



Capacity development and skills enhancement activities are organised for improving students' capability

2023-2024


YOGA FOR HEALTH AND HAPPINESS



HOLY CROSS COLLEGE (AUTONOMOUS)
Accredited with A+ Grade
(CGPA 3.35 - 4th Cycle by NAAC)
Nagercoil – 629004, Tamil Nadu,
India.

DEPARTMENT OF MATHEMATICS (S.F)
Organises a Programme on
Yoga For Health & Happiness
International Yoga Day 2023

Resource Person: Dr. S. Kavitha
Head & Assistant Professor,
Department of Mathematics (S. F),
Holy Cross College, Nagercoil.



Date: 22/06/2023
Time: 11.30am to 12.35pm
Venue: St. Joseph Hall

Organizing Secretaries:
Dr. S. Kavitha
Dr. J. Nesa Golden Flower

Yoga Day
21ST JUNE

Date : 22-06-2023
Theme : To Promote Physical Wellbeing and emphasizes the holistic benefits of Yoga, Meditation and to nurture a healthy body and joyful mind.
Venue : St. Joseph's Hall
Resource Person : Dr. S. Kavitha, Head and Assistant Professor of Mathematics (S.F), Holy Cross College (Autonomous), Nagercoil

The Mathematics(S.F) department of Holy Cross College (Autonomous), Nagercoil was organized an International Yoga day celebration on 22-6-2023. Dr. S. Kavitha, Head and Assistant Professor of Mathematics (S.F), Holy Cross College (Autonomous), Nagercoil was the resource person of the program. She delivered a talk on “Yoga for Health and Happiness” and imparted Meditation, Pranayama and Asanas to the students. These regular practices will make the students active, create interest and concentration in their studies. This will also improve their moral behaviour and increase their confidence. 25 students and 5 faculty members were benefited by this programme.

Outcome:

1. Regular practice of breathing exercises and Yogasanas will make students more active, create interest, and improve concentration in their studies.
2. These practices will also improve their moral behaviour and increase their confidence levels.





NARI SAKTHI FITNESS RUNS



HOLY CROSS COLLEGE (AUTONOMOUS)

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
 Accredited with 'A+' Grade (IV Cycle - CGPA- 3.35) by NAAC
 Nagercoil - 629004, Tamilnadu, India





**Women's cell in collaboration
 with
 Nehru Yuva Kendra
 and
 Department of Physical Education
 Organises**



NARI SAKTHI FITNESS RUNS

Venue : Holy Cross College (Autonomous), Nagercoil
Date : 13.03.2024 @ 11am

Patron
Dr. Sr. Mary Hilda, Secretary

Chair person
Dr.Sr. Sahayaselvi, Principal

Organising Secretaries
Dr. L. Deva Vijila
Dr. J. M.Vinitha Charles
Dr. Christy Celine Mary



Date :13-03-2024

Organized by : Dr. L. Deva Vijila, Department of Chemistry

Theme/ Objective : To promote physical and mental health in women

Outcome of the Activity : Brought out the hidden talents within women

Number of the Beneficiaries : 84

Venue : College play ground



YOGA: A PRACTICAL SESSION



PG & Research Department of English
Holy Cross College (Autonomous), Nagercoil

(Affiliated with Manonmaniam Sundaranar University, Tirunelveli)
Re-Accredited with A+ by NAAC (IV Cycle- CGPA 3.35)



The English Club

organizes



Yoga : A Practical Session

By

Dr.S. Kavitha

Assistant Professor

Department of Mathematics (SF)

Holy Cross College (Autonomous)

Nagercoil

Venue: Multipurpose Hall

Date: 19/02/ 2024

Time: 10a.m to 12 p.m.



