

## INTERNATIONAL DAY OF YOGA - 21<sup>st</sup> JUNE, 2021

Organized by the College of Science & Humanities  
Department of Physical Education and Sports Sciences  
Department of Yoga  
SRM Institute of Science & Technology



**MR. BASKARAN MANIKAM**  
YOGA INSTRUCTOR - MALAYSIA



**DR. S. PONNUSAMY**  
REGISTRAR (i/c)  
SRMIST, CHENNAI.



**PROF. DR. K. CHANDRASEKARAN**  
PROFESSOR & HEAD,  
DEPARTMENT OF PHYSICAL EDUCATION,  
MADURAI KAMARAJ UNIVERSITY, MADURAI.

From 7 AM to 7:45 AM via Zoom  
**Morning Yoga Demonstration**

**Special speech on Yoga**

10:00 AM Welcome Address

**Dr. K. Vaithianathan, Director Sports, SRMIST.**

10:05 AM Presidential Address

**Dr. S. Ponnusamy, Registrar in-charge, SRMIST.**

10:20 AM **Mr. Baskaran Manikam** will deliver a speech on the  
"Modern Times Yoga"

10:50 AM **Prof. Dr. K. Chandrasekaran** will deliver a speech on the  
"Yoga is the need of the hour".

11:20 AM Vote of thanks **Dr. R. Mohana Krishnan,**  
Associate Director Sports, SRMIST

From 7 AM to 7:45 AM,  
Morning yoga demonstration.  
Meeting ID: 883 0529 6210  
Passcode: yogaday  
Link: <https://us02web.zoom.us/j/88305296210>

From 10 AM to 11:30 AM,  
International day of yoga celebrations  
Meeting ID: 891 4469 5275  
Passcode: yogaday  
Link: <https://us02web.zoom.us/j/89144695275>