



SCHOOL OF ARTS AND SCIENCE



# VINAYAKA MISSION'S RESEARCH FOUNDATION SCHOOL OF ARTS AND SCIENCE

Av-Campus, OMR, Paiyanoor, 600 104.



## ISR & NSS

### 8<sup>th</sup> International Yoga Day A Report (20.06.2022)

 **VINAYAKA MISSION'S RESEARCH FOUNDATION**  
Established by the Government under section 12-B of the UCE, Act 1982 

The Management, Faculty Members and Students  
Cordially invite you for the Celebration of  
**8<sup>th</sup> International Yoga Day**

Date : 20<sup>th</sup> June 2022 Venue : Indoor Auditorium, AV Campus  
Time : 10.00 a.m.

**Chief Guest**  
**Dr. K. Srividhya**  
Yoga & Varmam Therapist  
Chennai

**Organizers**

<b>Dr. G. Selvakumar</b> Principal, AVIT	<b>Dr. K. Manivannan</b> Director I/c, SAS
<b>Prof. M. Umachakaravarthy</b> Principal, SAP	<b>Prof. P.S. Balaganapathy</b> Dy. Director, DoM
<b>Dr. C. Vaishnava Devi</b> Director I/c, FAHS	<b>Dr. Vincent Arputham</b> Dean, AVIL

**Coordinators**

**Yoga. Kalaimamani K. Duraipandi**  
Yoga Instructor, AVIT

**Mrs. T. Rasheeda Mohammed Kutty**  
Director of Physical Education, AV Campus

**Prof. K. Surendrababu**  
Chief Coordinator, ISR & NSS

**Programme Schedule**

10.00 a.m. Prayer

Tamil Thai Vazhthu

10.05 a.m. Lighting the Kuthuvillaku

10.10 a.m. Welcome Address

**Dr. D. Vjendrababu**  
Vice Principal - Part time studies, AVIT

10.20 a.m. Address by Hois

10.30 a.m. Yoga Demonstration

**Dr. K. Srividhya**  
Yoga & Varmam Therapist,  
Chennai

11.30 a.m. Vote of Thanks

**Yoga. Kalaimamani K. Duraipandi**  
Yoga Instructor, AVIT

11.40 a.m. National Anthem





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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, benefits 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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