

**SRM INSTITUTE OF SCIENCE AND TECHNOLOGY**

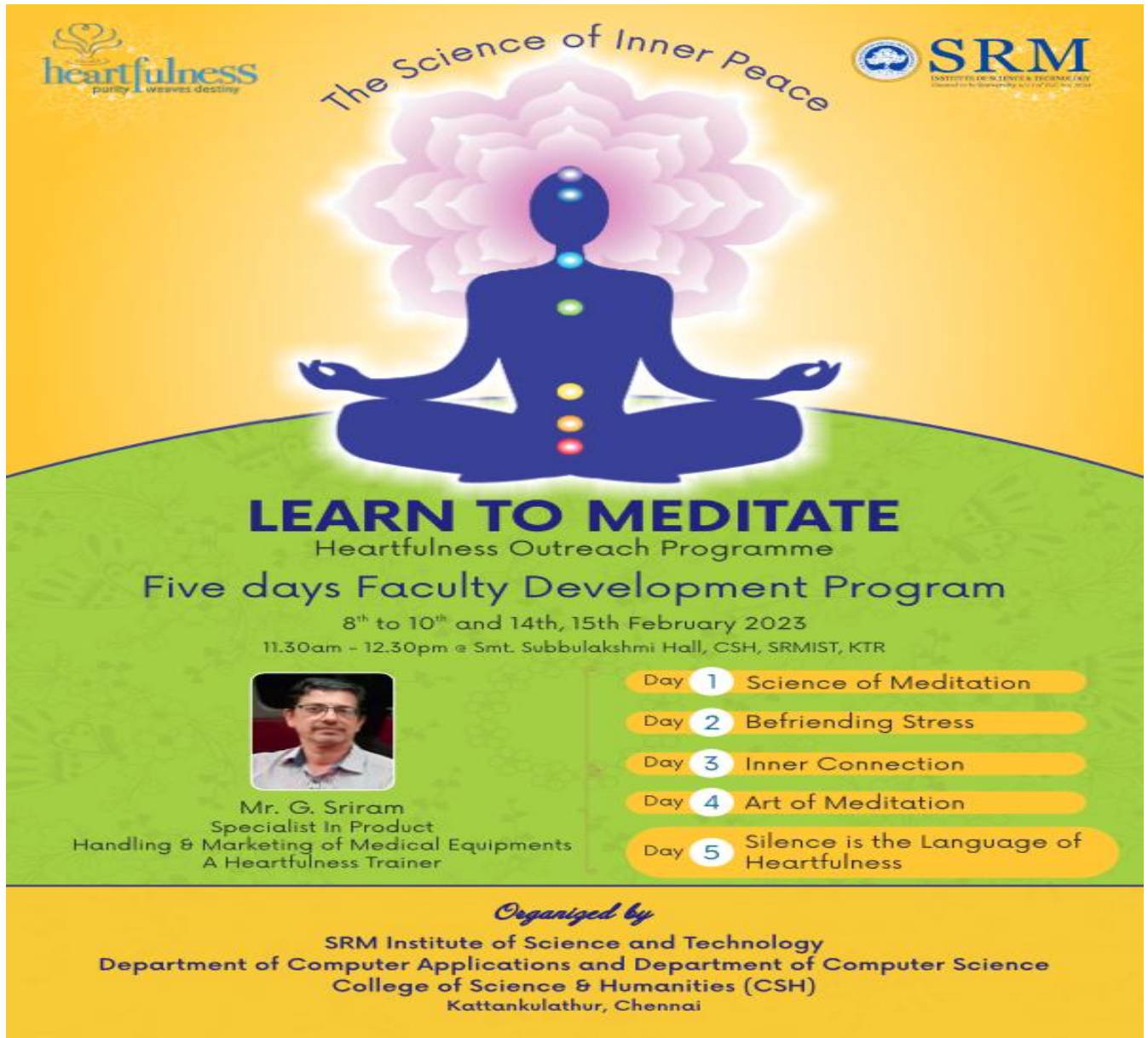
**COLLEGE OF SCIENCE AND HUMANITIES**

**DEPARTMENT OF COMPUTER APPLICATIONS**

**DEPARTMENT OF COMPUTER SCIENCE**

Organized

Heartfulness Outreach Programme




The Science of Inner Peace

**heartfulness**  
purely & wisely doing

**SRM**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
Established on the Anniversary of 100th of India, 2007

**LEARN TO MEDITATE**  
Heartfulness Outreach Programme  
Five days Faculty Development Program  
8<sup>th</sup> to 10<sup>th</sup> and 14<sup>th</sup>, 15<sup>th</sup> February 2023  
11.30am - 12.30pm @ Smt. Subbulakshmi Hall, CSH, SRMIST, KTR

