

# Invite You All

MAYILADUTHURAI, MANNAMPANDAL - 609 305



**YOGA CLUB**



Organizes

**9<sup>th</sup> INTERNATIONAL YOGA DAY CELEBRATIONS**

We cordially invite you for the International Yoga Day Celebrations

on

**21-06-2023 by 10.00 a.m**

at PEKAK hall

**Invited Guest**

**Mr.R.Sankar,M.Sc,B.Ed,AMIE,M.B.A**

District Co ordinator,  
Heartfulness Yoga centre,  
Mayiladuthurai.

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

**Mr.S.Rameshwaran**  
*Yoga Club Co ordinator*

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

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



**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)  
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## **9TH INTERNATIONAL YOGA DAY CELEBRATION REPORT**

A.V.C. College of Engineering celebrated 9<sup>th</sup> International yoga day on 21<sup>st</sup> June 2023. Dr. C.SundarRaj, Principal, A.V.C College of Engineering delivered the presidential address and preside over the function. He indicates that “Yoga is the journey of the self, through the self, to the self”. Earlier Ms.R.Geetanjali I MBA, welcomed the gathering. Heads of various Departments, faculty members (teaching & Nonteaching) and a group of Students participated. Mr.R.Sankar, M.Sc, B.Ed, M.B.A, District Co ordinator, Heartfulness yoga centre, Mayiladuthurai and Mr.V.Poyyamozhi Zonal Co ordinator, Heartfulness yoga centre, Thanjavur, demonstrated the Yoga Postures and Mr.V.Thirupathi raja, I MBA delivered the vote of thanks. The programme was organized by the Yoga Club of AVC College of Engineering.



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## GLIMPSES OF YOGA DAY 2023



**Presidential Address**



**Honoring the Chief Guest**



**Yoga activities by the Students**



