

3rd INTERNATIONAL DAY OF YOGA



**MANONMANIAM SUNDARANAR UNIVERSITY,
TIRUNELVELI, TAMIL NADU – 627 012**



REPORT

The third International Day of Yoga was celebrated at the Sports ground of the Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu on 21st June 2017 with more than 300 participants, which included the Honourable Vice Chancellor Prof. Dr K. Baskar, the Registrar Dr A. John De Britto, the Syndicate members, Professors of University Departments, Administrative staff, University students, Teachers and Students of the affiliated colleges - Rose Mary College, Rani Anna Govt. College for Women, Sarah Tucker College, St. Xavier's College and The M.D.T Hindu College & Students of Distance Education B.Ed programme of the University. The event attracted local people also.

The event was inaugurated with a prayer at 7.00 am. There was a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) which was followed by the session on Asanas. Various asanas were performed as per the guidelines given by the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH). These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position (Bhadarsan, Shashankasan etc.), sleeping position on stomach (Bhujanghasan, Makrasan etc), sleeping position (Sarvangasan, Shavasana). This was followed by Pranayama and meditation.

During this programme, various benefits of Yoga Aasanas were explained by the Yoga Expert, Mr. C. Chandrasekaran, Vice Chairperson, the World Community Service Centre, Tirunelveli Division and importance of the yoga day was stressed by Prof Dr. K.Baskar, Vice Chancellor, Manonmaniam Sundaranar University. The registrar of the University, Dr. A. John De Britto emphasized the need of practicing Yoga and yoga as a way of life.

The exercises of Celebrating this day convincingly conveyed the message of Philosophy of Yoga and its significance.



Prof. Dr K. Baskar Vice Chancellor 3rd International Day of Yoga - 2017



**Mr. C. Chandirasekaran 3rd International Day of Yoga - 2017
The World Community Service Centre, Aliyar**



Prayer

3rd International Day of Yoga - 2017



Loosening Practices

3rd International Day of Yoga - 2017



Standing Postures

3rd International Day of Yoga - 2017



Sitting Postures

3rd International Day of Yoga - 2017



Prone Postures

3rd International Day of Yoga - 2017



Supine Postures

3rd International Day of Yoga - 2017



Kapalabhati

3rd International Day of Yoga - 2017



Pranayama

3rd International Day of Yoga - 2017



Dhyana

3rd International Day of Yoga - 2017



MANONMANIAM SUNDARANAR UNIVERSITY

TIRUNELVELI - 627 012



Certificate

This is to certify that Dr/Mr/Ms
..... has participated in the
3rd INTERNATIONAL DAY OF YOGA - 2017 *Held on June 21, 2017.*

Dr S. Sethu

Director
Centre for Physical Education

Dr A. John De Britto

Registrar



Invitation



MANONMANIAM SUNDARANAR UNIVERSITY
TIRUNELVELI - 627 012

Cordially invites you to the

3rd International Day of Yoga - 2017

on 21st June 2017 at 7.00 am

Special Address

Prof. Dr. K. Baskar
Hon'ble Vice Chancellor

Programme

- ▶ Invocation
- ▶ Welcome Address
- ▶ Felicitation
- ▶ Special Address
- ▶ Yoga Demonstration
(The world community service centre , Aliyar)
- ▶ Vote of Thanks
- ▶ National Anthem



June 21, 2017

Registrar

The entire programme was jointly organized by
Department of Education
Department of Physical Education and Sports
Department of Youth Welfare
National Service Scheme
DD & CE – B.Ed
of
Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu