


E.G.S.PILLAY ENGINEERING COLLEGE NAGAPATINAM (AUTONOMOUS)
DEPARTMENT OF SCIENCE AND HUMANITIES
ODD SEMESTER 2021 -2022
MASTER TIME TABLE


Submitted : 03.11.2021
 Effect from : 08.11.2021



DAY	BRANCH	9.15 – 10.05	10.05 – 10.55	11.10 – 12.00	12.00 – 12.50	2.00 – 2.50	2.50- 3.40	3.55 – 4.45	
MONDAY	CSE A	1901ENX01 VJP	1901CHX51ENGG.CHEMISTRYLAB SPL, CG			1901MA102 ST	1901CH101 SPL	1901GEX03 SA	
	CSE B	1901MA102 KU	TEST RSK	1901ENX01 NF	1901MA102 KU	1901ENX51 ENGLISH LAB NF, VJP			
	ECE A	1901GEX03 KR	TEST RS	1901ENX01 VJP	1901MA104 RD	1901GEX52 - COMPUTER PROGRAMMING LAB KR			
	ECE B	1901ENX01 RDS	1901GEX52 – COMPUTER PROGRAMMING LAB BP			1901MA104 SSV	1901CH102 CG	SPORTS NM	
	IT	1901MA102 RV	1901CH101 AC	1901ENX01 KG	1901GEX03 AR	1901CHX51 - ENGINEERING CHEMISTRY AC, PAJ			
	BME	1901MA104 SSV	1901GEX03 AR	YOGA			1901GEX03 AR	TEST NM	1901ENX01 RDS
	MECA	1901PH101 NM	1901GEX51-CAD LAB BM, GS			1901MA104 SS	SPORTS SK	1901GEX01 SS	
	MEC B	1901MA104 RD	TEST KG	1901PH101 NM	COUNSELING RD	1901GEX02-ENGINEERING GRAPHICS KSN			
	CIVIL	1901GEX01 SL	1901PH101 JPR	1901MA101 ST	TEST JPR	1901PHX51-ENGINEERING PHYSICS LAB JPR, RSK			
	EEE	1901PH102 RSK	1901MA103 SS *	TEST TK	1901MA103 RSK	1901GEX01 SL	YOGA		
CSBS	1901MA105 TK	TEST PAJ	1901MA106 RS	1901GE102 KNK	1901MA106 RS	1901PH103 EE	1901EN101 KG		
TUESDAY	CSE A	1901ENX01 VJP	1901MA102 ST	TEST PAJ	1901GEX03 SA	1901ENX51 ENGLISH LAB VJP, RDS			
	CSE B	TEST JPR	1901CHX51ENGG.CHEMISTRYLAB SPL, AC			1901ENX01 NF	1901CH101 SPL	1901GEX03 SA	
	ECE A	1901GEX03 KR	1901MA104 RD	1901ENX01 VJP	1901CH102 CG	1901CHX51 ENGG CHEMISTRY LAB CG, PAJ			
	ECE B	1901CH102 CG	1901ENX01 RDS	YOGA			TEST KG	1901MA104 SSV	1901GEX03 KR
	IT	1901ENX01 KG	TEST RS	1901ENX01 KG	1901MA102 RV	1901GEX52 -COMPUTER PROGRAMMING LAB – BP			
	BME	1901MA104 SSV	1901CH103 PAJ	1901GEX03 AR	1901ENX01 RDS	TEST KU	SPORTS RSK	COUNSELING SSV	
	MECA	1901MA104 SS	TEST RV	1901PH101 NM	1901GEX01 SS	1901GEX01 SS	YOGA		
	MEC B	TEST TK	1901GEX01 SS	1901GEX02-ENGINEERING GRAPHICS KSN			1901PHX51-ENGINEERING PHYSICS LAB NM, EE		
	CIVIL	1901GEX01 SL	1901GEX51-CAD LAB VMN,KBS			1901PH101 JPR	1901MA101 ST	TEST RS	
	EEE	1901PH102 RSK	TEST JPR	1901MA103 SS	1901GEX01 SL	1901GEX02-ENGINEERING GRAPHICS KSN			
CSBS	1901GE103 - Fundamentals of Computer Science KALAIVENI				TEST RS	1901GE102- Principles of Electrical Engineering- KNK			
WEDNESDAY	CSE A	1901GEX03 SA	1901CH101 SPL	YOGA			TEST TK	1901MA102 ST	SPORTS AC
	CSE B	1901ENX01 NF	TEST KU	1901GEX03 SA	1901CH101 SPL	1901GEX52 –COMPUTER PROGRAMMING LAB VIJI			
	ECE A	1901ENX51 ENGLISH LAB VJP,KG			TEST JPR	1901GEX03 KR	1901MA104 RD	1901CH102 CG	
	ECE B	1901MA104 SSV	1901CH102 CG	1901CH102 CG	1901GEX03 KR	TEST VJP	1901MA104 SSV	COUNSELING TK	
	IT	1901CH101 AC	1901MA102 RV	1901GEX03 AR	TEST RD	YOGA			
	BME	1901CH103 PAJ	1901ENX01 RDS	1901MA104 SSV	TEST PAJ	1901ENX51 ENGLISH LAB RDS, NF			
	MEC A	TEST SK	1901GEX52 - BASIC ELECTRICAL AND ELECTRONICS LAB SS, SL			1901PH101 NM	COUNSELING SK	1901MA104 SS	

THURSDAY	MEC B	1901GEX01 SS	1901GEX51-CAD LAB NM,AA			1901MA104 RD	TEST SPL	1901PH101 NM
	CIVIL	1901PH101 JPR	1901GEX02-ENGINEERING GRAPHICS GH			1901GEX52 - BASIC ELECTRICAL AND ELECTRONICS LAB SL, SS		
	EEE	1901GEX01 SL	1901PHX51-ENGINEERING PHYSICS LAB RSK,NM			1901MA103 SS	COUNSELING RSK	1901PH102 RSK
	CSBS	1901PH103 EE	1901MA105 TK	1901MA106 RS	1901GE103 GM	1901PH103- Fundamentals of Physics EE, JPR		
	CSE A	TEST JPR	COUNSELING EE	1901MA102 ST	1901ENX01 VJP	1901GEX52 - PROGRAMMING LAB SA, JNA		
	CSE B	1901CH101 SPL	1901GEX03 SA	YOGA		1901ENX01 NF	1901MA102 KU	1901ENX01 NF
	ECE A	1901CH102 CG	1901ENX01 VJP	TEST TK	1901MA102 CG	1901MA104 RD	1901ENX01 VJP	SPORTS VJP
	ECE B	1901MA104 SSV	1901ENX01 RDS	TEST RSK	1901GEX03 KR	1901CHX51 - ENGINEERING CHEMISTRY CG,SPL		
	IT	1901CH101 AC	1901MA102 RV	1901CH101 AC	COUNSELING - RV	TEST PAJ	SPORTS AC	1901GEX03 AR
	BME	1901GEX52 - COMPUTER PROGRAMMING LAB AR			1901ENX01 RDS	1901GEX03 AR	1901MA104 SSV	1901ENX01 RDS
	MEC A	1901GEX02-ENGINEERING GRAPHICS NR		1901MA104 SS	TEST RS	1901PHX51- ENGINEERING PHYSICS LAB NM, RSK		
	MEC B	1901GEX52 - BASIC ELECTRICAL AND ELECTRONICS LAB SS, Y			1901MA104 RD	1901GEX01 SS	YOGA	
	CIVIL	1901MA101 ST	1901GEX01 SL	1901PH101 JPR	TEST SSV	COUNSELING JPR	1901GEX02-ENGINEERING GRAPHICS GH	
	EEE	1901MA103 SS	SPORTS PAJ	TEST SPL	1901GEX01 SL	1901GEX52 - BASIC ELECTRICAL AND ELECTRONICS LAB SL, Y		
	CSBS	1901MA106 RS	1901EN101 KG	1901EN101 - Business Communication and value Science - I - KG, NF		TEST TK	1901PH103 EE	1901GE103 GM
	CSE A	1901CH101 SPL	1901ENX01 VJP	1901MA102 ST	1901ENX01 VJP	1901CH101 SPL	TEST VJP	1901GEX03 SA
	CSE B	TEST NM	COUNSELING RSK	1901CH101 SPL	1901MA102 KU	1901MA102 KU	1901GEX03 SA	SPORTS CG
	ECE A	1901CH102 CG	1901MA104 RD	COUNSELING CG	1901GEX03 KR	1901ENX01 VJP	YOGA	
	ECE B	1901ENX01 RDS	1901GEX03 KR	TEST PAJ	1901ENX01 RDS	1901ENX51 ENGLISH LAB RDS,NF		
	IT	1901ENX01 KG	1901ENX51- ENGLISH LAB KG,NF			TEST SSV	1901MA102 RV	1901GEX03 AR
BME	1901CH103 PAJ	1901MA104 SSV	TEST SS	1901CH103 PAJ	1901CH102ENGG CHEMISTRY LAB PAJ,AC			
MEC A	1901GEX01 SS	1901GEX02-ENGINEERING GRAPHICS NR			TEST RSK	1901PH101 NM	1901MA104 SS	
MEC B	1901MA104 RD	TEST JPR	1901PH101 NM	SPORTS JPR	1901MA104 RD	1901GEX01 SS	1901PH101 NM	
CIVIL	1901MA101 ST	SPORTS AC	YOGA		1901GEX01 SL	1901MA101 ST	TEST RSK	
EEE	TEST SS	1901GEX51-CAD LAB MS,SM			1901MA103 SS	1901GEX02-ENGINEERING GRAPHICS KSN		
CSBS	1901MA105 TK	YOGA	1901GE103 GM	1901MA105 TK	1901GE102 KNK	1901MA106 RS	TEST KG	

