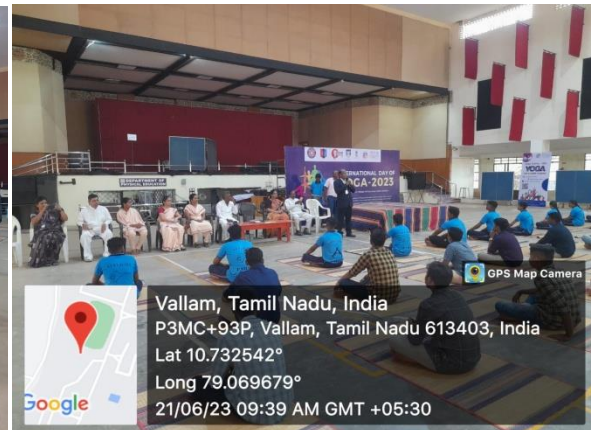
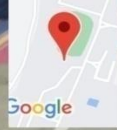


INTERNATIONAL DAY OF YOGA -2023

This is to report you that our University had celebrated INTERNATIONAL DAY OF YOGA on 21st June 2023. Our faculties and students (320 members) had actively participated in the event. The event started at 9.00am and continued till 10.00am. N.SAMPANTHAM, T.SHIGARAVEL, S.MURUGAN, THILAGAVATHI, ANITHA & PRIYA, Yoga Coaches, Thanjavur, the Chief Guest had give demonstration on Yoga Practice and deliver lecture about the benefits of doing yoga daily. The following YOGA had been practiced during this period. 1. Namaskara Mudra and Yoga mudrasana. 2. Sadilaja. Chaalankriyas, Loosening practices. 3. Taadasana, Vrikshaasana, Pada hastaasana, Uttaanaasana, Ardachakraasana, Trikonaasana, Bhadrasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, Uthana Mandukasana, Marichyaasana, Vakrasana, Makarasana, Bhujangaasana, Shalabhasana, Dhanurasana, Ardha halasana, Pawanamuktaasana, Shavaasana. 4. Kapaalabhaati. 5. Pranayama. 6. Dhyana-Meditation. 7. Shaanti paatha.

We are happy to have this function and to create awarness on YOGA. Since our university is already having one YOGA CLUB in which students and staff will actively take part in YOGA activities. But this one is something special and that too arrange on the special occasion International Day of Yoga.





Vallam, Tamil Nadu, India
P3JC+V8V, Vallam, Tamil Nadu 613403, India
Lat 10.732534°
Long 79.069848°
21/06/23 09:43 AM GMT +05:30

GPS Map Camera