

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**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
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Celebration of International Day of Yoga

Periyar Maniammai Institute of Science & Technology organized INTERNATIONAL DAY OF YOGA on 21st June 2019. Dr.A.Vanitha, Yoga Coach, Thanjavur participated as Chief Guest and demonstrated the Yoga asanas to all faculty members and students.

INTERNATIONAL DAY OF YOGA - 2019

Date: 21.06.2019

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, Physical Education Periyar Maniammai Institute of Science & Technology
Inaugural Address	:	Dr.A.George Dean - Faculty of Humanities, Sciences and Management Dr. C.V.Subramaniam Dean -Faculty of Architecture and Planning Dr.J.Jeyachidra Dean - Faculty of Computing Sciences and Engineering Periyar Maniammai Institute of Science & Technology
Honouring the Guest		
Chief Guest	:	Dr. A. Vanitha Yoga Coach and 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	21.06.2019
Venue	Multipurpose Indoor Stadium, MIST
Number of Participants	250
Chief Guest	Dr.A.Vanitha, Yoga Coach, Naturopathy Medical Consultant, Thanjavur
Report	<p>Periyar Maniammai Institute of Science & Technology celebrated the INTERNATIONAL DAY OF YOGA on 21st June 2019. Around 250 members participated in the celebration.</p> <p>Dr.A.George, Dean Faculty of Humanities, Sciences and Management inaugurated the event. Dr. C.V.Subramaniam, Dean Faculty of Architecture and Planning and Dr. J. Jeyachidra, Dean Faculty of Computing Sciences and Engineering addressed the gathering on YOGA.</p> <p>Dr.A.Vanitha, Yoga Coach, Thanjavur, gave demonstration on Yoga asanas and highlighted the benefits of doing yoga every day. The following YOGA asanas were demonstrated and given training during the occasion: 1.Namaskara Mudra and Yoga mudrasana. 2. Sadilaja. Chaalankriyas, Loosening practices. 3.Taadasana, Vrikshaasana,Padahastaasana, Uttaanaasana, Ardachakraasana, 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.D.Ramesh, Physical Director made all necessary arrangements. Dr.P.Vijayalakshmi, Associate Professor and NCC Officer, PMIST proposed vote of thanks.</p>



Dr. A. Vanitha, Yoga Coach, Naturopathy Medical Consultant, Thanjavur giving yoga practice



Students Practicing Yoga



Participants performing the Yoga asanas



Dr.P.Vijayalakshmi, Proposing a vote of thanks