



AMET

ACADEMY OF MARITIME EDUCATION AND TRAINING
(Deemed to be University Under Section 3 of UGC Act 1956)

**Human Resource Development Centre (HRDC)
Internal Quality Assurance Cell (IQAC)
&
Centre for Yoga and Human Excellence**

jointly organize

**One Week Faculty Development Programme on
YOGA FOR WELL BEING DURING COVID PERIOD
from June 11th to June 17th, 2021**



Registration Link



ZOOM Meet Link



ARIIA
ATAL RANKING OF INSTITUTIONS
ON INNOVATION ACHIEVEMENTS

Academy of Maritime Education and Training (AMET)

(Deemed to be University)

#135, East Coast Road, Kanathur, Chennai - 603 112.

Website : www.ametuniv.ac.in E.mail : office@ametuniv.ac.in

Tel. : 044-2744 4625 / 627 / 628

ABOUT THE UNIVERSITY

India's first Maritime Deemed to be University for maritime-related education, training and research. Overlooking the deep blue sea cradled by the Bay of Bengal and tucked in the scenic drive way of east coast road is AMET. The one and only University from India to be a member of the International Association of Maritime Universities. With quality, commitment, knowledge and excellence as its corner stones, AMET had a humble beginning in the year 1993 with just 14 cadets moulded for a career in merchant navy through a Higher National Diploma programme in Marine Engineering. AMET's uncompromising strides of excellence in the field of Maritime Education and Training laced with its capacity to feed the global shipping industry with an unrivalled maritime human resource secured it the status of becoming the first Deemed to be University in India for maritime education, training, research and development activities **from 21st August 2007**. AMET serves as an ocean of knowledge for over 3000 students pursuing Programmes ranging from diploma to Doctoral programs through 4 schools and 2 intensive research and training centers for marine and marine related activities. Equipped with an excellent infrastructure for research and development, co-curricular and extracurricular activities AMET secured its compliance certificate for ISO 9001:2015 QMS standards from the prestigious and globally renowned DET NORSKE VERITAS, Norway. For over two decades AMET is remaining as the favorite destination for campus interviews by many shipping giants such as AP MOLLER MAERSK, GOODWOOD, NYK, SONANGOL, VSHIPS, WALLEMS, SHELL, CHEVRON, STENA and so goes a list of over 100 companies. Besides positions onboard, AMET Business school graduates have secured lucrative jobs in commercial shipping sectors such as chartering and ship broking.

VISION AND MISSION OF THE UNIVERSITY

VISION

To sustain identity as a World Class Leader in Maritime Education and empower learners with wholesome knowledge through progressive innovation in training, research and development which will render students a unique learning experience and a transformation impact on the Global Society.

MISSION

AMET will strive continuously to:

- ⊙ Impart value-based higher education and technical knowledge with uncompromising strides of an outstanding quality.
- ⊙ Emerge as a Centre of Excellence inculcating skill development in recent technologies in accordance with industrial trends.
- ⊙ Create World class research capabilities on par with the finest in the world and broaden student's horizons beyond classroom education.
- ⊙ Nurture talent and entrepreneurship and enable all round personality development in students.
- ⊙ Empower students from across socio economic strata.
- ⊙ Make a positive difference to society through technical education.

OBJECTIVES OF FDP

1. To understand the basics of Yoga
2. To promote mental and physical health of people through yoga
3. To comprehend the Yoga Practices and Meditation techniques for success
4. To apply the Yoga practices for the development of Student community
5. To achieve social and spiritual awareness

CONTENT

1. Healthy lifestyle to survive covid-19
2. Science of A-U-M
3. How to handle pandemic situation through siddha medicine?
4. Stay and Eat healthy in Corona Pandemic life
5. Yoga - The Panacea
6. Energy through Oxygen and Prana Simple Techniques
7. Laughter yoga for stress management

OUTCOMES

1. Effectively improves the strength, balance and flexibility.
2. Equip themselves to manage stress and to enhances the lungs capacity through pranayama techniques.
3. It promotes better self-care and to ease the arthritis symptoms.
4. The programme helpsthe participants to learn how to get relief from back pain and to have a better sleep.
5. This FDP promotes how to overcome Covid related issues.
6. How mantra meditation manages the stress?

PARTICIPANTS OF FDP

Faculty members, Industry people and Research scholars.

PROCESS

- ⊙ Lecture-cum-demonstration
- ⊙ Guided Practice
- ⊙ Discussions.

