

Event title	11 th International Day of Yoga
Date and Duration	20 th June 2025 & 3.30 pm to 4.30 pm
Department	Department of Physical Education, Yoga Club, Wellness Centre, NCC and NSS
Co-ordinators	Mr. A. Robinson, Physical Director, Mr. Eashwar, Assistant Physical Director, Mr. G. Tamilazhgan, Assistant Physical Director, Mrs. R. Vaishnavi, Assistant Physical Directress.
Chief Guest/ Resource Person/ Keynote Speaker	Mr. M. Senthil Kumar, Yoga Master
No. of Participants	27 (Boys and Girls) & 10 (Faculty and Staff members)

- The 11th International Day of Yoga event was held at the PSGiTech Yoga Hall on 20th June 2025. Mr. A. Robinson, Physical Director, delivered the welcome address and proposed the Vote of Thanks.
- Our yoga master, Mr. M. Senthil Kumar, demonstrated fundamental yoga asanas, warm-up exercises, and relaxation techniques.
- One of the institution's dynamic Vigilance Officers, Mr. K. Gopinath, conducted a detailed yoga meditation session at the end of the programme.
- Approximately 27 students and 10 faculty members enthusiastically participated in the event. The session concluded with a group photo and refreshments.



Resource person Mr. M. Senthilkumar and Vigilance Officer Mr. K. Gopinath along with the faculty, staff members and students participated in the 11th International Day of Yoga on 20th June 2025