

PAAVAI COLLEGE OF ENGINEERING

Yoga Veera Training Programme

Held on 10.04.2024

Title of the Event - "Yoga Veera Training Programme"

Date of Event - 10.04.2024

Resource Person Details – Mr.M. ELAVARASAN, Yoga Coacher, PEC, Namakkal

Number of Participants - 72

Event Description :

Our college NSS unit conducted "Yoga Veera Training Program" for the students. Mr.M. ELAVARASAN, Yoga Coacher, PEC, Namakkal.invited as chief guest for this programme. The welcome address gave by B.V.Maheswaran. NSS Programme officer, Paavai college of Engineering, In his welcome address, he insisted the students to utilize the Vaccination camps properly. After the welcome address the floor handovers to chief guest.

In chief guest Speech, Yoga strengthens and tones muscles, increases flexibility, and improves balance. Regular practice can alleviate chronic pain, reduce the risk of injury, and enhance overall physical fitness. Through breath control and meditation, yoga helps calm the mind, reduce stress, and improve concentration. It fosters a sense of inner peace and mental clarity, which is essential in our fast-paced, often chaotic lives.

Additionally, he advised yoga is important because it offers a comprehensive approach to health and well-being. It nourishes the body, calms the mind, balances emotions, and nurtures the spirit, helping us to live fuller, more connected lives. Whether you're seeking physical fitness, mental peace, or spiritual growth, yoga provides the tools to achieve it all The session ended with vote of thanks by Principal, Paavai College of Engineering.

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Awareness Program on Health And Hygiene-10.04.2024