



SRI SARADA COLLEGE FOR WOMEN, (AUTONOMOUS)

Re-accredited with 'B++' Grade by NAAC

(Affiliated to Periyar University), Salem – 636 016.



INTERNAL QUALITY ASSURANCE CELL (IQAC)

NEWS LETTER

EDITORIAL BOARD

IQAC Coordinator and Members

Volume – V

INTERNAL QUALITY ASSURANCE CELL

APRIL 2024

(For Private Circulation only)

DEAR READERS,

Our Salutations to the Holy Trinity Bhagavan Sri Ramakrishna Paramahansa, Holy Mother Sri Sarada Devi and Swami Vivekananda. With their blessings we have made an attempt to bring out this fifth volume of IQAC News Letter. We submit this volume at the Lotus feet of Srimath Swami Chidbhavananda and Yatiswari Sarada Priya Amba. Our humble pranams to Directress Yatiswari Vinayakapriya Amba and Secretary Yatiswari Guhapriya Amba. We are greatly indebted to Dr.R.Uma Rani M.C.A., M.Phil., Ph.D., Principal, Dr.E.Roja M.Sc., B.Ed., M.Phil., Ph.D., former Controller of Examinations and Dr. G.Vasuki, M.Sc., B.Ed., M.Phil., Ph.D. Controller of Examinations for their immense help and constant encouragement. In this issue we have brought out the important activities and significant achievements of Internal Quality Assurance Cell.

Objectives of IQAC

- Development and application of quality bench marks/parameters for various academic and administrative activities of the Institution.
- Facilitating learner centric environment.
- Updating the faculty with required knowledge and technology for participatory teaching and learning.
- Dissemination of information on various quality parameters of higher education through FDP.
- Documentation of activities and programmes leading to quality improvement.
- Developing quality culture and research culture in the Institution.

Quality Policy

- Instilling Value System
- Promoting Environmental Consciousness

- Fostering ICT based Education
- Learner Centric Approach
- Contribution to National Development.

Internal Quality Assurance Cell (IQAC) of the college was reconstituted by the Principal Dr.R.Uma Rani with the following members for the academic year 2023 - 24.

I. Chairperson: Head of Institution

Dr. R. Uma Rani M.C.A., M.Phil., Ph.D., Principal

II. A Few Senior Administrative Officers:

1. Dr. G. Vasuki, M.Sc., B.Ed., M.Phil., Ph.D.
Controller of Examinations
2. Dr. S. Revathi, M.Com., M.Phil., Ph.D.
HoD and Associate Professor of Commerce
3. Dr. N. Prabhavathi, M.Sc., M.Phil., Ph.D.
HoD and Associate Professor of Physics

III. Faculty Members:

1. Dr. R. Hemamalini M.Sc., M.Phil., Ph.D., Associate Professor of Physics
2. Dr. P. Subasree M.A., M.Phil., B.Ed., Ph.D., Associate Professor of Economics
3. Dr. S. Geetha M.Sc., M.Phil., Ph.D., Associate Professor of Chemistry
4. Dr. A. Selvalakshmi M.A., M.Phil., P.G.Dip. in J & MC., B.Ed., Ph.D.,
Associate Prof. of English
5. Dr. N. Uma Maheshwari, M.A., M.Phil., Ph.D.,
HoD and Associate Professor of History
6. Dr. A. Nirmala, M.Sc., M.Phil., B.Ed., Ph.D.,
HoD and Associate Professor of Zoology
7. Mrs. R. Bhuvana Indumathi, M.Sc., M. Phil.,
HoD and Assistant Professor of Home Science

IV. One member from the Management:

Dr. A. F. Lilly, M.A., M. Phil., Ph.D.,
Retd. HoD and Associate Professor of History,
Sri Sarada College for Women (Autonomous), Salem - 16.

V. One nominee each from local society, students and alumni :

Local Society:

Dr. M. K. Uma, M.Sc., B.Ed., M. Phil., Ph.D.,
Retd. HoD and Associate Professor of Mathematics,
Sri Sarada College for Women (Autonomous), Salem - 16.

