

7.1.11 - Institution celebrates / organizes national and international commemorative days, events and festivals

The following important days were celebrated in the college.

| S.No | Name of the Activity | Date |
|-------------|---|-------------|
| 1. | World Environment Day | 05.06.2021 |
| 2. | Independence Day | 01.08.2021 |
| 3. | Free Blood Donation Camp | 22.09.2021 |
| 4. | World Heart Day | 29.09.2021 |
| 5. | Fit India Movement (Yoga Activity) | 06.10.2021 |
| 6. | International Day for Disaster Risk Reduction | 13.10.2021 |
| 7. | World Mental Health Day | 18.10.2021 |
| 8. | World Students Day | 21.10.2021 |
| 9. | World Food Day | 25.10.2021 |
| 10. | National Blood Donor's Day | 26.10.2021 |
| 11. | International Day Of Non-Violence | 26.10.2021 |
| 12. | Clean India Safe India | 27.10.2021 |
| 13. | Vaccination Camp | 30.10.2021 |
| 14. | World Tsunami Day | 22.11.2021 |
| 15. | Intellectual Property Rights | 28.12.2021 |
| 16. | Polio Free World | 24.01.2022 |
| 17. | Republic Day | 31.01.2022 |
| 18. | Free Blood Donation Camp | 16.02.2022 |
| 19. | Campus Clean Camp | 19.04.2022 |
| 20. | Yoga Day | 21.06.2022 |



SENGUNTHAR ENGINEERING COLLEGE

(AUTONOMOUS)

(Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai)
Recognized Under Section 2(f) & 12(B) of the UGC Act, 1956

NAAC Accredited with 'A' Grade

TIRUCHENGODE - 637 205 NAMAKKAL (Dt) TAMILNADU



1. World Environment Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|-----------------------|-------------------------|
| 1 | 05.06.2021 | World Environment Day | Innovation council cell |

2. Independence Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 2 | 01.08.2021 | Independence Day | SEC |

Flag Hoisting Ceremony



3. Free Blood Donation Camp 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 3 | 22.09.2021 | Free Blood | SEC |

BLOOD DONATION CAMP



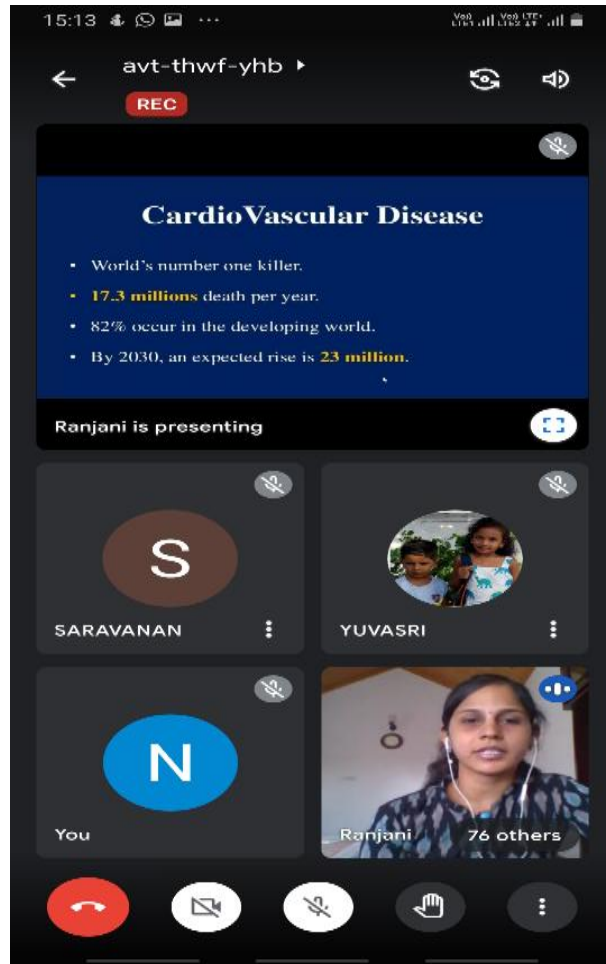
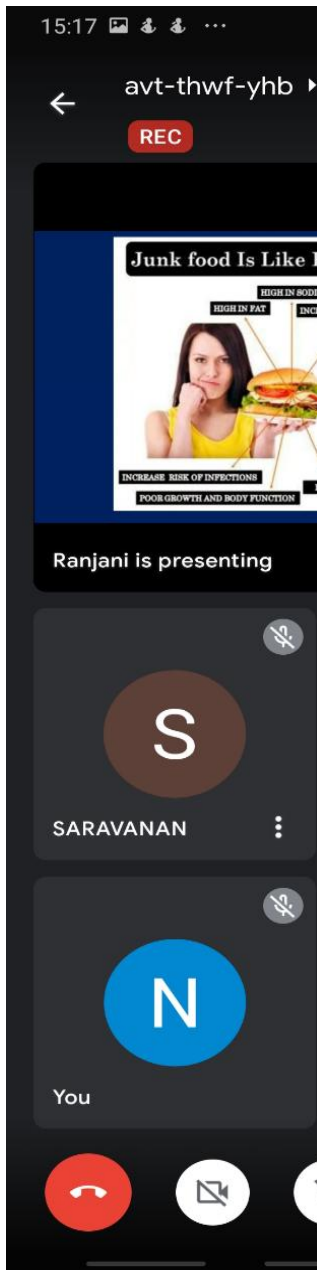
BLOOD DONATION CAMP



4World Heart Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 3 | 29.09.2021 | World Heart Day | SEC |




















































WORLD HEART DAY



← About this call

People

Information

-  KAMITAAASREE K  
-  Ranjani D  
-  Ranjani D (Presentation)  
-  Revathi P  
-  ROHINI Jaganathan  
-  Rohit Kumar Sri Mukhiya Cho...  
-  SANDHIYA A  
-  SARAVANAN N  
-  SARAVANAN N  
-  SATHYAPRIYA V  
-  sbhuvana scteng  
-  Sengunthar Engineering Coll...  
-  Shalini CSE  
-  SHALINI Murugesan  
-  SHALINI Sundaraj  
-  SHRIYAA M  
-  SIVASANKAR GANESAN D  

5. Fit India Movement (Yoga Activity) 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|------------------------------------|-------------------|
| 5 | 06.10.2021 | Fit India Movement (Yoga Activity) | SEC |

Fit India Movement (Yoga Activity)



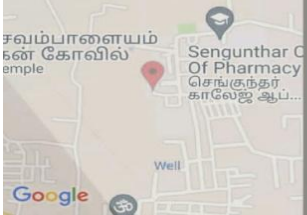


Central Library, Sengunthar Engineering College, Kavundampalayam, Tamil Nadu 637205, India

Kavundampalayam
Tamil Nadu
India

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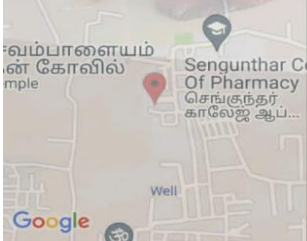


Central Library, Sengunthar Engineering College, Kavundampalayam, Tamil Nadu 637205, India

Kavundampalayam
Tamil Nadu
India

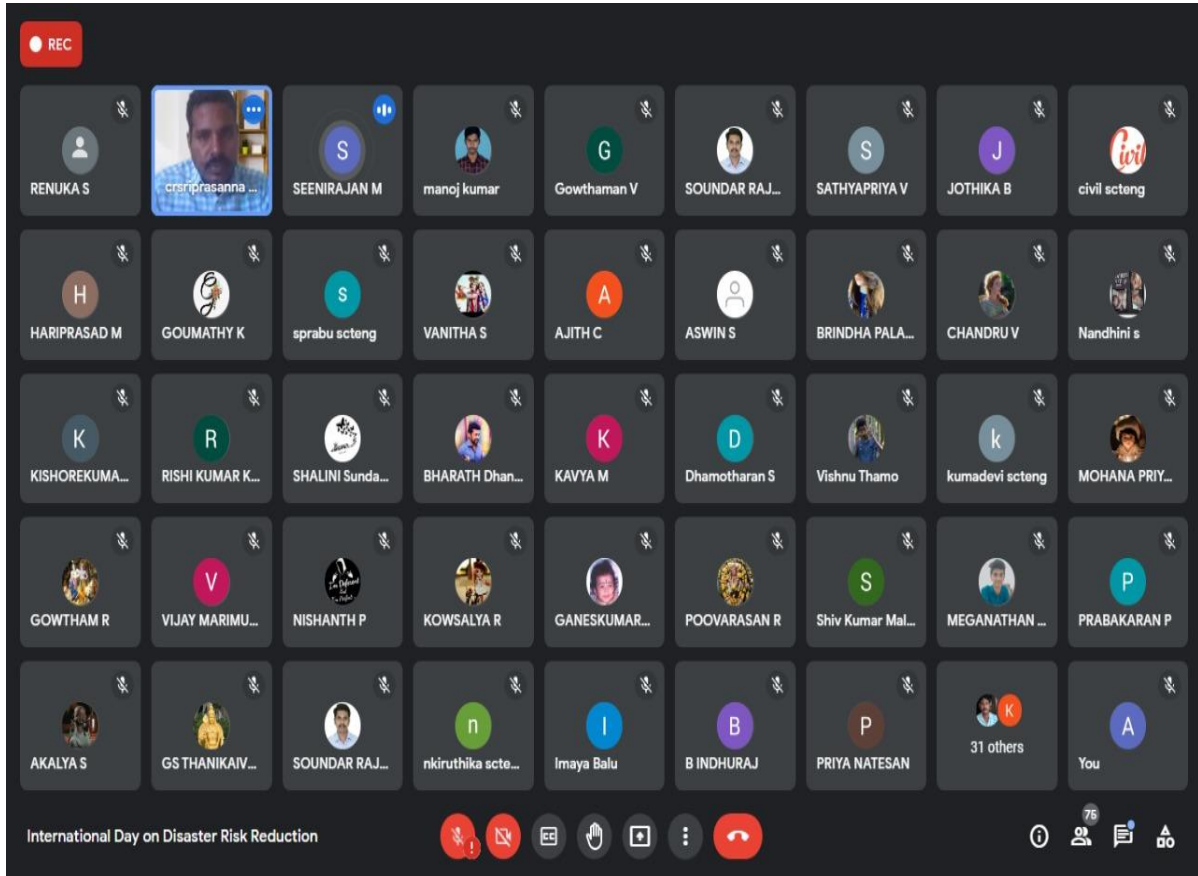
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6. International Day for Disaster Risk Reduction 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|---|-------------------|
| 6 | 13.10.2021 | International Day for Disaster Risk Reduction | SEC |



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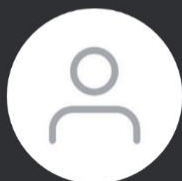
vhk-szbn-maq

REC

List of Major Earthquakes in India

| Year | Location | Magnitude |
|------|---|-----------|
| 1950 | Arunachal Pradesh - China Border | 8.5 |
| 1956 | Anjar, Gujarat | 7.0 |
| 1967 | Koyna, Maharashtra | 6.5 |
| 1975 | Kinnaur, Himachal Pradesh | 6.2 |
| 1988 | Manipur - Myanmar Boarder | 6.6 |
| 1988 | Bihar - Nepal Border | 6.4 |
| 1991 | Uttarkashi - Uttar Pradesh Hills | 6.0 |
| 1993 | Latur - Maharashtra | 6.3 |
| 1997 | Jabalpur, Madhya Pradesh | 6.0 |
| 1999 | Chamoli, Uttar Pradesh | 6.8 |
| 2001 | Bhuj, Gujarat | 6.9 |
| 2004 | Andaman | 6.0 |
| 2005 | Muzaffarabad (Pakistan) Impact in Kasimir | 7.4 |

civil is presenting



ASWIN



MOHANA BRIN...



