



**MARUDHAR KESARI JAIN COLLEGE
FOR WOMEN (AUTONOMOUS)**

Vaniyambadi, Tirupattur District - 635 751

Recognized u/s 2(F) & 12(B) of UGC Act 1956; Accredited with "A+" Grade
by NAAC (4th Cycle); Permanently Affiliated to Thiruvalluvar University;
An ISO 21001:2018 Certified Institution; Supported by DST - FIST



INSTITUTION'S
INNOVATION
COUNCIL
4 STAR Rating

Department of Physical Education, NSS, NCC & YRC in
association with Tirupattur Manavala Kalai Trust &
Mera Yuva Bharat, Vellore Jointly Organizes



**INTERNATIONAL
Yoga
DAY**

**Date : 21.06.2025 | Time : 10.00 am
Venue : College Premises**

Chief Guests

Mr. J. Traveen Charleston

Deputy Director
Mera Yuva Bharat (MyBharat) - Vellore
Ministry of Youth Affairs and sports (Govt of India)



Mrs. Arulnidhi Sarala

Assistant Professor Trainee
Tirupattur Manavala Kalai Trust
Tirupattur

Ms. B.L. Gayathri

Junior Executive Officer
Axis Bank, Tirupattur

*Yoga for One
Earth, One Health*

**V.Dilip Kumar Jain
President**

**Anand Singhvi
Secretary**

**Dr. M. Inbavalli
Principal
Convenor**

**Dr. D. Prince Deva Fredrick
Director of Physical
Education**

M. Inbavalli

PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District



Marudhar Kesari Jain College for Women (Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

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DEPARTMENT OF PHYSICAL EDUCATION, NSS, NCC & YRC IN ASSOCIATION TIRUPATTUR MANAVALA KALAI TRUST & MERA YUVA BHARAT, VELLORE

Jointly Organizes **INTERNATIONAL YOGA DAY** 21st JUNE 2025 @10:00a.m.

AGENDA

Prayer

Welcome Address

: Ms. K. Muskan, III B.Com

Felicitation Address

: Dr. M. Inbavalli, Principal

Introduction of the Guests

: Ms. Khizra Kownain, III B.Sc.BT

Honoring the Guests

: Management Trustees

Chief Guest Address I

: Mrs. Arulnidhi Sarala,
Assistant Professor & Trainee,
Tirupattur Manavala Kalai Trust, Tirupattur.

Chief Guest Address II

: Mr.J.Traveen Charleston
Deputy Director
Mera Yuva Bharat (MyBharat) – Vellore
Ministry of youth Affairs and Sports (Govt of India)

Chief Guest Address III

: Ms. B.L. Gayathri
Junior Executive Officer
Axis Bank, Tirupattur

Activities

: Yoga & Meditation

Vote of Thanks

: Ms. Zunera Fathima, III B.Sc BT

National Anthem

ALL ARE CORDIALLY INVITED

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**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(AUTONOMOUS), VANIYAMBADI**



Activity Report

Title	International Yoga Day		
Organized By	Department Of Physical Education, NSS, NCC & YRC In Association Tirupattur Manavala Kalai Trust & Mera Yuva Bharat, Vellore		
Type of Activity	Yoga & Meditation		
Level	Institutional		
Date	21.06.2025	Time	10:00 a.m.
Venue	College Premises	Mode	Offline
Resource Person Details	Mrs. Arulnidhi Sarala, Assistant Professor & Trainee, Tirupattur Manavala Kalai Trust, Tirupattur. Ms. B.L. Gayathri Junior Executive Officer Axis Bank, Bangalore.		
Objective of the Programme	To promote awareness about the importance of yoga in maintaining physical and mental well-being. To encourage students and staff to adopt yoga as a daily health practice. To foster discipline, focus, and mindfulness among participants through yoga and meditation.		
Internal Participants Count	3150	External Participants Count	NIL

Summary

International Yoga Day was organized by the Department of Physical Education, NSS, NCC & YRC. In Association with Tirupattur Manavala Kalai Trust & Mera Yuva Bharat, Vellore. The programme began with a prayer, creating a calm and peaceful atmosphere. A warm welcome was extended by Ms. K. Muskan of III B.Com, who greeted the dignitaries and audience with enthusiasm.

Dr. M. Inbavalli, Principal, delivered the Felicitation Address, highlighting the importance of yoga for a balanced and healthy life. Guest introductions were presented by Ms. Khizra Kownain of III B.Sc. Biotechnology, who acknowledged each guest's contributions and achievements. Guests were then honored by the College President Sri.V.Dilip Kumar Jain, in a respectful and cordial manner. **Mrs. Arulnidhi Sarala**, Assistant Professor and Trainee from Tirupattur Manavala Kalai Trust, delivered the first Chief Guest Address. She spoke about the spiritual and physical benefits of practicing yoga regularly. She also taught some sitting asanas, such as Sukhasana, Padmasana, and Vajrasana, for the benefit of the students.


