



# KONGU

## ARTS AND SCIENCE COLLEGE

ERODE – 638 107

### Department of Commerce (CA)

### Association Activities Inauguration - 07 September, 2021



The Department of Commerce (CA) had virtually inaugurated Association activities and organized a Yoga Programme titled "Panpaduvom Payanpaduvom" on 07.09.2021 via Google Meet. The resource person of the programme was Prof. **Ms. M. Uma Mahesh Saravanan**, Erode Manavalakalai Mandram. The session began by seeking the blessings of the Almighty by chanting Malarchi Kodu song followed by Thiru. K. Palanisamy, Correspondent delivered the Presidential Address and Dr. N. Raman, Principal felicitated the gathering. The resource person, dignitaries, faculty members and students were welcomed by Dr. H. Vasudevan, Associate Professor and Head, Department of Commerce (CA). In this programme, resource person had promoted optimistic way of thinking upon our life and bound the attention of the participants through the lively narration of her stories. Moreover, she delineated the mental health, activeness, concentration and inner peace of an individual. She advised the participants to follow-up Yoga exercises on daily basis by stressing the importance of "Yoga - an integral part of one's life". The programme was concluded with Vote of Thanks delivered by Dr.N.Selvakumar, Assistant Professor, Department of Commerce (CA). Around 100 students from II B. Com (CA) were benefited through this programme. The session was very refreshing, reviving, relaxing and recorded this Yoga programme for future reference as well.



**KONGU**  
Assuring the best

**Dr. N. RAMAN**  
PRINCIPAL,  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
NANJANAPURAM, ERODE - 638 107