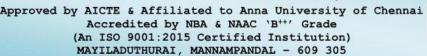
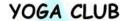


## A.V.C. COLLEGE OF ENGINEERING













IKS CELL
Jointly Organize

#### 10th 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

Dr. M. Senthilmurugan *Director* 



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|Approved by AICTE, New Delhi| |Affiliated to Anna University, Chennai| |Accredited by NBA (Mech, ECE, CSE &EEE) | NAAC with 'B++'Grade (2<sup>nd</sup>Cycle) | | An ISO 9001:2015 Certified Institution|



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.



