

**GURU NANAK COLLEGE (AUTONOMOUS)
GURU NANAK SALAI, VELACHERY, CHENNAI -600042**

Report

- 1. Event Title : INTERNATIONAL DAY OF YOGA**
- 2. Category: WEBINAR**
- 3. Department: NATIONAL SERVICE SCHEME**
- 4. Date: 21-06-2020**
- 5. No. of Participants: 100**
- 6. No. of Resource Persons: 1**

Report Description - Celebrating international yoga day –Yoga at Home and Yoga with Family

Report

NATIONAL SERVICE SCHEME conducted a live webinar on INTERNATIONAL DAY OF YOGA – “ Yoga at Home and Yoga with Family”

For NSS volunteers, through the zoom app on 21-06-2020 from 03.30 pm to 4.30 pm. The Resource Person is Mr. Jeyakumar Venkatasamy Aircraft Engineer Working@ Chennai Airport (Holds world record in Yoga for fastest 108 Rounds of Surya Namaskar in 12 mins).

100 NSS Volunteers have participated and interacted well with the resource person. He gave a provocative speech about Yoga and the benefits of yoga and He taught us about the pranayama and the benefits of pranayama. It was a wonderful time when we learned a lot about yoga and its benefits .



GURU NANAK COLLEGE (AUTONOMOUS)
Re-Accredited At 'A' Grade By NAAC
Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME
organizes



INTERNATIONAL YOGA DAY



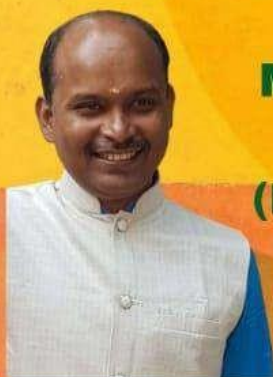
Open Webinar On
"YOGA AT HOME AND YOGA WITH FAMILY"
For NSS volunteers

RESOURCE PERSON

Mr. Jeyakumar Venkatasam

Aircraft Engineer

**(Holds world record in Yoga for
fastest 108 Rounds of
Suryanamasakar in 12 mins)**



DATE: 21-06-2020

JOIN @ZOOM MEET AT: 03.15 PM TO 4.30 PM

Dr.M.G.Ragunathan
Principal



Sardar Manjit Singh Nayar
**General Secretary &
Correspondent**

Dr.K.Jayaseelan

NSS Programme Officers

Stay Home 🏠 # Stay Safe

Dr.P.Nedumaran

Dr.S.Kokila

& NSS Volunteers

Mr.M.Sankara Narayanan

PHOTOS

The image displays two screenshots of a Zoom meeting interface, showing a grid of participants and a list of participants on the right side.

Top Screenshot:

- Grid View:** Shows a 5x5 grid of participants. Visible names include: K shanthini, sudhan arumug..., RANITH R, Ajay Thangavel, HARIHARAN K, HARISHWAR, Karanesh Babu, ANAND SONA, YOGAPRAKASH S, sunil thanish, 8095206086, Barath Tito, Nareesh Kumar, Selva sundar, Keerthana S, Akash Raja, S.V.Raghul, Vignesh u, Praveen Vicky, Manikandan M..., rushyendhar ru..., Naveen, 337875, and A. Divya.
- Participants List (100):** Lists participants including SANKARA N... (Co-host, me), Dr S.Rajkumar (AOL) (Host), Jeyakumar (Co-host), 01180a60, 1gW4pSdhfk7vy4Fb1_9015wKg..., 337875, A. Divya, Aadharsh, Adarsh Adarsh, Adhav Adhavan, Ajay Thangavel, Akash A, and Akash Raja.
- Bottom Bar:** Shows controls like Unmute, Stop Video, Security, Participants (100), Chat, Share Screen, Pause/Stop Recording, Reactions, and a red Leave button.

