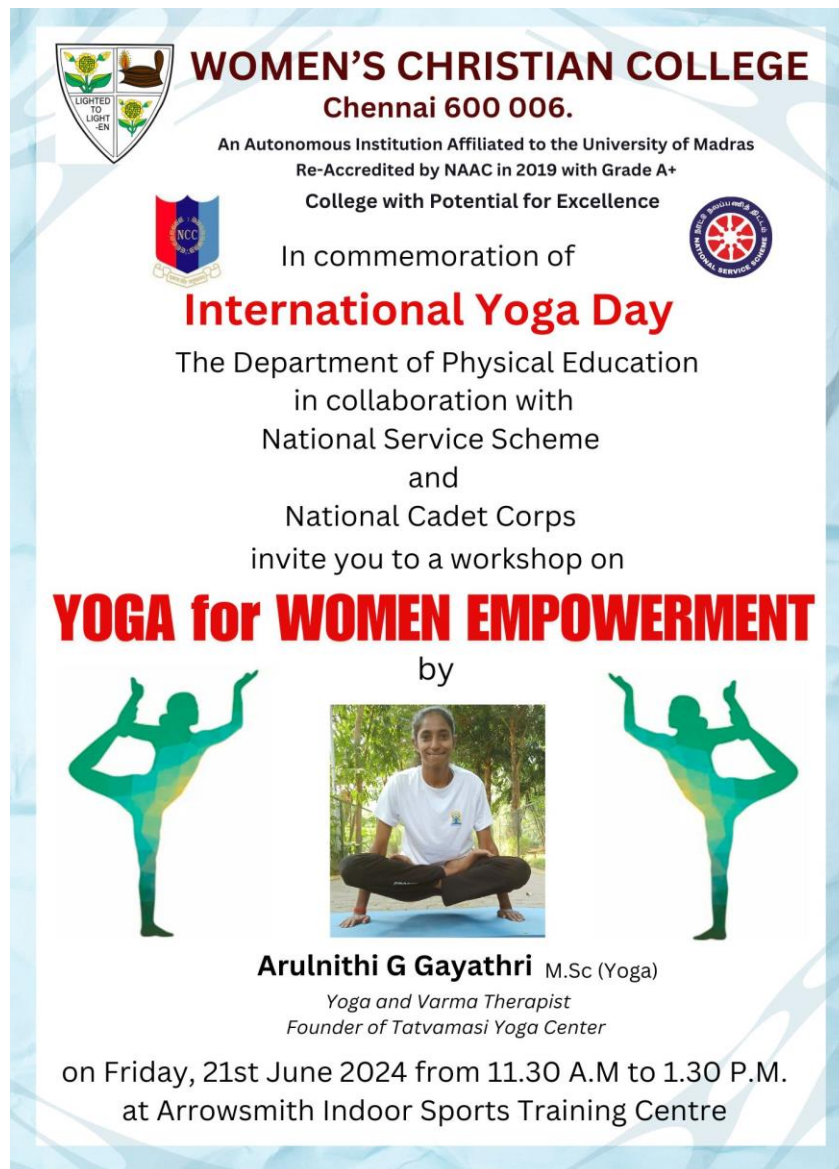


# Women's Christian College

## Department of Physical Education

### International Yoga Day 2024-25


In Commemoration of the International Yoga Day, we the Department of Physical Education at Women's Christian College organised a session on YOGA FOR WOMEN EMPOWERMENT by Arulnithi G Gayathri M.Sc (Yoga), Yoga and Varma Therapist, Founder of Tatvamasi Yoga Center. To overcome the challenges and to be empowered in life, values like Sacrifice, Acceptance and Tolerance were strongly emphasized. Many Yogic Exercises were taught in a simple way that can be remembered by everyone and practised at home everyday. The students involved themselves actively and benefitted a lot from this session.



