

# International Day of Yoga



21 June

Yoga for Harmony & Peace

# NACHIMUTHU POLYTECHNIC COLLEGE

Udumalai Road, Pollachi – 642 003



Estd : 1957

Department of Physical Education,  
National Cadet Corps &  
National Service Scheme  
*Jointly organize*



## NM 100

1923 - 2014

*As a tribute*



## Yoga Fest - 2022

5<sup>th</sup> May - 21<sup>st</sup> June 2022

## Yoga Day Celebrations - 2022

Students

### "Yoga Competition"

at

C S Hall

on

13<sup>th</sup> May 2022

9.00 am - 1.00 pm

Staff Coordinator

Mr. S. Jegan Mohan

Lecturer / Mechanical





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# Yoga Fest-2022

5th May - 21st June 2022



Celebrations of  
**International Yoga Day (IYD)**  
by NPTians

## Competition for Students

*Attractive Prizes & Certificates*

S.No	Name of the Competition & Topic	Date & Time	Venue	Staff Co-ordinator
1	Yoga Competition	13.5.2022 9.00 am	CS Hall	Mr. S. Jehan Mohan Lecturer / Mechanical
2	Drawing "Yoga for Physical Health"	21.5.2022 10.00 am	Drawing Hall 415	Mrs. M. Revathi Lecturer / Civil
3	Rangoli "Yoga for Physical Health"	21.5.2022 10.00 am	DJB 4th Floor	Mrs. M. Kanchana HOS / ECE
4	தமிழ் பேச்சுப்போட்டி யோகா - மனித குலம் காக்கும் மா மருந்து	23.5.2022 3.30 pm	DJB 406	Mr. V. Ganesan Lecturer / Chemistry
5	Oratorical Competition (English) "Yoga - An elixir to Humanity"	23.5.2022 3.30 pm	DJB 406	Mr. V. Ganesan Lecturer / Chemistry
6	Photography Contest "Sunrise / Sunset"	23.5.2022 3.30 pm	DJB Building	Mr. K. Hareeshkumar Lecturer / Mechanical
7	Slogan "About International Yoga Day"	24.5.2022 3.30 pm	Drawing Hall 415	Mr. V. Gunasekaran HOS / Civil

### CONVENER

**Dr. M. Ashok**  
Principal, NPTC

**Dr. A. Devarajan**

Director of Physical Education

### CO-ORDINATORS

**Dr. R. Udhayakumar**  
NSS Officer

**Lt. P. Srirajaranjan**  
NCC Officer

**Mrs. K. Devi**  
NSS Officer



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5th May - 21st June 2022

Celebrations of  
International  
Yoga Day (IYD)  
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21<sup>st</sup> June 2022



## Activities:

1. Yoga Competition
2. Oratorical Competition (Tamil & English)
3. Drawing (Boys)
4. Rangoli (Girls)
5. Slogan Writing (Tamil & English)
6. Performing Yoga by Students at NPTC-MCET Campus
7. Performing Yoga by Students at Aliar Dam
8. Performing Yoga by Students at Mahalingapuram Park
9. Performing Yoga by Students at Jothi Nagar
10. Kayakalpa Yoga Training for Students
11. Guest Lectures on Meditation and Laughing Therapy etc.,
12. Establishment of Yoga Club
13. Displaying Yoga Day banners and flags
14. Sharing photos and posters on yoga activities in the social media like Facebook, Whatsapp, Instagram etc.,
15. Placing Selfie stands in iconic sites of Pollachi
16. Guest Lecture programme on yoga to the Students & Staff
17. Photography Contest

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## Yoga Day Celebrations - 2022

Lecture on  
"Performance of Yoga"

by

**Dr. A.Devarajan**

Director of Physical Education

to

First Year Diploma Students

5<sup>th</sup> May - 12<sup>th</sup> May 2022

