ANNAI VELANKANNI COLLEGE

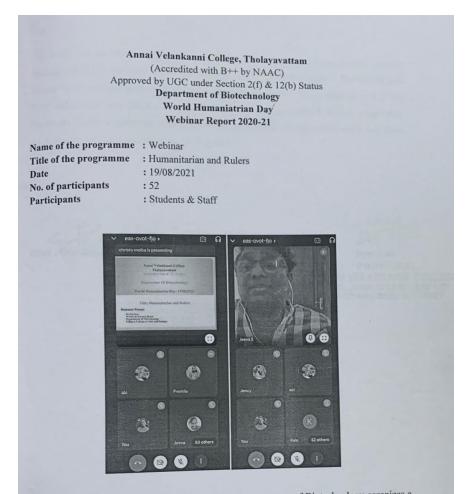
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(Approved by UGC under section 2(f) & 12(B) Status)

Tholayavattam - 629157

Human Values

Programmes: Constitutional obligations: values, rights, duties and responsibilities of citizens



Aim: To commemorate World Humanitarian Day Department of Biotechnology organizes a webinar on "Humanitarian and Rulers".

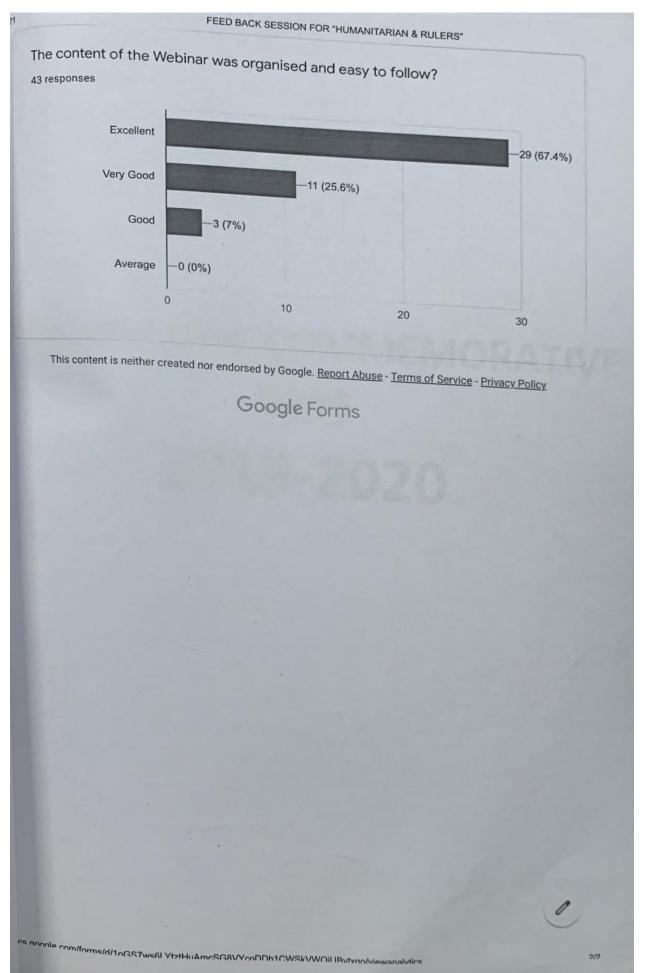
Report:

The session was taken by Dr.S.Jeeva, Writer & Former Head of the Department of Microbiology, Udaya College of Arts and Science. The session was started with the history of this day and values of humans and their lives. In addition to this, Humanitarian is a political activity against rulers. The session was focused on the role of Humanitarians and Rulers in recognising their role in delivering aid and supporting the protection of civilians in times of any crisis. And also the programme was discussed about the current threats towards humans through anti social elements and by the rulers in various civilian countries. The session was helpful to the younger generation to understand more about the current scenario in a global level and it was very much informative. Total 52 were participated in that programme. Feedbacks for the session was collected from the participants through online and it was about 43 responses were received from the participants.

