

# About SSL

Established in 2009, the School of Social Sciences and Languages (SSL) employs innovative teaching methods and interdisciplinary approaches to learning. The school helps students acquire the knowledge and skills necessary for the global market. It maintains high standards in teaching and learning, research excellence, and continuous evaluation through internal peer and student reviews. The School of Social Sciences and Languages (SSL) offers programmes in Humanities and Social Sciences (History, Economics, Political Science, International Relations, Psychology, Sociology, Social Work, Commerce and Languages) with a full-fledged focus on quality education. The school comprises four departments: Social Sciences, Commerce, English and Other Languages.

## Department of Social Sciences

Department of Social Sciences was established at VIT in 2009 under School of Social Sciences and Languages, keeping in mind to develop capable citizens who are empowered with the knowledge, skills, and attitudes to make informed and responsible decisions in a diverse and interdependent world. Moreover, it gives a necessary edge and paves the way for career prospects. The department offers courses on Social Sciences for UG programmes of both engineering and non-engineering disciplines to enable all learners to avail of opportunities across the globe. The courses are offered on Ethics and Values, Economics, Psychology, Sociology, Music, and History. Currently, the department has 14 dedicated faculty members with excellent academic, research and corporate backgrounds.



# VIT<sup>®</sup>

Vellore Institute of Technology  
(Deemed to be University under section 3 of UGC Act, 1956)



## About VIT

Dr. APJ Abdul Kalam was right in stating, "Dreams transform into thoughts, and thoughts lead to action." This is exemplified by the Vellore Institute of Technology (VIT), which is the realization of Chancellor Dr. G. Viswanathan's vision. Established in 1984 as Vellore Engineering College, VIT has experienced tremendous growth and has become one of the premier institutions in India. Over 67,000 students from across India and 54 different countries worldwide. More than 1,900 fully qualified and highly experienced faculty members, along with 230 adjunct professors from foreign universities. Over 280 Memoranda of Understanding (MoUs) with academic and research institutions in India and abroad with 1,000 industry partners. The highest number of research publications in India, according to the Scopus Database (2016-2022)

## Value Added Course

### Yoga for Youth Empowerment

Organised by

School of Social Sciences and Languages

VIT, Vellore

## Modules

1. Introduction to Yoga: Foundation and Principles of Yoga
2. Yogasanas: Asanas, Mudras, and Pranayama
3. Maintaining Youthfulness
4. Mental Health: Meditation and Frequencies
5. Strengthening Life Virtues

## Yoga for Youth Empowerment

- Course Code: VAC2419
- School / Centre: School of Social Sciences and Languages
- Beneficiaries: UG/PG/ Ph.D.

## Unlock Your Potential with Yoga

Join our 30-hour course and enhance:

- Physical Health and Fitness
- Mental Clarity and Stress Management
- Emotional Intelligence and Resilience
- Ethical Leadership and Personal Growth
- Community and Social Responsibility

## Course Outcome

- Improve Physical Health
- Enhance Mental Well-being
- Develop Leadership Skills
- Strengthen Social Responsibility
- Demonstrate increased self-awareness and emotional regulation

Register here

<https://events.vit.ac.in/>

**Registration Fee: INR 100 + GST**



- **Resource persons will be invited to initiate the meditations and deliver lectures.**
- **Certificate will be given to the participants who will be attending all the sessions only.**



**Event Start Date: 01 April**

**Time: 10.00 AM**

**Venue: CS Hall**

## Organising Committee

### CHIEF PATRON

Dr. G. Viswanathan, Founder & Chancellor

### PATRONS

Mr. Sankar Viswanathan, Vice President

Dr. Sekar Viswanathan, Vice President

Dr. G. V. Selvam, Vice President

Dr. Sandhya Pentareddy, Executive Director

Ms. Kadhambari S. Viswanathan, Assistant Vice President

### CO-PATRONS

Dr. V. S. Kanchana Bhaaskaran, Vice Chancellor

Dr. ParthaSharathi Mallick, Pro-ViceChancellor

Dr. Jayabarathi T., Registrar

### ADVISORY COMMITTEE

Dr. V. Selvam, Dean- School of Social Sciences and Languages

Dr. Sarika Gupta, Associate Dean- School of Social Sciences and Languages

Dr. Navin Kumar, Head, Department of Social Sciences

## Convenors

**Dr. Bangalore Morarji**, Associate Professor

**Dr. J. Rajameenakshi**, Assistant Professor

**Dr. Saravanan V**, Assistant Professor

School of Social Sciences and Languages, VIT-Vellore

