

THIAGARAJAR COLLEGE: MADURAI - 625 009

IQAC

PROGRAMME REPORT

Date: 23.06.2025

Name of the Programme / Title	An “Awareness Programme on Relax and Reset: Yoga for student Wellness” Organized by PART-V QUALITY CIRCLE AND SOCIAL SERVICE LEAGUE (Aided)
Department/Coordinator	1.Dr. A. Kumudha Co-ordinator Quality Circle (Aided) 2. Dr. K. Saraswathi Co-ordinator Social Service League (Aided)
Venue/Date& Time	Diamond Jubilee Hall 20.05.2025
No. of Participants College Participants: Outside Participants:	Quality circle(Aided)-04 Social Service League (Aided &S/F)- 47 ----



THIAGARAJAR COLLEGE, MADURAI -9
An Autonomous Institution affiliated to Madurai Kamaraj University
(Re-Accredited with "A++" Grade by NAAC)
Ranked 15th in NIRF 2024



The Quality Circle 2024-26 (II Year)

Yoga International Day 2025

An awareness programme on "Relax and Reset: Yoga for Student Wellness"

Attendance – 20.06.2025

Sl. No.	Roll No.	Name	Signature
1	24UEC17	KASIVISWANATHAN A	-a-
2	24UEC42	VASANTH V	V. Vasanth
3	24UEC45	VIMAL M	-a-
4	24UEC51	ARUNA P	-a-
5	24UEC52	BAIRAVI R	R. Bairavi
6	24UEC54	DURGADEVI V	-a-
7	24UEC58	KALEESHWARI M 26.05.2007	m. kaleeshwari
8	24UEC65	NATHIYA D	D. Nathiya
9	24UCH20	THARUN RAJ R S	-a-

THIAGARAJAR COLLEGE, MADURAI

PART V- SOCIAL SERVICE LEAGUE

INTERNATIONAL YOGA DAY 2025

AN AWARENESS PROGRAMME ON

RELAX AND RESET: YOGA FOR STUDENT WELLNESS - 20.06.2025

S.No.	Reg. No.	Name	Signature
1	24SU016	J.Kavin	J.Kavin
2	24SU011	G. Gungokul	G. Gungokul
3	24SU015	S. Jayavijaya Rangan	S. Jayavijaya Rangan
4	24SU013	K. Hariharan	K. Hariharan
5	24SU020	K. Mothures	K. Mothures
6	24SU001	S. Aglesh	S. Aglesh
7	24SU007	S. Dinesh kumar	S. Dinesh
8	24UBA07	P. Arin prabhu	P. Arin
9	24UBA35	P. Praveen Roshan	P. Praveen Roshan
10	24UBA12	Chaukreshis	Chaukreshis
11	24UBA15	E. Dharsith	E. Dharsith
12	24UBA13	J. Deva Prakash	J. Deva Prakash
13	24UBA11	O. Balaramurugan	O. Balaramurugan
14	24UBA28	P. Muthuvarasu	P. Muthuvarasu
15	24SU014	A. Jagadhesk	A. Jagadhesk
16	24SUBA26	S. Rakesh	S. Rakesh
17	24SUBA13	M.K. Logananth	M.K. Logananth
18	24SUBA18	A. Mohan	A. Mohan
19	24UBA42	V. Thangapandi	V. Thangapandi

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S.No.	Reg. No.	Name	Signature
20	24SUC065	S. Thanga Menabshi	S. Thangamf.
21	24SUC062	M. Suntharya	M. Saty
22	24SUC061	S. Sowmiya	S.
23	24SUC054	B. Pooleshwari	B. Pooleshwari
24	24SUC048	M. Navitha	M. Navitha
25	24SUC057	V. Sasitharani	V. Sathy
26	24SUC141	S. Dharsini	S. Duj.
27	24SUC144	S. J. Inani Raja Shree	S. J. Inani
28	24SUBT18	M. Aishwarya	M. Anj
29	24SUBT27	M. Harini	M. Harini
30	24SUBT37	Gr. S. Raniga	Raniga
31	24SUBT50	T. K. Yamini	Yamini
32	24SUC064	V. Teja Sri	V. Teja Sri
33	24SUC060	R. S. Shobika	R. S. Shobika
34	24SUBT46	Sumithra. R	Sumithra. R
35	24SUBT47	R. Smetha	R. Smetha
36	24UBA47	R. Archanadevi	R. Archanadevi
37	24UBA48	M. Boonika	M. Boonika
38	24UBA52	R. Gopika	R. Gopi



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Date: 23.06.2025

**An “Awareness Programme on
Relax and Reset: Yoga for student Wellness”
on 20.06.2025**

**Organized by
PART-V QUALITY CIRCLE (AIDED) AND
SOCIAL SERVICE LEAGUE (AIDED)**

Report

The International Yoga Day was celebrated on 20.06.2025 with an “Awareness Programme on Relax and Reset: Yoga for student Wellness” in Diamond Jubilee Hall at 2pm. Totally 51 students from Part V Quality Circle and Social Service League (SSL) participated in the programme. Mrs. N. Heamvathi, Yoga and Meditation Practitioner currently working as Coordinator, NMS Raja Ganesan Academy, Nagamalai, Madurai served as the resource person. She explained the need and importance of Yoga. She demonstrated basic asanas namely Padmasana, Vajrasana etc. She explained about pranayama for cleaning dirt in respiratory tract. She demonstrated and made the students to do it. The students gave feedback that they felt fresh after attending the session and they are willing to practice it every day in future.