Bottom Screenshot:

- Grid View:** Shows a 5x5 grid of participants. Visible names include: MadhuLekha. R, SANKARA NAR., Dr S.Rajkumar..., Harinie Sakthivel, Yuvasri Devarajan, Parthasarathi.G, Prasath R.R., 01180a60, Jayaseelan K., Sai lakshmi, PORCHELVAN S., MITHUN SURYA..., Nedumaran P., Kokila S., B SATHYA NAR..., Selvaganapathi.E, Jeyakumar, Naveesh kumar S., Bhuvaneshwari..., Dinesh Chann, Indresh Kumar T., Jagathi Ratchag..., Santhosh Kumar, and K.shanthini.
- Participants List (99):** Lists participants including SANKARA N... (Co-host, me), Dr S.Rajkumar (AOL) (Host), Jeyakumar (Co-host), 01180a60, 1gW4pSdhfk7vy4Fb1_9015wKg..., 337875, 8095206086, A. Divya, Aadharsh, Adarsh Adarsh, Adhav Adhavan, Ajay Thangavel, and Akash A.
- Bottom Bar:** Shows controls like Unmute, Stop Video, Security, Participants (99), Chat, Share Screen, Pause/Stop Recording, Reactions, and a red Leave button.



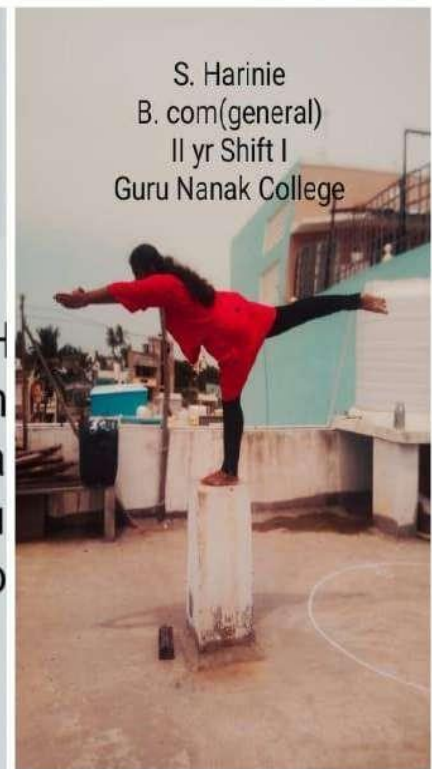
**M.SANTHOSH KUMAR
BSC.(COMPUTER SCI)
2ND YEAR, SHIFT 2
GURU NANK COLLEGE
NSS VOLUNTEER**



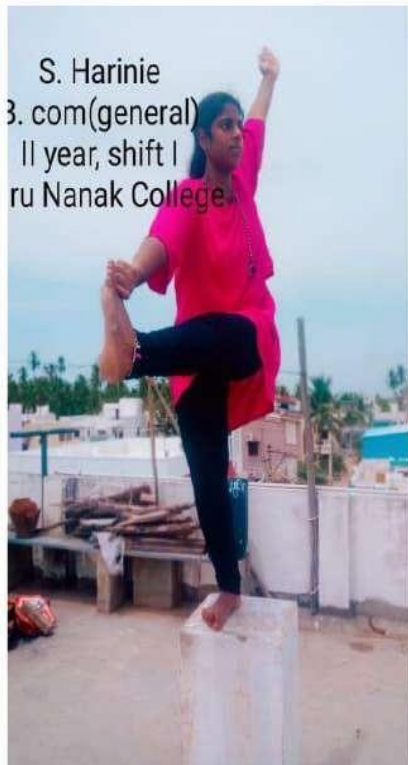
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B. com (general)
II yr Shift I
Guru Nanak College



S. Harinie
B. com (general)
II year, shift I
Guru Nanak College



S. Harinie
B. com (general)
II year Shift I
Guru Nanak
College

Surya Namaskar



K. Srilekha
2nd year
BSc Advanced Zoology
and Bio Technology
GURU NANAK COLLEGE

VAJARASANAM

Anand.K
B.com(cs) II YR
Shift II
Guru nanak college



S.HARISHWAR
SI721
BCOM(BM)
SHIFT-2



S.HARISHWAR
SI721
BCOM(BM)
SHIFT-2



Certificate Copy:



VIDEOS LINK:

<https://drive.google.com/file/d/1nB8OnagOMIGwNMugSBdRf03jirFFwwGOa/view?usp=drivesdk>

https://drive.google.com/file/d/1nHTq02tBiA07qEV_0UEU6LumuHO8HcEy/view?usp=drivesdk

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<https://drive.google.com/file/d/1moqdZif54sLiDnOrpynIDPNiEUKMU2gu/view?usp=drivesdk>

On behalf of NSS we extend our sincere thanks to our Principal sir, and our management for constant support and motivation us to make this event grand successful one.

Thank you all