

“EMPOWERING INDIA THROUGH DIGITAL TRANSFORMATION : A SUSTAINABLE APPROACH”

Volume - III

Editors

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Empowering India through Digital Transformation – A Sustainable Approach

Vol. – 3

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- A Sustainable Approach, Volume - 3

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First Edition : July 2024

ISBN : 978-93-340-9642-2

Price : Rs. 580/-

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Printed at

CAUVERITECH Computerised Print Shop

21/2, Rajamill Road, Pollachi - 642 001.

Ph : 04259 - 221734

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PREFACE

Digital transformation has been a key driver of progress and empowerment across the globe in recent years. In India, the rapid adoption of digital technologies has unlocked unprecedented opportunities for economic and social development. From improved access to education and healthcare, to increased financial inclusion and digital governance, the benefits of digitalization have touched the lives of millions of Indians.

However, as India continues its digital journey, it is crucial that this transformation is sustainable and equitable. The edited volume "Empowering India through Digital Transformation: A Sustainable Approach" delves into this critical imperative. Bringing together leading experts and practitioners, the book explores strategies and models to harness the power of digital technologies while ensuring their benefits are distributed fairly and the environmental impact is minimized.

The chapters in this volume cover a wide range of topics, from innovative digital platforms empowering rural communities, to the role of emerging technologies like AI and block-chain in building a sustainable future. Readers will gain valuable insights into best practices, case studies, and policy frameworks that can guide India's path towards becoming a truly digitally empowered nation.

As India celebrates 75 years of independence, this book serves as a timely contribution towards realizing the vision of a self-reliant, technology-driven, and sustainable India. We are confident that the knowledge and ideas presented here will inspire policymakers, industry leaders, civil society, and citizens alike to work together in leveraging the transformative power of digital technologies for the greater good of the country and its people.

We extend our heartfelt gratitude to the Indian Council of Social Science Research (ICSSR) – Southern Regional Centre, Hyderabad, for their partial support in organizing this National Seminar. We also express our sincere thanks to the authors who generously contributed chapters to this book.

- Editors

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Yoga and Gratitude: Transforming Conflict into Compassion

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Abstract

The combination of yoga and appreciation offers a ground-breaking method for resolving and minimizing conflict and violence among students, instructors, and parents. This study looks into how yoga and gratitude practices might help foster tolerance and empathy, which can lessen conflict in learning environments. Drawing from both contemporary psychology science and traditional yogic philosophy, this study highlights the profound inner and exterior serenity that can be achieved via these practices. Yoga is a holistic practice that combines physical postures, breath control, meditation, and ethical concepts to promote self-awareness and emotional control. When coupled with thanksgiving, which is the conscious acknowledgment of life's blessings, these practices have the capacity to significantly alter one's perspective on conflict and aggression. When yoga and gratitude are combined, they increase consciousness, reduce stress, and promote empathy and a feeling of connectedness. Regular yoga practice has been demonstrated to improve stress resilience, lower cortisol levels, and improve mental state. Practicing gratitude enhances psychological well-being, increases life happiness, and promotes positive social interactions all at once. Combining these methods creates a reinforcement loop that reinforces positive emotional states and behaviors, which is essential for turning anger into empathy. The paper offers doable strategies for introducing yoga and thankfulness into daily living to counteract animosity in educational settings. Research is done on how well practices such as writing gratitude notes, practicing mindful meditation, and doing certain yoga poses can promote calm. As a result, the study concludes that practicing gratitude and yoga together provides a useful method for reducing hostility and violence. Through the improvement of emotional

health and the promotion of a caring mindset, these techniques help people make educational communities better.

Keywords: *Gratitude, Compassion, Mindfulness, Resilience, Peace Promotion*

Introduction

Yoga comes from ancient India and is much more than just a physical discipline. It consists of an entire system intended to promote physical, mental, and spiritual well-being. The practice includes physical postures called asanas, breath control techniques called pranayama, meditation called dhyana, and adherence to moral principles like satya (truthfulness) and ahimsa (non-violence). Together, these elements work to enhance self-awareness and emotional regulation, two critical competencies for managing conflict. Through fostering a sense of inner serenity and mindfulness, yoga helps practitioners become more aware of who they are and how they behave.

It reduces immediate choices and promotes a more methodical approach to resolving disputes. Gratitude's benefits have been thoroughly studied in modern psychology. Research indicates that practicing thankfulness, such as documenting and expressing gratitude, improves psychological well-being, improves life satisfaction, and promotes positive social interactions. Those who are grateful appreciate a simpler way to focus on the positive aspects in life, which enhances their viewpoint and relationships. Studies show that practicing gratitude can improve relationships, decrease depression, and enhance happiness – all of which support a peaceful and cooperative social environment.

