

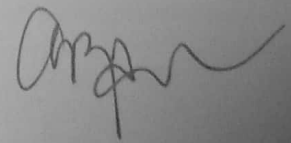
Academic year-2016INTERNATIONAL YOGA DAY CELEBRATION

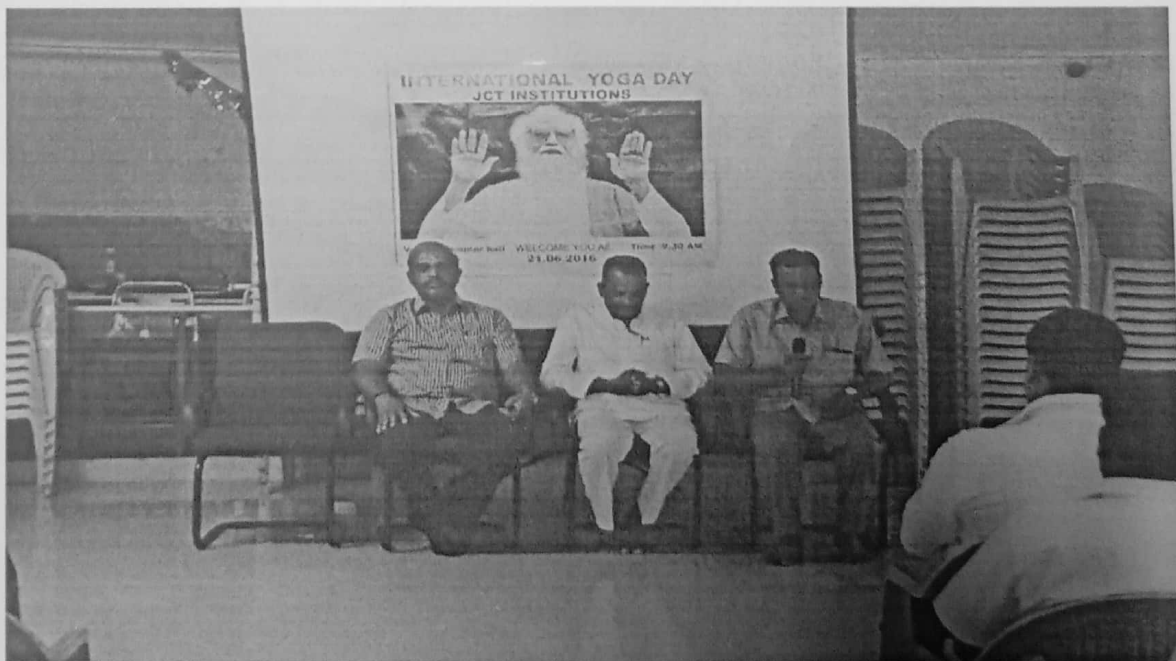
International Day of Yoga or commonly known as Yoga Day, is celebrated on 21st June every year since its inception in 2015. Yoga is a physical, mental and spiritual practice originated in Bharat or India.

