

**Dr. MAHALINGAM COLLEGE OF ENGINEERING AND TECHNOLOGY,
POLLACHI – 642003**

International Yoga Day - 2022 Report

As per the information from AICTE and as a part of Institutional activity, the 8th International Yoga Day was observed in our college on 16.6.2022 (Thursday).

The programme was conducted in Centenary Center from 8.00 am to 9.00 am. Around 100 students and faculty members participated in the event. Yoga protocol was conducted and guided by Faculty members of Manavalakalai Mandram, Pollachi during the occasion.

Dr. A. Rathinavelu, Principal, MCET addressed the gathering. He emphasized the importance of practicing yoga as daily activity will help the individual in keeping body and mind healthy and equipoise consistently. He appreciated all the students and faculty who participated in the event.

All first year students have completed a “Foundation Course in Yoga for Youth Empowerment” during their first semester. The course comprises of with Physical exercises and Yogasanas for physical health, Anti-ageing process of Kayakalpa exercises for longevity, Meditation practices for mental prosperity and personality development. The course completion certificated provided by Vethathiri Maharishi Institute for Spiritual and Intutional Education, WCSC, Aliyar for 658 students were distributed to the students by the Principal. First year Programme Head, NCC, NSS faculty in charges and other faculty friends witnessed the event. The coordinator Mr. S. Krishnakumar, AP (SS)/ Civil Engineering thanked the Management, Secretary Sir, Principal Sir, First year Programme Head, NCC and NSS faculty in charges, other faculty friends, Maintenance team and Hostel in-charge for supporting to conduct the event.

Snip bits of event – International Yoga Day 2022





