



HINDUSTHAN COLLEGE OF ARTS & SCIENCE

An Autonomous College – Affiliated to Bharathiar University
Approved by AICTE and Govt. of Tamilnadu
Accredited by NAAC- An ISO certified Institution
Hindusthan Gardens, Behind Nava India, Coimbatore-641 028.

YOGA CLUB

REPORT

INTERNATIONAL DAY FOR YOGA

DATE: 21/06/2016

VENUE: D BLOCK SEMINAR HALL

TIME: 2pm – 4 pm

Chief Guests: Mr.P.R.Rajmohan

Yoga Instructor, World Community Service Centre

Ms.V.Premalatha

Assistant Professor in Yoga Training, World Community Service Centre

Yoga is an ancient 5000 years old Indian tradition. Prime Minister Narendra Modi in UNGA proposed to celebrate International Day for Yoga and the same was declared and every year 21st June is being celebrated as International Day for Yoga.

To impart the importance of Yoga to college students, department of BBA(CA) organised to celebrate the International Day for Yoga on 21/06/2016.

Mrs.R.Sabitha, HOD - BBA(CA) welcomed the gathering and inaugurated the session.

Mr.P.R.Rajmohan addressed the students on the importance of yoga in college life. He explained about the importance of yoga and its disciplines such as Pranayama, Physical exercise, Kayakalpam & Accupressure.

Chief Guest Mr.P.R.Rajmohan addressing our students



A practical session was conducted by Mr.P.R.Rajmohan & Ms.V.Premalatha to teach the students the basic asanas for hand, leg, eyes and pranayama. More than 120 students earned fruitful results from this.

Vajrasanam being taught practically to our students by our Chief Guest Mr.P.R.Rajmohan & Ms.V.Premalatha



**Kai payirchi(hand exercise) taught to our students by our Chief
Guests Mr.P.R.Rajmohan & Ms.V.Premalatha**



Mr.R.Thangamani, Assistant Professor, Department of BBA(CA) delivered the vote of thanks.

HINDUSTHAN COLLEGE OF ARTS & SCIENCE
DEPARTMENT OF BBA(CA)

INTERNATIONAL DAY FOR YOGA 2016

Invites you to an International Day for Yoga celebration on
22.06.2016

Inaugural Address
Mrs.R.Sabitha
HOD-BBA(CA)

Chief Guests
Mr.P.R.Rajmohan
Yoga Instructor-World Community Service Centre

Ms.V.Premalatha
Assistant Professor in Yoga Training- World Community Service Centre

Venue: 'D' Block Seminar hall **Time :** 2.00 pm to 4.00pm

INTERNATIONAL DAY FOR YOGA

DATE: 21/06/2018

VENUE: LIBRARY SEMINAR HALL

TIME: 2pm – 4 pm

Chief Guests: Mr.A.Ganesh kumar

Vice President, Siddhapudhur Manavalakalai Mandram
World Community Service Centre

Mrs.T.V.JeyaLakshmi

President, Siddhapudhur Manavalakalai Mandram
World Community Service Centre

In today's fast-paced world our health is always at stake. We are consumed by the activities we do to learn, earn the living and survive. But in all this hassle we forget the importance of taking care of our health. We do not get enough time to do physical exercises and sometimes our daily work drains out all the energy from our body so do not want to do it. Today, it has become crucial to take care of our physical and mental health. And that is when yoga comes into the picture.

The international day of Yoga is celebrated on 21 June across the world. It was started in 2015. The day is observed and celebrated to promote the importance of Yoga and how it helps in the betterment of our life by doing the yoga and meditation. The international yoga day was declared unanimously by the United Nations General Assembly (UNGA). The date 21 June was proposed by Indian Prime Minister **Narendra Modi** in his Un speech as it

is the longest day of the year in the Northern Hemisphere and it has special significance in many parts of the world.

Yoga can be helpful for leading a healthy lifestyle and hence it is importance to make kids aware of yoga in their early life. To promote the importance and benefits of yoga in our life amongst the **students** International Yoga Day should be celebrated in **education** institutes like schools and colleges.

To impart the importance of Yoga to college students, Dept of BBA(CA) organized the program to celebrate the International Day for Yoga on 21/06/2018.