Students:

1. S. Sandhiya, II M.A. English.
2. S. Nithyasri, III B. Com. 'B'

Alumni:

Dr. B. Suganya M.A., B.Ed., M.Phil., Ph.D.,
PG Asst. (English), GHSS,
Dasanaickenpatti, Salem.

VI. One nominee each from Employers / Industrialists / Stakeholders:

Employer:

Dr. Sri Devi Sundararajan M.B.B.S.,
DNB. 166f, Ammachi Gounder Street,
Ramakrishna Road, Salem - 7.

Industrialist:

Mr . B. Rajamanikam,
Chief Executive, 7/2, Jaishree Plaza, Advaita Ashram Road,
Alagapuram, Salem - 16.

Parent:

Dr. G. Poongavanam
345, Elumalai Colony,
Chinnapudur Main Road,
Chinnapudur, Salem -7.

VII. One of the senior Teachers as the co-ordinator/ Director of the IQAC:

Dr. P. Umamaheswari, M.Sc., M.Phil., Ph.D.,
HoD and Associate Professor of Botany.

IQAC Support Cell Members:

1. Dr. S. D. K. Shridevi, M.Sc.,M.Phil.,B.Ed.,M.Phil.,Ph.D., Associate Professor of Botany
2. Dr. S. Umadevi, M.A., B.Ed., M.Phil., M.B.A., Ph.D., Associate Professor of Economics.
3. Dr. K. Gomathi, M.Sc., M.Phil., Ph.D., Assistant Professor of Home Science
4. Dr. K. Revathy, M.Sc., M.Phil., Ph.D., Assistant Professor of Chemistry
5. Mrs. N. Padmapriya, M.Sc., NET., HoD and Assistant Professor of Statistics
6. Dr. P. Kavitha, M.A., Ph. D., Assistant Professor of Tamil
7. Dr. J. Tamilmani, M.Sc., M.Phil., Ph.D., Assistant Professor of Mathematics

The above committee is endeavoured to perform to its utmost capacity to ensure quality enhancement in every realm - academics, administration, extension and research amidst the prevailing pandemic situation. The events took place both in online and offline modes. The activities include regular Life Skills workshops on Communication, Faculty Development Programmes (FDP), preparatory phase for NAAC peer team visit, Internal quality audits and Consultancy Services. The details are as follows:

National Institutional Ranking Frame Work (NIRF)

Our college has been ranked between 101-150 by National Institutional Ranking Frame Work, Ministry of Human Resource Development, Government of India released Ranking during the year 2023.

IQAC Activities for Students**Deekshrambh: Students' Induction Programme**

The students' Induction Programme for Under Graduates is aimed at facilitating a smooth transition for new students into their college journey. This programme is designed to provide students with the necessary information, support and resource they need to succeed academically, socially and personally.

In this connection, three day Deeksharamph - Students Induction programme was organized by IQAC at Sister Nivedita Auditorium from 03/07/2023 to 05/07/2023.

With the blessings of Holy Trinity, the programme has started on 03.07.2023 at 10.00 a.m. with the prayer song followed by welcome address by Dr. P. Umamaheswari, Head &

Associate Professor of Botany & IQAC Co-ordinator. Dr. R. Uma Rani, Principal, inaugurated the programme by highlighting the need and purpose of the Students' Induction Programme. The resource persons covered the following topics during the programme. The covered topics are college mission, vision and its values, languages offered, student benefits, library facilities, sports and games, health and hygiene, activities of NSS, mentoring and counselling system, seminars and workshops, society connect activity, continuous assessment, entrepreneurship, Advance Diploma courses, activities of Placement cell, Benefits of NPTEL/MOOC courses, NCC, YRC, IIC, Naan Mudhalvan scheme and scholarship schemes including Pudumai pen scheme. Department Orientation session allotted on 05.07.2023 in the afternoon. Head of the department introduced the faculty members and followed by evolution of the department and infrastructure explained to the students. Programme structure, and its relevant details given by the faculty incharge. Totally 550 students were given orientation.

