



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI
(A Project of Sri Marudhar Kesari Jain Trust)



Recognised u/s2(f) &12(B) by UGC Act, 1956 –Permanently Affiliated to Thiruvalluvar University
Re-Accredited by NAAC with “A” Grade, an ISO 9001:2015 Certified Institution

**DEPARTMENT OF PHYSICAL EDUCATION ORGANIZED
YOGAUM MANITHANUM PROGRAMME – 22.06.2020**

INVITATION



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

Recognised under Sec 2(f) & 12(b) of the UGC act, 1956 || Re-Accredited with A Grade
by NAAC(3rd Cycle) An ISO 9001:2015 certified institution



6th INTERNATIONAL YOGA DAY

Organizes

PHYSICAL EDUCATION DEPARTMENT

on



யோகாவும் மனிதனும்

Date : 22-06-2020

Time : 2.00PM to 3.00 PM

RESOURCE PERSON

Dr.L.Thenmozhi

Sky Yoga Professor
Tirupattur

Online Webinar Live App

No Registration Fees

Sri C.Lickmichand Jain
Secretary

Dr.T.Balasubramanian
Principal

Dr.M.Inbavalli
Vice Principal

S.Yogapriya Hod,
A.Vasanthi, N.Selvambal
Coordinators

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.



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
Re-Accredited by NAAC with “A” Grade, An ISO 9001:2015 Certified Institution

AGENDA

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
Recognised under Sec 2(f) & 12(b) of the UGC act, 1956 || Re-Accredited with A Grade by NAAC(3rd Cycle) An ISO 9001:2015 certified institution

Agenda

6th INTERNATIONAL YOGA DAY

Organizes
PHYSICAL EDUCATION DEPARTMENT
on
யோகாவும் மனிதனும்

Date : 22-06-2020 | Time : 2.00PM to 3.00 PM

SPEAKER
Dr.L.Thenmozhi
Sky Yoga Professor
Tirupattur

Felicitatation
Dr.T.Balasubramanian
Principal

Special Address :
Dr.M.Inbavalli
Vice Principal

Wei come Address :
Ms.N.Selvambal
Yoga coordinator

Introduction of Guest
Ms.S.Yogapriya
Hod of Physical Education

Vote of thanks
Ms.A.Vasanthi
Yoga Coordinator

ALL ARE INVITED

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.



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
Re-Accredited by NAAC with “A” Grade, An ISO 9001:2015 Certified Institution

DEPARTMENT OF PHYSICAL EDUCATION ORGANIZED
YOGAUM MANITHANUM PROGRAMME – 22.06.2020

REPORT

A report on state level webinar “**Yogaum Manithanum**” on 22.06.2020 organized by Physical Education-Yoga, Marudhar Kesari Jain College for Women, Vaniyambadi.

Physical Education Department , were organized State level webinar on “**Yogaum Manithanum**” on 22.06.2020 Chief guest of this programme were **Dr.L.Thenmozhi** Sky yoga Professor, 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.M.Inbavalli Principal mam, 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 Yogaum Manithanum. Finally the session ends up with the questionnaire session. At the end of the session feedback is collected.

Around 500 students were live watching in programme. The vote of thanks was given by Ms.N.Selvambal, Assistant Professor, Department of Physical Education.

Key Points:

- 1.About life style and choice of life style
2. How to change your life style?
3. Naturopathy and five elements.
4. Features of naturopathy.
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 exercises and asanas
9. Surya namaskar and meditation
10. Yogic diet and simplest way towards health.



