



Nallamuthu Gounder Mahalingam College, Pollachi

(Autonomous) Re-Accredited by NAAC

An ISO 9001: 2015 Certified Institution, Affiliated to Bharathiar University, Coimbatore.



'Commemoration of the 65th Formation day'



Department of Human Excellence

ONLINE WEBINAR
ON

Eight Asanas for Healthy Life



Resource Person

V. Premalatha,

SKY Yoga Professor, (M.A Yoga) Ph.D., Scholar, Coimbatore

Date: 23.09.2021

Time: 09: A.M to 11 A.M

**Dr.R.Muthukumaran, Principal,
NGM College Pollachi.**

Organizing Committee:

1. N.Panneerselvam, Assistant Professor,
2. P.Veerasinghi Vinayagan, Assistant Professor
3. Shanmuga vadivu, Assistant Professor
4. V.Settu, Assistant Professor
5. P.Padma, Assistant Professor

Platform Link: Google meet
E- Certificate will be provided

