



# A.D.M. College For Women (Autonomous)

Nationally Accredited with 'A' by NAAC (Cycle- IV)

Nagapattinam - 611 001

Tamil Nadu.



**A.D.M. College for Women (Autonomous)**  
(Nationally Accredited with 'A' grade by NAAC - 3<sup>rd</sup> Cycle)  
Affiliated to Bharathidasan University  
**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 Siddha 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.Anbusevi  
Principal/c

**Programme**

Prayer song : *Students*

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

Presidential Address : *Dr.R.Anbusevi*  
Principal/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.Sowparnika*  
II B.A. (History)  
Sports Secretary

National Anthem



## **ADM COLLEGE FOR WOMEN**

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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.Sivagama Sundari 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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**Nagapattinam**

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



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**Nagapattinam - 611001**

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 to deliver 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.



**Nagapattinam, Tamil Nadu, India**  
A.D.M. College for Women (Autonomous), No.1, College Road, Nambiyar  
Nagar, Nagapattinam, Tamil Nadu 611001, India  
Lat 10.778986°  
Long 79.844856°  
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