

GOVERNMENT ARTS COLLEGE UDUMALPET

DEPARTMENT OF PHYSICAL EDUCATION

International Yoga Day Report- 2023

Date: 20.06.2022

TIMING: MORNING 7.00 A.M TO 8.00 A.M, 10 a.m to 4.00 p.m

AGE: All Age Categories

PLACE: ATHLETIC TRACK, GOVERNMENT ARTS COLLEGE, UDUMALPET

ORGANISERS: DEPARTMENT OF PHYSICAL EDUCATION-GOVERNMENT ARTS
COLLEGE, UDUMALPET

TOTAL NO OF PARTICIPANTS: 400

Organiser: Dr.J.MANO HAR CHENDUR PANDI, DIRECTOR OF PHYSICAL EDUCATION

rh;tNjr Nahfh jpd epfo;Tfs;

20.06.2023, 7.00-7.30 a.m- Nahfg; gapw;rpfs;> ,lk;- fy;Y}hp ikjhdk;

**(Fwpg;G: Nahfg; gapw;rp Nkw;nfs;tjw;f;fhf yoga mat my;yJ
Towel nfz;L tuTk;)**

20.06.2023> 10.00 a.m (I Shift), 2.30 p.m (II Shift) - Nahfg; gapw;rp
Fwpj;j ciu> ,lk;: fy;Y}hp fiyauq;fk;
ciuahw;Wgth;fs;:

1. Yoga Ratna.R.Manivannan, Asst.Professor, Sri Paranjothi Yoga College, Tirumoorthy Hills.
2. K.Rani, Retd. Superintendent, Department of Agriculture,

Evidence

Government Arts College Udumalpet

9th International Yoga Day Celebrations

20th June 2023, Tuesday, 7.00 a.m – Yogic Practices

20th June 2023, Tuesday, 10.00 a.m (I Shift), 2.30 p.m (II Shift) – Regular Practice of Yoga for Healthy Individual

Place:GAC, UDUMALPET

Resource Persons

Yoga Ratna.R.Manivannan, Asst.Professor, Sri Paranjothi Yoga College,
Tirumoorthy Hills

K. Rani , Retd. Superintendent, Department of
Agriculture



Feedback

Name	Class	How was the today function	How was the today speaker and his lectures	How was the program arrangements
N.kathiresan	2nd BCOM CA SHIFT 2	Excellent	Excellent	Excellent
Praveen Kumar v	BA.Economics	Excellent	Excellent	Good
KAVINKUMAR V	2 B.sc	Good	Good	Good
Sobiya N	B.sc. mathematics	Excellent	Good	Good
M.SANTHOSH KUMAR	B.COM.CA SIFT 2	Excellent	Good	Excellent
ABINAYA.K	II- BCOM CA	Excellent	Excellent	Excellent
Vigneshwari. S	Bcom-3	Excellent	Good	Good
A.DHANALAKSHMI	MA TOURISM	Excellent	Good	Excellent
K.Akalya	3rd BA English literature	Good	Good	Excellent
K.k.ajai	Bsc computer science 2nd year	Excellent	Good	Excellent
R.S.ROHIT	Second bsc chemistry	Excellent	Good	Good
Madhavan P	Bcom ca	Excellent	Excellent	Excellent
Mathusuthanan M	Bcom(CA)	Excellent	Excellent	Average
Aiswarya.M	III B.Com	Good	Good	Good
Rajeswari. M	3 rd B.Com(CA)	Good	Good	Good
Rathika selvi G	2nd - B.Sc Mathematics	Good	Excellent	Good
Rathika selvi G	2nd-B.Sc Mathematics	Good	Excellent	Good
H.SALMANKHAN	B.COM CA	Excellent	Excellent	Excellent
M JEEVA	Bsc Mathematics - II	Excellent	Excellent	Good
Dineshraj	3rd b.com	Good	Excellent	Good
Pandeeswari	B,sc.statistics	Excellent	Excellent	Excellent
Mohammed Thariq A	3rd BCOM CA	Excellent	Excellent	Excellent
M.Balamani	B.com ca 2	Good	Excellent	Good
Lavanya	B sc physics...third year	Good	Excellent	Good
R.sneha	B SC Mathematics UG (second year)	Excellent	Good	Excellent
Sukumar.R	Threed B.com.CA	Good	Good	Good
A. Subashini	3rd B. SC Physics	Excellent	Excellent	Excellent