

#### St. MARY'S COLLEGE (AUTONOMOUS)

(Re – accredited with 'A+' Grade by NAAC – 4<sup>th</sup> Cycle) Thoothukudi – 628001, Tamilnadu, India. (Affiliated to Manonmaniam Sundaranar University)

#### **CENTRE FOR HUMAN EXCELLENCE**

**Yoga and Meditation** 

2021-2022

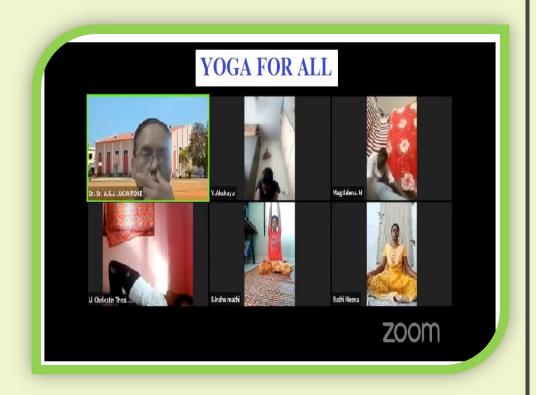
"International Yoga day" was celebrated virtually with the aim "Be with Yoga, Be at Home"

## **Event 1: Yoga for All!**

▶ Principal, faculty and the students attended the session. I and II Year UG actively participated in the celebration by practicing yoga at home by clicking on their videos in the morning at 8. 15 a.m. Students and staff performed various yoga postures and asana enthusiastically. 489 participants (Zoom-253, YouTube 186) attended this event through online mode.

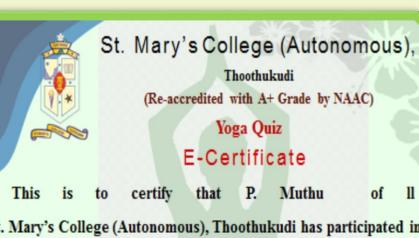






### **Event 2: Online Yoga Quiz**

> An online quiz on yoga was conducted for both I and II year students to motivate them to develop a healthy habit and lifestyle and thereby promote emotional and mental wellbeing in students through yogic practices. 867 students of our college attended this quiz.



This is to certify that P. Muthu of ll BBA St. Mary's College (Autonomous), Thoothukudi has participated in the interdepartmental yoga quiz with 50% organized by our College Yoga Team, Sports Team, NSS Units and NCC Unit on International Yoga Day, 21st June 2021.

Dr. G. Amala Jothi Grace Lt. Dr. F. Mary Priya Dr. Sr. A.S.J. Lucia Rose

Yoga Coordinator NCC Officer Principal

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# **Event 3: Yoga for Health and Well Being**

- As the theme of 2021 Yoga Day is "Yoga for Well-Being", a webinar on "Yoga for Health and Wellbeing" was organized in the evening in which Dr. S. Selvalakshmi, Assistant Professor and Head (i/c), Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai acted as the resource person and addressed the students on yoga and its importance.
- > 475 participants attended this webinar through online mode. (Zoom- 264, YouTube- 210).

