

# PAAVAI COLLEGE OF ENGINEERING

## International Yoga Day Celebration

Held on 12.06.2023

Title of the Event	- "International Yoga Day Celebration"
Date of Event	- 12.06.2023
Resource Person Details	- S. KEERTHA, District Coordinator, Nehru Yuva Kendra Namakkal.
Number of Participants	- 120

### Event Description :

Our college NSS unit conducted "International Yoga Day Celebration" for the students. S. KEERTHANA, District Coordinator, Nehru Yuva Kendra Namakkal. invited as chief guest for this programme. The welcome address gave by B.V.Maheswaran. NSS Programme officer, Paavai college of Engineering, After the welcome address the floor handovers to chief guest.

In chief guest Speech, Yoga is not just about poses; it's a journey toward self-awareness and personal growth, promoting emotional balance and a deeper connection with ourselves. Whether seeking physical fitness, mental clarity, or spiritual growth, yoga provides a comprehensive path to achieving these goals. By embracing yoga as a holistic practice, we can significantly enhance our quality of life and achieve greater balance and fulfillment

She emphasized that yoga is crucial because it provides a holistic approach to health and well-being. It supports the body, soothes the mind, stabilizes emotions, and nurtures the spirit, enabling us to live more complete and connected lives. Whether your goal is to enhance physical fitness, find mental tranquility, or pursue spiritual growth, yoga offers the resources to achieve all of these..The session ended with vote of thanks by Principal, Paavai College of Engineering.

# PAAVAI COLLEGE OF ENGINEERING



**Awareness Program On International Yoga Day Celebration-12.06.2023**