



**CHELLAMMAL WOMEN'S COLLEGE
OF THE PACHAIYAPPA'S TRUST
UNIVERSITY OF MADRAS AFFILIATED**



**NATIONAL SERVICE SCHEME
International Day of Yoga**

Organized by: NSS Units I, II & III, Chellammal Women's College

Date: 21 June 2025

Venue: College Campus

Participants: 50 NSS Volunteers

On 21 June 2025, the NSS Units I, II & III of Chellammal Women's College organized the International Day of Yoga at the college campus as part of their extension and community outreach activities. A total of 50 NSS volunteers actively participated in the yoga training session, which focused on promoting holistic health, stress management, and disciplined lifestyle practices among students.

The session was conducted by Mr. R. Mukesh Kumar, Founder of Kumar's Academy, Ambattur, Chennai, a trained professional in Yoga, Silambam, and Taekwondo. He introduced the principles of yoga and conducted practical demonstrations of Pranayama and various Asanas, explaining their benefits for physical fitness, mental clarity, and emotional balance. The programme was interactive and impactful, reinforcing the importance of preventive healthcare and reflecting the NSS motto, "Not Me But You."

NSS Programme Officer

Dr. S. Susa – Unit II

Dr. S. ANANDA PRIYA – UNIT – II

V. Prakash
PRINCIPAL

**PRINCIPAL
CHELLAMMAL WOMEN'S COLLEGE
OF THE PACHAIAPPA'S TRUST
GUINDY, CHENNAI - 32.**





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**NATIONAL SERVICE SCHEME
PHOTO GALLERY - International Day of Yoga**

Date: 21.06.2025

Venue: College Campus





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

Latitude
13.0132336°

Longitude
80.2209379°

Local 11:33:55 AM
GMT 06:03:55 AM

Altitude 11 meters
Friday, 20.06.2025