Head of the Department 28 8 21

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Principal PRINCIPAL ANNAI VELANKANNI COLLEGE THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRICT



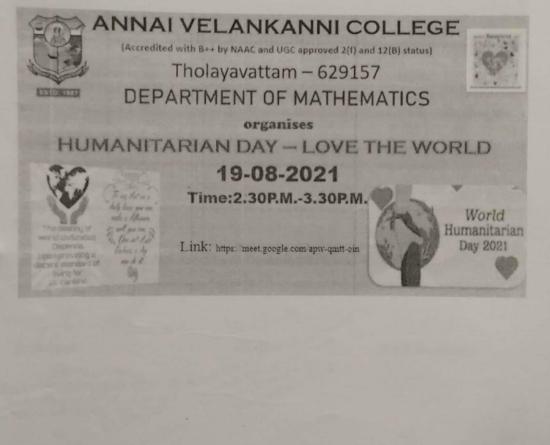
P.G & Research Department of Mathematics

Annai Velankanni College

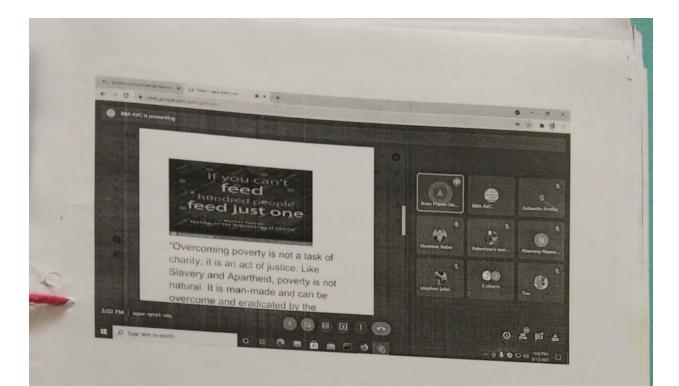
Tholayavatttam-629157

Humanitarian Day-Report

Our Department of Mathematics arranged to celebrate Humanitarian Day on 19-08-2021 through online mode. The guest of the program was Dr. D. Anto Pravin Singh, Head and Assistant Professor, Department of BBA, Annai Velankanni College, Tholayavattam.



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That was a one-hour programme from 02.30 PM to 3.30 PM. Dr. M. Anto welcomed all. Dr. G. Dominic Babu introduced the speaker. The guest in his speech mentioned the human values. He posted some videos related with human mind and the present world mentalism. Finally, he insisted as a keynote to follow human values and pay respect to other people. Totally 41 Students and 7 Staffs participated. D. B. Stephen John delivered vote of thanks.

Principal

PRINCIPAL ANNAI VELANKANNI COLLEGE B THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRICT

HODHNMSC.MPHILPES Head, Dept, of Mathematice Annai Velankarini College Tholayavattom - 629 157

Staff in-charge

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அன்னை வேளாங்கண்ணி கல்லூரி, தொலையாவட்டம்

(தேசிய தர மதிப்பீட்டில் B⁺⁺ தகுதி பெற்றது)

(பல்கலைக்கழக மானியக்குழுவால் 2(f) & 12(B) தகுதி பெற்றது)

தமிழ்த்துறை

தனி மனித உரிமைகள் மீறல்

நாள்: 3.09.2021

ஒருங்கிணைப்பாளா்: முனைவா் K.அஜி

தமிழ்த்துறை சார்பாக 03.09.2021 அன்று மதியம் 1.30 மணி முதல் 2.30 மணி வரை தமிழ்த் துறை மாணவர்களுக்கு இணைய வழியாக தனிமனித உரிமைகள் மீறல் என்ற தலைப்பில் நிகழ்வு நடைபெற்றது.