Mrs.R.Sabitha, HOD - BBA(CA) welcomed the gathering and inaugurated the session. Mr.T.Thilip Kumar,Principal (i/c), gave the presidential address.Mr.A.Ganesh kumar addressed the students on the importance of yoga in college life. He explained about the importance of yoga and its disciplines such as Pranayama, Physical exercise, Kayakalpam & Accupressure.

Resource persons



A practical session was conducted by Mr.A.Ganesh kumar & Mrs.T.V.JeyaLakshmi teach the students the basic asanas for hand, leg, eyes and pranayama. More than 120 students earned fruitful results from this. Mr.V.Muthumani Vice President (VISION) Kovai Manavalakalai Mandram Trust, gave the special Address.

Students performing yoga





HINDUSTHAN COLLEGE OF ARTS AND SCIENCE
BEHIND NAVA INDIA
COIMBATORE-641 028

YOGA CLUB

INTERNATIONAL YOGA DAY

21st JUNE 2018

Jointly organized by

WORLD COMMUNITY SERVICE CENTRE

Siddhapudhur Manavalakalai Mandram
Sky yoga of Vedhathiri Maharashi

- Thavam- by**
Arulnithi. T.V. JEYALAKSHMI M.Com, M.A.(Yoga)
President - Siddhapudhur Manavalakalai Mandram
SKY Yoga of Vedhathiri Maharashi
- Welcome Address**
Prof.R.SABITHA
PROFESSOR & HEAD, DEPARTMENT OF BBA(CA)
HINDUSTHAN COLLEGE OF ARTS AND SCIENCE
- Presidential Address**
Dr.T.THILIP KUMAR
PRINCIPAL,(In-Charge)
HINDUSTHAN COLLEGE OF ARTS AND SCIENCE
- Inaugural Address**
Arulnithi.GANESH KUMAR B.E, M.A(yoga)
Proprietor - G K Industries
Vice President of Siddhapudhur
Manavalakalai Mandram,Covai
- Special Address**
Arulnithi. V.MUTHUMANI M.Sc., (Yoga)
Vice President (VISION) Schools Colleges,
Kovai Manavalakkalai Mandram Trust.

&
Arulnithi.R.MOHANRAJ
Secretary (VISION) Siddhapudhur
Manavalakalai Mandram,Covai
- Demonstration of Yoga - Simplified Physical Exercise**

1. Mr. Vignesh 2. Mr. Sadhasivam,
3. Mrs. Kamatchi 4. Mrs. Kavitha.
5.Mr.S.Ramesh 6.R.Manikandan

INTERNATIONAL DAY FOR YOGA

DATE: 21/06/2019

VENUE: "C" SEMINAR Block

TIME: 10am – 1 pm

Chief Guests:

Mrs. THILAGAVATHI., Msc, M.phil, PGDCA.

Digital Signature Services

Mentor- Isha Yoga Foundation

Coimbatore

In today's fast-paced world our health is always at stake. We are consumed by the activities we do to learn, earn the living and survive. But in all this hassle we forget the importance of taking care of our health. We do not get enough time to do physical exercises and sometimes our daily work drains out all the energy from our body so do not want to do it. Today, it has become crucial to take care of our physical and mental health. And that is when yoga comes into the picture.

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is the longest day of the year in the Northern Hemisphere and it has special significance in many parts of the world.

Yoga can be helpful for leading a healthy lifestyle and hence it is importance to make kids aware of yoga in their early life. To promote the importance and benefits of yoga in our life amongst the **students** International Yoga Day should be celebrated in **education** institutes like schools and colleges.

To impart the importance of Yoga to college students, yoga club organised to celebrate the International Day for Yoga on 21/06/2019. Mr.R.Thangamani, Associate Professor, Yoga club – Incharge Hindusthan College of Arts And Science welcomed the gathering, **Dr.A Ponnusamy**, Principal, HICAS gave the presidential address, and inaugurated the programme.

Mrs. Thilagavathi, Mentor-Isha Yoga Foundation addressed the students on the importance of yoga in college life. She explained about the importance of yoga and Demonstrated of Yogic postures for beginners. All students were doing breathing and meditation exercises.

Resource persons



A practical session was conducted by *Mrs. Thilagavathi, Mentor-Isha Yoga Foundation* teach the students the basic asanas for hand, leg, eyes and pranayama. More than 250 students earned fruitful results from this Programme. *Dr.K.Thangavel*, Associate Professor, Department of Electronics, gave the vote of thanks.

