



## **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.**



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Thoothukudi- 628001, Tamil Nadu

"Be with Yoga, Be at Home!"

To celebrate 7th International Day of Yoga (IDY)  
on 21.06.2021

Our College Yoga Team, NCC Unit, NSS Units & Sports Team

Organise

**Events**

- \* **Yoga for All!**  
(Interested faculty & students can participate and do Yoga)
- \* **Online Yoga Quiz Test**  
(For the First & Second year students of all discipline)
- \* **IDY Webinar**

**Timings**

- 8:15 a.m. to 8:45 a.m.
- 9:00 a.m. to 1:00 p.m.
- 3:00 p.m. to 4:30 p.m.



**"Yoga for Health and Well Being"**

**Dr. S. Selsalakshmi,**  
Assistant Professor & Head (i/c), Department of Yoga,  
Tamil Nadu Physical Education & Sports University, Chennai.

**Best Wishes From**

Rev. Sr. Flora Mary  
Secretary

Dr. Sr. A.S.L. Lucia Rose  
Principal

Dr. Sr. C. Shilpaa  
Deputy Principal

**Coordinators**

Dr. C. Amala Jothi Grace  
Asst. Prof. of Chemistry (Yoga Coordinator)  
Dr. B. Divya  
Asst. Prof. of Chemistry  
Dr. E. Mary Priya  
Asst. Prof. of English (NCC Officer)  
Ms. M. Mangalneswari  
Asst. Prof. of English (NSS Officer)

Dr. E. Maria Jeffer Thaya  
Asst. Prof. of History (NSS Officer)  
Dr. N. Sumathi  
Asst. Prof. of English (NSS Officer)  
Dr. V. L. Stella Arputha Mary  
Head, Dept. of Maths (NSS Officer)  
Ms. A. Christy Ananthi Hemalath  
Director of Phy. Education

# YOGA FOR ALL



# YOGA FOR ALL



## 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.



## 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).

