



NAME OF THE CO-ORDINATOR	Mrs. G.MARY BENISHA
DESIGNATION	ASSISTANT PROFESSOR
DEPARTMENT	CIVIL ENGINEERING

OBJECTIVES:

1. The most important objectives of Yoga Club is to assign our students and faculty members to reduce stress and anxiety.
2. To enable the student to have good health.
3. To practice mental hygiene.
4. To possess emotional stability.
5. To integrate moral values.
6. To attain higher level of consciousness.
7. To conduct workshops, seminars to the students and faculty members.
8. To bring certain amount of self-discipline in Institutions.
9. To develop techniques and approaches based on the Ancient Yoga Texts and Granthas of Yoga, to meet the challenges of the modern era.
10. To prescribe different courses for imparting Yoga education, training, therapy and research.
11. Certification of Yoga Professionals and Yoga Schools.

EVENT ORGANIZED:

S.No.	Event Title	Date
1	International Yoga Day 2023	22/06/2023
2	Health and wellness seminar on yoga	20/11/2023
3	International Yoga Day 2022	21/06/2022
4	International Yoga Day 2021	21/06/2021
5	Ponjesly yoga club Inauguration	30/11/2018

PONJESLY YOGA CLUB INAUGURATION REPORT

Ponjesly yoga club inaugural function held on 30.11.2018. Celebration commences with Tamil thai vazhthu, Proceeded by welcome address by Dr.P.Jagatheeswari HOD civil Department.. The gathering was facilitated by Advisor Dr.S.Kaliappan, director Prof.S. Arulson Daniel, Chief guest Er.Toms Edison hatha yoga teacher and software Engineer, Revol software, Alagappapuram addressed the gathering. 77 students from various departments and 111 faculties from ,CIVIL CSE, EEE, ECE, MECH, IT, AUTO, S&H, MBA attended and benefited. Vote of thanks delivered by Vice principal Dr.K.Parimala Geetha. Isha Upa Yoga Programme started by 11.00 am .Completed by 1.00pm.Feedback from participants were collected. Inauguration programme ended with National Anthem.



INTERNATIONAL YOGA DAY 2021

International yoga day celebration was held on 21.06.2021. Celebration starts with Tamil thai vazhthu, Proceeded by welcome address by Ms.Santhiya CJthird year civil department . The gathering was falicitated by Principal Dr.G.Natarajan and director Prof.S. Arulson Daniel. 59 students from various department faculties attended and benefited. Vote of thanks delivered by Mr.Shron Akil First year Mechanical. Programme ended with National Anthem.



INTERNATIONAL YOGA DAY 2022

Ponjesly yoga club celebrated International yoga day 2022 on 21.06.2022. Celebration starts with Tamil thai vazhthu, Proceeded by welcome address and the gathering was falicitated by Principal Dr.G.Natarajan and director Prof.S. Arulson Daniel. 49 students from various department and faculties attended and benefited. Vote of thanks delivered by Mr.Blessing First year Mechanical. Programme ended with National Anthem.



INTERNATIONAL YOGA DAY 2023

International yoga day celebration was held on 22.06.2023. Celebration commences with Tamil thai vazhthu, Proceeded by welcome address by first year CSE department student MS.Brigita. The gathering was falcitated by Principal Dr.G.Natarajan and director Prof.S. Arulson Daniel, Dr.R.Isaac Sajan-Vice Principal and Dr.V.Anand First year coordinator were present during the event.332 students from various department and 21 faculties attended and benefited. Ms.Aamina Thasnim- CSE, Mr.Sandeep- CSE, Ms.Sahana-IT, Ms.Rasgmika-ECE, Ms.Ashmi Fathima-ADS addressed the gathering on theneed and benefits of yoga.Mr. Axlin-IT delivered the vote of thanks.



HEALTH AND WELLNESS SEMINAR ON YOGA

Health and wellness seminar on yoga was held on 20.11.2023. The seminar commences with Tamil thai vazhthu. Proceeded by welcome address. The gatering was falicitated by Prof.S. Arulson Daniel and special address was delivered by Thavathiru.Padmendra Swamy -President Vallalar Peravai . It was followed by chief guest address by Dr. U.Gomathi.