Students performing yoga





The programme was organized by Dr.K.Thangavel, Associate Professor, Department of Electronics, Mr.R.Thangamani, Associate Professor /Department of BBA (CA),Mr.S.Prabhu, Assistant Professor, Department of IT, Co-ordinator YRC Club, Dr.V.Balaprakash, Assistant Professor/ Department of Electronics.

INTERNATIONAL DAY FOR YOGA



HINDUSTHAN COLLEGE OF ARTS AND SCIENCE
BEHIND NAVA INDIA
COIMBATORE-641 028

YOGA CLUB

INTERNATIONAL YOGA DAY

21st JUNE 2019

Jointly organized with

YOGA CLUB
&
ISHA YOGA FOUNDATION
COIMBATORE

Welcome Address

Prof.R.THANGAMANI
ASSOCIATE PROFESSOR, Dept of BBACA
Yoga club – Incharge
HINDUSTHAN COLLEGE OF ARTS AND SCIENCE

Presidential Address

Dr.A.PONNUSAMY
PRINCIPAL
HINDUSTHAN COLLEGE OF ARTS AND SCIENCE

Chief guest Address

Mrs. THILAGAVATHI., Msc, M.phil, PGDCA.
Digital Signature Services
Mentor-Isha Foundation
Isha Yoga Center-Coimbatore

Demonstration of Yogic - Simplified Physical Exercise

Vote of Thanks

Dr.K.Thangavel
Associate Professor,
Department of Electronics
HINDUSTHAN COLLEGE OF ARTS AND SCIENCE

THE INTERNATIONAL YOGA DAY - 21st June 2020

Online Course On “Yoga and Meditation”

Date: 10st June 2020 to 25th June 2020

The Yoga Club & Extension Activity - Department of BBA (CA) is organized Online Course on “Yoga and Meditation”. The world is gearing up to observe the sixth International Day of Yoga on 21st June 2020. Together we can break the chain of COVID – 19 and defeat it. The Participants are requested to participate you to n the "The International Yoga Day Online Course 2020" The course includes the video of Yoga breathing exercise for Corona, Types of Yoga , Types of yogasanas and Pledge for Yoga by **Pragyan International University** and **Yoga Video blogging contest - An Initiative by the Govt. of India by The Ministry of Ayush**. The Course, to be conducted online from 10-25th June 2020. More than 400 participants from in and around the nation received the E-Certificates. The course was opened for Faculty/Students/Research Scholars / Industry persons can participate.

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DEPARTMENT OF BBA CA
YOGA CLUB & EXTENSION ACTIVITY

SIXTH INTERNATIONAL YOGA DAY
21ST JUNE 2020

For Registration
Use QR Code

Online Course on "Yoga and Meditation"

Free Registration [click here](#)

https://drive.google.com/open?id=17_18IQne18IAcHL3F6w8UPwvZmRnhQCc3n8wXnM

- ◆ Faculty/Students/Research Scholars / Industry persons can participate
- ◆ Online course link will be available upto 25th JUNE 2020
- ◆ Kindly attend the course and get free E-certificate

