

## INDUCTION PROGRAMME 2021 ( 8-10-21 to 21-10-21 )

TENTATIVE SCHEDULE											
DATE	FORENOON					12.00 pm to 1.00 p.m	AFTER NOON	2.00 pm to 2.15 pm	EVENING	3.15 to 3.30 pm	3.30 pm to 4.45 pm
	8.00 am to 9.00 a.m	9.00 to 9.30 a.m	9.30 am to 10.30 a.m	10.30 am to 10.45 am	10.45 am to 12.00 a.m		1.00 pm to 2.00 pm		2.15 pm to 3.15 pm		
<b>8-Nov-2021</b>	Inauguration of the induction programme					<b>LUNCH BREAK</b>	Creative Arts / COVID 19 Protocols An Awareness Talk By (Dr.Elangovan)	<b>BREAK</b>	Creative Arts / Universal Human Values Lecture 1 (Dr.V.Seenivasan)	<b>BREAK</b>	Creative Arts / Universal Human Values Lecture 2 (Dr.P.Sureshkumar)
<b>9-Nov-2021</b>	Introduction to Yoga (Mr. Ramalingam)	<b>BREAK FAST</b>	Creative Arts / Universal Human Values Lecture 3 ( Dr. A.Senthilkumar)	<b>BREAK</b>	Creative Arts / Universal Human Values Lecture 4 (Dr.S.Muthukumaran)		Creative Arts / Universal Human Values Lecture 5 ( Dr.Rajmohan)		Creative Arts / Universal Human Values Lecture 6 ( Dr.Thayumanavan)		Sports Activity (Dr.Thamizalagan)
<b>10-Nov-2021</b>	Disciplines of Yoga (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 7 (Dr. Ayswariya Lakshmi)		Creative Arts / Universal Human Values Lecture 8 ( Dr.Ramachandhiran)		Creative Arts / Universal Human Values Lecture 9 (Mrs.Nivetha )		Creative Arts / Universal Human Values Lecture 10 (Mrs.Umamaheswari)		Creative Arts / Universal Human Values Lecture 45 (Mr.Gnanaprakash)
<b>11-Nov-2021</b>	Disciplines of Yoga (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 11 (Dr.R.J.Kavitha)		Creative Arts / Universal Human Values Lecture 12 ( Dr. Mala)		Creative Arts / Universal Human Values Lecture 13 (Dr.C.Senthilkumar)		Creative Arts / Universal Human Values Lecture 14 (Dr.S.P.Mangaiyarkarasi)		Creative Arts / Universal Human Values Lecture 46 (Dr.J.John Francis Xavier )
<b>12-Nov-2021</b>	8 folds of Yoga (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 15 ( Dr. Thamizalagan)		Creative Arts / Universal Human Values Lecture 16 (Dr.P.Sathishbabu)		Creative Arts / Universal Human Values Lecture 17 ( Dr.S.Vijayabalaji)		Creative Arts / Universal Human Values Lecture 18 ( Dr. R.Renuka )		Creative Arts / Universal Human Values Lecture 47 (Mr.Yuvaraj)

13-Nov-2021	Regular practice of Yoga (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 19 (Dr.S.Rajalakshmi)		Creative Arts / Universal Human Values Lecture 20 (Dr.J.Balaji)		Creative Arts / Universal Human Values Lecture 21 ( Dr.V.Usha)		Creative Arts / Universal Human Values Lecture 22 ( Dr.R.Thamilmagal)		Creative Arts / Universal Human Values Lecture 48 (Mr.Sowndarapandian)
14-Nov-2021	<b>Holiday</b>										
15-Nov-2021	Types & time of practice (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 23 (Dr.P.Sivakarthik)		Creative Arts / Universal Human Values Lecture 24 ( Dr.I.Anees Sultana)		Creative Arts / Universal Human Values Lecture 25 ( Mr.K.Velmurugan)		Creative Arts / Universal Human Values Lecture 26 ( Mrs.H.Reyan Baig)		Creative Arts / Universal Human Values Lecture 49 (Mr.Balu)
16-Nov-2021	Yoga postures (Mr.Ramalingam)		Creative Arts / Universal Human Values Lecture 27 (Dr.Balaji)		Creative Arts / Universal Human Values Lecture 28 ( Dr.Inbanila)		Creative Arts / Universal Human Values Lecture 29 ( Mr.Muruganantham)		Creative Arts / Universal Human Values Lecture 30 (Dr.J.Paranthaman)		Creative Arts / Universal Human Values Lecture 50 (Mr.Seetharaman)
17-Nov-2021	Simple & hygienic life (Mr.Ramalingam)		Creative Arts / Universal Human Values Lecture 31 (Dr.Guru Raj)		Creative Arts / Universal Human Values Lecture 32 (Dr.Arokyasamy)		Creative Arts / Universal Human Values Lecture 33 ( Mr.Senthilkumar)		Creative Arts / Universal Human Values Lecture 34 (Dr.Sathyaraj)		Creative Arts / Universal Human Values Lecture 51 (Dr.P.LakshmiKandhan)
18-Nov-2021	Yoga-Recap of all topics & conclusion (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 35 (Mrs.Anitha)		Creative Arts / Universal Human Values Lecture 36 ( Mr.Herman)		Creative Arts / Universal Human Values Lecture 37 ( Mr.Gowtham)		Activities of YRC Dr.I.Anees Sultana		Sports Activity (Dr.Ashok kumar)
19-Nov-2021	Yoga-Recap of all topics & conclusion (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 38 (Dr.K.Krishnamoorthy)		Creative Arts / Universal Human Values Lecture 39 ( Mrs.Sivaranjani)		Creative Arts / Universal Human Values Lecture 40 ( Mr.K.Sanjeevi)		Activities of RRC Dr.R.Thamilmagal		Sports Activity (Mr.Kamalakkanan)
20-Nov-2021	Yoga-Recap of all topics & conclusion (Mr. Ramalingam)		Creative Arts / Universal Human Values Lecture 41 (Mr.Arun)		Creative Arts / Universal Human Values Lecture 42 (Mr.Barani )		Creative Arts / Universal Human Values Lecture 43 (Mr.Thamizhmani )		Creative Arts / Universal Human Values Lecture 44 (Mrs.Gayathiri )		Valedictory function
21-Nov-2021	<b>Holiday</b>										

