

**Event Name :** Indian Health Wellness and Psychology

**From Date :** 17/11/2025

**To Date :** 05/12/2025

**Organized By :** The Department of Business Administration

**Academic Year :** 2025 – 2026

**Report :**

Value added course – Indian Health Wellness and Psychology (including Ayurveda), Valedictory ceremony & signing of the Memorandum of Understanding (MoU) between Auxilium college and Arogya Yogalaya, Vellore. The 30- hour Value Added Course on Yoga helped students develop strength, stamina, endurance, and energy. It also served as an excellent way to reduce everyday stress. Students learned Surya Namaskar, different asanas, and various forms of yoga such as Bhakti Yoga, Karma Yoga, Raja Yoga, Praba Yoga, and Kundalini Yoga. They also learned about Yoga Dharshana, based on the Yoga Sutras written by Maharshi Patanjali. They were also taught the basic concepts of Ayurveda by an Ayurvedic Doctor. Overall, the yoga classes were enjoyable, helpful, and provided meaningful learning for all participants.

the Valedictory ceremony for the Value -Added Course on “Indian Health, Wellness and Psychology (Including Ayurveda)” for First Year BBA students was conducted on last date of the course.

The programme began with a prayer song invoking God’s blessings, followed by a welcome address by Ms. Monika Seervi, I BBA. This was followed by the signing of the Memorandum of Understanding (MoU) between the Principal Dr.(Sr) Arokiya Jayaceli, Auxilium College and Mrs. Nandhini, Arogya Yogalaya. Dr. S. Renuga Devi, Head Department of of BBA, Dr. Beulah Suresh, Head, PG & Research, Dept. of Business Administration and Ms. Deepa Lakshmi, CEO and Founder of SD Agriculture and Research Foundation signed as witnesses.

Certificates were then distributed to the First-Year BBA students who successfully completed the course. The programme was hosted by Ms. Indumathi, I BBA and concluded with a vote of thanks by Ms. Azra Thabasum, I BBA.

The valedictory function highlighted the importance of Indian health practices such as Yoga and Ayurveda in promoting holistic well-being among students.

**Resource Persons:**

Ms. Nandhini – Yoga Therapist, Arogya Yogalaya, Vellore.

M. Geetha – Arogya Yagalaya Team member.

K. Deepalakshmi – MCA, MBA, M.Sc., Yoga Assistant Professor, Katpadi.

S. Sowmiya – Yoga Trainer.

Dr. Deepshigha.J , BAMS, Dr. sree varma ayurveda hospital, Kodambakkam Chennai.