Glimpses of the programme



An Awareness Programme on General Scholarship and Pudhumaipen Scheme Organised by IQAC on 27.07.2023. Dr. N. Prabavathi Nodal Officer, Pudhumaipen Scheme, and Mrs. R. Gayathri, Jr. Assistant acted as resource persons and explained about Government Scholarships and Pudumaipen Scheme.



An Awareness on “Utilisation of N – List and NDLI Library Resources” for I UG & I PG Students

The awareness programme on Utilisation of N-list & National Digital Library of India (NDLI) resources was organized on 04.08.2023 at Sister Nivedita Auditorium by Internal Quality Assurance cell & National digital Library club. This programme was organized with the aim of familiarizing the students with the available resources and the benefits of utilizing the N-list and NDLI platform. The programme focused to enhance access to information and promote the effective use of library resources among the I UG and I PG students. Dr.P.Umamaheswari, Head & Associate Professor, Department of Botany and IQAC Co-ordinator welcomed the gathering. Dr. M. Leena, Assistant Professor of Zoology explained the importance of NDLI platforms and its features. In the demonstration session, the students were guided through the process of registration, searching for resources.

Dr.K.Poongodi, Librarian elaborately explained on the need of the N-List and its usage. Methods of accessing e-books, and journals were demonstrated. She also provided examples of how to use N-List effectively for academic purposes. Totally **500** students were participated and benefitted through creating awareness, enhancing accessibility and fostering the effective utilization of resources among the students. The feedback received will assist in refining future awareness programmes and ensuring the continuous improvement of library services.



English workshops for life skill enhancement on the topic “English For Entrepreneurship” for UG and PG

English language proficiency can significantly benefit the students aspiring to become entrepreneurs. It enables the students to connect with its network of entrepreneurs, investors, mentors, and potential collaborators. They can effectively communicate with the suppliers and stakeholders, expanding their business reach and opportunities for growth. English proficiency enhances entrepreneurs' professional development opportunities. It plays a crucial role in the entrepreneurial journey, offering a gateway to communication, resources, networks, markets, funding, learning, innovation, and professional growth.

This workshop focused on the following topics: Letter Writing Skills, Interpersonal Skills for Entrepreneurs, Importance of English in Entrepreneurial Development, Technical Communicative Skills for Entrepreneurs, Effective Communicative Skills for Entrepreneurs, Social Skills for Entrepreneurs, Creating Effective Business Slogans, Power Skills, Etiquette and Manners, Emotional Intelligence, Time Management & Stress Management, Finance Skills and Entrepreneurial Soft Skills for the Future.

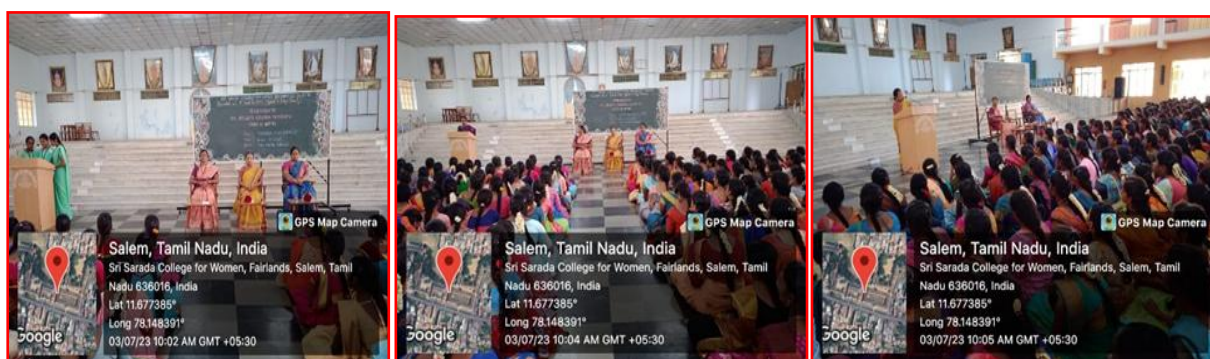
This year IQAC organised English workshop for all the Students from 21.08.2023 to 24.08.2023 & 28.08.2023. Workshop focused on different dimensions. 1,881 students participated and benefited. To assess the students’ learning, a pre-test and post- test (objective type) were conducted at the entry and exit level respectively. The results of the tests showed that outcome of this workshop is commendable.

