



# **M.I.E.T ARTS AND SCIENCE COLLEGE**

*Affiliated to Bharathidasan University,  
(Recognized by UGC Under Section 2(F) of UGC Act, 1956)  
Trichy - Pudukkottai Main Road, Tiruchirappalli - 620 007.*

DATE: 22.09.2025

## **CIRCULAR**

**INTERNAL QUALITY ASSURANCE CELL(IQAC)&INSTITUTION'S**

**INNOVATION CELL(IIC) organized Yoga Class for the Students. Students**

are asked to participate actively in Yoga Class and give their names to

A.S. Tamilselvi Assistant Professor of Maths Department.

Yoga classes from **24.09.2025.**



  
PRINCIPAL

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M.I.E.T. ARTS AND SCIENCE COLLEGE  
TIRUCHIRAPPALLI - 620 007**

**YOGA CLASS**
**WILLING LIST**

S.NO	ROLL NO	NAME	CLASS
1	A1253001	D.AARTHI	I CS
2	A1253021	S.MOHANAMBAL	I CS
3	A1253027	L.RAMYA	I CS
4	A1253036	M.THAHSIMA	I CS
5	A1253007	K.BHUVANESHWARI	I CS
6	A1239007	T.SANGAVI	I CS
7	A1249003	A.AMALORPAVAMARY	III-BA ENG
8	A1259003	E.MERWIN MANVIZH	II-BA ENG
9	A1259004	A.PRINCY LUBINAK	I-BA ENG
10	A1239012	VARSHINI	I-BA ENG
11	A1252004	S.AKILA	III BA ENG
12	A1232020	JAMEER	I-B.COM
13	A1232031	KARIF	III-B.COM
14	A1242030	SANTHOSH	III -B.COM
15	A1237016	KISHORE	II-B.COM
16	A1257020	MANOSOWTHRI	III-B.COM(CA)
17	A1257022	A.MOHAMED AAKIL	I-B.COM(CA)
18	A1237013	L.JEROM KINGSLY	I-B.COM(CA)
19	A1241044	AKILESH	III-B.COM(CA)
20	A1241027	SATHEEM	II-BBA
21	A1241045	B.MOHAMED ASHIK	II-BBA
22	A1251030	R.SENTHIL	II-BBA
23	A1251004	R.BAGAVATH SINGH	I-BBA
24	A1254009	N.MOHAMED	I-BBA
25	A1254007	S.JESU ANTHONY	I-BCA
26	A1255006	P.GOKUL	I-BCA
27	A1245002	M.ARVIN KUMAR	I-BC
28	A1245003	J.BHUVANA	II-BC
29	A1245008	K.P. KAVIYA	II-BC
30	A1235018	P.KARTHIKA	II-BC
			III-BC



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**YOGA CLASS**

**PARTICIPATION LIST**

S.NO	ROLL NO	NAME	CLASS
1	A1253001	D.AARTHI	I CS
2	A1253021	S.MOHANAMBAL	I CS
3	A1253027	L.RAMYA	I CS
4	A1253036	M.THAHSIMA	I CS
5	A1253007	K.BHUVANESHWARI	I CS
6	A1239007	T.SANGAVI	III-BA ENG
7	A1249003	A.AMALORPAVAMARY	II-BA ENG
8	A1259003	E.MERWIN MANVIZH	I-BA ENG
9	A1259004	A.PRINCY LUBINAK	I-BA ENG
10	A1239012	VARSHINI	III BA ENG
11	A1252004	S.AKILA	I-B.COM
12	A1232020	JAMEER	III-B.COM
13	A1232031	KARIF	III -B.COM
14	A1242030	SANTHOSH	II-B.COM
15	A1237016	KISHORE	III-B.COM(CA)
16	A1257020	MANOSOWTHRI	I-B.COM(CA)
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30	A1235018	P.KARTHIKA	III-BC



**INTERNAL QUALITY ASSURANCE CELL(IQAC)&INSTITUTION'S INNOVATION CELL(IIC)**organized Yoga class for Students, Teaching and Non-teaching staffs . The Principal of the college **Dr.Y.Glory Violet Aron** talk about Yoga for few minutes i.e., Yoga during the day can be a great way to get rid of stress that accumulates daily, in both body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind.Yoga instructor Swaminathantook yoga session with great dedication. Warm up exercises were taken and all the students practiced & performed sitting and standing asana, importance of these were explained simultaneously.All Faculties and Students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.





