

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

INTERNATIONAL DAY OF YOGA -2022

This is to report you that our University had celebrated INTERNATIONAL DAY OF YOGA on 21st June 2022. Our faculties and students (300 nos) had actively participated in the event. The event started at 9.00am and continued till 10.00am. N.SAMPANTHAM, T.SHIGARAVEL, S.MURUGAN & H.SIVAGAMI, 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, Uttanaasana, Ardha chakraasana, Trikonaasana, Bhadrasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, Uthana Mandukasana, Marichyaasana, Vakrasana, Makarasana, Bhujangaasana, Shalabhasana, Dhanurasana, Ardha halasana, Pawanamuktasana, Shavasana. 4. Kapaalabhati. 5. Pranayama. 6. Dhyana-Meditation. 7. Shaanti paatha.

We are happy to have this function and to create awareness 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 arranged on the special occasion International Day of Yoga.

**PERIYAR MANLAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY
(UNDER SECTION 1956 UGC ACT)**

INTERNATIONAL DAY OF YOGA -2022

DATE ; 21.06.2022

PLACE ; INDOOR STADIUM

TIME ; 7.00AM TO 8.00AM

1. WELCOME ADDRESS : **DR.D.RAMESH**
HOD / PHYSICAL EDUCATION
PMIST
2. INAGURATION OF YOGA DAY : **RESPECTED PROF.S.VELUSAMI,**
VICE - CHANCELLOR, PMIST.
RESPECTED DR. P.K.SRIVIDYA,
REGISTRAR, PMIST.
RESPECTED DR.A.GEORGE,
DEAN ACADEMIC, PMIST
3. CHIEF GUEST : **MR. N. SAMPANTHAM,**
YOGA COACH, THANJAVUR.
MR.T.SHINGARAVEL
YOGA COACH, THANJAVUR.
MR.H.SIVAGAMI,
YOGA COACH, THANJAVUR.
4. VOTE OF THANKS : **MS.DR.P.VIJAYALAKSHMI,**
NCC OFFICER, PMIST

NATIONAL ANTHEM