



PANIMALAR ENGINEERING COLLEGE

An Autonomous Institution

[JAI SAKTHI 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 2025-2026

FACULTY COORDINATORS

1. DR. E. BHUVANESWARI
2. PROF. A. SANKARAN
3. PROF. R. SELVAM

STUDENT TEAM

PRESIDENT	T. PREMNARAYANAN	II YEAR
	J. YOGASHREE	II YEAR
VICE PRESIDENT	A. RAJESH	II YEAR
	R. KANISKA	II YEAR
SECRETARY	M. DEEPAN	II YEAR
	M. PRIYANKA	II YEAR
TREASURER	J. YESWANTH SINGH	II YEAR
	NARESH	I YEAR
MEMBERS	M. KUNGUMAYEE	II YEAR
	S. HARINI	II YEAR
	K. DHARSHINI	II YEAR
	S. KESHAV	II YEAR
	M.S. HARISH	II YEAR
	DEJES KRISHNA	II YEAR
	N. MANOJKUMAR	II YEAR
	MOHANA SUNDARAM	I YEAR

LIST OF EVENTS

S.No	EVENT NAME	Date
1.	IKS Yoga Session: Balance, Breath, and Beyond	21-06-2025
2.	Ancient Indian Astronomy to Modern Space Science	23-08-2025
3.	Ancient Meditation Practices for Modern Minds	18-03-2026



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IKS EVENT REPORT (2025 - 2026)

- 1. Title** : **IKS Yoga Session: Balance, Breath, and Beyond**
- Date** : **21-06-2025**
- No. of Participants** : **60**



IKS YOGA SESSION: BALANCE, BREATH, AND BEYOND - 21/06/2025

OBJECTIVES

The objective of the program “IKS Yoga Session: Balance, Breath, and Beyond” is to promote physical, mental, and emotional well-being among students through the principles of Indian Knowledge Systems (IKS). It aims to help students manage stress, improve concentration, and maintain inner balance in a technology-driven environment. The session focuses on introducing yoga practices such as asanas, pranayama, and relaxation techniques that enhance overall health and cognitive performance. It also encourages students, especially from Artificial Intelligence



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and Data Science, to adopt mindful practices that support better focus and productivity. Additionally, the program seeks to create awareness about the importance of a balanced lifestyle for holistic development.

DESCRIPTION

The program “IKS Yoga Session: Balance, Breath, and Beyond” introduces participants to yoga practices such as asanas, pranayama, and relaxation techniques. The session emphasizes the role of breathing and mindfulness in achieving inner balance and enhancing mental clarity.

OUTCOMES

Students will experience reduced stress, improved concentration, and better emotional stability. They will adopt simple yoga practices for daily life, leading to enhanced well-being, productivity, and a balanced lifestyle.



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- 2. Title : Ancient Indian Astronomy to Modern Space Science**
Date : 23-08-2025
No. of Participants : 63



ANCIENT INDIAN ASTRONOMY TO MODERN SPACE SCIENCE - 23/08/2025

OBJECTIVES

The objective of this program is to create awareness about the contributions of ancient Indian astronomy and its relevance to modern space science. It aims to highlight the scientific achievements of scholars like Aryabhata and their influence on contemporary astronomical studies. The program encourages students to understand the evolution of space science from traditional observations to advanced technologies used in satellite systems and space exploration. It also seeks to inspire students to integrate knowledge from Indian Knowledge Systems (IKS) with modern fields such as Artificial Intelligence and Data Science. Additionally, the program focuses on enhancing analytical thinking, scientific curiosity, and innovation among students while promoting interdisciplinary learning aligned with the vision of NEP 2020.



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DESCRIPTION

The program “Ancient Indian Astronomy to Modern Space Science” explores the journey of astronomical knowledge from ancient India to present-day space advancements. It includes discussions on early Indian contributions such as planetary calculations, eclipse predictions, and time measurement systems. The session also connects these traditional concepts with modern developments in space science, including satellite technology, space missions, and data analysis. Special emphasis is given to the role of Artificial Intelligence and Data Science in space research and exploration. Through expert talks, presentations, and interactive sessions, participants gain insights into how ancient wisdom continues to influence modern scientific discoveries and technological progress in the field of astronomy and space science.

OUTCOMES

After participating in this program, students will gain a clear understanding of the relevance of ancient Indian astronomy in modern space science. They will be able to appreciate the contributions of early scholars and connect them with current technological advancements. The program enhances students’ analytical thinking, scientific awareness, and interest in space research. Participants will also develop an understanding of how AI and Data Science can be applied in space exploration and data analysis. Additionally, the session encourages students to explore innovative ideas by combining traditional knowledge with modern technology, fostering interdisciplinary learning and promoting a deeper interest in both astronomy and engineering fields.



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- 3. Title : Ancient Meditation Practices for Modern Minds**
Date : 18-03-2025
No. of Participants : 63



OBJECTIVES

The objective of this program is to introduce students to ancient meditation practices rooted in Indian Knowledge Systems (IKS) and highlight their relevance in today's fast-paced digital world. It aims to help students manage stress, improve concentration, and enhance emotional well-being. The program focuses on developing mental clarity, self-awareness, and inner balance through guided meditation techniques. It also encourages students, especially from Artificial Intelligence and Data Science, to adopt mindfulness practices that support better decision-making and cognitive performance. Additionally, the program promotes



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holistic development by integrating traditional wisdom with modern lifestyle needs, aligning with the vision of value-based education and mental wellness.

DESCRIPTION

The program “Ancient Meditation Practices for Modern Minds” explores traditional meditation techniques such as mindfulness, breath awareness, and relaxation methods derived from Indian Knowledge Systems. The session includes guided meditation practices designed to calm the mind, improve focus, and reduce anxiety caused by academic and digital stress. It also highlights the scientific benefits of meditation in enhancing brain function, memory, and emotional stability. The program is interactive, allowing participants to experience practical techniques that can be easily incorporated into their daily routine. Special emphasis is given to how meditation can support students in maintaining mental balance and improving productivity in a technology-driven environment.

OUTCOMES

After attending this program, students will develop improved concentration, reduced stress levels, and enhanced emotional stability. They will learn practical meditation techniques that can be applied in daily life to manage academic pressure and digital fatigue. The program helps in improving mental clarity, decision-making ability, and overall well-being. Students will also gain awareness of how ancient Indian meditation practices can be effectively integrated into modern lifestyles. Additionally, participants will experience increased productivity, better focus in studies, and a balanced approach to handling personal and academic challenges, contributing to their holistic development.