



**NEHRU MEMORIAL COLLEGE** FILE NO :  
(AUTONOMOUS)  
(REACCREDITED WITH "A+" GRADE (2<sup>nd</sup> CYCLE) BY NAAC)  
PUTHANAMPATTI - 621 007

**Seminar/ Guest lecture/ Workshop/ any other Programme Conducted Details**

- ✚ Name of the Programme : ACEM MEDITATION TRAINING PROGRAMME
- ✚ Title : ACEM MEDITATION TRAINING PROGRAMME
- ✚ Date : 17.07.2023
- ✚ Time : 10.00 AM
- ✚ Venue : ICT HALL - II  
NEHRU MEMORIAL COLLEGE,  
PUTHANAMPATTI.
- ✚ Organized by College/Dept : PG & RESEARCH DEPARTMENT OF MATHEMATICS,  
NEHRU MEMORIAL COLLEGE,  
PUTHANAMPATTI.
- ✚ Staff In-charge/ Organizer : Dr.P. KAVITHA & Dr. L. ANITHA  
ASSISTANT PROFESSOR,  
DEPARTMENT OF MATHEMATICS  
NEHRU MEMORIAL COLLEGE,  
PUTHANAMPATTI.
- ✚ Guest Profile : **1. Shri. I. Jayaraj**, South East Asia  
Coordinator, ACEM India.  
**2. Shrimathi. Kalpana Jeyaraj**, General  
Secretary, ACEM India.

Please enclose the following and tick appropriately

- |                                       |                                     |  |                                     |
|---------------------------------------|-------------------------------------|--|-------------------------------------|
| 1) Programme Invitation               | <input checked="" type="checkbox"/> | 2) News paper Clippings of the Programme | <input type="checkbox"/>            |
| 3) Minutes/ Report of the Programme   | <input checked="" type="checkbox"/> | 4) Photo Clippings of the Programme      | <input checked="" type="checkbox"/> |
| 5) Attendance Report of the Programme | <input checked="" type="checkbox"/> | 6) CRITERION : 5                         | <input type="checkbox"/>            |

1. P. Kavitha 17/7/2023

2. L. Anitha 17/7/2023  
Programme Organizer

Anitha  
17/07/2023  
Head of the Dept

*(Signature)*  
17/7/23  
Principal

*(Signature)*  
17/7/23  
Signature  
IQAC COORDINATOR  
Nehru Memorial College (Autonomous)  
Puthanampatti-621 007  
Tiruchirappalli, Tamil Nadu



Principal  
Nehru Memorial College  
(Autonomous)  
Puthanampatti - 621 007,  
Tiruchirappalli District



**NEHRU MEMORIAL COLLEGE (Autonomous)**  
**(Accredited with 'A+' Grade by NAAC)**  
**Puthanampatti-621007**



**PG & RESEARCH DEPARTMENT OF MATHEMATICS**  
**&**  
**ACEM MEDITATION INDIA**

**cordially invite you to attend the**  
**MEDITATION TRAINING PROGRAMME**

**Date: 17. 07. 2023      Time: 10.00 a.m.      Venue: ICT Hall – II**

**Welcome Address      : Dr. P. Kavitha, Assistant Professor**  
Department of Mathematics

**Presidential Address      : Dr. A. Venkatesan M.Sc.,M.Phil., PhD.,**  
Principal, NMC

**Felicitation      : Er. Pon. Balasubramanian B.E.,**  
President, College Committee, NMC  
**&**  
**Thiru. Pon. Ravichandran M.Com.,**  
Secretary, College Committee, NMC

**Keynote Address      : Shri. I. Jayaraj B.Com.,B.L.,**  
South East Asia Coordinator, ACEM India  
**&**  
**Shrimathi. Kalpana Jayaraj M.A.,**  
General Secretary, ACEM India

**Vote of Thanks      : Dr. L. Anitha, Assistant Professor,**  
Department of Mathematics

**Dr.P. Kavitha & Dr. L. Anitha**  
**Programme Coordinators**

**Dr. V. Saavithri**  
**HOD**



NEHRU MEMORIAL COLLEGE (Autonomous)  
(Accredited with 'A+' Grade by NAAC)  
Puthanampatti-621007



PG & RESEARCH DEPARTMENT OF MATHEMATICS

ACEM MEDITATION TRAINING PROGRAMME (17.07.2023)

