



**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 2023**

Yoga is the Fountain  
of Youth

**Resource Person**



*"Let's experience the  
practical session"*



**Mrs. B. RAJARAJESHWARI**

Yoga Consultant & Therapist

Anandha Yoga Foundation, Pudukkottai  
selvarajyoga@yahoo.com

**Date: 21-06-2023**

**Time: 03:00 PM – 04:00 PM**

All the Students, Staff Members  
and Parents are requested to join  
the International Yoga Day 2023.

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# **GANESAR COLLEGE OF ARTS AND SCIENCE**

(ACCREDITED WITH "B" GRADE BY NAAC)

**MELAISIVAPURI, PONNAMARAVATHY,**

**PUDUKKOTTAI**

**DEPARTMENT OF PHYSICAL EDUCATION**

**INTERNATIONAL YOGA DAY 2023**



**Venue: Ganesar College of Arts and Science,  
Melasivapuri.**

**Date & Day: 21<sup>st</sup> June, 2023 Wednesday**

**Time: 3.00 pm to 4.00 pm**

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## **A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION 2023**

International Yoga Day is observed every year on 21st June in order to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.

### **Below are the different asanas that were performed by the Students**

Different yoga postures like;

Padmasana

Surya Namaskara

Pawan Muktasana

Vrikshasana,

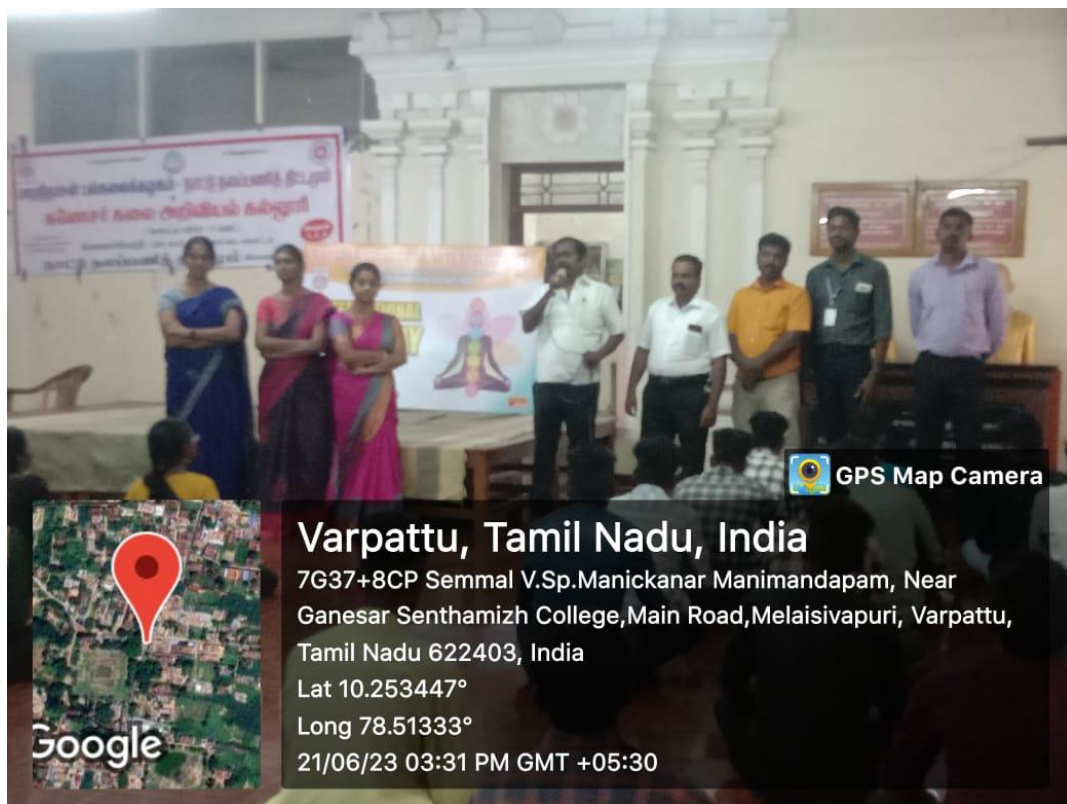
Uttaanaasana,

Trikonaasana,

Bhujangasana

Vajrasana

Pranayama and meditation.



Principal Dr. V.A.Palaniappan guiding the students on 21st June 2023, International Yoga Day.





Students Performing Yogasanas on 21<sup>st</sup> June 2023, International Yoga Day.

*Dr. V.A. Palaniappan*  
 21/06/2023  
**Dr. V.A. PALANIAPPAN**  
 Principal i/c  
**PRINCIPAL**  
**Ganesar College of Arts & Science**  
 MELASIVAPURI - 622 403

*M.S. Suresh Kumar*  
 21/06/2023  
**Dr. M.SURESH KUMAR**  
 Director of Physical Education