Saturday – Activity day / Special time table


Time Table Coordinator
(Mrs. S. THARANI, Dr. S. KAMALANATHAN)
 Dr. KAMALANATHAN S, M.Sc., M.Phil., Ph.D.,
 Assistant Professor of Mathematics
 Department of Science and Humanities
 E.G.S. Pillay Engineering College (Autonomous)
 Nagapattinam - 611 002


HOD/S&H
(Dr. A.R. DEEPA)
 Dr. (Mrs) R. DEEPA, M.Sc., M.Phil., Ph.D.,
 Associate Professor & Head
 Department of Science and Humanities
 E.G.S. Pillay Engineering College (Autonomous)
 Nagapattinam - 611 002

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Syllabus -- Yoga and Meditation

Unit I – Surya Namaskar and Asanas

Surya namaskar, Padmasana, Vajrasana, Bhujangasana, Tadasana, Konasana, Uttakatasana,
 Eka pada pramasana, Pirai Asana, Padha Hasthasana, Savasana

Unit II – Prayanama

Surya prayanama, Chandra prayanama, Anulom Vilom, Sheetali, Sheetkari

Unit III – Mudhra

Chin mudra, Rughi mudra, Yoga mudra, Maha mudra, Shanmuki mudra

Unit IV – Kriya


Kapalpathi, Bhâstrika

Unit V – Meditation

Simple, Vibrational, Mantra, Yoga Nitra

References:

1. Dr. V. Krishnamoorthy, *Simple Yoga for Health*, Sri Mathi Nilayam, 2012
2. Dr. Anand Balayogi Bhavani, *A Primer of Yoga Therapy*, Dhivyananda Creations, 2008
3. Dr. S. hema, *Easy yoga for Beginners*, Tara Yoga Publications, 2008
4. Dr. Asana Andiyappan, *Ashthanga Yoga*, Asana Publications, 2009
5. Yogacharya Sundaram, *Sundra Yoga Therapy*, Asana Publications, 2009


Dr. (Mrs) R. DEEPA, M.Sc., M.Phil., Ph.D.,
Associate Professor & Head
Department of Science and Humanities
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Nagapattinam - 611 002

E.G.S. PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

NSS PROGRAM-2022

MASTER : PANDIYAN.S

PRICE : NSS PROGRAM

PLACE : A P J BLOCK

DATE : 15/02/2022

NSS : SIVARAMAKRISHNAN



நாகை இ.ஜி.எஸ் பிள்ளை பொறியியல் கல்லூரியில் மாணவர்களுக்கு யோகா பயிற்சி அளிக்கப்பட்டது.

நாகை

இ.ஜி.எஸ் பிள்ளை கல்லூரியில்
மாணவர்களுக்கு யோகா பயிற்சி



நாகை இ.ஜி.எஸ் பிள்ளை பொறியியல் கல்லூரியில் மாணவர்களுக்கு யோகா பயிற்சி அளிக்கப்பட்டது.

நாகை

இ.ஜி.எஸ் பிள்ளை கல்லூரியில் மாணவர்களுக்கு யோகா பயிற்சி

நாகப்பட்டினம், பிப்.3-
நாகை இ.ஜி.எஸ் பிள்ளை பொறியியல் கல்லூரியில் நாட்டு நல பணித்திட்டம் சார்பில் யோகா பயிற்சி முதலாம் ஆண்டு மாணவர்களுக்கு நடைபெற்றது. இந்த நிகழ்ச்சியில் பல்வேறு யோகா பயிற்சிகள், மூச்சுப் பயிற்சி, சூரிய நமஸ்காரம் பயிற்சியும் அளிக்கப்பட்டது. யோகப் பயிற்சி செய்வதனால் உடலில் நோய் எதிர்ப்பு சக்தி உருவாகும், உடல் சுறுசுறுப்போடு செயல்படும் என யோகா பயிற்றுநர் பாண்டியன் விளக்கம் அளித்தார். இதில் கல்லூரியின்


கல்விக் குழுமத் தலைவர் எஸ்.ஜோதிமணி அம்மாள், செயலர் எஸ்.பரமேஸ்வரன், அறக்கட்டளை உறுப்பினர் அருள்பிரகாஷம், சங்கர் கணேஷ், முதன்மை செயல் அலுவலர் சந்திரசேகர், இயக்குனர் விஜயசுந்தரம், கல்லூரி முதல்வர் ராமபாலன், தேர்வு நெறியாளர் சின்னதுரை, நாட்டு நலப்பணி திட்ட அலுவலர் முனைவர் சிவராம கிருஷ்ணன், முதலாம் ஆண்டு துறைத்தலைவர் தீபா, முனைவர் தாரணி, உடற்கல்வி இயக்குனர் வேலவன் மற்றும் பேராசிரியர்கள் மாணவ-மாணவிகள், பேராசிரியர்கள் கலந்து கொண்டனர்.

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Syllabus -- Yoga and Meditation

Unit I – Surya Namaskar and Asanas

Surya namaskar, Padmasana, Vajrasana, Bhujangasana, Tadasana, Konasana, Uttakatasana, Eka pada pramasana, Pirai Asana, Padha Hasthasana, Savasana

Unit II – Prayanama

Surya prayanama, Chandra prayanama, Anulom Vilom, Sheetali, Sheetkari

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Chin mudra, Rughi mudra, Yoga mudra, Maha mudra, Shanmuki mudra

Unit IV – Kriya

Kapalpathi, Bhastrika

Unit V – Meditation

Simple, Vibrational, Mantra, Yoga Nitra

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DEPARTMENT OF SCIENCE AND HUMANITIES

