



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



Recognized u/s 2(f) & 12(B) of UGC Act 1956 Re-Accredited With "A" Grade by NAAC 3rd (Cycle)
Permanently Affiliated to Thiruvalluvar University An ISO 9001:2015 Certified Institution

**INTERNATIONAL YOGA DAY WEBINAR
YOGAVUM MANITHANUM ON 22.06.2020**

INVITATION



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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.



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AGENDA



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Agenda

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

SPEAKER
Dr.L.Thenmozhi
Sky Yoga Professor
Tirupattur



Felicitation
Dr.T.Balasubramanian
Principal

Special Address :
Dr.M.Inbavalli
Vice Principal

Welcome 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
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REPORT

A report on the state-level webinar "**Yogavum Manithanum**" on 22.06.2020 organized by Physical Education-Yoga, Marudhar Kesari Jain College for Women, Vaniyambadi. The chief guest of this program was **Dr.L.Thenmozhi** Sky yoga Professor, Tirupattur. The program started with the prayer song and the welcome address was given by Ms. S.Yogapriya, HOD, Department of Physical Education, and the Felicitation Address was given by Dr.N.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 Yogavum Manithanum. Finally, the session ended 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. Our College 18 NCC Cadets took part in this event.

Key Points:

1. About lifestyle and choice of lifestyle
2. How to change your lifestyle?
3. Naturopathy and five elements.
4. Features of naturopathy.
5. Relationship between nature and the 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.

A. Umamageswari

NCC COORDINATOR

M. Inbavalli

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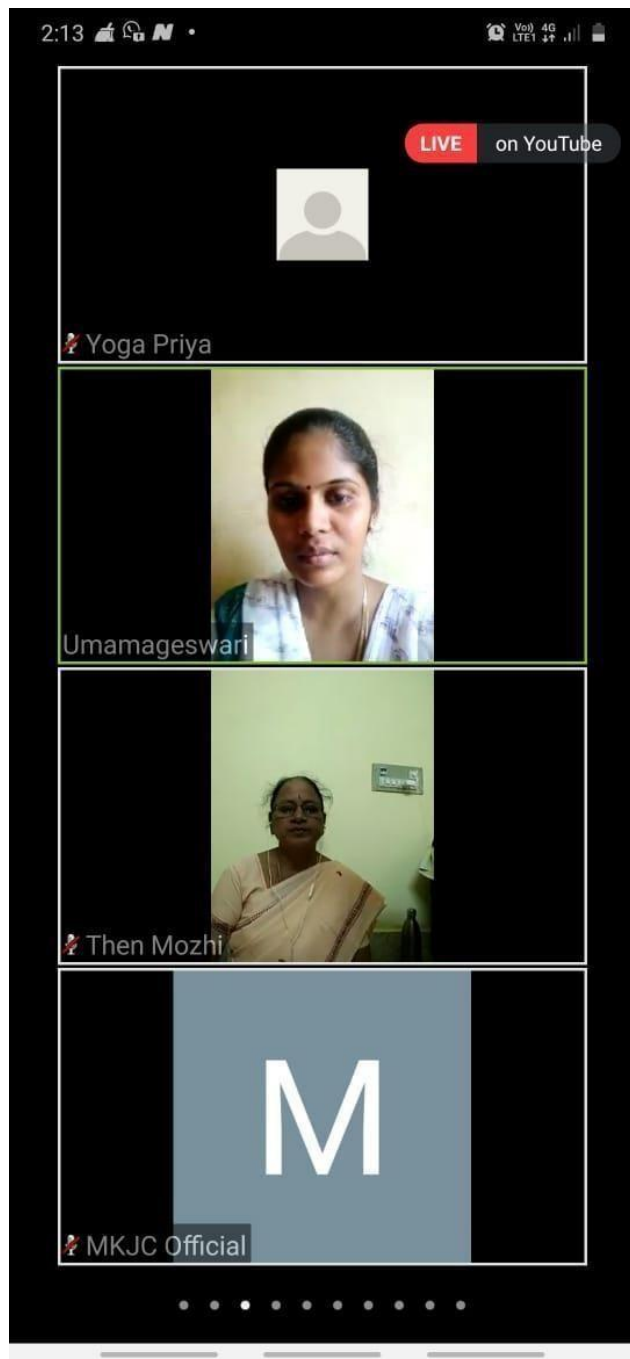
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PHOTOS




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