  
Mr. G. Sriram  
Specialist In Product  
Handling & Marketing of Medical Equipments  
A Heartfulness Trainer

- Day 1 Science of Meditation
- Day 2 Befriending Stress
- Day 3 Inner Connection
- Day 4 Art of Meditation
- Day 5 Silence is the Language of Heartfulness

*Organized by*  
SRM Institute of Science and Technology  
Department of Computer Applications and Department of Computer Science  
College of Science & Humanities (CSH)  
Kattankulathur, Chennai

## **Inaugural Function**

8<sup>th</sup> February 2023 | 11.00am @ Smt. Subbulakshmi Hall, CSH, SRMIST, KTR

**Thamizh Thai Vazhthu**

*Welcome Address*

**Dr. S. ALBERT ANTONY RAJ**

Deputy Dean (i/c)  
CSH, SRMIST, Kattankulathur

*Inaugural Address*

**Dr. A. DURAISAMY**

Dean, CSH, SRMIST, Kattankulathur

*Introduction of Chief Guest*

**Dr. G. Kalpana**

Associate Professor & Head  
DCS, CSH, SRMIST

*Chief Guest Address*

**Mr. G. Sriram**

Specialist In Product  
Handling & Marketing of Medical Equipments  
A Heartfulness Trainer

*Keynote Address*

**Dr. M. Pandiyan**

Assistant Professor, DCA, CSH, SRMIST

**Ms. P. Yogalakshmi**

Assistant Professor, DCS, CSH, SRMIST

*Vote of Thanks*

**Dr. R. Thilagavathy**

Assistant Professor, DCA, CSH, SRMIST

----- There after Meditation Session Continues -----

Registration Link:

<https://forms.gle/RczGcc7faX9gCfRM7>

E-Certificate will be provided to all participants

## **About FDP**

The Faculty Training Program started at 11.00 am on 8th February 2023 with 60+ faculties of the Department of Computer Applications and Computer Science, CSH, SRM IST. Welcome address for the FTP were given by Dr.S.Albert Antony Raj, Deputy Dean, Department of Computer Applications which was followed by an introduction to the Programme and chief guest by Dr.G.Kalpana, Asst.Prof and Head, Department of Computer Science. The programme starts with the presentation by the resource person Mr.G.Sriram, Specialist in product handling and marketing of medical equipment, A heartfulness trainer.

He focussed on the basics of meditation concepts. Practical sessions were given on,

Day1: Science of meditation

Day2: Befriending stress

Day3: Inner connection

Day4: Art of meditation

Day5: Silence is the language of heartfulness

Participants discussed various aspects with Mr.G.Sriram regarding their personal experience. Most of them talked about their enriching experience at the FTP. Thereafter Dr.R.Thilagavathy gave Vote of Thanks. The feedback links were circulated with all the participants. Certificates were prepared and mailed to the participants. This marked the end of the programme.

