



NGM College

Pollachi - 642 001

Department of Human Excellence



PERSONAL VALUES



- ▶ PHYSICAL FITNESS
- ▶ MENTAL ALERTNESS

- ▶ EMOTIONAL STABILITY
- ▶ SPIRITUAL AWAKENING

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“Teach yourself; teach everyone his real nature; call upon the sleeping soul and see how it awakes. Power will come, glory will come, goodness will come, purity will come and everything that is excellent will come, when this sleeping soul is roused to self – conscious activity.”

- Swami Vivekananda.



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