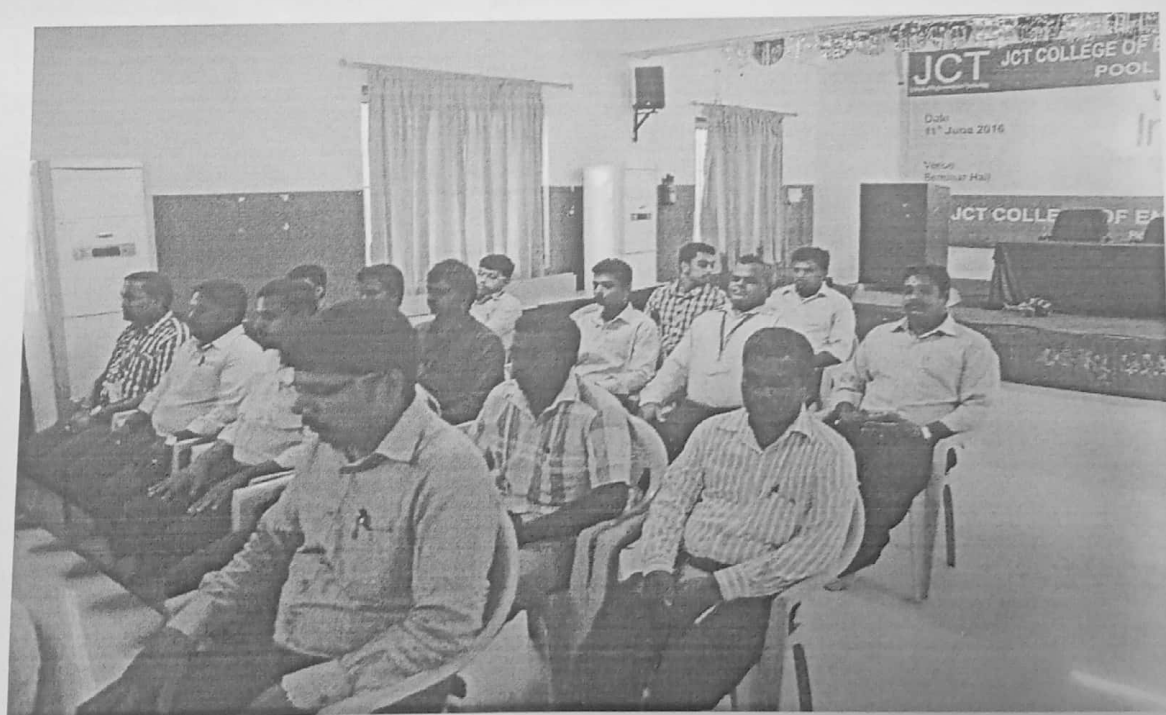
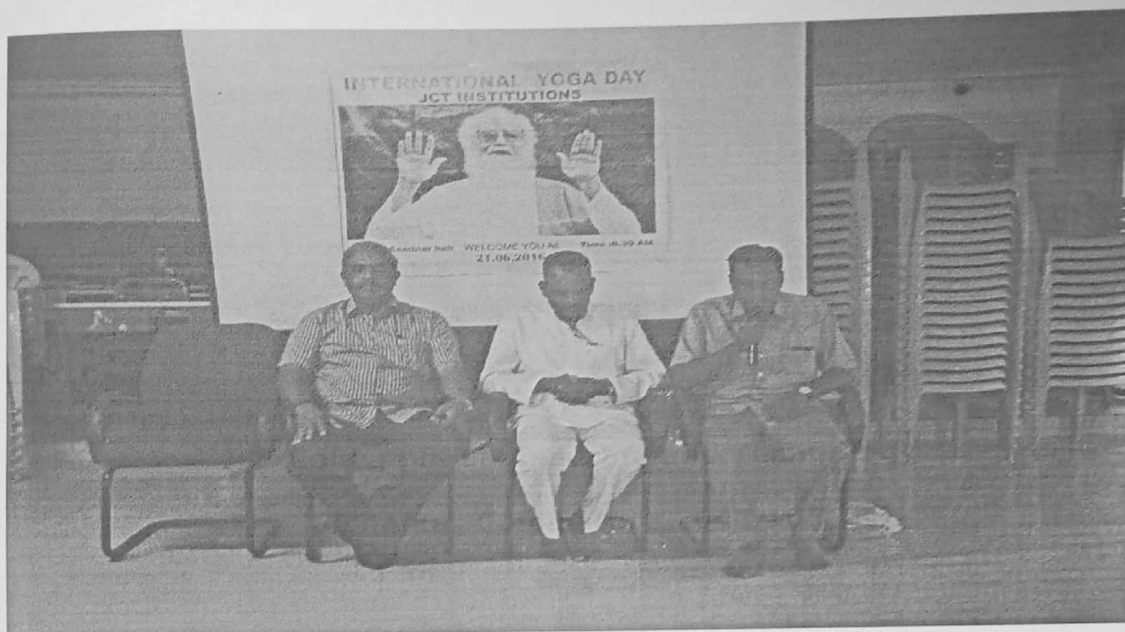
The 2nd International Yoga Day was celebrated on 21 June 2016, Tuesday at JCT College of Engineering and Technology with great enthusiasm and vigour. Almost 200 participants took part in that event. Dr.G.Ramesh Principal of our college proceeded and taught over the program. Students, faculty members also participated in the event. Participants of all age groups participated in the event with great enthusiasm.

The Yoga session started exactly at 7 am with Prayer, and systematic practice of different 'ASANAS' of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession under the instructions of Yoga teacher and supervision of trained Volunteers. The Yoga teacher also narrated the usefulness of different "Asanas" as a precautionary measure, in curing many Diseases and the usefulness of Yoga in the overall wellbeing of a human being.

