



PANIMALAR ENGINEERING COLLEGE

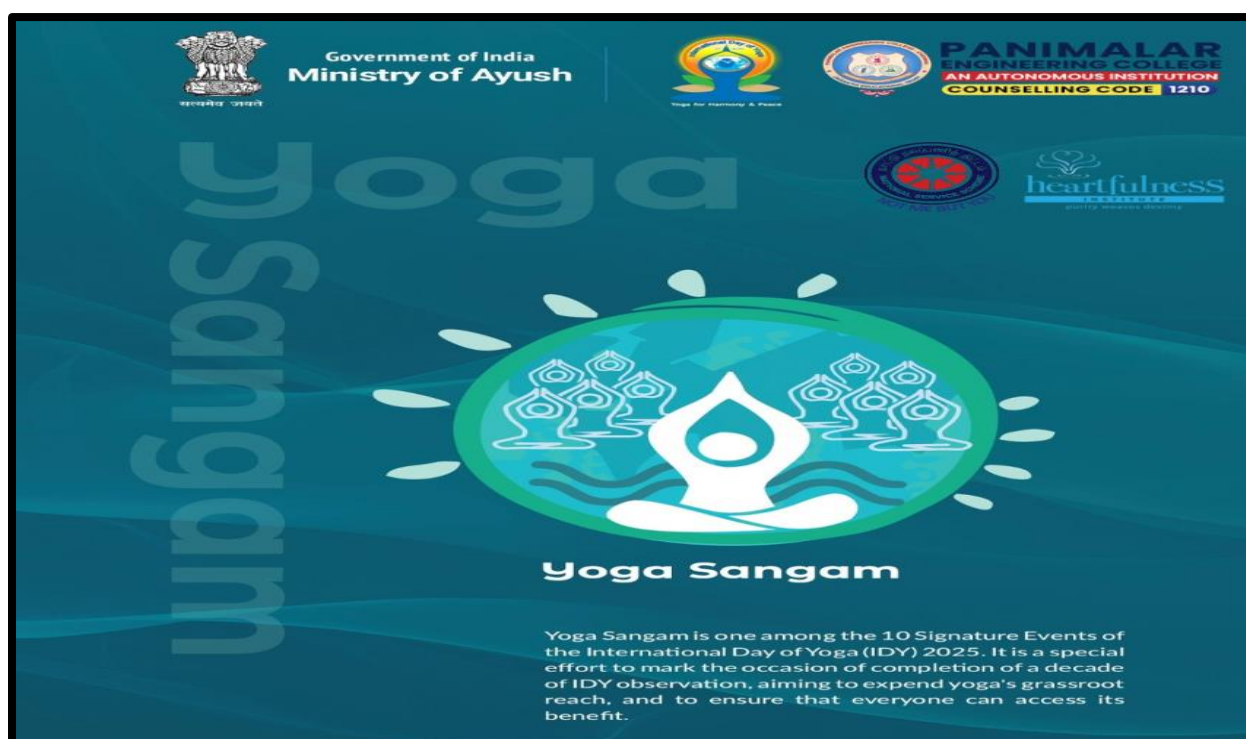
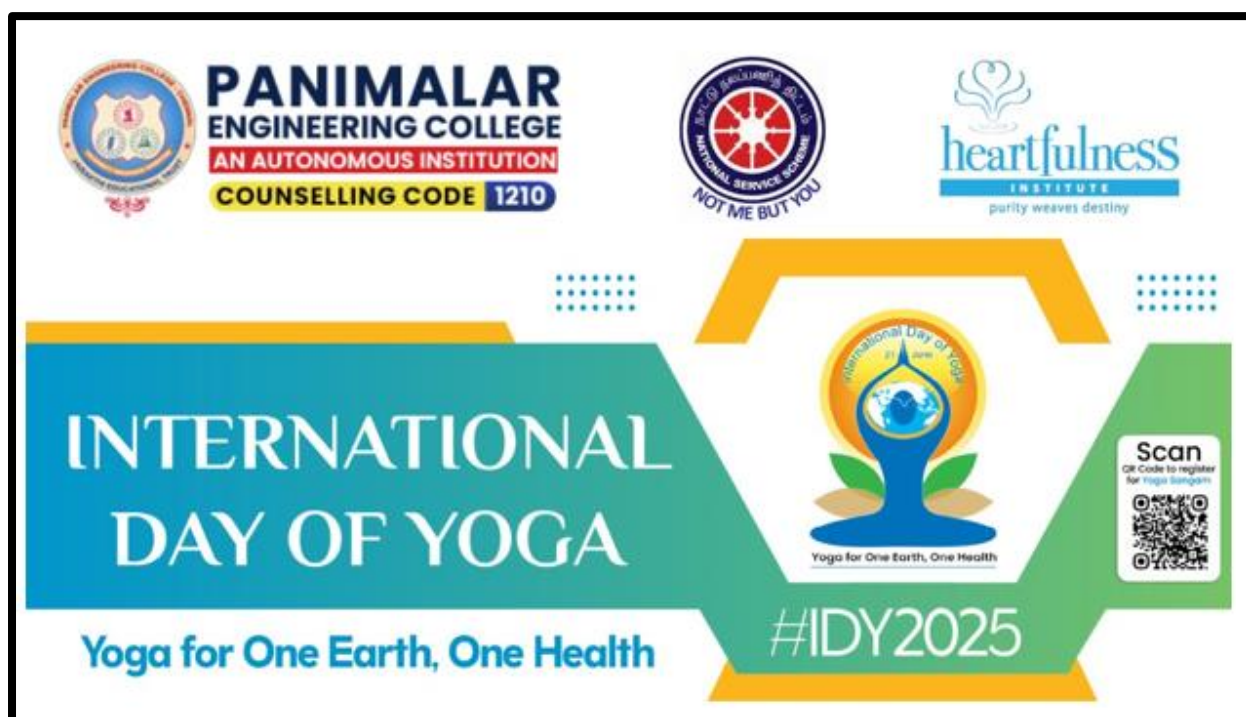
An Autonomous institution | Approved by AICTE | Affiliated to Anna University
Varadharajapuram, Poonamallee, Chennai- 600 123
Phone: 044 -26490404, 26490505, 26490717



