

# AALIM MUHAMMED SALEGH COLLEGE OF ENGINEERING

AVADI IAF, CHENNAI 600055.

## NATIONAL SERVICE SCHEME

Aalim Muhammed Salegh College of Engineering in Association with National Service Scheme celebrated the International day of Yoga on 21.06.2021 through online zoom application.

Alhal S.Segu Jamaludeen was invited chief guest. Dr.N.Sikkender Kumar Jain, CEO, Saamrat Integrated Health, Alumnus, Aailm Muhammed Salegh college of Physiotherapy, Mr.Mohammed Shaik Hafeez, Senior Associate, CTS, Alumnus, Aailm Muhammed Salegh college of Engineering, Ar. Harini, Architect Freelancer and Yoga teacher, Alumnus, Aailm Muhammed Salegh Academy of Arcitecture invited speakers for the International yoga day.

Prof. Dr.M.Afzal Ali Baig, Principal, Prof. Dr.Mohd.F.Shabir Vice Principal. Ar. Paul A.J Professor Aailm Muhammed Salegh Academy of Arcitecture, Dr.K.Suresh Kumar, NSS Programme Officer, have Attended the Programme. 170 have participated in the online Yoga Programme.

**WEBINAR**

AALIM MUHAMMED SALEGH GROUP OF EDUCATIONAL INSTITUTIONS  
IN ASSOCIATION WITH NATIONAL SERVICE SCHEME

CELEBRATES  
**INTERNATIONAL YOGA DAY**

**DATE**  
**21.6.2021**  
9.30 a.m to 10.30 a.m

**SPEAKERS**

**Dr. N. SIKKENDER KUMAR JAIN**  
CEO, Saamrat Integrated Health, Alumnus, AMS College of Physiotherapy, 2001 - 2005 batch

**MOHAMED SHAIK HAFEEZ**  
Senior Associate, CTS Alumnus, AMS College of Engineering, 2006-2010 batch Guinness Record Holder, 2008

**Ar. HARINI**  
Architect Freelancer and Yoga Teacher Alumna, AMS Academy of Architecture, 2015-2019 batch

**TOPIC**  
Yoga - a way towards a healthy mind and body

**TOPIC**  
Yoga - my experiences

**TOPIC**  
Yoga and mindfulness in everyday life

**Alhaj. S. Segu Jamaludeen**  
Secretary & Correspondent

**AALIM MUHAMMED SALEGH COLLEGE OF ENGINEERING**  
Prof. Dr. M. Afzal Ali Baig  
Principal

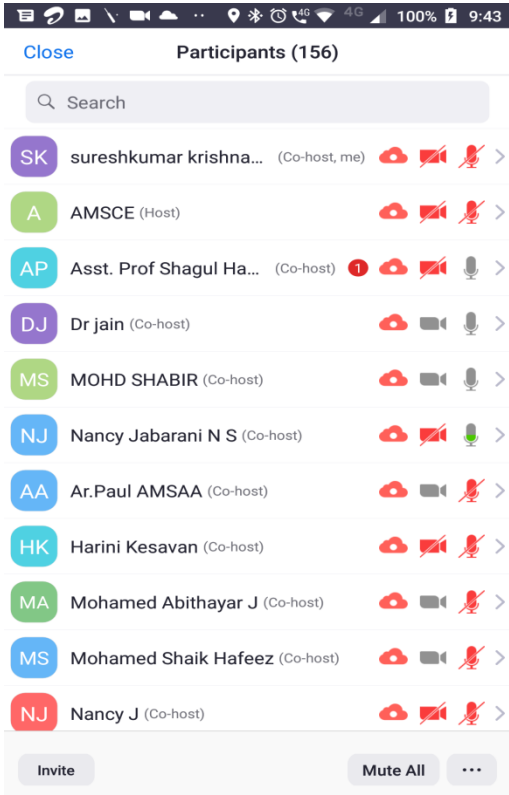
**AALIM MUHAMMED SALEGH ACADEMY OF ARCHITECTURE**  
Prof. Girirajan Arumugam  
Principal

**AALIM MUHAMMED SALEGH POLYTECHNIC COLLEGE**  
Prof. A. Khadeer Ahmed  
Principal

**Dr. K. Sureshkumar** M.Sc., M.Phil., PhD  
Assoc. Professor & NSS Programme Officer

**JOIN** **zoom**  
<https://bit.ly/3wH3MSD>

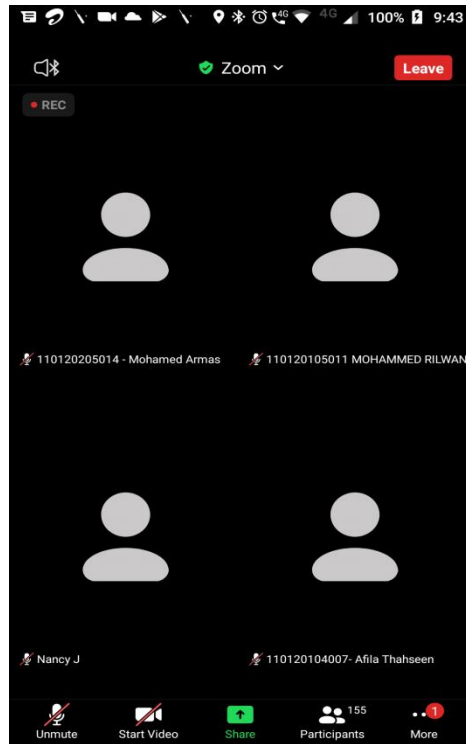
International Yoga Day poster



Participants list



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