

# PSN ENGINEERING COLLEGE

Melathediyoar, Palayamkottai Taluk, Tirunelveli District, Pin - 627 152.

(Approved by AICTE and Affiliated to Anna University)

An ISO 9001 : 2015 Certified Institution

Website : [www.psnec.ac.in](http://www.psnec.ac.in) Email : [principal@psnec.ac.in](mailto:principal@psnec.ac.in)

☎ 04634-279078, 279079 Fax : 04634-279078



Ref:PSNEC/2023-2024/SDP/CR-01

Date: 05.06.2023

## CIRCULAR

This is to inform that our college will conduct a program on “International Yoga Day” from 19<sup>th</sup> to 21<sup>st</sup> June 2023 in PSNEC Seminar Hall.

All the students and Staff members are requested to make their active participation on the skill development program without fail.

  
PRINCIPAL

**Dr. M.S. RAVIKUMAR**  
Principal  
PSN ENGINEERING COLLEGE  
Melathediyoar, Palayamkottai  
Tirunelveli - 627 152

### CC TO

1. Director
2. Director (IQAC)
3. All Department HOD's
4. Physical Director
5. Librarian
6. Warden

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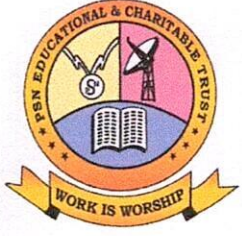
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Lr.No: PSNEC/2023-2024/SDP/PL-01

Date: 05.06.2023

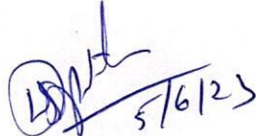
## PERMISSION LETTER

Respected Sir,

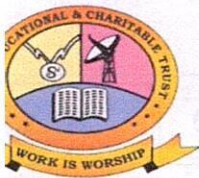
It is proposed to commemorate the “**International Yoga Day**” for the year **2023**; a Program is scheduled from **19<sup>th</sup> to 21<sup>st</sup> June 2023** in **Seminar Hall, PSNEC**. The program would be conducted from **10.00 am to 01.00 pm** in PSNEC.

Kindly grant your valuable permission to conduct the above program on the above said date and time.

Thanking you,

  
5/6/23  
Incharge/SDP

  
**PRINCIPAL**  
**Dr. M.S. RAVIKUMAR**  
Principal  
PSN ENGINEERING COLLEGE  
Melathediyoor, Palayamkottai  
Tirunelveli - 627 152.



## Program on International Yoga Day

<b>Name of the Program</b>	<b>International Yoga Day</b>
<b>Conducted on</b>	<b>19<sup>th</sup> to 21<sup>st</sup> June 2023</b>
<b>Duration</b>	3 Days
<b>Venue</b>	PSNEC Seminar Hall
<b>Number of participates</b>	150
<b>Dept/Year/Semester</b>	All students of PSNEC
<b>Objective of the Program</b>	To commemorate the International Yoga Day

The Program started at 10.00 a.m. on 19<sup>th</sup> June 2023

The **International Yoga day** was commemorated in PSN Engineering College, Tirunelveli from **19<sup>th</sup> to 21<sup>st</sup> June 2023** in PSNEC Seminar Hall.

The Heartfullnes Trainers **Dr. Durai Raj, Vignesh Homeo Clinnic, Tirunelveli, Mrs. Valliammal, Mrs. Amutha** , Trainers were invited as Guest for the Program.

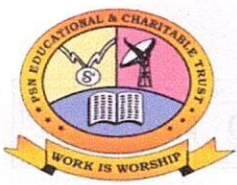
**Dr G Satish Pandian, Director** welcome the gathering and handedover the session to the Guest from Heartfullness Trainers.

About **150** Students of PSN Engineering College attended the session conducted by Heartfullnes team. Various demonstrations of Yoga were taught by the trainers to the students actively participated to remember International Yoga day.

