



A.D.M College For Women (Autonomous)

Nationally Accredited with 'A' Grade by NAAC (Cycle- III)

Nagapattinam - 611 001

Tamil Nadu.



YOGA AND HEALTHY SKILLS

YOGA CLUB 2021- 2022

 **7th INTERNATIONAL
YOGA DAY CELEBRATION**


**1st National LEVEL YOGA
E-CHAMPIONSHIP-2021**

Organised by:
**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**
Dept. of Physical Education,
Nagapattinam.




Patron
Dr A. Anbuselvi
Principal in- ADM College for Women
Nagapattinam


Organizing Secretary
Dr V. Uma
Director of physical Education
Nagapattinam


Chief Judge
Major Dr. N.S. SIVAKUMAR, Associate professor & Head,
Dept of Physical Education, Urumu Dhanalakshmi College, Tiruchirappalli


Dr. A.B. Krishnakumar
General Secretary - YOI - Kuttalam


Judge
Miss. Mudra verma
Yoga Trainer - Mumbai


Judge
Mrs. V. SUMITHA
Yoga Trainer - Chennai


Judge
Mr. Niteshi Jangli
Yoga Trainer - Goa

FOR MORE DETAILS CONTACT
& Send Videos on these whatsapp Nos :
Cell : 9843819922 / 9344721984
E-Mail Id : kotee36@yahoo.com

MINUTES

A.D.M.College for women Nagapattinam Department of Physical Education organized the State level Online Yoga 'E' Championship for **International Day of Yoga Celebration** on 21.06.2021. Dr.R.Anbuselvi, Principal i/c A.D.M.College for Women, Nagappattinam acted as a **Patron** for this competition. Dr.V.Uma Director of Physical Education was the organizing secretary of this event.

We invited Yoga Specialist as judges from various parts of the India

Chief Judge

Major Dr.N.S.Sivakumar – Associate Professor & Head, Department of Physical Education, UrumuDhanalakshmi College, Tiruchirappalli.

Judges

1. Dr.A.B.Krishnakumar General Secretary – YOI – Kuttalam,
2. Mrs.V.Sumitha - Yoga Trainer – Chennai,
3. Miss.Mudraverma - Yoga trainer – Mumbai,
4. Mr.NiteshJangli – Yoga trainer - Goa

All Over the India 520 players participated in this competition. In our Institution 10 players Participated and received document "E' Certificates were distributed for all the participations.

S.no	Name of the Students	Class	Date	Event	Position	Level of the Competition & Place
1	R.Selsiya	III BBA	21.06.2020	Yoga	I Place	State level yoga E Championship Organized by A.D.M.Collge for Women (Autonomous)depar tment of Physical Education celebrated International Yoga Day
2	S.Sneha	II BCom(SF)			I Place	
3	A.Adithya	II BCom(A)			II Place	
4	G.Mathumitha	II BA(His)			I Place	
5	R.Bhuvaneshwari	II BBA			I Place	
6	S.Arthi	II BSc(Zoo)			I Place	
7	S.Durgavaishnavi	II BBA			II Place	
8	K.Subagayathri	II BA(His)			III Place	
9	P.Poovizhi	II BSc(Zoo)			II Place	
10	S.Poovika	II BBA			II Place	

INTERNATIONAL YOGA DAY CELEBRATION

1st NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2021

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss R. SELSIYA

Name of the School / Institution / Club ADM COLLEGE FOR WOMEN, NAGAPATTINAM

Position 1st place (Age group) 18 yrs Participated in the

1st National Level Yoga E-Championship held on 21st June - 2021

Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam

Major. Dr. N.S.Sivakumar
Associate Prof. & Head - Dept. of Physical Education
Ururu Dhanalakshmi College, Trichy

Dr. A.B.Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. V. Uma
Organizing Secretary

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Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss S. SNEHA

Name of the School / Institution / Club ADM COLLEGE FOR WOMEN, NAGAPATTINAM

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Nagapattinam

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Associate Prof. & Head - Dept. of Physical Education
Ururu Dhanalakshmi College, Trichy

Dr. A.B.Krishnakumar
General Secretary - YOI
Mayiladuthurai

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Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss **A. ADITHYA**

