



YOGA CLUB

ACTIVITIES OF 2021 - 2022

THE INTERNATIONAL YOGA DAY- 21st June 2021

“YOGA AWARENESS PROGRAM”

Date: 26th June 2021

Platform: Google meet

The National service scheme (NSS), Department of BBA (CA)& BBA Logistics and Department of Bio-technology is organized online “Yoga Awareness Program” The world is gearing up to observe the seventh International Day of Yoga on 21st June 2021. The chief guest Dr.K.Perumal, Director, Vision Academy, World Community Service centre, Aliyar given live demo about leg exercises, what is meditation, mental frequency, Ashtanga (eight limbs of yoga), Asana, Pranayama, Right hand – Nasika Mudra, Types of yogasanas, Yoga breathing exercise, Types of Yoga and Pledge for Yoga. 101 participants were attended the program.

PHOTO GALLERY

This screenshot shows a Zoom meeting interface. At the top, a notification reads "You have extensions installed that may affect the quality of your call" with "Learn more" and "Dismiss" links. A red "REC" button is visible. Below the notification, it says "K Perumal is presenting". The main video area displays a photo gallery of two individuals, a woman and a man, standing in a room. Behind them is a banner that reads "SKY-MANAVALAKALAI YOGA SIMPLIFIED PHYSICAL EXERCISES WCSS". The Zoom control bar at the bottom shows the time as 11:46 and the meeting ID as "dau-bkfi-xah".

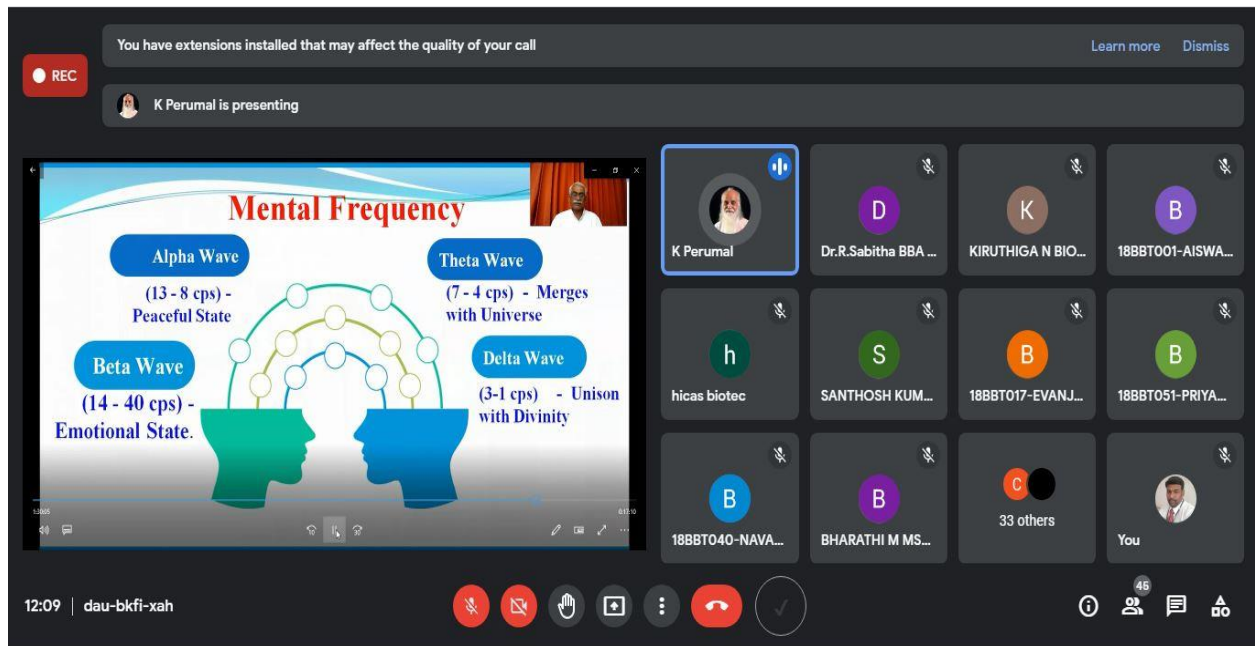
Live Demo of the Hand Exercises

This screenshot shows a Zoom meeting interface. At the top, a notification reads "You have extensions installed that may affect the quality of your call" with "Learn more" and "Dismiss" links. A red "REC" button is visible. Below the notification, it says "K Perumal is presenting". The main video area displays a slide titled "Leg Exercises" with the following bullet points:

