**DKM COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE**

**Yoga and Meditation Club of DKMC**

**Report 2020 - 21**

Yoga education can prepare the students physically and mentally for the integration of their physical, mental and spiritual qualities, so that they can become healthier and integrated members of the society and of the nation. Yoga education also helps in self discipline and self control leading to immense amount of awareness, concentration and higher level of consciousness. With these aims, we started the Yoga and Meditation club in our college.

**Objectives of Yoga and Meditation club:**

To enable the student to have good health.

To practice mental hygiene.

To possess emotional stability.

To integrate moral values.

To attend higher level of consciousness.

Yoga education helps to equip oneself with basic knowledge about one’s personality, to learn, to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life.

Yoga and Meditation club of DKMC was continued for this academic year 2020-21. 120 students from various departments of aided and unaided stream were practiced in this academic year. The classes are conducted from 18.02.21 to 03.03.21 as 12 days programme - Foundation course by SKY Yoga Azhiyar through Manavalai kalai Mandram trust, Sankaranpalayam, Vellore. After the programme was over, the certificates were distributed to the students.

From the students feedback, it was understood that this education enhanced them in all their activities both academic as well as is in sports. They also said that they developed better stamina and co-ordination for sports and had awareness and balanced attitude for social activity.

International Yoga Day was celebrated on 21st June every year. This year due to pandemic situation we conducted International Yoga day in online mode only staff were participated.

Azhiar Arivuthirukoil was arranged for world Guiness record on spiritual meditation of involving 1 Lakh volunteers on 28.03.2021 in that program we made our student to participate and they received online certificate. We feel that this is our success in the conduction of Yoga and Meditation Club .

Co-ordinator Principal

Committee Members

**DKM COLLEGE FOR WOMEN(AUTONOMOUS),VELLORE**

**YOGA CLUB OF DKMC**

**CELEBRATION OF INTERNATIONAL YOGA DAY-2020**

     International Yoga Day is celebrated  every year on 21st June from 2015 to spread awareness about the importance and effects of yoga on health of our students and staff. We are also conducting  the Non-Major and certificate courses  on Health for Youth Excellence in our college.

     This year due to lockdown and vigorous effect of COVID-19,we had arranged for online virtual celebration of International Yoga Day on 21.06.2020. In order to create awareness among our students we also conduct **e-Quiz** on **Yoga for Health and Meditation** . More than 500 students were responded from our college and also from various other colleges .

    We organized for a **Live Webinar** on **PROMOTION OF HEALTH THROUGH YOGA.** More than 50 faculties of our college enthusiastically participated in the Programme. Mrs.Anju sakthivel and her student  Ms.V.Dharshini from Cosmic Yoga studios ,vellore have given online demonstration  which was practiced by our faculties from their home, following the rules of **Government of India-Stay at Home**.

   Our Principal Dr.P.N.Sudha madam felicitated the programme. Yoga Club ,NSS and Dept. of zoology of our college together organizes the programme.E-Certificates were distributed to the participants.

Dr.D.Sasikala

Co’ordinator of yoga club PRINCIPAL