INTERNATIONAL YOGA DAY CELEBRATED

Morning Session

On behalf of our college National Service Scheme jointly with Thanjavur Vasantham Lion’s club and Thanjavur Manavalakalai Trust celebrated International Yoga Day on 21-06-2019 at Tamilavel Umamaheswaranar Karanthai Arts College, Thanjavur. The College Principal (In-charge) presided over the function. Mrs.Josephine Gnanaoli, Yoga teacher gave a special address to the 300 participants, explaining the benefits of Yogasanas and Meditation in day-to-day affairs Mr.D.Mahadeven, Mr.Purusothaman and Mrs.K.Priya, teachers of Manavalakalai trust, trained the students individually and also professors of the college on the day. Finally, Mr.P.Senthivel, Head, Department of Chemistry proposed the vote of thanks.
Evening Session

In the Evening Session, Mr.K.MANMADHAN, In-charge, Dept. of English, gave the welcome address to the gathering, Dr.U.DURAI, Head, Department of Computer Science gave felicitation.

Yoga guru Thiru.S.K.SATHYAMURTHI acted as chief guest, taught yogasanas to the students as well as professors of the college. Finally, Dr.N.MANIKANDAN, Department of Commerce, delivered the vote of thanks.