



JAYA SAKTHI ENGINEERING COLLEGE

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

St. Mary's Nagar, Thiruninravur – 602024, Thiruvallur Dist. Tamil Nadu

Website: www.sakthiec.edu.in, Email: info@sakthiec.edu.in

REPORT

EVENT: Yoga & Self Defense

VENUE: NSS Cell

DATE: 21.09.2021

TIME : 1.00 PM– 3.00 PM

PARTICIPANTS: Girls (All Department) , Staff Members (Ladies)

SPEAKER : Mr.P.Karthikeyan ,NSS officer - Asst Professor , JSEC

PHOTO:



- This session helped the students to learn about yoga and self defense.
- Students participated with interest.