IQAC English Workshop Schedule for Undergraduate and Postgraduate Students

Dates: 21.08.2023 to 24.08.2023 & 28.08.2023

| Date | Class | Time | Resource Person | Topic | IQAC OBSERVER | No. Beneficia ries |
|------------|----------------------------------|----------------------------|------------------------------|---|-----------------------------|--------------------------|
| 21.08.2023 | I B.A./ B.Sc./ B.Com. | 10.00 a.m. - 11.00 a.m. | Dr. A. Revathi | Letter Writing Skills | Dr. A. Nirmala | 611 |
| | | 11.00 a.m. - 12.00 noon | Dr. K. Saritha | | | |
| | | 12.00 noon - 1.15 p.m. | Dr. J. Sharmila Devi | | | |
| 22.08.2023 | II B.A./ B.Sc./ B.Com. | 10.00 a.m. - 11.00 a.m. | Mrs. S. Lavanya | Interpersonal Skills for Entrepreneurs | Dr. P. Subasree | 526 |
| | | 11.00 a.m. - 12.00 noon | Dr. J.Mahaboob Bee | Importance of English in Entrepreneurial Development | | |
| | | 12.00 noon - 1.00 p.m. | Dr.R.Renuga Devi | Technical Communicative Skills for Entrepreneurs | | |
| 23.08.2023 | III B.A./ B.Sc./ B.Com. | 10.00 a.m. - 11.00 a.m. | Dr. Esther Juliet Sujatha | Effective Communicative Skills for Entrepreneurs | Mrs.R. Bhuvana Indumathi | 535 |
| | | 11.00 a.m.- 12.00 noon | D. Ghayathry | Social Skills for Entrepreneurs | | |
| | | 12.00 noon -1.15 p.m. | Dr.S Maheswari | Creating Effective Business Slogans | | |
| | Power Skills | | | | | |
| 24.08.2023 | I M.A./ M.Sc./ M.Com | 10.00 a.m. - 11.00 a.m. | Dr.S. Ramya Niranjani | Communicative Skills | Dr. S. Geetha | 182 |
| | | 11.00 a.m.- 12.00 noon | Mrs. M.P.Rajeshwari | Etiquette and Manners | | |
| | | 12.00 noon - 1.15 p.m. | Mrs. Rennie Johnson | Emotional Intelligence | | |
| 28.08.2023 | II M.A./ M.Sc./ M.Com | 10.00 a.m. - 11.00 a.m. | Dr.K.Sangeetha | Time Management & Stress Management | Dr. N. Uma Maheswari | 197 |
| | | 11.00 a.m. - 12.00 noon | Dr.A.Selvalakshmi | Finance Skills | | |
| | | 12.00 noon - 1.15 p.m. | Dr. C.Preetha | Entrepreneurial Soft Skills for the Future | | |

PHOTOGALLERY



TAMIL WORKSHOP: MOZHIPPAYIRCHI (I UG)

Though Tamil is the mother tongue of most of the students, proficiency in Tamil language requires mastery over pronunciation, handwriting, clarity in thinking etc.,. As a result of this many students come forward to participate in oratorical competitions and Essay writing competitions. IQAC has organised a workshop on Mozhippayrchi with the help of members of PG and Research Department of Tamil for all the first year UG Students from 28.08.2023 to 30.08.2023. Totally 554 students were participated and benefited.

