

Sri Meenakshi Govt Arts College for Women(A), Madurai

National Service Scheme

The NSS unit 53 and 55 of Sri Meenakshi Govt Arts College for Women(A), Madurai organized a **On line Quiz programme** for the students to insist the importance of **International Day for Yoga 2020** from 20/06/2020 to 22/06/2020.

Not Me But You

YOGA

SRI MEENAKSHI GOVT ARTS COLLEGE FOR WOMEN(A), MADURAI - 2

6TH INTERNATIONAL YOGA DAY

ONLINE QUIZ

Organized by
NATIONAL SERVICE SCHEME

Patron
Dr. S. Vanathi
Principal

Organizing Members
Dr. Dr. S. Devibala
NSS Program Officer(unit:53)
Dr.K.Lilly Mary Eucharista
NSS Program Officer(unit:55)

Date
20-06-2020 to 22-06-2020

No Registration fee
E-Certificates will be provided for those who scored above 60%
Click here <https://forms.gle/U4uQcSJSyWhCVkY7A>

Stay Home # Stay Safe

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The following snapshots are the students of SMGAC, Madurai performed asnas in different postures(Both sitting and standing Asnas) and it was circulated to other students to provide an impact on practicing yoga on 6th International Day of Yoga on 21/06/2020

Also we have circulated some Sitting and Standing Asnas Photos to students and their family members. They are also actively participated.

Sitting Asnas



PADMASANA



VAJRASANA



URDHVA PADMASANA



YOGAMUDRA



PADCHIMOTHASANA



PARVATHASANA

Standing Asnas

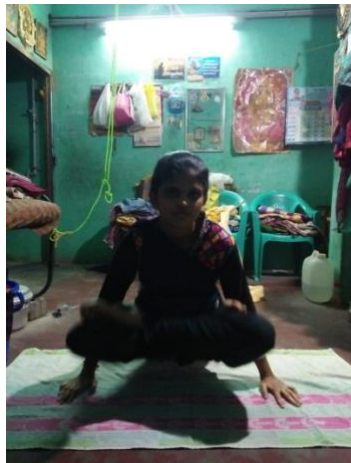


Nearly 200 students and their 136 family members participated in this event .
Some of the NSS Volunteers and their family members practiced asnas in their home



**BADDA KONA
SANA**





All the NSS POs attended the training on **Psycho Social Care during COVID** on 15/06/2020

Dr. S. Devibala NSS PO(Unit No. 53) and Dr. K. Lilly Mary Eucharista NSS PO(Unit No. 55) attended one day ONLINE Workshop on Swacchta Action Plan, SAP for NSS Program officers of Madurai District organized by Mahatma Gandhi National Council of Rural Education on 25/06/2020. The program was very informative . It was Inaugurated by Dr. M. Krishnan, Vice Chancellor, MKU and the following are various topics presented by reputed resource persons.

Resource Persons of the Workshop

Mr. K. Baskaran , Chairman, Industrial Waste Management Association, Chennai – Keynote address

Dr. Mahendranath- Swatchhta Action Plan

Mrs. Priyadharshini- Solid Waste Management

Dr. S. Sankar – Water and Grenary

Mr. Solar Suresh – Energy Conservation

Mr. M. S. Suresh – Voulnteerism as a way of life for Healthy Evviornment

Dr. B S C Naveen Kumar – Jalsakthi Abiyaan – Jaisakthi Campus and Jalsakthi Gram

Dr. A. Bhoomadevi – Who is a volunteer ?

Dr. P. Rajkumar, NSS Program Coordinator

Dr. M. Senthil Kumar, SNO, NSS Tamil Nadu

NSS Volunteers of Unit 53 and 55 attended SAKSHAM – State level Seminar for people with LEPROSY CURED but DEFORMED PERSONS in the topic **Community Based Rehabilitation** on 21/06/2020. Likewise , they attended online webinar on **The Impact of false Declaration of Elimination of LEPROSY** on 28/06/2020.