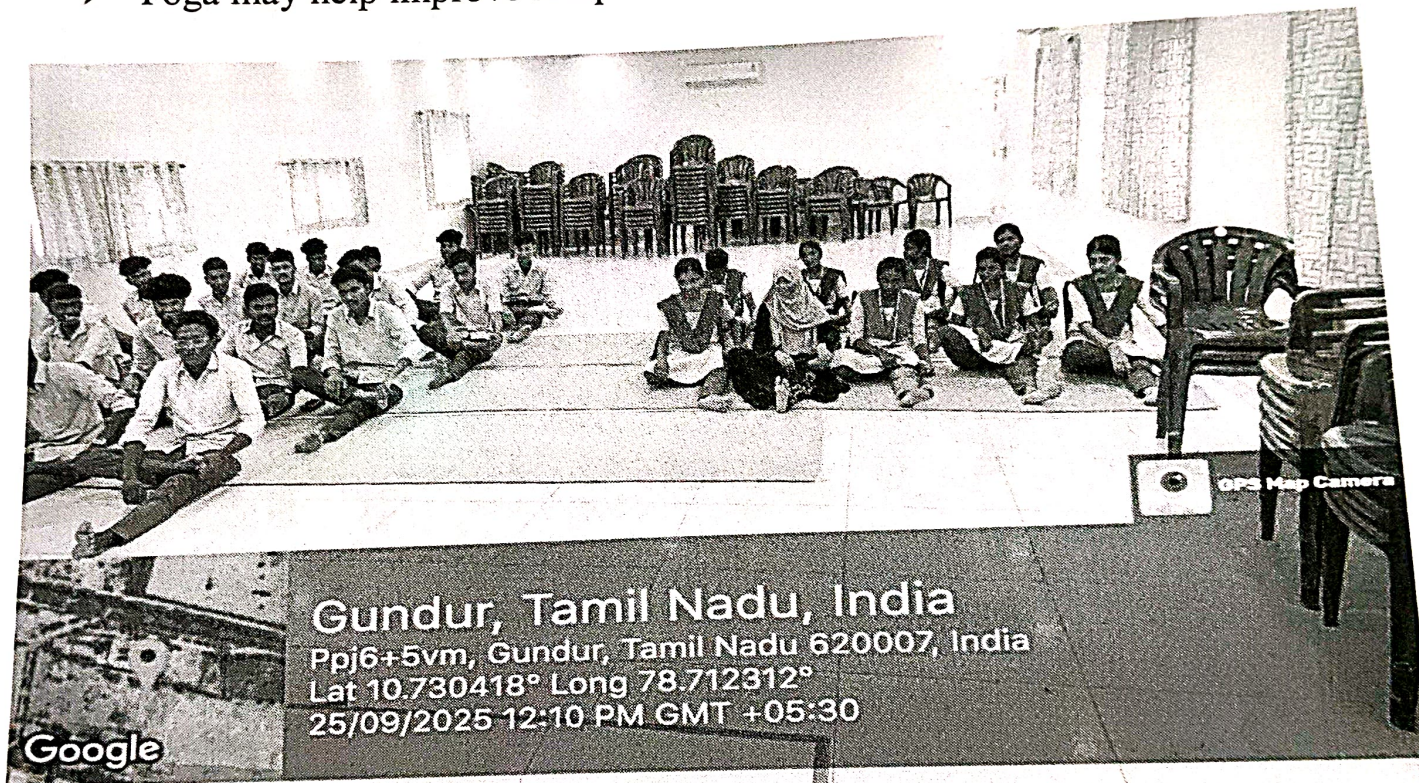


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### KEY BENEFITS OF YOGA:

