



KINGS
COLLEGE OF ENGINEERING
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NATIONAL SERVICE SCHEME - 'NOT ME BUT YOU'

10th International Day of Yoga 2024

Date: 21.06.2024

Venue: Bethennan Kalaiarangam

Report

NSS Unit of our college participated in the **special mass yoga event held at the Big Temple complex on 21.06.2024**. The event was jointly organised by the **Union Ministry of Tourism, Tamil Nadu Tourism Department Corporation and the Thanjavur Tourism Development Committee**. The programme witnessed participation of students from different higher educational institutions. Warm up exercises were taken and all the participants practiced and performed sitting and standing asanas, importance of these were explained simultaneously. The event lasted about 40 minutes on Friday morning wherein the participants were guided by the **yoga trainer, Mr. Yoganandha**. The session was moderated by NSS Programme Officers: Mr. S. Ambalatharasu and Mr. G. Dinesh.

Outcome

The participants **(2 NSS POs & 35 NSS Volunteers)** got the opportunity to learn various asanas. And they also came to know the benefit of practicing them regularly in their life.

Ministry of Tourism
Government of India

Incredible India

Thanjavur
Tamil Nadu

Tamil Nadu
GOVERNMENT OF TAMIL NADU

YOGA FOR
SELF AND
SOCIETY

Find Your Peace

Power Up With Yoga

INDIA, Land of Yoga | 21st June, International Day of Yoga 2024

Thanjavur, Tamilnadu

Date : 21.06.24 Friday
Time : 6.30 am
Venue : Bethennan Kalaiarangam,
Big Temple Complex

Register now:
<https://thanjavurtourism.org/registration/>
For details: 94891 29765

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www.thanjavurtourism.org

GLIMPSES OF THE EVENT

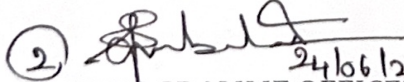


NSS POs, Volunteers along with Er.Muthukumar, District Tourism, Thanjavur

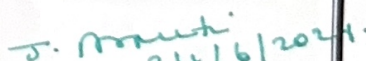


The participants are while practicing different asanas.

① K. D. 24.6.24

②  24/6/2024
NSS PROGRAMME OFFICERS
1316 & 1317-NSS Programme Officer,
Kings College of Engineering,
Punalkulam,
Near Thanjavur-613 303.



 24/6/2024
PRINCIPAL
Kings College of Engineering,
PUNALKULAM - 613 303

International Yoga Day celebrated

Updated - June 21, 2024 06:41 pm IST **Published** - June 21, 2024 05:51 pm IST - THANJAVUR

THE HINDU BUREAU

Hundreds of students participated in the special mass yoga event held at the Big Temple complex here on Friday.

Organised jointly by the Union Ministry of Tourism, Tamil Nadu Tourism Department Corporation and the Thanjavur Tourism Development Committee, the event saw participation of students from Periyar Maniammai Science and Technology (PMIST), Saint Joseph Engineering College, Kings Engineering College and other higher educational institutions.

The event lasted about 40 minutes on Friday morning wherein the participants were guided by the yoga trainer, Yoganandha, according to a TTD Committee release.

Benefits of yoga

Over 100 participants from diverse sections of the Central University of Tamil Nadu fraternity — including students, scholars, faculty members, officers, and staff took part in the Yoga Day celebrations organised by the Department of Physical Education and Sports on the university campus in Tiruvarur on Friday.

Addressing the participants, the CUTN vice-chancellor, M. Krishnan said that regular practising of yoga would make the person healthy, leading to clear thinking, and positive action. These benefits resonate throughout society, fostering harmony by transcending caste, religion, and language barriers, he added.