



Sadakathullah Appa College

(Autonomous)

Tirunelveli-11.



RED RIBBON CLUB in Association with Yoga Club

National Youth Day Celebration and Yoga Workshop

Date: 11.01.2024



The Red Ribbon Club, in association with the Yoga Club, organized the National Youth Day Celebration and Yoga Workshop scheduled for January 11, 2024, at the Indoor Stadium. The event commenced with a spiritual Qirath, followed by a welcoming address by the Director of Physical Education, Dr. M. Syed Ali. Dr. S.M. Abdul Kader, the Principal, presided over the Youth Day celebration, spoke on the memories of Swami Vivekananda, and delivered the Presidential Address, sharing his insights, while Dr. S.M.A. Syed Mohamed Khaja, Vice-Principal of Unaided Courses, extended his felicitations. The highlight of the event was the Keynote Address delivered by Mr. V. Maharajan, Founder & CEO of Imayam Yoga Center, Tirunelveli. As part of the program, yoga asanas, breathing exercises, and mudra exercises were given to Red Ribbon Club volunteers and Yoga Club Volunteers. Concluding the event, Mr. K. Ganesh Kumar, Program Officer of the Red Ribbon Club, delivered the Vote of Thanks and served as the Master of Ceremony, ensuring the smooth conduct of the program. This event aimed to celebrate the spirit of youth and promote holistic well-being through yoga, inviting participants to engage in enlightening and enriching discussions. Dr. J.A.M. Omeray Farook, Program Officer, and Dr. M. Murugan, Assistant Director of Physical Education, made necessary arrangements for the program. In total, 79 volunteers participated.