



அரசு கலைக்கல்லூரி உடுமலைப்பேட்டை
GOVERNMENT ARTS COLLEGE UDUMALPET
 (Affiliated to Bharathiar University, Coimbatore)
 Accredited "A" (Cycle II) NAAC & NIRF Ranking 100-15



7th International Yoga Day Celebrations

Online Seminar

From 18.06.2021 to 20.06.2021

Theme: Yoga for Healthy Living

Online Platform: Google Meet link: [NOPQKKXZST](https://meet.google.com/NOPQKKXZST)

Programme Schedule

Date: 18.06.2021, 4.00 p.m- 5.00 p.m

Title: யோகாவும் உடல் நலமும் ;

Resource Person : Dr.M.Veera Seenu, B.A, B.P.Ed, M.P.Ed, PGDYNC, M.Sc Yoga, Ph.D
 Yoga Instructor, Fitness Consultant. (Emerald Group) and
 Martial Arts Trainer, Coimbatore

Welcome Address : Dr.H.B.Ramalingam, Associate Professor and Head, Dep. of Physics and
 Associate NCC Officer,, GAC, Udumalpet.

Inaugural Address: Dr.S.K.Kalyani, Principal, Government Arts College, Udumalpet

Vote of Thanks : Dr.J.Manohar Chendur Pandi, Director of Physical Education, GAC, Udumalpet

Participants : I UG/PG students

Department: Tamil, English, Economics, BBA, Tourism, Political Science

Date: 19.06.2021, 10.30 a.m- 11.30 a.m

Title : ; அனைவரும் ஆரோக்கியம்

Resource Person: Dr.K.Balamurugan, B.Sc, B.P.Ed, M.P.Ed., M.Phil,
 PGDY, Ph.D, NET
 Director of Physical Education, GAC, Dharmapuri &
 Yoga Instructor, International Tenikoit Referee and
 Mutamiz Kavalur Awardee 2021

Welcome Address : Dr.K.Sakthivel, Assistant Professor, Dept.of. Mathematics
 Government Arts College Udumalpet

Felicitation Address : Dr.S.Ponmudi, Associate Professor & Head,
 Dept. of. Mathematics, GAC, Udumalpet

Vote of Thanks : Dr.C.M. Ganesan, Assistant Professor, Dept. of Botany & NSS
 Coordinator, Government Arts College Udumalpet

Participants : I UG/PG students
Department: Commerce (B.Com, E.Com,
 B.Com CA (Shift 1&2)

Date: 20.06.2021, 10.30 a.m- 11.30 a.m

Title: மகிழ்ச்சியான வாழ்க்கைக்கு யோகா

Resource Person: Dr.S.Prasath, M.Sc., M.A., B.Ed., M.P. Ed., M.Phil., Ph.D.,
 PGDY., DYMHH., PGDSM., PGDYN., MBA., NIS(Cert.)
 Director of Physical Education, GAC, Paramakudi &
 SKY Yoga Professor, YYE Madurai Zone, Vice President
 World Community Service Centre (WCSC)

Welcome Address : Dr.A.Pushpalatha, Assistant Professor, Dept.of. Mathematics
 Government Arts College Udumalpet

Felicitation Address : Dr.H.B.Ramalingam, Associate Professor and
 Head, Dep. of Physics and Associate NCC Officer,
 GAC, Udumalpet.

Vote of Thanks : Dr.J.Manohar Chendur Pandi, Director of Physical Education, GAC,

Participants : I UG/PG students
Department: Maths, Physics, Chemistry,
 Botany, Statistics and Computer Science