     | T. Gomathi     |
| 12   | Mrs.Jeya           | Sweeper                               | J. Jeya        | J. Jeya        | J. Jeya        |
| 13   | Ms. S.Chithra      | Sweeper                               | S. Chithra     | S. Chithra     | S. Chithra     |
| 14   | Ms.Suseela         | Sweeper                               | S. Suseela     | S. Suseela     | S. Suseela     |
| 15   | MS.Arokiya mari    | Sweeper                               | A. Arokiya     | A. Arokiya     | A. Arokiya     |
| 16   | MS.Kamatchi        | Sweeper                               | K. Kamatchi    | K. Kamatchi    | K. Kamatchi    |

M R. Tamilaras

R. Tamilaras R. Tamilaras R. Tamilaras

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