

VINAYAKA MISSION'S RESEARCH FOUNDATION

SCHOOL OF ARTS AND SCIENCE Av-Campus, OMR, Paiyanoor, 600 104.



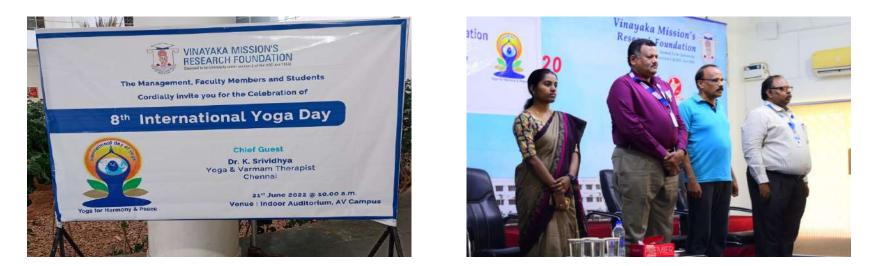


8th International Yoga Day A Report (20.06.2022)

| VINAYAKA MISSION'S | | | Programme Schedule |
|--|--|------------|---|
| RESEARCH FOUNDATIO | DN 🕺 | 10.00 a.m. | Prayer |
| The Management, Faculty Members and Students | | | Tamil Thai Vazhthu |
| Cordially invite you for the Celebration of | | 10.05 a.m. | Lighting the Kuthuvillaku |
| 8th International Yoga Day | | 10.10 a.m. | Welcome Address |
| Date : 20 ^m June 2022 Venue : Indoor Auditorium, AV Campus Time : 10.00 a.m. | | | Dr. D. Vijendrababu Vice Principal - Part time studies, AVIT |
| Chief Guest | | 10.20 a.m. | Address by Hols |
| Dr. K. Srividhya Yoga & Varmam Therapist | | 10.30 a.m. | Yoga Demonstration |
| Chennai Organizers | | | Dr. X. Srividhya Yoga & Varmam Therapist, Chennai |
| Dr. G. Selvakumar | Dr. K. Maniyannan | | Chennai |
| Principal, AVIT | Director I/c, SAS | 11.30 a.m. | Vote of Thanks |
| rof. M. Umachakkaravarthy Principal, SAP | Prof. P.S. Balaganapathy Dy.Director, DoM | | Yoga. Kalaimamani K. Duraipandi Yoga instructor, AVIT |
| Dr. C. Vaishnava Devi Director i/c, FAHS | Dr. Vincent Arputham Dean, AVIL | 11.40 a.m. | National Anthem |
| Coordinators | | | 3631 |
| Yoga. Kalaimamani K. Duralpandi Yoga Instructor, AVIT | | | N. S. |
| Mrs. T. Rasheeda Mohammed Kutty | | | |
| Director of Physical Ed | lucation, AV Campus | · · | |
| Prof. K. Surendrababu Chief Coordinator, ISR & NSS | | | A |



SCHOOL OF ARTS AND SCIENCE & Department of Yoga jointly conducted 8th International Yoga Day on 20.06.2022. The program was led by ALL Hols of Av campus with the Chief Guest Dr. K. Srividhya, Yoga & Varmam Therapist, Chennai.



She gave a brief introduction about yoga, befits of healthy living with yoga and she demonstrated various asanas.



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About 50 staff members and 100 students from SAS, AVIT, FAHS and AVIL were participated. The program was a grand success with the efforts of all coordinators. The vote of thanks was given by Kalaimamani K. Duraipani, Yoga Instructor, Av- campus.



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