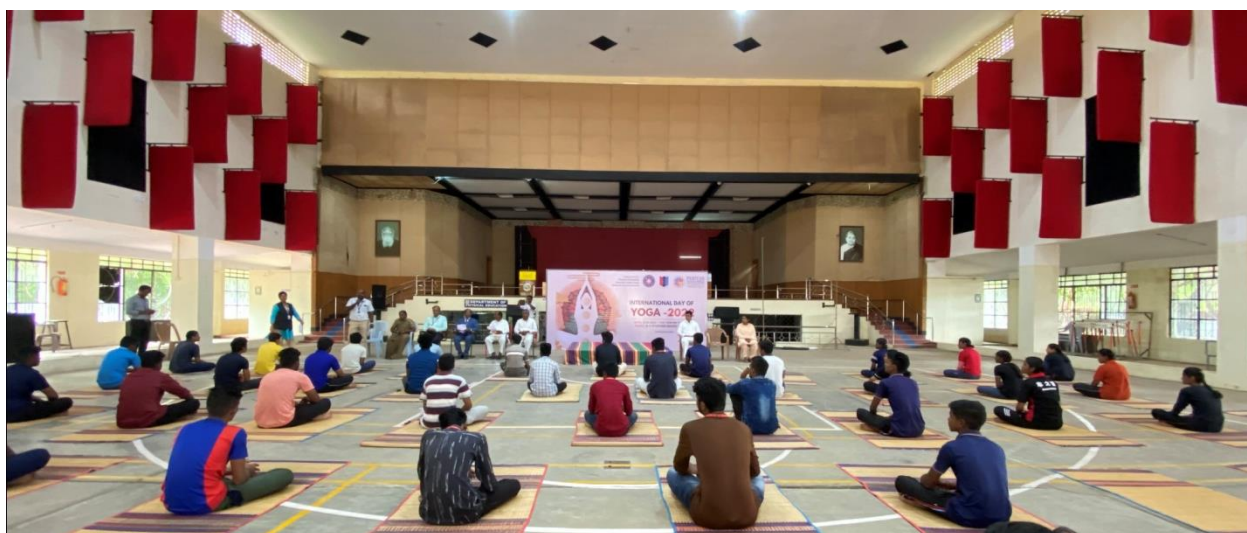


PERIYAR MANIAMMAI INSTITUTE OF SCIENCE & TECHNOLOGY (PMIST)
(Deemed to be University)
Declared under Sec. 3 of UGC Act, 1956.

INTERNATIONAL DAY OF YOGA -2022

This Institution celebrated INTERNATIONAL DAY OF YOGA on 21st June 2022 at University premises. Our staff and students around 300 Nos. actively participated in the event. In this event Mr.N.SAMPANTHAM, Mr.T.SHIGARAVEL, Mr.S.MURUGAN & Ms.H.SIVAGAMI, Yoga Coaches, Thanjavur were participated and gave demonstration on Yoga Practice. Also, they delivered lecture about the benefits of doing Yoga daily. The following YOGA practices were demonstrated to the participants' 1.Namaskara Mudra and Yoga mudrasana. 2. Sadilaja. Chaalankriyas, Loosening practices. 3.Taadasana, Vrikshaasana,Pada hastaasana, Uttaanaasana, Ardchakraasana, Trikonaasana,Bhadraasana, 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.

This event was organized by Dr. D. Ramesh, Assistant Director/Physical Education, jointly with YOGA club of this Institution.



ACCREDITATIONS & RANKINGS



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
Deemed to be University
Established Under Sec. 3 of UGC Act, 1956 - NAAC Accredited
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INTERNATIONAL DAY OF YOGA - 2022

DATE ; 21.06.2022 | PLACE ; INDOOR STADIUM |
TIME ; 9.00 AM TO 10.00 AM

Welcome Address

Dr. D. RAMESH

Head / Physical Education

Inauguration of YOGA DAY

Prof. S. VELUSAMI

Vice Chancellor

Prof.P.K.SRIVIDHYA

Registrar

Prof.A.GEORGE

Dean Academic

Guest of Honor

Mr. N. SAMPANTHAM

Yoga Coach - Thanjavur

Mr. T. SHINGARAVEL

Yoga Coach - Thanjavur

Mr.H.SIVAGAMI

Yoga Coach - Thanjavur

Vote of Thanks

Lt.Dr.P.VIJAYALAKSHMI

Dean i/c - FHSM, Associate NCC Officer

Organized by : Physical Education - National Cadet Corps - PMIST - National Service Scheme - PMIST



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