பிரின்சியா S.தோமை இந்நிகழ்வில் தமிழ்த்துறை உதவிப் பேராசிரியர் முனைவர் சிறப்பு சொற்பொழிவாளா முனைவா.செ.அஜிதா ஆற்றினார்கள். வரவேற்புரை அவர்கள் மாணவர்களுக்கு கருத்துகளை குறித்த தனிமனித மீறல் அவர்கள் உரிமைகள தமிழ்த்துறை <u>உ</u>தவிப் இறுதியில் கலந்துரையாடல் நடைபெற்றது. எடுத்துரைத்தார்கள். பேராசிரியா முனைவா S.அலெக்ஸ் ஜேக்கப் அவாகள் நன்றியுரை கூற நிகழ்ச்சி இனிதே நிறைவு பெற்றது. இந்நிகழ்வில் 6 பேராசிரியாகளும் 28 மாணவாகளும் கலந்து கொண்டனா். இந்நிகழ்ச்சி மாணவாகளின் வாழ்க்கைக்குப் பயனுள்ள வகையில் அமைந்திருந்தது.



P இணைப்பேராலியர் & தின்லவர், தமிழாய்வு மையம் அன்னை வேளாங்கண்ணி கல்லூரி தொலையாவட்டம் - 629 157

ANNAI VELANKANNI COLLEGE (Accredited with B++ by NAAC) Recognized by the UGC Act under sections 2 (f) and 12 (B). THOLAYAVATTAM -629 157 Department of English

INTERNATIONAL DAY OF DEMOCRACY REPORT 2021

Programme_name	:	Celebration of International day of Democracy
Period of Activity	:	15/09/2021
Faculty	:	M. Benadict Rajan
Classroom	:	M-2-4
Target Group	:	II MA English
Participated Students	:	26 students

Objectives:

- To prepare the students for a new digital era and to make them aware of the importance of democracy and principles
- To help to highlight the challenges of inequality with specific focus on the needs and rights of women, youth, minorities and other marginalized populations
- To make the learners to aware of significance of fighting against misinformation, disinformation and hate speech, which have mushroomed in the crisis

Ground Report

The department of English has organized an classroom participatory programme to celebrate the "INTERNATIONAL DAY OF DEMOCRACY' for II MA Literature students. The programme began with a prayer song. Following that, two II MA students have given speeches on History of Democracy and Indian democracy. In addition to this, a quiz is conducted to create awareness about democracy. The faculty gave a short speech on the pillars of democracy. The programme ended with a vote of thanks.



Outcomes:

- Students are made to aware of the significance of the literature course and the objectives of the degree programme must be met at the end of the course.
- Prepare students for the learning environment and make them at ease in college.
- The students are oriented towards new normal learning and motivated to embrace the online learning environment, and also utilize the platform and opportunities given by the college.

Organiser

HOD

PRINCIPAL PRINCIPAL Dr. D. JOEN JOSELIN ANNAI VELANKANNI COLLEGE Associate Professor & Head, THOLAYAVATTAM - 621 15 KANYAKUMARI DIS (RIGT Department of English. Annai Velankanni College, Tholayavattam.

Annai Velankanni College, Tholayavattam

Accredited with B++ by NAAC Approved by UGC under Section 2 (f) and 12 (b) Department of Zoology

Report of Webinar on Human Rights

The Department of Zoology organized a Webinar on Human Rights on 18.8.2021. The program started at 3.30pm with welcome address delivered by Ms. M. Suja, Head of the Department of Zoology.

The speaker of the program was Adv. M.S. Clement Prema Kumar, B. Sc., B. L., Lawyer of Annai Velankanni College. Tholayavattam. He spoke about the fundamental rights of Indian citizens and its origin in India. He added that the basic human rights are applicable irrespective of race, place of birth, religion, caste or gender. They are enforceable by the courts, subject to specific restrictions. He spoke about some of the important rights of the citizens of India in accordance with constitution such as Right to Equality, Right to freedom, Right to freedom of religion, Women Rights and Cultural and Educational Rights.

Finally the program came to end at 4.15 pm. Dr. S. Jeya, Assistant Professor of Department of Zoology delivered the vote of thanks. Totally 17 participants were attended the program.

Venue of the program is Google Meet. The link is: <u>https://meet.google.com/zdv-szca-</u>ozg.