Combining appreciation with yoga can significantly change one's perspective on conflict and aggression. While yoga encourages emotional regulation and mindfulness, appreciation focuses attention inward and creates a powerful feedback loop that

reinforces acts of kindness. In order to settle conflicts amicably and create harmony in both private and public contexts, this synergistic impact supports emotional resilience as well as an attitude of empathy and understanding.

In order to establish a peaceful and pleasant learning environment, it is imperative that conflicts and acts of hostility among students are resolved. Conflict and violence affect individual perceptions of community and personal health in addition to destroying social cohesion. In examining the transforming power of yoga and gratitude, the paper makes the case that these practices can greatly lessen hostility and foster compassion in classroom settings. Motivated by the ancient wisdom of yoga philosophy and supported by current psychological research, we explore the possibility that combining these methods might result in both inner and external tranquility. Yoga techniques that incorporate physical postures, breath control, and meditation help people become more self-aware and regulate their emotions, which reduces conflict.

When these practices are accompanied with thankfulness—the conscious acknowledgment of life's good aspects—perceptions can be altered to become more compassionate and understanding. As a result, an educational setting that is more compassionate and cohesive is created, inspiring parents, educators, and students to work cooperatively to find positive solutions to issues.

Statement of the Problem

Both yoga and gratitude have been shown to improve mental health, but there are still a lot of challenges to be solved before these approaches can be successfully employed to reduce conflict and violence among teenagers. Many individuals working in educational settings are ignorant of the ways that yoga and appreciation can alter their perceptions of aggression and conflict. Cultural disparities, social norms, and inconsistent practice

schedules are further obstacles to the adoption of these activities. Moreover, there is a dearth of substantial research on the combined benefits of yoga and thankfulness, which restricts our understanding of their possible synergistic effects.

Review of Literature

Wen, Xu., Itagi, R, Kumar., TM, Srinivasan. (2021). The results indicate that Yama and Niyama intervention might be efficacious on stress reduction and psychological well-being in college students. This finding suggests that authorities of higher education institutes adopt this cost-effective self-care strategy into the regular curriculum to modulate the high prevalence of common psychological disorders among college students. Furthermore, Yama and Niyama intervention could add to alternate and complementary medicine to release the burden of insufficient resource of outpatient mental health treatment.

Carey, M., Noland., Cigdem, P., Talgar., Jesica, Speed-Wiley., Jacob, Depue. (2017). The results indicated that engaging in a gratitude practice within the classroom setting not only enhanced student learning but also contributed to increased levels of happiness among students. Overall, the findings suggest that incorporating intentional gratitude practices in university classrooms can have a positive impact on student well-being and learning outcomes.

Jane, Taylor, Wilson. (2016). The results indicated that engaging in a gratitude practice within the classroom setting not only enhanced student learning but also contributed to increased levels of happiness among students. Overall, the findings suggest that incorporating intentional gratitude practices in university classrooms can have a positive impact on student well-being and learning outcomes.

Kerry, Howells., Karen, Stafford., Rosanne, M., Guijt., Michael, C., Breadmore. (2017). Findings from the study revealed a positive impact on communication, social and emotional well-being, and other areas for all participants, indicating that gratitude interventions can enhance the student-supervisor relationship. By adopting specific gratitude practices and examining the impact of these interventions, the study aimed to enrich the supervisor-student relationship in higher education. The research highlights the importance of gratitude as a process of giving and receiving between supervisors and students, emphasizing the significance of intentional gratitude practices in fostering a positive and productive relationship.

Norberto, Eiji, Nawa., Noriko, Yamagishi., Noriko, Yamagishi. (2021). Results showed that participants regularly engaging with the gratitude journal task displayed significant enhancements in academic motivation, particularly driven by decreases in motivation level. The improvements in academic motivation persisted even 3 months after the intervention, indicating a lasting positive impact of the gratitude intervention on students' motivation. The study's findings suggest that gratitude interventions can effectively enhance the academic motivation of university students, showcasing the broader positive effects of such interventions beyond individual well-being measures.

Ernst, Thomas, Bohlmeijer., Jannis, T., Kraiss., Philip, C., Watkins., Marijke, Schotanus-Dijkstra. (2021). The gratitude intervention demonstrated superiority in enhancing various measures of gratitude compared to the control groups but did not significantly impact distress levels. The findings suggest that a 6-week gratitude intervention is a valuable and low-intensity approach for enhancing mental well-being, particularly in individuals with low to moderate well-being and distress levels, with sustained positive effects on gratitude measures up to 6 months post-intervention.

