

REPORT OF INAGURAL YOGA SESSION IN SCSVMV CAMPUS

12.04.2022

On auspicious occasion of Sri Rama Navami followed by Pooja and Bhajan inauguration of *Yoga* training and teaching was scheduled on 11th April 2022 at 11.45 am in ECE seminar hall of SCSVMV campus. This regular *Yoga* training and teaching as part of International *Yoga* day 21st June 2022 was inaugurated by our beloved and respected Prof G Srinivasu, Registrar SCSVMV followed by *Danavantari* prayer by final year students of BAMS.



YOGA TRAINING:

Yoga training session was conducted for male and female staff and students separately on same day i.e. on 11.04.2022, at 12.00 to 12.45 pm. Venue for female participants was ECE seminar hall and for male participants Mechanical block seminar hall. Protocol given by Ayush Ministry and training schedule submitted to EC was followed to teach the participants, same schedule is mentioned beneath.

- Prayer
- Loosening exercises (*Chalana Kriyas*)
- Suryanamaskara
- Breathing technique
- Relaxation in *Shavasana*
- Conclude with prayer

Total number of participants all inclusive attended by – 95 Participants

For male participants training session was carried out by Dr Guruprasad K and Dr Sainathan, Female participants training given by Dr Bindu V, Dr Uma and Mrs Sivasankari.





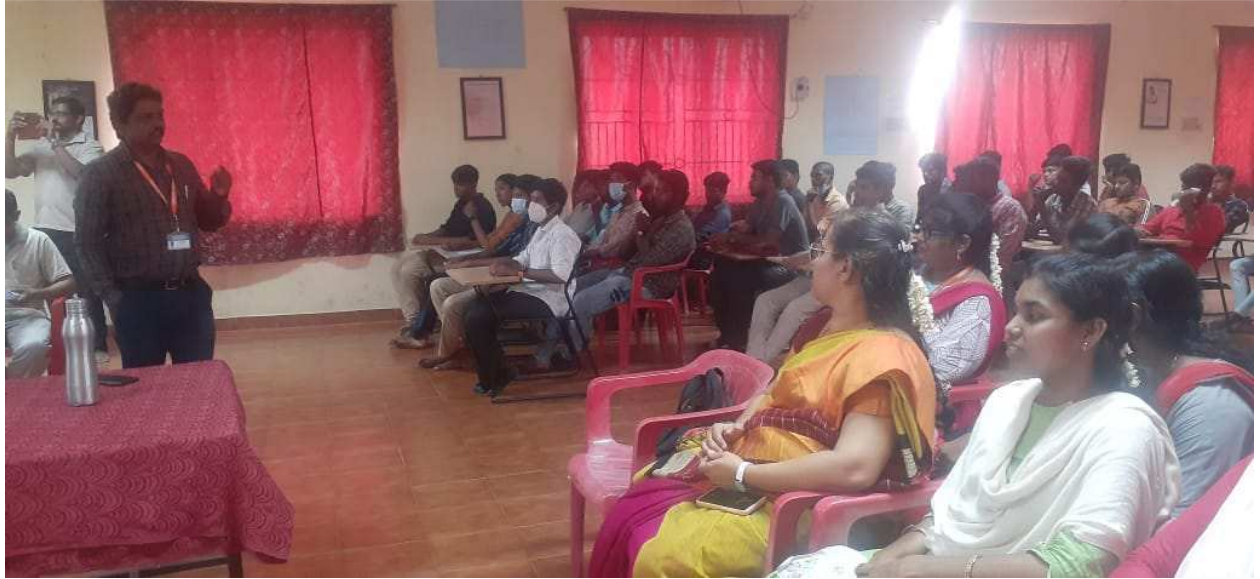
Seminar
Enathur, Tamil Nadu, India
VP6H+9VW, Enathur, Tamil Nadu 631561, India
Lat 12.861006°
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MOTIVATIONAL SPEECH TO STUDENTS:

Motivational speech delivered by Dr Guruprasad K, Professor, SJS Ayurveda college and Hospital, to commerce students on the topic Introduction to yoga, on 11th April 2022, 1.00 to 1.45 pm. This speech is to motivate the students for regular attending and participating in *yoga* training sessions. Important points covered in speech are basic concepts Yoga, word meaning of Yoga, Foundations of *Yoga* and types of *Yoga*, *Ashtanga Yoga* and Definitions of *Asana*, *Pranayama* and *Dhyana*. Benefits of *Yoga* for students were highlighted to make them to understand importance of *Yoga* in enhancing physical, mental and social health, received good response from students.



Thanking you sir,

Yoga Committee

SCSVMV