Tholayavattam,

24.8.2021

PRINCIPAL ANNAI VELANKANNI COLLEGE THOLAYAVATTAM - 625 157 KANYAKUMARI DISTRICT

Head of the Department

HEAD OF THE DEPARTMENT DEPARTMENT OF ZOOLOGY AMAI VELANKANNI COLLEGE ANNAI VELANKANNI COLLEGE-THOLAYAVATTAM (Accredited with B++ grade by NAAC) (Approved by UGC under Section 2(f) & 12(B) Status)

DEPARTMENT OF PHYSICS

REPORT OF HUMANITARIAN DAY (2021)

The Department of Physics organized drawing and Essay writing competitions in order to celebrate the "**Humanitarian Day**" on 19-8-2021. The winners of the competitions are listed below.

The competitions are held under the topic "Human Welfare".

Drawing First prize : P.R Anisha – II B.Sc. Physics

Second prize: Meera Jeni - II B.Sc. Physics

Essay Writing

First prize : P.R Anisha – II B.Sc. Physics

We express our hearty congratulation to the winners.

Convenor

(Dr. A. Darlin Mary)

HOD

(Prof. M. Latha Beatrice) M. LATHA BEATRICE Head. Department of Physics Annal Velankanni College Tholayavattam - 629 157 Kanyakumari Dist.

PRINCIPAĽ ANNAI VELANKANNI COLLEGE THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRICT

அன்னை வேளாங்கண்ணி கல்லூரி, தொலையாவட்டம்

(தேசிய தர மதிப்பீட்டில் B⁺⁺ தகுதி பெற்றது)

(பல்கலைக்கழக மானியக்குழுவால் 2(f) & 12(B) தகுதி பெற்றது)

தமிழ்த்துறை

தேசிய ஒருமைப்பாடு

நாள்: 22-11.2021

ஒருங்கிணைப்பாளர்: முனைவர் ச.தோமை பிரின்சியா

தமிழ்த்துறை சார்பாக 22-11-2021 அன்று மதியம் 1.30 மணிக்கு தமிழ்த் துறை மாணவர்களுக்கு தேசிய ஒருமைப்பாடு என்ற நிகழ்வு நடைபெற்றது.

இந்நிகழ்வில் முதுகலை முதலாமாண்டு மாணவி செரின் வரவேற்புரை கூறினார். தமிழ்த்துறைத் தலைவர் முனைவர் செ.அஜிதா அவர்கள் வாழ்த்துரை வழங்கினார்கள். சிறப்பு சொற்பொழிவாளர் முனைவர். ச.தோமை பிரின்சியா அவர்கள் தேசிய ஒருமைப்பாடு குறித்த கருத்துகளை மாணவர்களுக்கு எடுத்துரைத்தார்கள், மூன்றாமாண்டு மாணவி S.R.ஸ்ரீஜினி அவர்களும் உரை ஆற்றினார். இந்நிகழ்வின் இடையிடையே மாணவர்களின் கலை நிகழ்ச்சிகள் நடைபெற்றது. இறுதியாக முதுகலை முதலாமாண்டு _{மா}ணவி K.தர்சினி அவர்கள் நன்றி கூற நிகழ்ச்சி இனிதே நிறைவு பெற்றது. இந்நிகழ்வில் 7 வுராசிரியர்களும் 45 மாணவர்களும் கலந்து கொண்டனர். இந்நிகழ்ச்சி மாணவர்களின் வாழ்க்கைக்குப் பயனுள்ள வகையில் அமைந்திருந்தது.



Q9 2,21

முனைவர் செ. அஜிதா கைப்போளியர் & தலைர், தமிதாவ் அன்னை வேளாங்கண்ணி கல்லூரி தொலையாவட்டம் - 629 157

ANNAL VELANY ANNI COLLEC HIDLE - VATIEN - 529 15 HANYAKUMANI DISTRICT

ANNAI VELANKANNI COLLEGE-THOLAYAVATTAM (Accredited with B++ grade by NAAC) (Approved by UGC under Section 2(f) & 12(B) Status)

DEPARTMENT OF PHYSICS

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Convenor

(Dr. A. Darlin Mary)

HOD

(Prof. M. Latha Beatrice) M. LATHA BEATRICE Head. Department of Physics Annal Velankanni College Tholayavattam - 629 157 Kanyakumari Dist.