Name of the School / Institution / Club **ADM COLLEGE FOR WOMEN, NAGAPATTINAM**

Position **1st place** (Age group) **17 yrs** Participated in the

1st National Level Yoga E-Championship held on 21st June - 2021

Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam

Major. Dr. N.S.Sivakumar
Associate Prof. & Head - Dept. of Physical Education
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This is to certify that Selvan / Selvi / Mr / Miss **G. MATHUMITHA**

Name of the School / Institution / Club **ADM COLLEGE FOR WOMEN, NAGAPATTINAM**

Position **1st place** (Age group) **18 yrs** Participated in the

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This is to certify that Selvan / Selvi / Mr / Miss R. BUVANESHWARI

Name of the School / Institution / Club ADM COLLEGE FOR WOMEN, NAGAPATTINAM

Position 2nd place (Age group) 18 yrs Participated in the

1st National Level Yoga E-Championship held on 21st June - 2021


Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam


Major. Dr. N.S.Sivakumar
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General Secretary - YOI
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This is to certify that Selvan / Selvi / Mr / Miss S. ARTHI

Name of the School / Institution / Club ADM COLLEGE FOR WOMEN, NAGAPATTINAM

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Organised by:

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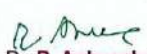
Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

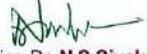
This is to certify that Selvan / Selvi / Mr / Miss S. DURGAVARSHINI

Name of the School / Institution / Club ADM COLLEGE FOR WOMEN, NAGAPATTINAM

Position 2nd place (Age group) 17 yrs Participated in the

1st National Level Yoga E-Championship held on 21st June - 2021


Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam


Major. Dr. N.S. Sivakumar
Associate Prof. & Head - Dept. of Physical Education
Ururu Dhanalakshmi College, Trichy


Dr. A.B. Krishnakumar
General Secretary - YOI
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Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.


This is to certify that Selvan / Selvi / Mr / Miss K. SUBAGAYATHRI

Name of the School / Institution / Club ADM COLLEGE FOR WOMEN, NAGAPATTINAM

Position 2nd place (Age group) 17 yrs Participated in the

1st National Level Yoga E-Championship held on 21st June - 2021


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Principal i/c - ADM College for Women
Nagapattinam


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Associate Prof. & Head - Dept. of Physical Education
Ururu Dhanalakshmi College, Trichy


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General Secretary - YOI
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Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.


This is to certify that Selvan / Selvi / Mr / Miss S. POOVIKA

Name of the School / Institution / Club ADM COLLEGE FOR WOMEN, NAGAPATTINAM

Position 3rd place (Age group) 17 yrs Participated in the

1st National Level Yoga E-Championship held on 21st June - 2021


Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam


Major. Dr. N.S.Sivakumar
Associate Prof. & Head - Dept. of Physical Education
Ururu Dhanalakshmi College, Trichy


Dr. A.B.Krishnakumar
General Secretary - YOI
Mayiladuthurai


Dr. V. Uma
Organizing Secretary

INTERNATIONAL YOGA DAY CELEBRATION

1st NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2021

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

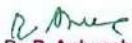
Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.


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Principal i/c - ADM College for Women
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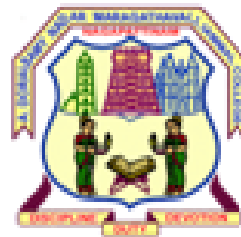
A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS)
NAGAPATTINAM
(Accredited with 'A' Grade by NAAC)
Affiliated to Bharathidasan University
Nagapattinam - 611 001.

Department of Physical Education
HEALTH AND YOGA CLUB

ORGANIZE

SEMINAR ON

"HOW TO FACE THE COMPETITIVE WORLD"



DATE: 17.11.2021

TIME: 11 AM

VENUE: A.V.ROOM

Resource person

Mrs. M. Sowmya

Deputy collector- Trainee
Nagapattinam

All are cordially invited

Dr.V.Uma
Co-ordinator

Dr.R.Anbuselvi
Principal i/c

MINUTES

Department of Physical Education Health Club and Yoga Club organized Motivational Seminar on “How to face the Competitive World” for our College students in A.V room on 17.11.2021. Presidential address was given by Dr.R.Anbuselvi Principal incharge, A.D.M.College for Women Nagapattinam. Chief Guest Ms.M.Sowmiya, Deputy Collector – Trainee, Nagapattinam gave the valuable Speech about how to face the competitive Exam and how to prepare the Exam. More than 400 students participated in this programme. She gave the motivational Speech for the students and how to face the modern world. Dr.V.Uma, Director of Physical Education, Health Club Coordinator organized this programme.



