



NAAC Accredited Institution
KINGS
COLLEGE OF ENGINEERING
AUTONOMOUS



Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai

"International Yoga Day Celebration 2026"

REPORT

23.06.2026

The **Wellness Center**, in association with the **NSS Units of Kings College of Engineering, Punalkulam**, organized the **International Yoga Day Celebration 2026** on **19 June 2026** from **10.30 a.m. to 11.30 a.m.** at **Pallava Hall**. The programme aimed to create awareness about the importance of yoga in promoting physical fitness, mental well-being, and a healthy lifestyle.

The programme was conducted under the guidance of **Dr. G. Shankarakalidoss, Head, Wellness Center**, in the presence of **Dr. J. Arputha Vijaya Selvi, Principal**, and **Dr. R. Rajendran, Secretary**, whose encouragement highlighted the institution's commitment to promoting holistic health and wellness among its staff and students.

The celebration witnessed the enthusiastic participation of **staff members, Students. Prof.V.Mannan Umasankar, the Resource Person**, delivered an inspiring session on the significance of yoga in maintaining **physical health, reducing stress, improving concentration, and achieving emotional balance**. Speaking on the theme, **"Aazh Manathai Aal" (Master the Inner Mind)**, he encouraged the participants to practice yoga regularly for a healthy and balanced life.

The session included demonstrations of **basic yoga postures (Asanas), breathing exercises (Pranayama), and meditation techniques, enabling the participants to experience the physical and mental benefits of yoga**. The programme concluded with a vote of thanks and a collective commitment by the participants to incorporate yoga into their daily routine.

To encourage participation and promote the practice of yoga, the institution registered as a **Nodal Centre** for the **International Day of Yoga 2026** celebrations. All participants were registered through the official portal and actively took part in the programme. Upon successful participation, **digital Certificates of Participation** issued by **Lok Bhavan, Tamil Nadu**, under the **International Day of Yoga 2026**, bearing the signature of **Shri Rajendra Vishwanath Arlekar, Hon'ble Governor of Tamil Nadu**, were awarded to all registered participants in recognition of their commitment to promoting physical fitness, mental well-being, self-discipline, and holistic health through the practice of yoga.

Outcome

The International Yoga Day Celebration enhanced awareness among the **40 Staff members and student volunteers** about the importance of yoga in achieving **physical fitness, mental peace, and emotional well-being**. The programme motivated the participants to adopt yoga as a **regular lifestyle practice, thereby contributing to a healthier, stress-free, and more productive work environment**.

"International Yoga Day Celebration 2026

GLIMPSES OF THE EVENT



Gandarvakkottai, Tamil Nadu, India
J2xx+582, Gandarvakkottai, Tamil Nadu 613303, India
Lat 10.647677° Long 79.04814°
Friday, 19/06/2026 11:53 AM GMT +05:30

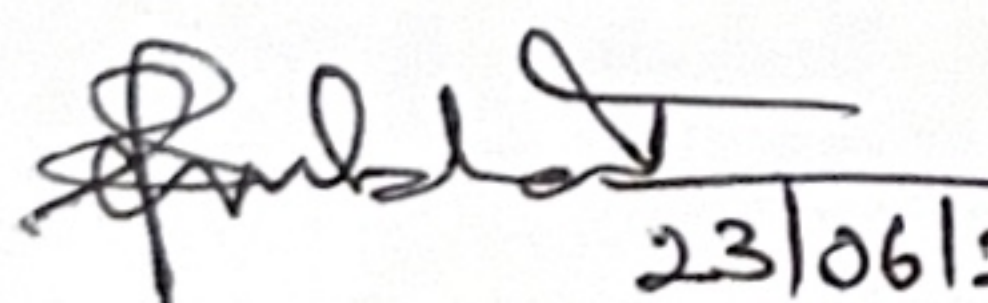


Gandarvakkottai, Tamil Nadu, India
J2xx+582, Gandarvakkottai, Tamil Nadu 613303, India
Lat 10.647563° Long 79.048291°
Friday, 19/06/2026 11:37 AM GMT +05:30

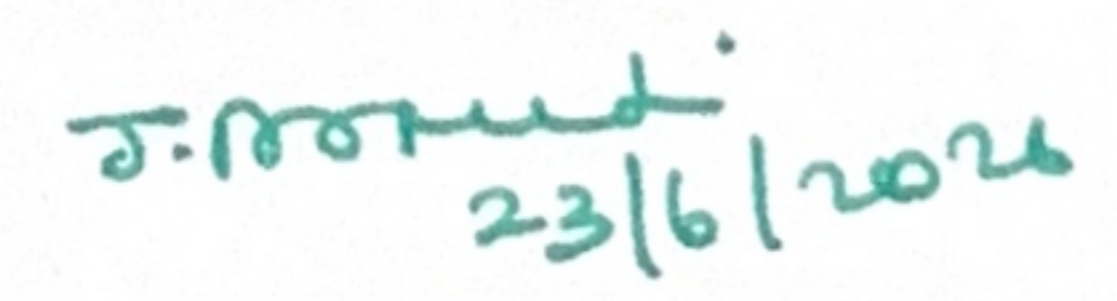
Prof. V. Mannan Umasankar addresses the staff members



