

MADRAS INSTITUTE OF TECHNOLOGY

ANNA UNIVERSITY, CHENNAI - 44

International Yoga Day on 21.06.2017

MIT Campus, Anna University, Chromepet, celebrated International Yoga day on 21.06.2017 with great enthusiasm and Zeal. Professor G. Arunachalam from Chromepet Manavalakkalai Mandram Trust with his team members conducted the programme at Conference Hall, Administrative Block, MIT Campus. Nearly 90 staff members of MIT Campus attended the programme.

Dr. B.T.N. Sridhar, Dean Incharge MIT Campus & Professor & Head, Department of Aerospace Engineering, MIT Campus welcomed the gathering and Yoga Members. Professor G. Arunachalam given introductory lecture and importance of doing Meditation and Yoga daily and explained each benefits.

The programme started 2.00 p.m. Some of the staff members of MIT performed different Asanas along with masters. They did sky exercises neuro muscular breathing exercise, eye exercise, pranamaya etc and the most important one the Surayanamaskar. Professor A. Meenakshisundaram and E. Ratnam spoke on that occasion. It was also added that the practices of Yoga would increase the retention power of mind and we can have healthy mind and body.

The programme continued for one and half hour and concluded with vote of thanks given by Dr. S. Neelavathy Pari, Assistant Professor, Department of Computer Technology, MIT Campus.

DEAN, MIT Campus