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Nagapattinam

DEPARTMENT OF PHYSICAL EDUCATION

Organize

**YOGA COMPETITION
FOR
SCHOOLS STUDENT IN NAGAPATTINAM
2021 - 2022**



Date : 10.03.2022
Time: 10:00 am
Venue: Indoor Stadium

**Judge
D.ESWARI
M.Com, MBA, M.phil
International Yoga Medalist**

All are cordially invited

Dr.V.Uma
Co-ordinator

Dr.R.Anbuselvi
Principal i/c

MINUTES

Physical Education Department Organized Yoga Competition for various School students in Nagapattinam District. Our Principal was the Patron of this event. Co-ordinator Dr.V.Uma Director of Physical Education, A.D.M.College for Women took step to Conduct the Competition and give Motivation to the students for face the modern world and healthy Living. She spoke few words about our College infrastructure, environment and course detail and College Advertise.

Judge: D.Eswari M.Com, MBA, M.Phil. (International Yoga Medalist) Auditor Nagapattinam.

The Competition held at Indoor Stadium on 10.03.2022 at 10.00 am (42 Players participated from various school students in Nagapattinam District.

Winners were

Junior

- | | | | | |
|---------------|---|--------------------------|---|----------|
| 1. Srimathi.G | - | GHS Thittacherry | - | I Place |
| 2. Pavithra.C | - | GHS Thittacherry | - | II Place |
| 3. Rithika.A | - | NDHS School Nagapattinam | - | II Place |

Senior

- | | | | | |
|-------------|---|--------------------------|---|-----------|
| 1. Sangari | - | GHS Thittacherry | - | I Place |
| 2. Deepika | - | GHS Thittacherry | - | II Place |
| 3. Deethika | - | NDHS School Nagapattinam | - | III Place |
| 4. Yazhili | - | J.J.School Nagapattinam | - | III Place |

A.D.M.College for Women (Autonomous)
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Nagapattinam

Department of Physical Education
YOGA AND HEALTH CLUB
Organizes

International Day of Yoga Celebration

Date: 16.05.2022 to 18.05.2022
Time: 10.30 am
Venue: Indoor Stadium



Resource Person
Dr.S.Pathmanathan
MD.siddha
District Siddha Medical Officer
Govt, District Sidha Hospital
Nagapattinam

Dr.K.Poonkuran
Yoga & Naturopathy Doctor
Government Hospital
Nagapattinam

All the staff members and students are cordially invited

Dr.V.Uma
Co-ordinator

Dr.R.Anbuselvi
Principal i/c

Programme

Prayer song : *Students*

Welcome Address : *Dr.V.Uma*
Director of Physical Education

Presidential Address : *Dr.R.Anbuselvi*
Principal i/c
A.D.M.College for Women

Yoga day Speech : **Dr.S.Pathmanathan**
MD.siddha
District Siddha Medical Officer
Govt, District Siddha Hospital
Nagapattinam

&

Dr.K.Poonkuran
Yoga & Naturopathy Doctor
Government Hospital
Nagapattinam

Yoga Demonstration : *Students*

Vote of Thanks : *P.Souparnika*
II B.A (History)
Sports Secretary

National Anthem

MINUTES

A.D.M.College for Women (Autonomous) Nagapattinam Department of Physical Education organized 3 days Yoga Day Celebration on 16.05.2022 to 18.05.2022 in our college campus at 10.30am. Presidential address was given by Dr.R.Anbuselvi, Principal i/c, A.D.M.College for Women (Autonomous) Nagapattinam, Dr.S.Pathmanathan, MD.siddha, District Siddha Medical Officer, Govt, District Siddha Hospital, Nagapattinam delivered special speech about yoga and fitness. Dr.K.Poonkunran, Yoga & Naturopathy Doctor, Government Hospital, Nagapattinam was given by yoga programme and yoga demonstration for our students. Dr.Aishwariya, Physiotherapy Doctor, Government Hospital, Nagapattinam gave the yoga demonstration for our students. On the second day we invited Dr.Raja, District Sports Office was delivered wonderful speech about yoga and its importance in Morden society. Third day Dr.P.SivagamaSundari participated validity Function. 600 students, Teaching and non teaching staff member participated and benefited by this events. DR.V.Uma Director of Physical Education was the co-ordinator of this programme. Finally our yoga students showed the Yoga Pyramid activity for the student.





