

YOGA CLUB

Yoga club

Yoga club aims in developing the physical, mental and spiritual health among the students. Students participate in yoga health awareness programme, organizing and participating in yoga competitions, workshops, seminars and national integration programmes like Man- Making education. KanyaBharathi plays a vital role in club's activities. A project of Stop Diabetes Movement (SDM) under Ayush, Ministry of health and family welfare, Govt. of India aims in reducing the number of people suffering from diabetes.

Activities organized by Yoga club

1. Welcoming bharathis of PSGR Krishnammal College for women in the month of June by Yoga Club students to invoke a thought that we all are your Sisters. This event was celebrated successfully in the year 2014,2015,2016.
2. In 2011 yoga club members performed self defence demo.
3. Yoga club conducted a Seminar on the topic **“DEEKSHA” - an initiation to the value based Indian Education** for School and college teachers with a guest lecture by Sri Krishna Jaganathan from Center for Bharathiya culture and Dharmic Studies at Arya Vaidya Pharmacy, Coimbatore.
4. Yoga club members participated in **“Pride India” a National Science Movement Examination with a Glory of Indian Science and the past – Modern Achievements** conducted by Sukrutham Heritage Foundation Coimbatore.
5. Yoga club students celebrated the **International Yoga Day** on 21st June 2015 and 2016 by doing Yoga demo in PSGR Krishnammal College for women, Coimbatore.
6. Yoga club members participated in various National, State, District, Inter District level yoga competitions held at Chennai, tirupur, pollachi, palakkad, chittoor, etc.. and won many prizes.
7. Yoga club inauguration was scheduled on October 5th 2016 at Chandra seminar hall. In this occasion a lecture on **“Women health and Yoga”** was given by our honorable chief guest Miss. K.Logeshwari , Yoga Therapist.
8. Yoga club inauguration along with celebration of **Chigaco Addressing by Swami Vivekanandha on September 11th 2015 as an intercollegiate seminar on the topic “Role of Youth in Eradicating Terroism”** at Chandra seminar hall. The speakers of the day was Dr. Elangovan from Tamilnadu Physical EduactionAnd Sports University, Sri KrishanJaganathanfrom Center for Bharthiya Culture and Dharmic Studies, Dr. RadhaKrishnan from Kairali Yoga Center.

9. Yoga club Students Celebrated **“National Youth Day”** in the remembrance of Swamy Vivekananda’s 154th Birthday with the Guest Lecture by Sri Padma Kumar on January 12th 2017. In the year 2015 National youth day was celebrated. In the Year 2013 150th birth anniversary of Swami Vivekanandha – National Youth Day was celebrated as an intercollegiate seminar on **“Wake Up Bharath – Enlighten the World”** with eminent speakers Mr. Pramod Kumar from AmirtaViswaVidhyapeetham and Dr. Bhuvaneshwaran from PSG Medical college .
10. Yoga club members celebrated International Women’s Day on March 8th 2017 with the seminar on the topic **“MathruDevobhava”** with Eminent speaker Sri Krishna Jaganathan from Center for Bharathiya Culture and Dharmic Studies and Dr. RugminiRadhakrishnan from Nair SthriSamajam.
11. Yoga club members participated in **”International Conference on Yoga “– 2017**organized by Tamil University at Thanjavur. An International Conference on “Yoga” at Mangalore university in the year 2015.
12. Yoga club members participated in **National conference** held at Palakkad on the topic” Yoga and its Applications” in 2017 and participate in National yoga conference at Mumbai, Bangalore, Kerala, Delhi, Morarji Desai Institute organized every year.
13. Yoga club students conducted 5th, 6th and 7th District Level Yoga Competition and Geetha Chanting Competition for School students in the month of July 2014, 2015 and 2016 organised by Satguru Yoga Vidyalayamat Coimbatore. In that members of Yoga club participated as Volunteers, Judges and Scorers.
14. Yoga club Students celebrated **Guru Poornima** in PSGR KrishnammalCollege for Women, Coimbatore. It is celebrated on the birthday ofVyasara. It is also known as “Vyasa Jayanthi” in the year 2014, 2015,2016.
15. PSGR Krishnammal College For Women conducted “Fresher’s day” for the Fresher’s to expose their talents. In this Yoga Demo was done by our club members to show their talents in the year 2015 and 2016.
16. Yoga club Celebrated RakshaBandhanevery year and in 2016 to invoke a thought of sisters.
17. Yoga club celebrated the BAGAT SINGH BIRTHDAY on 28th September in our college campus. He was living in the year 28/09/1907 to 23/03/1931. Father name: SARDAR KISHAN SINGH, Mother name: VIDHYA DEVI.
18. Yoga club participated as Juries in 1st Inter District Level Yogasana Competition-2017 organized by Sadguru Yoga Vidhyalayam- Ananthapuri held at SreeMaruthi Ram Vidhyamandir, Thiruvananthapuram.