

**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**YOGA AND MEDITATION CLUB**

<b>S.No</b>	<b>Date</b>	<b>Name of the Department Organization</b>	<b>Title of the Event</b>	<b>Name of the Resource Persons (Chief Guest) &amp; Address</b>	<b>Total No. of Beneficiaries</b>
1.	06.01.2017	Yoga and Meditation Club	Workshop on "From hand to breathing exercises"	Mr. T. Ramesh, Mrs. N. Kannammal, Mrs. P. Kanagam, Mrs. S. Rajalakshmi, Mrs. P. Gnanasundari, Mrs. R. Umamaheswari, Mrs. R. Santhi, Mrs. C. Santha, Mrs. M. Gandhimathi, Mrs. B. Eswari, Mrs. R. Pappathi, Mrs. R. Kamalavalli, Mrs. M. Pappu, Mrs. A.R. Thenammai	412
2.	07.08.2017	Youth Red Cross (YRC), National Service Scheme (NSS) and Red Ribbon Club (RRC)	Importance of Yoga and Meditation for our good health	Dr. K. Perumal, Ph.D., Vision Director, Arivu Thirukovil, Aliyar, Pollachi Taluk, Coimbatore District	500
3.	25.10.2017	Periyar University, Salem/ The World Community Service Centre, Aliyar, Pollachi Taluk, Coimbatore District and Trinity College for Women (Arts and Science), Namakkal	Yoga and Youth Empowerment (Yoga and Meditation)	Mr. T. Ramesh and Mrs. M. Gandhimathi, Trainers, Yoga and Meditation, Manavalakkalai Yoga (Arivu Thirukkivil), Fort Main Road, (Near Anjaneyar Temple), Namakkal	400
4.	20.1.2018	Yoga and Meditation Club	Yoga and Meditaion	Mr. T. Ramesh, Mrs. N. Kannammal, Mrs. P. Kanagam, Mrs. S. Rajalakshmi, Mrs. P. Gnanasundari, Mrs. C. Uma Maheswari, Mrs. K. Kalaiselvi, Mrs. A. Santhi, Mrs. P. Eswari, Mrs. R. Kamalavalli,	250

				Mrs. M. Pappu, Mrs. P. Santha, Mrs. R. Pappathi, Mrs. A.R. Thenammai and Mrs. M. Gandhimathi	
5.	21.06.2018	Youth Red Cross (YRC) and National Service Scheme (NSS)	World Yoga Day	Mr. T. Ramesh, Yoga Trainer, Bommakuttaimedu, Sellappampatti Post, Namakkal	100
6.	21.6.2019	Youth Red Cross (YRC), National Service Scheme (NSS), Red Ribbon Club (RRC) and Citizen Consumer Club (CCC)	International Yoga Day	Mrs. G. Gnanarathinam, Yoga Trainer, Sandaipettaipudur, Namakkal	500
7.	25.02.2020	Department of Physical Education	Workshop on Role of Yoga and Meditation in the Empowerment of Women	Mrs. G. Gnanarathinam, M.Sc., (Yoga), Trainer, Sivanandha Yoga Research Centre, 3/304, Yoga Nagar, Swamy Sivananda Road, Thanakkankulam, Madurai – 625 006	200
8.	22.06.2020	National Service Scheme	International Yoga Day Webinar on “Yoga in the lap of luxury”	Mrs. G. Gnanarathinam Yoga Trainer, Ruthran Yoga Centre. Namakkal	300
9.	10.02.2022	Department of Physical Education/ National Service Scheme	The Multiple Benefits of Surya Namaskar’	Mrs.V.Archana, Director of Physical Education, Trinity College for Women	100
10.	07.03.2022	National Service Scheme	Advantageousness of Yoga	Mrs. G. Gnanarathinam, Yoga Trainer, Yoga Vidhyardhi, Dr Sankaran Road, Namakkal	100
11.	21.06.2022	National Service Scheme	International Yoga Day	Mrs. G. Ganarathinam, Yoga Trainer, Swami Sivananda Yogasana Research Centre, Yoga Nagar, Madurai	250