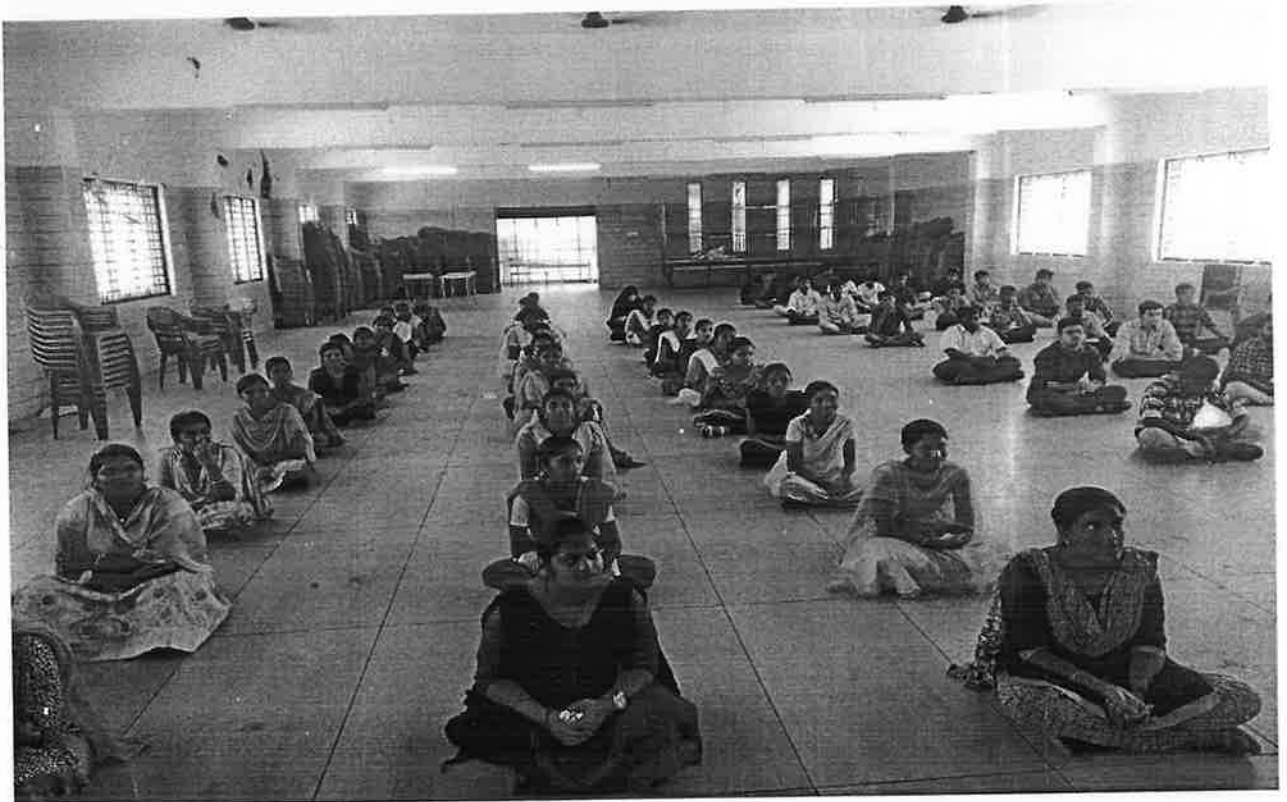
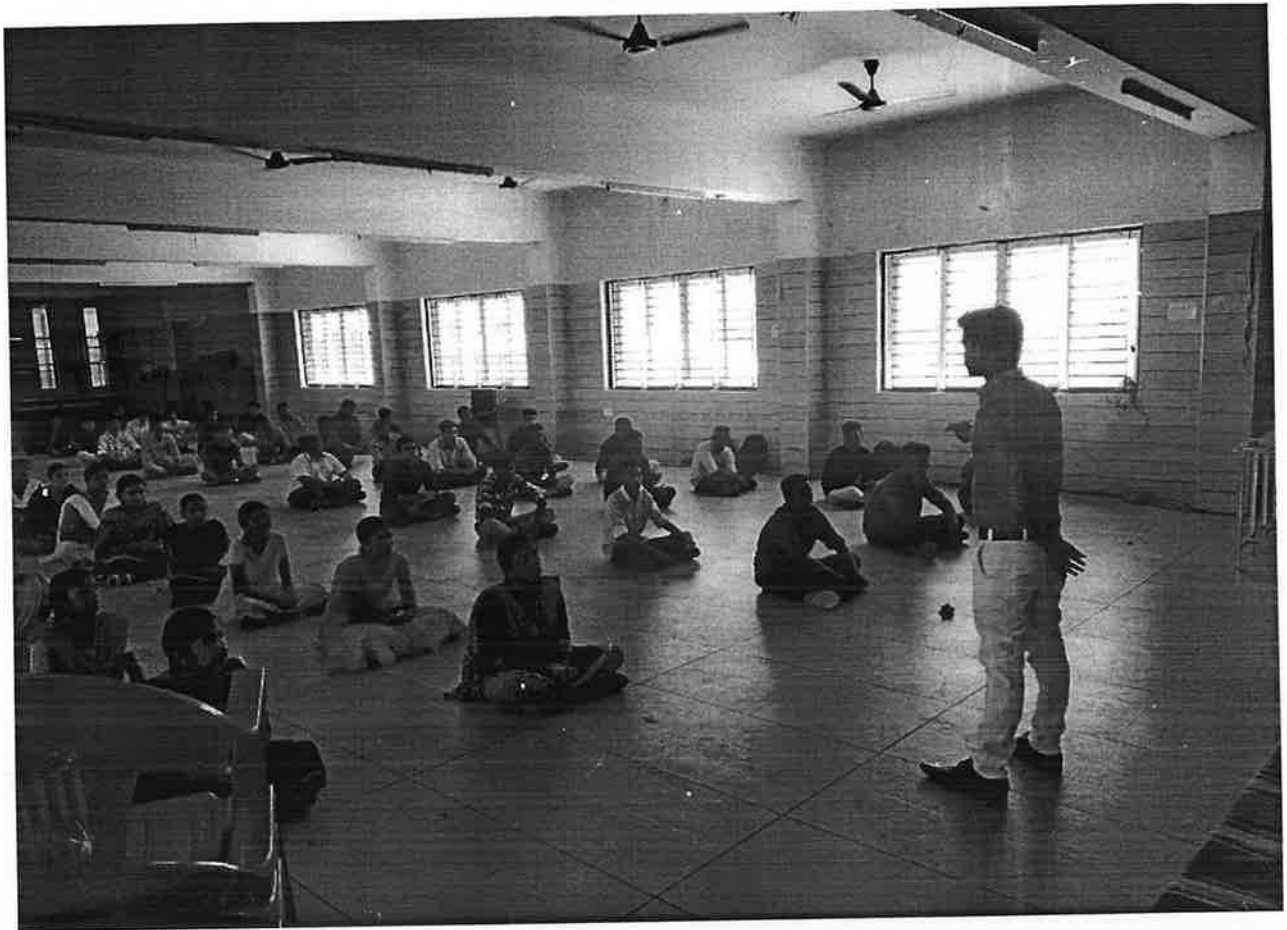
PHYSICS LABORATORY (SIR C.V RAMAN LAB)

ODD SEMESTER- (2020-2021)



YOGA OVERALL LAB TIMETABLE

DAY	9.15-10.05	10.05-10.55		11.10-12.00	12.00-12.50		1.45 - 2.35	2.50 - 3.40	3.40-3.55	3.55 - 4.45
MON						Lunch				I EEE
TUE				I-MECH						I CIVIL
WED										I CSBS
THU										I-BME
FRI				I ECE						I CSE


HOD



➤ TEACHING YOGA TO STUDENTS IN INTERNATIONAL
YOGA DAY BY MASTER PANDIYAN.S

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DEPARTMENT OF SCIENCE AND HUMANITIES

PHYSICS LABORATORY (SIR C.V RAMAN LAB)

ODD SEMESTER- (2019-2020)

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MON				I ECE -B		Lunch				I EEE
TUE				I-MECH -A			I CSE -B			I CIVIL
WED	I-MECH -B									I CSBS
THU										I-BME
FRI				I ECE -A						I CSE -A


