



PSGR Krishnammal College for Women



UGC Certified College of Excellence Autonomous Affiliated to Bharathiar University ISO 9001: 2015
Reaccredited with A++ Grade by NAAC Ranked 6th in NIRF 2021 by MHRD

YOGA CLUB ACTIVITIES 2020 - 2021

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ONLINE DEBATE COMPETITION



ABVP Coimbatore

74th Independence Day

Online Debate Competition

Topic

**நவீன கால பெண்களின் வளர்ச்சிக்கு
உதவுவது சட்டமா பண்பாடா**

ON
15 August 2020
At 11 a.m

Students of yoga club participated in district level ABVP online debate competition on 15 August 2020. it was a special moment in which our students were encouraged by the chief guest.

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SWATCH BHARATH MISSION



Swatch Bharath Mission held on 2.10.2020. 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 Rschool at Coimbatore.

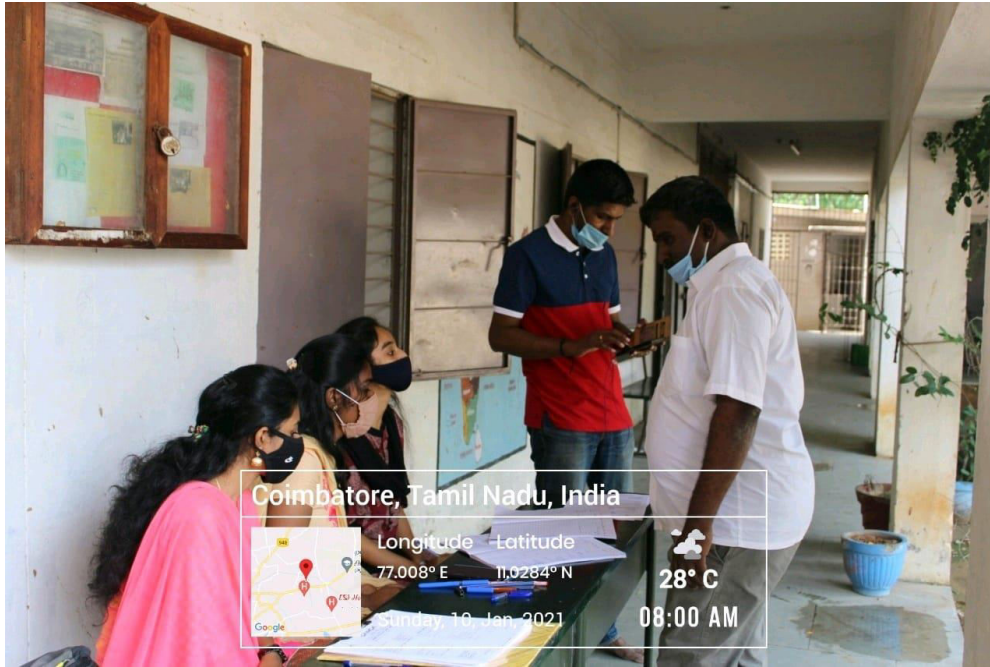
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RASHTRA SEVIKA SAMITHICAMP



Yoga club students attended the rashtra sevika samithi three days camp at T V S Memorial School, Kovaiputhur Coimbatore from 25 to 27th December 2020. In this camp we learnt how to communicate in sanskrit, mantrachanting, time management in daily routine, responsibility of each individual and social works, silambam, selfdefence, women's duties & contribution to the society and some physical activities

BLOOD DONATION CAMP



Blood Donation camp was organized by Ganga hospital on 10.01.2021. It was held at Government Girls Training School, Town hall. Some of our club students had volunteered for donating blood. People of the city also donated blood. A certificate of appreciation and donor card was used for the 103 volunteers.