Tamil Workshop on Mozhipayerchi

Dates: 28.08.2023 to 30.08.2023

Time Duration: 2.00p.m. to 1.00 p.m.

| Date | Class | Time | Resource Person | IQAC OBSERVER |
|------------|-----------------------------|---------------------|----------------------|-------------------|
| 28.08.2023 | I B.A./ B.Sc./ B.Com. | 2.00 p.m. 2.30 p.m. | Dr. A. Ambika | Dr. R. Hemamalini |
| | | 2.30 p.m. 3.00 p.m. | Dr. M.J. Maheswari | |
| | | 3.00 p.m. 3.30 p.m. | Dr. K. Padma | |
| | | 3.30 p.m. 4.00 p.m. | Dr. T. Jayalakshmi | |
| 29.08.2023 | I B.A./ B.Sc./ B.Com. | 2.00 p.m. 2.30 p.m. | Dr. P. Dhanalaksmi | Dr.G.Poongavanam |
| | | 2.30 p.m. 3.00 p.m. | Dr. A.Anitha | |
| | | 3.00 p.m. 3.30 p.m. | Dr.V.Banumati | |
| | | 3.30 p.m. 4.00 p.m. | Dr. D. Anantha valli | |
| 30.08.2023 | I B.A./ B.Sc./ B.Com. | 2.00 p.m. 2.30 p.m. | Dr. G.Poongavanam | Dr.A.Selvalakshmi |
| | | 2.30 p.m. 3.00 p.m. | Dr. K. Nandhini | |
| | | 3.00 p.m. 3.30 p.m. | Dr.S. Poongodi | |
| | | 3.30 p.m. 4.00 p.m. | Dr. P. Kavitha | |

PHOTOGALLERY



Guidelines to operate Net Banking - Pudhumaipen Scheme

Programme organised by IQAC on the topic “Guidelines to operate Net Banking - Pudhumaipen Scheme” on 21.09.2023 to give hands on training to all the students to operate their bank account under this scheme. The resource person Dr. T. Ramya, Assistant Professor of Commerce, elaborately explained about the Net Banking. 180 students were benefited.



Scholarship Assistance Session for I UG Students

Programme organised by IQAC on the topic “Scholarship Assistance Session for I UG Students” on 14.02.2024 to give assistance to apply Government Scholarship (BC,MBC,SC&ST) through college. Mrs.R. Gayathri, Junior Assistant, has explained the necessary documents to be attached and other details to all the I UG students.

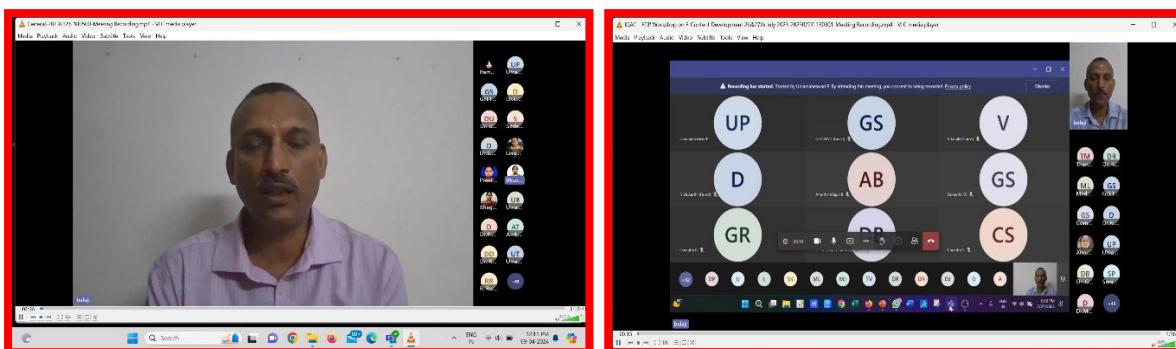


For Teaching Staff

Two days Faculty Development Programme (Online) on Hands on Training on E-Content Development

Two days Faculty Development Programme was organised by IQAC of our college to develop E- Content module in their subjects on 26 & 27.07.2023 through online on the topic “**Hands on Training on E-Content Development**”. Professor R. Balaji, Chair Person, Special Center for E- learning, School of Biotechnology, Jawaharlal Nheru University, New Delhi acted as the resource person and dealt with the following topics:

- **Introduction to e-content development tools and platforms**
- **Techniques for creating engaging multimedia content**
- **Best practices for designing e-learning modules**
- **Copyright and fair use considerations**
- **Strategies for incorporating interactive elements into e-content**
- **Accessibility guidelines for diverse learners**



He gave hands on practices to develop E- Content and 118 participants benefitted out of this programme.

