



# Karupa Foundation Education and Research Centre

Registered Office: 18W, Rajapuram, Bungalowmedu, Mettupalayam – 641301  
 Administrative Office: 129 D. Old Court Building, Karamadai Road, Mettupalayam 641301  
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 Contact Details : +91-98422 91558, 9443998485, 04254- 293003

## Activity Report

### International Yoga Day

Date	21.06.2024
Purpose	Awareness
Venue	Coimbatore
About the Programme	<p>Karupa Foundation and Karpagam Academy of Higher Education conducted an International Yoga Day with the Ministry of Information Broadcasting, Central Bureau of Communication, Gajanadha Trust, and Ventantri SKY Yoga at Coimbatore. Dr. B. Venkatachalapathy, Vice Chancellor, delivered the inaugural speech and chief guest speech for SMT. P.Minu Sakthi Priya, Director, The Chennai Silks &amp; Sree Kumaran Thangamaligai ( Gajanandha Group), has delivered a special address regarding Yoga and its importance in detail. Specifically, she has interacted with the students regarding self-discipline, personal hygiene, and how Yoga helps develop our physical and mental wellness. More than a thousand students, including the National Cadet Corps, National Service Scheme, and Sports Volunteers, as well as faculty members and volunteers from NGOs, participated and performed Yoga. The program was organized by Capt.Dr.K.P.Sridhar, Managing Trustee, Pavithra S, Administrative Officer, &amp; Lt.S.Nithya, Public Relations Officer (PRO), Karupa Foundation, Mettupalayam.</p>





Since 2003

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