You

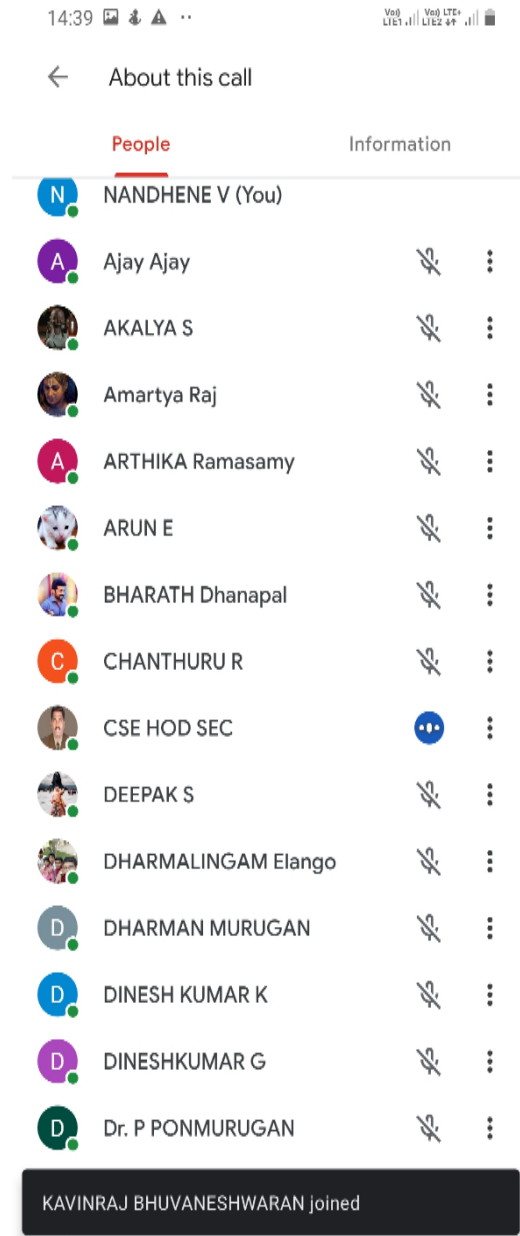
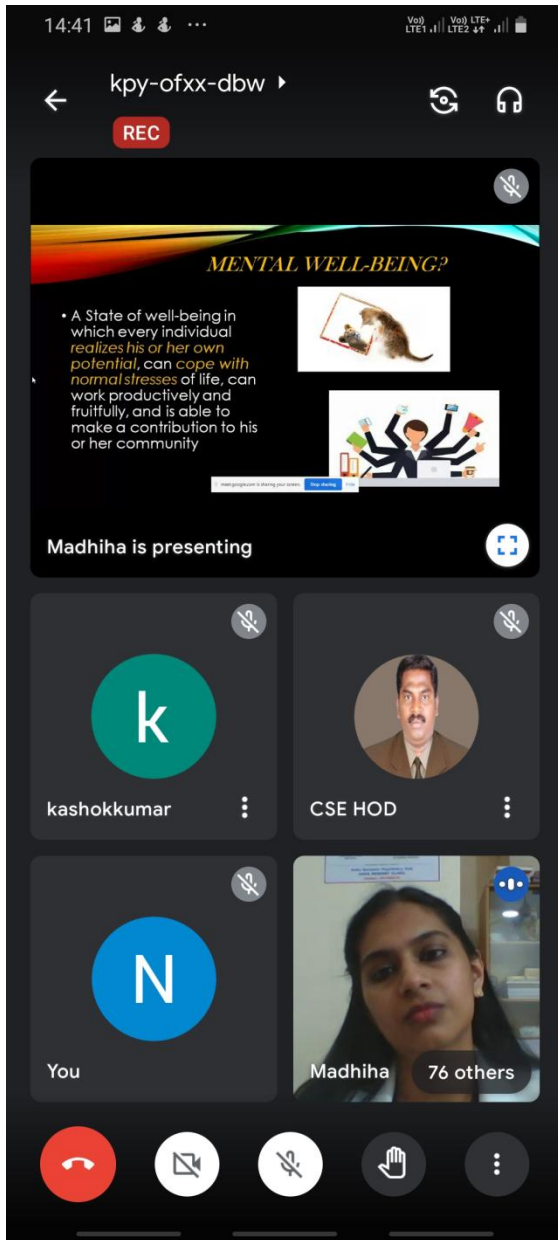


crsriprasann 89 others



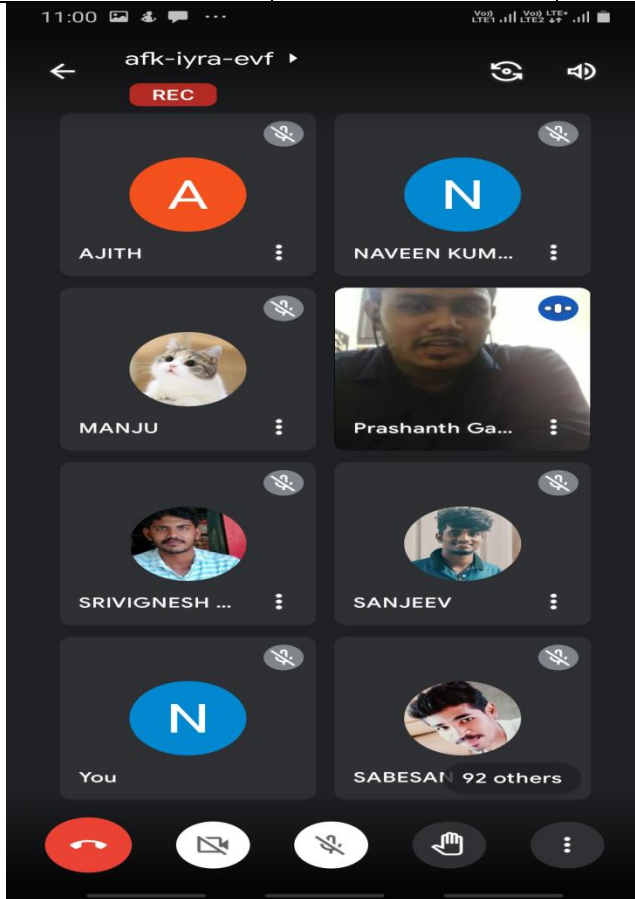
7. World Mental Health Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|-------------------------|-------------------|
| 7 | 18.10.2021 | World Mental Health Day | SEC |



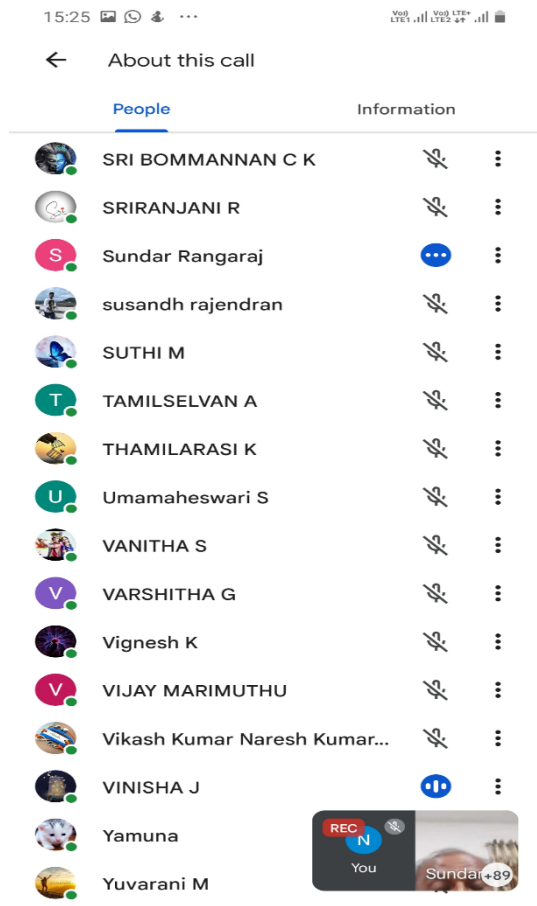
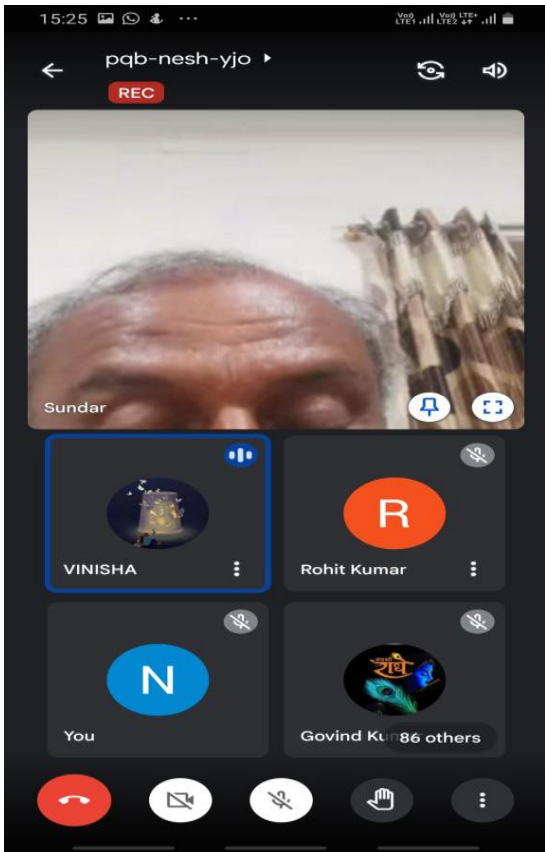
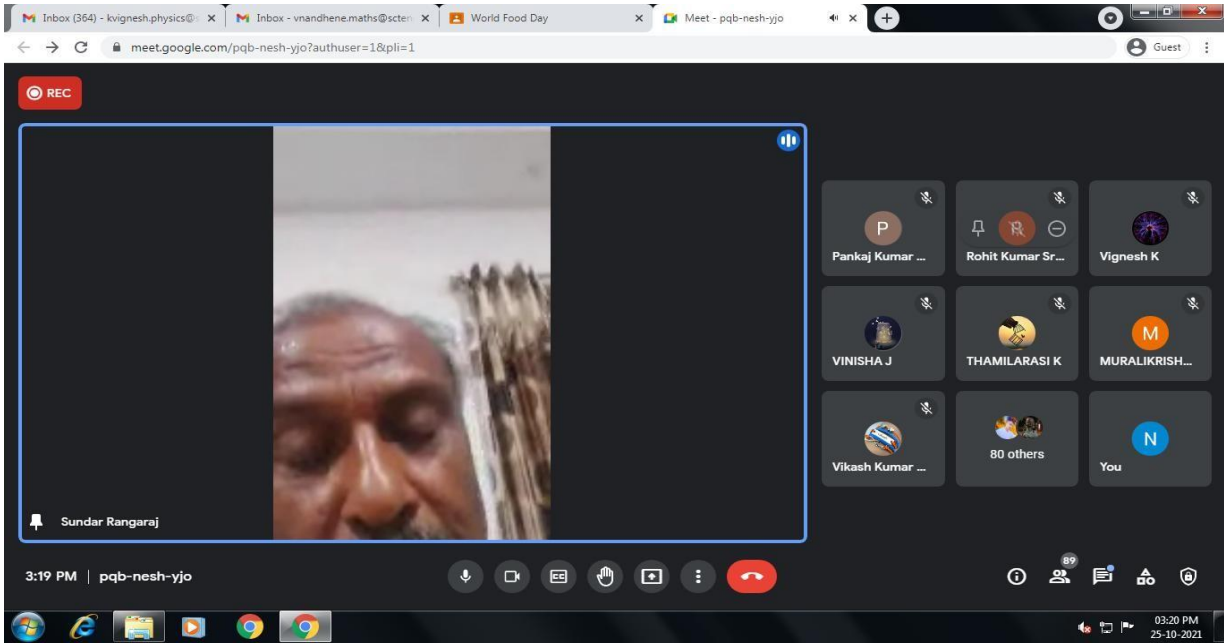
8. World Students Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 8 | 21.10.2021 | World Students Day | SEC |



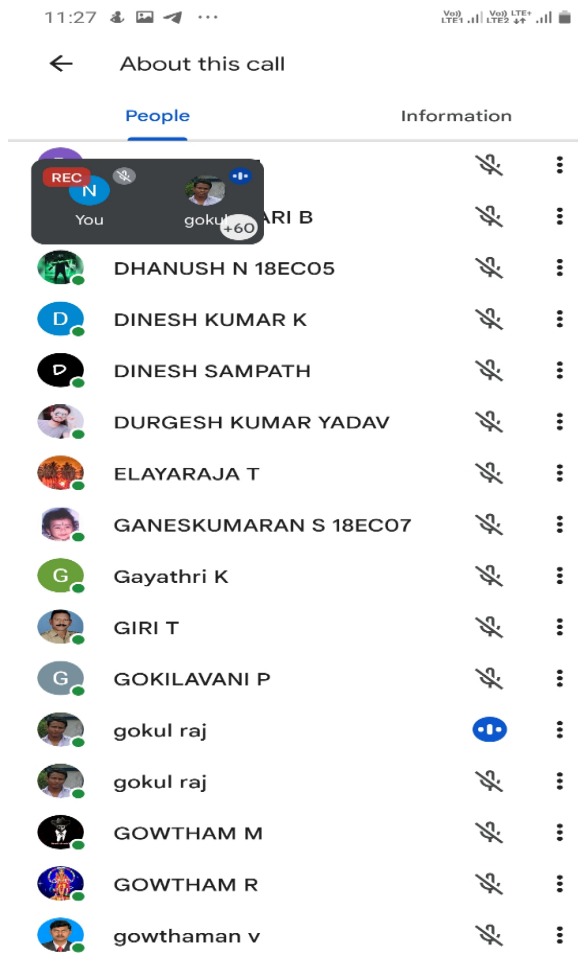
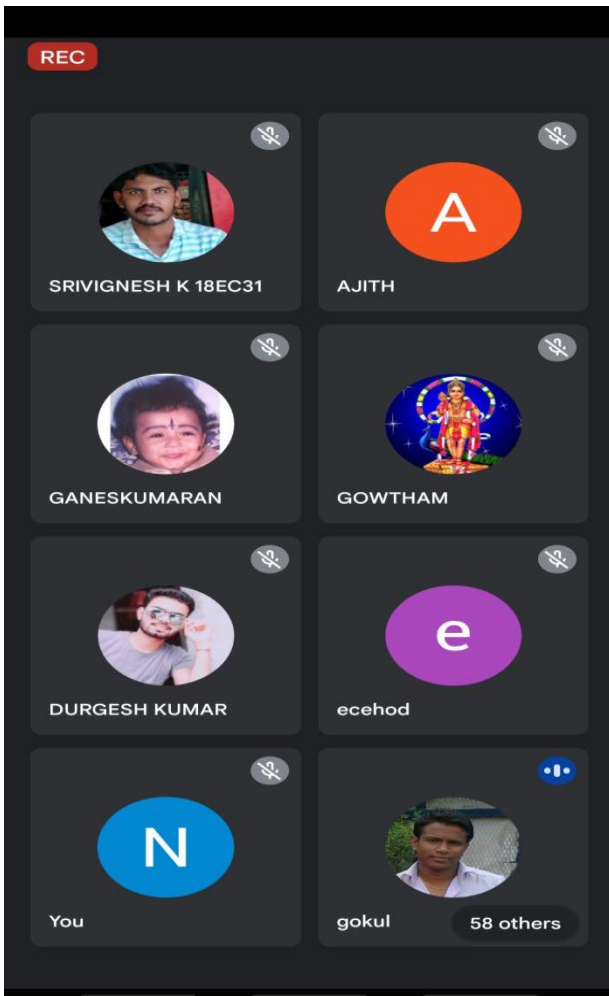
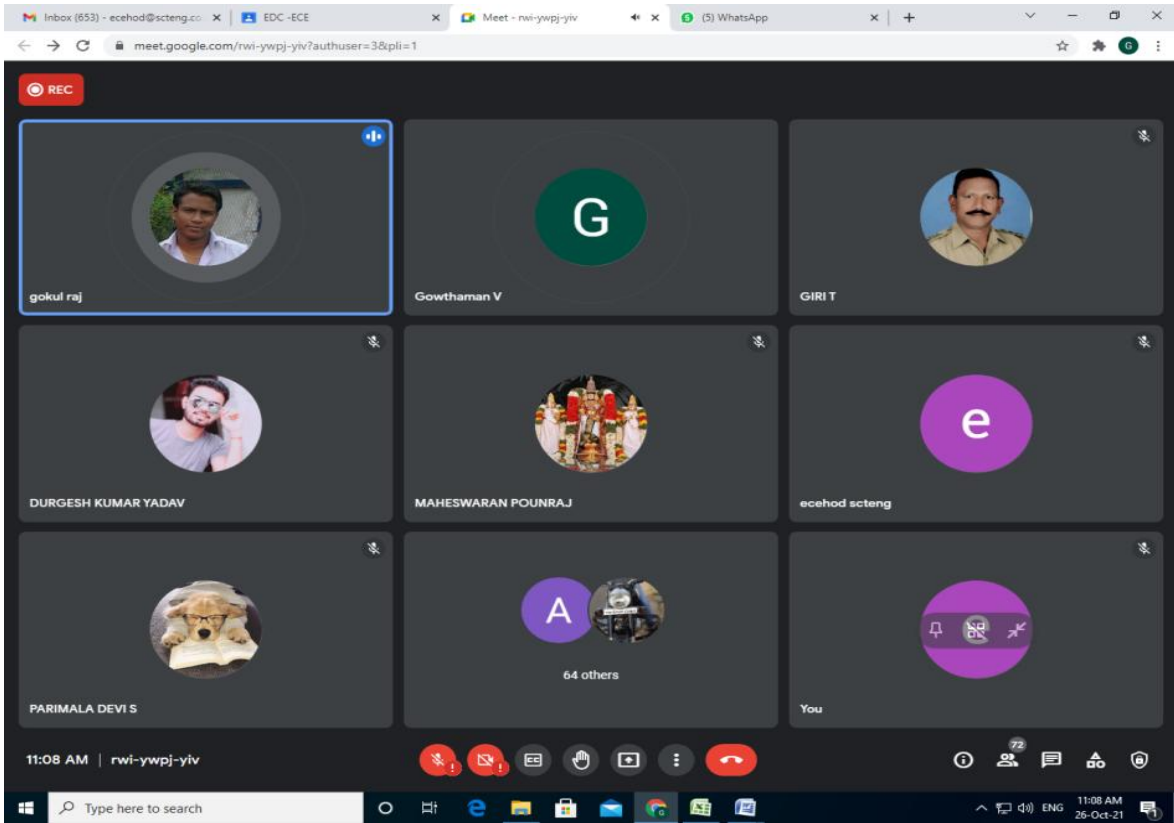
9. World Food Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 9 | 25.10.2021 | World Food Day | SEC |



