



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**

(A Project of Sri Marudhar Kesari Jain Trust)



**Recognized Under sec 2(f) & 12(B) of UGC Act of 1956 Permanently Affiliated to Thiruvalluvar University  
Re-Accredited with "A" Grade by NAAC || An ISO 21001:2018 Certified Institution**

**DEPARTMENT OF PHYSICAL EDUCATION, NSS & NCC ORGANIZE  
INTERNATIONAL YOGA DAY ON 21.06.2023**

**INVITATION**



**MARUDHAR KESARI JAIN COLLEGE FOR  
WOMEN, VANIYAMBADI**

**DEPARTMENT OF PHYSICAL EDUCATION  
NATIONAL SERVICE SCHEME(NSS)  
&  
NATIONAL CADET CORPS(NCC)**

**ORGANIZE  
INTERNATIONAL YOGA DAY - 2023  
ON  
21.06.2023**

**TIME : 2.00PM  
VENUE: AUDITORIUM**

**RESOURCE PERSON**

**Mr.S.Venkatachalam M.Com.,CAIIB,Dyn  
Rtd Bank Manager**

**"Vanakkam Yoga and Nature Care Centre"**

**ALL ARE CORDIALLY INVITED**

**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 635 751



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**AGENDA**

**DEPARTMENT OF PHYSICAL EDUCATION, NSS & NCC ORGANIZE INTERNATIONAL YOGA DAY ON**

**21.06.2023**

**DATE:21.06.2023**

**TIME: 2.00 pm**

**VENUE: Swami Vivekananda Auditorium**

◆ **Prayer**

◆ **Welcome Address & :** **Ms.C.Sowmiya**  
**M.Sc Bio-Tech**

◆ **Felicitation :** **Dr.M.Inbavalli**  
**Principal, MKJC**

◆ **Introduction of Guest :** **Ms.K.Sandhiya**  
**Overall Coach, MKJC**

◆ **Chief Guest Address :** **Mr.S.Venkatachalam M.Com.,Caiib,Dyn**  
**Rtd Bank Manager**  
**"Vanakkam Yoga And Nature Care**  
**Centre"**

◆ **Vote of Thanks :** **Ms.G.Monisha**  
**M.Sc Bio-Tech**

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**DEPARTMENT OF PHYSICAL EDUCATION, NSS & NCC ORGANIZE INTERNATIONAL YOGA DAY ON  
21.06.2023**

### REPORT

Department of Physical Education, NSS, and NCC of Marudhar Kesari Jain College for Women, Vaniyambadi Organized 9<sup>th</sup> International Yoga Day on 30.05.2023. The College Secretary Sri. C. Lickmichand Jain, Principal Dr. M. Inbavalli, Academic Advisor, Dr.T.Balasubramanian, PRO Ms. B. Sakthimala, Ms.S.Yogapriya Head of Physical Education, Ms. C. Jayasri & Ms. S. Aruna NSS Programme Officer and Dr.M.Charumathy NCC Coordinator Presided over the session. Our Chief Guest was Mr.S.Venkatachalam, M.Com., Caiib,DynRtd Bank Manager "Vanakkam Yoga and Nature Care Centre" The Programme began with a Prayer song, Ms. Sowmiya of I M.Sc Biotechnology welcomed the gathering with cheerful words. Ms. Sumyirra, Vice Principal, Head and Assistant Professor of English honoured the Guest with shawl and gift.

The Chief Gust introduction was given by Ms.K.Sandhiya, Overall Coach, MKJC, Followed by, the chief guest took over the session. He started the importance of Yoga in their life. It helps the students understand how to main harmony between body and mind. He explained that regular practice of yoga will help the students to achieve better mental and physical health. Then he started yoga demonstrations with yoga prayer. After which a few warm up and simple Asanas like Ashta yoga, Suga asanam, Yoga muthra, etc. were performed by the students enthusiastically and the importance of these asanas were explained simultaneously by him. He also encouraged the students to practice yoga and meditation on a regular basis for the healthy body and mind. Finally he concluded with some breathing techniques and the students showcased a very energetic and spirited performance. Over all Yoga Day was celebrated with great enthusiasm. Nearly 2800 students participated in the programme.The Programme came to an end with the vote of thanks given by Ms.G. Monisha, of I MSc Biotechnology followed by National Anthem.

**NCC COORDINATOR**

**PRINCIPAL**  
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## MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

30 Years  
of Educational  
Excellence...

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### PHOTOS



*M. S. Srinivasan*  
**PRINCIPAL**  
Marudhar Kesari Jain College  
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