

NATIONAL SERVICE SCHEME

NOT ME



BUT YOU

“9th INTERNATIONAL YOGA DAY CELEBRATION-2023”

Date & Time: 21.06.2023 & 10.00 a.m

Venue: Chozha Hall

Report

International Yoga Day is celebrated every year on June 21 since 2015 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people’s immune system.

To mark the event of 9th International Yoga Day (IYD-2023), NSS of Kings College of Engineering jointly with Citizen Club and NCC, has successfully celebrated Yoga Day on 21st June, 2023. 150 students participated and got the opportunity to know the basic yoga practices.

The event began with a brief introduction on Yoga Day and welcoming the participants by Mr.G.Dinesh, NSS PO/Unit I. On this occasion, Mr.M.Somasundaram, Yoga Teacher, Thanjavur; Mr.P.Siva Shanmugam, Yoga Teacher and Mr.J.N.Dhamma Srinivas, Yoga Teacher, visited and taught yoga practices. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The guests encouraged the students to practice regularly to remain fit and improve concentration. The event concluded with vote of thanks by Mr. S. Ambalatharasu, NSS PO / Unit II.

Outcome

The students became aware of the benefit of practicing yoga regularly and learned various asanas. They promised to do the practices regularly and create awareness about the importance of yoga among people.


21/06/2023
NSS PROGRAMME OFFICERS


21/6/2023
PRINCIPAL

GLIMSES OF THE EVENT



Mr.G.Dinesh, NSS PO/ Unit I, while welcoming the gathering



Mr.M.Somasundaram, Yoga Teacher, is being honoured by the NSS Programme Officer.



Mr.P.Siva Shanmugam, Yoga Teacher, while presenting on the topic.



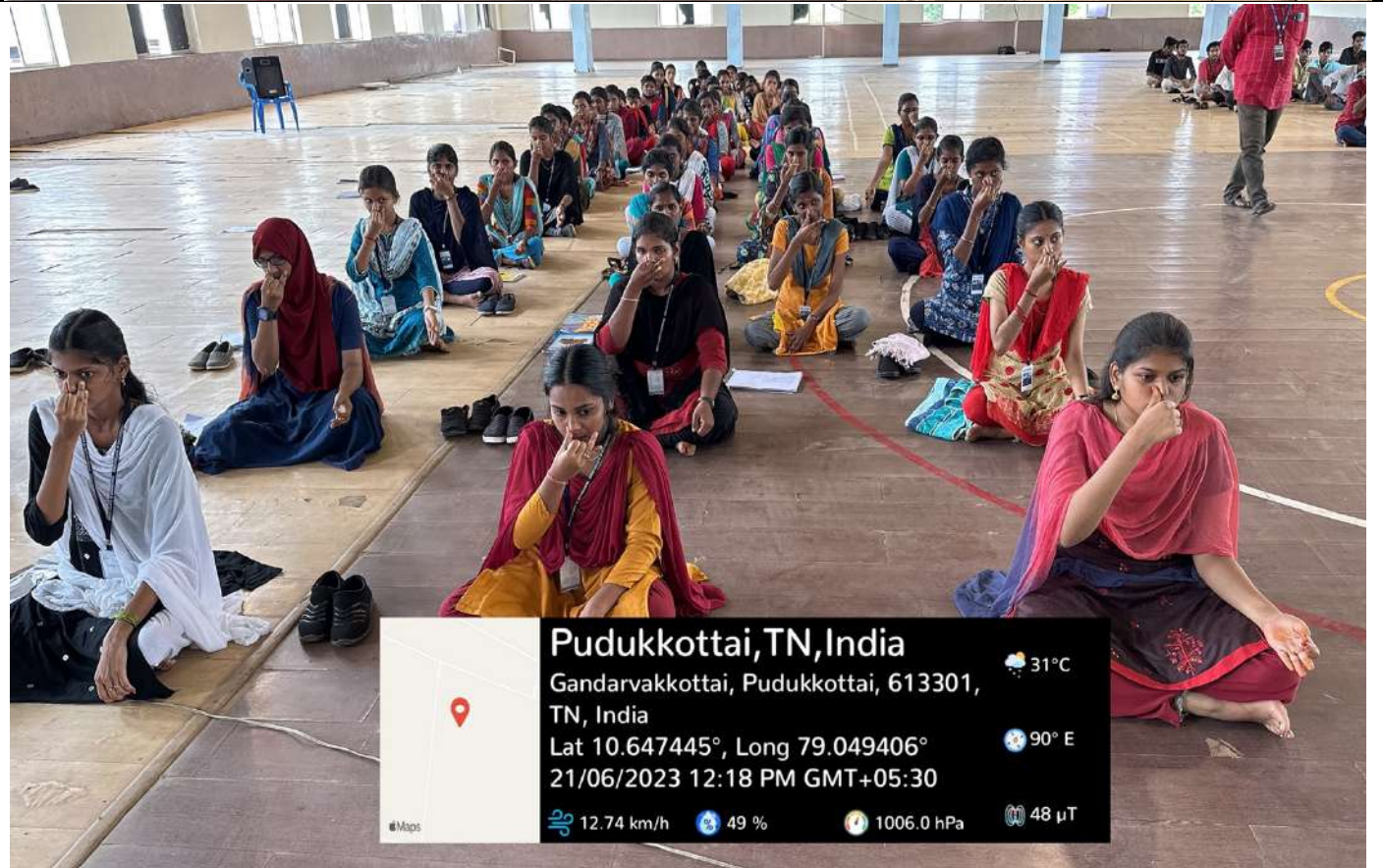
The students, while doing the practice.



Mr.J.N.Dhamma Srinivas, Yoga Teacher, while teaching the asanas.



Mr. S. Ambalatharasu, NSS PO/Unit II, while thanking the gathering



Pudukkottai, TN, India
Gandarvakkottai, Pudukkottai, 613301, TN, India
Lat 10.647445°, Long 79.049406°
21/06/2023 12:18 PM GMT+05:30
12.74 km/h 49 % 1006.0 hPa 48 µT

Students while practicing yoga exercises

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21/06/2023
NSS PROGRAMME OFFICERS

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21/6/2023
PRINCIPAL



KINGS
COLLEGE OF ENGINEERING
Recognised under 2(f) & 12(B) of UGC
Approved by AICTE, New Delhi.
Affiliated to Anna University, Chennai.



INTERNATIONAL DAY OF



2023

Organized by
Citizen Club, NCC & NSS Units

GUEST



Mr. P. Siva Shanmugam M.Sc (Yoga)

Yoga Teacher
Thanjavur

21st JUNE, 2023

10:00 a.m. | Chola Hall (Indoor Stadium)

All are Invited

Dr. G. Shankarakalidoss
Coordinator
Citizen Club

Dr. J. Arputha Vijaya Selvi
Principal

Dr. R. Rajendran
Secretary

INTERNATIONAL YOGA DAY



21.06.2023



Jointly Organized by
Citizen Club & NSS Unit - I & II

