



**A.V.C. COLLEGE OF ENGINEERING**  
Approved by AICTE & Affiliated to Anna University of Chennai  
Accredited by NBA & NAAC 'B++' Grade  
(An ISO 9001:2015 Certified Institution)  
MAYILADUTHURAI, MANNAMPANDAL - 609 305



## YOGA CLUB



Indian Knowledge Systems Cell-AVCCE

## IKS CELL

Jointly Organize



## 10<sup>th</sup> INTERNATIONAL YOGA DAY CELEBRATIONS

We cordially invite you for the International Yoga Day Celebrations

on

21-06-2024 by 10.00 a.m.  
at PEKAK hall

### Invited Guests:

**Mrs. Abirami Anandhakrishnan, M.Sc., B.Ed., M.Phil., M.A. (Yoga Sastra)**

Yoga Protocol Instructor, Kumbakonam.

and

**Mrs. Kala Shankar, M.A.,**

Heartfulness Meditation Trainer, Mayiladuthurai.

*"Quiet the mind and the soul will speak"*

**Mr. S. Rameshwaran**  
*Yoga Club Co Ordinator*  
**Dr. SA. ChithraDevi**  
*IKS Cell Co Ordinator*

**Dr. C. Sundar Raj**  
*Principal*

**Dr. M. Senthilmurugan**  
*Director*



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Mannampandal, Mayiladuthurai District, Tamilnadu - 609 305.



## INTERNATIONAL YOGA DAY

Date: 21.06.2024 – 10.00 AM to 12.00 PM

Venue: PEKAK Hall

### AGENDA

Invocation	: By Students
Welcome Address	: Dr. SA. ChithraDevi IKS Cell Co-Ordinator, Department of EEE
Honoring the Guest	
Presidential Address	: Dr. C. Sundar Raj, M.E., Ph.D., Principal
Felicitation Address	: Dr. M. Senthilmurugan Director (Admin)
Prize Distribution (IKS Cell)	: By Dignitaries on the Dias
Chief guest Address	: Mrs. Abirami Anandhakrishnan, Yoga Protocol Instructor, Kumbakonam.  Mrs. Kala Shankar, Heartfulness Meditation Trainer, Mayiladuthurai
Vote of Thanks	: Mr. S. Rameshwaran Yoga Club Co-Ordinator, Department of Civil.
National Anthem	



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## INTERNATIONAL YOGA DAY' 24

**Date: 21.06.2024 – 10.00 AM to 12.00 PM**

**Venue: PEKAK Hall**

Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress, as healthy populations are more productive, save more, and live longer. A healthy person is a person who is able to serve himself, his nation, and his community.

With this view, AVCCE IKS Cell in association with Yoga club has arranged an International Yoga Day on 21.06.2024 - 10.00 AM onwards @ PEKAK Hall for the UG, PG girls' students and faculty members.

The function started with prayer song by our students.

Dr. SA. Chithradevi, Asso.Prof./EEE and IKS Cell co-ordinator welcomed the gathering.

**Dr. C. Sundar Raj, Principal – AVCCE** delivered the presidential address on the importance of yoga.

**Dr. M. Senthilmurugan, Director (Admin) - AVCCE** Felicitated the function and advised the students follow healthy food habits and advise them to start practicing yoga and meditation a daily practice.

**Mrs. Abirami Anandhakrishnan, Yoga Protocol Instructor, Kumbakonam** instructed the audience with simple yoga practices to avoid shoulder pain and back pain while using computers and advised the students for the minimum usage of mobile phone to reduce the eye disorders.

**Mrs. Kala Shankar, Heartfulness Meditation Trainer, Mayiladuthurai** shared the importance of meditation in today's stressful lifestyle. She guided the audience to do simple meditation practice and advised to practice the same as a daily practice.

The chief guest distributed the prizes and certificates for winners of different events conducted by AVCCE – IKS Cell. Mr. S. Rameshwaran, Asst. Professor/CIVIL proposed the vote of thanks. The function ended with National Anthem.



