



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
(A Project of Sri Marudhar Kesari Jain Trust)



Recognized u/s 2(f) & 12(B) of UGC Act 1956 Re-Accredited With "A" Grade by NAAC 3<sup>rd</sup> (Cycle)  
Permanently Affiliated to Thiruvalluvar University An ISO 9001:2015 Certified Institution

**INTERNATIONAL YOGA DAY WEBINAR**  
**YOGAVUM MANITHANUM ON 22.06.2020**

**INVITATION**



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**

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**6<sup>th</sup> INTERNATIONAL YOGA DAY**

Organizes

**PHYSICAL EDUCATION DEPARTMENT**

on

**யோகாவும் மனிதனும்**



**Date : 22-06-2020**

**Time : 2.00PM to 3.00 PM**

**RESOURCE PERSON**

**Dr.L.Thenmozhi**

Sky Yoga Professor  
Tirupattur

Online Webinar Live  App

No Registration Fees

**Sri C.Lickmichand Jain**  
Secretary

**Dr.T.Balasubramanian**  
Principal

**Dr.M.Inbavalli**  
Vice Principal

**S.Yogapriya Hod,**  
**A.Vasanthi, N.Selvambal**  
Coordinators

**Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,**  
PRINCIPAL  
Marudhar Kesari Jain College for Women  
Vaniyambadi-635 751.



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27 Years  
of Educational  
Excellence...

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**AGENDA**



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**Agenda**

**6th INTERNATIONAL YOGA DAY**

Organizes  
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Date : 22-06-2020 Time : 2.00PM to 3.00 PM

**SPEAKER**  
**Dr.L.Thenmozhi**  
Sky Yoga Professor  
Tirupattur



**Felicitation**  
**Dr.T.Balasubramanian**  
Principal

**Special Address :**  
**Dr.M.Inbavalli**  
Vice Principal



**Welcome Address :**  
**Ms.N.Selvambal**  
Yoga coordinator



**Introduction of Guest**  
**Ms.S.Yogapriya**  
Hod of Physical Education



**Vote of thanks**  
**Ms.A.Vasanthi**  
Yoga Coordinator.



**ALL ARE INVITED**

**Dr. M. INBAVALLI**, M.Sc., M.C.A., M.Phil, Ph.D.,  
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### REPORT

A report on the state-level webinar "Yogavum Manithanum" on 22.06.2020 organized by Physical Education-Yoga, Marudhar Kesari Jain College for Women, Vaniyambadi. The chief guest of this program was **Dr.L.Thenmozhi** Sky yoga Professor, Tirupattur. The program started with the prayer song and the welcome address was given by Ms. S.Yogapriya, HOD, Department of Physical Education, and the Felicitation Address was given by Dr.N.Inbavalli Principal Mam, MKJC. The chief guest introduction was given by Ms. A. Vasanthi, Assistant Professor Yoga Department of Physical Education. The session started with basic ideas about Yogavum Manithanum. Finally, the session ended with the questionnaire session. At the end of the session, feedback is collected. Around 500 students were live watching in programme. The vote of thanks was given by Ms.N.Selvambal, Assistant Professor, Department of Physical Education. Our College 18 NCC Cadets took part in this event.

#### Key Points:

1. About lifestyle and choice of lifestyle
2. How to change your lifestyle?
3. Naturopathy and five elements.
4. Features of naturopathy.
5. Relationship between nature and the human body
6. Yoga and benefits of yoga
7. Eight limbs of yoga and nadis and mudras
8. Pranayama-breathing exercises and asanas
9. Surya namaskar and meditation
10. Yogic diet and simplest way towards health.