Club Co- ordinators
Dr. Selva Mary Gokila
Ms. K. B. Steffi

Secretary: Dr. Sr. Mary Hilda
Principal: Dr. Sr. Sahayaselvi
HOD: Dr. Alby Grace

Date : 19-02-2024
Organized by : English Club
Theme /Objective : To introduce the practice of yoga among the students
Resource Person : Dr. S. Kavitha, Assistant Professor of Mathematics (SF), Holy Cross College, Nagercoil
Outcome of the Activity : The students were oriented on the benefits of yoga and also were trained in the basic yogic steps
No. of Beneficiaries : 223
Venue : Multipurpose Hall



Time: 19-02-2024 10:23
Note: Yoga Practical Session

YOGA TRAINING PROGRAMME



HOLY CROSS COLLEGE (AUTONOMOUS)

AFFILIATED TO MANONMANIAM SUNDARANAR UNIVERSITY
RE-ACCREDITED WITH A+ BY NAAC (IV CYCLE- COPA 3.35)
NAGERCOIL- 4, TAMIL NADU.



Department of English(SF)

organizes

YOGA TRAINING PROGRAM

Yoga awakens the Mind

Date

29TH OF SEPTEMBER

Time

10.30-11.30 am



Sr. Casilda Seminar Hall

RESOURCE PERSON

DR. S. KAVITHA

HEAD OF THE DEPARTMENT OF MATHEMATICS(SF)
**HOLY CROSS COLLEGE (AUTONOMOUS),
NAGERCOIL**



Organizing Secretary

Ms. J. Alisha Josephine

Student Organizing Secretaries

M.Pearlin Princey

R. S. Pooja

R. Sanju

Patrons

Dr. Sr. Mary Gilda, Secretary

Dr. Sr. S. Sahaya Selvi, Principal

Ms. M. Maria Helen Janaha- Head of the
Department

Date : 29-09-2023
Organised by : Department of English (SF)
Objective : To orient the students to maintain healthy mind, improved focus and body
Resource Person : Dr. S. Kavitha, Yoga Instructor
No. of beneficiaries : 126
Venue : Sr. Cassilda Seminar Hall
Outcome of the activity : The yoga training program helped students to improve physical and mental well-being, including increased flexibility, reduced stress, and enhanced focus



2022-2023

REPORT OF YOGA AND PHYSICAL FITNESS

Holy Cross College (Autonomous), Nagercoil, aimed at promoting the benefits of yoga and physical fitness among students. Ms. Rushiya, a professional Yoga Trainer at Holy Cross College, and Ms. Kavitha, an Assistant Professor of Mathematics brought unique perspectives and expertise to the session, emphasizing the holistic benefits of yoga and physical fitness. Ms. Rushiya introduced the basic concepts and origins of yoga, emphasizing its role in promoting physical, mental, and spiritual well-being. She conducted a practical session where participants were guided through various yoga asanas (postures) and pranayama (breathing techniques). She highlighted how regular practice of yoga can improve flexibility, strength, balance, and reduce stress and anxiety. Students provided positive feedback, appreciating the practical tips and insights offered by the resource persons. Many expressed a newfound motivation to incorporate yoga and physical fitness into their daily schedules. Totally 473 students participated in this event.





ESTD 1965



2021-2022



ESTD

ZUMBA

1965

HEALTH & FITNESS



A fun way to stay fit

Dr. S.AJITH SINTHUJA

WHAT IS ZUMBA ?

- **Zumba** program is a Latin-inspired, exercise fitness program that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system.
- A ZUMBA Fitness-Party combine fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.
- **Zumba** is a cardio workout where you dance to high-energy music with choreographed steps. It is composed of sixteen core steps. There are four basic rhythms: salsa, reggaeton , merengue and cumbia.



2020-2021

Semester II
Skill Enhancement Course (SEC): Meditation and Exercise
Course Code: SEC 201

No. of hours per week	Credit	Total No. of hours	Marks
2	2	30	100

Objectives

1. To promote good - health and emotional stability among students.
2. To increase relaxation of body and mind.
3. To equip the students with traditional understanding of yogasanas and meditation.
4. To prevent stress-related health problems.

Unit I: Physical Health

Physical Structure of Human Body- Five Factors to Balance in Life- Nadisuthi- Neuro- Muscular Breathing Exercises - Eye exercises - Kapalabathi.

