



ACADEMIC YEAR 2021-2022/ ODD SEMESTER

WOMEN CELL

REPORT ON YOGA FOR WOMEN EMPOWERMENT – 04.09.2021

As a part of Teacher's day celebration, Women's cell organized Webinar on “**Yoga for Women Empowerment**” to all faculties and students. **Mrs. Mala Jayaprakash , Professor ,World Community Service Centre, Trichy**, acted as resource person, on 04th September 2021 from 9.30 a.m. -10.30 a.m.

She had explained that yoga helps to improve one's overall performance. She clearly pointed out that the main goals of yoga in daily life are:

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self- Realization

She insisted to practice **Yoga and Kayakalpa** regularly. By Practicing Kayakalpa, students can improve their memory power and thinking ability. Yoga enables us to overcome negative attitudes and habits and helps to manage life's problems.

Invitation



21
YEARS OF ACADEMIC
EXCELLENCE

NAAC Accredited Institution



KINGS
COLLEGE OF ENGINEERING
Punalkulam, Pudukkottai - 613303

Webinar on Yoga for Women Empowerment

Organized by Women's Cell



Mrs. Mala Jayaprakash
Professor
World Community Service Centre
Trichy



Date: 04.09.2021
Time: 09.30-10.30 a.m.

Dr. S. Revathi
AP/Mathematics
Convener - Women's Cell

Dr. J. Arputha Vijaya Selvi
Principal

Dr. R. Rajendran
Secretary

Certificate Sample

NAAC Accredited Institution



Recognized under 2(D) & 12(B) of UGC
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai
Punalkulam, Gandarvakottai Taluk, Pudukkottai Dist. - 613 303.

Certificate

This is to certify that Mr. /Ms. Mr JOECECIL R of
Student, SRI RAMAKRISHNA INSTITUTE OF TECHNOLOGY
has actively participated in the webinar on **Yoga for Women
Empowerment on 04.09.2021, organized by Women's Cell, Kings
College of Engineering, Punalkulam.**

COORDINATOR **CONVENER** **PRINCIPAL**
E-certificate signature is not required

Made for free with Certify'em

FEEDBACK

S. No	Name	Designation & department	Institution Name	FEEDBACK
1	Kiruthika.S	Student	Kings College of Engineering	Good
2	SM.Swethaa	Student	Kings College of Engineering	Very informative webinar
3	T. SUSIKUMAR	Student	Kings College of engineering	Good
4	S. DEEPAN	Student	KINGS COLLEGE OF ENGINEERING	NICE
5	Hitesh Kumar SHARMA	Associate Professor	NAMDAR LAW GROUP OF GUJARAT	Best platform for knowledge
6	V. Maheswari	Student	Kings college of engineering	Very thoughtful session
7	Nithitha. U	Student	Kings College of engineering	I really accepted in ur words
8	R.JOTHIKA	Student	Kings College of Engineering	Wonderful session
9	M.keerthika	Student	Kings College of engineering	Session is very useful
10	M. VINOTHA-36	Student	Kings college of engineering	Thanks for your wonderful speech mam thank you mam thank you so much mam
11	R.BALAKRISHNAN	Assistant Professor	KINGS COLLEGE OF ENGINEERING	Very informative session
12	R.PADMA REKA	Student	KING'S COLLEGE OF ENGINEERING	NO SUGGESTIONS
13	R.Ganga	Student	Kings college of engineering	Good information
14	K.GAYATHRI	Student	Kings College of Engineering	Informative one
15	D.SIVASETHUMATHAVAN	Student	Kings college of engineering	None
16	R.Dhanasree	Student	Kings College of engineering	Excellent classand very useful..
17	S. Puvaneswari	Assistant Professor	Kings College of Engineering	Informative
18	SHOBIGA. P	Student	King College Of Engineering	Very Informative
19	P.SNEHA	Student	Kings College of Engineering	Useful
20	G. AKSHAYALAKSHMI	Student	Kings College of engineering, Thanjavur	Good guide
21	S.PRIYADHARSHINI	Student	Kings College of Engineering	Excellent speech
22	M.KARTHIKA DEVI	Student	Kings College Of Engineering	Very nice presentation
23	H.MAHARISHI	Student	KINGS COLLAGE OF ENGINEERING	Very informative
24	A. Jeno vinnarasi	Student	Kings college of Engineering	Very nice programm
25	J. Lavanya	Student	Kings College of Engineering	Nice session
26	A.SARIKA	Student	Kings college of engineering	Very valuable and informative session
27	E.MUHILAN	Student	King college of engineering	Excellent speech and useful for life and mind
28	C.NIVETHA	Student	Kings College of engineering	Very useful
29	R.RISHIKUMAR	Student	Kings College	Informative
30	Suriya.c	Student	KINGS college of engineering	Good speech
31	SANGEETHA.B	Assistant Professor	Kings College of engineering	Useful
32	P.Pavithra	Student	Kings College of engineering	Very informative session
33	A.SURYA	Student	Kings college of engineering	Very interest the webinar
34	AARTHI.R	Student	Kings College of engineering Punalkulam near tanjavur	This session very useful for me thankyou so much