National Youth Day Celebration



National youth is being celebrated on 12th January every year to commemorate the birth anniversary of Swamy Vivekananda. The day is also referred as Swami Vivekananda Jayanthi and was designated as the National Youth Day in 1984. Swamy Vivekananda introduced the world to the Indian philosophies of Vedanta and Yoga. 50 youga club volunteers participated on national youth day organized by Sevika Samithi-All India women organization. The program was held at KSG College of arts and science on 12.01.2021.

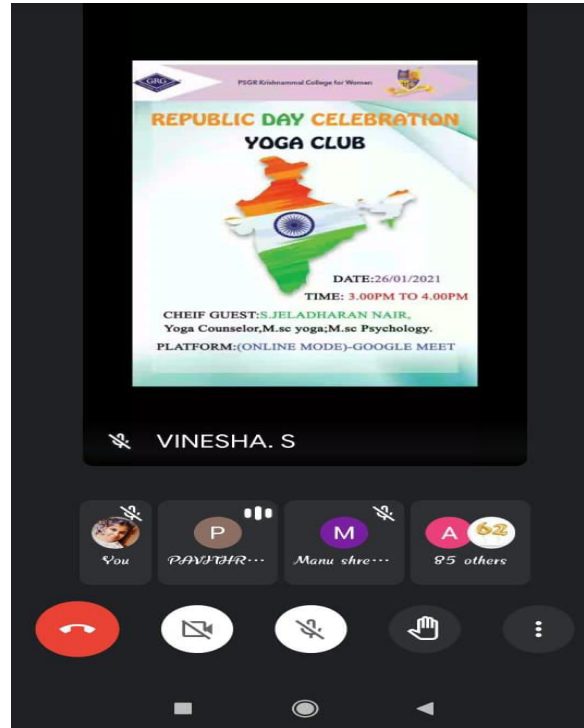
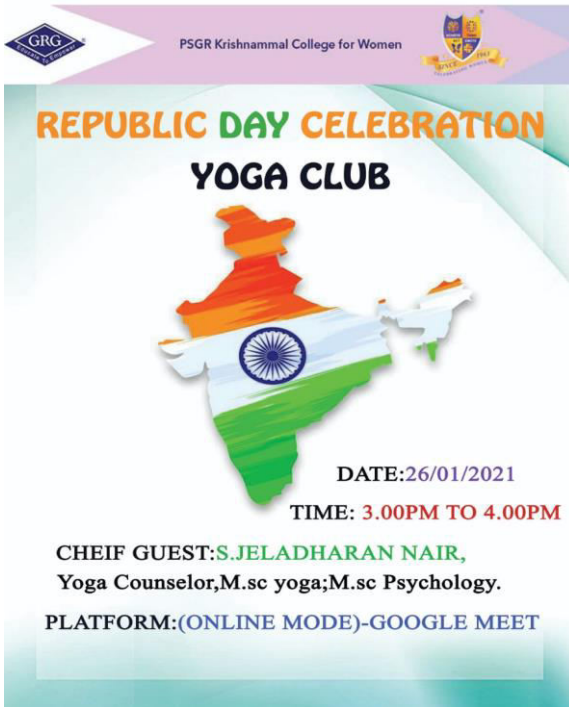