The entire "YOGABHYAS" lasted for an hour and ended at 8 am with a "Sanskrit Shloka" and Oath by all the participants that they will continue to practice Yoga for keeping their Body and mind in healthy, stress-free and cheerful condition.







Arjun

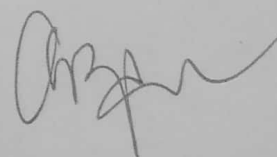
Academic year-2017-2018**INTERNATIONAL YOGA DAY CELEBRATION**

The International Day of Yoga was celebrated in the college on Friday, 23 June 2017. The students, faculty members, NSS volunteers of the college participated in the event around 300 participants assembled for the practice.

Thiru.Karuppuswamy and Thirumathi Steffi, the co-ordinates of Sai Guru Trust were conducted and taught Yoga with demonstration to the faculty members and students each yogasana and briefly explained the benefits. The participants followed the demonstration and practiced each yogasana with involvement. The practice ended with relaxation.

Dr.G.Ramesh Principal of our college felicitated the event. He underlined the fact that yoga unites the body and mind. He added that in fast-paced life style of the present day, yoga is much needed for everyone to bring about that calm and equipoise in the mind to take the correct and righteous decisions and lead a happy and fulfilling life. He rightly pointed out youth can stay on the right path by regular practices of even simple yoga and achieve their goals amidst the distractions and challenges.

The Science and humanities department of the college made the arrangements for the celebration. The celebration was concluded with chanting of the world blessing song and Shanthi mantra. Sample photos are given in a separate file.



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JCT INSTITUTIONS

College of Engineering | Polytechnic College

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College of Engineering & Technology

