



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 ORGANIZED
INTERNATIONAL YOGA DAY ON 21.06.2022**

INVITATION



Marudhar Kesari Jain College for Women

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**Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University
Re-Accredited by NAAC with "A" Grade - An ISO 9001:2015 Certified Institution**



8th

INTERNATIONAL YOGA DAY

DEPARTMENT OF PHYSICAL EDUCATION-YOGA



DATE: 21.06.2022

TIME: 10 AM TO 11 AM

RESOURCE PERSON

MS.A.CHITRA

M.SC YOGA, M.SC PYSCHOLOGY

SRI C.LICKMICHAND JAIN

SECRETARY

DR.M.INBAVALLI

PRINCIPAL

S.YOGAPRIYA

HOD

A.VASANTHI, B.USHA

COORDINATORS


PRINCIPAL

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



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AGENDA

DEPARTMENT OF PHYSICAL EDUCATION AND YOGA

Organizes

8th INTERNATIONAL YOGA DAY

On

DATE: 21.06.2022

TIME: 10.00 am to 11.00 am

- ◆ **Prayer**
- ◆ **Welcome Address &** : **Ms.S.Yogapriya**
Head, Department of
Physical Education,MKJC
- ◆ **Felicitation** : **Dr.M.Inbavalli,**
Principal,MKJC
- ◆ **Introduction of Guest** : **Ms.A.Vasanthi**
Yoga Instructor,MKJC
- ◆ **Chief Guest Address** : **Ms.A.Chitra Dip in Yoga,B.A.,(Yoga),**
M.Sc.,(Yoga), M.Sc.,(Psychology)
- ◆ **Vote of Thanks** : **Ms.N.Vijayalakshmi,**
Physical Directress, MKJC

ALL ARE CORDIALLY INVITED


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**DEPARTMENT OF PHYSICAL EDUCATION ORGANIZED
INTERNATIONAL YOGA DAY ON 21.06.2022**

REPORT

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

A report on 8th International yoga Day on 21.06.2022 organized by Physical Education-Yoga, Marudhar Kesari Jain College for Women, Vaniyambadi.

Physical Education Department, were organized "8th International Yoga Day" on 21.06.2022 Chief guest of this programme were **Ms.A.Chitra** Sky yoga Professor, Vaniyambadi. The program started with the prayer song and welcome address was given by Ms. Ms.S.Yogapriya, HOD, Department of Physical Education and the Felicitation Address 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 Suriya Namaskaram 12 steps, Standing Asanas, Sitting Asanas, Breathing Exercises, Eye exercises, and Meditation.. Finally the session ends up with the feedback of students.

Around 70 students were participated. The vote of thanks was given by Ms.N.Vijiyalakshmi, Physical Directress, Department of Physical Education.


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PHOTOS




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