**REPORT**

PG & Research Department of Mathematics, Nehru Memorial College, Puthanampatti, conducted **ACEM Meditation Training Programme** on 17 July 2023 at 10.00 a.m. The objective of the meditation programme is to gain a new perspective on stressful situations, Building skills to manage stress and Increasing self-awareness. **Dr. P. Kavitha**, Assistant Professor of Mathematics delivered the welcome address. **Dr. V. Saavithri**, Associate Professor of Mathematics and Head spoke on the purpose of the programme. **Dr. A. Venkatesan**, Principal, Nehru Memorial College, presided over the function. **Thiru. Pon. Ravichandran**, Secretary, Nehru Memorial College, felicitated the gathering. **Shri. I. Jayaraj**, South East Asia Coordinator, ACEM India delivered key note address and **Shrimathi. Kalpana Jeyaraj**, General Secretary, ACEM India has conducted the meditation class. About 100 students from B. Sc. Mathematics and Physics programme and Research Scholars participated. Participants learned how to concentrate through the de-concentrate meditation method. **Dr. L. Anitha**, Assistant Professor of Mathematics proposed the Vote of thanks. **Dr. P. Kavitha** and **Dr. L. Anitha** are the programme coordinators.

**PRINCIPAL**

Principal  
Nehru Memorial College  
(Autonomous)  
Puthanampatti - 621 007.  
Tiruchirapalli District

## **PHOTO GALLERY**



**ACEM MEDITATION TRAINING PROGRAMME (17.07.2023) - Dr. V. Saavithri,**  
Associate Professor of Mathematics and Head spoke on the purpose of the programme.



**ACEM MEDITATION TRAINING PROGRAMME (17.07.2023) - Dr. A. Venkatesan,**  
Principal, Nehru Memorial College, presided over the function.



**ACEM MEDITATION TRAINING PROGRAMME (17.07.2023) -Thiru. Pon. Ravichandran,**  
Secretary, Nehru Memorial College, felicitated the gathering.



**ACEM MEDITATION TRAINING PROGRAMME (17.07.2023) conducted by Shri. I.**  
**Jayaraj,** South East Asia Coordinator, ACEM India



**Puthanampatti, Tamil Nadu, India**  
 3M8M+6H9, Thenur to Puthanampatti Rd, Puthanampatti, Tamil Nadu  
 621007, India  
 Lat 11.064102°  
 Long 78.684208°  
 17/07/23 10:36 AM

**ACEM MEDITATION TRAINING PROGRAMME (17.07.2023) conducted by Shri. I. Jayaraj, South East Asia Coordinator, ACEM India.**



**Puthanampatti, Tamil Nadu, India**  
 3M8M+6H9, Thenur to Puthanampatti Rd, Puthanampatti, Tamil Nadu  
 621007, India  
 Lat 11.064148°  
 Long 78.684323°  
 17/07/23 11:02 AM

**ACEM MEDITATION TRAINING PROGRAMME (17.07.2023) conducted by Shri. I. Jayaraj, South East Asia Coordinator, ACEM India.**

*I. Jayaraj*  
 17/7/23

PRINCIPAL

Principal  
 Nehru Memorial College  
 (Autonomous)  
 Puthanampatti - 621 007,  
 Trichirapalli District



NEHRU MEMORIAL COLLEGE (Autonomous)  
(Accredited with 'A+' Grade by NAAC)  
Puthanampatti-621007

PG & RESEARCH DEPARTMENT OF MATHEMATICS

ACEM MEDITATION TRAINING PROGRAMME (17.07.2023)

Class: I B. Sc. Mathematics

S. No.	Name	Roll Number	Signature
01.	R. Prasanth.	U23MAT001.	R. Prasanth
02.	S. Deepa.	U23MAT002.	S. Deepa.
03.	T. Elavarasi.	U23MAT003.	T. Elavarasi
04.	K. Gobika.	U23MAT004.	K. Gobika
05.	K. Gowri.	U23MAT005.	K. Gowri
06.	S. Janani.	U23MAT006.	S. Janani
07.	K. Kalanithi.	U23MAT007.	K. Kalanithi
08.	S. Kaviya.	U23MAT008.	S. Kaviya
09.	S. Lakshaya.	U23MAT009.	S. Lakshaya
10.	T. J. Madhura.	U23MAT010.	T. J. Madhura
11.	G. Namitha.	U23MAT011.	G. Namitha
12.	P. Srimathi.	U23MAT012.	P. Srimathi
13.	M. Subedha.	U23MAT013.	M. Subedha
14.	M. Susrutha.	U23MAT014.	M. Susrutha
15.	A. Usha.	U23MAT015.	A. Usha

V. SAAVITHRI  
17/07/2023

Dr. V.SAAVITHRI, M.Sc., M.Phil., PGDOR., Ph.D.  
Associate Professor & Head  
PG & Research Dept. of Mathematics  
Nehru Memorial College (Autonomous)  
Puthanampatti-621 007, Tiruchirapalli-Dt.