PRINCIPAĽ ANNAI VELANKANNI COLLEGE THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRICT

Annai Velankanni College, Tholayavattam

Accredited with B++ by NAAC Approved by UGC under Section 2 (f) and 12 (b) Department of Zoology

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Tholayavattam,

PRINCIPAL M

THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRICT

24/8/2021.

Head of the Department

HEAD OF THE DEPARTMENT DEPARTMENT OF ZOOLOGY AMAI VELANKANNI COLLEGE

24.8.2021

Annai Velankanni College, Tholayavattam

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Department of Zoology

Webinar on Human Rights

Date: 18.8.2021



21 PRINCIPAL ANNAI VELANKANNI COLLEGE THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRICT

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HEAD OF THE DEPARTMENT DEPARTMENT OF ZOOLOGY ANNALVELARIMANNI COLLEGE

ANNAI VELANKANNI COLLEGE, THOLAYAVATTAM

(Accredited with B++ by NAAC and (Approved UCG under section 2(f) & 12(B) status)

Tholayavattam-629157

Department of Computer Science

REPORT ON THE AWARENESS PROGRAMME ON THE TOPIC 'HUMAN RIGHTS'

The Department of Computer Science had Organized a Awareness programme on the topic **Human Rights** for the PG students sheduled on 18/11/2021 at 2.30.pm. The session was presided over by Assistant Professor Mrs. C.Jasmine Christabel , Who formally welcomed all the Staff members and Students present in the meeting. And then the session was handed over to Mrs. C. Anitha Mary to lead the seminar. In this programme she has covered the topics Human Rights in India, fundamental rights like Rights to Equality ,Rights to freedom , rights to speak etc.In the end, Assistant Professor J.Josephine Jinisha offered a vote of thanks to all Staff and Students.



HoD

Y. R. Berlin Raja Singh, M.Sc., M.Phil, Asso, Prof. cum H.O.D., Dept. of Computer Science, Annai Velankanni College, Tholayavattam - 629 157



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ANYAKUMARI DISTRICT

ANNAI VELANKANNI COLLEGE, THOLAYAVATTAM

Accredited with B++ by NAAC (Approved by UGC under Section 2(f) & 12 (B) status) Department of Computer Science

Human Values (2021-2022)

Our Computer Science department has arranged a webinar on Human Values for the final year U.G students on behalf of world humanitarian day. The resource person was Asso.Prof. M.Mohanadhas, Department of Computer Science. He explained how to improve the quality of our students called human values. Once to improve the values he/she will success in our day to day life. Our resource person touched with comfortable life and uncomfortable life. Normally uncomfortable life makes successful because during uncomfortable life we take more efforts and hard work. But in comfortable life may fail in our life, because our people may not take efforts or hard work. He played more videos during his presentation.

It was a wonderful session. This made a good awareness to our students. The final year U.G students were benefited. Around 25 students and 3 staff members were participated.



Feedback:

- The programme was highly informative.
- The programme was very useful.
- Need more programmes like this.

-11 H.O.D

Principal

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THOLAYAVATTAM – 629 157

PG and Research Department of English

REPORT ON World Navy DAY 2021

Programme name	:	Celebration On World Navy Day
Period of Activity	:	04/12/2021
Faculty	:	R. Subash Karutudayan
Classroom	:	M-2-6
Target group	:	II MA English
Participated students	s :	32 students

Objectives :

- > To highlight World Navy Day's importance in the protection of people.
- > To make the learners to get inspired the service of Indian Navy.