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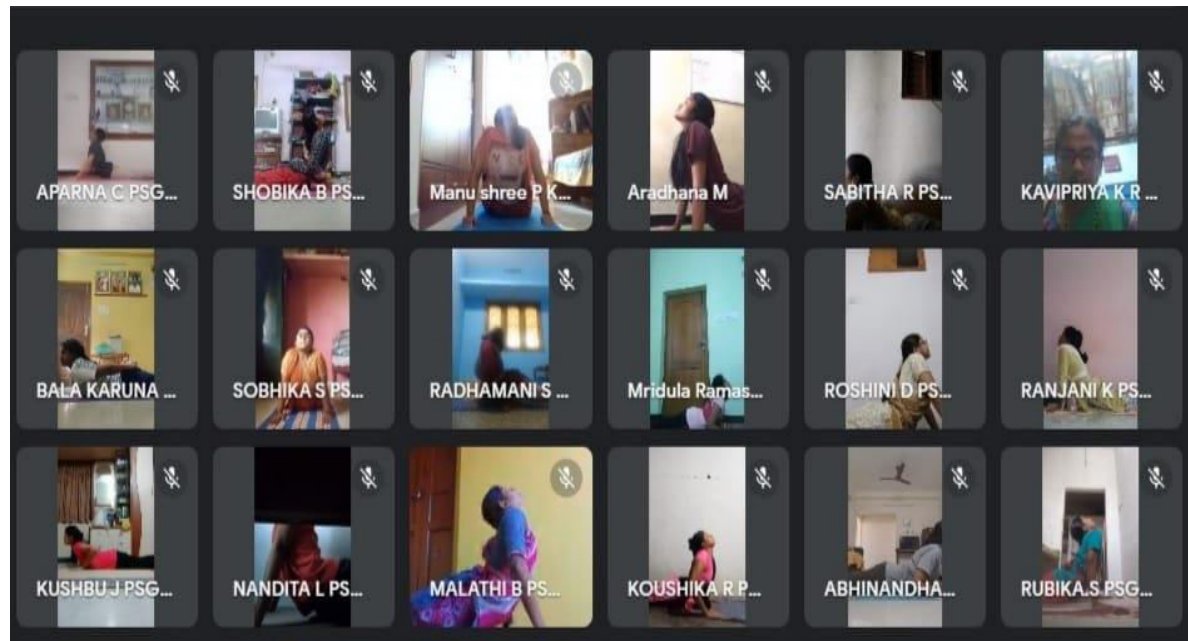
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REPUBLIC DAY CELEBRATION



India celebrates Republic Day annually on 26 January, yoga club students celebrated 72nd Republic Day to mark the day India became a sovereign republic through online mode. On 26 January club students gave speech about our nation and arranged debate on the topic of development of modern women and their culture.

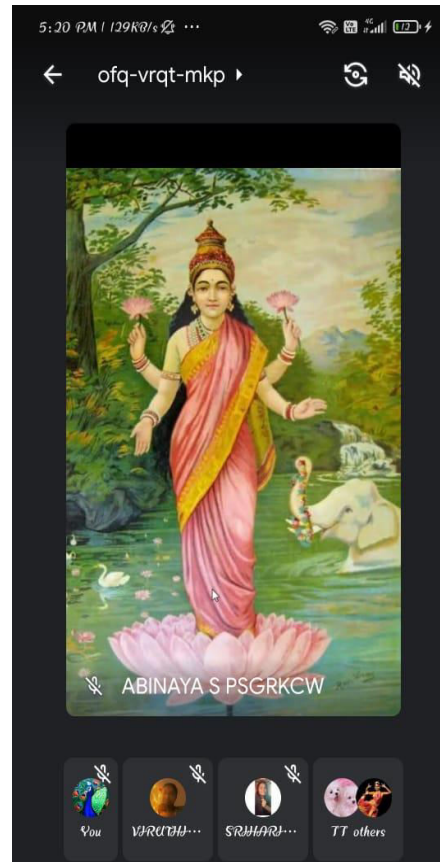
RATHASAPTHAMI CELEBRATION



Ratha Saptami is a highly auspicious day observed on the seventh day (Saptami Tithi) of Magha, Shukla Paksha (brighter phase of the Lunar cycle). It is believed that Lord Surya Dev started enlightening the whole world on Ratha Saptami day which was considered as the birthday of God Surya. Hence this day is also known as Surya Jayanthi or Magha Saptami. From February 1st Our club student have started doing suryanamaskaram on the count of 10, by increasing the count day by day. On 19th February our club students have done a mass suryanamaskaram in live session on the count of 108 through online mode.

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INTERNATIONAL WOMEN'S DAY



On 8th March our club students have celebrated Women's Day by given speech about women's and we arrange for debate on Development of Freedom and Security in our Culture for Women or Not. In this event 90 yoga club students volunteered and 100 students

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ABVP- 26TH STATE CONFERENCE



9 members of yoga club participated in ABVP (National Student Organisation) Camp on 20th March 2021 to 21st 2021 at Salem.

