



Dr. C.Aarthi, Professor & Head/ECE, Mr.M.Baskaran, AP/ECE and Mr.R.Tamilselvan, AP/ECE have been honored with the prestigious NPTEL Top Performing Mentor Certificate of Appreciation for the course “INTRODUCTION TO INTERNET OF THINGS” (Jan–Apr 2026). The award was presented in recognition of their outstanding mentoring efforts, guidance, and commitment to supporting students in successfully completing the NPTEL online certification course. This achievement reflects the department's dedication to promoting quality learning and excellence in professional development through NPTEL initiatives.

நுவலிதமிழ்மன்றம் - தினம்ஒருதிருக்குறள்

குறள் 784

நகுதற் பொருட்டன்று நட்டல் மிகுதிக்கண்
மேற்சென்று இடித்தற் பொருட்டு.

விளக்கம்:

நட்பு என்பது சிரித்து மகிழ்வதற்காக அல்ல; நண்பர்கள்
நல்வழி தவறிச் செல்லும்பொழுது இடித்துரைத்துத்
திருத்துவதற்காகும்



இலக்கணக்குறிப்பறிதல்

வீசு தென்றல்-வினைத்தொகை

விளக்கம்

காலம் காட்டும் இடைநிலையும் பெயரெச்ச விசுவதியும் மறைந்து நிற்க
வினைப் பகுதியைத் தொடர்ந்து ஒரு பெயர் அமைந்து நிற்பது
வினைத்தொகை ஆகும். இது மூன்று காலங்களையும் உணர்த்தி வரும்.

எ.கா. :

வீசுதென்றல்

வீசியதென்றல்

வீசுகின்றதென்றல் வீசும் தென்றல்

பிறமொழிக்கு இணையான தமிழ்ச்சொற்கள்

பிறமொழி- ஞானம்

தமிழ் மொழி- அறிவு



Estd.2017

SENGHUNDHAR COLLEGE OF PHARMACY TIRUCHENGODE



—♦ Yoga for One Earth, One Health ♦—

INTERNATIONAL YOGA DAY

"Yoga for Healthy Ageing"

Let's Unite for Health, Harmony & Happiness

One World, One Health, One Yoga!



DATE

22.06.2026



TIME

10:00 AM – 01:00 PM



📍 **VENUE : SENGHUNDHAR AUDITORIUM**



Let's Embrace Yoga for a Healthy Body, Peaceful Mind and a Better Tomorrow.



JOIN US. BREATHE. STRETCH. THRIVE.



INTERNATIONAL YOGA DAY CELEBRATION AT SENGHUNDHAR COLLEGE OF PHARMACY

Senghundhar College of Pharmacy, Tiruchengode, commemorated International Yoga Day with great enthusiasm on 21st June 2026. The programme was organized to create awareness about the importance of yoga in promoting physical health, mental well-being, and a balanced lifestyle among students and faculty members.

The event was conducted under the guidance of the Secretary and Correspondent,

Prof. A. Baladhandapani, M.A., M.Phil. The Principal,

Dr. M. Surendra Kumar, M.Pharm., Ph.D., welcomed the gathering and highlighted the significance of yoga as a powerful tool for maintaining holistic health and managing stress in everyday life.

The special guest and resource person for the programme was **Dr. Sugash Abinav M.** He delivered an informative session on the benefits of yoga and its role in enhancing physical fitness, mental clarity, and emotional stability.

During the programme, students actively participated in various yoga asanas, pranayama exercises, and meditation practices under the expert guidance of the resource person. The session focused on improving flexibility, concentration, breathing capacity, and overall wellness. Participants were also educated about the importance of incorporating yoga into their daily routine to prevent lifestyle-related disorders and promote a healthy life.

He emphasized that regular yoga practice helps reduce stress, improve posture, strengthen immunity, and enhance mental focus. He encouraged students to adopt yoga as a lifelong habit and to promote its benefits within the community.

The programme witnessed enthusiastic participation from students, faculty members, and staff. The practical demonstrations and interactive session enabled participants to gain hands-on experience and a deeper understanding of the principles and benefits of yoga.

The International Yoga Day celebration concluded successfully with a vote of thanks. The programme served as a valuable platform to inspire students towards healthy living and foster awareness about the role of yoga in achieving physical, mental, and emotional well-being.