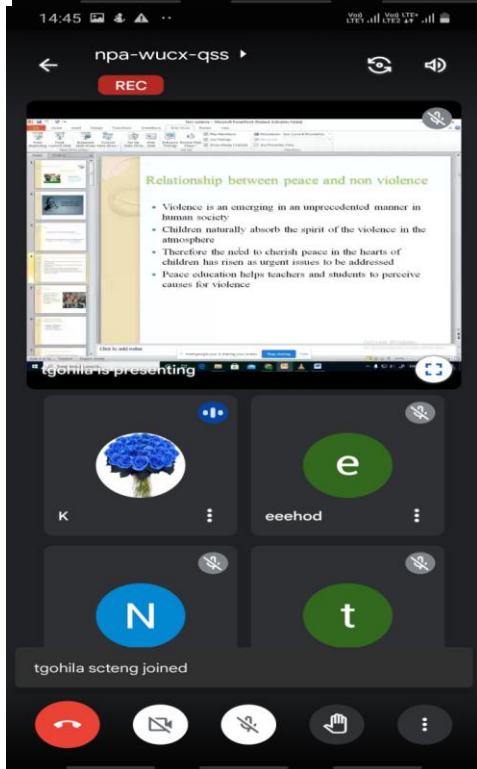
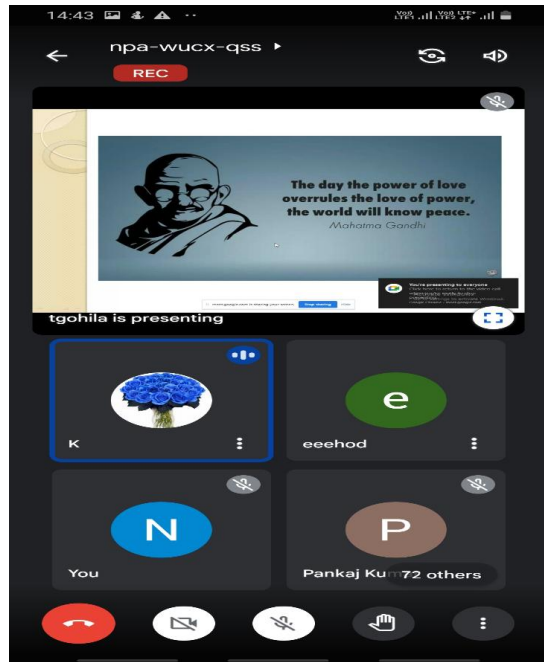
10.National Blood Donor's Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------------|-------------------|
| 10 | 26.10.2021 | National Blood Donor's Day | SEC |



11. International Day Of Non-Violence 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|-----------------------------------|-------------------|
| 11 | 26.10.2021 | International Day of Non-Violence | SEC |



12Clean India Safe India2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|------------------------|-------------------|
| 12 | 27.10.2021 | Clean India Safe India | SEC |



Thiruchengode - Rasipuram Rd, Thiruchengodu, Tamil Nadu 637205, India

Thiruchengodu
Tamil Nadu
India

2021-10-27(Wed) 11:22(AM)

28°C
82°F



Thiruchengode - Rasipuram Rd, Thiruchengodu, Tamil Nadu 637205, India

Thiruchengodu
Tamil Nadu
India

2021-10-27(Wed) 11:40(AM)

29°C
84°F



Thiruchengode - Rasipuram Rd, Thiruchengodu, Tamil Nadu 637205, India

Thiruchengodu
Tamil Nadu
India

2021-10-27(Wed) 12:32(PM)

33°C
91°F

13. Vaccination Camp 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 13 | 30.10.2021 | Vaccination Camp | SEC |



Samsung Triple Camera
Shot with my Galaxy A70



14. World Tsunami Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 14 | 22.11.2021 | World Tsunami Day | SEC |

15 Intellectual Property Rights 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|------------------------------|-------------------|
| 15 | 28.12.2021 | Intellectual Property Rights | SEC |

16 Polio Free World 2022

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 16 | 24.01.2022 | Polio Free World | SEC |

17 Republic Day 2022

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 17 | 24.01.2022 | Republic Day | SEC |

18 Free Blood Donation Camp 2022

| S.No | Date | Name of the activity | Place of activity |
|------|------------|--------------------------|-------------------|
| 18 | 16.02.2022 | Free Blood Donation Camp | SEC |



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Kavundampalayam
Tamil Nadu
India

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2022-02-16(Wed) 10:52(AM)



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Kavundampalayam
Tamil Nadu
India

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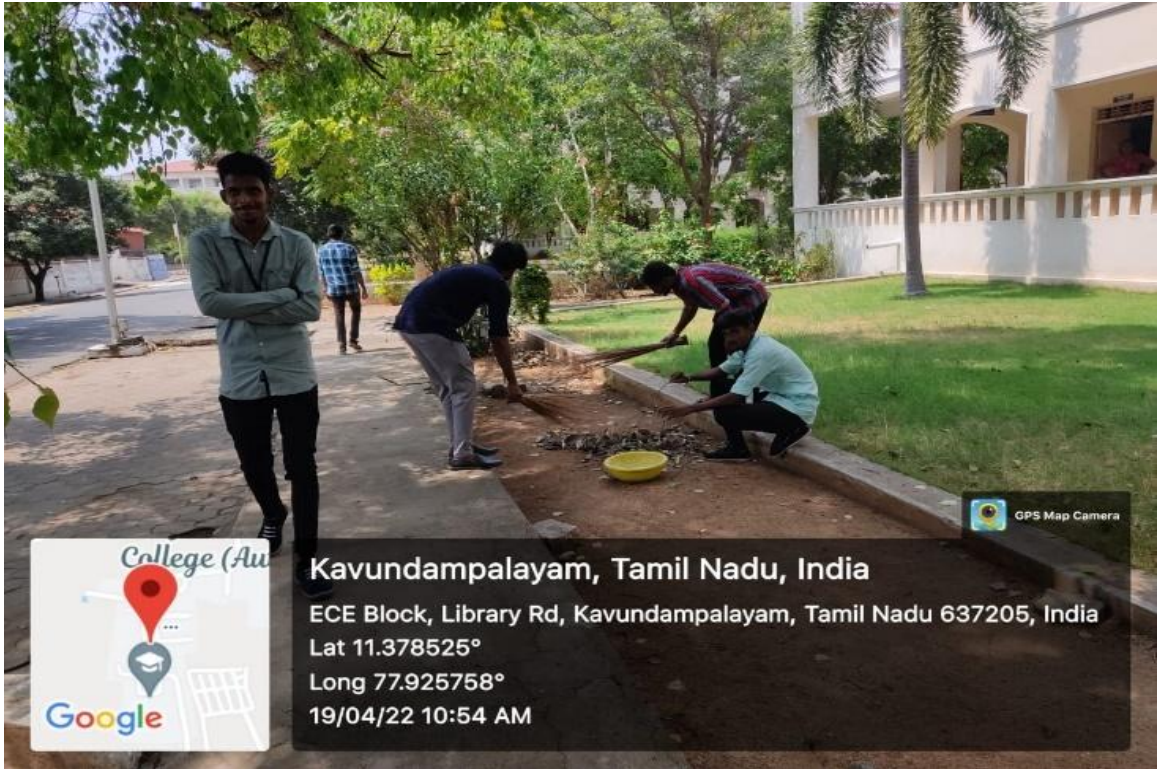
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19Campus Clean Camp 2022

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 18 | 19.04.2022 | Campus Clean Camp | SEC |







20Yoga Day 2022

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 20 | 21.06.2022 | Yoga Day | SEC |



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TIRUCHENGODE - 637 205 NAMAKKAL (Dt) TAMILNADU



1. World Environment Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|-----------------------|-------------------------|
| 1 | 05.06.2021 | World Environment Day | Innovation council cell |

World Environment Day is a campaign celebrated annually on 5th of June to inspire people worldwide to stop negative environmental changes. This campaign was established to focus on environment conditions and encourage people to be the active part of positive changes in the environment on earth in order to ensure the safe future of our planet. World Environment Day is a campaign celebrated annually on 5th of June to inspire people worldwide to stop negative environmental changes. This campaign was established to focus on environment conditions and encourage people to be the active part of positive changes in the environment on earth in order to ensure the safe future of our planet. The celebration of World Environment Day takes place in India through various activities especially in the schools and colleges. Teachers plan some effective programmes to generate awareness among students such as essay writing, speech recitation, academia, topic discussion, slide shows, quiz competition, art competition, banners display, seminars, symposia, workshops on particular theme, painting competition, lectures on related topic, theme based demonstration, film shows, quotes writing, slogans writing, etc. Students are encouraged for positive actions regarding protection of our environment.

Sengunthar Engineering College, Institution Innovation Council in association with the Institution of Engineers [India], Erode Local Centre organized a Special Lecture on "Ecosystem Restoration" on 05.06.2021 on the Eve of World Environment Day 2021.

The Convener of the Webinar was Dr.M.Sennirajan, Associate Professor & Head, Department of Civil Engineering, SEC and the organizing secretaries were Dr.C.Venkatesh, Chairman IEI - ELC; Principal - SEC; President - IIC and Dr.M.Selvakumar, Vice President - IIC ; Associate Professor - Mechanical, SEC

The inaugural function has been held at 05.00 pm in the Youtube Platform in the presence of Secretary and Correspondent Prof.A.Baladhandapani, Dr.C.Venkatesh, Principal – SEC, Chairman, IE (I)-Erode Local Centre and Dr.R.Nallusamy, Honorary Secretary, IE (I)-Erode Local Centre, Erode. The welcome address was given by

Dr.C.Venkatesh, Head of the Institute, SEC and the briefing about the Resource Person was given by Dr.M.Selvakumar, Associate Professor / Head, Department of Mechanical Engineering, SEC and Mr.N.Thiru Senthil Adhiban, Assistant Professor / Mechanical - SEC

The session followed by H.D.Varalaxmi, Regional Director / Sc.E, Central pollution Control board, Chennai and Dr.K.Ravichandran, District Environmental Engineer, Tamilnadu Pollution Control Board, Karur had delivered the lecture on “Ecosystem Restoration”.

Valedictory function has been held at 06.30 pm in the presence of Dr.C.Venkatesh, Chairman, IE (I) - Erode Local Centre and Dr.R.Nallusamy, Honorary Secretary, IE (I)- Erode Local Centre

Dr. R. Kumaravelan, Committee Member, IEI – ELC, Professor & HOD/Mechanical, Velalar College of Engineering and Technology, Erode proposed the vote of thanks.