**Dr Durai raj and Mrs. Valliammal Heartfulness Trainers** delivered special lecture on Importance of Yoga for our daily life.

**Mrs. T Muthulakshmi**, Assistant Professor, Dept. of Science and Humanities, PSNEC delivered the Vote of thanks.

To remember the occacion **Heartfulness Trainers, Director Dr N Prabhu and Dr T Livingston NSS Program Officer** planted different saplings in the PSNEC campus.



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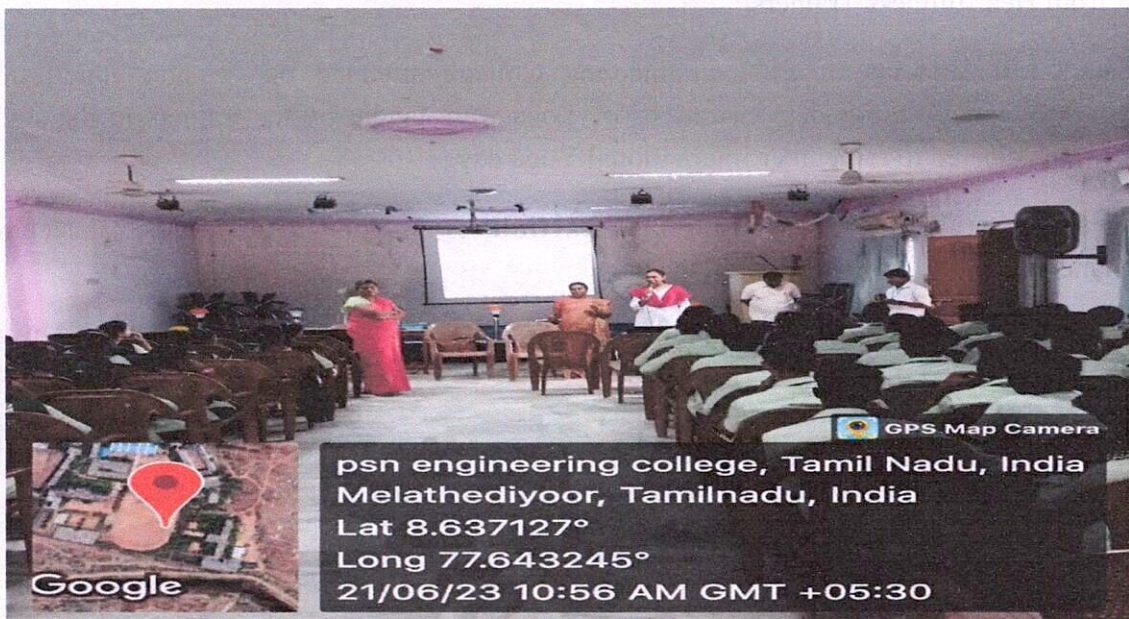
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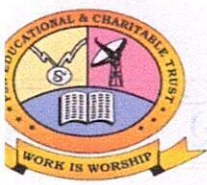
## PHOTOGRAPHS:



The guest delivered a speech about the International Yoga day on 19.06.2023



Participants were discussed with the chief Guest about the International Yoga day on 21.06.2023



