

Department of Physical Education

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Celebration of International Day of Yoga

International Day of Yoga was celebrated on 21.06.2016 at PMU- Multipurpose Indoor Stadium. Around 300 members including students, teaching and non teaching staff participated and benefitted.

INTERNATIONAL DAY OF YOGA -2016

Date: 21.06.2016

Place: Multipurpose Indoor Stadium, Periyar Maniammai University

Time: 7.00 a.m. to 8.30 a.m.

- Welcome Address** : **Dr.D.Ramesh**
Director of Physical Education
Periyar Maniammai University
- Inaugural Address** **Dr. S.Sridharan**
:
Registrar
Periyar Maniammai University
- Honouring the Guest**
- Chief Guest** **Dr. M.Pandiaraja**
:
Yoga and Naturopathy Medical Consultant
Thanjavur
- Vote of Thanks** **Dr.P.Vijayalakshmi**
:
Associate Professor and NCC Officer
Periyar Maniammai University
- National Anthem**

Programme	International Day Of Yoga
Date	21.06.2016
Venue	Multipurpose Indoor Stadium
Number of Participants	300
Chief Guest	Dr.M.Pandiaraja, Yoga Coach, Naturopathy Medical Consultant, Thanjavur
Report	<p>Periyar Maniammai University organized INTERNATIONAL DAY OF YOGA on 21st June 2016. Around 300 participants including faculties and students took part in the event.</p> <p>Dr. S.Sridharan, Registrar, PMU inaugurated the International Yoga Day celebrations.</p> <p>Chief Guest Dr.M.Pandiaraja, from Yoga and Naturopathy Medical Consultant, Thanjavur gave a lecture on YOGA and performed the asanas and gave practice to all participants. The following YOGA asanas were practiced during this session:</p> <p>1. Namaskara Mudra and Yoga mudrasana. 2. Sadilaja. Chaalankriyas, Loosening practices. 3.Taadasana, Vrikshaasana,Padahastaasana, Uttanaasana, Ardachakraasana, Trikonaasana,Bhadraasana, Baddhakonaasana, Vajrasana, Veerasana, Ushtraasana, Shashankaasan, UthanaMandukasana, Marichyaasana, Vakrasana, Makaraasana, Bhujangaasana, Shalabhaasana, Dhanurasana, Ardhalasana, Pawanamuktaasana, Shavaasana. 4. Kapaalabhaati. 5. Pranayama. 6. Dhyana-Meditation. 7. Shaantipaatha.</p> <p>Dr.D.Ramesh, Physical Director made all the necessary arrangements. Dr.P.Vijayalakshmi, Associate Professor and NCC Officer, PMU proposed a vote of thanks.</p>



Dr. S.Sridharan, Registrar, PMU inaugurating the International Yoga Day celebrations.



Dr.M.Pandiaraja, Yoga and Naturopathy Medical Consultant, Thanjavur giving yoga practice



Enthusiastic involvement of the participants



Students Practicing Yoga



Women participants performing the Yoga asanas



Participants performing the Yoga asanas