



GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC

Guru Nanak Salai, Velachery, Chennai – 600042.

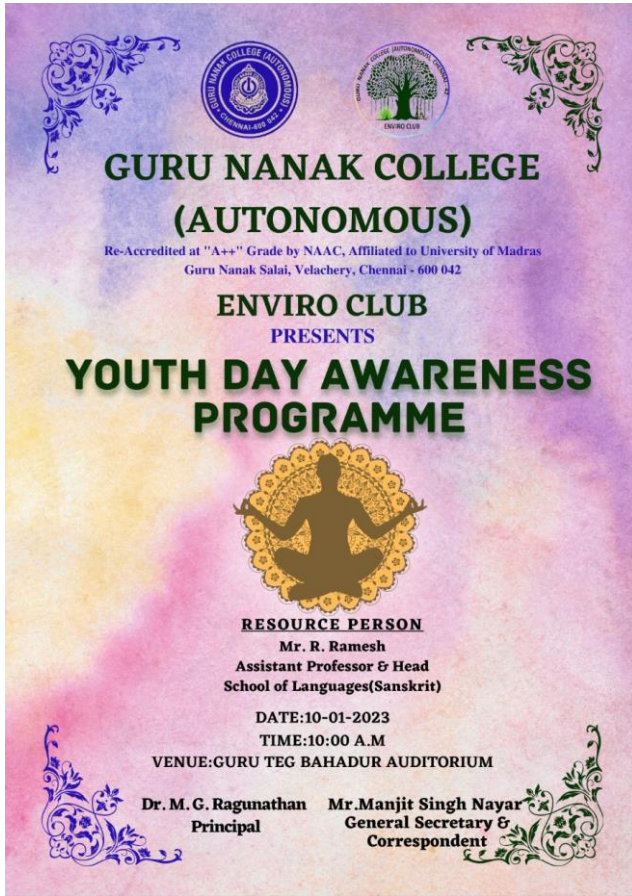
Enviro Club

Event Title	Youth Day Awareness Programme	
Category	Awareness Program	
Date	From: 10.01.2023	To: 10.01.2023
No. of Resource Person	Mr. Ramesh, Assistant Professor, and Head, School of Languages (Sanskrit)	
No. of Participants	63 (12 Faculty + 51 Students)	

Report

A Youth Day awareness programme on the importance of Yoga was organized at the College premises in Guru Teg Bhahadur Auditorium on 10.01.2023. at 10.00 AM. The aim of organizing this Yoga awareness programme by practicing Yoga was to make the Faculty and students acquainted with the benefits of Yogasanas. The programme was attended by 63 participants (12 Faculty + 51 Students). The Resource person Mr. Ramesh, Assistant Professor and Head, School of Languages (Sanskrit) highlighted the importance of Yoga. Sir also practically demonstrated various 'asanas' like Balasana, Setu Bandha Sarvangasana, sukhasana, Utkatasana, Suryanamaskar, Manjarasan, Kapal Bhati, etc, and highlighted their benefits to human life. Thus, the session was beneficial to all the participants. It ended with a vote of thanks.


Invitation



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ENVIRO CLUB
PRESENTS

**YOUTH DAY AWARENESS
PROGRAMME**



RESOURCE PERSON
Mr. R. Ramesh
Assistant Professor & Head
School of Languages(Sanskrit)

DATE:10-01-2023
TIME:10:00 A.M
VENUE:GURU TEG BAHADUR AUDITORIUM

Dr. M. G. Rangunathan
Principal

Mr. Manjit Singh Nayar
General Secretary &
Correspondent

Certificate



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Certificate
of participation

THIS IS TO CERTIFY THAT

HAS ACTIVELY PARTICIPATED IN THE "YOUTH DAY AWARENESS PROGRAMME" HELD ON
10.01.2023 ORGANIZED BY THE ENVIRO CLUB TO MARK THE YOUTH DAY.

