

## CELEBRATION OF INTERNATIONAL DAY OF YOGA

Periyar Maniammai University had celebrated INTERNATIONAL DAY OF YOGA on 21<sup>st</sup> June 2017. Our faculties and students (350 nos) had actively participated in the event. The event started at 7.00am and continued till 8.00am. 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, Uttaanaasana, Ardha chakraasana, Trikonaasana, Bhadrasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, Uthana Mandukasana, Marichyaasana, Vakrasana, Makaraasana, Bhujangaasana, Shalabhaasana, Dhanurasana, Ardha halasana, Pawanamuktaasana, Shavaasana. 4. Kapaalabhaati. 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.



