ABOUT MANAVALAKALAI MANDRAM

“No success overcomes on its own. Behind every success there are untold stories of trials, losses, humiliations & miseries”- THATHUVAGNANI VETHATHIRI MAHARISHI. He was born in 1911 in the village of Guduvancheri, 30 km south of Chennai in Tamil Nadu. From his youth he was driven by the desire of knowledge and in particular strove to find answer to three questions, What is God? What is Life? And why is poverty there in the world? He grew into a self educated man and a profound thinker.

Through several years of intense contemplation and introspection, Maharishi started a Mission called MANAVALAKALAI MANDRAM and he formulated a complete science of living called SKY for the betterment of all men and women. Simplified Kundalini Yoga named as SKY is physical, mental and spiritual discipline for developing strength, awareness, character and Consciousness. The practice of pranayamam, acupressure, Asana and Thavam in SKY raises the awareness to prepare the body nervous system and mind to handle the life better.

On March 28th 2006, Yogiraj Shri Vethathiri Maharishi, the greatest spiritual guru of 20th century left his fragile and aging body after a brief period of illness. Number of people continues to follow and spread Swamiji’s divine message & teachings all across the world, thereby taking his journey on to the next level and to a different dimension.

OUR OBJECTIVE

a) To continuous learning and practicing of Vethathiri Maharishis SKY system.

b) To help every individual to realize the enduring values of peace, nonviolence and harmony to revitalize human society for restoring its sanity and strength.

c) Guiding and helping the students to be good in academic and train them to become a truthful person in future.
RESPONSIBILITIES

STAFFS
1. Mrs. Poorana Priya K (HOD/ECE)
2. Mr. Murugan S (AP/ECE)
3. Mrs. Kavitha S (COORDINATOR/MVM)
4. Mr. Rajkumar T(AP/ECE)
5. Mr. Balasubramanian N(AP/ECE)
6. Mrs. Saranya M(AP/ECE)
7. Ms. Deepa M(AP/ECE)
8. Mr. Lignesh B D(AP/ECE)

STUDENTS
1. Amarnath A(IV ECE)
2. Divya B(IV ECE)
3. Soundarajan M (III ECE)
4. Kotesha G V(III ECE)
INAGURAL FUNCTION

DATE: 14-07-2015

VENUE: VVCET AUDITORIUM

CHIEF GUEST: Mr.Uzhavan Ma.THANGAVELU, The director of World Community Seva Sangam.

In our college Manavalakalai mandram was started in 14th July 2015. We invited Mr.Uzhavan Ma.THANGAVELU, The director of World Community Seva Sangam as a chief Guest for this function. Globally, humanity is experiencing a sense of helpless and uncertainty due to personal, social environment challenges that do not seem to have any long lasting solutions in sight. The modern life style is a reflection of the imbalance of system from the domination of science and technology. Our Guest teaches that “Yoga is leading one’s life in tune with Nature, respecting the law of nature without disturbing the rhythm of Nature”. Our students got some ideas about what are different types of Yoga and simple physical exercise to maintain health and body. Manavalakai Mandram going to makes a clarity and strength of mind to our students. We continue this program until our students become laurels.
ACTIVITY

MVM TRAINING PROGRAM

DATE: 29-08-15

CHIEF GUEST: Mrs.Vijaya Ganapathy Senior Professor, Ulaga Samudhaya seva Sangam.

As a part of Manavalakkalai Mandram, training program was conducted in our college on 29.08.15. On that day Kayakalpa yoga was taught by our chief guest Mrs.VIJAYA GANAPATHY Senior Professor, Ulaga samudhaya seva sangam. She taught our students about the importance & benefits of Yoga. Kaya Kalpa yoga is one of the highly acclaimed yoga poses which is practiced to enhance the energy of life. Primary objective of kaya kalpa yoga include stream lining body mechanism, slowing the natural ageing process and extending the life span. The yoga form involves physical being along with the consciousness.