



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

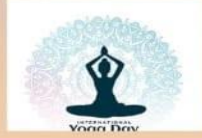


**(A Project of Sri Marudhar Kesari Jain Trust)**

**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 21.06.2023**

**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 AND YOGA**

**Organizes**

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

**On**


**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**  
Over all 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 ORGANIZED ORGANIZES  
9<sup>th</sup> INTERNATIONAL YOGA DAY**

**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 21.06.2023

The College Secretary Sri.C.Lickmichand Jain, Principal Dr.M.Inbavalli, Academic Advisor Dr. T.Balasubramanian, PRO Ms.B.Sakthimala, Ms.S.Yogapriya, Head Department of physical Education, Ms. C.Jayasri & Ms.S.Aruna, NSS Coordinators, and Dr.K.Charumathy, NCC Coordinator presided over the session. Our Chief Guest was Mr.S.Venkatachalam M.com.,CAIIB, Dyn Rtd Bank Manager, Proprietor of "Vanakkam Yoga and Nature care centre" Vaniyambadi.


The Programme began with prayer song. Ms.Sowmiya of I Msc.Biotech welcomed the gathering with cheerful Words. Ms.A.Sumyirra, Vice Principal, Head And Assistant Professor of English honoured the Guest with shawl and gift.

The Chief Guest Introduction was given by Ms.K.Sandhiya, over all coach, MKJC. Followed by, the chief guest took over the session. He stated the importance of yoga in their life. It helps the students understand how to maintain 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 the Yoga prayer. After which a few warm up and simple Asanas liker 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. Overall Yoga Day was celebrated with great enthusiasm. The programme came to an end with the vote of Thanks given by Ms.G.Monisha, of I M.Sc Biotech followed by the National Anthem.


  
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PHOTOS



  
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