

**TRINITY COLLEGE FOR WOMEN, NAMAKKAL,  
YOGA AND MEDITATION CLUB  
CLUB ACTIVITIES 2022-23**

<b>S. NO</b>	<b>DATE</b>	<b>NAME OF THE DEPARTMENT ORGANIZED</b>	<b>TITLE OF THE EVENT</b>	<b>NAME OF THE RESOURCE PERSON (CHIEF GUEST)</b>	<b>BENEFICIARIES</b>
1	25.2.2023	DEPARTMENT OF PHYSICAL EDUCATION	"BENEFITS OF SURYANAMASKAR	Mrs.V.Archana Director of Physical Education Trinity College For Women (Arts and Science College) Namakkal -637002	76
2	25.3.2023	Yoga and Meditation Club In association with department of Physical Education	"Importance of aerobic exercise for our physical and mental health" (For the benefit of faculties)	Mrs.V.Archana Director of Physical Education Trinity College For Women (Arts and Science College) Namakkal -637002	76
3	17.04.2023	Yoga and Meditation Club In association with department of Physical Education	"How do we practice Kriya Yoga? & A view on Advanced Yogasanas"	Mrs.N.Bhuvaneshwari MAB.,PGDYN.,M.SC Yoga.,NIS Yoga(Odisha) Yoga Trainer, 189,Middle Street, Jarikondalampatti, Salem – 636010	50
4	21.06.2023	THE YOGA AND MEDITATION CLUB & NATIONAL SERVICE SCHEME, YOUTH RED CROSS, DEPARTMENT OF PHYSICAL EDUCATION	"YOGA & MEDITATION FOR STRSS RELIEF"	Mrs.S.SUDHA, Yoga Awardee, The International Heartfulness Yoga Academy – Hyderabad.	500
5	12.08.2023	THE YOGA AND MEDITATION CLUB IN SUPPORT of THE DEPARTMENT OF PHYSICAL EDUCATION	"CARDIC EXERCISE ESSENTIALS AND BENEFITS"	Mrs.V.Archana Director of Physical Education Trinity College For Women (Arts and Science College) Namakkal -637002	76