NEHRU MEMORIAL COLLEGE (Autonomous)  
(Accredited with 'A+' Grade by NAAC)  
Puthanampatti-621007

PG & RESEARCH DEPARTMENT OF MATHEMATICS

ACEM MEDITATION TRAINING PROGRAMME (17.07.2023)

Class: II B. Sc. Mathematics

S. No.	Name	Roll Number	Signature
1.	GOWSIK M	U22MAT001	M. Gowsik.
2.	MATHESH S	U22MAT002	S. Mathesh
3.	AASHA T	U22MAT003	T. Aasha.
4.	ABIRAMAVALI S	U22MAT004	S. Abirama val.
5.	ANGUDHARSHINI R	U22MAT005	R. Angudharshini.
6.	BANU S	U22MAT006	S. Banu
7.	DHANAPRIYA B	U22MAT007	B. Dhanapriya
8.	DHANASREE M	U22MAT008	M. Dhanasree
9.	DHARANI M	U22MAT009	M. Dhara
10.	DIVYA R	U22MAT010	R. Divya
11.	DIVYA S	U22MAT011	S. Divya
12.	HARANI S	U22MAT012	S. Harani
13.	HARIPRIYA G	U22MAT013	G. Haripriya
14.	HARSITHA D	U22MAT014	D. Harsitha
15.	KALPANA C	U22MAT015	C. Kalpana
16.	KALPANA S	U22MAT016	S. Kalpana
17.	KARTHIKA M(AAA)	U22MAT017	<del>Karthika M</del> AAA
18.	KAVIPRIYA N	U22MAT018	N. Kavipriya
19.	KAVIYA S	U22MAT019	S. Kaviya.
20.	KIRUTHIKA K	U22MAT020	K. Kiruthika
21.	LALITHA S	U22MAT021	S. Lalitha.
22.	LOGALAKSHMI P	U22MAT022	- AAA -

*V. SAAVITHRI*  
18/07/2023  
Dr. V. SAAVITHRI, M.Sc., M.Phil., PGDOR., Ph.D.  
Associate Professor & Head  
PG & Research Dept. of Mathematics  
Nehru Memorial College (Autonomous)  
Puthanampatti-621 007, Tiruchirapalli-Dt.



23.	MADHUMITHA M	U22MAT023	M. Madhumitha.
24.	MANJULA G	U22MAT024	G. Manjula.
25.	MONISHA A	U22MAT025	A. Monisha
26.	NANDHINI V	U22MAT026	V. Nandhini
27.	PRETHIKA S	U22MAT027	S. Preethika .
28.	RAJASHREE M (AAA)	U22MAT028	- AAA
29.	SANDHIYA R	U22MAT029	R. Sandhya
30.	SANTHIYA D	U22MAT030	D. Santya
31.	SHALINI P	U22MAT031	P. Shalin.
32.	SONA K	U22MAT032	K. Sona.
33.	SOWMIYA N	U22MAT033	M. Sowmya .
34.	SRI MAHALAKSHMI S	U22MAT034	S. Sri
35.	SRINITHI R	U22MAT035	R. Srinithi
36.	SUSMITHA M	U22MAT036	M. Susmitha
37.	SWATHI P	U22MAT037	P. Swathi
38.	SWATHI S	U22MAT038	S. Swathi
39.	THANISHIYA I	U22MAT039	E. Thanishya
40.	YASMIN U	U22MAT040	U. Yasmin

V. SAAVITHRI  
12/02/2023

Dr. V.SAAVITHRI, M.Sc., M.Phil., PGDOR., Ph.D.  
Associate Professor & Head  
PG & Research Dept. of Mathematics  
Nehru Memorial College (Autonomous)  
Puthanampatti-621 007, Tiruchirapalli-Dt.



NEHRU MEMORIAL COLLEGE (Autonomous)  
(Accredited with 'A+' Grade by NAAC)  
Puthanampatti-621007

PG & RESEARCH DEPARTMENT OF MATHEMATICS

ACEM MEDITATION TRAINING PROGRAMME (17.07.2023)

