



**GANESAR COLLEGE OF ARTS AND SCIENCE**

Accredited with "B" Grade by NAAC

MELASIVAPURI - 622403

**DEPARTMENT OF PHYSICAL EDUCATION**

*Cordially invites you to celebrate*

# INTERNATIONAL YOGA DAY 2021

Pranayama:  
The Power of Breath



**Resource Person**



*"Let's experience the practical session"*

**Mr. A.SELVARAJ**

Yoga Consultant & Therapist  
Founder-Anandha Yoga Foundation,  
Pudukkottai  
selvarajyoga@yahoo.com

All the Students, Staff Members and  
Parents are requested to join the  
International Yoga Day 2021.

**Date: 21-06-2021**

**Time: 08:00 AM – 09:AM**

**Link: <https://meet.google.com/zvd-rjcx-gxq>**

விதைக்கு இயற்கை உரம் போல, மனிதனை  
மேம்படுத்துவது தியானம்.



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## Department of Physical Education

We cordially invite you for the

*Celebration  
of  
International Yoga Day 2021*

On  
“Pranayama: The Power of Breath)”

21<sup>st</sup> June 2021 @ 8:00 AM

**Google Meet:**

**Thiru S.Nagappan M.B.A.,**  
*President, College Committee*

**Dr.V.Palaniyappan M.A.,M.Phil.,Ph.D.,**  
*President, Sanmarga Sabai & Self Finance Wing*

**Thiru.PL.Kannan M.Sc.,**  
*Secretary, College Committee*

**Thiru.S.Sundaram.,**  
*Secretary, Sanmarga Sabai & Self Finance Wing*

will felicitate the occasion

**Thiru.Selvaraj**  
*Traditional Siddha & Yoga Trainer, Tiruchirappalli*

has Kindly Consented to be the Chief Guest

In the presence of  
**Dr.M.Selvaraju Ph.D.,**  
*Principal(i/c), Ganesar College of Arts and Science*

(Z1) WhatsApp x Meet - zvd-rjcx-gxq

meet.google.com/zvd-rjcx-gxq

Apps Basis of Sports Trai... Research Scholarshi... Fun Track Car Race... Centre for Studies IJHPECS Journal Indexing J... 50m Sprint - PE Fit... Indian Council of S... Reading list

Sanjay Krishnan

Turn on camera (ctrl + e)

8:13 AM | zvd-rjcx-gxq

Show hidden icons

8:13 AM 21-Jun-21

(Z1) WhatsApp x Meet - zvd-rjcx-gxq

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Sanjay Krishnan

8:16 AM | zvd-rjcx-gxq

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8:16 AM 21-Jun-21

(22) WhatsApp x TN e-Registration x Meet - zvd-rjcx-gxq x New Tab x Compress PDF - Reduce your x

meet.google.com/zvd-rjcx-gxq

Apps Basis of Sports Trai... Research Scholarshi... Fun Track Car Race... Centre for Studies I... IJHPECS Journal Indexing J... 50m Sprint - PE Fit... Indian Council of S... Reading list

Sanjay Krishnan

Gaya3 Gaya3

14 others

You

9:04 AM | zvd-rjcx-gxq

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Show all

9:04 AM 21-Jun-21

*Sanjay Krishnan*  
Principal