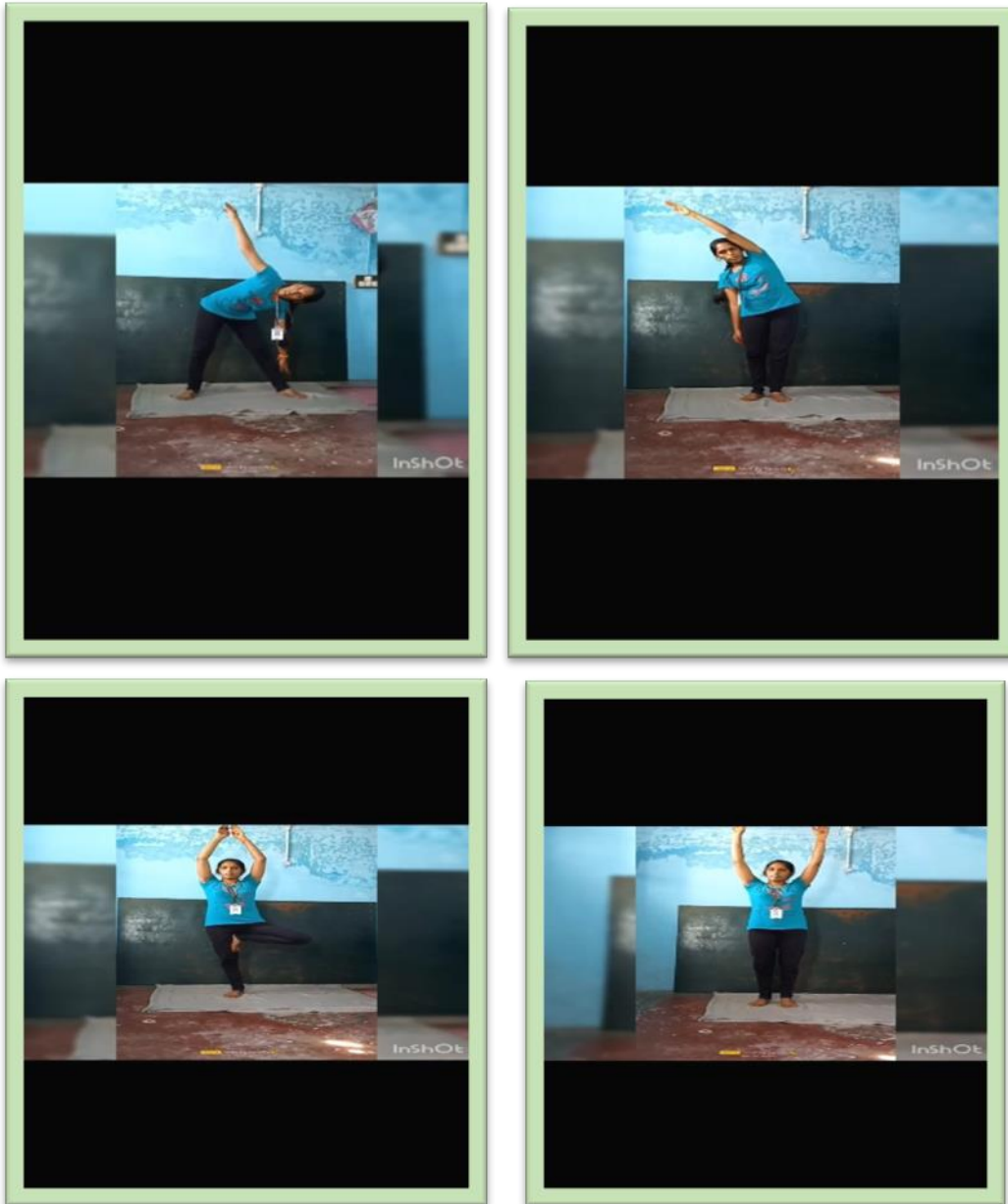




**YOGA TRAINING – 2022 - 2023**

On the eve of International Yoga day on 21.06.2022, our college NSS students have created awareness of Yoga and explained its uses by doing yoga exercises and thus it was propagated through video



