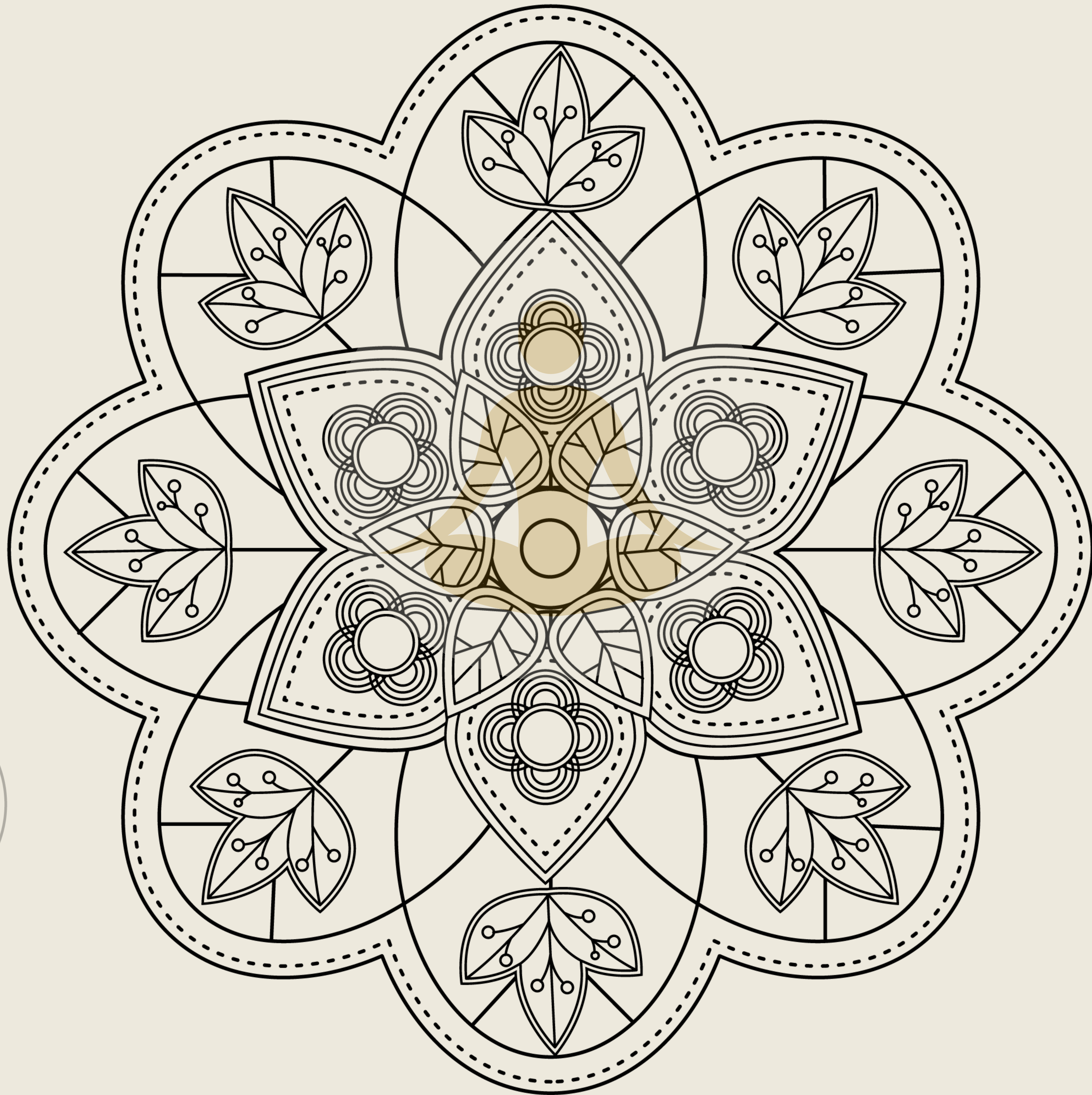


**PSG COLLEGE OF PHARMACY,
COIMBATORE-04
INTERNATIONAL YOGA DAY**



**YOGA FOR VASUDHAIVA
KUTUBAKKAM**

21.06.2023

Time: 10:00 AM to 11:00 AM

Venue: PSG IMSR New Building

**PSG COLLEGE OF PHARMACY
COIMBATORE-14**

CIRCULAR

01.06.2023

Dear Students,

We are pleased to announce that our college will be celebrating **INTERNATIONAL YOGA DAY-2023** under the theme: "**YOGA FOR VASUDHAIVAKUTUBAKKAM**". We believe in the holistic development of our students and yoga is a way to nourish the mind, body, and soul.

