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 ecertificates for their participation.



Webinar

22.06.2020

Yogavum Valviyal Unmaigalum

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

Join Zoom Meeting

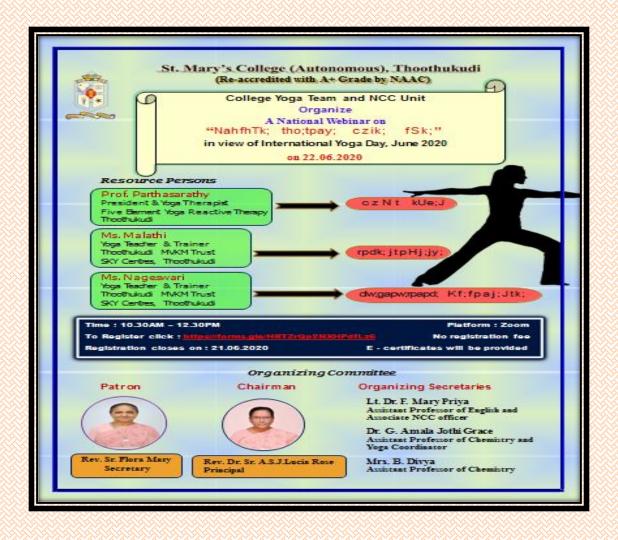
https://us02web.zoom.us/j/82300167948?pwd=VIBLNTIwbWNubWpX

UU90M2RrMERaUT09

Meeting ID: 823 0016 7948

Password: 832988







St. Mary's College (Autonomous), Thoothukudi

(Re-accredited with A+ Grade by NAAC)

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 உண்ணமக் சூம்" 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 Lt. Dr. F. Mary Priya Dr. Sr. A.S.J. Lucia Rose
Yoga Coordinator ANO/SMC Principal