

# ADHIPARASAKHI COLLEGE OF ARTS AND SCIENCE

G.B.NAGAR, KALAVAI – 632506

NATIONAL SERVICE SCHEME

நாட்டு நலப்பணித் திட்டம்



## INTERNATIONAL YOGA DAY CELEBRATION – 2023

International Yoga day was celebrated in our college Seminar hall on 21<sup>st</sup> June 2023. The special class and Demo was organised on Yoga which was taught by Mr. S. Sathiyamoorthy, M.Com., M.Phil., MA (Yoga), Yoga Instructor, Assistant Professor in Commerce, APCAS. He had given the great idea and awareness on importance of yoga and he also instructed various yoga asanas' for students and staffs. More than 300 students as well as teaching and non-teaching staffs were participated in the yoga program and benefited.



