

SCHOOL OF ALLIED HEALTH SCIENCES, SALEM

VINAYAKA MISSION'S RESEARCH FOUNDATION

INTERNATIONAL YOGA DAY CELEBRATION – REPORT

Yoga is a mental, physical and spiritual practice. The international yoga day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline.

On account of this, International Yoga Day was celebrated on **21st June 2019** at **School of Allied Health Sciences, Salem, Vinayaka Mission's Research Foundation**. The programme was started at 7:00am with students, Teaching staffs and Non-Teaching staffs.

Dean Dr.B.Sendilkumar presided over the function. The **Yoga instructor Dr.Parthiban** to instruct and guide the participants in performing the different asanas and also listed importance of mind, body and soul nourishment through YOGA.

At the end of the programme, **Dean Dr.B.Sendilkumar** delivered the speech about **“Importance of Yoga in daily life”** and **“How the Students can get rid of their stress by performing simple asanas”**.

The whole programme was well organized by the staff members of School of Allied Health Sciences, Salem, Vinayaka Mission's Research Foundation.



Dean/FAHS