



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

VANIYAMBADI, TIRUPATTUR DT - 635 751

- ✓ Recognized u/s 2(f) & 12(B) of UGC Act 1956
- ✓ Permanently Affiliated to Thiruvalluvar University
- ✓ Supported by DST - FIST | DBT STAR College Scheme



Physical Education, NSS & NCC in association with
My Bharat Kendra & Manavala Kalai Trust Tirupattur

Organizes

INTERNATIONAL YOGA DAY CELEBRATION

Date :

20.06.2026

Time :

10.00 am

Venue :

**MKJC
Premises**

CHIEF GUESTS

♦ **Mr. G. Thambi Prabakaran**

♦ **Mr. M. Gowthaman**

My Bharat Kendra-Tirupathur
Dep. of Youth Affairs
Govt of india

♦ **Mrs. K. Gayathri**

♦ **Mrs. K.R. Sangeetha**

♦ **Mrs. K. Mythili**

Sky Assistant professor,

PRINCIPAL
MKJC Trust, Tirupattur

Marudhar Kesari Jain College
for Women (Autonomous)

Sri. V. Dilip Kumar Jain
President

Sri. Anand Singh
Secretary

Dr. M. Inbavalli
Tirupattur District Principal



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN AUTONOMOUS
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 An ISO 21001:2018 Certified
Institution - Accredited with "A+" Grade by NAAC (4th Cycle) - Supported by DST-FIST - DBT STAR College Scheme

DEPARTMENT OF PHYSICAL EDUCATION, NSS, NCC

&

NERA YUVA BHARAT, VELLORE & TIRUPATTUR MANAVALA KALAI TRUST

Jointly organizes

INTERNATIONAL YOGA DAY CELEBRATION

20th JUNE 2026 @ 10.00 am

AGENDA

International Yoga Day Celebration

Date: 20th June 2026

Time: 10.00 a.m.

Prayer

Welcome Address

: Ms. C. Jayasri, AP, Department of English

Felicitation Address

: Dr. M. Inbavalli, Principal

Honouring of the Chief Guests

: Management Members

Introduction of the Chief Guests

: Ms. Nisha Katwal, III B.Sc. Biotechnology

Chief Guest Address I

: Mr. G. Thambi Prabhakaran
District Youth Officer
My Bharat Kendra, Tirupattur
Department of Youth Affairs, Government of India

Chief Guest Address II

: Mrs. K. R. Sangeetha, Dip. Yoga (YBT)
Sky Assistant Professor (Trainee)
Tirupattur Nagar MVKM Trust

Yoga and Meditation Session

Vote of Thanks

: Lt. Dr. M. Charumathy
Associate NCC Officer (ANO)

All are cordially invited

PRINCIPAL

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



MARUDHAR KESARI JAIN
College for Women (Autonomous), Vaniyambadi



Topic: International Yoga Day 2026

Objectives (Input)

- To commemorate International Yoga Day and promote the importance of yoga for physical, mental, and emotional well-being.
- To encourage students and staff to adopt yoga as a part of their daily lifestyle.
- To create awareness about the benefits of yoga, meditation, and healthy living.
- To promote unity, discipline, and holistic wellness among participants.

Methodology (Process)

The Institution celebrated International Yoga Day on 20.06.2026 at the College Ground. The programme was organized with the active participation of 3,000 students and staff members.

The event began with a welcome address, followed by a briefing on the significance of International Yoga Day.

Certified yoga instructors guided the participants through various yoga asanas, breathing exercises (Pranayama), and meditation techniques. All participants performed the yoga session together in a disciplined and peaceful environment.

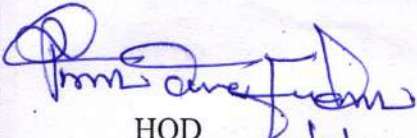
The programme emphasized the importance of maintaining a healthy lifestyle through regular yoga practice and encouraged everyone to continue practicing yoga beyond the event.

Output

- A total of 3,000 students and staff members actively participated in the International Yoga Day celebration.
- Participants successfully performed various yoga asanas, breathing exercises, and meditation under expert guidance.
- The programme created awareness about the importance of physical fitness, mental well-being, and stress management through yoga.

Outcomes

- Participants understood the significance and benefits of yoga in maintaining a healthy lifestyle.
- Students and staff were motivated to practice yoga regularly for physical fitness and mental wellness.
- The programme enhanced awareness of mindfulness, concentration, flexibility, and overall well-being.
- The event promoted discipline, unity, positivity, and healthy living among all participants.
- The celebration contributed to the institution's commitment to promoting holistic health and wellness.


