

VIRUDHUNAGAR HINDU NADARS'
SENTHUKUMARA NADAR COLLEGE (Autonomous)
VIRUDHUNAGAR
(Accredited with 'A' Grade by NAAC)

The Management Members, Principal, Staff Members
& Students cordially invite you to the

INTERNATIONAL DAY OF YOGA

on 21st June 2019, Friday



ज्ञान - विज्ञानं विमुक्तये

Thiru. T.J. JEYAKUMAR, M.B.A.,
Secretary & Correspondent
will be the Chief Guest & distribute the Prizes

Shri. K.V.A.N.M. BALA VELAN
(Record Holder in Universal Book of Records &
Future Kalam's Book of Records), Virudhunagar
will be the Guest of Honour & Share his experience

Thiru. R.T.R. VANNI ANANDHAM, B.A.,
President
will deliver the Presidential Address

Felicitation

Thiru. K.A.P.R.R. CHANDRASEKARAN, B.Sc.,B.A.,
Vice - President

Tmt. T.K.S.P.A.S. PORKILI, B.Com.,
Vice - President

Thiru. T.K.S.P.N. MUTHU, B.Com.,B.L.,
Treasurer

Dr. P. SUNDARA PANDIAN, Ph.D.,
Principal

Dr. N. ASHOK KUMAR, Ph.D.,
Director - SF Courses

Venue
Library Upstairs

Time
10.00 am to
4.00 pm

Dr. T. MURUGESAN, Ph.D.,
Director of Physical Education

Dr. P. SAMI, Ph.D.,
Dean - Student Services

PROGRAMME

VIRUDHUNAGAR HINDU NADARS' SENTHUKUMARA NADAR COLLEGE (Autonomous)

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Observed

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ज्ञान - विज्ञानं विमुक्तये

Morning Session

- 10.00 am - Inauguration
- 10.30 am - 11 am - Yoga Day - Protocol and Oath
Mass Demonstration
- 11 am - 12 noon - Yoga Exhibition
Essay Writing Competition
- 12 noon - 1 pm - Elocution Competition

Evening Session

- 2 pm - 3 pm - Short Film on Yoga
- 3 pm - 3.30 pm - Asana Competition
- 3.35 pm - Valediction