Orientation Programme for New Faculty Members

Orientation Programme was organised by IQAC of our college the newly appointed faculty members on 12.09.2023 at Sister Nivedita Auditorium. DR. R. Cauvery, Former Dean, Sri Sarada College for Women, acted as a resource person and 26 staff members participated. Madam imparted our college values, time management quoting Swamiji's and Amba. She has also enlighten the staff members with the teaching ethis, importance of language fluency in teaching profession, staff – student relationship etc., This programme gave a real motivation in their initial stage of their carrier.



Hands on Training to acquire Mastery in the Synchronisation of E-Contents on YouTube

Hands on Training to acquire Mastery in the Synchronisation of E – Contents on YouTube was organised on 25.09. 2023 by IQAC in continuation with the E-Content Development FDP on 26th & 27th July 2023. Hands on Training given by Dr. T. Linga Murugeswari to 27 staff members representing all the departments to upload the developed E - Content video in the YouTube.






Three days Faculty Development Programme on “Facilitating Effectual Teaching through Mental Wellbeing”

Three days Faculty Development Programme on “Facilitating Effectual Teaching through Mental Wellbeing” organised by IQAC from 18.10.2023 to 20.10.2023 at Sister Nivedita Auditorium and 93 members were participated. This programme dealt with the following:

- Introduction to mental health challenges facing educators, including stress, burnout, and compassion fatigue with the Psychology person
- Exercises for stress management, mindfulness practices, and self-care strategies.
- Discussions on creating healthy boundaries, managing workload, and seeking support when needed.

- Presentations on the relationship between mental well-being and teaching performance, including the impact on student engagement, retention, and academic outcomes.
- Guest lectures by mental health professionals and educators with expertise in promoting well-being in educational settings.

| S.No. | Name of the Resource Person | Date & Topic | Geo Tagged Photo |
|-------|--|--|--|
| 1. | Mr. Murali Venkateswaran Group Process Facilitator, TISS Coimbatore | 18.10.2023 Facilitative Teaching Methodology |  |
| 2. | S. Kadiravan Controller of Examination Professor & Head, Department of Psychology Periyar University Salem - 636011 | 19. 10.2023 Stress, Coping and Work – Life Balance for College Teachers |  |
| 3. | Dr. A. Murugan Professor & Head Department of Microbiology Periyar University Salem - 636011 | 20.10.2023 Gut Health for Extended Lifespan |  |

Workshop on “Role of Chat GPT in Higher Education and Research” was organised by IQAC with the resource person Dr. B. Amudhambigai, Associate Professor of Mathematics on 25.10.2023. The workshop on the "Role of ChatGPT in Higher Education and Research" explored the applications and implications of AI language models, particularly ChatGPT, in academic settings. It aimed to discuss how these technologies can augment teaching, research, and administrative tasks within higher education institutions.

1. Increased awareness among participants about the capabilities and potential of ChatGPT in higher education and research.
2. Identification of several practical use cases where ChatGPT can add value, from student support to research assistance.
3. Recognition of the importance of addressing ethical considerations and ensuring responsible use of AI technologies in academic settings.
4. Establishment of a network of educators, researchers, and AI practitioners interested in ongoing collaboration and knowledge exchange.

The workshop provided valuable insights into the role of ChatGPT in higher education and research, highlighting both opportunities and challenges associated with its adoption. Moving forward, continued dialogue and collaboration will be essential to maximize the benefits of ChatGPT while addressing concerns and ensuring ethical implementation. 100 Staff members were participated and benefitted.

