

June 16 2017

## INTERNATIONAL YOGA DAY CELEBRATION

As a part of **INTERNATIONAL YOGA Day** Celebrations-2017; Peri institute of Technology, Tamil Nadu organized one day Yoga program on **KAYAKALAPA** Course session in the college premises on 16th June-2017. to 21.6.17. On the request of the **Dr. Palson Kennedy**, principal of the college, **Mr.V.Sivaraman**, vice president of Manavalakkalai Mandra Arakkattalai along with his Team conducts the course. **Mr. Nakkeran** Asst prof, Speaker briefly explain about the benefit of yoga for life in a scientific manner. After the deep discussion, practical session was conducted separately for Genes & ladies . On that session our staff members participate vibrantly along with our principal and get practical knowledge about Kayakalapa Yoga. Later the session Certificates were distributed for the faculty members who have been participated. Vote of Thanks is given by Mr. Mahesh, Head of Civil Department; he expresses his observation about the program in a crispy manner. The program was found to be successful and improve the stress management level of staff members through Yoga.