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Department of Physical Education
YOGA AND HEALTH CLUB

Organizes

International Day of Yoga Celebration

Date: 1.06.2022

Time: 03.00 pm

Venue: Indoor Stadium



Chief Guest

Mr.Elamaran
Head Master
Kadambadi Middle School,
Nagapattinam

All the staff members and students are cordially invited

Dr.V.Uma
Co-ordinator

Dr.R.Anbuselvi
Principal i/c

MINUTES

A.D.M.College for Women (Autonomous) Nagapattinam Department of Physical Education organized one day Yoga Day Celebration on 02.06.2022 in our indoor stadium at 03.00 pm. Presidential address was given by Dr.R.Anbuselvi, Principal i/c, A.D.M.College for Women (Autonomous). Chief Guest Mr.Elamaran, Head Master, Middle School, Kadambadi, Nagapattinam was delivered the speech about yoga

- Yoga is an ancient and discipline.
- It is related to achieving physical, mental and spiritual health.
- It includes various postures, chants, mantras and meditation.
- It also includes breathing exercises.
- It helps to relax and calm the mind and soul.
- It held to reduce the daily stress level and live a healthier life.
- It ensures that the body functions properly and is illness free.

Mr.Elamaran demonstrates the yoga for the students. 100 students are benefited in this programme. Dr.V.Uma Director of Physical Education was the co-ordinator of this programme. Finally our yoga students showed the Yoga Pyramid activity for the student.





A.D.M. College for Women (Autonomous)
Accredited with 'A' Grade by NCTE
Affiliated to Bharathidasan University
Nagapattinam

Department of Physical Education
Organize

INTERNATIONAL DAY OF YOGA - 2022



Date: 21.06.2022

Time: 10.00 am

Venue: Indoor Stadium

Presidential Address

Dr.R.Anbusevi

Principal i/c

A.D.M.College for Women

Chief Guest

Mr.Elamaran

Head Master

Kadampadi Middle School

Kadampadi

&

Dr.Raja

District sports officer

Nagapattinam

Dr.V.Uma
Coordinator

Dr.R.Anbusevi
Principal i/c

All are cordially invited

MINUTES

A.D.M.College for Women (Autonomous) Nagapattinam Department of Physical Education organized Yoga Day Celebration on 21.06.2022 in our indoor stadium at 10.00 am. Presidential address was given by Dr.R.Anbuselvi, Principal i/c, A.D.M.College for Women (Autonomous). Chief Guest Mr.Elamaran, Head Master, Kadambadi Middle School, Kadambadi, Nagapattinam to deliver the speech about yoga

- Yoga is not a work – out it is a work – in and this is the point of spiritual practice to make us teachable to open up our hearts and focus our awareness. So that we can know what we are already know and be who we already are
- Yoga is a perfect opportunity to be curious about who you are if you doing regular practice.

Mr.Elamaran demonstrates the yoga for the students. Dr.Raja District Sports Office Participated in this event and delivered the Yoga Speech. 500 students are benefited in this programme. Dr.V.Uma Director of Physical Education was the co-ordinator of this programme. Finally our yoga students showed the Yoga Pyramid activity for the student.



Nagapattinam, Tamil Nadu, India

A.D.M. College for Women (Autonomous), No.1, College Road, Nambiyar Nagar, Nagapattinam, Tamil Nadu 611001, India
Lat 10.779231°
Long 79.845446°
21/06/22 10:40 AM



Nagapattinam, Tamil Nadu, India

A.D.M. College for Women (Autonomous), No.1, College Road, Nambiyar Nagar, Nagapattinam, Tamil Nadu 611001, India
Lat 10.779401°
Long 79.845387°
21/06/22 12:01 PM



8th INTERNATIONAL DAY OF YOGA CELEBRATION

2nd National LEVEL YOGA E-CHAMPIONSHIP-2022



Organised by:
**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN (AUTONOMOUS)**
Department of Physical Education,
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Patron
Dr. R. Anbuselvi
Principal, ADM College for Women
Nagapattinam