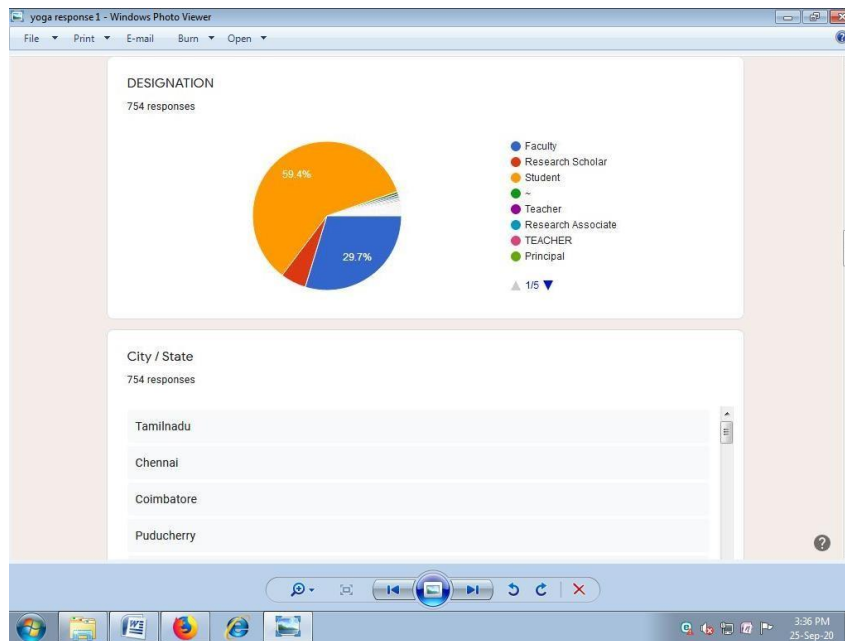
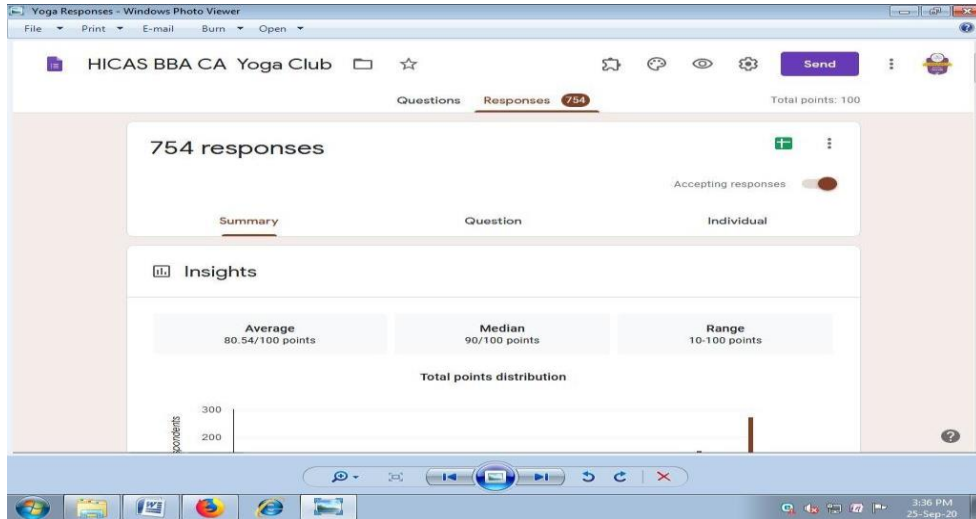
CONDUCTED BY

Mr.R.Thangamani
Associate Professor,
Yoga Club Coordinator

Mrs.J.Joseline Familia
Assistant professor,
Extension Activities Incharge

Dr.R.Sabitha
Professor and Head,
Department of BBA,CA

<https://hindusthan.net/>



Coordinators:

Mrs. J.Joseline Famila, Assistant Professor,Extension Activity - Incharge

Mr.R.Thangamani, Associate Professor, Yoga Club Co-ordinator,

Convenor

Dr.R.Sabitha Professor & Head

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.



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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: 26st 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

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. Below this, a red "REC" button is visible. The main content area is a video player showing a photo gallery of two individuals, a woman and a man, both wearing pink shirts and dark pants, standing in a room. The background features a banner with the text "SKY - MANAVAKALAI YOGA SANSKRITIFIED PHYSICAL EXERCISES" and "WCSC". The video player includes a progress bar and playback controls. At the bottom left, the time "11:46" and the ID "dau-bkfi-xah" are displayed. The bottom right corner contains standard Zoom meeting controls: mute, video, hand raise, chat, and end call.