Signature of the Coordinators

Principal



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A. Kumudha
N. Heamvathi
Signature of the Coordinators

Principal

Invitation



Thiagarajar College
Madurai - 09

76
Year
SINCE 1849

A++ Grade

**INSTITUTION'S
INNOVATION
COUNCIL**
DEVELOPING INNOVATION

nirf
15th Rank

**PART-V QUALITY CIRCLE AND
SOCIAL SERVICE LEAGUE**

Jointly Celebrate

INTERNATIONAL YOGA DAY 2025

**An Awareness Programme on
"Relax and Reset: Yoga for Student Wellness"**

📅 Friday, 20th June 2025 ⌚ 2.00 p.m

Venue: Diamond Jubilee Hall

PRESIDES
Dr. D. PANDIARAJA
PRINCIPAL
THIAGARAJAR COLLEGE
MADURAI

CHIEF GUEST
Mrs. N. HEMAVATHI
CO-ORDINATOR
NMS RAJA KSP GANESAN ACADEMY
NAGAMALAI, MADURAI

Dr. A. KUMUDHA
CO-ORDINATOR
QUALITY CIRCLE (AIDED)

Dr. K. SARASWATHI
CO-ORDINATOR
SOCIAL SERVICE LEAGUE (AIDED)

ALL ARE INVITED

Permission Letter

Madurai
17.06.2025

From

Dr. A. Kumudha,
Coordinator, Quality Circle
Thiagarajar College
Madurai – 625009

Dr. K. Saraswathi,
Coordinator, Social Service League
Thiagarajar College
Madurai – 625009

To

The Principal
Thiagarajar College
Madurai – 625009

Respected Sir,

Sub: Seeking permission to organize International Yoga day
celebration 2025- reg.

We, the Quality Circle (Aided) and Social Service League (Aided) wish to jointly organize an awareness programme on "Relax and Reset: Yoga for Student Wellness" for the students of Quality Circle and SSL by Mrs. N. Hemavathi, Coordinator, NMS Raja KSP Ganesan Academy, Nagamalai, Madurai on 20.06.2025 (Friday) at 2.00 p.m. We request your permission to organize this programme in the Diamond Jubilee Hall.

Thank you

Yours faithfully,

A. Kumudha
K. Saraswathi

Photos



West Street, Madurai, West St, Meenakshi Nagar,
Madurai, Tamil Nadu 625009, India,
Lat: 9.913654, Long: 78.147173
20 Jun, 25, 03:14 pm, Friday

34.44° 168 S

An “Awareness Programme on Relax and Reset: Yoga for student Wellness” on 20.06.2025



West Street, Madurai, West St, Meenakshi Nagar,
Madurai, Tamil Nadu 625009, India,
Lat: 9.913656, Long: 78.147176
20 Jun, 25, 03:14 pm, Friday

34.44° 115 SE

An “Awareness Programme on Relax and Reset: Yoga for student Wellness” on 20.06.2025



West Street, Madurai, West St, Meenakshi Nagar,
Madurai, Tamil Nadu 625009, India,

Lat: 9.913675, Long: 78.147167

20 Jun, 25, 02:55 pm, Friday

34.19° 270 W

An “Awareness Programme on Relax and Reset: Yoga for student Wellness” on 20.06.2025



West Street, Madurai, West St, Meenakshi Nagar,
Madurai, Tamil Nadu 625009, India,

Lat: 9.913669, Long: 78.147167

20 Jun, 25, 02:47 pm, Friday

34.19° 287 W

An “Awareness Programme on Relax and Reset: Yoga for student Wellness” on 20.06.2025



West Street, Madurai, West St, Meenakshi Nagar,
Madurai, Tamil Nadu 625009, India,
Lat: 9.913652, Long: 78.147172
20 Jun, 25, 02:25 pm, Friday

34.26° 320 NE

An “Awareness Programme on Relax and Reset: Yoga for student Wellness” on 20.06.2025



West Street, Madurai, West St, Meenakshi Nagar,
Madurai, Tamil Nadu 625009, India,
Lat: 9.913657, Long: 78.147170
20 Jun, 25, 02:59 pm, Friday

34.19° 168 S

An “Awareness Programme on Relax and Reset: Yoga for student Wellness” on 20.06.2025



An “Awareness Programme on Relax and Reset: Yoga for student Wellness” on 20.06.2025