

Auxilium College (Autonomous), Vellore - 6.

NSS - International Yoga Day

Berif Report

NSS Unit of Auxilium College celebrated the 10th International Yoga Day on 21st June, 2024. A mass demonstration of yoga was organised in collaboration with the Physical Educational Department, NCC and Rangers units of the college. Dr (Sr.) A. Arokia Jayaseeli, Principal presided over the event and Dr. (Sr.) A. Mary Josephine Rani delivered the key note address. An Input session on the International Yoga Day theme of the year 2024 - Yoga for Women Empowerment was also organised to enlighten the young women students on the benefits of yoga. The Yoga day lectures were delivered by Mr.G.Yuvaraj and Mr.S.Sivakumar, District Coordinators, Heartfulness Institute of Yoga. Dr. (Sr.) Amala Valarmathy. A., Vice- Principal, Shift I presided over the function. Ms.N.Aswini, NSS Programme officer delivered the welcome address and the Vote of thanks was proposed by NSS student leader Ms.Mathumitta. More than 500 students participated in the event. NSS Programme Officers Dr.P.R Amutha, Ms R.Gayathri and Ms. N.Aswini coordinated the event. The Yoga day event was uploaded in My- Bharat portal of the Central Government of India. The Yoga day event was uploaded in My- Bharat portal of the Central Government of India.

Short Report

Auxilium College celebrated the 10th International Yoga Day on 21st June, 2024. In the morning around 7 am, a mass demonstration of yoga was organised in collaboration with the Department of Physical Education, NSS, NCC and Rangers units of the college. An Input session on the International Yoga Day theme of the year 2024 - "Yoga for Women Empowerment" was also organised to enlighten the young women students on the benefits of yoga. The Yoga day lectures were delivered by Mr.G.Yuvaraj and Mr.S.Sivakumar, District Coordinators, Heartfulness Institute of Yoga. More than 500 students participated in the event.