

Yoga Training Program (16 - 20.06.2025)

Yoga Training Programme was conducted at the Multi-purpose Hall, School of Education, Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya (Deemed to be University), in association with NSS from 16th to 20th June 2025. The programme aimed to promote holistic well-being, mindfulness, and physical fitness among student-teachers and faculty members. Under the guidance of certified yoga instructors, participants engaged in daily sessions that included asanas (postures), pranayama (breathing techniques), meditation, and short discussions on the relevance of yoga in daily life and education. Special attention was given to stress management and building inner focus, aligning with the objectives of National Yoga Mission and academic wellness. The programme received an enthusiastic response, with participants appreciating the balance of practice and theory.



International Day of Yoga Celebrations (21.06.2025)

The School of Education, Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya (Deemed to be University), Kanchipuram, proudly celebrated the 11th International Day of Yoga on 21st June 2025. The event aimed to highlight the significance of yoga in promoting physical, mental, and emotional well-being. Students of School of Education actively participated in the yoga demonstration.