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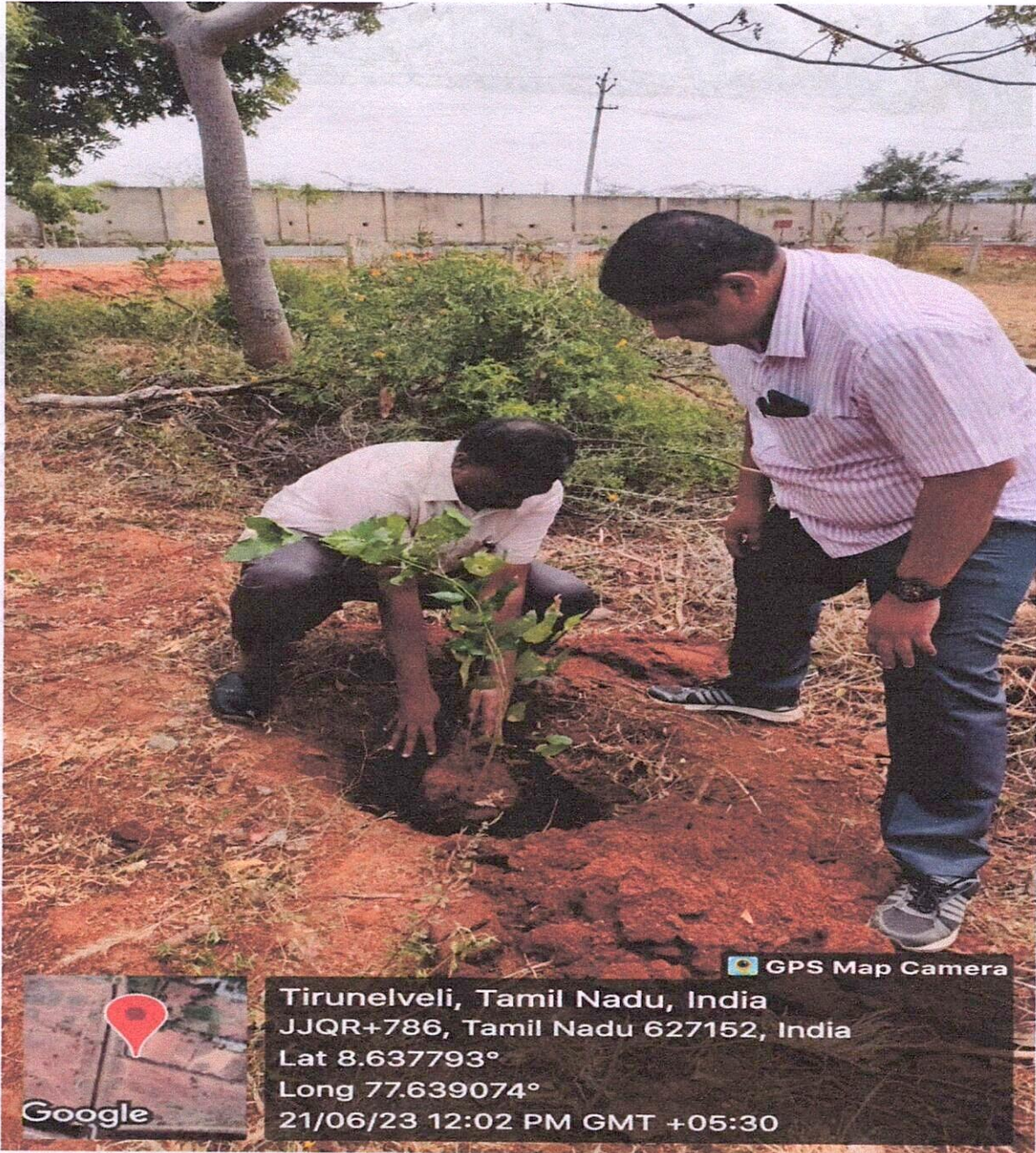
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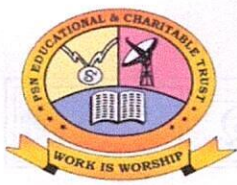
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GPS Map Camera  
Tirunelveli, Tamil Nadu, India  
JJQR+786, Tamil Nadu 627152, India  
Lat 8.637793°  
Long 77.639074°  
21/06/23 12:02 PM GMT +05:30

Dr Dura raj, Vignesh Homeo Clinic, Palayamkottai and Dr N Prabhu, Director PSNEC, Planting Sapling in PSNEC campus commemorating International Yoga Day on 21<sup>st</sup> June 2023



