

Extension Activities 2019-2020

Dr.M.Seenimurugan, gives training on yoga twice in a week to the students of Vivekananda Hr.Sec.School, Tiruvedakam West.

Sri I.Irulappan, gives training on yoga once in a week to the students of Swami Vivekananda Hr.Sec.School, Silukkuvarpatti and R.K.Nursery and Primary School, Ramarajapuram.

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 odd semester holidays from 15th to 25th November 2019.