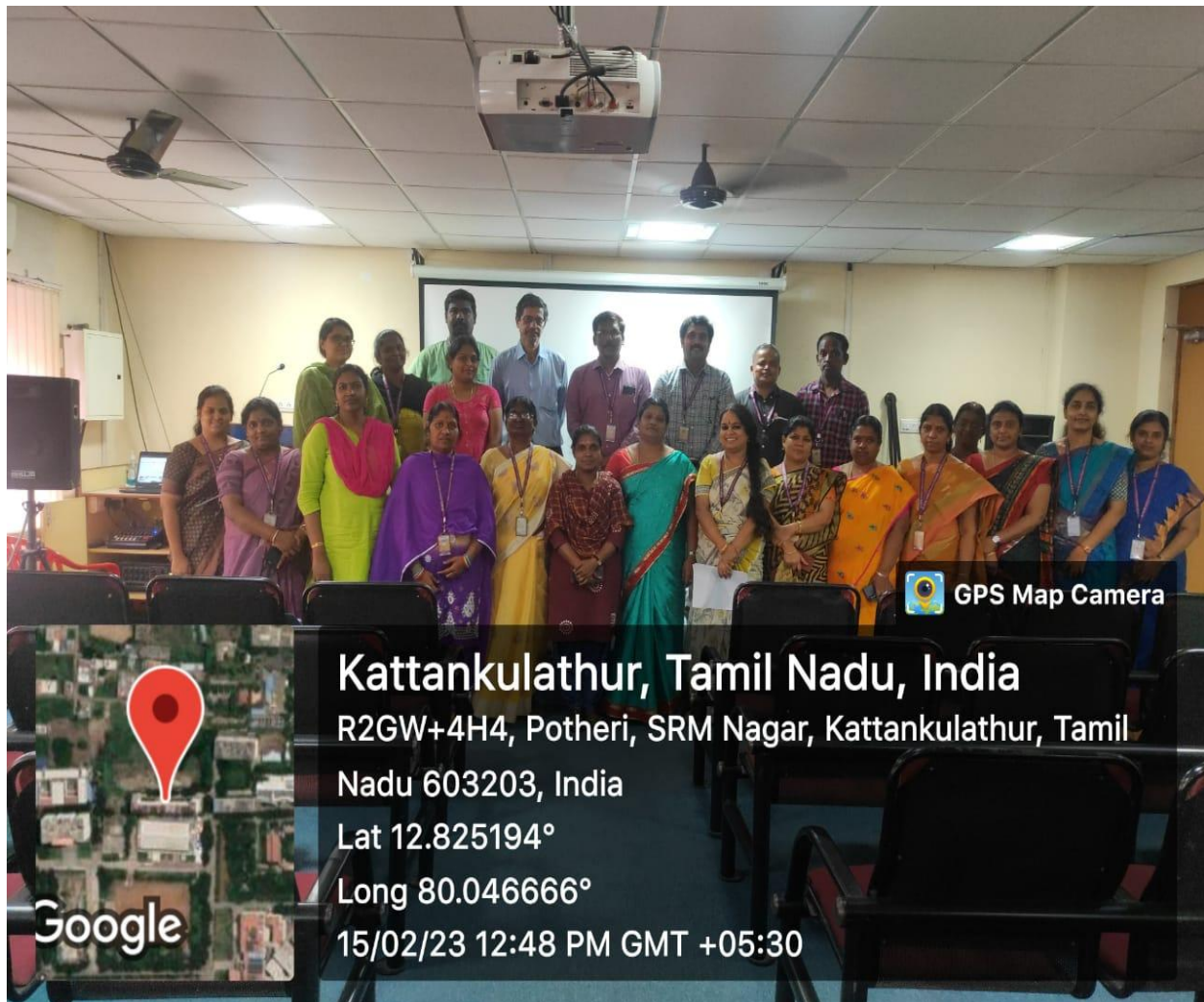
## Participants List:

