



**ADITANAR COLLEGE OF ARTS AND SCIENCE**

(Re-Accredited in the Third Cycle with 'A' grade by NAAC)

VIRAPANDIANPATNAM-628216,

TIRUCHENDUR



**PG & RESEARCH DEPARTMENT OF ENGLISH & YOUTH RED CROSS**

**Jointly organise**

**A ONE DAY WORKSHOP ON YOGA: THE ESSENCE OF LIFE**



*Date: 26.10. 2022*

*Time: 10 AM – 4 PM*

*Venue: Indoor Auditorium*



**ALL ARE CORDIALLY WELCOME!**

**Dr. D. S. MAHENDRAN**  
PRINCIPAL

**Mrs. V. SHANTHI, HOD**  
DEPARTMENT OF ENGLISH

**Dr. C. MOTHILAL DINESH**  
PROGRAMME OFFICER



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## ORGANISING COMMITTEE

### **PATRON**

Thiru. S. Balasubramanian Adityan  
Chairman, Aditanar Educational Institution,  
Tiruchendur.

### **ADVISORS**

Dr. S. Jeyakumar  
Secretary, Aditanar College of Arts and Science,  
Tiruchendur.

Dr. D. S. Mahendran,  
Principal, Aditanar College of Arts and Science,  
Tiruchendur.

### **HEAD OF THE DEPARTMENT**

Mrs. V. Shanthi,  
Associate Professor of English,  
Aditanar College of Arts and Science,  
Tiruchendur.

### **CONVENOR**

Dr. C. Mothilal Dinesh,  
Assistant Professor of English,  
Aditanar College of Arts and Science,  
Tiruchendur.

### **CO-ORDINATOR**

Dr. A. Parvathavarthini,  
Assistant Professor of English,  
Aditanar College of Arts and Science,  
Tiruchendur.

### **ORGANISER**

Mr. R. Uthayavel,  
Assistant Professor of English,  
Aditanar College of Arts and Science,  
Tiruchendur.