



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்
TAMILNADU TEACHERS EDUCATION UNIVERSITY
(Established under Tamil Nadu Act 33 of 2008)
Gangaiamman Koil Street, Karapakkam, Chennai - 600 097.
E-mail: registrar@tnteu.ac.in Website: www.tnteu.ac.in

No. TNTEU/R/Estt/Teach/ Yoga and Meditation /2020/ 61-(A)

Date: 18.05.2020

Official Communication

Sub: TNTEU – Mr. V. Vijayakumar, Assistant Professor & Deputy Director – Centre for Yoga and Meditation, Department of Value Education - Permission granted to organize a Webinar on “Yoga for Equa: Yoga for Stress Reduction” on 19/05/2020 through online mode - Order issued - Reg.

Ref: 1.Requisition letter dated: 15.05.2020. Mr. V. Vijayakumar, Assistant Professor & Deputy Director – Centre for Yoga and Meditation, Department of Value Education, TNTEU.

In the reference 1st cited, Mr. V. Vijayakumar, Assistant Professor & Deputy Director – Centre for Yoga and Meditation, Department of Value Education has requested permission to organize a Webinar on “Yoga for Equa: Yoga for Stress Reduction” on 19/05/2020 through online mode.

Mr. V. Vijayakumar, Assistant Professor & Deputy Director – Centre for Yoga and Meditation, Department of Value Education is permitted to organize a Webinar on “Yoga for Equa: Yoga for Stress Reduction” on 19/05/2020 through online mode without any financial commitment on the part of the University.

V Balakrishnan
Registrar i/c

To

Mr. V. Vijayakumar,
Assistant Professor,
Deputy Director – Centre for Yoga and Meditation,
Department of Value Education, TNTEU.

Copy to:

1. The Dean of faculty, TNTEU.
2. The Head of Department, Department of Value Education, TNTEU.
3. The Finance Officer, TNTEU.
4. PA to Vice Chancellor, TNTEU

REGISTRAR i/c
TAMIL NADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI-600 097



V Balakrishnan
VICE-CHANCELLOR
TAMILNADU TEACHERS EDUCATION UNIVERSITY
KARAPAKKAM, CHENNAI - 600 097.

PROGRAMME BROCHURE



TamilNadu Teachers Education University
Chennai - 97.

DEPARTMENT OF VALUE EDUCATION

Webinar on
YOGA FOR EQUA : YOGA FOR STRESS REDUCTION

Programme Coordinator



Dr.M.Soundararajan,Ph.D.,
Professor & Head,
TNTEU, Chennai-97

Resource Person



Arulnithi, Dr. S. Pragadeeswaran, Ph.D.,
Professor,
Department of Business Administration
Annamalai University

**Date : 19.05.2020
(Tuesday)**

Time: 3.00 PM - 4.00 PM

Programme Organiser

Mr.V.Vijayakumar, Assistant Professor, TNTEU

Programme Co-Organisers

Dr R. Rajalakshmi, Dr.K. Ratheswari.
Assistant Professors, TNTEU

Programme Host

**K.BALASUBRAMANIAN, A.RAJADURAI
(PH.D., SCHOLARS), TNTEU**

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REPORT OF THE WEBINAR

TNTEU – Department of Value Education organized a Webinar on “Yoga for Equa: Yoga for Stress Reduction” on 19/05/2020.

Dr. M. Soundararajan, Professor and Head, Department of Value Education, Tamil Nadu Teachers Education University rendered Welcome Address. Mr.V. Vijayakumar, Assistant Professor, Department of Value Education, Tamil Nadu Teachers Education University introduced the Chief Guest Arulnithi. Dr. S. Pragadeeswaran, Professor, Department of Business Administration, Annamalai University. The Resource person has explained about Yoga for Equa: Yoga for Stress Reduction. He has also Demonstrate the Yoga for Equa: Yoga for Stress Reduction. 129 Participants get benefitted from the Program. The participants actively participated and raised the doubts to the resource person. He has clarified all the doubts. At last, Dr. R. Rajalakshmi, Assistant Professor, Department of Value Education proposed the Vote of thanks. The feedback form link has been sent via registered e-mail. The e certificates for the participants attended were issued via email by auto generation.


V. VIJAYAKUMAR,
Assistant Professor,
Department of Value Education,
TAMILNADU TEACHERS EDUCATION UNIVERSITY,
CHENNAI-97.


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