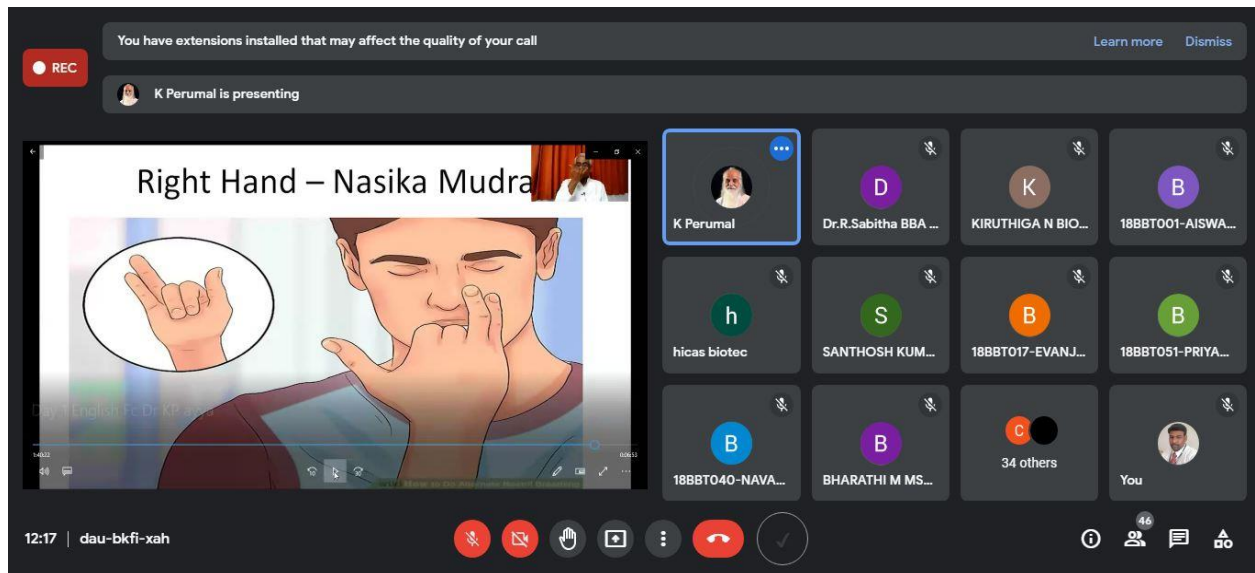
- ❖ Legs are strengthened.
- ❖ Blood circulation gets regulated in all parts of the abdomen.
- ❖ This exercise is curative and preventive for sciatica and arthritis
- ❖ By pressing and massaging the sole and the toes, important organs in the body such as heart, lungs, intestines and brain are activated.

The Zoom control bar at the bottom shows the time as 11:52 and the meeting ID as "dau-bkfi-xah".

Live Demo of the leg Exercises



Dr.K.Perumal teaches the Mental Frequency



Dr.K.Perumal teaches the Right Hand – Nasika Mudra



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PG and Research Department of Biotechnology

association with



Department of BBA (CA)



Jointly organising

YOGA AWARENESS PROGRAMME

ON

"INTERNATIONAL YOGA DAY"

JUNE 21



Dr. K. Perumal
Director
VISION Academy
The world community service center
Aliyar

21.06.2021 | 11.00 AM

LIVE @ DAU-BKFI-XAH

HINDUSTHAN COLLEGE OF ARTS AND SCIENCE (Autonomous)
Coimbatore-641028

YOGA CLUB
NATIONAL SERVICE SCHEME
DEPARTMENT OF BIO-TECHNOLOGY
DEPARTMENT OF BBA (CA) & BBA LOGISTICS
JOINTLY ORGANIZED WITH
INTERNATIONAL YOGA DAY

DATE: 26th JUNE 2021

Platform: Google Meet

AGENDA

Program Schedule:

10.30 am **Prayer Song**

10.40 am **Welcome Address**

Prof.R.THANGAMANI

ASSOCIATE PROFESSOR, Dept of BBACA

Yoga club - Incharge

HINDUSTHAN COLLEGE OF ARTS AND SCIENCE

11.00am **Presidential Address**

Dr.R.SABITHA

DEPARTMENT OF BBA CA & BBA LOGISTICS

HINDUSTHAN COLLEGE OF ARTS AND SCIENCE

11.15am **Chief guest Address**

Dr.K.Perumal

Director

Vision Academy

World Community Service centre

Aliyar.

12.30 Pm **Vote of Thanks**

KARTHIKA.S

Assistant Professor,

Department of Bio-technology

HINDUSTHAN COLLEGE OF ARTS AND SCIENCE