International Yoga Day Celebration

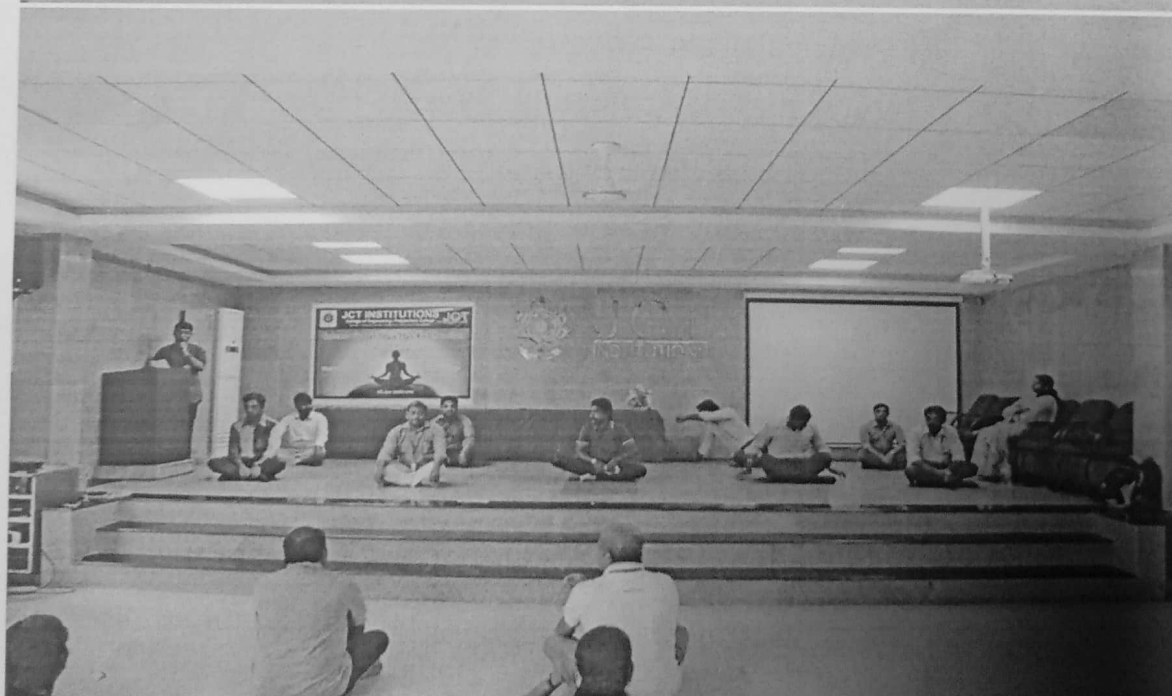
21.06.2017

Venue : Seminar Hall