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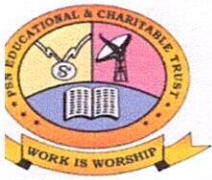
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Mrs Amutha and Mrs Uma, Heartfulness trainers Clinic, Planting Sapling in PSNEC campus commemorating International Yoga Day on 21<sup>st</sup> June 2023



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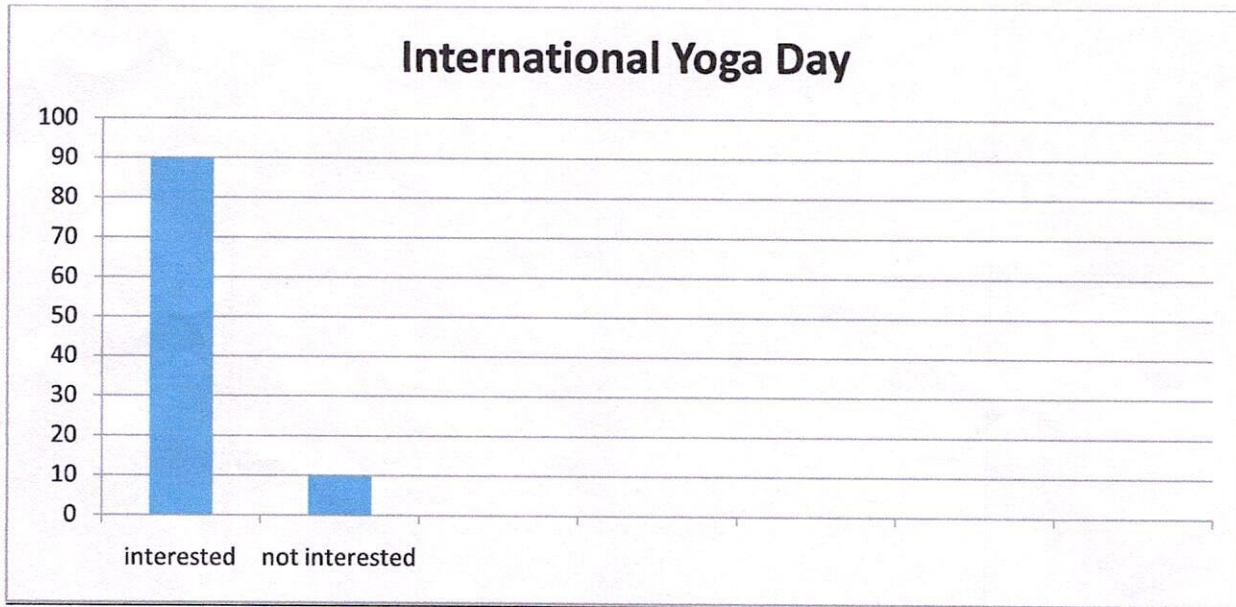
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## Summary:

1. Every Year International Yoga Day are for 1<sup>st</sup> year students conducted in seminar hall of PSNEC.
2. Students get to know about the importance of Yoga and their benefits in their life.


### FEEDBACK ANALYSIS GRAPH




First year students are enthusiastic to learn the importance of Yoga used in their life.

### Action Taken:


- Based on the feedback received, we have proposed to conduct many programs like aptitude and logic reasoning problems applied for various government examinations like bank exams, SSC would be conducted in course of time

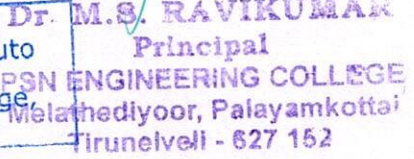
  
 In-charge  
 27/6/23

  
 Co-Ordinator  
 27/6/23

  
 Director  
 27/6/23

  
 Principal

  
 IOAC  
 Dr G Satish Pandian  
 Professor of Mech & Auto  
 Director - IOAC  
 PSN Engineering College  
 Tirunelveli 627152

  
 Dr. M.S. RAVIKUMAR  
 Principal  
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