



Health Club Members

Faculty Convener : Dr. B. Hema Kumar, Associate Professor, EIE
Faculty Co-Convener : Dr. D. Sindhanaiselvi, Associate Professor, EIE

Students Executive Members

1. MURALIDHARAN. P.T – Secretary
2. KRISHNA S – Joint Secretary
3. E VISHAL – Joint Secretary
4. R C YAJOUR KICHENAMOURTY - Joint Secretary
5. AGILAN I I – Treasurer

Activities

1. International Yoga Day celebrations – Annually
2. Stress Management using Yoga – Audit Course for PG students
3. Special Workshops & talks on Yoga
4. Weekend – Yoga Practice





Health Club



**Puducherry
Technological
University**

PTU-HC

Puducherry Technological University, Puducherry.



Puducherry Technological University

International Yoga Day Celebrations

21 June 2023

Organized by Health Club of PTU



Sponsored by



**MINISTRY OF TOURISM
GOVERNMENT OF INDIA**

Yuva
Tourism Club



Dr. B. HEMAKUMAR Convenor (Health Club) welcomed Chief Guests Dr. S. MOHAN, Vice Chancellor of Puducherry Technological University and Dr. S. KANMANI Dean (Students).



Dr. S. Kanmani Dean (Students) gave a Felicitation Address about **MENTAL HEALTH** in **YOGA**.





Dr. S. Kanmani Dean (Students) honoured our Chief Guest Dr. S. Mohan, Vice Chancellor of Puducherry Technological University with Saplings.



Dr. S. Rajendiran, NSS Officer honoured Dr.S.Kanmani Dean (Students) with Saplings.





Dr. S. Mohan Vice Chancellor of Puducherry Technological University addressed the gathering about the importance of Yoga & Breathing exercises (pranayama)

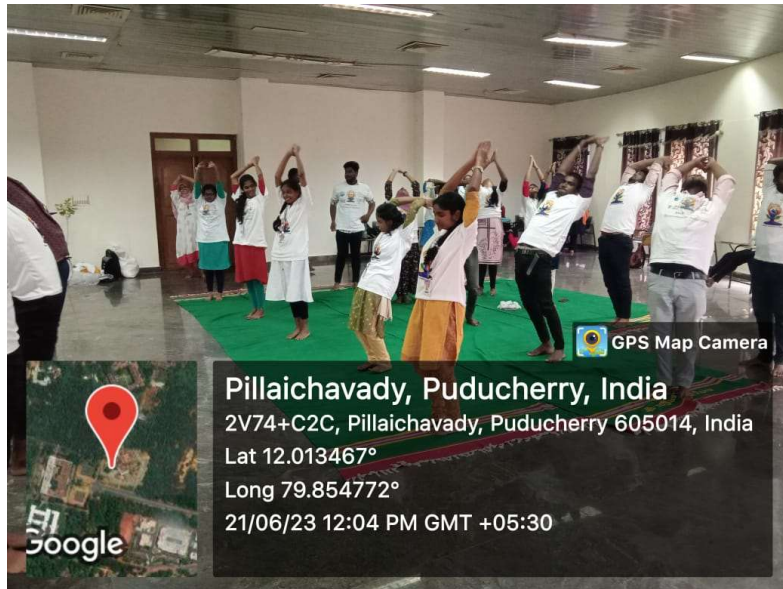
GIST OF SPEECH GIVEN BY OUR CHIEF GUEST

He insisted that Yoga a 5,000-year-old practice that originated in India. He emphasized that Yoga is mind-body practice that combines physical postures, breathing exercises, and meditation. He also mentioned that yoga is a safe and effective way to improve your overall health and well-being and its suitability for people of all ages and fitness level. He shared that the theme for the 2023 International Day of Yoga was "Yoga for Humanity", which highlights the universal appeal of yoga and its ability to bring people together from all walks of life. As closing remarks, he insisted that the International Day of Yoga is a great opportunity to learn more about this ancient practice and its many benefits.





Second Part of the session was handled by Alumni's of PTU, who were indeed State level Yoga Winners Mr ASWIN KUMAR & Mr. KAUSHIK. They along with our Convener, Health Club demonstrated and made the students to practice different Aasanas.





Further Mr ASHWIN & Mr KAUSHIK demonstrated some special Yoga Postures.





Students of MBA



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