



149, GOVERNMENT POLYTECHNIC COLLEGE, VANAVASI – 636 457



REPORT ON INTERNATIONAL YOGA DAY

On 21st June 2024, GPTC, Vanavasi celebrated International Yoga Day. The event was organized by Mr. N. JAGADEESAN, Principal, GPTC Vanavasi, Dr. S. MURUGESAN, Vice Principal, Mr. V.MAHALINGAM, Lecturer in Chemistry/ NSS Coordinator and Mr. M. Vadivel, Lecturer in Mathematics / NSS Coordinator.

INTERNATIONAL YOGA DAY

International Yoga Day is observed every year on June 21 to raise awareness about the ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. Yoga Day is celebrated among the youth and children to make them understand the importance of yoga in their life.

EVENT HIGHLIGHTS

The event began with a brief introduction on Yoga Day by Mr. N. JAGADEESAN, Principal, GPTC, Vanavasi. Afterwards Dr. S. MURUGESAN, Vice Principal, GPTC Vanavasi, explained the importance of Yoga in the life of youngsters. Mr. E. PRAKASH, Lecturer in Physics encouraged students to practice yoga to remain fit and improve concentration. He also explained the importance of breath in meditation. The faculty members and the students of GPTC Vanavasi took part in this event.

All faculties and the students of GPTC, Vanavasi were taught the importance of Yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. Mrs. P. Sonya, Lecturer in Mathematics started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically.

International Yoga Day celebrations ended with a huge success under the supervision of the NSS Committee of GPTC, Vanavasi.

GLIMPSES OF THE EVENT





 **GPS Map Camera**

Salem, Tamil Nadu, India
PVWP+V4R, Salem, Tamil Nadu 636457, India
Lat 11.747719°
Long 77.884707°
21/06/24 03:57 PM GMT +05:30



 **GPS Map Camera**

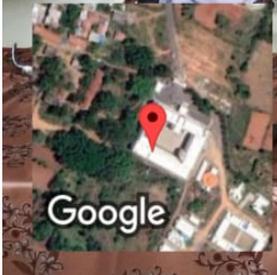
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PVWP+V4R, Salem, Tamil Nadu 636457, India
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