

# Newsletter



Volume III | Issue 5 | May 2018

## WORKSHOP ON "AGAINST ALL ODDS"

Conducted by the Energy Projekt on Dec 10, 2017, 1st Floor, JVL Plaza

The program was kick-started with a welcome address by V. Krishnan, who gave a brief note on the activities of the Energy Projekt and their vision to have a *global footprint* in the years to come.



### Brief Note on the Speakers

**Ln. V. Yogeshkumar** and **Mrs. Subashini**, husband and wife, serve as wellness coach and fitness consultant. Yogeshkumar is working as an independent associate for Herbal Life Nutrition, the world's number-one nutrition company, for 37 years. The company has operations in over 90 countries.

**Mrs. Usha M.** is a yoga expert, trained classical Bharatanatyam dancer, and gold medalist. She was awarded the title of *Natya Kalamani* by the TN government, and she is associated with CTS and Velammal International School.

**Dr. B. Ganesh Kumar**, MPhil, PhD, MD (Acu) is director of Roots and Wings (soft-skills training organization). He is also associated with the Department of Psychiatry, Raju Hospital, T. Nagar, Chennai. He was the psychologist for the men's Indian cricket

team from 2000 to 2001 and women's Indian cricket team from 2000 to 2004.

### Presentations



#### Ln. V. Yogeshkumar

He gave an analytical audiovisual presentation on personal and family wellness covering the following topics:

- healthy breakfast and snack plans
- weight loss and gain
- child nutrition
- healthy lifestyle

He followed it up with an exciting quiz program, which was an eye-opener for all.

#### Mrs. Usha M.

She took all participants through a session on yoga, covering the basics and its



importance in our daily lives, and touched upon the prophecy of Swami Vivekananda and universal brotherhood: there is only one religion, and that is the religion of humanity.

She conducted a simple breathing exercise, involving all participants and generating a positive attitude. She educated the participants on how one could feel the inner radiation and develop concentration by practicing yoga and its asanas, especially *pranayama*.

#### Dr. B. Ganesh Kumar

He started off his presentation with an exhilarating performance of role-play with balloons—a great interactive session that entertained all the participants—through which he conveyed the importance of endurance, patience, perseverance, and qualities required to succeed as a sports person. An audiovisual presentation with clipings from *The Karate Kid* and on Roger Bannister stressed practice and leadership qualities.



The audiovisual presentation on Roger Bannister was a treat for the eyes and a great learning experience. Roger Bannister set high standards for himself, which became benchmarks for other athletes to improvise upon; the rest is history.





The sub-4-minute mile record was first achieved in 1954 by Roger Bannister at 3:59.4. The “four-minute barrier” has since been broken by many male athletes and is now the standard for all male professional middle-distance runners. In the last 50 years, the mile record has been lowered by almost 17 seconds and currently stands at 3:43.13.

Last but not least, a magic show was conducted by Maya. It was a spectacular show that kept the participants on their toes and left them awestruck.

A vote of thanks was delivered by Vinoth. Mementos were given to all the speakers by Usha Krishnan.



## Overview

The workshop was a great interactive session, involving all the participants. It motivated them and raised their morale,

encouraging them to set high standards for themselves, reach new milestones, and keep pushing hard to get the best results and better their own records.





## Induction of Management Committee Members

On principle, it was decided in one of the review meetings that we should have a committee that will evaluate the performances of all candidates periodically. The members of the new committee are experts in their relevant fields. The committee comprises two members.



### 1 Smt. Janaki Subramanian

Smt. Janaki Subramanian is an expert in Carnatic music. She has various accreditations and many accolades to her credit.

She also has more than three decades of experience in singing; dancing; conducting dramas; honorary teaching of Carnatic music, bhajans, and Tamil Isai; and playing the veena. She has performed in many concerts and participated in many Carnatic music festivals, Tamil Isai concerts, Isai devaram bhajans, and devotional song programs. She conducted Natya Nadagam at the Russian Center of Science and Culture. She

composed music and also sang for the dance drama at the World Saiva Conference and was awarded for the same. She was conferred the title of Kalaimamani by the Government of Tamil Nadu with a gold medal and citation.

### 2 Mr. V. Ravichandran

Mr. Ravichandran was an international-rated player and has participated in many national and international tournaments for more than three decades. He is a FIDE trainer (World Chess Federation trainer), candidate master, international arbiter, and NIS (Indian government's sports body) chess coach. He is presently associated with the national chess team of the Indian Railways. He was awarded the national



arbiter title by AICF in 1996. He officiated as an arbiter in the World Pre-Quarter Finals match between GM Anand and GM Dreeve at Chennai in 1996. He also officiated as an arbiter in the Asian Junior Championship held at Jaipur in 1996, Asian Youth Championship held at Tehran in 2002, and Asian Cities Chess Championship held at Manila in March 2004. He runs the Mount Chess Academy in Chennai and trains students.

## Accreditation of Our Candidates

We are happy to announce that our candidate Selvi. Swethasteffi has won the gold medal in the CM Table Tennis Tournament held at Krishnagiri, Tamil Nadu.