Unit II: Yogasanas

Surya Namaskar- Eka Pada Asana (Viruchhasana) - Chakrasana (sideways) - Uthkadasana - Padmasana- Vajrasana- Pachi Mothasana- Navasana- Pavana Mukthasana- Salabhasana- Dhanurasana- Makkarasana.

Unit III: Mind

Mind-Mental frequency- Meditation- Benefits of Meditation.

Unit IV: Personality Development

Analysis of Thought - Six roots for thought – Introspection for analysis of thought - Practical technique for analysis of thought - Moralization of desire - Analysis of desire - Practical technique for moralization of desire.

Unit V: Human Resources Development

Eradication of worries- Analyse your problems and eradicate worry - Practical exercise to eradicate worries- Benefits of Blessings - Effect of good vibrations - practicing blessing a daily habit.

Text Book:

Value Education - Vision for Wisdom World Community Service Centre , Aliyar.

Reference books:

1. Handbook on Yoga-N.C. Narayanan
2. Simplified Physical Exercises - ThathuvagnaniVethathiri Maharishi
3. Mind - ThathuvagnaniVethathiri Maharishi
4. Yoga for modern age - ThathuvagnaniVethathiri Maharishi.
5. Yogasanas-- Vision for Wisdom World Community Service centre , Aliyar.

YOGASANAM & MUTHURA

Yogasanam & Muthura

Online Certification Course



"The purpose of yoga is to build strength, awareness and harmony in both the mind and body,"
Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body.

Our energy body to a great extent controls our physical body. The disease occurs due to an imbalance in energy in the various organs; mudras can help balance these energy levels/prana. Performing yoga mudras can be a powerful tool for healing.

Organized by
AARO YOGA CENTRE & HOLY CROSS ACADEMY
In Collaboration with
INSTITUTION INNOVATION COUNCIL, HOLY CROSS
COLLEGE, NAGERCOIL.

One week programme (Monday - Saturday), on

 Google Meet

HIP HOP DANCE

KAVITHALAYA NAATIYAPALI DANCE ACADEMY

Certificate Course
Organized by:
HOLY CROSS ACADEMY
In collaboration with
Institution Innovation
Council
Holy Cross
College, Nagercoil



HIP HOP
DANCE

CLASSES
2021

6 DAYS
ONLINE CLASS
BEGINNERS ARE
WELCOMED

www.kavithalayanaatiyapali.com

FOR FURTHER INFO:
CALL:9994047684

2019-2020

Semester III/ IV
Skill Based Course (SBC): Meditation and Exercise
Sub. Code: SBC173

No. of Hours per Week	Credits	Total No. of Hours	Marks
2	2	30	100

Objective:

1. To enable the student to have good health and to possess emotional stability.
2. To increase relaxation of body and soul.
3. To equip students with traditional understanding of yogasanas and meditation.
4. To prevent stress-related health problems.

Unit I: Physical Health

Physical Structure of Human Body - Simplified Physical Exercises (Neuro-Muscular Breathing Exercise and Benefits) - Nadisuthi.

Unit II: Yogasanas

Surya Namaskar - Padmasana - Vajrasana - Chakrasana (sideways) - Viruchasana - Makkarasana.

Unit III: Mind

Mind - Mental Frequency - Meditation - Benefits of Meditation.

Unit IV: Personality Development

Analysis of Thought - Six Roots for Thought - Introspection for Analysis of Thoughts - Practical Technique for Analysis of Thoughts.

Unit V: Human Resources Development

Eradication of Worries - Analyse your Problems and Eradicate Worry - Practical Exercise to Eradicate Worries - Benefits of Blessings - Effect of Good Vibrations - Make Blessing a Daily Habit.

Text Book:

Hand Book on Yoga for Modern Age - Vision for Wisdom World Community Service Centre, Aliyar.

Reference Books:

1. Hand Book on Yoga - N. C. Narayanan.
2. Simplified Physical Exercises - Thathuvagnani Vethathiri Maharishi
3. Mind - Thathuvagnani Vethathiri Maharishi
4. Yoga for Modern Age - Thathuvagnani Vethathiri Maharishi
5. Yogasanas - Vision for Wisdom World Community Service Centre, Aliyar.

