



**ADHI COLLEGE OF ENGINEERING & TECHNOLOGY**  
(Approved by AICTE, New Delhi, Permanent Affiliation Status by Anna University  
Chennai. Accredited By NAAC, New Delhi, Recognized U/S12 (B) &2(F) of UGC Act 1956).

**No.6, Munu Adhi Nagar, Sankarapuram, Pulliambakkam Post,  
Kanchipuram Dist. Tamil Nadu – 631 605.**

## ACTIVITY REPORT

**Title** : International Yoga Day Celebration 21 June 2022  
**Date/Time** : 21.06.2022/9.30 am  
**Venue** : Adhi College of Engineering and Technology, Kanchipuram, Tamil  
Nadu – 631 605.  
**No Of Participants** : 100  
**Yoga Coordinator** : Mr.A.Siva Kumar, Dr. N. Venkatesan & Mr. K. Kirubakaran.  
**Description:**

“ **International Yoga Day Celebration 21 June 2022** ”, was celebrated in our Adhi College of Engineering and Technology, Kanchipuram with the association of Adhi Sankarapuram Manavalakalai Thavamaiyam and NSS team of Adhi College of Engineering and Technology, Kanchipuram -631605.

This year, the theme of the International Day of Yoga is 'Yoga For Wellness', and the focus will be on practicing yoga for physical and mental well-being.





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### **Students attended the international yoga day celebration on 21.06.2022**

Dr. N. Venkatesan Professor of Chemistry and NSS Program officer presided over the function and delivered a special address on the occasion. **Arulnithi A.SIVAKUMAR** M.A., M.Phil (ENG), MBA., M.A Yoga., M.Com., M. Phil, B.ED., M.A (Ed)., M.A.(Tamil)., PGDE.Com., Assistant Professor of English & Manavalakalai Yoga and In charge of Adhi Sankarapuram Manavalakalai Thavamaiyam has welcomed the gatherings, demonstrated yoga Asana & Mudras. Hundred NSS volunteers and Students of the college participated enthusiastically. Mr. K. Kirubakaran, NSS Volunteer Secretary delivered vote of thanks.