

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. , Yoga is a great aid to ensure that students don't suffer from inattentiveness and hyperactivity. All of this together ensures better results. As yoga includes controlled breathing, it will help them teach self-control that will stop them from reacting impulsively in emotional situations. The course will equip students with ancient wisdom along with the science behind Yoga. 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 year 2022-2023 Many classes were Conducted in both UG and PG in College as well as Hostel students. The Students will look forward to attend similarClasses in future.



A/N. S. Prushothaman
B.A., D.Y., D.YHE
Managing Trustee
9443717299

THANJAI MANAVALAKALAI TRUST

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A/N. S. Poornachandran
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Treasurer
9442345565

Date : 21/6/23

Certificate

This is to certify that we have given Yoga Awareness Programme to 450 students comprising of both Under Graduates and Post Graduates students of Kundavai Nachiyar Government Arts College, Thanjavur on 9th International Yoga Day (21.06.2023 between 11.00A.M. and 01.00P.M.) in their campus with following programme :-

1. A Brief lecture on Yoga
2. Yoga practice including Surya Namaskar to 450 students.

Thanjavur,
21.06.23.



Cholam
21/6/23

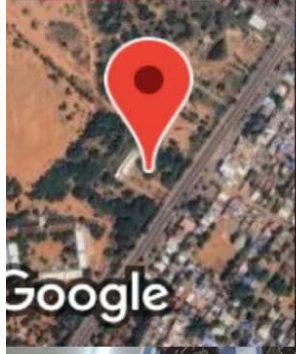
Secretary

தஞ்சை அறவெத்திருக்கோயில்
T.S.No: 3/1, ராஜப்பா நகர் முதல் தெரு.
மருத்துவக்கல்லூரி எலலை,
தஞ்சையூர் - 613 007.
☎: 9443717299 9443698852





GPS Map Camera



Kunthavai Naacchiyaar Gov Arts College for Women, Thanjavur, Tamil Nadu, India

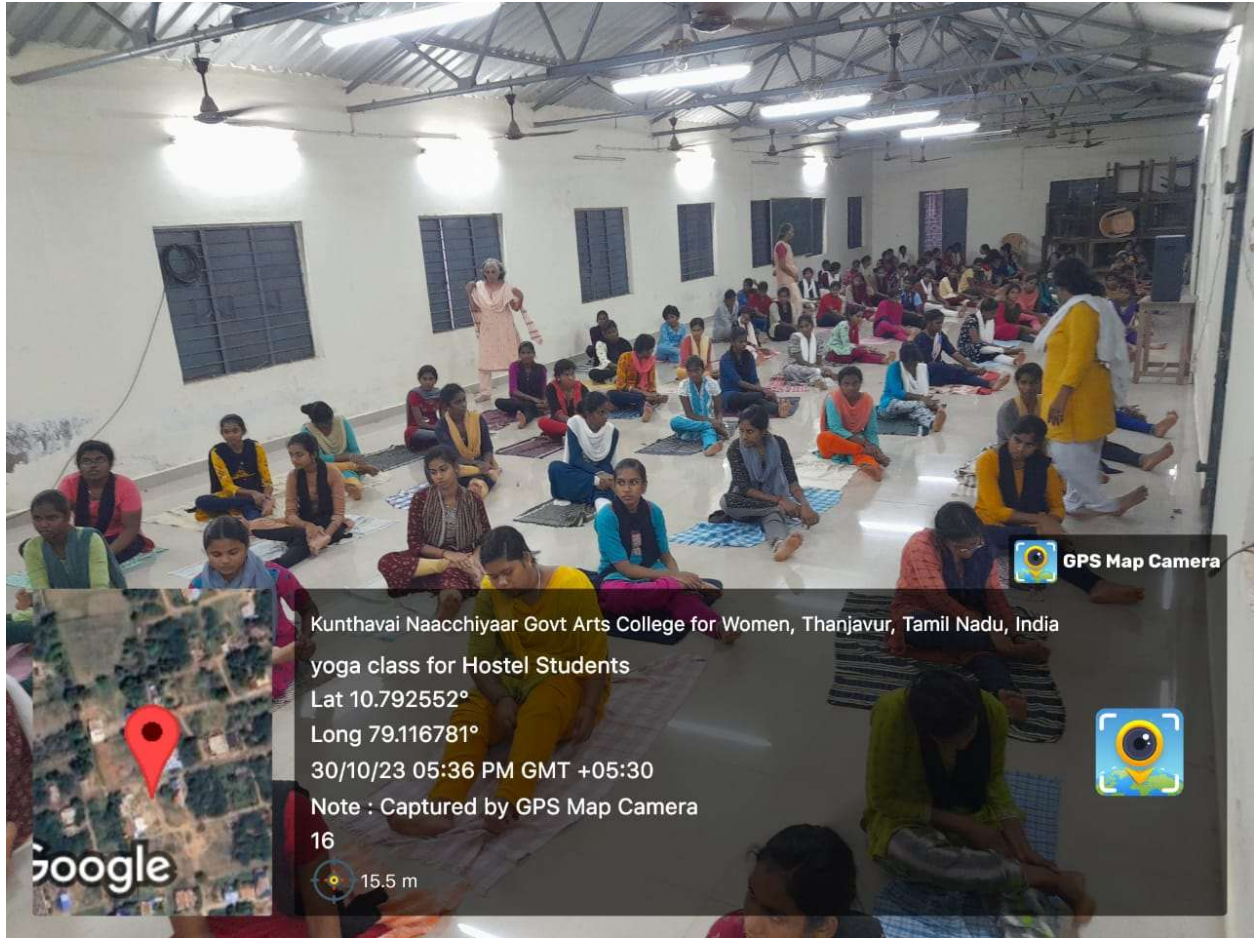
International yoga day

Lat 10.75366°

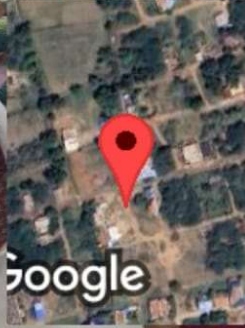
Long 79.1157°

21/06/23 11:54 AM GMT +05:30

Google



GPS Map Camera



Kunthavai Naacchiyaar Govt Arts College for Women, Thanjavur, Tamil Nadu, India
yoga class for Hostel Students
Lat 10.792552°
Long 79.116781°
30/10/23 05:36 PM GMT +05:30
Note : Captured by GPS Map Camera
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