

REPORT ON INTERNATIONAL DAY OF YOGA CELEBRATION

A Collaborative Initiative under the MoU between Chellammal Women's College and EIACP

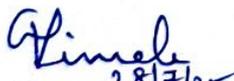
Date: 21st June 2025

Venue: Chellammal Arangam

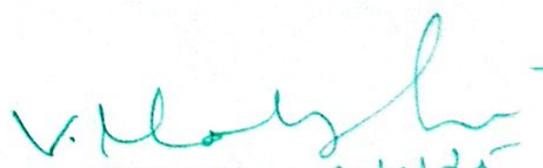
The MoU was initiated by the Eco Club of Chellammal Women's College and was officially signed on 5th March 2025 between Chellammal Women's College and the Environmental Information, Awareness, Capacity Building, and Livelihood Programme (EIACP), functioning under the Ministry of Environment, Forest and Climate Change, Government of India, New Delhi. The EIACP is located at the Department of Zoology, University of Madras, Guindy Campus, Chennai. This partnership aims to promote environmental awareness, capacity building, and health-oriented community development initiatives among students. The International Day of Yoga celebration, conducted through a comprehensive yoga training session, was organized as one of the first collaborative events under this partnership on 21st June 2025. The event successfully engaged 420 students in promoting holistic well-being through yoga practices while strengthening the college's commitment to health-oriented community development. All participants benefited significantly from the expert guidance provided during the session.

The session was conducted by Mr. R. Mukesh Kumar, Founder of Kumar's Academy, Ambattur, Chennai, who is a trained professional in Yoga, Silambam, and Taekwondo. The resource person provided a comprehensive introduction to yogic practices and conducted practical training sessions focusing on breathing techniques (pranayama), and physical postures (asanas). The session effectively highlighted the importance of integrating yoga into daily life for enhanced physical health, mental clarity, and emotional balance. The program was interactive and energizing, with students actively participating in all yoga activities.

The event concluded with formal expressions of gratitude to the Ministry of Environment, Forest and Climate Change, Government of India, and the Department of Zoology, University of Madras, for their continued support and collaboration in making this initiative possible.


28/7/25
Co-ordinator




28/7/25
Principal
CHELLAMMAL WOMEN'S COLLEGE
OF THE PACHAIYAPPA'S TRUST
GUINDY, CHENNAI-32



CHELLAMMAL WOMEN'S COLLEGE OF THE PACHAIYAPPA'S TRUST GUINDY, CHENNAI - 32



EVENT 1: PHOTO GALLERY - INTERNATIONAL DAY OF YOGA CELEBRATION

Date: 21st JUNE 2025

Venue: CHELLAMMAL ARANGAM



ADMIN BLOCK, CHELLAMMAL WOMENS COLLEGE, Little Mount, Guindy, Chennai,
Tamil Nadu 600032, India

Latitude
13.0132135°

Longitude
80.2208747°

Local 10:56:55 AM
GMT 05:26:55 AM

Altitude 11 meters
Friday, 20.06.2025



2-141, Gotha Medu Housing Board, Anna Nagar, Chennai, Tamil Nadu 600015, India

Latitude
13.013276666666664°

Longitude
80.22136°

Local 11:01:31 AM
GMT 05:31:31 AM

Altitude 11 meters
Friday, 20.06.2025



ADMIN BLOCK, CHELLAMMAL WOMENS COLLEGE, Little Mount, Guindy, Chennai,
Tamil Nadu 600032, India

Latitude
13.0132805°

Longitude
80.2209211°

Local 11:46:58 AM
GMT 06:16:58 AM

Altitude 11 meters
Friday, 20.06.2025



ADMIN BLOCK, CHELLAMMAL WOMENS COLLEGE, Little Mount, Guindy, Chennai,
Tamil Nadu 600032, India

Latitude
13.0132997°

Longitude
80.2208948°

Local 11:57:03 AM
GMT 06:27:03 AM

Altitude 11 meters
Friday, 20.06.2025



ADMIN BLOCK, CHELLAMMAL WOMENS COLLEGE, Little Mount, Guindy, Chennai,
Tamil Nadu 600032, India

Latitude
13.013055000000001°

Longitude
80.22092500000001°

Local 11:57:48 AM
GMT 06:27:48 AM

Altitude 11 meters
Friday, 20.06.2025



ADMIN BLOCK, CHELLAMMAL WOMENS COLLEGE, Little Mount, Guindy, Chennai,
Tamil Nadu 600032, India

Latitude
13.0133077°

Longitude
80.2208974°

Local 11:40:05 AM
GMT 06:10:05 AM

Altitude 11 meters
Friday, 20.06.2025