

### **Extension Activities 2016-2017**

As a part of the extension programme of the Department of Physical Education, all the students of our college 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 5<sup>th</sup> to 13<sup>th</sup> August 2016 and during Odd semester holidays from 14<sup>th</sup> to 29<sup>th</sup> November 2016.

Our college Gymnasts S.Ajitikumar, III Zoo., V.Krishnan, III Bot., and T.Alagukumar, III Phy, gave training in Gymnastics to the students of Vivekananda Matric Higher Secondary School, Karur from 15<sup>th</sup> to 18<sup>th</sup> August 2016.