

# **KRISHNASAMY**

College of

## **Science, Arts & Management for Women**

[Affiliated to Annamalai University & Recognized by UGC u/s 2(f)] (Accredited with 'B' Grade by NAAC)  
Anand Nagar, Nellikuppam Main Road, S.Kumarapuram, Cuddalore-607 109.

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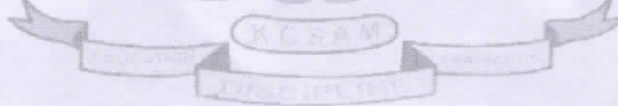


Lr.No.40C/KCSAM/2018-2019

Date: 20.07.2018

### **CIRCULAR**

“Yoga for the Life” awareness Programme is to be conducted on 25.07.2018 at 10.00 a.m. in the Seminar Hall. Students who are willing to participate in this programme enroll their names to A.Uma Maheswari in Tamil Department on or before 23.07.2018.



*A. Uma Maheswari*  
Principal

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### **Life Skill Programme - Yoga Awareness Programme**

**Academic Year - 2018-2019**

As a part of the Life Skill Programme to the students, Yoga Awareness Programmes were conducted during the academic year 2018-2019. 50 students from II UG participated in "International Yoga Day" scheduled on 21.6.2018, was headed by Mrs. Dr. G. Nirmala, Principal, KCSAMW imparted the benefits of yoga to the beneficiaries. Yoga was taught for 50 students from I UG participated in "Yoga for the Life" programme scheduled on 25.7.2018 by Mrs. R. Sasirekha, Manavalakkalai Trust. As a part of the NSS Camp, Yoga class was taken for 45 students by Mrs. R. Sasirekha, Manavalakkalai Trust, scheduled from 18.1.2019 - 24.01.2019.



Active Participation of the students in "Yoga for the Life" awareness programme



*A. K. S.*  
Principal

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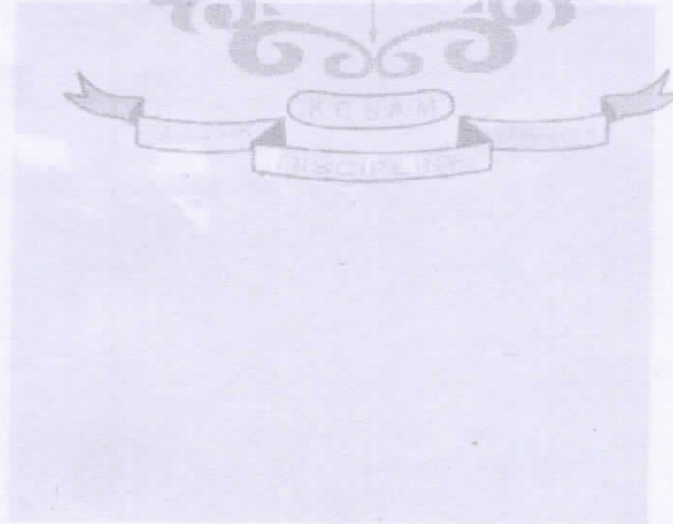


Lr.No.45B/KCSAM/2019-2020

Date: 14.08.2019

### CIRCULAR

"Health is Wealth" awareness programme is to be conducted on 20.8.2019 at 3.00 p.m. in the Seminar Hall. Students who are willing to participate in this programme enroll their names to A.Uma Maheswari in Tamil Department on or before 19.8.2019.



*A. Uma Maheswari*  
Principal

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### Life Skill Programme - Yoga Awareness Programme

Academic Year - 2019-2020

With the collaboration of Manavalakkalai Trust, the institution organized Yoga Awareness Programmes for the students and staff members for the academic year 2019-2020. 60 students were the beneficiaries of "Health is Wealth" yoga awareness programme scheduled on 20.8.2019 headed by Mrs. R. Sasirekha, Manavalakkalai Trust. On 4.9.2019, "Yoga Day" programme headed by Mrs. Dr. G. Nirmala, Principal, KCSAMW inculcated the beneficiaries the importance of yoga in daily life, 150 students were benefited. Dr: M. R. Srinivasan, Manavalakkalai Trust, headed "Yoga for Youth Empowerment" programme, imparted the importance of yoga for 30 students from II UG. 35 staff members were given yoga training scheduled from 4.11.2019 - 7.11.2019 on "Yoga Training Programme for Staff Members" at Seminar Hall.