2.Independence Day 2021

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------|--------------------------|
| 2 | 01.08.2021 | Independence Day | SEC |

India celebrates Independence Day on 15th August every year. As it is on this day in the year 1947 India got its independence from British rule. The reason that India got its Independence on 15th August was Lord Mountbatten considered this date lucky. Because it was the same day in the year 1945 the Japanese forces surrendered before him. Furthermore, we celebrate Independence Day to remember our Freedom Fighters. Because they were the ones who struggled for our country and sacrificed their lives. Our Independence Day is of great importance to us. As it is the only day when we can remember our martyrs who died for the country. Also, it is the only day when we forget all our cultural differences and unite as one true Indian.

Although it's a national holiday the people of the country celebrate it with great enthusiasm. Schools, offices, societies, and colleges celebrate this day by organizing various small and big events. Every year at Red Fort the Prime Minister of India hosts the national flag. In the honor of the occasion, 21 gunshots are fired. This is the beginning of the main event. This event is later on followed by an army parade. The school and colleges organize cultural events, fancy dress competitions, speech, debate, and quiz competition.

Flag Hoisting Ceremony



3.Free Blood Donation Camp 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|--------------------------|-------------------|
| 3 | 22.09.2021 | Free Blood Donation Camp | SEC |

On 22.09.2021 Our NSS organized the “Free Blood Donation Camp” in association with Blood Bank Government Hospital, Tiruchengode.

Blood is the fluid that circulates throughout our body conducting various functions. There are times when a person loses excessive blood and needs blood from some external source. In such situations, the donation of blood plays an important role. It is the noblest cause you can do to help ailing people. Blood Donation is the process wherein blood is drawn from one person and transfused to another person. Blood banks usually engage in this collection process and procedures following it. World Blood Donor Day is celebrated on 14th June every year.

BLOOD DONATION CAMP



BLOOD DONATION CAMP



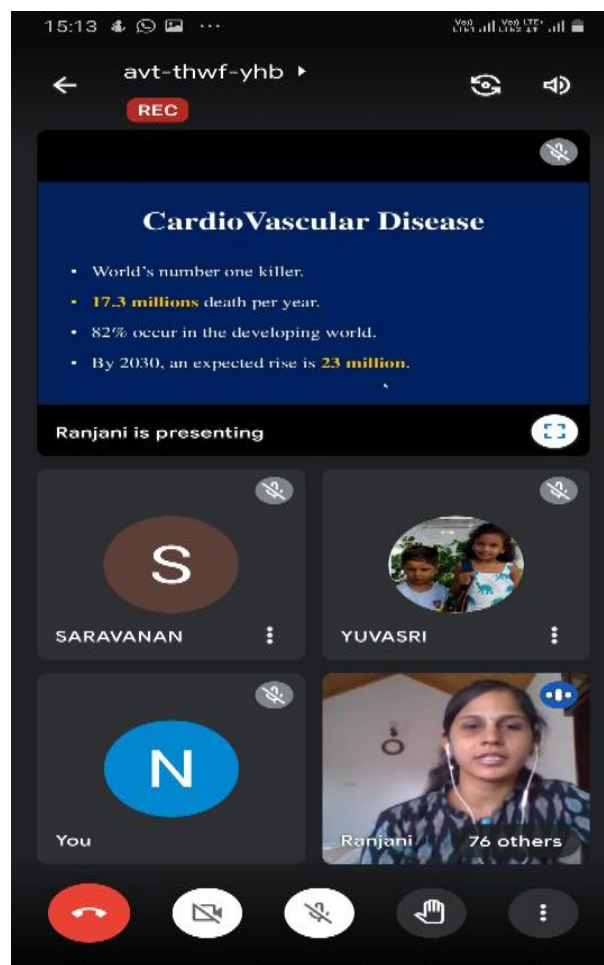
4World Heart Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 3 | 29.09.2021 | World Heart Day | SEC |

On 29.09.2021 Our NSS organized the “World Heart Day” Celebration. Dr.D.Ranjani, M.D., (Consultant Dermatologist and Cosmetologist) Addressed to explain about World heart day.

World Heart Day is an annual observation and celebration held on September 29 by every country all over the World. It was intended to increase public awareness of cardiovascular diseases and its prevention and their effect on society. World Heart Federation in conjunction with who announced the establishment of World Heart Day .until 2011 World Heart Day was observed last Sunday in September. The World Heart Federation noticed that Heart diseases at the World-leading cause of death. It takes the lives of 17.1 million people every year that is more than the patient of Cancer HIV AIDS and malaria. The World Heart Federation created World Heart

WORLD HEART DAY



15:17

VoLTE+ LTE1 LTE2

avt-thwf-yhb

REC



Ranjani is presenting

SARAVANAN

YUVASRI

You




















































Ranjani 78 others



← About this call

People

Information

-  KAMITAA SREE K  
-  Ranjani D  
-  Ranjani D (Presentation)  
-  Revathi P  
-  ROHINI Jaganathan  
-  Rohit Kumar Sri Mukhiya Cho...  
-  SANDHIYA A  
-  SARAVANAN N  
-  SARAVANAN N  
-  SATHYAPRIYA V  
-  sbhuvana scteng  
-  Sengunthar Engineering Coll...  
-  Shalini CSE  
-  SHALINI Murugesan  
-  SHALINI Sundaraj  
-  SHRIYAA M  
-  SIVASANKAR GANESAN D  

5.Fit India Movement (Yoga Activity)2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|------------------------------------|-------------------|
| 5 | 06.10.2021 | Fit India Movement (Yoga Activity) | SEC |

On 06.10.2021 Our NSS organized the `` Fit India Movement (Yoga Activity)'' My students attended this event and practiced yoga and matured her body and mind.

“Fit India Movement” was launched by the Prime Minister, Sri Narendra Modi on Thursday, 29th August 2019 on the occasion of National Sports Day. It was launched at 10 A.M. amid a colorful ceremony at the Indira Gandhi Stadium complex in New Delhi. Events included India’s traditional dance performances, martial arts and sports performances and much more.

The function was attended by the Minister of State (Independent Charge) of Youth Affairs and sports – Mr. Kiren Rijju along with several sports awardees of 2019 and guests from the film industry. The main idea behind the concept, as the Prime Minister had said, is to encourage people to become more physically active and sporty. Fit India Abhiyan or Fit India Movement is a public movement launched by the Government of India, to address the health issues arising due to sedentary lifestyle which leads to diseases like diabetes, blood pressure etc.The movement aims at encouraging people towards a more active lifestyle for a healthy future. People were asked to exercise regularly, play recreational sports and perform yoga to stay fit. The opening ceremony was grand, with the Prime Minister inaugurating the movement from Indira Gandhi Stadium complex, New Delhi. Several other eminent personalities from politics, bureaucracy, sports and media were present at the launch.

The responsibility of taking the movement to new heights is bestowed on Mr. Kiren Rijju, Minister of state for Sports (Independent charge). The 28 member government committee will be headed by Rijju and includes secretaries of sports, youth affairs, Education and several other departments. The committees also have members of National Sports Federation, members of Indian Olympic Association (IOA), members of private bodies and several fitness promoters.

Fit India Movement (Yoga Activity)



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Tamil Nadu
India

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சுவம்பாளையம்
சன் கோவில்
temple

Sengunthar C
Of Pharmacy
செங்குந்தர்
காலேஜ் ஆப...

Well

Google

Kavundampalayam
Tamil Nadu
India

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2021-10-06 (Wed) 11:11 (AM)



Central Library, Sengunthar Engineering College, Kavundampalayam, Tamil Nadu 637205, India

சுவம்பாளையம்
சன் கோவில்
temple

Sengunthar C
Of Pharmacy
செங்குந்தர்
காலேஜ் ஆப...

Well

Google

Kavundampalayam
Tamil Nadu
India

25°C
77°F

2021-10-06 (Wed) 11:07 (AM)

6. International Day for Disaster Risk Reduction 2021

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|--|--------------------------|
| 6 | 13.10.2021 | International Day for Disaster Risk Reduction | SEC |

On 13.10.2021 Our NSS organized the `` International Day for Disaster Risk Reduction”. Mr.C.R.Sriprasannarajh, (General Manager-Projects, Shri KubheraParivar, Coimbatore) Addressed to explain about International Day for Disaster Risk Reduction.

The National Disaster Management Authority (NDMA) is the main agency charged with establishing rules and guidelines for disaster management in order to ensure prompt and effective disaster response. There is also a separate fund for mitigation called the “national disaster management fund” (NDMF). Functions performed by this agency are:

- Administration
- Formation of policies for disaster management
- Approval of the strategies made up for disaster mitigation
- Formation of revenue or funds for disaster mitigation
- Managing multiple programmes and disseminating instructions.

The disaster has had both direct and indirect repercussions on human life, both of which have been deadly devastating and detrimental. There have been fatalities as well as stock losses. Natural disasters are unavoidable; even if we have mechanisms in place to predict or forecast them, we cannot prevent them from occurring. While preparing plans for our disaster management, the best that can be done is to prevent behaviours that are detrimental to the environment and lead to environmental deterioration. When a disaster strikes, it causes widespread devastation and loss of life. In the event of a disaster such as earthquakes, floods, or other natural disasters, a large number of people are displaced, and a large number of people die as a result of the disaster. This is when the true emergency begins by providing first aid to the injured, as well as rescue and relief efforts for the victims. To limit the risk of human life, everyone must participate actively in disaster management. When a crisis happens, the appropriate disaster management team can seize over as soon as possible.

REC civil scteng is presenting

Celebration of
"International Day on Disaster Risk Reduction"
on 13.10.2021

Earthquake Hazard Mitigation

C. R. SRIPRASANNARAJH,
General Manager- Projects,
Shri Kubhera Parivar,
Coimbatore - 641014.

| | | |
|--------------------|----------------------|-------------------|
| J JOTHIKA B | S SOUNDAR RAJAN M | S SEENIRAJAN M |
| civil scteng | T TAMILSELVAN A | G GOUMATHY K |
| csripirasanna rajh | 53 others | A You |

10:58 AM | International Day on Disaster Risk Reducti...

REC

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|---------------------|-----------------------|--------------------|-------------------------|------------------|--------------------|--------------------|----------------------|-------------------|
| RENUKA S | csripirasanna ... | S SEENIRAJAN M | manoj kumar | G Gowthaman V | SOUNDAR RAJ... | S SATHYAPRIYA V | J JOTHIKA B | civil scteng |
| H HARIPRASAD M | G GOUMATHY K | S sprabu scteng | VANITHA S | A AJITH C | ASWIN S | BRINDHA PALA... | CHANDRU V | Nandhini s |
| K KISHOREKUMA... | R RISHI KUMAR K... | SHALINI Sunda... | BHARATH Dhan... | K KAVYA M | D Dhamocharan S | Vishnu Thamo | k kumadevi scteng | MOHANA PRIY... |
| GOWTHAM R | V VIJAY MARIMU... | NISHANTH P | KOWSALYA R | GANESKUMAR... | POOVARASAN R | Shiv Kumar Mal... | MEGANATHAN ... | P PRABAKARAN P |
| AKALYA S | GS THANIKAIV... | SOUNDAR RAJ... | n nkiruthika scte... | I Imaya Balu | B B INDHURAJ | P PRIYA NATESAN | 31 others | A You |

International Day on Disaster Risk Reduction

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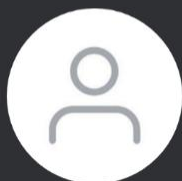
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List of Major Earthquakes in India

| Year | Location | Magnitude |
|------|---|-----------|
| 1950 | Arunachal Pradesh - China Border | 8.5 |
| 1956 | Anjar, Gujarat | 7.0 |
| 1967 | Koyna, Maharashtra | 6.5 |
| 1975 | Kinnaur, Himachal Pradesh | 6.2 |
| 1988 | Manipur - Myanmar Boarder | 6.6 |
| 1988 | Bihar - Nepal Border | 6.4 |
| 1991 | Uttarkashi - Uttar Pradesh Hills | 6.0 |
| 1993 | Latur - Maharashtra | 6.3 |
| 1997 | Jabalpur, Madhya Pradesh | 6.0 |
| 1999 | Chamoli, Uttar Pradesh | 6.8 |
| 2001 | Bhuj, Gujarat | 6.9 |
| 2004 | Andaman | 6.0 |
| 2005 | Muzaffarabad (Pakistan) Impact in Kasimir | 7.4 |

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7. World Mental Health Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|-------------------------|-------------------|
| 7 | 18.10.2021 | World Mental Health Day | SEC |

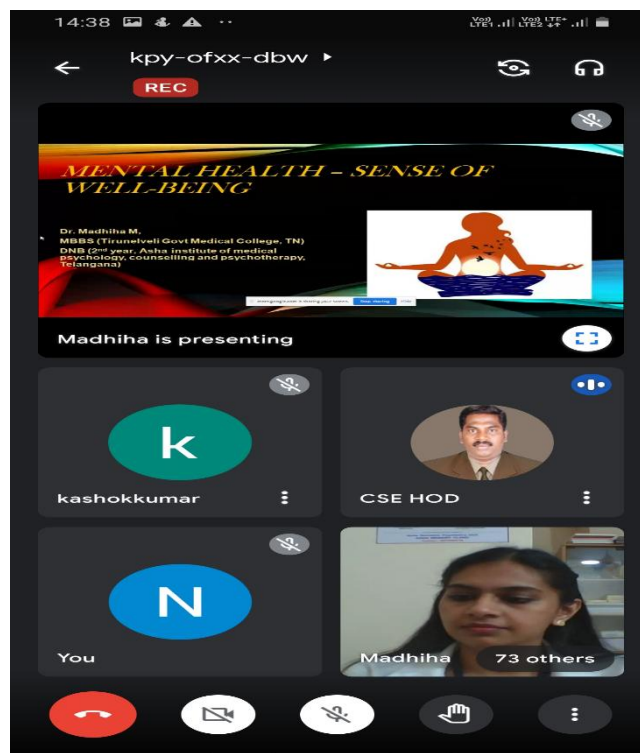
On 18.10.2021 Our NSS organized the “World Mental Health Day” Celebration. Dr.M.Madhiha, MBBS, DNB. Resident, (Asha Hospital, Hyderabad) Addressed to explain about World Mental Health Day.