Organizing Secretary
Dr. V. Uma
Director of physical Education
Nagapattinam



Chief Judge
Dr. V. R. CHINNASAMY B.Sc., M.P.E.S., M.Phil., D.N.Y.S., Ph.D.
(Senior P.G.T.) The Indian School, Kingdom of Bahrain



General Secretary
Dr. A. B. Krishnakumar
General Secretary, YOI, Kuttalam



Judge
Mr. P. S. B. JEGANATHAN
FOUNDER, The Pure Yoga Academy, Thiruvananthapuram



Judge
Dr. P. V. ANANDAKIRAMAN
FOUNDER AND DIRECTOR, The Yoga World Institute, Bangalore



Judge
Mr. NASIR AHMAD WANI
Physiotherapist, Kuttalam, Kerala



8th INTERNATIONAL DAY OF YOGA CELEBRATION

2nd National LEVEL YOGA E-CHAMPIONSHIP-2022



Organised by:
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Department of Physical Education,
Nagapattinam.



Events:

Category 1 : Under 14 (Common) any 5 Asanas within 3 minutes

Category 2 : Under 21 / U 35 / above 35

- * 1 Forward Bending Asana,
- * 1 Backward Bending Asana
- * 1 Balancing Asana
- * 1 Twisting Asana

Each 4 Asanas within 3 minutes duration.

* Date for video recording by coach from 20th JUNE to 30th JUNE 2022.

* Last date of video submission 30th JUNE before 6.00 pm.

* Date of result declaration & E-certificate issue 10th JULY 2022.

Note :

1. The judges decision will be final.
2. E-certificate of Merit/participation will be given to all players.
3. The winners will be selected to International level yoga tournaments.
4. The coaches should send **STUDENT'S NAME, PLACE, AGE, SCHOOL/COLLEGE NAME, COACH NAME, Email ID** with video clips.
5. Dress code -sports pant with Tshirt.
6. The video of performance should be very clear with plain background.
7. The video should be within 3 minutes only, without editing or digital effects.

MINUTES

A.D.M.College for women Nagapattinam Department of Physical Education was organized the 2nd State level Online Yoga 'E' Championship for **International Day of Yoga Celebration** conducting Yoga Competition on 21.06.2022. Dr.R.Anbuselvi, Principal i/c A.D.M.College for Women, Nagappattinam acted as a **Patron** for this competition. Dr.V.Uma Director of Physical Education was the organizing secretary of this event.

We invited Yoga Specialist as judges from various parst of the India

Chief Judge

Dr.V.R.Chinnasamy. B.Sc.,M.P.E.S., M.Phil.,D.N.Y.S.,P.Hd- (Senior P.G.T) The Indian Schoool, Kindomof Bahrain.

Judges

1. Dr.A.B.Krishnakumar General Secretary - YOI - Kuttalam,
2. Rtn.PHF.S.B.Jegamohan - Founder, ThirumularYoga Academy - Thiruvelveli,
3. Dr.PavalaselviJanakiramam, Founder and Director of Yogic Women foundation - Mumbai,
4. Mr.NasirAhamedwani, Phy,Education Teacher - Jammu Kashmir

All Over the India 645 players participated in this competition. In our Institution 10 players Participated and received document "E' Certificates were distributed for all the participations.

S.no	Name of the students	Class	Date	Event	Position	Level of the competition & place
1	R.Jaayashree	II MA (Eco)	21.06.2022	Yoga	I Place	State level yoga E Championship Organized by Yoga Organisation of India &A.D.M.Collge for Women (Autonomous)department of Physical Education, Nagapattinam, Tamilnadu, India
2	T.Sivaranjani	II BA(Eco)			III Place	
3	G.Swetha	II BA (Eco)			III Place	
4	S.Biruntha	II BA(Eco)			II Place	
5	A.Brundha	II BSc(CS)			I Place	
6	S. PriyaDharshini	II BA (Eco)			III Place	
7	B.Bharkavi	III BA(His)			II Place	
8	P.Sowparnica	III BBA			I Place	
9	P.Bakkaiya Lakshmi	II BA (Eco)			II Place	
10	K.Kaviya	II BA(Eco)			III Place	
11	S.Thanushiya	II BA(Eco)			II Place	
12	K.Dhivya	II MA			I Place	

SAMPLE CERTIFICATES

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit

Organised by:
**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**
Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss **R. JAYASHRI**

Name of the School / Institution / Club **ADM COLLEGE FOR WOMAN, NAGAPATTINAM**

Position **I** *(Age group)* **20 yrs** *Participated in the*
2nd National Level Yoga E-Championship held on 10th July - 2022.


