

INTERNATIONAL DAY OF YOGA 2023

21ST JUNE 2023

Sri Jayendra Saraswathi Ayurveda College and Hospital department of Ayurveda of Sri Chandrashekarendra Saraswathi Viswa Mahavidyalaya celebrated 9th international day of Yoga on 21st June 2023, Wednesday. Event is jointly organised by Yoga club and NSS unit of esteemed university, including staff and students total 160 participants attended and demonstrated yoga on this occasion.

Yoga day event inauguration started with Vinayaka Sthotra by Internee Sradha and Ist year student Rakshitha, department of Ayurveda of SCSVMV. Madhusree of 3rd year BAMS student present welcome speech by welcoming the dignitaries and participants to 9th international day of Yoga conducted in SCSVMV. The major event on this day was mass yoga demonstration by 160 participants including staff and students of esteemed university from 8.15 am to 9.00 am this program was led by Dr Guruprasad K, Professor in department of Swasthavritta and Yoga, Sri Jayendra Saraswathi Ayurveda College and Hospital. Through following the protocol given by Ayush ministry Asana, Pranayama and Dhyana was demonstrated by the participants. Students of University Ashrath of 1st year BE CSE, along with his sister Ovia performed advanced Yoga.

Mass yoga demonstration program was followed by conferment of our chief guests with distinguished professorship of esteemed University. Chief guests are Padma Bhushana Dr Padma Subrahmanyam and Padma shri Chitra Visweswaran.

A presidential address by honorable vice Chancellor Prof. Dr S V Raghavan enlightened gathering by his speech, Vice Chancellor highlighted importance of regular Yoga practice in colleges and universities. Also spoken regarding holistic health by following principles of Hatha Yoga, importance of Dhyana for controlling the mind.

The chief guest Padma Bhushana Dr Padma Subrahmanyam addressed the gathering regarding Indian culture and importance of Yoga controlling mind and body. Another chief guest Padma shri Chitra Visweswaran was spoken regarding importance Yoga in practice of Bharathanatyam.

The various competitions conducted for students of SJSACH on occasion of 9th International Yoga day 2023, the program was concluded with National Anthem.