Class: III B. Sc. Mathematics

S. No.	Name	Roll Number	Signature
1.	KISHORE P	U21MAT001	P. Kishore.
2.	CHITHRA D	U21MAT002	D. chithra
3.	DHANUSIKA C	U21MAT003	C. Dhanusika
4.	DHARANI T	U21MAT004	T. Dharani
5.	DHARUNASRI S	U21MAT005	S. Dhara
6.	DIVYA G	U21MAT006	AAA
7.	GOMATHAVALLI S	U21MAT007	S. Gomathavalli
8.	INDHIRANI M	U21MAT008	M. Indhira
9.	JANARSINI B	U21MAT009	B. Janarsi
10.	KAVIPRIYA S	U21MAT010	S. Kavipriya
11.	KIRUBA S	U21MAT011	S. Kiruba
12.	LAVANYA K	U21MAT012	K. Lavanya
13.	MOGITHA P	U21MAT013	P. Mogitha
14.	PRIYANGA S	U21MAT014	AAA
15.	RENUKA A	U21MAT015	A. Renuka
16.	SABITHA D	U21MAT016	D. Sabitha
17.	SALNI R	U21MAT017	AAA
18.	SASIKA M	U21MAT018	M. Sasika
19.	SEETHA S	U21MAT019	S. Seetha
20.	SHALINI K(AAA)	U21MAT020	AAA
21.	SIVARANJANI S	U21MAT021	S. Sivaranjani
22.	SOWMIYA R	U21MAT022	AAA

*V. SAAVITHRI*  
Dr. V.SAAVITHRI, M.Sc., M.Phil., PGDOR., Ph.D.  
Associate Professor & Head  
PG & Research Dept. of Mathematics  
Nehru Memorial College (Autonomous)  
Puthanampatti-621 007, Tiruchirapalli-Dt.

23.	SULOCHANA S(AAA)	U21MAT023	AAA
24.	SUMA A(LEFT)	U21MAT024	AAA
25.	SUMITHRA S	U21MAT025	S. Sumithra
26.	SWETHA B	U21MAT026	Sh.
27.	GOKILAPRIYA K	U21MAT027	Rokila
28.	VINOOTHINI M	2K20133	M. Vinodhraj

  
 Dr. V.SAAVITHRI, M.Sc., M.Phil., PGDOR., Ph.D.  
 Associate Professor & Head  
 PG & Research Dept. of Mathematics  
 Nehru Memorial College (Autonomous)  
 Puthanampatti-621 007, Tiruchirapalli-Dt.



NEHRU MEMORIAL COLLEGE (Autonomous)  
(Accredited with 'A+' Grade by NAAC)  
Puthanampatti-621007

PG & RESEARCH DEPARTMENT OF MATHEMATICS

ACEM MEDITATION TRAINING PROGRAMME (17.07.2023)

Class: I B. Sc. Physics

S. No.	Name	Roll Number	Signature
1	G. ANANDHA PRIYA	U23PHY004	G. Anandha Priya
2	R. SWATHI	U23PHY026	R. Swathi
3	A. LAVANYA	U23PHY015	A. Lavanya
4	S. A. Aruhana	U23PHY005	S. A. Aruhana
5	N. Kanishka	U23PHY012	N. Kanishka
6	V. NAMITHA	U23PHY020	V. Namitha
7	R. GEETHA	U23PHY009	R. Geetha
8	N. LOGESHWARI	U23PHY016	N. Logeshwari
9	S. SARANYA	U23PHY023	S. Saranya
10	B. MADHUBALA	U23PHY017	B. Madhubala
11	V. Dhivya	U23PHY008	V. Dhivya
12	M. Meena	U23PHY019	M. Meena
13	J. SABEENA	U23PHY022	J. Sabeena
14	M. Malini	U23PHY018	M. Malini
15	G. Banya	U23PHY006	G. Banya
16	S. Sarumathi	U23PHY024	S. Sarumathi
17	M. Dharsika	U23PHY007	M. Dharsika
18	A.M. Soundarya	U23PHY025	A.M. Soundarya
19	T. Prema	U23PHY021	T. Prema
20	B. Kokila	U23PHY014	B. Kokila
21	M. JEEVA	U23PHY010	M. JEEVA
22	K. Kanimosly	U23PHY011	K. Kanimosly

*V. SAAVITHRI*  
17/07/2023  
Dr. V.SAAVITHRI, M.Sc., M.Phil., PGDOR., Ph.D.  
Associate Professor & Head  
PG & Research Dept. of Mathematics  
Nehru Memorial College (Autonomous)  
Puthanampatti-621007, Tiruchirapalli-Dt.

23	S.Vignesh	U23PHY003	S.vignesh
24	R. Sharath	U23PHY002	R. Sharath
25	J. Dalvikumar	U23PHY001	J. Dalvikumar
26	P. Yashika	U23PHY027	P. Yashika

*Vasanthi*  
*Vasanthi*  
 Dr. V.SAAVITHRI, M.Sc., M.Phil., PGDOR., Ph.D.  
 Associate Professor & Head  
 PG & Research Dept. of Mathematics  
 Nehru Memorial College (Autonomous)  
 Puthanampatti - 621 007, Tiruchirappalli Dt.

*Sampath*  
*12/7/23*

**Principal**  
**Nehru Memorial College**  
**(Autonomous)**  
**Puthanampatti - 621 007.**  
**Tiruchirappalli District**