

## INTERNATIONAL DAY OF YOGA -2024

This is to report you that our University had celebrated INTERNATIONAL DAY OF YOGA on 21<sup>st</sup> June 2024. Our faculties and students (300 nos) had actively participated in the event. The event started at 10.00am and continued till 11.00am. N.SAMPANTHAM, Dr.S.KAMARAJ, D.NALLATHAMBI, Dr.THILAGAVATHI & S.UMA DEVI 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, Ardhashakraasana, Trikonaasana,Bhadraasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, Uthana Mandukasana, Marichyaasana, Vakrasana, Makaraasana, Bhujangaasana, Shalabhaasana, 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 awarress 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.