Hands-on Training on “CO Attainment”

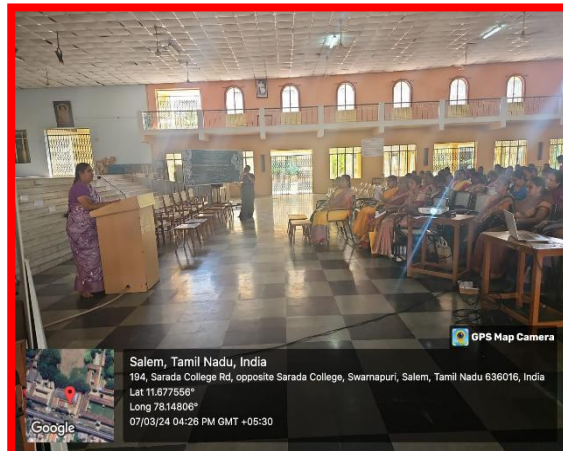
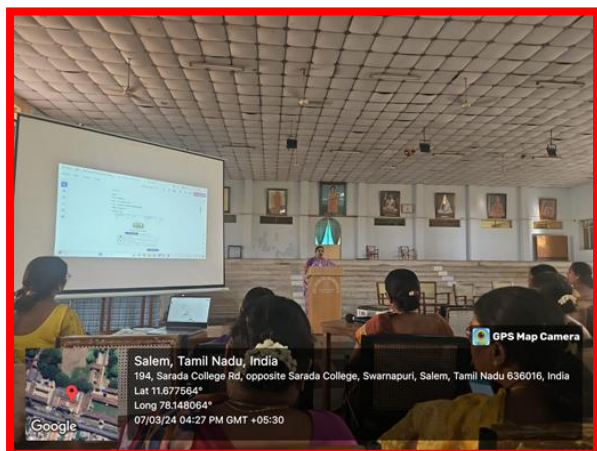
“Hands on Training on CO Attainment” was organised on 06.12.2023 by IQAC. Hands on Training given by Dr. T. Ramya, Assistant Professor of Commerce to 25 staff members representing all the departments to calculate and put CO attainment for the CIA Components and model exams.



Workshop on “IFHRMS: Kalanjiyam App”

An Intercollegiate Workshop on “IFHRMS: Kalanjiyam App” for Teaching and Non Teaching Staff was organised by IQAC on 07.03.2024 at Sister Nivedita Auditorium. Mrs. R. Gayathri, Jr. Assistant, acted as resource person and explained about Kalanjiyam APP and

how to access and do Tax calculations using that app for both Teaching and Non – Teaching staff of our College and our sister Institution Staff members.



Knowledge Sharing Sessions on “Health and Wellness in the Workplace”

Knowledge Sharing Sessions on “Health and Wellness in the Workplace” was organised by IQAC from 03.04.24 to 05.04.24 at Sister Nivedita Auditorium for our Teaching faculty. This programme was conducted to promote well-being among the staff. The main objective of the workshop is to raise awareness about the importance of health and wellness in the workplace and provide practical strategies for the staff to adopt healthier practices.

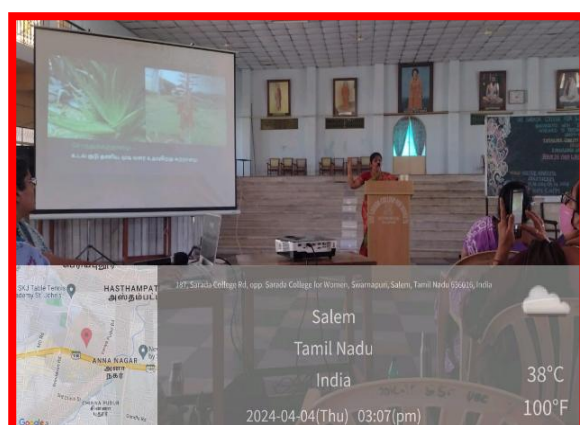
On the first day (03.04.2024) Mrs. R. Bhuvana Indumathi, Head and Assistant Professor of Home Science, Sri Sarada College for Women, was the resource person. She spoke on the *Nutraceutical Potentials of Millets*. She highlighted that Millet is an excellent source of dietary fiber, both soluble and insoluble. She briefed that consuming millets can promote and improve digestive health with its gluten-free nature. The resource person pointed out that the presence of soluble fiber, antioxidants, and essential fatty acids in millet gives positive effects on cardiovascular health. Regular consumption of millet helps to reduce cholesterol levels, blood pressure, and the risk of heart disease.

