

Criterion IV
Infrastructure and Learning Resources

Key Indicator 4.1- Physical Facilities

4.1.1 The institution has adequate facilities for cultural activities, yoga, games (indoor, outdoor) and sports. (Gymnasium, yoga center, auditorium, etc.)

Yoga Center

Criterion IV Infrastructure and Learning Resources



Yoga Practice



Yoga Practice

Criterion IV
Infrastructure and Learning Resources

Vazgha vaiyagam Vazgha vaiyagam, Vazgha valamudan
வாழ்க வையகம் வாழ்க வையகம், வாழ்க வளமுடன்

PERI
INSTITUTE OF TECHNOLOGY & PERI INSTITUTE OF TECHNOLOGY,
PERI Knowledge park, Mannivakkam, Chennai-600048

 EAST TAMBARAM THIRUMAZHISAI STREET MANAVALAKKALAI MANDRAM
ARAKATTALAI, EAST TAMBARAM, CHENNAI-600059 Kancheepuram Zone-WCSC Affiliate REG NO-416

 
International Day of Yoga

Day Date; Friday .23-06-2023 TIME & Place 10am-11.35Noon

9.45--10 am Participants entry/sitting the hall-organizes

10 am; Prayer songs (Eraivanakkam, Guruvanakkam)

10.10; Meditations - (10minutes) Prof.A/n.R.Sambath- Secretary TSMVKAM Trust

10.25; Welcome address Prof.A/N.P.Baskaran .President -TSMVKAM Trust

10.30; Head Speaker College; Dr.R.PALSON KENNEDY PRINCIPAL

10.40; - About yoga & Yoga day;:- Prof. S.BASKARAN M.A Yoga

11.55; - Yoga demonstration (explain with demo-Simple Exercise, Sooriyanamaskaram, Asanas,)

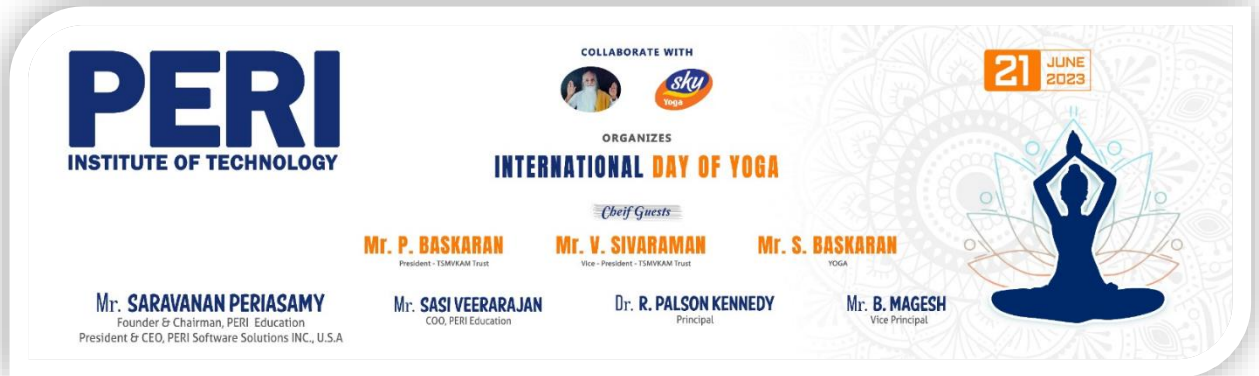
**11.25 Votes for Thanks; -Prof.A/n.V.Sivaraman Vice President Smart THIRUMAZHISAI STREET
MANAVALAKKALAI MANDRAM ARAKATTALAI**

11.355 Ulaga nala vazthu

   
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Yoga Event

Criterion IV Infrastructure and Learning Resources



Yoga Day Flyer



Yoga Practice Session

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Yoga Day



Yoga Day Events

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Yoga Practice session



Yoga Practice session

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Yoga Day Celebration

Dr. R. PALSON KENNEDY, M.E., Ph.D.,
PRINCIPAL
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