

# PAAVAI COLLEGE OF ENGINEERING

## International Yoga Day Celebration

Held on 09.04.2024

Title of the Event - "International Yoga Day Celebration"

Date of Event - 09.04.2024

Resource Person Details - S. KEERTHANA, District Coordinator, Nehru Yuva Kendra  
Namakkal.

Number of Participants - 60

### 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, In his welcome address, After the welcome address the floor handovers to chief guest.

In the chief guest's speech, it was highlighted that yoga not only strengthens and tones muscles but also enhances flexibility and balance. Consistent practice can relieve chronic pain, lower the risk of injury, and boost overall physical fitness. Additionally, through techniques like breath control and meditation, yoga calms the mind, alleviates stress, and sharpens concentration. It nurtures a sense of inner peace and mental clarity, which is vital in our often hectic and fast-paced world.

She explained about yoga and 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 International Yoga Day Celebration-09.04.2024**