We invite all students to participate in this event and experience the benefits of yoga. The details of the event are as follows:

1. Invited Guest: M. Subashini

Department of Naturopathy & Yoga,
PSG Hospitals.

2. Event Details:

1. Date: 21.06.2023
2. Time: 10:00 AM to 11:00 AM
3. Venue: PSG IMSR New Building

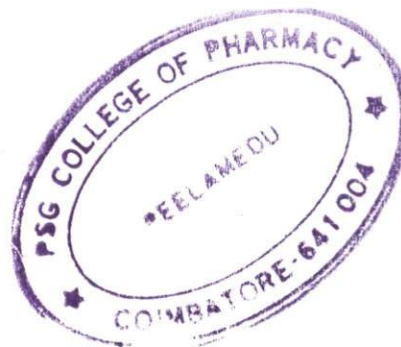
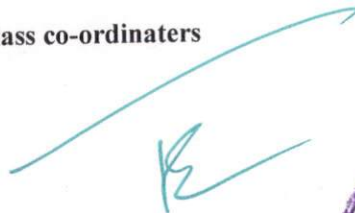
3. Instructions:

- Please wear comfortable clothing suitable for yoga.
- Bring your own yoga mat.
- Ensure to have a light breakfast before the session.

All students are advised to attend the meeting without fail

Copy to:

1. All HODs
2. Respective class co-ordinators



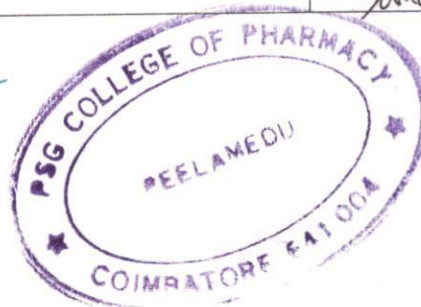
PSG COLLEGE OF PHARMACY, COIMBATORE - 4

INTERNATIONAL YOGA DAY (6th sem)

Date:21.06.2023

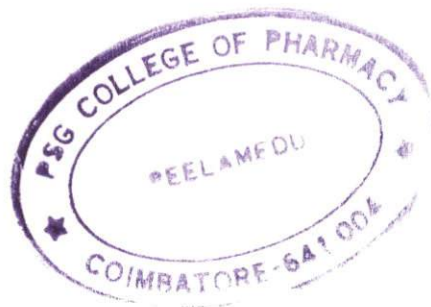
S.NO	NAME OF THE STUDENT	ATTENDANCE
1.	AAKASH .M	Aakash M
2.	DIVYA .A	A.Divya
3.	GOKUL .D	Gokul D
4.	HARIHARAN .P.S	P.S. H
5.	HARIKRISHNAN .S	S. Harif.
6.	HARINE .B	Harine. B
7.	KAUSHIKA .K	Kaushika. K
8.	KAVIYARASAN .V	K. V. Arasan
9.	KAVIYASHREE .C	C. Kaviyashree
10.	MOHAMED MUFEEES .E.M	M. Mufees
11.	NANDAKUMAR .R	R. Nandakumar
12.	NANDHAKUMAR .P	P. Nandhakumar
13.	NARMADHA SHRI .V.J	N. V. J. Narmadha
14.	NAVANEETHAN .J.S	J. S. Navaneethan
15.	NAVEEN .K	Naveen K
16.	NISHIN .P	Nishin P
17.	NITHISWARAN .R	R. Nithiswaran
18.	RAGUL .M.V	Ragul M.V
19.	RAJASEKAR .S	Rajasekar S
20.	RAMANESWARAN .B	B. Rameswaran
21.	RANJITH .S	S. Ranjith
22.	RANJITH .S (12-11-2001)	S. Ranjith
23.	RANJITH KUMAR .P	P. Ranjith Kumar
24.	RAXANA .T.V	T.V. Raxana
25.	RIDHU VARSHINI .J.K	J. K. Ridhu Varshini
26.	RITHIKA .K	K. Rithika
27.	SALIM SULTHAN .S.K	S. K. Salim Sulthan
28.	SAM ROSAN .Y	Y. Sam Rosan
29.	SANDEEP .G	G. Sandeep

[Handwritten signature]



