

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

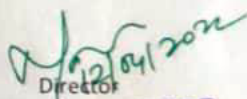
SAS/NSS/01

SAS/NSS/2022

Date : 12.04.2022

CIRCULAR

On the occasion of International Yoga Day (IDY) The NSS unit of SAS organizing yoga activity (Pranayama) on 20.04.2022 at 11 am in Yoga Hall in 3rd floor of SAS. All 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, CMR, Payinoor - 503 104.

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 Students
Date : 20.04.2022
Venue : Yoga Centre, AV Campus
No. of Participants : 36

The International Day of Yoga (IDY) of SAS organized 3 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 20st April 2022 to 21st June 2022. This has been organized every year during the Month of April – June.

April : 20.04.2022

Kalaimamani K. Duraipandi, Yoga Master, SAS conducted Yoga classes and gave a practice in Pranayama for the College Students and 36 students are actively participated.





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 S.A.S. SCHOOL OF ARTS AND SCIENCE
 Av campus, Paiyanoor

Month wise plan for International Day of Yoga (IDY)

For students & Faculties

S. No.	Name of the Activity	Date
1.	Pranayama	21 st April 2022
2.	Kriya	20 th May 2022
3.	Meditation	21 st June 2022

For Adopted Village People

S. No.	Name of the Activity	Date
1.	Pranayama	29 th April 2022
2.	Kriya	24 th June 2022

Director I/c (SAS)

Copy to :
 1. Yoga notes
 2. To HOD office
 3. To HOD, Adm. & Reports to Adm. HOD
 4. To HOD, Adm. & Reports to Adm. HOD
 5. To HOD, Adm. & Reports to Adm. HOD
 6. To HOD, Adm. & Reports to Adm. HOD