Time : 10.00 am



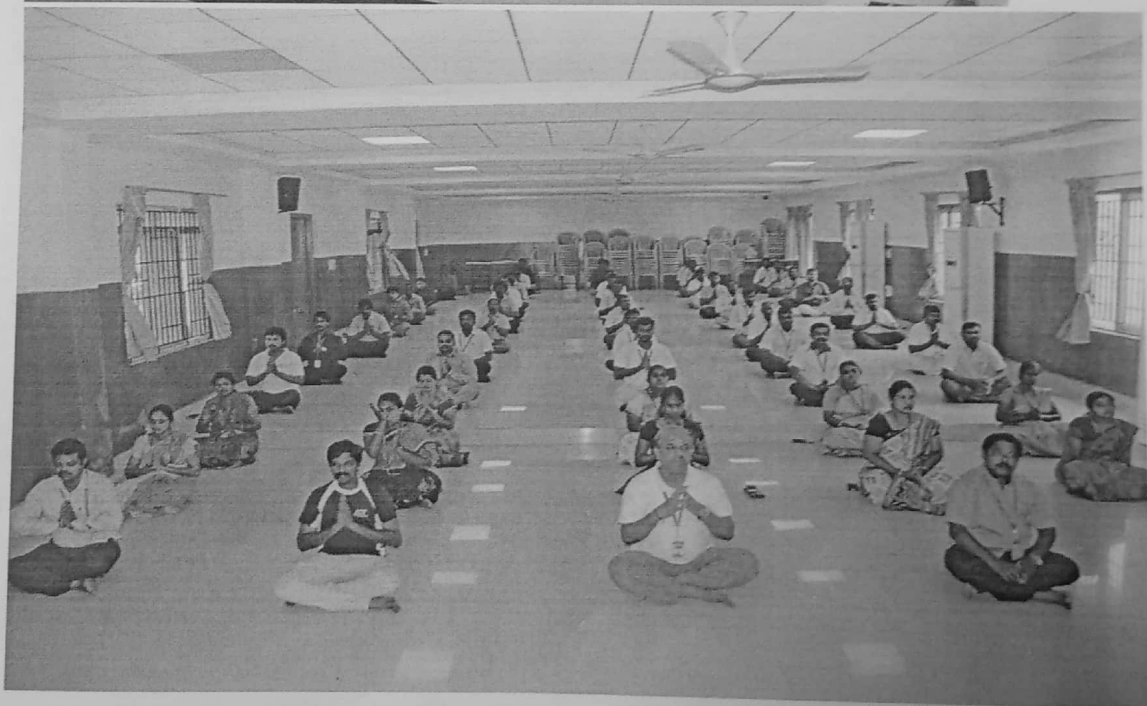
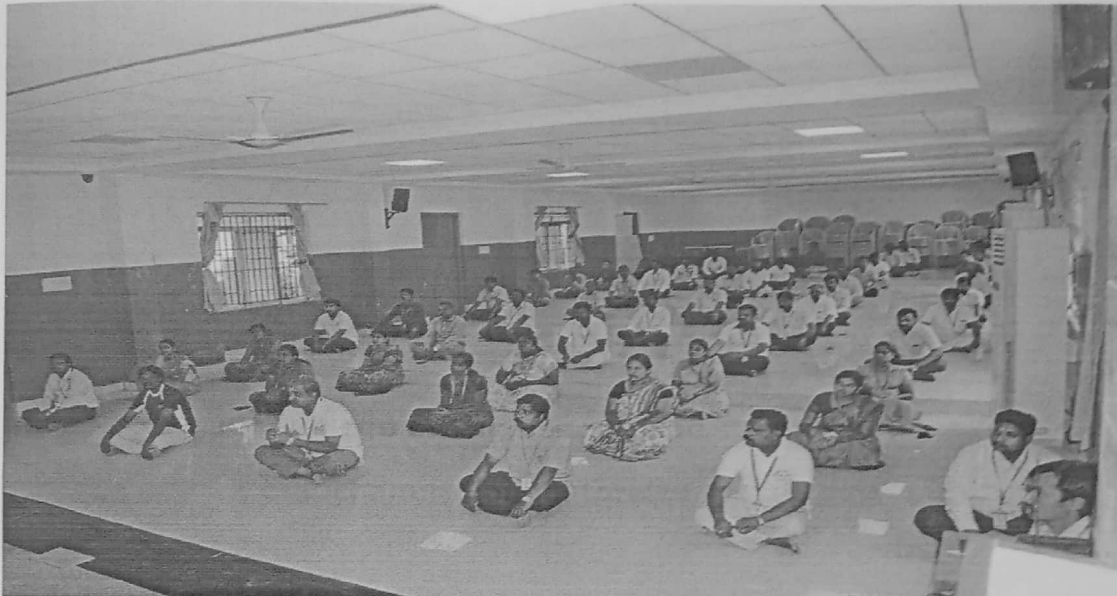
All are welcome





