

KONGUNADU ARTS AND SCIENCE COLLEGE (AUTONOMOUS)

Re-accredited by NAAC with A+ grade (4th Cycle) 29th

Rank among Colleges in NIRF 2023

College of Excellence (UGC) Coimbatore

– 641 029

Tamil Nadu, India



YOGA & MEDITATION CENTER



ODD SEMESTER ACTIVITIES

2023-2024



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(AUTONOMOUS)

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Excellence - UGC

Coimbatore-641 029, Tamil Nadu, India

International Yoga Day Celebration 20.06.2023

The 9th International Yoga Day was commemorated by the students and the teachers of Kongunadu Arts and Science College on 20th June 2023. The Principal **Dr. M. Lekshmanaswamy** presided over the function. The event began with a welcome address by **Dr. S. Paulsamy**, Dean R&D, KASC. The Chief guest **Palanikumar**, Hatayoga Teacher, ISHA Foundation gave a very vivid yoga practical session for the Staff members and Students.



Isha Kriya meditation was practiced during the session by the students which help an individual get in touch with the source of his existence, to create life according to his own wish and vision. Nearly 450 students have got benefitted. Finally, **Dr. N. Mohanapriya**, Assistant Professor of Mathematics proposed the Vote of thanks.



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EVEN SEMESTER ACTIVITIES

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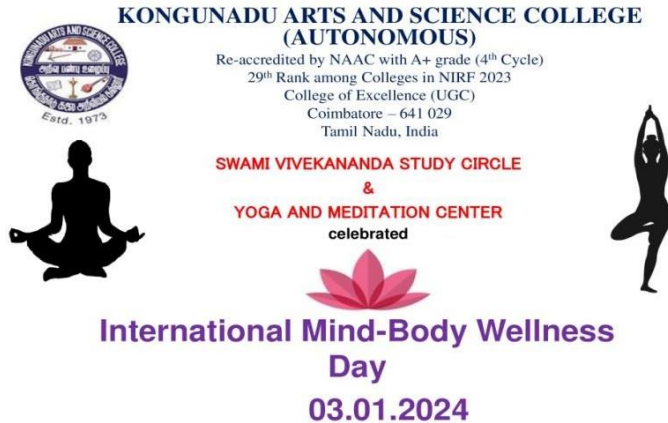
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International Mind-Body Wellness Day (03.01.2024)

Swami Vivekananda Study circle & Yoga and Meditation center of our college jointly celebrated International Body-Mind Wellness Day on 03.01.2024. In this our study circle students were shared their views about the integral relationship between the mind and body. Also shared how our emotions, purpose, spirituality, experiences, goals, beliefs, habits and actions all have an important impact on mind-body harmony and overall health. Totally 15 students have got benefitted.





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YOGA PRACTICAL SESSION (11.12.2023 to 15.12.2023)

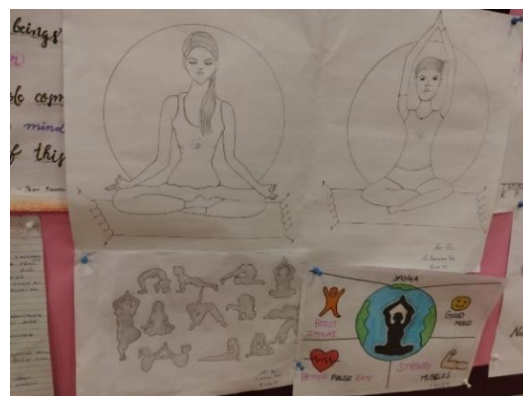
As a part of Moral & Ethics program that would ; ensure development of students wholesome personalities for which Isha Foundation organized a credit course program on Yoga and meditation in the college premises in the presence of college Secretary Dr.C.A.Vasuki and Dr.N.Mohanapriya yoga & meditation center coordinator. The session began with welcome of all by the coordinator followed by the introduction speech about yoga & meditation by Isha Foundation which went as follows:

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'Yoga' is derived from Sanskrit and means union. It has been a practice of Kongunadu college to give importance to Yoga and meditation as it gives several benefits to the students at all levels and brings stability & balance to the human system.



The workshop was conducted by Hatha Yoga teachers trained from Isha Foundation, consists of simple Upa Yoga practices *“Upa-Yoga is a simple yet powerful set of practices that activate the joints, muscles and energy system, bringing ease to the whole system”*

The session was attended by 1200 students amongst whom were male and female students. All enthusiastically participated & looked keen to learn various practices taught by teachers.



Students actively participated in the indoor games and also about 50 students showcased their talents by writing a quote or poem or art work about yoga.



Prizes were distributed to the student's who excelled in showcasing their talents. Volunteers from Isha Foundation and Kongunadu Arts and Science College played a pivotal role in successful execution of this program.

The session was successful one which displayed a great spirit of learning by staff members and students alike.

International Yoga Day Celebration at Bharathiar University Campus:

International Yoga Day Celebration was celebrated at Bharathiar University campus on 21.06.2023. Dr. P. Sathishmohan, NSS Programme Officer with 29 NSS volunteers has participated in this event. Dr. R. Annadurai, NSS Programme Coordinator i/c welcomed the gathering. Dr. K. Murugan Registrar i/c delivered a presidential address. Dr. V. Murugan, have demonstrated some yoga exercise. Finally NSS Coordinator i/c delivered vote of thanks. Finally programme was ended with National Anthem.