HOD
3/7/26


7/7/26
IQAC Director


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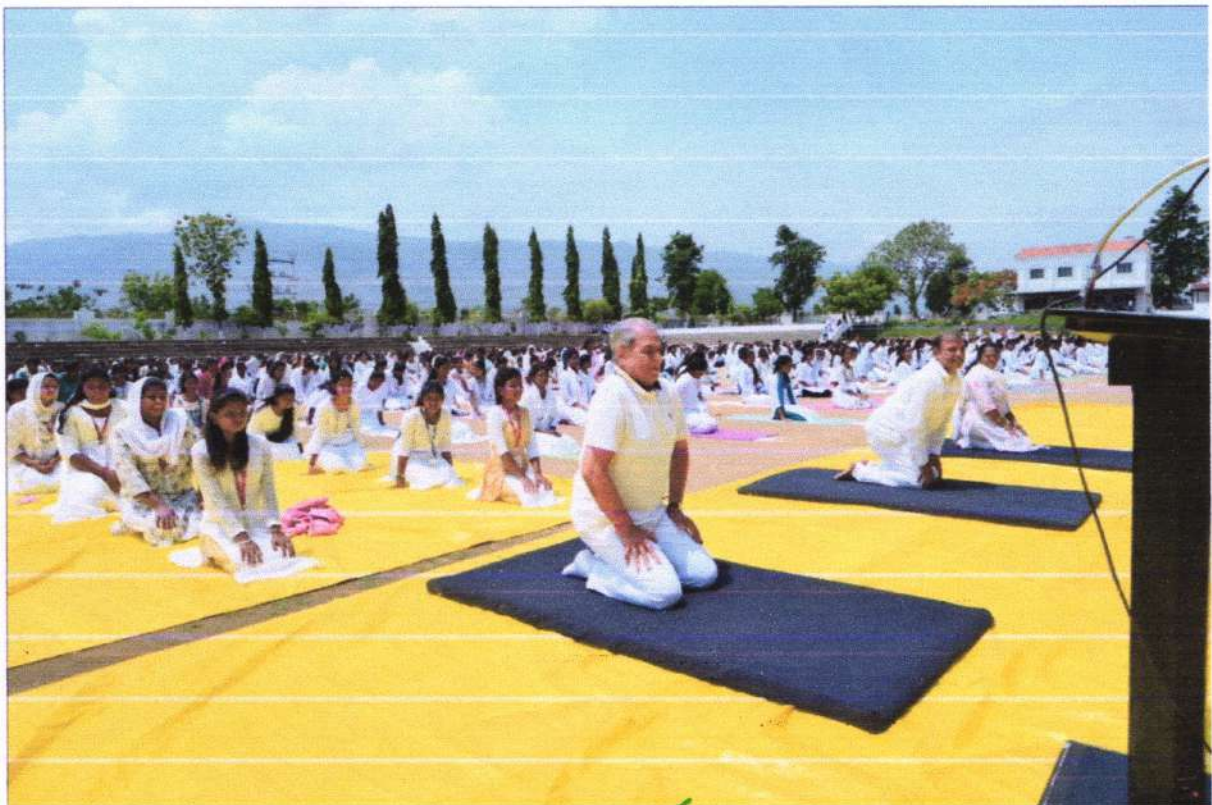
Marudhar Kesari Jain College for Women (Autonomous) Vaniyambadi

Game: International Yoga Day

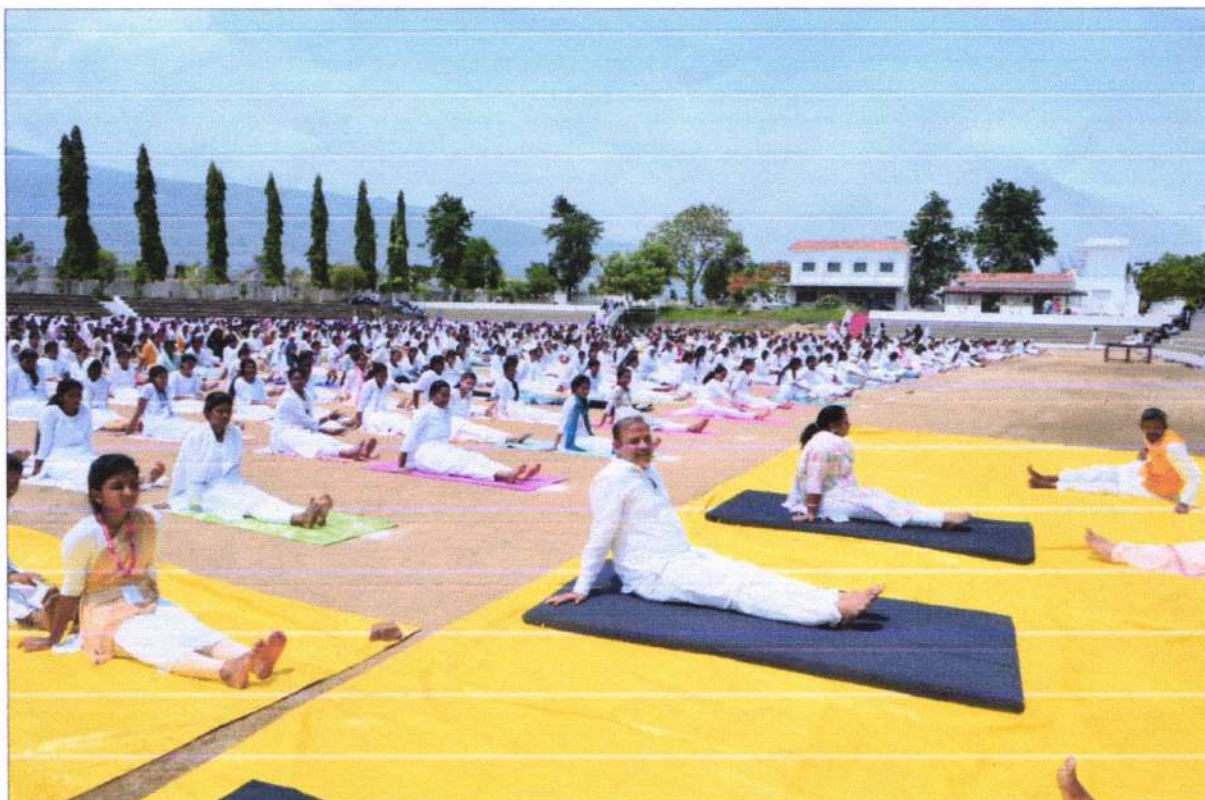
Venue: MKJC Ground

Date: 20.06.2026

Venue: MKJC Ground



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