Feng, Kong., Ke, Ding., Jingjing, Zhao. (2015) Social support was identified as a full mediator in the relationship between gratitude and life satisfaction, indicating that social support plays a crucial role in enhancing life satisfaction based on gratitude levels. A significant pathway was found from gratitude through social support and self-esteem to life satisfaction, suggesting that social support and self-esteem mediate the impact of gratitude on life satisfaction. Males with high gratitude scores were more likely to receive greater social support compared to females, highlighting a gender difference in the relationship between gratitude and social support. Females with high social support scores tended to report higher life satisfaction than males, indicating that social support may have a stronger influence on life satisfaction for female students in this context.

Asif, Amin., Zaman, Khalid., Muhammad, Zeeshan, Ashraf., Hira, Khan., Shumaila, Pervaiz. (2018). Studies have shown that self-esteem is closely related to confidence, non-blaming behaviour, self-care, love, and independence, indicating its significance in various aspects of life. The study aimed to investigate the connection between self-esteem and gratitude among college students, with the hypothesis that self-esteem mediates this relationship. However, the results did not strongly support this hypothesis, suggesting that self-esteem may not have a significant impact on an individual's level of gratitude.

Zhu, Li-ping. (2011). The study proposes strategies to upgrade gratitude decisions among college students, such as enlightening them to be full of gratitude through experienced utility, encouraging them to express gratitude via decision utility, and guiding them to help others. By emphasizing the importance of gratitude in decision-making processes and offering practical strategies, the research aims to improve college students' overall gratitude behavior and promote prosocial actions in their daily lives. Understanding the decision-

making mechanisms related to gratitude and implementing effective strategies can lead to positive changes in college students' attitudes and behaviors, fostering a more grateful and compassionate campus community.

YE, Qing. (2011). Gratitude levels were found to be significantly higher in students actively engaged in volunteer activities compared to those who were not involved in such activities. Positive attribution style and perceived social support were both positively correlated with gratitude, indicating that individuals with a positive attribution style and strong social support tend to have higher levels of gratitude. The study revealed a significant partial mediation of perceived social support on the association between positive attribution style and gratitude, with perceived social support accounting for 41.1% of the total effect. These findings suggest that having a positive attribution style can enhance college students' gratitude by improving their ability to perceive social support, highlighting the importance of social connections and positive thinking in fostering gratitude among young adults.

Factors Influencing on Gratitude

In educational environments, gratitude—the understanding of one's blessings and the appreciation of life's good aspects—is essential. There are a number of aspects that impact how kids, instructors, and parents connect with one other and how gratitude is expressed and received. A positive learning environment and improved relationships can result from an understanding of these aspects.

1. Cultural Background

The expression and perception of thankfulness are greatly influenced by cultural norms and beliefs. While it may be more customary and expected in certain cultures to express thanks orally

or with gestures, in others it may be more normal to show gratitude by deeds rather than words. varied cultural origins may have varied expectations and practices around appreciation, which can impact relationships and interactions between students, teachers, and parents.

2. Communication Styles

Expressing gratitude requires effective communication. Open and transparent communication techniques increase the likelihood of candid expressions of thanks from parents, instructors, and students. On the other hand, those with reticent or indirect communication styles could find it difficult to express their gratitude, which could have an impact on how thankfulness is received and returned.

3. Emotional Intelligence

Expressing appreciation requires emotional intelligence, which is the capacity to identify, comprehend, and control one's own feelings as well as those of others. High emotional intelligence individuals are more able to spot opportunities for showing thanks and may do it in a sincere and meaningful way. This includes parents, teachers, and students.

4. Relationship Dynamics

Gratitude is influenced by the nature of the relationships that exist between parents, teachers, and pupils. An atmosphere where appreciation is more likely to be expressed and warmly welcomed is fostered by connections that are positive and encouraging. On the other hand, the natural flow of thankfulness may be impeded by tense or contentious relationships, which would reduce its frequency and impact.

5. Individual Personality Traits

Gratitude is associated with certain personality traits like conscientiousness, agreeableness, and openness. High scorers on these characteristics tend to be more grateful and inclined to show their gratitude. Personality traits such as gratitude and positivity lead to a more thankful and upbeat school atmosphere for parents, teachers, and students.

6. Past Experiences

Present-day behaviors can be influenced by past encounters with appreciation. Positive experiences with thankfulness in the past increase the likelihood that parents, teachers, and students will continue to express gratitude. On the other hand, a lack of exposure to gratitude practices or unfavorable experiences may lead to decreased levels of expressed thankfulness.

7. Educational Environment

Gratitude can be greatly impacted by the institution's general environment, which includes its rules, customs, and culture. Students, teachers, and parents are encouraged to express thanks more regularly and meaningfully at educational institutions that actively foster a culture of appreciation and acknowledgment.

8. Socioeconomic Status

Gratitude can also be impacted by socioeconomic variables. Diverse socioeconomic backgrounds may give rise to varying expectations and possibilities for appreciation expression among educators, parents, and students. Less wealthy people may be able to come up with non-material alternatives for expressing their gratitude.