30.	SANJAYKUMAR .J	sanjay .j
31.	SANJEEVKUMAR .V.S	Sanj
32.	SARAN .V	V. Saran
33.	SARAN RAJ .M	Saranraj .M.
34.	SARANYA DEVI .C.S	Sarany .C.S
35.	SATHISH KUMAR .A	Sathish .A
36.	SHAKTHIVEL .K	Shakthivel .K
37.	SIDHARTH .G	Sidarth .G
38.	TAMIL SELVAN .C	Tamil Selvan .C
39.	THEJUKRISHNA .V.C	Thejuka .V.C
40.	DHIVYASHANKARI .M	Dhivyashankari .M
41.	KERTHIKA .R	Kerthika .R
42.	SARAN KUMAR .A	A. Saran Kumar
43.	SUBASHRI .J	J. Subashri
44.	YOKESH .R	Yokesh .R
45.	HARIBABU	Haribabu

Handwritten signature in blue ink.





STUDENT COUNCIL 2022-2023
PSG COLLEGE OF PHARMACY
Peelamedu, Coimbatore – 641004
Email: studentscouncilpsgcp@gmail.com

STUDENT COUNCIL 2022-23

Date: 21/06/2023

Principal
Dr. M. Ramanathan, D.Sc

President
Mr. S. Haribabu

Vice President
Ms. A. Arshada Fatin

General Secretary
Mr. Shaik Dawood Thoufiq

Joint Secretary
Ms. D. Sureka

Treasurer
Mr. S. Srivatsan

Sports Secretary
Mr. S. P. Sangeeth

Cultural Secretary
Mr. S. Mohanram

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Ms. M. Priya

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Ms. C. Dharshini

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Mr. J. Vaikunda John

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Ms. N. Aishwariya

Student Mentoring Secretary
Ms. A. Dhakshana

ECO Club Secretary
Mr. P. Hariraj

**Executive Members –
Sports & Cultural**
Mr. R. Baviharan
Ms. D. Panimalar

Executive Members
Ms. B. Thejasri
Ms. P. Suchitra
Mr. K. Sanjay

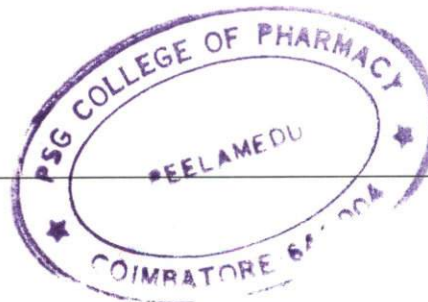
INTERNATIONAL YOGA DAY-REPORT



VALARKARANGAL

- ❖ **EVENT:** INTERNATIONAL YOGA DAY
- ❖ **DATE & TIME:** 21/06/2023, 9:00AM-10:00AM
- ❖ **VENUE:** IMSR NEW BUILDING
- ❖ **MEMBERS:** 45
- ❖ **ORGANIZED BY:** VALARKARANGAL CLUB
- ❖ **CLUB SECRETARY:** J. VAIKUNDA JOHN
- ❖ **THEME:** YOGA FOR
VASUDHAIVA KUTUBAKKAM

K





STUDENT COUNCIL 2022-2023 PSG COLLEGE OF PHARMACY

Peelamedu, Coimbatore – 641004
Email: studentscouncilpsgcp@gmail.com

❖ SUMMARY/DESCRIPTION OF THE EVENT:

June 21st is celebrated as International Yoga Day, the valarkarangal club took this opportunity to celebrate this day by inviting Dr Subashini. Around 40 students participated in the event where the students were taught yoga for 1 hour which helped them to relax their mind and relieve their stress. The event was successful under the guidance of Dr.M. Ramanathan, Principal and Mr.D.Sivakumar, Department of Pharmaceutical Chemistry.

❖ OUTCOMES

This 1-hour yoga helped the students to relieve their day-to-day stress and they felt very relieved. This event has also piqued the interest to learn yoga for many students.



FIG 1: Students following the guidance of the Yoga Instructor.



FIG 2: Event participants performing yoga to relieve stress.

M. Ramanathan

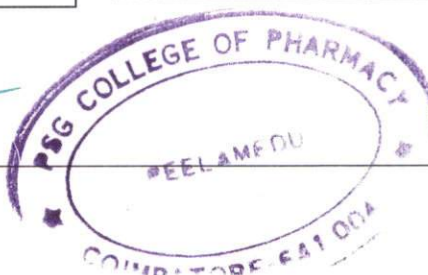




FIG 3: Yoga offering peace and mindfulness.



FIG 4: A final group photo with all the yoga lovers.


Dr.M. Ramanathan,
Principal