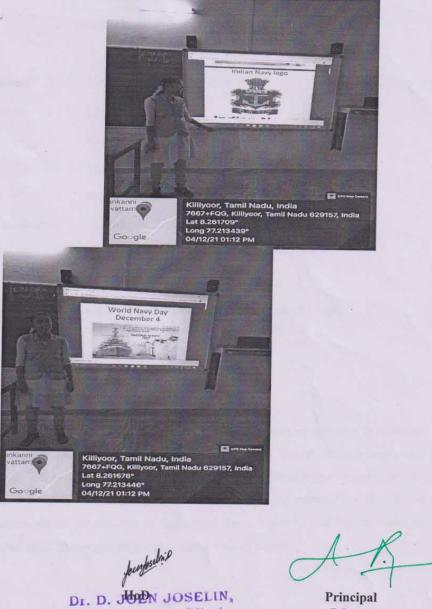
Ground Report :

The department of English has organized a classroom participatory programme to celebrate World Navy Day on 4th December by II MA Literature students. The programme began with a welcome speech. Following that, Geetha of II MA English delivered a speech on the service of Navy especially Indian Navy that works towards strengthening national security. Some videos were telecasted to the students to understand the commitment of the comrades to secure our mother land. The programme ended with a vote of thanks.

Outcomes :

- ✓ Students were made to aware towards strengthening national security.
- ✓ Students were encouraged to take up writing as an important task for the literature students.

1



Organizer

Associate Professor & Head, Department of English. Annai Velankanni College, Tholavavattam.

PRINCIP

ANNAL VELANKAR THOLAYAVATTAM KANYAKUMARI DISTRICT

ANNAI VELANKANNI COLLEGE, Accredited with B++ by NAAC Recognized by the UGC Act under sections 2 (f) and 12 (B). THOLAYAVATTAM - 629 157

DEPARTMENT OF ENGLISH

AWARENESS PROGRAMME 1ST SEPTEMBER 2021 REPORT

DETAILS OF THE PROGRAMME

Topic of programme	: Educational Rights
Name of the Resource per	son: Jesudhas (Adv. Thuckalay Court)
Date of programme	: 1 st September 2021
Platform of Webinar	: Google Meet
Participated Classes	: 3 rd BA English and 2 nd MA English
Total Strength	: 90 Students

Objectives:

- > To make the students aware of fundamental rights of constitution
- To generate an excitement among the students to make them to realize importance of education rights guaranteed by the constitution.

Ground report

The department has organized an awareness programme for III B.A English and II M.A English on 1st September 2021 at 11 am through Google meet. The session has begun with a prayer song by a student from III B.A. Followed that, II M.A English student has welcomed the resource person and the students.

The speaker has started the session by thanking the opportunity given the department to speak on 'Educational Rights'. He began with of the definition of the 'Rights''. The speaker has shared few real life implications of educational rights and discussed various concepts associated with educational rights. Eventually, the session ends with the vote of thanks by Dr. F. Meena Theresa



Student Attainment

- Students learnt the role of citizen in this society which is guaranteed by the constitution
- Learners acquired the knowledge on educational rights as fundamental rights and their implications in real life situations

HOD

Dr. D. JOEN JOSELIN, Associate Professor & Head, Department of English. Annai Velankanni College, Tholayavattam.

Principal PRINCIPAL ANNAI VELANKANNI COLLEGE THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRICT

ANNAI VELANKANNI COLLEGE (Accredited with B++by NAAC Approved by UGC under Section 2(f) &12(B) Status) Tholayavattam DEPARTMENT OF BUSINESS ADMINISTRATION Humanitarian Day Celebration- Report

Resource Person: BBA Department Staff Participants: **BBA Students** Date: 7-9-2021 Time: 11.00 a.m. – 12.00 a.m Venue: M-2-1 No. of Beneficiaries: 24 Students.