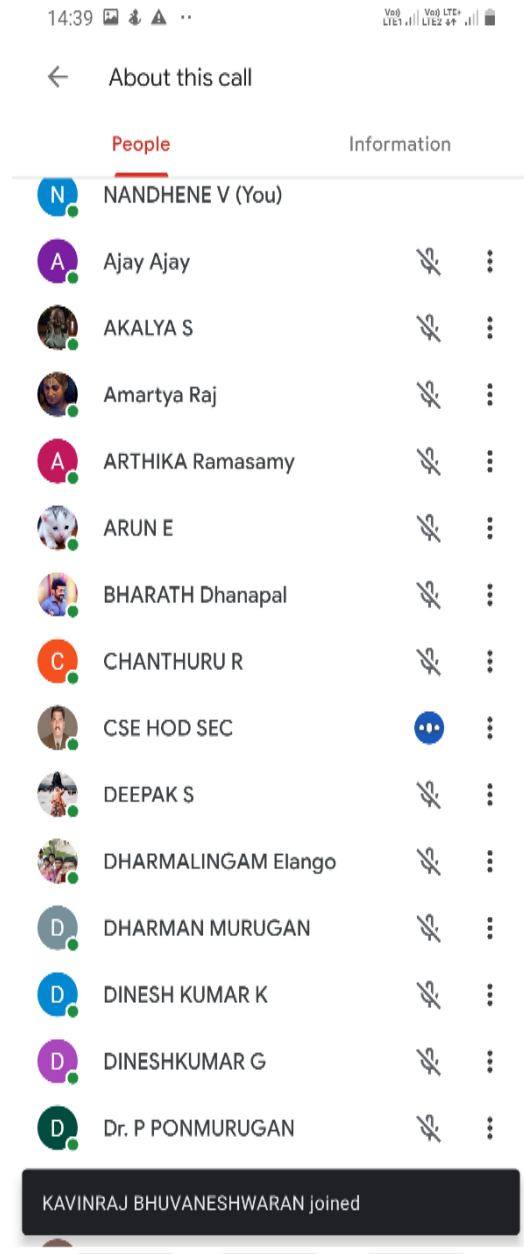
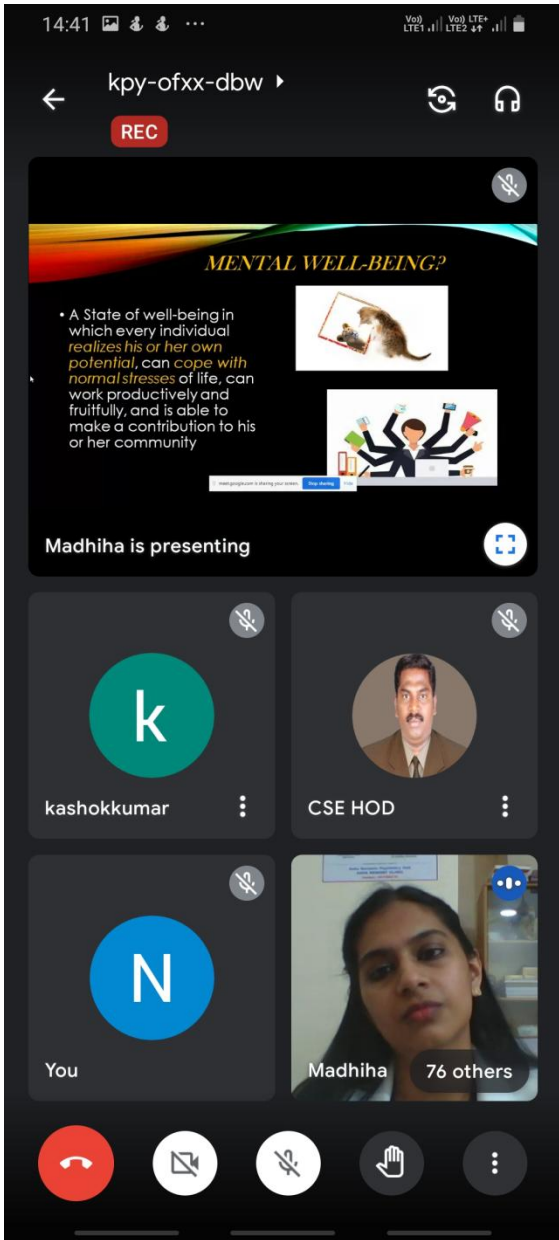
According to WHO, there is no single 'official' definition of mental health. Mental health refers to a person's psychological, emotional, and social well-being; it influences what they feel and how they think, and behave. The state of cognitive and behavioral well-being is referred to as mental health. The term 'mental health' is also used to refer to the absence of mental disease.

Mental health means keeping our minds healthy. Mankind generally is more focused on keeping their physical body healthy. People tend to ignore the state of their minds. Human superiority over other animals lies in his superior mind. Man has been able to control life due to his highly developed brain. So, it becomes very important for a man to keep both his body and mind fit and healthy. Both physical and mental healths are equally important for better performance and results.

Mental fitness implies a state of psychological well-being. It denotes having a positive sense of how we feel, think, and act, which improves one’s ability to enjoy life. It contributes to one’s inner ability to be self-determined. It is a proactive, positive term and forsakes negative thoughts that may come to mind. The term mental fitness is increasingly being used by psychologists, mental health practitioners, schools, organizations, and population to thinking, clear and reasoning .

the general denote logical comprehension, ability





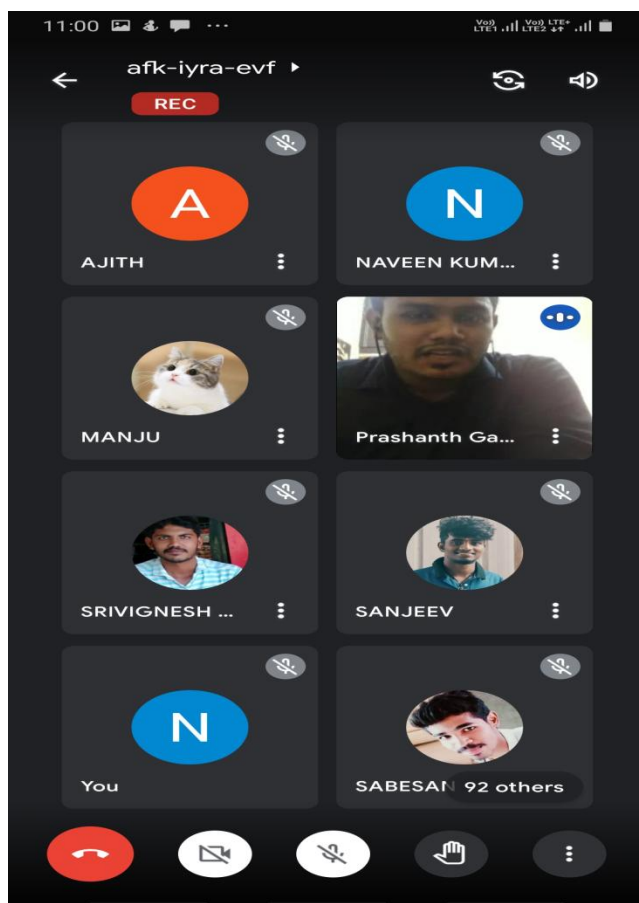
8.World Students Day 2021

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------|--------------------------|
| 8 | 21.10.2021 | World Students Day | SEC |

On 21.10.2021 Our NSS organized the `` World Students Day” Celebration. Mr.PrashanthGangadharan, (Grande Designs and Digital Marketing, Graphic Design and Digital Marketing, Erode.) Addressed to explain about World Students Day.

World Student’s Day is commemorated to mark the birth anniversary of Dr. A.P.J Abdul Kalam on October 15, annually. UNO announced this occasion to felicitate the contributions and works of Dr. Kalam in Space Research.

Dr. Kalam stated that students should hold an aim in life and acquire knowledge through all possible sources. They should put in hard work and never accept defeat by the problem, and always defeat the problem and gain success. World Student’s Day is a global event celebrated on October 15 every year.Dr. A. P. J. Abdul Kalam’s birth anniversary is celebrated on October 15, and this day is in the memory of him.Dr. APJ Abdul Kalam presided over as the 11th president of India in 2002 and was commonly known as the ‘People’s President. ‘This day is dedicated to acknowledging the contributions of Dr. APJ Abdul Kalam to the world. It also honors Dr. Kalam’s incredible work and participation in the field of space research.Dr. Kalam cherished to spend most of the time with students. World Student’s Day is dedicated to all students around the globe. This day is commemorated to mark and make the growth of students worldwide. World Student’s Day is marked to remember Dr. Kalam’s dedicated contribution and service to the nation. This day is celebrated globally to encourage and lead children and students in the right direction.



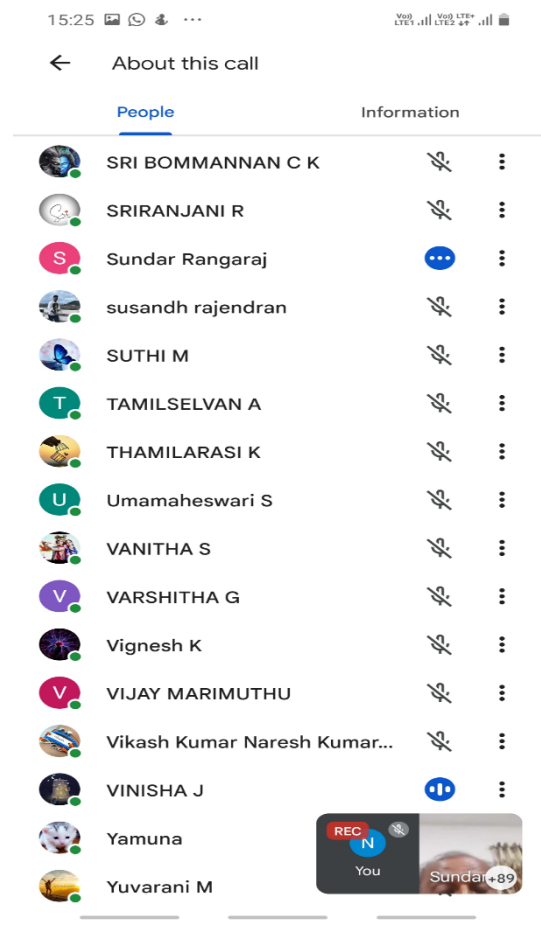
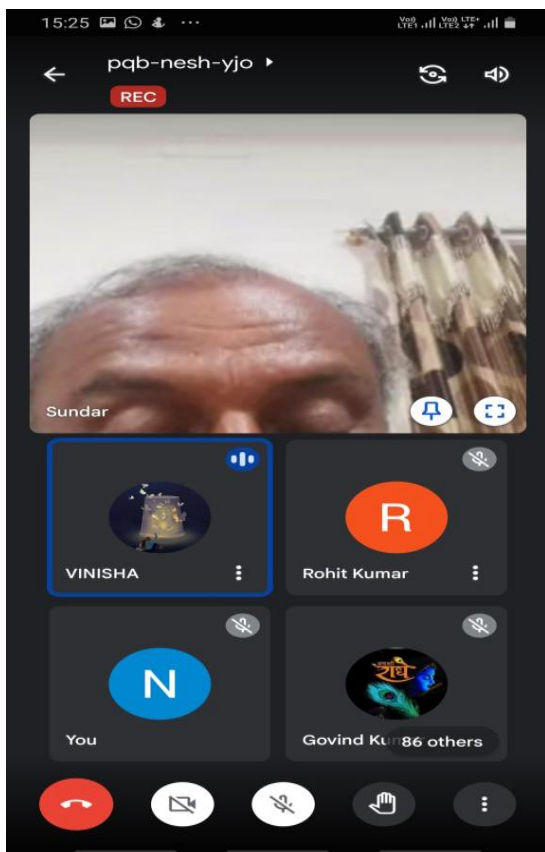
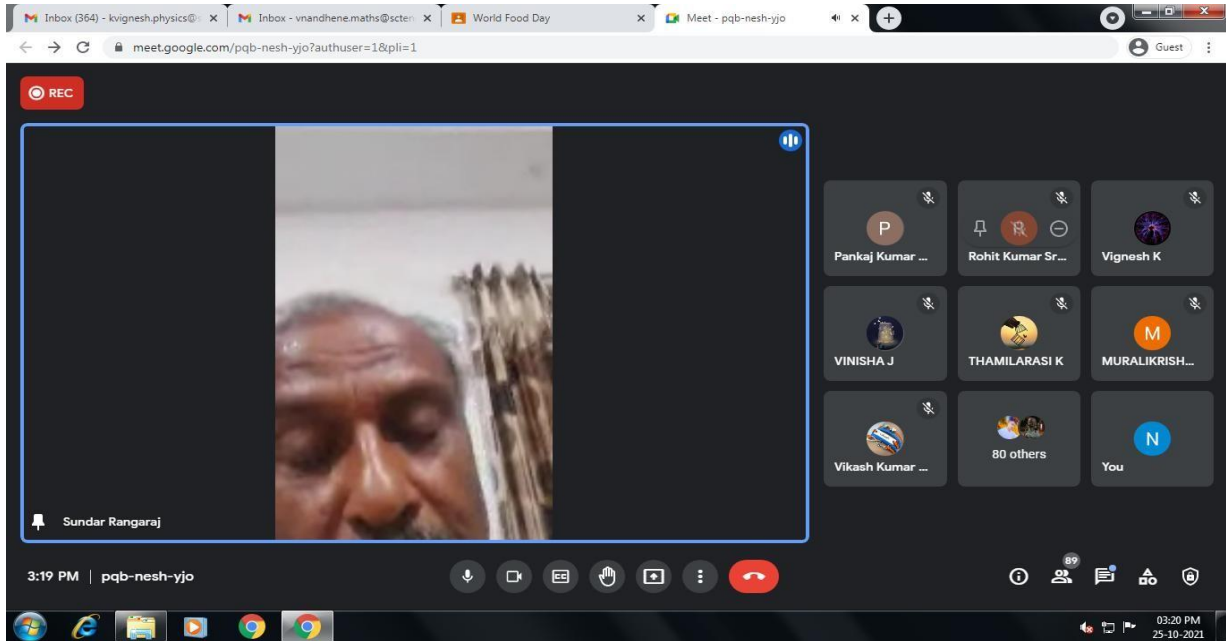
9. World Food Day 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 9 | 25.10.2021 | World Food Day | SEC |

On 25.10.2021 Our NSS organized the “World Food Day” Celebration. Mr. Sundar rangarajan Addressed to explain about World Food Day. To present about the scarcity and importance of food and minimize the wastage of food.

