

5th InterNational Day of Yoga

Organised by

MIT Campus, Anna University, Chennai-44

Report on 21.06.2019

Fifth InterNational Day of Yoga was celebrated at MIT campus, Anna University, Chromepet, Chennai-44. Dr. Gunasekaran, Professor and Dean i/c ,Computer Technology inaugurated the programme. Dr. NeelavathiPari, AP, Computer Technology Welcomed the participants. Dr. K. Latha,Professor and Deputy Chairman, University Sports Board highlighted about the need of yoga practices and also Introduced the Guests. Yogi Dr. T.A. Krishnan and Yogi B.S. SubbaRao are invited as guests. The Yogi's demonstrated and trained the AYUSH prescribed yoga postures to all the participants.

Students volunteers (25 Men , 20 women) and 20 staff members actively participated in this programme.

Dr. B. Balakumaran Sports Officer, proposed the vote of Thanks.