

# PSN ENGINEERING COLLEGE

Melathediyoor, Palayamkottai Taluk, Tirunelveli District, Pin - 627 152.

(Approved by AICTE and Affiliated to Anna University)

An ISO 9001 : 2015 Certified Institution

Website : [www.psnec.ac.in](http://www.psnec.ac.in) Email : [principal@psnec.ac.in](mailto:principal@psnec.ac.in)

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Ref No-PSNEC/2022-2023/S&H/LS/CR-01

Date: 04.11.2022

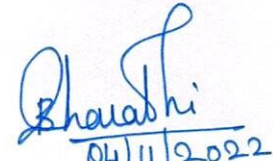
## Circular

The Department of Science and Humanities is organizing a Program on “**Sustainable Development Life Skill**” for 1<sup>st</sup> year students for the Academic Year **2022-2023**.

The date is scheduled for **08<sup>th</sup> November 2022 to 11<sup>th</sup> November 2022** at Seminar Hall, PSN Engineering College.

All the Students are informed to attend, without fail.

Thanking You,

  
04/11/2022  
Yours truly

**HOD /SCIENCE AND HUMANITIES**

Copy to

1. Director (Academic)
2. Director IQAC
3. All HOD's
4. PD
5. Warden
6. Library
7. Department Notice Board.



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Date: 04.11.2022

## Permission Letter

**Sub: Seeking Permission to conduct program on “Sustainable Development Life Skill” –reg.**

Respected Sir,

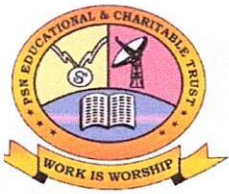
The Science and Humanities department is planned to conduct Program on “**Sustainable Development Life Skill**” for 1<sup>st</sup> year Students in the academic year **2022-2023** on **08<sup>th</sup> November 2022 to 11<sup>th</sup> November 2022** at Seminar Hall, PSN Engineering College.

Hence, we are seeking permission to conduct the above stated program.

Thanking you,

**HOD / SCIENCE AND HUMANITIES**

**PRINCIPAL**  
**Dr. M.S. RAVIKUMAR**  
Principal  
PSN ENGINEERING COLLEGE  
Melathediyoor, Palayamkottai  
Tirunelveli - 627 152



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## REPORT ON HEARTFULLNESS LIFE SKILL

Name of the Program	<b>Sustainable Development Life Skill</b>
Conducted on	Nov 08 2022-Nov 11 2022 (4day)
Duration	10.30 am to 4.30 pm
Venue	PSNEC Seminar Hall
Number of participates	158
Dept/Year/Semester	S&H Department /I/ I
Resource Person	Mrs.B.Thiripura Sundari, Trainer, Heartfullness Institute, India. Mr.S.Sethu Ramakrishnan, LIC office practicer, Heartfullness Institute, India.
Objective of the Program	To Motivate the students about the integrating the body, mind and thoughts so as to work for good ends.

The Program started on **08.11.2022 at 10.30 am** with the welcome addressed by IQAC director **Dr.G.Satish Pandian**. In the First Day Our Chief Guest **Mrs.B.Thiripura Sundari, Trainer, Heartfullness Institute, India**. In the Programme Heratfullness Life skill it can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

The Second day started on **09.11.2022 at 10.30 am**. She spoke about the Yoga Education could help to equip with oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

In the third day started on **10.11.2022 at 10.30 am**. Our Chief Guest **Mr.S.Sethu Ramakrishnan, LIC office practicer, Heartfullness Institute, India** he spoke about benefits of yoga. Yoga is a great way to work on your flexibility and strength. Just about everyone can do it, too—it's not just for people who can touch their toes or want to meditate.

The final day stated on **11.11.2022 at 10.30 am**. He spoke about the difference types of yoga have helped contribute to its sustained popularity over thousands of years. With so many ways to practice this ancient form of exercise, there's something for everyone. We've focused on seven types of yoga that are widely available to help you find one that are widely available to help you find one that works best for you and your lifestyle.

Finally the vote of thanks was expressed by **S.Sunderjohn Thinakaran**, HOD of S&H department.



The photo copies of the program:



Our chief guest teach how to meditate and gave a practice session on 08.11.2022

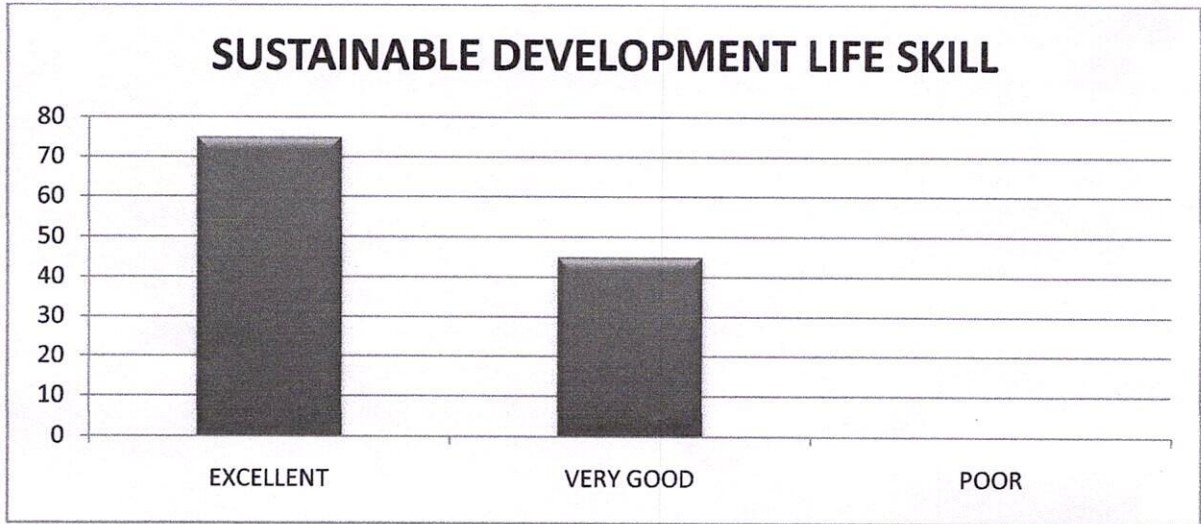


Our students listening to our chief guest speech excitedly conducted on 10.11.2022

**SUMMARY:**

- In this program Heart fullness Life skill successfully conduct for the first year students on Nov 08 2022-Nov 11 2022 (4day) at Seminar hall of PSNEC.
- Students knows about yoga and it helps to relieve stress, relax not only your body, but your mind and soul, too.

**FEEDBACK ANALYSIS:**



We analyse from the above bar chart that the students felt excellent about the Sustainable Development Life Skill Program. And it also shows that the students are satisfied with measures adopted for their health.

**ACTION TAKEN ON FEEDBACK ANALYSIS:**

ANALYSIS	ACTION TAKEN
Students suggest to conduct a yoga class weekly once.	We informed to our principal he arranged yoga classes weekly once for our students.
Students recommend to arrange a place for meditation without any distraction.	Our management arrange a good and peaceful place for meditation.

*Shavathi*  
15/11/22  
**INCHARGE**

*[Signature]*  
15/11/22  
**DIRECTOR (IQAC)**  
Dr G Satish Pandian  
Professor of Mech & Auto  
Director - IQAC  
PSN Engineering College,  
Tirunelveli 627152

*[Signature]*  
**PRINCIPAL**  
Dr. M.S. RAVIKUMAR  
Principal  
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