JCT College of Engineering and Technology

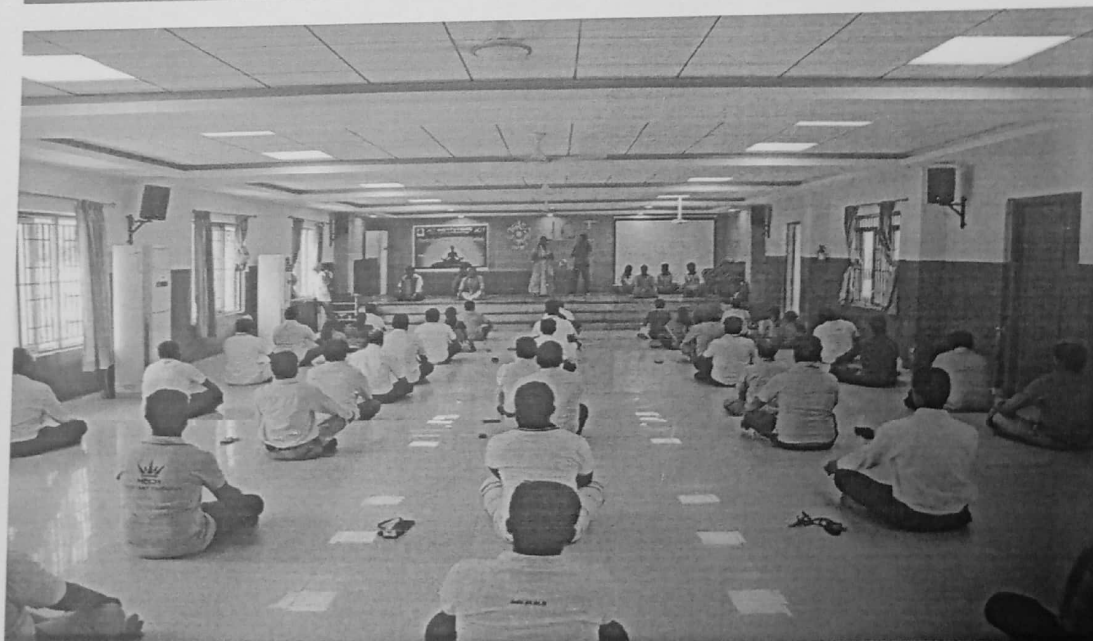
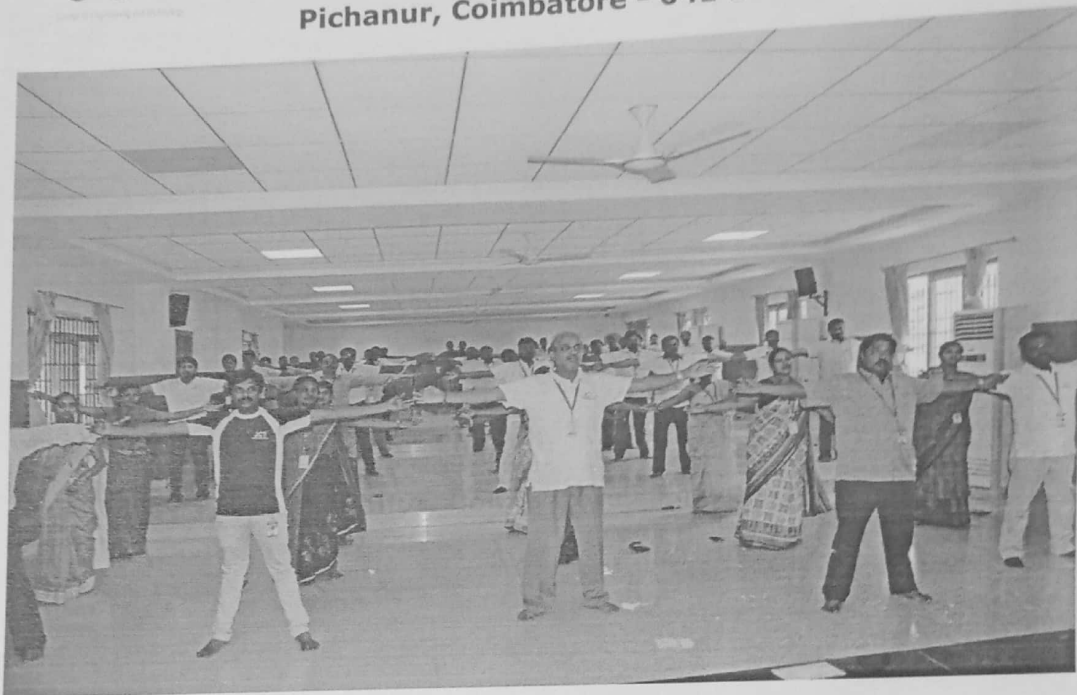
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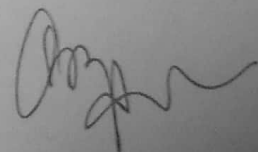
Academic year-2018-19

