



# MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

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



## INVITATION

## NIRAIVANA VALZHAKKU YOGA



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

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Recognized under Sec. 2(f) & 12(B) of the UGC Act, 1956] Permanently Affiliated to Thiruvalluvar University  
Re-Accredited with A Grade by NAAC (3rd Cycle) [ An ISO 9001:2015 Certified Institution Marudhar Nagar, Chinnakallupatti, Vaniyambadi -635751

**PHYSICAL EDUCATION DEPARTMENT**  
**Organizes**  
**One Day State Level Webinar**  
**for**  
**7<sup>th</sup> INTERNATIONAL YOGA DAY**  
**on**  
**நிறைவான வாழ்க்கைக்கு யோகா**



**Resource Person**  
**Ms.D. Tamilarasi**  
M.A.,M.Ed.,M.Phil.,M.A(Political Science),,DYHE.,M.A(yoga),,  
Diploma in Thirumanthiram.,  
PG Assistant in Government Hr. sec. school  
Tirupattur

**Date :21.06.2021**  
**Time :2.00 p.m. to 3.00 p.m.**

**Live in:**  

**Registrationlink:**  
<https://forms.gle/ZmTbWRHKDv5s75tcA>

**Sri. C.Lickmichand Jain**  
Secretary

**Dr.M.Inbavalli**  
Principal

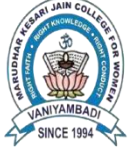
**Ms.S.Yogapriya**  
HOD,PED

**Ms.A.Vasanthi**  
Assistant Professor Yoga  
Convenor

**Ms.N.Selvambal**  
Assistant Professor Yoga

**Dr. M. INBAVALLI**, M.Sc., M.C.A., M.Phil, Ph.D.,  
PRINCIPAL

Marudhar Kesari Jain College for Women  
Vaniyambadi-635 751.



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## AGENDA

### NIRAIvana VALZHAKKU YOGA

Prayer

Welcome Address & :Ms.S.Yogapriya  
Head of the Department, Physical Education, mkjc

Introduction of Guest :Ms.A.Vasanthi  
Yoga Convenor

Felicitation :Dr.G.Deepalakshmi, Head department of Business  
Administration

Chief Guest Address :Ms.D.Tamilarasi M.A., M.Ed., M.Phil., M.A  
(Political Science), DYHE., M.A (Yoga),  
PG Assistant in Government Hr. sec. school Tirupattur.

Query Session

Vote of Thanks :Ms.N.Selvambal,  
Assistant Professor (Yoga)

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,  
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### REPORT

A report on state level webinar “NIRAIVANA VALKAIKKU YOGA” on 21.06.2021 organized by  
Physical Education-Yoga, Marudhar Kesari Jain College for Women, Vaniyambadi.

Physical Education Department were organized State level webinar on  
“NIRAIVANA VALKAIKKU YOGA” on 21.06.2021. Chief guest of this programme were Ms.D.Tamilarasi  
M.A., M.Ed., M.Phil., M.A(Political Science), DYHE., M.A(YOGA, PG Assistant in Government Hr.sec.school  
Tirupattur. 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.G.Deepalakshmi Head, Bachelor of Business  
Administration, MKJC.

The chief guest introduction was given by **Ms.A.Vasanthi**, Assistant Professor yoga Department of Physical  
Education. The session started with basic ideas about Niraivana valkaikku yoga. Finally the session ends up with the  
questionnaire session. At the end of the session feedback is collected.

Around 800 participated in the programme. The vote of thanks was given by **Ms.N.Selvambal**, Assistant Professor,  
Department of Physical Education.

