

### GANESAR COLLEGE OF ARTS AND SCIENCE

Accredited with 'B' Grade by NAAC Melasivapuri, Ponnamaravathi, Pudukkottai – 622 403

Solicit your esteemed and gracious presence on the occasion of our

# International Yoga day 2024

"Yoga for Self and Society"

# **Chief Guest**



DR. ILANGO. MBBS.,PGD.YOGA, FENM., FOZ.

International Yogacharya.
Teacher for Meditation.
Badrinath. Himalayas.

**Date: 21st June 2024** Time:10.00 am

All are Cordially Invited



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# MELAISIVAPURI, PONNAMARAVATHY, PUDUKKOTTAI.

### DEPARTMENT OF PHYSICAL EDUCATION

## **INTERNATIONAL YOGA DAY 2024**

Venue : Ganesar College of Arts and Science,

Melasivapuri.

Date & Day: 21st June, 2024 Friday

Time : 10.00 am to 11.00 am

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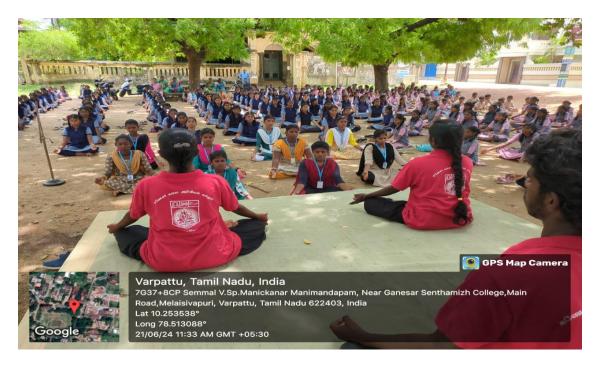
#### A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION 2024

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.

Dr.Ilango, International Yogacharya from Badrinath, Himalayas explained and demonstrated the yoga to the neighbourhood community along with the college students. He insisted the students must practice yoga not only for its familiarities but to taste the real juice of life.







Students Performing Yogasanas on 21st June 2024, International Yoga Day.

#### **Paper News**



PRINCIPAL

Ganesar College Of Arts & Science

MELASIVAPURI - 622 403