



Event Report on "Practice Yoga"

Aditi – Women Development Club of DGCT organized "Practice Yoga" session on 12th September 2022 between 3.00 pm to 4.30 pm for the students of DGCT.

The objective of the session was to make the students understand the significance of yoga and meditation. To help students practice mental hygiene, emotional stability and to integrate moral values.

Yoga Kalaimamani Mr. A. Ganapathy, D.Y.T., District President, Salem was the resource person. Ms. M.S. Dhanalakshmi, Physical director, DGCT introduced the resource person.

During the practice session the Yoga Trainer briefed the importance of practicing yoga for mental and physical well-being. Mr. A. Ganapathy and Ms. M.S. Dhanalakshmi made the students to perform some simple asanas. More than 75 boys 40 girls got benefited through this session which was beneficial for the overall development of the students.

Dr. S. Sugan, AP/Physics offered vote of thanks.

No. of Participants: 115

Glimpses of "Practice Yoga" session:

