

Department of Physical Education

Periyar Nagar, Vallam, Thanjavur - 613 403, Tamil Nadu, India

Phone : +91-4362-264600 Fax : +91-4362-264660

E-mail: headped@pmu.edu Web: www.pmu.edu



**PERIYAR
MANIAMMAI
UNIVERSITY**
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Celebration of International Day of Yoga

Periyar Maniammai University celebrated International Day of Yoga on 21.06.2017 at Multipurpose Indoor Stadium. Nearly 350 members participated and benefitted.

INTERNATIONAL DAY OF YOGA 2017

DATE: 21.06.2017

TIME; 7.00A.M. TO 8.30 A.M.

PLACE: MULTIPURPOSE INDOOR STADIUM, PERIYAR MANIAMMAI UNIVERSITY

WELCOME ADDRESS : DR. D.RAMESH

**DIRECTOR OF PHYSICAL EDUCATION
PERIYAR MANIAMMAI UNIVERSITY**

PRESIDENTIAL ADDRESS HON'BLE COL. DR. N. RAMACHANDRAN

**: VICE CHANCELLOR,
PERIYAR MANIAMMAI UNIVERSITY**

HONOURING THE GUEST

CHIEF GUEST MR. N. SAMPANTHAM,

**: YOGA COACH, NATUROPATHY CONSULTANT,
THANJAVUR**

VOTE OF THANKS

**MS. G. MOHANAPRIYA,
: ASST. DIRECTOR, PHYSICAL EDUCATION
PERIYAR MANIAMMAI UNIVERSITY**

NATIONAL ANTHEM

Topic of the programme	International Day of Yoga
Date	21.06.2017
Venue	Multipurpose Indoor Stadium
Number of Participants	350
Chief Guest	Mr.N.Sampantham, Yoga Coach, Naturopathy Consultant, Thanjavur
Report	<p>Periyar Maniammai University organized INTERNATIONAL DAY OF YOGA on 21st June 2017. Faculties and students (350 numbers) actively participated in the event.</p> <p>Hon'ble Vice Chancellor Dr.N.Ramachandran inaugurated and welcomed the participants. The Yoga Coach Mr. N. Sampantham, Spoke on the importance of practicing YOGA for every one's life. Yoga Coach demonstrated the following YOGA asanas:</p> <p>1.Namaskara Mudra and Yoga Mudrasana. 2. Sadilaja. Chaalankriyas, Loosening practices. 3.Taadasana, Vrikshaasana, Padahastaasana, Uttanaasana, ArdhaChakraasana, Trikonaasana, Bhadrasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, UthanaMandukasana, Marichyaasana, Vakrasana, Makarasana, Bhujangaasana, Shalabhasana, Dhanurasana, ArdhaHalasana, Pawanamuktasana, Shavasana. 4. Kapaalabhati. 5. Pranayama. 6. Dhyana-Meditation. 7. Shaantipaatha.</p> <p>Ms.G.Mohanapriya, Asst. Director, Department of Physical Education proposed vote of thanks. Dr. D. Ramesh, Physical Director made the necessary arrangements. Faculty members and students participated in the practice session.</p>



Col. Dr. Prof. N. Ramachandran, Vice Chancellor, PMU, Inaugurating the International Day of Yoga



Yoga Instructor addressing the participants



Participants performing the Yoga asanas



Enthusiastic involvement of the participants