



NATIONAL SERVICE SCHEME

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BUT YOU

“IMPORTANCE OF YOGA TO STUDENTS”

Date & Time: 04.12.2020, 10.30 a.m

Venue: Google Meet

As per the direction of Ministry of Youths Affairs and Sports in the scheme of Swachh Pakhwada under Swachh Bharat Mission from 04.12.2020, a one day Programme on **Importance of Yoga to Students**, at 10.30 a.m was organized by the National Service Scheme of our college. The programme officers Mr. P. Raajeshwaran, Unit I and Mr. S. Ambalatharasu, Unit II, arranged this programme.

The programme was inaugurated by Dr. R. Rajendran, Secretary and Dr. J. Arputha Vijayaselvi, Principal of Kings College of Engineering. was made incredible help for this programme in a grand success. In this programme, 148 NSS volunteers of our college eagerly participated, our chief Guest P. Krishnan Balaji expressed its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it has a meditative and spiritual core.

He continued saying that, studies have attempted to establish the helpfulness of yoga as a complementary involvement for cancer, schizophrenia, asthma, and heart disease, but the results of studies have been varied, as a psychological healing procedure.. The day went with bright and diligent. Finally Vote of thanks delivered by Mr. S. Ambalatharasu, Unit II.

NSS PROGRAMME OFFICERS

PRINCIPAL