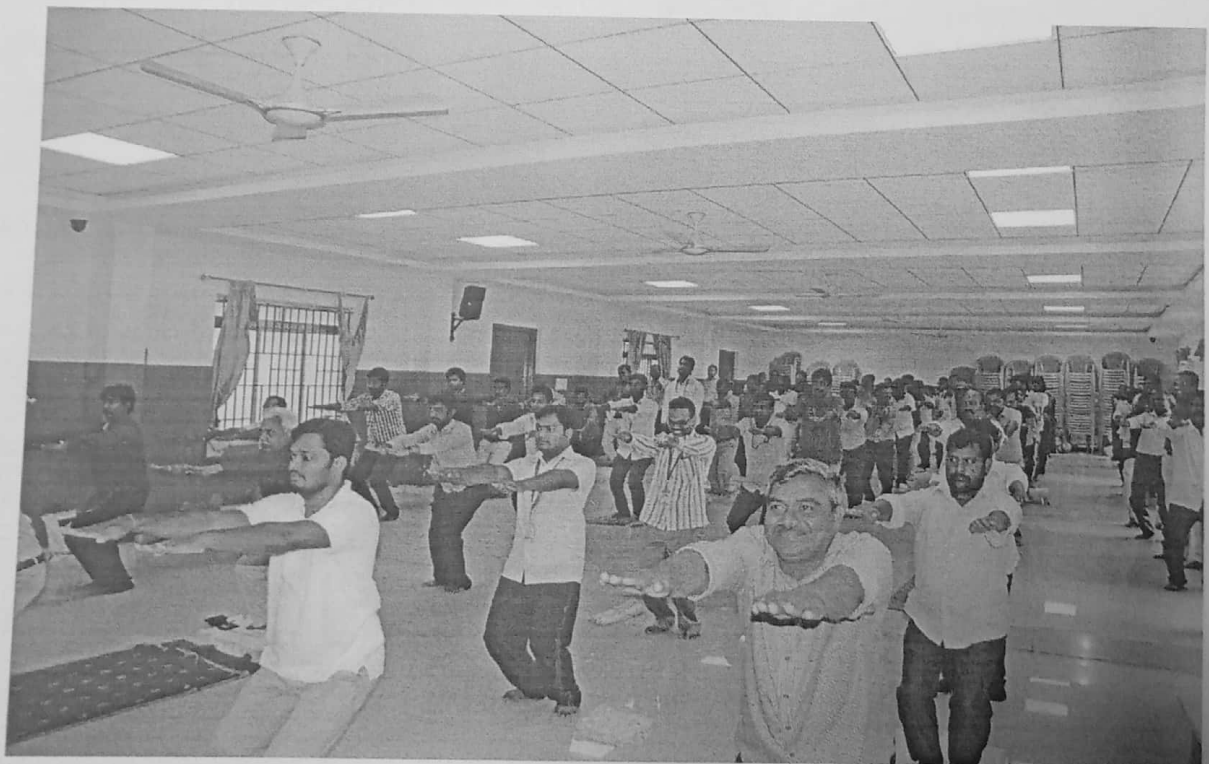
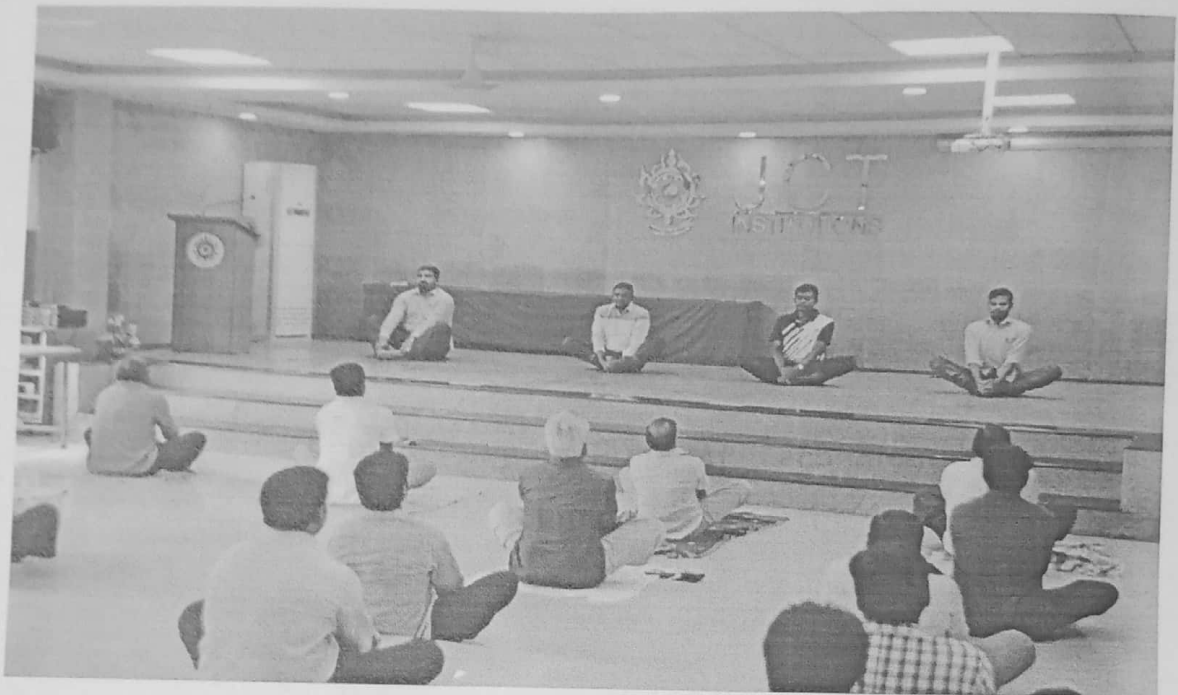
INTERNATIONAL YOGA DAY CELEBRATION

