



KONGUNADU ARTS AND SCIENCE COLLEGE

(AUTONOMOUS)

Re-accredited by NAAC with A⁺ Grade - 4th cycle,

College of Excellence - UGC

Coimbatore - 641 029, Tamil Nadu, India



The 8th International Yoga Day was commemorated by the students and the teachers of **Kongunadu Arts and Science College** on **21st June 2022** with great zeal and enthusiasm. The Principal **Dr. M.Lekeshmanaswamy** presided over the function and Dean Academics **Dr. S. R. Madhan Shankar** felicitated the gathering in the Programme. The event began with a welcome Address by **Dr.P.K.Kavitha Shri**, Physical Director, KASC. The Chief guest **Prof.Ms.S.Aruna**, Certified Yoga trainer with *The World Community Service Centre, Chennai* gave a very vivid yoga practical session for the Staff members and Students.



Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. She explained the importance of Yoga in the life of youth. She explained that regular practice of Yoga will help the students achieve better mental and physical health.

Yoga demonstrations commenced with the yoga prayer. After which a few warm up exercises and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by Ms.Aruna. She

emphasized the fact that purity of thought increases positivity in a person. Purity of thought creates mentally and physically strong citizens, which further create a positive Nation leading to positive and protective world with brotherhood, peace and harmony. She conducted a 3 minute meditation session for the students and teachers and professed the regular use of meditation in one's life. She encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind.



The function was organised by **Dr.N.Mohanapriya**, Co-ordinator, Yoga and Meditation Centre along with all the Professors and office staff who put in a lot of effort to make the function a success.

