



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 ON 15.06.2019

REPORT

International Yoga Day at Concordia Higher Secondary School Vaniyambadi on 15.06.2019. Our College 14 NCC Cadets have actively participated in Yoga day. Yoga as a Physical, Mental, and Spiritual Practice. It plays an important role in relaxing the mind and body and boosting people's immune systems. Yoga encourages people to remain active and have a balanced state of Mind.

NCC COORDINATOR

PRINCIPAL
Marudhar Kesari Jain College
for Women
Vanivambadi - 635 751



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PHOTO



T. P. S.

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