HOD

E.G.S. PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

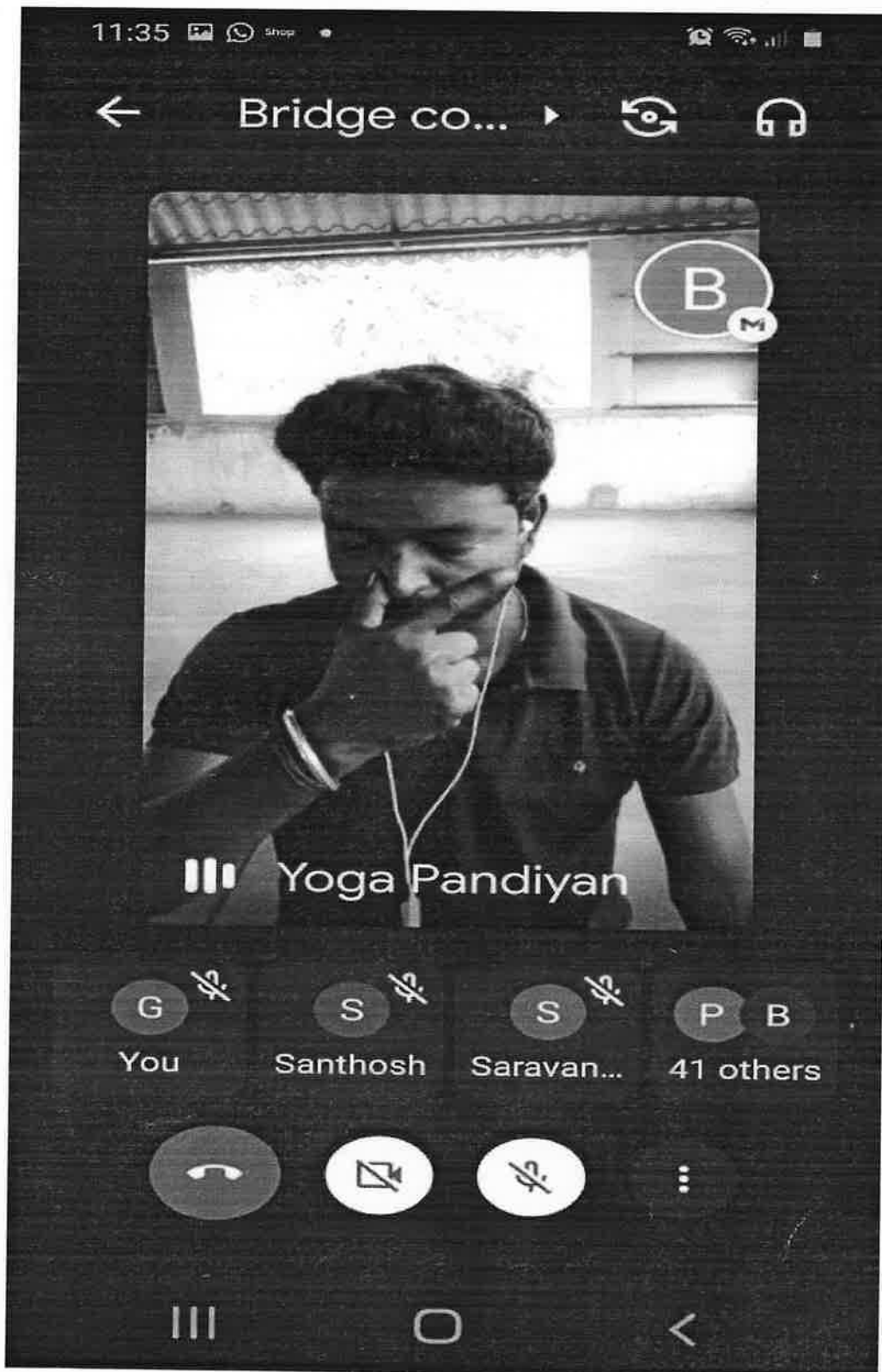
INTERNATIONAL YOGA DAY



E.G.S. PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

MASTER : PANDIYAN.S



E.G.S. PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

MASTER : PANDIYAN.S



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Others in the meeting (20)



E.G.S. PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

ONLINE PROGRAM

MASTER : PANDIYAN.S





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Unit IV – Kriya

Kapalpathi, Bhastrika

Unit V – Meditation

Simple, Vibrational, Mantra, Yoga Nitra

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**E.G.S.PILLAY ENGINEERING COLLEGE NAGAPATINAM (AUTONOMOUS)
DEPARTMENT OF SCIENCE AND HUMANITIES
ODD SEMESTER 2018-2019**

YOGA / SPORTS

DAY	9.00- 9.50	10.05- 10.55	10.55- 11.45	11.45- 12.35	Lunch		13.15- 14.05	14.05- 14.55	15.05- 15.55	15.55- 16.45
MON										
TUE			I MECH A - N. MOORTHY						IEEE - M. VELAVAKUMARAN	
WED			I ECE - A. CHARLES						I MECH B - S. KAMALANATHAN	
THU			I CIVIL - C. GOPI						I CSE B - J. PRINCE RICHARD	
FRI			I IT - M. VELAVAKUMARAN						I CSE A - W. CHRISTOPHER IMMANUEL	

S. Thano

Time Table Coordinator

Shrey

HOD/SAH

SPORTS/YOGA

Day	I	II	III	IV	LUNCH	V	VI	VII	VIII	
Mon			II CSE A				II CSE B		II CIVIL A	
Tue			II MECH A					II IT		
Wed			II ECE A				II ECE B		II MECH B	
Thu			I MBA A				I MBA B		II EEE	
Fri			II CIVIL B					MCA		

E.G.S.PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

SOUTH INDIA YOGA CHAMPIONSHIP-2018

MASTER : PANDIYAN.S

PRICE : OVERALL CHAMPIONSHIP

PLACE : TIRUPPUR

DATE : 14/10/2018



PARTICIPATED STUDENTS:

- | | |
|----------------------------|-----------------------|
| 1. MUKESH.B | 11.SUJITH VARMAN.S |
| 2. VASANTH RAM.R | 12.SURESH RAJAN.R |
| 3. ADBUL HAMEED.D | 13.CHANDRU.M |
| 4. VISHNU.R | 14.RAMKUMAR.R |
| 5. IYAPPAN.A | 15.SURYA PRAKASH.M |
| 6. SUDHARSHAN.A | 16.PUNITHAN JAYARAJ.M |
| 7. SURESH CHAKKARAVARTHY.K | 17.MANIKANDAN |
| 8. PAVITHRAJ.P | 18.IYAPPAN.A |
| 9. KABILAN.G | 19.BEISEN.N |

யோகா போட்டியில் இ.ஜி.எஸ். பிள்ளை கல்லூரி மாணவர்கள் சாம்பியன்



யோகா போட்டியில் சாம்பியன் பட்டம் வென்ற மாணவர்களுடன் இ.ஜி.எஸ். பிள்ளை கல்லூரி செயலாளர் எஸ். பரமேஸ்வரன் உள்ளிட்டோர். நாகப்பட்டினம், அக். 17: அகில இந்திய யோகா பயிற்சியாளர் கூட்டமைப்பு சார்பில் நடைபெற்ற தென்னிந்திய யோகா சாம்பியன் போட்டியில், நாகை இ.ஜி.எஸ். பிள்ளை பொறியியல் கல்லூரி மாணவர்கள் சாம்பியன் பட்டம் பெற்றனர்.

அகில இந்திய யோகா பயிற்சியாளர் கூட்டமைப்பு சார்பில், தென்னிந்திய யோகா சாம்பியன் -18 போட்டிகள் அண்மையில் திருப்பூரில் நடைபெற்றன. இந்தப் போட்டியில், நாகை இ.ஜி.எஸ். பிள்ளை பொறியியல் கல்லூரியின் முதலாம் ஆண்டு மாணவர்கள், ஒட்டு மொத்த சாம்பியன் பட்டத்தையும், முதல் மற்றும் மூன்றாம் பரிசுகளையும் வென்றனர்.

கல்லூரி செயலாளர் எஸ். பரமேஸ்வரன், இயக்குநர் விஜயகந்தரம், தேர்வு நெறியாளர் சின்னதுரை, முதல்வர் ராமபாலன், முதலாம் ஆண்டுத் துறைத் தலைவர் ஏ.ஆர். சீபா ஆகியோர் யோகா சாம்பியன் பட்டம் வென்ற மாணவர்கள் மற்றும் பயிற்சியாளர் பாண்டியனுக்குப் பாராட்டுத் தெரிவித்தனர்.