Dr. V. Uma
Organizing Secretary


Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai


Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit

Organised by:
**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**
Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss **T. SIVARANJANI**

Name of the School / Institution / Club **ADM COLLEGE FOR WOMAN, NAGAPATTINAM**

Position **III** *(Age group)* **20 yrs** *Participated in the*
2nd National Level Yoga E-Championship held on 10th July - 2022.


Dr. V. Uma
Organizing Secretary


Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai


Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss G. SWETHA

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position III (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal IC - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss S. BIRUNTHA

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position II (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal IC - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION



2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit

Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss A. BRUNDHA

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position I (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION



2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit

Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss S. PRIYA DHARSHINI

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position III (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION



2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit

Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss B. BHARKAVI

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position II (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal Vc - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION



2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit

Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss P. SOWPARANICA

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position I (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal Vc - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss P. BAKKIYA LAKSHMI

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position II (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal (ic - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss K. KAVIYA

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position III (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal (ic - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss S. THANUSHIYA

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position II (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam

INTERNATIONAL YOGA DAY CELEBRATION

2nd NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

Certificate of Merit



Organised by:

**YOGA ORGANISATION OF INDIA &
ADM COLLEGE FOR WOMEN**

Dept. of Physical Education, Nagapattinam. Tamilnadu State, India.

This is to certify that Selvan / Selvi / Mr / Miss K. DHIVYA

Name of the School / Institution / Club ADM COLLEGE FOR WOMAN, NAGAPATTINAM

Position I (Age group) 20 yrs Participated in the

2nd National Level Yoga E-Championship held on 10th July - 2022.

Dr. V. Uma
Organizing Secretary

Dr. A.B. Krishnakumar
General Secretary - YOI
Mayiladuthurai

Dr. R. Anbuselvi
Principal i/c - ADM College for Women
Nagapattinam



A.D.M. College for Women (Autonomous)
Accredited with 'A' Grade by NetafC)
Affiliated to Bharathidasan University
Nagapattinam

Department of Physical Education
Organize

ORIENTATION PROGRAMME
for
Ist Year UG Students - 2022

Date: 24.08.2022

Time: 02.00 pm

Venue: Indoor Stadium

Presidential Address

Dr. R. Anbuselvi

Principal i/c

A.D.M. College for Women (Autonomous)

Chief Guest

Mr. Elamaran

Head Master

Kadampadi Middle School

Kadampadi

Dr. V. Uma
Coordinator

Dr. R. Anbuselvi
Principal i/c

All are cordially invited

MINUTES

A.D.M.College for Women (Autonomous) Nagapattinam organized orientation Programme for all the 1st year UG students held at Indoor stadium on 24.08.2022 in 2.00 pm. Dr.V.Uma, Director of Physical Education to delivered the welcome speech. The Presidential address was given by Dr.R.Anbuselvi Principal i/c A.D.M.College for Women. Chief Guest Mr.Elamaran, Head Master, Kadampadi Middle School, Kadampadi was delivered the valuable speech about Yoga and some yoga demonstration was given to the students. Finally our yoga students were given the yoga pyramid for our UG students.



HEALTH CLUB

A.D.M. College for Women (Autonomous)

*Accredited with 'A' Grade by NCAAC
Affiliated to Bharathidasan University,
Nagapattinam*

Department of Physical Education

HEALTH CLUB

ORGANISE

(COVID - 19 VACCINATION CAMP)



Date : 31.08.2021 to 02.09.2021

Time : 10.00 am

Venue: INDOOR STADIUM

Resource person

Dr. Preethi MBBS

Urban Maruthukethalam PBC

All are cordially invited

Dr.V.Uma

Co - ordinator

Dr.R.Anbusevi

Principal i/c

MINUTES

A.D.M.College for Women Health Club Organized three days Covid – 19 Vaccinations Camp (Above 18 +). It was conducted in our College Campus Indoor Stadium from 31.08.2021 to 2.09.2021. All the students, staffs and public were benefitted through the vaccination camp. Under the guidance of Principal In charge Dr.R.Anbuselvi and coordinator Dr.V.Uma Director of Physical Education organized this camp. Mr.Dr.Arun Thamburaj District Collector Witness the Camp. Dr.Preethi,MBBS, Urban marunthukothalam. Nagapattinam participated in these events. Nearly 320 People were benefitted (Students and Public).