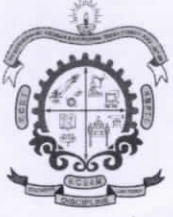


Enthusiastically students participated in "Health is Wealth" awareness programme

*G. Nirmala*  
Principal

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Lr.No.50B/KCSAM/2019-2020

Date: 14.10.2019

## **CIRCULAR**

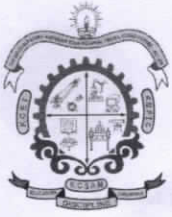
“Yoga for Youth Empowerment” awareness programme is to be conducted on 18.10.2019 at 3.00 p.m. in the Auditorium. Students who are willing to participate in this programme enroll their names to A.Uma Maheswari in Tamil Department on or before 16.10.2019.

*A. Uma Maheswari*  
Principal

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Active participation of the students in "Yoga for Youth Empowerment" awareness programme



*A. K. K. K.*

Principal



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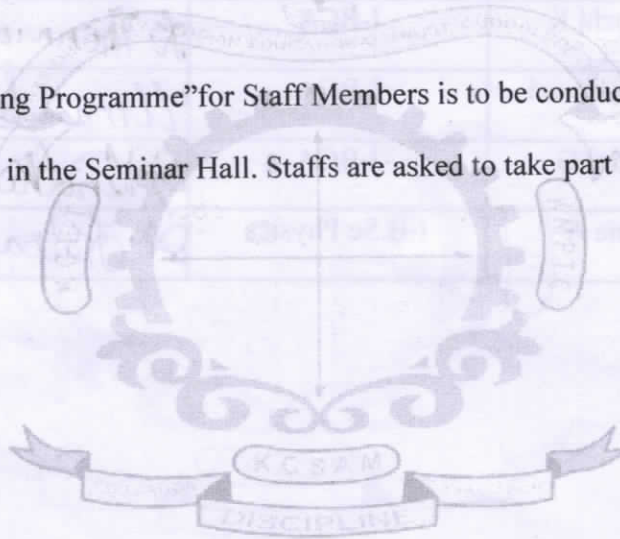


Lr.No.53B/KCSAM/2019-2020

Date: 01.11.2019

### **CIRCULAR**

“Yoga Training Programme” for Staff Members is to be conducted from 4.11.2019 to 7.11.2019 at 2.00 p.m. in the Seminar Hall. Staffs are asked to take part in the Training Programme.



*A. Neel*  
Principal

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### Yoga Training Programme for staff Members







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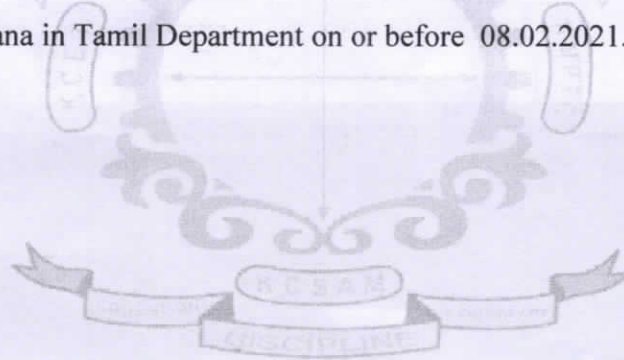


Lr.No.50B/KCSAM/2020-2021

Date: 05.02.2021

### CIRCULAR

“Human Values in Life” awareness programme is to be conducted on 10.02.2021 at 3.00 p.m. in the Auditorium. Students who are willing to participate in this programme enroll their names to S. Shobana in Tamil Department on or before 08.02.2021.



*A. Neel*  
Principal

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### Life Skill Programme - Yoga Awareness Programme

Academic Year - 2020-2021

The institution has collaborated with Manavalakkalai Trust for enhancing Yoga Awareness Programme for the students during the academic year 2020-2021. 50 students from II UG participated in "International Yoga Day" conducted through virtual mode scheduled on 20.8.2020, headed by Mrs. Dr. G. Nirmala, Principal, KCSAMW imparted the knowledge about Yoga in hectic life. 56 students from I UG participated in "Human Values in Life" Programme scheduled on 10.2.2021, Mrs. S. Susithra, Manavalakkalai Trust, taught yoga and human values in life to the students.

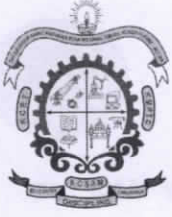


Students are attending "Human Values in Life" awareness programme



*S. Susithra*  
Principal

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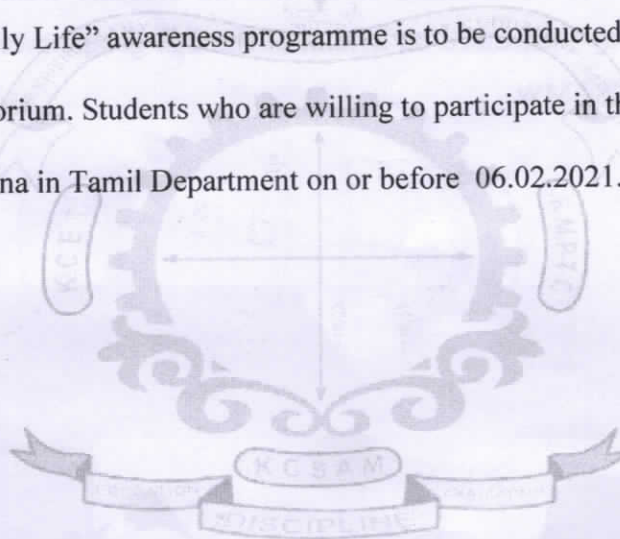


