



PANIMALAR ENGINEERING COLLEGE

An Autonomous Institution

[JAISAKTHI EDUCATIONAL TRUST]

Approved by AICTE | Affiliated to Anna University | Recognized by UGC

All Eligible UG Programs are Accredited by NBA

Bangalore Trunk Road, Varadharajapuram, Poonamallee, Chennai- 600 123

IKS TEAM

ACADEMIC YEAR 2024 -2025

FACULTY COORDINATORS

1. DR. E. BHUVANESWARI
2. PROF. S. SURESH

STUDENT TEAM

PRESIDENT	M. VARUN	II YEAR
	RAZEENA	II YEAR
VICE PRESIDENT	SIDDA GNANA CHERISHMA	II YEAR
	SURENDAR R A	II YEAR
SECRETARY	NARESH KARTHI	II YEAR
	SANCHANA	II YEAR
TREASURER	HARISH	II YEAR
	T. PREMNARAYANAN	I YEAR
MEMBERS	SAI SUSMITHA	II YEAR
	SANDHIYA R	II YEAR
	SREERAM	II YEAR
	SURESH KUMAR R	II YEAR
	KANISKA	I YEAR
	J. YOGASHREE	I YEAR
	DEJES KRISHNA	I YEAR
S. KESHAV	I YEAR	

LIST OF EVENTS

S.No	EVENT NAME	Date
1.	Yoga for Mental Well-being in the Digital Era	19-03-2024
2.	IKS and Engineering Excellence: Bridging Past and Future	14-09-2024
3.	Vedic Mathematics: Ancient Wisdom for Modern Mind	14-03-2025



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IKS EVENT REPORT (2024 - 2025)

1. Title : **Yoga for Mental Well-being in the Digital Era**
Date : **19-03-2024**
Number of Participants : **60**



OBJECTIVES

The objective of this program is to promote mental well-being among students through the practice of yoga based on Indian Knowledge Systems. It aims to help students manage stress, anxiety, and digital fatigue caused by prolonged use of technology. The session focuses on improving concentration, emotional stability, and overall cognitive performance. It also introduces students to traditional yogic practices such as breathing techniques, mindfulness, and



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relaxation methods that enhance mental clarity. By integrating ancient wisdom with modern student needs, the program encourages a balanced lifestyle. Additionally, it seeks to create awareness about the importance of physical and mental health in academic success and personal development, especially for students in technology-driven fields like Artificial Intelligence and Data Science.

DESCRIPTION

The program “Yoga for Mental Well-being in the Digital Era” is designed to address the challenges faced by students due to continuous exposure to digital devices. The session includes guided yoga practices such as asanas, pranayama, and meditation techniques rooted in Indian Knowledge Systems. Participants are introduced to simple and effective exercises that can be practiced daily to improve mental focus and reduce stress. The program also highlights the scientific relevance of yoga in enhancing brain function, memory, and emotional balance. Special emphasis is given to the needs of AI & DS students who often experience high cognitive load. Through expert guidance and interactive participation, the session creates awareness about maintaining a healthy mind and body in a fast-paced digital environment.

OUTCOMES

Students will improve focus, reduce stress, enhance mental clarity, and adopt simple yoga practices for better academic performance and overall well-being.



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2. Title : IKS and Engineering Excellence- Bridging Past and Future.

Date : 14-09-2024

Number of Participants : 65



OBJECTIVES

The objective of this program is to highlight the significance of Indian Knowledge Systems (IKS) in shaping modern engineering practices. It aims to create awareness among students about the contributions of ancient Indian science, mathematics, and technology to present-day innovations. The program encourages



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students to integrate traditional knowledge with contemporary fields such as Artificial Intelligence and Data Science. It also focuses on developing analytical thinking, problem-solving skills, and ethical values in engineering practices. Additionally, the event seeks to inspire students to explore sustainable and innovative solutions rooted in indigenous knowledge systems while aligning with the vision of holistic and interdisciplinary education.

DESCRIPTION

The program “IKS and Engineering Excellence: Bridging Past and Future” is designed to explore the connection between ancient Indian knowledge and modern engineering advancements. The session includes expert talks, discussions, and presentations highlighting contributions in areas such as Vedic Mathematics, architecture, metallurgy, and astronomy. It emphasizes how traditional knowledge systems can inspire innovative solutions in current technological domains, especially in AI and Data Science. The program also showcases real-world applications and encourages students to think beyond conventional methods. Through interactive sessions, participants gain insights into how integrating IKS with modern engineering can lead to sustainable and efficient solutions.

OUTCOMES

Students will understand the relevance of IKS in modern engineering, improve analytical and innovative thinking, and develop interest in applying traditional knowledge to real-world problems, fostering holistic and sustainable development.



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3. Title : Vedic Mathematics: Ancient Wisdom for Modern Mind

Date : 14-03-2025

No. of Participants: 60



OBJECTIVES

The objective of the program “Vedic Mathematics: Ancient Wisdom for Modern Mind” is to introduce students to the efficient calculation techniques of Indian Knowledge Systems (IKS). It aims to enhance speed, accuracy, and logical thinking in mathematical problem-solving. The program focuses on simplifying complex calculations using Vedic methods, thereby improving students’ confidence and interest in mathematics. It also encourages the application of these techniques in modern fields such as Artificial Intelligence and Data Science, where quick computations and analytical skills are essential. Additionally, the session promotes innovative thinking by connecting ancient mathematical knowledge with contemporary educational needs.



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DESCRIPTION

The program “Vedic Mathematics: Ancient Wisdom for Modern Mind” focuses on simple and efficient calculation techniques derived from Indian Knowledge Systems. It includes demonstrations and practice sessions that help students perform complex calculations quickly and understand their relevance in modern problem-solving.

OUTCOMES

Students will develop faster calculation abilities, improved accuracy, and enhanced analytical skills. They will gain confidence in solving mathematical problems and understand the application of traditional methods in modern technological fields.