

PG Department of Zoology, M.V.Muthiah Government Arts College For Women, Dindigul organized an online National level E POSTER competition in commemoration of International Yoga day June 21 on the theme YOGA for HEALTHY LIFE for college students in our home and other educational Institutions.

The objective of this competition is to motivate the significance of YOGA for well being amid the pandemic period. Yoga exercises will impose a positive impact of relaxation, contentment, happiness and immune augmentation.

A total of 108 students participated in the E poster competition exhibiting their ideas, concepts and opinion in their unique style. Different types of Yoga postures and their benefits have been portrayed by the earnest participants.

Out of 108 participants three outstanding posters were selected and awarded with prize certificates and appreciation record of applause.

E certificates were sent to other participants who exhibited their talents in E POSTER competition.