



**Nallamuthu Gounder Mahalingam College,
Pollachi - 642 001**
Re-Accredited by NAAC, Certified institution, Affiliated by
Eharathir University, Coimbatore.



United Nations International Day of Yoga June 21st, 2020



Title : Yoga for Wellness and Happiness
Resource person: Dr. K. Perumal,
Director, WSCS—VISION Academy,
Temple of Consciousness,
Arutperum Jothi Nagar, Aliyar.

Date : June 21st, 2020.
Time : 11.30 a.m. to 1.00 p.m.

We are pleased to inform you that the Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, Coimbatore is celebrating the International Day of Yoga by organizing Webinar on "Yoga for wellness and happiness."

Yoga Performance is open for all students

Google meet Link: meet.google.com/qw-yjhb-vhy
Registration Link: <https://forms.gle/s6KG5hUU91Vtd9RD9>
E—Certificate will be provided

Organizing Committee
Faculties, Department of Human Excellence



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Department of Human Excellence



Programme

Prayer song	
Meditation	: N. Panneerselvam Assistant Professor, Department of Human Excellence
Welcome Address	: Dr. P.M.Palanisamy Principal, NGM College.
Presidential Address	: Dr. K.Perumal Director, WSCS—VISION Academy, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar.
Title	:Yoga for Wellness and Happiness
Pledge	: NGM College Students
Yoga Performance	: NGM College Students
Vote of Thanks	: S. Jagathambal Assistant Professor, Department of Human Excellence
National Anthem...	