



SINDHI COLLEGE, CHENNAI - 77.

SINDHI YOGA CLUB

" HEALTHY BODY SOUND MIND" Report - 23/09/2022

Sindhi Yoga Club & The Department of Corporate Secretaryship in association with the IQAC organized "**HEALTHY BODY SOUND MIND**" a one day Workshop on Body Fitness and Mind Control for the Students on 23rd September 2022. The program began at 10.30 am in the Central Hall with the Tamilthai Valthu.

The Welcome Speech was given by **Mr. A. Sairam**, HODi/c, Department of Corporate Secretaryship. **Mr. V. Sivaprakasam**, HOD, Department of MA(HRM) and **Dr. K. Geetha, Assistant Professor**, Department of Computer Science were the Resource persons on the day. The event began with a brief introduction on basic yoga, breathing exercise, and basic mudras. The event was conducted to promote the practice of yoga among the students and make them learn different yoga postures and techniques. They help in reducing stress and promoting relaxation. The session was refreshing and reviving.

The Program ended with the Vote of Thanks by **Dr. D. Mohandas**, Assistant Professor, Department of B.Com(CS).

Invitation:



SINDHI COLLEGE OF ARTS & SCIENCE

(Permanently Affiliated to University of Madras)

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DEPARTMENT OF CORPORATE SECRETARYSHIP

& SINDHI YOGA CLUB

IN ASSOCIATION WITH IQAC

ORGANISES

'HEALTHY BODY SOUND MIND'

(ONE DAY WORKSHOP ON BODY FITNESS AND MIND CONTROL FOR STUDENTS)

RESOURCE PERSON

Basic Yoga & Breathing Exercise :

MR. V. SIVAPRAKASAM, M.Com. NET., M.Phil., M.B.A., NET., D.C.A
HOD, Assistant Professor, Department of Human Resource Management
& President – Sindhi Yoga Club

Basic Mudras :

DR. K. GEETHA, M.C.A., M.PHIL (C.S)., Ph.D., SET., NET.
Assistant Professor, Department of Computer Science
& Secretary – Sindhi Yoga Club

23rd September 2022- Friday - 10.30 AM

Venue : Central Hall

Dr. A. SAIRAM

HOD i/c

Dr. V. HEMALATHA

PRINCIPAL i/c

ALL ARE WELCOME







