

ANNAI VELANKANNI COLLEGE-THOLAYAVATTAM

(Accredited with B++ grade by NAAC)

(Approved by UGC under Section 2(f) & 12(B) Status)

REPORT OF INTERNATIONAL YOGA DAY 2016 – 2017

On 21st June 2016 “ International Yoga Day” was celebrated in Annai Velankannai College, Tholayavattam at 9. 30 a.m. in the Lucas Auditorium. Our principal Dr. S. Maria John started the yoga day program. All the students were participated in the International Yoga Day. The theme of Year was “ Yoga for Unity.”

Our correspondent Rev. Fr. Dr. E. John Kulandai told the information about ‘Yoga day’ and importance of Yoga in our day- today life. Our college president Mr. A. Maria Dhas and our Bursar Mr. B. Alex Johnson Paul felicitated the gathering. Yoga teachers from Isha Yoga Center, Coimbatore guided the students.

The yoga program was good and useful to the students. Yoga day program in charge were Mr.Y.Samson and Mr. V. Christudhas. They conducted the program successfully. We all celebrated the day with eagerness and joy. There were 1700 students participated.


Convener

Mr. Y. Samson



PRINCIPAL
ANNAI VELANKANNI COLLEGE
THOLAYAVATTAM - 629 157
KANYAKUMARI DISTRICT

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REPORT OF INTERNATIONAL YOGA DAY 2017 – 2018


“International Yoga Day” was celebrated in Annai Velankannai College, Tholayavattam, on 21st June 2017 at 9.30 a.m in the Lucas Auditorium. Our principal Dr. S. Maria John started the yoga day program. All the students were participated in the International Yoga Day. The theme of Year was “Peace and Happiness.”

Our correspondent Rev. Fr. Dr. E. John Kulandai told the information about ‘Yoga day’ and importance of Yoga in our day- today life. Our college president Mr. A. Maria Dhas and our Bursar Mr. B. Alex Johnson Paul felicitated the gathering. Yoga teachers from Isha Yoga Center, Coimbatore guided the students.

The yoga program was good and useful to the students. Yoga day program in charge were Mr.Y.Samson and Dr. A. Rejo Jeice. They conducted the program successfully. We all celebrated the day with eagerness and joy. There were 1500 students participated.



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THOLAYAVATTAM - 629 157
KANYAKUMARI DISTRICT




Convenor
Mr. Y. Samson

ANNAI VELANKANNI COLLEGE, THOLAYAVATTAM
YOGA COMMITTEE REPORT FOR THE YEAR 2018-2019

The fourth International Yoga Day was celebrated in our College at founder Correspondent Rev. Fr. Lucas Auditorium on 21.06.2018. The programme was led by Rev. Fr. John Kulandhai, Correspondent of our College. The President and the Bursar of our College were present. Our College Principal Dr J. Johnson started the Yoga training programme. The training was given by Isha Yoga centre Coimbatore members Thru. Senthil Kumar, Thiru Jobin, Thiru Dinesh, Thirumathi. Kavitha and Thirumathi Prabha. 1700 students and 30 staff members participated in the programme. The programme has been conducted at 9.30 A.M to 3.30 P.M.

Two days Yoga Class were conducted for all the second year UG students from 15.10.2018 to 16.10.2018 for the University Exam purpose.


Convener


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REPORT OF INTERNATIONAL YOGA DAY 2018 – 2019

“International Yoga Day” was celebrated in Annai Velankannai College, Tholayavattam, on 21st June 2018 at 9.30 a.m in the Lucas Auditorium. Our principal Dr. J. Johnson started the yoga day program. All the students were participated in the International Yoga Day. The theme of Year was “Health and Happiness.”

Our correspondent Rev. Fr. Dr. E. John Kulandai told the information about ‘Yoga day’ and importance of Yoga in our day- today life. Our college president Mr. A. Maria Dhas and our Bursar Mr. B. Alex Johnson Paul felicitated the gathering. Yoga teachers from Isha Yoga Center, Coimbatore guided the students.

The yoga program was good and useful to the students. Yoga day program in charge were Mr.Y.Samson and Dr. A. Rejo Jeice. They conducted the program successfully. We all celebrated the day with eagerness and joy. There were 1600 students participated.