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3rd Inter District Yogasana Championship

3rd INTER DISTRICT YOGASANA CHAMPIONSHIP - 2021

Organized By : ALPHA YOGA INSTITUTE
Co-organized By : TAMILNADU YOGA CULTURAL SOCIETY
Affiliated to : ALL INDIA YOGA CULTURAL FEDERATION
(Rendering the service of Yogasana as per the Guidelines of Central Council for Research in Yoga and Naturopathy)
Ministry of Health and Family Welfare, Govt. of India (AYUSH)

Date : 27.03.2021-28.03.2021 Saturday & Sunday Time : 8.00 a.m.
ONLINE

To
The Principal / Yoga Master

We are glad to bring to your notice that in order to create an added awareness on Health, Harmony & Peace, we are conducting an Inter District Yogasana Championship. We look forward to the Participation of your institution and seek your co-operation to make the Championship a grand success for this year and future endeavors also.

Ekapada Sikandhasana	Dhanurasana	Ushtrasana	Chakrasana	Paschimotrasana	Archi Matsyendrasana
Sarvangasana	Halasana	Matsyasana	Vibhakti Paschimotrasana	Sirsasana	Ekapada Asana

I. Common Group Asanas : All the participants compulsory 3 asanas from chart and 2 own choice asanas.
II. Special Group : Any Five asanas of their own choice from each category
1. Forward bending 5 asanas, 2. Backward bending 5 asanas, 3. Hand balancing 5 asanas, 4. Leg balancing 5 asanas, 5. Twisting 5 asanas
All Participants Each Asanas Timing : 10 seconds Video (5 Asanas 50 seconds Video)

III. 1. Artistic Yoga Single, 2. Artistic pair Yoga, 3. Rhythmic Pair Yoga.
Timing : 150 Seconds Videos 8 to 10 Asanas (Music own arrangements)

GROUP - A 3rd & 4th Std | GROUP - B 5th & 6th Std | GROUP - C 7th & 8th Std
Group D 9th to 12th - Group E UG & PG Group F 25 yrs. & Above Men & Women

Participants should send the Yogasana Video to this WhatsApp Number 9171392449 without edit before 28.03.2021

RULES AND REGULATIONS

- * This Yogasana Competitions is open to all School Students, Colleges and Yogasana Institutions & Yogasana Centre.
- * Entrance fee per candidate is Rs. 100/- for each category
- * Entrance fee and duly filled registration form should be remitted before 28.03.2021
- * Bank Detail : State Bank of India, Name : M. Palanisamy A/c. No. : 32388226599
- * Branch : Saibaba Colony, IFSC Code : SBIN0054792
- * Dress Code : Boys Shorts only, Girls Suitable Yoga Costume in good manner.
- * All Participants will be provided Participant Certificates.
- * 1st, 2nd, 3rd, 4th, 5th Prize winners from each group will be awarded with memento and merit certificate.
- * If the participant do not maintain proper discipline inside the premises, they will be disqualified on the spot by refunding their registration fee.

JUDGES DECISION WILL BE FINAL.

PRIZE ANNOUNCEMENT : 30.03.2021. Participant Certificate & Merit Certificate will be issued on prize distribution itself.

Alpha Yoga Institute, 410, Makalamman Kovil Opp., Thadagam Road, Edayarpalayam, Coimbatore - 641 025
E-mail : alphayogainstitute@gmail.com Contact : M. Palanisamy 98424 27469, 98113 92449

Mobile No. : 9443427469

On 27th and 28th March 2021, 5 of our yoga club students have participated in yoga competition which was organized by Alpha Yoga Institute and co-organized by Tamil Nadu Yoga Cultural Society and Affiliated to All India Yoga Cultural Federation, Ministry of Health and Family Welfare, Govt. of India (AYUSH)