Introduction

An introductory talk by the **Dr. D. Anto Pravin Singh**, Head and Department of Business Administration was given to the students about the Humanitarian Day. Next **Dr. R. Sukithar** gave a detailed wonderful message about the Humanitarian Day

Content

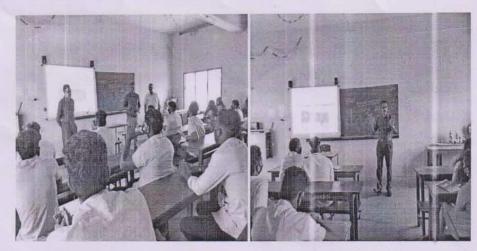
Humanitarian day was designated in memory of the 19th August 2003 Bomb attack on the Canal Hotel in Baghdad, Iraq, killing 22 people including the chief humanitarian in Iraq, Sergiovieria de mellow in2009, the Unitted Nations General Assembly formalized the day as world humanitarian day (WHD)

Each year World Humanitarian Day focuses on a theme, bringing together partner from across the humanitarian system to advocate for the survival well-being and dignity of people affected by crises, and for the safety and security of aid workers.

World Humanitarian Day Quotes by famous personalities

"Life's most persistent and urgent question is, "What are you doing for others?" - Martin Luther King Jr. "You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are

dirty, the ocean does not become dirty." - Mahatma Gandhi



"Overcoming poverty is not a task of charity; it is an act of justice. Like Slavery and Apartheid, poverty is not natural. It is human-made and can be overcome and eradicated by the actions of human beings. Sometimes it falls on a generation to be great. You can be that great generation. Let your greatness blossom." - Nelson Mandela

"If you can't feed a hundred people, feed just one." - Mother Teresa

To say that on a daily basis you can make a difference, well, you can. One act of kindness a day can do it." - Betty Williams

"The destiny of world civilization depends upon providing a decent standard of living for all mankind." – Norman Borlaug, father of the Green Revolution

Feedback

- > The students were attracted and felt they were really blessed by God in the world.
- The students promised that they we show humanity towards others and parents in their life.

Dr.D.Anto Pravin Singh Dr.R.Sukithar

Mr.P.WinsperJose

Co-ordinator

Johnson

P. D. ANTO PRAVAN SINGH AD OF Headore CARVANENT OF OF BRANIZING Secretary NNAI VELANKANNI COLLEGE, THOLAYAVATTAM - 629 157.

PRINCIPAL KANNI COLLEGE THOI TTAM - 629 157 KANYAKUMARI DISTRICT

ANNAI VELANKANNI COLLEGE (Accredited with B++by NAAC Approved by UGC Under Section 2(f) &12(B) status) Tholayavattam KANYAKUMARI DIST

Report on Vigilance Awareness Week 2021

Objective: To make the studentsand public, aware of corruption free India

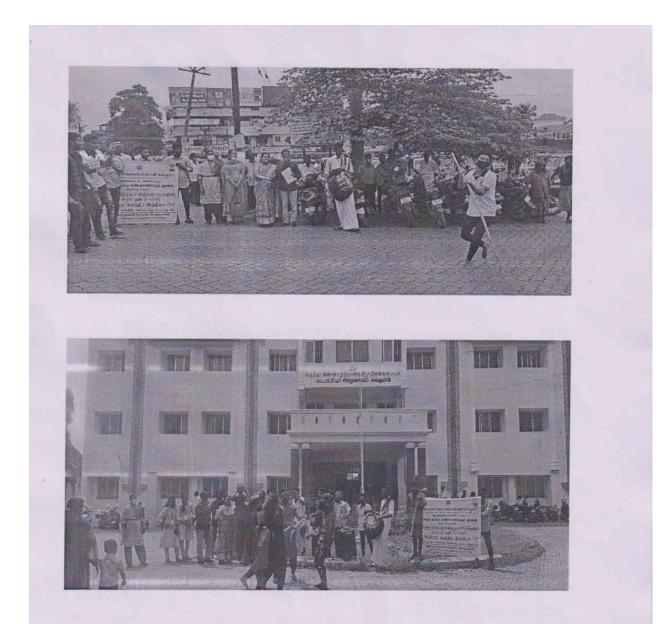
As per the proposal from the Directorate of vigilance and Anti-Corruption, Chennai, to observe Vigilance Awareness Week 2021 (From 26th October to 1st November 2021) The students under the guidance of staff conducted awareness programmes on 29.10.2021. Street plays were played inside the campus. Oath on Anti-corruption was taken by the staff and students in the presence of Vigilance Department Officials.