Certificate of participation awarded to participants of the programme – Lok Bhavan, Tamil Nadu


23/06/2026
NSS PROGRAMME OFFICERS
NSS Programme Officer
Kings College of Engineering
(Autonomous)
Punalkulam-613 303




23/6/2026
PRINCIPAL
Principal
Kings College of Engineering
(Autonomous)
Punalkulam - 613 303



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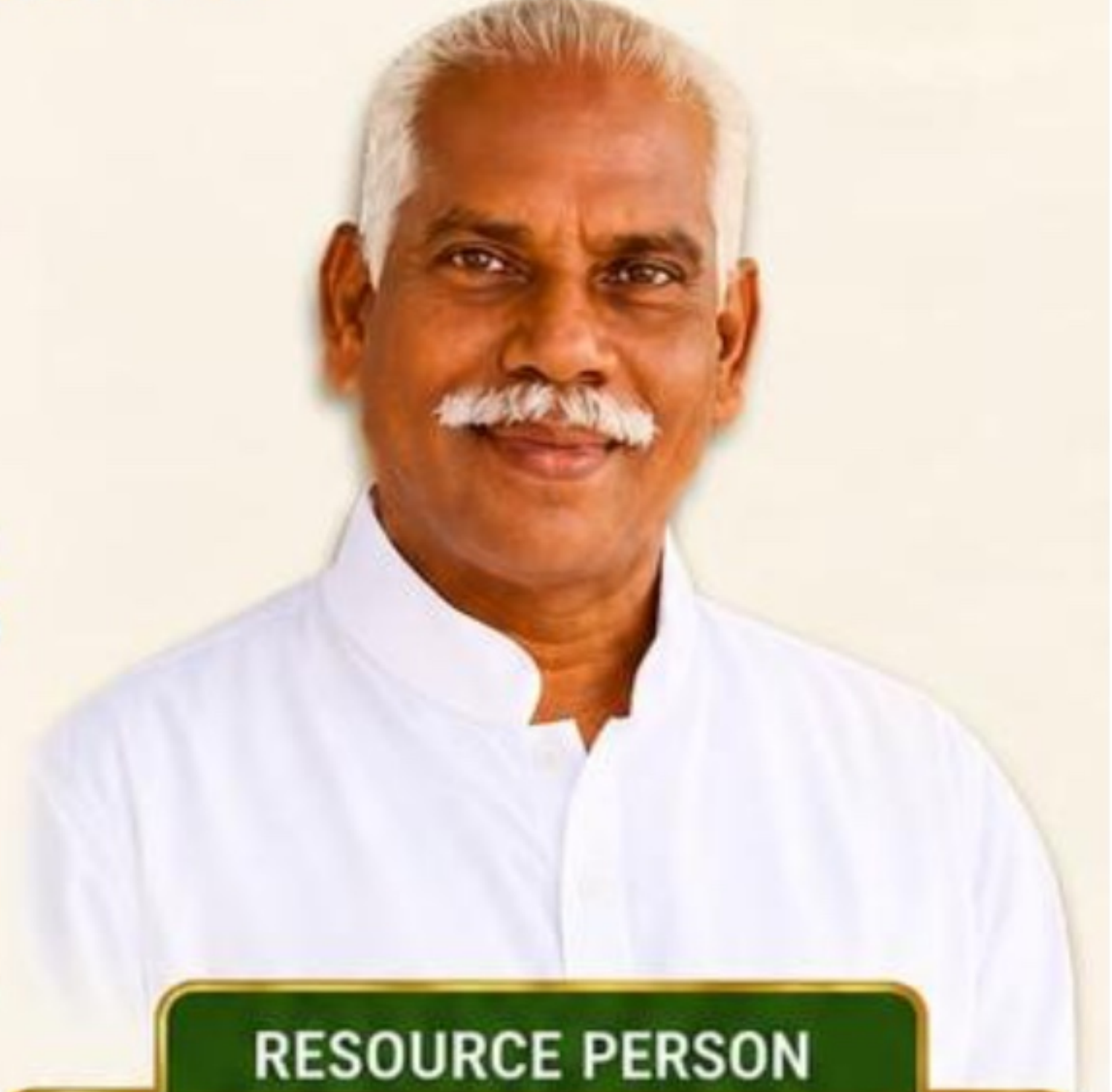
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INTERNATIONAL YOGA DAY *Celebration*



உடல் நலன்...
மன அமைதி...
உலக ஒற்றுமை...



RESOURCE PERSON

Prof. V. Mannan Umasankar

THEME

“**ஆழ் மனதை ஆள்**”



DATE

19.6.2026
Friday



TIME

**10:30 AM -
11:30 AM**



VENUE

Pallava hall



JOIN US

யோகா செய்வோம்
ஆரோக்கியமாய் வாழ்வோம்



CONVENOR

Dr. G. Shankarakalidoss
Head
Wellness Center (KCE)

PRINCIPAL

Dr. J. Arputha Vijaya Selvi

SECRETARY

Dr. R. Rajendran