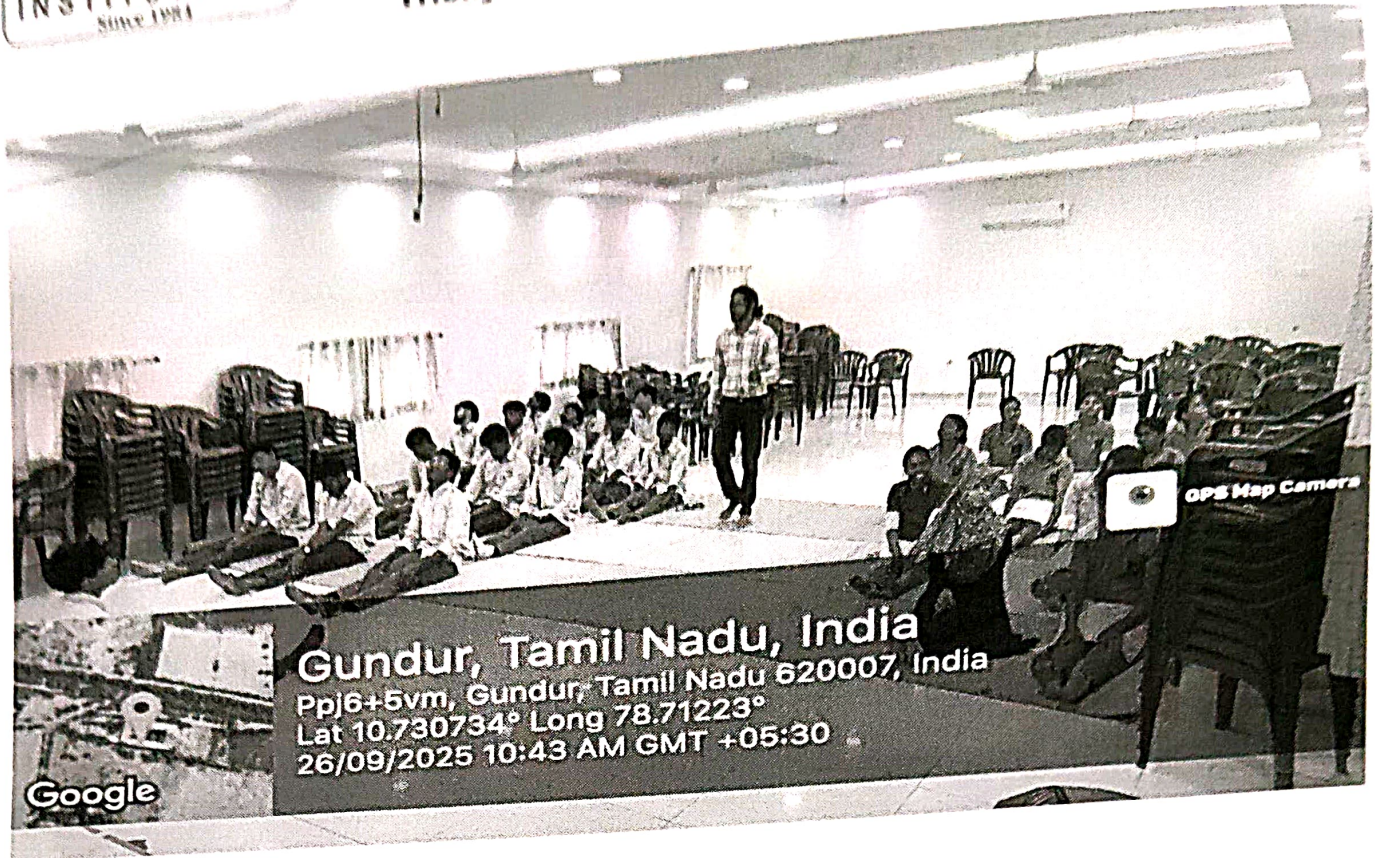
- Yoga helps with stress relief
- Yoga improves flexibility and balance
- Yoga may help manage depression
- Yoga will likely increase your strength
- Yoga may reduce anxiety
- Yoga may boost immunity
- Yoga may help improve sleep







