



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited

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PROGRAMME REPORT ON

Empowering Students Through Yoga A Journey to Mind - Body Wellness-Empowering Students Through Yoga A Journey to Mind - Body Wellness

Resource Person

Mrs. Kalaiselvi Manivannan

Organized by

CS- PMIST



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PROGRAMME REPORT ON

Empowering Students Through Yoga A Journey to Mind - Body Wellness

Resource Person

Mrs. Kalaiselvi Manivannan, M. Sc., Yoga,
SKY Yoga Master, WCSC,
Arivuthirukovil, Papanasam.

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Bloom Well Club

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**PERIYAR MANIAMMAI INSTITUTE OF
SCIENCE & TECHNOLOGY**
Periyar Nagar, Vallam, Thanjavur - 613403, Tamil Nadu,
INDIA.

FACULTY OF COMPUTING SCIENCE AND APPLICATIONS
Department of Computer Science

Student Awareness Drive on	Experts / Guest Speakers	Beneficiaries
<p>“Empowering Students Through Yoga A Journey to Mind - Body Wellness”</p>	<p style="text-align: center;">Mrs. Kalaiselvi Manivannan, M. Sc., Yoga, SKY Yoga Master, WCSC, Arivuthirukovil, Papanasam.</p>	<p>I B.Sc., CS - A & B (103), I B.Sc., Animation & Multimedia (14)</p>
<p>Date / Period: 13.11.2025 Time: 9.00 a.m. to 11.00 am.</p>		<p style="text-align: center;">117</p>
<p>Summary: The session on “Empowering Students Through Yoga” explained how yoga supports physical fitness and mental calmness. Students learned asanas like Tadasana, Vrikshasana, Thujangasana, and Shavasana to improve posture and relaxation. We practiced Pranayama and breathing exercises to reduce stress and improve focus. The trainer highlighted that regular yoga boosts academic performance and builds discipline. He encouraged students to use yoga to face challenges confidently. Overall, the session promoted yoga as a lifelong habit for health and happiness.</p>		





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DEPARTMENT OF COMPUTER SCIENCE

EMPOWERING STUDENTS THROUGH YOGA A JOURNEY TO MIND-BODY WELLNESS

- Organized By Bloomwell Club



Resource Person

Ms. Kalaiselvi Manivannan,

**M. Sc., Yoga,
Sky Yoga Master, WCSC.
Arivuthirukovil, Papanasam.**



13/11/2025



9 AM - 11 AM



Indoor Stadium



CONVENER

Dr.D.Christy Sujatha (Head CS)

COORDINATOR

**Dr.D.Meenakshi
AP / CS**