**WOMEN'S CHRISTIAN COLLEGE**  
Chennai 600 006.

An Autonomous Institution Affiliated to the University of Madras  
Re-Accredited by NAAC in 2019 with Grade A+  
College with Potential for Excellence

In commemoration of  
**International Yoga Day**

The Department of Physical Education  
in collaboration with  
National Service Scheme  
and  
National Cadet Corps  
invite you to a workshop on  
**YOGA for WOMEN EMPOWERMENT**  
by  
  
**Arulnithi G Gayathri** M.Sc (Yoga)  
Yoga and Varma Therapist  
Founder of Tatvamasi Yoga Center

on Friday, 21st June 2024 from 11.30 A.M to 1.30 P.M.  
at Arrowsmith Indoor Sports Training Centre



Chennai, TN, India  
College Road, Thousand Lights West, Chennai,  
600006, TN, India  
Lat 13.068069, Long 80.248609  
06/21/2024 12:20 PM GMT+05:30  
Note : Captured by GPS Map Camera



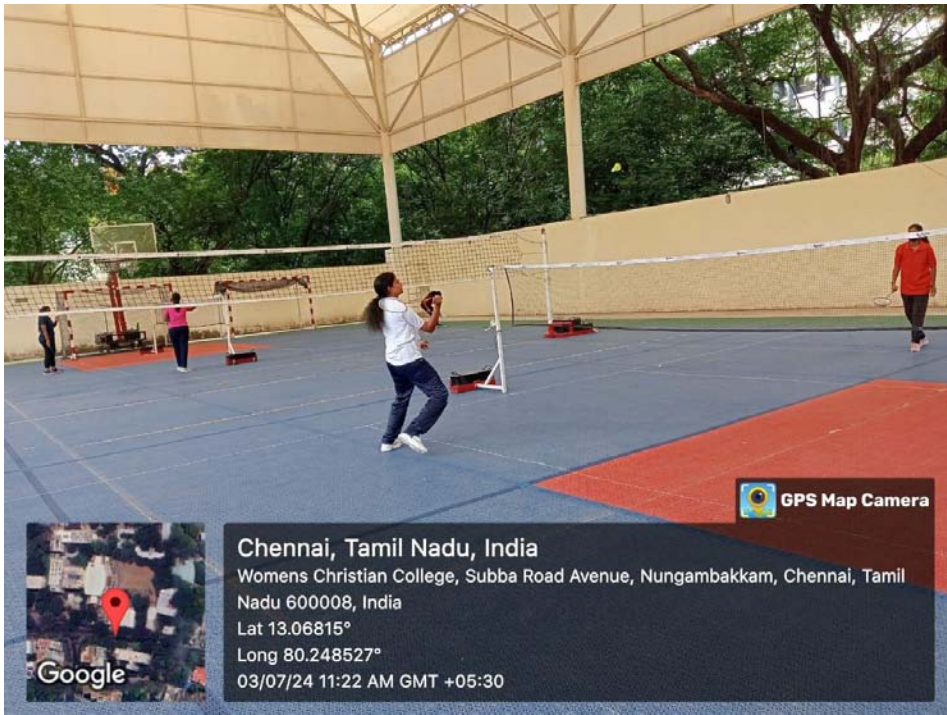
Chennai, TN, India  
College Road, Thousand Lights West, Chennai,  
600006, TN, India  
Lat 13.068015, Long 80.248576  
06/21/2024 12:29 PM GMT+05:30  
Note : Captured by GPS Map Camera





## Freshers Meet 2024-25

The Freshers' Meet 2024-25 was conducted from 26/06/24 to 3/07/24. The games included volleyball, throwball, basketball, football, handball, cricket, ball badminton, badminton and chess. Students from all the departments took part enthusiastically and exhibited their skills and talents. This meet enabled us to identify and select the good players for the college team. The meet was fruitful and for the students, it was certainly a day to remember and cherish.







GPS Map Camera



Google

**Chennai, Tamil Nadu, India**  
369X+C8V, Subba Road Avenue, Nungambakkam, Chennai, Tamil Nadu 600008, India  
Lat 13.068453°  
Long 80.248688°  
26/06/24 12:38 PM GMT +05:30



GPS Map Camera



Google

**Chennai, Tamil Nadu, India**  
Womens Christian College, Subba Road Avenue, Nungambakkam, Chennai, Tamil Nadu 600008, India  
Lat 13.068132°  
Long 80.248485°  
28/06/24 02:34 PM GMT +05:30