October 16 has been fixed as to be observed as the World’s Food Day. World Food Day is celebrated by several organizations that are concerned with food security. This day is about the awareness globally for those who suffer from hunger and need for a nutritious diet to all. Various events will be organized on this day to create awareness. What has shaken and awakened the world body is the facts that in spite of all scientific development in the field of agriculture people still die of starvation. Due to unhealthy diets and sedentary lifestyles obesity in people is increasing in

developed. Storage and transportation are twin problems. Even those who work hard to produce food go hungry — 600 million live in villages, 400 million depend upon agriculture. Women do not get the same food as men folk — the result effects future generation — children — they are born unhealthy, live unhealthily. In the field of empowerment of women, the first step should be providing them proper nutrition.



10.National Blood Donor's Day 2021

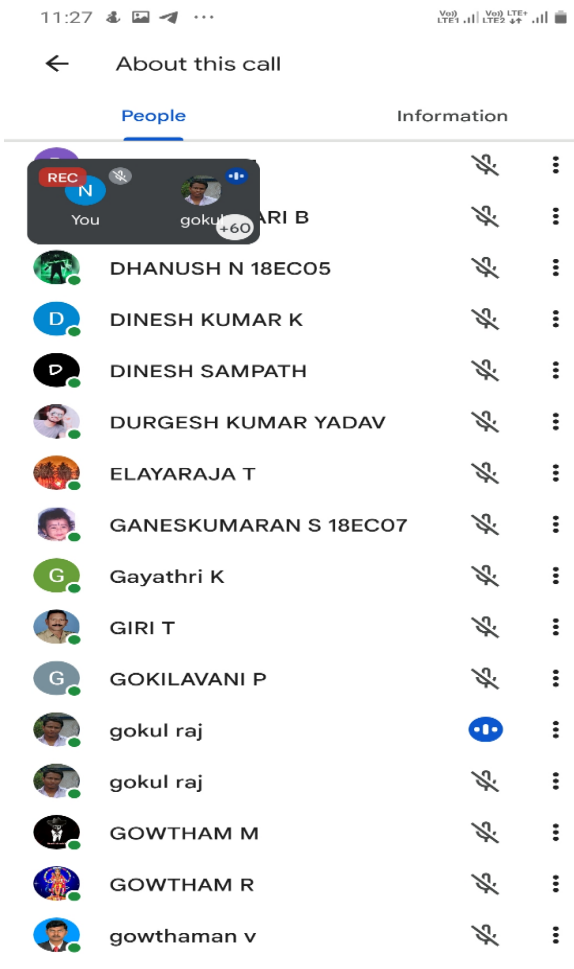
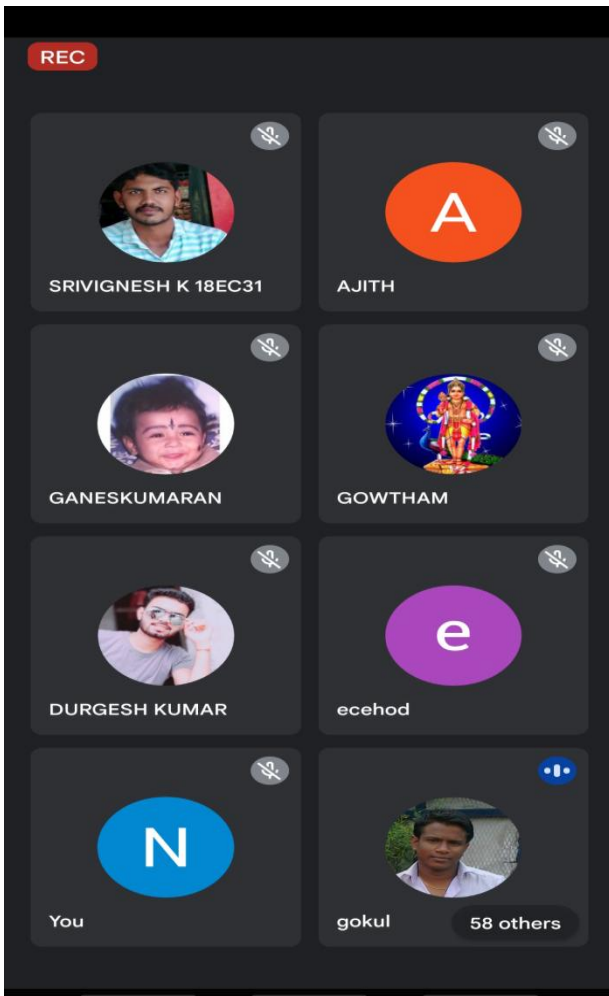
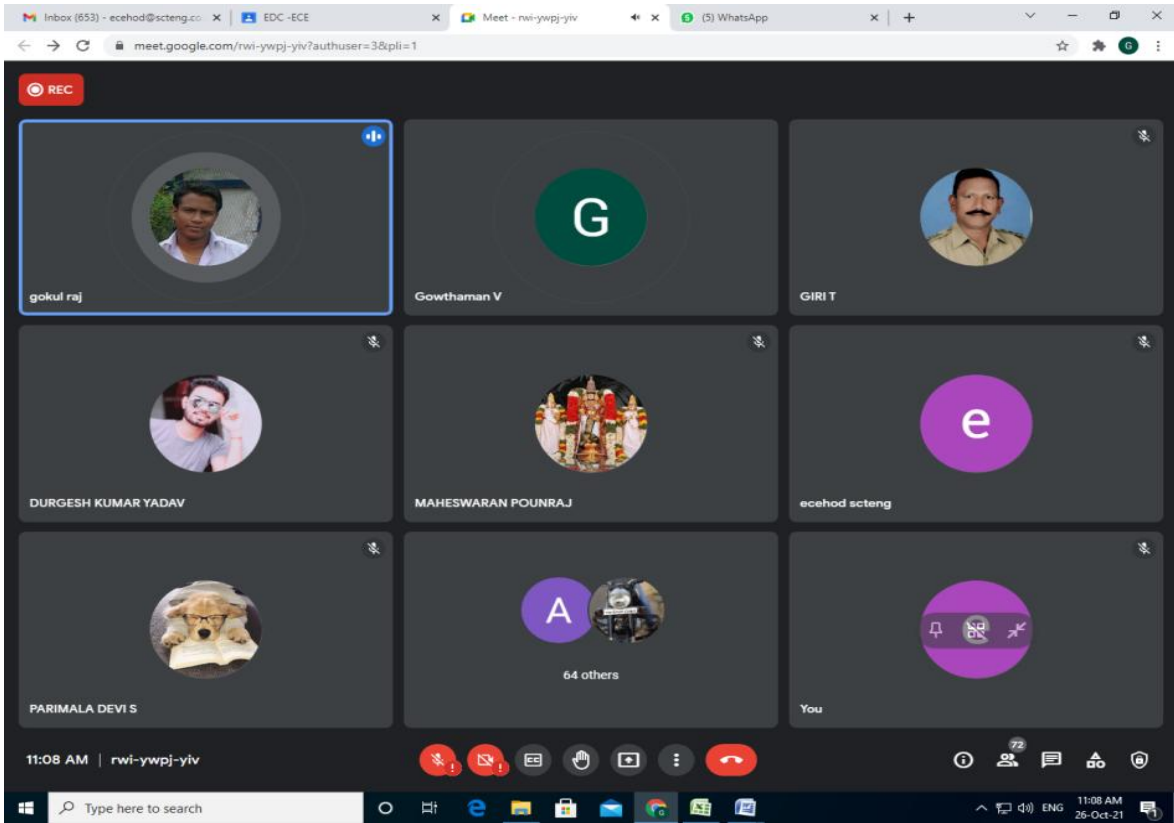
| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------------|--------------------------|
| 10 | 26.10.2021 | National Blood Donor's Day | SEC |

On 26.10.2021 Our NSS organized the `` National Blood Donor's Day'' Celebration. Mr.N.Gokul Raj, (No food waste, District Coordinator (NGO) Dharmapuri Addressed to explain about National Blood Donor's Day.

The day is organized and celebrated in order to create awareness among the people all over the globe. This day is observed to bring the focus of the people towards the importance of safe blood and blood products. The occasion also appreciates the contribution of blood donors in saving lives with blood. The World Blood Donor Day is celebrated on the 14th of June, to mark the birth anniversary of Karl Landsteiner, an Austrian biologist. He classified the main blood groups as we see them today. Blood is an essential resource for human life. It is used to transport essential substances like oxygen and nutrients to different parts of the body and carry out waste. There is no substitute for blood. Kind-hearted blood donors are the only source of blood when someone requires it during an emergency. The first event was organized as a joint initiative of the World Health Organization (WHO) and the International Federation of Red Cross and Red Crescent Societies to focus the world on the need for safe blood and blood products. The World Health Organization has identified World Blood Donor Day as one of the eight official global public health campaigns, along with World Health Day, World No Tobacco Day, World Tuberculosis Day, World Malaria Day, World Immunization Week, World Hepatitis Day, and World AIDS Day.

Themes of World Blood Donor Days across the years:

- 2012: Every blood donor is a hero
- 2013: Give the gift of life: donate blood
- 2014: Safe blood for saving mothers
- 2015: Thank you for saving my life
- 2016: Blood connects us all
- 2017: Give Blood. Give Now. Give Often
- 2018: Be there for someone else. Give blood. Share life
- 2019: Safe Blood for All
- 2020: Safe Blood Saves Lives



11. International Day Of Non-Violence 2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|-----------------------------------|-------------------|
| 11 | 26.10.2021 | International Day of Non-Violence | SEC |

Mahatma Gandhi's birth anniversary is commemorated as Communal Harmony Day (also as Gandhi Jayanthi) throughout the country on October 2nd each year. Mahatma Gandhi devoted his entire life for propounding communal harmony.

The United Nations General Assembly on 15th June 2007 decided to observe the International Day of Non-Violence each year on 2 October the birth anniversary of Mahatma Gandhi, who helped lead India to independence and inspired movements for civil rights and freedom across the world. This will be in recognition of his role in promoting the message of peace around the world.

