



VIVEKANANDHA COLLEGE OF TECHNOLOGY FOR WOMEN

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai

Elayamapalayam, Tiruchengode Tk - 637 205, Namakkal Dt.

DATE: 04.06.2022

**DEPARTMENT OF
ELECTRONICS AND COMMUNICATION
ENGINEERING**



INTERNATIONAL YOGA DAY

04TH June 2022

Theme: YOGA FOR HUMANITY

EVENT: DRAMA, ORATORY (ENG & TAMIL), ESSAY WRITING



YOGA



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REPORT ON INTERNATIONAL YOGA DAY 2022

The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Honorable Shri. Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014. He stated

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day”.

Women, across the globe, need to be able to keep many balls up in the air at the same time ensuring that not a single one of them falls at any time. This is why yoga will seem like a blessing for women. Yoga is a means to achieving sanity and serenity in their trying and taxing world. Simple breathing techniques will help women calm down and handle their multiple responsibilities with proficiency and poise. Yoga does more for women than just make their bodies supple. It lends balance to the mind and nourishment to the soul.

Dr. M. Devi, M.E, Ph.D., Principal-VCTW presided over the function and discussed on International Day of Yoga for good health and mind needs. Further the importance for women in yoga was discussed. Dr.C.Venkataramanan, HOD/ECE welcomed faculties and students and gave motivation to the students to engage themselves in the mentioned activities. Mrs. P. Malini Asst. Prof / ECE coordinated the activities planned.

The students from the department of ECE performed events like Essay Writing, Drama and Oratory both in English and Tamil.

Co-ordinator

HoD-ECE

PRINCIPAL



Drama Performance (III ECE Students)



Drama Performance (III ECE Students)



Drama Performance (III ECE Students)



Drama Performance (III ECE Students)



Oratory Speech In Tamil By Ms Anusuya(III ECE)



**Oratory Speech In English By Ms
Priya(II ECE)**



Essay Writing by II,III,IV ECE Students