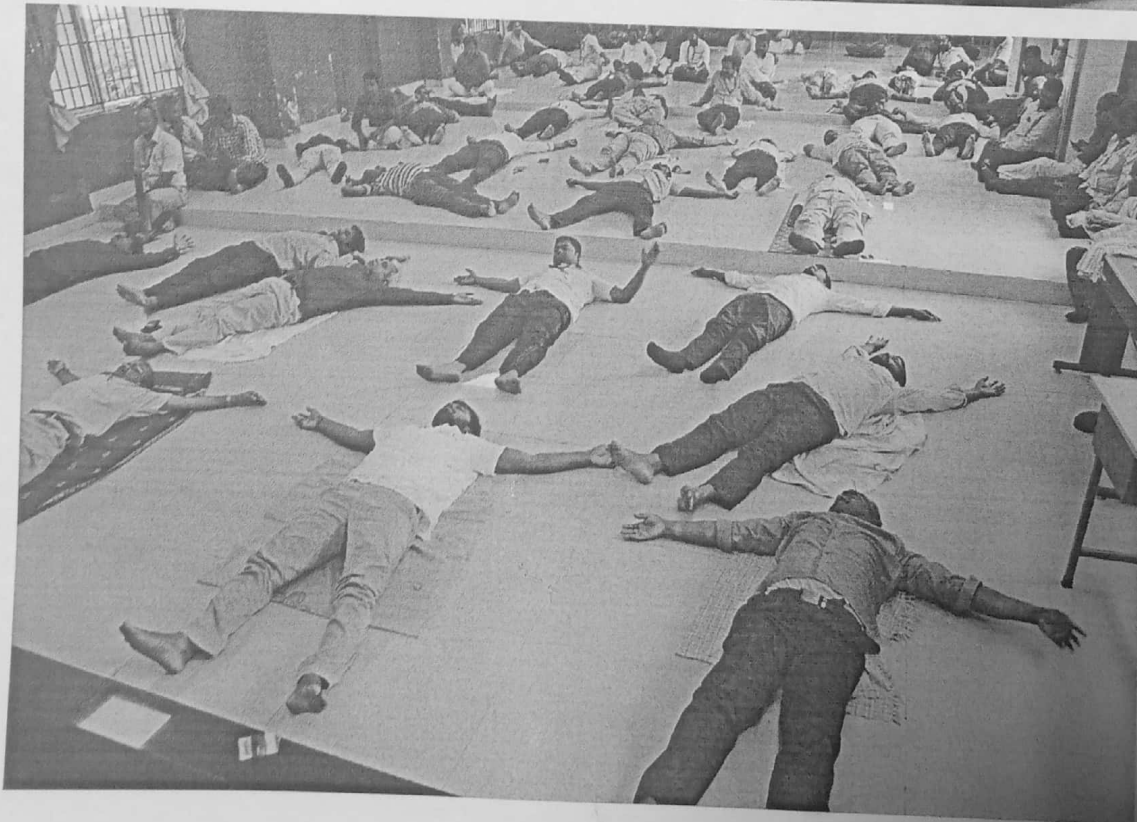
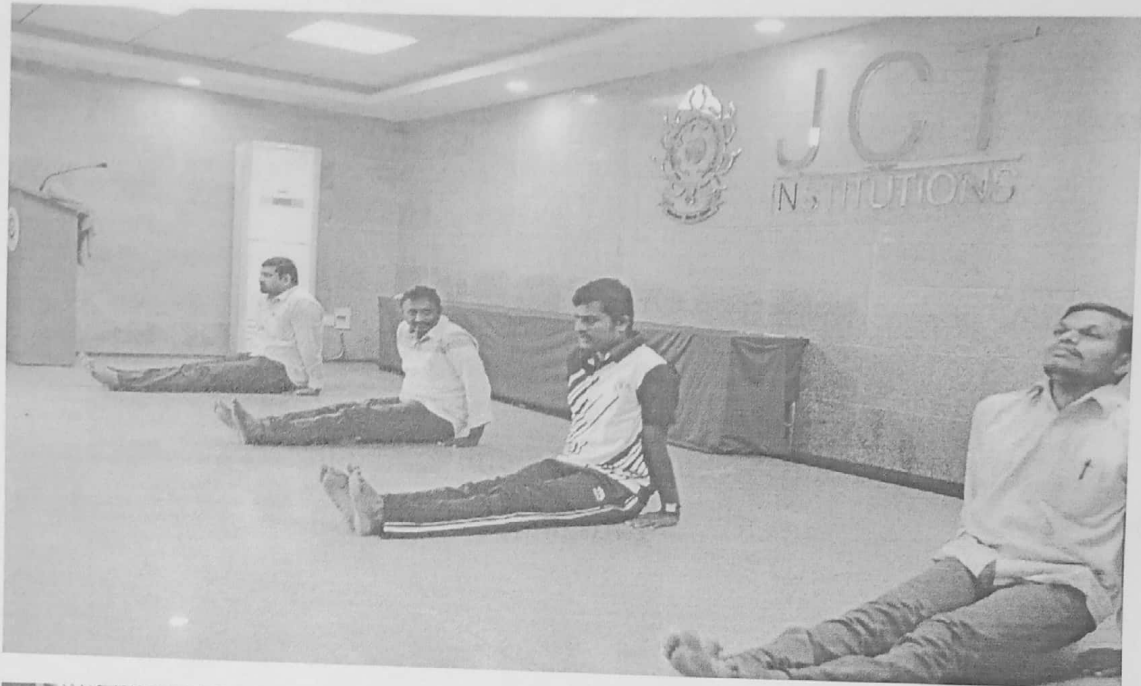
International Day of Yoga or commonly known as Yoga Day, is celebrated on 21st June every year since its inception in 2015. Yoga is a physical, mental and spiritual practice originated in Bharat or India.

Keeping up with the spirits of the nation in celebrating the Yoga Day, JCT, College of Engineering and Technology organized a Special Yoga day conducted June, 2018 in view of 4th International Day of Yoga on 21st June, 2018. More than 100 participants including Faculty, staff members and students attended the class conducted by a yoga expert.

The celebrations of the 4th International Yoga Day at Dr.G.Ramesh Principal of our college proceeded over the program. Thiru.S.Muthupandi, Yoga Instructor conducted and taught Yoga with demonstration to the faculty members and students. High light on program how to Yoga plays such an important role in our day to day lifestyle. The yoga expert taught some important physical, mental, and spiritual practices to the participants which would help the participants in improving their health by increasing blood flow and boosting immunity.







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