



# 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

**7<sup>th</sup> 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

1<sup>st</sup> 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.

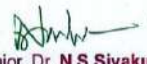
This is to certify that Selvan / Selvi / Mr / Miss R. SELSIYA

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

Position 1<sup>st</sup> place (Age group) 18 yrs Participated in the

**1<sup>st</sup> National Level Yoga E-Championship** held on 21<sup>st</sup> 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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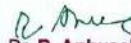
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Name of the School / Institution / Club **ADM COLLEGE FOR WOMEN, NAGAPATTINAM**

Position **1<sup>st</sup> place** (Age group) **17 yrs** Participated in the

**1<sup>st</sup> National Level Yoga E-Championship** held on 21<sup>st</sup> 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  
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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 **1<sup>st</sup> place** (Age group) **18 yrs** Participated in the

**1<sup>st</sup> National Level Yoga E-Championship** held on 21<sup>st</sup> June - 2021

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Principal i/c - ADM College for Women  
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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 2<sup>nd</sup> place (Age group) 18 yrs Participated in the

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

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

Position 2<sup>nd</sup> place (Age group) 17 yrs Participated in the

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Nagapattinam

  
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Associate Prof. & Head - Dept. of Physical Education  
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This is to certify that Selvan / Selvi / Mr / Miss K. SUBAGAYATHRI

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

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

Position 3<sup>rd</sup> place (Age group) 17 yrs Participated in the

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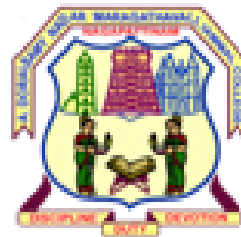
**A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS)**  
**NAGAPATTINAM**  
(Accredited with 'A' Grade by NAAC)  
Affiliated to Bharathidasan University  
Nagapattinam - 611 001.

*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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**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.





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*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



# 8<sup>th</sup> INTERNATIONAL DAY OF YOGA CELEBRATION

## 2nd National LEVEL YOGA E-CHAMPIONSHIP-2022



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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.K.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 Hindu Yoga Academy, Thiruvananthapuram



Judge  
**Dr. P. V. ANANDAKIRAN**  
FOUNDER AND DIRECTOR, The Hindu Yoga Academy, Thiruvananthapuram



Judge  
**Mr. NASIR AHMAD WANI**  
Phy. Educator, Maharaja College, Kashi



# 8<sup>th</sup> 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,  
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 20<sup>th</sup> JUNE to 30<sup>th</sup> JUNE 2022.

\* Last date of video submission 30<sup>th</sup> JUNE before 6.00 pm.

\* Date of result declaration & E-certificate issue 10<sup>th</sup> 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 2<sup>nd</sup> 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**

**2<sup>nd</sup> 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*  
**2<sup>nd</sup> National Level Yoga E-Championship** held on **10<sup>th</sup> 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**

**2<sup>nd</sup> 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*  
**2<sup>nd</sup> National Level Yoga E-Championship** held on **10<sup>th</sup> 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

2<sup>nd</sup> 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

**2<sup>nd</sup> National Level Yoga E-Championship** held on 10<sup>th</sup> 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

2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

## Certificate of Merit



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**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

**2<sup>nd</sup> National Level Yoga E-Championship** held on 10<sup>th</sup> 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



2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

## Certificate of Merit

Organised by:

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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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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



2<sup>nd</sup> 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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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



2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

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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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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



2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

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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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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

2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

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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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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

2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

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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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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

2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

## Certificate of Merit



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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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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

2<sup>nd</sup> NATIONAL LEVEL YOGA E-CHAMPIONSHIP-2022

## Certificate of Merit



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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

2<sup>nd</sup> National Level Yoga E-Championship held on 10<sup>th</sup> 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**  
**I<sup>st</sup> 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 1<sup>st</sup> 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).



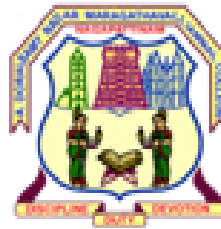
**A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS)**  
**NAGAPATTINAM**  
(Accredited with 'A' Grade by NAAC)  
Affiliated to Bharathidasan University  
Nagapattinam - 611 001.

*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

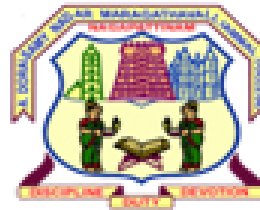
Nagapattinam

*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.



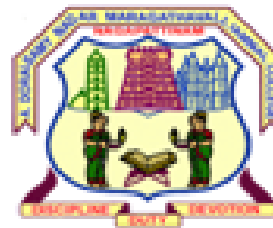
*A.D.M. College for Women (Autonomous)*  
*Accredited with 'A' Grade by NAAC*  
*Affiliated to Bharathidasan University*  
*Nagapattinam*

*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)*

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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)*

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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 - 5<sup>TH</sup> CYCLE

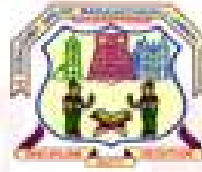
AFFILIATED TO SHARATHIDASAN UNIVERSITY

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),<sup>Dr.</sup>**

**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.

