

2023-2024

International Day of Yoga Celebration

21.06.2023

Event 1: Yoga for All!

- III UG students actively participated in the celebration at 8.45 a.m. in the Indoor stadium. Students performed various yoga postures and asanas enthusiastically. 100 participants attended this event enthusiastically.





Event 2: Painting Competition

Painting competition was organized for all the students with the theme Yoga for Humanity.



Event 3: Quiz

- Students were asked to attend Online Yoga Quiz from 3 p.m to 7p.m

Seminar on Importance of Yoga

23.11.2023 and 24.11.2023

- I B.A English students attended the seminar. Mr. S. Mariappan, Secretary, Sky yoga, Thoothukudi and Mrs. M. Nageshwari, Assistant Professor, Sky Yoga, Thoothukudi were the resource person.







St. Mary's College (Autonomous), Thoothukudi

(Re-accredited with A+ Grade by NAAC)

75 years of Excellence in Education

Yoga Team Organises

Seminar on

Importance of Yoga

Date: 23.11.2023 & 24.11.2023

Resource Person:

M. Nageswari
Assistant Professor
Sky Yoga



Best Wishes From

Rev.Sr.Dr.C.Shibana
Secretary

Rev.Sr.Dr.Jessie Fernando
Principal

Rev.Sr.Dr.Kulandai Therese

Rev.Sr.Josephine Ievarani