E.G.S.PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

COLLECTOR OFFICE STADIUM

PRIZE : SPECIAL AWARD FOR YOGA

CHIEF GUEST : DR.S.SURESH KUMAR(I.A.S)

PLACE : NAGAPATTINAM

DATE : 26/01/2019





ஆண்டு முழுதும்... இயல்பில் ஏற்பட்ட வெள்ளைப் பிழைக்காயை மாக அளக்கு
 காரணகரணமே அமுதம்
 இதுள்ளாறுகருக்குடி பெயர்



யோகாசன போட்டியில் வெற்றி:

இ.ஜி.எஸ். பிள்ளை கல்லூரி மாணவர்களுக்கு பாராட்டு

நாகப்பட்டினம், ஜன. 29-
 நாகை மாவட்ட விளை
 யாட்டரங்கில் கல்லூரிகளுக்கு
 இடையேயான மாவட்ட அள
 விலான யோகாசன போட்டி
 நடைபெற்றது. இதில் நாகை
 இ.ஜி.எஸ். பிள்ளை கல்லூரி
 மாணவர்கள் கலந்துகொண்டு
 50-க்கும் மேற்பட்ட யோகாச
 னங்களை செய்து காட்டி
 வெற்றி பெற்றனர். வெற்றி

பெற்ற மாணவர்களுக்கு கல்
 லூரி வளாகத்தில் பாராட்டு
 விழா நடைபெற்றது. விழா
 வில் கல்லூரி செயலாளர் பர
 மேஸ்வரன், கல்லூரி முதல்வர்
 ராமபாலன், யோகா பயிற்சி
 யாளர் பாண்டியன், துறைத்த
 லைவர் தீபா ஆகியோர்
 கலந்து கொண்டு மாணவர்க
 ளுக்கு பாராட்டு தெரிவித்
 தனர்.

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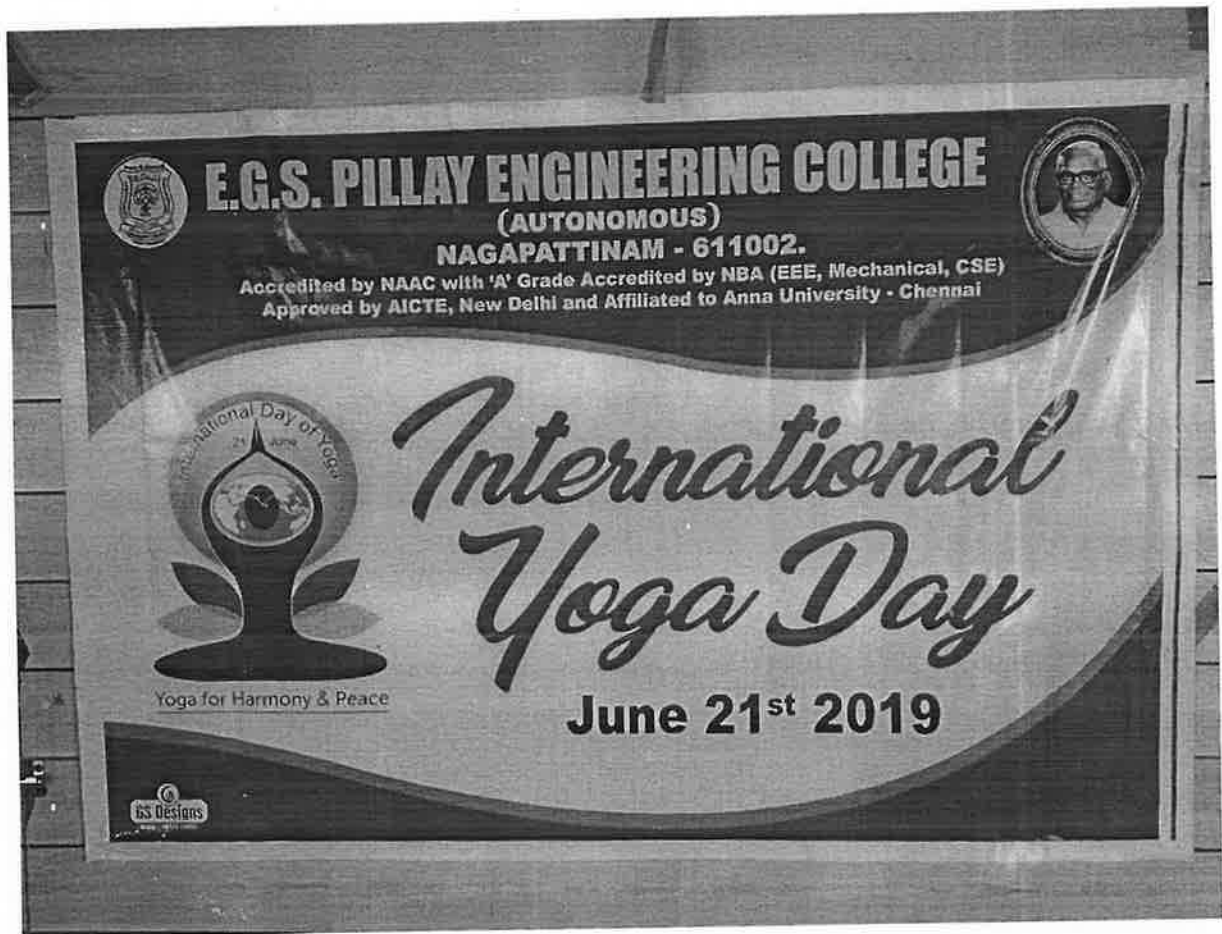
E.G.S.PILLAY ENGINEERING COLLEGE(AUTONOMOUS)

NAGAPATTINAM

INTERNATIONAL YOGA DAY-2019

DATE : JUNE 21st

PLACE : A P J BLOCK (EGSPEC)



E.G.S PILLAY ENGINEERING COLLEGE (AUTONOMOUS)