Dr. M. G. Rangunathan
Principal

Manjit Singh Nayar
General Secretary & Correspondent

Photos

Enviro club Members with the Resource person



Enviroclub Coordinator Felicitating the Resource person



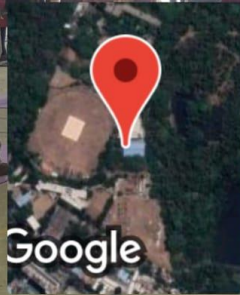
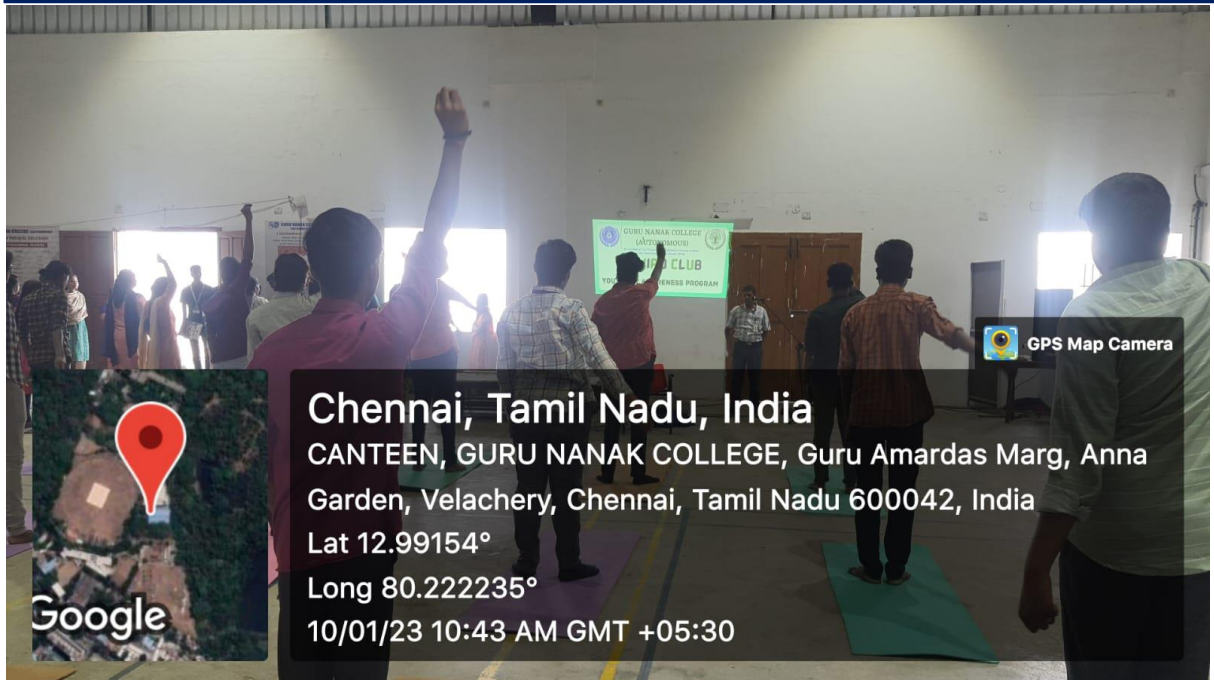
Students actively involved in Youth day Awareness Program



Resource person teaches the practical demonstration in Yoga



Resource person teaches the practical demonstration in Yoga



Chennai, Tamil Nadu, India

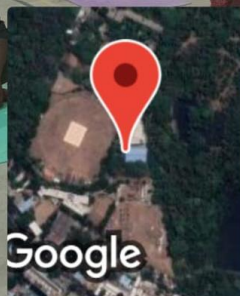
CANTEEN, GURU NANAK COLLEGE, Guru Amardas Marg, Anna Garden, Velachery, Chennai, Tamil Nadu 600042, India

Lat 12.99154°

Long 80.222235°

10/01/23 10:43 AM GMT +05:30

Resource person teaches the practical demonstration in Yoga



Chennai, Tamil Nadu, India

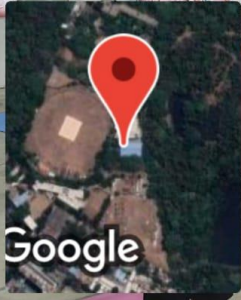
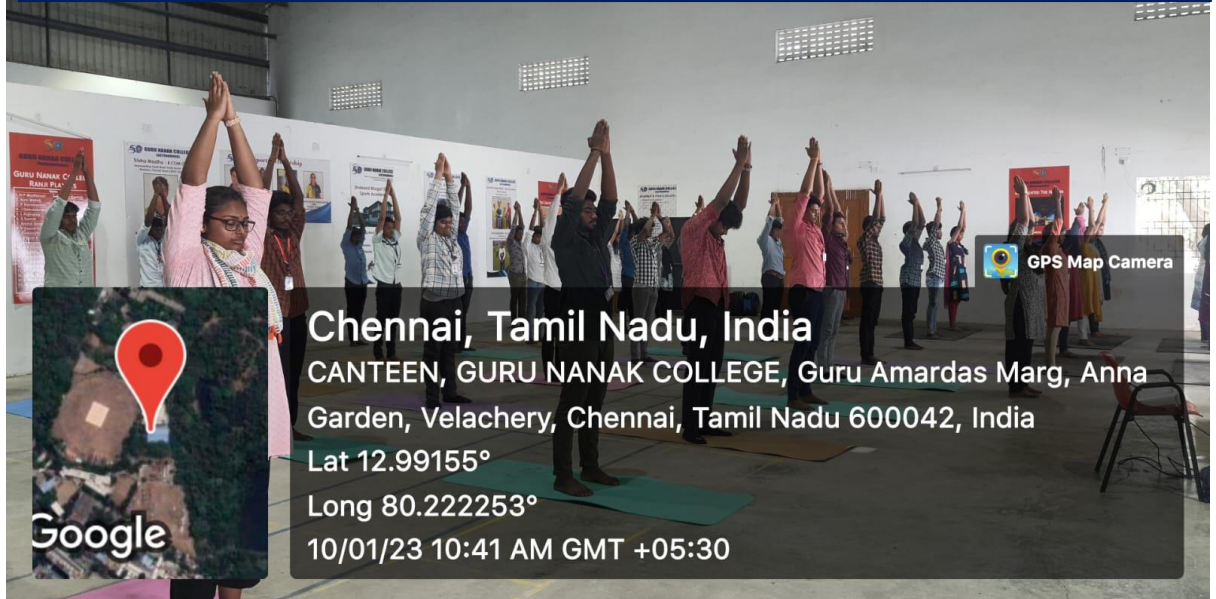
CANTEEN, GURU NANAK COLLEGE, Guru Amardas Marg, Anna Garden, Velachery, Chennai, Tamil Nadu 600042, India

Lat 12.991551°

Long 80.222203°

10/01/23 10:32 AM GMT +05:30

Resource person teaches the practical demonstration in Yoga



Chennai, Tamil Nadu, India

CANTEEN, GURU NANAK COLLEGE, Guru Amardas Marg, Anna
Garden, Velachery, Chennai, Tamil Nadu 600042, India

Lat 12.99155°

Long 80.222253°

10/01/23 10:41 AM GMT +05:30

GPS Map Camera