



**St. Mary's College (Autonomous)**  
Reaccredited with 'A+' Grade by NAAC (Cycle IV)  
Thoothukudi



**Criterion: V - Student Support and Progression**  
**5.3 - Student Participation and Activities**  
Year: 2018-2023



**5.3.3 The institution conducts / organizes following activities:**

- 1. Sports competitions/events**
- 2. Cultural competitions/events**
- 3. Technical fest/Academic fest**
- 4. Any other events through Active clubs and forums**

### **Sports Competitions / Events**

**2021 - 22**

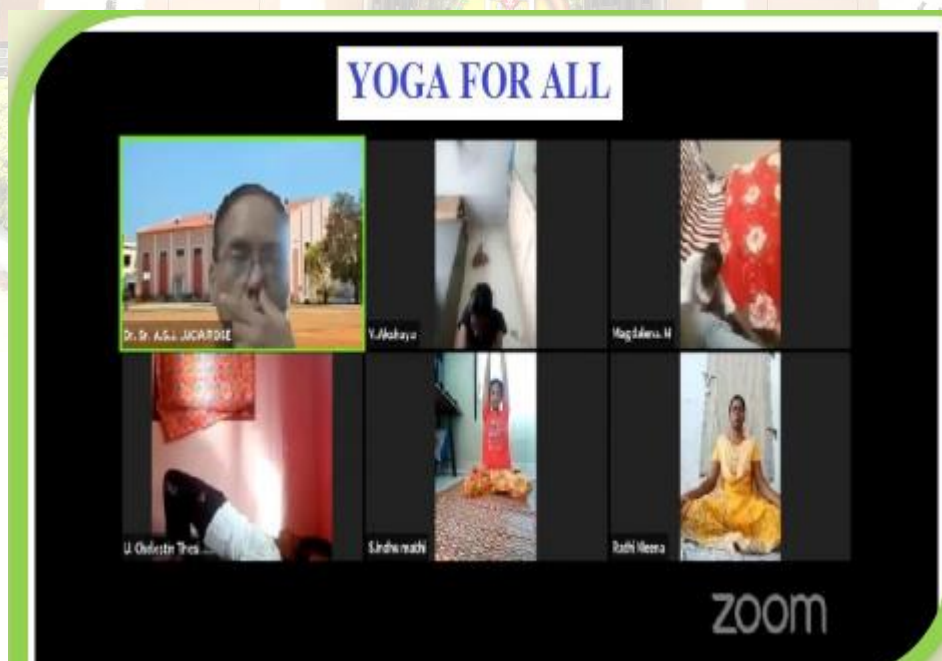
#### **International Yoga Day**

Yoga and Meditation Club has planned to cultivate the therapeutic importance of yoga. Yoga classes were conducted on all Tuesday and Wednesday during the afternoon session for the second-year students. The importance of meditation, self-awareness, Yoga, Mindfulness and Heartfulness were taught during this session. To raise awareness worldwide about the benefits of Yoga in daily life, on 21<sup>st</sup> June, 2021, the Yoga team, N.C.C Unit, N. S. S Units and Sports team of the college jointly celebrated its 7<sup>th</sup> "International Yoga Day" virtually with the aim "Be with Yoga, Be at Home". Under the guidance of the principal Dr. Sr. A.S.J Lucia Rose three events were organised for teachers and faculty. **Yoga for All** was the first session. Principal, faculty and the students attended the session. I and II Year UG actively participated in the celebration by practising yoga at home by clicking on their videos in the morning at 8. 15 a.m. Students and staff performed various yoga postures and asanas enthusiastically. At the end of the programme, sports officer, Mrs. A. Christy Ananthi Hemalatha, Director of Physical education, St. Mary's College (Autonomous), Thoothukudi has taken the oath. Ms. Varsha

Criterion V

SSR Cycle V

Antanitta of II B.Sc Chemistry discussed the physical, mental and psychological benefits of doing yoga. 489 participants (Zoom-253, YouTube 186) attended this event through online mode.





### Yoga for health and well-being

Online seminar for Yoga for health and well-being by DR.S. Selva Lakshmi, Assistant Professor & Head Incharge, Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai on 19<sup>th</sup> May 2021.