NAGAPATTINAM

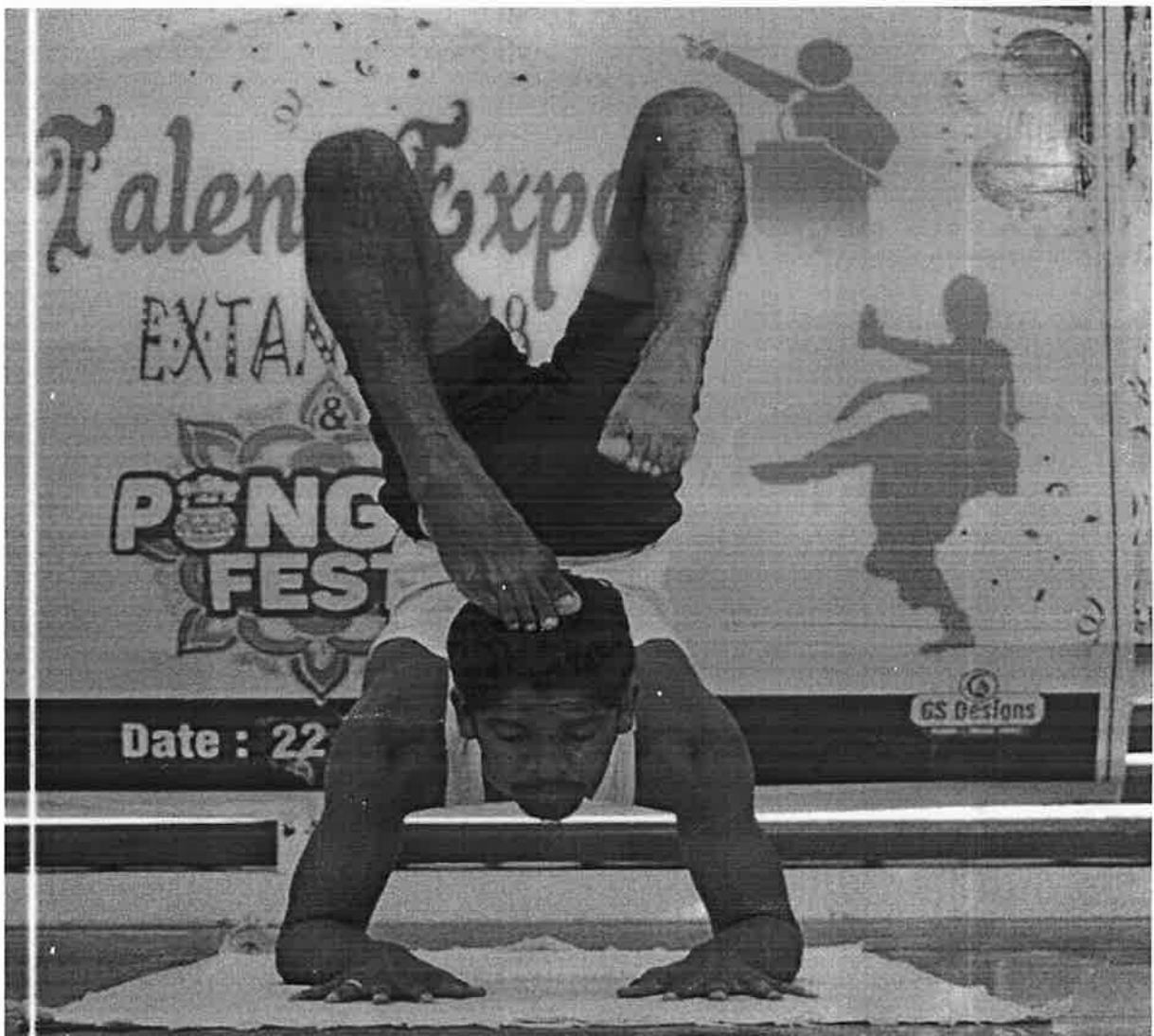
DEPARTMENT OF SCIENCE AND HUMANITIES

PRIZE : TALENT EXPO

PLACE : NAGAPATTINAM

DATE : 10/01/2018

CONTESTANT: B.MUKESH





ALAGAPPA UNIVERSITY

(Accredited with 'A+' Grade by NAAC(CGPA:3.64) in the Third Cycle & Graded as Category-I University by MHRD - UGC)

KARAIKUDI-630 004, Tamil Nadu, India



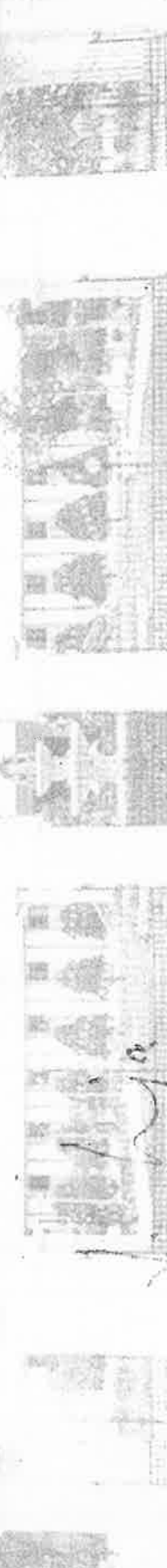
Major Dr. M. Alagappa Chettiar

CENTRE FOR YOGA EDUCATION NATIONAL LEVEL YOGA CHAMPIONSHIP - 2018

PARTICIPATION CERTIFICATE

This is to certify that Sri / Smt / Selvan / Selvi B. MUKESH
representing E.G.S. PILLAY ENGINEERING COLLEGE in

National Level Yoga Championship - 2018 has participated in Common / Special/ Championship in the age
category of IV..... organized by Centre for Yoga Education, Alagappa University, Karaikudi on 18.03.2018.



Dr. S. SAROJA

Co-ordinator, Centre for Yoga Education

Prof. H. GURUMALLESH PRABU

Registrar

E.G.S. PILLAY ENGINEERING COLLEGE (AUTONOMOUS)

Accredited by NBA(B.E-CSE,ECE,EEE,Mech,Civil/B.Tech-IT)
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principal@egspec.org | enquires@egspec.org

+91-4365-251112 | +91-4365-251114

Counselling Code: **3806**

Old Nagore Road, Thethi, Nagapattinam - 611002, Tamil Nadu NIRF Engineering Ranking top **300** in India

PSYCHOTHERAPIST MEMBER CARD



Tamil Nadu Counsellors and
Psychotherapist Association



பதிவு எண்.- 1576

உறுப்பினர்

MAYILADUTHURAI, TAMIL NADU

300 Date

01.02.22

R. Indumathi
Bst yrs ECE
Dyys KanamPulam
Ph - 944274412

α. Fear
α. hesitation
α. lack of confidence
α. Anxiety
α. Excessive thinking

start level

α. Psychotherapy
α. Insights therapy
α. Positive affirmation
α. Life Values

R. Ind

02.02.22

V. Mahalakshmi
Bst yrs FCE
Sikkal
Ph - 9159231784

α. Fear
α. lack of confidence
α. Excessive thinking
α. Negative side
α. Confusion in

start level

α. Psychotherapy
α. Insights therapy
α. Positive affirmation
α. Life Values

V. Mahab

03.02.22

S. Arisath Ahmed
Bst yrs BME
Thiruvannur
Ph - 9003851066

~~α. Fear~~
α. Fear
α. Admiration
α. Anger
~~α. Anger~~

Positive vibrate

α. Positive vibrate

S. Arisath

04.02.22

K. Prithivis Jay
Bst yrs BME
Mayiladuthurai

α. Fear
α. Anger
α. Unrealized Mind

Eyes Tight
Anxious
Anxious mind

α. Psychotherapy
α. Insights therapy
α. Positive reinforcement

K. Prithivis Jay

05.02.22

M. Anithi
Bst yrs BME
Avarankudi

α. Fear
α. Lacking of
α. Lacking of
α. Lacking of
α. Lacking of
α. Lacking of

α. Lack of understanding

α. Psychotherapy
α. Breathing exercise
α. Meditation
α. Positive reinforcement

M. Anithi

06.02.22

K. Shekha
Bst yrs BME
Avarankudi

α. Fear
α. Carelessness

α. Psychotherapy
α. Insights therapy

K. Shekha

S. Dhanya dharsh

- * திடமனமுடையவர்
- * மனமுடையவர்
- * மனமுடையவர்
- கைகுலம்
- புள்ளி

- Important
- X. Fear
- X. Anny
- X. Adamanb

04.04.01.22

V. Kanishka, ECE (1st)

- X. Lacking of Self Important
- * Fear
- X. Anny
- X. Adamanb

5.4.1.2022

R. Anuska BCB I Year

- X. Lacking of
- X. Fear
- X. Anny
- X. Adamanb

6.04.01.2022

T. Bakthya lakshmi, ECE (I Year)

- X. Fear
- X. Secure
- X. Negative
- X. Adamanb
- X. Lacking

V. Kef

- X. Their Student's Which kind of impact in mind
- X. If she was not interested in her mind
- X. I sent it conveyed

5.4.22

R. Anuska

T. Bakthya lakshmi

Self important

Thinking side

of Self interest

5.4.22

5.4.22

03.08.01.22

U1. Prayansh

3rd yrs civil
Ananita Mangalam

04.08.01.22 P. Keerthika
3rd yrs Civil
Sivakale

04.08.2022

T. Harini
1st yr ECE/
Nagani.

04.08.2022.

K. Gangadevi
Dist ECE/
Koothari

THINKING CAPACITY

Mangalika

* observing the surrounding Activities.

* Taking the qualities.
* very useful to picture.

accept thinking
thoughts-up
thinking side
in mind side
thoughts-up

- * confident
- * Brave
- * understand
- * I can do it.

P. Keerthika

- * Self understand
- * Self caring
- * Our confident level identifying
- * How to be proper in life

R. Lavin

- i, Reduced my Positive & Negative thinking capacity.
- ii, Taking the qualities,
- iii, my self confidence.

