



NATIONAL CADET CORPS

ARUL ANANDAR COLLEGE, KARUMATHUR

INTERNATIONAL YOGA DAY CELEBRATION-2023

The International Yoga Day celebration held at Arul Anandar College in Karumathur on June 21, 2023, was a resounding success. The event, organized by the National Cadet Corps (NCC) unit of Arul Anandar College in collaboration with the Department of Physical Education and yoga instructors from the Primary Health Center (PHC) in Chellampatti, garnered active participation from NCC cadets, college students, faculty members, college officials, and staff. This report provides an overview of the event, highlighting the activities, notable participants, and the positive impact it created.

Objectives

The primary objectives of organizing the International Yoga Day celebration were as follows:

- To create awareness about the benefits of yoga for overall health and well-being.
- To emphasize the importance of physical fitness and mental well-being among the cadets.
- To encourage the practice of yoga as a means of stress management and self-discipline.

Event Details

The International Yoga Day celebration was organized by the National Cadet Corps (NCC) unit of Arul Anandar College, with support from the Department of Physical Education and yoga instructors from the Primary Health Center (PHC) in Chellampatti. This collaborative effort ensured a well-rounded and enriching experience for all participants. The event witnessed active participation from approximately 150 individuals, including NCC cadets, college students, faculty members, college officials, and staff. This diverse participation highlighted the widespread interest and commitment to embracing yoga as a means of promoting well-being. The participants were guided through a series of yoga asanas focusing on flexibility, strength, and relaxation techniques. Dr. Punitha, Siddha Community Health Officer, and experienced Yoga instructors Mr. Selvakumar and Ms. Alagammal from the Primary Health Center (PHC) in Chellampatti led the sessions, ensuring expert guidance and instruction. Breathing exercises (pranayama) and meditation techniques were taught to enhance the participants' concentration and

calm their minds. These practices provided invaluable tools for stress management and improving mental well-being.

Distinguished Guests

The event was graced by esteemed guests, including Rev. Dr. John Prragasam SJ, Rector of Arul Anandar College, and Rev. Dr. M. Anbarasu SJ, Principal of Arul Anandar College. Rev. Dr. A. Antonysamy SJ, Secretary of Arul Anandar College, delivered an inspiring Yoga Day message, emphasizing the significance of yoga in leading a balanced and fulfilling life.

Highlights and Impact

Unity and Discipline: The International Yoga Day celebration showcased a collective display of unity, discipline, and harmony among the participants. Individuals from diverse backgrounds and disciplines came together to embrace the practice of yoga, fostering a sense of camaraderie and inclusivity.

Media Coverage and Awareness: The event received significant coverage from local media outlets, effectively spreading awareness about the benefits of yoga to a wider audience. This media exposure helped debunk misconceptions and encouraged more individuals to explore yoga as a holistic approach to health and well-being.

Conclusion

The International Yoga Day celebration at Arul Anandar College, Karumathur, held on June 21, 2023, successfully promoted the practice and benefits of yoga among NCC cadets, college students, faculty members, and staff. The event's collaboration with the Department of Physical Education and the involvement of experienced yoga instructors from the Primary Health Center (PHC) in Chellampatti ensured a well-executed and enriching experience for the participants. The celebration fostered unity, discipline, and harmony among the participants and garnered media coverage, raising awareness about the benefits of yoga in promoting physical and mental well-being. This event serves as a significant milestone in the promotion of yoga and its positive impact on individuals' lives. The successful participation of approximately 150 individuals from various backgrounds signifies the growing interest and recognition of yoga as an essential practice for maintaining a healthy lifestyle.



கருமாத்தூர் அருள் ஆனந்தர் கல்லூரியில் சர்வதேச யோகா தினம்

மதுரை, ஜூன்.23-

மதுரை அருகே கருமாத்தூரில் உள்ள அருள் ஆனந்தர் கல்லூரியில் சர்வதேச யோகா தின விழா நடந்தது. முதல்வர் அன்பரசு தலைமை வகித்தார். அதிபர் ஜான் பிரகாசம் வாழ்த்திப் பேசினார். கல்லூரி செயலர் அந்தோணிசாமி பேசுகையில் உடல்நலம், மனநலம் ஆரோக்கியமாக இருக்க தினந்தோறும் யோகா பயிற்சி செய்ய வேண்டும். இதனால் உடல், உள்ளம், ஆன்மா இவைகளை பாதுகாக்கலாம் என்றார்.

செல்லம்பட்டி அரசு ஆரம்ப சுகாதார நிலைய மருத்துவர் புனிதா, செல்வக்குமார் ஆகியோர் மாணவர்களுக்கு யோகா பயிற்சியை நடத்தினர். இதில் உடற்கல்வியியல் துறை, தேசிய மாணவர் படை மற்றும் உடற்கல்வித்துறை பேராசிரியர்கள் யோகா பயிற்சியில் ஈடுபட்டனர். இந்த பயிற்சியில் அருட்தந்தையர்கள், ஆசிரியர்கள், மாணவர்கள் கலந்து கொண்டனர்.



ARUL ANANDAR COLLEGE
(Autonomous)

Reaccredited by NAAC at "A" Grade with a CGPA of 3.15
(DST - FIST Sponsored College)
Ananda Nagar, Karumathur - 625 514, Madurai Dt.



National Cadet Corps (NCC)

We Cordially Invite you all for
the Celebration of
International Yoga Day
2023



Yoga for Harmony & Peace

Date : 21.06.2023	Time : 7.00 Am
Day : Wednesday	Venue : Rev.Fr.C.MONTAUD Ground



INTERNATIONAL YOGA DAY

