

VINAYAKA MISSION'S RESEARCH FOUNDATION
(Deemed to be University)
SCHOOL OF ARTS AND SCIENCE
Av- Campus, Payinoor

SAS/NSS/02

SAS/NSS/2022

Date : 21.04.2022

CIRCULAR

On the occasion of International Yoga Day (IDY) The NSS unit of SAS organizing yoga activity (Pranayama) on 22.04.2022 at 11 am in Yoga Hall in 3rd floor of SAS. All the faculty members, both teaching and non-teaching staffs are asked to attend the program.

Staff members are permitted to wear comfortable dress for participating in Yoga program.

The departments are required to inform the students for participate in the activity.


Director

DIRECTOR
School of Arts and Science
Vinayaka Mission's Research Foundation
(Deemed to be University)
AV Campus, OMR, Payanoor - 603 104.

CIRCULATED TO	All Heads of the departments
	AV Campus In-charge – for info

SCHOOL OF ARTS AND SCIENCE **AV Campus, Paiyanoor - 603 104**

Report International Day of Yoga (IDY)

Title of the Event : International Day of Yoga for Faculties
Date : 22.04.2022
Venue : Yoga Centre, AV Campus
No. of Participants : 30

The International Day of Yoga (IDY) of SAS organized three Month Special Camp in the theme "Yoga is the journey of the self, through the self, to the self" at Yoga Centre, AV Campus, Paiyanoor, from 21st April 2022 to 21st June 2022 . This has been organized every year during the Month of April – June.

April : 22.04.2022

Kalaimamani K.Duraipandi, Yoga Master, SAS conducted Yoga classes and gave a practice in Pranayama for the College faculty members and 30 faculties are actively participated.



