

# INTERNATIONAL DAY OF YOGA



## INTERNATIONAL DAY OF YOGA @ SRM SCHOOL OF TEACHER EDUCATION AND RESEARCH

The International Day of Yoga, celebrated annually on June 21st, is a testament to the ancient practice's global significance in promoting holistic well-being. The event at SRM School of Teacher Education and Research commenced with a vibrant display of enthusiasm as students, faculty members, and guests gathered in the early morning hours. Yoga mats spread out under the open sky, symbolizing a collective effort towards holistic well-being. The atmosphere buzzed with anticipation as participants prepared for a series of yoga sessions led by experienced instructors.

The event commenced with the Tamil Thai Vaazhthu, the invocation to Mother Tamil, setting a respectful and cultural tone for the day. The Head of the Department (HOD) Dr.N.Prema, delivered the welcome speech, warmly greeting all the participants and emphasizing the importance of yoga in daily life. The Chief Guest, Dr. Prakash. V, Head of the Department of Economics, FSH, SRMIST, addressed the gathering. The speech highlighted the benefits of yoga for mental and physical health, the significance of incorporating yoga into the education system, and shared personal experience and insights.



A guided yoga session followed, led by experienced instructors. Participants engaged in various Asanas (yoga postures) and pranayama (breathing exercises). This was accompanied by a meditation session to promote mindfulness and relaxation.



Beyond physical postures, the event included insightful discussions on the philosophy and benefits of yoga. Experts highlighted yoga's role in stress reduction, enhancing concentration, and promoting overall well-being, making it a valuable tool for modern lifestyles. Poster Presentation with beautiful thoughts also done by students of B.Ed was an enthusiastic event .

The event concluded with a vote of thanks, expressing gratitude to all the participants, the organizing committee, the Chief Guest, and the instructors for making the event successful and impactful.

