

**TAMILVEL UMAMAHESWARANAR KARANTHAI  
ARTS COLLEGE  
KARANTHAI, THANJAVUR – 02.**

**INTERNATIONAL YOGA DAY – 21.06.2018**

Fourth International Yoga Day was celebrated with enthusiasm on **21.6.2018**. Boys and Girls were assembled in a Hall separately and given training for basic Yoga postures. They were taught by the respected Yoga Guru **Thiru.S.K.SATHIYAMOORTHI** aged **75 years**. He has won in many District and State Level Yoga competitions. Students were given awareness regarding the benefits of Yoga in their everyday life.



