



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

VANIYAMBADI, TIRUPATTUR DT - 635 751

of UGC Act 1956

Permanently Affiliated to
Thiruvalluvar University



NSS CORDIALLY INVITES YOU TO THE CELEBRATION OF

INTERNATIONAL YOGA DAY

YOGA AWARENESS & DEMONSTRATION PROGRAMME

"Yoga for Healthy Ageing"



Yoga session and demonstration
will be conducted for the students
to promote physical, mental,
and emotional well-being.



Awareness talk will be given on the
importance of Yoga in daily life
and stress management.



Students will be encouraged
to adopt Yoga as a healthy
lifestyle practice.



Date
19.06.2026



Venue
Adopted Village School
GIRISAMUTHIRAM



Time
10:00 AM



Theme

"Yoga for Healthy Ageing"

PRINCIPAL

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

Let's stretch towards a healthier, happier tomorrow!

ORGANIZED BY

NATIONAL SERVICE SCHEME (NSS)

MKJC Committed to SDG 3 (Good Health & Well-being) through **YOGA FOR ALL**

3 GOOD HEALTH
AND WELL-BEING



3 GOOD HEALTH
AND WELL-BEING



Yoga Today, Stronger Tomorrow

V DILIPKUMAR JAIN
PRESIDENT

ANAND SINGHVI
SECRETARY

DR M INBAVALLI
PRINCIPAL



MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI

Activity Report

Name of the College	Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi
Title of the Programme / Event	International Yoga Day celebration
Organized By Department / Club	National Service Scheme
Alignment of this Programme with	SDGs ☒ Viksit Bharat 2047 ☐ State /National Schemes ☐ NEP 2020 ☐ Others ☐
Mode	Off line
Type of Activity	Yoga session
Level	External
Date	19.06.2026

Summary Report

International Yoga Day was celebrated on **19 June 2026** by the **National Service Scheme (NSS)**, **Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi**, at the **Adopted Village School, Girisamuthiram**, with the theme **“Yoga for Healthy Ageing.”**

The programme was organized with the objective of creating awareness about the importance of yoga in maintaining physical, mental, and emotional well-being. A total of **145 participants** attended the programme, including **15 NSS volunteers** from the college and **130 school students** from the adopted village school.

The event commenced with an introduction to the significance of International Yoga Day and the benefits of incorporating yoga into daily life. The NSS volunteers actively participated in conducting the programme and demonstrated various **basic yoga asanas** aimed at improving **memory power, concentration, flexibility, and overall health**. The live demonstration included simple and effective yoga postures suitable for students.

The school students enthusiastically followed the instructions and performed the yoga asanas along with the NSS volunteers. The interactive session helped the participants understand the correct techniques and health benefits of each posture. Awareness was also created regarding stress management, healthy ageing, and the role of yoga in developing a balanced lifestyle.

The programme successfully encouraged the students to adopt yoga as a regular practice for enhancing their physical fitness and mental wellness. The active involvement of the NSS volunteers and the enthusiastic participation of the school students made the event informative and impactful.

The celebration concluded with a vote of thanks, reinforcing the message that regular yoga practice contributes to a healthier and happier future.

This programme primarily contributed to **SDG 3: Good Health and Well-being** by promoting yoga as a holistic practice for improving physical fitness, mental well-being, emotional balance, and healthy ageing. Through live demonstrations and active participation, students learned simple yoga asanas that enhance memory, concentration, flexibility, and stress management, encouraging them to adopt healthy lifestyle habits.

Participants Count: 145 Faculty: 05

Learning Outcome of the Program

- Students understood the importance of yoga for physical, mental, and emotional well-being.
- Participants learned basic yoga asanas that help improve memory power and concentration.
- Students gained awareness about stress management through yoga practices.
- Participants developed interest in adopting yoga as a part of their daily routine.
- NSS volunteers enhanced their leadership, communication, and demonstration skills through community engagement activities.
- The programme promoted awareness of healthy ageing and the importance of maintaining a healthy lifestyle.