K. Gang

* stress

E.G.S.PILLAY ENGINEERING COLLEGE, NAGAPATTINAM

CENTER OF MIND CLUB

Circular Dated 25.02.2022

Members list

1	Dr.R.Uma Maheshwari	Convener/ Center of Mind Club
2	V.Balasubramanian AP/CIVIL	Member
3	S.Muruges AP/MECH	Member
4	V.Yokeshwaran AP/EEE	Member
5	M.Selvasundari AP/ECE	Member
6	Dr.K.Raju AP/IT	Member
7	Dr.R.Ganesan Prof/MBA	Member
8	S.Sathishkumar AP/MBA	Member
9	S.Selvaganapathy AP/MCA	Member
10	S.Srividhya AP/SAH	Member
11	M.Marco AP/CSE	Member

Convener/ CMC

[Dr.R.Uma Maheshwari]

Principal

[Dr.S.Ramabalan]

14

E.G.S.PILLAY ENGINEERING COLLEGE, NAGAPATTINAM

CENTER OF MIND CLUB

MINUTES OF MEETING

DATE: 25.02.2022

TIME: 10.00 AM

VENUE: SJB 108

MEMBERS PRESENT:

1	Dr.R.Uma Maheshwari	Convener/ Center of Mind Club
2	V.Balasubramanian AP/CIVIL	Member
3	S.Muruges AP/ MECH	Member
4	V.Yokeshwaran AP/EEE	Member
5	M.Selvasundari AP/ECE	Member
6	Dr.K.Raju AP/IT	Member
7	Dr.R.Ganesan Prof/BME	Member
8	S.Sathishkumar AP/MBA	Member
9	S.Selvaganapathy AP/MCA	Member
10	S.Srividhya AP/SAH	Member
11	M.Markco AP/CSE	Member

Points Discussed:

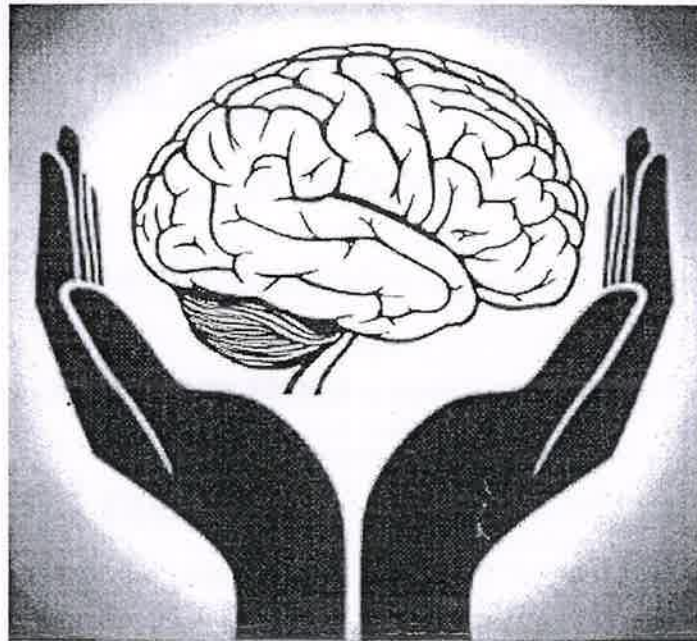
1. Faculty members are asked to give the suggestions to improve student's mental health.
2. Center of Mind head educated the members how to identify students with mental health issue.
3. Faculty members are instructed to give awareness about general health to their students.
4. Its plan to conduct one seminar per semester from Center of Mind Club.


Convener / CMC

[Dr.R.Uma Maheshwari]

15

CENTRE OF MIND
(MANATHIN MAIYYAM)



EDAYATHANGUDY G.S. PILLAY ENGINEERING COLLEGE
(Autonomous)
NAGAPATTINAM





EGS PILLAY
GROUP OF INSTITUTIONS
Nagapattinam



CENTER OF MIND CLUB
Inaguration

You are Cordially Invited for the Inaguration Ceremony

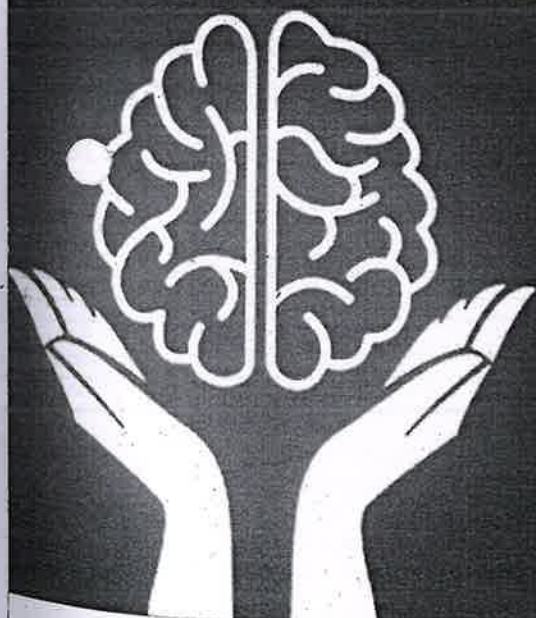
Felicitation

SMT.S.JOTHIMANI AMMA G.S.Pillay, Chairperson
E.G.S.Pillay Group of Institutions.
Nagapattinam

Mr.**S.SENTHIL KUMAR**
Secretary,
E.G.S.Pillay Group of Institutions.

Dr.Chev.**S.PARAMESVARAN**
Advisor,
E.G.S.PILLAY Group of Institutions

Trustees of E.G.S. PILLAY GROUP OF INSTITUTIONS



Our Chief Guest

Dr.K.ARUNKUMAR
MD (Psychiatry) DPM,
Psychiatrist Governments
Nagapattinam Medical College

— Welcome Address —

Dr.R.UMA MAHESHWARI
Centre of Mind,
Co- Ordinator - Head

— Vote of Thanks —

Dr.K.BALA MURUGAN
Dept of English,Arts & Science



Day : 09.03.2022. Wednesday, Time : 10.30 am to 11.30 am
Venue : Engineering Auditorium



E.G.S. PILLAY ENGINEERING COLLEGE (Autonomous)
 Nagapattinam - 611 002, Tamilnadu, India.
 Provisionally Accredited by NBA (CSE, EEE, Mech, IT, ECE, Civil)
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 Website: www.egspec.org, Email: principal@egspec.org, Ph: (04365) 251112, Fax: (04365) 251114

Dr.S.RAMABALAN M.E.Ph.D.,
PRINCIPAL

EGSPEC/ Guest Lecture/2022

04/03/2022

To

The Dean
 Government Nagapattinam Medical College,
 Nagapattinam.

Dear Sir,

Sub : Requisition to Chief Guest Dr. K. Arunkumar, M.D.,- Reg

We are pleased to inform you that it is proposed to arrange the Chief Guest Dr. K. Arunkumar, M.D. psychiatry DPM Psychiatrist Government Nagapattinam Medical College. We are conduct a program as part of our centre of mind club inauguration on 9th March 2022 between 10.30am to 11.30am. For the same we have by request to send Dr. K. Arunkumar, M.D. psychiatry DPM AS OUR Chief guest.

Thanking you sir,



Ramabalan
 4/3/22

PRINCIPAL

PRINCIPAL
E.G.S. Pillay Engineering College,
Nagapattinam.

EDAYATHANGUDY G.S. PILLAY ENGINEERING COLLEGE
(Autonomous)
NAGAPATTINAM

Dr. R. Uma Maheswari., MSW., Ph.D,
(Specialized Medical & Psychiatry)
Co-ordinator Head, Centre of Mind Club.

04.02.2022

To
The Principal,
Edayathangudy G.S. Pillay Engineering College,
Nagapattinam.

All HODs
R.P. Uma

Sub: Enlistment of centre of Mind Club Co-ordinators – reg.






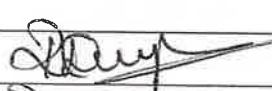


Sir/Madam,

This is to kindly inform you that our college is going to conduct “Centre of Mind Club” to support students for their Psychological well-being in the society. Hence, I request all the HODs to assign a Co-ordinator for the above said in the respective department.

Yours faithfully
R. Uma
Dr.R. Uma Maheswari.

Encl. A template is attached to enroll the names.