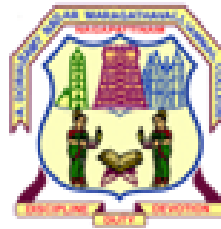
A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS)
NAGAPATTINAM
(Accredited with 'A' Grade by NAAC)
Affiliated to Bharathidasan University
Nagapattinam - 611 001.

Department of Physical Education
HEALTH AND YOGA CLUB

ORGANIZE

SEMINAR ON

"HOW TO FACE THE COMPETITIVE WORLD"



DATE: 17.11.2021

TIME: 11 AM

VENUE: A.V.ROOM

Resource person

Mrs. M.Sowmya
Deputy collector- Trainee
Nagapattinam

All are cordially invited

Dr.V.Uma
Co-ordinator

Dr.R.Anbuselvi
Principal i/c

MINUTES

Department of Physical Education Health Club and Yoga Club organized Motivational Seminar on “How to face the Competitive World” for our College students in A.V room on 17.11.2021. Presidential address was given by Dr.R.Anbuselvi Principal incharge, A.D.M.College for Women Nagapattinam. Chief Guest Ms.M.Sowmya, Deputy Collector – Trainee, Nagapattinam gave the valuable Speech about how to face the competitive Exam and how to prepare the Exam. More than 400 students participated in this programme. She gave the motivational Speech for the students and how to face the modern world. Dr.V.Uma, Director of Physical Education, Health Club Coordinator organized this programme.



A.D.M. College for Women (Autonomous)

Accredited with 'A' Grade by NAAC)

Affiliated to Bharathidasan University

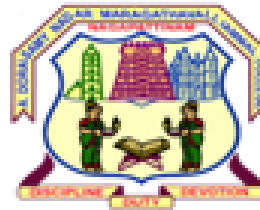
Nagapattinam

Department of Physical Education

Health club

Organize

Covid - 19 vaccination camp



Date: 04.12.2021

Time: 10.00am

Venue: Indoor Stadium

S.Thaiyalnayagi & Team

Staff Nurse

Government hospital

Nagapattinam

All are cordially invited

Dr.V.Uma

Dr.R.Anbuselvi

Co-ordinator

Principal i/c

MINUTES

A.D.M.College for Women Nagapattinam Health Club organized one day Covid – 19 Vaccination Camp (Above – 18 +) in our college indoor stadium on 04.12.2021. All the students, Staff and Public were benefited through the vaccination camp. Under the guidance of Principal incharge Dr.R.Anbuselvi and Co-ordinator Dr.v.Uma Director of Physical Education took effect to organize the camp. S.Thaiyalnayagi, staff nurse & team, Marunthu Kothalam Medical Centre, Nagapattinam participated in this event 139 students and public were benefitted by this camp. Every knew the awareness of vaccination, volunteers came forward and utilized this camp.



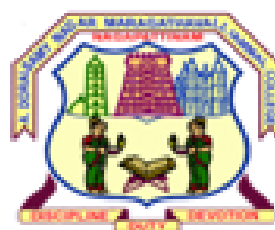
A.D.M. College for Women (Autonomous)
Accredited with 'A' Grade by NAAC)
Affiliated to Bharathidasan University
Nagapattinam

Department of Physical Education

Health club

Organize

Covid - 19 vaccination camp



Date: 11.12.2021

Time: 10.00am

Venue: Indoor Stadium

All are cordially invited

Dr.V.Uma

Co-ordinator

Dr.R.Anbusevi

Principal i/c

MINUTES

A.D.M.College for Women (Autonomous) Nagapattinam Health Club organised one day Covid - 19 Vaccination camp(Above 18 +) in our College campus Indoor Stadium on 11.12.2021. Our college students, Staff and Public Benefitted through the Vaccination camp. By the guidance of Principal Incharge Dr.R.Anbuselvi and co - ordinator Dr.V.Uma Director of Physical Education organized the camp and the staff nurse Government Hospital also participated in these events. 126 stuents and public were benefitted by this camp.