*A. Umamageswari*

**NCC COORDINATOR**

*M. Inbavalli*

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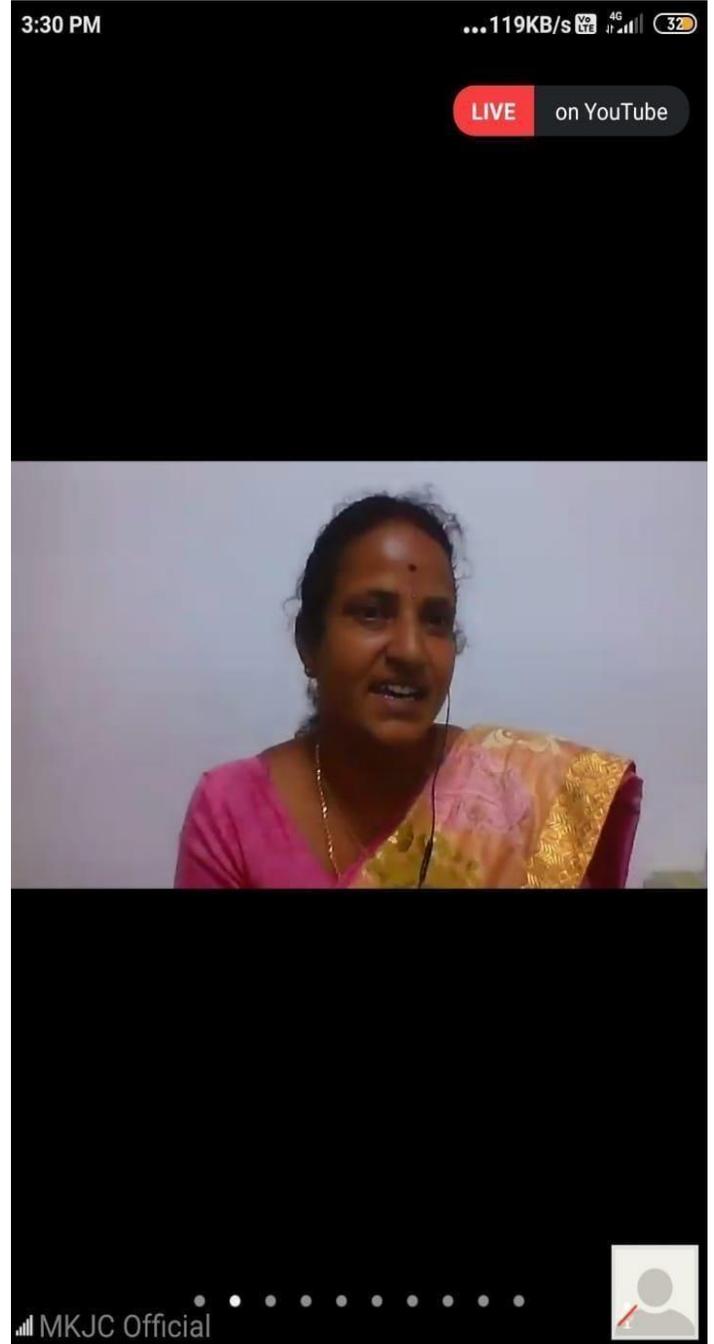
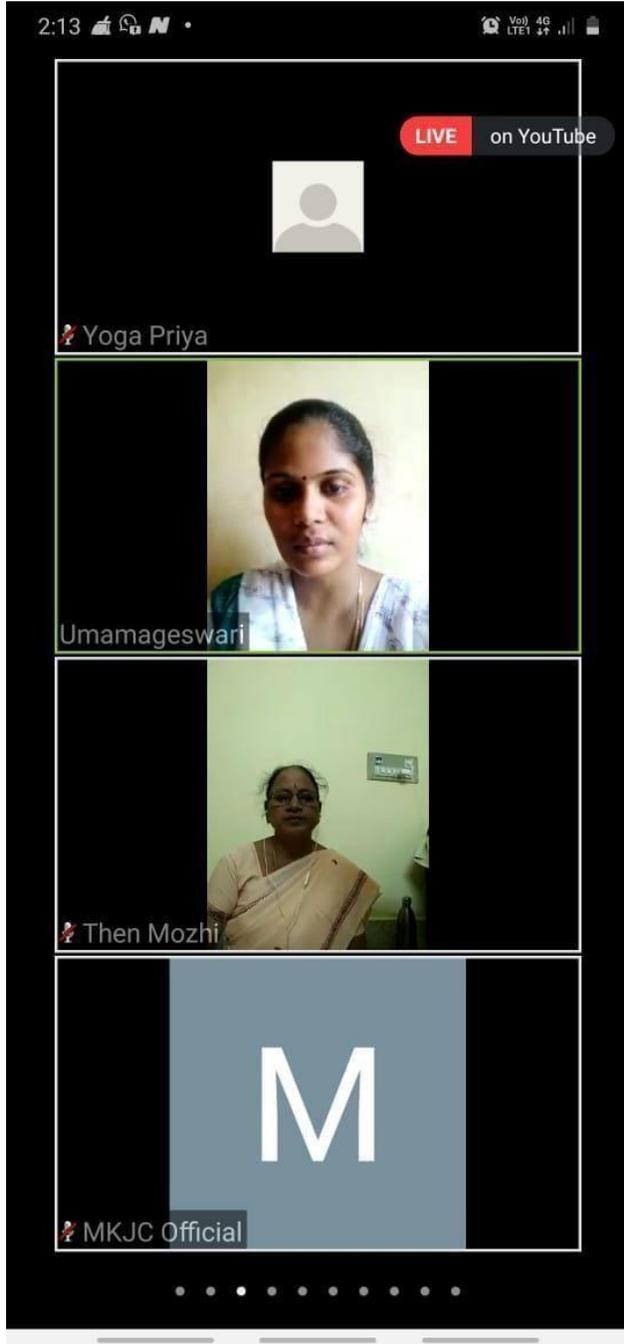


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**PHOTOS**



  
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