



# SRM

**MADURAI COLLEGE FOR ENGINEERING AND TECHNOLOGY**

(Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai)

Pottapalayam, Sivagangai District - 630 612



COLLEGE CODE : 9111

COUNSELLING CODE: 5842

## DEPARTMENT OF PHYSICAL EDUCATION INTERNATIONAL DAY OF YOGA - 2023

### CELEBRATION

Organizes a Webinar

on

## YOGA FOR STRESS MANAGEMENT AND RELAXATION



### DR.L.MANIVANNAN

Director of Sports & Yoga

Sri Balaji Vidyapeeth University

Shri Sathya Sai Medical College and

Research Institute, Chennai

**21-06-2023, at 10.30 AM**

Hosting Platform : **Google Meet**

Registration Link :

<https://forms.gle/7iwYXcyNMUvnjB6S8>

**We cordially invite all Faculties & Physical Education  
teachers to join the Webinar..!**

**Coordinator**

**Dr. R.SATHISH KUMAR**

**Director of Physical Education**

**Convener**

**Dr. S. DURAIRAJ**

**PRINCIPAL**



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