



ARIGNAR ANNA COLLEGE

(Arts & Science)

Krishnagiri

INTERNAL QUALITY ASSURANCE CELL (IQAC)

Innaguration of YOGA & MEDITATION CELL

Date: 19.09.2022 **Venue: College Auditorium** **Time: 11.30 AM**

PROGRAMME SCHEDULE

- ◈ **INVOCATION** : **TAMIZHTAI VAZHTHU**
- ◈ **LIGHTING THE KUTHUVILAKU HONOURING THE CHIEF GUEST**
- ◈ **WELCOME ADDRESS** : **MR.T.PREMA.,M.P.ED.,PG.DIP(YOGA)**
DEPARTM,ENT OF PHYSICAL EDUCATION
- ◈ **PRESIDENTIAL ADDRESS** : **DR. S. DHANAPAL, M.Sc.,M.Phil.,PhD.,**
PRINCIPAL,
ARIGNAR ANNA COLLEGE-KRISHNAGIRI
- ◈ **CHEIF GUEST** : **HEARTTULNESS EDUCATION TRUST**
SRI RAM CHANDRA MISSION
- ◈ **VOTE OF THANKS** : **MR.C.VIJAY ANAND.,M.P.ED.,M.PHIL.**
DEPARTM,ENT OF PHYSICAL EDUCATION
- ◈ **NATIONAL ANTHEM**

