

**ARASAN GANESAN POLYTECHNIC COLLEGE, SIVAKASI**  
**ISTE STAFF CHAPTER – REPORT**

Date: 08/08/2014



**Highlights of the programme**

ISTE Staff Chapter conducted a Introductory class on “**Shambhavi Mahamudra**” on 08/08/2014. **Thiru.T.Venil, Teacher, Isha Yoga Center, Coimbatore** was the resource person. He pointed out that yoga helps to improve our productivity, efficiency and level of self-fulfillment. It is an effective cure and also a preventive for chronic diseases like asthma, hypertension, diabetics, ulcer and obesity. It also enhances our memory, decision-making and ability to concentrate.

**Staff Development Cell Manager &**  
**Secretary, ISTE STAFF CHAPTER**  
**S.Palaniselvi**