

2019-2020

Yoga and Meditation Club has done the following activities to make the students to get aware of yoga and its role in our life. It also helps the students to increase their concentration level. It inculcates the students to discover nature, stability and confidence level in their life.

International Yoga Quiz competition

21.06.2020.

- 756 second year students of our college has participated and got e-certificates for their participation.

St. Mary's College (Autonomous), Thoothukudi
(Re-accredited with A+ Grade by NAAC)



To Celebrate International Day of Yoga
Our College Yoga Team Conducts
An Interdepartmental Yoga Quiz Competition
On **21.06.2020**
(Exclusive for II year UG students of our college)

Instructions

- To take quiz click : <https://forms.gle/KCNYPBj7AJZCT7Q67>
- Link will get opened at 7.30 p.m. and get closed at 9.00 p.m. on 21.06.2020.
- Quiz consists of 25 questions each carrying 4 marks.
- A student can attend the quiz only once.
- E-certificates will be provided through the registered e-mail for those who secure 50% and above.
- Enter your correct details and a valid e-mail id.

Compulsory for the second year students of all the disciplines

Organizing Committee

Chief Patron	Patron	Coordinators
 Rev. Sr. Flora Mary Secretary	 Rev. Dr. Sr. A. S.J. Lucia Rose Principal	Dr. G. Amala Jothi Grace Assistant Professor of Chemistry and Yoga Coordinator Mrs. B. Divya Assistant Professor of Chemistry Dr. F. Mary Priya Assistant Professor of English

Webinar

22.06.2020

Yogavum Valviyal Unmaigalum

- 502 students of our college has attended this webinar and received e-certificates for their participation.
- Sessions:
 1. Prof. Parthasarathy -
 2. Ms. Malathi – SINAM THAVIRTHAL
 3. Ms. Nageswari – UDARPAYIRCHIYIN MUKKIYATHUVAM

Join Zoom Meeting

<https://us02web.zoom.us/j/82300167948?pwd=VIBLNTIwbWNubWpXUU90M2RrMERaUT09>

Meeting ID: 823 0016 7948

Password: 832988





St. Mary's College (Autonomous), Thoothukudi
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College Yoga Team and NCC Unit
Organize
A National Webinar on
"NahfhTk; tho;tpay; czik; fSk;"
in view of International Yoga Day, June 2020
on 22.06.2020

Resource Persons

Prof. Parthasarathy
President & Yoga Therapist
Five Element Yoga Reactive Therapy
Thoothukudi

oz N t kUe;J

Ms. Malathi
Yoga Teacher & Trainer
Thoothukudi MVKM Trust
SKY Centres, Thoothukudi

rpdk; jtpHj; jy;

Ms. Nageswari
Yoga Teacher & Trainer
Thoothukudi MVKM Trust
SKY Centres, Thoothukudi

dw;gapw;rpapd; Kf;fpaj;Jtk;



Time : 10.30AM – 12.30PM Platform : Zoom
To Register click : <https://forms.gle/HKTZrQp2N304PdlLz6> No registration fee
Registration closes on : 21.06.2020 E - certificates will be provided

Organizing Committee

Patron



Rev. Sr. Flora Mary
Secretary

Chairman



Rev. Dr. Sr. A.S.J. Lucia Rose
Principal

Organizing Secretaries

Lt. Dr. F. Mary Priya
Assistant Professor of English and
Associate NCC officer

Dr. G. Amala Jothi Grace
Assistant Professor of Chemistry and
Yoga Coordinator

Mrs. B. Divya
Assistant Professor of Chemistry



St. Mary's College (Autonomous), Thoothukudi

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Certificate of Participation

This is to certify that {{Full Name}} of {{Class and department}} St. Mary's College (Autonomous), Thoothukudi has participated in the webinar on the topic "யோகாவும் வாழ்வியல் உண்மைகளும்" organised in view of International Yoga Day, 2020 by our College Yoga Team and NCC Unit on 22.06.2020.

Dr. G. Amala Jothi Grace

Yoga Coordinator

Lt. Dr. F. Mary Priya

ANO/SMC

Dr. Sr. A.S.J. Lucia Rose

Principal