IOAC Coordinator

Dr.J.Caroline Rose

Assistant Professor

Department of Biotechnology

IOAC Co-Coordinator

Dr.R.Rajalakshmi

Assistant Professor & Head

Department of Computer Science

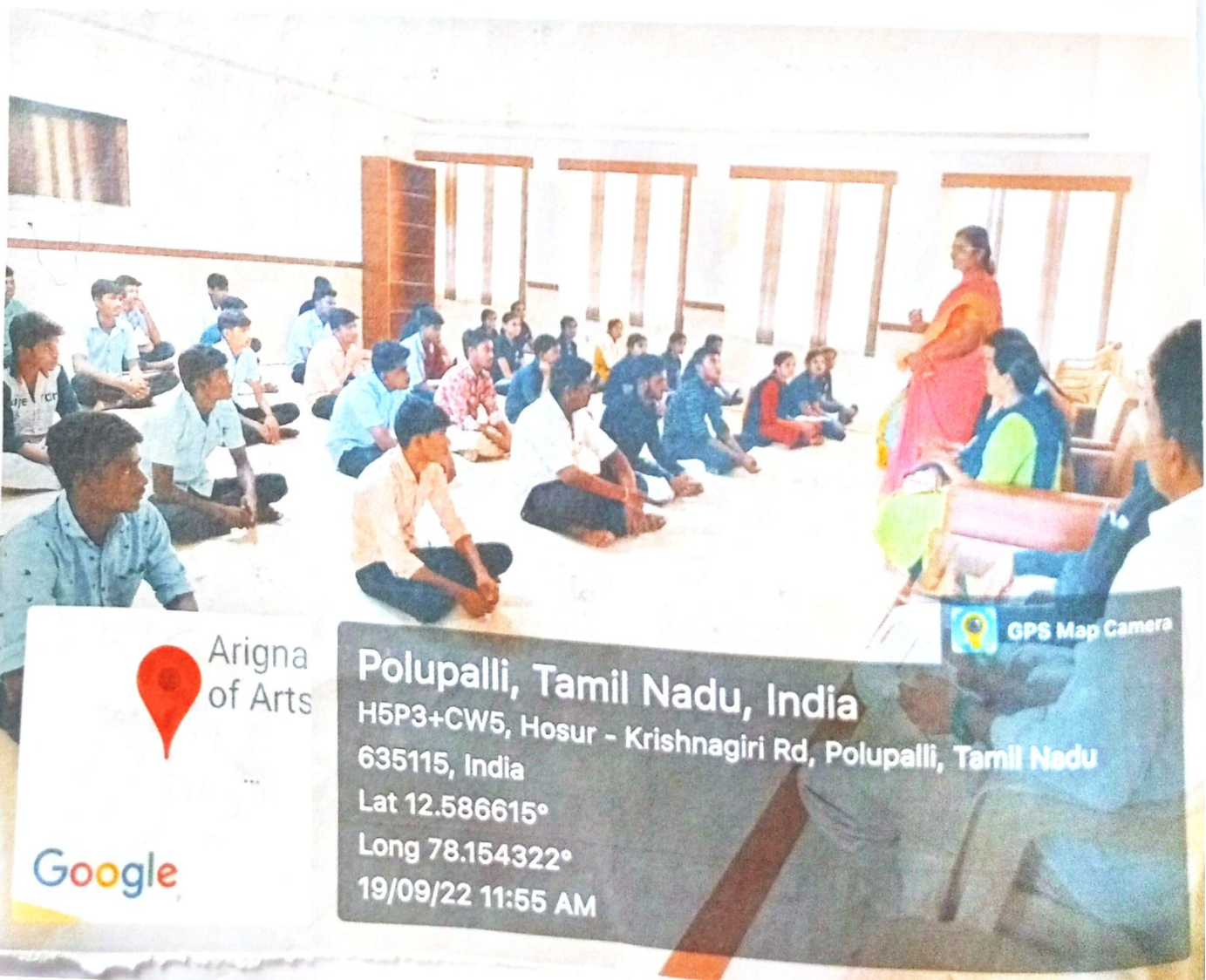


Arigna
of Arts



Polupalli, Tamil Nadu, India
 H5P3+CW5, Hosur - Krishnagiri Rd, Polupalli, Tamil Nadu
 635115, India
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 Long 78.15431°
 19/09/22 11:53 AM

GPS Map Camera



Arigna
of Arts



Polupalli, Tamil Nadu, India
 H5P3+CW5, Hosur - Krishnagiri Rd, Polupalli, Tamil Nadu
 635115, India
 Lat 12.586615°
 Long 78.154322°
 19/09/22 11:55 AM

GPS Map Camera

REPORT INAUGURATION

On behalf of IQAC, Yoga and Meditation Cell was inaugurated on 19.09.2022 at College auditorium.

Dr. S. Dhanapal, Principal & Chairman of IQAC, Presided over the function. The IQAC Coordinator & Co-coordinator were also present over the dias. Mrs. T. Prema (Yoga & Meditation Co-ordinator) Organized the Programme.

The members of Heartfulness Educational Trust, Sri Ram Chandra mission participated as chief guest and addressed the gathering. They trained the students for keeping their calm and practiced meditation for 15 minutes. They also insisted that making meditation and yoga can increase the concentration and memory power of the students. Mr. Vijay Anand, Physical Director, thanked the members on the dias for their gracious presence.

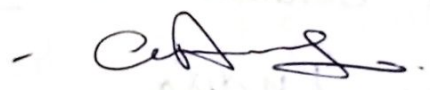
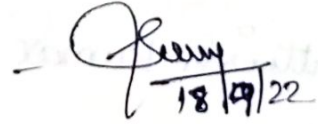
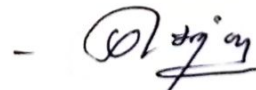
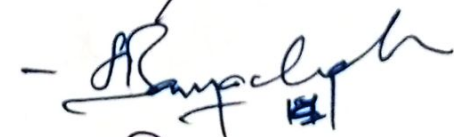
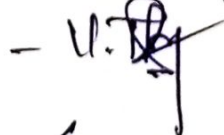

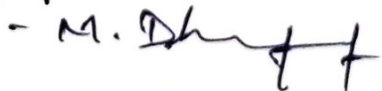

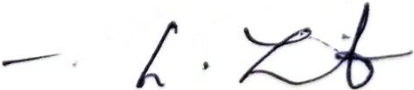
Circular

There will be meeting for the
yoga and Meditation cell members
on 18.09.2022 at 3.00pm.

T. Rama.
Yoga & Meditation
Co-ordinator


Principal

Members

- 1.) E. VISAM ANAND - 
- 2.) S. SUGANYA - 
18/9/22
- 3.) M. Satya - 
4. Dr. S. Ramachandran - 
5. U. Tharani - 
6. P. KRISANAMURTHY. - 
7. M. Dharsini priya - 
8. M. Senthil - 
9. L. Indira - 
10. B. Sathish Kumar - 