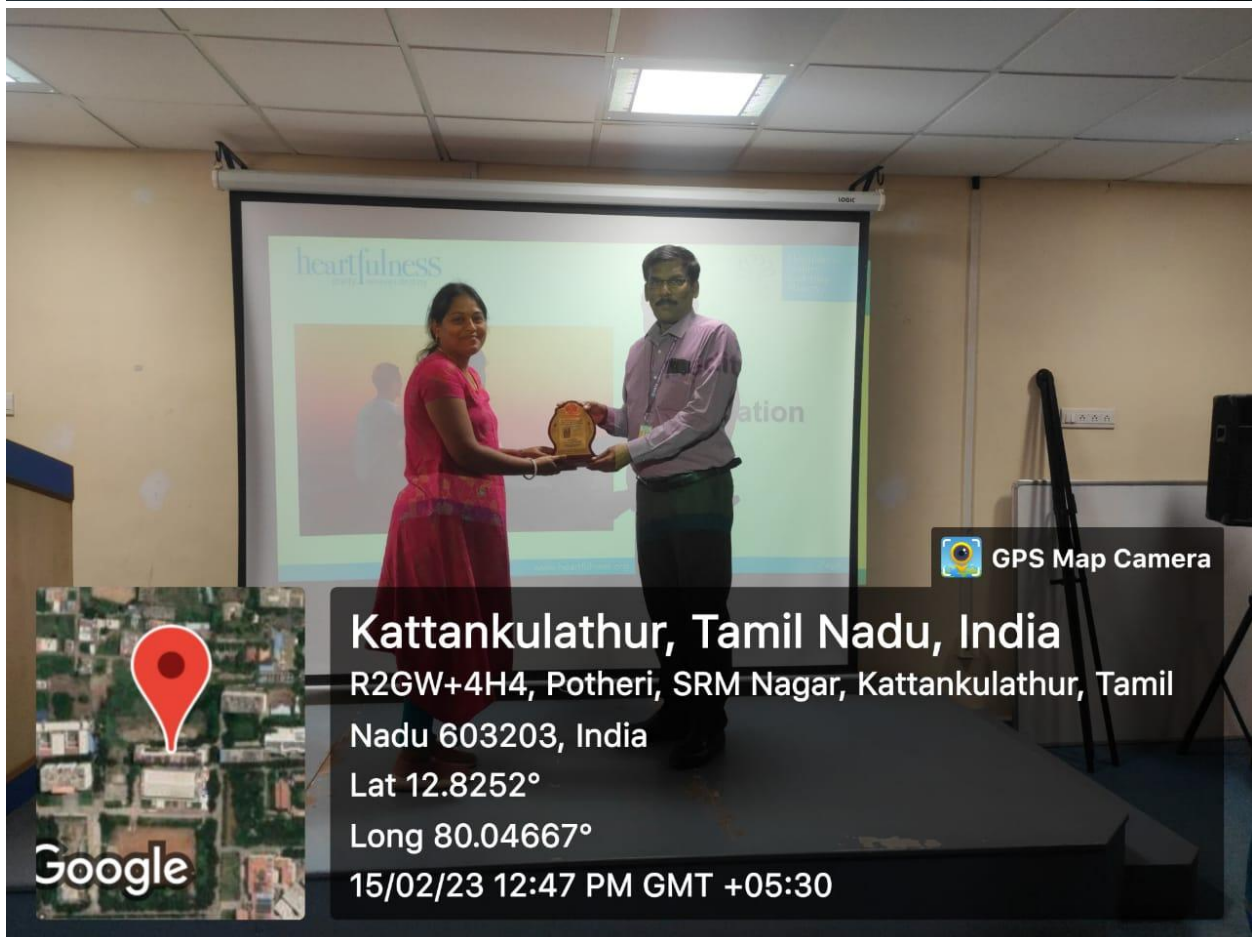
S.NO	Name	8.
1	A K DIVAKAR	
2	D PAUL JESUDASS	
3	D SIVARAJ	
4	DR B JAIGANESH	
5	DR D HELIN	
6	DR D JAYANTHI	
7	DR E SWEETY BAKYARANI	
8	DR FREDRICK JOLGONSON	
9	DR K SATHISH	
10	DR K VIJAYALAKSHMI	
11	DR L SELVAM	
12	DR M D SHWAHIDUL ISLAM	
13	DR M MUTHU DEEPA	
14	DR M R SUDHA	
15	DR N RANJAN	
16	DR P J ARUL LEENA ROSE	
17	DR P SANKAR	
18	DR R JAYASHREE	
19	DR R SRIDHARAN	
20	DR R THILAGAVATHY	
21	DR S ARUNARANI	
22	DR S KANCHANA	
23	DR S LAKSHMI	
24	DR S P ANGELIN CLARET	
25	DR S SABEEN	
26	DR S TAMILARASI	

26	DR S TAMILARASI
27	DR SHANTHICHITRA
28	DR SHIVA SHANKARAN
29	DR T G NITHYA
30	DR V VENNILA
31	G NITHYANANTHAM
32	J VENKATA SUBRAMANIYAN
33	K KANMANI
34	K RAJESHWARI
35	M KALAIVANI
36	M MEERABAI
37	M RAMESH
38	M RAMLA
39	M SANTHOSH KUMAR
40	P PADMAJA
41	P VENNILA
42	P YOGA LAKSHMI
43	R DHILIP
44	R GAYATHRI
45	R SRUTHI
46	S CHANDRA KALA