NATIONAL SERVICE SCHEME Intl. Day of Yoga 2025 - 21-06-2025

International Day of Yoga (IDY 2025) - 21st June 2025

We, Panimalar Engineering College joyfully celebrated International Yoga Day 2025 with the Heartfulness Institute, creating a peaceful and energizing start to our day.





PANIMALAR ENGINEERING COLLEGE

An Autonomous institution | Approved by AICTE | Affiliated to Anna University
Varadharajapuram, Poonamallee, Chennai- 600 123
Phone: 044 -26490404, 26490505, 26490717



NATIONAL SERVICE SCHEME *Intl. Day of Yoga 2025 - 21-06-2025*



With inspiring guests from various fields, the event helped us reconnect with ourselves and embrace wellness through inner peace

Resource Persons (*Heartfulness Institute*)

1. **Dr. R. Siva Kumar** (Academic Council Member – Global Human Peace University)
2. **Mr. R. Paramasamy** (Rtd. District Registrar)
3. **Mr. Venkatakrishna** (Software Engineer)
4. **Mrs. Malliga** (Zoology Professor)
5. **Dr. Nirmala** (Rtd. Professor from Vaishnava College)
6. **Mrs. Venkatakrishnan**
7. **Mr. Balaji** (*Volunteer*)

Activities

1. **Basic Yogasanas**
2. **Breath Exercises**
3. **Heartfulness Relaxation**
4. **Heartfulness Meditation**



PANIMALAR ENGINEERING COLLEGE

An Autonomous institution | Approved by AICTE | Affiliated to Anna University
Varadharajapuram, Poonamallee, Chennai- 600 123
Phone: 044 -26490404, 26490505, 26490717



NATIONAL SERVICE SCHEME Intl. Day of Yoga 2025 - 21-06-2025



A large gathering of students and faculty is seen assembled in a hall at Panimalar Engineering College for the International Yoga Day celebration organized by the NSS.



Students and faculty of Panimalar Engineering College are seen participating in a guided meditation session during the International Yoga Day event.



PANIMALAR ENGINEERING COLLEGE

An Autonomous institution | Approved by AICTE | Affiliated to Anna University
Varadharajapuram, Poonamallee, Chennai- 600 123
Phone: 044 -26490404, 26490505, 26490717



NATIONAL SERVICE SCHEME Intl. Day of Yoga 2025 - 21-06-2025



The 2-hour session included simple yogasanas, breathing exercises, and calming Heartfulness relaxation and meditation. Participants are seen performing guided breathing exercises as part of the International Yoga Day celebrations



PANIMALAR ENGINEERING COLLEGE

An Autonomous institution | Approved by AICTE | Affiliated to Anna University
Varadharajapuram, Poonamallee, Chennai- 600 123
Phone: 044 - 26490404, 26490505, 26490717



NATIONAL SERVICE SCHEME Intl. Day of Yoga 2025 - 21-06-2025



A felicitation ceremony was held at Panimalar Engineering College during the celebrations, honoring the guest speakers from the Heartfulness Institute.



PANIMALAR ENGINEERING COLLEGE

An Autonomous institution | Approved by AICTE | Affiliated to Anna University
Varadharajapuram, Poonamallee, Chennai- 600 123
Phone: 044 -26490404, 26490505, 26490717



NATIONAL SERVICE SCHEME Intl. Day of Yoga 2025 - 21-06-2025

A proud accolade for **Panimalar Engineering College**, this prestigious **Yoga Sangam Patra** recognizes our vibrant celebration of International Yoga Day 2025. Endorsed by the **Ministry of Ayush** and aligned with the national event led by Hon'ble Prime Minister Shri Narendra Modi, it reflects our deep commitment to holistic well-being.

The grand event, hosted in our auditorium, witnessed the active participation of **530 individuals**, uniting in spirit and health.

This certificate is a glowing testament to our dedication to yoga, mindfulness, and national harmony.