REGISTRATION FEE

The one week FDP is offered at free of charge

FDP REGISTRATION LINK

Please click below for online registration

<https://forms.gle/jeTYx4RKsXaWBS3s8>

MEETING LINK

Please click the link below to join the webinar:

<https://zoom.us/j/98773246111?pwd=WIFoamVLNzhDMkxDZWWhwSWFiSExQdz09>

Passcode: 123

CERTIFICATION

- ⊙ It is compulsory for the participants to attend all the online sessions in order to receive a certificate of participation.
- ⊙ On completion and successfully clearing the online quiz test the participants will be awarded a Certificate of Participation.

SCHEDULE OF THE EVENTS

The programme will be conducted between May 9 June 2021 to 15 June 2021 including Sundays. There will be one session per day from 6.00 pm to 8.00 pm.

DATE	TIMING	TOPIC	RESOURCE PERSON
11.06.2021 Friday	6:30 PM to 8:30 PM	How to handle stress during pandemic situation at home	S.Bakthavachalam , Yoga Trainer, Centre for Yoga & Human Excellence, AMET
12.06.2021 Saturday	6.30 PM to 8.30 PM	Science of AUM	Dr.R.Sudha , Consultant, Examiner for AYUSH Yoga, Certification at TATA Projects Ltd.
13.06.2021 Sunday	6.30 PM to 8.30 PM	How to handle pandemic situation through Siddha Medicine	Dr. R.Nithya , Founder and Dean of Vallalar Siddha Clinic, Chennai
14.06.2021 Monday	6.30 PM to 8.30 PM	Stay and Eat healthy in Corona Pandemic life	Dr. D Rukmani , Assistant Professor, Centre for Yoga Studies, Annamalai University
15.06.2021 Tuesday	6.30 PM to 8.30 PM	Yoga - The Panacea	Dr.S.Selvalakshmi , Assistant Professor and HOD, Department of Yoga, Tamilnadu Physical Education and Sports University
16.06.2021 Wednesday	6.30 PM to 8.30 PM	Energy through Oxygen and Prana Simple Techniques	Yoga Ratna Sri. S.Sankaranarayanan , 8 th Sense Yoga Centre, Chennai
17.06.2021 Thursday	6.30 PM to 8.30 PM	Laughter Yoga for Stress Management	Dr.Sathya Priya , Freelancer Yoga Trainer cum Counselor, Coimbatore
		Online quiz test	S.Bakthavachalam , Yoga Trainer, Centre for Yoga & Human Excellence, AMET

Chief Patrons :

Dr. J. Ramachandran, Chancellor, AMET

Dr. Rajesh Ramachandran, Pro-Chancellor, AMET

Patrons :

Col. Dr. G. Thiruvassagam, Vice-Chancellor, AMET

Dr. N. Manoharan, Pro Vice-Chancellor, AMET

Organizing Committee :

Dr. M. Jayaprakashvel, Registrar (i/c), AMET

Dr. D. Arivazhagan, Director, Ranking and Accreditation, AMET

Convenors :

Dr. S. Poongavanam, Director, HRDC, AMET

Mr. S. Bakthavatchalam, Program Director, Centre for Yoga and Human Excellence, AMET

Organizing Secretaries :

Dr. D. Rajasekar, Director, Centre for Research, AMET

Dr. K. Umanath, Associate Professor, IQAC Core Working group, AMET

Mr. R. Sundar, Asst. Professor, IQAC Core working Group, AMET

Dr. M. Rajavelan, Asst. Professor, IQAC Core working Group, AMET

Mr. R. Praveenkumar, Asst. Professor, IQAC Core working Group, AMET

Dr. Vetrivelan, Asst. Professor, IQAC Core working Group, AMET

Contact Us :

HUMAN RESOURCE DEVELOPMENT CENTRE

ACADEMY OF MARITIME EDUCATION AND TRAINING (AMET)

DEEMED TO BE UNIVERSITY, CHENNAI, TAMIL NADU, India

CELL No: 9843811145 / 7904133874

Email: poongavanam@ametuniv.ac.in / bakthavatchalam.s@ametuniv.ac.in

ADMISSIONS FOR THE YEAR 2021-2022 ARE OPEN

Toll Free Number : 1800 108 3030

Contact for Admission : +91-93443 91418 (Whatsapp)

Email : admission@ametuniv.ac.in

Facebook Link : <https://www.facebook.com/AMETInternational/>

Instagram : <https://www.instagram.com/amet.university/>

Youtube : https://www.youtube.com/channel/UC6JzFz1MSE_QBOBjMmMPLzPQ/