

# PAAVAI COLLEGE OF ENGINEERING

## Awareness Programme on World Health Day

Held on 17.12.2022

Title of the Event	- "Awareness Programme on World Health Day"
Date of Event	- 17.12.2022
Resource Person Details	- Mrs.G. REVATHY. Yoga Coacher, Paavai Vidhyasharam School, Namakkal.
Number of Participants	- 90

### Event Description :

Our college NSS unit conducted "Awareness Program on WorldHealth Day" for the students Mrs.G. REVATHY. Yoga Coacher, Paavai Vidhyasharam School,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, 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.

She 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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