A.D.M. College for Women (Autonomous)

*Accredited with 'A' Grade by NCTE
Affiliated to Bharathidasan University
Nagapattinam*

**DEPARTMENT OF PHYSICAL EDUCATION
HEALTH CLUB**

ORGANIZE

(COVID - 19 VACCINATION CAMP)



Date : 01.03.22
Time : 10.00 am
Venue: INDOOR STADIUM

Dr. Gowbath Marliya & Team

*Vadugacherry
Nagapattinam*

All are cordially invited.

Dr.V.Ums
Co - ordinator

Dr.R.Anbuselvi
Principal i/c

MINUTES

A.D.M.College for Women Health Club Organized two days Covid – 19 Vaccination Camp(below 18 + age group) in our College Campus Indoor Stadium on 01.03.22. Dr.Gowbath Marliya & team, vadugacherry, Nagapattinam to participated and vaccinated the students. All the students, staffs and public were benefitted through the vaccination camp. The Principal In charge Dr.R.Anbuselvi gave guidance to do this camp in a successfully and coordinator Dr.V.Uma Director of Physical Education organized the camp. 200 Students and Public were benefitted in this camp.



A.D.M. College for Women (Autonomous)

*Accredited with 'A' Grade by NCFAC)
Affiliated to Bharathidasan University
Nagapattinam*

**DEPARTMENT OF PHYSICAL EDUCATION
HEALTH CLUB**

ORGANIZE

(COVID - 19 VACCINATION CAMP)



Date : 08.03.22
Time : 10.00 am
Venue: INDOOR STADIUM

*Sivabalan-
Community Mobilizer & Team
Nagore
Nagapattinam*

All are cordially invited

**Dr.V.Uma
Co-ordinator**

**Dr.R.Anbusehvi
Principal i/c**

MINUTES

A.D.M.College for Women Nagapattinam Health Club organized Covid - 19 Vaccination camp (Below 18 years) in our College Campus indoor stadium on 08.03.2022. All the students, staff and Public were benefitted through the vaccination camp. In the guidance of Principal in charge Dr.R.Anbuselvi and Co-ordinator Dr.V.Uma, Director of Physical Education organized the camp. Sivabalan – Community Mobilizer & team, Nagore, Nagapattinam, were participated the vaccination camp. 112 students & Public were benefitted by this camp.



A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS)

NATIONALLY ACCREDITED WITH 'A' GRADE BY NAAC - 5TH CYCLE

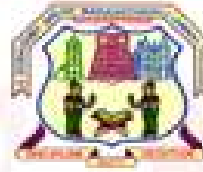
AFFILIATED TO SHARADHADASAN UNIVERSITY

NAGAPATTINAM

HEALTH CLUB

Cordially invite us for

Women's Day Celebration



Venue: A.D.M.College

Date: 18.03.2022

Time: 2.00 pm to 4.00p

Presidential Address

Dr.A.Anbuselvi

Principal

A.D.M.College for Women

Special Speech

PROF.DR.R.V.DHAKSHAYANI MD (PEDIATRICS),^{Dr.}

PEDEPI (PG DIPLOMA IN EPIDEMIOLOGY)

HOD, DEPARTMENT OF PEDIATRICS,

GOVERNMENT MEDICAL COLLEGE, NAGAPATTINAM

And

Mrs.N.Punitha Lakshmi

Asst.Prof of Tamil, ADM College

Dr.V.Uma

Co - ordinator

Dr.R.Anbuselvi

Principal i/c

MINUTES

A.D.M. College for Women (Autonomous) Health Club and All India Medical Council (AIMC) jointly organized Women's Day Celebration. Presidential address was given by Dr.R.Anbuselvi Principal A.D.M.College for Women, Chief Guest Prof.Dr.V.Dhakshayani, MD.(Pediatrics), PGDCPI (PG Diploma in Epidemiology) , HOD Department of Pediatrics, Government Medical College, Nagapattinam gave speech about Women's Health and Women Empowerment enacted as first resource person. Mrs.N.Punithalakshmi was gave the second resource person special speech about Women How to Face in the Modern Society. 10 Doctors in Nagapattinam District Participated the Programme and 400 students Participated in this event.