HEAD OF THE DEPARTMENT

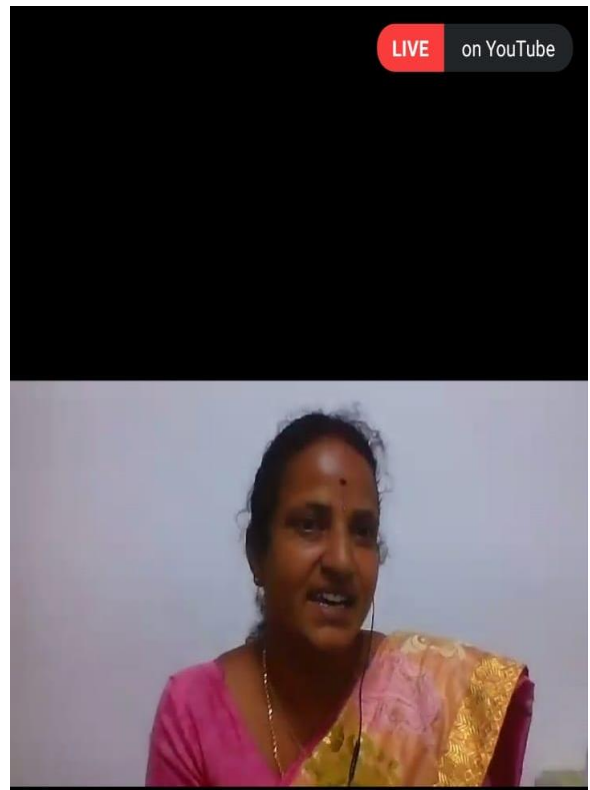
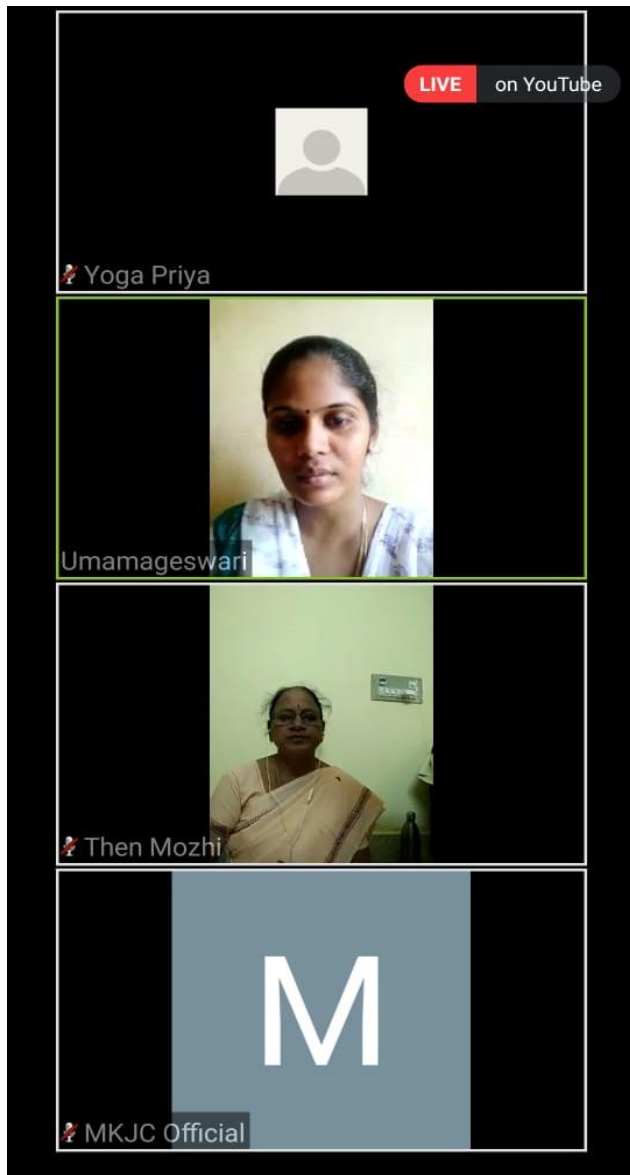


Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,

PRINCIPAL

Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

PHOTOS





Live chat

Top chat  51



2:52 pm **Saru Mathi** nice session mam



2:54 pm **Sharmila Gothandan** hi mam i am Shalini g 2 bsc maths



2:54 pm **Komala Vijay** S KOMALA, Assistant Professor, Department of Mathematics, Marudhar Kesari Jain College for women, Vaniyambadi



2:54 pm **VSK MEDIA** poongothai tamil dept



2:55 pm **Anjana Gandhi** Im Anjana from department of psychology



Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.

[LEARN MORE](#)

Dr. M. INBAVALI, M.Sc., M.C.A., M.Phil, Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.