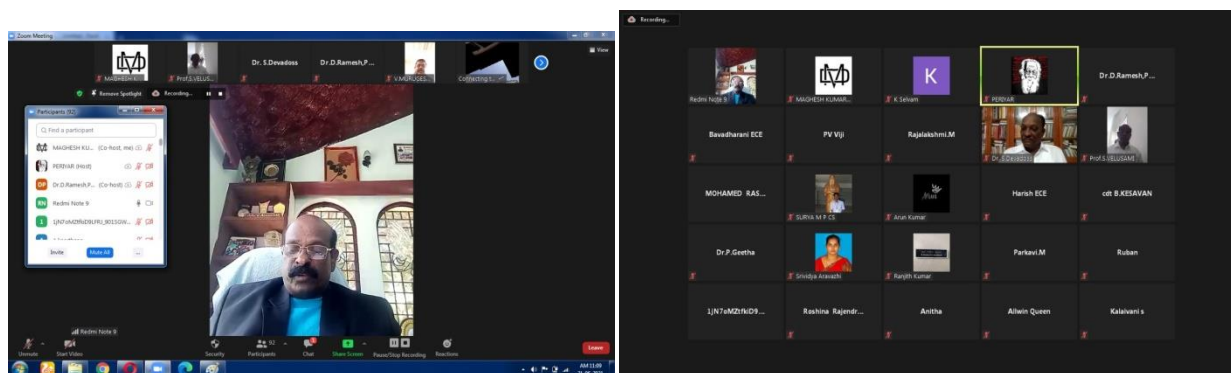


**PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY**  
**(Deemed to be University)**  
**(Under section 1956 UGC Act)**

**INTERNATIONAL DAY OF YOGA -2021**

**This is to report you that our Institution had Celebration of International Day of Yoga on 21<sup>st</sup> June 2021 Organize a National level Webinar on Yoga for Health and Fitness in Online mode. Our faculties and students (102 nos) had actively participated in the event. The event started at 10.30am and continued till 12.30pm. Dr.C.Robert Alexander, Former Dean and Head of Physical Education, AVVM Sri Pushpam College, Poondi 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.**

**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.**



**INTERNATIONAL DAY OF YOGA on 21<sup>st</sup> June 2021**