

Extension Activities 2015-2016

As part of the extension programme of the Department of Physical Education, all the students gave training on yoga including Suriyanamaskaram, Pranayama, Body Loosening Exercises and Asanas to the students of schools in their villages during the mid-semester holidays from 15th to 23rd August 2015 and during Odd semester holidays from 13th November to 1st December 2015.

The Gymnasts give training in Gymnastics to the students of Vivekananda Matric Higher Secondary School, Pannaikadu, Vivekananda Matric Higher Secondary School, Sholavandan and Narendra Middle School, Tiruvedakam West every year.