

Report of International Yoga Day Awareness Program.

International yoga day awareness program was conducted in our college on 21/06/2023 at EDC shed with 450 UG and PG students from various departments. The participations of program, the Principal sir, Trainers all Staff members and students were warmly invited by Dr.A.Radha Assistant Professor of Zoology . The program was inaugurated by our respected principal sir Dr.Jhan Beeter at 11 am with inciative talk on importance of yoga. Thanjavur manavalakalai Trust Arulnidhiyars (Trainers), Parmeshwari Amma, Vijayalakshmi Amma, Sunthari Amma, Bakya lakshmi Amma, Chitraamma, Sumathi Amma and Meenachisundram Amma were reached our college campus on 10:30Am. They given to various yoga asanas, Basic yoga training and Suriya Namaskaram with explanations. All the Students were practiced with more interestingly; Staff members were also participated and experienced well. The students were instructed by the trainers to do the all yoga practices with continually. Finally Dr.A.Radha Asst professor of Zoology was thanked all Participants and Trainers of Thanjai Manavalaikalai Trust, and she thanked the principal sir to given this wonderful Opportunity.

REPORT FOR YOGA

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation.

The aim of Yoga practice is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony. The course gives equal importance to both practice and theory to facilitate a better understanding of this science. It could help to know and practice the yoga most of the village students.

In the basis of above concept Yoga Classes established in Kunthavai Naacchiyaar Govt Atrs College for Women by the permission of Principal sir Dr.A.John Peter

International yoga day was conducted on 21.06.2023 with Brief lecture on yoga and Surya Namaskar by Thanjai Manavalakalai Trainers. The program was inaugurated by Principal sir , Staff members and both UG , PG students were parcipated the program was arranged by Yoga in charge Dr.A.Radha Department of Zoology. A few students shared their experiences as very enjoyable, useful, informative and excellent.

After obtaining the accent from his Excellency the principal of our college we put MoU with Thanjai manavalai Mantra Trust , Thanjavur for future Collaboration and enhancement of opportunities.

In the academic years 2022-2023,2023-2024 and 2024-2025 Many classes were Conducted in both UG and PG in College as well as Hostel students. The Students will look forward to attend similar Classes in future.


The Organizer

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| Title of the programme: | International Yoga Day (IDY) 2025, the theme “Yoga for One Earth One Health” |
| Date: | 18.06.2025 |
| Venue: | Yaazhl Kalaiyarangam, |
| Organized By: | Dr.A.Radha ,Assistant Professor of Zoology |
| Organized in collaboration with: | Brammakumarigal Eswaryia Vishwa Vidhyalayam Thanjavure |
| Chief Guest: | B.K Ganam Sister |
| Number of Participants involved and benefitted: | 500 |
| Summary of the programme: | The 2025 theme highlights yoga’s role in promoting physical, mental, and environmental well-being, aligning with global calls for sustainability and unity. On the basis of that our Chief Guest has given more information’s on How to improve our Mental Power with some Activities and Muthras. and she explained on how our environment has the role on our health. All students were observed keenly and benefitted. |

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| Title of the programme: | International Yoga Day (IDY) 2025, the theme "Yoga for One Earth One Health" |
| Date: | 20.06.2025 |
| Venue: | Yaazhl Kalaiyarangam, |
| Organized By: | Dr.A.RADHA,Assistant Professor of Zoology |
| Organized in collaboration with: | Thanjai Manavzhakalai Mandra Sky Yoga |
| Chief Guest: | Sky Yoga Trainer's |
| Number of Participants involved and benefitted: | 750 UG & PG students |
| Summary of the programme: | Trainers were given Practices on Yoga activities , Aashanas and Muthras. All participated students were observed interestingly and benefitted. |

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| Title of the programme: | International Yoga Day (IDY) 2025, the theme “Yoga for One Earth One Health” |
| Date: | 21.06.2025 |
| Venue: | Thennaga Panpaattumaiyyam Thajavur. |
| Organized By: | Dr.A.RADHA,Assistant Professor of Zoology |
| Organized in collaboration with: | Yoga Trainers of Thennaga Panpaattumaiyyam |
| Chief Guest: | |
| Number of Participants involved and benefitted: | 50 Students |
| Summary of the programme: | All Participated students were practiced surya Namaskaram interestingly and learn how to improve our breathing. They learn some important Asana . |

Radha 23/11/25
Signature of
The Incharge