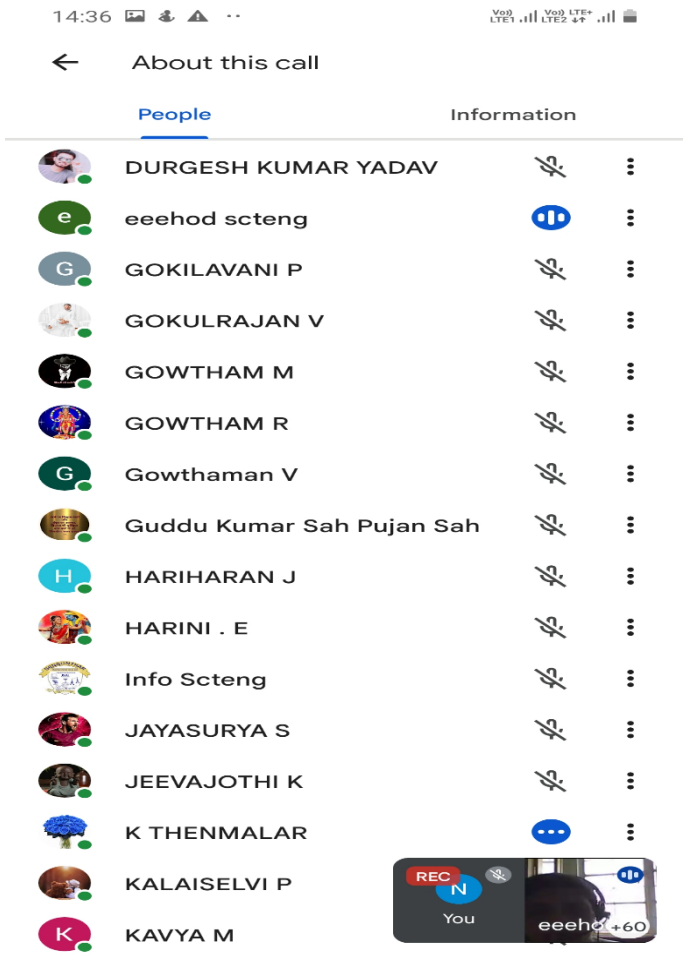
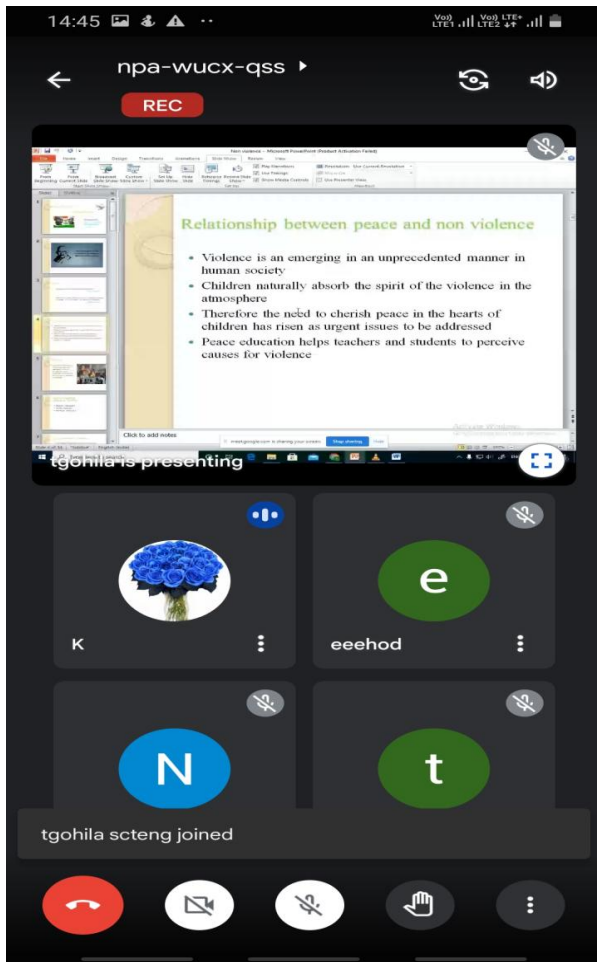
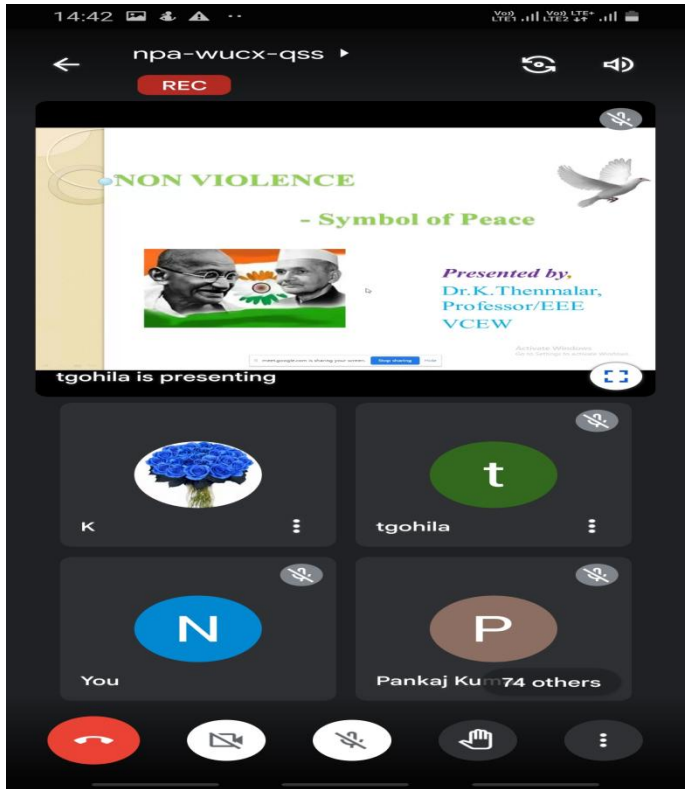
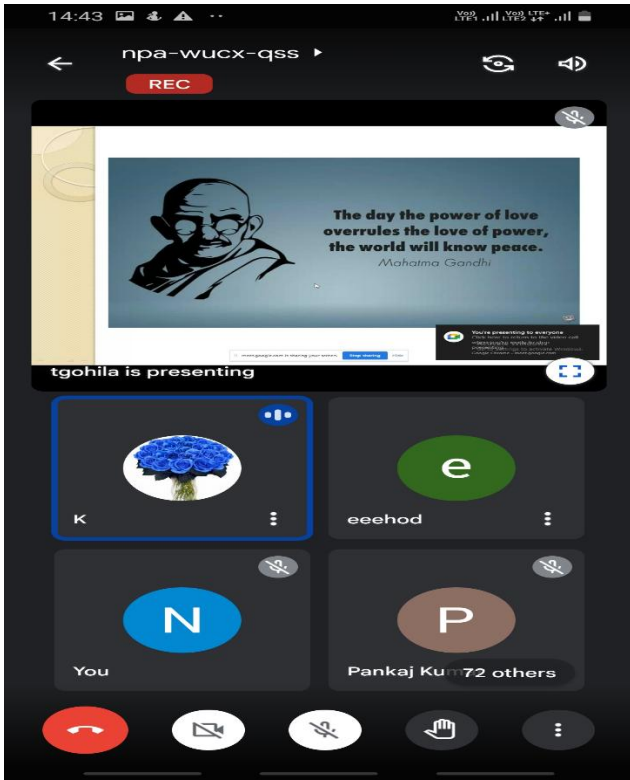
The 'International Day of Non-Violence' will be observed for the first time on October 2, 2007 after which it would become an annual affair. The UN invites all member states, NGOs and individuals to commemorate the day and disseminate the message of non-violence, "including through education and public awareness."

Gandhi's "novel mode of mass mobilization and non-violent action" brought down colonialism, strengthened the roots of popular sovereignty, of civil, political and economic rights, and greatly influenced many a freedom struggle and inspired leaders like Nelson Mandela and Martin Luther King.

He wished in 'India of his dream', "I shall for an India, in which the poorest shall feel that it is their country in whose making they have an effective voice; an India in which there shall be no high class and low class of people; and above all an India in which all communities shall live in perfect harmony."

Gandhi's political philosophy revolved around three key concepts: Satyagraha (non-violence), swaraj (home rule), and sarvodaya (welfare of all). Whereas Satyagraha was essentially a tactic of achieving political ends by non-violent means, swaraj and sarvodaya sought to encourage through social work, spinning of cotton, rural uplift, and social welfare ideas of individual and collective improvement and regeneration. Such regeneration, Gandhi insisted, was necessary if India was to rediscover her enduring historical and religious self and throw off British rule.

Gandhi dreamed of a world without wars, a society without caste or class, factories without forced or child labor, in fact a non-violent, non-exploiting social order, where the mind is free and the head is held high. An internationalist to the core, he never lost sight of his Indian identity. "I do not want my house to be walled from all sides and windows to be stuffed. I want the cultures of all lands to blow freely in my house but I refuse to be blown off my feet by any". Gandhi is not exclusive. He is universal. He does not belong to any particular country. He belongs to the ages.



12Clean India Safe India2021

| S.No | Date | Name of the activity | Place of activity |
|------|------------|------------------------|-------------------|
| 12 | 27.10.2021 | Clean India Safe India | SEC |

On 27.10.2021 Our NSS organized the “Clean India Safe India” activity at the place of Mandakapalayam village near Sengunthar Engineering College (Autonomous), Tiruchengode. Our 30 NSS Volunteers are participated that activity and clean the village.

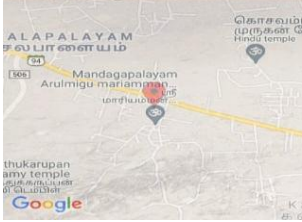
Clean India is the need of the hour. Garbage and wastes are serious threats facing the nation. It certainly destroys the aesthetic beauty of our country. Furthermore, several diseases can result from it. Many Indians fall ill due to improper waste disposal. Therefore, this article discusses the topic of clean India in detail.

People can make India clean in a number of ways. First of all, carrying a small poly-bag is a must. Most noteworthy, a recycled paper bag is the best. Indians must certainly use it to throw trash in dustbins. Indians probably throw trash on the street because they dislike carrying it. However, a recycled paper bag makes it easier to carry waste. Hence, Indians can carry this bag to the dustbin for waste disposal.

Segregating wastes is also very important. It is something which many Indians ignore. Most noteworthy, the segregation of waste at home should be in 3 separate bins. These 3 bins are Biodegradable, Recyclable and Others. The waste management department should help in implementing this system. Indians must learn to re-use old plastic items. Probably, most Indians just throw away such items after using them. One must do creative things with these old plastic items to re-use them. Another notable way to clean India is the compost pit. Compost pit helps in the preparation of compost. To create compost pit at home, some items are required. These items are kitchen wastes, leaves, grass, etc. Consequently, the microorganisms convert this organic matter into compost.

Community cleanliness drive is yet another brilliant way of making India clean. It has a psychological benefit. This is because it is easier to do a thing when others are doing it. For example, Prime Minister Narendra Modi began Swachh Bharat Abhiyan. Indians must use fabric bags rather than polythene bags. Indians must stop getting vegetables in a polythene bag from a vendor. Hence, Indians must carry their own fabric bags when shopping. One inspirational example for Indians can be Thailand. Thailand is a third world country just like India. However, in spite of being poor Thailand is still very clean. In contrast, India looks pretty dirty. The attitude of the people of India is to blame for that. In India, the unfortunate attitude is “make sure I am safe”. The attitude of Thai’s is – “make sure others are safe”.

In conclusion, clean India is a very important issue. Public awareness regarding it must certainly be spread. Clean India should be the rallying cry of the entire nation.

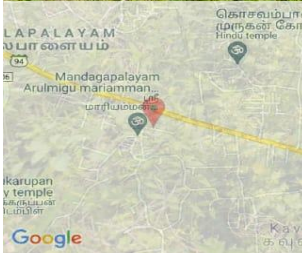


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Tamil Nadu
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13. Vaccination Camp 2021

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------|--------------------------|
| 13 | 30.10.2021 | Vaccination Camp | SEC |

On 30.10.2021 Our NSS organized the “vaccination camp” activity at the place of Sengunthar Engineering College (Autonomous), Tiruchengode. Our NSS Volunteers and students are participated that activities are vaccinated.

The Corona virus has infected millions of people so far all over the world. In addition to that, millions of people have lost their lives to it. Ever since the outbreak, researchers all over the world have been working constantly to develop vaccines that will work effectively against the virus. We will take a look at the Corona virus vaccine that is present today. Vaccines have the ability to save people’s lives. Developing the vaccine for Corona virus was a huge step to end the pandemic.

As Corona virus caused a lot of confusion and fear amongst people, it is natural people were not aware of how the vaccine works. To begin with, a vaccine will work by mimicking an infectious agent. The agent can be viruses, bacteria or any other microorganisms. They carry the potential of causing disease. When it mimics that, our immune system learns how to respond against it rapidly and efficiently. As per the

traditional methods, vaccines have managed to do this as they introduce a weakened form of an infectious agent. It enables our immune system to basically build its memory. As a result, our immune system can then identify it quickly and fight against it before it gets the chance to harm us or make us ill. Similarly, some of the coronavirus vaccines have been made like that. On the other hand, there are other coronavirus vaccines that researchers have developed by making use of new approaches. We refer to them as messenger RNA or mRNA vaccines. Over here, they do not introduce antigens in our bodies. Instead, mRNA vaccines give the genetic code our body needs to enable our immune system for producing the antigen itself. For several years, researchers have been studying mRNA vaccine technology. Thus, they do not contain any live virus and also do not interfere with the human DNA. The Corona virus outbreak has challenged the whole world. Constantly, the experts and authorities are working to develop the vaccines. Therefore, we can also do our bit and adopt preventive measures to limit the spread of this disease. The major goal is to get the vaccine to everyone so that we can go on and about with our normal lives.





14. World Tsunami Day 2021

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------|--------------------------|
| 14 | 22.11.2021 | World Tsunami Day | SEC |

On 22.11.2021 Awareness on World Tsunami Day Quiz program has to be conducted students from various department has to be participated(mech,civil,EEE,ECE,CSE)The word tsunami is a Japanese word, represented by two characters: tsu, meaning, 'harbour', and nami meaning, 'wave'. Tsunami is a set of ocean waves caused by any large, abrupt disturbance on the sea- surface. If the disturbance is close to the coastline, local tsunamis can demolish coastal communities within minutes. A very large disturbance can cause local devastation and export tsunami destruction thousands of miles away.

Tsunamis rank high on the scale of natural disasters. Since 1850 alone, tsunamis have been responsible for the loss of over 420,000 lives and billions of dollars of damage to coastal structures and habitats. Most of these casualties were caused by local tsunamis that occur about once per year somewhere in the world. For example, the December 26, 2004, tsunami killed about 130,000 people close to the earthquake and about 58,000 people on distant shores. Predicting when and where the next tsunami will strike is currently impossible. Once the tsunami is generated,

forecasting tsunami arrival and impact is possible through modeling and measurement technologies. A tsunami is a large ocean wave that is caused by sudden motion on the ocean floor. This sudden motion could be an earthquake, a powerful volcanic eruption, or an underwater landslide. The impact of a large meteorite can also cause a tsunami. Tsunamis travel across the open ocean at great speeds and convert into large deadly waves in the shallow water of a shoreline.

15 Intellectual Property Rights2021

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-------------------------------------|--------------------------|
| 15 | 28.12.2021 | Intellectual Property Rights | SEC |

Intellect means creations of one's mind which can be an idea, process, program, model, name, symbol, or writing. Intellectual Property is conception of an intellect in form of idea, theory, conclusion, invention, design or model right to which is exclusively associated to the owner *by law*. What one owns should be theirs legally and rightfully. Their ideas, their creations, inventions, models, any designs modeled by them should rightfully belong to them and this is enabled through various forms of intellectual property rights including patents, industrial design rights, *copyright*, trade dress, trademarks, and geographical indications. Intellectual property rights ensure owners Legal Protection of new inventions encourages the assurance of additional resources for further innovations. With Intellectual Property System, both public interest and innovators interest go hand in hand, hence providing an environment which inspires inventions and creativity benefitting everyone in the society.

Benefits of Intellectual Property Rights to Society:

- Encouragement to the Scientists and Innovators: Intellectual property rights provide multiple incentives ranging from fame to monetary benefits to the researchers and innovators and hence encourages for better and more efficient products.
- New inventions benefit the people: Each new invention say in medical field is advantageous to average people and this is only possible through the encouragement that the scientists get through Intellectual Property system.

