



Annai College of Arts & Science

Quality Education for Today & Tomorrow

Accredited by NAAC with "B" Grade & Recognized by UGC under Section 2(f) & 12(B)

Affiliated to Bharathidasan University, Tiruchirappalli. E-mail: acasdmn@gmail.com


Report Submitted
On the
YOGA Day Celebration Held on 21st June 2019

To
The Principal
Annai College of Arts & Science
Kovilacheri Kumbakonam

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Invitation



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World Yoga Day

Date	Venue
21 st June 2019 9:30 a.m	Seminar hall, Annai College of Arts & Science, Kovilacheri.

Resource Persons
Dr. Aravind Kumar BYNS
**Annai Naturopathy and Yoga Science,
Kumbakonam.**

*Yoga is not about touching your toes,
it's about what you learn on the way down*

Introduction

Annai College of Arts and Science, Internal Quality Assurance cell has organized the YOGA Day celebration on 21st June 2019. We have invited Dr.Aravind Kumar Annai Naturopathy and Yoga science Hospital and Medical college to act as resource person to provide training on YOGA for our faculty members. He provided training on the following topics:

1. Yogas
2. Natural food habits
3. Pranayamam and
4. Surya Namashkaram

The program was inaugurated by Mr.M.I.Huayun Kabir, Secretary, AGI, the function was presided by Principal Dr.S.P.Manicka vasugi. Mr.K.Raja, vice principal, ACAS honored the chief guest, vote of thanks was delivered by Somasundaram Ayya, asst. professor, dept. of Tamil, ACAS, all our faculty members attended the function and practices YOGA. Dr.Mahadevan and Dr.Nandhini of Annai BNYS were also present.

Photo Gallery



Dr.Mahadevan delivering his address.



YOGA master instructing yoga to our faculty members



Our faculty members practicing YOGA



Somasundaram ayya delivering vote of thanks

Thank You