35	J.ANITHA	Student	Kings college of Engineering	Very useful
36	G LATCHAYASRI	Student	Kings College of Engineering	Informative
37	B.kiruthika	Student	Kings college of Engineering	Very nice and useful
38	G CHANDRA PRABA	Assistant Professor	KINGS COLLEGE OF ENGINEERING	NICE SESSION
39	S Gayathri	Student	Kings college of engineering	Good
40	K.ABHIRAMI	Assistant Professor	Kings College of Engineering	Excellent session. Need practical session
41	J.BLESSON MANUEL	Student	KINGS COLLEGE OF ENGINEERING	Well good
42	R. V. ATCHAYA	Student	Yoga for women Empowerment	Good
43	KARTHIKA.M	Student	20CS23 KARTHIKA.M	Good
44	G.Madhumitha	Student	Kings College of engineering	Super
45	R. Ruthra	Student	Kings college of engineering	No
46	J.Ragul sankar	Student	Kings College of Engineering	Good
47	D.SUDHMA	Student	kings college of engineering	Excellent
48	S.KEERTHIGA	Student	Kings college of engineering, punalkulam	Good
49	S. KIRUBADHARSHI	Student	Kings College of Engineering	Very nice
50	B. SHATHANA	Student	Kings College of Engineering	Excellent
51	P. GUSHENDRA PRASATH	Student	Kings college of Engineering	It is the supreme art of the teacher to awaken joy in creative expression and knowledge.â€ â€ Albert Einstein.....this webinar section useful for me...
52	P. LOGESHWARAN	Student	KINGS COLLEGE OF ENGINEERING	Excellent speech
53	P.KABISHENA	Student	Kings college of engineering	Super
54	K.RAMYA	Student	KINGS COLLEGE OF ENGINEERING	Good session
55	T.RETHINAPRIYA	Student	Kings College of Engineering	No comments
56	C.DHARSHINI	Student	Kings College of Engineering	No
57	Agalya. P	Student	Kings college of Engineering	Good
58	C.SRIMATHI	Student	Kings College of engineering	Good
59	D.PARKAVI	Student	Kings College of engineering	Very nice and useful informations.very much useful session
60	A.C.ARUNOTHAYA	Student	Kings college of engineering	Nice presentation
61	G VAISHNAVI	Student	Kings College of engineering	Excellent awarress for women
62	J.Sureshkarthik	Student	KINGS COLLEGE OF ENGINEERING	We collect lot of information thank you
63	B.PRETHIYA	Student	Kings college of engineering	Very good
64	BAKIYA LAKSHMI. A	Student	KINGS COLLEGE OF ENGINEERING	I gained lot of knowledge from today webinar. Thank you mam
65	A.PRAKASH	Student	Kings College Of Engineering	Learning new content
66	V.VISHWABHARATHY	Student	Kings college of engineering	Very useful

67	P. V. Vaishnavi	Student	Kings College of engineering	Nil
68	R.VIJAYARAGAVAN	Student	KINGS COLLEGE OF ENGINEERING	Useful.
69	S. ABISHEK	Student	Kings College of Engineering	Useful presentation
70	Natika K.S	Student	King's college of engineering	This is useful to our life
71	R. SOUNDHARYA	Student	Kings college of engineering	No
72	A.JAYAKUMAR	Student	king's College of engineering	no
73	M.Akash	Student	Kings College of engineering	Good
74	SATHYA G	Student	King's College of Engineering	Excellent
75	S.NIVETHITHA	Student	Kings college of engineering	No
76	Mr JOECECIL R	Student	SRI RAMAKRISHNA INSTITUTE OF TECHNOLOGY	GOOD

Women's cell convener

Principal