Club Coordinator

IQAC Director

Principal
PRINCIPAL
 Marudhar Kesari Jain College
 for Women (Autonomous)
 Vaniyambadi - 635 751.
 Tirupattur District



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS),
VANIYAMBADI**

INTERNATIONAL YOGA DAY CELEBRATION

On

19/06/2026

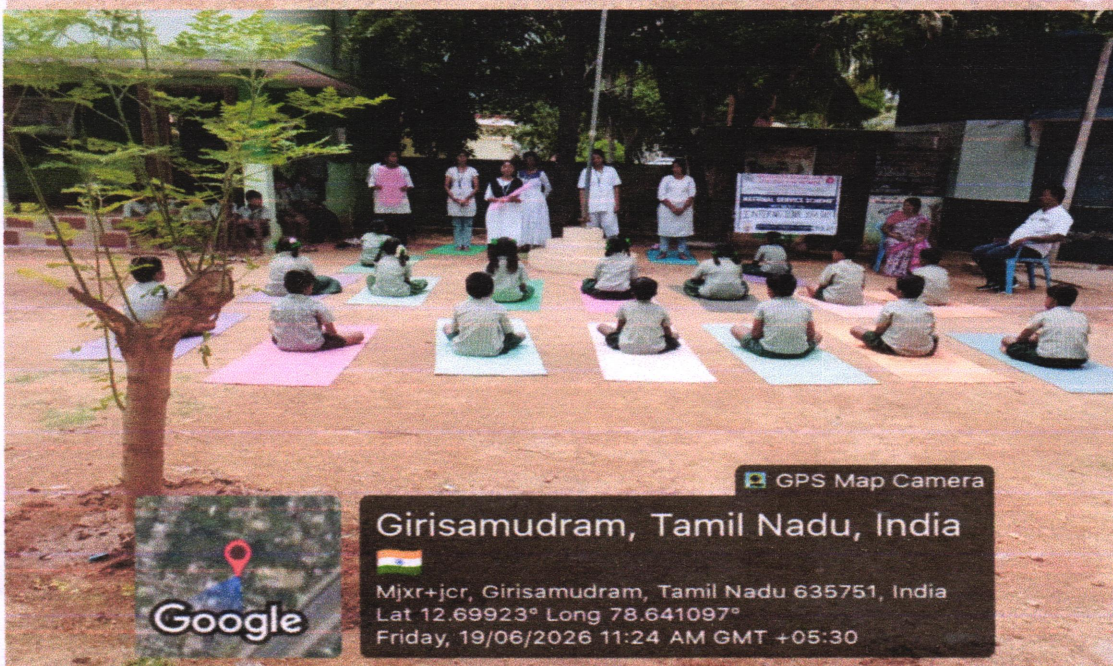
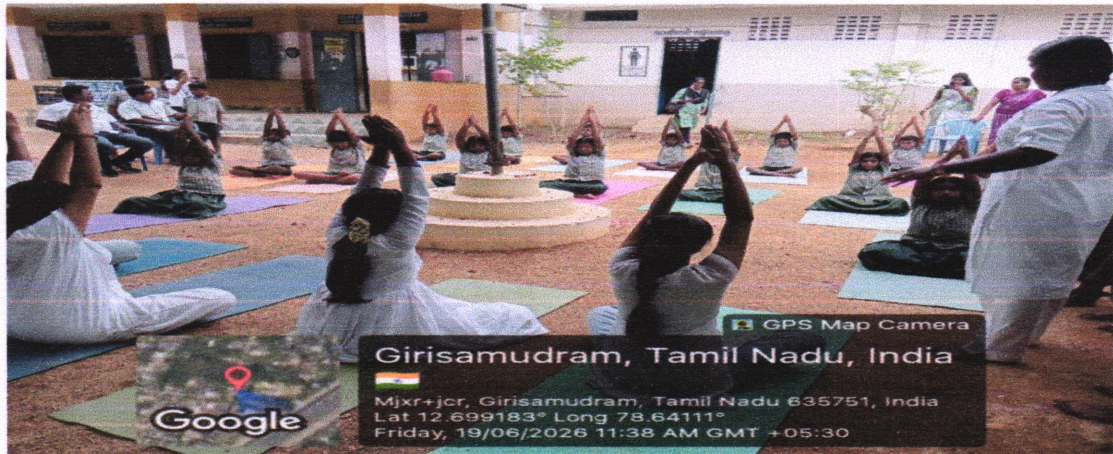
PHOTOS



PRINCIPAL

**Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District**

H. J. J.
Principal



PRINCIPAL
 Marudhar Kesari Jain College
 for Women (Autonomous)
 Vaniyambadi - 635 751.
 Tirupattur District

M. J. J.
 Principal