

## A.V.C. COLLEGE OF ENGINEERING

Approved by AICTE, Affiliated to Anna University Re-Accredited by NAAC with 'B++' Grade (2<sup>nd</sup> Cycle) An ISO 9001:2015 Certified Institution Mannampandal, Mayiladuthurai,

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24 years of excellence in technical education





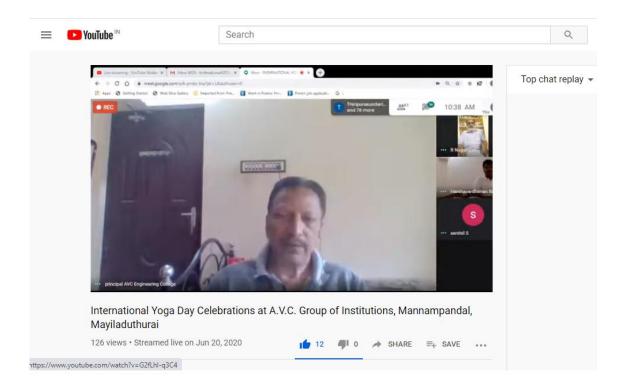
## **YOGA CLUB**

## **Report of International Yoga Day 2020**

A.V.C. College of Engineering celebrated 6<sup>th</sup> International yoga day on 21<sup>st</sup> June 2020 through Google Meet and telecast the same in YouTube Channel. Dr.M.Rajasiman, B.D.S., Teacher, Art of Living, consented to be the chief guest and demonstrated the Yoga Postures assigned by the Ministry of Ayush. Dr. C. Sundar Raj, Principal, A.V.C College of Engineering, gave the presidential address. He stated that "Yoga is an invaluable ancient practice of India and it is a proven art for giving positive impacts on general health". Earlier Mr.S.Senthilnathan Yoga Coordinator welcomed the gathering. Heads of various Departments, faculty members (Teaching & Non-Teaching) and a group of Students were participated. The programme was organized by the Yoga Club of AVC College of Engineering.

YouTube link: <a href="https://www.youtube.com/watch?v=9JigJQhpUL4&feature=youtu.be">https://www.youtube.com/watch?v=9JigJQhpUL4&feature=youtu.be</a>





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