

Department of Physical Education

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**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 - NAAC Accredited
think • innovate • transform

Celebration of International Day of Yoga

Periyar Maniammai Institute of Science & Technology celebrated International Day of Yoga on 21.06.2018 at Multipurpose Indoor Stadium. Nearly 250 members participated and practiced Yoga asanas.

INTERNATIONAL DAY OF YOGA -2018

DATE: 21.06.2018

PLACE: Multipurpose Indoor Stadium, Periyar Maniammai Institute of Science & Technology

TIME: 7.00 a.m. to 8.00 a.m.

Welcome Address : **Dr. D.Ramesh**

Director of Physical Education

Periyar Maniammai Institute of Science & Technology

Inaugural Address **Dr. R. Jayanthi,**

: Dean – Faculty of Engineering and Technology

Dr. K. Lakshmi,

Dean – Faculty of Computing Sciences and Engineering

Periyar Maniammai Institute of Science & Technology

Honouring the Guest

Chief Guest : **Dr. A. Vanitha,**

Yoga Coach, Naturopathy, Medical Consultant,
Thanjavur

Vote of Thanks **Dr.P.Vijayalakshmi**

: Associate Professor and NCC Officer

Periyar Maniammai Institute of Science & Technology

National Anthem

Topic of the programme	International Day Of Yoga
Date	21.06.2018
Venue	Multipurpose Indoor Stadium
Number of Participants	250
Chief Guest	Dr.A.Vanitha, Yoga Coach, Naturopathy and Medical Consultant, Thanjavur
Report	<p>Periyar Maniammai Institute of Science & Technology organized INTERNATIONAL DAY OF YOGA on 21st June 2018,at Multipurpose Indoor Stadium.</p> <p>Dr. R.Jayanthi, Dean Faculty of Engineering and Technology, Dr. K. Lakahmi, Dean Faculty of Computing Sciences and Engineering, PMIST inaugurated and introduced the Chief guest and Yoga Coach Dr.A.Vanitha. She highlighted the benefits of practicing yoga everyday and gave demonstration on the following YOGA asanas:</p> <p>1.Namaskara Mudra and Yoga mudrasana. 2. Sadilaja. Chaalankriyas, Loosening practices. 3.Taadasana, Vrikshaasana,Padahastaasana, Uttaanaasana, Ardchakraasana, Trikonaasana,Bhadraasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, UthanaMandukasana, Marichyaasana, Vakrasana, Makaraasana, Bhujangaasana, Shalabhaasana, Dhanurasana, Ardhalasana, Pawanamuktaasana, Shavaasana. 4. Kapaalabhaati. 5. Pranayama. 6. Dhyana-Meditation. 7. Shaantipaatha.</p> <p>Dr.P.Vijayalakshmi, Associate Professor and NCC Officer, PMIST proposed vote of thanks. Dr.D.Ramesh, Director, Department of Physical Education made the necessary arrangements. Around 250 participants including students and faculty members participated in the session.</p>



Dr.R.Jayanthi, Dean FET, honouring the Chief Guest



Dr.A.Vanitha, Yoga Coach, demonstrating the assanas



Participants practicing during the session



Women participants performing the Yoga asanas