In order to reach the public, a team of students performed Oilattam, Chilambam and played a Street play at Marthandam Bus Stand and before the RDO office, Thuckalay.

More than 700 students attended the programme.

Following this an essay writing competition under the theme "Independent India @ 75: Self Reliance with Integrity" was conducted for the students. Ten students from various departments participated in the competition. Best three essays were selected for award of Prize.





Tholayavattam,

30.10.2021

PRINCIPAL ANNAI VELANKANNI COLLEGE THOLAYAVATTAM - 629 157 KANYAKUMARI DISTRIGT

ch.

Dr. G. Dominic Babu – Unit No. 72 Dr. D. Joen Joselin – Unit No. 81

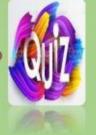
Dr. D. Anto Pravin Singh – Unit No.

"72nd Indian Constitution Day Celebrations" on 26-11-2021.



ANNAI VELANKANNI COLLEGE

(Accredited with B++ by NAAC ; approved under section 2(f)&12(B) of UGC Act, 1956) Tholayavattam, Killiyoor Taluk, Kanyakumari District- 629157



Internal Quality Assurance Cell organises

Inter Departmental Quiz Competition Constitution of India

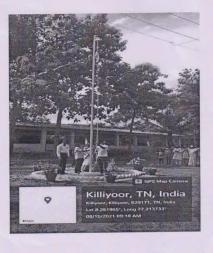
10.00 A.M., 02.12.2021 Rev. Fr. Lucas Auditorium



Independence Day Celebrations and Republic Day Celebrations

ANNAI VELANKANNI COLLEGE, Accredited with B++ by NAAC THOLAYAVATTAM - 629 157 Recognized by the UGC Act under sections 2 (f) and 12 (B) INDEPENDENCE DAY REPORT 15TH AUGUST 2021

The 75th Independence Day was celebrated on 15th August 2021 in college campus. The day's program started with TAMIL THAI VAZHTHU. Following this, Principal Dr. J Johnson has welcomed all. Dr. Xavier James Raj, the president of the college, hoisted the National Flag. Dr. Ajitha, HOD of Tamil, read the pledge. All staff and students took the pledge to uphold the spirit of liberty, equality and fraternity. Dr. Gladys Lily, IRS, Treasurer, has delivered the inaugural address. While she was speaking, she expressed the important of sacrifice and service of freedom fighters to get freedom, and also talked about the importance of tricolor and each color's significance to our lives.



And she quoted freedom fighters V O Chithamparanar, Mahatma Gandhi and Nehru and their quintessential contributions towards our nation. The Vice Principal Dr. Brindha delivered the vote of thanks. The celebration ended with the NATIONAL ANTHEM. Finally Sweets were distributed to all.

(22

Physical Director

21 Principal









SOCIAL JUSTICE (OATH TAKING)



INTERNATIONAL YOGA DAY

Annai Velankanni College Tholayavattam - 629 157 (Accredited with B++ by NAAC)

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 Réspiratory 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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祭 Receive health tips and home remedies to increase immunity. *Date:21-06-2021* Time :5 PM* http://meet.google.com/czz-qovg-xne Conducted by trained Isha yoga teacher All are cordially invited Organised by : The Principal, Annai Velankanni College Tholavattam. அன்னை வேளாங்கண்ணி கல்லூரி FT 0 தொலையாவட்டம் கீள்ளியூர் வட்டம். பொகுமரி மாவட்டம்-629 157. தமிழ்நாடு MANONMANIAM SUNDARANAR UNIVERSITY Tirunchell, Tamil Nadu, India 7th International Day of Yoga Webinar on YOGA FOR WELLNESS manau page MEE LING ID 06827325855 aire in

Benefits:-

- 1. De- stress students and staff
- 2. Concentration and Sharpness
- 3. Strength

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- 4. Health benefits
- 5. Weight management and Flexibility
- 6. Advancement of educational Brain
- 7. Enhances your power and memory

20

8. Increases Focus

Participants:-

94 staff and students were participated in above said event actively with keen interest.



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Voter's awareness

