
	MAHENDRAENGINEERING COLLEGE (AUTONOMOUS)	
	WOMEN EMPOWERMENT CELL Academic Year (2023-2024)	

Event Name	International Yoga Day Celebration-2024
Collaborating Agency	World Community Service Center (WCSC), Aliyar
Date	20/06/2024
Number of Students participated	150
Beneficiary	Govt. Girls Higher Secondary School, (9 th Standard Girl students) Mallasamudram.

Theme of the Year 2024 : "Yoga for Self and Society"

This theme emphasizes the dual benefits of YOGA Practice: Enhancing Personal well-being and Improving Society at Large. The theme recognizes that Inner serenity and Self-Care are the basis of a happy and healthy existence.