EDAYATHANGUDY G.S. PILLAY ENGINEERING COLLEGE
(Autonomous)
NAGAPATTINAM

S.NO	Name of the Department	HOD'S Signature
1.	B.E – ELECTRONICS AND COMMUNICATION ENGINEERING	
2. ✓	B.E – ELECTRICAL & ELECTRONICS ENGINEERING	
3.	B.E – COMPUTER SCIENCE & ENGINEERING	
4. ✓	B.TECH – INFORMATION TECHNOLOGY	
5.	B.TECH – INFORMATION TECHNOLOGY	
6. ✓	B.E – CIVIL ENGINEERING	
7.	B.E – BIO-MEDICAL ENGINEERING	
8.	B.TECH – COMPUTER SCIENCE & BUSINESS SYSTEMS	
9. ✓	SCIENCE AND HUMANITIES	
10. ✓	MCA – MASTER OF COMPUTER APPLICATIONS	
11.	MBA – MASTER OF BUSINESS ADMINISTRATION	

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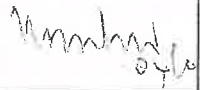
List of Centre of Mind Club Co-ordinators

S.NO	Name of the Department	Name of the Co-ordinator	Contact Number	Signature of the Co-ordinator	HOD'S Signature
1.	B.E – ELECTRONICS AND COMMUNICATION ENGINEERING				
2.	B.E – ELECTRICAL & ELECTRONICS ENGINEERING				
3.	B.E – COMPUTER SCIENCE & ENGINEERING				
4.	B.TECH – INFORMATION TECHNOLOGY				
5.	B.TECH – INFORMATION TECHNOLOGY				
6.	B.E – CIVIL ENGINEERING	V. Balu	944437 86314	VSL	
7.	B.E – BIO-MEDICAL ENGINEERING				
8.	B.TECH – COMPUTER SCIENCE & BUSINESS SYSTEMS				
9.	SCIENCE AND HUMANITIES				
10.	MCA – MASTER OF COMPUTER APPLICATIONS				
11.	MBA – MASTER OF BUSINESS ADMINISTRATION				

(12) Mech. S. Muralidharan 95007
25175

EDAYATHANGUDY G.S. PILLAY ENGINEERING COLLEGE
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 NAGAPATTINAM

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1.	B.E – ELECTRONICS AND COMMUNICATION ENGINEERING				
2.	B.E – ELECTRICAL & ELECTRONICS ENGINEERING	Mr. Y. Kesavan	9524508657		
3.	B.E – COMPUTER SCIENCE & ENGINEERING				
4.	B.TECH – INFORMATION TECHNOLOGY				
5.	B.TECH – INFORMATION TECHNOLOGY				
6.	B.E – CIVIL ENGINEERING				
7.	B.E – BIO-MEDICAL ENGINEERING				
8.	B.TECH – COMPUTER SCIENCE & BUSINESS SYSTEMS				
9.	SCIENCE AND HUMANITIES				
10.	MCA – MASTER OF COMPUTER APPLICATIONS				
11.	MBA – MASTER OF BUSINESS ADMINISTRATION				

EDAYATHANGUDY G.S. PILLAY ENGINEERING COLLEGE
 (Autonomous)
 NAGAPATTINAM

List of Centre of Mind Club Co-ordinators

S.NO	Name of the Department	Name of the Co-ordinator	Contact Number	Signature of the Co-ordinator	HOD'S Signature
1.	B.E – ELECTRONICS AND COMMUNICATION ENGINEERING	M. Selva Sundaraj	9487790563	H. Selva	Jone
2.	B.E – ELECTRICAL & ELECTRONICS ENGINEERING				
3.	B.E – COMPUTER SCIENCE & ENGINEERING				
4.	B.TECH – INFORMATION TECHNOLOGY				
5.	B.TECH – INFORMATION TECHNOLOGY				
6.	B.E – CIVIL ENGINEERING				
7.	B.E – BIO-MEDICAL ENGINEERING				
8.	B.TECH – COMPUTER SCIENCE & BUSINESS SYSTEMS				
9.	SCIENCE AND HUMANITIES				
10.	MCA – MASTER OF COMPUTER APPLICATIONS				
11.	MBA – MASTER OF BUSINESS ADMINISTRATION				

EDAYATHANGUDY G.S. PILLAY ENGINEERING COLLEGE
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NAGAPATTINAM

List of Centre of Mind Club Co-ordinators

S.NO	Name of the Department	Name of the Co-ordinator	Contact Number	Signature of the Co-ordinator	HOD'S Signature
1.	B.E – ELECTRONICS AND COMMUNICATION ENGINEERING				
2.	B.E – ELECTRICAL & ELECTRONICS ENGINEERING				
3.	B.E – COMPUTER SCIENCE & ENGINEERING				
4.	B.TECH – INFORMATION TECHNOLOGY				
5.	B.TECH – INFORMATION TECHNOLOGY	K. RAJU	7001435621	<i>[Signature]</i>	<i>[Signature]</i>
6.	B.E – CIVIL ENGINEERING				
7.	B.E – BIO-MEDICAL ENGINEERING				
8.	B.TECH – COMPUTER SCIENCE & BUSINESS SYSTEMS				
9.	SCIENCE AND HUMANITIES				
10.	MCA – MASTER OF COMPUTER APPLICATIONS				
11.	MBA – MASTER OF BUSINESS ADMINISTRATION				

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4.	B.TECH – INFORMATION TECHNOLOGY				
5.	B.TECH – INFORMATION TECHNOLOGY				
6.	B.E – CIVIL ENGINEERING				
7.	B.E – BIO-MEDICAL ENGINEERING	Dr. R. Ganesh	9791529229	u. w →	u. w →
8.	B.TECH – COMPUTER SCIENCE & BUSINESS SYSTEMS				
9.	SCIENCE AND HUMANITIES	S.S			
10.	MCA – MASTER OF COMPUTER APPLICATIONS				
11.	MBA – MASTER OF BUSINESS ADMINISTRATION				

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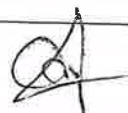

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9.	SCIENCE AND HUMANITIES				
10.	MCA - MASTER OF COMPUTER APPLICATIONS				
11.	MBA - MASTER OF BUSINESS ADMINISTRATION	Mrs. Sathish Kumar	7871423925		

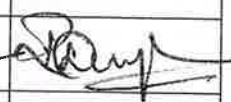
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7.	B.E - BIO-MEDICAL ENGINEERING				
8.	B.TECH - COMPUTER SCIENCE & BUSINESS SYSTEMS				
9.	SCIENCE AND HUMANITIES				
10.	MCA - MASTER OF COMPUTER APPLICATIONS	S. Selvagana Prathy	97710196914		
11.	MBA - MASTER OF BUSINESS ADMINISTRATION				

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7.	B.E – BIO-MEDICAL ENGINEERING				
8.	B.TECH – COMPUTER SCIENCE & BUSINESS SYSTEMS				
9.	SCIENCE AND HUMANITIES	S.Saividhya	8610959677	S. Srinidhi	
10.	MCA – MASTER OF COMPUTER APPLICATIONS				
11.	MBA – MASTER OF BUSINESS ADMINISTRATION				



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2.	B.E – ELECTRICAL & ELECTRONICS ENGINEERING				
3.	B.E – COMPUTER SCIENCE & ENGINEERING	M. MARKO APICSE	9952325010		
4.	B.TECH – INFORMATION TECHNOLOGY				
5.	B.TECH – INFORMATION TECHNOLOGY				
6.	B.E – CIVIL ENGINEERING				
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Need for Human Values

Felicitation

SMT. **S.JOTHIMANI AMMA** G.S.Pillay, Chairperson
E.G.S.Pillay Group of Institutions.
Nagapattinam

Mr. **S.SENTHIL KUMAR**
Secretary,
E.G.S.Pillay Group of Institutions.

Dr.Chev. **S.PARAMESVARAN**
Advisor,
E.G.S.PILLAY Group of Institutions

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Our Chief Guest

Swami. **Ramakrishnananda**
Spiritual guide
Chinmaya Mission Nagapattinam

Programme Organiser

Dr. **R.UMA MAHESHWARI**
Centre of Mind,
Co- Ordinator - Head

Day : 09.04.2022. Saturday, Time : 10.30 am
Venue : APJ Hall



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INSPIRING MOTIVATIONAL SPEECH



SWAMI RAMAKRISHNANANDA
CHINMAYA MISSION ,NAGAPATTINAM

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CENTRE OF MINDS CLUB
MOTIVATION PROGRAM**



MOTIVATIONAL TALK Dr. UMA MAHESWARI AND Mr. PANDIYAN

