



RAJAPALAYAM RAJUS' COLLEGE

(A Linguistic Minority Co-educational Institution, Affiliated to Madurai Kamaraj University)
(Re-Accredited (3rd cycle) with "B++" Grade (CGPA 2.93/4.00) by NAAC)
Rajapalayam -626117, Tamilnadu.

INTERNAL QUALITY ASSURANCE CELL (IQAC)

On celebration of 7th International Yoga day 2021 in the theme of
"Be with yoga, Be at home"

One Week National Level Virtual Yoga Program



Day 1: 21.06.2021 Time: 10am to 11.30am

Inauguration address : Dr R.Jaganath, Principal i/c

Felicitation address: Mr. N.Ramesh, Vice - Principal

**Special address : Mrs. Madhumitha, M.A.,
Social Activist & Motivational Speaker**



Day 2 : 22.06.2021

Guest speaker :

Time 4.00 to 5.30 pm

**Mrs.Rajeswari, MYHE.,
Professor, Temple of Consciousness,
Rajapalayam.**

Topic: Yoga for mind and Consciousness



Day 3 : 23.06.2021

Yoga practice by :

Time 4.00 to 5.30 pm

**Mrs.Shanthi, MYHE.,
Program Officer, Temple of
Consciousness, Rajapalayam.**

Topic: Transforming life through Meditation



Day 4 : 24.06.2021

Guest :

Time 4.00 to 5.00 pm

**S.Manju Deepika
Hatha Yogi & Therapist, Pune.
www.manjuyoga.com**

Topic: Hatha yoga



Day 5 : 25.06.2021

Technical Session: IV

Time 4.00 to 5.00 pm

**S.Manju Deepika
Hatha Yogi & Therapist, Pune.
www.manjuyoga.com**

Topic: Hatha yoga



Day 6 : 26.06.2021

Technical Session: V

Time 4.00 to 5.00 pm

**Yoga Guru R.Balasubramaniam
Founder, Meenakshi Sundreshwarar
Yoga Centre, Rajapalayam.**

Topic: Yoga for happy life

Registration link: <https://forms.gle/vQVik3Exgkj6Sjvc8>

Mode of Yoga Programme:



Patrons

**Sri. P.R.Vijayarahavan
Secretary**

**Dr. R.Jaganath
Principal i/c**

**Mr. N.Ramesh
Vice - Principal**

Organising Secretaries

**Dr.G.Gowri, Assistant Professor,
Extension Cell Co-ordinator**

**Mr.R.Vishnushankar,
IQAC Co-ordinator**

**Dr.P.Suriakala,
Co-ordinator-Science**

**Mrs.R.Ramalakshmi,
Assistant Professor**

Organising Committee

Dr. S.David Laurence

Dr. C.Ramakrishnan

Mrs.S.Manjula Gayathri

Dr.D.Manjula

Dr.P.R.Suganya

Mr.P.R.Ramji

Mrs.R.Jayshree

Mrs.S. Deepalakshmi

Dr.R.Bathridevanathan

Technical Support

M.R.Vinothpranav

K. Satheesh

R. Somnath

No Registration Fees

yoga@rrc.ac.in

E-Certificate will be issued

www.rrc.ac.in