

2022 - 2023

Seminar on Yoga for Women Well – being

25.06.2022

- This event was conducted in view of celebrating International Yoga Day. Dr. N.Sethu, Assistant Professor, Department of Physical Education, Manonmaniam Sundaranar University, and Tirunelveli is the Resource Person. Around 800 students attended the meeting.



Rejigging Programme

20.10.2022 & 21.10.2022



➤ Mr. Jegan, International Renowned speaker from Madurai was the chief Guest. The programme was inaugurated by the principal Dr. A.S.J. Lucia Rose. Both Undergraduate and Postgraduate students were the participants. Madurai Jegan created a package of energy vibes among the youth.



Yoga Training Schedule

- As a part of Curricula, all the second-year students are attending regular yoga training twice a week.