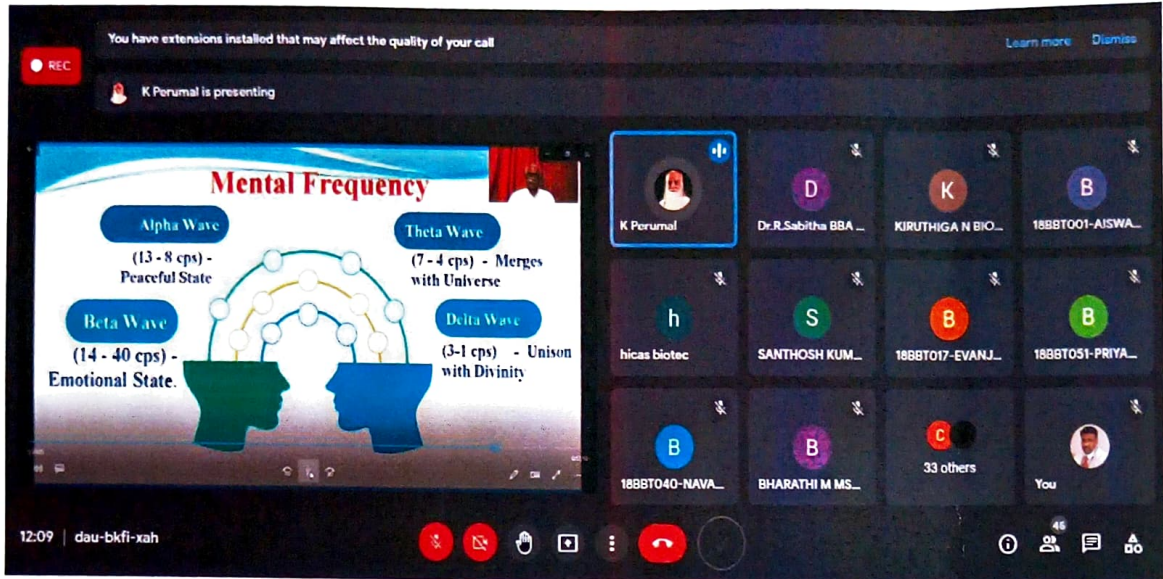
Live Demo of the Hand Exercises

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. Below this, a red "REC" button is visible. The main content area is a video player showing a live demo of hand exercises. A text overlay is present on the video, titled "Leg Exercises" and listing the following benefits:

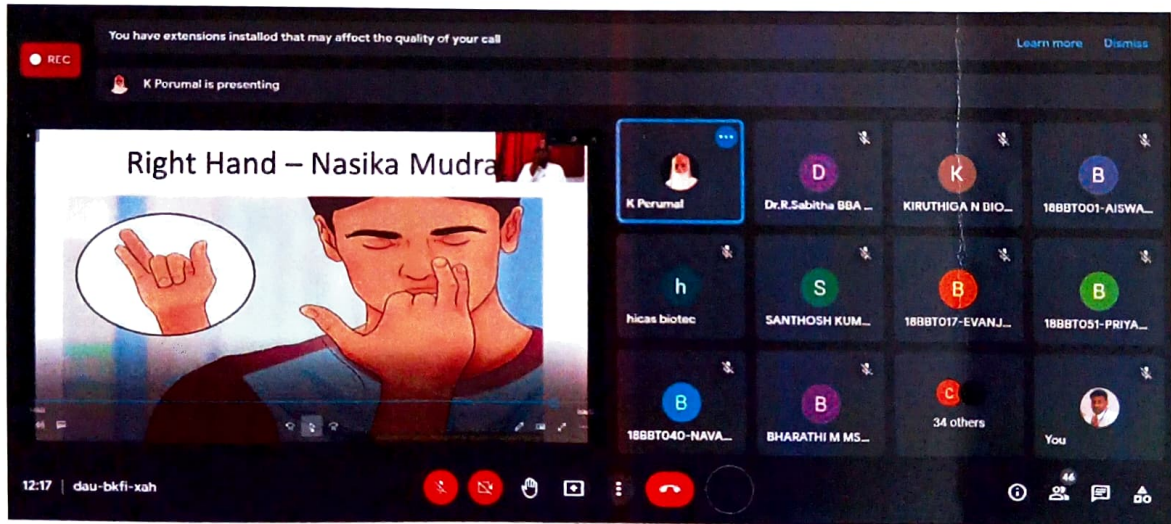
- ❖ Legs are strengthened.
- ❖ Blood circulation gets regulated in all parts of the abdomen.
- ❖ This exercise is curative and preventive for sciatica and arthritis
- ❖ By pressing and massaging the sole and the toes, important organs in the body such as heart, lungs, intestines and brain are activated.

The video player includes a progress bar and playback controls. At the bottom left, the time "11:52" and the ID "dau-bkfi-xah" are displayed. The bottom right corner contains standard Zoom meeting controls: mute, video, hand raise, chat, and end call.

Live Demo of the leg Exercises




Dr.K.Perumal teaches the Mental Frequency



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


COORDINATOR
R. THANGAMANI
R. THANGAMANI
MBA, M.A(Yoga), M.Phil, PhD
Associate Professor
Department of Management
Hindusthan College of Arts and Science
Coimbatore - 641 028


PRINCIPAL
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