

YOGA CLUB MEMBERS

S.NO	NAME	DESIGNATION	ROLE
1.	MR. R.RAMESH	AP / MECH	PROGRAM OFFICER
2.	Mrs.K.GOWRI	AP/CSE	ASSISTANT
3.	Ms.A.BADZIYA LIZY	AP/ECE	ASSISTANT
4.	Mrs.SUGANYA	AP/S&H	ASSISTANT
5.	Mrs.G.KOWSALYA	AP/AGRI	ASSISTANT
6.	Ms.P.SOBIYA	AP/AI&DS	ASSISTANT

YOGA CLUB MEMBERS

ROLES AND RESPONSIBILITIES

Roles	Responsibilities
<ul style="list-style-type: none">Yoga Club members play various roles to ensure the smooth functioning and success of the club's activities. Yoga Instructors or trained members lead the sessions, guiding participants through different yoga postures, breathing exercises, and meditation techniques, ensuring the proper form and understanding of yoga's principles. Yoga Club Coordinators are responsible for organizing events, workshops, and regular practice sessions, managing schedules, and coordinating with guest instructors or experts when needed.	<ul style="list-style-type: none">Yoga Club members have key responsibilities that contribute to promoting health, mindfulness, and a balanced lifestyle within the community. Yoga Instructors are responsible for leading sessions, ensuring that participants practice yoga with proper techniques, and guiding them through postures, breathing exercises, and meditation. They play a crucial role in educating members about the physical, mental, and spiritual benefits of yoga. Yoga Club Coordinators manage the club's activities, organize events, workshops, and regular practice sessions, and

<ul style="list-style-type: none">• They also ensure the club operates efficiently by handling logistics, member engagement, and communication. Yoga Club Members participate actively in the sessions, contribute ideas for events, and promote the physical and mental benefits of yoga within the community. Some members may take on specialized roles, such as managing the club's social media presence, documenting events, or promoting wellness through outreach programs. Together, these roles contribute to fostering a peaceful, health-oriented environment that encourages physical fitness, mental clarity, and community wellness.	<p>ensure smooth communication among members.</p> <ul style="list-style-type: none">• They also handle logistics, such as scheduling sessions, arranging spaces, and coordinating with guest instructors. Club Members are responsible for actively participating in sessions, practicing regularly, and contributing ideas to improve the club's activities. Some members may take on additional tasks, such as promoting the club's events, engaging the broader community, or maintaining the club's online presence. Collectively, these responsibilities help foster a supportive environment where participants can enhance their physical fitness, reduce stress, and build a sense of community.
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