

ABOUT ANNA UNIVERSITY, CHENNAI

Anna University was established on 4th September, 1978 as a unitary type of University. It offers higher education in Engineering, Technology, Architecture & Applied Sciences relevant to the current and projected needs of the society. Besides promoting research and disseminating knowledge gained therefrom, it fosters cooperation between the academic and industrial communities.

AU is ranked with NAAC: A++ 3.54/4, NIRF Ranking 2023: Over all 18; University: 14; Engineering: 13; Research: 13 WUR-Engg. & Tech: 289, South Asia: 26, SDG 9 -Industry, Innovation & Infrastructure: 101-200

The University was formed by bringing together and integrating four University Campuses:

- ◆ College of Engineering
- ◆ Alagappa College of Tech.
- ◆ Madras Institute of Tech.
- ◆ School of Architecture & Planning

In addition, Anna University also consists of 4 Regional Campuses located at Coimbatore, Madurai, Tiruchirapalli, and Tirunelveli, 13 University Colleges of Engineering spread across Tamil Nadu, 9 Government College of Engineering and also 480+ affiliated Engineering colleges for extending academic activities in Engineering and Technology sector.

PROGRAMME OBJECTIVE

This 12 Days Workshop on "Rejuvenating Physical & Mind Wellness" aims to extend Yoga health & mind exercises through training practices to facilitate teaching fraternity, teaching aspirants, administrative and the Non-Teaching Staff members of the University. The 28 hours of Practice sessions and lect-demo on improvement of memory power, emotional intelligence and control of mind and body tension shall be done by expert resource persons as scheduled.

WORKSHOP DURATION AND TIMING at AN sessions

- ◆ 02.02.2024 to 10.02.2024: 1 session/day on Yoga practices
- ◆ 12.02.2024 to 15.02.2024: 2 sessions/day on mind introspection practices

KEY FEATURES

- ◆ Training Practices on Emotional and Physical Stress Control & Management
- ◆ Strengthening Muscular and Nervous system through physical & Mental Exercises
- ◆ Maintaining Mindfulness, Youthfulness & Emotional Balance, Harmony with Self, Family, Work & Nature
- ◆ Lecture-Demonstrations with Practical & Experiential Learning for inner self awakening

PROGRAMME OUTCOME

- | | |
|-----------------------------|-----------------------------|
| * Increases blood flow | * Improves memory |
| * Improves heart rate | * Balances Emotions |
| * Normalize blood pressure | * Breathing Exercises |
| * Prevents joint problems | * Increases concentration |
| * Strengthens bones | * Relieves depression |
| * Stretches, protects spine | * Improves metabolism |
| * Regulates Sleep Cycle | * Calm nerve system |
| * Increases immunity | * Helps to normalize weight |



Twelve day Workshop on Rejuvenating Physical & Mind Wellness

02nd & 15th February 2024

Coordinator

Dr. P. Vanaja Ranjan
Director, CFPD, Anna University
&

Dr. S. Anandakumar
Assoc. Professor, Dept. of Chemistry,
SPoC of AU Yoga for Vethathiri Maharishi
College of Yoga (VMCY)



CONDUCTED BY

Centre for Faculty &
Professional Development
CEG Campus, Anna University
Chennai - 600 025.

REGISTRATION FORM

Name (in capitals) :

Qualification :

Designation :

Dept./Centre/Section :

Institution :

Address for Communication:.....

.....

E-mail :

Phone (Off.) :

Mobile No. :

Declaration

I declare that all the details furnished above are true to the best of my knowledge and I agree to abide by the rules and regulations governing the conduct of programme.

Date: _____ Signature of the Applicant

Certificate from Head

Dr./Mr/Mrs/Ms.....will be permitted to attend the twelve day workshop, if selected.

Signature of Head of Dept./Centre/Section
with seal

INFORMATION TO THE PARTICIPANTS

- ◆ Free Registration for attending the workshop
- ◆ Teaching & Non-Teaching Staff Members, teaching aspirants from CEG, MIT, AC.Tech & SAP Campuses are eligible to attend
- ◆ Registration: Scanned copy of the registration form duly endorsed by the Head needs to be uploaded through google form
- ◆ Selection of participation will be confirmed & intimated through email
- ◆ Workshop will be conducted only through physical mode
- ◆ 100% attendance is mandatory for the issue of participation certificate

Online Registration Link:

<https://forms.gle/bkn2JEgBMQV6dmA57>

ADDRESS FOR CORRESPONDENCE

The Director
Centre for Faculty &
Professional Development
Anna University
Guindy, Chennai – 600025.
Phone. No: 044-22358217 / 8218

Email: annauniversitycfd@gmail.com
Land line: 044-22358217 / 8218

ORGANIZING COMMITTEE

Chief Patron : Dr. R. Velraj
Vice Chancellor
Anna University

Patron : Dr. J. Prakash
Registrar i/c
Anna University

Dr. L. Suganthi
Dean, CEG
Anna University

Chair : Dr. P. Vanaja Ranjan
Director, CFPD
Anna University

Dr. V. Adaikkalam
Addl Director, CFPD,
Anna University

Co-ordinators: Dr. S. Anandakumar,
Assoc. Professor, Dept. of Chemistry,
SPoC of AU Yoga for Vethathiri
Maharishi College of Yoga (VMCY)

IMPORTANT SCHEDULE:

Last Date Submission of
Application : 30-01-2024
Intimation of Selection : 01-02-2024