Lr.No.45B/KCSAM/2021-2022

Date: 03.12.2021

### CIRCULAR

“Yoga in Daily Life” awareness programme is to be conducted on 08.12.2021 at 10.00 a.m. in the Auditorium. Students who are willing to participate in this programme enroll their names to S. Shobana in Tamil Department on or before 06.02.2021.



*G. Anil*  
Principal

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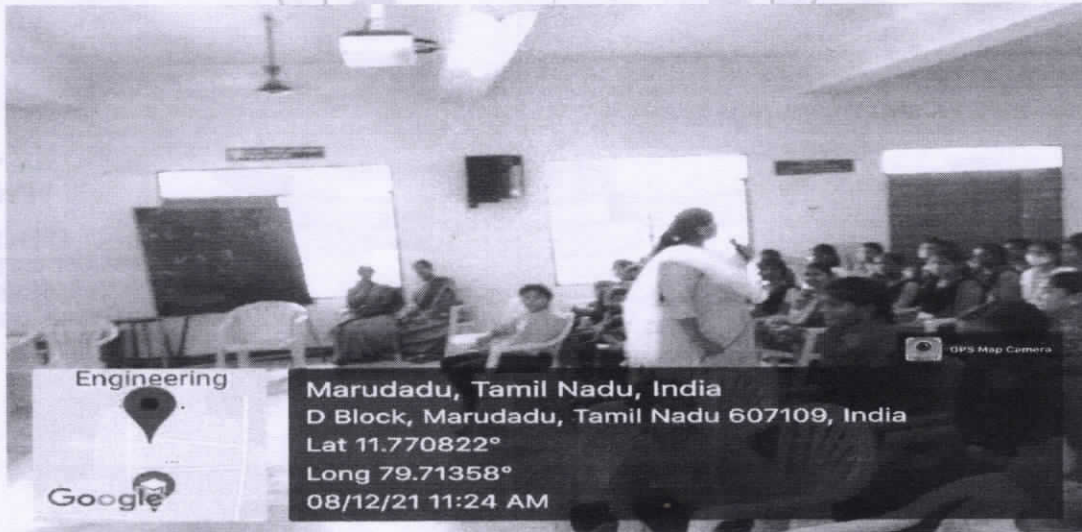
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### Life Skill Programme - Yoga Awareness Programme

Academic Year - 2021-2022

With the collaboration of Yoga Hemanth Academy, Cuddalore, the institution organized Yoga awareness programme for the students in the academic year 2021-22. Mrs. C. Soundariya, Yoga Hemanth Academy, headed "Yoga in Daily life" programme scheduled on 8.12.2021, taught various Asanas to 60 students of II UG. 50 students from III UG participated in "International Yoga Day" scheduled on 21.6.2021 through google meet, headed by Mrs. Dr. G. Nirmala, Principal, KCSAMW.



Illuminating the students, the importance of Yoga in "Yoga in Daily Life"



*A. Nirmala*  
Principal

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Lr.No.50B/KCSAM/2022-2023

Date: 16.3.2023

## **CIRCULAR**

“Yoga Awareness Vehicle” display is arranged on 23.03.2023 at 11.00 a.m. in the Campus by Manavalakkalai Mandram, Cuddalore. Students who are willing to participate in this programme enroll their names to S. Shobana in Tamil Department on or before 20.03.2023.

*A. Anil*  
**Principal**  
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### Life Skill Programme - Yoga Awareness Programme

Academic Year - 2022-2023

The institution has collaborated with Manavalakkalai Trust for enhancing Yoga Awareness Programme for the students during the academic year 2022-2023. 150 students from II UG and III UG were participated in "International Yoga Day" headed by Mrs. Dr. G. Nirmala, Principal, KCSAMW shared about yoga and meditation in daily life, scheduled on 21.6.23. 46 students from II UG taken part in the "Yoga Awareness Vehicle" programme scheduled on 23.3.2023, headed by Dr. M. Srinivasan, Vazhaga Valamudan & Manavalakkalai Yoga Centre shared about importance of Yoga in daily life. As a part of the "Special Camp" scheduled from 24.3.2022 - 30.3.2022, 60 students were benefited through Yoga class.



Demonstrating the importance of yoga in virtual mode through vehicle



*A. K. S.*  
Principal

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