

"Yoga is the journey of the self, through the self, to the self " -The Bhagavad Gita

Yoga Club, which is part of Fit-India Movement of your University seeks to enrich the quality of life of the students and faculty members by offering yoga learning & practice as part of their normal working time .

It has been established in Ayurveda that learning and practicing yoga has a positive impact on the body and mind besides reducing stress.

Yoga Club invites all the students and staff to participate in its training & practice session commencing from January 18, 2023.

Indulgence of Heads of Department/Faculty members will be appreciated in encouraging the staff & students of their department to participate and get benefitted.

Time: 11.40 am to 12.30 pm Monday to Saturday.

Student Registration Form - <https://forms.gle/m6C4UdV4UnaQncEv9>

Faculty/staff Registration Form - <https://forms.gle/JkBAzbrJz5y5BT69>

Venue Details:

Female (both Students and Faculties) – ECE Seminar Hall, Sri Jayendra Prasadam Building

Male (both Students and Faculties) – Seminar Hall, Mechanical Block

Dr. M.Gayathri- CSE and Dr.R.Sainathan, Medical Center duly assisted by Mrs.Sivasankari will coordinate training/practice secessions with necessary guidance from Dr.Bindu and Dr.Guruprasad attached to Department of Ayurveda.

With season's greetings and wishing a future filled with health & happiness.

Yoga club- Fit India Movement & Vasudhaiva Kutumbakam of SCSVMV.

For Further Clarifications and additional Information,

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