Yoga for women well - being seminar was by Dr. S. Sethu, Assistant Professor, Department of Physical Education and Sports, M. S. University, Tirunelveli on 25<sup>th</sup> May 2022.



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A seminar on  
**YOGA FOR WOMEN WELL-BEING**

**Chief Guest**  
*Dr S. Sethu*  
DEPT. OF PHYSICAL EDUCATION AND SPORTS  
MANONMANIAM SUNDARANAR UNIVERSITY,  
TIRUNELVELI.

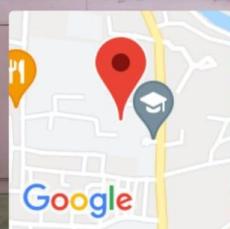
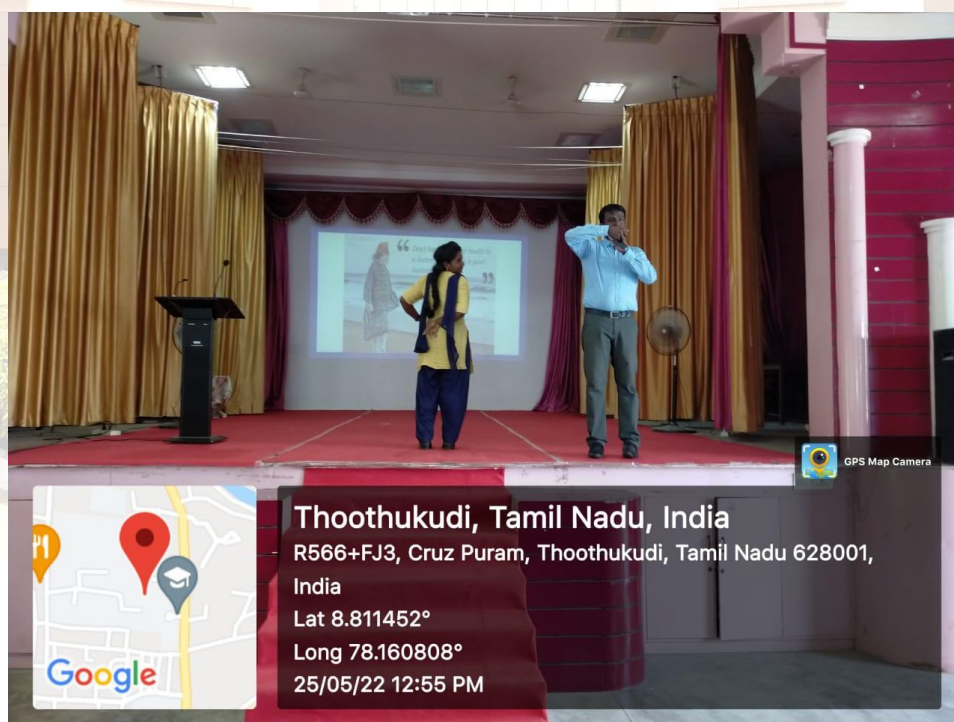
**Best wishes from**  
Rev.Sr.Flora Mary  
Secretary  
Rev. Dr. Sr. A. S. J. Lucia Rose,  
Principal  
Rev. Dr. Sr.S.Kulandai Therese,  
Deputy Principal  
Rev. S r. Josephine Jeyarani,  
Director -SSC

**Organised By**  
A. Christy Ananthi Hemalatha  
Director of Physical Education  
Dr.G.Amala Jothi Grace ,  
Yoga Coordinator  
Lt. Dr. F. Mary Priya,  
NCC Officer  
Dr.B.Divya,  
NSS Incharge  
J. Ajitha,  
Assistant Professor of Commerce (SSC)

Time: 12.00 Noon  
Venue: Auditorium

**25**  
**2022**

**WEDNESDAY** **MAY**



**Thoothukudi, Tamil Nadu, India**  
R566+FJ3, Cruz Puram, Thoothukudi, Tamil Nadu 628001,  
India  
Lat 8.811452°  
Long 78.160808°  
25/05/22 12:55 PM

**Practical Session**

*Lucia Rose*  
**Principal**  
St. Mary's College (Autonomous)  
Thoothukudi-628 001.