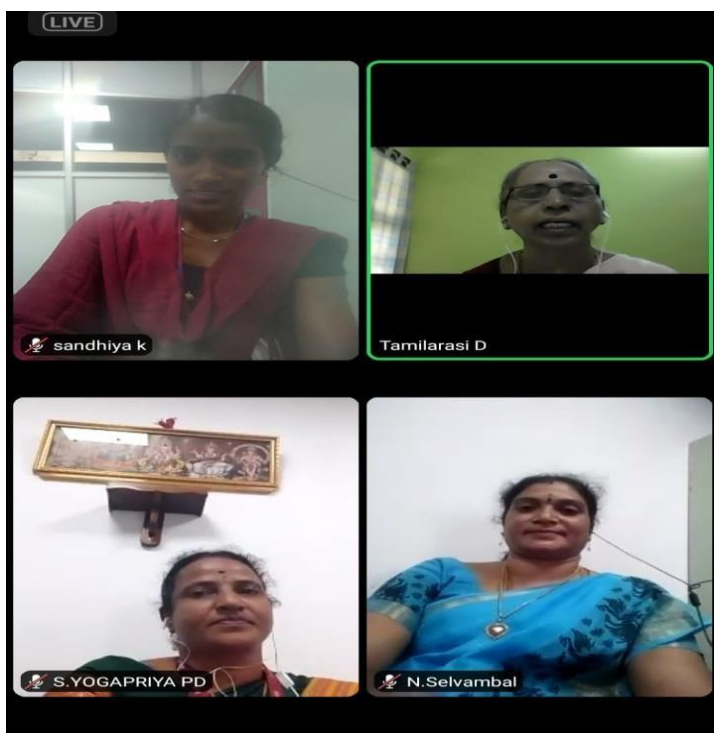
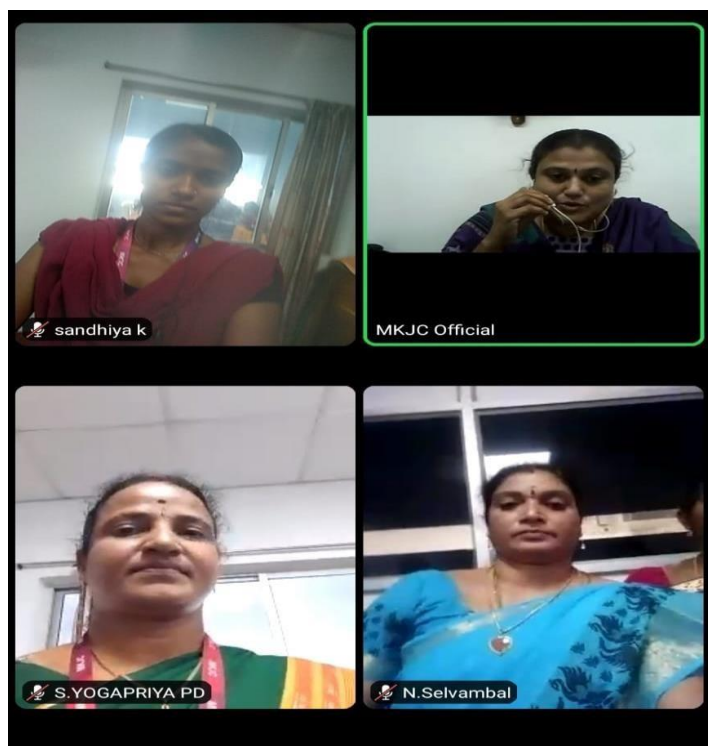
#### Key Points:


1. About yoga Introduction
2. How to change your lifestyle?
3. Simple exercise for yoga.
4. Features yoga.
5. Relationship of nature and human body
6. Yoga and benefits of yoga
7. Eight limbs of yoga and nadis and mudras
8. Pranayama-breathing exercise and asanas
9. Suryanamaskar and meditation
10. Yogic diet and simplest way towards health

**Head of the Department**

**Dr. M. INBAVALLI**, M.Sc., M.C.A., M.Phil, Ph.D.,  
PRINCIPAL  
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## PHOTOS



  
**Dr. M. INBAVALLI**, M.Sc., M.C.A., M.Phil, Ph.D.,  
PRINCIPAL  
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