On the second day (04.04.2024) Dr. K. Padma, Associate Professor of Tamil, Sri Sarada College for Women, was the resource person. She delivered her speech on the topic of *Healthy Home Remedies with Herbs*. She pointed out the natural healing aspects of herbs that are nearby to us and the medicinal values of the same. She also clearly explained the recipes for healthy drinks and eatables. It was a very interesting and informative session.

On the third day (05.04.2024) Dr. S. Sujatha, Chief Medical Officer, Aishwaryam Nature Cure Hospital, Chinnatiruppathi, Salem, was the resource person. She covered the

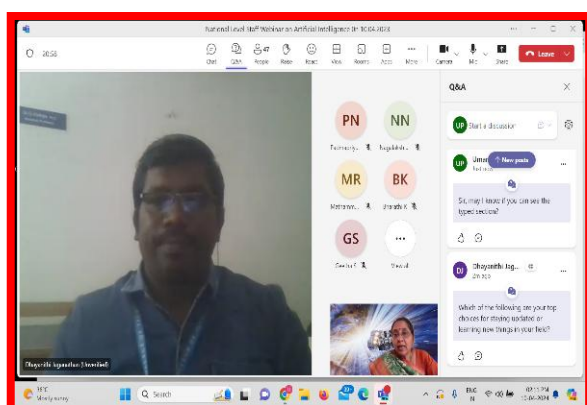
topic on *Simple Yoga and Mudras for a healthy life*. The third-day session focused on teaching the participants simple Pranayana and Asanas to cultivate body flexibility and balance. Participants learned various standing, sitting, and lying down poses that targeted different muscle groups and promoted overall body relaxation. These practices offer numerous physical, mental, and emotional benefits, contributing to a holistic and healthy lifestyle. Totally 125 staff members participated and benefitted.

PHOTO GALLERY



National Level Staff Webinar

National Level Staff Webinar on “Impact, Opportunities and Challenges of AI in Higher Education” organised by IQAC on 10.04.2024. Artificial Intelligence in higher education brings significant impacts, offering personalized learning experiences, improving administrative efficiency, and fostering innovative research. Opportunities include adaptive learning systems, AI-driven tutoring, and data analytics for student success. Challenges involve ethical concerns, data privacy issues, and the need for faculty upskilling to embrace AI tools. Balancing the benefits while addressing these challenges is crucial for the successful integration of AI in higher education." Integrating AI Tools necessitates training faculty to effectively use and understand these technologies. Mr.S Senthilmurugan, Technology Manager, I-STEM Nodal office, Indian Institute of Science, Bangalore, Karnataka has delivered a lecture on **“AI Pros & Cons in Higher Education”** covering the history of AI and continued with its applications in higher education, advantages and disadvantages, issues associated with AI and ended with its future of AI in higher education. Afternoon session was handled by Dr. J. Dhayanithi, Assistant Professor, of Computer Science & Engineering, Sona College of Technology, Salem on **“Role of AI in Higher Education.”** He has covered the tools available in AI used for research and other activities of education. In this webinar faculty members presented 17 papers with covering the broad areas of AI.



Non- Teaching Staff

Simple Yoga and Healthy Diet for Healthy Life

Workshop on “Simple Yoga and Healthy Diet for Healthy Life” for Non Teaching Staff was organised by IQAC on 11.10.2023 with the resource person Mr. B. Rajendran, Yogalogist, Founder - RU UR Yoga World, Salem at Sister Nivedita Auditorium. He has given live demo of pranayama's, simple yoga exercises and tips for food habits. 45 office staffs were enthusiastically participated and benefitted.