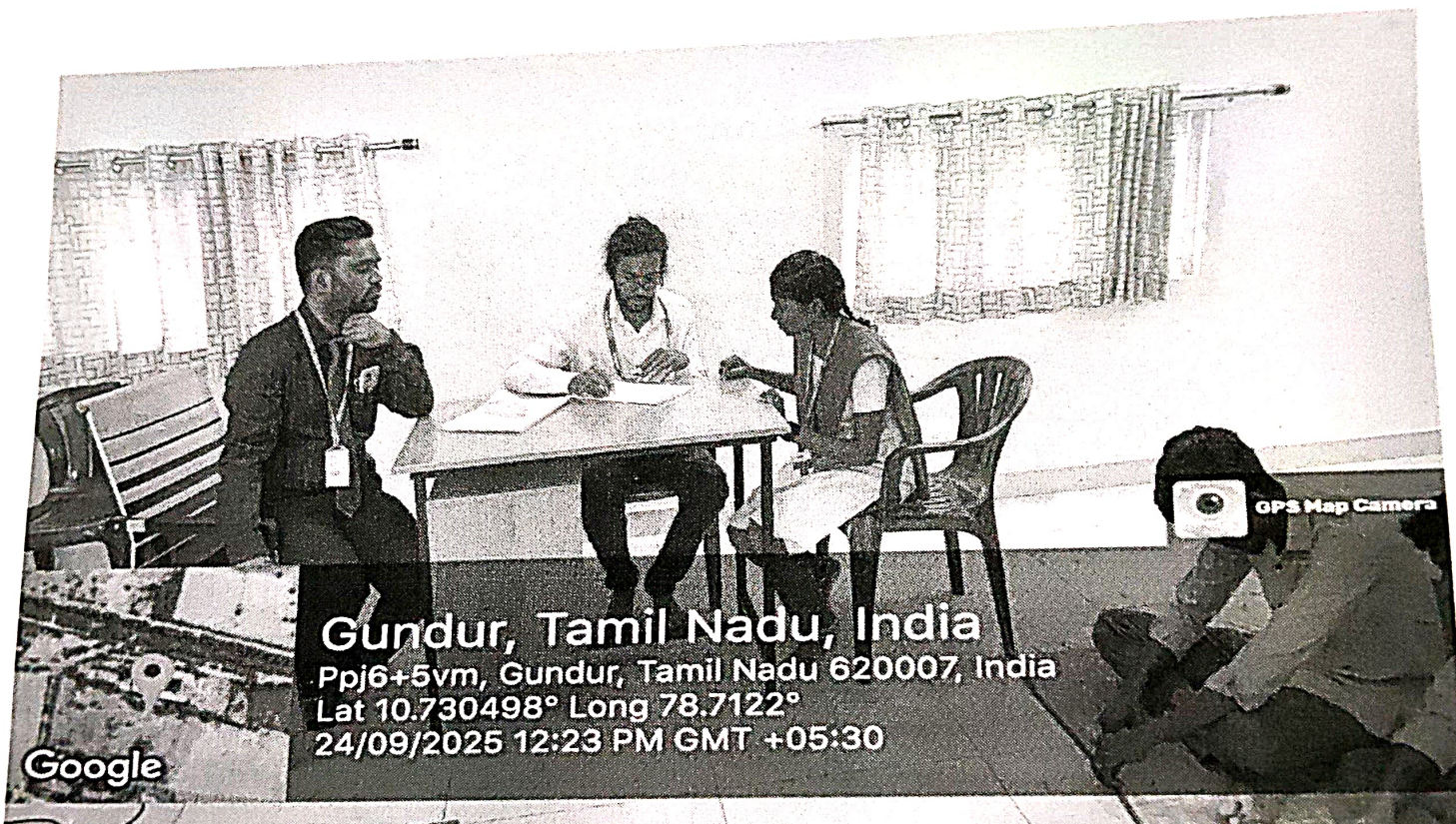
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Tiruchy - Pudukkottai Main Road, Tiruchirappalli - 620



Gundur, Tamil Nadu, India  
Ppj6+5vm, Gundur, Tamil Nadu 620007, India  
Lat 10.730734° Long 78.71223°  
26/09/2025 10:43 AM GMT +05:30

Google

GPS Map Camera



Gundur, Tamil Nadu, India  
Ppj6+5vm, Gundur, Tamil Nadu 620007, India  
Lat 10.730498° Long 78.7122°  
24/09/2025 12:23 PM GMT +05:30

Google

GPS Map Camera



**OUTCOME:**

- Each yoga class helps your mind-body-spirit to get in balance!
- With regular practice, our energy levels will be high with which we can achieve anything in our life.
- Reduced stress and a calmer mind.
- Improved focus and concentration.
- **Dhyana (Meditation):** A highly appreciated part of yoga for many students.
- **Pranayama (Breathing Exercises):** Found to be helpful for calming the mind and enhancing the overall practice.



*G. C. J.*  
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