

INTERNATIONAL YOGA DAY-2021

| Date : 21.06.2021 | Venue: Platform-zoom | Time: 3:00-4:00 P.M |
|------------------------|-------------------------|---------------------|
| Faculty Name : Dr.G.V. | Jagannatha,Dr.Nagaland. | |
| ession 1-3:00-3:40pm | PARTIPANTS NO.: | 100 |
| articipant list | | |
| <u>oatch</u> | | |
| Pavithra.G | | |
| Pavithra.M | | |
| Prathosh.K | | |
| Priyadarshini Ganesa | an | |
| riyadharshini.A | | |
| Raksha.R | | |
| Rohith Chandru | | |
| Sahana shree | | |
| Sakthi manimurugan | | |
|)Santhini.S | | |



SESSION 1 SUMMARY

Thursday - 21.06.2021

A special event celebrating INTERNATIONAL YOGA DAY was conducted by the Final year Regular Batch F in the presence of Dr. Jagannatha GV sir and Dr. Nagaland sir via E session through Zoom app.

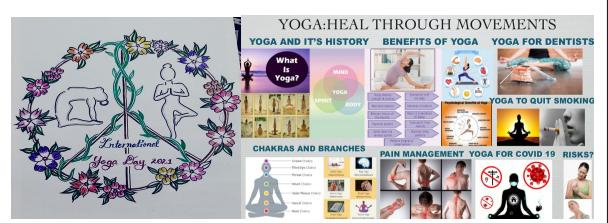
Student incharge : G.Pavithra

* The event started with Welcome address and brief introduction on INTERNATIONAL YOGA DAY day by Priyadarshini.A

* Hand drawn logo was presented by Priyadarshini.G

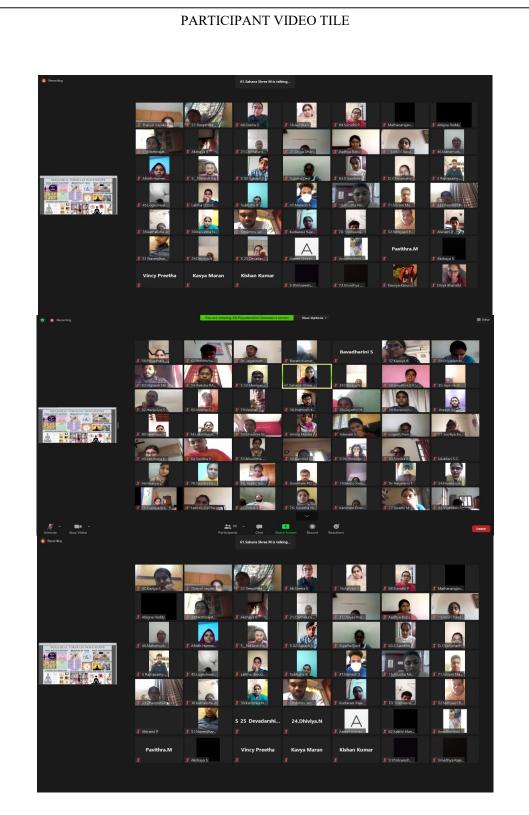
* Poster presentation on the topic Yoga : Heal through movements by Sahana Shree.

* Video on yoga demonstration by M.Pavithra, G.Pavithra and S.Santhini.



Title slide







Session 2 - 3:40 -4:00PM

PARTICIPANTS NO.:100

SESSION-2 SUMMARY

*Speech given by Dr.G.V.Jagannatha.

*Pranayama demonstration by G.Pavithra.

*Breathing yoga demonstration by M.Pavithra.

*Insta cover

*Pledge

*Conclusion and vote of thanks was given

INSTA COVER





PRANAYAMA DEMONSTRATION





7th International Yoga day



 I pledge to integrate Yoga in my life by practicing it regularly along with my family and encourage friends too to take up Yoga for a healthier lifestyle.



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PARTICIPANT LIST



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