



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 - 3rd Cycle)
Affiliated to Bharathidasan University
Nagapattinam

Department of Physical Education
YOGA AND HEALTH CLUB
Yogasiriso

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.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



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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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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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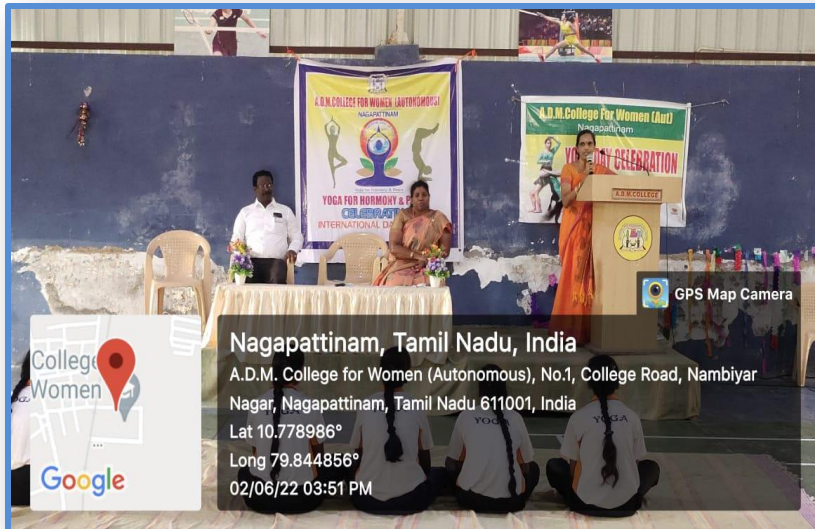
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Nagapattinam - 611001

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°
02/06/22 03:51 PM

GPS Map Camera