Ms. B.L. Gayathri, Junior Executive Officer at Axis Bank, Bangalore, delivered the third Chief Guest Address, encouraging students to maintain mindfulness and inner peace through daily yoga. She shared her personal experience, explaining that she developed an interest in yoga during the COVID-19 pandemic.


Yoga and meditation activities followed the speeches, where all participants actively took part in asanas and breathing techniques. Gratitude was expressed by Ms. Zunera Fathima of III B.Sc. Biotechnology through the Vote of Thanks, appreciating everyone involved in the successful conduct of the event. The programme concluded with the National Anthem, instilling a sense of pride and unity among all attendees.

Outcome of the Programme

1. Increased awareness among students about the significance of yoga for a healthy lifestyle.
2. Improved participation in physical wellness programs and yoga sessions.
3. Enhanced concentration and mental clarity among attendees through meditation.


Head/ Co-Ordinator


IQAC-Director.


Principal
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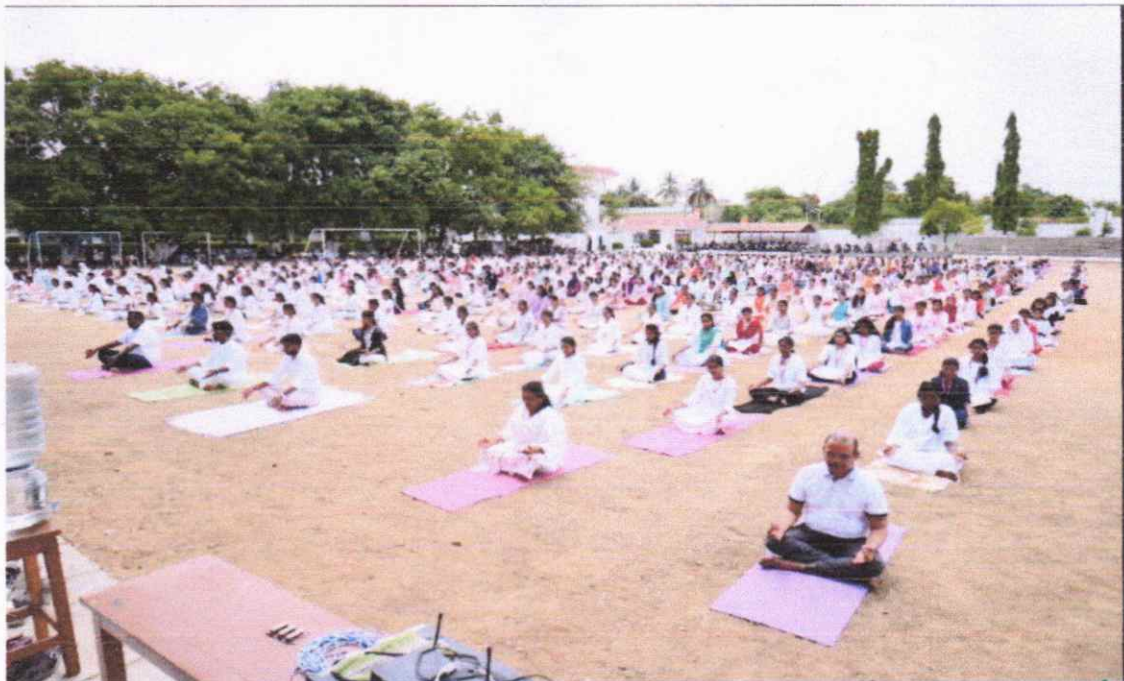
Marudhar Kesari Jain College for Women (Autonomous) Vaniyambadi

Game: Yoga

Level : College

Venue: Mkcj Ground

Date: 21.06.2025



PRINCIPAL

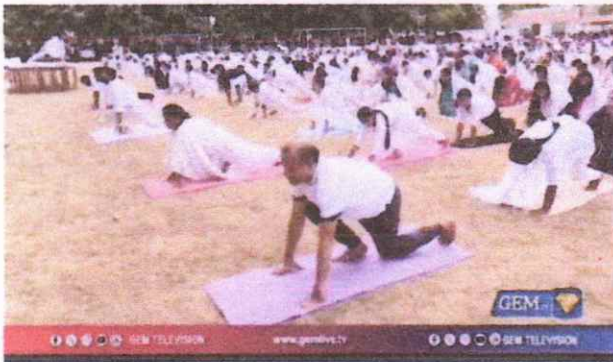
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22/6/25