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CONVENOR

Mr. Y. Samson

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5th International Yoga Day Celebration Report

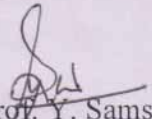
Date : 21-06-2019

Venue : Rev.Fr. Lucas Auditorium

The Annai Velankanni College conducted 5th International Yoga Day Celebration on 21-06-2019. All the ~~PG~~²⁵⁰ students and 17 staff members were participated. The program started at 10.30 am. The welcome address is given by **Prof. Y. Samson**. The YOGA program was inaugurated by our principal **Dr. J. Johnson** in the presence of our college secretary **Rev. Fr. Dr. E. John Kulandai**.

Two volunteers from Isha Yoga centre, Coimbatore **Mr.Dineesh** and **Mrs.Malathi** gave proper guidance for doing yoga to the participants. The students interestingly participated the yoga activities and they need more yoga programs in future. **Dr.Vijayakumar** of Commerce department gave the vote of thanks.

Tholayavattam,
21-06-19.


Prof. Y. Samson,
Co-ordinator


25/6/19
PRINCIPAL
ANNAI VELANKANNI COLLEGE
THOLAYAVATTAM - 629 157
KANYAKUMARI DISTRICT

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REPORT OF INTERNATIONAL YOGA DAY 2019 – 2020


On 21st June 2019 “ International Yoga Day” was celebrated in Annai Velankannai College, Tholayavattam at 9. 30 a.m. in the College Auditorium. Our principal Dr. J. Johnson started the yoga day program. All the students were participated in the International Yoga Day. The theme of Year was “ Yoga for Life.”

Our correspondent Rev. Fr. Dr. E. John Kulandai told the information about ‘Yoga day’ and importance of Yoga in our day- today life. Our college president Mr. A. Maria Dhas and our Bursar Mr. B. Alex Johnson Paul felicitated the gathering. Yoga teachers from Isha Yoga Center, Coimbatore guided the students.

The yoga program was good and useful to the students. Yoga day program in charge were Mr.Y.Samson and Mr. V. Christudhas. They conducted the program successfully. We all celebrated the day with eagerness and joy. There were 1500 students participated.



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Mr. Y. Samson

Annai Velankanni College

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Tholayavattam - 629 157

Report on Yoga 2020 - 2021

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama, and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a Webinar on "Yoga for Good Health" was organised on the 21st June, 2020, for the staff and students through a virtual platform. The trained Isha yoga instructor took yoga session with great dedication. The teachers and students ⁽⁶⁰⁾ were participated with full interest, enthusiasm and eagerness.

The session began with exercises for relieving stress; reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers and students.

அன்னை வேளாங்கண்ணி கல்லூரி
(Accredited with B++ by NAAC)
(Approved by UGC under section 2(f) & 12(B) of UGC Act 1956)
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)
தொலையாவட்டம் கிள்ளியூர் வட்டம்,
கன்னியாகுமரி மாவட்டம் - 629 157, தமிழ்நாடு

YOGA FOR GOOD HEALTH
21.06.2020

செய்க்கலை (UG) பட்டப்பிரிவுகள்

1.BA.Tamil	6.B.Sc.Chemistry
2.B.A.English	7.B.Sc.Zoology
3.B.Sc.Mathematics	8.B.Sc.Physics
4.B.Sc.Biotechnology	9.B.B.A
5.B.Sc.Computer Science	10.B.Com

முதுகலை (PG) பட்டப்பிரிவுகள்

1.M.A.Tamil	5.M.Sc.Chemistry
2.M.A.English	6.M.Sc.Biotechnology
3.M.Sc.Mathematics	7.M.Sc.Computer Science
4.M.Sc.Physics	8.M.Com

முதுகலை (M.Phil) பட்டப்பிரிவுகள்
தேர்தல் (Ph.D.)

தரமான உயர்கல்வி இளைக்கலை முதல் முனைவர் பட்டம் வரை எழுது கல்லூரியில்

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The Principal motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the participants in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing.

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Annai Velankanni College
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Report on Yoga (2021-2022)

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama, and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a Webinar on "Yoga for Respiratory Health and Immunity" was organised on the 21st June, 2021, for the staff and students through a virtual platform. The trained Isha yoga instructor took yoga session with great dedication. The teachers and students were participated with full interest, enthusiasm and eagerness.

The session began with exercises for relieving stress; reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers and students. The Principal motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the participants in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing.

INTERNATIONAL YOGA DAY CELEBRATIONS



*Annai Velankanni College, Tholayavattam is organising a Webinar on "Yoga for Respiratory Health and Immunity"

We are invite all staff and students members for the webinar:



To boost immunity and enhance lung capacity to support your respiratory system.



Learn simple practices to increase Oxygen levels.

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