## Gallery:

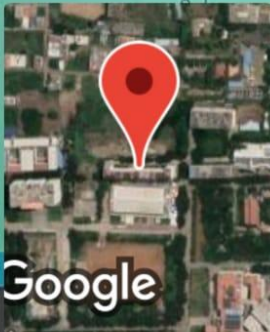
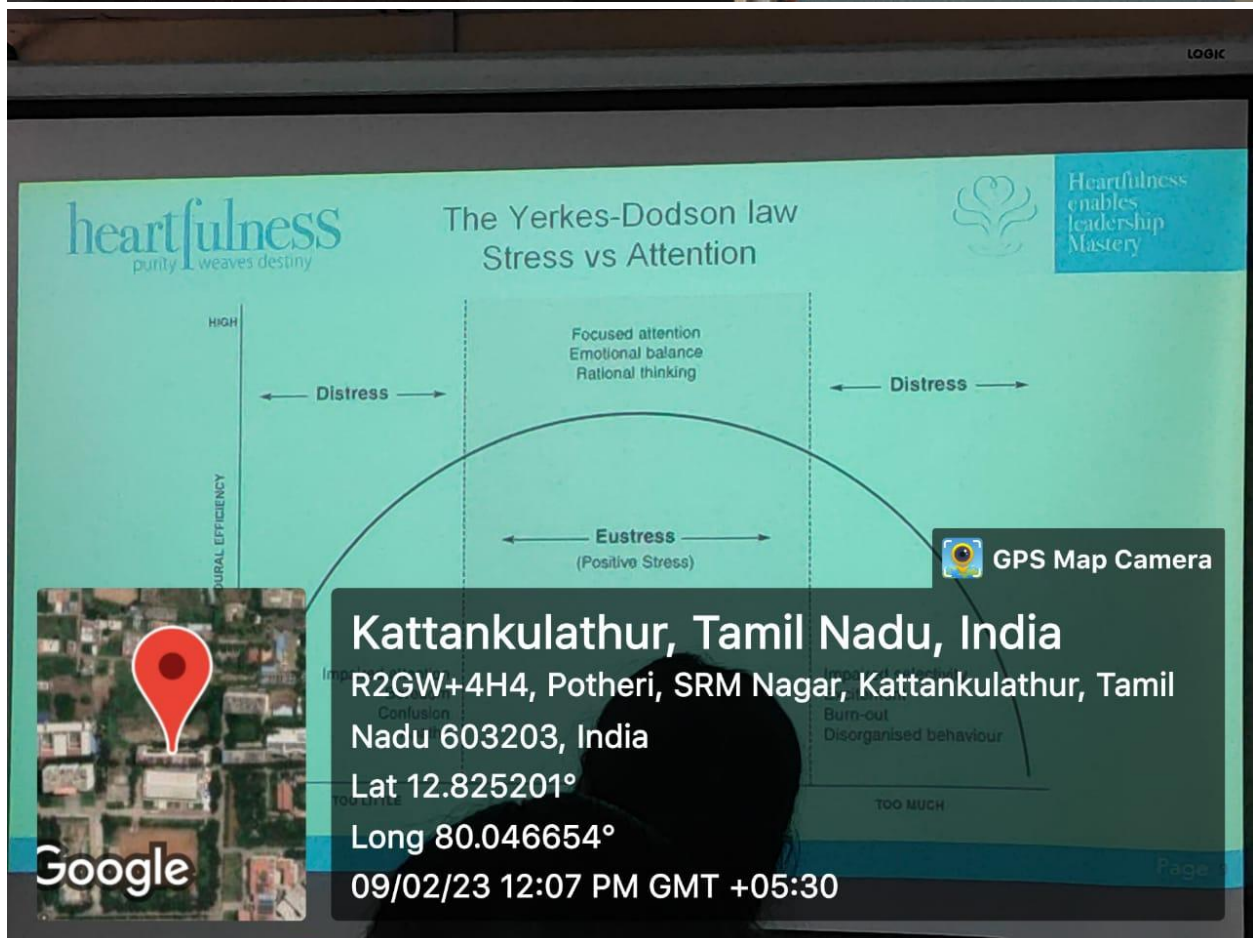








Nandivaram Guduvancheri, TN, India  
Kattankulathur, Nandivaram  
Lat 12.825032, Long 80.046700  
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Kattankulathur, Tamil Nadu, India  
R2GW+4H4, Potheri, SRM Nagar, Kattankulathur, Tamil  
Nadu 603203, India  
Lat 12.825201°  
Long 80.046654°  
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