

Auxilium College (Autonomous), Vellore - 6.

International Yoga Day Report

Event - International Yoga Day

Date - 21/06/2024

Resource person -Mr. Arul Jothi Ramaswamy

Joint Director, world community centre

Organised by - Dr.Bindu B, Director of Physical Education and Dr .Anita Alice E,
Associate NCC officer.

The first programme of this academic year was International Yoga Day. Sports students ,NCC and hostel students gathered at 6.30 am to perform yoga. Resource person for this programme was Mr. Arul Jothi Ramaswamy, Joint Director of World Community Centre. He demonstrated Yogasanas & Breathing Exercises. Students enthusiastically performed yoga. This year's theme was "yoga for self and society". Our secretary Dr.(Sr). Mary Josphine Rani, Principal Dr.(Sr)Arockia Jayaceli,Vice Principal Dr. (Sr) Amalavalarmathy also performed yoga which motivated our students.

Organised By: 1. Dr .B. Bindu Balakrishnan

Director of Physical Education

2. E. Anitha Alice Elisha

Associate NCC Officer