



PSGR Krishnammal College for Women



UGC Certified College of Excellence • Autonomous • Affiliated to Bharathiar University • ISO 9001:2015 Certified • Reaccredited with 'A' Grade by NAAC • Ranked 22<sup>nd</sup> in NIRF 2019 by MHRD

# YOGA CLUB ACTIVITIES 2019-2020

## Athma Suraksha-Self Defense Training for Girls



Self Defence 3 days residential camp held from 04/12/2019. In this camp 14 students learnt how to communicate in Sanskrit, mantra chanting, time management in daily routine, responsibility of each individual and social works, Silambam, Self Defence, Women's duties & Contribution to the Society and some physical activities.

## KOTTI VISHNU SAHARSARANAMAM



The Vishnu Sahasranama is a list of 1,000 names (sahasranama) of Vishnu, one of the main forms of God in Hinduism. The Vishnu sahasranama as found in the AnushasanaParva of the Mahabharata is the most popular version. So that we practiced Vishnu Sahasranamam for 2 months and then 30 members of Yoga Club participated in Kodi Vishnu Sahasrara Namamparayanam.

## NATIONAL INTEGRATION CAMP



National Integration camp held on 08.12.2019 to discuss about women safety and women's duties in society. Yoga club students 35 members shared their ideas on the current issues.

## ABVP-NATIONAL STUDENT ORGANISATION



12 members of yoga club participated in ABVP (National Student Organisation) Camp on 15<sup>th</sup> February 2020 to 17<sup>th</sup> February 2020 at Madurai.

## SWATCH BHARATH MISSION



This was a revelation for all our yoga club members when they realized the effects of littering the public places, when they themselves cleaned the Thiyagi N G R school at Coimbatore on 02.10.2020.

## RASHTRA SEVIKA SAMITHI CAMP



Yoga club students attended the rashtra sevika samithi camp at T V S memorial school, Kovaipudhur, Coimbatore. It is 3 days residential camp. In this camp we learnt how to communicate in sanskrit, mantra chanting, time management in daily routine, responsibility of each individual and social works, silambam, self defence, women's duties & contribution to the society and some physical activities.