- Consumer Confidence in the product: Consumer has confidence in the product or services they buy with international *trademark* protection and prosecution mechanisms to discourage piracy.
- How to decide which Intellectual Property Right should be secured.
- Intellectual Property Law is pretty complex that many people confuse the terms patent/copyright and trademarks and use them interchangeably like “patenting a movie script” or “copywriting”.

On contrary if the lid of the ink pen to prevent ink from drying or spilling is invented by their friend, they can't use it. So, one does have legal rights to sell a fountain pen but without a lid.

“The history of patents does not begin with inventions, but rather with royal grants by Queen Elizabeth I (1558–1603) for monopoly privileges. Approximately 200 years after the end of Elizabeth's reign, however, a patent represents a legal right obtained by an inventor providing for exclusive control over the production and sale of his mechanical or scientific invention. [Demonstrating] the evolution of patents from royal prerogative to common-law doctrine.”

16 Polio Free World 2022

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------|--------------------------|
| 16 | 24.01.2022 | Polio Free World | SEC |

India received polio-free certification along with the entire South-East Asia Region of WHO on 27 March 2014 by WHO. January 2020 marks the nine years since the last case of polio was reported in India. This milestone, in a country once considered the most difficult to stop polio, demonstrates the importance of strong surveillance systems, intensive vaccination drive and targeted social mobilization efforts. But until the disease is eradicated, India must remain vigilant. Poliomyelitis (polio) is a highly infectious viral disease that largely affects children under 5 years of age. The virus is transmitted by person-to-person spread mainly through the faecal-oral route or, less frequently, by a common vehicle (e.g. contaminated water or food) and multiplies in the intestine, from where it can invade the nervous system and cause paralysis.

In 1988, the World Health Assembly adopted a resolution for the worldwide eradication of polio, marking the launch of the global polio day, spearheaded by national governments, WHO, Rotary International, the US Centers for Disease

Control and Prevention (CDC), UNICEF, and later joined by the Bill & Melinda Gates Foundation and Gavi, the Vaccine Alliance.

Wild poliovirus cases have decreased by over 99% since 1988, from an estimated 350 000 cases in more than 125 endemic countries to 6 reported cases in 2021. Of the 3 strains of wild poliovirus (type 1, type 2 and type 3), wild poliovirus type 2 was eradicated in 1999 and wild poliovirus type 3 was eradicated in 2020. As at 2022, endemic wild poliovirus type 1 remains in two countries: Pakistan and Afghanistan.

17 Republic Day 2022

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------|--------------------------|
| 17 | 24.01.2022 | Republic Day | SEC |

Indians celebrate January 26 each year with lots of enthusiasm and zeal. On this day, people forget their religion, caste, creed, sex, and more. It brings together the country as a whole. It truly shows the diversity of our country. The capital city of India, New Delhi, celebrates it with a Republic Day Parade that showcases the might of the Indian Military and the cultural diversity of our country. These parades take place in other cities as well, where a lot of schools participate in. It is a delight to watch the children and professionals put in so much effort. The way they grace the parade makes one proud of their country. We also do National Flag Hoisting on this day. In New Delhi, after the President of India hoists our National Flag, 21 guns salute follow it with the national anthem played by the military band. Further, in schools, March Past takes place and it is mandatory for every student to attend the celebrations. In many schools, they distribute sweets on this day as well. While it is a very joyous day, we must not forget the struggle of freedom that our forefathers took part in. Moreover, it is a day to celebrate the spirit of freedom and make sure to help India reach greater heights in the future. While we got independence from British rule on August 15, 1947, our country was still lacking a concrete constitution. Moreover, India also did not have any experts and political powers which would help in the functioning of the state affairs smoothly. Up until then, the 1935 Government of India Act was basically modified in order to govern; however, that act was more bent towards the colonial rule. Therefore, there was a dire need to form an exclusive constitution that would reflect all that India stands for.

Thus, Dr. B.R. Ambedkar led a constitutional drafting committee on August 28, 1947. After drafting, it was presented to the Constituent Assembly by the same committee on November 4, 1947. This whole procedure was very elaborate and took up to 166 days to complete. Moreover, the committee organized sessions were kept open to the public.

No matter the challenges and hardships, our constitutional committee left no stone unturned to include rights for all. It aimed to create the perfect balance so all citizens of the country could enjoy equal rights pertaining to their religions, culture, caste, sex,

creed and more. At last, they presented the official Indian constitution to the country on January 26, 1950.

Moreover, the first session of the India Parliament was also conducted on this day. In addition to that, 26th January also witnessed the swearing-in of India's first president, Dr. Rajendra Prasad. Thus, this day is very important as it marks the end of the British rule and birth of India as a Republic State.

18 Free Blood Donation Camp 2022

| S.No | Date | Name of the activity | Place of activity |
|-------------|-------------------|-----------------------------|--------------------------|
| 18 | 16.02.2022 | Free Blood Donation Camp | SEC |

On 26.10.2021 Our NSS organized the `` National Blood Donor's Day" Celebration. Mr.N.Gokul Raj, (No food waste, District Coordinator (NGO) Dharmapuri) Addressed to explain about National Blood Donor's Day. Blood donation refers to a practice where people donate their blood to people so it helps them with their health problems. Blood is one of the most essential fluids of our body that helps in the smooth functioning of our body. If the body loses blood in excessive amounts, people to get deadly diseases and even die. Thus, we see how blood donation is literally life-saving which helps people. It is also a sign of humanity that unites people irrespective of caste, creed, religion and more.

In order to raise awareness about this life-saving procedure, the world observes 14th June as Blood Donor Day. It promotes blood donation and urges people to save lives by donating blood. Furthermore, this day is quite an important day as it makes people about safe blood. People need to know the basics to be able to donate blood. For instance, there are certain criteria one must fulfill to donate blood. Not everyone knows that. Thus, this day helps in doing so. Most importantly, on this day, the WHO organizes a campaign that invites people to donate blood. A person eligible to donate blood must fall in the age bracket of 17-66 years of age. They must weigh more than 50 kgs and have sound health. People suffering from diseases like diabetes, hypertension and more cannot donate blood. Therefore, on World Blood Donor Day, they also appreciate blood donors for their contribution to making the world a better place. As we all know by now, blood donation has a lot of benefits. Why a person requires blood has various reasons. It may be an illness or also an accident, nonetheless, it is important. The blood that we donate helps a person in need. It enhances their health condition and makes them overcome their critical situation.

In other words, blood donation does not simply help that specific person but also contributes to a responsible gesture towards society. Moreover, it also enhances the health of the donor. As the cell depletion allows a way for production, not new cells that freshen our body system.

Furthermore, it also revitalizes our body for better health. Next up, a single blood donation helps at least three people in need. Thus, imagine how one donation can make a difference in so many people's lives.

In addition, blood donation makes the work of blood banks easier. It stabilizes their collection which helps other people get blood urgently. The demand is still higher than the supply in blood banks, so we must donate more and more of it to help people.

Other than that, blood donation also helps us know about our bodies. As a blood donation requires a preliminary health check-up, we get a complete diagnosis. It makes us aware of the levels of iron, hemoglobin, cholesterol and more. Thus, we see that blood donation is an important procedure in saving human life. It is a great initiative that must be encouraged everywhere.





Central Library, Sengunthar Engineering College, Kavundampalayam, Tamil Nadu 637205, India

Kavundampalayam

Tamil Nadu

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27°C

81°F



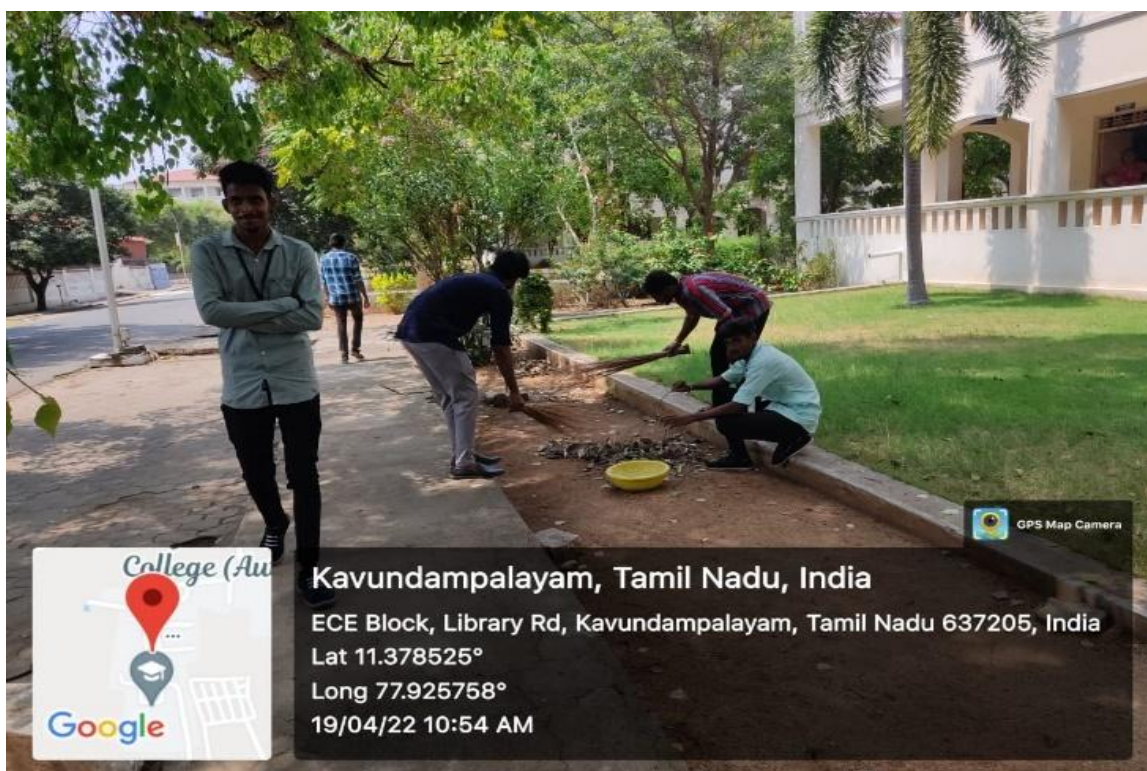
19Campus Clean Camp 2022

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 18 | 19.04.2022 | Campus Clean Camp | SEC |

The NSS unit of our college conducted a campus cleaning camp on 19th April 2022 under the guidance of NSS Programme officers at Sengunthar Engineering College (Autonomous), Tiruchegode. Totally 70 NSS Volunteers were engaged in this Programme. The NSS Programme officers divided the NSS Volunteers into several groups. Each group was allocated with a particular area for cleaning.







20Yoga Day 2022

| S.No | Date | Name of the activity | Place of activity |
|------|------------|----------------------|-------------------|
| 20 | 21.06.2022 | Yoga Day | SEC |

Yoga is an Art and Science of healthy living. It is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The holistic approach of Yoga brings harmony to all walks of life. Yoga is also known for disease prevention, promotion of health and management of many lifestyle-related disorders. Through this Essay on Yoga, students will get to know the importance and benefits of performing yoga. By going through, students will get different ideas on how to write an effective Essay on Yoga in English to score full marks in the writing section. The word yoga literally means “to yoke” or “union”. More than just a practice of physical exercises, Yoga is the coming together of the individual self or consciousness, with the infinite universal consciousness or spirit. Yoga is a method of inquiry into the nature of the mind, which emphasises practice and direct experience. Yoga is an ancient art based on a harmonising system for development of the body, mind, and spirit. Yoga signifies the ‘integration of personality at the highest level. It includes various practices and techniques mentioned in the yogic literature and is collectively referred to as ‘Yoga’. Yoga encourages a positive and healthy lifestyle for the physical, mental and emotional health of children. Yoga helps in the development of strength, stamina, endurance and high energy at the physical level. It also empowers oneself with increased concentration, calm, peace and contentment at a mental level leading to inner and

outer harmony. With the help of yoga, you can manage daily stress and its consequences.

Yoga brings stability to the body and the wavering mind. It increases the lubrication of joints, ligaments, and tendons of the body. Studies in the field of medicine suggest that Yoga is the only form of physical activity that provides complete conditioning to the body because it massages all the internal organs and glands. It reduces the risk of many diseases. Yoga can create a permanently positive difference in the lifestyle of anybody practicing it on a regular basis.

Yoga is a perfect way to ensure overall health and physical fitness. The physical building blocks of yoga are posture (asana) and breath. Through meditation, and breathing exercises (called pranayamas), you can banish all your stress and lead a healthy life. In fact, it is one of the best remedies known to humankind, for curing chronic ailments that are otherwise difficult to be cured by other medications. People suffering from backaches and arthritis are often suggested to do asana that concentrate on the exercise of the muscles at strategic locations. Pranayamas are the best breathing exercises to increase the capacity of the lungs.

A series of poses held in time with breathing, helps every part of the body. Yoga increases strength, endurance, flexibility, and balance. It increases the ability to perform activities, provides more energy and gives a restful sleep. Performing yoga daily helps in building muscular strength. The different asana make the body more flexible. Moreover, yoga prevents cartilage and joint breakdown, increases blood flow, and lowers blood sugar. The most important benefit of yoga are its application in relieving stress, fatigue, invigoration and vitality. Yoga works as an immunity booster and gives peace of mind.

The amazing thing about Yoga is that its positive effects on the health and mind are visible over time. Another specialty about Yoga is its wide choice of asana. Depending upon your stamina and overall health, you can choose from mild pranayamas and asana to high-intensity asana. It is a medication without the actual use of medicines. Moreover, no visible side effects are associated with the practice of Yoga on a regular basis. All you need to know is the most appropriate asana according to the ability and structure of your body. Also, you need to learn the right way of performing the asana because any wrong attempt can cause sprains and injuries.