9. Stress and Time Constraints

Excessive stress and time constraints might make it difficult to show thanks. Overwhelmed by demands from their studies, careers, or personal lives, parents, teachers, and students may find it difficult to find the time and space in their minds to consider and show thankfulness.

10. Educational Programs and Interventions

Gratitude can be expressed more fully when it is taught and encouraged through structured programs and interventions. Gratitude exercises in the classroom, such as journaling, assist parents, teachers, and students in forming an attitude of appreciation and acknowledgment.

Significance of Yoga Practices for Achieving Gratitude

Yoga is an enduring physical, mental, and spiritual exercise that has several advantages that can improve the experience and communication of gratitude. Here, we examine the different facets of yoga that support the development of gratitude.

1. Mindfulness and Present-Moment Awareness

The practice of mindfulness, or being totally present in the moment, is emphasized in yoga. Practices that center on breath and movement help practitioners become more conscious of their bodies, minds, and environments. People who experience this increased awareness are better able to appreciate the present and feel more grateful for the experiences they have right now in life.

2. Stress Reduction and Emotional Regulation

Yoga's capacity to lower stress and encourage emotional control is one of its primary advantages. Regular asana (physical postures)

and pranayama (breath control) practice helps soothe the nervous system by reducing cortisol levels. People who are less stressed are more likely to feel happy and are better able to concentrate on the good things in their lives, which helps them feel grateful.

3. Self-Awareness and Reflection

Introspection and self-reflection are encouraged by yoga. Meditation and mindful breathing are two techniques that help people go inward and gain a deeper knowledge of their thoughts and emotions. Being self-aware is essential to appreciating the positive aspects of life and developing thankfulness. Practitioners can more fully appreciate their own development and accomplishments by developing a deeper sense of inner awareness.

4. Cultivation of Compassion and Empathy

Ethical precepts included in yoga philosophy include karuna (compassion) and ahimsa (non-violence). These guidelines direct practitioners toward dealings with people in a sympathetic and caring manner. Yoga increases feelings of appreciation by encouraging a kind and empathetic mindset that allows people to recognize the good things that other people have done for them.

5. Promotion of a Positive Outlook

Consistent yoga practice facilitates the transition of attention from negative to constructive ideas. Positive thought patterns can be reinforced by methods like guided imagery during meditation and positive affirmations. This mentality change facilitates a persistent feeling of thankfulness by helping people recognize and value the positive aspects of their lives.

6. Enhanced Interconnectedness

Yoga emphasizes how all beings are interrelated. Gaining a deeper appreciation for the relationships and support in one's life might result from this sense of connectedness. Understanding how interdependent relationships are makes us more appreciative of the contributions people make to our happiness and well-being.

7. Physical Well-being and Appreciation

Yoga improves physical health by increasing strength, flexibility, and general fitness. People tend to value their bodies and general well-being more when they feel robust and healthy. This tangible appreciation might lead to a more generalized feeling of thankfulness for one's life and health.

8. Daily Gratitude Practices

Regular gratitude exercises, including setting apart a yoga class for gratitude or completing the practice by acknowledging one's blessings, are a part of many yoga traditions. Through these exercises, one can develop an attitude of appreciation and incorporate it into their daily lives.

9. Gratitude Meditation

The goal of several yoga meditation techniques, such as loving-kindness meditation (Metta), is to develop compassion, appreciation, and loving feelings. These meditations reinforce an attitude of thankfulness by guiding practitioners to transmit thoughts of gratitude to both themselves and others.

Conclusion

One effective way to reduce conflict and violence in educational environments is to incorporate yoga and gratitude practices. These

activities have the power to change animosity into compassion by promoting self-awareness, emotional regulation, and a strong feeling of empathy. Gratitude fosters psychological well-being, life satisfaction, and positive social behaviors, whereas yoga, with its all-encompassing approach, improves mental well-being, lowers stress, and builds resilience. When combined, they produce a positive feedback loop of feelings and actions that are essential to building a cohesive and calm learning environment. It has been demonstrated that useful practices like keeping a gratitude notebook, practicing mindful meditation, and performing particular yoga poses enhance empathy and tranquility. In order to foster a more compassionate and emotionally sound atmosphere for adolescents, teachers, and parents, it is possible to significantly reduce conflict and violence by implementing yoga and meditation techniques.

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Acknowledgment

I gratefully acknowledge the generous support of Nallamuthu Goundar Mahalingam College management, Pollachi for providing Seed - Money funding worth of Rs. 25,000 for our project. Their commitment to fostering academic research and innovation is deeply appreciated and has been instrumental in initiating this endeavor. Their belief in our project's potential has not only provided crucial financial assistance but also encouraged us to strive for excellence in our academic pursuits.