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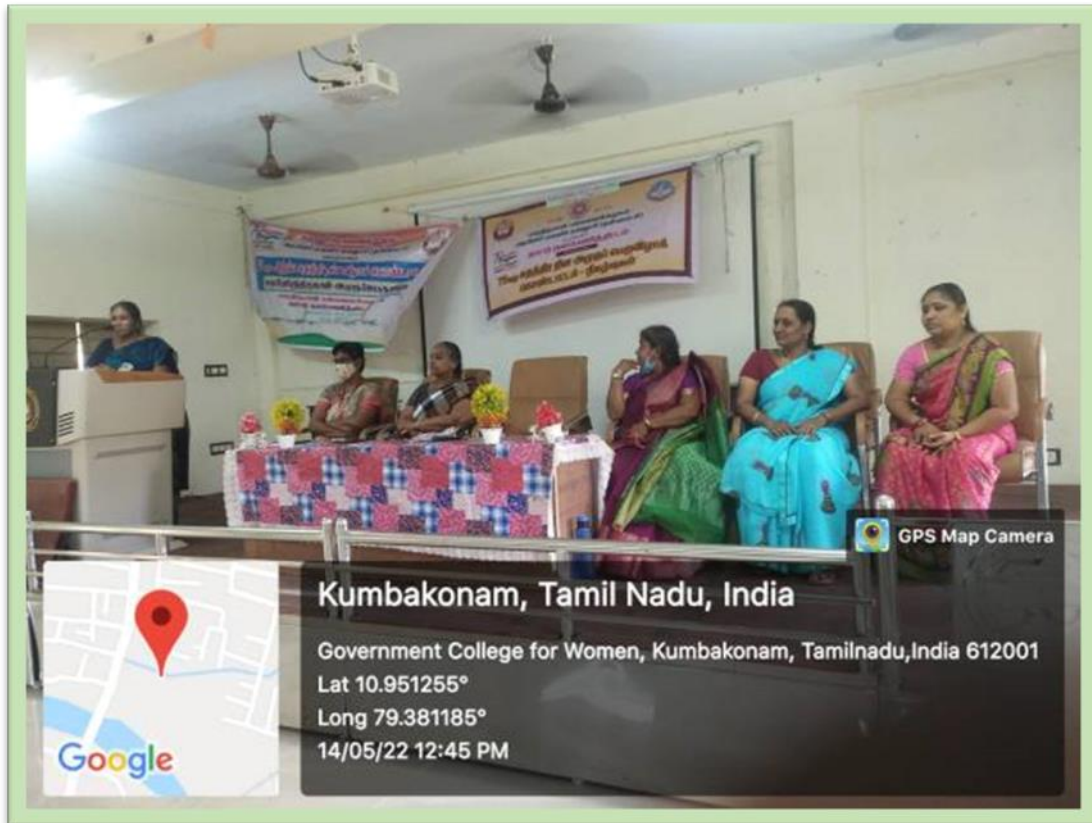
*S. Aba*  
**PRINCIPAL**  
Government College for Women (Autonomous)  
KUMBAKONAM.



On the eve of International Yoga day, **Yoga demonstrations and yoga classes for NSS Volunteers** have been performed in Government College for Women(A), Kumbakonam on 14th May 2022, in the presence of the Principal, Part V coordinator, and NSS Programme Officers.

Our College Principal, in her presidential address, has given an excellent speech under the title “**To Adopt Good Health on Yoga**” and stressed the importance of yoga to the students for maintaining briskness and good physique for our body health.

In this event, Dr. S. Venkatalakshmi, Part V coordinator, H.O.D of Zoology in her felicitation address also expressed, to create awareness and usefulness of yoga to the students. Further Dr.Vidhyasri, Physical Education Director has invited as a resource person and explained the essentials of yoga, and given yoga training to the students.





# GOVERNMENT COLLEGE FOR WOMEN (AUTONOMOUS)

KUMBAKONAM – 612 001

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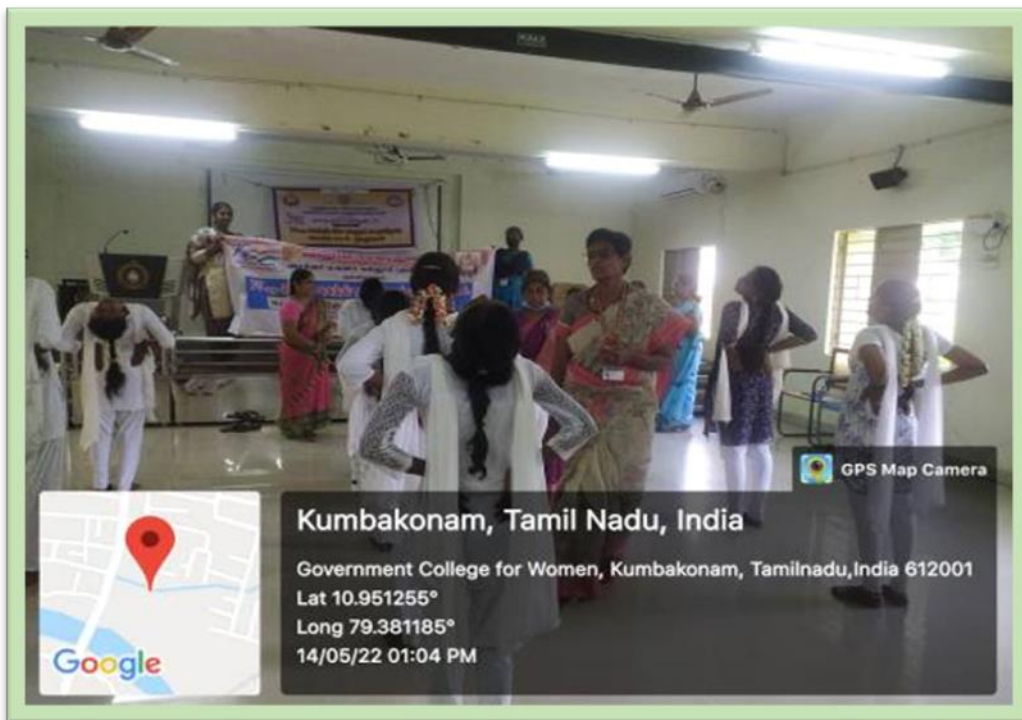
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☎ 0435 – 2401391

✉ [principal@gwk.ac.in](mailto:principal@gwk.ac.in)



*S. Aravind*  
**PRINCIPAL**  
Government College for Women (Autonomous)  
KUMBAKONAM.

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GPS Map Camera



**Kumbakonam, Tamil Nadu, India**

Government College for Women, Kumbakonam, Tamilnadu, India 612001

Lat 10.951255°

Long 79.381185°

14/05/22 01:02 PM



*S. Arul*  
**PRINCIPAL**  
Government College for Women (Autonomous)  
KUMBAKONAM.